

X BIEG NA K2

B4SPORT

Wydarzenie: X BIEG NA K2
Organizator: Stowarzyszenie K2 Partners
Data: 2020-10-11
Miejsce: Szczecin
Dystans: 8.611 m km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 8.611km	Czas brutto 8.611km	Różn	Tempo min/km	Tempo km/h
1	PAŃKO Andrzej	573	KB HERMES GRYFINO			00:32:34.00	00:32:34.00		3:46	15.9 (100%)
2	SIECZKOWSKI Michał	632				00:34:37.00	00:34:37.00	+00:02:03 (5.9%)	4:01	14.9 (93.7%)
3	RUSEK Kamil	119	FEHLAU RUN TEAM			00:35:08.00	00:35:08.00	+00:02:34 (7.3%)	4:04	14.7 (92.5%)
4	KUBISZTAL Wojciech	428	KB PIONIER SZCZECIN			00:35:15.00	00:35:15.00	+00:02:41 (7.6%)	4:05	14.7 (92.5%)
5	PLESNER Krzysztof	305	JRG3			00:35:37.00	00:35:37.00	+00:03:03 (8.6%)	4:08	14.5 (91.2%)
6	WASILEWSKI Andrzej	137				00:35:48.00	00:35:48.00	+00:03:14 (9.0%)	4:09	14.4 (90.6%)
7	ALEKSANDROV Denys	78	GRIZZLY RUN			00:36:33.00	00:36:33.00	+00:03:59 (10.9%)	4:14	14.1 (88.7%)
8	KONARSKI Bartosz	374	ERAKAWY			00:36:50.00	00:36:50.00	+00:04:16 (11.6%)	4:16	14 (88.1%)
9	KUĆ Maciej	700				00:37:02.00	00:37:02.00	+00:04:28 (12.1%)	4:18	14 (88.1%)
10	PŁUSA Robert	604	SAVAGES			00:37:24.00	00:37:24.00	+00:04:50 (12.9%)	4:20	13.8 (86.8%)
11	MIELNIK Wojtek	84				00:37:26.00	00:37:26.00	+00:04:52 (13.0%)	4:20	13.8 (86.8%)
12	NIEWIADOMSKI Konrad	650	AC MILAN			00:37:27.00	00:37:27.00	+00:04:53 (13.0%)	4:20	13.8 (86.8%)
13	TOMCZYK Tomasz	606				00:37:43.00	00:37:43.00	+00:05:09 (13.7%)	4:22	13.7 (86.2%)
14	PACEK Tomasz	301	PIANIŚCI			00:37:51.00	00:37:51.00	+00:05:17 (14.0%)	4:23	13.7 (86.2%)
15	KAMIŃSKI Łukasz	263	TRAIL RUNNING SZCZECIN			00:37:56.00	00:37:56.00	+00:05:22 (14.1%)	4:24	13.6 (85.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						netto 8.611km	brutto 8.611km			
16	OKRUTA Bartłomiej	304	PROFIACTIVE.PL			00:38:03.00	00:38:03.00	+00:05:29 (14.4%)	4:25	13.6 (85.5%)
17	JUNAK Michał	393				00:38:07.00	00:38:07.00	+00:05:33 (14.6%)	4:25	13.6 (85.5%)
18	TOPOREK Przemysław	235				00:38:12.00	00:38:12.00	+00:05:38 (14.7%)	4:26	13.5 (84.9%)
19	KMIECIAK Sławomir	14				00:38:23.00	00:38:23.00	+00:05:49 (15.2%)	4:27	13.5 (84.9%)
20	OSETEK Sebastian	170	KB HERMES GRYFINO			00:38:25.00	00:38:25.00	+00:05:51 (15.2%)	4:27	13.4 (84.3%)
21	BORG Norbert	287	HQ MNC NE			00:38:26.00	00:38:26.00	+00:05:52 (15.3%)	4:27	13.4 (84.3%)
22	BIAŁEK Beata	453	KB HERMES GRYFINO			00:38:27.00	00:38:27.00	+00:05:53 (15.3%)	4:27	13.4 (84.3%)
23	LEWANDOWSKI Piotr	178	12DZ			00:38:28.00	00:38:28.00	+00:05:54 (15.3%)	4:28	13.4 (84.3%)
24	BIELECKI Karol	64	BNOW SPORTS			00:38:34.00	00:38:34.00	+00:06:00 (15.6%)	4:28	13.4 (84.3%)
25	SZARAPANOWSKI Marcin	534	WIECZORNE BIEGANIE W SZCZECINIE			00:38:48.00	00:38:48.00	+00:06:14 (16.1%)	4:30	13.3 (83.6%)
26	KRÓLEWIAK Rafał	666				00:38:50.00	00:38:50.00	+00:06:16 (16.1%)	4:30	13.3 (83.6%)
27	SZLACHTA Jakub	791				00:38:51.00	00:38:51.00	+00:06:17 (16.2%)	4:30	13.3 (83.6%)
28	WRÓBLEWSKI Michał	706	LIFE4FIT			00:39:00.00	00:39:00.00	+00:06:26 (16.5%)	4:31	13.2 (83.0%)
29	JANUSZ Żywicki	643				00:39:26.00	00:39:26.00	+00:06:52 (17.4%)	4:34	13.1 (82.4%)
30	DMYTRYK Łukasz	57	TRENER PERSONALNY			00:39:32.00	00:39:32.00	+00:06:58 (17.6%)	4:35	13.1 (82.4%)
31	ADAMSKI Janusz	668				00:39:35.00	00:39:35.00	+00:07:01 (17.7%)	4:35	13.1 (82.4%)
32	KOLASA Konrad	396				00:39:39.00	00:39:39.00	+00:07:05 (17.9%)	4:36	13 (81.8%)
33	CHLASTA Jacek	244	NYHA IV			00:39:43.00	00:39:43.00	+00:07:09 (18.0%)	4:36	13 (81.8%)
34	KOLENDA Krzysztof	153	220V / KALMAR RUNNERS			00:39:44.00	00:39:44.00	+00:07:10 (18.0%)	4:36	13 (81.8%)
35	PORWICH Radosław	527				00:39:58.00	00:39:58.00	+00:07:24 (18.5%)	4:38	12.9 (81.1%)
36	PIELECHOWSKI Piotr	384	INCOM POLSKA			00:39:59.00	00:39:59.00	+00:07:25 (18.5%)	4:38	12.9 (81.1%)
37	KRAWCZYK Paweł	365	TRIGYM SZCZECIN			00:40:04.00	00:40:04.00	+00:07:30 (18.7%)	4:39	12.9 (81.1%)
38	LIEBNER Patryk	651	TRIGYM			00:40:06.00	00:40:06.00	+00:07:32 (18.8%)	4:39	12.9 (81.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						8.611km	8.611km			
39	WESOŁOWSKI Marcin	140				00:40:17.00	00:40:17.00	+00:07:43 (19.2%)	4:40	12.8 (80.5%)
39	PRZYBYSZ Marcin	375				00:40:17.00	00:40:17.00	+00:07:43 (19.2%)	4:40	12.8 (80.5%)
41	RACHWALSKI Tomasz	147	LODY T.OLA TEAM			00:40:19.00	00:40:19.00	+00:07:45 (19.2%)	4:40	12.8 (80.5%)
42	MINOROWICZ Paweł	201				00:40:22.00	00:40:22.00	+00:07:48 (19.3%)	4:41	12.8 (80.5%)
43	DUDZIŃSKA Maja	709				00:40:23.00	00:40:23.00	+00:07:49 (19.4%)	4:41	12.8 (80.5%)
44	ZELEK Darek	138				00:40:24.00	00:40:24.00	+00:07:50 (19.4%)	4:41	12.8 (80.5%)
45	FĄFEREK Piotr	34	WIECZORNE BIEGANIE W SZCZECINIE			00:40:25.00	00:40:25.00	+00:07:51 (19.4%)	4:41	12.8 (80.5%)
46	CHYBA Konrad	541				00:40:45.00	00:40:45.00	+00:08:11 (20.1%)	4:43	12.7 (79.9%)
47	WAJS Sebastian	108	ZWT/12BZ			00:40:46.00	00:40:46.00	+00:08:12 (20.1%)	4:44	12.7 (79.9%)
48	KWAŚNIEWSKI Bartosz	98	PB27			00:41:07.00	00:41:07.00	+00:08:33 (20.8%)	4:46	12.6 (79.2%)
49	SAWICKI Bartosz	468	DZIKIE DZIKI GORZÓW			00:41:15.00	00:41:15.00	+00:08:41 (21.1%)	4:47	12.5 (78.6%)
50	KURCIN Jacek	405				00:41:22.00	00:41:22.00	+00:08:48 (21.3%)	4:48	12.5 (78.6%)
51	TOMCZAK Tomasz	219				00:41:26.00	00:41:26.00	+00:08:52 (21.4%)	4:48	12.5 (78.6%)
52	OKIENCZUK Radek	123	T-RUN-OZAURY			00:41:31.00	00:41:31.00	+00:08:57 (21.6%)	4:49	12.4 (78.0%)
53	BRUNDA Roman	581				00:41:33.00	00:41:33.00	+00:08:59 (21.6%)	4:49	12.4 (78.0%)
54	ZALEWSKI Maciej	389				00:41:36.00	00:41:36.00	+00:09:02 (21.7%)	4:49	12.4 (78.0%)
55	BABICZ Wojtek	587	BRIDGESTONE STARGARD RUNNERS			00:41:38.00	00:41:38.00	+00:09:04 (21.8%)	4:50	12.4 (78.0%)
56	SOBAŃSKI Jakub	674	AZS SZCZECIN			00:41:40.00	00:41:40.00	+00:09:06 (21.8%)	4:50	12.4 (78.0%)
57	ŁOŚ Jarosław	269	#RUSZ4LITERY			00:41:48.00	00:41:48.00	+00:09:14 (22.1%)	4:51	12.4 (78.0%)
58	SZOTOWICZ Sebastian	28	TT SZCZECIN, SZWLA STARGARD			00:41:50.00	00:41:50.00	+00:09:16 (22.2%)	4:51	12.4 (78.0%)
59	FILIPIAK Krzysztof	259	KIDSCORE			00:41:51.00	00:41:51.00	+00:09:17 (22.2%)	4:51	12.3 (77.4%)
59	OLEJNIK Przemek	582				00:41:51.00	00:41:51.00	+00:09:17 (22.2%)	4:51	12.3 (77.4%)
61	MALCHEREK Adrian	174	T-RUN-OZAURY			00:41:55.00	00:41:55.00	+00:09:21 (22.3%)	4:52	12.3 (77.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						8.611km	8.611km			
62	PRZYTUŁA Jarosław	177	ROZBIEGANY GOLENIÓW			00:42:11.00	00:42:11.00	+00:09:37 (22.8%)	4:53	12.2 (76.7%)
63	BUDZYŃSKI Przemysław	272	BUDZYŃSCY TEAM			00:42:14.00	00:42:14.00	+00:09:40 (22.9%)	4:54	12.2 (76.7%)
64	KACPRZAK Paweł	622				00:42:21.00	00:42:21.00	+00:09:47 (23.1%)	4:55	12.2 (76.7%)
64	BAKOWSKI Mateusz	665	-			00:42:21.00	00:42:21.00	+00:09:47 (23.1%)	4:55	12.2 (76.7%)
66	BERNACKI Mariusz	309	MODLITWA BIEGANIA GRYFINO			00:42:22.00	00:42:22.00	+00:09:48 (23.1%)	4:55	12.2 (76.7%)
67	PAWLAK Bartosz	206	HUSARIA SZCZECIN			00:42:26.00	00:42:26.00	+00:09:52 (23.3%)	4:55	12.2 (76.7%)
68	GOŁEK Karolin	29				00:42:27.00	00:42:27.00	+00:09:53 (23.3%)	4:55	12.2 (76.7%)
69	HIEROWSKI Wojciech	503	K-RUNNERS			00:42:31.00	00:42:31.00	+00:09:57 (23.4%)	4:56	12.2 (76.7%)
70	YALTUSHENKA Vitali	653				00:42:33.00	00:42:33.00	+00:09:59 (23.5%)	4:56	12.1 (76.1%)
71	TIJEWSKI Maciej	40	ZAŁOGA G			00:42:35.00	00:42:35.00	+00:10:01 (23.5%)	4:56	12.1 (76.1%)
72	PIOTROWSKI Piotr	460				00:42:37.00	00:42:37.00	+00:10:03 (23.6%)	4:56	12.1 (76.1%)
73	PELC Marek	56	12 BZ			00:42:38.00	00:42:38.00	+00:10:04 (23.6%)	4:57	12.1 (76.1%)
73	ŚPIEWAK Konrad	561				00:42:38.00	00:42:38.00	+00:10:04 (23.6%)	4:57	12.1 (76.1%)
75	GOLIAN Marek	508				00:42:40.00	00:42:40.00	+00:10:06 (23.7%)	4:57	12.1 (76.1%)
76	ORŁOWSKI Paweł	131	GO2TRI			00:42:44.00	00:42:44.00	+00:10:10 (23.8%)	4:57	12.1 (76.1%)
