



Wydarzenie:
Organizator:

Data:
Miejsce:
Dystans:

III SŁUPSKI BIEG KAZIUKÓW – „KAZIUKOWA PIĄTKA”

III SŁUPSKI BIEG KAZIUKÓW – „KAZIUKOWA PIĄTKA”
Parafia pw. Św. Jana Kantego w Słupsku;Modular
Consulting
2019-03-16
Słupsk
6 km

B4SPORT



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 6km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|-------|------------------------------------|-----------|------|----------------|-----------|--------------|------------|
| 1 | JAKUBEK Patryk | 263 | ŚWIAT PŁYTEK U KRYSPIŃNA | M-Open | 1 | 00:23:45.63 | | 3:57 | 15.1 |
| 2 | JANISZEWSKI Marek | 255 | DRUTEX | M-Open | 2 | 00:23:53.20 | +00:00:07 | 3:58 | 15.1 |
| 3 | WENT Jakub | 413 | | M-Open | 3 | 00:23:59.82 | +00:00:14 | 4:00 | 15 |
| 4 | JURCZYSZYN Rafał | 264 | A&R | M-Open | 4 | 00:23:59.95 | +00:00:14 | 4:00 | 15 |
| 5 | MASŁOWSKI Mateusz | 317 | ROGELLI TEAM | M-Open | 5 | 00:24:45.96 | +00:01:00 | 4:07 | 14.5 |
| 6 | WRÓBLEWSKI Leszek | 431 | ŚWIAT PŁYTEK U KRYSPIŃNA | M-Open | 6 | 00:25:08.41 | +00:01:22 | 4:11 | 14.3 |
| 7 | JĘCEK Krzysztof | 261 | MARKOS RUNNING TEAM | M-Open | 7 | 00:25:26.25 | +00:01:40 | 4:14 | 14.1 |
| 8 | DUDA Grzegorz | 233 | BEST BEASTS, METALCORP TEAM | M-Open | 8 | 00:25:39.74 | +00:01:54 | 4:16 | 14 |
| 9 | CHOLEWIŃSKI Artur | 215 | DECATHLON POWER | M-Open | 9 | 00:25:59.39 | +00:02:13 | 4:19 | 13.9 |
| 10 | DASZKIEWICZ Dominik | 224 | BEST BEASTS | M-Open | 10 | 00:26:24.92 | +00:02:39 | 4:24 | 13.6 |
| 11 | CENDER Szymon | 446 | WPK SLON TEAM | M-Open | 11 | 00:26:29.72 | +00:02:44 | 4:24 | 13.6 |
| 12 | KROPIDŁOWSKI Grzegorz | 442 | BEST BEAST | M-Open | 12 | 00:26:49.71 | +00:03:04 | 4:28 | 13.4 |
| 13 | GRACHEL Przemek | 245 | NA TRASIE TEAM | M-Open | 13 | 00:26:50.27 | +00:03:04 | 4:28 | 13.4 |
| 14 | STEC Jakub | 367 | | M-Open | 14 | 00:26:50.57 | +00:03:04 | 4:28 | 13.4 |
| 15 | PAZDA-POZORSKA Małgorzata | 343 | | K-Open | 1 | 00:27:01.03 | +00:03:15 | 4:30 | 13.3 |
| 16 | MEDWID Michał | 318 | BATALION OCHRONY BAZY W REDZIKOWIE | M-Open | 15 | 00:27:02.43 | +00:03:16 | 4:30 | 13.3 |
| 17 | KAWKA Adrian | 274 | | M-Open | 16 | 00:27:06.02 | +00:03:20 | 4:31 | 13.3 |
| 18 | JANKOWSKI Grzegorz | 256 | ŚWIAT PŁYTEK U KRYSPIŃNA | M-Open | 17 | 00:27:13.44 | +00:03:27 | 4:32 | 13.2 |
| 19 | WĘGRZYN Rafał | 414 | | M-Open | 18 | 00:27:17.21 | +00:03:31 | 4:33 | 13.2 |
| 20 | OSIŃSKI Wojciech | 338 | | M-Open | 19 | 00:27:21.38 | +00:03:35 | 4:33 | 13.2 |
| 21 | JABŁOŃSKI Tomasz | 253 | KB SPOKO SŁAWNO | M-Open | 20 | 00:27:38.15 | +00:03:52 | 4:36 | 13 |
