



# NOCNY BIEG SZLAKIEM DZIKA

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Dziki Weekend 2020  
Stowarzyszenie Klub Biegowy Dzik  
2020-08-21  
Police  
5 km

Klasyfikacja: M2 30-39

| Msc | Zawodnik             | Numer | Klub                              | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------|-------|-----------------------------------|-----------|------|-------------|----------------|-----------------|-------------------|--------------|--------------|
| 1   | NOWICKI Bartosz      | 1004  | BNOW SPORTS                       | M2 30-39  | 1    | 00:01:02    | 00:21:21.75    | 00:22:24.35     |                   | 4:16         | 14 (100%)    |
| 2   | PAWLISIAK Paweł      | 991   | BBL POLICE/ STG SZCZECIN          | M2 30-39  | 2    | 00:08:05    | 00:21:48.75    | 00:29:54.70     | +00:00:27 (2.1%)  | 4:21         | 13.8 (98.6%) |
| 3   | DUCHNOWSKI Łukasz    | 952   | 15 GIZYCKA BRYGADA ZMECHANIZOWANA | M2 30-39  | 3    | 00:34:04    | 00:23:35.40    | 00:57:39.95     | +00:02:13 (9.4%)  | 4:43         | 12.7 (90.7%) |
| 4   | CHENON Guillaume     | 796   |                                   | M2 30-39  | 4    | 00:15:54    | 00:24:38.80    | 00:40:33.15     | +00:03:17 (13.3%) | 4:55         | 12.2 (87.1%) |
| 5   | OLEJARZ Damian       | 636   | POL-BUD POLICE                    | M2 30-39  | 5    | 00:22:27    | 00:24:41.00    | 00:47:08.00     | +00:03:19 (13.5%) | 4:56         | 12.2 (87.1%) |
| 6   | HOŁYŃSKI Leszek      | 679   | KM PSP SZCZECIN                   | M2 30-39  | 6    | 00:04:16    | 00:24:49.00    | 00:29:05.90     | +00:03:27 (13.9%) | 4:57         | 12.1 (86.4%) |
| 7   | STOLARCZUK Grzegorz  | 954   |                                   | M2 30-39  | 7    | 00:12:31    | 00:24:53.80    | 00:37:24.85     | +00:03:32 (14.2%) | 4:58         | 12.1 (86.4%) |
| 8   | ARLUKIEWICZ Grzegorz | 705   |                                   | M2 30-39  | 8    | 00:29:45    | 00:25:23.10    | 00:55:08.95     | +00:04:01 (15.8%) | 5:04         | 11.8 (84.3%) |
| 9   | BURAS Radosław       | 1135  | HELLS HEAVEN SZCZECIN             | M2 30-39  | 9    | 00:02:45    | 00:25:30.65    | 00:28:16.10     | +00:04:08 (16.3%) | 5:06         | 11.8 (84.3%) |
| 10  | KRZYWIEC Grzegorz    | 874   | BBL POLICE                        | M2 30-39  | 10   | 00:03:06    | 00:25:52.40    | 00:28:58.70     | +00:04:30 (17.4%) | 5:10         | 11.6 (82.9%) |
| 11  | RUŚKIEWICZ Wojciech  | 943   | DELOITTE ADVENTURE TEAM           | M2 30-39  | 11   | 00:07:09    | 00:25:57.75    | 00:33:07.15     | +00:04:36 (17.7%) | 5:11         | 11.6 (82.9%) |
| 12  | SŁOWIK Jacek         | 635   |                                   | M2 30-39  | 12   | 00:54:31    | 00:25:59.30    | 01:20:30.65     | +00:04:37 (17.8%) | 5:11         | 11.5 (82.1%) |
| 13  | ZYCH Krzysztof       | 988   | SRAMMAGEDON SŁAWOBORZE            | M2 30-39  | 13   | 00:13:34    | 00:26:17.45    | 00:39:51.60     | +00:04:55 (18.7%) | 5:15         | 11.4 (81.4%) |
| 14  | RYNKIEWICZ Jędrzej   | 985   | 15 GIŻYCKA BRYGADY ZMECHANIZOWANA | M2 30-39  | 14   | 00:34:05    | 00:26:18.90    | 01:00:24.60     | +00:04:57 (18.8%) | 5:15         | 11.4 (81.4%) |
