

# XVI Międzynarodowy Bieg Uliczny „O Błękitną Wstęgę”

## WYNIKI ZAWODÓW

Organizator: Stargardzki Klub Lekkoatletyczny w Stargardzie

Termin: 17.06.2023

Miejsce: Stargard

Dystans: 10.00 km

| Miejsce Rank                 | Nr Bib | Nazwisko i imię Name  | Miejscowość City | Kraj Nat | Drużyna Team                     | R-k YoB | W kategorii in Age | Sex    | Czas Time | [min/km] |
|------------------------------|--------|-----------------------|------------------|----------|----------------------------------|---------|--------------------|--------|-----------|----------|
| <b>Bieg 10 km - M70 [5]</b>  |        |                       |                  |          |                                  |         |                    |        |           |          |
| 1                            | 339    | PLATA Tadeusz         | SZCZECIN         |          | POL MARATOŃCZYK TEAM SZCZECIN    | 51      | M70/1              | (M)111 | 00:47:56  | 04.47    |
| 2                            | 376    | RUSIECKI Henryk       | SZCZECIN         |          | POL KB HERMES GRYFINO            | 53      | M70/2              | (M)133 | 00:49:09  | 04.54    |
| 3                            | 320    | MAJŁOWSKI Aleksander  | GORZÓW WLKP      |          | POL KS.TEAM.BARYŁA GORZÓW WLKP   | 50      | M70/3              | (M)169 | 00:53:18  | 05.19    |
| 4                            | 361    | BANDKOWSKI Marek      | SZCZECIN         |          | POL                              | 52      | M70/4              | (M)194 | 00:57:02  | 05.42    |
| 5                            | 265    | NOWAK Wiesław         | SZCZECIN         |          | POL ROWERY TUROWSKI              | 49      | M70/5              | (M)207 | 01:00:18  | 06.01    |
| <b>Bieg 10 km - M60 [10]</b> |        |                       |                  |          |                                  |         |                    |        |           |          |
| 1                            | 350    | PLUTA Grzegorz        | NOWE CZARNOWO    |          | POL KB HERMES GRYFINO            | 63      | M60/1              | (M)56  | 00:42:46  | 04.16    |
| 2                            | 435    | MYSZKOWSKI Jan        | WAŁCZ            |          | POL 1958                         | 58      | M60/2              | (M)72  | 00:44:21  | 04.26    |
| 3                            | 206    | WYSOCKI Bronisław     | STARGARD         |          | POL BIEGAM BO LUBIĘ              | 63      | M60/3              | (M)107 | 00:47:33  | 04.45    |
| 4                            | 372    | TOMCZYK Ferdynand     | GRYFINO          |          | POL MODLITWA BIEGANIA GRYFINO    | 63      | M60/4              | (M)113 | 00:48:02  | 04.48    |
| 5                            | 430    | MICHAŁOWSKI Jan       | GRYFINO          |          | POL KB HERMES GRYFINO            | 63      | M60/5              | (M)124 | 00:48:36  | 04.51    |
| 6                            | 219    | KIJO Andrzej          | SZCZECIN         |          | POL                              | 55      | M60/6              | (M)145 | 00:50:50  | 05.05    |
| 7                            | 352    | BORKOWSKI Bogusz      | SZCZECIN         |          | POL                              | 60      | M60/7              | (M)168 | 00:53:13  | 05.19    |
| 8                            | 433    | BUTOWICZ Adam         | SZCZECINEK       |          | POL                              | 61      | M60/8              | (M)170 | 00:53:19  | 05.19    |
| 9                            | 237    | SOSIN Tomasz          | STARGARD         |          | POL SKL STARGARD                 | 59      | M60/9              | (M)190 | 00:56:46  | 05.40    |
| 10                           | 479    | WALCZAK Jacek         | STARGARD         |          | POL                              | 63      | M60/10             | (M)201 | 00:58:10  | 05.49    |
| <b>Bieg 10 km - M50 [27]</b> |        |                       |                  |          |                                  |         |                    |        |           |          |
| 1                            | 427    | GLĄZOWSKI Jacek       | NIECHORZE        |          | POL LUNA NIECHORZE               | 72      | M50/1              | (M)22  | 00:38:29  | 03.50    |
| 2                            | 441    | WOJNACH Andrzej       | SZCZECIN         |          | POL 79 MINUT PO PIĘĆDZIESIĄTCE   | 70      | M50/2              | (M)23  | 00:38:36  | 03.51    |
| 3                            | 416    | ŻYWICKI Janusz        | SZCZECIN         |          | POL KB PIONIER SZCZECIN          | 68      | M50/3              | (M)24  | 00:38:42  | 03.51    |
| 4                            | 409    | KNAP Czarek           | SZCZECIN         |          | POL HOŻA TEAM SKYRUNNERS         | 68      | M50/4              | (M)35  | 00:40:12  | 04.00    |
| 5                            | 303    | SIEDLECKI Adam wiktor | SZCZECIN         |          | POL HOŻA TEAM SKYRUNNERS         | 73      | M50/5              | (M)38  | 00:40:15  | 04.01    |
| 6                            | 263    | WERAKSO Leszek        | SZCZECIN         |          | POL                              | 72      | M50/6              | (M)43  | 00:40:43  | 04.03    |
| 7                            | 403    | OLEJNIK Przemysław    | SZCZECIN         |          | POL SZCZECIN                     | 69      | M50/7              | (M)49  | 00:42:07  | 04.12    |
| 8                            | 394    | KWIECIEN Piotr        | MIĘDZYDZROJE     |          | POL AVRIL-MIĘDZYDZROJE           | 73      | M50/8              | (M)57  | 00:42:53  | 04.17    |
| 9                            | 359    | DROZDEK Włodzimierz   | KOBYLANKA        |          | POL BIEGAJĄCE DROZDKI            | 68      | M50/9              | (M)69  | 00:44:11  | 04.25    |
| 10                           | 329    | NYKOLAJCZUK Robert    | STARGARD         |          | POL BRIDGESTONE RUNNERS STARGARD | 72      | M50/10             | (M)71  | 00:44:18  | 04.25    |
| 11                           | 373    | TOKARSKI Rafał        | SZCZECIN         |          | POL RAZ SZCZECIN                 | 67      | M50/11             | (M)73  | 00:44:22  | 04.26    |
| 12                           | 370    | TOMASZEWSKI Piotr     | STARGARD         |          | POL STARGARD                     | 69      | M50/12             | (M)76  | 00:44:31  | 04.27    |
| 13                           | 335    | RÓŻAŃSKI Krzysztof    | STARGARD         |          | POL                              | 71      | M50/13             | (M)89  | 00:45:56  | 04.35    |
| 14                           | 351    | ZEMBIK Grzegorz       | GRYFINO          |          | POL KB HERMES GRYFINO            | 67      | M50/14             | (M)101 | 00:46:45  | 04.40    |
| 15                           | 390    | KĄMIERCZAK Krzysztof  | GRYFINO          |          | POL KB HERMES GRYFINO            | 72      | M50/15             | (M)106 | 00:47:16  | 04.43    |
| 16                           | 239    | SIKORSKI Andrzej      | STARGARD         |          | POL                              | 71      | M50/16             | (M)112 | 00:48:01  | 04.48    |
| 17                           | 505    | ZARĘBSKI Mirosław     | PYRZYCE          |          | POL KALMAR RUNNERS               | 66      | M50/17             | (M)131 | 00:49:01  | 04.54    |
| 18                           | 254    | RĘBISZ Jan            | MARIANOWO        |          | POL BRAK                         | 64      | M50/18             | (M)142 | 00:50:14  | 05.01    |
| 19                           | 465    | WOŹNICZKA Piotr       | SZCZECIN         |          | POL                              | 64      | M50/19             | (M)143 | 00:50:31  | 05.03    |
| 20                           | 231    | VAN WIJGERDEN Andre   | PEŻINO           |          | POL HOLSTAR                      | 70      | M50/20             | (M)148 | 00:50:54  | 05.05    |
| 21                           | 483    | KLEINOWSKI Krzysztof  | MOTANIEC         |          | POL                              | 66      | M50/21             | (M)155 | 00:51:26  | 05.08    |
| 22                           | 279    | PIĄTKOWSKI Krzysztof  | SZCZECIN         |          | POL                              | 72      | M50/22             | (M)167 | 00:53:09  | 05.18    |
| 23                           | 360    | URBAŃSKI Zbigniew     | STARGARD         |          | POL NIEZRZESZONY                 | 67      | M50/23             | (M)182 | 00:55:24  | 05.32    |
| 24                           | 401    | HANĆ Ryszard          | SZCZECIN         |          | POL                              | 65      | M50/24             | (M)189 | 00:56:24  | 05.38    |
| 25                           | 323    | PROKOPSKI Andrzej     | GRYFINO          |          | POL BRAK                         | 69      | M50/25             | (M)198 | 00:57:55  | 05.47    |
| 26                           | 267    | SZYSZKA Artur         | POLSKA           |          | POL                              | 72      | M50/26             | (M)205 | 00:59:19  | 05.55    |
| 27                           | 379    | WIERZBOWSKI Kazimierz | STARA DĄBROWA    |          | POL BRAK                         | 65      | M50/27             | (M)208 | 01:01:28  | 06.08    |
| <b>Bieg 10 km - M40 [82]</b> |        |                       |                  |          |                                  |         |                    |        |           |          |
| 1                            | 222    | ZACZKO Jacek          | SZCZECIN         |          | POL I'M SOMETHING FROM NOTHING   | 78      | M40/1              | (M)10  | 00:36:26  | 03.38    |

