



VIII BIEG SZLAKIEM DZIKA

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie:

Organizator:

Data:

Miejsce:

Dystans:

Dziki Weekend 2018

Stowarzyszenie Klub Biegowy Dzik

2018-08-18

Police

10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Open M

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	PELO Artur	798	7 BRYGADA OBRONY WYBRZEŻA SLUPSK	M3 40-49	1	00:00:02	00:17:06	00:34:38.15	00:34:40.60		3:27	17.3 (100%)
2	WÓJCIK Rafał	170	SKB DZIK POLICE	M3 40-49	2	00:00:02	00:17:30	00:35:44.95	00:35:47.85	+00:01:06 (3.1%)	3:34	16.8 (97.1%)
3	BIENIEK Kamil	870	PRZECIW MYŚLIWYM	M2 30-39	1	00:00:02	00:17:48	00:36:13.05	00:36:15.65	+00:01:34 (4.4%)	3:37	16.6 (96.0%)
4	ZAWISTOWSKI Krzysztof	886	KP PSP PIŁA	M1 16-29	1	00:00:03	00:18:05	00:36:21.80	00:36:25.05	+00:01:43 (4.8%)	3:38	16.5 (95.4%)
5	PAWLIŃSKI Piotr	904	GRUPA AZOTY POLICE	M2 30-39	2	00:00:02	00:18:14	00:36:39.80	00:36:42.55	+00:02:01 (5.5%)	3:40	16.4 (94.8%)
6	POGOCKI Seweryn	795	KW PSP ŁÓDŹ	M2 30-39	3	00:00:03	00:18:14	00:37:06.65	00:37:09.70	+00:02:28 (6.7%)	3:42	16.2 (93.6%)
7	SIECZKOWSKI Michał	873	KB PIONIER SZCZECIN	M2 30-39	4	00:00:03	00:18:19	00:37:13.85	00:37:17.35	+00:02:35 (7.0%)	3:43	16.1 (93.1%)
8	SOWAŁA Wojciech	796	KW PSP ŁÓDŹ	M2 30-39	5	00:00:03	00:18:39	00:37:39.50	00:37:42.55	+00:03:01 (8.0%)	3:45	15.9 (91.9%)
9	BURDKA Piotr	800	KW PSP ŁÓDŹ	M3 40-49	3	00:00:03	00:18:35	00:37:46.85	00:37:49.90	+00:03:08 (8.3%)	3:46	15.9 (91.9%)
10	MACIASZEK Grzegorz	797	KW PSP ŁÓDŹ	M3 40-49	4	00:00:02	00:18:44	00:38:04.05	00:38:07.00	+00:03:25 (9.0%)	3:48	15.8 (91.3%)
11	WASZAK Krzysztof	361		M1 16-29	2	00:00:04	00:19:06	00:38:08.75	00:38:13.25	+00:03:30 (9.2%)	3:48	15.7 (90.8%)
12	BARAŃSKI Przemysław	928	KMPSP SZCZECIN/MLUKS TRZEBIATÓW	M1 16-29	3	00:00:02	00:18:59	00:38:38.15	00:38:40.30	+00:04:00 (10.4%)	3:51	15.5 (89.6%)
13	POKRZYWIŃSKI Zbigniew	667	BBL POLICE	M2 30-39	6	00:00:02	00:18:48	00:38:40.45	00:38:42.60	+00:04:02 (10.4%)	3:52	15.5 (89.6%)
14	POKRZYWIŃSKI Krzysztof	878	BBL POLICE	M4 50-59	1	00:00:02	00:19:09	00:38:42.30	00:38:45.15	+00:04:04 (10.5%)	3:52	15.5 (89.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	PRZĘKOPOWICZ Bartosz	782	102. BATALION OCHRONY	M1 16-29	4	00:00:03	00:19:11	00:39:10.05	00:39:13.20	+00:04:31 (11.6%)	3:55	15.3 (88.4%)
16	GREGULA Wojt	777	STRAŻ POŻARNA	M2 30-39	7	00:00:04	00:19:26	00:39:15.65	00:39:19.65	+00:04:37 (11.8%)	3:55	15.3 (88.4%)
17	PLESNER Krzysztof	856	KMPSP SZCZECIN	M2 30-39	8	00:00:03	00:20:00	00:41:00.05	00:41:03.20	+00:06:21 (15.5%)	4:06	14.6 (84.4%)
18	USTIANOWSKI Przemysław	760	12 BZ	M3 40-49	5	00:00:03	00:20:41	00:41:26.00	00:41:29.80	+00:06:47 (16.4%)	4:08	14.5 (83.8%)
19	GÓRNIAK Przemysław	172	12 BRYGADA ZMECHANIZOWANA	M1 16-29	5	00:00:03	00:20:17	00:41:37.40	00:41:40.85	+00:06:59 (16.8%)	4:09	14.4 (83.2%)
20	ZYGMUNT Tomasz	859	ŻW SZCZECIN	M3 40-49	6	00:00:04	00:20:43	00:41:43.05	00:41:47.95	+00:07:04 (17.0%)	4:10	14.4 (83.2%)
21	ŻYWICKI Janusz	876	KB PIONIER SZCZECIN	M4 50-59	2	00:00:04	00:20:33	00:42:17.70	00:42:21.70	+00:07:39 (18.1%)	4:13	14.2 (82.1%)
22	WYGLĄDAŁA Bartosz	885	MOŻW	M2 30-39	9	00:00:04	00:21:01	00:42:21.30	00:42:25.75	+00:07:43 (18.2%)	4:14	14.2 (82.1%)
23	RUDZIŃSKI Jakub	570	KW PSP SZCZECIN	M1 16-29	6	00:00:03	00:20:42	00:42:26.90	00:42:30.60	+00:07:48 (18.4%)	4:14	14.1 (81.5%)
24	SKORSKI Lukasz	552		M2 30-39	10	00:00:02	00:20:47	00:42:31.60	00:42:34.15	+00:07:53 (18.6%)	4:15	14.1 (81.5%)
25	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	+00:08:00 (18.8%)	4:15	14.1 (81.5%)
26	SZCZEPANIAK Paweł	86	MUD GOATS	M1 16-29	7	00:00:05	00:21:12	00:42:47.10	00:42:52.30	+00:08:08 (19.0%)	4:16	14 (80.9%)
27	RUDZIŃSKI Jacek	171	KW PSP SZCZECIN	M3 40-49	7	00:00:04	00:20:54	00:42:51.65	00:42:55.95	+00:08:13 (19.2%)	4:17	14 (80.9%)
28	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	+00:08:17 (19.3%)	4:17	14 (80.9%)
29	CHUDAŃSKI Hubert	642	SP PSP BYDGOSZCZ	M2 30-39	13	00:00:06	00:21:15	00:43:01.75	00:43:08.25	+00:08:23 (19.5%)	4:18	13.9 (80.3%)
30	TOPOREK Przemysław	713	DLL PARTNERS	M2 30-39	14	00:00:20	00:21:26	00:43:02.90	00:43:23.15	+00:08:24 (19.5%)	4:18	13.9 (80.3%)
31	PAWŁOWSKI Kamil	601	OCR TEAM WŁOCŁAWEK	M1 16-29	8	00:00:00	00:21:31	00:43:32.35	00:43:32.35	+00:08:54 (20.4%)	4:21	13.8 (79.8%)
32	BEBŁO Patryk	619		M1 16-29	9	00:00:06	00:21:49	00:43:33.50	00:43:39.80	+00:08:55 (20.5%)	4:21	13.8 (79.8%)
33	PLUTA Grzegorz	845	KB HERMES GRYFINO	M4 50-59	3	00:00:03	00:21:22	00:43:58.15	00:44:01.20	+00:09:20 (21.2%)	4:23	13.6 (78.6%)
34	KOTARSKI Wiesław	905	GRUPA AZOTY POLICE	M5 60+	1	00:00:02	00:21:26	00:44:04.00	00:44:06.90	+00:09:25 (21.4%)	4:24	13.6 (78.6%)
35	ZGUTKA Tomasz	192	HUSARIA RACE TEAM	M3 40-49	8	00:00:38	00:21:36	00:44:05.35	00:44:43.35	+00:09:27 (21.4%)	4:24	13.6 (78.6%)
36	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	+00:09:37 (21.7%)	4:25	13.6 (78.6%)
37	KACZMAREK Maciej	739	BROS TEAM	M1 16-29	10	00:00:05	00:21:39	00:44:25.15	00:44:30.50	+00:09:47 (22.0%)	4:26	13.5 (78.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
38	WRÓBLEWSKI Michał	479	GRA RUNNERS	M2 30-39	16	00:00:03	00:21:37	00:44:32.60	00:44:36.40	+00:09:54 (22.2%)	4:27	13.5 (78.0%)
39	OKIENCZUK Radek	749		M2 30-39	17	00:00:03	00:21:56	00:44:33.60	00:44:36.85	+00:09:55 (22.3%)	4:27	13.5 (78.0%)
40	JASTAK Paweł	40		M2 30-39	18	00:00:07	00:22:23	00:44:35.30	00:44:42.65	+00:09:57 (22.3%)	4:27	13.5 (78.0%)
41	BABICZ Wojtek	420	BRIDGESTONE STARGARD RUNNERS	M2 30-39	19	00:00:04	00:22:03	00:44:41.00	00:44:45.60	+00:10:02 (22.5%)	4:28	13.4 (77.5%)
42	KRÓL Kamil	53	SOCIOS SILESIA	M1 16-29	11	00:00:03	00:22:09	00:44:43.75	00:44:47.30	+00:10:05 (22.6%)	4:28	13.4 (77.5%)
43	TYSZCZUK Maciej	898	KASKADA SZCZECIN RUGBY KLUB	M1 16-29	12	00:00:44	00:22:27	00:44:46.80	00:45:31.55	+00:10:08 (22.7%)	4:28	13.4 (77.5%)
44	PORZYCH Zbigniew	346	CALIBRA TIM	M2 30-39	20	00:00:07	00:22:04	00:44:50.10	00:44:57.45	+00:10:11 (22.7%)	4:29	13.4 (77.5%)
45	TWARDOWSKI Michał	942	XRUNNERS	M2 30-39	21	00:00:05	00:21:54	00:44:50.70	00:44:55.80	+00:10:12 (22.8%)	4:29	13.4 (77.5%)
46	LIPERTOWICZ Sebastian	595	LOVELASY	M2 30-39	22	00:00:04	00:22:04	00:44:52.90	00:44:56.90	+00:10:14 (22.8%)	4:29	13.4 (77.5%)
47	ROGAŁSKI Marcin	836	VOCALIS SZCZECIN	M4 50-59	4	00:00:05	00:22:05	00:44:54.05	00:44:59.45	+00:10:15 (22.9%)	4:29	13.4 (77.5%)
48	PRZYBYSZ Adrian	741	SKB DZIK	M1 16-29	13	00:00:03	00:21:34	00:44:58.45	00:45:01.60	+00:10:20 (23.0%)	4:29	13.3 (76.9%)
49	MALEC Mariusz	69	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M3 40-49	9	00:00:08	00:22:05	00:45:01.30	00:45:10.25	+00:10:23 (23.1%)	4:30	13.3 (76.9%)
50	WIĘCKO Jacek	922	15GBZ	M3 40-49	10	00:00:00	00:22:15	00:45:04.35	00:45:04.35	+00:10:26 (23.2%)	4:30	13.3 (76.9%)
51	SAWICKI Bartosz	358	DZIKIE DZIKI GORZÓW	M1 16-29	14	00:00:05	00:22:40	00:45:06.75	00:45:12.45	+00:10:28 (23.2%)	4:30	13.3 (76.9%)
52	MILEJSKI Paweł	349		M2 30-39	23	00:00:09	00:22:31	00:45:07.85	00:45:17.05	+00:10:29 (23.3%)	4:30	13.3 (76.9%)
53	RYBACKI Roman	411	WAR-CHLACZKI	M2 30-39	24	00:00:13	00:22:54	00:45:21.55	00:45:34.80	+00:10:43 (23.6%)	4:32	13.2 (76.3%)
54	GARBACIAK Przemysław	676	MAUPOLAND	M2 30-39	25	00:00:38	00:22:18	00:45:22.80	00:46:01.65	+00:10:44 (23.7%)	4:32	13.2 (76.3%)
55	PŁUCIENIK Jakub	921		M1 16-29	15	00:00:09	00:22:38	00:45:22.95	00:45:32.45	+00:10:44 (23.7%)	4:32	13.2 (76.3%)
56	KIDA Rafał	319	SOKOŁÓW TEAM	M3 40-49	11	00:00:04	00:22:25	00:45:27.35	00:45:31.85	+00:10:49 (23.8%)	4:32	13.2 (76.3%)
57	MORGIEWICZ Piotr	278	RUNGRYF GRYFICE	M4 50-59	5	00:00:06	00:22:27	00:45:39.75	00:45:46.30	+00:11:01 (24.1%)	4:34	13.1 (75.7%)
58	CHLASTA Jacek	803		M2 30-39	26	00:00:07	00:22:50	00:45:40.10	00:45:47.15	+00:11:01 (24.2%)	4:34	13.1 (75.7%)
59	ŚWIĆ Miłosz	455	DZIK KOMANDO	M2 30-39	27	00:00:15	00:22:58	00:45:57.55	00:46:12.60	+00:11:19 (24.6%)	4:35	13.1 (75.7%)
60	OPIELA Arkadiusz	423		M1 16-29	16	00:00:14	00:23:02	00:45:58.85	00:46:13.75	+00:11:20 (24.7%)	4:35	13 (75.1%)

