



V BIEG POGOŃ RAKA - SZCZECIN

B4SPORT

Organizator: Stowarzyszenie Walki z Rakiem Płuca Oddział
Szczecin
Data: 2021-10-02
Miejsce: Szczecin
Dystans: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	RUSEK Kamil	293	FEHLAU RUN TEAM	M Open	1	00:00:00	00:18:48.50	00:18:49.15		3:45	16
2	TROĆ Daniel	239	RAZ SZCZECIN	M Open	2	00:00:01	00:19:02.40	00:19:03.40	+00:00:13	3:48	15.8
3	BRYKCZYŃSKI Filip	16	RAZ SZCZECIN	M Open	3	00:00:01	00:19:19.40	00:19:20.55	+00:00:30	3:51	15.5
4	SIECZKOWSKI Michał	200	KB PIONIER SZCZECIN	M Open	4	00:00:01	00:19:50.10	00:19:51.10	+00:01:01	3:58	15.1
5	OPAS Adam	143		M Open	5	00:00:01	00:20:33.25	00:20:34.85	+00:01:44	4:06	14.6
6	ŁAZOWSKI Marcin	286	POGOŃ	M Open	6	00:00:01	00:21:15.50	00:21:17.30	+00:02:27	4:15	14.1
7	WOŹNIAK Marek	268	BOSMAN SZCZECIN	M Open	7	00:00:01	00:21:19.40	00:21:21.00	+00:02:30	4:15	14.1
8	STASZEWSKI Kamil	217		M Open	8	00:00:02	00:21:44.35	00:21:46.70	+00:02:55	4:20	13.8
9	BONIEWSKA Laura	14		K Open	1	00:00:01	00:21:51.65	00:21:53.05	+00:03:03	4:22	13.7
10	TWAROGAL Kamil	241	WECZORNE BIEGANIE W SZCZECINIE	M Open	9	00:00:02	00:21:55.40	00:21:57.50	+00:03:06	4:23	13.7
11	SKRZYPKOWIAK Marcin	207	(ZLDR)	M Open	10	00:00:01	00:21:57.75	00:21:59.05	+00:03:09	4:23	13.7
12	SARAN Tomasz	295		M Open	11	00:00:02	00:22:03.20	00:22:05.25	+00:03:14	4:24	13.6
13	TOPOREK Przemysław	238		M Open	12	00:00:03	00:22:27.30	00:22:30.70	+00:03:38	4:29	13.4
14	PROCIAK Krzysztof	297	SKB DZIK	M Open	13	00:00:02	00:22:47.85	00:22:50.70	+00:03:59	4:33	13.2
15	FIEŃKO Katarzyna	43		K Open	2	00:00:01	00:23:09.55	00:23:11.30	+00:04:21	4:37	13
16	LEWANDOWSKI Daniel	294	AKTYWNE LISEWO	M Open	14	00:00:02	00:23:15.35	00:23:17.75	+00:04:26	4:39	12.9
17	PODWYSZYŃSKI Sylwester	165		M Open	15	00:00:02	00:23:24.60	00:23:26.70	+00:04:36	4:40	12.8
18	WALAWSKI Marcin	243	WWW.KANCELARIA-WALAWSKI.PL	M Open	16	00:00:01	00:23:40.25	00:23:41.45	+00:04:51	4:44	12.7
19	PELC Marek	152	12 BZ	M Open	17	00:00:02	00:23:50.30	00:23:52.45	+00:05:01	4:46	12.6
20	RADZIWOŃ Łukasz	177		M Open	18	00:00:04	00:23:54.45	00:23:58.75	+00:05:05	4:46	12.6
21	PUCHALSKI Grzegorz	173	MOBILNA WULKANIZACJA 536-226-226	M Open	19	00:00:01	00:24:14.15	00:24:16.10	+00:05:25	4:50	12.4
22	WOJTASIAK Kajetan	289		M Open	20	00:00:19	00:24:15.10	00:24:34.25	+00:05:26	4:51	12.4
23	ŚLIWA Marek	232	NUTRILITE XS SPORT TEAM	M Open	21	00:00:16	00:24:17.45	00:24:34.00	+00:05:28	4:51	12.4
24	SZYŁOWICZ Daniel	228	TYMTRITEAM	M Open	22	00:00:03	00:24:18.25	00:24:22.10	+00:05:29	4:51	12.3
25	SZYMAŃSKI Sławomir	229		M Open	23	00:00:05	00:24:31.65	00:24:36.65	+00:05:43	4:54	12.2
26	KURPIEWSKI Piotr	296		M Open	24	00:00:08	00:24:34.75	00:24:43.35	+00:05:46	4:54	12.2
27	TYMUL Jakub	242	#TYMTRITEAM	M Open	25	00:00:03	00:25:00.05	00:25:03.90	+00:06:11	5:00	12
28	DAWID Marcin	28		M Open	26	00:00:08	00:25:06.20	00:25:15.10	+00:06:17	5:01	12