77	CHARĘZA Marcin	102	ZAWADZKIEGO SZCZECIN			00:42:49.00	00:42:49.00	+00:10:15 (23.9%)	4:58	12.1 (76.1%)
78	PIWKO Mateusz	38				00:42:56.00	00:42:56.00	+00:10:22 (24.1%)	4:59	12 (75.5%)
79	ANDRZEJCZAK Roman	225				00:43:03.00	00:43:03.00	+00:10:29 (24.4%)	4:59	12 (75.5%)
80	TWAROGAL Kamil	677	WIECZORNE BIEGANIE W SZCZECINIE			00:43:05.00	00:43:05.00	+00:10:31 (24.4%)	5:00	12 (75.5%)
80	OLENDER Tomasz	688				00:43:05.00	00:43:05.00	+00:10:31 (24.4%)	5:00	12 (75.5%)
82	SZCZEPANIAK Paweł	529				00:43:08.00	00:43:08.00	+00:10:34 (24.5%)	5:00	12 (75.5%)
82	LASKOWSKI Adam	625				00:43:08.00	00:43:08.00	+00:10:34 (24.5%)	5:00	12 (75.5%)
84	KOCIUBA Przemysław	262	TT SZCZECIN			00:43:11.00	00:43:11.00	+00:10:37 (24.6%)	5:00	12 (75.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						netto 8.611km	brutto 8.611km			
84	NIEMIRO Dominika	612	GRUPA AZOTY POLICE			00:43:11.00	00:43:11.00	+00:10:37 (24.6%)	5:00	12 (75.5%)
86	NYKOLAJCZUK Robert	597	BRIDGESTONE STARGARD RUNNERS			00:43:13.00	00:43:13.00	+00:10:39 (24.6%)	5:01	12 (75.5%)
87	ZAWLIK Tomasz	120				00:43:20.00	00:43:20.00	+00:10:46 (24.8%)	5:01	11.9 (74.8%)
88	KRYSIAK Rafał	506				00:43:23.00	00:43:23.00	+00:10:49 (24.9%)	5:02	11.9 (74.8%)
89	WYPYCH Maciej	497	PRZEBIEGŁE JENOTY / K-RUNNERS			00:43:25.00	00:43:25.00	+00:10:51 (25.0%)	5:02	11.9 (74.8%)
89	OPASKA Marcin	525	K-RUNNERS / PRZEBIEGŁE JENOTY			00:43:25.00	00:43:25.00	+00:10:51 (25.0%)	5:02	11.9 (74.8%)
89	GAŁAJSKI Arkadiusz	609	TRIGYM			00:43:25.00	00:43:25.00	+00:10:51 (25.0%)	5:02	11.9 (74.8%)
92	MOCNY Tomasz	356	HARD WORKING TRUCKERS ELITE			00:43:32.00	00:43:32.00	+00:10:58 (25.2%)	5:03	11.9 (74.8%)
93	PAWELCZYK Tomasz	385	INCOM POLSKA			00:43:36.00	00:43:36.00	+00:11:02 (25.3%)	5:03	11.9 (74.8%)
94	ORECKI Radoslaw	183				00:43:39.00	00:43:39.00	+00:11:05 (25.4%)	5:04	11.8 (74.2%)
95	GAŁASZEWSKI Kamil	553				00:43:52.00	00:43:52.00	+00:11:18 (25.8%)	5:05	11.8 (74.2%)
96	SEJNOTA Grzegorz	372				00:44:03.00	00:44:03.00	+00:11:29 (26.1%)	5:06	11.7 (73.6%)
97	KAPŁANIAK Adrian	644				00:44:04.00	00:44:04.00	+00:11:30 (26.1%)	5:07	11.7 (73.6%)
98	ROCZNIAK Piotr	449				00:44:05.00	00:44:05.00	+00:11:31 (26.1%)	5:07	11.7 (73.6%)
99	TRZCIŃSKI Marcin	144				00:44:06.00	00:44:06.00	+00:11:32 (26.2%)	5:07	11.7 (73.6%)
99	KOREWO Marcin	224	WKURW TEAM			00:44:06.00	00:44:06.00	+00:11:32 (26.2%)	5:07	11.7 (73.6%)
101	DZIEDZIC Michał	60	12 BZ			00:44:09.00	00:44:09.00	+00:11:35 (26.2%)	5:07	11.7 (73.6%)
102	KMIECIK Tomasz	367				00:44:18.00	00:44:18.00	+00:11:44 (26.5%)	5:08	11.7 (73.6%)
102	WOLANO Marcin	466	HATTON DARTS			00:44:18.00	00:44:18.00	+00:11:44 (26.5%)	5:08	11.7 (73.6%)
104	WASILEWSKI Sylwek	687				00:44:19.00	00:44:19.00	+00:11:45 (26.5%)	5:08	11.7 (73.6%)
105	PANKOWSKI Jerzy	162				00:44:22.00	00:44:22.00	+00:11:48 (26.6%)	5:09	11.6 (73.0%)
106	JAWORSKI Paweł	223	TYMTRITEAM			00:44:23.00	00:44:23.00	+00:11:49 (26.6%)	5:09	11.6 (73.0%)
107	CZERWIŃSKI Artur	658	ARTEAM			00:44:24.00	00:44:24.00	+00:11:50 (26.7%)	5:09	11.6 (73.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 8.611km	brutto 8.611km			
108	PYREK Rafał	196	RUN FOR FUN BEZRZECZE			00:44:27.00	00:44:27.00	+00:11:53 (26.7%)	5:09	11.6 (73.0%)
109	GOŁĘBIEWSKI Tomasz	291	KW PSP SZCZECIN			00:44:29.00	00:44:29.00	+00:11:55 (26.8%)	5:09	11.6 (73.0%)
110	PIĄTEK Mirosław	631				00:44:30.00	00:44:30.00	+00:11:56 (26.8%)	5:10	11.6 (73.0%)
111	CHAŃKO Roman	349	PARKRUN			00:44:31.00	00:44:31.00	+00:11:57 (26.8%)	5:10	11.6 (73.0%)
112	KOWALCZYK Sara	636				00:44:32.00	00:44:32.00	+00:11:58 (26.9%)	5:10	11.6 (73.0%)
113	WARCZALOWSKI Arkadiusz	92				00:44:37.00	00:44:37.00	+00:12:03 (27.0%)	5:10	11.6 (73.0%)
114	ZIOBROWSKI Dawid	117				00:44:39.00	00:44:39.00	+00:12:05 (27.1%)	5:11	11.6 (73.0%)
115	SZAMOTULSKI Henryk	482				00:44:42.00	00:44:42.00	+00:12:08 (27.1%)	5:11	11.6 (73.0%)
116	MARKS Maciej	370	STOWARZYSZENIE DOŁUJE KOŚCINO			00:44:44.00	00:44:44.00	+00:12:10 (27.2%)	5:11	11.5 (72.3%)
117	GARUS Rafał	241				00:44:46.00	00:44:46.00	+00:12:12 (27.3%)	5:11	11.5 (72.3%)
118	ŚLIWA Marek	613	XS SPORTS NUTRILITE TEAM			00:44:47.00	00:44:47.00	+00:12:13 (27.3%)	5:12	11.5 (72.3%)
119	LEMAŃSKI Andrzej	125	BĄBEL SPORT TEAM			00:44:51.00	00:44:51.00	+00:12:17 (27.4%)	5:12	11.5 (72.3%)
119	KOROWIEC Michał	611				00:44:51.00	00:44:51.00	+00:12:17 (27.4%)	5:12	11.5 (72.3%)
121	OLECH Zbigniew	271	MHTZ			00:44:54.00	00:44:54.00	+00:12:20 (27.5%)	5:12	11.5 (72.3%)
122	STARUCH Małgorzata	187				00:44:57.00	00:44:57.00	+00:12:23 (27.5%)	5:13	11.5 (72.3%)
123	ALEKSIEWICZ Adrian	355	WIECZORNE BIEGANIE W SZCZECINIE			00:44:58.00	00:44:58.00	+00:12:24 (27.6%)	5:13	11.5 (72.3%)
124	KRAWCZYK Mateusz	292	KB PIONIER SZCZECIN/AMBASADOR FESTIWALU BIEGOWEGO W KRYNICY ZDRÓJ			00:45:00.00	00:45:00.00	+00:12:26 (27.6%)	5:13	11.5 (72.3%)
125	OLEJNIK Wojciech	129				00:45:03.00	00:45:03.00	+00:12:29 (27.7%)	5:13	11.5 (72.3%)
126	NIEMIRO Paweł	614	JAGODOWO-KALINOWY TEAM			00:45:05.00	00:45:05.00	+00:12:31 (27.8%)	5:14	11.5 (72.3%)
127	WASILUK Marcin	289				00:45:07.00	00:45:07.00	+00:12:33 (27.8%)	5:14	11.5 (72.3%)
127	KUĆ Dariusz	630				00:45:07.00	00:45:07.00	+00:12:33 (27.8%)	5:14	11.5 (72.3%)
129	BIAŁCZAK Tomasz	307	NOWOGARD			00:45:09.00	00:45:09.00	+00:12:35 (27.9%)	5:14	11.4 (71.7%)
130	PASZKOWSKI Karol	633				00:45:11.00	00:45:11.00	+00:12:37 (27.9%)	5:14	11.4 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						8.611km	8.611km			
131	KONDELA Paweł	44	AKTYWNE CHOSZCZNO			00:45:12.00	00:45:12.00	+00:12:38 (27.9%)	5:14	11.4 (71.7%)
132	MOSZYŃSKI Maciej	299	EKOPROJEKT RUN TEAM			00:45:15.00	00:45:15.00	+00:12:41 (28.0%)	5:15	11.4 (71.7%)
132	KOWALCZYK Jan	91	WIECZORNE BIEGANIE W SZCZECINIE			00:45:15.00	00:45:15.00	+00:12:41 (28.0%)	5:15	11.4 (71.7%)
134	PAŃCZYK Tomasz	286				00:45:17.00	00:45:17.00	+00:12:43 (28.1%)	5:15	11.4 (71.7%)
134	ŁUSZCZEWSKI Sebastian	208				00:45:17.00	00:45:17.00	+00:12:43 (28.1%)	5:15	11.4 (71.7%)
136	KAWCZYŃSKA Zuzanna	421	XIII LO			00:45:20.00	00:45:20.00	+00:12:46 (28.2%)	5:15	11.4 (71.7%)
137	WAHN Przemysław	322				00:45:23.00	00:45:23.00	+00:12:49 (28.2%)	5:16	11.4 (71.7%)
137	KUFEL Marcin	182	BREL II			00:45:23.00	00:45:23.00	+00:12:49 (28.2%)	5:16	11.4 (71.7%)
139	TYMUL Jakub	172	TYMTRITEAM			00:45:24.00	00:45:24.00	+00:12:50 (28.3%)	5:16	11.4 (71.7%)
140	KOZINIEC Krystian	603	DRUŻYNA FILIPA			00:45:27.00	00:45:27.00	+00:12:53 (28.3%)	5:16	11.4 (71.7%)
141	MILANOWICZ Maciej	583	BRIDGESTONE STARGARD RUNNERS			00:45:29.00	00:45:29.00	+00:12:55 (28.4%)	5:16	11.4 (71.7%)
141	WRZOCZOL Paweł	594	BRIDGESTONE STARGARD RUNNERS			00:45:29.00	00:45:29.00	+00:12:55 (28.4%)	5:16	11.4 (71.7%)
143	PAWŁOWSKI Andrzej	486	INTER SYSTEM TEAM			00:45:30.00	00:45:30.00	+00:12:56 (28.4%)	5:17	11.4 (71.7%)
144	MURAWSKA Wioletta	186				00:45:36.00	00:45:36.00	+00:13:02 (28.6%)	5:17	11.3 (71.1%)
145	WIDECKI Krzysztof	494				00:45:38.00	00:45:38.00	+00:13:04 (28.6%)	5:17	11.3 (71.1%)
146	ADAMOWICZ Daniel	142	KB PIONIER			00:45:39.00	00:45:39.00	+00:13:05 (28.7%)	5:18	11.3 (71.1%)
147	DROZDZ Mariusz	516	NIEZRZESZONY			00:45:41.00	00:45:41.00	+00:13:07 (28.7%)	5:18	11.3 (71.1%)
148	MATEŃKO Bartosz	487	SĄ GORSI			00:45:47.00	00:45:47.00	+00:13:13 (28.9%)	5:19	11.3 (71.1%)
149	ROŻKO Sebastian	496				00:45:48.00	00:45:48.00	+00:13:14 (28.9%)	5:19	11.3 (71.1%)
150	SOROKA Michał	387	INTER SYSTEM TEAM			00:45:49.00	00:45:49.00	+00:13:15 (28.9%)	5:19	11.3 (71.1%)
151	PAWEŁCZAK Damian	99	KB PIONIER SZCZECIN			00:45:50.00	00:45:50.00	+00:13:16 (28.9%)	5:19	11.3 (71.1%)
152	HABRAT Barbara	640	AKADEMIA WOJSK LĄDOWYCH			00:45:52.00	00:45:52.00	+00:13:18 (29.0%)	5:19	11.3 (71.1%)