| 15  | WIŚNIEWSKI Mariusz   | 581   | IHUHU TEAM                        | M2 30-39  | 15   | 00:11:47    | 00:26:39.20    | 00:38:26.20     | +00:05:17 (19.9%) | 5:19         | 11.3 (80.7%) |
| 16  | ELLMANN Filip        | 868   | PIJANEGO MISTRZA STYL             | M2 30-39  | 16   | 00:10:57    | 00:26:45.20    | 00:37:42.35     | +00:05:23 (20.2%) | 5:21         | 11.2 (80.0%) |
| 17  | BIENKOWSKI Tomasz    | 861   | BIEGOLAS                          | M2 30-39  | 17   | 00:03:41    | 00:26:51.15    | 00:30:33.05     | +00:05:29 (20.4%) | 5:22         | 11.2 (80.0%) |
| 18  | SZUBCZYŃSKI Marcin   | 984   | DLL PARTNERS                      | M2 30-39  | 18   | 00:28:39    | 00:26:52.15    | 00:55:31.85     | +00:05:30 (20.5%) | 5:22         | 11.2 (80.0%) |
| 19  | FAFEREK Piotr        | 879   |                                   | M2 30-39  | 19   | 00:04:58    | 00:26:58.95    | 00:31:57.15     | +00:05:37 (20.8%) | 5:23         | 11.1 (79.3%) |
| 20  | WOJDYŁA Michał       | 909   | ROYAL RUNNERS TEAM                | M2 30-39  | 20   | 00:02:47    | 00:27:15.65    | 00:30:02.95     | +00:05:53 (21.6%) | 5:27         | 11 (78.6%)   |
| 21  | KRUK Bartosz         | 934   |                                   | M2 30-39  | 21   | 00:04:26    | 00:27:20.55    | 00:31:46.70     | +00:05:58 (21.9%) | 5:28         | 11 (78.6%)   |
| 22  | BLIZNA Rafał         | 1118  |                                   | M2 30-39  | 22   | 00:02:43    | 00:27:23.30    | 00:30:06.75     | +00:06:01 (22.0%) | 5:28         | 11 (78.6%)   |
| 23  | PROCIAK Krzysztof    | 1155  | SKB DZIK                          | M2 30-39  | 23   | 00:56:12    | 00:27:23.80    | 01:23:36.70     | +00:06:02 (22.0%) | 5:28         | 10.9 (77.9%) |
| 24  | SOBCZAK Paweł        | 1086  |                                   | M2 30-39  | 24   | 00:08:14    | 00:27:36.90    | 00:35:51.20     | +00:06:15 (22.6%) | 5:31         | 10.9 (77.9%) |
| 25  | KOMSTA Rafał         | 668   | PAN WĄSKI I JEGO MAFIA            | M2 30-39  | 25   | 00:03:26    | 00:28:06.10    | 00:31:32.45     | +00:06:44 (24.0%) | 5:37         | 10.7 (76.4%) |
| 26  | DZIADEK Krzysztof    | 901   | BIEGOLAS KOSZALIN                 | M2 30-39  | 26   | 00:11:25    | 00:28:28.80    | 00:39:54.40     | +00:07:07 (25.0%) | 5:41         | 10.5 (75.0%) |

| Msc | Zawodnik               | Numer | Klub                            | Kategoria | Mkat | Czas startu | Czas netto  | Czas brutto | Różn              | Tempo min/km | Tempo km/h   |
|-----|------------------------|-------|---------------------------------|-----------|------|-------------|-------------|-------------|-------------------|--------------|--------------|
|     |                        |       |                                 |           |      |             | 5km         | 5km         |                   |              |              |
| 27  | LENCEWICZ Grzegorz     | 590   | HUSARIA RACE TEAM SZCZECIN      | M2 30-39  | 27   | 00:11:19    | 00:28:38.10 | 00:39:57.15 | +00:07:16 (25.4%) | 5:43         | 10.5 (75.0%) |
