



VIII NOCNY BIEG SZLAKIEM DZIKA

B4SPORT

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Wydarzenie: Dziki Weekend 2018
Organizator: Stowarzyszenie Klub Biegowy Dzik
Data: 2018-08-17
Miejsce: Police
Dystans: 5 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	PELO Artur	798	7 BRYGADA OBRONY WYBRZEŻA SLUPSK	Open M	1	00:00:00	00:17:28.40	00:17:29.30		3:29	17.2 (100%)
2	WÓJCIK Rafał	170	SKB DZIK POLICE	Open M	2	00:00:01	00:17:43.10	00:17:44.25	+00:00:14 (1.4%)	3:32	16.9 (98.3%)
3	PAWLIŃSKI Piotr	904	GRUPA AZOTY POLICE	Open M	3	00:00:01	00:18:07.90	00:18:09.05	+00:00:39 (3.6%)	3:37	16.5 (95.9%)
4	POGOCKI Seweryn	795	KW PSP ŁÓDŹ	Open M	4	00:00:01	00:18:11.95	00:18:13.40	+00:00:43 (4.0%)	3:38	16.5 (95.9%)
5	WASZAK Krzysztof	361		Open M	5	00:00:00	00:18:21.15	00:18:21.15	+00:00:52 (4.8%)	3:40	16.3 (94.8%)
6	BURDKA Piotr	800	KW PSP ŁÓDŹ	Open M	6	00:00:01	00:18:24.25	00:18:26.05	+00:00:55 (5.1%)	3:41	16.3 (94.8%)
7	SOWAŁA Wojciech	796	KW PSP ŁÓDŹ	Open M	7	00:00:02	00:18:38.60	00:18:40.70	+00:01:10 (6.3%)	3:43	16.1 (93.6%)
8	POKRZYWIŃSKI Zbigniew	667	BBL POLICE	Open M	8	00:00:00	00:18:44.35	00:18:45.30	+00:01:15 (6.8%)	3:45	16 (93.0%)
9	MACIASZEK Grzegorz	797	KW PSP ŁÓDŹ	Open M	9	00:00:01	00:18:50.35	00:18:51.85	+00:01:21 (7.2%)	3:46	15.9 (92.4%)
10	PRZEKOPOWICZ Bartosz	782	102. BATALION OCHRONY	Open M	10	00:00:01	00:19:32.45	00:19:34.35	+00:02:04 (10.6%)	3:54	15.3 (89.0%)
11	USTIANOWSKI Przemysław	760	12 BZ	Open M	11	00:00:02	00:19:42.90	00:19:45.55	+00:02:14 (11.4%)	3:56	15.2 (88.4%)
12	PAWŁOWSKI Kamil	601	OCR TEAM WŁOCŁAWEK	Open M	12	00:00:02	00:20:14.95	00:20:17.15	+00:02:46 (13.7%)	4:03	14.8 (86.0%)
13	SKORSKI Lukasz	552		Open M	13	00:00:00	00:20:21.40	00:20:22.05	+00:02:53 (14.2%)	4:04	14.7 (85.5%)
14	SZCZEPANIAK Paweł	86	MUD GOATS	Open M	14	00:00:02	00:20:34.75	00:20:37.30	+00:03:06 (15.1%)	4:07	14.6 (84.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
15	RUDZIŃSKI Jakub	570	KW PSP SZCZECIN	Open M	15	00:00:04	00:20:35.65	00:20:39.75	+00:03:07 (15.2%)	4:07	14.6 (84.9%)
16	DĄBROWSKI Łukasz	462	LEPSZY NIŻ W CZORAJ	Open M	16	00:00:08	00:20:39.10	00:20:47.40	+00:03:10 (15.4%)	4:07	14.5 (84.3%)
17	CHUDAŃSKI Hubert	642	SP PSP BYDGOSZCZ	Open M	17	00:00:08	00:20:42.35	00:20:50.60	+00:03:13 (15.6%)	4:08	14.5 (84.3%)
18	RUTKOWSKI Michał	395	SKB DZIK	Open M	18	00:00:03	00:20:59.50	00:21:03.10	+00:03:31 (16.8%)	4:12	14.3 (83.1%)
19	RÓŻAŃSKI Dawid	143		Open M	19	00:00:04	00:21:03.30	00:21:07.40	+00:03:34 (17.0%)	4:12	14.3 (83.1%)
20	HENDZEL Miłosz	28	PUSZCZYK BUKOWY	Open M	20	00:00:02	00:21:12.30	00:21:15.25	+00:03:43 (17.6%)	4:14	14.1 (82.0%)
21	RUDZIŃSKI Jacek	171	KW PSP SZCZECIN	Open M	21	00:00:04	00:21:14.05	00:21:18.40	+00:03:45 (17.7%)	4:14	14.1 (82.0%)
22	RYBACKI Roman	411	WAR-CHLACZKI	Open M	22	00:00:17	00:21:14.70	00:21:32.65	+00:03:46 (17.8%)	4:15	14.1 (82.0%)
23	LASEK Jakub	750	CHICKS&SPORT TEAM	Open M	23	00:00:02	00:21:17.25	00:21:20.20	+00:03:48 (17.9%)	4:15	14.1 (82.0%)
24	KACZMAREK Maciej	739	BROS TEAM	Open M	24	00:00:04	00:21:17.90	00:21:22.10	+00:03:49 (18.0%)	4:15	14.1 (82.0%)
25	WIĘCKO Jacek	922	15GBZ	Open M	25	00:00:05	00:21:19.00	00:21:24.85	+00:03:50 (18.0%)	4:15	14.1 (82.0%)
26	KOTRASKI Wiesław	905	GRUPA AZOTY POLICE	Open M	26	00:00:01	00:21:20.15	00:21:21.35	+00:03:51 (18.1%)	4:16	14.1 (82.0%)
27	WRÓBLEWSKI Michał	479	GRA RUNNERS	Open M	27	00:00:02	00:21:21.90	00:21:24.10	+00:03:53 (18.2%)	4:16	14 (81.4%)
28	PRZYBYSZ Rafał	555	23. BAZA LOTNICTWA TAKTYCZNEGO	Open M	28	00:00:17	00:21:22.30	00:21:39.35	+00:03:53 (18.2%)	4:16	14 (81.4%)
29	SZYMANSKI Paweł	510		Open M	29	00:00:09	00:21:25.50	00:21:35.10	+00:03:57 (18.4%)	4:17	14 (81.4%)
30	KRÓL Kamil	53	SOCIOS SILESIA	Open M	30	00:00:02	00:21:27.15	00:21:29.40	+00:03:58 (18.5%)	4:17	14 (81.4%)
31	LIPERTOWICZ Sebastian	595	LOVELASY	Open M	31	00:00:07	00:21:29.20	00:21:36.30	+00:04:00 (18.7%)	4:17	14 (81.4%)
32	BACIOR Tomasz	398		Open M	32	00:00:03	00:21:39.25	00:21:42.25	+00:04:10 (19.3%)	4:19	13.9 (80.8%)
33	ŚWIĆ Miłosz	455	DZIK KOMANDO	Open M	33	00:00:16	00:21:40.20	00:21:56.20	+00:04:11 (19.4%)	4:20	13.8 (80.2%)
34	TWARDOWSKI Michał	942	XRUNNERS	Open M	34	00:00:08	00:21:44.75	00:21:53.15	+00:04:16 (19.6%)	4:21	13.8 (80.2%)
35	JASTAK Paweł	40		Open M	35	00:00:03	00:21:45.75	00:21:49.35	+00:04:17 (19.7%)	4:21	13.8 (80.2%)
36	HOŁYŃSKI Leszek	239	WIECZORNE BIEGANIE W SZCZECINIE	Open M	36	00:00:11	00:21:48.50	00:21:59.55	+00:04:20 (19.9%)	4:21	13.8 (80.2%)
37	MILEJSKI Paweł	349		Open M	37	00:00:31	00:21:54.60	00:22:26.35	+00:04:26 (20.2%)	4:23	13.7 (79.7%)

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38	CHENON Guillaume	607	WIECZORNE BIEGANIE W SZCZECINIE	Open M	38	00:00:23	00:21:55.25	00:22:18.40	+00:04:26 (20.3%)	4:23	13.7 (79.7%)
39	GREGULA Wojt	777	STRAŻ POŻARNA	Open M	39	00:00:08	00:21:56.20	00:22:04.25	+00:04:27 (20.3%)	4:23	13.7 (79.7%)
40	MYŚLICKI Rafał	623		Open M	40	00:00:25	00:21:58.80	00:22:24.45	+00:04:30 (20.5%)	4:23	13.6 (79.1%)
41	KWIATKOWSKI Kajetan	47	BIGYELLOWFOOT ADVENTURE TEAM	Open M	41	00:00:07	00:22:01.30	00:22:08.60	+00:04:32 (20.7%)	4:24	13.6 (79.1%)
42	GARBACIAK Przemysław	676	MAUPOLAND	Open M	42	00:00:18	00:22:04.50	00:22:23.10	+00:04:36 (20.8%)	4:25	13.6 (79.1%)
43	GAWLIK Wojciech	394	IWSP SZ	Open M	43	00:00:06	00:22:05.50	00:22:12.45	+00:04:37 (20.9%)	4:25	13.6 (79.1%)
44	PORZYCH Zbigniew	346	CALIBRA TIM	Open M	44	00:00:06	00:22:07.40	00:22:13.95	+00:04:39 (21.0%)	4:25	13.6 (79.1%)
45	STEFĄNCZYK Przemysław	238		Open M	45	00:00:05	00:22:07.75	00:22:13.00	+00:04:39 (21.0%)	4:25	13.6 (79.1%)
46	KOŁODZIŃSKI Paweł	747	DZIKIE DZIKI GORZÓW	Open M	46	00:00:32	00:22:08.75	00:22:41.55	+00:04:40 (21.1%)	4:25	13.5 (78.5%)
47	KRZACZKOWSKI Łukasz	716		Open M	47	00:00:02	00:22:12.15	00:22:14.25	+00:04:43 (21.3%)	4:26	13.5 (78.5%)
48	SOLIWODA Jacek	467	15 GIŻYCKA BRYGADA ZMECHANIZOWANA	Open M	48	00:00:05	00:22:14.85	00:22:20.65	+00:04:46 (21.5%)	4:27	13.5 (78.5%)
49	ZELEK Dariusz	388		Open M	49	00:00:01	00:22:15.25	00:22:16.40	+00:04:46 (21.5%)	4:27	13.5 (78.5%)
50	BEBŁO Patryk	619		Open M	50	00:00:10	00:22:15.65	00:22:26.05	+00:04:47 (21.5%)	4:27	13.5 (78.5%)
51	KIDA Rafał	319	SOKOŁÓW TEAM	Open M	51	00:00:03	00:22:17.65	00:22:20.65	+00:04:49 (21.6%)	4:27	13.5 (78.5%)
52	PRZYBYSZ Marcin	90		Open M	52	00:00:09	00:22:19.60	00:22:28.70	+00:04:51 (21.7%)	4:27	13.4 (77.9%)
53	PRZYBYSZ Adrian	741	SKB DZIK	Open M	53	00:00:01	00:22:25.15	00:22:26.15	+00:04:56 (22.1%)	4:29	13.4 (77.9%)
54	BABICZ Wojtek	420	BRIDGESTONE STARGARD RUNNERS	Open M	54	00:00:11	00:22:25.20	00:22:36.25	+00:04:56 (22.1%)	4:29	13.4 (77.9%)
55	OKIENCZUK Radek	749		Open M	55	00:00:03	00:22:25.35	00:22:28.60	+00:04:56 (22.1%)	4:29	13.4 (77.9%)
56	PŁUCIENIK Jakub	921		Open M	56	00:00:11	00:22:26.70	00:22:37.80	+00:04:58 (22.2%)	4:29	13.4 (77.9%)
57	PASIKOWSKI Kamil	356	SPONTAN SZCZECIN TEAM	Open M	57	00:00:01	00:22:26.80	00:22:28.30	+00:04:58 (22.2%)	4:29	13.4 (77.9%)
58	DZIEDZIC Paweł	575		Open M	58	00:00:16	00:22:27.15	00:22:43.35	+00:04:58 (22.2%)	4:29	13.4 (77.9%)
59	MICHALAK Michał	693	OSZŃW MIŃSK MAZOWIECKI	Open M	59	00:00:15	00:22:31.45	00:22:46.75	+00:05:03 (22.4%)	4:30	13.3 (77.3%)
60	TAMBORSKA Agata	694	DZIK KOMANDO	Open K	1	00:00:19	00:22:32.45	00:22:51.70	+00:05:04 (22.5%)	4:30	13.3 (77.3%)

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61	SŁODZIŃSKI Gabriel	205	ŁOSOŚ T.E.A.M	Open M	60	00:00:11	00:22:34.55	00:22:46.15	+00:05:06 (22.6%)	4:31	13.3 (77.3%)
62	POCIERZNICKI Rafał	384	3KPZMOT/1BPZMOT	Open M	61	00:00:05	00:22:35.25	00:22:40.35	+00:05:06 (22.6%)	4:31	13.3 (77.3%)
63	DEC Dominik	318	SOKOŁÓW TEAM	Open M	62	00:00:04	00:22:36.60	00:22:40.60	+00:05:08 (22.7%)	4:31	13.3 (77.3%)
64	SZCZUKO Karol	347		Open M	63	00:00:07	00:22:37.00	00:22:44.55	+00:05:08 (22.7%)	4:31	13.3 (77.3%)
65	BRYL Mirosław	718	15 GIŻYCKA BRYGADA ZMECHANIZOWANA	Open M	64	00:00:05	00:22:38.30	00:22:43.75	+00:05:09 (22.8%)	4:31	13.3 (77.3%)
66	NIEMIRO Dominika	690	JAGODOWO-KALINOWY TEAM	Open K	2	00:00:04	00:22:39.60	00:22:44.40	+00:05:11 (22.9%)	4:32	13.2 (76.7%)
67	ZABOROWSKA Małgorzata	817	GRARUNNERS	Open K	3	00:00:08	00:22:40.05	00:22:48.75	+00:05:11 (22.9%)	4:32	13.2 (76.7%)
68	MORGIEWICZ Piotr	278	RUNGRYF GRYFICE	Open M	65	00:00:09	00:22:45.00	00:22:54.55	+00:05:16 (23.2%)	4:33	13.2 (76.7%)
69	ADAMCZYK Paweł	823		Open M	66	00:00:10	00:22:46.50	00:22:56.60	+00:05:18 (23.3%)	4:33	13.2 (76.7%)
70	PETERSBURSKI Robert	919		Open M	67	00:00:26	00:22:47.00	00:23:13.55	+00:05:18 (23.3%)	4:33	13.2 (76.7%)
71	OLEJNICZAK Konrad	397	RUNNER SZCZECIN TEAM	Open M	68	00:00:08	00:22:52.25	00:23:01.15	+00:05:23 (23.6%)	4:34	13.1 (76.2%)
72	BĘDKOWSKI Piotr	771		Open M	69	00:00:15	00:22:52.85	00:23:08.80	+00:05:24 (23.6%)	4:34	13.1 (76.2%)
73	KONEFAŁ Piotr	521		Open M	70	00:00:09	00:22:57.85	00:23:07.40	+00:05:29 (23.9%)	4:35	13.1 (76.2%)
74	GOŁĘBIEWSKI Tomasz	584	PARUNMEDIC	Open M	71	00:00:03	00:23:00.85	00:23:04.20	+00:05:32 (24.1%)	4:36	13 (75.6%)
75	CZARNECKA Barbara	149		Open K	4	00:00:10	00:23:10.45	00:23:21.15	+00:05:42 (24.6%)	4:38	12.9 (75.0%)
76	DUSZA Robert	153		Open M	72	00:00:21	00:23:12.20	00:23:33.40	+00:05:43 (24.7%)	4:38	12.9 (75.0%)
77	SIEDLER Martin	302	SV DONSBRUGGEN	Open M	73	00:00:45	00:23:12.45	00:23:57.45	+00:05:44 (24.7%)	4:38	12.9 (75.0%)
78	ROSZAK Zbigniew	207	TG SOKÓŁ GNIEWKOWO	Open M	74	00:00:05	00:23:13.45	00:23:18.90	+00:05:45 (24.8%)	4:38	12.9 (75.0%)
79	WARCHAŁOWSKI Arkadiusz	304		Open M	75	00:00:52	00:23:15.25	00:24:08.00	+00:05:46 (24.9%)	4:39	12.9 (75.0%)
80	PYREK Krzysztof	80	1 RBLOG	Open M	76	00:00:06	00:23:19.70	00:23:26.05	+00:05:51 (25.1%)	4:40	12.9 (75.0%)
81	PAWLAK Bartosz	327	WIECZORNE BIEGANIE W SZCZECINIE	Open M	77	00:00:42	00:23:22.85	00:24:05.50	+00:05:54 (25.3%)	4:40	12.8 (74.4%)
82	LINKE Rafał	447	SKB DZIK	Open M	78	00:00:37	00:23:25.20	00:24:02.60	+00:05:56 (25.4%)	4:41	12.8 (74.4%)
83	CHARĘZA Marcin	247	ZAWADZKIEGO SZCZECIN	Open M	79	00:00:23	00:23:25.65	00:23:49.00	+00:05:57 (25.4%)	4:41	12.8 (74.4%)

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84	BUGAJNY Damian	523	SUPERMARATON KALISZ	Open M	80	00:00:04	00:23:26.70	00:23:31.35	+00:05:58 (25.5%)	4:41	12.8 (74.4%)
85	ŚWIST Joanna	42	RUNNING QUEEN	Open K	5	00:00:09	00:23:28.65	00:23:38.05	+00:06:00 (25.6%)	4:41	12.8 (74.4%)
86	KUŻBIK Jakub	617		Open M	81	00:00:11	00:23:30.50	00:23:42.35	+00:06:02 (25.7%)	4:42	12.8 (74.4%)
87	GRZELAK Ryszard	644	KB HERMES GRYFINO	Open M	82	00:00:06	00:23:34.35	00:23:40.45	+00:06:05 (25.9%)	4:42	12.7 (73.8%)
88	GŁADYSZ Jarosław	435		Open M	83	00:00:07	00:23:38.10	00:23:45.70	+00:06:09 (26.1%)	4:43	12.7 (73.8%)
89	KRZACZKOWSKA Iwona	715	DZIKI WROCŁAW	Open K	6	00:00:01	00:23:38.80	00:23:40.55	+00:06:10 (26.1%)	4:43	12.7 (73.8%)
90	DYDEK Edyta	943	CF PRAWY BRZEG	Open K	7	00:00:01	00:23:39.05	00:23:40.55	+00:06:10 (26.1%)	4:43	12.7 (73.8%)
91	OPIELA Arkadiusz	423		Open M	84	00:00:40	00:23:40.40	00:24:21.00	+00:06:12 (26.2%)	4:44	12.7 (73.8%)
92	GRYGORCEWICZ Jan	232	SKB DZIK	Open M	85	00:00:02	00:23:42.25	00:23:44.30	+00:06:13 (26.3%)	4:44	12.7 (73.8%)
93	MIELCZAREK Krystian	275	STARGARDZKI KLUB MORSÓW MIEDWIANIE	Open M	86	00:00:26	00:23:43.25	00:24:09.25	+00:06:14 (26.3%)	4:44	12.6 (73.3%)
94	KACHNIARZ Marcin	773		Open M	87	00:00:07	00:23:43.60	00:23:50.85	+00:06:15 (26.4%)	4:44	12.6 (73.3%)
95	SAWICKI Bartosz	358	DZIKIE DZIKI GORZÓW	Open M	88	00:00:31	00:23:46.10	00:24:18.05	+00:06:17 (26.5%)	4:45	12.6 (73.3%)
