

XIII NOCNY BIEG SZLAKIEM DZIKA

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: DZIKI WEEKEND 2023
Organizator: Stowarzyszenie Klub Biegowy Dzik
Data: 2023-08-18
Miejsce: Police
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	WASILEWSKI Andrzej	233	WILKI Z CIECHOCINKA	OPEN -M	1	00:22:40.60		2:16	26.5 (100%)
2	GRABEK Maciej	105	DZIKIE DZIKI GORZÓW	OPEN -M	2	00:22:47.65	+00:00:07 (0.5%)	2:16	26.3 (99.2%)
3	PRZEKOPOWICZ Bartosz	199	WOJSKO POLSKIE	OPEN -M	3	00:23:05.00	+00:00:24 (1.8%)	2:18	26 (98.1%)
4	SZYPKOWSKI Marek	223	SPORT	OPEN -M	4	00:23:34.80	+00:00:54 (3.8%)	2:21	25.5 (96.2%)
5	PAPLICKI Michał	185	DZIKIE DZIKI GORZÓW	OPEN -M	5	00:24:07.35	+00:01:26 (6.0%)	2:24	24.9 (94.0%)
6	WASZKIEWICZ Tomasz	124	TT SZCZECIN	OPEN -M	6	00:24:14.85	+00:01:34 (6.5%)	2:25	24.8 (93.6%)
7	HOŁYŃSKI Leszek	114	FIRE TEAM	OPEN -M	7	00:24:23.50	+00:01:42 (7.0%)	2:26	24.6 (92.8%)
8	KRYGOWSKI Mateusz	145	BEST BEASTS	OPEN -M	8	00:24:33.80	+00:01:53 (7.7%)	2:27	24.4 (92.1%)
9	PATORA Piotr	188	EXTREME WOLF	OPEN -M	9	00:24:42.50	+00:02:01 (8.2%)	2:28	24.3 (91.7%)
10	RYCAK Bartosz	204	5PINZ	OPEN -M	10	00:25:01.55	+00:02:20 (9.4%)	2:30	24 (90.6%)
11	USTIANOWSKI Przemysław	230	JW 4531	OPEN -M	11	00:25:10.80	+00:02:30 (9.9%)	2:31	23.8 (89.8%)
12	DYDEK Edyta	255	SKB DZIK	OPEN -K	1	00:25:15.00	+00:02:34 (10.2%)	2:31	23.8 (89.8%)
13	CHMIELEWSKI Tomasz	81	VO2MAX RACING TEAM	OPEN -M	12	00:25:24.20	+00:02:43 (10.7%)	2:32	23.6 (89.1%)
14	PASIKOWSKI Kamil	257	SKB DZIK	OPEN -M	13	00:25:37.65	+00:02:57 (11.5%)	2:33	23.4 (88.3%)
15	ANTOSIK Bartosz	62	NA PRZYPALE ALBO WCALE!!!	OPEN -M	14	00:25:44.85	+00:03:04 (11.9%)	2:34	23.3 (87.9%)
16	NIERZWIcki Grzegorz	176	GRUPA MALBORK	OPEN -M	15	00:25:47.30	+00:03:06 (12.1%)	2:34	23.3 (87.9%)
17	WÓJCICKI Paweł	245	GRUPA MALBORK	OPEN -M	16	00:25:55.55	+00:03:14 (12.5%)	2:35	23.2 (87.5%)
18	SAKOSIK Krystian	206	KOSAKŁUSOWNIK	OPEN -M	17	00:26:01.20	+00:03:20 (12.8%)	2:36	23.1 (87.2%)
19	CHENON Guillaume	80	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -M	18	00:26:05.00	+00:03:24 (13.1%)	2:36	23 (86.8%)
20	BĘDKOWSKI Piotr	72	SWIM2TRI	OPEN -M	19	00:26:16.05	+00:03:35 (13.7%)	2:37	22.8 (86.0%)
21	AUGUŚCIK Marcin	63	OPP SZCZECIN	OPEN -M	20	00:26:25.35	+00:03:44 (14.2%)	2:38	22.7 (85.7%)
22	ŁUKAWSKI Mariusz	160	8 PLOT KOSZALIN	OPEN -M	21	00:26:27.30	+00:03:46 (14.3%)	2:38	22.7 (85.7%)
23	SZULC Marcin	222	BOLI BOLI	OPEN -M	22	00:26:28.25	+00:03:47 (14.3%)	2:38	22.7 (85.7%)
24	WÓJCIC Maciej	246		OPEN -M	23	00:26:29.20	+00:03:48 (14.4%)	2:38	22.7 (85.7%)
25	KACZOR Piotr	125	ZALATANI 1.BLTR	OPEN -M	24	00:26:31.65	+00:03:51 (14.5%)	2:39	22.6 (85.3%)
