



XXXII BIEG ZAŚLUBIN KOŁOBRZEG 15 KM

B4SPORT

Organizator/ Stowarzyszenie "Bieg Zaślubin"; Miejski Ośrodek Sportu i
Organizer: Rekreacji w Kołobrzegu
Data/ Date: 2018-03-11
Miejsce/ Place: Kołobrzeg
Dystans/ Distance: 15 km



Klasyfikacja/ Classification: Wszyscy/ Open

| Msc/ Rnk | Zawodnik/ Name | Numer/ Bib | Klub/ Team | Kategoria/ Category | Mkat/ CatRnk | 0.698km | 7.151km | 7.849km | 14.303km | Czas netto 15km | Różn/ Gap | Tempo min/km | Tempo km/h |
|-------------|----------------------|---------------|---------------------------------|------------------------|-----------------|----------|----------|----------|----------|-----------------------|--------------|-----------------|---------------|
| 1 | ZWIĄZEK Paweł | 642 | WIECZORNE BIEGANIE W SZCZECINIE | M30 | 1 | 00:02:24 | 00:26:12 | 00:28:45 | 00:51:44 | 00:54:12.10 | | 3:36 | 16.6 |
| 2 | PAWLIŃSKI Piotr | 421 | GRUPA AZOTY POLICE | M30 | 2 | 00:02:28 | 00:26:15 | 00:28:48 | 00:52:16 | 00:54:47.50 | +00:00:35 | 3:39 | 16.4 |
| 3 | BRAUN Grzegorz | 46 | RUNGRYF GRYFICE | M20 | 1 | 00:02:22 | 00:26:31 | 00:29:06 | 00:52:48 | 00:55:15.60 | +00:01:03 | 3:41 | 16.3 |
| 4 | ORZECHOWSKI Kamil | 405 | TKKF KOSZALIN | M30 | 3 | 00:02:36 | 00:26:42 | 00:29:20 | 00:53:10 | 00:55:35.55 | +00:01:23 | 3:42 | 16.2 |
| 5 | FIDO Adam | 128 | 36DROP | M40 | 1 | 00:02:32 | 00:26:44 | 00:29:22 | 00:53:20 | 00:55:42.25 | +00:01:30 | 3:42 | 16.2 |
| 6 | KARCZ Artur | 235 | DRUŻYNA SZPIKU | M35 | 1 | 00:02:31 | 00:26:44 | 00:29:22 | 00:53:20 | 00:55:44.85 | +00:01:32 | 3:42 | 16.1 |
| 7 | PRENDECKI Rafał | 447 | | M35 | 2 | 00:02:30 | 00:26:19 | 00:28:56 | 00:53:16 | 00:55:45.30 | +00:01:33 | 3:43 | 16.1 |
| 8 | RYCAK Bartosz | 494 | 5 PUŁK INŻYNIERYJNY | M20 | 2 | 00:02:33 | 00:26:44 | 00:29:22 | 00:53:27 | 00:56:00.95 | +00:01:48 | 3:44 | 16.1 |
| 9 | POLAK Szymon | 440 | ROZBIEGANY KOSZALIN | M40 | 2 | 00:02:32 | 00:26:20 | 00:28:58 | 00:53:38 | 00:56:18.15 | +00:02:06 | 3:45 | 16 |
| 10 | HELAK Karol | 187 | K B AKTYWNI KRZYŻ WLKP | M45 | 1 | 00:02:36 | 00:26:53 | 00:29:33 | 00:54:16 | 00:56:59.95 | +00:02:47 | 3:48 | 15.8 |
| 11 | NOWAK Daniel | 389 | ROZBIEGANY GOLENIÓW | M35 | 3 | 00:02:26 | 00:26:56 | 00:29:35 | 00:54:49 | 00:57:26.25 | +00:03:14 | 3:49 | 15.7 |
| 12 | TERLIKOWSKI Grzegorz | 577 | | M30 | 4 | 00:02:38 | 00:27:13 | 00:29:55 | 00:55:01 | 00:57:29.05 | +00:03:16 | 3:49 | 15.7 |
| 13 | KUBIAK Piotr | 293 | PRECON POLSKA-JASTROWIE | M35 | 4 | 00:02:39 | 00:27:25 | 00:30:07 | 00:55:01 | 00:57:30.25 | +00:03:18 | 3:50 | 15.7 |
| 14 | BIENKOWSKI Rafał | 668 | | M45 | 2 | 00:02:35 | 00:27:14 | 00:29:59 | 00:55:06 | 00:57:48.05 | +00:03:35 | 3:51 | 15.6 |
| 15 | WOJTKIEWICZ Mateusz | 680 | KB 10 BIAŁOGARD | M20 | 3 | 00:02:42 | 00:27:17 | 00:30:02 | 00:55:24 | 00:58:00.00 | +00:03:47 | 3:52 | 15.5 |
| 16 | SZOPIŃSKI Tomasz | 559 | KB BRYZA POSTOMINO | M35 | 5 | 00:02:45 | 00:27:35 | 00:30:19 | 00:55:32 | 00:58:02.70 | +00:03:50 | 3:52 | 15.5 |
| 17 | RUTKOWSKI Jan | 492 | GKS KASZUBI LUZINO | M40 | 3 | 00:02:39 | 00:27:33 | 00:30:18 | 00:55:32 | 00:58:03.75 | +00:03:51 | 3:52 | 15.5 |
| 18 | SIADAK Arkadiusz | 505 | | M35 | 6 | 00:02:35 | 00:27:05 | 00:29:50 | 00:55:35 | 00:58:15.30 | +00:04:03 | 3:53 | 15.5 |
| 19 | ULDYNOWICZ Łukasz | 591 | MLUKS MOKASYN PŁOTY | M35 | 7 | 00:02:39 | 00:27:39 | 00:30:27 | 00:55:47 | 00:58:26.75 | +00:04:14 | 3:53 | 15.4 |
| 20 | BUDZIAK Zbigniew | 55 | BENOBUDZIAK.PL | M45 | 3 | 00:02:33 | 00:27:23 | 00:30:12 | 00:55:57 | 00:58:38.80 | +00:04:26 | 3:54 | 15.3 |
| 21 | ŁAZOWSKI Marcin | 339 | POGOŃ SZCZECIN | M35 | 8 | 00:02:45 | 00:27:40 | 00:30:25 | 00:56:05 | 00:58:46.10 | +00:04:34 | 3:55 | 15.3 |
| 22 | RUDNIKOWSKI Maciej | 488 | BIEGUZDROWISKOWY.PL | M40 | 4 | 00:02:36 | 00:27:25 | 00:30:14 | 00:56:14 | 00:58:51.30 | +00:04:39 | 3:55 | 15.3 |
| 23 | WITKIEWICZ Eryk | 615 | | M40 | 5 | 00:02:40 | 00:28:11 | 00:30:57 | 00:56:12 | 00:58:56.10 | +00:04:44 | 3:55 | 15.3 |
| 24 | SZYMAŃSKI Łukasz | 568 | SKS POBIEROWO | M20 | 4 | 00:02:32 | 00:27:43 | 00:30:30 | 00:56:26 | 00:59:03.65 | +00:04:51 | 3:56 | 15.2 |
| 25 | GŁÓW Tomasz | 159 | KREISEL RUNNING TEAM | M45 | 4 | 00:02:38 | 00:27:52 | 00:30:41 | 00:56:25 | 00:59:04.80 | +00:04:52 | 3:56 | 15.2 |
| 26 | ŻMUDA Tomasz | 644 | CW FANZA KOŁOBRZEG | M40 | 6 | 00:02:37 | 00:27:47 | 00:30:37 | 00:56:30 | 00:59:17.10 | +00:05:05 | 3:57 | 15.2 |
| 27 | GOLIŃSKI Łukasz | 161 | K.B. SPRINT ŚWIDWIN | M35 | 9 | 00:02:44 | 00:28:14 | 00:31:06 | 00:56:47 | 00:59:24.00 | +00:05:11 | 3:57 | 15.2 |

| Msc/ Rnk | Zawodnik/ Name | Numer/ Bib | Klub/ Team | Kategoria/ Category | Mkat/ CatRnk | Czas | | | | Czas netto 15km | Różn/ Gap | Tempo min/km | Tempo km/h |
|-------------|----------------------|---------------|---|------------------------|-----------------|----------|----------|----------|----------|-----------------------|--------------|-----------------|---------------|
| | | | | | | 0.698km | 7.151km | 7.849km | 14.303km | | | | |
| 28 | KOTARSKI Wiesław | 273 | GRUPA AZOTY POLICE | M60 | 1 | 00:02:38 | 00:27:48 | 00:30:37 | 00:56:40 | 00:59:27.80 | +00:05:15 | 3:57 | 15.1 |
| 29 | KONARSKI Bartosz | 260 | ERAKAWY RUNNERS | M40 | 7 | 00:02:43 | 00:28:22 | 00:31:10 | 00:56:44 | 00:59:27.80 | +00:05:15 | 3:57 | 15.1 |
| 30 | NAGLACKI Grzegorz | 385 | MLUKS TRZEBIATÓW | M45 | 5 | 00:02:33 | 00:27:15 | 00:30:00 | 00:56:53 | 00:59:36.70 | +00:05:24 | 3:58 | 15.1 |
| 31 | CZOSNOWSKI Krzysztof | 91 | KB HERMES GRYFINO | M40 | 8 | 00:02:43 | 00:28:12 | 00:31:00 | 00:56:57 | 00:59:36.15 | +00:05:24 | 3:58 | 15.1 |
| 32 | KUBISZ Mateusz | 296 | KOŁOBRZEG MARATON TEAM | M30 | 5 | 00:02:39 | 00:27:53 | 00:30:42 | 00:56:55 | 00:59:38.05 | +00:05:25 | 3:58 | 15.1 |
| 33 | ELIASZ Wiktor | 123 | KMKL SZTORM KOŁOBRZEG | M16 | 1 | 00:02:36 | 00:28:33 | 00:31:27 | 00:57:12 | 00:59:48.70 | +00:05:36 | 3:59 | 15.1 |
| 34 | GROCHOWALSKI Rafał | 170 | 21 BLT/K.B. SPRINT ŚWIDWIN | M40 | 9 | 00:02:46 | 00:28:23 | 00:31:13 | 00:57:22 | 01:00:07.65 | +00:05:55 | 4:00 | 15 |
| 35 | ANTONOWICZ Wojciech | 11 | | M50 | 1 | 00:02:40 | 00:28:23 | 00:31:15 | 00:57:31 | 01:00:14.80 | +00:06:02 | 4:01 | 14.9 |
| 36 | SAPIKOWSKI Mariusz | 502 | ROZBIEGANY GOLENIÓW | M40 | 10 | 00:02:40 | 00:28:18 | 00:31:10 | 00:57:37 | 01:00:18.45 | +00:06:06 | 4:01 | 14.9 |
| 37 | BARTKOWIAK Janusz | 25 | K.B. MENTOR | M20 | 5 | 00:02:41 | 00:28:37 | 00:31:29 | 00:57:33 | 01:00:23.95 | +00:06:11 | 4:01 | 14.9 |
| 38 | FIAŁKA Maciej | 127 | LOKATOR PIŁA | M40 | 11 | 00:02:42 | 00:28:29 | 00:31:22 | 00:57:39 | 01:00:22.30 | +00:06:10 | 4:01 | 14.9 |
| 39 | GARBACZ Krzysztof | 140 | | M45 | 6 | 00:02:41 | 00:27:58 | 00:30:51 | 00:57:44 | 01:00:32.90 | +00:06:20 | 4:02 | 14.9 |
| 40 | KOPCEWICZ Robert | 262 | ROZBIEGANY GOLENIÓW | M50 | 2 | 00:02:40 | 00:28:20 | 00:31:12 | 00:57:45 | 01:00:37.35 | +00:06:25 | 4:02 | 14.8 |
| 41 | BURDA Robert | 62 | KOSPEL | M40 | 12 | 00:02:44 | 00:28:24 | 00:31:16 | 00:57:55 | 01:00:41.30 | +00:06:29 | 4:02 | 14.8 |
| 42 | PRĘDKI Grzegorz | 448 | KB BRYZA POSTOMINO | M30 | 7 | 00:02:45 | 00:28:43 | 00:31:33 | 00:58:09 | 01:00:52.30 | +00:06:40 | 4:03 | 14.8 |
| 43 | PISKORZ Szymon | 431 | KP PSP GRYFICE | M30 | 6 | 00:02:41 | 00:28:34 | 00:31:25 | 00:58:14 | 01:00:51.95 | +00:06:39 | 4:03 | 14.8 |
| 44 | OBOLIK Mirosław | 393 | | M55 | 1 | 00:02:47 | 00:28:14 | 00:31:06 | 00:58:10 | 01:01:02.85 | +00:06:50 | 4:04 | 14.7 |
| 45 | PIECYK Robert | 429 | | M40 | 13 | 00:02:43 | 00:28:45 | 00:31:41 | 00:58:25 | 01:01:14.75 | +00:07:02 | 4:05 | 14.7 |
| 46 | CENTKA Jakub | 69 | TEAM ŚWIĘTA | M20 | 6 | 00:02:41 | 00:28:50 | 00:31:49 | 00:58:44 | 01:01:23.15 | +00:07:11 | 4:05 | 14.7 |
| 47 | KOLEBUK Marek | 255 | MG | M55 | 2 | 00:02:36 | 00:28:38 | 00:31:34 | 00:58:41 | 01:01:31.55 | +00:07:19 | 4:06 | 14.6 |
| 48 | KIESZKOWSKI Adam | 250 | TRI RZEŹNIA | M30 | 8 | 00:02:43 | 00:28:26 | 00:31:22 | 00:58:39 | 01:01:35.05 | +00:07:22 | 4:06 | 14.6 |
| 49 | ZWOLIŃSKI Jan | 643 | TKKF KOSZALIN | M50 | 3 | 00:02:52 | 00:29:38 | 00:32:32 | 00:59:03 | 01:01:40.70 | +00:07:28 | 4:06 | 14.6 |
| 50 | KRAWCZYK Mateusz | 287 | AMBASADOR FESTIWALU BIEGOWEGO W KRYNICY ZDRÓJ | M20 | 7 | 00:02:48 | 00:29:11 | 00:32:07 | 00:59:00 | 01:01:43.85 | +00:07:31 | 4:06 | 14.6 |
| 51 | POBŁOCKA Katarzyna | 437 | UKS EKONOMIK MARATOŃCZYK LĘBORK | K20 | 1 | 00:02:43 | 00:28:15 | 00:31:08 | 00:58:51 | 01:01:49.35 | +00:07:37 | 4:07 | 14.6 |
| 52 | BIEDRZYCKI Andrzej | 33 | OSP STARY BOREK | M60 | 2 | 00:02:44 | 00:28:46 | 00:31:43 | 00:58:52 | 01:01:49.85 | +00:07:37 | 4:07 | 14.6 |
| 53 | KOWALSKI Cezary | 277 | PARKRUN SZCZECIN | M50 | 4 | 00:02:45 | 00:29:12 | 00:32:11 | 00:59:15 | 01:02:05.60 | +00:07:53 | 4:08 | 14.5 |
| 54 | CZAPLIŃSKI Jacek | 690 | TAGER KOSZALIN | M35 | 10 | 00:02:44 | 00:29:01 | 00:31:56 | 00:59:33 | 01:02:23.90 | +00:08:11 | 4:09 | 14.4 |
| 55 | BAJGERT Robert | 15 | | M45 | 7 | 00:02:44 | 00:28:54 | 00:31:53 | 00:59:33 | 01:02:25.65 | +00:08:13 | 4:09 | 14.4 |
| 56 | RATAJCZAK Janusz | 468 | KB AKTYWNI KRZYŻ WLKP | M55 | 3 | 00:02:45 | 00:28:50 | 00:31:52 | 00:59:32 | 01:02:28.85 | +00:08:16 | 4:09 | 14.4 |
| 57 | STACHOWICZ Wiesław | 672 | BRZOZA BIEGA | M45 | 8 | 00:03:07 | 00:30:49 | 00:32:58 | 01:00:01 | 01:02:30.55 | +00:08:18 | 4:10 | 14.4 |
| 58 | WITKIEWICZ Magda | 616 | | K40 | 1 | 00:02:57 | 00:29:53 | 00:32:49 | 00:59:49 | 01:02:34.85 | +00:08:22 | 4:10 | 14.4 |
| 59 | KOŚCIELNIAK Robert | 271 | TKKF KOSZALIN | M50 | 5 | 00:02:52 | 00:29:49 | 00:32:45 | 01:00:04 | 01:02:46.30 | +00:08:34 | 4:11 | 14.3 |
| 60 | PRENDECKI Marcin | 446 | | M40 | 14 | 00:02:58 | 00:29:34 | 00:32:24 | 01:00:02 | 01:02:51.35 | +00:08:39 | 4:11 | 14.3 |
| 61 | RUTKOWSKA Joanna | 491 | GKS KASZUBI LUZINO | K40 | 2 | 00:02:45 | 00:29:01 | 00:32:01 | 00:59:58 | 01:02:53.05 | +00:08:40 | 4:11 | 14.3 |
| 62 | DUDZIŃSKA Maja | 115 | | K40 | 3 | 00:02:55 | 00:29:50 | 00:32:47 | 01:00:05 | 01:03:04.70 | +00:08:52 | 4:12 | 14.3 |
| 63 | ANDREJCZUK Piotr | 7 | KB AKTYWNI KRZYŻ WLKP | M35 | 11 | 00:02:46 | 00:29:12 | 00:32:08 | 01:00:09 | 01:03:06.00 | +00:08:53 | 4:12 | 14.3 |
| 64 | CENTKA Michał | 67 | TEAM ŚWIĘTA | M40 | 15 | 00:02:39 | 00:28:59 | 00:31:56 | 01:00:10 | 01:03:11.15 | +00:08:59 | 4:12 | 14.2 |
| 65 | BIEDRZYCKI Krzysztof | 31 | | M45 | 9 | 00:02:45 | 00:29:02 | 00:32:03 | 01:00:23 | 01:03:29.80 | +00:09:17 | 4:14 | 14.2 |
| 66 | MORGIEWICZ Piotr | 380 | RUNGRYF GRYFICE | M50 | 6 | 00:02:48 | 00:30:04 | 00:33:04 | 01:00:33 | 01:03:32.00 | +00:09:19 | 4:14 | 14.2 |
| 67 | POTASZNIK Artur | 444 | MARATOŃCZYK TEAM SZCZECIN | M45 | 10 | 00:02:47 | 00:29:47 | 00:32:52 | 01:00:53 | 01:03:45.50 | +00:09:33 | 4:15 | 14.1 |
| 68 | PŁOŃSKI Jakub | 435 | DZIKIE DZIKI GORZÓW | M35 | 12 | 00:02:48 | 00:29:53 | 00:32:50 | 01:01:01 | 01:03:57.65 | +00:09:45 | 4:15 | 14.1 |
| 69 | ANTOSIK Grzegorz | 12 | KB BRYZA POSTOMINO | M40 | 16 | 00:02:54 | 00:30:08 | 00:33:04 | 01:01:16 | 01:04:04.10 | +00:09:52 | 4:16 | 14 |
| 70 | HARASIMOWICZ Sławek | 184 | DĘBNOTEAM | M40 | 17 | 00:02:40 | 00:29:03 | 00:32:09 | 01:01:16 | 01:04:09.55 | +00:09:57 | 4:16 | 14 |
| 71 | TOMALIK Karol | 662 | KAROLMAN | M40 | 18 | 00:02:56 | 00:30:14 | 00:33:15 | 01:01:15 | 01:04:16.65 | +00:10:04 | 4:17 | 14 |