| 28  | MILANOWICZ Maciej      | 883   | BRIDGESTONE STARGARD RUNNERS    | M2 30-39  | 28   | 00:02:29    | 00:28:38.75 | 00:31:08.20 | +00:07:17 (25.4%) | 5:43         | 10.5 (75.0%) |
| 29  | CZYLKOWSKI Patryk      | 1001  |                                 | M2 30-39  | 29   | 00:03:59    | 00:28:48.25 | 00:32:47.75 | +00:07:26 (25.8%) | 5:45         | 10.4 (74.3%) |
| 30  | PASTERNAK Rafał        | 923   | ODRA GRYFINO                    | M2 30-39  | 30   | 00:09:30    | 00:28:49.55 | 00:38:20.05 | +00:07:27 (25.9%) | 5:46         | 10.4 (74.3%) |
| 31  | ARAMOWICZ Sławomir     | 749   |                                 | M2 30-39  | 31   | 00:13:13    | 00:28:54.75 | 00:42:08.30 | +00:07:33 (26.1%) | 5:47         | 10.4 (74.3%) |
| 32  | DROŹDZIŃSKI Konrad     | 945   | RAZ SZCZECIN                    | M2 30-39  | 32   | 00:39:43    | 00:28:56.60 | 01:08:39.90 | +00:07:34 (26.2%) | 5:47         | 10.4 (74.3%) |
| 33  | RYŻ Arkadiusz          | 973   | DLL PARTNERS                    | M2 30-39  | 33   | 00:28:54    | 00:29:04.50 | 00:57:58.55 | +00:07:42 (26.5%) | 5:48         | 10.3 (73.6%) |
| 34  | JĘDRZEJEK Dariusz      | 791   |                                 | M2 30-39  | 34   | 00:09:11    | 00:29:04.85 | 00:38:16.65 | +00:07:43 (26.5%) | 5:49         | 10.3 (73.6%) |
| 35  | PIEKARSKI Kamil        | 610   |                                 | M2 30-39  | 35   | 00:38:10    | 00:29:16.70 | 01:07:26.90 | +00:07:54 (27.0%) | 5:51         | 10.3 (73.6%) |
| 36  | TOMCZAK Artur          | 896   | DIRTY SPARROWS                  | M2 30-39  | 36   | 00:10:39    | 00:29:17.65 | 00:39:56.80 | +00:07:55 (27.1%) | 5:51         | 10.2 (72.9%) |
| 37  | WÓJCIK Krzysztof       | 650   | DĄBROWSKI TEAM                  | M2 30-39  | 37   | 00:02:21    | 00:29:32.40 | 00:31:54.05 | +00:08:10 (27.7%) | 5:54         | 10.2 (72.9%) |
| 38  | KOŁOMAŃSKI Hubert      | 1006  |                                 | M2 30-39  | 38   | 00:38:21    | 00:29:45.05 | 01:08:07.00 | +00:08:23 (28.2%) | 5:57         | 10.1 (72.1%) |
| 39  | MOTYL Wojciech         | 1087  |                                 | M2 30-39  | 39   | 00:24:41    | 00:29:50.30 | 00:54:31.45 | +00:08:28 (28.4%) | 5:58         | 10.1 (72.1%) |
| 40  | PAŃCZYK Tomasz         | 979   |                                 | M2 30-39  | 40   | 00:15:23    | 00:29:53.10 | 00:45:16.65 | +00:08:31 (28.5%) | 5:58         | 10 (71.4%)   |
| 41  | RAKOCZY Bartosz        | 995   | DZIKIE DZIKI GORZÓW             | M2 30-39  | 41   | 00:09:44    | 00:29:55.50 | 00:39:40.40 | +00:08:33 (28.6%) | 5:59         | 10 (71.4%)   |
| 42  | DUDKA Robert           | 902   |                                 | M2 30-39  | 42   | 00:18:06    | 00:30:11.05 | 00:48:18.00 | +00:08:49 (29.2%) | 6:02         | 9.9 (70.7%)  |
| 43  | KOCZKODAJ Kamil        | 805   | OŻW SZCZECIN                    | M2 30-39  | 43   | 00:15:00    | 00:30:12.70 | 00:45:13.25 | +00:08:50 (29.3%) | 6:02         | 9.9 (70.7%)  |
| 44  | SIEDLER Martin         | 827   |                                 | M2 30-39  | 44   | 02:12:05    | 00:30:13.15 | 02:42:18.25 | +00:08:51 (29.3%) | 6:02         | 9.9 (70.7%)  |