26	SKOWROŃSKI Andrzej	212	GRUPA MALBORK	OPEN -M	25	00:26:36.00	+00:03:55 (14.7%)	2:39	22.6 (85.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
27	NAPIERALSKI Krzysztof	175	DZIKIE DZIKI GORZÓW	OPEN -M	26	00:26:38.10	+00:03:57 (14.9%)	2:39	22.5 (84.9%)
28	ZELEK Dariusz	252		OPEN -M	27	00:26:49.00	+00:04:08 (15.4%)	2:40	22.4 (84.5%)
29	KUREK Hubert	150		OPEN -M	28	00:26:53.50	+00:04:12 (15.7%)	2:41	22.3 (84.2%)
30	DĘBICKI Jakub	88		OPEN -M	29	00:26:53.70	+00:04:13 (15.7%)	2:41	22.3 (84.2%)
31	OSTOJSKI Ireneusz	183	DLL PARTNERS	OPEN -M	30	00:27:08.95	+00:04:28 (16.5%)	2:42	22.1 (83.4%)
32	SIKORSKI Adam	210	SIKORROVO	OPEN -M	31	00:27:15.85	+00:04:35 (16.8%)	2:43	22 (83.0%)
33	GAWRYŚ Rafał	100		OPEN -M	32	00:27:19.50	+00:04:38 (17.0%)	2:43	22 (83.0%)
34	SIEDLER Martin	259	MEDICAL CHURCH	OPEN -M	33	00:27:22.15	+00:04:41 (17.1%)	2:44	21.9 (82.6%)
35	HAŁAS Daniel	73	12BZ SZCZECIN	OPEN -M	34	00:27:33.45	+00:04:52 (17.7%)	2:45	21.8 (82.3%)
36	DYDEK Arkadiusz	262	SKB DZIK	OPEN -M	35	00:27:34.25	+00:04:53 (17.8%)	2:45	21.8 (82.3%)
37	PARADZIŃSKI Dawid	186		OPEN -M	36	00:27:35.30	+00:04:54 (17.8%)	2:45	21.8 (82.3%)
38	GRALEWICZ Albert	107		OPEN -M	37	00:27:35.75	+00:04:55 (17.8%)	2:45	21.8 (82.3%)
39	KĘDZIOR Jakub	258	WARRIORS ŁÓDŹ	OPEN -M	38	00:27:36.55	+00:04:55 (17.9%)	2:45	21.7 (81.9%)
40	FURMANIAK Piotr	97	GRUPA MALBORK	OPEN -M	39	00:27:40.20	+00:04:59 (18.0%)	2:46	21.7 (81.9%)
41	KNIAŻ Tomasz	131	HELL'S HEAVEN SZCZECIN	OPEN -M	40	00:27:41.70	+00:05:01 (18.1%)	2:46	21.7 (81.9%)
42	LOBA Jakub	158	SKB DZIK	OPEN -M	41	00:27:46.80	+00:05:06 (18.4%)	2:46	21.6 (81.5%)
43	GOŁĘBIEWSKI Tomasz	103	PSP SZCZECIN	OPEN -M	42	00:27:51.80	+00:05:11 (18.6%)	2:47	21.5 (81.1%)
44	WIŚNIEWSKI Mariusz	241	IHUHU TEAM	OPEN -M	43	00:27:52.45	+00:05:11 (18.6%)	2:47	21.5 (81.1%)
45	WOSZCZYK Sebastian	243	GRUPA MALBORK	OPEN -M	44	00:28:00.90	+00:05:20 (19.1%)	2:48	21.4 (80.8%)
46	STOPCZYŃSKI Mateusz	114		OPEN -M	45	00:28:14.15	+00:05:33 (19.7%)	2:49	21.3 (80.4%)
47	MATUSIAK Mariusz	166		OPEN -M	46	00:28:20.70	+00:05:40 (20.0%)	2:50	21.2 (80.0%)
48	LEŻYŃSKI Jarosław	157		OPEN -M	47	00:28:26.05	+00:05:45 (20.2%)	2:50	21.1 (79.6%)
49	CZYŻEWSKI Tomasz	86	TENET	OPEN -M	48	00:28:33.40	+00:05:52 (20.6%)	2:51	21 (79.2%)
50	WOJTALIK Krzysztof	127		OPEN -M	49	00:28:44.80	+00:06:04 (21.1%)	2:52	20.9 (78.9%)
51	PIOTROWSKI Piotr	101	HELL'S HEAVEN SZCZECIN	OPEN -M	50	00:28:47.05	+00:06:06 (21.2%)	2:52	20.8 (78.5%)
52	GRYGORCEWICZ Jan	71	UKL ÓSEMKA	OPEN -M	51	00:28:50.35	+00:06:09 (21.4%)	2:53	20.8 (78.5%)
53	WOJDYŁA Michał	242	5PINZ	OPEN -M	52	00:28:52.50	+00:06:11 (21.5%)	2:53	20.8 (78.5%)
