



NOCNY BIEG SZLAKIEM DZIKA

B4SPORT

Wydarzenie: Dziki Weekend 2021
Organizator: Stowarzyszenie Klub Biegowy Dzik
Data: 2021-08-20
Miejsce: Police
Dystans: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

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	BRAUN Grzegorz	122	BRAUNSPAW	M1 16-29	1	00:00:07	00:20:55.05	00:21:02.95		4:11	14.3 (100%)
2	OLICHOWSKI Mateusz	4	WOLFTEAM	M2 30-39	1	00:00:07	00:21:17.80	00:21:25.25	+00:00:22 (1.8%)	4:15	14.1 (98.6%)
3	WASILEWSKI Andrzej	7	WILKI Z CIECHOCINKA	M3 40-49	1	00:00:10	00:22:40.65	00:22:51.45	+00:01:45 (7.8%)	4:32	13.2 (92.3%)
4	KRZEŚNIEWSKI Marcin	96	ROWEROWY ZAŁOM	M3 40-49	2	00:00:08	00:23:22.65	00:23:30.70	+00:02:27 (10.5%)	4:40	12.8 (89.5%)
5	CHAJA Radosław	401		M2 30-39	2	00:00:09	00:23:30.80	00:23:39.80	+00:02:35 (11.0%)	4:42	12.8 (89.5%)
6	TOMCZYK Tomasz	48	KMPSP SZCZECIN	M2 30-39	3	00:00:09	00:23:39.40	00:23:49.20	+00:02:44 (11.6%)	4:43	12.7 (88.8%)
7	CHENON Guillaume	100	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49	3	00:07:37	00:23:55.80	00:31:33.60	+00:03:00 (12.6%)	4:47	12.5 (87.4%)
8	SCHMIDT Thomas	143	HASH HOUSE HARRIERS BS	M2 30-39	4	00:00:14	00:23:59.10	00:24:13.10	+00:03:04 (12.8%)	4:47	12.5 (87.4%)
9	WRÓBLEWSKI Michał	125	LIFE4FIT	M3 40-49	4	00:00:07	00:23:59.25	00:24:07.05	+00:03:04 (12.8%)	4:47	12.5 (87.4%)
10	GRYGORCEWICZ Jan	106	POLICE	M4 50-59	1	00:00:10	00:24:12.40	00:24:22.45	+00:03:17 (13.6%)	4:50	12.4 (86.7%)
11	ADAMSKI Janusz	380	VOZ MAX	M4 50-59	2	00:00:08	00:24:20.40	00:24:28.95	+00:03:25 (14.1%)	4:52	12.3 (86.0%)
12	GRYGORCENICZ Janek	394		M1 16-29	2	00:00:10	00:24:22.95	00:24:33.05	+00:03:27 (14.2%)	4:52	12.3 (86.0%)
13	NARLOCH Kacper	402	DZIK	M2 30-39	5	00:00:08	00:24:36.80	00:24:45.65	+00:03:41 (15.0%)	4:55	12.2 (85.3%)
14	GERLICH Kai	163	HASH HOUSE HARRIERS BS	M1 16-29	3	00:00:13	00:24:40.15	00:24:53.60	+00:03:45 (15.2%)	4:56	12.2 (85.3%)
15	PAKURA Krzysztof	128	ŁAWECZKANTEAM	M3 40-49	5	00:00:10	00:24:44.30	00:24:55.25	+00:03:49 (15.4%)	4:56	12.1 (84.6%)
16	LIPERTOWICZ Sebastian	303	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	6	00:00:11	00:24:48.05	00:24:59.60	+00:03:53 (15.7%)	4:57	12.1 (84.6%)
17	ZELEK Darek	79	POLICZANIN	M3 40-49	6	00:00:08	00:24:49.25	00:24:57.75	+00:03:54 (15.7%)	4:57	12.1 (84.6%)
18	OSTOJSKI Ireneusz	45	DLL PARTNERS	M3 40-49	7	00:00:12	00:24:59.10	00:25:11.60	+00:04:04 (16.3%)	4:59	12 (83.9%)
19	OKIENCZUK Radek	55	T-RUN-OZAURY	M2 30-39	7	00:00:23	00:25:04.45	00:25:27.85	+00:04:09 (16.6%)	5:00	12 (83.9%)
20	PRZYBYSZ Marcin	67	WYMIARMEBLI.PL	M2 30-39	8	00:00:09	00:25:13.55	00:25:22.80	+00:04:18 (17.1%)	5:02	11.9 (83.2%)