29	BANASIEWICZ Zbigniew	5		M Open	27	00:00:05	00:25:10.00	00:25:15.75	+00:06:21	5:02	11.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
30	KRUCZKOWSKA Malwina	94		K Open	3	00:00:02	00:25:14.40	00:25:17.10	+00:06:25	5:02	11.9
31	POGORZELSKI Daniel	290		M Open	28	00:00:13	00:25:33.00	00:25:46.05	+00:06:44	5:06	11.7
32	MAJEWSKI Maciej	288		M Open	29	00:00:18	00:25:38.80	00:25:57.45	+00:06:50	5:07	11.7
33	KRAWCZYK Mateusz	91	KB PIONIER SZCZECIN	M Open	30	00:00:02	00:25:39.05	00:25:42.00	+00:06:50	5:07	11.7
34	RADCZUK Mariusz	175		M Open	31	00:00:08	00:25:39.95	00:25:48.10	+00:06:51	5:07	11.7
35	LITWIŃSKI Jakub	287		M Open	32	00:00:18	00:25:47.90	00:26:06.55	+00:06:59	5:09	11.6
36	WOLSKI Tomasz	266	WECZORNE BIEGANIE W SZCZECINIE	M Open	33	00:00:12	00:26:00.50	00:26:12.85	+00:07:12	5:12	11.5
37	JANKA Joanna	65		K Open	4	00:00:02	00:26:04.40	00:26:07.05	+00:07:15	5:12	11.5
38	SKOCZYLAS Kacper	206	TRIGYM SZCZECIN	M Open	34	00:00:13	00:26:17.55	00:26:30.90	+00:07:29	5:15	11.4
39	WRZOSEK Kamil	270		M Open	35	00:00:02	00:26:21.95	00:26:24.60	+00:07:33	5:16	11.4
40	GARBACIAK Tomasz	50		M Open	36	00:00:27	00:26:22.75	00:26:50.05	+00:07:34	5:16	11.4
41	BIELECKI Wojciech	10		M Open	37	00:00:02	00:26:22.95	00:26:25.40	+00:07:34	5:16	11.4
42	BARANOWSKI Dominik	6		M Open	38	00:00:14	00:26:23.40	00:26:37.65	+00:07:34	5:16	11.4
43	MAZUR Marta	121	SWM2TRI	K Open	5	00:00:03	00:26:26.75	00:26:30.40	+00:07:38	5:17	11.3
44	DUDZIŃSKI Wojtek	36		M Open	39	00:00:03	00:26:32.65	00:26:36.40	+00:07:44	5:18	11.3
45	MRÓZ Aleksandra	131	MOCZYLSKIE DIABLICE	K Open	6	00:00:17	00:26:35.90	00:26:53.55	+00:07:47	5:19	11.3
46	SZYMCZAK Robert	231		M Open	40	00:00:15	00:26:37.90	00:26:52.90	+00:07:49	5:19	11.3
47	NEJMAN Rafał	136		M Open	41	00:00:00	00:26:39.00	00:26:39.00	+00:07:50	5:19	11.3
48	SOBIERAJ Marcin	213		M Open	42	00:00:09	00:26:43.40	00:26:52.80	+00:07:54	5:20	11.2
49	ZALEJSKI Tomasz	274		M Open	43	00:00:08	00:26:57.90	00:27:06.65	+00:08:09	5:23	11.1
50	GŁÓWCZYŃSKI Bartosz	282		M Open	44	00:00:09	00:27:00.95	00:27:10.40	+00:08:12	5:24	11.1
51	SKRZYPKOWIAK Jakub	208	ZLDR	M Open	45	00:00:04	00:27:01.50	00:27:05.50	+00:08:13	5:24	11.1
52	TUREK Agata	240	SKYRUNNERS	K Open	7	00:00:10	00:27:02.75	00:27:13.70	+00:08:14	5:24	11.1
53	SZYDŁOWSKI Krzysztof	291		M Open	46	00:00:31	00:27:08.50	00:27:39.65	+00:08:20	5:25	11.1
54	PAWŁOWSKA-ZALEJSKA Justyna	151		K Open	8	00:00:08	00:27:13.60	00:27:21.95	+00:08:25	5:26	11
55	LEŚNIAK Piotr	101	GRUPA AZOTY POLICE	M Open	47	00:00:03	00:27:15.85	00:27:19.60	+00:08:27	5:27	11
56	SŁODOWNIK Konrad	210	SZKOŁA JĘZYKÓW OBCYCH	M Open	48	00:00:03	00:27:21.35	00:27:25.00	+00:08:32	5:28	11
57	KARPIENIA Ewa	72		K Open	9	00:00:07	00:27:27.15	00:27:34.60	+00:08:38	5:29	10.9
58	CIEŚLA Paweł	24		M Open	49	00:00:33	00:27:34.05	00:28:07.60	+00:08:45	5:30	10.9
