

BIEG WALENTYNKOWY - III ETAP JAMNEŃSKIEGO TOURU BIEGOWEGO

Organizator: Rada Osiedla Jamno - Łabusz

Data: 2020-02-09

Miejsce: Koszalin

Dystans: 5 km

Klasyfikacja wg czasów netto.

W klasyfikacji open pierwsze 20 miejsc wg czasu brutto



BIEG WALENTYNKOWY - III ETAP JAMNEŃSKIEGO TOURU BIEGOWEGO, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|----------------------------|-----|---------------------------------------|-------------|--------|------|--------|------|-------------|-------------|--------|------|
| 1 | HUBERT ŁUKASZ | 65 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-30 | 1 | M 2 | 00:17:47.66 | 00:17:49.81 | 3:33 | 16.9 |
| 2 | RYKIEL MICHAŁ | 193 | TAGER SPORT I PRZYJACIELE | BONIN | POLSKA | M-30 | 2 | M 2 | 00:18:11.78 | 00:18:13.96 | 3:38 | 16.5 |
| 3 | JAKUBEK PATRYK | 67 | 7 DAYS | BYTÓW | POLSKA | M-20 | 1 | M 3 | 00:18:20.22 | 00:18:22.29 | 3:40 | 16.4 |
| 4 | ZIEMAN MICHAŁ | 247 | 404 NOT FOUND | BYTÓW | POLSKA | M-30 | 3 | M 4 | 00:18:28.38 | 00:18:30.81 | 3:41 | 16.2 |
| 5 | DYLEWSKI TOMASZ | 37 | | MIASTKO | POLSKA | M-20 | 2 | M 5 | 00:18:44.27 | 00:18:47.48 | 3:44 | 16 |
| 6 | CZAPLIŃSKI JACEK | 27 | TAGER SPORT I PRZYJACIELE | KOSZALIN | POLSKA | M-30 | 4 | M 6 | 00:18:46.15 | 00:18:49.74 | 3:45 | 16 |
| 7 | PICK TOMASZ | 176 | SKSG KORONA SZCZECIN | KOSZALIN | POLSKA | M-50 | 1 | M 7 | 00:19:03.25 | 00:19:06.44 | 3:48 | 15.7 |
| 8 | GOSTKOWSKI ŁUKASZ | 50 | 404 NOT FOUND | BYTÓW | POLSKA | M-30 | 5 | M 8 | 00:19:14.11 | 00:19:17.21 | 3:50 | 15.6 |
| 9 | DUDA GRZEGORZ | 35 | BEST BEASTS | BUKÓWKA | POLSKA | M-40 | 1 | M 9 | 00:19:19.75 | 00:19:21.89 | 3:51 | 15.5 |
| 10 | KAWKA ADRIAN | 88 | | SŁUPSK | POLSKA | M-30 | 6 | M 10 | 00:19:24.00 | 00:19:26.50 | 3:52 | 15.5 |
| 11 | KORMAN KAMIL | 100 | | KOSZALIN | POLSKA | M-20 | 3 | M 11 | 00:19:24.18 | 00:19:27.05 | 3:53 | 15.5 |
| 12 | CICHOSZ-MIELEWCZYK MATEUSZ | 25 | POZYTYWNE NAKRĘCENI | RZEPNICA | POLSKA | M-30 | 7 | M 12 | 00:19:30.18 | 00:19:34.21 | 3:54 | 15.4 |
| 13 | STOLTMAN MARCIN | 205 | 7 DAYS | BYTÓW | POLSKA | M-20 | 4 | M 13 | 00:19:32.00 | 00:19:36.00 | 3:54 | 15.4 |
| 14 | CHABOWSKI WOJCIECH | 20 | | RABINO | POLSKA | M-20 | 5 | M 14 | 00:19:35.28 | 00:19:37.49 | 3:55 | 15.3 |
| 15 | LEWANDOWSKI JACEK | 123 | TAPETY KOSZALIN MONIUSZKI | STARY BOREK | POLSKA | M-40 | 3 | M 15 | 00:19:32.91 | 00:19:38.31 | 3:54 | 15.3 |
| 16 | TRĘBSKI KRZYSZTOF | 229 | #ZABIEGANINOCA | OKONEK | POLSKA | M-40 | 2 | M 16 | 00:19:29.61 | 00:19:38.62 | 3:53 | 15.4 |
| 17 | SZABAŁOWSKA MAŁGORZATA | 210 | MKL SZCZECINEK | SZCZECINEK | POLSKA | K-20 | 1 | K 1 | 00:19:38.87 | 00:19:42.24 | 3:55 | 15.3 |
| 18 | MŁASZEWSKI PRZEMEK | 145 | AMBRA POLSKA | KOSZALIN | POLSKA | M-30 | 8 | M 17 | 00:20:08.57 | 00:20:12.71 | 4:01 | 14.9 |
| 19 | BRALSKI ANDRZEJ | 13 | #ZABIEGANINOCA | OKONEK | POLSKA | M-40 | 4 | M 18 | 00:20:16.62 | 00:20:22.53 | 4:03 | 14.8 |
| 20 | ŁUKAWSKI MARIUSZ | 128 | JW 1223 | ŚWIESZYNO | POLSKA | M-30 | 9 | M 19 | 00:20:29.17 | 00:20:34.97 | 4:05 | 14.6 |
| 21 | GAWEŁ MARCIN | 161 | | KOSZALIN | POLSKA | M-20 | 6 | M 20 | 00:20:34.58 | 00:20:39.18 | 4:07 | 14.6 |
| 22 | KOZIEŁ ADAM | 104 | | KOSZALIN | POLSKA | M-20 | 7 | M 21 | 00:20:39.10 | 00:20:42.25 | 4:07 | 14.5 |
| 23 | KOZIEŁ PAWEŁ | 103 | | RABINO | POLSKA | M-40 | 5 | M 22 | 00:20:40.93 | 00:20:44.18 | 4:08 | 14.5 |
| 24 | KONKEL AGNIESZKA | 95 | TAGER SPORT I PRZYJACIELE | KOSZALIN | POLSKA | K-30 | 1 | K 2 | 00:20:43.53 | 00:20:48.40 | 4:08 | 14.5 |
| 25 | KRYNICKA GRZYB MAŁGORZATA | 114 | | TRZEBIATÓW | POLSKA | K-30 | 2 | K 3 | 00:20:43.90 | 00:20:46.24 | 4:08 | 14.5 |