54	OKOLITA Mateusz	181	DZIKIE DZIKI GORZÓW	OPEN -M	53	00:29:08.95	+00:06:28 (22.2%)	2:54	20.6 (77.7%)
55	PRUSEK Mateusz	198	AKTYWNE CHOSZCZNO	OPEN -M	54	00:29:31.60	+00:06:51 (23.2%)	2:57	20.3 (76.6%)
56	CZERWIŃSKI Paweł	84		OPEN -M	55	00:29:31.95	+00:06:51 (23.2%)	2:57	20.3 (76.6%)
57	ECHAUST Artur	254	BOLI BOLI	OPEN -M	56	00:29:41.45	+00:07:00 (23.6%)	2:58	20.2 (76.2%)
58	WALKOWIAK Daria	231	BRIDGESTONE STARGARD RUNNERS	OPEN -K	2	00:29:48.00	+00:07:07 (23.9%)	2:58	20.1 (75.8%)
59	DOBRYCKI Piotr	89	BRIDGESTONE STARGARD RUNNERS	OPEN -M	57	00:29:48.20	+00:07:07 (23.9%)	2:58	20.1 (75.8%)
60	WEBER Mirela	234		OPEN -K	3	00:29:54.15	+00:07:13 (24.2%)	2:59	20.1 (75.8%)
61	STĘPNIAK Lesław	218	SKB DZIK	OPEN -M	58	00:29:57.65	+00:07:17 (24.3%)	2:59	20 (75.5%)
62	MARZEC Karolina	164	DZIKIE DZIKI GORZÓW	OPEN -K	4	00:30:00.15	+00:07:19 (24.4%)	3:00	20 (75.5%)
63	GRALEWICZ Robert	106		OPEN -M	59	00:30:00.35	+00:07:19 (24.4%)	3:00	20 (75.5%)
64	ZAJĄC Adam	139		OPEN -M	60	00:30:10.45	+00:07:29 (24.8%)	3:01	19.9 (75.1%)
65	STANISZEWSKI Adam	113		OPEN -M	61	00:30:12.60	+00:07:32 (24.9%)	3:01	19.9 (75.1%)
66	BRUMIRSKI Bartek	75		OPEN -M	62	00:30:29.35	+00:07:48 (25.6%)	3:02	19.7 (74.3%)
67	POPCZYK Mriusz	193		OPEN -M	63	00:30:30.65	+00:07:50 (25.7%)	3:03	19.7 (74.3%)
68	WRÓBLEWSKI Tomasz	247		OPEN -M	64	00:30:31.80	+00:07:51 (25.7%)	3:03	19.7 (74.3%)
69	JAWORSKI Dawid	121	KUTANG-KLAN	OPEN -M	65	00:30:41.60	+00:08:01 (26.1%)	3:04	19.6 (74.0%)
70	KURPIEWSKA Agnieszka	85		OPEN -K	5	00:30:42.85	+00:08:02 (26.2%)	3:04	19.5 (73.6%)

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71	KURPIEWSKI Piotr	153		OPEN -M	66	00:30:43.00	+00:08:02 (26.2%)	3:04	19.5 (73.6%)
72	KLEPACKI Bartosz	256		OPEN -M	67	00:30:55.70	+00:08:15 (26.7%)	3:05	19.4 (73.2%)
73	POSZUMSKA Gabriela	194		OPEN -K	6	00:30:59.00	+00:08:18 (26.8%)	3:05	19.4 (73.2%)
74	GIETKO Piotr	101	MIĘTUSY	OPEN -M	68	00:31:16.65	+00:08:36 (27.5%)	3:07	19.2 (72.5%)
75	KIWILSKA Wojciech	128	IHUUH TEAM	OPEN -M	69	00:31:20.55	+00:08:39 (27.6%)	3:08	19.1 (72.1%)
76	DUBIEL Monika	93	HELL'S HEAVEN SZCZECIN	OPEN -K	7	00:31:28.60	+00:08:48 (28.0%)	3:08	19.1 (72.1%)
77	MADRAK Anna	161	HULK TEAM POLICE	OPEN -K	8	00:31:37.70	+00:08:57 (28.3%)	3:09	19 (71.7%)
78	LEWANDOWSKA Anna	155	HELL'S HEAVEN SZCZECIN	OPEN -K	9	00:31:50.75	+00:09:10 (28.8%)	3:11	18.8 (70.9%)
79	PASZKO Daniel	187	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -M	70	00:31:51.85	+00:09:11 (28.8%)	3:11	18.8 (70.9%)
80	DUDKA Robert	94		OPEN -M	71	00:31:52.35	+00:09:11 (28.9%)	3:11	18.8 (70.9%)
81	ŁAWNICZAK Sebastian	159		OPEN -M	72	00:31:59.35	+00:09:18 (29.1%)	3:11	18.8 (70.9%)
