

XI ĆWIERĆMARATON BIELIKA - BIEG

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: XI Ćwierćmaraton Bielika
Organizator: Gmina Kołbaskowo
Data: 2022-05-28
Miejsce: Gmina Kołbaskowo
Dystans: 11 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
1	WASILEWSKI Andrzej	69		OPEN -M	1		00:41:09.71		3:44	16 (100%)
2	RUSEK Kamil	118	FEHLAU RUN TEAM	OPEN -M	2		00:41:13.61	+00:00:03 (0.2%)	3:44	16 (100%)
3	ŻABICKI Jarek	114	HERMES GRYFINO	OPEN -M	3		00:41:17.44	+00:00:07 (0.3%)	3:45	16 (100%)
4	OPAS Adam	59	UKL ÓSEMKA POLICE	OPEN -M	4		00:41:25.91	+00:00:16 (0.7%)	3:45	15.9 (99.4%)
5	KONARSKI Bartosz	20	ERAKAWY	M45+	1		00:41:37.69	+00:00:27 (1.1%)	3:47	15.9 (99.4%)
6	ZIELINSKI Sławomir	269	HUSARIA	OPEN -M	5		00:43:27.33	+00:02:17 (5.3%)	3:57	15.2 (95.0%)
7	WOLSKI Marcin	112	DGS DIAGNOSTICS TEAM	OPEN -M	6		00:43:42.89	+00:02:33 (5.8%)	3:58	15.1 (94.4%)
8	ZAMOIĆ Daniel	141		OPEN -M	7		00:43:45.32	+00:02:35 (5.9%)	3:58	15.1 (94.4%)
9	WASIELEWSKA Paulina	161		OPEN -K	1		00:44:35.94	+00:03:26 (7.7%)	4:03	14.8 (92.5%)
10	PŁUSA Robert	64	SAVAGES	OPEN -M	8		00:45:08.81	+00:03:59 (8.8%)	4:06	14.6 (91.3%)
11	HOŁYŃSKI Leszek	58	KM PSP SZCZECIN	Gmina Kołbaskowo M	1	Tak	00:45:12.06	+00:04:02 (8.9%)	4:06	14.6 (91.3%)
12	PORWICH Radosław	256	TT SZCZECIN	M45+	2		00:45:19.30	+00:04:09 (9.2%)	4:07	14.6 (91.3%)
13	KOLENDA Krzysztof	263	FIZJOBIEGACZE SZCZECIN/KALMAR RUNNERS	M45+	3		00:45:27.41	+00:04:17 (9.4%)	4:07	14.5 (90.6%)
14	GRZEGÓRZEK Paulina	138	RAZ SZCZECIN	OPEN -K	2		00:45:49.68	+00:04:39 (10.2%)	4:09	14.4 (90.0%)
15	MATYSIAK Katarzyna	294	FIZJOBIEGACZE SZCZECIN	OPEN -K	3		00:46:46.81	+00:05:37 (12.0%)	4:15	14.1 (88.1%)
16	KĘDZIORA Piotr	101		OPEN -M	9		00:46:52.25	+00:05:42 (12.2%)	4:15	14.1 (88.1%)
17	KUFEL Tomasz	46	PITER@TOMI TEAM	M45+	4	Tak	00:46:55.94	+00:05:46 (12.3%)	4:15	14.1 (88.1%)
18	BORGER Krzysztof	79	UKL ÓSEMKA POLICE	OPEN -M	10		00:47:20.39	+00:06:10 (13.1%)	4:18	13.9 (86.9%)
19	KOZINIEC Krystian	147	DRUŻYNA FILIPA	OPEN -M	11		00:47:36.98	+00:06:27 (13.6%)	4:19	13.9 (86.9%)
20	OLEJNIK Przemek	99		M45+	5		00:47:48.27	+00:06:38 (13.9%)	4:20	13.8 (86.3%)
21	TABĘCKI Radosław	208		OPEN -M	12		00:47:57.24	+00:06:47 (14.2%)	4:21	13.8 (86.3%)
22	MAKUCHOWSKI Arkadiusz	125		OPEN -M	13		00:48:34.02	+00:07:24 (15.2%)	4:24	13.6 (85.0%)
23	KALICIAK Rafał	50	HELLAS TEAM	OPEN -M	14		00:48:39.82	+00:07:30 (15.4%)	4:25	13.6 (85.0%)
24	KAMIŃSKA Agata	163	KAMIŃSKI TEAM	OPEN -K	4		00:48:44.50	+00:07:34 (15.6%)	4:25	13.5 (84.4%)
25	PALCZYŃSKI Jakub Palczynski	286	HELLAS TEAM	OPEN -M	15		00:48:59.58	+00:07:49 (16.0%)	4:27	13.5 (84.4%)
26	MOSZYŃSKI Maciej	198		OPEN -M	16		00:49:11.80	+00:08:02 (16.3%)	4:28	13.4 (83.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina	Czas		Tempo min/km	Tempo km/h