| 26 | ZIELIŃSKA ANNA | 246 | TRUCHT ŁOBEZ | ŁOBEZ | POLSKA | K-40 | 1 | K 4 | 00:20:45.59 | 00:20:48.16 | 4:09 | 14.4 |
| 27 | JANKOWSKI GRZEGORZ | 69 | POZYTYWNE NAKRĘCENI | BYTÓW | POLSKA | M-40 | 6 | M 23 | 00:20:50.86 | 00:20:54.84 | 4:10 | 14.4 |
| 28 | SKROBANEK HANNA | 202 | MKP SZCZECINEK | SZCZECINEK | POLSKA | K-14 | 1 | K 5 | 00:20:52.76 | 00:20:57.34 | 4:10 | 14.4 |
| 29 | WEBER PAWEŁ | 230 | FPP FUNCTIONAL POLISH PERFORMANCE | KOSZALIN | POLSKA | M-30 | 10 | M 24 | 00:21:00.56 | 00:21:04.19 | 4:12 | 14.3 |
| 30 | SZCZEK MAŁGORZATA | 214 | 404 NOT FOUND | SŁUPSK | POLSKA | K-30 | 3 | K 6 | 00:21:01.26 | 00:21:07.21 | 4:12 | 14.3 |
| 31 | KIELCZYŃSKI DAWID | 92 | TEAM DAVE BUKÓWKA | BUKÓWKA | POLSKA | M-30 | 11 | M 25 | 00:21:01.51 | 00:21:06.69 | 4:12 | 14.3 |
| 32 | DRAŻKOWSKI TOMASZ | 33 | MKP SZCZECINEK | SZCZECINEK | POLSKA | M-14 | 1 | M 26 | 00:21:04.53 | 00:21:09.27 | 4:13 | 14.2 |
| 33 | OLCZAK KRZYSZTOF | 163 | | SIANÓW | POLSKA | M-30 | 12 | M 27 | 00:21:07.80 | 00:21:26.54 | 4:13 | 14.2 |
| 34 | BUDZIŃSKI PAWEŁ | 18 | TAGER SPORT KOSZALIN / DRUŻYNA SZPIKU | KONIKOWO | POLSKA | M-40 | 7 | M 28 | 00:21:08.94 | 00:21:14.08 | 4:13 | 14.2 |
| 35 | NARKUN JAREK | 154 | | BIAŁOGARD | POLSKA | M-40 | 8 | M 29 | 00:21:10.59 | 00:21:15.62 | 4:14 | 14.2 |
| 36 | BRZEZIŃSKI JAN | 16 | TEAM PIOTRUŚ | BIAŁOGARD | POLSKA | M-50 | 2 | M 30 | 00:21:11.83 | 00:21:19.12 | 4:14 | 14.2 |
| 37 | ŁAWNICZAK JUSTYNA | 126 | #ZABIEGANINOCA | ZAKRZEWO | POLSKA | K-30 | 4 | K 7 | 00:21:12.50 | 00:21:16.34 | 4:14 | 14.1 |
| 38 | ŻUREK MATEUSZ | 250 | | KOSZALIN | POLSKA | M-30 | 13 | M 31 | 00:21:18.67 | 00:21:26.95 | 4:15 | 14.1 |
| 39 | ZATOŃ OLGA | 243 | | ŚWIDWIN | POLSKA | K-30 | 5 | K 8 | 00:21:20.03 | 00:21:25.83 | 4:16 | 14.1 |
| 40 | ŻEBROWSKI MARIUSZ | 248 | KARLINO BIEGAJ | BRZEŻNO | POLSKA | M-40 | 9 | M 32 | 00:21:20.10 | 00:21:29.96 | 4:16 | 14.1 |
| 41 | NOWODWORSKA JUSTYNA | 162 | 7 DAYS | BYTÓW | POLSKA | K-30 | 6 | K 9 | 00:21:25.11 | 00:21:30.08 | 4:17 | 14 |
| 42 | GRUCHAŁA NATALIA | 53 | RUNTASTYCZNI TEAM BYTÓW | BYTÓW | POLSKA | K-30 | 7 | K 10 | 00:21:26.46 | 00:21:31.24 | 4:17 | 14 |
| 43 | KUCAL PAWEŁ | 117 | | KOSZALIN | POLSKA | M-40 | 10 | M 33 | 00:21:26.46 | 00:21:45.23 | 4:17 | 14 |
| 44 | WIKTOROWSKI MACIEJ | 234 | | KOSZALIN | POLSKA | M-40 | 11 | M 34 | 00:21:34.25 | 00:21:36.73 | 4:18 | 13.9 |
| 45 | BARGAŃSKA JUSTYNA | 5 | 404 NOT FOUND | BYTÓW | POLSKA | K-40 | 2 | K 11 | 00:21:34.72 | 00:21:40.08 | 4:19 | 13.9 |

BIEG WALENTYNKOWY - III ETAP JAMNEŃSKIEGO TOURU BIEGOWEGO, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|---------------------------------|-----|-----------------------------------|---------------|--------|------|--------|------|-------------|-------------|--------|------|
| 46 | SITARCZYK DAMIAN | 199 | FUNDACJA ZASTOPIJ | SIANÓW | POLSKA | M-30 | 14 | M 35 | 00:21:36.15 | 00:21:38.84 | 4:19 | 13.9 |
| 47 | HISZCZYŃSKA ALEKSANDRA | 62 | CSSP KOSZALIN | KOSZALIN | POLSKA | K-20 | 2 | K 12 | 00:21:37.42 | 00:21:45.52 | 4:19 | 13.9 |
| 48 | SZYMAŃSKI PATRYK | 222 | PRESS GLASS - BIEGAMY I WSPIERAMY | DĘBICE | POLSKA | M-20 | 8 | M 36 | 00:21:37.84 | 00:21:42.69 | 4:19 | 13.9 |
| 49 | KRUPIŃSKI KRZYSZTOF | 112 | E-UROLOG.EU | KOSZALIN | POLSKA | M-50 | 3 | M 37 | 00:21:47.14 | 00:21:52.40 | 4:21 | 13.8 |
| 50 | HAŁKA JUSTYNA | 56 | TRUCHT ŁOBEZ | ŁOBEZ | POLSKA | K-40 | 3 | K 13 | 00:21:50.45 | 00:21:55.69 | 4:22 | 13.7 |
| 51 | CZYŻYKOWSKI ŁUKASZ | 28 | | KOSZALIN | POLSKA | M-30 | 15 | M 38 | 00:21:53.01 | 00:22:00.97 | 4:22 | 13.7 |
| 52 | KLUCZEWSKA EMILIA | 94 | 7 DAYS | BYTÓW | POLSKA | K-30 | 8 | K 14 | 00:21:55.96 | 00:22:01.07 | 4:23 | 13.7 |
