



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	MAJDZINSKI Konrad	609	WMLKS POMORZE STARGARD	M-20	1				Tak		00:16:17	00:33:58.80	00:33:58.80		3:23	17.7 (100%)
2	ANDRUSZKIEWICZ Damian	11	KB PIONIER SZCZECIN	M-20	2					RUN TEAM	00:17:08	00:36:17.50	00:36:17.50	+00:02:18 (6.4%)	3:37	16.5 (93.2%)
3	PAŃKO Andrzej	9	KB HERMES GRYFINO	M-20	3				Tak	KB Hermes Gryfino	00:17:14	00:36:28.35	00:36:28.35	+00:02:29 (6.8%)	3:38	16.5 (93.2%)
4	LESIECKI Piotr	268	KS IRONMAN SZCZECIN	M-30	1					KS IRONMAN SZCZECIN	00:17:38	00:37:22.05	00:37:22.05	+00:03:23 (9.1%)	3:44	16.1 (91.0%)
5	GWÓZDŹ Jacek	140		M-30	2						00:17:45	00:37:26.10	00:37:26.10	+00:03:27 (9.2%)	3:44	16 (90.4%)
6	BARAŃSKI Przemysław	23	MLUKS TRZEBIATÓW	M-20	4				Tak	RUN TEAM	00:18:16	00:38:10.20	00:38:10.20	+00:04:11 (11.0%)	3:49	15.7 (88.7%)
7	WASILEWSKI Andrzej	543		M-40	1					RunFourFun	00:18:39	00:38:17.20	00:38:17.20	+00:04:18 (11.2%)	3:49	15.7 (88.7%)
8	ŁUKASZEWSKI Sebastian	286	STARGARDZKI KUB LEKKOATLETYCZNY	M-40	2						00:18:35	00:38:33.05	00:38:33.05	+00:04:34 (11.9%)	3:51	15.6 (88.1%)
9	MISARKO Maciej	611	MKL SZCZECIN	M-16	1			Yes		RUN TEAM	00:18:38	00:38:34.90	00:38:34.90	+00:04:36 (11.9%)	3:51	15.6 (88.1%)
10	APIECIONEK Mateusz	8	UKL ÓSEMKA POLICE	M-30	3		Tak			UKL Ósemka Police	00:18:39	00:39:35.45	00:39:35.45	+00:05:36 (14.2%)	3:57	15.2 (85.9%)
11	HOŁUB Kamil	153	MLUKS TRZEBIATÓW	M-40	3					Żółwiki w pogoni	00:19:14	00:40:11.20	00:40:11.20	+00:06:12 (15.4%)	4:01	14.9 (84.2%)
12	PRYK Rafał	417	TRIATHLON GOLENIÓW	M-40	4						00:19:12	00:40:16.85	00:40:16.85	+00:06:18 (15.6%)	4:01	14.9 (84.2%)
13	MACIEJSKI Łukasz	3	POLITOLOG TEAM	M-30	4						00:19:13	00:40:25.00	00:40:25.00	+00:06:26 (15.9%)	4:02	14.8 (83.6%)
14	MARKIEWICZ Kamil	1	BRIDGESTONE RUNNERS STARGARD	M-20	5						00:19:27	00:40:44.65	00:40:44.65	+00:06:45 (16.6%)	4:04	14.7 (83.1%)
15	KOZIRÓG Łukasz	229	DECATHLON SZCZECIN	M-20	6					Decathlon Szczecin	00:19:13	00:40:50.50	00:40:50.50	+00:06:51 (16.8%)	4:05	14.7 (83.1%)
16	WIŚNIEWSKI Bartłomiej	557	RUNFOURFUN	M-30	5					RunFourFun	00:19:23	00:40:56.65	00:40:56.65	+00:06:57 (17.0%)	4:05	14.7 (83.1%)
17	GRZEGÓRZEK Paulina	134	RAZ SZCZECIN	K-30	1						00:19:39	00:41:01.85	00:41:01.85	+00:07:03 (17.2%)	4:06	14.6 (82.5%)
18	POKRZYWIŃSKI Krzysztof	614		M-60	1						00:19:47	00:41:02.75	00:41:02.75	+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	GORSZKA Damian	123	PARKRUN SZCZECIN	M-20	7						00:19:41	00:41:15.10	00:41:15.10	+00:07:16 (17.6%)	4:07	14.5 (81.9%)
20	GRZEGÓRZEK Piotr	135	RAZ SZCZECIN	M-30	6						00:19:31	00:41:21.55	00:41:21.55	+00:07:22 (17.8%)	4:08	14.5 (81.9%)
21	SURMA Grzegorz	585	HARPAGAN	M-30	7						00:19:37	00:41:31.90	00:41:31.90	+00:07:33 (18.2%)	4:09	14.5 (81.9%)
22	BIAŁEK Beata	5	KB HERMES GRYFINO	K-40	1			Tak			00:19:43	00:41:45.85	00:41:45.85	+00:07:47 (18.6%)	4:10	14.4 (81.4%)
23	CZOSNOWSKI Krzysztof	69	KB HERMES GRYFINO	M-40	5					KB Hermes Gryfino	00:20:09	00:41:50.35	00:41:50.35	+00:07:51 (18.8%)	4:11	14.3 (80.8%)
24	HOŁYŃSKI Leszek	154	KM PSP SZCZECIN	M-30	8		Tak	Tak			00:19:53	00:41:51.25	00:41:51.25	+00:07:52 (18.8%)	4:11	14.3 (80.8%)
25	WOJNACH Andrzej	232	79 MINUT PO PIĘCDZIESĄTCE	M-50	1					RUN TEAM	00:19:54	00:42:00.05	00:42:00.05	+00:08:01 (19.1%)	4:12	14.3 (80.8%)
26	OLEJARZ Damian	357	POL-BUD POLICE	M-30	9		Tak				00:19:55	00:42:03.45	00:42:03.45	+00:08:04 (19.2%)	4:12	14.3 (80.8%)
27	DOBERSZTYN Franek	79	FIZJOBIEGACZE SZCZECIN	M-16	2						00:20:03	00:42:07.15	00:42:07.15	+00:08:08 (19.3%)	4:12	14.2 (80.2%)
28	JUNAK Michal	175		M-20	8						00:19:18	00:42:08.00	00:42:08.00	+00:08:09 (19.4%)	4:12	14.2 (80.2%)
29	BERNACKI Mariusz	25	MODLITWA BIEGANIA GRYFINO	M-40	6						00:19:58	00:42:16.05	00:42:16.05	+00:08:17 (19.6%)	4:13	14.2 (80.2%)
30	HAŁGAS Piotr	143	OKS TANOWO	M-30	10		Tak			UKL Ósemka Police	00:19:57	00:42:22.75	00:42:22.75	+00:08:23 (19.8%)	4:14	14.2 (80.2%)
31	SKALSKI Mateusz	462		M-30	11		Tak	Tak		UKL Ósemka Police	00:21:07	00:42:42.20	00:42:42.20	+00:08:43 (20.4%)	4:16	14.1 (79.7%)
31	MIROWSKI Blazej	325	UKL OSEMKA	M-30	11		Tak			UKL Ósemka Police	00:21:07	00:42:42.20	00:42:42.20	+00:08:43 (20.4%)	4:16	14.1 (79.7%)
33	GRZYBOWSKI Robert	136	GRUPA AZOTY POLICE / BOLI BOLI	M-40	7		Tak	Tak			00:20:19	00:42:49.40	00:42:49.40	+00:08:50 (20.7%)	4:16	14 (79.1%)
34	PIELECHOWSKI Piotr	388	DECATHLON SZCZECIN	M-30	13		Tak			Decathlon Szczecin	00:20:48	00:43:05.40	00:43:05.40	+00:09:06 (21.1%)	4:18	13.9 (78.5%)
35	WOŹNIAK Marek	567	BOSMAN SZCZECIN	M-40	8					Bosman Szczecin	00:21:06	00:43:07.05	00:43:07.05	+00:09:08 (21.2%)	4:18	13.9 (78.5%)
36	BALCERZAK Przemysław	19	GRUPA AZOTY/UKL ÓSEMKA POLICE	M-30	14		Tak	Tak		UKL Ósemka Police	00:21:08	00:43:15.55	00:43:15.55	+00:09:16 (21.5%)	4:19	13.9 (78.5%)
37	OLEJNIK Przemek	358		M-50	2						00:20:43	00:43:19.85	00:43:19.85	+00:09:21 (21.6%)	4:19	13.9 (78.5%)
38	SZABAŁOWSKA Małgorzata	4	SZCZECINECCY BIEGACZE	K-20	1						00:20:39	00:43:29.10	00:43:29.10	+00:09:30 (21.9%)	4:20	13.8 (78.0%)
39	PROCIAK Krzysztof	414	SKB DZIK	M-30	15					SKB DZIK	00:20:51	00:43:32.65	00:43:32.65	+00:09:33 (22.0%)	4:21	13.8 (78.0%)
40	PLUTA Grzegorz	401	KB HERMES GRYFINO	M-50	3					KB Hermes Gryfino	00:20:53	00:43:44.10	00:43:44.10	+00:09:45 (22.3%)	4:22	13.7 (77.4%)
41	BEDNARSKI Marek	24		M-30	16			Tak		Biegam Bo Lubię Lasy Bogdaniec	00:22:05	00:43:44.85	00:43:44.85	+00:09:46 (22.3%)	4:22	13.7 (77.4%)
42	WÓJCIAK Marcin	568		M-20	9						00:21:04	00:43:45.90	00:43:45.90	+00:09:47 (22.4%)	4:22	13.7 (77.4%)
43	OKIENCZUK Radek	354		M-30	17		Tak				00:21:03	00:43:46.05	00:43:46.05	+00:09:47 (22.4%)	4:22	13.7 (77.4%)
44	KAMIŃSKA Agata	185	KAMINSKI TEAM	K-30	2					RUN TEAM	00:21:07	00:43:55.85	00:43:55.85	+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	GANCARZ Piotr	112	DRUŻYNA G	M-30	18						00:21:17	00:43:57.00	00:43:57.00	+00:09:58 (22.7%)	4:23	13.7 (77.4%)
46	ŁOTARSKI Wiesław	615		M-60	2						00:21:06	00:43:57.80	00:43:57.80	+00:09:59 (22.7%)	4:23	13.7 (77.4%)
47	EWERT-KRZEMIENIEWSKI Stanisław	99		M-40	9						00:21:48	00:44:14.00	00:44:14.00	+00:10:15 (23.2%)	4:25	13.6 (76.8%)
48	ŻARCZYŃSKI Błażej	594	BIEGAM U KOLESI	M-30	19		Tak		Tak		00:21:38	00:44:15.15	00:44:15.15	+00:10:16 (23.2%)	4:25	13.6 (76.8%)
49	PUCHALSKI Grzegorz	423	RUNFOURFUN	M-30	20					RunFourFun	00:21:04	00:44:27.45	00:44:27.45	+00:10:28 (23.6%)	4:26	13.5 (76.3%)
50	GAWLE Łukasz	116	UNITY LINE	M-40	10						00:21:29	00:44:29.80	00:44:29.80	+00:10:31 (23.6%)	4:26	13.5 (76.3%)
