



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

X BIEG MIKOŁAJKOWY

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
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	GWÓŹDŹ 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	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%)
18	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
19	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%)
20	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%)
21	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%)
22	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%)
23	WOJNACH Andrzej	232	79 MINUT PO PIĘĆDZIESĄTCE	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%)
24	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%)
25	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%)
26	JUNAK Michał	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%)
27	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%)
28	HAŁGAS Piotr	143	OKS TANOWO	M-30	10		Tak			UKŁ Ósemka Police	00:19:57	00:42:22.75	00:42:22.75	+00:08:23 (19.8%)	4:14	14.2 (80.2%)
29	SKALSKI Mateusz	462		M-30	11		Tak	Tak		UKŁ Ósemka Police	00:21:07	00:42:42.20	00:42:42.20	+00:08:43 (20.4%)	4:16	14.1 (79.7%)
29	MIROWSKI Błażej	325	UKŁ OSEMKA	M-30	11		Tak			UKŁ 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	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%)
32	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%)
33	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%)
34	BALCERZAK Przemysław	19	GRUPA AZOTY/UKŁ ÓSEMKA POLICE	M-30	14		Tak	Tak		UKŁ Ósemka Police	00:21:08	00:43:15.55	00:43:15.55	+00:09:16 (21.5%)	4:19	13.9 (78.5%)
35	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%)
36	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%)
37	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%)
38	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%)
39	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%)
40	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%)
41	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%)
42	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%)
43	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
44	ŻARCZYŃSKI Błażej	594	BIEGAM U KOLESİ	M-30	19		Tak		Tak		00:21:38	00:44:15.15 (23.2%)	00:44:15.15	+00:10:16 (23.2%)	4:25	13.6 (76.8%)
45	PUCHALSKI Grzegorz	423	RUNFOURFUN	M-30	20					RunFourFun	00:21:04	00:44:27.45 (23.6%)	00:44:27.45	+00:10:28 (23.6%)	4:26	13.5 (76.3%)
46	GAWLE Łukasz	116	UNITY LINE	M-40	10						00:21:29	00:44:29.80 (23.6%)	00:44:29.80	+00:10:31 (23.6%)	4:26	13.5 (76.3%)
47	SOBKOWIAK Robert	467	MKL MARATON ŚWINOUJŚCIE	M-50	4						00:21:44	00:44:43.80 (24.0%)	00:44:43.80	+00:10:45 (24.0%)	4:28	13.4 (75.7%)
48	DĄBROWSKI Kamil	77	PROTOUR SZCZECIN	M-40	11		Tak				00:21:55	00:44:46.25 (24.1%)	00:44:46.25	+00:10:47 (24.1%)	4:28	13.4 (75.7%)
49	KACZMAREK Łukasz	183	KS IRONMAN SZCZECIN	M-30	21						00:21:36	00:44:48.20 (24.2%)	00:44:48.20	+00:10:49 (24.2%)	4:28	13.4 (75.7%)
50	NADOLNY Przemysław	333	PARKRUN SZCZECIN	M-40	12	Nadolni				Nadolny Team	00:21:48	00:44:49.80 (24.2%)	00:44:49.80	+00:10:51 (24.2%)	4:28	13.4 (75.7%)
51	MAJKA Dariusz	297	BIEGACZE ŚWINOUJŚCIE	M-40	13						00:21:45	00:45:00.95 (24.5%)	00:45:00.95	+00:11:02 (24.5%)	4:30	13.3 (75.1%)
52	SADOWSKI Kamil	450	OKS TANOWO	M-20	10		Tak				00:22:09	00:45:07.70 (24.7%)	00:45:07.70	+00:11:08 (24.7%)	4:30	13.3 (75.1%)
53	NYKOLAJCZUK Robert	353	BRIDGESTONE RUNNERS	M-50	5						00:21:56	00:45:07.75 (24.7%)	00:45:07.75	+00:11:08 (24.7%)	4:30	13.3 (75.1%)
