



XII NOCNY BIEG SZLAKIEM DZIKA

B4SPORT

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



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dyscyplina	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	JEFIMCZYK Norbert	217	7BOW/1BZ/1	OPEN BIEG -M	1	B	00:19:44.45		3:56	15.2 (100%)
2	PYTLAK Michał	216	7BOW/1BZ/1	OPEN BIEG -M	2	B	00:20:27.05	+00:00:42 (3.5%)	4:05	14.7 (96.7%)
3	ZACHARCZUK Albin	215	7BOW/1BZ/1	OPEN BIEG -M	3	B	00:21:19.90	+00:01:35 (7.5%)	4:15	14.1 (92.8%)
4	GRABEK Maciej	50	DZIKIE DZIKI GORZÓW	OPEN BIEG -M	4	B	00:21:46.15	+00:02:01 (9.3%)	4:21	13.8 (90.8%)
5	BORYCHOWSKI Mariusz	212	7BOW/1BZ	OPEN BIEG -M	5	B	00:21:52.45	+00:02:08 (9.8%)	4:22	13.7 (90.1%)
6	PRZEKOPOWICZ Bartosz	138		OPEN BIEG -M	6	B	00:21:58.60	+00:02:14 (10.2%)	4:23	13.7 (90.1%)
7	NOWICKI Artur	213	7BOW/1BZ	OPEN BIEG -M	7	B	00:22:20.25	+00:02:35 (11.6%)	4:28	13.4 (88.2%)
8	WASILEWSKI Andrzej	188		OPEN BIEG -M	8	B	00:22:40.75	+00:02:56 (13.0%)	4:32	13.2 (86.8%)
9	HUBERT Łukasz	248	BIEGOLAS KOSZALIN	OPEN BIEG -M	9	B	00:22:47.90	+00:03:03 (13.4%)	4:33	13.2 (86.8%)
10	CHAJA Radosław	28		OPEN BIEG -M	10	B	00:22:56.55	+00:03:12 (14.0%)	4:35	13.1 (86.2%)
11	GOLAŃSKI Krzysztof	214	7BOW/1BZ	OPEN BIEG -M	11	B	00:23:12.00	+00:03:27 (14.9%)	4:38	12.9 (84.9%)
12	BURAS Radosław	23	PSP SZCZECIN	OPEN BIEG -M	12	B	00:23:15.00	+00:03:30 (15.1%)	4:39	12.9 (84.9%)
13	BRACHMANN Georg	18	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -M	13	B	00:23:47.95	+00:04:03 (17.1%)	4:45	12.6 (82.9%)
14	WRÓBLEWSKI Michał	202	DZIKIE WRÓBLE	OPEN BIEG -M	14	B	00:23:49.70	+00:04:05 (17.2%)	4:45	12.6 (82.9%)
15	WASZKIEWICZ Tomasz	319	12BZ	OPEN BIEG -M	15	B	00:23:59.70	+00:04:15 (17.7%)	4:47	12.5 (82.2%)
16	GERLICH Kai	45	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -M	16	B	00:24:37.50	+00:04:53 (19.8%)	4:55	12.2 (80.3%)
17	ADAMSKI Janusz	1	VO2MAX RACING TEAM	OPEN BIEG -M	17	B	00:24:50.95	+00:05:06 (20.6%)	4:58	12.1 (79.6%)
18	RAKOWSKI Łukasz	140	VO2MAX RACING TEAM	OPEN BIEG -M	18	B	00:24:54.60	+00:05:10 (20.8%)	4:58	12 (78.9%)
19	CHMIELEWSKI Tomasz	30	VO2MAX RACING TEAM	OPEN BIEG -M	19	B	00:24:57.15	+00:05:12 (20.9%)	4:59	12 (78.9%)
20	CHENON Guillaume	29		OPEN BIEG -M	20	B	00:25:03.10	+00:05:18 (21.2%)	5:00	12 (78.9%)
21	DYDEK Edyta	38	SKB DZIK	OPEN BIEG -K	1	B	00:25:14.50	+00:05:30 (21.8%)	5:02	11.9 (78.3%)
22	KRZEŚNIEWSKI Marcin	211	VO2MAX RACING TEAM	OPEN BIEG -M	21	B	00:25:20.05	+00:05:35 (22.1%)	5:04	11.8 (77.6%)
23	SAKOSIK Krystian	150	KOSA	OPEN BIEG -M	22	B	00:25:25.20	+00:05:40 (22.3%)	5:05	11.8 (77.6%)
24	OSTOJSKI Ireneusz	120	DLL PARTNERS	OPEN BIEG -M	23	B	00:25:28.45	+00:05:44 (22.5%)	5:05	11.8 (77.6%)
25	BOROWSKA Karolina	16	VO2MAX RACING TEAM	OPEN BIEG -K	2	B	00:25:31.85	+00:05:47 (22.7%)	5:06	11.8 (77.6%)
26	BUHMANN Philip	22	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -M	24	B	00:25:32.55	+00:05:48 (22.7%)	5:06	11.7 (77.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dyscyplina	Czas		Tempo min/km	Tempo km/h
							netto	Różn		
							5km			
27	BOCHENEK Michał	10	SEKTOR DOBREJ ZABAWY	OPEN BIEG -M	25	B	00:25:34.75	+00:05:50 (22.8%)	5:06	11.7 (77.0%)
28	ZELEK Darek	207		OPEN BIEG -M	26	B	00:25:36.45	+00:05:52 (22.9%)	5:07	11.7 (77.0%)
29	ANTOSIK Bartosz	2		OPEN BIEG -M	27	B	00:25:47.10	+00:06:02 (23.4%)	5:09	11.6 (76.3%)
30	LIPIŃSKI Oskar	268		OPEN BIEG -M	28	B	00:25:53.40	+00:06:08 (23.8%)	5:10	11.6 (76.3%)
31	GRALEWICZ Albert	53		OPEN BIEG -M	29	B	00:26:04.80	+00:06:20 (24.3%)	5:12	11.5 (75.7%)
32	SICIŃSKI Damian	163	OSP PRZEMOCZE	OPEN BIEG -M	30	B	00:26:08.05	+00:06:23 (24.5%)	5:13	11.5 (75.7%)
33	SAWICKI Bartosz	153	DZIKIE DZIKI GORZÓW	OPEN BIEG -M	31	B	00:26:10.25	+00:06:25 (24.6%)	5:14	11.5 (75.7%)
34	PILARCZYK Katarzyna	129	KSF	OPEN BIEG -K	3	B	00:26:25.05	+00:06:40 (25.3%)	5:17	11.4 (75.0%)
35	KUREK Hubert	91		OPEN BIEG -M	32	B	00:26:33.70	+00:06:49 (25.7%)	5:18	11.3 (74.3%)
