

ŚNIADANIOWY BIEG MORSÓW O PUCHAR BURMISTRZA MIELNA – 5KM

Organizator/ Gmina Mielno, Centrum Kultury w Mielnie – Biuro
Organizer: Organizacyjne Zlotu Morsów
Data/ Date: 2018-02-10
Miejsce/ Place: Mielno
Dystans/ Distance: 5 km



Klasyfikacja/ Classification: Wszyscy/ Open

| Msc/ Rnk | Zawodnik/ Name | Numer/ Bib | Klub/ Team | Kategoria/ Category | Mkat/ CatRnk | Czas netto 5km | Różn/ Gap | Tempo min/km | Tempo km/h |
|-------------|--------------------|---------------|------------------------------------|------------------------|-----------------|----------------------|--------------|-----------------|---------------|
| 1 | KĘPKA Adrian | 138 | | M-18 | 1 | 00:18:03.35 | | 3:36 | 16.6 |
| 2 | CHMIEL Piotr | 136 | NURT MOSTKI | M-40 | 1 | 00:18:15.30 | +00:00:11 | 3:39 | 16.4 |
| 3 | IGNACZAK Piotr | 33 | KB.10.BIAŁOGARD | M-18 | 2 | 00:19:07.30 | +00:01:03 | 3:49 | 15.7 |
| 4 | TELATYŃSKA Sylwia | 172 | AKTYWNE CHOSZCZNO | K-40 | 1 | 00:20:19.35 | +00:02:16 | 4:04 | 14.8 |
| 5 | MORGIEWICZ Piotr | 70 | RUN GRYF GRYFICE | M-50 | 1 | 00:21:03.50 | +00:03:00 | 4:12 | 14.3 |
| 6 | NOWAK Łukasz | 139 | WROCŁAWSKIE MORSY | M-30 | 1 | 00:21:06.20 | +00:03:02 | 4:13 | 14.2 |
| 7 | MALEC Mariusz | 65 | STARGARDZKI KLUB MORSÓW MIEDWIANIE | M-40 | 2 | 00:21:20.00 | +00:03:16 | 4:16 | 14.1 |
| 8 | STEFANOWICZ Paweł | 109 | RUNNING ORLEN TEAM | M-40 | 3 | 00:21:22.40 | +00:03:19 | 4:16 | 14 |
| 9 | KONKEL Agnieszka | 46 | | K-30 | 1 | 00:21:36.45 | +00:03:33 | 4:19 | 13.9 |
| 10 | RODAK Zbigniew | 95 | STRZEGOMSKA DWUNASTKA | M-30 | 2 | 00:21:59.05 | +00:03:55 | 4:23 | 13.6 |
| 11 | BERNATEK Marcin | 4 | STRZEGOMSKA DWUNASTKA | M-30 | 3 | 00:22:13.05 | +00:04:09 | 4:26 | 13.5 |
| 12 | BIEŃKOWSKI Tomasz | 6 | | M-30 | 4 | 00:22:22.70 | +00:04:19 | 4:28 | 13.4 |
| 13 | SZCZEPANEK Janusz | 110 | SZARE MORSY | M-40 | 4 | 00:22:25.70 | +00:04:22 | 4:29 | 13.4 |
| 14 | ŚMIGIELSKI Marcin | 113 | MORSY NA KOKSIE | M-18 | 3 | 00:22:30.50 | +00:04:27 | 4:30 | 13.3 |
| 15 | SAWICKI Adam | 134 | MARATONKI | M-40 | 5 | 00:22:39.15 | +00:04:35 | 4:31 | 13.2 |
| 16 | WOLIŃSKI Benedykt | 174 | MORSY LODOŁAMACZ | M-40 | 6 | 00:22:39.65 | +00:04:36 | 4:31 | 13.2 |
| 17 | GRUNTOWSKI Mateusz | 155 | NIEMO ADVENTURE | M-30 | 5 | 00:22:44.85 | +00:04:41 | 4:33 | 13.2 |