51	SOBKOWIAK Robert	467	MKL MARATON ŚWINOUJŚCIE	M-50	4						00:21:44	00:44:43.80	00:44:43.80	+00:10:45 (24.0%)	4:28	13.4 (75.7%)
52	DĄBROWSKI Kamil	77	PROTOUR SZCZECIN	M-40	11		Tak				00:21:55	00:44:46.25	00:44:46.25	+00:10:47 (24.1%)	4:28	13.4 (75.7%)
53	KACZMAREK Łukasz	183	KS IRONMAN SZCZECIN	M-30	21						00:21:36	00:44:48.20	00:44:48.20	+00:10:49 (24.2%)	4:28	13.4 (75.7%)
54	NADOLNY Przemysław	333	PARKRUN SZCZECIN	M-40	12	Nadolni				Nadolny Team	00:21:48	00:44:49.80	00:44:49.80	+00:10:51 (24.2%)	4:28	13.4 (75.7%)
55	MAJKA Dariusz	297	BIEGACZE ŚWINOUJŚCIE	M-40	13						00:21:45	00:45:00.95	00:45:00.95	+00:11:02 (24.5%)	4:30	13.3 (75.1%)
56	SADOWSKI Kamil	450	OKS TANOWO	M-20	10		Tak				00:22:09	00:45:07.70	00:45:07.70	+00:11:08 (24.7%)	4:30	13.3 (75.1%)
57	NYKOLAJCZUK Robert	353	BRIDGESTONE RUNNERS	M-50	5						00:21:56	00:45:07.75	00:45:07.75	+00:11:08 (24.7%)	4:30	13.3 (75.1%)
58	KAPUŚCIŃSKI Zbigniew	188	GRUPA AZOTY ZAKŁADY CHEMICZNE POLICE S. A.	M-50	6				Tak		00:21:47	00:45:09.70	00:45:09.70	+00:11:10 (24.8%)	4:30	13.3 (75.1%)
59	DOBOSZ Piotr	81	PITER	M-40	14						00:22:11	00:45:17.60	00:45:17.60	+00:11:18 (25.0%)	4:31	13.2 (74.6%)
60	FĄFEREK Piotr	102		M-30	22					Wieczne Bieganie w Szczecinie	00:21:36	00:45:19.75	00:45:19.75	+00:11:20 (25.0%)	4:31	13.2 (74.6%)
61	DYDEK Edyta	95	SKB DZIK	K-20	2	Dydek	Tak		Tak	SKB DZIK	00:21:57	00:45:29.20	00:45:29.20	+00:11:30 (25.3%)	4:32	13.2 (74.6%)
62	SZYMCZAK Marcin	511		M-40	15						00:22:01	00:45:31.25	00:45:31.25	+00:11:32 (25.4%)	4:33	13.2 (74.6%)
63	BŁĄŻ Anna	33		K-40	2						00:21:38	00:45:31.40	00:45:31.40	+00:11:32 (25.4%)	4:33	13.2 (74.6%)
64	ZALEWSKI Maciej	578		M-40	16						00:22:10	00:45:32.50	00:45:32.50	+00:11:33 (25.4%)	4:33	13.2 (74.6%)
65	PILC Anna	612	TARNOWO PODGORNE BIEGA	K-30	3						00:21:53	00:45:37.40	00:45:37.40	+00:11:38 (25.5%)	4:33	13.2 (74.6%)
66	HETMAŃSKI Arkadiusz	148	LOVELASY	M-40	17				Tak	LoveLasy	00:21:55	00:45:44.35	00:45:44.35	+00:11:45 (25.7%)	4:34	13.1 (74.0%)
67	ŻELAZNY Maciej	596	BOSMAN SZCZECIN	M-30	23					Bosman Szczecin	00:20:46	00:46:05.75	00:46:05.75	+00:12:06 (26.3%)	4:36	13 (73.4%)
68	PELC Marek	380	12 BZ	M-30	24					Tak	00:22:16	00:46:10.95	00:46:10.95	+00:12:12 (26.4%)	4:37	13 (73.4%)
69	NAWROCKI Piotr	337	KB PIONIER SZCZECIN	M-50	7						00:22:40	00:46:19.45	00:46:19.45	+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	PAWLICZAK Rafał	621		M-40	18						00:21:47	00:46:20.95	00:46:20.95	+00:12:22 (26.7%)	4:38	12.9 (72.9%)
71	PROKOP Agata	415		K-30	4					RunFourFun	00:22:07	00:46:30.45	00:46:30.45	+00:12:31 (26.9%)	4:39	12.9 (72.9%)
72	JOŃCA Patrycja	171	GRYFUS SZCZECIN	K-20	3						00:22:09	00:46:32.50	00:46:32.50	+00:12:33 (27.0%)	4:39	12.9 (72.9%)
73	WARCZALOWSKI Arkadiusz	538		M-40	19		Tak				00:22:38	00:46:32.95	00:46:32.95	+00:12:34 (27.0%)	4:39	12.9 (72.9%)
74	WOJCIECHOWSKA Basia	559		K-20	4					Zółwiki w pogoni	00:22:10	00:46:36.10	00:46:36.10	+00:12:37 (27.1%)	4:39	12.9 (72.9%)
75	SZYMCZAK Krzysztof	510		M-16	3						00:22:50	00:46:36.20	00:46:36.20	+00:12:37 (27.1%)	4:39	12.9 (72.9%)
76	ARLUKIEWICZ Grzegorz	15	T.I.P (TOST I PIWO)	M-30	25		Tak	Tak			00:22:47	00:46:54.00	00:46:54.00	+00:12:55 (27.5%)	4:41	12.8 (72.3%)
77	KOBIELAK Piotr	208		M-20	11						00:22:42	00:47:15.05	00:47:15.05	+00:13:16 (28.1%)	4:43	12.7 (71.8%)
78	SZYMKIEWICZ Robert	513	MIEDZYRZECKIE GAZELE	M-50	8						00:22:20	00:47:32.55	00:47:32.55	+00:13:33 (28.5%)	4:45	12.6 (71.2%)
79	TOPOREK Przemysław	524		M-30	26						00:22:57	00:47:35.05	00:47:35.05	+00:13:36 (28.6%)	4:45	12.6 (71.2%)
80	NEJMAN Rafał	338		M-40	20		Tak				00:22:48	00:47:41.55	00:47:41.55	+00:13:42 (28.8%)	4:46	12.6 (71.2%)
81	ZAWLIK Tomasz	582		M-40	21						00:23:47	00:47:50.05	00:47:50.05	+00:13:51 (29.0%)	4:47	12.5 (70.6%)
82	FURMAŃSKI Marcin	109	WY-BIEGANI SZCZECIN	M-30	27					Wy-Biegani Szczecin	00:22:36	00:47:50.25	00:47:50.25	+00:13:51 (29.0%)	4:47	12.5 (70.6%)
83	PASIKOWSKI Kamil	370	SKB DZIK	M-20	12	Dydek		Tak		SKB DZIK	00:23:23	00:47:51.40	00:47:51.40	+00:13:52 (29.0%)	4:47	12.5 (70.6%)
84	KUBERA Roman	250	EKSPERT SYSTEMY INFORMATYCZNE	M-40	22						00:23:50	00:47:56.40	00:47:56.40	+00:13:57 (29.1%)	4:47	12.5 (70.6%)
85	HURYŃ Ewa	155	ALPIN SPORT HOKA ONE ONE TEAM	K-40	3						00:23:00	00:48:04.50	00:48:04.50	+00:14:05 (29.3%)	4:48	12.5 (70.6%)
86	KRZEŚNIEWSKI Marcin	246	RUCHOWA AKADEMIA ZDROWIA RAZ SZCZECIN	M-40	23					Ruchowa Akademia Zdrowia RAZ SZCZECIN	00:22:29	00:48:07.00	00:48:07.00	+00:14:08 (29.4%)	4:48	12.5 (70.6%)
87	JASIŃSKI Arkadiusz	161		M-40	24						00:22:47	00:48:08.70	00:48:08.70	+00:14:09 (29.4%)	4:48	12.5 (70.6%)
88	TROJGA Karolina	527	RUNFOURFUN	K-30	5					RunFourFun	00:22:48	00:48:09.50	00:48:09.50	+00:14:10 (29.4%)	4:48	12.5 (70.6%)
89	KACZMAREK Natalia	182	FIZJOBIEGACZE SZCZECIN	K-30	6						00:23:32	00:48:09.65	00:48:09.65	+00:14:10 (29.4%)	4:48	12.5 (70.6%)
90	KUCHTA Piotr	253	KB PIONIER SZCZECIN	M-30	28						00:25:50	00:48:10.40	00:48:10.40	+00:14:11 (29.5%)	4:49	12.5 (70.6%)
91	WEBER Mirela	547		K-30	7		Tak				00:22:23	00:48:15.95	00:48:15.95	+00:14:17 (29.6%)	4:49	12.4 (70.1%)
92	POPŁAWSKA Weronika	411	WY-BIEGANI SZCZECIN	K-40	4					Wy-Biegani Szczecin	00:23:00	00:48:17.75	00:48:17.75	+00:14:18 (29.6%)	4:49	12.4 (70.1%)
93	BUDZIŃSKI Bartosz	53	LABORATORIUM DROGOWE SZCZECIN	M-30	29						00:23:21	00:48:25.80	00:48:25.80	+00:14:27 (29.8%)	4:50	12.4 (70.1%)
94	BĘDKOWSKI Piotr	26		M-30	30						00:23:02	00:48:31.25	00:48:31.25	+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	KULAS Kacper	258	DECATHLON SZCZECIN	M-20	13					Decathlon Szczecin	00:24:02	00:48:46.85	00:48:46.85	+00:14:48 (30.3%)	4:52	12.3 (69.5%)
96	CZYŻ Adam	72		M-40	25						00:23:50	00:48:59.85	00:48:59.85	+00:15:01 (30.6%)	4:53	12.2 (68.9%)
97	NIEMIRO Dominika	342	GRUPA AZOTY POLICE	K-30	8		Tak	Tak			00:23:47	00:48:59.95	00:48:59.95	+00:15:01 (30.7%)	4:53	12.2 (68.9%)
98	KONDELA Paweł	215	AKTYWNE CHOSZCZNO	M-40	26				Tak		00:24:02	00:49:00.50	00:49:00.50	+00:15:01 (30.7%)	4:54	12.2 (68.9%)
99	MIKA Tomasz	317		M-40	27		Tak				00:23:33	00:49:01.15	00:49:01.15	+00:15:02 (30.7%)	4:54	12.2 (68.9%)
100	WIEDRO Marcin	550		M-40	28						00:24:24	00:49:01.90	00:49:01.90	+00:15:03 (30.7%)	4:54	12.2 (68.9%)
101	WALKOWIAK Daria	536	BRIDGESTONE RUNNERS STARGARD	K-30	9						00:23:31	00:49:06.90	00:49:06.90	+00:15:08 (30.8%)	4:54	12.2 (68.9%)
102	ŚCIERKO Dawid	514	WY-BIEGANI SZCZECIN	M-30	31					Wy-Biegani Szczecin	00:23:00	00:49:07.25	00:49:07.25	+00:15:08 (30.8%)	4:54	12.2 (68.9%)
103	LEWANDOWSKI Daniel	271	AKTYWNE LISEWO	M-30	32						00:23:30	00:49:08.25	00:49:08.25	+00:15:09 (30.8%)	4:54	12.2 (68.9%)