| Msc/ Rnk | Zawodnik/ Name | Numer/ Bib | Klub/ Team | Kategoria/ Category | Mkat/ CatRnk | 0.698km | 7.151km | 7.849km | 14.303km | Czas | | | |
|-------------|--------------------------|---------------|--|------------------------|-----------------|----------|----------|----------|----------|---------------|--------------|-----------------|---------------|
| | | | | | | | | | | netto 15km | Różn/ Gap | Tempo min/km | Tempo km/h |
| 72 | MICHALSKI Janusz | 370 | | M50 | 7 | 00:03:04 | 00:30:44 | 00:33:48 | 01:01:40 | 01:04:21.15 | +00:10:09 | 4:17 | 14 |
| 73 | KIERZNOWSKI Andrzej | 249 | KB WYGAN | M60 | 3 | 00:02:50 | 00:30:28 | 00:33:32 | 01:01:42 | 01:04:31.05 | +00:10:18 | 4:18 | 13.9 |
| 74 | PRYK Rafał | 456 | ROZBIEGANY GOLENIÓW | M40 | 19 | 00:02:52 | 00:30:31 | 00:33:36 | 01:01:44 | 01:04:35.30 | +00:10:23 | 4:18 | 13.9 |
| 75 | PAKULSKI Marcin | 413 | | M40 | 20 | 00:03:12 | 00:30:37 | 00:33:40 | 01:01:49 | 01:04:41.65 | +00:10:29 | 4:18 | 13.9 |
| 76 | MERDA Katarzyna | 367 | MTS HAMER MIASTKO | K35 | 1 | 00:02:49 | 00:30:20 | 00:33:22 | 01:01:45 | 01:04:41.95 | +00:10:29 | 4:18 | 13.9 |
| 77 | SOBCZYK Łukasz | 516 | KOŁOBRZEG BIEGA | M40 | 21 | 00:02:52 | 00:29:53 | 00:32:53 | 01:01:41 | 01:04:42.50 | +00:10:30 | 4:18 | 13.9 |
| 78 | TROŚNIAK Piotr | 683 | KB 10 BIAŁOGARD | M45 | 11 | 00:02:59 | 00:30:20 | 00:33:30 | 01:02:03 | 01:04:57.90 | +00:10:45 | 4:19 | 13.9 |
| 79 | STEFANOWICZ Paweł | 530 | ORLEN RUNNING TEAM | M40 | 22 | 00:02:56 | 00:30:37 | 00:33:48 | 01:02:09 | 01:05:05.95 | +00:10:53 | 4:20 | 13.8 |
| 80 | GŁOČKO Wojciech | 153 | | M40 | 23 | 00:02:41 | 00:30:06 | 00:33:07 | 01:01:53 | 01:05:08.40 | +00:10:56 | 4:20 | 13.8 |
| 81 | ZAWADZKI Damian | 635 | KB WYGAN | M35 | 13 | 00:02:59 | 00:30:54 | 00:33:57 | 01:02:21 | 01:05:19.20 | +00:11:07 | 4:21 | 13.8 |
| 82 | ROMANOWSKI Dariusz | 478 | KPW ŚWINOUJŚCIE | M35 | 14 | 00:03:05 | 00:30:45 | 00:33:49 | 01:02:23 | 01:05:23.75 | +00:11:11 | 4:21 | 13.8 |
| 83 | DURKOWSKI Dawid | 116 | TATO BIEGA | M30 | 9 | 00:03:09 | 00:31:05 | 00:34:04 | 01:02:35 | 01:05:26.50 | +00:11:14 | 4:21 | 13.8 |
| 84 | SZCZUPACZYŃSKI Arkadiusz | 551 | RUNGRYF GRYFICE | M55 | 4 | 00:02:44 | 00:30:55 | 00:34:02 | 01:02:26 | 01:05:29.20 | +00:11:17 | 4:21 | 13.7 |
| 85 | BARAŃSKI Bogusław | 21 | MLUKS TRZEBIATÓW | M60 | 4 | 00:02:45 | 00:30:48 | 00:33:57 | 01:02:36 | 01:05:36.55 | +00:11:24 | 4:22 | 13.7 |
| 86 | WYSZKOWSKI Marcin | 629 | KOŁOBRZEG MARATON TEAM | M45 | 12 | 00:02:59 | 00:30:56 | 00:33:57 | 01:02:51 | 01:05:42.55 | +00:11:30 | 4:22 | 13.7 |
| 87 | BARANOWSKI Piotr | 19 | | M40 | 24 | 00:03:01 | 00:30:58 | 00:34:02 | 01:02:44 | 01:05:54.40 | +00:11:42 | 4:23 | 13.7 |
| 88 | MICHAŁOWSKI Jan | 371 | KB HERMES GRYFINO | M55 | 5 | 00:03:04 | 00:31:33 | 00:34:41 | 01:02:58 | 01:05:55.05 | +00:11:42 | 4:23 | 13.7 |
| 89 | BZDAWKA Rafał | 66 | KPW ŚWINOUJŚCIE | M40 | 25 | 00:03:07 | 00:32:02 | 00:35:06 | 01:02:59 | 01:05:55.35 | +00:11:43 | 4:23 | 13.7 |
| 90 | PIŁCZYŃSKI Zbigniew | 663 | | M55 | 6 | 00:02:53 | 00:30:45 | 00:33:54 | 01:02:59 | 01:05:59.15 | +00:11:47 | 4:23 | 13.6 |
| 91 | PLUTA Grzegorz | 433 | KB HERMES GRYFINO | M55 | 7 | 00:02:48 | 00:30:06 | 00:33:14 | 01:02:58 | 01:06:01.65 | +00:11:49 | 4:24 | 13.6 |
| 92 | MICKIEWICZ Adam | 658 | JW 3937 | M30 | 10 | 00:03:09 | 00:31:01 | 00:34:11 | 01:03:12 | 01:06:02.75 | +00:11:50 | 4:24 | 13.6 |
| 93 | SOWIŃSKI Saturnin | 521 | 1.SLT | M50 | 8 | 00:03:00 | 00:30:57 | 00:34:05 | 01:03:14 | 01:06:17.80 | +00:12:05 | 4:25 | 13.6 |
| 94 | ZEMBIK Grzegorz | 637 | KB HERMES GRYFINO | M50 | 9 | 00:02:59 | 00:31:27 | 00:34:35 | 01:03:19 | 01:06:20.35 | +00:12:08 | 4:25 | 13.6 |
| 95 | GIERLACH Jacek | 152 | STOPA SŁUPSK | M20 | 8 | 00:02:57 | 00:30:35 | 00:33:43 | 01:03:30 | 01:06:36.05 | +00:12:23 | 4:26 | 13.5 |
| 96 | KOSAKOWSKI Marian | 266 | MARATOŃCZYK TEAM SZCZECIN | M60 | 5 | 00:02:56 | 00:31:01 | 00:34:08 | 01:03:37 | 01:06:36.35 | +00:12:24 | 4:26 | 13.5 |
| 97 | CHUDY Henryk | 79 | KS OLSZEWSKI I SYNOWIE | M60 | 6 | 00:02:53 | 00:30:17 | 00:33:27 | 01:03:25 | 01:06:42.85 | +00:12:30 | 4:26 | 13.5 |
| 98 | RUSIECKI Henryk | 490 | HERMES GRYFINO | M65 | 1 | 00:02:58 | 00:31:50 | 00:34:58 | 01:03:42 | 01:06:43.35 | +00:12:31 | 4:26 | 13.5 |
| 99 | KOSIŃSKI Mateusz | 269 | DRUŻYNA SZPIKU | M20 | 9 | 00:03:05 | 00:31:55 | 00:35:02 | 01:03:58 | 01:06:45.15 | +00:12:33 | 4:27 | 13.5 |
| 100 | BULIKOWSKI Tomasz | 59 | | M35 | 15 | 00:03:08 | 00:31:49 | 00:34:56 | 01:03:54 | 01:06:45.50 | +00:12:33 | 4:27 | 13.5 |
| 101 | PROŚNIEWSKI Mirosław | 450 | RUNGRYF GRYFICE | M35 | 16 | 00:02:48 | 00:30:18 | 00:33:21 | 01:03:29 | 01:06:48.20 | +00:12:36 | 4:27 | 13.5 |
| 102 | CHOMONT Rafał | 74 | | M40 | 26 | 00:03:03 | 00:31:18 | 00:34:25 | 01:03:42 | 01:06:49.80 | +00:12:37 | 4:27 | 13.5 |
| 103 | WARDYN Jarek | 600 | | M40 | 27 | 00:02:58 | 00:31:52 | 00:34:57 | 01:04:03 | 01:06:54.95 | +00:12:42 | 4:27 | 13.4 |
| 104 | KAMIŃSKA Agata | 231 | PARKRUN SZCZECIN | K30 | 1 | 00:02:59 | 00:31:52 | 00:34:57 | 01:03:59 | 01:06:56.55 | +00:12:44 | 4:27 | 13.4 |
| 105 | IWANOWSKI Rafał | 199 | AT AKTYWNY TRZEBIATÓW | M35 | 17 | 00:03:00 | 00:31:04 | 00:34:14 | 01:03:53 | 01:07:08.10 | +00:12:56 | 4:28 | 13.4 |
| 106 | KULIŃSKI Bogdan | 306 | GŁOGÓW DRUŻYNA SZPIKU KGHM | M55 | 8 | 00:02:59 | 00:31:17 | 00:34:34 | 01:04:07 | 01:07:16.80 | +00:13:04 | 4:29 | 13.4 |
| 107 | PLATA Tadeusz | 432 | MARATOŃCZYK TEAM SZCZECIN | M65 | 2 | 00:02:54 | 00:31:16 | 00:34:27 | 01:04:01 | 01:07:18.35 | +00:13:06 | 4:29 | 13.4 |
| 108 | LEŚNIEWSKI Konrad | 321 | KB BRYZA POSTOMINO | M20 | 10 | 00:02:54 | 00:30:41 | 00:33:52 | 01:04:03 | 01:07:18.40 | +00:13:06 | 4:29 | 13.4 |
| 109 | SZMYTKOWSKI Bartosz | 558 | | M30 | 11 | 00:03:06 | 00:31:27 | 00:34:33 | 01:04:15 | 01:07:21.45 | +00:13:09 | 4:29 | 13.4 |
| 110 | SAMBOR Krzysztof | 501 | STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO | M30 | 12 | 00:02:52 | 00:30:57 | 00:34:08 | 01:04:08 | 01:07:23.55 | +00:13:11 | 4:29 | 13.4 |
| 111 | PUCHAŁA Sławomir | 459 | BLUE TEAM PIŁA | M45 | 13 | 00:02:53 | 00:30:57 | 00:34:08 | 01:04:09 | 01:07:23.60 | +00:13:11 | 4:29 | 13.4 |
| 112 | ODWROT Hubert | 394 | 3:33 TEAM | M45 | 14 | 00:03:07 | 00:31:52 | 00:35:04 | 01:04:24 | 01:07:32.90 | +00:13:20 | 4:30 | 13.3 |
| 113 | MAKSYMOWICZ Kornelia | 352 | | K35 | 2 | 00:03:00 | 00:31:28 | 00:34:42 | 01:04:29 | 01:07:37.00 | +00:13:24 | 4:30 | 13.3 |
| 114 | JAROCHOWICZ Norbert | 210 | | M45 | 15 | 00:02:52 | 00:30:52 | 00:34:13 | 01:04:45 | 01:07:50.90 | +00:13:38 | 4:31 | 13.3 |
| 115 | JANKIEWICZ Tomasz | 204 | MTS HAMER MIASTKO | M40 | 28 | 00:02:48 | 00:31:45 | 00:35:00 | 01:04:49 | 01:07:51.10 | +00:13:39 | 4:31 | 13.3 |

