

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	ŻABICKI Jarek	43	FIRE TEAM	M30	1					00:44:21.90		4:26	13.5 (100%)
2	WOLSKI Marcin	40	DGS DIAGNOSTICS TEAM	M30	2					00:45:29.05	+00:01:07 (2.5%)	4:32	13.2 (97.8%)
3	PRZEKOPOWICZ Bartosz	199	FIRE TEAM	M30	3					00:46:00.85	+00:01:38 (3.6%)	4:36	13 (96.3%)
4	BARAŃSKI Przemysław	53	FIRE TEAM	M30	4		Tak			00:46:38.60	+00:02:16 (4.9%)	4:39	12.9 (95.6%)
5	GRABEK Maciej	105	DZIKIE DZIKI GORZÓW	M30	5					00:46:46.70	+00:02:24 (5.2%)	4:40	12.8 (94.8%)
6	PLESNER Krzysztof	27	FIRE TEAM	M40	1		Tak			00:47:02.40	+00:02:40 (5.7%)	4:42	12.8 (94.8%)
7	RUDZIŃSKI Jacek	30	FIRE TEAM	M50	1		Tak			00:47:51.35	+00:03:29 (7.3%)	4:47	12.5 (92.6%)
8	WASZKIEWICZ Tomasz	38	TT SZCZECIN	M40	2					00:49:53.95	+00:05:32 (11.1%)	4:59	12 (88.9%)
9	ZAGRODZKI Michał	41	FIRE TEAM	M16	1		Tak			00:50:38.55	+00:06:16 (12.4%)	5:03	11.8 (87.4%)
10	PAPLICKI Michał	185	DZIKIE DZIKI GORZÓW	M40	3					00:50:39.50	+00:06:17 (12.4%)	5:03	11.8 (87.4%)
11	SZYPKOWSKI Marek	223	SPORT	M40	4					00:50:55.05	+00:06:33 (12.9%)	5:05	11.8 (87.4%)
12	KRYGOWSKI Mateusz	145	BEST BEASTS	M30	6					00:51:23.65	+00:07:01 (13.7%)	5:08	11.7 (86.7%)
13	RYCAK Bartosz	204	SPINZ	M30	7		Tak			00:51:28.70	+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	HOŁYŃSKI Leszek	114	FIRE TEAM	M30	8	Tak	Tak			00:51:34.20	+00:07:12 (14.0%)	5:09	11.6 (85.9%)
15	WASILEWSKI Andrzej	233	WILKI Z CIECHOCINKA	M40	5					00:52:33.10	+00:08:11 (15.6%)	5:15	11.4 (84.4%)
16	DYDEK Edyta	255	SKB DZIK	K16	1			Tak	Dydek	00:53:09.90	+00:08:48 (16.6%)	5:18	11.3 (83.7%)
17	WÓJCICKI Paweł	245	GRUPA MALBORK	M40	6					00:53:22.30	+00:09:00 (16.9%)	5:20	11.2 (83.0%)
18	ANTOSIK Bartosz	62	NA PRZYPALE ALBO WCALE!!!	M40	7	Tak				00:54:08.35	+00:09:46 (18.1%)	5:24	11.1 (82.2%)
19	JUNAK Michał	11	FIRE TEAM	M16	2		Tak			00:54:26.45	+00:10:04 (18.5%)	5:26	11 (81.5%)
20	PATORA Piotr	188	VO2MAX RACING TEAM	M30	9					00:54:46.65	+00:10:24 (19.0%)	5:28	11 (81.5%)
21	PASIKOWSKI Kamil	257	SKB DZIK	M16	3			Tak	Dydek	00:55:12.10	+00:10:50 (19.6%)	5:31	10.9 (80.7%)
22	WAJS Sebastian	36	HQ MNC NE	M40	8					00:55:22.45	+00:11:00 (19.9%)	5:32	10.8 (80.0%)
23	MATYSIAK Sławomir	169	DZIKI SPECJALNEJ TROSKI	M30	10					00:55:24.05	+00:11:02 (19.9%)	5:32	10.8 (80.0%)
24	PLUTA Grzegorz	28	KB HERMES GRYFINO	M60+	1					00:55:42.10	+00:11:20 (20.4%)	5:34	10.8 (80.0%)
