



VIII EKSTREMALNY DZIKOBIEG, VIII MISTRZOSTWA POLSKI SŁUŻB MUNDUROWYCH

B4SPORT

Wydarzenie:

Organizator:

Data:

Miejsce:

Dystans:

Festiwal Biegowy Dzik Weekend 2022

Stowarzyszenie Klub Biegowy Dzik

2022-08-21

Police

7.5 km

 **HERKULES**
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Klasyfikacja: OPEN -M

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	PRZKOPOWICZ 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%)
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	WOJCIECHOWSKI Konrad	676	MUSTANGI KOBYLANKA	M-16	4	01:11:12.05	+00:15:20 (21.5%)	9:29	6.3 (77.8%)
22	GRABEK Maciej	50	DZIKIE DZIKI GORZÓW	M-30	12	01:11:53.80	+00:16:02 (22.3%)	9:35	6.3 (77.8%)
23	GOŁĘBIEWSKI Tomasz	48	PSP SZCZECIN	M-40	5	01:12:19.80	+00:16:28 (22.8%)	9:38	6.2 (76.5%)
24	KRZEŚNIEWSKI Marcin	211		M-40	6	01:13:21.40	+00:17:29 (23.9%)	9:46	6.1 (75.3%)
25	KNIAŻ Tomasz	554	HELL'S HEAVEN SZCZECIN	M-40	7	01:14:56.40	+00:19:04 (25.5%)	9:59	6 (74.1%)
26	SZULC Marcin	181	BOLI BOLI	M-40	8	01:15:50.85	+00:19:59 (26.4%)	10:06	5.9 (72.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						7.5km	Różn		
27	KOCZKODAJ Kamil	78	OŻW SZCZECIN	M-30	13	01:16:00.45	+00:20:08 (26.5%)	10:08	5.9 (72.8%)
28	ZELEK Darek	207		M-40	9	01:16:23.45	+00:20:31 (26.9%)	10:11	5.9 (72.8%)
29	ANTOSIK Bartosz	2		M-30	14	01:16:43.50	+00:20:51 (27.2%)	10:13	5.9 (72.8%)
30	SAKOSIK Krystian	150	KOSA	M-30	15	01:16:53.60	+00:21:02 (27.4%)	10:15	5.9 (72.8%)
31	SICIŃSKI Damian	163	OSP PRZEMOCZE	M-16	5	01:16:56.60	+00:21:05 (27.4%)	10:15	5.8 (71.6%)
32	RYTTEL Marcin	149	14ZBOT/142BLP	M-40	10	01:17:48.35	+00:21:56 (28.2%)	10:22	5.8 (71.6%)
33	PASIKOWSKI Kamil	123	SKB DZIK	M-16	6	01:17:52.80	+00:22:01 (28.3%)	10:22	5.8 (71.6%)
34	OSTOJSKI Ireneusz	120	DLL PARTNERS	M-40	11	01:18:37.75	+00:22:46 (29.0%)	10:28	5.7 (70.4%)
35	POLAK Jarosław	679		M-30	16	01:18:47.05	+00:22:55 (29.1%)	10:30	5.7 (70.4%)
36	SKOWROŃSKI Andrzej	165	GRUPA MALBORK	M-30	17	01:18:54.95	+00:23:03 (29.2%)	10:31	5.7 (70.4%)
37	WOSZCZYK Sebastian	197	GRUPA MALBORK	M-40	12	01:19:03.45	+00:23:11 (29.3%)	10:32	5.7 (70.4%)
38	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%)
