



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: Open M

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	HRYNKO Jacek	953	15 BRYGADA ZMECHANIZOWANA W GIŻYCKU	M1 16-29	1	00:34:02	00:21:47.95	00:55:50.05	+00:00:26 (2.0%)	4:21	13.8 (98.6%)
3	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%)
4	OLICHOWSKI Mateusz	1124	SURVIWAŁTEAM	M1 16-29	2	00:24:49	00:22:42.15	00:47:31.70	+00:01:20 (5.9%)	4:32	13.2 (94.3%)
5	RUDZIŃSKI Jacek	1126	KB HERMES GRYFINO / KW PSP SZCZECIN	M4 50-59	1	00:04:48	00:22:54.55	00:27:43.25	+00:01:32 (6.8%)	4:35	13.1 (93.6%)
6	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%)
7	ALEKSANDROV Denys	941	TRIGYM	M1 16-29	3	00:01:56	00:23:39.75	00:25:36.00	+00:02:18 (9.7%)	4:44	12.7 (90.7%)
8	GRZESIK Eugeniusz	852	KOMENDA MIEJSKA PSP KOSZALIN	M4 50-59	2	00:05:01	00:24:07.45	00:29:09.30	+00:02:45 (11.4%)	4:49	12.4 (88.6%)
9	GRYGORCEWICZ Jan	925	SKB DZIK	M4 50-59	3	00:26:44	00:24:14.50	00:50:58.50	+00:02:52 (11.9%)	4:50	12.4 (88.6%)
10	WRÓBLEWSKI Michał	983	LIFE4FIT	M3 40-49	1	00:01:44	00:24:19.80	00:26:03.90	+00:02:58 (12.2%)	4:51	12.3 (87.9%)
11	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%)
12	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%)
13	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%)
14	WASILEWSKI Andrzej	826		M3 40-49	2	00:10:50	00:24:53.50	00:35:44.40	+00:03:31 (14.2%)	4:58	12 (85.7%)

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15	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%)
16	ZYGMUNT Tomasz	798	OŻW SZCZECIN	M3 40-49	3	00:06:35	00:25:04.15	00:31:39.30	+00:03:42 (14.8%)	5:00	12 (85.7%)
17	JASTAK Paweł	665		M3 40-49	4	00:01:50	00:25:05.65	00:26:56.60	+00:03:43 (14.9%)	5:01	12 (85.7%)
18	NIEWCZAS Jakub	935	DZIKA SIGMA	M1 16-29	4	00:04:50	00:25:16.75	00:30:07.45	+00:03:55 (15.5%)	5:03	11.9 (85.0%)
19	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%)
20	MAZUR Emiliusz	955	KM PSP KOSZALIN	M3 40-49	5	00:25:35	00:25:29.20	00:51:04.20	+00:04:07 (16.2%)	5:05	11.8 (84.3%)
21	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%)
22	SAWICKI Bartosz	762	DZIKIE DZIKI GORZÓW	M1 16-29	5	00:09:39	00:25:36.05	00:35:15.95	+00:04:14 (16.6%)	5:07	11.7 (83.6%)
23	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%)
24	ZELEK Darek	965		M3 40-49	6	00:26:50	00:25:54.65	00:52:45.05	+00:04:32 (17.6%)	5:11	11.6 (82.9%)
25	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%)
26	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%)
27	KRZEŚNIEWSKI Marcin	646	ROWEROWY ZAŁOM	M3 40-49	7	00:01:29	00:26:11.30	00:27:40.95	+00:04:49 (18.4%)	5:14	11.5 (82.1%)
28	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%)
29	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%)
30	WOSZCZYK Sebastian	621		M3 40-49	8	00:09:47	00:26:28.10	00:36:15.25	+00:05:06 (19.3%)	5:17	11.3 (80.7%)
31	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%)
32	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%)
33	TOMICZAK Krzysztof	660		M3 40-49	9	00:04:28	00:26:46.55	00:31:14.65	+00:05:24 (20.2%)	5:21	11.2 (80.0%)
