



VIII EKSTREMALNY DZIKOBIEG, VIII MISTRZOSTWA POLSKI SŁUŻB MUNDUROWYCH

B4SPORT

Wydarzenie: Festiwal Biegowy Dziki Weekend 2022
Organizator: Stowarzyszenie Klub Biegowy Dzik
Data: 2022-08-21
Miejsce: Police
Dystans: 7.5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Różn	Tempo min/km	Tempo km/h
1	JEFIMCZYK Norbert	213	7BOW/1BZ/1	M-16	1	00:55:51.55		7:26	8.1 (100%)
2	PYTLAK Michał	216	7BOW/1BZ/1	M-30	1	00:57:03.40	+00:01:11 (2.1%)	7:36	7.9 (97.5%)
3	PLESNER Krzysztof	612	VO2MAX RACING TEAM	M-40	1	00:58:44.75	+00:02:53 (4.9%)	7:49	7.7 (95.1%)
4	ZAHARCZUK Albin	215	7BOW/1BZ/1	M-16	2	00:58:48.60	+00:02:57 (5.0%)	7:50	7.7 (95.1%)
5	NOWICKI Artur	217	7BOW/1BZ	M-30	2	01:00:27.85	+00:04:36 (7.6%)	8:03	7.4 (91.4%)
6	GOLAŃSKI Krzysztof	214	7BOW/1BZ	M-30	3	01:00:49.15	+00:04:57 (8.2%)	8:06	7.4 (91.4%)
7	PRZEKOPOWICZ Bartosz	138		M-30	4	01:00:56.95	+00:05:05 (8.4%)	8:07	7.4 (91.4%)
8	BURAS Radosław	23	PSP SZCZECIN	M-30	5	01:01:59.10	+00:06:07 (9.9%)	8:15	7.3 (90.1%)
9	BORYCHOWSKI Mariusz	212	7BOW/1BZ	M-50	1	01:02:18.05	+00:06:26 (10.3%)	8:18	7.2 (88.9%)
10	DUTKIEWICZ Maciej	528	MAZOWIECKI ODDZIAŁ ŻANDARMERII WOJSKOWEJ	M-30	6	01:02:46.55	+00:06:55 (11.0%)	8:22	7.2 (88.9%)
11	ADAMSKI Janusz	1	VO2MAX RACING TEAM	M-50	2	01:04:58.00	+00:09:06 (14.0%)	8:39	6.9 (85.2%)
12	WÓJCIK Maciej	661		M-16	3	01:05:42.60	+00:09:51 (15.0%)	8:45	6.8 (84.0%)
13	LEWICKI Piotr	568	HELL'S HEAVEN	M-40	2	01:06:26.70	+00:10:35 (15.9%)	8:51	6.8 (84.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Różn	Tempo min/km	Tempo km/h
14	BEDNARSKI Adrian	504		M-30	7	01:06:26.85	+00:10:35 (15.9%)	8:51	6.8 (84.0%)
15	NOWAK Paweł	602	BALTIC SEALS/ BIEGUN OCR	M-30	8	01:06:28.80	+00:10:37 (16.0%)	8:51	6.8 (84.0%)
16	ROGAŁA Michał	617	PUŁK OCHRONY JW 2414	M-30	9	01:06:38.50	+00:10:46 (16.2%)	8:53	6.8 (84.0%)
17	CHMIELEWSKI Tomasz	30	VO2MAX RACING TEAM	M-40	3	01:06:50.45	+00:10:58 (16.4%)	8:54	6.7 (82.7%)
18	RAKOWSKI Łukasz	140	VO2MAX RACING TEAM	M-30	10	01:06:50.95	+00:10:59 (16.4%)	8:54	6.7 (82.7%)
19	CHAJA Radosław	28	DZIKIE DZIKI GORZÓW	M-30	11	01:09:18.15	+00:13:26 (19.4%)	9:14	6.5 (80.2%)
20	WRÓBLEWSKI Michał	202	DZIKIE WRÓBLE	M-40	4	01:09:18.70	+00:13:27 (19.4%)	9:14	6.5 (80.2%)
21	DYDEK Edyta	38	SKB DZIK	K-16	1	01:09:39.00	+00:13:47 (19.8%)	9:17	6.5 (80.2%)
22	WOJCIECHOWSKI Konrad	676	MUSTANGI KOBYLANKA	M-16	4	01:11:12.05	+00:15:20 (21.5%)	9:29	6.3 (77.8%)
23	GRABEK Maciej	50	DZIKIE DZIKI GORZÓW	M-30	12	01:11:53.80	+00:16:02 (22.3%)	9:35	6.3 (77.8%)
24	GOŁĘBIEWSKI Tomasz	48	PSP SZCZECIN	M-40	5	01:12:19.80	+00:16:28 (22.8%)	9:38	6.2 (76.5%)
25	KRZEŚNIEWSKI Marcin	211		M-40	6	01:13:21.40	+00:17:29 (23.9%)	9:46	6.1 (75.3%)
26	KNIAŻ Tomasz	554	HELL'S HEAVEN SZCZECIN	M-40	7	01:14:56.40	+00:19:04 (25.5%)	9:59	6 (74.1%)
27	MARZEC Karolina	101	DZIKIE DZIKI GORZÓW	K-40	1	01:15:18.60	+00:19:27 (25.8%)	10:02	6 (74.1%)
28	SZULC Marcin	181	BOLI BOLI	M-40	8	01:15:50.85	+00:19:59 (26.4%)	10:06	5.9 (72.8%)
29	KOCZKODAJ Kamil	78	OŻW SZCZECIN	M-30	13	01:16:00.45	+00:20:08 (26.5%)	10:08	5.9 (72.8%)
30	ZELEK Darek	207		M-40	9	01:16:23.45	+00:20:31 (26.9%)	10:11	5.9 (72.8%)
31	SERKOWSKA Paulina	162		K-16	2	01:16:39.50	+00:20:47 (27.1%)	10:13	5.9 (72.8%)
32	ANTOSIK Bartosz	2		M-30	14	01:16:43.50	+00:20:51 (27.2%)	10:13	5.9 (72.8%)
33	SAKOSIK Krystian	150	KOSA	M-30	15	01:16:53.60	+00:21:02 (27.4%)	10:15	5.9 (72.8%)
34	SICIŃSKI Damian	163	OSP PRZEMOCZE	M-16	5	01:16:56.60	+00:21:05 (27.4%)	10:15	5.8 (71.6%)
35	RYTTEL Marcin	149	14ZBOT/142BLP	M-40	10	01:17:48.35	+00:21:56 (28.2%)	10:22	5.8 (71.6%)
36	PASIKOWSKI Kamil	123	SKB DZIK	M-16	6	01:17:52.80	+00:22:01 (28.3%)	10:22	5.8 (71.6%)

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37	OSTOJSKI Ireneusz	120	DLL PARTNERS	M-40	11	01:18:37.75	+00:22:46 (29.0%)	10:28	5.7 (70.4%)
38	POLAK Jarosław	679		M-30	16	01:18:47.05	+00:22:55 (29.1%)	10:30	5.7 (70.4%)
39	SKOWROŃSKI Andrzej	165	GRUPA MALBORK	M-30	17	01:18:54.95	+00:23:03 (29.2%)	10:31	5.7 (70.4%)
40	RACZYŃSKA Anna	672	7BOW/1BZ/K	K-40	2	01:19:02.85	+00:23:11 (29.3%)	10:32	5.7 (70.4%)
41	WOSZCZYK Sebastian	197	GRUPA MALBORK	M-40	12	01:19:03.45	+00:23:11 (29.3%)	10:32	5.7 (70.4%)
42	KLIM Łukasz	552	MAZOWIECKI ODDZIAŁ ŻANDARMERII WOJSKOWEJ	M-30	18	01:19:08.40	+00:23:16 (29.4%)	10:33	5.7 (70.4%)
43	CZEKAJEWSKI Mateusz	521	14ZBOT/142BLP	M-16	7	01:19:17.60	+00:23:26 (29.6%)	10:34	5.7 (70.4%)
44	KRÓL Kamil	563	MAZOWIECKI ODDZIAŁ ŻANDARMERII WOJSKOWEJ	M-16	8	01:19:40.45	+00:23:48 (29.9%)	10:37	5.6 (69.1%)