39	CZEKAJEWSKI Mateusz	521	14ZBOT/142BLP	M-16	7	01:19:17.60	+00:23:26 (29.6%)	10:34	5.7 (70.4%)
40	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%)
41	KUCHARCZYK Robert	87	14ZBOT/142BLP	M-50	3	01:20:21.05	+00:24:29 (30.5%)	10:42	5.6 (69.1%)
42	KĘDZIOR Jakub	73		M-30	19	01:20:27.50	+00:24:35 (30.6%)	10:43	5.6 (69.1%)
43	PAPLIŃSKI Rafał	607		M-16	9	01:20:29.95	+00:24:38 (30.6%)	10:43	5.6 (69.1%)
44	KULRAPSKI Radosław	681	21BLT	M-30	20	01:20:40.00	+00:24:48 (30.8%)	10:45	5.6 (69.1%)
45	OLEJARZ Damian	604	POL-BUD POLICE	M-30	21	01:22:25.25	+00:26:33 (32.2%)	10:59	5.5 (67.9%)
46	LENCEWICZ Grzegorz	93	VO2MAX RACING TEAM	M-30	22	01:22:26.00	+00:26:34 (32.2%)	10:59	5.5 (67.9%)
47	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%)
48	NYKOLAJCZUK Robert	603	BRIDGESTONE RUNNERS STARGARD	M-50	4	01:25:15.75	+00:29:24 (34.5%)	11:22	5.3 (65.4%)
49	SOLIS Mariusz	168	OŻW SZCZECIN	M-40	14	01:25:36.60	+00:29:45 (34.8%)	11:24	5.3 (65.4%)
50	RUSS Radosław	620		M-16	10	01:26:31.90	+00:30:40 (35.4%)	11:32	5.2 (64.2%)
51	BUCHOLC Zbigniew	21	GRUPA AZOTY	M-40	15	01:26:57.60	+00:31:06 (35.8%)	11:35	5.2 (64.2%)
52	ROSIAK Marcin	144		M-30	23	01:27:37.95	+00:31:46 (36.3%)	11:40	5.1 (63.0%)
53	SIEDLER Martin	629	_MEDICAL CHURCH	M-30	24	01:28:05.45	+00:32:13 (36.6%)	11:44	5.1 (63.0%)
54	GRYGORCEWICZ Władysław	57	PSP SZCZECIN	M-60+	1	01:28:51.15	+00:32:59 (37.1%)	11:50	5.1 (63.0%)
55	SZMYCIŃSKI Piotr	180	OSP PRZEMOCZE	M-16	11	01:29:13.85	+00:33:22 (37.4%)	11:53	5 (61.7%)
56	CZYŻEWSKI Tomasz	31	TENET	M-40	16	01:29:14.55	+00:33:23 (37.4%)	11:53	5 (61.7%)
57	STECIUK Michał	173		M-30	25	01:29:28.70	+00:33:37 (37.6%)	11:55	5 (61.7%)
58	GRALEWICZ Albert	53		M-16	12	01:30:00.65	+00:34:09 (37.9%)	12:00	5 (61.7%)
59	BOTTO Ilario	507		M-30	26	01:30:31.30	+00:34:39 (38.3%)	12:04	5 (61.7%)
60	BOCHENEK Michał	10	SEKTOR DOBREJ ZABAWY	M-30	27	01:30:42.20	+00:34:50 (38.4%)	12:05	5 (61.7%)
61	SOBCZAK Paweł	167		M-40	17	01:30:52.80	+00:35:01 (38.5%)	12:06	5 (61.7%)
62	WEBER Patryk	380		M-30	28	01:31:52.10	+00:36:00 (39.2%)	12:14	4.9 (60.5%)
63	NIEWIADOMSKI Mateusz	116		M-30	29	01:32:31.40	+00:36:39 (39.6%)	12:20	4.9 (60.5%)
64	ZABŁOCKI Paweł	664	BRIDGESTONE STARGARD RUNNERS	M-30	30	01:33:01.65	+00:37:10 (40.0%)	12:24	4.8 (59.3%)
