



XII BIEG SZLAKIEM DZIKA, VIII PRZEŁAJOWE MISTRZOSTWA POLSKI STRAŻAKÓW

B4SPORT

Wydarzenie: Festiwal Biegowy Dziki Weekend 2022
Organizator: Stowarzyszenie Klub Biegowy Dzik
Data: 2022-08-20
Miejsce: Police
Dystans: 10 km

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Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	JEFIMCZYK Norbert	213	7BOW/1BZ/1	M-16	1	00:39:31.70		3:57	15.2 (100%)
2	PYTLAK Michał	216	7BOW/1BZ/1	M-30	1	00:40:59.45	+00:01:27 (3.6%)	4:05	14.6 (96.1%)
3	ZACHARCZUK Albin	215	7BOW/1BZ/1	M-16	2	00:42:10.10	+00:02:38 (6.3%)	4:13	14.2 (93.4%)
4	WOLSKI Marcin	373	DGS DIAGNOSTICS TEAM	M-30	2	00:42:34.30	+00:03:02 (7.1%)	4:15	14.1 (92.8%)
5	GRABEK Maciej	50	DZIKIE DZIKI GORZÓW	M-30	3	00:42:38.70	+00:03:07 (7.3%)	4:15	14.1 (92.8%)
6	PRZEKOPOWICZ Bartosz	138		M-30	4	00:43:23.15	+00:03:51 (8.9%)	4:20	13.8 (90.8%)
7	BARAŃSKI Przemysław	383	PSP SZCZECIN	M-16	3	00:43:45.85	+00:04:14 (9.7%)	4:22	13.7 (90.1%)
8	BORYCHOWSKI Mariusz	212	7BOW/1BZ	M-50	1	00:43:52.10	+00:04:20 (9.9%)	4:23	13.7 (90.1%)
9	NOWICKI Artur	217	7BOW/1BZ	M-30	5	00:44:59.75	+00:05:28 (12.2%)	4:29	13.3 (87.5%)
10	PLESNER Krzysztof	386	VO2MAX RACING TEAM	M-40	1	00:45:34.45	+00:06:02 (13.3%)	4:33	13.2 (86.8%)
11	RUDZIŃSKI Jacek	385	PSP SZCZECIN	M-50	2	00:46:00.90	+00:06:29 (14.1%)	4:36	13 (85.5%)
12	GOLAŃSKI Krzysztof	214	7BOW/1BZ	M-30	6	00:46:50.70	+00:07:19 (15.6%)	4:41	12.8 (84.2%)
13	HUBERT Łukasz	352	BIEGOLAS KOSZALIN	M-40	2	00:48:13.90	+00:08:42 (18.0%)	4:49	12.4 (81.6%)
14	WASZKIEWICZ Tomasz	372	12BZ	M-40	3	00:49:00.25	+00:09:28 (19.3%)	4:54	12.2 (80.3%)
15	BURAS Radosław	23	PSP SZCZECIN	M-30	7	00:49:38.70	+00:10:07 (20.4%)	4:57	12.1 (79.6%)
16	CHAJA Radosław	28		M-30	8	00:49:41.75	+00:10:10 (20.5%)	4:58	12.1 (79.6%)
17	WASILEWSKI Andrzej	188		M-40	4	00:50:00.30	+00:10:28 (21.0%)	5:00	12 (78.9%)
18	KRZEŚNIEWSKI Marcin	211	VO2MAX RACING TEAM	M-40	5	00:50:04.45	+00:10:32 (21.1%)	5:00	12 (78.9%)
19	RAKOWSKI Łukasz	140	VO2MAX RACING TEAM	M-30	9	00:50:31.60	+00:10:59 (21.8%)	5:03	11.9 (78.3%)
20	DYDEK Edyta	38	SKB DZIK	K-16	1	00:50:48.45	+00:11:16 (22.2%)	5:04	11.8 (77.6%)
21	GERLICH Kai	45	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-16	4	00:51:11.75	+00:11:40 (22.8%)	5:07	11.7 (77.0%)
22	ADAMSKI Janusz	1	VO2MAX RACING TEAM	M-50	3	00:51:15.30	+00:11:43 (22.9%)	5:07	11.7 (77.0%)
23	KAMIŃSKI Łukasz	355	KAMIŃSKI TEAM	M-40	6	00:51:19.90	+00:11:48 (23.0%)	5:07	11.7 (77.0%)
24	WRÓBLEWSKI Michał	202	DZIKIE WRÓBLE	M-40	7	00:51:22.75	+00:11:51 (23.1%)	5:08	11.7 (77.0%)
25	SAKOSIK Krystian	150	KOSA	M-30	10	00:51:25.65	+00:11:53 (23.1%)	5:08	11.7 (77.0%)
26	BOROWSKA Karolina	16	VO2MAX RACING TEAM	K-30	1	00:51:27.65	+00:11:55 (23.2%)	5:08	11.7 (77.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
