



XII DZIKI WEEKEND - FESTIWAL 3 DNI

B4SPORT
Bieganie. Życie. Energia.

Wydarzenie: Festiwal Biegowy Dzik Weekend 2022
Organizator: Stowarzyszenie Klub Biegowy Dzik
Data: 2022-08-19
Miejsce: Police
Dystans: 22,5 km

 **HERKULES**
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Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 5km	Etap 10km	Etap 7.5km	Czas netto 22.5km	Różn	Tempo min/km	Tempo km/h
1	JEFIMCZYK Norbert	213	7BOW/1BZ/1	M-16	1	00:19:44.00	00:39:31.00	00:55:51.00	01:55:06.00		5:06	11.7 (100%)
2	PYTLAK Michał	216	7BOW/1BZ/1	M-30	1	00:20:27.00	00:40:59.00	00:57:03.00	01:58:29.00	+00:03:23 (2.9%)	5:15	11.4 (97.4%)
3	ZACHARCZUK Albin	215	7BOW/1BZ/1	M-16	2	00:21:19.00	00:42:10.00	00:58:48.00	02:02:17.00	+00:07:11 (5.9%)	5:26	11 (94.0%)
4	PRZEKOPOWICZ Bartosz	138		M-30	2	00:21:58.00	00:43:23.00	01:00:56.00	02:06:17.00	+00:11:11 (8.9%)	5:36	10.7 (91.5%)
5	NOWICKI Artur	217	7BOW/1BZ	M-30	3	00:22:20.00	00:44:59.00	01:00:27.00	02:07:46.00	+00:12:40 (9.9%)	5:40	10.6 (90.6%)
6	BORYCHOWSKI Mariusz	212	7BOW/1BZ	M-50	1	00:21:52.00	00:43:52.00	01:02:18.00	02:08:02.00	+00:12:56 (10.1%)	5:41	10.5 (89.7%)
7	GOLAŃSKI Krzysztof	214	7BOW/1BZ	M-30	4	00:23:12.00	00:46:50.00	01:00:49.00	02:10:51.00	+00:15:45 (12.0%)	5:48	10.3 (88.0%)
8	BURAS Radosław	23	PSP SZCZECIN	M-30	5	00:23:15.00	00:49:38.00	01:01:59.00	02:14:52.00	+00:19:46 (14.7%)	5:59	10 (85.5%)
9	GRABEK Maciej	50	DZIKIE DZIKI GORZÓW	M-30	6	00:21:46.00	00:42:38.00	01:11:53.00	02:16:17.00	+00:21:11 (15.5%)	6:03	9.9 (84.6%)
10	ADAMSKI Janusz	1	VO2MAX RACING TEAM	M-50	2	00:24:50.00	00:51:15.00	01:04:58.00	02:21:03.00	+00:25:57 (18.4%)	6:16	9.6 (82.1%)
11	CHAJA Radosław	28		M-30	7	00:22:56.00	00:49:41.00	01:09:18.00	02:21:55.00	+00:26:49 (18.9%)	6:18	9.5 (81.2%)
12	RAKOWSKI Łukasz	140	VO2MAX RACING TEAM	M-30	8	00:24:54.00	00:50:31.00	01:06:50.00	02:22:15.00	+00:27:09 (19.1%)	6:19	9.5 (81.2%)
13	CHMIELEWSKI Tomasz	30	VO2MAX RACING TEAM	M-40	1	00:24:57.00	00:51:38.00	01:06:50.00	02:23:25.00	+00:28:19 (19.7%)	6:22	9.4 (80.3%)
14	WRÓBLEWSKI Michał	202	DZIKIE WRÓBLE	M-40	2	00:23:49.00	00:51:22.00	01:09:18.00	02:24:29.00	+00:29:23 (20.3%)	6:25	9.3 (79.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 5km	Etap 10km	Etap 7.5km	Czas		Tempo min/km	Tempo km/h
									netto 22.5km	Różn		
15	DYDEK Edyta	38	SKB DZIK/14ZBOT	K-16	1	00:25:14.00	00:50:48.00	01:09:39.00	02:25:41.00	+00:30:35 (21.0%)	6:28	9.3 (79.5%)
16	KRZEŚNIEWSKI Marcin	211	VO2MAX RACING TEAM	M-40	3	00:25:20.00	00:50:04.00	01:13:21.00	02:28:45.00	+00:33:39 (22.6%)	6:36	9.1 (77.8%)
17	SAKOSIK Krystian	150	KOSA	M-30	9	00:25:25.00	00:51:25.00	01:16:53.00	02:33:43.00	+00:38:37 (25.1%)	6:49	8.8 (75.2%)
18	GOŁĘBIEWSKI Tomasz	48	PSP SZCZECIN	M-40	4	00:27:06.00	00:54:30.00	01:12:19.00	02:33:55.00	+00:38:49 (25.2%)	6:50	8.8 (75.2%)
19	MARZEC Karolina	101	DZIKIE DZIKI GORZÓW	K-40	1	00:26:58.00	00:52:43.00	01:15:18.00	02:34:59.00	+00:39:53 (25.7%)	6:53	8.7 (74.4%)
20	ZELEK Darek	207		M-40	5	00:25:36.00	00:53:07.00	01:16:23.00	02:35:06.00	+00:40:00 (25.8%)	6:53	8.7 (74.4%)
21	ANTOSIK Bartosz	2		M-30	10	00:25:47.00	00:53:24.00	01:16:43.00	02:35:54.00	+00:40:48 (26.2%)	6:55	8.7 (74.4%)
22	SICIŃSKI Damian	163	OSP PRZEMOCZE	M-16	3	00:26:08.00	00:53:02.00	01:16:56.00	02:36:06.00	+00:41:00 (26.3%)	6:56	8.6 (73.5%)
23	KOCZKODAJ Kamil	78	OŻW SZCZECIN	M-30	11	00:26:46.00	00:53:45.00	01:16:00.00	02:36:31.00	+00:41:25 (26.5%)	6:57	8.6 (73.5%)