82	FATE Shivan	66		OPEN -M	73	00:32:07.40	+00:09:26 (29.4%)	3:12	18.7 (70.6%)
83	BARASIŃSKA Daria	65	ZALATANI 1.BLTR	OPEN -K	10	00:32:15.30	+00:09:34 (29.7%)	3:13	18.6 (70.2%)
84	SADOWSKI Andrzej	205	ZALATANI 1.BLTR	OPEN -M	74	00:32:16.30	+00:09:35 (29.7%)	3:13	18.6 (70.2%)
85	RUEFFRECK Adam	202	WOLF TEAM	OPEN -M	75	00:32:18.30	+00:09:37 (29.8%)	3:13	18.6 (70.2%)
85	MĄDRAWSKI Tomasz	170		OPEN -M	76	00:32:18.30	+00:09:37 (29.8%)	3:13	18.6 (70.2%)
87	CESAK Grzegorz	79	CENTRUM SZKOLENIA BOJOWEGO DRAWSKO	OPEN -M	77	00:32:23.20	+00:09:42 (30.0%)	3:14	18.5 (69.8%)
88	MURAWSKA Wioletta	174	SKB DZIK POLICE	OPEN -K	11	00:32:26.30	+00:09:45 (30.1%)	3:14	18.5 (69.8%)
89	MASYS Agnieszka	165	GRUPA MALBORK	OPEN -K	12	00:32:31.75	+00:09:51 (30.3%)	3:15	18.5 (69.8%)
90	GŁOGOZA Piotr	102		OPEN -M	78	00:32:31.95	+00:09:51 (30.3%)	3:15	18.5 (69.8%)
90	ŚWIĄTEK Bronisław	224	SAMOTNY WILK	OPEN -M	79	00:32:31.95	+00:09:51 (30.3%)	3:15	18.5 (69.8%)
92	BORMAN Tomasz	261	ANANASY Z 3 FAL	OPEN -M	80	00:32:40.10	+00:09:59 (30.6%)	3:16	18.4 (69.4%)
93	URBAN Ewelina	229	ANANASY Z 3 FAL	OPEN -K	13	00:32:40.55	+00:09:59 (30.6%)	3:16	18.4 (69.4%)
94	WIECZOREK Jakub	238		OPEN -M	81	00:32:43.30	+00:10:02 (30.7%)	3:16	18.3 (69.1%)
95	SUSZA Małgorzata	220		OPEN -K	14	00:32:44.40	+00:10:03 (30.7%)	3:16	18.3 (69.1%)
96	KRASÓWKA Arkadiusz	139	TENET	OPEN -M	82	00:32:45.50	+00:10:04 (30.8%)	3:16	18.3 (69.1%)
97	SZYSZKO Artur	123		OPEN -M	83	00:32:48.55	+00:10:07 (30.9%)	3:16	18.3 (69.1%)
98	TRYSZCZ Tobiasz	227		OPEN -M	84	00:33:05.40	+00:10:24 (31.5%)	3:18	18.1 (68.3%)
99	KOZŁOWSKA Natalia	138	MJDOP	OPEN -K	15	00:33:12.60	+00:10:32 (31.7%)	3:19	18.1 (68.3%)
100	PRZYBYSZ Marcin	106		OPEN -M	85	00:33:26.55	+00:10:45 (32.2%)	3:20	17.9 (67.5%)
101	HAWRYLAK Marcin	110	14ZBOT/142BLP	OPEN -M	86	00:33:34.50	+00:10:53 (32.5%)	3:21	17.9 (67.5%)
102	ŚWIERCZ Dariusz	225		OPEN -M	87	00:33:35.55	+00:10:54 (32.5%)	3:21	17.9 (67.5%)
103	KRUK Agnieszka	143	GRUPA MALBORK	OPEN -K	16	00:33:41.80	+00:11:01 (32.7%)	3:22	17.8 (67.2%)
104	ZAWADZKI Andrzej	251	TENET	OPEN -M	88	00:33:54.50	+00:11:13 (33.1%)	3:23	17.7 (66.8%)
105	SAWICKI Bartosz	208	DZIKIE DZIKI GORZÓW	OPEN -M	89	00:33:56.30	+00:11:15 (33.2%)	3:23	17.7 (66.8%)
106	SPÓLNIK Paweł	216	DZIKIE DZIKI GORZÓW	OPEN -M	90	00:33:57.85	+00:11:17 (33.2%)	3:23	17.7 (66.8%)
107	WITORZĘĆ Dariusz	125		OPEN -M	91	00:33:58.30	+00:11:17 (33.2%)	3:23	17.7 (66.8%)
108	BAK Tomasz	70	NA PRZYPALE ALBO WCALE!!!	OPEN -M	92	00:34:10.40	+00:11:29 (33.6%)	3:25	17.6 (66.4%)
109	NOWAK Piotr	178		OPEN -M	93	00:34:12.35	+00:11:31 (33.7%)	3:25	17.5 (66.0%)
110	WOŹNIAK Rafał	244	IHUUH TEAM	OPEN -M	94	00:34:16.50	+00:11:35 (33.8%)	3:25	17.5 (66.0%)