27	CHMIELEWSKI Tomasz	30	VO2MAX RACING TEAM	M-40	8	00:51:38.95	+00:12:07 (23.5%)	5:09	11.6 (76.3%)
28	BRACHMANN Georg	18	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-30	11	00:51:59.95	+00:12:28 (24.0%)	5:11	11.5 (75.7%)
29	KAMIŃSKA Agata	354	KAMIŃSKI TEAM	K-30	2	00:52:14.35	+00:12:42 (24.3%)	5:13	11.5 (75.7%)
30	SAWICKI Bartosz	153	DZIKIE DZIKI GORZÓW	M-30	12	00:52:24.95	+00:12:53 (24.6%)	5:14	11.5 (75.7%)
31	BIAŁEK Paweł	384		M-30	13	00:52:25.05	+00:12:53 (24.6%)	5:14	11.4 (75.0%)
32	CHENON Guillaume	29		M-40	9	00:52:36.65	+00:13:04 (24.9%)	5:15	11.4 (75.0%)
33	BUHMANN Philip	22	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-30	14	00:52:39.40	+00:13:07 (24.9%)	5:15	11.4 (75.0%)
34	MARZEC Karolina	101	DZIKIE DZIKI GORZÓW	K-40	1	00:52:43.25	+00:13:11 (25.0%)	5:16	11.4 (75.0%)
35	BĘDKOWSKI Piotr	341	SWIM2TRI	M-30	15	00:52:50.05	+00:13:18 (25.2%)	5:17	11.4 (75.0%)
36	SICIŃSKI Damian	163	OSP PRZEMOCZE	M-16	5	00:53:02.30	+00:13:30 (25.5%)	5:18	11.3 (74.3%)
37	ZELEK Darek	207		M-40	10	00:53:07.10	+00:13:35 (25.6%)	5:18	11.3 (74.3%)
38	ANTOSIK Bartosz	2		M-30	16	00:53:24.10	+00:13:52 (26.0%)	5:20	11.2 (73.7%)
39	ARLUKIEWICZ Grzegorz	3	TIP	M-30	17	00:53:24.50	+00:13:52 (26.0%)	5:20	11.2 (73.7%)
40	KOCZKODAJ Kamil	78	OŻW SZCZECIN	M-30	18	00:53:45.05	+00:14:13 (26.5%)	5:22	11.2 (73.7%)
41	BOCHENEK Michał	10	SEKTOR DOBREJ ZABAWY	M-30	19	00:53:56.25	+00:14:24 (26.7%)	5:23	11.1 (73.0%)
42	LIPIŃSKI Oskar	359		M-30	20	00:54:19.90	+00:14:48 (27.2%)	5:25	11 (72.4%)
43	ZYGOŃ Artur	374		M-30	21	00:54:20.20	+00:14:48 (27.3%)	5:26	11 (72.4%)
44	GOŁĘBIEWSKI Tomasz	48	PSP SZCZECIN	M-40	11	00:54:30.85	+00:14:59 (27.5%)	5:27	11 (72.4%)
45	PILARCZYK Katarzyna	129	KSF	K-30	3	00:54:52.65	+00:15:20 (28.0%)	5:29	10.9 (71.7%)
46	WAJS Sebastian	370	HQ MNC NE	M-30	22	00:54:57.00	+00:15:25 (28.1%)	5:29	10.9 (71.7%)
47	STECIUK Michał	173		M-30	23	00:54:59.05	+00:15:27 (28.1%)	5:29	10.9 (71.7%)
48	PAŁASZEWSKA Karolina	122	14ZBOT/142BLP	K-30	4	00:54:59.30	+00:15:27 (28.1%)	5:29	10.9 (71.7%)
49	FILDEBRANDT Basia	41	SEKTOR DOBREJ ZABAWY	K-40	2	00:55:27.80	+00:15:56 (28.7%)	5:32	10.8 (71.1%)
50	ZEMŁA Dawid	208	MACARENA WARRIORS	M-16	6	00:55:27.95	+00:15:56 (28.7%)	5:32	10.8 (71.1%)
51	BLICHARZ Jarek	342	GAPS	M-50	4	00:55:52.75	+00:16:21 (29.3%)	5:35	10.7 (70.4%)
52	KUREK Hubert	91		M-30	24	00:56:02.20	+00:16:30 (29.5%)	5:36	10.7 (70.4%)
53	WOSZCZYK Sebastian	197	GRUPA MALBORK	M-40	12	00:56:38.85	+00:17:07 (30.2%)	5:39	10.6 (69.7%)
54	CZYŻEWSKI Tomasz	31	TENET	M-40	13	00:56:41.20	+00:17:09 (30.3%)	5:40	10.6 (69.7%)
55	SZMYCIŃSKI Piotr	180	OSP PRZEMOCZE	M-16	7	00:56:45.25	+00:17:13 (30.4%)	5:40	10.6 (69.7%)