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61	STEFAŃCZYK Przemysław	238		M3 40-49	12	00:00:05	00:22:57	00:46:04.20	00:46:10.15	+00:11:26 (24.8%)	4:36	13 (75.1%)
62	DEC Dominik	318	SOKOŁÓW TEAM	M1 16-29	17	00:00:05	00:22:50	00:46:04.85	00:46:10.70	+00:11:26 (24.8%)	4:36	13 (75.1%)
63	SIEDLER Martin	302	SV DONSBRUGGEN	M2 30-39	28	00:00:23	00:22:42	00:46:05.90	00:46:29.30	+00:11:27 (24.9%)	4:36	13 (75.1%)
64	KRZACZKOWSKI Łukasz	716		M2 30-39	29	00:00:04	00:22:35	00:46:15.25	00:46:19.35	+00:11:37 (25.1%)	4:37	13 (75.1%)
65	PRABUCKI Jarek	251	UKŁ ÓSEMKA POLICE	M3 40-49	13	00:00:05	00:22:04	00:46:17.10	00:46:22.30	+00:11:38 (25.2%)	4:37	13 (75.1%)
66	DZIEDZIC Paweł	575		M1 16-29	18	00:00:07	00:22:45	00:46:22.15	00:46:30.00	+00:11:44 (25.3%)	4:38	12.9 (74.6%)
67	DUSZA Robert	153		M2 30-39	30	00:00:13	00:22:54	00:46:23.80	00:46:36.95	+00:11:45 (25.3%)	4:38	12.9 (74.6%)
68	GAWLIK Wojciech	394	IWSP SZ	M2 30-39	31	00:00:10	00:23:32	00:46:24.55	00:46:35.15	+00:11:46 (25.4%)	4:38	12.9 (74.6%)
69	PRZYBYSZ Marcin	90		M2 30-39	32	00:00:10	00:22:46	00:46:24.75	00:46:35.15	+00:11:46 (25.4%)	4:38	12.9 (74.6%)
70	KOŁODZIŃSKI Paweł	747	DZIKIE DZIKI GORZÓW	M2 30-39	33	00:00:06	00:22:47	00:46:25.70	00:46:31.90	+00:11:47 (25.4%)	4:38	12.9 (74.6%)
71	LASEK Jakub	750	CHICKS&SPORT TEAM	M1 16-29	19	00:00:03	00:22:12	00:46:26.20	00:46:30.00	+00:11:48 (25.4%)	4:38	12.9 (74.6%)
72	WARCHAŁOWSKI Arkadiusz	304		M3 40-49	14	00:00:22	00:23:06	00:46:30.70	00:46:52.85	+00:11:52 (25.5%)	4:39	12.9 (74.6%)
72	DĄBROSZ Łukasz	872		M2 30-39	34	00:00:10	00:23:16	00:46:30.70	00:46:41.55	+00:11:52 (25.5%)	4:39	12.9 (74.6%)
74	KWIATKOWSKI Kajetan	47	BIGYELLOWFOOT ADVENTURE TEAM	M2 30-39	35	00:00:12	00:22:37	00:46:36.15	00:46:48.40	+00:11:58 (25.7%)	4:39	12.9 (74.6%)
75	NOWAK Jakub	806		M1 16-29	20	00:00:10	00:23:00	00:46:36.95	00:46:47.65	+00:11:58 (25.7%)	4:39	12.9 (74.6%)
76	GIZICKI Tomasz	729	KP PSP POLICE	M1 16-29	21	00:00:23	00:23:07	00:46:38.35	00:47:01.40	+00:12:00 (25.7%)	4:39	12.9 (74.6%)
77	BACIOR Tomasz	398		M2 30-39	36	00:00:05	00:23:24	00:46:43.95	00:46:49.05	+00:12:05 (25.9%)	4:40	12.8 (74.0%)
78	POCIERZNICKI Rafał	384	3KPZMOT/1BPZMOT	M2 30-39	37	00:00:12	00:23:06	00:46:44.10	00:46:56.25	+00:12:05 (25.9%)	4:40	12.8 (74.0%)
79	JANKOWSKI Rafał	881	MOŻW	M3 40-49	15	00:00:18	00:23:20	00:46:48.45	00:47:07.25	+00:12:10 (26.0%)	4:40	12.8 (74.0%)
80	ADAMCZYK Paweł	823		M2 30-39	38	00:00:16	00:24:02	00:47:03.85	00:47:20.05	+00:12:25 (26.4%)	4:42	12.7 (73.4%)
81	MICHALAK Michał	693	OSŻW MIŃSK MAZOWIECKI	M3 40-49	16	00:00:14	00:23:09	00:47:04.75	00:47:18.85	+00:12:26 (26.4%)	4:42	12.7 (73.4%)
82	KONEFAŁ Piotr	521		M1 16-29	22	00:00:08	00:23:14	00:47:10.00	00:47:18.65	+00:12:31 (26.6%)	4:43	12.7 (73.4%)
83	MYŚLICKI Rafał	623		M1 16-29	23	00:00:23	00:23:36	00:47:13.95	00:47:37.70	+00:12:35 (26.7%)	4:43	12.7 (73.4%)

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84	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	+00:13:00 (27.3%)	4:45	12.6 (72.8%)
85	SZCZUKO Karol	347		M2 30-39	40	00:00:07	00:23:21	00:47:39.10	00:47:46.15	+00:13:00 (27.3%)	4:45	12.6 (72.8%)
86	GOŁĘBIEWSKI Tomasz	584	PARUNMEDIC	M2 30-39	41	00:00:04	00:23:17	00:47:44.40	00:47:48.70	+00:13:06 (27.4%)	4:46	12.6 (72.8%)
87	PRUSEK Mateusz	75	AKTYWNE CHOSZCZNO	M1 16-29	24	00:00:10	00:24:02	00:47:45.85	00:47:55.95	+00:13:07 (27.5%)	4:46	12.6 (72.8%)
88	OLEJNICZAK Konrad	397	RUNNER SZCZECIN TEAM	M3 40-49	17	00:00:22	00:23:43	00:47:46.55	00:48:09.10	+00:13:08 (27.5%)	4:46	12.6 (72.8%)
89	SŁODZIŃSKI Gabriel	205	ŁOSOŚ T.E.A.M	M1 16-29	25	00:00:05	00:24:24	00:47:54.60	00:48:00.25	+00:13:16 (27.7%)	4:47	12.5 (72.3%)
90	BUGAJNY Damian	523	SUPERMARATON KALISZ	M3 40-49	18	00:00:06	00:23:46	00:47:57.10	00:48:03.85	+00:13:18 (27.8%)	4:47	12.5 (72.3%)
91	KOZŁOWSKI Paweł	951	XRUNNERS	M2 30-39	42	00:00:04	00:23:56	00:48:00.60	00:48:05.20	+00:13:22 (27.9%)	4:48	12.5 (72.3%)
92	BRYL Mirosław	718	15 GIŻYCKA BRYGADA ZMECHANIZOWANA	M3 40-49	19	00:00:06	00:24:15	00:48:02.35	00:48:08.55	+00:13:24 (27.9%)	4:48	12.5 (72.3%)
93	PYREK Krzysztof	80	1 RBLOG	M2 30-39	43	00:00:11	00:23:37	00:48:03.95	00:48:15.25	+00:13:25 (27.9%)	4:48	12.5 (72.3%)
94	CHMIELEWSKI Janusz	847	CHMIELEWSKI TEAM-BBL POLICE	M5 60+	2	00:00:04	00:23:53	00:48:05.60	00:48:10.20	+00:13:27 (28.0%)	4:48	12.5 (72.3%)
95	CHARĘZA Marcin	247	ZAWADZKIEGO SZCZECIN	M2 30-39	44	00:00:36	00:23:37	00:48:06.70	00:48:42.80	+00:13:28 (28.0%)	4:48	12.5 (72.3%)
96	GRZELAK Ryszard	644	KB HERMES GRYFINO	M3 40-49	20	00:00:16	00:24:16	00:48:09.60	00:48:25.80	+00:13:31 (28.1%)	4:48	12.5 (72.3%)
97	PAWLAK Bartosz	327	WIECZORNE BIEGANIE W SZCZECINIE	M1 16-29	26	00:00:16	00:24:00	00:48:19.80	00:48:36.70	+00:13:41 (28.3%)	4:50	12.4 (71.7%)
98	ZELEK Dariusz	388		M3 40-49	21	00:00:03	00:23:18	00:48:26.05	00:48:29.45	+00:13:47 (28.5%)	4:50	12.4 (71.7%)
99	ZAWLIK Tomasz	279		M3 40-49	22	00:00:37	00:24:55	00:48:28.20	00:49:06.15	+00:13:50 (28.5%)	4:50	12.4 (71.7%)
100	SAWA Piotr	673	IRON TEAM SZCZECIN	M2 30-39	45	00:00:11	00:24:08	00:48:40.35	00:48:51.75	+00:14:02 (28.8%)	4:52	12.3 (71.1%)
101	PETERSBURSKI Robert	919	BBL POLICE	M3 40-49	23	00:00:12	00:24:34	00:48:50.10	00:49:02.85	+00:14:11 (29.1%)	4:53	12.3 (71.1%)
102	LINKE Rafał	447	SKB DZIK	M2 30-39	46	00:00:31	00:23:54	00:48:50.75	00:49:22.40	+00:14:12 (29.1%)	4:53	12.3 (71.1%)
103	PELC Marek	234		M2 30-39	47	00:00:05	00:24:03	00:48:55.20	00:49:01.00	+00:14:17 (29.2%)	4:53	12.3 (71.1%)
104	WRONDAS Tomasz	900		M1 16-29	27	00:00:11	00:23:30	00:48:58.25	00:49:09.80	+00:14:20 (29.3%)	4:53	12.3 (71.1%)
105	ROSZAK Zbigniew	207	TG SOKÓŁ GNIEWKOWO	M2 30-39	48	00:00:08	00:23:27	00:49:02.95	00:49:11.55	+00:14:24 (29.4%)	4:54	12.2 (70.5%)
106	LIZAKOWSKI Piotr	901	NYHA IV	M3 40-49	24	00:00:21	00:24:24	00:49:06.15	00:49:27.95	+00:14:28 (29.5%)	4:54	12.2 (70.5%)

