



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

VII BIEG MIKOŁAJKOWY

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M-40

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	FILIPOWSKI Dariusz	186	FEHLARUNTEAM	M-40	1	Friends Team				00:18:05	00:37:43.65	00:37:45.05		3:46	15.9 (100%)
2	ZABIELSKI Józef	892		M-40	2			Tak		00:18:25	00:38:19.20	00:38:19.20	+00:00:34 (1.5%)	3:49	15.7 (98.7%)
3	CHAWAWKO Jonasz	953		M-40	3					00:18:27	00:38:43.75	00:38:45.25	+00:01:00 (2.6%)	3:52	15.5 (97.5%)
4	WASILEWSKI Andrzej	837		M-40	4	TRI GYM				00:18:41	00:38:55.20	00:38:58.95	+00:01:13 (3.2%)	3:53	15.4 (96.9%)
5	WOJNACH Andrzej	866	SZCZECIN	M-40	5					00:18:56	00:40:22.55	00:40:24.75	+00:02:39 (6.6%)	4:02	14.9 (93.7%)
6	SZYMCZAK Marcin	795		M-40	6			Tak		00:20:07	00:41:44.65	00:41:44.65	+00:03:59 (9.6%)	4:10	14.4 (90.6%)
7	GLINA Rafał	211		M-40	7					00:20:07	00:41:43.85	00:41:47.55	+00:04:02 (9.7%)	4:10	14.4 (90.6%)
8	NADKIERNICZNY Zbyszek	556	GRYFUS SZCZECIN	M-40	8					00:20:25	00:42:49.40	00:42:52.20	+00:05:07 (11.9%)	4:17	14 (88.1%)
9	KRZEŚNIEWSKI Marcin	412	ROWEROWY ZAŁOM	M-40	9	TRI GYM				00:20:24	00:43:28.55	00:43:30.75	+00:05:45 (13.2%)	4:20	13.8 (86.8%)
10	ZALEWSKI Maciej	897		M-40	10					00:21:11	00:43:59.10	00:44:02.85	+00:06:17 (14.3%)	4:23	13.6 (85.5%)
11	ZELEK Darek	904		M-40	11					00:20:53	00:44:12.15	00:44:13.30	+00:06:28 (14.6%)	4:25	13.6 (85.5%)
12	HOŁOWEŃKO Marcin	262		M-40	12			Tak		00:21:30	00:44:58.90	00:45:02.60	+00:07:17 (16.2%)	4:29	13.3 (83.6%)
13	JANCZURA Artur	923	BIEGAM BO LUBIE	M-40	13					00:21:16	00:45:18.45	00:45:20.75	+00:07:35 (16.7%)	4:31	13.2 (83.0%)
14	KUFEL Marcin	423	BREL II	M-40	14					00:22:00	00:45:21.85	00:45:25.40	+00:07:40 (16.9%)	4:32	13.2 (83.0%)
15	DOBERSZTYN Błażej	145		M-40	15					00:21:27	00:45:31.45	00:45:35.95	+00:07:50 (17.2%)	4:33	13.2 (83.0%)
16	CZYŻ Adam	133		M-40	16					00:21:56	00:45:38.25	00:45:41.85	+00:07:56 (17.4%)	4:33	13.1 (82.4%)
17	KASPEROWICZ Dariusz	330	INCOM POLSKA SP. Z O.O.	M-40	17					00:21:51	00:45:59.35	00:46:04.40	+00:08:19 (18.1%)	4:35	13 (81.8%)

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
18	ALEKSIEWICZ Adrian	18	WIECZORNE BIEGANIE W SZCZECINIE	M-40	18					00:21:52	00:46:08.50	00:46:13.85	+00:08:28 (18.3%)	4:36	13 (81.8%)
19	BABICZ Wojtek	27	BRIDGESTONE STARGARD RUNNERS	M-40	19					00:22:12	00:46:29.85	00:46:35.05	+00:08:50 (19.0%)	4:39	12.9 (81.1%)