56	SCHERFENBERG Łukasz	155	DINAMO BATUMI	M-30	25	00:56:49.55	+00:17:17 (30.4%)	5:40	10.6 (69.7%)
57	SZULC Marcin	181	BOLI BOLI	M-40	14	00:56:51.20	+00:17:19 (30.5%)	5:41	10.6 (69.7%)
58	RYTTEL Marcin	149	14ZBOT/142BLP	M-40	15	00:57:17.15	+00:17:45 (31.0%)	5:43	10.5 (69.1%)
59	PASIKOWSKI Kamil	123	SKB DZIK	M-16	8	00:57:24.90	+00:17:53 (31.2%)	5:44	10.5 (69.1%)
60	MAJKA Jarek	361	FAMILIAMAJKA	M-40	16	00:57:56.10	+00:18:24 (31.8%)	5:47	10.4 (68.4%)
61	BURDZIK Wojciech	25		M-30	26	00:58:00.85	+00:18:29 (31.9%)	5:48	10.3 (67.8%)
62	LOBA Jakub	378	SKB DZIK	M-16	9	00:58:03.20	+00:18:31 (31.9%)	5:48	10.3 (67.8%)
63	OSTOJSKI Ireneusz	120	DLL PARTNERS	M-40	17	00:58:06.95	+00:18:35 (32.0%)	5:48	10.3 (67.8%)
64	GRUDZIŃSKI Tomasz	56	TEAM SPIRIT NOWA SÓL	M-40	18	00:58:07.20	+00:18:35 (32.0%)	5:48	10.3 (67.8%)
65	KĘDZIOR Jakub	73		M-30	27	00:58:13.40	+00:18:41 (32.1%)	5:49	10.3 (67.8%)
66	ROGALSKI Marcin	365	VOCALIS SZCZECIN	M-50	5	00:58:14.30	+00:18:42 (32.1%)	5:49	10.3 (67.8%)
67	SEEBODE Christian	160	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-50	6	00:58:27.80	+00:18:56 (32.4%)	5:50	10.3 (67.8%)
68	DUDENKO Jerzy	36	DZIKIEDUDKI	M-40	19	00:58:44.50	+00:19:12 (32.7%)	5:52	10.2 (67.1%)
69	FURMANIAK Piotr	42	GRUPA MALBORK	M-40	20	00:59:05.15	+00:19:33 (33.1%)	5:54	10.2 (67.1%)
70	MURYN Dawid	114		M-16	10	00:59:07.80	+00:19:36 (33.2%)	5:54	10.1 (66.4%)

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71	KARCZEWICZ Piotr	72	OŻW SZCZECIN	M-30	28	00:59:18.70	+00:19:47 (33.4%)	5:55	10.1 (66.4%)
72	GRALEWICZ Robert	52		M-40	21	00:59:33.60	+00:20:01 (33.6%)	5:57	10.1 (66.4%)
73	KANIA Marcin	219	KB DZIK POLICE	M-16	11	00:59:38.60	+00:20:06 (33.7%)	5:57	10.1 (66.4%)
74	GABRYŚ Kacper	349		M-30	29	00:59:46.55	+00:20:14 (33.9%)	5:58	10 (65.8%)
75	ROSIAK Marcin	144		M-30	30	00:59:52.40	+00:20:20 (34.0%)	5:59	10 (65.8%)
76	WALKOWIAK Daria	371	BRIDGESTONE STARGARD RUNNERS	K-30	5	00:59:53.05	+00:20:21 (34.0%)	5:59	10 (65.8%)
77	KRÓL Kamil	67	DZIADY OCR	M-30	31	00:59:56.50	+00:20:24 (34.1%)	5:59	10 (65.8%)
78	MIKA Tomasz	363		M-40	22	01:00:03.45	+00:20:31 (34.2%)	6:00	10 (65.8%)
79	SOBCZAK Paweł	167		M-40	23	01:00:03.50	+00:20:31 (34.2%)	6:00	10 (65.8%)
80	GRALEWICZ Olgierd	54		M-16	12	01:00:04.35	+00:20:32 (34.2%)	6:00	10 (65.8%)
81	SERKOWSKA Paulina	162		K-16	2	01:00:10.85	+00:20:39 (34.3%)	6:01	10 (65.8%)
82	SZESZKOWSKI Tomasz	178		M-40	24	01:00:34.35	+00:21:02 (34.7%)	6:03	9.9 (65.1%)
83	GIEDRYS Adam	47	12 BRYGADA ZMECHANIZOWANA	M-16	13	01:00:37.30	+00:21:05 (34.8%)	6:03	9.9 (65.1%)
84	KOKOWSKI Jacek	381		M-40	25	01:00:46.60	+00:21:14 (35.0%)	6:04	9.9 (65.1%)
85	GRALEWICZ Albert	53		M-16	14	01:01:06.60	+00:21:34 (35.3%)	6:06	9.8 (64.5%)
