



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Bieg Mikołajkowy
Stowarzyszenie BiegamBoLubie Team Police
2019-12-01
Police
10 km

VII BIEG MIKOŁAJKOWY

B4SPORT
INTELEGENE ZAWODY SPORTOWE

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klasyfikacja Rodzinna	Klasyfikacja Mundurowa	Klasyfikacja IV M.P. Grupy Azoty S.A.	5km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	MINKO Arkadiusz	535		M-30	1	Friends Team				00:16:55	00:35:10.30	00:35:10.30		3:31	17.1 (100%)
2	BIENIEK Kamil	57	PRZECIW MYSLIWYM	M-30	2					00:17:08	00:35:46.95	00:35:48.05	+00:00:37 (1.8%)	3:34	16.8 (98.2%)
3	PAWLIŃSKI Piotr	3	GRUPA AZOTY POLICE	M-30	3				Tak	00:17:18	00:36:21.50	00:36:22.90	+00:01:12 (3.3%)	3:38	16.5 (96.5%)
4	DACKA Patryk	14		M-30	4					00:17:39	00:36:31.85	00:36:32.40	+00:01:22 (3.7%)	3:39	16.4 (95.9%)
5	KUBISZTAŁ Wojciech	417	KB PIONIER SZCZECIN	M-30	5	Friends Team				00:17:39	00:36:46.95	00:36:48.40	+00:01:38 (4.4%)	3:40	16.3 (95.3%)
6	SANIEWSKI Dariusz	11	UKL ÓSEMKA POLICE	M-30	6	UKL Ósemka Police			Tak	00:17:52	00:37:23.80	00:37:24.75	+00:02:14 (6.0%)	3:44	16 (93.6%)
7	NIEWIADOMSKI Konrad	929	AC MILAN	M-30	7					00:18:09	00:37:35.45	00:37:37.15	+00:02:26 (6.5%)	3:45	16 (93.6%)
8	SZYMAŃSKI Łukasz	944		M-30	8					00:18:04	00:37:45.65	00:37:46.75	+00:02:36 (6.9%)	3:46	15.9 (93.0%)
9	HOPPE Grzegorz	264	WIECZORNE BIEGANIE W SZCZECINIE	M-30	9	Wieczne Bieganie w Szczecinie				00:18:14	00:38:56.15	00:38:56.15	+00:03:45 (9.7%)	3:53	15.4 (90.1%)
10	KUBLER Andrzej	418	WIECZORNE BIEGANIE W SZCZECINIE	M-30	10			Tak		00:18:58	00:38:54.25	00:38:57.45	+00:03:47 (9.7%)	3:53	15.4 (90.1%)
11	KAPŁANIAK Adrian	326	WIECZORNE BIEGANIE W SZCZECINIE	M-30	11	BBL POLICE		Tak		00:18:06	00:38:59.10	00:38:59.10	+00:03:48 (9.8%)	3:53	15.4 (90.1%)
12	OKRUTA Bartłomiej	696		M-30	12					00:18:39	00:39:01.20	00:39:05.25	+00:03:54 (10.0%)	3:54	15.4 (90.1%)
13	SKALSKI Mateusz	712		M-30	13	UKL Ósemka Police			Tak	00:19:34	00:40:42.10	00:40:43.75	+00:05:33 (13.6%)	4:04	14.7 (86.0%)
14	OSETEK Sebastian	595	KB HERMES GRYFINO	M-30	14	KB Hermes Gryfino				00:19:36	00:40:41.95	00:40:45.35	+00:05:35 (13.7%)	4:04	14.7 (86.0%)
15	SERWIN Krzysztof	705	WIECZORNE BIEGANIE W SZCZECINIE	M-30	15	Wieczne Bieganie w Szczecinie				00:19:34	00:41:32.10	00:41:36.55	+00:06:26 (15.5%)	4:09	14.4 (84.2%)
16	NAWROCKI Konrad	562		M-30	16					00:20:24	00:42:13.90	00:42:17.75	+00:07:07 (16.8%)	4:13	14.2 (83.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klasyfikacja Rodzinna	Klasyfikacja Mundurowa	Klasyfikacja IV M.P. Grupy Azoty S.A.	5km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
17	FAFEREK Piotr	176	SSC SALLING GROUP/ TRIGYM	M-30	17	TRI GYM				00:20:22	00:42:37.30	00:42:42.25	+00:07:31 (17.6%)	4:15	14.1 (82.5%)