25	BLICHARZ Jarosław	4	MKJ POLICE	M50	2					00:55:50.85	+00:11:28 (20.6%)	5:35	10.7 (79.3%)
26	AUGUŚCIK Marcin	63	OPP SZCZECIN	M30	11					00:56:21.50	+00:11:59 (21.3%)	5:38	10.6 (78.5%)
27	USTIANOWSKI Przemysław	230	JW 4531	M40	9					00:56:34.05	+00:12:12 (21.6%)	5:39	10.6 (78.5%)
28	SZULC Marcin	222	BOLI BOLI	M40	10	Tak				00:57:00.10	+00:12:38 (22.2%)	5:42	10.5 (77.8%)
29	LOBA Jakub	158	SKB DZIK	M16	4					00:57:02.70	+00:12:40 (22.2%)	5:42	10.5 (77.8%)
30	SAKOSIK Krystian	206	KOSAKŁUSOWNIK	M30	12					00:57:45.70	+00:13:23 (23.2%)	5:46	10.4 (77.0%)
31	KACZOR Piotr	125	ZALATANI 1.BLTR	M16	5					00:57:47.50	+00:13:25 (23.2%)	5:46	10.4 (77.0%)
32	ZYGOŃ Artur	42		M30	13					00:57:50.45	+00:13:28 (23.3%)	5:47	10.4 (77.0%)
33	SIKORSKI Adam	210	SIKORROVO	M30	14					00:58:11.55	+00:13:49 (23.8%)	5:49	10.3 (76.3%)
34	ZEMŁA Dawid	253	DZIKI SPECJALNEJ TROSKI	M30	15					00:58:19.65	+00:13:57 (23.9%)	5:49	10.3 (76.3%)
35	DĘBICKI Jakub	88		M16	6	Tak				00:58:31.80	+00:14:09 (24.2%)	5:51	10.3 (76.3%)
36	BĘDKOWSKI Piotr	72	SWIM2TRI	M30	16					00:58:36.85	+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	CHENON Guillaume	80	WIECZORNE BIEGANIE W SZCZECINIE	M40	11					00:58:41.05	+00:14:19 (24.4%)	5:52	10.2 (75.6%)
38	NIERZWICKI Grzegorz	176	GRUPA MALBORK	M40	12					00:58:54.45	+00:14:32 (24.7%)	5:53	10.2 (75.6%)
39	ZELEK Dariusz	252		M40	13	Tak				00:59:13.15	+00:14:51 (25.1%)	5:55	10.1 (74.8%)
40	KUREK Hubert	150		M30	17					00:59:19.60	+00:14:57 (25.2%)	5:55	10.1 (74.8%)
41	OSTOJSKI Ireneusz	183	DLL PARTNERS	M40	14	Tak				00:59:26.70	+00:15:04 (25.4%)	5:56	10.1 (74.8%)
42	NAPIERALSKI Krzysztof	175	DZIKIE DZIKI GORZÓW	M40	15					00:59:46.25	+00:15:24 (25.8%)	5:58	10 (74.1%)
43	MARZEC Karolina	164	DZIKIE DZIKI GORZÓW	K40	1					00:59:54.80	+00:15:32 (26.0%)	5:59	10 (74.1%)
44	HAŁAS Daniel	2	12 BRYGADA ZMECHANIZOWANA	M40	16					00:59:57.85	+00:15:35 (26.0%)	5:59	10 (74.1%)
45	WOSZCZYK Sebastian	243	GRUPA MALBORK	M40	17					00:59:58.65	+00:15:36 (26.0%)	5:59	10 (74.1%)
46	NIEDOBA Oliwier	24	ALCHEMICZNA GILDIA BIEGOWA	M16	7					01:00:15.70	+00:15:53 (26.4%)	6:01	10 (74.1%)
47	KĘDZIOR Jakub	258	WARRIORS ŁÓDŹ	M30	18					01:00:16.15	+00:15:54 (26.4%)	6:01	10 (74.1%)
48	PARADZIŃSKI Dawid	186		M16	8					01:00:17.15	+00:15:55 (26.4%)	6:01	10 (74.1%)
