



X EKSTREMALNY DZIKOBIEG - 7,5KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

DZIKI WEEKEND 2024
Stowarzyszenie Klub Biegowy Dzik
2024-08-18
Police
7.5 km

 **HERKULES**
www.herkules.org.pl

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	PIOTROWSKI Piotr	543	10 BRYGADA LOGISTYCZNA	M-30	1	Tak	00:58:36.65		11:43	5.1 (100%)
2	GOLEC Rafał	156	18 BATALION ROZPOZNAWCZY UŁANÓW WILEŃSKICH	M-30	2	Tak	00:58:56.00	+00:00:19 (0.5%)	11:47	5.1 (100%)
3	SAKOSIK Marcin	242	TERMINATORUN	M-16	1	Tak	01:02:12.15	+00:03:35 (5.8%)	12:26	4.8 (94.1%)
4	SAKOSIK Krystian	241	WOJOWNIK Z PŁOCICZNA	M-40	1		01:02:46.45	+00:04:09 (6.6%)	12:33	4.8 (94.1%)
5	SZYPKOWSKI Marek	258	NOTEĆ OCR CZARNKÓW	M-40	2		01:04:01.30	+00:05:24 (8.5%)	12:48	4.7 (92.2%)
6	BACHANEK Paweł	373	2 BRYGADA ZMECHANIZOWANA	M-30	3	Tak	01:09:58.65	+00:11:22 (16.2%)	13:59	4.3 (84.3%)
7	NIERZWICKI Grzegorz	216	GRUPA MALBORK	M-50	1	Tak	01:11:04.50	+00:12:27 (17.5%)	14:12	4.2 (82.4%)
8	ADAMSKI Janusz	372	VO2MAX RACING TEAM	M-50	2		01:11:33.90	+00:12:57 (18.1%)	14:18	4.2 (82.4%)
9	LEWICKI Piotr	495		M-40	3		01:13:59.75	+00:15:23 (20.8%)	14:47	4.1 (80.4%)
10	SKOWROŃSKI Andrzej	246	GRUPA MALBORK	M-30	4	Tak	01:14:21.55	+00:15:44 (21.2%)	14:52	4 (78.4%)
11	WÓJCICKI Paweł	281	GRUPA MALBORK	M-40	4	Tak	01:15:27.80	+00:16:51 (22.3%)	15:05	4 (78.4%)
12	WOJTASIK Fabian	279	WOJSKO POLSKIE	M-16	2	Tak	01:15:35.95	+00:16:59 (22.5%)	15:07	4 (78.4%)
13	KORALEWSKA Barbara	472	10 BRYGADA LOGISTYCZNA	K-30	1	Tak	01:15:49.90	+00:17:13 (22.7%)	15:09	4 (78.4%)
14	GOŁĘBIEWSKI Tomasz	340	FIRE TEAM	M-40	5	Tak	01:17:30.35	+00:18:53 (24.4%)	15:30	3.9 (76.5%)
15	HOŁYŃSKI Leszek	161	FIRETEAM	M-30	5	Tak	01:17:30.65	+00:18:54 (24.4%)	15:30	3.9 (76.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Czas		Tempo min/km	Tempo km/h
							netto 5km	Różn		
16	DYDEK Edyta	300	SKB DZIK	K-16	1	Tak	01:19:26.40	+00:20:49 (26.2%)	15:53	3.8 (74.5%)
17	SZMYCIŃSKI Piotr	256	ARBUZY	M-16	3		01:19:54.90	+00:21:18 (26.7%)	15:58	3.8 (74.5%)
18	RUSEK Kamil	240		M-40	6		01:19:55.70	+00:21:19 (26.7%)	15:59	3.8 (74.5%)
19	KACZOR Michał	170	2BSAP	M-16	4	Tak	01:20:31.60	+00:21:54 (27.2%)	16:06	3.7 (72.5%)
20	SZYMSKA Anita	588	1PUŁK SAPERÓW	K-16	2	Tak	01:21:15.90	+00:22:39 (27.9%)	16:15	3.7 (72.5%)
21	OSTOJSKI Ireneusz	225		M-40	7		01:21:27.80	+00:22:51 (28.1%)	16:17	3.7 (72.5%)
22	KĄCKI Arek	462		M-16	5		01:21:32.25	+00:22:55 (28.1%)	16:18	3.7 (72.5%)
23	POPCZYK Mariusz	232		M-30	6		01:22:21.95	+00:23:45 (28.8%)	16:28	3.6 (70.6%)
24	MAGRIAN Maciej	505	ARESZT ŚLEDWCZY W GDAŃSKU	M-16	6	Tak	01:23:39.15	+00:25:02 (29.9%)	16:43	3.6 (70.6%)
25	PARADZIŃSKI Dawid	226	OCR NOWOGARD	M-16	7		01:24:30.90	+00:25:54 (30.7%)	16:54	3.6 (70.6%)
26	STRZEMIŃSKI Bartłomiej	580		M-16	8		01:24:35.85	+00:25:59 (30.7%)	16:55	3.5 (68.6%)
27	ZELEK Darek	288		M-50	3		01:26:17.15	+00:27:40 (32.1%)	17:15	3.5 (68.6%)
28	BĘDKOWSKI Piotr	129	SWIM2TRI	M-30	7		01:26:18.20	+00:27:41 (32.1%)	17:15	3.5 (68.6%)
29	KARPAŁA Dominik	454	HELL'S HEAVEN SZCZECIN	M-30	8		01:26:39.40	+00:28:02 (32.4%)	17:19	3.5 (68.6%)
30	OLEJARZ Damian	535	POL-BUD POLICE	M-30	9		01:27:16.45	+00:28:39 (32.8%)	17:27	3.4 (66.7%)
31	GŁOGOWSKI Dawid	424		M-30	10	Tak	01:27:31.75	+00:28:55 (33.0%)	17:30	3.4 (66.7%)
32	WITCZAK Agnieszka	276		K-30	2	Tak	01:28:02.35	+00:29:25 (33.4%)	17:36	3.4 (66.7%)
33	WILENTO Sebastian	274		M-30	11		01:28:12.35	+00:29:35 (33.6%)	17:38	3.4 (66.7%)
34	LOBA Jakub	195	SKB DZIK	M-16	9		01:28:30.20	+00:29:53 (33.8%)	17:42	3.4 (66.7%)
35	KAWKA Aneta	459		K-30	3		01:29:07.70	+00:30:31 (34.2%)	17:49	3.4 (66.7%)
36	KEDZIELEWSKI Aleksander	463	SQUADRON 303 RACING TEAM	M-40	8		01:29:20.35	+00:30:43 (34.4%)	17:52	3.4 (66.7%)
37	LENCEWICZ Grzegorz	491	VO2MAX RACING TEAM	M-40	9		01:29:39.50	+00:31:02 (34.6%)	17:55	3.3 (64.7%)
38	LEŻYŃSKI Jarosław	193		M-40	10		01:29:39.85	+00:31:03 (34.6%)	17:55	3.3 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
39	CZYŻEWSKI Tomasz	401	TENET RUNNERS TEAM SZCZECIN	M-40	11		01:29:41.35	+00:31:04 (34.7%)	17:56	3.3 (64.7%)
40	NOWICKI Marcel	533		M-16	10		01:29:52.20	+00:31:15 (34.8%)	17:58	3.3 (64.7%)
41	NOWICKI Maciej	532		M-40	12		01:30:07.80	+00:31:31 (35.0%)	18:01	3.3 (64.7%)
42	KILAR Michał	174	VERTEMED	M-16	11		01:30:44.75	+00:32:08 (35.4%)	18:08	3.3 (64.7%)
43	KACZOR Aleksander	324		M-16	12		01:31:56.95	+00:33:20 (36.3%)	18:23	3.3 (64.7%)
44	CHENON Guillaume	138	WIECZORNE BIEGANIE W SZCZECINIE	M-40	13		01:33:19.35	+00:34:42 (37.2%)	18:39	3.2 (62.7%)
45	BORUCINSKI Tomasz	133	FC GRYFINO	M-30	12		01:33:49.00	+00:35:12 (37.5%)	18:45	3.2 (62.7%)
46	KURPIEWSKA Agnieszka	189		K-30	4	Tak	01:33:50.35	+00:35:13 (37.5%)	18:46	3.2 (62.7%)