18	MALISZEWSKI Paweł	502		M-30	18					00:20:37	00:42:44.10	00:42:47.00	+00:07:36 (17.8%)	4:16	14 (81.9%)
19	BURAS Radosław	86		M-30	19			Tak		00:20:31	00:43:01.65	00:43:01.65	+00:07:51 (18.3%)	4:18	13.9 (81.3%)
20	EWERT-KRZEMIENIEWSKI Stanisław	173		M-30	20					00:21:02	00:42:59.85	00:43:07.25	+00:07:56 (18.4%)	4:18	14 (81.9%)
21	OLEJARZ Damian	578		M-30	21					00:20:29	00:43:06.55	00:43:10.60	+00:08:00 (18.5%)	4:18	13.9 (81.3%)
22	PELC Marek	613	12 BZ	M-30	22			Tak		00:20:45	00:43:25.50	00:43:26.95	+00:08:16 (19.1%)	4:20	13.8 (80.7%)
23	FILIPCZAK Tomasz	183		M-30	23				Tak	00:20:58	00:43:52.65	00:43:59.00	+00:08:48 (20.0%)	4:23	13.7 (80.1%)
24	MIROWSKI Blazej	536	UKL OSEMKA POLICE	M-30	24					00:21:44	00:44:23.10	00:44:26.70	+00:09:16 (20.9%)	4:26	13.5 (78.9%)
25	WESOŁOWSKI Marcin	839		M-30	25					00:21:37	00:44:24.95	00:44:29.45	+00:09:19 (20.9%)	4:26	13.5 (78.9%)
26	TOPOREK Przemysław	813		M-30	26					00:21:23	00:44:18.85	00:44:34.90	+00:09:24 (21.1%)	4:25	13.5 (78.9%)
27	SANETRA Dawid	699	UKL OSEMKA	M-30	27	UKL Ósemka Police				00:21:30	00:44:35.30	00:44:36.75	+00:09:26 (21.2%)	4:27	13.5 (78.9%)
28	CHODOROWSKI Szymon	101	MY PORTOWCY	M-30	28					00:20:48	00:44:44.85	00:44:47.95	+00:09:37 (21.5%)	4:28	13.4 (78.4%)
29	KIRIŁOW Piotr	341		M-30	29					00:21:33	00:45:02.35	00:45:07.95	+00:09:57 (22.1%)	4:30	13.3 (77.8%)
30	HOŁYŃSKI Leszek	263	KM PSP SZCZECIN	M-30	30			Tak		00:21:55	00:45:27.25	00:45:31.20	+00:10:20 (22.7%)	4:32	13.2 (77.2%)
31	LIEBNER Patryk	462	TRIGYM	M-30	31					00:21:56	00:45:28.95	00:45:35.50	+00:10:25 (22.9%)	4:32	13.2 (77.2%)
32	ROBAK Dawid	932		M-30	32					00:21:28	00:45:33.45	00:45:45.40	+00:10:35 (23.1%)	4:33	13.2 (77.2%)
33	ŚPIEWAK Konrad	803		M-30	33					00:22:04	00:45:38.30	00:45:47.70	+00:10:37 (23.2%)	4:33	13.1 (76.6%)
34	BALCERZAK Przemysław	32	UKL ÓSEMKA POLICE	M-30	34	UKL Ósemka Police			Tak	00:22:16	00:46:45.95	00:46:47.80	+00:11:37 (24.8%)	4:40	12.8 (74.9%)
35	MILANOWICZ Maciej	533	BRIDGESTONE STARGARD RUNNERS	M-30	35					00:22:54	00:46:43.30	00:46:50.05	+00:11:39 (24.9%)	4:40	12.8 (74.9%)
36	BIELATKO Marcin	54	DRAWNO	M-30	36					00:22:30	00:46:52.20	00:46:57.70	+00:11:47 (25.1%)	4:41	12.8 (74.9%)
36	CHARĘZA Marcin	97	ZAWADZKIEGO SZCZECIN	M-30	36					00:22:45	00:46:40.65	00:46:57.70	+00:11:47 (25.1%)	4:40	12.9 (75.4%)
38	KĘDZIELEWSKI Łukasz	334	WIECZORNE BIEGANIE W SZCZECINIE	M-30	38					00:22:45	00:46:40.80	00:46:57.95	+00:11:47 (25.1%)	4:40	12.9 (75.4%)
39	ŁOŚ Jarosław	479	#RUSZ4LITERY	M-30	39					00:22:22	00:46:56.15	00:47:01.80	+00:11:51 (25.2%)	4:41	12.8 (74.9%)
40	SROGA Maciej	738		M-30	40	TRI GYM			Tak	00:21:58	00:47:14.85	00:47:14.85	+00:12:04 (25.6%)	4:43	12.7 (74.3%)
41	WAHN Przemysław	828		M-30	41					00:22:46	00:46:51.15	00:47:19.15	+00:12:08 (25.7%)	4:41	12.8 (74.9%)

