



VIII BIEG SZLAKIEM DZIKA

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dziki Weekend 2018
Stowarzyszenie Klub Biegowy Dzik
2018-08-18
Police
10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M2 30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	BIENIEK Kamil	870	PRZECIW MYŚLIWYM	M2 30-39	1	00:00:02	00:17:48	00:36:13.05	00:36:15.65		3:37	16.6 (100%)
2	PAWLIŃSKI Piotr	904	GRUPA AZOTY POLICE	M2 30-39	2	00:00:02	00:18:14	00:36:39.80	00:36:42.55	+00:00:26 (1.2%)	3:40	16.4 (98.8%)
3	POGOCKI Seweryn	795	KW PSP ŁÓDŹ	M2 30-39	3	00:00:03	00:18:14	00:37:06.65	00:37:09.70	+00:00:53 (2.4%)	3:42	16.2 (97.6%)
4	SIECHKOWSKI Michał	873	KB PIONIER SZCZECIN	M2 30-39	4	00:00:03	00:18:19	00:37:13.85	00:37:17.35	+00:01:00 (2.7%)	3:43	16.1 (97.0%)
5	SOWAŁA Wojciech	796	KW PSP ŁÓDŹ	M2 30-39	5	00:00:03	00:18:39	00:37:39.50	00:37:42.55	+00:01:26 (3.8%)	3:45	15.9 (95.8%)
6	POKRZYWIŃSKI Zbigniew	667	BBL POLICE	M2 30-39	6	00:00:02	00:18:48	00:38:40.45	00:38:42.60	+00:02:27 (6.4%)	3:52	15.5 (93.4%)
7	GREGULA Wojt	777	STRAŻ POŻARNA	M2 30-39	7	00:00:04	00:19:26	00:39:15.65	00:39:19.65	+00:03:02 (7.8%)	3:55	15.3 (92.2%)
8	PLESNER Krzysztof	856	KMPSP SZCZECIN	M2 30-39	8	00:00:03	00:20:00	00:41:00.05	00:41:03.20	+00:04:47 (11.7%)	4:06	14.6 (88.0%)
9	WYGLĄDAŁA Bartosz	885	MOŻW	M2 30-39	9	00:00:04	00:21:01	00:42:21.30	00:42:25.75	+00:06:08 (14.5%)	4:14	14.2 (85.5%)
10	SKORSKI Lukasz	552		M2 30-39	10	00:00:02	00:20:47	00:42:31.60	00:42:34.15	+00:06:18 (14.8%)	4:15	14.1 (84.9%)
11	PRZYBYSZ Rafał	555	23. BAZA LOTNICTWA TAKTYCZNEGO	M2 30-39	11	00:00:10	00:21:17	00:42:38.15	00:42:49.00	+00:06:25 (15.1%)	4:15	14.1 (84.9%)
12	CHENON Guillaume	607	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	12	00:00:21	00:20:39	00:42:55.95	00:43:17.15	+00:06:42 (15.6%)	4:17	14 (84.3%)
13	CHUDAŃSKI Hubert	642	SP PSP BYDGOSZCZ	M2 30-39	13	00:00:06	00:21:15	00:43:01.75	00:43:08.25	+00:06:48 (15.8%)	4:18	13.9 (83.7%)
14	TOPOREK Przemysław	713	DLL PARTNERS	M2 30-39	14	00:00:20	00:21:26	00:43:02.90	00:43:23.15	+00:06:49 (15.9%)	4:18	13.9 (83.7%)

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15	HOŁYŃSKI Leszek	239	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	15	00:00:21	00:21:53	00:44:15.35	00:44:37.15	+00:08:02 (18.2%)	4:25	13.6 (81.9%)
16	WRÓBLEWSKI Michał	479	GRA RUNNERS	M2 30-39	16	00:00:03	00:21:37	00:44:32.60	00:44:36.40	+00:08:19 (18.7%)	4:27	13.5 (81.3%)
17	OKIENCZUK Radek	749		M2 30-39	17	00:00:03	00:21:56	00:44:33.60	00:44:36.85	+00:08:20 (18.7%)	4:27	13.5 (81.3%)
18	JASTAK Paweł	40		M2 30-39	18	00:00:07	00:22:23	00:44:35.30	00:44:42.65	+00:08:22 (18.8%)	4:27	13.5 (81.3%)
19	BABICZ Wojtek	420	BRIDGESTONE STARGARD RUNNERS	M2 30-39	19	00:00:04	00:22:03	00:44:41.00	00:44:45.60	+00:08:27 (18.9%)	4:28	13.4 (80.7%)
20	PORZYCH Zbigniew	346	CALIBRA TIM	M2 30-39	20	00:00:07	00:22:04	00:44:50.10	00:44:57.45	+00:08:37 (19.2%)	4:29	13.4 (80.7%)
21	TWARDOWSKI Michał	942	XRUNNERS	M2 30-39	21	00:00:05	00:21:54	00:44:50.70	00:44:55.80	+00:08:37 (19.2%)	4:29	13.4 (80.7%)
22	LIPERTOWICZ Sebastian	595	LOVELASY	M2 30-39	22	00:00:04	00:22:04	00:44:52.90	00:44:56.90	+00:08:39 (19.3%)	4:29	13.4 (80.7%)
23	MILEJSKI Paweł	349		M2 30-39	23	00:00:09	00:22:31	00:45:07.85	00:45:17.05	+00:08:54 (19.7%)	4:30	13.3 (80.1%)
24	RYBACKI Roman	411	WAR-CHLACZKI	M2 30-39	24	00:00:13	00:22:54	00:45:21.55	00:45:34.80	+00:09:08 (20.2%)	4:32	13.2 (79.5%)
