



# XIV NOCNY BIEG SZLAKIEM DZIKA - BIEG NOC 5KM

B4SPORT

**Wydarzenie:** DZIKI WEEKEND 2024  
**Organizator:** Stowarzyszenie Klub Biegowy Dzik  
**Data:** 2024-08-16  
**Miejsce:** Police  
**Dystans:** 5 km

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Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>GOLEC Rafał</b>	<b>156</b>	18 BATALION ROZPOZNAWCZY UŁANÓW WILEŃSKICH	OPEN -M	1	<b>00:20:43.85</b>		4:08	14.5 (100%)
2	<b>SZYPKOWSKI Marek</b>	<b>258</b>	NOTEĆ OCR CZARNKÓW	OPEN -M	2	<b>00:22:50.55</b>	+00:02:06 (9.2%)	4:34	13.1 (90.3%)
3	<b>LOBA Jakub</b>	<b>195</b>	SKB DZIK	OPEN -M	3	<b>00:23:01.45</b>	+00:02:17 (10.0%)	4:36	13 (89.7%)
4	<b>SAKOSIK Marcin</b>	<b>242</b>	TERMINATORUN	OPEN -M	4	<b>00:23:12.95</b>	+00:02:29 (10.7%)	4:38	12.9 (89.0%)
5	<b>RUSEK Kamil</b>	<b>240</b>		OPEN -M	5	<b>00:23:18.10</b>	+00:02:34 (11.0%)	4:39	12.9 (89.0%)
6	<b>WÓJCICKI Paweł</b>	<b>281</b>	GRUPA MALBORK	OPEN -M	6	<b>00:23:26.40</b>	+00:02:42 (11.6%)	4:41	12.8 (88.3%)
7	<b>MALINOWSKI Norbert</b>	<b>55</b>		OPEN -M	7	<b>00:23:44.75</b>	+00:03:00 (12.7%)	4:44	12.6 (86.9%)
8	<b>SAKOSIK Krystian</b>	<b>241</b>	WOJOWNIK Z PŁOCICZNA	OPEN -M	8	<b>00:23:55.20</b>	+00:03:11 (13.3%)	4:47	12.5 (86.2%)
9	<b>HOŁYŃSKI Leszek</b>	<b>161</b>	FIRETEAM	OPEN -M	9	<b>00:23:59.50</b>	+00:03:15 (13.6%)	4:47	12.5 (86.2%)
10	<b>NIERZWICKI Grzegorz</b>	<b>216</b>	GRUPA MALBORK	OPEN -M	10	<b>00:24:32.50</b>	+00:03:48 (15.5%)	4:54	12.2 (84.1%)
11	<b>RAK Sebastian</b>	<b>236</b>		OPEN -M	11	<b>00:24:52.35</b>	+00:04:08 (16.7%)	4:58	12.1 (83.4%)
12	<b>WOJTASIK Fabian</b>	<b>279</b>	WOJSKO POLSKIE	OPEN -M	12	<b>00:25:14.65</b>	+00:04:30 (17.9%)	5:02	11.9 (82.1%)
13	<b>SKOWROŃSKI Andrzej</b>	<b>246</b>	GRUPA MALBORK	OPEN -M	13	<b>00:25:16.70</b>	+00:04:32 (18.0%)	5:03	11.9 (82.1%)
14	<b>KACZOR Michał</b>	<b>170</b>	2BSAP	OPEN -M	14	<b>00:25:18.80</b>	+00:04:34 (18.1%)	5:03	11.9 (82.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
15	KARPIŃSKI Mateusz	172		OPEN -M	15	00:25:32.75	+00:04:48 (18.8%)	5:06	11.7 (80.7%)
16	SZMYCIŃSKI Piotr	256	ARBUZY	OPEN -M	16	00:25:38.70	+00:04:54 (19.2%)	5:07	11.7 (80.7%)
17	CHENON Guillaume	138	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -M	17	00:25:44.55	+00:05:00 (19.5%)	5:08	11.7 (80.7%)
18	BĘDKOWSKI Piotr	129	SWIM2TRI	OPEN -M	18	00:25:53.70	+00:05:09 (19.9%)	5:10	11.6 (80.0%)
19	ZACHARCZUK Albin	284	CENTRUM ROZPOZNANIA I WSPARCIA WALKI RADIOELEKTRONICZNEJ	OPEN -M	19	00:25:55.65	+00:05:11 (20.0%)	5:11	11.6 (80.0%)
20	DYDEK Arkadiusz	296	SKB DZIK	OPEN -M	20	00:25:56.45	+00:05:12 (20.1%)	5:11	11.6 (80.0%)
21	CIEŚLEWICZ Hubert	9		OPEN -M	21	00:26:09.00	+00:05:25 (20.7%)	5:13	11.5 (79.3%)
22	WASILEWSKI Andrzej	267	WILKI Z CIECHOCINKA	OPEN -M	22	00:26:10.10	+00:05:26 (20.8%)	5:14	11.5 (79.3%)
23	ZELEK Darek	288		OPEN -M	23	00:26:24.70	+00:05:40 (21.5%)	5:16	11.4 (78.6%)
24	LEŻYŃSKI Jarosław	193		OPEN -M	24	00:26:42.25	+00:05:58 (22.4%)	5:20	11.2 (77.2%)
25	KACZOR Aleksander	32		OPEN -M	25	00:26:44.05	+00:06:00 (22.5%)	5:20	11.2 (77.2%)
26	KRZEŚNIEWSKI Marcin	184	RAZ SZCZECIN	OPEN -M	26	00:26:45.35	+00:06:01 (22.5%)	5:21	11.2 (77.2%)
27	WOJNOWSKI Wacław	277		OPEN -M	27	00:26:55.20	+00:06:11 (23.0%)	5:23	11.1 (76.6%)