104	KĄŻMIERCZAK Krzysztof	194	KB HERMES GRYFINO	M-50	9						00:23:51	00:49:15.15	00:49:15.15	+00:15:16 (31.0%)	4:55	12.2 (68.9%)
105	LEWANDOWSKI Piotr	270	SKB DZIK	M-40	29		Tak			SKB DZIK	00:23:49	00:49:16.90	00:49:16.90	+00:15:18 (31.0%)	4:55	12.2 (68.9%)
106	PIECYK Katarzyna	385	BOSMAN SZCZECIN	K-30	10					Bosman Szczecin	00:23:13	00:49:22.20	00:49:22.20	+00:15:23 (31.2%)	4:56	12.2 (68.9%)
107	FRANKIEWICZ Grzesiek	107		M-30	33						00:22:46	00:49:24.05	00:49:24.05	+00:15:25 (31.2%)	4:56	12.1 (68.4%)
108	LESIECKA Justyna	267		K-30	11						00:23:55	00:49:31.70	00:49:31.70	+00:15:32 (31.4%)	4:57	12.1 (68.4%)
109	TYMUL Jakub	531	#TYMTRITEAM	M-40	30					TymTriTeam	00:24:05	00:49:42.20	00:49:42.20	+00:15:43 (31.6%)	4:58	12.1 (68.4%)
110	SZCZYGIELSKI Radosław	496	DECATHLON SZCZECIN	M-30	34					Decathlon Szczecin	00:22:55	00:49:43.70	00:49:43.70	+00:15:44 (31.7%)	4:58	12.1 (68.4%)
111	ZYGAR Konrad	593	EKSPERT SYSTEMY INFORMATYCZNE	M-50	10						00:24:39	00:49:49.25	00:49:49.25	+00:15:50 (31.8%)	4:58	12 (67.8%)
112	TARNOWSKA Joanna	516		K-40	5						00:24:42	00:49:54.10	00:49:54.10	+00:15:55 (31.9%)	4:59	12 (67.8%)
113	KORDELA Marcin	622		M-40	31						00:24:40	00:49:55.85	00:49:55.85	+00:15:57 (31.9%)	4:59	12 (67.8%)
114	DROŹDZIEL Magdalena	84	KB HERMES GRYFINO	K-30	12					KB Hermes Gryfino 2	00:24:20	00:49:57.35	00:49:57.35	+00:15:58 (32.0%)	4:59	12 (67.8%)
115	WASILEWSKI Sylwester	544		M-30	35		Tak				00:23:37	00:49:59.65	00:49:59.65	+00:16:00 (32.0%)	4:59	12 (67.8%)
116	FREILICH Bartosz	108		M-50	11		Tak				00:24:17	00:50:02.10	00:50:02.10	+00:16:03 (32.1%)	5:00	12 (67.8%)
117	ECHAUST Artur	98	BOLIBOLI	M-40	32		Tak				00:22:33	00:50:03.40	00:50:03.40	+00:16:04 (32.1%)	5:00	12 (67.8%)
118	WILK Ania	554	DECATHLON SZCZECIN	K-30	13					Decathlon Szczecin	00:24:26	00:50:03.85	00:50:03.85	+00:16:05 (32.1%)	5:00	12 (67.8%)
119	OSTROWSKI Sylwester	368	STARGARD JA SIĘ NIE ŚCIGAM	M-40	33						00:23:34	00:50:06.15	00:50:06.15	+00:16:07 (32.2%)	5:00	12 (67.8%)
120	KOTOWSKA Iwona	605	DEMANT	K-30	14						00:25:21	00:50:09.30	00:50:09.30	+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	HOŁOWCZAK Krzysztof	152		M-40	34						00:24:22	00:50:29.00	00:50:29.00	+00:16:30 (32.7%)	5:02	11.9 (67.2%)
122	CHMIELECKI Janusz	619		M-60	3						00:24:26	00:50:29.45	00:50:29.45	+00:16:30 (32.7%)	5:02	11.9 (67.2%)
123	PŁUCIENNIK Piotr	403	SZCZECIŃSKA ENERGETYKA CIEPLNA	M-40	35		Tak				00:24:47	00:50:29.80	00:50:29.80	+00:16:31 (32.7%)	5:02	11.9 (67.2%)
124	SAWARYN Damian	455		M-20	14						00:23:50	00:50:30.60	00:50:30.60	+00:16:31 (32.7%)	5:03	11.9 (67.2%)
125	WOLANO Marcin	562	HATTON DARTS	M-30	36						00:24:12	00:50:34.00	00:50:34.00	+00:16:35 (32.8%)	5:03	11.9 (67.2%)
126	HAMAN Kacper	144	WY-BIEGANI SZCZECIN	M-30	37						00:23:27	00:50:35.05	00:50:35.05	+00:16:36 (32.8%)	5:03	11.9 (67.2%)
127	SIERADZAN Kamil	458		M-20	15						00:23:26	00:50:37.85	00:50:37.85	+00:16:39 (32.9%)	5:03	11.9 (67.2%)
128	ŁAWNICZAK Sebastian	280		M-40	36		Tak	Tak			00:24:24	00:50:49.70	00:50:49.70	+00:16:50 (33.1%)	5:04	11.8 (66.7%)
129	JUSZCZYK Radosław	628		M-30	38						00:24:48	00:50:50.10	00:50:50.10	+00:16:51 (33.2%)	5:05	11.8 (66.7%)
130	BORKOWSKI Aleksander	42	100 MARATON CLUB POLSKA	M-60	4						00:24:45	00:50:51.20	00:50:51.20	+00:16:52 (33.2%)	5:05	11.8 (66.7%)
131	GÓRSKI Łukasz	127		M-30	39		Tak				00:25:22	00:50:55.50	00:50:55.50	+00:16:56 (33.3%)	5:05	11.8 (66.7%)
132	WOLSKI Tomasz	374	GO2TRI	M-50	12						00:25:32	00:51:08.70	00:51:08.70	+00:17:09 (33.6%)	5:06	11.7 (66.1%)
133	KULIG Krzysztof	259	MODLITWA BIEGANIA GRYFINO	M-40	37						00:24:58	00:51:09.65	00:51:09.65	+00:17:10 (33.6%)	5:06	11.7 (66.1%)
134	MISZCZYSZYN Oliwier	326		M-30	40						00:24:57	00:51:10.00	00:51:10.00	+00:17:11 (33.6%)	5:07	11.7 (66.1%)
135	OLBRYCHOWSKA Paulina	355		K-30	15						00:25:10	00:51:12.25	00:51:12.25	+00:17:13 (33.6%)	5:07	11.7 (66.1%)
136	ZALESKI Tomasz	577		M-40	38						00:24:38	00:51:15.95	00:51:15.95	+00:17:17 (33.7%)	5:07	11.7 (66.1%)
137	BIK Marcin	31		M-50	13						00:24:38	00:51:16.00	00:51:16.00	+00:17:17 (33.7%)	5:07	11.7 (66.1%)
138	RADCZUK Mariusz	426	14 ZBOT	M-40	39		Tak	Tak	Tak	Grupa Azoty	00:24:25	00:51:21.15	00:51:21.15	+00:17:22 (33.8%)	5:08	11.7 (66.1%)
139	KOSTKOWSKI Hubert	219		M-30	41						00:25:19	00:51:22.75	00:51:22.75	+00:17:23 (33.9%)	5:08	11.7 (66.1%)
140	TUSZYŃSKI Bartek	530		M-30	42		Tak				00:24:33	00:51:24.20	00:51:24.20	+00:17:25 (33.9%)	5:08	11.7 (66.1%)
141	SZARMACH Dariusz	490	MARATOŃCZYK TEAM SZCZECIN	M-40	40						00:24:09	00:51:26.20	00:51:26.20	+00:17:27 (33.9%)	5:08	11.7 (66.1%)
142	BOŻEK Artur	45		M-40	41						00:24:41	00:51:26.40	00:51:26.40	+00:17:27 (33.9%)	5:08	11.7 (66.1%)
143	ANDRUSZKIEWICZ Piotr	12		M-30	43						00:24:48	00:51:26.50	00:51:26.50	+00:17:27 (33.9%)	5:08	11.7 (66.1%)
144	SKWIRA Michał	464		M-30	44						00:25:15	00:51:30.95	00:51:30.95	+00:17:32 (34.0%)	5:09	11.7 (66.1%)
145	MILEWSKA Edyta	322	WY-BIEGANI SZCZECIN	K-30	16						00:25:19	00:51:36.45	00:51:36.45	+00:17:37 (34.2%)	5:09	11.6 (65.5%)
146	PAWŁOWSKA-ZALEJSKA Justyna	378		K-30	17						00:24:41	00:51:40.35	00:51:40.35	+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	ZAJĄC Remigiusz	575		M-20	16		Tak						+00:17:46 (34.3%)	5:10	11.6 (65.5%)	
148	KUFEL Dariusz	255		M-60	5								+00:17:51 (34.4%)	5:10	11.6 (65.5%)	
149	CHARLEJ Ireneusz	63	WIECZORNE BIEGANIE W SZCZECINIE	M-50	14				Tak				+00:17:51 (34.5%)	5:11	11.6 (65.5%)	
150	DRÓŹDŹ Mariusz	85	MJD TEAM	M-40	42								+00:17:52 (34.5%)	5:11	11.6 (65.5%)	
151	MATYS Michał	308		M-30	45								+00:17:55 (34.5%)	5:11	11.6 (65.5%)	
152	NOWIK Arkadiusz	351		M-40	43								+00:17:59 (34.6%)	5:11	11.5 (65.0%)	
153	HĄŁUSZKO Szymon	610	DEMANT	M-30	46								+00:18:02 (34.7%)	5:12	11.5 (65.0%)	
154	PIĄTKOWSKI Mariusz	383	GRYFUS SZCZECIN	M-40	44		Tak						+00:18:03 (34.7%)	5:12	11.5 (65.0%)	
155	POLECHONSKI Kamil	410	OSEMKOWA PETARDA	M-40	45		Tak						+00:18:07 (34.8%)	5:12	11.5 (65.0%)	
155	WARWAS Agata	541	BIEGACZE ŚWINOUJŚCIE	K-40	6								+00:18:07 (34.8%)	5:12	11.5 (65.0%)	
157	BIS Michał	32		M-40	46								+00:18:11 (34.9%)	5:13	11.5 (65.0%)	
158	TROJANOWSKI Tomasz	526		M-40	47								+00:18:14 (34.9%)	5:13	11.5 (65.0%)	
159	PIOTROWSKI Piotr	395	TENET	M-40	48		Tak		Tenet				+00:18:17 (35.0%)	5:13	11.5 (65.0%)	
160	PIĄTEK Krystian	382		M-40	49								+00:18:22 (35.1%)	5:14	11.5 (65.0%)	
161	SKIBA Michał	463	WY-BIEGANI SZCZECIN	M-30	47				Wy-Biegani Szczecin 2				+00:18:22 (35.1%)	5:14	11.5 (65.0%)	