54	KAPUŚCIŃSKI Zbigniew	188	GRUPA AZOTY ZAKŁADY CHEMICZNE POLICE S. A.	M-50	6			Tak			00:21:47	00:45:09.70 (24.8%)	00:45:09.70	+00:11:10 (24.8%)	4:30	13.3 (75.1%)
55	DOBOSZ Piotr	81	PITER	M-40	14						00:22:11	00:45:17.60 (25.0%)	00:45:17.60	+00:11:18 (25.0%)	4:31	13.2 (74.6%)
56	FAFEREK Piotr	102		M-30	22					Wieczne Bieganie w Szczecinie	00:21:36	00:45:19.75 (25.0%)	00:45:19.75	+00:11:20 (25.0%)	4:31	13.2 (74.6%)
57	SZYMCZAK Marcin	511		M-40	15						00:22:01	00:45:31.25 (25.4%)	00:45:31.25	+00:11:32 (25.4%)	4:33	13.2 (74.6%)
58	ZAŁEWSKI Maciej	578		M-40	16						00:22:10	00:45:32.50 (25.4%)	00:45:32.50	+00:11:33 (25.4%)	4:33	13.2 (74.6%)
59	HETMAŃSKI Arkadiusz	148	LOVELASY	M-40	17			Tak		Lovelasy	00:21:55	00:45:44.35 (25.7%)	00:45:44.35	+00:11:45 (25.7%)	4:34	13.1 (74.0%)
60	ŻELAZNY Maciej	596	BOSMAN SZCZECIN	M-30	23					Bosman Szczecin	00:20:46	00:46:05.75 (26.3%)	00:46:05.75	+00:12:06 (26.3%)	4:36	13 (73.4%)
61	PELC Marek	380	12 BZ	M-30	24				Tak		00:22:16	00:46:10.95 (26.4%)	00:46:10.95	+00:12:12 (26.4%)	4:37	13 (73.4%)
62	NAWROCKI Piotr	337	KB PIONIER SZCZECIN	M-50	7						00:22:40	00:46:19.45 (26.6%)	00:46:19.45	+00:12:20 (26.6%)	4:37	13 (73.4%)
63	PAWLICZAK Rafał	621		M-40	18						00:21:47	00:46:20.95 (26.7%)	00:46:20.95	+00:12:22 (26.7%)	4:38	12.9 (72.9%)
64	WARCZAŁOWSKI Arkadiusz	538		M-40	19		Tak				00:22:38	00:46:32.95 (27.0%)	00:46:32.95	+00:12:34 (27.0%)	4:39	12.9 (72.9%)
65	SZYMCZAK Krzysztof	510		M-16	3						00:22:50	00:46:36.20 (27.1%)	00:46:36.20	+00:12:37 (27.1%)	4:39	12.9 (72.9%)
66	ARLUKIEWICZ Grzegorz	15	T.I.P (TOST I PIWO)	M-30	25		Tak	Tak			00:22:47	00:46:54.00 (27.5%)	00:46:54.00	+00:12:55 (27.5%)	4:41	12.8 (72.3%)
67	KOBIELAK Piotr	208		M-20	11						00:22:42	00:47:15.05 (28.1%)	00:47:15.05	+00:13:16 (28.1%)	4:43	12.7 (71.8%)
68	SZYMKIEWICZ Robert	513	MIEDZYRZECKIE GAZEŁE	M-50	8						00:22:20	00:47:32.55 (28.5%)	00:47:32.55	+00:13:33 (28.5%)	4:45	12.6 (71.2%)
69	TOPOREK Przemysław	524		M-30	26						00:22:57	00:47:35.05 (28.6%)	00:47:35.05	+00:13:36 (28.6%)	4:45	12.6 (71.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
70	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%)
71	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%)
72	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%)
73	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%)
74	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%)
75	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%)
76	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%)
77	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%)
78	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%)
79	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%)
80	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%)
81	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%)
82	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%)
83	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%)
84	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%)
85	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%)
86	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%)
87	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%)
88	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%)
89	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%)
90	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%)
91	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%)
92	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%)
93	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%)
94	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
95	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%)