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	KUŻBIK Jakub	617		M2 30-39	49	00:00:11	00:23:43	00:49:06.35	00:49:18.05	+00:14:28 (29.5%)	4:54	12.2 (70.5%)
108	BĘDKOWSKI Piotr	771		M1 16-29	28	00:00:19	00:24:08	00:49:10.85	00:49:29.85	+00:14:32 (29.6%)	4:55	12.2 (70.5%)
109	ZAKRZEWSKI Grzegorz	454	FSD RUN DREZDENKO	M1 16-29	29	00:00:41	00:26:29	00:49:22.90	00:50:04.25	+00:14:44 (29.9%)	4:56	12.1 (69.9%)
110	JASTRZĘBSKI Daniel	321		M3 40-49	25	00:00:28	00:25:08	00:49:23.55	00:49:51.80	+00:14:45 (29.9%)	4:56	12.1 (69.9%)
111	KUŁAKOWSKI Dawid	436	BIEGOLAS KOSZALIN	M3 40-49	26	00:00:10	00:24:27	00:49:25.85	00:49:35.85	+00:14:47 (29.9%)	4:56	12.1 (69.9%)
112	IWANIEC Dariusz	548	BIEGOLAS KOSZALIN	M3 40-49	27	00:00:09	00:24:28	00:49:26.15	00:49:35.95	+00:14:48 (29.9%)	4:56	12.1 (69.9%)
113	WINKEL Arkadiusz	569		M3 40-49	28	00:00:13	00:24:23	00:49:26.95	00:49:40.80	+00:14:48 (30.0%)	4:56	12.1 (69.9%)
114	SOLIWODA Jacek	467	15 GIŻYCKA BRYGADA ZMECHANIZOWANA	M3 40-49	29	00:00:06	00:24:26	00:49:28.50	00:49:34.95	+00:14:50 (30.0%)	4:56	12.1 (69.9%)
115	WASILEWSKI Andrzej	371		M3 40-49	30	00:00:32	00:24:47	00:49:29.05	00:50:01.30	+00:14:50 (30.0%)	4:56	12.1 (69.9%)
116	KISIEL Łukasz	538		M2 30-39	50	00:00:27	00:24:58	00:49:30.30	00:49:57.55	+00:14:52 (30.0%)	4:57	12.1 (69.9%)
117	ZERZUT Jarosław	93	PUSZCZYK BUKOWY	M4 50-59	6	00:00:26	00:25:05	00:49:31.65	00:49:58.10	+00:14:53 (30.1%)	4:57	12.1 (69.9%)
118	DYDEK Arkadiusz	499	CF PRAWY BRZEG	M1 16-29	30	00:00:05	00:23:15	00:49:32.95	00:49:38.00	+00:14:54 (30.1%)	4:57	12.1 (69.9%)
119	TOMICZAK Krzysztof	323		M3 40-49	31	00:00:15	00:24:43	00:49:38.35	00:49:53.95	+00:15:00 (30.2%)	4:57	12.1 (69.9%)
120	ROZICKI Krzysztof	425	3KPZMOT/1BPZMOT/12BZ	M2 30-39	51	00:00:13	00:24:43	00:49:42.15	00:49:55.95	+00:15:04 (30.3%)	4:58	12.1 (69.9%)
121	MICERSKI Tomasz	419	BIEGOLAS KOSZALIN	M3 40-49	32	00:00:10	00:24:28	00:49:43.10	00:49:53.55	+00:15:04 (30.3%)	4:58	12.1 (69.9%)
122	KRAWCZYK Paweł	296		M1 16-29	31	00:00:16	00:24:55	00:49:44.70	00:50:00.75	+00:15:06 (30.4%)	4:58	12.1 (69.9%)
123	WOŁOSZYN Wojciech	546		M2 30-39	52	00:00:28	00:25:07	00:49:48.10	00:50:16.35	+00:15:09 (30.5%)	4:58	12 (69.4%)
124	GLINKOWSKI Filip	100	FIFNE PYRKI	M1 16-29	32	00:00:34	00:25:34	00:49:53.55	00:50:28.45	+00:15:15 (30.6%)	4:59	12 (69.4%)
125	POMIOTŁO Karol	868	MOŻW	M1 16-29	33	00:00:17	00:23:59	00:50:01.00	00:50:18.05	+00:15:22 (30.8%)	5:00	12 (69.4%)
126	KOŁOMAŃSKI Hubert	434		M2 30-39	53	00:00:29	00:24:44	00:50:02.75	00:50:32.15	+00:15:24 (30.8%)	5:00	12 (69.4%)
127	DZIETCZYK Kamil	813	102. BOCHR	M2 30-39	54	00:00:45	00:25:35	00:50:07.10	00:50:53.00	+00:15:28 (30.9%)	5:00	12 (69.4%)
128	SMĘTEK Michał	572		M1 16-29	34	00:00:27	00:25:14	00:50:15.05	00:50:42.60	+00:15:36 (31.1%)	5:01	11.9 (68.8%)
129	GŁADYSZ Jarosław	435		M2 30-39	55	00:00:15	00:25:07	00:50:19.65	00:50:34.65	+00:15:41 (31.2%)	5:01	11.9 (68.8%)

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	NĘDZUSIAK Dariusz	67	KP PSP ALEKSANDRÓW KUJAWSKI	M4 50-59	7	00:00:10	00:24:39	00:50:20.15	00:50:31.00	+00:15:42 (31.2%)	5:02	11.9 (68.8%)
131	ŻAK Sebastian	537		M2 30-39	56	00:00:28	00:25:09	00:50:35.25	00:51:03.25	+00:15:57 (31.5%)	5:03	11.9 (68.8%)
132	BIEŃKOWSKI Michał	413	DZIK KOMANDO	M2 30-39	57	00:00:26	00:26:10	00:50:41.95	00:51:08.90	+00:16:03 (31.7%)	5:04	11.8 (68.2%)
133	LUDWICZAK Jarosław	260	KOŚCIAN TEAM	M2 30-39	58	00:00:11	00:25:22	00:50:49.60	00:51:00.60	+00:16:11 (31.9%)	5:04	11.8 (68.2%)
134	KNIOŁA Łukasz	44	PIŁA TEAM	M2 30-39	59	00:00:07	00:25:39	00:50:51.35	00:50:58.90	+00:16:13 (31.9%)	5:05	11.8 (68.2%)
135	KACHNIARZ Marcin	773		M2 30-39	60	00:00:15	00:25:07	00:50:55.00	00:51:10.30	+00:16:16 (32.0%)	5:05	11.8 (68.2%)
136	KOPACZ Łukasz	339		M1 16-29	35	00:00:15	00:25:21	00:50:57.65	00:51:12.70	+00:16:19 (32.0%)	5:05	11.8 (68.2%)
137	GRYGORCEWICZ Jan	232	SKB DZIK	M4 50-59	8	00:00:07	00:25:12	00:50:58.80	00:51:06.55	+00:16:20 (32.1%)	5:05	11.8 (68.2%)
138	WÓJCIK Krzysztof	208		M2 30-39	61	00:00:05	00:24:46	00:50:58.90	00:51:04.75	+00:16:20 (32.1%)	5:05	11.8 (68.2%)
139	KORDYS Michał	531	23.BAZA LOTNICTWA TAKTYCZNEGO	M1 16-29	36	00:00:21	00:24:28	00:51:02.45	00:51:24.00	+00:16:24 (32.1%)	5:06	11.8 (68.2%)
140	GOSTOMSKI Miłosz	381		M2 30-39	62	00:00:07	00:24:32	00:51:04.70	00:51:12.55	+00:16:26 (32.2%)	5:06	11.7 (67.6%)
141	BIENIAS Konrad	43		M1 16-29	37	00:00:31	00:26:07	00:51:17.25	00:51:49.05	+00:16:39 (32.5%)	5:07	11.7 (67.6%)
142	WIECZOREK Andrzej	621		M4 50-59	9	00:00:36	00:25:34	00:51:23.00	00:51:59.90	+00:16:44 (32.6%)	5:08	11.7 (67.6%)
143	HAWRYŁAK Marcin	151	SOSW NR 1 DLA DZIECI NIEPEŁNOSPRAWNYCH RUCHOWO W POLICACH	M3 40-49	33	00:00:05	00:24:52	00:51:25.80	00:51:31.20	+00:16:47 (32.7%)	5:08	11.7 (67.6%)
144	KACZMAREK Krzysztof	70	BIEGACZE PÓŁNOCY	M3 40-49	34	00:00:24	00:25:32	00:51:26.80	00:51:51.50	+00:16:48 (32.7%)	5:08	11.7 (67.6%)
145	FELCENLOBEN Robert	180	RAJSPORT ACTIVE	M2 30-39	63	00:00:21	00:25:55	00:51:28.55	00:51:49.65	+00:16:50 (32.7%)	5:08	11.7 (67.6%)
146	KĘDZIELEWSKI Łukasz	299	ZAWADZKIEGO SZCZECIN	M2 30-39	64	00:00:35	00:25:34	00:51:29.55	00:52:04.75	+00:16:51 (32.7%)	5:08	11.7 (67.6%)
147	MASZKIEWICZ Mariusz	890	DZIKI WROCŁAW	M1 16-29	38	00:01:07	00:25:24	00:51:31.90	00:52:39.20	+00:16:53 (32.8%)	5:09	11.6 (67.1%)
148	KUSAK Bartłomiej	704	DZIKI WROCŁAW	M1 16-29	39	00:01:06	00:25:26	00:51:33.05	00:52:39.65	+00:16:54 (32.8%)	5:09	11.6 (67.1%)
149	WIECZOREK Mariusz	68		M3 40-49	35	00:00:45	00:25:36	00:51:36.45	00:52:22.40	+00:16:58 (32.9%)	5:09	11.6 (67.1%)
150	KRUPA Grzegorz	603		M3 40-49	36	00:00:14	00:25:57	00:51:43.60	00:51:58.35	+00:17:05 (33.0%)	5:10	11.6 (67.1%)
151	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	+00:17:05 (33.1%)	5:10	11.6 (67.1%)
152	PASIKOWSKI Kamil	356	SPONTAN SZCZECIN TEAM	M1 16-29	40	00:00:04	00:24:40	00:51:45.30	00:51:49.80	+00:17:07 (33.1%)	5:10	11.6 (67.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
153	OSTOJSKI Ireneusz	824		M3 40-49	37	00:00:06	00:25:33	00:51:45.85	00:51:52.30	+00:17:07 (33.1%)	5:10	11.6 (67.1%)
154	DYMOWSKI Paweł	846		M2 30-39	66	00:00:35	00:26:18	00:51:46.60	00:52:22.25	+00:17:08 (33.1%)	5:10	11.6 (67.1%)
155	ELERT Mariusz	161	PAPRYKARZE	M2 30-39	67	00:00:13	00:25:11	00:52:00.40	00:52:14.00	+00:17:22 (33.4%)	5:12	11.5 (66.5%)
156	HRYCIÓW Daniel	592	RAGNAROK SZCZECIN	M2 30-39	68	00:00:19	00:26:04	00:52:07.55	00:52:27.15	+00:17:29 (33.6%)	5:12	11.5 (66.5%)
157	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	+00:17:31 (33.6%)	5:13	11.5 (66.5%)
158	GRACZYK Grzegorz	769	3BLOG	M2 30-39	70	00:00:28	00:27:03	00:52:10.05	00:52:38.90	+00:17:31 (33.6%)	5:13	11.5 (66.5%)
159	LEWANDOWSKI Piotr	923	SKB DZIK	M2 30-39	71	00:00:57	00:25:48	00:52:19.30	00:53:17.25	+00:17:41 (33.8%)	5:14	11.5 (66.5%)
160	DOBRYCKI Piotr	403	BRIDGESTONE STARGARD RUNNERS	M3 40-49	38	00:00:17	00:25:31	00:52:28.80	00:52:46.25	+00:17:50 (34.0%)	5:14	11.4 (65.9%)
161	MĄDRAWSKI Tomasz	317		M3 40-49	39	00:00:13	00:26:00	00:52:28.85	00:52:42.65	+00:17:50 (34.0%)	5:14	11.4 (65.9%)
162	KACZOR Mariusz	491	WAR-CHLACZKI	M2 30-39	72	00:00:16	00:26:01	00:52:29.20	00:52:45.50	+00:17:51 (34.0%)	5:14	11.4 (65.9%)
163	SZARZEC Przemysław	375	3KPZMOT/1BPZMOT/12BZ	M2 30-39	73	00:00:13	00:25:29	00:52:31.25	00:52:44.55	+00:17:53 (34.1%)	5:15	11.4 (65.9%)
164	LEWANDOWSKI Karol	668	OŻW SZCZECIN	M2 30-39	74	00:00:08	00:24:30	00:52:32.75	00:52:41.15	+00:17:54 (34.1%)	5:15	11.4 (65.9%)
165	CHAŁUPKA Łukasz	843		M2 30-39	75	00:00:13	00:25:32	00:52:35.50	00:52:49.30	+00:17:57 (34.1%)	5:15	11.4 (65.9%)
166	KAJKOWSKI Rafał	545	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	M3 40-49	40	00:00:05	00:25:03	00:52:42.15	00:52:47.75	+00:18:04 (34.3%)	5:16	11.4 (65.9%)
167	KOCZKODAJ Kamil	685		M1 16-29	41	00:00:34	00:26:18	00:52:42.40	00:53:16.80	+00:18:04 (34.3%)	5:16	11.4 (65.9%)
168	DROZD Michał	630	BAR DANCERZ	M1 16-29	42	00:00:47	00:27:24	00:52:43.85	00:53:31.60	+00:18:05 (34.3%)	5:16	11.4 (65.9%)
169	JENDRZEJCZYK Mariusz	438		M2 30-39	76	00:00:10	00:26:09	00:52:46.90	00:52:57.00	+00:18:08 (34.4%)	5:16	11.4 (65.9%)
170	CZACHOWSKI Jarosław	815	102. BOCHR	M3 40-49	41	00:00:48	00:26:32	00:52:49.40	00:53:38.05	+00:18:11 (34.4%)	5:17	11.4 (65.9%)
171	PAŃCZYK Tomasz	167	12 BRYGADA ZMECHANIZOWANA	M2 30-39	77	00:00:13	00:25:28	00:52:50.45	00:53:03.95	+00:18:12 (34.5%)	5:17	11.4 (65.9%)
172	SZESZKOWSKI Tomasz	287		M2 30-39	78	00:01:00	00:25:46	00:52:51.65	00:53:52.55	+00:18:13 (34.5%)	5:17	11.3 (65.3%)
173	PAKUŁA Konrad	357	DZIKIE DZIKI GORZÓW	M2 30-39	79	00:00:03	00:26:02	00:52:55.60	00:52:59.05	+00:18:17 (34.6%)	5:17	11.3 (65.3%)
174	ROGAŁA Adrian	35	BBB	M3 40-49	42	00:00:31	00:26:48	00:52:58.10	00:53:29.20	+00:18:19 (34.6%)	5:17	11.3 (65.3%)
175	KURPIEWSKI Piotr	638		M1 16-29	43	00:00:19	00:25:59	00:52:58.55	00:53:17.85	+00:18:20 (34.6%)	5:17	11.3 (65.3%)

