

# XIII BIEG SZLAKIEM DZIKA

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Wydarzenie:** DZIKI WEEKEND 2023  
**Organizator:** Stowarzyszenie Klub Biegowy Dzik  
**Data:** 2023-08-19  
**Miejsce:** Police  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat	MP Strażaków	Rodzina	Nazwisko	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>ŻABICKI Jarek</b>	<b>43</b>	FIRE TEAM	M30	1					<b>00:44:21.90</b>		4:26	13.5 (100%)
2	<b>WOLSKI Marcin</b>	<b>40</b>	DGS DIAGNOSTICS TEAM	M30	2					<b>00:45:29.05</b>	+00:01:07 (2.5%)	4:32	13.2 (97.8%)
3	<b>PRZEKOPOWICZ Bartosz</b>	<b>199</b>	FIRE TEAM	M30	3					<b>00:46:00.85</b>	+00:01:38 (3.6%)	4:36	13 (96.3%)
4	<b>BARAŃSKI Przemysław</b>	<b>53</b>	FIRE TEAM	M30	4		Tak			<b>00:46:38.60</b>	+00:02:16 (4.9%)	4:39	12.9 (95.6%)
5	<b>GRABEK Maciej</b>	<b>105</b>	DZIKIE DZIKI GORZÓW	M30	5					<b>00:46:46.70</b>	+00:02:24 (5.2%)	4:40	12.8 (94.8%)
6	<b>PLESNER Krzysztof</b>	<b>27</b>	FIRE TEAM	M40	1		Tak			<b>00:47:02.40</b>	+00:02:40 (5.7%)	4:42	12.8 (94.8%)
7	<b>RUDZIŃSKI Jacek</b>	<b>30</b>	FIRE TEAM	M50	1		Tak			<b>00:47:51.35</b>	+00:03:29 (7.3%)	4:47	12.5 (92.6%)
8	<b>WASZKIEWICZ Tomasz</b>	<b>38</b>	TT SZCZECIN	M40	2					<b>00:49:53.95</b>	+00:05:32 (11.1%)	4:59	12 (88.9%)
9	<b>ZAGRODZKI Michał</b>	<b>41</b>	FIRE TEAM	M16	1		Tak			<b>00:50:38.55</b>	+00:06:16 (12.4%)	5:03	11.8 (87.4%)
10	<b>PAPLICKI Michał</b>	<b>185</b>	DZIKIE DZIKI GORZÓW	M40	3					<b>00:50:39.50</b>	+00:06:17 (12.4%)	5:03	11.8 (87.4%)
11	<b>SZYPKOWSKI Marek</b>	<b>223</b>	SPORT	M40	4					<b>00:50:55.05</b>	+00:06:33 (12.9%)	5:05	11.8 (87.4%)
12	<b>KRYGOWSKI Mateusz</b>	<b>145</b>	BEST BEASTS	M30	6					<b>00:51:23.65</b>	+00:07:01 (13.7%)	5:08	11.7 (86.7%)
13	<b>RYCAK Bartosz</b>	<b>204</b>	SPINZ	M30	7		Tak			<b>00:51:28.70</b>	+00:07:06 (13.8%)	5:08	11.7 (86.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat	MP			Czas netto 10km	Różn	Tempo min/km	Tempo km/h
							Strażaków	Rodzina	Nazwisko				
14	<b>HOŁYŃSKI Leszek</b>	<b>114</b>	FIRE TEAM	M30	8	Tak	Tak			<b>00:51:34.20</b>	+00:07:12 (14.0%)	5:09	11.6 (85.9%)
15	<b>WASILEWSKI Andrzej</b>	<b>233</b>	WILKI Z CIECHOCINKA	M40	5					<b>00:52:33.10</b>	+00:08:11 (15.6%)	5:15	11.4 (84.4%)
16	<b>DYDEK Edyta</b>	<b>255</b>	SKB DZIK	K16	1			Tak	Dydek	<b>00:53:09.90</b>	+00:08:48 (16.6%)	5:18	11.3 (83.7%)
17	<b>WÓJCICKI Paweł</b>	<b>245</b>	GRUPA MALBORK	M40	6					<b>00:53:22.30</b>	+00:09:00 (16.9%)	5:20	11.2 (83.0%)
18	<b>ANTOSIK Bartosz</b>	<b>62</b>	NA PRZYPALE ALBO WCALE!!!	M40	7	Tak				<b>00:54:08.35</b>	+00:09:46 (18.1%)	5:24	11.1 (82.2%)
19	<b>JUNAK Michał</b>	<b>11</b>	FIRE TEAM	M16	2		Tak			<b>00:54:26.45</b>	+00:10:04 (18.5%)	5:26	11 (81.5%)
20	<b>PATORA Piotr</b>	<b>188</b>	VO2MAX RACING TEAM	M30	9					<b>00:54:46.65</b>	+00:10:24 (19.0%)	5:28	11 (81.5%)
21	<b>PASIKOWSKI Kamil</b>	<b>257</b>	SKB DZIK	M16	3			Tak	Dydek	<b>00:55:12.10</b>	+00:10:50 (19.6%)	5:31	10.9 (80.7%)
22	<b>WAJS Sebastian</b>	<b>36</b>	HQ MNC NE	M40	8					<b>00:55:22.45</b>	+00:11:00 (19.9%)	5:32	10.8 (80.0%)
23	<b>MATYSIAK Sławomir</b>	<b>169</b>	DZIKI SPECJALNEJ TROSKI	M30	10					<b>00:55:24.05</b>	+00:11:02 (19.9%)	5:32	10.8 (80.0%)