24	SZULC Marcin	181	BOLI BOLI	M-40	6	00:27:31.00	00:56:51.00	01:15:50.00	02:40:12.00	+00:45:06 (28.2%)	7:07	8.4 (71.8%)
25	PASIKOWSKI Kamil	123	SKB DZIK/14ZBOT	M-16	4	00:26:45.00	00:57:24.00	01:17:52.00	02:42:01.00	+00:46:55 (29.0%)	7:12	8.3 (70.9%)
26	OSTOJSKI Ireneusz	120	DLL PARTNERS	M-40	7	00:25:28.00	00:58:06.00	01:18:37.00	02:42:11.00	+00:47:05 (29.0%)	7:12	8.3 (70.9%)
27	RYTTEL Marcin	149	14ZBOT/142BLP	M-40	8	00:27:39.00	00:57:17.00	01:17:48.00	02:42:44.00	+00:47:38 (29.3%)	7:13	8.3 (70.9%)
28	BOROWSKA Karolina	16	VO2MAX RACING TEAM	K-30	1	00:25:31.00	00:51:27.00	01:25:58.00	02:42:56.00	+00:47:50 (29.4%)	7:14	8.3 (70.9%)
29	WOSZCZYK Sebastian	197	GRUPA MALBORK	M-40	9	00:28:04.00	00:56:38.00	01:19:03.00	02:43:45.00	+00:48:39 (29.7%)	7:16	8.2 (70.1%)
30	PILARCZYK Katarzyna	129	KSF	K-30	2	00:26:25.00	00:54:52.00	01:23:25.00	02:44:42.00	+00:49:36 (30.1%)	7:19	8.2 (70.1%)
31	SERKOWSKA Paulina	162		K-16	2	00:29:58.00	01:00:10.00	01:16:39.00	02:46:47.00	+00:51:41 (31.0%)	7:24	8.1 (69.2%)
32	KĘDZIOR Jakub	73		M-30	12	00:28:17.00	00:58:13.00	01:20:27.00	02:46:57.00	+00:51:51 (31.1%)	7:25	8.1 (69.2%)
33	PAŁASZEWSKA Karolina	122	14ZBOT/142BLP	K-30	3	00:27:38.00	00:54:59.00	01:25:23.00	02:48:00.00	+00:52:54 (31.5%)	7:28	8 (68.4%)
34	BOCHENEK Michał	10	SEKTOR DOBREJ ZABAWY	M-30	13	00:25:34.00	00:53:56.00	01:30:42.00	02:50:12.00	+00:55:06 (32.4%)	7:33	7.9 (67.5%)
35	CHENON Guillaume	29		M-40	10	00:25:03.00	00:52:36.00	01:33:27.00	02:51:06.00	+00:56:00 (32.7%)	7:36	7.9 (67.5%)
36	GRUDZIŃSKI Tomasz	56	TEAM SPIRIT NOWA SÓL	M-40	11	00:28:49.00	00:58:07.00	01:25:07.00	02:52:03.00	+00:56:57 (33.1%)	7:38	7.8 (66.7%)
37	STECIUK Michał	173		M-30	14	00:27:52.00	00:54:59.00	01:29:28.00	02:52:19.00	+00:57:13 (33.2%)	7:39	7.8 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 5km	Etap 10km	Etap 7.5km	Czas		Tempo min/km	Tempo km/h
									netto 22.5km	Różn		
38	CZYŻEWSKI Tomasz	31	TENET	M-40	12	00:27:14.00	00:56:41.00	01:29:14.00	02:53:09.00	+00:58:03 (33.5%)	7:41	7.8 (66.7%)
39	LENCEWICZ Grzegorz	93	VO2MAX RACING TEAM	M-30	15	00:27:38.00	01:03:07.00	01:22:26.00	02:53:11.00	+00:58:05 (33.5%)	7:41	7.8 (66.7%)
40	FILDEBRANDT Basia	41	SEKTOR DOBREJ ZABAWY	K-40	2	00:27:34.00	00:55:27.00	01:30:41.00	02:53:42.00	+00:58:36 (33.7%)	7:43	7.8 (66.7%)
41	SZMYCIŃSKI Piotr	180	OSP PRZEMOCZE	M-16	5	00:28:30.00	00:56:45.00	01:29:13.00	02:54:28.00	+00:59:22 (34.0%)	7:45	7.7 (65.8%)
42	KUCHARCZYK Robert	87	14ZBOT/142BLP	M-50	3	00:31:03.00	01:03:42.00	01:20:21.00	02:55:06.00	+01:00:00 (34.3%)	7:46	7.7 (65.8%)
43	ROSIAK Marcin	144		M-30	16	00:28:14.00	00:59:52.00	01:27:37.00	02:55:43.00	+01:00:37 (34.5%)	7:48	7.7 (65.8%)
44	GRALEWICZ Albert	53		M-16	6	00:26:04.00	01:01:06.00	01:30:00.00	02:57:10.00	+01:02:04 (35.0%)	7:52	7.6 (65.0%)
45	BUCHOLC Zbigniew	21	GRUPA AZOTY	M-40	13	00:28:20.00	01:02:04.00	01:26:57.00	02:57:21.00	+01:02:15 (35.1%)	7:52	7.6 (65.0%)
46	SOBCZAK Paweł	167		M-40	14	00:28:56.00	01:00:03.00	01:30:52.00	02:59:51.00	+01:04:45 (36.0%)	7:59	7.5 (64.1%)
47	KARCZEWICZ Piotr	72	OŻW SZCZECIN	M-30	17	00:27:35.00	00:59:18.00	01:33:18.00	03:00:11.00	+01:05:05 (36.1%)	8:00	7.5 (64.1%)
48	ARLUKIEWICZ Grzegorz	3	TIP	M-30	18	00:27:20.00	00:53:24.00	01:39:40.00	03:00:24.00	+01:05:18 (36.2%)	8:01	7.5 (64.1%)
49	KANIA Marcin	219	KB DZIK POLICE	M-16	7	00:28:15.00	00:59:38.00	01:33:57.00	03:01:50.00	+01:06:44 (36.7%)	8:04	7.4 (63.2%)
50	MURAWSKA Wioletta	113	KB DZIK POLICE	K-50	1	00:31:09.00	01:01:45.00	01:29:14.00	03:02:08.00	+01:07:02 (36.8%)	8:05	7.4 (63.2%)