153	SKRZYPCZAK Sebastian	695				00:45:58.00	00:45:58.00	+00:13:24 (29.2%)	5:20	11.2 (70.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						netto 8.611km	brutto 8.611km			
154	ŁESYK Paweł	1	SZKW SZCZECIN			00:46:02.00	00:46:02.00	+00:13:28 (29.3%)	5:20	11.2 (70.4%)
155	SKOCZYLAS Patryk	386	INCOM POLSKA			00:46:04.00	00:46:04.00	+00:13:30 (29.3%)	5:20	11.2 (70.4%)
156	KĘPKA Karol	281				00:46:05.00	00:46:05.00	+00:13:31 (29.3%)	5:21	11.2 (70.4%)
157	CIESZYŃSKA Marika	159	RAZ SZCZECIN			00:46:08.00	00:46:08.00	+00:13:34 (29.4%)	5:21	11.2 (70.4%)
157	MICHNOWSKI Jakub	400				00:46:08.00	00:46:08.00	+00:13:34 (29.4%)	5:21	11.2 (70.4%)
159	KWIECIEŃ Marcin	680	HELL'S HEAVEN CF SZCZECIN			00:46:11.00	00:46:11.00	+00:13:37 (29.5%)	5:21	11.2 (70.4%)
160	GUZANEK Łukasz	434				00:46:14.00	00:46:14.00	+00:13:40 (29.6%)	5:22	11.2 (70.4%)
161	PASLAWSKI Paweł	457	TRIGYM			00:46:15.00	00:46:15.00	+00:13:41 (29.6%)	5:22	11.2 (70.4%)
162	WAJDZIAK Marcin	461				00:46:17.00	00:46:17.00	+00:13:43 (29.6%)	5:22	11.2 (70.4%)
163	MAZURSKI Paweł	306				00:46:22.00	00:46:22.00	+00:13:48 (29.8%)	5:23	11.1 (69.8%)
164	PODWYSZYŃSKI Sylwester	545	KW PSP SZCZECIN			00:46:24.00	00:46:24.00	+00:13:50 (29.8%)	5:23	11.1 (69.8%)
165	LEWANDOWSKA Joasia	381	TRIGYM			00:46:25.00	00:46:25.00	+00:13:51 (29.8%)	5:23	11.1 (69.8%)
165	KOŁAT Jarosław	675				00:46:25.00	00:46:25.00	+00:13:51 (29.8%)	5:23	11.1 (69.8%)
167	ROLLA Dorian	323				00:46:26.00	00:46:26.00	+00:13:52 (29.9%)	5:23	11.1 (69.8%)
167	MICHAŁOWSKI Tomasz	55				00:46:26.00	00:46:26.00	+00:13:52 (29.9%)	5:23	11.1 (69.8%)
167	ŁYSONŃ Piotr	635				00:46:26.00	00:46:26.00	+00:13:52 (29.9%)	5:23	11.1 (69.8%)
170	BUDNA Anna	157				00:46:27.00	00:46:27.00	+00:13:53 (29.9%)	5:23	11.1 (69.8%)
170	BIELAN Artur	576				00:46:27.00	00:46:27.00	+00:13:53 (29.9%)	5:23	11.1 (69.8%)
172	WASILEWSKA Ewa	645	WEIDE TEAM			00:46:30.00	00:46:30.00	+00:13:56 (30.0%)	5:24	11.1 (69.8%)
173	KOCZKODAJ Kamil	424				00:46:36.00	00:46:36.00	+00:14:02 (30.1%)	5:24	11.1 (69.8%)
173	SĘDEREK Krzysztof	559	SZCZECIŃSKA AKADEMIA COMBAT SGS			00:46:36.00	00:46:36.00	+00:14:02 (30.1%)	5:24	11.1 (69.8%)
175	ANIELSKA Anna	212				00:46:38.00	00:46:38.00	+00:14:04 (30.2%)	5:24	11.1 (69.8%)
176	JASTRZĘBSKI Daniel	158	SOPURE MILLINERY			00:46:42.00	00:46:42.00	+00:14:08 (30.3%)	5:25	11.1 (69.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 8.611km	brutto 8.611km			
176	WYBRANIEC Łukasz	338	HOŻA TEAM			00:46:42.00	00:46:42.00	+00:14:08 (30.3%)	5:25	11.1 (69.8%)
178	ANDRYSZCZUK Daniel	361				00:46:43.00	00:46:43.00	+00:14:09 (30.3%)	5:25	11.1 (69.8%)
179	WOLSKI Tomasz	353	WIECZORNE BIEGANIE W SZCZECINIE			00:46:45.00	00:46:45.00	+00:14:11 (30.3%)	5:25	11.1 (69.8%)
180	KOTLIŃSKI Michał	442				00:46:46.00	00:46:46.00	+00:14:12 (30.4%)	5:25	11 (69.2%)
181	PRAWDA Sebastian	59	WIECZORNE BIEGANIE W SZCZECINIE			00:46:47.00	00:46:47.00	+00:14:13 (30.4%)	5:25	11 (69.2%)
181	KLECZEWSKI Aleksander	501				00:46:47.00	00:46:47.00	+00:14:13 (30.4%)	5:25	11 (69.2%)
181	PĘDZIK Marek	681				00:46:47.00	00:46:47.00	+00:14:13 (30.4%)	5:25	11 (69.2%)
184	ROMANOWICZ Piotr	190				00:46:49.00	00:46:49.00	+00:14:15 (30.4%)	5:26	11 (69.2%)
185	KAŻMIERCZAK Mateusz	347				00:46:50.00	00:46:50.00	+00:14:16 (30.5%)	5:26	11 (69.2%)
185	WITKOWSKI Emil	348				00:46:50.00	00:46:50.00	+00:14:16 (30.5%)	5:26	11 (69.2%)
187	ZALAS Adam	689	GRUPA POLMOTOR			00:46:53.00	00:46:53.00	+00:14:19 (30.5%)	5:26	11 (69.2%)
187	ZARĘBSKI Mirosław	654	PYRZYCE BIEGAJĄ			00:46:53.00	00:46:53.00	+00:14:19 (30.5%)	5:26	11 (69.2%)
189	MAJDAN-ADAMSKA Agnieszka	12				00:46:54.00	00:46:54.00	+00:14:20 (30.6%)	5:26	11 (69.2%)
189	GĄGOL Marek	247				00:46:54.00	00:46:54.00	+00:14:20 (30.6%)	5:26	11 (69.2%)
191	SZCZEPANOWSKI Andrzej	478				00:46:58.00	00:46:58.00	+00:14:24 (30.7%)	5:27	11 (69.2%)
191	SZKUDLAREK Krzysztof	419				00:46:58.00	00:46:58.00	+00:14:24 (30.7%)	5:27	11 (69.2%)
193	MAŚLANKA Klaudia	227				00:46:59.00	00:46:59.00	+00:14:25 (30.7%)	5:27	11 (69.2%)
194	FLIS Mirosław	620				00:47:00.00	00:47:00.00	+00:14:26 (30.7%)	5:27	11 (69.2%)
195	NIEWIADA Marek	659				00:47:01.00	00:47:01.00	+00:14:27 (30.7%)	5:27	11 (69.2%)
196	JAWORCZYKOWSKI Paweł	517	PABLO'S RUNNING			00:47:02.00	00:47:02.00	+00:14:28 (30.8%)	5:27	11 (69.2%)
197	BUKOWIECKI Adam	388	GRZEPRUN			00:47:06.00	00:47:06.00	+00:14:32 (30.9%)	5:28	11 (69.2%)
198	SURDAKCI Piotr	518				00:47:07.00	00:47:07.00	+00:14:33 (30.9%)	5:28	11 (69.2%)
198	SURDAKCI Jerzy	510	DRUŻYNA SZPIKU			00:47:07.00	00:47:07.00	+00:14:33 (30.9%)	5:28	11 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						netto 8.611km	brutto 8.611km			
198	CZAPCZYK Adrian	578				00:47:07.00	00:47:07.00	+00:14:33 (30.9%)	5:28	11 (69.2%)
201	KOWALSKI Roman	412				00:47:09.00	00:47:09.00	+00:14:35 (30.9%)	5:28	11 (69.2%)
202	MOKRZYCKI Krzysiek	472	BEZRZECZE TEAM			00:47:10.00	00:47:10.00	+00:14:36 (31.0%)	5:28	11 (69.2%)
203	PYDA Przemysław	588	BRIDGESTONE STARGARD RUNNERS			00:47:11.00	00:47:11.00	+00:14:37 (31.0%)	5:28	11 (69.2%)
204	PROKOP Agata	707				00:47:12.00	00:47:12.00	+00:14:38 (31.0%)	5:28	10.9 (68.6%)
205	NINARD Łukasz	308	NOWOGARD			00:47:13.00	00:47:13.00	+00:14:39 (31.0%)	5:28	10.9 (68.6%)
205	HETMAŃSKI Arek	18	LOVELASY			00:47:13.00	00:47:13.00	+00:14:39 (31.0%)	5:28	10.9 (68.6%)
205	CZAPLA Tomasz	283				00:47:13.00	00:47:13.00	+00:14:39 (31.0%)	5:28	10.9 (68.6%)
208	RYCHŁOWSKI Piotr	156	LENIWE BUŁY MIERZYN			00:47:14.00	00:47:14.00	+00:14:40 (31.1%)	5:29	10.9 (68.6%)
209	MRÓZ Aleksandra	366	BWT MRÓZ			00:47:18.00	00:47:18.00	+00:14:44 (31.1%)	5:29	10.9 (68.6%)
209	NASTAROWICZ Tomasz	451				00:47:18.00	00:47:18.00	+00:14:44 (31.1%)	5:29	10.9 (68.6%)
211	WASIELEWSKI Jakub	285				00:47:20.00	00:47:20.00	+00:14:46 (31.2%)	5:29	10.9 (68.6%)
212	ŁAWNICZAK Sebastian	171				00:47:21.00	00:47:21.00	+00:14:47 (31.2%)	5:29	10.9 (68.6%)
213	SOBAŃSKI Arkadiusz	443	SCS MYŚLIBÓRZ			00:47:24.00	00:47:24.00	+00:14:50 (31.3%)	5:30	10.9 (68.6%)
214	ANIOŁA-KUSZ Dominik	17				00:47:26.00	00:47:26.00	+00:14:52 (31.3%)	5:30	10.9 (68.6%)
215	SOWA Krzysztof	471				00:47:27.00	00:47:27.00	+00:14:53 (31.4%)	5:30	10.9 (68.6%)
216	ROSIAK Marcin	109	WIECZORNE BIEGANIE W SZCZECINIE			00:47:28.00	00:47:28.00	+00:14:54 (31.4%)	5:30	10.9 (68.6%)
217	GRECZUK Paweł	522	CZARNAROPACZTEAM			00:47:32.00	00:47:32.00	+00:14:58 (31.5%)	5:31	10.9 (68.6%)
218	WIERZBIŃSKI Rafał	346				00:47:36.00	00:47:36.00	+00:15:02 (31.6%)	5:31	10.9 (68.6%)
219	MÓWIŃSKI Tomasz	282				00:47:38.00	00:47:38.00	+00:15:04 (31.6%)	5:31	10.8 (67.9%)
220	RUDNICKI Andrzej	100	GRYFUS SZCZECIN			00:47:39.00	00:47:39.00	+00:15:05 (31.7%)	5:32	10.8 (67.9%)
221	MIĘKUS Łukasz	699				00:47:40.00	00:47:40.00	+00:15:06 (31.7%)	5:32	10.8 (67.9%)
222	KWAŚNIEWSKA Patrycja	46				00:47:45.00	00:47:45.00	+00:15:11 (31.8%)	5:32	10.8 (67.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						netto 8.611km	brutto 8.611km			
223	DOBRYCKI Piotr	584	BRIDGESTONE STARGARD RUNNERS			00:47:49.00	00:47:49.00	+00:15:15 (31.9%)	5:33	10.8 (67.9%)
224	HAJDUK Maciej	300	NIEBKO TERROR			00:47:50.00	00:47:50.00	+00:15:16 (31.9%)	5:33	10.8 (67.9%)
225	ŁUKOWSKI Marcin	248	WRÓBEL TEAM			00:48:02.00	00:48:02.00	+00:15:28 (32.2%)	5:34	10.8 (67.9%)
226	KORKUĆ Krzysztof	136				00:48:04.00	00:48:04.00	+00:15:30 (32.2%)	5:34	10.7 (67.3%)
227	BORG Franziska	288				00:48:09.00	00:48:09.00	+00:15:35 (32.4%)	5:35	10.7 (67.3%)
227	GLEBKOWICZ Agnieszka	509	PRZEBIEGŁE JENOTY			00:48:09.00	00:48:09.00	+00:15:35 (32.4%)	5:35	10.7 (67.3%)
229	ŚWIERCZ Ewa	790				00:48:15.00	00:48:15.00	+00:15:41 (32.5%)	5:36	10.7 (67.3%)