							netto 11km	Różn		
27	ADAMSKI Janusz	123		M45+	6		00:50:05.25	+00:08:55 (17.8%)	4:33	13.2 (82.5%)
28	ZAKRZEWSKI Paweł	38		OPEN -M	17		00:50:26.01	+00:09:16 (18.4%)	4:35	13.1 (81.9%)
29	GRZYBOWSKI Robert	170		M45+	7		00:50:29.18	+00:09:19 (18.5%)	4:35	13.1 (81.9%)
30	CZYŻEWSKI Tomasz	159		OPEN -M	18		00:50:29.65	+00:09:19 (18.5%)	4:35	13.1 (81.9%)
31	PRZEWOŹNIAK Krzysztof	221		Gmina Kołbaskowo M	2	Tak	00:50:41.81	+00:09:32 (18.8%)	4:36	13 (81.3%)
32	B Jarek	244		M45+	8		00:50:47.16	+00:09:37 (19.0%)	4:37	13 (81.3%)
33	SZTADILÓW Arkadiusz	65	HELLAS TEAM	Gmina Kołbaskowo M	3	Tak	00:51:13.29	+00:10:03 (19.6%)	4:39	12.9 (80.6%)
34	SAMSON Robert	297		OPEN -M	19		00:51:24.47	+00:10:14 (19.9%)	4:40	12.8 (80.0%)
35	KLAUZIŃSKI Arkadiusz	239		OPEN -M	20		00:51:31.48	+00:10:21 (20.1%)	4:41	12.8 (80.0%)
36	PAWŁOWSKI Piotr	142	PP IPSUM PIOTR PAWŁOWSKI	OPEN -M	21		00:51:34.58	+00:10:24 (20.2%)	4:41	12.8 (80.0%)
37	JUDKIEWICZ Piotr	124		M45+	9		00:51:40.05	+00:10:30 (20.3%)	4:41	12.8 (80.0%)
38	BOJKO Marek	258		M45+	10		00:51:56.75	+00:10:47 (20.8%)	4:43	12.7 (79.4%)
39	WARCZALOWSKI Arkadiusz	290		M45+	11		00:51:56.76	+00:10:47 (20.8%)	4:43	12.7 (79.4%)
40	KRAWNIAK Michał	57	ABECADŁO STARGARD	OPEN -M	22		00:52:00.44	+00:10:50 (20.9%)	4:43	12.7 (79.4%)
41	MURAWSKA Wioletta	97		K45+	1		00:52:02.00	+00:10:52 (20.9%)	4:43	12.7 (79.4%)
42	HAŁGAS Piotr	167		OPEN -M	23		00:52:04.54	+00:10:54 (21.0%)	4:44	12.7 (79.4%)
43	WARACHOWSKI Marcin	249		OPEN -M	24		00:52:15.30	+00:11:05 (21.2%)	4:45	12.6 (78.8%)
44	SZYMAŃSKI Piotr	150	BS FAMILY TEAM	OPEN -M	25		00:52:16.29	+00:11:06 (21.3%)	4:45	12.6 (78.8%)
45	PRAWDA Sebastian	220		M45+	12		00:52:21.92	+00:11:12 (21.4%)	4:45	12.6 (78.8%)
46	DZICZEK Ireneusz	18	RAZ SZCZECIN	M45+	13		00:52:26.79	+00:11:17 (21.5%)	4:46	12.6 (78.8%)
47	SKOCZYŁAS Patryk	49		OPEN -M	26		00:52:33.96	+00:11:24 (21.7%)	4:46	12.6 (78.8%)
48	ZACHARSKI Piotr	139		OPEN -M	27		00:52:46.16	+00:11:36 (22.0%)	4:47	12.5 (78.1%)
49	WÓJCIK Damian	87		Gmina Kołbaskowo M	4	Tak	00:52:57.31	+00:11:47 (22.3%)	4:48	12.5 (78.1%)
50	BROŻYNA Miłosz	243	ON RUN CREW POLAND	OPEN -M	28		00:53:06.44	+00:11:56 (22.5%)	4:49	12.4 (77.5%)
51	JACUKOWICZ Monika	282	FIZJOBIEGACZE SZCZECIN	OPEN -K	5		00:53:06.57	+00:11:56 (22.5%)	4:49	12.4 (77.5%)
52	WOLSKI Kajetan	171		OPEN -M	29		00:53:16.37	+00:12:06 (22.7%)	4:50	12.4 (77.5%)
53	GRZELAK Ryszard	227	KB HERMES GRYFINO	M45+	14		00:53:42.83	+00:12:33 (23.4%)	4:52	12.3 (76.9%)
54	WARACHOWSKI Łukasz	250		OPEN -M	30		00:53:55.53	+00:12:45 (23.7%)	4:54	12.2 (76.3%)
55	WOLSKI Tomasz	235		M45+	15		00:53:59.54	+00:12:49 (23.8%)	4:54	12.2 (76.3%)
56	LANGIEWICZ Jacek	245	MKJ POLICE	M65+	1		00:54:04.30	+00:12:54 (23.9%)	4:54	12.2 (76.3%)