45	KUCHARCZYK Robert	87	14ZBOT/142BLP	M-50	3	01:20:21.05	+00:24:29 (30.5%)	10:42	5.6 (69.1%)
46	KĘDZIOR Jakub	73		M-30	19	01:20:27.50	+00:24:35 (30.6%)	10:43	5.6 (69.1%)
47	PAPLIŃSKI Rafał	607		M-16	9	01:20:29.95	+00:24:38 (30.6%)	10:43	5.6 (69.1%)
48	KULRAPSKI Radosław	681	21BLT	M-30	20	01:20:40.00	+00:24:48 (30.8%)	10:45	5.6 (69.1%)
49	OLEJARZ Damian	604	POL-BUD POLICE	M-30	21	01:22:25.25	+00:26:33 (32.2%)	10:59	5.5 (67.9%)
50	LENCEWICZ Grzegorz	93	VO2MAX RACING TEAM	M-30	22	01:22:26.00	+00:26:34 (32.2%)	10:59	5.5 (67.9%)
51	PILARCZYK Katarzyna	129	KSF	K-30	1	01:23:25.15	+00:27:33 (33.0%)	11:07	5.4 (66.7%)
52	DUBIEL Monika	526	HELL'S HEAVEN SZCZECIN	K-40	3	01:23:58.25	+00:28:06 (33.5%)	11:11	5.4 (66.7%)
53	GRUDZIŃSKI Tomasz	56	TEAM SPIRIT NOWA SÓL	M-40	13	01:25:07.75	+00:29:16 (34.4%)	11:20	5.3 (65.4%)
54	NYKOLAJCZUK Robert	603	BRIDGESTONE RUNNERS STARGARD	M-50	4	01:25:15.75	+00:29:24 (34.5%)	11:22	5.3 (65.4%)
55	PAŁASZEWSKA Karolina	122	14ZBOT/142BLP	K-30	2	01:25:23.15	+00:29:31 (34.6%)	11:23	5.3 (65.4%)
56	SOLIS Mariusz	168	OŻW SZCZECIN	M-40	14	01:25:36.60	+00:29:45 (34.8%)	11:24	5.3 (65.4%)
57	BOROWSKA Karolina	16	VO2MAX RACING TEAM	K-30	3	01:25:58.25	+00:30:06 (35.0%)	11:27	5.2 (64.2%)
58	RUSS Radosław	620		M-16	10	01:26:31.90	+00:30:40 (35.4%)	11:32	5.2 (64.2%)
59	GRZYBEK Magdalena	673	7BOW/1BZ/K	K-16	3	01:26:47.45	+00:30:55 (35.6%)	11:34	5.2 (64.2%)

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60	BUCHOLC Zbigniew	21	GRUPA AZOTY	M-40	15	01:26:57.60	+00:31:06 (35.8%)	11:35	5.2 (64.2%)
61	BRZOWSKA Mirela	509		K-30	4	01:27:27.95	+00:31:36 (36.1%)	11:39	5.1 (63.0%)
62	ROSIAK Marcin	144		M-30	23	01:27:37.95	+00:31:46 (36.3%)	11:40	5.1 (63.0%)
63	SIEDLER Martin	629	_MEDICAL CHURCH	M-30	24	01:28:05.45	+00:32:13 (36.6%)	11:44	5.1 (63.0%)
64	GRYGORCEWICZ Władysław	57	PSP SZCZECIN	M-60+	1	01:28:51.15	+00:32:59 (37.1%)	11:50	5.1 (63.0%)
65	SZMYCIŃSKI Piotr	180	OSP PRZEMOCZE	M-16	11	01:29:13.85	+00:33:22 (37.4%)	11:53	5 (61.7%)
66	MURAWSKA Wioletta	113	KB DZIK POLICE	K-50	1	01:29:14.15	+00:33:22 (37.4%)	11:53	5 (61.7%)
67	CZYŻEWSKI Tomasz	31	TENET	M-40	16	01:29:14.55	+00:33:23 (37.4%)	11:53	5 (61.7%)
68	STECIUK Michał	173		M-30	25	01:29:28.70	+00:33:37 (37.6%)	11:55	5 (61.7%)
69	GRALEWICZ Albert	53		M-16	12	01:30:00.65	+00:34:09 (37.9%)	12:00	5 (61.7%)
70	BOTTO Ilario	507		M-30	26	01:30:31.30	+00:34:39 (38.3%)	12:04	5 (61.7%)
71	WIERZBICKA Sylwia	193	14 ZBOT	K-50	2	01:30:39.45	+00:34:47 (38.4%)	12:05	5 (61.7%)
72	FILDEBRANDT Basia	41	SEKTOR DOBREJ ZABAWY	K-40	4	01:30:41.85	+00:34:50 (38.4%)	12:05	5 (61.7%)
73	BOCHENEK Michał	10	SEKTOR DOBREJ ZABAWY	M-30	27	01:30:42.20	+00:34:50 (38.4%)	12:05	5 (61.7%)
74	SOBCZAK Paweł	167		M-40	17	01:30:52.80	+00:35:01 (38.5%)	12:06	5 (61.7%)
75	WEBER Patryk	380		M-30	28	01:31:52.10	+00:36:00 (39.2%)	12:14	4.9 (60.5%)
76	WÓJCICKA Anna	199	HELL'S HEAVEN SZCZECIN	K-40	5	01:31:57.05	+00:36:05 (39.3%)	12:15	4.9 (60.5%)
77	LEWANDOWSKA Anna	95	HELL'S HEAVEN SZCZECIN	K-40	6	01:32:06.30	+00:36:14 (39.4%)	12:16	4.9 (60.5%)
78	NIEWIADOMSKI Mateusz	116		M-30	29	01:32:31.40	+00:36:39 (39.6%)	12:20	4.9 (60.5%)
79	ZABŁOCKI Paweł	664	BRIDGESTONE STARGARD RUNNERS	M-30	30	01:33:01.65	+00:37:10 (40.0%)	12:24	4.8 (59.3%)
80	MASYS Agnieszka	102	GRUPA MALBORK	K-40	7	01:33:15.75	+00:37:24 (40.1%)	12:26	4.8 (59.3%)
81	KARCZEWICZ Piotr	72	OŻW SZCZECIN	M-30	31	01:33:18.00	+00:37:26 (40.1%)	12:26	4.8 (59.3%)
82	CHENON Guillaume	29		M-40	18	01:33:27.25	+00:37:35 (40.2%)	12:27	4.8 (59.3%)

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83	PETRIKOV Yevhenii	610	JUDO BUSHIDO MORUS	M-16	13	01:33:56.15	+00:38:04 (40.5%)	12:31	4.8 (59.3%)
84	KANIA Marcin	219	KB DZIK POLICE	M-16	14	01:33:57.45	+00:38:05 (40.5%)	12:31	4.8 (59.3%)
85	HERMANOWICZ Miłosz	538	ZS CROSSFIT	M-30	32	01:34:22.40	+00:38:30 (40.8%)	12:34	4.8 (59.3%)
86	MATUSIAK Mariusz	103		M-40	19	01:34:36.15	+00:38:44 (41.0%)	12:36	4.8 (59.3%)
87	STĘPNIAK Lesław	174		M-40	20	01:34:43.85	+00:38:52 (41.0%)	12:37	4.8 (59.3%)
88	NICEWICZ Mateusz	593	PUŁK OCHRONY JW 2414	M-16	15	01:34:44.20	+00:38:52 (41.0%)	12:37	4.8 (59.3%)
89	DĄBEK Rafał	522	JW 2414 PUŁK OCHRONY	M-30	33	01:34:52.25	+00:39:00 (41.1%)	12:38	4.7 (58.0%)
90	LEPPAK Małgorzata	94	CSB DRAWSKO	K-30	5	01:34:59.05	+00:39:07 (41.2%)	12:39	4.7 (58.0%)
91	CESAK Grzegorz	27	CSB DRAWSKO	M-30	34	01:35:01.90	+00:39:10 (41.2%)	12:40	4.7 (58.0%)
92	KLEPACKI Bartek	76		M-40	21	01:35:06.20	+00:39:14 (41.3%)	12:40	4.7 (58.0%)
93	SENDEROWSKI Maciej	161	GRUPA AZOTY	M-40	22	01:35:07.35	+00:39:15 (41.3%)	12:40	4.7 (58.0%)