230	GRYGIELEWICZ Leszek	105				00:48:16.00	00:48:16.00	+00:15:42 (32.5%)	5:36	10.7 (67.3%)
231	ŻEMOJDZIN Marcin	13	HUSARIA RACE TEAM SZCZECIN			00:48:21.00	00:48:21.00	+00:15:47 (32.6%)	5:36	10.7 (67.3%)
232	MARCINEK Marcin	180				00:48:25.00	00:48:25.00	+00:15:51 (32.7%)	5:37	10.7 (67.3%)
233	GAŁEK Arkadiusz	661	INTRA TEAM			00:48:28.00	00:48:28.00	+00:15:54 (32.8%)	5:37	10.7 (67.3%)
234	ŻUROWSKI Leszek	218				00:48:31.00	00:48:31.00	+00:15:57 (32.9%)	5:38	10.6 (66.7%)
235	BROŻYNA Miłosz	104				00:48:33.00	00:48:33.00	+00:15:59 (32.9%)	5:38	10.6 (66.7%)
236	ŁUKASIEWICZ Robert	711				00:48:34.00	00:48:34.00	+00:16:00 (32.9%)	5:38	10.6 (66.7%)
237	CHARLEJ Ireneusz	536	WIECZORNE BIEGANIE W SZCZECINIE			00:48:42.00	00:48:42.00	+00:16:08 (33.1%)	5:39	10.6 (66.7%)
238	GIETKO Piotr	450				00:48:44.00	00:48:44.00	+00:16:10 (33.2%)	5:39	10.6 (66.7%)
239	SZOTOWICZ Adam	714	BRIDGESTONE RUNNER STARGARD			00:48:49.00	00:48:49.00	+00:16:15 (33.3%)	5:40	10.6 (66.7%)
240	DYWELSKI Marcin	595	BRIDGESTONE STARGARD RUNNERS			00:48:53.00	00:48:53.00	+00:16:19 (33.4%)	5:40	10.6 (66.7%)
241	GALOR Piotr	542				00:48:55.00	00:48:55.00	+00:16:21 (33.4%)	5:40	10.6 (66.7%)
242	DYMOWSKI Paweł	161	WIECZORNE BIEGANIE W SZCZECINIE			00:48:57.00	00:48:57.00	+00:16:23 (33.5%)	5:41	10.6 (66.7%)
243	ZELEK Mariusz	310				00:48:59.00	00:48:59.00	+00:16:25 (33.5%)	5:41	10.5 (66.0%)
243	KULIG Krzysztof	202	MODLITWA BIEGANIA GRYFINO			00:48:59.00	00:48:59.00	+00:16:25 (33.5%)	5:41	10.5 (66.0%)
245	ROGOWSKI Arek	115	BG PROJECT			00:49:00.00	00:49:00.00	+00:16:26 (33.5%)	5:41	10.5 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						netto 8.611km	brutto 8.611km			
246	TRELA Krzysztof	149				00:49:02.00	00:49:02.00	+00:16:28 (33.6%)	5:41	10.5 (66.0%)
247	ŁUSZCZEWSKI Kamil	211				00:49:03.00	00:49:03.00	+00:16:29 (33.6%)	5:41	10.5 (66.0%)
248	WOJDA Artur	275				00:49:05.00	00:49:05.00	+00:16:31 (33.7%)	5:42	10.5 (66.0%)
248	CIEŚLAK Grzegorz	571				00:49:05.00	00:49:05.00	+00:16:31 (33.7%)	5:42	10.5 (66.0%)
250	OWCZAREK Marcin	562				00:49:07.00	00:49:07.00	+00:16:33 (33.7%)	5:42	10.5 (66.0%)
251	SPROGIS Joasia	368	3LGGNS			00:49:09.00	00:49:09.00	+00:16:35 (33.7%)	5:42	10.5 (66.0%)
252	ORLIK Marcin	617	KM PSP JRG 4			00:49:10.00	00:49:10.00	+00:16:36 (33.8%)	5:42	10.5 (66.0%)
253	CERAN Patrycjusz	141	GP GOPR			00:49:11.00	00:49:11.00	+00:16:37 (33.8%)	5:42	10.5 (66.0%)
253	KOWALCZYK Jacek	88				00:49:11.00	00:49:11.00	+00:16:37 (33.8%)	5:42	10.5 (66.0%)
253	WÓJCIK Jacek	416				00:49:11.00	00:49:11.00	+00:16:37 (33.8%)	5:42	10.5 (66.0%)
256	MIKULIN Marcin	79	GATRI			00:49:13.00	00:49:13.00	+00:16:39 (33.8%)	5:42	10.5 (66.0%)
257	DUDKA Robert	234	SZCZECIN			00:49:14.00	00:49:14.00	+00:16:40 (33.9%)	5:43	10.5 (66.0%)
258	ZABŁOCKI Paweł	593	BRIDGESTONE STARGARD RUNNERS			00:49:16.00	00:49:16.00	+00:16:42 (33.9%)	5:43	10.5 (66.0%)
259	JASTROWICZ Maciek	294				00:49:19.00	00:49:19.00	+00:16:45 (34.0%)	5:43	10.5 (66.0%)
260	PARDAŁA Michał	233				00:49:20.00	00:49:20.00	+00:16:46 (34.0%)	5:43	10.5 (66.0%)
260	WITORZĘĆ Dariusz	130				00:49:20.00	00:49:20.00	+00:16:46 (34.0%)	5:43	10.5 (66.0%)
262	PLUTA Tomasz	316				00:49:21.00	00:49:21.00	+00:16:47 (34.0%)	5:43	10.5 (66.0%)
262	STASIAK Mateusz	557				00:49:21.00	00:49:21.00	+00:16:47 (34.0%)	5:43	10.5 (66.0%)
262	PIECZYŃSKI Krzysztof	705				00:49:21.00	00:49:21.00	+00:16:47 (34.0%)	5:43	10.5 (66.0%)
265	SZEŁEMEJ Łukasz	126	@BIEGASTYCZNIE			00:49:24.00	00:49:24.00	+00:16:50 (34.1%)	5:44	10.5 (66.0%)
266	CHOWAŃSKI Bartosz	512	CJS TŁUMACZENIA			00:49:25.00	00:49:25.00	+00:16:51 (34.1%)	5:44	10.5 (66.0%)
267	BRUSIŁOWICZ Dagmara	483	WIECZORNE BIEGANIE W SZCZECINIE			00:49:27.00	00:49:27.00	+00:16:53 (34.1%)	5:44	10.4 (65.4%)
268	POPCZYK Sebastian	380				00:49:29.00	00:49:29.00	+00:16:55 (34.2%)	5:44	10.4 (65.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 8.611km	brutto 8.611km			
269	WÓJCIK Katarzyna	134	FIZJOBIEGACZE SZCZECIN			00:49:31.00	00:49:31.00	+00:16:57 (34.2%)	5:45	10.4 (65.4%)
270	BŁONIAK Anna	413	PUSZCZYK BUKOWY			00:49:32.00	00:49:32.00	+00:16:58 (34.3%)	5:45	10.4 (65.4%)
271	HYŻY Krzysztof	260	PIWNE BRZUSZKI RACE TEAM			00:49:34.00	00:49:34.00	+00:17:00 (34.3%)	5:45	10.4 (65.4%)
272	LEGĘĆ Jerzy	230	RAZ SZCZECIN			00:49:35.00	00:49:35.00	+00:17:01 (34.3%)	5:45	10.4 (65.4%)
273	DYNAKOWSKI Paweł	407	RUN4FUN			00:49:40.00	00:49:40.00	+00:17:06 (34.4%)	5:46	10.4 (65.4%)
274	MIELNIK Michał	350				00:49:42.00	00:49:42.00	+00:17:08 (34.5%)	5:46	10.4 (65.4%)
275	STEFAŃSKI Grzegorz	32	WIERZBICKI RUNNING PROJECT			00:49:43.00	00:49:43.00	+00:17:09 (34.5%)	5:46	10.4 (65.4%)
276	WRĘBIAK Dariusz	250	RAZ SZCZECIN			00:49:44.00	00:49:44.00	+00:17:10 (34.5%)	5:46	10.4 (65.4%)
277	BORKOWSKA Agnieszka	335				00:49:46.00	00:49:46.00	+00:17:12 (34.6%)	5:46	10.4 (65.4%)
278	KOSIERADZKI Łukasz	345				00:49:55.00	00:49:55.00	+00:17:21 (34.8%)	5:47	10.4 (65.4%)
279	SACHARSKI Bartłomiej	35	WIECZORNE BIEGANIE W SZCZECINIE			00:49:57.00	00:49:57.00	+00:17:23 (34.8%)	5:48	10.3 (64.8%)
280	JOCHYM Mariusz	505				00:49:59.00	00:49:59.00	+00:17:25 (34.8%)	5:48	10.3 (64.8%)
281	WRÓBLEWSKI Jarosław	203	RAZ SZCZECIN			00:50:02.00	00:50:02.00	+00:17:28 (34.9%)	5:48	10.3 (64.8%)
282	BARANOWSKI Michał	656	SAVAGES			00:50:04.00	00:50:04.00	+00:17:30 (35.0%)	5:48	10.3 (64.8%)
283	STRZELEC Tomasz	268	KB HERMES GRYFINO			00:50:07.00	00:50:07.00	+00:17:33 (35.0%)	5:49	10.3 (64.8%)
284	KOŁOMAŃSKI Hubert	498				00:50:12.00	00:50:12.00	+00:17:38 (35.1%)	5:49	10.3 (64.8%)
285	JAKUBIAK Anna	570				00:50:13.00	00:50:13.00	+00:17:39 (35.1%)	5:49	10.3 (64.8%)
286	BŁACHNIO Krzysztof	36	RAZ SZCZECIN			00:50:14.00	00:50:14.00	+00:17:40 (35.2%)	5:50	10.3 (64.8%)
287	NASIŁOWSKI Marcin	313				00:50:25.00	00:50:25.00	+00:17:51 (35.4%)	5:51	10.2 (64.2%)
288	HĄŚCIŁO Krzysztof	376	GRYFUS SZCZECIN			00:50:33.00	00:50:33.00	+00:17:59 (35.6%)	5:52	10.2 (64.2%)
289	SULZYCKI Norbert	397				00:50:40.00	00:50:40.00	+00:18:06 (35.7%)	5:53	10.2 (64.2%)
289	BARTOSZEWSKI Paweł	37	L-BUG RUN			00:50:40.00	00:50:40.00	+00:18:06 (35.7%)	5:53	10.2 (64.2%)
291	NAREJKO Paweł	191				00:50:41.00	00:50:41.00	+00:18:07 (35.7%)	5:53	10.2 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						netto 8.611km	brutto 8.611km			
292	BZDAK Mariusz	122	FIZJOBIEGACZE SZCZECIN			00:50:42.00	00:50:42.00	+00:18:08 (35.8%)	5:53	10.2 (64.2%)
292	RYBICKI Janusz	792				00:50:42.00	00:50:42.00	+00:18:08 (35.8%)	5:53	10.2 (64.2%)
294	WILKLISZ Wojciech	124				00:50:45.00	00:50:45.00	+00:18:11 (35.8%)	5:53	10.2 (64.2%)
295	JAKUBOWSKI Marcin	627				00:50:46.00	00:50:46.00	+00:18:12 (35.9%)	5:53	10.2 (64.2%)
296	STĘPNIAK Lesław	214				00:50:47.00	00:50:47.00	+00:18:13 (35.9%)	5:53	10.2 (64.2%)
297	WIKTORZAK Kamil	80				00:50:48.00	00:50:48.00	+00:18:14 (35.9%)	5:53	10.2 (64.2%)
298	BUDZYŃSKI Radosław	390				00:50:51.00	00:50:51.00	+00:18:17 (36.0%)	5:54	10.2 (64.2%)
299	BOROWSKI Rafał	61				00:50:53.00	00:50:53.00	+00:18:19 (36.0%)	5:54	10.2 (64.2%)
300	JÓSEWICZ Grzegorz	75				00:50:55.00	00:50:55.00	+00:18:21 (36.0%)	5:54	10.1 (63.5%)
301	KOKOWSKI Jacek	103				00:50:56.00	00:50:56.00	+00:18:22 (36.1%)	5:54	10.1 (63.5%)
302	SADZYŃSKI Michał	660				00:50:57.00	00:50:57.00	+00:18:23 (36.1%)	5:55	10.1 (63.5%)
303	KALISZEWSKI Tomek	662				00:50:58.00	00:50:58.00	+00:18:24 (36.1%)	5:55	10.1 (63.5%)
304	SZYMAŃSKA Jolanta	228				00:51:00.00	00:51:00.00	+00:18:26 (36.1%)	5:55	10.1 (63.5%)
305	RATAJCZAK Robert	198				00:51:06.00	00:51:06.00	+00:18:32 (36.3%)	5:56	10.1 (63.5%)
306	RADCZUK Mariusz	94	KOMPAS TEAM			00:51:13.00	00:51:13.00	+00:18:39 (36.4%)	5:56	10.1 (63.5%)