| 45  | SOWA Krzysztof         | 969   |                                 | M2 30-39  | 45   | 00:04:14    | 00:30:22.40 | 00:34:36.60 | +00:09:00 (29.7%) | 6:04         | 9.9 (70.7%)  |
| 46  | OGRODZIŃSKI Przemysław | 641   |                                 | M2 30-39  | 46   | 00:02:06    | 00:30:25.30 | 00:32:31.65 | +00:09:03 (29.8%) | 6:05         | 9.9 (70.7%)  |
| 47  | WOŁK Marcin            | 712   | KSF                             | M2 30-39  | 47   | 00:09:53    | 00:30:38.25 | 00:40:31.95 | +00:09:16 (30.3%) | 6:07         | 9.8 (70.0%)  |
| 48  | BOCHENEK Michał        | 853   | AFRO-FIT WATAHA CROSSFIT        | M2 30-39  | 48   | 00:10:53    | 00:30:43.85 | 00:41:37.25 | +00:09:22 (30.5%) | 6:08         | 9.8 (70.0%)  |
| 49  | WOŁYŃSKI Dominik       | 1054  |                                 | M2 30-39  | 49   | 00:23:30    | 00:30:58.75 | 00:54:29.65 | +00:09:37 (31.0%) | 6:11         | 9.7 (69.3%)  |
| 50  | WASIELEWSKI Jakub      | 978   |                                 | M2 30-39  | 50   | 00:32:51    | 00:31:00.15 | 01:03:51.45 | +00:09:38 (31.1%) | 6:12         | 9.7 (69.3%)  |
| 51  | KRZYWIEC Marcin        | 1020  |                                 | M2 30-39  | 51   | 00:01:53    | 00:31:00.35 | 00:32:54.30 | +00:09:38 (31.1%) | 6:12         | 9.7 (69.3%)  |
| 52  | POŁOCHAŃSKI Piotr      | 811   | SZWAGRY BIEGAJĄ                 | M2 30-39  | 52   | 00:02:04    | 00:31:12.80 | 00:33:16.90 | +00:09:51 (31.6%) | 6:14         | 9.6 (68.6%)  |
| 53  | CZYŻEWSKI Mateusz      | 857   | WKURW_TEAM                      | M2 30-39  | 53   | 00:05:51    | 00:31:16.50 | 00:37:07.80 | +00:09:54 (31.7%) | 6:15         | 9.6 (68.6%)  |
| 54  | KRZESIŃSKI Damian      | 815   |                                 | M2 30-39  | 54   | 00:05:17    | 00:31:27.45 | 00:36:45.10 | +00:10:05 (32.1%) | 6:17         | 9.5 (67.9%)  |
| 55  | GĄGOL Marek            | 996   | ZAMENA                          | M2 30-39  | 55   | 00:58:57    | 00:31:32.20 | 01:30:29.20 | +00:10:10 (32.3%) | 6:18         | 9.5 (67.9%)  |
| 56  | ROJEWSKI Mateusz       | 855   |                                 | M2 30-39  | 56   | 00:15:21    | 00:31:42.20 | 00:47:03.30 | +00:10:20 (32.6%) | 6:20         | 9.5 (67.9%)  |
| 57  | GONTEK Łukasz          | 875   | ŁOSOŚ TEAM                      | M2 30-39  | 57   | 00:11:32    | 00:31:44.90 | 00:43:17.70 | +00:10:23 (32.7%) | 6:21         | 9.4 (67.1%)  |
| 58  | ROSZAK Zbigniew        | 647   | WATAHA ŁĄCZY NAS BIEGANIE       | M2 30-39  | 58   | 00:12:05    | 00:31:45.35 | 00:43:50.85 | +00:10:23 (32.7%) | 6:21         | 9.4 (67.1%)  |
| 59  | MEUSIAK Rafał          | 720   |                                 | M2 30-39  | 59   | 01:05:40    | 00:31:48.35 | 01:37:29.20 | +00:10:26 (32.8%) | 6:21         | 9.4 (67.1%)  |
| 60  | WÓJCIK Tomasz          | 758   |                                 | M2 30-39  | 60   | 01:06:47    | 00:32:00.85 | 01:38:48.00 | +00:10:39 (33.3%) | 6:24         | 9.4 (67.1%)  |
| 61  | TOMASZEWSKI Łukasz     | 1038  |                                 | M2 30-39  | 61   | 00:07:36    | 00:32:09.55 | 00:39:45.55 | +00:10:47 (33.6%) | 6:25         | 9.3 (66.4%)  |