28	SZARUGA Wojciech	254	LKS ZANTYR SZTUM	OPEN -M	28	00:27:06.40	+00:06:22 (23.5%)	5:25	11.1 (76.6%)
29	GOŁĘBIEWSKI Tomasz	340	FIRE TEAM	OPEN -M	29	00:27:12.25	+00:06:28 (23.8%)	5:26	11 (75.9%)
30	PARADZIŃSKI Dawid	226	OCR NOWOGARD	OPEN -M	30	00:27:25.55	+00:06:41 (24.4%)	5:29	10.9 (75.2%)
31	FĄFEREK Piotr	147	KSJAKO	OPEN -M	31	00:27:26.40	+00:06:42 (24.5%)	5:29	10.9 (75.2%)
32	WILENTO Sebastian	274		OPEN -M	32	00:27:33.25	+00:06:49 (24.8%)	5:30	10.9 (75.2%)
33	DYDEK Edyta	300	SKB DZIK	OPEN -K	1	00:27:35.45	+00:06:51 (24.9%)	5:31	10.9 (75.2%)
34	CZARNY Łukasz	140		OPEN -M	33	00:27:45.20	+00:07:01 (25.3%)	5:33	10.8 (74.5%)
35	OSTOJSKI Ireneusz	225		OPEN -M	34	00:27:53.30	+00:07:09 (25.7%)	5:34	10.8 (74.5%)
36	LEŚNIAK Piotr	191		OPEN -M	35	00:27:58.00	+00:07:14 (25.9%)	5:35	10.7 (73.8%)
37	RYKAŁA Krzysztof	76	HELENKA TEAM	OPEN -M	36	00:28:04.55	+00:07:20 (26.2%)	5:36	10.7 (73.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
38	<b>FURMANIAK Piotr</b>	<b>149</b>	GRUPA MALBORK	OPEN -M	37	<b>00:28:18.75</b>	+00:07:34 (26.8%)	5:39	10.6 (73.1%)
39	<b>ZAJĄC Remigiusz</b>	<b>109</b>		OPEN -M	38	<b>00:28:20.30</b>	+00:07:36 (26.8%)	5:40	10.6 (73.1%)
40	<b>BOBROWSKI Wojciech</b>	<b>100</b>	SKB DZIK	OPEN -M	39	<b>00:28:20.60</b>	+00:07:36 (26.9%)	5:40	10.6 (73.1%)
41	<b>ĆWIK Katarzyna</b>	<b>142</b>	BPK	OPEN -K	2	<b>00:28:22.30</b>	+00:07:38 (26.9%)	5:40	10.6 (73.1%)
42	<b>PAWLIK Mirosław</b>	<b>66</b>		OPEN -M	40	<b>00:28:23.20</b>	+00:07:39 (27.0%)	5:40	10.6 (73.1%)
43	<b>BORUCINSKI Tomasz</b>	<b>133</b>	FC GRYFINO	OPEN -M	41	<b>00:28:26.00</b>	+00:07:42 (27.1%)	5:41	10.6 (73.1%)
44	<b>SCHROEDER Piotr</b>	<b>244</b>	SOKÓŁ TEAM	OPEN -M	42	<b>00:28:27.10</b>	+00:07:43 (27.1%)	5:41	10.5 (72.4%)
45	<b>PAWLAK Przemysław</b>	<b>227</b>	WSP	OPEN -M	43	<b>00:28:31.20</b>	+00:07:47 (27.3%)	5:42	10.5 (72.4%)
46	<b>POPCZYK Mariusz</b>	<b>232</b>		OPEN -M	44	<b>00:28:31.40</b>	+00:07:47 (27.3%)	5:42	10.5 (72.4%)
47	<b>GĄSIOROWSKI Mariusz</b>	<b>153</b>	MOCZYMORDY CHOCIWEL	OPEN -M	45	<b>00:28:36.90</b>	+00:07:53 (27.6%)	5:43	10.5 (72.4%)
48	<b>BANACH Marcel</b>	<b>3</b>		OPEN -M	46	<b>00:28:38.55</b>	+00:07:54 (27.6%)	5:43	10.5 (72.4%)
49	<b>KILAR Michał</b>	<b>174</b>	VERTEMED	OPEN -M	47	<b>00:28:42.70</b>	+00:07:58 (27.8%)	5:44	10.5 (72.4%)
50	<b>KAPUTA Piotr</b>	<b>34</b>		OPEN -M	48	<b>00:28:43.05</b>	+00:07:59 (27.8%)	5:44	10.4 (71.7%)
51	<b>DUDKA Robert</b>	<b>146</b>		OPEN -M	49	<b>00:28:51.15</b>	+00:08:07 (28.1%)	5:46	10.4 (71.7%)
52	<b>BIŚ Krystian</b>	<b>120</b>		OPEN -M	50	<b>00:28:58.10</b>	+00:08:14 (28.4%)	5:47	10.4 (71.7%)
53	<b>MATUSIAK Mariusz</b>	<b>203</b>	HELL'S HEAVEN SZCZECIN	OPEN -M	51	<b>00:29:00.50</b>	+00:08:16 (28.5%)	5:48	10.3 (71.0%)
54	<b>JAWORSKI Dawid</b>	<b>166</b>	MMM BIGOSIK	OPEN -M	52	<b>00:29:15.50</b>	+00:08:31 (29.1%)	5:51	10.3 (71.0%)
55	<b>WOJTALIK Krzysztof</b>	<b>278</b>	WSP	OPEN -M	53	<b>00:29:25.85</b>	+00:08:42 (29.6%)	5:53	10.2 (70.3%)
56	<b>SITKOWSKI Tomasz</b>	<b>82</b>		OPEN -M	54	<b>00:29:29.25</b>	+00:08:45 (29.7%)	5:53	10.2 (70.3%)
57	<b>GORZAŁA Filip</b>	<b>157</b>	18 BATALION ROZPOZNAWCZY UŁANÓW WILEŃSKICH	OPEN -M	55	<b>00:29:29.50</b>	+00:08:45 (29.7%)	5:53	10.2 (70.3%)
58	<b>KACZEMBA Emil</b>	<b>31</b>		OPEN -M	56	<b>00:29:29.70</b>	+00:08:45 (29.7%)	5:53	10.2 (70.3%)