| 53 | PAŁASZEWSKA KAROLINA | 172 | KOŁOBRZEG BIEGA | KOŁOBRZEG | POLSKA | K-30 | 9 | K 15 | 00:21:59.85 | 00:22:06.15 | 4:24 | 13.6 |
| 54 | BIAŁECKA PAULA | 8 | TGK | KOSZALIN | POLSKA | K-30 | 10 | K 16 | 00:22:05.48 | 00:22:12.57 | 4:25 | 13.6 |
| 55 | JARZYNA ROMAN | 70 | SZWL A STARGARD | STARGARD | POLSKA | M-50 | 4 | M 39 | 00:22:09.59 | 00:22:14.99 | 4:25 | 13.5 |
| 56 | GAWRYSIAK PRZEMYSŁAW | 43 | | WŁODARKA | POLSKA | M-40 | 12 | M 40 | 00:22:10.36 | 00:22:17.71 | 4:26 | 13.5 |
| 57 | GAWEŁ ZBIGNIEW | 41 | POMERIDERS SŁUPSK | SŁUPSK | POLSKA | M-60 | 1 | M 41 | 00:22:11.76 | 00:22:15.88 | 4:26 | 13.5 |
| 58 | ZAWILSKI ROBERT | 244 | | KOSZALIN | POLSKA | M-30 | 16 | M 42 | 00:22:12.24 | 00:22:31.52 | 4:26 | 13.5 |
| 59 | ŻUKOWSKI CEZARY | 249 | | KOSZALIN | POLSKA | M-30 | 17 | M 43 | 00:22:14.23 | 00:22:37.45 | 4:26 | 13.5 |
| 60 | NARKUN SZYMON | 155 | | BIAŁOGARD | POLSKA | M-14 | 2 | M 44 | 00:22:16.78 | 00:22:22.49 | 4:27 | 13.5 |
| 61 | KONKEL ŁUKASZ | 96 | | KOSZALIN | POLSKA | M-40 | 13 | M 45 | 00:22:21.92 | 00:22:28.41 | 4:28 | 13.4 |
| 62 | KRYNICKA MAGDALENA | 113 | | TRZEBIATÓW | POLSKA | K-20 | 3 | K 17 | 00:22:24.55 | 00:22:29.25 | 4:29 | 13.4 |
| 63 | PEKAŁA PIOTR | 175 | SP MANOWO | KOSZALIN | POLSKA | M-40 | 14 | M 46 | 00:22:32.04 | 00:22:47.80 | 4:30 | 13.3 |
| 64 | SKIBA ARTUR | 200 | | ŚWIDWIN | POLSKA | M-40 | 15 | M 47 | 00:22:37.45 | 00:22:46.56 | 4:31 | 13.3 |
| 65 | POLAŃSKI NORBERT | 183 | 21BLT | ŚWIDWIN | POLSKA | M-40 | 16 | M 48 | 00:22:38.28 | 00:22:46.48 | 4:31 | 13.3 |
| 66 | GÓRA AGNIESZKA | 51 | #ZABIEGANINOCA | OKONEK | POLSKA | K-40 | 4 | K 18 | 00:22:39.72 | 00:22:44.01 | 4:32 | 13.2 |
| 67 | KĄŻMIERCZAK AGNIESZKA | 89 | | ŚWIDWINEK | POLSKA | K-40 | 5 | K 19 | 00:22:46.95 | 00:22:52.87 | 4:33 | 13.2 |
| 68 | MIERZWA SZCZEPAN | 143 | | ROGOZINA | POLSKA | M-40 | 17 | M 49 | 00:22:51.95 | 00:23:00.73 | 4:34 | 13.1 |
| 69 | HAMALA MARCIN | 58 | TAGER SPORT | KOSZALIN | POLSKA | M-30 | 18 | M 50 | 00:22:52.16 | 00:23:06.35 | 4:34 | 13.1 |
| 70 | OPALIŃSKI STANISŁAW | 165 | KOŁOBRZEG BIEGA | KOŁOBRZEG | POLSKA | M-60 | 2 | M 51 | 00:22:57.44 | 00:23:04.02 | 4:35 | 13.1 |
| 71 | NIEMCZUK DARIUSZ | 156 | JAMNO | KOSZALIN | POLSKA | M-50 | 5 | M 52 | 00:22:59.23 | 00:23:02.55 | 4:35 | 13.1 |
| 72 | LIPNIEWICZ PAWEŁ | 124 | | KOSZALIN | POLSKA | M-30 | 19 | M 53 | 00:23:03.80 | 00:23:12.05 | 4:36 | 13 |
| 73 | METEL IZABELA | 138 | POZYTYWNE NAKRĘCENI | BYTÓW | POLSKA | K-40 | 6 | K 20 | 00:23:05.72 | 00:23:10.73 | 4:37 | 13 |
| 74 | PIETRYKA ARTUR | 177 | KARLINO BIEGAJ | KARLINO | POLSKA | M-40 | 18 | M 54 | 00:23:05.82 | 00:23:15.45 | 4:37 | 13 |
| 75 | KRZEWIŃSKA MAŁGORZATA | 116 | TAGER SPORT I PRZYJACIELE | KOSZALIN | POLSKA | K-60 | 1 | K 21 | 00:23:12.40 | 00:23:18.63 | 4:38 | 12.9 |
| 76 | NOSAL MARTYNA | 160 | PENTATHLON SZCZECINEK | SZCZECINEK | POLSKA | K-14 | 2 | K 22 | 00:23:13.58 | 00:23:20.55 | 4:38 | 12.9 |
| 77 | KACZOROWSKI MAREK | 81 | FUNDACJA ZASTOPIJ | SIANÓW | POLSKA | M-20 | 9 | M 55 | 00:23:18.67 | 00:23:58.19 | 4:39 | 12.9 |
| 78 | JOŃCA JAKUB | 76 | BEST BEASTS | SŁUPSK | POLSKA | M-14 | 3 | M 56 | 00:23:20.04 | 00:23:30.08 | 4:40 | 12.9 |
| 79 | GIEDRÓWICZ ALEKSANDRA | 45 | | KOSZALIN | POLSKA | K-30 | 11 | K 23 | 00:23:27.22 | 00:23:33.81 | 4:41 | 12.8 |
| 80 | RÓG MICHAŁ | 190 | 8PLOT | STARE BIELICE | POLSKA | M-40 | 19 | M 57 | 00:23:27.53 | 00:23:39.92 | 4:41 | 12.8 |
| 81 | KOCHAŃSKI TOMASZ | 253 | | MIELNO | POLSKA | M-30 | 20 | M 58 | 00:23:32.64 | 00:23:48.59 | 4:42 | 12.7 |
