



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

X Bieg Mikołajkowy  
Stowarzyszenie BiegamBoLubie Team Police  
2022-12-04  
Police  
10 km

## X BIEG MIKOŁAJKOWY

B4SPORT  
INTELLIGENTNE ZAWODY SPORTOWE

**B4SPORT**  
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat	Grupy	Mundurowi	Drużyna	5 km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							Police	Azoty		1	5km	10km	10km			
1	<b>MAJDZINSKI Konrad</b>	<b>609</b>	WMLKS POMORZE STARGARD	M-20	1				Tak		00:16:17	<b>00:33:58.80</b>	<b>00:33:58.80</b>		3:23	17.7 (100%)
2	<b>ANDRUSZKIEWICZ Damian</b>	<b>11</b>	KB PIONIER SZCZECIN	M-20	2					RUN TEAM	00:17:08	<b>00:36:17.50</b>	<b>00:36:17.50</b>	+00:02:18 (6.4%)	3:37	16.5 (93.2%)
3	<b>PAŃKO Andrzej</b>	<b>9</b>	KB HERMES GRYFINO	M-20	3				Tak	KB Hermes Gryfino	00:17:14	<b>00:36:28.35</b>	<b>00:36:28.35</b>	+00:02:29 (6.8%)	3:38	16.5 (93.2%)
4	<b>LESIECKI Piotr</b>	<b>268</b>	KS IRONMAN SZCZECIN	M-30	1					KS IRONMAN SZCZECIN	00:17:38	<b>00:37:22.05</b>	<b>00:37:22.05</b>	+00:03:23 (9.1%)	3:44	16.1 (91.0%)
5	<b>GWÓZDŹ Jacek</b>	<b>140</b>		M-30	2						00:17:45	<b>00:37:26.10</b>	<b>00:37:26.10</b>	+00:03:27 (9.2%)	3:44	16 (90.4%)
6	<b>BARAŃSKI Przemysław</b>	<b>23</b>	MLUKS TRZEBIATÓW	M-20	4				Tak	RUN TEAM	00:18:16	<b>00:38:10.20</b>	<b>00:38:10.20</b>	+00:04:11 (11.0%)	3:49	15.7 (88.7%)
7	<b>WASILEWSKI Andrzej</b>	<b>543</b>		M-40	1					RunFourFun	00:18:39	<b>00:38:17.20</b>	<b>00:38:17.20</b>	+00:04:18 (11.2%)	3:49	15.7 (88.7%)
8	<b>ŁUKASZEWSKI Sebastian</b>	<b>286</b>	STARGARDZKI KUB LEKKOATLETYCZNY	M-40	2						00:18:35	<b>00:38:33.05</b>	<b>00:38:33.05</b>	+00:04:34 (11.9%)	3:51	15.6 (88.1%)
9	<b>MISARKO Maciej</b>	<b>611</b>	MKL SZCZECIN	M-16	1			Yes		RUN TEAM	00:18:38	<b>00:38:34.90</b>	<b>00:38:34.90</b>	+00:04:36 (11.9%)	3:51	15.6 (88.1%)
10	<b>APIECIONEK Mateusz</b>	<b>8</b>	UKL ÓSEMKA POLICE	M-30	3		Tak			UKL Ósemka Police	00:18:39	<b>00:39:35.45</b>	<b>00:39:35.45</b>	+00:05:36 (14.2%)	3:57	15.2 (85.9%)
11	<b>HOŁUB Kamil</b>	<b>153</b>	MLUKS TRZEBIATÓW	M-40	3					Żółwiki w pogoni	00:19:14	<b>00:40:11.20</b>	<b>00:40:11.20</b>	+00:06:12 (15.4%)	4:01	14.9 (84.2%)
12	<b>PRYK Rafał</b>	<b>417</b>	TRIATHLON GOLENIÓW	M-40	4						00:19:12	<b>00:40:16.85</b>	<b>00:40:16.85</b>	+00:06:18 (15.6%)	4:01	14.9 (84.2%)
13	<b>MACIEJSKI Łukasz</b>	<b>3</b>	POLITOLOG TEAM	M-30	4						00:19:13	<b>00:40:25.00</b>	<b>00:40:25.00</b>	+00:06:26 (15.9%)	4:02	14.8 (83.6%)
14	<b>MARKIEWICZ Kamil</b>	<b>1</b>	BRIDGESTONE RUNNERS STARGARD	M-20	5						00:19:27	<b>00:40:44.65</b>	<b>00:40:44.65</b>	+00:06:45 (16.6%)	4:04	14.7 (83.1%)
15	<b>KOZIRÓG Łukasz</b>	<b>229</b>	DECATHLON SZCZECIN	M-20	6					Decathlon Szczecin	00:19:13	<b>00:40:50.50</b>	<b>00:40:50.50</b>	+00:06:51 (16.8%)	4:05	14.7 (83.1%)
16	<b>WIŚNIEWSKI Bartłomiej</b>	<b>557</b>	RUNFOURFUN	M-30	5					RunFourFun	00:19:23	<b>00:40:56.65</b>	<b>00:40:56.65</b>	+00:06:57 (17.0%)	4:05	14.7 (83.1%)
17	<b>GRZEGÓRZEK Paulina</b>	<b>134</b>	RAZ SZCZECIN	K-30	1						00:19:39	<b>00:41:01.85</b>	<b>00:41:01.85</b>	+00:07:03 (17.2%)	4:06	14.6 (82.5%)
18	<b>POKRZYWIŃSKI Krzysztof</b>	<b>614</b>		M-60	1						00:19:47	<b>00:41:02.75</b>	<b>00:41:02.75</b>	+00:07:03 (17.2%)	4:06	14.6 (82.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Grupy			Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							Police	Azoty	Mundurowi							
19	<b>GORSZKA Damian</b>	<b>123</b>	PARKRUN SZCZECIN	M-20	7						00:19:41	<b>00:41:15.10</b>	<b>00:41:15.10</b>	+00:07:16 (17.6%)	4:07	14.5 (81.9%)
20	<b>GRZEGÓRZEK Piotr</b>	<b>135</b>	RAZ SZCZECIN	M-30	6						00:19:31	<b>00:41:21.55</b>	<b>00:41:21.55</b>	+00:07:22 (17.8%)	4:08	14.5 (81.9%)
21	<b>SURMA Grzegorz</b>	<b>585</b>	HARPAGAN	M-30	7						00:19:37	<b>00:41:31.90</b>	<b>00:41:31.90</b>	+00:07:33 (18.2%)	4:09	14.5 (81.9%)
22	<b>BIAŁEK Beata</b>	<b>5</b>	KB HERMES GRYFINO	K-40	1			Tak			00:19:43	<b>00:41:45.85</b>	<b>00:41:45.85</b>	+00:07:47 (18.6%)	4:10	14.4 (81.4%)
23	<b>CZOSNOWSKI Krzysztof</b>	<b>69</b>	KB HERMES GRYFINO	M-40	5					KB Hermes Gryfino	00:20:09	<b>00:41:50.35</b>	<b>00:41:50.35</b>	+00:07:51 (18.8%)	4:11	14.3 (80.8%)
24	<b>HOŁYŃSKI Leszek</b>	<b>154</b>	KM PSP SZCZECIN	M-30	8		Tak	Tak			00:19:53	<b>00:41:51.25</b>	<b>00:41:51.25</b>	+00:07:52 (18.8%)	4:11	14.3 (80.8%)
25	<b>WOJNACH Andrzej</b>	<b>232</b>	79 MINUT PO PIĘCDZIESĄTCE	M-50	1					RUN TEAM	00:19:54	<b>00:42:00.05</b>	<b>00:42:00.05</b>	+00:08:01 (19.1%)	4:12	14.3 (80.8%)
26	<b>OLEJARZ Damian</b>	<b>357</b>	POL-BUD POLICE	M-30	9		Tak				00:19:55	<b>00:42:03.45</b>	<b>00:42:03.45</b>	+00:08:04 (19.2%)	4:12	14.3 (80.8%)
27	<b>DOBERSZTYN Franek</b>	<b>79</b>	FIZJOBIEGACZE SZCZECIN	M-16	2						00:20:03	<b>00:42:07.15</b>	<b>00:42:07.15</b>	+00:08:08 (19.3%)	4:12	14.2 (80.2%)
28	<b>JUNAK Michal</b>	<b>175</b>		M-20	8						00:19:18	<b>00:42:08.00</b>	<b>00:42:08.00</b>	+00:08:09 (19.4%)	4:12	14.2 (80.2%)
29	<b>BERNACKI Mariusz</b>	<b>25</b>	MODLITWA BIEGANIA GRYFINO	M-40	6						00:19:58	<b>00:42:16.05</b>	<b>00:42:16.05</b>	+00:08:17 (19.6%)	4:13	14.2 (80.2%)
30	<b>HAŁGAS Piotr</b>	<b>143</b>	OKS TANOWO	M-30	10		Tak			UKL Ósemka Police	00:19:57	<b>00:42:22.75</b>	<b>00:42:22.75</b>	+00:08:23 (19.8%)	4:14	14.2 (80.2%)
31	<b>SKALSKI Mateusz</b>	<b>462</b>		M-30	11		Tak	Tak		UKL Ósemka Police	00:21:07	<b>00:42:42.20</b>	<b>00:42:42.20</b>	+00:08:43 (20.4%)	4:16	14.1 (79.7%)
31	<b>MIROWSKI Blazej</b>	<b>325</b>	UKL OSEMKA	M-30	11		Tak			UKL Ósemka Police	00:21:07	<b>00:42:42.20</b>	<b>00:42:42.20</b>	+00:08:43 (20.4%)	4:16	14.1 (79.7%)
33	<b>GRZYBOWSKI Robert</b>	<b>136</b>	GRUPA AZOTY POLICE / BOLI BOLI	M-40	7		Tak	Tak			00:20:19	<b>00:42:49.40</b>	<b>00:42:49.40</b>	+00:08:50 (20.7%)	4:16	14 (79.1%)
34	<b>PIELECHOWSKI Piotr</b>	<b>388</b>	DECATHLON SZCZECIN	M-30	13		Tak			Decathlon Szczecin	00:20:48	<b>00:43:05.40</b>	<b>00:43:05.40</b>	+00:09:06 (21.1%)	4:18	13.9 (78.5%)
35	<b>WOŹNIAK Marek</b>	<b>567</b>	BOSMAN SZCZECIN	M-40	8					Bosman Szczecin	00:21:06	<b>00:43:07.05</b>	<b>00:43:07.05</b>	+00:09:08 (21.2%)	4:18	13.9 (78.5%)
36	<b>BALCERZAK Przemysław</b>	<b>19</b>	GRUPA AZOTY/UKL ÓSEMKA POLICE	M-30	14		Tak	Tak		UKL Ósemka Police	00:21:08	<b>00:43:15.55</b>	<b>00:43:15.55</b>	+00:09:16 (21.5%)	4:19	13.9 (78.5%)
37	<b>OLEJNIK Przemek</b>	<b>358</b>		M-50	2						00:20:43	<b>00:43:19.85</b>	<b>00:43:19.85</b>	+00:09:21 (21.6%)	4:19	13.9 (78.5%)
38	<b>SZABAŁOWSKA Małgorzata</b>	<b>4</b>	SZCZECINECCY BIEGACZE	K-20	1						00:20:39	<b>00:43:29.10</b>	<b>00:43:29.10</b>	+00:09:30 (21.9%)	4:20	13.8 (78.0%)
39	<b>PROCIAK Krzysztof</b>	<b>414</b>	SKB DZIK	M-30	15					SKB DZIK	00:20:51	<b>00:43:32.65</b>	<b>00:43:32.65</b>	+00:09:33 (22.0%)	4:21	13.8 (78.0%)
40	<b>PLUTA Grzegorz</b>	<b>401</b>	KB HERMES GRYFINO	M-50	3					KB Hermes Gryfino	00:20:53	<b>00:43:44.10</b>	<b>00:43:44.10</b>	+00:09:45 (22.3%)	4:22	13.7 (77.4%)
41	<b>BEDNARSKI Marek</b>	<b>24</b>		M-30	16			Tak		Biegam Bo Lubię Lasy Bogdaniec	00:22:05	<b>00:43:44.85</b>	<b>00:43:44.85</b>	+00:09:46 (22.3%)	4:22	13.7 (77.4%)
42	<b>WÓJCIAK Marcin</b>	<b>568</b>		M-20	9						00:21:04	<b>00:43:45.90</b>	<b>00:43:45.90</b>	+00:09:47 (22.4%)	4:22	13.7 (77.4%)
43	<b>OKIENCZUK Radek</b>	<b>354</b>		M-30	17		Tak				00:21:03	<b>00:43:46.05</b>	<b>00:43:46.05</b>	+00:09:47 (22.4%)	4:22	13.7 (77.4%)
44	<b>KAMIŃSKA Agata</b>	<b>185</b>	KAMINSKI TEAM	K-30	2					RUN TEAM	00:21:07	<b>00:43:55.85</b>	<b>00:43:55.85</b>	+00:09:57 (22.7%)	4:23	13.7 (77.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Grupy			Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							Police	Azoty	Mundurowi							
45	<b>GANCARZ Piotr</b>	<b>112</b>	DRUŻYNA G	M-30	18						00:21:17	<b>00:43:57.00</b>	<b>00:43:57.00</b>	+00:09:58 (22.7%)	4:23	13.7 (77.4%)
46	<b>ŁOTARSKI Wiesław</b>	<b>615</b>		M-60	2						00:21:06	<b>00:43:57.80</b>	<b>00:43:57.80</b>	+00:09:59 (22.7%)	4:23	13.7 (77.4%)
47	<b>EWERT-KRZEMIENIEWSKI Stanisław</b>	<b>99</b>		M-40	9						00:21:48	<b>00:44:14.00</b>	<b>00:44:14.00</b>	+00:10:15 (23.2%)	4:25	13.6 (76.8%)
48	<b>ŻARCZYŃSKI Błażej</b>	<b>594</b>	BIEGAM U KOLESI	M-30	19		Tak		Tak		00:21:38	<b>00:44:15.15</b>	<b>00:44:15.15</b>	+00:10:16 (23.2%)	4:25	13.6 (76.8%)
49	<b>PUCHALSKI Grzegorz</b>	<b>423</b>	RUNFOURFUN	M-30	20					RunFourFun	00:21:04	<b>00:44:27.45</b>	<b>00:44:27.45</b>	+00:10:28 (23.6%)	4:26	13.5 (76.3%)
50	<b>GAWLE Łukasz</b>	<b>116</b>	UNITY LINE	M-40	10						00:21:29	<b>00:44:29.80</b>	<b>00:44:29.80</b>	+00:10:31 (23.6%)	4:26	13.5 (76.3%)
51	<b>SOBKOWIAK Robert</b>	<b>467</b>	MKL MARATON ŚWINOUJŚCIE	M-50	4						00:21:44	<b>00:44:43.80</b>	<b>00:44:43.80</b>	+00:10:45 (24.0%)	4:28	13.4 (75.7%)
52	<b>DĄBROWSKI Kamil</b>	<b>77</b>	PROTOUR SZCZECIN	M-40	11		Tak				00:21:55	<b>00:44:46.25</b>	<b>00:44:46.25</b>	+00:10:47 (24.1%)	4:28	13.4 (75.7%)
53	<b>KACZMAREK Łukasz</b>	<b>183</b>	KS IRONMAN SZCZECIN	M-30	21						00:21:36	<b>00:44:48.20</b>	<b>00:44:48.20</b>	+00:10:49 (24.2%)	4:28	13.4 (75.7%)
54	<b>NADOLNY Przemysław</b>	<b>333</b>	PARKRUN SZCZECIN	M-40	12	Nadolni				Nadolny Team	00:21:48	<b>00:44:49.80</b>	<b>00:44:49.80</b>	+00:10:51 (24.2%)	4:28	13.4 (75.7%)