51	GRYGORCEWICZ Władysław	57	SKB DZIK	M-60+	1	00:31:28.00	01:02:28.00	01:28:51.00	03:02:47.00	+01:07:41 (37.0%)	8:07	7.4 (63.2%)
52	SOLIS Mariusz	168	OŻW SZCZECIN	M-40	15	00:30:55.00	01:08:00.00	01:25:36.00	03:04:31.00	+01:09:25 (37.6%)	8:12	7.3 (62.4%)
53	WIERZBICKA Sylwia	193	14 ZBOT	K-50	2	00:30:39.00	01:03:15.00	01:30:39.00	03:04:33.00	+01:09:27 (37.6%)	8:12	7.3 (62.4%)
54	KRÓL Kamil	67	DZIADY OCR	M-30	19	00:27:51.00	00:59:56.00	01:37:39.00	03:05:26.00	+01:10:20 (37.9%)	8:14	7.3 (62.4%)
55	NIEWIADOMSKI Mateusz	116		M-30	20	00:31:31.00	01:01:33.00	01:32:31.00	03:05:35.00	+01:10:29 (38.0%)	8:14	7.3 (62.4%)
56	FURMANIAK Piotr	42	GRUPA MALBORK	M-40	16	00:29:23.00	00:59:05.00	01:37:30.00	03:05:58.00	+01:10:52 (38.1%)	8:15	7.3 (62.4%)
57	MASYS Agnieszka	102	GRUPA MALBORK	K-40	3	00:31:47.00	01:02:01.00	01:33:15.00	03:07:03.00	+01:11:57 (38.5%)	8:18	7.2 (61.5%)
58	GRALEWICZ Robert	52		M-40	17	00:29:03.00	00:59:33.00	01:38:46.00	03:07:22.00	+01:12:16 (38.6%)	8:19	7.2 (61.5%)
58	GRALEWICZ Olgierd	54		M-16	8	00:28:32.00	01:00:04.00	01:38:46.00	03:07:22.00	+01:12:16 (38.6%)	8:19	7.2 (61.5%)
60	KLEPACKI Bartek	76		M-40	18	00:30:03.00	01:03:09.00	01:35:06.00	03:08:18.00	+01:13:12 (38.9%)	8:22	7.2 (61.5%)

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									netto 22.5km	Różn		
61	STĘPNIAK Lesław	174		M-40	19	00:30:45.00	01:04:08.00	01:34:43.00	03:09:36.00	+01:14:30 (39.3%)	8:25	7.1 (60.7%)
62	MATUSIAK Mariusz	103		M-40	20	00:29:52.00	01:05:17.00	01:34:36.00	03:09:45.00	+01:14:39 (39.3%)	8:26	7.1 (60.7%)
63	SENDEROWSKI Maciej	161	GRUPA AZOTY	M-40	21	00:31:53.00	01:02:53.00	01:35:07.00	03:09:53.00	+01:14:47 (39.4%)	8:26	7.1 (60.7%)
64	LEWANDOWSKA Anna	95	HELL'S HEAVEN SZCZECIN	K-40	4	00:30:58.00	01:07:22.00	01:32:06.00	03:10:26.00	+01:15:20 (39.6%)	8:27	7.1 (60.7%)
65	CESAK Grzegorz	27	CSB DRAWSKO	M-30	21	00:33:52.00	01:02:04.00	01:35:01.00	03:10:57.00	+01:15:51 (39.7%)	8:29	7.1 (60.7%)
66	SCHERFENBERG Łukasz	155	DINAMO BATUMI	M-30	22	00:30:59.00	00:56:49.00	01:43:25.00	03:11:13.00	+01:16:07 (39.8%)	8:29	7.1 (60.7%)
67	DORAWA-ZIOMEK Anna	32	DZIKIE ŻÓŁWIE	K-30	4	00:31:24.00	01:04:41.00	01:35:56.00	03:12:01.00	+01:16:55 (40.1%)	8:32	7 (59.8%)
68	SAWICKI Bartosz	153	DZIKIE DZIKI GORZÓW	M-30	23	00:26:10.00	00:52:24.00	01:53:35.00	03:12:09.00	+01:17:03 (40.1%)	8:32	7 (59.8%)
69	SZESZKOWSKI Tomasz	178		M-40	22	00:29:09.00	01:00:34.00	01:43:28.00	03:13:11.00	+01:18:05 (40.4%)	8:35	7 (59.8%)
70	PATZKI Wojciech	126	TENET	M-16	9	00:29:39.00	01:07:17.00	01:36:41.00	03:13:37.00	+01:18:31 (40.6%)	8:36	7 (59.8%)
71	WÓJCICKA Anna	199	HELL'S HEAVEN SZCZECIN	K-40	5	00:32:24.00	01:10:30.00	01:31:57.00	03:14:51.00	+01:19:45 (40.9%)	8:39	6.9 (59.0%)
72	MAJEWSKA Dorota	98	BIEGOLAS KOSZALIN	K-50	3	00:32:14.00	01:06:10.00	01:37:11.00	03:15:35.00	+01:20:29 (41.2%)	8:41	6.9 (59.0%)
73	MROZIK Mariusz	111	DZIKIE DZIKI GORZÓW	M-40	23	00:29:29.00	01:12:00.00	01:35:11.00	03:16:40.00	+01:21:34 (41.5%)	8:44	6.9 (59.0%)
74	BIESEK Katarzyna	8	GO2TRI	K-30	5	00:30:58.00	01:03:13.00	01:43:25.00	03:17:36.00	+01:22:30 (41.8%)	8:46	6.8 (58.1%)
75	DUDA Krzysztof	35	GPTW	M-40	24	00:33:22.00	01:04:29.00	01:42:38.00	03:20:29.00	+01:25:23 (42.6%)	8:54	6.7 (57.3%)
76	HAWRYŁAK Marcin	61	14ZBOT/142BLP	M-50	4	00:30:18.00	01:05:45.00	01:45:42.00	03:21:45.00	+01:26:39 (42.9%)	8:58	6.7 (57.3%)