57	KOŁTUN Wojtek	228		M45+	16		00:54:07.84	+00:12:58 (24.0%)	4:55	12.2 (76.3%)
58	ZALEJSKI Tomasz	278		M45+	17		00:54:09.88	+00:13:00 (24.0%)	4:55	12.2 (76.3%)
59	DUDA Monika	196	RAZ SZCZECIN	OPEN -K	6		00:54:28.52	+00:13:18 (24.4%)	4:57	12.1 (75.6%)
60	CZAPSKI Sławomir	248		M45+	18		00:54:40.39	+00:13:30 (24.7%)	4:58	12.1 (75.6%)
61	PŁUCIENNIK Piotr	197		M45+	19		00:54:54.28	+00:13:44 (25.0%)	4:59	12 (75.0%)
62	SIWAK Łukasz	120	DPT RUN TEAM SZCZECIN	OPEN -M	31		00:55:18.78	+00:14:09 (25.6%)	5:01	11.9 (74.4%)
63	ŁUKASIK Michał	71		OPEN -M	32		00:55:36.15	+00:14:26 (26.0%)	5:03	11.9 (74.4%)
64	ROŚLAŃ Krzysztof	119		OPEN -M	33		00:55:36.45	+00:14:26 (26.0%)	5:03	11.9 (74.4%)
65	BIELAN Artur	77		OPEN -M	34		00:55:36.57	+00:14:26 (26.0%)	5:03	11.9 (74.4%)
66	WOJDYLEWSKI Ariel	177		Gmina Kołbaskowo M	5	Tak	00:55:37.72	+00:14:28 (26.0%)	5:03	11.9 (74.4%)
67	ŁAWNICZAK Sebastian	219		M45+	20		00:55:51.75	+00:14:42 (26.3%)	5:04	11.8 (73.8%)
68	SZYMCZAK Robert	148	DPT RUN TEAM SZCZECIN	M45+	21		00:55:53.23	+00:14:43 (26.3%)	5:04	11.8 (73.8%)
69	RAK Darek	23	TYMTRITEAM	M45+	22		00:55:56.45	+00:14:46 (26.4%)	5:05	11.8 (73.8%)
70	MONCZKA Robert	100	TYMTRITEAM	M45+	23		00:55:58.86	+00:14:49 (26.5%)	5:05	11.8 (73.8%)

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							netto 11km	Różn		
71	PIWKO Mateusz	84		OPEN -M	35		00:56:00.66	+00:14:50 (26.5%)	5:05	11.8 (73.8%)
72	PAWŁOWSKA-ZALEJSKA Justyna	283		OPEN -K	7		00:56:12.63	+00:15:02 (26.8%)	5:06	11.7 (73.1%)
73	KRUGLIŃSKI Tomasz	284	HELLAS TEAM	M45+	24	Tak	00:56:30.02	+00:15:20 (27.1%)	5:08	11.7 (73.1%)
74	DYMOWSKI Paweł	144		OPEN -M	36		00:56:33.13	+00:15:23 (27.2%)	5:08	11.7 (73.1%)
75	WÓJCIK Katarzyna	13	FIZJOBIEGACZE SZCZECIN	OPEN -K	8		00:56:41.15	+00:15:31 (27.4%)	5:09	11.6 (72.5%)
76	BRZEZIŃSKI Łukasz	117		OPEN -M	37		00:56:48.80	+00:15:39 (27.5%)	5:09	11.6 (72.5%)
77	KOSIACKI Sebastian	189		OPEN -M	38		00:56:48.85	+00:15:39 (27.5%)	5:09	11.6 (72.5%)
78	KWIATKOWSKI Dariusz	10	MODLITWA BIEGANIA GRYFINO	M45+	25		00:56:50.74	+00:15:41 (27.6%)	5:10	11.6 (72.5%)
79	MRÓZ Aleksandra	96	MOCZYLSKIE DIABLICE	Gmina Kołbaskowo K	1	Tak	00:57:02.24	+00:15:52 (27.8%)	5:11	11.6 (72.5%)
80	FIJAŁKOWSKI Karol	241		OPEN -M	39		00:57:03.96	+00:15:54 (27.9%)	5:11	11.6 (72.5%)
81	CEL Edyta	61		K45+	2	Tak	00:57:05.17	+00:15:55 (27.9%)	5:11	11.6 (72.5%)
82	STĘPNIAK Lesław	42		OPEN -M	40		00:57:05.60	+00:15:55 (27.9%)	5:11	11.6 (72.5%)
83	GÓRSKI Jacek	253		M45+	26		00:57:27.35	+00:16:17 (28.4%)	5:13	11.5 (71.9%)
84	BARANOWSKI Maciej	154	SAVAGES	OPEN -M	41		00:57:56.22	+00:16:46 (29.0%)	5:16	11.4 (71.3%)
85	KACZKOWSKI Roman	86		M45+	27	bieg	00:58:02.85	+00:16:53 (29.1%)	5:16	11.4 (71.3%)
