

# VII BIEG - 5KM

B4SPORT  
INTELEGENTE ZAWODY SPORTOWE

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

VII BIEG "POGOŃ RAKA"  
Stowarzyszenie Walki z Rakiem Płuca Oddział Szczecin  
2023-10-07  
SZCZECIN  
5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	WASILEWSKI Andrzej	272	WILKI Z CIECHOCINKA	M-40	1	00:19:45.50		3:57	15.2 (100%)
2	TROĆ Daniel	264	RAZ SZCZECIN	M-20	1	00:20:18.95	+00:00:33 (2.7%)	4:03	14.8 (97.4%)
3	ŁAZOWSKI Marcin	1	POGOŃ SZCZECIN	M-40	2	00:21:08.90	+00:01:23 (6.6%)	4:13	14.2 (93.4%)
4	GAWRYŚ Rafał	58		M-20	2	00:21:13.45	+00:01:27 (6.9%)	4:14	14.1 (92.8%)
5	ŻAK Mateusz	303	OŚ AZS POZNAŃ	M-20	3	00:21:25.95	+00:01:40 (7.8%)	4:17	14 (92.1%)
6	GIERCEWICZ Norbert	311	SWIM2TRI	M-30	1	00:21:36.20	+00:01:50 (8.5%)	4:19	13.9 (91.4%)
7	OLEJARZ Damian	180	POL-BUD POLICE	M-30	2	00:21:48.30	+00:02:02 (9.4%)	4:21	13.8 (90.8%)
8	STASZEWSKI Kamil	242		M-20	4	00:22:02.10	+00:02:16 (10.3%)	4:24	13.6 (89.5%)
9	POGORZELSKI Daniel	206	#FIEGEBIEGA	M-40	3	00:22:45.65	+00:03:00 (13.2%)	4:33	13.2 (86.8%)
10	PROKOP Agata	209	RUNFOURFUN	K-30	1	00:22:46.55	+00:03:01 (13.2%)	4:33	13.2 (86.8%)
11	KRZEŚNIEWSKI Marcin	120	RAZ SZCZECIN	M-40	4	00:22:46.75	+00:03:01 (13.3%)	4:33	13.2 (86.8%)
12	PUCHAŁSKI Grzegorz	211	RUNFOURFUN	M-30	3	00:22:47.05	+00:03:01 (13.3%)	4:33	13.2 (86.8%)
13	ANTOSIK Bartosz	13	NA PRZYPALE ALBO WCALE!!!	M-40	5	00:23:00.75	+00:03:15 (14.1%)	4:36	13 (85.5%)
14	MICHALCZYŚCZYŃ Tomasz	2	POGOŃ SZCZECIN	M-40	6	00:23:01.25	+00:03:15 (14.2%)	4:36	13 (85.5%)
15	MALINOWSKI Norbert	154		M-40	7	00:23:02.90	+00:03:17 (14.3%)	4:36	13 (85.5%)
16	DYDEK Edyta	10	SKB DZIK	K-20	1	00:23:10.85	+00:03:25 (14.8%)	4:38	12.9 (84.9%)
17	TALAREK Robert	258	SMT SZCZECIN	M-40	8	00:23:44.80	+00:03:59 (16.8%)	4:44	12.6 (82.9%)
18	OLEJNIK Przemek	182		M-50	1	00:23:45.90	+00:04:00 (16.9%)	4:45	12.6 (82.9%)
19	TOPOREK Przemysław	262		M-30	4	00:23:48.55	+00:04:03 (17.0%)	4:45	12.6 (82.9%)
20	WRZOSEK Kamil	294		M-20	5	00:23:58.85	+00:04:13 (17.6%)	4:47	12.5 (82.2%)
21	FURMAŃSKI Marcin	56	WY-BIEGANI SZCZECIN	M-30	5	00:24:06.10	+00:04:20 (18.0%)	4:49	12.4 (81.6%)
22	TROJGA Karolina	265		K-40	1	00:24:07.90	+00:04:22 (18.1%)	4:49	12.4 (81.6%)
23	CHARĘZA Marcin	34	ZAWADZKIEGO SZCZECIN	M-40	9	00:24:17.45	+00:04:31 (18.7%)	4:51	12.4 (81.6%)
24	PELC Marek	195		M-40	10	00:24:20.75	+00:04:35 (18.8%)	4:52	12.3 (80.9%)
25	KONDRAT Krzysztof	99		M-40	11	00:24:23.00	+00:04:37 (19.0%)	4:52	12.3 (80.9%)
26	BANASIEWICZ Zbigniew	16		M-40	12	00:24:25.30	+00:04:39 (19.1%)	4:53	12.3 (80.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
27	JETTKA-MATERKA Natalia	82		K-30	2	00:24:39.45	+00:04:53 (19.9%)	4:55	12.2 (80.3%)
28	BARANOWSKI Dominik	19		M-30	6	00:25:01.65	+00:05:16 (21.1%)	5:00	12 (78.9%)
29	PIĄTEK Kamil	198		M-30	7	00:25:11.65	+00:05:26 (21.6%)	5:02	11.9 (78.3%)
30	TOMASZEWSKA Beata	260		K-30	3	00:25:19.35	+00:05:33 (22.0%)	5:03	11.8 (77.6%)
31	JARCZAK Filip	78		M-30	8	00:25:22.40	+00:05:36 (22.1%)	5:04	11.8 (77.6%)
32	ŁUSZCZEWSKI Sebastian	146		M-40	13	00:25:31.65	+00:05:46 (22.6%)	5:06	11.8 (77.6%)
33	KIERNOŻYCKI Mateusz	91		M-40	14	00:25:32.35	+00:05:46 (22.6%)	5:06	11.7 (77.0%)
