



## 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

 **HERKULES**  
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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	<b>BOCHENEK Michał</b>	<b>10</b>	SEKTOR DOBREJ ZABAWY	OPEN BIEG -M	25	B	<b>00:25:34.75</b>	+00:05:50 (22.8%)	5:06	11.7 (77.0%)
28	<b>ZELEK Darek</b>	<b>207</b>		OPEN BIEG -M	26	B	<b>00:25:36.45</b>	+00:05:52 (22.9%)	5:07	11.7 (77.0%)
29	<b>ANTOSIK Bartosz</b>	<b>2</b>		OPEN BIEG -M	27	B	<b>00:25:47.10</b>	+00:06:02 (23.4%)	5:09	11.6 (76.3%)
30	<b>LIPIŃSKI Oskar</b>	<b>268</b>		OPEN BIEG -M	28	B	<b>00:25:53.40</b>	+00:06:08 (23.8%)	5:10	11.6 (76.3%)
31	<b>GRALEWICZ Albert</b>	<b>53</b>		OPEN BIEG -M	29	B	<b>00:26:04.80</b>	+00:06:20 (24.3%)	5:12	11.5 (75.7%)
32	<b>SICIŃSKI Damian</b>	<b>163</b>	OSP PRZEMOCZE	OPEN BIEG -M	30	B	<b>00:26:08.05</b>	+00:06:23 (24.5%)	5:13	11.5 (75.7%)
33	<b>SAWICKI Bartosz</b>	<b>153</b>	DZIKIE DZIKI GORZÓW	OPEN BIEG -M	31	B	<b>00:26:10.25</b>	+00:06:25 (24.6%)	5:14	11.5 (75.7%)
34	<b>PILARCZYK Katarzyna</b>	<b>129</b>	KSF	OPEN BIEG -K	3	B	<b>00:26:25.05</b>	+00:06:40 (25.3%)	5:17	11.4 (75.0%)
35	<b>KUREK Hubert</b>	<b>91</b>		OPEN BIEG -M	32	B	<b>00:26:33.70</b>	+00:06:49 (25.7%)	5:18	11.3 (74.3%)
36	<b>PASIKOWSKI Kamil</b>	<b>123</b>	SKB DZIK	OPEN BIEG -M	33	B	<b>00:26:45.40</b>	+00:07:00 (26.2%)	5:21	11.2 (73.7%)
37	<b>KOCZKODAJ Kamil</b>	<b>78</b>	OŻW SZCZECIN	OPEN BIEG -M	34	B	<b>00:26:46.05</b>	+00:07:01 (26.3%)	5:21	11.2 (73.7%)
38	<b>MARZEC Karolina</b>	<b>101</b>	DZIKIE DZIKI GORZÓW	OPEN BIEG -K	4	B	<b>00:26:58.45</b>	+00:07:14 (26.8%)	5:23	11.1 (73.0%)
39	<b>KRAWCZYK Paweł</b>	<b>261</b>	TRIGYM SZCZECIN	OPEN BIEG -M	35	B	<b>00:27:06.30</b>	+00:07:21 (27.2%)	5:25	11.1 (73.0%)
40	<b>GOŁĘBIEWSKI Tomasz</b>	<b>48</b>	PSP SZCZECIN	OPEN BIEG -M	36	B	<b>00:27:06.35</b>	+00:07:21 (27.2%)	5:25	11.1 (73.0%)
41	<b>GRYGORCEWICZ Jan</b>	<b>245</b>	POLICE	OPEN BIEG -M	37	B	<b>00:27:11.60</b>	+00:07:27 (27.4%)	5:26	11 (72.4%)
42	<b>CZYŻEWSKI Tomasz</b>	<b>31</b>	TENET	OPEN BIEG -M	38	B	<b>00:27:14.85</b>	+00:07:30 (27.5%)	5:26	11 (72.4%)
43	<b>ARLUKIEWICZ Grzegorz</b>	<b>3</b>	TIP	OPEN BIEG -M	39	B	<b>00:27:20.10</b>	+00:07:35 (27.8%)	5:28	11 (72.4%)
44	<b>PIESAK Jakub</b>	<b>288</b>		OPEN BIEG -M	40	B	<b>00:27:26.25</b>	+00:07:41 (28.1%)	5:29	10.9 (71.7%)
45	<b>GIEDRYS Adam</b>	<b>47</b>	12 BRYGADA ZMECHANIZOWANA	OPEN BIEG -M	41	B	<b>00:27:29.65</b>	+00:07:45 (28.2%)	5:29	10.9 (71.7%)
46	<b>SZULC Marcin</b>	<b>181</b>	BOLI BOLI	OPEN BIEG -M	42	B	<b>00:27:31.70</b>	+00:07:47 (28.3%)	5:30	10.9 (71.7%)
47	<b>FILDEBRANDT Basia</b>	<b>41</b>	SEKTOR DOBREJ ZABAWY	OPEN BIEG -K	5	B	<b>00:27:34.75</b>	+00:07:50 (28.4%)	5:30	10.9 (71.7%)
48	<b>KARCZEWICZ Piotr</b>	<b>72</b>	OŻW SZCZECIN	OPEN BIEG -M	43	B	<b>00:27:35.40</b>	+00:07:50 (28.4%)	5:31	10.9 (71.7%)
49	<b>LENCEWICZ Grzegorz</b>	<b>93</b>	VO2MAX RACING TEAM	OPEN BIEG -M	44	B	<b>00:27:38.15</b>	+00:07:53 (28.6%)	5:31	10.9 (71.7%)
50	<b>PAŁASZEWSKA Karolina</b>	<b>122</b>	14ZBOT/142BLP	OPEN BIEG -K	6	B	<b>00:27:38.70</b>	+00:07:54 (28.6%)	5:31	10.9 (71.7%)
51	<b>RYTTEL Marcin</b>	<b>149</b>	14ZBOT/142BLP	OPEN BIEG -M	45	B	<b>00:27:39.55</b>	+00:07:55 (28.6%)	5:31	10.8 (71.1%)
52	<b>LUCIUK Krzysztof</b>	<b>269</b>		OPEN BIEG -M	46	B	<b>00:27:47.20</b>	+00:08:02 (29.0%)	5:33	10.8 (71.1%)
53	<b>KRÓL Kamil</b>	<b>67</b>	DZIADY OCR	OPEN BIEG -M	47	B	<b>00:27:51.00</b>	+00:08:06 (29.1%)	5:34	10.8 (71.1%)
54	<b>STECIUK Michał</b>	<b>173</b>		OPEN BIEG -M	48	B	<b>00:27:52.10</b>	+00:08:07 (29.2%)	5:34	10.8 (71.1%)
55	<b>BRUMIRSKI Bartosz</b>	<b>218</b>		OPEN BIEG -M	49	B	<b>00:27:57.20</b>	+00:08:12 (29.4%)	5:35	10.7 (70.4%)
56	<b>WOSZCZYK Sebastian</b>	<b>197</b>	GRUPA MALBORK	OPEN BIEG -M	50	B	<b>00:28:04.20</b>	+00:08:19 (29.7%)	5:36	10.7 (70.4%)
57	<b>GRYGORCEWICZ Jan</b>	<b>246</b>	UKL ÓSEMKA	OPEN BIEG -M	51	B	<b>00:28:07.70</b>	+00:08:23 (29.8%)	5:37	10.7 (70.4%)
58	<b>LOBA Jakub</b>	<b>378</b>	SKB DZIK	OPEN BIEG -M	52	B	<b>00:28:13.15</b>	+00:08:28 (30.0%)	5:38	10.6 (69.7%)
59	<b>ROSIAK Marcin</b>	<b>144</b>		OPEN BIEG -M	53	B	<b>00:28:14.25</b>	+00:08:29 (30.1%)	5:38	10.6 (69.7%)