86	SELWASIUK Tomasz	165		M45+	28		00:58:08.97	+00:16:59 (29.2%)	5:17	11.4 (71.3%)
87	MASŁYK Dariusz	164		M45+	29		00:58:23.51	+00:17:13 (29.5%)	5:18	11.3 (70.6%)
88	NIEDLICH Anna	109		OPEN -K	9		00:58:23.88	+00:17:14 (29.5%)	5:18	11.3 (70.6%)
89	BARANOWSKI Michał	2	SAVAGES	OPEN -M	42		00:58:45.11	+00:17:35 (29.9%)	5:20	11.2 (70.0%)
90	KRÓLIKOWSKI Rafał	234		Gmina Kołbaskowo M	6	Tak	00:58:56.37	+00:17:46 (30.2%)	5:21	11.2 (70.0%)
91	KOŁOMAŃSKI Hubert	76		OPEN -M	43		00:58:56.63	+00:17:46 (30.2%)	5:21	11.2 (70.0%)
92	MARKIEWICZ Dawid	143		OPEN -M	44		00:59:02.59	+00:17:52 (30.3%)	5:22	11.2 (70.0%)
93	WASIELEWSKA Paulina	166	UKL 'ÓSEMKA' POLICE	OPEN -K	10		00:59:11.74	+00:18:02 (30.5%)	5:22	11.2 (70.0%)
94	ZARZYCKI Piotr	151		M45+	30		00:59:12.69	+00:18:02 (30.5%)	5:22	11.1 (69.4%)
95	BŁACHNIO Krzysztof	8	RAZ SZCZECIN	M45+	31		00:59:17.81	+00:18:08 (30.6%)	5:23	11.1 (69.4%)
96	KUFEL Krzysztof	19	PATOBIEGANIE	Gmina Kołbaskowo M	7	Tak	00:59:21.61	+00:18:11 (30.7%)	5:23	11.1 (69.4%)
97	LUDWINIAK Aleksander	68		Gmina Kołbaskowo M	8	Tak	00:59:23.39	+00:18:13 (30.7%)	5:23	11.1 (69.4%)
98	WIESZCZEK Wojciech	185		OPEN -M	45		00:59:26.93	+00:18:17 (30.8%)	5:24	11.1 (69.4%)
99	CZAJKOWSKI Magdalena	273		OPEN -K	11		00:59:41.17	+00:18:31 (31.0%)	5:25	11.1 (69.4%)
100	KUBIAK Michał	37		OPEN -M	46		00:59:50.22	+00:18:40 (31.2%)	5:26	11 (68.8%)
101	NIEDBAŁA Łukasz	240		OPEN -M	47		00:59:51.25	+00:18:41 (31.2%)	5:26	11 (68.8%)
102	PASZKO Daniel	28	WIECZORNE BIEGANIE W SZCZECINIE	M45+	32		00:59:56.50	+00:18:46 (31.3%)	5:26	11 (68.8%)
103	BILSKI Sławek	291	SKS HUSARIA	OPEN -M	48		00:59:56.51	+00:18:46 (31.3%)	5:26	11 (68.8%)
104	OLEŚKIEWICZ Michał	231	DPT RUN TEAM SZCZECIN	OPEN -M	49		01:00:05.02	+00:18:55 (31.5%)	5:27	11 (68.8%)
105	OLĘDZKI Michał	132		OPEN -M	50		01:00:10.17	+00:19:00 (31.6%)	5:28	11 (68.8%)
106	STRYCHACZ Jakub	257		OPEN -M	51		01:00:28.61	+00:19:18 (31.9%)	5:29	10.9 (68.1%)
107	JAKUBIAK Anna	128	RAZ SZCZECIN	K45+	3		01:00:40.40	+00:19:30 (32.2%)	5:30	10.9 (68.1%)
108	GAJEWSKI Tomasz	129		OPEN -M	52		01:00:57.44	+00:19:47 (32.5%)	5:32	10.8 (67.5%)
109	KRACZOWSKI Mirosław	202		M45+	33		01:00:59.65	+00:19:49 (32.5%)	5:32	10.8 (67.5%)
110	SZYMAŃSKI Artur	233	BS FAMILY TEAM	M45+	34		01:01:04.98	+00:19:55 (32.6%)	5:33	10.8 (67.5%)
111	FATE Shivan	75	WATAHA PRZECŁAW	Gmina Kołbaskowo M	9	Tak	01:01:07.12	+00:19:57 (32.7%)	5:33	10.8 (67.5%)
112	FIJAŁKOWSKA Aleksandra	242		OPEN -K	12		01:01:10.61	+00:20:00 (32.7%)	5:33	10.8 (67.5%)
113	JASAK Michał	107		OPEN -M	53		01:01:13.09	+00:20:03 (32.8%)	5:33	10.8 (67.5%)
114	DUMKIEWICZ Grzegorz	105		OPEN -M	54		01:01:13.99	+00:20:04 (32.8%)	5:33	10.8 (67.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina	Czas		Tempo min/km	Tempo km/h