34	CHRÓL Mateusz	94		M-20	6	00:25:32.90	+00:05:47 (22.7%)	5:06	11.7 (77.0%)
35	MIECZNIKOWSKI Patryk	166	#FIEGEBIEGA	M-20	7	00:25:34.40	+00:05:48 (22.7%)	5:06	11.7 (77.0%)
36	SZUBARTOWSKI Grzegorz	253	#FIEGEBIEGA	M-40	15	00:25:52.00	+00:06:06 (23.6%)	5:10	11.6 (76.3%)
37	CIEŚLA Paweł	37	HELL'S HEAVEN SZCZECIN	M-30	9	00:25:59.65	+00:06:14 (24.0%)	5:11	11.5 (75.7%)
38	KONDRAT Olga	98	WY-BIEGANI SZCZECIN	K-40	2	00:26:00.65	+00:06:15 (24.0%)	5:12	11.5 (75.7%)
39	BACHMATIUK Honorata	14		K-40	3	00:26:01.45	+00:06:15 (24.1%)	5:12	11.5 (75.7%)
40	LEOŃCZUK Filip	131	BT	M-20	8	00:26:01.55	+00:06:16 (24.1%)	5:12	11.5 (75.7%)
41	LEŚNIAK Piotr	132		M-20	9	00:26:03.65	+00:06:18 (24.2%)	5:12	11.5 (75.7%)
42	POTRAWSKI Michał	208		M-30	10	00:26:10.15	+00:06:24 (24.5%)	5:14	11.5 (75.7%)
43	ZINKIEWICZ Jarek	300	BIEGOHOLLICA	M-40	16	00:26:34.85	+00:06:49 (25.7%)	5:18	11.3 (74.3%)
44	PIECYK Katarzyna	199	TRIGYM	K-30	4	00:27:03.90	+00:07:18 (27.0%)	5:24	11.1 (73.0%)
45	MIKA Tomasz	169		M-40	17	00:27:07.20	+00:07:21 (27.1%)	5:25	11.1 (73.0%)
46	KRUCZKOWSKA Malwina	111		K-20	2	00:27:11.55	+00:07:26 (27.3%)	5:26	11 (72.4%)
47	PIOTROWSKI Marek	201	BIEGAMBOLUBIE GOLENIÓW	M-40	18	00:27:12.60	+00:07:27 (27.4%)	5:26	11 (72.4%)
48	ZIMNY Wojciech	9		M-30	11	00:27:15.30	+00:07:29 (27.5%)	5:27	11 (72.4%)
49	GLINKA Bogusz	59		M-40	19	00:27:16.85	+00:07:31 (27.6%)	5:27	11 (72.4%)
50	PENTEŁA Mariusz	196	MORE	M-50	2	00:27:22.90	+00:07:37 (27.8%)	5:28	11 (72.4%)
51	ROGALSKI Maksymilian	3	POGOŃ SZCZECIN	M-40	20	00:27:30.20	+00:07:44 (28.2%)	5:30	10.9 (71.7%)
52	ŻÓŁTOWSKA Oliwia	304	SPSK1 PUM SZCZECIN	K-30	5	00:27:31.65	+00:07:46 (28.2%)	5:30	10.9 (71.7%)
53	JANISZEWSKI Adrian	75		M-30	12	00:27:32.20	+00:07:46 (28.2%)	5:30	10.9 (71.7%)
54	BIELECKI Wojciech	23		M-30	13	00:27:33.40	+00:07:47 (28.3%)	5:30	10.9 (71.7%)
55	BRATKO Przemysław	30		M-30	14	00:27:34.40	+00:07:48 (28.3%)	5:30	10.9 (71.7%)
56	WYROSTEK Michalina	295		K-20	3	00:27:36.55	+00:07:51 (28.4%)	5:31	10.9 (71.7%)
57	KRYGER Grzegorz	117	PARKRUNOWI GŁUPONACI	M-50	3	00:27:38.95	+00:07:53 (28.5%)	5:31	10.9 (71.7%)
58	MADEJ Anna	150	UKŁ OSEMKA POLICE	K-30	6	00:27:48.00	+00:08:02 (28.9%)	5:33	10.8 (71.1%)
59	MILER Marcin	170		M-40	21	00:27:50.20	+00:08:04 (29.0%)	5:34	10.8 (71.1%)
60	PASZKOWSKI Karol	190		M-30	15	00:27:51.75	+00:08:06 (29.1%)	5:34	10.8 (71.1%)
61	BIĘCZYK Iwona	25	WY-BIEGANI SZCZECIN	K-50	1	00:28:08.00	+00:08:22 (29.8%)	5:37	10.7 (70.4%)
62	ŻÓŁTOWSKI Michał	305		M-30	16	00:28:25.30	+00:08:39 (30.5%)	5:41	10.6 (69.7%)
63	RZYMSKA Marta	220	TRIGYM	K-40	4	00:28:26.80	+00:08:41 (30.5%)	5:41	10.6 (69.7%)
64	KLICH Janek	95	BIEGOHOLLICA	M-30	17	00:28:28.65	+00:08:43 (30.6%)	5:41	10.5 (69.1%)
65	DROP Sławomir	47		M-50	4	00:28:31.25	+00:08:45 (30.7%)	5:42	10.5 (69.1%)
66	KRUCZKOWSKI Maciej	112		M-50	5	00:28:52.70	+00:09:07 (31.6%)	5:46	10.4 (68.4%)
67	KRUCZKOWSKA Agnieszka	110		K-50	2	00:28:52.90	+00:09:07 (31.6%)	5:46	10.4 (68.4%)
68	CARŁO Marcin	33		M-40	22	00:28:53.25	+00:09:07 (31.6%)	5:46	10.4 (68.4%)
69	SAKOWSKA-CARŁO Magda	222	WIECZORNE BIEGANIE W SZCZECINIE	K-40	5	00:28:53.30	+00:09:07 (31.6%)	5:46	10.4 (68.4%)
70	STACHOWSKI Andrzej	241	MONIA GYM	M-50	6	00:28:57.75	+00:09:12 (31.8%)	5:47	10.4 (68.4%)