59	<b>WEBER Mirela</b>	<b>272</b>		OPEN -K	3	<b>00:29:31.00</b>	+00:08:47 (29.8%)	5:54	10.2 (70.3%)
60	<b>MADRAK Anna</b>	<b>52</b>	HULK TEAM POLICE	OPEN -K	4	<b>00:29:37.80</b>	+00:08:53 (30.0%)	5:55	10.1 (69.7%)

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61	<b>KURPIEWSKI Piotr</b>	<b>190</b>		OPEN -M	57	<b>00:29:40.20</b>	+00:08:56 (30.1%)	5:56	10.1 (69.7%)
62	<b>KURPIEWSKA Agnieszka</b>	<b>189</b>		OPEN -K	5	<b>00:29:45.05</b>	+00:09:01 (30.3%)	5:57	10.1 (69.7%)
63	<b>MIKSZA Paweł</b>	<b>210</b>	21 BAZA LOTNICTWA TAKTYCZNEGO	OPEN -M	58	<b>00:30:04.75</b>	+00:09:20 (31.1%)	6:00	10 (69.0%)
64	<b>SŁONINA Kamil</b>	<b>247</b>		OPEN -M	59	<b>00:30:07.20</b>	+00:09:23 (31.2%)	6:01	10 (69.0%)
65	<b>BUCHOLC Zbigniew</b>	<b>136</b>		OPEN -M	60	<b>00:30:17.65</b>	+00:09:33 (31.6%)	6:03	9.9 (68.3%)
66	<b>WAWRZYCKI Przemysław</b>	<b>268</b>	WSP	OPEN -M	61	<b>00:30:19.35</b>	+00:09:35 (31.6%)	6:03	9.9 (68.3%)
67	<b>GIERMAKOWSKI Błażej</b>	<b>154</b>		OPEN -M	62	<b>00:30:21.20</b>	+00:09:37 (31.7%)	6:04	9.9 (68.3%)
68	<b>KRUPIŃSKI Marcin</b>	<b>44</b>	SKB DZIK	OPEN -M	63	<b>00:30:23.50</b>	+00:09:39 (31.8%)	6:04	9.9 (68.3%)
69	<b>TROJANOWSKA-BARAN Aleksandra</b>	<b>265</b>	OŻW SZCZECIN	OPEN -K	6	<b>00:30:32.65</b>	+00:09:48 (32.1%)	6:06	9.8 (67.6%)
70	<b>BARAŃSKA Kasia</b>	<b>124</b>	GRUPA MALBORK	OPEN -K	7	<b>00:30:34.95</b>	+00:09:51 (32.2%)	6:06	9.8 (67.6%)
71	<b>MALYHIN Mikalai</b>	<b>198</b>		OPEN -M	64	<b>00:30:43.40</b>	+00:09:59 (32.5%)	6:08	9.8 (67.6%)
72	<b>NAREJKO Paweł</b>	<b>213</b>		OPEN -M	65	<b>00:30:46.60</b>	+00:10:02 (32.6%)	6:09	9.8 (67.6%)
73	<b>KRZYWULICZ Maciej</b>	<b>45</b>		OPEN -M	66	<b>00:31:13.75</b>	+00:10:29 (33.6%)	6:14	9.6 (66.2%)
74	<b>OSTROWSKI Artur</b>	<b>64</b>		OPEN -M	67	<b>00:31:13.80</b>	+00:10:29 (33.6%)	6:14	9.6 (66.2%)
75	<b>NAPIÓRKOWSKI Paweł</b>	<b>212</b>	KWP SZCZECIN	OPEN -M	68	<b>00:31:18.25</b>	+00:10:34 (33.8%)	6:15	9.6 (66.2%)
76	<b>LIZAKOWSKI Piotr</b>	<b>51</b>		OPEN -M	69	<b>00:31:24.10</b>	+00:10:40 (34.0%)	6:16	9.6 (66.2%)
77	<b>TOKARSKI Rafał</b>	<b>263</b>	RAZ SZCZECIN	OPEN -M	70	<b>00:31:34.85</b>	+00:10:51 (34.4%)	6:18	9.5 (65.5%)
78	<b>SZAJEK Artur</b>	<b>253</b>	HULK TEAM POLICE	OPEN -M	71	<b>00:31:36.50</b>	+00:10:52 (34.4%)	6:19	9.5 (65.5%)
79	<b>ZALEWSKI Sylwester</b>	<b>286</b>	VO2MAX RACING TEAM	OPEN -M	72	<b>00:31:51.50</b>	+00:11:07 (34.9%)	6:22	9.4 (64.8%)
80	<b>ZABORA Paweł</b>	<b>292</b>		OPEN -M	73	<b>00:31:53.50</b>	+00:11:09 (35.0%)	6:22	9.4 (64.8%)
81	<b>MARCHEWKA Łukasz</b>	<b>199</b>		OPEN -M	74	<b>00:31:58.35</b>	+00:11:14 (35.2%)	6:23	9.4 (64.8%)
82	<b>WEBER Patryk</b>	<b>271</b>		OPEN -M	75	<b>00:32:04.10</b>	+00:11:20 (35.4%)	6:24	9.4 (64.8%)
83	<b>KUBIK Michał</b>	<b>47</b>	HULK TEAM	OPEN -M	76	<b>00:32:06.55</b>	+00:11:22 (35.4%)	6:25	9.3 (64.1%)

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84	<b>TRYSZCZ</b> Tobiasz	<b>266</b>	ZBPŚ	OPEN -M	77	<b>00:32:13.20</b>	+00:11:29 (35.7%)	6:26	9.3 (64.1%)
85	<b>CIEŻKI</b> Mariusz	<b>139</b>		OPEN -M	78	<b>00:32:15.30</b>	+00:11:31 (35.7%)	6:27	9.3 (64.1%)
86	<b>DANILUK-DUPLA</b> Ewa	<b>143</b>	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -K	8	<b>00:32:38.65</b>	+00:11:54 (36.5%)	6:31	9.2 (63.4%)