55	<b>MAJKA Dariusz</b>	<b>297</b>	BIEGACZE ŚWINOUJŚCIE	M-40	13						00:21:45	<b>00:45:00.95</b>	<b>00:45:00.95</b>	+00:11:02 (24.5%)	4:30	13.3 (75.1%)
56	<b>SADOWSKI Kamil</b>	<b>450</b>	OKS TANOWO	M-20	10		Tak				00:22:09	<b>00:45:07.70</b>	<b>00:45:07.70</b>	+00:11:08 (24.7%)	4:30	13.3 (75.1%)
57	<b>NYKOLAJCZUK Robert</b>	<b>353</b>	BRIDGESTONE RUNNERS	M-50	5						00:21:56	<b>00:45:07.75</b>	<b>00:45:07.75</b>	+00:11:08 (24.7%)	4:30	13.3 (75.1%)
58	<b>KAPUŚCIŃSKI Zbigniew</b>	<b>188</b>	GRUPA AZOTY ZAKŁADY CHEMICZNE POLICE S. A.	M-50	6				Tak		00:21:47	<b>00:45:09.70</b>	<b>00:45:09.70</b>	+00:11:10 (24.8%)	4:30	13.3 (75.1%)
59	<b>DOBOSZ Piotr</b>	<b>81</b>	PITER	M-40	14						00:22:11	<b>00:45:17.60</b>	<b>00:45:17.60</b>	+00:11:18 (25.0%)	4:31	13.2 (74.6%)
60	<b>FĄFEREK Piotr</b>	<b>102</b>		M-30	22					Wieczne Bieganie w Szczecinie	00:21:36	<b>00:45:19.75</b>	<b>00:45:19.75</b>	+00:11:20 (25.0%)	4:31	13.2 (74.6%)
61	<b>DYDEK Edyta</b>	<b>95</b>	SKB DZIK	K-20	2	Dydek	Tak		Tak	SKB DZIK	00:21:57	<b>00:45:29.20</b>	<b>00:45:29.20</b>	+00:11:30 (25.3%)	4:32	13.2 (74.6%)
62	<b>SZYMCZAK Marcin</b>	<b>511</b>		M-40	15						00:22:01	<b>00:45:31.25</b>	<b>00:45:31.25</b>	+00:11:32 (25.4%)	4:33	13.2 (74.6%)
63	<b>BŁĄŻ Anna</b>	<b>33</b>		K-40	2						00:21:38	<b>00:45:31.40</b>	<b>00:45:31.40</b>	+00:11:32 (25.4%)	4:33	13.2 (74.6%)
64	<b>ZALEWSKI Maciej</b>	<b>578</b>		M-40	16						00:22:10	<b>00:45:32.50</b>	<b>00:45:32.50</b>	+00:11:33 (25.4%)	4:33	13.2 (74.6%)
65	<b>PILC Anna</b>	<b>612</b>	TARNOWO PODGORNE BIEGA	K-30	3						00:21:53	<b>00:45:37.40</b>	<b>00:45:37.40</b>	+00:11:38 (25.5%)	4:33	13.2 (74.6%)
66	<b>HETMAŃSKI Arkadiusz</b>	<b>148</b>	LOVELASY	M-40	17				Tak	LoveLasy	00:21:55	<b>00:45:44.35</b>	<b>00:45:44.35</b>	+00:11:45 (25.7%)	4:34	13.1 (74.0%)
67	<b>ŻELAZNY Maciej</b>	<b>596</b>	BOSMAN SZCZECIN	M-30	23					Bosman Szczecin	00:20:46	<b>00:46:05.75</b>	<b>00:46:05.75</b>	+00:12:06 (26.3%)	4:36	13 (73.4%)
68	<b>PELC Marek</b>	<b>380</b>	12 BZ	M-30	24					Tak	00:22:16	<b>00:46:10.95</b>	<b>00:46:10.95</b>	+00:12:12 (26.4%)	4:37	13 (73.4%)
69	<b>NAWROCKI Piotr</b>	<b>337</b>	KB PIONIER SZCZECIN	M-50	7						00:22:40	<b>00:46:19.45</b>	<b>00:46:19.45</b>	+00:12:20 (26.6%)	4:37	13 (73.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Grupy			Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							Police	Azoty	Mundurowi							
70	<b>PAWLICZAK Rafał</b>	<b>621</b>		M-40	18						00:21:47	<b>00:46:20.95</b>	<b>00:46:20.95</b>	+00:12:22 (26.7%)	4:38	12.9 (72.9%)
71	<b>PROKOP Agata</b>	<b>415</b>		K-30	4					RunFourFun	00:22:07	<b>00:46:30.45</b>	<b>00:46:30.45</b>	+00:12:31 (26.9%)	4:39	12.9 (72.9%)
72	<b>JOŃCA Patrycja</b>	<b>171</b>	GRYFUS SZCZECIN	K-20	3						00:22:09	<b>00:46:32.50</b>	<b>00:46:32.50</b>	+00:12:33 (27.0%)	4:39	12.9 (72.9%)
73	<b>WARCZALOWSKI Arkadiusz</b>	<b>538</b>		M-40	19		Tak				00:22:38	<b>00:46:32.95</b>	<b>00:46:32.95</b>	+00:12:34 (27.0%)	4:39	12.9 (72.9%)
74	<b>WOJCIECHOWSKA Basia</b>	<b>559</b>		K-20	4					Zółwiki w pogoni	00:22:10	<b>00:46:36.10</b>	<b>00:46:36.10</b>	+00:12:37 (27.1%)	4:39	12.9 (72.9%)
75	<b>SZYMCZAK Krzysztof</b>	<b>510</b>		M-16	3						00:22:50	<b>00:46:36.20</b>	<b>00:46:36.20</b>	+00:12:37 (27.1%)	4:39	12.9 (72.9%)
76	<b>ARLUKIEWICZ Grzegorz</b>	<b>15</b>	T.I.P (TOST I PIWO)	M-30	25		Tak	Tak			00:22:47	<b>00:46:54.00</b>	<b>00:46:54.00</b>	+00:12:55 (27.5%)	4:41	12.8 (72.3%)
77	<b>KOBIELAK Piotr</b>	<b>208</b>		M-20	11						00:22:42	<b>00:47:15.05</b>	<b>00:47:15.05</b>	+00:13:16 (28.1%)	4:43	12.7 (71.8%)
78	<b>SZYMKIEWICZ Robert</b>	<b>513</b>	MIEDZYRZECKIE GAZELE	M-50	8						00:22:20	<b>00:47:32.55</b>	<b>00:47:32.55</b>	+00:13:33 (28.5%)	4:45	12.6 (71.2%)
79	<b>TOPOREK Przemysław</b>	<b>524</b>		M-30	26						00:22:57	<b>00:47:35.05</b>	<b>00:47:35.05</b>	+00:13:36 (28.6%)	4:45	12.6 (71.2%)
80	<b>NEJMAN Rafał</b>	<b>338</b>		M-40	20		Tak				00:22:48	<b>00:47:41.55</b>	<b>00:47:41.55</b>	+00:13:42 (28.8%)	4:46	12.6 (71.2%)
81	<b>ZAWLIK Tomasz</b>	<b>582</b>		M-40	21						00:23:47	<b>00:47:50.05</b>	<b>00:47:50.05</b>	+00:13:51 (29.0%)	4:47	12.5 (70.6%)
82	<b>FURMAŃSKI Marcin</b>	<b>109</b>	WY-BIEGANI SZCZECIN	M-30	27					Wy-Biegani Szczecin	00:22:36	<b>00:47:50.25</b>	<b>00:47:50.25</b>	+00:13:51 (29.0%)	4:47	12.5 (70.6%)
83	<b>PASIKOWSKI Kamil</b>	<b>370</b>	SKB DZIK	M-20	12	Dydek		Tak		SKB DZIK	00:23:23	<b>00:47:51.40</b>	<b>00:47:51.40</b>	+00:13:52 (29.0%)	4:47	12.5 (70.6%)
84	<b>KUBERA Roman</b>	<b>250</b>	EKSPERT SYSTEMY INFORMATYCZNE	M-40	22						00:23:50	<b>00:47:56.40</b>	<b>00:47:56.40</b>	+00:13:57 (29.1%)	4:47	12.5 (70.6%)
85	<b>HURYŃ Ewa</b>	<b>155</b>	ALPIN SPORT HOKA ONE ONE TEAM	K-40	3						00:23:00	<b>00:48:04.50</b>	<b>00:48:04.50</b>	+00:14:05 (29.3%)	4:48	12.5 (70.6%)
86	<b>KRZEŚNIEWSKI Marcin</b>	<b>246</b>	RUCHOWA AKADEMIA ZDROWIA RAZ SZCZECIN	M-40	23					Ruchowa Akademia Zdrowia RAZ SZCZECIN	00:22:29	<b>00:48:07.00</b>	<b>00:48:07.00</b>	+00:14:08 (29.4%)	4:48	12.5 (70.6%)
87	<b>JASIŃSKI Arkadiusz</b>	<b>161</b>		M-40	24						00:22:47	<b>00:48:08.70</b>	<b>00:48:08.70</b>	+00:14:09 (29.4%)	4:48	12.5 (70.6%)
88	<b>TROJGA Karolina</b>	<b>527</b>	RUNFOURFUN	K-30	5					RunFourFun	00:22:48	<b>00:48:09.50</b>	<b>00:48:09.50</b>	+00:14:10 (29.4%)	4:48	12.5 (70.6%)
89	<b>KACZMAREK Natalia</b>	<b>182</b>	FIZJOBIEGACZE SZCZECIN	K-30	6						00:23:32	<b>00:48:09.65</b>	<b>00:48:09.65</b>	+00:14:10 (29.4%)	4:48	12.5 (70.6%)
90	<b>KUCHTA Piotr</b>	<b>253</b>	KB PIONIER SZCZECIN	M-30	28						00:25:50	<b>00:48:10.40</b>	<b>00:48:10.40</b>	+00:14:11 (29.5%)	4:49	12.5 (70.6%)
91	<b>WEBER Mirela</b>	<b>547</b>		K-30	7		Tak				00:22:23	<b>00:48:15.95</b>	<b>00:48:15.95</b>	+00:14:17 (29.6%)	4:49	12.4 (70.1%)
92	<b>POPŁAWSKA Weronika</b>	<b>411</b>	WY-BIEGANI SZCZECIN	K-40	4					Wy-Biegani Szczecin	00:23:00	<b>00:48:17.75</b>	<b>00:48:17.75</b>	+00:14:18 (29.6%)	4:49	12.4 (70.1%)
93	<b>BUDZIŃSKI Bartosz</b>	<b>53</b>	LABORATORIUM DROGOWE SZCZECIN	M-30	29						00:23:21	<b>00:48:25.80</b>	<b>00:48:25.80</b>	+00:14:27 (29.8%)	4:50	12.4 (70.1%)
94	<b>BĘDKOWSKI Piotr</b>	<b>26</b>		M-30	30						00:23:02	<b>00:48:31.25</b>	<b>00:48:31.25</b>	+00:14:32 (30.0%)	4:51	12.4 (70.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Grupy				5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							Police	Azoty	Mundurowi	Drużyna 1						
95	<b>KULAS Kacper</b>	<b>258</b>	DECATHLON SZCZECIN	M-20	13					Decathlon Szczecin	00:24:02	<b>00:48:46.85</b>	<b>00:48:46.85</b>	+00:14:48 (30.3%)	4:52	12.3 (69.5%)
96	<b>CZYŻ Adam</b>	<b>72</b>		M-40	25						00:23:50	<b>00:48:59.85</b>	<b>00:48:59.85</b>	+00:15:01 (30.6%)	4:53	12.2 (68.9%)
97	<b>NIEMIRO Dominika</b>	<b>342</b>	GRUPA AZOTY POLICE	K-30	8		Tak	Tak			00:23:47	<b>00:48:59.95</b>	<b>00:48:59.95</b>	+00:15:01 (30.7%)	4:53	12.2 (68.9%)
98	<b>KONDELA Paweł</b>	<b>215</b>	AKTYWNE CHOSZCZNO	M-40	26				Tak		00:24:02	<b>00:49:00.50</b>	<b>00:49:00.50</b>	+00:15:01 (30.7%)	4:54	12.2 (68.9%)
99	<b>MIKA Tomasz</b>	<b>317</b>		M-40	27		Tak				00:23:33	<b>00:49:01.15</b>	<b>00:49:01.15</b>	+00:15:02 (30.7%)	4:54	12.2 (68.9%)
100	<b>WIEDRO Marcin</b>	<b>550</b>		M-40	28						00:24:24	<b>00:49:01.90</b>	<b>00:49:01.90</b>	+00:15:03 (30.7%)	4:54	12.2 (68.9%)
101	<b>WALKOWIAK Daria</b>	<b>536</b>	BRIDGESTONE RUNNERS STARGARD	K-30	9						00:23:31	<b>00:49:06.90</b>	<b>00:49:06.90</b>	+00:15:08 (30.8%)	4:54	12.2 (68.9%)
102	<b>ŚCIERKO Dawid</b>	<b>514</b>	WY-BIEGANI SZCZECIN	M-30	31					Wy-Biegani Szczecin	00:23:00	<b>00:49:07.25</b>	<b>00:49:07.25</b>	+00:15:08 (30.8%)	4:54	12.2 (68.9%)
103	<b>LEWANDOWSKI Daniel</b>	<b>271</b>	AKTYWNE LISEWO	M-30	32						00:23:30	<b>00:49:08.25</b>	<b>00:49:08.25</b>	+00:15:09 (30.8%)	4:54	12.2 (68.9%)
104	<b>KĄŻMIERCZAK Krzysztof</b>	<b>194</b>	KB HERMES GRYFINO	M-50	9						00:23:51	<b>00:49:15.15</b>	<b>00:49:15.15</b>	+00:15:16 (31.0%)	4:55	12.2 (68.9%)
105	<b>LEWANDOWSKI Piotr</b>	<b>270</b>	SKB DZIK	M-40	29		Tak			SKB DZIK	00:23:49	<b>00:49:16.90</b>	<b>00:49:16.90</b>	+00:15:18 (31.0%)	4:55	12.2 (68.9%)
106	<b>PIECYK Katarzyna</b>	<b>385</b>	BOSMAN SZCZECIN	K-30	10					Bosman Szczecin	00:23:13	<b>00:49:22.20</b>	<b>00:49:22.20</b>	+00:15:23 (31.2%)	4:56	12.2 (68.9%)
107	<b>FRANKIEWICZ Grzesiek</b>	<b>107</b>		M-30	33						00:22:46	<b>00:49:24.05</b>	<b>00:49:24.05</b>	+00:15:25 (31.2%)	4:56	12.1 (68.4%)
108	<b>LESIECKA Justyna</b>	<b>267</b>		K-30	11						00:23:55	<b>00:49:31.70</b>	<b>00:49:31.70</b>	+00:15:32 (31.4%)	4:57	12.1 (68.4%)
109	<b>TYMUL Jakub</b>	<b>531</b>	#TYMTRITEAM	M-40	30					TymTriTeam	00:24:05	<b>00:49:42.20</b>	<b>00:49:42.20</b>	+00:15:43 (31.6%)	4:58	12.1 (68.4%)
110	<b>SZCZYGIELSKI Radosław</b>	<b>496</b>	DECATHLON SZCZECIN	M-30	34					Decathlon Szczecin	00:22:55	<b>00:49:43.70</b>	<b>00:49:43.70</b>	+00:15:44 (31.7%)	4:58	12.1 (68.4%)
111	<b>ZYGAR Konrad</b>	<b>593</b>	EKSPERT SYSTEMY INFORMATYCZNE	M-50	10						00:24:39	<b>00:49:49.25</b>	<b>00:49:49.25</b>	+00:15:50 (31.8%)	4:58	12 (67.8%)