| 82 | CHUDZIK ZBIGNIEW | 23 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-50 | 6 | M 59 | 00:23:32.69 | 00:23:38.94 | 4:42 | 12.7 |
| 83 | NOSAL MARIUSZ | 159 | | SZCZECINEK | POLSKA | M-30 | 21 | M 60 | 00:23:38.78 | 00:23:45.73 | 4:43 | 12.7 |
| 84 | BARTKOWSKA ILONA | 6 | | JELENIA GÓRA | POLSKA | K-30 | 12 | K 24 | 00:23:47.27 | 00:23:56.32 | 4:45 | 12.6 |
| 85 | GAWEŁ STANISŁAW | 42 | POMERIDERS SŁUPSK | TRZEBISZYN | POLSKA | M-50 | 7 | M 61 | 00:23:48.81 | 00:23:52.47 | 4:45 | 12.6 |
| 86 | HAŁKA ARKADIUSZ | 57 | TRUCHT ŁOBEZ | ŁOBEZ | POLSKA | M-40 | 20 | M 62 | 00:23:51.35 | 00:24:08.18 | 4:46 | 12.6 |
| 87 | MONGIAŁO ALEKSANDRA | 149 | FAST FEET K-LIN | KOSZALIN | POLSKA | K-30 | 13 | K 25 | 00:23:52.58 | 00:24:12.13 | 4:46 | 12.6 |
| 88 | MONGIAŁO MARCIN | 148 | FAST FEET K-LIN | KOSZALIN | POLSKA | M-40 | 21 | M 63 | 00:23:54.27 | 00:24:23.97 | 4:46 | 12.6 |
| 89 | BODO RAFAŁ | 11 | ZOKKOSZ KOSZALIN | KOSZALIN | POLSKA | M-30 | 22 | M 64 | 00:23:55.87 | 00:24:11.48 | 4:47 | 12.5 |
| 90 | DRULIK-HOŁUB MARTA | 34 | TORNADO KOSZALIN | KOSZALIN | POLSKA | K-40 | 7 | K 26 | 00:24:00.11 | 00:24:12.91 | 4:48 | 12.5 |
| 91 | HNAŁOWSKI ARTUR | 63 | | KOSZALIN | POLSKA | M-50 | 8 | M 65 | 00:24:03.75 | 00:24:27.05 | 4:48 | 12.5 |
| 92 | KAJKOWSKI RAFAŁ | 84 | CSSP KOSZALIN | KOSZALIN | POLSKA | M-40 | 22 | M 66 | 00:24:04.39 | 00:24:07.18 | 4:49 | 12.5 |
| 93 | JASIEK PAWEŁ | 71 | #ZABIEGANINOCA | ZAKRZEWO | POLSKA | M-30 | 23 | M 67 | 00:24:06.49 | 00:24:13.17 | 4:49 | 12.4 |
| 94 | LITWINOWICZ RENATA | 125 | KOŁOBRZEG BIEGA | KOŁOBRZEG | POLSKA | K-40 | 8 | K 27 | 00:24:06.81 | 00:24:14.83 | 4:49 | 12.4 |
| 95 | ANTKOWIAK SEBASTIAN | 2 | DB - ACTIVE | KOSZALIN | POLSKA | M-40 | 23 | M 68 | 00:24:09.66 | 00:24:20.53 | 4:50 | 12.4 |
| 96 | KOPIEC-PARYSIAK JOANNA | 99 | | DOBRYCYA | POLSKA | K-30 | 14 | K 28 | 00:24:11.60 | 00:24:17.27 | 4:50 | 12.4 |
| 97 | DEJNAK MARIOLA | 29 | | GRYFICE | POLSKA | K-60 | 2 | K 29 | 00:24:15.96 | 00:24:18.95 | 4:51 | 12.4 |
| 98 | RODZIEWICZ-CZAPLIŃSKA AGNIESZKA | 188 | TAGER SPORT | KOSZALIN | POLSKA | K-40 | 9 | K 30 | 00:24:18.40 | 00:24:32.13 | 4:51 | 12.3 |
| 99 | OSOBIAK RYSZARD | 168 | | KOSZALIN | POLSKA | M-60 | 3 | M 69 | 00:24:26.32 | 00:24:36.01 | 4:53 | 12.3 |
| 100 | SAWIŃSKI JACEK | 197 | | KOSZALIN | POLSKA | M-40 | 24 | M 70 | 00:24:32.15 | 00:25:00.05 | 4:54 | 12.2 |
| 101 | SKOKOWSKI MAREK | 201 | | SZCZECINEK | POLSKA | M-30 | 24 | M 71 | 00:24:34.06 | 00:24:55.58 | 4:54 | 12.2 |
| 102 | ORKIKOWSKI ROBERT | 166 | POŁCZYN BIEGA | POŁCZYN ZDRÓJ | POLSKA | M-30 | 25 | M 72 | 00:24:38.21 | 00:24:46.13 | 4:55 | 12.2 |

BIEG WALENTYNKOWY - III ETAP JAMNEŃSKIEGO TOURU BIEGOWEGO, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|------------------------|-----|-------------------------|--------------------|--------|------|--------|-------|-------------|-------------|--------|------|
| 103 | DRABKOWSKA AGNIESZKA | 32 | | BIAŁOGARD | POLSKA | K-40 | 10 | K 31 | 00:24:39.14 | 00:24:46.07 | 4:56 | 12.2 |
| 104 | MICHALCZYK KAMIL | 139 | | KOSZALIN | POLSKA | M-30 | 26 | M 73 | 00:24:41.19 | 00:24:53.40 | 4:56 | 12.2 |
| 105 | KRASIŃSKI WITOLD | 106 | | KOSZALIN | POLSKA | M-40 | 25 | M 74 | 00:24:48.97 | 00:25:02.41 | 4:57 | 12.1 |
| 106 | DĘBSKI DAMIAN | 30 | 1986. | KOSZALIN | POLSKA | M-30 | 27 | M 75 | 00:24:53.32 | 00:25:12.44 | 4:58 | 12.1 |
| 107 | PLATOSZ MAGDA | 179 | | KARLINO | POLSKA | K-20 | 4 | K 32 | 00:24:55.05 | 00:25:00.78 | 4:59 | 12 |
| 108 | GOLEC ANNA | 48 | | KOSZALIN | POLSKA | K-40 | 11 | K 33 | 00:24:56.65 | 00:25:05.38 | 4:59 | 12 |
| 109 | SUCHODOLSKA ALEKSANDRA | 208 | DZIKIE ŻÓŁWIE | ROSNOWO | POLSKA | K-30 | 15 | K 34 | 00:25:08.95 | 00:25:25.99 | 5:01 | 11.9 |