47	BARAŃSKA Kasia	124		K-30	5		01:34:27.50	+00:35:50 (38.0%)	18:53	3.2 (62.7%)
48	PASIKOWSKI Kamil	700	SKB DZIK	M-16	13		01:34:32.95	+00:35:56 (38.0%)	18:54	3.2 (62.7%)
49	RAK Sebastian	236		M-30	13	Tak	01:34:54.60	+00:36:17 (38.2%)	18:58	3.2 (62.7%)
50	ĆWIK Katarzyna	142	BPK	K-30	6	Tak	01:34:54.90	+00:36:18 (38.2%)	18:58	3.2 (62.7%)
51	WEBER Mirela	272		K-30	7		01:35:47.25	+00:37:10 (38.8%)	19:09	3.1 (60.8%)
52	MADRAK Anna	504	HULK TEAM POLICE	K-40	1	Tak	01:36:00.70	+00:37:24 (39.0%)	19:12	3.1 (60.8%)
53	LUDEW Tomasz	497		M-30	14		01:36:09.20	+00:37:32 (39.0%)	19:13	3.1 (60.8%)
54	WEBER Patryk	271		M-30	15	Tak	01:36:28.00	+00:37:51 (39.2%)	19:17	3.1 (60.8%)
55	MAZUR Katarzyna	510		K-40	2		01:36:55.10	+00:38:18 (39.5%)	19:23	3.1 (60.8%)
56	KWAPIŃSKI Krzysztof	489	WGO LEGAL	M-30	16		01:36:56.25	+00:38:19 (39.5%)	19:23	3.1 (60.8%)
57	DYWELSKI Marcin	408	WOLF TEAM	M-40	14		01:37:08.50	+00:38:31 (39.7%)	19:25	3.1 (60.8%)
58	KAZIMIERCZYK Kamil	460		M-16	14		01:38:38.45	+00:40:01 (40.6%)	19:43	3 (58.8%)
59	RACZYŃSKA Anna	552	7 BRYGADA OBRONY WYBRZEŻA	K-40	3	Tak	01:39:45.30	+00:41:08 (41.2%)	19:57	3 (58.8%)
60	NOWAK Piotr	220		M-16	15		01:40:05.40	+00:41:28 (41.4%)	20:01	3 (58.8%)
61	MALYHIN Mikalai	198		M-40	15		01:41:13.35	+00:42:36 (42.1%)	20:14	3 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Czas		Tempo min/km	Tempo km/h
							netto 5km	Różn		
62	MATUSIAK Agnieszka	508	HELL'S HEAVEN SZCZECIN	K-30	8		01:41:41.75	+00:43:05 (42.4%)	20:20	3 (58.8%)
63	MATUSIAK Mariusz	203	HELL'S HEAVEN SZCZECIN	M-40	16		01:41:43.90	+00:43:07 (42.4%)	20:20	2.9 (56.9%)
64	KAWKA Wojciech	458		M-40	17		01:42:32.45	+00:43:55 (42.8%)	20:30	2.9 (56.9%)
65	ZADUSZKO Adam	615		M-30	17		01:42:43.95	+00:44:07 (42.9%)	20:32	2.9 (56.9%)
66	GORZAŁA Filip	157	18 BATALION ROZPOZNAWCZY UŁANÓW WILEŃSKICH	M-16	16	Tak	01:42:55.10	+00:44:18 (43.1%)	20:35	2.9 (56.9%)
67	BĄK Tomasz	127	NA PRZYPALE ALBO WCALE!!!	M-40	18		01:42:57.50	+00:44:20 (43.1%)	20:35	2.9 (56.9%)
68	PTAK Krzysztof	235		M-40	19		01:43:26.25	+00:44:49 (43.3%)	20:41	2.9 (56.9%)
69	JADCZAK Sebastian	446		M-30	18		01:43:28.10	+00:44:51 (43.4%)	20:41	2.9 (56.9%)
70	FRYDRYK Dominik	416	PSP	M-16	17	Tak	01:44:12.70	+00:45:36 (43.8%)	20:50	2.9 (56.9%)
71	ZATOR Dominik	618	OSP CHOJNA	M-30	19		01:44:20.25	+00:45:43 (43.8%)	20:52	2.9 (56.9%)
72	WOJNOWSKI Wacław	277		M-30	20		01:44:34.45	+00:45:57 (44.0%)	20:54	2.9 (56.9%)
73	WASILEWSKI Eryk	599	KABAN TEAM	M-16	18		01:45:09.20	+00:46:32 (44.3%)	21:01	2.9 (56.9%)
74	KOZŁOWSKI Jakub	477	ENDURO GRYFICE	M-16	19		01:45:09.60	+00:46:32 (44.3%)	21:01	2.9 (56.9%)
75	PŁAŻALSKI Przemysław	546		M-40	20		01:45:20.65	+00:46:44 (44.4%)	21:04	2.8 (54.9%)
76	KRZEŚNIEWSKI Marcin	184	RAZ SZCZECIN	M-40	21		01:45:30.85	+00:46:54 (44.5%)	21:06	2.8 (54.9%)
77	SIEDLER Martin	569		M-30	21		01:47:37.00	+00:49:00 (45.5%)	21:31	2.8 (54.9%)
78	FLORKIEWICZ Wiola	148	KOBIETA RAKIETA	K-30	9		01:47:40.05	+00:49:03 (45.6%)	21:32	2.8 (54.9%)
79	NAREJKO Paweł	213		M-30	22		01:48:42.55	+00:50:05 (46.1%)	21:44	2.8 (54.9%)
80	JUSINSKI Sebastian	451		M-40	22	Tak	01:49:45.05	+00:51:08 (46.6%)	21:57	2.7 (52.9%)
81	JUSINSKA Anna	169		K-50	1	Tak	01:49:45.80	+00:51:09 (46.6%)	21:57	2.7 (52.9%)
82	RYKAŁA Krzysztof	559	HELENKA TEAM	M-40	23		01:49:59.85	+00:51:23 (46.7%)	21:59	2.7 (52.9%)
83	RYKAŁA Klaudia	560	HELENKA TEAM	K-16	3		01:50:13.80	+00:51:37 (46.8%)	22:02	2.7 (52.9%)
84	JADACH Patryk	445		M-16	20		01:50:26.30	+00:51:49 (46.9%)	22:05	2.7 (52.9%)

Msc	Zawodnik	Numer		Klub	Kategoria	Mkat	Mundurowi	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
85	KAŻMIERCZAK Magda	173			K-16	4	Tak	01:50:38.70	+00:52:02 (47.0%)	22:07	2.7 (52.9%)
86	TABAKA Krzysztof	261	EŚ		M-40	24		01:50:39.50	+00:52:02 (47.0%)	22:07	2.7 (52.9%)
87	BUCHOLC Zbigniew	136			M-40	25		01:51:37.55	+00:53:00 (47.5%)	22:19	2.7 (52.9%)
88	DROZD Dariusz	404			M-40	26		01:51:37.90	+00:53:01 (47.5%)	22:19	2.7 (52.9%)
89	BAJER Marcel	375			M-16	21		01:52:06.30	+00:53:29 (47.7%)	22:25	2.7 (52.9%)
90	BRONISZEWSKI Jakub	388			M-16	22		01:52:43.40	+00:54:06 (48.0%)	22:32	2.7 (52.9%)
91	OLEKSYK Patryk	224			M-30	23		01:52:48.85	+00:54:12 (48.0%)	22:33	2.7 (52.9%)
92	DUDKA Robert	146			M-30	24		01:52:49.00	+00:54:12 (48.0%)	22:33	2.7 (52.9%)
93	MURAWSKA Wioletta	211	SKB DZIK		K-50	2		01:52:52.00	+00:54:15 (48.1%)	22:34	2.7 (52.9%)
94	KAMIONKA Andrzej	171	14 ZBOT		M-40	27	Tak	01:52:55.55	+00:54:18 (48.1%)	22:35	2.7 (52.9%)
95	MARCHEWKA Łukasz	199			M-30	25		01:52:58.95	+00:54:22 (48.1%)	22:35	2.7 (52.9%)
96	JAMRÓZ Renata	163	BIGYELLOWFOOT ADVENTURE TEAM		K-50	3		01:53:03.25	+00:54:26 (48.2%)	22:36	2.7 (52.9%)