112	<b>TARNOWSKA Joanna</b>	<b>516</b>		K-40	5						00:24:42	<b>00:49:54.10</b>	<b>00:49:54.10</b>	+00:15:55 (31.9%)	4:59	12 (67.8%)
113	<b>KORDELA Marcin</b>	<b>622</b>		M-40	31						00:24:40	<b>00:49:55.85</b>	<b>00:49:55.85</b>	+00:15:57 (31.9%)	4:59	12 (67.8%)
114	<b>DROŹDZIEL Magdalena</b>	<b>84</b>	KB HERMES GRYFINO	K-30	12					KB Hermes Gryfino 2	00:24:20	<b>00:49:57.35</b>	<b>00:49:57.35</b>	+00:15:58 (32.0%)	4:59	12 (67.8%)
115	<b>WASILEWSKI Sylwester</b>	<b>544</b>		M-30	35		Tak				00:23:37	<b>00:49:59.65</b>	<b>00:49:59.65</b>	+00:16:00 (32.0%)	4:59	12 (67.8%)
116	<b>FREILICH Bartosz</b>	<b>108</b>		M-50	11		Tak				00:24:17	<b>00:50:02.10</b>	<b>00:50:02.10</b>	+00:16:03 (32.1%)	5:00	12 (67.8%)
117	<b>ECHAUST Artur</b>	<b>98</b>	BOLIBOLI	M-40	32		Tak				00:22:33	<b>00:50:03.40</b>	<b>00:50:03.40</b>	+00:16:04 (32.1%)	5:00	12 (67.8%)
118	<b>WILK Ania</b>	<b>554</b>	DECATHLON SZCZECIN	K-30	13					Decathlon Szczecin	00:24:26	<b>00:50:03.85</b>	<b>00:50:03.85</b>	+00:16:05 (32.1%)	5:00	12 (67.8%)
119	<b>OSTROWSKI Sylwester</b>	<b>368</b>	STARGARD JA SIĘ NIE ŚCIGAM	M-40	33						00:23:34	<b>00:50:06.15</b>	<b>00:50:06.15</b>	+00:16:07 (32.2%)	5:00	12 (67.8%)
120	<b>KOTOWSKA Iwona</b>	<b>605</b>	DEMANT	K-30	14						00:25:21	<b>00:50:09.30</b>	<b>00:50:09.30</b>	+00:16:10 (32.3%)	5:00	12 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Grupy			Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							Police	Azoty	Mundurowi							
121	<b>HOŁOWCZAK Krzysztof</b>	<b>152</b>		M-40	34						00:24:22	<b>00:50:29.00</b>	<b>00:50:29.00</b>	+00:16:30 (32.7%)	5:02	11.9 (67.2%)
122	<b>CHMIELECKI Janusz</b>	<b>619</b>		M-60	3						00:24:26	<b>00:50:29.45</b>	<b>00:50:29.45</b>	+00:16:30 (32.7%)	5:02	11.9 (67.2%)
123	<b>PŁUCIENNIK Piotr</b>	<b>403</b>	SZCZECIŃSKA ENERGETYKA CIEPLNA	M-40	35		Tak				00:24:47	<b>00:50:29.80</b>	<b>00:50:29.80</b>	+00:16:31 (32.7%)	5:02	11.9 (67.2%)
124	<b>SAWARYN Damian</b>	<b>455</b>		M-20	14						00:23:50	<b>00:50:30.60</b>	<b>00:50:30.60</b>	+00:16:31 (32.7%)	5:03	11.9 (67.2%)
125	<b>WOLANO Marcin</b>	<b>562</b>	HATTON DARTS	M-30	36						00:24:12	<b>00:50:34.00</b>	<b>00:50:34.00</b>	+00:16:35 (32.8%)	5:03	11.9 (67.2%)
126	<b>HAMAN Kacper</b>	<b>144</b>	WY-BIEGANI SZCZECIN	M-30	37						00:23:27	<b>00:50:35.05</b>	<b>00:50:35.05</b>	+00:16:36 (32.8%)	5:03	11.9 (67.2%)
127	<b>SIERADZAN Kamil</b>	<b>458</b>		M-20	15						00:23:26	<b>00:50:37.85</b>	<b>00:50:37.85</b>	+00:16:39 (32.9%)	5:03	11.9 (67.2%)
128	<b>ŁAWNICZAK Sebastian</b>	<b>280</b>		M-40	36		Tak	Tak			00:24:24	<b>00:50:49.70</b>	<b>00:50:49.70</b>	+00:16:50 (33.1%)	5:04	11.8 (66.7%)
129	<b>JUSZCZYK Radosław</b>	<b>628</b>		M-30	38						00:24:48	<b>00:50:50.10</b>	<b>00:50:50.10</b>	+00:16:51 (33.2%)	5:05	11.8 (66.7%)
130	<b>BORKOWSKI Aleksander</b>	<b>42</b>	100 MARATON CLUB POLSKA	M-60	4						00:24:45	<b>00:50:51.20</b>	<b>00:50:51.20</b>	+00:16:52 (33.2%)	5:05	11.8 (66.7%)
131	<b>GÓRSKI Łukasz</b>	<b>127</b>		M-30	39		Tak				00:25:22	<b>00:50:55.50</b>	<b>00:50:55.50</b>	+00:16:56 (33.3%)	5:05	11.8 (66.7%)
132	<b>WOLSKI Tomasz</b>	<b>374</b>	GO2TRI	M-50	12						00:25:32	<b>00:51:08.70</b>	<b>00:51:08.70</b>	+00:17:09 (33.6%)	5:06	11.7 (66.1%)
133	<b>KULIG Krzysztof</b>	<b>259</b>	MODLITWA BIEGANIA GRYFINO	M-40	37						00:24:58	<b>00:51:09.65</b>	<b>00:51:09.65</b>	+00:17:10 (33.6%)	5:06	11.7 (66.1%)
134	<b>MISZCZYSZYN Oliwier</b>	<b>326</b>		M-30	40						00:24:57	<b>00:51:10.00</b>	<b>00:51:10.00</b>	+00:17:11 (33.6%)	5:07	11.7 (66.1%)
135	<b>OLBRYCHOWSKA Paulina</b>	<b>355</b>		K-30	15						00:25:10	<b>00:51:12.25</b>	<b>00:51:12.25</b>	+00:17:13 (33.6%)	5:07	11.7 (66.1%)
136	<b>ZALESKI Tomasz</b>	<b>577</b>		M-40	38						00:24:38	<b>00:51:15.95</b>	<b>00:51:15.95</b>	+00:17:17 (33.7%)	5:07	11.7 (66.1%)
137	<b>BIK Marcin</b>	<b>31</b>		M-50	13						00:24:38	<b>00:51:16.00</b>	<b>00:51:16.00</b>	+00:17:17 (33.7%)	5:07	11.7 (66.1%)
138	<b>RADCZUK Mariusz</b>	<b>426</b>	14 ZBOT	M-40	39		Tak	Tak	Tak	Grupa Azoty	00:24:25	<b>00:51:21.15</b>	<b>00:51:21.15</b>	+00:17:22 (33.8%)	5:08	11.7 (66.1%)
139	<b>KOSTKOWSKI Hubert</b>	<b>219</b>		M-30	41						00:25:19	<b>00:51:22.75</b>	<b>00:51:22.75</b>	+00:17:23 (33.9%)	5:08	11.7 (66.1%)
140	<b>TUSZYŃSKI Bartek</b>	<b>530</b>		M-30	42		Tak				00:24:33	<b>00:51:24.20</b>	<b>00:51:24.20</b>	+00:17:25 (33.9%)	5:08	11.7 (66.1%)
141	<b>SZARMACH Dariusz</b>	<b>490</b>	MARATOŃCZYK TEAM SZCZECIN	M-40	40						00:24:09	<b>00:51:26.20</b>	<b>00:51:26.20</b>	+00:17:27 (33.9%)	5:08	11.7 (66.1%)
142	<b>BOŻEK Artur</b>	<b>45</b>		M-40	41						00:24:41	<b>00:51:26.40</b>	<b>00:51:26.40</b>	+00:17:27 (33.9%)	5:08	11.7 (66.1%)
143	<b>ANDRUSZKIEWICZ Piotr</b>	<b>12</b>		M-30	43						00:24:48	<b>00:51:26.50</b>	<b>00:51:26.50</b>	+00:17:27 (33.9%)	5:08	11.7 (66.1%)
144	<b>SKWIRA Michał</b>	<b>464</b>		M-30	44						00:25:15	<b>00:51:30.95</b>	<b>00:51:30.95</b>	+00:17:32 (34.0%)	5:09	11.7 (66.1%)
145	<b>MILEWSKA Edyta</b>	<b>322</b>	WY-BIEGANI SZCZECIN	K-30	16						00:25:19	<b>00:51:36.45</b>	<b>00:51:36.45</b>	+00:17:37 (34.2%)	5:09	11.6 (65.5%)
146	<b>PAWŁOWSKA-ZALEJSKA Justyna</b>	<b>378</b>		K-30	17						00:24:41	<b>00:51:40.35</b>	<b>00:51:40.35</b>	+00:17:41 (34.2%)	5:10	11.6 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Grupy			Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							Police	Azoty	Mundurowi							
147	<b>ZAJĄC Remigiusz</b>	<b>575</b>		M-20	16		Tak						+00:17:46 (34.3%)	5:10	11.6 (65.5%)	
148	<b>KUFEL Dariusz</b>	<b>255</b>		M-60	5								+00:17:51 (34.4%)	5:10	11.6 (65.5%)	
149	<b>CHARLEJ Ireneusz</b>	<b>63</b>	WIECZORNE BIEGANIE W SZCZECINIE	M-50	14				Tak				+00:17:51 (34.5%)	5:11	11.6 (65.5%)	
150	<b>DRÓŹDŹ Mariusz</b>	<b>85</b>	MJD TEAM	M-40	42								+00:17:52 (34.5%)	5:11	11.6 (65.5%)	
151	<b>MATYS Michał</b>	<b>308</b>		M-30	45								+00:17:55 (34.5%)	5:11	11.6 (65.5%)	
152	<b>NOWIK Arkadiusz</b>	<b>351</b>		M-40	43								+00:17:59 (34.6%)	5:11	11.5 (65.0%)	
153	<b>HĄŁUSZKO Szymon</b>	<b>610</b>	DEMANT	M-30	46								+00:18:02 (34.7%)	5:12	11.5 (65.0%)	
154	<b>PIĄTKOWSKI Mariusz</b>	<b>383</b>	GRYFUS SZCZECIN	M-40	44		Tak						+00:18:03 (34.7%)	5:12	11.5 (65.0%)	
155	<b>POLECHONSKI Kamil</b>	<b>410</b>	OSEMKOWA PETARDA	M-40	45		Tak						+00:18:07 (34.8%)	5:12	11.5 (65.0%)	
155	<b>WARWAS Agata</b>	<b>541</b>	BIEGACZE ŚWINOUJŚCIE	K-40	6								+00:18:07 (34.8%)	5:12	11.5 (65.0%)	
157	<b>BIS Michał</b>	<b>32</b>		M-40	46								+00:18:11 (34.9%)	5:13	11.5 (65.0%)	
158	<b>TROJANOWSKI Tomasz</b>	<b>526</b>		M-40	47								+00:18:14 (34.9%)	5:13	11.5 (65.0%)	
159	<b>PIOTROWSKI Piotr</b>	<b>395</b>	TENET	M-40	48		Tak		Tenet				+00:18:17 (35.0%)	5:13	11.5 (65.0%)	
160	<b>PIĄTEK Krystian</b>	<b>382</b>		M-40	49								+00:18:22 (35.1%)	5:14	11.5 (65.0%)	
161	<b>SKIBA Michał</b>	<b>463</b>	WY-BIEGANI SZCZECIN	M-30	47				Wy-Biegani Szczecin 2				+00:18:22 (35.1%)	5:14	11.5 (65.0%)	
162	<b>MADEJ Anna</b>	<b>292</b>	UKŁ ÓSEMKI POLICE	K-30	18								+00:18:25 (35.2%)	5:14	11.5 (65.0%)	
163	<b>KOTOWSKI Dominik</b>	<b>606</b>	DEMANT	M-30	48								+00:18:37 (35.4%)	5:15	11.4 (64.4%)	
164	<b>PENTEŁA Mariusz</b>	<b>381</b>		M-40	50		Tak						+00:18:50 (35.7%)	5:16	11.4 (64.4%)	
165	<b>JĘDRUSZEK Artur</b>	<b>169</b>		M-30	49								+00:18:53 (35.7%)	5:17	11.4 (64.4%)	
166	<b>WOJSZCZYK Michał</b>	<b>561</b>	BRIDGESTONE STARGARD RUNNERS	M-30	50								+00:19:01 (35.9%)	5:18	11.3 (63.8%)	
167	<b>PIOTROWSKI Arkadiusz</b>	<b>394</b>		M-30	51								+00:19:11 (36.1%)	5:19	11.3 (63.8%)	
168	<b>WOJCIECHOWSKA Wanda</b>	<b>560</b>		K-50	1								+00:19:15 (36.2%)	5:19	11.3 (63.8%)	
169	<b>CHARĘZA Marcin</b>	<b>62</b>	ZAWADZKIEGO SZCZECIN	M-40	51								+00:19:16 (36.2%)	5:19	11.3 (63.8%)	
170	<b>MADRĄK Anna</b>	<b>293</b>	BBL TEAM POLICE/HULKTEAM POLICE	K-40	7		Tak		Tak				+00:19:19 (36.3%)	5:19	11.3 (63.8%)	
171	<b>KOZANECKA Iwona</b>	<b>227</b>		K-60	1								+00:19:20 (36.3%)	5:19	11.3 (63.8%)	
172	<b>DANILEWICZ Wojciech</b>	<b>75</b>	WIECZORNE BIEGANIE W SZCZECINIE	M-50	15								+00:19:27 (36.4%)	5:20	11.2 (63.3%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Grupy				5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							Police	Azoty	Mundurowi	Drużyna 1						
173	<b>BŁAŻ Andrzej</b>	<b>34</b>		M-50	16								+00:19:45 (36.8%)	5:22	11.2 (63.3%)	
174	<b>ŁĄCZAK Justyna</b>	<b>265</b>	ASSECO ACTIVE TEAM	K-40	8								+00:19:47 (36.8%)	5:22	11.2 (63.3%)	
175	<b>ZIELIŃSKI Mariusz</b>	<b>587</b>		M-30	52		Tak						+00:19:50 (36.9%)	5:22	11.1 (62.7%)	
176	<b>GIETKO Piotr</b>	<b>120</b>	MIĘTUSY	M-40	52			Tak					+00:19:51 (36.9%)	5:23	11.1 (62.7%)	
177	<b>SĘK Dariusz</b>	<b>457</b>	MIĘTUSY	M-40	53								+00:19:53 (36.9%)	5:23	11.1 (62.7%)	
178	<b>ZALEJSKI Tomasz</b>	<b>576</b>		M-40	54								+00:19:53 (36.9%)	5:23	11.1 (62.7%)	
179	<b>JANKA Aleksandra</b>	<b>159</b>	GRUPA AZOTY	K-20	5		Tak	Tak					+00:19:55 (37.0%)	5:23	11.1 (62.7%)	
180	<b>NOGAJ Krzysztof</b>	<b>346</b>	WY-BIEGANI SZCZECIN	M-30	53							Wy-Biegani Szczecin 2	+00:19:59 (37.0%)	5:23	11.1 (62.7%)	