65	KARCZEWICZ Piotr	72	OŻW SZCZECIN	M-30	31	01:33:18.00	+00:37:26 (40.1%)	12:26	4.8 (59.3%)
66	CHENON Guillaume	29		M-40	18	01:33:27.25	+00:37:35 (40.2%)	12:27	4.8 (59.3%)
67	PETRIKOV Yevhenii	610	JUDO BUSHIDO MORUS	M-16	13	01:33:56.15	+00:38:04 (40.5%)	12:31	4.8 (59.3%)
68	KANIA Marcin	219	KB DZIK POLICE	M-16	14	01:33:57.45	+00:38:05 (40.5%)	12:31	4.8 (59.3%)
69	HERMANOWICZ Miłosz	538	ZS CROSSFIT	M-30	32	01:34:22.40	+00:38:30 (40.8%)	12:34	4.8 (59.3%)
70	MATUSIAK Mariusz	103		M-40	19	01:34:36.15	+00:38:44 (41.0%)	12:36	4.8 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						7.5km	Różn		
71	STĘPNIAK Lesław	174		M-40	20	01:34:43.85	+00:38:52 (41.0%)	12:37	4.8 (59.3%)
72	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%)
73	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%)
74	CESAK Grzegorz	27	CSB DRAWSKO	M-30	34	01:35:01.90	+00:39:10 (41.2%)	12:40	4.7 (58.0%)
75	KLEPACKI Bartek	76		M-40	21	01:35:06.20	+00:39:14 (41.3%)	12:40	4.7 (58.0%)
76	SENDEROWSKI Maciej	161	GRUPA AZOTY	M-40	22	01:35:07.35	+00:39:15 (41.3%)	12:40	4.7 (58.0%)
77	MROZIK Mariusz	111	DZIKIE DZIKI GORZÓW	M-40	23	01:35:11.50	+00:39:19 (41.3%)	12:41	4.7 (58.0%)
78	KOPYŚĆ Bartłomiej	557		M-40	24	01:36:11.45	+00:40:19 (41.9%)	12:49	4.7 (58.0%)
79	ROHDE Michał	618	GPTW	M-40	25	01:36:32.20	+00:40:40 (42.1%)	12:52	4.7 (58.0%)
80	MALCZYŃSKI Marcin	583		M-30	35	01:36:35.35	+00:40:43 (42.2%)	12:52	4.7 (58.0%)
81	PATZKI Wojciech	126	TENET	M-16	16	01:36:41.25	+00:40:49 (42.2%)	12:53	4.7 (58.0%)
82	BOBROWSKI Andrzej	671		M-30	36	01:36:46.35	+00:40:54 (42.3%)	12:54	4.7 (58.0%)
83	STRZYGOCKI Maciej	632	GPTW	M-40	26	01:37:15.40	+00:41:23 (42.6%)	12:58	4.6 (56.8%)
84	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%)
85	RZĘDZICKI Gracjan	675		M-40	27	01:37:26.80	+00:41:35 (42.7%)	12:59	4.6 (56.8%)
86	FURMANIAK Piotr	42	GRUPA MALBORK	M-40	28	01:37:30.75	+00:41:39 (42.7%)	13:00	4.6 (56.8%)
87	KRÓL Kamil	67	DZIADY OCR	M-30	38	01:37:39.10	+00:41:47 (42.8%)	13:01	4.6 (56.8%)
88	KOŻŁOWSKI Jakub	562	ENDURO GRYFICE	M-16	17	01:37:48.05	+00:41:56 (42.9%)	13:02	4.6 (56.8%)
89	RUTKOWSKI Gracjan	685		M-16	18	01:38:36.30	+00:42:44 (43.4%)	13:08	4.6 (56.8%)