162	MADEJ Anna	292	UKŁ ÓSEMKI POLICE	K-30	18								+00:18:25 (35.2%)	5:14	11.5 (65.0%)	
163	KOTOWSKI Dominik	606	DEMANT	M-30	48								+00:18:37 (35.4%)	5:15	11.4 (64.4%)	
164	PENTEŁA Mariusz	381		M-40	50		Tak						+00:18:50 (35.7%)	5:16	11.4 (64.4%)	
165	JĘDRUSZEK Artur	169		M-30	49								+00:18:53 (35.7%)	5:17	11.4 (64.4%)	
166	WOJSZCZYK Michał	561	BRIDGESTONE STARGARD RUNNERS	M-30	50								+00:19:01 (35.9%)	5:18	11.3 (63.8%)	
167	PIOTROWSKI Arkadiusz	394		M-30	51								+00:19:11 (36.1%)	5:19	11.3 (63.8%)	
168	WOJCIECHOWSKA Wanda	560		K-50	1								+00:19:15 (36.2%)	5:19	11.3 (63.8%)	
169	CHARĘZA Marcin	62	ZAWADZKIEGO SZCZECIN	M-40	51								+00:19:16 (36.2%)	5:19	11.3 (63.8%)	
170	MADRĄK Anna	293	BBL TEAM POLICE/HULKTEAM POLICE	K-40	7		Tak		Tak				+00:19:19 (36.3%)	5:19	11.3 (63.8%)	
171	KOZANECKA Iwona	227		K-60	1								+00:19:20 (36.3%)	5:19	11.3 (63.8%)	
172	DANILEWICZ Wojciech	75	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			Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							Police	Azoty	Mundurowi							
173	BŁAŻ Andrzej	34		M-50	16						00:25:50	00:53:44.45	00:53:44.45	+00:19:45 (36.8%)	5:22	11.2 (63.3%)
174	ŁACZAK Justyna	265	ASSECO ACTIVE TEAM	K-40	8						00:25:52	00:53:46.50	00:53:46.50	+00:19:47 (36.8%)	5:22	11.2 (63.3%)
175	ZIELIŃSKI Mariusz	587		M-30	52		Tak				00:25:12	00:53:49.45	00:53:49.45	+00:19:50 (36.9%)	5:22	11.1 (62.7%)
176	GIETKO Piotr	120	MIĘTUSY	M-40	52			Tak			00:26:24	00:53:50.50	00:53:50.50	+00:19:51 (36.9%)	5:23	11.1 (62.7%)
177	SĘK Dariusz	457	MIĘTUSY	M-40	53						00:26:24	00:53:52.05	00:53:52.05	+00:19:53 (36.9%)	5:23	11.1 (62.7%)
178	ZALEJSKI Tomasz	576		M-40	54						00:25:10	00:53:52.50	00:53:52.50	+00:19:53 (36.9%)	5:23	11.1 (62.7%)
179	JANKA Aleksandra	159	GRUPA AZOTY	K-20	5		Tak	Tak			00:26:00	00:53:54.55	00:53:54.55	+00:19:55 (37.0%)	5:23	11.1 (62.7%)
180	NOGAJ Krzysztof	346	WY-BIEGANI SZCZECIN	M-30	53						00:26:15	00:53:58.20	00:53:58.20	+00:19:59 (37.0%)	5:23	11.1 (62.7%)
181	BIEŃCZYK Iwona	30	WY-BIEGANI SZCZECIN	K-40	9						00:25:17	00:53:58.55	00:53:58.55	+00:19:59 (37.0%)	5:23	11.1 (62.7%)
182	KŁACZKIEWICZ Alicja	207	WY-BIEGANI SZCZECIN	K-30	19						00:25:56	00:54:06.00	00:54:06.00	+00:20:07 (37.2%)	5:24	11.1 (62.7%)
183	ŁUKASIEWICZ Robert	285		M-50	17						00:26:21	00:54:09.20	00:54:09.20	+00:20:10 (37.3%)	5:24	11.1 (62.7%)
184	PIECHOCKI Michał	384		M-30	54		Tak				00:25:25	00:54:12.85	00:54:12.85	+00:20:14 (37.3%)	5:25	11.1 (62.7%)
185	WÓJTOWICZ Jerzy	569	NIENAWIDZĘ BIEGAĆ	M-40	55						00:25:09	00:54:16.60	00:54:16.60	+00:20:17 (37.4%)	5:25	11.1 (62.7%)
186	ŻYLUK Bożena	599	WIECZORNE BIEGANIE W SZCZECINIE	K-50	2						00:26:54	00:54:17.10	00:54:17.10	+00:20:18 (37.4%)	5:25	11.1 (62.7%)
187	WALCZAK Tadeusz	535	GRUPA AZOTY	M-50	18		Tak				00:25:38	00:54:21.90	00:54:21.90	+00:20:23 (37.5%)	5:26	11 (62.1%)
188	PIOTROWSKA Aleksandra	391		K-30	20						00:26:23	00:54:22.15	00:54:22.15	+00:20:23 (37.5%)	5:26	11 (62.1%)
189	ZIÓŁKOWSKA Andżelika	590	KB HERMES GRZYFINO	K-30	21		Tak				00:26:25	00:54:26.65	00:54:26.65	+00:20:27 (37.6%)	5:26	11 (62.1%)
190	STĘPNIAK Lesław	480		M-40	56						00:26:55	00:54:26.90	00:54:26.90	+00:20:28 (37.6%)	5:26	11 (62.1%)
191	NADOLNY Dawid	334	PARKRUN SZCZECIN	M-16	4	Nadolni					00:28:20	00:54:31.05	00:54:31.05	+00:20:32 (37.7%)	5:27	11 (62.1%)
192	KOZMIC Ryszard	233		M-60	6		Tak				00:26:10	00:54:38.15	00:54:38.15	+00:20:39 (37.8%)	5:27	11 (62.1%)
193	KIERNOŻYCKI Mateusz	198		M-40	57		Tak				00:26:42	00:54:42.00	00:54:42.00	+00:20:43 (37.9%)	5:28	11 (62.1%)
194	RUMOWSKI Tomek	442	TE	M-40	58						00:25:35	00:54:43.60	00:54:43.60	+00:20:44 (37.9%)	5:28	11 (62.1%)
195	STRĄK Izabela	481	WIECZORNE BIEGANIE W SZCZECINIE	K-40	10						00:27:05	00:54:43.80	00:54:43.80	+00:20:45 (37.9%)	5:28	11 (62.1%)
196	RAKOWSKI Piotr	427		M-60	7		Tak				00:25:18	00:54:44.05	00:54:44.05	+00:20:45 (37.9%)	5:28	11 (62.1%)
197	RĘBISZ Jan	431		M-50	19						00:26:21	00:54:44.60	00:54:44.60	+00:20:45 (37.9%)	5:28	11 (62.1%)
198	GOLARA Anna	121		K-20	6						00:26:07	00:54:45.50	00:54:45.50	+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	NOWAKOWSKI Dawid	350		M-30	55						00:26:29	00:54:47.50	00:54:47.50	+00:20:48 (38.0%)	5:28	11 (62.1%)
200	MILEWSKI Adrian	323	DECATHLON SZCZECIN	M-30	56						00:27:19	00:54:53.75	00:54:53.75	+00:20:54 (38.1%)	5:29	10.9 (61.6%)
201	HANKE Patryk	146	DECATHLON SZCZECIN	M-20	17						00:27:19	00:54:53.95	00:54:53.95	+00:20:55 (38.1%)	5:29	10.9 (61.6%)
202	KOŁTUN Wojtek	211	WIECZORNE BIEGANIE W SZCZECINIE	M-50	20						00:28:17	00:54:54.35	00:54:54.35	+00:20:55 (38.1%)	5:29	10.9 (61.6%)
203	WASILEWSKI Ryszard	542	KALINOWSKITEAM UKL ÓSEMKA POLICE	M-60	8		Tak				00:25:31	00:54:54.80	00:54:54.80	+00:20:56 (38.1%)	5:29	10.9 (61.6%)
204	DOBRYCKI Piotr	83	BRIDGESTONE RUNNERS STARGARD	M-40	59						00:26:56	00:54:58.45	00:54:58.45	+00:20:59 (38.2%)	5:29	10.9 (61.6%)
205	KRÓLAK Beata	238	SP8 POLICE	K-60	2		Tak				00:26:48	00:55:02.30	00:55:02.30	+00:21:03 (38.3%)	5:30	10.9 (61.6%)
206	BRATKO Przemysław	47		M-30	57						00:26:29	00:55:04.50	00:55:04.50	+00:21:05 (38.3%)	5:30	10.9 (61.6%)
207	MARCINIAK Monika	302	BBL LASY BOGDANIEC	K-40	11						00:26:50	00:55:15.10	00:55:15.10	+00:21:16 (38.5%)	5:31	10.9 (61.6%)
208	BAGIŃSKA Marta	17		K-40	12						00:27:24	00:55:18.05	00:55:18.05	+00:21:19 (38.6%)	5:31	10.8 (61.0%)
209	SWOBODA Piotr	486	LOVELASY	M-40	60		Tak				00:27:13	00:55:19.30	00:55:19.30	+00:21:20 (38.6%)	5:31	10.8 (61.0%)
210	CZERWIŃSKI Dariusz	68	LOVELASY	M-50	21		Tak	Tak			00:27:13	00:55:19.80	00:55:19.80	+00:21:21 (38.6%)	5:31	10.8 (61.0%)
211	STRZYGA Mariusz	483		M-40	61						00:26:21	00:55:22.70	00:55:22.70	+00:21:23 (38.6%)	5:32	10.8 (61.0%)
212	DUDZIŃSKI Kamil	91		M-30	58						00:27:28	00:55:27.55	00:55:27.55	+00:21:28 (38.7%)	5:32	10.8 (61.0%)
213	PIECZYŃSKI Krzysztof	387		M-60	9						00:27:55	00:55:37.35	00:55:37.35	+00:21:38 (38.9%)	5:33	10.8 (61.0%)
214	GEMBICKA Małgorzata	117	WILKI Z CIECHOCINKA	K-40	13						00:27:20	00:55:38.95	00:55:38.95	+00:21:40 (38.9%)	5:33	10.8 (61.0%)
215	JASIUCHNA Aleksandra	162		K-30	22						00:27:32	00:55:39.25	00:55:39.25	+00:21:40 (38.9%)	5:33	10.8 (61.0%)
216	BRUNKE Jarosław	48		M-30	59						00:28:00	00:55:39.95	00:55:39.95	+00:21:41 (39.0%)	5:33	10.8 (61.0%)
217	SIWEK Jarek	461	PARKRUN SZCZECIN	M-50	22	Nadolni					00:27:34	00:55:42.45	00:55:42.45	+00:21:43 (39.0%)	5:34	10.8 (61.0%)
218	SZEWCZYK Tomek	497	WY-BIEGANI SZCZECIN	M-40	62						00:26:33	00:55:51.10	00:55:51.10	+00:21:52 (39.2%)	5:35	10.7 (60.5%)