20	BOJKO Marek	66		M-40	20					00:22:28	00:46:21.20	00:46:44.45	+00:08:59 (19.2%)	4:38	12.9 (81.1%)
21	PODZISZYŃSKI Sylwester	934	KWP SP SZCZECIN	M-40	21			Tak		00:22:18	00:46:41.25	00:46:45.60	+00:09:00 (19.3%)	4:40	12.9 (81.1%)
22	JASINSKI Arkadiusz	290		M-40	22					00:22:16	00:47:00.25	00:47:03.65	+00:09:18 (19.8%)	4:42	12.8 (80.5%)
23	BERNACKI Mariusz	49	MODLITWA BIEGANIA GRYFINO	M-40	23					00:22:45	00:47:10.65	00:47:19.55	+00:09:34 (20.2%)	4:43	12.7 (79.9%)
24	KRYWALD Rafal	409	SKB.DZIK	M-40	24					00:22:29	00:47:19.95	00:47:24.00	+00:09:38 (20.4%)	4:44	12.7 (79.9%)
25	WOLSKI Tomasz	877	WIECZORNE BIEGANIE W SZCZECINIE	M-40	25					00:22:54	00:47:26.60	00:47:32.40	+00:09:47 (20.6%)	4:44	12.6 (79.2%)
26	JUDKIEWICZ Piotr	308		M-40	26					00:22:46	00:47:30.45	00:47:34.95	+00:09:49 (20.7%)	4:45	12.6 (79.2%)
27	MUCHA Piotr	12	FIZJOBIEGACZE SZCZECIN	M-40	27					00:23:02	00:47:28.60	00:47:35.05	+00:09:50 (20.7%)	4:44	12.6 (79.2%)
28	MARKS Maciej	512	STOWARZYSZENIE DOŁUJE - KOŚCINO	M-40	28					00:22:36	00:47:35.10	00:47:39.85	+00:09:54 (20.8%)	4:45	12.6 (79.2%)
29	DRABARZ Michał	153	ZAWADZKIEGO SZCZECIN	M-40	29					00:23:02	00:47:31.70	00:47:42.45	+00:09:57 (20.9%)	4:45	12.6 (79.2%)
30	JASTRZEBSKI Daniel	294		M-40	30					00:23:14	00:47:47.90	00:47:53.70	+00:10:08 (21.2%)	4:46	12.6 (79.2%)
31	BUTRYN Krzysztof	13	AKTYWNE CHOSZCZNO	M-40	31			Tak		00:22:56	00:48:23.25	00:48:28.05	+00:10:43 (22.1%)	4:50	12.4 (78.0%)
32	GIERASIMOWICZ Szymon	208	TOTALSPORT.PL	M-40	32					00:22:47	00:48:43.75	00:48:46.55	+00:11:01 (22.6%)	4:52	12.3 (77.4%)
33	CHARLEJ Ireneusz	98	WIECZORNE BIEGANIE W SZCZECINIE	M-40	33			Tak		00:23:08	00:48:51.65	00:48:51.65	+00:11:06 (22.7%)	4:53	12.3 (77.4%)
34	AUGUSTYNIAK Grzegorz	26		M-40	34					00:24:15	00:49:02.45	00:49:10.10	+00:11:25 (23.2%)	4:54	12.2 (76.7%)
35	PODOLAK Mirosław	640	KP PSP GRYFINO	M-40	35			Tak		00:23:57	00:49:08.05	00:49:14.10	+00:11:29 (23.3%)	4:54	12.2 (76.7%)
36	TRYCH Adrian	820	KM PSP SZCZECIN	M-40	36			Tak		00:23:13	00:49:23.50	00:49:25.55	+00:11:40 (23.6%)	4:56	12.1 (76.1%)
37	PIWOWARSKI Darek	632	WIECZORNE BIEGANIE W SZCZECINIE	M-40	37					00:24:41	00:49:16.20	00:49:42.55	+00:11:57 (24.1%)	4:55	12.2 (76.7%)
38	BANASIAK Andrzej	35		M-40	38					00:23:13	00:49:43.65	00:49:52.25	+00:12:07 (24.3%)	4:58	12.1 (76.1%)
39	ZAWLIK Tomasz	901	POZYTYWNE ZAKRĘCENI	M-40	39					00:24:30	00:49:58.15	00:50:13.15	+00:12:28 (24.8%)	4:59	12 (75.5%)