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						netto 5km	Różn		
71	<b>MIELEC Marta</b>	<b>167</b>		K-40	6	<b>00:28:58.25</b>	+00:09:12 (31.8%)	5:47	10.4 (68.4%)
72	<b>SMYK Bartosz</b>	<b>239</b>	BIEGNĘ PO ROMPERA	M-30	18	<b>00:29:04.75</b>	+00:09:19 (32.1%)	5:48	10.3 (67.8%)
73	<b>MASŁOCHA Szymon</b>	<b>162</b>		M-20	10	<b>00:29:08.25</b>	+00:09:22 (32.2%)	5:49	10.3 (67.8%)
74	<b>CZECH-WOJNACH Kasia</b>	<b>39</b>	SPSK1	K-40	7	<b>00:29:09.95</b>	+00:09:24 (32.3%)	5:49	10.3 (67.8%)
75	<b>BOŃDOS Andrzej</b>	<b>28</b>		M-40	23	<b>00:29:22.45</b>	+00:09:36 (32.7%)	5:52	10.2 (67.1%)
76	<b>SIWAK Łukasz</b>	<b>236</b>	KB PIONIER SZCZECIN	M-30	19	<b>00:29:25.20</b>	+00:09:39 (32.8%)	5:53	10.2 (67.1%)
77	<b>BACHMATIUK Sławomir</b>	<b>15</b>		M-50	7	<b>00:29:28.25</b>	+00:09:42 (33.0%)	5:53	10.2 (67.1%)
78	<b>SZAJEK Artur</b>	<b>248</b>	HULK TEAM POLICE	M-40	24	<b>00:29:29.65</b>	+00:09:44 (33.0%)	5:53	10.2 (67.1%)
79	<b>SZAJEK Gabor</b>	<b>249</b>	HULK TEAM POLICE	M-20	11	<b>00:29:31.20</b>	+00:09:45 (33.1%)	5:54	10.2 (67.1%)
80	<b>MANDUK-CZYŻYK Nina</b>	<b>155</b>		K-40	8	<b>00:29:41.25</b>	+00:09:55 (33.4%)	5:56	10.1 (66.4%)
81	<b>IWANOWSKI Krzysztof</b>	<b>74</b>		M-50	8	<b>00:29:44.30</b>	+00:09:58 (33.6%)	5:56	10.1 (66.4%)
82	<b>WITORZĘĆ Dariusz</b>	<b>284</b>		M-50	9	<b>00:29:48.35</b>	+00:10:02 (33.7%)	5:57	10.1 (66.4%)
83	<b>BĄCIK Aneta</b>	<b>20</b>		K-40	9	<b>00:29:50.75</b>	+00:10:05 (33.8%)	5:58	10.1 (66.4%)
84	<b>KOZŁOWSKA Karolina</b>	<b>107</b>		K-40	10	<b>00:29:50.95</b>	+00:10:05 (33.8%)	5:58	10.1 (66.4%)
85	<b>POGORZELSKA Sylwia</b>	<b>205</b>		K-40	11	<b>00:29:53.95</b>	+00:10:08 (33.9%)	5:58	10 (65.8%)
86	<b>ŁUKASIEWICZ Agnieszka</b>	<b>143</b>	KB HERMES GRYFINO	K-40	12	<b>00:30:00.60</b>	+00:10:15 (34.2%)	6:00	10 (65.8%)
87	<b>FAFUŁA Bartłomiej</b>	<b>54</b>		M-30	20	<b>00:30:09.55</b>	+00:10:24 (34.5%)	6:01	10 (65.8%)
88	<b>WOLIŃSKI Krzysztof</b>	<b>289</b>		M-40	25	<b>00:30:10.70</b>	+00:10:25 (34.5%)	6:02	9.9 (65.1%)
89	<b>STRĄK Izabela</b>	<b>243</b>	WIECZORNE BIEGANIE W SZCZECINIE	K-40	13	<b>00:30:15.80</b>	+00:10:30 (34.7%)	6:03	9.9 (65.1%)
90	<b>KAZANISZYN Radosław</b>	<b>88</b>	BIEGNĘ PO ROMPERA	M-30	21	<b>00:30:23.25</b>	+00:10:37 (35.0%)	6:04	9.9 (65.1%)
91	<b>ZIARNEK Krzysztof</b>	<b>297</b>		M-50	10	<b>00:30:24.55</b>	+00:10:39 (35.0%)	6:04	9.9 (65.1%)
92	<b>WINCENCIAK Magdalena</b>	<b>277</b>	#FIEGEBIEGA	K-30	7	<b>00:30:27.80</b>	+00:10:42 (35.1%)	6:05	9.9 (65.1%)
93	<b>OLEŚKIEWICZ Michał</b>	<b>183</b>	WY-BIEGANI SZCZECIN	M-40	26	<b>00:30:28.85</b>	+00:10:43 (35.2%)	6:05	9.8 (64.5%)
94	<b>RUDZEWICZ Mariusz</b>	<b>217</b>		M-30	22	<b>00:30:29.30</b>	+00:10:43 (35.2%)	6:05	9.8 (64.5%)
95	<b>KIESZKOWSKA Barbara</b>	<b>92</b>		K-40	14	<b>00:30:30.20</b>	+00:10:44 (35.2%)	6:06	9.8 (64.5%)
96	<b>GRYGORCEWICZ Bartłomiej</b>	<b>68</b>		M-30	23	<b>00:30:42.30</b>	+00:10:56 (35.7%)	6:08	9.8 (64.5%)
97	<b>WARDĘGA Monika</b>	<b>269</b>	#FIEGEBIEGA	K-30	8	<b>00:30:43.40</b>	+00:10:57 (35.7%)	6:08	9.8 (64.5%)
98	<b>KUBASIK Waldemar</b>	<b>124</b>	BOSMAN SZCZECIN	M-60+	1	<b>00:30:43.55</b>	+00:10:58 (35.7%)	6:08	9.8 (64.5%)