97	ZALEWSKI Jacek	617			M-50	4		01:54:35.00	+00:55:58 (48.8%)	22:55	2.6 (51.0%)
98	KURPIEWSKI Piotr	190			M-30	26	Tak	01:54:51.65	+00:56:15 (49.0%)	22:58	2.6 (51.0%)
99	GÓRAJ Artur	426	REKINY		M-30	27		01:55:01.60	+00:56:24 (49.0%)	23:00	2.6 (51.0%)
100	NAWROCKI Krzysztof	214			M-30	28	Tak	01:55:11.00	+00:56:34 (49.1%)	23:02	2.6 (51.0%)
101	MIKSZA Paweł	210	21 BAZA LOTNICTWA TAKTYCZNEGO		M-30	29		01:55:43.10	+00:57:06 (49.4%)	23:08	2.6 (51.0%)
102	ŚWIĄTEK Bronisław	260	SAMOTNY WILK		M-60	1		01:56:20.30	+00:57:43 (49.6%)	23:16	2.6 (51.0%)
103	WOSIAK Paweł	607			M-30	30		01:56:41.05	+00:58:04 (49.8%)	23:20	2.6 (51.0%)
104	DYDEK Dorota	293	SKB DZIK		K-50	4	Tak	01:57:19.00	+00:58:42 (50.0%)	23:27	2.6 (51.0%)
105	ODRZYWOLSKI Michał	223	OŻW SZCZECIN		M-30	31	Tak	01:57:26.40	+00:58:49 (50.1%)	23:29	2.6 (51.0%)
106	GRĄCZEWSKA Magdalena	427			K-30	10		01:57:27.50	+00:58:50 (50.1%)	23:29	2.6 (51.0%)
107	WOŚ Fanek	608			M-16	23		01:57:58.30	+00:59:21 (50.3%)	23:35	2.5 (49.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
108	WRÓBEL Emilia	612		K-16	5		01:58:14.25	+00:59:37 (50.4%)	23:38	2.5 (49.0%)
109	HELBIK Michał	436		M-30	32		01:58:15.15	+00:59:38 (50.4%)	23:39	2.5 (49.0%)
110	JACKOWIAK Tomasz	444		M-30	33		01:58:19.30	+00:59:42 (50.5%)	23:39	2.5 (49.0%)
111	SŁONINA Kamil	247		M-16	24		01:58:25.70	+00:59:49 (50.5%)	23:41	2.5 (49.0%)
112	RAJSKA Aleksandra	553	CROSS TRAINING WARSZEWO	K-30	11		01:59:03.00	+01:00:26 (50.8%)	23:48	2.5 (49.0%)
113	TROJANOWSKA-BARAN Aleksandra	265		K-30	12	Tak	01:59:10.50	+01:00:33 (50.8%)	23:50	2.5 (49.0%)
114	BRYZEK Filip	390		M-16	25	Tak	01:59:10.75	+01:00:34 (50.8%)	23:50	2.5 (49.0%)
115	NOWAK Kamil	529		M-30	34		01:59:11.75	+01:00:35 (50.8%)	23:50	2.5 (49.0%)
116	ZDUŃCZYK Paweł	621		M-40	28		01:59:19.40	+01:00:42 (50.9%)	23:51	2.5 (49.0%)
117	MATYSEK Ireneusz	205	KOMANDOS WAŁECKI	M-60	2		01:59:24.45	+01:00:47 (50.9%)	23:52	2.5 (49.0%)
118	ZALEWSKI Sylwester	286	VO2MAX RACING TEAM	M-40	29		01:59:35.90	+01:00:59 (51.0%)	23:55	2.5 (49.0%)
119	CHUCHURELOS Dawid	395		M-16	26		01:59:54.40	+01:01:17 (51.1%)	23:58	2.5 (49.0%)
120	BAGIŃSKA Laura	123	BYLE RUCH	K-30	13		02:01:00.95	+01:02:24 (51.6%)	24:12	2.5 (49.0%)
121	BRANICA Hanna	386	CROSS TRAINING WARSZEWO	K-40	4		02:01:04.45	+01:02:27 (51.6%)	24:12	2.5 (49.0%)
122	KORDELA Marcin	474	CROSS TRAINING WARSZEWO	M-40	30		02:01:05.80	+01:02:29 (51.6%)	24:13	2.5 (49.0%)
123	KUBIK Michał	484	HULK TEAM POLICE	M-30	35		02:01:17.80	+01:02:41 (51.7%)	24:15	2.5 (49.0%)
124	KAŻMIERCZAK Mateusz	461		M-30	36		02:01:32.15	+01:02:55 (51.8%)	24:18	2.5 (49.0%)
125	WITKOWSKI Emil	605		M-30	37		02:01:37.30	+01:03:00 (51.8%)	24:19	2.5 (49.0%)
126	DROZD Anna	405		K-30	14		02:02:21.85	+01:03:45 (52.1%)	24:28	2.5 (49.0%)
127	WIECZOREK Jakub	602	WIECZORKI3	M-16	27		02:03:35.85	+01:04:59 (52.6%)	24:43	2.4 (47.1%)
128	WIECZOREK Magdalena	600	WIECZORKI3	K-40	5		02:03:36.55	+01:04:59 (52.6%)	24:43	2.4 (47.1%)
129	KAMIŃSKA Agata	453	CROSS TRAINING WARSZEWO	K-30	15		02:03:39.95	+01:05:03 (52.6%)	24:43	2.4 (47.1%)
130	CIEŚLA Agnieszka	397		K-30	16		02:03:59.90	+01:05:23 (52.7%)	24:47	2.4 (47.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Czas		Tempo min/km	Tempo km/h
							netto 5km	Różn		
131	SĘK Oliwier	58	MIĘTUSY	M-16	28		02:04:06.00	+01:05:29 (52.8%)	24:49	2.4 (47.1%)
132	KURDYNOWSKI Jakub	487	HULK TEAM POLICE	M-16	29		02:04:06.85	+01:05:30 (52.8%)	24:49	2.4 (47.1%)
133	ŁUDCZAK Tomasz	500	333	M-16	30		02:04:12.25	+01:05:35 (52.8%)	24:50	2.4 (47.1%)
134	JAKUBOWSKA Angelika	448	MUSTANGI KOBYLANKA	K-30	17		02:04:12.60	+01:05:35 (52.8%)	24:50	2.4 (47.1%)
135	MORDAS Martyna	519		K-30	18		02:04:30.80	+01:05:54 (52.9%)	24:54	2.4 (47.1%)
136	MATUSIEWICZ Aleksander	509		M-30	38		02:04:30.90	+01:05:54 (52.9%)	24:54	2.4 (47.1%)
137	WUJKOWSKI Jarosław	613	REKINY	M-50	5		02:04:46.70	+01:06:10 (53.0%)	24:57	2.4 (47.1%)
138	FILOWIAT Daniel	414	REKINY	M-30	39		02:04:47.60	+01:06:10 (53.0%)	24:57	2.4 (47.1%)
139	OLEJNICZAK Łukasz	536	REKINY	M-16	31		02:04:48.35	+01:06:11 (53.0%)	24:57	2.4 (47.1%)
140	ZABORA Paweł	292		M-40	31		02:04:52.90	+01:06:16 (53.1%)	24:58	2.4 (47.1%)
141	SZYSZŁOWSKI Konrad	591	SZYSZKI Z SZCZECINA	M-40	32		02:05:08.85	+01:06:32 (53.2%)	25:01	2.4 (47.1%)
142	ŁUCZYŃSKI Daniel	499	XD	M-30	40		02:05:27.75	+01:06:51 (53.3%)	25:05	2.4 (47.1%)
143	SALAUYOU Raman	561		M-30	41		02:06:09.90	+01:07:33 (53.5%)	25:13	2.4 (47.1%)
144	NIEWCZAS Bartosz	526		M-16	32		02:06:11.65	+01:07:35 (53.6%)	25:14	2.4 (47.1%)
145	NIEWCZAS Tomasz	525		M-40	33		02:06:12.55	+01:07:35 (53.6%)	25:14	2.4 (47.1%)