25	GARBACIAK Przemysław	676	MAUPOLAND	M2 30-39	25	00:00:38	00:22:18	00:45:22.80	00:46:01.65	+00:09:09 (20.2%)	4:32	13.2 (79.5%)
26	CHLASTA Jacek	803		M2 30-39	26	00:00:07	00:22:50	00:45:40.10	00:45:47.15	+00:09:27 (20.7%)	4:34	13.1 (78.9%)
27	ŚWIĆ Miłosz	455	DZIK KOMANDO	M2 30-39	27	00:00:15	00:22:58	00:45:57.55	00:46:12.60	+00:09:44 (21.2%)	4:35	13.1 (78.9%)
28	SIEDLER Martin	302	SV DONSBRUGGEN	M2 30-39	28	00:00:23	00:22:42	00:46:05.90	00:46:29.30	+00:09:52 (21.4%)	4:36	13 (78.3%)
29	KRZACZKOWSKI Łukasz	716		M2 30-39	29	00:00:04	00:22:35	00:46:15.25	00:46:19.35	+00:10:02 (21.7%)	4:37	13 (78.3%)
30	DUSZA Robert	153		M2 30-39	30	00:00:13	00:22:54	00:46:23.80	00:46:36.95	+00:10:10 (21.9%)	4:38	12.9 (77.7%)
31	GAWLIK Wojciech	394	IWSP SZ	M2 30-39	31	00:00:10	00:23:32	00:46:24.55	00:46:35.15	+00:10:11 (22.0%)	4:38	12.9 (77.7%)
32	PRZYBYSZ Marcin	90		M2 30-39	32	00:00:10	00:22:46	00:46:24.75	00:46:35.15	+00:10:11 (22.0%)	4:38	12.9 (77.7%)
33	KOŁODZIŃSKI Paweł	747	DZIKIE DZIKI GORZÓW	M2 30-39	33	00:00:06	00:22:47	00:46:25.70	00:46:31.90	+00:10:12 (22.0%)	4:38	12.9 (77.7%)
34	DĄBROSZ Łukasz	872		M2 30-39	34	00:00:10	00:23:16	00:46:30.70	00:46:41.55	+00:10:17 (22.1%)	4:39	12.9 (77.7%)
35	KWIATKOWSKI Kajetan	47	BIGYELLOWFOOT ADVENTURE TEAM	M2 30-39	35	00:00:12	00:22:37	00:46:36.15	00:46:48.40	+00:10:23 (22.3%)	4:39	12.9 (77.7%)
36	BACIOR Tomasz	398		M2 30-39	36	00:00:05	00:23:24	00:46:43.95	00:46:49.05	+00:10:30 (22.5%)	4:40	12.8 (77.1%)
37	POCIERZNICKI Rafał	384	3KPZMOT/1BPZMOT	M2 30-39	37	00:00:12	00:23:06	00:46:44.10	00:46:56.25	+00:10:31 (22.5%)	4:40	12.8 (77.1%)

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38	ADAMCZYK Paweł	823		M2 30-39	38	00:00:16	00:24:02	00:47:03.85	00:47:20.05	+00:10:50 (23.0%)	4:42	12.7 (76.5%)
39	MIELCZAREK Krystian	275	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M2 30-39	39	00:00:15	00:23:23	00:47:38.40	00:47:54.00	+00:11:25 (24.0%)	4:45	12.6 (75.9%)
40	SZCZUKO Karol	347		M2 30-39	40	00:00:07	00:23:21	00:47:39.10	00:47:46.15	+00:11:26 (24.0%)	4:45	12.6 (75.9%)
41	GOŁĘBIEWSKI Tomasz	584	PARUNMEDIC	M2 30-39	41	00:00:04	00:23:17	00:47:44.40	00:47:48.70	+00:11:31 (24.1%)	4:46	12.6 (75.9%)
42	KOZŁOWSKI Paweł	951	XRUNNERS	M2 30-39	42	00:00:04	00:23:56	00:48:00.60	00:48:05.20	+00:11:47 (24.6%)	4:48	12.5 (75.3%)
43	PYREK Krzysztof	80	1 RBLOG	M2 30-39	43	00:00:11	00:23:37	00:48:03.95	00:48:15.25	+00:11:50 (24.7%)	4:48	12.5 (75.3%)
44	CHARĘZA Marcin	247	ZAWADZKIEGO SZCZECIN	M2 30-39	44	00:00:36	00:23:37	00:48:06.70	00:48:42.80	+00:11:53 (24.7%)	4:48	12.5 (75.3%)
45	SAWA Piotr	673	IRON TEAM SZCZECIN	M2 30-39	45	00:00:11	00:24:08	00:48:40.35	00:48:51.75	+00:12:27 (25.6%)	4:52	12.3 (74.1%)
46	LINKE Rafał	447	SKB DZIK	M2 30-39	46	00:00:31	00:23:54	00:48:50.75	00:49:22.40	+00:12:37 (25.9%)	4:53	12.3 (74.1%)
47	PELC Marek	234		M2 30-39	47	00:00:05	00:24:03	00:48:55.20	00:49:01.00	+00:12:42 (26.0%)	4:53	12.3 (74.1%)
48	ROSZAK Zbigniew	207	TG SOKÓŁ GNIEWKOWO	M2 30-39	48	00:00:08	00:23:27	00:49:02.95	00:49:11.55	+00:12:49 (26.2%)	4:54	12.2 (73.5%)
49	KUŻBIK Jakub	617		M2 30-39	49	00:00:11	00:23:43	00:49:06.35	00:49:18.05	+00:12:53 (26.2%)	4:54	12.2 (73.5%)
50	KISIEL Łukasz	538		M2 30-39	50	00:00:27	00:24:58	00:49:30.30	00:49:57.55	+00:13:17 (26.8%)	4:57	12.1 (72.9%)
51	ROZICKI Krzysztof	425	3KPZMOT/1BPZMOT/12BZ	M2 30-39	51	00:00:13	00:24:43	00:49:42.15	00:49:55.95	+00:13:29 (27.1%)	4:58	12.1 (72.9%)