96	JASTRZĘBSKI Daniel	321		Open M	89	00:00:10	00:23:46.30	00:23:56.70	+00:06:17 (26.5%)	4:45	12.6 (73.3%)
97	BOROWSKA Karolina	146	PUSZCZYK BUKOWY	Open K	8	00:00:06	00:23:48.25	00:23:55.20	+00:06:19 (26.6%)	4:45	12.6 (73.3%)
98	OSTOJSKI Ireneusz	824		Open M	90	00:00:10	00:23:49.80	00:24:00.20	+00:06:21 (26.7%)	4:46	12.6 (73.3%)
99	KUŁAKOWSKI Dawid	436	BIEGOLAS KOSZALIN	Open M	91	00:00:13	00:23:50.05	00:24:03.20	+00:06:21 (26.7%)	4:46	12.6 (73.3%)
100	ROZICKI Krzysztof	425	3KPZMOT/1BPZMOT/12BZ	Open M	92	00:00:05	00:23:50.45	00:23:56.05	+00:06:22 (26.7%)	4:46	12.6 (73.3%)
101	IWANIEC Dariusz	548	BIEGOLAS KOSZALIN	Open M	93	00:00:13	00:23:50.60	00:24:04.30	+00:06:22 (26.7%)	4:46	12.6 (73.3%)
102	GRZYWA Grzegorz	735	KP PSP POLICE	Open M	94	00:01:02	00:23:53.30	00:24:55.50	+00:06:24 (26.9%)	4:46	12.6 (73.3%)
103	DYDEK Arkadiusz	499	CF PRAWY BRZEG	Open M	95	00:00:01	00:23:53.95	00:23:55.85	+00:06:25 (26.9%)	4:46	12.6 (73.3%)
104	MICERSKI Tomasz	419	BIEGOLAS KOSZALIN	Open M	96	00:00:13	00:23:55.90	00:24:09.80	+00:06:27 (27.0%)	4:47	12.5 (72.7%)
105	CHLASTA Jacek	803		Open M	97	00:00:30	00:23:58.45	00:24:28.75	+00:06:30 (27.1%)	4:47	12.5 (72.7%)
106	HEJNOWSKI Andrzej	940		Open M	98	00:00:43	00:24:02.55	00:24:45.75	+00:06:34 (27.3%)	4:48	12.5 (72.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
107	SOBOCIŃSKA Ewelina	745	15 GIŻYCKA BRYGADA ZMECHANIZOWANA	Open K	9	00:00:04	00:24:04.15	00:24:08.75	+00:06:35 (27.4%)	4:48	12.5 (72.7%)
108	KORDYS Michał	531	23.BAZA LOTNICTWA TAKTYCZNEGO	Open M	99	00:00:16	00:24:04.35	00:24:20.80	+00:06:35 (27.4%)	4:48	12.5 (72.7%)
109	SZMUDANOWSKI Kamil	589	OCR TEAM WŁOCŁAWEK	Open M	100	00:00:41	00:24:05.20	00:24:47.10	+00:06:36 (27.5%)	4:49	12.4 (72.1%)
110	SZYMCZAK Michał	243		Open M	101	00:00:17	00:24:05.55	00:24:23.05	+00:06:37 (27.5%)	4:49	12.4 (72.1%)
111	WINKEL Arkadiusz	569		Open M	102	00:00:15	00:24:06.35	00:24:22.30	+00:06:37 (27.5%)	4:49	12.4 (72.1%)
112	WEŁNA Rafał	495	HUSARIA RACE TEAM	Open M	103	00:00:02	00:24:10.65	00:24:13.45	+00:06:42 (27.7%)	4:50	12.4 (72.1%)
113	SAWA Piotr	673	IRON TEAM SZCZECIN	Open M	104	00:00:16	00:24:10.90	00:24:26.90	+00:06:42 (27.7%)	4:50	12.4 (72.1%)
114	BIEŃKOWSKI Michał	413	DZIK KOMANDO	Open M	105	00:00:28	00:24:11.25	00:24:39.50	+00:06:42 (27.8%)	4:50	12.4 (72.1%)
115	SPÓLNIK Paweł	709		Open M	106	00:00:02	00:24:14.90	00:24:17.45	+00:06:46 (27.9%)	4:51	12.4 (72.1%)
116	KOŁOMAŃSKI Hubert	434		Open M	107	00:01:05	00:24:16.30	00:25:22.00	+00:06:47 (28.0%)	4:51	12.4 (72.1%)
117	ELERT Mariusz	161	PAPRYKARZE	Open M	108	00:00:02	00:24:16.65	00:24:18.70	+00:06:48 (28.0%)	4:51	12.4 (72.1%)
118	BOGDAŃSKI Bartosz	369	DZIK KOMANDO	Open M	109	00:00:17	00:24:19.00	00:24:36.80	+00:06:50 (28.1%)	4:51	12.3 (71.5%)
119	KRUPA Grzegorz	603		Open M	110	00:00:05	00:24:23.00	00:24:28.85	+00:06:54 (28.3%)	4:52	12.3 (71.5%)
120	KOPACZ Łukasz	339		Open M	111	00:00:10	00:24:23.50	00:24:33.80	+00:06:55 (28.4%)	4:52	12.3 (71.5%)
121	WOŁOSZYN Wojciech	546		Open M	112	00:00:33	00:24:24.10	00:24:57.15	+00:06:55 (28.4%)	4:52	12.3 (71.5%)
122	WIECZOREK Mariusz	68		Open M	113	00:00:32	00:24:24.20	00:24:56.25	+00:06:55 (28.4%)	4:52	12.3 (71.5%)
123	KISIEL Łukasz	538		Open M	114	00:00:32	00:24:25.25	00:24:57.45	+00:06:56 (28.4%)	4:53	12.3 (71.5%)
124	MOŻEJKO Dawid	683	DZIK KOMANDO	Open M	115	00:00:27	00:24:27.05	00:24:54.10	+00:06:58 (28.5%)	4:53	12.3 (71.5%)
125	KAMIŃSKA Ewelina	117	MUD GOATS	Open K	10	00:00:03	00:24:27.75	00:24:31.70	+00:06:59 (28.6%)	4:53	12.3 (71.5%)
126	NOWAK Jakub	806		Open M	116	00:01:15	00:24:30.60	00:25:45.60	+00:07:02 (28.7%)	4:54	12.2 (70.9%)
127	DOBRYCKI Piotr	403	BRIDGESTONE STARGARD RUNNERS	Open M	117	00:00:12	00:24:31.35	00:24:43.40	+00:07:02 (28.7%)	4:54	12.2 (70.9%)
128	MŁYNARCZYK Tatiana	61	HUSARIA RACE TEAM	Open K	11	00:00:03	00:24:31.65	00:24:35.00	+00:07:03 (28.8%)	4:54	12.2 (70.9%)
129	MATYSIAK Katarzyna	392		Open K	12	00:00:09	00:24:31.85	00:24:41.00	+00:07:03 (28.8%)	4:54	12.2 (70.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
130	DĄBROWSKI Sławek	168		Open M	118	00:00:00	00:24:32.70	00:24:32.70	+00:07:04 (28.8%)	4:54	12.2 (70.9%)
131	LUDWICZAK Jarosław	260	KOŚCIAN TEAM	Open M	119	00:00:02	00:24:32.75	00:24:35.50	+00:07:04 (28.8%)	4:54	12.2 (70.9%)
132	PELC Marek	234		Open M	120	00:00:07	00:24:35.55	00:24:42.70	+00:07:07 (28.9%)	4:55	12.2 (70.9%)
133	SZYMAŃSKA Katarzyna	32	WIECZORNE BIEGANIE W SZCZECINIE	Open K	13	00:00:05	00:24:38.00	00:24:43.60	+00:07:09 (29.1%)	4:55	12.2 (70.9%)
134	ZAWLIK Tomasz	279		Open M	121	00:00:35	00:24:38.30	00:25:13.50	+00:07:09 (29.1%)	4:55	12.2 (70.9%)
135	HERMANOWICZ Miłosz	341	ZS ZWYROLE	Open M	122	00:00:04	00:24:41.45	00:24:45.55	+00:07:13 (29.2%)	4:56	12.2 (70.9%)
136	ZERZUT Jarosław	93	PUSZCZYK BUKOWY	Open M	123	00:00:09	00:24:43.30	00:24:53.10	+00:07:14 (29.3%)	4:56	12.1 (70.3%)
137	MAZUR Marcin	502	STARGARDZKI KLUB MORSÓW MIEDWIANIE	Open M	124	00:00:26	00:24:50.15	00:25:16.55	+00:07:21 (29.6%)	4:58	12.1 (70.3%)
138	LIZAKOWSKI Piotr	901	NYHA IV	Open M	125	00:00:31	00:24:53.00	00:25:24.15	+00:07:24 (29.8%)	4:58	12.1 (70.3%)
139	SZARZEC Przemysław	375	3KPZMOT/1BPZMOT/12BZ	Open M	126	00:00:05	00:24:53.25	00:24:59.10	+00:07:24 (29.8%)	4:58	12 (69.8%)
140	WILK Agnieszka	618		Open K	14	00:00:25	00:24:54.35	00:25:20.00	+00:07:25 (29.8%)	4:59	12 (69.8%)
141	CZARNECKI Daniel	150		Open M	127	00:00:16	00:24:54.60	00:25:11.25	+00:07:26 (29.9%)	4:59	12 (69.8%)
142	ŻUKOWSKA Natalia	770	JW 3605	Open K	15	00:00:07	00:24:58.80	00:25:06.55	+00:07:30 (30.1%)	4:59	12 (69.8%)
143	KUSAK Bartłomiej	704	DZIKI WROCŁAW	Open M	128	00:00:57	00:25:00.50	00:25:58.45	+00:07:32 (30.1%)	5:00	12 (69.8%)
144	KWIATKOWSKA Aleksandra	96	WIECZORNE BIEGANIE W SZCZECINIE	Open K	16	00:00:04	00:25:02.65	00:25:07.45	+00:07:34 (30.2%)	5:00	12 (69.8%)
145	TOMICZAK Krzysztof	323		Open M	129	00:00:41	00:25:04.20	00:25:45.30	+00:07:35 (30.3%)	5:00	12 (69.8%)
146	SZCZEPANIAK Marcin	17	XRUNNERS	Open M	130	00:00:09	00:25:06.00	00:25:15.10	+00:07:37 (30.4%)	5:01	12 (69.8%)
147	KOŁODZIEJSKI Piotr	937		Open M	131	00:00:17	00:25:06.25	00:25:23.50	+00:07:37 (30.4%)	5:01	12 (69.8%)
148	RYBARCZYK Ilona	74	HURAGAN - KOŁO BIEGA	Open K	17	00:00:08	00:25:06.90	00:25:15.20	+00:07:38 (30.4%)	5:01	11.9 (69.2%)
149	HAWRYŁAK Marcin	151	SOSW NR 1 DLA DZIECI NIEPEŁNOSPRAWNYCH RUCHOWO W POLICACH	Open M	132	00:00:04	00:25:08.05	00:25:12.45	+00:07:39 (30.5%)	5:01	11.9 (69.2%)
150	BLICHARSKA Marta	594		Open K	18	00:00:22	00:25:10.55	00:25:32.95	+00:07:42 (30.6%)	5:02	11.9 (69.2%)
151	KĘDZIELEWSKI Łukasz	299	ZAWADZKIEGO SZCZECIN	Open M	133	00:00:21	00:25:11.00	00:25:32.95	+00:07:42 (30.6%)	5:02	11.9 (69.2%)
152	CZYŁKOWSKI Patryk	121		Open M	134	00:00:15	00:25:12.20	00:25:27.75	+00:07:43 (30.7%)	5:02	11.9 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
153	ŻAK Sebastian	537		Open M	135	00:00:32	00:25:16.65	00:25:49.50	+00:07:48 (30.9%)	5:03	11.9 (69.2%)
154	KAJKOWSKI Rafał	545	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	Open M	136	00:00:04	00:25:17.50	00:25:22.40	+00:07:49 (30.9%)	5:03	11.9 (69.2%)
155	PAKUŁA Konrad	357	DZIKIE DZIKI GORZÓW	Open M	137	00:00:12	00:25:18.40	00:25:30.90	+00:07:50 (31.0%)	5:03	11.9 (69.2%)
156	SMĘTEK Michał	572		Open M	138	00:00:16	00:25:18.95	00:25:35.75	+00:07:50 (31.0%)	5:03	11.8 (68.6%)
157	WÓJCIK Krzysztof	208		Open M	139	00:00:03	00:25:19.25	00:25:23.15	+00:07:50 (31.0%)	5:04	11.8 (68.6%)
158	LEWANDOWSKI Karol	668	OŻW SZCZECIN	Open M	140	00:00:11	00:25:19.95	00:25:31.70	+00:07:51 (31.0%)	5:04	11.8 (68.6%)
159	HRYCIÓW Daniel	592	RAGNAROK SZCZECIN	Open M	141	00:00:43	00:25:23.65	00:26:06.85	+00:07:55 (31.2%)	5:04	11.8 (68.6%)
160	NĘDZUSIAK Dariusz	67	KP PSP ALEKSANDRÓW KUJAWSKI	Open M	142	00:00:23	00:25:24.20	00:25:47.45	+00:07:55 (31.2%)	5:04	11.8 (68.6%)
161	DZIĘGIELEWSKI Grzegorz	465		Open M	143	00:00:16	00:25:24.95	00:25:41.70	+00:07:56 (31.3%)	5:05	11.8 (68.6%)
162	MARZEC Karolina	441	DZIKIE DZIKI GORZÓW	Open K	19	00:00:12	00:25:25.85	00:25:38.20	+00:07:57 (31.3%)	5:05	11.8 (68.6%)
163	GŁOWACKI Adrian	516	TEAM POSEJDONA	Open M	144	00:01:16	00:25:26.80	00:26:43.40	+00:07:58 (31.3%)	5:05	11.8 (68.6%)
164	LEWANDOWSKI Piotr	923	SKB DZIK	Open M	145	00:00:55	00:25:26.95	00:26:22.30	+00:07:58 (31.3%)	5:05	11.8 (68.6%)
165	PAŃCZYK Tomasz	167	12 BRYGADA ZMECHANIZOWANA	Open M	146	00:00:19	00:25:28.65	00:25:48.30	+00:08:00 (31.4%)	5:05	11.8 (68.6%)
166	CHEŁMINIAK Sławomir	13	BIEGAM SOBIE	Open M	147	00:00:24	00:25:30.25	00:25:54.45	+00:08:01 (31.5%)	5:06	11.8 (68.6%)
167	DRESLER Bartosz	687	12BZ/1BPZMOT	Open M	148	00:00:17	00:25:31.10	00:25:48.95	+00:08:02 (31.5%)	5:06	11.8 (68.6%)
168	MASZKIEWICZ Mariusz	890	DZIKI WROCŁAW	Open M	149	00:00:57	00:25:32.40	00:26:29.85	+00:08:04 (31.6%)	5:06	11.7 (68.0%)
169	SCHERFENBERG Łukasz	348		Open M	150	00:00:03	00:25:34.35	00:25:37.50	+00:08:05 (31.7%)	5:06	11.7 (68.0%)
170	SCHERFENBERG Katarzyna	772		Open K	20	00:00:02	00:25:34.95	00:25:37.40	+00:08:06 (31.7%)	5:07	11.7 (68.0%)
171	JAGODZIŃSKI Hubert	938		Open M	151	00:00:15	00:25:36.80	00:25:52.20	+00:08:08 (31.8%)	5:07	11.7 (68.0%)
172	SZUSTAK Robert	92	PITUPITU	Open M	152	00:00:07	00:25:38.95	00:25:46.30	+00:08:10 (31.9%)	5:07	11.7 (68.0%)
173	BRANDEBURA Cezary	794		Open M	153	00:00:12	00:25:42.35	00:25:54.65	+00:08:13 (32.0%)	5:08	11.7 (68.0%)
174	QUESADO Paulo	717	DZIKI WROCŁAW	Open M	154	00:00:58	00:25:43.00	00:26:41.20	+00:08:14 (32.1%)	5:08	11.7 (68.0%)
175	KNIAŻ Jarosław	328	FOL-TECH TEAM MYŚLIBÓRZ	Open M	155	00:00:03	00:25:43.30	00:25:46.70	+00:08:14 (32.1%)	5:08	11.7 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
176	PASIEKA Agnieszka	203	K.B.SPRINT ŚWIDWIN / 21.BLT	Open K	21	00:00:38	00:25:45.00	00:26:23.35	+00:08:16 (32.1%)	5:09	11.7 (68.0%)
177	TARNOWSKI Tomasz	503	HUSARIA RACE TEAM	Open M	156	00:00:04	00:25:46.15	00:25:50.35	+00:08:17 (32.2%)	5:09	11.6 (67.4%)
178	GLINKOWSKI Filip	100	FIFNE PYRKI	Open M	157	00:01:01	00:25:47.50	00:26:48.75	+00:08:19 (32.3%)	5:09	11.6 (67.4%)
179	BERNACKA-SZYDLIK Karolina	45		Open K	22	00:00:00	00:25:50.35	00:25:50.35	+00:08:21 (32.4%)	5:10	11.6 (67.4%)
180	MARTUSZEWSKI Ryszard	19		Open M	158	00:00:36	00:25:50.85	00:26:27.65	+00:08:22 (32.4%)	5:10	11.6 (67.4%)
181	NIKONOWICZ Ewa	464	15 GIŻYCKA BRYGADA ZMECHANIZOWANA	Open K	23	00:00:06	00:25:55.55	00:26:02.10	+00:08:27 (32.6%)	5:11	11.6 (67.4%)
182	KRUSZEWSKI Piotr	751		Open M	159	00:00:36	00:25:57.10	00:26:33.50	+00:08:28 (32.7%)	5:11	11.6 (67.4%)
183	SASAK Michał	437	12BZ	Open M	160	00:00:16	00:25:59.15	00:26:15.75	+00:08:30 (32.8%)	5:11	11.5 (66.9%)
184	ZIÓŁKOWSKI Mieczysław	309	ZGUBIŁEM SPONSORA	Open M	161	00:00:04	00:25:59.80	00:26:04.50	+00:08:31 (32.8%)	5:12	11.5 (66.9%)
185	ŁAWNICZAK Sebastian	500		Open M	162	00:00:11	00:26:02.65	00:26:13.70	+00:08:34 (32.9%)	5:12	11.5 (66.9%)
186	NIECHWIADOWICZ Łukasz	353		Open M	163	00:00:07	00:26:03.00	00:26:10.90	+00:08:34 (32.9%)	5:12	11.5 (66.9%)
186	PIETRUSZKIEWICZ Henryk	401		Open M	164	00:00:14	00:26:03.00	00:26:17.90	+00:08:34 (32.9%)	5:12	11.5 (66.9%)
188	ZGUTKA Tomasz	192	HUSARIA RACE TEAM	Open M	165	00:00:04	00:26:03.90	00:26:08.10	+00:08:35 (33.0%)	5:12	11.5 (66.9%)
188	KRYCZKA Adam	659		Open M	166	00:00:41	00:26:03.90	00:26:45.75	+00:08:35 (33.0%)	5:12	11.5 (66.9%)
