



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

 **HERKULES**
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Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	GOLEC Rafał	156	18 BATALION ROZPOZNAWCZY UŁANÓW WILEŃSKICH	OPEN -M	1	00:20:43.85		4:08	14.5 (100%)
2	SZYPKOWSKI Marek	258	NOTEĆ OCR CZARNKÓW	OPEN -M	2	00:22:50.55	+00:02:06 (9.2%)	4:34	13.1 (90.3%)
3	LOBA Jakub	195	SKB DZIK	OPEN -M	3	00:23:01.45	+00:02:17 (10.0%)	4:36	13 (89.7%)
4	SAKOSIK Marcin	242	TERMINATORUN	OPEN -M	4	00:23:12.95	+00:02:29 (10.7%)	4:38	12.9 (89.0%)
5	RUSEK Kamil	240		OPEN -M	5	00:23:18.10	+00:02:34 (11.0%)	4:39	12.9 (89.0%)
6	WÓJCICKI Paweł	281	GRUPA MALBORK	OPEN -M	6	00:23:26.40	+00:02:42 (11.6%)	4:41	12.8 (88.3%)
7	MALINOWSKI Norbert	55		OPEN -M	7	00:23:44.75	+00:03:00 (12.7%)	4:44	12.6 (86.9%)
8	SAKOSIK Krystian	241	WOJOWNIK Z PŁOCICZNA	OPEN -M	8	00:23:55.20	+00:03:11 (13.3%)	4:47	12.5 (86.2%)
9	HOŁYŃSKI Leszek	161	FIRETEAM	OPEN -M	9	00:23:59.50	+00:03:15 (13.6%)	4:47	12.5 (86.2%)
10	NIERZWICKI Grzegorz	216	GRUPA MALBORK	OPEN -M	10	00:24:32.50	+00:03:48 (15.5%)	4:54	12.2 (84.1%)
11	RAK Sebastian	236		OPEN -M	11	00:24:52.35	+00:04:08 (16.7%)	4:58	12.1 (83.4%)
12	WOJTASIK Fabian	279	WOJSKO POLSKIE	OPEN -M	12	00:25:14.65	+00:04:30 (17.9%)	5:02	11.9 (82.1%)
13	SKOWROŃSKI Andrzej	246	GRUPA MALBORK	OPEN -M	13	00:25:16.70	+00:04:32 (18.0%)	5:03	11.9 (82.1%)
14	KACZOR Michał	170	2BSAP	OPEN -M	14	00:25:18.80	+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	FURMANIAK Piotr	149	GRUPA MALBORK	OPEN -M	37	00:28:18.75	+00:07:34 (26.8%)	5:39	10.6 (73.1%)
39	ZAJĄC Remigiusz	109		OPEN -M	38	00:28:20.30	+00:07:36 (26.8%)	5:40	10.6 (73.1%)
40	BOBROWSKI Wojciech	100	SKB DZIK	OPEN -M	39	00:28:20.60	+00:07:36 (26.9%)	5:40	10.6 (73.1%)
41	ĆWIK Katarzyna	142	BPK	OPEN -K	2	00:28:22.30	+00:07:38 (26.9%)	5:40	10.6 (73.1%)
42	PAWLIK Mirosław	66		OPEN -M	40	00:28:23.20	+00:07:39 (27.0%)	5:40	10.6 (73.1%)
43	BORUCINSKI Tomasz	133	FC GRYFINO	OPEN -M	41	00:28:26.00	+00:07:42 (27.1%)	5:41	10.6 (73.1%)
44	SCHROEDER Piotr	244	SOKÓŁ TEAM	OPEN -M	42	00:28:27.10	+00:07:43 (27.1%)	5:41	10.5 (72.4%)
45	PAWLAK Przemysław	227	WSP	OPEN -M	43	00:28:31.20	+00:07:47 (27.3%)	5:42	10.5 (72.4%)