52	WOŁOSZYN Wojciech	546		M2 30-39	52	00:00:28	00:25:07	00:49:48.10	00:50:16.35	+00:13:35 (27.3%)	4:58	12 (72.3%)
53	KOŁOMAŃSKI Hubert	434		M2 30-39	53	00:00:29	00:24:44	00:50:02.75	00:50:32.15	+00:13:49 (27.6%)	5:00	12 (72.3%)
54	DZIETCZYK Kamil	813	102. BOCHR	M2 30-39	54	00:00:45	00:25:35	00:50:07.10	00:50:53.00	+00:13:54 (27.7%)	5:00	12 (72.3%)
55	GŁADYSZ Jarosław	435		M2 30-39	55	00:00:15	00:25:07	00:50:19.65	00:50:34.65	+00:14:06 (28.0%)	5:01	11.9 (71.7%)
56	ŻAK Sebastian	537		M2 30-39	56	00:00:28	00:25:09	00:50:35.25	00:51:03.25	+00:14:22 (28.4%)	5:03	11.9 (71.7%)
57	BIEŃKOWSKI Michał	413	DZIK KOMANDO	M2 30-39	57	00:00:26	00:26:10	00:50:41.95	00:51:08.90	+00:14:28 (28.6%)	5:04	11.8 (71.1%)
58	LUDWICZAK Jarosław	260	KOŚCIAN TEAM	M2 30-39	58	00:00:11	00:25:22	00:50:49.60	00:51:00.60	+00:14:36 (28.7%)	5:04	11.8 (71.1%)
59	KNIOŁA Łukasz	44	PIŁA TEAM	M2 30-39	59	00:00:07	00:25:39	00:50:51.35	00:50:58.90	+00:14:38 (28.8%)	5:05	11.8 (71.1%)
60	KACHNIARZ Marcin	773		M2 30-39	60	00:00:15	00:25:07	00:50:55.00	00:51:10.30	+00:14:41 (28.9%)	5:05	11.8 (71.1%)

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61	WÓJCIK Krzysztof	208		M2 30-39	61	00:00:05	00:24:46	00:50:58.90	00:51:04.75	+00:14:45 (29.0%)	5:05	11.8 (71.1%)
62	GOSTOMSKI Miłosz	381		M2 30-39	62	00:00:07	00:24:32	00:51:04.70	00:51:12.55	+00:14:51 (29.1%)	5:06	11.7 (70.5%)
63	FELCENLOBEN Robert	180	RAJSPOORT ACTIVE	M2 30-39	63	00:00:21	00:25:55	00:51:28.55	00:51:49.65	+00:15:15 (29.6%)	5:08	11.7 (70.5%)
64	KĘDZIELEWSKI Łukasz	299	ZAWADZKIEGO SZCZECIN	M2 30-39	64	00:00:35	00:25:34	00:51:29.55	00:52:04.75	+00:15:16 (29.7%)	5:08	11.7 (70.5%)
65	MAZUR Marcin	502	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M2 30-39	65	00:00:16	00:25:24	00:51:44.05	00:52:00.35	+00:15:31 (30.0%)	5:10	11.6 (69.9%)
66	DYMOWSKI Paweł	846		M2 30-39	66	00:00:35	00:26:18	00:51:46.60	00:52:22.25	+00:15:33 (30.1%)	5:10	11.6 (69.9%)
67	ELERT Mariusz	161	PAPRYKARZE	M2 30-39	67	00:00:13	00:25:11	00:52:00.40	00:52:14.00	+00:15:47 (30.4%)	5:12	11.5 (69.3%)
68	HRYCIÓW Daniel	592	RAGNAROK SZCZECIN	M2 30-39	68	00:00:19	00:26:04	00:52:07.55	00:52:27.15	+00:15:54 (30.5%)	5:12	11.5 (69.3%)
69	CZYNSZAK Krystian	700	STARGARD. JA SIĘ NIE ŚCIGAM	M2 30-39	69	00:00:27	00:26:46	00:52:09.40	00:52:37.35	+00:15:56 (30.6%)	5:13	11.5 (69.3%)
70	GRACZYK Grzegorz	769	3BLOG	M2 30-39	70	00:00:28	00:27:03	00:52:10.05	00:52:38.90	+00:15:57 (30.6%)	5:13	11.5 (69.3%)
71	LEWANDOWSKI Piotr	923	SKB DZIK	M2 30-39	71	00:00:57	00:25:48	00:52:19.30	00:53:17.25	+00:16:06 (30.8%)	5:14	11.5 (69.3%)
72	KACZOR Mariusz	491	WAR-CHLACZKI	M2 30-39	72	00:00:16	00:26:01	00:52:29.20	00:52:45.50	+00:16:16 (31.0%)	5:14	11.4 (68.7%)
73	SZARZEC Przemysław	375	3KPZMOT/1BPZMOT/12BZ	M2 30-39	73	00:00:13	00:25:29	00:52:31.25	00:52:44.55	+00:16:18 (31.0%)	5:15	11.4 (68.7%)
74	LEWANDOWSKI Karol	668	OŻW SZCZECIN	M2 30-39	74	00:00:08	00:24:30	00:52:32.75	00:52:41.15	+00:16:19 (31.1%)	5:15	11.4 (68.7%)
75	CHAŁUPKA Łukasz	843		M2 30-39	75	00:00:13	00:25:32	00:52:35.50	00:52:49.30	+00:16:22 (31.1%)	5:15	11.4 (68.7%)
76	JENDRZEJCZYK Mariusz	438		M2 30-39	76	00:00:10	00:26:09	00:52:46.90	00:52:57.00	+00:16:33 (31.4%)	5:16	11.4 (68.7%)
77	PAŃCZYK Tomasz	167	12 BRYGADA ZMECHANIZOWANA	M2 30-39	77	00:00:13	00:25:28	00:52:50.45	00:53:03.95	+00:16:37 (31.5%)	5:17	11.4 (68.7%)
78	SZESZKOWSKI Tomasz	287		M2 30-39	78	00:01:00	00:25:46	00:52:51.65	00:53:52.55	+00:16:38 (31.5%)	5:17	11.3 (68.1%)