24	<b>PLUTA Grzegorz</b>	<b>28</b>	KB HERMES GRYFINO	M60+	1					<b>00:55:42.10</b>	+00:11:20 (20.4%)	5:34	10.8 (80.0%)
25	<b>BLICHARZ Jarosław</b>	<b>4</b>	MKJ POLICE	M50	2					<b>00:55:50.85</b>	+00:11:28 (20.6%)	5:35	10.7 (79.3%)
26	<b>AUGUŚCIK Marcin</b>	<b>63</b>	OPP SZCZECIN	M30	11					<b>00:56:21.50</b>	+00:11:59 (21.3%)	5:38	10.6 (78.5%)
27	<b>USTIANOWSKI Przemysław</b>	<b>230</b>	JW 4531	M40	9					<b>00:56:34.05</b>	+00:12:12 (21.6%)	5:39	10.6 (78.5%)
28	<b>SZULC Marcin</b>	<b>222</b>	BOLI BOLI	M40	10	Tak				<b>00:57:00.10</b>	+00:12:38 (22.2%)	5:42	10.5 (77.8%)
29	<b>LOBA Jakub</b>	<b>158</b>	SKB DZIK	M16	4					<b>00:57:02.70</b>	+00:12:40 (22.2%)	5:42	10.5 (77.8%)
30	<b>SAKOSIK Krystian</b>	<b>206</b>	KOSAKŁUSOWNIK	M30	12					<b>00:57:45.70</b>	+00:13:23 (23.2%)	5:46	10.4 (77.0%)
31	<b>KACZOR Piotr</b>	<b>125</b>	ZALATANI 1.BLTR	M16	5					<b>00:57:47.50</b>	+00:13:25 (23.2%)	5:46	10.4 (77.0%)
32	<b>ZYGOŃ Artur</b>	<b>42</b>		M30	13					<b>00:57:50.45</b>	+00:13:28 (23.3%)	5:47	10.4 (77.0%)
33	<b>SIKORSKI Adam</b>	<b>210</b>	SIKORROVO	M30	14					<b>00:58:11.55</b>	+00:13:49 (23.8%)	5:49	10.3 (76.3%)
34	<b>ZEMŁA Dawid</b>	<b>253</b>	DZIKI SPECJALNEJ TROSKI	M30	15					<b>00:58:19.65</b>	+00:13:57 (23.9%)	5:49	10.3 (76.3%)
35	<b>DĘBICKI Jakub</b>	<b>88</b>		M16	6	Tak				<b>00:58:31.80</b>	+00:14:09 (24.2%)	5:51	10.3 (76.3%)
36	<b>BĘDKOWSKI Piotr</b>	<b>72</b>	SWIM2TRI	M30	16					<b>00:58:36.85</b>	+00:14:14 (24.3%)	5:51	10.2 (75.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat	MP			Czas netto 10km	Różn	Tempo min/km	Tempo km/h
							Strażaków	Rodzina	Nazwisko				
37	<b>CHENON Guillaume</b>	<b>80</b>	WIECZORNE BIEGANIE W SZCZECINIE	M40	11					<b>00:58:41.05</b>	+00:14:19 (24.4%)	5:52	10.2 (75.6%)
38	<b>NIERZWICKI Grzegorz</b>	<b>176</b>	GRUPA MALBORK	M40	12					<b>00:58:54.45</b>	+00:14:32 (24.7%)	5:53	10.2 (75.6%)
39	<b>ZELEK Dariusz</b>	<b>252</b>		M40	13	Tak				<b>00:59:13.15</b>	+00:14:51 (25.1%)	5:55	10.1 (74.8%)
40	<b>KUREK Hubert</b>	<b>150</b>		M30	17					<b>00:59:19.60</b>	+00:14:57 (25.2%)	5:55	10.1 (74.8%)
41	<b>OSTOJSKI Ireneusz</b>	<b>183</b>	DLL PARTNERS	M40	14	Tak				<b>00:59:26.70</b>	+00:15:04 (25.4%)	5:56	10.1 (74.8%)
42	<b>NAPIERALSKI Krzysztof</b>	<b>175</b>	DZIKIE DZIKI GORZÓW	M40	15					<b>00:59:46.25</b>	+00:15:24 (25.8%)	5:58	10 (74.1%)
43	<b>MARZEC Karolina</b>	<b>164</b>	DZIKIE DZIKI GORZÓW	K40	1					<b>00:59:54.80</b>	+00:15:32 (26.0%)	5:59	10 (74.1%)
44	<b>HAŁAS Daniel</b>	<b>2</b>	12 BRYGADA ZMECHANIZOWANA	M40	16					<b>00:59:57.85</b>	+00:15:35 (26.0%)	5:59	10 (74.1%)
45	<b>WOSZCZYK Sebastian</b>	<b>243</b>	GRUPA MALBORK	M40	17					<b>00:59:58.65</b>	+00:15:36 (26.0%)	5:59	10 (74.1%)
46	<b>NIEDOBA Oliwier</b>	<b>24</b>	ALCHEMICZNA GILDIA BIEGOWA	M16	7					<b>01:00:15.70</b>	+00:15:53 (26.4%)	6:01	10 (74.1%)
47	<b>KĘDZIOR Jakub</b>	<b>258</b>	WARRIORS ŁÓDŹ	M30	18					<b>01:00:16.15</b>	+00:15:54 (26.4%)	6:01	10 (74.1%)
48	<b>PARADZIŃSKI Dawid</b>	<b>186</b>		M16	8					<b>01:00:17.15</b>	+00:15:55 (26.4%)	6:01	10 (74.1%)
49	<b>FURMANIAK Piotr</b>	<b>97</b>	GRUPA MALBORK	M40	18					<b>01:00:20.70</b>	+00:15:58 (26.5%)	6:02	9.9 (73.3%)
50	<b>WÓJCIK Maciej</b>	<b>246</b>		M16	9					<b>01:00:29.45</b>	+00:16:07 (26.7%)	6:02	9.9 (73.3%)