190	ANYŻEWSKI Tomek	585	OCR TEAM WŁOCŁAWEK	Open M	167	00:00:03	00:26:07.85	00:26:10.90	+00:08:39 (33.1%)	5:13	11.5 (66.9%)
191	ZIELIŃSKI Michał	473		Open M	168	00:00:25	00:26:08.40	00:26:33.55	+00:08:40 (33.2%)	5:13	11.5 (66.9%)
192	CZYPICKA Marta	665		Open K	24	00:00:49	00:26:08.75	00:26:58.55	+00:08:40 (33.2%)	5:13	11.5 (66.9%)
193	ABRAMOWICZ Tomasz	731	BIEGOHOLLICA	Open M	169	00:00:44	00:26:09.80	00:26:54.45	+00:08:41 (33.2%)	5:14	11.5 (66.9%)
194	KACZMAREK Krzysztof	70	BIEGACZE PÓŁNOCY	Open M	170	00:00:49	00:26:12.10	00:27:01.95	+00:08:43 (33.3%)	5:14	11.5 (66.9%)
195	SZYNTOR Mateusz	482	GRA RUNNERS	Open M	171	00:00:24	00:26:12.35	00:26:37.25	+00:08:43 (33.3%)	5:14	11.4 (66.3%)
196	KNIOŁA Łukasz	44	PIŁA TEAM	Open M	172	00:00:12	00:26:12.60	00:26:25.50	+00:08:44 (33.3%)	5:14	11.4 (66.3%)
197	MAJDAN-ADAMSKA Agnieszka	496		Open K	25	00:00:03	00:26:12.85	00:26:16.55	+00:08:44 (33.3%)	5:14	11.4 (66.3%)
198	JELEŃSKI Grzegorz	166	DZIKIE JELENIE	Open M	173	00:01:05	00:26:17.00	00:27:22.90	+00:08:48 (33.5%)	5:15	11.4 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
199	JENDRZEJCZYK Mariusz	438		Open M	174	00:00:25	00:26:17.95	00:26:42.95	+00:08:49 (33.6%)	5:15	11.4 (66.3%)
200	KLEPACKI Bartek	276		Open M	175	00:00:56	00:26:18.20	00:27:14.60	+00:08:49 (33.6%)	5:15	11.4 (66.3%)
201	JASIŃSKI Michał	123		Open M	176	00:00:44	00:26:19.95	00:27:04.05	+00:08:51 (33.6%)	5:16	11.4 (66.3%)
202	DUDKA Robert	536		Open M	177	00:01:13	00:26:20.05	00:27:33.45	+00:08:51 (33.6%)	5:16	11.4 (66.3%)
203	ZYDEK Katarzyna	936		Open K	26	00:00:20	00:26:20.30	00:26:40.50	+00:08:51 (33.7%)	5:16	11.4 (66.3%)
204	ŻUROWSKI Leszek	489	ŻURKI	Open M	178	00:00:27	00:26:20.40	00:26:47.70	+00:08:52 (33.7%)	5:16	11.4 (66.3%)
205	SZESZKOWSKI Tomasz	287		Open M	179	00:00:57	00:26:20.45	00:27:17.90	+00:08:52 (33.7%)	5:16	11.4 (66.3%)
206	ZAKRZEWSKI Grzegorz	454	FSD RUN DREZDENKO	Open M	180	00:00:39	00:26:20.85	00:27:00.25	+00:08:52 (33.7%)	5:16	11.4 (66.3%)
207	KACZOR Mariusz	491	WAR-CHLACZKI	Open M	181	00:00:22	00:26:21.45	00:26:44.15	+00:08:53 (33.7%)	5:16	11.4 (66.3%)
208	DRÓZDŹ Mariusz	915		Open M	182	00:00:27	00:26:22.40	00:26:50.25	+00:08:54 (33.7%)	5:16	11.4 (66.3%)
209	WOŁK Marcin	753		Open M	183	00:00:46	00:26:23.20	00:27:09.70	+00:08:54 (33.8%)	5:16	11.4 (66.3%)
210	RUTKOWSKI Konrad	591		Open M	184	00:00:44	00:26:25.60	00:27:09.70	+00:08:57 (33.9%)	5:17	11.4 (66.3%)
211	NIKLAS Małgorzata	752	KSF NOWOGRÓDEK POMORSKI	Open K	27	00:00:45	00:26:27.60	00:27:13.40	+00:08:59 (34.0%)	5:17	11.3 (65.7%)
212	BAK Sebastian	305	ŁOSOŚ T.E.A.M	Open M	185	00:00:11	00:26:28.50	00:26:40.40	+00:09:00 (34.0%)	5:17	11.3 (65.7%)
213	KIELER Aleksandra	652	DZIK KOMANDO	Open K	28	00:00:27	00:26:28.90	00:26:56.40	+00:09:00 (34.0%)	5:17	11.3 (65.7%)
214	SZELAĞ Tomasz	529	23. BAZA LOTNICTWA TAKTYCZNEGO	Open M	186	00:00:16	00:26:33.20	00:26:49.45	+00:09:04 (34.2%)	5:18	11.3 (65.7%)
215	GRABOWSKA Joanna	65	SPC	Open K	29	00:00:18	00:26:33.65	00:26:52.60	+00:09:05 (34.2%)	5:18	11.3 (65.7%)
216	STRAK Izabela	221	WIECZORNE BIEGANIE W SZCZECINIE	Open K	30	00:00:06	00:26:35.35	00:26:41.55	+00:09:06 (34.3%)	5:19	11.3 (65.7%)
217	WAHN Przemysław	222		Open M	187	00:00:44	00:26:35.65	00:27:20.30	+00:09:07 (34.3%)	5:19	11.3 (65.7%)
218	MĄDRAWSKI Tomasz	317		Open M	188	00:00:31	00:26:38.60	00:27:09.60	+00:09:10 (34.4%)	5:19	11.3 (65.7%)
219	STRZELCZYK Wojciech	517		Open M	189	00:00:26	00:26:40.35	00:27:06.90	+00:09:11 (34.5%)	5:20	11.3 (65.7%)
220	BRUSIŁOWICZ Dagmara	219	WIECZORNE BIEGANIE W SZCZECINIE	Open K	31	00:00:06	00:26:41.35	00:26:48.00	+00:09:12 (34.5%)	5:20	11.2 (65.1%)
221	NARKUN Maciej	480		Open M	190	00:00:10	00:26:42.85	00:26:53.35	+00:09:14 (34.6%)	5:20	11.2 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
222	JAROSŁAWSKA Sandra	680		Open K	32	00:00:05	00:26:42.90	00:26:48.65	+00:09:14 (34.6%)	5:20	11.2 (65.1%)
223	JURECZKO Agnieszka	461	DZIK KOMANDO	Open K	33	00:00:16	00:26:43.40	00:27:00.05	+00:09:15 (34.6%)	5:20	11.2 (65.1%)
224	BĄCZYK Adam	156	MONIA GYM	Open M	191	00:00:28	00:26:45.10	00:27:13.35	+00:09:16 (34.7%)	5:21	11.2 (65.1%)
225	HYBIAK Lukasz	202	ORKI Z MAJORKI	Open M	192	00:00:16	00:26:46.15	00:27:02.30	+00:09:17 (34.7%)	5:21	11.2 (65.1%)
225	BOCHENEK Paweł	918		Open M	193	00:00:44	00:26:46.15	00:27:30.50	+00:09:17 (34.7%)	5:21	11.2 (65.1%)
227	RUDZKA Katarzyna	404	RUNNER SZCZECIN TEAM	Open K	34	00:00:09	00:26:46.25	00:26:55.50	+00:09:17 (34.7%)	5:21	11.2 (65.1%)
227	OBROCKI Adrian	893		Open M	194	00:01:00	00:26:46.25	00:27:46.85	+00:09:17 (34.7%)	5:21	11.2 (65.1%)
229	JUCHA Jakub	415		Open M	195	00:01:22	00:26:47.10	00:28:09.30	+00:09:18 (34.8%)	5:21	11.2 (65.1%)
230	SUCHECKI Paweł	459		Open M	196	00:00:13	00:26:47.90	00:27:01.10	+00:09:19 (34.8%)	5:21	11.2 (65.1%)
231	PTAK Daniel	71	HUSARIA RACE TEAM	Open M	197	00:00:09	00:26:49.30	00:26:59.00	+00:09:20 (34.9%)	5:22	11.2 (65.1%)
232	PTAK Patrycja	440	HUSARIA RACE TEAM	Open K	35	00:00:09	00:26:49.45	00:26:59.00	+00:09:21 (34.9%)	5:22	11.2 (65.1%)
233	SKOCZYLAS Patryk	666		Open M	198	00:00:50	00:26:50.60	00:27:40.85	+00:09:22 (34.9%)	5:22	11.2 (65.1%)
234	KUPCZYK Przemysław	54	DZIK KOMANDO	Open M	199	00:00:16	00:26:51.05	00:27:07.50	+00:09:22 (34.9%)	5:22	11.2 (65.1%)
235	OLEJNICKI Mikołaj	679	MUD GOATS	Open M	200	00:00:53	00:26:51.10	00:27:44.30	+00:09:22 (34.9%)	5:22	11.2 (65.1%)
236	GAJEK Patrycja	118		Open K	36	00:00:08	00:26:51.70	00:27:00.40	+00:09:23 (35.0%)	5:22	11.2 (65.1%)
237	MALLEK Paweł	449		Open M	201	00:00:17	00:26:54.05	00:27:11.10	+00:09:25 (35.0%)	5:22	11.2 (65.1%)
238	WOJTKOWIAK Rafał	899		Open M	202	00:00:17	00:26:56.50	00:27:13.70	+00:09:28 (35.1%)	5:23	11.1 (64.5%)
239	WOJCIECHOWSKI Maciej	25		Open M	203	00:00:29	00:26:59.70	00:27:29.10	+00:09:31 (35.3%)	5:24	11.1 (64.5%)
240	CZYNSZAK Krystian	700	STARGARD. JA SIĘ NIE ŚCIGAM	Open M	204	00:01:10	00:27:01.00	00:28:11.80	+00:09:32 (35.3%)	5:24	11.1 (64.5%)
241	ADAMCZEWSKA Agnieszka	657		Open K	37	00:00:32	00:27:02.05	00:27:34.90	+00:09:33 (35.4%)	5:24	11.1 (64.5%)
242	KOCZKODAJ Kamil	685		Open M	205	00:00:54	00:27:02.80	00:27:57.55	+00:09:34 (35.4%)	5:24	11.1 (64.5%)
243	WOJCIECHOWSKA Paulina	255		Open K	38	00:00:08	00:27:02.95	00:27:11.55	+00:09:34 (35.4%)	5:24	11.1 (64.5%)
244	PAWŁASZEK Lech	298		Open M	206	00:00:53	00:27:03.15	00:27:57.05	+00:09:34 (35.4%)	5:24	11.1 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
245	PIETKIEWICZ Paweł	408		Open M	207	00:00:40	00:27:07.15	00:27:47.45	+00:09:38 (35.6%)	5:25	11.1 (64.5%)
246	FELCENLOBEN Robert	180	RAJSPOORT ACTIVE	Open M	208	00:00:39	00:27:07.45	00:27:47.15	+00:09:39 (35.6%)	5:25	11.1 (64.5%)
247	SZATANEK Ewa	891		Open K	39	00:00:52	00:27:08.85	00:28:01.10	+00:09:40 (35.6%)	5:25	11 (64.0%)
248	SZCZETYŃSKA Karolina	224	ZDRUN EXTREME	Open K	40	00:00:28	00:27:09.15	00:27:37.65	+00:09:40 (35.6%)	5:25	11 (64.0%)
249	PEDZIWIATR Marek	139	MR	Open M	209	00:00:18	00:27:10.35	00:27:28.95	+00:09:41 (35.7%)	5:26	11 (64.0%)
250	DIKTA Ania	549	23. BAZA LOTNICTWA TAKTYCZNEGO	Open K	41	00:00:21	00:27:11.25	00:27:32.35	+00:09:42 (35.7%)	5:26	11 (64.0%)
251	SYCHEL Magdalena	779		Open K	42	00:00:10	00:27:11.35	00:27:22.15	+00:09:42 (35.7%)	5:26	11 (64.0%)
252	CHUDZIK Wojciech	511		Open M	210	00:00:01	00:27:11.80	00:27:13.60	+00:09:43 (35.8%)	5:26	11 (64.0%)
253	SAJKOWSKI Kamil	181	ZESPÓŁ NIESPOKOJNYCH NÓG	Open M	211	00:01:00	00:27:12.25	00:28:12.85	+00:09:43 (35.8%)	5:26	11 (64.0%)
254	PAWLUŚ Tomasz	209	SSPS CHEMIK POLICE	Open M	212	00:00:21	00:27:13.40	00:27:34.45	+00:09:45 (35.8%)	5:26	11 (64.0%)
255	KAKOWSKI Dawid	939		Open M	213	00:00:44	00:27:14.60	00:27:59.10	+00:09:46 (35.9%)	5:27	11 (64.0%)
256	CZACHOWSKI Jarosław	815	102. BOCHR	Open M	214	00:01:22	00:27:14.95	00:28:37.65	+00:09:46 (35.9%)	5:27	11 (64.0%)
257	MICHNIACKI Michał	633		Open M	215	00:00:19	00:27:15.80	00:27:35.30	+00:09:47 (35.9%)	5:27	11 (64.0%)
258	ROMAN Ewelina	791	MONIAGYM	Open K	43	00:00:07	00:27:16.30	00:27:24.20	+00:09:47 (35.9%)	5:27	11 (64.0%)
259	GRZYBOWSKI Przemysław	725		Open M	216	00:01:11	00:27:17.85	00:28:29.65	+00:09:49 (36.0%)	5:27	11 (64.0%)
260	ŁYDZIŃSKI Michał	733	1973	Open M	217	00:01:11	00:27:18.30	00:28:29.40	+00:09:49 (36.0%)	5:27	11 (64.0%)
261	KOPKA Magdalena	56		Open K	44	00:00:53	00:27:19.55	00:28:12.60	+00:09:51 (36.1%)	5:27	11 (64.0%)
262	GRYCZ Piotr	765		Open M	218	00:00:28	00:27:24.50	00:27:53.25	+00:09:56 (36.2%)	5:29	10.9 (63.4%)
263	SOWA Krzysztof	701	ZWIEDZANIE PRZEZ BIEGANIE	Open M	219	00:00:06	00:27:24.75	00:27:31.10	+00:09:56 (36.3%)	5:29	10.9 (63.4%)
264	KAMIŃSKI Kamil	653	17 WBZ	Open M	220	00:00:06	00:27:25.30	00:27:32.25	+00:09:56 (36.3%)	5:29	10.9 (63.4%)
265	KUBICKA Karolina	509		Open K	45	00:00:29	00:27:29.75	00:27:59.25	+00:10:01 (36.5%)	5:30	10.9 (63.4%)
266	MILCZAREK Paweł	931		Open M	221	00:01:13	00:27:31.45	00:28:44.80	+00:10:03 (36.5%)	5:30	10.9 (63.4%)
267	ZARĘBA Piotr	746	KP PSP POLICE	Open M	222	00:01:12	00:27:31.55	00:28:44.40	+00:10:03 (36.5%)	5:30	10.9 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
268	ZAGÓRSKI Grzegorz	148		Open M	223	00:00:22	00:27:33.55	00:27:56.20	+00:10:05 (36.6%)	5:30	10.9 (63.4%)
269	DEPTUŁA Tobiasz	533		Open M	224	00:01:13	00:27:35.45	00:28:49.00	+00:10:07 (36.7%)	5:31	10.9 (63.4%)
270	ŻUROWSKA Agnieszka	486		Open K	46	00:00:26	00:27:35.70	00:28:02.25	+00:10:07 (36.7%)	5:31	10.9 (63.4%)
271	PASŁAWSKA Magda	127		Open K	47	00:00:49	00:27:35.85	00:28:25.05	+00:10:07 (36.7%)	5:31	10.9 (63.4%)
272	BŁAŻEJEWICZ Łukasz	816		Open M	225	00:01:22	00:27:36.50	00:28:59.00	+00:10:08 (36.7%)	5:31	10.9 (63.4%)
273	NARLOCH Monika	383		Open K	48	00:00:13	00:27:40.00	00:27:53.15	+00:10:11 (36.8%)	5:32	10.8 (62.8%)
274	STROJNA-GRZYBOWSKA Marta	678	MAUROPOLAND	Open K	49	00:01:10	00:27:40.20	00:28:50.80	+00:10:11 (36.9%)	5:32	10.8 (62.8%)
275	BIRULA Michał	759	XRUNNERS	Open M	226	00:00:04	00:27:45.00	00:27:49.00	+00:10:16 (37.0%)	5:33	10.8 (62.8%)
276	BRATKO Przemysław	218		Open M	227	00:01:02	00:27:45.35	00:28:48.30	+00:10:16 (37.0%)	5:33	10.8 (62.8%)
277	FUDRO Edward	583	ZCH POLICE	Open M	228	00:00:04	00:27:46.10	00:27:50.60	+00:10:17 (37.1%)	5:33	10.8 (62.8%)
278	GRYGORCEWICZ Justyna	911		Open K	50	00:00:02	00:27:47.85	00:27:49.90	+00:10:19 (37.1%)	5:33	10.8 (62.8%)
279	ODRZYWOLSKI Michał	669	ŻANDARMERIA WOJSKOWA	Open M	229	00:00:12	00:27:47.95	00:28:00.00	+00:10:19 (37.1%)	5:33	10.8 (62.8%)
280	WITORZĘĆ Dariusz	277		Open M	230	00:00:38	00:27:48.05	00:28:26.60	+00:10:19 (37.1%)	5:33	10.8 (62.8%)
281	SZCZUKO Diana	354		Open K	51	00:00:07	00:27:49.05	00:27:56.20	+00:10:20 (37.2%)	5:33	10.8 (62.8%)
282	ŚWIERCZ Dariusz	115		Open M	231	00:00:00	00:27:52.65	00:27:52.65	+00:10:24 (37.3%)	5:34	10.8 (62.8%)
283	GRYGORCEWICZ Jan	912	UKL ÓSEMKA	Open M	232	00:00:01	00:27:53.30	00:27:54.80	+00:10:24 (37.3%)	5:34	10.8 (62.8%)
284	KAROL Wojciech	82	WIECZORNE BIEGANIE W SZCZECINIE	Open M	233	00:00:20	00:27:56.90	00:28:17.00	+00:10:28 (37.5%)	5:35	10.7 (62.2%)
285	GRYGORCEWICZ Władysław	235	KB DZIK	Open M	234	00:00:14	00:28:00.55	00:28:14.65	+00:10:32 (37.6%)	5:36	10.7 (62.2%)
286	CHROBOCIŃSKI Jan	560		Open M	235	00:00:29	00:28:01.35	00:28:30.75	+00:10:32 (37.6%)	5:36	10.7 (62.2%)
287	WIKLAK Natalia	559		Open K	52	00:00:30	00:28:03.50	00:28:34.40	+00:10:35 (37.7%)	5:36	10.7 (62.2%)
288	ZEMANKIEWICZ Łukasz	274	KANAŁ 6AM	Open M	236	00:00:45	00:28:07.35	00:28:52.75	+00:10:38 (37.9%)	5:37	10.7 (62.2%)