49	FURMANIAK Piotr	97	GRUPA MALBORK	M40	18					01:00:20.70	+00:15:58 (26.5%)	6:02	9.9 (73.3%)
50	WÓJCIK Maciej	246		M16	9					01:00:29.45	+00:16:07 (26.7%)	6:02	9.9 (73.3%)
51	SIEDLER Martin	259	MEDICAL CHURCH	M30	19					01:00:32.75	+00:16:10 (26.7%)	6:03	9.9 (73.3%)
52	GAWRYŚ Rafał	100		M16	10					01:00:42.30	+00:16:20 (26.9%)	6:04	9.9 (73.3%)
53	CZYŻEWSKI Tomasz	86	TENET	M40	19					01:00:55.95	+00:16:34 (27.2%)	6:05	9.8 (72.6%)
54	SKOWROŃSKI Andrzej	212	GRUPA MALBORK	M30	20					01:01:02.95	+00:16:41 (27.3%)	6:06	9.8 (72.6%)
55	KNIAŻ Tomasz	131	HELL'S HEAVEN SZCZECIN	M40	20	Tak				01:01:04.85	+00:16:42 (27.4%)	6:06	9.8 (72.6%)
56	CESAK Grzegorz	79	CENTRUM SZKOLENIA BOJOWEGO DRAWSKO	M30	21					01:01:09.35	+00:16:47 (27.5%)	6:06	9.8 (72.6%)
57	ROGALSKI Marcin	29	VOCALIS SZCZECIN	M50	3					01:01:31.65	+00:17:09 (27.9%)	6:09	9.8 (72.6%)
58	CHMIELEWSKI Tomasz	81	VO2MAX RACING TEAM	M40	21					01:02:05.20	+00:17:43 (28.5%)	6:12	9.7 (71.9%)
59	ŁUKAWSKI Mariusz	160	8 PLOT KOSZALIN	M30	22					01:02:14.50	+00:17:52 (28.7%)	6:13	9.6 (71.1%)

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

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

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							Strażaków	Rodzina	Nazwisko				
106	MAJKA Anna	21	FAMILIAMAJKA	K40	6		Tak	Tak	Majka	01:11:49.50	+00:27:27 (38.2%)	7:10	8.4 (62.2%)
107	GIETKO Piotr	101	HELL'S HEAVEN SZCZECIN	M40	37					01:11:54.75	+00:27:32 (38.3%)	7:11	8.3 (61.5%)
108	GRUSZCZYŃSKA Karina	8	NOCNE RUCHANKI	K16	4					01:11:55.15	+00:27:33 (38.3%)	7:11	8.3 (61.5%)
109	JAWORSKI Dawid	121	KUTANG-KLAN	M30	37					01:12:17.70	+00:27:55 (38.6%)	7:13	8.3 (61.5%)
110	SAWICKA - WERS Urszula	207	NADMORSZY BIEGACZE KOŁOBRZEG	K30	6					01:12:52.15	+00:28:30 (39.1%)	7:17	8.2 (60.7%)
111	SPÓLNIK Paweł	216	DZIKIE DZIKI GORZÓW	M30	38					01:13:17.50	+00:28:55 (39.5%)	7:19	8.2 (60.7%)
112	ŚWIERCZ Dariusz	225		M50	5		Tak			01:13:23.85	+00:29:01 (39.6%)	7:20	8.2 (60.7%)
113	KOZŁOWSKA Natalia	138	MJDOP	K30	7					01:13:39.80	+00:29:17 (39.8%)	7:21	8.1 (60.0%)
114	SZEWczyk Ludmiła	221	GRUPA MALBORK	K30	8					01:13:42.45	+00:29:20 (39.8%)	7:22	8.1 (60.0%)
115	MASYS Agnieszka	165	GRUPA MALBORK	K40	7					01:13:55.25	+00:29:33 (40.0%)	7:23	8.1 (60.0%)
116	HAWRYŁAK Marcin	110	14ZBOT/142BLP	M50	6					01:15:18.50	+00:30:56 (41.1%)	7:31	8 (59.3%)