							netto 11km	Różn		
115	KOMOROWSKI Tomasz	72		OPEN -M	55		01:01:24.94	+00:20:15 (33.0%)	5:34	10.7 (66.9%)
116	ZIMNY Tomasz	200		M65+	2		01:01:25.23	+00:20:15 (33.0%)	5:35	10.7 (66.9%)
117	HEJNA Małgorzata	285		K45+	4		01:01:25.45	+00:20:15 (33.0%)	5:35	10.7 (66.9%)
118	PASTERNAK Ryszard	136		M45+	35	Tak	01:01:26.67	+00:20:16 (33.0%)	5:35	10.7 (66.9%)
119	DŹWIGAŁ Tomasz	215	SKS HUSARIA	M45+	36		01:01:26.88	+00:20:17 (33.0%)	5:35	10.7 (66.9%)
120	DŹWIGAŁ Magdalena	214	SKS HUSARIA	OPEN -K	13		01:01:27.00	+00:20:17 (33.0%)	5:35	10.7 (66.9%)
121	KOMOROWSKI Michał	218		OPEN -M	56		01:01:29.80	+00:20:20 (33.1%)	5:35	10.7 (66.9%)
122	SKÓRA Robert	67		M45+	37		01:01:30.91	+00:20:21 (33.1%)	5:35	10.7 (66.9%)
123	KORELL Klaus	52	JUST CRAZY	M45+	38	bieg	01:01:39.28	+00:20:29 (33.2%)	5:36	10.7 (66.9%)
124	STACHOWSKI Andrzej	85	MONIA GYM	M45+	39		01:01:47.93	+00:20:38 (33.4%)	5:37	10.7 (66.9%)
125	WITORZĘĆ Dariusz	47		M45+	40		01:01:50.72	+00:20:41 (33.4%)	5:37	10.7 (66.9%)
126	CHABIŃSKI Artur	104		OPEN -M	57		01:02:27.67	+00:21:17 (34.1%)	5:40	10.6 (66.3%)
127	BRUDŁO Artur	270	MORS	OPEN -M	58		01:02:28.07	+00:21:18 (34.1%)	5:40	10.6 (66.3%)
128	PUPEK Małgorzata	122		OPEN -K	14		01:02:44.54	+00:21:34 (34.4%)	5:42	10.5 (65.6%)
129	ŁEBKOWSKI Karol	168	WILKI Z CIECHOCINKA	OPEN -M	59		01:02:44.94	+00:21:35 (34.4%)	5:42	10.5 (65.6%)
130	ZADURSKI Robert	281		M45+	41		01:02:49.70	+00:21:39 (34.5%)	5:42	10.5 (65.6%)
131	RUDZEWICZ Mariusz	223		OPEN -M	60		01:02:50.90	+00:21:41 (34.5%)	5:42	10.5 (65.6%)
132	MAJEWSKA Agnieszka	190	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -K	15		01:02:57.24	+00:21:47 (34.6%)	5:43	10.5 (65.6%)
133	KALINOWSKI Łukasz	51		OPEN -M	61		01:03:01.04	+00:21:51 (34.7%)	5:43	10.5 (65.6%)
134	DOJLIDO Michał	179		OPEN -M	62		01:03:02.05	+00:21:52 (34.7%)	5:43	10.5 (65.6%)
135	CHWIEDUK Andrzej	178		OPEN -M	63		01:03:39.09	+00:22:29 (35.3%)	5:47	10.4 (65.0%)
136	CZERWIŃSKI Dariusz	205	LOVELASY	M45+	42		01:03:39.68	+00:22:29 (35.3%)	5:47	10.4 (65.0%)
137	KUPNIEWSKA Aleksandra	7	LOVELASY	OPEN -K	16		01:03:39.85	+00:22:30 (35.3%)	5:47	10.4 (65.0%)
138	RADCZUK Karolina	39		OPEN -K	17		01:03:40.13	+00:22:30 (35.4%)	5:47	10.4 (65.0%)
139	WOŁOCH Ola	209		OPEN -K	18		01:04:10.82	+00:23:01 (35.9%)	5:50	10.3 (64.4%)
140	SURDAKCI Jerzy	92	DRUŻYNA SZPIKU	M45+	43		01:04:14.43	+00:23:04 (35.9%)	5:50	10.3 (64.4%)
141	WINIARZ Łukasz	186		OPEN -M	64		01:04:17.49	+00:23:07 (36.0%)	5:50	10.3 (64.4%)
142	KORNICKI Jarosław	210		OPEN -M	65		01:04:26.73	+00:23:17 (36.1%)	5:51	10.2 (63.8%)
143	TROĆ Robert	254	RAZ SZCZECIN	Gmina Kołbaskowo M	10	Tak	01:04:26.85	+00:23:17 (36.1%)	5:51	10.2 (63.8%)