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	QUESADO Paulo	717	DZIKI WROCŁAW	M2 30-39	80	00:01:05	00:26:36	00:53:02.00	00:54:07.50	+00:18:23 (34.7%)	5:18	11.3 (65.3%)
177	MARTUSZEWSKI Ryszard	19		M3 40-49	43	00:00:13	00:25:55	00:53:05.00	00:53:18.30	+00:18:26 (34.8%)	5:18	11.3 (65.3%)
178	ZABROCKI Karol	551	TEAM POSEJDONA	M2 30-39	81	00:00:53	00:27:20	00:53:16.20	00:54:09.95	+00:18:38 (35.0%)	5:19	11.3 (65.3%)
179	HERMANOWICZ Miłosz	341	ZS ZWYROLE	M2 30-39	82	00:04:02	00:26:01	00:53:17.20	00:57:19.20	+00:18:39 (35.0%)	5:19	11.3 (65.3%)
180	SZUSTAK Robert	92	PITUPITU	M3 40-49	44	00:00:07	00:26:42	00:53:20.30	00:53:27.80	+00:18:42 (35.1%)	5:20	11.3 (65.3%)
181	DĄBROWSKI Sławek	168		M3 40-49	45	00:00:42	00:26:58	00:53:28.50	00:54:10.75	+00:18:50 (35.2%)	5:20	11.2 (64.7%)
182	ABRAMOWICZ Tomasz	731	BIEGOHOLLICA	M2 30-39	83	00:00:39	00:26:04	00:53:33.50	00:54:13.40	+00:18:55 (35.3%)	5:21	11.2 (64.7%)
183	ŚLUFIŃSKI Franek	608	OCR TEAM WŁOCŁAWEK	M1 16-29	44	00:00:28	00:27:21	00:53:38.55	00:54:07.35	+00:19:00 (35.4%)	5:21	11.2 (64.7%)
184	DUDKA Robert	536		M1 16-29	45	00:00:37	00:28:03	00:53:41.95	00:54:19.05	+00:19:03 (35.5%)	5:22	11.2 (64.7%)
185	DRESLER Bartosz	687	12BZ/1BPZMOT	M1 16-29	46	00:00:45	00:27:42	00:53:45.70	00:54:31.20	+00:19:07 (35.6%)	5:22	11.2 (64.7%)
186	PIETRUSZKIEWICZ Henryk	401		M3 40-49	46	00:00:29	00:27:11	00:53:51.75	00:54:21.45	+00:19:13 (35.7%)	5:23	11.1 (64.2%)
187	CZYŁKOWSKI Patryk	121		M2 30-39	84	00:00:13	00:25:43	00:53:56.95	00:54:10.75	+00:19:18 (35.8%)	5:23	11.1 (64.2%)
188	SZYNTOR Mateusz	482	GRA RUNNERS	M1 16-29	47	00:00:21	00:26:13	00:53:57.00	00:54:18.95	+00:19:18 (35.8%)	5:23	11.1 (64.2%)
189	SPÓLNIK Paweł	709		M2 30-39	85	00:04:02	00:26:29	00:54:01.50	00:58:03.50	+00:19:23 (35.9%)	5:24	11.1 (64.2%)
190	WAHN Przemysław	222		M2 30-39	86	00:00:38	00:26:59	00:54:02.95	00:54:41.35	+00:19:24 (35.9%)	5:24	11.1 (64.2%)
191	GŁOWACKI Adrian	516	TEAM POSEJDONA	M2 30-39	87	00:00:53	00:27:47	00:54:05.35	00:54:58.90	+00:19:27 (36.0%)	5:24	11.1 (64.2%)
192	JAMRÓZ Wojciech	627		M2 30-39	88	00:00:09	00:26:50	00:54:08.90	00:54:18.85	+00:19:30 (36.0%)	5:24	11.1 (64.2%)
193	SCHERFENBERG Łukasz	348		M2 30-39	89	00:04:02	00:26:25	00:54:16.80	00:58:18.80	+00:19:38 (36.2%)	5:25	11.1 (64.2%)
194	JUCHA Jakub	415		M1 16-29	48	00:00:44	00:26:40	00:54:17.00	00:55:01.70	+00:19:38 (36.2%)	5:25	11.1 (64.2%)
195	CZYŻEWSKI Mateusz	311		M2 30-39	90	00:00:11	00:26:37	00:54:18.20	00:54:29.85	+00:19:40 (36.2%)	5:25	11 (63.6%)
196	CHEŁMINIAK Sławomir	13	BIEGAM SOBIE	M2 30-39	91	00:00:42	00:27:22	00:54:19.60	00:55:02.15	+00:19:41 (36.2%)	5:26	11 (63.6%)
197	KUBIK Mateusz	858		M2 30-39	92	00:00:29	00:26:59	00:54:23.00	00:54:52.20	+00:19:44 (36.3%)	5:26	11 (63.6%)
198	DRÓŹDŹ Mariusz	915		M3 40-49	47	00:00:18	00:26:06	00:54:24.85	00:54:43.05	+00:19:46 (36.3%)	5:26	11 (63.6%)