| 110 | MRUGALSKI STANISŁAW | 151 | MTS HAMER | MIASTKO | POLSKA | M-50 | 9 | M 76 | 00:25:09.28 | 00:25:36.50 | 5:01 | 11.9 |
| 111 | KULAWIŃSKI MAREK | 118 | | KOŁOBRZEG | POLSKA | M-40 | 26 | M 77 | 00:25:13.94 | 00:25:22.50 | 5:02 | 11.9 |
| 112 | KACZMAREK ŁUKASZ | 251 | WOJOWNICYWÓDY | KOSZALIN | POLSKA | M-30 | 28 | M 78 | 00:25:15.12 | 00:25:29.49 | 5:03 | 11.9 |
| 113 | KOWALCZYK KAROLINA | 102 | | NIKŁONICE | POLSKA | K-40 | 12 | K 35 | 00:25:15.89 | 00:25:42.75 | 5:03 | 11.9 |
| 114 | KOZŁOWIECKI WALDEMAR | 225 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-60 | 4 | M 79 | 00:25:18.15 | 00:25:29.70 | 5:03 | 11.9 |
| 115 | JUSZCZAK KRZYSZTOF | 77 | | KOSZALIN | POLSKA | M-60 | 5 | M 80 | 00:25:21.34 | 00:25:36.35 | 5:04 | 11.8 |
| 116 | KACZMARYK JOLANTA | 80 | | KOSZALIN | POLSKA | K-40 | 13 | K 36 | 00:25:21.48 | 00:25:35.92 | 5:04 | 11.8 |
| 117 | CIEŚLAK GRZEGORZ | 26 | | KOŁOBRZEG | POLSKA | M-30 | 29 | M 81 | 00:25:25.57 | 00:25:36.56 | 5:05 | 11.8 |
| 118 | DZIOŁAK ELŻBIETA | 38 | | ŚWIDWIN | POLSKA | K-30 | 16 | K 37 | 00:25:31.88 | 00:25:41.30 | 5:06 | 11.7 |
| 119 | HARASIMOWICZ MICHAŁ | 59 | | SZCZECINEK | POLSKA | M-30 | 30 | M 82 | 00:25:32.04 | 00:25:53.09 | 5:06 | 11.7 |
| 120 | STALUSZKA DARIUSZ | 203 | | ŚWIDWIN | POLSKA | M-40 | 27 | M 83 | 00:25:32.95 | 00:25:41.48 | 5:06 | 11.7 |
| 121 | PRALICZ GRZESIU | 185 | | SZCZECIN | POLSKA | M-20 | 10 | M 84 | 00:25:41.39 | 00:25:48.55 | 5:08 | 11.7 |
| 122 | MITUNIEWICZ ADRIAN | 147 | | KOSZALIN | POLSKA | M-30 | 31 | M 85 | 00:25:46.51 | 00:26:03.88 | 5:09 | 11.6 |
| 123 | KRUPIŃSKA BEATA | 111 | E-UROLOG.EU | KOSZALIN | POLSKA | K-50 | 1 | K 38 | 00:25:59.80 | 00:26:14.20 | 5:12 | 11.5 |
| 124 | NOGA SEBASTIAN | 158 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-20 | 11 | M 86 | 00:26:05.60 | 00:26:17.63 | 5:13 | 11.5 |
| 125 | GONTEK ŁUKASZ | 49 | VW BATORY | SŁUPSK | POLSKA | M-30 | 32 | M 87 | 00:26:14.86 | 00:26:23.60 | 5:15 | 11.4 |
| 126 | ADAMOWICZ MACIEJ | 1 | SP MIELNO | KOSZALIN | POLSKA | M-30 | 33 | M 88 | 00:26:15.00 | 00:26:25.19 | 5:15 | 11.4 |
| 127 | JUSZCZYK AGNIESZKA | 78 | ANOX TEAM | KOSZALIN | POLSKA | K-40 | 14 | K 39 | 00:26:15.16 | 00:26:27.63 | 5:15 | 11.4 |
| 128 | ŚWIDERSKI MARCIN | 227 | | KOSZALIN | POLSKA | M-30 | 34 | M 89 | 00:26:15.55 | 00:26:31.59 | 5:15 | 11.4 |
| 129 | ŁODYGA ŁUKASZ | 127 | | KOSZALIN | POLSKA | M-30 | 35 | M 90 | 00:26:15.56 | 00:26:31.83 | 5:15 | 11.4 |
| 130 | SZULC MAREK | 217 | | BIAŁOGARD | POLSKA | M-50 | 10 | M 91 | 00:26:16.38 | 00:26:26.59 | 5:15 | 11.4 |
| 131 | MASŁOWSKI ARTUR | 137 | | ZŁOCINIEC | POLSKA | M-30 | 36 | M 92 | 00:26:18.65 | 00:26:38.73 | 5:15 | 11.4 |
| 132 | SZYMAŃSKI PATRYK | 221 | 1987. | SŁUPSK | POLSKA | M-30 | 37 | M 93 | 00:26:18.86 | 00:26:38.56 | 5:15 | 11.4 |
| 133 | ROMANOWICZ MONIKA | 189 | DZIKIE ŻÓŁWIE | KOSZALIN | POLSKA | K-30 | 17 | K 40 | 00:26:20.19 | 00:26:37.69 | 5:16 | 11.4 |
| 134 | WOCH EDWARD | 238 | JAMNO | KOSZALIN | POLSKA | M-60 | 6 | M 94 | 00:26:23.59 | 00:26:30.15 | 5:16 | 11.4 |
| 135 | WOCH MAŁGORZATA | 237 | JAMNO | KOSZALIN | POLSKA | K-50 | 2 | K 41 | 00:26:23.92 | 00:26:30.04 | 5:16 | 11.4 |
| 136 | MARCINKOWSKI JACEK | 134 | SSK ORZEŁ ŚWIESZYNO | ŚWIESZYNO | POLSKA | M-40 | 28 | M 95 | 00:26:30.09 | 00:26:55.43 | 5:18 | 11.3 |
| 137 | KOPEĆ KRZYSZTOF | 97 | | KOŁOBRZEG | POLSKA | M-40 | 29 | M 96 | 00:26:30.24 | 00:26:40.72 | 5:18 | 11.3 |
| 138 | STRZELECKA MAŁGORZATA | 206 | SAILING TEAM FERAJNA | PIŁA | POLSKA | K-40 | 15 | K 42 | 00:26:32.90 | 00:26:43.03 | 5:18 | 11.3 |