181	<b>BIEŃCZYK Iwona</b>	<b>30</b>	WY-BIEGANI SZCZECIN	K-40	9							Wy-Biegani Szczecin 2	+00:19:59 (37.0%)	5:23	11.1 (62.7%)	
182	<b>KŁACZKIEWICZ Alicja</b>	<b>207</b>	WY-BIEGANI SZCZECIN	K-30	19							Wy-Biegani Szczecin 2	+00:20:07 (37.2%)	5:24	11.1 (62.7%)	
183	<b>ŁUKASIEWICZ Robert</b>	<b>285</b>		M-50	17								+00:20:10 (37.3%)	5:24	11.1 (62.7%)	
184	<b>PIECHOCKI Michał</b>	<b>384</b>		M-30	54		Tak						+00:20:14 (37.3%)	5:25	11.1 (62.7%)	
185	<b>WÓJTOWICZ Jerzy</b>	<b>569</b>	NIENAWIDZĘ BIEGAĆ	M-40	55								+00:20:17 (37.4%)	5:25	11.1 (62.7%)	
186	<b>ŻYLUK Bożena</b>	<b>599</b>	WIECZORNE BIEGANIE W SZCZECINIE	K-50	2								+00:20:18 (37.4%)	5:25	11.1 (62.7%)	
187	<b>WALCZAK Tadeusz</b>	<b>535</b>	GRUPA AZOTY	M-50	18		Tak						+00:20:23 (37.5%)	5:26	11 (62.1%)	
188	<b>PIOTROWSKA Aleksandra</b>	<b>391</b>		K-30	20								+00:20:23 (37.5%)	5:26	11 (62.1%)	
189	<b>ZIÓŁKOWSKA Andzelika</b>	<b>590</b>	KB HERMES GRYFINO	K-30	21		Tak					KB Hermes Gryfino 2	+00:20:27 (37.6%)	5:26	11 (62.1%)	
190	<b>STĘPNIAK Lesław</b>	<b>480</b>		M-40	56							SKB DZIK	+00:20:28 (37.6%)	5:26	11 (62.1%)	
191	<b>NADOLNY Dawid</b>	<b>334</b>	PARKRUN SZCZECIN	M-16	4	Nadolni						Nadolny Team	+00:20:32 (37.7%)	5:27	11 (62.1%)	
192	<b>KOZMIC Ryszard</b>	<b>233</b>		M-60	6		Tak						+00:20:39 (37.8%)	5:27	11 (62.1%)	
193	<b>KIERNOŻYCKI Mateusz</b>	<b>198</b>		M-40	57		Tak						+00:20:43 (37.9%)	5:28	11 (62.1%)	
194	<b>RUMOWSKI Tomek</b>	<b>442</b>	TE	M-40	58								+00:20:44 (37.9%)	5:28	11 (62.1%)	
195	<b>STRĄK Izabela</b>	<b>481</b>	WIECZORNE BIEGANIE W SZCZECINIE	K-40	10								+00:20:45 (37.9%)	5:28	11 (62.1%)	
196	<b>RAKOWSKI Piotr</b>	<b>427</b>		M-60	7		Tak						+00:20:45 (37.9%)	5:28	11 (62.1%)	
197	<b>RĘBISZ Jan</b>	<b>431</b>		M-50	19								+00:20:45 (37.9%)	5:28	11 (62.1%)	
198	<b>GOLARA Anna</b>	<b>121</b>		K-20	6								+00:20:46 (37.9%)	5:28	11 (62.1%)	



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Grupy			Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							Police	Azoty	Mundurowi							
199	<b>NOWAKOWSKI Dawid</b>	<b>350</b>		M-30	55						00:26:29	<b>00:54:47.50</b>	<b>00:54:47.50</b>	+00:20:48 (38.0%)	5:28	11 (62.1%)
200	<b>MILEWSKI Adrian</b>	<b>323</b>	DECATHLON SZCZECIN	M-30	56						00:27:19	<b>00:54:53.75</b>	<b>00:54:53.75</b>	+00:20:54 (38.1%)	5:29	10.9 (61.6%)
201	<b>HANKE Patryk</b>	<b>146</b>	DECATHLON SZCZECIN	M-20	17						00:27:19	<b>00:54:53.95</b>	<b>00:54:53.95</b>	+00:20:55 (38.1%)	5:29	10.9 (61.6%)
202	<b>KOŁTUN Wojtek</b>	<b>211</b>	WIECZORNE BIEGANIE W SZCZECINIE	M-50	20						00:28:17	<b>00:54:54.35</b>	<b>00:54:54.35</b>	+00:20:55 (38.1%)	5:29	10.9 (61.6%)
203	<b>WASILEWSKI Ryszard</b>	<b>542</b>	KALINOWSKITEAM UKL ÓSEMKA POLICE	M-60	8		Tak				00:25:31	<b>00:54:54.80</b>	<b>00:54:54.80</b>	+00:20:56 (38.1%)	5:29	10.9 (61.6%)
204	<b>DOBRYCKI Piotr</b>	<b>83</b>	BRIDGESTONE RUNNERS STARGARD	M-40	59						00:26:56	<b>00:54:58.45</b>	<b>00:54:58.45</b>	+00:20:59 (38.2%)	5:29	10.9 (61.6%)
205	<b>KRÓLAK Beata</b>	<b>238</b>	SP8 POLICE	K-60	2		Tak				00:26:48	<b>00:55:02.30</b>	<b>00:55:02.30</b>	+00:21:03 (38.3%)	5:30	10.9 (61.6%)
206	<b>BRATKO Przemysław</b>	<b>47</b>		M-30	57						00:26:29	<b>00:55:04.50</b>	<b>00:55:04.50</b>	+00:21:05 (38.3%)	5:30	10.9 (61.6%)
207	<b>MARCINIAK Monika</b>	<b>302</b>	BBL LASY BOGDANIEC	K-40	11						00:26:50	<b>00:55:15.10</b>	<b>00:55:15.10</b>	+00:21:16 (38.5%)	5:31	10.9 (61.6%)
208	<b>BAGIŃSKA Marta</b>	<b>17</b>		K-40	12						00:27:24	<b>00:55:18.05</b>	<b>00:55:18.05</b>	+00:21:19 (38.6%)	5:31	10.8 (61.0%)
209	<b>SWOBODA Piotr</b>	<b>486</b>	LOVELASY	M-40	60		Tak				00:27:13	<b>00:55:19.30</b>	<b>00:55:19.30</b>	+00:21:20 (38.6%)	5:31	10.8 (61.0%)
210	<b>CZERWIŃSKI Dariusz</b>	<b>68</b>	LOVELASY	M-50	21		Tak	Tak			00:27:13	<b>00:55:19.80</b>	<b>00:55:19.80</b>	+00:21:21 (38.6%)	5:31	10.8 (61.0%)
211	<b>STRZYGA Mariusz</b>	<b>483</b>		M-40	61						00:26:21	<b>00:55:22.70</b>	<b>00:55:22.70</b>	+00:21:23 (38.6%)	5:32	10.8 (61.0%)
212	<b>DUDZIŃSKI Kamil</b>	<b>91</b>		M-30	58						00:27:28	<b>00:55:27.55</b>	<b>00:55:27.55</b>	+00:21:28 (38.7%)	5:32	10.8 (61.0%)
213	<b>PIECZYŃSKI Krzysztof</b>	<b>387</b>		M-60	9						00:27:55	<b>00:55:37.35</b>	<b>00:55:37.35</b>	+00:21:38 (38.9%)	5:33	10.8 (61.0%)
214	<b>GEMBICKA Małgorzata</b>	<b>117</b>	WILKI Z CIECHOCINKA	K-40	13						00:27:20	<b>00:55:38.95</b>	<b>00:55:38.95</b>	+00:21:40 (38.9%)	5:33	10.8 (61.0%)
215	<b>JASIUCHNA Aleksandra</b>	<b>162</b>		K-30	22						00:27:32	<b>00:55:39.25</b>	<b>00:55:39.25</b>	+00:21:40 (38.9%)	5:33	10.8 (61.0%)
216	<b>BRUNKE Jarosław</b>	<b>48</b>		M-30	59						00:28:00	<b>00:55:39.95</b>	<b>00:55:39.95</b>	+00:21:41 (39.0%)	5:33	10.8 (61.0%)
217	<b>SIWEK Jarek</b>	<b>461</b>	PARKRUN SZCZECIN	M-50	22	Nadolni					00:27:34	<b>00:55:42.45</b>	<b>00:55:42.45</b>	+00:21:43 (39.0%)	5:34	10.8 (61.0%)
218	<b>SZEWCZYK Tomek</b>	<b>497</b>	WY-BIEGANI SZCZECIN	M-40	62						00:26:33	<b>00:55:51.10</b>	<b>00:55:51.10</b>	+00:21:52 (39.2%)	5:35	10.7 (60.5%)
219	<b>NAREJKO Paweł</b>	<b>336</b>		M-30	60		Tak				00:26:32	<b>00:55:52.95</b>	<b>00:55:52.95</b>	+00:21:54 (39.2%)	5:35	10.7 (60.5%)
220	<b>WARDEGA Monika</b>	<b>539</b>	KB HERMES	K-30	23						00:25:54	<b>00:55:53.25</b>	<b>00:55:53.25</b>	+00:21:54 (39.2%)	5:35	10.7 (60.5%)
221	<b>KOWALSKA Anna</b>	<b>225</b>	KB HERMES GRYFINO	K-40	14						00:25:54	<b>00:55:53.45</b>	<b>00:55:53.45</b>	+00:21:54 (39.2%)	5:35	10.7 (60.5%)
222	<b>SOJKA Adam</b>	<b>469</b>	BRAK	M-20	18			Tak			00:26:14	<b>00:55:53.95</b>	<b>00:55:53.95</b>	+00:21:55 (39.2%)	5:35	10.7 (60.5%)
223	<b>OSMAN Marcin</b>	<b>365</b>		M-30	61						00:28:09	<b>00:55:56.60</b>	<b>00:55:56.60</b>	+00:21:57 (39.3%)	5:35	10.7 (60.5%)
224	<b>BARANOWSKA Anna</b>	<b>21</b>	SAVAGES	K-30	24		Tak	Tak			00:27:26	<b>00:55:59.60</b>	<b>00:55:59.60</b>	+00:22:00 (39.3%)	5:35	10.7 (60.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Grupy			5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h	
							Police	Azoty	Mundurowi							Drużyna 1
225	<b>BARANOWSKI Maciej</b>	<b>22</b>	SAVAGES	M-30	62		Tak			SAVAGES	00:27:25	<b>00:55:59.70</b>	<b>00:55:59.70</b>	+00:22:00 (39.3%)	5:35	10.7 (60.5%)
226	<b>ROSZATYCKI Łukasz</b>	<b>439</b>		M-40	63						00:27:35	<b>00:56:00.20</b>	<b>00:56:00.20</b>	+00:22:01 (39.3%)	5:36	10.7 (60.5%)
227	<b>PASŁAWSKI Filip</b>	<b>371</b>		M-20	19						00:27:40	<b>00:56:01.05</b>	<b>00:56:01.05</b>	+00:22:02 (39.3%)	5:36	10.7 (60.5%)
228	<b>JURYS Krzysztof</b>	<b>177</b>		M-50	23						00:27:25	<b>00:56:08.45</b>	<b>00:56:08.45</b>	+00:22:09 (39.5%)	5:36	10.7 (60.5%)
229	<b>OSMAN Tomasz</b>	<b>366</b>	FC ŻYRAFY	M-30	63		Tak				00:28:11	<b>00:56:10.85</b>	<b>00:56:10.85</b>	+00:22:12 (39.5%)	5:37	10.7 (60.5%)
230	<b>WILIŃSKI Marek</b>	<b>553</b>		M-60	10						00:28:36	<b>00:56:12.80</b>	<b>00:56:12.80</b>	+00:22:14 (39.6%)	5:37	10.7 (60.5%)
230	<b>AUGUSTYNIAK Grzegorz</b>	<b>16</b>	UKL FENIKS ŚWIDWIN	M-40	64						00:28:35	<b>00:56:12.80</b>	<b>00:56:12.80</b>	+00:22:14 (39.6%)	5:37	10.7 (60.5%)
232	<b>KLABAN Szymon</b>	<b>201</b>		M-40	65						00:27:50	<b>00:56:13.15</b>	<b>00:56:13.15</b>	+00:22:14 (39.6%)	5:37	10.7 (60.5%)
233	<b>ZELEK-PAŁOSZ Magdalena</b>	<b>584</b>		K-40	15						00:28:17	<b>00:56:22.70</b>	<b>00:56:22.70</b>	+00:22:23 (39.7%)	5:38	10.6 (59.9%)
234	<b>PIOTROWSKA Dorota</b>	<b>392</b>		K-30	25		Tak				00:27:57	<b>00:56:24.30</b>	<b>00:56:24.30</b>	+00:22:25 (39.8%)	5:38	10.6 (59.9%)
235	<b>GORZKA Kamila</b>	<b>124</b>	GRUPA AZOTY	K-40	16		Tak				00:27:15	<b>00:56:27.25</b>	<b>00:56:27.25</b>	+00:22:28 (39.8%)	5:38	10.6 (59.9%)
236	<b>KRAWCZYK Jerzy</b>	<b>236</b>		M-50	24						00:26:50	<b>00:56:29.90</b>	<b>00:56:29.90</b>	+00:22:31 (39.9%)	5:38	10.6 (59.9%)
237	<b>DYDEK Arkadiusz</b>	<b>94</b>	SKB DZIK	M-20	20	Dydek		Tak		SKB DZIK	00:25:29	<b>00:56:37.30</b>	<b>00:56:37.30</b>	+00:22:38 (40.0%)	5:39	10.6 (59.9%)
238	<b>HERMANOWICZ Miłosz</b>	<b>604</b>	DEMANT	M-30	64						00:26:58	<b>00:56:38.30</b>	<b>00:56:38.30</b>	+00:22:39 (40.0%)	5:39	10.6 (59.9%)
239	<b>BRZESKOT Marek</b>	<b>49</b>		M-40	66						00:28:04	<b>00:56:39.45</b>	<b>00:56:39.45</b>	+00:22:40 (40.0%)	5:39	10.6 (59.9%)
240	<b>SOWA Krzysztof</b>	<b>472</b>	ZWIEDZANIE PRZEZ BIEGANIE / TRASHMAGEDDON	M-30	65						00:28:20	<b>00:56:39.70</b>	<b>00:56:39.70</b>	+00:22:40 (40.0%)	5:39	10.6 (59.9%)
241	<b>KIJO ŁYDKA Magdalena</b>	<b>199</b>		K-40	17						00:27:41	<b>00:56:42.80</b>	<b>00:56:42.80</b>	+00:22:44 (40.1%)	5:40	10.6 (59.9%)
242	<b>ŁYDKA Sylwester</b>	<b>287</b>		M-40	67			Tak			00:27:41	<b>00:56:42.95</b>	<b>00:56:42.95</b>	+00:22:44 (40.1%)	5:40	10.6 (59.9%)
243	<b>KĘSICKA-BLOCH Aneta</b>	<b>196</b>		K-40	18						00:27:16	<b>00:56:43.00</b>	<b>00:56:43.00</b>	+00:22:44 (40.1%)	5:40	10.6 (59.9%)
244	<b>PRZEZAK Agnieszka</b>	<b>419</b>		K-20	7		Tak				00:27:56	<b>00:56:45.75</b>	<b>00:56:45.75</b>	+00:22:46 (40.1%)	5:40	10.6 (59.9%)
245	<b>OPALUCH Grzegorz</b>	<b>363</b>	SZCZECIŃSKA ENERGETYKA CIEPLNA	M-40	68						00:28:19	<b>00:56:48.65</b>	<b>00:56:48.65</b>	+00:22:49 (40.2%)	5:40	10.6 (59.9%)