94	KOLEJ Monika	79	DZIKIE DZIKI GORZÓW	K-40	8	01:35:10.20	+00:39:18 (41.3%)	12:41	4.7 (58.0%)
95	MROZIK Mariusz	111	DZIKIE DZIKI GORZÓW	M-40	23	01:35:11.50	+00:39:19 (41.3%)	12:41	4.7 (58.0%)
96	DORAWA-ZIOMEK Anna	32	DZIKIE ŻÓŁWIE	K-30	6	01:35:56.05	+00:40:04 (41.8%)	12:47	4.7 (58.0%)
97	KOPYŚĆ Bartłomiej	557		M-40	24	01:36:11.45	+00:40:19 (41.9%)	12:49	4.7 (58.0%)
98	ROHDE Michał	618	GPTW	M-40	25	01:36:32.20	+00:40:40 (42.1%)	12:52	4.7 (58.0%)
99	MALCZYŃSKI Marcin	583		M-30	35	01:36:35.35	+00:40:43 (42.2%)	12:52	4.7 (58.0%)
100	PATZKI Wojciech	126	TENET	M-16	16	01:36:41.25	+00:40:49 (42.2%)	12:53	4.7 (58.0%)
101	BOBROWSKI Andrzej	671		M-30	36	01:36:46.35	+00:40:54 (42.3%)	12:54	4.7 (58.0%)
102	MAJEWSKA Dorota	98	BIEGOLAS KOSZALIN	K-50	3	01:37:11.25	+00:41:19 (42.5%)	12:57	4.6 (56.8%)
103	STRZYGOCKI Maciej	632	GPTW	M-40	26	01:37:15.40	+00:41:23 (42.6%)	12:58	4.6 (56.8%)
104	KLUCZKOWSKI Adrian	553	MAZOWIECKI ODDZIAŁ ŻANDARMERII WOJSKOWEJ	M-30	37	01:37:22.95	+00:41:31 (42.6%)	12:58	4.6 (56.8%)
105	RZĘDZICKI Gracjan	675		M-40	27	01:37:26.80	+00:41:35 (42.7%)	12:59	4.6 (56.8%)

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106	FURMANIAK Piotr	42	GRUPA MALBORK	M-40	28	01:37:30.75	+00:41:39 (42.7%)	13:00	4.6 (56.8%)
107	KRÓL Kamil	67	DZIADY OCR	M-30	38	01:37:39.10	+00:41:47 (42.8%)	13:01	4.6 (56.8%)
108	KOZŁOWSKI Jakub	562	ENDURO GRYFICE	M-16	17	01:37:48.05	+00:41:56 (42.9%)	13:02	4.6 (56.8%)
109	RUTKOWSKI Gracjan	685		M-16	18	01:38:36.30	+00:42:44 (43.4%)	13:08	4.6 (56.8%)
110	GRALEWICZ Robert	52		M-40	29	01:38:46.65	+00:42:55 (43.4%)	13:10	4.6 (56.8%)
111	GRALEWICZ Olgierd	54		M-16	19	01:38:46.70	+00:42:55 (43.4%)	13:10	4.6 (56.8%)
112	RUTKOWSKI Michał	684	SKB DZIK	M-40	30	01:38:54.65	+00:43:03 (43.5%)	13:11	4.6 (56.8%)
113	MAZUR Filip	106	14ZBOT/142BLP	M-30	39	01:39:31.95	+00:43:40 (43.9%)	13:16	4.5 (55.6%)
114	ARLUKIEWICZ Grzegorz	3	TIP	M-30	40	01:39:40.65	+00:43:49 (44.0%)	13:17	4.5 (55.6%)
115	DYDEK Dorota	39	SKB DZIK	K-50	4	01:40:28.20	+00:44:36 (44.4%)	13:23	4.5 (55.6%)
116	ŚWIĄTEK Bronisław	645	SAMOTNY WILK	M-60+	2	01:41:23.65	+00:45:32 (44.9%)	13:31	4.4 (54.3%)
117	MISIASZEK Mirosław	110	MAŁKOCIN	M-50	5	01:41:27.55	+00:45:36 (44.9%)	13:31	4.4 (54.3%)
118	WIECZOREK Jakub	191		M-16	20	01:41:27.85	+00:45:36 (44.9%)	13:31	4.4 (54.3%)
119	KOWAL-ROHDE Agnieszka	559	GPTW	K-30	7	01:41:36.90	+00:45:45 (45.0%)	13:32	4.4 (54.3%)
120	MAZUR Karol	107	CSB DRAWSKO	M-40	31	01:41:37.05	+00:45:45 (45.0%)	13:32	4.4 (54.3%)
121	PARADZIŃSKI Dawid	608		M-16	21	01:41:57.55	+00:46:06 (45.2%)	13:35	4.4 (54.3%)
122	POGODA Rafał	132	TIP	M-30	41	01:42:07.50	+00:46:15 (45.3%)	13:36	4.4 (54.3%)
123	DUDA Krzysztof	35	GPTW	M-40	32	01:42:38.80	+00:46:47 (45.6%)	13:41	4.4 (54.3%)
124	ROMANOWICZ Monika	143	DZIKIE ŻÓŁWIE	K-30	8	01:43:01.80	+00:47:10 (45.8%)	13:44	4.4 (54.3%)
125	KWAPISZ Patryk	565	BRIDGESTONE STARGARD RUNNERS	M-16	22	01:43:17.85	+00:47:26 (45.9%)	13:46	4.4 (54.3%)
126	BIESSEK Katarzyna	8	GO2TRI	K-30	9	01:43:25.20	+00:47:33 (46.0%)	13:47	4.4 (54.3%)
127	SCHERFENBERG Łukasz	155	DINAMO BATUMI	M-30	42	01:43:25.65	+00:47:34 (46.0%)	13:47	4.4 (54.3%)
128	SZESZKOWSKI Tomasz	178		M-40	33	01:43:28.65	+00:47:37 (46.0%)	13:47	4.3 (53.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Różn	Tempo min/km	Tempo km/h
129	MONIKA Michalik	683	SIŁY TOK	M-40	34	01:43:31.00	+00:47:39 (46.0%)	13:48	4.3 (53.1%)
130	SYGUŁA Marek	682		M-16	23	01:43:31.80	+00:47:40 (46.0%)	13:48	4.3 (53.1%)
131	RUTKOWSKI Konrad	148	14ZBOT/142BLP	M-30	43	01:43:42.65	+00:47:51 (46.1%)	13:49	4.3 (53.1%)
132	MADRAK Anna	578	HULK TEAM POLICE	K-40	9	01:43:47.35	+00:47:55 (46.2%)	13:50	4.3 (53.1%)
133	SAWICKI Jakub	625		M-16	24	01:43:49.60	+00:47:58 (46.2%)	13:50	4.3 (53.1%)
134	DYWELSKI Marcin	529	BRIDGESTONE STARGARD RUNNERS	M-40	35	01:43:53.35	+00:48:01 (46.2%)	13:51	4.3 (53.1%)
135	SZMYCINSKI Jacek	638		M-16	25	01:43:55.65	+00:48:04 (46.3%)	13:51	4.3 (53.1%)
136	RÓZYCKA Hanna	677		K-40	10	01:44:10.20	+00:48:18 (46.4%)	13:53	4.3 (53.1%)
137	TYTONIK Tomasz	649	KOMENDA MIEJSKA POLICJI SZCZECIN/ UKS 47 JUDO BUSHIDO-MORUS SZCZECIN	M-40	36	01:44:28.40	+00:48:36 (46.5%)	13:55	4.3 (53.1%)
138	TARGOSZ Łukasz	183	GRUPA AZOTY	M-30	44	01:45:23.30	+00:49:31 (47.0%)	14:03	4.3 (53.1%)
139	HAWRYLAK Marcin	61	14ZBOT/142BLP	M-50	6	01:45:42.20	+00:49:50 (47.2%)	14:05	4.3 (53.1%)
140	WITKOWSKI Mateusz	656	HELL'S HEAVEN SZCZECIN	M-16	26	01:46:25.15	+00:50:33 (47.5%)	14:11	4.2 (51.9%)
141	KULIŃSKA Justyna	674	7BOW/1BZ/K	K-16	4	01:46:36.50	+00:50:44 (47.6%)	14:12	4.2 (51.9%)