79	PAKULA Konrad	357	DZIKIE DZIKI GORZÓW	M2 30-39	79	00:00:03	00:26:02	00:52:55.60	00:52:59.05	+00:16:42 (31.6%)	5:17	11.3 (68.1%)
80	QUESADO Paulo	717	DZIKI WROCŁAW	M2 30-39	80	00:01:05	00:26:36	00:53:02.00	00:54:07.50	+00:16:48 (31.7%)	5:18	11.3 (68.1%)
81	ZABROCKI Karol	551	TEAM POSEJDONA	M2 30-39	81	00:00:53	00:27:20	00:53:16.20	00:54:09.95	+00:17:03 (32.0%)	5:19	11.3 (68.1%)
82	HERMANOWICZ Miłosz	341	ZS ZWYROLE	M2 30-39	82	00:04:02	00:26:01	00:53:17.20	00:57:19.20	+00:17:04 (32.0%)	5:19	11.3 (68.1%)
83	ABRAMOWICZ Tomasz	731	BIEGOHOLLICA	M2 30-39	83	00:00:39	00:26:04	00:53:33.50	00:54:13.40	+00:17:20 (32.4%)	5:21	11.2 (67.5%)

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84	CZYŁKOWSKI Patryk	121	TEAM POSEJDONA	M2 30-39	84	00:00:13	00:25:43	00:53:56.95	00:54:10.75	+00:17:43 (32.9%)	5:23	11.1 (66.9%)
85	SPÓŁNIK Paweł	709		M2 30-39	85	00:04:02	00:26:29	00:54:01.50	00:58:03.50	+00:17:48 (33.0%)	5:24	11.1 (66.9%)
86	WAHN Przemysław	222		M2 30-39	86	00:00:38	00:26:59	00:54:02.95	00:54:41.35	+00:17:49 (33.0%)	5:24	11.1 (66.9%)
87	GŁOWACKI Adrian	516		M2 30-39	87	00:00:53	00:27:47	00:54:05.35	00:54:58.90	+00:17:52 (33.0%)	5:24	11.1 (66.9%)
88	JAMRÓZ Wojciech	627		M2 30-39	88	00:00:09	00:26:50	00:54:08.90	00:54:18.85	+00:17:55 (33.1%)	5:24	11.1 (66.9%)
89	SCHERFENBERG Łukasz	348	BIEGAM SOBIE	M2 30-39	89	00:04:02	00:26:25	00:54:16.80	00:58:18.80	+00:18:03 (33.3%)	5:25	11.1 (66.9%)
90	CZYŻEWSKI Mateusz	311		M2 30-39	90	00:00:11	00:26:37	00:54:18.20	00:54:29.85	+00:18:05 (33.3%)	5:25	11 (66.3%)
91	CHEŁMINIAK Sławomir	13		M2 30-39	91	00:00:42	00:27:22	00:54:19.60	00:55:02.15	+00:18:06 (33.3%)	5:26	11 (66.3%)
92	KUBIK Mateusz	858		M2 30-39	92	00:00:29	00:26:59	00:54:23.00	00:54:52.20	+00:18:09 (33.4%)	5:26	11 (66.3%)
93	WOŁK Marcin	753		M2 30-39	93	00:00:50	00:27:38	00:54:42.15	00:55:32.65	+00:18:29 (33.8%)	5:28	11 (66.3%)
94	LESZKIEWICZ Roman	281	DZIK KOMANDO	M2 30-39	94	00:00:13	00:26:54	00:54:45.55	00:54:58.55	+00:18:32 (33.9%)	5:28	11 (66.3%)
95	WOJCIECHOWSKI Maciej	25		M2 30-39	95	00:00:08	00:26:03	00:54:53.50	00:55:01.90	+00:18:40 (34.0%)	5:29	10.9 (65.7%)
96	BOGDAŃSKI Bartosz	369		M2 30-39	96	00:00:24	00:27:19	00:54:56.25	00:55:20.95	+00:18:43 (34.1%)	5:29	10.9 (65.7%)
97	STRZELCZYK Wojciech	517		M2 30-39	97	00:00:15	00:26:06	00:55:00.25	00:55:16.00	+00:18:47 (34.2%)	5:30	10.9 (65.7%)
98	PAWLUŚ Tomasz	209		M2 30-39	98	00:00:06	00:26:05	00:55:02.45	00:55:08.65	+00:18:49 (34.2%)	5:30	10.9 (65.7%)
99	KLEPACKI Bartek	276	KANAŁ 6AM	M2 30-39	99	00:00:57	00:27:47	00:55:02.60	00:55:59.90	+00:18:49 (34.2%)	5:30	10.9 (65.7%)
100	MICHNIACKI Michał	633		M2 30-39	100	00:00:11	00:26:45	00:55:09.45	00:55:21.40	+00:18:56 (34.3%)	5:31	10.9 (65.7%)
101	GRZYBOWSKI Przemysław	725		M2 30-39	101	00:00:30	00:27:31	00:55:11.15	00:55:41.80	+00:18:58 (34.4%)	5:31	10.9 (65.7%)
102	ZEMANKIEWICZ Łukasz	274		M2 30-39	102	00:00:38	00:27:49	00:55:12.25	00:55:50.50	+00:18:59 (34.4%)	5:31	10.9 (65.7%)
103	GRYCZ Piotr	765		M2 30-39	103	00:00:14	00:28:02	00:55:14.10	00:55:28.25	+00:19:01 (34.4%)	5:31	10.9 (65.7%)
104	PIETKIEWICZ Paweł	408	KRZYSZTOFOWICZ Krzysztof	M2 30-39	104	00:00:20	00:26:51	00:55:29.05	00:55:49.70	+00:19:16 (34.7%)	5:32	10.8 (65.1%)
105	KRZYSZTOFOWICZ Krzysztof	934		M2 30-39	105	00:00:52	00:28:41	00:55:41.25	00:56:33.65	+00:19:28 (35.0%)	5:34	10.8 (65.1%)