246	<b>LITRA Mateusz</b>	<b>278</b>		M-30	66						00:27:43	<b>00:56:59.30</b>	<b>00:56:59.30</b>	+00:23:00 (40.4%)	5:41	10.5 (59.3%)
247	<b>JAWORSKA Aleksandra</b>	<b>165</b>	BIEGACZE ŚWINOUJŚCIE	K-40	19						00:29:33	<b>00:56:59.45</b>	<b>00:56:59.45</b>	+00:23:00 (40.4%)	5:41	10.5 (59.3%)
248	<b>SOWISZ Adrianna</b>	<b>474</b>		K-20	8					SOWISZ TEAM	00:27:53	<b>00:57:06.45</b>	<b>00:57:06.45</b>	+00:23:07 (40.5%)	5:42	10.5 (59.3%)
249	<b>WARNIEŁŁO Adriana</b>	<b>540</b>		K-40	20					Żółwiki w pogoni	00:27:37	<b>00:57:11.65</b>	<b>00:57:11.65</b>	+00:23:12 (40.6%)	5:43	10.5 (59.3%)
250	<b>KOLSKA Lena</b>	<b>607</b>	DEMANT	K-30	26						00:27:34	<b>00:57:17.65</b>	<b>00:57:17.65</b>	+00:23:18 (40.7%)	5:43	10.5 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Grupy				5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Police	Azoty	Mundurowi	Drużyna 1						
251	<b>NIEWADZIK Ula</b>	<b>343</b>		K-50	3								+00:23:22 (40.8%)	5:44	10.5 (59.3%)
252	<b>PRUSZANOW Marcin</b>	<b>416</b>	KB HERMES GRYFINO	M-40	69					KB Hermes Gryfino			+00:23:23 (40.8%)	5:44	10.5 (59.3%)
253	<b>KRUCZKOWSKI Maciej</b>	<b>241</b>		M-50	25								+00:23:33 (40.9%)	5:45	10.4 (58.8%)
254	<b>KRUCZKOWSKA Agnieszka</b>	<b>239</b>		K-50	4								+00:23:33 (40.9%)	5:45	10.4 (58.8%)
255	<b>ŁEBKOWSKI Karol</b>	<b>281</b>	WILKI Z CIECHOCINKA	M-40	70								+00:23:53 (41.3%)	5:47	10.4 (58.8%)
256	<b>BRZEZIŃSKA Dorota</b>	<b>50</b>	RAZ SZCZECIN	K-50	5	Tak							+00:23:55 (41.3%)	5:47	10.4 (58.8%)
257	<b>PRYMELSKI Jarosław</b>	<b>418</b>		M-30	67								+00:23:57 (41.3%)	5:47	10.4 (58.8%)
258	<b>WRZOSEK Kamil</b>	<b>572</b>		M-20	21								+00:23:57 (41.4%)	5:47	10.4 (58.8%)
258	<b>KRUCZKOWSKA Malwina</b>	<b>240</b>		K-20	9								+00:23:57 (41.4%)	5:47	10.4 (58.8%)
260	<b>SZCZEPANIAK Izabela</b>	<b>493</b>		K-30	27								+00:24:01 (41.4%)	5:48	10.3 (58.2%)
261	<b>CZYZYŃ Angelika</b>	<b>70</b>	POCHMURNI DREPTACZE	K-30	28	Tak							+00:24:02 (41.4%)	5:48	10.3 (58.2%)
262	<b>GROBELSKA Dominika</b>	<b>130</b>		K-20	10					Decathlon Szczecin			+00:24:12 (41.6%)	5:49	10.3 (58.2%)
263	<b>KISIEL Kamila</b>	<b>200</b>	BRIDGESTONE STARGARD	K-20	11								+00:24:14 (41.6%)	5:49	10.3 (58.2%)
264	<b>REINHOLZ Elżbieta</b>	<b>429</b>		K-40	21								+00:24:20 (41.7%)	5:49	10.3 (58.2%)
265	<b>RUDZEWICZ Mariusz</b>	<b>441</b>		M-30	68			Tak					+00:24:23 (41.8%)	5:50	10.3 (58.2%)
266	<b>MARCHELEWSKI Artur</b>	<b>300</b>	EKSPERT SYSTEMY INFORMATYCZNE	M-50	26								+00:24:25 (41.8%)	5:50	10.3 (58.2%)
267	<b>TRZASZCZKA Pamela</b>	<b>528</b>	DECATHLON SZCZECIN	K-20	12					Decathlon Szczecin			+00:24:34 (42.0%)	5:51	10.2 (57.6%)
268	<b>MAJCHRZYK Marta</b>	<b>296</b>		K-20	13								+00:24:36 (42.0%)	5:51	10.2 (57.6%)
269	<b>DUĐENKO Jerzy</b>	<b>88</b>	DUDKITEAM	M-40	71								+00:24:44 (42.1%)	5:52	10.2 (57.6%)
270	<b>BOCHEN Izabela</b>	<b>36</b>		K-40	22			Tak					+00:24:45 (42.2%)	5:52	10.2 (57.6%)
271	<b>PRZYBYSZ Marcin</b>	<b>421</b>	PRZYBYSZ FAMILY	M-40	72			Tak					+00:24:49 (42.2%)	5:52	10.2 (57.6%)
272	<b>KIERNOŻYCKA Kasia</b>	<b>197</b>		K-40	23					Bosman Szczecin			+00:24:54 (42.3%)	5:53	10.2 (57.6%)
273	<b>ROBAK Aleksandra</b>	<b>433</b>	DECATHLON SZCZECIN	K-30	29					Decathlon Szczecin			+00:25:04 (42.5%)	5:54	10.2 (57.6%)
274	<b>CHMIELEWSKA Agnieszka</b>	<b>64</b>	CHMIELEWSKI TEAM - BBL POLICE	K-40	24	Tak				BBL Police			+00:25:13 (42.6%)	5:55	10.1 (57.1%)
275	<b>KOMOROWSKI Michał</b>	<b>214</b>		M-30	69								+00:25:15 (42.6%)	5:55	10.1 (57.1%)
276	<b>WITORZĘĆ Dariusz</b>	<b>558</b>		M-40	73	Tak							+00:25:15 (42.6%)	5:55	10.1 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Grupy					5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Rodzina	Police	Azoty	Mundurowi	Drużyna 1						
277	<b>KOŁUCKI Arkadiusz</b>	<b>213</b>		M-30	70				Tak		00:28:16	<b>00:59:19.25</b>	<b>00:59:19.25</b>	+00:25:20 (42.7%)	5:55	10.1 (57.1%)
278	<b>KOŁUCKA Jowita</b>	<b>212</b>		K-20	14						00:28:16	<b>00:59:19.30</b>	<b>00:59:19.30</b>	+00:25:20 (42.7%)	5:55	10.1 (57.1%)
279	<b>KUBIAK Michał</b>	<b>251</b>		M-40	74						00:29:03	<b>00:59:21.55</b>	<b>00:59:21.55</b>	+00:25:22 (42.8%)	5:56	10.1 (57.1%)
280	<b>OLEŚKIEWICZ Michał</b>	<b>359</b>	WY-BIEGANI SZCZECIN	M-40	75					Wy-Biegani Szczecin 3	00:28:37	<b>00:59:23.20</b>	<b>00:59:23.20</b>	+00:25:24 (42.8%)	5:56	10.1 (57.1%)
281	<b>BURCHARD-KUCA Anita</b>	<b>59</b>		K-30	30				Tak		00:29:25	<b>00:59:31.90</b>	<b>00:59:31.90</b>	+00:25:33 (42.9%)	5:57	10.1 (57.1%)
282	<b>KUCA Łukasz</b>	<b>252</b>		M-30	71						00:29:25	<b>00:59:32.05</b>	<b>00:59:32.05</b>	+00:25:33 (42.9%)	5:57	10.1 (57.1%)
283	<b>JĘDRUCH Rafał</b>	<b>168</b>		M-40	76						00:29:08	<b>00:59:39.45</b>	<b>00:59:39.45</b>	+00:25:40 (43.0%)	5:57	10.1 (57.1%)
284	<b>KOZACZUK Grzegorz</b>	<b>226</b>		M-40	77						00:28:47	<b>00:59:40.55</b>	<b>00:59:40.55</b>	+00:25:41 (43.1%)	5:58	10.1 (57.1%)
285	<b>JĄSKIEWICZ Katarzyna</b>	<b>164</b>	RAZ SZCZECIN	K-40	25						00:28:19	<b>00:59:40.95</b>	<b>00:59:40.95</b>	+00:25:42 (43.1%)	5:58	10.1 (57.1%)
286	<b>HAJDUKIEWICZ Jarosław</b>	<b>141</b>		M-50	27		Tak				00:28:52	<b>01:00:02.20</b>	<b>01:00:02.20</b>	+00:26:03 (43.4%)	6:00	10 (56.5%)
287	<b>JURYS Elzbieta</b>	<b>178</b>		K-50	6						00:29:09	<b>01:00:06.50</b>	<b>01:00:06.50</b>	+00:26:07 (43.5%)	6:00	10 (56.5%)
288	<b>WIEDRO Katarzyna</b>	<b>551</b>		K-40	26						00:29:15	<b>01:00:07.65</b>	<b>01:00:07.65</b>	+00:26:08 (43.5%)	6:00	10 (56.5%)
289	<b>DUNOWSKI Przemysław</b>	<b>93</b>		M-50	28						00:28:55	<b>01:00:09.45</b>	<b>01:00:09.45</b>	+00:26:10 (43.5%)	6:00	10 (56.5%)
290	<b>DĘBICKI Jakub</b>	<b>78</b>		M-20	22		Tak				00:30:42	<b>01:00:16.10</b>	<b>01:00:16.10</b>	+00:26:17 (43.6%)	6:01	10 (56.5%)
291	<b>MAJ Anna</b>	<b>295</b>	WIECZORNE BIEGANIE W SZCZECINIE	K-40	27						00:30:26	<b>01:00:16.50</b>	<b>01:00:16.50</b>	+00:26:17 (43.6%)	6:01	10 (56.5%)
292	<b>PRZYBYSZ Jakub</b>	<b>420</b>		M-20	23		Tak				00:30:42	<b>01:00:16.65</b>	<b>01:00:16.65</b>	+00:26:17 (43.6%)	6:01	10 (56.5%)
293	<b>OSTROWSKA Ewelina</b>	<b>367</b>	OSTRATEAM	K-30	31					OstraTeam	00:28:45	<b>01:00:28.15</b>	<b>01:00:28.15</b>	+00:26:29 (43.8%)	6:02	9.9 (55.9%)
294	<b>BŁĄŻEJEWSKA-JANNASZ Kamila</b>	<b>35</b>		K-30	32		Tak				00:29:41	<b>01:00:28.25</b>	<b>01:00:28.25</b>	+00:26:29 (43.8%)	6:02	9.9 (55.9%)
295	<b>SAKOWICZ Anna</b>	<b>451</b>	OSTRA TEAM	K-40	28					OstraTeam	00:28:45	<b>01:00:28.35</b>	<b>01:00:28.35</b>	+00:26:29 (43.8%)	6:02	9.9 (55.9%)
296	<b>SZOSTAK Daniel</b>	<b>503</b>		M-40	78						00:28:50	<b>01:00:32.40</b>	<b>01:00:32.40</b>	+00:26:33 (43.9%)	6:03	9.9 (55.9%)
297	<b>ROSZAK Weronika</b>	<b>437</b>	CIUWER TEAM	K-30	33						00:29:16	<b>01:00:34.75</b>	<b>01:00:34.75</b>	+00:26:35 (43.9%)	6:03	9.9 (55.9%)
298	<b>PODWALSKI Piotr</b>	<b>404</b>		M-30	72						00:28:53	<b>01:00:42.10</b>	<b>01:00:42.10</b>	+00:26:43 (44.0%)	6:04	9.9 (55.9%)
299	<b>HANĆ Ryszard</b>	<b>145</b>	NIEZRZESZONY	M-50	29						00:30:37	<b>01:00:49.60</b>	<b>01:00:49.60</b>	+00:26:50 (44.1%)	6:04	9.9 (55.9%)
300	<b>MIKULSKA GAWLE Karina</b>	<b>320</b>	UNITY LINE	K-40	29						00:30:10	<b>01:00:55.35</b>	<b>01:00:55.35</b>	+00:26:56 (44.2%)	6:05	9.8 (55.4%)
301	<b>KUBASIK Waldemar</b>	<b>249</b>	BOSMAN SZCZECIN	M-60	11					Bosman Szczecin	00:28:13	<b>01:00:55.60</b>	<b>01:00:55.60</b>	+00:26:56 (44.2%)	6:05	9.8 (55.4%)
302	<b>JENDRZEJCZAK Rafał</b>	<b>167</b>		M-40	79		Tak				00:30:20	<b>01:00:57.70</b>	<b>01:00:57.70</b>	+00:26:58 (44.3%)	6:05	9.8 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Grupy				5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							Police	Azoty	Mundurowi	Drużyna 1						
303	JARCZEWSKI Damian	160	KB DORACO	M-30	73		Tak						+00:26:59 (44.3%)	6:05	9.8 (55.4%)	
304	PILAWSKI Piotr	389		M-30	74								+00:27:06 (44.4%)	6:06	9.8 (55.4%)	
305	BRANICA Hanna	46		K-40	30								+00:27:13 (44.5%)	6:07	9.8 (55.4%)	
306	NAGOT Roger	335		M-30	75								+00:27:14 (44.5%)	6:07	9.8 (55.4%)	
307	SZOPA-POPPEL Agnieszka	502	BIEGACZE ŚWINOUJŚCIE	K-40	31								+00:27:18 (44.6%)	6:07	9.8 (55.4%)	
308	SZMELING Grzegorz	499		M-40	80								+00:27:19 (44.6%)	6:07	9.8 (55.4%)	
309	ZAWADZKI Andrzej	581	TENET	M-20	24				Tenet				+00:27:22 (44.6%)	6:08	9.8 (55.4%)	
310	MRÓZ Aleksandra	328	MOCZYLSKIE DIABLICE	K-40	32		Tak		Moczylskie Diablice				+00:27:23 (44.6%)	6:08	9.8 (55.4%)	
311	TOMCZYK Krzysztof	520		M-40	81		Tak						+00:27:23 (44.6%)	6:08	9.8 (55.4%)	
312	ZIENDA Magdalena	588	EXTREMEWOLF	K-40	33				ExtremeWolf				+00:27:24 (44.6%)	6:08	9.8 (55.4%)	
313	WOŁKOWICZ Anna	564	DRUŻYNA G	K-30	34		Tak						+00:27:26 (44.7%)	6:08	9.8 (55.4%)	
314	BOLEŃ Michał	38		M-20	25								+00:27:27 (44.7%)	6:08	9.8 (55.4%)	
314	FIGURA Krzysztof	103		M-20	25								+00:27:27 (44.7%)	6:08	9.8 (55.4%)	
316	BOLEŃ Zuzanna	37		K-20	15								+00:27:28 (44.7%)	6:08	9.8 (55.4%)	
317	PUNA Artur	424		M-30	76		Tak						+00:27:28 (44.7%)	6:08	9.8 (55.4%)	
318	KUKOWSKI Łukasz	257	ŚWINOUJSCIE	M-40	82				Tak				+00:27:29 (44.7%)	6:08	9.8 (55.4%)	
319	WARAKSA Anna	537	HACJENDA	K-40	34		Tak						+00:27:31 (44.8%)	6:09	9.8 (55.4%)	