60	<b>KANIA Marcin</b>	<b>219</b>	KB DZIK POLICE	OPEN BIEG -M	54	B	<b>00:28:15.40</b>	+00:08:30 (30.1%)	5:39	10.6 (69.7%)
61	<b>KĘDZIOR Jakub</b>	<b>73</b>		OPEN BIEG -M	55	B	<b>00:28:17.70</b>	+00:08:33 (30.2%)	5:39	10.6 (69.7%)
62	<b>BUCHOLC Zbigniew</b>	<b>21</b>	GRUPA AZOTY	OPEN BIEG -M	56	B	<b>00:28:20.15</b>	+00:08:35 (30.3%)	5:40	10.6 (69.7%)
63	<b>OSTOJSKI Ignacy</b>	<b>286</b>	DLL PARTNERS	OPEN BIEG -M	57	B	<b>00:28:22.50</b>	+00:08:38 (30.4%)	5:40	10.6 (69.7%)
64	<b>GABRYŚ Kacper</b>	<b>240</b>		OPEN BIEG -M	58	B	<b>00:28:24.35</b>	+00:08:39 (30.5%)	5:40	10.6 (69.7%)
65	<b>SZMYCIŃSKI Piotr</b>	<b>180</b>	OSP PRZEMOCZE	OPEN BIEG -M	59	B	<b>00:28:30.00</b>	+00:08:45 (30.7%)	5:42	10.5 (69.1%)
66	<b>GRALEWICZ Olgierd</b>	<b>54</b>		OPEN BIEG -M	60	B	<b>00:28:32.70</b>	+00:08:48 (30.8%)	5:42	10.5 (69.1%)
67	<b>BURDZIK Wojciech</b>	<b>25</b>		OPEN BIEG -M	61	B	<b>00:28:33.55</b>	+00:08:49 (30.9%)	5:42	10.5 (69.1%)
68	<b>SCHULZE Jan - Michel</b>	<b>159</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -M	62	B	<b>00:28:39.80</b>	+00:08:55 (31.1%)	5:43	10.5 (69.1%)
69	<b>DUDENKO Jerzy</b>	<b>36</b>	DZIKIEDUDKI	OPEN BIEG -M	63	B	<b>00:28:43.75</b>	+00:08:59 (31.3%)	5:44	10.4 (68.4%)
70	<b>GRUDZIŃSKI Tomasz</b>	<b>56</b>	TEAM SPIRIT NOWA SÓL	OPEN BIEG -M	64	B	<b>00:28:49.95</b>	+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	<b>SEEBODE Christian</b>	<b>160</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -M	65	B	<b>00:28:53.15</b>	+00:09:08 (31.7%)	5:46	10.4 (68.4%)
72	<b>SOBCZAK Paweł</b>	<b>167</b>		OPEN BIEG -M	66	B	<b>00:28:56.55</b>	+00:09:12 (31.8%)	5:47	10.4 (68.4%)
73	<b>KRUK Bartosz</b>	<b>84</b>		OPEN BIEG -M	67	B	<b>00:29:00.70</b>	+00:09:16 (32.0%)	5:48	10.3 (67.8%)
74	<b>GRALEWICZ Robert</b>	<b>52</b>		OPEN BIEG -M	68	B	<b>00:29:03.20</b>	+00:09:18 (32.1%)	5:48	10.3 (67.8%)
75	<b>SZESZKOWSKI Tomasz</b>	<b>178</b>		OPEN BIEG -M	69	B	<b>00:29:09.40</b>	+00:09:24 (32.3%)	5:49	10.3 (67.8%)
76	<b>FURMANIAK Piotr</b>	<b>42</b>	GRUPA MALBORK	OPEN BIEG -M	70	B	<b>00:29:23.05</b>	+00:09:38 (32.8%)	5:52	10.2 (67.1%)
77	<b>BADURA Ewelina</b>	<b>4</b>	ŻANDARMERIA WOJSKOWA	OPEN BIEG -K	7	B	<b>00:29:26.85</b>	+00:09:42 (33.0%)	5:53	10.2 (67.1%)
78	<b>MROZIK Mariusz</b>	<b>111</b>	DZIKIE DZIKI GORZÓW	OPEN BIEG -M	71	B	<b>00:29:29.75</b>	+00:09:45 (33.1%)	5:53	10.2 (67.1%)
79	<b>PATZKI Wojciech</b>	<b>126</b>	TENET	OPEN BIEG -M	72	B	<b>00:29:39.50</b>	+00:09:55 (33.4%)	5:55	10.1 (66.4%)
80	<b>MATUSIAK Mariusz</b>	<b>103</b>		OPEN BIEG -M	73	B	<b>00:29:52.90</b>	+00:10:08 (33.9%)	5:58	10 (65.8%)
81	<b>SERKOWSKA Paulina</b>	<b>162</b>		OPEN BIEG -K	8	B	<b>00:29:58.65</b>	+00:10:14 (34.1%)	5:59	10 (65.8%)
82	<b>MAJKA Jarek</b>	<b>271</b>	FAMILIAMAJKA	OPEN BIEG -M	74	B	<b>00:29:59.55</b>	+00:10:15 (34.2%)	5:59	10 (65.8%)
83	<b>MAJKA Anna</b>	<b>272</b>	FAMILIAMAJKA	OPEN BIEG -K	9	B	<b>00:29:59.65</b>	+00:10:15 (34.2%)	5:59	10 (65.8%)
84	<b>KLEPACKI Bartek</b>	<b>76</b>		OPEN BIEG -M	75	B	<b>00:30:03.40</b>	+00:10:18 (34.3%)	6:00	10 (65.8%)
85	<b>HAWRYŁAK Marcin</b>	<b>61</b>	14ZBOT/142BLP	OPEN BIEG -M	76	B	<b>00:30:18.85</b>	+00:10:34 (34.9%)	6:03	9.9 (65.1%)
86	<b>GIETKO Piotr</b>	<b>244</b>	MIĘTUSY	OPEN BIEG -M	77	B	<b>00:30:26.95</b>	+00:10:42 (35.2%)	6:05	9.9 (65.1%)
87	<b>BOCK Udo</b>	<b>12</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -M	78	B	<b>00:30:27.85</b>	+00:10:43 (35.2%)	6:05	9.9 (65.1%)
88	<b>SZYSZKO Artur</b>	<b>311</b>	SZCZECIŃSKI KLUB ROWEROWY GRYFUS	OPEN BIEG -M	79	B	<b>00:30:38.40</b>	+00:10:53 (35.6%)	6:07	9.8 (64.5%)
89	<b>STEFANIAK Jakub</b>	<b>307</b>		OPEN BIEG -M	80	B	<b>00:30:38.45</b>	+00:10:54 (35.6%)	6:07	9.8 (64.5%)
90	<b>WIERZBICKA Sylwia</b>	<b>193</b>	14 ZBOT	OPEN BIEG -K	10	B	<b>00:30:39.10</b>	+00:10:54 (35.6%)	6:07	9.8 (64.5%)
91	<b>SAWICKI Paweł</b>	<b>154</b>	ŻANDARMERIA WOJSKOWA	OPEN BIEG -M	81	B	<b>00:30:40.30</b>	+00:10:55 (35.6%)	6:08	9.8 (64.5%)
92	<b>BURDELAK Agnieszka</b>	<b>24</b>	ŻANDARMERIA WOJSKOWA	OPEN BIEG -K	11	B	<b>00:30:41.70</b>	+00:10:57 (35.7%)	6:08	9.8 (64.5%)
93	<b>STĘPNIAK Lesław</b>	<b>174</b>		OPEN BIEG -M	82	B	<b>00:30:45.80</b>	+00:11:01 (35.8%)	6:09	9.8 (64.5%)