| Msc/ Rnk | Zawodnik/ Name | Numer/ Bib | Klub/ Team | Kategoria/ Category | Mkat/ CatRnk | Czas netto 5km | Różn/ Gap | Tempo min/km | Tempo km/h |
|-------------|------------------------------|---------------|------------------------------------|------------------------|-----------------|----------------------|--------------|-----------------|---------------|
| 18 | SZYMAŃSKI Michał | 112 | STRZEGOMSKA DWUNASTKA | M-30 | 6 | 00:22:48.00 | +00:04:44 | 4:33 | 13.2 |
| 19 | MIELCZAREK Krystian | 68 | STARGARDZKI KLUB MORSÓW MIEDWIANIE | M-30 | 7 | 00:22:48.75 | +00:04:45 | 4:33 | 13.1 |
| 20 | DZIETCZYK Kamil | 170 | AKTYWNE CHOSZCZNO | M-30 | 8 | 00:22:59.85 | +00:04:56 | 4:36 | 13 |
| 21 | MICHALIK Grzegorz | 126 | ZAMORSOWANI CZĘSTOCHOWA | M-40 | 7 | 00:23:02.40 | +00:04:59 | 4:36 | 13 |
| 22 | JEDRYCHA Mariusz | 169 | MORSY LODOŁAMACZ | M-40 | 8 | 00:23:11.50 | +00:05:08 | 4:38 | 12.9 |
| 23 | PICK Tomasz | 85 | MK KOSZALIN | M-40 | 9 | 00:23:24.10 | +00:05:20 | 4:40 | 12.8 |
| 24 | ZAHRI Kamil | 152 | KS AMBER MORSY TOMASZÓW MAZOWIECKI | M-30 | 9 | 00:23:29.05 | +00:05:25 | 4:41 | 12.8 |
| 25 | LACH Krzysztof | 58 | KLIMA WRZEŚNIA | M-40 | 10 | 00:23:38.30 | +00:05:34 | 4:43 | 12.7 |
| 26 | KOPYŚCIAŃSKI Piotr | 48 | LEGNICKIE MORSY | M-40 | 11 | 00:23:42.55 | +00:05:39 | 4:44 | 12.6 |
| 27 | RADULEWICZ Sebastian | 153 | MORSY LEGNICA | M-40 | 12 | 00:23:43.15 | +00:05:39 | 4:44 | 12.6 |
| 28 | SZYMAŃSKA Brygida | 111 | STRZEGOMSKA DWUNASTKA | K-18 | 1 | 00:23:45.35 | +00:05:42 | 4:45 | 12.6 |
| 29 | JESSA Włodzimierz | 148 | | M-50 | 2 | 00:23:49.65 | +00:05:46 | 4:46 | 12.6 |
| 30 | PAWLIKOWSKI Jacek | 82 | KKM KALORYFER | M-50 | 3 | 00:23:52.95 | +00:05:49 | 4:46 | 12.6 |
| 31 | ŚWITA Jarosław | 114 | FORMA WODZISŁAW ŚL. | M-40 | 13 | 00:23:54.30 | +00:05:50 | 4:47 | 12.5 |
| 32 | KRZEMIŃSKI Adam | 54 | RUNNERS TEAM KĘTRZYN | M-40 | 14 | 00:23:58.00 | +00:05:54 | 4:47 | 12.5 |
| 33 | ZIÓLKOWSKI Krzysztof | 122 | OPOCZYŃSKI KLUB MORSÓW | M-18 | 4 | 00:23:59.75 | +00:05:56 | 4:47 | 12.5 |
| 34 | SŁOWIŃSKI Łukasz | 107 | ŚREMSKI KLUB LODZIK | M-30 | 10 | 00:24:07.10 | +00:06:03 | 4:49 | 12.4 |
| 35 | GLISZCZYŃSKI Łukasz | 27 | ŚWIAT PŁYTEK U KRYSPIŃNA | M-18 | 5 | 00:24:09.75 | +00:06:06 | 4:49 | 12.4 |