144	WITKOWSKI Artur	127		M45+	44		01:04:29.16	+00:23:19 (36.2%)	5:51	10.2 (63.8%)
145	MICHNOWICZ Jolanta	289		K45+	5		01:04:41.31	+00:23:31 (36.4%)	5:52	10.2 (63.8%)
146	ZIELIŃSKA Monika	121		OPEN -K	19		01:04:54.99	+00:23:45 (36.6%)	5:54	10.2 (63.8%)
147	ADAMCZUK Feliks	199		M45+	45		01:05:08.10	+00:23:58 (36.8%)	5:55	10.1 (63.1%)
148	DYJAK Michał	26		OPEN -M	66		01:05:23.47	+00:24:13 (37.1%)	5:56	10.1 (63.1%)
149	MAKOWSKA Paulina	201		Gmina Kołbaskowo K	2	Tak	01:05:31.03	+00:24:21 (37.2%)	5:57	10.1 (63.1%)
150	NAREJKO Paweł	60		Gmina Kołbaskowo M	11	Tak	01:05:33.81	+00:24:24 (37.2%)	5:57	10.1 (63.1%)
151	KOBYLNIK Agata	24	FIZJOTERAPIA NA KÓŁKACH	OPEN -K	20		01:05:38.03	+00:24:28 (37.3%)	5:58	10.1 (63.1%)
152	NOWAK-PIASECKA Dorota	176	FIT KETTLEBELL PRZECLAW	Gmina Kołbaskowo K	3	Tak	01:05:41.17	+00:24:31 (37.3%)	5:58	10 (62.5%)
153	JĘDRUCH Rafał	98		M45+	46		01:05:43.15	+00:24:33 (37.4%)	5:58	10 (62.5%)
154	SZULC Helena	111		OPEN -K	21		01:05:54.40	+00:24:44 (37.5%)	5:59	10 (62.5%)
155	KŁOSOWSKA Natalia	11		OPEN -K	22		01:06:01.61	+00:24:51 (37.7%)	6:00	10 (62.5%)
156	BURGHARDT Renata	102	KB HERMES GRYFINO	K45+	6		01:06:06.06	+00:24:56 (37.7%)	6:00	10 (62.5%)
157	KWAŚNIEWSKI Wojciech	108		OPEN -M	67		01:06:08.22	+00:24:58 (37.8%)	6:00	10 (62.5%)
158	GRUBIAK Dawid	106		OPEN -M	68		01:06:08.99	+00:24:59 (37.8%)	6:00	10 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina	Czas		Tempo min/km	Tempo km/h
							netto 11km	Różn		
159	BIAŁKOWSKA Katarzyna	55	PRZYSTAŃ NA KAWĘ	K45+	7	Tak	01:06:12.40	+00:25:02 (37.8%)	6:01	10 (62.5%)
160	BĄCIK Aneta	113		K45+	8		01:06:28.79	+00:25:19 (38.1%)	6:02	9.9 (61.9%)
161	DZBANUSZEK Mariusz	94	SPARTAKUS SZCZECIN	OPEN -M	69		01:06:40.42	+00:25:30 (38.3%)	6:03	9.9 (61.9%)
162	WIŚNIEWSKI Czesław	48	MARATOŃCZYK SZCZECIN	M65+	3		01:06:41.18	+00:25:31 (38.3%)	6:03	9.9 (61.9%)
163	DEJER Rafał	103		M45+	47		01:06:50.47	+00:25:40 (38.4%)	6:04	9.9 (61.9%)
164	WITKOWSKA Magdalena	275		OPEN -K	23		01:07:02.42	+00:25:52 (38.6%)	6:05	9.8 (61.3%)
165	KROMRYCH Maciej	30		M45+	48		01:07:04.05	+00:25:54 (38.6%)	6:05	9.8 (61.3%)
166	SZYMAŃSKA Agnieszka	62		K45+	9		01:07:07.24	+00:25:57 (38.7%)	6:06	9.8 (61.3%)
167	JANOWICZ Tomasz	36	MORSY SIADLO DOLNE	M45+	49	Tak	01:07:19.33	+00:26:09 (38.9%)	6:07	9.8 (61.3%)
168	GREWLING Anna	17	VEGE RUNNERS / GRYFFINDOR BIEGA	Gmina Kołbaskowo K	4	Tak	01:07:27.80	+00:26:18 (39.0%)	6:07	9.8 (61.3%)
169	CZAJKOWSKI Kamil	274		OPEN -M	70		01:07:39.97	+00:26:30 (39.2%)	6:09	9.8 (61.3%)
170	PAWELCZAK Cezary	82	GO2TRI	M45+	50		01:07:50.96	+00:26:41 (39.3%)	6:10	9.7 (60.6%)
171	JAROTA Agnieszka	236	LKS PRZECŁAW	K45+	10	Tak	01:08:04.92	+00:26:55 (39.5%)	6:11	9.7 (60.6%)
172	BUREK Andrzej	252	100 MARATON KLUB POLSKA	M65+	4		01:08:19.19	+00:27:09 (39.8%)	6:12	9.7 (60.6%)