36	PASIKOWSKI Kamil	123	SKB DZIK	OPEN BIEG -M	33	B	00:26:45.40	+00:07:00 (26.2%)	5:21	11.2 (73.7%)
37	KOCZKODAJ Kamil	78	OŻW SZCZECIN	OPEN BIEG -M	34	B	00:26:46.05	+00:07:01 (26.3%)	5:21	11.2 (73.7%)
38	MARZEC Karolina	101	DZIKIE DZIKI GORZÓW	OPEN BIEG -K	4	B	00:26:58.45	+00:07:14 (26.8%)	5:23	11.1 (73.0%)
39	KRAWCZYK Paweł	261	TRIGYM SZCZECIN	OPEN BIEG -M	35	B	00:27:06.30	+00:07:21 (27.2%)	5:25	11.1 (73.0%)
40	GOŁĘBIEWSKI Tomasz	48	PSP SZCZECIN	OPEN BIEG -M	36	B	00:27:06.35	+00:07:21 (27.2%)	5:25	11.1 (73.0%)
41	GRYGORCEWICZ Jan	245	POLICE	OPEN BIEG -M	37	B	00:27:11.60	+00:07:27 (27.4%)	5:26	11 (72.4%)
42	CZYŻEWSKI Tomasz	31	TENET	OPEN BIEG -M	38	B	00:27:14.85	+00:07:30 (27.5%)	5:26	11 (72.4%)
43	ARLUKIEWICZ Grzegorz	3	TIP	OPEN BIEG -M	39	B	00:27:20.10	+00:07:35 (27.8%)	5:28	11 (72.4%)
44	PIESAK Jakub	288		OPEN BIEG -M	40	B	00:27:26.25	+00:07:41 (28.1%)	5:29	10.9 (71.7%)
45	GIEDRYS Adam	47	12 BRYGADA ZMECHANIZOWANA	OPEN BIEG -M	41	B	00:27:29.65	+00:07:45 (28.2%)	5:29	10.9 (71.7%)
46	SZULC Marcin	181	BOLI BOLI	OPEN BIEG -M	42	B	00:27:31.70	+00:07:47 (28.3%)	5:30	10.9 (71.7%)
47	FILDEBRANDT Basia	41	SEKTOR DOBREJ ZABAWY	OPEN BIEG -K	5	B	00:27:34.75	+00:07:50 (28.4%)	5:30	10.9 (71.7%)
48	KARCZEWICZ Piotr	72	OŻW SZCZECIN	OPEN BIEG -M	43	B	00:27:35.40	+00:07:50 (28.4%)	5:31	10.9 (71.7%)
49	LENCEWICZ Grzegorz	93	VO2MAX RACING TEAM	OPEN BIEG -M	44	B	00:27:38.15	+00:07:53 (28.6%)	5:31	10.9 (71.7%)
50	PAŁASZEWSKA Karolina	122	14ZBOT/142BLP	OPEN BIEG -K	6	B	00:27:38.70	+00:07:54 (28.6%)	5:31	10.9 (71.7%)
51	RYTTEL Marcin	149	14ZBOT/142BLP	OPEN BIEG -M	45	B	00:27:39.55	+00:07:55 (28.6%)	5:31	10.8 (71.1%)
52	LUCIUK Krzysztof	269		OPEN BIEG -M	46	B	00:27:47.20	+00:08:02 (29.0%)	5:33	10.8 (71.1%)
53	KRÓL Kamil	67	DZIADY OCR	OPEN BIEG -M	47	B	00:27:51.00	+00:08:06 (29.1%)	5:34	10.8 (71.1%)
54	STECIUK Michał	173		OPEN BIEG -M	48	B	00:27:52.10	+00:08:07 (29.2%)	5:34	10.8 (71.1%)
55	BRUMIRSKI Bartosz	218		OPEN BIEG -M	49	B	00:27:57.20	+00:08:12 (29.4%)	5:35	10.7 (70.4%)
56	WOSZCZYK Sebastian	197	GRUPA MALBORK	OPEN BIEG -M	50	B	00:28:04.20	+00:08:19 (29.7%)	5:36	10.7 (70.4%)
57	GRYGORCEWICZ Jan	246	UKL ÓSEMKA	OPEN BIEG -M	51	B	00:28:07.70	+00:08:23 (29.8%)	5:37	10.7 (70.4%)
58	LOBA Jakub	378	SKB DZIK	OPEN BIEG -M	52	B	00:28:13.15	+00:08:28 (30.0%)	5:38	10.6 (69.7%)
59	ROSIAK Marcin	144		OPEN BIEG -M	53	B	00:28:14.25	+00:08:29 (30.1%)	5:38	10.6 (69.7%)
60	KANIA Marcin	219	KB DZIK POLICE	OPEN BIEG -M	54	B	00:28:15.40	+00:08:30 (30.1%)	5:39	10.6 (69.7%)
61	KĘDZIOR Jakub	73		OPEN BIEG -M	55	B	00:28:17.70	+00:08:33 (30.2%)	5:39	10.6 (69.7%)
62	BUCHOLC Zbigniew	21	GRUPA AZOTY	OPEN BIEG -M	56	B	00:28:20.15	+00:08:35 (30.3%)	5:40	10.6 (69.7%)
63	OSTOJSKI Ignacy	286	DLL PARTNERS	OPEN BIEG -M	57	B	00:28:22.50	+00:08:38 (30.4%)	5:40	10.6 (69.7%)
64	GABRYŚ Kacper	240		OPEN BIEG -M	58	B	00:28:24.35	+00:08:39 (30.5%)	5:40	10.6 (69.7%)
65	SZMYCIŃSKI Piotr	180	OSP PRZEMOCZE	OPEN BIEG -M	59	B	00:28:30.00	+00:08:45 (30.7%)	5:42	10.5 (69.1%)
66	GRALEWICZ Olgierd	54		OPEN BIEG -M	60	B	00:28:32.70	+00:08:48 (30.8%)	5:42	10.5 (69.1%)
67	BURDZIK Wojciech	25		OPEN BIEG -M	61	B	00:28:33.55	+00:08:49 (30.9%)	5:42	10.5 (69.1%)
68	SCHULZE Jan - Michel	159	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -M	62	B	00:28:39.80	+00:08:55 (31.1%)	5:43	10.5 (69.1%)
69	DUDENKO Jerzy	36	DZIKIEDUDKI	OPEN BIEG -M	63	B	00:28:43.75	+00:08:59 (31.3%)	5:44	10.4 (68.4%)
70	GRUDZIŃSKI Tomasz	56	TEAM SPIRIT NOWA SÓL	OPEN BIEG -M	64	B	00:28:49.95	+00:09:05 (31.5%)	5:45	10.4 (68.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dyscyplina	Czas		Tempo min/km	Tempo km/h
							netto	Różn		
							5km			
71	SEEBODE Christian	160	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -M	65	B	00:28:53.15	+00:09:08 (31.7%)	5:46	10.4 (68.4%)
72	SOBCZAK Paweł	167		OPEN BIEG -M	66	B	00:28:56.55	+00:09:12 (31.8%)	5:47	10.4 (68.4%)
