



XIV BIEG SZLAKIEM DZIKA - 10KM

B4SPORT

Wydarzenie: DZIKI WEEKEND 2024
Organizator: Stowarzyszenie Klub Biegowy Dzik
Data: 2024-08-17
Miejsce: Police
Dystans: 10 km

 **HERKULES**
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Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat	Mundurowi	Rodzina	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	BRUDŁO Piotr	306	WMLKS POMORZE STARGARD	M-16	1				00:42:21.90		4:14	14.2 (100%)
2	GOLEC Rafał	156	18 BATALION ROZPOZNAWCZY UŁANÓW WILEŃSKICH	M-30	1		Tak		00:43:24.50	+00:01:02 (2.4%)	4:20	13.8 (97.2%)
3	SZYPKOWSKI Marek	258	NOTEĆ OCR CZARNKÓW	M-40	1				00:47:30.90	+00:05:09 (10.8%)	4:45	12.6 (88.7%)
4	KORALEWSKA Barbara	322	10 BRYGADA LOGISTYCZNA	K-30	1		Tak		00:47:34.75	+00:05:12 (11.0%)	4:45	12.6 (88.7%)
5	BIENIUK Kamil	657		M-40	2	Tak			00:48:15.00	+00:05:53 (12.2%)	4:49	12.4 (87.3%)
6	WÓJCICKI Paweł	281	GRUPA MALBORK	M-40	3		Tak		00:48:27.10	+00:06:05 (12.6%)	4:50	12.4 (87.3%)
7	RUSEK Kamil	240		M-40	4				00:48:52.85	+00:06:30 (13.3%)	4:53	12.3 (86.6%)
8	KACPERSKI Tomasz	318	PSY PECONA	M-30	2				00:49:15.15	+00:06:53 (14.0%)	4:55	12.2 (85.9%)
9	ZYGOŃ Artur	366	ZACHODNIOPOMORSKI URZĄD WOJEWÓDZKI	M-30	3				00:49:30.20	+00:07:08 (14.4%)	4:57	12.1 (85.2%)
10	HOŁYŃSKI Leszek	161	FIRETEAM	M-30	4	Tak	Tak		00:50:11.20	+00:07:49 (15.6%)	5:01	12 (84.5%)
11	MATYSIAK Sławomir	206	DZIKI SPECJALNEJ TROSKI	M-30	5				00:50:51.55	+00:08:29 (16.7%)	5:05	11.8 (83.1%)
12	ZEMŁA Dawid	289	DZIKI SPECJALNEJ TROSKI	M-30	6				00:50:56.55	+00:08:34 (16.8%)	5:05	11.8 (83.1%)
13	CHENON Guillaume	138	WIECZORNE BIEGANIE W SZCZECINIE	M-40	5				00:52:00.65	+00:09:38 (18.5%)	5:12	11.5 (81.0%)
14	SAKOSIK Marcin	242	TERMINATORUN	M-16	2		Tak		00:52:10.10	+00:09:48 (18.8%)	5:13	11.5 (81.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat	Mundurowi	Rodzina	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
15	LOBA Jakub	195	SKB DZIK	M-16	3				00:52:22.00	+00:10:00 (19.1%)	5:14	11.5 (81.0%)
16	NIERZWICKI Grzegorz	216	GRUPA MALBORK	M-50	1		Tak		00:52:49.80	+00:10:27 (19.8%)	5:16	11.4 (80.3%)
17	KACZOR Michał	170	2BSAP	M-16	4		Tak		00:53:15.65	+00:10:53 (20.5%)	5:19	11.3 (79.6%)
18	SCHROEDER Piotr	244	SOKÓŁ TEAM	M-16	5	Tak			00:53:20.60	+00:10:58 (20.6%)	5:20	11.3 (79.6%)
19	RAK Sebastian	236		M-30	7		Tak		00:53:24.45	+00:11:02 (20.7%)	5:20	11.2 (78.9%)
20	CZERWIŃSKI Paweł	310	PSY PECONA	M-30	8	Tak	Tak		00:53:38.65	+00:11:16 (21.0%)	5:21	11.2 (78.9%)
21	WASILEWSKI Andrzej	267	WILKI Z CIECHOCINKA	M-40	6				00:54:24.65	+00:12:02 (22.1%)	5:26	11 (77.5%)
22	PLUTA Grzegorz	345	KB HERMES GRYFINO	M-60+	1				00:54:29.80	+00:12:07 (22.3%)	5:26	11 (77.5%)