96	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%)
97	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%)
98	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%)
99	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%)
100	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%)
101	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%)
102	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%)
103	HAMAN Kacper	144	WY-BIEGANI SZCZECIN	M-30	37					Wy-Biegani Szczecin	00:23:27	00:50:35.05	00:50:35.05	+00:16:36 (32.8%)	5:03	11.9 (67.2%)
104	SIERADZAN Kamil	458		M-20	15					Wy-Biegani Szczecin 3	00:23:26	00:50:37.85	00:50:37.85	+00:16:39 (32.9%)	5:03	11.9 (67.2%)
105	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%)
106	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%)
107	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%)
108	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%)
109	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%)
110	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%)
111	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%)
112	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%)
113	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%)
114	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%)
115	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%)
116	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%)
117	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%)
118	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%)
119	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%)
120	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
121	ZAJĄC Remigiusz	575		M-20	16		Tak				00:24:40	00:51:44.90	00:51:44.90	+00:17:46 (34.3%)	5:10	11.6 (65.5%)
122	KUFEL Dariusz	255		M-60	5						00:25:16	00:51:49.95	00:51:49.95	+00:17:51 (34.4%)	5:10	11.6 (65.5%)
123	CHARLEJ Ireneusz	63	WIECZORNE BIEGANIE W SZCZECINIE	M-50	14				Tak		00:24:45	00:51:50.55	00:51:50.55	+00:17:51 (34.5%)	5:11	11.6 (65.5%)
124	DRÓŹDŹ Mariusz	85	MJD TEAM	M-40	42						00:24:41	00:51:51.75	00:51:51.75	+00:17:52 (34.5%)	5:11	11.6 (65.5%)
125	MATYS Michał	308		M-30	45						00:25:20	00:51:54.40	00:51:54.40	+00:17:55 (34.5%)	5:11	11.6 (65.5%)
126	NOWIK Arkadiusz	351		M-40	43						00:25:14	00:51:58.30	00:51:58.30	+00:17:59 (34.6%)	5:11	11.5 (65.0%)
127	HAŁUSZKO Szymon	610	DEMANT	M-30	46						00:25:56	00:52:01.10	00:52:01.10	+00:18:02 (34.7%)	5:12	11.5 (65.0%)
128	PIĄTKOWSKI Mariusz	383	GRYFUS SZCZECIN	M-40	44		Tak				00:25:23	00:52:02.35	00:52:02.35	+00:18:03 (34.7%)	5:12	11.5 (65.0%)
129	POLECHONSKI Kamil	410	OSEMKOWA PETARDA	M-40	45		Tak				00:25:55	00:52:06.10	00:52:06.10	+00:18:07 (34.8%)	5:12	11.5 (65.0%)
130	BIS Michał	32		M-40	46						00:24:19	00:52:10.40	00:52:10.40	+00:18:11 (34.9%)	5:13	11.5 (65.0%)
131	TROJANOWSKI Tomasz	526		M-40	47						00:25:15	00:52:12.80	00:52:12.80	+00:18:14 (34.9%)	5:13	11.5 (65.0%)
132	PIOTROWSKI Piotr	395	TENET	M-40	48		Tak			Tenet	00:25:26	00:52:16.70	00:52:16.70	+00:18:17 (35.0%)	5:13	11.5 (65.0%)
133	PIĄTEK Krystian	382		M-40	49						00:26:06	00:52:20.85	00:52:20.85	+00:18:22 (35.1%)	5:14	11.5 (65.0%)
134	SKIBA Michał	463	WY-BIEGANI SZCZECIN	M-30	47					Wy-Biegani Szczecin 2	00:25:20	00:52:21.75	00:52:21.75	+00:18:22 (35.1%)	5:14	11.5 (65.0%)
135	KOTOWSKI Dominik	606	DEMANT	M-30	48						00:25:22	00:52:36.75	00:52:36.75	+00:18:37 (35.4%)	5:15	11.4 (64.4%)
136	PENTELA Mariusz	381		M-40	50		Tak				00:25:32	00:52:48.95	00:52:48.95	+00:18:50 (35.7%)	5:16	11.4 (64.4%)