307	RADCZUK Karolina	93	KOMPAS TEAM			00:51:14.00	00:51:14.00	+00:18:40 (36.4%)	5:56	10.1 (63.5%)
308	SIUTKOWSKI Michał	72				00:51:18.00	00:51:18.00	+00:18:44 (36.5%)	5:57	10.1 (63.5%)
309	PIOTROWSKA Aleksandra	624				00:51:23.00	00:51:23.00	+00:18:49 (36.6%)	5:58	10.1 (63.5%)
310	KOZŁOWSKI Adam	139	WIECZORNE BIEGANIE W SZCZECINIE			00:51:29.00	00:51:29.00	+00:18:55 (36.7%)	5:58	10 (62.9%)
311	GOŁĄB Anna	204	SZCZECIŃSKA AKADEMIA COMBAT SGS			00:51:35.00	00:51:35.00	+00:19:01 (36.9%)	5:59	10 (62.9%)
312	STRACH Pawel	462				00:51:38.00	00:51:38.00	+00:19:04 (36.9%)	5:59	10 (62.9%)
313	SIKORSKI Andrzej	83				00:51:39.00	00:51:39.00	+00:19:05 (36.9%)	5:59	10 (62.9%)
314	ZIELIŃSKA-MACIĄG Agnieszka	128				00:51:42.00	00:51:42.00	+00:19:08 (37.0%)	6:00	10 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 8.611km	brutto 8.611km			
315	BAMBER Jacek	314	LENIWE BUŁY MIERZYN			00:51:44.00	00:51:44.00	+00:19:10 (37.0%)	6:00	10 (62.9%)
316	WOJTKOWIAK Rafał	293				00:51:50.00	00:51:50.00	+00:19:16 (37.2%)	6:01	10 (62.9%)
317	RUDNIK-MIJAL Małgorzata	430				00:51:57.00	00:51:57.00	+00:19:23 (37.3%)	6:01	9.9 (62.3%)
318	ŁAZARSKA Kinga	369				00:51:58.00	00:51:58.00	+00:19:24 (37.3%)	6:02	9.9 (62.3%)
319	HALECZKO Mateusz	477	DZIKIE DZIKI GORZÓW			00:52:04.00	00:52:04.00	+00:19:30 (37.5%)	6:02	9.9 (62.3%)
320	TOMASZEWSKI Łukasz	605				00:52:09.00	00:52:09.00	+00:19:35 (37.6%)	6:03	9.9 (62.3%)
321	DZIECIAŃKOWSKI Jacek	363				00:52:10.00	00:52:10.00	+00:19:36 (37.6%)	6:03	9.9 (62.3%)
322	SŁOBODA Robert	231				00:52:11.00	00:52:11.00	+00:19:37 (37.6%)	6:03	9.9 (62.3%)
323	SZCZEŚNIAK Mariusz	523				00:52:15.00	00:52:15.00	+00:19:41 (37.7%)	6:04	9.9 (62.3%)
324	SĘK Dariusz	452				00:52:16.00	00:52:16.00	+00:19:42 (37.7%)	6:04	9.9 (62.3%)
325	SELWASIUK Tomasz	344				00:52:18.00	00:52:18.00	+00:19:44 (37.7%)	6:04	9.9 (62.3%)
326	BUDNY Wojciech	154				00:52:20.00	00:52:20.00	+00:19:46 (37.8%)	6:04	9.9 (62.3%)
327	PASŁAWSKA Katarzyna	458	HELLS HEVEN			00:52:21.00	00:52:21.00	+00:19:47 (37.8%)	6:04	9.9 (62.3%)
327	MIADLICKI Piotr	532				00:52:21.00	00:52:21.00	+00:19:47 (37.8%)	6:04	9.9 (62.3%)
329	CZUBA Emilia	135				00:52:23.00	00:52:23.00	+00:19:49 (37.8%)	6:04	9.9 (62.3%)
330	NOWAK Leszek	601	FAMILIA NOWAK ESCOBEDO			00:52:30.00	00:52:30.00	+00:19:56 (38.0%)	6:05	9.8 (61.6%)
331	PATYK Joanna	479	TRIGYM			00:52:33.00	00:52:33.00	+00:19:59 (38.0%)	6:06	9.8 (61.6%)
332	LASZCZYK Kasia	261				00:52:39.00	00:52:39.00	+00:20:05 (38.1%)	6:06	9.8 (61.6%)
332	PRZYBYLSKI Karol	692				00:52:39.00	00:52:39.00	+00:20:05 (38.1%)	6:06	9.8 (61.6%)
334	FILIPIAK Krzysztof	311	T.CH.			00:52:40.00	00:52:40.00	+00:20:06 (38.2%)	6:06	9.8 (61.6%)
335	KURP Maciej	491	SĄ GORSI			00:52:41.00	00:52:41.00	+00:20:07 (38.2%)	6:07	9.8 (61.6%)
335	ŁEBKOWSKI Karol	226	WILKI Z CIECHOCINKA			00:52:41.00	00:52:41.00	+00:20:07 (38.2%)	6:07	9.8 (61.6%)
337	JUSZCZYK Radosław	490	SĄ GORSI			00:52:42.00	00:52:42.00	+00:20:08 (38.2%)	6:07	9.8 (61.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						netto 8.611km	brutto 8.611km			
338	CYGIEL Piotr	657	KLUB LOKATORA			00:52:44.00	00:52:44.00	+00:20:10 (38.2%)	6:07	9.8 (61.6%)
339	GOŁUCH Mateusz	535				00:52:45.00	00:52:45.00	+00:20:11 (38.3%)	6:07	9.8 (61.6%)
340	WOŹNIAK Kacper	279				00:52:46.00	00:52:46.00	+00:20:12 (38.3%)	6:07	9.8 (61.6%)
341	CABAJ Tomasz	793				00:52:47.00	00:52:47.00	+00:20:13 (38.3%)	6:07	9.8 (61.6%)
342	DRZEWIENIECKI Wojciech	616				00:52:49.00	00:52:49.00	+00:20:15 (38.3%)	6:08	9.8 (61.6%)
343	PAWŁOWSKA-ZALEJSKA Justyna	607				00:52:51.00	00:52:51.00	+00:20:17 (38.4%)	6:08	9.8 (61.6%)
344	OLENIEC Adam	319				00:52:53.00	00:52:53.00	+00:20:19 (38.4%)	6:08	9.8 (61.6%)
344	ADAMSKA Barbara	669	VO2MAX RACING TEAM			00:52:53.00	00:52:53.00	+00:20:19 (38.4%)	6:08	9.8 (61.6%)
346	POPCZYK Mariusz	377				00:52:56.00	00:52:56.00	+00:20:22 (38.5%)	6:08	9.8 (61.6%)
347	ROMANOWSKI Sebastian	454	RAZ SZCZECIN			00:52:57.00	00:52:57.00	+00:20:23 (38.5%)	6:08	9.8 (61.6%)
347	ROGAŁA Adrian	333	WKURW_TEAM			00:52:57.00	00:52:57.00	+00:20:23 (38.5%)	6:08	9.8 (61.6%)
349	MAJ Ewa	364				00:52:58.00	00:52:58.00	+00:20:24 (38.5%)	6:09	9.8 (61.6%)
350	WIKLAK Natalia	23				00:53:06.00	00:53:06.00	+00:20:32 (38.7%)	6:09	9.7 (61.0%)
351	LEWIKOWSKA Patrycja	242	WIECZORNE BIEGANIE W SZCZECINIE			00:53:09.00	00:53:09.00	+00:20:35 (38.7%)	6:10	9.7 (61.0%)
352	MIĄDLICKI Karol	533				00:53:10.00	00:53:10.00	+00:20:36 (38.7%)	6:10	9.7 (61.0%)
353	ŻYLUK Bożena	238	WIECZORNE BIEGANIE W SZCZECINIE			00:53:11.00	00:53:11.00	+00:20:37 (38.8%)	6:10	9.7 (61.0%)
354	KORNACKI Radosław	521				00:53:12.00	00:53:12.00	+00:20:38 (38.8%)	6:10	9.7 (61.0%)
355	FURMAŃSKI Marcin	73				00:53:14.00	00:53:14.00	+00:20:40 (38.8%)	6:10	9.7 (61.0%)
356	BASIAK Przemysław	513				00:53:15.00	00:53:15.00	+00:20:41 (38.8%)	6:11	9.7 (61.0%)
357	WIERCIAK Piotr	302	PIANIŚCI			00:53:20.00	00:53:20.00	+00:20:46 (38.9%)	6:11	9.7 (61.0%)
358	MOSTOWSKI Dariusz	252	JEDZIEMY DLA AGI (TME MTB TEAM SZCZECIN)			00:53:23.00	00:53:23.00	+00:20:49 (39.0%)	6:11	9.7 (61.0%)
358	PASZKIEWICZ Sandra	298	BERSERKERSTEAMO			00:53:23.00	00:53:23.00	+00:20:49 (39.0%)	6:11	9.7 (61.0%)
360	TOMIN Lukasz	528				00:53:24.00	00:53:24.00	+00:20:50 (39.0%)	6:12	9.7 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						netto 8.611km	brutto 8.611km			
360	ŁAWRYNOWICZ Piotr	464				00:53:24.00	00:53:24.00	+00:20:50 (39.0%)	6:12	9.7 (61.0%)
362	WOŁOWIEC Łukasz	678				00:53:26.00	00:53:26.00	+00:20:52 (39.1%)	6:12	9.7 (61.0%)
363	ORNATEK Łukasz	663				00:53:27.00	00:53:27.00	+00:20:53 (39.1%)	6:12	9.7 (61.0%)
364	ŻARNICKI Kacper	296	.NET RUNNING TEAM			00:53:28.00	00:53:28.00	+00:20:54 (39.1%)	6:12	9.7 (61.0%)
364	SZYMCZAK Marcin	543	WKURW_TEAM			00:53:28.00	00:53:28.00	+00:20:54 (39.1%)	6:12	9.7 (61.0%)
366	KALINOWSKI Łukasz	22				00:53:29.00	00:53:29.00	+00:20:55 (39.1%)	6:12	9.7 (61.0%)
367	GÓRECKA Katarzyna	465	PUSZCZYK BUKOWY			00:53:30.00	00:53:30.00	+00:20:56 (39.1%)	6:12	9.7 (61.0%)
368	RUDZIEWICZ Michał	112				00:53:31.00	00:53:31.00	+00:20:57 (39.1%)	6:12	9.7 (61.0%)
369	WARSIŃSKA Monika	423				00:53:32.00	00:53:32.00	+00:20:58 (39.2%)	6:13	9.7 (61.0%)
370	USEWICZ Maciej	328				00:53:35.00	00:53:35.00	+00:21:01 (39.2%)	6:13	9.6 (60.4%)
371	ŁUKOWIAK Rafał	66				00:53:41.00	00:53:41.00	+00:21:07 (39.3%)	6:14	9.6 (60.4%)
372	PINTOWSKI Piotr	435				00:53:43.00	00:53:43.00	+00:21:09 (39.4%)	6:14	9.6 (60.4%)
373	KRÓL Przemysław	667				00:53:45.00	00:53:45.00	+00:21:11 (39.4%)	6:14	9.6 (60.4%)
374	OGRODNIK Paweł	340	WIECZORNE BIEGANIE W SZCZECINIE			00:53:47.00	00:53:47.00	+00:21:13 (39.4%)	6:14	9.6 (60.4%)
374	SPUNDA Piotr	467	DRUŻYNA MIKOŁAJA			00:53:47.00	00:53:47.00	+00:21:13 (39.4%)	6:14	9.6 (60.4%)
374	GŁOGOZA Piotr	417	BEZ KLUBU			00:53:47.00	00:53:47.00	+00:21:13 (39.4%)	6:14	9.6 (60.4%)
374	ZALEJSKI Tomasz	628				00:53:47.00	00:53:47.00	+00:21:13 (39.4%)	6:14	9.6 (60.4%)
378	PALMA Robert	704	GRUPA POLMOTOR			00:53:51.00	00:53:51.00	+00:21:17 (39.5%)	6:15	9.6 (60.4%)
379	MAJEWSKI Sebastian	118				00:53:52.00	00:53:52.00	+00:21:18 (39.5%)	6:15	9.6 (60.4%)
380	OLEK Zbigniew	566				00:53:54.00	00:53:54.00	+00:21:20 (39.6%)	6:15	9.6 (60.4%)
381	SWOBODA Piotr	411	LOVELASY			00:53:56.00	00:53:56.00	+00:21:22 (39.6%)	6:15	9.6 (60.4%)
381	KURNATOWSKA Magda	547	ŚRUNDUNIA			00:53:56.00	00:53:56.00	+00:21:22 (39.6%)	6:15	9.6 (60.4%)
381	RUDZIEWICZ Urszula	111				00:53:56.00	00:53:56.00	+00:21:22 (39.6%)	6:15	9.6 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						netto 8.611km	brutto 8.611km			
384	RUMOWSKI Tomasz	398	SZCZECIN			00:53:58.00	00:53:58.00	+00:21:24 (39.7%)	6:16	9.6 (60.4%)