94	<b>ŚWIĄTEK Bronisław</b>	<b>312</b>	SAMOTNY WILK	OPEN BIEG -M	83	B	<b>00:30:50.60</b>	+00:11:06 (36.0%)	6:10	9.7 (63.8%)
95	<b>GERLICH Klaus</b>	<b>44</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -M	84	B	<b>00:30:52.75</b>	+00:11:08 (36.1%)	6:10	9.7 (63.8%)
96	<b>KARABOWICZ Zygmunt</b>	<b>255</b>		OPEN BIEG -M	85	B	<b>00:30:54.40</b>	+00:11:09 (36.1%)	6:10	9.7 (63.8%)
97	<b>SOLIS Mariusz</b>	<b>168</b>	OŻW SZCZECIN	OPEN BIEG -M	86	B	<b>00:30:55.70</b>	+00:11:11 (36.2%)	6:11	9.7 (63.8%)
98	<b>WIERZBICKA Agnieszka</b>	<b>192</b>	14 ZBOT	OPEN BIEG -K	12	B	<b>00:30:58.40</b>	+00:11:13 (36.3%)	6:11	9.7 (63.8%)
99	<b>BIESSEK Katarzyna</b>	<b>8</b>	GO2TRI	OPEN BIEG -K	13	B	<b>00:30:58.85</b>	+00:11:14 (36.3%)	6:11	9.7 (63.8%)
99	<b>LEWANDOWSKA Anna</b>	<b>95</b>	HELL'S HEAVEN SZCZECIN	OPEN BIEG -K	13	B	<b>00:30:58.85</b>	+00:11:14 (36.3%)	6:11	9.7 (63.8%)
101	<b>SCHERFENBERG Łukasz</b>	<b>155</b>	DINAMO BATUMI	OPEN BIEG -M	87	B	<b>00:30:59.00</b>	+00:11:14 (36.3%)	6:11	9.7 (63.8%)
102	<b>KUCHARCZYK Robert</b>	<b>87</b>	14ZBOT/142BLP	OPEN BIEG -M	88	B	<b>00:31:03.55</b>	+00:11:19 (36.4%)	6:12	9.7 (63.8%)
103	<b>MURAWSKA Wioletta</b>	<b>113</b>	KB DZIK POLICE	OPEN BIEG -K	15	B	<b>00:31:09.30</b>	+00:11:24 (36.6%)	6:13	9.6 (63.2%)
104	<b>SOWA Krzysztof</b>	<b>169</b>	TRASHMAGEDDON	OPEN BIEG -M	89	B	<b>00:31:13.40</b>	+00:11:28 (36.8%)	6:14	9.6 (63.2%)
105	<b>BOCK Agnieszka</b>	<b>11</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -K	16	B	<b>00:31:14.05</b>	+00:11:29 (36.8%)	6:14	9.6 (63.2%)
106	<b>BYCZKOWSKI Jan</b>	<b>26</b>	DZIKIE DUDKI	OPEN BIEG -M	90	B	<b>00:31:17.50</b>	+00:11:33 (36.9%)	6:15	9.6 (63.2%)
107	<b>KIWILSZA Wojciech</b>	<b>75</b>	IHUHU TEAM	OPEN BIEG -M	91	B	<b>00:31:18.95</b>	+00:11:34 (37.0%)	6:15	9.6 (63.2%)
108	<b>ŁAWNICZAK Sebastian</b>	<b>97</b>	ALUHAK	OPEN BIEG -M	92	B	<b>00:31:19.45</b>	+00:11:35 (37.0%)	6:15	9.6 (63.2%)
109	<b>DORAWA-ZIOMEK Anna</b>	<b>32</b>	DZIKIE ŻÓŁWIE	OPEN BIEG -K	17	B	<b>00:31:24.05</b>	+00:11:39 (37.1%)	6:16	9.6 (63.2%)
110	<b>GRYGORCEWICZ Władysław</b>	<b>57</b>	SKB DZIK	OPEN BIEG -M	93	B	<b>00:31:28.85</b>	+00:11:44 (37.3%)	6:17	9.5 (62.5%)
111	<b>NIEWIADOMSKI Mateusz</b>	<b>116</b>		OPEN BIEG -M	94	B	<b>00:31:31.30</b>	+00:11:46 (37.4%)	6:18	9.5 (62.5%)
112	<b>POSZUMSKA Gabriela</b>	<b>134</b>		OPEN BIEG -K	18	B	<b>00:31:38.75</b>	+00:11:54 (37.6%)	6:19	9.5 (62.5%)
113	<b>GUŁAJEWSKI Rafał</b>	<b>58</b>	14ZBOT/142BLP	OPEN BIEG -M	95	B	<b>00:31:40.05</b>	+00:11:55 (37.7%)	6:20	9.5 (62.5%)
114	<b>PRZYBOROWSKA Ula</b>	<b>329</b>		OPEN BIEG -K	19	B	<b>00:31:42.70</b>	+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	<b>WITORZĘĆ Dariusz</b>	<b>196</b>		OPEN BIEG -M	96	B	<b>00:31:45.05</b>	+00:12:00 (37.8%)	6:21	9.4 (61.8%)
116	<b>MASYS Agnieszka</b>	<b>102</b>	GRUPA MALBORK	OPEN BIEG -K	20	B	<b>00:31:47.30</b>	+00:12:02 (37.9%)	6:21	9.4 (61.8%)
117	<b>SENDEROWSKI Maciej</b>	<b>161</b>	GRUPA AZOTY	OPEN BIEG -M	97	B	<b>00:31:53.25</b>	+00:12:08 (38.1%)	6:22	9.4 (61.8%)
118	<b>BRANDES Tilman</b>	<b>19</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -M	98	B	<b>00:32:03.10</b>	+00:12:18 (38.4%)	6:24	9.4 (61.8%)
119	<b>TWAROWSKI Michal</b>	<b>315</b>		OPEN BIEG -M	99	B	<b>00:32:12.55</b>	+00:12:28 (38.7%)	6:26	9.3 (61.2%)
120	<b>MAJEWSKA Dorota</b>	<b>98</b>	BIEGOLAS KOSZALIN	OPEN BIEG -K	21	B	<b>00:32:14.25</b>	+00:12:29 (38.8%)	6:26	9.3 (61.2%)
121	<b>PATZKE Ingo</b>	<b>124</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -M	100	B	<b>00:32:16.20</b>	+00:12:31 (38.8%)	6:27	9.3 (61.2%)
122	<b>LEONOWICZ Martyna</b>	<b>267</b>	TRIGYM	OPEN BIEG -K	22	B	<b>00:32:21.90</b>	+00:12:37 (39.0%)	6:28	9.3 (61.2%)
123	<b>MĄDRAWSKI Tomasz</b>	<b>108</b>		OPEN BIEG -M	101	B	<b>00:32:23.10</b>	+00:12:38 (39.0%)	6:28	9.3 (61.2%)
124	<b>WÓJCICKA Anna</b>	<b>199</b>	HELL'S HEAVEN SZCZECIN	OPEN BIEG -K	23	B	<b>00:32:24.80</b>	+00:12:40 (39.1%)	6:28	9.3 (61.2%)
125	<b>SKRZYPIEC Andrzej</b>	<b>166</b>	BIEGACZE ŚWINOUJŚCIE	OPEN BIEG -M	102	B	<b>00:32:26.10</b>	+00:12:41 (39.1%)	6:29	9.2 (60.5%)
126	<b>POGORZELSKA Aleksandra</b>	<b>133</b>		OPEN BIEG -K	24	B	<b>00:32:30.05</b>	+00:12:45 (39.3%)	6:30	9.2 (60.5%)