137	JĘDRUSZEK Artur	169		M-30	49						00:26:02	00:52:51.85	00:52:51.85	+00:18:53 (35.7%)	5:17	11.4 (64.4%)
138	WOJSZCZYK Michał	561	BRIDGESTONE STARGARD RUNNERS	M-30	50						00:26:01	00:53:00.50	00:53:00.50	+00:19:01 (35.9%)	5:18	11.3 (63.8%)
139	PIOTROWSKI Arkadiusz	394		M-30	51						00:25:33	00:53:10.50	00:53:10.50	+00:19:11 (36.1%)	5:19	11.3 (63.8%)
140	CHARĘZA Marcin	62	ZAWADZKIEGO SZCZECIN	M-40	51						00:25:44	00:53:15.30	00:53:15.30	+00:19:16 (36.2%)	5:19	11.3 (63.8%)
141	DANILEWICZ Wojciech	75	WIECZORNE BIEGANIE W SZCZECINIE	M-50	15						00:25:55	00:53:26.55	00:53:26.55	+00:19:27 (36.4%)	5:20	11.2 (63.3%)
142	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%)
143	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%)
144	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%)
145	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%)
146	ZAŁEJSKI 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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
147	NOGAJ Krzysztof	346	WY-BIEGANI SZCZECIN	M-30	53					Wy-Biegani Szczecin 2	00:26:15	00:53:58.20	00:53:58.20	+00:19:59 (37.0%)	5:23	11.1 (62.7%)
148	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%)
149	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%)
150	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%)
151	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%)
152	STĘPNIAK Lesław	480		M-40	56					SKB DZIK	00:26:55	00:54:26.90	00:54:26.90	+00:20:28 (37.6%)	5:26	11 (62.1%)
153	NADOLNY Dawid	334	PARKRUN SZCZECIN	M-16	4	Nadolni				Nadolny Team	00:28:20	00:54:31.05	00:54:31.05	+00:20:32 (37.7%)	5:27	11 (62.1%)
154	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%)
155	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%)
156	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%)
157	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%)
158	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%)
159	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%)
160	MILEWSKI Adrian	323	DECATHLON SZCZECIN	M-30	56					Decathlon Szczecin	00:27:19	00:54:53.75	00:54:53.75	+00:20:54 (38.1%)	5:29	10.9 (61.6%)
161	HANKE Patryk	146	DECATHLON SZCZECIN	M-20	17					Decathlon Szczecin	00:27:19	00:54:53.95	00:54:53.95	+00:20:55 (38.1%)	5:29	10.9 (61.6%)
162	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%)
163	WASILEWSKI Ryszard	542	KALINOWSKITEAM UKŁ 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%)
164	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%)
165	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%)
166	SWOBODA Piotr	486	LOVELASY	M-40	60		Tak			LoveLasy	00:27:13	00:55:19.30	00:55:19.30	+00:21:20 (38.6%)	5:31	10.8 (61.0%)
167	CZERWIŃSKI Dariusz	68	LOVELASY	M-50	21		Tak		Tak	LoveLasy	00:27:13	00:55:19.80	00:55:19.80	+00:21:21 (38.6%)	5:31	10.8 (61.0%)
168	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%)
169	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%)
170	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%)
171	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%)
172	SIWEK Jarek	461	PARKRUN SZCZECIN	M-50	22	Nadolni				Nadolny Team	00:27:34	00:55:42.45	00:55:42.45	+00:21:43 (39.0%)	5:34	10.8 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
173	SZEWWCZYK Tomek	497	WY-BIEGANI SZCZECIN	M-40	62					Wy-Biegani Szczecin 2	00:26:33	00:55:51.10	00:55:51.10	+00:21:52 (39.2%)	5:35	10.7 (60.5%)
174	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%)
175	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%)
176	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%)
177	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%)