90	GRALEWICZ Robert	52		M-40	29	01:38:46.65	+00:42:55 (43.4%)	13:10	4.6 (56.8%)
91	GRALEWICZ Olgierd	54		M-16	19	01:38:46.70	+00:42:55 (43.4%)	13:10	4.6 (56.8%)
92	RUTKOWSKI Michał	684	SKB DZIK	M-40	30	01:38:54.65	+00:43:03 (43.5%)	13:11	4.6 (56.8%)
93	MAZUR Filip	106	14ZBOT/142BLP	M-30	39	01:39:31.95	+00:43:40 (43.9%)	13:16	4.5 (55.6%)
94	ARLUKIEWICZ Grzegorz	3	TIP	M-30	40	01:39:40.65	+00:43:49 (44.0%)	13:17	4.5 (55.6%)
95	ŚWIĄTEK Bronisław	645	SAMOTNY WILK	M-60+	2	01:41:23.65	+00:45:32 (44.9%)	13:31	4.4 (54.3%)
96	MISIASZEK Mirosław	110	MAŁKOCIN	M-50	5	01:41:27.55	+00:45:36 (44.9%)	13:31	4.4 (54.3%)
97	WIECZOREK Jakub	191		M-16	20	01:41:27.85	+00:45:36 (44.9%)	13:31	4.4 (54.3%)
98	MAZUR Karol	107	CSB DRAWSKO	M-40	31	01:41:37.05	+00:45:45 (45.0%)	13:32	4.4 (54.3%)
99	PARADZIŃSKI Dawid	608		M-16	21	01:41:57.55	+00:46:06 (45.2%)	13:35	4.4 (54.3%)
100	POGODA Rafał	132	TIP	M-30	41	01:42:07.50	+00:46:15 (45.3%)	13:36	4.4 (54.3%)
101	DUDA Krzysztof	35	GPTW	M-40	32	01:42:38.80	+00:46:47 (45.6%)	13:41	4.4 (54.3%)
102	KWAPISZ Patryk	565	BRIDGESTONE STARGARD RUNNERS	M-16	22	01:43:17.85	+00:47:26 (45.9%)	13:46	4.4 (54.3%)
103	SCHERFENBERG Łukasz	155	DINAMO BATUMI	M-30	42	01:43:25.65	+00:47:34 (46.0%)	13:47	4.4 (54.3%)
104	SZESZKOWSKI Tomasz	178		M-40	33	01:43:28.65	+00:47:37 (46.0%)	13:47	4.3 (53.1%)
105	MONIKA Michalik	683	SIŁY TOK	M-40	34	01:43:31.00	+00:47:39 (46.0%)	13:48	4.3 (53.1%)
106	SYGUŁA Marek	682		M-16	23	01:43:31.80	+00:47:40 (46.0%)	13:48	4.3 (53.1%)
107	RUTKOWSKI Konrad	148	14ZBOT/142BLP	M-30	43	01:43:42.65	+00:47:51 (46.1%)	13:49	4.3 (53.1%)
108	SAWICKI Jakub	625		M-16	24	01:43:49.60	+00:47:58 (46.2%)	13:50	4.3 (53.1%)
109	DYWELSKI Marcin	529	BRIDGESTONE STARGARD RUNNERS	M-40	35	01:43:53.35	+00:48:01 (46.2%)	13:51	4.3 (53.1%)
110	SZMYCINSKI Jacek	638		M-16	25	01:43:55.65	+00:48:04 (46.3%)	13:51	4.3 (53.1%)
111	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%)
112	TARGOSZ Łukasz	183	GRUPA AZOTY	M-30	44	01:45:23.30	+00:49:31 (47.0%)	14:03	4.3 (53.1%)
113	HAWRYŁAK Marcin	61	14ZBOT/142BLP	M-50	6	01:45:42.20	+00:49:50 (47.2%)	14:05	4.3 (53.1%)
114	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%)