106	BOGUSŁAWSKI Łukasz	476		M2 30-39	106	00:01:00	00:28:45	00:55:47.15	00:56:47.45	+00:19:34 (35.1%)	5:34	10.8 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
107	KRYCZKA Adam	659		M2 30-39	107	00:00:25	00:27:16	00:55:47.70	00:56:13.45	+00:19:34 (35.1%)	5:34	10.8 (65.1%)
108	DEPTUŁA Tobiasz	533		M2 30-39	108	00:00:54	00:28:28	00:55:58.20	00:56:52.75	+00:19:45 (35.3%)	5:35	10.7 (64.5%)
109	SUCHECKI Paweł	459		M2 30-39	109	00:00:39	00:27:37	00:56:01.40	00:56:40.75	+00:19:48 (35.4%)	5:36	10.7 (64.5%)
110	KAKOWSKI Dawid	939		M2 30-39	110	00:00:16	00:28:36	00:56:23.05	00:56:39.80	+00:20:10 (35.8%)	5:38	10.6 (63.9%)
111	BERLIŃSKI Mateusz	945		M2 30-39	111	00:00:46	00:27:42	00:56:44.50	00:57:30.80	+00:20:31 (36.2%)	5:40	10.6 (63.9%)
112	BŁĄŻEJEWICZ Łukasz	816		M2 30-39	112	00:00:46	00:29:01	00:56:52.45	00:57:39.05	+00:20:39 (36.3%)	5:41	10.5 (63.3%)
113	STAMATE Fonut	949		M2 30-39	113	00:00:11	00:26:04	00:56:53.55	00:57:05.40	+00:20:40 (36.3%)	5:41	10.5 (63.3%)
114	ZARĘBA Piotr	746	KP PSP POLICE	M2 30-39	114	00:00:34	00:29:20	00:57:01.25	00:57:36.00	+00:20:48 (36.5%)	5:42	10.5 (63.3%)
115	PTAK Daniel	71	HUSARIA RACE TEAM	M2 30-39	115	00:00:10	00:27:12	00:57:16.75	00:57:27.45	+00:21:03 (36.8%)	5:43	10.5 (63.3%)
116	STAŃCZYK Sławomir	314	STARGARD. JA SIĘ NIE ŚCIGAM	M2 30-39	116	00:01:01	00:29:18	00:57:17.40	00:58:18.65	+00:21:04 (36.8%)	5:43	10.5 (63.3%)
117	PAWŁASZEK Lech	298		M2 30-39	117	00:00:55	00:28:00	00:57:17.70	00:58:12.80	+00:21:04 (36.8%)	5:43	10.5 (63.3%)
118	SZCZEPANIAK Marcin	17	XRUNNERS	M2 30-39	118	00:00:35	00:29:11	00:57:17.95	00:57:52.95	+00:21:04 (36.8%)	5:43	10.5 (63.3%)
119	TARNOWSKI Tomasz	503	HUSARIA RACE TEAM	M2 30-39	119	00:00:38	00:27:42	00:57:41.15	00:58:19.15	+00:21:28 (37.2%)	5:46	10.4 (62.7%)
120	BIRULA Michał	759	XRUNNERS	M2 30-39	120	00:00:35	00:27:51	00:57:41.55	00:58:16.95	+00:21:28 (37.2%)	5:46	10.4 (62.7%)
121	OBROCKI Adrian	893		M2 30-39	121	00:00:20	00:27:44	00:57:50.70	00:58:11.05	+00:21:37 (37.4%)	5:47	10.4 (62.7%)
122	MISIAK Artur	119	BYLEBY DO PRZODU	M2 30-39	122	00:00:25	00:28:13	00:57:52.95	00:58:17.95	+00:21:39 (37.4%)	5:47	10.4 (62.7%)
123	LIPSKI Łukasz	520	BIEGOHOLLICA	M2 30-39	123	00:00:40	00:29:28	00:57:53.00	00:58:33.90	+00:21:39 (37.4%)	5:47	10.4 (62.7%)
124	KAMIŃSKI Kamil	653	17 WBZ	M2 30-39	124	00:00:11	00:28:45	00:57:57.75	00:58:08.85	+00:21:44 (37.5%)	5:47	10.4 (62.7%)
125	NASKRĘT Darek	2		M2 30-39	125	00:00:53	00:29:32	00:58:01.90	00:58:55.85	+00:21:48 (37.6%)	5:48	10.3 (62.0%)
126	RUTKOWSKI Tomasz	340	PUSZCZYK BUKOWY	M2 30-39	126	00:00:15	00:28:44	00:58:08.10	00:58:23.75	+00:21:55 (37.7%)	5:48	10.3 (62.0%)
127	KRUBER Piotr	519		M2 30-39	127	00:00:21	00:28:48	00:58:11.55	00:58:33.15	+00:21:58 (37.8%)	5:49	10.3 (62.0%)
128	BĘGOWSKI Tomasz	185		M2 30-39	128	00:00:25	00:28:47	00:58:12.50	00:58:38.10	+00:21:59 (37.8%)	5:49	10.3 (62.0%)
129	PLOCH Piotr	616		M2 30-39	129	00:01:07	00:28:59	00:58:13.10	00:59:20.40	+00:22:00 (37.8%)	5:49	10.3 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
130	MACIEJCZYK Piotr	727		M2 30-39	130	00:00:32	00:28:36	00:58:14.45	00:58:46.90	+00:22:01 (37.8%)	5:49	10.3 (62.0%)
131	BURZYŃSKI Zbigniew	331	3KPZMOT/1BPZMOT/12BZ	M2 30-39	131	00:00:13	00:27:41	00:58:14.80	00:58:27.95	+00:22:01 (37.8%)	5:49	10.3 (62.0%)
132	SOWA Krzysztof	701	ZWIEDZANIE PRZEZ BIEGANIE	M2 30-39	132	00:00:19	00:28:20	00:58:15.70	00:58:35.30	+00:22:02 (37.8%)	5:49	10.3 (62.0%)