34	BABICZ Wojtek	884	BRIDGESTONE STARGARD RUNNERS	M3 40-49	10	00:02:31	00:26:47.05	00:29:18.60	+00:05:25 (20.2%)	5:21	11.2 (80.0%)
35	BIEŃKOWSKI 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%)
36	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%)
37	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%)

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38	OSTOJSKI Ireneusz	966	DLL PARTNERS	M3 40-49	11	00:28:38	00:27:00.15	00:55:38.30	+00:05:38 (20.9%)	5:24	11.1 (79.3%)
39	MATUSIAK Rafał	639	WŚCIEKŁE PSY	M1 16-29	6	00:02:08	00:27:06.25	00:29:14.60	+00:05:44 (21.2%)	5:25	11.1 (79.3%)
40	SZYSZKO Filip	1131	DLL PARTNERS	M1 16-29	7	00:30:59	00:27:11.95	00:58:11.35	+00:05:50 (21.5%)	5:26	11 (78.6%)
41	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%)
42	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%)
43	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%)
44	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%)
45	PIĘTKA Grzegorz	655	HELL'S HEAVEN SZCZECIN	M3 40-49	12	00:07:24	00:27:25.50	00:34:49.85	+00:06:03 (22.1%)	5:29	10.9 (77.9%)
46	IWANIEC Dariusz	713	BIEGOLAS KOSZALIN	M3 40-49	13	00:11:30	00:27:28.80	00:38:59.00	+00:06:07 (22.3%)	5:29	10.9 (77.9%)
47	APIECIONEK Mateusz	1253	UKŁ ÓSEMKA	M1 16-29	8	00:03:04	00:27:30.65	00:30:34.90	+00:06:08 (22.3%)	5:30	10.9 (77.9%)
48	MORGIEWICZ Piotr	962	RUNGRYF GRYFICE	M4 50-59	4	00:01:45	00:27:32.30	00:29:18.15	+00:06:10 (22.4%)	5:30	10.9 (77.9%)
49	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%)
50	PARADZIŃSKI Dawid	770		M1 16-29	9	00:16:20	00:27:42.55	00:44:03.05	+00:06:20 (22.9%)	5:32	10.8 (77.1%)
51	KĘDZIOR Jakub	607	DECATHLON PIŁA	M1 16-29	10	00:08:10	00:27:44.45	00:35:54.65	+00:06:22 (23.0%)	5:32	10.8 (77.1%)
52	RUBIN Karol	997	15 GIŻYCKA BRYGADA ZMECHANIZOWANA	M1 16-29	11	00:34:08	00:27:48.85	01:01:56.90	+00:06:27 (23.2%)	5:33	10.8 (77.1%)
53	GRALEWICZ Albert	601		M1 16-29	12	00:06:37	00:27:59.70	00:34:36.85	+00:06:37 (23.7%)	5:35	10.7 (76.4%)
54	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%)
55	GERLICH Kai	732	BRAUNSCHWEIG HASH HOUSE HARRIERS	M1 16-29	13	00:06:42	00:28:15.60	00:34:57.95	+00:06:53 (24.4%)	5:39	10.6 (75.7%)
56	KUŁAKOWSKI Dawid	676	BIEGOLAS KOSZALIN	M3 40-49	14	00:11:28	00:28:25.35	00:39:53.60	+00:07:03 (24.8%)	5:41	10.6 (75.7%)
57	BARTOSIEWICZ Adam	1119		M3 40-49	15	00:37:47	00:28:27.40	01:06:15.00	+00:07:05 (24.9%)	5:41	10.5 (75.0%)
58	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%)
59	MICERSKI Tomasz	666	BIEGOLAS KOSZALIN	M3 40-49	16	00:11:23	00:28:30.15	00:39:53.30	+00:07:08 (25.1%)	5:42	10.5 (75.0%)
60	GRZYB Albert	645		M1 16-29	14	00:09:14	00:28:33.95	00:37:48.25	+00:07:12 (25.2%)	5:42	10.5 (75.0%)

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61	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%)
62	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%)
63	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%)
64	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%)
65	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%)
66	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%)