385	NIEWADZIK Ula	195	HUSARIA RACE TEAM			00:53:59.00	00:53:59.00	+00:21:25 (39.7%)	6:16	9.6 (60.4%)
386	DZBANUSZEK Mariusz	97	BIEGOWE WARSZEWO			00:54:00.00	00:54:00.00	+00:21:26 (39.7%)	6:16	9.6 (60.4%)
387	RZYMSKA Marta	121				00:54:03.00	00:54:03.00	+00:21:29 (39.7%)	6:16	9.6 (60.4%)
387	WOCHOWSKA Izabela	409	WITUNIA WEEKEND MARATON			00:54:03.00	00:54:03.00	+00:21:29 (39.7%)	6:16	9.6 (60.4%)
387	WOCHOWSKI Jarosław	410	WITUNIA WEEKEND MARATON			00:54:03.00	00:54:03.00	+00:21:29 (39.7%)	6:16	9.6 (60.4%)
390	KACZMAREK Jakub	101				00:54:04.00	00:54:04.00	+00:21:30 (39.8%)	6:16	9.6 (60.4%)
391	SZMYT Mariusz	217				00:54:05.00	00:54:05.00	+00:21:31 (39.8%)	6:16	9.6 (60.4%)
392	DŹWIGAŁ Magdalena	358	SKS HUSARIA			00:54:07.00	00:54:07.00	+00:21:33 (39.8%)	6:17	9.5 (59.7%)
393	TYRAŃSKI Michał	127				00:54:08.00	00:54:08.00	+00:21:34 (39.8%)	6:17	9.5 (59.7%)
394	SZNABOWICZ Magda	438				00:54:10.00	00:54:10.00	+00:21:36 (39.9%)	6:17	9.5 (59.7%)
395	WRÓBLEWSKI Tomasz	394				00:54:12.00	00:54:12.00	+00:21:38 (39.9%)	6:17	9.5 (59.7%)
396	KAMIONKA Andrzej	499	14ZBOT			00:54:13.00	00:54:13.00	+00:21:39 (39.9%)	6:17	9.5 (59.7%)
397	MARCINIAK - Henc Aneta	610	NIGHT RUNNERS			00:54:16.00	00:54:16.00	+00:21:42 (40.0%)	6:18	9.5 (59.7%)
398	KOSYCARZ Krzysztof	256				00:54:18.00	00:54:18.00	+00:21:44 (40.0%)	6:18	9.5 (59.7%)
399	BIELECKI Wojciech	160				00:54:19.00	00:54:19.00	+00:21:45 (40.0%)	6:18	9.5 (59.7%)
400	CHROBOCIŃSKI Jan	24				00:54:20.00	00:54:20.00	+00:21:46 (40.1%)	6:18	9.5 (59.7%)
401	LINCZAK Jeremiasz	676	HELL'S HEAVEN CF SZCZECIN			00:54:22.00	00:54:22.00	+00:21:48 (40.1%)	6:18	9.5 (59.7%)
402	LIASHENKO Liliia	41				00:54:23.00	00:54:23.00	+00:21:49 (40.1%)	6:18	9.5 (59.7%)
403	ŁAWKIEL Paweł	33				00:54:25.00	00:54:25.00	+00:21:51 (40.2%)	6:19	9.5 (59.7%)
404	JURCZYŃSKI Łukasz	246	WRÓBEL TEAM			00:54:26.00	00:54:26.00	+00:21:52 (40.2%)	6:19	9.5 (59.7%)
405	ROSZAK Weronika	74	CIUWER TEAM			00:54:27.00	00:54:27.00	+00:21:53 (40.2%)	6:19	9.5 (59.7%)
406	KONSTAŃCZAK Joanna	511				00:54:29.00	00:54:29.00	+00:21:55 (40.2%)	6:19	9.5 (59.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						netto 8.611km	brutto 8.611km			
407	PUCHALSKI Grzegorz	155				00:54:33.00	00:54:33.00	+00:21:59 (40.3%)	6:20	9.5 (59.7%)
407	ŁAWKIEL Natalia	31				00:54:33.00	00:54:33.00	+00:21:59 (40.3%)	6:20	9.5 (59.7%)
409	STACHOWSKI Andrzej	67	MONIA GYM			00:54:35.00	00:54:35.00	+00:22:01 (40.3%)	6:20	9.5 (59.7%)
410	FIRLIK Mirosław	399	KB KAMIEŃ POMORSKI			00:54:37.00	00:54:37.00	+00:22:03 (40.4%)	6:20	9.5 (59.7%)
411	PAROL Grzegorz	672				00:54:38.00	00:54:38.00	+00:22:04 (40.4%)	6:20	9.5 (59.7%)
412	SZOSTAK Daniel	52				00:54:41.00	00:54:41.00	+00:22:07 (40.4%)	6:21	9.4 (59.1%)
412	KOŁODZIEJCZYK Paweł	489				00:54:41.00	00:54:41.00	+00:22:07 (40.4%)	6:21	9.4 (59.1%)
414	SERDECZNY Artur	531				00:54:43.00	00:54:43.00	+00:22:09 (40.5%)	6:21	9.4 (59.1%)
415	MIŁOSZEWICZ Aleksandra	519				00:54:44.00	00:54:44.00	+00:22:10 (40.5%)	6:21	9.4 (59.1%)
415	PIOTROWICZ Paweł	684	SZABLA TEAM			00:54:44.00	00:54:44.00	+00:22:10 (40.5%)	6:21	9.4 (59.1%)
417	ELERT Mariusz	53				00:54:47.00	00:54:47.00	+00:22:13 (40.6%)	6:21	9.4 (59.1%)
418	SZYDŁOWSKA Joanna	318				00:54:48.00	00:54:48.00	+00:22:14 (40.6%)	6:21	9.4 (59.1%)
419	DZBANUSZEK Krzysztof	257	TRENINGI U MISTRZA ALEXA			00:54:50.00	00:54:50.00	+00:22:16 (40.6%)	6:22	9.4 (59.1%)
420	BIAŁKOWSKA Katarzyna	343				00:54:53.00	00:54:53.00	+00:22:19 (40.7%)	6:22	9.4 (59.1%)
421	ZAKRZEWSKA Sylwia	373	FSD RUN DREZDENKO			00:54:56.00	00:54:56.00	+00:22:22 (40.7%)	6:22	9.4 (59.1%)
422	ZEMANKIEWICZ Łukasz	422				00:54:57.00	00:54:57.00	+00:22:23 (40.7%)	6:22	9.4 (59.1%)
423	JAKUBOWSKA Angelika	708	MUSTANGI KOBYLANKA			00:54:59.00	00:54:59.00	+00:22:25 (40.8%)	6:23	9.4 (59.1%)
424	ŚLUSARCZYK Piotr	408				00:55:00.00	00:55:00.00	+00:22:26 (40.8%)	6:23	9.4 (59.1%)
425	KISIEL Kamila	596	BRIDGESTONE STARGARD RUNNERS			00:55:10.00	00:55:10.00	+00:22:36 (41.0%)	6:24	9.4 (59.1%)
426	BRUNDA Bartosz	585				00:55:11.00	00:55:11.00	+00:22:37 (41.0%)	6:24	9.4 (59.1%)
427	WIĄCEK Anna	476	KOBIECE BIEGANIE			00:55:12.00	00:55:12.00	+00:22:38 (41.0%)	6:24	9.4 (59.1%)
428	JERZYK-SZAMAŁEK Bogusława	540				00:55:13.00	00:55:13.00	+00:22:39 (41.0%)	6:24	9.4 (59.1%)
429	SZUFRANOWICZ Mirosław	406	ELITARNY KLUB BIEGACZA POWOLNI Z NADWAGĄ			00:55:16.00	00:55:16.00	+00:22:42 (41.1%)	6:25	9.3 (58.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 8.611km	brutto 8.611km			
430	DŹWIGAŁ Tomasz	359				00:55:18.00	00:55:18.00	+00:22:44 (41.1%)	6:25	9.3 (58.5%)
431	BODNARCZUK Tomasz	63	FIZJOBIEGACZE			00:55:19.00	00:55:19.00	+00:22:45 (41.1%)	6:25	9.3 (58.5%)
432	PAPSKI Mateusz	199	COMPANHIA PERNAS PRO AR			00:55:22.00	00:55:22.00	+00:22:48 (41.2%)	6:25	9.3 (58.5%)
432	DROP Sławomir	493				00:55:22.00	00:55:22.00	+00:22:48 (41.2%)	6:25	9.3 (58.5%)
434	KUPNIEWSKA Aleksandra	148	KOMPAS TEAM			00:55:24.00	00:55:24.00	+00:22:50 (41.2%)	6:26	9.3 (58.5%)
435	FIJĄŁKOWSKI Karol	360				00:55:25.00	00:55:25.00	+00:22:51 (41.2%)	6:26	9.3 (58.5%)
435	KARPIŃSKI Maciej	469				00:55:25.00	00:55:25.00	+00:22:51 (41.2%)	6:26	9.3 (58.5%)
437	SAKOWSKA-CARŁO Magda	456	WIECZORNE BIEGANIE W SZCZECINIE			00:55:28.00	00:55:28.00	+00:22:54 (41.3%)	6:26	9.3 (58.5%)
438	BOBER Kamil	193	WKURW_TEAM			00:55:31.00	00:55:31.00	+00:22:57 (41.3%)	6:26	9.3 (58.5%)
439	LEONOWICZ Martyna	544	TRIGYM			00:55:38.00	00:55:38.00	+00:23:04 (41.5%)	6:27	9.3 (58.5%)
440	ORLON Barbara	132				00:55:40.00	00:55:40.00	+00:23:06 (41.5%)	6:27	9.3 (58.5%)
441	BODNARCZUK Iwona	86				00:55:45.00	00:55:45.00	+00:23:11 (41.6%)	6:28	9.3 (58.5%)
442	ZAWADZKA Sylwia	175	VEGE RUNNERS			00:55:46.00	00:55:46.00	+00:23:12 (41.6%)	6:28	9.3 (58.5%)
443	PŁACHTA Monika	788	KOBIECE BIEGANIE			00:55:48.00	00:55:48.00	+00:23:14 (41.6%)	6:28	9.3 (58.5%)
444	POŹNIAK Aleksandra	445				00:55:49.00	00:55:49.00	+00:23:15 (41.7%)	6:28	9.3 (58.5%)
445	GRABEK Maciej	447				00:55:50.00	00:55:50.00	+00:23:16 (41.7%)	6:29	9.3 (58.5%)
446	KRUCZKOWSKI Maciej	251				00:55:51.00	00:55:51.00	+00:23:17 (41.7%)	6:29	9.3 (58.5%)
446	WŁOSZAK Marek	207				00:55:51.00	00:55:51.00	+00:23:17 (41.7%)	6:29	9.3 (58.5%)
448	KRUCZKOWSKA Agnieszka	249				00:55:53.00	00:55:53.00	+00:23:19 (41.7%)	6:29	9.2 (57.9%)
448	KRUCZKOWSKA Malwina	253				00:55:53.00	00:55:53.00	+00:23:19 (41.7%)	6:29	9.2 (57.9%)
450	ŚLÓSAREK Rafał	520				00:55:54.00	00:55:54.00	+00:23:20 (41.7%)	6:29	9.2 (57.9%)
451	WÓJTOWICZ Jerzy	580				00:55:55.00	00:55:55.00	+00:23:21 (41.8%)	6:29	9.2 (57.9%)
452	ŁABUDA Paulina	615				00:56:05.00	00:56:05.00	+00:23:31 (41.9%)	6:30	9.2 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						8.611km	8.611km			
452	FLIS Danuta	621				00:56:05.00	00:56:05.00	+00:23:31 (41.9%)	6:30	9.2 (57.9%)
454	BOROWSKA Monika	62				00:56:08.00	00:56:08.00	+00:23:34 (42.0%)	6:31	9.2 (57.9%)
455	RZESZOWSKI Paweł	87	COGNITRAN			00:56:10.00	00:56:10.00	+00:23:36 (42.0%)	6:31	9.2 (57.9%)
455	MYSZKA Michał	146				00:56:10.00	00:56:10.00	+00:23:36 (42.0%)	6:31	9.2 (57.9%)
457	RYBA Paweł	703				00:56:16.00	00:56:16.00	+00:23:42 (42.1%)	6:32	9.2 (57.9%)
458	KOWALCZYK Paweł	243				00:56:23.00	00:56:23.00	+00:23:49 (42.2%)	6:32	9.2 (57.9%)
459	WIENCIS Małgorzata	563				00:56:24.00	00:56:24.00	+00:23:50 (42.3%)	6:32	9.2 (57.9%)
459	WITKOWSKI Mateusz	683	HELL'S HEAVEN CF SZCZECIN			00:56:24.00	00:56:24.00	+00:23:50 (42.3%)	6:32	9.2 (57.9%)
461	ŁĘTOWSKI Marcin	383	INCOM POLSKA			00:56:25.00	00:56:25.00	+00:23:51 (42.3%)	6:33	9.2 (57.9%)
462	SKONIECZNY Piotr	685	SZABLA TEAM			00:56:26.00	00:56:26.00	+00:23:52 (42.3%)	6:33	9.2 (57.9%)
463	TYRCHA Szymon	382	INCOM POLSKA SP. Z O.O			00:56:42.00	00:56:42.00	+00:24:08 (42.6%)	6:35	9.1 (57.2%)