59	POMORSKA Oliwia	167		K Open	10	00:00:04	00:27:35.55	00:27:40.10	+00:08:47	5:31	10.9
60	RATAJCZAK Paweł	179	NIE MA	M Open	50	00:00:04	00:27:36.10	00:27:40.60	+00:08:47	5:31	10.9
61	MADEJ Anna	111	UKL OSEMKA POLICE	K Open	11	00:00:03	00:27:38.35	00:27:41.70	+00:08:49	5:31	10.9
62	STĘPNIAK Lesław	219		M Open	51	00:00:14	00:27:43.85	00:27:58.80	+00:08:55	5:32	10.8
63	PIECYK Katarzyna	155	BOSMAN	K Open	12	00:00:04	00:27:50.75	00:27:55.55	+00:09:02	5:34	10.8
64	WITORZĘĆ Dariusz	259		M Open	52	00:00:09	00:28:05.05	00:28:14.10	+00:09:16	5:37	10.7
65	SZYMCZAK Marcin	230	WKURW_TEAM	M Open	53	00:00:21	00:28:23.25	00:28:44.60	+00:09:34	5:40	10.6
66	RZYMSKA Marta	187		K Open	13	00:00:05	00:28:23.85	00:28:29.30	+00:09:35	5:40	10.6
67	WIECZOREK Jakub	250		M Open	54	00:00:21	00:28:35.85	00:28:57.35	+00:09:47	5:43	10.5
68	OLEŚKIEWICZ Michał	142	DPT RUN TEAM	M Open	55	00:00:27	00:28:37.95	00:29:05.75	+00:09:49	5:43	10.5
69	FLISIŃSKA Iga	45		K Open	14	00:00:03	00:28:51.45	00:28:55.00	+00:10:02	5:46	10.4
70	WIENCIS Małgorzata	252		K Open	15	00:00:12	00:28:56.20	00:29:08.35	+00:10:07	5:47	10.4
71	WOJTAT Adam	263		M Open	56	00:00:13	00:28:56.35	00:29:09.40	+00:10:07	5:47	10.4
72	BUJNOWSKA Anita	18		K Open	16	00:00:09	00:28:56.60	00:29:06.30	+00:10:08	5:47	10.4
73	ŁAWKIEL Natalia	106		K Open	17	00:00:09	00:29:03.10	00:29:12.15	+00:10:14	5:48	10.3

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74	SZTYLKE Edyta	224		K Open	18	00:00:06	00:29:14.80	00:29:21.75	+00:10:26	5:50	10.3
75	SYC Rafał	220		M Open	57	00:00:27	00:29:18.20	00:29:45.30	+00:10:29	5:51	10.2
76	DOMAGALSKI Sławomir	32		M Open	58	00:00:15	00:29:22.55	00:29:37.55	+00:10:34	5:52	10.2
77	PROTASIEWICZ Agnieszka	171		K Open	19	00:00:03	00:29:24.10	00:29:27.35	+00:10:35	5:52	10.2
78	NIEWADZIK Ula	139		K Open	20	00:00:05	00:29:27.45	00:29:32.90	+00:10:38	5:53	10.2
79	KRUCZKOWSKA Agnieszka	93		K Open	21	00:00:10	00:29:30.15	00:29:40.75	+00:10:41	5:54	10.2
80	KRĘGIEL Bartosz	92		M Open	59	00:00:13	00:29:30.70	00:29:43.75	+00:10:42	5:54	10.2
81	PRUSINOWSKI Marcin	172		M Open	60	00:00:28	00:29:30.90	00:29:59.25	+00:10:42	5:54	10.2
82	SAKOWSKA-CARŁO Magda	188	WECZORNE BIEGANIE W SZCZECINIE	K Open	22	00:00:17	00:29:30.95	00:29:48.10	+00:10:42	5:54	10.2
83	NATALCZYK Ewelina	135		K Open	23	00:00:03	00:29:40.50	00:29:44.35	+00:10:52	5:56	10.1
84	TURCZYK Marta	300		K Open	24	00:00:03	00:29:45.75	00:29:49.10	+00:10:57	5:57	10.1
84	JURYS Elzbieta	69		K Open	24	00:00:11	00:29:45.75	00:29:57.70	+00:10:57	5:57	10.1
86	BOGDAŃSKI Zbigniew	13		M Open	61	00:00:23	00:29:53.95	00:30:17.70	+00:11:05	5:58	10
87	BĄCIK Aneta	9		K Open	26	00:00:08	00:29:54.65	00:30:02.70	+00:11:06	5:58	10
88	ZAPOR Anna	275		K Open	27	00:02:33	00:29:55.00	00:32:28.55	+00:11:06	5:59	10
89	SZWABOWSKA Karolina	227		K Open	28	00:00:13	00:29:55.50	00:30:09.35	+00:11:07	5:59	10