99	<b>ŁUSZCZEWSKA Agnieszka</b>	<b>145</b>		K-30	9	<b>00:30:47.85</b>	+00:11:02 (35.8%)	6:09	9.7 (63.8%)
100	<b>KIERNOŻYCKA Kasia</b>	<b>90</b>	BOSMAN	K-40	15	<b>00:30:48.65</b>	+00:11:03 (35.9%)	6:09	9.7 (63.8%)
101	<b>DĄBROWSKA Róża</b>	<b>42</b>		K-40	16	<b>00:30:48.95</b>	+00:11:03 (35.9%)	6:09	9.7 (63.8%)
102	<b>MISIASZEK Mirosław</b>	<b>172</b>	MAŁKOCIN	M-50	11	<b>00:30:49.05</b>	+00:11:03 (35.9%)	6:09	9.7 (63.8%)
103	<b>WIENCIS Małgorzata</b>	<b>274</b>		K-40	17	<b>00:30:49.20</b>	+00:11:03 (35.9%)	6:09	9.7 (63.8%)
104	<b>PACYNA Renata</b>	<b>186</b>	#FIEGEBIEGA	K-50	3	<b>00:30:49.40</b>	+00:11:03 (35.9%)	6:09	9.7 (63.8%)
105	<b>KOWALSKI Tomasz</b>	<b>106</b>		M-30	24	<b>00:30:52.65</b>	+00:11:07 (36.0%)	6:10	9.7 (63.8%)
106	<b>DUDEK -IGNACZAK Joanna</b>	<b>50</b>		K-40	18	<b>00:30:53.50</b>	+00:11:08 (36.0%)	6:10	9.7 (63.8%)
107	<b>WOJTAT Adam</b>	<b>288</b>		M-60+	2	<b>00:31:01.30</b>	+00:11:15 (36.3%)	6:12	9.7 (63.8%)
108	<b>WITCZAK Łukasz</b>	<b>283</b>	BIEGNĘ PO ROMPERA	M-40	27	<b>00:31:05.50</b>	+00:11:20 (36.5%)	6:13	9.7 (63.8%)
109	<b>MYTYCH Ilona</b>	<b>176</b>	EXTREME WOLF	K-30	10	<b>00:31:06.25</b>	+00:11:20 (36.5%)	6:13	9.6 (63.2%)
110	<b>KRZEMIŃSKI Paweł</b>	<b>119</b>	EXTREME WOLF	M-30	25	<b>00:31:06.50</b>	+00:11:21 (36.5%)	6:13	9.6 (63.2%)
111	<b>TRELIŃSKA Edyta</b>	<b>263</b>		K-50	4	<b>00:31:09.20</b>	+00:11:23 (36.6%)	6:13	9.6 (63.2%)
112	<b>JASIŃSKI Robert</b>	<b>81</b>	FLEKS	M-40	28	<b>00:31:14.45</b>	+00:11:28 (36.8%)	6:14	9.6 (63.2%)
113	<b>WALCZYK Mateusz</b>	<b>268</b>		M-30	26	<b>00:31:16.85</b>	+00:11:31 (36.8%)	6:15	9.6 (63.2%)
114	<b>CIEŚLA Agnieszka</b>	<b>38</b>	HELL'S HEAVEN SZCZECIN	K-30	11	<b>00:31:16.95</b>	+00:11:31 (36.8%)	6:15	9.6 (63.2%)

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115	<b>GONERSKI Piotr</b>	<b>61</b>	BIEGNĘ PO ROMPERA	M-30	27	<b>00:31:29.40</b>	+00:11:43 (37.3%)	6:17	9.5 (62.5%)
116	<b>SEKLECKI Bartosz</b>	<b>228</b>		M-30	28	<b>00:31:36.50</b>	+00:11:51 (37.5%)	6:19	9.5 (62.5%)
117	<b>SYDOR Kasia</b>	<b>246</b>	EL TORO DE ORO	K-40	19	<b>00:31:41.45</b>	+00:11:55 (37.7%)	6:20	9.5 (62.5%)
118	<b>LINK Karol</b>	<b>136</b>		M-30	29	<b>00:31:41.60</b>	+00:11:56 (37.7%)	6:20	9.5 (62.5%)
119	<b>KRAWCZYK Magdalena</b>	<b>109</b>		K-30	12	<b>00:31:42.25</b>	+00:11:56 (37.7%)	6:20	9.5 (62.5%)
120	<b>LASEK Marcin</b>	<b>128</b>	WEEKENDOWE KOKSY	M-40	29	<b>00:31:42.55</b>	+00:11:57 (37.7%)	6:20	9.5 (62.5%)
121	<b>KARWOWSKA-DĄBROWSKA Karolina</b>	<b>86</b>		K-40	20	<b>00:31:45.15</b>	+00:11:59 (37.8%)	6:21	9.4 (61.8%)
122	<b>SĘCZKOWSKA Katarzyna</b>	<b>233</b>		K-30	13	<b>00:31:51.35</b>	+00:12:05 (38.0%)	6:22	9.4 (61.8%)
123	<b>BORKOWSKA-ZIELKE Magda</b>	<b>313</b>		K-30	14	<b>00:31:52.70</b>	+00:12:07 (38.0%)	6:22	9.4 (61.8%)
124	<b>DZIWIULSKI Jerzy</b>	<b>53</b>		M-20	12	<b>00:31:53.10</b>	+00:12:07 (38.0%)	6:22	9.4 (61.8%)
125	<b>WIŚNIEWSKI Arkadiusz</b>	<b>282</b>	PARKRUN GORZÓW WIELKOPOLSKI	M-50	12	<b>00:31:59.95</b>	+00:12:14 (38.3%)	6:23	9.4 (61.8%)
126	<b>ŁAWKIEL Natalia</b>	<b>140</b>		K-20	4	<b>00:32:02.30</b>	+00:12:16 (38.3%)	6:24	9.4 (61.8%)
127	<b>KOVALOV Bohdan</b>	<b>105</b>	#FIEGEBIEGA	M-20	13	<b>00:32:02.50</b>	+00:12:17 (38.3%)	6:24	9.4 (61.8%)