| 36 | BOCHEŃSKI Rafał | 9 | KKM KALORYFER | M-30 | 11 | 00:24:14.00 | +00:06:10 | 4:50 | 12.4 |
| 37 | GNIOT Patryk | 157 | MORSY NA KOKSIE | M-13 | 1 | 00:24:16.35 | +00:06:13 | 4:51 | 12.4 |
| 38 | MOSJO Radek | 71 | KS AMBER MORSY TOMASZÓW MAZOWIECKI | M-30 | 12 | 00:24:19.20 | +00:06:15 | 4:51 | 12.3 |
| 39 | PLICH Agnieszka | 87 | KS AMBER MORSY TOMASZÓW MAZOWIECKI | K-40 | 2 | 00:24:19.60 | +00:06:16 | 4:51 | 12.3 |
| 40 | MARCINIAK Michał | 67 | ŚREMSKI KLUB MORSÓW MROZIK | M-30 | 13 | 00:24:20.05 | +00:06:16 | 4:52 | 12.3 |
| 41 | SZYCIK Waldemar | 131 | MARATONKI | M-40 | 15 | 00:24:20.25 | +00:06:16 | 4:52 | 12.3 |
| 42 | IZYDOREK Wojciech | 34 | KLIMA WRZEŚNIA/ NRW | M-30 | 14 | 00:24:22.20 | +00:06:18 | 4:52 | 12.3 |
| 43 | RUTKOWSKI Ryszard | 97 | RUTKOWSKI TEAM | M-50 | 4 | 00:24:26.30 | +00:06:22 | 4:53 | 12.3 |
| 44 | RUTKOWSKI Artur | 98 | RUTKOWSKI TEAM | M-18 | 6 | 00:24:37.35 | +00:06:34 | 4:55 | 12.2 |
| 45 | MYSZKA Marcin | 133 | MARATONKI | M-40 | 16 | 00:24:41.85 | +00:06:38 | 4:56 | 12.1 |
| 46 | KAMIŃSKI Krzysztof | 142 | MORSY LEGNICA | M-50 | 5 | 00:24:45.85 | +00:06:42 | 4:57 | 12.1 |
| 47 | KRYSA-KOSZTYŁA Kamila | 53 | KKM KALORYFER | K-30 | 2 | 00:25:23.90 | +00:07:20 | 5:04 | 11.8 |
| 48 | SOBCZYŃSKI Michał | 145 | KLUB ŚREM MROZIK | M-18 | 7 | 00:25:24.50 | +00:07:21 | 5:05 | 11.8 |
| 49 | KAŻMIERCZAK Hanna | 42 | ŚREMSKI KLUB MORSÓW MROZIK | K-40 | 3 | 00:25:26.65 | +00:07:23 | 5:05 | 11.8 |

| Msc/ Rnk | Zawodnik/ Name | Numer/ Bib | Klub/ Team | Kategoria/ Category | Mkat/ CatRnk | Czas netto 5km | Różn/ Gap | Tempo min/km | Tempo km/h |
|-------------|------------------------|---------------|---|------------------------|-----------------|----------------------|--------------|-----------------|---------------|
| 50 | KAZIMIEROWICZ Radosław | 41 | VTT KOSZALIN | M-30 | 15 | 00:25:38.10 | +00:07:34 | 5:07 | 11.7 |
| 51 | KORCZAK Piotr | 49 | GÓRSKIE WŁÓCZYKIJE | M-18 | 8 | 00:25:41.35 | +00:07:38 | 5:08 | 11.7 |
| 52 | LECHOWICZ Tadeusz | 60 | SZARE MORSY | M-50 | 6 | 00:25:41.70 | +00:07:38 | 5:08 | 11.7 |
| 53 | ZBROSZCZYK Jerzy | 173 | MIEDWIENIE | M-40 | 17 | 00:25:45.65 | +00:07:42 | 5:09 | 11.6 |
| 54 | PŁOSZAJCZYK Norbert | 89 | STRZEGOMSKA DWUNASTKA | M-50 | 7 | 00:25:46.40 | +00:07:43 | 5:09 | 11.6 |