67	LÜCKOFF Marc Steffen	748	BRAUNSCHWEIG HASH HOUSE HARRIERS	M3 40-49	17	00:07:30	00:29:01.75	00:36:32.70	+00:07:40 (26.4%)	5:48	10.3 (73.6%)
68	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%)
69	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%)
70	KRUSZYNA Robert	761		M3 40-49	18	00:12:01	00:29:07.00	00:41:08.15	+00:07:45 (26.6%)	5:49	10.3 (73.6%)
71	PYREK Krzysztof	663	JOKER	M3 40-49	19	00:44:03	00:29:15.95	01:13:19.05	+00:07:54 (27.0%)	5:51	10.3 (73.6%)
72	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%)
73	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%)
74	GRYGORCEWICZ Jan	1254	OKL ÓSEMKĄ POLICE	M1 16-29	15	00:26:46	00:29:19.75	00:56:06.30	+00:07:58 (27.2%)	5:52	10.2 (72.9%)
75	KNIOŁA Łukasz	603	PIŁA TEAM	M3 40-49	20	00:01:39	00:29:22.10	00:31:01.55	+00:08:00 (27.3%)	5:52	10.2 (72.9%)
76	DYDEK Arkadiusz	1160	DZIK	M1 16-29	16	01:28:09	00:29:26.90	01:57:36.10	+00:08:05 (27.5%)	5:53	10.2 (72.9%)
77	PODOLAK Mirosław	907		M3 40-49	21	00:05:42	00:29:31.60	00:35:14.00	+00:08:09 (27.7%)	5:54	10.2 (72.9%)
78	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%)
79	PASZKO Daniel	872	WIECZORNE BIEGANIE SZCZECIN / KOMPAS TEAM POLICE	M3 40-49	22	00:03:51	00:29:43.25	00:33:35.15	+00:08:21 (28.1%)	5:56	10.1 (72.1%)
80	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%)
81	HAWRYŁAK Marcin	766	BIEG KORCZAKA	M4 50-59	5	00:02:38	00:29:48.05	00:32:26.80	+00:08:26 (28.3%)	5:57	10.1 (72.1%)
82	LEWANDOWSKI Piotr	1154	SKB DZIK	M3 40-49	23	00:12:59	00:29:49.25	00:42:48.45	+00:08:27 (28.4%)	5:57	10.1 (72.1%)
83	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%)

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84	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%)
85	TKACZUK Bartosz	741		M1 16-29	17	00:12:03	00:29:54.05	00:41:57.05	+00:08:32 (28.6%)	5:58	10 (71.4%)
86	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%)
87	STRZEMIŃSKI Bartłomiej	846		M1 16-29	18	00:08:55	00:30:07.10	00:39:02.15	+00:08:45 (29.1%)	6:01	10 (71.4%)
88	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%)
89	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%)
90	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%)
91	WITORZĘĆ Dariusz	710		M3 40-49	24	00:04:22	00:30:17.60	00:34:39.60	+00:08:55 (29.5%)	6:03	9.9 (70.7%)
92	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%)
93	NAREJKO Paweł	821		M1 16-29	19	00:04:19	00:30:24.85	00:34:44.05	+00:09:03 (29.8%)	6:05	9.9 (70.7%)
94	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%)
95	ŁAWNICZAK Sebastian	845		M3 40-49	25	00:02:24	00:30:36.85	00:33:01.20	+00:09:15 (30.2%)	6:07	9.8 (70.0%)
96	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%)
97	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%)
98	CZAPLA Tomasz	977		M3 40-49	26	00:32:55	00:30:50.00	01:03:45.40	+00:09:28 (30.7%)	6:10	9.7 (69.3%)
99	NEJMAN Marcin	933	HAWAJSKIE REKINY	M1 16-29	20	00:03:16	00:30:51.75	00:34:08.00	+00:09:30 (30.8%)	6:10	9.7 (69.3%)
100	KONDELA Paweł	612	OŻW SZCZECIN	M3 40-49	27	00:15:03	00:30:52.70	00:45:55.70	+00:09:30 (30.8%)	6:10	9.7 (69.3%)