128	<b>SZAJEK Marta</b>	<b>247</b>	HULK TEAM POLICE	K-40	21	<b>00:32:06.60</b>	+00:12:21 (38.5%)	6:25	9.3 (61.2%)
129	<b>WASIELEWSKI Mariusz</b>	<b>271</b>		M-30	30	<b>00:32:06.65</b>	+00:12:21 (38.5%)	6:25	9.3 (61.2%)
130	<b>KOROBEJKO Jarosław</b>	<b>100</b>		M-50	13	<b>00:32:07.00</b>	+00:12:21 (38.5%)	6:25	9.3 (61.2%)
131	<b>WIESE Urszula</b>	<b>276</b>		K-40	22	<b>00:32:10.00</b>	+00:12:24 (38.6%)	6:26	9.3 (61.2%)
132	<b>ZIELIŃSKA Ludmiła</b>	<b>298</b>	KB WIKON NOWA SÓL	K-40	23	<b>00:32:12.00</b>	+00:12:26 (38.6%)	6:26	9.3 (61.2%)
133	<b>UŁANOWICZ Katarzyna</b>	<b>267</b>		K-40	24	<b>00:32:13.10</b>	+00:12:27 (38.7%)	6:26	9.3 (61.2%)
134	<b>RYBARCZYK Justyna</b>	<b>218</b>		K-30	15	<b>00:32:16.65</b>	+00:12:31 (38.8%)	6:27	9.3 (61.2%)
135	<b>STACHECKI Krzysztof</b>	<b>240</b>		M-30	31	<b>00:32:29.15</b>	+00:12:43 (39.2%)	6:29	9.2 (60.5%)
136	<b>RYBARCZYK Patryk</b>	<b>219</b>		M-30	32	<b>00:32:29.20</b>	+00:12:43 (39.2%)	6:29	9.2 (60.5%)
137	<b>SKORUPA Grzegorz</b>	<b>238</b>		M-30	33	<b>00:32:34.95</b>	+00:12:49 (39.4%)	6:30	9.2 (60.5%)
138	<b>KOTLARZ Olga</b>	<b>104</b>		K-30	16	<b>00:32:37.00</b>	+00:12:51 (39.4%)	6:31	9.2 (60.5%)
139	<b>CZEŻYK Paweł</b>	<b>40</b>		M-30	34	<b>00:32:40.70</b>	+00:12:55 (39.5%)	6:32	9.2 (60.5%)
140	<b>KĘPIŃSKI Adam</b>	<b>89</b>		M-30	35	<b>00:32:42.45</b>	+00:12:56 (39.6%)	6:32	9.2 (60.5%)
141	<b>SKIBA Michał</b>	<b>237</b>	WY-BIEGANI SZCZECIN	M-30	36	<b>00:32:45.00</b>	+00:12:59 (39.7%)	6:33	9.2 (60.5%)
142	<b>WRÓBLEWSKI Kamil</b>	<b>293</b>		M-20	14	<b>00:32:50.05</b>	+00:13:04 (39.8%)	6:34	9.1 (59.9%)
143	<b>WOCHNER Kamil</b>	<b>285</b>		M-30	37	<b>00:32:55.80</b>	+00:13:10 (40.0%)	6:35	9.1 (59.9%)
144	<b>MURAWSKA Dorota</b>	<b>174</b>		K-50	5	<b>00:32:59.85</b>	+00:13:14 (40.1%)	6:35	9.1 (59.9%)
145	<b>DROZDEK Tomasz</b>	<b>49</b>		M-50	14	<b>00:33:00.30</b>	+00:13:14 (40.1%)	6:36	9.1 (59.9%)
146	<b>MADEJ Anna</b>	<b>148</b>		K-30	17	<b>00:33:03.25</b>	+00:13:17 (40.2%)	6:36	9.1 (59.9%)
147	<b>ŻYWICKA Barbara</b>	<b>308</b>	VAN GRAAF BIEGA	K-50	6	<b>00:33:09.25</b>	+00:13:23 (40.4%)	6:37	9 (59.2%)
148	<b>NATALCZYK Ewelina</b>	<b>177</b>		K-30	18	<b>00:33:09.85</b>	+00:13:24 (40.4%)	6:37	9 (59.2%)
149	<b>PROTASIEWICZ Agnieszka</b>	<b>210</b>		K-40	25	<b>00:33:11.75</b>	+00:13:26 (40.5%)	6:38	9 (59.2%)
150	<b>BOŠKO Paulina</b>	<b>29</b>		K-30	19	<b>00:33:18.40</b>	+00:13:32 (40.7%)	6:39	9 (59.2%)
151	<b>MADEJ Aleksander</b>	<b>149</b>		M-30	38	<b>00:33:21.30</b>	+00:13:35 (40.8%)	6:40	9 (59.2%)
152	<b>TRYBUŁA Ewelina</b>	<b>266</b>	SPSK 1 PUM	K-30	20	<b>00:33:23.00</b>	+00:13:37 (40.8%)	6:40	9 (59.2%)
153	<b>RUCZYŃSKI Dariusz</b>	<b>216</b>	SPSK 1	M-50	15	<b>00:33:23.45</b>	+00:13:37 (40.8%)	6:40	9 (59.2%)
154	<b>KOZŁOWSKI Marcin</b>	<b>108</b>		M-40	30	<b>00:33:34.80</b>	+00:13:49 (41.2%)	6:42	8.9 (58.6%)
155	<b>NAUS Joanna</b>	<b>178</b>		K-50	7	<b>00:33:42.10</b>	+00:13:56 (41.4%)	6:44	8.9 (58.6%)
156	<b>LEWANDOWSKA Beata</b>	<b>133</b>		K-30	21	<b>00:34:01.10</b>	+00:14:15 (41.9%)	6:48	8.8 (57.9%)
157	<b>WONDOŁOWSKI Stanisław</b>	<b>290</b>	WIECZORNE BIEGANIE	M-60+	3	<b>00:34:10.10</b>	+00:14:24 (42.2%)	6:50	8.8 (57.9%)
