



# 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

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

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
115	<b>ŁAWNICZAK Sebastian</b>	<b>97</b>	ALUHAK	M-40	33	<b>01:04:14.35</b>	+00:24:42 (38.5%)	6:25	9.3 (61.2%)
116	<b>KACHNOWICZ-BUKAŁA Izabela</b>	<b>71</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	K-40	6	<b>01:04:16.35</b>	+00:24:44 (38.5%)	6:25	9.3 (61.2%)
117	<b>DUDA Krzysztof</b>	<b>35</b>	GPTW	M-40	34	<b>01:04:29.05</b>	+00:24:57 (38.7%)	6:26	9.3 (61.2%)
118	<b>DOBRYCKI Piotr</b>	<b>346</b>	BRIDGESTONE STARGARD RUNNERS	M-40	35	<b>01:04:33.65</b>	+00:25:01 (38.8%)	6:27	9.3 (61.2%)
119	<b>DORAWA-ZIOMEK Anna</b>	<b>32</b>	DZIKIE ŻÓŁWIE	K-30	9	<b>01:04:41.40</b>	+00:25:09 (38.9%)	6:28	9.3 (61.2%)
120	<b>ŚWIĄTEK Bronisław</b>	<b>367</b>	SAMOTNY WILK	M-60+	2	<b>01:04:47.65</b>	+00:25:15 (39.0%)	6:28	9.3 (61.2%)
121	<b>MATUSIAK Mariusz</b>	<b>103</b>		M-40	36	<b>01:05:17.30</b>	+00:25:45 (39.5%)	6:31	9.2 (60.5%)
122	<b>PAWLUŚ Tomasz</b>	<b>127</b>		M-40	37	<b>01:05:36.45</b>	+00:26:04 (39.8%)	6:33	9.1 (59.9%)
123	<b>GERLICH Klaus</b>	<b>44</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-50	9	<b>01:05:38.90</b>	+00:26:07 (39.8%)	6:33	9.1 (59.9%)
124	<b>HAWRYLAK Marcin</b>	<b>61</b>	14ZBOT/142BLP	M-50	10	<b>01:05:45.10</b>	+00:26:13 (39.9%)	6:34	9.1 (59.9%)
125	<b>JANKA Aleksandra</b>	<b>353</b>	GRUPA AZOTY	K-16	4	<b>01:05:45.40</b>	+00:26:13 (39.9%)	6:34	9.1 (59.9%)
126	<b>SPÓLNIK Paweł</b>	<b>170</b>		M-30	40	<b>01:06:06.10</b>	+00:26:34 (40.2%)	6:36	9.1 (59.9%)
127	<b>MAJEWSKA Dorota</b>	<b>98</b>	BIEGOLAS KOSZALIN	K-50	3	<b>01:06:10.95</b>	+00:26:39 (40.3%)	6:37	9.1 (59.9%)
128	<b>KRYGIER Krzysztof</b>	<b>357</b>		M-30	41	<b>01:06:11.60</b>	+00:26:39 (40.3%)	6:37	9.1 (59.9%)
129	<b>GÓRECKA Katarzyna</b>	<b>350</b>	PUSZCZYK BUKOWY	K-30	10	<b>01:06:11.70</b>	+00:26:40 (40.3%)	6:37	9.1 (59.9%)
130	<b>MĄDRAWSKI Tomasz</b>	<b>108</b>		M-40	38	<b>01:06:18.00</b>	+00:26:46 (40.4%)	6:37	9 (59.2%)
131	<b>DUBICKI Mikołaj</b>	<b>34</b>	STARGARD JA SIĘ NIE ŚCIGAM	M-16	17	<b>01:06:21.80</b>	+00:26:50 (40.4%)	6:38	9 (59.2%)
132	<b>MÜLLER Kathrin</b>	<b>112</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	K-50	4	<b>01:06:42.65</b>	+00:27:10 (40.7%)	6:40	9 (59.2%)