73	KRUK Bartosz	84		OPEN BIEG -M	67	B	00:29:00.70	+00:09:16 (32.0%)	5:48	10.3 (67.8%)
74	GRALEWICZ Robert	52		OPEN BIEG -M	68	B	00:29:03.20	+00:09:18 (32.1%)	5:48	10.3 (67.8%)
75	SZESZKOWSKI Tomasz	178		OPEN BIEG -M	69	B	00:29:09.40	+00:09:24 (32.3%)	5:49	10.3 (67.8%)
76	FURMANIAK Piotr	42	GRUPA MALBORK	OPEN BIEG -M	70	B	00:29:23.05	+00:09:38 (32.8%)	5:52	10.2 (67.1%)
77	BADURA Ewelina	4	ŻANDARMERIA WOJSKOWA	OPEN BIEG -K	7	B	00:29:26.85	+00:09:42 (33.0%)	5:53	10.2 (67.1%)
78	MROZIK Mariusz	111	DZIKIE DZIKI GORZÓW	OPEN BIEG -M	71	B	00:29:29.75	+00:09:45 (33.1%)	5:53	10.2 (67.1%)
79	PATZKI Wojciech	126	TENET	OPEN BIEG -M	72	B	00:29:39.50	+00:09:55 (33.4%)	5:55	10.1 (66.4%)
80	MATUSIAK Mariusz	103		OPEN BIEG -M	73	B	00:29:52.90	+00:10:08 (33.9%)	5:58	10 (65.8%)
81	SERKOWSKA Paulina	162		OPEN BIEG -K	8	B	00:29:58.65	+00:10:14 (34.1%)	5:59	10 (65.8%)
82	MAJKA Jarek	271	FAMILIAMAJKA	OPEN BIEG -M	74	B	00:29:59.55	+00:10:15 (34.2%)	5:59	10 (65.8%)
83	MAJKA Anna	272	FAMILIAMAJKA	OPEN BIEG -K	9	B	00:29:59.65	+00:10:15 (34.2%)	5:59	10 (65.8%)
84	KLEPACKI Bartek	76		OPEN BIEG -M	75	B	00:30:03.40	+00:10:18 (34.3%)	6:00	10 (65.8%)
85	HAWRYLAK Marcin	61	14ZBOT/142BLP	OPEN BIEG -M	76	B	00:30:18.85	+00:10:34 (34.9%)	6:03	9.9 (65.1%)
86	GIETKO Piotr	244	MIĘTUSY	OPEN BIEG -M	77	B	00:30:26.95	+00:10:42 (35.2%)	6:05	9.9 (65.1%)
87	BOCK Udo	12	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -M	78	B	00:30:27.85	+00:10:43 (35.2%)	6:05	9.9 (65.1%)
88	SZYSZKO Artur	311	SZCZECIŃSKI KLUB ROWEROWY GRYFUS	OPEN BIEG -M	79	B	00:30:38.40	+00:10:53 (35.6%)	6:07	9.8 (64.5%)
89	STEFANIAK Jakub	307		OPEN BIEG -M	80	B	00:30:38.45	+00:10:54 (35.6%)	6:07	9.8 (64.5%)
90	WIERZBICKA Sylwia	193	14 ZBOT	OPEN BIEG -K	10	B	00:30:39.10	+00:10:54 (35.6%)	6:07	9.8 (64.5%)
91	SAWICKI Paweł	154	ŻANDARMERIA WOJSKOWA	OPEN BIEG -M	81	B	00:30:40.30	+00:10:55 (35.6%)	6:08	9.8 (64.5%)
92	BURDELAK Agnieszka	24	ŻANDARMERIA WOJSKOWA	OPEN BIEG -K	11	B	00:30:41.70	+00:10:57 (35.7%)	6:08	9.8 (64.5%)
93	STĘPNIAK Lesław	174		OPEN BIEG -M	82	B	00:30:45.80	+00:11:01 (35.8%)	6:09	9.8 (64.5%)
94	ŚWIĄTEK Bronisław	312	SAMOTNY WILK	OPEN BIEG -M	83	B	00:30:50.60	+00:11:06 (36.0%)	6:10	9.7 (63.8%)
95	GERLICH Klaus	44	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -M	84	B	00:30:52.75	+00:11:08 (36.1%)	6:10	9.7 (63.8%)
96	KARABOWICZ Zygmunt	255		OPEN BIEG -M	85	B	00:30:54.40	+00:11:09 (36.1%)	6:10	9.7 (63.8%)
97	SOLIS Mariusz	168	OŻW SZCZECIN	OPEN BIEG -M	86	B	00:30:55.70	+00:11:11 (36.2%)	6:11	9.7 (63.8%)
98	WIERZBICKA Agnieszka	192	14 ZBOT	OPEN BIEG -K	12	B	00:30:58.40	+00:11:13 (36.3%)	6:11	9.7 (63.8%)
99	BIESSEK Katarzyna	8	GO2TRI	OPEN BIEG -K	13	B	00:30:58.85	+00:11:14 (36.3%)	6:11	9.7 (63.8%)
99	LEWANDOWSKA Anna	95	HELL'S HEAVEN SZCZECIN	OPEN BIEG -K	13	B	00:30:58.85	+00:11:14 (36.3%)	6:11	9.7 (63.8%)
101	SCHERFENBERG Łukasz	155	DINAMO BATUMI	OPEN BIEG -M	87	B	00:30:59.00	+00:11:14 (36.3%)	6:11	9.7 (63.8%)
102	KUCHARCZYK Robert	87	14ZBOT/142BLP	OPEN BIEG -M	88	B	00:31:03.55	+00:11:19 (36.4%)	6:12	9.7 (63.8%)
103	MURAWSKA Wioletta	113	KB DZIK POLICE	OPEN BIEG -K	15	B	00:31:09.30	+00:11:24 (36.6%)	6:13	9.6 (63.2%)
104	SOWA Krzysztof	169	TRASHMAGEDDON	OPEN BIEG -M	89	B	00:31:13.40	+00:11:28 (36.8%)	6:14	9.6 (63.2%)
105	BOCK Agnieszka	11	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -K	16	B	00:31:14.05	+00:11:29 (36.8%)	6:14	9.6 (63.2%)
106	BYCZKOWSKI Jan	26	DZIKIE DUDKI	OPEN BIEG -M	90	B	00:31:17.50	+00:11:33 (36.9%)	6:15	9.6 (63.2%)
107	KIWILSZA Wojciech	75	IHUHU TEAM	OPEN BIEG -M	91	B	00:31:18.95	+00:11:34 (37.0%)	6:15	9.6 (63.2%)
108	ŁAWNICZAK Sebastian	97	ALUHAK	OPEN BIEG -M	92	B	00:31:19.45	+00:11:35 (37.0%)	6:15	9.6 (63.2%)
109	DORAWA-ZIOMEK Anna	32	DZIKIE ŻÓŁWIE	OPEN BIEG -K	17	B	00:31:24.05	+00:11:39 (37.1%)	6:16	9.6 (63.2%)
110	GRYGORCEWICZ Władysław	57	SKB DZIK	OPEN BIEG -M	93	B	00:31:28.85	+00:11:44 (37.3%)	6:17	9.5 (62.5%)