| 22 | SZCZERBATY Paweł | 412 | | M-Open | 21 | 00:27:48.50 | +00:04:02 | 4:38 | 12.9 |
| 23 | WILUSZ Krzysztof | 419 | STOPA SŁUPSK | M-Open | 22 | 00:27:56.81 | +00:04:11 | 4:39 | 12.9 |
| 24 | CZYŻYKOWSKI Mateusz | 220 | | M-Open | 23 | 00:27:57.80 | +00:04:12 | 4:39 | 12.9 |
| 25 | ADAMOWICZ Jakub | 202 | | M-Open | 24 | 00:27:59.31 | +00:04:13 | 4:39 | 12.9 |
| 26 | POSZEPCHYŃSKI Łukasz | 355 | | M-Open | 25 | 00:28:05.04 | +00:04:19 | 4:40 | 12.8 |
| 27 | BENGIER Kamil | 206 | BEST BEASTS | M-Open | 26 | 00:28:08.91 | +00:04:23 | 4:41 | 12.8 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 6km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------|-------|--------------------------------------|-----------|------|----------------|-----------|--------------|------------|
| 28 | KONKEL Agnieszka | 279 | | K-Open | 2 | 00:28:10.79 | +00:04:25 | 4:41 | 12.8 |
| 29 | TRZEBIATOWSKA Kinga | 401 | | K-Open | 3 | 00:28:19.91 | +00:04:34 | 4:43 | 12.7 |
| 30 | KIJEWSKI Mariusz | 277 | | M-Open | 27 | 00:28:39.44 | +00:04:53 | 4:46 | 12.6 |
| 31 | DUTKIEWICZ Maria | 354 | | K-Open | 4 | 00:28:58.39 | +00:05:12 | 4:49 | 12.4 |
| 32 | SITEK Mariusz | 376 | | M-Open | 28 | 00:29:02.21 | +00:05:16 | 4:50 | 12.4 |
| 33 | JAŹDŹYK Łukasz | 259 | | M-Open | 29 | 00:29:07.91 | +00:05:22 | 4:51 | 12.4 |
| 34 | CZYŻYKOWSKI Krzysztof | 219 | | M-Open | 30 | 00:29:14.19 | +00:05:28 | 4:52 | 12.3 |
| 35 | KAPCZYŃSKI Damian | 269 | BEST BEASTS | M-Open | 31 | 00:29:18.25 | +00:05:32 | 4:53 | 12.3 |
| 36 | ŁATUSZYŃSKI Piotr | 447 | | M-Open | 32 | 00:30:09.40 | +00:06:23 | 5:01 | 11.9 |
| 37 | WIŚNIEWSKI Patryk | 421 | | M-Open | 33 | 00:30:19.37 | +00:06:33 | 5:03 | 11.9 |
| 38 | LANGNER-KAPCZYŃSKA Edyta | 299 | BEST BEASTS | K-Open | 5 | 00:30:24.88 | +00:06:39 | 5:04 | 11.8 |
| 39 | DADACZ Rafał | 221 | | M-Open | 34 | 00:30:50.75 | +00:07:05 | 5:08 | 11.7 |
| 40 | NOWICKI Mateusz | 334 | CENTRUM SZKOLENIA MARYNARKI WOJENNEJ | M-Open | 35 | 00:31:03.33 | +00:07:17 | 5:10 | 11.6 |
| 41 | WIATRZYK Krzysztof | 416 | DARŁOWO | M-Open | 36 | 00:31:05.27 | +00:07:19 | 5:10 | 11.6 |
| 42 | LITWIN Barbara | 307 | STOPA SŁUPSK /NIGHT RUNNERS | K-Open | 6 | 00:31:10.25 | +00:07:24 | 5:11 | 11.6 |
| 43 | KARAŚ Radosław | 271 | NIGHT RUNNERS SŁUPSK | M-Open | 37 | 00:31:12.46 | +00:07:26 | 5:12 | 11.5 |
| 44 | KACZMAROWSKI Andrzej | 234 | | M-Open | 38 | 00:31:14.77 | +00:07:29 | 5:12 | 11.5 |
| 45 | OLECHNOWICZ Sławomir | 337 | STOPA SŁUPSK | M-Open | 39 | 00:31:17.42 | +00:07:31 | 5:12 | 11.5 |
| 46 | SULL Tygrys | 381 | NIGHT RUNNERS SŁUPSK | M-Open | 40 | 00:31:19.31 | +00:07:33 | 5:13 | 11.5 |