219	NAREJKO Paweł	336		M-30	60		Tak				00:26:32	00:55:52.95	00:55:52.95	+00:21:54 (39.2%)	5:35	10.7 (60.5%)
220	WARDEGA Monika	539	KB HERMES	K-30	23						00:25:54	00:55:53.25	00:55:53.25	+00:21:54 (39.2%)	5:35	10.7 (60.5%)
221	KOWALSKA Anna	225	KB HERMES GRYFINO	K-40	14						00:25:54	00:55:53.45	00:55:53.45	+00:21:54 (39.2%)	5:35	10.7 (60.5%)
222	SOJKA Adam	469	BRAK	M-20	18			Tak			00:26:14	00:55:53.95	00:55:53.95	+00:21:55 (39.2%)	5:35	10.7 (60.5%)
223	OSMAN Marcin	365		M-30	61						00:28:09	00:55:56.60	00:55:56.60	+00:21:57 (39.3%)	5:35	10.7 (60.5%)
224	BARANOWSKA Anna	21	SAVAGES	K-30	24		Tak	Tak			00:27:26	00:55:59.60	00:55:59.60	+00:22:00 (39.3%)	5:35	10.7 (60.5%)

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							
225	BARANOWSKI Maciej	22	SAVAGES	M-30	62		Tak			SAVAGES	00:27:25	00:55:59.70	00:55:59.70	+00:22:00 (39.3%)	5:35	10.7 (60.5%)
226	ROSZATYCKI Łukasz	439		M-40	63						00:27:35	00:56:00.20	00:56:00.20	+00:22:01 (39.3%)	5:36	10.7 (60.5%)
227	PASŁAWSKI Filip	371		M-20	19						00:27:40	00:56:01.05	00:56:01.05	+00:22:02 (39.3%)	5:36	10.7 (60.5%)
228	JURYS Krzysztof	177		M-50	23						00:27:25	00:56:08.45	00:56:08.45	+00:22:09 (39.5%)	5:36	10.7 (60.5%)
229	OSMAN Tomasz	366	FC ŻYRAFY	M-30	63		Tak				00:28:11	00:56:10.85	00:56:10.85	+00:22:12 (39.5%)	5:37	10.7 (60.5%)
230	WILIŃSKI Marek	553		M-60	10						00:28:36	00:56:12.80	00:56:12.80	+00:22:14 (39.6%)	5:37	10.7 (60.5%)
230	AUGUSTYNIAK Grzegorz	16	UKL FENIKS ŚWIDWIN	M-40	64						00:28:35	00:56:12.80	00:56:12.80	+00:22:14 (39.6%)	5:37	10.7 (60.5%)
232	KLABAN Szymon	201		M-40	65						00:27:50	00:56:13.15	00:56:13.15	+00:22:14 (39.6%)	5:37	10.7 (60.5%)
233	ZELEK-PAŁOSZ Magdalena	584		K-40	15						00:28:17	00:56:22.70	00:56:22.70	+00:22:23 (39.7%)	5:38	10.6 (59.9%)
234	PIOTROWSKA Dorota	392		K-30	25		Tak				00:27:57	00:56:24.30	00:56:24.30	+00:22:25 (39.8%)	5:38	10.6 (59.9%)
235	GORZKA Kamila	124	GRUPA AZOTY	K-40	16		Tak				00:27:15	00:56:27.25	00:56:27.25	+00:22:28 (39.8%)	5:38	10.6 (59.9%)
236	KRAWCZYK Jerzy	236		M-50	24						00:26:50	00:56:29.90	00:56:29.90	+00:22:31 (39.9%)	5:38	10.6 (59.9%)
237	DYDEK Arkadiusz	94	SKB DZIK	M-20	20	Dydek		Tak		SKB DZIK	00:25:29	00:56:37.30	00:56:37.30	+00:22:38 (40.0%)	5:39	10.6 (59.9%)
238	HERMANOWICZ Miłosz	604	DEMANT	M-30	64						00:26:58	00:56:38.30	00:56:38.30	+00:22:39 (40.0%)	5:39	10.6 (59.9%)
239	BRZESKOT Marek	49		M-40	66						00:28:04	00:56:39.45	00:56:39.45	+00:22:40 (40.0%)	5:39	10.6 (59.9%)
240	SOWA Krzysztof	472	ZWIEDZANIE PRZEZ BIEGANIE / TRASHMAGEDDON	M-30	65						00:28:20	00:56:39.70	00:56:39.70	+00:22:40 (40.0%)	5:39	10.6 (59.9%)
241	KIJO ŁYDKA Magdalena	199		K-40	17						00:27:41	00:56:42.80	00:56:42.80	+00:22:44 (40.1%)	5:40	10.6 (59.9%)
242	ŁYDKA Sylwester	287		M-40	67			Tak			00:27:41	00:56:42.95	00:56:42.95	+00:22:44 (40.1%)	5:40	10.6 (59.9%)
243	KĘSICKA-BLOCH Aneta	196		K-40	18						00:27:16	00:56:43.00	00:56:43.00	+00:22:44 (40.1%)	5:40	10.6 (59.9%)
244	PRZEZAK Agnieszka	419		K-20	7		Tak				00:27:56	00:56:45.75	00:56:45.75	+00:22:46 (40.1%)	5:40	10.6 (59.9%)
245	OPALUCH Grzegorz	363	SZCZECIŃSKA ENERGETYKA CIEPLNA	M-40	68						00:28:19	00:56:48.65	00:56:48.65	+00:22:49 (40.2%)	5:40	10.6 (59.9%)
246	LITRA Mateusz	278		M-30	66						00:27:43	00:56:59.30	00:56:59.30	+00:23:00 (40.4%)	5:41	10.5 (59.3%)
247	JAWORSKA Aleksandra	165	BIEGACZE ŚWINOUJŚCIE	K-40	19						00:29:33	00:56:59.45	00:56:59.45	+00:23:00 (40.4%)	5:41	10.5 (59.3%)
248	SOWISZ Adrianna	474		K-20	8					SOWISZ TEAM	00:27:53	00:57:06.45	00:57:06.45	+00:23:07 (40.5%)	5:42	10.5 (59.3%)
249	WARNIEŁŁO Adriana	540		K-40	20					Żółwiki w pogoni	00:27:37	00:57:11.65	00:57:11.65	+00:23:12 (40.6%)	5:43	10.5 (59.3%)
250	KOLSKA Lena	607	DEMANT	K-30	26						00:27:34	00:57:17.65	00:57:17.65	+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
						Rodzina	Police	Azoty	Mundurowi	Drużyna 1						
277	KOŁUCKI Arkadiusz	213		M-30	70				Tak		00:28:16	00:59:19.25	00:59:19.25	+00:25:20 (42.7%)	5:55	10.1 (57.1%)
278	KOŁUCKA Jowita	212		K-20	14						00:28:16	00:59:19.30	00:59:19.30	+00:25:20 (42.7%)	5:55	10.1 (57.1%)
279	KUBIAK Michał	251		M-40	74						00:29:03	00:59:21.55	00:59:21.55	+00:25:22 (42.8%)	5:56	10.1 (57.1%)
280	OLEŚKIEWICZ Michał	359	WY-BIEGANI SZCZECIN	M-40	75						00:28:37	00:59:23.20	00:59:23.20	+00:25:24 (42.8%)	5:56	10.1 (57.1%)
281	BURCHARD-KUCA Anita	59		K-30	30				Tak		00:29:25	00:59:31.90	00:59:31.90	+00:25:33 (42.9%)	5:57	10.1 (57.1%)
282	KUCA Łukasz	252		M-30	71						00:29:25	00:59:32.05	00:59:32.05	+00:25:33 (42.9%)	5:57	10.1 (57.1%)
283	JĘDRUCH Rafał	168		M-40	76						00:29:08	00:59:39.45	00:59:39.45	+00:25:40 (43.0%)	5:57	10.1 (57.1%)
284	KOZACZUK Grzegorz	226		M-40	77						00:28:47	00:59:40.55	00:59:40.55	+00:25:41 (43.1%)	5:58	10.1 (57.1%)
285	JĄSKIEWICZ Katarzyna	164	RAZ SZCZECIN	K-40	25						00:28:19	00:59:40.95	00:59:40.95	+00:25:42 (43.1%)	5:58	10.1 (57.1%)
286	HAJDUKIEWICZ Jarosław	141		M-50	27		Tak				00:28:52	01:00:02.20	01:00:02.20	+00:26:03 (43.4%)	6:00	10 (56.5%)
287	JURYS Elzbieta	178		K-50	6						00:29:09	01:00:06.50	01:00:06.50	+00:26:07 (43.5%)	6:00	10 (56.5%)
288	WIEDRO Katarzyna	551		K-40	26						00:29:15	01:00:07.65	01:00:07.65	+00:26:08 (43.5%)	6:00	10 (56.5%)
289	DUNOWSKI Przemysław	93		M-50	28						00:28:55	01:00:09.45	01:00:09.45	+00:26:10 (43.5%)	6:00	10 (56.5%)
290	DĘBICKI Jakub	78		M-20	22		Tak				00:30:42	01:00:16.10	01:00:16.10	+00:26:17 (43.6%)	6:01	10 (56.5%)
291	MAJ Anna	295	WIECZORNE BIEGANIE W SZCZECINIE	K-40	27						00:30:26	01:00:16.50	01:00:16.50	+00:26:17 (43.6%)	6:01	10 (56.5%)
292	PRZYBYSZ Jakub	420		M-20	23		Tak				00:30:42	01:00:16.65	01:00:16.65	+00:26:17 (43.6%)	6:01	10 (56.5%)
293	OSTROWSKA Ewelina	367	OSTRATEAM	K-30	31						00:28:45	01:00:28.15	01:00:28.15	+00:26:29 (43.8%)	6:02	9.9 (55.9%)
294	BŁAŻEJEWSKA-JANNASZ Kamila	35		K-30	32		Tak				00:29:41	01:00:28.25	01:00:28.25	+00:26:29 (43.8%)	6:02	9.9 (55.9%)
295	SAKOWICZ Anna	451	OSTRA TEAM	K-40	28						00:28:45	01:00:28.35	01:00:28.35	+00:26:29 (43.8%)	6:02	9.9 (55.9%)
296	SZOSTAK Daniel	503		M-40	78						00:28:50	01:00:32.40	01:00:32.40	+00:26:33 (43.9%)	6:03	9.9 (55.9%)
297	ROSZAK Weronika	437	CIUWER TEAM	K-30	33						00:29:16	01:00:34.75	01:00:34.75	+00:26:35 (43.9%)	6:03	9.9 (55.9%)
298	PODWALSKI Piotr	404		M-30	72						00:28:53	01:00:42.10	01:00:42.10	+00:26:43 (44.0%)	6:04	9.9 (55.9%)
299	HANĆ Ryszard	145	NIEZRZESZONY	M-50	29						00:30:37	01:00:49.60	01:00:49.60	+00:26:50 (44.1%)	6:04	9.9 (55.9%)