158	<b>BARANOWSKI Konrad</b>	<b>18</b>		M-30	39	<b>00:34:12.85</b>	+00:14:27 (42.3%)	6:50	8.8 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
159	MARCHIEL Lena	158		K-50	8	00:34:15.85	+00:14:30 (42.3%)	6:51	8.8 (57.9%)
160	MATYSIAK Magdalena	163		K-40	26	00:34:20.15	+00:14:34 (42.5%)	6:52	8.7 (57.2%)
161	ŁUPKOWSKA-GRYGORCEWICZ Aleksandra	144		K-30	22	00:34:21.95	+00:14:36 (42.5%)	6:52	8.7 (57.2%)
162	KRZYWOŃ Paweł	122		M-30	40	00:34:25.45	+00:14:39 (42.6%)	6:53	8.7 (57.2%)
163	TOMCZYK Kasia	261		K-40	27	00:34:27.20	+00:14:41 (42.7%)	6:53	8.7 (57.2%)
164	PAWEŁCZYK Marzena	192	SPSK1	K-40	28	00:34:36.30	+00:14:50 (42.9%)	6:55	8.7 (57.2%)
165	GRYGIEL Agnieszka	67		K-40	29	00:34:36.85	+00:14:51 (42.9%)	6:55	8.7 (57.2%)
166	ZALEWSKA Ewa	6	SPSK1	K-40	30	00:34:38.10	+00:14:52 (43.0%)	6:55	8.7 (57.2%)
167	BARANOWSKA Izabela	17		K-20	5	00:34:39.80	+00:14:54 (43.0%)	6:55	8.7 (57.2%)
168	SULIGA Łukasz	245		M-30	41	00:34:42.60	+00:14:57 (43.1%)	6:56	8.6 (56.6%)
169	JAROSZYŃSKA Elżbieta	80		K-40	31	00:34:53.55	+00:15:08 (43.4%)	6:58	8.6 (56.6%)
170	ŁODZIATO Magdalena	142	TURKEYS TEAM	K-40	32	00:35:02.05	+00:15:16 (43.6%)	7:00	8.6 (56.6%)
171	DĄBSKA Karolina	43		K-30	23	00:35:31.20	+00:15:45 (44.4%)	7:06	8.4 (55.3%)
172	KRUPA Paulina	113		K-30	24	00:35:38.50	+00:15:53 (44.6%)	7:07	8.4 (55.3%)
173	BURCHACKI Maciej	32		M-30	42	00:35:55.20	+00:16:09 (45.0%)	7:11	8.4 (55.3%)
174	GRZYWACZ Magdalena	69		K-40	33	00:35:58.15	+00:16:12 (45.1%)	7:11	8.3 (54.6%)
175	MIELNICZUK Agnieszka	168		K-40	34	00:35:58.50	+00:16:13 (45.1%)	7:11	8.3 (54.6%)
176	SAMOLEJ Monika	223		K-40	35	00:36:04.55	+00:16:19 (45.2%)	7:12	8.3 (54.6%)
177	WROŃSKA DRZEWIECKA Justyna	292		K-30	25	00:36:23.55	+00:16:38 (45.7%)	7:16	8.2 (53.9%)
178	BIEDULSKA Aneta	22	GRUPA BIEGOWA FIEGE	K-40	36	00:36:43.15	+00:16:57 (46.2%)	7:20	8.2 (53.9%)
179	MARCHEWKA Dawid	157	WEEKNDOWE KOKSY	M-40	31	00:36:43.30	+00:16:57 (46.2%)	7:20	8.2 (53.9%)
180	ZUBA Lucyna	301		K-50	9	00:36:52.70	+00:17:07 (46.4%)	7:22	8.1 (53.3%)
181	ZIĘBA Norbert	299		M-30	43	00:36:55.15	+00:17:09 (46.5%)	7:23	8.1 (53.3%)
182	PAŹDZIOR Paulina	194		K-30	26	00:36:55.30	+00:17:09 (46.5%)	7:23	8.1 (53.3%)
183	WOJNACH Paweł	286	BIEGOHOLLICA	M-40	32	00:37:06.95	+00:17:21 (46.8%)	7:25	8.1 (53.3%)
184	WIECZOREK Wojciech	312	WIECZORKI 3	M-40	33	00:37:08.60	+00:17:23 (46.8%)	7:25	8.1 (53.3%)
185	WYROSTEK Radek	296		M-40	34	00:37:20.40	+00:17:34 (47.1%)	7:28	8 (52.6%)
186	MICHALSKI Cezary	165		M-60+	4	00:37:26.55	+00:17:41 (47.2%)	7:29	8 (52.6%)
187	SARZYŃSKA Kasia	224		K-30	27	00:37:33.80	+00:17:48 (47.4%)	7:30	8 (52.6%)
188	MINER Artur	171		M-40	35	00:37:40.30	+00:17:54 (47.6%)	7:32	8 (52.6%)
189	DROP Aneta	48		K-50	10	00:37:40.70	+00:17:55 (47.6%)	7:32	8 (52.6%)
190	JANKOWSKI Michał	76		M-30	44	00:37:43.30	+00:17:57 (47.6%)	7:32	8 (52.6%)
191	KUŚMIRCZUK Maria	126		K-20	6	00:37:47.85	+00:18:02 (47.7%)	7:33	7.9 (52.0%)
192	SAVCHENKO Maryna	226	#FIEGEBIEGA	K-40	37	00:38:02.10	+00:18:16 (48.1%)	7:36	7.9 (52.0%)
193	LASKOWSKA Beata	129		K-40	38	00:38:13.05	+00:18:27 (48.3%)	7:38	7.8 (51.3%)
194	WIŚNIEWSKA Dorota	280		K-40	39	00:38:15.35	+00:18:29 (48.4%)	7:39	7.8 (51.3%)