| 47 | KĘSIK Agnieszka | 276 | ŚWIAT PŁYTEK U KRYSPIŃSKA | K-Open | 7 | 00:31:25.47 | +00:07:39 | 5:14 | 11.5 |
| 48 | WŁODARCZYK Paweł | 422 | | M-Open | 41 | 00:31:25.91 | +00:07:40 | 5:14 | 11.5 |
| 49 | LEWANDOWSKA Sylwia | 303 | ŚWIAT PŁYTEK U KRYSPIŃSKA | K-Open | 8 | 00:31:42.20 | +00:07:56 | 5:17 | 11.4 |
| 50 | GLISZCZYŃSKI Łukasz | 242 | ŚWIAT PŁYTEK U KRYSPIŃSKA | M-Open | 42 | 00:31:42.27 | +00:07:56 | 5:17 | 11.4 |
| 51 | TOMCZAK Sebastian | 398 | 6 WOG USTKA | M-Open | 43 | 00:31:44.45 | +00:07:58 | 5:17 | 11.3 |
| 52 | URBANIAK Szymon | 406 | CSSP KOSZALIN | M-Open | 44 | 00:31:54.05 | +00:08:08 | 5:19 | 11.3 |
| 53 | MAJCHRZAK Łukasz | 310 | AWL WROCŁAW | M-Open | 45 | 00:32:08.80 | +00:08:23 | 5:21 | 11.2 |
| 54 | KONKEL Łukasz | 280 | | M-Open | 46 | 00:32:08.92 | +00:08:23 | 5:21 | 11.2 |
| 55 | MAJCHRZAK Dariusz | 342 | | M-Open | 47 | 00:32:09.27 | +00:08:23 | 5:21 | 11.2 |
| 56 | POTOCKI Hubert | 357 | BEST BEASTS | M-Open | 48 | 00:32:18.07 | +00:08:32 | 5:23 | 11.1 |
| 57 | AGAPOW Emilia | 203 | BEST BEASTS | K-Open | 9 | 00:32:25.05 | +00:08:39 | 5:24 | 11.1 |
| 58 | KWAŚNIAK Zdzisław | 298 | TOYOTA KAWISBIKE | M-Open | 49 | 00:32:35.60 | +00:08:49 | 5:25 | 11 |
| 59 | PIECHOTA Cezary | 347 | KMT SŁUPSK | M-Open | 50 | 00:32:35.79 | +00:08:50 | 5:26 | 11 |
| 60 | GIERCZAK Piotr | 240 | USTKA | M-Open | 51 | 00:32:41.63 | +00:08:56 | 5:27 | 11 |
| 61 | GRABOWSKI Grzegorz | 244 | ORANGE POLSKA | M-Open | 52 | 00:32:52.19 | +00:09:06 | 5:28 | 11 |
| 62 | PETRYSZAK Andrzej | 345 | | M-Open | 53 | 00:33:02.84 | +00:09:17 | 5:30 | 10.9 |
| 63 | PIŁAT Kacper | 351 | | M-Open | 54 | 00:33:12.42 | +00:09:26 | 5:32 | 10.8 |
| 64 | NAZARKO Małgorzata | 331 | | K-Open | 10 | 00:33:13.06 | +00:09:27 | 5:32 | 10.8 |
| 65 | KAMIENIECKI Kacper | 339 | | M-Open | 55 | 00:33:26.41 | +00:09:40 | 5:34 | 10.8 |
| 66 | KAMIENIECKI Rafał | 267 | TUPOT-USTKA | M-Open | 56 | 00:33:27.55 | +00:09:41 | 5:34 | 10.8 |
| 67 | KSIĄŻEK Waldemar | 293 | | M-Open | 57 | 00:33:28.95 | +00:09:43 | 5:34 | 10.8 |
| 68 | SIDOR Mariusz | 441 | | M-Open | 58 | 00:33:34.84 | +00:09:49 | 5:35 | 10.7 |
| 69 | BIKON Łukasz | 438 | | M-Open | 59 | 00:33:35.52 | +00:09:49 | 5:35 | 10.7 |
| 70 | PIŁAT Paweł | 350 | BEST BEASTS | M-Open | 60 | 00:33:35.59 | +00:09:49 | 5:36 | 10.7 |
| 71 | KUBIŃSKI Rafał | 295 | NIGHT RUNNERS SŁUPSK | M-Open | 61 | 00:33:39.52 | +00:09:53 | 5:36 | 10.7 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 6km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------|-------|-----------------------------|-----------|------|----------------|-----------|--------------|------------|