| Msc/ Rnk | Zawodnik/ Name | Numer/ Bib | Klub/ Team | Kategoria/ Category | Mkat/ CatRnk | Czas | | | | Czas netto 15km | Różn/ Gap | Tempo min/km | Tempo km/h |
|-------------|-----------------------|---------------|---------------------------------|------------------------|-----------------|----------|----------|----------|----------|-----------------------|--------------|-----------------|---------------|
| | | | | | | 0.698km | 7.151km | 7.849km | 14.303km | | | | |
| 116 | OLESZCZAK Robert | 399 | KP PSP GRYFICE | M40 | 29 | 00:03:13 | 00:31:42 | 00:34:51 | 01:04:42 | 01:07:51.70 | +00:13:39 | 4:31 | 13.3 |
| 117 | ŚLIWA Marek | 571 | NUTRILITE TEAM | M45 | 16 | 00:02:53 | 00:31:01 | 00:34:16 | 01:04:45 | 01:07:53.70 | +00:13:41 | 4:31 | 13.3 |
| 118 | PLAŻALSKI Łukasz | 434 | HUSARIA RACE TEAM GRYFICE | M35 | 18 | 00:02:53 | 00:31:25 | 00:34:38 | 01:04:59 | 01:07:59.40 | +00:13:47 | 4:31 | 13.2 |
| 119 | TWARÓG Eugeniusz | 585 | | M40 | 30 | 00:02:59 | 00:31:32 | 00:34:46 | 01:05:01 | 01:08:02.15 | +00:13:50 | 4:32 | 13.2 |
| 120 | SZCZYGIELSKI Radosław | 552 | | M30 | 13 | 00:03:00 | 00:31:46 | 00:35:01 | 01:04:54 | 01:08:05.75 | +00:13:53 | 4:32 | 13.2 |
| 121 | FILAROWSKI Stefan | 129 | GRUPA NURKÓW INŻYNIERII | M45 | 17 | 00:03:04 | 00:31:37 | 00:34:51 | 01:04:56 | 01:08:09.75 | +00:13:57 | 4:32 | 13.2 |
| 122 | FRYDRYCH Wojciech | 133 | KOŁOBRZEG MARATON TEAM | M30 | 14 | 00:03:05 | 00:32:34 | 00:35:46 | 01:05:14 | 01:08:09.85 | +00:13:57 | 4:32 | 13.2 |
| 123 | MACKOJC Krzysztof | 348 | | M45 | 18 | 00:02:51 | 00:31:27 | 00:34:44 | 01:04:57 | 01:08:10.55 | +00:13:58 | 4:32 | 13.2 |
| 124 | SURDAKI Piotr | 545 | | M40 | 31 | 00:02:59 | 00:31:55 | 00:35:10 | 01:05:11 | 01:08:15.30 | +00:14:03 | 4:33 | 13.2 |
| 125 | KAŻMIERCZAK Robert | 624 | | M45 | 19 | 00:03:08 | 00:32:30 | 00:35:45 | 01:05:26 | 01:08:22.50 | +00:14:10 | 4:33 | 13.2 |
| 126 | OSTROWSKI Marian | 410 | SENIOR 54 | M60 | 7 | 00:03:07 | 00:31:53 | 00:35:09 | 01:05:16 | 01:08:29.20 | +00:14:17 | 4:33 | 13.1 |
| 127 | FIŁONOWICZ Monika | 131 | | K40 | 4 | 00:02:59 | 00:31:40 | 00:34:57 | 01:05:24 | 01:08:36.15 | +00:14:24 | 4:34 | 13.1 |
| 128 | BIELECKI Andrzej | 36 | 3:33 TEAM | M45 | 20 | 00:03:05 | 00:32:06 | 00:35:20 | 01:05:27 | 01:08:39.00 | +00:14:26 | 4:34 | 13.1 |
| 129 | MALINOWSKI Zbigniew | 356 | KOŁOBRZEG MORZEM SPORTÓW | M60 | 8 | 00:03:11 | 00:32:46 | 00:35:58 | 01:05:39 | 01:08:41.65 | +00:14:29 | 4:34 | 13.1 |
| 130 | SOBKOWIAK Robert | 518 | | M50 | 10 | 00:03:02 | 00:31:18 | 00:34:33 | 01:05:32 | 01:08:46.80 | +00:14:34 | 4:35 | 13.1 |
| 131 | KWINTAL Janek | 313 | | M45 | 21 | 00:03:14 | 00:32:44 | 00:36:02 | 01:05:58 | 01:08:51.40 | +00:14:39 | 4:35 | 13.1 |
| 132 | ŁOWICKI Bartosz | 341 | PRUSZCZ BIEGA | M20 | 11 | 00:02:52 | 00:31:30 | 00:34:48 | 01:05:47 | 01:08:52.45 | +00:14:40 | 4:35 | 13.1 |
| 133 | DYMEK Paweł | 120 | KB AKTYWNI KRZYŻ WLKP | M35 | 19 | 00:02:59 | 00:31:28 | 00:34:43 | 01:05:43 | 01:08:56.15 | +00:14:44 | 4:35 | 13.1 |
| 134 | LPIŃSKI Krzysztof | 327 | KB MANIAC POZNAŃ | M55 | 9 | 00:03:24 | 00:32:49 | 00:36:04 | 01:05:57 | 01:09:02.70 | +00:14:50 | 4:36 | 13 |
| 135 | AUGUSTYŃIAK Grzegorz | 14 | PAN | M40 | 32 | 00:03:09 | 00:32:33 | 00:35:50 | 01:06:02 | 01:09:07.85 | +00:14:55 | 4:36 | 13 |
| 136 | ŻMUDA Jarosław | 646 | CW FANZA KOŁOBRZEG | M40 | 33 | 00:03:01 | 00:32:30 | 00:35:50 | 01:06:11 | 01:09:08.35 | +00:14:56 | 4:36 | 13 |
| 137 | SZYMANOWICZ Łukasz | 565 | | M40 | 34 | 00:03:04 | 00:31:34 | 00:34:51 | 01:05:47 | 01:09:09.30 | +00:14:57 | 4:36 | 13 |
| 138 | BULIKOWSKI Paweł | 60 | | M45 | 22 | 00:03:14 | 00:32:38 | 00:35:55 | 01:06:02 | 01:09:12.95 | +00:15:00 | 4:36 | 13 |
| 139 | LANGIEWICZ Jacek | 317 | MKJ POLICE | M60 | 9 | 00:03:16 | 00:32:39 | 00:35:57 | 01:06:02 | 01:09:16.90 | +00:15:04 | 4:37 | 13 |
| 140 | KASPEROWICZ Dariusz | 239 | WIECZORNE BIEGANIE W SZCZECINIE | M40 | 35 | 00:03:10 | 00:31:38 | 00:34:51 | 01:06:08 | 01:09:23.70 | +00:15:11 | 4:37 | 13 |
| 141 | PĘKAŁA Piotr | 427 | ROZBIEGANY KOSZALIN | M45 | 23 | 00:03:22 | 00:33:45 | 00:37:06 | 01:06:19 | 01:09:23.90 | +00:15:11 | 4:37 | 13 |
| 142 | ANDRYSKOWSKI Zdzisław | 682 | KOLARZ-POL | M45 | 24 | 00:02:46 | 00:31:16 | 00:34:32 | 01:06:14 | 01:09:30.60 | +00:15:18 | 4:38 | 12.9 |
| 143 | BEDNARCZYK Tomasz | 28 | | M30 | 15 | 00:03:14 | 00:32:35 | 00:35:48 | 01:06:17 | 01:09:30.95 | +00:15:18 | 4:38 | 12.9 |
| 144 | LEWANDOWSKI Piotr | 324 | SKB DZIK | M35 | 20 | 00:03:10 | 00:32:22 | 00:35:45 | 01:06:24 | 01:09:33.20 | +00:15:21 | 4:38 | 12.9 |
| 145 | BRATUŚ Andrzej | 45 | EUROTRUCK S.C. | M40 | 36 | 00:03:08 | 00:32:40 | 00:36:00 | 01:06:34 | 01:09:44.85 | +00:15:32 | 4:39 | 12.9 |
| 146 | KUKIEŁA Tomasz | 299 | ROZBIEGANA KUKIEŁKA | M35 | 21 | 00:03:18 | 00:32:45 | 00:35:57 | 01:06:38 | 01:09:46.50 | +00:15:34 | 4:39 | 12.9 |
| 147 | CYBULSKI Robert | 86 | HAMER MIASTKO | M45 | 25 | 00:03:13 | 00:33:26 | 00:36:45 | 01:06:52 | 01:09:57.75 | +00:15:45 | 4:39 | 12.9 |
| 148 | UKRAIŃSKI Sławomir | 590 | KOŁOBRZEG BIEGA | M50 | 11 | 00:03:02 | 00:32:09 | 00:35:31 | 01:06:46 | 01:10:03.35 | +00:15:51 | 4:40 | 12.8 |
| 149 | STACHOWIAK Ryszard | 524 | | M65 | 3 | 00:03:16 | 00:31:58 | 00:35:19 | 01:06:47 | 01:10:07.00 | +00:15:54 | 4:40 | 12.8 |
| 150 | PROKOPOWICZ Marcin | 449 | 3:33 TEAM | M35 | 22 | 00:03:11 | 00:33:19 | 00:36:38 | 01:07:04 | 01:10:16.80 | +00:16:04 | 4:41 | 12.8 |
| 151 | KOSECKA Katarzyna | 267 | KB WYGAN | K35 | 3 | 00:03:02 | 00:33:26 | 00:36:44 | 01:07:12 | 01:10:19.85 | +00:16:07 | 4:41 | 12.8 |
| 152 | LITWINOWICZ Renata | 329 | KB WYGAN | K40 | 5 | 00:03:20 | 00:33:22 | 00:36:43 | 01:07:18 | 01:10:26.05 | +00:16:13 | 4:41 | 12.8 |
| 153 | MICHALAK Jacek | 368 | | M55 | 10 | 00:03:01 | 00:32:10 | 00:35:31 | 01:07:13 | 01:10:27.50 | +00:16:15 | 4:41 | 12.8 |
| 154 | TALAREK Robert | 575 | KRZEWINKOWA | M40 | 37 | 00:03:07 | 00:32:41 | 00:36:09 | 01:07:29 | 01:10:34.30 | +00:16:22 | 4:42 | 12.8 |
| 155 | DUDA Andrzej | 114 | | M50 | 12 | 00:02:46 | 00:32:24 | 00:35:48 | 01:07:26 | 01:10:36.75 | +00:16:24 | 4:42 | 12.7 |
| 156 | GIEDRYS Wojtek | 149 | 3:33 TEAM | M45 | 26 | 00:03:02 | 00:32:15 | 00:35:38 | 01:07:15 | 01:10:36.95 | +00:16:24 | 4:42 | 12.7 |
| 157 | MALICKI Grzegorz | 354 | SCYZORYK | M45 | 27 | 00:03:19 | 00:32:57 | 00:36:19 | 01:07:29 | 01:10:42.35 | +00:16:30 | 4:42 | 12.7 |
| 158 | TRZECIAK Dariusz | 584 | KOŁOBRZEG BIEGA | M45 | 28 | 00:03:13 | 00:33:17 | 00:36:39 | 01:07:43 | 01:10:46.45 | +00:16:34 | 4:43 | 12.7 |
| 159 | POLAŃSKI Dariusz | 441 | ORZEŁ MRZEŻYNO | M50 | 13 | 00:02:53 | 00:32:01 | 00:35:23 | 01:07:15 | 01:10:47.45 | +00:16:35 | 4:43 | 12.7 |