| 55 | MATCZAK Jacek | 160 | | M-40 | 18 | 00:25:55.90 | +00:07:52 | 5:11 | 11.6 |
| 56 | KONKEL Łukasz | 47 | | M-30 | 16 | 00:26:09.75 | +00:08:06 | 5:13 | 11.5 |
| 57 | RĘDZIA Tomasz | 167 | | M-40 | 19 | 00:26:29.50 | +00:08:26 | 5:18 | 11.3 |
| 58 | GNIOT Katarzyna | 156 | MORSY NA KOKSIE | K-30 | 3 | 00:26:32.20 | +00:08:28 | 5:18 | 11.3 |
| 59 | WARCHOŁ Grzegorz | 117 | MORSY NA KOKSIE | M-30 | 17 | 00:26:35.85 | +00:08:32 | 5:19 | 11.3 |
| 60 | PROKOP Elżbieta | 92 | GLIWICKIE MORSY I FOCZKI | K-50 | 1 | 00:26:35.95 | +00:08:32 | 5:19 | 11.3 |
| 61 | GRADUS Ilona | 29 | MORSY WARSZAWA - JEZIORKO CZERNAKOWSKIE | K-30 | 4 | 00:26:41.65 | +00:08:38 | 5:20 | 11.2 |
| 62 | WOŹNY Rafał | 121 | BAKSTERZY | M-40 | 20 | 00:26:44.65 | +00:08:41 | 5:21 | 11.2 |
| 63 | BOGDANOWSKI Andrzej | 10 | ZOR STOCKHOLM | M-30 | 18 | 00:26:45.10 | +00:08:41 | 5:21 | 11.2 |
| 64 | NOWAK Jarosław | 175 | MORSY LODOŁAMACZ | M-40 | 21 | 00:26:50.45 | +00:08:47 | 5:22 | 11.2 |
| 65 | MOŃKA Andrzej | 141 | ZMORSOWANI CZĘSTOCHOWA | M-40 | 22 | 00:26:56.20 | +00:08:52 | 5:23 | 11.1 |
| 66 | PEŁKA Aneta | 84 | KS AMBER MORSY TOMASZÓW MAZOWIECKI | K-40 | 4 | 00:26:57.30 | +00:08:53 | 5:23 | 11.1 |
| 67 | KANIAK Marcin | 151 | MORSYBORÓW NIEMODLINSKICH | M-40 | 23 | 00:27:03.20 | +00:08:59 | 5:24 | 11.1 |
| 68 | KANIEWSKI Grzegorz | 127 | KLIMA MORSY WRZEŚNIA | M-40 | 24 | 00:27:13.30 | +00:09:09 | 5:26 | 11 |
| 69 | WOŁCZYK Małgorzata | 119 | KS AMBER MORSY TOMASZÓW MAZOWIECKI | K-30 | 5 | 00:27:25.30 | +00:09:21 | 5:29 | 10.9 |
| 70 | BARAN Dominika | 124 | WROCŁAWSKIE MORSY | K-30 | 6 | 00:27:28.30 | +00:09:24 | 5:29 | 10.9 |
| 71 | FEDYCZKOWSKA Justyna | 20 | STRZEGOMSKA DWUNASTKA | K-40 | 5 | 00:27:30.80 | +00:09:27 | 5:30 | 10.9 |
| 72 | RAJSKI Marcin | 176 | KS AMBER MORSY TOMASZÓW MAZOWIECKI | M-40 | 25 | 00:27:32.65 | +00:09:29 | 5:30 | 10.9 |
| 73 | JUSZCZAK Krzysztof | 38 | | M-60 | 1 | 00:27:33.20 | +00:09:29 | 5:30 | 10.9 |
| 74 | RODEWALD Ryszard | 96 | | M-40 | 26 | 00:27:37.95 | +00:09:34 | 5:31 | 10.9 |
| 75 | LAL Monika | 59 | RUNGRYF | K-50 | 2 | 00:27:47.85 | +00:09:44 | 5:33 | 10.8 |
| 76 | PACAN Mira | 76 | ŚWIAT PŁYTEK U KRYSPIŃA | K-30 | 7 | 00:27:50.80 | +00:09:47 | 5:34 | 10.8 |
| 77 | OPARA Roman | 129 | ARTICA | M-50 | 8 | 00:28:12.15 | +00:10:08 | 5:38 | 10.6 |