178	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%)
179	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%)
180	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%)
181	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%)
182	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%)
182	AUGUSTYNIAK Grzegorz	16	UKŁ 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%)
184	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%)
185	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%)
186	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%)
187	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%)
188	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%)
189	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%)
190	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%)
191	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%)
192	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%)
193	PRUSZANOW Marcin	416	KB HERMES GRYFINO	M-40	69					KB Hermes Gryfino	00:28:33	00:57:21.90	00:57:21.90	+00:23:23 (40.8%)	5:44	10.5 (59.3%)
194	KRUCZKOWSKI Maciej	241		M-50	25						00:29:04	00:57:32.05	00:57:32.05	+00:23:33 (40.9%)	5:45	10.4 (58.8%)
195	ŁEBKOWSKI Karol	281	WILKI Z CIECHOCINKA	M-40	70						00:27:35	00:57:52.45	00:57:52.45	+00:23:53 (41.3%)	5:47	10.4 (58.8%)
196	PRYMELSKI Jarosław	418		M-30	67						00:28:38	00:57:56.15	00:57:56.15	+00:23:57 (41.3%)	5:47	10.4 (58.8%)
197	WRZOSEK Kamil	572		M-20	21						00:29:04	00:57:56.55	00:57:56.55	+00:23:57 (41.4%)	5:47	10.4 (58.8%)
198	RUDZEWICZ Mariusz	441		M-30	68				Tak		00:27:52	00:58:22.75	00:58:22.75	+00:24:23 (41.8%)	5:50	10.3 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
199	MARCHELEWSKI Artur	300	EKSPERT SYSTEMY INFORMATYCZNE	M-50	26						00:29:01	00:58:24.35	00:58:24.35	+00:24:25 (41.8%)	5:50	10.3 (58.2%)
200	DUĐENKO Jerzy	88	DUDKITEAM	M-40	71						00:32:43	00:58:43.65	00:58:43.65	+00:24:44 (42.1%)	5:52	10.2 (57.6%)
201	PRZYBYSZ Marcin	421	PRZYBYSZ FAMILY	M-40	72				Tak		00:29:11	00:58:47.95	00:58:47.95	+00:24:49 (42.2%)	5:52	10.2 (57.6%)
202	KOMOROWSKI Michał	214		M-30	69						00:27:49	00:59:14.40	00:59:14.40	+00:25:15 (42.6%)	5:55	10.1 (57.1%)
203	WITORZĘĆ Dariusz	558		M-40	73		Tak				00:28:26	00:59:14.70	00:59:14.70	+00:25:15 (42.6%)	5:55	10.1 (57.1%)
204	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%)
205	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%)
206	OLEŚKIEWICZ Michał	359	WY-BIEGANI SZCZECIN	M-40	75					Wy-Biegani Szczecin 3	00:28:37	00:59:23.20	00:59:23.20	+00:25:24 (42.8%)	5:56	10.1 (57.1%)
207	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%)
208	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%)
209	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%)
210	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%)
211	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%)
212	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%)
213	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%)
214	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%)
215	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%)
216	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%)
217	KUBASIK Waldemar	249	BOSMAN SZCZECIN	M-60	11					Bosman Szczecin	00:28:13	01:00:55.60	01:00:55.60	+00:26:56 (44.2%)	6:05	9.8 (55.4%)
218	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%)
219	JARCZEWSKI Damian	160	KB DORACO	M-30	73		Tak				00:29:19	01:00:58.10	01:00:58.10	+00:26:59 (44.3%)	6:05	9.8 (55.4%)
220	PILAWSKI Piotr	389		M-30	74						00:28:51	01:01:04.80	01:01:04.80	+00:27:06 (44.4%)	6:06	9.8 (55.4%)