142	RYŻ Wojciech	622		M-16	27	01:46:45.50	+00:50:53 (47.7%)	14:14	4.2 (51.9%)
143	ZALEWSKI Sylwester	205		M-40	37	01:47:18.00	+00:51:26 (47.9%)	14:18	4.2 (51.9%)
144	KOWALCZYK Agata	558		K-16	5	01:48:30.55	+00:52:39 (48.5%)	14:28	4.1 (50.6%)
145	WRONECKI Łukasz	662	KP NIEBUSZEWO	M-30	45	01:50:04.25	+00:54:12 (49.3%)	14:40	4.1 (50.6%)
146	SZYDŁOWSKI Krzysztof	641	KP NIEBUSZEWO	M-30	46	01:50:04.40	+00:54:12 (49.3%)	14:40	4.1 (50.6%)
147	WIERZBICKA Agnieszka	192	14 ZBOT	K-16	6	01:50:15.65	+00:54:24 (49.3%)	14:42	4.1 (50.6%)
148	SEREDA Halyna	626		K-16	7	01:50:18.70	+00:54:27 (49.4%)	14:42	4.1 (50.6%)
149	KUBIAK Piotr	564		M-40	38	01:50:22.50	+00:54:30 (49.4%)	14:42	4.1 (50.6%)
149	SZMYCINSKI Marcin	639		M-40	38	01:50:22.50	+00:54:30 (49.4%)	14:42	4.1 (50.6%)
151	MURYN Dawid	114		M-16	28	01:50:35.50	+00:54:43 (49.5%)	14:44	4.1 (50.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Różn	Tempo min/km	Tempo km/h
152	BIENIAS Emilia	7	RAGNAROK SZCZECIN	K-16	8	01:50:35.95	+00:54:44 (49.5%)	14:44	4.1 (50.6%)
153	NOWAK Kamil	596		M-30	47	01:50:43.15	+00:54:51 (49.5%)	14:45	4.1 (50.6%)
154	GLOWACKI Michal	535		M-30	48	01:50:45.50	+00:54:53 (49.6%)	14:46	4.1 (50.6%)
155	POGORZELSKA Aleksandra	133		K-16	9	01:51:16.15	+00:55:24 (49.8%)	14:50	4 (49.4%)
156	WÓJCICKI Łukasz	200	HELL'S HEAVEN SZCZECIN	M-40	40	01:51:26.20	+00:55:34 (49.9%)	14:51	4 (49.4%)
157	CIESLEWICZ Maksym	516	BADASKI	M-16	29	01:52:51.70	+00:57:00 (50.5%)	15:02	4 (49.4%)
158	LOKS Oskar	572	BADASKI	M-16	30	01:52:52.00	+00:57:00 (50.5%)	15:02	4 (49.4%)
159	POŹNIAK Aleksandra	135	DZIKIE DZIKI GORZÓW	K-30	10	01:53:35.55	+00:57:44 (50.8%)	15:08	4 (49.4%)
160	SPÓLNIK Paweł	170	DZIKIE DZIKI GORZÓW	M-30	49	01:53:35.90	+00:57:44 (50.8%)	15:08	4 (49.4%)
161	SAWICKI Bartosz	153	DZIKIE DZIKI GORZÓW	M-30	50	01:53:35.95	+00:57:44 (50.8%)	15:08	4 (49.4%)
162	POSZUMSKA Gabriela	134		K-16	10	01:53:41.75	+00:57:50 (50.9%)	15:09	4 (49.4%)
163	JAKSIMA Anna	243	RAZ	K-40	11	01:53:43.30	+00:57:51 (50.9%)	15:09	4 (49.4%)
164	CHUDZINSKI Filip	514	BADASKI	M-16	31	01:54:21.00	+00:58:29 (51.2%)	15:14	3.9 (48.1%)
165	DUDKA Robert	37		M-30	51	01:54:33.35	+00:58:41 (51.2%)	15:16	3.9 (48.1%)
166	ZIELIŃSKI Michał	210		M-16	32	01:54:35.25	+00:58:43 (51.3%)	15:16	3.9 (48.1%)
167	ZALEWSKI Jacek	665		M-50	7	01:54:45.55	+00:58:54 (51.3%)	15:18	3.9 (48.1%)
168	ŁUBKOWSKI Daniel	576	BADASKI	M-16	33	01:54:57.90	+00:59:06 (51.4%)	15:19	3.9 (48.1%)
169	PAWŁOWSKI Karol	128		M-40	41	01:55:26.20	+00:59:34 (51.6%)	15:23	3.9 (48.1%)
170	KALITA Marcin	543		M-30	52	01:55:32.60	+00:59:41 (51.7%)	15:24	3.9 (48.1%)
171	RATAJCZYK Patryk	142	DLL PARTNERS	M-30	53	01:55:48.85	+00:59:57 (51.8%)	15:26	3.9 (48.1%)
172	PAWLUŚ Tomasz	127		M-40	42	01:56:04.85	+01:00:13 (51.9%)	15:28	3.9 (48.1%)
173	SALAUYOU Raman	151		M-30	54	01:56:19.60	+01:00:28 (52.0%)	15:30	3.9 (48.1%)
174	MARCZYK Szymon	99		M-16	34	01:56:35.70	+01:00:44 (52.1%)	15:32	3.9 (48.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Różn	Tempo min/km	Tempo km/h
175	HINDZIUK Artsiom	62		M-30	55	01:56:40.55	+01:00:49 (52.1%)	15:33	3.9 (48.1%)
176	KASZA Dawid	545		M-16	35	01:56:42.00	+01:00:50 (52.1%)	15:33	3.9 (48.1%)
177	MATYSEK Ireneusz	104	KOMANDOS WAŁECKI	M-60+	3	01:57:40.45	+01:01:48 (52.5%)	15:41	3.8 (46.9%)
178	SKRZYPIEC Andrzej	166	BIEGACZE ŚWINOUJŚCIE	M-60+	4	01:57:41.35	+01:01:49 (52.5%)	15:41	3.8 (46.9%)
179	RAKOWSKI Piotr	141		M-60+	5	01:57:43.40	+01:01:51 (52.6%)	15:41	3.8 (46.9%)
180	ROSSA-MALCZYŃSKA Katarzyna	619		K-30	11	01:58:09.35	+01:02:17 (52.7%)	15:45	3.8 (46.9%)
181	URBANIAK Anna	185	GRUPA AZOTY	K-30	12	01:58:09.55	+01:02:18 (52.7%)	15:45	3.8 (46.9%)
182	HOŁOWCZYC Agnieszka Marta	64	FREE AND WILD	K-30	13	01:58:59.30	+01:03:07 (53.1%)	15:51	3.8 (46.9%)
183	HOŁOWCZYC Julia Anna	65	FREE AND WILD	K-30	14	01:58:59.95	+01:03:08 (53.1%)	15:51	3.8 (46.9%)
184	STAROSTA Michał	631		M-30	56	01:59:24.55	+01:03:33 (53.2%)	15:55	3.8 (46.9%)
185	JABŁOŃSKI Wiktor	540		M-30	57	01:59:30.10	+01:03:38 (53.3%)	15:56	3.8 (46.9%)
186	SZAFRAN Szymon	633		M-16	36	01:59:31.55	+01:03:40 (53.3%)	15:56	3.8 (46.9%)
187	CHUDZIŃSKA Dorota	515		K-50	5	02:00:11.20	+01:04:19 (53.5%)	16:01	3.7 (45.7%)
187	WORONKO Małgorzata	658		K-40	12	02:00:11.20	+01:04:19 (53.5%)	16:01	3.7 (45.7%)
189	OLKOWICZ Dariusz	605		M-40	43	02:00:19.45	+01:04:27 (53.6%)	16:02	3.7 (45.7%)
190	NOWAK Maciek	595		M-16	37	02:00:21.75	+01:04:30 (53.6%)	16:02	3.7 (45.7%)
191	PACZKOWSKA Laura	606	KSF	K-16	11	02:00:33.65	+01:04:42 (53.7%)	16:04	3.7 (45.7%)