| Msc/ Rnk | Zawodnik/ Name | Numer/ Bib | Klub/ Team | Kategoria/ Category | Mkat/ CatRnk | Czas | | | | Czas netto 15km | Różn/ Gap | Tempo min/km | Tempo km/h |
|-------------|-------------------------|---------------|-----------------------------|------------------------|-----------------|----------|----------|----------|----------|-----------------------|--------------|-----------------|---------------|
| | | | | | | 0.698km | 7.151km | 7.849km | 14.303km | | | | |
| 160 | BRZÓSKA Eugeniusz | 52 | KB HERMES GRYFINO | M55 | 11 | 00:03:08 | 00:33:12 | 00:36:36 | 01:07:35 | 01:10:48.30 | +00:16:36 | 4:43 | 12.7 |
| 161 | STAŃCZYK Sławomir | 527 | STARGARD. JA SIĘ NIE ŚCIGAM | M30 | 16 | 00:03:23 | 00:33:44 | 00:37:01 | 01:07:47 | 01:10:49.60 | +00:16:37 | 4:43 | 12.7 |
| 162 | KOŁTUNIAK Hubert | 259 | | M40 | 38 | 00:03:19 | 00:33:39 | 00:36:55 | 01:07:46 | 01:10:55.00 | +00:16:42 | 4:43 | 12.7 |
| 163 | TAMAS Mateusz | 576 | | M20 | 12 | 00:03:21 | 00:33:22 | 00:36:40 | 01:07:43 | 01:10:55.80 | +00:16:43 | 4:43 | 12.7 |
| 164 | POLGUJ Piotr | 442 | PARKRUN MKL SZCZECINEK | M70 | 1 | 00:03:04 | 00:32:15 | 00:35:38 | 01:07:28 | 01:10:57.95 | +00:16:45 | 4:43 | 12.7 |
| 165 | OLESZCZAK Piotr | 400 | OSP GRYFICE | M16 | 2 | 00:03:27 | 00:32:44 | 00:35:53 | 01:07:37 | 01:10:59.35 | +00:16:47 | 4:43 | 12.7 |
| 166 | TOWSTOKORY Marek | 579 | | M40 | 39 | 00:02:58 | 00:33:15 | 00:36:42 | 01:07:54 | 01:11:17.05 | +00:17:04 | 4:45 | 12.6 |
| 167 | ROMEJ Elżbieta | 481 | LŁKB TRUCHT ŁOBEZ | K50 | 1 | 00:03:02 | 00:32:43 | 00:36:04 | 01:07:44 | 01:11:19.45 | +00:17:07 | 4:45 | 12.6 |
| 168 | SZOTA Robert | 560 | SMT SZCZECIN | M30 | 17 | 00:03:16 | 00:34:28 | 00:37:47 | 01:08:32 | 01:11:27.40 | +00:17:15 | 4:45 | 12.6 |
| 169 | ROJEK Michał | 476 | | M35 | 23 | 00:03:24 | 00:34:37 | 00:37:59 | 01:08:24 | 01:11:32.20 | +00:17:20 | 4:46 | 12.6 |
| 170 | GUZIKIEWICZ Mirosław | 177 | ROZBIEGANY GOLENIÓW | M45 | 29 | 00:03:25 | 00:34:41 | 00:37:55 | 01:08:24 | 01:11:36.65 | +00:17:24 | 4:46 | 12.6 |
| 171 | CHRZANOWSKI Mariusz | 669 | | M50 | 14 | 00:03:13 | 00:32:58 | 00:36:16 | 01:07:58 | 01:11:38.45 | +00:17:26 | 4:46 | 12.6 |
| 172 | WILKOWSKI Krzysztof | 614 | L | M35 | 24 | 00:03:03 | 00:32:49 | 00:36:15 | 01:08:11 | 01:11:38.50 | +00:17:26 | 4:46 | 12.6 |
| 173 | ZAWADZKI Adrian | 681 | REGA TRZEBIATÓW | M20 | 13 | 00:02:31 | 00:32:26 | 00:35:37 | 01:08:33 | 01:11:39.50 | +00:17:27 | 4:46 | 12.6 |
| 174 | SZYDŁOWSKI Witold | 564 | | M55 | 12 | 00:03:01 | 00:32:40 | 00:36:00 | 01:08:31 | 01:11:57.25 | +00:17:45 | 4:47 | 12.5 |
| 175 | HOPPE Bronisław | 196 | JW 3937 | M35 | 25 | 00:03:24 | 00:33:25 | 00:36:49 | 01:08:54 | 01:12:00.85 | +00:17:48 | 4:48 | 12.5 |
| 176 | MARTYNOWICZ Tobiasz | 359 | GRABOWO | M30 | 18 | 00:02:58 | 00:30:37 | 00:34:03 | 01:08:35 | 01:12:03.95 | +00:17:51 | 4:48 | 12.5 |
| 177 | DARONIN Pavlo | 95 | | M35 | 26 | 00:03:31 | 00:34:46 | 00:38:00 | 01:08:56 | 01:12:05.40 | +00:17:53 | 4:48 | 12.5 |
| 178 | GROCHOWSKI Krzysztof | 171 | | M30 | 19 | 00:03:14 | 00:33:12 | 00:36:40 | 01:08:34 | 01:12:06.65 | +00:17:54 | 4:48 | 12.5 |
| 179 | KUKIEŁKA Wojciech | 300 | | M35 | 27 | 00:03:59 | 00:34:58 | 00:38:20 | 01:08:53 | 01:12:07.80 | +00:17:55 | 4:48 | 12.5 |
| 180 | BUCZKOWSKI Jacek | 54 | 8BREM | M45 | 30 | 00:03:06 | 00:33:27 | 00:36:54 | 01:09:18 | 01:12:12.95 | +00:18:00 | 4:48 | 12.5 |
| 181 | RÓŻYCKI Edward | 485 | MUKS TORNADO | M65 | 4 | 00:03:28 | 00:34:40 | 00:38:05 | 01:09:05 | 01:12:20.20 | +00:18:08 | 4:49 | 12.4 |
| 182 | KUŹMIŃSKA Maryla | 673 | BRZOZA BIEGA | K35 | 4 | 00:03:25 | 00:34:10 | 00:37:35 | 01:09:03 | 01:12:23.75 | +00:18:11 | 4:49 | 12.4 |
| 183 | NADOLNY Przemysław | 384 | INTER-COPY SZCZECIN | M40 | 40 | 00:03:24 | 00:34:23 | 00:37:45 | 01:09:16 | 01:12:27.35 | +00:18:15 | 4:49 | 12.4 |
| 184 | WĘDZIŃSKI Maciej | 607 | RUNGRYF GRYFICE | M40 | 41 | 00:03:05 | 00:32:50 | 00:36:18 | 01:09:07 | 01:12:29.85 | +00:18:17 | 4:50 | 12.4 |
| 185 | KARCZEWSKI Krzysztof | 236 | PG SPORTOWA PACZKA | M55 | 13 | 00:03:21 | 00:34:33 | 00:37:57 | 01:09:27 | 01:12:35.10 | +00:18:23 | 4:50 | 12.4 |
| 186 | CHMIELEWSKI Kamil | 73 | GRABOWO | M20 | 14 | 00:03:42 | 00:35:19 | 00:38:47 | 01:09:41 | 01:12:36.55 | +00:18:24 | 4:50 | 12.4 |
| 187 | PETA Andrzej | 426 | MTS HAMER MIASTKO | M45 | 31 | 00:03:13 | 00:33:42 | 00:37:07 | 01:09:13 | 01:12:37.55 | +00:18:25 | 4:50 | 12.4 |
| 188 | JUZYSZYN-BRAŃSKA Alicja | 221 | | K30 | 2 | 00:02:57 | 00:33:32 | 00:36:59 | 01:09:17 | 01:12:37.75 | +00:18:25 | 4:50 | 12.4 |
| 189 | OTOKA Kasia | 411 | | K40 | 6 | 00:03:11 | 00:34:02 | 00:37:31 | 01:09:24 | 01:12:40.65 | +00:18:28 | 4:50 | 12.4 |
| 190 | SKAŁECKI Robert | 511 | PARKRUN ŚWIDWIN | M45 | 32 | 00:03:17 | 00:32:47 | 00:36:03 | 01:09:29 | 01:12:43.95 | +00:18:31 | 4:50 | 12.4 |
| 191 | TADROWSKI Tomasz | 574 | | M45 | 33 | 00:03:25 | 00:34:33 | 00:37:57 | 01:09:38 | 01:12:44.45 | +00:18:32 | 4:50 | 12.4 |
| 192 | MAJDZIŃSKI Paweł | 350 | GRABOWO | M20 | 15 | 00:03:40 | 00:35:20 | 00:38:48 | 01:09:42 | 01:13:01.75 | +00:18:49 | 4:52 | 12.3 |
| 193 | CIESZYŃSKI Marcin | 84 | | M35 | 28 | 00:03:27 | 00:35:10 | 00:38:35 | 01:10:01 | 01:13:03.15 | +00:18:51 | 4:52 | 12.3 |
| 194 | PRZYBYSZ Michał | 457 | | M30 | 20 | 00:03:04 | 00:33:50 | 00:37:17 | 01:09:44 | 01:13:05.20 | +00:18:53 | 4:52 | 12.3 |
| 195 | ŁAWNICZAK Justyna | 337 | TEAM ŚWIĘTA | K35 | 5 | 00:02:57 | 00:33:18 | 00:36:45 | 01:09:46 | 01:13:07.80 | +00:18:55 | 4:52 | 12.3 |
| 196 | MAŁKIŃSKI Józef | 358 | RWT W BYDGOSZCZY | M60 | 10 | 00:03:31 | 00:34:40 | 00:38:07 | 01:09:46 | 01:13:08.10 | +00:18:56 | 4:52 | 12.3 |
| 197 | CHABOWSKA Karolina | 70 | | K30 | 3 | 00:03:03 | 00:33:43 | 00:37:12 | 01:09:54 | 01:13:18.25 | +00:19:06 | 4:53 | 12.3 |
| 198 | ANDRYSKOWSKI Marek | 8 | STOWARZYSZENIE 42,2 LĘBORK | M50 | 15 | 00:03:19 | 00:34:54 | 00:38:22 | 01:10:07 | 01:13:19.55 | +00:19:07 | 4:53 | 12.3 |
| 199 | WALERIAŃCZYK Roman | 599 | GMINA KOŁOBRZEG | M50 | 16 | 00:03:11 | 00:34:16 | 00:37:52 | 01:10:02 | 01:13:21.95 | +00:19:09 | 4:53 | 12.3 |
| 200 | MIECZKOWSKI Michał | 674 | KTC KOŁOBRZEG | M55 | 14 | 00:03:23 | 00:34:16 | 00:37:42 | 01:09:51 | 01:13:22.95 | +00:19:10 | 4:53 | 12.3 |
| 201 | GERKE Mateusz | 148 | | M20 | 16 | 00:03:29 | 00:34:53 | 00:38:17 | 01:10:20 | 01:13:23.65 | +00:19:11 | 4:53 | 12.3 |
| 202 | JONKO Wojciech | 217 | | M65 | 5 | 00:03:09 | 00:32:59 | 00:36:31 | 01:09:42 | 01:13:23.85 | +00:19:11 | 4:53 | 12.3 |
| 203 | CYNARSKI Marek | 87 | | M40 | 42 | 00:03:29 | 00:34:57 | 00:38:20 | 01:10:12 | 01:13:30.40 | +00:19:18 | 4:54 | 12.2 |

| Msc/ Rnk | Zawodnik/ Name | Numer/ Bib | Klub/ Team | Kategoria/ Category | Mkat/ CatRnk | Czas | | | | Czas netto 15km | Różn/ Gap | Tempo min/km | Tempo km/h |
|-------------|-----------------------------|---------------|------------------------------------|------------------------|-----------------|----------|----------|----------|----------|-----------------------|--------------|-----------------|---------------|
| | | | | | | 0.698km | 7.151km | 7.849km | 14.303km | | | | |
| 204 | PENDRAK Kamil | 425 | | M30 | 21 | 00:03:30 | 00:35:40 | 00:39:09 | 01:10:20 | 01:13:33.15 | +00:19:21 | 4:54 | 12.2 |
| 205 | DYBUS Thomas Henri | 119 | ROZBIEGANY GOLENIÓW | M45 | 34 | 00:04:01 | 00:34:35 | 00:37:49 | 01:10:11 | 01:13:33.70 | +00:19:21 | 4:54 | 12.2 |
| 206 | DADEŁO Robert | 93 | | M45 | 35 | 00:03:22 | 00:34:27 | 00:37:53 | 01:10:07 | 01:13:37.25 | +00:19:25 | 4:54 | 12.2 |
| 207 | KALETKA Dariusz | 228 | KALETKA TEAM | M55 | 15 | 00:03:21 | 00:34:07 | 00:37:33 | 01:10:07 | 01:13:38.30 | +00:19:26 | 4:54 | 12.2 |
| 208 | AUGUSTYNIAK Jakub | 13 | GRABOWO | M20 | 17 | 00:03:28 | 00:33:53 | 00:37:18 | 01:10:10 | 01:13:39.10 | +00:19:27 | 4:54 | 12.2 |
| 209 | GRYGORUK Cezary | 173 | | M50 | 17 | 00:03:29 | 00:35:14 | 00:38:43 | 01:10:25 | 01:13:39.40 | +00:19:27 | 4:54 | 12.2 |
| 210 | KULINICZ Agnieszka | 305 | ROZBIEGANY GOLENIÓW | K35 | 6 | 00:03:27 | 00:34:48 | 00:38:15 | 01:10:18 | 01:13:39.85 | +00:19:27 | 4:54 | 12.2 |
| 211 | STRUŚ Artur | 536 | KB BRYZA POSTOMINO | M50 | 18 | 00:03:20 | 00:34:23 | 00:37:53 | 01:10:25 | 01:13:43.30 | +00:19:31 | 4:54 | 12.2 |
| 212 | FABICH Adrian | 124 | USB/ BALTIC SEALS | M30 | 22 | 00:03:30 | 00:36:45 | 00:40:27 | 01:10:40 | 01:13:44.60 | +00:19:32 | 4:55 | 12.2 |
| 213 | SZCZEPAŃSKI Zbigniew | 549 | MACIEJUNIO | M60 | 11 | 00:03:07 | 00:33:53 | 00:37:27 | 01:10:24 | 01:13:46.50 | +00:19:34 | 4:55 | 12.2 |
| 214 | TROCKI Robert | 580 | | M40 | 43 | 00:03:08 | 00:34:41 | 00:38:09 | 01:10:32 | 01:13:46.60 | +00:19:34 | 4:55 | 12.2 |
| 215 | UZNAŃSKI Ryszard | 596 | | M45 | 36 | 00:03:04 | 00:33:47 | 00:37:20 | 01:10:25 | 01:13:47.00 | +00:19:34 | 4:55 | 12.2 |
| 216 | GAWĘŁ Zbigniew | 143 | MIASTO SŁUPSK | M60 | 12 | 00:03:23 | 00:34:43 | 00:38:12 | 01:10:16 | 01:13:47.90 | +00:19:35 | 4:55 | 12.2 |
| 217 | POMORYNKO Krzysztof | 443 | | M35 | 29 | 00:03:24 | 00:34:59 | 00:38:23 | 01:10:41 | 01:13:55.90 | +00:19:43 | 4:55 | 12.2 |
| 218 | BANAŚ Adam | 18 | | M35 | 30 | 00:03:16 | 00:34:40 | 00:38:11 | 01:10:39 | 01:14:01.45 | +00:19:49 | 4:56 | 12.2 |
| 219 | STĘPA Bartosz | 531 | DRUŻYNA SZPIKU | M20 | 18 | 00:03:22 | 00:33:55 | 00:37:27 | 01:10:58 | 01:14:05.45 | +00:19:53 | 4:56 | 12.1 |
| 220 | WYGANOWSKI Andrzej | 628 | K.B.WYGAN | M70 | 2 | 00:03:27 | 00:35:17 | 00:38:45 | 01:10:56 | 01:14:10.90 | +00:19:58 | 4:56 | 12.1 |
| 221 | LITZBARSKI Marek | 330 | DUDYCZ RUN | M50 | 19 | 00:03:31 | 00:35:44 | 00:39:16 | 01:11:05 | 01:14:13.70 | +00:20:01 | 4:56 | 12.1 |
| 222 | WOJCIECHOWSKA-HRYCYK Agata | 620 | | K50 | 2 | 00:03:16 | 00:34:42 | 00:38:13 | 01:10:55 | 01:14:15.85 | +00:20:03 | 4:57 | 12.1 |
| 223 | PYTLARZ Waldemar | 463 | | M55 | 16 | 00:03:38 | 00:35:39 | 00:39:06 | 01:11:00 | 01:14:18.10 | +00:20:06 | 4:57 | 12.1 |
| 224 | LANGÉ Damian | 316 | 12 WOLIŃSKI DYWIZJON TRĄLOWCÓW | M30 | 23 | 00:03:01 | 00:32:16 | 00:35:49 | 01:10:48 | 01:14:19.45 | +00:20:07 | 4:57 | 12.1 |
| 225 | SOSIN Tomasz | 520 | SZWLA | M55 | 17 | 00:03:33 | 00:34:58 | 00:38:29 | 01:10:58 | 01:14:19.75 | +00:20:07 | 4:57 | 12.1 |
| 226 | ROMANIUK Wojciech | 477 | NIEZRZESZONY | M45 | 37 | 00:03:31 | 00:35:21 | 00:38:50 | 01:11:13 | 01:14:19.85 | +00:20:07 | 4:57 | 12.1 |
| 227 | JĘDRASZKO Magda | 214 | MTS HAMER MIASTKO | K30 | 4 | 00:03:30 | 00:35:14 | 00:38:41 | 01:11:04 | 01:14:20.30 | +00:20:08 | 4:57 | 12.1 |
| 228 | SZUBERT Marcin | 563 | KOŁOBRZEG BIEGA | M40 | 44 | 00:03:45 | 00:35:55 | 00:39:22 | 01:11:05 | 01:14:31.75 | +00:20:19 | 4:58 | 12.1 |
| 229 | MEISSNER Bogusław | 365 | K.B. SPRINT ŚWIDWIN | M55 | 18 | 00:03:20 | 00:34:06 | 00:37:37 | 01:11:01 | 01:14:35.10 | +00:20:23 | 4:58 | 12.1 |
| 230 | DOMAGAŁA Sławomir | 107 | KORYUKAN ŚWIDWIN | M40 | 45 | 00:03:19 | 00:34:06 | 00:37:37 | 01:11:02 | 01:14:43.20 | +00:20:31 | 4:58 | 12 |
| 231 | SZYPOSYŃSKI Kamil | 570 | MECENAS I PRZYJACIELE | M40 | 46 | 00:03:21 | 00:34:07 | 00:37:39 | 01:11:02 | 01:14:44.00 | +00:20:31 | 4:58 | 12 |
| 232 | ŻUKOWSKI Cezary | 648 | MIGAWKOWE.PL / ROZBIEGANY KOSZALIN | M35 | 31 | 00:03:20 | 00:35:27 | 00:39:00 | 01:11:30 | 01:14:46.60 | +00:20:34 | 4:59 | 12 |
| 233 | HOC Dariusz | 193 | | M45 | 38 | 00:03:17 | 00:34:23 | 00:37:52 | 01:11:35 | 01:14:49.70 | +00:20:37 | 4:59 | 12 |
| 234 | LUBERAŃSKI Patryk | 333 | GRABOWO | M20 | 19 | 00:03:25 | 00:35:31 | 00:39:00 | 01:11:39 | 01:14:52.50 | +00:20:40 | 4:59 | 12 |
| 235 | BARTOSZUK Adam | 26 | MORSY KOŁOBRZEG | M40 | 47 | 00:03:26 | 00:36:24 | 00:39:58 | 01:11:54 | 01:14:54.50 | +00:20:42 | 4:59 | 12 |
| 236 | MIGALSKA-STANKIEWICZ Lucyna | 373 | | K35 | 7 | 00:03:06 | 00:34:25 | 00:38:00 | 01:11:24 | 01:14:55.20 | +00:20:43 | 4:59 | 12 |
| 237 | CHORAŻEWSKI Sebastian | 76 | | M40 | 48 | 00:03:11 | 00:34:58 | 00:38:28 | 01:11:48 | 01:15:01.75 | +00:20:49 | 5:00 | 12 |
| 238 | PRUSZANOW Marcin | 452 | KB HERMES GRYFINO | M40 | 49 | 00:03:32 | 00:35:53 | 00:39:18 | 01:12:01 | 01:15:14.80 | +00:21:02 | 5:01 | 12 |
| 239 | NOWAK Klaudia | 390 | ROZBIEGANY GOLENIÓW | K35 | 8 | 00:03:26 | 00:35:17 | 00:38:48 | 01:11:48 | 01:15:17.45 | +00:21:05 | 5:01 | 12 |
| 240 | OTTO Michał | 666 | | M30 | 24 | 00:03:04 | 00:33:44 | 00:37:17 | 01:11:38 | 01:15:17.65 | +00:21:05 | 5:01 | 12 |
| 241 | CIEPŁUCHA Marcin | 81 | SZCZECINBUKOWE | M40 | 50 | 00:03:18 | 00:34:01 | 00:37:27 | 01:11:36 | 01:15:19.30 | +00:21:07 | 5:01 | 11.9 |
| 242 | ANIOŁA Dominik | 10 | | M35 | 32 | 00:03:23 | 00:34:57 | 00:38:33 | 01:12:08 | 01:15:40.50 | +00:21:28 | 5:02 | 11.9 |
| 243 | WOLSKI Tomasz | 623 | WIECZORNE BIEGANIE W SZCZECINIE | M45 | 39 | 00:03:20 | 00:34:24 | 00:38:04 | 01:12:15 | 01:15:42.25 | +00:21:30 | 5:02 | 11.9 |
| 244 | HERMAN Paweł | 189 | MLUKS TRZEBIATÓW | M40 | 51 | 00:03:28 | 00:35:14 | 00:38:40 | 01:12:16 | 01:15:44.25 | +00:21:32 | 5:03 | 11.9 |
| 245 | SZELIGA Paweł | 555 | KPP KOŁOBRZEG | M45 | 40 | 00:03:42 | 00:36:56 | 00:40:29 | 01:12:34 | 01:15:45.25 | +00:21:33 | 5:03 | 11.9 |
| 246 | JĘDRZEJAK Maciej | 216 | BIEGACZE ŚWINOUJŚCIE | M40 | 52 | 00:03:20 | 00:35:02 | 00:38:34 | 01:12:15 | 01:15:48.95 | +00:21:36 | 5:03 | 11.9 |