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42	HETMAŃSKI Arek	257	LOVELASY	M-30	42				Tak		00:22:55	00:46:59.75	00:47:25.95	+00:12:15 (25.8%)	4:41	12.8 (74.9%)
43	STODOLNY Paweł	750		M-30	43						00:23:20	00:47:33.90	00:47:43.80	+00:12:33 (26.3%)	4:45	12.6 (73.7%)
44	HOŁOWCZAK Krzysztof	261		M-30	44						00:23:01	00:47:54.45	00:48:05.20	+00:12:54 (26.9%)	4:47	12.5 (73.1%)
45	DZIEDZIC Michał	167	12 BZ	M-30	45			Tak			00:23:14	00:48:14.20	00:48:16.70	+00:13:06 (27.1%)	4:49	12.4 (72.5%)
46	KOTOWSKI Dominik	376	GRUPA AZOTY	M-30	46				Tak		00:23:42	00:48:23.55	00:48:23.55	+00:13:13 (27.3%)	4:50	12.4 (72.5%)
47	KAMIŃSKI Sławomir	323	KMP ŚWINOUJŚCIE	M-30	47			Tak			00:23:19	00:48:11.55	00:48:35.70	+00:13:25 (27.6%)	4:49	12.5 (73.1%)
48	SOBCZAK Paweł	723	CHMIELEWSKI TEAM - BBL POLICE	M-30	48						00:23:40	00:48:46.00	00:48:46.00	+00:13:35 (27.9%)	4:52	12.3 (71.9%)
49	KOWALCZYK Paweł	1	ELITARNY KLUB BIEGACZA - POWOLNI Z NADWAGĄ	M-30	49						00:23:22	00:48:43.10	00:48:51.40	+00:13:41 (28.0%)	4:52	12.3 (71.9%)
50	JANOWICZ Mateusz	281		M-30	50						00:23:58	00:48:33.65	00:49:07.60	+00:13:57 (28.4%)	4:51	12.4 (72.5%)
51	PIĄTEK Krystian	619	GRYFINO	M-30	51						00:24:11	00:48:54.85	00:49:09.55	+00:13:59 (28.5%)	4:53	12.3 (71.9%)
52	MISZCZYSZYN Bartosz	539		M-30	52						00:24:27	00:48:57.15	00:49:36.55	+00:14:26 (29.1%)	4:53	12.3 (71.9%)
53	STEFANIAK Piotr	744		M-30	53						00:23:59	00:49:26.05	00:49:37.05	+00:14:26 (29.1%)	4:56	12.1 (70.8%)
54	NIEWIADA Marek	568		M-30	54			Tak			00:24:18	00:49:25.65	00:49:37.50	+00:14:27 (29.1%)	4:56	12.1 (70.8%)
55	LENCEWICZ Grzegorz	449	HUSARIA RACE TEAM SZCZECIN	M-30	55						00:23:47	00:49:32.10	00:49:38.85	+00:14:28 (29.2%)	4:57	12.1 (70.8%)
56	FRANKIEWICZ Grzegorz	189		M-30	56						00:24:27	00:49:19.20	00:49:41.35	+00:14:31 (29.2%)	4:55	12.2 (71.3%)
57	GĄGOL Marek	205		M-30	57						00:24:30	00:49:27.70	00:49:46.35	+00:14:36 (29.3%)	4:56	12.1 (70.8%)
58	KOMAN Michał	356		M-30	58						00:23:43	00:49:48.80	00:49:57.85	+00:14:47 (29.6%)	4:58	12 (70.2%)
59	SZYMAŃSKI Sławomir	790	SŁAWOMIR SZYMAŃSKI	M-30	59						00:25:02	00:49:36.45	00:50:01.10	+00:14:50 (29.7%)	4:57	12.1 (70.8%)
60	LEWICKI Piotr	457	WOLNY STRZELEC	M-30	60			Tak			00:23:14	00:50:00.60	00:50:01.75	+00:14:51 (29.7%)	5:00	12 (70.2%)
61	ZAJĄC Maciej	896		M-30	61						00:24:21	00:49:55.65	00:50:02.50	+00:14:52 (29.7%)	4:59	12 (70.2%)
62	KOZŁOWSKI Krzysztof	386		M-30	62						00:24:54	00:49:59.70	00:50:08.85	+00:14:58 (29.9%)	4:59	12 (70.2%)
63	KOSMACZEWSKI Ryszard	371	JUDO TEAM SZCZECIN	M-30	63						00:23:38	00:50:02.90	00:50:11.80	+00:15:01 (29.9%)	5:00	12 (70.2%)
64	BUDNY Wojciech	81		M-30	64						00:23:56	00:50:16.65	00:50:24.85	+00:15:14 (30.2%)	5:01	11.9 (69.6%)
65	SACHARSKI Bartłomiej	695	WIECZORNE BIEGANIE W SZCZECINIE	M-30	65						00:24:44	00:50:08.55	00:50:35.75	+00:15:25 (30.5%)	5:00	12 (70.2%)
