

**MISTRZOSTWA 12 DZ W BIEGU NA DYSTANSIE 5KM**

Organizator: 7 BOW  
 Data: 2023-10-19  
 Miejsce: Ustka  
 Dystans: 5 km  
 Klasyfikacja wg czasów netto.


**MISTRZOSTWA 12 DZ W BIEGU NA DYSTANSIE 5KM, OPEN**

| M-ce | Nazwisko i imię                     | Nr | Klub            | M-scowość  | Kraj | Kat.   | M. kat | K/M  | Netto       | min/km | km/h |
|------|-------------------------------------|----|-----------------|------------|------|--------|--------|------|-------------|--------|------|
| 1    | ST.SZER. JEFIMCZYK NORBERT          | 4  | 7 BOW           | SŁUPSK     | POL  | M35    | 1      | M 1  | 00:15:19.70 | 3:03   | 19.6 |
| 2    | ST.SZER.SPEC. KABAT DAMIAN          | 10 | 12 BZ           | SZCZECIN   | POL  | M35    | 2      | M 2  | 00:15:27.10 | 3:05   | 19.4 |
| 3    | ST.SZER. ADAMSKI DANIEL             | 6  | BDOW            | SZCZECIN   | POL  | M35    | 3      | M 3  | 00:15:32.75 | 3:06   | 19.3 |
| 4    | ST.KPR. MURAWSKI PAWEŁ              | 9  | 12 BZ           | SZCZECIN   | POL  | M35    | 4      | M 4  | 00:15:41.05 | 3:08   | 19.1 |
| 5    | KPR. PYTLAK MICHAŁ                  | 3  | 7 BOW           | SŁUPSK     | POL  | M35    | 5      | M 5  | 00:15:55.35 | 3:11   | 18.8 |
| 6    | KPR. BŁASZCZYK PATRYK               | 1  | 7 BOW           | SŁUPSK     | POL  | M35    | 6      | M 6  | 00:16:07.75 | 3:13   | 18.6 |
| 7    | ST.SZER. CHRUŚCIŃSKI KACPER         | 8  | 12 BZ           | SZCZECIN   | POL  | M35    | 7      | M 7  | 00:16:09.35 | 3:13   | 18.6 |
| 8    | ST.SZER.SPEC. BARTKIEWICZ KRZYSZTOF | 26 | 7 BOW           | SŁUPSK     | POL  | M46+   | 1      | M 8  | 00:16:47.45 | 3:21   | 17.9 |
| 9    | ST.KPR. CZERNIAK ROBERT             | 24 | 7 BOW           | SŁUPSK     | POL  | M36-45 | 1      | M 9  | 00:16:50.30 | 3:22   | 17.8 |
| 10   | SZER. SIECZKOWSKI MICHAŁ            | 16 | 12 BZ           | SZCZECIN   | POL  | M36-45 | 2      | M 10 | 00:16:51.30 | 3:22   | 17.8 |
| 11   | CHOR. BORYCHOWSKI MARIUSZ           | 27 | 7 BOW           | SŁUPSK     | POL  | M46+   | 2      | M 11 | 00:16:57.85 | 3:23   | 17.7 |
| 12   | ST.SZER. BURZYŃSKI ALEKSANDER       | 58 | 7 PBOT / 73.BLP | SŁUPSK     | POL  | M46+   | 3      | M 12 | 00:17:00.70 | 3:24   | 17.6 |
| 13   | KPR. WILK RAFAŁ                     | 18 | 12 BZ           | SZCZECIN   | POL  | M36-45 | 3      | M 13 | 00:17:02.70 | 3:24   | 17.6 |
| 14   | MŁ.CHOR. PELO ARTUR                 | 23 | 7 BOW           | SŁUPSK     | POL  | M36-45 | 4      | M 14 | 00:17:14.70 | 3:26   | 17.4 |
| 15   | PLUT. SZCZEŚNIAK ZENON              | 20 | 12 BZ           | SZCZECIN   | POL  | M46+   | 4      | M 15 | 00:17:34.90 | 3:30   | 17.1 |
| 16   | KPR. POKRZYWIŃSKI ZBIGNIEW          | 19 | 12 BZ           | SZCZECIN   | POL  | M36-45 | 5      | M 16 | 00:18:07.25 | 3:37   | 16.6 |
| 17   | KPR.TERMAN DARIUSZ                  | 25 | 7 BOW           | SŁUPSK     | POL  | M36-45 | 6      | M 17 | 00:18:10.40 | 3:38   | 16.5 |
| 18   | ST.SIERŻ. FEDORCZAK ŁUKASZ          | 50 | 2 BZ            | ZŁOCIENIEC | POL  | M36-45 | 7      | M 18 | 00:18:15.55 | 3:39   | 16.4 |
| 19   | SZER. SZTYLKA KAROL                 | 31 | 8 PPLOT         | KOSZALIN   | POL  | M35    | 8      | M 19 | 00:18:25.30 | 3:41   | 16.3 |
| 20   | ST.SZER.SPEC. KOWAL TOMASZ          | 21 | 12 BZ           | SZCZECIN   | POL  | M46+   | 5      | M 20 | 00:18:28.15 | 3:41   | 16.2 |
| 21   | KPR. KOŁUDZKI ARKADIUSZ             | 17 | 12 BZ           | SZCZECIN   | POL  | M36-45 | 8      | M 21 | 00:18:29.85 | 3:41   | 16.2 |