133	<b>SUSZA Małgorzata</b>	<b>177</b>		K-40	7	<b>01:07:09.45</b>	+00:27:37 (41.1%)	6:42	8.9 (58.6%)
134	<b>HARTWIGER Julia</b>	<b>60</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	K-30	11	<b>01:07:15.95</b>	+00:27:44 (41.2%)	6:43	8.9 (58.6%)
135	<b>PATZKE Ingo</b>	<b>124</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-50	11	<b>01:07:16.40</b>	+00:27:44 (41.2%)	6:43	8.9 (58.6%)
136	<b>PATZKI Wojciech</b>	<b>126</b>	TENET	M-16	18	<b>01:07:17.20</b>	+00:27:45 (41.3%)	6:43	8.9 (58.6%)
137	<b>BOCK Marcel</b>	<b>13</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-16	19	<b>01:07:20.95</b>	+00:27:49 (41.3%)	6:44	8.9 (58.6%)
138	<b>LEWANDOWSKA Anna</b>	<b>95</b>	HELL'S HEAVEN SZCZECIN	K-40	8	<b>01:07:22.45</b>	+00:27:50 (41.3%)	6:44	8.9 (58.6%)
139	<b>POGORZELSKA Aleksandra</b>	<b>133</b>		K-16	5	<b>01:07:27.50</b>	+00:27:55 (41.4%)	6:44	8.9 (58.6%)
140	<b>WITORZĘĆ Dariusz</b>	<b>196</b>		M-40	39	<b>01:07:30.30</b>	+00:27:58 (41.4%)	6:45	8.9 (58.6%)
141	<b>SOLIS Mariusz</b>	<b>168</b>	OŻW SZCZECIN	M-40	40	<b>01:08:00.25</b>	+00:28:28 (41.9%)	6:48	8.8 (57.9%)
142	<b>KOPYRA Izabela</b>	<b>81</b>		K-16	6	<b>01:08:13.70</b>	+00:28:42 (42.1%)	6:49	8.8 (57.9%)
143	<b>ROMANOWICZ Monika</b>	<b>143</b>	DZIKIE ŻÓŁWIE	K-30	12	<b>01:08:15.55</b>	+00:28:43 (42.1%)	6:49	8.8 (57.9%)
144	<b>SUCHODOLSKA Aleksandra</b>	<b>176</b>	DZIKIE ŻÓŁWIE	K-30	13	<b>01:08:16.05</b>	+00:28:44 (42.1%)	6:49	8.8 (57.9%)
145	<b>BRILLA Andrzej</b>	<b>20</b>	ŻANDARMERIA WOJSKOWA	M-40	41	<b>01:08:18.60</b>	+00:28:46 (42.1%)	6:49	8.8 (57.9%)
146	<b>BURDELAK Agnieszka</b>	<b>24</b>	ŻANDARMERIA WOJSKOWA	K-30	14	<b>01:08:19.95</b>	+00:28:48 (42.2%)	6:49	8.8 (57.9%)
147	<b>SOWA Krzysztof</b>	<b>169</b>	TRASHMAGEDDON	M-30	42	<b>01:08:22.10</b>	+00:28:50 (42.2%)	6:50	8.8 (57.9%)
148	<b>POGODA Rafał</b>	<b>132</b>	TIP	M-30	43	<b>01:08:50.95</b>	+00:29:19 (42.6%)	6:53	8.7 (57.2%)
149	<b>GUŁAJEWSKI Rafał</b>	<b>58</b>	14ZBOT/142BLP	M-40	42	<b>01:09:00.10</b>	+00:29:28 (42.7%)	6:54	8.7 (57.2%)
150	<b>MAZUR Filip</b>	<b>106</b>	14ZBOT/142BLP	M-30	44	<b>01:09:05.35</b>	+00:29:33 (42.8%)	6:54	8.7 (57.2%)
151	<b>SCHMIDT Sebastian</b>	<b>156</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-30	45	<b>01:09:29.05</b>	+00:29:57 (43.1%)	6:56	8.6 (56.6%)