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	ZIÓŁKOWSKI Mieczysław	309	ZGUBIŁEM SPONSORA	M4 50-59	10	00:00:08	00:26:43	00:54:28.00	00:54:36.25	+00:19:49 (36.4%)	5:26	11 (63.6%)
200	WITORZĘĆ Dariusz	277		M3 40-49	48	00:00:24	00:27:25	00:54:32.60	00:54:57.25	+00:19:54 (36.5%)	5:27	11 (63.6%)
201	ZIELIŃSKI Michał	473		M1 16-29	49	00:00:57	00:27:39	00:54:33.65	00:55:30.65	+00:19:55 (36.5%)	5:27	11 (63.6%)
202	KOKOWSKI Jacek	879		M3 40-49	49	00:00:14	00:26:45	00:54:40.70	00:54:55.10	+00:20:02 (36.7%)	5:28	11 (63.6%)
203	ŁAWNICZAK Sebastian	500		M3 40-49	50	00:00:09	00:25:25	00:54:42.05	00:54:51.55	+00:20:03 (36.7%)	5:28	11 (63.6%)
204	WOŁK Marcin	753		M2 30-39	93	00:00:50	00:27:38	00:54:42.15	00:55:32.65	+00:20:04 (36.7%)	5:28	11 (63.6%)
205	LESZKIEWICZ Roman	281		M2 30-39	94	00:00:13	00:26:54	00:54:45.55	00:54:58.55	+00:20:07 (36.7%)	5:28	11 (63.6%)
206	ZIELIŃSKI Grzegorz	138	BRIDGESTONE RUNNER CLUB	M3 40-49	51	00:00:19	00:27:26	00:54:47.20	00:55:06.85	+00:20:09 (36.8%)	5:28	11 (63.6%)
207	WOJCIECHOWSKI Maciej	25		M2 30-39	95	00:00:08	00:26:03	00:54:53.50	00:55:01.90	+00:20:15 (36.9%)	5:29	10.9 (63.0%)
208	WIERZCHOWSKI Arkadiusz	182	BRIDGESTONE STARGARD RUNNERS	M3 40-49	52	00:01:00	00:27:56	00:54:53.95	00:55:54.25	+00:20:15 (36.9%)	5:29	10.9 (63.0%)
209	BOGDAŃSKI Bartosz	369	DZIK KOMANDO	M2 30-39	96	00:00:24	00:27:19	00:54:56.25	00:55:20.95	+00:20:18 (37.0%)	5:29	10.9 (63.0%)
210	WOLSKI Tomasz	894	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49	53	00:00:33	00:27:33	00:54:56.30	00:55:30.05	+00:20:18 (37.0%)	5:29	10.9 (63.0%)
211	CHODZICKI Janusz	714	#967	M1 16-29	50	00:04:02	00:26:26	00:54:56.60	00:58:58.60	+00:20:18 (37.0%)	5:29	10.9 (63.0%)
212	STRZELCZYK Wojciech	517		M2 30-39	97	00:00:15	00:26:06	00:55:00.25	00:55:16.00	+00:20:22 (37.0%)	5:30	10.9 (63.0%)
213	PAWLUŚ Tomasz	209	SSPS CHEMIK POLICE	M2 30-39	98	00:00:06	00:26:05	00:55:02.45	00:55:08.65	+00:20:24 (37.1%)	5:30	10.9 (63.0%)
214	KLEPACKI Bartek	276		M2 30-39	99	00:00:57	00:27:47	00:55:02.60	00:55:59.90	+00:20:24 (37.1%)	5:30	10.9 (63.0%)
215	FUDRO Edward	583	ZCH POLICE	M5 60+	3	00:00:05	00:27:08	00:55:04.35	00:55:10.30	+00:20:26 (37.1%)	5:30	10.9 (63.0%)
216	MICHNIACKI Michał	633		M2 30-39	100	00:00:11	00:26:45	00:55:09.45	00:55:21.40	+00:20:31 (37.2%)	5:31	10.9 (63.0%)
217	ŁYDZIŃSKI Michał	733	1973	M1 16-29	51	00:00:31	00:27:30	00:55:10.75	00:55:42.15	+00:20:32 (37.2%)	5:31	10.9 (63.0%)
218	GRZYBOWSKI Przemysław	725		M2 30-39	101	00:00:30	00:27:31	00:55:11.15	00:55:41.80	+00:20:33 (37.2%)	5:31	10.9 (63.0%)
219	ZEMANKIEWICZ Łukasz	274	KANAŁ 6AM	M2 30-39	102	00:00:38	00:27:49	00:55:12.25	00:55:50.50	+00:20:34 (37.3%)	5:31	10.9 (63.0%)
220	GRYCZ Piotr	765		M2 30-39	103	00:00:14	00:28:02	00:55:14.10	00:55:28.25	+00:20:35 (37.3%)	5:31	10.9 (63.0%)
221	SZELAĞ Tomasz	529	23. BAZA LOTNICTWA TAKTYCZNEGO	M3 40-49	54	00:00:22	00:26:32	00:55:15.20	00:55:37.45	+00:20:37 (37.3%)	5:31	10.9 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
222	HAJDUK Maciej	542		M3 40-49	55	00:00:12	00:27:11	00:55:15.55	00:55:28.25	+00:20:37 (37.3%)	5:31	10.9 (63.0%)
223	DZIĘGIELEWSKI Grzegorz	465		M1 16-29	52	00:01:00	00:28:06	00:55:22.65	00:56:23.25	+00:20:44 (37.5%)	5:32	10.8 (62.4%)
224	GRYGORCEWICZ Władysław	235	KB DZIK	M5 60+	4	00:00:13	00:27:42	00:55:22.90	00:55:36.45	+00:20:44 (37.5%)	5:32	10.8 (62.4%)
225	BIENIEK Sławomir	866		M4 50-59	11	00:00:06	00:26:59	00:55:23.25	00:55:30.20	+00:20:45 (37.5%)	5:32	10.8 (62.4%)
226	PIETKIEWICZ Paweł	408		M2 30-39	104	00:00:20	00:26:51	00:55:29.05	00:55:49.70	+00:20:50 (37.6%)	5:32	10.8 (62.4%)
227	KAROL Wojciech	82	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49	56	00:00:17	00:27:13	00:55:32.60	00:55:50.05	+00:20:54 (37.6%)	5:33	10.8 (62.4%)
228	KRZYSZTOFOWICZ Krzysztof	934		M2 30-39	105	00:00:52	00:28:41	00:55:41.25	00:56:33.65	+00:21:03 (37.8%)	5:34	10.8 (62.4%)
229	BOGUSŁAWSKI Łukasz	476		M2 30-39	106	00:01:00	00:28:45	00:55:47.15	00:56:47.45	+00:21:09 (37.9%)	5:34	10.8 (62.4%)
230	KRYCZKA Adam	659		M2 30-39	107	00:00:25	00:27:16	00:55:47.70	00:56:13.45	+00:21:09 (37.9%)	5:34	10.8 (62.4%)
231	JELEŃSKI Grzegorz	166	DZIKIE JELENIE	M1 16-29	53	00:01:02	00:27:28	00:55:51.85	00:56:54.80	+00:21:13 (38.0%)	5:35	10.7 (61.8%)
232	STASZKIEWICZ Mateusz	788		M1 16-29	54	00:00:12	00:26:20	00:55:57.10	00:56:09.85	+00:21:18 (38.1%)	5:35	10.7 (61.8%)
233	WŁAŻ Lucjan	887		M3 40-49	57	00:01:11	00:29:08	00:55:58.05	00:57:09.10	+00:21:19 (38.1%)	5:35	10.7 (61.8%)
234	DEPTUŁA Tobiasz	533		M2 30-39	108	00:00:54	00:28:28	00:55:58.20	00:56:52.75	+00:21:20 (38.1%)	5:35	10.7 (61.8%)
235	ZAGÓRSKI Grzegorz	148		M3 40-49	58	00:00:09	00:27:08	00:55:58.60	00:56:08.10	+00:21:20 (38.1%)	5:35	10.7 (61.8%)
236	KOŁODZIEJSKI Piotr	937		M1 16-29	55	00:00:24	00:27:27	00:56:00.70	00:56:24.90	+00:21:22 (38.2%)	5:36	10.7 (61.8%)
237	SUCHECKI Paweł	459		M2 30-39	109	00:00:39	00:27:37	00:56:01.40	00:56:40.75	+00:21:23 (38.2%)	5:36	10.7 (61.8%)
238	KRUSZEWSKI Piotr	751		M3 40-49	59	00:00:50	00:27:56	00:56:03.00	00:56:53.85	+00:21:24 (38.2%)	5:36	10.7 (61.8%)
239	NIECHWIADOWICZ Łukasz	353		M1 16-29	56	00:00:08	00:27:02	00:56:16.95	00:56:25.85	+00:21:38 (38.5%)	5:37	10.7 (61.8%)
240	KAKOWSKI Dawid	939		M2 30-39	110	00:00:16	00:28:36	00:56:23.05	00:56:39.80	+00:21:44 (38.6%)	5:38	10.6 (61.3%)
241	BARTOSIŃSKI Piotr	206	RAZ SZCZECIN	M4 50-59	12	00:00:16	00:27:40	00:56:25.00	00:56:41.60	+00:21:46 (38.6%)	5:38	10.6 (61.3%)
242	JASIŃSKI Michał	123		M1 16-29	57	00:00:54	00:29:42	00:56:25.70	00:57:20.60	+00:21:47 (38.6%)	5:38	10.6 (61.3%)
243	SADEL Krzysztof	374		M3 40-49	60	00:00:53	00:28:18	00:56:29.35	00:57:22.60	+00:21:51 (38.7%)	5:38	10.6 (61.3%)
244	ŚWIERCZ Dariusz	115		M4 50-59	13	00:00:04	00:26:59	00:56:29.65	00:56:33.80	+00:21:51 (38.7%)	5:38	10.6 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
245	KONDELA Paweł	196		M3 40-49	61	00:00:33	00:28:29	00:56:37.00	00:57:10.75	+00:21:58 (38.8%)	5:39	10.6 (61.3%)
246	BERLIŃSKI Mateusz	945		M2 30-39	111	00:00:46	00:27:42	00:56:44.50	00:57:30.80	+00:22:06 (39.0%)	5:40	10.6 (61.3%)
247	BŁĄŻEJEWICZ Łukasz	816		M2 30-39	112	00:00:46	00:29:01	00:56:52.45	00:57:39.05	+00:22:14 (39.1%)	5:41	10.5 (60.7%)
248	STAMATE Fonut	949		M2 30-39	113	00:00:11	00:26:04	00:56:53.55	00:57:05.40	+00:22:15 (39.1%)	5:41	10.5 (60.7%)
249	ZARĘBA Piotr	746	KP PSP POLICE	M2 30-39	114	00:00:34	00:29:20	00:57:01.25	00:57:36.00	+00:22:23 (39.3%)	5:42	10.5 (60.7%)
250	PŁONKA Robert	869	MOŻW	M4 50-59	14	00:00:44	00:29:22	00:57:15.85	00:57:59.90	+00:22:37 (39.5%)	5:43	10.5 (60.7%)
251	PTAK Daniel	71	HUSARIA RACE TEAM	M2 30-39	115	00:00:10	00:27:12	00:57:16.75	00:57:27.45	+00:22:38 (39.5%)	5:43	10.5 (60.7%)
252	BRATKO Przemysław	218		M1 16-29	58	00:00:32	00:27:46	00:57:16.80	00:57:48.95	+00:22:38 (39.5%)	5:43	10.5 (60.7%)
253	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	+00:22:39 (39.5%)	5:43	10.5 (60.7%)
254	PAWŁASZEK Lech	298		M2 30-39	117	00:00:55	00:28:00	00:57:17.70	00:58:12.80	+00:22:39 (39.5%)	5:43	10.5 (60.7%)
255	SZCZEPANIAK Marcin	17	XRUNNERS	M2 30-39	118	00:00:35	00:29:11	00:57:17.95	00:57:52.95	+00:22:39 (39.6%)	5:43	10.5 (60.7%)
256	WASTOWSKI Dawid	478		M1 16-29	59	00:00:53	00:29:39	00:57:22.75	00:58:16.10	+00:22:44 (39.6%)	5:44	10.5 (60.7%)
257	WALCZAK Tadeusz	648		M4 50-59	15	00:00:13	00:27:23	00:57:30.65	00:57:44.60	+00:22:52 (39.8%)	5:45	10.4 (60.1%)
258	KUCHARCZYK Robert	248	RUNGRYF GRYFICE	M3 40-49	62	00:00:18	00:29:03	00:57:38.75	00:57:56.80	+00:23:00 (39.9%)	5:45	10.4 (60.1%)
259	ULASS Robert	103		M3 40-49	63	00:00:34	00:28:54	00:57:38.95	00:58:13.90	+00:23:00 (39.9%)	5:45	10.4 (60.1%)
260	PEDZIWIATR Marek	139	MR	M3 40-49	64	00:00:12	00:27:11	00:57:40.40	00:57:52.65	+00:23:02 (39.9%)	5:46	10.4 (60.1%)
261	TARNOWSKI Tomasz	503	HUSARIA RACE TEAM	M2 30-39	119	00:00:38	00:27:42	00:57:41.15	00:58:19.15	+00:23:03 (40.0%)	5:46	10.4 (60.1%)
262	BIRULA Michał	759	XRUNNERS	M2 30-39	120	00:00:35	00:27:51	00:57:41.55	00:58:16.95	+00:23:03 (40.0%)	5:46	10.4 (60.1%)
263	OBROCKI Adrian	893		M2 30-39	121	00:00:20	00:27:44	00:57:50.70	00:58:11.05	+00:23:12 (40.1%)	5:47	10.4 (60.1%)
264	SAJKOWSKI Kamil	181	ZESPÓŁ NIESPOKOJNYCH NÓG	M1 16-29	60	00:00:59	00:30:14	00:57:52.35	00:58:52.10	+00:23:14 (40.2%)	5:47	10.4 (60.1%)