192	MĄDRAWSKI Tomasz	108		M-40	44	02:00:54.60	+01:05:03 (53.8%)	16:07	3.7 (45.7%)
193	SAWICKI Paweł	154	ŻANDARMERIA WOJSKOWA	M-40	45	02:01:16.20	+01:05:24 (53.9%)	16:10	3.7 (45.7%)
194	BURDELAK Agnieszka	24	ŻANDARMERIA WOJSKOWA	K-30	15	02:01:16.35	+01:05:24 (53.9%)	16:10	3.7 (45.7%)
195	BADURA Ewelina	4	ŻANDARMERIA WOJSKOWA	K-30	16	02:01:16.45	+01:05:24 (53.9%)	16:10	3.7 (45.7%)
196	BRILLA Andrzej	20	ŻANDARMERIA WOJSKOWA	M-40	46	02:01:16.70	+01:05:25 (53.9%)	16:10	3.7 (45.7%)
197	SADŁOWSKA Agnieszka	623		K-30	17	02:01:17.40	+01:05:25 (53.9%)	16:10	3.7 (45.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Różn	Tempo min/km	Tempo km/h
198	STACHOWICZ Małgorzata	171		K-40	13	02:02:24.20	+01:06:32 (54.4%)	16:19	3.7 (45.7%)
199	ADAMSKA Anna	502	ANIA&KASIA	K-50	6	02:02:41.35	+01:06:49 (54.5%)	16:21	3.7 (45.7%)
200	KRUK Bartosz	84		M-30	58	02:02:53.00	+01:07:01 (54.5%)	16:23	3.7 (45.7%)
201	MORDAS Martyna	592		K-16	12	02:03:26.80	+01:07:35 (54.8%)	16:27	3.6 (44.4%)
202	MATUSIEWICZ Aleksander	586		M-30	59	02:03:27.80	+01:07:36 (54.8%)	16:27	3.6 (44.4%)
203	MACIEJEWSKI Piotr	577	GPTW	M-40	47	02:03:41.75	+01:07:50 (54.8%)	16:29	3.6 (44.4%)
204	MARGULA-JAŚKOWSKA Dorota	100		K-30	18	02:03:46.90	+01:07:55 (54.9%)	16:30	3.6 (44.4%)
205	LUTOBORSKA Alicja	573	ALUHAK	K-30	19	02:05:05.55	+01:09:14 (55.3%)	16:40	3.6 (44.4%)
205	LUTOBORSKI Mariusz	574	ALUHAK	M-30	60	02:05:05.55	+01:09:14 (55.3%)	16:40	3.6 (44.4%)
207	HNAT Rafał	63		M-50	8	02:05:12.45	+01:09:20 (55.4%)	16:41	3.6 (44.4%)
208	BURDZIK Wojciech	25		M-30	61	02:05:24.10	+01:09:32 (55.5%)	16:43	3.6 (44.4%)
209	BURDZIK Eliza	511		K-30	20	02:05:24.40	+01:09:32 (55.5%)	16:43	3.6 (44.4%)
210	BEDNARZ Katarzyna	6		K-40	14	02:05:33.25	+01:09:41 (55.5%)	16:44	3.6 (44.4%)
211	SAWICKA -WERS Urszula	152		K-30	21	02:05:33.40	+01:09:41 (55.5%)	16:44	3.6 (44.4%)
212	DUDENKO Jerzy	36	DZIKIEDUDKI	M-40	48	02:06:05.85	+01:10:14 (55.7%)	16:48	3.6 (44.4%)
213	BYCZKOWSKI Jan	26	DZIKIE DUDKI	M-40	49	02:06:05.90	+01:10:14 (55.7%)	16:48	3.6 (44.4%)
214	DUDENKO Monika	527	DZIKIEDUDKI	K-40	15	02:06:06.25	+01:10:14 (55.7%)	16:48	3.6 (44.4%)
215	BYCZKOWSKA Agnieszka	512	DZIKIE DUDKI	K-40	16	02:06:06.60	+01:10:15 (55.7%)	16:48	3.6 (44.4%)
216	NOWACZYK Ewa	594		K-40	17	02:06:11.10	+01:10:19 (55.7%)	16:49	3.6 (44.4%)
217	NOWACZYK Wojciech	117		M-30	62	02:06:11.35	+01:10:19 (55.7%)	16:49	3.6 (44.4%)
218	KARLIN-GRAŻEWICZ Katarzyna	544	ANIA&KASIA	K-40	18	02:06:14.10	+01:10:22 (55.7%)	16:49	3.6 (44.4%)
219	MAKAREWICZ Rafał	580		M-30	63	02:06:27.20	+01:10:35 (55.8%)	16:51	3.6 (44.4%)
220	MAKAREWICZ Martyna	579		K-30	22	02:06:28.10	+01:10:36 (55.8%)	16:51	3.6 (44.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Różn	Tempo min/km	Tempo km/h
221	MICIUK Jarek	587	ANIA&KASIA	M-30	64	02:06:28.65	+01:10:37 (55.8%)	16:51	3.6 (44.4%)
222	KIWILSKA Wojciech	75	IHUHU TEAM	M-30	65	02:06:45.40	+01:10:53 (55.9%)	16:54	3.6 (44.4%)
223	WIŚNIEWSKA Marta	195	IHUHU TEAM	K-16	13	02:06:45.45	+01:10:53 (55.9%)	16:54	3.6 (44.4%)
223	WOŹNIAK Rafał	198	IHUHU TEAM	M-30	66	02:06:45.45	+01:10:53 (55.9%)	16:54	3.6 (44.4%)
225	KIERUJ Jakub	74	IHUHU TEAM	M-16	38	02:06:45.75	+01:10:54 (55.9%)	16:54	3.6 (44.4%)
226	NOWAK-PIASECKA Dorota	601		K-30	23	02:06:52.60	+01:11:01 (56.0%)	16:54	3.5 (43.2%)
227	SUSZA Małgorzata	177		K-40	19	02:06:52.70	+01:11:01 (56.0%)	16:54	3.5 (43.2%)
228	ZAWADZKI Andrzej	206	TENET	M-16	39	02:07:23.45	+01:11:31 (56.2%)	16:59	3.5 (43.2%)
229	SZAJEK Marta	634	HULK TEAM POLICE	K-40	20	02:07:37.70	+01:11:46 (56.2%)	17:00	3.5 (43.2%)
230	BAŁKA Michał	503		M-30	67	02:07:38.45	+01:11:46 (56.2%)	17:01	3.5 (43.2%)
231	WISZNIEWSKI Marcin	655		M-30	68	02:07:39.05	+01:11:47 (56.2%)	17:01	3.5 (43.2%)
232	SZAŁKOWSKA Agnieszka	635	FAMILY TEAM	K-40	21	02:07:42.60	+01:11:51 (56.3%)	17:01	3.5 (43.2%)
233	SZAŁKOWSKI Radosław	636	FAMILY TEAM	M-40	50	02:07:42.85	+01:11:51 (56.3%)	17:01	3.5 (43.2%)
234	CIEŚLA Agnieszka	518		K-30	24	02:08:02.10	+01:12:10 (56.4%)	17:04	3.5 (43.2%)
235	BIJACZYK Monika	505		K-30	25	02:08:02.95	+01:12:11 (56.4%)	17:04	3.5 (43.2%)
236	CIEŹKI Kuba	520		M-16	40	02:08:30.50	+01:12:38 (56.5%)	17:08	3.5 (43.2%)
237	KOPYRA Izabela	81		K-16	14	02:08:53.35	+01:13:01 (56.7%)	17:11	3.5 (43.2%)
238	MARZEC Klaudia	584		K-16	15	02:08:56.20	+01:13:04 (56.7%)	17:11	3.5 (43.2%)
239	CIEŚLA Paweł	517		M-30	69	02:09:04.85	+01:13:13 (56.7%)	17:12	3.5 (43.2%)
240	MIKULSKI Marcin	589		M-30	70	02:09:33.10	+01:13:41 (56.9%)	17:16	3.5 (43.2%)
241	PUCHALSKA Emilia	616		K-30	26	02:10:34.05	+01:14:42 (57.2%)	17:24	3.4 (42.0%)