40	PRAWDA Sebastian	650	WIECZORNE BIEGANIE W SZCZECINIE	M-40	40					00:25:39	00:49:47.90	00:50:16.50	+00:12:31 (24.9%)	4:58	12 (75.5%)
41	ŁAWNICZAK Sebastian	472		M-40	41				Tak	00:24:07	00:50:02.55	00:50:19.50	+00:12:34 (25.0%)	5:00	12 (75.5%)
42	TWÓR Sławomir	156	FIZJOBIEGACZE SZCZECIN	M-40	42			Tak		00:25:05	00:50:22.80	00:50:27.35	+00:12:42 (25.2%)	5:02	11.9 (74.8%)

										Klasyfikacja IV M.P. Grupy Azoty S.A.		5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klasyfikacja Rodzinna	Klasyfikacja Mundurowa		5km	5km	10km	10km				
43	WITORZĘĆ Dariusz	867		M-40	43					00:24:14	00:50:42.20	00:50:49.40	+00:13:04 (25.7%)	5:04	11.8 (74.2%)		
44	ORŁOWSKI Paweł	590	1977	M-40	44					00:24:32	00:50:33.75	00:50:50.20	+00:13:05 (25.7%)	5:03	11.9 (74.8%)		
45	PLUCINSKI Wojciech	636		M-40	45					00:25:27	00:50:53.35	00:51:01.85	+00:13:16 (26.0%)	5:05	11.8 (74.2%)		
46	FILIPIAK Michał	185		M-40	46					00:24:45	00:51:00.55	00:51:09.90	+00:13:24 (26.2%)	5:06	11.8 (74.2%)		
47	JARZYNA Ryszard	289	SZWLA STARGARD	M-40	47					00:23:18	00:51:07.95	00:51:09.95	+00:13:24 (26.2%)	5:06	11.7 (73.6%)		
48	PIĘTKA Grzegorz	624	503071645	M-40	48					00:25:07	00:50:45.35	00:51:40.55	+00:13:55 (26.9%)	5:04	11.8 (74.2%)		
49	ŁUKASIEWICZ Robert	481		M-40	49					00:25:25	00:51:28.80	00:51:44.75	+00:13:59 (27.0%)	5:08	11.7 (73.6%)		
50	KORKUĆ Krzysztof	368		M-40	50					00:24:51	00:52:16.10	00:52:33.00	+00:14:47 (28.2%)	5:13	11.5 (72.3%)		
51	STANKIEWICZ Krzysztof	741		M-40	51					00:24:51	00:52:16.40	00:52:33.05	+00:14:48 (28.2%)	5:13	11.5 (72.3%)		
52	MLECZEK Roman	540	BABINEK BIEGA	M-40	52					00:25:53	00:52:23.70	00:52:37.90	+00:14:52 (28.3%)	5:14	11.5 (72.3%)		
53	JESIONKA Jarek	301	STOWARZYSZENIE NASZA ŚWIERCZYNA	M-40	53					00:26:41	00:52:19.10	00:52:52.65	+00:15:07 (28.6%)	5:13	11.5 (72.3%)		
54	TYMUL Jakub	823	#TYMTRITEAM	M-40	54					00:25:10	00:52:42.00	00:52:57.20	+00:15:12 (28.7%)	5:16	11.4 (71.7%)		
55	MAŁOCHA Mariusz	506	DZIADY OCR	M-40	55	Biegacze Świnoujście	Małocha			00:25:36	00:52:50.30	00:53:02.25	+00:15:17 (28.8%)	5:17	11.4 (71.7%)		
56	ANIOŁA-KUSZ Dominik	22		M-40	56					00:25:38	00:52:33.90	00:53:10.50	+00:15:25 (29.0%)	5:15	11.4 (71.7%)		
57	KOWALCZYK Paweł	380	HOŻA TEAM	M-40	57					00:26:13	00:52:58.40	00:53:22.55	+00:15:37 (29.3%)	5:17	11.3 (71.1%)		
58	CHOWAŃSKI Bartosz	105	CJS TŁUMACZENIA	M-40	58					00:25:43	00:53:30.65	00:53:38.10	+00:15:53 (29.6%)	5:21	11.2 (70.4%)		