| Miejsce<br>Rank | Nr<br>Bib | Nazwisko i imię<br>Name | Miejscowość<br>City | Kraj<br>Nat | Drużyna<br>Team   | R-k<br>YoB | W kategorii<br>in Age | Sex    | Czas<br>Time | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|---|------------|-----------------------|--------|--------------|----------|
| 2               | 299       | KUBLER Andrzej          | PILCHOWO            |             | POL MKL SZCZECIN  | 82         | M40/2                 | (M)13  | 00:36:53     | 03.40    |
| 3               | 480       | ULDYNOWICZ Łukasz       | GRYFICE             |             | POL MLUKS MOKASYN PŁOTY   | 83         | M40/3                 | (M)16  | 00:37:59     | 03.47    |
| 4               | 273       | DOMAŃSKI Waldemar       | GRYFICE             |             | POL KP PSP GRYFICE  | 81         | M40/4                 | (M)17  | 00:38:13     | 03.48    |
| 5               | 345       | PLESNER Krzysztof       | STARGARD            |             | POL JRG3SZCZECIN  | 79         | M40/5                 | (M)19  | 00:38:19     | 03.49    |
| 6               | 205       | BERNACKI Mariusz        | GRYFINO             |             | POL MODLITWA BIEGANIA GRYFINO                                   | 76         | M40/6                 | (M)20  | 00:38:27     | 03.50    |
| 7               | 428       | SURMA Grzegorz          | SZCZECIN            |             | POL PKO HARPAGAN GDAŃSK   | 83         | M40/7                 | (M)26  | 00:39:09     | 03.54    |
| 8               | 457       | BIERSKI Łukasz          | SZCZECIN            |             | POL BRAK  | 77         | M40/8                 | (M)27  | 00:39:12     | 03.54    |
| 9               | 288       | GAWEL Ireneusz          | RUMIA               |             | POL PROJEKT1000UP   | 75         | M40/9                 | (M)29  | 00:39:30     | 03.56    |
| 10              | 396       | TIETZ Przemek           | STARGARD            |             | POL 12 BZ   | 75         | M40/10                | (M)30  | 00:39:36     | 03.57    |
| 11              | 454       | HARLUKOWICZ Krzysztof   | SZCZECIN            |             | POL ULTRAKAZIK  | 76         | M40/11                | (M)31  | 00:39:36     | 03.57    |
| 12              | 220       | PANASIUK Krzysztof      | STARGARD            |             | POL   | 81         | M40/12                | (M)33  | 00:39:43     | 03.58    |
| 13              | 297       | JASTRZĘBSKI Jarosław    | SZCZECIN            |             | POL PRAWOBRZEŻE   | 83         | M40/13                | (M)34  | 00:40:02     | 03.59    |
| 14              | 255       | PRYK Rafał              | GOLENIÓW            |             | POL TRIATHLON GOLENIÓW  | 75         | M40/14                | (M)36  | 00:40:14     | 04.00    |
| 15              | 269       | DĄBEK Artur             | STARGARD            |             | POL STARGARD  | 83         | M40/15                | (M)37  | 00:40:14     | 04.00    |
| 16              | 501       | KOLENDA Krzysztof       | SZCZECIN            |             | POL KALMAR RUNNERS / FIZJOBIEGACZE<br>SZCZECIN                  | 77         | M40/16                | (M)39  | 00:40:17     | 04.01    |
| 17              | 450       | GREKDA Artur            | DOBRZANY            |             | POL DOBRZANY  | 78         | M40/17                | (M)45  | 00:41:02     | 04.06    |
| 18              | 317       | HOFFA Krzysztof         | STARGARD            |             | POL   | 79         | M40/18                | (M)47  | 00:41:23     | 04.08    |
| 19              | 472       | KARPIŃSKI Mariusz       | PYRZYCE             |             | POL LMKS ŻAK PYRZYCE  | 74         | M40/19                | (M)48  | 00:41:34     | 04.09    |
| 20              | 226       | KAZIDRÓG Robert         | STARGARD            |             | POL RK78 STARGARD   | 78         | M40/20                | (M)50  | 00:42:23     | 04.14    |
| 21              | 217       | SIATKOWSKI Karol        | STARGARD            |             | POL   | 81         | M40/21                | (M)52  | 00:42:29     | 04.14    |
| 22              | 387       | WIŚNIEWSKI Piotr        | BIAŁOGARD           |             | POL KB DZIESIĄTKA BIAŁOGARD                                     | 75         | M40/22                | (M)53  | 00:42:42     | 04.16    |
| 23              | 363       | ZIELIŃSKI Grzegorz      | TUCZNO              |             | POL   | 80         | M40/23                | (M)58  | 00:42:57     | 04.17    |
| 24              | 334       | LUBASIŃSKI Tomasz       | STARGARD            |             | POL BACKER OBR  | 77         | M40/24                | (M)62  | 00:43:28     | 04.20    |
| 25              | 266       | WITEK Eryk              | SZCZECIN            |             | POL QCE SPARTY - MONIA GYM - QŹNIA<br>SPORTOWYCH TALENTÓW ADAMA | 79         | M40/25                | (M)63  | 00:43:45     | 04.22    |
| 26              | 434       | DZIWISZEK Radosław      | SZCZECIN            |             | POL PRAWOBRZEŻE   | 83         | M40/26                | (M)64  | 00:43:46     | 04.22    |
| 27              | 355       | KMIECIK Tomasz          | SZCZECIN            |             | POL   | 75         | M40/27                | (M)66  | 00:43:59     | 04.23    |
| 28              | 404       | ZIĘBA Dawid             | STARGARD            |             | POL STARGARD  | 77         | M40/28                | (M)68  | 00:44:10     | 04.25    |
| 29              | 346       | TALAREK Robert          | SZCZECIN            |             | POL SMT SZCZECIN  | 77         | M40/29                | (M)70  | 00:44:17     | 04.25    |
| 30              | 378       | SAMSON Robert           | WARZYMICE           |             | POL FIZJOBIEGACZE SZCZECIN                                      | 78         | M40/30                | (M)77  | 00:44:33     | 04.27    |
| 31              | 281       | WARCHALOWSKI Arkadiusz  | DOBRA               |             | POL BRAK  | 76         | M40/31                | (M)78  | 00:44:33     | 04.27    |
| 32              | 412       | WOJTALIK Krzysztof      | STARGARD            |             | POL 12 BZ WSP   | 80         | M40/32                | (M)79  | 00:44:34     | 04.27    |
| 33              | 229       | PELC Marek              | SZCZECIN            |             | POL 12 BZ   | 83         | M40/33                | (M)82  | 00:45:04     | 04.30    |
| 34              | 392       | JARZĄB Ryszard          | ŁOBEZ               |             | POL   | 74         | M40/34                | (M)83  | 00:45:14     | 04.31    |
| 35              | 456       | ANTOSIK Bartosz         | SZCZECIN            |             | POL NA PRZYPALE ALBO WCALE!!!                                   | 83         | M40/35                | (M)84  | 00:45:18     | 04.31    |
| 36              | 466       | KONDRAT Krzysztof       | SZCZECIN            |             | POL FIZJOLADY   | 81         | M40/36                | (M)85  | 00:45:29     | 04.32    |
| 37              | 482       | TERLIKOWSKI Arkadiusz   | NOWA SÓL            |             | POL NGB   | 76         | M40/37                | (M)90  | 00:46:05     | 04.36    |
| 38              | 213       | KULIG Krzysztof         | DOLGIE              |             | POL MODLITWA BIEGANIA GRYFINO                                   | 77         | M40/38                | (M)92  | 00:46:18     | 04.37    |
| 39              | 285       | CHAROWSKI Marcin        | STARGARD            |             | POL   | 80         | M40/39                | (M)93  | 00:46:28     | 04.38    |
| 40              | 203       | SZARMACH Dariusz        | SZCZECIN            |             | POL MARATOŃCZYK TEAM SZCZECIN                                   | 74         | M40/40                | (M)94  | 00:46:28     | 04.38    |
| 41              | 310       | BANASIEWICZ Zbigniew    | STARGARD            |             | POL   | 83         | M40/41                | (M)97  | 00:46:35     | 04.39    |
| 42              | 448       | KONDELA Paweł           | CHOSZCZNO           |             | POL AKTYWNE CHOSZCZNO   | 75         | M40/42                | (M)100 | 00:46:41     | 04.40    |
| 43              | 439       | KORNACKI Mirosław       | STARGARD            |             | POL   | 77         | M40/43                | (M)103 | 00:46:55     | 04.41    |
| 44              | 268       | SZYMAŃSKI Sławomir      | SZCZECIN            |             | POL GO 2 TRI  | 81         | M40/44                | (M)104 | 00:46:58     | 04.41    |
| 45              | 272       | GOŹDZIOWSKI Piotr       | PLEWISKA            |             | POL BOBRO-SZATANY   | 83         | M40/45                | (M)108 | 00:47:36     | 04.45    |
| 46              | 458       | STAWICKI Tomasz         | SZCZECIN            |             | POL   | 75         | M40/46                | (M)110 | 00:47:55     | 04.47    |
| 47              | 397       | CZAPIEWSKI Paweł        | BYDGOSZCZ           |             | POL CHOSZCZEŃSKA 10   | 78         | M40/47                | (M)115 | 00:48:16     | 04.49    |
| 48              | 386       | NADOLNY Przemysław      | SZCZECIN            |             | POL PARKRUN SZCZECIN  | 77         | M40/48                | (M)117 | 00:48:20     | 04.50    |
| 49              | 490       | WRÓBEL Tomasz           | NOWOGARD            |             | POL   | 81         | M40/49                | (M)119 | 00:48:23     | 04.50    |
| 50              | 410       | WYROSTEK Radek          | MORZYCZYN           |             | POL   | 76         | M40/50                | (M)120 | 00:48:25     | 04.50    |
| 51              | 497       | DZIECZYK Kamil          | CHOSZCZNO           |             | POL AKTYWNE CHOSZCZNO   | 83         | M40/51                | (M)121 | 00:48:27     | 04.50    |
| 52              | 318       | STEFANIAK Paweł         | STARGARD            |             | POL 12 BZ/14 BUJ  | 80         | M40/52                | (M)123 | 00:48:34     | 04.51    |
| 53              | 406       | POSIŁA Marcin           | CHOSZCZNO           |             | POL CHOSZCZEŃSKA 10   | 79         | M40/53                | (M)126 | 00:48:39     | 04.51    |
| 54              | 210       | GIL Marcin              | STARGARD            |             | POL DEFUS   | 79         | M40/54                | (M)127 | 00:48:51     | 04.53    |
| 55              | 276       | KRZEŚNIEWSKI Marcin     | SZCZECIN            |             | POL PRYWATNE WYCIECZKI  | 78         | M40/55                | (M)128 | 00:48:52     | 04.53    |
| 56              | 224       | STARZYŃSKI Tomek        | STARGARD            |             | POL   | 80         | M40/56                | (M)129 | 00:48:54     | 04.53    |
| 57              | 298       | ZELEK Mariusz           | SZCZECIN            |             | POL MODLITWA BIEGANIA   | 75         | M40/57                | (M)134 | 00:49:24     | 04.56    |

| Miejsce<br>Rank | Nr<br>Bib | Nazwisko i imię<br>Name | Miejscowość<br>City | Kraj<br>Nat | Drużyna<br>Team                             | R-k<br>YoB | W kategorii<br>in Age | Sex    | Czas<br>Time | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|---|------------|-----------------------|--------|--------------|----------|
| 58              | 389       | DOBRYCKI Piotr          | SZCZECIN            |             | POL BRIDGESTONE STARGARD RUNNERS            | 76         | M40/58                | (M)135 | 00:49:38     | 04.57    |
| 59              | 353       | ZASADA Jarosław         | STARGARD            |             | POL   | 76         | M40/59                | (M)136 | 00:49:41     | 04.58    |
| 60              | 235       | CZACHOWSKI Jarosław     | STARGARD            |             | POL   | 75         | M40/60                | (M)137 | 00:49:43     | 04.58    |
| 61              | 246       | DUDENKO Jerzy           | SZCZECIN            |             | POL DUDKI TEAM                              | 78         | M40/61                | (M)141 | 00:49:57     | 04.59    |
| 62              | 234       | WIDEROWSKI Mariusz      | PEZINO              |             | POL HOLSTAR                                 | 75         | M40/62                | (M)147 | 00:50:54     | 05.05    |
| 63              | 391       | WASIAK Mateusz          | STARGARD            |             | POL BRIDGESTONE STARGARD RUNNERS            | 81         | M40/63                | (M)152 | 00:51:16     | 05.07    |
| 64              | 221       | HAJDUK Maciej           | SZCZECIN            |             | POL NIEBKO TERROR                           | 77         | M40/64                | (M)158 | 00:51:47     | 05.10    |
| 65              | 342       | KACZOR Dawid            | MASZEWO             |             | POL GWIEZDNA FLOTA                          | 79         | M40/65                | (M)159 | 00:52:13     | 05.13    |
| 66              | 449       | BASZUK Tadeusz          | STARGARD            |             | POL   | 74         | M40/66                | (M)160 | 00:52:23     | 05.14    |
| 67              | 368       | SKRZYPCZYŃSKI Rafał     | STARGARD            |             | POL BACKER OBR                              | 79         | M40/67                | (M)164 | 00:52:56     | 05.17    |
| 68              | 216       | MAĆKOWIAK Hubert        | STARGARD            |             | POL CENTRUM REHABILITACJI                   | 80         | M40/68                | (M)165 | 00:53:02     | 05.18    |
| 69              | 340       | JANCZARA Sebastian      | STARGARD            |             | POL POCZTA POLSKA STARGARD 2 BARNIMA        | 82         | M40/69                | (M)171 | 00:53:21     | 05.20    |
| 70              | 328       | KULAŃSKI Tomasz         | STARGARD            |             | POL   | 79         | M40/70                | (M)173 | 00:53:31     | 05.21    |
| 71              | 388       | GARBIAK Marcin          | STARGARD            |             | POL BRIDGESTONE STARGARD RUNNERS            | 82         | M40/71                | (M)174 | 00:53:33     | 05.21    |
| 72              | 380       | GRYDZIUSZKO Dominik     | STARGARD            |             | POL   | 80         | M40/72                | (M)175 | 00:53:35     | 05.21    |
| 73              | 233       | PRUSZANOW Marcin        | GRYFINO             |             | POL KB HERMES GRYFINO                       | 76         | M40/73                | (M)176 | 00:53:43     | 05.22    |
| 74              | 238       | KOZACZUK Grzegorz       | SZCZECIN            |             | POL   | 77         | M40/74                | (M)177 | 00:53:51     | 05.23    |
| 75              | 496       | MOŹDŻYŃSKI Tomasz       | CHOSZCZNO           |             | POL AKTYWNE CHOSZCZNO                       | 79         | M40/75                | (M)178 | 00:53:53     | 05.23    |
| 76              | 440       | SZYMCZAK Marcin         | SZCZECIN            |             | POL WKURW_TEAM                              | 78         | M40/76                | (M)180 | 00:54:33     | 05.27    |
| 77              | 256       | FUTKOWSKI Marcin        | STARGARD            |             | POL   | 79         | M40/77                | (M)183 | 00:55:50     | 05.35    |
| 78              | 313       | RYBICKI Marcin          | STARGARD            |             | POL   | 79         | M40/78                | (M)185 | 00:56:02     | 05.36    |
| 79              | 417       | WRÓBLEWSKI Kamil        | CHOSZCZNO           |             | POL CENTRUM INFORMATYKI RESORTU<br>FINANSÓW | 78         | M40/79                | (M)191 | 00:56:47     | 05.40    |
| 80              | 476       | KWIECISZEWSKI Dariusz   | CHOSZCZNO           |             | POL   | 76         | M40/80                | (M)202 | 00:58:36     | 05.51    |
| 81              | 502       | JURGIELEWICZ Tomasz     | STARGARD            |             | POL KALMAR RUNNERS                          | 79         | M40/81                | (M)204 | 00:59:15     | 05.55    |
| 82              | 382       | POPLAWSKI Adam          | STARGARD            |             | POL CROSS TEAM STARGARD                     | 78         | M40/82                | (M)211 | 01:07:05     | 06.42    |