152	<b>WIĘCKOWSKA Joanna</b>	<b>194</b>		K-30	15	<b>01:09:44.15</b>	+00:30:12 (43.3%)	6:58	8.6 (56.6%)
153	<b>PIŁATOWSKI Maciej</b>	<b>130</b>		M-30	46	<b>01:09:44.70</b>	+00:30:13 (43.3%)	6:58	8.6 (56.6%)
154	<b>ZALEWSKI Sylwester</b>	<b>205</b>		M-40	43	<b>01:09:53.05</b>	+00:30:21 (43.4%)	6:59	8.6 (56.6%)
155	<b>PATZKE Petra</b>	<b>125</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	K-50	5	<b>01:10:14.55</b>	+00:30:42 (43.7%)	7:01	8.5 (55.9%)
156	<b>WÓJCICKI Łukasz</b>	<b>200</b>	HELL'S HEAVEN SZCZECIN	M-40	44	<b>01:10:26.70</b>	+00:30:55 (43.9%)	7:02	8.5 (55.9%)
157	<b>WÓJCICKA Anna</b>	<b>199</b>	HELL'S HEAVEN SZCZECIN	K-40	9	<b>01:10:30.10</b>	+00:30:58 (43.9%)	7:03	8.5 (55.9%)
158	<b>MARCZYK Szymon</b>	<b>99</b>		M-16	20	<b>01:10:32.30</b>	+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	<b>HOŁOWCZYC Agnieszka Marta</b>	<b>64</b>	FREE AND WILD	K-30	16	<b>01:10:37.20</b>	+00:31:05 (44.0%)	7:03	8.5 (55.9%)
160	<b>HOŁOWCZYC Julia Anna</b>	<b>65</b>	FREE AND WILD	K-30	17	<b>01:10:38.15</b>	+00:31:06 (44.0%)	7:03	8.5 (55.9%)
161	<b>NOWACZYK Wojciech</b>	<b>117</b>		M-30	47	<b>01:10:40.00</b>	+00:31:08 (44.1%)	7:04	8.5 (55.9%)
162	<b>RAKOWSKI Piotr</b>	<b>141</b>		M-60+	3	<b>01:10:40.45</b>	+00:31:08 (44.1%)	7:04	8.5 (55.9%)
163	<b>KUNIKOWSKI Patryk</b>	<b>90</b>	STARGARD JA SIĘ NIE ŚCIGAM	M-40	45	<b>01:11:16.05</b>	+00:31:44 (44.5%)	7:07	8.4 (55.3%)
164	<b>KUNIKOWSKA Patrycja</b>	<b>89</b>	STARGARD JA SIĘ NIE ŚCIGAM	K-30	18	<b>01:11:16.30</b>	+00:31:44 (44.5%)	7:07	8.4 (55.3%)
165	<b>STAŃCZYK Sławomir</b>	<b>172</b>		M-30	48	<b>01:11:16.70</b>	+00:31:45 (44.5%)	7:07	8.4 (55.3%)
166	<b>JADRYCH Zbigniew</b>	<b>69</b>	STARGARD JA SIĘ NIE ŚCIGAM	M-40	46	<b>01:11:17.20</b>	+00:31:45 (44.6%)	7:07	8.4 (55.3%)
167	<b>GERLICH Michael</b>	<b>46</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-50	12	<b>01:11:25.70</b>	+00:31:54 (44.7%)	7:08	8.4 (55.3%)
168	<b>SCHULZE Stefan</b>	<b>158</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-50	13	<b>01:11:28.50</b>	+00:31:56 (44.7%)	7:08	8.4 (55.3%)
169	<b>KOLEJ Monika</b>	<b>79</b>	DZIKIE DZIKI GORZÓW	K-40	10	<b>01:12:00.35</b>	+00:32:28 (45.1%)	7:12	8.3 (54.6%)