111	KOZACZUK Grzegorz	136		OPEN -M	95	00:34:20.75	+00:11:40 (34.0%)	3:26	17.5 (66.0%)
112	SZAJEK Artur	118	HULK TEAM POLICE	OPEN -M	96	00:34:25.60	+00:11:45 (34.1%)	3:26	17.4 (65.7%)
113	ROMANOWICZ Monika	200	DZIKIE ŻÓŁWIE	OPEN -K	17	00:34:31.70	+00:11:51 (34.3%)	3:27	17.4 (65.7%)
114	SZEWCZYK Ludmiła	221	GRUPA MALBORK	OPEN -K	18	00:34:34.45	+00:11:53 (34.4%)	3:27	17.4 (65.7%)

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115	SZAJEK Gabor	119	HULK TEAM POLICE	OPEN -M	97	00:34:35.20	+00:11:54 (34.4%)	3:27	17.3 (65.3%)
116	FILOWIAT Daniel	67		OPEN -M	98	00:34:38.95	+00:11:58 (34.6%)	3:27	17.3 (65.3%)
117	NOWAK-PIASECKA Dorota	180		OPEN -K	19	00:34:43.70	+00:12:03 (34.7%)	3:28	17.3 (65.3%)
118	DORAWA-ZIOMEK Anna	91	DZIKIE ŻÓŁWIE	OPEN -K	20	00:34:44.00	+00:12:03 (34.7%)	3:28	17.3 (65.3%)
119	DOMINIAK Michał	112	ZMĘCZENI JUŻ NA STARCIE	OPEN -M	99	00:34:47.10	+00:12:06 (34.8%)	3:28	17.2 (64.9%)
120	HOŁOWCZYC Julia	113	ZMĘCZENI JUŻ NA STARCIE	OPEN -K	21	00:34:47.30	+00:12:06 (34.8%)	3:28	17.2 (64.9%)
121	KRYGOWSKA Ilona	144	BEST BEASTS	OPEN -K	22	00:34:52.30	+00:12:11 (35.0%)	3:29	17.2 (64.9%)
122	DOMAGALSKI Sławomir	90	SKB DZIK	OPEN -M	100	00:35:04.30	+00:12:23 (35.3%)	3:30	17.1 (64.5%)
123	NOWAK Grzegorz	177	GRUPA AZOTY	OPEN -M	101	00:35:07.90	+00:12:27 (35.5%)	3:30	17.1 (64.5%)
124	DANILUK-DUPLA Ewa	87	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -K	23	00:35:08.65	+00:12:28 (35.5%)	3:30	17.1 (64.5%)
125	ZAKOŚCIELNA Katarzyna	248	DZIKIE ŻÓŁWIE	OPEN -K	24	00:35:16.40	+00:12:35 (35.7%)	3:31	17 (64.2%)
126	SOWA Krzysztof	215		OPEN -M	102	00:35:29.85	+00:12:49 (36.1%)	3:32	16.9 (63.8%)
127	DYDEK Dorota	260	SKB DZIK	OPEN -K	25	00:35:58.05	+00:13:17 (37.0%)	3:35	16.7 (63.0%)
128	KRUŻYŃSKI Mariusz	84	MARIO	OPEN -M	103	00:36:04.20	+00:13:23 (37.1%)	3:36	16.6 (62.6%)
129	SOBIECHOWSKI Jakub	213		OPEN -M	104	00:36:10.70	+00:13:30 (37.3%)	3:37	16.6 (62.6%)
130	JAKUBIAK Anna	118	TENET	OPEN -K	26	00:36:11.20	+00:13:30 (37.3%)	3:37	16.6 (62.6%)
131	SOBIECHOWSKI Dawid	214		OPEN -M	105	00:36:11.40	+00:13:30 (37.3%)	3:37	16.6 (62.6%)
132	LEWANIAK Jakub	88		OPEN -M	106	00:36:16.90	+00:13:36 (37.5%)	3:37	16.5 (62.3%)
133	LEWANIAK Elżbieta	87		OPEN -K	27	00:36:18.50	+00:13:37 (37.5%)	3:37	16.5 (62.3%)
134	RADECKA Agata	108		OPEN -K	28	00:36:24.65	+00:13:44 (37.7%)	3:38	16.5 (62.3%)
135	JAWORSKI Krystian	122	KUTANG-KLAN	OPEN -M	107	00:36:36.25	+00:13:55 (38.0%)	3:39	16.4 (61.9%)
136	PAWŁOWSKA Urszula	190	TRANING TANK	OPEN -K	29	00:36:46.55	+00:14:05 (38.3%)	3:40	16.3 (61.5%)
137	KUBIAK Monika	147	TRANING TANK	OPEN -K	30	00:36:46.90	+00:14:06 (38.3%)	3:40	16.3 (61.5%)