| 72 | DAWIDOWICZ Łukasz | 225 | BEST BEASTS | M-Open | 62 | 00:33:41.89 | +00:09:56 | 5:36 | 10.7 |
| 73 | LEWANDOWSKA Maria | 302 | W.P.K SŁOŃ TEAM USTKA | K-Open | 11 | 00:33:42.18 | +00:09:56 | 5:37 | 10.7 |
| 74 | KURYŁOWICZ Kamil | 297 | | M-Open | 63 | 00:33:48.12 | +00:10:02 | 5:38 | 10.7 |
| 75 | KACZMAREK Eugeniusz | 265 | | M-Open | 64 | 00:33:55.57 | +00:10:09 | 5:39 | 10.6 |
| 76 | TRUSIAK Agnieszka | 399 | MUAY NIGHT RUNNERS SŁUPSK | K-Open | 12 | 00:33:57.14 | +00:10:11 | 5:39 | 10.6 |
| 77 | SOBCZYK Urszula | 379 | | K-Open | 13 | 00:33:58.18 | +00:10:12 | 5:39 | 10.6 |
| 78 | MAŁECKI Tomasz | 314 | VACU ACTIV GYM | M-Open | 65 | 00:33:59.26 | +00:10:13 | 5:39 | 10.6 |
| 79 | SYCHLA Mateusz | 383 | VACU ACTIV GYM | M-Open | 66 | 00:34:01.05 | +00:10:15 | 5:40 | 10.6 |
| 80 | KOSICKA Iwona | 284 | STOPA SŁUPSK | K-Open | 14 | 00:34:01.99 | +00:10:16 | 5:40 | 10.6 |
| 81 | LEWANDOWSKI Adam | 304 | W.P.K SŁOŃ TEAM USTKA | M-Open | 67 | 00:34:10.68 | +00:10:25 | 5:41 | 10.5 |
| 82 | ŻYCKA Ewelina | 437 | | K-Open | 15 | 00:34:20.98 | +00:10:35 | 5:43 | 10.5 |
| 83 | FREJ Adam | 237 | ZS GOGOLEWO | M-Open | 68 | 00:34:22.32 | +00:10:36 | 5:43 | 10.5 |
| 84 | PATYNA Paweł | 340 | | M-Open | 69 | 00:34:27.71 | +00:10:42 | 5:44 | 10.4 |
| 85 | TYRKA Małgorzata | 403 | | K-Open | 16 | 00:34:31.11 | +00:10:45 | 5:45 | 10.4 |
| 86 | MINKO Mariola | 320 | | K-Open | 17 | 00:34:33.72 | +00:10:48 | 5:45 | 10.4 |
| 87 | LEWICZ Jan | 306 | CPSP USTKA | M-Open | 70 | 00:34:35.23 | +00:10:49 | 5:45 | 10.4 |
| 88 | LEWICZ Ewa | 305 | | K-Open | 18 | 00:34:35.72 | +00:10:50 | 5:45 | 10.4 |
| 89 | DOWNAR-ZAPOLSKI Paweł | 230 | | M-Open | 71 | 00:34:38.21 | +00:10:52 | 5:46 | 10.4 |
| 90 | WAWRZYŃIAK Anna | 409 | | K-Open | 19 | 00:34:38.76 | +00:10:53 | 5:46 | 10.4 |
| 91 | MINKO Bartosz | 321 | | M-Open | 72 | 00:34:40.66 | +00:10:55 | 5:46 | 10.4 |
| 92 | RYCHLIŃSKI Damian | 370 | WATAHA - ŁĄCZY NAS BIEGANIE | M-Open | 73 | 00:34:41.64 | +00:10:56 | 5:46 | 10.4 |
| 93 | BRODACKA Katarzyna | 212 | | K-Open | 20 | 00:34:42.69 | +00:10:57 | 5:47 | 10.4 |
| 94 | WAŁASZEWSKI Witold | 408 | | M-Open | 74 | 00:34:46.72 | +00:11:01 | 5:47 | 10.4 |
| 95 | GREGORCZYK Piotr | 247 | | M-Open | 75 | 00:34:46.86 | +00:11:01 | 5:47 | 10.3 |
| 96 | KOŚLA Justyna | 285 | NIGHT RUNNERS SŁUPSK | K-Open | 21 | 00:34:48.13 | +00:11:02 | 5:48 | 10.3 |
| 97 | MAGIŃSKA Edyta | 443 | | K-Open | 22 | 00:34:49.14 | +00:11:03 | 5:48 | 10.3 |