300	MIKULSKA GAWLE Karina	320	UNITY LINE	K-40	29						00:30:10	01:00:55.35	01:00:55.35	+00:26:56 (44.2%)	6:05	9.8 (55.4%)
301	KUBASIK Waldemar	249	BOSMAN SZCZECIN	M-60	11						00:28:13	01:00:55.60	01:00:55.60	+00:26:56 (44.2%)	6:05	9.8 (55.4%)
302	JENDRZEJCZAK Rafał	167		M-40	79		Tak				00:30:20	01:00:57.70	01:00:57.70	+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	JARZEWSKI 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	JENDRZEJCZAK Magdalena	166	MOCZYLSKIE DIABLICE	K-40	38		Tak			Moczylskie Diabllice	00:30:28	01:02:07.45	01:02:07.45	+00:28:08 (45.3%)	6:12	9.7 (54.8%)
330	HNAT Aleksandra	149		K-20	16					Ampio Team	00:31:24	01:02:13.35	01:02:13.35	+00:28:14 (45.4%)	6:13	9.6 (54.2%)
331	FAMULSKI Mateusz	101		M-20	27					Ampio Team	00:31:23	01:02:14.50	01:02:14.50	+00:28:15 (45.4%)	6:13	9.6 (54.2%)
332	ŁUKASIEWICZ Agnieszka	284		K-40	39					KB Hermes Gryfino 2	00:31:31	01:02:16.75	01:02:16.75	+00:28:17 (45.4%)	6:13	9.6 (54.2%)
333	KUKOWSKA Małgorzata	256	SWINOUJSCIE	K-30	40						00:31:11	01:02:23.75	01:02:23.75	+00:28:24 (45.5%)	6:14	9.6 (54.2%)
334	GRYSZKA Seweryn	133		M-20	28					Decathlon Szczecin	00:28:25	01:02:28.95	01:02:28.95	+00:28:30 (45.6%)	6:14	9.6 (54.2%)
335	JAGIELNICKA Aleksandra	157	WIECZORNE BIEGANIE W SZCZECINIE	K-30	41					Wieczorne Bieganie w Szczecinie	00:30:42	01:02:34.00	01:02:34.00	+00:28:35 (45.7%)	6:15	9.6 (54.2%)
336	KLUZ Aleksandra	206	WIECZORNE BIEGANIE W SZCZECIN	K-40	40					Wieczorne Bieganie w Szczecinie	00:31:00	01:02:34.55	01:02:34.55	+00:28:35 (45.7%)	6:15	9.6 (54.2%)
337	BIELKA Weronika	28		K-20	17						00:30:18	01:02:35.60	01:02:35.60	+00:28:36 (45.7%)	6:15	9.6 (54.2%)
338	MATUŁA Magdalena	306		K-30	42						00:30:58	01:02:35.70	01:02:35.70	+00:28:36 (45.7%)	6:15	9.6 (54.2%)
339	STUDNIAREK Sylwia	484		K-30	43						00:31:03	01:02:38.65	01:02:38.65	+00:28:39 (45.8%)	6:15	9.6 (54.2%)
340	KOWALCZYK Paweł	221		M-40	83						00:30:58	01:02:39.80	01:02:39.80	+00:28:41 (45.8%)	6:15	9.6 (54.2%)
341	KORELL Klaus	217	JUST CRAZY	M-60	12						00:32:24	01:02:44.80	01:02:44.80	+00:28:46 (45.8%)	6:16	9.6 (54.2%)
342	ŚLAŻ Paulina	515	SZCZECIŃSKA ENERGETYKA CIEPLNA	K-20	18						00:29:16	01:02:57.55	01:02:57.55	+00:28:58 (46.0%)	6:17	9.5 (53.7%)
343	ŁAWKIEL Ryszard	279		M-30	77						00:29:15	01:02:57.80	01:02:57.80	+00:28:59 (46.0%)	6:17	9.5 (53.7%)
344	OLCZYK Błażej	356		M-20	29						00:27:23	01:03:00.00	01:03:00.00	+00:29:01 (46.1%)	6:18	9.5 (53.7%)
345	JAKSINA Anna	459	WIECZORNE BIEGANIE W SZCZECINIE	K-40	41						00:29:17	01:03:00.30	01:03:00.30	+00:29:01 (46.1%)	6:18	9.5 (53.7%)
346	BUDNA Anna	51		K-40	42						00:30:17	01:03:01.95	01:03:01.95	+00:29:03 (46.1%)	6:18	9.5 (53.7%)
347	BONDIA Aga	39		K-40	43						00:30:24	01:03:02.85	01:03:02.85	+00:29:04 (46.1%)	6:18	9.5 (53.7%)
348	PITURA Małgorzata	399		K-40	44						00:30:25	01:03:03.40	01:03:03.40	+00:29:04 (46.1%)	6:18	9.5 (53.7%)
349	BUDNY Wojciech	52	ZEMBORWACZE MOŃKI	M-40	84						00:30:13	01:03:04.55	01:03:04.55	+00:29:05 (46.1%)	6:18	9.5 (53.7%)
350	KĘDZIELEWSKI Łukasz	195		M-40	85					Wieczorne Bieganie w Szczecinie	00:30:41	01:03:07.80	01:03:07.80	+00:29:09 (46.2%)	6:18	9.5 (53.7%)
350	KOTLIŃSKA Monika	220		K-30	44						00:30:41	01:03:07.80	01:03:07.80	+00:29:09 (46.2%)	6:18	9.5 (53.7%)
352	KAMIŃSKA Aleksandra	186		K-30	45						00:30:38	01:03:14.60	01:03:14.60	+00:29:15 (46.3%)	6:19	9.5 (53.7%)
353	ZEMANKIEWICZ Łukasz	631		M-40	86						00:30:29	01:03:17.55	01:03:17.55	+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	ŁONIEWSKA Ania	282	K-RUNNERS	K-30	46											
										00:29:42	01:03:20.45	01:03:20.45	+00:29:21 (46.4%)	6:20	9.5 (53.7%)	
355	MAĆKOWIAK Łukasz	291		M-30	78											
										00:28:47	01:03:22.30	01:03:22.30	+00:29:23 (46.4%)	6:20	9.5 (53.7%)	
356	REKOWSKA Danuta	430		K-60	3			Tak								
										00:29:44	01:03:26.70	01:03:26.70	+00:29:27 (46.4%)	6:20	9.5 (53.7%)	
357	ORLON Barbara	364		K-50	7											
										00:30:21	01:03:29.55	01:03:29.55	+00:29:30 (46.5%)	6:20	9.5 (53.7%)	
358	BAL Anna	18		K-40	45			Tak								
										00:30:59	01:03:32.25	01:03:32.25	+00:29:33 (46.5%)	6:21	9.4 (53.1%)	
359	GURAK Tomasz	139	STARGARD	M-50	31											
										00:29:03	01:03:32.35	01:03:32.35	+00:29:33 (46.5%)	6:21	9.4 (53.1%)	
360	KORNICKA Daria	218		K-30	47			Tak								
										00:30:59	01:03:33.70	01:03:33.70	+00:29:34 (46.5%)	6:21	9.4 (53.1%)	
361	ZUBA Lucyna	592		K-50	8											
										00:31:10	01:03:36.85	01:03:36.85	+00:29:38 (46.6%)	6:21	9.4 (53.1%)	
362	SZYMAŃSKI Marek	507	KB KAMIEŃ POMORSKI	M-30	79											
										00:29:50	01:03:41.35	01:03:41.35	+00:29:42 (46.6%)	6:22	9.4 (53.1%)	
363	KRUSZEWICZ Dalida	243	AMPIO TEAM	K-40	46											
										00:31:23	01:03:46.25	01:03:46.25	+00:29:47 (46.7%)	6:22	9.4 (53.1%)	
364	KRUSZEWICZ Aleksander	244	AMPIO TEAM	M-40	87											
										00:31:23	01:03:46.60	01:03:46.60	+00:29:47 (46.7%)	6:22	9.4 (53.1%)	
365	MURASZESWKA Justyna	329		K-40	47			Tak								
										00:31:06	01:03:48.30	01:03:48.30	+00:29:49 (46.7%)	6:22	9.4 (53.1%)	
366	PYTLAK Agata	425		K-30	48											
										00:30:26	01:03:52.70	01:03:52.70	+00:29:53 (46.8%)	6:23	9.4 (53.1%)	
367	PAWLAK Wojciech	375		M-60	13											
										00:30:25	01:03:57.55	01:03:57.55	+00:29:58 (46.9%)	6:23	9.4 (53.1%)	
368	SAWARYN Małgorzata	454		K-40	48											
										00:31:09	01:04:12.85	01:04:12.85	+00:30:14 (47.1%)	6:25	9.3 (52.5%)	
369	LER Łukasz	266		M-30	80											
										00:30:07	01:04:17.55	01:04:17.55	+00:30:18 (47.1%)	6:25	9.3 (52.5%)	
370	WASZKIEWICZ Paulina	545		K-30	49											
										00:30:08	01:04:17.65	01:04:17.65	+00:30:18 (47.1%)	6:25	9.3 (52.5%)	
371	ROSZATYCKI Cezary	440		M-30	81											
										00:29:32	01:04:27.75	01:04:27.75	+00:30:28 (47.3%)	6:26	9.3 (52.5%)	
372	KOZŁOWSKI Tomasz	231	BBL LASY BOGDANIEC	M-40	88											
										00:31:45	01:04:28.80	01:04:28.80	+00:30:30 (47.3%)	6:26	9.3 (52.5%)	
373	GAŁĄZKA Jarosław	111	BIEGAM BO LUBIĘ LASY BOGDANIEC	M-40	89											
										00:31:45	01:04:28.85	01:04:28.85	+00:30:30 (47.3%)	6:26	9.3 (52.5%)	
373	KOZŁOWSKA Marzena	230	BBL LASY BOGDANIEC	K-30	50											
										00:31:44	01:04:28.85	01:04:28.85	+00:30:30 (47.3%)	6:26	9.3 (52.5%)	
375	LIPIŃSKA Marta	276	BBL LASY BOGDANIEC	K-30	51											
										00:31:44	01:04:29.05	01:04:29.05	+00:30:30 (47.3%)	6:26	9.3 (52.5%)	
376	SZCZUKIEWICZ Aneta	600	WIECZORNE BIEGANIE W SZCZECINIE	K-30	52			Tak								
										00:30:26	01:04:36.40	01:04:36.40	+00:30:37 (47.4%)	6:27	9.3 (52.5%)	