21	KOCZKODAJ Kamil	199	ŻW	M2 30-39	9	00:00:10	00:25:27.70	00:25:38.05	+00:04:32 (17.8%)	5:05	11.8 (82.5%)
22	TUBACKI Dawid	2	MMM BIGOSIK!	M1 16-29	4	00:00:19	00:25:37.05	00:25:56.30	+00:04:42 (18.3%)	5:07	11.7 (81.8%)
23	GRALEWICZ Albert	3	MM	M1 16-29	5	00:00:16	00:25:37.50	00:25:54.15	+00:04:42 (18.4%)	5:07	11.7 (81.8%)
24	SCHULZE Jan Michael	150	HASH HOUSE HARRIERS BS	M1 16-29	6	00:00:12	00:25:40.75	00:25:53.35	+00:04:45 (18.5%)	5:08	11.7 (81.8%)
25	KRUPIŃSKI Marcin	627	SKB DZIK	M3 40-49	8	00:00:19	00:25:42.20	00:26:01.80	+00:04:47 (18.6%)	5:08	11.7 (81.8%)
26	ORYL Mariusz	198	ŻW	M2 30-39	10	00:00:10	00:25:49.10	00:26:00.05	+00:04:54 (19.0%)	5:09	11.6 (81.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas	Czas	Różn	Tempo min/km	Tempo km/h	
							netto	brutto				
							5km	5km				
27	FĄFEREK Piotr	116	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	11	00:00:20	00:25:52.25	00:26:12.75	+00:04:57 (19.1%)	5:10	11.6 (81.1%)	
28	MATUSEWICZ Paweł	108		M1 16-29	7	00:00:16	00:25:53.60	00:26:09.95	+00:04:58 (19.2%)	5:10	11.6 (81.1%)	
29	ARLUKIEWICZ Grzegorz	196		M2 30-39	12	00:00:16	00:25:54.40	00:26:10.75	+00:04:59 (19.3%)	5:10	11.6 (81.1%)	
30	NIEWCZAS Jakub	24	DZIKA SIGMA	M1 16-29	8	00:00:45	00:25:55.10	00:26:40.70	+00:05:00 (19.3%)	5:11	11.6 (81.1%)	
31	SŁOWIK Jacek	177		M2 30-39	13	00:00:21	00:26:02.65	00:26:24.20	+00:05:07 (19.7%)	5:12	11.5 (80.4%)	
32	PASIKOWSKI Kamil	644	SKB DZIK	M1 16-29	9	00:00:56	00:26:16.45	00:27:12.80	+00:05:21 (20.4%)	5:15	11.4 (79.7%)	
33	BOCHENEK Michał	28	AFRO-FIT WATAHA CROSSFIT	M2 30-39	14	00:00:19	00:26:31.30	00:26:50.50	+00:05:36 (21.1%)	5:18	11.3 (79.0%)	
34	KRUK Bartosz	127	ORTOKOTY	M2 30-39	15	00:00:11	00:26:32.00	00:26:43.25	+00:05:36 (21.2%)	5:18	11.3 (79.0%)	
35	BUHMANN Philip	53	HASH HOUSE HARRIERS BS	M2 30-39	16	00:00:12	00:26:32.35	00:26:45.30	+00:05:37 (21.2%)	5:18	11.3 (79.0%)	
36	GOŁĘBIEWSKI Tomasz	102	PSP SZCZECIN	M2 30-39	17	00:00:09	00:26:36.35	00:26:46.10	+00:05:41 (21.4%)	5:19	11.3 (79.0%)	
37	ORLIONSKI Paweł	398		M3 40-49	9	00:00:09	00:26:39.35	00:26:48.75	+00:05:44 (21.5%)	5:19	11.3 (79.0%)	
38	ELLMANN Filip	57	STYL PIJANEGO MISTRZA	M2 30-39	18	00:00:14	00:26:48.75	00:27:02.75	+00:05:53 (22.0%)	5:21	11.2 (78.3%)	
39	LENCEWICZ Grzegorz	61	VO2MAX	M2 30-39	19	00:00:08	00:26:50.00	00:26:58.90	+00:05:54 (22.0%)	5:22	11.2 (78.3%)	
40	SOBCZAK Paweł	379		M2 30-39	20	00:00:11	00:26:56.65	00:27:08.55	+00:06:01 (22.4%)	5:23	11.1 (77.6%)	
41	CHRISTIAN Seebode	152	HASH HOUSE HARRIERS BS	M4 50-59	3	00:00:13	00:27:14.20	00:27:27.20	+00:06:19 (23.2%)	5:26	11 (76.9%)	
42	KNIAŻ Tomasz	147	HELL'S HEAVEN SZCZECIN	M3 40-49	10	00:00:19	00:27:18.00	00:27:37.70	+00:06:22 (23.4%)	5:27	11 (76.9%)	