| 78 | GRABOWSKA-LESISZ Aneta | 28 | | K-40 | 6 | 00:28:13.25 | +00:10:09 | 5:38 | 10.6 |
| 79 | GALIŃSKI Paweł | 24 | KS AMBER MORSY TOMASZÓW MAZOWIECKI | M-40 | 27 | 00:28:17.20 | +00:10:13 | 5:39 | 10.6 |
| 80 | PAWLINA Karolina | 83 | ŁÓDZKIE MORSY | K-30 | 8 | 00:28:18.85 | +00:10:15 | 5:39 | 10.6 |
| 81 | ŁUBIK Renata | 62 | PRO-RUN WROCŁAW/WROCŁAWSKIE MORSY | K-40 | 7 | 00:28:25.35 | +00:10:22 | 5:41 | 10.6 |
| 82 | KAWĘCKI Bogdan | 40 | POLAR BARTOSZYCE | M-40 | 28 | 00:28:33.50 | +00:10:30 | 5:42 | 10.5 |

| Msc/ Rnk | Zawodnik/ Name | Numer/ Bib | Klub/ Team | Kategoria/ Category | Mkat/ CatRnk | Czas netto 5km | Różn/ Gap | Tempo min/km | Tempo km/h |
|-------------|----------------------------------|---------------|---|------------------------|-----------------|----------------------|--------------|-----------------|---------------|
| 83 | WIŚNIEWSKA Monika | 144 | STARGARDZKI KLUB MORSÓW MIEDWIANIE | K-40 | 8 | 00:28:33.60 | +00:10:30 | 5:42 | 10.5 |
| 84 | KOGUT Gerard | 130 | KKM KALORYFER | M-13 | 2 | 00:28:38.45 | +00:10:35 | 5:43 | 10.5 |
| 85 | BORYSIEWICZ Joanna | 11 | | K-30 | 9 | 00:28:40.40 | +00:10:37 | 5:44 | 10.5 |
| 86 | LESISZ Michał | 61 | | M-40 | 29 | 00:28:43.10 | +00:10:39 | 5:44 | 10.4 |
| 87 | PAKOWSKI Robert | 79 | KS AMBER MORSY TOMASZÓW MAZOWIECKI | M-40 | 30 | 00:28:46.55 | +00:10:43 | 5:45 | 10.4 |
| 88 | MANIA Ireneusz | 66 | BŁĘKITNE MORSY ŁĘBSKIE | M-50 | 9 | 00:28:55.55 | +00:10:52 | 5:47 | 10.4 |
| 89 | CHMIEL Nina | 137 | NURT MOSTKI | K-40 | 9 | 00:28:57.15 | +00:10:53 | 5:47 | 10.4 |
| 90 | DUDEK Magdalena | 13 | KKM KALORYFER | K-30 | 10 | 00:28:59.20 | +00:10:55 | 5:48 | 10.3 |
| 91 | GWOŹDZIOWSKI Marcin | 31 | KKM KALORYFER | M-40 | 31 | 00:29:01.80 | +00:10:58 | 5:48 | 10.3 |
| 92 | BAJCAR Beata | 1 | SZARE MORSY | K-40 | 10 | 00:29:02.65 | +00:10:59 | 5:48 | 10.3 |
| 93 | GIET Małgorzata | 177 | MORSY DĘBOWA | K-40 | 11 | 00:29:07.50 | +00:11:04 | 5:49 | 10.3 |
| 94 | BARAN Irena | 2 | SZARE MORSY | K-50 | 3 | 00:29:20.45 | +00:11:17 | 5:52 | 10.2 |
| 95 | GIŻYŃSKA Katarzyna | 25 | SZARE MORSY | K-30 | 11 | 00:29:26.10 | +00:11:22 | 5:53 | 10.2 |
| 96 | KOSOWSKI Jacek | 51 | | M-50 | 10 | 00:29:27.50 | +00:11:24 | 5:53 | 10.2 |
| 97 | SERWICKA Emilka | 101 | JURAJSKIE MORSY | K-50 | 4 | 00:29:29.55 | +00:11:26 | 5:53 | 10.2 |