### Bieg 10 km - M30 [55]

|    |     |                      |                 |  |                                  |    |        |       |          |       |
|----|-----|----------------------|-----------------|--|----------------------------------|----|--------|-------|----------|-------|
| 1  | 338 | SEMENOBYCH Bogdan    | KIJÓW           |  | UKR                              | 86 | M30/1  | (M)2  | 00:30:37 | 03.03 |
| 2  | 452 | DIDOVODIUK Dmytro    | IVANO FRANKIVSK |  | UKR ACHILLES LESZNO              | 87 | M30/2  | (M)3  | 00:32:05 | 03.12 |
| 3  | 429 | STADNIK Jacek        | ZIELONA GORA    |  | POL                              | 91 | M30/3  | (M)4  | 00:32:29 | 03.14 |
| 4  | 512 | HRYCIUK Łukasz       | DĘBNO           |  | POL STOWARZYSZENIE MARATON DĘBNO | 86 | M30/4  | (M)5  | 00:32:57 | 03.17 |
| 5  | 422 | PAŃKO Andrzej        | ŻARCZYN         |  | POL KB HERMES GRYFINO            | 93 | M30/5  | (M)7  | 00:34:07 | 03.24 |
| 6  | 337 | ZAWODNIK Anonimowy   |                 |  | POL                              |    | M30/6  | (M)8  | 00:34:36 | 03.27 |
| 7  | 473 | ŻBICKI Jarosław      | PRZECLAW        |  | POL KB HERMES GRYFINO            | 84 | M30/7  | (M)9  | 00:35:18 | 03.31 |
| 8  | 308 | TERLIKOWSKI Grzegorz | ZIELENIEWO      |  | POL                              | 85 | M30/8  | (M)12 | 00:36:48 | 03.40 |
| 9  | 365 | MIKOŁAJCZAK Marcin   | SZCZECIN        |  | POL                              | 92 | M30/9  | (M)15 | 00:37:41 | 03.45 |
| 10 | 421 | KRAJEWSKI Piotr      | SZCZECIN        |  | POL                              | 88 | M30/10 | (M)21 | 00:38:29 | 03.50 |
| 11 | 349 | SZYCH Sebastian      | SZCZECIN        |  | POL                              | 91 | M30/11 | (M)25 | 00:39:04 | 03.53 |
| 12 | 341 | KIESZKOWSKI Adam     | SZCZECIN        |  | POL                              | 85 | M30/12 | (M)28 | 00:39:29 | 03.56 |
| 13 | 260 | HARHAJ Piotr         | STARGARD        |  | POL                              | 84 | M30/13 | (M)40 | 00:40:18 | 04.00 |
| 14 | 413 | BIAŁEK Paweł         | SZCZECIN        |  | POL KB HERMES GRYFINO            | 91 | M30/14 | (M)42 | 00:40:42 | 04.03 |
| 15 | 488 | SZCZEPAŃSKI Adam     | BEZRZECZE       |  | POL                              | 85 | M30/15 | (M)44 | 00:40:58 | 04.05 |
| 16 | 271 | JANOWICZ Mateusz     | SZCZECIN        |  | POL                              | 86 | M30/16 | (M)51 | 00:42:28 | 04.14 |
| 17 | 431 | TYSZCZUK Maciej      | STARGARD        |  | POL                              | 91 | M30/17 | (M)54 | 00:42:43 | 04.16 |
| 18 | 504 | OZIMKIEWICZ Radosław | STARGARD        |  | POL KALMAR RUNNERS               | 87 | M30/18 | (M)55 | 00:42:44 | 04.16 |
| 19 | 282 | MARKIEWICZ Kamil     | STARGARD        |  | POL BRIDGESTONE STARGARD RUNNERS | 93 | M30/19 | (M)59 | 00:43:07 | 04.18 |
| 20 | 302 | ZYGOŃ Artur          | STARGARD        |  | POL                              | 87 | M30/20 | (M)60 | 00:43:12 | 04.19 |
| 21 | 344 | SZAFRANEK Krzysztof  | STARGARD        |  | POL STARGARD                     | 86 | M30/21 | (M)61 | 00:43:28 | 04.20 |
| 22 | 214 | KAMIŃSKI Radosław    | ROKIETNICA      |  | POL MASA TEAM                    | 89 | M30/22 | (M)65 | 00:43:49 | 04.22 |
| 23 | 511 | POKRYWIECKI Łukasz   | DĘBNO           |  | POL STOWARZYSZENIE MARATON DĘBNO | 88 | M30/23 | (M)74 | 00:44:27 | 04.26 |
| 24 | 264 | ARCZYŃSKI Dawid      | STARGARD        |  | POL 12 BZ                        | 93 | M30/24 | (M)75 | 00:44:28 | 04.26 |
| 25 | 399 | ŚWIECIAK Tomasz      | SZCZECIN        |  | POL                              | 84 | M30/25 | (M)80 | 00:44:56 | 04.29 |
| 26 | 470 | FENGER Krzysztof     | SZCZECIN        |  | POL SZCZECIN                     | 93 | M30/26 | (M)86 | 00:45:38 | 04.33 |
| 27 | 330 | ZABŁOCKI Paweł       | SZCZECIN        |  | POL BRIDGESTONE RUNNERS STARGARD | 88 | M30/27 | (M)87 | 00:45:44 | 04.34 |
| 28 | 485 | KURANT Patryk        | STARGARD        |  | POL                              | 91 | M30/28 | (M)88 | 00:45:51 | 04.35 |
| 29 | 424 | ORMAN Tomasz         | STARGARD        |  | POL CELLCO ACTIVE TEAM           | 92 | M30/29 | (M)91 | 00:46:09 | 04.36 |
| 30 | 354 | RUTKOWSKI Paweł      | PYRZYCE         |  | POL PYRZYCE BIEGAJA              | 88 | M30/30 | (M)95 | 00:46:30 | 04.39 |

| Miejsce<br>Rank | Nr<br>Bib | Nazwisko i imię<br>Name | Miejscowość<br>City | Kraj<br>Nat | Drużyna<br>Team             | R-k<br>YoB | W kategorii<br>in Age | Sex    | Czas<br>Time | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|-----------------------------|------------|-----------------------|--------|--------------|----------|
| 31              | 506       | KOCIUBA Michał          | STARGARD            |             | POL KALMAR RUNNERS          | 89         | M30/31                | (M)96  | 00:46:32     | 04.39    |
| 32              | 357       | KUBIK Mateusz           | SZCZECIN            |             | POL FIZJOBIEGACZE SZCZECIN  | 87         | M30/32                | (M)98  | 00:46:35     | 04.39    |
| 33              | 243       | SOWIN Arek              | STARGARD            |             | POL ELEKTROBIM              | 84         | M30/33                | (M)105 | 00:47:10     | 04.43    |
| 34              | 247       | RUTKIEWICZ Dominik      | GRZEDZICE           |             | POL                         | 89         | M30/34                | (M)109 | 00:47:50     | 04.47    |
| 35              | 510       | DUDCZYK Norbert         | STARGARD            |             | POL BIALI SĄDÓW             | 93         | M30/35                | (M)116 | 00:48:19     | 04.49    |
| 36              | 418       | SZOSTEK Łukasz          | PUCICE              |             | POL                         | 88         | M30/36                | (M)118 | 00:48:20     | 04.50    |
| 37              | 200       | FRYDRYCH Michał         | STARGARD            |             | POL STARGARD                | 85         | M30/37                | (M)130 | 00:48:57     | 04.53    |
| 38              | 295       | STAWIARSKI Michał       | SZCZECIN            |             | POL                         | 91         | M30/38                | (M)138 | 00:49:50     | 04.59    |
| 39              | 325       | WILKOWSKI Tomasz        | PYRZYCE             |             | POL BACKER OBR              | 87         | M30/39                | (M)139 | 00:49:55     | 04.59    |
| 40              | 513       | LISEK Michał            | SŁAWNO              |             | POL                         | 88         | M30/40                | (M)149 | 00:50:56     | 05.05    |
| 41              | 300       | BURY Daniel             | STARGARD            |             | POL                         | 84         | M30/41                | (M)150 | 00:51:02     | 05.06    |
| 42              | 240       | RACZYŃSKI Robert        | CHOSZCZNO           |             | POL CHOSZCZEŃSKA 10         | 84         | M30/42                | (M)153 | 00:51:19     | 05.07    |
| 43              | 343       | CZERKAWSKI Paweł        | MARIANOWO           |             | POL AWESOMENOMAD            | 89         | M30/43                | (M)157 | 00:51:34     | 05.09    |
| 44              | 290       | KOZŁOWSKI Adam          | STARGARD            |             | POL                         | 92         | M30/44                | (M)161 | 00:52:23     | 05.14    |
| 45              | 283       | POTRYKUS Krzysztof      | PEZINO              |             | POL PALETTEN SERVICE POLSKA | 89         | M30/45                | (M)163 | 00:52:46     | 05.16    |
| 46              | 348       | KOWALCZYK Grzegorz      | STARGARD            |             | POL                         | 89         | M30/46                | (M)179 | 00:54:25     | 05.26    |
| 47              | 445       | MUSIAŁ Robert           | STARGARD            |             | POL STARGARD                | 93         | M30/47                | (M)181 | 00:55:08     | 05.30    |
| 48              | 307       | WOCHNER Kamil           | STARGARD            |             | POL BRAK                    | 85         | M30/48                | (M)184 | 00:55:59     | 05.35    |
| 49              | 499       | STAŃCZYK Sławomir       | STARGARD            |             | POL                         | 88         | M30/49                | (M)187 | 00:56:15     | 05.37    |
| 50              | 228       | KOWALSKI Marek          | SKALBMIERZ          |             | POL                         | 89         | M30/50                | (M)188 | 00:56:21     | 05.38    |
| 51              | 471       | KOS Jacek               | STARGARD            |             | POL MASA TEAM               | 89         | M30/51                | (M)192 | 00:56:51     | 05.41    |
| 52              | 436       | WYKA Łukasz             | SZCZECIN            |             | POL                         | 85         | M30/52                | (M)196 | 00:57:39     | 05.45    |
| 53              | 274       | KOBYLAREK Kamil         | STARGARD            |             | POL                         | 89         | M30/53                | (M)199 | 00:57:56     | 05.47    |
| 54              | 400       | ZAWODNIK Anonimowy      |                     |             | POL STARGARD                |            | M30/54                | (M)203 | 00:59:00     | 05.54    |
| 55              | 215       | SOBCZYK Miłosz          | TORUŃ               |             | POL MASA TEAM               | 89         | M30/55                | (M)210 | 01:05:35     | 06.33    |