101	SCHULZE Stefan	745	BRAUNSCHWEIG HASH HOUSE HARRIERS	M4 50-59	6	00:06:22	00:30:56.75	00:37:19.65	+00:09:35 (31.0%)	6:11	9.7 (69.3%)
102	DOBRYCKI Piotr	1133	BRIDGESTONE STARGARD RUNNERS	M3 40-49	28	00:05:37	00:30:57.55	00:36:34.55	+00:09:35 (31.0%)	6:11	9.7 (69.3%)
103	GRALEWICZ Robert	600		M3 40-49	29	00:06:39	00:30:58.15	00:37:37.25	+00:09:36 (31.0%)	6:11	9.7 (69.3%)
103	WALCZAK Tadeusz	1057		M4 50-59	7	00:11:04	00:30:58.15	00:42:02.15	+00:09:36 (31.0%)	6:11	9.7 (69.3%)
105	SKRZYPIEC Andrzej	701	BIEGACZE ŚWINOUJŚCIE	M5 60+	1	00:13:17	00:30:58.25	00:44:15.45	+00:09:36 (31.0%)	6:11	9.7 (69.3%)
106	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
107	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%)
108	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%)
109	GÓSKI Tomasz	886	TEAM SPIRIT NOWA SÓL	M3 40-49	30	00:08:51	00:31:00.60	00:39:52.20	+00:09:38 (31.1%)	6:12	9.7 (69.3%)
110	DYWELSKI Marcin	1078	BRIDGESTONE STARGARD RUNNERS	M3 40-49	31	00:04:30	00:31:01.70	00:35:32.25	+00:09:39 (31.2%)	6:12	9.7 (69.3%)
111	BURDZIK Wojciech	975		M1 16-29	21	00:08:03	00:31:02.00	00:39:05.50	+00:09:40 (31.2%)	6:12	9.7 (69.3%)
112	KRAWIEC Mateusz	1145		M1 16-29	22	00:02:55	00:31:03.70	00:33:59.60	+00:09:41 (31.2%)	6:12	9.7 (69.3%)
113	URBANOWICZ Piotr	1143		M1 16-29	23	00:02:53	00:31:05.25	00:33:58.85	+00:09:43 (31.3%)	6:13	9.7 (69.3%)
114	PEDZIWIATR Marek	717		M3 40-49	32	00:09:19	00:31:11.30	00:40:30.60	+00:09:49 (31.5%)	6:14	9.6 (68.6%)
115	POŁOCZAŃSKI 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%)
116	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%)
117	KRACZOWSKI Mirosław	1052		M3 40-49	33	00:03:18	00:31:17.50	00:34:36.10	+00:09:55 (31.7%)	6:15	9.6 (68.6%)
118	NĘDZUSIAK Dariusz	690	DBN SUKURS	M4 50-59	8	00:15:25	00:31:22.90	00:46:48.00	+00:10:01 (31.9%)	6:16	9.6 (68.6%)
119	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%)
120	PATZKE Ingo	738	BRAUNSCHWEIG HAS HOUSE HARRIERS	M4 50-59	9	00:07:28	00:31:27.95	00:38:56.15	+00:10:06 (32.1%)	6:17	9.5 (67.9%)
121	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%)
122	FUDRO Edward	721		M5 60+	2	01:06:38	00:31:37.30	01:38:15.45	+00:10:15 (32.4%)	6:19	9.5 (67.9%)
123	PORAZIŃSKI Przemysław	806		M1 16-29	24	00:02:41	00:31:41.85	00:34:22.95	+00:10:20 (32.6%)	6:20	9.5 (67.9%)
124	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%)
125	BILIŃSKI Zbigniew	911	12BZ	M4 50-59	10	00:02:49	00:31:44.60	00:34:34.05	+00:10:22 (32.7%)	6:21	9.4 (67.1%)
126	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%)
127	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%)
128	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%)
129	NIEWCZAS Tomasz	937	DZIKA SIGMA	M3 40-49	34	00:04:52	00:32:00.20	00:36:52.85	+00:10:38 (33.2%)	6:24	9.4 (67.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
130	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%)
131	KUCHARCZYK Robert	764	RANGRYF	M4 50-59	11	00:46:24	00:32:05.65	01:18:30.50	+00:10:43 (33.4%)	6:25	9.3 (66.4%)