242	WOŹNIAK MACIEJEWSKA Edyta	660	GPTW	K-40	22	02:10:47.00	+01:14:55 (57.3%)	17:26	3.4 (42.0%)
243	PAROL Grzegorz	609	GPTW	M-40	51	02:10:48.20	+01:14:56 (57.3%)	17:26	3.4 (42.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Różn	Tempo min/km	Tempo km/h
244	ORLON Barbara	119	BIEG KORCZAKA	K-50	7	02:11:01.35	+01:15:09 (57.4%)	17:28	3.4 (42.0%)
245	ZAKRZEWSKA Sylwia	204		K-30	27	02:11:01.40	+01:15:09 (57.4%)	17:28	3.4 (42.0%)
246	WOSIAK Paweł	659		M-30	71	02:11:01.55	+01:15:10 (57.4%)	17:28	3.4 (42.0%)
247	NOWAK Marta	598	GRUPA AZOTY	K-40	23	02:11:09.10	+01:15:17 (57.4%)	17:29	3.4 (42.0%)
248	NOWAK Grzegorz	599	GRUPA AZOTY	M-40	52	02:11:09.20	+01:15:17 (57.4%)	17:29	3.4 (42.0%)
249	NOWAK Zbigniew	118	SKB DZIK	M-60+	6	02:11:09.35	+01:15:17 (57.4%)	17:29	3.4 (42.0%)
250	NOWAK Piotr	600		M-16	41	02:11:10.05	+01:15:18 (57.4%)	17:29	3.4 (42.0%)
251	RUMOWSKA Agnieszka	147		K-30	28	02:11:31.15	+01:15:39 (57.5%)	17:32	3.4 (42.0%)
251	WIĘCKOWSKA Joanna	194		K-30	28	02:11:31.15	+01:15:39 (57.5%)	17:32	3.4 (42.0%)
253	PIŁATOWSKI Maciej	130		M-30	72	02:11:31.50	+01:15:39 (57.5%)	17:32	3.4 (42.0%)
254	CIEŹKI Mariusz	519		M-40	53	02:11:59.00	+01:16:07 (57.7%)	17:35	3.4 (42.0%)
255	KOPAŃSKI Dariusz	556		M-40	54	02:13:27.85	+01:17:36 (58.1%)	17:47	3.4 (42.0%)
256	SZYMAŃSKA Monika	642		K-16	16	02:13:36.55	+01:17:45 (58.2%)	17:48	3.4 (42.0%)
257	STANISZEWSKA-KUŚ Magdalena	630	FAMILY TEAM	K-30	30	02:14:15.70	+01:18:24 (58.4%)	17:54	3.4 (42.0%)
258	LIPERTOWICZ Adrianna	571	CRAZY FISH	K-40	24	02:14:33.30	+01:18:41 (58.5%)	17:56	3.3 (40.7%)
259	PĘDZIK Marek	611		M-30	73	02:14:49.55	+01:18:58 (58.6%)	17:58	3.3 (40.7%)
260	KISIEL Kamila	551	BRIDGESTONE RUNNERS	K-16	17	02:15:16.90	+01:19:25 (58.7%)	18:02	3.3 (40.7%)
261	KRUCZEK Paweł	83	BRIDGESTONE STARGARD RUNNERS	M-30	74	02:15:17.70	+01:19:26 (58.7%)	18:02	3.3 (40.7%)
262	KALISZ Michał	542		M-16	42	02:15:17.90	+01:19:26 (58.7%)	18:02	3.3 (40.7%)
263	GAŁAN Mateusz	532	BRIDGESTONE STARGARD RUNNERS	M-30	75	02:15:18.30	+01:19:26 (58.7%)	18:02	3.3 (40.7%)
264	ABRANTOWICZ Maria	501	DĄB DĘBNO	K-30	31	02:15:29.60	+01:19:38 (58.8%)	18:03	3.3 (40.7%)
264	MORAWSKA Joanna	591		K-30	31	02:15:29.60	+01:19:38 (58.8%)	18:03	3.3 (40.7%)
266	KWAŚNIEWSKI Wojciech	566	POLANIE PIERZCHNICA	M-30	76	02:15:29.75	+01:19:38 (58.8%)	18:03	3.3 (40.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Różn	Tempo min/km	Tempo km/h
267	NOWAK Marta	597		K-30	33	02:15:29.90	+01:19:38 (58.8%)	18:03	3.3 (40.7%)
268	KIESZKOWSKA Barbara	550		K-30	34	02:15:30.75	+01:19:39 (58.8%)	18:04	3.3 (40.7%)
269	ŁAWNICZAK Sylwia	575	ALUHAK	K-40	25	02:15:47.80	+01:19:56 (58.9%)	18:06	3.3 (40.7%)
270	ŁAWNICZAK Sebastian	97	ALUHAK	M-40	55	02:15:48.90	+01:19:57 (58.9%)	18:06	3.3 (40.7%)
271	WALCZAK Dominika	650		K-16	18	02:16:34.95	+01:20:43 (59.1%)	18:12	3.3 (40.7%)
272	CHARKOT Magda	513		K-30	35	02:16:35.35	+01:20:43 (59.1%)	18:12	3.3 (40.7%)
273	MATAJ Justyna	585		K-16	19	02:16:35.80	+01:20:44 (59.1%)	18:12	3.3 (40.7%)
274	WIECZOREK Magdalena	189		K-40	26	02:16:53.80	+01:21:02 (59.2%)	18:15	3.3 (40.7%)
275	WIECZOREK Wojciech	190		M-40	56	02:17:52.20	+01:22:00 (59.5%)	18:22	3.3 (40.7%)
276	PTAK Krzysztof	615		M-30	77	02:18:33.60	+01:22:42 (59.7%)	18:28	3.2 (39.5%)
277	KOWALSKA Kamila	560	PDC LOGISTICS	K-16	20	02:19:20.55	+01:23:29 (59.9%)	18:34	3.2 (39.5%)
278	SZYSZKA Karol	643	PDC LOGISTICS	M-40	57	02:20:29.70	+01:24:38 (60.2%)	18:43	3.2 (39.5%)
279	GOŁĘBIEWSKI Gabriel	536		M-30	78	02:20:39.85	+01:24:48 (60.3%)	18:45	3.2 (39.5%)
280	GIETKO Piotr	534	MIĘTUSY	M-40	58	02:20:53.95	+01:25:02 (60.4%)	18:47	3.2 (39.5%)
281	SĘK Dariusz	627		M-40	59	02:20:56.00	+01:25:04 (60.4%)	18:47	3.2 (39.5%)
282	KUREK Hubert	91		M-30	79	02:21:10.60	+01:25:19 (60.4%)	18:49	3.2 (39.5%)
283	MILEWSKA Marta	109		K-30	36	02:21:11.05	+01:25:19 (60.4%)	18:49	3.2 (39.5%)
284	TOKAREK Justyna	184		K-30	37	02:21:11.30	+01:25:19 (60.4%)	18:49	3.2 (39.5%)
285	KAŻMIERCZAK Marlena	546		K-16	21	02:21:21.55	+01:25:30 (60.5%)	18:50	3.2 (39.5%)
286	TYPEK Iwona	648	PDC LOGISTICS	K-40	27	02:21:23.45	+01:25:31 (60.5%)	18:51	3.2 (39.5%)
287	SZPINDA Magda	640		K-30	38	02:21:36.45	+01:25:44 (60.6%)	18:52	3.2 (39.5%)
288	KIELISZEK Grzegorz	547	FAMILY TEAM	M-30	80	02:21:51.55	+01:26:00 (60.6%)	18:54	3.2 (39.5%)
289	SĘK Alan	628		M-16	43	02:22:00.60	+01:26:09 (60.7%)	18:56	3.2 (39.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Różn	Tempo min/km	Tempo km/h
290	OSTROWSKA Ina	121		K-40	28	02:22:28.45	+01:26:36 (60.8%)	18:59	3.2 (39.5%)