90	PRUSINOWSKA Aleksandra	299		K Open	29	00:00:27	00:29:55.70	00:30:23.20	+00:11:07	5:59	10
91	CARŁO Marcin	20	WECZORNE BIEGANIE W SZCZECINIE	M Open	62	00:00:17	00:29:57.85	00:30:14.85	+00:11:09	5:59	10
92	CZUBA Emilia	26		K Open	30	00:00:26	00:30:00.45	00:30:26.65	+00:11:11	6:00	10
93	FRYMUS Anna	46		K Open	31	00:00:08	00:30:01.80	00:30:10.05	+00:11:13	6:00	10
94	SAWICZ Mariusz	192	BIZON TEAM	M Open	63	00:00:26	00:30:07.05	00:30:33.70	+00:11:18	6:01	10
95	RUDZEWICZ Mariusz	184		M Open	64	00:00:24	00:30:16.40	00:30:40.90	+00:11:27	6:03	9.9
96	SELIGA Sebastian	194		M Open	65	00:00:15	00:30:18.65	00:30:34.20	+00:11:30	6:03	9.9
97	WONDOŁOWSKI Stanisław	267	WECZORNE BIEGANIE SZCZECIN	M Open	66	00:00:11	00:30:21.15	00:30:32.85	+00:11:32	6:04	9.9
98	KOMOROWSKI Michał	83		M Open	67	00:00:38	00:30:25.15	00:31:03.45	+00:11:36	6:05	9.9
99	BURGHARDT Renata	19	KB HERMES	K Open	32	00:00:07	00:30:27.35	00:30:34.70	+00:11:38	6:05	9.9
100	KUBASIK Waldemar	97	BOSMAN	M Open	68	00:00:05	00:30:30.70	00:30:35.80	+00:11:42	6:06	9.8
101	MIERZWA-WOLSKA Małgorzata	124		K Open	33	00:00:12	00:30:31.80	00:30:44.45	+00:11:43	6:06	9.8
102	JAKUBOWSKA Patrycja	63		K Open	34	00:00:07	00:30:32.95	00:30:40.70	+00:11:44	6:06	9.8
103	DĄBROWSKA Róża	29		K Open	35	00:00:11	00:30:45.60	00:30:57.55	+00:11:57	6:09	9.8
104	STACHECKI Krzysztof	214		M Open	69	00:00:31	00:30:47.70	00:31:19.55	+00:11:59	6:09	9.7
105	POGORZELSKA Sylwia	166	WECZORNE BIEGANIE W SZCZECINIE	K Open	36	00:00:11	00:30:51.50	00:31:03.10	+00:12:03	6:10	9.7
106	WOLIŃSKI Krzysztof	265		M Open	70	00:00:12	00:30:58.40	00:31:10.95	+00:12:09	6:11	9.7
107	DOMAGALSKA Daria	31	SKB DZIK	K Open	37	00:00:14	00:31:02.40	00:31:16.80	+00:12:13	6:12	9.7
108	RAJKIEWICZ Wioletta	178		K Open	38	00:00:29	00:31:04.40	00:31:33.65	+00:12:15	6:12	9.7
109	KOLSKA Lena	82	#WKURW_TEAM PAPRYKARZE	K Open	39	00:00:07	00:31:07.85	00:31:14.90	+00:12:19	6:13	9.6
110	KRUSZEWICZ Dalida	95		K Open	40	00:00:10	00:31:11.20	00:31:21.70	+00:12:22	6:14	9.6
111	KRUSZEWICZ Aleksander	96		M Open	71	00:00:10	00:31:11.40	00:31:21.90	+00:12:22	6:14	9.6
112	NOWAKOWSKA Adriana	141		K Open	41	00:00:09	00:31:11.90	00:31:21.60	+00:12:23	6:14	9.6
113	SKIBA Michał	204		M Open	72	00:00:10	00:31:20.75	00:31:30.75	+00:12:32	6:16	9.6
114	SENEJKO Marcin	197		M Open	73	00:22:35	00:31:27.40	00:54:02.40	+00:12:38	6:17	9.5
115	ŚWITALSKA Edyta	233	SCTP	K Open	42	00:00:14	00:31:29.05	00:31:43.70	+00:12:40	6:17	9.5
116	MISIASZEK Mirosław	127		M Open	74	00:00:24	00:31:33.70	00:31:57.75	+00:12:45	6:18	9.5
117	CHŁAPOWSKA Ewelina	21		K Open	43	00:00:04	00:31:37.85	00:31:42.35	+00:12:49	6:19	9.5

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							netto 5km	brutto 5km			
118	KIERNOŻYCKA Kasia	74	BOSMAN	K Open	44	00:00:05	00:31:41.60	00:31:46.70	+00:12:53	6:20	9.5
119	STACHOWICZ-HAWRYLAK Sylwia	215	ZACHPOMORSKIE CENTRUM ONKOLOGII	K Open	45	00:00:09	00:31:46.80	00:31:56.25	+00:12:58	6:21	9.4