132	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%)
133	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%)
134	ŚWIĄTEK Bronisław	624	TUP TUP RAZEM	M5 60+	3	01:37:39	00:32:19.20	02:09:59.05	+00:10:57 (33.9%)	6:28	9.3 (66.4%)
135	ZIÓŁKOWSKI Mieczysław	792		M4 50-59	12	00:11:57	00:32:23.75	00:44:20.90	+00:11:02 (34.1%)	6:28	9.3 (66.4%)
136	RADCZUK Mariusz	1075	KOMPAS TEAM	M3 40-49	35	00:03:23	00:32:24.35	00:35:47.95	+00:11:02 (34.1%)	6:28	9.3 (66.4%)
137	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%)
138	GERLICH Michael	759	BRAUNSCHWEIG HASH HOUSE	M4 50-59	13	00:06:25	00:32:28.30	00:38:54.25	+00:11:06 (34.2%)	6:29	9.2 (65.7%)
139	PŁUCIENNIK Andrzej	847		M1 16-29	25	00:09:03	00:32:31.55	00:41:35.35	+00:11:09 (34.3%)	6:30	9.2 (65.7%)
140	LÜLLMANN Jörg	739	BRAUNSCHWEIG HASH HOUSE HARRIERS	M4 50-59	14	00:06:20	00:32:36.65	00:38:57.15	+00:11:14 (34.5%)	6:31	9.2 (65.7%)
141	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%)
142	BOCK Udo	729	BRAUNSCHWEIG HASH HOUSE HARRIERS	M3 40-49	36	00:06:18	00:32:44.50	00:39:02.65	+00:11:22 (34.8%)	6:32	9.2 (65.7%)
143	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%)
144	DOMAGALSKI Sławomir	919	SKB DZIK	M3 40-49	37	00:03:14	00:32:49.60	00:36:03.60	+00:11:27 (34.9%)	6:33	9.1 (65.0%)
145	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%)
146	BUBEŁA Tomasz	1073		M3 40-49	38	00:38:34	00:32:54.00	01:11:28.75	+00:11:32 (35.1%)	6:34	9.1 (65.0%)
147	MICHALIK Tadeusz	918	SBKDZIK	M1 16-29	26	00:01:08	00:33:02.20	00:34:10.75	+00:11:40 (35.3%)	6:36	9.1 (65.0%)
148	SZKUTNIK Arkadiusz	974	MON	M4 50-59	15	00:03:08	00:33:12.80	00:36:21.70	+00:11:51 (35.7%)	6:38	9 (64.3%)
149	GANCKE Grzegorz	1005		M3 40-49	39	00:50:25	00:33:14.65	01:23:39.70	+00:11:52 (35.7%)	6:38	9 (64.3%)
150	PAWŁOWSKI Karol	938	DZIKA SIGMA	M3 40-49	40	00:04:40	00:33:15.85	00:37:56.05	+00:11:54 (35.8%)	6:39	9 (64.3%)
151	MURYN Dawid	951		M1 16-29	27	00:50:21	00:33:20.85	01:23:42.15	+00:11:59 (35.9%)	6:40	9 (64.3%)
152	HNAT Rafał	616	DECATHLON PIŁA	M3 40-49	41	00:08:12	00:33:25.60	00:41:37.70	+00:12:03 (36.1%)	6:41	9 (64.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
153	SYLDATK Patryk	1002		M1 16-29	28	00:07:41	00:33:37.95	00:41:19.40	+00:12:16 (36.5%)	6:43	8.9 (63.6%)
154	RAKOWSKI Piotr	860		M4 50-59	16	00:13:11	00:33:39.35	00:46:50.75	+00:12:17 (36.5%)	6:43	8.9 (63.6%)
155	WIECZOREK Jakub	651		M1 16-29	29	00:06:04	00:33:39.65	00:39:44.05	+00:12:17 (36.5%)	6:44	8.9 (63.6%)
156	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%)
157	ŁEBKOWSKI Karol	689		M3 40-49	42	00:10:48	00:33:51.55	00:44:40.05	+00:12:29 (36.9%)	6:46	8.9 (63.6%)
158	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%)
159	PAWLUŚ Tomasz	589	SSPS CHEMIK POLICE	M3 40-49	43	00:02:26	00:33:53.15	00:36:20.05	+00:12:31 (37.0%)	6:46	8.8 (62.9%)
160	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%)
161	MĄDRAWSKI Tomasz	680		M3 40-49	44	00:19:20	00:33:59.95	00:53:20.10	+00:12:38 (37.2%)	6:48	8.8 (62.9%)
162	KWILIŃSKI Emil	993		M3 40-49	45	00:03:11	00:34:04.00	00:37:15.65	+00:12:42 (37.3%)	6:48	8.8 (62.9%)