111	NIEWIADOMSKI Mateusz	116		OPEN BIEG -M	94	B	00:31:31.30	+00:11:46 (37.4%)	6:18	9.5 (62.5%)
112	POSZUMSKA Gabriela	134		OPEN BIEG -K	18	B	00:31:38.75	+00:11:54 (37.6%)	6:19	9.5 (62.5%)
113	GUŁAJEWSKI Rafał	58	14ZBOT/142BLP	OPEN BIEG -M	95	B	00:31:40.05	+00:11:55 (37.7%)	6:20	9.5 (62.5%)
114	PRZYBOROWSKA Ula	329		OPEN BIEG -K	19	B	00:31:42.70	+00:11:58 (37.7%)	6:20	9.5 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dyscyplina	Czas		Tempo min/km	Tempo km/h
							netto	Różn		
							5km			
115	WITORZĘĆ Dariusz	196		OPEN BIEG -M	96	B	00:31:45.05	+00:12:00 (37.8%)	6:21	9.4 (61.8%)
116	MASYS Agnieszka	102	GRUPA MALBORK	OPEN BIEG -K	20	B	00:31:47.30	+00:12:02 (37.9%)	6:21	9.4 (61.8%)
117	SENDEROWSKI Maciej	161	GRUPA AZOTY	OPEN BIEG -M	97	B	00:31:53.25	+00:12:08 (38.1%)	6:22	9.4 (61.8%)
118	BRANDES Tilman	19	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -M	98	B	00:32:03.10	+00:12:18 (38.4%)	6:24	9.4 (61.8%)
119	TWAROWSKI Michal	315		OPEN BIEG -M	99	B	00:32:12.55	+00:12:28 (38.7%)	6:26	9.3 (61.2%)
120	MAJEWSKA Dorota	98	BIEGOLAS KOSZALIN	OPEN BIEG -K	21	B	00:32:14.25	+00:12:29 (38.8%)	6:26	9.3 (61.2%)
121	PATZKE Ingo	124	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -M	100	B	00:32:16.20	+00:12:31 (38.8%)	6:27	9.3 (61.2%)
122	LEONOWICZ Martyna	267	TRIGYM	OPEN BIEG -K	22	B	00:32:21.90	+00:12:37 (39.0%)	6:28	9.3 (61.2%)
123	MĄDRAWSKI Tomasz	108		OPEN BIEG -M	101	B	00:32:23.10	+00:12:38 (39.0%)	6:28	9.3 (61.2%)
124	WÓJCICKA Anna	199	HELL'S HEAVEN SZCZECIN	OPEN BIEG -K	23	B	00:32:24.80	+00:12:40 (39.1%)	6:28	9.3 (61.2%)
125	SKRZYPIEC Andrzej	166	BIEGACZE ŚWINOUJŚCIE	OPEN BIEG -M	102	B	00:32:26.10	+00:12:41 (39.1%)	6:29	9.2 (60.5%)
126	POGORZELSKA Aleksandra	133		OPEN BIEG -K	24	B	00:32:30.05	+00:12:45 (39.3%)	6:30	9.2 (60.5%)
127	SPÓLNIK Paweł	170		OPEN BIEG -M	103	B	00:32:31.35	+00:12:46 (39.3%)	6:30	9.2 (60.5%)
128	KACHNOWICZ-BUKAŁA Izabela	71	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -K	25	B	00:32:32.90	+00:12:48 (39.3%)	6:30	9.2 (60.5%)
128	PAWLUŚ Tomasz	127		OPEN BIEG -M	104	B	00:32:32.90	+00:12:48 (39.3%)	6:30	9.2 (60.5%)
130	ROMANOWICZ Monika	143	DZIKIE ŻÓŁWIE	OPEN BIEG -K	26	B	00:32:36.85	+00:12:52 (39.5%)	6:31	9.2 (60.5%)
131	SUCHODOLSKA Aleksandra	176	DZIKIE ŻÓŁWIE	OPEN BIEG -K	27	B	00:32:37.05	+00:12:52 (39.5%)	6:31	9.2 (60.5%)
132	ZALEWSKI Sylwester	205		OPEN BIEG -M	105	B	00:32:40.50	+00:12:56 (39.6%)	6:32	9.2 (60.5%)
133	WIECZOREK Jakub	191		OPEN BIEG -M	106	B	00:32:43.75	+00:12:59 (39.7%)	6:32	9.2 (60.5%)
134	KUBIK Michał	262		OPEN BIEG -M	107	B	00:32:46.90	+00:13:02 (39.8%)	6:33	9.2 (60.5%)
135	KŁACZKIEWICZ Alicja	256	WY-BIEGANI SZCZECIN	OPEN BIEG -K	28	B	00:32:49.05	+00:13:04 (39.8%)	6:33	9.1 (59.9%)
136	SUSZA Małgorzata	177		OPEN BIEG -K	29	B	00:32:49.35	+00:13:04 (39.9%)	6:33	9.1 (59.9%)
137	KIERUJ Jakub	74	IHUHU TEAM	OPEN BIEG -M	108	B	00:32:55.00	+00:13:10 (40.0%)	6:35	9.1 (59.9%)
138	BOCK Marcel	13	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -M	109	B	00:32:59.25	+00:13:14 (40.2%)	6:35	9.1 (59.9%)
139	SĘK Dariusz	301		OPEN BIEG -M	110	B	00:32:59.60	+00:13:15 (40.2%)	6:35	9.1 (59.9%)
140	HNAT Rafał	63		OPEN BIEG -M	111	B	00:33:05.70	+00:13:21 (40.4%)	6:37	9.1 (59.9%)
141	MAZUR Filip	106	14ZBOT/142BLP	OPEN BIEG -M	112	B	00:33:09.40	+00:13:24 (40.5%)	6:37	9 (59.2%)
142	WÓJCICKI Łukasz	200	HELL'S HEAVEN SZCZECIN	OPEN BIEG -M	113	B	00:33:11.75	+00:13:27 (40.5%)	6:38	9 (59.2%)
143	TARATAJCIO Agnieszka	333		OPEN BIEG -K	30	B	00:33:12.30	+00:13:27 (40.5%)	6:38	9 (59.2%)
144	WIĘCKOWSKA Joanna	194		OPEN BIEG -K	31	B	00:33:20.85	+00:13:36 (40.8%)	6:40	9 (59.2%)
145	PIŁATOWSKI Maciej	130		OPEN BIEG -M	114	B	00:33:21.20	+00:13:36 (40.8%)	6:40	9 (59.2%)
146	DUDA Krzysztof	35	GPTW	OPEN BIEG -M	115	B	00:33:22.25	+00:13:37 (40.8%)	6:40	9 (59.2%)
147	MILLER Agnieszka	278	BIEGAM BO LUBIĘ LASY BOGDANIEC	OPEN BIEG -K	32	B	00:33:24.10	+00:13:39 (40.9%)	6:40	9 (59.2%)