59	SZUSTAK Robert	786	JAEGER POLSKA	M-40	59					00:26:17	00:53:36.00	00:53:47.55	+00:16:02 (29.8%)	5:21	11.2 (70.4%)		
60	KOCHAŃSKI Tomek	348		M-40	60					00:24:55	00:53:37.15	00:53:48.45	+00:16:03 (29.8%)	5:21	11.2 (70.4%)		
61	KRACZOWSKI Mirosław	389		M-40	61					00:25:50	00:53:42.40	00:53:53.95	+00:16:08 (30.0%)	5:22	11.2 (70.4%)		
62	STĘPNIAK Lesław	749		M-40	62				Tak	00:25:40	00:53:44.45	00:53:55.90	+00:16:10 (30.0%)	5:22	11.2 (70.4%)		
63	BANAŚ Marcin	38	WIECZORNE BIEGANIE W SZCZECINIE	M-40	63					00:26:45	00:53:34.45	00:54:01.10	+00:16:16 (30.1%)	5:21	11.2 (70.4%)		
64	WOJTKOWIAK Rafał	873		M-40	64				Tak	00:25:57	00:54:14.55	00:54:35.95	+00:16:50 (30.9%)	5:25	11.1 (69.8%)		
65	KOZŁOWSKI Adam	387	WIECZORNE BIEGANIE W SZCZECINIE	M-40	65					00:25:28	00:54:21.40	00:54:38.65	+00:16:53 (30.9%)	5:26	11 (69.2%)		
66	STRZYGA Mariusz	756	STARGARD.JA SIĘ NIE ŚCIGAM	M-40	66					00:27:24	00:54:15.90	00:54:42.55	+00:16:57 (31.0%)	5:25	11.1 (69.8%)		
67	KULIG Krzysztof	426	MODLITWA BIEGANIA GRYFINO	M-40	67					00:27:18	00:54:22.80	00:54:56.35	+00:17:11 (31.3%)	5:26	11 (69.2%)		

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
68	ZELEK Mariusz	903	MODLITWA BIEGANIA GRYFINO	M-40	68					00:27:18	00:54:22.65	00:54:56.40	+00:17:11 (31.3%)	5:26	11 (69.2%)
69	BOHONOS Adam	65		M-40	69					00:26:07	00:55:04.15	00:55:07.25	+00:17:22 (31.5%)	5:30	10.9 (68.6%)
70	WYGLĄDACZ Arkadiusz	891	UKS 13 WIELGOWO	M-40	70					00:26:09	00:54:49.70	00:55:08.15	+00:17:23 (31.5%)	5:29	10.9 (68.6%)
71	WOJTOWICZ Wiesław	874		M-40	71					00:26:12	00:55:12.75	00:55:19.90	+00:17:34 (31.8%)	5:31	10.9 (68.6%)
72	MAZUREK Grzegorz	522	GWIK	M-40	72	Babcia i Wnuki				00:27:31	00:55:20.80	00:55:37.55	+00:17:52 (32.1%)	5:32	10.8 (67.9%)
73	KLABAN Szymon	342		M-40	73					00:26:43	00:55:11.80	00:55:39.10	+00:17:54 (32.2%)	5:31	10.9 (68.6%)
74	SOSNOWSKI Adrian	732		M-40	74					00:27:34	00:55:09.80	00:55:40.20	+00:17:55 (32.2%)	5:31	10.9 (68.6%)
75	STĘPNIAK Grzegorz	747	KLUB BIEGACZA KAMIEŃ POMORSKI	M-40	75					00:27:00	00:55:37.60	00:55:51.70	+00:18:06 (32.4%)	5:33	10.8 (67.9%)
76	PRUSZANOW Marcin	654	KB HERMES GRYFINO	M-40	76	KB Hermes Gryfino				00:28:07	00:55:36.90	00:56:16.60	+00:18:31 (32.9%)	5:33	10.8 (67.9%)
77	BARCZYK Krzysztof	9		M-40	77					00:27:30	00:55:25.30	00:56:23.15	+00:18:38 (33.0%)	5:32	10.8 (67.9%)
78	GUMOWSKI Daniel	243		M-40	78					00:27:10	00:56:51.30	00:57:10.85	+00:19:25 (34.0%)	5:41	10.6 (66.7%)