320	NADOLNA Monika	332	PARKRUN SZCZECIN	K-40	35	Nadolni			Nadolny Team				+00:27:37 (44.8%)	6:09	9.7 (54.8%)	
321	HALEJCIO Stefan	142	MODLITWA BIEGANIA	M-50	30								+00:27:44 (44.9%)	6:10	9.7 (54.8%)	
322	KARDAŚ Anna	189		K-30	35								+00:27:49 (45.0%)	6:10	9.7 (54.8%)	
323	DZIWISZEK Magdalena	97		K-30	36								+00:27:49 (45.0%)	6:10	9.7 (54.8%)	
324	MARUSIEŃSKA Alicja	303		K-30	37								+00:27:53 (45.1%)	6:11	9.7 (54.8%)	
325	JABŁONOWSKA Aleksandra	156		K-30	38		Tak						+00:28:03 (45.2%)	6:12	9.7 (54.8%)	
326	MYSONA Małgorzata	331		K-30	39		Tak						+00:28:03 (45.2%)	6:12	9.7 (54.8%)	
327	WIĄCEK Anna	548	KOBIECE BIEGANIE	K-40	36		Tak						+00:28:08 (45.3%)	6:12	9.7 (54.8%)	
328	KACZMAREK Arleta	181	KOBIECE BIEGANIE	K-40	37		Tak						+00:28:08 (45.3%)	6:12	9.7 (54.8%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Grupy				5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							Police	Azoty	Mundurowi	Drużyna 1						
329	<b>JENDRZEJCZAK Magdalena</b>	<b>166</b>	MOCZYLSKIE DIABLICE	K-40	38		Tak			Moczylskie Diabllice	00:30:28	<b>01:02:07.45</b>	<b>01:02:07.45</b>	+00:28:08 (45.3%)	6:12	9.7 (54.8%)
330	<b>HNAT Aleksandra</b>	<b>149</b>		K-20	16					Ampio Team	00:31:24	<b>01:02:13.35</b>	<b>01:02:13.35</b>	+00:28:14 (45.4%)	6:13	9.6 (54.2%)
331	<b>FAMULSKI Mateusz</b>	<b>101</b>		M-20	27					Ampio Team	00:31:23	<b>01:02:14.50</b>	<b>01:02:14.50</b>	+00:28:15 (45.4%)	6:13	9.6 (54.2%)
332	<b>ŁUKASIEWICZ Agnieszka</b>	<b>284</b>		K-40	39					KB Hermes Gryfino 2	00:31:31	<b>01:02:16.75</b>	<b>01:02:16.75</b>	+00:28:17 (45.4%)	6:13	9.6 (54.2%)
333	<b>KUKOWSKA Małgorzata</b>	<b>256</b>	SWINOUJSCIE	K-30	40						00:31:11	<b>01:02:23.75</b>	<b>01:02:23.75</b>	+00:28:24 (45.5%)	6:14	9.6 (54.2%)
334	<b>GRYSZKA Seweryn</b>	<b>133</b>		M-20	28					Decathlon Szczecin	00:28:25	<b>01:02:28.95</b>	<b>01:02:28.95</b>	+00:28:30 (45.6%)	6:14	9.6 (54.2%)
335	<b>JAGIELNICKA Aleksandra</b>	<b>157</b>	WIECZORNE BIEGANIE W SZCZECINIE	K-30	41					Wieczorne Bieganie w Szczecinie	00:30:42	<b>01:02:34.00</b>	<b>01:02:34.00</b>	+00:28:35 (45.7%)	6:15	9.6 (54.2%)
336	<b>KLUZ Aleksandra</b>	<b>206</b>	WIECZORNE BIEGANIE W SZCZECIN	K-40	40					Wieczorne Bieganie w Szczecinie	00:31:00	<b>01:02:34.55</b>	<b>01:02:34.55</b>	+00:28:35 (45.7%)	6:15	9.6 (54.2%)
337	<b>BIELKA Weronika</b>	<b>28</b>		K-20	17						00:30:18	<b>01:02:35.60</b>	<b>01:02:35.60</b>	+00:28:36 (45.7%)	6:15	9.6 (54.2%)
338	<b>MATUŁA Magdalena</b>	<b>306</b>		K-30	42						00:30:58	<b>01:02:35.70</b>	<b>01:02:35.70</b>	+00:28:36 (45.7%)	6:15	9.6 (54.2%)
339	<b>STUDNIAREK Sylwia</b>	<b>484</b>		K-30	43						00:31:03	<b>01:02:38.65</b>	<b>01:02:38.65</b>	+00:28:39 (45.8%)	6:15	9.6 (54.2%)
340	<b>KOWALCZYK Paweł</b>	<b>221</b>		M-40	83						00:30:58	<b>01:02:39.80</b>	<b>01:02:39.80</b>	+00:28:41 (45.8%)	6:15	9.6 (54.2%)
341	<b>KORELL Klaus</b>	<b>217</b>	JUST CRAZY	M-60	12						00:32:24	<b>01:02:44.80</b>	<b>01:02:44.80</b>	+00:28:46 (45.8%)	6:16	9.6 (54.2%)
342	<b>ŚLAŻ Paulina</b>	<b>515</b>	SZCZECIŃSKA ENERGETYKA CIEPLNA	K-20	18						00:29:16	<b>01:02:57.55</b>	<b>01:02:57.55</b>	+00:28:58 (46.0%)	6:17	9.5 (53.7%)
343	<b>ŁAWKIEL Ryszard</b>	<b>279</b>		M-30	77						00:29:15	<b>01:02:57.80</b>	<b>01:02:57.80</b>	+00:28:59 (46.0%)	6:17	9.5 (53.7%)
344	<b>OLCZYK Błażej</b>	<b>356</b>		M-20	29						00:27:23	<b>01:03:00.00</b>	<b>01:03:00.00</b>	+00:29:01 (46.1%)	6:18	9.5 (53.7%)
345	<b>JAKSINA Anna</b>	<b>459</b>	WIECZORNE BIEGANIE W SZCZECINIE	K-40	41						00:29:17	<b>01:03:00.30</b>	<b>01:03:00.30</b>	+00:29:01 (46.1%)	6:18	9.5 (53.7%)
346	<b>BUDNA Anna</b>	<b>51</b>		K-40	42						00:30:17	<b>01:03:01.95</b>	<b>01:03:01.95</b>	+00:29:03 (46.1%)	6:18	9.5 (53.7%)
347	<b>BONDIA Aga</b>	<b>39</b>		K-40	43						00:30:24	<b>01:03:02.85</b>	<b>01:03:02.85</b>	+00:29:04 (46.1%)	6:18	9.5 (53.7%)
348	<b>PITURA Małgorzata</b>	<b>399</b>		K-40	44						00:30:25	<b>01:03:03.40</b>	<b>01:03:03.40</b>	+00:29:04 (46.1%)	6:18	9.5 (53.7%)
349	<b>BUDNY Wojciech</b>	<b>52</b>	ZEMBORWACZE MOŃKI	M-40	84						00:30:13	<b>01:03:04.55</b>	<b>01:03:04.55</b>	+00:29:05 (46.1%)	6:18	9.5 (53.7%)
350	<b>KĘDZIELEWSKI Łukasz</b>	<b>195</b>		M-40	85					Wieczorne Bieganie w Szczecinie	00:30:41	<b>01:03:07.80</b>	<b>01:03:07.80</b>	+00:29:09 (46.2%)	6:18	9.5 (53.7%)
350	<b>KOTLIŃSKA Monika</b>	<b>220</b>		K-30	44						00:30:41	<b>01:03:07.80</b>	<b>01:03:07.80</b>	+00:29:09 (46.2%)	6:18	9.5 (53.7%)
352	<b>KAMIŃSKA Aleksandra</b>	<b>186</b>		K-30	45						00:30:38	<b>01:03:14.60</b>	<b>01:03:14.60</b>	+00:29:15 (46.3%)	6:19	9.5 (53.7%)
353	<b>ZEMANKIEWICZ Łukasz</b>	<b>631</b>		M-40	86						00:30:29	<b>01:03:17.55</b>	<b>01:03:17.55</b>	+00:29:18 (46.3%)	6:19	9.5 (53.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Grupy				5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							Police	Azoty	Mundurowi	Drużyna 1						
354	<b>ŁONIEWSKA Ania</b>	<b>282</b>	K-RUNNERS	K-30	46											
										00:29:42	<b>01:03:20.45</b>	<b>01:03:20.45</b>	+00:29:21 (46.4%)	6:20	9.5 (53.7%)	
355	<b>MAĆKOWIAK Łukasz</b>	<b>291</b>		M-30	78											
										00:28:47	<b>01:03:22.30</b>	<b>01:03:22.30</b>	+00:29:23 (46.4%)	6:20	9.5 (53.7%)	
356	<b>REKOWSKA Danuta</b>	<b>430</b>		K-60	3		Tak									
										00:29:44	<b>01:03:26.70</b>	<b>01:03:26.70</b>	+00:29:27 (46.4%)	6:20	9.5 (53.7%)	
357	<b>ORLON Barbara</b>	<b>364</b>		K-50	7											
										00:30:21	<b>01:03:29.55</b>	<b>01:03:29.55</b>	+00:29:30 (46.5%)	6:20	9.5 (53.7%)	
358	<b>BAL Anna</b>	<b>18</b>		K-40	45		Tak									
										00:30:59	<b>01:03:32.25</b>	<b>01:03:32.25</b>	+00:29:33 (46.5%)	6:21	9.4 (53.1%)	
359	<b>GURAK Tomasz</b>	<b>139</b>	STARGARD	M-50	31											
										00:29:03	<b>01:03:32.35</b>	<b>01:03:32.35</b>	+00:29:33 (46.5%)	6:21	9.4 (53.1%)	
360	<b>KORNICKA Daria</b>	<b>218</b>		K-30	47		Tak									
										00:30:59	<b>01:03:33.70</b>	<b>01:03:33.70</b>	+00:29:34 (46.5%)	6:21	9.4 (53.1%)	
361	<b>ZUBA Lucyna</b>	<b>592</b>		K-50	8											
										00:31:10	<b>01:03:36.85</b>	<b>01:03:36.85</b>	+00:29:38 (46.6%)	6:21	9.4 (53.1%)	
362	<b>SZYMAŃSKI Marek</b>	<b>507</b>	KB KAMIEŃ POMORSKI	M-30	79											
										00:29:50	<b>01:03:41.35</b>	<b>01:03:41.35</b>	+00:29:42 (46.6%)	6:22	9.4 (53.1%)	
363	<b>KRUSZEWICZ Dalida</b>	<b>243</b>	AMPIO TEAM	K-40	46											
										00:31:23	<b>01:03:46.25</b>	<b>01:03:46.25</b>	+00:29:47 (46.7%)	6:22	9.4 (53.1%)	
364	<b>KRUSZEWICZ Aleksander</b>	<b>244</b>	AMPIO TEAM	M-40	87											
										00:31:23	<b>01:03:46.60</b>	<b>01:03:46.60</b>	+00:29:47 (46.7%)	6:22	9.4 (53.1%)	
365	<b>MURASZESWKA Justyna</b>	<b>329</b>		K-40	47		Tak									
										00:31:06	<b>01:03:48.30</b>	<b>01:03:48.30</b>	+00:29:49 (46.7%)	6:22	9.4 (53.1%)	
366	<b>PYTLAK Agata</b>	<b>425</b>		K-30	48											
										00:30:26	<b>01:03:52.70</b>	<b>01:03:52.70</b>	+00:29:53 (46.8%)	6:23	9.4 (53.1%)	
367	<b>PAWLAK Wojciech</b>	<b>375</b>		M-60	13											
										00:30:25	<b>01:03:57.55</b>	<b>01:03:57.55</b>	+00:29:58 (46.9%)	6:23	9.4 (53.1%)	
368	<b>SAWARYN Małgorzata</b>	<b>454</b>		K-40	48											
										00:31:09	<b>01:04:12.85</b>	<b>01:04:12.85</b>	+00:30:14 (47.1%)	6:25	9.3 (52.5%)	
369	<b>LER Łukasz</b>	<b>266</b>		M-30	80											
										00:30:07	<b>01:04:17.55</b>	<b>01:04:17.55</b>	+00:30:18 (47.1%)	6:25	9.3 (52.5%)	
370	<b>WASZKIEWICZ Paulina</b>	<b>545</b>		K-30	49											
										00:30:08	<b>01:04:17.65</b>	<b>01:04:17.65</b>	+00:30:18 (47.1%)	6:25	9.3 (52.5%)	
371	<b>ROSZATYCKI Cezary</b>	<b>440</b>		M-30	81											
										00:29:32	<b>01:04:27.75</b>	<b>01:04:27.75</b>	+00:30:28 (47.3%)	6:26	9.3 (52.5%)	
372	<b>KOZŁOWSKI Tomasz</b>	<b>231</b>	BBL LASY BOGDANIEC	M-40	88											
										00:31:45	<b>01:04:28.80</b>	<b>01:04:28.80</b>	+00:30:30 (47.3%)	6:26	9.3 (52.5%)	
373	<b>GAŁĄZKA Jarosław</b>	<b>111</b>	BIEGAM BO LUBIĘ LASY BOGDANIEC	M-40	89											
										00:31:45	<b>01:04:28.85</b>	<b>01:04:28.85</b>	+00:30:30 (47.3%)	6:26	9.3 (52.5%)	
373	<b>KOZŁOWSKA Marzena</b>	<b>230</b>	BBL LASY BOGDANIEC	K-30	50											
										00:31:44	<b>01:04:28.85</b>	<b>01:04:28.85</b>	+00:30:30 (47.3%)	6:26	9.3 (52.5%)	
375	<b>LIPIŃSKA Marta</b>	<b>276</b>	BBL LASY BOGDANIEC	K-30	51											
										00:31:44	<b>01:04:29.05</b>	<b>01:04:29.05</b>	+00:30:30 (47.3%)	6:26	9.3 (52.5%)	
376	<b>SZCZUKIEWICZ Aneta</b>	<b>600</b>	WIECZORNE BIEGANIE W SZCZECINIE	K-30	52		Tak									
										00:30:26	<b>01:04:36.40</b>	<b>01:04:36.40</b>	+00:30:37 (47.4%)	6:27	9.3 (52.5%)	
377	<b>POKORSKA Kasia</b>	<b>407</b>	GOLCZEWO	K-40	49											
										00:31:05	<b>01:04:42.00</b>	<b>01:04:42.00</b>	+00:30:43 (47.5%)	6:28	9.3 (52.5%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Grupy				5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							Police	Azoty	Mundurowi	Drużyna 1						
378	<b>POKORSKI Rafał</b>	<b>408</b>	GOLCZEWO	M-40	90								+00:30:43 (47.5%)	6:28	9.3 (52.5%)	
379	<b>MAGDZIK Marcin</b>	<b>294</b>		M-40	91								+00:30:45 (47.5%)	6:28	9.3 (52.5%)	