146	CZERWIŃSKI Tomasz	400		M-40	34		02:06:18.60	+01:07:41 (53.6%)	25:15	2.4 (47.1%)
147	BARAŃSKI Rysio	125		M-30	42	Tak	02:06:22.25	+01:07:45 (53.6%)	25:16	2.4 (47.1%)
148	FIRKA Michał	415		M-30	43		02:06:26.80	+01:07:50 (53.6%)	25:17	2.4 (47.1%)
149	SCHROEDER Piotr	244	SOKÓŁ TEAM	M-16	33		02:06:27.55	+01:07:50 (53.7%)	25:17	2.4 (47.1%)
150	LEŚNIAK Piotr	191		M-16	34		02:06:46.50	+01:08:09 (53.8%)	25:21	2.4 (47.1%)
151	CIEPLIŃSKA Agata	670	12 PUŁK LOGISTYCZNY	K-30	19	Tak	02:06:47.15	+01:08:10 (53.8%)	25:21	2.4 (47.1%)
152	PAWŁOWSKA Urszula	538		K-30	20	Tak	02:06:47.25	+01:08:10 (53.8%)	25:21	2.4 (47.1%)
153	KUBIAK Monika	483	WILKI	K-40	6		02:06:47.80	+01:08:11 (53.8%)	25:21	2.4 (47.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Czas		Tempo min/km	Tempo km/h
							netto 5km	Różn		
154	SZYDŁOWSKI Krzysztof	587	KP NIEBUSZEWO	M-40	35	Tak	02:06:54.75	+01:08:18 (53.8%)	25:22	2.4 (47.1%)
155	MADEJAK Tomasz	503	KP NIEBUSZEWO	M-30	44	Tak	02:06:54.95	+01:08:18 (53.8%)	25:22	2.4 (47.1%)
156	KARPIŃSKI Mateusz	172		M-16	35		02:07:18.40	+01:08:41 (54.0%)	25:27	2.4 (47.1%)
157	CHALKIAS Damian	137	CHARLIE	M-30	45		02:08:11.85	+01:09:35 (54.3%)	25:38	2.3 (45.1%)
158	TRYSZCZ Tobiasz	266	ZBPŚ	M-30	46		02:08:43.95	+01:10:07 (54.5%)	25:44	2.3 (45.1%)
159	SMOLIŃSKI Norbert	574	HULK TEAM POLICE	M-30	47		02:08:45.10	+01:10:08 (54.5%)	25:45	2.3 (45.1%)
160	NOWAK Grzegorz	219		M-40	36		02:09:00.60	+01:10:23 (54.6%)	25:48	2.3 (45.1%)
161	NOWAK Marta	218	GRUPA AZOTY ZAKŁADY CHEMICZNE POLICE S.A.	K-40	7		02:09:00.70	+01:10:24 (54.6%)	25:48	2.3 (45.1%)
162	DYDEK Arkadiusz	296	SKB DZIK	M-30	48	Tak	02:09:00.85	+01:10:24 (54.6%)	25:48	2.3 (45.1%)
163	BARTOSZEK Paulina	743	SKB DZIK	K-16	6		02:09:02.05	+01:10:25 (54.6%)	25:48	2.3 (45.1%)
164	KASZA Dawid	457	HELL'S HEAVEN SZCZECIN	M-30	49	Tak	02:09:17.25	+01:10:40 (54.7%)	25:51	2.3 (45.1%)
165	KUNIKOWSKA Patrycja	186	NO NAMES	K-40	8		02:09:33.65	+01:10:57 (54.8%)	25:54	2.3 (45.1%)
166	KUNIKOWSKI Patryk	187	NO NAMES	M-40	37		02:09:38.20	+01:11:01 (54.8%)	25:55	2.3 (45.1%)
167	JADRYCH Zbigniew	162	NO NAMES	M-40	38		02:09:38.45	+01:11:01 (54.8%)	25:55	2.3 (45.1%)
168	BODNAR Szymon	382	ODDZIAŁ PREWENCJI POLICJI W SZCZECINIE	M-16	36	Tak	02:10:04.25	+01:11:27 (54.9%)	26:00	2.3 (45.1%)
169	PAWLAK Przemysław	227	WSP	M-40	39		02:10:06.95	+01:11:30 (55.0%)	26:01	2.3 (45.1%)
170	WAWRZYCKI Przemysław	268	WSP	M-40	40		02:10:07.75	+01:11:31 (55.0%)	26:01	2.3 (45.1%)
171	TARGOSZ Łukasz	262		M-30	50		02:10:08.05	+01:11:31 (55.0%)	26:01	2.3 (45.1%)
172	STEFAŃSKA Małgorzata	579	2 STARGARDZKI BATALION SAPEROW	K-30	21	Tak	02:10:34.75	+01:11:58 (55.1%)	26:06	2.3 (45.1%)
173	NAGOWSKA Agata	524	4 STARGARDZKI BATALION SAPEROW	K-30	22	Tak	02:10:34.90	+01:11:58 (55.1%)	26:06	2.3 (45.1%)
174	SUŚLAK Aleks	298		M-16	37	Tak	02:10:35.35	+01:11:58 (55.1%)	26:07	2.3 (45.1%)
175	GRYMUŁA Bartek	429		M-30	51		02:11:18.45	+01:12:41 (55.4%)	26:15	2.3 (45.1%)
176	GOLAŃSKI Paweł	155	1312	M-16	38		02:11:30.15	+01:12:53 (55.4%)	26:18	2.3 (45.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Czas		Tempo min/km	Tempo km/h
							netto 5km	Różn		
177	KURDYNOWSKI Jacek	486	HULK TEAM POLICE	M-50	6		02:11:32.55	+01:12:55 (55.4%)	26:18	2.3 (45.1%)
178	SZYCIK Aleksandra	586	HULK TEAM POLICE	K-30	23		02:11:34.75	+01:12:58 (55.5%)	26:18	2.3 (45.1%)
179	CIEPŁY Mateusz	396		M-30	52		02:11:41.60	+01:13:04 (55.5%)	26:20	2.3 (45.1%)
180	KWAŚNIEWSKI Wojciech	490	POLANIE PIERZCHNICA	M-40	41		02:11:50.75	+01:13:14 (55.5%)	26:22	2.3 (45.1%)
181	NOWEK Dawid	222	1312	M-16	39		02:11:51.35	+01:13:14 (55.5%)	26:22	2.3 (45.1%)
182	WASYŁENKO Bartłomiej	576	WOJCIECH I PRZYJACIELE	M-40	42		02:12:20.75	+01:13:44 (55.7%)	26:28	2.3 (45.1%)
183	SULIŃSKI Ewelina	252	MAZDA SZCZECIN	K-30	24		02:12:41.55	+01:14:04 (55.8%)	26:32	2.3 (45.1%)
184	PIOŁUNOWICZ Kacper	295		M-16	40		02:12:56.35	+01:14:19 (55.9%)	26:35	2.3 (45.1%)
185	CIEŻKI Mariusz	139		M-40	43		02:13:20.75	+01:14:44 (56.0%)	26:40	2.3 (45.1%)
186	TOKARSKI Rafał	263	RAZ SZCZECIN	M-50	7		02:13:41.35	+01:15:04 (56.2%)	26:44	2.2 (43.1%)
187	PLAWGO Jarosław	231		M-50	8		02:13:47.85	+01:15:11 (56.2%)	26:45	2.2 (43.1%)
188	ZAWADZKA Weronika	619		K-16	7		02:14:09.35	+01:15:32 (56.3%)	26:49	2.2 (43.1%)
189	KOCIK Dariusz	468		M-16	41		02:14:10.95	+01:15:34 (56.3%)	26:50	2.2 (43.1%)
190	KOŁODZIEJCZYK Anna	179	12DZ	K-16	8	Tak	02:14:17.35	+01:15:40 (56.4%)	26:51	2.2 (43.1%)
191	LIZUREJ Aleksandra	194	12 BZ	K-16	9		02:14:17.50	+01:15:40 (56.4%)	26:51	2.2 (43.1%)
192	JANUSZ Michał	165		M-40	44		02:14:28.00	+01:15:51 (56.4%)	26:53	2.2 (43.1%)
193	GIETKO Szymon	43	MIĘTUSY	M-50	9		02:14:44.90	+01:16:08 (56.5%)	26:56	2.2 (43.1%)