120	PAWELCZAK Cezary	150	WECZORNE BIEGANIE W SZCZECINIE	M Open	75	00:00:18	00:31:47.20	00:32:05.35	+00:12:58	6:21	9.4
121	MAZURAK Joanna	122		K Open	46	00:00:14	00:31:56.70	00:32:11.10	+00:13:08	6:23	9.4
122	PAJDOWSKA Agata	148		K Open	47	00:00:24	00:32:05.10	00:32:29.95	+00:13:16	6:25	9.4
123	SZALEWICZ Małgorzata	222	SZYBCIEJ NIE MOGĘ	K Open	48	00:00:11	00:32:05.20	00:32:17.10	+00:13:16	6:25	9.4
124	GŁOGOWSKI Jan	52		M Open	76	00:00:07	00:32:16.40	00:32:23.65	+00:13:27	6:27	9.3
125	ŁUKASIEWICZ Agnieszka	109	KB HERMES GRYFINO	K Open	49	00:00:20	00:32:30.50	00:32:51.25	+00:13:42	6:30	9.2
126	PACYNA Renata	147	KOZIELICE BIEGA	K Open	50	00:00:04	00:32:34.70	00:32:39.50	+00:13:46	6:30	9.2
127	LINKE Aleksandra	104	TWOJAFITMISJA	K Open	51	00:00:12	00:32:40.90	00:32:53.35	+00:13:52	6:32	9.2
128	ORSZULSKA Magdalena	144	WECZORNE BIEGANIE W SZCZECINIE	K Open	52	00:00:13	00:32:50.00	00:33:03.85	+00:14:01	6:34	9.1
129	SAMEK Zofia	189		K Open	53	00:00:07	00:32:50.45	00:32:58.30	+00:14:01	6:34	9.1
130	ROJEWSKA Weronika	181		K Open	54	00:00:07	00:32:50.70	00:32:58.25	+00:14:02	6:34	9.1
131	ZIELIŃSKA Ludmiła	276	KB WKON NOWA SÓL	K Open	55	00:00:07	00:32:52.05	00:32:59.20	+00:14:03	6:34	9.1
132	KURZYMSKI Piotr	100	BIZON TEAM	M Open	77	00:00:28	00:32:56.45	00:33:24.80	+00:14:07	6:35	9.1
133	SEJ Paweł	193		M Open	78	00:01:24	00:32:58.40	00:34:23.00	+00:14:09	6:35	9.1
134	MACIBORSKI Mirosław	110	WECZORNE BIEGANIE W SZCZECINIE	M Open	79	00:00:14	00:32:59.20	00:33:14.10	+00:14:10	6:35	9.1
135	DUDA- KRZEMIENIEWSKA Jadwiga	35	KB SZAMOTUŁY	K Open	56	00:00:10	00:32:59.75	00:33:09.75	+00:14:11	6:35	9.1
136	KEMPISTY Alicja	73	BIZON TEAM	K Open	57	00:00:27	00:33:00.95	00:33:28.15	+00:14:12	6:36	9.1
137	DZBANUSZEK Mariusz	37	SPARTAKUS	M Open	80	00:00:17	00:33:06.45	00:33:23.80	+00:14:17	6:37	9.1
138	GŁÓWCZYŃSKA Emilia	283		K Open	58	00:00:11	00:33:12.70	00:33:23.95	+00:14:24	6:38	9
139	MIKUŁA Agnieszka	125		K Open	59	00:00:06	00:33:17.65	00:33:24.55	+00:14:29	6:39	9
140	PIOTROWSKA Dorota	160	AMPIO TEAM	K Open	60	00:00:11	00:33:20.70	00:33:31.90	+00:14:32	6:40	9
141	PIOTROWSKI Krzysztof	161	AMPIO TEAM	M Open	81	00:00:11	00:33:20.85	00:33:32.10	+00:14:32	6:40	9
142	MARCHIEL Lena	118		K Open	61	00:00:10	00:33:29.25	00:33:39.40	+00:14:40	6:41	9
143	MAHACZEK Adam	113		M Open	82	00:00:07	00:33:38.25	00:33:46.20	+00:14:49	6:43	8.9
144	ŁODZIATO Magdalena	107	TURKEYS TEAM	K Open	62	00:00:04	00:33:46.65	00:33:51.25	+00:14:58	6:45	8.9
145	ZIELIŃSKA Beata	277		K Open	63	00:00:06	00:33:49.35	00:33:55.95	+00:15:00	6:45	8.9
146	TOKARCZYK Marta	237		K Open	64	00:00:35	00:33:51.90	00:34:27.25	+00:15:03	6:46	8.9
147	CIEŚLA Agnieszka	23		K Open	65	00:00:33	00:33:52.20	00:34:25.40	+00:15:03	6:46	8.9
148	CZYZCYN Angelika	27		K Open	66	00:00:19	00:34:05.80	00:34:25.25	+00:15:17	6:49	8.8