23	BĘDKOWSKI Piotr	129	SWIM2TRI	M-30	9				00:54:38.20	+00:12:16 (22.5%)	5:27	11 (77.5%)
24	WOJTASIK Fabian	279	WOJSKO POLSKIE	M-16	6		Tak		00:55:01.05	+00:12:39 (23.0%)	5:30	10.9 (76.8%)
25	SZMYCIŃSKI Piotr	256	ARBUZY	M-16	7	Tak			00:55:12.65	+00:12:50 (23.3%)	5:31	10.9 (76.8%)
26	GOŁĘBIEWSKI Tomasz	340	FIRE TEAM	M-40	7	Tak	Tak	Tak	00:55:14.55	+00:12:52 (23.3%)	5:31	10.9 (76.8%)
27	BRONISZEWSKI Jakub	305		M-16	8				00:55:45.25	+00:13:23 (24.0%)	5:34	10.8 (76.1%)
28	LEŚNIAK Piotr	191		M-16	9	Tak			00:55:52.55	+00:13:30 (24.2%)	5:35	10.7 (75.4%)
29	ZELEK Darek	288		M-50	2	Tak			00:55:55.10	+00:13:33 (24.2%)	5:35	10.7 (75.4%)
30	LEŻYŃSKI Jarosław	193		M-40	8				00:56:05.30	+00:13:43 (24.5%)	5:36	10.7 (75.4%)
31	SKOWROŃSKI Andrzej	246	GRUPA MALBORK	M-30	10		Tak		00:56:06.50	+00:13:44 (24.5%)	5:36	10.7 (75.4%)
32	FAFEREK Piotr	147	KSJAKO	M-30	11				00:56:14.55	+00:13:52 (24.7%)	5:37	10.7 (75.4%)
33	PESZKO Grzegorz	343		M-40	9				00:56:19.05	+00:13:57 (24.8%)	5:37	10.7 (75.4%)
34	WILENTO Sebastian	274		M-30	12				00:56:47.35	+00:14:25 (25.4%)	5:40	10.6 (74.6%)
35	KRZEŚNIEWSKI Marcin	184	RAZ SZCZECIN	M-40	10				00:57:26.85	+00:15:04 (26.3%)	5:44	10.4 (73.2%)
36	DYDEK Arkadiusz	296	SKB DZIK	M-30	13		Tak	Tak	00:57:33.95	+00:15:12 (26.4%)	5:45	10.4 (73.2%)
37	DYDEK Edyta	300	SKB DZIK	K-16	1		Tak	Tak	00:57:34.75	+00:15:12 (26.4%)	5:45	10.4 (73.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat	Mundurowi	Rodzina	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
38	PARADZIŃSKI Dawid	226	OCR NOWOGARD	M-16	10				00:57:40.75	+00:15:18 (26.6%)	5:46	10.4 (73.2%)
39	POPCZYK Mariusz	232		M-30	14	Tak			00:57:47.30	+00:15:25 (26.7%)	5:46	10.4 (73.2%)
40	ĆWIK Katarzyna	142	BPK	K-30	2		Tak		00:57:47.45	+00:15:25 (26.7%)	5:46	10.4 (73.2%)
41	DUDKA Robert	146		M-30	15				00:57:53.65	+00:15:31 (26.8%)	5:47	10.4 (73.2%)
42	LESIECKA Justyna	330		K-30	3				00:57:59.50	+00:15:37 (26.9%)	5:47	10.3 (72.5%)
43	OSTOJSKI Ireneusz	225		M-40	11	Tak			00:58:02.15	+00:15:40 (27.0%)	5:48	10.3 (72.5%)
44	KARPIŃSKI Mateusz	172		M-16	11				00:58:47.90	+00:16:26 (27.9%)	5:52	10.2 (71.8%)
45	MAJKA Eryk	337	FAMILIAMAJKA	M-16	12			Tak	00:59:07.80	+00:16:45 (28.4%)	5:54	10.1 (71.1%)
46	BORUCINSKI Tomasz	133	FC GRYFINO	M-30	16				00:59:10.20	+00:16:48 (28.4%)	5:55	10.1 (71.1%)
47	MAJKA Jarek	335	FAMILIAMAJKA	M-40	12			Tak	00:59:18.25	+00:16:56 (28.6%)	5:55	10.1 (71.1%)
48	WOJNOWSKI Wacław	277		M-30	17				00:59:30.95	+00:17:09 (28.8%)	5:57	10.1 (71.1%)
49	BRZEZIŃSKI Radosław	640		M-40	13				00:59:36.10	+00:17:14 (28.9%)	5:57	10.1 (71.1%)