43	GERLICH Klaus Stephan	174	HASH HOUSE HARRIERS BS	M4 50-59	4	00:00:11	00:27:50.70	00:28:02.15	+00:06:55 (24.9%)	5:34	10.8 (75.5%)	
44	SAWICKI Bartosz	194	DZIKIE DZIKI GORZÓW	M2 30-39	21	00:00:29	00:27:51.30	00:28:20.90	+00:06:56 (24.9%)	5:34	10.8 (75.5%)	
45	SIEDLER Martin	41	SV DONSBRUGGEN 06	M2 30-39	22	00:00:36	00:27:52.00	00:28:28.35	+00:06:56 (24.9%)	5:34	10.8 (75.5%)	
46	PODOLAK Mirosław	9	GRUPA AZOTY	M3 40-49	11	00:00:19	00:27:54.35	00:28:13.35	+00:06:59 (25.0%)	5:34	10.8 (75.5%)	
47	MALCHEREK Adrian	19	T-RUN-OZAURY	M2 30-39	23	00:00:24	00:28:02.50	00:28:27.20	+00:07:07 (25.4%)	5:36	10.7 (74.8%)	
48	TROJNAR Maciej	70	T-RUN-OZAURY	M2 30-39	24	00:00:24	00:28:17.55	00:28:41.65	+00:07:22 (26.1%)	5:39	10.6 (74.1%)	
49	GRALEWICZ Robert	56	MM	M3 40-49	12	00:00:16	00:28:20.75	00:28:37.35	+00:07:25 (26.2%)	5:40	10.6 (74.1%)	
50	KOMSTA Rafał	91	RAFAŁ K.	M3 40-49	13	00:00:09	00:28:22.45	00:28:32.00	+00:07:27 (26.3%)	5:40	10.6 (74.1%)	
51	SZYŁOWICZ Daniel	404		M2 30-39	25	00:00:17	00:28:30.95	00:28:48.20	+00:07:35 (26.6%)	5:42	10.5 (73.4%)	
52	PARADOWSKI Michał	349	FITBRACTWO	M2 30-39	26	00:00:21	00:28:40.30	00:29:01.65	+00:07:45 (27.0%)	5:44	10.5 (73.4%)	
53	BRUMIRSKI Bartek	92	NIEZRZESZONY	M2 30-39	27	00:00:27	00:28:43.30	00:29:11.15	+00:07:48 (27.2%)	5:44	10.4 (72.7%)	
54	CZERWIŃSKI Paweł	51	HULK TEAM POLICE	M1 16-29	10	00:00:22	00:28:52.75	00:29:14.85	+00:07:57 (27.6%)	5:46	10.4 (72.7%)	
55	KURPIEWSKI Piotr	82	BBKTS	M1 16-29	11	00:00:15	00:28:54.85	00:29:10.70	+00:07:59 (27.7%)	5:46	10.4 (72.7%)	
56	KOŁOMAŃSKI Hubert	59	BSHAUS	M2 30-39	28	00:00:40	00:29:03.65	00:29:43.95	+00:08:08 (28.0%)	5:48	10.3 (72.0%)	
57	KOZŁOWSKI Jakub	338	ENDURO GRYFICE	M1 16-29	12	00:00:11	00:29:09.15	00:29:21.05	+00:08:14 (28.2%)	5:49	10.3 (72.0%)	
58	BRANDES Tilman	145	HASH HOUSE HARRIERS BS	M2 30-39	29	00:00:13	00:29:09.20	00:29:22.50	+00:08:14 (28.3%)	5:49	10.3 (72.0%)	
59	ŁAWNICZAK Sebastian	232	ALUHAK	M3 40-49	14	00:00:25	00:29:10.60	00:29:35.60	+00:08:15 (28.3%)	5:50	10.3 (72.0%)	
60	SKOCZYLAS Patryk	228	INCOM POLSKA	M1 16-29	13	00:00:37	00:29:13.30	00:29:51.20	+00:08:18 (28.4%)	5:50	10.3 (72.0%)	
61	PADUCH Piotr	190	GRUPA AZOTY POLICE SERWIS	M2 30-39	30	00:00:15	00:29:16.30	00:29:31.45	+00:08:21 (28.5%)	5:51	10.3 (72.0%)	
62	BARTOSIEWICZ Adam	304	OCR POLSKA	M3 40-49	15	00:00:20	00:29:27.20	00:29:47.40	+00:08:32 (29.0%)	5:53	10.2 (71.3%)	
63	URBANOWICZ Piotr	624	SKB DZIK	M1 16-29	14	00:00:17	00:29:28.10	00:29:46.00	+00:08:33 (29.0%)	5:53	10.2 (71.3%)	
64	ECHAUST Artur	233	NEPTUN	M2 30-39	31	00:00:16	00:29:33.40	00:29:49.65	+00:08:38 (29.2%)	5:54	10.2 (71.3%)	