291	RÓZGA Michał	145		M-40	60	02:22:29.25	+01:26:37 (60.8%)	18:59	3.2 (39.5%)
292	RADCZUK Karolina	139	GRUPA AZOTY	K-40	29	02:22:59.80	+01:27:08 (60.9%)	19:03	3.1 (38.3%)
293	RÓŻYCKA Karina	146	GRUPA AZOTY	K-30	39	02:23:00.10	+01:27:08 (60.9%)	19:04	3.1 (38.3%)
294	ZUBKIEWICZ Michał	667		M-30	81	02:23:27.60	+01:27:36 (61.1%)	19:07	3.1 (38.3%)
295	BOGDAŃSKI Jakub	506		M-30	82	02:23:43.95	+01:27:52 (61.1%)	19:09	3.1 (38.3%)
296	DUBICKI Mikołaj	34	STARGARD JA SIĘ NIE ŚCIGAM	M-16	44	02:24:38.70	+01:28:47 (61.4%)	19:17	3.1 (38.3%)
297	MAKOWSKA Marzena	582		K-30	40	02:25:58.90	+01:30:07 (61.7%)	19:27	3.1 (38.3%)
298	MAKAŚ Paulina	581		K-30	41	02:26:12.10	+01:30:20 (61.8%)	19:29	3.1 (38.3%)
299	BRUMIRSKI Bartosz	218		M-30	83	02:26:41.60	+01:30:50 (61.9%)	19:33	3.1 (38.3%)
300	SOWA Krzysztof	169	TRASHMAGEDDON	M-30	84	02:26:48.70	+01:30:57 (62.0%)	19:34	3.1 (38.3%)
301	SZYSZKO Filip	644		M-16	45	02:26:50.65	+01:30:59 (62.0%)	19:34	3.1 (38.3%)
302	SCHULZE Jan - Michel	159	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-16	46	02:26:51.75	+01:31:00 (62.0%)	19:34	3.1 (38.3%)
303	SCHMIDT Sebastian	156	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-30	85	02:26:51.80	+01:31:00 (62.0%)	19:34	3.1 (38.3%)
304	BUHMANN Philip	22	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-30	86	02:26:52.40	+01:31:00 (62.0%)	19:34	3.1 (38.3%)
305	BRACHMANN Georg	18	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-30	87	02:26:52.65	+01:31:01 (62.0%)	19:34	3.1 (38.3%)
306	PATZKE Ingo	124	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-50	9	02:26:52.75	+01:31:01 (62.0%)	19:34	3.1 (38.3%)
307	GEFRERER Piotr	533		M-16	47	02:26:52.80	+01:31:01 (62.0%)	19:34	3.1 (38.3%)
308	SEEBODE Christian	160	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-50	10	02:26:53.85	+01:31:02 (62.0%)	19:35	3.1 (38.3%)
309	HARTWIGER Julia	60	BRAUNSCHWEIG HASH HOUSE HARRIERS	K-30	42	02:26:55.40	+01:31:03 (62.0%)	19:35	3.1 (38.3%)
310	PATZKE Petra	125	BRAUNSCHWEIG HASH HOUSE HARRIERS	K-50	8	02:26:56.95	+01:31:05 (62.0%)	19:35	3.1 (38.3%)
311	SCHULZE Stefan	158	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-50	11	02:26:58.20	+01:31:06 (62.0%)	19:35	3.1 (38.3%)
312	BRANDES Tilman	19	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-30	88	02:26:59.10	+01:31:07 (62.0%)	19:35	3.1 (38.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Różn	Tempo min/km	Tempo km/h
313	ŻUCHOWSKI Kamil	669		M-30	89	02:27:27.40	+01:31:35 (62.1%)	19:39	3.1 (38.3%)
314	ŻUCHOWSKA Izabela	668		K-40	30	02:27:27.85	+01:31:36 (62.1%)	19:39	3.1 (38.3%)
315	KUNIKOWSKI Patryk	90	STARGARD JA SIĘ NIE ŚCIGAM	M-40	61	02:27:30.85	+01:31:39 (62.1%)	19:40	3.1 (38.3%)
316	JADRYCH Zbigniew	69	STARGARD JA SIĘ NIE ŚCIGAM	M-40	62	02:27:31.40	+01:31:39 (62.1%)	19:40	3.1 (38.3%)
317	STAŃCZYK Sławomir	172		M-30	90	02:27:31.45	+01:31:39 (62.1%)	19:40	3.1 (38.3%)
318	KUNIKOWSKA Patrycja	89	STARGARD JA SIĘ NIE ŚCIGAM	K-30	43	02:27:31.65	+01:31:40 (62.1%)	19:40	3.1 (38.3%)
319	POKRZYWIŃSKA Celina	614		K-30	44	02:27:35.25	+01:31:43 (62.2%)	19:40	3 (37.0%)
320	ŻUKOWSKA Joanna	670		K-30	45	02:27:35.70	+01:31:44 (62.2%)	19:40	3 (37.0%)
321	DZIEDZINA Roksana	530	KSF	K-30	46	02:27:49.50	+01:31:57 (62.2%)	19:42	3 (37.0%)
322	DĘBSKA Kamila	524	KSF	K-30	47	02:27:49.75	+01:31:58 (62.2%)	19:42	3 (37.0%)
323	GERLICH Klaus	44	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-50	12	02:27:54.35	+01:32:02 (62.2%)	19:43	3 (37.0%)
324	MÜLLER Kathrin	112	BRAUNSCHWEIG HASH HOUSE HARRIERS	K-50	9	02:27:55.35	+01:32:03 (62.2%)	19:43	3 (37.0%)
325	GERLICH Kai	45	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-16	48	02:27:55.55	+01:32:04 (62.2%)	19:43	3 (37.0%)
326	GERLICH Michael	46	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-50	13	02:27:56.55	+01:32:05 (62.2%)	19:43	3 (37.0%)
327	BOHONOS Adam	15		M-40	63	02:28:11.15	+01:32:19 (62.3%)	19:45	3 (37.0%)
328	SUCHODOLSKA Aleksandra	176	DZIKIE ŻÓŁWIE	K-30	48	02:29:12.20	+01:33:20 (62.6%)	19:53	3 (37.0%)
329	KRYSZEWSKA Magdalena	85	DZIKIE ŻÓŁWIE	K-30	49	02:29:12.40	+01:33:20 (62.6%)	19:53	3 (37.0%)
330	ZAKOŚCIELNA Katarzyna	203	DZIKIE ŻÓŁWIE	K-30	50	02:30:11.75	+01:34:20 (62.8%)	20:01	3 (37.0%)
331	DOBRYCKI Piotr	525	BRIDGESTONE STARGARD RUNNERS	M-40	64	02:34:20.40	+01:38:28 (63.8%)	20:34	2.9 (35.8%)
332	PRABUCKI Jarosław	137		M-40	65	02:35:03.95	+01:39:12 (64.0%)	20:40	2.9 (35.8%)
333	PRABUCKA Karolina	136		K-40	31	02:35:04.35	+01:39:12 (64.0%)	20:40	2.9 (35.8%)