87	<b>KOŁOSOWSKA</b> Klaudia	<b>178</b>	MMM BIGOSIK	OPEN -K	9	<b>00:32:46.85</b>	+00:12:03 (36.8%)	6:33	9.2 (63.4%)
88	<b>TARGOSZ</b> Łukasz	<b>262</b>		OPEN -M	79	<b>00:32:50.85</b>	+00:12:07 (36.9%)	6:34	9.1 (62.8%)
89	<b>NOWAK</b> Grzegorz	<b>219</b>		OPEN -M	80	<b>00:32:54.40</b>	+00:12:10 (37.0%)	6:34	9.1 (62.8%)
90	<b>BAK</b> Tomasz	<b>127</b>	NA PRZYPALE ALBO WCALE!!!	OPEN -M	81	<b>00:33:02.10</b>	+00:12:18 (37.2%)	6:36	9.1 (62.8%)
91	<b>GOLAŃSKI</b> Paweł	<b>155</b>	1312	OPEN -M	82	<b>00:33:02.90</b>	+00:12:19 (37.3%)	6:36	9.1 (62.8%)
92	<b>OLEKSYK</b> Patryk	<b>224</b>		OPEN -M	83	<b>00:33:03.45</b>	+00:12:19 (37.3%)	6:36	9.1 (62.8%)
93	<b>MURAWSKA</b> Wioletta	<b>211</b>	SKB DZIK	OPEN -K	10	<b>00:33:10.30</b>	+00:12:26 (37.5%)	6:38	9 (62.1%)
94	<b>ŚWIĄTEK</b> Bronisław	<b>260</b>	SAMOTNY WILK	OPEN -M	84	<b>00:33:12.85</b>	+00:12:29 (37.6%)	6:38	9 (62.1%)
95	<b>KAMIONKA</b> Andrzej	<b>171</b>	14 ZBOT	OPEN -M	85	<b>00:33:17.00</b>	+00:12:33 (37.7%)	6:39	9 (62.1%)
96	<b>NAWROCKI</b> Krzysztof	<b>214</b>		OPEN -M	86	<b>00:33:18.30</b>	+00:12:34 (37.8%)	6:39	9 (62.1%)
97	<b>PRZEZAK</b> Agnieszka	<b>234</b>		OPEN -K	11	<b>00:33:20.10</b>	+00:12:36 (37.8%)	6:40	9 (62.1%)
98	<b>ZIÓŁKOWSKI</b> Mariusz	<b>291</b>		OPEN -M	87	<b>00:33:24.90</b>	+00:12:41 (38.0%)	6:40	9 (62.1%)
99	<b>NOWAK</b> Piotr	<b>220</b>		OPEN -M	88	<b>00:33:25.85</b>	+00:12:42 (38.0%)	6:41	9 (62.1%)
100	<b>ŚLEDŹ</b> Przemysław	<b>259</b>	LESZCZE	OPEN -M	89	<b>00:34:04.55</b>	+00:13:20 (39.2%)	6:48	8.8 (60.7%)
101	<b>WITORZĘĆ</b> Dariusz	<b>104</b>		OPEN -M	90	<b>00:34:16.35</b>	+00:13:32 (39.5%)	6:51	8.8 (60.7%)
102	<b>PTAK</b> Krzysztof	<b>235</b>		OPEN -M	91	<b>00:34:28.50</b>	+00:13:44 (39.9%)	6:53	8.7 (60.0%)
103	<b>KUBIAK</b> Monika	<b>46</b>	WILKI	OPEN -K	12	<b>00:34:29.50</b>	+00:13:45 (39.9%)	6:53	8.7 (60.0%)
104	<b>PAWŁOWSKA</b> Urszula	<b>67</b>		OPEN -K	13	<b>00:34:29.80</b>	+00:13:45 (39.9%)	6:53	8.7 (60.0%)
105	<b>FLORKIEWICZ</b> Wiola	<b>148</b>	KOBIETA RAKIETA	OPEN -K	14	<b>00:34:32.90</b>	+00:13:49 (40.0%)	6:54	8.7 (60.0%)
106	<b>CHALKIAS</b> Damian	<b>137</b>	CHARLIE	OPEN -M	92	<b>00:34:35.55</b>	+00:13:51 (40.1%)	6:55	8.7 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
107	<b>SULIŃSKI Ewelina</b>	<b>252</b>	MAZDA SZCZECIN	OPEN -K	15	<b>00:34:40.50</b>	+00:13:56 (40.2%)	6:56	8.7 (60.0%)
108	<b>GOWORSKI Jerzy</b>	<b>158</b>	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -M	93	<b>00:34:43.15</b>	+00:13:59 (40.3%)	6:56	8.6 (59.3%)
109	<b>SUCHODOLSKA Aleksandra</b>	<b>251</b>	DZIKIE ŻÓŁWIE	OPEN -K	16	<b>00:34:44.20</b>	+00:14:00 (40.3%)	6:56	8.6 (59.3%)
110	<b>SALAUYOU Raman</b>	<b>78</b>		OPEN -M	94	<b>00:34:45.45</b>	+00:14:01 (40.4%)	6:57	8.6 (59.3%)
111	<b>SZEWCZYK Ludmiła</b>	<b>255</b>	GRUPA MALBORK	OPEN -K	17	<b>00:34:51.45</b>	+00:14:07 (40.5%)	6:58	8.6 (59.3%)
112	<b>PADUCH Piotr</b>	<b>65</b>		OPEN -M	95	<b>00:34:55.70</b>	+00:14:11 (40.6%)	6:59	8.6 (59.3%)
113	<b>ROMANOWICZ Monika</b>	<b>237</b>	DZIKIE ŻÓŁWIE	OPEN -K	18	<b>00:34:57.50</b>	+00:14:13 (40.7%)	6:59	8.6 (59.3%)
114	<b>MĄDRAWSKI Tomasz</b>	<b>207</b>		OPEN -M	96	<b>00:35:01.30</b>	+00:14:17 (40.8%)	7:00	8.6 (59.3%)