### Bieg 10 km - M20 [24]

|    |     |                           |                     |  |                                  |    |        |        |          |       |
|----|-----|---------------------------|---------------------|--|----------------------------------|----|--------|--------|----------|-------|
| 1  | 489 | ADAMOVIČ Roman            | LESZNO              |  | INNNN ACHILLES LESZNO            | 96 | M20/1  | (M)1   | 00:30:00 | 02.59 |
| 2  | 444 | BELGRAU Szymon            | STRZELCE KRAJEŃSKIE |  | POL AE GROUP POLSKA              | 94 | M20/2  | (M)6   | 00:33:05 | 03.18 |
| 3  | 356 | SITARZ Damian             | MOGILNO             |  | POL                              | 98 | M20/3  | (M)11  | 00:36:40 | 03.40 |
| 4  | 366 | JUNAK Michał              | DOLICE              |  | POL                              | 00 | M20/4  | (M)14  | 00:37:37 | 03.45 |
| 5  | 384 | WOJTKIEWICZ Mateusz       | BIAŁOGARD           |  | POL KB DZIESIĄTKA BIAŁOGARD      | 95 | M20/5  | (M)18  | 00:38:16 | 03.49 |
| 6  | 395 | KRAWCZAK Oskar            | STARGARD            |  | POL                              | 98 | M20/6  | (M)32  | 00:39:38 | 03.57 |
| 7  | 212 | KOCOŃ Maciej              | STARGARD            |  | POL                              | 98 | M20/7  | (M)41  | 00:40:28 | 04.01 |
| 8  | 414 | ZIĘBA Piotr               | STARGARD            |  | POL                              | 00 | M20/8  | (M)67  | 00:43:59 | 04.23 |
| 9  | 209 | NIEDOBA Oliwier           | KOBYLANKA           |  | POL ALCHEMICZNA GILDIA BIEGOWA   | 94 | M20/9  | (M)81  | 00:45:01 | 04.30 |
| 10 | 284 | KARAŚ Tomasz              | PEZINO              |  | POL PALETTEN SERVICE POLSKA      | 94 | M20/10 | (M)99  | 00:46:36 | 04.39 |
| 11 | 459 | GÓRSKI Dawid              | STARGARD            |  | POL                              | 95 | M20/11 | (M)102 | 00:46:52 | 04.41 |
| 12 | 464 | WOJCIECHOWSKI Maksymilian | STARGARD            |  | POL                              | 02 | M20/12 | (M)114 | 00:48:14 | 04.49 |
| 13 | 225 | JÓZWIAK Bartosz           | GRZĘDZICE           |  | POL                              | 02 | M20/13 | (M)125 | 00:48:36 | 04.51 |
| 14 | 311 | ZIELINSKI Kacper          | SZCZECIN            |  | POL HOLSTAR                      | 95 | M20/14 | (M)132 | 00:49:06 | 04.54 |
| 15 | 500 | BAIZERT Krzysztof         | SZCZECIN            |  | POL                              | 94 | M20/15 | (M)146 | 00:50:52 | 05.05 |
| 16 | 468 | ZAWODNIK Anonimowy        |                     |  | POL                              |    | M20/16 | (M)154 | 00:51:25 | 05.08 |
| 17 | 446 | TABAKA Patryk             | KOŁBACZ             |  | POL BRAK                         | 98 | M20/17 | (M)156 | 00:51:30 | 05.09 |
| 18 | 322 | VAN WIJGERDEN Johan       | PEZINO              |  | POL HOLSTAR                      | 95 | M20/18 | (M)166 | 00:53:06 | 05.18 |
| 19 | 362 | ŚLEDZIAK Sebastian        | STARGARD            |  | POL BRIDGESTONE STARGARD RUNNERS | 94 | M20/19 | (M)172 | 00:53:24 | 05.20 |
| 20 | 377 | BURSKI Bartosz            | SZCZECIN            |  | POL PĄCZEK 2075                  | 95 | M20/20 | (M)193 | 00:56:58 | 05.41 |
| 21 | 408 | WYDRO Paweł               | STARGARD            |  | POL                              | 96 | M20/21 | (M)195 | 00:57:37 | 05.45 |
| 22 | 419 | NAKONECHNYI Vladyslav     | STARGARD            |  | POL PALETTEN SERVICE POLSKA      | 98 | M20/22 | (M)197 | 00:57:49 | 05.46 |
| 23 | 402 | HOLOVACH Maksym           | PEZINO              |  | POL PALETTEN SERVICE POLSKA      | 99 | M20/23 | (M)200 | 00:58:05 | 05.48 |
| 24 | 244 | CIUPA Tomasz              | STARGARD            |  | POL ELEKTROBIM                   | 94 | M20/24 | (M)212 | 01:07:06 | 06.42 |

### Bieg 10 km - M16 [2]

|   |     |                |          |  |              |    |       |        |          |       |
|---|-----|----------------|----------|--|--------------|----|-------|--------|----------|-------|
| 1 | 393 | DERYLAK Konrad | STARGARD |  | POL STARGARD | 04 | M16/1 | (M)122 | 00:48:31 | 04.51 |
| 2 | 487 | WOJTKUN Rafał  | STARGARD |  | POL 12 BZ    | 05 | M16/2 | (M)162 | 00:52:30 | 05.15 |

### Bieg 10 km - M75+ [6]

|   |     |                 |             |  |                          |    |        |        |          |       |
|---|-----|-----------------|-------------|--|--------------------------|----|--------|--------|----------|-------|
| 1 | 253 | CHLEBOWSKI Adam | SZCZECIN    |  | POL BOKARO TEAM SZCZECIN | 48 | M75+/1 | (M)140 | 00:49:55 | 04.59 |
| 2 | 478 | KACZMAREK Jan   | MIESZKOWICE |  | POL                      | 47 | M75+/2 | (M)144 | 00:50:43 | 05.04 |
| 3 | 291 | DOBAK Stefan    | SZAMOTUŁY   |  | POL KB SZAMOTUŁY         | 46 | M75+/3 | (M)151 | 00:51:10 | 05.07 |

| Miejsce<br>Rank | Nr<br>Bib | Nazwisko i imię<br>Name | Miejscowość<br>City | Kraj<br>Nat | Drużyna<br>Team        | R-k<br>YoB | W kategorii<br>in Age | Sex    | Czas<br>Time | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|------------------------|------------|-----------------------|--------|--------------|----------|
| 4               | 270       | FAJER Markus            | DOBRA SZCZECIŃSKA   |             | POL RAZ SZCZECIN       | 48         | M75+/4                | (M)186 | 00:56:14     | 05.37    |
| 5               | 509       | FRANKÓW Zbigniew        | DĘBNO               |             | POL MARATON DĘBNO      | 45         | M75+/5                | (M)206 | 00:59:49     | 05.58    |
| 6               | 364       | ORLOWSKI Bolesław       | NOWOGARD            |             | POL ENDORFINA NOWOGARD | 47         | M75+/6                | (M)209 | 01:04:50     | 06.29    |

### Bieg 10 km - K60 [1]

|   |     |              |        |  |                 |    |       |       |          |       |
|---|-----|--------------|--------|--|-----------------|----|-------|-------|----------|-------|
| 1 | 252 | KRÓLAK Beata | POLICE |  | POL SP 8 POLICE | 62 | K60/1 | (K)28 | 00:51:02 | 05.06 |
|---|-----|--------------|--------|--|-----------------|----|-------|-------|----------|-------|

### Bieg 10 km - K50 [7]

|   |     |                           |              |  |                                   |    |       |       |          |       |
|---|-----|---------------------------|--------------|--|-----------------------------------|----|-------|-------|----------|-------|
| 1 | 358 | DROZDEK Iwona             | KOBYLANKA    |  | POL BIEGAJĄCE DROZDKI             | 68 | K50/1 | (K)8  | 00:42:16 | 04.13 |
| 2 | 315 | MURAWSKA Wioletta         | SZCZECIN     |  | POL                               | 69 | K50/2 | (K)10 | 00:42:37 | 04.15 |
| 3 | 326 | SIDORKIEWICZ Anna         | MIĘDZYWODZIE |  | POL KLUB BIEGACZA KAMIEŃ POMORSKI | 71 | K50/3 | (K)23 | 00:49:25 | 04.56 |
| 4 | 462 | WOJCIECOWSKA Wioletta     | STARGARD     |  | POL STARGARD JA SIĘ NIE ŚCIGAM    | 69 | K50/4 | (K)26 | 00:50:15 | 05.01 |
| 5 | 503 | DOMINIAK Iwona            | STARGARD     |  | POL KALMAR RUNNERS                | 73 | K50/5 | (K)36 | 00:52:34 | 05.15 |
| 6 | 423 | WODZICZKO-PANOWICZ Monika | STARGARD     |  | POL                               | 73 | K50/6 | (K)38 | 00:52:57 | 05.17 |
| 7 | 321 | DZIWIŚZ Bogusława         | SZCZECIN     |  | POL HOŻA TEAM SKYRUNNERS          | 71 | K50/7 | (K)57 | 00:58:15 | 05.49 |