76	MAZUR Filip	106	14ZBOT/142BLP	M-30	24	00:33:09.00	01:09:05.00	01:39:31.00	03:21:45.00	+01:26:39 (42.9%)	8:58	6.7 (57.3%)
78	KOLEJ Monika	79	DZIKIE DZIKI GORZÓW	K-40	6	00:36:11.00	01:12:00.00	01:35:10.00	03:23:21.00	+01:28:15 (43.4%)	9:02	6.6 (56.4%)
79	ROMANOWICZ Monika	143	DZIKIE ŻÓŁWIE	K-30	6	00:32:36.00	01:08:15.00	01:43:01.00	03:23:52.00	+01:28:46 (43.5%)	9:03	6.6 (56.4%)
80	SKOWROŃSKI Andrzej	165	GRUPA MALBORK	M-30	25	00:41:42.00	01:23:43.00	01:18:54.00	03:24:19.00	+01:29:13 (43.7%)	9:04	6.6 (56.4%)
81	POGODA Rafał	132	TIP	M-30	26	00:33:57.00	01:08:50.00	01:42:07.00	03:24:54.00	+01:29:48 (43.8%)	9:06	6.6 (56.4%)
82	LEPPAK Małgorzata	94	CSB DRAWSKO	K-30	7	00:35:21.00	01:14:38.00	01:34:59.00	03:24:58.00	+01:29:52 (43.8%)	9:06	6.6 (56.4%)
82	MURYN Dawid	114		M-16	10	00:35:16.00	00:59:07.00	01:50:35.00	03:24:58.00	+01:29:52 (43.8%)	9:06	6.6 (56.4%)

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									netto 22.5km	Różn		
84	WIECZOREK Jakub	191		M-16	11	00:32:43.00	01:12:08.00	01:41:27.00	03:26:18.00	+01:31:12 (44.2%)	9:10	6.5 (55.6%)
85	MAZUR Karol	107	CSB DRAWSKO	M-40	25	00:34:41.00	01:12:42.00	01:41:37.00	03:29:00.00	+01:33:54 (44.9%)	9:17	6.5 (55.6%)
86	POSZUMSKA Gabriela	134		K-16	3	00:31:38.00	01:04:13.00	01:53:41.00	03:29:32.00	+01:34:26 (45.1%)	9:18	6.4 (54.7%)
87	DUDKA Robert	37		M-30	27	00:33:24.00	01:01:36.00	01:54:33.00	03:29:33.00	+01:34:27 (45.1%)	9:18	6.4 (54.7%)
88	MISIASZEK Mirosław	110	MAŁKOCIN	M-50	5	00:34:00.00	01:14:11.00	01:41:27.00	03:29:38.00	+01:34:32 (45.1%)	9:19	6.4 (54.7%)
89	ZALEWSKI Sylwester	205		M-40	26	00:32:40.00	01:09:53.00	01:47:18.00	03:29:51.00	+01:34:45 (45.2%)	9:19	6.4 (54.7%)
90	POGORZELSKA Aleksandra	133		K-16	4	00:32:30.00	01:07:27.00	01:51:16.00	03:31:13.00	+01:36:07 (45.5%)	9:23	6.4 (54.7%)
91	BURDZIK Wojciech	25		M-30	28	00:28:33.00	00:58:00.00	02:05:24.00	03:31:57.00	+01:36:51 (45.7%)	9:25	6.4 (54.7%)
92	SPÓLNIK Paweł	170		M-30	29	00:32:31.00	01:06:06.00	01:53:35.00	03:32:12.00	+01:37:06 (45.8%)	9:25	6.4 (54.7%)
93	TARGOSZ Łukasz	183	GRUPA AZOTY	M-30	30	00:34:07.00	01:13:06.00	01:45:23.00	03:32:36.00	+01:37:30 (45.9%)	9:26	6.3 (53.8%)
94	RUTKOWSKI Konrad	148	14ZBOT/142BLP	M-30	31	00:34:22.00	01:14:48.00	01:43:42.00	03:32:52.00	+01:37:46 (45.9%)	9:27	6.3 (53.8%)
95	KRUK Bartosz	84		M-30	32	00:29:00.00	01:01:19.00	02:02:53.00	03:33:12.00	+01:38:06 (46.0%)	9:28	6.3 (53.8%)
96	DUDENKO Jerzy	36	DZIKIEDUDKI	M-40	27	00:28:43.00	00:58:44.00	02:06:05.00	03:33:32.00	+01:38:26 (46.1%)	9:29	6.3 (53.8%)
97	BADURA Ewelina	4	ŻANDARMERIA WOJSKOWA	K-30	8	00:29:26.00	01:03:13.00	02:01:16.00	03:33:55.00	+01:38:49 (46.2%)	9:30	6.3 (53.8%)
98	PAWLUŚ Tomasz	127		M-40	28	00:32:32.00	01:05:36.00	01:56:04.00	03:34:12.00	+01:39:06 (46.3%)	9:31	6.3 (53.8%)
99	SAWICKI Paweł	154	ŻANDARMERIA WOJSKOWA	M-40	29	00:30:40.00	01:02:41.00	02:01:16.00	03:34:37.00	+01:39:31 (46.4%)	9:32	6.3 (53.8%)
100	WÓJCICKI Łukasz	200	HELL'S HEAVEN SZCZECIN	M-40	30	00:33:11.00	01:10:26.00	01:51:26.00	03:35:03.00	+01:39:57 (46.5%)	9:33	6.3 (53.8%)
101	DYDEK Dorota	39	SKB DZIK/14ZBOT	K-50	4	00:38:37.00	01:19:17.00	01:40:28.00	03:38:22.00	+01:43:16 (47.3%)	9:42	6.2 (53.0%)
102	MĄDRAWSKI Tomasz	108		M-40	31	00:32:23.00	01:06:18.00	02:00:54.00	03:39:35.00	+01:44:29 (47.6%)	9:45	6.1 (52.1%)
103	BURDELAK Agnieszka	24	ŻANDARMERIA WOJSKOWA	K-30	9	00:30:41.00	01:08:19.00	02:01:16.00	03:40:16.00	+01:45:10 (47.7%)	9:47	6.1 (52.1%)
104	BYCZKOWSKI Jan	26	DZIKIE DUDKI	M-40	32	00:31:17.00	01:03:16.00	02:06:05.00	03:40:38.00	+01:45:32 (47.8%)	9:48	6.1 (52.1%)