86	SCHULZE Jan - Michel	159	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-16	15	01:01:17.10	+00:21:45 (35.5%)	6:07	9.8 (64.5%)
87	BRANDES Tilman	19	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-30	32	01:01:18.50	+00:21:46 (35.5%)	6:07	9.8 (64.5%)
88	KRUK Bartosz	84		M-30	33	01:01:19.40	+00:21:47 (35.5%)	6:07	9.8 (64.5%)
89	NIEWIADOMSKI Mateusz	116		M-30	34	01:01:33.50	+00:22:01 (35.8%)	6:09	9.7 (63.8%)
90	DUDKA Robert	37		M-30	35	01:01:36.70	+00:22:05 (35.8%)	6:09	9.7 (63.8%)
91	MURAWSKA Wioletta	113	KB DZIK POLICE	K-50	1	01:01:45.85	+00:22:14 (36.0%)	6:10	9.7 (63.8%)
92	MASYS Agnieszka	102	GRUPA MALBORK	K-40	3	01:02:01.00	+00:22:29 (36.3%)	6:12	9.7 (63.8%)
93	CESAK Grzegorz	27	CSB DRAWSKO	M-30	36	01:02:04.60	+00:22:32 (36.3%)	6:12	9.7 (63.8%)
94	BUCHOLC Zbigniew	21	GRUPA AZOTY	M-40	26	01:02:04.80	+00:22:33 (36.3%)	6:12	9.7 (63.8%)
95	MATYSIAK Sławomir	105	OCR GRUBAS TEAM	M-30	37	01:02:07.20	+00:22:35 (36.4%)	6:12	9.7 (63.8%)
96	JĘDRYKA Anna	70	MACARENA WARRIORS	K-30	6	01:02:10.40	+00:22:38 (36.4%)	6:13	9.7 (63.8%)
97	ZIELIŃSKI Michał	210		M-16	16	01:02:10.70	+00:22:39 (36.4%)	6:13	9.7 (63.8%)
98	MAJKA Anna	362	FAMILIAMAJKA	K-40	4	01:02:12.45	+00:22:40 (36.5%)	6:13	9.6 (63.2%)
99	BOCK Udo	12	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-40	27	01:02:25.85	+00:22:54 (36.7%)	6:14	9.6 (63.2%)
100	GRYGORCEWICZ Władysław	57	SKB DZIK	M-60+	1	01:02:28.40	+00:22:56 (36.7%)	6:14	9.6 (63.2%)
101	BOCK Agnieszka	11	BRAUNSCHWEIG HASH HOUSE HARRIERS	K-40	5	01:02:29.65	+00:22:57 (36.7%)	6:14	9.6 (63.2%)
102	SAWICKI Paweł	154	ŻANDARMERIA WOJSKOWA	M-40	28	01:02:41.85	+00:23:10 (37.0%)	6:16	9.6 (63.2%)
103	SENDEROWSKI Maciej	161	GRUPA AZOTY	M-40	29	01:02:53.15	+00:23:21 (37.1%)	6:17	9.5 (62.5%)
104	LENCEWICZ Grzegorz	93	VO2MAX RACING TEAM	M-30	38	01:03:07.05	+00:23:35 (37.4%)	6:18	9.5 (62.5%)
105	KLEPACKI Bartek	76		M-40	30	01:03:09.85	+00:23:38 (37.4%)	6:18	9.5 (62.5%)
106	BADURA Ewelina	4	ŻANDARMERIA WOJSKOWA	K-30	7	01:03:13.20	+00:23:41 (37.5%)	6:19	9.5 (62.5%)
107	BIESSEK Katarzyna	8	GO2TRI	K-30	8	01:03:13.35	+00:23:41 (37.5%)	6:19	9.5 (62.5%)
108	WIERZBICKA Sylwia	193	14 ZBOT	K-50	2	01:03:15.70	+00:23:44 (37.5%)	6:19	9.5 (62.5%)
109	BYCZKOWSKI Jan	26	DZIKIE DUDKI	M-40	31	01:03:16.95	+00:23:45 (37.5%)	6:19	9.5 (62.5%)
110	KARABOWICZ Zygmunt	356		M-50	7	01:03:40.85	+00:24:09 (37.9%)	6:22	9.4 (61.8%)
111	KUCHARCZYK Robert	87	14ZBOT/142BLP	M-50	8	01:03:42.70	+00:24:11 (38.0%)	6:22	9.4 (61.8%)
112	KIWILSZA Wojciech	75	IHUHU TEAM	M-30	39	01:03:53.55	+00:24:21 (38.1%)	6:23	9.4 (61.8%)
113	STĘPNIAK Lesław	174		M-40	32	01:04:08.65	+00:24:36 (38.4%)	6:24	9.4 (61.8%)
114	POSZUMSKA Gabriela	134		K-16	3	01:04:13.45	+00:24:41 (38.5%)	6:25	9.3 (61.2%)