127	<b>SPÓLNIK Paweł</b>	<b>170</b>		OPEN BIEG -M	103	B	<b>00:32:31.35</b>	+00:12:46 (39.3%)	6:30	9.2 (60.5%)
128	<b>KACHNOWICZ-BUKAŁA Izabela</b>	<b>71</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -K	25	B	<b>00:32:32.90</b>	+00:12:48 (39.3%)	6:30	9.2 (60.5%)
128	<b>PAWLUŚ Tomasz</b>	<b>127</b>		OPEN BIEG -M	104	B	<b>00:32:32.90</b>	+00:12:48 (39.3%)	6:30	9.2 (60.5%)
130	<b>ROMANOWICZ Monika</b>	<b>143</b>	DZIKIE ŻÓŁWIE	OPEN BIEG -K	26	B	<b>00:32:36.85</b>	+00:12:52 (39.5%)	6:31	9.2 (60.5%)
131	<b>SUCHODOLSKA Aleksandra</b>	<b>176</b>	DZIKIE ŻÓŁWIE	OPEN BIEG -K	27	B	<b>00:32:37.05</b>	+00:12:52 (39.5%)	6:31	9.2 (60.5%)
132	<b>ZALEWSKI Sylwester</b>	<b>205</b>		OPEN BIEG -M	105	B	<b>00:32:40.50</b>	+00:12:56 (39.6%)	6:32	9.2 (60.5%)
133	<b>WIECZOREK Jakub</b>	<b>191</b>		OPEN BIEG -M	106	B	<b>00:32:43.75</b>	+00:12:59 (39.7%)	6:32	9.2 (60.5%)
134	<b>KUBIK Michał</b>	<b>262</b>		OPEN BIEG -M	107	B	<b>00:32:46.90</b>	+00:13:02 (39.8%)	6:33	9.2 (60.5%)
135	<b>KŁACZKIEWICZ Alicja</b>	<b>256</b>	WY-BIEGANI SZCZECIN	OPEN BIEG -K	28	B	<b>00:32:49.05</b>	+00:13:04 (39.8%)	6:33	9.1 (59.9%)
136	<b>SUSZA Małgorzata</b>	<b>177</b>		OPEN BIEG -K	29	B	<b>00:32:49.35</b>	+00:13:04 (39.9%)	6:33	9.1 (59.9%)
137	<b>KIERUJ Jakub</b>	<b>74</b>	IHUHU TEAM	OPEN BIEG -M	108	B	<b>00:32:55.00</b>	+00:13:10 (40.0%)	6:35	9.1 (59.9%)
138	<b>BOCK Marcel</b>	<b>13</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -M	109	B	<b>00:32:59.25</b>	+00:13:14 (40.2%)	6:35	9.1 (59.9%)
139	<b>SĘK Dariusz</b>	<b>301</b>		OPEN BIEG -M	110	B	<b>00:32:59.60</b>	+00:13:15 (40.2%)	6:35	9.1 (59.9%)
140	<b>HNAT Rafał</b>	<b>63</b>		OPEN BIEG -M	111	B	<b>00:33:05.70</b>	+00:13:21 (40.4%)	6:37	9.1 (59.9%)
141	<b>MAZUR Filip</b>	<b>106</b>	14ZBOT/142BLP	OPEN BIEG -M	112	B	<b>00:33:09.40</b>	+00:13:24 (40.5%)	6:37	9 (59.2%)
142	<b>WÓJCICKI Łukasz</b>	<b>200</b>	HELL'S HEAVEN SZCZECIN	OPEN BIEG -M	113	B	<b>00:33:11.75</b>	+00:13:27 (40.5%)	6:38	9 (59.2%)
143	<b>TARATAJCIO Agnieszka</b>	<b>333</b>		OPEN BIEG -K	30	B	<b>00:33:12.30</b>	+00:13:27 (40.5%)	6:38	9 (59.2%)
144	<b>WIĘCKOWSKA Joanna</b>	<b>194</b>		OPEN BIEG -K	31	B	<b>00:33:20.85</b>	+00:13:36 (40.8%)	6:40	9 (59.2%)
145	<b>PIŁATOWSKI Maciej</b>	<b>130</b>		OPEN BIEG -M	114	B	<b>00:33:21.20</b>	+00:13:36 (40.8%)	6:40	9 (59.2%)
146	<b>DUDA Krzysztof</b>	<b>35</b>	GPTW	OPEN BIEG -M	115	B	<b>00:33:22.25</b>	+00:13:37 (40.8%)	6:40	9 (59.2%)
147	<b>MILLER Agnieszka</b>	<b>278</b>	BIEGAM BO LUBIĘ LASY BOGDANIEC	OPEN BIEG -K	32	B	<b>00:33:24.10</b>	+00:13:39 (40.9%)	6:40	9 (59.2%)
148	<b>DUDKA Robert</b>	<b>37</b>		OPEN BIEG -M	116	B	<b>00:33:24.40</b>	+00:13:39 (40.9%)	6:40	9 (59.2%)
149	<b>BARTCZAK Justyna</b>	<b>332</b>		OPEN BIEG -K	33	B	<b>00:33:27.85</b>	+00:13:43 (41.0%)	6:41	9 (59.2%)
150	<b>RYŻ Wojciech</b>	<b>297</b>		OPEN BIEG -M	117	B	<b>00:33:32.70</b>	+00:13:48 (41.2%)	6:42	8.9 (58.6%)
151	<b>PODLIPSKI Daniel</b>	<b>293</b>		OPEN BIEG -M	118	B	<b>00:33:35.40</b>	+00:13:50 (41.2%)	6:43	8.9 (58.6%)
152	<b>HOŁOWCZYC Julia Anna</b>	<b>65</b>	FREE AND WILD	OPEN BIEG -K	34	B	<b>00:33:43.35</b>	+00:13:58 (41.5%)	6:44	8.9 (58.6%)
153	<b>HOŁOWCZYC Agnieszka Marta</b>	<b>64</b>	FREE AND WILD	OPEN BIEG -K	35	B	<b>00:33:43.40</b>	+00:13:58 (41.5%)	6:44	8.9 (58.6%)
154	<b>MARCZYK Szymon</b>	<b>99</b>		OPEN BIEG -M	119	B	<b>00:33:46.60</b>	+00:14:02 (41.6%)	6:45	8.9 (58.6%)
155	<b>CESAK Grzegorz</b>	<b>27</b>	CSB DRAWSKO	OPEN BIEG -M	120	B	<b>00:33:52.00</b>	+00:14:07 (41.7%)	6:46	8.9 (58.6%)
156	<b>BRILLA Andrzej</b>	<b>20</b>	ŻANDARMERIA WOJSKOWA	OPEN BIEG -M	121	B	<b>00:33:52.15</b>	+00:14:07 (41.7%)	6:46	8.9 (58.6%)
157	<b>POGODA Rafał</b>	<b>132</b>	TIP	OPEN BIEG -M	122	B	<b>00:33:57.20</b>	+00:14:12 (41.9%)	6:47	8.8 (57.9%)
158	<b>MISIASZEK Mirosław</b>	<b>110</b>	MAŁKOCIN	OPEN BIEG -M	123	B	<b>00:34:00.90</b>	+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	<b>SCHMIDT Sebastian</b>	<b>156</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -M	124	B	<b>00:34:04.05</b>	+00:14:19 (42.1%)	6:48	8.8 (57.9%)
160	<b>WYKA Łukasz</b>	<b>323</b>		OPEN BIEG -M	125	B	<b>00:34:04.80</b>	+00:14:20 (42.1%)	6:48	8.8 (57.9%)