194	GIETKO Piotr	422	MIĘTUSY	M-40	45		02:14:49.45	+01:16:12 (56.5%)	26:57	2.2 (43.1%)
195	DUBLEŃSKI Marek	41	ZK KZRYWANIEC	M-40	46	Tak	02:14:58.55	+01:16:21 (56.6%)	26:59	2.2 (43.1%)
196	NOWAK Łukasz	530	ZAKŁAD KARNY W KRZYWAŃCU	M-30	53	Tak	02:14:59.75	+01:16:23 (56.6%)	26:59	2.2 (43.1%)
197	TRELIŃSKA Edyta	264	WIECZORNE BIEGANIE	K-50	5		02:15:08.05	+01:16:31 (56.6%)	27:01	2.2 (43.1%)
198	CIEŻKI Jakub	398		M-16	42		02:15:25.90	+01:16:49 (56.7%)	27:05	2.2 (43.1%)
199	DANILUK-DUPLA Ewa	143	WIECZORNE BIEGANIE W SZCZECINIE	K-40	9		02:15:53.65	+01:17:17 (56.9%)	27:10	2.2 (43.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
200	RASIAK Rafał	554		M-40	47		02:15:56.65	+01:17:20 (56.9%)	27:11	2.2 (43.1%)
201	KOLAKOWAKA Kolakowaka	469		K-50	6		02:16:30.70	+01:17:54 (57.1%)	27:18	2.2 (43.1%)
202	MYSZAK Krzysztof	522	ODDZIAŁ PREWENCJI POLICJI W SZCZECINIE	M-30	54	Tak	02:16:31.60	+01:17:54 (57.1%)	27:18	2.2 (43.1%)
203	DĘBICKI Bartosz	402	ODDZIAŁ PREWENCJI POLICJI W SZCZECINIE	M-30	55	Tak	02:16:31.65	+01:17:55 (57.1%)	27:18	2.2 (43.1%)
204	FILIPOWICZ Patrycja	411		K-40	10		02:16:31.80	+01:17:55 (57.1%)	27:18	2.2 (43.1%)
205	FILIPOWICZ Robert	412		M-40	48		02:16:31.95	+01:17:55 (57.1%)	27:18	2.2 (43.1%)
206	JADCZYK Dawid	447	ODDZIAŁ PREWENCJI POLICJI W SZCZECINIE	M-16	43	Tak	02:16:32.10	+01:17:55 (57.1%)	27:18	2.2 (43.1%)
207	FILIPOWICZ Klaudia	413		K-16	10		02:16:32.35	+01:17:55 (57.1%)	27:18	2.2 (43.1%)
208	KRYWIONEK Natalia	344	OPP SZCZECIN	Drużyna mundurowa	1	Tak	02:16:32.60	+01:17:55 (57.1%)	27:18	2.2 (43.1%)
209	WYSOCKI Grzegorz	614		M-40	49		02:16:46.80	+01:18:10 (57.1%)	27:21	2.2 (43.1%)
210	WOŚ -WYSOCKA Katarzyna	609		K-40	11		02:16:47.05	+01:18:10 (57.2%)	27:21	2.2 (43.1%)
211	NIERZWICKI Krzysztof	215		M-30	56		02:17:14.95	+01:18:38 (57.3%)	27:26	2.2 (43.1%)
212	ROSTECKA Magdalena	238		K-16	11		02:17:16.00	+01:18:39 (57.3%)	27:27	2.2 (43.1%)
213	WISZNIEWSKI Marcin	603		M-40	50		02:18:08.65	+01:19:32 (57.6%)	27:37	2.2 (43.1%)
214	BAŁKA Michał	378		M-30	57		02:18:08.85	+01:19:32 (57.6%)	27:37	2.2 (43.1%)
215	PAWLIKOWSKA Dominika	228		K-40	12	Tak	02:18:14.45	+01:19:37 (57.6%)	27:38	2.2 (43.1%)
216	MALICZEWSKI Paweł	197		M-40	51		02:18:14.85	+01:19:38 (57.6%)	27:38	2.2 (43.1%)
217	PRĘTKI Robert	233		M-40	52	Tak	02:18:15.45	+01:19:38 (57.6%)	27:39	2.2 (43.1%)
218	NOWAK Zbigniew	221	KB DZIK	M-60	3		02:18:18.35	+01:19:41 (57.6%)	27:39	2.2 (43.1%)
219	ODEJ Monika	534	HULK TEAM POLICE	K-30	25		02:18:25.40	+01:19:48 (57.7%)	27:41	2.2 (43.1%)
220	ZIÓŁKOWSKI Mariusz	291		M-50	10		02:18:49.55	+01:20:12 (57.8%)	27:45	2.2 (43.1%)
221	ZAGROCKI Grzegorz	616		M-30	58		02:18:55.10	+01:20:18 (57.8%)	27:47	2.2 (43.1%)
222	GOWORSKI Jerzy	158	WIECZORNE BIEGANIE W SZCZECINIE	M-30	59		02:19:05.10	+01:20:28 (57.9%)	27:49	2.2 (43.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Czas	Różn	Tempo min/km	Tempo km/h
							netto 5km			
223	KRZYWOŃ Paweł	185		M-40	53		02:19:12.65	+01:20:36 (57.9%)	27:50	2.2 (43.1%)
224	WASILEWSKI Andrzej	267	WILKI Z CIECHOCINKA	M-40	54		02:19:14.50	+01:20:37 (57.9%)	27:50	2.2 (43.1%)
225	RUTKOWSKI Gracjan	628	SKB DZIK	M-16	44		02:19:45.00	+01:21:08 (58.1%)	27:57	2.1 (41.2%)
226	KRZYKAŁA Maja	630	SKB DZIK	K-16	12		02:19:45.05	+01:21:08 (58.1%)	27:57	2.1 (41.2%)
227	KRUTUL Bartosz	629	SKB DZIK	M-16	45		02:19:45.65	+01:21:09 (58.1%)	27:57	2.1 (41.2%)
228	SZARUGA Wojciech	254	LKS ZANTYR SZTUM	M-30	60	Tak	02:19:48.60	+01:21:11 (58.1%)	27:57	2.1 (41.2%)
229	SZEWczyk Ludmiła	255	GRUPA MALBORK	K-30	26		02:19:49.20	+01:21:12 (58.1%)	27:57	2.1 (41.2%)
230	BIJACZYK Monika	380		K-30	27		02:21:26.05	+01:22:49 (58.6%)	28:17	2.1 (41.2%)
231	SILSKI Michał	573	LESZCZE	M-30	61		02:21:53.35	+01:23:16 (58.7%)	28:22	2.1 (41.2%)
232	ŚLEDŹ Przemysław	259	LESZCZE	M-40	55		02:21:54.45	+01:23:17 (58.7%)	28:22	2.1 (41.2%)
233	TAUBE-KACZOR Monika	307		K-16	13		02:22:38.05	+01:24:01 (58.9%)	28:31	2.1 (41.2%)
234	SEŃCZYK Sara	245		K-16	14		02:22:45.80	+01:24:09 (58.9%)	28:33	2.1 (41.2%)
235	ZYGMUNT Tomasz	624		M-40	56		02:24:02.40	+01:25:25 (59.3%)	28:48	2.1 (41.2%)
236	ZYGMUNT Karolina	625		K-16	15		02:24:02.45	+01:25:25 (59.3%)	28:48	2.1 (41.2%)
236	ZYGMUNT Marta	626		K-16	15		02:24:02.45	+01:25:25 (59.3%)	28:48	2.1 (41.2%)
238	SUCHODOLSKA Aleksandra	251	DZIKIE ŻÓŁWIE	K-30	28		02:25:29.35	+01:26:52 (59.7%)	29:05	2.1 (41.2%)
239	ZAKOŚCIELNA Katarzyna	285	DZIKIE ŻÓŁWIE	K-30	29		02:25:29.40	+01:26:52 (59.7%)	29:05	2.1 (41.2%)
240	DORAWA-ZIOMEK Anna	145	DZIKIE ŻÓŁWIE	K-30	30		02:25:30.05	+01:26:53 (59.7%)	29:06	2.1 (41.2%)
241	ROMANOWICZ Monika	237	DZIKIE ŻÓŁWIE	K-30	31		02:25:30.40	+01:26:53 (59.7%)	29:06	2.1 (41.2%)