### Bieg 10 km - K40 [28]

|    |     |                           |             |  |                                     |    |        |       |          |       |
|----|-----|---------------------------|-------------|--|-------------------------------------|----|--------|-------|----------|-------|
| 1  | 467 | LEHONKOVA Nataliya        | POLONNOE    |  | UKR                                 | 82 | K40/1  | (K)1  | 00:34:50 | 03.29 |
| 2  | 494 | DZIETCZYK Sylwia          | CHOSZCZNO   |  | POL AKTYWNE CHOSZCZNO               | 77 | K40/2  | (K)3  | 00:40:03 | 03.59 |
| 3  | 241 | HAŁKA Justyna             | ŁOBEZ       |  | POL                                 | 80 | K40/3  | (K)12 | 00:43:22 | 04.20 |
| 4  | 242 | KONDRAT Olga              | SZCZECIN    |  | POL FIZJOLADY                       | 83 | K40/4  | (K)14 | 00:46:28 | 04.38 |
| 5  | 312 | SZAR Aneta                | DĘBNO       |  | POL                                 | 77 | K40/5  | (K)15 | 00:47:08 | 04.42 |
| 6  | 383 | KORDELA Dominika          | SZCZECIN    |  | POL HOŻA TEAM SKYRUNNERS            | 80 | K40/6  | (K)20 | 00:49:01 | 04.54 |
| 7  | 259 | GÓRNICKA Julia            | GOLENIOW    |  | POL                                 | 80 | K40/7  | (K)22 | 00:49:24 | 04.56 |
| 8  | 367 | SKRZYPCZYŃSKA Agnieszka   | STARGARD    |  | POL STARGARD                        | 80 | K40/8  | (K)27 | 00:50:19 | 05.01 |
| 9  | 202 | PEŁKA Agata               | ŚWINOUJŚCIE |  | POL                                 | 82 | K40/9  | (K)29 | 00:51:12 | 05.07 |
| 10 | 474 | PRZYBYLSKA Aleksandra     | LIPIANY     |  | POL                                 | 83 | K40/10 | (K)32 | 00:52:04 | 05.12 |
| 11 | 385 | NADOLNA Monika            | SZCZECIN    |  | POL PARKRUN SZCZECIN                | 78 | K40/11 | (K)35 | 00:52:30 | 05.15 |
| 12 | 305 | JANCZULEWICZ Magdalena    | STARGARD    |  | POL FIT CAKE STARGARD               | 79 | K40/12 | (K)37 | 00:52:35 | 05.15 |
| 13 | 289 | ŁABACZ Monika             | STARGARD    |  | POL                                 | 77 | K40/13 | (K)39 | 00:52:57 | 05.17 |
| 14 | 232 | ŁUKASIEWICZ Agnieszka     | GRYFINO     |  | POL KB HERMES GRYFINO               | 76 | K40/14 | (K)44 | 00:54:24 | 05.26 |
| 15 | 451 | GREŃDA Monika             | DOBRZANY    |  | POL DOBRZANY                        | 77 | K40/15 | (K)46 | 00:54:48 | 05.28 |
| 16 | 294 | MAKOWSKA Joanna           | CHOSZCZNO   |  | POL ZAKŁAD KARNY STARGARD           | 76 | K40/16 | (K)48 | 00:55:06 | 05.30 |
| 17 | 447 | DANILUK-DUPLA Ewa         | SZCZECIN    |  | POL WIECZORNE BIEGANIE W SZCZECINIE | 79 | K40/17 | (K)51 | 00:56:29 | 05.38 |
| 18 | 453 | GWÓDŹ Aurelia             | SZCZECIN    |  | POL                                 | 78 | K40/18 | (K)52 | 00:56:47 | 05.40 |
| 19 | 208 | IZAK Katarzyna            | STARGARD    |  | POL                                 | 78 | K40/19 | (K)53 | 00:56:48 | 05.40 |
| 20 | 398 | BIEŃKOWSKA-GLIGA Anna     | SZCZECIN    |  | POL                                 | 77 | K40/20 | (K)54 | 00:57:27 | 05.44 |
| 21 | 333 | URBAŃSKA-IZYDORCZYK Kinga | STARGARD    |  | POL STARGARD JA SIĘ NIE ŚCIGAM      | 83 | K40/21 | (K)56 | 00:57:56 | 05.47 |
| 22 | 477 | KWIECISZEWSKA Ewelina     | CHOSZCZNO   |  | POL                                 | 83 | K40/22 | (K)58 | 00:58:36 | 05.51 |
| 23 | 316 | GRIMM-SPERLING Anja       | KRACKOW     |  | GER                                 | 74 | K40/23 | (K)59 | 00:59:32 | 05.57 |
| 24 | 199 | KOMOROWSKA Anna           | STARGARD    |  | POL                                 | 81 | K40/24 | (K)60 | 01:00:12 | 06.01 |
| 25 | 292 | ZJADEWICZ Joanna          | STARGARD    |  | POL                                 | 83 | K40/25 | (K)63 | 01:04:26 | 06.26 |
| 26 | 336 | SZUTRA Agnieszka          | ŚWIDWIN     |  | POL                                 | 77 | K40/26 | (K)65 | 01:06:25 | 06.38 |
| 27 | 230 | NADOBNA Kamila            | STARGARD    |  | POL STARGARD JA SIĘ NIE ŚCIGAM      | 80 | K40/27 | (K)67 | 01:07:03 | 06.42 |
| 28 | 369 | DOBIECKA Joanna           | STARGARD    |  | POL STARGARD JA SIĘ NIE ŚCIGAM      | 83 | K40/28 | (K)68 | 01:07:05 | 06.42 |

### Bieg 10 km - K30 [22]

|    |     |                     |                     |  |                                  |    |        |       |          |       |
|----|-----|---------------------|---------------------|--|----------------------------------|----|--------|-------|----------|-------|
| 1  | 463 | ANDRZEJCZAK Monika  | SZCZECIN            |  | POL RAZ SZCZECIN                 | 85 | K30/1  | (K)2  | 00:34:58 | 03.29 |
| 2  | 319 | ZATOŃ Olga          | ŚWIDWIN             |  | POL BIEGOLAS KOSZALIN            | 85 | K30/2  | (K)4  | 00:40:15 | 04.01 |
| 3  | 407 | CHOJNACKA Katarzyna | ŚRODA WIELKOPOLSKA  |  | POL ORKAN ŚRODA                  | 91 | K30/3  | (K)5  | 00:40:15 | 04.00 |
| 4  | 218 | KOWALCZYK Kamila    | GORZOW WIELKOPOLSKI |  | POL WIERZBICKI RUNNING PROJECT   | 89 | K30/4  | (K)6  | 00:40:55 | 04.04 |
| 5  | 293 | KOSZTOWNY Agata     | SZCZECIN            |  | POL SKSG KORONA SZCZECIN         | 87 | K30/5  | (K)7  | 00:40:55 | 04.05 |
| 6  | 324 | KAMIŃSKA Agata      | SZCZECIN            |  | POL KAMIŃSKI TEAM                | 85 | K30/6  | (K)9  | 00:42:24 | 04.14 |
| 7  | 507 | SZMACIŃSKA Sylwia   | GŁOGÓW              |  | POL ZABIEGANIZYCIEM              | 89 | K30/7  | (K)11 | 00:43:14 | 04.19 |
| 8  | 461 | SZUBERT Bożena      | STARGARD            |  | POL STARGARD                     | 86 | K30/8  | (K)13 | 00:45:51 | 04.35 |
| 9  | 327 | WALKOWIAK Daria     | STARGARD            |  | POL BRIDGESTONE RUNNERS STARGARD | 92 | K30/9  | (K)16 | 00:47:28 | 04.44 |
| 10 | 251 | KRÓLAK Aleksandra   | POLICE              |  | POL                              | 90 | K30/10 | (K)17 | 00:48:05 | 04.48 |
| 11 | 262 | KACZMAREK Natalia   | DOLICE              |  | POL FIZJOBIEGACZE SZCZECIN       | 92 | K30/11 | (K)18 | 00:48:30 | 04.51 |
| 12 | 411 | JAMRO Lucyna        | SZCZECIN            |  | POL BRAK                         | 85 | K30/12 | (K)25 | 00:49:50 | 04.59 |
| 13 | 211 | ADAMOWICZ Karolina  | STARGARD            |  | POL                              | 85 | K30/13 | (K)31 | 00:52:03 | 05.12 |

| Miejsce<br>Rank | Nr<br>Bib | Nazwisko i imię<br>Name    | Miejscowość<br>City | Kraj<br>Nat | Drużyna<br>Team                | R-k<br>YoB | W kategorii<br>in Age | Sex   | Czas<br>Time | [min/km] |
|-----------------|-----------|----------------------------|---------------------|-------------|--------------------------------|------------|-----------------------|-------|--------------|----------|
| 14              | 304       | KACZYŃSKA Patrycja         | STARGARD            |             | POL                            | 92         | K30/14                | (K)40 | 00:53:11     | 05.19    |
| 15              | 481       | WOJCIECHOWSKA Agata        | STARGARD            |             | POL                            | 93         | K30/15                | (K)42 | 00:53:29     | 05.20    |
| 16              | 438       | SIWIELA Katarzyna          | SOWNO               |             | POL BRAK                       | 85         | K30/16                | (K)45 | 00:54:26     | 05.26    |
| 17              | 420       | PIETRZAK Joanna            | STARGARD            |             | POL                            | 85         | K30/17                | (K)47 | 00:55:04     | 05.30    |
| 18              | 278       | ŚLIWIŃSKA-KOPNIEWSKA Ilona | STARGARD            |             | POL STARGARD JA SIĘ NIE ŚCIGAM | 86         | K30/18                | (K)50 | 00:55:53     | 05.35    |
| 19              | 309       | SADOWSKA Justyna           | STARGARD            |             | POL                            | 91         | K30/19                | (K)55 | 00:57:31     | 05.45    |
| 20              | 306       | POLBERK Marta              | STARGARD            |             | POL                            | 86         | K30/20                | (K)61 | 01:02:58     | 06.17    |
| 21              | 207       | ŁODYGA Joanna              | STARGARD            |             | POL                            | 85         | K30/21                | (K)64 | 01:04:40     | 06.28    |
| 22              | 374       | HOFFMANN Marta             | STARGARD            |             | POL CROSS TEAM STARGARD        | 88         | K30/22                | (K)66 | 01:07:00     | 06.42    |

### Bieg 10 km - K20 [8]

|   |     |                       |          |  |                                  |    |       |       |          |       |
|---|-----|-----------------------|----------|--|----------------------------------|----|-------|-------|----------|-------|
| 1 | 469 | NIEWIAROWSKA Weronika | SZCZECIN |  | POL                              | 99 | K20/1 | (K)19 | 00:48:51 | 04.53 |
| 2 | 296 | FRANK Ines            | STARGARD |  | POL                              | 02 | K20/2 | (K)21 | 00:49:20 | 04.56 |
| 3 | 227 | KRUSZKO Aleksandra    | SZCZECIN |  | POL                              | 97 | K20/3 | (K)24 | 00:49:42 | 04.58 |
| 4 | 332 | KISIEL Kamila         | CHOCIWEL |  | POL BRIDGESTONE RUNNERS STARGARD | 95 | K20/4 | (K)30 | 00:51:42 | 05.10 |
| 5 | 426 | JAKUBOWSKA Angelika   | STARGARD |  | POL MUSTANGI KOBYLANKA           | 94 | K20/5 | (K)34 | 00:52:22 | 05.14 |
| 6 | 405 | LATKOWSKA Paulina     | STARGARD |  | POL                              | 94 | K20/6 | (K)41 | 00:53:16 | 05.19 |
| 7 | 495 | HUSIEVA Hanna         | KRAKOW   |  | POL AKTYWNE CHOSZCZNO            | 96 | K20/7 | (K)43 | 00:53:56 | 05.23 |
| 8 | 375 | DYCZKO Olga           | SZCZECIN |  | POL PĄCZEK 2075                  | 94 | K20/8 | (K)49 | 00:55:45 | 05.34 |

### Bieg 10 km - K65 [2]

|   |     |                 |                     |  |                                 |    |       |       |          |       |
|---|-----|-----------------|---------------------|--|---------------------------------|----|-------|-------|----------|-------|
| 1 | 493 | MAJŁOWSKA Irena | GORZÓW WIELKOPOLSKI |  | POL TEAM MAJŁOWSCY GORZÓW WLKP. | 53 | K65/1 | (K)33 | 00:52:12 | 05.13 |
| 2 | 484 | BUTOKA Brygida  | DĄBKI               |  | POL                             | 57 | K65/2 | (K)62 | 01:04:10 | 06.25 |

### Bieg 5 km - M70 [4]

|   |     |                   |             |  |                      |    |       |       |          |       |
|---|-----|-------------------|-------------|--|----------------------|----|-------|-------|----------|-------|
| 1 | 105 | MARCINKIEWICZ Jan | SZCZECIN    |  | POL                  | 52 | M70/1 | (M)58 | 00:25:00 | 05.00 |
| 2 | 107 | RYBICKI Janusz    | POLICE      |  | POL POLICE           | 50 | M70/2 | (M)64 | 00:25:28 | 05.05 |
| 3 | 79  | OKONEK Kazimierz  | GORZÓW WLKP |  | POL BBL GORZÓW WLKP. | 49 | M70/3 | (M)68 | 00:26:06 | 05.13 |
| 4 | 80  | ROMAS Czesław     | GORZÓW      |  | POL GORZÓW NAD WARTĄ | 50 | M70/4 | (M)77 | 00:29:33 | 05.54 |

### Bieg 5 km - M60 [3]

|   |     |                          |          |  |                     |    |       |       |          |       |
|---|-----|--------------------------|----------|--|---------------------|----|-------|-------|----------|-------|
| 1 | 177 | SZCZUPACZYŃSKI Arkadiusz | GRYFICE  |  | POL RUNGRYF GRYFICE | 63 | M60/1 | (M)25 | 00:20:36 | 04.06 |
| 2 | 139 | KUĆ Dariusz              | STARGARD |  | POL                 | 63 | M60/2 | (M)37 | 00:22:11 | 04.24 |
| 3 | 112 | JAMROZIAK Paweł          | GOLCZEWO |  | POL                 | 56 | M60/3 | (M)71 | 00:27:50 | 05.34 |