161	<b>TARGOSZ Łukasz</b>	<b>183</b>	GRUPA AZOTY	OPEN BIEG -M	126	B	<b>00:34:07.10</b>	+00:14:22 (42.1%)	6:49	8.8 (57.9%)
162	<b>POŹNIAK Aleksandra</b>	<b>135</b>	DZIKIE DZIKI GORZÓW	OPEN BIEG -K	36	B	<b>00:34:10.75</b>	+00:14:26 (42.2%)	6:50	8.8 (57.9%)
163	<b>RUTKOWSKI Konrad</b>	<b>148</b>	14ZBOT/142BLP	OPEN BIEG -M	127	B	<b>00:34:22.45</b>	+00:14:38 (42.6%)	6:52	8.7 (57.2%)
164	<b>MILEWSKA Marta</b>	<b>109</b>		OPEN BIEG -K	37	B	<b>00:34:33.35</b>	+00:14:48 (42.9%)	6:54	8.7 (57.2%)
165	<b>MAZUR Karol</b>	<b>107</b>	CSB DRAWSKO	OPEN BIEG -M	128	B	<b>00:34:41.60</b>	+00:14:57 (43.1%)	6:56	8.6 (56.6%)
166	<b>NOWACZYK Wojciech</b>	<b>117</b>		OPEN BIEG -M	129	B	<b>00:34:42.20</b>	+00:14:57 (43.1%)	6:56	8.6 (56.6%)
167	<b>BOCHENEK Jadwiga</b>	<b>231</b>	SEKTOR DOBREJ ZABAWY	OPEN BIEG -K	38	B	<b>00:34:44.55</b>	+00:15:00 (43.2%)	6:56	8.6 (56.6%)
168	<b>JAŁOWSKI Marcin</b>	<b>249</b>	BBL LASY BOGDANIEC	OPEN BIEG -M	130	B	<b>00:34:48.40</b>	+00:15:03 (43.3%)	6:57	8.6 (56.6%)
169	<b>ZAKOŚCIELNA Katarzyna</b>	<b>203</b>	DZIKIE ŻÓŁWIE	OPEN BIEG -K	39	B	<b>00:34:48.80</b>	+00:15:04 (43.3%)	6:57	8.6 (56.6%)
170	<b>WESOŁOWSKA Paulina</b>	<b>320</b>		OPEN BIEG -K	40	B	<b>00:34:49.80</b>	+00:15:05 (43.3%)	6:57	8.6 (56.6%)
171	<b>SCHULZE Stefan</b>	<b>158</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -M	131	B	<b>00:34:59.70</b>	+00:15:15 (43.6%)	6:59	8.6 (56.6%)
172	<b>WOŹNIAK Rafał</b>	<b>198</b>	IHUHU TEAM	OPEN BIEG -M	132	B	<b>00:35:15.30</b>	+00:15:30 (44.0%)	7:03	8.5 (55.9%)
173	<b>MURYN Dawid</b>	<b>114</b>		OPEN BIEG -M	133	B	<b>00:35:16.10</b>	+00:15:31 (44.0%)	7:03	8.5 (55.9%)
174	<b>BIENIAS Emilia</b>	<b>7</b>	RAGNAROK SZCZECIN	OPEN BIEG -K	41	B	<b>00:35:16.20</b>	+00:15:31 (44.0%)	7:03	8.5 (55.9%)
175	<b>RÓŻYCKA Hanna</b>	<b>328</b>	GUPA POLICE	OPEN BIEG -K	42	B	<b>00:35:17.85</b>	+00:15:33 (44.1%)	7:03	8.5 (55.9%)
176	<b>LEPPAK Małgorzata</b>	<b>94</b>	CSB DRAWSKO	OPEN BIEG -K	43	B	<b>00:35:21.45</b>	+00:15:37 (44.2%)	7:04	8.5 (55.9%)
177	<b>ZAWADZKI Andrzej</b>	<b>206</b>	TENET	OPEN BIEG -M	134	B	<b>00:35:25.25</b>	+00:15:40 (44.3%)	7:05	8.5 (55.9%)
178	<b>GERLICH Michael</b>	<b>46</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -M	135	B	<b>00:35:35.35</b>	+00:15:50 (44.5%)	7:07	8.4 (55.3%)
179	<b>DUBICKI Mikołaj</b>	<b>34</b>	STARGARD JA SIĘ NIE ŚCIGAM	OPEN BIEG -M	136	B	<b>00:35:35.80</b>	+00:15:51 (44.5%)	7:07	8.4 (55.3%)
180	<b>PIETRAS Urszula</b>	<b>289</b>		OPEN BIEG -K	44	B	<b>00:35:36.65</b>	+00:15:52 (44.6%)	7:07	8.4 (55.3%)
181	<b>KOPYRA Izabela</b>	<b>81</b>		OPEN BIEG -K	45	B	<b>00:35:56.30</b>	+00:16:11 (45.1%)	7:11	8.3 (54.6%)
182	<b>RAKOWSKI Piotr</b>	<b>141</b>		OPEN BIEG -M	137	B	<b>00:36:05.15</b>	+00:16:20 (45.3%)	7:13	8.3 (54.6%)
183	<b>KOLEJ Monika</b>	<b>79</b>	DZIKIE DZIKI GORZÓW	OPEN BIEG -K	46	B	<b>00:36:11.55</b>	+00:16:27 (45.5%)	7:14	8.3 (54.6%)
184	<b>MÜLLER Kathrin</b>	<b>112</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -K	47	B	<b>00:36:13.35</b>	+00:16:28 (45.5%)	7:14	8.3 (54.6%)
185	<b>PATZKE Petra</b>	<b>125</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -K	48	B	<b>00:36:20.70</b>	+00:16:36 (45.7%)	7:16	8.3 (54.6%)
186	<b>HARTWIGER Julia</b>	<b>60</b>	BRAUNSCHWEIG HASH HOUSE HARRIERS	OPEN BIEG -K	49	B	<b>00:36:20.75</b>	+00:16:36 (45.7%)	7:16	8.3 (54.6%)
187	<b>WALCZAK Dominika</b>	<b>316</b>		OPEN BIEG -K	50	B	<b>00:36:41.65</b>	+00:16:57 (46.2%)	7:20	8.2 (53.9%)
188	<b>MATAJ Justyna</b>	<b>275</b>		OPEN BIEG -K	51	B	<b>00:36:42.15</b>	+00:16:57 (46.2%)	7:20	8.2 (53.9%)
189	<b>CHARKOT Magda</b>	<b>233</b>		OPEN BIEG -K	52	B	<b>00:36:42.20</b>	+00:16:57 (46.2%)	7:20	8.2 (53.9%)
190	<b>RADCZUK Karolina</b>	<b>139</b>	GRUPA AZOTY	OPEN BIEG -K	53	B	<b>00:36:44.10</b>	+00:16:59 (46.3%)	7:20	8.2 (53.9%)
191	<b>NOWAK Piotr</b>	<b>284</b>		OPEN BIEG -M	138	B	<b>00:36:47.00</b>	+00:17:02 (46.3%)	7:21	8.2 (53.9%)
192	<b>WIECZOREK Magdalena</b>	<b>189</b>		OPEN BIEG -K	54	B	<b>00:36:51.00</b>	+00:17:06 (46.4%)	7:22	8.1 (53.3%)
193	<b>ZAKRZEWSKA Sylwia</b>	<b>204</b>		OPEN BIEG -K	55	B	<b>00:36:52.55</b>	+00:17:08 (46.5%)	7:22	8.1 (53.3%)