| 98 | SKROBIŚ Barbara | 106 | MORSY BOLESŁAWIEC | K-40 | 12 | 00:29:30.55 | +00:11:27 | 5:54 | 10.2 |
| 99 | GLINKA Joanna | 26 | MORS | K-50 | 5 | 00:29:32.20 | +00:11:28 | 5:54 | 10.2 |
| 100 | PIETRZAK Dawid | 86 | NIGHT RUNNERS WRZEŚNIA/KLIMA MORSY WRZEŚNIA | M-30 | 19 | 00:29:48.20 | +00:11:44 | 5:57 | 10.1 |
| 101 | BŁASZAK Monika | 7 | NIGHT RUNNERS WRZEŚNIA/KLIMA MORSY WRZEŚNIA | K-30 | 12 | 00:29:48.75 | +00:11:45 | 5:57 | 10.1 |
| 102 | RAWSKI Jerzy | 171 | MORSY BRZEG | M-30 | 20 | 00:29:50.25 | +00:11:46 | 5:58 | 10.1 |
| 103 | WACHHOLZ Beata | 116 | KB BRYZA OSTOMINO | K-40 | 13 | 00:29:50.70 | +00:11:47 | 5:58 | 10.1 |
| 104 | BIBIK Andrzej | 5 | | M-30 | 21 | 00:30:00.60 | +00:11:57 | 6:00 | 10 |
| 105 | PŁOSZAJCZYK Beata | 88 | STRZEGOMSKA DWUNASTKA | K-50 | 6 | 00:30:08.65 | +00:12:05 | 6:01 | 10 |
| 106 | KRZEMIŃSKA Aanna | 128 | | K-30 | 13 | 00:30:10.40 | +00:12:07 | 6:02 | 9.9 |
| 107 | SROKA Lidia | 143 | JURAJSKIE MORSY | K-40 | 14 | 00:30:22.40 | +00:12:19 | 6:04 | 9.9 |
| 108 | POGORZELSKA Wiesława | 90 | | K-30 | 14 | 00:30:24.55 | +00:12:21 | 6:05 | 9.9 |
| 109 | KOWALCZYK Adam | 158 | KLIMA MORSY WRZEŚNIA | M-40 | 32 | 00:30:27.10 | +00:12:23 | 6:05 | 9.9 |
| 110 | WOJCIECHOWSKA-BRZEZIŃSKA Barbara | 135 | MORSY GDYNIA | K-50 | 7 | 00:30:27.15 | +00:12:23 | 6:05 | 9.9 |
| 111 | DUDEK Mariola | 163 | STRZEGOMSKA DWUNASTKA | K-40 | 15 | 00:30:33.30 | +00:12:29 | 6:06 | 9.8 |
| 112 | DUDEK Krzysztof | 162 | STRZEGOMSKA DWUNASTKA | M-40 | 33 | 00:30:35.55 | +00:12:32 | 6:07 | 9.8 |
| 113 | LECH Monika | 154 | MORSY WOŁOMIN | K-30 | 15 | 00:30:50.85 | +00:12:47 | 6:10 | 9.7 |
| 114 | KONARSKA Madlena | 45 | MORSY DĄBIE LUBUSKIE | K-30 | 16 | 00:31:03.15 | +00:12:59 | 6:12 | 9.7 |
| 115 | HELLER Zdzisław | 32 | NIEZRZESZONY | M-60 | 2 | 00:31:18.60 | +00:13:15 | 6:15 | 9.6 |

| Msc/ Rnk | Zawodnik/ Name | Numer/ Bib | Klub/ Team | Kategoria/ Category | Mkat/ CatRnk | Czas netto 5km | Różn/ Gap | Tempo min/km | Tempo km/h |
|-------------|-------------------------|---------------|------------------------------------|------------------------|-----------------|----------------------|--------------|-----------------|---------------|