66	KRÓLEWICZ Szymon	398		M-30	66						00:24:42	00:50:26.85	00:50:43.60	+00:15:33 (30.7%)	5:02	11.9 (69.6%)
67	JONASIK Tomasz	305		M-30	67			Tak			00:25:13	00:50:34.90	00:50:51.45	+00:15:41 (30.8%)	5:03	11.9 (69.6%)

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68	KRZYWIEC Marcin	414		M-30	68						00:24:07	00:50:57.25	00:51:04.65	+00:15:54 (31.1%)	5:05	11.8 (69.0%)
69	KIBITLEWSKI Łukasz	336		M-30	69						00:25:03	00:51:25.55	00:51:28.45	+00:16:18 (31.7%)	5:08	11.7 (68.4%)
70	BAGIŃSKI Marcin	29		M-30	70						00:26:01	00:51:24.10	00:51:28.95	+00:16:18 (31.7%)	5:08	11.7 (68.4%)
71	PAWŁASZEK Lech	611		M-30	71						00:25:29	00:51:59.35	00:52:07.95	+00:16:57 (32.5%)	5:11	11.5 (67.3%)
72	WILKOWSKI Tomasz	858	PYRZYCE BIEGAJĄ	M-30	72						00:26:09	00:51:43.05	00:52:12.60	+00:17:02 (32.6%)	5:10	11.6 (67.8%)
73	FURMAŃSKI Marcin	192		M-30	73						00:24:35	00:52:15.80	00:52:19.85	+00:17:09 (32.8%)	5:13	11.5 (67.3%)
74	KARASIEWICZ Łukasz	327	GRUBASY RUN SZCZECIN	M-30	74						00:25:00	00:52:36.85	00:52:40.60	+00:17:30 (33.2%)	5:15	11.4 (66.7%)
75	OLEŚKIEWICZ Michał	583		M-30	75						00:25:58	00:52:35.00	00:52:45.15	+00:17:34 (33.3%)	5:15	11.4 (66.7%)
76	CIEŚLA Paweł	121		M-30	76			Tak			00:25:54	00:52:31.00	00:52:54.75	+00:17:44 (33.5%)	5:15	11.4 (66.7%)
77	FILIPIAK Przemysław	184		M-30	77						00:26:08	00:52:49.15	00:53:09.35	+00:17:59 (33.8%)	5:16	11.4 (66.7%)
78	GWIAŹDZIŃSKI Jakub	949		M-30	78						00:25:49	00:52:55.05	00:53:20.00	+00:18:09 (34.1%)	5:17	11.3 (66.1%)
79	PASŁAWSKI Paweł	396		M-30	79						00:25:28	00:53:13.65	00:53:21.55	+00:18:11 (34.1%)	5:19	11.3 (66.1%)
80	PRYMELSKI Jarosław	655		M-30	80						00:26:13	00:53:25.25	00:53:35.35	+00:18:25 (34.4%)	5:20	11.2 (65.5%)
81	DUDKA Robert	158		M-30	81						00:27:15	00:53:17.55	00:53:44.15	+00:18:33 (34.5%)	5:19	11.3 (66.1%)
82	CHLEBOWSKI Hubert	99	RUNGRYF GRYFICE	M-30	82						00:26:49	00:53:49.60	00:53:59.95	+00:18:49 (34.9%)	5:22	11.1 (64.9%)
83	DYWELSKI Marcin	950	BRIDGESTONE STARGARD RUNNERS	M-30	83						00:25:28	00:53:27.00	00:54:00.65	+00:18:50 (34.9%)	5:20	11.2 (65.5%)
84	WRZOUCHOL Paweł	966	BRIDGESTONE STARGARD RUNNERS	M-30	84						00:25:55	00:53:59.65	00:54:05.15	+00:18:54 (35.0%)	5:24	11.1 (64.9%)
85	DYKOWSKI Karol	163	WICHER WARSZEWO	M-30	85						00:26:55	00:53:50.35	00:54:10.65	+00:19:00 (35.1%)	5:23	11.1 (64.9%)
86	MISZCZAK Damian	538		M-30	86						00:27:55	00:54:09.80	00:54:18.00	+00:19:07 (35.2%)	5:25	11.1 (64.9%)
87	JAKUBOWSKI Marcin	275		M-30	87						00:26:44	00:54:19.30	00:54:34.15	+00:19:23 (35.5%)	5:26	11 (64.3%)
88	DYMNY Artur	165	SSC SALLING GROUP	M-30	88						00:25:46	00:54:29.35	00:54:39.50	+00:19:29 (35.7%)	5:26	11 (64.3%)
89	REUTT Michał	672		M-30	89				Tak		00:26:56	00:54:18.40	00:54:54.20	+00:19:43 (35.9%)	5:25	11 (64.3%)