289	PYŻANOWSKA Katarzyna	407		Open K	53	00:00:42	00:28:07.45	00:28:50.10	+00:10:39 (37.9%)	5:37	10.7 (62.2%)
290	WACHOWICZ Tomasz	492	BUSHIKAN RUNNERS	Open M	237	00:00:14	00:28:10.20	00:28:24.80	+00:10:41 (38.0%)	5:38	10.7 (62.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
291	BIENIAS Konrad	43		Open M	238	00:00:53	00:28:10.25	00:29:03.75	+00:10:41 (38.0%)	5:38	10.7 (62.2%)
292	DUMKIEWICZ Grzegorz	902		Open M	239	00:00:17	00:28:10.30	00:28:27.80	+00:10:41 (38.0%)	5:38	10.7 (62.2%)
293	GADOWSKI Wojciech	826		Open M	240	00:00:41	00:28:10.90	00:28:52.25	+00:10:42 (38.0%)	5:38	10.6 (61.6%)
294	KONOPKA Paweł	51	DALEKO JESZCZE	Open M	241	00:00:29	00:28:10.95	00:28:40.35	+00:10:42 (38.0%)	5:38	10.6 (61.6%)
295	GADOWSKA Paulina	827		Open K	54	00:00:40	00:28:11.55	00:28:52.00	+00:10:43 (38.0%)	5:38	10.6 (61.6%)
296	ANIOŁA Piotr	240	SIILI	Open M	242	00:00:53	00:28:12.00	00:29:05.20	+00:10:43 (38.0%)	5:38	10.6 (61.6%)
297	ZIMOŃ Urszula	696	DZIK KOMANDO	Open K	55	00:00:17	00:28:12.50	00:28:29.70	+00:10:44 (38.1%)	5:38	10.6 (61.6%)
298	LESZCZYŃSKI Marcin	554		Open M	243	00:00:34	00:28:15.30	00:28:49.80	+00:10:46 (38.2%)	5:39	10.6 (61.6%)
298	CZYŻEWSKI Mateusz	311		Open M	244	00:00:41	00:28:15.30	00:28:57.15	+00:10:46 (38.2%)	5:39	10.6 (61.6%)
300	WALCZAK Tadeusz	648		Open M	245	00:00:27	00:28:15.55	00:28:43.00	+00:10:47 (38.2%)	5:39	10.6 (61.6%)
301	BURZYŃSKI Zbigniew	331	3KPZMOT/1BPZMOT/12BZ	Open M	246	00:00:05	00:28:15.80	00:28:21.05	+00:10:47 (38.2%)	5:39	10.6 (61.6%)
302	STEFĄNCZYK Małgorzata	237		Open K	56	00:00:20	00:28:16.45	00:28:36.55	+00:10:48 (38.2%)	5:39	10.6 (61.6%)
303	ROSZAK Krystyna	902	GRYFUS SZCZECIN	Open K	57	00:00:25	00:28:16.55	00:28:42.20	+00:10:48 (38.2%)	5:39	10.6 (61.6%)
304	LESZKIEWICZ Roman	281		Open M	247	00:00:42	00:28:19.60	00:29:02.10	+00:10:51 (38.3%)	5:40	10.6 (61.6%)
305	ZIELIŃSKI Grzegorz	138	BRIDGESTONE RUNNER CLUB	Open M	248	00:01:11	00:28:19.70	00:29:31.50	+00:10:51 (38.3%)	5:40	10.6 (61.6%)
306	FIRAZA Jacek	710	DZIK KOMANDO	Open M	249	00:00:18	00:28:19.90	00:28:38.80	+00:10:51 (38.3%)	5:40	10.6 (61.6%)
307	KURPIEWSKI Piotr	638		Open M	250	00:00:52	00:28:20.50	00:29:12.50	+00:10:52 (38.3%)	5:40	10.6 (61.6%)
308	MURAWSKA Wioletta	505	KB DZIK POLICE	Open K	58	00:00:13	00:28:20.80	00:28:34.00	+00:10:52 (38.4%)	5:40	10.6 (61.6%)
309	ZAGROCKA Mirosława	310		Open K	59	00:00:41	00:28:21.60	00:29:03.00	+00:10:53 (38.4%)	5:40	10.6 (61.6%)
310	SZYMAŃSKA Jolanta	199		Open K	60	00:00:32	00:28:22.60	00:28:54.85	+00:10:54 (38.4%)	5:40	10.6 (61.6%)
311	TRUKAWKA Andrzej	249		Open M	251	00:00:36	00:28:23.55	00:28:59.60	+00:10:55 (38.5%)	5:40	10.6 (61.6%)
312	RUTKOWSKI Tomasz	340	PUSZCZYK BUKOWY	Open M	252	00:00:11	00:28:23.60	00:28:34.70	+00:10:55 (38.5%)	5:40	10.6 (61.6%)
313	SĄDEL Krzysztof	374		Open M	253	00:00:41	00:28:24.35	00:29:06.20	+00:10:55 (38.5%)	5:41	10.6 (61.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
314	SMOGÓR Andrzej	430		Open M	254	00:00:24	00:28:28.90	00:28:53.80	+00:11:00 (38.7%)	5:41	10.5 (61.0%)
315	MATYSEK Ireneusz	91	SAMOTNY WILK	Open M	255	00:00:09	00:28:28.95	00:28:38.80	+00:11:00 (38.7%)	5:41	10.5 (61.0%)
316	KAPUSTA Marcin	432		Open M	256	00:00:25	00:28:29.00	00:28:54.45	+00:11:00 (38.7%)	5:41	10.5 (61.0%)
317	JANKOWSKA Monika	830		Open K	61	00:00:32	00:28:29.55	00:29:02.10	+00:11:01 (38.7%)	5:42	10.5 (61.0%)
318	KNOT Martyna	30	PIĘKNI I BESTIE	Open K	62	00:00:39	00:28:34.30	00:29:14.00	+00:11:05 (38.8%)	5:43	10.5 (61.0%)
319	GUTOWSKI Paweł	581	EMKA STARGARD	Open M	257	00:00:10	00:28:35.25	00:28:45.70	+00:11:06 (38.9%)	5:43	10.5 (61.0%)
320	CUPRYJAK Sebastian	262		Open M	258	00:00:37	00:28:35.35	00:29:13.25	+00:11:06 (38.9%)	5:43	10.5 (61.0%)
321	LACHOWICZ Bartosz	582		Open M	259	00:00:10	00:28:36.85	00:28:47.50	+00:11:08 (38.9%)	5:43	10.5 (61.0%)
322	MACIEJCZYK Piotr	727		Open M	260	00:01:12	00:28:37.65	00:29:50.20	+00:11:09 (39.0%)	5:43	10.5 (61.0%)
323	WOJCIECHOWSKA Maja	267		Open K	63	00:00:37	00:28:39.25	00:29:16.25	+00:11:10 (39.0%)	5:43	10.5 (61.0%)
324	BERLIŃSKI Wojciech	720		Open M	261	00:00:20	00:28:39.70	00:29:00.60	+00:11:11 (39.0%)	5:44	10.5 (61.0%)
325	ŻELISKO Łukasz	660	12BZ / 1BPZMOT	Open M	262	00:00:18	00:28:40.20	00:28:59.00	+00:11:11 (39.1%)	5:44	10.5 (61.0%)
326	BOŻEK Łukasz	184	MUD GOATS	Open M	263	00:00:48	00:28:41.40	00:29:30.15	+00:11:13 (39.1%)	5:44	10.5 (61.0%)
327	JAKUBIAK Anna	910	RAZ	Open K	64	00:00:29	00:28:42.10	00:29:11.30	+00:11:13 (39.1%)	5:44	10.5 (61.0%)
328	HANDKE Justyna	785	XRUNNERS	Open K	65	00:00:03	00:28:45.60	00:28:49.30	+00:11:17 (39.2%)	5:45	10.4 (60.5%)
329	LIPSKI Łukasz	520	BIEGOHOLLICA	Open M	264	00:00:45	00:28:47.20	00:29:32.30	+00:11:18 (39.3%)	5:45	10.4 (60.5%)
330	MLECZEK Roman	254		Open M	265	00:00:33	00:28:48.05	00:29:21.30	+00:11:19 (39.3%)	5:45	10.4 (60.5%)
331	NICEWICZ Beata	313	ŻADEN	Open K	66	00:00:51	00:28:49.50	00:29:41.00	+00:11:21 (39.4%)	5:46	10.4 (60.5%)
332	PIETRASIK Anna	711		Open K	67	00:01:05	00:28:52.35	00:29:57.45	+00:11:23 (39.5%)	5:46	10.4 (60.5%)
333	PODEDWORNY Artur	105		Open M	266	00:00:32	00:28:53.30	00:29:25.70	+00:11:24 (39.5%)	5:46	10.4 (60.5%)
334	NAGOT Sandra	428		Open K	68	00:00:24	00:28:53.60	00:29:18.45	+00:11:25 (39.5%)	5:46	10.4 (60.5%)
335	PIOTROWSKI Karol	457	POŁAPANI TEAM	Open M	267	00:01:26	00:28:53.90	00:30:20.45	+00:11:25 (39.5%)	5:46	10.4 (60.5%)
336	GŁOWACKI Mariusz	429		Open M	268	00:00:24	00:28:54.60	00:29:18.60	+00:11:26 (39.6%)	5:46	10.4 (60.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
337	ŻAK Dominika	332	PUSZCZYK BUKOWY	Open K	69	00:00:10	00:28:55.05	00:29:05.80	+00:11:26 (39.6%)	5:47	10.4 (60.5%)
338	HAJDUK Maciej	542		Open M	269	00:00:30	00:28:57.80	00:29:28.35	+00:11:29 (39.7%)	5:47	10.4 (60.5%)
339	MAŁOCHA Klaudyna	113	GHETTO WORKOUT ŚWINOUJŚCIE	Open K	70	00:01:04	00:28:58.20	00:30:02.25	+00:11:29 (39.7%)	5:47	10.4 (60.5%)
340	DĘBCZYŃSKI Michał	152	WILD HORSE ZÜRICH	Open M	270	00:01:00	00:28:59.45	00:30:00.25	+00:11:31 (39.7%)	5:48	10.3 (59.9%)
341	KONECKI Krzysztof	926		Open M	271	00:00:34	00:29:00.45	00:29:34.45	+00:11:32 (39.8%)	5:48	10.3 (59.9%)
342	JĘDRZEJAK Maciej	128	BIEGACZE ŚWINOUJŚCIE	Open M	272	00:01:01	00:29:00.80	00:30:02.70	+00:11:32 (39.8%)	5:48	10.3 (59.9%)
343	BRZEZICKI Michał	757		Open M	273	00:00:34	00:29:03.55	00:29:37.95	+00:11:35 (39.9%)	5:48	10.3 (59.9%)
344	ROSTRYGIN Katarzyna	33		Open K	71	00:00:18	00:29:03.95	00:29:22.05	+00:11:35 (39.9%)	5:48	10.3 (59.9%)
345	ROSTRYGIN Maciej	263	WKURW_TEAM	Open M	274	00:00:18	00:29:04.00	00:29:22.40	+00:11:35 (39.9%)	5:48	10.3 (59.9%)
346	MAŁOCHA Adam	114	PARKRUN ŚWINOUJŚCIE	Open M	275	00:01:03	00:29:08.15	00:30:11.90	+00:11:39 (40.0%)	5:49	10.3 (59.9%)
346	MAŁOCHA Mariusz	108	GHETTO WORKOUT ŚWINOUJŚCIE	Open M	276	00:01:05	00:29:08.15	00:30:13.60	+00:11:39 (40.0%)	5:49	10.3 (59.9%)
348	ŻUROWSKI Jarosław	487		Open M	277	00:00:27	00:29:08.90	00:29:36.10	+00:11:40 (40.1%)	5:49	10.3 (59.9%)
349	MARCHEWKA Łukasz	460	POŁAPANI TEAM	Open M	278	00:01:28	00:29:09.00	00:30:37.50	+00:11:40 (40.1%)	5:49	10.3 (59.9%)
350	BARTOSZEK Michał	580	OCR TEAM WŁOCŁAWEK	Open M	279	00:00:24	00:29:10.75	00:29:34.95	+00:11:42 (40.1%)	5:50	10.3 (59.9%)
351	MATUSZEWSKA-LINKOWSKA Anita	647	SZCZECIŃSKI KLUB ROWEROWY GRYPUS	Open K	72	00:00:24	00:29:11.40	00:29:36.30	+00:11:43 (40.1%)	5:50	10.3 (59.9%)
352	TYRCHA Szymon	664		Open M	280	00:00:50	00:29:14.00	00:30:04.30	+00:11:45 (40.2%)	5:50	10.3 (59.9%)
353	GRZELIŃSKA Dorota	350	DZIK KOMANDO	Open K	73	00:00:18	00:29:14.65	00:29:32.90	+00:11:46 (40.3%)	5:50	10.3 (59.9%)
354	MURAWSKA Monika	245		Open K	74	00:00:47	00:29:14.70	00:30:02.05	+00:11:46 (40.3%)	5:51	10.3 (59.9%)
355	KSYCKI Błażej	132		Open M	281	00:00:11	00:29:16.10	00:29:27.40	+00:11:47 (40.3%)	5:51	10.3 (59.9%)
356	BĄCZYK Monika	154	1978	Open K	75	00:00:30	00:29:16.75	00:29:47.30	+00:11:48 (40.3%)	5:51	10.2 (59.3%)
357	GRALEWICZ Robert	4	MORSY MUROWANA GOŚLINA	Open M	282	00:01:15	00:29:17.05	00:30:32.35	+00:11:48 (40.3%)	5:51	10.2 (59.3%)
358	MATEJCZUK Robert	456	POŁAPANI TEAM	Open M	283	00:01:27	00:29:21.05	00:30:48.15	+00:11:52 (40.5%)	5:52	10.2 (59.3%)
359	WIATRAK Dominika	445		Open K	76	00:00:10	00:29:21.65	00:29:32.60	+00:11:53 (40.5%)	5:52	10.2 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
360	PRUSEK Mateusz	75	AKTYWNE CHOSZCZNO	Open M	284	00:00:11	00:29:23.80	00:29:35.65	+00:11:55 (40.6%)	5:52	10.2 (59.3%)
361	LEBIEDZIŃSKI Radek	78	NORDA ACTIVE TEAM	Open M	285	00:00:13	00:29:24.00	00:29:37.50	+00:11:55 (40.6%)	5:52	10.2 (59.3%)
362	LEBIEDZIŃSKA Angelika	77	NORDA ACTIVE TEAM	Open K	77	00:00:13	00:29:24.05	00:29:37.80	+00:11:55 (40.6%)	5:52	10.2 (59.3%)
363	SAMBORSKI Radosław	393		Open M	286	00:00:25	00:29:25.65	00:29:51.35	+00:11:57 (40.6%)	5:53	10.2 (59.3%)
364	LEWANDOWSKA Dorota	556	LOSZKI I WARCHLAKI	Open K	78	00:00:19	00:29:26.45	00:29:45.95	+00:11:58 (40.6%)	5:53	10.2 (59.3%)
365	SZCZUKO Marta	466	DRUŻYNA PIERŚCIENIA	Open K	79	00:00:07	00:29:26.60	00:29:34.35	+00:11:58 (40.7%)	5:53	10.2 (59.3%)
366	KOLEJ Monika	410	DZIKIE DZIKI	Open K	80	00:00:31	00:29:27.70	00:29:59.50	+00:11:59 (40.7%)	5:53	10.2 (59.3%)
367	WYCIECHOWSKI Norbert	586	OCR TEAM WŁOCŁAWEK	Open M	287	00:00:02	00:29:28.00	00:29:30.65	+00:11:59 (40.7%)	5:53	10.2 (59.3%)
368	PIOTROWSKA Monika	812	KONAN I JEGO WOJOWNICZKI	Open K	81	00:00:18	00:29:28.15	00:29:46.65	+00:11:59 (40.7%)	5:53	10.2 (59.3%)
369	RASZEWSKI Damian	316		Open M	288	00:00:17	00:29:30.45	00:29:47.50	+00:12:02 (40.8%)	5:54	10.2 (59.3%)
370	KONDELA Paweł	196		Open M	289	00:00:54	00:29:31.90	00:30:25.95	+00:12:03 (40.8%)	5:54	10.2 (59.3%)
371	SZTURO Marcin	763		Open M	290	00:00:27	00:29:32.25	00:30:00.15	+00:12:03 (40.8%)	5:54	10.2 (59.3%)
372	JAROSŁAWSKA Jowita	681		Open K	82	00:00:05	00:29:33.35	00:29:39.15	+00:12:04 (40.9%)	5:54	10.1 (58.7%)
373	KĘCZKOWSKA Agnieszka	158		Open K	83	00:00:09	00:29:34.40	00:29:43.40	+00:12:06 (40.9%)	5:54	10.1 (58.7%)
374	BOGUSŁAWSKI Łukasz	476		Open M	291	00:01:26	00:29:34.80	00:31:00.80	+00:12:06 (40.9%)	5:54	10.1 (58.7%)
375	DĄBROWSKA Iza	1	MUD GOATS	Open K	84	00:00:04	00:29:35.15	00:29:39.95	+00:12:06 (40.9%)	5:55	10.1 (58.7%)
376	WEGLINSKI Radosław	819	OŻW SZCZECIN	Open M	292	00:00:12	00:29:35.90	00:29:48.20	+00:12:07 (41.0%)	5:55	10.1 (58.7%)
377	HNAT Rafał	76	KP PSP WAŁCZ	Open M	293	00:00:35	00:29:35.95	00:30:11.45	+00:12:07 (41.0%)	5:55	10.1 (58.7%)
378	BRZESKA Ewa	259	WIECZORNE BIEGANIE W SZCZECINIE	Open K	85	00:00:10	00:29:38.80	00:29:49.75	+00:12:10 (41.1%)	5:55	10.1 (58.7%)
379	PAWLICKI Bartosz	104		Open M	294	00:00:32	00:29:41.50	00:30:14.20	+00:12:13 (41.2%)	5:56	10.1 (58.7%)
380	BUDNA Anna	913		Open K	86	00:00:49	00:29:43.75	00:30:32.95	+00:12:15 (41.2%)	5:56	10.1 (58.7%)
381	MICHALIK-CAŁY Kasia	596	KOBIECE BIEGANIE	Open K	87	00:00:46	00:29:43.95	00:30:30.20	+00:12:15 (41.2%)	5:56	10.1 (58.7%)
382	BIAŁKOWSKA Katarzyna	112	WIECZORNE BIEGANIE	Open K	88	00:00:45	00:29:44.70	00:30:29.90	+00:12:16 (41.3%)	5:56	10.1 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
383	DOŁGOPOŁ Waldemar	402	RUNNER SZCZECIN TEAM	Open M	295	00:00:09	00:29:46.95	00:29:56.35	+00:12:18 (41.3%)	5:57	10.1 (58.7%)
384	BARTOSIŃSKI Piotr	206	RAZ SZCZECIN	Open M	296	00:00:55	00:29:47.15	00:30:42.95	+00:12:18 (41.3%)	5:57	10.1 (58.7%)
385	NASKRĘT Darek	2		Open M	297	00:01:14	00:29:49.75	00:31:04.40	+00:12:21 (41.4%)	5:58	10.1 (58.7%)