| 98 | TRUSIAK Miłosz | 400 | MUAY NIGHT RUNNERS SŁUPSK | M-Open | 76 | 00:34:59.09 | +00:11:13 | 5:49 | 10.3 |
| 99 | WĘCŁAWSKI Michał | 440 | DECATHLON POWER | M-Open | 77 | 00:34:59.72 | +00:11:14 | 5:50 | 10.3 |
| 100 | PIWOŃSKI Robert | 353 | | M-Open | 78 | 00:35:05.21 | +00:11:19 | 5:50 | 10.3 |
| 101 | GROCHOWSKI Henryk | 248 | | M-Open | 79 | 00:35:06.08 | +00:11:20 | 5:51 | 10.3 |
| 102 | ZIELINSKA Marzena | 433 | DECATHLON SŁUPSK | K-Open | 23 | 00:35:18.14 | +00:11:32 | 5:53 | 10.2 |
| 103 | NIZIOŁ Patryk | 332 | BEST BEASTS | M-Open | 80 | 00:35:20.20 | +00:11:34 | 5:53 | 10.2 |
| 104 | DADACZ Malwina | 222 | | K-Open | 24 | 00:35:29.63 | +00:11:44 | 5:55 | 10.1 |
| 105 | MALKIEWICZ Kacper | 313 | ZS GOGOLEWO | M-Open | 81 | 00:35:34.50 | +00:11:48 | 5:55 | 10.1 |
| 106 | SZYMAŃSKI Rafał | 397 | | M-Open | 82 | 00:35:41.22 | +00:11:55 | 5:56 | 10.1 |
| 107 | GONTEK Łukasz | 243 | VW BATORY | M-Open | 83 | 00:35:43.62 | +00:11:57 | 5:57 | 10.1 |
| 108 | WOŚ Przemek | 439 | | M-Open | 84 | 00:35:45.01 | +00:11:59 | 5:57 | 10.1 |
| 109 | PROTASEWICZ Andrzej | 359 | KB SPOKO SŁAWNO | M-Open | 85 | 00:35:49.88 | +00:12:04 | 5:58 | 10 |
| 110 | BOŚ Grzegorz | 211 | KLUB CZERWONEJ TOREBKI | M-Open | 86 | 00:35:58.80 | +00:12:13 | 5:59 | 10 |
| 111 | KANIUK Maja | 268 | | K-Open | 25 | 00:35:58.97 | +00:12:13 | 5:59 | 10 |
| 112 | KLUK Sylwia | 278 | | K-Open | 26 | 00:36:10.68 | +00:12:25 | 6:01 | 9.9 |
| 113 | ZANIEWSKI Grzegorz | 432 | | M-Open | 87 | 00:36:11.43 | +00:12:25 | 6:02 | 9.9 |
| 114 | ANDRZEJCZAK Sławomir | 204 | GRZESŁAW USTKA | M-Open | 88 | 00:36:11.82 | +00:12:26 | 6:02 | 9.9 |
| 115 | BURDA Sebastian | 214 | WPK SLON TEAM | M-Open | 89 | 00:36:12.73 | +00:12:27 | 6:02 | 9.9 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 6km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------|-----------------------------|-----------|------|----------------|-----------|--------------|------------|
| 116 | PIECHOTA Edyta | 346 | | K-Open | 27 | 00:36:15.31 | +00:12:29 | 6:02 | 9.9 |
| 117 | WĄTOR Rafał | 410 | | M-Open | 90 | 00:36:25.49 | +00:12:39 | 6:04 | 9.9 |
| 118 | SIKORSKI Witold | 375 | KB RUN 42 | M-Open | 91 | 00:36:26.54 | +00:12:40 | 6:04 | 9.9 |
| 119 | WILAND Cyprian | 444 | NIGHT WOLVES SŁUPSK | M-Open | 92 | 00:36:28.56 | +00:12:42 | 6:04 | 9.9 |
| 120 | ŁUBKOWSKA Magdalena | 308 | | K-Open | 28 | 00:36:35.47 | +00:12:49 | 6:05 | 9.8 |
| 121 | ŻURAWIK Piotr | 436 | KORZYBSKIE REKINY | M-Open | 93 | 00:36:41.56 | +00:12:55 | 6:07 | 9.8 |
| 122 | KOWALSKI Bartosz | 287 | SAMOLEJ ZTS | M-Open | 94 | 00:36:46.15 | +00:13:00 | 6:07 | 9.8 |