90	ZIELIŃSKI Kamil	911	SMT SZCZECIN	M-30	90				Tak		00:26:29	00:54:44.80	00:54:59.10	+00:19:48 (36.0%)	5:28	11 (64.3%)
91	WOŹNIAK Piotr	881	WIECZORNE BIEGANIE W SZCZECINIE	M-30	91						00:26:56	00:54:30.40	00:55:05.10	+00:19:54 (36.2%)	5:27	11 (64.3%)
92	GUTOWSKI Tomasz	246	HAWAJSKIE REKINY	M-30	92						00:26:09	00:54:48.15	00:55:06.55	+00:19:56 (36.2%)	5:28	10.9 (63.7%)
93	GUTOWSKI Paweł	244	EMKA STARGARD	M-30	93						00:27:13	00:55:00.30	00:55:25.45	+00:20:15 (36.5%)	5:30	10.9 (63.7%)

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94	WÓJCIK Wojciech	885	WKURW_TEAM	M-30	94	Wkurw Team Szczecin				00:27:15	00:55:27.20	00:55:39.35	+00:20:29 (36.8%)	5:32	10.8 (63.2%)
94	ZIELIŃSKI Filip	912		M-30	94					00:27:48	00:55:07.70	00:55:39.35	+00:20:29 (36.8%)	5:30	10.9 (63.7%)
96	BANASZAK Marcin	37		M-30	96					00:27:45	00:55:13.45	00:55:39.80	+00:20:29 (36.8%)	5:31	10.9 (63.7%)
97	KAMIONKA Andrzej	324	WIECZORNE BIEGANIE W SZCZECINIE	M-30	97					00:26:30	00:55:22.70	00:55:41.60	+00:20:31 (36.8%)	5:32	10.8 (63.2%)
98	GLUGLA Michał	951		M-30	98					00:27:44	00:55:16.75	00:55:42.75	+00:20:32 (36.9%)	5:31	10.9 (63.7%)
99	GARBACIAK Łukasz	197		M-30	99					00:27:11	00:55:37.95	00:55:51.60	+00:20:41 (37.0%)	5:33	10.8 (63.2%)
100	CZYŻEWSKI Mateusz	136	WKURW_TEAM	M-30	100	Wkurw Team Szczecin				00:27:15	00:55:39.70	00:55:52.90	+00:20:42 (37.1%)	5:33	10.8 (63.2%)
101	JAWORCZYKOWSKI Paweł	298		M-30	101					00:27:44	00:55:30.10	00:56:02.35	+00:20:52 (37.2%)	5:33	10.8 (63.2%)
102	SZULC Marcin	785		M-30	102					00:26:32	00:55:37.35	00:56:06.70	+00:20:56 (37.3%)	5:33	10.8 (63.2%)
103	BOBER Kamil	62	WKURW_TEAM SZCZECIN	M-30	103					00:27:53	00:55:55.10	00:56:07.25	+00:20:56 (37.3%)	5:35	10.7 (62.6%)
104	SOWA Krzysztof	733		M-30	104					00:27:18	00:56:12.45	00:56:41.40	+00:21:31 (38.0%)	5:37	10.7 (62.6%)
105	SZCZYGIELSKI Radosław	772	DECATHLON SZCZECIN	M-30	105					00:27:28	00:56:34.75	00:56:44.00	+00:21:33 (38.0%)	5:39	10.6 (62.0%)
106	SZMYD Kacper	779	V-KA CHAT POGOŃ SZCZECIN	M-30	106					00:27:08	00:56:12.75	00:56:46.65	+00:21:36 (38.1%)	5:37	10.7 (62.6%)
107	MECHLIŃSKI Radosław	525		M-30	107			Tak		00:28:16	00:56:17.50	00:56:59.90	+00:21:49 (38.3%)	5:37	10.7 (62.6%)
108	ANIELSKI Michał	21		M-30	108					00:27:47	00:56:25.40	00:57:05.05	+00:21:54 (38.4%)	5:38	10.6 (62.0%)
109	GULAK Paweł	239		M-30	109					00:27:26	00:57:11.70	00:57:11.70	+00:22:01 (38.5%)	5:43	10.5 (61.4%)
110	KOMOROWSKI Michał	360		M-30	110					00:27:12	00:56:46.45	00:57:18.00	+00:22:07 (38.6%)	5:40	10.6 (62.0%)
111	PAWLUŚ Tomasz	610	SSPS CHEMIK POLICE	M-30	111	Bieg Korcza		Tak		00:26:51	00:57:09.00	00:57:28.25	+00:22:17 (38.8%)	5:42	10.5 (61.4%)
112	WÓJCIK Krzysztof	884	DABROWSKI TEAM	M-30	112					00:26:24	00:56:45.55	00:57:30.95	+00:22:20 (38.8%)	5:40	10.6 (62.0%)