105	MARCZYK Szymon	99		M-16	12	00:33:46.00	01:10:32.00	01:56:35.00	03:40:53.00	+01:45:47 (47.9%)	9:49	6.1 (52.1%)
106	POŻNIAK Aleksandra	135	DZIKIE DZIKI GORZÓW	K-30	10	00:34:10.00	01:13:39.00	01:53:35.00	03:41:24.00	+01:46:18 (48.0%)	9:50	6.1 (52.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 5km	Etap 10km	Etap 7.5km	Czas netto 22.5km	Różn	Tempo min/km	Tempo km/h
107	KIWILSZA Wojciech	75	IHUHU TEAM	M-30	33	00:31:18.00	01:03:53.00	02:06:45.00	03:41:56.00	+01:46:50 (48.1%)	9:51	6.1 (52.1%)
108	BRACHMANN Georg	18	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-30	34	00:23:47.00	00:51:59.00	02:26:52.00	03:42:38.00	+01:47:32 (48.3%)	9:53	6.1 (52.1%)
109	HOŁOWCZYC Agnieszka Marta	64	FREE AND WILD	K-30	11	00:33:43.00	01:10:37.00	01:58:59.00	03:43:19.00	+01:48:13 (48.5%)	9:55	6 (51.3%)
110	HOŁOWCZYC Julia Anna	65	FREE AND WILD	K-30	12	00:33:43.00	01:10:38.00	01:58:59.00	03:43:20.00	+01:48:14 (48.5%)	9:55	6 (51.3%)
111	BRILLA Andrzej	20	ŻANDARMERIA WOJSKOWA	M-40	33	00:33:52.00	01:08:18.00	02:01:16.00	03:43:26.00	+01:48:20 (48.5%)	9:55	6 (51.3%)
112	GERLICH Kai	45	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-16	13	00:24:37.00	00:51:11.00	02:27:55.00	03:43:43.00	+01:48:37 (48.6%)	9:56	6 (51.3%)
113	KUREK Hubert	91		M-30	35	00:26:33.00	00:56:02.00	02:21:10.00	03:43:45.00	+01:48:39 (48.6%)	9:56	6 (51.3%)
114	SKRZYPIEC Andrzej	166	BIEGACZE ŚWINOUJŚCIE	M-60+	2	00:32:26.00	01:13:52.00	01:57:41.00	03:43:59.00	+01:48:53 (48.6%)	9:57	6 (51.3%)
115	RAKOWSKI Piotr	141		M-60+	3	00:36:05.00	01:10:40.00	01:57:43.00	03:44:28.00	+01:49:22 (48.7%)	9:58	6 (51.3%)
116	BUHMANN Philip	22	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-30	36	00:25:32.00	00:52:39.00	02:26:52.00	03:45:03.00	+01:49:57 (48.9%)	10:00	6 (51.3%)
117	PAWŁOWSKI Karol	128		M-40	34	00:37:24.00	01:12:36.00	01:55:26.00	03:45:26.00	+01:50:20 (48.9%)	10:01	6 (51.3%)
118	SALAUYOU Raman	151		M-30	37	00:37:06.00	01:12:28.00	01:56:19.00	03:45:53.00	+01:50:47 (49.0%)	10:02	6 (51.3%)
119	HINDZIUK Artsiom	62		M-30	38	00:37:07.00	01:12:28.00	01:56:40.00	03:46:15.00	+01:51:09 (49.1%)	10:03	6 (51.3%)
120	SUSZA Małgorzata	177		K-40	7	00:32:49.00	01:07:09.00	02:06:52.00	03:46:50.00	+01:51:44 (49.3%)	10:04	6 (51.3%)
121	WASILEWSKI Andrzej	188		M-40	35	00:22:40.00	00:50:00.00	02:36:37.00	03:49:17.00	+01:54:11 (49.8%)	10:11	5.9 (50.4%)
122	ŁAWNICZAK Sebastian	97	ALUHAK	M-40	36	00:31:19.00	01:04:14.00	02:15:48.00	03:51:21.00	+01:56:15 (50.2%)	10:16	5.8 (49.6%)
123	NOWACZYK Wojciech	117		M-30	39	00:34:42.00	01:10:40.00	02:06:11.00	03:51:33.00	+01:56:27 (50.3%)	10:17	5.8 (49.6%)
124	HNAT Rafał	63		M-50	6	00:33:05.00	01:14:41.00	02:05:12.00	03:52:58.00	+01:57:52 (50.6%)	10:21	5.8 (49.6%)
125	KOPYRA Izabela	81		K-16	5	00:35:56.00	01:08:13.00	02:08:53.00	03:53:02.00	+01:57:56 (50.6%)	10:21	5.8 (49.6%)
126	MATYSEK Ireneusz	104	KOMANDOS WAŁECKI	M-60+	4	00:37:53.00	01:18:36.00	01:57:40.00	03:54:09.00	+01:59:03 (50.8%)	10:24	5.8 (49.6%)
127	SEEBODE Christian	160	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-50	7	00:28:53.00	00:58:27.00	02:26:53.00	03:54:13.00	+01:59:07 (50.9%)	10:24	5.8 (49.6%)
128	WIĘCKOWSKA Joanna	194		K-30	13	00:33:20.00	01:09:44.00	02:11:31.00	03:54:35.00	+01:59:29 (50.9%)	10:25	5.8 (49.6%)
129	PIŁATOWSKI Maciej	130		M-30	40	00:33:21.00	01:09:44.00	02:11:31.00	03:54:36.00	+01:59:30 (50.9%)	10:25	5.8 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 5km	Etap 10km	Etap 7.5km	Czas netto 22.5km	Różn	Tempo min/km	Tempo km/h