65	SZUBCZYŃSKI Marcin	208	DLL PARTNERS	M2 30-39	32	00:00:35	00:29:34.10	00:30:09.40	+00:08:39 (29.3%)	5:54	10.1 (70.6%)	
66	GABRYŚ Kacper	339	COKOLWIEK	M2 30-39	33	00:00:35	00:29:39.50	00:30:14.50	+00:08:44 (29.5%)	5:55	10.1 (70.6%)	
67	SENDEROWSKI Maciej	210	KLUB	M2 30-39	34	00:00:21	00:29:40.70	00:30:02.55	+00:08:45 (29.5%)	5:56	10.1 (70.6%)	
68	KONOPACKI Sławek	197	SZCZECIN	M2 30-39	35	00:00:11	00:29:46.75	00:29:58.20	+00:08:51 (29.8%)	5:57	10.1 (70.6%)	
69	KAMIONKA Andrzej	32	14 ZBOT	M2 30-39	36	00:00:12	00:29:48.50	00:30:00.80	+00:08:53 (29.8%)	5:57	10.1 (70.6%)	
70	WITKOWSKI Emil	23	-	M2 30-39	37	00:00:33	00:29:49.65	00:30:23.60	+00:08:54 (29.9%)	5:57	10.1 (70.6%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas	Czas	Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
71	KIRAGA Jarek	29	ZS CROSSFIT SZCZECIN	M2 30-39	38	00:00:33	00:29:50.30	00:30:23.90	+00:08:55 (29.9%)	5:58	10.1 (70.6%)
72	MATYSIAK Sławomir	95	OCR GRUBAS TEAM	M2 30-39	39	00:00:29	00:29:57.45	00:30:26.45	+00:09:02 (30.2%)	5:59	10 (69.9%)
73	BACHORSKI Paweł	213	GRUPA AZOTY POLICE	M3 40-49	16	00:00:19	00:29:57.80	00:30:17.05	+00:09:02 (30.2%)	5:59	10 (69.9%)
74	KRÓL Kamil	121	SOCIOS SILESIA	M2 30-39	40	00:00:15	00:30:02.15	00:30:17.15	+00:09:07 (30.4%)	6:00	10 (69.9%)
75	ROSZKOWSKI Artur	395		M3 40-49	17	00:00:25	00:30:09.40	00:30:34.75	+00:09:14 (30.6%)	6:01	10 (69.9%)
76	BRAUN Krzysztof	366	ENDURO GRYFICE	M2 30-39	41	00:00:12	00:30:11.60	00:30:23.60	+00:09:16 (30.7%)	6:02	9.9 (69.2%)
77	SOWA Krzysztof	203	ZWIEDZANIE PRZEZ BIEGANIE	M2 30-39	42	00:00:31	00:30:11.70	00:30:43.15	+00:09:16 (30.7%)	6:02	9.9 (69.2%)
78	WESOŁOWSKI Arkadiusz	85		M3 40-49	18	00:00:19	00:30:12.30	00:30:31.95	+00:09:17 (30.7%)	6:02	9.9 (69.2%)
79	BOCK Udo	151	HASH HOUSE HARRIERS BS	M3 40-49	19	00:00:11	00:30:13.70	00:30:25.45	+00:09:18 (30.8%)	6:02	9.9 (69.2%)
80	BUDNICKI Grzegorz	99	NO PAIN NO GAIN	M2 30-39	43	00:00:27	00:30:18.15	00:30:45.65	+00:09:23 (31.0%)	6:03	9.9 (69.2%)
81	GÓRSKI Tomasz	33	MODRZYCA HUNTERS	M3 40-49	20	00:04:35	00:30:34.90	00:35:10.05	+00:09:39 (31.6%)	6:06	9.8 (68.5%)
82	BALCERZAK Przemysław	205	UKŁ ÓSEMKA POLICE	M2 30-39	44	00:00:25	00:30:35.10	00:31:01.05	+00:09:40 (31.6%)	6:07	9.8 (68.5%)
83	KLEPACKI Bartek	60	NOWOPOL	M2 30-39	45	00:00:33	00:30:35.20	00:31:08.95	+00:09:40 (31.6%)	6:07	9.8 (68.5%)
84	ŚWIĄTEK Bronisław	139	SAMOTNY WILK	M5 60+	1	00:00:31	00:30:35.55	00:31:06.80	+00:09:40 (31.6%)	6:07	9.8 (68.5%)
85	PATZKE Ingo	159	HASH HOUSE HARRIERS BS	M4 50-59	5	00:00:14	00:30:35.60	00:30:50.25	+00:09:40 (31.6%)	6:07	9.8 (68.5%)