113	RUDZEWICZ Mariusz	686		M-30	113					00:26:22	00:57:29.35	00:57:31.70	+00:22:21 (38.9%)	5:44	10.4 (60.8%)
114	SWOBODA Piotr	760	LOVELASY	M-30	114					00:26:55	00:57:31.35	00:57:32.05	+00:22:21 (38.9%)	5:45	10.4 (60.8%)
115	MIEDZIŃSKI Łukasz	530		M-30	115				Tak	00:26:51	00:57:14.35	00:57:33.70	+00:22:23 (38.9%)	5:43	10.5 (61.4%)
116	MAĆKOWIAK Łukasz	488	WOPR STARGARD	M-30	116					00:27:13	00:57:09.70	00:57:34.80	+00:22:24 (38.9%)	5:42	10.5 (61.4%)
117	SZYSZKOWSKI Rafał	76		M-30	117					00:28:41	00:57:39.25	00:57:48.35	+00:22:38 (39.2%)	5:45	10.4 (60.8%)
118	KUFEL Krzysztof	422	PATOBIEGANIE	M-30	118					00:27:25	00:57:19.40	00:57:48.65	+00:22:38 (39.2%)	5:43	10.5 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klasyfikacja Rodzinna	Klasyfikacja Mundurowa	Klasyfikacja IV M.P. Grupy Azoty S.A.	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
									5km	5km	10km	10km			
119	RAKOCA Piotr	664		M-30	119					00:28:01	00:57:17.30	00:57:50.65	+00:22:40 (39.2%)	5:43	10.5 (61.4%)
120	BIEGOŃSKI Tomasz	964		M-30	120					00:26:28	00:57:44.25	00:57:52.45	+00:22:42 (39.2%)	5:46	10.4 (60.8%)
121	CHWIEJ Marcin	111	BIEGACZE ŚWINOUJŚCIE	M-30	121	Biegacze Świnoujście				00:29:40	00:57:44.45	00:58:05.25	+00:22:54 (39.5%)	5:46	10.4 (60.8%)
122	GOŁUBOWICZ Daniel	938		M-30	122					00:27:10	00:57:46.95	00:58:10.40	+00:23:00 (39.5%)	5:46	10.4 (60.8%)
123	WOŁYŃSKI Dominik	879		M-30	123			Tak		00:30:18	00:57:50.15	00:58:24.40	+00:23:14 (39.8%)	5:47	10.4 (60.8%)
124	SZYMAŃSKI Michał	793	BIEG PO BROWAR	M-30	124					00:29:51	00:58:30.35	00:58:30.35	+00:23:20 (39.9%)	5:51	10.3 (60.2%)
125	SZOTA Robert	783	SMT SZCZECIN	M-30	125					00:30:25	00:58:17.00	00:58:41.45	+00:23:31 (40.1%)	5:49	10.3 (60.2%)
126	ŁEBKOWSKI Karol	476		M-30	126					00:28:30	00:59:05.25	00:59:41.05	+00:24:30 (41.1%)	5:54	10.2 (59.6%)
127	NAKLICKI Marcin	558		M-30	127					00:30:06	00:59:09.75	00:59:43.95	+00:24:33 (41.1%)	5:54	10.1 (59.1%)
128	ROSZATYCKI Cezary	684		M-30	128					00:28:16	00:59:27.40	00:59:45.75	+00:24:35 (41.1%)	5:56	10.1 (59.1%)
129	ROSZATYCKI Łukasz	685	WIECZORNE BIEGANIE	M-30	129					00:28:16	00:59:27.75	00:59:45.85	+00:24:35 (41.1%)	5:56	10.1 (59.1%)
130	ZEMANKIEWICZ Łukasz	907	KANAL 6AM	M-30	130					00:27:52	00:59:39.45	00:59:47.15	+00:24:36 (41.2%)	5:58	10.1 (59.1%)
131	CZECHOWICZ Michał	130		M-30	131					00:28:35	00:59:38.05	00:59:47.70	+00:24:37 (41.2%)	5:57	10.1 (59.1%)
132	DUDZIK Tomek	160		M-30	132					00:28:35	00:59:38.80	00:59:47.85	+00:24:37 (41.2%)	5:57	10.1 (59.1%)
133	JARCZEWSKI Damian	284		M-30	133					00:28:35	00:59:38.40	00:59:54.15	+00:24:43 (41.3%)	5:57	10.1 (59.1%)
134	BŁAZIAK Sebastian	59		M-30	134					00:30:48	00:59:38.35	01:00:06.80	+00:24:56 (41.5%)	5:57	10.1 (59.1%)
135	MAGADZIA Marek	491		M-30	135					00:28:34	00:59:55.05	01:00:10.65	+00:25:00 (41.6%)	5:59	10 (58.5%)