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115	ŁAWNICZAK Sebastian	97	ALUHAK	M-40	33	01:04:14.35	+00:24:42 (38.5%)	6:25	9.3 (61.2%)
116	KACHNOWICZ-BUKAŁA Izabela	71	BRAUNSCHWEIG HASH HOUSE HARRIERS	K-40	6	01:04:16.35	+00:24:44 (38.5%)	6:25	9.3 (61.2%)
117	DUDA Krzysztof	35	GPTW	M-40	34	01:04:29.05	+00:24:57 (38.7%)	6:26	9.3 (61.2%)
118	DOBRYCKI Piotr	346	BRIDGESTONE STARGARD RUNNERS	M-40	35	01:04:33.65	+00:25:01 (38.8%)	6:27	9.3 (61.2%)
119	DORAWA-ZIOMEK Anna	32	DZIKIE ŻÓŁWIE	K-30	9	01:04:41.40	+00:25:09 (38.9%)	6:28	9.3 (61.2%)
120	ŚWIĄTEK Bronisław	367	SAMOTNY WILK	M-60+	2	01:04:47.65	+00:25:15 (39.0%)	6:28	9.3 (61.2%)
121	MATUSIAK Mariusz	103		M-40	36	01:05:17.30	+00:25:45 (39.5%)	6:31	9.2 (60.5%)
122	PAWLUŚ Tomasz	127		M-40	37	01:05:36.45	+00:26:04 (39.8%)	6:33	9.1 (59.9%)
123	GERLICH Klaus	44	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-50	9	01:05:38.90	+00:26:07 (39.8%)	6:33	9.1 (59.9%)
124	HAWRYLAK Marcin	61	14ZBOT/142BLP	M-50	10	01:05:45.10	+00:26:13 (39.9%)	6:34	9.1 (59.9%)
125	JANKA Aleksandra	353	GRUPA AZOTY	K-16	4	01:05:45.40	+00:26:13 (39.9%)	6:34	9.1 (59.9%)
126	SPÓLNIK Paweł	170		M-30	40	01:06:06.10	+00:26:34 (40.2%)	6:36	9.1 (59.9%)
127	MAJEWSKA Dorota	98	BIEGOLAS KOSZALIN	K-50	3	01:06:10.95	+00:26:39 (40.3%)	6:37	9.1 (59.9%)
128	KRYGIER Krzysztof	357		M-30	41	01:06:11.60	+00:26:39 (40.3%)	6:37	9.1 (59.9%)
129	GÓRECKA Katarzyna	350	PUSZCZYK BUKOWY	K-30	10	01:06:11.70	+00:26:40 (40.3%)	6:37	9.1 (59.9%)
130	MĄDRAWSKI Tomasz	108		M-40	38	01:06:18.00	+00:26:46 (40.4%)	6:37	9 (59.2%)
131	DUBICKI Mikołaj	34	STARGARD JA SIĘ NIE ŚCIGAM	M-16	17	01:06:21.80	+00:26:50 (40.4%)	6:38	9 (59.2%)
132	MÜLLER Kathrin	112	BRAUNSCHWEIG HASH HOUSE HARRIERS	K-50	4	01:06:42.65	+00:27:10 (40.7%)	6:40	9 (59.2%)
133	SUSZA Małgorzata	177		K-40	7	01:07:09.45	+00:27:37 (41.1%)	6:42	8.9 (58.6%)
134	HARTWIGER Julia	60	BRAUNSCHWEIG HASH HOUSE HARRIERS	K-30	11	01:07:15.95	+00:27:44 (41.2%)	6:43	8.9 (58.6%)
135	PATZKE Ingo	124	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-50	11	01:07:16.40	+00:27:44 (41.2%)	6:43	8.9 (58.6%)
136	PATZKI Wojciech	126	TENET	M-16	18	01:07:17.20	+00:27:45 (41.3%)	6:43	8.9 (58.6%)
137	BOCK Marcel	13	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-16	19	01:07:20.95	+00:27:49 (41.3%)	6:44	8.9 (58.6%)
138	LEWANDOWSKA Anna	95	HELL'S HEAVEN SZCZECIN	K-40	8	01:07:22.45	+00:27:50 (41.3%)	6:44	8.9 (58.6%)
139	POGORZELSKA Aleksandra	133		K-16	5	01:07:27.50	+00:27:55 (41.4%)	6:44	8.9 (58.6%)
140	WITORZĘĆ Dariusz	196		M-40	39	01:07:30.30	+00:27:58 (41.4%)	6:45	8.9 (58.6%)
141	SOLIS Mariusz	168	OŻW SZCZECIN	M-40	40	01:08:00.25	+00:28:28 (41.9%)	6:48	8.8 (57.9%)
142	KOPYRA Izabela	81		K-16	6	01:08:13.70	+00:28:42 (42.1%)	6:49	8.8 (57.9%)