51	<b>SIEDLER Martin</b>	<b>259</b>	MEDICAL CHURCH	M30	19					<b>01:00:32.75</b>	+00:16:10 (26.7%)	6:03	9.9 (73.3%)
52	<b>GAWRYŚ Rafał</b>	<b>100</b>		M16	10					<b>01:00:42.30</b>	+00:16:20 (26.9%)	6:04	9.9 (73.3%)
53	<b>CZYŻEWSKI Tomasz</b>	<b>86</b>	TENET	M40	19					<b>01:00:55.95</b>	+00:16:34 (27.2%)	6:05	9.8 (72.6%)
54	<b>SKOWROŃSKI Andrzej</b>	<b>212</b>	GRUPA MALBORK	M30	20					<b>01:01:02.95</b>	+00:16:41 (27.3%)	6:06	9.8 (72.6%)
55	<b>KNIAŻ Tomasz</b>	<b>131</b>	HELL'S HEAVEN SZCZECIN	M40	20	Tak				<b>01:01:04.85</b>	+00:16:42 (27.4%)	6:06	9.8 (72.6%)
56	<b>CESAK Grzegorz</b>	<b>79</b>	CENTRUM SZKOLENIA BOJOWEGO DRAWSKO	M30	21					<b>01:01:09.35</b>	+00:16:47 (27.5%)	6:06	9.8 (72.6%)
57	<b>ROGALSKI Marcin</b>	<b>29</b>	VOCALIS SZCZECIN	M50	3					<b>01:01:31.65</b>	+00:17:09 (27.9%)	6:09	9.8 (72.6%)
58	<b>CHMIELEWSKI Tomasz</b>	<b>81</b>	VO2MAX RACING TEAM	M40	21					<b>01:02:05.20</b>	+00:17:43 (28.5%)	6:12	9.7 (71.9%)
59	<b>ŁUKAWSKI Mariusz</b>	<b>160</b>	8 PLOT KOSZALIN	M30	22					<b>01:02:14.50</b>	+00:17:52 (28.7%)	6:13	9.6 (71.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat	MP			Czas netto 10km	Różn	Tempo min/km	Tempo km/h
							Strażaków	Rodzina	Nazwisko				
60	<b>GOŁĘBIEWSKI Tomasz</b>	<b>103</b>	FIRE TEAM	M40	22		Tak			<b>01:02:43.50</b>	+00:18:21 (29.3%)	6:16	9.6 (71.1%)
61	<b>WALKOWIAK Daria</b>	<b>231</b>	BRIDGESTONE STARGARD RUNNERS	K30	1					<b>01:02:52.40</b>	+00:18:30 (29.4%)	6:17	9.5 (70.4%)
62	<b>LEŻYŃSKI Jarosław</b>	<b>157</b>		M40	23					<b>01:03:13.05</b>	+00:18:51 (29.8%)	6:19	9.5 (70.4%)
63	<b>LEWANDOWSKI Piotr</b>	<b>156</b>	SKB DZIK	M40	24	Tak				<b>01:03:25.95</b>	+00:19:04 (30.1%)	6:20	9.5 (70.4%)
64	<b>DYDEK Arkadiusz</b>	<b>262</b>	SKB DZIK	M30	23			Tak	Dydek	<b>01:03:29.45</b>	+00:19:07 (30.1%)	6:20	9.5 (70.4%)
65	<b>ECHAUST Artur</b>	<b>254</b>	BOLI BOLI	M40	25	Tak				<b>01:03:35.45</b>	+00:19:13 (30.2%)	6:21	9.4 (69.6%)
66	<b>SADOWSKI Andrzej</b>	<b>205</b>	ZALATANI 1.BLTR	M30	24					<b>01:03:44.85</b>	+00:19:22 (30.4%)	6:22	9.4 (69.6%)
67	<b>SIERADZKI Norbert</b>	<b>31</b>	JW4531	M30	25					<b>01:03:45.20</b>	+00:19:23 (30.4%)	6:22	9.4 (69.6%)
68	<b>KOZARZEWSKI Grzegorz</b>	<b>137</b>	ZALATANI 1.BLTR	M30	26					<b>01:03:45.70</b>	+00:19:23 (30.4%)	6:22	9.4 (69.6%)
69	<b>KOKOWSKI Jacek</b>	<b>17</b>		M40	26					<b>01:03:51.30</b>	+00:19:29 (30.5%)	6:23	9.4 (69.6%)
70	<b>WIŚNIEWSKI Mariusz</b>	<b>241</b>	IHUHU TEAM	M30	27					<b>01:04:03.90</b>	+00:19:42 (30.8%)	6:24	9.4 (69.6%)
71	<b>SURMA Kamil</b>	<b>33</b>	ZALATANI 1.BLTR	M40	27					<b>01:04:04.20</b>	+00:19:42 (30.8%)	6:24	9.4 (69.6%)
72	<b>GRALEWICZ Robert</b>	<b>106</b>		M40	28			Tak	Gralewicz	<b>01:04:15.65</b>	+00:19:53 (31.0%)	6:25	9.3 (68.9%)
73	<b>PIOTROWSKI Piotr</b>	<b>25</b>	TENET	M40	29					<b>01:04:27.40</b>	+00:20:05 (31.2%)	6:26	9.3 (68.9%)
74	<b>STĘPNIAK Lesław</b>	<b>218</b>	SKB DZIK	M40	30					<b>01:04:52.40</b>	+00:20:30 (31.6%)	6:29	9.2 (68.1%)
75	<b>WOJDYŁA Michał</b>	<b>242</b>	SPINZ	M40	31					<b>01:05:24.80</b>	+00:21:02 (32.2%)	6:32	9.2 (68.1%)
76	<b>MATUSIAK Mariusz</b>	<b>166</b>		M40	32			Tak	Matusiak	<b>01:05:25.30</b>	+00:21:03 (32.2%)	6:32	9.2 (68.1%)