117	WIECZOREK Jakub	238		M16	15			Tak	Wieczorek	01:15:25.70	+00:31:03 (41.2%)	7:32	8 (59.3%)
118	SUCHODOLSKA Aleksandra	219	DZIKIE ŻÓŁWIE	K30	9					01:15:27.75	+00:31:05 (41.2%)	7:32	8 (59.3%)
119	KOZACZUK Grzegorz	136		M40	38					01:15:45.90	+00:31:24 (41.4%)	7:34	7.9 (58.5%)
120	DYDEK Dorota	260	SKB DZIK	K50	2			Tak	Dydek	01:16:13.40	+00:31:51 (41.8%)	7:37	7.9 (58.5%)
121	PIEPZYK Dorota	191		K30	10					01:16:16.10	+00:31:54 (41.8%)	7:37	7.9 (58.5%)
122	PONICHTERA Barbara	192	ZALATANI 1.BLTR	K40	8					01:16:18.60	+00:31:56 (41.9%)	7:37	7.9 (58.5%)
123	JADRYCH Zbigniew	117	STARGARD JA SIĘ NIE ŚCIGAM	M40	39					01:16:28.15	+00:32:06 (42.0%)	7:38	7.8 (57.8%)
124	KUNIKOWSKA Patrycja	148	STARGARD	K30	11					01:16:29.85	+00:32:07 (42.0%)	7:38	7.8 (57.8%)
125	TRYSZCZ Tobiasz	227		M30	39					01:16:47.20	+00:32:25 (42.2%)	7:40	7.8 (57.8%)
126	ŁAWNICZAK Sebastian	159		M40	40					01:17:03.10	+00:32:41 (42.4%)	7:42	7.8 (57.8%)
127	HOŁOWCZYC Julia	113	ZMĘCZENI JUŻ NA STARCIE	K30	12			Tak		01:17:03.70	+00:32:41 (42.4%)	7:42	7.8 (57.8%)
128	KRASÓWKA Arkadiusz	139	TENET	M30	40					01:17:23.35	+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	ZAKOŚCIELNA Katarzyna	248	DZIKIE ŻŌŁWIE	K30	22					01:24:40.80	+00:40:18 (47.6%)	8:28	7.1 (52.6%)
153	JAWORSKI Krystian	122	KUTANG-KLAN	M16	17	Tak				01:24:50.40	+00:40:28 (47.7%)	8:29	7.1 (52.6%)
154	PAWIŁOJĆ Hanna	189	KLUB-BUBA TEAM	K16	5	Tak				01:24:59.90	+00:40:38 (47.8%)	8:29	7.1 (52.6%)
155	LEPPAK Małgorzata	154	CENTRUM SZKOLENIA BOJOWEGO DRAWSKO	K30	23					01:25:14.75	+00:40:52 (48.0%)	8:31	7 (51.9%)
156	MISIASZEK Mirosław	172	MAŁKOCIN	M50	8					01:25:16.00	+00:40:54 (48.0%)	8:31	7 (51.9%)
157	ZALEWSKI Sylwester	249	VO2MAX RACING TEAM	M40	42	Tak				01:25:16.55	+00:40:54 (48.0%)	8:31	7 (51.9%)
158	PIOTROWSKI Krzysztof	26	AMPIO TEAM	M40	43					01:25:25.65	+00:41:03 (48.1%)	8:32	7 (51.9%)
159	SOBIECHOWSKI Dawid	214		M16	18					01:25:46.30	+00:41:24 (48.3%)	8:34	7 (51.9%)
160	BARCIK Kamil	66	DZIKI SPECJALNEJ TROSKI	M30	49					01:26:16.40	+00:41:54 (48.6%)	8:37	7 (51.9%)
161	KIERUJ Jakub	127	IHUHU TEAM	M16	19					01:26:16.75	+00:41:54 (48.6%)	8:37	7 (51.9%)
162	HNAT Rafał	111		M50	9		Tak			01:26:20.70	+00:41:58 (48.6%)	8:38	6.9 (51.1%)
163	KUBIAK Monika	147	TRANING TANK	K40	11					01:26:21.65	+00:41:59 (48.6%)	8:38	6.9 (51.1%)