170	<b>MROZIK Mariusz</b>	<b>111</b>	DZIKIE DZIKI GORZÓW	M-40	47	<b>01:12:00.45</b>	+00:32:28 (45.1%)	7:12	8.3 (54.6%)
171	<b>WIECZOREK Jakub</b>	<b>191</b>		M-16	21	<b>01:12:08.50</b>	+00:32:36 (45.2%)	7:12	8.3 (54.6%)
172	<b>SALAUYOU Raman</b>	<b>151</b>		M-30	49	<b>01:12:28.25</b>	+00:32:56 (45.5%)	7:14	8.3 (54.6%)
173	<b>HINDZIUK Artsiom</b>	<b>62</b>		M-30	50	<b>01:12:28.55</b>	+00:32:56 (45.5%)	7:14	8.3 (54.6%)
174	<b>WIECZOREK Magdalena</b>	<b>189</b>		K-40	11	<b>01:12:32.65</b>	+00:33:00 (45.5%)	7:15	8.3 (54.6%)
175	<b>PAWŁOWSKI Karol</b>	<b>128</b>		M-40	48	<b>01:12:36.35</b>	+00:33:04 (45.6%)	7:15	8.3 (54.6%)
176	<b>MAZUR Karol</b>	<b>107</b>	CSB DRAWSKO	M-40	49	<b>01:12:42.60</b>	+00:33:10 (45.6%)	7:16	8.3 (54.6%)
177	<b>TARGOSZ Łukasz</b>	<b>183</b>	GRUPA AZOTY	M-30	51	<b>01:13:06.85</b>	+00:33:35 (45.9%)	7:18	8.2 (53.9%)
178	<b>SAWICKA -WERS Urszula</b>	<b>152</b>		K-30	19	<b>01:13:20.00</b>	+00:33:48 (46.1%)	7:20	8.2 (53.9%)
179	<b>POŹNIAK Aleksandra</b>	<b>135</b>	DZIKIE DZIKI GORZÓW	K-30	20	<b>01:13:39.00</b>	+00:34:07 (46.3%)	7:21	8.1 (53.3%)
180	<b>SKRZYPIEC Andrzej</b>	<b>166</b>	BIEGACZE ŚWINOUJŚCIE	M-60+	4	<b>01:13:52.15</b>	+00:34:20 (46.5%)	7:23	8.1 (53.3%)
181	<b>CHODZICKA Kamila</b>	<b>344</b>		K-16	7	<b>01:13:52.60</b>	+00:34:20 (46.5%)	7:23	8.1 (53.3%)
182	<b>ZAWADZKI Andrzej</b>	<b>206</b>	TENET	M-16	22	<b>01:14:05.25</b>	+00:34:33 (46.6%)	7:24	8.1 (53.3%)
183	<b>MISIASZEK Mirosław</b>	<b>110</b>	MAŁKOCIN	M-50	14	<b>01:14:11.75</b>	+00:34:40 (46.7%)	7:25	8.1 (53.3%)
184	<b>BOCHENEK Jadwiga</b>	<b>343</b>	SEKTOR DOBREJ ZABAWY	K-40	12	<b>01:14:30.15</b>	+00:34:58 (46.9%)	7:27	8.1 (53.3%)
185	<b>LEPPAK Małgorzata</b>	<b>94</b>	CSB DRAWSKO	K-30	21	<b>01:14:38.25</b>	+00:35:06 (47.0%)	7:27	8 (52.6%)
186	<b>HNAT Rafał</b>	<b>63</b>		M-50	15	<b>01:14:41.70</b>	+00:35:10 (47.1%)	7:28	8 (52.6%)
187	<b>MILEWSKA Marta</b>	<b>109</b>		K-30	22	<b>01:14:42.50</b>	+00:35:10 (47.1%)	7:28	8 (52.6%)
188	<b>RUTKOWSKI Konrad</b>	<b>148</b>	14ZBOT/142BLP	M-30	52	<b>01:14:48.85</b>	+00:35:17 (47.2%)	7:28	8 (52.6%)
189	<b>ZAKRZEWSKA Sylwia</b>	<b>204</b>		K-30	23	<b>01:14:53.25</b>	+00:35:21 (47.2%)	7:29	8 (52.6%)
190	<b>KUCHARSKI Tomasz</b>	<b>88</b>	GRUPA AZOTY	M-50	16	<b>01:15:02.35</b>	+00:35:30 (47.3%)	7:30	8 (52.6%)