380	<b>STACHECKI Adrian</b>	<b>475</b>	DECATHLON SZCZECIN	M-30	82				Decathlon Szczecin				+00:30:47 (47.5%)	6:28	9.3 (52.5%)	
381	<b>DUNOWSKA Ilona</b>	<b>92</b>	PARKRUN GORZÓW WIELKOPOLSKI	K-40	50								+00:30:48 (47.6%)	6:28	9.3 (52.5%)	
382	<b>JUSZKIEWICZ Małgorzata</b>	<b>179</b>		K-50	9								+00:30:53 (47.6%)	6:29	9.2 (52.0%)	
383	<b>MASŁOWSKA Barbara</b>	<b>304</b>		K-40	51								+00:30:54 (47.6%)	6:29	9.2 (52.0%)	
383	<b>MASŁOWSKI Artur</b>	<b>305</b>		M-40	92								+00:30:54 (47.6%)	6:29	9.2 (52.0%)	
385	<b>WOŁKOŃSKI Adam</b>	<b>563</b>		M-40	93								+00:30:55 (47.7%)	6:29	9.2 (52.0%)	
386	<b>RITTER Beate</b>	<b>432</b>	JUST CRAZY	K-60	4								+00:30:58 (47.7%)	6:29	9.2 (52.0%)	
387	<b>DANICKA Lidia</b>	<b>74</b>		K-40	52								+00:31:10 (47.9%)	6:30	9.2 (52.0%)	
388	<b>TIETZ Monika</b>	<b>518</b>		K-40	53								+00:31:11 (47.9%)	6:30	9.2 (52.0%)	
389	<b>FIRLIK Mirosław</b>	<b>105</b>	KLUB BIEGACZA KAMIEŃ POMORSKI	M-50	32								+00:31:19 (48.0%)	6:31	9.2 (52.0%)	
390	<b>SZYMCZAK Monika</b>	<b>509</b>		K-40	54								+00:31:46 (48.3%)	6:34	9.1 (51.4%)	
391	<b>SOSNA Paulina</b>	<b>471</b>		K-30	53		Tak	Tak					+00:31:48 (48.3%)	6:34	9.1 (51.4%)	
392	<b>LEWIKOWSKA Patrycja</b>	<b>272</b>	WIECZORNE BIEGANIE W SZCZECINIE	K-40	55								+00:31:50 (48.4%)	6:34	9.1 (51.4%)	
393	<b>DUMA Małgorzata</b>	<b>637</b>		K-50	10								+00:31:50 (48.4%)	6:34	9.1 (51.4%)	
394	<b>MACIBORSKI Mirosław</b>	<b>290</b>		M-50	33				Wieczorne Bieganie w Szczecinie				+00:31:50 (48.4%)	6:34	9.1 (51.4%)	
395	<b>CIERPISZEWSKI Tomasz</b>	<b>67</b>		M-30	83								+00:31:51 (48.4%)	6:35	9.1 (51.4%)	
396	<b>SOKOŁOWSKA Magdalena</b>	<b>470</b>		K-30	54								+00:31:56 (48.5%)	6:35	9.1 (51.4%)	
397	<b>BUJACZ Angelika</b>	<b>55</b>	AMPIO TEAM	K-50	11								+00:32:14 (48.7%)	6:37	9.1 (51.4%)	
398	<b>MICHALAK Alina</b>	<b>311</b>	WIECZORNE BIEGANIE W SZCZECINIE	K-50	12								+00:32:15 (48.7%)	6:37	9.1 (51.4%)	
399	<b>ZIONTKOWSKA Jolanta</b>	<b>589</b>		K-60	5								+00:32:16 (48.7%)	6:37	9.1 (51.4%)	
400	<b>ŻELEPIEŃ Julia</b>	<b>597</b>		K-16	1		Tak						+00:32:27 (48.9%)	6:38	9 (50.8%)	
401	<b>NOWACKA Anna</b>	<b>347</b>		K-30	55		Tak						+00:32:29 (48.9%)	6:38	9 (50.8%)	
402	<b>BOROWSKI Marcin</b>	<b>43</b>	EKSPERT SYSTEMY INFORMATYCZNE	M-40	94								+00:32:34 (48.9%)	6:39	9 (50.8%)	
403	<b>KUPIŃSKI Mieczysław</b>	<b>260</b>	MODLITWA BIEGANIA GRYFINO	M-40	95								+00:32:46 (49.1%)	6:40	9 (50.8%)	



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Grupy				5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							Police	Azoty	Mundurowi	Drużyna 1						
404	KRANZMANN ŻELEPIEŃ Anna	234		K-40	56		Tak						+00:32:52 (49.2%)	6:41	9 (50.8%)	
405	RUSINEK Radosław	443		M-40	96								+00:33:17 (49.5%)	6:43	8.9 (50.3%)	
406	ZIÓŁKOWSKI Tomasz	591		M-30	84								+00:33:17 (49.5%)	6:43	8.9 (50.3%)	
406	DRZYCIMSKA Alicja	86		K-20	19		Tak						+00:33:17 (49.5%)	6:43	8.9 (50.3%)	
408	TOKARZ Joanna	519	WIECZORNE BIEGANIE W SZCZECINIE	K-40	57								+00:33:50 (49.9%)	6:46	8.8 (49.7%)	
408	KRUGLAK Anna	242		K-40	57								+00:33:50 (49.9%)	6:46	8.8 (49.7%)	
410	JÓZWICKA Aneta	173		K-40	59								+00:33:55 (50.0%)	6:47	8.8 (49.7%)	
411	WOSZCZYK Renata	566		K-40	60								+00:33:55 (50.0%)	6:47	8.8 (49.7%)	
412	BORKOWSKI Marek	41		M-40	97								+00:34:05 (50.1%)	6:48	8.8 (49.7%)	
413	BORKOWSKA Karolina	603	DEMANT	K-30	56								+00:34:05 (50.1%)	6:48	8.8 (49.7%)	
414	MATYSEK Ireneusz	2	KOMANDOS WAŁECKI	M-60	14								+00:34:05 (50.1%)	6:48	8.8 (49.7%)	
415	CHROBOCINSKI Daniel	65		M-20	30								+00:34:14 (50.2%)	6:49	8.8 (49.7%)	
416	MIKOŁAJCZAK Krystian	318		M-20	31		Tak						+00:34:21 (50.3%)	6:50	8.8 (49.7%)	
417	GORGOL Lukasz	122		M-30	85		Tak						+00:34:21 (50.3%)	6:50	8.8 (49.7%)	
418	KRYCHOWIAK Piotr	638	WIOSŁO	M-40	98				Tak				+00:34:34 (50.4%)	6:51	8.8 (49.7%)	
419	WRÓŃSKA DRZEWIECKA Justyna	570		K-30	57								+00:34:34 (50.4%)	6:51	8.8 (49.7%)	
420	FALARZ Katarzyna	100		K-20	20		Tak						+00:34:35 (50.4%)	6:51	8.8 (49.7%)	
421	ANDRZEJCZAK Maciej	13	AMATOR	M-50	34		Tak						+00:34:42 (50.5%)	6:52	8.7 (49.2%)	
422	PIECZYŃSKA Kinga	386		K-30	58								+00:34:58 (50.7%)	6:53	8.7 (49.2%)	
423	PIOTROWSKA Dorota	390	AMPIO TEAM	K-40	61					Ampio Team			+00:35:12 (50.9%)	6:55	8.7 (49.2%)	
424	PIOTROWSKI Krzysztof	393		M-40	99					Ampio Team			+00:35:12 (50.9%)	6:55	8.7 (49.2%)	
425	SZYMCZAK Magdalena	512	GRUPA AZOTY	K-30	59		Tak	Tak					+00:35:20 (51.0%)	6:55	8.7 (49.2%)	
426	MARCHELEWSKI Jakub	301	EKSPERT SYSTEMY INFORMATYCZNE	M-16	5								+00:35:58 (51.4%)	6:59	8.6 (48.6%)	
427	OSMAN Krzysztof	613		M-Open	1								+00:36:10 (51.6%)	7:00	8.6 (48.6%)	
428	CHROBOCIŃSKA Elżbieta	66		K-50	13								+00:36:13 (51.6%)	7:01	8.5 (48.0%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat	Grupy	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
429	ROLLA Dorian	434		M-40	100		Tak				00:32:36	01:10:24.30	01:10:24.30	+00:36:25 (51.7%)	7:02	8.5 (48.0%)
429	ROLLA Magdalena	435		K-40	62						00:32:36	01:10:24.30	01:10:24.30	+00:36:25 (51.7%)	7:02	8.5 (48.0%)
431	GARBIEN Tomasz	114		M-30	86						00:33:20	01:10:39.05	01:10:39.05	+00:36:40 (51.9%)	7:03	8.5 (48.0%)
432	BUJACZ Adrian	56		M-20	32					Ampio Team	00:31:00	01:10:50.35	01:10:50.35	+00:36:51 (52.0%)	7:05	8.5 (48.0%)
433	ONYSZK Marta	362	WY-BIEGANI	K-40	63					Wy-Biegani Szczecin 3	00:34:24	01:11:00.05	01:11:00.05	+00:37:01 (52.1%)	7:06	8.5 (48.0%)
434	SOWISZ Danuta	473		K-50	14					SOWISZ TEAM	00:33:13	01:11:12.95	01:11:12.95	+00:37:14 (52.3%)	7:07	8.4 (47.5%)
435	CZYŻEWSKA Lucyna	73	TENET	K-40	64					Tenet	00:34:11	01:11:32.70	01:11:32.70	+00:37:33 (52.5%)	7:09	8.4 (47.5%)
436	DZIAŁOWSKA Sara	96		K-30	60						00:36:06	01:11:58.65	01:11:58.65	+00:37:59 (52.8%)	7:11	8.3 (46.9%)
437	SZUTRA Agnieszka	504		K-40	65						00:33:36	01:11:59.45	01:11:59.45	+00:38:00 (52.8%)	7:11	8.3 (46.9%)
438	KRAWCZYK Marlena	235		K-40	66						00:33:35	01:12:00.15	01:12:00.15	+00:38:01 (52.8%)	7:12	8.3 (46.9%)
439	BAŁAKO Jakub	620									00:33:18	01:12:36.30	01:12:36.30	+00:38:37 (53.2%)	7:15	8.3 (46.9%)
440	HERIAN Małgorzata	147		K-30	61						00:33:46	01:12:40.40	01:12:40.40	+00:38:41 (53.2%)	7:16	8.3 (46.9%)
441	SZMAJDZIŃSKI Tomasz	498		M-30	87						00:33:46	01:12:41.20	01:12:41.20	+00:38:42 (53.3%)	7:16	8.3 (46.9%)
441	ŁUCZYŃSKA Katarzyna	283		K-30	62						00:33:46	01:12:41.20	01:12:41.20	+00:38:42 (53.3%)	7:16	8.3 (46.9%)
443	PRZYBYSZ Tamara	422	PRZYBYSZ FAMILY	K-40	67						00:33:36	01:13:31.55	01:13:31.55	+00:39:32 (53.8%)	7:21	8.2 (46.3%)
444	FIUK Jan	106		M-30	88					Wieczne Bieganie w Szczecinie	00:36:25	01:14:03.65	01:14:03.65	+00:40:04 (54.1%)	7:24	8.1 (45.8%)
445	PISAŃSKI Kacper	397		M-30	89						00:36:12	01:14:03.90	01:14:03.90	+00:40:05 (54.1%)	7:24	8.1 (45.8%)
446	PISAŃSKI Tadeusz	398		M-50	35						00:36:15	01:14:04.05	01:14:04.05	+00:40:05 (54.1%)	7:24	8.1 (45.8%)
447	KOLASA Agnieszka	210		K-40	68						00:35:28	01:14:19.55	01:14:19.55	+00:40:20 (54.3%)	7:25	8.1 (45.8%)
448	STOPIŃSKA Monika	636		K-30	63						00:36:17	01:14:41.30	01:14:41.30	+00:40:42 (54.5%)	7:28	8 (45.2%)
449	MARCHELEWSKA Sylwia	299	EKSPERT SYSTEMY INFORMATYCZNE	K-50	15						00:36:17	01:15:18.05	01:15:18.05	+00:41:19 (54.9%)	7:31	8 (45.2%)
450	SZYMCZAK Kamila	508		K-30	64						00:36:17	01:15:30.75	01:15:30.75	+00:41:31 (55.0%)	7:33	7.9 (44.6%)
451	KOWALCZYK Magdalena	223	WIECZORNE BIEGANIE W SZCZECINIE	K-40	69					Wieczne Bieganie w Szczecinie	00:35:27	01:16:31.35	01:16:31.35	+00:42:32 (55.6%)	7:39	7.8 (44.1%)
452	PRAWDA Iwona	412	WIECZORNE BIEGANIE	K-40	70						00:35:27	01:16:31.70	01:16:31.70	+00:42:32 (55.6%)	7:39	7.8 (44.1%)
453	SZYMAŃSKA Ania	506	GRYFUS	K-50	16						00:36:46	01:17:31.30	01:17:31.30	+00:43:32 (56.2%)	7:45	7.7 (43.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat	Grupy	Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
454	<b>MICHALAK Radosław</b>	<b>312</b>	GRUPA EXPERT	M-40	101						Ekspert Systemy Informatyczne	00:37:40	<b>01:19:55.35</b>	<b>01:19:55.35</b>	+00:45:56 (57.5%)	7:59	7.5 (42.4%)
455	<b>KUREK Karolina</b>	<b>261</b>		K-30	65		Tak					00:39:48	<b>01:21:46.30</b>	<b>01:21:46.30</b>	+00:47:47 (58.4%)	8:10	7.3 (41.2%)
456	<b>STERNA Magdalena</b>	<b>479</b>		K-30	66		Tak					00:36:20	<b>01:21:49.60</b>	<b>01:21:49.60</b>	+00:47:50 (58.5%)	8:10	7.3 (41.2%)
457	<b>TOMCZYK Karolina</b>	<b>521</b>		K-40	71		Tak					00:40:07	<b>01:21:56.35</b>	<b>01:21:56.35</b>	+00:47:57 (58.5%)	8:11	7.3 (41.2%)
458	<b>PŁOSA Monika</b>	<b>402</b>		K-40	72							00:40:27	<b>01:24:47.45</b>	<b>01:24:47.45</b>	+00:50:48 (59.9%)	8:28	7.1 (40.1%)
459	<b>DOBERSZTYN Błażej</b>	<b>80</b>	FIZJOBIEGACZE SZCZECIN	M-40	102							00:24:05			+00:07:47	4:49	12.5 (70.6%)
460	<b>BARCZYK Krzysztof</b>	<b>624</b>		M-Open	2							00:25:39			+00:09:21	5:07	11.7 (66.1%)
461	<b>SASS Karolina</b>	<b>453</b>	WIECZORNE BIEGANIE W SZCZECINIE	K-20	21						Wieczorne Bieganie w Szczecinie	00:25:50			+00:09:33	5:10	11.6 (65.5%)
462	<b>PLĄSEK Sylwester</b>	<b>400</b>		M-50	36							00:27:14			+00:10:56	5:26	11 (62.1%)