| 62  | KAMIONKA Andrzej       | 724   | WIECZORNE BIEGANIE W SZCZECINIE | M2 30-39  | 62   | 00:03:28    | 00:32:16.90 | 00:35:45.20 | +00:10:55 (33.8%) | 6:27         | 9.3 (66.4%)  |
| 63  | SZULC Marcin           | 817   |                                 | M2 30-39  | 63   | 00:03:57    | 00:32:26.40 | 00:36:23.60 | +00:11:04 (34.1%) | 6:29         | 9.2 (65.7%)  |
| 64  | KAPŁANIAK Adrian       | 986   | BBL POLICE                      | M2 30-39  | 64   | 00:09:34    | 00:32:41.45 | 00:42:16.35 | +00:11:19 (34.7%) | 6:32         | 9.2 (65.7%)  |
| 65  | KIWILSZA Wojciech      | 583   | IHUHU TEAM                      | M2 30-39  | 65   | 00:11:01    | 00:32:46.85 | 00:43:48.60 | +00:11:25 (34.8%) | 6:33         | 9.2 (65.7%)  |
| 66  | TUZ Bartosz            | 882   | TEAM SPIRIT NOWA SÓL            | M2 30-39  | 66   | 00:09:06    | 00:32:51.65 | 00:41:57.85 | +00:11:29 (35.0%) | 6:34         | 9.1 (65.0%)  |
| 67  | ODRZYWOLSKI Michał     | 714   | OŻW SZCZECIN                    | M2 30-39  | 67   | 00:25:54    | 00:33:49.20 | 00:59:43.90 | +00:12:27 (36.8%) | 6:45         | 8.9 (63.6%)  |
| 68  | ZEMANKIEWICZ Łukasz    | 825   | KANAŁ 6 AM                      | M2 30-39  | 68   | 00:13:29    | 00:33:52.35 | 00:47:22.10 | +00:12:30 (36.9%) | 6:46         | 8.9 (63.6%)  |
| 69  | ORYL Mariusz           | 722   | OŻW SZCZECIN                    | M2 30-39  | 69   | 00:25:49    | 00:33:54.00 | 00:59:43.65 | +00:12:32 (37.0%) | 6:46         | 8.8 (62.9%)  |
| 70  | LISOWSKI Krzysztof     | 895   | TKKF CHOCIWEL                   | M2 30-39  | 70   | 00:12:38    | 00:34:15.00 | 00:46:53.50 | +00:12:53 (37.6%) | 6:51         | 8.8 (62.9%)  |

| Msc | Zawodnik            | Numer | Klub                             | Kategoria | Mkat | Czas startu | Czas netto  | Czas brutto | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------|-------|----------------------------------|-----------|------|-------------|-------------|-------------|-------------------|--------------|-------------|
|     |                     |       |                                  |           |      |             | 5km         | 5km         |                   |              |             |
| 71  | TRUKAWKA Andrzej    | 750   | DZIKI ZAKWAS                     | M2 30-39  | 71   | 01:01:35    | 00:34:17.20 | 01:35:52.20 | +00:12:55 (37.7%) | 6:51         | 8.8 (62.9%) |
| 72  | ZDUNEK Piotr        | 1000  |                                  | M2 30-39  | 72   | 01:01:38    | 00:34:18.70 | 01:35:57.20 | +00:12:56 (37.7%) | 6:51         | 8.7 (62.1%) |
| 73  | SZMYT Marcin        | 810   | SZWAGRY BIEGAJĄ                  | M2 30-39  | 73   | 00:02:19    | 00:34:27.80 | 00:36:47.60 | +00:13:06 (38.0%) | 6:53         | 8.7 (62.1%) |
| 74  | KRUPIEŃCZYK Michał  | 667   |                                  | M2 30-39  | 74   | 00:43:38    | 00:34:36.15 | 01:18:15.05 | +00:13:14 (38.3%) | 6:55         | 8.7 (62.1%) |
| 75  | GADOWSKI Wojciech   | 753   | NIE PROWOKUJ LOCHY MIERZYN       | M2 30-39  | 75   | 00:07:48    | 00:34:52.50 | 00:42:40.70 | +00:13:30 (38.7%) | 6:58         | 8.6 (61.4%) |