79	MAJCHER Radek	495	PUSZCZA TEAM	M-40	79					00:28:11	00:57:16.95	00:57:16.95	+00:19:31 (34.1%)	5:43	10.5 (66.0%)
80	DEREŃ Grzegorz	142	21 BAZA LOTNICTWA TAKTYCZNEGO	M-40	80			Tak		00:27:57	00:57:19.60	00:57:27.30	+00:19:42 (34.3%)	5:44	10.5 (66.0%)
81	PLĄSEK Sylwester	634	LOVELASY	M-40	81				Tak	00:26:53	00:57:30.70	00:57:32.05	+00:19:47 (34.4%)	5:45	10.4 (65.4%)
82	KRASNODEBSKI Konrad	391	BBL POLICE	M-40	82	BBL POLICE				00:26:55	00:57:31.30	00:57:32.25	+00:19:47 (34.4%)	5:45	10.4 (65.4%)
83	WINIARSKI Marcin	860		M-40	83			Tak		00:27:37	00:57:14.70	00:57:38.25	+00:19:53 (34.5%)	5:43	10.5 (66.0%)
84	KOMOROWSKI Tomasz	361		M-40	84					00:28:12	00:57:33.20	00:57:52.10	+00:20:07 (34.8%)	5:45	10.4 (65.4%)
85	DENEKO Maciej	141	SPRINT LOGISTYKA POLSKA SP. ZO.O SP.K	M-40	85					00:28:45	00:57:24.65	00:57:56.80	+00:20:11 (34.9%)	5:44	10.5 (66.0%)
86	STRZELEC Tomasz	755	KB HERMES GRYFINO	M-40	86	KB Hermes Gryfino				00:29:20	00:57:25.10	00:58:05.35	+00:20:20 (35.0%)	5:44	10.4 (65.4%)
87	GOZDYRA Darek	219	RAZ SZCZECIN	M-40	87					00:29:03	00:57:26.05	00:58:08.20	+00:20:23 (35.1%)	5:44	10.4 (65.4%)
88	ŻURAWSKI Michał	918		M-40	88					00:28:35	00:57:41.00	00:58:25.05	+00:20:40 (35.4%)	5:46	10.4 (65.4%)
89	CHYBOWSKI Jarosław	113		M-40	89					00:28:53	00:58:27.65	00:58:41.45	+00:20:56 (35.7%)	5:50	10.3 (64.8%)
90	BIELINOWICZ Bartosz	55		M-40	90			Tak		00:27:35	00:58:29.85	00:58:51.75	+00:21:06 (35.9%)	5:51	10.3 (64.8%)
91	WILKLISZ Wojcidch	857		M-40	91					00:28:15	00:58:27.15	00:58:52.60	+00:21:07 (35.9%)	5:50	10.3 (64.8%)
92	DOMAGALSKI Sławomir	149	SKB DZIK	M-40	92	SKB DZIK				00:29:06	00:58:38.00	00:59:10.00	+00:21:24 (36.2%)	5:51	10.2 (64.2%)

										Klasyfikacja IV M.P. Grupy Azoty S.A.		5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klasyfikacja Rodzinna	Klasyfikacja Mundurowa		5km	5km	10km	10km				
93	KRZEMIONKA Daniel	411	12BZ	M-40	93			Tak	Tak	00:28:13	00:59:13.50	00:59:24.75	+00:21:39 (36.5%)	5:55	10.1 (63.5%)		
94	RUMOWSKI Tomasz	687	WIECZORNE BIEGANIE SZCZECIN	M-40	94					00:28:26	00:59:43.50	00:59:46.55	+00:22:01 (36.8%)	5:58	10 (62.9%)		
95	DRYJAŃSKI Robert	155	KB HERMES GRYFINO	M-40	95	KB Hermes Gryfino				00:29:16	00:59:06.15	00:59:46.65	+00:22:01 (36.8%)	5:54	10.2 (64.2%)		
96	SZYMCZAK Marcin	794	WKURW_TEAM	M-40	96					00:28:01	00:59:53.50	01:00:06.85	+00:22:21 (37.2%)	5:59	10 (62.9%)		