148	DUDKA Robert	37		OPEN BIEG -M	116	B	00:33:24.40	+00:13:39 (40.9%)	6:40	9 (59.2%)
149	BARTCZAK Justyna	332		OPEN BIEG -K	33	B	00:33:27.85	+00:13:43 (41.0%)	6:41	9 (59.2%)
150	RYŻ Wojciech	297		OPEN BIEG -M	117	B	00:33:32.70	+00:13:48 (41.2%)	6:42	8.9 (58.6%)
151	PODLIPSKI Daniel	293		OPEN BIEG -M	118	B	00:33:35.40	+00:13:50 (41.2%)	6:43	8.9 (58.6%)
152	HOŁOWCZYC Julia Anna	65	FREE AND WILD	OPEN BIEG -K	34	B	00:33:43.35	+00:13:58 (41.5%)	6:44	8.9 (58.6%)
153	HOŁOWCZYC Agnieszka Marta	64	FREE AND WILD	OPEN BIEG -K	35	B	00:33:43.40	+00:13:58 (41.5%)	6:44	8.9 (58.6%)
154	MARCZYK Szymon	99		OPEN BIEG -M	119	B	00:33:46.60	+00:14:02 (41.6%)	6:45	8.9 (58.6%)
155	CESAK Grzegorz	27	CSB DRAWSKO	OPEN BIEG -M	120	B	00:33:52.00	+00:14:07 (41.7%)	6:46	8.9 (58.6%)
156	BRILLA Andrzej	20	ŻANDARMERIA WOJSKOWA	OPEN BIEG -M	121	B	00:33:52.15	+00:14:07 (41.7%)	6:46	8.9 (58.6%)
157	POGODA Rafał	132	TIP	OPEN BIEG -M	122	B	00:33:57.20	+00:14:12 (41.9%)	6:47	8.8 (57.9%)
158	MISIASZEK Mirosław	110	MAŁKOCIN	OPEN BIEG -M	123	B	00:34:00.90	+00:14:16 (42.0%)	6:48	8.8 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dyscyplina	Czas		Tempo min/km	Tempo km/h
							netto	Różn		
							5km			
159	SCHMIDT Sebastian	156	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -M	124	B	00:34:04.05	+00:14:19 (42.1%)	6:48	8.8 (57.9%)
160	WYKA Łukasz	323		OPEN BIEG -M	125	B	00:34:04.80	+00:14:20 (42.1%)	6:48	8.8 (57.9%)
161	TARGOSZ Łukasz	183	GRUPA AZOTY	OPEN BIEG -M	126	B	00:34:07.10	+00:14:22 (42.1%)	6:49	8.8 (57.9%)
162	POŹNIAK Aleksandra	135	DZIKIE DZIKI GORZÓW	OPEN BIEG -K	36	B	00:34:10.75	+00:14:26 (42.2%)	6:50	8.8 (57.9%)
163	RUTKOWSKI Konrad	148	14ZBOT/142BLP	OPEN BIEG -M	127	B	00:34:22.45	+00:14:38 (42.6%)	6:52	8.7 (57.2%)
164	MILEWSKA Marta	109		OPEN BIEG -K	37	B	00:34:33.35	+00:14:48 (42.9%)	6:54	8.7 (57.2%)
165	MAZUR Karol	107	CSB DRAWSKO	OPEN BIEG -M	128	B	00:34:41.60	+00:14:57 (43.1%)	6:56	8.6 (56.6%)
166	NOWACZYK Wojciech	117		OPEN BIEG -M	129	B	00:34:42.20	+00:14:57 (43.1%)	6:56	8.6 (56.6%)
167	BOCHENEK Jadwiga	231	SEKTOR DOBREJ ZABAWY	OPEN BIEG -K	38	B	00:34:44.55	+00:15:00 (43.2%)	6:56	8.6 (56.6%)
168	JAŁOWSKI Marcin	249	BBL LASY BOGDANIEC	OPEN BIEG -M	130	B	00:34:48.40	+00:15:03 (43.3%)	6:57	8.6 (56.6%)
169	ZAKOŚCIELNA Katarzyna	203	DZIKIE ŻÓŁWIE	OPEN BIEG -K	39	B	00:34:48.80	+00:15:04 (43.3%)	6:57	8.6 (56.6%)
170	WESOŁOWSKA Paulina	320		OPEN BIEG -K	40	B	00:34:49.80	+00:15:05 (43.3%)	6:57	8.6 (56.6%)
171	SCHULZE Stefan	158	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -M	131	B	00:34:59.70	+00:15:15 (43.6%)	6:59	8.6 (56.6%)
172	WOŹNIAK Rafał	198	IHUHU TEAM	OPEN BIEG -M	132	B	00:35:15.30	+00:15:30 (44.0%)	7:03	8.5 (55.9%)
173	MURYN Dawid	114		OPEN BIEG -M	133	B	00:35:16.10	+00:15:31 (44.0%)	7:03	8.5 (55.9%)
174	BIENIAS Emilia	7	RAGNAROK SZCZECIN	OPEN BIEG -K	41	B	00:35:16.20	+00:15:31 (44.0%)	7:03	8.5 (55.9%)
175	RÓŻYCKA Hanna	328	GUPA POLICE	OPEN BIEG -K	42	B	00:35:17.85	+00:15:33 (44.1%)	7:03	8.5 (55.9%)
176	LEPPAK Małgorzata	94	CSB DRAWSKO	OPEN BIEG -K	43	B	00:35:21.45	+00:15:37 (44.2%)	7:04	8.5 (55.9%)
177	ZAWADZKI Andrzej	206	TENET	OPEN BIEG -M	134	B	00:35:25.25	+00:15:40 (44.3%)	7:05	8.5 (55.9%)
178	GERLICH Michael	46	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -M	135	B	00:35:35.35	+00:15:50 (44.5%)	7:07	8.4 (55.3%)
179	DUBICKI Mikołaj	34	STARGARD JA SIĘ NIE ŚCIGAM	OPEN BIEG -M	136	B	00:35:35.80	+00:15:51 (44.5%)	7:07	8.4 (55.3%)
180	PIETRAS Urszula	289		OPEN BIEG -K	44	B	00:35:36.65	+00:15:52 (44.6%)	7:07	8.4 (55.3%)
181	KOPYRA Izabela	81		OPEN BIEG -K	45	B	00:35:56.30	+00:16:11 (45.1%)	7:11	8.3 (54.6%)
182	RAKOWSKI Piotr	141		OPEN BIEG -M	137	B	00:36:05.15	+00:16:20 (45.3%)	7:13	8.3 (54.6%)
183	KOLEJ Monika	79	DZIKIE DZIKI GORZÓW	OPEN BIEG -K	46	B	00:36:11.55	+00:16:27 (45.5%)	7:14	8.3 (54.6%)