143	ROMANOWICZ Monika	143	DZIKIE ŻÓŁWIE	K-30	12	01:08:15.55	+00:28:43 (42.1%)	6:49	8.8 (57.9%)
144	SUCHODOLSKA Aleksandra	176	DZIKIE ŻÓŁWIE	K-30	13	01:08:16.05	+00:28:44 (42.1%)	6:49	8.8 (57.9%)
145	BRILLA Andrzej	20	ŻANDARMERIA WOJSKOWA	M-40	41	01:08:18.60	+00:28:46 (42.1%)	6:49	8.8 (57.9%)
146	BURDELAK Agnieszka	24	ŻANDARMERIA WOJSKOWA	K-30	14	01:08:19.95	+00:28:48 (42.2%)	6:49	8.8 (57.9%)
147	SOWA Krzysztof	169	TRASHMAGEDDON	M-30	42	01:08:22.10	+00:28:50 (42.2%)	6:50	8.8 (57.9%)
148	POGODA Rafał	132	TIP	M-30	43	01:08:50.95	+00:29:19 (42.6%)	6:53	8.7 (57.2%)
149	GUŁAJEWSKI Rafał	58	14ZBOT/142BLP	M-40	42	01:09:00.10	+00:29:28 (42.7%)	6:54	8.7 (57.2%)
150	MAZUR Filip	106	14ZBOT/142BLP	M-30	44	01:09:05.35	+00:29:33 (42.8%)	6:54	8.7 (57.2%)
151	SCHMIDT Sebastian	156	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-30	45	01:09:29.05	+00:29:57 (43.1%)	6:56	8.6 (56.6%)
152	WIĘCKOWSKA Joanna	194		K-30	15	01:09:44.15	+00:30:12 (43.3%)	6:58	8.6 (56.6%)
153	PIŁATOWSKI Maciej	130		M-30	46	01:09:44.70	+00:30:13 (43.3%)	6:58	8.6 (56.6%)
154	ZALEWSKI Sylwester	205		M-40	43	01:09:53.05	+00:30:21 (43.4%)	6:59	8.6 (56.6%)
155	PATZKE Petra	125	BRAUNSCHWEIG HASH HOUSE HARRIERS	K-50	5	01:10:14.55	+00:30:42 (43.7%)	7:01	8.5 (55.9%)
156	WÓJCICKI Łukasz	200	HELL'S HEAVEN SZCZECIN	M-40	44	01:10:26.70	+00:30:55 (43.9%)	7:02	8.5 (55.9%)
157	WÓJCICKA Anna	199	HELL'S HEAVEN SZCZECIN	K-40	9	01:10:30.10	+00:30:58 (43.9%)	7:03	8.5 (55.9%)
158	MARCZYK Szymon	99		M-16	20	01:10:32.30	+00:31:00 (44.0%)	7:03	8.5 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
159	HOŁOWCZYC Agnieszka Marta	64	FREE AND WILD	K-30	16	01:10:37.20	+00:31:05 (44.0%)	7:03	8.5 (55.9%)
160	HOŁOWCZYC Julia Anna	65	FREE AND WILD	K-30	17	01:10:38.15	+00:31:06 (44.0%)	7:03	8.5 (55.9%)
161	NOWACZYK Wojciech	117		M-30	47	01:10:40.00	+00:31:08 (44.1%)	7:04	8.5 (55.9%)
162	RAKOWSKI Piotr	141		M-60+	3	01:10:40.45	+00:31:08 (44.1%)	7:04	8.5 (55.9%)
163	KUNIKOWSKI Patryk	90	STARGARD JA SIĘ NIE ŚCIGAM	M-40	45	01:11:16.05	+00:31:44 (44.5%)	7:07	8.4 (55.3%)
164	KUNIKOWSKA Patrycja	89	STARGARD JA SIĘ NIE ŚCIGAM	K-30	18	01:11:16.30	+00:31:44 (44.5%)	7:07	8.4 (55.3%)
165	STAŃCZYK Sławomir	172		M-30	48	01:11:16.70	+00:31:45 (44.5%)	7:07	8.4 (55.3%)
166	JADRYCH Zbigniew	69	STARGARD JA SIĘ NIE ŚCIGAM	M-40	46	01:11:17.20	+00:31:45 (44.6%)	7:07	8.4 (55.3%)
167	GERLICH Michael	46	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-50	12	01:11:25.70	+00:31:54 (44.7%)	7:08	8.4 (55.3%)
168	SCHULZE Stefan	158	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-50	13	01:11:28.50	+00:31:56 (44.7%)	7:08	8.4 (55.3%)
169	KOLEJ Monika	79	DZIKIE DZIKI GORZÓW	K-40	10	01:12:00.35	+00:32:28 (45.1%)	7:12	8.3 (54.6%)
170	MROZIK Mariusz	111	DZIKIE DZIKI GORZÓW	M-40	47	01:12:00.45	+00:32:28 (45.1%)	7:12	8.3 (54.6%)