97	SZOSTAK Daniel	782		M-40	97					00:27:54	01:00:01.15	01:00:09.15	+00:22:24 (37.2%)	6:00	10 (62.9%)		
98	GUTOWSKI Sebastian	245	K.B. SPRINT ŚWIDWIN	M-40	98			Tak		00:30:41	00:59:40.40	01:00:18.90	+00:22:33 (37.4%)	5:58	10.1 (63.5%)		
99	SZMYT Mariusz	780		M-40	99					00:30:20	00:59:45.40	01:00:23.30	+00:22:38 (37.5%)	5:58	10 (62.9%)		
100	SZYŁOWICZ Daniel	603		M-40	100					00:27:00	01:00:09.60	01:00:24.15	+00:22:39 (37.5%)	6:01	10 (62.9%)		
101	PENTEŁA Mariusz	614	MORE GROUP TEAM	M-40	101					00:29:09	01:01:01.50	01:01:16.00	+00:23:30 (38.4%)	6:06	9.8 (61.6%)		
102	LEBIODA Krzysztof	445	WIECZORNE BIEGANIE W SZCZECINIE	M-40	102					00:29:47	01:01:28.65	01:01:42.15	+00:23:57 (38.8%)	6:08	9.8 (61.6%)		
103	JAREMA Jacek	285	KLUB BIEGACZA KAMIEŃ POMORSKI	M-40	103					00:29:44	01:01:40.85	01:02:00.95	+00:24:15 (39.1%)	6:10	9.7 (61.0%)		
104	KONOPKA Patryk	364		M-40	104					00:30:18	01:01:59.65	01:02:34.35	+00:24:49 (39.7%)	6:12	9.7 (61.0%)		
105	KOŁAKOWSKI Dariusz	353	K.B.SPRINT ŚWIDWIN	M-40	105			Tak		00:31:20	01:01:58.35	01:02:38.25	+00:24:53 (39.7%)	6:11	9.7 (61.0%)		
106	JASIŃSKI Robert	292	FLEX POLICE	M-40	106					00:30:43	01:02:30.05	01:02:45.45	+00:25:00 (39.8%)	6:15	9.6 (60.4%)		
107	MASŁOWSKI Artur	515		M-40	107					00:30:41	01:03:21.60	01:03:44.90	+00:25:59 (40.8%)	6:20	9.5 (59.7%)		
108	WOJCIECHOWSKI Jacek	868	MH AUTOMATYKA	M-40	108					00:31:23	01:04:58.25	01:05:21.55	+00:27:36 (42.2%)	6:29	9.2 (57.9%)		
109	KEPKA Mirosław	333	K.B.SPRINT ŚWIDWIN	M-40	109					00:32:59	01:05:35.95	01:06:15.30	+00:28:30 (43.0%)	6:33	9.1 (57.2%)		
110	KURZYŃSKI Ryszard	433		M-40	110			Tak		00:32:12	01:05:43.75	01:06:24.90	+00:28:39 (43.2%)	6:34	9.1 (57.2%)		
111	KURP Maciej	431	WIECZORNE BIEGANIE W SZCZECINIE	M-40	111					00:31:23	01:06:03.95	01:06:38.80	+00:28:53 (43.4%)	6:36	9.1 (57.2%)		
112	MASŁOWSKI Marcin	514	PARKRUN GORZÓW	M-40	112					00:32:00	01:06:19.25	01:06:40.95	+00:28:55 (43.4%)	6:37	9 (56.6%)		
113	MAŚLENIK Piotr	75		M-40	113					00:32:08	01:06:07.50	01:06:43.15	+00:28:58 (43.4%)	6:36	9.1 (57.2%)		
114	KOWALCZYK Jan	378	WIECZORNE BIEGANIE W SZCZECINIE	M-40	114					00:32:31	01:06:27.85	01:06:55.20	+00:29:10 (43.6%)	6:38	9 (56.6%)		
115	NIEDZIÓŁKA Krystian	564		M-40	115			Tak		00:32:04	01:06:47.45	01:07:09.15	+00:29:24 (43.8%)	6:40	9 (56.6%)		
116	KRUSZEWICZ Aleksander	407	AMPIO TEAM	M-40	116					00:31:06	01:06:53.15	01:07:15.10	+00:29:30 (43.9%)	6:41	9 (56.6%)		