50	LEWANDOWSKI Piotr	192	SKB DZIK	M-40	14				01:00:28.90	+00:18:07 (30.0%)	6:02	9.9 (69.7%)
51	KILAR Michał	174	VERTEMED	M-16	13				01:00:38.35	+00:18:16 (30.1%)	6:03	9.9 (69.7%)
52	KAPUTA Piotr	319		M-30	18				01:00:57.50	+00:18:35 (30.5%)	6:05	9.8 (69.0%)
53	SMYK Bartosz	649		M-30	19				01:01:19.00	+00:18:57 (30.9%)	6:07	9.8 (69.0%)
54	CHAROWSKI Marcin	308		M-40	15				01:01:29.10	+00:19:07 (31.1%)	6:08	9.8 (69.0%)
55	KAZANISZYN Radosław	320	BIEGNE PO ROMPERA	M-30	20	Tak	Tak		01:01:30.80	+00:19:08 (31.1%)	6:09	9.8 (69.0%)
56	POPRAWA Piotr	347	D3ATH SQUAD UNIWERSUM KLUB SZCZECIN	M-16	14				01:01:35.55	+00:19:13 (31.2%)	6:09	9.7 (68.3%)
57	MALYHIN Mikalai	198		M-40	16				01:01:45.45	+00:19:23 (31.4%)	6:10	9.7 (68.3%)
58	ROGALSKI Marcin	349	VOCALIS SZCZECIN	M-50	3				01:01:52.20	+00:19:30 (31.5%)	6:11	9.7 (68.3%)
59	KUNIKOWSKI Patryk	187	NO NAMES	M-40	17			Tak	01:01:56.95	+00:19:35 (31.6%)	6:11	9.7 (68.3%)
60	ANIOŁA -KUSZ Dominik	301		M-40	18				01:02:18.35	+00:19:56 (32.0%)	6:13	9.6 (67.6%)

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61	GORZAŁA Filip	157	18 BATALION ROZPOZNAWCZY UŁANÓW WILEŃSKICH	M-16	15		Tak		01:02:24.10	+00:20:02 (32.1%)	6:14	9.6 (67.6%)
62	CHOJNACKI Sebastian	309		M-40	19	Tak	Tak		01:02:28.60	+00:20:06 (32.2%)	6:14	9.6 (67.6%)
63	WEBER Mirela	272		K-30	4	Tak		Tak	01:02:34.50	+00:20:12 (32.3%)	6:15	9.6 (67.6%)
64	MATUSIAK Mariusz	203	HELL'S HEAVEN SZCZECIN	M-40	20				01:03:05.70	+00:20:43 (32.9%)	6:18	9.5 (66.9%)
65	KURPIEWSKI Piotr	190		M-30	21	Tak	Tak	Tak	01:03:05.80	+00:20:43 (32.9%)	6:18	9.5 (66.9%)
66	PAWLAK Przemysław	227	WSP	M-40	21				01:03:16.15	+00:20:54 (33.0%)	6:19	9.5 (66.9%)
67	TOKARSKI Rafał	263	RAZ SZCZECIN	M-50	4				01:03:16.20	+00:20:54 (33.0%)	6:19	9.5 (66.9%)
68	KOŁOSOWSKA Klaudia	178	MMM BIGOSIK	K-16	2			Tak	01:03:27.35	+00:21:05 (33.2%)	6:20	9.5 (66.9%)
69	FURMANIAK Piotr	149	GRUPA MALBORK	M-40	22				01:03:28.10	+00:21:06 (33.3%)	6:20	9.5 (66.9%)
70	KOKOWSKI Jacek	321		M-40	23				01:03:29.00	+00:21:07 (33.3%)	6:20	9.5 (66.9%)
71	KURPIEWSKA Agnieszka	189		K-30	5	Tak	Tak	Tak	01:03:29.85	+00:21:07 (33.3%)	6:20	9.5 (66.9%)
72	BARAŃSKA Kasia	124	GRUPA MALBORK	K-30	6			Tak	01:03:41.80	+00:21:19 (33.5%)	6:22	9.4 (66.2%)
73	PŁAŻAŁSKI Przemysław	346		M-40	24				01:03:44.10	+00:21:22 (33.5%)	6:22	9.4 (66.2%)
74	NAREJKO Paweł	213		M-30	22	Tak			01:03:55.20	+00:21:33 (33.7%)	6:23	9.4 (66.2%)
75	RYKAŁA Krzysztof	21	HELENKA TEAM	M-40	25	Tak			01:04:00.45	+00:21:38 (33.8%)	6:24	9.4 (66.2%)
76	MIKSZA Paweł	210	21 BAZA LOTNICTWA TAKTYCZNEGO	M-30	23		Tak		01:04:00.75	+00:21:38 (33.8%)	6:24	9.4 (66.2%)