136	REJNIAK Wojciech	670	SSC SALLING GROUP.	M-30	136	SSC Salling Group				00:29:41	00:59:55.50	01:00:20.15	+00:25:09 (41.7%)	5:59	10 (58.5%)
137	CZYŻEWSKI Łukasz	135		M-30	137					00:27:56	00:59:54.10	01:00:22.80	+00:25:12 (41.7%)	5:59	10 (58.5%)
138	SZYMAŃSKI Wojciech	792		M-30	138					00:30:17	00:59:45.40	01:00:23.10	+00:25:12 (41.8%)	5:58	10 (58.5%)
139	WOJSZCZYK Michał	870	BRIDGESTONE STRAGARD RUNNERS	M-30	139					00:30:19	00:59:45.65	01:00:23.45	+00:25:13 (41.8%)	5:58	10 (58.5%)
140	RAJCHEL Marcin	661		M-30	140					00:28:46	00:59:56.40	01:00:25.60	+00:25:15 (41.8%)	5:59	10 (58.5%)
141	KONEFAŁ Piotr	362	GRUPA BANKIETOWA	M-30	141					00:32:58	01:00:03.70	01:00:45.05	+00:25:34 (42.1%)	6:00	10 (58.5%)
142	SZCZYGIELSKI Paweł	771	BENEPOL	M-30	142					00:29:16	01:00:17.15	01:00:45.90	+00:25:35 (42.1%)	6:01	10 (58.5%)
143	MILEWSKI Adrian	534	DECATHLON SZCZECIN	M-30	143					00:28:11	01:00:33.60	01:00:56.30	+00:25:46 (42.3%)	6:03	9.9 (57.9%)
144	MAZUR Łukasz	520		M-30	144					00:31:29	01:01:28.60	01:01:57.20	+00:26:46 (43.2%)	6:08	9.8 (57.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klasyfikacja Rodzinna	Klasyfikacja Mundurowa	Klasyfikacja IV M.P. Grupy Azoty S.A.		5km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
145	PIASECKI Krzysztof	618		M-30	145						00:30:54	01:01:28.55	01:01:59.20	+00:26:48 (43.3%)	6:08	9.8 (57.3%)
146	SZYMAŃSKI Marek	791	KB KAMIEŃ POMORSKI	M-30	146						00:29:45	01:01:41.35	01:02:00.75	+00:26:50 (43.3%)	6:10	9.7 (56.7%)
147	ORYL Mariusz	592		M-30	147						00:32:29	01:01:22.60	01:02:12.60	+00:27:02 (43.5%)	6:08	9.8 (57.3%)
148	ŻYŁA Przemysław	920	BIEGAM SAM	M-30	148			Tak			00:28:37	01:01:57.25	01:02:14.90	+00:27:04 (43.5%)	6:11	9.7 (56.7%)
149	SZMELING Grzegorz	777		M-30	149						00:30:39	01:02:01.10	01:02:34.55	+00:27:24 (43.8%)	6:12	9.7 (56.7%)
150	GODEK Cezary	214		M-30	150						00:30:35	01:02:04.15	01:02:40.15	+00:27:29 (43.9%)	6:12	9.7 (56.7%)
151	MAŁECKI Sebastian	504		M-30	151						00:29:14	01:02:44.70	01:03:08.85	+00:27:58 (44.3%)	6:16	9.6 (56.1%)
152	KUNIKOWSKI Patryk	429	STARGARD JA SIĘ NIE ŚCIGAM	M-30	152						00:30:41	01:03:31.80	01:03:58.90	+00:28:48 (45.0%)	6:21	9.4 (55.0%)
153	SZYDŁOWSKI Wojciech	789	BIEG PO BROWAR	M-30	153						00:29:24	01:03:22.60	01:04:04.65	+00:28:54 (45.1%)	6:20	9.5 (55.6%)
154	ZABROCKI Karol	893		M-30	154			Tak			00:31:56	01:03:36.65	01:04:10.60	+00:29:00 (45.2%)	6:21	9.4 (55.0%)
155	ŻUK Krzychu	916	SSC SALLING GROUP	M-30	155	SSC Salling Group					00:30:43	01:04:03.75	01:04:27.90	+00:29:17 (45.4%)	6:24	9.4 (55.0%)
156	TYRCHA Szymon	824	INCOM POLSKA SP. Z O.O.	M-30	156						00:32:50	01:05:22.70	01:06:01.65	+00:30:51 (46.7%)	6:32	9.2 (53.8%)
157	HOFMAN Tomasz	259		M-30	157						00:32:42	01:05:50.40	01:06:29.40	+00:31:19 (47.1%)	6:35	9.1 (53.2%)