| Msc/ Rnk | Zawodnik/ Name | Numer/ Bib | Klub/ Team | Kategoria/ Category | Mkat/ CatRnk | Czas | | | | Różn/ Gap | Tempo min/km | Tempo km/h | |
|-------------|---------------------------|---------------|--|------------------------|-----------------|----------|----------|----------|----------|--------------|-----------------|---------------|------|
| | | | | | | 0.698km | 7.151km | 7.849km | 14.303km | | | | |
| 247 | CEBULAK Dariusz | 686 | AT AKTYWNY TRZEBIATÓW | M40 | 53 | 00:03:26 | 00:35:29 | 00:39:05 | 01:12:19 | 01:15:49.50 | +00:21:37 | 5:03 | 11.9 |
| 248 | GAŚIOREK Tomasz | 671 | BRZOZA BIEGA | M55 | 19 | 00:03:36 | 00:35:47 | 00:39:25 | 01:12:25 | 01:15:51.50 | +00:21:39 | 5:03 | 11.9 |
| 249 | HAŁY Dorian | 656 | | M16 | 3 | 00:03:04 | 00:32:08 | 00:35:25 | 01:12:42 | 01:15:57.15 | +00:21:45 | 5:03 | 11.8 |
| 250 | MAJCHRZAK Paweł | 349 | KARLINO BIEGAJ | M40 | 54 | 00:02:53 | 00:34:03 | 00:37:24 | 01:12:31 | 01:15:57.80 | +00:21:45 | 5:03 | 11.8 |
| 251 | ŻYWOT Norbert | 651 | KOŁOBRZEG BIEGA - PARKRUN | M40 | 55 | 00:03:09 | 00:34:46 | 00:38:22 | 01:12:28 | 01:15:59.40 | +00:21:47 | 5:04 | 11.8 |
| 252 | OPALIŃSKI Stanisław | 403 | KOŁOBRZEG BIEGA - PARKRUN | M60 | 13 | 00:03:06 | 00:34:47 | 00:38:18 | 01:12:31 | 01:16:03.75 | +00:21:51 | 5:04 | 11.8 |
| 253 | SZUBERT Julia | 561 | KOŁOBRZEG BIEGA | K16 | 1 | 00:03:12 | 00:34:54 | 00:38:24 | 01:12:41 | 01:16:06.45 | +00:21:54 | 5:04 | 11.8 |
| 254 | KUCZER Agata | 660 | | K30 | 5 | 00:03:27 | 00:35:48 | 00:39:26 | 01:12:53 | 01:16:07.90 | +00:21:55 | 5:04 | 11.8 |
| 255 | NOWICKI Tomasz | 661 | SZWLA | M50 | 20 | 00:03:26 | 00:35:47 | 00:39:25 | 01:12:52 | 01:16:08.25 | +00:21:56 | 5:04 | 11.8 |
| 256 | LEWANDOWSKI Jacek | 325 | | M40 | 56 | 00:03:38 | 00:36:21 | 00:39:58 | 01:13:03 | 01:16:10.40 | +00:21:58 | 5:04 | 11.8 |
| 257 | DURMAN Sławomir | 117 | | M30 | 25 | 00:03:24 | 00:36:34 | 00:40:22 | 01:13:14 | 01:16:26.20 | +00:22:14 | 5:05 | 11.8 |
| 258 | CZERWIŃSKI Marcin | 90 | GRABOWO | M20 | 20 | 00:03:15 | 00:34:09 | 00:37:53 | 01:13:33 | 01:16:31.95 | +00:22:19 | 5:06 | 11.8 |
| 259 | CIESZYŃSKI Mariusz | 83 | BEAUTY STUDIO LĘBORK | M40 | 57 | 00:03:31 | 00:35:40 | 00:39:16 | 01:13:00 | 01:16:44.75 | +00:22:32 | 5:07 | 11.7 |
| 260 | OLSZYK Tadeusz | 401 | BIEGACZE ŚWINOUJŚCIE | M60 | 14 | 00:03:30 | 00:36:38 | 00:40:14 | 01:13:21 | 01:16:45.70 | +00:22:33 | 5:07 | 11.7 |
| 261 | ROGOWSKI Robert | 474 | SKRZYWIENI GOŚCIE | M45 | 41 | 00:03:28 | 00:35:23 | 00:38:53 | 01:12:47 | 01:16:47.60 | +00:22:35 | 5:07 | 11.7 |
| 262 | KOWALCZYK Mariusz | 276 | ROZBIEGANY KOSZALIN | M40 | 58 | 00:03:24 | 00:35:59 | 00:39:56 | 01:13:38 | 01:16:50.50 | +00:22:38 | 5:07 | 11.7 |
| 263 | ROGOWSKI Krystian | 475 | SKRZYWIENI GOŚCIE | M16 | 4 | 00:02:57 | 00:34:30 | 00:38:04 | 01:12:57 | 01:16:59.40 | +00:22:47 | 5:07 | 11.7 |
| 264 | PAWELEC Artur | 419 | ROZBIEGANY GOLENIÓW | M45 | 42 | 00:03:31 | 00:37:00 | 00:40:39 | 01:13:58 | 01:16:59.45 | +00:22:47 | 5:08 | 11.7 |
| 265 | KUSZ Radosław | 311 | KRÓLICZKI W PLECAKU | M40 | 59 | 00:03:12 | 00:35:30 | 00:39:10 | 01:13:29 | 01:17:08.90 | +00:22:56 | 5:08 | 11.7 |
| 266 | GRZELAK Sebastian | 175 | ROZBIEGANY GOLENIÓW | M55 | 20 | 00:03:33 | 00:37:01 | 00:40:40 | 01:14:00 | 01:17:13.15 | +00:23:01 | 5:08 | 11.7 |
| 267 | KOSIOR Piotr | 270 | | M45 | 43 | 00:03:13 | 00:34:34 | 00:38:16 | 01:13:33 | 01:17:18.25 | +00:23:06 | 5:09 | 11.6 |
| 268 | MARZEC Łukasz | 360 | | M35 | 33 | 00:03:39 | 00:36:51 | 00:40:29 | 01:13:44 | 01:17:20.95 | +00:23:08 | 5:09 | 11.6 |
| 269 | TROJANOWICZ Wiesław | 581 | | M40 | 60 | 00:03:49 | 00:35:47 | 00:39:32 | 01:13:31 | 01:17:23.30 | +00:23:11 | 5:09 | 11.6 |
| 270 | ZABROCKI Karol | 630 | | M35 | 34 | 00:03:24 | 00:36:23 | 00:39:57 | 01:13:55 | 01:17:27.45 | +00:23:15 | 5:09 | 11.6 |
| 271 | LIZAKOWSKI Piotr | 331 | NYHA IV SZCZECIN | M40 | 61 | 00:03:26 | 00:35:27 | 00:39:07 | 01:13:57 | 01:17:31.80 | +00:23:19 | 5:10 | 11.6 |
| 272 | GUZIKIEWICZ Marcin | 178 | ROZBIEGANY GOLENIÓW | M40 | 62 | 00:03:33 | 00:35:13 | 00:38:46 | 01:13:04 | 01:17:38.95 | +00:23:26 | 5:10 | 11.6 |
| 273 | STOJECKI Bartosz | 532 | ROZBIEGANY GOLENIÓW | M40 | 63 | 00:03:34 | 00:35:14 | 00:38:47 | 01:13:05 | 01:17:39.15 | +00:23:27 | 5:10 | 11.6 |
| 274 | GRABOWSKA Marta | 165 | | K20 | 2 | 00:03:15 | 00:35:15 | 00:39:00 | 01:14:05 | 01:17:43.25 | +00:23:31 | 5:10 | 11.6 |
| 275 | PARADOWSKA Ewelina | 414 | ZA - BIEGANE BABECZKI. NOWOGARD | K30 | 6 | 00:03:48 | 00:36:53 | 00:40:31 | 01:14:13 | 01:17:46.45 | +00:23:34 | 5:11 | 11.6 |
| 276 | WILKLISZ Wojciech | 613 | | M45 | 44 | 00:03:15 | 00:35:27 | 00:39:10 | 01:14:20 | 01:17:48.05 | +00:23:35 | 5:11 | 11.6 |
| 277 | STOLARCZYK Maciej | 533 | | M45 | 45 | 00:03:49 | 00:36:15 | 00:39:52 | 01:14:20 | 01:17:48.90 | +00:23:36 | 5:11 | 11.6 |
| 278 | KOŁECKI Tomasz | 257 | | M35 | 35 | 00:03:57 | 00:38:00 | 00:41:37 | 01:14:20 | 01:17:50.90 | +00:23:38 | 5:11 | 11.6 |
| 279 | JANKOWIAK Marek | 205 | | M35 | 36 | 00:03:57 | 00:38:01 | 00:41:37 | 01:14:21 | 01:17:51.30 | +00:23:39 | 5:11 | 11.6 |
| 280 | HOFMAN Paweł | 195 | | M30 | 26 | 00:03:45 | 00:38:45 | 00:42:07 | 01:14:46 | 01:17:54.35 | +00:23:42 | 5:11 | 11.6 |
| 281 | ADAMOWICZ Daniel | 4 | KB PIONIER SZCZECIN | M30 | 27 | 00:03:18 | 00:34:21 | 00:37:50 | 01:14:43 | 01:18:08.20 | +00:23:56 | 5:12 | 11.5 |
| 282 | DROŹDZIŃSKI Konrad | 113 | | M35 | 37 | 00:03:25 | 00:34:47 | 00:38:19 | 01:14:37 | 01:18:13.25 | +00:24:01 | 5:12 | 11.5 |
| 283 | WIELGAT Łukasz | 609 | KB BRYZA POSTOMINO | M30 | 28 | 00:03:42 | 00:35:48 | 00:39:30 | 01:14:44 | 01:18:17.80 | +00:24:05 | 5:13 | 11.5 |
| 284 | KACHNOWICZ-BUKAŁA Izabela | 223 | ROZBIEGANY GOLENIÓW | K40 | 7 | 00:03:30 | 00:36:59 | 00:40:37 | 01:14:48 | 01:18:20.05 | +00:24:07 | 5:13 | 11.5 |
| 285 | REPKA Marek | 470 | LUPUS TEAM | M45 | 46 | 00:03:28 | 00:36:11 | 00:39:54 | 01:14:48 | 01:18:23.25 | +00:24:11 | 5:13 | 11.5 |
| 286 | BUZAŁA Walenty | 64 | STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO | M55 | 21 | 00:03:30 | 00:35:22 | 00:39:51 | 01:14:48 | 01:18:33.40 | +00:24:21 | 5:14 | 11.5 |
| 287 | NACHYŁA Piotr | 383 | STOPA SŁUPSK | M45 | 47 | 00:03:47 | 00:37:10 | 00:40:54 | 01:15:12 | 01:18:37.90 | +00:24:25 | 5:14 | 11.4 |
| 288 | DOMAŃSKI Adam | 109 | JW 3775 | M40 | 64 | 00:03:40 | 00:37:10 | 00:40:54 | 01:15:31 | 01:18:48.80 | +00:24:36 | 5:15 | 11.4 |
| 289 | ORYSIAK Tomek | 404 | ŁOBEZ | M30 | 29 | 00:03:37 | 00:36:46 | 00:40:21 | 01:15:34 | 01:18:53.45 | +00:24:41 | 5:15 | 11.4 |
| 290 | MAZUREK Ryszard | 362 | | M60 | 15 | 00:03:49 | 00:37:14 | 00:40:57 | 01:15:28 | 01:19:00.70 | +00:24:48 | 5:16 | 11.4 |