191	<b>BEDNARZ Katarzyna</b>	<b>6</b>		K-40	13	<b>01:15:20.50</b>	+00:35:48 (47.5%)	7:32	8 (52.6%)
192	<b>ORLON Barbara</b>	<b>119</b>	BIEG KORCZAKA	K-50	6	<b>01:15:22.30</b>	+00:35:50 (47.6%)	7:32	8 (52.6%)
193	<b>WOŹNIAK Rafał</b>	<b>198</b>	IHUHU TEAM	M-30	53	<b>01:16:38.20</b>	+00:37:06 (48.4%)	7:39	7.8 (51.3%)
194	<b>ZAKOŚCIELNA Katarzyna</b>	<b>203</b>	DZIKIE ŻÓŁWIE	K-30	24	<b>01:18:07.30</b>	+00:38:35 (49.4%)	7:48	7.7 (50.7%)
195	<b>MATYSEK Ireneusz</b>	<b>104</b>	KOMANDOS WAŁECKI	M-60+	5	<b>01:18:36.45</b>	+00:39:04 (49.7%)	7:51	7.6 (50.0%)
196	<b>DYDEK Dorota</b>	<b>39</b>	SKB DZIK	K-50	7	<b>01:19:17.10</b>	+00:39:45 (50.1%)	7:55	7.6 (50.0%)
197	<b>KNAPIK Justyna</b>	<b>77</b>		K-30	25	<b>01:21:20.75</b>	+00:41:49 (51.4%)	8:08	7.4 (48.7%)
198	<b>SOBALA Łukasz</b>	<b>366</b>		M-30	54	<b>01:21:41.75</b>	+00:42:10 (51.6%)	8:10	7.3 (48.0%)
199	<b>TOKAREK Justyna</b>	<b>184</b>		K-30	26	<b>01:22:18.40</b>	+00:42:46 (52.0%)	8:13	7.3 (48.0%)
200	<b>NOWAK Zbigniew</b>	<b>118</b>	SKB DZIK	M-60+	6	<b>01:22:45.15</b>	+00:43:13 (52.2%)	8:16	7.3 (48.0%)
201	<b>STACHOWICZ Małgorzata</b>	<b>171</b>		K-40	14	<b>01:23:43.20</b>	+00:44:11 (52.8%)	8:22	7.2 (47.4%)
202	<b>SKOWROŃSKI Andrzej</b>	<b>165</b>	GRUPA MALBORK	M-30	55	<b>01:23:43.30</b>	+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	<b>ZIELIŃSKA-RYŻ Katarzyna</b>	<b>209</b>		K-40	15	<b>01:23:50.90</b>	+00:44:19 (52.9%)	8:23	7.2 (47.4%)
204	<b>RATAJCZYK Patryk</b>	<b>142</b>	DLL PARTNERS	M-30	56	<b>01:26:35.35</b>	+00:47:03 (54.3%)	8:39	6.9 (45.4%)
205	<b>BOHONOS Adam</b>	<b>15</b>		M-40	50	<b>01:28:11.45</b>	+00:48:39 (55.2%)	8:49	6.8 (44.7%)
206	<b>LOBA Zuzanna</b>	<b>379</b>	SKB DZIK	K-16	8	<b>01:28:14.20</b>	+00:48:42 (55.2%)	8:49	6.8 (44.7%)
207	<b>TWAROWSKI Michal</b>	<b>369</b>		M-16	23	<b>01:28:24.55</b>	+00:48:52 (55.3%)	8:50	6.8 (44.7%)
208	<b>KIERUJ Jakub</b>	<b>74</b>	IHUUH TEAM	M-16	24	<b>01:28:45.45</b>	+00:49:13 (55.5%)	8:52	6.8 (44.7%)
209	<b>WIŚNIEWSKA Marta</b>	<b>195</b>	IHUUH TEAM	K-16	9	<b>01:28:46.40</b>	+00:49:14 (55.5%)	8:52	6.8 (44.7%)
210	<b>GOWORSKI Jerzy</b>	<b>49</b>	WIECZORNE BIEGANIE W SZCZECINIE	M-30	57	<b>01:29:55.50</b>	+00:50:23 (56.0%)	8:59	6.7 (44.1%)