| 123 | WEILAND Agnieszka | 411 | NIGHT WOLVES SŁUPSK | K-Open | 29 | 00:36:52.16 | +00:13:06 | 6:08 | 9.8 |
| 124 | PYTLAK Michał | 364 | | M-Open | 95 | 00:37:04.30 | +00:13:18 | 6:10 | 9.7 |
| 125 | LINKIEWICZ Paweł | 385 | | M-Open | 96 | 00:37:04.65 | +00:13:19 | 6:10 | 9.7 |
| 126 | BANCEWICZ Radek | 205 | METALCORP TEAM | M-Open | 97 | 00:37:12.57 | +00:13:26 | 6:12 | 9.7 |
| 127 | SAWICKA Małgorzata | 373 | CSMW | K-Open | 30 | 00:37:12.99 | +00:13:27 | 6:12 | 9.7 |
| 128 | RUTKOWSKI Mateusz | 369 | | M-Open | 98 | 00:37:22.30 | +00:13:36 | 6:13 | 9.6 |
| 129 | KONKEL Joanna | 281 | ŚWIĘC SŁAWNO | K-Open | 31 | 00:37:25.10 | +00:13:39 | 6:14 | 9.6 |
| 130 | MARUSZAK Anna | 352 | BEST BEAST | K-Open | 32 | 00:37:26.24 | +00:13:40 | 6:14 | 9.6 |
| 131 | WOŹNIAK Ola | 430 | | K-Open | 33 | 00:37:27.12 | +00:13:41 | 6:14 | 9.6 |
| 132 | GRUSZCZYŃSKI Ariel | 252 | | M-Open | 99 | 00:37:33.47 | +00:13:47 | 6:15 | 9.6 |
| 133 | PRUS Tomasz | 361 | TRIPAKA PRZECHLEWO | M-Open | 100 | 00:37:35.73 | +00:13:50 | 6:16 | 9.6 |
| 134 | ZBLEWSKI Patryk | 387 | TUPOT USTKA | M-Open | 101 | 00:37:37.06 | +00:13:51 | 6:16 | 9.6 |
| 135 | SEWERYN Tomasz | 374 | | M-Open | 102 | 00:37:48.28 | +00:14:02 | 6:18 | 9.5 |
| 136 | SAŁAJ Angelika | 372 | STAROSTWO POWIATOWE SŁUPSK | K-Open | 34 | 00:37:48.41 | +00:14:02 | 6:18 | 9.5 |
| 137 | MROZIK Joanna | 324 | | K-Open | 35 | 00:37:53.86 | +00:14:08 | 6:19 | 9.5 |
| 138 | DELIGA Agata | 227 | | K-Open | 36 | 00:37:58.18 | +00:14:12 | 6:19 | 9.5 |
| 139 | DELIGA Szymon | 228 | | M-Open | 103 | 00:37:58.26 | +00:14:12 | 6:19 | 9.5 |
| 140 | WIESIOŁEK Urszula | 417 | OSOBA INDYWIDUALNA | K-Open | 37 | 00:38:05.48 | +00:14:19 | 6:21 | 9.4 |
| 141 | BORODZIUK Aneta | 210 | FIT MAMA | K-Open | 38 | 00:38:07.32 | +00:14:21 | 6:21 | 9.4 |
| 142 | GUTOWSKA-SZAPIEL Małgorzata | 250 | | K-Open | 39 | 00:38:08.27 | +00:14:22 | 6:21 | 9.4 |
| 143 | SZABŁOWIŃSKA Małgorzata | 384 | FIT MAMUŚKA | K-Open | 40 | 00:38:13.10 | +00:14:27 | 6:22 | 9.4 |
| 144 | JURA Kazimierz | 262 | MTS HAMER MIASTKO | M-Open | 104 | 00:38:19.84 | +00:14:34 | 6:23 | 9.4 |
| 145 | PAŹDZIORKO Arkadiusz | 344 | | M-Open | 105 | 00:38:22.40 | +00:14:36 | 6:23 | 9.4 |
| 146 | URBAN Ewelina | 405 | GMINA SŁUPSK | K-Open | 41 | 00:38:26.72 | +00:14:41 | 6:24 | 9.4 |
| 147 | DOMAŃSKA Justyna | 229 | | K-Open | 42 | 00:38:43.98 | +00:14:58 | 6:27 | 9.3 |
| 148 | POTOCKA Kinga | 356 | BEST BEASTS | K-Open | 43 | 00:38:50.48 | +00:15:04 | 6:28 | 9.3 |