| Msc/ Rnk | Zawodnik/ Name | Numer/ Bib | Klub/ Team | Kategoria/ Category | Mkat/ CatRnk | Czas | | | | Czas netto 15km | Różn/ Gap | Tempo min/km | Tempo km/h |
|-------------|-------------------------|---------------|---|------------------------|-----------------|----------|----------|----------|----------|-----------------------|--------------|-----------------|---------------|
| | | | | | | 0.698km | 7.151km | 7.849km | 14.303km | | | | |
| 291 | KĘDZIORA Patryk | 246 | GRABOWO | M20 | 21 | 00:03:52 | 00:38:59 | 00:42:38 | 01:15:56 | 01:19:01.80 | +00:24:49 | 5:16 | 11.4 |
| 292 | JAWORSKI Robert | 212 | KB BRYZA POSTOMINO | M40 | 65 | 00:03:39 | 00:35:54 | 00:39:41 | 01:15:10 | 01:19:03.45 | +00:24:51 | 5:16 | 11.4 |
| 293 | SERWADCZAK Piotr | 504 | P+E | M45 | 48 | 00:03:12 | 00:35:25 | 00:39:07 | 01:15:23 | 01:19:05.50 | +00:24:53 | 5:16 | 11.4 |
| 294 | LISIK Justyna | 328 | DECATHLON SŁUPSK | K35 | 9 | 00:03:29 | 00:37:10 | 00:40:51 | 01:15:32 | 01:19:06.60 | +00:24:54 | 5:16 | 11.4 |
| 295 | RUDNIK Tomasz | 487 | | M35 | 38 | 00:03:20 | 00:34:27 | 00:37:58 | 01:15:01 | 01:19:08.85 | +00:24:56 | 5:16 | 11.4 |
| 296 | PODKOWA Piotr | 438 | STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO | M40 | 66 | 00:03:00 | 00:32:40 | 00:36:08 | 01:14:32 | 01:19:10.40 | +00:24:58 | 5:16 | 11.4 |
| 297 | JABŁOŃSKI Andrzej | 200 | NIEZRZESZONY | M45 | 49 | 00:03:46 | 00:36:49 | 00:40:32 | 01:15:26 | 01:19:11.35 | +00:24:59 | 5:16 | 11.4 |
| 298 | SZCZYGIELSKI Michał | 553 | KOŁOBRZEG MARATON TEAM | M35 | 39 | 00:03:28 | 00:36:16 | 00:39:56 | 01:15:42 | 01:19:11.45 | +00:24:59 | 5:16 | 11.4 |
| 299 | BRZEZIŃSKI Krzysztof | 51 | | M45 | 50 | 00:03:41 | 00:37:25 | 00:41:09 | 01:15:36 | 01:19:12.60 | +00:25:00 | 5:16 | 11.4 |
| 300 | SZUBERT Agnieszka | 562 | KOŁOBRZEG BIEGA | K35 | 10 | 00:03:45 | 00:37:34 | 00:41:09 | 01:15:51 | 01:19:13.90 | +00:25:01 | 5:16 | 11.4 |
| 301 | BARAŃSKI Grzegorz | 20 | SAR-BSR KOŁOBRZEG KMT | M45 | 51 | 00:03:56 | 00:37:58 | 00:41:40 | 01:15:45 | 01:19:17.15 | +00:25:05 | 5:17 | 11.4 |
| 302 | HASS Anita | 185 | E-FIZJO TEAM | K35 | 11 | 00:03:24 | 00:35:57 | 00:39:43 | 01:15:37 | 01:19:19.10 | +00:25:07 | 5:17 | 11.3 |
| 303 | FURMAN Tomasz | 134 | | M50 | 21 | 00:03:20 | 00:36:12 | 00:39:55 | 01:15:13 | 01:19:19.40 | +00:25:07 | 5:17 | 11.3 |
| 304 | HRYCAJ Tomasz | 197 | | M30 | 30 | 00:03:35 | 00:36:59 | 00:40:45 | 01:15:43 | 01:19:20.00 | +00:25:07 | 5:17 | 11.3 |
| 305 | ŻURKOWSKI Tomasz | 650 | BIEGAM Z ŻONĄ | M50 | 22 | 00:03:27 | 00:36:21 | 00:40:04 | 01:15:49 | 01:19:25.55 | +00:25:13 | 5:17 | 11.3 |
| 306 | ŻURKOWSKA Iwona | 649 | BIEGAM Z MĘŻEM | K50 | 3 | 00:03:27 | 00:36:20 | 00:40:03 | 01:15:49 | 01:19:26.25 | +00:25:14 | 5:17 | 11.3 |
| 307 | ŁYSOŃ Piotr | 345 | | M20 | 22 | 00:03:46 | 00:39:45 | 00:43:32 | 01:16:27 | 01:19:27.95 | +00:25:15 | 5:17 | 11.3 |
| 308 | RAŚ Ryszard Marek | 467 | EKO-WOD-KAN | M65 | 6 | 00:03:13 | 00:36:44 | 00:40:34 | 01:15:51 | 01:19:29.90 | +00:25:17 | 5:18 | 11.3 |
| 309 | DZIKOWSKI Karol | 122 | | M30 | 31 | 00:03:25 | 00:36:24 | 00:40:06 | 01:15:48 | 01:19:31.85 | +00:25:19 | 5:18 | 11.3 |
| 310 | SIKORSKI Adam | 508 | SIKORROWO | M30 | 32 | 00:03:20 | 00:36:25 | 00:40:22 | 01:16:09 | 01:19:34.35 | +00:25:22 | 5:18 | 11.3 |
| 311 | CIBORSKI Sławomir | 80 | NIEZRZESZONY | M40 | 67 | 00:03:36 | 00:36:38 | 00:40:18 | 01:15:40 | 01:19:38.40 | +00:25:26 | 5:18 | 11.3 |
| 312 | WEGNER Aneta | 603 | | K35 | 12 | 00:03:31 | 00:36:46 | 00:40:28 | 01:16:04 | 01:19:50.65 | +00:25:38 | 5:19 | 11.3 |
| 313 | DEJNAK Mariola | 99 | | K55 | 1 | 00:03:18 | 00:36:45 | 00:40:36 | 01:16:01 | 01:19:54.85 | +00:25:42 | 5:19 | 11.3 |
| 314 | KONOPIŃSKI Leszek | 261 | BIEGACZE ŚWINOUJŚCIE | M60 | 16 | 00:03:30 | 00:36:20 | 00:40:06 | 01:16:20 | 01:20:04.45 | +00:25:52 | 5:20 | 11.2 |
| 315 | ZIENCINA Marcin | 640 | | M35 | 40 | 00:03:46 | 00:38:10 | 00:42:04 | 01:16:49 | 01:20:12.80 | +00:26:00 | 5:20 | 11.2 |
| 316 | BUJANOWSKI Grzegorz | 58 | STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO | M40 | 68 | 00:03:32 | 00:36:37 | 00:40:27 | 01:16:27 | 01:20:14.15 | +00:26:02 | 5:21 | 11.2 |
| 317 | NIERYCHLEWSKI Maciej | 388 | BEZRZECZE TEAM | M40 | 69 | 00:03:36 | 00:37:54 | 00:41:38 | 01:16:36 | 01:20:17.00 | +00:26:04 | 5:21 | 11.2 |
| 318 | WODNICKA Ewa | 619 | RUNGRYF GRYFICE | K50 | 4 | 00:03:58 | 00:39:14 | 00:43:07 | 01:16:53 | 01:20:17.30 | +00:26:05 | 5:21 | 11.2 |
| 319 | GAJEWSKI Przemysław | 677 | | M40 | 70 | 00:03:49 | 00:39:04 | 00:42:53 | 01:16:39 | 01:20:25.10 | +00:26:13 | 5:21 | 11.2 |
| 320 | CIESZYŃSKA Marta | 82 | BEAUTY STUDIO LĘBORK | K40 | 8 | 00:03:31 | 00:36:44 | 00:40:26 | 01:16:30 | 01:20:27.35 | +00:26:15 | 5:21 | 11.2 |
| 321 | CENTKA Katarzyna | 68 | TEAM ŚWIĘTA | K35 | 13 | 00:03:27 | 00:37:08 | 00:40:50 | 01:16:51 | 01:20:28.20 | +00:26:16 | 5:21 | 11.2 |
| 322 | ŁUCZEJKO Sławomir | 342 | TEAM BIEGOWY SZCZECINEK | M50 | 23 | 00:03:37 | 00:37:06 | 00:40:49 | 01:16:40 | 01:20:32.45 | +00:26:20 | 5:22 | 11.2 |
| 323 | STACHOWSKI Andrzej | 525 | | M50 | 24 | 00:03:37 | 00:38:09 | 00:41:54 | 01:16:52 | 01:20:34.40 | +00:26:22 | 5:22 | 11.2 |
| 324 | TWOROGAL Robert | 586 | | M40 | 71 | 00:03:57 | 00:37:59 | 00:41:42 | 01:16:54 | 01:20:37.10 | +00:26:25 | 5:22 | 11.2 |
| 325 | SUJAK Włodzimierz | 543 | MARECKI VS EQUATOR | M60 | 17 | 00:04:04 | 00:38:35 | 00:42:20 | 01:17:06 | 01:20:39.15 | +00:26:27 | 5:22 | 11.2 |
| 326 | DAWIDOWSKI Michał | 96 | KP PSP KAMIEŃ POMORSKI/ENDORFINA NOWOGARD | M40 | 72 | 00:03:31 | 00:37:58 | 00:41:39 | 01:17:12 | 01:20:42.35 | +00:26:30 | 5:22 | 11.2 |
| 327 | KANIEWSKA Alicja | 234 | AKADEMIA BIEGANIA | K50 | 5 | 00:03:41 | 00:38:00 | 00:41:47 | 01:17:02 | 01:20:46.10 | +00:26:34 | 5:23 | 11.1 |
| 328 | MOCZYŃSKI Leszek | 378 | BIEGAM DLA BYDGOSZCZY | M65 | 7 | 00:03:39 | 00:36:59 | 00:40:45 | 01:16:54 | 01:20:47.10 | +00:26:35 | 5:23 | 11.1 |
| 329 | ORZEŁ Jacek | 406 | | M45 | 52 | 00:03:31 | 00:37:12 | 00:40:59 | 01:17:00 | 01:20:48.45 | +00:26:36 | 5:23 | 11.1 |
| 330 | PRUSS Kasia | 451 | WKURW_TEAM | K40 | 9 | 00:03:51 | 00:38:25 | 00:42:16 | 01:17:23 | 01:20:49.60 | +00:26:37 | 5:23 | 11.1 |
| 331 | BIELEWICZ Anna | 37 | STOPA SŁUPSK | K40 | 10 | 00:03:26 | 00:37:07 | 00:40:58 | 01:17:19 | 01:20:51.20 | +00:26:39 | 5:23 | 11.1 |
| 332 | ADRYAN Adam | 5 | CKB SŁUPSK | M40 | 73 | 00:03:26 | 00:37:07 | 00:40:58 | 01:17:18 | 01:20:51.30 | +00:26:39 | 5:23 | 11.1 |
| 333 | KACZMARCZYK Stanisław | 225 | SZWLA | M60 | 18 | 00:03:38 | 00:37:39 | 00:41:26 | 01:17:16 | 01:20:58.05 | +00:26:45 | 5:23 | 11.1 |
| 334 | GÓRECKA-MITORAJ Justyna | 163 | MAMY TO ! | K35 | 14 | 00:03:34 | 00:36:56 | 00:40:42 | 01:17:08 | 01:21:00.40 | +00:26:48 | 5:24 | 11.1 |