173	NOWAK Mateusz	292		OPEN -M	71		01:08:22.17	+00:27:12 (39.8%)	6:12	9.7 (60.6%)
174	ORLON Barbara	80	BIEG KORCZAKA	K45+	11		01:08:39.37	+00:27:29 (40.0%)	6:14	9.6 (60.0%)
175	JURCZYŃSKI Łukasz	193	KOPAŃSKIEGO TEAM	OPEN -M	72		01:08:45.40	+00:27:35 (40.1%)	6:15	9.6 (60.0%)
176	PANASIUK Sambor	110		OPEN -M	73		01:08:45.67	+00:27:35 (40.1%)	6:15	9.6 (60.0%)
177	WOLSKI Krzysztof	172		M45+	51		01:08:54.11	+00:27:44 (40.3%)	6:15	9.6 (60.0%)
178	FYL Bohdan	180		OPEN -M	74		01:08:59.30	+00:27:49 (40.3%)	6:16	9.6 (60.0%)
179	ULAWSKA Anna	277	FIT KETTLEBELL PRZECŁAW	Gmina Kołbaskowo K	5	Tak	01:09:20.33	+00:28:10 (40.6%)	6:18	9.5 (59.4%)
180	GŁOGOWSKI Jan	203		M45+	52		01:09:20.63	+00:28:10 (40.6%)	6:18	9.5 (59.4%)
181	HAŁAS Renata	232	DPT RUN TEAM SZCZECIN	K45+	12		01:09:50.20	+00:28:40 (41.1%)	6:20	9.5 (59.4%)
182	NURSKA Emilia	293		M65+	5		01:10:17.86	+00:29:08 (41.4%)	6:23	9.4 (58.8%)
183	FORNALIK Krzysztof	9		OPEN -M	75		01:10:31.19	+00:29:21 (41.6%)	6:24	9.4 (58.8%)
184	SERPUTKO Vladyslav	182		OPEN -M	76		01:11:07.68	+00:29:57 (42.1%)	6:27	9.3 (58.1%)
185	JÓZEFOWICZ Monika	140	EXTREME WOLF	K45+	13		01:11:10.14	+00:30:00 (42.2%)	6:28	9.3 (58.1%)
186	WASILEWSKA Agata	276		OPEN -K	24		01:11:19.56	+00:30:09 (42.3%)	6:29	9.3 (58.1%)
187	ZDYBEL Tomasz	187		OPEN -M	77		01:11:19.93	+00:30:10 (42.3%)	6:29	9.3 (58.1%)
188	PŁACHTA Monika	90	KOBIECE BIEGANIE	K45+	14		01:11:22.79	+00:30:13 (42.3%)	6:29	9.2 (57.5%)
189	ZIENDA Magdalena	115	EXTREME WOLF	K45+	15		01:11:35.88	+00:30:26 (42.5%)	6:30	9.2 (57.5%)
190	BIEGANSKI Tomasz	226		OPEN -M	78		01:11:43.19	+00:30:33 (42.6%)	6:31	9.2 (57.5%)
191	SCHWARZ Małgorzata	4		K45+	16	Tak	01:12:16.90	+00:31:07 (43.1%)	6:34	9.1 (56.9%)
192	DZBANUSZEK Krzysztof	95	ŚLĘZAK TEAM	OPEN -M	79		01:13:09.19	+00:31:59 (43.7%)	6:39	9 (56.3%)
193	NAUS Joanna	268		K45+	17		01:13:15.90	+00:32:06 (43.8%)	6:39	9 (56.3%)
194	HERBA Zbigniew	149	HOLSTAR PĘZINO	M65+	6		01:13:33.33	+00:32:23 (44.0%)	6:41	9 (56.3%)
195	CZYŻEWSKA Lucyna	160		OPEN -K	25		01:13:48.35	+00:32:38 (44.2%)	6:42	8.9 (55.6%)
196	HOFMAN Katarzyna	192		Gmina Kołbaskowo K	6	Tak	01:14:13.01	+00:33:03 (44.5%)	6:44	8.9 (55.6%)
197	BEDNARZ Maciej	25		M45+	53	Tak	01:14:20.77	+00:33:11 (44.6%)	6:45	8.9 (55.6%)
198	RITTER Beate	53	JUST CRAZY	K45+	18		01:14:28.95	+00:33:19 (44.7%)	6:46	8.9 (55.6%)
199	PIOTROWSKI Krzysztof	131	AMPIO TEAM	M45+	54		01:14:51.00	+00:33:41 (45.0%)	6:48	8.8 (55.0%)
200	PIOTROWSKA Dorota	130	AMPIO TEAM	OPEN -K	26		01:14:51.65	+00:33:41 (45.0%)	6:48	8.8 (55.0%)
201	DUMA Małgorzata	5	KOBIECE BIEGANIE	K45+	19	Tak	01:15:30.71	+00:34:21 (45.5%)	6:51	8.7 (54.4%)