195	KRYCHOWIAK Piotr	116	WIOSŁO	M-40	36	00:38:17.25	+00:18:31 (48.4%)	7:39	7.8 (51.3%)
196	NIESYN Ewa	179	WIECZORNE BIEGANIE W SZCZECINIE	K-40	40	00:38:18.65	+00:18:33 (48.4%)	7:39	7.8 (51.3%)
197	PAWLAK Joanna	193		K-50	11	00:38:18.75	+00:18:33 (48.4%)	7:39	7.8 (51.3%)
198	SASIUK-OWCZAREK Paulina	225		K-20	7	00:38:21.45	+00:18:35 (48.5%)	7:40	7.8 (51.3%)
199	OWCZAREK Patryk	185		M-30	45	00:38:21.80	+00:18:36 (48.5%)	7:40	7.8 (51.3%)
200	DARUL Artur	41	ODDZIAŁ ŻANDARMERII WOJSKOWEJ SZCZECIN	M-50	16	00:38:24.50	+00:18:39 (48.6%)	7:40	7.8 (51.3%)
201	ŁODZIATO Marta	141		K-40	41	00:38:24.80	+00:18:39 (48.6%)	7:40	7.8 (51.3%)
202	WASIELEWSKA Katarzyna	270		K-30	28	00:38:39.70	+00:18:54 (48.9%)	7:43	7.8 (51.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto 5km	Różn		
203	<b>OLEJNIK Marzena</b>	<b>181</b>		K-50	12	<b>00:38:45.15</b>	+00:18:59 (49.0%)	7:45	7.7 (50.7%)
204	<b>KULINA Magda</b>	<b>125</b>		K-40	42	<b>00:38:48.80</b>	+00:19:03 (49.1%)	7:45	7.7 (50.7%)
205	<b>SZYMCZAK Marcin</b>	<b>255</b>	WKURW_TEAM	M-40	37	<b>00:38:49.50</b>	+00:19:04 (49.1%)	7:45	7.7 (50.7%)
206	<b>CIBOR Małgorzata</b>	<b>36</b>		K-40	43	<b>00:38:49.70</b>	+00:19:04 (49.1%)	7:45	7.7 (50.7%)
207	<b>SEJ Paweł</b>	<b>227</b>		M-40	38	<b>00:38:56.00</b>	+00:19:10 (49.3%)	7:47	7.7 (50.7%)
208	<b>LASEK Anna</b>	<b>127</b>	WEEKNDOWE KOKSY	K-40	44	<b>00:39:06.50</b>	+00:19:21 (49.5%)	7:49	7.7 (50.7%)
209	<b>LEWANDOWSKI Janusz</b>	<b>134</b>	PARKRUN SZCZECIN	M-60+	5	<b>00:39:13.90</b>	+00:19:28 (49.6%)	7:50	7.6 (50.0%)
209	<b>PAWELCZAK Cezary</b>	<b>191</b>	GO2TRI	M-50	17	<b>00:39:13.90</b>	+00:19:28 (49.6%)	7:50	7.6 (50.0%)
211	<b>HARWAT Katarzyna</b>	<b>71</b>	PARKRUN SZCZECIN	K-50	13	<b>00:39:16.20</b>	+00:19:30 (49.7%)	7:51	7.6 (50.0%)
212	<b>MARCHEWKA Emilia</b>	<b>156</b>	WEEKNDOWE KOKSY	K-40	45	<b>00:39:17.85</b>	+00:19:32 (49.7%)	7:51	7.6 (50.0%)
213	<b>ZAWADZKA Magdalena</b>	<b>4</b>		K-50	14	<b>00:39:19.15</b>	+00:19:33 (49.7%)	7:51	7.6 (50.0%)
214	<b>WIŚNIEWSKA Agnieszka</b>	<b>278</b>	PARKRUN GORZÓW WIELKOPOLSKI	K-40	46	<b>00:39:19.25</b>	+00:19:33 (49.8%)	7:51	7.6 (50.0%)
215	<b>ŁAŃKUT Natalia</b>	<b>139</b>	CHEMIK POLICE	K-20	8	<b>00:39:22.10</b>	+00:19:36 (49.8%)	7:52	7.6 (50.0%)
216	<b>SENGER Joanna</b>	<b>232</b>		K-40	47	<b>00:39:40.25</b>	+00:19:54 (50.2%)	7:56	7.6 (50.0%)
217	<b>KOŚCIŃSKI Jacek</b>	<b>103</b>	WOJSKOWY KLUB HDK PCK W SZCZECINIE	M-50	18	<b>00:39:58.10</b>	+00:20:12 (50.6%)	7:59	7.5 (49.3%)
218	<b>KOŚCIŃSKA Elżbieta</b>	<b>102</b>	WOJSKOWY KLUB HDK PCK W SZCZECINIE	K-40	48	<b>00:39:58.25</b>	+00:20:12 (50.6%)	7:59	7.5 (49.3%)
219	<b>HARWAT Tomasz</b>	<b>72</b>	PARKRUN SZCZECIN	M-50	19	<b>00:39:58.50</b>	+00:20:13 (50.6%)	7:59	7.5 (49.3%)
220	<b>DZIĘCIOŁ Kasia</b>	<b>52</b>		K-40	49	<b>00:40:20.85</b>	+00:20:35 (51.0%)	8:04	7.4 (48.7%)
221	<b>TADYCH Beata</b>	<b>257</b>		K-50	15	<b>00:40:21.40</b>	+00:20:35 (51.0%)	8:04	7.4 (48.7%)
222	<b>SZYMCZAK Magdalena</b>	<b>254</b>		K-30	29	<b>00:40:37.80</b>	+00:20:52 (51.4%)	8:07	7.4 (48.7%)
223	<b>MAHACZEK Adam</b>	<b>152</b>		M-30	46	<b>00:40:45.45</b>	+00:20:59 (51.5%)	8:09	7.4 (48.7%)
224	<b>MAHACZEK Karolina</b>	<b>151</b>		K-40	50	<b>00:41:33.10</b>	+00:21:47 (52.4%)	8:18	7.2 (47.4%)