115	<b>ODRZYWOLSKI Michał</b>	<b>223</b>	OŻW SZCZECIN	OPEN -M	97	<b>00:35:02.60</b>	+00:14:18 (40.8%)	7:00	8.6 (59.3%)
116	<b>KAŻMIERCZAK Magda</b>	<b>173</b>		OPEN -K	19	<b>00:35:03.15</b>	+00:14:19 (40.9%)	7:00	8.6 (59.3%)
117	<b>TABAKA Krzysztof</b>	<b>261</b>	EŚ	OPEN -M	98	<b>00:35:04.40</b>	+00:14:20 (40.9%)	7:00	8.6 (59.3%)
118	<b>DYDEK Dorota</b>	<b>293</b>	SKB DZIK	OPEN -K	20	<b>00:35:06.65</b>	+00:14:22 (41.0%)	7:01	8.5 (58.6%)
119	<b>NOWEK Dawid</b>	<b>222</b>	1312	OPEN -M	99	<b>00:35:10.90</b>	+00:14:27 (41.1%)	7:02	8.5 (58.6%)
120	<b>JANUSZ Michał</b>	<b>165</b>		OPEN -M	100	<b>00:35:16.95</b>	+00:14:33 (41.2%)	7:03	8.5 (58.6%)
121	<b>MISIASZEK Mirosław</b>	<b>334</b>		OPEN -M	101	<b>00:35:17.75</b>	+00:14:33 (41.3%)	7:03	8.5 (58.6%)
122	<b>BAGIŃSKA Laura</b>	<b>123</b>	BYLE RUCH	OPEN -K	21	<b>00:35:19.20</b>	+00:14:35 (41.3%)	7:03	8.5 (58.6%)
123	<b>KNYS Julia</b>	<b>38</b>		OPEN -K	22	<b>00:35:25.75</b>	+00:14:41 (41.5%)	7:05	8.5 (58.6%)
124	<b>ŻELEK Kacper</b>	<b>112</b>		OPEN -M	102	<b>00:35:27.70</b>	+00:14:43 (41.5%)	7:05	8.5 (58.6%)
125	<b>JUSINSKA Anna</b>	<b>169</b>		OPEN -K	23	<b>00:35:32.55</b>	+00:14:48 (41.7%)	7:06	8.4 (57.9%)
126	<b>MAJEWSKI Adam</b>	<b>53</b>		OPEN -M	103	<b>00:35:34.15</b>	+00:14:50 (41.7%)	7:06	8.4 (57.9%)
127	<b>ZAKOŚCIELNA Katarzyna</b>	<b>285</b>	DZIKIE ŻÓŁWIE	OPEN -K	24	<b>00:35:45.40</b>	+00:15:01 (42.0%)	7:09	8.4 (57.9%)
128	<b>ZADUSZKO Adam</b>	<b>108</b>		OPEN -M	104	<b>00:35:47.75</b>	+00:15:03 (42.1%)	7:09	8.4 (57.9%)
129	<b>WITCZAK Łukasz</b>	<b>275</b>	BIEGNĘ PO ROMPERA	OPEN -M	105	<b>00:35:54.90</b>	+00:15:11 (42.3%)	7:10	8.4 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
130	<b>NOWACZYK Wojciech</b>	<b>217</b>		OPEN -M	106	<b>00:35:55.10</b>	+00:15:11 (42.3%)	7:11	8.4 (57.9%)
131	<b>JADRYCH Zbigniew</b>	<b>162</b>	NO NAMES	OPEN -M	107	<b>00:35:58.05</b>	+00:15:14 (42.4%)	7:11	8.3 (57.2%)
132	<b>MALICZEWSKI Paweł</b>	<b>197</b>		OPEN -M	108	<b>00:35:58.65</b>	+00:15:14 (42.4%)	7:11	8.3 (57.2%)
133	<b>KUNIKOWSKA Patrycja</b>	<b>186</b>	NO NAMES	OPEN -K	25	<b>00:36:03.15</b>	+00:15:19 (42.5%)	7:12	8.3 (57.2%)
134	<b>JAMRÓZ Renata</b>	<b>163</b>	BIGYELLOWFOOT ADVENTURE TEAM	OPEN -K	26	<b>00:36:03.20</b>	+00:15:19 (42.5%)	7:12	8.3 (57.2%)
135	<b>KUNIKOWSKI Patryk</b>	<b>187</b>	NO NAMES	OPEN -M	109	<b>00:36:03.75</b>	+00:15:19 (42.5%)	7:12	8.3 (57.2%)
136	<b>SAWICKA - WERS Urszula</b>	<b>243</b>	NADMORSCY BIEGACZE KOŁOBRZEG	OPEN -K	27	<b>00:36:07.05</b>	+00:15:23 (42.6%)	7:13	8.3 (57.2%)
137	<b>KOŁODZIEJCZYK Anna</b>	<b>119</b>		OPEN -K	28	<b>00:36:20.50</b>	+00:15:36 (43.0%)	7:16	8.3 (57.2%)
138	<b>SZAJEK Gabor</b>	<b>92</b>	HULK TEAM POLICE	OPEN -M	110	<b>00:36:23.40</b>	+00:15:39 (43.0%)	7:16	8.2 (56.6%)
139	<b>GRZONKOWSKA Karolina</b>	<b>23</b>	POLICZANKA	OPEN -K	29	<b>00:36:30.10</b>	+00:15:46 (43.2%)	7:18	8.2 (56.6%)
140	<b>BOBROWSKI Emanuel</b>	<b>116</b>		OPEN -M	111	<b>00:36:40.55</b>	+00:15:56 (43.5%)	7:20	8.2 (56.6%)
141	<b>OSTOJSKA Maria</b>	<b>115</b>		OPEN -K	30	<b>00:36:46.40</b>	+00:16:02 (43.6%)	7:21	8.2 (56.6%)
142	<b>TRELIŃSKA Edyta</b>	<b>264</b>	WIECZORNE BIEGANIE	OPEN -K	31	<b>00:36:56.30</b>	+00:16:12 (43.9%)	7:23	8.1 (55.9%)
143	<b>PLAWGO Jarosław</b>	<b>231</b>		OPEN -M	112	<b>00:37:04.20</b>	+00:16:20 (44.1%)	7:24	8.1 (55.9%)