77	OSTROWSKI Artur	64		M-16	16	Tak			01:04:22.10	+00:22:00 (34.2%)	6:26	9.3 (65.5%)
78	TROJANOWSKA-BARAN Aleksandra	265	OŻW SZCZECIN	K-30	7		Tak		01:04:52.40	+00:22:30 (34.7%)	6:29	9.2 (64.8%)
79	JADRYCH Zbigniew	162	NO NAMES	M-40	26				01:05:01.35	+00:22:39 (34.8%)	6:30	9.2 (64.8%)
80	MURAWSKA Wioletta	211	SKB DZIK	K-50	1	Tak			01:05:03.10	+00:22:41 (34.9%)	6:30	9.2 (64.8%)
81	JANKA Aleksandra	317	GRUPA AZOTY	K-30	8	Tak	Tak		01:05:04.70	+00:22:42 (34.9%)	6:30	9.2 (64.8%)
82	GIETKO Piotr	313	MIĘTUSY	M-40	27				01:05:15.65	+00:22:53 (35.1%)	6:31	9.2 (64.8%)
83	KROEHNKE Artur	325		M-40	28				01:05:17.50	+00:22:55 (35.1%)	6:31	9.2 (64.8%)

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84	SŁONINA Kamil	247		M-16	17	Tak			01:05:18.85	+00:22:56 (35.1%)	6:31	9.2 (64.8%)
85	DOSZ Łukasz	311	KKS PIONIER SZCZECIN	M-16	18	Tak	Tak		01:05:21.25	+00:22:59 (35.2%)	6:32	9.2 (64.8%)
86	KUPREL Przemek	329		M-16	19				01:05:35.60	+00:23:13 (35.4%)	6:33	9.1 (64.1%)
86	TARNAWSKA Marlena	361		K-30	9	Tak	Tak		01:05:35.60	+00:23:13 (35.4%)	6:33	9.1 (64.1%)
88	NAPIÓRKOWSKI Paweł	212	KWP SZCZECIN	M-30	24		Tak		01:05:35.90	+00:23:14 (35.4%)	6:33	9.1 (64.1%)
89	WEBER Patryk	271		M-30	25	Tak	Tak	Tak	01:05:43.20	+00:23:21 (35.5%)	6:34	9.1 (64.1%)
90	ZAMĘCKA Julia	364		K-16	3				01:05:44.35	+00:23:22 (35.6%)	6:34	9.1 (64.1%)
91	SZAJEK Artur	253	HULK TEAM POLICE	M-40	29	Tak		Tak	01:05:56.35	+00:23:34 (35.8%)	6:35	9.1 (64.1%)
92	ŁAWNICZAK Sebastian	367	GRUPA AZOTY	M-40	30	Tak			01:06:18.55	+00:23:56 (36.1%)	6:37	9 (63.4%)
93	BUCHOLC Zbigniew	136		M-40	31	Tak			01:06:38.05	+00:24:16 (36.4%)	6:39	9 (63.4%)
94	WAWRZYCKI Przemysław	268	WSP	M-40	32				01:06:45.75	+00:24:23 (36.5%)	6:40	9 (63.4%)
95	POSZUMSKA Gabriela	348		K-30	10				01:06:50.40	+00:24:28 (36.6%)	6:41	9 (63.4%)
96	GIERMAKOWSKI Błażej	154		M-30	26				01:06:51.85	+00:24:29 (36.6%)	6:41	9 (63.4%)
97	ZIÓLKOWSKI Mariusz	291		M-50	5				01:06:53.35	+00:24:31 (36.7%)	6:41	9 (63.4%)
98	MICHALIK Maciej	209		M-50	6				01:06:54.70	+00:24:32 (36.7%)	6:41	9 (63.4%)
99	MARCHEWKA Łukasz	199		M-30	27				01:07:54.95	+00:25:33 (37.6%)	6:47	8.8 (62.0%)
100	MAJKA Anna	336	FAMILIAMAJKA	K-50	2			Tak	01:07:58.70	+00:25:36 (37.7%)	6:47	8.8 (62.0%)
101	SZKUTA Krzysztof	359		M-16	20				01:09:08.50	+00:26:46 (38.7%)	6:54	8.7 (61.3%)
102	ŚLEDŹ Przemysław	259	LESZCZE	M-40	33				01:09:14.35	+00:26:52 (38.8%)	6:55	8.7 (61.3%)
103	LIZUREJ Aleksandra	194	12 BZ	K-16	4		Tak		01:09:17.05	+00:26:55 (38.9%)	6:55	8.7 (61.3%)
104	NAWROCKI Krzysztof	214		M-30	28		Tak		01:09:37.30	+00:27:15 (39.1%)	6:57	8.6 (60.6%)