46	POPCZYK Mariusz	232		OPEN -M	44	00:28:31.40	+00:07:47 (27.3%)	5:42	10.5 (72.4%)
47	GĄSIOROWSKI Mariusz	153	MOCZYMORDY CHOCIWEL	OPEN -M	45	00:28:36.90	+00:07:53 (27.6%)	5:43	10.5 (72.4%)
48	BANACH Marcel	3		OPEN -M	46	00:28:38.55	+00:07:54 (27.6%)	5:43	10.5 (72.4%)
49	KILAR Michał	174	VERTEMED	OPEN -M	47	00:28:42.70	+00:07:58 (27.8%)	5:44	10.5 (72.4%)
50	KAPUTA Piotr	34		OPEN -M	48	00:28:43.05	+00:07:59 (27.8%)	5:44	10.4 (71.7%)
51	DUDKA Robert	146		OPEN -M	49	00:28:51.15	+00:08:07 (28.1%)	5:46	10.4 (71.7%)
52	BIŚ Krystian	120		OPEN -M	50	00:28:58.10	+00:08:14 (28.4%)	5:47	10.4 (71.7%)
53	MATUSIAK Mariusz	203	HELL'S HEAVEN SZCZECIN	OPEN -M	51	00:29:00.50	+00:08:16 (28.5%)	5:48	10.3 (71.0%)
54	JAWORSKI Dawid	166	MMM BIGOSIK	OPEN -M	52	00:29:15.50	+00:08:31 (29.1%)	5:51	10.3 (71.0%)
55	WOJTALIK Krzysztof	278	WSP	OPEN -M	53	00:29:25.85	+00:08:42 (29.6%)	5:53	10.2 (70.3%)
56	SITKOWSKI Tomasz	82		OPEN -M	54	00:29:29.25	+00:08:45 (29.7%)	5:53	10.2 (70.3%)
57	GORZAŁA Filip	157	18 BATALION ROZPOZNAWCZY UŁANÓW WILEŃSKICH	OPEN -M	55	00:29:29.50	+00:08:45 (29.7%)	5:53	10.2 (70.3%)
58	KACZEMBA Emil	31		OPEN -M	56	00:29:29.70	+00:08:45 (29.7%)	5:53	10.2 (70.3%)
59	WEBER Mirela	272		OPEN -K	3	00:29:31.00	+00:08:47 (29.8%)	5:54	10.2 (70.3%)
60	MADRAK Anna	52	HULK TEAM POLICE	OPEN -K	4	00:29:37.80	+00:08:53 (30.0%)	5:55	10.1 (69.7%)

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

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

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

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130	NOWACZYK Wojciech	217		OPEN -M	106	00:35:55.10	+00:15:11 (42.3%)	7:11	8.4 (57.9%)
131	JADRYCH Zbigniew	162	NO NAMES	OPEN -M	107	00:35:58.05	+00:15:14 (42.4%)	7:11	8.3 (57.2%)
132	MALICZEWSKI Paweł	197		OPEN -M	108	00:35:58.65	+00:15:14 (42.4%)	7:11	8.3 (57.2%)
133	KUNIKOWSKA Patrycja	186	NO NAMES	OPEN -K	25	00:36:03.15	+00:15:19 (42.5%)	7:12	8.3 (57.2%)
134	JAMRÓZ Renata	163	BIGYELLOWFOOT ADVENTURE TEAM	OPEN -K	26	00:36:03.20	+00:15:19 (42.5%)	7:12	8.3 (57.2%)
135	KUNIKOWSKI Patryk	187	NO NAMES	OPEN -M	109	00:36:03.75	+00:15:19 (42.5%)	7:12	8.3 (57.2%)
136	SAWICKA - WERS Urszula	243	NADMORSKY BIEGACZE KOŁOBRZEG	OPEN -K	27	00:36:07.05	+00:15:23 (42.6%)	7:13	8.3 (57.2%)