386	HRYMAJŁO Marcin	405	RUNNER SZCZECIN TEAM	Open M	298	00:00:08	00:29:49.80	00:29:58.35	+00:12:21 (41.4%)	5:58	10.1 (58.7%)
387	BILIŃSKI Zbigniew	805	KDOW - 1BPZMOT	Open M	299	00:00:26	00:29:57.70	00:30:23.80	+00:12:29 (41.7%)	5:59	10 (58.1%)
388	SITEK Alfred	26	SKB DZIK	Open M	300	00:01:18	00:29:59.20	00:31:17.45	+00:12:30 (41.7%)	5:59	10 (58.1%)
389	NOWAK Bartłomiej	201	SAILING TEAM FERAJNA	Open M	301	00:01:00	00:29:59.50	00:30:59.90	+00:12:31 (41.7%)	5:59	10 (58.1%)
390	ZDUNEK Piotr	682		Open M	302	00:00:37	00:30:06.60	00:30:44.50	+00:12:38 (42.0%)	6:01	10 (58.1%)
391	WOSIAK Paweł	453	FSD RUN DREZDENKO	Open M	303	00:00:38	00:30:08.20	00:30:47.00	+00:12:39 (42.0%)	6:01	10 (58.1%)
392	PETRUSIEWICZ Paweł	748		Open M	304	00:00:29	00:30:10.65	00:30:39.95	+00:12:42 (42.1%)	6:02	9.9 (57.6%)
393	CZERWIŃSKA Agnieszka	639		Open K	89	00:00:52	00:30:11.80	00:31:04.65	+00:12:43 (42.1%)	6:02	9.9 (57.6%)
394	WOJSZCZYK Marlena	645	TRYTON BIKE TEAM	Open K	90	00:00:59	00:30:12.40	00:31:11.95	+00:12:44 (42.2%)	6:02	9.9 (57.6%)
395	MADOŃ Magdalena	927		Open K	91	00:00:29	00:30:12.80	00:30:42.40	+00:12:44 (42.2%)	6:02	9.9 (57.6%)
396	NOWAK Monika	380		Open K	92	00:01:09	00:30:14.05	00:31:23.80	+00:12:45 (42.2%)	6:02	9.9 (57.6%)
397	GOSTOMSKI Miłosz	381		Open M	305	00:01:10	00:30:14.15	00:31:24.80	+00:12:45 (42.2%)	6:02	9.9 (57.6%)
398	NOWAK Sandra	379		Open K	93	00:01:10	00:30:14.70	00:31:24.70	+00:12:46 (42.2%)	6:02	9.9 (57.6%)
399	KOCZOCIK Natalia	818	IZERSKA GRUPA BIEGOWA	Open K	94	00:00:47	00:30:15.75	00:31:03.25	+00:12:47 (42.3%)	6:03	9.9 (57.6%)
400	ZGRAJA Katarzyna	189		Open K	95	00:00:57	00:30:18.95	00:31:16.25	+00:12:50 (42.4%)	6:03	9.9 (57.6%)
401	GOWORSKI Jerzy	147		Open M	306	00:00:31	00:30:22.35	00:30:53.95	+00:12:53 (42.5%)	6:04	9.9 (57.6%)
402	SZYMCZAK Marcin	506		Open M	307	00:00:22	00:30:23.90	00:30:46.00	+00:12:55 (42.5%)	6:04	9.9 (57.6%)
403	KAMINSKI Rafal	15		Open M	308	00:00:54	00:30:26.60	00:31:20.85	+00:12:58 (42.6%)	6:05	9.9 (57.6%)
404	PEDA Leszek	194		Open M	309	00:01:03	00:30:29.45	00:31:32.90	+00:13:01 (42.7%)	6:05	9.8 (57.0%)
405	JACHIRA Klaudia	373	TRENER24H.COM.PL	Open K	96	00:00:03	00:30:31.10	00:30:34.35	+00:13:02 (42.7%)	6:06	9.8 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
405	SOKOŁOWSKI Michał	160	MUD GOATS	Open M	310	00:00:49	00:30:31.10	00:31:20.35	+00:13:02 (42.7%)	6:06	9.8 (57.0%)
407	PASEK Rafał	600	DZIKUSEK	Open M	311	00:00:24	00:30:32.90	00:30:57.00	+00:13:04 (42.8%)	6:06	9.8 (57.0%)
408	JAKUBOWSKA Dorota	530	23.BAZA LOTNICTWA TAKTYCZNEGO	Open K	97	00:00:24	00:30:33.00	00:30:57.20	+00:13:04 (42.8%)	6:06	9.8 (57.0%)
409	JAKUBOWSKA Aneta	528	DZIKUŚ	Open K	98	00:00:23	00:30:33.35	00:30:56.60	+00:13:04 (42.8%)	6:06	9.8 (57.0%)
410	CHUDZIŃSKI Bartosz	190		Open M	312	00:00:53	00:30:41.45	00:31:34.90	+00:13:13 (43.1%)	6:08	9.8 (57.0%)
411	WRÓBLEWSKI Jarosław	382	RAZ SZCZECIN	Open M	313	00:00:56	00:30:44.35	00:31:40.55	+00:13:15 (43.2%)	6:08	9.8 (57.0%)
412	PLOCH Piotr	616		Open M	314	00:01:19	00:30:44.85	00:32:04.60	+00:13:16 (43.2%)	6:09	9.8 (57.0%)
413	SIWIELA Katarzyna	726		Open K	99	00:00:21	00:30:49.15	00:31:10.35	+00:13:20 (43.3%)	6:09	9.7 (56.4%)
414	PAŁAC Piotr	622	WIECZORNE BIEGANIE W SZCZECINIE	Open M	315	00:00:30	00:30:49.65	00:31:20.60	+00:13:21 (43.3%)	6:10	9.7 (56.4%)
415	MULARCZYK Krzysztof	707		Open M	316	00:00:18	00:30:50.60	00:31:08.60	+00:13:22 (43.3%)	6:10	9.7 (56.4%)
416	GRZESZCZYK Sebastian	308		Open M	317	00:01:03	00:30:51.65	00:31:55.60	+00:13:23 (43.4%)	6:10	9.7 (56.4%)
417	BASZURO Magdalena	64		Open K	100	00:00:44	00:30:51.70	00:31:36.30	+00:13:23 (43.4%)	6:10	9.7 (56.4%)
418	ANDREATTO Jacek	787		Open M	318	00:01:02	00:30:55.75	00:31:57.90	+00:13:27 (43.5%)	6:11	9.7 (56.4%)
419	WITKOWSKA Kamila	424		Open K	101	00:00:16	00:30:58.15	00:31:14.30	+00:13:29 (43.6%)	6:11	9.7 (56.4%)
420	NOWAK Zbigniew	389	KBDZIK	Open M	319	00:00:14	00:30:58.30	00:31:12.90	+00:13:29 (43.6%)	6:11	9.7 (56.4%)
421	SIELICKI Patryk	650		Open M	320	00:00:26	00:30:58.40	00:31:25.25	+00:13:30 (43.6%)	6:11	9.7 (56.4%)
422	KOZAK Mirosław	409		Open M	321	00:00:40	00:31:00.00	00:31:40.00	+00:13:31 (43.6%)	6:12	9.7 (56.4%)
423	LOKOCZ Rafał	590	WIECZORNE BIEGANIE W SZCZECINIE	Open M	322	00:01:05	00:31:00.10	00:32:05.80	+00:13:31 (43.6%)	6:12	9.7 (56.4%)
424	GUMOWSKI Daniel	352		Open M	323	00:00:56	00:31:00.65	00:31:57.35	+00:13:32 (43.7%)	6:12	9.7 (56.4%)
425	MISIAK Artur	119	BYLEBY DO PRZODU	Open M	324	00:00:46	00:31:00.75	00:31:47.30	+00:13:32 (43.7%)	6:12	9.7 (56.4%)
426	KREŻEL Agata	609		Open K	102	00:00:37	00:31:04.85	00:31:42.00	+00:13:36 (43.8%)	6:13	9.7 (56.4%)
427	KAMIONKA Andrzej	723		Open M	325	00:01:06	00:31:05.20	00:32:11.60	+00:13:36 (43.8%)	6:13	9.7 (56.4%)
428	ŻYWICKA Barbara	8		Open K	103	00:01:01	00:31:05.25	00:32:06.75	+00:13:36 (43.8%)	6:13	9.7 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
429	JAMRÓZ Wojciech	627		Open M	326	00:00:33	00:31:05.30	00:31:38.70	+00:13:36 (43.8%)	6:13	9.7 (56.4%)
430	WITKOWSKI Emil	606		Open M	327	00:00:36	00:31:05.90	00:31:42.25	+00:13:37 (43.8%)	6:13	9.6 (55.8%)
431	JANCZAREK Rafał	126		Open M	328	00:00:40	00:31:06.10	00:31:46.60	+00:13:37 (43.8%)	6:13	9.6 (55.8%)
432	PIESYK Damian	540		Open M	329	00:00:21	00:31:06.65	00:31:27.70	+00:13:38 (43.8%)	6:13	9.6 (55.8%)
433	SKOCZYŁ Wojtek	604	HUSARIA RACE TEAM	Open M	330	00:00:04	00:31:07.30	00:31:11.70	+00:13:38 (43.9%)	6:13	9.6 (55.8%)
434	KRUBER Piotr	519		Open M	331	00:01:17	00:31:07.95	00:32:25.55	+00:13:39 (43.9%)	6:13	9.6 (55.8%)
435	WASEK Aleksander	920	MANGO GATKI TEAM	Open M	332	00:01:12	00:31:09.95	00:32:22.20	+00:13:41 (43.9%)	6:14	9.6 (55.8%)
436	LEONOWICZ Martyna	359		Open K	104	00:00:43	00:31:10.40	00:31:54.15	+00:13:42 (43.9%)	6:14	9.6 (55.8%)
437	KRAWCZYK Paweł	296		Open M	333	00:00:43	00:31:11.05	00:31:54.15	+00:13:42 (44.0%)	6:14	9.6 (55.8%)
438	BOROWSKI Tomek	345		Open M	334	00:00:34	00:31:12.15	00:31:46.65	+00:13:43 (44.0%)	6:14	9.6 (55.8%)
439	DUDA-RELIGA Ewelina	326	OZKB	Open K	105	00:00:07	00:31:12.75	00:31:20.00	+00:13:44 (44.0%)	6:14	9.6 (55.8%)
440	ISKRA Angelika	484		Open K	106	00:00:34	00:31:13.25	00:31:47.45	+00:13:44 (44.0%)	6:14	9.6 (55.8%)
441	ULATOWSKI Tomasz	109		Open M	335	00:01:20	00:31:13.80	00:32:33.90	+00:13:45 (44.0%)	6:14	9.6 (55.8%)
442	PAWLAK Milena	565		Open K	107	00:01:09	00:31:13.85	00:32:22.95	+00:13:45 (44.1%)	6:14	9.6 (55.8%)
443	ŻERKO Marcin	564		Open M	336	00:01:09	00:31:14.90	00:32:24.10	+00:13:46 (44.1%)	6:15	9.6 (55.8%)
444	JABLONKA Mariusz	14	BRAVEHEARTS LEGIONOWO	Open M	337	00:00:05	00:31:15.25	00:31:20.25	+00:13:46 (44.1%)	6:15	9.6 (55.8%)
445	ZAMOŻNY Anna	801		Open K	108	00:00:14	00:31:16.35	00:31:31.25	+00:13:47 (44.1%)	6:15	9.6 (55.8%)
446	DROZD Michał	630	BAR DANCERZ	Open M	338	00:00:21	00:31:16.85	00:31:37.95	+00:13:48 (44.1%)	6:15	9.6 (55.8%)
447	CIEMCIOCH Paweł	41		Open M	339	00:00:45	00:31:18.30	00:32:04.00	+00:13:49 (44.2%)	6:15	9.6 (55.8%)
448	MAJ Patryk	629	BAR DANCERZ	Open M	340	00:00:20	00:31:20.30	00:31:40.80	+00:13:51 (44.2%)	6:16	9.6 (55.8%)
449	STAŃCZYK Sławomir	314	STARGARD. JA SIĘ NIE ŚCIGAM	Open M	341	00:01:10	00:31:21.40	00:32:31.75	+00:13:53 (44.3%)	6:16	9.6 (55.8%)
450	GRACZYK Grzegorz	769	3BLOG	Open M	342	00:01:03	00:31:22.80	00:32:26.70	+00:13:54 (44.3%)	6:16	9.6 (55.8%)
451	BIADACZ-LISOWSKA Katarzyna	211		Open K	109	00:00:35	00:31:23.30	00:31:59.20	+00:13:54 (44.3%)	6:16	9.6 (55.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
452	BIAŁASIK Maria	88		Open K	110	00:01:06	00:31:23.55	00:32:29.70	+00:13:55 (44.3%)	6:16	9.6 (55.8%)
453	WOJSZCZYK Michał	58	BRIDGESTONE STARGARD RUNNERS	Open M	343	00:01:02	00:31:23.80	00:32:26.45	+00:13:55 (44.3%)	6:16	9.6 (55.8%)
454	HARNER Jacek	244	PANDA I BANDA	Open M	344	00:01:23	00:31:24.65	00:32:47.65	+00:13:56 (44.4%)	6:16	9.6 (55.8%)
455	DOBACZEWSKA Ewa	490	EWA DOBACZEWSKA-WĄSEK	Open K	111	00:01:11	00:31:25.55	00:32:36.85	+00:13:57 (44.4%)	6:17	9.5 (55.2%)
456	GITNER Marcin	38	PIĘKNI I BESTIE	Open M	345	00:00:43	00:31:25.65	00:32:08.85	+00:13:57 (44.4%)	6:17	9.5 (55.2%)
457	GRUDOWSKI Konrad	631	AKTYWNE PRAWOBRZEŻE	Open M	346	00:00:51	00:31:26.25	00:32:18.20	+00:13:57 (44.4%)	6:17	9.5 (55.2%)
458	SZULC Helena	764	SMT SZCZECIN	Open K	112	00:01:02	00:31:29.90	00:32:32.10	+00:14:01 (44.5%)	6:18	9.5 (55.2%)
459	WASILEWSKI Andrzej	371		Open M	347	00:01:01	00:31:31.20	00:32:32.75	+00:14:02 (44.6%)	6:18	9.5 (55.2%)
460	MACHOLA Bartłomiej	702	1981	Open M	348	00:00:08	00:31:33.20	00:31:41.45	+00:14:04 (44.6%)	6:18	9.5 (55.2%)
461	SZWARC Ewa	705		Open K	113	00:00:19	00:31:34.15	00:31:53.85	+00:14:05 (44.7%)	6:18	9.5 (55.2%)
462	MISIAK Dorota	120	BYLEBY DO PRZODU	Open K	114	00:00:47	00:31:34.65	00:32:21.70	+00:14:06 (44.7%)	6:18	9.5 (55.2%)
463	KLEPACZ Noemi	306		Open K	115	00:00:04	00:31:37.50	00:31:42.00	+00:14:09 (44.7%)	6:19	9.5 (55.2%)
464	CHACHURSKA Daria	137	DZIK KOMANDO	Open K	116	00:00:20	00:31:38.15	00:31:58.75	+00:14:09 (44.8%)	6:19	9.5 (55.2%)
465	SASINOWSKI Amadeusz	140		Open M	349	00:00:37	00:31:40.20	00:32:17.50	+00:14:11 (44.8%)	6:20	9.5 (55.2%)
466	MORAWSKI Artur	129		Open M	350	00:00:33	00:31:40.35	00:32:14.05	+00:14:11 (44.8%)	6:20	9.5 (55.2%)
467	JAKUBOWSKA Anna	808		Open K	117	00:00:15	00:31:43.10	00:31:58.20	+00:14:14 (44.9%)	6:20	9.5 (55.2%)
468	ŁEBKOWSKI Karol	175		Open M	351	00:00:33	00:31:49.00	00:32:22.60	+00:14:20 (45.1%)	6:21	9.4 (54.7%)
469	MIKICIUK Natalia	228	HUSARIA RACE TEAM	Open K	118	00:01:00	00:31:50.15	00:32:50.25	+00:14:21 (45.1%)	6:22	9.4 (54.7%)
470	SZAL Marzena	474	IZERSKA GRUPA BIEGOWA	Open K	119	00:00:47	00:31:50.50	00:32:38.15	+00:14:22 (45.1%)	6:22	9.4 (54.7%)
471	KARASIEWICZ Łukasz	97		Open M	352	00:00:49	00:31:51.50	00:32:41.30	+00:14:23 (45.2%)	6:22	9.4 (54.7%)
472	LAL Monika	292	RUNGRYF	Open K	120	00:00:58	00:31:53.00	00:32:51.70	+00:14:24 (45.2%)	6:22	9.4 (54.7%)
473	ROGAŁA Adrian	35	BBB	Open M	353	00:00:31	00:31:53.10	00:32:24.55	+00:14:24 (45.2%)	6:22	9.4 (54.7%)
474	MAJCHER Piotr	133	PIŁĄ TEAM	Open M	354	00:00:14	00:31:53.30	00:32:07.90	+00:14:24 (45.2%)	6:22	9.4 (54.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
475	BROCZKOWSKA Żaneta	708		Open K	121	00:00:17	00:31:55.20	00:32:13.00	+00:14:26 (45.3%)	6:23	9.4 (54.7%)
476	PYREK Iwona	81		Open K	122	00:00:36	00:31:56.40	00:32:32.75	+00:14:28 (45.3%)	6:23	9.4 (54.7%)
477	CHROBOCINSKI Daniel	142		Open M	355	00:00:29	00:31:57.30	00:32:26.30	+00:14:28 (45.3%)	6:23	9.4 (54.7%)
478	ŚWIETLIK Alicja	177		Open K	123	00:00:57	00:32:00.00	00:32:57.30	+00:14:31 (45.4%)	6:24	9.4 (54.7%)
479	KOTWICKI Mariusz	426		Open M	356	00:01:05	00:32:01.50	00:33:07.00	+00:14:33 (45.4%)	6:24	9.4 (54.7%)
480	WASTOWSKI Dawid	478		Open M	357	00:01:14	00:32:02.05	00:33:16.50	+00:14:33 (45.5%)	6:24	9.4 (54.7%)
481	ROGALA Magda	31	WKURW_TEAM NOWOGARD	Open K	124	00:00:30	00:32:02.55	00:32:33.10	+00:14:34 (45.5%)	6:24	9.4 (54.7%)
482	JEZIOREK Agnieszka	253		Open K	125	00:00:32	00:32:02.60	00:32:35.45	+00:14:34 (45.5%)	6:24	9.4 (54.7%)
483	KACZMAREK Kazimierz	740	BROS TEAM	Open M	358	00:00:39	00:32:02.80	00:32:42.20	+00:14:34 (45.5%)	6:24	9.4 (54.7%)
484	ZATOŃ Łukasz	200	BYLE DO METY	Open M	359	00:00:55	00:32:06.30	00:33:02.20	+00:14:37 (45.6%)	6:25	9.3 (54.1%)
485	WOJCIECHOWSKI Krzysztof	698	STARGARD JA SIĘ NIE ŚCIGAM	Open M	360	00:01:12	00:32:07.95	00:33:20.70	+00:14:39 (45.6%)	6:25	9.3 (54.1%)