| 139 | MURAWSKI WALDEMAR | 153 | ZKS | KOSZALIN | POLSKA | M-50 | 11 | M 97 | 00:26:33.62 | 00:26:48.42 | 5:18 | 11.3 |
| 140 | MAJSIUK AGNIESZKA | 129 | | KOSZALIN | POLSKA | K-40 | 16 | K 43 | 00:26:37.40 | 00:26:51.36 | 5:19 | 11.3 |
| 141 | PACAN BARTOSZ | 170 | | BYTÓW | POLSKA | M-30 | 38 | M 98 | 00:26:46.28 | 00:26:57.66 | 5:21 | 11.2 |
| 142 | PACAN MIRA | 169 | POZYTYWNIENIE NAKRĘCENI | BYTÓW | POLSKA | K-30 | 18 | K 44 | 00:26:46.56 | 00:26:57.58 | 5:21 | 11.2 |
| 143 | SZABAŁOWSKI MAREK | 211 | | SZCZECINEK | POLSKA | M-50 | 12 | M 99 | 00:26:46.64 | 00:26:50.73 | 5:21 | 11.2 |
| 144 | FERET ALINA | 39 | MAMUŚKI | GOŚCINO | POLSKA | K-20 | 5 | K 45 | 00:26:55.84 | 00:27:05.30 | 5:23 | 11.1 |
| 145 | SARBIEWSKI PRZEMYSŁAW | 196 | | MRZEŻYNO | POLSKA | M-40 | 30 | M 100 | 00:27:03.73 | 00:27:11.83 | 5:24 | 11.1 |
| 146 | KRAWCZUK MACIEJ | 107 | | WIERZCHOWO DWORZEC | POLSKA | M-30 | 39 | M 101 | 00:27:08.79 | 00:27:28.74 | 5:25 | 11 |
| 147 | CHAMERA TOMASZ | 21 | WATAHA | KOSZALIN | POLSKA | M-40 | 31 | M 102 | 00:27:13.26 | 00:27:33.38 | 5:26 | 11 |
| 148 | TABISZ SŁAWOMIR | 228 | 12 BBSP | CZAPLINEK | POLSKA | M-30 | 40 | M 103 | 00:27:18.04 | 00:27:39.13 | 5:27 | 11 |
| 149 | BRZozowska BARBARA | 17 | | TYCHOWO | POLSKA | K-40 | 17 | K 46 | 00:27:21.99 | 00:27:34.89 | 5:28 | 11 |
| 150 | PISKÓRZ JUSTYNA | 178 | | ROSNOWO | POLSKA | K-30 | 19 | K 47 | 00:27:23.56 | 00:27:41.14 | 5:28 | 10.9 |
| 151 | DORAWA-ZIOMEK ANNA | 31 | DZIKIE ŻÓŁWIE | KOSZALIN | POLSKA | K-30 | 20 | K 48 | 00:27:24.31 | 00:27:42.70 | 5:28 | 10.9 |
| 152 | ŚMIŁOWSKI MARIUSZ | 226 | | SŁUPSK | POLSKA | M-30 | 41 | M 104 | 00:27:29.48 | 00:27:45.60 | 5:29 | 10.9 |
| 153 | WIŚNIEWSKI JAROSŁAW | 235 | | KOŁOBRZEG | POLSKA | M-50 | 13 | M 105 | 00:27:32.54 | 00:27:50.89 | 5:30 | 10.9 |
| 154 | SZWEDA MATEUSZ | 220 | WATAHA | KOSZALIN | POLSKA | M-30 | 42 | M 106 | 00:27:46.02 | 00:28:06.22 | 5:33 | 10.8 |
| 155 | SALAŁAWA ANNA | 194 | MAMUŚKI | GOŚCINO | POLSKA | K-30 | 21 | K 49 | 00:27:49.04 | 00:27:58.02 | 5:34 | 10.8 |
| 156 | KARNICKI ZYGMUNT | 87 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-60 | 7 | M 107 | 00:27:49.39 | 00:27:56.13 | 5:34 | 10.8 |
| 157 | POŁOCZAŃSKI PIOTR | 184 | SZWAGRY BIEGAJĄ | KOSZALIN | POLSKA | M-30 | 43 | M 108 | 00:27:50.32 | 00:28:07.14 | 5:34 | 10.8 |
| 158 | JĘDRZEJKO MIROSLAW | 74 | | NOWE BIELICE | POLSKA | M-40 | 32 | M 109 | 00:27:50.49 | 00:28:02.58 | 5:34 | 10.8 |
| 159 | KAMINSKI TOMASZ | 85 | WODNA SŁUŻBA RATOWNICZA | KOSZALIN | POLSKA | M-40 | 33 | M 110 | 00:27:58.34 | 00:28:10.97 | 5:35 | 10.7 |

BIEG WALENTYNKOWY - III ETAP JAMNEŃSKIEGO TOURU BIEGOWEGO, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|--------------------------------|-----|------------------------------------|--------------------|--------|-------|--------|-------|-------------|-------------|--------|------|
| 160 | MALINOWSKA-BURDA ALEKSANDRA | 130 | | KOSZALIN | POLSKA | K-30 | 22 | K 50 | 00:28:01.25 | 00:28:11.07 | 5:36 | 10.7 |
| 161 | PROKOPCZUK ADAM | 187 | | SZCZECIN | POLSKA | M-40 | 34 | M 111 | 00:28:04.76 | 00:28:20.15 | 5:37 | 10.7 |
| 162 | PROKOPCZUK MONIKA | 186 | | SZCZECIN | POLSKA | K-40 | 18 | K 51 | 00:28:04.80 | 00:28:20.03 | 5:37 | 10.7 |
| 163 | ORYSZCZYN ARKADIUSZ | 167 | DZIKIE ŻÓŁWIE | KOSZALIN | POLSKA | M-30 | 44 | M 112 | 00:28:06.60 | 00:28:24.13 | 5:37 | 10.7 |
| 164 | BEDNARZ KATARZYNA | 7 | KOŁOBRZEG BIEGA | KOŁOBRZEG | POLSKA | K-40 | 19 | K 52 | 00:28:16.93 | 00:28:25.82 | 5:39 | 10.6 |
| 165 | ŚLASKA AGNIESZKA | 224 | | KOSZALIN | POLSKA | K-30 | 23 | K 53 | 00:28:18.68 | 00:28:29.32 | 5:39 | 10.6 |