221	NAGOT Roger	335		M-30	75						00:28:39	01:01:13.30	01:01:13.30	+00:27:14 (44.5%)	6:07	9.8 (55.4%)
222	SZMELING Grzegorz	499		M-40	80						00:29:58	01:01:18.20	01:01:18.20	+00:27:19 (44.6%)	6:07	9.8 (55.4%)
223	ZAWADZKI Andrzej	581	TENET	M-20	24					Tenet	00:29:17	01:01:21.00	01:01:21.00	+00:27:22 (44.6%)	6:08	9.8 (55.4%)
224	TOMCZYK Krzysztof	520		M-40	81		Tak				00:31:51	01:01:22.60	01:01:22.60	+00:27:23 (44.6%)	6:08	9.8 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
225	BOLEŃ Michał	38		M-20	25						00:29:25	01:01:26.05	01:01:26.05	+00:27:27 (44.7%)	6:08	9.8 (55.4%)
225	FIGURA Krzysztof	103		M-20	25						00:29:09	01:01:26.05	01:01:26.05	+00:27:27 (44.7%)	6:08	9.8 (55.4%)
227	PUNA Artur	424		M-30	76		Tak				00:29:59	01:01:27.20	01:01:27.20	+00:27:28 (44.7%)	6:08	9.8 (55.4%)
228	KUKOWSKI Łukasz	257	ŚWINOUJSCIE	M-40	82				Tak		00:31:12	01:01:28.10	01:01:28.10	+00:27:29 (44.7%)	6:08	9.8 (55.4%)
229	HALEJCIO Stefan	142	MODLITWA BIEGANIA	M-50	30						00:30:34	01:01:43.05	01:01:43.05	+00:27:44 (44.9%)	6:10	9.7 (54.8%)
230	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%)
231	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%)
232	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%)
233	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%)
234	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%)
235	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%)
236	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%)
237	KĘDZIELEWSKI Łukasz	195		M-40	85					Wieczne 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%)
238	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%)
239	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%)
240	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%)
241	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%)
242	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%)
243	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%)
244	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%)
245	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%)
246	KOZŁOWSKI Tomasz	231	BBL LASY BOGDANIEC	M-40	88					Biegam Bo Lubię Lasy Bogdaniec	00:31:45	01:04:28.80	01:04:28.80	+00:30:30 (47.3%)	6:26	9.3 (52.5%)
247	GAŁĄZKA Jarosław	111	BIEGAM BO LUBIĘ LASY BOGDANIEC	M-40	89					Biegam Bo Lubię Lasy Bogdaniec	00:31:45	01:04:28.85	01:04:28.85	+00:30:30 (47.3%)	6:26	9.3 (52.5%)
248	POKORSKI Rafał	408	GOLCZEWO	M-40	90						00:31:05	01:04:42.25	01:04:42.25	+00:30:43 (47.5%)	6:28	9.3 (52.5%)
249	MAGDZIK Marcin	294		M-40	91						00:32:07	01:04:44.05	01:04:44.05	+00:30:45 (47.5%)	6:28	9.3 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
250	STACHECKI Adrian	475	DECATHLON SZCZECIN	M-30	82					Decathlon Szczecin	00:31:34	01:04:46.10	01:04:46.10	+00:30:47 (47.5%)	6:28	9.3 (52.5%)
251	MASŁOWSKI Artur	305		M-40	92						00:31:30	01:04:53.45	01:04:53.45	+00:30:54 (47.6%)	6:29	9.2 (52.0%)
252	WOŁKOŃSKI Adam	563		M-40	93						00:30:27	01:04:54.65	01:04:54.65	+00:30:55 (47.7%)	6:29	9.2 (52.0%)
253	FIRLIK Mirosław	105	KLUB BIEGACZA KAMIEŃ POMORSKI	M-50	32						00:30:58	01:05:18.40	01:05:18.40	+00:31:19 (48.0%)	6:31	9.2 (52.0%)
254	MACIBORSKI Mirosław	290		M-50	33					Wieczne Bieganie w Szczecinie	00:31:22	01:05:49.15	01:05:49.15	+00:31:50 (48.4%)	6:34	9.1 (51.4%)
255	CIERPISZEWSKI Tomasz	67		M-30	83						00:31:30	01:05:50.55	01:05:50.55	+00:31:51 (48.4%)	6:35	9.1 (51.4%)
256	BOROWSKI Marcin	43	EKSPERT SYSTEMY INFORMATYCZNE	M-40	94						00:30:37	01:06:33.50	01:06:33.50	+00:32:34 (48.9%)	6:39	9 (50.8%)
257	KUPIŃSKI Mieczysław	260	MODLITWA BIEGANIA GRYFINO	M-40	95						00:31:18	01:06:45.30	01:06:45.30	+00:32:46 (49.1%)	6:40	9 (50.8%)