164	WIECZOREK Wojciech	237		M40	44			Tak	Wieczorek	01:26:42.30	+00:42:20 (48.8%)	8:40	6.9 (51.1%)
165	WIECZOREK Magdalena	235		K40	12			Tak	Wieczorek	01:26:43.30	+00:42:21 (48.8%)	8:40	6.9 (51.1%)
166	NOWAK Grzegorz	177	GRUPA AZOTY	M40	45					01:26:47.15	+00:42:25 (48.9%)	8:40	6.9 (51.1%)
167	SOBIECHOWSKI Jakub	213		M16	20			Tak		01:27:10.65	+00:42:48 (49.1%)	8:43	6.9 (51.1%)
168	GOWORSKI Jerzy	104		M30	50					01:27:26.05	+00:43:04 (49.3%)	8:44	6.9 (51.1%)
169	JAKUBIAK Anna	118	TENET	K50	3					01:27:47.50	+00:43:25 (49.5%)	8:46	6.8 (50.4%)
170	GRZYBEK Marta	109	KLUB-BUBA TEAM	K16	6					01:28:10.60	+00:43:48 (49.7%)	8:49	6.8 (50.4%)
171	WISZNIEWSKI Marcin	239		M40	46					01:28:27.95	+00:44:06 (49.9%)	8:50	6.8 (50.4%)
172	MROZIK Mariusz	173	DZIKIE DZIKI GORZÓW	M40	47					01:29:12.45	+00:44:50 (50.3%)	8:55	6.7 (49.6%)
173	KOLEJ Monika	132	DZIKIE DZIKI GORZOW	K40	13					01:29:12.65	+00:44:50 (50.3%)	8:55	6.7 (49.6%)
174	TRZECIAK Piotr	228		M30	51					01:29:39.65	+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	MARKS Katarzyna	163	STOWARZYSZENIE DOŁUJE KOŚCINO	K40	14	Tak				01:29:45.35	+00:45:23 (50.6%)	8:58	6.7 (49.6%)
176	MATUSZEWSKA Edyta	167	WIECZORNE BIEGANIE W SZCZECINIE	K40	15					01:29:46.75	+00:45:24 (50.6%)	8:58	6.7 (49.6%)
177	ZARZECKA Kamila	250	GRUPA MALBORK	K30	24					01:30:14.95	+00:45:53 (50.8%)	9:01	6.6 (48.9%)
178	KRUK Agnieszka	143	GRUPA MALBORK	K40	16					01:30:15.90	+00:45:54 (50.9%)	9:01	6.6 (48.9%)
179	BIEGAŃSKI Piotr	3		M30	52					01:30:39.65	+00:46:17 (51.1%)	9:03	6.6 (48.9%)
180	MATYSEK Ireneusz	168	KOMANDOS WAŁECKI	M60+	3					01:31:17.50	+00:46:55 (51.4%)	9:07	6.6 (48.9%)
181	BAŁKA Michał	64		M30	53					01:32:49.35	+00:48:27 (52.2%)	9:16	6.5 (48.1%)
182	WIŚNIEWSKA Marta	240	IHUUH TEAM	K30	25					01:33:36.10	+00:49:14 (52.6%)	9:21	6.4 (47.4%)
183	JABŁONKA Mariusz	115	DZIADY OCR	M40	48					01:33:36.85	+00:49:14 (52.6%)	9:21	6.4 (47.4%)
184	SKORŁUTOWSKI Wojciech	211	IHUUH TEAM	M30	54					01:33:37.50	+00:49:15 (52.6%)	9:21	6.4 (47.4%)
185	STACHOWICZ Małgorzata	217		K40	17					01:34:37.25	+00:50:15 (53.1%)	9:27	6.3 (46.7%)
186	PRABUCKA Karolina	196		K40	18	Tak		Tak	Prabuccy	01:34:41.95	+00:50:20 (53.2%)	9:28	6.3 (46.7%)
187	PRABUCKI Jarosław	197		M40	49	Tak		Tak	Prabuccy	01:34:42.20	+00:50:20 (53.2%)	9:28	6.3 (46.7%)