171	WIECZOREK Jakub	191		M-16	21	01:12:08.50	+00:32:36 (45.2%)	7:12	8.3 (54.6%)
172	SALAUYOU Raman	151		M-30	49	01:12:28.25	+00:32:56 (45.5%)	7:14	8.3 (54.6%)
173	HINDZIUK Artsiom	62		M-30	50	01:12:28.55	+00:32:56 (45.5%)	7:14	8.3 (54.6%)
174	WIECZOREK Magdalena	189		K-40	11	01:12:32.65	+00:33:00 (45.5%)	7:15	8.3 (54.6%)
175	PAWŁOWSKI Karol	128		M-40	48	01:12:36.35	+00:33:04 (45.6%)	7:15	8.3 (54.6%)
176	MAZUR Karol	107	CSB DRAWSKO	M-40	49	01:12:42.60	+00:33:10 (45.6%)	7:16	8.3 (54.6%)
177	TARGOSZ Łukasz	183	GRUPA AZOTY	M-30	51	01:13:06.85	+00:33:35 (45.9%)	7:18	8.2 (53.9%)
178	SAWICKA -WERS Urszula	152		K-30	19	01:13:20.00	+00:33:48 (46.1%)	7:20	8.2 (53.9%)
179	POŹNIAK Aleksandra	135	DZIKIE DZIKI GORZÓW	K-30	20	01:13:39.00	+00:34:07 (46.3%)	7:21	8.1 (53.3%)
180	SKRZYPIEC Andrzej	166	BIEGACZE ŚWINOUJŚCIE	M-60+	4	01:13:52.15	+00:34:20 (46.5%)	7:23	8.1 (53.3%)
181	CHODZICKA Kamila	344		K-16	7	01:13:52.60	+00:34:20 (46.5%)	7:23	8.1 (53.3%)
182	ZAWADZKI Andrzej	206	TENET	M-16	22	01:14:05.25	+00:34:33 (46.6%)	7:24	8.1 (53.3%)
183	MISIASZEK Mirosław	110	MAŁKOCIN	M-50	14	01:14:11.75	+00:34:40 (46.7%)	7:25	8.1 (53.3%)
184	BOCHENEK Jadwiga	343	SEKTOR DOBREJ ZABAWY	K-40	12	01:14:30.15	+00:34:58 (46.9%)	7:27	8.1 (53.3%)
185	LEPPAK Małgorzata	94	CSB DRAWSKO	K-30	21	01:14:38.25	+00:35:06 (47.0%)	7:27	8 (52.6%)
186	HNAT Rafał	63		M-50	15	01:14:41.70	+00:35:10 (47.1%)	7:28	8 (52.6%)
187	MILEWSKA Marta	109		K-30	22	01:14:42.50	+00:35:10 (47.1%)	7:28	8 (52.6%)
188	RUTKOWSKI Konrad	148	14ZBOT/142BLP	M-30	52	01:14:48.85	+00:35:17 (47.2%)	7:28	8 (52.6%)
189	ZAKRZEWSKA Sylwia	204		K-30	23	01:14:53.25	+00:35:21 (47.2%)	7:29	8 (52.6%)
190	KUCHARSKI Tomasz	88	GRUPA AZOTY	M-50	16	01:15:02.35	+00:35:30 (47.3%)	7:30	8 (52.6%)
191	BEDNARZ Katarzyna	6		K-40	13	01:15:20.50	+00:35:48 (47.5%)	7:32	8 (52.6%)
192	ORLON Barbara	119	BIEG KORCZAKA	K-50	6	01:15:22.30	+00:35:50 (47.6%)	7:32	8 (52.6%)
193	WOŹNIAK Rafał	198	IHUHU TEAM	M-30	53	01:16:38.20	+00:37:06 (48.4%)	7:39	7.8 (51.3%)
194	ZAKOŚCIELNA Katarzyna	203	DZIKIE ŻÓŁWIE	K-30	24	01:18:07.30	+00:38:35 (49.4%)	7:48	7.7 (50.7%)
195	MATYSEK Ireneusz	104	KOMANDOS WAŁECKI	M-60+	5	01:18:36.45	+00:39:04 (49.7%)	7:51	7.6 (50.0%)
196	DYDEK Dorota	39	SKB DZIK	K-50	7	01:19:17.10	+00:39:45 (50.1%)	7:55	7.6 (50.0%)
197	KNAPIK Justyna	77		K-30	25	01:21:20.75	+00:41:49 (51.4%)	8:08	7.4 (48.7%)
198	SOBALA Łukasz	366		M-30	54	01:21:41.75	+00:42:10 (51.6%)	8:10	7.3 (48.0%)
199	TOKAREK Justyna	184		K-30	26	01:22:18.40	+00:42:46 (52.0%)	8:13	7.3 (48.0%)
200	NOWAK Zbigniew	118	SKB DZIK	M-60+	6	01:22:45.15	+00:43:13 (52.2%)	8:16	7.3 (48.0%)
201	STACHOWICZ Małgorzata	171		K-40	14	01:23:43.20	+00:44:11 (52.8%)	8:22	7.2 (47.4%)