486	UZDOWSKA Marta	692	OCR TEAM WŁOCŁAWEK	Open K	126	00:00:08	00:32:08.60	00:32:16.85	+00:14:40 (45.6%)	6:25	9.3 (54.1%)
487	NASIADEK Arkadiusz	272		Open M	361	00:00:55	00:32:09.05	00:33:04.05	+00:14:40 (45.7%)	6:25	9.3 (54.1%)
488	MOSKWA Grzegorz	268		Open M	362	00:01:23	00:32:09.25	00:33:32.70	+00:14:40 (45.7%)	6:25	9.3 (54.1%)
489	ANTOSIEWICZ Robert	216	LULATEAM	Open M	363	00:01:14	00:32:11.95	00:33:26.50	+00:14:43 (45.7%)	6:26	9.3 (54.1%)
490	ZAKRZEWSKA Sylwia	452	FSD RUN DREZDENKO	Open K	127	00:00:38	00:32:13.35	00:32:51.40	+00:14:44 (45.8%)	6:26	9.3 (54.1%)
491	NAKLICKI Marcin	728		Open M	364	00:01:09	00:32:14.20	00:33:24.05	+00:14:45 (45.8%)	6:27	9.3 (54.1%)
492	JUSINSKA Anna	124		Open K	128	00:00:37	00:32:20.10	00:32:57.80	+00:14:51 (46.0%)	6:28	9.3 (54.1%)
493	CHROBOCIŃSKA Elżbieta	141		Open K	129	00:00:28	00:32:28.45	00:32:56.70	+00:15:00 (46.2%)	6:29	9.2 (53.5%)
494	STASZKIEWICZ Mateusz	788		Open M	365	00:00:14	00:32:31.90	00:32:45.90	+00:15:03 (46.3%)	6:30	9.2 (53.5%)
495	OSTROWSKI Piotr	534	23. BAZA LOTNICTWA TAKTYCZNEGO	Open M	366	00:00:23	00:32:33.00	00:32:56.05	+00:15:04 (46.3%)	6:30	9.2 (53.5%)
496	BARSZCZEWSKI Stanisław	230		Open M	367	00:00:46	00:32:35.30	00:33:22.05	+00:15:06 (46.4%)	6:31	9.2 (53.5%)
497	BARSZCZEWSKA Małgorzata	231		Open K	130	00:00:46	00:32:35.90	00:33:22.50	+00:15:07 (46.4%)	6:31	9.2 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
498	JAMRÓZ Monika	626		Open K	131	00:00:33	00:32:37.00	00:33:10.35	+00:15:08 (46.4%)	6:31	9.2 (53.5%)
499	KOWNACKA Aleksandra	212	AT-TRZEBIATÓW	Open K	132	00:00:36	00:32:38.40	00:33:14.90	+00:15:10 (46.5%)	6:31	9.2 (53.5%)
500	GŁADZIK Aleksander	295	KOMPAS TEAM	Open M	368	00:00:15	00:32:39.60	00:32:54.70	+00:15:11 (46.5%)	6:31	9.2 (53.5%)
501	MATUSZAK Mateusz	514	MANGO GATKI TEAM	Open M	369	00:01:14	00:32:40.20	00:33:54.50	+00:15:11 (46.5%)	6:32	9.2 (53.5%)
502	LANGE Damian	611	TEAM POSEJDONA	Open M	370	00:01:15	00:32:41.20	00:33:57.05	+00:15:12 (46.5%)	6:32	9.2 (53.5%)
503	GRALEWICZ Magdalena	7	MUROWANE MORSY	Open K	133	00:01:15	00:32:42.75	00:33:57.80	+00:15:14 (46.6%)	6:32	9.2 (53.5%)
504	KOSMALSKI Jarosław	524	SKS HUSARIA	Open M	371	00:00:40	00:32:43.15	00:33:23.45	+00:15:14 (46.6%)	6:32	9.2 (53.5%)
505	ZABROCKI Karol	551	TEAM POSEJDONA	Open M	372	00:01:17	00:32:43.30	00:34:00.40	+00:15:14 (46.6%)	6:32	9.2 (53.5%)
506	KUPIŃSKA Marta	50		Open K	134	00:00:52	00:32:43.95	00:33:36.35	+00:15:15 (46.6%)	6:32	9.2 (53.5%)
507	WOŹNIAK Beata	55		Open K	135	00:01:13	00:32:44.15	00:33:57.80	+00:15:15 (46.6%)	6:32	9.2 (53.5%)
508	SZURKO Wojtek	832		Open M	373	00:00:14	00:32:46.25	00:33:00.55	+00:15:17 (46.7%)	6:33	9.2 (53.5%)
509	KOWNACKI Bartosz	213	AT-TRZEBIATÓW	Open M	374	00:00:37	00:32:46.40	00:33:23.80	+00:15:18 (46.7%)	6:33	9.2 (53.5%)
510	MOSKWA Martyna	768	GO SPORT	Open K	136	00:00:43	00:32:47.30	00:33:31.20	+00:15:18 (46.7%)	6:33	9.1 (52.9%)
511	WIETRZYŃSKA Agnieszka	767		Open K	137	00:00:44	00:32:47.90	00:33:32.10	+00:15:19 (46.7%)	6:33	9.1 (52.9%)
512	MORAWSKA Agnieszka	562		Open K	138	00:00:30	00:32:48.00	00:33:18.35	+00:15:19 (46.7%)	6:33	9.1 (52.9%)
512	RUTKIEWICZ Marek	561	MIEDWIANIE	Open M	375	00:01:21	00:32:48.00	00:34:09.30	+00:15:19 (46.7%)	6:33	9.1 (52.9%)
514	SOCHA Joanna	831		Open K	139	00:00:13	00:32:48.05	00:33:01.10	+00:15:19 (46.7%)	6:33	9.1 (52.9%)
515	MICHALAK Tomasz	198	TKM	Open M	376	00:01:09	00:32:48.60	00:33:58.05	+00:15:20 (46.7%)	6:33	9.1 (52.9%)
516	BORODYN Andrzej	338	GRUPA DOCHODZENIOWA SAVE THE BEAT	Open M	377	00:00:42	00:32:50.25	00:33:32.40	+00:15:21 (46.8%)	6:34	9.1 (52.9%)
517	MISTAK Paula	258		Open K	140	00:00:37	00:32:51.95	00:33:29.25	+00:15:23 (46.8%)	6:34	9.1 (52.9%)
518	SOKOŁOWSKA Agnieszka	23	DALEKO JESZCZE	Open K	141	00:00:29	00:32:54.50	00:33:24.20	+00:15:26 (46.9%)	6:35	9.1 (52.9%)
519	LEWICKI Kamil	670	POŁAPANI TEAM	Open M	378	00:00:41	00:32:54.70	00:33:35.95	+00:15:26 (46.9%)	6:34	9.1 (52.9%)
520	SICICHOWSKI Łukasz	793		Open M	379	00:00:41	00:32:54.95	00:33:36.05	+00:15:26 (46.9%)	6:35	9.1 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
521	STRZELECKA Małgorzata	337	SAILING TEAM FERAJNA	Open K	142	00:00:58	00:32:58.55	00:33:57.10	+00:15:30 (47.0%)	6:35	9.1 (52.9%)
522	ŁEMPKOWSKI Janusz	689	BBL POLICE	Open M	380	00:00:55	00:33:00.60	00:33:55.70	+00:15:32 (47.1%)	6:36	9.1 (52.9%)
523	STRZELECKI Sebastian 'Kaszana'	335	SAILING TEAM FERAJNA	Open M	381	00:00:58	00:33:00.65	00:33:59.00	+00:15:32 (47.1%)	6:36	9.1 (52.9%)
524	BZDAWKA Joanna	226		Open K	143	00:00:45	00:33:00.85	00:33:46.65	+00:15:32 (47.1%)	6:36	9.1 (52.9%)
525	POSZUMSKA Gabriela	535		Open K	144	00:01:13	00:33:01.75	00:34:15.70	+00:15:33 (47.1%)	6:36	9.1 (52.9%)
526	WROŃSKI Julian	625	STARGARD JA SIĘ NIE ŚCIGAM	Open M	382	00:01:12	00:33:09.00	00:34:21.30	+00:15:40 (47.3%)	6:37	9 (52.3%)
527	ŁUKOMSKI Piotr	593		Open M	383	00:00:39	00:33:10.45	00:33:50.35	+00:15:42 (47.3%)	6:38	9 (52.3%)
528	SOWISZ Danuta	300	SOWISZ TEAM	Open K	145	00:00:51	00:33:10.75	00:34:01.95	+00:15:42 (47.3%)	6:38	9 (52.3%)
529	BZDAWKA Rafał	225		Open M	384	00:00:45	00:33:11.80	00:33:57.50	+00:15:43 (47.4%)	6:38	9 (52.3%)
530	MICHALSKA Magdalena	145		Open K	146	00:00:55	00:33:12.00	00:34:07.45	+00:15:43 (47.4%)	6:38	9 (52.3%)
531	DUTKIEWICZ Urszula	6	WATAHA	Open K	147	00:00:15	00:33:12.80	00:33:28.65	+00:15:44 (47.4%)	6:38	9 (52.3%)
532	SOWISZ Cezary	301	SOWISZ TEAM	Open M	385	00:00:51	00:33:13.35	00:34:05.10	+00:15:44 (47.4%)	6:38	9 (52.3%)
533	MALEC Kamil	525	PDC	Open M	386	00:00:35	00:33:16.65	00:33:51.75	+00:15:48 (47.5%)	6:39	9 (52.3%)
534	MATUSZAK Krzysztof	515	MANGO GATKI TEAM	Open M	387	00:01:15	00:33:17.50	00:34:32.50	+00:15:49 (47.5%)	6:39	9 (52.3%)
535	RAWA Donata	634	MGT	Open K	148	00:01:12	00:33:18.00	00:34:30.20	+00:15:49 (47.5%)	6:39	9 (52.3%)
536	MATUSZAK Anita	512	MANGO GATKI TEAM	Open K	149	00:01:12	00:33:18.70	00:34:31.50	+00:15:50 (47.5%)	6:39	9 (52.3%)
537	WARKOCZYŃSKI Marcin	330	DLAELUNI	Open M	388	00:00:42	00:33:18.80	00:34:00.85	+00:15:50 (47.5%)	6:39	9 (52.3%)
538	TURCZYŃSKI Marcin	930		Open M	389	00:00:10	00:33:20.05	00:33:30.05	+00:15:51 (47.6%)	6:40	9 (52.3%)
539	PRZYBYSZ Katarzyna	89		Open K	150	00:00:49	00:33:20.80	00:34:10.35	+00:15:52 (47.6%)	6:40	9 (52.3%)
540	WIERZCHOWSKI Arkadiusz	182	BRIDGESTONE STARGARD RUNNERS	Open M	390	00:00:59	00:33:22.65	00:34:22.55	+00:15:54 (47.6%)	6:40	9 (52.3%)
541	BARTNICKA Beata	227	HUSARIA RACE TEAM	Open K	151	00:00:59	00:33:23.10	00:34:22.55	+00:15:54 (47.7%)	6:40	9 (52.3%)
542	OLICHNER Rafał	917		Open M	391	00:00:48	00:33:23.80	00:34:12.15	+00:15:55 (47.7%)	6:40	9 (52.3%)
543	PRENDECKA Sylwia	34		Open K	152	00:00:28	00:33:25.60	00:33:53.75	+00:15:57 (47.7%)	6:41	9 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
544	BAGIŃSKA Laura	366		Open K	153	00:00:14	00:33:25.80	00:33:39.80	+00:15:57 (47.7%)	6:41	9 (52.3%)
545	SKONECZNY Przemysław	286		Open M	392	00:00:39	00:33:27.15	00:34:06.55	+00:15:58 (47.8%)	6:41	9 (52.3%)
546	JURKOWSKI Karol	932		Open M	393	00:01:25	00:33:27.40	00:34:52.80	+00:15:59 (47.8%)	6:41	9 (52.3%)
547	WILCZYŃSKI Grzegorz	406		Open M	394	00:00:15	00:33:29.15	00:33:44.20	+00:16:00 (47.8%)	6:41	9 (52.3%)
548	PUPEK Małgorzata	173		Open K	154	00:00:33	00:33:30.40	00:34:04.30	+00:16:02 (47.9%)	6:42	9 (52.3%)
549	NOWOTNIK Wojciech	944		Open M	395	00:01:06	00:33:30.80	00:34:37.70	+00:16:02 (47.9%)	6:42	9 (52.3%)
550	STACH Sara	266	KOŚCIAN TEAM	Open K	155	00:01:06	00:33:32.10	00:34:39.00	+00:16:03 (47.9%)	6:42	8.9 (51.7%)
551	PAPLEWSKA Anna	578		Open K	156	00:00:44	00:33:34.05	00:34:18.05	+00:16:05 (47.9%)	6:42	8.9 (51.7%)
552	JANUS Grzegorz	288		Open M	396	00:01:25	00:33:34.35	00:34:59.50	+00:16:05 (48.0%)	6:42	8.9 (51.7%)
553	ANTKOWIAK Łukasz	532		Open M	397	00:00:43	00:33:34.80	00:34:18.35	+00:16:06 (48.0%)	6:43	8.9 (51.7%)
554	SŁUGOCKA Justyna	195		Open K	157	00:00:15	00:33:35.25	00:33:51.10	+00:16:06 (48.0%)	6:43	8.9 (51.7%)
555	SZKAŁUBA Aleksandra	312		Open K	158	00:00:15	00:33:35.75	00:33:50.95	+00:16:07 (48.0%)	6:43	8.9 (51.7%)
556	CHMIELEWSKA Katarzyna	721		Open K	159	00:01:09	00:33:36.60	00:34:45.65	+00:16:08 (48.0%)	6:43	8.9 (51.7%)
557	ULASS Robert	103		Open M	398	00:00:51	00:33:37.15	00:34:28.35	+00:16:08 (48.0%)	6:43	8.9 (51.7%)
558	STACHOWICZ-HAWRYLAK Sylwia	155		Open K	160	00:00:33	00:33:40.30	00:34:13.45	+00:16:11 (48.1%)	6:44	8.9 (51.7%)
559	SIDORCZUK Tomasz	270	KLUB BIEGAJACYCH LEŚNIKÓW	Open M	399	00:01:13	00:33:43.30	00:34:56.65	+00:16:14 (48.2%)	6:44	8.9 (51.7%)
560	WILCZOPOLSKI Kamil	463		Open M	400	00:00:35	00:33:43.75	00:34:19.25	+00:16:15 (48.2%)	6:44	8.9 (51.7%)
561	SKRZYPIEC Andrzej	233	MKL MARATON ŚWINOUJŚCIE	Open M	401	00:01:00	00:33:46.30	00:34:46.90	+00:16:17 (48.3%)	6:45	8.9 (51.7%)
562	KOLASA Agnieszka	522		Open K	161	00:00:32	00:33:48.05	00:34:20.40	+00:16:19 (48.3%)	6:45	8.9 (51.7%)
563	JANUSZEWSKI Bartosz	444	JOST POLSKA	Open M	402	00:00:25	00:33:53.75	00:34:19.20	+00:16:25 (48.4%)	6:46	8.8 (51.2%)
564	ŚLIWIŃSKA Justyna	547		Open K	162	00:00:54	00:33:54.00	00:34:48.70	+00:16:25 (48.5%)	6:46	8.8 (51.2%)
565	CICHARSKI Rafał	471	JOST POLSKA	Open M	403	00:00:23	00:33:54.05	00:34:17.90	+00:16:25 (48.5%)	6:46	8.8 (51.2%)
566	CHUDYNKA Paulina	761	KOBIECE BIEGANIE	Open K	163	00:00:47	00:33:56.00	00:34:43.85	+00:16:27 (48.5%)	6:47	8.8 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
567	JABŁONKA Radosław	62		Open M	404	00:00:05	00:33:57.90	00:34:03.20	+00:16:29 (48.6%)	6:47	8.8 (51.2%)
568	GAJEK Łukasz	412	WAR-CHLACZKI	Open M	405	00:00:25	00:33:58.55	00:34:23.55	+00:16:30 (48.6%)	6:47	8.8 (51.2%)
569	ŚLUSARZ Iwona	52		Open K	164	00:01:04	00:33:58.70	00:35:02.85	+00:16:30 (48.6%)	6:47	8.8 (51.2%)
570	HRYNKIEWICZ-PAWŁASZEK Anna	297		Open K	165	00:00:49	00:33:58.75	00:34:47.95	+00:16:30 (48.6%)	6:47	8.8 (51.2%)
571	BIAZIK Piotr	443	WAR-CHLACZKI	Open M	406	00:00:24	00:33:59.10	00:34:23.40	+00:16:30 (48.6%)	6:47	8.8 (51.2%)
572	WIERZBA Piotr	641	KOBIECE BIEGANIE	Open M	407	00:00:49	00:34:01.15	00:34:50.15	+00:16:32 (48.6%)	6:48	8.8 (51.2%)
573	DROZDEK Joanna	324	KOMPAS TEAM	Open K	166	00:00:15	00:34:01.95	00:34:17.30	+00:16:33 (48.7%)	6:48	8.8 (51.2%)
574	WIERZBA Ewa	640	KOBIECE BIEGANIE	Open K	167	00:00:48	00:34:02.70	00:34:51.00	+00:16:34 (48.7%)	6:48	8.8 (51.2%)
575	CAŁY Przemek	597	KOBIECE BIEGANIE	Open M	408	00:00:47	00:34:03.75	00:34:51.30	+00:16:35 (48.7%)	6:48	8.8 (51.2%)
576	ROGOWSKA Agnieszka	730	PIĘKNI I BESTIE	Open K	168	00:00:42	00:34:05.15	00:34:48.00	+00:16:36 (48.7%)	6:49	8.8 (51.2%)
577	JÓZEFOWICZ Anna	87		Open K	169	00:00:42	00:34:06.75	00:34:49.35	+00:16:38 (48.8%)	6:49	8.8 (51.2%)
578	SADOWSKI Mariusz	588	OCR TEAM WŁOCŁAWEK	Open M	409	00:00:41	00:34:07.10	00:34:48.70	+00:16:38 (48.8%)	6:49	8.8 (51.2%)
579	JAKUBCZYK Paulina	820	KONAN I JEGO WOJOWINICZKI	Open K	170	00:00:20	00:34:07.25	00:34:27.50	+00:16:38 (48.8%)	6:49	8.8 (51.2%)
580	KOBUS Natalia	587	OCR TEAM WŁOCŁAWEK	Open K	171	00:00:40	00:34:07.90	00:34:48.70	+00:16:39 (48.8%)	6:49	8.8 (51.2%)
581	JAKUBCZYK Paweł	821	KONAN I JEGO WOJOWNICZKI	Open M	410	00:00:19	00:34:08.05	00:34:27.30	+00:16:39 (48.8%)	6:49	8.8 (51.2%)
582	CHOYNACKA-SAŃKA Alicja	544		Open K	172	00:00:22	00:34:08.90	00:34:31.00	+00:16:40 (48.8%)	6:49	8.8 (51.2%)
583	ŚLIŻEWSKI Marcin	712		Open M	411	00:01:03	00:34:09.25	00:35:12.55	+00:16:40 (48.8%)	6:49	8.8 (51.2%)
584	SAŃKA Paweł	543		Open M	412	00:00:21	00:34:09.30	00:34:31.00	+00:16:40 (48.8%)	6:50	8.8 (51.2%)