105	GOŁĘBIEWSKI Jarosław	314		M-40	34	Tak	Tak	Tak	01:09:40.30	+00:27:18 (39.2%)	6:58	8.6 (60.6%)
106	TRYSZCZ Tobiasz	266	ZBPŚ	M-30	29				01:09:40.45	+00:27:18 (39.2%)	6:58	8.6 (60.6%)

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107	ZALEWSKI Sylwester	286	VO2MAX RACING TEAM	M-40	35	Tak			01:09:42.25	+00:27:20 (39.2%)	6:58	8.6 (60.6%)
108	ZABORA Paweł	292		M-40	36	Tak			01:09:47.80	+00:27:25 (39.3%)	6:58	8.6 (60.6%)
109	SĘK Dariusz	56	MIĘTUSY	M-50	7				01:10:14.60	+00:27:52 (39.7%)	7:01	8.5 (59.9%)
110	SUCHODOLSKA Aleksandra	251	DZIKIE ŻÓŁWIE	K-30	11				01:10:37.10	+00:28:15 (40.0%)	7:03	8.5 (59.9%)
111	PRZEZAK Agnieszka	234		K-16	5	Tak			01:10:39.80	+00:28:17 (40.0%)	7:03	8.5 (59.9%)
112	CIEŻKI Mariusz	139		M-40	37				01:10:42.75	+00:28:20 (40.1%)	7:04	8.5 (59.9%)
113	DANILUK-DUPLA Ewa	143	WIECZORNE BIEGANIE W SZCZECINIE	K-40	1				01:10:44.40	+00:28:22 (40.1%)	7:04	8.5 (59.9%)
114	KRZYWULICZ Maciej	327		M-16	21				01:10:47.70	+00:28:25 (40.2%)	7:04	8.5 (59.9%)
115	GONERSKI Piotr	316	BIEGNĘ PO ROMPERA	M-30	30				01:10:55.15	+00:28:33 (40.3%)	7:05	8.5 (59.9%)
116	TARGOSZ Łukasz	262		M-30	31				01:11:02.75	+00:28:40 (40.4%)	7:06	8.4 (59.2%)
117	SZARUGA Wojciech	254	LKS ZANTYR SZTUM	M-30	32		Tak		01:11:03.65	+00:28:41 (40.4%)	7:06	8.4 (59.2%)
118	SZEWCZYK Ludmiła	255	GRUPA MALBORK	K-30	12				01:11:04.05	+00:28:42 (40.4%)	7:06	8.4 (59.2%)
119	SAWICKA - WERS Urszula	243	NADMORSZY BIEGACZE KOŁOBRZEG	K-30	13				01:11:06.25	+00:28:44 (40.4%)	7:06	8.4 (59.2%)
120	ŁUKASIEWICZ Agnieszka	332		K-40	2				01:11:10.30	+00:28:48 (40.5%)	7:07	8.4 (59.2%)
121	GOLAŃSKI Paweł	155		M-16	22				01:11:12.15	+00:28:50 (40.5%)	7:07	8.4 (59.2%)
122	KAMIONKA Andrzej	171	14 ZBOT	M-40	38		Tak		01:11:31.85	+00:29:09 (40.8%)	7:09	8.4 (59.2%)
123	MAKA Maria	338		K-30	14	Tak	Tak		01:11:34.00	+00:29:12 (40.8%)	7:09	8.4 (59.2%)
124	NOWAK Grzegorz	219		M-40	39	Tak		Tak	01:11:44.10	+00:29:22 (40.9%)	7:10	8.4 (59.2%)
125	SALWA Jarosław	352	BIEGNE PO ROMPERA	M-30	33				01:11:52.45	+00:29:30 (41.1%)	7:11	8.3 (58.5%)
126	JAMRÓZ Renata	163	BIGYELLOWFOOT ADVENTURE TEAM	K-50	3				01:11:53.75	+00:29:31 (41.1%)	7:11	8.3 (58.5%)
127	FLORKIEWICZ Wiola	148	KOBIETA RAKIETA	K-30	15				01:12:16.95	+00:29:55 (41.4%)	7:13	8.3 (58.5%)
128	MĄDRAWSKI Tomasz	207		M-50	8				01:12:44.20	+00:30:22 (41.8%)	7:16	8.2 (57.7%)
129	OLEKSYK Patryk	224		M-30	34				01:12:52.25	+00:30:30 (41.9%)	7:17	8.2 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat	Mundurowi	Rodzina	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
130	KUNIKOWSKA Patrycja	186	NO NAMES	K-40	3			Tak	01:13:00.65	+00:30:38 (42.0%)	7:18	8.2 (57.7%)