117	PIOTROWSKI Krzysztof	631	AMPIO TEAM	M-40	117					00:31:14	01:07:02.30	01:07:15.50	+00:29:30 (43.9%)	6:42	9 (56.6%)		

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
118	WIERZCHOWSKI Arkadiusz	847	BRIDGESTONE STARGARD RUNNERS	M-40	118					00:32:59	01:06:35.95	01:07:16.90	+00:29:31 (43.9%)	6:39	9 (56.6%)
119	ROLLA Dorian	676		M-40	119					00:33:00	01:06:55.45	01:07:32.65	+00:29:47 (44.1%)	6:41	9 (56.6%)
120	SIWEK Piotr	711		M-40	120					00:31:33	01:07:56.85	01:08:09.30	+00:30:24 (44.6%)	6:47	8.8 (55.3%)
121	MOSKWA Grzegorz	547	12BZ	M-40	121			Tak		00:32:30	01:07:34.05	01:08:23.80	+00:30:38 (44.8%)	6:45	8.9 (56.0%)
122	PAŁOSZ Daniel	601	WEGAS WOLIN	M-40	122					00:33:04	01:08:51.20	01:09:23.40	+00:31:38 (45.6%)	6:53	8.7 (54.7%)
123	PRZEWORSKI Marcin	942	BEST-COACH.PL	M-40	123					00:34:11	01:09:06.25	01:09:24.55	+00:31:39 (45.6%)	6:54	8.7 (54.7%)
124	MAKUCH Marcin	498		M-40	124					00:33:11	01:09:27.30	01:09:41.60	+00:31:56 (45.8%)	6:56	8.6 (54.1%)
125	DOBRYCKI Piotr	148		M-40	125					00:35:59	01:09:14.35	01:09:53.85	+00:32:08 (46.0%)	6:55	8.7 (54.7%)
126	ŁAZARONEK Przemysław	474	SIODEMKI@INSTA	M-40	126					00:34:40	01:10:07.60	01:10:41.75	+00:32:56 (46.6%)	7:00	8.6 (54.1%)
127	KROMRYCH Maciej	393		M-40	127					00:35:26	01:10:34.30	01:11:24.80	+00:33:39 (47.1%)	7:03	8.5 (53.5%)
128	RUSINEK Radosław	688		M-40	128					00:35:11	01:11:49.95	01:12:34.75	+00:34:49 (48.0%)	7:11	8.4 (52.8%)
129	GAPSKI Tomasz	196	WIECZORNE BIEGANIE W SZCZECINIE	M-40	129					00:34:48	01:13:35.10	01:14:06.95	+00:36:21 (49.1%)	7:21	8.2 (51.6%)
130	BARTNIK Jarosław	43		M-40	130					00:34:48	01:13:57.30	01:14:45.35	+00:37:00 (49.5%)	7:23	8.1 (50.9%)
131	FIEDOROWICZ Damian	181		M-40	131					00:36:24	01:14:14.75	01:14:52.75	+00:37:07 (49.6%)	7:25	8.1 (50.9%)
132	CICHOCKI Jakub	114	DRUŻYNA SZPIKU/HKS SKAUT	M-40	132					00:35:54	01:14:36.25	01:15:24.55	+00:37:39 (49.9%)	7:27	8 (50.3%)
133	BĄCZYK Adam	957	MONIA GYM	M-40	133					00:36:18	01:14:47.60	01:15:35.65	+00:37:50 (50.1%)	7:28	8 (50.3%)
134	NEUMANN Michał	563		M-40	134					00:37:16	01:17:03.70	01:17:52.85	+00:40:07 (51.5%)	7:42	7.8 (49.1%)
135	LIGOCKI Tomasz	464	BIO-SPA ALEKSANDRA BURKOWSKA	M-40	135					00:37:34	01:19:18.95	01:20:04.85	+00:42:19 (52.9%)	7:55	7.6 (47.8%)
136	MALEC Mariusz	499	NIEZDIAGNOZOWANI W SZALE	M-40	136					00:45:35	01:34:27.15	01:35:10.70	+00:57:25 (60.3%)	9:26	6.4 (40.3%)

Znaleziono 136 wynik(ów)