144	<b>BARAŃSKI Rysio</b>	<b>125</b>		OPEN -M	113	<b>00:37:10.55</b>	+00:16:26 (44.2%)	7:26	8.1 (55.9%)
145	<b>KNAPIK Justyna</b>	<b>175</b>	DZIKI SPECJALNEJ TROSKI	OPEN -K	32	<b>00:37:11.65</b>	+00:16:27 (44.3%)	7:26	8.1 (55.9%)
146	<b>GÓRZYŃSKI Kacper</b>	<b>18</b>		OPEN -M	114	<b>00:37:14.15</b>	+00:16:30 (44.3%)	7:26	8.1 (55.9%)
147	<b>SMOLNICKI Rafał</b>	<b>84</b>		OPEN -M	115	<b>00:37:20.70</b>	+00:16:36 (44.5%)	7:28	8 (55.2%)
148	<b>FUTYMA Paweł</b>	<b>151</b>	FUTYMKA TEAM	OPEN -M	116	<b>00:37:21.40</b>	+00:16:37 (44.5%)	7:28	8 (55.2%)
149	<b>BACH Agata</b>	<b>122</b>		OPEN -K	33	<b>00:37:26.65</b>	+00:16:42 (44.6%)	7:29	8 (55.2%)
150	<b>ŁAWNICZAK Sebastian</b>	<b>367</b>	GRUPA AZOTY	OPEN -M	117	<b>00:37:29.20</b>	+00:16:45 (44.7%)	7:29	8 (55.2%)
151	<b>ZARZECKA Kamila</b>	<b>287</b>	GRUPA MALBORK	OPEN -K	34	<b>00:37:38.95</b>	+00:16:55 (44.9%)	7:31	8 (55.2%)
152	<b>NOWAK Marta</b>	<b>218</b>	GRUPA AZOTY ZAKŁADY CHEMICZNE POLICE S.A.	OPEN -K	35	<b>00:37:40.85</b>	+00:16:57 (45.0%)	7:32	8 (55.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
153	<b>DĄBROWSKA-MAJCHROWICZ Agnieszka</b>	<b>14</b>		OPEN -K	36	<b>00:37:53.55</b>	+00:17:09 (45.3%)	7:34	7.9 (54.5%)
154	<b>DUTKIEWICZ Kinga</b>	<b>822</b>		OPEN -K	37	<b>00:37:54.25</b>	+00:17:10 (45.3%)	7:34	7.9 (54.5%)
155	<b>WAJER Anna</b>	<b>102</b>		OPEN -K	38	<b>00:37:54.75</b>	+00:17:10 (45.3%)	7:34	7.9 (54.5%)
156	<b>DORAWA-ZIOMEK Anna</b>	<b>145</b>	DZIKIE ŻÓŁWIE	OPEN -K	39	<b>00:38:14.60</b>	+00:17:30 (45.8%)	7:38	7.8 (53.8%)
157	<b>HINDZIUK Artsiom</b>	<b>160</b>		OPEN -M	118	<b>00:38:15.95</b>	+00:17:32 (45.8%)	7:39	7.8 (53.8%)
158	<b>KITLAS Adam</b>	<b>36</b>	MAZDA KOZŁOWSKI	OPEN -M	119	<b>00:38:34.40</b>	+00:17:50 (46.3%)	7:42	7.8 (53.8%)
159	<b>ROSTECKA Magdalena</b>	<b>238</b>		OPEN -K	40	<b>00:38:42.50</b>	+00:17:58 (46.4%)	7:44	7.8 (53.8%)
160	<b>NIERZWICKI Krzysztof</b>	<b>215</b>		OPEN -M	120	<b>00:38:44.00</b>	+00:18:00 (46.5%)	7:44	7.7 (53.1%)
161	<b>WITKIEWICZ Magdalena</b>	<b>103</b>		OPEN -K	41	<b>00:39:13.10</b>	+00:18:29 (47.1%)	7:50	7.6 (52.4%)
162	<b>MISZCZUK Ewelina</b>	<b>60</b>		OPEN -K	42	<b>00:39:27.30</b>	+00:18:43 (47.5%)	7:53	7.6 (52.4%)
163	<b>MATYSEK Ireneusz</b>	<b>205</b>	KOMANDOS WAŁECKI	OPEN -M	121	<b>00:39:33.10</b>	+00:18:49 (47.6%)	7:54	7.6 (52.4%)
164	<b>PILARSKI Remigiusz</b>	<b>68</b>		OPEN -M	122	<b>00:39:47.10</b>	+00:19:03 (47.9%)	7:57	7.5 (51.7%)
165	<b>SUŚLAK Aleks</b>	<b>298</b>		OPEN -M	123	<b>00:39:48.30</b>	+00:19:04 (47.9%)	7:57	7.5 (51.7%)
166	<b>PIOŁUNOWICZ Kacper</b>	<b>295</b>		OPEN -M	124	<b>00:39:51.85</b>	+00:19:08 (48.0%)	7:58	7.5 (51.7%)
167	<b>STANKIEWICZ Amelia</b>	<b>114</b>		OPEN -K	43	<b>00:40:01.95</b>	+00:19:18 (48.2%)	8:00	7.5 (51.7%)
168	<b>BIELKA Weronika</b>	<b>130</b>		OPEN -K	44	<b>00:40:04.00</b>	+00:19:20 (48.3%)	8:00	7.5 (51.7%)
169	<b>SEŃCZYK Sara</b>	<b>245</b>		OPEN -K	45	<b>00:40:08.30</b>	+00:19:24 (48.4%)	8:01	7.5 (51.7%)
170	<b>JAKUBOWSKA Anna</b>	<b>26</b>		OPEN -K	46	<b>00:40:08.75</b>	+00:19:24 (48.4%)	8:01	7.5 (51.7%)
171	<b>NOWAK Zbigniew</b>	<b>221</b>	SKB DZIK	OPEN -M	125	<b>00:40:10.75</b>	+00:19:26 (48.4%)	8:02	7.5 (51.7%)