77	<b>MURAWSKA Wioletta</b>	<b>174</b>	SKB DZIK	K50	1	Tak				<b>01:05:38.90</b>	+00:21:17 (32.4%)	6:33	9.1 (67.4%)
78	<b>CHWALENCKI Grzegorz</b>	<b>83</b>	TAKTRZEBAŻYC	M16	11					<b>01:05:40.40</b>	+00:21:18 (32.4%)	6:34	9.1 (67.4%)
79	<b>DUDKA Robert</b>	<b>94</b>		M30	28					<b>01:05:58.95</b>	+00:21:37 (32.8%)	6:35	9.1 (67.4%)
80	<b>SZCZUBIAŁ Wojciech</b>	<b>34</b>		M30	29					<b>01:06:06.80</b>	+00:21:44 (32.9%)	6:36	9.1 (67.4%)
81	<b>KACZEMBA Emil</b>	<b>13</b>		M30	30					<b>01:06:07.55</b>	+00:21:45 (32.9%)	6:36	9.1 (67.4%)
82	<b>KURPIEWSKI Piotr</b>	<b>153</b>		M30	31	Tak				<b>01:06:20.35</b>	+00:21:58 (33.1%)	6:38	9 (66.7%)

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							Strażaków	Rodzina	Nazwisko				
83	<b>KURPIEWSKA Agnieszka</b>	<b>85</b>		K30	2	Tak				<b>01:06:21.20</b>	+00:21:59 (33.1%)	6:38	9 (66.7%)
84	<b>POSZUMSKA Gabriela</b>	<b>194</b>		K30	3					<b>01:06:39.10</b>	+00:22:17 (33.4%)	6:39	9 (66.7%)
85	<b>MADRAK Anna</b>	<b>161</b>	HULK TEAM POLICE	K40	2	Tak				<b>01:06:39.55</b>	+00:22:17 (33.4%)	6:39	9 (66.7%)
86	<b>WRÓBLEWSKI Tomasz</b>	<b>247</b>	HELL'S HEAVEN SZCZECIN	M40	33					<b>01:06:42.85</b>	+00:22:20 (33.5%)	6:40	9 (66.7%)
87	<b>MARCINKOWSKA Emilia</b>	<b>22</b>	NOCNE RUCHANKI	K16	2					<b>01:06:48.70</b>	+00:22:26 (33.6%)	6:40	9 (66.7%)
88	<b>POPCZYK Mriusz</b>	<b>193</b>		M16	12					<b>01:06:50.15</b>	+00:22:28 (33.6%)	6:41	9 (66.7%)
89	<b>DUBICKI Mikołaj</b>	<b>92</b>	STARGARD JA SIĘ NIE ŚCIGAM	M16	13					<b>01:07:08.70</b>	+00:22:46 (33.9%)	6:42	8.9 (65.9%)
90	<b>KIWILSZA Wojciech</b>	<b>128</b>	IHUHU TEAM	M30	32					<b>01:07:10.05</b>	+00:22:48 (33.9%)	6:43	8.9 (65.9%)
91	<b>JANKA Aleksandra</b>	<b>10</b>		K30	4					<b>01:07:13.60</b>	+00:22:51 (34.0%)	6:43	8.9 (65.9%)
92	<b>DOBRYCKI Piotr</b>	<b>89</b>	BRIDGESTONE STARGARD RUNNERS	M40	34					<b>01:07:44.70</b>	+00:23:22 (34.5%)	6:46	8.9 (65.9%)
93	<b>BARASIŃSKA Daria</b>	<b>65</b>	ZALATANI 1.BLTR	K16	3					<b>01:07:54.25</b>	+00:23:32 (34.7%)	6:47	8.8 (65.2%)
94	<b>LEWANDOWSKA Anna</b>	<b>155</b>	HELL'S HEAVEN SZCZECIN	K40	3	Tak				<b>01:07:54.55</b>	+00:23:32 (34.7%)	6:47	8.8 (65.2%)
95	<b>BORMAN Tomasz</b>	<b>261</b>	ANANASY Z 3 FAL	M30	33					<b>01:08:06.05</b>	+00:23:44 (34.9%)	6:48	8.8 (65.2%)
96	<b>MĄDRAWSKI Tomasz</b>	<b>170</b>		M40	35					<b>01:08:17.45</b>	+00:23:55 (35.0%)	6:49	8.8 (65.2%)
97	<b>CZERWIŃSKI Paweł</b>	<b>84</b>		M16	14	Tak	Tak			<b>01:08:47.55</b>	+00:24:25 (35.5%)	6:52	8.7 (64.4%)
98	<b>PRUSEK Mateusz</b>	<b>198</b>	AKTYWNE CHOSZCZNO	M30	34					<b>01:09:02.25</b>	+00:24:40 (35.7%)	6:54	8.7 (64.4%)
99	<b>SUSZA Małgorzata</b>	<b>220</b>		K40	4					<b>01:09:22.35</b>	+00:25:00 (36.0%)	6:56	8.6 (63.7%)
100	<b>KLEPACKI Bartosz</b>	<b>256</b>		M40	36	Tak				<b>01:09:28.70</b>	+00:25:06 (36.1%)	6:56	8.6 (63.7%)
101	<b>SAWICKI Bartosz</b>	<b>208</b>	DZIKIE DZIKI GORZÓW	M30	35					<b>01:09:35.80</b>	+00:25:13 (36.3%)	6:57	8.6 (63.7%)
102	<b>OKOLITA Mateusz</b>	<b>181</b>	DZIKIE DZIKI GORZÓW	M30	36					<b>01:09:47.65</b>	+00:25:25 (36.4%)	6:58	8.6 (63.7%)
103	<b>ŁYTKOWSKI Roman</b>	<b>1</b>	12 BRYGADA ZMECHANIZOWANA	M50	4					<b>01:10:33.30</b>	+00:26:11 (37.1%)	7:03	8.5 (63.0%)