86	DOBRYCKI Piotr	231	BRIDGESTONE STARGARD RUNNERS	M3 40-49	21	00:00:30	00:30:39.85	00:31:09.85	+00:09:44 (31.8%)	6:07	9.8 (68.5%)
87	MĄDRAWSKI Tomasz	66		M3 40-49	22	00:00:17	00:30:55.60	00:31:13.45	+00:10:00 (32.4%)	6:11	9.7 (67.8%)
88	.	626	SKB DZIK	M3 40-49	23	00:00:19	00:31:02.40	00:31:22.35	+00:10:07 (32.6%)	6:12	9.7 (67.8%)
89	KACZMAREK Michał	216	GRUPA AZOTY POLYOLEFINS	M2 30-39	46	00:00:39	00:31:05.65	00:31:44.75	+00:10:10 (32.7%)	6:13	9.7 (67.8%)
90	KIWILSKA Wojciech	104	IHUHU TEAM	M2 30-39	47	00:00:26	00:31:14.95	00:31:41.00	+00:10:19 (33.1%)	6:14	9.6 (67.1%)
91	WÓJCIK Krzysztof	180	DĄBROWSKI TEAM	M2 30-39	48	00:00:17	00:31:15.75	00:31:33.15	+00:10:20 (33.1%)	6:15	9.6 (67.1%)
92	SAWICKI Jakub	363	ENDURO GRYFICE	M1 16-29	15	00:00:14	00:31:22.55	00:31:37.25	+00:10:27 (33.3%)	6:16	9.6 (67.1%)
93	WITORZĘĆ Dariusz	162	!	M3 40-49	24	00:00:27	00:31:26.25	00:31:53.25	+00:10:31 (33.5%)	6:17	9.5 (66.4%)
94	SZULC Marcin	84	DZIKI	M2 30-39	49	00:00:16	00:31:33.30	00:31:50.10	+00:10:38 (33.7%)	6:18	9.5 (66.4%)
95	BRODA Gracjan	119		M2 30-39	50	00:00:17	00:31:36.10	00:31:53.55	+00:10:41 (33.8%)	6:19	9.5 (66.4%)
96	STOCK Heiko	183	HASH HOUSE HARRIERS BS	M3 40-49	25	00:00:14	00:31:44.30	00:31:58.65	+00:10:49 (34.1%)	6:20	9.5 (66.4%)
97	RAJCHEL Marcin	329		M2 30-39	51	00:00:34	00:31:57.60	00:32:32.30	+00:11:02 (34.6%)	6:23	9.4 (65.7%)
98	WIECZOREK Jakub	136	WIECZORKI3	M1 16-29	16	00:00:32	00:32:14.30	00:32:47.00	+00:11:19 (35.1%)	6:26	9.3 (65.0%)
99	SIDORCZUK Tomasz	89	KLUB BIEGAJĄCYCH LEŚNIKÓW	M3 40-49	26	00:00:35	00:32:18.75	00:32:54.60	+00:11:23 (35.3%)	6:27	9.3 (65.0%)
100	JASTRZEMSKI Patryk	397		M2 30-39	52	00:00:30	00:32:19.65	00:32:50.20	+00:11:24 (35.3%)	6:27	9.3 (65.0%)
101	SCHULZE Stefan	134	HASH HOUSE HARRIERS BS	M4 50-59	6	00:00:13	00:32:25.10	00:32:39.00	+00:11:30 (35.5%)	6:29	9.3 (65.0%)
102	ŁEMPICKI Maciej	47	KP PSP GRYFINO	M2 30-39	53	00:00:22	00:32:26.55	00:32:48.65	+00:11:31 (35.5%)	6:29	9.2 (64.3%)
103	JAWORSKI Dawid	64	MMM BIGOSIK!	M1 16-29	17	00:00:19	00:32:28.80	00:32:48.65	+00:11:33 (35.6%)	6:29	9.2 (64.3%)
104	CHMIELEWSKI Tomasz	396	SKB DZIK	M1 16-29	18	00:00:08	00:32:29.25	00:32:37.50	+00:11:34 (35.6%)	6:29	9.2 (64.3%)
105	ŁUKASZEWSKI Igor	340	DZIK	M1 16-29	19	00:00:07	00:32:29.45	00:32:37.20	+00:11:34 (35.6%)	6:29	9.2 (64.3%)
106	RADCZUK Mariusz	153	KOMPA TEAM	M3 40-49	27	00:00:25	00:32:32.90	00:32:58.00	+00:11:37 (35.7%)	6:30	9.2 (64.3%)
107	DIDYCHUK Serhii	225	ALUHAK	M2 30-39	54	00:00:29	00:32:33.20	00:33:02.95	+00:11:38 (35.7%)	6:30	9.2 (64.3%)
108	ZALEJSKI Tomasz	331	WQRW TEAM	M3 40-49	28	00:00:23	00:32:44.55	00:33:07.75	+00:11:49 (36.1%)	6:32	9.2 (64.3%)