188	NOWAK Zbigniew	179		M60+	4			Tak	Nowak	01:35:41.85	+00:51:19 (53.6%)	9:34	6.3 (46.7%)
189	KOTULSKA Marta	135	BIEGACZE ŚWINOUJŚCIE	K16	7					01:36:41.35	+00:52:19 (54.1%)	9:40	6.2 (45.9%)
190	KRÓL Krzysztof	141	GARAGE PARTY	M30	55					01:36:42.15	+00:52:20 (54.1%)	9:40	6.2 (45.9%)
191	BARSZCZEWSKI Adrian	69	BIEGACZE ŚWINOUJŚCIE	M16	21			Tak	Barszczewski	01:36:42.70	+00:52:20 (54.1%)	9:40	6.2 (45.9%)
192	KRZYWOŃ Paweł	146		M30	56					01:36:56.85	+00:52:34 (54.2%)	9:41	6.2 (45.9%)
193	BARSZCZEWSKI Stanisław	68	BIEGACZE ŚWINOUJŚCIE	M50	10			Tak	Barszczewski	01:37:03.35	+00:52:41 (54.3%)	9:42	6.2 (45.9%)
194	BARSZCZEWSKA Małgorzata	67	BIEGACZE ŚWINOUJŚCIE	K40	19			Tak	Barszczewski	01:37:04.20	+00:52:42 (54.3%)	9:42	6.2 (45.9%)
195	BOŚKO Paulina	74	GARAGE PARTY	K30	26					01:40:10.80	+00:55:48 (55.7%)	10:01	6 (44.4%)
196	OSTROWSKA Ina	184		K40	20					01:41:04.55	+00:56:42 (56.1%)	10:06	5.9 (43.7%)
197	NOWAK Piotr	178		M16	22			Tak	Nowak	01:41:12.50	+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	JAŚKIEWICZ Krzysztof	120		M40	50					01:42:05.60	+00:57:43 (56.5%)	10:12	5.9 (43.7%)
199	KUREK Paulina	151	PCHEŁKA	K16	8					01:49:13.35	+01:04:51 (59.4%)	10:55	5.5 (40.7%)
200	KUREK Oskar	152	PANDA	M16	23					01:49:13.80	+01:04:51 (59.4%)	10:55	5.5 (40.7%)
201	KOSIANOWSKA Monika	134	GRUPA MALBORK ♥MALBORSKIE MORSY ♥	K50	4					01:50:38.65	+01:06:16 (59.9%)	11:03	5.4 (40.0%)
202	BZDAWKA Joanna	78		K40	21					01:54:02.25	+01:09:40 (61.1%)	11:24	5.3 (39.3%)
203	WARCHOŁ Kamil	232	DZIKI SPECJALNEJ TROSKI	M16	24					01:55:44.75	+01:11:22 (61.7%)	11:34	5.2 (38.5%)
204	KRUSZEWICZ-KOWALEWSKA Alina	50	AMPIO	K16	9	Tak				01:56:47.40	+01:12:25 (62.0%)	11:40	5.1 (37.8%)
205	KNAP Dorota	15	ZALATANI 1.BLTR	K30	27					01:57:22.80	+01:13:00 (62.2%)	11:44	5.1 (37.8%)
206	KRUSZYŃSKA Iwona	18	ZALATANI 1.BLTR	K40	22					01:57:22.90	+01:13:01 (62.2%)	11:44	5.1 (37.8%)
206	SULEJCZYK Piotr	32	ZALATANI 1.BLTR	M50	11					01:57:22.90	+01:13:01 (62.2%)	11:44	5.1 (37.8%)
208	KOŁACZYŃSKA Monika	133		K50	5					02:07:25.35	+01:23:03 (65.2%)	12:44	4.7 (34.8%)
	MAJKA Eryk	20	FAMILIAMAJKA	M16			Tak	Tak	Majka	DNF		-	- (0.0%)
	KRÓL Magdalena	140	GARAGE PARTY	K30						DNF		-	- (0.0%)
	MAJKA Jarek	19	FAMILIAMAJKA	M40			Tak	Tak	Majka	DNF		-	- (0.0%)

Znaleziono 211 wynik(ów)