104	<b>DUBIEL Monika</b>	<b>93</b>	HELL'S HEAVEN SZCZECIN	K40	5	Tak				<b>01:11:04.80</b>	+00:26:42 (37.6%)	7:06	8.4 (62.2%)
105	<b>WEBER Mirela</b>	<b>234</b>		K30	5	Tak				<b>01:11:35.00</b>	+00:27:13 (38.0%)	7:09	8.4 (62.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat	MP			Czas netto 10km	Różn	Tempo min/km	Tempo km/h
							Strażaków	Rodzina	Nazwisko				
106	<b>MAJKA Anna</b>	<b>21</b>	FAMILIAMAJKA	K40	6		Tak	Tak	Majka	<b>01:11:49.50</b>	+00:27:27 (38.2%)	7:10	8.4 (62.2%)
107	<b>GIETKO Piotr</b>	<b>101</b>	HELL'S HEAVEN SZCZECIN	M40	37					<b>01:11:54.75</b>	+00:27:32 (38.3%)	7:11	8.3 (61.5%)
108	<b>GRUSZCZYŃSKA Karina</b>	<b>8</b>	NOCNE RUCHANKI	K16	4					<b>01:11:55.15</b>	+00:27:33 (38.3%)	7:11	8.3 (61.5%)
109	<b>JAWORSKI Dawid</b>	<b>121</b>	KUTANG-KLAN	M30	37					<b>01:12:17.70</b>	+00:27:55 (38.6%)	7:13	8.3 (61.5%)
110	<b>SAWICKA - WERS Urszula</b>	<b>207</b>	NADMORSZY BIEGACZE KOŁOBRZEG	K30	6					<b>01:12:52.15</b>	+00:28:30 (39.1%)	7:17	8.2 (60.7%)
111	<b>SPÓLNIAK Paweł</b>	<b>216</b>	DZIKIE DZIKI GORZÓW	M30	38					<b>01:13:17.50</b>	+00:28:55 (39.5%)	7:19	8.2 (60.7%)
112	<b>ŚWIERCZ Dariusz</b>	<b>225</b>		M50	5		Tak			<b>01:13:23.85</b>	+00:29:01 (39.6%)	7:20	8.2 (60.7%)
113	<b>KOZŁOWSKA Natalia</b>	<b>138</b>	MJDOP	K30	7					<b>01:13:39.80</b>	+00:29:17 (39.8%)	7:21	8.1 (60.0%)
114	<b>SZEWczyk Ludmiła</b>	<b>221</b>	GRUPA MALBORK	K30	8					<b>01:13:42.45</b>	+00:29:20 (39.8%)	7:22	8.1 (60.0%)
115	<b>MASYS Agnieszka</b>	<b>165</b>	GRUPA MALBORK	K40	7					<b>01:13:55.25</b>	+00:29:33 (40.0%)	7:23	8.1 (60.0%)
116	<b>HAWRYŁAK Marcin</b>	<b>110</b>	14ZBOT/142BLP	M50	6					<b>01:15:18.50</b>	+00:30:56 (41.1%)	7:31	8 (59.3%)
117	<b>WIECZOREK Jakub</b>	<b>238</b>		M16	15			Tak	Wieczorek	<b>01:15:25.70</b>	+00:31:03 (41.2%)	7:32	8 (59.3%)
118	<b>SUCHODOLSKA Aleksandra</b>	<b>219</b>	DZIKIE ŻÓŁWIE	K30	9					<b>01:15:27.75</b>	+00:31:05 (41.2%)	7:32	8 (59.3%)
119	<b>KOZACZUK Grzegorz</b>	<b>136</b>		M40	38					<b>01:15:45.90</b>	+00:31:24 (41.4%)	7:34	7.9 (58.5%)
120	<b>DYDEK Dorota</b>	<b>260</b>	SKB DZIK	K50	2			Tak	Dydek	<b>01:16:13.40</b>	+00:31:51 (41.8%)	7:37	7.9 (58.5%)
121	<b>PIEPZYK Dorota</b>	<b>191</b>		K30	10					<b>01:16:16.10</b>	+00:31:54 (41.8%)	7:37	7.9 (58.5%)
122	<b>PONICHTERA Barbara</b>	<b>192</b>	ZALATANI 1.BLTR	K40	8					<b>01:16:18.60</b>	+00:31:56 (41.9%)	7:37	7.9 (58.5%)
123	<b>JADRYCH Zbigniew</b>	<b>117</b>	STARGARD JA SIĘ NIE ŚCIGAM	M40	39					<b>01:16:28.15</b>	+00:32:06 (42.0%)	7:38	7.8 (57.8%)
124	<b>KUNIKOWSKA Patrycja</b>	<b>148</b>	STARGARD	K30	11					<b>01:16:29.85</b>	+00:32:07 (42.0%)	7:38	7.8 (57.8%)
125	<b>TRYSZCZ Tobiasz</b>	<b>227</b>		M30	39					<b>01:16:47.20</b>	+00:32:25 (42.2%)	7:40	7.8 (57.8%)
126	<b>ŁAWNICZAK Sebastian</b>	<b>159</b>		M40	40					<b>01:17:03.10</b>	+00:32:41 (42.4%)	7:42	7.8 (57.8%)
127	<b>HOŁOWCZYC Julia</b>	<b>113</b>	ZMĘCZENI JUŻ NA STARCIE	K30	12			Tak		<b>01:17:03.70</b>	+00:32:41 (42.4%)	7:42	7.8 (57.8%)
128	<b>KRASÓWKA Arkadiusz</b>	<b>139</b>	TENET	M30	40					<b>01:17:23.35</b>	+00:33:01 (42.7%)	7:44	7.8 (57.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat	MP			Czas netto 10km	Różn	Tempo min/km	Tempo km/h
							Strażaków	Rodzina	Nazwisko				