109	DUDKA Robert	31	SZCZECIN	M2 30-39	55	00:00:40	00:32:45.00	00:33:25.20	+00:11:49 (36.1%)	6:33	9.2 (64.3%)
110	SALAUYOU Roman	74	DZIKA SIGMA	M2 30-39	56	00:00:42	00:32:45.55	00:33:28.00	+00:11:50 (36.1%)	6:33	9.2 (64.3%)
111	STECIUK Michał	224	ENEA OPERATOR	M2 30-39	57	00:00:46	00:32:58.05	00:33:44.05	+00:12:03 (36.6%)	6:35	9.1 (63.6%)
112	SKRZYPIEC Andrzej	172	BIEGACZE ŚWINOUJŚCIE	M5 60+	2	00:00:14	00:33:00.90	00:33:15.10	+00:12:05 (36.6%)	6:36	9.1 (63.6%)
113	SZKUTNIK Arkadiusz	204	MON	M4 50-59	7	00:00:09	00:33:01.70	00:33:10.80	+00:12:06 (36.7%)	6:36	9.1 (63.6%)
114	HNAT Rafał	146	DECATHLON PIŁA	M3 40-49	29	00:00:29	00:33:10.75	00:33:39.95	+00:12:15 (37.0%)	6:38	9 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas	Czas	Różn	Tempo min/km	Tempo km/h
							netto	brutto			
							5km	5km			
115	LOBA Jacek	619	SKB DZIK	M3 40-49	30	00:00:20	00:33:12.30	00:33:33.20	+00:12:17 (37.0%)	6:38	9 (62.9%)
116	MIKULSKI Michał	209	DLL	M4 50-59	8	00:00:34	00:33:16.90	00:33:50.95	+00:12:21 (37.2%)	6:39	9 (62.9%)
117	HARABASZ Jakub	223	BRIDGESTONE STARGARD RUNNERS	M2 30-39	58	00:00:30	00:33:17.15	00:33:47.40	+00:12:22 (37.2%)	6:39	9 (62.9%)
118	ARMATA Matthias	184	HASH HOUSE HARRIERS BS	M2 30-39	59	00:09:01	00:33:27.90	00:42:29.40	+00:12:32 (37.5%)	6:41	9 (62.9%)
119	BIEGANSKI Tomasz	72	TOMEK	M2 30-39	60	00:00:15	00:33:37.10	00:33:52.75	+00:12:42 (37.8%)	6:43	8.9 (62.2%)
120	FREJTAG Dawid	52	15 GIŻYCKA BRYGADA ZMECHANIZOWANA	M2 30-39	61	00:00:45	00:33:49.00	00:34:34.90	+00:12:53 (38.1%)	6:45	8.9 (62.2%)
121	KURKIEREWICZ Mariusz	181		M3 40-49	31	00:00:32	00:33:58.85	00:34:31.55	+00:13:03 (38.4%)	6:47	8.8 (61.5%)
122	TUZ Bartosz	132	MODRZYCA HUNTERS	M2 30-39	62	00:39:44	00:34:15.35	01:13:59.45	+00:13:20 (38.9%)	6:51	8.8 (61.5%)
123	ZERZUT Jarosław	101	FARTY PUSZCZY	M4 50-59	9	00:00:30	00:34:15.85	00:34:46.20	+00:13:20 (39.0%)	6:51	8.8 (61.5%)
124	SZYMCZAK Łukasz	22	FARTY PUSZCZY / SZYMTECH	M3 40-49	32	00:00:29	00:34:16.25	00:34:46.20	+00:13:21 (39.0%)	6:51	8.8 (61.5%)
125	FORNALIK Krzysztof	80	POLISH ARMY GIRLS	M2 30-39	63	00:00:38	00:34:24.10	00:35:02.15	+00:13:29 (39.2%)	6:52	8.7 (60.8%)
126	KRZYWOŃ Paweł	365		M2 30-39	64	00:00:18	00:34:34.05	00:34:52.65	+00:13:39 (39.5%)	6:54	8.7 (60.8%)
127	ŚWIERCZ Dariusz	173	DECATHLON PIŁA	M4 50-59	10	00:00:28	00:34:34.95	00:35:03.65	+00:13:39 (39.5%)	6:54	8.7 (60.8%)
128	KAMIŃSKI Kamil	86	LUBIN	M2 30-39	65	00:00:14	00:34:43.15	00:34:57.65	+00:13:48 (39.8%)	6:56	8.6 (60.1%)
129	WOŹNIAK Rafał	87	IHUHU TEAM	M2 30-39	66	00:00:27	00:34:52.45	00:35:19.60	+00:13:57 (40.0%)	6:58	8.6 (60.1%)