163	KRÜGER Swen	736	BRAUNSCHWEIG HASH HOUSE HARRIERS	M1 16-29	30	00:06:28	00:34:07.30	00:40:36.10	+00:12:45 (37.4%)	6:49	8.8 (62.9%)
164	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%)
165	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%)
166	TUMANOWICZ Tomasz	834		M3 40-49	46	00:12:16	00:34:18.35	00:46:34.55	+00:12:56 (37.7%)	6:51	8.7 (62.1%)
167	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%)
168	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%)
169	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%)
170	BOBROWSKI Emanuel	1146		M1 16-29	31	00:19:07	00:34:37.65	00:53:45.05	+00:13:15 (38.3%)	6:55	8.7 (62.1%)
171	ŁEMPKOWSKI Janusz	982	DLL PARTNERS	M3 40-49	47	00:28:31	00:34:47.30	01:03:18.70	+00:13:25 (38.6%)	6:57	8.6 (61.4%)
172	ŚWIERCZ Dariusz	605	KPPSP WAŁCZ	M4 50-59	17	00:08:08	00:34:50.30	00:42:58.40	+00:13:28 (38.7%)	6:58	8.6 (61.4%)
173	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%)
174	ŻARCZYŃSKI Błażej	1102	BIEGAM U KOLESI	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%)
175	MISIASZEK Mirosław	1036		M4 50-59	18	00:06:08	00:35:16.25	00:41:24.95	+00:13:54 (39.4%)	7:03	8.5 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
176	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%)
177	SALAUYOU Raman	939	DZIKA SIGMA	M1 16-29	32	00:04:43	00:35:24.70	00:40:08.40	+00:14:02 (39.7%)	7:05	8.5 (60.7%)
178	CHUDZIŃSKI Bartosz	718	OŻW W SZCZECINIE	M3 40-49	48	00:14:54	00:35:29.40	00:50:24.35	+00:14:07 (39.8%)	7:06	8.5 (60.7%)
179	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%)
180	CARŁO Marcin	801	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49	49	00:03:49	00:35:39.75	00:39:29.15	+00:14:18 (40.1%)	7:08	8.4 (60.0%)
181	BOBROWSKI Daniel	1144		M1 16-29	33	00:02:51	00:35:41.80	00:38:33.50	+00:14:20 (40.2%)	7:08	8.4 (60.0%)
182	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%)
183	STOCK Heiko	743	BRAUNSCHWEIG HASH HOUSE HARRIERS	M3 40-49	50	00:06:46	00:35:52.30	00:42:38.50	+00:14:30 (40.4%)	7:10	8.4 (60.0%)
184	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%)
185	GRODZIŃSKI Arkadiusz	640	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M3 40-49	51	00:03:54	00:36:01.05	00:39:55.70	+00:14:39 (40.7%)	7:12	8.3 (59.3%)
186	KAROL Sławomir	793	ŁOSZKI I WARCHLAKI	M4 50-59	19	00:09:24	00:36:02.20	00:45:26.50	+00:14:40 (40.7%)	7:12	8.3 (59.3%)
187	MURAWSKI Rafał	921	ŁOSOŚ TEAM	M3 40-49	52	00:11:34	00:36:07.65	00:47:42.40	+00:14:45 (40.9%)	7:13	8.3 (59.3%)
188	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%)
189	SZYSZKO Artur	1140	DLL PARTNERS	M3 40-49	53	00:30:47	00:36:19.10	01:07:06.95	+00:14:57 (41.2%)	7:15	8.3 (59.3%)
190	PETRUSIEWICZ Paweł	797		M1 16-29	34	00:04:55	00:36:19.90	00:41:15.05	+00:14:58 (41.2%)	7:16	8.3 (59.3%)
191	LEŚNIEWSKI Wojciech	1136	DLL PARTNERS	M3 40-49	54	00:30:43	00:36:23.95	01:07:07.35	+00:15:02 (41.3%)	7:16	8.2 (58.6%)
192	KRAWCZYK Paweł	649	OPONKI TEAM	M1 16-29	35	00:05:04	00:36:30.95	00:41:35.05	+00:15:09 (41.5%)	7:18	8.2 (58.6%)