149	PIEKARZEWICZ Sylwia	156	BOBOLICKIE BRACtwo BIEGOWE	K Open	67	00:00:13	00:34:21.15	00:34:34.50	+00:15:32	6:52	8.7
150	PIEKARZEWICZ Tomasz	157	BOBOLICKIE BRACtwo BIEGOWE	M Open	83	00:00:13	00:34:22.40	00:34:36.05	+00:15:33	6:52	8.7
151	HENDRYSIK Angelika	71		K Open	68	00:00:08	00:34:33.55	00:34:42.10	+00:15:45	6:54	8.7
152	SOBCZAK-KUFEL Ilona	211	PATOBIEGANIE	K Open	69	00:00:34	00:34:36.05	00:35:10.50	+00:15:47	6:55	8.7
153	STĘPIEŃ Agnieszka	218	ŻÓWE	K Open	70	00:00:21	00:34:36.95	00:34:58.90	+00:15:48	6:55	8.7
154	SETA Krysia	198		K Open	71	00:00:22	00:34:37.20	00:34:59.20	+00:15:48	6:55	8.7
155	SYDOR Kasia	221	CZAPLINEK	K Open	72	00:00:14	00:34:38.20	00:34:52.45	+00:15:49	6:55	8.7
156	MIŚNIK Zofia	129		K Open	73	00:00:30	00:34:39.10	00:35:09.90	+00:15:50	6:55	8.7
157	MATYSIAK Magdalena	120		K Open	74	00:00:15	00:34:42.15	00:34:57.50	+00:15:53	6:56	8.6
158	TALAREK Zofia	236	SP 20	K Open	75	00:00:49	00:34:45.15	00:35:34.95	+00:15:56	6:57	8.6
159	TALAREK Robert	235	SMT SZCZECIN	M Open	84	00:00:49	00:34:45.30	00:35:35.05	+00:15:56	6:57	8.6
160	RÓŻYCKA Karina	183	POLICE	K Open	76	00:00:15	00:35:04.00	00:35:19.70	+00:16:15	7:00	8.6
161	RADCZUK Karolina	174		K Open	77	00:00:15	00:35:04.05	00:35:19.70	+00:16:15	7:00	8.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
162	SENEJKO Patrycja	196	BABCIA KRYSIA	K Open	78	00:22:35	00:35:05.45	00:57:40.45	+00:16:16	7:01	8.6
163	MITUŁA Dominika	130		K Open	79	00:00:11	00:35:06.35	00:35:17.45	+00:16:17	7:01	8.5
164	FAFEREK-PAJOR Natalia	40		K Open	80	00:00:04	00:35:17.65	00:35:21.65	+00:16:29	7:03	8.5
165	KOZŁOWSKA Karolina	87	UKS DIAMENT GODÓW	K Open	81	00:00:11	00:35:21.90	00:35:33.00	+00:16:33	7:04	8.5
166	KOZŁOWSKI Marcin	88	UKS DIAMENT GODÓW	M Open	85	00:00:10	00:35:22.60	00:35:33.50	+00:16:34	7:04	8.5
167	MUĆKO Iwona	132		K Open	82	00:00:25	00:35:24.00	00:35:49.30	+00:16:35	7:04	8.5
168	ROMAN Ewelina	164	MONIA GYM	K Open	83	00:00:25	00:35:24.15	00:35:49.45	+00:16:35	7:04	8.5
169	NITSCHKE Iwona	140	MOCZYLSKIE DIABLICE	K Open	84	00:00:18	00:35:25.55	00:35:43.80	+00:16:37	7:05	8.5
170	STACHOWSKI Andrzej	216	MONIA GYM	M Open	86	00:00:23	00:35:26.20	00:35:49.65	+00:16:37	7:05	8.5
171	DRZEWIECKA Justyna	33		K Open	85	00:00:10	00:35:42.90	00:35:53.80	+00:16:54	7:08	8.4
172	DUDA Piotr	34		M Open	87	00:00:15	00:35:46.65	00:36:02.35	+00:16:58	7:09	8.4
173	KOŚCIŃSKI Jacek	86	WOJSKOWY KLUB HDK SZCZECIN	M Open	88	00:00:18	00:35:54.00	00:36:12.05	+00:17:05	7:10	8.4
174	RYBICKA Eliza	186		K Open	86	00:00:11	00:35:54.30	00:36:05.50	+00:17:05	7:10	8.4
175	KOŚCIŃSKA Elżbieta	85	WOJSKOWY KLUB HDK SZCZECIN	K Open	87	00:00:17	00:35:54.90	00:36:12.25	+00:17:06	7:10	8.4
176	ZAKRZEWSKA Anna	273		K Open	88	00:00:31	00:35:56.10	00:36:27.65	+00:17:07	7:11	8.3
177	WIECZOREK Wojciech	251		M Open	89	00:00:38	00:35:56.85	00:36:35.35	+00:17:08	7:11	8.3