131	SALAUYOU Raman	351		M-30	35				01:13:25.65	+00:31:03 (42.3%)	7:20	8.2 (57.7%)
132	PLAWGO Jarosław	231		M-50	9				01:13:27.25	+00:31:05 (42.3%)	7:20	8.2 (57.7%)
133	ŁYCZAK Adam	333		M-16	23				01:13:39.95	+00:31:18 (42.5%)	7:21	8.1 (57.0%)
134	JUSINSKA Anna	169		K-50	4		Tak		01:13:48.95	+00:31:27 (42.6%)	7:22	8.1 (57.0%)
135	KUCHARSKI Kamil	328		M-30	36				01:14:07.80	+00:31:45 (42.9%)	7:24	8.1 (57.0%)
136	NOWACZYK Wojciech	217		M-40	40				01:14:11.00	+00:31:49 (42.9%)	7:25	8.1 (57.0%)
137	DYDEK Dorota	293	SKB DZIK	K-50	5			Tak	01:14:36.00	+00:32:14 (43.2%)	7:27	8 (56.3%)
138	SIWAK Łukasz	356	KB PIONIER SZCZECIN	M-30	37				01:14:40.95	+00:32:19 (43.3%)	7:28	8 (56.3%)
139	STĘPIEŃ Martyna	357		K-16	6				01:14:45.15	+00:32:23 (43.3%)	7:28	8 (56.3%)
140	BANAŚ Łukasz	302		M-30	38				01:14:50.30	+00:32:28 (43.4%)	7:29	8 (56.3%)
141	RZESZUTO Patrycja	350		K-16	7				01:14:50.40	+00:32:28 (43.4%)	7:29	8 (56.3%)
142	NOWAK Piotr	220		M-16	24	Tak		Tak	01:14:56.75	+00:32:34 (43.5%)	7:29	8 (56.3%)
143	ODRZYWOLSKI Michał	223	OŻW SZCZECIN	M-30	39		Tak		01:15:08.15	+00:32:46 (43.6%)	7:30	8 (56.3%)
144	SULIŃSKI Ewelina	252	MAZDA SZCZECIN	K-30	16				01:15:27.40	+00:33:05 (43.9%)	7:32	8 (56.3%)
145	BĄK Tomasz	127	NA PRZYPALE ALBO WCALE!!!	M-40	41				01:15:29.10	+00:33:07 (43.9%)	7:32	7.9 (55.6%)
146	GOWORSKI Jerzy	158	WIECZORNE BIEGANIE W SZCZECINIE	M-30	40				01:15:30.15	+00:33:08 (43.9%)	7:33	7.9 (55.6%)
147	BACH Agata	122		K-30	17				01:15:35.40	+00:33:13 (44.0%)	7:33	7.9 (55.6%)
148	ZYDENBERG Damian	365	D3ATH SQUAD UNIWERSUM KLUB SZCZECIN	M-16	25				01:16:09.35	+00:33:47 (44.4%)	7:36	7.9 (55.6%)
149	JANKOWSKA Barbara	164		K-40	4				01:16:20.10	+00:33:58 (44.5%)	7:38	7.9 (55.6%)
150	WITCZAK Łukasz	275	BIEGNĘ PO ROMPERA	M-40	42			Tak	01:16:29.80	+00:34:07 (44.6%)	7:38	7.8 (54.9%)
151	BARAŃSKI Rysio	125		M-30	41		Tak	Tak	01:16:56.15	+00:34:34 (44.9%)	7:41	7.8 (54.9%)
152	BAGIŃSKA Laura	123	BYLE RUCH	K-30	18				01:16:57.45	+00:34:35 (45.0%)	7:41	7.8 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat	Mundurowi	Rodzina	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
153	KNAPIK Justyna	175	DZIKI SPECJALNEJ TROSKI	K-30	19				01:17:03.80	+00:34:41 (45.0%)	7:42	7.8 (54.9%)
154	JANUSZ Michal	165		M-40	43				01:17:19.70	+00:34:57 (45.2%)	7:43	7.8 (54.9%)
155	ŚWIĄTEK Bronisław	260	SAMOTNY WILK	M-60+	2				01:17:29.10	+00:35:07 (45.3%)	7:44	7.7 (54.2%)
156	NOWEK Dawid	222	1312	M-16	26				01:17:29.55	+00:35:07 (45.3%)	7:44	7.7 (54.2%)
157	WITORZEĆ Dariusz	363		M-50	10	Tak	Tak		01:17:43.60	+00:35:21 (45.5%)	7:46	7.7 (54.2%)