242	NAGAJ-PHAM Paulina	523	HULK TEAM POLICE	K-30	32		02:25:49.40	+01:27:12 (59.8%)	29:09	2.1 (41.2%)
243	SZAJEK Artur	253	HULK TEAM POLICE	M-40	57		02:25:49.60	+01:27:12 (59.8%)	29:09	2.1 (41.2%)
244	KROTECKA Anna	479	HULK TEAM POLICE	K-30	33		02:25:50.00	+01:27:13 (59.8%)	29:10	2.1 (41.2%)
245	SZAJEK Marta	583	HULK TEAM POLICE	K-40	13		02:25:50.30	+01:27:13 (59.8%)	29:10	2.1 (41.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
246	ZBYSZEWSKA Izabela	620	KLUB HULK TEAM POLICE	K-50	7		02:25:50.45	+01:27:13 (59.8%)	29:10	2.1 (41.2%)
247	MAZUR Aneta	512	HULK TEAM POLICE	K-40	14		02:25:50.70	+01:27:14 (59.8%)	29:10	2.1 (41.2%)
248	TOMASZEWSKA Beata	596	HULK TEAM POLICE	K-30	34		02:25:52.25	+01:27:15 (59.8%)	29:10	2.1 (41.2%)
249	GRĄCZEWSKA Matylda	428		K-30	35		02:26:12.05	+01:27:35 (59.9%)	29:14	2.1 (41.2%)
250	KRZEMIŃSKI Kacper	183		M-16	46		02:27:36.40	+01:28:59 (60.3%)	29:31	2 (39.2%)
251	BEDNARZ Katarzyna	128		K-50	8		02:28:51.55	+01:30:14 (60.6%)	29:46	2 (39.2%)
252	SAWICKA - WERS Urszula	243	NADMORSZY BIEGACZE KOŁOBRZEG	K-30	36		02:28:52.15	+01:30:15 (60.6%)	29:46	2 (39.2%)
253	SĘK Dariusz	566	MIĘTUSY	M-50	11		02:29:33.05	+01:30:56 (60.8%)	29:54	2 (39.2%)
254	SĘK Alan	567	MIĘTUSY	M-16	47		02:29:33.80	+01:30:57 (60.8%)	29:54	2 (39.2%)
255	NOWAK Marta	528		K-30	37		02:29:35.20	+01:30:58 (60.8%)	29:55	2 (39.2%)
256	GAŁECKI Karol	419		M-40	58		02:30:22.45	+01:31:45 (61.0%)	30:04	2 (39.2%)
257	KRZYMUSKA Agnieszka	482		K-40	15		02:30:22.85	+01:31:46 (61.0%)	30:04	2 (39.2%)
258	KOCHUBEI Viktoriia	467		K-16	17		02:32:24.10	+01:33:47 (61.5%)	30:28	2 (39.2%)
259	KUREK Paulina	188	PCHEŁKA	K-16	18		02:33:10.90	+01:34:34 (61.7%)	30:38	2 (39.2%)
260	KUREK Oskar	488	PANDA	M-16	48		02:33:11.35	+01:34:34 (61.7%)	30:38	2 (39.2%)
261	SIERADZKI Norbert	571		M-30	62		02:33:54.95	+01:35:18 (61.9%)	30:46	1.9 (37.3%)
262	SIERADZKA Wioletta	570		K-30	38		02:33:55.30	+01:35:18 (61.9%)	30:47	1.9 (37.3%)
263	WW Paweł	283	WIECZORNE BIEGANIE	M-40	59		02:34:46.95	+01:36:10 (62.1%)	30:57	1.9 (37.3%)
264	SIDORCZUK Tomasz	568	KLUB BIEGAJĄCYCH LEŚNIKÓW	M-40	60		02:35:03.00	+01:36:26 (62.2%)	31:00	1.9 (37.3%)
265	JEŻ Maja	450		K-30	39		02:35:13.90	+01:36:37 (62.2%)	31:02	1.9 (37.3%)
266	MIKLEWICZ Agata	516		K-30	40		02:35:14.35	+01:36:37 (62.2%)	31:02	1.9 (37.3%)
267	NOWACZYK Ewa	527		K-40	16		02:35:15.30	+01:36:38 (62.2%)	31:03	1.9 (37.3%)
267	NOWACZYK Wojciech	217		M-40	61		02:35:15.30	+01:36:38 (62.2%)	31:03	1.9 (37.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
269	ZIELIŃSKI Maciej	623		M-40	62		02:35:17.05	+01:36:40 (62.3%)	31:03	1.9 (37.3%)
270	ZIELIŃSKA Monika	622		K-40	17		02:35:17.70	+01:36:41 (62.3%)	31:03	1.9 (37.3%)
271	HRYNIEWIECKA Agnieszka	437		K-40	18		02:36:16.50	+01:37:39 (62.5%)	31:15	1.9 (37.3%)
272	DRAJER Łukasz	403		M-30	63		02:39:01.45	+01:40:24 (63.1%)	31:48	1.9 (37.3%)
273	IMBIORKIEWICZ Weronika	441		K-40	19		02:39:01.55	+01:40:24 (63.1%)	31:48	1.9 (37.3%)
274	TUTUCKA Paulina	597	CROSS TRAINING WARSZEWO	K-30	41		02:39:02.00	+01:40:25 (63.1%)	31:48	1.9 (37.3%)
275	BORODYN Andrzej	385	FARTY PUSZCZY	M-40	63		02:39:09.90	+01:40:33 (63.2%)	31:49	1.9 (37.3%)
276	GARSTKA Izabela	152	GRUPA MALBORK	K-40	20		02:39:17.00	+01:40:40 (63.2%)	31:51	1.9 (37.3%)
277	ZARZECKA Kamila	287	GRUPA MALBORK	K-30	42		02:39:29.25	+01:40:52 (63.3%)	31:53	1.9 (37.3%)
278	STANISZEWSKA-KUŚ Magdalena	578	CROSS TRAINING WARSZEWO	K-40	21		02:40:02.75	+01:41:26 (63.4%)	32:00	1.9 (37.3%)
279	PŁAWSKA Ewa	545	CROSS TRAINING WARSZEWO	K-30	43		02:40:03.90	+01:41:27 (63.4%)	32:00	1.9 (37.3%)
280	KOZAK Mirosław	476	CROSS TRAINING WARSZEWO	M-40	64		02:40:04.15	+01:41:27 (63.4%)	32:00	1.9 (37.3%)
281	BOŚKO Paulina	134	DOGS, CATS, PROSECCO & FRIENDS	K-30	44		02:40:10.40	+01:41:33 (63.4%)	32:02	1.9 (37.3%)
282	PIEKARSKA Wioletta	541	FIGHT ACADEMY STARGARD	K-40	22		02:40:32.70	+01:41:56 (63.5%)	32:06	1.9 (37.3%)
283	DYMERSKA Dominika	407	FIGHT ACADEMY STARGARD	K-30	45		02:40:32.75	+01:41:56 (63.5%)	32:06	1.9 (37.3%)
284	GOŁĘBIEWSKA Elwira	425		K-40	23		02:40:33.00	+01:41:56 (63.5%)	32:06	1.9 (37.3%)
285	KRÓL Krzysztof	181	DOGS, CATS, PROSECCO & FRIENDS	M-30	64		02:40:44.50	+01:42:07 (63.5%)	32:08	1.9 (37.3%)
286	BORKOWSKA Ewelina	132	MALBORSKIE MORSY	K-30	46		02:40:52.45	+01:42:15 (63.6%)	32:10	1.9 (37.3%)
287	FURMANIAK Piotr	149	GRUPA MALBORK	M-40	65		02:41:00.40	+01:42:23 (63.6%)	32:12	1.9 (37.3%)
288	BACH Agata	122		K-30	47		02:41:00.65	+01:42:24 (63.6%)	32:12	1.9 (37.3%)
289	KRÓL Magdalena	180	DOGS, CATS, PROSECCO & FRIENDS	K-30	48		02:41:35.05	+01:42:58 (63.7%)	32:19	1.9 (37.3%)