| 149 | MURAWSKI Rafał | 327 | DECATHLON POWER | M-Open | 106 | 00:39:03.26 | +00:15:17 | 6:30 | 9.2 |
| 150 | KRYGIER Ireneusz | 289 | W.P.K.SLON TEAM USTKA | M-Open | 107 | 00:39:04.91 | +00:15:19 | 6:30 | 9.2 |
| 151 | SZUMSKA Monika | 393 | NIGHT RUNNERS SŁUPSK | K-Open | 44 | 00:39:11.64 | +00:15:26 | 6:32 | 9.2 |
| 152 | MYSZKOWSKI Maciej | 328 | NIGHT RUNNERS | M-Open | 108 | 00:39:12.21 | +00:15:26 | 6:32 | 9.2 |
| 153 | KENIG Agnieszka | 415 | KS OLSZEWSKI | K-Open | 45 | 00:39:24.21 | +00:15:38 | 6:34 | 9.1 |
| 154 | ZIELIŃSKI Krystian | 434 | | M-Open | 109 | 00:39:28.54 | +00:15:42 | 6:34 | 9.1 |
| 155 | NIZIOŁ Małgorzata | 333 | BEST BEASTS | K-Open | 46 | 00:39:35.64 | +00:15:50 | 6:35 | 9.1 |
| 156 | DUDA Róża | 232 | BEST BEASTS, METALCORP TEAM | K-Open | 47 | 00:39:46.62 | +00:16:00 | 6:37 | 9 |
| 157 | MARCZAK Małgorzata | 315 | - | K-Open | 48 | 00:39:52.17 | +00:16:06 | 6:38 | 9 |
| 158 | MRUGALSKI Stanisław | 325 | MTS HAMER MIASTKO | M-Open | 110 | 00:39:52.19 | +00:16:06 | 6:38 | 9 |
| 159 | KARWASZ Krzysztof | 273 | MECHANIK SŁUPSK | M-Open | 111 | 00:39:58.58 | +00:16:12 | 6:39 | 9 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 6km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------|--------------------------------|-----------|------|----------------|-----------|--------------|------------|
| 160 | MICHALAK-MAŁECKA Anna | 319 | VACU ACTIV GYM | K-Open | 49 | 00:39:59.24 | +00:16:13 | 6:39 | 9 |
| 161 | MURAWSKA Katarzyna | 326 | DECATHLON POWER | K-Open | 50 | 00:40:03.69 | +00:16:18 | 6:40 | 9 |
| 162 | KONKOL Katarzyna | 282 | | K-Open | 51 | 00:40:06.64 | +00:16:21 | 6:41 | 9 |
| 163 | GIERESZ Agnieszka | 241 | KLUB CZERWONEJ TOREBKI | K-Open | 52 | 00:40:06.86 | +00:16:21 | 6:41 | 9 |
| 164 | SKIBIŃSKI Rafał | 378 | | M-Open | 112 | 00:40:29.88 | +00:16:44 | 6:45 | 8.9 |
| 165 | ADAMCZYK Ewa | 201 | | K-Open | 53 | 00:40:33.73 | +00:16:48 | 6:45 | 8.9 |
| 166 | KAJA Justyna | 266 | | K-Open | 54 | 00:40:34.21 | +00:16:48 | 6:45 | 8.9 |
| 167 | CZECH Roman | 217 | GOCH BYTÓW | M-Open | 113 | 00:40:38.47 | +00:16:52 | 6:46 | 8.9 |
| 168 | PROTASEWICZ Renata | 360 | KB SPOKO SŁAWNO | K-Open | 55 | 00:40:55.18 | +00:17:09 | 6:49 | 8.8 |
| 169 | SZLACHETKA Małgorzata | 388 | | K-Open | 56 | 00:40:55.74 | +00:17:10 | 6:49 | 8.8 |
| 170 | CZERWIŃSKA Anna | 218 | | K-Open | 57 | 00:40:56.42 | +00:17:10 | 6:49 | 8.8 |
| 171 | FRUBA Karina | 238 | STOPA SŁUPSK / KORONA SZCZECIN | K-Open | 58 | 00:41:05.86 | +00:17:20 | 6:51 | 8.8 |
| 172 | FRUBA Andrzej | 239 | | M-Open | 114 | 00:41:06.43 | +00:17:20 | 6:51 | 8.8 |