194	<b>KUCHARSKI Tomasz</b>	<b>88</b>	GRUPA AZOTY	OPEN BIEG -M	139	B	<b>00:37:01.60</b>	+00:17:17 (46.7%)	7:24	8.1 (53.3%)
195	<b>SALAUYOU Raman</b>	<b>151</b>		OPEN BIEG -M	140	B	<b>00:37:06.55</b>	+00:17:22 (46.8%)	7:25	8.1 (53.3%)
196	<b>HINDZIUK Artsiom</b>	<b>62</b>		OPEN BIEG -M	141	B	<b>00:37:07.60</b>	+00:17:23 (46.8%)	7:25	8.1 (53.3%)
197	<b>KRUCZEK Paweł</b>	<b>83</b>	BRIDGESTONE STARGARD RUNNERS	OPEN BIEG -M	142	B	<b>00:37:08.55</b>	+00:17:24 (46.9%)	7:25	8.1 (53.3%)
198	<b>PIECHOWSKA Karolina</b>	<b>287</b>		OPEN BIEG -K	56	B	<b>00:37:16.40</b>	+00:17:31 (47.0%)	7:27	8.1 (53.3%)
199	<b>PAWŁOWSKI Karol</b>	<b>128</b>		OPEN BIEG -M	143	B	<b>00:37:24.35</b>	+00:17:39 (47.2%)	7:28	8 (52.6%)
200	<b>KOCHAŃSKI Arkadiusz</b>	<b>334</b>		OPEN BIEG -M	144	B	<b>00:37:39.10</b>	+00:17:54 (47.6%)	7:31	8 (52.6%)
201	<b>MATYSEK Ireneusz</b>	<b>104</b>	KOMANDOS WAŁECKI	OPEN BIEG -M	145	B	<b>00:37:53.35</b>	+00:18:08 (47.9%)	7:34	7.9 (52.0%)
202	<b>STAŃCZYK Sławomir</b>	<b>172</b>		OPEN BIEG -M	146	B	<b>00:38:04.00</b>	+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	<b>KUNIKOWSKA Patrycja</b>	<b>89</b>	STARGARD JA SIĘ NIE ŚCIGAM	OPEN BIEG -K	57	B	<b>00:38:04.60</b>	+00:18:20 (48.2%)	7:36	7.9 (52.0%)
204	<b>LOBA Zuzanna</b>	<b>379</b>	SKB DZIK	OPEN BIEG -K	58	B	<b>00:38:05.65</b>	+00:18:21 (48.2%)	7:37	7.9 (52.0%)
205	<b>KUNIKOWSKI Patryk</b>	<b>90</b>	STARGARD JA SIĘ NIE ŚCIGAM	OPEN BIEG -M	147	B	<b>00:38:05.70</b>	+00:18:21 (48.2%)	7:37	7.9 (52.0%)
206	<b>JADRYCH Zbigniew</b>	<b>69</b>	STARGARD JA SIĘ NIE ŚCIGAM	OPEN BIEG -M	148	B	<b>00:38:05.80</b>	+00:18:21 (48.2%)	7:37	7.9 (52.0%)
207	<b>NOWAK Grzegorz</b>	<b>283</b>	GRUPA AZOTY	OPEN BIEG -M	149	B	<b>00:38:18.25</b>	+00:18:33 (48.5%)	7:39	7.8 (51.3%)
208	<b>NOWAK Marta</b>	<b>282</b>	GRUPA AZOTY	OPEN BIEG -K	59	B	<b>00:38:18.35</b>	+00:18:33 (48.5%)	7:39	7.8 (51.3%)
209	<b>WIŚNIEWSKA Marta</b>	<b>195</b>	IHUHU TEAM	OPEN BIEG -K	60	B	<b>00:38:24.55</b>	+00:18:40 (48.6%)	7:40	7.8 (51.3%)
210	<b>GANCKE Filip</b>	<b>242</b>		OPEN BIEG -M	150	B	<b>00:38:25.80</b>	+00:18:41 (48.6%)	7:41	7.8 (51.3%)
211	<b>PIRÓG Ewa</b>	<b>291</b>		OPEN BIEG -K	61	B	<b>00:38:30.65</b>	+00:18:46 (48.7%)	7:42	7.8 (51.3%)
212	<b>DYDEK Dorota</b>	<b>39</b>	SKB DZIK	OPEN BIEG -K	62	B	<b>00:38:37.40</b>	+00:18:52 (48.9%)	7:43	7.8 (51.3%)
213	<b>KOZŁOWSKA Marzena</b>	<b>260</b>	BBL LASY BOGDANIEC	OPEN BIEG -K	63	B	<b>00:38:51.65</b>	+00:19:07 (49.2%)	7:46	7.7 (50.7%)
214	<b>GANCKE Grzegorz</b>	<b>241</b>		OPEN BIEG -M	151	B	<b>00:38:55.80</b>	+00:19:11 (49.3%)	7:47	7.7 (50.7%)
215	<b>ZIAJOR Piotr</b>	<b>325</b>	GOD TEAM	OPEN BIEG -M	152	B	<b>00:38:56.55</b>	+00:19:12 (49.3%)	7:47	7.7 (50.7%)
216	<b>KOWALSKA Anna</b>	<b>258</b>	BBL LASY BOGDANIEC	OPEN BIEG -K	64	B	<b>00:38:57.85</b>	+00:19:13 (49.3%)	7:47	7.7 (50.7%)
217	<b>ZIAJOR Dominika</b>	<b>326</b>	GOD TEAM	OPEN BIEG -K	65	B	<b>00:39:05.75</b>	+00:19:21 (49.5%)	7:49	7.7 (50.7%)
218	<b>KRZYWOŃ Paweł</b>	<b>86</b>		Nordic Walking - M	1	NW	<b>00:39:23.15</b>	+00:19:38 (49.9%)	7:52	7.6 (50.0%)
219	<b>RATAJCZYK Patryk</b>	<b>142</b>	DLL PARTNERS	OPEN BIEG -M	153	B	<b>00:39:28.00</b>	+00:19:43 (50.0%)	7:53	7.6 (50.0%)
220	<b>NOWAK Zbigniew</b>	<b>118</b>	SKB DZIK	OPEN BIEG -M	154	B	<b>00:39:46.80</b>	+00:20:02 (50.4%)	7:57	7.5 (49.3%)
221	<b>NOWAK Marta</b>	<b>280</b>		OPEN BIEG -K	66	B	<b>00:39:58.70</b>	+00:20:14 (50.6%)	7:59	7.5 (49.3%)
222	<b>TOKAREK Justyna</b>	<b>184</b>		OPEN BIEG -K	67	B	<b>00:40:07.70</b>	+00:20:23 (50.8%)	8:01	7.5 (49.3%)
223	<b>SAWICKA -WERS Urszula</b>	<b>152</b>		OPEN BIEG -K	68	B	<b>00:40:13.45</b>	+00:20:29 (50.9%)	8:02	7.5 (49.3%)
224	<b>BEDNARZ Katarzyna</b>	<b>6</b>		OPEN BIEG -K	69	B	<b>00:40:13.75</b>	+00:20:29 (50.9%)	8:02	7.5 (49.3%)
225	<b>OSTOJSKA Maria</b>	<b>285</b>	DLL PARTNERS	OPEN BIEG -K	70	B	<b>00:40:23.55</b>	+00:20:39 (51.1%)	8:04	7.4 (48.7%)
226	<b>STANKIEWICZ Amelia</b>	<b>306</b>	DLL PARTNERS	OPEN BIEG -K	71	B	<b>00:40:24.50</b>	+00:20:40 (51.1%)	8:04	7.4 (48.7%)
227	<b>BURDZIK Eliza</b>	<b>232</b>		OPEN BIEG -K	72	B	<b>00:40:26.35</b>	+00:20:41 (51.2%)	8:05	7.4 (48.7%)
228	<b>BOHONOS Adam</b>	<b>15</b>		OPEN BIEG -M	155	B	<b>00:40:35.35</b>	+00:20:50 (51.4%)	8:07	7.4 (48.7%)