### Bieg 5 km - M50 [11]

|    |     |                        |            |  |                                  |    |        |       |          |       |
|----|-----|------------------------|------------|--|----------------------------------|----|--------|-------|----------|-------|
| 1  | 161 | DOBOSZ Jerry           | SZCZECIN   |  | POL KENYANRUN.COM                | 72 | M50/1  | (M)14 | 00:18:21 | 03.39 |
| 2  | 163 | WINIARSKI Mariusz      | STARGARD   |  | POL STARGARD JA SIĘ NIE ŚCIGAM   | 73 | M50/2  | (M)26 | 00:21:16 | 04.13 |
| 3  | 113 | RYMER Wojciech         | PUCICE     |  | POL WŁASNY JEDNOOSOBOWY          | 72 | M50/3  | (M)48 | 00:23:10 | 04.38 |
| 4  | 149 | KARSKI Mateusz         | POGÓRZE    |  | POL                              | 73 | M50/4  | (M)51 | 00:23:17 | 04.39 |
| 5  | 127 | MAJZEL Tomasz          | SZCZECIN   |  | POL SZCZECIN                     | 65 | M50/5  | (M)54 | 00:23:34 | 04.42 |
| 6  | 134 | JĘDRZEJCZYK Franciszek | TRZEBIATÓW |  | POL                              | 71 | M50/6  | (M)57 | 00:24:45 | 04.57 |
| 7  | 165 | PACHOLSKI Robert       | KRĘPSKO    |  | POL ZAŁEWSKI PERFORMANCE ACADEMY | 73 | M50/7  | (M)60 | 00:25:04 | 05.00 |
| 8  | 152 | KLIMEK Andrzej         | SZCZECIN   |  | POL                              | 72 | M50/8  | (M)62 | 00:25:08 | 05.01 |
| 9  | 178 | STRZYGA Mariusz        | STARGARD   |  | POL                              | 73 | M50/9  | (M)63 | 00:25:28 | 05.05 |
| 10 | 82  | STACHOWSKI Andrzej     | SZCZECIN   |  | POL MONIAGYM                     | 68 | M50/10 | (M)66 | 00:25:51 | 05.10 |
| 11 | 168 | GURAK Tomasz           | STARGARD   |  | POL GURSPED                      | 72 | M50/11 | (M)74 | 00:28:40 | 05.44 |

### Bieg 5 km - M40 [16]

|    |     |                       |                     |  |                                      |    |        |       |          |       |
|----|-----|-----------------------|---------------------|--|--------------------------------------|----|--------|-------|----------|-------|
| 1  | 143 | ŁUKASZEWSKI Sebastian |                     |  | POL STARGARDZKI KLUB LEKKOATLETYCZNY | 79 | M40/1  | (M)8  | 00:17:02 | 03.24 |
| 2  | 101 | ORGANKA Marcin        | WĘGORZYNO           |  | POL TRUCHT ŁÓBEZ                     | 79 | M40/2  | (M)12 | 00:17:56 | 03.34 |
| 3  | 123 | HOLUB Kamil           | TRZEBIATÓW          |  | POL MLUKS TRZEBIATÓW                 | 80 | M40/3  | (M)13 | 00:18:10 | 03.38 |
| 4  | 179 | WRÓBLEWSKI Michał     | GRYFICE             |  | POL DZIKIE WRÓBLE                    | 80 | M40/4  | (M)18 | 00:19:52 | 03.57 |
| 5  | 114 | LEWANDOWSKI Waldemar  | GORZÓW WIELKOPOLSKI |  | POL LEWANDOWSCY TEAM                 | 80 | M40/5  | (M)24 | 00:20:35 | 04.06 |
| 6  | 185 | MALINOWSKI Norbert    | STARGARD            |  | POL                                  | 83 | M40/6  | (M)28 | 00:21:23 | 04.13 |
| 7  | 175 | WĘDZIŃSKI Maciej      | GRYFICE             |  | POL GATRI GRYFICE                    | 78 | M40/7  | (M)31 | 00:21:37 | 04.16 |
| 8  | 90  | KORNIEJEW Piotr       | PYRZYCE             |  | POL BRIDGESTONE RUNNERS STARGARD     | 80 | M40/8  | (M)36 | 00:22:00 | 04.21 |
| 9  | 86  | JAGIEŁŁO Rafał        | STARGARD            |  | POL BIEGAM BO LUBIĘ                  | 80 | M40/9  | (M)38 | 00:22:14 | 04.26 |
| 10 | 97  | SELIGA Piotr          | MIROSLAWIEC         |  | POL LUDWIG CZEKOLADA TUCZNO TEAM     | 77 | M40/10 | (M)45 | 00:22:50 | 04.34 |
| 11 | 160 | HUSZCZA Piotr         | PYRZYCE             |  | POL PYRZYCE BIEGAJĄ                  | 78 | M40/11 | (M)50 | 00:23:12 | 04.38 |
| 12 | 109 | BRUNDA Bartosz        | GRYFICE             |  | POL BB KING                          | 82 | M40/12 | (M)52 | 00:23:25 | 04.41 |
| 13 | 96  | MAZUREK Tomasz        | STARGARD            |  | POL BWD WKPW STARGARD                | 80 | M40/13 | (M)56 | 00:24:34 | 04.54 |

| Miejsce<br>Rank | Nr<br>Bib | Nazwisko i imię<br>Name | Miejscowość<br>City | Kraj<br>Nat | Drużyna<br>Team       | R-k<br>YoB | W kategorii<br>in Age | Sex   | Czas<br>Time | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|-----------------------|------------|-----------------------|-------|--------------|----------|
| 14              | 94        | ŁAGIEWKA Jacek          | STARGARD            |             | POL BWD WKPW STARGARD | 79         | M40/14                | (M)73 | 00:27:50     | 05.34    |
| 15              | 81        | SZMIT Damian            | STARGARD            |             | POL BRAK              | 75         | M40/15                | (M)75 | 00:28:52     | 05.46    |
| 16              | 146       | ŁYSON Andrzej           | STARGARD            |             | POL                   | 80         | M40/16                | (M)76 | 00:29:14     | 05.50    |

### Bieg 5 km - M30 [29]

|    |     |                      |                     |  |  |    |        |       |          |       |
|----|-----|----------------------|---------------------|--|--|----|--------|-------|----------|-------|
| 1  | 192 | JANCAK Filip         | ŚRODA WLKP          |  | POL ŚRODA WIELKOPOLSKA                           | 89 | M30/1  | (M)1  | 00:15:52 | 03.10 |
| 2  | 188 | GRAJEK Mateusz       | OSTRÓW WIELKOPOLSKI |  | POL KB CZARNE WILKI / ZALESIEZM.PL               | 90 | M30/2  | (M)2  | 00:16:14 | 03.14 |
| 3  | 98  | CHRUŚCIŃSKI Kacper   | SZCZECIN            |  | POL 12 BZ  | 92 | M30/3  | (M)3  | 00:16:19 | 03.15 |
| 4  | 190 | KABAT Damian         | STARGARD            |  | POL WMLKS POMORZE STARGARD                       | 89 | M30/4  | (M)4  | 00:16:34 | 03.18 |
| 5  | 158 | SZYMAŃSKI Łukasz     | POBIEROWO           |  | POL ZALEWSKI PERFORMANCE ACADEMY/BP<br>POBIEROWO | 89 | M30/5  | (M)7  | 00:16:54 | 03.22 |
| 6  | 129 | PRZEKOPOWICZ Bartosz | STARGARD            |  | POL WOJSKO POLSKIE                               | 92 | M30/6  | (M)10 | 00:17:33 | 03.29 |
| 7  | 136 | BARANOWSKI Wojciech  | SZCZECIN            |  | POL TEAM KOPEĆ                                   | 85 | M30/7  | (M)11 | 00:17:43 | 03.31 |
| 8  | 119 | BURAS Radosław       | GRYFINO             |  | POL KM PSP SZCZECIN JRG2                         | 89 | M30/8  | (M)16 | 00:19:29 | 03.53 |
| 9  | 75  | STUŁA Rafał          | NOWA SÓL            |  | POL  | 91 | M30/9  | (M)19 | 00:19:55 | 03.57 |
| 10 | 76  | KRAJEWSKI Sławomir   | STARGARD            |  | POL  | 88 | M30/10 | (M)20 | 00:20:03 | 04.00 |
| 11 | 162 | URĘDOWSKI Piotr      | PYRZYCE             |  | POL PYRZYCE BIEGAJĄ                              | 88 | M30/11 | (M)21 | 00:20:04 | 03.59 |
| 12 | 133 | PUCHALSKI Grzegorz   | SZCZECIN            |  | POL RUNFOURFUN                                   | 88 | M30/12 | (M)22 | 00:20:13 | 04.02 |
| 13 | 171 | MAZURSKI Paweł       | GRYFICE             |  | POL  | 89 | M30/13 | (M)29 | 00:21:28 | 04.16 |
| 14 | 89  | SKRODZKI Paweł       | BORNE SULINOWO      |  | POL  | 91 | M30/14 | (M)32 | 00:21:43 | 04.18 |
| 15 | 154 | PYRGIEL Łukasz       | MORZYCZYN           |  | POL  | 84 | M30/15 | (M)34 | 00:21:50 | 04.20 |
| 16 | 126 | KOWALSKI Krystian    | CHOSZCZNO           |  | POL SŁUŻBA MUNDUROWA                             | 84 | M30/16 | (M)35 | 00:21:57 | 04.20 |
| 17 | 124 | KOSIBA Krzysiek      | STARGARD            |  | POL  | 92 | M30/17 | (M)39 | 00:22:16 | 04.27 |
| 18 | 147 | KAŹMIERCZAK Mirosław | DALEWO              |  | POL  | 85 | M30/18 | (M)40 | 00:22:23 | 04.28 |
| 19 | 156 | SZUĆKO Tomasz        | STARGARD            |  | POL  | 85 | M30/19 | (M)41 | 00:22:23 | 04.25 |
| 20 | 174 | LUDWIN Krzysztof     | STARGARD            |  | POL 12 BRYGADA ZMECHANIZOWANA                    | 90 | M30/20 | (M)43 | 00:22:35 | 04.31 |
| 21 | 72  | WÓJCİK Damian        | STARGARD            |  | POL ELEKTROBIM                                   | 85 | M30/21 | (M)44 | 00:22:44 | 04.32 |
| 22 | 63  | KOWALIK Michał       | STARGARD            |  | POL  | 86 | M30/22 | (M)47 | 00:23:02 | 04.36 |
| 23 | 84  | FRYC Łukasz          | ŻORY                |  | POL  | 89 | M30/23 | (M)49 | 00:23:12 | 04.38 |
| 24 | 106 | IGIELSKI Paweł       | STARGARD            |  | POL  | 87 | M30/24 | (M)59 | 00:25:03 | 05.00 |
| 25 | 121 | WILIŃSKI Tomasz      | GRZĘDZICE           |  | POL WILSON TEAM                                  | 91 | M30/25 | (M)65 | 00:25:41 | 05.08 |
| 26 | 182 | LASECKI Paweł        | ŻAROWO              |  | POL EURONET POLSKA                               | 88 | M30/26 | (M)67 | 00:26:01 | 05.12 |
| 27 | 157 | SZYMCZYK Piotr       | STARGARD            |  | POL BWD WKPW STARGARD                            | 84 | M30/27 | (M)70 | 00:27:50 | 05.34 |
| 28 | 141 | ZABŁOCKI Łukasz      | STARGARD            |  | POL LIDL   | 88 | M30/28 | (M)72 | 00:27:50 | 05.34 |
| 29 | 118 | KUCYRKA Marcin       | STARGARD            |  | POL STARGARD                                     | 88 | M30/29 | (M)78 | 00:37:00 | 07.24 |