133	ROSTRYGIN Maciej	263	WKURW_TEAM	M2 30-39	133	00:00:18	00:29:27	00:58:25.60	00:58:43.95	+00:22:12 (38.0%)	5:50	10.3 (62.0%)
134	ANYŻEWSKI Tomek	585	OCR TEAM WŁOCŁAWEK	M2 30-39	134	00:00:28	00:30:19	00:58:29.20	00:58:57.65	+00:22:16 (38.1%)	5:50	10.3 (62.0%)
135	RUTKOWSKI Konrad	591		M2 30-39	135	00:00:19	00:29:05	00:58:35.35	00:58:54.95	+00:22:22 (38.2%)	5:51	10.2 (61.4%)
136	KSYCKI Błażej	132		M2 30-39	136	00:00:12	00:28:43	00:58:52.30	00:59:05.25	+00:22:39 (38.5%)	5:53	10.2 (61.4%)
137	JARCEWSKI Damian	875		M2 30-39	137	00:00:48	00:29:07	00:58:54.55	00:59:42.90	+00:22:41 (38.5%)	5:53	10.2 (61.4%)
138	ODRZYWOLSKI Michał	669	ŻANDARMERIA WOJSKOWA	M2 30-39	138	00:00:18	00:29:30	00:58:56.45	00:59:14.80	+00:22:43 (38.6%)	5:53	10.2 (61.4%)
139	MARCHEWKA Łukasz	460	POŁAPANI TEAM	M2 30-39	139	00:01:05	00:30:49	00:59:00.95	01:00:06.80	+00:22:47 (38.6%)	5:54	10.2 (61.4%)
140	SASAK Michał	437	12BZ	M2 30-39	140	00:01:00	00:30:31	00:59:03.00	01:00:03.15	+00:22:49 (38.7%)	5:54	10.2 (61.4%)
141	LEBIEDZIŃSKI Radek	78	NORDA ACTIVE TEAM	M2 30-39	141	00:00:09	00:29:35	00:59:04.00	00:59:13.20	+00:22:50 (38.7%)	5:54	10.2 (61.4%)
142	WOJTKOWIAK Rafał	884		M2 30-39	142	00:00:23	00:29:54	00:59:05.60	00:59:29.50	+00:22:52 (38.7%)	5:54	10.2 (61.4%)
143	KONOPKA Paweł	51	DALEKO JESZCZE	M2 30-39	143	00:00:33	00:28:36	00:59:08.15	00:59:41.95	+00:22:55 (38.8%)	5:54	10.1 (60.8%)
144	DĘBCZYŃSKI Michał	152	WILD HORSE ZÜRICH	M2 30-39	144	00:00:54	00:29:42	00:59:10.05	01:00:04.60	+00:22:57 (38.8%)	5:55	10.1 (60.8%)
145	HYBIAK Łukasz	202	ORKI Z MAJORKI	M2 30-39	145	00:01:00	00:30:32	00:59:11.55	01:00:12.20	+00:22:58 (38.8%)	5:55	10.1 (60.8%)
146	BAK Sebastian	305	ŁOSOŚ T.E.A.M	M2 30-39	146	00:00:06	00:27:21	00:59:14.55	00:59:20.70	+00:23:01 (38.9%)	5:55	10.1 (60.8%)
147	LESZCZYŃSKI Marcin	554		M2 30-39	147	00:00:19	00:29:06	00:59:29.35	00:59:48.40	+00:23:16 (39.1%)	5:56	10.1 (60.8%)
148	MOŻEJKO Dawid	683	DZIK KOMANDO	M2 30-39	148	00:00:26	00:31:44	00:59:56.60	01:00:22.70	+00:23:43 (39.6%)	5:59	10 (60.2%)
149	KUPCZYK Przemysław	54	DZIK KOMANDO	M2 30-39	149	00:00:22	00:28:44	01:00:00.30	01:00:22.70	+00:23:47 (39.6%)	6:00	10 (60.2%)
150	ŻERKO Marcin	564		M2 30-39	150	00:00:39	00:29:23	01:00:02.65	01:00:42.55	+00:23:49 (39.7%)	6:00	10 (60.2%)
151	JASAK Michał	783	X	M2 30-39	151	00:00:50	00:30:00	01:00:05.55	01:00:55.90	+00:23:52 (39.7%)	6:00	10 (60.2%)
152	GAJEK Łukasz	412	WAR-CHLACZKI	M2 30-39	152	00:00:43	00:31:53	01:01:21.20	01:02:04.85	+00:25:08 (41.0%)	6:08	9.8 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
153	BIAZIK Piotr	443	WAR-CHLACZKI	M2 30-39	153	00:00:43	00:31:53	01:01:21.80	01:02:04.95	+00:25:08 (41.0%)	6:08	9.8 (59.0%)
154	SZTURO Marcin	763		M2 30-39	154	00:00:14	00:29:21	01:01:26.90	01:01:41.65	+00:25:13 (41.1%)	6:08	9.8 (59.0%)
155	LANGE Damian	611	TEAM POSEJDONA	M2 30-39	155	00:00:53	00:31:41	01:01:33.60	01:02:27.30	+00:25:20 (41.2%)	6:09	9.7 (58.4%)
156	ŁUCZAK Zbigniew	504	1KPZMOT/3BPZMOT	M2 30-39	156	00:00:29	00:30:29	01:01:56.55	01:02:25.95	+00:25:43 (41.5%)	6:11	9.7 (58.4%)
157	MULARCZYK Krzysztof	707		M2 30-39	157	00:00:22	00:30:01	01:01:57.00	01:02:19.35	+00:25:43 (41.5%)	6:11	9.7 (58.4%)
158	JANUS Grzegorz	288		M2 30-39	158	00:00:26	00:31:01	01:02:06.50	01:02:33.15	+00:25:53 (41.7%)	6:12	9.7 (58.4%)
159	CICHOSZ Michał	857		M2 30-39	159	00:01:10	00:31:49	01:02:27.80	01:03:37.95	+00:26:14 (42.0%)	6:14	9.6 (57.8%)