290	RUTKOWSKI Rafał	496	ZK KRZYWANIEC	M-16	49	Tak	02:42:01.70	+01:43:25 (63.8%)	32:24	1.9 (37.3%)
291	JAWORSKI Dawid	166	MMM BIGOSIK	M-30	65		02:42:14.20	+01:43:37 (63.9%)	32:26	1.8 (35.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Czas		Tempo min/km	Tempo km/h
							netto 5km	Różn		
292	KOŁOSOWSKA Klaudia	178	MMM BIGOSIK	K-16	19		02:42:16.45	+01:43:39 (63.9%)	32:27	1.8 (35.3%)
293	ŚLIWIAK Damian	592	KP SZCZECIN POGODNO	M-16	50		02:43:08.70	+01:44:32 (64.1%)	32:37	1.8 (35.3%)
294	GUMIELA Paweł	430		M-30	66		02:43:12.75	+01:44:36 (64.1%)	32:38	1.8 (35.3%)
295	KLUKACZEWSKI Kamil	466	KP SZCZECIN POGODNO	M-30	67		02:43:20.05	+01:44:43 (64.1%)	32:40	1.8 (35.3%)
296	LEWANDOWSKI Tomasz	494	KP SZCZECIN POGODNO	M-30	68		02:43:23.35	+01:44:46 (64.1%)	32:40	1.8 (35.3%)
297	SYCH Małgorzata	581	KB KAMIEŃ POMORSKI	K-40	24		02:43:26.95	+01:44:50 (64.1%)	32:41	1.8 (35.3%)
298	SYCH Zbigniew	582	KB KAMIEŃ POMORSKI	M-50	12		02:43:27.70	+01:44:51 (64.1%)	32:41	1.8 (35.3%)
299	TOKARZ Mateusz	595		M-30	69		02:43:40.80	+01:45:04 (64.2%)	32:44	1.8 (35.3%)
300	PRZEZAK Agnieszka	234		K-16	20		02:46:42.85	+01:48:06 (64.8%)	33:20	1.8 (35.3%)
301	BIELKA Weronika	130		K-16	21		02:46:51.35	+01:48:14 (64.9%)	33:22	1.8 (35.3%)
302	BOHONOS Adam	384		M-40	66		02:49:16.65	+01:50:40 (65.4%)	33:51	1.8 (35.3%)
303	MANDZIUK Oleksii	506		M-16	51		02:49:23.95	+01:50:47 (65.4%)	33:52	1.8 (35.3%)
304	GUMIELA Adam	159		M-30	70		02:49:41.35	+01:51:04 (65.5%)	33:56	1.8 (35.3%)
305	FAFEREK Piotr	147	KSJAKO	M-30	71		02:49:45.65	+01:51:09 (65.5%)	33:57	1.8 (35.3%)
306	HUDAKOVA Mariia	438	KSJAKO	K-16	22		02:49:46.25	+01:51:09 (65.5%)	33:57	1.8 (35.3%)
307	BRYL Wojciech	389		M-40	67		02:51:19.20	+01:52:42 (65.8%)	34:15	1.8 (35.3%)
308	MICH-BRYL Izabela	514		K-40	25		02:51:19.25	+01:52:42 (65.8%)	34:15	1.8 (35.3%)
309	HALLMANN Adam	431		M-16	52		02:52:31.30	+01:53:54 (66.0%)	34:30	1.7 (33.3%)
310	ISKRA Angelika	442		K-16	23		02:52:34.35	+01:53:57 (66.0%)	34:30	1.7 (33.3%)
311	KONARSKI Kacper 'Malutki12'	471		M-16	53		02:52:36.70	+01:54:00 (66.0%)	34:31	1.7 (33.3%)
312	ŚWITLIK Tymoteusz	594		M-16	54		02:52:36.90	+01:54:00 (66.0%)	34:31	1.7 (33.3%)
313	WĘGLARSKI Sebastian	601	ODDZIAŁ PREWENCJI POLICJI W SZCZECINIE	M-40	68	Tak	02:53:28.80	+01:54:52 (66.2%)	34:41	1.7 (33.3%)
314	WOJTAS Sebastian	606		M-30	72		02:53:42.95	+01:55:06 (66.3%)	34:44	1.7 (33.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
315	RELL Paweł	555		M-30	73		02:53:44.15	+01:55:07 (66.3%)	34:44	1.7 (33.3%)
316	ADAMSKI Adrian	121	FUTYMKA TEAM	M-40	69		02:54:17.80	+01:55:41 (66.4%)	34:51	1.7 (33.3%)
317	PRZEDWOLSKA Wioleta	549	DEATH SQUAD	K-30	49		02:55:02.75	+01:56:26 (66.5%)	35:00	1.7 (33.3%)
318	MÓRAWSKA Magdalena	520		K-16	24		02:55:23.90	+01:56:47 (66.6%)	35:04	1.7 (33.3%)
319	BALEJKO Piotr	377		M-30	74		02:55:24.30	+01:56:47 (66.6%)	35:04	1.7 (33.3%)
320	MADALIŃSKI Michał	502		M-16	55		02:55:35.20	+01:56:58 (66.6%)	35:07	1.7 (33.3%)
321	SZALLA Marta	584	DEATH SQUAD	K-30	50		02:55:38.25	+01:57:01 (66.6%)	35:07	1.7 (33.3%)
322	PĘDZIK Angelina	540	DEATH SQUAD	K-16	25		02:55:39.65	+01:57:03 (66.6%)	35:07	1.7 (33.3%)
323	GALERA Agnieszka	418	UNIVERSUM	K-30	51		02:55:39.80	+01:57:03 (66.6%)	35:07	1.7 (33.3%)
323	DUTKIEWICZ Kinga	822		K-30	51		02:55:39.80	+01:57:03 (66.6%)	35:07	1.7 (33.3%)
325	KOBIERSKA Agata	176	FUZJA	K-30	53		02:55:50.10	+01:57:13 (66.7%)	35:10	1.7 (33.3%)
326	STÓJ Paulina	250	FUZJA	K-40	26		02:55:51.50	+01:57:14 (66.7%)	35:10	1.7 (33.3%)
327	MARSZAŁEK Katarzyna	201		K-40	27		02:56:30.85	+01:57:54 (66.8%)	35:18	1.7 (33.3%)
327	RUDNICKA Agnieszka	239	FUZJA	K-30	54		02:56:30.85	+01:57:54 (66.8%)	35:18	1.7 (33.3%)
329	ZIELIŃSKA Kinga	290	FUZJA	K-30	55		02:56:31.75	+01:57:55 (66.8%)	35:18	1.7 (33.3%)
330	JEDRZEJCZYK Olga	167		K-30	56		02:56:33.20	+01:57:56 (66.8%)	35:18	1.7 (33.3%)
331	KRYNICKA Elżbieta	182		K-50	9		02:56:34.20	+01:57:57 (66.8%)	35:18	1.7 (33.3%)
332	MICHALIK Maciej	209		M-50	13		02:56:36.35	+01:57:59 (66.8%)	35:19	1.7 (33.3%)
333	BERK Małgorzata	379		K-40	28		02:56:37.85	+01:58:01 (66.8%)	35:19	1.7 (33.3%)
334	MAROSZ Marek	507		M-40	70		02:57:18.45	+01:58:41 (66.9%)	35:27	1.7 (33.3%)
335	HUDOBA Jakub	439	KWP SZCZECIN	M-30	75	Tak	02:57:23.10	+01:58:46 (67.0%)	35:28	1.7 (33.3%)
336	LEWANDOWSKA Anna	492	KWP SZCZECIN	K-30	57	Tak	02:57:24.50	+01:58:47 (67.0%)	35:28	1.7 (33.3%)
337	LEWANDOWSKI Hubert	493	KWP SZCZECIN	M-30	76	Tak	02:57:24.90	+01:58:48 (67.0%)	35:28	1.7 (33.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
338	BŁASZCZYK Arnold	381		M-30	77		02:57:26.40	+01:58:49 (67.0%)	35:29	1.7 (33.3%)