464	CHUDZIK Wojciech	273				00:56:45.00	00:56:45.00	+00:24:11 (42.6%)	6:35	9.1 (57.2%)
465	KOŁODZIEJCZYK Danuta	245				00:56:46.00	00:56:46.00	+00:24:12 (42.6%)	6:35	9.1 (57.2%)
466	GŁADYSZ Łukasz	107				00:56:48.00	00:56:48.00	+00:24:14 (42.7%)	6:35	9.1 (57.2%)
467	HARASZCZUK Joanna	255				00:56:51.00	00:56:51.00	+00:24:17 (42.7%)	6:36	9.1 (57.2%)
468	SZYBALSKI Tomasz	392				00:56:57.00	00:56:57.00	+00:24:23 (42.8%)	6:36	9.1 (57.2%)
469	KOWALKOWSKA Beata	440				00:56:58.00	00:56:58.00	+00:24:24 (42.8%)	6:36	9.1 (57.2%)
470	KOMOROWSKI Michał	237				00:56:59.00	00:56:59.00	+00:24:25 (42.8%)	6:37	9.1 (57.2%)
471	KOZICKI Sławomir	26				00:57:03.00	00:57:03.00	+00:24:29 (42.9%)	6:37	9.1 (57.2%)
472	HARASZCZUK Krystian	713				00:57:05.00	00:57:05.00	+00:24:31 (42.9%)	6:37	9.1 (57.2%)
473	TOKARCZYK Marta	47				00:57:08.00	00:57:08.00	+00:24:34 (43.0%)	6:38	9 (56.6%)
474	TOKARCZYK Grzegorz	50				00:57:09.00	00:57:09.00	+00:24:35 (43.0%)	6:38	9 (56.6%)
475	HEIDEMANN Lucas	475	HEIDEMANN			00:57:11.00	00:57:11.00	+00:24:37 (43.0%)	6:38	9 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						netto 8.611km	brutto 8.611km			
476	JURYS Krzysztof	82				00:57:21.00	00:57:21.00	+00:24:47 (43.2%)	6:39	9 (56.6%)
477	SZUBARTOWSKI Mateusz	702				00:57:22.00	00:57:22.00	+00:24:48 (43.2%)	6:39	9 (56.6%)
478	HARASZCZUK Jerzy	642				00:57:24.00	00:57:24.00	+00:24:50 (43.3%)	6:39	9 (56.6%)
479	JURYS Elżbieta	90				00:57:34.00	00:57:34.00	+00:25:00 (43.4%)	6:41	9 (56.6%)
480	PALMA Agata	577				00:57:36.00	00:57:36.00	+00:25:02 (43.5%)	6:41	9 (56.6%)
481	MICHALCZUK Karolina	378				00:57:39.00	00:57:39.00	+00:25:05 (43.5%)	6:41	9 (56.6%)
481	GREWLING Anna	42	VEGE RUNNERS			00:57:39.00	00:57:39.00	+00:25:05 (43.5%)	6:41	9 (56.6%)
483	NIEWIADOMSKA Magda	638				00:57:54.00	00:57:54.00	+00:25:20 (43.8%)	6:43	8.9 (56.0%)
484	ROJEWSKI Mateusz	649				00:58:00.00	00:58:00.00	+00:25:26 (43.9%)	6:44	8.9 (56.0%)
485	KUROWSKI Artur	690	FORM			00:58:11.00	00:58:11.00	+00:25:37 (44.0%)	6:45	8.9 (56.0%)
486	KĘSKA Katarzyna	329	LOVELASY			00:58:14.00	00:58:14.00	+00:25:40 (44.1%)	6:45	8.9 (56.0%)
487	WRÓBLEWSKA Anna	133	KLUB BIEGACZA KAMIEŃ POMORSKI			00:58:16.00	00:58:16.00	+00:25:42 (44.1%)	6:45	8.9 (56.0%)
488	BACHMATIUK Honorata	565				00:58:23.00	00:58:23.00	+00:25:49 (44.2%)	6:46	8.8 (55.3%)
489	PAŁAC Piotr	484	WIECZORNE BIEGANIE W SZCZECINIE			00:58:25.00	00:58:25.00	+00:25:51 (44.3%)	6:47	8.8 (55.3%)
490	ZIELIŃSKA Monika	113				00:58:28.00	00:58:28.00	+00:25:54 (44.3%)	6:47	8.8 (55.3%)
491	MALINOWSKA Alicja	639				00:58:35.00	00:58:35.00	+00:26:01 (44.4%)	6:48	8.8 (55.3%)
492	BEJSTER Przemysław	150	WIECZORNE BIEGANIE W SZCZECINIE			00:58:38.00	00:58:38.00	+00:26:04 (44.5%)	6:48	8.8 (55.3%)
492	KRÓLIKOWSKI Rafał	11				00:58:38.00	00:58:38.00	+00:26:04 (44.5%)	6:48	8.8 (55.3%)
494	KONECKI Krzysztof	481	WOLNI BIEGACZE SZCZECIN			00:58:41.00	00:58:41.00	+00:26:07 (44.5%)	6:48	8.8 (55.3%)
495	JAWORSKA Izabela	96				00:58:45.00	00:58:45.00	+00:26:11 (44.6%)	6:49	8.8 (55.3%)
495	CZERWIŃSKI Dariusz	334	LOVELASY			00:58:45.00	00:58:45.00	+00:26:11 (44.6%)	6:49	8.8 (55.3%)
497	PLĄSEK Sylwester	327	LOVELASY			00:58:51.00	00:58:51.00	+00:26:17 (44.7%)	6:50	8.8 (55.3%)
498	DALEMBA Tomasz	151				00:58:52.00	00:58:52.00	+00:26:18 (44.7%)	6:50	8.8 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 8.611km	Czas brutto 8.611km	Różn	Tempo min/km	Tempo km/h
499	BIEGANSKI Tomasz	379				00:58:57.00	00:58:57.00	+00:26:23 (44.8%)	6:50	8.8 (55.3%)
500	KOŁODZIEJCZYK Gabriela	492				00:58:59.00	00:58:59.00	+00:26:25 (44.8%)	6:50	8.8 (55.3%)
501	GAJEWSKI Bartosz	488				00:59:00.00	00:59:00.00	+00:26:26 (44.8%)	6:51	8.8 (55.3%)
502	DYLAĞ Robert	655				00:59:02.00	00:59:02.00	+00:26:28 (44.8%)	6:51	8.8 (55.3%)
503	KOWALSKA Joanna	619				00:59:06.00	00:59:06.00	+00:26:32 (44.9%)	6:51	8.7 (54.7%)
504	WASIŃSKI Paweł	354				00:59:28.00	00:59:28.00	+00:26:54 (45.2%)	6:54	8.7 (54.7%)
505	MARKANICZ Marlena	351	STARGARD JA SIĘ NIE ŚCIGAM			00:59:31.00	00:59:31.00	+00:26:57 (45.3%)	6:54	8.7 (54.7%)
506	FIJAŁKOWSKA Aleksandra	362				00:59:35.00	00:59:35.00	+00:27:01 (45.3%)	6:55	8.7 (54.7%)
507	GŁĄBIŃSKA Dobrochna	436	WIECZORNE BIEGANIE W SZCZECINIE			00:59:38.00	00:59:38.00	+00:27:04 (45.4%)	6:55	8.7 (54.7%)
508	KOS Piotr	39	DRUŻYNA MOJACUKRZYCA.PL			00:59:52.00	00:59:52.00	+00:27:18 (45.6%)	6:57	8.6 (54.1%)
509	NIEWITECKI Krzysztof	210				01:00:00.00	01:00:00.00	+00:27:26 (45.7%)	6:58	8.6 (54.1%)
510	WIELGUS-ULATOWSKA Joanna	339	HUSIARIA SZCZECIN			01:00:02.00	01:00:02.00	+00:27:28 (45.8%)	6:58	8.6 (54.1%)
511	ROMAŃSKA Joanna	181				01:00:04.00	01:00:04.00	+00:27:30 (45.8%)	6:58	8.6 (54.1%)
512	JĘDRZEJEWSKI Radosław	429				01:00:14.00	01:00:14.00	+00:27:40 (45.9%)	6:59	8.6 (54.1%)
512	WOŹNICKA Marta	209				01:00:14.00	01:00:14.00	+00:27:40 (45.9%)	6:59	8.6 (54.1%)
514	SURDAKCI Jerzy	20	DRUŻYNA SZPIKU			01:00:18.00	01:00:18.00	+00:27:44 (46.0%)	7:00	8.6 (54.1%)
515	SURDAKCA Joanna	30				01:00:24.00	01:00:24.00	+00:27:50 (46.1%)	7:00	8.6 (54.1%)
516	WODNICKA Ewa	258				01:00:30.00	01:00:30.00	+00:27:56 (46.2%)	7:01	8.5 (53.5%)
516	WOSZCZYK Renata	427				01:00:30.00	01:00:30.00	+00:27:56 (46.2%)	7:01	8.5 (53.5%)
518	SZCZUPACZYŃSKI Błażej	70				01:00:33.00	01:00:33.00	+00:27:59 (46.2%)	7:01	8.5 (53.5%)
519	OSTROWSKA Aneta	71				01:00:34.00	01:00:34.00	+00:28:00 (46.2%)	7:02	8.5 (53.5%)
519	SIEDLECKI Adam Wiktor	446				01:00:34.00	01:00:34.00	+00:28:00 (46.2%)	7:02	8.5 (53.5%)
521	ŚNIADOWSKI Tomasz	403	DOCTORRUNNER TEAM			01:00:43.00	01:00:43.00	+00:28:09 (46.4%)	7:03	8.5 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						netto 8.611km	brutto 8.611km			
522	MIĘTKIEWICZ Karina	200				01:01:08.00	01:01:08.00	+00:28:34 (46.7%)	7:05	8.5 (53.5%)
522	LIPERTOWICZ Adrianna	274	RUNBIKE GRYFICE			01:01:08.00	01:01:08.00	+00:28:34 (46.7%)	7:05	8.5 (53.5%)
524	SKIBA Michał	574				01:01:11.00	01:01:11.00	+00:28:37 (46.8%)	7:06	8.4 (52.8%)
525	KAWCZYŃSKI Maciej	420	RAZ SZCZECIN			01:01:13.00	01:01:13.00	+00:28:39 (46.8%)	7:06	8.4 (52.8%)
526	MILEWSKI Tomek	480				01:01:19.00	01:01:19.00	+00:28:45 (46.9%)	7:07	8.4 (52.8%)
527	IZAK Katarzyna	58				01:01:21.00	01:01:21.00	+00:28:47 (46.9%)	7:07	8.4 (52.8%)
528	SODNOMGOMBO Alimaa	579	FIZJOBIEGACZE			01:01:23.00	01:01:23.00	+00:28:49 (46.9%)	7:07	8.4 (52.8%)
529	TRUKAWKA Andrzej	45	DZIKI ZAKWAS			01:01:24.00	01:01:24.00	+00:28:50 (47.0%)	7:07	8.4 (52.8%)
530	ZAWISZA Tomasz	589	KLUB BIEGOWY BRIDGESTONE STARGARD			01:01:25.00	01:01:25.00	+00:28:51 (47.0%)	7:07	8.4 (52.8%)
530	GONERKO Joanna	686				01:01:25.00	01:01:25.00	+00:28:51 (47.0%)	7:07	8.4 (52.8%)
530	ROGALA Magda	331	WKURW_TEAM			01:01:25.00	01:01:25.00	+00:28:51 (47.0%)	7:07	8.4 (52.8%)
533	SIWEK Tomasz	336				01:01:29.00	01:01:29.00	+00:28:55 (47.0%)	7:08	8.4 (52.8%)
534	MAŁECKA Anna	76				01:01:30.00	01:01:30.00	+00:28:56 (47.0%)	7:08	8.4 (52.8%)
535	PODWALSKI Piotr	176				01:01:32.00	01:01:32.00	+00:28:58 (47.1%)	7:08	8.4 (52.8%)
535	TOŁKACZ Karolina	21	SZCZECIN			01:01:32.00	01:01:32.00	+00:28:58 (47.1%)	7:08	8.4 (52.8%)
537	KURZYŃSKI Ryszard	552				01:01:36.00	01:01:36.00	+00:29:02 (47.1%)	7:09	8.4 (52.8%)
538	MASŁOWSKA Barbara	81				01:01:50.00	01:01:50.00	+00:29:16 (47.3%)	7:10	8.4 (52.8%)
539	JÓZWICKA Aneta	426				01:01:53.00	01:01:53.00	+00:29:19 (47.4%)	7:11	8.3 (52.2%)
540	WILCZOPOLSKI Kamil	572	DZIKI ZAKWAS			01:01:55.00	01:01:55.00	+00:29:21 (47.4%)	7:11	8.3 (52.2%)
541	ZARICZNIK Kamila	549	MONIAGYM			01:02:08.00	01:02:08.00	+00:29:34 (47.6%)	7:12	8.3 (52.2%)
542	KOZIOŁ Aneta	548	MONIA GYM			01:02:09.00	01:02:09.00	+00:29:35 (47.6%)	7:13	8.3 (52.2%)