| 166 | HELLER ZDZISŁAW | 61 | HERBMARATONOW.PL | KOSZALIN | POLSKA | M-60 | 8 | M 113 | 00:28:22.62 | 00:28:35.92 | 5:40 | 10.6 |
| 167 | BOKOTA KATARZYNA | 12 | | BIAŁOGARD | POLSKA | K-40 | 20 | K 54 | 00:28:27.06 | 00:28:34.23 | 5:41 | 10.5 |
| 168 | SZMYT MARCIN | 215 | | KOSZALIN | POLSKA | M-30 | 45 | M 114 | 00:28:28.70 | 00:28:45.76 | 5:41 | 10.5 |
| 169 | MARCZAK MAŁGORZATA | 135 | | ŻELKOWO | POLSKA | K-60 | 3 | K 55 | 00:28:29.50 | 00:28:35.53 | 5:41 | 10.5 |
| 170 | WOJTKOWIAK WIOLETA | 241 | | KOSZALIN | POLSKA | K-30 | 24 | K 56 | 00:28:42.69 | 00:28:47.08 | 5:44 | 10.4 |
| 171 | GROCHOWSKA AGNIESZKA | 52 | SAILING TEAM FERAJNA | PIŁA | POLSKA | K-40 | 21 | K 57 | 00:28:51.04 | 00:29:01.38 | 5:46 | 10.4 |
| 172 | STRZELECKI SEBASTIAN 'KASZANA' | 207 | SAILING TEAM FERAJNA | PIŁA | POLSKA | M-40 | 35 | M 115 | 00:28:51.33 | 00:29:01.40 | 5:46 | 10.4 |
| 173 | HRYNCEWICZ ANNA | 64 | SAILING TEAM FERAJNA | PIŁA | POLSKA | K-40 | 22 | K 58 | 00:28:55.07 | 00:29:04.72 | 5:47 | 10.4 |
| 174 | HARASYM DANIEL | 60 | FUNDACJA ZASTOPIJ | SIANÓW | POLSKA | M-40 | 36 | M 116 | 00:28:56.69 | 00:29:18.37 | 5:47 | 10.4 |
| 175 | MITUNIEWICZ RENATA | 146 | | KOSZALIN | POLSKA | K-50 | 3 | K 59 | 00:29:16.24 | 00:29:38.66 | 5:51 | 10.3 |
| 176 | KOCHAŃSKI KRZYSZTOF | 252 | | MIELNO | POLSKA | M-40 | 37 | M 117 | 00:29:23.96 | 00:29:40.93 | 5:52 | 10.2 |
| 177 | MARCZAK ANDRZEJ | 136 | | ŻELKOWO | POLSKA | M-60 | 9 | M 118 | 00:29:34.48 | 00:29:45.35 | 5:55 | 10.1 |
| 178 | SUDER-MAKSYMOWICZ MONIKA | 209 | | USTRONIE MORSKIE | POLSKA | K-30 | 25 | K 60 | 00:29:36.49 | 00:29:49.70 | 5:55 | 10.1 |
| 179 | BRZEZIŃSKI PAWEŁ | 15 | PAB TRI KOSZALIN | KOSZALIN | POLSKA | M-40 | 38 | M 119 | 00:29:44.04 | 00:30:11.57 | 5:56 | 10.1 |
| 180 | GRZYBEK BOGUSŁAW | 55 | WOLNY STRZELEC | SŁUPSK | POLSKA | M-60 | 10 | M 120 | 00:29:56.26 | 00:30:05.00 | 5:59 | 10 |
| 181 | RUSIECKI PAWEŁ | 191 | WSPL SPZOZ W KOSZALINIE | BIESIEKIERZ | POLSKA | M-40 | 39 | M 121 | 00:30:06.57 | 00:30:20.34 | 6:01 | 10 |
| 182 | KRAWCZYK MARTA | 110 | MAMUŚKI | KOSZALIN | POLSKA | K-30 | 26 | K 61 | 00:30:09.02 | 00:30:18.47 | 6:01 | 10 |
| 183 | GRZEŚIAK MAGDALENA | 54 | MAMUŚKI | GOŚCINO | POLSKA | K-30 | 27 | K 62 | 00:30:09.49 | 00:30:18.39 | 6:02 | 9.9 |
| 184 | WENTA MALWINA | 232 | | KOŁOBRZEG | POLSKA | K-30 | 28 | K 63 | 00:30:10.38 | 00:30:25.90 | 6:02 | 9.9 |
| 185 | KOPEĆ MAGDALENA | 98 | | KOŁOBRZEG | POLSKA | K-40 | 23 | K 64 | 00:30:10.62 | 00:30:26.45 | 6:02 | 9.9 |
| 186 | SIGNAROWSKI DAWID | 198 | PRESS GLASS - BIEGAMY I WSPIERAMY | NOWOGARD | POLSKA | M-30 | 46 | M 122 | 00:30:12.03 | 00:30:18.67 | 6:02 | 9.9 |
| 187 | HUBKO JANINA | 66 | PRESS GLASS - BIEGAMY I WSPIERAMY | NOWOGARD | POLSKA | K-30 | 29 | K 65 | 00:30:13.74 | 00:30:17.93 | 6:02 | 9.9 |
| 188 | WOJANOWSKI ZBIGNIEW | 240 | SPORT I REKREACJA DELFIN | GRUDZIĄDZ | POLSKA | M-60 | 11 | M 123 | 00:30:17.73 | 00:30:25.45 | 6:03 | 9.9 |
| 189 | WOJANOWSKA MARYLA | 239 | SPORT I REKREACJA DELFIN | GRUDZIĄDZ | POLSKA | K-60 | 4 | K 66 | 00:30:17.86 | 00:30:25.58 | 6:03 | 9.9 |
| 190 | BRZEZIŃSKA BEATA | 14 | TEAM PIOTRUŚ | BIAŁOGARD | POLSKA | K-50 | 4 | K 67 | 00:30:30.27 | 00:30:39.80 | 6:06 | 9.8 |
| 191 | GOLDFARB MICHAŁ | 47 | TAGER SPORT | STARE BIELICE | POLSKA | M-40 | 40 | M 124 | 00:30:31.52 | 00:30:45.58 | 6:06 | 9.8 |
| 192 | KLONOWSKI ARTUR | 93 | KOSPEL | KOSZALIN | POLSKA | M-40 | 41 | M 125 | 00:30:31.53 | 00:30:45.19 | 6:06 | 9.8 |
| 193 | ZBOROWSKA-SKROBANEK JUSTYNA | 245 | MKP SZCZECINEK | SZCZECINEK | POLSKA | K-40 | 24 | K 68 | 00:30:37.64 | 00:30:45.41 | 6:07 | 9.8 |
| 194 | KĘDZIERA IZYDOR | 90 | | KOSZALIN | POLSKA | M-50 | 14 | M 126 | 00:30:48.22 | 00:31:06.00 | 6:09 | 9.7 |