| Msc/ Rnk | Zawodnik/ Name | Numer/ Bib | Klub/ Team | Kategoria/ Category | Mkat/ CatRnk | Czas | | | | Czas netto 15km | Różn/ Gap | Tempo min/km | Tempo km/h |
|-------------|-----------------------------------|---------------|-------------------------|------------------------|-----------------|----------|----------|----------|----------|-----------------------|--------------|-----------------|---------------|
| | | | | | | 0.698km | 7.151km | 7.849km | 14.303km | | | | |
| 335 | KĘDZIERSKI Dawid | 700 | | M16 | 5 | 00:03:58 | 00:38:45 | 00:42:29 | 01:17:21 | 01:21:01.15 | +00:26:49 | 5:24 | 11.1 |
| 336 | KORNIOWSKA Ewelina | 688 | KOŁOBRZEG MARATON TEAM | K40 | 11 | 00:03:44 | 00:37:54 | 00:41:42 | 01:17:26 | 01:21:07.25 | +00:26:55 | 5:24 | 11.1 |
| 337 | LENARTOWICZ Stanisław | 319 | | M55 | 22 | 00:03:46 | 00:37:51 | 00:41:36 | 01:17:22 | 01:21:09.50 | +00:26:57 | 5:24 | 11.1 |
| 338 | SZCZYGIEL Paweł | 554 | | M30 | 33 | 00:03:24 | 00:36:34 | 00:40:22 | 01:17:12 | 01:21:13.10 | +00:27:01 | 5:24 | 11.1 |
| 339 | HASS Artur | 186 | E-FIZJO TEAM | M35 | 41 | 00:03:25 | 00:36:10 | 00:39:44 | 01:17:20 | 01:21:24.90 | +00:27:12 | 5:25 | 11.1 |
| 340 | SPYCHAŁA Maciej | 523 | WRONIECKI KLUB BIEGACZA | M40 | 74 | 00:04:04 | 00:41:28 | 00:45:26 | 01:18:14 | 01:21:29.65 | +00:27:17 | 5:25 | 11 |
| 341 | KOZŁOWSKI Witold | 283 | | M35 | 42 | 00:03:40 | 00:38:35 | 00:42:04 | 01:18:35 | 01:21:44.50 | +00:27:32 | 5:27 | 11 |
| 342 | MYSZYŃSKI Paweł | 382 | | M35 | 43 | 00:03:26 | 00:36:21 | 00:40:04 | 01:17:49 | 01:21:49.10 | +00:27:37 | 5:27 | 11 |
| 343 | ŁAZARCZYK Wacław Bogdan | 338 | | M65 | 8 | 00:03:55 | 00:39:23 | 00:43:11 | 01:18:06 | 01:21:51.40 | +00:27:39 | 5:27 | 11 |
| 344 | DRABAREK Agata | 111 | BIEGACZE ŚWINOUJŚCIE | K20 | 3 | 00:04:03 | 00:40:31 | 00:44:24 | 01:18:41 | 01:22:01.90 | +00:27:49 | 5:28 | 11 |
| 345 | KĘPKA Karolina | 247 | STOPA SŁUPSK | K40 | 12 | 00:03:49 | 00:38:27 | 00:42:23 | 01:18:23 | 01:22:02.20 | +00:27:50 | 5:28 | 11 |
| 346 | ZIELIŃSKI Grzegorz | 638 | BIEGAM DLA PRZYJEMNOŚCI | M65 | 9 | 00:03:46 | 00:38:04 | 00:41:53 | 01:18:08 | 01:22:05.10 | +00:27:53 | 5:28 | 11 |
| 347 | CHORAŻEWSKA Andżelika | 75 | | K40 | 13 | 00:03:42 | 00:38:38 | 00:42:31 | 01:18:25 | 01:22:10.85 | +00:27:58 | 5:28 | 11 |
| 348 | SAJNÓG Joanna | 500 | KOŁOBRZEG MARATON TEAM | K30 | 7 | 00:03:48 | 00:38:44 | 00:42:33 | 01:18:55 | 01:22:14.75 | +00:28:02 | 5:29 | 10.9 |
| 349 | KIEŁKOWSKI Przemysław | 248 | KOŁOBRZEG MARATON TEAM | M35 | 44 | 00:03:48 | 00:38:44 | 00:42:33 | 01:18:55 | 01:22:15.10 | +00:28:03 | 5:29 | 10.9 |
| 350 | BROŻYNA Renata | 48 | | K45 | 1 | 00:03:45 | 00:38:42 | 00:42:33 | 01:18:51 | 01:22:29.15 | +00:28:17 | 5:29 | 10.9 |
| 351 | BARRA Marzena | 22 | 8 FOW | K20 | 4 | 00:03:53 | 00:39:31 | 00:43:29 | 01:19:06 | 01:22:33.40 | +00:28:21 | 5:30 | 10.9 |
| 352 | RUCIŃSKI Marcin | 486 | | M35 | 45 | 00:03:53 | 00:39:31 | 00:43:29 | 01:19:06 | 01:22:33.80 | +00:28:21 | 5:30 | 10.9 |
| 353 | ROSA Sebastian | 483 | | M20 | 23 | 00:03:43 | 00:38:42 | 00:42:38 | 01:18:48 | 01:22:34.90 | +00:28:22 | 5:30 | 10.9 |
| 354 | TRZECIAK Anna | 583 | KOŁOBRZEG BIEGA | K45 | 2 | 00:03:46 | 00:38:45 | 00:42:35 | 01:19:13 | 01:22:52.05 | +00:28:39 | 5:31 | 10.9 |
| 355 | JĘDRUSZAK Marek | 215 | | M60 | 19 | 00:03:43 | 00:38:07 | 00:42:06 | 01:19:06 | 01:23:00.65 | +00:28:48 | 5:32 | 10.8 |
| 356 | SIELICKI Mateusz | 506 | | M20 | 24 | 00:03:46 | 00:39:11 | 00:42:53 | 01:19:36 | 01:23:14.30 | +00:29:02 | 5:32 | 10.8 |
| 357 | MALICKI Krzysztof | 353 | AKTYWNI Z CUKRZYCĄ | M40 | 75 | 00:03:58 | 00:39:14 | 00:43:08 | 01:19:39 | 01:23:16.10 | +00:29:04 | 5:33 | 10.8 |
| 358 | KOSIDŁO Monika | 268 | | K20 | 5 | 00:03:29 | 00:36:56 | 00:41:00 | 01:19:39 | 01:23:17.95 | +00:29:05 | 5:33 | 10.8 |
| 359 | RONIJ Łukasz | 482 | ANDREW'S TEAM | M35 | 46 | 00:04:06 | 00:41:13 | 00:44:38 | 01:19:47 | 01:23:21.75 | +00:29:09 | 5:33 | 10.8 |
| 360 | KULCZYK Katarzyna | 303 | KB BRYZA POSTOMINO | K35 | 15 | 00:03:42 | 00:38:18 | 00:42:10 | 01:19:27 | 01:23:22.65 | +00:29:10 | 5:33 | 10.8 |
| 361 | KOZIARZ Anna | 280 | | K35 | 16 | 00:03:45 | 00:38:24 | 00:42:18 | 01:19:40 | 01:23:27.10 | +00:29:15 | 5:33 | 10.8 |
| 362 | BORKOWSKA-KOWALCZYK Daria | 44 | ROZBIEGANY KOSZALIN | K35 | 17 | 00:03:44 | 00:38:43 | 00:42:37 | 01:19:49 | 01:23:30.65 | +00:29:18 | 5:34 | 10.8 |
| 363 | KĘDZIERSKI Krzysztof | 245 | SMT SZCZECIN | M50 | 25 | 00:03:42 | 00:38:33 | 00:42:32 | 01:19:41 | 01:23:39.85 | +00:29:27 | 5:34 | 10.8 |
| 364 | IWANICKA Bożena | 198 | ROBIGANY GOLENIOW | K60 | 1 | 00:03:35 | 00:38:24 | 00:42:18 | 01:19:39 | 01:23:47.30 | +00:29:35 | 5:35 | 10.7 |
| 365 | BERENT Robert | 30 | TUPOT USTKA | M50 | 26 | 00:03:51 | 00:38:35 | 00:42:18 | 01:19:54 | 01:23:53.35 | +00:29:41 | 5:35 | 10.7 |
| 366 | GODOŃ Piotr | 160 | GRABOWO | M30 | 34 | 00:03:41 | 00:36:59 | 00:40:57 | 01:19:41 | 01:23:56.35 | +00:29:44 | 5:35 | 10.7 |
| 367 | WOLAŃSKI Mariusz | 622 | | M50 | 27 | 00:04:00 | 00:39:44 | 00:43:35 | 01:20:08 | 01:23:57.95 | +00:29:45 | 5:35 | 10.7 |
| 368 | OKOŁO-KUŁAK Ola | 396 | ŁOBEZ | K45 | 3 | 00:04:10 | 00:40:49 | 00:44:47 | 01:20:23 | 01:23:59.40 | +00:29:47 | 5:35 | 10.7 |
| 369 | PRYCIŃSKI Krzysztof | 455 | | M40 | 76 | 00:03:34 | 00:39:28 | 00:43:22 | 01:20:23 | 01:24:00.20 | +00:29:48 | 5:36 | 10.7 |
| 370 | KULIK Sebastian | 304 | GRABOWO | M35 | 47 | 00:03:23 | 00:36:26 | 00:40:29 | 01:19:45 | 01:24:01.00 | +00:29:48 | 5:36 | 10.7 |
| 371 | OPACZYK Paweł | 402 | PRESTO TRAVEL | M60 | 20 | 00:03:52 | 00:39:32 | 00:43:28 | 01:20:11 | 01:24:03.55 | +00:29:51 | 5:36 | 10.7 |
| 372 | ZŁOTNICKA-TRYBUCHOWSKA Małgorzata | 679 | | K35 | 18 | 00:04:11 | 00:40:41 | 00:44:35 | 01:20:27 | 01:24:04.35 | +00:29:52 | 5:36 | 10.7 |
| 373 | RUTKOWSKI Lucjan | 493 | ARCAN TEAM | M55 | 23 | 00:04:01 | 00:39:44 | 00:43:32 | 01:20:34 | 01:24:07.15 | +00:29:55 | 5:36 | 10.7 |
| 374 | GRABOWSKA Elżbieta | 166 | | K50 | 6 | 00:03:48 | 00:39:20 | 00:43:19 | 01:20:21 | 01:24:08.30 | +00:29:56 | 5:36 | 10.7 |
| 375 | JANUSZEWSKA Anna | 208 | | K35 | 19 | 00:03:18 | 00:39:06 | 00:43:00 | 01:20:29 | 01:24:09.20 | +00:29:57 | 5:36 | 10.7 |
| 376 | ŁANGOWSKA Iwona | 335 | KOŁOBRZEG MARATON TEAM | K50 | 7 | 00:03:55 | 00:39:17 | 00:43:17 | 01:20:41 | 01:24:14.30 | +00:30:02 | 5:36 | 10.7 |
| 377 | PASIKOWSKI Piotr | 415 | BALTICUS | M50 | 28 | 00:03:26 | 00:38:41 | 00:42:47 | 01:20:01 | 01:24:17.95 | +00:30:05 | 5:37 | 10.7 |

| Msc/ Rnk | Zawodnik/ Name | Numer/ Bib | Klub/ Team | Kategoria/ Category | Mkat/ CatRnk | Czas | | | | Czas netto 15km | Różn/ Gap | Tempo min/km | Tempo km/h |
|-------------|----------------------|---------------|--|------------------------|-----------------|----------|----------|----------|----------|-----------------------|--------------|-----------------|---------------|
| | | | | | | 0.698km | 7.151km | 7.849km | 14.303km | | | | |
| 378 | UZNAŃSKA Agata | 595 | | K50 | 8 | 00:03:56 | 00:39:18 | 00:43:18 | 01:20:42 | 01:24:18.25 | +00:30:06 | 5:37 | 10.7 |
| 379 | DUSZYŃSKI Kamil | 118 | GRABOWO | M20 | 25 | 00:03:26 | 00:36:53 | 00:40:51 | 01:20:52 | 01:24:18.25 | +00:30:06 | 5:37 | 10.7 |
| 380 | DIDŁUCH Jacek | 103 | KOŁOBRZEG BIEGA MARATON TEAM | M40 | 77 | 00:03:14 | 00:36:34 | 00:40:17 | 01:20:28 | 01:24:18.45 | +00:30:06 | 5:37 | 10.7 |
| 381 | KRASIŃSKI Witold | 286 | JW 1223 | M45 | 53 | 00:03:21 | 00:36:10 | 00:40:05 | 01:20:10 | 01:24:19.30 | +00:30:07 | 5:37 | 10.7 |
| 382 | RZESZOTARSKI Jacek | 498 | SAR-BSR KOŁOBRZEG MARATON TEAM | M40 | 78 | 00:03:57 | 00:37:58 | 00:43:52 | 01:20:49 | 01:24:19.90 | +00:30:07 | 5:37 | 10.7 |
| 383 | KUKIEŁKA Anna | 301 | | K35 | 20 | 00:03:59 | 00:39:26 | 00:43:18 | 01:20:28 | 01:24:22.60 | +00:30:10 | 5:37 | 10.7 |
| 384 | KOWALCZYK Piotr | 275 | | M35 | 48 | 00:03:27 | 00:38:29 | 00:42:32 | 01:20:36 | 01:24:28.60 | +00:30:16 | 5:37 | 10.7 |
| 385 | BUDZIŃSKI Paweł | 57 | DRUŻYNA SZPIKU | M35 | 49 | 00:03:38 | 00:38:37 | 00:42:24 | 01:20:41 | 01:24:28.90 | +00:30:16 | 5:37 | 10.7 |
| 386 | BIEDRZYCKI Dawid | 34 | | M20 | 26 | 00:03:30 | 00:38:54 | 00:42:49 | 01:21:00 | 01:24:36.00 | +00:30:23 | 5:38 | 10.6 |
| 387 | DRACZYŃSKI Zygmunt | 112 | TRUCHT ŁOBEZ | M70 | 3 | 00:03:44 | 00:38:30 | 00:42:26 | 01:20:38 | 01:24:39.95 | +00:30:27 | 5:38 | 10.6 |
| 388 | OKOŃ Stanisław | 397 | KB WYGAN | M50 | 29 | 00:03:32 | 00:35:42 | 00:39:21 | 01:20:09 | 01:24:42.95 | +00:30:30 | 5:38 | 10.6 |
| 389 | BUDZICH Marcin | 56 | | M30 | 35 | 00:03:57 | 00:41:19 | 00:45:22 | 01:21:34 | 01:24:43.95 | +00:30:31 | 5:38 | 10.6 |
| 390 | DOBEK Tomasz | 104 | | M30 | 36 | 00:03:58 | 00:40:23 | 00:44:22 | 01:21:13 | 01:24:48.95 | +00:30:36 | 5:39 | 10.6 |
| 391 | PRYCA Adam | 453 | POMORSKI DWIZJON STRAŻY GRANICZNEJ ŚWINOUJŚCIE | M35 | 50 | 00:04:06 | 00:41:05 | 00:44:59 | 01:21:34 | 01:24:49.80 | +00:30:37 | 5:39 | 10.6 |
| 392 | DENISIUK Krzysztof | 101 | SZCZECIN | M60 | 21 | 00:03:47 | 00:39:49 | 00:43:46 | 01:21:06 | 01:24:53.65 | +00:30:41 | 5:39 | 10.6 |
| 393 | SZŁAPKA Dariusz | 557 | | M50 | 30 | 00:03:55 | 00:40:18 | 00:44:20 | 01:21:23 | 01:24:58.25 | +00:30:46 | 5:39 | 10.6 |
| 394 | WRÓBLEWSKI Jarosław | 627 | RAZ SZCZECIN | M45 | 54 | 00:03:46 | 00:39:23 | 00:43:20 | 01:21:11 | 01:25:01.70 | +00:30:49 | 5:40 | 10.6 |
| 395 | HAŁAS Tomasz | 181 | | M55 | 24 | 00:04:01 | 00:40:40 | 00:44:39 | 01:21:15 | 01:25:02.05 | +00:30:49 | 5:40 | 10.6 |
| 396 | NOWAK-IGNACAK Monika | 391 | | K40 | 14 | 00:03:39 | 00:38:55 | 00:42:51 | 01:20:55 | 01:25:02.45 | +00:30:50 | 5:40 | 10.6 |
| 397 | MIELEWCZYK Radosław | 372 | GRABOWO | M20 | 27 | 00:03:54 | 00:39:57 | 00:44:02 | 01:21:20 | 01:25:10.95 | +00:30:58 | 5:40 | 10.6 |
| 398 | GŁOWACKI Adrian | 158 | MAGIKKOMPUTEROWY | M30 | 37 | 00:03:54 | 00:39:24 | 00:43:17 | 01:21:18 | 01:25:19.80 | +00:31:07 | 5:41 | 10.5 |
| 399 | GAWĘDA Emil | 144 | GMINA DARŁOWO | M30 | 38 | 00:03:58 | 00:42:01 | 00:46:01 | 01:21:53 | 01:25:19.85 | +00:31:07 | 5:41 | 10.5 |
| 400 | MŁODZIEJEWSKA Iwona | 374 | KB WYGAN | K45 | 4 | 00:03:51 | 00:40:24 | 00:44:26 | 01:21:33 | 01:25:20.25 | +00:31:08 | 5:41 | 10.5 |
| 401 | ŚLIWIŃSKA Małgorzata | 572 | KPW ŚWINOUJŚCIE | K40 | 15 | 00:03:52 | 00:39:31 | 00:43:29 | 01:21:43 | 01:25:23.00 | +00:31:10 | 5:41 | 10.5 |
| 402 | CZEKIERDA Bartosz | 89 | GMINA DYGOWO | M20 | 28 | 00:02:35 | 00:31:56 | 00:35:21 | 01:22:05 | 01:25:24.45 | +00:31:12 | 5:41 | 10.5 |
| 403 | SZCZERBA Łukasz | 550 | | M30 | 39 | 00:04:17 | 00:41:02 | 00:44:59 | 01:21:50 | 01:25:36.65 | +00:31:24 | 5:42 | 10.5 |
| 404 | SOWA Krzysztof | 654 | | M30 | 40 | 00:03:34 | 00:38:59 | 00:42:53 | 01:21:19 | 01:25:40.35 | +00:31:28 | 5:42 | 10.5 |
| 405 | SZYMAŃSKA Karolina | 566 | BS FAMILY TEAM | K16 | 2 | 00:03:58 | 00:39:22 | 00:43:23 | 01:21:58 | 01:25:41.40 | +00:31:29 | 5:42 | 10.5 |
| 406 | BARTECKA Ewelina | 24 | KUNA KOWANÓWKO | K35 | 21 | 00:03:49 | 00:39:38 | 00:43:36 | 01:21:38 | 01:25:44.80 | +00:31:32 | 5:42 | 10.5 |
| 407 | RZEPKA Bartosz | 497 | KUNA KOWANÓWKO | M35 | 51 | 00:03:51 | 00:39:40 | 00:43:37 | 01:21:47 | 01:25:45.65 | +00:31:33 | 5:43 | 10.5 |
| 408 | OSSES Wojciech | 408 | KUNA KOWANÓWKO | M35 | 52 | 00:03:50 | 00:39:39 | 00:43:36 | 01:21:42 | 01:25:45.90 | +00:31:33 | 5:43 | 10.5 |
| 409 | KRZESIŃSKI Michał | 292 | | M30 | 41 | 00:03:30 | 00:35:07 | 00:38:48 | 01:21:15 | 01:25:48.90 | +00:31:36 | 5:43 | 10.5 |
| 410 | REPKA Anna | 471 | LUPUS TEAM | K40 | 16 | 00:03:51 | 00:40:23 | 00:44:24 | 01:22:01 | 01:25:50.50 | +00:31:38 | 5:43 | 10.5 |
| 411 | GIEDRYS Eliza | 151 | 3:33 TEAM | K20 | 6 | 00:04:15 | 00:42:35 | 00:46:35 | 01:22:12 | 01:25:53.05 | +00:31:40 | 5:43 | 10.5 |
| 412 | LAL Monika | 315 | RUNGRYF GRYFICE | K50 | 9 | 00:03:58 | 00:40:12 | 00:44:13 | 01:22:06 | 01:25:53.45 | +00:31:41 | 5:43 | 10.5 |
| 413 | GŁOWACKI Kamil | 157 | GRABOWO | M20 | 29 | 00:03:41 | 00:39:30 | 00:43:43 | 01:22:16 | 01:26:00.20 | +00:31:48 | 5:44 | 10.5 |
| 414 | LAJTER Jerzy | 314 | 4RUN TEAM PIŁA | M65 | 10 | 00:03:55 | 00:39:55 | 00:44:03 | 01:22:22 | 01:26:15.90 | +00:32:03 | 5:45 | 10.4 |
| 415 | PASTERNAK Wojciech | 416 | | M40 | 79 | 00:04:03 | 00:40:40 | 00:44:42 | 01:22:46 | 01:26:21.55 | +00:32:09 | 5:45 | 10.4 |
| 416 | JAZOWSKA Kamila | 213 | KOŁOBRZEG MARATON TEAM | K30 | 8 | 00:03:37 | 00:39:46 | 00:43:54 | 01:22:36 | 01:26:23.55 | +00:32:11 | 5:45 | 10.4 |
| 417 | MICHALSKI Adam | 653 | | M35 | 53 | 00:03:36 | 00:39:46 | 00:43:54 | 01:22:36 | 01:26:23.95 | +00:32:11 | 5:45 | 10.4 |
| 418 | DĄBROWSKI Wiktor | 98 | PAŃSTWO DĄBREK | M20 | 30 | 00:04:02 | 00:41:24 | 00:45:30 | 01:22:37 | 01:26:25.85 | +00:32:13 | 5:45 | 10.4 |
| 419 | DOBREK Izabela | 105 | PAŃSTWO DĄBREK | K20 | 7 | 00:04:03 | 00:41:25 | 00:45:31 | 01:22:38 | 01:26:26.10 | +00:32:14 | 5:45 | 10.4 |
| 420 | PEDA Leszek | 423 | POLICE | M65 | 11 | 00:03:42 | 00:39:00 | 00:42:56 | 01:22:21 | 01:26:28.15 | +00:32:16 | 5:45 | 10.4 |
| 421 | OLEJNIK Janusz | 398 | | M50 | 31 | 00:03:52 | 00:40:32 | 00:44:35 | 01:22:36 | 01:26:30.80 | +00:32:18 | 5:46 | 10.4 |