| 76  | ŻARCZYŃSKI Błażej   | 1102  |                                  | M2 30-39  | 76   | 00:07:06    | 00:34:55.80 | 00:42:02.75 | +00:13:34 (38.8%) | 6:59         | 8.6 (61.4%) |
| 77  | HINDZIUK Artsiom    | 936   | DZIKA SIGMA                      | M2 30-39  | 77   | 00:04:46    | 00:35:23.10 | 00:40:09.35 | +00:14:01 (39.6%) | 7:04         | 8.5 (60.7%) |
| 78  | BIEGANSKI Tomasz    | 876   |                                  | M2 30-39  | 78   | 00:03:00    | 00:35:35.30 | 00:38:35.30 | +00:14:13 (40.0%) | 7:07         | 8.4 (60.0%) |
| 79  | ARCZYŃSKI Jakub     | 808   |                                  | M2 30-39  | 79   | 00:16:13    | 00:35:45.70 | 00:51:59.50 | +00:14:23 (40.3%) | 7:09         | 8.4 (60.0%) |
| 80  | PADUCH Piotr        | 905   |                                  | M2 30-39  | 80   | 00:07:56    | 00:35:57.75 | 00:43:53.90 | +00:14:36 (40.6%) | 7:11         | 8.3 (59.3%) |
| 81  | TRZECIAK Piotr      | 807   |                                  | M2 30-39  | 81   | 00:16:16    | 00:36:10.35 | 00:52:26.80 | +00:14:48 (40.9%) | 7:14         | 8.3 (59.3%) |
| 82  | SCHMIDT Thomas      | 756   |                                  | M2 30-39  | 82   | 00:06:51    | 00:36:37.65 | 00:43:29.10 | +00:15:15 (41.7%) | 7:19         | 8.2 (58.6%) |
| 83  | SZAKOLA Pawel       | 862   | BRAUNSCHWEIG HASH HOUSE HARRIERS | M2 30-39  | 83   | 00:38:45    | 00:36:40.85 | 01:15:26.55 | +00:15:19 (41.8%) | 7:20         | 8.2 (58.6%) |
| 84  | POST Marcin         | 864   |                                  | M2 30-39  | 84   | 00:38:39    | 00:36:54.35 | 01:15:34.05 | +00:15:32 (42.1%) | 7:23         | 8.1 (57.9%) |
| 85  | CUPRYJAK Sebastian  | 1115  |                                  | M2 30-39  | 85   | 00:07:53    | 00:37:48.60 | 00:45:41.70 | +00:16:26 (43.5%) | 7:33         | 7.9 (56.4%) |
| 86  | MAŁECKI Sebastian   | 773   |                                  | M2 30-39  | 86   | 00:13:05    | 00:38:20.35 | 00:51:26.05 | +00:16:58 (44.3%) | 7:40         | 7.8 (55.7%) |
| 87  | WOŹNIAK Rafał       | 582   | IHUHU TEAM                       | M2 30-39  | 87   | 00:10:59    | 00:38:29.80 | 00:49:29.10 | +00:17:08 (44.5%) | 7:42         | 7.8 (55.7%) |
| 88  | STAŃCZYK Sławomir   | 906   |                                  | M2 30-39  | 88   | 00:15:42    | 00:38:36.30 | 00:54:18.50 | +00:17:14 (44.7%) | 7:43         | 7.8 (55.7%) |
| 89  | PCIOŃEK Jacek       | 833   | STARGARD. JA SIĘ NIE ŚCIGAM      | M2 30-39  | 89   | 00:12:13    | 00:38:44.25 | 00:50:58.15 | +00:17:22 (44.9%) | 7:45         | 7.7 (55.0%) |
| 90  | KUNIKOWSKI Patryk   | 671   |                                  | M2 30-39  | 90   | 00:15:39    | 00:38:47.80 | 00:54:27.25 | +00:17:26 (44.9%) | 7:45         | 7.7 (55.0%) |
| 91  | WROŃSKI Julian      | 990   | STARGARD. JA SIĘ NIE ŚCIGAM      | M2 30-39  | 91   | 00:15:35    | 00:38:53.20 | 00:54:29.00 | +00:17:31 (45.1%) | 7:46         | 7.7 (55.0%) |
| 92  | GOWORSKI Jerzy      | 842   |                                  | M2 30-39  | 92   | 00:37:17    | 00:39:06.70 | 01:16:24.20 | +00:17:44 (45.4%) | 7:49         | 7.7 (55.0%) |