						Czas netto				
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7.5km	Różn	Tempo min/km	Tempo km/h	
115	RYŻ Wojciech	622		M-16	27	01:46:45.50	+00:50:53 (47.7%)	14:14	4.2 (51.9%)	
116	ZALEWSKI Sylwester	205		M-40	37	01:47:18.00	+00:51:26 (47.9%)	14:18	4.2 (51.9%)	
117	WRONECKI Łukasz	662	KP NIEBUSZEWO	M-30	45	01:50:04.25	+00:54:12 (49.3%)	14:40	4.1 (50.6%)	
118	SZYDŁOWSKI Krzysztof	641	KP NIEBUSZEWO	M-30	46	01:50:04.40	+00:54:12 (49.3%)	14:40	4.1 (50.6%)	
119	KUBIAK Piotr	564		M-40	38	01:50:22.50	+00:54:30 (49.4%)	14:42	4.1 (50.6%)	
119	SZMYCINSKI Marcin	639		M-40	38	01:50:22.50	+00:54:30 (49.4%)	14:42	4.1 (50.6%)	
121	MURYN Dawid	114		M-16	28	01:50:35.50	+00:54:43 (49.5%)	14:44	4.1 (50.6%)	
122	NOWAK Kamil	596		M-30	47	01:50:43.15	+00:54:51 (49.5%)	14:45	4.1 (50.6%)	
123	GLOWACKI Michał	535		M-30	48	01:50:45.50	+00:54:53 (49.6%)	14:46	4.1 (50.6%)	
124	WÓJCICKI Łukasz	200	HELL’S HEAVEN SZCZECIN	M-40	40	01:51:26.20	+00:55:34 (49.9%)	14:51	4 (49.4%)	
125	CIESLEWICZ Maksym	516	BADASKI	M-16	29	01:52:51.70	+00:57:00 (50.5%)	15:02	4 (49.4%)	
126	LOKS Oskar	572	BADASKI	M-16	30	01:52:52.00	+00:57:00 (50.5%)	15:02	4 (49.4%)	
127	SPÓLNIK Paweł	170	DZIKIE DZIKI GORZÓW	M-30	49	01:53:35.90	+00:57:44 (50.8%)	15:08	4 (49.4%)	
128	SAWICKI Bartosz	153	DZIKIE DZIKI GORZÓW	M-30	50	01:53:35.95	+00:57:44 (50.8%)	15:08	4 (49.4%)	
129	CHUDZINSKI Filip	514	BADASKI	M-16	31	01:54:21.00	+00:58:29 (51.2%)	15:14	3.9 (48.1%)	
130	DUDKA Robert	37		M-30	51	01:54:33.35	+00:58:41 (51.2%)	15:16	3.9 (48.1%)	
131	ZIELIŃSKI Michał	210		M-16	32	01:54:35.25	+00:58:43 (51.3%)	15:16	3.9 (48.1%)	
132	ZALEWSKI Jacek	665		M-50	7	01:54:45.55	+00:58:54 (51.3%)	15:18	3.9 (48.1%)	
133	ŁUBKOWSKI Daniel	576	BADASKI	M-16	33	01:54:57.90	+00:59:06 (51.4%)	15:19	3.9 (48.1%)	
134	PAWŁOWSKI Karol	128		M-40	41	01:55:26.20	+00:59:34 (51.6%)	15:23	3.9 (48.1%)	
135	KALITA Marcin	543		M-30	52	01:55:32.60	+00:59:41 (51.7%)	15:24	3.9 (48.1%)	
136	RATAJCZYK Patryk	142	DLL PARTNERS	M-30	53	01:55:48.85	+00:59:57 (51.8%)	15:26	3.9 (48.1%)	
137	PAWLUŚ Tomasz	127		M-40	42	01:56:04.85	+01:00:13 (51.9%)	15:28	3.9 (48.1%)	
138	SALAUYOU Raman	151		M-30	54	01:56:19.60	+01:00:28 (52.0%)	15:30	3.9 (48.1%)	
139	MARCZYK Szymon	99		M-16	34	01:56:35.70	+01:00:44 (52.1%)	15:32	3.9 (48.1%)	
140	HINDZIUK Artsiom	62		M-30	55	01:56:40.55	+01:00:49 (52.1%)	15:33	3.9 (48.1%)	
141	KASZA Dawid	545		M-16	35	01:56:42.00	+01:00:50 (52.1%)	15:33	3.9 (48.1%)	
142	MATYSEK Ireneusz	104	KOMANDOS WAŁECKI	M-60+	3	01:57:40.45	+01:01:48 (52.5%)	15:41	3.8 (46.9%)	
143	SKRZYPIEC Andrzej	166	BIEGACZE ŚWINOUJŚCIE	M-60+	4	01:57:41.35	+01:01:49 (52.5%)	15:41	3.8 (46.9%)	
144	RAKOWSKI Piotr	141		M-60+	5	01:57:43.40	+01:01:51 (52.6%)	15:41	3.8 (46.9%)	