| 22   | SZER. JĘDRZEJAK WIKTOR              | 7  | BDOW            | SZCZECIN   | POL  | M35    | 9      | M 22 | 00:18:37.05 | 3:43   | 16.1 |
| 23   | MJR SZOPIŃSKI TOMASZ                | 59 | CPSP USTKA      |            | POL  | M36-45 | 9      | M 23 | 00:18:39.95 | 3:43   | 16.1 |
| 24   | SZER. KIELTYKA GRZEGORZ             | 33 | 8 PPLOT         | KOSZALIN   | POL  | M35    | 10     | M 24 | 00:18:41.85 | 3:44   | 16.1 |
| 25   | SZER. CEJKO DAWID                   | 43 | 7 BOW           | SŁUPSK     | POL  | M35    | 11     | M 25 | 00:18:49.80 | 3:45   | 15.9 |
| 26   | SZER. PAŃPUCH DAWID                 | 32 | 8 PPLOT         | KOSZALIN   | POL  | M35    | 12     | M 26 | 00:18:57.85 | 3:47   | 15.8 |
| 27   | SIERŻ. ORLIKOWSKI ARKADIUSZ         | 22 | BDOW            | SZCZECIN   | POL  | M36-45 | 10     | M 27 | 00:19:06.35 | 3:49   | 15.7 |
| 28   | KPR. GRZĄDZIELA WOJCIECH            | 5  | BDOW            | SZCZECIN   | POL  | M35    | 13     | M 28 | 00:19:09.40 | 3:49   | 15.7 |
| 29   | MJR MUSIAŁ KRZYSZTOF                | 35 | 8 PPLOT         | KOSZALIN   | POL  | M36-45 | 11     | M 29 | 00:19:16.25 | 3:51   | 15.6 |
| 30   | KPR. BUCZKO KRYSZTIAN               | 38 | 8 PPLOT         | KOSZALIN   | POL  | M36-45 | 12     | M 30 | 00:19:34.50 | 3:54   | 15.3 |
| 31   | KPR. LEWICKI KRZYSZTOF              | 34 | 8 PPLOT         | KOSZALIN   | POL  | M35    | 14     | M 31 | 00:19:41.85 | 3:56   | 15.2 |
| 32   | SZER. METLICKA WIKTORIA             | 28 | 7 BOW           | SŁUPSK     | POL  | K35    | 1      | K 1  | 00:19:45.35 | 3:57   | 15.2 |
| 33   | CHOR. RETKA BARTOSZ                 | 36 | 8 PPLOT         | KOSZALIN   | POL  | M36-45 | 13     | M 32 | 00:19:56.80 | 3:59   | 15.1 |
| 34   | KPR. PIŃSKI PAWEŁ                   | 37 | 8 PPLOT         | KOSZALIN   | POL  | M36-45 | 14     | M 33 | 00:20:01.55 | 4:00   | 15   |
| 35   | SIERŻ. HAJEC MICHAŁ                 | 39 | 8 PPLOT         | KOSZALIN   | POL  | M46+   | 6      | M 34 | 00:20:30.00 | 4:06   | 14.6 |
| 36   | ST.SZER. GIELNIK KATARZYNA          | 13 | 12 BZ           | SZCZECIN   | POL  | K35    | 2      | K 2  | 00:20:33.55 | 4:06   | 14.6 |
| 37   | ST.SZER.SPEC FLOREK KATARZYNA       | 12 | BDOW            | SZCZECIN   | POL  | K35    | 3      | K 3  | 00:20:54.50 | 4:10   | 14.4 |
| 38   | POR. OCHAL JAKUB                    | 55 | 7 PBOT / 73.BLP | SŁUPSK     | POL  | M35    | 15     | M 35 | 00:20:55.60 | 4:11   | 14.3 |
| 39   | PPOR. JAROSZ WIESŁAW                | 56 | 7 PBOT / 73.BLP | SŁUPSK     | POL  | M46+   | 7      | M 36 | 00:20:55.65 | 4:11   | 14.3 |
| 40   | SZER. DAWID EWELINA                 | 14 | 12 BZ           | SZCZECIN   | POL  | K35    | 4      | K 4  | 00:21:00.95 | 4:12   | 14.3 |
| 41   | ST.KPR. BACHANEK PAWEŁ              | 44 | 2 BZ            | ZŁOCIENIEC | POL  | M35    | 16     | M 37 | 00:21:08.30 | 4:13   | 14.2 |
| 42   | POR. BUDZYŃSKI MATEUSZ              | 53 | 7 PBOT / 73.BLP | SŁUPSK     | POL  | M35    | 17     | M 38 | 00:21:52.90 | 4:22   | 13.7 |
| 43   | SIERŻ. KOBIEROWSKI SŁAWOMIR         | 51 | 7 BOW           | SŁUPSK     | POL  | M36-45 | 15     | M 39 | 00:22:11.95 | 4:26   | 13.5 |
| 44   | CHOR. RZEPKOWSKI DANIEL             | 52 | 7 BOW           | SŁUPSK     | POL  | M36-45 | 16     | M 40 | 00:22:18.95 | 4:27   | 13.5 |
| 45   | SZER. JONIEC ANGELIKA               | 29 | 7 BOW           | SŁUPSK     | POL  | K35    | 5      | K 5  | 00:22:22.75 | 4:28   | 13.4 |
| 46   | ST.SZER. NOWAK AGNIESZKA            | 30 | 7 BOW           | SŁUPSK     | POL  | K36+   | 1      | K 6  | 00:22:50.45 | 4:34   | 13.1 |