129	ZAWADZKI Andrzej	251	TENET	M16	16					01:17:25.90	+00:33:04 (42.7%)	7:44	7.8 (57.8%)
130	RUEFFRECK Adam	202	WOLF TEAM	M30	41					01:17:39.20	+00:33:17 (42.9%)	7:45	7.7 (57.0%)
131	PAWŁOWSKA Urszula	190	TRANING TANK	K30	13					01:17:39.45	+00:33:17 (42.9%)	7:45	7.7 (57.0%)
132	GŁOGOZA Piotr	102		M30	42					01:17:42.00	+00:33:20 (42.9%)	7:46	7.7 (57.0%)
133	URBAN Ewelina	229	ANANASY Z 3 FAL	K30	14					01:18:15.45	+00:33:53 (43.3%)	7:49	7.7 (57.0%)
134	ANDRZEJCZYK Ewelina	61	ANANASY Z 3 FAL	K30	15					01:18:15.95	+00:33:54 (43.3%)	7:49	7.7 (57.0%)
135	DANILUK-DUPLA Ewa	87	WIECZORNE BIEGANIE W SZCZECINIE	K40	9					01:18:35.50	+00:34:13 (43.5%)	7:51	7.6 (56.3%)
136	OLEKSYK Patryk	182	LUBIE KANAPKI Z SEREM	M30	43					01:18:52.90	+00:34:31 (43.8%)	7:53	7.6 (56.3%)
137	ROMANOWICZ Monika	200	DZIKIE ŻÓŁWIE	K30	16					01:18:57.70	+00:34:35 (43.8%)	7:53	7.6 (56.3%)
138	KNAPIK Justyna	130		K30	17					01:19:06.15	+00:34:44 (43.9%)	7:54	7.6 (56.3%)
139	DOMAGALSKI Sławomir	90	SKB DZIK	M50	7					01:19:19.50	+00:34:57 (44.1%)	7:55	7.6 (56.3%)
140	BAK Tomasz	70	NA PRZYPALE ALBO WCALE!!!	M30	44					01:19:30.70	+00:35:08 (44.2%)	7:57	7.5 (55.6%)
141	DORAWA-ZIOMEK Anna	91	DZIKIE ŻÓŁWIE	K30	18					01:19:45.95	+00:35:24 (44.4%)	7:58	7.5 (55.6%)
142	NOWAK-PIASECKA Dorota	180		K30	19					01:19:57.65	+00:35:35 (44.5%)	7:59	7.5 (55.6%)
143	BEDNARZ Katarzyna	71	NESSI TEAM	K40	10					01:20:48.00	+00:36:26 (45.1%)	8:04	7.4 (54.8%)
144	ŚWIĄTEK Bronisław	224	SAMOTNY WILK	M60+	2					01:21:03.60	+00:36:41 (45.3%)	8:06	7.4 (54.8%)
145	SOWA Krzysztof	215		M30	45					01:21:12.85	+00:36:50 (45.4%)	8:07	7.4 (54.8%)
146	KRYGOWSKA Ilona	144	BEST BEASTS	K30	20					01:21:51.35	+00:37:29 (45.8%)	8:11	7.3 (54.1%)
147	JĘDRYKA Anna	124	DZIKI SPECJALNEJ TROSKI	K30	21					01:22:18.80	+00:37:56 (46.1%)	8:13	7.3 (54.1%)
148	DZIEPAK Piotr	95	ZALATANI 1.BLTR	M40	41					01:22:46.70	+00:38:24 (46.4%)	8:16	7.2 (53.3%)
149	FROLOV Artur	96	TENET	M30	46					01:23:16.70	+00:38:54 (46.7%)	8:19	7.2 (53.3%)
150	JAWORSKI Marcin	123		M30	47					01:23:34.80	+00:39:12 (46.9%)	8:21	7.2 (53.3%)
151	WOŹNIAK Rafał	244	IHUUH TEAM	M30	48					01:24:16.25	+00:39:54 (47.4%)	8:25	7.1 (52.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat	MP			Czas netto 10km	Różn	Tempo min/km	Tempo km/h
							Strażaków	Rodzina	Nazwisko				
152	<b>ZAKOŚCIELNA Katarzyna</b>	<b>248</b>	DZIKIE ŻÓŁWIE	K30	22					<b>01:24:40.80</b>	+00:40:18 (47.6%)	8:28	7.1 (52.6%)
153	<b>JAWORSKI Krystian</b>	<b>122</b>	KUTANG-KLAN	M16	17	Tak				<b>01:24:50.40</b>	+00:40:28 (47.7%)	8:29	7.1 (52.6%)
154	<b>PAWIŁOJĆ Hanna</b>	<b>189</b>	KLUB-BUBA TEAM	K16	5	Tak				<b>01:24:59.90</b>	+00:40:38 (47.8%)	8:29	7.1 (52.6%)
155	<b>LEPPAK Małgorzata</b>	<b>154</b>	CENTRUM SZKOLENIA BOJOWEGO DRAWSKO	K30	23					<b>01:25:14.75</b>	+00:40:52 (48.0%)	8:31	7 (51.9%)
156	<b>MISIASZEK Mirosław</b>	<b>172</b>	MAŁKOCIN	M50	8					<b>01:25:16.00</b>	+00:40:54 (48.0%)	8:31	7 (51.9%)
157	<b>ZALEWSKI Sylwester</b>	<b>249</b>	VO2MAX RACING TEAM	M40	42	Tak				<b>01:25:16.55</b>	+00:40:54 (48.0%)	8:31	7 (51.9%)
158	<b>PIOTROWSKI Krzysztof</b>	<b>26</b>	AMPIO TEAM	M40	43					<b>01:25:25.65</b>	+00:41:03 (48.1%)	8:32	7 (51.9%)