229	<b>BOŠKO Paulina</b>	<b>17</b>	CMENTARNE HIENY	OPEN BIEG -K	73	B	<b>00:40:38.40</b>	+00:20:53 (51.4%)	8:07	7.4 (48.7%)
230	<b>PRZYBYSZ Marcin</b>	<b>295</b>	PRZYBYSZ FAMILY	OPEN BIEG -M	156	B	<b>00:40:56.85</b>	+00:21:12 (51.8%)	8:11	7.3 (48.0%)
231	<b>STACHOWICZ-HAWRYLAK Sylwia</b>	<b>305</b>	BIEG KORCZAKA	Nordic Walking - K	1	NW	<b>00:41:12.35</b>	+00:21:27 (52.1%)	8:14	7.3 (48.0%)
232	<b>SZAJEK Marta</b>	<b>308</b>	HULK TEAM POLICE	OPEN BIEG -K	74	B	<b>00:41:18.75</b>	+00:21:34 (52.2%)	8:15	7.3 (48.0%)
233	<b>SZAJEK Gabor</b>	<b>309</b>	HULK TEAM POLICE	OPEN BIEG -M	157	B	<b>00:41:18.90</b>	+00:21:34 (52.2%)	8:15	7.3 (48.0%)
234	<b>PRZYBYSZ Tamara</b>	<b>294</b>	PRZYBYSZ FAMILY	OPEN BIEG -K	75	B	<b>00:41:21.30</b>	+00:21:36 (52.3%)	8:16	7.3 (48.0%)
235	<b>GOWORSKI Jerzy</b>	<b>49</b>	WIECZORNE BIEGANIE W SZCZECINIE	OPEN BIEG -M	158	B	<b>00:41:29.60</b>	+00:21:45 (52.4%)	8:17	7.2 (47.4%)
236	<b>STACHOWICZ Małgorzata</b>	<b>171</b>		OPEN BIEG -K	76	B	<b>00:41:42.00</b>	+00:21:57 (52.7%)	8:20	7.2 (47.4%)
237	<b>SKOWROŃSKI Andrzej</b>	<b>165</b>	GRUPA MALBORK	OPEN BIEG -M	159	B	<b>00:41:42.30</b>	+00:21:57 (52.7%)	8:20	7.2 (47.4%)
238	<b>ZIELIŃSKA-RYŻ Katarzyna</b>	<b>209</b>		OPEN BIEG -K	77	B	<b>00:41:45.50</b>	+00:22:01 (52.7%)	8:21	7.2 (47.4%)
239	<b>MADRAK Anna</b>	<b>327</b>	HULK TEAM POLICE	Nordic Walking - K	2	NW	<b>00:42:21.30</b>	+00:22:36 (53.4%)	8:28	7.1 (46.7%)
240	<b>KRYSZEWSKA Magdalena</b>	<b>85</b>	DZIKIE ŻÓŁWIE	OPEN BIEG -K	78	B	<b>00:42:49.65</b>	+00:23:05 (53.9%)	8:33	7 (46.1%)
241	<b>KURBAN Angelina</b>	<b>264</b>	BELLAS	OPEN BIEG -K	79	B	<b>00:43:44.70</b>	+00:24:00 (54.9%)	8:44	6.9 (45.4%)
242	<b>HORBATIUK Anastasiia</b>	<b>247</b>	BELLAS	OPEN BIEG -K	80	B	<b>00:43:51.15</b>	+00:24:06 (55.0%)	8:46	6.8 (44.7%)
243	<b>SCHULZ Magdalena</b>	<b>299</b>		OPEN BIEG -K	81	B	<b>00:44:51.15</b>	+00:25:06 (56.0%)	8:58	6.7 (44.1%)
244	<b>ZIAJOR Beata</b>	<b>324</b>	GOD TEAM	OPEN BIEG -K	82	B	<b>00:44:52.45</b>	+00:25:08 (56.0%)	8:58	6.7 (44.1%)
245	<b>JASKÓŁKA Angelika</b>	<b>250</b>		OPEN BIEG -K	83	B	<b>00:44:53.00</b>	+00:25:08 (56.0%)	8:58	6.7 (44.1%)
246	<b>LENER Sławomir</b>	<b>266</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	Nordic Walking - M	2	NW	<b>00:44:57.55</b>	+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	<b>MARGULA-JAŚKOWSKA Dorota</b>	<b>100</b>		OPEN BIEG -K	84	B	<b>00:45:02.35</b>	+00:25:17 (56.2%)	9:00	6.7 (44.1%)
248	<b>PRABUCKI Jarosław</b>	<b>137</b>		OPEN BIEG -M	160	B	<b>00:45:10.45</b>	+00:25:26 (56.3%)	9:02	6.6 (43.4%)
249	<b>PRABUCKA Karolina</b>	<b>136</b>		OPEN BIEG -K	85	B	<b>00:45:10.60</b>	+00:25:26 (56.3%)	9:02	6.6 (43.4%)
250	<b>SIELICKA Małgorzata</b>	<b>302</b>		OPEN BIEG -K	86	B	<b>00:45:23.70</b>	+00:25:39 (56.5%)	9:04	6.6 (43.4%)
251	<b>KAŁANDYK Paulina</b>	<b>254</b>		Nordic Walking - K	3	NW	<b>00:45:27.25</b>	+00:25:42 (56.6%)	9:05	6.6 (43.4%)
252	<b>KUŹMIŃSKA-JUCHA Weronika</b>	<b>265</b>	SKB DZIK	Nordic Walking - K	4	NW	<b>00:45:28.30</b>	+00:25:43 (56.6%)	9:05	6.6 (43.4%)
253	<b>SZUBERT-ADAMSKA Ewelina</b>	<b>310</b>		Nordic Walking - K	5	NW	<b>00:45:45.25</b>	+00:26:00 (56.9%)	9:09	6.6 (43.4%)
254	<b>KNAPIK Justyna</b>	<b>77</b>		OPEN BIEG -K	87	B	<b>00:46:28.70</b>	+00:26:44 (57.5%)	9:17	6.5 (42.8%)
255	<b>ZEMŁA Dawid</b>	<b>208</b>	MACARENA WARRIORS	OPEN BIEG -M	161	B	<b>00:46:30.15</b>	+00:26:45 (57.5%)	9:18	6.5 (42.8%)
256	<b>MATYSIAK Sławomir</b>	<b>105</b>	OCR GRUBAS TEAM	OPEN BIEG -M	162	B	<b>00:46:31.80</b>	+00:26:47 (57.6%)	9:18	6.4 (42.1%)
257	<b>JĘDRYKA Anna</b>	<b>70</b>	MACARENA WARRIORS	OPEN BIEG -K	88	B	<b>00:46:32.90</b>	+00:26:48 (57.6%)	9:18	6.4 (42.1%)
258	<b>WARCHOŁ Kamil</b>	<b>187</b>	MACARENA WARRIORS	OPEN BIEG -M	163	B	<b>00:46:33.15</b>	+00:26:48 (57.6%)	9:18	6.4 (42.1%)
259	<b>KOSIANOWSKA Monika</b>	<b>82</b>	GRUPA MALBORK	Nordic Walking - K	6	NW	<b>00:46:42.85</b>	+00:26:58 (57.7%)	9:20	6.4 (42.1%)
260	<b>WIECZOREK Wojciech</b>	<b>190</b>		OPEN BIEG -M	164	B	<b>00:47:11.00</b>	+00:27:26 (58.2%)	9:26	6.4 (42.1%)
261	<b>PIOTROWSKA Kamila</b>	<b>290</b>		Nordic Walking - K	7	NW	<b>00:47:31.95</b>	+00:27:47 (58.5%)	9:30	6.3 (41.4%)