463	<b>MIELEC Marta</b>	<b>315</b>		K-30	67							00:28:00			+00:11:42	5:36	10.7 (60.5%)
464	<b>TELESIŃSKI Piotr</b>	<b>517</b>	BLLASYBOGDANIEC	M-40	103						Biegam Bo Lubię Lasy Bogdaniec	00:28:29			+00:12:11	5:41	10.5 (59.3%)
465	<b>POGORZELSKA Sylwia</b>	<b>406</b>	WIECZORNE BIEGANIE W SZCZECINIE	K-40	73							00:29:22			+00:13:04	5:52	10.2 (57.6%)
466	<b>MACIASZEK Linda</b>	<b>289</b>		K-20	22							00:29:37			+00:13:19	5:55	10.1 (57.1%)
467	<b>PAWIŁOŚĆ Hanna</b>	<b>360</b>		K-20	23							00:29:52			+00:13:34	5:58	10 (56.5%)
468	<b>WIĄCEK Weronika</b>	<b>549</b>	KOBIECE BIEGANIE	K-16	2		Tak					00:29:52			+00:13:34	5:58	10 (56.5%)
469	<b>HNYDA Martyna</b>	<b>630</b>		K-16	3							00:29:52			+00:13:34	5:58	10 (56.5%)
470	<b>WOŁOSZYN Ola</b>	<b>602</b>	ADRENALINA TEAM	K-30	68							00:30:30			+00:14:12	6:06	9.8 (55.4%)
471	<b>SZAJEK Gabor</b>	<b>489</b>	HULK TEAM POLICE	M-16	6		Tak					00:30:33			+00:14:15	6:06	9.8 (55.4%)
472	<b>SZAJEK Marta</b>	<b>488</b>	HULK TEAM POLICE	K-40	74		Tak					00:30:33			+00:14:15	6:06	9.8 (55.4%)
473	<b>RASZEWSKA Karolina</b>	<b>428</b>		K-40	75							00:30:41			+00:14:23	6:08	9.8 (55.4%)
474	<b>DANILUK-DUPLA Ewa</b>	<b>76</b>	WIECZORNE BIEGANIE W SZCZECINIE	K-40	76						Wieczorne Bieganie w Szczecinie	00:30:43			+00:14:25	6:08	9.8 (55.4%)
475	<b>KOWALCZYK Kinga</b>	<b>222</b>		K-40	77							00:30:56			+00:14:38	6:11	9.7 (54.8%)
476	<b>DUDEK-IGNACZAK Joanna</b>	<b>87</b>	WIECZORNE BIEGANIE W SZCZECINIE	K-40	78							00:31:13			+00:14:55	6:14	9.6 (54.2%)
477	<b>RUTKOWSKA Dorota</b>	<b>445</b>	WY-BIEGANI SZCZECIN	K-50	17						Wy-Biegani Szczecin 3	00:31:24			+00:15:06	6:16	9.6 (54.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Grupy			Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							Police	Azoty	Mundurowi							
478	<b>GASZTOLD Renata</b>	<b>115</b>		K-40	79					Wy-Biegani Szczecin 3	00:31:25		+00:15:07	6:17	9.5 (53.7%)	
479	<b>NOWITKIEWICZ Weronika</b>	<b>352</b>		K-30	69		Tak				00:31:30		+00:15:12	6:18	9.5 (53.7%)	
480	<b>MILLER Agnieszka</b>	<b>324</b>	BIEGAM BO LUBIĘ LASY BOGDANIEC	K-30	70					Biegam Bo Lubię Lasy Bogdaniec	00:31:44		+00:15:26	6:20	9.5 (53.7%)	
481	<b>JAŁOWSKI Marcin</b>	<b>158</b>	BBL LASY BOGDANIEC	M-30	90					Biegam Bo Lubię Lasy Bogdaniec	00:31:44		+00:15:26	6:20	9.5 (53.7%)	
482	<b>SZPILA Robert</b>	<b>629</b>	BBL LASY BOGDANIEC	M-40	104						00:31:44		+00:15:26	6:20	9.5 (53.7%)	
483	<b>KOWALSKA Anna</b>	<b>224</b>	BBL LASY BOGDANIEC	K-30	71					Biegam Bo Lubię Lasy Bogdaniec	00:31:45		+00:15:27	6:21	9.4 (53.1%)	
484	<b>MIKOŁAJCZYK Marta</b>	<b>319</b>	BIEGAM BO LUBIĘ LASY BOGDANIEC	K-30	72					Biegam Bo Lubię Lasy Bogdaniec	00:31:45		+00:15:27	6:21	9.4 (53.1%)	
485	<b>WISZNIAK Mateusz</b>	<b>555</b>		M-30	91			Tak			00:31:58		+00:15:40	6:23	9.4 (53.1%)	
486	<b>WISZNIAK Agata</b>	<b>556</b>		K-20	24						00:31:58		+00:15:40	6:23	9.4 (53.1%)	
487	<b>TRELIŃSKA Edyta</b>	<b>525</b>		K-50	18			Tak			00:32:20		+00:16:02	6:28	9.3 (52.5%)	
488	<b>PASZKO Daniel</b>	<b>373</b>	WIECZORNE BIEGANIE W SZCZECINIE	M-40	105		Tak	Tak			00:32:20		+00:16:02	6:28	9.3 (52.5%)	
489	<b>HNATKOWSKI Piotr</b>	<b>151</b>	WATAHA	M-40	106					DEMBOWE NIEDŹWIEDZIE	00:32:26		+00:16:08	6:29	9.2 (52.0%)	
490	<b>BIEŁOWIEC Adrianna</b>	<b>29</b>	PUSZCZYK BUKOWY	K-30	73						00:32:29		+00:16:11	6:29	9.2 (52.0%)	
491	<b>STACHOWIAK Paulina</b>	<b>476</b>		K-30	74					Wieczorne Bieganie w Szczecinie	00:32:38		+00:16:20	6:31	9.2 (52.0%)	
492	<b>LASEK Anna</b>	<b>264</b>	WIECZORNE BIEGANIE W SZCZECINIE	K-40	80						00:33:10		+00:16:52	6:38	9 (50.8%)	
493	<b>MĄDRZYK Magdalena</b>	<b>310</b>	WIECZORNE BIEGANIE W SZCZECINIE	K-40	81						00:33:10		+00:16:52	6:38	9 (50.8%)	
494	<b>SAMOLEJ Monika</b>	<b>452</b>		K-40	82						00:33:12		+00:16:54	6:38	9 (50.8%)	
495	<b>KRZYCH Paweł</b>	<b>247</b>	EKSPERT SYSTEMY INFORMATYCZNE	M-30	92						00:33:14		+00:16:56	6:38	9 (50.8%)	
496	<b>KLECZEWSKA Agnieszka</b>	<b>203</b>		K-40	83					DEMBOWE NIEDŹWIEDZIE	00:33:28		+00:17:10	6:41	9 (50.8%)	
497	<b>HNATKOWSKA Dorota</b>	<b>150</b>	DEMBOWE NIEDŹWIEDZIE	K-40	84						00:33:28		+00:17:10	6:41	9 (50.8%)	
498	<b>DUĐENKO Monika</b>	<b>89</b>	DUDKITEAM	K-40	85						00:33:36		+00:17:18	6:43	8.9 (50.3%)	
499	<b>KOZIARSKA Katarzyna</b>	<b>228</b>	WIECZORNE BIEGANIE	K-30	75						00:33:39		+00:17:21	6:43	8.9 (50.3%)	
500	<b>MAZUREK Anna</b>	<b>309</b>		K-40	86						00:34:05		+00:17:47	6:49	8.8 (49.7%)	
501	<b>STRZEŚNIEWSKA Karolina</b>	<b>482</b>	WIECZORNE BIEGANIE W SZCZECINIE	K-20	25						00:34:13		+00:17:55	6:50	8.8 (49.7%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Grupy			Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							Police	Azoty	Mundurowi							
502	<b>GIBAS- JASTRZĘBSKA Iwona</b>	<b>118</b>	WIECZORNE BIEGANIE W SZCZECINIE	K-50	19					Wieczorne Bieganie w Szczecinie	00:34:32		+00:18:14	6:54	8.7 (49.2%)	
503	<b>PASZKIEWICZ Patrycja</b>	<b>372</b>	WIECZORNE BIEGANIE W SZCZECINIE	K-20	26						00:35:29		+00:19:11	7:05	8.5 (48.0%)	
504	<b>ŁYDZIŃSKI Maciej</b>	<b>288</b>	WIECZORNE BIEGANIE W SZCZECINIE	M-30	93						00:35:29		+00:19:11	7:05	8.5 (48.0%)	
505	<b>JÓZEFczyk Natalia</b>	<b>172</b>		K-20	27						00:35:46		+00:19:28	7:09	8.4 (47.5%)	
506	<b>WALA Klaudia</b>	<b>534</b>		K-20	28						00:35:46		+00:19:28	7:09	8.4 (47.5%)	
507	<b>TOMCZYK Kasia</b>	<b>523</b>		K-30	76						00:35:54		+00:19:36	7:10	8.4 (47.5%)	
508	<b>KLAUZIŃSKA Monika</b>	<b>202</b>	PP11	K-30	77					Ruchliwe kiecki	00:35:59		+00:19:41	7:11	8.3 (46.9%)	
509	<b>SWOBODA Edyta</b>	<b>487</b>		K-40	87		Tak			Ruchliwe kiecki	00:36:00		+00:19:42	7:12	8.3 (46.9%)	
510	<b>RYCKO Maja</b>	<b>448</b>		K-30	78					Ruchliwe kiecki	00:36:00		+00:19:42	7:12	8.3 (46.9%)	
511	<b>POLECHONSKA Marta</b>	<b>409</b>		K-40	88		Tak			Ruchliwe kiecki	00:36:00		+00:19:42	7:12	8.3 (46.9%)	
512	<b>JURCZYK Paulina</b>	<b>176</b>	JESTEM LOCO	K-30	79						00:36:45		+00:20:27	7:21	8.2 (46.3%)	
513	<b>KĄLUZIŃSKA Aleksandra</b>	<b>184</b>		K-40	89						00:36:50		+00:20:32	7:22	8.1 (45.8%)	
514	<b>BORYS-GUT Magdalena</b>	<b>44</b>		K-40	90						00:36:52		+00:20:34	7:22	8.1 (45.8%)	
515	<b>BIAŁKOWSKA Monika</b>	<b>446</b>	WIECZORNE BIEGANIE W SZCZECINIE	K-40	91					Wieczorne Bieganie w Szczecinie	00:36:54		+00:20:36	7:22	8.1 (45.8%)	
516	<b>PRENETA Anna</b>	<b>413</b>	WIECZORNE BIEGANIE W SZCZECINIE	K-50	20					Wieczorne Bieganie w Szczecinie	00:37:39		+00:21:21	7:31	8 (45.2%)	
517	<b>KOBIELAK Agnieszka</b>	<b>209</b>	WIECZORNE BIEGANIE W SZCZECINIE	K-20	29						00:37:45		+00:21:27	7:33	7.9 (44.6%)	
518	<b>BALICKA Wioletta</b>	<b>20</b>	WIECZORNE BIEGANIE W SZCZECINIE	K-40	92						00:37:46		+00:21:28	7:33	7.9 (44.6%)	
519	<b>LIGOCKA Aneta</b>	<b>275</b>	WY-BIEGANI SZCZECIN	K-40	93					Wy-Biegani Szczecin	00:37:50		+00:21:32	7:34	7.9 (44.6%)	
520	<b>ZIELIŃSKA Katarzyna</b>	<b>586</b>	HULK TEAM - BABSKA PRZYGODA	K-30	80		Tak			Babska Przygoda	00:38:54		+00:22:36	7:46	7.7 (43.5%)	
521	<b>MAŃKE Katarzyna</b>	<b>505</b>		K-30	81		Tak				00:38:54		+00:22:36	7:46	7.7 (43.5%)	
522	<b>NOWAK Iwona</b>	<b>349</b>		K-30	82		Tak	Tak			00:38:59		+00:22:41	7:47	7.7 (43.5%)	
523	<b>URBANIAK Anna</b>	<b>532</b>		K-30	83						00:39:00		+00:22:42	7:48	7.7 (43.5%)	
524	<b>LICZBIŃSKA- HANKE Małgorzata</b>	<b>274</b>	DECATHLON SZCZECIN	K-20	30						00:41:03		+00:24:45	8:12	7.3 (41.2%)	
525	<b>ŚWIĄTEK Piotr</b>	<b>632</b>		M-20	33						00:41:45		+00:25:27	8:21	7.2 (40.7%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat	Grupy	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
526	<b>SKIBA Bartłomiej</b>	<b>633</b>		M-20	34						00:41:47			+00:25:29	8:21	7.2 (40.7%)
527	<b>KAROL Julia</b>	<b>191</b>	WIECZORNE BIEGANIE W SZCZECINIE	K-20	31						00:41:48			+00:25:30	8:21	7.2 (40.7%)
528	<b>KAROL Anna</b>	<b>190</b>	WIECZORNE BIEGANIE W SZCZECINIE	K-50	21						00:41:58			+00:25:40	8:23	7.1 (40.1%)
529	<b>KĘPKA Wojciech</b>	<b>10</b>	WIECZORNE BIEGANIE W SZCZECINIE	M-40	107					Wieczorne Bieganie w Szczecinie	00:41:58			+00:25:40	8:23	7.1 (40.1%)
530	<b>MATUSZEWSKA Kinga</b>	<b>307</b>		K-30	84		Tak				00:43:47			+00:27:29	8:45	6.9 (39.0%)
531	<b>LEWICKA Joanna</b>	<b>617</b>	LEROY MERLIN	K-40	94						00:45:20			+00:29:02	9:04	6.6 (37.3%)
532	<b>STACHOWSKI Andrzej</b>	<b>477</b>	MANIA GYM	M-50	37						00:47:52			+00:31:34	9:34	6.3 (35.6%)
533	<b>GRZYWNIAK Urszula</b>	<b>137</b>	HULK TEAM	K-30	85		Tak				00:50:24			+00:34:06	10:04	6 (33.9%)
534	<b>MAĆKOWIAK Katarzyna</b>	<b>634</b>		K-40	95		Tak				00:54:18			+00:38:00	10:51	5.5 (31.1%)
535	<b>MAĆKOWIAK Radosław</b>	<b>635</b>		M-40	108		Tak				00:54:19			+00:38:01	10:51	5.5 (31.1%)
536	<b>LIPERTOWICZ Aleksandra</b>	<b>6</b>	WIECZORNE BIEGANIE W SZCZECINIE	K-30	86		Tak				00:55:18			+00:39:00	11:03	5.4 (30.5%)
537	<b>LIPERTOWICZ Sebastian</b>	<b>7</b>		M-30	94		Tak			Wieczorne Bieganie w Szczecinie	00:55:18			+00:39:00	11:03	5.4 (30.5%)
538		<b>627</b>									00:58:25			+00:42:07	11:41	5.1 (28.8%)
539	<b>PAWŁOWSKA Anna</b>	<b>377</b>	EXREME WOLF	K-40	96					ExtremeWolf	01:00:30			+00:44:12	12:06	5 (28.2%)

Znaleziono 539 wynik(ów)