338	NAPIÓRKOWSKI Paweł	212	KWP SZCZECIN	M-30	77	Tak	02:57:26.40	+01:58:49 (67.0%)	35:29	1.7 (33.3%)
340	PUZIAK Ewa	550		K-40	29		02:59:12.95	+02:00:36 (67.3%)	35:50	1.7 (33.3%)
341	PILŹYS Malwina	542		K-30	58		02:59:13.60	+02:00:36 (67.3%)	35:50	1.7 (33.3%)
342	POKORNIECKA Katarzyna	547		K-40	30		02:59:13.65	+02:00:37 (67.3%)	35:50	1.7 (33.3%)
343	SZYSZKA Iwona	589		K-40	31		02:59:14.40	+02:00:37 (67.3%)	35:50	1.7 (33.3%)
344	BUHAJCZYK Marta	391		K-30	59		02:59:14.50	+02:00:37 (67.3%)	35:50	1.7 (33.3%)
345	SIKACKI Bartosz	572	ZAKŁAD KARNY W KRZYWAŃCU	M-30	79	Tak	02:59:47.25	+02:01:10 (67.4%)	35:57	1.7 (33.3%)
346	WITECKI Mateusz	604	ZK KRZYWANIEC	M-30	80	Tak	02:59:49.05	+02:01:12 (67.4%)	35:57	1.7 (33.3%)
347	KOSIANOWSKA Monika	475	GRUPA MALBORK	K-50	10	Tak	03:02:26.10	+02:03:49 (67.9%)	36:29	1.6 (31.4%)
348	KORCZYK Justyna	473		K-40	32		03:02:29.25	+02:03:52 (67.9%)	36:29	1.6 (31.4%)
349	GIERMAKOWSKI Błażej	154		M-30	81		03:04:31.55	+02:05:54 (68.2%)	36:54	1.6 (31.4%)
350	SASS Karolina	565	WIECZORNE BIEGANIE W SZCZECINIE	K-16	26		03:04:32.25	+02:05:55 (68.2%)	36:54	1.6 (31.4%)
351	BAGIŃSKI Marcin	374	S&M	M-30	82		03:04:38.65	+02:06:02 (68.3%)	36:55	1.6 (31.4%)
352	DRUKAŁA Sylwia	406	S&M	K-16	27		03:04:39.10	+02:06:02 (68.3%)	36:55	1.6 (31.4%)
353	BAGIŃSKI Paweł	557		M-16	56	Tak	03:04:39.80	+02:06:03 (68.3%)	36:55	1.6 (31.4%)
354	GAIK Karolina	417		K-16	28		03:07:09.75	+02:08:33 (68.7%)	37:25	1.6 (31.4%)
355	MIERNIK Alicja	515		K-16	29		03:07:49.40	+02:09:12 (68.8%)	37:33	1.6 (31.4%)
356	SZMIGIEL Oliwier	585		M-16	57		03:07:50.30	+02:09:13 (68.8%)	37:34	1.6 (31.4%)
357	SPYCHAŁA Wojciech	577	DZIKA MOBICA	M-50	14		03:11:23.20	+02:12:46 (69.4%)	38:16	1.6 (31.4%)
358	EDELMULLER Sandra	410	DZIKA MOBICA	K-30	60		03:11:32.80	+02:12:56 (69.4%)	38:18	1.6 (31.4%)
359	POŁĘĆ Mateusz	548	DZIKA MOBICA	M-30	83		03:11:33.70	+02:12:57 (69.4%)	38:18	1.6 (31.4%)
360	KOŹUCHOWSKA Małgorzata	478	DZIKA MOBICA	K-30	61		03:11:37.60	+02:13:00 (69.4%)	38:19	1.6 (31.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Czas		Tempo min/km	Tempo km/h
							netto 5km	Różn		
361	GĄSIOROWSKI Artur	421		M-16	58		03:11:38.25	+02:13:01 (69.4%)	38:19	1.6 (31.4%)
362	CHAŁUPNIK Kamil	394	DZIKA MOBICA	M-30	84		03:12:23.25	+02:13:46 (69.5%)	38:28	1.6 (31.4%)
363	GARDOCKA Klaudia	420	DZIKA MOBICA	K-40	33		03:12:36.45	+02:13:59 (69.6%)	38:31	1.6 (31.4%)
364	PYSKIR Adriana	551	DZIKA MOBICA	K-30	62		03:12:40.25	+02:14:03 (69.6%)	38:32	1.6 (31.4%)
365	LEWANDOWSKA Adrianna	771	SKB DZIK	K-40	34		03:12:52.30	+02:14:15 (69.6%)	38:34	1.6 (31.4%)
366	RUTKOWSKI Justyna	556	SKB DZIK	K-16	30		03:12:53.50	+02:14:16 (69.6%)	38:34	1.6 (31.4%)
367	FUTYMA Karolina	150	FUTYMKA TEAM	K-30	63		03:19:05.15	+02:20:28 (70.6%)	39:49	1.5 (29.4%)
368	FUTYMA Paweł	151	FUTYMKA TEAM	M-40	71		03:19:05.25	+02:20:28 (70.6%)	39:49	1.5 (29.4%)
369	MATWIEJCZUK Agnieszka	204	FUTYMKA TEAM	K-40	35		03:19:06.50	+02:20:29 (70.6%)	39:49	1.5 (29.4%)
370	MICHALAK Monika	208	FUTYMKA TEAM	K-40	36		03:19:07.25	+02:20:30 (70.6%)	39:49	1.5 (29.4%)
370	SZUBERT-ADAMSKA Ewelina	257	FUTYMKA TEAM	K-50	11		03:19:07.25	+02:20:30 (70.6%)	39:49	1.5 (29.4%)
372	BOGDAŃSKI Jakub	383		M-30	85		03:20:53.85	+02:22:17 (70.8%)	40:10	1.5 (29.4%)
373	GUZIM Stanisław	423		M-16	59		03:24:15.20	+02:25:38 (71.3%)	40:51	1.5 (29.4%)
374	ŻUREK Przemysław	627		M-16	60		03:24:15.55	+02:25:38 (71.3%)	40:51	1.5 (29.4%)
375	BARCIK Kamil	126	DZIKI SPECJALNEJ TROSKI	M-30	86		03:25:52.35	+02:27:15 (71.5%)	41:10	1.5 (29.4%)
376	JĘDRYKA Anna	168	DZIKI SPECJALNEJ TROSKI	K-30	64		03:25:52.45	+02:27:15 (71.5%)	41:10	1.5 (29.4%)
377	ZEMŁA Dawid	289	DZIKI SPECJALNEJ TROSKI	M-30	87		03:25:53.00	+02:27:16 (71.5%)	41:10	1.5 (29.4%)
378	KNAPIK Justyna	175	DZIKI SPECJALNEJ TROSKI	K-30	65		03:25:54.30	+02:27:17 (71.5%)	41:10	1.5 (29.4%)
379	MATYSIAK Sławomir	206	DZIKI SPECJALNEJ TROSKI	M-30	88		03:25:54.55	+02:27:17 (71.5%)	41:10	1.5 (29.4%)
380	HAWRAN Weronika	433		K-16	31		03:28:51.50	+02:30:14 (71.9%)	41:46	1.4 (27.5%)
381	WĄSOWICZ Natalia	270		K-16	32		03:33:30.75	+02:34:54 (72.5%)	42:42	1.4 (27.5%)
382	STACHOWICZ Małgorzata	248		K-40	37		03:33:31.00	+02:34:54 (72.5%)	42:42	1.4 (27.5%)
382	WĄSOWICZ Krzysztof	269		M-16	61		03:33:31.00	+02:34:54 (72.5%)	42:42	1.4 (27.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
384	HEDA Przemek	434		M-16	62		03:50:00.00	+02:51:23 (74.5%)	46:00	1.3 (25.5%)
385	SZYSZKO Filip	590	SZUKAM DZIEWCZYNY	M-16	63					(0.0%)
386	SAŁATA Łukasz	562		M-30	89					(0.0%)
	ŁUKOMSKI Piotr	353	OPP SZCZECIN	M-30		Tak	DNF		-	-(0.0%)
	KOŁAKOWSKA Magdalena	470	HULK TEAM POLICE	K-30			DNF		-	-(0.0%)

Znaleziono 388 wynik(ów)