184	MÜLLER Kathrin	112	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -K	47	B	00:36:13.35	+00:16:28 (45.5%)	7:14	8.3 (54.6%)
185	PATZKE Petra	125	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -K	48	B	00:36:20.70	+00:16:36 (45.7%)	7:16	8.3 (54.6%)
186	HARTWIGER Julia	60	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -K	49	B	00:36:20.75	+00:16:36 (45.7%)	7:16	8.3 (54.6%)
187	WALCZAK Dominika	316		OPEN BIEG -K	50	B	00:36:41.65	+00:16:57 (46.2%)	7:20	8.2 (53.9%)
188	MATAJ Justyna	275		OPEN BIEG -K	51	B	00:36:42.15	+00:16:57 (46.2%)	7:20	8.2 (53.9%)
189	CHARKOT Magda	233		OPEN BIEG -K	52	B	00:36:42.20	+00:16:57 (46.2%)	7:20	8.2 (53.9%)
190	RADCZUK Karolina	139	GRUPA AZOTY	OPEN BIEG -K	53	B	00:36:44.10	+00:16:59 (46.3%)	7:20	8.2 (53.9%)
191	NOWAK Piotr	284		OPEN BIEG -M	138	B	00:36:47.00	+00:17:02 (46.3%)	7:21	8.2 (53.9%)
192	WIECZOREK Magdalena	189		OPEN BIEG -K	54	B	00:36:51.00	+00:17:06 (46.4%)	7:22	8.1 (53.3%)
193	ZAKRZEWSKA Sylwia	204		OPEN BIEG -K	55	B	00:36:52.55	+00:17:08 (46.5%)	7:22	8.1 (53.3%)
194	KUCHARSKI Tomasz	88	GRUPA AZOTY	OPEN BIEG -M	139	B	00:37:01.60	+00:17:17 (46.7%)	7:24	8.1 (53.3%)
195	SALAUYOU Raman	151		OPEN BIEG -M	140	B	00:37:06.55	+00:17:22 (46.8%)	7:25	8.1 (53.3%)
196	HINDZIUK Artsiom	62		OPEN BIEG -M	141	B	00:37:07.60	+00:17:23 (46.8%)	7:25	8.1 (53.3%)
197	KRUCZEK Paweł	83	BRIDGESTONE STARGARD RUNNERS	OPEN BIEG -M	142	B	00:37:08.55	+00:17:24 (46.9%)	7:25	8.1 (53.3%)
198	PIECHOWSKA Karolina	287		OPEN BIEG -K	56	B	00:37:16.40	+00:17:31 (47.0%)	7:27	8.1 (53.3%)
199	PAWŁOWSKI Karol	128		OPEN BIEG -M	143	B	00:37:24.35	+00:17:39 (47.2%)	7:28	8 (52.6%)
200	KOCHAŃSKI Arkadiusz	334		OPEN BIEG -M	144	B	00:37:39.10	+00:17:54 (47.6%)	7:31	8 (52.6%)
201	MATYSEK Ireneusz	104	KOMANDOS WAŁECKI	OPEN BIEG -M	145	B	00:37:53.35	+00:18:08 (47.9%)	7:34	7.9 (52.0%)
202	STAŃCZYK Sławomir	172		OPEN BIEG -M	146	B	00:38:04.00	+00:18:19 (48.1%)	7:36	7.9 (52.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dyscyplina	Czas		Tempo min/km	Tempo km/h
							netto	Różn		
							5km			
203	KUNIKOWSKA Patrycja	89	STARGARD JA SIĘ NIE ŚCIGAM	OPEN BIEG -K	57	B	00:38:04.60	+00:18:20 (48.2%)	7:36	7.9 (52.0%)
204	LOBA Zuzanna	379	SKB DZIK	OPEN BIEG -K	58	B	00:38:05.65	+00:18:21 (48.2%)	7:37	7.9 (52.0%)
205	KUNIKOWSKI Patryk	90	STARGARD JA SIĘ NIE ŚCIGAM	OPEN BIEG -M	147	B	00:38:05.70	+00:18:21 (48.2%)	7:37	7.9 (52.0%)
206	JADRYCH Zbigniew	69	STARGARD JA SIĘ NIE ŚCIGAM	OPEN BIEG -M	148	B	00:38:05.80	+00:18:21 (48.2%)	7:37	7.9 (52.0%)
207	NOWAK Grzegorz	283	GRUPA AZOTY	OPEN BIEG -M	149	B	00:38:18.25	+00:18:33 (48.5%)	7:39	7.8 (51.3%)
208	NOWAK Marta	282	GRUPA AZOTY	OPEN BIEG -K	59	B	00:38:18.35	+00:18:33 (48.5%)	7:39	7.8 (51.3%)
209	WIŚNIEWSKA Marta	195	IHUHU TEAM	OPEN BIEG -K	60	B	00:38:24.55	+00:18:40 (48.6%)	7:40	7.8 (51.3%)
210	GANCKE Filip	242		OPEN BIEG -M	150	B	00:38:25.80	+00:18:41 (48.6%)	7:41	7.8 (51.3%)
211	PIRÓG Ewa	291		OPEN BIEG -K	61	B	00:38:30.65	+00:18:46 (48.7%)	7:42	7.8 (51.3%)
212	DYDEK Dorota	39	SKB DZIK	OPEN BIEG -K	62	B	00:38:37.40	+00:18:52 (48.9%)	7:43	7.8 (51.3%)
213	KOZŁOWSKA Marzena	260	BBL LASY BOGDANIEC	OPEN BIEG -K	63	B	00:38:51.65	+00:19:07 (49.2%)	7:46	7.7 (50.7%)
214	GANCKE Grzegorz	241		OPEN BIEG -M	151	B	00:38:55.80	+00:19:11 (49.3%)	7:47	7.7 (50.7%)
215	ZIAJOR Piotr	325	GOD TEAM	OPEN BIEG -M	152	B	00:38:56.55	+00:19:12 (49.3%)	7:47	7.7 (50.7%)
216	KOWALSKA Anna	258	BBL LASY BOGDANIEC	OPEN BIEG -K	64	B	00:38:57.85	+00:19:13 (49.3%)	7:47	7.7 (50.7%)
217	ZIAJOR Dominika	326	GOD TEAM	OPEN BIEG -K	65	B	00:39:05.75	+00:19:21 (49.5%)	7:49	7.7 (50.7%)
218	KRZYWOŃ Paweł	86		Nordic Walking - M	1	NW	00:39:23.15	+00:19:38 (49.9%)	7:52	7.6 (50.0%)
219	RATAJCZYK Patryk	142	DLL PARTNERS	OPEN BIEG -M	153	B	00:39:28.00	+00:19:43 (50.0%)	7:53	7.6 (50.0%)
220	NOWAK Zbigniew	118	SKB DZIK	OPEN BIEG -M	154	B	00:39:46.80	+00:20:02 (50.4%)	7:57	7.5 (49.3%)
221	NOWAK Marta	280		OPEN BIEG -K	66	B	00:39:58.70	+00:20:14 (50.6%)	7:59	7.5 (49.3%)