138	FROLOV Artur	96	TENET	OPEN -M	108	00:36:54.20	+00:14:13 (38.6%)	3:41	16.3 (61.5%)
139	MISIASZEK Mirosław	172	MAŁKOCIN	OPEN -M	109	00:37:04.50	+00:14:23 (38.8%)	3:42	16.2 (61.1%)
140	GRZYBEK Marta	109	KLUB-BUBA TEAM	OPEN -K	31	00:37:06.45	+00:14:25 (38.9%)	3:42	16.2 (61.1%)
141	GOWORSKI Jerzy	104		OPEN -M	110	00:37:28.80	+00:14:48 (39.5%)	3:44	16 (60.4%)
142	ZALEWSKI Sylwester	249	VO2MAX RACING TEAM	OPEN -M	111	00:37:34.15	+00:14:53 (39.6%)	3:45	16 (60.4%)
143	KOZARZEWSKI Grzegorz	137	ZALATANI 1.BLTR	OPEN -M	112	00:37:35.30	+00:14:54 (39.7%)	3:45	16 (60.4%)
144	JADRYCH Zbigniew	117	STARGARD JA SIĘ NIE ŚCIGAM	OPEN -M	113	00:37:38.80	+00:14:58 (39.8%)	3:45	15.9 (60.0%)
145	KUNIKOWSKA Patrycja	148	STARGARD	OPEN -K	32	00:37:39.45	+00:14:58 (39.8%)	3:45	15.9 (60.0%)
146	PIEPRZYK Dorota	191		OPEN -K	33	00:37:40.20	+00:14:59 (39.8%)	3:46	15.9 (60.0%)
147	DUBICKI Mikołaj	92	STARGARD JA SIĘ NIE ŚCIGAM	OPEN -M	114	00:37:42.40	+00:15:01 (39.9%)	3:46	15.9 (60.0%)
148	HNAT Rafał	111		OPEN -M	115	00:37:47.35	+00:15:06 (40.0%)	3:46	15.9 (60.0%)
149	CHARKOT Magda	62		OPEN -K	34	00:37:50.45	+00:15:09 (40.1%)	3:47	15.9 (60.0%)
150	MATAJ Justyna	92		OPEN -K	35	00:37:50.75	+00:15:10 (40.1%)	3:47	15.9 (60.0%)
151	ANDRZEJCZYK Ewelina	61	ANANASY Z 3 FAL	OPEN -K	36	00:37:58.75	+00:15:18 (40.3%)	3:47	15.8 (59.6%)
152	DZIEPAK Piotr	95	ZALATANI 1.BLTR	OPEN -M	116	00:38:13.50	+00:15:32 (40.7%)	3:49	15.7 (59.2%)
153	PONICHTERA Barbara	192	ZALATANI 1.BLTR	OPEN -K	37	00:38:21.00	+00:15:40 (40.9%)	3:50	15.6 (58.9%)
154	JAWORSKI Marcin	123		OPEN -M	117	00:39:13.65	+00:16:33 (42.2%)	3:55	15.3 (57.7%)
155	PAWIŁOJĆ Hanna	189	KLUB-BUBA TEAM	OPEN -K	38	00:39:17.50	+00:16:36 (42.3%)	3:55	15.3 (57.7%)
156	LEPPAK Małgorzata	154	CENTRUM SZKOLENIA BOJOWEGO DRAWSKO	OPEN -K	39	00:39:25.00	+00:16:44 (42.5%)	3:56	15.2 (57.4%)
157	SUCHODOLSKA Aleksandra	219	DZIKIE ŻÓŁWIE	OPEN -K	40	00:39:26.65	+00:16:46 (42.5%)	3:56	15.2 (57.4%)
158	PRZYBYSZ Tamara	107	PRZYBYSZ FAMILY	OPEN -K	41	00:39:32.70	+00:16:52 (42.7%)	3:57	15.2 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
159	NOWAK Marta	98	GRUPA AZOTY	OPEN -K	42	00:39:32.75	+00:16:52 (42.7%)	3:57	15.2 (57.4%)
160	SZAJEK Marta	117	HULK TEAM POLICE	OPEN -K	43	00:39:35.80	+00:16:55 (42.7%)	3:57	15.2 (57.4%)
161	WISZNIEWSKI Marcin	239		OPEN -M	118	00:39:43.55	+00:17:02 (42.9%)	3:58	15.1 (57.0%)
162	MARKS Katarzyna	163	STOWARZYSZENIE DOŁUJE KOŚCINO	OPEN -K	44	00:40:15.40	+00:17:34 (43.7%)	4:01	14.9 (56.2%)
163	NOWAK Zbigniew	179		OPEN -M	119	00:40:23.75	+00:17:43 (43.9%)	4:02	14.9 (56.2%)
164	WIŚNIEWSKA Marta	240	IHUUH TEAM	OPEN -K	45	00:40:33.75	+00:17:53 (44.1%)	4:03	14.8 (55.8%)