| 116 | DZIEŻA Robert | 18 | MORSY LUBIN | M-40 | 34 | 00:31:36.05 | +00:13:32 | 6:19 | 9.5 |
| 117 | KOWALISZYN Małgorzata | 52 | | K-40 | 16 | 00:31:50.35 | +00:13:47 | 6:22 | 9.4 |
| 118 | FILIPOWICZ Agnieszka | 22 | MORSY ZIEMI CHRZANOWSKIEJ | K-40 | 17 | 00:31:50.60 | +00:13:47 | 6:22 | 9.4 |
| 119 | KUMOSZ Monika | 161 | MORSY BOLESŁAWIEC | K-40 | 18 | 00:31:53.75 | +00:13:50 | 6:22 | 9.4 |
| 120 | KUMOSZ Mirosław | 159 | MORSY BOLESŁAWIEC | M-40 | 35 | 00:31:55.25 | +00:13:51 | 6:23 | 9.4 |
| 121 | SKAŁA Rafał | 146 | JURAJSKIE MORSY | M-40 | 36 | 00:32:08.55 | +00:14:05 | 6:25 | 9.3 |
| 122 | SKAŁA Renata | 147 | JURAJSKIE MORSY | K-30 | 17 | 00:32:11.00 | +00:14:07 | 6:26 | 9.3 |
| 123 | GRZYMAŁA Angelika | 168 | POSEJDON | K-40 | 19 | 00:32:13.85 | +00:14:10 | 6:26 | 9.3 |
| 124 | SŁOTWIŃSKA Gracja | 164 | MORSY BOLESŁAWIEC | K-30 | 18 | 00:32:14.40 | +00:14:11 | 6:27 | 9.3 |
| 125 | SIERGIEJ Iwona | 102 | | K-40 | 20 | 00:32:14.75 | +00:14:11 | 6:26 | 9.3 |
| 126 | KIEŁKOWSKA Agnieszka | 43 | SZARE MORSY | K-40 | 21 | 00:32:15.70 | +00:14:12 | 6:27 | 9.3 |
| 127 | BARTCZAK Karolina | 3 | | K-18 | 2 | 00:32:18.00 | +00:14:14 | 6:27 | 9.3 |
| 128 | DZIECHCIARZ-DUDA Joanna | 17 | JURAJSKIE MORSY | K-40 | 22 | 00:32:26.05 | +00:14:22 | 6:29 | 9.2 |
| 129 | DUDA Maciej | 12 | JURAJSKIE MORSY | M-50 | 11 | 00:32:26.90 | +00:14:23 | 6:29 | 9.2 |
| 130 | JANUS Łukasz | 150 | JURAJSKIE MORSY | M-30 | 22 | 00:32:36.30 | +00:14:32 | 6:31 | 9.2 |
| 131 | JANUS Monika | 149 | JURAJSKIE MORSY | K-30 | 19 | 00:32:38.15 | +00:14:34 | 6:31 | 9.2 |
| 132 | KURCZ Barbara | 57 | BABECZKI KOSZALIN | K-40 | 23 | 00:32:46.60 | +00:14:43 | 6:33 | 9.2 |
| 133 | FONFERKO Daria | 23 | STRZEGOMSKA DWUNASTKA | K-30 | 20 | 00:32:54.35 | +00:14:51 | 6:35 | 9.1 |
| 134 | KOSOWSKA Jolanta | 50 | | K-50 | 8 | 00:33:00.85 | +00:14:57 | 6:36 | 9.1 |
| 135 | WOŻNA Dorota | 120 | BAKSTERZY | K-40 | 24 | 00:33:00.90 | +00:14:57 | 6:36 | 9.1 |
| 136 | PRZYBYŁO Sławek | 93 | STRZEGOMSKA DWUNASTKA | M-40 | 37 | 00:33:32.25 | +00:15:28 | 6:42 | 8.9 |
| 137 | FEDYCZKOWSKI Edward | 21 | STRZEGOMSKA DWUNASTKA | M-40 | 38 | 00:33:34.10 | +00:15:30 | 6:42 | 8.9 |
| 138 | EJSMONT Monika | 19 | AMBER | K-40 | 25 | 00:33:35.05 | +00:15:31 | 6:43 | 8.9 |
| 139 | KUCHARCZYK Robert | 55 | MORSY GRYFICE | M-40 | 39 | 00:33:49.10 | +00:15:45 | 6:45 | 8.9 |