| 93  | ZIELIŃSKI Bartosz   | 900   | WIECZORNE BIEGANIE W SZCZECINIE  | M2 30-39  | 93   | 00:12:54    | 00:40:09.25 | 00:53:03.40 | +00:18:47 (46.8%) | 8:01         | 7.5 (53.6%) |
| 94  | ZIELINSKI Arkadiusz | 899   |                                  | M2 30-39  | 94   | 00:12:52    | 00:40:10.70 | 00:53:03.60 | +00:18:48 (46.8%) | 8:02         | 7.5 (53.6%) |
| 95  | BIEGAŃSKI Piotr     | 1089  |                                  | M2 30-39  | 95   | 00:02:57    | 00:40:44.55 | 00:43:42.10 | +00:19:22 (47.6%) | 8:09         | 7.4 (52.9%) |
| 96  | GUMIELA Adam        | 828   |                                  | M2 30-39  | 96   | 00:18:10    | 00:40:46.45 | 00:58:57.20 | +00:19:24 (47.6%) | 8:09         | 7.4 (52.9%) |
| 97  | KOZŁOWSKI Piotr     | 611   | NIECH KTOŚ WEZWIE KARETKĘ        | M2 30-39  | 97   | 00:22:40    | 00:40:46.85 | 01:03:27.40 | +00:19:25 (47.6%) | 8:09         | 7.4 (52.9%) |
| 98  | SZYPŁOWSKI Dorian   | 778   |                                  | M2 30-39  | 98   | 00:22:49    | 00:40:53.90 | 01:03:43.60 | +00:19:32 (47.8%) | 8:10         | 7.3 (52.1%) |
| 99  | NOWOTNIK Wojciech   | 960   |                                  | M2 30-39  | 99   | 01:15:54    | 00:40:57.55 | 01:56:51.90 | +00:19:35 (47.8%) | 8:11         | 7.3 (52.1%) |
| 100 | OLĘDZKI Michał      | 832   |                                  | M2 30-39  | 100  | 00:17:59    | 00:40:59.70 | 00:58:59.15 | +00:19:37 (47.9%) | 8:12         | 7.3 (52.1%) |
| 101 | LIPKA Radosław      | 830   | WDŚ KMP                          | M2 30-39  | 101  | 00:17:56    | 00:41:01.75 | 00:58:58.45 | +00:19:40 (47.9%) | 8:12         | 7.3 (52.1%) |
| 102 | ANIELSKI Michał     | 858   |                                  | M2 30-39  | 102  | 00:14:52    | 00:41:31.95 | 00:56:24.75 | +00:20:10 (48.6%) | 8:18         | 7.2 (51.4%) |
| 103 | ŻOŁNACZ Radek       | 892   |                                  | M2 30-39  | 103  | 00:14:47    | 00:41:40.75 | 00:56:28.55 | +00:20:19 (48.7%) | 8:20         | 7.2 (51.4%) |
| 104 | SZYMAŃSKI Piotr     | 777   |                                  | M2 30-39  | 104  | 00:22:46    | 00:44:24.40 | 01:07:11.35 | +00:23:02 (51.9%) | 8:53         | 6.8 (48.6%) |
| 105 | KOGUT Karol         | 723   |                                  | M2 30-39  | 105  | 00:22:43    | 00:44:27.90 | 01:07:11.55 | +00:23:06 (52.0%) | 8:53         | 6.7 (47.9%) |
| 106 | PAJDZIK Rafał       | 595   |                                  | M2 30-39  | 106  | 00:38:59    | 00:46:39.80 | 01:25:39.75 | +00:25:18 (54.2%) | 9:20         | 6.4 (45.7%) |
| 107 | STASIUK Robert      | 867   |                                  | M2 30-39  | 107  | 00:38:49    | 00:46:50.70 | 01:25:39.75 | +00:25:28 (54.4%) | 9:22         | 6.4 (45.7%) |
| 108 | MACHOLA Bartłomiej  | 1114  |                                  | M2 30-39  | 108  | 00:04:36    | 00:47:05.95 | 00:51:42.50 | +00:25:44 (54.6%) | 9:25         | 6.4 (45.7%) |
| 109 | DIKOLENKO Bartosz   | 964   |                                  | M2 30-39  | 109  | 00:16:11    | 00:48:38.45 | 01:04:50.00 | +00:27:16 (56.1%) | 9:43         | 6.2 (44.3%) |

Znaleziono 109 wynik(ów)