172	<b>RYBICKA Eliza</b>	<b>75</b>		OPEN -K	47	<b>00:40:19.20</b>	+00:19:35 (48.6%)	8:03	7.4 (51.0%)
173	<b>KUREK Paulina</b>	<b>188</b>	PCHEŁKA	OPEN -K	48	<b>00:40:24.10</b>	+00:19:40 (48.7%)	8:04	7.4 (51.0%)
174	<b>BEDNARZ Katarzyna</b>	<b>128</b>		OPEN -K	49	<b>00:40:30.85</b>	+00:19:47 (48.8%)	8:06	7.4 (51.0%)
175	<b>SZAJEK Marta</b>	<b>91</b>	HULK TEAM POLICE	OPEN -K	50	<b>00:40:37.45</b>	+00:19:53 (49.0%)	8:07	7.4 (51.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
176	<b>KOBIERSKA Agata</b>	<b>176</b>	FUZJA	OPEN -K	51	<b>00:40:38.80</b>	+00:19:54 (49.0%)	8:07	7.4 (51.0%)
177	<b>ZIELIŃSKA Kinga</b>	<b>290</b>	FUZJA	OPEN -K	52	<b>00:40:39.00</b>	+00:19:55 (49.0%)	8:07	7.4 (51.0%)
178	<b>MICHALIK Maciej</b>	<b>209</b>		OPEN -M	126	<b>00:40:39.60</b>	+00:19:55 (49.0%)	8:07	7.4 (51.0%)
179	<b>KRYNICKA Elżbieta</b>	<b>182</b>		OPEN -K	53	<b>00:40:39.65</b>	+00:19:55 (49.0%)	8:07	7.4 (51.0%)
180	<b>JEDRZEJCZYK Olga</b>	<b>167</b>		OPEN -K	54	<b>00:40:39.75</b>	+00:19:55 (49.0%)	8:07	7.4 (51.0%)
181	<b>RUDNICKA Agnieszka</b>	<b>239</b>	FUZJA	OPEN -K	55	<b>00:40:39.85</b>	+00:19:56 (49.0%)	8:07	7.4 (51.0%)
182	<b>STÓJ Paulina</b>	<b>250</b>	FUZJA	OPEN -K	56	<b>00:40:39.95</b>	+00:19:56 (49.0%)	8:07	7.4 (51.0%)
183	<b>MARSZAŁEK Katarzyna</b>	<b>201</b>		OPEN -K	57	<b>00:40:41.10</b>	+00:19:57 (49.0%)	8:08	7.4 (51.0%)
184	<b>GODLEWSKI Jarosław</b>	<b>16</b>		OPEN -M	127	<b>00:40:47.00</b>	+00:20:03 (49.2%)	8:09	7.4 (51.0%)
185	<b>BARCIK Kamil</b>	<b>126</b>	DZIKI SPECJALNEJ TROSKI	OPEN -M	128	<b>00:41:17.30</b>	+00:20:33 (49.8%)	8:15	7.3 (50.3%)
186	<b>MATYSIAK Sławomir</b>	<b>206</b>	DZIKI SPECJALNEJ TROSKI	OPEN -M	129	<b>00:41:18.10</b>	+00:20:34 (49.8%)	8:15	7.3 (50.3%)
187	<b>ZEMŁA Dawid</b>	<b>289</b>	DZIKI SPECJALNEJ TROSKI	OPEN -M	130	<b>00:41:18.65</b>	+00:20:34 (49.8%)	8:15	7.3 (50.3%)
188	<b>JĘDRYKA Anna</b>	<b>168</b>	DZIKI SPECJALNEJ TROSKI	OPEN -K	58	<b>00:41:19.20</b>	+00:20:35 (49.8%)	8:15	7.3 (50.3%)
189	<b>GARSTKA Izabela</b>	<b>152</b>	GRUPA MALBORK	OPEN -K	59	<b>00:41:26.40</b>	+00:20:42 (50.0%)	8:17	7.2 (49.7%)
190	<b>SITKOWSKA Michalina</b>	<b>81</b>	SZALONE BIEGACZKI Z WARSZEWY	OPEN -K	60	<b>00:41:39.30</b>	+00:20:55 (50.2%)	8:19	7.2 (49.7%)
191	<b>WACHNIK Julia</b>	<b>101</b>	SZALONE BIEGACZKI Z WARSZEWY	OPEN -K	61	<b>00:41:39.45</b>	+00:20:55 (50.2%)	8:19	7.2 (49.7%)
192	<b>CIACHLA Matylda</b>	<b>8</b>		OPEN -K	62	<b>00:41:47.70</b>	+00:21:03 (50.4%)	8:21	7.2 (49.7%)
193	<b>WW Paweł</b>	<b>283</b>	WIECZORNE BIEGANIE	OPEN -M	131	<b>00:41:54.15</b>	+00:21:10 (50.5%)	8:22	7.2 (49.7%)
194	<b>TOMCZUK Mateusz</b>	<b>98</b>		OPEN -M	132	<b>00:42:13.90</b>	+00:21:30 (50.9%)	8:26	7.1 (49.0%)
195	<b>PREŹTKI Robert</b>	<b>233</b>		OPEN -M	133	<b>00:42:15.05</b>	+00:21:31 (50.9%)	8:27	7.1 (49.0%)
196	<b>PAWLIKOWSKA Dominika</b>	<b>228</b>		OPEN -K	63	<b>00:42:15.55</b>	+00:21:31 (50.9%)	8:27	7.1 (49.0%)
197	<b>TAUBE-KACZOR Monika</b>	<b>96</b>	2BSAP	OPEN -K	64	<b>00:42:17.05</b>	+00:21:33 (51.0%)	8:27	7.1 (49.0%)
198	<b>BOŚKO Paulina</b>	<b>134</b>	DOGS, CATS, PROSECCO & FRIENDS	OPEN -K	65	<b>00:42:31.75</b>	+00:21:47 (51.3%)	8:30	7.1 (49.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
199	MATALEWSKA Patrycja	57		OPEN -K	66	00:43:31.05	+00:22:47 (52.4%)	8:42	6.9 (47.6%)