160	SITEK Alfred	26	SKB DZIK	M2 30-39	160	00:00:50	00:30:26	01:02:42.95	01:03:33.30	+00:26:29 (42.3%)	6:16	9.6 (57.8%)
161	LOKOCZ Rafał	590	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	161	00:00:18	00:30:12	01:02:44.10	01:03:02.35	+00:26:31 (42.3%)	6:16	9.6 (57.8%)
162	KAMIONKA Andrzej	723		M2 30-39	162	00:00:39	00:30:39	01:02:56.05	01:03:35.05	+00:26:43 (42.5%)	6:17	9.5 (57.2%)
163	BARTOSZEK Michał	580	OCR TEAM WŁOCŁAWEK	M2 30-39	163	00:00:31	00:31:34	01:02:57.95	01:03:29.15	+00:26:44 (42.5%)	6:17	9.5 (57.2%)
164	CIEMCIOCH Pawel	41		M2 30-39	164	00:00:23	00:30:43	01:03:03.95	01:03:27.10	+00:26:50 (42.6%)	6:18	9.5 (57.2%)
165	WYCIECHOWSKI Norbert	586	OCR TEAM WŁOCŁAWEK	M2 30-39	165	00:00:40	00:31:17	01:03:17.95	01:03:58.40	+00:27:04 (42.8%)	6:19	9.5 (57.2%)
166	ZDUNEK Piotr	682		M2 30-39	166	00:00:31	00:30:29	01:03:18.10	01:03:49.10	+00:27:05 (42.8%)	6:19	9.5 (57.2%)
167	WEGLINSKI Radosław	819	OŻW SZCZECIN	M2 30-39	167	00:00:17	00:31:02	01:03:34.85	01:03:52.60	+00:27:21 (43.0%)	6:21	9.4 (56.6%)
168	PAWLICKI Bartosz	104		M2 30-39	168	00:00:46	00:32:15	01:03:43.40	01:04:30.20	+00:27:30 (43.2%)	6:22	9.4 (56.6%)
169	SKOWYRA Arkadiusz	422	RUNGRYF GRYFICE	M2 30-39	169	00:00:07	00:24:10	01:03:47.10	01:03:54.15	+00:27:34 (43.2%)	6:22	9.4 (56.6%)
170	LEWICKI Kamil	670	POŁAPANI TEAM	M2 30-39	170	00:00:51	00:31:47	01:03:52.55	01:04:44.30	+00:27:39 (43.3%)	6:23	9.4 (56.6%)
171	JACHIRA Krzysztof	722	GRYF TEAM	M2 30-39	171	00:00:45	00:31:08	01:04:04.10	01:04:49.30	+00:27:51 (43.5%)	6:24	9.4 (56.6%)
172	NARKUN Maciej	480		M2 30-39	172	00:00:11	00:29:30	01:04:12.50	01:04:23.90	+00:27:59 (43.6%)	6:25	9.3 (56.0%)
173	GUMOWSKI Daniel	352		M2 30-39	173	00:00:30	00:31:10	01:04:35.75	01:05:06.05	+00:28:22 (43.9%)	6:27	9.3 (56.0%)
174	HARNER Jacek	244	PANDA I BANDA	M2 30-39	174	00:01:04	00:32:52	01:04:36.70	01:05:41.60	+00:28:23 (43.9%)	6:27	9.3 (56.0%)
175	KOZAK Mirosław	409		M2 30-39	175	00:00:20	00:30:39	01:04:59.80	01:05:20.30	+00:28:46 (44.3%)	6:30	9.2 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
176	ŻUROWSKI Leszek	489	ŻURKI	M2 30-39	176	00:00:22	00:27:46	01:05:04.75	01:05:27.40	+00:28:51 (44.3%)	6:30	9.2 (55.4%)
177	GRUDOWSKI Konrad	631	AKTYWNE PRAWOBRZEŻE	M2 30-39	177	00:00:03	00:31:23	01:05:06.10	01:05:09.95	+00:28:53 (44.4%)	6:30	9.2 (55.4%)
178	ZATOŃ Łukasz	200	BYLE DO METY	M2 30-39	178	00:00:41	00:32:17	01:05:21.15	01:06:02.55	+00:29:08 (44.6%)	6:32	9.2 (55.4%)
179	KARASIEWICZ Łukasz	97		M2 30-39	179	00:00:18	00:31:21	01:05:21.90	01:05:40.60	+00:29:08 (44.6%)	6:32	9.2 (55.4%)
180	ULATOWSKI Tomasz	109		M2 30-39	180	00:00:43	00:32:12	01:05:22.00	01:06:05.60	+00:29:08 (44.6%)	6:32	9.2 (55.4%)
181	WOSIAK Paweł	453	FSD RUN DREZDENKO	M2 30-39	181	00:00:47	00:32:35	01:05:22.55	01:06:09.90	+00:29:09 (44.6%)	6:32	9.2 (55.4%)
182	JANCZAREK Rafał	126		M2 30-39	182	00:00:46	00:31:31	01:05:25.75	01:06:12.40	+00:29:12 (44.6%)	6:32	9.2 (55.4%)
183	SOKOŁOWSKI Michał	160	MUD GOATS	M2 30-39	183	00:00:55	00:32:41	01:05:56.45	01:06:52.15	+00:29:43 (45.1%)	6:35	9.1 (54.8%)
184	KOSMAŁSKI Jarosław	524	SKS HUSARIA	M2 30-39	184	00:00:28	00:32:16	01:06:24.75	01:06:53.20	+00:30:11 (45.5%)	6:38	9 (54.2%)
185	KAMINSKI Rafal	15		M2 30-39	185	00:00:55	00:32:34	01:06:31.35	01:07:27.05	+00:30:18 (45.6%)	6:39	9 (54.2%)
186	WOJSZCZYK Michał	58	BRIDGESTONE STARGARD RUNNERS	M2 30-39	186	00:00:28	00:27:02	01:06:52.65	01:07:21.25	+00:30:39 (45.8%)	6:41	9 (54.2%)