334	ROSIŃSKA Kamila	680	BRIDGESTONE RUNNERS	K-30	51	02:35:22.60	+01:39:31 (64.0%)	20:42	2.9 (35.8%)
335	KOZŁOWSKA-BANIAK Paulina	561	BRIDGESTONE STARGARD RUNNERS	K-40	32	02:36:24.75	+01:40:33 (64.3%)	20:51	2.9 (35.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Różn	Tempo min/km	Tempo km/h
336	KWIATKOWSKA Laura	567	BRIDGESTONE STARGARD RUNNERS	K-30	52	02:36:24.95	+01:40:33 (64.3%)	20:51	2.9 (35.8%)
337	WIEŻEL Hanna	653		K-30	53	02:36:34.45	+01:40:42 (64.3%)	20:52	2.9 (35.8%)
338	WASILEWSKI Andrzej	188		M-40	66	02:36:37.70	+01:40:46 (64.3%)	20:52	2.9 (35.8%)
339	ZIELIŃSKA Beata	666		K-40	33	02:36:38.35	+01:40:46 (64.3%)	20:53	2.9 (35.8%)
340	ZIELIŃSKA-RYŻ Katarzyna	209		K-40	34	02:37:27.00	+01:41:35 (64.5%)	20:59	2.9 (35.8%)
341	RYŻ Arkadiusz	621		M-40	67	02:37:27.75	+01:41:36 (64.5%)	20:59	2.9 (35.8%)
342	LICAU Radosław	570		M-40	68	02:38:07.90	+01:42:16 (64.7%)	21:04	2.8 (34.6%)
343	LICAU Agnieszka	569		K-40	35	02:38:08.95	+01:42:17 (64.7%)	21:05	2.8 (34.6%)
344	LENER Sławomir	678		M-60+	7	02:38:35.65	+01:42:44 (64.8%)	21:08	2.8 (34.6%)
345	KACHNOWICZ-BUKAŁA Izabela	71	BRAUNSCHWEIG HASH HOUSE HARRIERS	K-40	36	02:39:14.45	+01:43:22 (64.9%)	21:13	2.8 (34.6%)
346	GOWORSKI Jerzy	49	WIECZORNE BIEGANIE W SZCZECINIE	M-30	91	02:40:12.60	+01:44:21 (65.1%)	21:21	2.8 (34.6%)
347	WYSOCKI Grzegorz	663		M-40	69	02:42:59.80	+01:47:08 (65.7%)	21:43	2.8 (34.6%)
348	ŚWIRTA Beata	646		K-16	22	02:43:45.05	+01:47:53 (65.9%)	21:50	2.7 (33.3%)
349	JABŁOŃSKA Aleksandra	539		K-16	23	02:43:45.35	+01:47:53 (65.9%)	21:50	2.7 (33.3%)
350	KIEREPKA Paulina	549		K-16	24	02:43:45.60	+01:47:54 (65.9%)	21:50	2.7 (33.3%)
351	WIKA Marta	654		K-30	54	02:44:28.45	+01:48:36 (66.0%)	21:55	2.7 (33.3%)
351	KOMOROWSKA Anna	555		K-30	54	02:44:28.45	+01:48:36 (66.0%)	21:55	2.7 (33.3%)
353	MIKLEWICZ Agata	588	CMENTARNE HIENY	K-30	56	02:50:30.85	+01:54:39 (67.2%)	22:44	2.6 (32.1%)
354	JEŻ Maja	541	ŻABKI	K-30	57	02:50:31.40	+01:54:39 (67.2%)	22:44	2.6 (32.1%)
355	KOŁACZYŃSKA Monika	80		K-50	10	02:52:50.20	+01:56:58 (67.7%)	23:02	2.6 (32.1%)
356	BLACHOWSKA Agnieszka	9		K-30	58	02:52:58.00	+01:57:06 (67.7%)	23:03	2.6 (32.1%)
357	KOSIANOWSKA Monika	82	GRUPA MALBORK	K-50	11	02:53:26.75	+01:57:35 (67.8%)	23:07	2.6 (32.1%)
358	BOŚKO Paulina	17	CMENTARNE HIENY	K-30	59	02:53:32.20	+01:57:40 (67.8%)	23:08	2.6 (32.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Różn	Tempo min/km	Tempo km/h
359	WOROCH Tomasz	657	ZABKI	M-30	92	02:53:32.75	+01:57:41 (67.8%)	23:08	2.6 (32.1%)
360	KRZYWOŃ Paweł	86		M-30	93	02:53:47.65	+01:57:56 (67.9%)	23:10	2.6 (32.1%)
361	WALUKIEWICZ Magdalena	186	NZ	K-40	37	02:53:47.90	+01:57:56 (67.9%)	23:10	2.6 (32.1%)
362	LEBIODA Alicja	92		K-40	38	02:54:51.35	+01:58:59 (68.1%)	23:18	2.6 (32.1%)
363	JADCZAK Danuta	68		K-60+	1	02:59:45.55	+02:03:54 (68.9%)	23:58	2.5 (30.9%)
364	LEWANDOWSKI Janusz	96	PARKRUN SZCZECIN	M-60+	8	02:59:46.20	+02:03:54 (68.9%)	23:58	2.5 (30.9%)
365	KIELISZEK Karolina	548	FAMILY TEAM	K-30	60	03:03:22.75	+02:07:31 (69.5%)	24:26	2.5 (30.9%)
366	PŁOSA Monika	613		K-40	39	03:04:19.30	+02:08:27 (69.7%)	24:34	2.4 (29.6%)
367	WASIELEWSKA Katarzyna	651		K-30	61	03:04:21.30	+02:08:29 (69.7%)	24:34	2.4 (29.6%)
368	GAIK Karolina	531	PDC LOGISTICS	K-16	25	03:20:59.35	+02:25:07 (72.2%)	26:47	2.2 (27.2%)
369	SZŁAPAK Marta	637	PDC LOGISTICS	K-16	26	03:20:59.80	+02:25:08 (72.2%)	26:47	2.2 (27.2%)
370	BODNAR Zbigniew	14	BIEG KORCZAKA	M-60+	9	03:27:29.95	+02:31:38 (73.1%)	27:39	2.2 (27.2%)
371	KNAPIK Justyna	77		K-30	62	03:32:02.55	+02:36:11 (73.7%)	28:16	2.1 (25.9%)
372	MATYSIAK Sławomir	105	OCR GRUBAS TEAM	M-30	94	03:32:04.05	+02:36:12 (73.7%)	28:16	2.1 (25.9%)
373	JĘDRYKA Anna	70	MACARENA WARRIORS	K-30	63	03:32:06.50	+02:36:14 (73.7%)	28:16	2.1 (25.9%)
374	WARCHOŁ Kamil	187	MACARENA WARRIORS	M-16	49	03:32:06.55	+02:36:15 (73.7%)	28:16	2.1 (25.9%)
375	ZEMŁA Dawid	208	MACARENA WARRIORS	M-16	50	03:32:07.10	+02:36:15 (73.7%)	28:16	2.1 (25.9%)
376	BOCK Agnieszka	11	BRAUNSCHWEIG HASH HOUSE HARRIERS	K-40	40				(0.0%)
377	BOCK Marcel	13	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-16	51				(0.0%)
378	BOCK Udo	12	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-40	70				(0.0%)
379	LOBA Wiktoria	318	SKB DZIK	K-16	27				(0.0%)
380	KRUSZEWSKA Sylwia	303	SKB DZIK	K-16	28				(0.0%)
381	LOBA Zuzanna	379	SKB DZIK	K-16	29				(0.0%)
382	BOHANOS Aleksandra	279	SKB DZIK	K-16	30				(0.0%)
383	BOBROWSKA Maja	314	SKB DZIK	K-16	31				(0.0%)
384	KRAWEC Mateusz	345	SKB DZIK	M-16	52				(0.0%)
385	BERNALD Patryk	321	SKB DZIK	M-16	53				(0.0%)