377	POKORSKA Kasia	407	GOLCZEWO	K-40	49											
										00:31:05	01:04:42.00	01:04:42.00	+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	POKORSKI Rafał	408	GOLCZEWO	M-40	90								+00:30:43 (47.5%)	6:28	9.3 (52.5%)	
379	MAGDZIK Marcin	294		M-40	91								+00:30:45 (47.5%)	6:28	9.3 (52.5%)	
380	STACHECKI Adrian	475	DECATHLON SZCZECIN	M-30	82				Decathlon Szczecin				+00:30:47 (47.5%)	6:28	9.3 (52.5%)	
381	DUNOWSKA Ilona	92	PARKRUN GORZÓW WIELKOPOLSKI	K-40	50								+00:30:48 (47.6%)	6:28	9.3 (52.5%)	
382	JUSZKIEWICZ Małgorzata	179		K-50	9								+00:30:53 (47.6%)	6:29	9.2 (52.0%)	
383	MASŁOWSKA Barbara	304		K-40	51								+00:30:54 (47.6%)	6:29	9.2 (52.0%)	
383	MASŁOWSKI Artur	305		M-40	92								+00:30:54 (47.6%)	6:29	9.2 (52.0%)	
385	WOŁKOŃSKI Adam	563		M-40	93								+00:30:55 (47.7%)	6:29	9.2 (52.0%)	
386	RITTER Beate	432	JUST CRAZY	K-60	4								+00:30:58 (47.7%)	6:29	9.2 (52.0%)	
387	DANICKA Lidia	74		K-40	52								+00:31:10 (47.9%)	6:30	9.2 (52.0%)	
388	TIETZ Monika	518		K-40	53								+00:31:11 (47.9%)	6:30	9.2 (52.0%)	
389	FIRLIK Mirosław	105	KLUB BIEGACZA KAMIEŃ POMORSKI	M-50	32								+00:31:19 (48.0%)	6:31	9.2 (52.0%)	
390	SZYMCZAK Monika	509		K-40	54								+00:31:46 (48.3%)	6:34	9.1 (51.4%)	
391	SOSNA Paulina	471		K-30	53		Tak	Tak					+00:31:48 (48.3%)	6:34	9.1 (51.4%)	
392	LEWIKOWSKA Patrycja	272	WIECZORNE BIEGANIE W SZCZECINIE	K-40	55								+00:31:50 (48.4%)	6:34	9.1 (51.4%)	
393	DUMA Małgorzata	637		K-50	10								+00:31:50 (48.4%)	6:34	9.1 (51.4%)	
394	MACIBORSKI Mirosław	290		M-50	33				Wieczorne Bieganie w Szczecinie				+00:31:50 (48.4%)	6:34	9.1 (51.4%)	
395	CIERPISZEWSKI Tomasz	67		M-30	83								+00:31:51 (48.4%)	6:35	9.1 (51.4%)	
396	SOKOŁOWSKA Magdalena	470		K-30	54								+00:31:56 (48.5%)	6:35	9.1 (51.4%)	
397	BUJACZ Angelika	55	AMPIO TEAM	K-50	11								+00:32:14 (48.7%)	6:37	9.1 (51.4%)	
398	MICHALAK Alina	311	WIECZORNE BIEGANIE W SZCZECINIE	K-50	12								+00:32:15 (48.7%)	6:37	9.1 (51.4%)	
399	ZIONTKOWSKA Jolanta	589		K-60	5								+00:32:16 (48.7%)	6:37	9.1 (51.4%)	
400	ŻELEPIEŃ Julia	597		K-16	1		Tak						+00:32:27 (48.9%)	6:38	9 (50.8%)	
401	NOWACKA Anna	347		K-30	55		Tak						+00:32:29 (48.9%)	6:38	9 (50.8%)	
402	BOROWSKI Marcin	43	EKSPERT SYSTEMY INFORMATYCZNE	M-40	94								+00:32:34 (48.9%)	6:39	9 (50.8%)	
403	KUPIŃSKI Mieczysław	260	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	SZYM CZAK 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				5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							Police	Azoty	Mundurowi	Drużyna 1						
429	ROLLA Dorian	434		M-40	100		Tak						+00:36:25 (51.7%)	7:02	8.5 (48.0%)	
429	ROLLA Magdalena	435		K-40	62								+00:36:25 (51.7%)	7:02	8.5 (48.0%)	
431	GARBIEN Tomasz	114		M-30	86								+00:36:40 (51.9%)	7:03	8.5 (48.0%)	
432	BUJACZ Adrian	56		M-20	32				Ampio Team				+00:36:51 (52.0%)	7:05	8.5 (48.0%)	
433	ONYSZK Marta	362	WY-BIEGANI	K-40	63				Wy-Biegani Szczecin 3				+00:37:01 (52.1%)	7:06	8.5 (48.0%)	
434	SOWISZ Danuta	473		K-50	14				SOWISZ TEAM				+00:37:14 (52.3%)	7:07	8.4 (47.5%)	
435	CZYŻEWSKA Lucyna	73	TENET	K-40	64				Tenet				+00:37:33 (52.5%)	7:09	8.4 (47.5%)	
436	DZIAŁOWSKA Sara	96		K-30	60								+00:37:59 (52.8%)	7:11	8.3 (46.9%)	
437	SZUTRA Agnieszka	504		K-40	65								+00:38:00 (52.8%)	7:11	8.3 (46.9%)	
438	KRAWCZYK Marlena	235		K-40	66								+00:38:01 (52.8%)	7:12	8.3 (46.9%)	
439	BAŁAKO Jakub	620											+00:38:37 (53.2%)	7:15	8.3 (46.9%)	
440	HERIAN Małgorzata	147		K-30	61								+00:38:41 (53.2%)	7:16	8.3 (46.9%)	
441	SZMAJDZIŃSKI Tomasz	498		M-30	87								+00:38:42 (53.3%)	7:16	8.3 (46.9%)	
441	ŁUCZYŃSKA Katarzyna	283		K-30	62								+00:38:42 (53.3%)	7:16	8.3 (46.9%)	
443	PRZYBYSZ Tamara	422	PRZYBYSZ FAMILY	K-40	67								+00:39:32 (53.8%)	7:21	8.2 (46.3%)	
444	FIUK Jan	106		M-30	88					Wieczne Bieganie w Szczecinie			+00:40:04 (54.1%)	7:24	8.1 (45.8%)	
445	PISAŃSKI Kacper	397		M-30	89								+00:40:05 (54.1%)	7:24	8.1 (45.8%)	
446	PISAŃSKI Tadeusz	398		M-50	35								+00:40:05 (54.1%)	7:24	8.1 (45.8%)	
447	KOLASA Agnieszka	210		K-40	68								+00:40:20 (54.3%)	7:25	8.1 (45.8%)	
448	STOPIŃSKA Monika	636		K-30	63								+00:40:42 (54.5%)	7:28	8 (45.2%)	
449	MARCHELEWSKA Sylwia	299	EKSPERT SYSTEMY INFORMATYCZNE	K-50	15								+00:41:19 (54.9%)	7:31	8 (45.2%)	
450	SZYMCAK Kamila	508		K-30	64								+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			+00:42:32 (55.6%)	7:39	7.8 (44.1%)	
452	PRAWDA Iwona	412	WIECZORNE BIEGANIE	K-40	70								+00:42:32 (55.6%)	7:39	7.8 (44.1%)	
453	SZYMAŃSKA Ania	506	GRYFUS	K-50	16								+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	MICHALAK Radosław	312	GRUPA EXPERT	M-40	101						Ekspert Systemy Informatyczne	00:37:40	01:19:55.35	01:19:55.35	+00:45:56 (57.5%)	7:59	7.5 (42.4%)
455	KUREK Karolina	261		K-30	65		Tak					00:39:48	01:21:46.30	01:21:46.30	+00:47:47 (58.4%)	8:10	7.3 (41.2%)
456	STERNA Magdalena	479		K-30	66		Tak					00:36:20	01:21:49.60	01:21:49.60	+00:47:50 (58.5%)	8:10	7.3 (41.2%)
457	TOMCZYK Karolina	521		K-40	71		Tak					00:40:07	01:21:56.35	01:21:56.35	+00:47:57 (58.5%)	8:11	7.3 (41.2%)
458	PŁOSA Monika	402		K-40	72							00:40:27	01:24:47.45	01:24:47.45	+00:50:48 (59.9%)	8:28	7.1 (40.1%)
459	DOBERSZTYN Błażej	80	FIZJOBIEGACZE SZCZECIN	M-40	102							00:24:05			+00:07:47	4:49	12.5 (70.6%)
460	BARCZYK Krzysztof	624		M-Open	2							00:25:39			+00:09:21	5:07	11.7 (66.1%)
461	SASS Karolina	453	WIECZORNE BIEGANIE W SZCZECINIE	K-20	21						Wieczorne Bieganie w Szczecinie	00:25:50			+00:09:33	5:10	11.6 (65.5%)
462	PLĄSEK Sylwester	400		M-50	36							00:27:14			+00:10:56	5:26	11 (62.1%)
463	MIELEC Marta	315		K-30	67							00:28:00			+00:11:42	5:36	10.7 (60.5%)
464	TELESIŃSKI Piotr	517	BLLASYBOGDANIEC	M-40	103						Biegam Bo Lubię Lasy Bogdaniec	00:28:29			+00:12:11	5:41	10.5 (59.3%)
465	POGORZELSKA Sylwia	406	WIECZORNE BIEGANIE W SZCZECINIE	K-40	73							00:29:22			+00:13:04	5:52	10.2 (57.6%)
466	MACIASZEK Linda	289		K-20	22							00:29:37			+00:13:19	5:55	10.1 (57.1%)
467	PAWIŁOŚĆ Hanna	360		K-20	23							00:29:52			+00:13:34	5:58	10 (56.5%)
468	WIĄCEK Weronika	549	KOBIECE BIEGANIE	K-16	2		Tak					00:29:52			+00:13:34	5:58	10 (56.5%)
469	HNYDA Martyna	630		K-16	3							00:29:52			+00:13:34	5:58	10 (56.5%)
470	WOŁOSZYN Ola	602	ADRENALINA TEAM	K-30	68							00:30:30			+00:14:12	6:06	9.8 (55.4%)
471	SZAJEK Gabor	489	HULK TEAM POLICE	M-16	6		Tak					00:30:33			+00:14:15	6:06	9.8 (55.4%)
472	SZAJEK Marta	488	HULK TEAM POLICE	K-40	74		Tak					00:30:33			+00:14:15	6:06	9.8 (55.4%)