### Bieg 5 km - M20 [8]

|   |     |                       |          |  |                                      |    |       |       |          |       |
|---|-----|-----------------------|----------|--|--------------------------------------|----|-------|-------|----------|-------|
| 1 | 120 | PIETRUSZKA Paweł      | SZCZECIN |  | POL MKL SZCZECIN                     | 02 | M20/1 | (M)6  | 00:16:48 | 03.21 |
| 2 | 66  | ANDRUSZKIEWICZ Damian | STARGARD |  | POL KB PIONIER SZCZECIN              | 02 | M20/2 | (M)9  | 00:17:17 | 03.27 |
| 3 | 137 | WOŹNIAKOWSKI Kacper   | SZCZECIN |  | POL                                  | 96 | M20/3 | (M)15 | 00:19:26 | 03.51 |
| 4 | 144 | CICHOWICZ Michał      | POZNAŃ   |  | POL                                  | 96 | M20/4 | (M)17 | 00:19:33 | 03.53 |
| 5 | 180 | SZCZERBA Bartosz      | STARGARD |  | POL                                  | 01 | M20/5 | (M)42 | 00:22:30 | 04.30 |
| 6 | 189 | PLACHECKI Piotr       | STARGARD |  | POL STARGARDZKI KLUB LEKKOATLETYCZNY | 00 | M20/6 | (M)55 | 00:23:58 | 04.47 |
| 7 | 71  | BOROWSKI Jan          | STARGARD |  | POL ELEKTROBIM                       | 95 | M20/7 | (M)61 | 00:25:06 | 05.01 |
| 8 | 108 | SZYMAŃSKI Wojciech    | PYRZYCE  |  | POL                                  | 94 | M20/8 | (M)79 | 00:40:38 | 08.07 |

### Bieg 5 km - M16 [8]

|   |     |                   |           |  |                       |    |       |       |          |       |
|---|-----|-------------------|-----------|--|-----------------------|----|-------|-------|----------|-------|
| 1 | 140 | ZAJĄC Radosław    | SZCZECIN  |  | POL MKL SZCZECIN      | 06 | M16/1 | (M)5  | 00:16:47 | 03.20 |
| 2 | 508 | STODOLSKI Igor    | STARGARD  |  | POL                   | 06 | M16/2 | (M)23 | 00:20:20 | 04.02 |
| 3 | 186 | MALINOWSKI Marcel | STARGARD  |  | POL                   | 07 | M16/3 | (M)27 | 00:21:23 | 04.13 |
| 4 | 159 | WALAS Mateusz     | SZCZECIN  |  | POL UKS OSOT SZCZECIN | 08 | M16/4 | (M)30 | 00:21:32 | 04.18 |
| 5 | 148 | ZAWIŚLAK Kacper   | DOBRZANY  |  | POL STARGARD          | 06 | M16/5 | (M)33 | 00:21:44 | 04.19 |
| 6 | 78  | KOBIELSKI Dawid   | MORZYCZYN |  | POL                   | 06 | M16/6 | (M)46 | 00:22:54 | 04.34 |
| 7 | 181 | SZTUKIN Filip     | GOLCZEWO  |  | POL                   | 08 | M16/7 | (M)53 | 00:23:25 | 04.41 |
| 8 | 166 | DOBREK Antoni     | STARGARD  |  | POL                   | 07 | M16/8 | (M)69 | 00:26:59 | 05.23 |

### Bieg 5 km - K60 [1]

|   |     |               |          |  |              |    |       |       |          |       |
|---|-----|---------------|----------|--|--------------|----|-------|-------|----------|-------|
| 1 | 115 | SULEJA Joanna | STARGARD |  | POL STARGARD | 60 | K60/1 | (K)31 | 00:30:43 | 06.08 |
|---|-----|---------------|----------|--|--------------|----|-------|-------|----------|-------|

### Bieg 5 km - K50 [5]

|   |    |                |       |  |                  |    |       |      |          |       |
|---|----|----------------|-------|--|------------------|----|-------|------|----------|-------|
| 1 | 92 | ZIELIŃSKA Anna | ŁOBEZ |  | POL TRUCHT ŁOBEZ | 72 | K50/1 | (K)4 | 00:19:18 | 03.51 |
|---|----|----------------|-------|--|------------------|----|-------|------|----------|-------|

| Miejsce<br>Rank | Nr<br>Bib | Nazwisko i imię<br>Name | Miejscowość<br>City | Kraj<br>Nat | Drużyna<br>Team | R-k<br>YoB | W kategorii<br>in Age | Sex   | Czas<br>Time | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|-----------------|------------|-----------------------|-------|--------------|----------|
| 2               | 150       | WIERZBICKA Sylwia       | LIPNIK              |             | POL STARGARD    | 72         | K50/2                 | (K)16 | 00:24:22     | 04.52    |
| 3               | 194       | JAKUBIAK Anna           | SZCZECIN            |             | POL DZIKIE KUNY | 69         | K50/3                 | (K)21 | 00:26:48     | 05.21    |
| 4               | 125       | MĄDRA Iwona             | GRZĘDZICE           |             | POL             | 69         | K50/4                 | (K)28 | 00:29:57     | 05.59    |
| 5               | 69        | SIKORSKA Honorata       | STARGARD            |             | POL             | 70         | K50/5                 | (K)30 | 00:30:10     | 06.02    |

### Bieg 5 km - K40 [11]

|    |     |                      |           |  |  |    |        |       |          |       |
|----|-----|----------------------|-----------|--|--|----|--------|-------|----------|-------|
| 1  | 172 | KĘDZIERSKA Karolina  | SZCZECIN  |  | POL  | 81 | K40/1  | (K)7  | 00:20:21 | 04.03 |
| 2  | 169 | POCHRANOWICZ Barbara | DĘBNO     |  | POL STOWARZYSZENIE MARATON DĘBNOOSP<br>DĘBNO | 77 | K40/2  | (K)9  | 00:21:17 | 04.15 |
| 3  | 100 | LUBASIŃSKA Agnieszka | STARGARD  |  | POL BACKER OBR                               | 82 | K40/3  | (K)14 | 00:23:15 | 04.39 |
| 4  | 138 | STOLARSKA Paulina    | STARGARD  |  | POL  | 79 | K40/4  | (K)22 | 00:27:22 | 05.28 |
| 5  | 64  | ROLNICZAK Joanna     | TRZCIANKA |  | POL TRZCIANKA                                | 80 | K40/5  | (K)24 | 00:27:43 | 05.32 |
| 6  | 132 | KUSTRZA Gosia        | STARGARD  |  | POL  | 79 | K40/6  | (K)27 | 00:28:50 | 05.46 |
| 7  | 193 | JAKSINA Anna         | SZCZECIN  |  | POL WIECZORNE BIEGANIE                       | 77 | K40/7  | (K)29 | 00:30:07 | 06.01 |
| 8  | 117 | TROJANOWSKA Jolanta  | STARGARD  |  | POL BACKER OBR                               | 77 | K40/8  | (K)37 | 00:35:14 | 07.02 |
| 9  | 131 | KOWCUN Marta         | STARGARD  |  | POL STARGARD                                 | 82 | K40/9  | (K)38 | 00:37:12 | 07.26 |
| 10 | 83  | KOSTKIEWICZ Iwona    | STARGARD  |  | POL  | 75 | K40/10 | (K)40 | 00:39:07 | 07.49 |

### Bieg 5 km - K30 [15]

|    |     |                            |              |  |   |    |        |       |          |       |
|----|-----|----------------------------|--------------|--|---|----|--------|-------|----------|-------|
| 1  | 176 | NOWAK Sandra               | ZIELONA GÓRA |  | POL   | 90 | K30/1  | (K)1  | 00:17:58 | 03.34 |
| 2  | 155 | WIĘCKOWSKA Sandra          | POZNAŃ       |  | POL ZALEWSKI PERFORMANCE ACADEMY                | 92 | K30/2  | (K)2  | 00:18:10 | 03.37 |
| 3  | 116 | KRYNICKA GRZYB Małgorzata  | TRZEBIATÓW   |  | POL MLUKS TRZEBIATÓW                            | 87 | K30/3  | (K)3  | 00:18:58 | 03.47 |
| 4  | 104 | FIENKO Katarzyna           | PEŁCZYCE     |  | POL WIERZBICKI RUNNING PROJECT                  | 89 | K30/4  | (K)5  | 00:19:43 | 03.55 |
| 5  | 93  | PILARCZYK Jolanta          | SZCZECIN     |  | POL BWD WKPW STARGARD                           | 92 | K30/5  | (K)6  | 00:19:46 | 03.55 |
| 6  | 167 | LUDWIN Katarzyna           | STARGARD     |  | POL 12 BATALION DOWODZENIA UŁANÓW<br>PODOLSKICH | 90 | K30/6  | (K)11 | 00:21:42 | 04.19 |
| 7  | 164 | PRZYBYŁOWICZ Małgorzata    | SZCZECINEK   |  | POL SZCZECINECCY BIEGACZE                       | 85 | K30/7  | (K)13 | 00:22:56 | 04.35 |
| 8  | 102 | CYPRYCH Katarzyna          | GDAŃSK       |  | POL   | 88 | K30/8  | (K)17 | 00:24:42 | 04.56 |
| 9  | 77  | OGRODOWICZ Katarzyna       | MIĘDZYWODZIE |  | POL KLUB BIEGACZA KAMIEŃ POMORSKI               | 84 | K30/9  | (K)18 | 00:24:56 | 04.59 |
| 10 | 128 | JAWÓR Magdalena            | SZCZECIN     |  | POL   | 86 | K30/10 | (K)23 | 00:27:43 | 05.32 |
| 11 | 68  | WOŁOZYN Ola                | SZCZECIN     |  | POL   | 85 | K30/11 | (K)25 | 00:27:56 | 05.35 |
| 12 | 88  | KOCHANOWSKA Ela            | DOLICE       |  | POL   | 89 | K30/12 | (K)26 | 00:28:08 | 05.37 |
| 13 | 151 | OBIELAK Angelika           | DĘBNO        |  | POL   | 91 | K30/13 | (K)33 | 00:31:55 | 06.23 |
| 14 | 110 | SOBOLEWSKA-BRUNDA Karolina | GRYFICE      |  | POL LIFE4FIT                                    | 87 | K30/14 | (K)35 | 00:33:49 | 06.45 |
| 15 | 111 | KOT Paulina                | SŁUPSK       |  | POL   | 86 | K30/15 | (K)36 | 00:34:27 | 06.53 |

### Bieg 5 km - K20 [8]

|   |     |                        |                     |  |                                |    |       |       |          |       |
|---|-----|------------------------|---------------------|--|--------------------------------|----|-------|-------|----------|-------|
| 1 | 130 | SZABAŁOWSKA Małgorzata | SZCZECINEK          |  | POL SZCZECINECCY BIEGACZE      | 98 | K20/1 | (K)8  | 00:20:34 | 04.06 |
| 2 | 153 | WOJCIECHOWSKA Barbara  | MRZEŻYNO            |  | POL                            | 96 | K20/2 | (K)10 | 00:21:32 | 04.17 |
| 3 | 103 | WILCZYŃSKA Martyna     | GORZÓW WIELKOPOLSKI |  | POL                            | 99 | K20/3 | (K)12 | 00:22:18 | 04.27 |
| 4 | 173 | MORDAK Julia           | SZCZECIN            |  | POL                            | 00 | K20/4 | (K)15 | 00:23:27 | 04.41 |
| 5 | 91  | GŁOWACKA Joanna        | STARGARD            |  | POL                            | 97 | K20/5 | (K)19 | 00:25:15 | 05.03 |
| 6 | 122 | NIEDOBA Sandra         | KOBYLANKA           |  | POL ALCHEMICZNA GILDIA BIEGOWA | 95 | K20/6 | (K)32 | 00:31:39 | 06.19 |
| 7 | 170 | DUNAJ Aleksandra       | PRZEMOCZE           |  | POL                            | 98 | K20/7 | (K)34 | 00:33:20 | 06.40 |
| 8 | 67  | KONIUSZANIEC Agata     | STARGARD            |  | POL                            | 03 | K20/8 | (K)39 | 00:37:56 | 07.35 |