211	<b>OSTROWSKA Ina</b>	<b>121</b>		K-40	16	<b>01:30:09.95</b>	+00:50:38 (56.2%)	9:00	6.7 (44.1%)
212	<b>RÓZGA Michał</b>	<b>145</b>		M-40	51	<b>01:30:10.35</b>	+00:50:38 (56.2%)	9:01	6.7 (44.1%)
213	<b>KRYSZEWSKA Magdalena</b>	<b>85</b>	DZIKIE ŻÓŁWIE	K-30	27	<b>01:30:58.35</b>	+00:51:26 (56.5%)	9:05	6.6 (43.4%)
214	<b>BOŚKO Paulina</b>	<b>17</b>	CMENTARNE HIENY	K-30	28	<b>01:31:07.95</b>	+00:51:36 (56.6%)	9:06	6.6 (43.4%)
215	<b>PRABUCKI Jarosław</b>	<b>137</b>		M-40	52	<b>01:32:22.70</b>	+00:52:51 (57.2%)	9:14	6.5 (42.8%)
216	<b>PRABUCKA Karolina</b>	<b>136</b>		K-40	17	<b>01:32:22.95</b>	+00:52:51 (57.2%)	9:14	6.5 (42.8%)
217	<b>MAĆKOWIAK Andrzej</b>	<b>360</b>		M-60+	7	<b>01:32:57.15</b>	+00:53:25 (57.5%)	9:17	6.5 (42.8%)
218	<b>MARGULA-JAŚKOWSKA Dorota</b>	<b>100</b>		K-30	29	<b>01:34:10.55</b>	+00:54:38 (58.0%)	9:25	6.4 (42.1%)
219	<b>KRZYWOŃ Paweł</b>	<b>86</b>		M-30	58	<b>01:36:14.95</b>	+00:56:43 (58.9%)	9:37	6.2 (40.8%)
220	<b>RUMOWSKA Agnieszka</b>	<b>147</b>		K-30	30	<b>01:36:34.45</b>	+00:57:02 (59.1%)	9:39	6.2 (40.8%)
221	<b>WIECZOREK Wojciech</b>	<b>190</b>		M-40	53	<b>01:41:35.45</b>	+01:02:03 (61.1%)	10:09	5.9 (38.8%)
222	<b>KOSIANOWSKA Monika</b>	<b>82</b>	GRUPA MALBORK	K-50	8	<b>01:42:33.90</b>	+01:03:02 (61.5%)	10:15	5.9 (38.8%)
223	<b>WARCHOŁ Kamil</b>	<b>187</b>	MACARENA WARRIORS	M-16	25	<b>01:46:11.30</b>	+01:06:39 (62.8%)	10:37	5.7 (37.5%)
224	<b>BLACHOWSKA Agnieszka</b>	<b>9</b>		K-30	31	<b>01:46:16.20</b>	+01:06:44 (62.8%)	10:37	5.6 (36.8%)
225	<b>WALUKIEWICZ Magdalena</b>	<b>186</b>	NZ	K-40	18	<b>01:46:16.25</b>	+01:06:44 (62.8%)	10:37	5.6 (36.8%)
226	<b>LEBIODA Alicja</b>	<b>92</b>		K-40	19	<b>01:46:17.65</b>	+01:06:45 (62.8%)	10:37	5.6 (36.8%)
227	<b>KRUSZEWICZ-KOWALEWSKA Alina</b>	<b>382</b>		K-40	20	<b>01:47:28.40</b>	+01:07:56 (63.2%)	10:44	5.6 (36.8%)
228	<b>JADCZAK Danuta</b>	<b>68</b>		K-60+	1	<b>01:52:54.20</b>	+01:13:22 (65.0%)	11:17	5.3 (34.9%)
229	<b>LEWANDOWSKI Janusz</b>	<b>96</b>	PARKRUN SZCZECIN	M-60+	8	<b>01:52:54.55</b>	+01:13:22 (65.0%)	11:17	5.3 (34.9%)
230	<b>KOŁACZYŃSKA Monika</b>	<b>80</b>		K-50	9	<b>01:59:38.35</b>	+01:20:06 (67.0%)	11:57	5 (32.9%)
231	<b>BODNAR Zbigniew</b>	<b>14</b>	BIEG KORCZAKA	M-60+	9	<b>02:01:39.60</b>	+01:22:07 (67.5%)	12:09	4.9 (32.2%)

Znaleziono 231 wynik(ów)