265	MISIAK Artur	119	BYLEBY DO PRZODU	M2 30-39	122	00:00:25	00:28:13	00:57:52.95	00:58:17.95	+00:23:14 (40.2%)	5:47	10.4 (60.1%)
266	LIPSKI Łukasz	520	BIEGOHOLLICA	M2 30-39	123	00:00:40	00:29:28	00:57:53.00	00:58:33.90	+00:23:14 (40.2%)	5:47	10.4 (60.1%)
267	KAMIŃSKI Kamil	653	17 WBZ	M2 30-39	124	00:00:11	00:28:45	00:57:57.75	00:58:08.85	+00:23:19 (40.2%)	5:47	10.4 (60.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
268	NASKRĘT Darek	2		M2 30-39	125	00:00:53	00:29:32	00:58:01.90	00:58:55.85	+00:23:23 (40.3%)	5:48	10.3 (59.5%)
269	RUTKOWSKI Tomasz	340	PUSZCZYK BUKOWY	M2 30-39	126	00:00:15	00:28:44	00:58:08.10	00:58:23.75	+00:23:29 (40.4%)	5:48	10.3 (59.5%)
270	ANIOŁA Piotr	240	SIILI	M3 40-49	65	00:00:24	00:28:30	00:58:10.05	00:58:35.00	+00:23:31 (40.5%)	5:49	10.3 (59.5%)
271	KRUBER Piotr	519		M2 30-39	127	00:00:21	00:28:48	00:58:11.55	00:58:33.15	+00:23:33 (40.5%)	5:49	10.3 (59.5%)
272	BĘGOWSKI Tomasz	185		M2 30-39	128	00:00:25	00:28:47	00:58:12.50	00:58:38.10	+00:23:34 (40.5%)	5:49	10.3 (59.5%)
273	PLOCH Piotr	616		M2 30-39	129	00:01:07	00:28:59	00:58:13.10	00:59:20.40	+00:23:34 (40.5%)	5:49	10.3 (59.5%)
274	MACIEJCZYK Piotr	727		M2 30-39	130	00:00:32	00:28:36	00:58:14.45	00:58:46.90	+00:23:36 (40.5%)	5:49	10.3 (59.5%)
275	BURZYŃSKI Zbigniew	331	3KPZMOT/1BPZMOT/12BZ	M2 30-39	131	00:00:13	00:27:41	00:58:14.80	00:58:27.95	+00:23:36 (40.5%)	5:49	10.3 (59.5%)
276	SOWA Krzysztof	701	ZWIEDZANIE PRZEZ BIEGANIE	M2 30-39	132	00:00:19	00:28:20	00:58:15.70	00:58:35.30	+00:23:37 (40.6%)	5:49	10.3 (59.5%)
277	KNIAŻ Jarosław	328	FOL-TECH TEAM MYŚLIBÓRZ	M3 40-49	66	00:00:41	00:29:06	00:58:25.25	00:59:06.95	+00:23:47 (40.7%)	5:50	10.3 (59.5%)
278	ROSTRYGIN Maciej	263	WKURW_TEAM	M2 30-39	133	00:00:18	00:29:27	00:58:25.60	00:58:43.95	+00:23:47 (40.7%)	5:50	10.3 (59.5%)
279	ANYŻEWSKI Tomek	585	OCR TEAM WŁOCŁAWEK	M2 30-39	134	00:00:28	00:30:19	00:58:29.20	00:58:57.65	+00:23:51 (40.8%)	5:50	10.3 (59.5%)
280	RUTKOWSKI Konrad	591		M2 30-39	135	00:00:19	00:29:05	00:58:35.35	00:58:54.95	+00:23:57 (40.9%)	5:51	10.2 (59.0%)
281	JĘDRZEJAK Maciej	128	BIEGACZE ŚWINOUJŚCIE	M3 40-49	67	00:00:44	00:30:59	00:58:37.95	00:59:22.65	+00:23:59 (40.9%)	5:51	10.2 (59.0%)
282	KSYCKI Błażej	132		M2 30-39	136	00:00:12	00:28:43	00:58:52.30	00:59:05.25	+00:24:14 (41.2%)	5:53	10.2 (59.0%)
283	JARCZEWSKI Damian	875		M2 30-39	137	00:00:48	00:29:07	00:58:54.55	00:59:42.90	+00:24:16 (41.2%)	5:53	10.2 (59.0%)
284	CHROBOCIŃSKI Jan	560		M1 16-29	61	00:00:26	00:29:20	00:58:56.05	00:59:22.55	+00:24:17 (41.2%)	5:53	10.2 (59.0%)
285	ODRZYWOLSKI Michał	669	ŻANDARMERIA WOJSKOWA	M2 30-39	138	00:00:18	00:29:30	00:58:56.45	00:59:14.80	+00:24:18 (41.2%)	5:53	10.2 (59.0%)
286	MARCHEWKA Łukasz	460	POŁAPANI TEAM	M2 30-39	139	00:01:05	00:30:49	00:59:00.95	01:00:06.80	+00:24:22 (41.3%)	5:54	10.2 (59.0%)
287	SASAK Michał	437	12BZ	M2 30-39	140	00:01:00	00:30:31	00:59:03.00	01:00:03.15	+00:24:24 (41.3%)	5:54	10.2 (59.0%)
288	LEBIEDZIŃSKI Radek	78	NORDA ACTIVE TEAM	M2 30-39	141	00:00:09	00:29:35	00:59:04.00	00:59:13.20	+00:24:25 (41.4%)	5:54	10.2 (59.0%)
289	WOJTKOWIAK Rafał	884		M2 30-39	142	00:00:23	00:29:54	00:59:05.60	00:59:29.50	+00:24:27 (41.4%)	5:54	10.2 (59.0%)
290	KONOPKA Paweł	51	DALEKO JESZCZE	M2 30-39	143	00:00:33	00:28:36	00:59:08.15	00:59:41.95	+00:24:30 (41.4%)	5:54	10.1 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
291	DĘBCZYŃSKI Michał	152	WILD HORSE ZÜRICH	M2 30-39	144	00:00:54	00:29:42	00:59:10.05	01:00:04.60	+00:24:31 (41.5%)	5:55	10.1 (58.4%)
292	HYBIAK Łukasz	202	ORKI Z MAJORKI	M2 30-39	145	00:01:00	00:30:32	00:59:11.55	01:00:12.20	+00:24:33 (41.5%)	5:55	10.1 (58.4%)
293	PEDA Leszek	194		M5 60+	5	00:00:25	00:29:27	00:59:12.90	00:59:38.05	+00:24:34 (41.5%)	5:55	10.1 (58.4%)
294	MAJCHER Piotr	133	PIŁĄ TEAM	M3 40-49	68	00:00:00	00:28:03	00:59:13.50	00:59:13.50	+00:24:35 (41.5%)	5:55	10.1 (58.4%)
295	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	+00:24:36 (41.5%)	5:55	10.1 (58.4%)
296	WACHOWICZ Tomasz	492	BUSHIKAN RUNNERS	M1 16-29	62	00:00:27	00:28:26	00:59:24.55	00:59:52.00	+00:24:46 (41.7%)	5:56	10.1 (58.4%)
297	FIRAZA Jacek	710	DZIK KOMANDO	M3 40-49	69	00:00:27	00:29:12	00:59:26.00	00:59:53.35	+00:24:47 (41.7%)	5:56	10.1 (58.4%)
298	LESZCZYŃSKI Marcin	554		M2 30-39	147	00:00:19	00:29:06	00:59:29.35	00:59:48.40	+00:24:51 (41.8%)	5:56	10.1 (58.4%)
299	TRUKAWKA Andrzej	249		M1 16-29	63	00:00:27	00:28:56	00:59:53.20	01:00:21.05	+00:25:15 (42.2%)	5:59	10 (57.8%)
300	MOŻEJKO Dawid	683	DZIK KOMANDO	M2 30-39	148	00:00:26	00:31:44	00:59:56.60	01:00:22.70	+00:25:18 (42.2%)	5:59	10 (57.8%)
301	KUPCZYK Przemysław	54	DZIK KOMANDO	M2 30-39	149	00:00:22	00:28:44	01:00:00.30	01:00:22.70	+00:25:22 (42.3%)	6:00	10 (57.8%)
302	ŻERKO Marcin	564		M2 30-39	150	00:00:39	00:29:23	01:00:02.65	01:00:42.55	+00:25:24 (42.3%)	6:00	10 (57.8%)
303	JASAK Michał	783	X	M2 30-39	151	00:00:50	00:30:00	01:00:05.55	01:00:55.90	+00:25:27 (42.4%)	6:00	10 (57.8%)
304	PIOTROWSKI Karol	457	POŁAPANI TEAM	M1 16-29	64	00:01:06	00:30:44	01:00:13.60	01:01:20.15	+00:25:35 (42.5%)	6:01	10 (57.8%)
305	NOWAK Bartłomiej	201	SAILING TEAM FERAJNA	M3 40-49	70	00:00:38	00:30:09	01:00:14.40	01:00:52.65	+00:25:36 (42.5%)	6:01	10 (57.8%)
306	BILIŃSKI Zbigniew	805	KDOW - 1BPZMOT	M4 50-59	16	00:00:41	00:30:19	01:00:27.50	01:01:09.25	+00:25:49 (42.7%)	6:02	9.9 (57.2%)
307	BERLIŃSKI Wojciech	720		M1 16-29	65	00:00:45	00:29:29	01:00:39.90	01:01:25.85	+00:26:01 (42.9%)	6:04	9.9 (57.2%)
308	ŻELISKO Łukasz	660	12BZ / 1BPZMOT	M1 16-29	66	00:00:45	00:29:44	01:00:44.65	01:01:30.55	+00:26:06 (43.0%)	6:04	9.9 (57.2%)
309	CHUDZIK Wojciech	511		M3 40-49	71	00:00:14	00:29:33	01:00:48.80	01:01:03.40	+00:26:10 (43.0%)	6:04	9.9 (57.2%)
310	GRZESZCZYK Sebastian	308		M3 40-49	72	00:00:27	00:29:38	01:00:55.75	01:01:23.30	+00:26:17 (43.2%)	6:05	9.8 (56.6%)
311	BOROWSKI Tomek	345		M1 16-29	67	00:00:15	00:30:17	01:00:59.50	01:01:14.65	+00:26:21 (43.2%)	6:05	9.8 (56.6%)
312	WOJCIECHOWSKI Krzysztof	698	STARGARD JA SIĘ NIE ŚCIGAM	M4 50-59	17	00:01:02	00:31:48	01:01:11.85	01:02:14.05	+00:26:33 (43.4%)	6:07	9.8 (56.6%)
313	MATYSEK Ireneusz	91	SAMOTNY WILK	M5 60+	6	00:00:11	00:28:37	01:01:18.80	01:01:30.75	+00:26:40 (43.5%)	6:07	9.8 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
314	GAJEK Łukasz	412	WAR-CHLACZKI	M2 30-39	152	00:00:43	00:31:53	01:01:21.20	01:02:04.85	+00:26:43 (43.5%)	6:08	9.8 (56.6%)
315	BIAZIK Piotr	443	WAR-CHLACZKI	M2 30-39	153	00:00:43	00:31:53	01:01:21.80	01:02:04.95	+00:26:43 (43.6%)	6:08	9.8 (56.6%)
316	SZTURO Marcin	763		M2 30-39	154	00:00:14	00:29:21	01:01:26.90	01:01:41.65	+00:26:48 (43.6%)	6:08	9.8 (56.6%)
317	DOŁGOPOŁ Waldemar	402	RUNNER SZCZECIN TEAM	M4 50-59	18	00:00:22	00:30:16	01:01:28.00	01:01:50.05	+00:26:49 (43.7%)	6:08	9.8 (56.6%)
318	PETRUSIEWICZ Paweł	748		M1 16-29	68	00:00:14	00:29:20	01:01:32.75	01:01:47.60	+00:26:54 (43.7%)	6:09	9.7 (56.1%)
319	LANGE Damian	611	TEAM POSEJDONA	M2 30-39	155	00:00:53	00:31:41	01:01:33.60	01:02:27.30	+00:26:55 (43.7%)	6:09	9.7 (56.1%)
320	MICHALAK Piotr	877		M1 16-29	69	00:00:25	00:28:38	01:01:37.05	01:02:02.95	+00:26:58 (43.8%)	6:09	9.7 (56.1%)
321	HRYMAJŁO Marcin	405	RUNNER SZCZECIN TEAM	M3 40-49	73	00:00:20	00:30:18	01:01:40.65	01:02:01.30	+00:27:02 (43.8%)	6:10	9.7 (56.1%)
322	BRANDEBURA Cezary	794		M1 16-29	70	00:00:36	00:27:46	01:01:40.90	01:02:17.80	+00:27:02 (43.8%)	6:10	9.7 (56.1%)
323	ŁUCZAK Zbigniew	504	1KPZMOT/3BPZMOT	M2 30-39	156	00:00:29	00:30:29	01:01:56.55	01:02:25.95	+00:27:18 (44.1%)	6:11	9.7 (56.1%)
324	MULARCZYK Krzysztof	707		M2 30-39	157	00:00:22	00:30:01	01:01:57.00	01:02:19.35	+00:27:18 (44.1%)	6:11	9.7 (56.1%)
325	WROŃSKI Przemysław	675		M1 16-29	71	00:01:02	00:31:48	01:02:03.50	01:03:06.00	+00:27:25 (44.2%)	6:12	9.7 (56.1%)
326	JURKOWSKI Karol	932		M1 16-29	72	00:00:26	00:30:57	01:02:05.65	01:02:32.50	+00:27:27 (44.2%)	6:12	9.7 (56.1%)
327	JANUS Grzegorz	288		M2 30-39	158	00:00:26	00:31:01	01:02:06.50	01:02:33.15	+00:27:28 (44.2%)	6:12	9.7 (56.1%)
328	ŻUROWSKI Jarosław	487		M3 40-49	74	00:00:21	00:29:55	01:02:11.25	01:02:32.65	+00:27:33 (44.3%)	6:13	9.6 (55.5%)
329	ZAWADZKI Maciej	780		M1 16-29	73	00:00:25	00:30:54	01:02:14.10	01:02:39.90	+00:27:35 (44.3%)	6:13	9.6 (55.5%)
330	CICHOSZ Michał	857		M2 30-39	159	00:01:10	00:31:49	01:02:27.80	01:03:37.95	+00:27:49 (44.6%)	6:14	9.6 (55.5%)