178	WOŹNIAK Karolina	269	BOSMAN SZCZECIN	K Open	89	00:00:24	00:36:17.55	00:36:42.20	+00:17:29	7:15	8.3
179	KULBACZEWSKA Karolina	99	BOSMAN SZCZECIN	K Open	90	00:00:24	00:36:17.75	00:36:41.90	+00:17:29	7:15	8.3
180	SAMOLEJ Monika	190		K Open	91	00:00:12	00:36:25.70	00:36:38.35	+00:17:37	7:17	8.2
181	KOLASA Agnieszka	81		K Open	92	00:00:20	00:36:30.15	00:36:50.25	+00:17:41	7:18	8.2
182	HARWAT Katarzyna	58	PARKRUN SZCZECIN	K Open	93	00:00:21	00:36:45.15	00:37:06.50	+00:17:56	7:21	8.2
183	GÓRA Agnieszka	298		K Open	94	00:00:25	00:36:50.70	00:37:16.15	+00:18:02	7:22	8.1
184	CYBULSKA Aleksandra	25		K Open	95	00:00:22	00:37:11.50	00:37:33.75	+00:18:23	7:26	8.1
185	KLEPINOWSKA Natalia	79		K Open	96	00:00:22	00:37:11.55	00:37:33.95	+00:18:23	7:26	8.1
186	KOŁTOŃ Sylwia	302		K Open	97	00:00:35	00:37:17.35	00:37:52.80	+00:18:28	7:27	8
187	SKUPIŃSKA Agnieszka	209		K Open	98	00:00:06	00:37:27.90	00:37:34.60	+00:18:39	7:29	8
188	DZIADOSZ Katarzyna	38		K Open	99	00:00:06	00:37:28.20	00:37:34.65	+00:18:39	7:29	8
189	MARGULA-JAŚKOWIAK Dorota	281		K Open	100	00:00:07	00:37:31.60	00:37:39.35	+00:18:43	7:30	8
190	ŁUCZYŃSKA Katarzyna	108		K Open	101	00:00:34	00:37:57.15	00:38:31.50	+00:19:08	7:35	7.9
191	HERIAN Małgorzata	59		K Open	102	00:00:33	00:37:57.80	00:38:31.65	+00:19:09	7:35	7.9
192	DZIĘCIOŁ Kasia	39		K Open	103	00:00:33	00:38:06.20	00:38:39.60	+00:19:17	7:37	7.9
193	WIECZOREK Magdalena	249		K Open	104	00:00:20	00:38:15.60	00:38:36.00	+00:19:27	7:39	7.8
194	WYSOCKA Izabela	272		K Open	105	00:00:20	00:38:15.65	00:38:36.05	+00:19:27	7:39	7.8
195	WIŚNIEWSKA Agnieszka	257	PARKRUN GORZÓW	K Open	106	00:00:21	00:38:16.55	00:38:37.55	+00:19:28	7:39	7.8
196	ZIELIŃSKA Weronika	278		K Open	107	00:00:16	00:38:23.85	00:38:40.35	+00:19:35	7:40	7.8
197	PACH Magdalena	146		K Open	108	00:00:22	00:38:46.00	00:39:08.40	+00:19:57	7:45	7.7
198	BRZESKA Magdalena	17		K Open	109	00:00:17	00:38:47.40	00:39:04.45	+00:19:58	7:45	7.7
199	WASYLÓW Katarzyna	247		K Open	110	00:00:35	00:38:52.65	00:39:27.90	+00:20:04	7:46	7.7
200	MAHACZEK Karolina	112		K Open	111	00:00:07	00:38:53.15	00:39:01.05	+00:20:04	7:46	7.7
201	MEDZIŃSKI Dariusz	284		M Open	90	00:00:02	00:38:57.65	00:39:00.35	+00:20:09	7:47	7.7
202	WIKTOROWSKA Katarzyna	254		K Open	112	00:00:29	00:38:57.70	00:39:26.95	+00:20:09	7:47	7.7
203	MEDZIŃSKA Małgorzata	285		K Open	113	00:00:01	00:38:58.20	00:39:00.05	+00:20:09	7:47	7.7
204	MAJCHEREK Paulina	114		K Open	114	00:00:30	00:39:03.40	00:39:33.75	+00:20:14	7:48	7.7
205	PIONTKE Jakub	292		M Open	91	00:00:00	00:39:08.75	00:39:08.75	+00:20:20	7:49	7.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
206	SZURA Wojciech	226		M Open	92	00:00:54	00:39:11.60	00:40:05.65	+00:20:23	7:50	7.7
207	TEODORCZUK Dorota	301		K Open	115	00:00:53	00:39:11.75	00:40:05.45	+00:20:23	7:50	7.7
208	O-Z Iza	145		K Open	116	00:00:13	00:39:21.75	00:39:35.20	+00:20:33	7:52	7.6