| 195 | JOŃCA KLAUDIA | 75 | BEST BEASTS | SŁUPSK | POLSKA | K-14 | 3 | K 69 | 00:30:52.83 | 00:31:03.14 | 6:10 | 9.7 |
| 196 | POLAK MATEUSZ | 182 | KOSPEL | WAŁCZ | POLSKA | M-20 | 12 | M 127 | 00:30:55.96 | 00:31:09.52 | 6:11 | 9.7 |
| 197 | JĄCZKOWSKA WIOLETA | 72 | | KOSZALIN | POLSKA | K-40 | 25 | K 70 | 00:31:01.03 | 00:31:21.68 | 6:12 | 9.7 |
| 198 | MOŻEJKO ANNA | 150 | | KOSZALIN | POLSKA | K-40 | 26 | K 71 | 00:31:07.91 | 00:31:32.03 | 6:13 | 9.6 |
| 199 | KOROL ELŻBIETA | 101 | | KOSZALIN | POLSKA | K-40 | 27 | K 72 | 00:31:09.15 | 00:31:32.20 | 6:13 | 9.6 |
| 200 | STEC EDYTA | 204 | | KOSZALIN | POLSKA | K-40 | 28 | K 73 | 00:31:09.46 | 00:31:32.24 | 6:14 | 9.6 |
| 201 | KIEDOS DARIUSZ | 91 | JW 1223 | KOSZALIN | POLSKA | M-30 | 47 | M 128 | 00:31:11.78 | 00:31:27.04 | 6:14 | 9.6 |
| 202 | BABIARZ JACEK | 3 | PRESS GLASS - BIEGAMY I WSPIERAMY | NOWOGARD | POLSKA | M-40 | 42 | M 129 | 00:31:16.97 | 00:31:33.38 | 6:15 | 9.6 |
| 203 | MALISZEWSKI ŁUKASZ | 131 | FUNDACJA ZASTOPIJ | SIANÓW | POLSKA | M-20 | 13 | M 130 | 00:31:36.66 | 00:32:00.01 | 6:19 | 9.5 |
| 204 | KULIGOWSKI MAKSYM | 119 | PRESS GLASS - BIEGAMY I WSPIERAMY | NOWOGARD | POLSKA | M-30 | 48 | M 131 | 00:32:02.67 | 00:32:19.10 | 6:24 | 9.4 |
| 205 | KOZŁOWIECKA MAŁGORZATA | 105 | | KOSZALIN | POLSKA | K-60 | 5 | K 74 | 00:32:08.65 | 00:32:20.64 | 6:25 | 9.3 |
| 206 | BUDZYŃSKA ELŻBIETA | 19 | | SŁUPSK | POLSKA | K-50 | 5 | K 75 | 00:32:40.43 | 00:32:48.76 | 6:32 | 9.2 |
| 207 | KRAWCZUK JOANNA | 108 | | WIERZCHOWO DWORZEC | POLSKA | K-30 | 30 | K 76 | 00:32:43.84 | 00:33:05.05 | 6:32 | 9.2 |
| 208 | SARBIEWSKA GABRIELA | 195 | | MRZEŻYNO | POLSKA | K-40 | 29 | K 77 | 00:32:45.50 | 00:32:53.08 | 6:33 | 9.2 |
| 209 | PAULIŃSKI JAN | 173 | JAMNO | KOSZALIN | POLSKA | M-70+ | 1 | M 132 | 00:32:50.32 | 00:32:54.96 | 6:34 | 9.1 |
| 210 | KRYSTOSIK PAULINA | 115 | BIEGAM BO LUBIĘ, BIEGAM DLA SIEBIE | KOSZALIN | POLSKA | K-20 | 6 | K 78 | 00:33:04.00 | 00:33:16.27 | 6:36 | 9.1 |
| 211 | MŁASZEWSKA JOLANTA | 144 | | KOSZALIN | POLSKA | K-40 | 30 | K 79 | 00:33:51.75 | 00:34:06.34 | 6:46 | 8.9 |
| 212 | WEISS-SZULC BARBARA | 231 | | KOSZALIN | POLSKA | K-40 | 31 | K 80 | 00:33:56.87 | 00:34:16.01 | 6:47 | 8.8 |
| 213 | PAŁASZ KAROLINA | 171 | FUNDACJA ZASTOPIJ | SIANÓW | POLSKA | K-30 | 31 | K 81 | 00:34:23.22 | 00:34:33.63 | 6:52 | 8.7 |
| 214 | OLCZAK MAGDALENA | 164 | | SIANÓW | POLSKA | K-30 | 32 | K 82 | 00:34:35.18 | 00:34:53.43 | 6:55 | 8.7 |
| 215 | MAŁYSZEWICZ TERESA | 132 | | BIAŁY BÓR | POLSKA | K-50 | 6 | K 83 | 00:35:21.85 | 00:35:46.50 | 7:04 | 8.5 |
| 216 | MAŁYSZEWICZ ANDRZEJ | 133 | | BIAŁY BÓR | POLSKA | M-50 | 15 | M 133 | 00:35:21.87 | 00:35:46.53 | 7:04 | 8.5 |

BIEG WALENTYNKOWY - III ETAP JAMNEŃSKIEGO TOURU BIEGOWEGO, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|--------------------|-----|-------------------|------------|--------|------------|--------|-------|-------------|-------------|--------|------|
| 217 | ŚCIEPLEK MATEUSZ | 223 | FUNDACJA ZASTOPUJ | SIANÓW | POLSKA | M-30 | 49 | M 134 | 00:37:01.82 | 00:37:24.20 | 7:24 | 8.1 |
| 218 | BIENKOWSKI TOMASZ | 9 | ADA&TOMEK | NIEKLONICE | POLSKA | M-30 | 50 | M 135 | 00:37:40.28 | 00:37:51.14 | 7:32 | 8 |
| 219 | KACZYŃSKA ADRIANNA | 83 | ADA&TOMEK | NIEKLONICE | POLSKA | K-30 | 33 | K 84 | 00:37:40.92 | 00:37:51.61 | 7:32 | 8 |
| 220 | KACZYŃSKI HENRYK | 82 | | GRYFICE | POLSKA | M-60 | 12 | M 136 | 00:38:58.61 | 00:39:02.32 | 7:47 | 7.7 |
| 221 | DUŚKO IGOR | 36 | | KOSZALIN | POLSKA | MAŁŻEŃSTWO | 1 | M 137 | 00:40:45.46 | 00:41:17.60 | 8:09 | 7.4 |