331	CHUDZIŃSKI Bartosz	190		M3 40-49	75	00:00:33	00:31:47	01:02:37.10	01:03:10.15	+00:27:58 (44.7%)	6:15	9.6 (55.5%)
332	SITEK Alfred	26	SKB DZIK	M2 30-39	160	00:00:50	00:30:26	01:02:42.95	01:03:33.30	+00:28:04 (44.8%)	6:16	9.6 (55.5%)
333	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	+00:28:05 (44.8%)	6:16	9.6 (55.5%)
334	ŁUKOMSKI Piotr	593		M1 16-29	74	00:00:59	00:32:40	01:02:44.90	01:03:44.40	+00:28:06 (44.8%)	6:16	9.6 (55.5%)
335	KRZEMIŃSKI Paweł	778		M1 16-29	75	00:00:26	00:30:54	01:02:53.85	01:03:20.80	+00:28:15 (44.9%)	6:17	9.5 (54.9%)
336	KAMIONKA Andrzej	723		M2 30-39	162	00:00:39	00:30:39	01:02:56.05	01:03:35.05	+00:28:17 (45.0%)	6:17	9.5 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
337	DACH Eryk	102	FIFNE PYRKI	M1 16-29	76	00:00:36	00:28:48	01:02:57.15	01:03:33.40	+00:28:19 (45.0%)	6:17	9.5 (54.9%)
338	BARTOSZEK Michał	580	OCR TEAM WŁOCŁAWEK	M2 30-39	163	00:00:31	00:31:34	01:02:57.95	01:03:29.15	+00:28:19 (45.0%)	6:17	9.5 (54.9%)
339	CIEMCIOCH Pawel	41		M2 30-39	164	00:00:23	00:30:43	01:03:03.95	01:03:27.10	+00:28:25 (45.1%)	6:18	9.5 (54.9%)
340	RÓZGA Zbigniew	566	VIKING 88	M3 40-49	76	00:00:33	00:30:57	01:03:07.40	01:03:40.45	+00:28:29 (45.1%)	6:18	9.5 (54.9%)
341	PODEDWORNY Artur	105		M3 40-49	77	00:00:43	00:33:07	01:03:09.90	01:03:53.35	+00:28:31 (45.2%)	6:19	9.5 (54.9%)
342	WRÓBLEWSKI Jarosław	382	RAZ SZCZECIN	M3 40-49	78	00:00:17	00:30:26	01:03:17.55	01:03:35.15	+00:28:39 (45.3%)	6:19	9.5 (54.9%)
343	WYCIECHOWSKI Norbert	586	OCR TEAM WŁOCŁAWEK	M2 30-39	165	00:00:40	00:31:17	01:03:17.95	01:03:58.40	+00:28:39 (45.3%)	6:19	9.5 (54.9%)
344	ZDUNEK Piotr	682		M2 30-39	166	00:00:31	00:30:29	01:03:18.10	01:03:49.10	+00:28:39 (45.3%)	6:19	9.5 (54.9%)
345	WEGLINSKI Radosław	819	OŻW SZCZECIN	M2 30-39	167	00:00:17	00:31:02	01:03:34.85	01:03:52.60	+00:28:56 (45.5%)	6:21	9.4 (54.3%)
346	KAROL Sławek	550	LOSZKI I WARCHLAKI	M4 50-59	19	00:00:37	00:31:54	01:03:40.40	01:04:18.05	+00:29:02 (45.6%)	6:22	9.4 (54.3%)
347	PAWLICKI Bartosz	104		M2 30-39	168	00:00:46	00:32:15	01:03:43.40	01:04:30.20	+00:29:05 (45.6%)	6:22	9.4 (54.3%)
348	SKOWYRA Arkadiusz	422	RUNGRYF GRYFICE	M2 30-39	169	00:00:07	00:24:10	01:03:47.10	01:03:54.15	+00:29:08 (45.7%)	6:22	9.4 (54.3%)
349	LEWICKI Kamil	670	POŁAPANI TEAM	M2 30-39	170	00:00:51	00:31:47	01:03:52.55	01:04:44.30	+00:29:14 (45.8%)	6:23	9.4 (54.3%)
350	JACHIRA Krzysztof	722	GRYF TEAM	M2 30-39	171	00:00:45	00:31:08	01:04:04.10	01:04:49.30	+00:29:25 (45.9%)	6:24	9.4 (54.3%)
351	HNAT Rafał	76	KP PSP WAŁCZ	M3 40-49	79	00:00:15	00:30:07	01:04:07.55	01:04:23.25	+00:29:29 (46.0%)	6:24	9.4 (54.3%)
352	NARKUN Maciej	480		M2 30-39	172	00:00:11	00:29:30	01:04:12.50	01:04:23.90	+00:29:34 (46.1%)	6:25	9.3 (53.8%)
353	PAŁAC Piotr	622	WIECZORNE BIEGANIE W SZCZECINIE	M4 50-59	20	00:00:24	00:30:24	01:04:18.30	01:04:43.00	+00:29:40 (46.1%)	6:25	9.3 (53.8%)
354	SAMBORSKI Radosław	393		M1 16-29	77	00:00:56	00:31:17	01:04:24.70	01:05:20.90	+00:29:46 (46.2%)	6:26	9.3 (53.8%)
355	NOWAK Zbigniew	389	KBDZIK	M5 60+	7	00:00:24	00:32:05	01:04:26.25	01:04:50.25	+00:29:48 (46.2%)	6:26	9.3 (53.8%)
356	NASIADEK Arkadiusz	272		M3 40-49	80	00:00:33	00:31:54	01:04:29.40	01:05:02.45	+00:29:51 (46.3%)	6:26	9.3 (53.8%)
357	GUMOWSKI Daniel	352		M2 30-39	173	00:00:30	00:31:10	01:04:35.75	01:05:06.05	+00:29:57 (46.4%)	6:27	9.3 (53.8%)
358	HARNER Jacek	244	PANDA I BANDA	M2 30-39	174	00:01:04	00:32:52	01:04:36.70	01:05:41.60	+00:29:58 (46.4%)	6:27	9.3 (53.8%)
359	OLEJNICKI Mikołaj	679	MUD GOATS	M1 16-29	78	00:00:56	00:31:57	01:04:37.35	01:05:33.50	+00:29:59 (46.4%)	6:27	9.3 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
360	SIELICKI Patryk	650		M1 16-29	79	00:00:38	00:32:40	01:04:40.85	01:05:19.40	+00:30:02 (46.5%)	6:28	9.3 (53.8%)
361	WITKOWSKI Emil	606		M1 16-29	80	00:00:32	00:31:44	01:04:51.20	01:05:23.95	+00:30:13 (46.6%)	6:29	9.3 (53.8%)
362	SKRZYPIEC Andrzej	233	MKL MARATON ŚWINOUJŚCIE	M5 60+	8	00:00:51	00:33:16	01:04:53.00	01:05:44.45	+00:30:14 (46.6%)	6:29	9.2 (53.2%)
363	JASIK Mariusz	807		M3 40-49	81	00:00:49	00:33:39	01:04:53.55	01:05:43.20	+00:30:15 (46.6%)	6:29	9.2 (53.2%)
364	MLECZEK Roman	254		M3 40-49	82	00:00:36	00:33:31	01:04:54.70	01:05:31.50	+00:30:16 (46.6%)	6:29	9.2 (53.2%)
365	MATUSZAK Mateusz	514	MANGO GATKI TEAM	M1 16-29	81	00:00:43	00:31:08	01:04:56.10	01:05:40.00	+00:30:17 (46.7%)	6:29	9.2 (53.2%)
366	KOZAK Mirosław	409		M2 30-39	175	00:00:20	00:30:39	01:04:59.80	01:05:20.30	+00:30:21 (46.7%)	6:30	9.2 (53.2%)
367	PIESYK Damian	540		M1 16-29	82	00:00:36	00:32:42	01:05:01.95	01:05:38.15	+00:30:23 (46.7%)	6:30	9.2 (53.2%)
368	CHROBOCINSKI Daniel	142		M1 16-29	83	00:00:14	00:29:37	01:05:04.60	01:05:19.45	+00:30:26 (46.8%)	6:30	9.2 (53.2%)
369	ŻUROWSKI Leszek	489	ŻURKI	M2 30-39	176	00:00:22	00:27:46	01:05:04.75	01:05:27.40	+00:30:26 (46.8%)	6:30	9.2 (53.2%)
370	GRUDOWSKI Konrad	631	AKTYWNE PRAWOBRZEŻE	M2 30-39	177	00:00:03	00:31:23	01:05:06.10	01:05:09.95	+00:30:27 (46.8%)	6:30	9.2 (53.2%)
371	ZATOŃ Łukasz	200	BYLE DO METY	M2 30-39	178	00:00:41	00:32:17	01:05:21.15	01:06:02.55	+00:30:43 (47.0%)	6:32	9.2 (53.2%)
372	KARASIEWICZ Łukasz	97		M2 30-39	179	00:00:18	00:31:21	01:05:21.90	01:05:40.60	+00:30:43 (47.0%)	6:32	9.2 (53.2%)
373	ULATOWSKI Tomasz	109		M2 30-39	180	00:00:43	00:32:12	01:05:22.00	01:06:05.60	+00:30:43 (47.0%)	6:32	9.2 (53.2%)
374	WOSIAK Paweł	453	FSD RUN DREZDENKO	M2 30-39	181	00:00:47	00:32:35	01:05:22.55	01:06:09.90	+00:30:44 (47.0%)	6:32	9.2 (53.2%)
375	JANCZAREK Rafał	126		M2 30-39	182	00:00:46	00:31:31	01:05:25.75	01:06:12.40	+00:30:47 (47.1%)	6:32	9.2 (53.2%)
376	ANTOSIEWICZ Robert	216	LULATEAM	M3 40-49	83	00:00:35	00:31:45	01:05:30.00	01:06:05.65	+00:30:51 (47.1%)	6:33	9.2 (53.2%)
377	STRZELECKI Sebastian 'Kaszana'	335	SAILING TEAM FERAJNA	M3 40-49	84	00:00:38	00:31:32	01:05:41.95	01:06:20.50	+00:31:03 (47.3%)	6:34	9.1 (52.6%)
378	SOKOŁOWSKI Michał	160	MUD GOATS	M2 30-39	183	00:00:55	00:32:41	01:05:56.45	01:06:52.15	+00:31:18 (47.5%)	6:35	9.1 (52.6%)
379	DRZEWIECKI Arkadiusz	63	BIEGACZE ŚWINOUJŚCIE	M4 50-59	21	00:00:51	00:33:25	01:06:08.10	01:06:59.70	+00:31:29 (47.6%)	6:36	9.1 (52.6%)
380	MICHALAK Tomasz	198	TKM	M4 50-59	22	00:00:46	00:30:54	01:06:08.55	01:06:55.15	+00:31:30 (47.6%)	6:36	9.1 (52.6%)
381	BĄCZYK Adam	156	MONIA GYM	M3 40-49	85	00:00:31	00:30:01	01:06:09.40	01:06:40.90	+00:31:31 (47.6%)	6:36	9.1 (52.6%)
382	SOWISZ Cezary	301	SOWISZ TEAM	M4 50-59	23	00:00:32	00:33:09	01:06:20.90	01:06:53.75	+00:31:42 (47.8%)	6:38	9 (52.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
383	KOSMALSKI Jarosław	524	SKS HUSARIA	M2 30-39	184	00:00:28	00:32:16	01:06:24.75	01:06:53.20	+00:31:46 (47.8%)	6:38	9 (52.0%)
384	KAMINSKI Rafal	15		M2 30-39	185	00:00:55	00:32:34	01:06:31.35	01:07:27.05	+00:31:53 (47.9%)	6:39	9 (52.0%)
385	SKOCZYL Wojtek	604	HUSARIA RACE TEAM	M1 16-29	84	00:00:08	00:31:25	01:06:33.50	01:06:42.10	+00:31:55 (48.0%)	6:39	9 (52.0%)
386	MAŁOCHA Adam	114	PARKRUN ŚWINOUJŚCIE	M1 16-29	85	00:00:44	00:32:07	01:06:41.05	01:07:25.10	+00:32:02 (48.1%)	6:40	9 (52.0%)
387	MAŁOCHA Mariusz	108	GHETTO WORKOUT ŚWINOUJŚCIE	M3 40-49	86	00:00:44	00:32:07	01:06:42.00	01:07:26.05	+00:32:03 (48.1%)	6:40	9 (52.0%)
388	GRALEWICZ Robert	4	MORSY MUROWANA GOŚLINA	M3 40-49	87	00:00:54	00:33:04	01:06:42.35	01:07:37.00	+00:32:04 (48.1%)	6:40	9 (52.0%)
389	WOJSZCZYK Michał	58	BRIDGESTONE STARGARD RUNNERS	M2 30-39	186	00:00:28	00:27:02	01:06:52.65	01:07:21.25	+00:32:14 (48.2%)	6:41	9 (52.0%)
390	MACHOLA Bartłomiej	702	1981	M2 30-39	187	00:00:34	00:32:23	01:07:03.50	01:07:38.15	+00:32:25 (48.3%)	6:42	8.9 (51.4%)
391	GITNER Marcin	38	PIĘKNI I BESTIE	M3 40-49	88	00:00:43	00:33:00	01:07:05.50	01:07:48.85	+00:32:27 (48.4%)	6:42	8.9 (51.4%)
392	MOSKWA Grzegorz	268		M3 40-49	89	00:01:05	00:33:39	01:07:18.35	01:08:24.15	+00:32:40 (48.5%)	6:43	8.9 (51.4%)
393	MATEJCZUK Robert	456	POŁAPANI TEAM	M1 16-29	86	00:01:06	00:33:25	01:07:24.95	01:08:31.65	+00:32:46 (48.6%)	6:44	8.9 (51.4%)
394	SZYMCZAK Marcin	506		M3 40-49	90	00:00:49	00:33:54	01:07:42.30	01:08:31.35	+00:33:04 (48.8%)	6:46	8.9 (51.4%)
395	KOTWICKI Mariusz	426		M2 30-39	188	00:00:32	00:33:06	01:07:50.35	01:08:22.50	+00:33:12 (48.9%)	6:47	8.8 (50.9%)
396	GOWORSKI Jerzy	147		M1 16-29	87	00:00:41	00:31:49	01:07:51.80	01:08:33.50	+00:33:13 (49.0%)	6:47	8.8 (50.9%)