130	MISIASZEK Mirosław	157	MIŚKI	M4 50-59	11	00:00:33	00:35:02.75	00:35:35.80	+00:14:07 (40.3%)	7:00	8.6 (60.1%)
131	CHODYNIECKI Tomasz	71	GGGG	M2 30-39	67	00:00:22	00:35:06.30	00:35:29.20	+00:14:11 (40.4%)	7:01	8.5 (59.4%)
132	KIERUJ Jakub	54	IHUHU TEAM	M1 16-29	20	00:00:26	00:35:20.45	00:35:47.40	+00:14:25 (40.8%)	7:04	8.5 (59.4%)
133	PAWLUŚ Tomasz	176	SSPS CHEMIK POLICE	M3 40-49	33	00:00:18	00:35:23.55	00:35:41.85	+00:14:28 (40.9%)	7:04	8.5 (59.4%)
134	JABŁONKA Mariusz	20	DZIADY OCR	M3 40-49	34	00:00:23	00:35:26.80	00:35:50.30	+00:14:31 (41.0%)	7:05	8.5 (59.4%)
135	GERLICH Michael	170	HASH HOUSE HARRIERS BS	M4 50-59	12	00:00:13	00:35:27.00	00:35:40.70	+00:14:31 (41.0%)	7:05	8.5 (59.4%)
136	LEŚNIEWSKI Wojciech	407		M3 40-49	35	00:00:34	00:35:37.80	00:36:12.50	+00:14:42 (41.3%)	7:07	8.4 (58.7%)
137	. Artur	405		M3 40-49	36	00:00:33	00:35:39.30	00:36:12.80	+00:14:44 (41.3%)	7:07	8.4 (58.7%)
138	POGODA Rafał	368	TIP (TOST I PIWO)	M1 16-29	21	00:00:17	00:35:41.35	00:35:58.75	+00:14:46 (41.4%)	7:08	8.4 (58.7%)
139	BOBROWSKI Emanuel	623		M1 16-29	22	00:00:20	00:35:51.00	00:36:11.80	+00:14:55 (41.7%)	7:10	8.4 (58.7%)
140	BIEGAŃSKI Piotr	18		M2 30-39	68	00:00:44	00:35:57.15	00:36:41.45	+00:15:02 (41.8%)	7:11	8.3 (58.0%)
141	MORDAK Daniel	341	KOMO	M3 40-49	37	00:00:36	00:36:01.20	00:36:37.25	+00:15:06 (41.9%)	7:12	8.3 (58.0%)
142	KACPRZAK Krystian	98	DZIKA SIGMA	M1 16-29	23	00:00:45	00:36:01.45	00:36:46.55	+00:15:06 (41.9%)	7:12	8.3 (58.0%)
143	MULARCZYK Krzysztof	35	SAM SE LATAM	M2 30-39	69	00:00:19	00:36:01.50	00:36:20.50	+00:15:06 (41.9%)	7:12	8.3 (58.0%)
144	PAWŁOWSKI Karol	46	DZIKA SIGMA	M3 40-49	38	00:00:44	00:36:02.05	00:36:46.65	+00:15:07 (42.0%)	7:12	8.3 (58.0%)
145	NASTAREWICZ Marcin	352		M3 40-49	39	00:00:37	00:36:02.90	00:36:40.60	+00:15:07 (42.0%)	7:12	8.3 (58.0%)
146	BUDZINSKI Wojtej	347	CIACIARACHY	M2 30-39	70	00:00:35	00:36:03.75	00:36:39.00	+00:15:08 (42.0%)	7:12	8.3 (58.0%)
147	MATYSEK Ireneusz	37	KOMANDOS WAŁECKI	M5 60+	3	00:00:30	00:36:13.05	00:36:43.90	+00:15:18 (42.2%)	7:14	8.3 (58.0%)
148	ŁUKASZCZUK Paweł	333	LARCZ	M2 30-39	71	00:00:41	00:36:39.75	00:37:21.20	+00:15:44 (42.9%)	7:19	8.2 (57.3%)
149	JADRYCH Zbigniew	161	STARGARD	M3 40-49	40	00:00:43	00:37:10.85	00:37:54.70	+00:16:15 (43.7%)	7:26	8.1 (56.6%)
150	STAŃCZYK Sławomir	62	OSIR STARGARD	M2 30-39	72	00:00:42	00:37:11.85	00:37:54.50	+00:16:16 (43.8%)	7:26	8.1 (56.6%)
151	KUNIKOWSKI Patryk	17	STARGARD JA SIĘ NIE ŚCIGAM	M3 40-49	41	00:00:41	00:37:12.70	00:37:54.55	+00:16:17 (43.8%)	7:26	8.1 (56.6%)
152	MROZIK Mariusz	44	TEAM BIEGOWY SZCZECINEK	M3 40-49	42	00:00:15	00:37:44.85	00:37:59.85	+00:16:49 (44.6%)	7:32	8 (55.9%)