202	CARDINALI Mario	89	ZRYW KOŁBASKOWO	Gmina Kołbaskowo M	12	Tak	01:15:36.86	+00:34:27 (45.6%)	6:52	8.7 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
203	MISTELSKI Karol	29		OPEN -M	80		01:16:01.50	+00:34:51 (45.9%)	6:54	8.7 (54.4%)
204	OCIEPKA Paweł	56		M45+	55		01:16:24.75	+00:35:15 (46.1%)	6:56	8.6 (53.8%)
205	ORSZULSKA Magdalena	16	MEDYCY NA START	OPEN -K	27		01:16:35.23	+00:35:25 (46.3%)	6:57	8.6 (53.8%)
206	TOMASZ Czapla	295		OPEN -M	81		01:16:55.15	+00:35:45 (46.5%)	6:59	8.6 (53.8%)
207	MAZUR Michał	133		M45+	56		01:17:43.39	+00:36:33 (47.0%)	7:03	8.5 (53.1%)
208	NOWICKA Kamila	146		Gmina Kołbaskowo K	7	Tak	01:17:47.13	+00:36:37 (47.1%)	7:04	8.5 (53.1%)
209	SOBCZAK-KUFEL Ilona	288	PATOBIEGANIE	Gmina Kołbaskowo K	8	Tak	01:17:58.01	+00:36:48 (47.2%)	7:05	8.5 (53.1%)
210	WIŚNIEWSKA Marta	255		OPEN -K	28		01:17:58.03	+00:36:48 (47.2%)	7:05	8.5 (53.1%)
211	ROLLA Magdalena	174		K45+	20		01:18:09.20	+00:36:59 (47.3%)	7:06	8.4 (52.5%)
212	ROLLA Dorian	173		M45+	57		01:18:09.87	+00:37:00 (47.3%)	7:06	8.4 (52.5%)
213	BŁACHNIO Dorota	88	RAZ SZCZECIN	K45+	21		01:18:10.55	+00:37:00 (47.3%)	7:06	8.4 (52.5%)
214	SOWISZ Danuta	183		OPEN -K	29		01:18:22.48	+00:37:12 (47.5%)	7:07	8.4 (52.5%)
215	GABERT Beata	116	RAZ SZCZECIN	K45+	22		01:18:26.02	+00:37:16 (47.5%)	7:07	8.4 (52.5%)
216	STROJNY Stanisław	184		OPEN -M	82		01:18:44.85	+00:37:35 (47.7%)	7:09	8.4 (52.5%)
217	WIĘCKOWSKA Joanna	145		OPEN -K	30		01:19:55.35	+00:38:45 (48.5%)	7:15	8.3 (51.9%)
218	RUMOWSKA Agnieszka	41		OPEN -K	31		01:19:57.82	+00:38:48 (48.5%)	7:16	8.3 (51.9%)
219	WESOŁEK Anna	261		OPEN -K	32		01:20:37.06	+00:39:27 (48.9%)	7:19	8.2 (51.3%)
220	JAWORSKA Katarzyna	213		OPEN -K	33		01:20:57.74	+00:39:48 (49.2%)	7:21	8.2 (51.3%)
221	LUBRAŃSKA Dominika	14	SZCZECIN	OPEN -K	34		01:21:50.12	+00:40:40 (49.7%)	7:26	8.1 (50.6%)
222	WITEK Małgorzata	15		OPEN -K	35		01:21:50.23	+00:40:40 (49.7%)	7:26	8.1 (50.6%)
223	GROMOWSKA Joanna	12		OPEN -K	36		01:21:50.59	+00:40:40 (49.7%)	7:26	8.1 (50.6%)
224	KOSMAŁSKA Magdalena	44	SKS HUSARIA	OPEN -K	37		01:25:58.78	+00:44:49 (52.1%)	7:48	7.7 (48.1%)
225	KOSMAŁSKI Jarosław	45	SKS HUSARIA	OPEN -M	83		01:25:58.98	+00:44:49 (52.1%)	7:48	7.7 (48.1%)
226	SZARAPANOWSKI Andrzej	222		M45+	58		01:26:36.09	+00:45:26 (52.5%)	7:52	7.6 (47.5%)
227	GARBOWSKA Monika	134		Gmina Kołbaskowo K	9	Tak	01:27:39.98	+00:46:30 (53.0%)	7:58	7.5 (46.9%)
228	BLAZIAK Sebastian	156		OPEN -M	84		01:28:17.77	+00:47:08 (53.4%)	8:01	7.5 (46.9%)
229	SYLWESIUK Urszula	229		Gmina Kołbaskowo K	10	Tak	01:31:19.57	+00:50:09 (54.9%)	8:18	7.2 (45.0%)
230	POGODA-BLAZIAK Katarzyna	157		OPEN -K	38		01:34:22.21	+00:53:12 (56.4%)	8:34	7 (43.8%)
231	PŁOSA Monika	158		OPEN -K	39		01:39:13.91	+00:58:04 (58.5%)	9:01	6.7 (41.9%)

Znaleziono 231 wynik(ów)