158	CHALKIAS Damian	137	CHARLIE	M-30	42	Tak			01:17:46.80	+00:35:24 (45.5%)	7:46	7.7 (54.2%)
159	ZARZECKA Kamila	287	GRUPA MALBORK	K-30	20				01:18:19.70	+00:35:57 (45.9%)	7:49	7.7 (54.2%)
160	KAŻMIERCZAK Magda	173		K-16	8		Tak		01:18:22.25	+00:36:00 (45.9%)	7:50	7.7 (54.2%)
161	TABAKA Krzysztof	261	EŚ	M-40	44				01:18:22.90	+00:36:01 (46.0%)	7:50	7.7 (54.2%)
162	ROMANOWICZ Monika	237	DZIKIE ŻÓŁWIE	K-30	21				01:18:34.35	+00:36:12 (46.1%)	7:51	7.6 (53.5%)
163	JĘDRYKA Anna	168	DZIKI SPECJALNEJ TROSKI	K-30	22				01:18:38.90	+00:36:17 (46.1%)	7:51	7.6 (53.5%)
164	LUBSIENIK Patryk	825		M-16	27				01:18:52.05	+00:36:30 (46.3%)	7:53	7.6 (53.5%)
165	SZULC Karol	360		M-30	43				01:19:36.35	+00:37:14 (46.8%)	7:57	7.5 (52.8%)
166	DZIK Tomasz	312		M-30	44				01:20:06.35	+00:37:44 (47.1%)	8:00	7.5 (52.8%)
167	BEDNARZ Katarzyna	128		K-50	6				01:20:12.35	+00:37:50 (47.2%)	8:01	7.5 (52.8%)
168	PTAK Krzysztof	235		M-40	45				01:20:44.95	+00:38:23 (47.5%)	8:04	7.4 (52.1%)
169	MATYSEK Ireneusz	205	KOMANDOS WAŁECKI	M-60+	3				01:21:02.80	+00:38:40 (47.7%)	8:06	7.4 (52.1%)
170	SAKOSIK Krystian	241	WOJOWNIK Z PŁOCICZNA	M-40	46				01:21:04.00	+00:38:42 (47.7%)	8:06	7.4 (52.1%)
171	DORAWA-ZIOMEK Anna	145	DZIKIE ŻÓŁWIE	K-30	23				01:21:10.75	+00:38:48 (47.8%)	8:07	7.4 (52.1%)
172	ZAKOŚCIELNA Katarzyna	285	DZIKIE ŻÓŁWIE	K-30	24				01:21:12.60	+00:38:50 (47.8%)	8:07	7.4 (52.1%)
173	KRZEMIŃSKI Kacper	183		M-16	28				01:21:13.10	+00:38:51 (47.8%)	8:07	7.4 (52.1%)
174	JAWORSKI Dawid	166	MMM BIGOSIK	M-30	45	Tak		Tak	01:21:41.35	+00:39:19 (48.1%)	8:10	7.3 (51.4%)
175	SZUBERT-ADAMSKA Ewelina	257	FUTYMKA TEAM	K-50	7	Tak			01:21:58.45	+00:39:36 (48.3%)	8:11	7.3 (51.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat	Mundurowi	Rodzina	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
176	NOWAK Zbigniew	221	SKB DZIK	M-60+	4	Tak			01:22:40.25	+00:40:18 (48.8%)	8:16	7.3 (51.4%)
177	ROSTECKA Magdalena	238		K-16	9				01:24:57.10	+00:42:35 (50.1%)	8:29	7.1 (50.0%)
178	NIERZWICKI Krzysztof	215		M-30	46				01:24:57.60	+00:42:35 (50.1%)	8:29	7.1 (50.0%)
179	BARCIK Kamil	126	DZIKI SPECJALNEJ TROSKI	M-30	47				01:25:55.60	+00:43:33 (50.7%)	8:35	7 (49.3%)
180	FUTYMA Paweł	151	FUTYMKA TEAM	M-40	47	Tak		Tak	01:26:15.65	+00:43:53 (50.9%)	8:37	7 (49.3%)
181	FUTYMA Karolina	150	FUTYMKA TEAM	K-30	25	Tak		Tak	01:26:17.05	+00:43:55 (50.9%)	8:37	7 (49.3%)
182	MARSZAŁEK Katarzyna	201		K-40	5				01:26:53.95	+00:44:32 (51.2%)	8:41	6.9 (48.6%)
183	JEDRZEJCZYK Olga	167		K-30	26				01:26:54.10	+00:44:32 (51.2%)	8:41	6.9 (48.6%)
184	ZIELIŃSKA Kinga	290	FUZJA	K-30	27				01:26:55.45	+00:44:33 (51.3%)	8:41	6.9 (48.6%)