585	ŁEMPKOWSKA Beata	703	DLL PARTNERS	Open K	173	00:00:53	00:34:14.60	00:35:07.75	+00:16:46 (49.0%)	6:50	8.8 (51.2%)
586	KAMIŃSKA Adriana	684	BBL POLICE	Open K	174	00:00:52	00:34:15.25	00:35:07.80	+00:16:46 (49.0%)	6:51	8.8 (51.2%)
587	ULASS Agnieszka	101		Open K	175	00:00:50	00:34:18.00	00:35:08.50	+00:16:49 (49.1%)	6:51	8.7 (50.6%)
587	KUKUROWSKA Sylwia	754	DLL PARTNERS	Open K	176	00:00:52	00:34:18.00	00:35:10.45	+00:16:49 (49.1%)	6:51	8.7 (50.6%)
589	BUBLIENKO Jana	743		Open K	177	00:00:59	00:34:18.30	00:35:18.10	+00:16:49 (49.1%)	6:51	8.7 (50.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
590	MICHALCZYK Katarzyna	130	FERTISTAV PL	Open K	178	00:01:30	00:34:18.50	00:35:49.00	+00:16:50 (49.1%)	6:51	8.7 (50.6%)
591	DŁUGOŁĘCKI Michał	742		Open M	413	00:01:00	00:34:20.05	00:35:20.05	+00:16:51 (49.1%)	6:52	8.7 (50.6%)
592	ROMANOWICZ Marek	223	AROM	Open M	414	00:00:58	00:34:20.25	00:35:19.00	+00:16:51 (49.1%)	6:52	8.7 (50.6%)
593	WALENT Marta	334	WIECZORNE BIEGANIE W SZCZECINIE	Open K	179	00:01:05	00:34:22.90	00:35:28.60	+00:16:54 (49.2%)	6:52	8.7 (50.6%)
594	KOMOSA Agnieszka	386		Open K	180	00:00:50	00:34:26.60	00:35:17.45	+00:16:58 (49.3%)	6:53	8.7 (50.6%)
595	MAŁYSA Marta	888		Open K	181	00:00:50	00:34:27.30	00:35:17.60	+00:16:58 (49.3%)	6:53	8.7 (50.6%)
596	CZAJKOWSKA Diana	107	ZESPÓŁ NIESPOKOJNYCH NÓG	Open K	182	00:00:58	00:34:29.70	00:35:28.65	+00:17:01 (49.3%)	6:54	8.7 (50.6%)
597	GOLEC Aneta	191	ZESPÓŁ NIESPOKOJNYCH NÓG	Open K	183	00:00:58	00:34:30.90	00:35:29.75	+00:17:02 (49.4%)	6:54	8.7 (50.6%)
598	KNIOŁA Agnieszka	46	PIŁA TEAM	Open K	184	00:00:13	00:34:31.90	00:34:45.05	+00:17:03 (49.4%)	6:54	8.7 (50.6%)
599	DZIEWIERSKI Marcin	315		Open M	415	00:01:10	00:34:32.30	00:35:42.90	+00:17:03 (49.4%)	6:54	8.7 (50.6%)
600	RESLER Joanna	789		Open K	185	00:00:30	00:34:32.85	00:35:03.40	+00:17:04 (49.4%)	6:54	8.7 (50.6%)
601	ŁEMPICKA Karolina	494		Open K	186	00:01:01	00:34:35.25	00:35:36.80	+00:17:06 (49.5%)	6:55	8.7 (50.6%)
602	ŁEMPICKI Maciej	493		Open M	416	00:01:01	00:34:35.85	00:35:37.05	+00:17:07 (49.5%)	6:55	8.7 (50.6%)
603	RÓZGA Jerzy	563	VIKING88	Open M	417	00:00:27	00:34:36.40	00:35:03.85	+00:17:08 (49.5%)	6:55	8.7 (50.6%)
604	BEDNARZ Katarzyna	24		Open K	187	00:00:51	00:34:38.40	00:35:29.40	+00:17:10 (49.6%)	6:55	8.7 (50.6%)
605	KRZEMIŃSKI Paweł	778		Open M	418	00:00:48	00:34:39.50	00:35:28.05	+00:17:11 (49.6%)	6:56	8.7 (50.6%)
606	PIETKIEWICZ Anna	635		Open K	188	00:00:46	00:34:40.10	00:35:26.10	+00:17:11 (49.6%)	6:56	8.7 (50.6%)
607	ZAWADZKI Maciej	780		Open M	419	00:00:47	00:34:40.30	00:35:28.15	+00:17:11 (49.6%)	6:56	8.6 (50.0%)
608	MYTYCH Ilona	781		Open K	189	00:00:48	00:34:40.75	00:35:28.90	+00:17:12 (49.6%)	6:56	8.7 (50.6%)
609	MŁODAWSKI Rafał	39		Open M	420	00:01:20	00:34:42.70	00:36:03.15	+00:17:14 (49.7%)	6:56	8.6 (50.0%)
610	SZULC Marcin	613		Open M	421	00:00:23	00:34:44.30	00:35:07.80	+00:17:15 (49.7%)	6:56	8.6 (50.0%)
611	GAŁUSZKA Daniel	387	PUSZCZYK BUKOWY	Open M	422	00:00:53	00:34:48.30	00:35:42.10	+00:17:19 (49.8%)	6:57	8.6 (50.0%)
612	KACIUPA Agnieszka	355		Open K	190	00:00:54	00:34:51.15	00:35:45.65	+00:17:22 (49.9%)	6:58	8.6 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
613	LEWANDOWSKI Janusz	567	WIECZORNE BIEGANIE SZCZECIN	Open M	423	00:00:45	00:34:52.25	00:35:38.15	+00:17:23 (49.9%)	6:58	8.6 (50.0%)
614	PROCEK Adam	786		Open M	424	00:00:21	00:34:52.65	00:35:14.30	+00:17:24 (49.9%)	6:58	8.6 (50.0%)
615	PRABUCKI Jarek	251	UKL ÓSEMKA POLICE	Open M	425	00:00:22	00:34:53.45	00:35:15.45	+00:17:25 (49.9%)	6:58	8.6 (50.0%)
616	PRABUCKA Weronika	252	UKL ÓSEMKA POLICE	Open K	191	00:00:21	00:34:53.60	00:35:15.30	+00:17:25 (49.9%)	6:58	8.6 (50.0%)
617	PASZKIEWICZ Anna	333	DZIK Z PUSZCZY	Open K	192	00:00:54	00:34:54.35	00:35:48.70	+00:17:25 (49.9%)	6:58	8.6 (50.0%)
618	POHLID-DODA Anna	37	MRA SUSZ	Open K	193	00:01:20	00:34:54.85	00:36:15.30	+00:17:26 (50.0%)	6:59	8.6 (50.0%)
619	JACHIRA Krzysztof	722	GRYF TEAM	Open M	426	00:01:04	00:35:01.95	00:36:06.20	+00:17:33 (50.1%)	7:00	8.6 (50.0%)
620	DRZEWIECKI Arkadiusz	63	BIEGACZE ŚWINOUJŚCIE	Open M	427	00:01:04	00:35:08.80	00:36:13.55	+00:17:40 (50.3%)	7:01	8.5 (49.4%)
621	DRZEWIECKA Agnieszka	57	BIEGACZE ŚWINOUJŚCIE	Open K	194	00:01:02	00:35:10.65	00:36:13.60	+00:17:42 (50.3%)	7:02	8.5 (49.4%)
622	NIEWIADOMSKA Kamila	809	ZS ZWYROLE	Open K	195	00:00:51	00:35:14.75	00:36:06.10	+00:17:46 (50.4%)	7:03	8.5 (49.4%)
623	CHODZICKI Janusz	714	#967	Open M	428	00:00:51	00:35:15.20	00:36:06.90	+00:17:46 (50.4%)	7:03	8.5 (49.4%)
624	DZIECIOL Alina	264		Open K	196	00:01:08	00:35:22.10	00:36:30.85	+00:17:53 (50.6%)	7:04	8.5 (49.4%)
625	ŁUKASIEWICZ-WESELAK Justyna	695		Open K	197	00:01:04	00:35:22.90	00:36:27.50	+00:17:54 (50.6%)	7:04	8.5 (49.4%)
626	WIELGUS-ULATOWSKA Joanna	111		Open K	198	00:01:19	00:35:23.30	00:36:42.30	+00:17:54 (50.6%)	7:04	8.5 (49.4%)
627	NAREJKO Pawel	378		Open M	429	00:00:40	00:35:26.55	00:36:07.00	+00:17:58 (50.7%)	7:05	8.5 (49.4%)
628	CZAPLIŃSKA Magdalena	241		Open K	199	00:00:49	00:35:29.05	00:36:18.05	+00:18:00 (50.8%)	7:05	8.5 (49.4%)
629	KAROL Monika	541		Open K	200	00:00:20	00:35:29.60	00:35:50.00	+00:18:01 (50.8%)	7:06	8.5 (49.4%)
630	KAROL Sławek	550	LOSZKI I WARCHLAKI	Open M	430	00:00:20	00:35:29.90	00:35:50.20	+00:18:01 (50.8%)	7:06	8.5 (49.4%)
631	POBIEDZIŃSKA Magdalena	941		Open K	201	00:01:02	00:35:30.60	00:36:33.05	+00:18:02 (50.8%)	7:06	8.4 (48.8%)
632	PIETRUCZUK Agata	446		Open K	202	00:01:03	00:35:30.65	00:36:33.65	+00:18:02 (50.8%)	7:06	8.5 (49.4%)
633	KAROL Agnieszka	501	LOSZKI I WARCHLAKI	Open K	203	00:00:18	00:35:31.40	00:35:50.35	+00:18:03 (50.8%)	7:06	8.4 (48.8%)
634	ZIARKIEWICZ Aneta	265		Open K	204	00:01:07	00:35:31.45	00:36:39.40	+00:18:03 (50.8%)	7:06	8.4 (48.8%)
635	MAŻUL Dominika	400		Open K	205	00:01:06	00:35:33.50	00:36:40.30	+00:18:05 (50.9%)	7:06	8.4 (48.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
636	SAWULAK Wiktor	558		Open M	431	00:01:17	00:35:37.25	00:36:54.40	+00:18:08 (50.9%)	7:07	8.4 (48.8%)
637	MASAL Emilia	571		Open K	206	00:01:16	00:35:37.45	00:36:54.25	+00:18:09 (51.0%)	7:07	8.4 (48.8%)
638	BEJM Łukasz	557		Open M	432	00:01:16	00:35:37.90	00:36:54.20	+00:18:09 (51.0%)	7:07	8.4 (48.8%)
639	WOSZCZYK Renata	367	WIECZORNE BIEGANIE W SZCZECINIE	Open K	207	00:00:38	00:35:38.65	00:36:17.45	+00:18:10 (51.0%)	7:07	8.4 (48.8%)
640	STAŃKO Agnieszka	643	STARGARD JA SIĘ NIE ŚCIGAM	Open K	208	00:00:20	00:35:39.80	00:36:00.55	+00:18:11 (51.0%)	7:08	8.4 (48.8%)
641	HAŁACZKIEWICZ Zuzanna	736		Open K	209	00:00:56	00:35:40.30	00:36:36.65	+00:18:11 (51.0%)	7:08	8.4 (48.8%)
642	JÓŻWICKA Aneta	368	WIECZORNE BIEGANIE W SZCZECINIE	Open K	210	00:00:39	00:35:41.35	00:36:20.45	+00:18:12 (51.0%)	7:08	8.4 (48.8%)
643	HAŁACZACZKIEWICZ Adam	734		Open M	433	00:00:55	00:35:41.40	00:36:37.10	+00:18:13 (51.0%)	7:08	8.4 (48.8%)
644	ŁUCZAK Zbigniew	504	1KPZMOT/3BPZMOT	Open M	434	00:00:22	00:35:41.95	00:36:04.35	+00:18:13 (51.1%)	7:08	8.4 (48.8%)
644	PAŁASZ Karolina	497		Open K	211	00:00:22	00:35:41.95	00:36:04.55	+00:18:13 (51.1%)	7:08	8.4 (48.8%)
646	WOŁCZAK Iwona	414		Open K	212	00:00:59	00:35:43.15	00:36:43.05	+00:18:14 (51.1%)	7:08	8.4 (48.8%)
647	SZULC Anna	612		Open K	213	00:00:23	00:35:43.45	00:36:06.45	+00:18:15 (51.1%)	7:08	8.4 (48.8%)
648	WIŚNIEWSKA Monika	646	STARGARDZKI KLUB MORSÓW MIEDWIANIE	Open K	214	00:01:18	00:35:49.60	00:37:07.90	+00:18:21 (51.2%)	7:09	8.4 (48.8%)
649	NOWAK Marta	273	STARGARDZKI KLUB MORSÓW MIEDWIANIE	Open K	215	00:01:18	00:35:50.90	00:37:08.95	+00:18:22 (51.3%)	7:10	8.4 (48.8%)
650	MAZUR Mirosława	290		Open K	216	00:00:38	00:35:53.70	00:36:31.95	+00:18:25 (51.3%)	7:10	8.4 (48.8%)
651	RUTKOWSKA Justyna	518	SKB DZIK	Open K	217	00:00:55	00:35:54.40	00:36:50.00	+00:18:26 (51.3%)	7:11	8.4 (48.8%)
652	BURAKOWSKI Grzegorz	365	SPOCENI ŚWINOUJŚCIE :)	Open M	435	00:01:01	00:35:55.25	00:36:57.15	+00:18:26 (51.4%)	7:11	8.3 (48.3%)
652	CYBULSKA Anna	448	PANDA I BANDA	Open K	218	00:01:26	00:35:55.25	00:37:21.80	+00:18:26 (51.4%)	7:11	8.4 (48.8%)
654	NIEMIERKO Magdalena	164	SKB DZIK	Open K	219	00:01:08	00:35:59.65	00:37:07.85	+00:18:31 (51.5%)	7:11	8.3 (48.3%)
655	LIPIŃSKA Sylwia	110		Open K	220	00:01:06	00:36:01.30	00:37:07.30	+00:18:32 (51.5%)	7:12	8.3 (48.3%)
656	CIEPIELA Przemysław	577		Open M	436	00:01:08	00:36:02.30	00:37:11.10	+00:18:33 (51.5%)	7:12	8.3 (48.3%)
657	WIELGOSZEWSKA Olga	458		Open K	221	00:01:08	00:36:03.00	00:37:11.00	+00:18:34 (51.5%)	7:12	8.3 (48.3%)
658	DYDEK Dorota	498	CF PRAWY BRZEG	Open K	222	00:00:02	00:36:09.55	00:36:11.90	+00:18:41 (51.7%)	7:13	8.3 (48.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
659	STEMPNIAK Zbigniew	72	REBELS LEGION TEAM	Open M	437	00:01:17	00:36:10.90	00:37:28.30	+00:18:42 (51.7%)	7:14	8.3 (48.3%)
660	STEMPNIAK Katarzyna	73	REBELS LEGION TEAM	Open K	223	00:01:16	00:36:12.05	00:37:28.45	+00:18:43 (51.7%)	7:14	8.3 (48.3%)
661	BĘGOWSKA Anna	186		Open K	224	00:01:06	00:36:17.90	00:37:24.20	+00:18:49 (51.9%)	7:15	8.3 (48.3%)
662	BOBROWICZ Jakub	116	T.CH. SZCZECIN	Open M	438	00:01:19	00:36:18.50	00:37:37.80	+00:18:50 (51.9%)	7:15	8.3 (48.3%)
663	BĘGOWSKI Tomasz	185		Open M	439	00:01:05	00:36:20.35	00:37:25.95	+00:18:51 (51.9%)	7:16	8.3 (48.3%)
664	GĘBICKA Agata	628	STARGARD JA SIĘ NIE ŚCIGAM !	Open K	225	00:01:12	00:36:27.20	00:37:39.30	+00:18:58 (52.1%)	7:17	8.2 (47.7%)
665	KUCHARCZYK Robert	248	RUNGRYF GRYFICE	Open M	440	00:00:59	00:36:27.40	00:37:26.65	+00:18:59 (52.1%)	7:17	8.2 (47.7%)
666	NOWAK Irena	417		Open K	226	00:00:59	00:36:27.45	00:37:27.00	+00:18:59 (52.1%)	7:17	8.2 (47.7%)
667	WOJCIECHOWSKA Wioletta	699	STARGARD JA SIĘ NIE ŚCIGAM	Open K	227	00:01:11	00:36:27.50	00:37:39.15	+00:18:59 (52.1%)	7:17	8.2 (47.7%)
668	SKOWYRA Arkadiusz	422	RUNGRYF GRYFICE	Open M	441	00:00:58	00:36:27.75	00:37:26.60	+00:18:59 (52.1%)	7:17	8.2 (47.7%)
669	TOMICZAK Marta	322		Open K	228	00:00:42	00:36:28.30	00:37:10.30	+00:18:59 (52.1%)	7:17	8.2 (47.7%)
670	SKOWYRA Wioletta	421	RUNGRYF GRYFICE	Open K	229	00:00:58	00:36:28.85	00:37:27.10	+00:19:00 (52.1%)	7:17	8.2 (47.7%)
671	WROŃSKI Przemysław	675		Open M	442	00:01:11	00:36:30.10	00:37:41.30	+00:19:01 (52.1%)	7:18	8.2 (47.7%)
672	MOLENDASabina	351		Open K	230	00:00:57	00:36:34.05	00:37:31.85	+00:19:05 (52.2%)	7:18	8.2 (47.7%)
673	GUMOWSKA Karolina	344		Open K	231	00:00:57	00:36:34.20	00:37:31.95	+00:19:05 (52.2%)	7:18	8.2 (47.7%)
674	WIECZOREK Andrzej	621		Open M	443	00:01:09	00:36:35.90	00:37:44.95	+00:19:07 (52.3%)	7:19	8.2 (47.7%)
675	WĘGLEWSKI Bartosz	792	SZAMOTULSKIE STOWARZYSZENIE SPORTOWE	Open M	444	00:01:11	00:36:35.95	00:37:47.25	+00:19:07 (52.3%)	7:19	8.2 (47.7%)
676	KLIMEK Krzysztof	122		Open M	445	00:00:35	00:36:36.10	00:37:11.70	+00:19:07 (52.3%)	7:19	8.2 (47.7%)
677	SKWIERAWSKA Beata	624		Open K	232	00:01:08	00:36:36.60	00:37:45.10	+00:19:08 (52.3%)	7:19	8.2 (47.7%)
678	PAGEL Kasia	372		Open K	233	00:01:19	00:36:37.15	00:37:57.05	+00:19:08 (52.3%)	7:19	8.2 (47.7%)
679	WIECZOREK Małgorzata	620		Open K	234	00:01:07	00:36:37.20	00:37:44.90	+00:19:08 (52.3%)	7:19	8.2 (47.7%)
680	PROKOCKA Asia	271		Open K	235	00:01:19	00:36:37.30	00:37:56.90	+00:19:08 (52.3%)	7:19	8.2 (47.7%)
681	GAJEK Anna	94		Open K	236	00:00:34	00:36:37.50	00:37:12.40	+00:19:09 (52.3%)	7:19	8.2 (47.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
681	PUFF Agata	775	PANDA I BANDA	Open K	237	00:01:26	00:36:37.50	00:38:04.40	+00:19:09 (52.3%)	7:19	8.2 (47.7%)