158	PODWALSKI Piotr	924		M-30	158						00:34:32	01:06:25.75	01:06:48.15	+00:31:37 (47.3%)	6:38	9 (52.6%)
159	CALY Przemek	93		M-30	159						00:32:12	01:06:41.30	01:07:10.20	+00:31:59 (47.6%)	6:40	9 (52.6%)
160	KOMAROWSKI Tomasz	358	AMPIO TEAM	M-30	160						00:30:43	01:07:02.70	01:07:15.15	+00:32:04 (47.7%)	6:42	8.9 (52.0%)
161	SZCZEPAŃSKI Przemysław	770		M-30	161						00:31:21	01:06:42.15	01:07:17.15	+00:32:06 (47.7%)	6:40	9 (52.6%)
162	PODLECKI Łukasz	639		M-30	162						00:33:10	01:07:10.85	01:07:32.45	+00:32:22 (47.9%)	6:43	8.9 (52.0%)
163	KAROLAK Łukasz	329		M-30	163				Tak		00:33:41	01:07:00.05	01:07:35.70	+00:32:25 (48.0%)	6:42	9 (52.6%)
164	FIAŁKOWSKI Marcin	179		M-30	164				Tak		00:31:21	01:07:15.65	01:07:51.45	+00:32:41 (48.2%)	6:43	8.9 (52.0%)
165	TOMASZEWSKI Dominik	811	ŁOWCY KILOMETRÓW	M-30	165						00:33:00	01:08:05.90	01:08:50.15	+00:33:39 (48.9%)	6:48	8.8 (51.5%)
166	KUBISISK Damian	416	BIEG WIKINGA WOLIN	M-30	166			Tak			00:33:02	01:08:49.50	01:09:22.50	+00:34:12 (49.3%)	6:52	8.7 (50.9%)
167	TARNOWSKI Jarosław	808	WOLIN	M-30	167						00:33:04	01:08:51.70	01:09:23.55	+00:34:13 (49.3%)	6:53	8.7 (50.9%)
168	ORZECHOWSKI Łukasz	593		M-30	168						00:31:58	01:09:00.50	01:09:25.75	+00:34:15 (49.3%)	6:54	8.7 (50.9%)
169	LICHT Michał	460	EMEL ATHLETIC TEAM	M-30	169						00:36:52	01:09:06.00	01:09:36.95	+00:34:26 (49.5%)	6:54	8.7 (50.9%)
170	DŁUGOKĘCKI Mateusz	144	ELITARNY KLUB BIEGACZA 'POWOLNI Z NADWAGĄ'	M-30	170						00:31:28	01:09:33.35	01:09:41.95	+00:34:31 (49.5%)	6:57	8.6 (50.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klasyfikacja Rodzinna	Klasyfikacja Mundurowa	Klasyfikacja IV M.P. Grupy Azoty S.A.	5km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
171	SZMAJDZIŃSKI Tomasz	776		M-30	171					00:35:15	01:11:08.85	01:11:47.30	+00:36:37 (51.0%)	7:06	8.4 (49.1%)
172	MUŃKO Łukasz	552		M-30	172					00:35:13	01:11:50.80	01:12:35.40	+00:37:25 (51.5%)	7:11	8.4 (49.1%)
173	KRÓL Krzysztof	395		M-30	173					00:35:30	01:14:29.30	01:15:18.40	+00:40:08 (53.3%)	7:26	8.1 (47.4%)
174	CIERPISZEWSKI Tomasz	119		M-30	174					00:35:58	01:15:24.90	01:16:02.10	+00:40:51 (53.7%)	7:32	8 (46.8%)
175	STAŃCZYK Sławomir	742	STARGARD. JA SIĘ NIE ŚCIGAM	M-30	175					00:37:21	01:16:35.90	01:17:20.25	+00:42:09 (54.5%)	7:39	7.8 (45.6%)
176	LIPERTOWICZ Sebastian	466	LOVELASY/WIECZORNE BIEGANIE W SZCZECINIE	M-30	176					00:38:42	01:16:53.20	01:17:46.45	+00:42:36 (54.8%)	7:41	7.8 (45.6%)
177	BEBKO Daniel	47		M-30	177					00:37:39	01:22:42.00	01:23:22.85	+00:48:12 (57.8%)	8:16	7.3 (42.7%)
	ROSIAK Marcin	5	WIECZORNE BIEGANIE W SZCZECINIE	M-30						00:44:59 DNF	DNF	DNF		-	- (0.0%)
	ROSIK Sebastian	681	WIECZORNE BIEGANIE W SZCZECINIE	M-30						DNF	DNF	DNF		-	- (0.0%)

Znaleziono 179 wynik(ów)