200	TITONI Marta	97		OPEN -K	67	00:43:36.00	+00:22:52 (52.5%)	8:43	6.9 (47.6%)
201	BORKOWSKA Ewelina	132	MALBORSKIE MORSY	OPEN -K	68	00:43:37.00	+00:22:53 (52.5%)	8:43	6.9 (47.6%)
202	TURCZYNOWSKA Julia	99		OPEN -K	69	00:43:41.90	+00:22:58 (52.6%)	8:44	6.9 (47.6%)
203	KLIMCZAK Adrianna	37		OPEN -K	70	00:43:45.05	+00:23:01 (52.6%)	8:45	6.9 (47.6%)
204	WOŹNIAK Emilia	106		OPEN -K	71	00:44:57.00	+00:24:13 (53.9%)	8:59	6.7 (46.2%)
205	KRÓL Krzysztof	181	DOGS, CATS, PROSECCO & FRIENDS	OPEN -M	134	00:45:45.15	+00:25:01 (54.7%)	9:09	6.6 (45.5%)
206	BIEGAŃSKI Piotr	4		OPEN -M	135	00:45:48.15	+00:25:04 (54.7%)	9:09	6.6 (45.5%)
207	ZUBKIEWICZ Michał	111		OPEN -M	136	00:45:52.45	+00:25:08 (54.8%)	9:10	6.5 (44.8%)
208	DRENIKOWSKI Tomasz	13		OPEN -M	137	00:45:58.25	+00:25:14 (54.9%)	9:11	6.5 (44.8%)
209	SYSSAK Sandra	90		OPEN -K	72	00:46:10.70	+00:25:26 (55.1%)	9:14	6.5 (44.8%)
210	FUTYMA Karolina	150	FUTYMKA TEAM	OPEN -K	73	00:46:26.90	+00:25:43 (55.4%)	9:17	6.5 (44.8%)
211	KRÓL Magdalena	180	DOGS, CATS, PROSECCO & FRIENDS	OPEN -K	74	00:46:48.90	+00:26:05 (55.7%)	9:21	6.4 (44.1%)
212	GREBER Kinga	19		OPEN -K	75	00:46:51.55	+00:26:07 (55.8%)	9:22	6.4 (44.1%)
213	GREBER Piotr	20		OPEN -M	138	00:46:51.60	+00:26:07 (55.8%)	9:22	6.4 (44.1%)
214	BOBROWSKI Wojciech	117	SKB DZIK	OPEN -M	139	00:47:10.00	+00:26:26 (56.0%)	9:26	6.4 (44.1%)
215	WĄSOWICZ Krzysztof	269		OPEN -M	140	00:47:14.15	+00:26:30 (56.1%)	9:26	6.4 (44.1%)
216	STACHOWICZ Małgorzata	248		OPEN -K	76	00:47:14.75	+00:26:30 (56.1%)	9:26	6.4 (44.1%)
217	WĄSOWICZ Natalia	270		OPEN -K	77	00:47:14.85	+00:26:31 (56.1%)	9:26	6.4 (44.1%)
218	OCHAL Kamila	62		OPEN -K	78	00:47:21.80	+00:26:37 (56.2%)	9:28	6.3 (43.4%)
219	PODKOWIŃSKA Wiktoria	196		OPEN -K	79	00:47:47.65	+00:27:03 (56.6%)	9:33	6.3 (43.4%)
220	KRZEMIŃSKI Kacper	183		OPEN -M	141	00:47:48.15	+00:27:04 (56.6%)	9:33	6.3 (43.4%)
221	MILLER Paweł	59	BIEGAM BO LUBIĘ LASY BOGDANIEC	OPEN -M	142	00:48:27.30	+00:27:43 (57.2%)	9:41	6.2 (42.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
222	<b>MATWIEJCZUK Agnieszka</b>	<b>204</b>	FUTYMKA TEAM	OPEN -K	80	<b>00:48:52.35</b>	+00:28:08 (57.6%)	9:46	6.1 (42.1%)
223	<b>JĘDRASZCZYK Rafał</b>	<b>30</b>		OPEN -M	143	<b>00:53:33.15</b>	+00:32:49 (61.3%)	10:42	5.6 (38.6%)
224	<b>ADAMKOWSKA Natalia</b>	<b>1</b>		OPEN -K	81	<b>00:53:33.30</b>	+00:32:49 (61.3%)	10:42	5.6 (38.6%)
225	<b>GOMUŁKIEWICZ Marek</b>	<b>17</b>	-	OPEN -M	144	<b>00:54:41.80</b>	+00:33:57 (62.1%)	10:56	5.5 (37.9%)
226	<b>GUMIELA Adam</b>	<b>159</b>		OPEN -M	145	<b>00:58:10.20</b>	+00:37:26 (64.4%)	11:38	5.2 (35.9%)
227	<b>KOŚLA Bartłomiej</b>	<b>179</b>		OPEN -M	146	<b>00:58:19.30</b>	+00:37:35 (64.5%)	11:39	5.1 (35.2%)
227	<b>LIZUREJ Aleksandra</b>	<b>194</b>	12 BZ	OPEN -K	82	<b>00:58:19.30</b>	+00:37:35 (64.5%)	11:39	5.1 (35.2%)
229	<b>CZAJKOWSKA Magdalena</b>	<b>11</b>		OPEN -K	83	<b>00:58:19.90</b>	+00:37:36 (64.5%)	11:39	5.1 (35.2%)
230	<b>SYSIK Kamila</b>	<b>89</b>		OPEN -K	84	<b>01:08:19.35</b>	+00:47:35 (69.7%)	13:39	4.4 (30.3%)
231	<b>CISZAK Sebastian</b>	<b>10</b>		OPEN -M	147	<b>01:08:19.55</b>	+00:47:35 (69.7%)	13:39	4.4 (30.3%)
232	<b>WIELOWSKI Maciej</b>	<b>299</b>		OPEN -M	148				(0.0%)

Znaleziono 232 wynik(ów)