222	TOKAREK Justyna	184		OPEN BIEG -K	67	B	00:40:07.70	+00:20:23 (50.8%)	8:01	7.5 (49.3%)
223	SAWICKA -WERS Urszula	152		OPEN BIEG -K	68	B	00:40:13.45	+00:20:29 (50.9%)	8:02	7.5 (49.3%)
224	BEDNARZ Katarzyna	6		OPEN BIEG -K	69	B	00:40:13.75	+00:20:29 (50.9%)	8:02	7.5 (49.3%)
225	OSTOJSKA Maria	285	DLL PARTNERS	OPEN BIEG -K	70	B	00:40:23.55	+00:20:39 (51.1%)	8:04	7.4 (48.7%)
226	STANKIEWICZ Amelia	306	DLL PARTNERS	OPEN BIEG -K	71	B	00:40:24.50	+00:20:40 (51.1%)	8:04	7.4 (48.7%)
227	BURDZIK Eliza	232		OPEN BIEG -K	72	B	00:40:26.35	+00:20:41 (51.2%)	8:05	7.4 (48.7%)
228	BOHONOS Adam	15		OPEN BIEG -M	155	B	00:40:35.35	+00:20:50 (51.4%)	8:07	7.4 (48.7%)
229	BOŠKO Paulina	17	CMENTARNE HIENY	OPEN BIEG -K	73	B	00:40:38.40	+00:20:53 (51.4%)	8:07	7.4 (48.7%)
230	PRZYBYSZ Marcin	295	PRZYBYSZ FAMILY	OPEN BIEG -M	156	B	00:40:56.85	+00:21:12 (51.8%)	8:11	7.3 (48.0%)
231	STACHOWICZ-HAWRYLAK Sylwia	305	BIEG KORCZAKA	Nordic Walking - K	1	NW	00:41:12.35	+00:21:27 (52.1%)	8:14	7.3 (48.0%)
232	SZAJEK Marta	308	HULK TEAM POLICE	OPEN BIEG -K	74	B	00:41:18.75	+00:21:34 (52.2%)	8:15	7.3 (48.0%)
233	SZAJEK Gabor	309	HULK TEAM POLICE	OPEN BIEG -M	157	B	00:41:18.90	+00:21:34 (52.2%)	8:15	7.3 (48.0%)
234	PRZYBYSZ Tamara	294	PRZYBYSZ FAMILY	OPEN BIEG -K	75	B	00:41:21.30	+00:21:36 (52.3%)	8:16	7.3 (48.0%)
235	GOWORSKI Jerzy	49	WIECZORNE BIEGANIE W SZCZECINIE	OPEN BIEG -M	158	B	00:41:29.60	+00:21:45 (52.4%)	8:17	7.2 (47.4%)
236	STACHOWICZ Małgorzata	171		OPEN BIEG -K	76	B	00:41:42.00	+00:21:57 (52.7%)	8:20	7.2 (47.4%)
237	SKOWROŃSKI Andrzej	165	GRUPA MALBORK	OPEN BIEG -M	159	B	00:41:42.30	+00:21:57 (52.7%)	8:20	7.2 (47.4%)
238	ZIELIŃSKA-RYŻ Katarzyna	209		OPEN BIEG -K	77	B	00:41:45.50	+00:22:01 (52.7%)	8:21	7.2 (47.4%)
239	MADRAK Anna	327	HULK TEAM POLICE	Nordic Walking - K	2	NW	00:42:21.30	+00:22:36 (53.4%)	8:28	7.1 (46.7%)
240	KRYSZEWSKA Magdalena	85	DZIKIE ŻÓŁWIE	OPEN BIEG -K	78	B	00:42:49.65	+00:23:05 (53.9%)	8:33	7 (46.1%)
241	KURBAN Angelina	264	BELLAS	OPEN BIEG -K	79	B	00:43:44.70	+00:24:00 (54.9%)	8:44	6.9 (45.4%)
242	HORBATIUK Anastasiia	247	BELLAS	OPEN BIEG -K	80	B	00:43:51.15	+00:24:06 (55.0%)	8:46	6.8 (44.7%)
243	SCHULZ Magdalena	299		OPEN BIEG -K	81	B	00:44:51.15	+00:25:06 (56.0%)	8:58	6.7 (44.1%)
244	ZIAJOR Beata	324	GOD TEAM	OPEN BIEG -K	82	B	00:44:52.45	+00:25:08 (56.0%)	8:58	6.7 (44.1%)
245	JASKÓŁKA Angelika	250		OPEN BIEG -K	83	B	00:44:53.00	+00:25:08 (56.0%)	8:58	6.7 (44.1%)
246	LENER Sławomir	266	EKSPEDYCJA NORDIC TEAM SZCZECIN	Nordic Walking - M	2	NW	00:44:57.55	+00:25:13 (56.1%)	8:59	6.7 (44.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dyscyplina	Czas		Tempo min/km	Tempo km/h
							netto	Różn		
							5km			
247	MARGULA-JAŚKOWSKA Dorota	100		OPEN BIEG -K	84	B	00:45:02.35	+00:25:17 (56.2%)	9:00	6.7 (44.1%)
248	PRABUCKI Jarosław	137		OPEN BIEG -M	160	B	00:45:10.45	+00:25:26 (56.3%)	9:02	6.6 (43.4%)
249	PRABUCKA Karolina	136		OPEN BIEG -K	85	B	00:45:10.60	+00:25:26 (56.3%)	9:02	6.6 (43.4%)
250	SIELICKA Małgorzata	302		OPEN BIEG -K	86	B	00:45:23.70	+00:25:39 (56.5%)	9:04	6.6 (43.4%)
251	KAŁANDYK Paulina	254		Nordic Walking - K	3	NW	00:45:27.25	+00:25:42 (56.6%)	9:05	6.6 (43.4%)
252	KUŹMIŃSKA-JUCHA Weronika	265	SKB DZIK	Nordic Walking - K	4	NW	00:45:28.30	+00:25:43 (56.6%)	9:05	6.6 (43.4%)
253	SZUBERT-ADAMSKA Ewelina	310		Nordic Walking - K	5	NW	00:45:45.25	+00:26:00 (56.9%)	9:09	6.6 (43.4%)
254	KNAPIK Justyna	77		OPEN BIEG -K	87	B	00:46:28.70	+00:26:44 (57.5%)	9:17	6.5 (42.8%)
255	ZEMŁA Dawid	208	MACARENA WARRIORS	OPEN BIEG -M	161	B	00:46:30.15	+00:26:45 (57.5%)	9:18	6.5 (42.8%)
256	MATYSIAK Sławomir	105	OCR GRUBAS TEAM	OPEN BIEG -M	162	B	00:46:31.80	+00:26:47 (57.6%)	9:18	6.4 (42.1%)
257	JĘDRYKA Anna	70	MACARENA WARRIORS	OPEN BIEG -K	88	B	00:46:32.90	+00:26:48 (57.6%)	9:18	6.4 (42.1%)
258	WARCHOŁ Kamil	187	MACARENA WARRIORS	OPEN BIEG -M	163	B	00:46:33.15	+00:26:48 (57.6%)	9:18	6.4 (42.1%)