137	KOŁODZIEJCZYK Anna	119		OPEN -K	28	00:36:20.50	+00:15:36 (43.0%)	7:16	8.3 (57.2%)
138	SZAJEK Gabor	92	HULK TEAM POLICE	OPEN -M	110	00:36:23.40	+00:15:39 (43.0%)	7:16	8.2 (56.6%)
139	GRZONKOWSKA Karolina	23	POLICZANKA	OPEN -K	29	00:36:30.10	+00:15:46 (43.2%)	7:18	8.2 (56.6%)
140	BOBROWSKI Emanuel	116		OPEN -M	111	00:36:40.55	+00:15:56 (43.5%)	7:20	8.2 (56.6%)
141	OSTOJSKA Maria	115		OPEN -K	30	00:36:46.40	+00:16:02 (43.6%)	7:21	8.2 (56.6%)
142	TRELIŃSKA Edyta	264	WIECZORNE BIEGANIE	OPEN -K	31	00:36:56.30	+00:16:12 (43.9%)	7:23	8.1 (55.9%)
143	PLAWGO Jarosław	231		OPEN -M	112	00:37:04.20	+00:16:20 (44.1%)	7:24	8.1 (55.9%)
144	BARAŃSKI Rysio	125		OPEN -M	113	00:37:10.55	+00:16:26 (44.2%)	7:26	8.1 (55.9%)
145	KNAPIK Justyna	175	DZIKI SPECJALNEJ TROSKI	OPEN -K	32	00:37:11.65	+00:16:27 (44.3%)	7:26	8.1 (55.9%)
146	GÓRZYŃSKI Kacper	18		OPEN -M	114	00:37:14.15	+00:16:30 (44.3%)	7:26	8.1 (55.9%)
147	SMOLNICKI Rafał	84		OPEN -M	115	00:37:20.70	+00:16:36 (44.5%)	7:28	8 (55.2%)
148	FUTYMA Paweł	151	FUTYMKA TEAM	OPEN -M	116	00:37:21.40	+00:16:37 (44.5%)	7:28	8 (55.2%)
149	BACH Agata	122		OPEN -K	33	00:37:26.65	+00:16:42 (44.6%)	7:29	8 (55.2%)
150	ŁAWNICZAK Sebastian	367	GRUPA AZOTY	OPEN -M	117	00:37:29.20	+00:16:45 (44.7%)	7:29	8 (55.2%)
151	ZARZECKA Kamila	287	GRUPA MALBORK	OPEN -K	34	00:37:38.95	+00:16:55 (44.9%)	7:31	8 (55.2%)
152	NOWAK Marta	218	GRUPA AZOTY ZAKŁADY CHEMICZNE POLICE S.A.	OPEN -K	35	00:37:40.85	+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	DĄBROWSKA-MAJCHROWICZ Agnieszka	14		OPEN -K	36	00:37:53.55	+00:17:09 (45.3%)	7:34	7.9 (54.5%)
154	DUTKIEWICZ Kinga	822		OPEN -K	37	00:37:54.25	+00:17:10 (45.3%)	7:34	7.9 (54.5%)
155	WAJER Anna	102		OPEN -K	38	00:37:54.75	+00:17:10 (45.3%)	7:34	7.9 (54.5%)
156	DORAWA-ZIOMEK Anna	145	DZIKIE ŻÓŁWIE	OPEN -K	39	00:38:14.60	+00:17:30 (45.8%)	7:38	7.8 (53.8%)
157	HINDZIUK Artsiom	160		OPEN -M	118	00:38:15.95	+00:17:32 (45.8%)	7:39	7.8 (53.8%)
158	KITLAS Adam	36	MAZDA KOZŁOWSKI	OPEN -M	119	00:38:34.40	+00:17:50 (46.3%)	7:42	7.8 (53.8%)
159	ROSTECKA Magdalena	238		OPEN -K	40	00:38:42.50	+00:17:58 (46.4%)	7:44	7.8 (53.8%)
160	NIERZWICKI Krzysztof	215		OPEN -M	120	00:38:44.00	+00:18:00 (46.5%)	7:44	7.7 (53.1%)