| 140 | SKOWYRA Wioletta | 104 | MORSY GRYF-ICE | K-40 | 26 | 00:33:49.15 | +00:15:45 | 6:45 | 8.9 |
| 141 | NOWAK Irena | 74 | 1965. | K-50 | 9 | 00:33:51.15 | +00:15:47 | 6:46 | 8.9 |
| 142 | SKOWYRA Arkadiusz | 105 | MORSY GRYF-ICE | M-30 | 23 | 00:33:52.55 | +00:15:49 | 6:46 | 8.9 |
| 143 | KUJAWA Jarek | 56 | KLUB MORSÓW ESKIMO GORZÓW -KŁODAWA | M-40 | 40 | 00:34:06.00 | +00:16:02 | 6:49 | 8.8 |
| 144 | KANIEWSKI Piotr | 39 | | M-30 | 24 | 00:34:26.35 | +00:16:23 | 6:53 | 8.7 |
| 145 | DYCFELD Jerzy | 14 | MORSY BRZEG | M-60 | 3 | 00:34:38.20 | +00:16:34 | 6:55 | 8.7 |
| 146 | NOWAK Marta | 75 | STARGARDZKI KLUB MORSÓW MIEDWIANIE | K-18 | 3 | 00:34:44.50 | +00:16:41 | 6:56 | 8.6 |
| 147 | SZYMAŃSKA Justryna | 140 | KRÓLEWSKIE MORSY GNIEZNO | K-18 | 4 | 00:35:47.50 | +00:17:44 | 7:09 | 8.4 |
| 148 | SZYCIK Swietłana | 132 | MARATONKI | K-40 | 27 | 00:35:53.50 | +00:17:50 | 7:10 | 8.4 |

| Msc/ Rnk | Zawodnik/ Name | Numer/ Bib | Klub/ Team | Kategoria/ Category | Mkat/ CatRnk | Czas netto 5km | Różn/ Gap | Tempo min/km | Tempo km/h |
|-------------|------------------------------|---------------|------------------------------------|------------------------|-----------------|----------------------|--------------|-----------------|---------------|
| 149 | PAJAŁ Anna | 78 | KS AMBER MORSY TOMASZÓW MAZOWIECKI | K-40 | 28 | 00:35:59.60 | +00:17:56 | 7:12 | 8.3 |
| 150 | WOICKA Ewa | 118 | KS AMBER MORSY TOMASZÓW MAZOWIECKI | K-40 | 29 | 00:36:00.90 | +00:17:57 | 7:12 | 8.3 |
| 151 | STANISZEWSKA Elżbieta | 108 | | K-40 | 30 | 00:36:24.25 | +00:18:20 | 7:16 | 8.2 |
| 152 | RZEPECKI Bartłomiej | 125 | WROCŁAWSKIE MORSY | M-30 | 25 | 00:36:55.80 | +00:18:52 | 7:23 | 8.1 |
| 153 | SIKORRA Janina | 103 | BŁĘKITNE MORSY ŁEBSKIE | K-70+ | 1 | 00:39:18.70 | +00:21:15 | 7:51 | 7.6 |
| 154 | MIELCZAREK Marta | 69 | STARGARDZKI KLUB MORSÓW MIEDWIANIE | K-18 | 5 | 00:39:45.75 | +00:21:42 | 7:57 | 7.5 |
| 155 | TOMAŚKO Stanisław | 115 | MORSY GDYŃSKIE | M-60 | 4 | 00:41:14.90 | +00:23:11 | 8:15 | 7.3 |
| 156 | BŁASZCZUK Maja | 8 | STOWARZYSZENIE MORSÓW GDYŃSKICH | K-30 | 21 | 00:41:17.75 | +00:23:14 | 8:15 | 7.3 |
| | JĘDRZYCKA Małgorzata | 37 | KLUB MORSÓW MORŚWINY | K-40 | | DNF | | - | - |

Znaleziono 157 wynik(ów)