683	CYBULSKI Michał	663	PANDA I BANDA	Open M	446	00:01:24	00:36:40.00	00:38:04.35	+00:19:11 (52.3%)	7:20	8.2 (47.7%)
684	OWCZARZ Krystyna	790		Open K	238	00:01:14	00:36:41.35	00:37:55.60	+00:19:12 (52.4%)	7:20	8.2 (47.7%)
685	KĘDRA Małgorzata	468		Open K	239	00:01:22	00:36:42.50	00:38:05.00	+00:19:14 (52.4%)	7:20	8.2 (47.7%)
686	MAJCHER Agata	135	PIŁA TEAM	Open K	240	00:00:14	00:36:42.80	00:36:56.80	+00:19:14 (52.4%)	7:20	8.2 (47.7%)
687	MADEJ Krzysztof	637		Open M	447	00:00:48	00:36:43.40	00:37:31.65	+00:19:15 (52.4%)	7:20	8.2 (47.7%)
688	JANKOWSKA Justyna	636	MRÓWECZKI	Open K	241	00:00:47	00:36:44.05	00:37:31.85	+00:19:15 (52.4%)	7:20	8.2 (47.7%)
689	GAJEK Zofia	95		Open K	242	00:00:35	00:36:45.30	00:37:20.80	+00:19:16 (52.5%)	7:21	8.2 (47.7%)
690	SOSKA Joanna	282	MUD GOATS	Open K	243	00:01:04	00:36:48.35	00:37:53.25	+00:19:19 (52.5%)	7:21	8.1 (47.1%)
691	SOSKA Jacek	427		Open M	448	00:01:05	00:36:49.05	00:37:54.05	+00:19:20 (52.5%)	7:21	8.1 (47.1%)
692	WIERZYCKA Kinga	370	BBL	Open K	244	00:00:24	00:36:53.70	00:37:18.60	+00:19:25 (52.6%)	7:22	8.1 (47.1%)
693	SOLECKI Sylwester	469		Open M	449	00:01:24	00:36:54.90	00:38:19.25	+00:19:26 (52.7%)	7:23	8.1 (47.1%)
694	SOLECKA Anna	470		Open K	245	00:01:23	00:36:56.25	00:38:19.25	+00:19:27 (52.7%)	7:23	8.1 (47.1%)
695	KWIATKOWSKA Sonia	183	MUD GOATS	Open K	246	00:00:56	00:36:56.55	00:37:53.40	+00:19:28 (52.7%)	7:23	8.1 (47.1%)
696	BOGACKA Małgorzata	106		Open K	247	00:01:05	00:36:56.85	00:38:02.05	+00:19:28 (52.7%)	7:23	8.1 (47.1%)
697	BŁACHOWIAK Małgorzata	11		Open K	248	00:01:16	00:36:59.75	00:38:16.60	+00:19:31 (52.8%)	7:24	8.1 (47.1%)
698	KACZMAREK Sylwia	293		Open K	249	00:00:48	00:37:00.25	00:37:48.90	+00:19:31 (52.8%)	7:24	8.1 (47.1%)
699	DOMASIK Izabela	16		Open K	250	00:01:16	00:37:00.60	00:38:16.60	+00:19:32 (52.8%)	7:24	8.1 (47.1%)
700	CHMIEL Katarzyna	799	DZIKI WROCŁAW	Open K	251	00:00:26	00:37:01.05	00:37:27.40	+00:19:32 (52.8%)	7:24	8.1 (47.1%)
701	MAJCHER Małgorzata	134	PIŁA TEAM	Open K	252	00:00:14	00:37:02.80	00:37:17.10	+00:19:34 (52.8%)	7:24	8.1 (47.1%)
702	OLSZYNA Jarosław	756		Open M	450	00:00:47	00:37:04.60	00:37:51.70	+00:19:36 (52.9%)	7:24	8.1 (47.1%)
703	KUR-OLSZYNA Natalia	755		Open K	253	00:00:46	00:37:05.15	00:37:51.90	+00:19:36 (52.9%)	7:25	8.1 (47.1%)
704	WROŃSKA Sandra	488	STARGARD. JA SIĘ NIE ŚCIGAM	Open K	254	00:01:12	00:37:05.85	00:38:18.25	+00:19:37 (52.9%)	7:25	8.1 (47.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
705	WOLANO Anna	36	CF PRAWY BRZEG	Open K	255	00:00:45	00:37:12.75	00:37:57.95	+00:19:44 (53.0%)	7:26	8.1 (47.1%)
706	SLUFIŃSKI Dariusz	610	OCR TEAM WŁOCŁAWEK	Open M	451	00:00:08	00:37:14.05	00:37:22.20	+00:19:45 (53.1%)	7:26	8.1 (47.1%)
707	ŚLUFIŃSKI Franek	608	OCR TEAM WŁOCŁAWEK	Open M	452	00:00:07	00:37:14.10	00:37:21.45	+00:19:45 (53.1%)	7:26	8.1 (47.1%)
708	NOWAKOWSKA Oliwia	697	OCR TEAM WŁOCŁAWEK	Open K	256	00:00:07	00:37:14.90	00:37:22.20	+00:19:46 (53.1%)	7:27	8.1 (47.1%)
709	SIELICKA Małgorzata	649		Open K	257	00:00:26	00:37:17.25	00:37:43.50	+00:19:48 (53.1%)	7:27	8 (46.5%)
710	SZALEWICZ Małgorzata	176	SZYBCIEJ NIE MOGĘ	Open K	258	00:00:51	00:37:18.30	00:38:10.25	+00:19:49 (53.2%)	7:27	8 (46.5%)
711	ZAWODNIAK Mirosław	810	BBL POLICE	Open M	453	00:00:54	00:37:20.80	00:38:15.70	+00:19:52 (53.2%)	7:28	8 (46.5%)
712	BIAŁOWAŚ Alicja	614		Open K	259	00:01:08	00:37:21.00	00:38:29.95	+00:19:52 (53.2%)	7:28	8 (46.5%)
712	PUZIO Hanna	615		Open K	260	00:01:08	00:37:21.00	00:38:29.75	+00:19:52 (53.2%)	7:28	8 (46.5%)
714	PIERŚCIŃSKA Marzena	257		Open K	261	00:01:08	00:37:31.85	00:38:40.00	+00:20:03 (53.4%)	7:30	8 (46.5%)
715	GRUNT Małgorzata	283	DZIKIE DZIKI GORZOW WLKP	Open K	262	00:00:27	00:37:33.55	00:38:01.20	+00:20:05 (53.5%)	7:30	8 (46.5%)
715	PODSADA Edyta	27		Open K	263	00:00:27	00:37:33.55	00:38:01.00	+00:20:05 (53.5%)	7:30	8 (46.5%)
717	KWIATKOWSKA Alicja	49	BIGYELLOWFOOT ADVENTURE TEAM	Open K	264	00:00:12	00:37:34.10	00:37:47.00	+00:20:05 (53.5%)	7:31	8 (46.5%)
718	MOŹDŻEŃ Anna	672		Open K	265	00:00:12	00:37:34.35	00:37:46.85	+00:20:05 (53.5%)	7:30	8 (46.5%)
719	NAJMARK Małgorzata	210	NORDIC POLICE	Open K	266	00:00:56	00:37:40.45	00:38:36.55	+00:20:12 (53.6%)	7:32	8 (46.5%)
720	GÓRSKA Agnieszka	10		Open K	267	00:00:55	00:37:41.80	00:38:37.70	+00:20:13 (53.6%)	7:32	8 (46.5%)
721	HAJDUKIEWICZ Anna	674		Open K	268	00:01:04	00:37:42.55	00:38:47.20	+00:20:14 (53.7%)	7:32	8 (46.5%)
722	JASAK Michał	783	X	Open M	454	00:01:17	00:37:43.50	00:39:00.95	+00:20:15 (53.7%)	7:32	8 (46.5%)
722	KURYŁO Karolina	784		Open K	269	00:01:17	00:37:43.50	00:39:01.15	+00:20:15 (53.7%)	7:32	8 (46.5%)
724	CYBULSKI Grzegorz	724	PANDA I BANDA	Open M	455	00:01:27	00:37:53.85	00:39:21.00	+00:20:25 (53.9%)	7:34	7.9 (45.9%)
725	ORLON Barbara	472	CALYPSO RUNNERS TEAM	Open K	270	00:00:38	00:38:04.25	00:38:42.50	+00:20:35 (54.1%)	7:36	7.9 (45.9%)
726	RADZISZEWSKI Tomasz	766		Open M	456	00:01:08	00:38:06.65	00:39:15.30	+00:20:38 (54.2%)	7:37	7.9 (45.9%)
727	MAJOS Małgorzata	758		Open K	271	00:01:07	00:38:08.95	00:39:16.55	+00:20:40 (54.2%)	7:37	7.9 (45.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
728	PERROT Magdalena	256		Open K	272	00:00:31	00:38:26.30	00:38:58.20	+00:20:57 (54.5%)	7:41	7.8 (45.3%)
729	MATUSZAK Kamila	513	MANGO GATKI TEAM	Open K	273	00:01:13	00:38:28.30	00:39:41.70	+00:20:59 (54.6%)	7:41	7.8 (45.3%)
730	KOSTYK Agnieszka	307		Open K	274	00:01:23	00:38:29.45	00:39:53.00	+00:21:01 (54.6%)	7:42	7.8 (45.3%)
731	GUZOWSKA Iwona	136	KS UZNAM ŚWINOUJŚCIE	Open K	275	00:01:07	00:38:34.05	00:39:41.10	+00:21:05 (54.7%)	7:42	7.8 (45.3%)
732	ELBIŃSKA-KRAWCZUK Monika	280		Open K	276	00:01:06	00:38:34.45	00:39:41.20	+00:21:06 (54.7%)	7:43	7.8 (45.3%)
733	JAWORSKI Adrian	576		Open M	457	00:00:56	00:38:34.70	00:39:31.30	+00:21:06 (54.7%)	7:43	7.8 (45.3%)
734	GABERT-JAWORSKA Klaudia	574		Open K	277	00:00:56	00:38:35.00	00:39:31.35	+00:21:06 (54.7%)	7:43	7.8 (45.3%)
735	GŁUSZYK Małgorzata	364		Open K	278	00:00:30	00:38:50.15	00:39:20.80	+00:21:21 (55.0%)	7:46	7.7 (44.8%)
736	ZIEMIĘCKI Waldemar	671		Open M	458	00:00:28	00:38:54.55	00:39:23.25	+00:21:26 (55.1%)	7:47	7.7 (44.8%)
737	PEDA Kamila	66		Open K	279	00:01:04	00:38:56.65	00:40:00.95	+00:21:28 (55.1%)	7:47	7.7 (44.8%)
738	BICHTA Katarzyna	776		Open K	280	00:00:30	00:39:05.10	00:39:35.70	+00:21:36 (55.3%)	7:49	7.7 (44.8%)
739	MASZCZYK Marta	229	MONIA GYM	Open K	281	00:00:30	00:39:05.60	00:39:35.80	+00:21:37 (55.3%)	7:49	7.7 (44.8%)
740	JASIK Agnieszka	214		Open K	282	00:01:15	00:39:06.20	00:40:21.80	+00:21:37 (55.3%)	7:49	7.7 (44.8%)
741	JASIK Mariusz	807		Open M	459	00:01:15	00:39:06.45	00:40:22.25	+00:21:38 (55.3%)	7:49	7.7 (44.8%)
742	NOWACKI Tomasz	661	OPTIMA	Open M	460	00:01:24	00:39:09.15	00:40:33.95	+00:21:40 (55.4%)	7:49	7.7 (44.8%)
743	KOŁCZ Monika	662	OPTIMA	Open K	283	00:01:23	00:39:10.75	00:40:34.20	+00:21:42 (55.4%)	7:50	7.7 (44.8%)
744	ADRIAN-CZABORYK Monika	568	MANGO GATKI TEAM	Open K	284	00:01:12	00:39:13.25	00:40:26.00	+00:21:44 (55.4%)	7:50	7.6 (44.2%)
745	SOBOLEWSKA-SZWED Ewelina	811	MGT	Open K	285	00:01:12	00:39:13.30	00:40:26.05	+00:21:44 (55.4%)	7:50	7.6 (44.2%)
746	GRYTA Janina	22	BIEGACZE ŚWINOUJSCIE	Open K	286	00:00:59	00:39:18.65	00:40:18.20	+00:21:50 (55.6%)	7:51	7.6 (44.2%)
747	GRYTA Jana Dariusz	294	BIEGACZE ŚWINOUJŚCIE	Open M	461	00:00:59	00:39:19.10	00:40:18.90	+00:21:50 (55.6%)	7:51	7.6 (44.2%)
748	KIELISZEK Anna	539	WIECZORNE BIEGANIE W SZCZECINIE	Open K	287	00:01:21	00:39:29.20	00:40:51.00	+00:22:00 (55.7%)	7:54	7.6 (44.2%)
749	JUCHA Michał	5		Open M	462	00:01:22	00:39:47.65	00:41:09.65	+00:22:19 (56.1%)	7:57	7.5 (43.6%)
750	KUŹMIŃSKA Weronika	3		Open K	288	00:01:21	00:39:47.95	00:41:09.85	+00:22:19 (56.1%)	7:57	7.5 (43.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
751	ADAM Kamila	706	1983	Open K	289	00:00:38	00:40:16.60	00:40:55.10	+00:22:48 (56.6%)	8:03	7.4 (43.0%)
752	LIŚKIEWICZ Kasia	289		Open K	290	00:00:37	00:40:17.40	00:40:55.10	+00:22:49 (56.6%)	8:03	7.4 (43.0%)
753	HAWRYLUK Sylwester	399		Open M	463	00:01:07	00:40:32.10	00:41:39.35	+00:23:03 (56.9%)	8:06	7.4 (43.0%)
754	KRZYSZTOFOWICZ Sławek	433	KRZYSZTOFKI TEAM	Open M	464	00:01:24	00:41:02.95	00:42:27.30	+00:23:34 (57.4%)	8:12	7.3 (42.4%)
755	KRZYSZTOFOWICZ Krzysztof	934		Open M	465	00:01:23	00:41:03.55	00:42:27.00	+00:23:35 (57.4%)	8:12	7.3 (42.4%)
755	KRZYSZTOFOWICZ Karol	451		Open M	466	00:01:23	00:41:03.55	00:42:27.00	+00:23:35 (57.4%)	8:12	7.3 (42.4%)
757	PTASZYŃSKI Jarosław	579	OCR TEAM WŁOCŁAWEK	Open M	467	00:00:23	00:41:08.90	00:41:32.70	+00:23:40 (57.5%)	8:13	7.3 (42.4%)
758	GURGUL Anna	651		Open K	291	00:00:26	00:41:16.05	00:41:42.05	+00:23:47 (57.7%)	8:15	7.3 (42.4%)
759	GORYŃSKA Daria	48	PIĘKNI I BESTIE	Open K	292	00:00:03	00:41:17.40	00:41:20.65	+00:23:49 (57.7%)	8:15	7.3 (42.4%)
760	JANICZAK Kasia	802		Open K	293	00:00:34	00:41:30.75	00:42:05.00	+00:24:02 (57.9%)	8:18	7.2 (41.9%)
761	ADAMCZEWSKA Anna	658		Open K	294	00:00:35	00:41:55.50	00:42:31.25	+00:24:27 (58.3%)	8:23	7.2 (41.9%)
762	CZYŻ Anna	656	3A TEAM	Open K	295	00:00:34	00:41:56.95	00:42:31.75	+00:24:28 (58.3%)	8:23	7.2 (41.9%)
763	ZOBROWSKA-ZAGÓRSKA Magdalena	933		Open K	296	00:01:01	00:42:38.30	00:43:40.05	+00:25:09 (59.0%)	8:31	7 (40.7%)
764	KONDRATOWSKA Agnieszka	925		Open K	297	00:01:00	00:42:39.10	00:43:40.05	+00:25:10 (59.0%)	8:32	7 (40.7%)
765	KAROL Anna	85	WIECZORNE BIEGANIE W SZCZECINIE	Open K	298	00:01:18	00:42:47.70	00:44:06.35	+00:25:19 (59.2%)	8:33	7 (40.7%)
766	HAŁAS Renata	485	SZYBCIEJ NIE MOGE	Open K	299	00:01:18	00:42:48.15	00:44:06.40	+00:25:19 (59.2%)	8:33	7 (40.7%)
767	LISIECKA Barbara	165		Open K	300	00:00:49	00:43:18.75	00:44:08.55	+00:25:50 (59.7%)	8:39	6.9 (40.1%)
768	SMYKA Kamila	242		Open K	301	00:00:49	00:43:20.30	00:44:10.10	+00:25:51 (59.7%)	8:40	6.9 (40.1%)
769	POTOMSKI Patryk	897		Open M	468	00:00:51	00:44:03.75	00:44:54.75	+00:26:35 (60.3%)	8:48	6.8 (39.5%)
770	GOŁĘBOWSKA Paulina	896		Open K	302	00:00:50	00:44:05.20	00:44:55.75	+00:26:36 (60.4%)	8:49	6.8 (39.5%)
771	JIMENEZ Rebecca	602	OCR TEAM WLOCLAWEK	Open K	303	00:00:06	00:44:24.25	00:44:30.40	+00:26:55 (60.6%)	8:52	6.8 (39.5%)
772	BARAŃSKI Radosław	598	OCR TEAM WŁOCŁAWEK	Open M	469	00:00:05	00:44:24.90	00:44:30.80	+00:26:56 (60.7%)	8:53	6.8 (39.5%)
773	SKÓRZEWSKA Renata	829		Open K	304	00:00:39	00:45:17.05	00:45:56.20	+00:27:48 (61.4%)	9:03	6.6 (38.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
774	ALEKSANDROWICZ Joanna	828		Open K	305	00:00:39	00:45:17.10	00:45:56.50	+00:27:48 (61.4%)	9:03	6.6 (38.4%)
775	GOGOŁ Anna	895		Open K	306	00:00:00	00:45:23.55	00:45:23.55	+00:27:55 (61.5%)	9:04	6.6 (38.4%)
776	WOŹNIAK Wiktoria	99	FIFNE PYRKI	Open K	307	00:01:14	00:47:51.20	00:49:05.30	+00:30:22 (63.5%)	9:34	6.3 (36.6%)
777	DACH Eryk	102	FIFNE PYRKI	Open M	470	00:01:13	00:48:15.15	00:49:28.85	+00:30:46 (63.8%)	9:39	6.2 (36.0%)
778	MALEC Edyta	599	SKM MIEDWIANIE	Open K	308	00:01:21	00:49:32.15	00:50:53.25	+00:32:03 (64.7%)	9:54	6.1 (35.5%)
779	LIWUŚ-ŁAPIŃSKA Asia	269	WIECZORNE BIEGANIE W SZCZECINIE	Open K	309	00:01:19	00:49:32.70	00:50:51.90	+00:32:04 (64.7%)	9:54	6.1 (35.5%)
780	MALEC Mariusz	69	STARGARDZKI KLUB MORSÓW MIEDWIANIE	Open M	471	00:01:20	00:49:34.15	00:50:54.50	+00:32:05 (64.7%)	9:54	6.1 (35.5%)
	FIGAJ - GUŁA Natalia	320		Open K		DNF	DNF	DNF		-	- (0.0%)

Znaleziono 781 wynik(ów)