193	GERLICH Klaus	734	BRAUNSCHWEIG HASH HOUSE HARRIERS	M4 50-59	20	00:06:05	00:36:32.70	00:42:38.20	+00:15:10 (41.5%)	7:18	8.2 (58.6%)
194	SCHMIDT Thomas	756	BRAUNSCHWEIG HASH HOUSE HARRIERS	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%)
195	SZAKOLA Pawel	862		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%)
196	SITEK Alfred	789		M3 40-49	55	00:50:59	00:36:43.40	01:27:43.25	+00:15:21 (41.8%)	7:20	8.2 (58.6%)
197	SYCH Zbigniew	839	KB KAMIEŃ POMORSKI	M3 40-49	56	00:14:42	00:36:53.85	00:51:36.35	+00:15:32 (42.1%)	7:22	8.1 (57.9%)
198	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
199	WOJTKOWIAK Rafał	999		M3 40-49	57	00:36:35	00:36:58.30	01:13:33.30	+00:15:36 (42.2%)	7:23	8.1 (57.9%)
200	MLECZEK Roman	775		M3 40-49	58	00:16:03	00:37:13.70	00:53:17.35	+00:15:51 (42.6%)	7:26	8.1 (57.9%)
201	BLAHAK David	958	VO2 MAX TEAM	M1 16-29	36	01:17:06	00:37:13.85	01:54:19.95	+00:15:52 (42.6%)	7:26	8.1 (57.9%)
202	KIERUJ Jakub	837	IHUHU TEAM	M1 16-29	37	00:11:06	00:37:15.30	00:48:21.65	+00:15:53 (42.7%)	7:27	8.1 (57.9%)
203	NASIADEK Arkadiusz	725		M3 40-49	59	00:14:57	00:37:18.10	00:52:15.70	+00:15:56 (42.7%)	7:27	8 (57.1%)
204	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%)
205	NOWAK Zbigniew	926	KB DZIK	M5 60+	4	00:45:33	00:38:14.75	01:23:48.25	+00:16:53 (44.1%)	7:39	7.8 (55.7%)
206	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%)
207	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%)
208	KORZENIAK Wojciech	800		M1 16-29	38	00:39:13	00:38:31.45	01:17:44.65	+00:17:09 (44.5%)	7:42	7.8 (55.7%)
209	KLIMEK Krzysztof	726		M3 40-49	60	00:43:42	00:38:32.05	01:22:14.40	+00:17:10 (44.6%)	7:42	7.8 (55.7%)
210	STAŃCZYK Sławomir	906	STARGARD. JA SIĘ NIE ŚCIGAM	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%)
211	PCIONEK Jacek	833		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%)
212	SIDORCZUK Tomasz	929	KLUB BIEGAJĄCYCH LEŚNIKÓW	M3 40-49	61	00:28:03	00:38:47.25	01:06:50.85	+00:17:25 (44.9%)	7:45	7.7 (55.0%)
213	KUNIKOWSKI Patryk	671	STARGARD JA SIĘ NIE ŚCIGAM	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%)
214	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%)
215	JADRYCH Zbigniew	915		M3 40-49	62	00:15:28	00:38:56.20	00:54:24.25	+00:17:34 (45.1%)	7:47	7.7 (55.0%)
216	GOWORSKI Jerzy	842	WIECZORNE BIEGANIE W SZCZECINIE	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%)
217	LINOWSKI Włodzimierz	989		M1 16-29	39	01:41:17	00:39:29.40	02:20:46.60	+00:18:07 (45.9%)	7:53	7.6 (54.3%)
218	JAŚKIEWICZ Krzysztof	682	MSPORT	M3 40-49	63	00:05:54	00:39:47.45	00:45:41.95	+00:18:25 (46.3%)	7:57	7.5 (53.6%)
219	KRZEMIŃSKI Paweł	967	EXT-WLF	M1 16-29	40	00:44:15	00:40:02.80	01:24:17.80	+00:18:41 (46.7%)	8:00	7.5 (53.6%)
220	ZAWADZKI Andrzej	968	EXT-WLF	M1 16-29	41	00:44:11	00:40:04.95	01:24:16.65	+00:18:43 (46.7%)	8:01	7.5 (53.6%)
221	ZIELIŃSKI Bartosz	900		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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
222	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%)
223	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%)