543	BARTLEWSKI Damian	168				01:02:16.00	01:02:16.00	+00:29:42 (47.7%)	7:13	8.3 (52.2%)
544	KOWALEWSKI Tomasz	342				01:02:17.00	01:02:17.00	+00:29:43 (47.7%)	7:13	8.3 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						8.611km	8.611km			
545	KOWALEWSKA Wiktoria	341				01:02:18.00	01:02:18.00	+00:29:44 (47.7%)	7:14	8.3 (52.2%)
545	JAKSINA Anna	641				01:02:18.00	01:02:18.00	+00:29:44 (47.7%)	7:14	8.3 (52.2%)
547	KOLEJ Monika	546	DZIKIE DZIKI GORZOW			01:02:20.00	01:02:20.00	+00:29:46 (47.8%)	7:14	8.3 (52.2%)
547	BONIECKI Dariusz	691				01:02:20.00	01:02:20.00	+00:29:46 (47.8%)	7:14	8.3 (52.2%)
549	ŚWIGOŃ Izabela	608	SZWLA STARGARD			01:02:27.00	01:02:27.00	+00:29:53 (47.9%)	7:15	8.3 (52.2%)
550	ROMANOWICZ Marek	701	BIEGAM			01:02:30.00	01:02:30.00	+00:29:56 (47.9%)	7:15	8.3 (52.2%)
550	OGOŃSKI Maciej	618				01:02:30.00	01:02:30.00	+00:29:56 (47.9%)	7:15	8.3 (52.2%)
552	WROŃSKI Julian	404	STARGARD JA SIĘ NIE ŚCIGAM			01:02:31.00	01:02:31.00	+00:29:57 (47.9%)	7:15	8.3 (52.2%)
553	KLEPACKI Tomasz	276				01:02:34.00	01:02:34.00	+00:30:00 (47.9%)	7:15	8.3 (52.2%)
554	MÓWIŃSKA Katarzyna	629				01:02:36.00	01:02:36.00	+00:30:02 (48.0%)	7:16	8.3 (52.2%)
555	SZEWCZYK Magdalena	463				01:02:38.00	01:02:38.00	+00:30:04 (48.0%)	7:16	8.2 (51.6%)
556	PAWŁOWICZ Kamila	652				01:02:48.00	01:02:48.00	+00:30:14 (48.1%)	7:17	8.2 (51.6%)
557	MAZURO Piotr	188	CURTIS HEALTH CAPS			01:03:02.00	01:03:02.00	+00:30:28 (48.3%)	7:19	8.2 (51.6%)
558	KUCZYŃSKI Sebastian	205				01:03:14.00	01:03:14.00	+00:30:40 (48.5%)	7:20	8.2 (51.6%)
559	RZESZUT Robert	556				01:03:19.00	01:03:19.00	+00:30:45 (48.6%)	7:21	8.2 (51.6%)
560	MICHALAK Sylwia	564				01:03:26.00	01:03:26.00	+00:30:52 (48.7%)	7:21	8.1 (50.9%)
560	ANDRZEJCZAK Maciej	560	AMATOR			01:03:26.00	01:03:26.00	+00:30:52 (48.7%)	7:21	8.1 (50.9%)
562	PRZYGODA Przemysław	164	ADVENTURE			01:03:28.00	01:03:28.00	+00:30:54 (48.7%)	7:22	8.1 (50.9%)
563	KRZEŚNIEWSKI Marcin	48	ROWEROWY ZAŁOM			01:03:29.00	01:03:29.00	+00:30:55 (48.7%)	7:22	8.1 (50.9%)
564	KOWAL Tomasz	317	FIZJOBIEGACZE SZCZECIN			01:03:43.00	01:03:43.00	+00:31:09 (48.9%)	7:23	8.1 (50.9%)
565	RZESZUT Stanisław	555				01:03:47.00	01:03:47.00	+00:31:13 (48.9%)	7:24	8.1 (50.9%)
566	KOZŁOWSKI Łukasz	106				01:03:55.00	01:03:55.00	+00:31:21 (49.0%)	7:25	8.1 (50.9%)
567	ANTOŃCZAK Łukasz	27	BORSUKI			01:04:00.00	01:04:00.00	+00:31:26 (49.1%)	7:25	8.1 (50.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						netto 8.611km	brutto 8.611km			
568	BOHDANOWICZ Marek	682				01:04:10.00	01:04:10.00	+00:31:36 (49.2%)	7:27	8.1 (50.9%)
569	WALENT Marta	602				01:04:14.00	01:04:14.00	+00:31:40 (49.3%)	7:27	8 (50.3%)
570	HRYCIÓW Paweł	352	JW 1223			01:04:25.00	01:04:25.00	+00:31:51 (49.4%)	7:28	8 (50.3%)
571	GAWROŃSKA Angelika	189				01:04:32.00	01:04:32.00	+00:31:58 (49.5%)	7:29	8 (50.3%)
572	ŁUKASZCZUK Paweł	459				01:04:37.00	01:04:37.00	+00:32:03 (49.6%)	7:30	8 (50.3%)
573	KOSTRZEWSKA Konstancja	537	WIECZORNE BIEGANIE W SZCZECINIE			01:04:39.00	01:04:39.00	+00:32:05 (49.6%)	7:30	8 (50.3%)
573	SOBOLEWSKA Agata	16	EXTREME WOLF			01:04:39.00	01:04:39.00	+00:32:05 (49.6%)	7:30	8 (50.3%)
575	KLUCZYK-CZARNECKA Dominika	671				01:04:42.00	01:04:42.00	+00:32:08 (49.7%)	7:30	8 (50.3%)
576	IZNEROWICZ Monika	169				01:04:59.00	01:04:59.00	+00:32:25 (49.9%)	7:32	8 (50.3%)
577	MARKS Katarzyna	425	STOWARZYSZENIE DOŁUJE KOŚCINO			01:05:10.00	01:05:10.00	+00:32:36 (50.0%)	7:34	7.9 (49.7%)
578	DZIWISZ Bogusia	551				01:05:14.00	01:05:14.00	+00:32:40 (50.1%)	7:34	7.9 (49.7%)
579	MOKRZYŃSKA-ŁUKASZCZUK Marta	455				01:05:18.00	01:05:18.00	+00:32:44 (50.1%)	7:34	7.9 (49.7%)
580	DZIWOSZ Ania	439	KOBIECE BIEGANIE			01:05:20.00	01:05:20.00	+00:32:46 (50.2%)	7:35	7.9 (49.7%)
580	BIRGER Agata	433	KAFLANDO			01:05:20.00	01:05:20.00	+00:32:46 (50.2%)	7:35	7.9 (49.7%)
582	KUDRA Grażyba	270	FIZJOBIEGACZE			01:05:22.00	01:05:22.00	+00:32:48 (50.2%)	7:35	7.9 (49.7%)
583	CHROBOCINSKI Daniel	320				01:05:36.00	01:05:36.00	+00:33:02 (50.4%)	7:37	7.9 (49.7%)
584	TWARDOWSKA Karolina	232				01:06:17.00	01:06:17.00	+00:33:43 (50.9%)	7:41	7.8 (49.1%)
585	JACHER Mateusz	432				01:07:01.00	01:07:01.00	+00:34:27 (51.4%)	7:46	7.7 (48.4%)
586	KUBOŃ Dawid	670				01:07:04.00	01:07:04.00	+00:34:30 (51.4%)	7:47	7.7 (48.4%)
586	ILKÓW Maciej	679				01:07:04.00	01:07:04.00	+00:34:30 (51.4%)	7:47	7.7 (48.4%)
586	SZAPUĆKO Kasia	437				01:07:04.00	01:07:04.00	+00:34:30 (51.4%)	7:47	7.7 (48.4%)
589	IWANIUK Adam	49				01:07:23.00	01:07:23.00	+00:34:49 (51.7%)	7:49	7.7 (48.4%)
590	ORSZULSKA Magdalena	15	WIECZORNE BIEGANIE W SZCZECINIE			01:07:29.00	01:07:29.00	+00:34:55 (51.7%)	7:50	7.7 (48.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						netto 8.611km	brutto 8.611km			
591	IWANIUK Małgorzata	312				01:07:39.00	01:07:39.00	+00:35:05 (51.9%)	7:51	7.6 (47.8%)
592	CHROBOCIŃSKA Elżbieta	321				01:07:47.00	01:07:47.00	+00:35:13 (52.0%)	7:52	7.6 (47.8%)
593	KOZIEŁ Jacek	673				01:07:49.00	01:07:49.00	+00:35:15 (52.0%)	7:52	7.6 (47.8%)
594	INGLOT Marcin	371	JEDI TRAINING ACADEMY			01:07:56.00	01:07:56.00	+00:35:22 (52.1%)	7:53	7.6 (47.8%)
595	SZALEWICZ Małgorzata	54	SZYBCIEJ NIE MOGĘ			01:08:02.00	01:08:02.00	+00:35:28 (52.1%)	7:54	7.6 (47.8%)
596	FURMANEK Wojciech	502	SAN MEDICAL SPA			01:08:07.00	01:08:07.00	+00:35:33 (52.2%)	7:54	7.6 (47.8%)
597	ROLLA Magdalena	324				01:08:08.00	01:08:08.00	+00:35:34 (52.2%)	7:54	7.6 (47.8%)
598	BAGIŃSKI Marcin	710	MUSTANGI KOBYLANKA			01:08:26.00	01:08:26.00	+00:35:52 (52.4%)	7:56	7.5 (47.2%)
599	DĄBROWSKA Natalia	693				01:08:39.00	01:08:39.00	+00:36:05 (52.6%)	7:58	7.5 (47.2%)
600	MILANOWICZ Magda	431				01:08:43.00	01:08:43.00	+00:36:09 (52.6%)	7:58	7.5 (47.2%)
601	KOZŁOWSKA-BANIAK Paulina	592				01:08:51.00	01:08:51.00	+00:36:17 (52.7%)	7:59	7.5 (47.2%)
602	SIKORSKA Honorata	85				01:08:54.00	01:08:54.00	+00:36:20 (52.7%)	8:00	7.5 (47.2%)
603	PIEKONKO Mirosław	524				01:08:57.00	01:08:57.00	+00:36:23 (52.8%)	8:00	7.5 (47.2%)
604	PAWLAK Katarzyna	473	RADIO WROCŁAW			01:09:13.00	01:09:13.00	+00:36:39 (52.9%)	8:02	7.5 (47.2%)
605	ZNAMIROWSKI Krzysztof	474	RADIO WROCŁAW			01:09:14.00	01:09:14.00	+00:36:40 (53.0%)	8:02	7.5 (47.2%)
606	GUMIELA Adam	65	MELVITTEAM			01:09:40.00	01:09:40.00	+00:37:06 (53.3%)	8:05	7.4 (46.5%)
607	PRZYŁUSKA Mirosława	637				01:10:04.00	01:10:04.00	+00:37:30 (53.5%)	8:08	7.4 (46.5%)
608	GRYBOŚ Małgorzata	567				01:10:36.00	01:10:36.00	+00:38:02 (53.9%)	8:11	7.3 (45.9%)
609	LASKOWSKI Adam	623				01:11:02.00	01:11:02.00	+00:38:28 (54.2%)	8:14	7.3 (45.9%)
610	CZARNOJAN Maciej	600	PUSZEKTEAM			01:11:04.00	01:11:04.00	+00:38:30 (54.2%)	8:15	7.3 (45.9%)
611	SIWIEC Paulina	599	PUSZEKTEAM			01:11:53.00	01:11:53.00	+00:39:19 (54.7%)	8:20	7.2 (45.3%)
612	TOMIAŁOJC-BIWOJNO Ewelina	697	LIFE4FIT			01:12:43.00	01:12:43.00	+00:40:09 (55.2%)	8:26	7.1 (44.7%)
613	BOGDAŃSKI Jakub	284				01:14:29.00	01:14:29.00	+00:41:55 (56.3%)	8:38	6.9 (43.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 8.611km	Czas brutto 8.611km	Różn	Tempo min/km	Tempo km/h
614	KRÓL Magdalena	194				01:15:11.00	01:15:11.00	+00:42:37 (56.7%)	8:43	6.9 (43.4%)
615	SOBOLEWSKA-BRUNDA Karolina	712	LIFE4FIT			01:16:05.00	01:16:05.00	+00:43:31 (57.2%)	8:50	6.8 (42.8%)
616	GAPINSKI Rafal	694	PROGDAR MARATHON TEAM			01:16:27.00	01:16:27.00	+00:43:53 (57.4%)	8:52	6.8 (42.8%)
617	BODNAR Zbigniew	197	BIEG KORCZAKA			01:17:22.00	01:17:22.00	+00:44:48 (57.9%)	8:59	6.7 (42.1%)
618	PŁOSA Monika	173				01:18:56.00	01:18:56.00	+00:46:22 (58.7%)	9:09	6.5 (40.9%)
619	KIELISZEK Anna	290				01:24:37.00	01:24:37.00	+00:52:03 (61.5%)	9:49	6.1 (38.4%)

Znaleziono 619 wynik(ów)