161	WITKIEWICZ Magdalena	103		OPEN -K	41	00:39:13.10	+00:18:29 (47.1%)	7:50	7.6 (52.4%)
162	MISZCZUK Ewelina	60		OPEN -K	42	00:39:27.30	+00:18:43 (47.5%)	7:53	7.6 (52.4%)
163	MATYSEK Ireneusz	205	KOMANDOS WAŁECKI	OPEN -M	121	00:39:33.10	+00:18:49 (47.6%)	7:54	7.6 (52.4%)
164	PILARSKI Remigiusz	68		OPEN -M	122	00:39:47.10	+00:19:03 (47.9%)	7:57	7.5 (51.7%)
165	SUŚLAK Aleks	298		OPEN -M	123	00:39:48.30	+00:19:04 (47.9%)	7:57	7.5 (51.7%)
166	PIOŁUNOWICZ Kacper	295		OPEN -M	124	00:39:51.85	+00:19:08 (48.0%)	7:58	7.5 (51.7%)
167	STANKIEWICZ Amelia	114		OPEN -K	43	00:40:01.95	+00:19:18 (48.2%)	8:00	7.5 (51.7%)
168	BIELKA Weronika	130		OPEN -K	44	00:40:04.00	+00:19:20 (48.3%)	8:00	7.5 (51.7%)
169	SEŃCZYK Sara	245		OPEN -K	45	00:40:08.30	+00:19:24 (48.4%)	8:01	7.5 (51.7%)
170	JAKUBOWSKA Anna	26		OPEN -K	46	00:40:08.75	+00:19:24 (48.4%)	8:01	7.5 (51.7%)
171	NOWAK Zbigniew	221	SKB DZIK	OPEN -M	125	00:40:10.75	+00:19:26 (48.4%)	8:02	7.5 (51.7%)
172	RYBICKA Eliza	75		OPEN -K	47	00:40:19.20	+00:19:35 (48.6%)	8:03	7.4 (51.0%)
173	KUREK Paulina	188	PCHEŁKA	OPEN -K	48	00:40:24.10	+00:19:40 (48.7%)	8:04	7.4 (51.0%)
174	BEDNARZ Katarzyna	128		OPEN -K	49	00:40:30.85	+00:19:47 (48.8%)	8:06	7.4 (51.0%)
175	SZAJEK Marta	91	HULK TEAM POLICE	OPEN -K	50	00:40:37.45	+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	KOBIERSKA Agata	176	FUZJA	OPEN -K	51	00:40:38.80	+00:19:54 (49.0%)	8:07	7.4 (51.0%)
177	ZIELIŃSKA Kinga	290	FUZJA	OPEN -K	52	00:40:39.00	+00:19:55 (49.0%)	8:07	7.4 (51.0%)
178	MICHALIK Maciej	209		OPEN -M	126	00:40:39.60	+00:19:55 (49.0%)	8:07	7.4 (51.0%)
179	KRYNICKA Elżbieta	182		OPEN -K	53	00:40:39.65	+00:19:55 (49.0%)	8:07	7.4 (51.0%)
180	JEDRZEJCZYK Olga	167		OPEN -K	54	00:40:39.75	+00:19:55 (49.0%)	8:07	7.4 (51.0%)
181	RUDNICKA Agnieszka	239	FUZJA	OPEN -K	55	00:40:39.85	+00:19:56 (49.0%)	8:07	7.4 (51.0%)
182	STÓJ Paulina	250	FUZJA	OPEN -K	56	00:40:39.95	+00:19:56 (49.0%)	8:07	7.4 (51.0%)
183	MARSZAŁEK Katarzyna	201		OPEN -K	57	00:40:41.10	+00:19:57 (49.0%)	8:08	7.4 (51.0%)
184	GODLEWSKI Jarosław	16		OPEN -M	127	00:40:47.00	+00:20:03 (49.2%)	8:09	7.4 (51.0%)
185	BARCIK Kamil	126	DZIKI SPECJALNEJ TROSKI	OPEN -M	128	00:41:17.30	+00:20:33 (49.8%)	8:15	7.3 (50.3%)