187	MACHOLA Bartłomiej	702	1981	M2 30-39	187	00:00:34	00:32:23	01:07:03.50	01:07:38.15	+00:30:50 (46.0%)	6:42	8.9 (53.6%)
188	KOTWICKI Mariusz	426		M2 30-39	188	00:00:32	00:33:06	01:07:50.35	01:08:22.50	+00:31:37 (46.6%)	6:47	8.8 (53.0%)
189	FRĄCKOWIAK Rafał	862		M2 30-39	189	00:01:01	00:34:32	01:08:13.85	01:09:15.75	+00:32:00 (46.9%)	6:49	8.8 (53.0%)
190	PASEK Rafał	600	DZIKUSEK	M2 30-39	190	00:00:25	00:33:20	01:08:30.70	01:08:55.80	+00:32:17 (47.1%)	6:51	8.8 (53.0%)
191	TURCZYŃSKI Marcin	930		M2 30-39	191	00:00:18	00:32:11	01:08:43.25	01:09:01.60	+00:32:30 (47.3%)	6:52	8.7 (52.4%)
192	KLIMEK Krzysztof	122		M2 30-39	192	00:00:38	00:33:43	01:09:19.15	01:09:57.15	+00:33:06 (47.8%)	6:55	8.7 (52.4%)
193	MALEC Kamil	525	PDC	M2 30-39	193	00:00:31	00:33:33	01:09:58.05	01:10:29.85	+00:33:45 (48.2%)	6:59	8.6 (51.8%)
194	SKONECZNY Przemysław	286		M2 30-39	194	00:00:58	00:33:54	01:10:04.00	01:11:02.75	+00:33:50 (48.3%)	7:00	8.6 (51.8%)
195	WILCZYŃSKI Grzegorz	406		M2 30-39	195	00:00:39	00:34:56	01:10:52.35	01:11:32.15	+00:34:39 (48.9%)	7:05	8.5 (51.2%)
196	SIDORCZUK Tomasz	270	KLUB BIEGAJACYCH LEŚNIKÓW	M2 30-39	196	00:01:03	00:34:35	01:10:55.75	01:11:59.40	+00:34:42 (48.9%)	7:05	8.5 (51.2%)
197	NOWOTNIK Wojciech	944		M2 30-39	197	00:00:31	00:33:49	01:10:56.20	01:11:27.45	+00:34:43 (48.9%)	7:05	8.5 (51.2%)
198	CUPRYJAK Sebastian	262		M2 30-39	198	00:00:58	00:32:41	01:11:21.95	01:12:20.90	+00:35:08 (49.3%)	7:08	8.4 (50.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
199	WIERZBA Piotr	641	KOBIECE BIEGANIE	M2 30-39	199	00:00:54	00:35:45	01:11:34.15	01:12:28.45	+00:35:21 (49.4%)	7:09	8.4 (50.6%)
200	SARAMAK Paweł	162	MAGNOLIA GABINETY DENTYSTYCZNE	M2 30-39	200	00:00:38	00:35:43	01:11:43.95	01:12:22.10	+00:35:30 (49.5%)	7:10	8.4 (50.6%)
201	WROŃSKI Julian	625	STARGARD JA SIĘ NIE ŚCIGAM	M2 30-39	201	00:01:03	00:36:05	01:12:16.35	01:13:20.20	+00:36:03 (49.9%)	7:13	8.3 (50.0%)
202	CIEPIELA Przemysław	577		M2 30-39	202	00:00:22	00:34:29	01:12:30.65	01:12:53.60	+00:36:17 (50.1%)	7:15	8.3 (50.0%)
203	MADEJ Krzysztof	637		M2 30-39	203	00:00:37	00:35:33	01:13:34.50	01:14:12.15	+00:37:21 (50.8%)	7:21	8.2 (49.4%)
204	BOBROWICZ Jakub	116	T.CH. SZCZECIN	M2 30-39	204	00:01:15	00:36:18	01:13:57.50	01:15:13.20	+00:37:44 (51.0%)	7:23	8.1 (48.8%)
205	SZULC Marcin	613		M2 30-39	205	00:00:12	00:37:06	01:14:20.20	01:14:32.35	+00:38:07 (51.3%)	7:26	8.1 (48.8%)
206	SOSKA Jacek	427		M2 30-39	206	00:00:59	00:36:41	01:14:47.75	01:15:46.90	+00:38:34 (51.6%)	7:28	8 (48.2%)
207	CYBULSKI Michał	663	PANDA I BANDA	M2 30-39	207	00:01:07	00:36:58	01:15:25.05	01:16:32.25	+00:39:12 (52.0%)	7:32	8 (48.2%)
208	KOWNACKI Bartosz	213	AT-TRZEBIATÓW	M2 30-39	208	00:00:46	00:35:31	01:16:32.40	01:17:18.65	+00:40:19 (52.7%)	7:39	7.8 (47.0%)
209	BEJM Łukasz	557		M2 30-39	209	00:01:08	00:36:06	01:16:42.40	01:17:51.05	+00:40:29 (52.8%)	7:40	7.8 (47.0%)
210	SAWULAK Wiktor	558		M2 30-39	210	00:01:08	00:36:06	01:16:42.50	01:17:50.75	+00:40:29 (52.8%)	7:40	7.8 (47.0%)
211	KRZYSZTOFOWICZ Karol	451		M2 30-39	211	00:01:10	00:41:36	01:17:08.15	01:18:18.40	+00:40:55 (53.0%)	7:42	7.8 (47.0%)
212	CAŁY Przemek	597	KOBIECE BIEGANIE	M2 30-39	212	00:00:52	00:37:22	01:17:19.85	01:18:12.55	+00:41:06 (53.2%)	7:44	7.8 (47.0%)
213	SOLECKI Sylwester	469		M2 30-39	213	00:01:10	00:49:10	01:22:25.05	01:23:35.85	+00:46:12 (56.1%)	8:14	7.3 (44.0%)

Znaleziono 213 wynik(ów)