225	<b>GOTKOWSKA Magdalena</b>	<b>62</b>		K-30	30	<b>00:41:41.95</b>	+00:21:56 (52.6%)	8:20	7.2 (47.4%)
226	<b>SIEDLIKOWSKI Roman</b>	<b>234</b>	WEEKENDOWE KOKSY	M-50	20	<b>00:42:19.05</b>	+00:22:33 (53.3%)	8:27	7.1 (46.7%)
227	<b>PŁOSA Monika</b>	<b>202</b>		K-40	51	<b>00:42:28.25</b>	+00:22:42 (53.5%)	8:29	7.1 (46.7%)
228	<b>GAPINSKI Rafal</b>	<b>57</b>		M-40	39	<b>00:42:34.15</b>	+00:22:48 (53.6%)	8:30	7 (46.1%)
229	<b>BUJNOWSKA Anita</b>	<b>31</b>		K-30	31	<b>00:43:41.30</b>	+00:23:55 (54.8%)	8:44	6.9 (45.4%)
230	<b>PARCHIMOWICZ Janusz</b>	<b>213</b>		M-60+	6	<b>00:43:41.50</b>	+00:23:56 (54.8%)	8:44	6.9 (45.4%)
231	<b>LEGWIŃSKA Agnieszka</b>	<b>130</b>		K-40	52	<b>00:44:14.10</b>	+00:24:28 (55.3%)	8:50	6.8 (44.7%)
232	<b>PIETRZAK Kasia</b>	<b>200</b>		K-30	32	<b>00:44:34.50</b>	+00:24:49 (55.7%)	8:54	6.7 (44.1%)
233	<b>CIACHLA Matylda</b>	<b>35</b>		K-30	33	<b>00:44:38.60</b>	+00:24:53 (55.7%)	8:55	6.7 (44.1%)
234	<b>DOMAGALSKA Agata</b>	<b>44</b>	SKB DZIK	K-20	9	<b>00:45:13.50</b>	+00:25:28 (56.3%)	9:02	6.6 (43.4%)
235	<b>DOMAGALSKI Sławomir</b>	<b>45</b>	SKB DZIK	M-50	21	<b>00:45:14.35</b>	+00:25:28 (56.3%)	9:02	6.6 (43.4%)
236	<b>GUBERNIAK Andrzej</b>	<b>70</b>	TURKEYS TEAM	M-50	22	<b>00:46:06.65</b>	+00:26:21 (57.2%)	9:13	6.5 (42.8%)
237	<b>SZMYTKE Ewelina</b>	<b>7</b>	TANCIA TEAM	K-30	34	<b>00:46:08.20</b>	+00:26:22 (57.2%)	9:13	6.5 (42.8%)
238	<b>GRZEŚKÓW Alicja</b>	<b>8</b>		K-20	10	<b>00:47:47.90</b>	+00:28:02 (58.7%)	9:33	6.3 (41.4%)
239	<b>KIAKISZCZYK Marek</b>	<b>203</b>		M-20	15	<b>00:47:48.35</b>	+00:28:02 (58.7%)	9:33	6.3 (41.4%)
240	<b>JĘDRASZCZYK Rafał</b>	<b>83</b>		M-30	47	<b>00:48:12.00</b>	+00:28:26 (59.0%)	9:38	6.2 (40.8%)
241	<b>ADAMKOWSKA Natalia</b>	<b>12</b>		K-30	35	<b>00:48:12.40</b>	+00:28:26 (59.0%)	9:38	6.2 (40.8%)
242	<b>MALINOWSKA-WASILUK Agnieszka</b>	<b>153</b>	MATKI-WARIATKI	K-40	53	<b>00:49:23.80</b>	+00:29:38 (60.0%)	9:52	6.1 (40.1%)
243	<b>WOJTAT Halina</b>	<b>287</b>		K-50	16	<b>00:49:29.05</b>	+00:29:43 (60.1%)	9:53	6.1 (40.1%)
244	<b>KLIMCZAK Katarzyna</b>	<b>96</b>		K-40	54	<b>00:49:38.05</b>	+00:29:52 (60.2%)	9:55	6 (39.5%)
245	<b>STOCHLA Dorota</b>	<b>215</b>		K-40	55	<b>00:49:38.35</b>	+00:29:52 (60.2%)	9:55	6 (39.5%)
246	<b>SULEJA Joanna</b>	<b>244</b>	SKL	K-60+	1	<b>00:49:39.40</b>	+00:29:53 (60.2%)	9:55	6 (39.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
247	<b>KOSTKIEWICZ Iwona</b>	<b>101</b>		K-40	56	<b>00:49:39.60</b>	+00:29:54 (60.2%)	9:55	6 (39.5%)
248	<b>ROSIŃSKA Karolina</b>	<b>214</b>	SPSK 1	K-30	36	<b>00:50:14.95</b>	+00:30:29 (60.7%)	10:02	6 (39.5%)
248	<b>SIKORA Małgorzata</b>	<b>235</b>	SPSK 1	K-40	57	<b>00:50:14.95</b>	+00:30:29 (60.7%)	10:02	6 (39.5%)
250	<b>KSIĘŻAK Alicja</b>	<b>123</b>		K-50	17	<b>00:52:33.00</b>	+00:32:47 (62.4%)	10:30	5.7 (37.5%)
251	<b>SADOWSKA Julia</b>	<b>221</b>		K-20	11	<b>00:52:34.20</b>	+00:32:48 (62.4%)	10:30	5.7 (37.5%)
252	<b>KAPŁUN Beata</b>	<b>85</b>		K-50	18	<b>00:53:13.75</b>	+00:33:28 (62.9%)	10:38	5.6 (36.8%)
253	<b>JANUSZEWSKA Kamila</b>	<b>77</b>		K-40	58	<b>00:53:15.00</b>	+00:33:29 (62.9%)	10:39	5.6 (36.8%)

Znaleziono 253 wynik(ów)