130	SCHULZE Jan - Michel	159	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-16	14	00:28:39.00	01:01:17.00	02:26:51.00	03:56:47.00	+02:01:41 (51.4%)	10:31	5.7 (48.7%)
131	ZAWADZKI Andrzej	206	TENET	M-16	15	00:35:25.00	01:14:05.00	02:07:23.00	03:56:53.00	+02:01:47 (51.4%)	10:31	5.7 (48.7%)
132	WOŹNIAK Rafał	198	IHUUH TEAM	M-30	41	00:35:15.00	01:16:38.00	02:06:45.00	03:58:38.00	+02:03:32 (51.8%)	10:36	5.7 (48.7%)
133	SAWICKA -WERS Urszula	152		K-30	14	00:40:13.00	01:13:20.00	02:05:33.00	03:59:06.00	+02:04:00 (51.9%)	10:37	5.6 (47.9%)
134	BRANDES Tilman	19	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-30	42	00:32:03.00	01:01:18.00	02:26:59.00	04:00:20.00	+02:05:14 (52.1%)	10:40	5.6 (47.9%)
135	BEDNARZ Katarzyna	6		K-40	8	00:40:13.00	01:15:20.00	02:05:33.00	04:01:06.00	+02:06:00 (52.3%)	10:42	5.6 (47.9%)
136	ZAKRZEWSKA Sylwia	204		K-30	15	00:36:52.00	01:14:53.00	02:11:01.00	04:02:46.00	+02:07:40 (52.6%)	10:47	5.6 (47.9%)
137	GERLICH Klaus	44	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-50	8	00:30:52.00	01:05:38.00	02:27:54.00	04:04:24.00	+02:09:18 (52.9%)	10:51	5.5 (47.0%)
138	WIECZOREK Magdalena	189		K-40	9	00:36:51.00	01:12:32.00	02:16:53.00	04:06:16.00	+02:11:10 (53.3%)	10:56	5.5 (47.0%)
139	SOWA Krzysztof	169	TRASHMAGEDDON	M-30	43	00:31:13.00	01:08:22.00	02:26:48.00	04:06:23.00	+02:11:17 (53.3%)	10:57	5.5 (47.0%)
140	PATZKE Ingo	124	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-50	9	00:32:16.00	01:07:16.00	02:26:52.00	04:06:24.00	+02:11:18 (53.3%)	10:57	5.5 (47.0%)
141	DUBICKI Mikołaj	34	STARGARD JA SIĘ NIE ŚCIGAM	M-16	16	00:35:35.00	01:06:21.00	02:24:38.00	04:06:34.00	+02:11:28 (53.3%)	10:57	5.5 (47.0%)
142	STACHOWICZ Małgorzata	171		K-40	10	00:41:42.00	01:23:43.00	02:02:24.00	04:07:49.00	+02:12:43 (53.6%)	11:00	5.4 (46.2%)
143	KIERUJ Jakub	74	IHUUH TEAM	M-16	17	00:32:55.00	01:28:45.00	02:06:45.00	04:08:25.00	+02:13:19 (53.7%)	11:02	5.4 (46.2%)
144	SUCHODOLSKA Aleksandra	176	DZIKIE ŻÓŁWIE	K-30	16	00:32:37.00	01:08:16.00	02:29:12.00	04:10:05.00	+02:14:59 (54.0%)	11:06	5.4 (46.2%)
145	SCHMIDT Sebastian	156	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-30	44	00:34:04.00	01:09:29.00	02:26:51.00	04:10:24.00	+02:15:18 (54.0%)	11:07	5.4 (46.2%)
146	MILEWSKA Marta	109		K-30	17	00:34:33.00	01:14:42.00	02:21:11.00	04:10:26.00	+02:15:20 (54.0%)	11:07	5.4 (46.2%)
147	HARTWIGER Julia	60	BRAUNSCHWEIG HASH HOUSE HARRIERS	K-30	18	00:36:20.00	01:07:15.00	02:26:55.00	04:10:30.00	+02:15:24 (54.1%)	11:08	5.4 (46.2%)
148	MÜLLER Kathrin	112	BRAUNSCHWEIG HASH HOUSE HARRIERS	K-50	5	00:36:13.00	01:06:42.00	02:27:55.00	04:10:50.00	+02:15:44 (54.1%)	11:08	5.4 (46.2%)
149	SCHULZE Stefan	158	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-50	10	00:34:59.00	01:11:28.00	02:26:58.00	04:13:25.00	+02:18:19 (54.6%)	11:15	5.3 (45.3%)
150	PATZKE Petra	125	BRAUNSCHWEIG HASH HOUSE HARRIERS	K-50	6	00:36:20.00	01:10:14.00	02:26:56.00	04:13:30.00	+02:18:24 (54.6%)	11:16	5.3 (45.3%)
151	NOWAK Zbigniew	118	SKB DZIK	M-60+	5	00:39:46.00	01:22:45.00	02:11:09.00	04:13:40.00	+02:18:34 (54.6%)	11:16	5.3 (45.3%)
152	WIŚNIEWSKA Marta	195	IHUUH TEAM	K-16	6	00:38:24.00	01:28:46.00	02:06:45.00	04:13:55.00	+02:18:49 (54.7%)	11:17	5.3 (45.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 5km	Etap 10km	Etap 7.5km	Czas netto 22.5km	Różn	Tempo min/km	Tempo km/h