145	STAROSTA Michał	631		M-30	56	01:59:24.55	+01:03:33 (53.2%)	15:55	3.8 (46.9%)	
146	JABŁOŃSKI Wiktor	540		M-30	57	01:59:30.10	+01:03:38 (53.3%)	15:56	3.8 (46.9%)	
147	SZAFRAN Szymon	633		M-16	36	01:59:31.55	+01:03:40 (53.3%)	15:56	3.8 (46.9%)	
148	OLKOWICZ Dariusz	605		M-40	43	02:00:19.45	+01:04:27 (53.6%)	16:02	3.7 (45.7%)	
149	NOWAK Maciek	595		M-16	37	02:00:21.75	+01:04:30 (53.6%)	16:02	3.7 (45.7%)	
150	MAĐRAWSKI Tomasz	108		M-40	44	02:00:54.60	+01:05:03 (53.8%)	16:07	3.7 (45.7%)	
151	SAWICKI Paweł	154	ŻANDARMERIA WOJSKOWA	M-40	45	02:01:16.20	+01:05:24 (53.9%)	16:10	3.7 (45.7%)	
152	BRILLA Andrzej	20	ŻANDARMERIA WOJSKOWA	M-40	46	02:01:16.70	+01:05:25 (53.9%)	16:10	3.7 (45.7%)	
153	KRUK Bartosz	84		M-30	58	02:02:53.00	+01:07:01 (54.5%)	16:23	3.7 (45.7%)	
154	MATUSIEWICZ Aleksander	586		M-30	59	02:03:27.80	+01:07:36 (54.8%)	16:27	3.6 (44.4%)	
155	MACIEJEWSKI Piotr	577	GPTW	M-40	47	02:03:41.75	+01:07:50 (54.8%)	16:29	3.6 (44.4%)	
156	LUTOBORSKI Mariusz	574	ALUHAK	M-30	60	02:05:05.55	+01:09:14 (55.3%)	16:40	3.6 (44.4%)	
157	HNAT Rafał	63		M-50	8	02:05:12.45	+01:09:20 (55.4%)	16:41	3.6 (44.4%)	
158	BURDZIK Wojciech	25		M-30	61	02:05:24.10	+01:09:32 (55.5%)	16:43	3.6 (44.4%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						7.5km	Różn		
159	DUDENKO Jerzy	36	DZIKIEDUDKI	M-40	48	02:06:05.85	+01:10:14 (55.7%)	16:48	3.6 (44.4%)
160	BYCZKOWSKI Jan	26	DZIKIE DUDKI	M-40	49	02:06:05.90	+01:10:14 (55.7%)	16:48	3.6 (44.4%)
161	NOWACZYK Wojciech	117		M-30	62	02:06:11.35	+01:10:19 (55.7%)	16:49	3.6 (44.4%)
162	MAKAREWICZ Rafał	580		M-30	63	02:06:27.20	+01:10:35 (55.8%)	16:51	3.6 (44.4%)
163	MICIUK Jarek	587	ANIA&KASIA	M-30	64	02:06:28.65	+01:10:37 (55.8%)	16:51	3.6 (44.4%)
164	KIWILSZA Wojciech	75	IHUHU TEAM	M-30	65	02:06:45.40	+01:10:53 (55.9%)	16:54	3.6 (44.4%)
165	WOŹNIAK Rafał	198	IHUHU TEAM	M-30	66	02:06:45.45	+01:10:53 (55.9%)	16:54	3.6 (44.4%)
166	KIERUJ Jakub	74	IHUHU TEAM	M-16	38	02:06:45.75	+01:10:54 (55.9%)	16:54	3.6 (44.4%)
167	ZAWADZKI Andrzej	206	TENET	M-16	39	02:07:23.45	+01:11:31 (56.2%)	16:59	3.5 (43.2%)
168	BAŁKA Michał	503		M-30	67	02:07:38.45	+01:11:46 (56.2%)	17:01	3.5 (43.2%)
169	WISZNIEWSKI Marcin	655		M-30	68	02:07:39.05	+01:11:47 (56.2%)	17:01	3.5 (43.2%)
170	SZAŁKOWSKI Radosław	636	FAMILY TEAM	M-40	50	02:07:42.85	+01:11:51 (56.3%)	17:01	3.5 (43.2%)
171	CIĘŻKI Kuba	520		M-16	40	02:08:30.50	+01:12:38 (56.5%)	17:08	3.5 (43.2%)
172	CIEŚLA Paweł	517		M-30	69	02:09:04.85	+01:13:13 (56.7%)	17:12	3.5 (43.2%)
173	MIKULSKI Marcin	589		M-30	70	02:09:33.10	+01:13:41 (56.9%)	17:16	3.5 (43.2%)
174	PAROL Grzegorz	609	GPTW	M-40	51	02:10:48.20	+01:14:56 (57.3%)	17:26	3.4 (42.0%)
175	WOSIAK Paweł	659		M-30	71	02:11:01.55	+01:15:10 (57.4%)	17:28	3.4 (42.0%)