262	<b>MATWIEJCZUK Agnieszka</b>	<b>276</b>		Nordic Walking - K	8	NW	<b>00:47:35.70</b>	+00:27:51 (58.5%)	9:31	6.3 (41.4%)
263	<b>OSTROWSKA Ina</b>	<b>121</b>		OPEN BIEG -K	89	B	<b>00:47:44.00</b>	+00:27:59 (58.6%)	9:32	6.3 (41.4%)
264	<b>RÓZGA Michał</b>	<b>145</b>		OPEN BIEG -M	165	B	<b>00:47:44.15</b>	+00:27:59 (58.6%)	9:32	6.3 (41.4%)
265	<b>WALUKIEWICZ Magdalena</b>	<b>186</b>	NZ	OPEN BIEG -K	90	B	<b>00:48:15.00</b>	+00:28:30 (59.1%)	9:39	6.2 (40.8%)
266	<b>BLACHOWSKA Agnieszka</b>	<b>9</b>		OPEN BIEG -K	91	B	<b>00:48:15.15</b>	+00:28:30 (59.1%)	9:39	6.2 (40.8%)
267	<b>LEBIODA Alicja</b>	<b>92</b>		OPEN BIEG -K	92	B	<b>00:48:40.80</b>	+00:28:56 (59.4%)	9:44	6.2 (40.8%)
268	<b>SEMEZH Iryna</b>	<b>300</b>	BELLAS	OPEN BIEG -K	93	B	<b>00:49:16.95</b>	+00:29:32 (59.9%)	9:51	6.1 (40.1%)
269	<b>MALINOWSKA Marzena</b>	<b>273</b>		Nordic Walking - K	9	NW	<b>00:49:22.80</b>	+00:29:38 (60.0%)	9:52	6.1 (40.1%)
270	<b>JURCZYK Anna</b>	<b>253</b>	FUTYMKA TEAM	Nordic Walking - K	10	NW	<b>00:49:23.35</b>	+00:29:38 (60.0%)	9:52	6.1 (40.1%)
271	<b>SMOLIKAVA Aliaksandra</b>	<b>304</b>	BELLAS	OPEN BIEG -K	94	B	<b>00:49:26.65</b>	+00:29:42 (60.1%)	9:53	6.1 (40.1%)
272	<b>WOLSKA Magdalena</b>	<b>322</b>		OPEN BIEG -K	95	B	<b>00:49:55.10</b>	+00:30:10 (60.5%)	9:59	6 (39.5%)
273	<b>RUMOWSKA Agnieszka</b>	<b>147</b>		OPEN BIEG -K	96	B	<b>00:49:55.55</b>	+00:30:11 (60.5%)	9:59	6 (39.5%)
274	<b>CIEŚLIK Ewa</b>	<b>234</b>	BELLAS	OPEN BIEG -K	97	B	<b>00:51:33.45</b>	+00:31:49 (61.7%)	10:18	5.8 (38.2%)
275	<b>NAJMARK Małgorzata</b>	<b>115</b>	GRUPA AZOTY	OPEN BIEG -K	98	B	<b>00:51:45.45</b>	+00:32:01 (61.9%)	10:21	5.8 (38.2%)
276	<b>NOWAK Aneta</b>	<b>281</b>	NORDICOWELOVE POLICE	Nordic Walking - K	11	NW	<b>00:51:45.75</b>	+00:32:01 (61.9%)	10:21	5.8 (38.2%)
277	<b>SALA Mirosława</b>	<b>298</b>		Nordic Walking - K	12	NW	<b>00:51:59.15</b>	+00:32:14 (62.0%)	10:23	5.8 (38.2%)
278	<b>WASIELEWSKA Katarzyna</b>	<b>317</b>		OPEN BIEG -K	99	B	<b>00:52:30.75</b>	+00:32:46 (62.4%)	10:30	5.7 (37.5%)
279	<b>PŁOSA Monika</b>	<b>292</b>		OPEN BIEG -K	100	B	<b>00:52:35.10</b>	+00:32:50 (62.5%)	10:31	5.7 (37.5%)
280	<b>KUDERSKA Iwona</b>	<b>263</b>		Nordic Walking - K	13	NW	<b>00:53:12.80</b>	+00:33:28 (62.9%)	10:38	5.6 (36.8%)
281	<b>JATCZAK Katarzyna</b>	<b>251</b>	KPP POLICE	Nordic Walking - K	14	NW	<b>00:53:15.15</b>	+00:33:30 (62.9%)	10:39	5.6 (36.8%)
282	<b>FIJAŁKOWSKA Monika</b>	<b>238</b>		Nordic Walking - K	15	NW	<b>00:54:00.35</b>	+00:34:15 (63.4%)	10:48	5.6 (36.8%)
283	<b>JATCZAK Natalia</b>	<b>252</b>	KPP POLICE	Nordic Walking - K	16	NW	<b>00:54:00.55</b>	+00:34:16 (63.4%)	10:48	5.6 (36.8%)
284	<b>KOŁACZYŃSKA Monika</b>	<b>80</b>		OPEN BIEG -K	101	B	<b>00:54:58.80</b>	+00:35:14 (64.1%)	10:59	5.5 (36.2%)
285	<b>FALARZ Katarzyna</b>	<b>237</b>		OPEN BIEG -K	102	B	<b>00:55:19.40</b>	+00:35:34 (64.3%)	11:03	5.4 (35.5%)
286	<b>BODNAR Zbigniew</b>	<b>14</b>	BIEG KORCZAKA	OPEN BIEG -M	166	B	<b>00:55:24.65</b>	+00:35:40 (64.4%)	11:04	5.4 (35.5%)
287	<b>TARNOWSKA Alicja</b>	<b>313</b>	BELLAS	OPEN BIEG -K	103	B	<b>00:56:15.40</b>	+00:36:30 (64.9%)	11:15	5.3 (34.9%)
288	<b>CIEŚLIK-SZUMSKA Izabela</b>	<b>235</b>	BELLAS	OPEN BIEG -K	104	B	<b>00:56:15.45</b>	+00:36:31 (64.9%)	11:15	5.3 (34.9%)
289	<b>ROLIŃSKA Olga</b>	<b>296</b>	BELLAS	OPEN BIEG -K	105	B	<b>00:56:15.50</b>	+00:36:31 (64.9%)	11:15	5.3 (34.9%)
290	<b>WIELOWSKI Maciej</b>	<b>335</b>		OPEN BIEG -M	167	B	<b>00:57:08.85</b>	+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	<b>LEWANDOWSKI Janusz</b>	<b>96</b>	PARKRUN SZCZECIN	OPEN BIEG -M	168	B	<b>00:58:16.10</b>	+00:38:31 (66.1%)	11:39	5.1 (33.6%)
292	<b>JADCZAK Danuta</b>	<b>68</b>		OPEN BIEG -K	106	B	<b>00:58:16.15</b>	+00:38:31 (66.1%)	11:39	5.1 (33.6%)
293	<b>SKORNIA Krzysztof</b>	<b>164</b>	GRUPA AZOTY	Nordic Walking - M	3	NW	<b>01:00:19.60</b>	+00:40:35 (67.3%)	12:03	5 (32.9%)
294	<b>MICHALAK Monika</b>	<b>277</b>	FUTYMKA TEAM	Nordic Walking - K	17	NW	<b>01:00:19.95</b>	+00:40:35 (67.3%)	12:03	5 (32.9%)
295	<b>CZEKAŁA-SITEK Magdalena</b>	<b>376</b>	AMW TBS KWATERA	Nordic Walking - K	18	NW	<b>01:04:50.25</b>	+00:45:05 (69.6%)	12:58	4.6 (30.3%)

Znaleziono 295 wynik(ów)