473	RASZEWSKA Karolina	428		K-40	75							00:30:41			+00:14:23	6:08	9.8 (55.4%)
474	DANILUK-DUPLA Ewa	76	WIECZORNE BIEGANIE W SZCZECINIE	K-40	76						Wieczorne Bieganie w Szczecinie	00:30:43			+00:14:25	6:08	9.8 (55.4%)
475	KOWALCZYK Kinga	222		K-40	77							00:30:56			+00:14:38	6:11	9.7 (54.8%)
476	DUDEK-IGNACZAK Joanna	87	WIECZORNE BIEGANIE W SZCZECINIE	K-40	78							00:31:13			+00:14:55	6:14	9.6 (54.2%)
477	RUTKOWSKA Dorota	445	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	GASZTOLD Renata	115		K-40	79					Wy-Biegani Szczecin 3	00:31:25		+00:15:07	6:17	9.5 (53.7%)	
479	NOWITKIEWICZ Weronika	352		K-30	69		Tak				00:31:30		+00:15:12	6:18	9.5 (53.7%)	
480	MILLER Agnieszka	324	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	JAŁOWSKI Marcin	158	BBL LASY BOGDANIEC	M-30	90					Biegam Bo Lubię Lasy Bogdaniec	00:31:44		+00:15:26	6:20	9.5 (53.7%)	
482	SZPILA Robert	629	BBL LASY BOGDANIEC	M-40	104						00:31:44		+00:15:26	6:20	9.5 (53.7%)	
483	KOWALSKA Anna	224	BBL LASY BOGDANIEC	K-30	71					Biegam Bo Lubię Lasy Bogdaniec	00:31:45		+00:15:27	6:21	9.4 (53.1%)	
484	MIKOŁAJCZYK Marta	319	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	WISZNIAK Mateusz	555		M-30	91			Tak			00:31:58		+00:15:40	6:23	9.4 (53.1%)	
486	WISZNIAK Agata	556		K-20	24						00:31:58		+00:15:40	6:23	9.4 (53.1%)	
487	TRELIŃSKA Edyta	525		K-50	18			Tak			00:32:20		+00:16:02	6:28	9.3 (52.5%)	
488	PASZKO Daniel	373	WIECZORNE BIEGANIE W SZCZECINIE	M-40	105		Tak	Tak			00:32:20		+00:16:02	6:28	9.3 (52.5%)	
489	HNATKOWSKI Piotr	151	WATAHA	M-40	106					DEMBOWE NIEDŹWIEDZIE	00:32:26		+00:16:08	6:29	9.2 (52.0%)	
490	BIEŁOWIEC Adrianna	29	PUSZCZYK BUKOWY	K-30	73						00:32:29		+00:16:11	6:29	9.2 (52.0%)	
491	STACHOWIAK Paulina	476		K-30	74					Wieczorne Bieganie w Szczecinie	00:32:38		+00:16:20	6:31	9.2 (52.0%)	
492	LASEK Anna	264	WIECZORNE BIEGANIE W SZCZECINIE	K-40	80						00:33:10		+00:16:52	6:38	9 (50.8%)	
493	MĄDRZYK Magdalena	310	WIECZORNE BIEGANIE W SZCZECINIE	K-40	81						00:33:10		+00:16:52	6:38	9 (50.8%)	
494	SAMOLEJ Monika	452		K-40	82						00:33:12		+00:16:54	6:38	9 (50.8%)	
495	KRZYCH Paweł	247	EKSPERT SYSTEMY INFORMATYCZNE	M-30	92						00:33:14		+00:16:56	6:38	9 (50.8%)	
496	KLECZEWSKA Agnieszka	203		K-40	83					DEMBOWE NIEDŹWIEDZIE	00:33:28		+00:17:10	6:41	9 (50.8%)	
497	HNATKOWSKA Dorota	150	DEMBOWE NIEDŹWIEDZIE	K-40	84						00:33:28		+00:17:10	6:41	9 (50.8%)	
498	DUĐENKO Monika	89	DUDKITEAM	K-40	85						00:33:36		+00:17:18	6:43	8.9 (50.3%)	
499	KOZIARSKA Katarzyna	228	WIECZORNE BIEGANIE	K-30	75						00:33:39		+00:17:21	6:43	8.9 (50.3%)	
500	MAZUREK Anna	309		K-40	86						00:34:05		+00:17:47	6:49	8.8 (49.7%)	
501	STRZEŚNIEWSKA Karolina	482	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	GIBAS- JASTRZĘBSKA Iwona	118	WIECZORNE BIEGANIE W SZCZECINIE	K-50	19					Wieczorne Bieganie w Szczecinie	00:34:32		+00:18:14	6:54	8.7 (49.2%)	
503	PASZKIEWICZ Patrycja	372	WIECZORNE BIEGANIE W SZCZECINIE	K-20	26						00:35:29		+00:19:11	7:05	8.5 (48.0%)	
504	ŁYDZIŃSKI Maciej	288	WIECZORNE BIEGANIE W SZCZECINIE	M-30	93						00:35:29		+00:19:11	7:05	8.5 (48.0%)	
505	JÓZEFczyk Natalia	172		K-20	27						00:35:46		+00:19:28	7:09	8.4 (47.5%)	
506	WALA Klaudia	534		K-20	28						00:35:46		+00:19:28	7:09	8.4 (47.5%)	
507	TOMCZYK Kasia	523		K-30	76						00:35:54		+00:19:36	7:10	8.4 (47.5%)	
508	KLAUZIŃSKA Monika	202	PP11	K-30	77					Ruchliwe kiecki	00:35:59		+00:19:41	7:11	8.3 (46.9%)	
509	SWOBODA Edyta	487		K-40	87		Tak			Ruchliwe kiecki	00:36:00		+00:19:42	7:12	8.3 (46.9%)	
510	RYCKO Maja	448		K-30	78					Ruchliwe kiecki	00:36:00		+00:19:42	7:12	8.3 (46.9%)	
511	POLECHONSKA Marta	409		K-40	88		Tak			Ruchliwe kiecki	00:36:00		+00:19:42	7:12	8.3 (46.9%)	
512	JURCZYK Paulina	176	JESTEM LOCO	K-30	79						00:36:45		+00:20:27	7:21	8.2 (46.3%)	
513	KĄLUZIŃSKA Aleksandra	184		K-40	89						00:36:50		+00:20:32	7:22	8.1 (45.8%)	
514	BORYS-GUT Magdalena	44		K-40	90						00:36:52		+00:20:34	7:22	8.1 (45.8%)	
515	BIAŁKOWSKA Monika	446	WIECZORNE BIEGANIE W SZCZECINIE	K-40	91					Wieczorne Bieganie w Szczecinie	00:36:54		+00:20:36	7:22	8.1 (45.8%)	
516	PRENETA Anna	413	WIECZORNE BIEGANIE W SZCZECINIE	K-50	20					Wieczorne Bieganie w Szczecinie	00:37:39		+00:21:21	7:31	8 (45.2%)	
517	KOBIELAK Agnieszka	209	WIECZORNE BIEGANIE W SZCZECINIE	K-20	29						00:37:45		+00:21:27	7:33	7.9 (44.6%)	
518	BALICKA Wioletta	20	WIECZORNE BIEGANIE W SZCZECINIE	K-40	92						00:37:46		+00:21:28	7:33	7.9 (44.6%)	
519	LIGOCKA Aneta	275	WY-BIEGANI SZCZECIN	K-40	93					Wy-Biegani Szczecin	00:37:50		+00:21:32	7:34	7.9 (44.6%)	
520	ZIELIŃSKA Katarzyna	586	HULK TEAM - BABSKA PRZYGODA	K-30	80		Tak			Babska Przygoda	00:38:54		+00:22:36	7:46	7.7 (43.5%)	
521	MAŃKE Katarzyna	505		K-30	81		Tak				00:38:54		+00:22:36	7:46	7.7 (43.5%)	
522	NOWAK Iwona	349		K-30	82		Tak	Tak			00:38:59		+00:22:41	7:47	7.7 (43.5%)	
523	URBANIAK Anna	532		K-30	83						00:39:00		+00:22:42	7:48	7.7 (43.5%)	
524	LICZBIŃSKA- HANKE Małgorzata	274	DECATHLON SZCZECIN	K-20	30						00:41:03		+00:24:45	8:12	7.3 (41.2%)	
525	ŚWIĄTEK Piotr	632		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	SKIBA Bartłomiej	633		M-20	34						00:41:47			+00:25:29	8:21	7.2 (40.7%)
527	KAROL Julia	191	WIECZORNE BIEGANIE W SZCZECINIE	K-20	31						00:41:48			+00:25:30	8:21	7.2 (40.7%)
528	KAROL Anna	190	WIECZORNE BIEGANIE W SZCZECINIE	K-50	21						00:41:58			+00:25:40	8:23	7.1 (40.1%)
529	KĘPKA Wojciech	10	WIECZORNE BIEGANIE W SZCZECINIE	M-40	107					Wieczorne Bieganie w Szczecinie	00:41:58			+00:25:40	8:23	7.1 (40.1%)
530	MATUSZEWSKA Kinga	307		K-30	84		Tak				00:43:47			+00:27:29	8:45	6.9 (39.0%)
531	LEWICKA Joanna	617	LEROY MERLIN	K-40	94						00:45:20			+00:29:02	9:04	6.6 (37.3%)
532	STACHOWSKI Andrzej	477	MANIA GYM	M-50	37						00:47:52			+00:31:34	9:34	6.3 (35.6%)
533	GRZYWNIAK Urszula	137	HULK TEAM	K-30	85		Tak				00:50:24			+00:34:06	10:04	6 (33.9%)
534	MAĆKOWIAK Katarzyna	634		K-40	95		Tak				00:54:18			+00:38:00	10:51	5.5 (31.1%)
535	MAĆKOWIAK Radosław	635		M-40	108		Tak				00:54:19			+00:38:01	10:51	5.5 (31.1%)
536	LIPERTOWICZ Aleksandra	6	WIECZORNE BIEGANIE W SZCZECINIE	K-30	86		Tak				00:55:18			+00:39:00	11:03	5.4 (30.5%)
537	LIPERTOWICZ Sebastian	7		M-30	94		Tak			Wieczorne Bieganie w Szczecinie	00:55:18			+00:39:00	11:03	5.4 (30.5%)
538		627									00:58:25			+00:42:07	11:41	5.1 (28.8%)
539	PAWŁOWSKA Anna	377	EXREME WOLF	K-40	96					ExtremeWolf	01:00:30			+00:44:12	12:06	5 (28.2%)

Znaleziono 539 wynik(ów)