165	WIECZOREK Magdalena	235		OPEN -K	46	00:40:34.10	+00:17:53 (44.1%)	4:03	14.8 (55.8%)
166	KOLEJ Monika	132	DZIKIE DZIKI GORZOW	OPEN -K	47	00:40:34.95	+00:17:54 (44.1%)	4:03	14.8 (55.8%)
167	MROZIK Mariusz	173	DZIKIE DZIKI GORZÓW	OPEN -M	120	00:40:35.05	+00:17:54 (44.1%)	4:03	14.8 (55.8%)
168	DUDKA Karolina	64		OPEN -K	48	00:40:50.10	+00:18:09 (44.5%)	4:05	14.7 (55.5%)
169	WIECZOREK Wojciech	237		OPEN -M	121	00:40:50.80	+00:18:10 (44.5%)	4:05	14.7 (55.5%)
170	GARLIŃSKA Justyna	98		OPEN -K	49	00:40:59.30	+00:18:18 (44.7%)	4:05	14.6 (55.1%)
171	MATYSEK Ireneusz	168	KOMANDOS WAŁECKI	OPEN -M	122	00:41:00.65	+00:18:20 (44.7%)	4:06	14.6 (55.1%)
172	JABŁONKA Mariusz	115	DZIADY OCR	OPEN -M	123	00:41:15.20	+00:18:34 (45.0%)	4:07	14.5 (54.7%)
173	TRZECIAK Piotr	228		OPEN -M	124	00:41:23.45	+00:18:42 (45.2%)	4:08	14.5 (54.7%)
174	DROZGOWSKA Magdalena	63	TENET	OPEN -K	50	00:41:29.30	+00:18:48 (45.3%)	4:08	14.5 (54.7%)
175	DUDKA Michał	65		OPEN -M	125	00:41:36.10	+00:18:55 (45.5%)	4:09	14.4 (54.3%)
176	ZAMIAR Paweł	129		OPEN -M	126	00:41:42.30	+00:19:01 (45.6%)	4:10	14.4 (54.3%)
177	ZARZECKA Kamila	250	GRUPA MALBORK	OPEN -K	51	00:41:42.85	+00:19:02 (45.6%)	4:10	14.4 (54.3%)
178	KIERUJ Jakub	127	IHUUH TEAM	OPEN -M	127	00:41:57.70	+00:19:17 (46.0%)	4:11	14.3 (54.0%)
179	SAWICKA - WERS Urszula	207	NADMORSKY BIEGACZE KOŁOBRZEG	OPEN -K	52	00:42:10.25	+00:19:29 (46.2%)	4:13	14.2 (53.6%)
180	BEDNARZ Katarzyna	71	NESSI TEAM	OPEN -K	53	00:42:10.85	+00:19:30 (46.2%)	4:13	14.2 (53.6%)
181	BAŁKA Michał	64		OPEN -M	128	00:42:12.30	+00:19:31 (46.3%)	4:13	14.2 (53.6%)
182	STACHOWICZ Małgorzata	217		OPEN -K	54	00:42:20.50	+00:19:39 (46.4%)	4:14	14.2 (53.6%)
183	MATUSZEWSKA Edyta	167	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -K	55	00:42:22.65	+00:19:42 (46.5%)	4:14	14.2 (53.6%)
184	KOZUB-SZULIST Agata	81	LUBIĘ KANAPKI Z SEREM	OPEN -K	56	00:42:40.70	+00:20:00 (46.9%)	4:16	14.1 (53.2%)
185	OLEKSYK Patryk	182	LUBIE KANAPKI Z SEREM	OPEN -M	129	00:42:40.90	+00:20:00 (46.9%)	4:16	14.1 (53.2%)
186	BIEGAŃSKI Piotr	61		OPEN -M	130	00:43:19.85	+00:20:39 (47.7%)	4:19	13.9 (52.5%)
187	WYSOCKA Izabela	128		OPEN -K	57	00:43:28.65	+00:20:48 (47.8%)	4:20	13.8 (52.1%)
188	SKORŁUTOWSKI Wojciech	211	IHUUH TEAM	OPEN -M	131	00:44:06.85	+00:21:26 (48.6%)	4:24	13.6 (51.3%)
189	RYBACKA Agnieszka	203	IHUUH TEAM	OPEN -K	58	00:44:08.50	+00:21:27 (48.6%)	4:24	13.6 (51.3%)
190	KARCEWICZ Szymon	79		OPEN -M	132	00:44:11.05	+00:21:30 (48.7%)	4:25	13.6 (51.3%)
191	MOLENDASabina	96	SARNY	OPEN -K	59	00:45:56.95	+00:23:16 (50.6%)	4:35	13.1 (49.4%)
192	GUMOWSKA Karolina	72		OPEN -K	60	00:45:57.05	+00:23:16 (50.7%)	4:35	13.1 (49.4%)