202	SKOWROŃSKI Andrzej	165	GRUPA MALBORK	M-30	55	01:23:43.30	+00:44:11 (52.8%)	8:22	7.2 (47.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
203	ZIELIŃSKA-RYŻ Katarzyna	209		K-40	15	01:23:50.90	+00:44:19 (52.9%)	8:23	7.2 (47.4%)
204	RATAJCZYK Patryk	142	DLL PARTNERS	M-30	56	01:26:35.35	+00:47:03 (54.3%)	8:39	6.9 (45.4%)
205	BOHONOS Adam	15		M-40	50	01:28:11.45	+00:48:39 (55.2%)	8:49	6.8 (44.7%)
206	LOBA Zuzanna	379	SKB DZIK	K-16	8	01:28:14.20	+00:48:42 (55.2%)	8:49	6.8 (44.7%)
207	TWAROWSKI Michal	369		M-16	23	01:28:24.55	+00:48:52 (55.3%)	8:50	6.8 (44.7%)
208	KIERUJ Jakub	74	IHUUH TEAM	M-16	24	01:28:45.45	+00:49:13 (55.5%)	8:52	6.8 (44.7%)
209	WIŚNIEWSKA Marta	195	IHUUH TEAM	K-16	9	01:28:46.40	+00:49:14 (55.5%)	8:52	6.8 (44.7%)
210	GOWORSKI Jerzy	49	WIECZORNE BIEGANIE W SZCZECINIE	M-30	57	01:29:55.50	+00:50:23 (56.0%)	8:59	6.7 (44.1%)
211	OSTROWSKA Ina	121		K-40	16	01:30:09.95	+00:50:38 (56.2%)	9:00	6.7 (44.1%)
212	RÓZGA Michał	145		M-40	51	01:30:10.35	+00:50:38 (56.2%)	9:01	6.7 (44.1%)
213	KRYSZEWSKA Magdalena	85	DZIKIE ŻÓŁWIE	K-30	27	01:30:58.35	+00:51:26 (56.5%)	9:05	6.6 (43.4%)
214	BOŚKO Paulina	17	CMENTARNE HIENY	K-30	28	01:31:07.95	+00:51:36 (56.6%)	9:06	6.6 (43.4%)
215	PRABUCKI Jarosław	137		M-40	52	01:32:22.70	+00:52:51 (57.2%)	9:14	6.5 (42.8%)
216	PRABUCKA Karolina	136		K-40	17	01:32:22.95	+00:52:51 (57.2%)	9:14	6.5 (42.8%)
217	MAĆKOWIAK Andrzej	360		M-60+	7	01:32:57.15	+00:53:25 (57.5%)	9:17	6.5 (42.8%)
218	MARGULA-JAŚKOWSKA Dorota	100		K-30	29	01:34:10.55	+00:54:38 (58.0%)	9:25	6.4 (42.1%)
219	KRZYWOŃ Paweł	86		M-30	58	01:36:14.95	+00:56:43 (58.9%)	9:37	6.2 (40.8%)
220	RUMOWSKA Agnieszka	147		K-30	30	01:36:34.45	+00:57:02 (59.1%)	9:39	6.2 (40.8%)
221	WIECZOREK Wojciech	190		M-40	53	01:41:35.45	+01:02:03 (61.1%)	10:09	5.9 (38.8%)
222	KOSIANOWSKA Monika	82	GRUPA MALBORK	K-50	8	01:42:33.90	+01:03:02 (61.5%)	10:15	5.9 (38.8%)
223	WARCHOŁ Kamil	187	MACARENA WARRIORS	M-16	25	01:46:11.30	+01:06:39 (62.8%)	10:37	5.7 (37.5%)
224	BLACHOWSKA Agnieszka	9		K-30	31	01:46:16.20	+01:06:44 (62.8%)	10:37	5.6 (36.8%)
225	WALUKIEWICZ Magdalena	186	NZ	K-40	18	01:46:16.25	+01:06:44 (62.8%)	10:37	5.6 (36.8%)
226	LEBIODA Alicja	92		K-40	19	01:46:17.65	+01:06:45 (62.8%)	10:37	5.6 (36.8%)
227	KRUSZEWICZ-KOWALEWSKA Alina	382		K-40	20	01:47:28.40	+01:07:56 (63.2%)	10:44	5.6 (36.8%)
228	JADCZAK Danuta	68		K-60+	1	01:52:54.20	+01:13:22 (65.0%)	11:17	5.3 (34.9%)
229	LEWANDOWSKI Janusz	96	PARKRUN SZCZECIN	M-60+	8	01:52:54.55	+01:13:22 (65.0%)	11:17	5.3 (34.9%)
230	KOŁACZYŃSKA Monika	80		K-50	9	01:59:38.35	+01:20:06 (67.0%)	11:57	5 (32.9%)
231	BODNAR Zbigniew	14	BIEG KORCZAKA	M-60+	9	02:01:39.60	+01:22:07 (67.5%)	12:09	4.9 (32.2%)

Znaleziono 231 wynik(ów)