186	MATYSIAK Sławomir	206	DZIKI SPECJALNEJ TROSKI	OPEN -M	129	00:41:18.10	+00:20:34 (49.8%)	8:15	7.3 (50.3%)
187	ZEMŁA Dawid	289	DZIKI SPECJALNEJ TROSKI	OPEN -M	130	00:41:18.65	+00:20:34 (49.8%)	8:15	7.3 (50.3%)
188	JĘDRYKA Anna	168	DZIKI SPECJALNEJ TROSKI	OPEN -K	58	00:41:19.20	+00:20:35 (49.8%)	8:15	7.3 (50.3%)
189	GARSTKA Izabela	152	GRUPA MALBORK	OPEN -K	59	00:41:26.40	+00:20:42 (50.0%)	8:17	7.2 (49.7%)
190	SITKOWSKA Michalina	81	SZALONE BIEGACZKI Z WARSZEWA	OPEN -K	60	00:41:39.30	+00:20:55 (50.2%)	8:19	7.2 (49.7%)
191	WACHNIK Julia	101	SZALONE BIEGACZKI Z WARSZEWA	OPEN -K	61	00:41:39.45	+00:20:55 (50.2%)	8:19	7.2 (49.7%)
192	CIACHLA Matylda	8		OPEN -K	62	00:41:47.70	+00:21:03 (50.4%)	8:21	7.2 (49.7%)
193	WW Paweł	283	WIECZORNE BIEGANIE	OPEN -M	131	00:41:54.15	+00:21:10 (50.5%)	8:22	7.2 (49.7%)
194	TOMCZUK Mateusz	98		OPEN -M	132	00:42:13.90	+00:21:30 (50.9%)	8:26	7.1 (49.0%)
195	PREŹKI Robert	233		OPEN -M	133	00:42:15.05	+00:21:31 (50.9%)	8:27	7.1 (49.0%)
196	PAWLIKOWSKA Dominika	228		OPEN -K	63	00:42:15.55	+00:21:31 (50.9%)	8:27	7.1 (49.0%)
197	TAUBE-KACZOR Monika	96	2BSAP	OPEN -K	64	00:42:17.05	+00:21:33 (51.0%)	8:27	7.1 (49.0%)
198	BOŚKO Paulina	134	DOGS, CATS, PROSECCO & FRIENDS	OPEN -K	65	00:42:31.75	+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	MATWIEJCZUK Agnieszka	204	FUTYMKA TEAM	OPEN -K	80	00:48:52.35	+00:28:08 (57.6%)	9:46	6.1 (42.1%)
223	JĘDRASZCZYK Rafał	30		OPEN -M	143	00:53:33.15	+00:32:49 (61.3%)	10:42	5.6 (38.6%)
224	ADAMKOWSKA Natalia	1		OPEN -K	81	00:53:33.30	+00:32:49 (61.3%)	10:42	5.6 (38.6%)
225	GOMUŁKIEWICZ Marek	17	-	OPEN -M	144	00:54:41.80	+00:33:57 (62.1%)	10:56	5.5 (37.9%)
226	GUMIELA Adam	159		OPEN -M	145	00:58:10.20	+00:37:26 (64.4%)	11:38	5.2 (35.9%)
227	KOŚLA Bartłomiej	179		OPEN -M	146	00:58:19.30	+00:37:35 (64.5%)	11:39	5.1 (35.2%)
227	LIZUREJ Aleksandra	194	12 BZ	OPEN -K	82	00:58:19.30	+00:37:35 (64.5%)	11:39	5.1 (35.2%)
229	CZAJKOWSKA Magdalena	11		OPEN -K	83	00:58:19.90	+00:37:36 (64.5%)	11:39	5.1 (35.2%)
230	SYSIK Kamila	89		OPEN -K	84	01:08:19.35	+00:47:35 (69.7%)	13:39	4.4 (30.3%)
231	CISZAK Sebastian	10		OPEN -M	147	01:08:19.55	+00:47:35 (69.7%)	13:39	4.4 (30.3%)
232	WIELOWSKI Maciej	299		OPEN -M	148				(0.0%)

Znaleziono 232 wynik(ów)