224	GUMIELA Adam	828	MELVITRUN	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%)
225	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%)
226	SZYPUŁOWSKI 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%)
227	KŁYS Robert	829	WDŚ KMP	M3 40-49	64	00:18:04	00:40:54.45	00:58:58.55	+00:19:32 (47.8%)	8:10	7.3 (52.1%)
228	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%)
229	OLĘDZKI Michał	832	WDŚ KMP	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%)
230	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%)
231	WIECZOREK Wojciech	654		M3 40-49	65	00:06:15	00:41:10.70	00:47:26.25	+00:19:48 (48.1%)	8:14	7.3 (52.1%)
232	MRÓZ Tomek	698		M3 40-49	66	01:15:21	00:41:11.40	01:56:33.35	+00:19:49 (48.1%)	8:14	7.3 (52.1%)
233	PARADOWSKI Piotr	697	KB WYSZKÓW	M1 16-29	42	00:58:51	00:41:20.50	01:40:12.30	+00:19:58 (48.3%)	8:16	7.3 (52.1%)
234	ZAWISZA Tomasz	889	BRIDGESTONE STARGARD RUNNERS	M3 40-49	67	00:02:34	00:41:24.75	00:43:59.00	+00:20:03 (48.4%)	8:17	7.2 (51.4%)
235	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%)
236	ANIELSKI Sławomir	894		M1 16-29	43	00:14:50	00:41:36.10	00:56:26.25	+00:20:14 (48.6%)	8:19	7.2 (51.4%)
237	STEMPNIAK Zbigniew	675	REBELS LEGION TEAM	M3 40-49	68	00:05:33	00:41:38.70	00:47:12.05	+00:20:16 (48.7%)	8:19	7.2 (51.4%)
238	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%)
239	CHROBOCINSKI Daniel	819		M1 16-29	44	00:19:57	00:42:16.05	01:02:13.40	+00:20:54 (49.5%)	8:27	7.1 (50.7%)
240	ZADROŻNY Szymon	657		M3 40-49	69	00:43:52	00:42:38.15	01:26:30.65	+00:21:16 (49.9%)	8:31	7 (50.0%)
241	KARAKUŁA Krzysztof	1079		M1 16-29	45	00:02:12	00:43:11.00	00:45:23.75	+00:21:49 (50.5%)	8:38	6.9 (49.3%)
242	NIEZGODA Adam	619	KOMPAS TEAM	M3 40-49	70	00:06:58	00:43:19.70	00:50:18.65	+00:21:57 (50.7%)	8:40	6.9 (49.3%)
243	ULASS Robert	787		M3 40-49	71	00:51:26	00:43:21.35	01:34:48.25	+00:21:59 (50.7%)	8:40	6.9 (49.3%)
244	ZABROCKI Karol	633		M3 40-49	72	00:36:09	00:44:07.10	01:20:16.55	+00:22:45 (51.6%)	8:49	6.8 (48.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
245	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%)
246	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%)
247	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%)
248	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%)
249	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%)
250	PŁOSA Arkadiusz	780		M3 40-49	73	00:12:11	00:47:49.35	01:00:00.70	+00:26:27 (55.3%)	9:33	6.3 (45.0%)
251	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%)
252	BODNAR Zbigniew	652		M5 60+	5	00:03:31	00:48:50.00	00:52:21.70	+00:27:28 (56.3%)	9:46	6.1 (43.6%)
253	SOŁTYS Krzysztof	1122		M1 16-29	46	00:12:35	00:48:53.95	01:01:29.25	+00:27:32 (56.3%)	9:46	6.1 (43.6%)
254	BARTNIK Paweł	1132	DLL PARTNERS	M5 60+	6	00:30:51	00:49:16.00	01:20:07.75	+00:27:54 (56.6%)	9:51	6.1 (43.6%)
255	PRABUCKI Jarosław	1128	UKL OSEMKA POLICE	M3 40-49	74	00:25:38	00:50:38.45	01:16:16.55	+00:29:16 (57.8%)	10:07	5.9 (42.1%)
256	LEWANDOWSKI Janusz	866		M5 60+	7	00:15:10	00:52:38.50	01:07:49.15	+00:31:16 (59.4%)	10:31	5.7 (40.7%)

Znaleziono 256 wynik(ów)