176	NOWAK Grzegorz	599	GRUPA AZOTY	M-40	52	02:11:09.20	+01:15:17 (57.4%)	17:29	3.4 (42.0%)
177	NOWAK Zbigniew	118	SKB DZIK	M-60+	6	02:11:09.35	+01:15:17 (57.4%)	17:29	3.4 (42.0%)
178	NOWAK Piotr	600		M-16	41	02:11:10.05	+01:15:18 (57.4%)	17:29	3.4 (42.0%)
179	PIŁATOWSKI Maciej	130		M-30	72	02:11:31.50	+01:15:39 (57.5%)	17:32	3.4 (42.0%)
180	CIĘŻKI Mariusz	519		M-40	53	02:11:59.00	+01:16:07 (57.7%)	17:35	3.4 (42.0%)
181	KOPAŃSKI Dariusz	556		M-40	54	02:13:27.85	+01:17:36 (58.1%)	17:47	3.4 (42.0%)
182	PĘDZIK Marek	611		M-30	73	02:14:49.55	+01:18:58 (58.6%)	17:58	3.3 (40.7%)
183	KRUCZEK Paweł	83	BRIDGESTONE STARGARD RUNNERS	M-30	74	02:15:17.70	+01:19:26 (58.7%)	18:02	3.3 (40.7%)
184	KALISZ Michał	542		M-16	42	02:15:17.90	+01:19:26 (58.7%)	18:02	3.3 (40.7%)
185	GAŁAN Mateusz	532	BRIDGESTONE STARGARD RUNNERS	M-30	75	02:15:18.30	+01:19:26 (58.7%)	18:02	3.3 (40.7%)
186	KWAŚNIEWSKI Wojciech	566	POLANIE PIERZCHNICA	M-30	76	02:15:29.75	+01:19:38 (58.8%)	18:03	3.3 (40.7%)
187	ŁAWNICZAK Sebastian	97	ALUHAK	M-40	55	02:15:48.90	+01:19:57 (58.9%)	18:06	3.3 (40.7%)
188	WIECZOREK Wojciech	190		M-40	56	02:17:52.20	+01:22:00 (59.5%)	18:22	3.3 (40.7%)
189	PTAK Krzysztof	615		M-30	77	02:18:33.60	+01:22:42 (59.7%)	18:28	3.2 (39.5%)
190	SZYSZKA Karol	643	PDC LOGISTICS	M-40	57	02:20:29.70	+01:24:38 (60.2%)	18:43	3.2 (39.5%)
191	GOŁĘBIEWSKI Gabriel	536		M-30	78	02:20:39.85	+01:24:48 (60.3%)	18:45	3.2 (39.5%)
192	GIETKO Piotr	534	MIĘTUSY	M-40	58	02:20:53.95	+01:25:02 (60.4%)	18:47	3.2 (39.5%)
193	SĘK Dariusz	627		M-40	59	02:20:56.00	+01:25:04 (60.4%)	18:47	3.2 (39.5%)
194	KUREK Hubert	91		M-30	79	02:21:10.60	+01:25:19 (60.4%)	18:49	3.2 (39.5%)
195	KIELISZEK Grzegorz	547	FAMILY TEAM	M-30	80	02:21:51.55	+01:26:00 (60.6%)	18:54	3.2 (39.5%)
196	SĘK Alan	628		M-16	43	02:22:00.60	+01:26:09 (60.7%)	18:56	3.2 (39.5%)
197	RÓZGA Michał	145		M-40	60	02:22:29.25	+01:26:37 (60.8%)	18:59	3.2 (39.5%)
198	ZUBKIEWICZ Michał	667		M-30	81	02:23:27.60	+01:27:36 (61.1%)	19:07	3.1 (38.3%)
199	BOGDAŃSKI Jakub	506		M-30	82	02:23:43.95	+01:27:52 (61.1%)	19:09	3.1 (38.3%)
200	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%)
201	BRUMIRSKI Bartosz	218		M-30	83	02:26:41.60	+01:30:50 (61.9%)	19:33	3.1 (38.3%)
202	SOWA Krzysztof	169	TRASHMAGEDDON	M-30	84	02:26:48.70	+01:30:57 (62.0%)	19:34	3.1 (38.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Różn	Tempo min/km	Tempo km/h
						7.5km			
203	SZYSZKO Filip	644		M-16	45	02:26:50.65	+01:30:59 (62.0%)	19:34	3.1 (38.3%)
204	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%)
205	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%)
206	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%)