185	KOBIERSKA Agata	176	FUZJA	K-30	28				01:26:55.50	+00:44:33 (51.3%)	8:41	6.9 (48.6%)
186	RUDNICKA Agnieszka	239	FUZJA	K-30	29				01:26:56.20	+00:44:34 (51.3%)	8:41	6.9 (48.6%)
187	KRYNICKA Elżbieta	182		K-50	8				01:26:56.45	+00:44:34 (51.3%)	8:41	6.9 (48.6%)
188	STÓJ Paulina	250	FUZJA	K-40	6				01:26:56.75	+00:44:34 (51.3%)	8:41	6.9 (48.6%)
189	MATWIEJCZUK Agnieszka	204	FUTYMKA TEAM	K-40	7				01:28:39.70	+00:46:17 (52.2%)	8:51	6.8 (47.9%)
190	GARSTKA Izabela	152	GRUPA MALBORK	K-40	8				01:29:51.40	+00:47:29 (52.9%)	8:59	6.7 (47.2%)
191	BOŚKO Paulina	134	DOGS, CATS, PROSECCO & FRIENDS	K-30	30				01:30:25.45	+00:48:03 (53.1%)	9:02	6.6 (46.5%)
192	KRZYWOŃ Paweł	185		M-40	48				01:30:33.70	+00:48:11 (53.2%)	9:03	6.6 (46.5%)
193	BIEGAŃSKI Piotr	304		M-30	48				01:30:43.65	+00:48:21 (53.3%)	9:04	6.6 (46.5%)
194	NOWAK Marta	218	GRUPA AZOTY ZAKŁADY CHEMICZNE POLICE S.A.	K-40	9	Tak		Tak	01:32:10.80	+00:49:48 (54.0%)	9:13	6.5 (45.8%)
195	BORKOWSKA Ewelina	132	MALBORSKIE MORSY	K-30	31				01:33:28.75	+00:51:06 (54.7%)	9:20	6.4 (45.1%)
196	BIELKA Weronika	130		K-16	10				01:35:08.70	+00:52:46 (55.5%)	9:30	6.3 (44.4%)
197	KUREK Paulina	188	PCHEŁKA	K-16	11				01:35:12.75	+00:52:50 (55.5%)	9:31	6.3 (44.4%)
198	KRÓL Magdalena	180	DOGS, CATS, PROSECCO & FRIENDS	K-30	32			Tak	01:37:31.20	+00:55:09 (56.6%)	9:45	6.2 (43.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat	Mundurowi	Rodzina	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
199	KRÓL Krzysztof	181	DOGS, CATS, PROSECCO & FRIENDS	M-30	49			Tak	01:37:32.20	+00:55:10 (56.6%)	9:45	6.2 (43.7%)
200	SEŃCZYK Sara	245		K-16	12				01:37:39.20	+00:55:17 (56.6%)	9:45	6.1 (43.0%)
201	TAUBE-KACZOR Monika	362	2BSAP	K-16	13		Tak		01:37:41.65	+00:55:19 (56.6%)	9:46	6.1 (43.0%)
202	SWATOWSKA Małgorzata	358		K-16	14				01:37:42.05	+00:55:20 (56.6%)	9:46	6.1 (43.0%)
203	KOSIANOWSKA Monika	323	GRUPA MALBORK	K-50	9				01:40:40.05	+00:58:18 (57.9%)	10:04	6 (42.3%)
204	WĄSOWICZ Krzysztof	269		M-16	29			Tak	01:41:21.35	+00:58:59 (58.2%)	10:08	5.9 (41.5%)
205	WĄSOWICZ Natalia	270		K-16	15			Tak	01:41:21.75	+00:58:59 (58.2%)	10:08	5.9 (41.5%)
206	STACHOWICZ Małgorzata	248		K-40	10			Tak	01:41:21.80	+00:58:59 (58.2%)	10:08	5.9 (41.5%)
207	MICHALAK Monika	208	FUTYMKA TEAM	K-40	11	Tak			01:47:46.75	+01:05:24 (60.7%)	10:46	5.6 (39.4%)
208	GUMIELA Adam	159		M-30	50				01:52:54.10	+01:10:32 (62.5%)	11:17	5.3 (37.3%)
209	KRUSZEWICZ-KOWALEWSKA Alina	326	AMPIO TEAM	K-40	12	Tak	Tak		01:53:00.20	+01:10:38 (62.5%)	11:18	5.3 (37.3%)
210	GOMUŁKIEWICZ Marek	315	-	M-50	11				01:53:13.40	+01:10:51 (62.6%)	11:19	5.3 (37.3%)

Znaleziono 210 wynik(ów)