258	RUSINEK Radosław	443		M-40	96						00:32:42	01:07:15.95	01:07:15.95	+00:33:17 (49.5%)	6:43	8.9 (50.3%)
259	ZIÓŁKOWSKI Tomasz	591		M-30	84						00:32:21	01:07:16.50	01:07:16.50	+00:33:17 (49.5%)	6:43	8.9 (50.3%)
260	BORKOWSKI Marek	41		M-40	97						00:32:56	01:08:04.05	01:08:04.05	+00:34:05 (50.1%)	6:48	8.8 (49.7%)
261	MATYSEK Ireneusz	2	KOMANDOS WAŁECKI	M-60	14						00:32:30	01:08:04.55	01:08:04.55	+00:34:05 (50.1%)	6:48	8.8 (49.7%)
262	CHROBOCINSKI Daniel	65		M-20	30						00:33:17	01:08:12.95	01:08:12.95	+00:34:14 (50.2%)	6:49	8.8 (49.7%)
263	MIKOŁAJCZAK Krystian	318		M-20	31		Tak				00:31:11	01:08:20.20	01:08:20.20	+00:34:21 (50.3%)	6:50	8.8 (49.7%)
264	GORGOL Lukasz	122		M-30	85		Tak				00:31:11	01:08:20.40	01:08:20.40	+00:34:21 (50.3%)	6:50	8.8 (49.7%)
265	KRYCHOWIAK Piotr	638	WIOSŁO	M-40	98				Tak		00:31:53	01:08:33.35	01:08:33.35	+00:34:34 (50.4%)	6:51	8.8 (49.7%)
266	ANDRZEJCZAK Maciej	13	AMATOR	M-50	34		Tak				00:32:31	01:08:40.85	01:08:40.85	+00:34:42 (50.5%)	6:52	8.7 (49.2%)
267	PIOTROWSKI Krzysztof	393		M-40	99					Ampio Team	00:32:05	01:09:11.70	01:09:11.70	+00:35:12 (50.9%)	6:55	8.7 (49.2%)
268	MARCHELEWSKI Jakub	301	EKSPERT SYSTEMY INFORMATYCZNE	M-16	5						00:32:08	01:09:57.55	01:09:57.55	+00:35:58 (51.4%)	6:59	8.6 (48.6%)
269	OSMAN Krzysztof	613		M-Open	1						00:32:27	01:10:08.85	01:10:08.85	+00:36:10 (51.6%)	7:00	8.6 (48.6%)
270	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%)
271	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%)
272	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%)
273	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%)
274	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
275	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%)
276	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%)
277	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%)
278	DOBERSZTYN Błażej	80	FIZJOBIEGACZE SZCZECIN	M-40	102						00:24:05			+00:07:47	4:49	12.5 (70.6%)
279	BARCZYK Krzysztof	624		M-Open	2						00:25:39			+00:09:21	5:07	11.7 (66.1%)
280	PLĄSEK Sylwester	400		M-50	36						00:27:14			+00:10:56	5:26	11 (62.1%)
281	TELESIŃSKI Piotr	517	BBLLASYBOGDANIEC	M-40	103					Biegam Bo Lubię Lasy Bogdaniec	00:28:29			+00:12:11	5:41	10.5 (59.3%)
282	SZAJEK Gabor	489	HULK TEAM POLICE	M-16	6		Tak				00:30:33			+00:14:15	6:06	9.8 (55.4%)
283	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%)
284	SZPILA Robert	629	BBL LASY BOGDANIEC	M-40	104						00:31:44			+00:15:26	6:20	9.5 (53.7%)
285	WISZNIAK Mateusz	555		M-30	91			Tak			00:31:58			+00:15:40	6:23	9.4 (53.1%)
286	PASZKO Daniel	373	WIECZORNE BIEGANIE W SZCZECINIE	M-40	105		Tak	Tak			00:32:20			+00:16:02	6:28	9.3 (52.5%)
287	HNATKOWSKI Piotr	151	WATAHA	M-40	106					DEMBOWE NIEDŹWIEDZIE	00:32:26			+00:16:08	6:29	9.2 (52.0%)
288	KRZYCH Paweł	247	EKSPERT SYSTEMY INFORMATYCZNE	M-30	92						00:33:14			+00:16:56	6:38	9 (50.8%)
289	ŁYDZIŃSKI Maciej	288	WIECZORNE BIEGANIE W SZCZECINIE	M-30	93						00:35:29			+00:19:11	7:05	8.5 (48.0%)
290	ŚWIĄTEK Piotr	632		M-20	33						00:41:45			+00:25:27	8:21	7.2 (40.7%)
291	SKIBA Bartłomiej	633		M-20	34						00:41:47			+00:25:29	8:21	7.2 (40.7%)
292	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%)
293	STACHOWSKI Andrzej	477	MANIA GYM	M-50	37						00:47:52			+00:31:34	9:34	6.3 (35.6%)
294	MAĆKOWIAK Radosław	635		M-40	108		Tak				00:54:19			+00:38:01	10:51	5.5 (31.1%)
295	LIPERTOWICZ Sebastian	7		M-30	94		Tak			Wieczorne Bieganie w Szczecinie	00:55:18			+00:39:00	11:03	5.4 (30.5%)

Znaleziono 295 wynik(ów)