207	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%)
208	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%)
209	GEFRERER Piotr	533		M-16	47	02:26:52.80	+01:31:01 (62.0%)	19:34	3.1 (38.3%)
210	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%)
211	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%)
212	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%)
213	ŻUCHOWSKI Kamil	669		M-30	89	02:27:27.40	+01:31:35 (62.1%)	19:39	3.1 (38.3%)
214	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%)
215	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%)
216	STAŃCZYK Sławomir	172		M-30	90	02:27:31.45	+01:31:39 (62.1%)	19:40	3.1 (38.3%)
217	GERLICH Klaus	44	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-50	12	02:27:54.35	+01:32:02 (62.2%)	19:43	3 (37.0%)
218	GERLICH Kai	45	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-16	48	02:27:55.55	+01:32:04 (62.2%)	19:43	3 (37.0%)
219	GERLICH Michael	46	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-50	13	02:27:56.55	+01:32:05 (62.2%)	19:43	3 (37.0%)
220	BOHONOS Adam	15		M-40	63	02:28:11.15	+01:32:19 (62.3%)	19:45	3 (37.0%)
221	DOBRYCKI Piotr	525	BRIDGESTONE STARGARD RUNNERS	M-40	64	02:34:20.40	+01:38:28 (63.8%)	20:34	2.9 (35.8%)
222	PRABUCKI Jarosław	137		M-40	65	02:35:03.95	+01:39:12 (64.0%)	20:40	2.9 (35.8%)
223	WASILEWSKI Andrzej	188		M-40	66	02:36:37.70	+01:40:46 (64.3%)	20:52	2.9 (35.8%)
224	RYŻ Arkadiusz	621		M-40	67	02:37:27.75	+01:41:36 (64.5%)	20:59	2.9 (35.8%)
225	LICAU Radosław	570		M-40	68	02:38:07.90	+01:42:16 (64.7%)	21:04	2.8 (34.6%)
226	LENER Sławomir	678		M-60+	7	02:38:35.65	+01:42:44 (64.8%)	21:08	2.8 (34.6%)
227	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%)
228	WYSOCKI Grzegorz	663		M-40	69	02:42:59.80	+01:47:08 (65.7%)	21:43	2.8 (34.6%)
229	WOROCH Tomasz	657	ZABKI	M-30	92	02:53:32.75	+01:57:41 (67.8%)	23:08	2.6 (32.1%)
230	KRZYWOŃ Paweł	86		M-30	93	02:53:47.65	+01:57:56 (67.9%)	23:10	2.6 (32.1%)
231	LEWANDOWSKI Janusz	96	PARKRUN SZCZECIN	M-60+	8	02:59:46.20	+02:03:54 (68.9%)	23:58	2.5 (30.9%)
232	BODNAR Zbigniew	14	BIEG KORCZAKA	M-60+	9	03:27:29.95	+02:31:38 (73.1%)	27:39	2.2 (27.2%)
233	MATYSIAK Sławomir	105	OCR GRUBAS TEAM	M-30	94	03:32:04.05	+02:36:12 (73.7%)	28:16	2.1 (25.9%)
234	WARCHOŁ Kamil	187	MACARENA WARRIORS	M-16	49	03:32:06.55	+02:36:15 (73.7%)	28:16	2.1 (25.9%)
235	ZEMŁA Dawid	208	MACARENA WARRIORS	M-16	50	03:32:07.10	+02:36:15 (73.7%)	28:16	2.1 (25.9%)
236	BOCK Marcel	13	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-16	51				(0.0%)
237	BOCK Udo	12	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-40	70				(0.0%)
238	KRAWEC Mateusz	345	SKB DZIK	M-16	52				(0.0%)
239	BERNALD Patryk	321	SKB DZIK	M-16	53				(0.0%)

Znaleziono 239 wynik(ów)