159	<b>SOBIECHOWSKI Dawid</b>	<b>214</b>		M16	18					<b>01:25:46.30</b>	+00:41:24 (48.3%)	8:34	7 (51.9%)
160	<b>BARCIK Kamil</b>	<b>66</b>	DZIKI SPECJALNEJ TROSKI	M30	49					<b>01:26:16.40</b>	+00:41:54 (48.6%)	8:37	7 (51.9%)
161	<b>KIERUJ Jakub</b>	<b>127</b>	IHUHU TEAM	M16	19					<b>01:26:16.75</b>	+00:41:54 (48.6%)	8:37	7 (51.9%)
162	<b>HNAT Rafał</b>	<b>111</b>		M50	9		Tak			<b>01:26:20.70</b>	+00:41:58 (48.6%)	8:38	6.9 (51.1%)
163	<b>KUBIAK Monika</b>	<b>147</b>	TRANING TANK	K40	11					<b>01:26:21.65</b>	+00:41:59 (48.6%)	8:38	6.9 (51.1%)
164	<b>WIECZOREK Wojciech</b>	<b>237</b>		M40	44			Tak	Wieczorek	<b>01:26:42.30</b>	+00:42:20 (48.8%)	8:40	6.9 (51.1%)
165	<b>WIECZOREK Magdalena</b>	<b>235</b>		K40	12			Tak	Wieczorek	<b>01:26:43.30</b>	+00:42:21 (48.8%)	8:40	6.9 (51.1%)
166	<b>NOWAK Grzegorz</b>	<b>177</b>	GRUPA AZOTY	M40	45					<b>01:26:47.15</b>	+00:42:25 (48.9%)	8:40	6.9 (51.1%)
167	<b>SOBIECHOWSKI Jakub</b>	<b>213</b>		M16	20			Tak		<b>01:27:10.65</b>	+00:42:48 (49.1%)	8:43	6.9 (51.1%)
168	<b>GOWORSKI Jerzy</b>	<b>104</b>		M30	50					<b>01:27:26.05</b>	+00:43:04 (49.3%)	8:44	6.9 (51.1%)
169	<b>JAKUBIAK Anna</b>	<b>118</b>	TENET	K50	3					<b>01:27:47.50</b>	+00:43:25 (49.5%)	8:46	6.8 (50.4%)
170	<b>GRZYBEK Marta</b>	<b>109</b>	KLUB-BUBA TEAM	K16	6					<b>01:28:10.60</b>	+00:43:48 (49.7%)	8:49	6.8 (50.4%)
171	<b>WISZNIEWSKI Marcin</b>	<b>239</b>		M40	46					<b>01:28:27.95</b>	+00:44:06 (49.9%)	8:50	6.8 (50.4%)
172	<b>MROZIK Mariusz</b>	<b>173</b>	DZIKIE DZIKI GORZÓW	M40	47					<b>01:29:12.45</b>	+00:44:50 (50.3%)	8:55	6.7 (49.6%)
173	<b>KOLEJ Monika</b>	<b>132</b>	DZIKIE DZIKI GORZOW	K40	13					<b>01:29:12.65</b>	+00:44:50 (50.3%)	8:55	6.7 (49.6%)
174	<b>TRZECIAK Piotr</b>	<b>228</b>		M30	51					<b>01:29:39.65</b>	+00:45:17 (50.5%)	8:57	6.7 (49.6%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat	MP			Czas netto 10km	Różn	Tempo min/km	Tempo km/h
							Strażaków	Rodzina	Nazwisko				
175	<b>MARKS Katarzyna</b>	<b>163</b>	STOWARZYSZENIE DOŁUJE KOŚCINO	K40	14	Tak				<b>01:29:45.35</b>	+00:45:23 (50.6%)	8:58	6.7 (49.6%)
176	<b>MATUSZEWSKA Edyta</b>	<b>167</b>	WIECZORNE BIEGANIE W SZCZECINIE	K40	15					<b>01:29:46.75</b>	+00:45:24 (50.6%)	8:58	6.7 (49.6%)
177	<b>ZARZECKA Kamila</b>	<b>250</b>	GRUPA MALBORK	K30	24					<b>01:30:14.95</b>	+00:45:53 (50.8%)	9:01	6.6 (48.9%)
178	<b>KRUK Agnieszka</b>	<b>143</b>	GRUPA MALBORK	K40	16					<b>01:30:15.90</b>	+00:45:54 (50.9%)	9:01	6.6 (48.9%)
179	<b>BIEGAŃSKI Piotr</b>	<b>3</b>		M30	52					<b>01:30:39.65</b>	+00:46:17 (51.1%)	9:03	6.6 (48.9%)
180	<b>MATYSEK Ireneusz</b>	<b>168</b>	KOMANDOS WAŁECKI	M60+	3					<b>01:31:17.50</b>	+00:46:55 (51.4%)	9:07	6.6 (48.9%)
181	<b>BAŁKA Michał</b>	<b>64</b>		M30	53					<b>01:32:49.35</b>	+00:48:27 (52.2%)	9:16	6.5 (48.1%)
182	<b>WIŚNIEWSKA Marta</b>	<b>240</b>	IHUHU TEAM	K30	25					<b>01:33:36.10</b>	+00:49:14 (52.6%)	9:21	6.4 (47.4%)
183	<b>JABŁONKA Mariusz</b>	<b>115</b>	DZIADY OCR	M40	48					<b>01:33:36.85</b>	+00:49:14 (52.6%)	9:21	6.4 (47.4%)
184	<b>SKORŁUTOWSKI Wojciech</b>	<b>211</b>	IHUHU TEAM	M30	54					<b>01:33:37.50</b>	+00:49:15 (52.6%)	9:21	6.4 (47.4%)
185	<b>STACHOWICZ Małgorzata</b>	<b>217</b>		K40	17					<b>01:34:37.25</b>	+00:50:15 (53.1%)	9:27	6.3 (46.7%)