397	ŁEMPKOWSKI Janusz	689	BBL POLICE	M3 40-49	91	00:00:44	00:33:21	01:08:08.45	01:08:52.50	+00:33:30 (49.2%)	6:48	8.8 (50.9%)
398	FRĄCKOWIAK Rafał	862		M2 30-39	189	00:01:01	00:34:32	01:08:13.85	01:09:15.75	+00:33:35 (49.2%)	6:49	8.8 (50.9%)
399	BARSZCZEWSKI Stanisław	230		M3 40-49	92	00:00:52	00:33:36	01:08:17.30	01:09:10.15	+00:33:39 (49.3%)	6:49	8.8 (50.9%)
400	PASEK Rafał	600	DZIKUSEK	M2 30-39	190	00:00:25	00:33:20	01:08:30.70	01:08:55.80	+00:33:52 (49.4%)	6:51	8.8 (50.9%)
401	MORAWSKI Artur	129		M3 40-49	93	00:00:44	00:33:06	01:08:36.60	01:09:21.15	+00:33:58 (49.5%)	6:51	8.7 (50.3%)
402	TURCZYŃSKI Marcin	930		M2 30-39	191	00:00:18	00:32:11	01:08:43.25	01:09:01.60	+00:34:05 (49.6%)	6:52	8.7 (50.3%)
403	KLIMEK Krzysztof	122		M2 30-39	192	00:00:38	00:33:43	01:09:19.15	01:09:57.15	+00:34:41 (50.0%)	6:55	8.7 (50.3%)
404	MŁODAWSKI Rafał	39		M3 40-49	94	00:00:54	00:34:30	01:09:20.45	01:10:15.35	+00:34:42 (50.0%)	6:56	8.7 (50.3%)
405	WILCZOPOLSKI Kamil	463		M1 16-29	88	00:00:28	00:33:24	01:09:49.65	01:10:18.00	+00:35:11 (50.4%)	6:59	8.6 (49.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
406	BRZEZICKI Michał	757		M1 16-29	89	00:00:32	00:33:32	01:09:57.70	01:10:30.05	+00:35:19 (50.5%)	6:59	8.6 (49.7%)
407	MAJ Patryk	629	BAR DANCERZ	M1 16-29	90	00:00:47	00:32:59	01:09:57.75	01:10:45.25	+00:35:19 (50.5%)	6:59	8.6 (49.7%)
408	MALEC Kamil	525	PDC	M2 30-39	193	00:00:31	00:33:33	01:09:58.05	01:10:29.85	+00:35:19 (50.5%)	6:59	8.6 (49.7%)
409	SKONECZNY Przemysław	286		M2 30-39	194	00:00:58	00:33:54	01:10:04.00	01:11:02.75	+00:35:25 (50.6%)	7:00	8.6 (49.7%)
410	OSTROWSKI Piotr	534	23. BAZA LOTNICTWA TAKTYCZNEGO	M3 40-49	95	00:00:23	00:34:31	01:10:20.55	01:10:44.20	+00:35:42 (50.8%)	7:02	8.5 (49.1%)
411	ROMANOWICZ Marek	223	AROM	M4 50-59	24	00:00:17	00:33:59	01:10:40.25	01:10:57.85	+00:36:02 (51.0%)	7:04	8.5 (49.1%)
412	WILCZYŃSKI Grzegorz	406		M2 30-39	195	00:00:39	00:34:56	01:10:52.35	01:11:32.15	+00:36:14 (51.1%)	7:05	8.5 (49.1%)
413	SIDORCZUK Tomasz	270	KLUB BIEGAJĄCYCH LEŚNIKÓW	M2 30-39	196	00:01:03	00:34:35	01:10:55.75	01:11:59.40	+00:36:17 (51.2%)	7:05	8.5 (49.1%)
414	NOWOTNIK Wojciech	944		M2 30-39	197	00:00:31	00:33:49	01:10:56.20	01:11:27.45	+00:36:18 (51.2%)	7:05	8.5 (49.1%)
415	CYBULSKI Grzegorz	724	PANDA I BANDA	M5 60+	9	00:01:09	00:35:26	01:10:57.75	01:12:06.75	+00:36:19 (51.2%)	7:05	8.5 (49.1%)
416	SASINOWSKI Amadeusz	140		M1 16-29	91	00:00:21	00:31:52	01:11:08.75	01:11:29.85	+00:36:30 (51.3%)	7:06	8.4 (48.6%)
417	CUPRYJAK Sebastian	262		M2 30-39	198	00:00:58	00:32:41	01:11:21.95	01:12:20.90	+00:36:43 (51.5%)	7:08	8.4 (48.6%)
418	ANTKOWIAK Łukasz	532		M1 16-29	92	00:00:53	00:29:51	01:11:29.90	01:12:23.35	+00:36:51 (51.6%)	7:09	8.4 (48.6%)
419	WIERZBA Piotr	641	KOBIECE BIEGANIE	M2 30-39	199	00:00:54	00:35:45	01:11:34.15	01:12:28.45	+00:36:56 (51.6%)	7:09	8.4 (48.6%)
420	SARAMAK Paweł	162	MAGNOLIA GABINETY DENTYSTYCZNE	M2 30-39	200	00:00:38	00:35:43	01:11:43.95	01:12:22.10	+00:37:05 (51.7%)	7:10	8.4 (48.6%)
421	WĘGLEWSKI Bartosz	792	SZAMOTULSKIE STOWARZYSZENIE SPORTOWE	M1 16-29	93	00:00:47	00:36:42	01:12:04.40	01:12:52.15	+00:37:26 (51.9%)	7:12	8.3 (48.0%)
422	ŁEMPICKI Maciej	493		M1 16-29	94	00:00:47	00:35:34	01:12:13.20	01:13:00.65	+00:37:35 (52.0%)	7:13	8.3 (48.0%)
423	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	+00:37:38 (52.1%)	7:13	8.3 (48.0%)
424	ŚLIŻEWSKI Marcin	712		M3 40-49	96	00:00:57	00:37:26	01:12:27.90	01:13:25.30	+00:37:49 (52.2%)	7:14	8.3 (48.0%)
425	DZIEWIERSKI Marcin	315		M3 40-49	97	00:01:01	00:35:07	01:12:30.10	01:13:31.95	+00:37:51 (52.2%)	7:15	8.3 (48.0%)
426	CIEPIELA Przemysław	577		M2 30-39	202	00:00:22	00:34:29	01:12:30.65	01:12:53.60	+00:37:52 (52.2%)	7:15	8.3 (48.0%)
427	JABLONKA Mariusz	14	BRAVEHEARTS LEGIONOWO	M3 40-49	98	00:00:17	00:34:42	01:12:33.90	01:12:51.55	+00:37:55 (52.3%)	7:15	8.3 (48.0%)
428	JABŁONKA Radosław	62		M3 40-49	99	00:00:00	00:34:32	01:12:42.30	01:12:42.30	+00:38:04 (52.4%)	7:16	8.3 (48.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
429	CICHARSKI Rafał	471	JOST POLSKA	M1 16-29	95	00:00:41	00:35:26	01:13:19.20	01:14:01.15	+00:38:41 (52.8%)	7:20	8.2 (47.4%)
430	SLUFIŃSKI Dariusz	610	OCR TEAM WŁOCŁAWEK	M4 50-59	25	00:00:29	00:37:22	01:13:25.95	01:13:55.05	+00:38:47 (52.8%)	7:20	8.2 (47.4%)
431	BZDAWKA Rafał	225		M3 40-49	100	00:00:50	00:37:09	01:13:28.20	01:14:19.05	+00:38:50 (52.9%)	7:20	8.2 (47.4%)
432	BORODYN Andrzej	338	GRUPA DOCHODZENIOWA SAVE THE BEAT	M3 40-49	101	00:01:02	00:35:47	01:13:33.15	01:14:35.40	+00:38:55 (52.9%)	7:21	8.2 (47.4%)
433	MADEJ Krzysztof	637		M2 30-39	203	00:00:37	00:35:33	01:13:34.50	01:14:12.15	+00:38:56 (52.9%)	7:21	8.2 (47.4%)
434	WARKOCZYŃSKI Marcin	330	DLAELUNI	M3 40-49	102	00:01:02	00:35:47	01:13:48.50	01:14:50.75	+00:39:10 (53.1%)	7:22	8.1 (46.8%)
435	GAŁUSZKA Daniel	387	PUSZCZYK BUKOWY	M1 16-29	96	00:00:56	00:37:15	01:13:53.75	01:14:50.25	+00:39:15 (53.1%)	7:23	8.1 (46.8%)
436	JANUSZEWSKI Bartosz	444	JOST POLSKA	M1 16-29	97	00:00:42	00:35:25	01:13:56.20	01:14:38.75	+00:39:18 (53.2%)	7:23	8.1 (46.8%)
437	STEMPNIAK Zbigniew	72	REBELS LEGION TEAM	M3 40-49	103	00:00:58	00:35:35	01:13:57.05	01:14:55.95	+00:39:18 (53.2%)	7:23	8.1 (46.8%)
438	BOBROWICZ Jakub	116	T.CH. SZCZECIN	M2 30-39	204	00:01:15	00:36:18	01:13:57.50	01:15:13.20	+00:39:19 (53.2%)	7:23	8.1 (46.8%)
439	RÓZGA Jerzy	563	VIKING88	M3 40-49	104	00:00:25	00:35:15	01:14:02.45	01:14:27.90	+00:39:24 (53.2%)	7:24	8.1 (46.8%)
440	LEWANDOWSKI Janusz	567	WIECZORNE BIEGANIE SZCZECIN	M4 50-59	26	00:00:25	00:35:26	01:14:10.25	01:14:35.85	+00:39:32 (53.3%)	7:25	8.1 (46.8%)
441	SZULC Marcin	613		M2 30-39	205	00:00:12	00:37:06	01:14:20.20	01:14:32.35	+00:39:42 (53.4%)	7:26	8.1 (46.8%)
442	SOSKA Jacek	427		M2 30-39	206	00:00:59	00:36:41	01:14:47.75	01:15:46.90	+00:40:09 (53.7%)	7:28	8 (46.2%)
443	DŁUGOŁĘCKI Michał	742		M1 16-29	98	00:00:57	00:37:38	01:15:11.95	01:16:09.25	+00:40:33 (53.9%)	7:31	8 (46.2%)
444	CYBULSKI Michał	663	PANDA I BANDA	M2 30-39	207	00:01:07	00:36:58	01:15:25.05	01:16:32.25	+00:40:46 (54.1%)	7:32	8 (46.2%)
445	KOWNACKI Bartosz	213	AT-TRZEBIATÓW	M2 30-39	208	00:00:46	00:35:31	01:16:32.40	01:17:18.65	+00:41:54 (54.7%)	7:39	7.8 (45.1%)
446	BEJM Łukasz	557		M2 30-39	209	00:01:08	00:36:06	01:16:42.40	01:17:51.05	+00:42:04 (54.8%)	7:40	7.8 (45.1%)
447	SAWULAK Wiktor	558		M2 30-39	210	00:01:08	00:36:06	01:16:42.50	01:17:50.75	+00:42:04 (54.8%)	7:40	7.8 (45.1%)
448	ORŁOWSKI Marcin	950		M1 16-29	99	00:01:02	00:36:18	01:17:04.60	01:18:06.60	+00:42:26 (55.1%)	7:42	7.8 (45.1%)
449	KRZYSZTOFOWICZ Karol	451		M2 30-39	211	00:01:10	00:41:36	01:17:08.15	01:18:18.40	+00:42:30 (55.1%)	7:42	7.8 (45.1%)
450	CAŁY Przemek	597	KOBIECE BIEGANIE	M2 30-39	212	00:00:52	00:37:22	01:17:19.85	01:18:12.55	+00:42:41 (55.2%)	7:44	7.8 (45.1%)
451	ZAWODNIAK Mirosław	810	BBL POLICE	M3 40-49	105	00:00:42	00:36:33	01:18:04.25	01:18:46.40	+00:43:26 (55.6%)	7:48	7.7 (44.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
452	BURAKOWSKI Grzegorz	365	SPOCENI ŚWINOUJŚCIE :)	M3 40-49	106	00:00:50	00:38:57	01:18:43.45	01:19:33.50	+00:44:05 (56.0%)	7:52	7.6 (43.9%)
453	GRYTA Jana Dariusz	294	BIEGACZE ŚWINOUJŚCIE	M4 50-59	27	00:00:16	00:38:57	01:20:25.50	01:20:42.35	+00:45:47 (56.9%)	8:02	7.5 (43.4%)
454	SOLECKI Sylwester	469		M2 30-39	213	00:01:10	00:49:10	01:22:25.05	01:23:35.85	+00:47:46 (58.0%)	8:14	7.3 (42.2%)
455	ZIEMIĘCKI Waldemar	671		M3 40-49	107	00:00:23	00:40:17	01:24:00.65	01:24:24.60	+00:49:22 (58.8%)	8:24	7.1 (41.0%)
456	NOWACKI Tomasz	661	OPTIMA	M3 40-49	108	00:01:08	00:41:28	01:25:10.30	01:26:18.30	+00:50:32 (59.3%)	8:31	7 (40.5%)
457	HAWRYLUK Sylwester	399		M1 16-29	100	00:01:04	00:41:07	01:25:49.85	01:26:53.90	+00:51:11 (59.6%)	8:34	7 (40.5%)
458	KRZYSZTOFOWICZ Sławek	433	KRZYSZTOFKI TEAM	M3 40-49	109	00:01:11	00:42:10	01:26:02.35	01:27:14.25	+00:51:24 (59.7%)	8:36	7 (40.5%)
459	JUCHA Michał	5		M1 16-29	101	00:00:43	00:42:50	01:27:38.20	01:28:22.10	+00:53:00 (60.5%)	8:45	6.8 (39.3%)
460	BARAŃSKI Radosław	598	OCR TEAM WŁOCŁAWEK	M1 16-29	102	00:00:28	00:44:10	01:29:38.00	01:30:06.35	+00:54:59 (61.4%)	8:57	6.7 (38.7%)
461	PTASZYŃSKI Jarosław	579	OCR TEAM WŁOCŁAWEK	M3 40-49	110	00:00:30	00:43:54	01:30:38.95	01:31:09.30	+00:56:00 (61.8%)	9:03	6.6 (38.2%)

Znaleziono 461 wynik(ów)