259	KOSIANOWSKA Monika	82	GRUPA MALBORK	Nordic Walking - K	6	NW	00:46:42.85	+00:26:58 (57.7%)	9:20	6.4 (42.1%)
260	WIECZOREK Wojciech	190		OPEN BIEG -M	164	B	00:47:11.00	+00:27:26 (58.2%)	9:26	6.4 (42.1%)
261	PIOTROWSKA Kamila	290		Nordic Walking - K	7	NW	00:47:31.95	+00:27:47 (58.5%)	9:30	6.3 (41.4%)
262	MATWIEJCZUK Agnieszka	276		Nordic Walking - K	8	NW	00:47:35.70	+00:27:51 (58.5%)	9:31	6.3 (41.4%)
263	OSTROWSKA Ina	121		OPEN BIEG -K	89	B	00:47:44.00	+00:27:59 (58.6%)	9:32	6.3 (41.4%)
264	RÓZGA Michał	145		OPEN BIEG -M	165	B	00:47:44.15	+00:27:59 (58.6%)	9:32	6.3 (41.4%)
265	WALUKIEWICZ Magdalena	186	NZ	OPEN BIEG -K	90	B	00:48:15.00	+00:28:30 (59.1%)	9:39	6.2 (40.8%)
266	BLACHOWSKA Agnieszka	9		OPEN BIEG -K	91	B	00:48:15.15	+00:28:30 (59.1%)	9:39	6.2 (40.8%)
267	LEBIODA Alicja	92		OPEN BIEG -K	92	B	00:48:40.80	+00:28:56 (59.4%)	9:44	6.2 (40.8%)
268	SEMEZH Iryna	300	BELLAS	OPEN BIEG -K	93	B	00:49:16.95	+00:29:32 (59.9%)	9:51	6.1 (40.1%)
269	MALINOWSKA Marzena	273		Nordic Walking - K	9	NW	00:49:22.80	+00:29:38 (60.0%)	9:52	6.1 (40.1%)
270	JURCZYK Anna	253	FUTYMKA TEAM	Nordic Walking - K	10	NW	00:49:23.35	+00:29:38 (60.0%)	9:52	6.1 (40.1%)
271	SMOLIKAVA Aliaksandra	304	BELLAS	OPEN BIEG -K	94	B	00:49:26.65	+00:29:42 (60.1%)	9:53	6.1 (40.1%)
272	WOLSKA Magdalena	322		OPEN BIEG -K	95	B	00:49:55.10	+00:30:10 (60.5%)	9:59	6 (39.5%)
273	RUMOWSKA Agnieszka	147		OPEN BIEG -K	96	B	00:49:55.55	+00:30:11 (60.5%)	9:59	6 (39.5%)
274	CIEŚLIK Ewa	234	BELLAS	OPEN BIEG -K	97	B	00:51:33.45	+00:31:49 (61.7%)	10:18	5.8 (38.2%)
275	NAJMARK Małgorzata	115	GRUPA AZOTY	OPEN BIEG -K	98	B	00:51:45.45	+00:32:01 (61.9%)	10:21	5.8 (38.2%)
276	NOWAK Aneta	281	NORDICOWELOVE POLICE	Nordic Walking - K	11	NW	00:51:45.75	+00:32:01 (61.9%)	10:21	5.8 (38.2%)
277	SALA Mirosława	298		Nordic Walking - K	12	NW	00:51:59.15	+00:32:14 (62.0%)	10:23	5.8 (38.2%)
278	WASIELEWSKA Katarzyna	317		OPEN BIEG -K	99	B	00:52:30.75	+00:32:46 (62.4%)	10:30	5.7 (37.5%)
279	PŁOSA Monika	292		OPEN BIEG -K	100	B	00:52:35.10	+00:32:50 (62.5%)	10:31	5.7 (37.5%)
280	KUDERSKA Iwona	263		Nordic Walking - K	13	NW	00:53:12.80	+00:33:28 (62.9%)	10:38	5.6 (36.8%)
281	JATCZAK Katarzyna	251	KPP POLICE	Nordic Walking - K	14	NW	00:53:15.15	+00:33:30 (62.9%)	10:39	5.6 (36.8%)
282	FIJAŁKOWSKA Monika	238		Nordic Walking - K	15	NW	00:54:00.35	+00:34:15 (63.4%)	10:48	5.6 (36.8%)
283	JATCZAK Natalia	252	KPP POLICE	Nordic Walking - K	16	NW	00:54:00.55	+00:34:16 (63.4%)	10:48	5.6 (36.8%)
284	KOŁACZYŃSKA Monika	80		OPEN BIEG -K	101	B	00:54:58.80	+00:35:14 (64.1%)	10:59	5.5 (36.2%)
285	FALARZ Katarzyna	237		OPEN BIEG -K	102	B	00:55:19.40	+00:35:34 (64.3%)	11:03	5.4 (35.5%)
286	BODNAR Zbigniew	14	BIEG KORCZAKA	OPEN BIEG -M	166	B	00:55:24.65	+00:35:40 (64.4%)	11:04	5.4 (35.5%)
287	TARNOWSKA Alicja	313	BELLAS	OPEN BIEG -K	103	B	00:56:15.40	+00:36:30 (64.9%)	11:15	5.3 (34.9%)
288	CIEŚLIK-SZUMSKA Izabela	235	BELLAS	OPEN BIEG -K	104	B	00:56:15.45	+00:36:31 (64.9%)	11:15	5.3 (34.9%)
289	ROLIŃSKA Olga	296	BELLAS	OPEN BIEG -K	105	B	00:56:15.50	+00:36:31 (64.9%)	11:15	5.3 (34.9%)
290	WIELOWSKI Maciej	335		OPEN BIEG -M	167	B	00:57:08.85	+00:37:24 (65.5%)	11:25	5.3 (34.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dyscyplina	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
291	LEWANDOWSKI Janusz	96	PARKRUN SZCZECIN	OPEN BIEG -M	168	B	00:58:16.10	+00:38:31 (66.1%)	11:39	5.1 (33.6%)
292	JADCZAK Danuta	68		OPEN BIEG -K	106	B	00:58:16.15	+00:38:31 (66.1%)	11:39	5.1 (33.6%)
293	SKORNIA Krzysztof	164	GRUPA AZOTY	Nordic Walking - M	3	NW	01:00:19.60	+00:40:35 (67.3%)	12:03	5 (32.9%)
294	MICHALAK Monika	277	FUTYMKA TEAM	Nordic Walking - K	17	NW	01:00:19.95	+00:40:35 (67.3%)	12:03	5 (32.9%)
295	CZEKAŁA-SITEK Magdalena	376	AMW TBS KWATERA	Nordic Walking - K	18	NW	01:04:50.25	+00:45:05 (69.6%)	12:58	4.6 (30.3%)

Znaleziono 295 wynik(ów)