186	<b>PRABUCKA Karolina</b>	<b>196</b>		K40	18	Tak		Tak	Prabuccy	<b>01:34:41.95</b>	+00:50:20 (53.2%)	9:28	6.3 (46.7%)
187	<b>PRABUCKI Jarosław</b>	<b>197</b>		M40	49	Tak		Tak	Prabuccy	<b>01:34:42.20</b>	+00:50:20 (53.2%)	9:28	6.3 (46.7%)
188	<b>NOWAK Zbigniew</b>	<b>179</b>		M60+	4			Tak	Nowak	<b>01:35:41.85</b>	+00:51:19 (53.6%)	9:34	6.3 (46.7%)
189	<b>KOTULSKA Marta</b>	<b>135</b>	BIEGACZE ŚWINOUJŚCIE	K16	7					<b>01:36:41.35</b>	+00:52:19 (54.1%)	9:40	6.2 (45.9%)
190	<b>KRÓL Krzysztof</b>	<b>141</b>	GARAGE PARTY	M30	55					<b>01:36:42.15</b>	+00:52:20 (54.1%)	9:40	6.2 (45.9%)
191	<b>BARSZCZEWSKI Adrian</b>	<b>69</b>	BIEGACZE ŚWINOUJŚCIE	M16	21			Tak	Barszczewski	<b>01:36:42.70</b>	+00:52:20 (54.1%)	9:40	6.2 (45.9%)
192	<b>KRZYWOŃ Paweł</b>	<b>146</b>		M30	56					<b>01:36:56.85</b>	+00:52:34 (54.2%)	9:41	6.2 (45.9%)
193	<b>BARSZCZEWSKI Stanisław</b>	<b>68</b>	BIEGACZE ŚWINOUJŚCIE	M50	10			Tak	Barszczewski	<b>01:37:03.35</b>	+00:52:41 (54.3%)	9:42	6.2 (45.9%)
194	<b>BARSZCZEWSKA Małgorzata</b>	<b>67</b>	BIEGACZE ŚWINOUJŚCIE	K40	19			Tak	Barszczewski	<b>01:37:04.20</b>	+00:52:42 (54.3%)	9:42	6.2 (45.9%)
195	<b>BOŚKO Paulina</b>	<b>74</b>	GARAGE PARTY	K30	26					<b>01:40:10.80</b>	+00:55:48 (55.7%)	10:01	6 (44.4%)
196	<b>OSTROWSKA Ina</b>	<b>184</b>		K40	20					<b>01:41:04.55</b>	+00:56:42 (56.1%)	10:06	5.9 (43.7%)
197	<b>NOWAK Piotr</b>	<b>178</b>		M16	22			Tak	Nowak	<b>01:41:12.50</b>	+00:56:50 (56.2%)	10:07	5.9 (43.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat	MP			Czas netto 10km	Różn	Tempo min/km	Tempo km/h
							Strażaków	Rodzina	Nazwisko				
198	<b>JAŚKIEWICZ Krzysztof</b>	<b>120</b>		M40	50					<b>01:42:05.60</b>	+00:57:43 (56.5%)	10:12	5.9 (43.7%)
199	<b>KUREK Paulina</b>	<b>151</b>	PCHEŁKA	K16	8					<b>01:49:13.35</b>	+01:04:51 (59.4%)	10:55	5.5 (40.7%)
200	<b>KUREK Oskar</b>	<b>152</b>	PANDA	M16	23					<b>01:49:13.80</b>	+01:04:51 (59.4%)	10:55	5.5 (40.7%)
201	<b>KOSIANOWSKA Monika</b>	<b>134</b>	GRUPA MALBORK ♥MALBORSKIE MORSY ♥	K50	4					<b>01:50:38.65</b>	+01:06:16 (59.9%)	11:03	5.4 (40.0%)
202	<b>BZDAWKA Joanna</b>	<b>78</b>		K40	21					<b>01:54:02.25</b>	+01:09:40 (61.1%)	11:24	5.3 (39.3%)
203	<b>WARCHOŁ Kamil</b>	<b>232</b>	DZIKI SPECJALNEJ TROSKI	M16	24					<b>01:55:44.75</b>	+01:11:22 (61.7%)	11:34	5.2 (38.5%)
204	<b>KRUSZEWICZ-KOWALEWSKA Alina</b>	<b>50</b>	AMPIO	K16	9	Tak				<b>01:56:47.40</b>	+01:12:25 (62.0%)	11:40	5.1 (37.8%)
205	<b>KNAP Dorota</b>	<b>15</b>	ZALATANI 1.BLTR	K30	27					<b>01:57:22.80</b>	+01:13:00 (62.2%)	11:44	5.1 (37.8%)
206	<b>KRUSZYŃSKA Iwona</b>	<b>18</b>	ZALATANI 1.BLTR	K40	22					<b>01:57:22.90</b>	+01:13:01 (62.2%)	11:44	5.1 (37.8%)
206	<b>SULEJCZYK Piotr</b>	<b>32</b>	ZALATANI 1.BLTR	M50	11					<b>01:57:22.90</b>	+01:13:01 (62.2%)	11:44	5.1 (37.8%)
208	<b>KOŁACZYŃSKA Monika</b>	<b>133</b>		K50	5					<b>02:07:25.35</b>	+01:23:03 (65.2%)	12:44	4.7 (34.8%)
	<b>MAJKA Eryk</b>	<b>20</b>	FAMILIAMAJKA	M16			Tak	Tak	Majka	<b>DNF</b>		-	- (0.0%)
	<b>KRÓL Magdalena</b>	<b>140</b>	GARAGE PARTY	K30						<b>DNF</b>		-	- (0.0%)
	<b>MAJKA Jarek</b>	<b>19</b>	FAMILIAMAJKA	M40			Tak	Tak	Majka	<b>DNF</b>		-	- (0.0%)

Znaleziono 211 wynik(ów)