193	KOSIANOWSKA Monika	134	GRUPA MALBORK ♥MALBORSKIE MORSY ♥	OPEN -K	61	00:46:00.60	+00:23:20 (50.7%)	4:36	13 (49.1%)
194	KUREK Paulina	151	PCHEŁKA	OPEN -K	62	00:46:02.65	+00:23:22 (50.8%)	4:36	13 (49.1%)
195	JAŚKIEWICZ Krzysztof	120		OPEN -M	133	00:46:15.85	+00:23:35 (51.0%)	4:37	13 (49.1%)
196	KRÓL Krzysztof	141	GARAGE PARTY	OPEN -M	134	00:47:05.40	+00:24:24 (51.8%)	4:42	12.7 (47.9%)
197	BOŚKO Paulina	74	GARAGE PARTY	OPEN -K	63	00:47:07.20	+00:24:26 (51.9%)	4:42	12.7 (47.9%)
198	KRÓL Magdalena	140	GARAGE PARTY	OPEN -K	64	00:47:08.55	+00:24:27 (51.9%)	4:42	12.7 (47.9%)
199	PRABUCKI Jarosław	197		OPEN -M	135	00:47:18.00	+00:24:37 (52.1%)	4:43	12.7 (47.9%)
200	PRABUCKA Karolina	196		OPEN -K	65	00:47:18.95	+00:24:38 (52.1%)	4:43	12.7 (47.9%)
201	KOTULSKA Marta	135	BIEGACZE ŚWINOUJŚCIE	OPEN -K	66	00:47:33.75	+00:24:53 (52.3%)	4:45	12.6 (47.5%)
202	BARSZCZEWSKI Adrian	69	BIEGACZE ŚWINOUJŚCIE	OPEN -M	136	00:47:34.15	+00:24:53 (52.3%)	4:45	12.6 (47.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
203	BZDAWKA Joanna	78		OPEN -K	67	00:47:36.20	+00:24:55 (52.4%)	4:45	12.6 (47.5%)
204	BARSZCZEWSKA Małgorzata	67	BIEGACZE ŚWINOUJŚCIE	OPEN -K	68	00:47:38.30	+00:24:57 (52.4%)	4:45	12.6 (47.5%)
205	BARSZCZEWSKI Stanisław	68	BIEGACZE ŚWINOUJŚCIE	OPEN -M	137	00:47:39.75	+00:24:59 (52.4%)	4:45	12.6 (47.5%)
206	KUREK Oskar	152	PANDA	OPEN -M	138	00:47:53.45	+00:25:12 (52.6%)	4:47	12.5 (47.2%)
207	ROZGA Michał	201		OPEN -M	139	00:48:01.75	+00:25:21 (52.8%)	4:48	12.5 (47.2%)
208	OSTROWSKA Ina	184		OPEN -K	69	00:48:02.85	+00:25:22 (52.8%)	4:48	12.5 (47.2%)
209	SZYMCZAK Magdalena	122	GRUPA AZOTY	OPEN -K	70	00:48:33.45	+00:25:52 (53.3%)	4:51	12.4 (46.8%)
210	KNAPIK Justyna	130		OPEN -K	71	00:54:54.80	+00:32:14 (58.7%)	5:29	10.9 (41.1%)
211	BARCIK Kamil	66	DZIKI SPECJALNEJ TROSKI	OPEN -M	140	00:54:55.00	+00:32:14 (58.7%)	5:29	10.9 (41.1%)
212	WARCHOŁ Kamil	232	DZIKI SPECJALNEJ TROSKI	OPEN -M	141	00:54:55.20	+00:32:14 (58.7%)	5:29	10.9 (41.1%)
213	JĘDRYKA Anna	124	DZIKI SPECJALNEJ TROSKI	OPEN -K	72	00:54:55.30	+00:32:14 (58.7%)	5:29	10.9 (41.1%)
214	MATYSIAK Sławomir	169	DZIKI SPECJALNEJ TROSKI	OPEN -M	142	00:54:56.20	+00:32:15 (58.7%)	5:29	10.9 (41.1%)
215	KOŁACZYŃSKA Monika	133		OPEN -K	73	00:55:37.65	+00:32:57 (59.2%)	5:33	10.8 (40.8%)
216	KRUSZYŃSKA Iwona	83	ZALATANI 1.BLTR	OPEN -K	74	00:56:55.90	+00:34:15 (60.2%)	5:41	10.5 (39.6%)
217	KNAP Dorota	80	ZALATANI 1.BLTR	OPEN -K	75	00:56:56.45	+00:34:15 (60.2%)	5:41	10.5 (39.6%)
218	KĘDZIOR Jakub	126	WARRIORS ŁÓDŹ	OPEN -M	143	01:04:59.60	+00:42:19 (65.1%)	6:29	9.2 (34.7%)

Znaleziono 218 wynik(ów)