153	RYMAREK Rafał	227	ALUHAK	M3 40-49	43	00:00:28	00:38:58.00	00:39:26.70	+00:18:02 (46.3%)	7:47	7.7 (53.8%)
154	JAWORSKI Krystian	15	MMM BIGOSIK!	M1 16-29	24	00:00:19	00:39:08.70	00:39:28.40	+00:18:13 (46.6%)	7:49	7.7 (53.8%)
155	GOWORSKI Jerzy	49	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	73	00:00:29	00:39:21.85	00:39:51.05	+00:18:26 (46.9%)	7:52	7.6 (53.1%)
156	KRUSZEWICZ Aleksander	414	AMPIO TEAM	M3 40-49	44	00:00:43	00:39:26.50	00:40:10.30	+00:18:31 (47.0%)	7:53	7.6 (53.1%)
157	PIOTROWSKI Krzysztof	417		M4 50-59	13	00:00:43	00:39:33.65	00:40:17.05	+00:18:38 (47.1%)	7:54	7.6 (53.1%)
158	NOWAK Zbigniew	39	KB DZIK POLICE	M5 60+	4	00:00:27	00:39:43.70	00:40:11.20	+00:18:48 (47.3%)	7:56	7.6 (53.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
159	RYBACKI Wojciech	113	IHUHU TEAM	M1 16-29	25	00:00:26	00:40:03.05	00:40:29.30	+00:19:08 (47.8%)	8:00	7.5 (52.4%)
160	WIECZOREK Wojciech	169	WIECZORKI3	M3 40-49	45	00:00:38	00:40:36.15	00:41:14.40	+00:19:41 (48.5%)	8:07	7.4 (51.7%)
161	KARASZEWSKI Jakub	214		M1 16-29	26	00:00:23	00:41:06.75	00:41:30.10	+00:20:11 (49.1%)	8:13	7.3 (51.0%)
162	PIEKARZEWSKI Stanisław	124	DZIKUSY	M4 50-59	14	00:00:24	00:42:49.20	00:43:14.05	+00:21:54 (51.2%)	8:33	7 (49.0%)
163	ZIELIŃSKI Maciej	75	POLISH ARMY GIRLS	M3 40-49	46	00:00:37	00:42:49.50	00:43:26.60	+00:21:54 (51.2%)	8:33	7 (49.0%)
164	MIĄZEK Paweł	226	ENEA OPERATOR	M1 16-29	27	00:00:46	00:43:41.90	00:44:28.35	+00:22:46 (52.1%)	8:44	6.9 (48.3%)
165	HERBUŚ Michał	230	ENEA OPERATOR	M1 16-29	28	00:00:46	00:43:42.00	00:44:28.75	+00:22:46 (52.1%)	8:44	6.9 (48.3%)
166	PŁUCIENNIK Patryk	149		M1 16-29	29	00:00:40	00:45:42.30	00:46:22.40	+00:24:47 (54.2%)	9:08	6.6 (46.2%)
167	PŁUCIENNIK Andrzej	167		M1 16-29	30	00:00:39	00:45:43.30	00:46:23.20	+00:24:48 (54.3%)	9:08	6.6 (46.2%)
168	WOROCH Tomasz	36	BŁOTNE SUSŁY	M2 30-39	74	00:00:32	00:50:10.90	00:50:43.15	+00:29:15 (58.3%)	10:02	6 (42.0%)
169	PŁOSA Arkadiusz	50	-	M3 40-49	47	00:00:39	00:51:11.10	00:51:50.25	+00:30:16 (59.1%)	10:14	5.9 (41.3%)
170	BODNAR Zbigniew	191	BIEG KORCZAKA	M5 60+	5	00:00:45	00:51:11.90	00:51:57.30	+00:30:16 (59.1%)	10:14	5.9 (41.3%)
171	OLIZARCZYK Kajetan	348	DZIKILEON	M1 16-29	31	00:00:42	00:51:23.70	00:52:05.85	+00:30:28 (59.3%)	10:16	5.8 (40.6%)
172	OLEKSYK Patryk	361	DZIKILEON	M1 16-29	32	00:00:41	00:51:23.90	00:52:05.45	+00:30:28 (59.3%)	10:16	5.8 (40.6%)
173	BARTNIK Paweł	406	DLL PARTNERS	M5 60+	6	00:00:34	00:54:52.65	00:55:27.05	+00:33:57 (61.9%)	10:58	5.5 (38.5%)
	BIEGANSKI Piotr	408		M2 30-39		DNF	DNF	DNF	-	-	- (0.0%)
	NOWIŃSKI Brian	342	DZIKILEON	M1 16-29		DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 175 wynik(ów)