| 173 | SIUPIK WINISZEWSKA Małgorzata | 377 | | K-Open | 59 | 00:41:32.12 | +00:17:46 | 6:55 | 8.7 |
| 174 | REMUS Janusz | 366 | BEST BEAST | M-Open | 115 | 00:41:41.13 | +00:17:55 | 6:56 | 8.6 |
| 175 | REMUS Monika | 365 | BEST BEAST | K-Open | 60 | 00:41:42.11 | +00:17:56 | 6:57 | 8.6 |
| 176 | MIRON Katarzyna | 322 | | K-Open | 61 | 00:41:47.03 | +00:18:01 | 6:57 | 8.6 |
| 177 | SYCHLA Monika | 382 | VACU ACTIV GYM | K-Open | 62 | 00:41:52.63 | +00:18:06 | 6:58 | 8.6 |
| 178 | GRAJCZAK Dagmara | 246 | PARAFIA EWANGELICKO-AUGSBURSKA | K-Open | 63 | 00:42:10.28 | +00:18:24 | 7:01 | 8.5 |
| 179 | POTOMSKA Magdalena | 358 | | K-Open | 64 | 00:42:16.25 | +00:18:30 | 7:02 | 8.5 |
| 180 | KAPUSTA Daniel | 270 | | M-Open | 116 | 00:43:02.21 | +00:19:16 | 7:10 | 8.4 |
| 181 | KOCH Katarzyna | 450 | | K-Open | 65 | 00:43:24.12 | +00:19:38 | 7:14 | 8.3 |
| 182 | PIEKARSKA Aneta | 349 | MECHANIK | K-Open | 66 | 00:43:26.24 | +00:19:40 | 7:14 | 8.3 |
| 183 | BUDZYŃSKA Elżbieta | 341 | | K-Open | 67 | 00:43:28.39 | +00:19:42 | 7:14 | 8.3 |
| 184 | WALKOWIAK Dariusz | 407 | | M-Open | 117 | 00:43:31.44 | +00:19:45 | 7:15 | 8.3 |
| 185 | WOŹNIAK Dorota | 429 | GRZESŁAW WPK SŁOŃ TEAM | K-Open | 68 | 00:43:36.29 | +00:19:50 | 7:16 | 8.3 |
| 186 | WOŹNIAK Grzegorz | 428 | GRZESŁAW WPK SŁOŃ TEAM | M-Open | 118 | 00:43:37.17 | +00:19:51 | 7:16 | 8.3 |
| 187 | TURCZYN Grzegorz | 402 | NIGHT RUNNERS SŁUPSK | M-Open | 119 | 00:43:55.29 | +00:20:09 | 7:19 | 8.2 |
| 188 | DREWNIAK Magdalena | 231 | | K-Open | 69 | 00:44:08.02 | +00:20:22 | 7:21 | 8.2 |
| 189 | JEŻYNA Igor | 260 | WATAHA ŻÓŁWI | M-Open | 120 | 00:44:24.21 | +00:20:38 | 7:24 | 8.1 |
| 190 | BLUMCZYŃSKA Anna | 207 | WATAHA ŻÓŁWI | K-Open | 70 | 00:44:24.27 | +00:20:38 | 7:24 | 8.1 |
| 191 | MAKOWSKA Monika | 312 | | K-Open | 71 | 00:44:30.68 | +00:20:45 | 7:25 | 8.1 |
| 192 | KSIĄŻEK Małgorzata | 292 | | K-Open | 72 | 00:47:30.03 | +00:23:44 | 7:55 | 7.6 |
| 193 | RUTKOWSKI Krzysztof | 368 | REBELION OF FREE RUNNERS | M-Open | 121 | 00:50:01.22 | +00:26:15 | 8:20 | 7.2 |
| 194 | RYNG Kamila | 371 | | K-Open | 73 | 00:50:02.88 | +00:26:17 | 8:20 | 7.2 |
| 195 | GZIK Seweryn | 251 | W.P.K. SŁOŃ TEAM USTKA | M-Open | 122 | 00:50:08.22 | +00:26:22 | 8:21 | 7.2 |
| 196 | GZIK Radosław | 445 | WPK SLON TEAM | M-Open | 123 | 00:50:08.42 | +00:26:22 | 8:21 | 7.2 |
| 197 | DAMPS Juita | 223 | NIGHT RUNNERS SŁUPSK | K-Open | 74 | 00:50:26.74 | +00:26:41 | 8:24 | 7.1 |
| 198 | SULL Aga | 380 | NIGHT RUNNERS SŁUPSK | K-Open | 75 | 00:50:27.02 | +00:26:41 | 8:24 | 7.1 |

Znaleziono 198 wynik(ów)