### Bieg 5 km - K16 [1]

|   |     |               |          |  |                                      |    |       |       |          |       |
|---|-----|---------------|----------|--|--------------------------------------|----|-------|-------|----------|-------|
| 1 | 145 | ZEDELSKA Maja | STARGARD |  | POL STARGARDZKI KLUB LEKKOATLETYCZNY | 05 | K16/1 | (K)20 | 00:26:28 | 05.17 |
|---|-----|---------------|----------|--|--------------------------------------|----|-------|-------|----------|-------|

### Nordic Walking - DO 30 LAT [1]

|   |    |               |          |  |              |    |         |       |          |       |
|---|----|---------------|----------|--|--------------|----|---------|-------|----------|-------|
| 1 | 47 | GNIADK Adrian | STARGARD |  | POL STARGARD | 94 | MDO30/1 | (M)16 | 00:35:08 | 06.59 |
|---|----|---------------|----------|--|--------------|----|---------|-------|----------|-------|

### Nordic Walking - 31+ [3]

|   |    |                  |          |  |  |        |        |          |          |       |
|---|----|------------------|----------|--|--|--------|--------|----------|----------|-------|
| 1 | 14 | STELMACH Konrad  | STARGARD |  | POL FUNDACJA DR TERESY CZ. MALEC 'LATWIEJ.02<br>RAZEM' | M31+/1 | (M)11  | 00:29:25 | 05.51    |       |
| 2 | 8  | BINDEK Krzysztof | STARGARD |  | POL  | 81     | M31+/2 | (M)12    | 00:29:43 | 05.55 |
| 3 | 30 | FALEŃSKI Rafał   | SZCZECIN |  | POL WALKING WARRIORS                                   | 78     | M31+/3 | (M)14    | 00:31:30 | 06.17 |

### Nordic Walking - 46+ [15]

|   |    |                    |            |  |                                     |    |        |      |          |       |
|---|----|--------------------|------------|--|-------------------------------------|----|--------|------|----------|-------|
| 1 | 26 | SZAMOTULSKI Henryk | TRZEBIATÓW |  | POL                                 | 77 | M46+/1 | (M)1 | 00:22:59 | 04.34 |
| 2 | 53 | LUDWICZAK Dariusz  | SZCZECIN   |  | POL EKSPEDYCJA NORDIC TEAM SZCZECIN | 70 | M46+/2 | (M)2 | 00:24:57 | 04.58 |
| 3 | 41 | SZYMAŃSKI Andrzej  | STARGARD   |  | POL BS FAMILY TEAM (STARGARD)       | 69 | M46+/3 | (M)3 | 00:25:27 | 05.04 |



| Miejsce<br>Rank | Nr<br>Bib | Nazwisko i imię<br>Name | Miejscowość<br>City | Kraj<br>Nat | Drużyna<br>Team                        | R-k<br>YoB | W kategorii<br>in Age | Sex   | Czas<br>Time | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|--|------------|-----------------------|-------|--------------|----------|
| 4               | 38        | STRZELEC Tomasz         | GRYFINO             |             | POL KB HERMES GRYFINO                  | 75         | M46+/4                | (M)4  | 00:27:19     | 05.26    |
| 5               | 23        | KAROLAK Andrzej         | TRZEBIATÓW          |             | POL                                    | 56         | M46+/5                | (M)5  | 00:27:38     | 05.29    |
| 6               | 9         | BIESZKE Pawel           | WOJCIESZYCE         |             | POL                                    | 63         | M46+/6                | (M)6  | 00:27:59     | 05.34    |
| 7               | 49        | LANGNER Ariel           | STARGARD            |             | POL SKL STARGARD                       | 77         | M46+/7                | (M)7  | 00:28:03     | 05.35    |
| 8               | 4         | TROJANOWSKI Krzysztof   | STARGARD            |             | POL STARGARDZKI KLUB MORSÓW MIEDWIANIE | 76         | M46+/8                | (M)8  | 00:28:35     | 05.41    |
| 9               | 51        | GURAK Tomasz            | STARGARD            |             | POL STARGARD                           | 72         | M46+/9                | (M)9  | 00:28:54     | 05.45    |
| 10              | 42        | MACIEJEWSKI Zenon       | STARGARD            |             | POL STARGARD                           | 54         | M46+/10               | (M)10 | 00:29:14     | 05.50    |
| 11              | 56        | BAKOWSKI Grzegorz       | STARGARD            |             | POL                                    | 53         | M46+/11               | (M)13 | 00:31:22     | 06.14    |
| 12              | 29        | SAJEWICZ Piotr          | PRZECLAW            |             | POL WALKING WARRIORS                   | 73         | M46+/12               | (M)15 | 00:32:26     | 06.27    |
| 13              | 55        | KARASZEWSKI Waldemar    | DOBRA               |             | POL WALKING WARRIORS                   | 61         | M46+/13               | (M)17 | 00:35:49     | 07.09    |
| 14              | 6         | CIEŚLAK Adam            | GRYFINO             |             | POL LEGENDARY POWER SZEWC              | 62         | M46+/14               | (M)18 | 00:35:58     | 07.09    |
| 15              | 43        | MACIEJEWSKI Henryk      | MARIANOWO           |             | POL STARGARDZKI KLUB LEKKOATLETYCZNY   | 40         | M46+/15               | (M)19 | 00:51:43     | 10.18    |

### Nordic Walking - DO 30 LAT [1]

|   |    |                |          |  |                |    |         |       |          |       |
|---|----|----------------|----------|--|----------------|----|---------|-------|----------|-------|
| 1 | 15 | KOWALCZYK Sara | STARGARD |  | POL BACKER OBR | 95 | KDO30/1 | (K)17 | 00:32:32 | 06.28 |
|---|----|----------------|----------|--|----------------|----|---------|-------|----------|-------|

### Nordic Walking - 31+ [17]

|    |    |                              |            |  |                      |    |         |       |          |       |
|----|----|------------------------------|------------|--|----------------------|----|---------|-------|----------|-------|
| 1  | 25 | KAMIŃSKA Magdalena           | SZCZECIN   |  | POL PUM SZCZECIN     | 82 | K31+/1  | (K)4  | 00:27:22 | 05.27 |
| 2  | 3  | TARNOWSKA - PELC Marta       | SZCZECIN   |  | POL UM SZCZECIN      | 85 | K31+/2  | (K)7  | 00:28:30 | 05.41 |
| 3  | 10 | ŁOPACIŃSKA Iwona             | STARGARD   |  | POL                  | 79 | K31+/3  | (K)8  | 00:28:35 | 05.41 |
| 4  | 18 | BOGDAŁ Monika                | STARGARD   |  | POL                  | 78 | K31+/4  | (K)10 | 00:30:25 | 06.03 |
| 5  | 54 | ARDOWSKA Agata               | STARGARD   |  | POL                  | 91 | K31+/5  | (K)11 | 00:30:27 | 06.03 |
| 6  | 21 | ETMAŃSKA Lidia               | STARGARD   |  | POL BACKER OBR       | 85 | K31+/6  | (K)13 | 00:31:24 | 06.14 |
| 7  | 19 | LUKINIUK Hanna               | STARGARD   |  | POL BACKER OBR       | 83 | K31+/7  | (K)14 | 00:31:24 | 06.14 |
| 8  | 28 | SAJEWICZ Magdalena           | PRZECLAW   |  | POL WALKING WARRIORS | 87 | K31+/8  | (K)15 | 00:32:02 | 06.23 |
| 9  | 39 | JĘDRZEJCZYK Beata            | TRZEBIATÓW |  | POL                  | 79 | K31+/9  | (K)16 | 00:32:02 | 06.21 |
| 10 | 58 | MORAWSKA Daria               | GRABOWO    |  | POL TEAM GRABOWO     | 85 | K31+/10 | (K)18 | 00:32:42 | 06.30 |
| 11 | 17 | SOKOŁOWSKA- KOLANY Iłona     | STARGARD   |  | POL BACKER OBR       | 78 | K31+/11 | (K)20 | 00:33:13 | 06.37 |
| 12 | 12 | SAYED Aneta                  | STARGARD   |  | POL BACKER OBR       | 89 | K31+/12 | (K)21 | 00:33:16 | 06.37 |
| 13 | 48 | GUZIK Małgorzata             | SZCZECIN   |  | POL POLBAR TEAM      | 80 | K31+/13 | (K)22 | 00:33:16 | 06.36 |
| 14 | 40 | CHECKIEWICZ-ZIOLKOWSKA Aneta | SZCZECIN   |  | POL POLBAR TEAM      | 78 | K31+/14 | (K)23 | 00:33:18 | 06.37 |
| 15 | 27 | MIKLAS Aleksandra            | SZCZECIN   |  | POL WALKING WARRIORS | 84 | K31+/15 | (K)25 | 00:34:10 | 06.48 |
| 16 | 32 | GURGACZ Gabriela             | BEZRZECZE  |  | POL WALKING WARRIORS | 81 | K31+/16 | (K)29 | 00:35:58 | 07.09 |

### Nordic Walking - 46+ [14]

|    |    |                            |           |  |                                      |    |         |       |          |       |
|----|----|----------------------------|-----------|--|--------------------------------------|----|---------|-------|----------|-------|
| 1  | 52 | LUDWICZAK Andżelika        | SZCZECIN  |  | POL EKSPEDYCJA NORDIC TEAM SZCZECIN  | 77 | K46+/1  | (K)1  | 00:25:40 | 05.06 |
| 2  | 13 | MASLYK Małgorzata          | PYRZYCE   |  | POL                                  | 67 | K46+/2  | (K)2  | 00:26:21 | 05.15 |
| 3  | 46 | ŚWIERCZ Ewa                | DOBRA     |  | POL                                  | 76 | K46+/3  | (K)3  | 00:26:47 | 05.20 |
| 4  | 33 | OLEJNIK Marzena            | SZCZECIN  |  | POL NIEZRZESZONA                     | 68 | K46+/4  | (K)5  | 00:27:42 | 05.31 |
| 5  | 11 | MISIEWICZ Bożena           | CHOJNA    |  | POL                                  | 61 | K46+/5  | (K)6  | 00:28:04 | 05.35 |
| 6  | 34 | GÓRSKA Agnieszka           | SZCZECIN  |  | POL SZALONE WILCZYCE                 | 76 | K46+/6  | (K)9  | 00:29:02 | 05.46 |
| 7  | 22 | OSIADACZ Iwona             | STARGARD  |  | POL BACKER OBR                       | 70 | K46+/7  | (K)12 | 00:31:24 | 06.14 |
| 8  | 57 | WIĘCH Izabela              | STARGARD  |  | POL TEAM GRABOWO                     | 70 | K46+/8  | (K)19 | 00:32:44 | 06.30 |
| 9  | 16 | TERLECKA Dorota            | STARGARD  |  | POL BACKER OBR                       | 74 | K46+/9  | (K)24 | 00:34:04 | 06.47 |
| 10 | 31 | SZCZERBIŃSKA Barbara       | GRYFINO   |  | POL LEGENDARY POWER SZEWC GRYFINO    | 56 | K46+/10 | (K)26 | 00:34:13 | 06.47 |
| 11 | 7  | ZAJĄC Bożena               | DALESZEWO |  | POL LEGENDARY POWER SZEWC            | 62 | K46+/11 | (K)27 | 00:34:24 | 06.50 |
| 12 | 45 | CEBEREK-PŁOTCZYK Marcelina | SZCZECIN  |  | POL                                  | 55 | K46+/12 | (K)28 | 00:35:25 | 07.02 |
| 13 | 5  | CIEŚLAK Helena             | GRYFINO   |  | POL LEGENDARY POWER SZEWC GRYFINO    | 64 | K46+/13 | (K)30 | 00:35:58 | 07.10 |
| 14 | 44 | MACIEJEWSKA Grażyna        | MARIANOWO |  | POL STARGARDZKI KLUB LEKKOATLETYCZNY | 59 | K46+/14 | (K)31 | 00:42:09 | 08.23 |