153	GERLICH Michael	46	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-50	11	00:35:35.00	01:11:25.00	02:27:56.00	04:14:56.00	+02:19:50 (54.9%)	11:19	5.3 (45.3%)
154	KACHNOWICZ-BUKAŁA Izabela	71	BRAUNSCHWEIG HASH HOUSE HARRIERS	K-40	11	00:32:32.00	01:04:16.00	02:39:14.00	04:16:02.00	+02:20:56 (55.0%)	11:22	5.3 (45.3%)
155	KUNIKOWSKA Patrycja	89	STARGARD JA SIĘ NIE ŚCIGAM	K-30	19	00:38:04.00	01:11:16.00	02:27:31.00	04:16:51.00	+02:21:45 (55.2%)	11:24	5.3 (45.3%)
155	KUNIKOWSKI Patryk	90	STARGARD JA SIĘ NIE ŚCIGAM	M-40	37	00:38:05.00	01:11:16.00	02:27:30.00	04:16:51.00	+02:21:45 (55.2%)	11:24	5.3 (45.3%)
155	STAŃCZYK Sławomir	172		M-30	45	00:38:04.00	01:11:16.00	02:27:31.00	04:16:51.00	+02:21:45 (55.2%)	11:24	5.3 (45.3%)
158	JADRYCH Zbigniew	69	STARGARD JA SIĘ NIE ŚCIGAM	M-40	38	00:38:05.00	01:11:17.00	02:27:31.00	04:16:53.00	+02:21:47 (55.2%)	11:25	5.3 (45.3%)
159	MARGULA-JAŚKOWSKA Dorota	100		K-30	20	00:45:02.00	01:34:10.00	02:03:46.00	04:22:58.00	+02:27:52 (56.2%)	11:41	5.1 (43.6%)
160	ZAKOŚCIELNA Katarzyna	203	DZIKIE ŻÓŁWIE	K-30	21	00:34:48.00	01:18:07.00	02:30:11.00	04:23:06.00	+02:28:00 (56.3%)	11:41	5.1 (43.6%)
161	TOKAREK Justyna	184		K-30	22	00:40:07.00	01:22:18.00	02:21:11.00	04:23:36.00	+02:28:30 (56.3%)	11:42	5.1 (43.6%)
162	BOHONOS Adam	15		M-40	39	00:40:35.00	01:28:11.00	02:28:11.00	04:36:57.00	+02:41:51 (58.4%)	12:18	4.9 (41.9%)
163	RUMOWSKA Agnieszka	147		K-30	23	00:49:55.00	01:36:34.00	02:11:31.00	04:38:00.00	+02:42:54 (58.6%)	12:21	4.9 (41.9%)
164	OSTROWSKA Ina	121		K-40	12	00:47:44.00	01:30:09.00	02:22:28.00	04:40:21.00	+02:45:15 (58.9%)	12:27	4.8 (41.0%)
165	RÓZGA Michał	145		M-40	40	00:47:44.00	01:30:10.00	02:22:29.00	04:40:23.00	+02:45:17 (58.9%)	12:27	4.8 (41.0%)
166	KRYZIEWSKA Magdalena	85	DZIKIE ŻÓŁWIE	K-30	24	00:42:49.00	01:30:58.00	02:29:12.00	04:42:59.00	+02:47:53 (59.3%)	12:34	4.8 (41.0%)
167	ZIELIŃSKA-RYŻ Katarzyna	209		K-40	13	00:41:45.00	01:23:50.00	02:37:27.00	04:43:02.00	+02:47:56 (59.3%)	12:34	4.8 (41.0%)
168	WIECZOREK Wojciech	190		M-40	41	00:47:11.00	01:41:35.00	02:17:52.00	04:46:38.00	+02:51:32 (59.8%)	12:44	4.7 (40.2%)
169	GOWORSKI Jerzy	49	WIECZORNE BIEGANIE W SZCZECINIE	M-30	46	00:41:29.00	01:29:55.00	02:40:12.00	04:51:36.00	+02:56:30 (60.5%)	12:57	4.6 (39.3%)
170	PRABUCKI Jarosław	137		M-40	42	00:45:10.00	01:32:22.00	02:35:03.00	04:52:35.00	+02:57:29 (60.7%)	13:00	4.6 (39.3%)
171	PRABUCKA Karolina	136		K-40	14	00:45:10.00	01:32:22.00	02:35:04.00	04:52:36.00	+02:57:30 (60.7%)	13:00	4.6 (39.3%)
172	BOŚKO Paulina	17	CMENTARNE HIENY	K-30	25	00:40:38.00	01:31:07.00	02:53:32.00	05:05:17.00	+03:10:11 (62.3%)	13:34	4.4 (37.6%)
173	KRZYWOŃ Paweł	86		M-30	47	00:39:23.00	01:36:14.00	02:53:47.00	05:09:24.00	+03:14:18 (62.8%)	13:45	4.4 (37.6%)
174	ZEMŁA Dawid	208	MACARENA WARRIORS	M-16	18	00:46:30.00	00:55:27.00	03:32:07.00	05:14:04.00	+03:18:58 (63.4%)	13:57	4.3 (36.8%)
175	MATYSIAK Sławomir	105	OCR GRUBAS TEAM	M-30	48	00:46:31.00	01:02:07.00	03:32:04.00	05:20:42.00	+03:25:36 (64.1%)	14:15	4.2 (35.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 5km	Etap 10km	Etap 7.5km	Czas		Tempo min/km	Tempo km/h
									netto 22.5km	Różn		
176	JĘDRYKA Anna	70	MACARENA WARRIORS	K-30	26	00:46:32.00	01:02:10.00	03:32:06.00	05:20:48.00	+03:25:42 (64.1%)	14:15	4.2 (35.9%)
177	KOSIANOWSKA Monika	82	GRUPA MALBORK	K-50	7	00:46:42.00	01:42:33.00	02:53:26.00	05:22:41.00	+03:27:35 (64.3%)	14:20	4.2 (35.9%)