209	WŚCISEŁ Karolina	271		K Open	117	00:00:30	00:39:33.75	00:40:04.55	+00:20:45	7:54	7.6
210	BALICKA Wioletta	2	WECZORNE BIEGANIE W SZCZECINIE	K Open	118	00:00:23	00:40:06.15	00:40:29.90	+00:21:17	8:01	7.5
211	ŻACZYŃSKA Agnieszka	279		K Open	119	00:00:16	00:40:07.80	00:40:23.80	+00:21:19	8:01	7.5
212	JANKOWSKI Michał	66		M Open	93	00:00:06	00:40:42.40	00:40:48.90	+00:21:53	8:08	7.4
213	WŁODARCZYK Anna	261		K Open	120	00:00:05	00:41:35.45	00:41:41.15	+00:22:46	8:19	7.2
214	WIŚNIEWSKA Paulina	258		K Open	121	00:00:05	00:41:35.95	00:41:41.65	+00:22:47	8:19	7.2
215	GRZYWACZ Małgorzata	55		K Open	122	00:00:06	00:42:12.90	00:42:19.25	+00:23:24	8:26	7.1
216	BANASIAK Andrzej	4		M Open	94	00:00:06	00:42:13.15	00:42:19.25	+00:23:24	8:26	7.1
217	FUTYMA Karolina	47		K Open	123	00:00:00	00:42:31.10	00:42:31.10	+00:23:42	8:30	7.1
218	GAPINSKI Rafal	49		M Open	95	00:00:37	00:43:14.90	00:43:52.60	+00:24:26	8:38	6.9
219	KAMER Lucyna	70	RAZ	K Open	124	00:00:13	00:43:16.00	00:43:29.95	+00:24:27	8:39	6.9
220	RUMOWSKA Agnieszka	185		K Open	125	00:00:13	00:43:16.30	00:43:29.80	+00:24:27	8:39	6.9
221	GUBERNIAK Andrzej	56	TURKEYS TEAM	M Open	96	00:00:29	00:43:40.55	00:44:10.20	+00:24:52	8:44	6.9
222	WOJTAT Halina	264		K Open	126	00:00:32	00:43:56.95	00:44:29.25	+00:25:08	8:47	6.8
223	TADYCH Beata	234		K Open	127	00:01:25	00:44:07.75	00:45:33.25	+00:25:19	8:49	6.8
224	MIŚKIEWICZ Iwona	128		K Open	128	00:22:35	00:44:56.45	01:07:31.45	+00:26:07	8:59	6.7
225	PARCHIMOWICZ Janusz	149		M Open	97	00:00:28	00:46:25.10	00:46:53.50	+00:27:36	9:17	6.5
226	SIKORA Magdalena	202		K Open	129	00:00:26	00:46:27.35	00:46:53.35	+00:27:38	9:17	6.5
227	PŁOSA Monika	163		K Open	130	00:00:29	00:46:31.45	00:47:01.20	+00:27:42	9:18	6.4
228	WASIELEWSKA Katarzyna	245		K Open	131	00:00:31	00:46:48.70	00:47:19.80	+00:28:00	9:21	6.4
229	WASIELEWSKI Mariusz	246		M Open	98	00:00:31	00:46:51.25	00:47:22.35	+00:28:02	9:22	6.4
230	LITWINIAK Izabela	105		K Open	132	00:00:28	00:47:24.15	00:47:52.80	+00:28:35	9:28	6.3
231	SZUBERT ADAMSKA Ewelina	225		K Open	133	00:00:29	00:48:37.40	00:49:07.10	+00:29:48	9:43	6.2
232	REĆKO Magda	180		K Open	134	00:00:23	00:48:42.25	00:49:05.90	+00:29:53	9:44	6.2
233	WIOLETA REĆKO Wioleta	255		K Open	135	00:00:24	00:48:42.70	00:49:06.85	+00:29:54	9:44	6.2
234	MALINOWSKA-WASILUK Agnieszka	117	MATKI-WARIATKI	K Open	136	00:00:14	00:48:43.35	00:48:58.25	+00:29:54	9:44	6.2
235	JEDRULAK Katarzyna	68	TELERANEK	K Open	137	00:00:32	00:54:05.05	00:54:37.85	+00:35:16	10:49	5.5
236	WŁADKOWSKA Agnieszka	260		K Open	138	00:00:17	00:54:32.80	00:54:50.55	+00:35:44	10:54	5.5
237	NIEDŹWIECKI Paweł	138	PRZĘSOCIN NA PROGRAMIE PANI FUTYMKA	M Open	99	00:00:28	00:55:13.70	00:55:42.35	+00:36:25	11:02	5.4
238	NIEDŹWIECKA Katarzyna	137		K Open	139	00:00:29	00:59:16.40	00:59:45.65	+00:40:27	11:51	5.1

Znaleziono 238 wynik(ów)