**MISTRZOSTWA 12 DZ W BIEGU NA DYSTANSIE 5KM, OPEN c.d.**

| M-ce | Nazwisko i imię                      | Nr | Klub            | M-scowość  | Kraj | Kat. | M. kat | K/M  | Netto       | min/km | km/h |
|------|--------------------------------------|----|-----------------|------------|------|------|--------|------|-------------|--------|------|
| 47   | POR. MAJCHRZAK ŁUKASZ                | 54 | 7 PBOT / 73.BLP | SŁUPSK     | POL  | M35  | 18     | M 41 | 00:22:59.10 | 4:35   | 13.1 |
| 48   | KPR. ALABRUDZIŃSKA-RYCHTER AGNIESZKA | 15 | 12 BZ           | SZCZECIN   | POL  | K36+ | 2      | K 7  | 00:23:00.65 | 4:36   | 13   |
| 49   | ST.SZER.SPEC. MRUGALSKA MAGDALENA    | 40 | 8 PPLOT         | KOSZALIN   | POL  | K35  | 6      | K 8  | 00:23:31.10 | 4:42   | 12.8 |
| 50   | KPR. GÓRECKA MAŁGORZATA              | 46 | 2 BZ            | ZŁOCIENIEC | POL  | K36+ | 3      | K 9  | 00:24:13.70 | 4:50   | 12.4 |
| 51   | KPR. WYROŚLAK KAROLINA               | 41 | 8 PPLOT         | KOSZALIN   | POL  | K35  | 7      | K 10 | 00:24:18.85 | 4:51   | 12.3 |
| 52   | SZER. KUSZAJ-CZARNECKA MALWINA       | 42 | 8 PPLOT         | KOSZALIN   | POL  | K36+ | 4      | K 11 | 00:25:06.10 | 5:01   | 12   |
| 53   | KPR.ŚNICKOWSKA PATRYCJA              | 47 | 2 BZ            | ZŁOCIENIEC | POL  | K35  | 8      | K 12 | 00:25:25.70 | 5:05   | 11.8 |
| 54   | ST.SZER.SPEC. BILIŃSKI MATEUSZ       | 49 | 2 BZ            | ZŁOCIENIEC | POL  | M46+ | 8      | M 42 | 00:25:54.85 | 5:10   | 11.6 |
| 55   | KPR. GÓRECKA DOMINIKA                | 48 | 2 BZ            | ZŁOCIENIEC | POL  | K35  | 9      | K 13 | 00:25:54.90 | 5:10   | 11.6 |