178	BLACHOWSKA Agnieszka	9		K-30	27	00:48:15.00	01:46:16.00	02:52:58.00	05:27:29.00	+03:32:23 (64.9%)	14:33	4.1 (35.0%)
179	WALUKIEWICZ Magdalena	186	NZ	K-40	15	00:48:15.00	01:46:16.00	02:53:47.00	05:28:18.00	+03:33:12 (64.9%)	14:35	4.1 (35.0%)
180	LEBIODA Alicja	92		K-40	16	00:48:40.00	01:46:17.00	02:54:51.00	05:29:48.00	+03:34:42 (65.1%)	14:39	4.1 (35.0%)
181	KNAPIK Justyna	77		K-30	28	00:46:28.00	01:21:20.00	03:32:02.00	05:39:50.00	+03:44:44 (66.1%)	15:06	4 (34.2%)
182	KOŁACZYŃSKA Monika	80		K-50	8	00:54:58.00	01:59:38.00	02:52:50.00	05:47:26.00	+03:52:20 (66.9%)	15:26	3.9 (33.3%)
183	JADCZAK Danuta	68		K-60+	1	00:58:16.00	01:52:54.00	02:59:45.00	05:50:55.00	+03:55:49 (67.2%)	15:35	3.8 (32.5%)
184	LEWANDOWSKI Janusz	96	PARKRUN SZCZECIN	M-60+	6	00:58:16.00	01:52:54.00	02:59:46.00	05:50:56.00	+03:55:50 (67.2%)	15:35	3.8 (32.5%)
185	WARCHOŁ Kamil	187	MACARENA WARRIORS	M-16	19	00:46:33.00	01:46:11.00	03:32:06.00	06:04:50.00	+04:09:44 (68.5%)	16:12	3.7 (31.6%)
186	BODNAR Zbigniew	14	BIEG KORCZAKA	M-60+	7	00:55:24.00	02:01:39.00	03:27:29.00	06:24:32.00	+04:29:26 (70.1%)	17:05	3.5 (29.9%)
	NAJMARK Małgorzata	115	GRUPA AZOTY	K-40		00:51:45.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	SKORNIA Krzysztof	164	GRUPA AZOTY	M-40		01:00:19.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	LOBA Jakub	378	SKB DZIK	Drużyna		00:28:13.00 DNF	00:58:03.00 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	GIEDRYS Adam	47	12 BRYGADA ZMECHANIZOWANA	M-16		00:27:29.00 DNF	01:00:37.00 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	BOCK Udo	12	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-40		00:30:27.00 DNF	01:02:25.00 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	BOCK Agnieszka	11	BRAUNSCHWEIG HASH HOUSE HARRIERS	K-40		00:31:14.00 DNF	01:02:29.00 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	WITORZĘĆ Dariusz	196		M-40		00:31:45.00 DNF	01:07:30.00 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	BOCK Marcel	13	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-16		00:32:59.00 DNF	01:07:20.00 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	GUŁAJEWSKI Rafał	58	14ZBOT/142BLP	M-40		00:31:40.00 DNF	01:09:00.00 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	KUCHARSKI Tomasz	88	GRUPA AZOTY	M-50		00:37:01.00 DNF	01:15:02.00 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	URBANIAK Anna	185	GRUPA AZOTY	K-30		00:00:00.00 DNF	00:00:00.00 DNF	01:58:09.00 DNF	DNF		-	- (0.0%)
	RATAJCZYK Patryk	142	DLL PARTNERS	M-30		00:39:28.00 DNF	01:26:35.00 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria Mkat	Etap 5km	Etap 10km	Etap 7.5km	Czas netto 22.5km	Różn	Tempo min/km	Tempo km/h
	LOBA Zuzanna	379	SKB DZIK	K-16	00:38:05.00 DNF	01:28:14.00 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	WIERZBICKA Agnieszka	192	14 ZBOT	K-16	00:30:58.00 DNF	00:00:00.00 DNF	01:50:15.00 DNF	DNF		-	- (0.0%)
	RÓŻYCKA Karina	146	GRUPA AZOTY	K-30	00:00:00.00 DNF	00:00:00.00 DNF	02:23:00.00 DNF	DNF		-	- (0.0%)
	BIENIAS Emilia	7	RAGNAROK SZCZECIN	K-16	00:35:16.00 DNF	00:00:00.00 DNF	01:50:35.00 DNF	DNF		-	- (0.0%)
	KRUCZEK Paweł	83	BRIDGESTONE STARGARD RUNNERS	M-30	00:37:08.00 DNF	00:00:00.00 DNF	02:15:17.00 DNF	DNF		-	- (0.0%)
	BRUMIRSKI Bartosz	218		M-30	00:27:57.00 DNF	00:00:00.00 DNF	02:26:41.00 DNF	DNF		-	- (0.0%)
	RADCZUK Karolina	139	GRUPA AZOTY	K-40	00:36:44.00 DNF	00:00:00.00 DNF	02:22:59.00 DNF	DNF		-	- (0.0%)

Znaleziono 205 wynik(ów)