| Msc/ Rnk | Zawodnik/ Name | Numer/ Bib | Klub/ Team | Kategoria/ Category | Mkat/ CatRnk | Czas | | | | Czas netto 15km | Różn/ Gap | Tempo min/km | Tempo km/h |
|-------------|------------------------|---------------|--|------------------------|-----------------|----------|----------|----------|----------|-----------------------|--------------|-----------------|---------------|
| | | | | | | 0.698km | 7.151km | 7.849km | 14.303km | | | | |
| 422 | ŻUKOWSKA Małgorzata | 647 | | K30 | 9 | 00:04:08 | 00:41:29 | 00:45:29 | 01:22:45 | 01:26:34.15 | +00:32:22 | 5:46 | 10.4 |
| 423 | MAĆCZKOWSKA Wioletta | 364 | JATRENUJE | K40 | 17 | 00:04:01 | 00:39:55 | 00:43:49 | 01:22:24 | 01:26:40.25 | +00:32:28 | 5:46 | 10.4 |
| 424 | KAŁUŻYŃSKI Piotr | 230 | WRONIECKI KLUB BIEGACZA | M50 | 32 | 00:04:05 | 00:41:30 | 00:45:27 | 01:23:04 | 01:26:43.95 | +00:32:31 | 5:46 | 10.4 |
| 425 | ZAROBIAK Piotr | 633 | WIECZORNE BIEGANIE W SZCZECINIE | M35 | 54 | 00:03:46 | 00:39:39 | 00:43:38 | 01:22:45 | 01:26:54.10 | +00:32:42 | 5:47 | 10.4 |
| 426 | ZAROBIAK Katarzyna | 632 | WIECZORNE BIEGANIE W SZCZECINIE | K40 | 18 | 00:03:48 | 00:39:40 | 00:43:39 | 01:22:46 | 01:26:54.90 | +00:32:42 | 5:47 | 10.4 |
| 427 | ŻMUDA Monika | 645 | CW FANZA KOŁOBRZEG | K40 | 19 | 00:03:53 | 00:40:36 | 00:44:44 | 01:23:06 | 01:26:59.65 | +00:32:47 | 5:48 | 10.3 |
| 428 | MAKOWSKI Dariusz | 351 | KB HERMES GRYFINO | M50 | 33 | 00:04:03 | 00:40:21 | 00:44:21 | 01:22:50 | 01:27:07.75 | +00:32:55 | 5:48 | 10.3 |
| 429 | KOZŁOWSKI Maciej | 282 | | M40 | 80 | 00:03:47 | 00:39:35 | 00:43:39 | 01:23:06 | 01:27:21.75 | +00:33:09 | 5:49 | 10.3 |
| 430 | WITKOWSKI Andrzej | 617 | | M50 | 34 | 00:03:54 | 00:39:39 | 00:43:58 | 01:23:34 | 01:27:37.90 | +00:33:25 | 5:50 | 10.3 |
| 431 | GAJDZIS Magdalena | 137 | | K50 | 10 | 00:04:11 | 00:42:16 | 00:46:27 | 01:23:49 | 01:27:41.40 | +00:33:29 | 5:50 | 10.3 |
| 432 | ŚWIERCZ Dariusz | 573 | WAŁECKA ŚCIEMA | M50 | 35 | 00:03:37 | 00:39:44 | 00:43:52 | 01:23:13 | 01:27:41.95 | +00:33:29 | 5:50 | 10.3 |
| 433 | JOŃCZYK Tadeusz | 218 | SAM SOBIE BIEGAM :) | M45 | 55 | 00:03:50 | 00:40:57 | 00:45:14 | 01:24:10 | 01:27:45.15 | +00:33:33 | 5:51 | 10.3 |
| 434 | KULAWIŃSKI Marek | 302 | | M45 | 56 | 00:04:09 | 00:41:18 | 00:45:16 | 01:23:54 | 01:27:47.20 | +00:33:35 | 5:51 | 10.3 |
| 435 | POKORNY Edward | 439 | TUPOT USTKA | M70 | 4 | 00:03:57 | 00:41:09 | 00:45:20 | 01:23:55 | 01:27:48.35 | +00:33:36 | 5:51 | 10.3 |
| 436 | KOWALSKI Zbigniew | 278 | STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO | M55 | 25 | 00:03:36 | 00:39:30 | 00:43:38 | 01:23:28 | 01:27:49.75 | +00:33:37 | 5:51 | 10.2 |
| 437 | TYLKA Małgosia | 588 | | K30 | 10 | 00:03:51 | 00:41:59 | 00:46:05 | 01:23:59 | 01:27:51.60 | +00:33:39 | 5:51 | 10.2 |
| 438 | ZIEMKIEWICZ Jarek | 639 | UKS RUNNING TEAM | M40 | 81 | 00:03:51 | 00:41:59 | 00:46:05 | 01:23:58 | 01:27:51.70 | +00:33:39 | 5:51 | 10.2 |
| 439 | DANOWSKI Maciej | 94 | FITNES CLUB FORMA | M40 | 82 | 00:03:49 | 00:40:38 | 00:44:54 | 01:24:30 | 01:27:52.65 | +00:33:40 | 5:51 | 10.2 |
| 440 | LEWANDOWSKI Mirosław | 323 | GOLENIÓW | M55 | 26 | 00:04:06 | 00:40:40 | 00:44:50 | 01:23:50 | 01:27:53.00 | +00:33:40 | 5:51 | 10.2 |
| 441 | BRZUSZKIEWICZ Agata | 53 | ROZBIEGANY GOLENIÓW | K30 | 11 | 00:03:42 | 00:40:09 | 00:44:14 | 01:23:48 | 01:27:53.30 | +00:33:41 | 5:51 | 10.2 |
| 442 | KOŁODZIEJSKI Wojtek | 258 | | M35 | 55 | 00:03:59 | 00:41:22 | 00:45:32 | 01:23:58 | 01:27:54.15 | +00:33:42 | 5:51 | 10.2 |
| 443 | PUŚCIAN Krzysztof | 460 | SP W MANOWIE | M40 | 83 | 00:03:55 | 00:40:43 | 00:44:51 | 01:23:53 | 01:27:56.25 | +00:33:44 | 5:51 | 10.2 |
| 444 | KUREK Aneta | 309 | | K40 | 20 | 00:03:56 | 00:40:44 | 00:44:53 | 01:23:54 | 01:27:56.45 | +00:33:44 | 5:51 | 10.2 |
| 445 | PIETRZAK Mariola | 430 | BABECZKI KOSZALIN | K50 | 11 | 00:03:56 | 00:40:32 | 00:44:42 | 01:24:07 | 01:27:57.25 | +00:33:45 | 5:51 | 10.2 |
| 446 | HANĆ Ryszard | 182 | | M50 | 36 | 00:03:48 | 00:41:26 | 00:45:41 | 01:23:47 | 01:27:58.20 | +00:33:46 | 5:51 | 10.2 |
| 447 | SZYŃKOWSKI Krzysztof | 569 | BULK-CARGO PORT SZCZECIN | M45 | 57 | 00:03:55 | 00:40:35 | 00:44:34 | 01:24:02 | 01:27:59.00 | +00:33:46 | 5:51 | 10.2 |
| 448 | DEPTA Paweł | 102 | | M40 | 84 | 00:04:08 | 00:42:25 | 00:46:30 | 01:24:15 | 01:27:59.85 | +00:33:47 | 5:52 | 10.2 |
| 449 | JANISZEWSKI Mieczysław | 203 | BULK-CARGO PORT SZCZECIN | M55 | 27 | 00:03:58 | 00:40:46 | 00:44:56 | 01:24:02 | 01:27:59.95 | +00:33:47 | 5:51 | 10.2 |
| 450 | JANISZEWSKA Marlena | 202 | BULK-CARGO PORT SZCZECIN | K30 | 12 | 00:03:55 | 00:40:46 | 00:44:57 | 01:24:03 | 01:27:59.95 | +00:33:47 | 5:52 | 10.2 |
| 451 | SKWARK Krzysztof | 514 | | M40 | 85 | 00:03:55 | 00:40:25 | 00:44:34 | 01:23:39 | 01:28:00.15 | +00:33:48 | 5:52 | 10.2 |
| 452 | GRZELAK Karina | 174 | ROZBIEGANY KOSZALIN | K40 | 21 | 00:03:55 | 00:40:55 | 00:45:05 | 01:24:05 | 01:28:00.55 | +00:33:48 | 5:52 | 10.2 |
| 453 | KOSAKOWSKA Barbara | 265 | MARATOŃCZYK TEAM SZCZECIN | K55 | 2 | 00:03:49 | 00:41:48 | 00:45:48 | 01:24:01 | 01:28:00.60 | +00:33:48 | 5:52 | 10.2 |
| 454 | ADAMCZYK Piotr | 3 | | M40 | 86 | 00:04:04 | 00:40:54 | 00:44:57 | 01:24:13 | 01:28:08.55 | +00:33:56 | 5:52 | 10.2 |
| 455 | GAZARKIEWICZ Antoni | 147 | BHMW_GDYŃIA | M65 | 12 | 00:04:00 | 00:41:09 | 00:45:19 | 01:24:16 | 01:28:13.60 | +00:34:01 | 5:52 | 10.2 |
| 456 | BANAŚ Marcin | 664 | WIECZORNE BIEGANIE W SZCZECINIE | M40 | 87 | 00:03:43 | 00:38:36 | 00:42:45 | 01:23:54 | 01:28:15.80 | +00:34:03 | 5:53 | 10.2 |
| 457 | DOMAŃSKI Dominik | 110 | | M35 | 56 | 00:03:48 | 00:40:49 | 00:45:03 | 01:24:26 | 01:28:22.30 | +00:34:10 | 5:53 | 10.2 |
| 458 | RUDZIŃSKI Jacek | 489 | KB HERMES GRYFINO | M45 | 58 | 00:03:10 | 00:48:12 | 00:51:11 | 01:24:23 | 01:28:41.00 | +00:34:28 | 5:54 | 10.1 |
| 459 | KORNAK Wiktoria | 264 | | K16 | 3 | 00:03:30 | 00:39:46 | 00:43:54 | 01:24:48 | 01:28:43.95 | +00:34:31 | 5:54 | 10.1 |
| 460 | MOTYCZYŃSKA Patrycja | 381 | | K20 | 8 | 00:04:18 | 00:42:52 | 00:47:05 | 01:25:16 | 01:28:48.95 | +00:34:36 | 5:55 | 10.1 |
| 461 | GIEDRYS Marta | 150 | 3:33 TEAM | K20 | 9 | 00:04:15 | 00:42:47 | 00:46:49 | 01:24:52 | 01:28:52.45 | +00:34:40 | 5:55 | 10.1 |
| 462 | WŁODARCZYK Józef | 618 | SZURAM SOBIE | M60 | 22 | 00:04:05 | 00:40:46 | 00:44:44 | 01:24:50 | 01:29:02.10 | +00:34:50 | 5:56 | 10.1 |
| 463 | SZADKOWSKA Anna | 546 | BBL INOWROCŁAW | K60 | 2 | 00:04:03 | 00:42:00 | 00:46:09 | 01:25:20 | 01:29:14.05 | +00:35:01 | 5:56 | 10.1 |
| 464 | STACHURSKA Agnieszka | 526 | BEM KOŁOBRZEG | K35 | 22 | 00:03:56 | 00:41:39 | 00:45:49 | 01:25:45 | 01:29:33.15 | +00:35:21 | 5:58 | 10.1 |
| 465 | KISIELIŃSKI Igor | 251 | TKKF KOSZALIN | M50 | 37 | 00:03:45 | 00:39:02 | 00:43:13 | 01:25:19 | 01:29:41.35 | +00:35:29 | 5:58 | 10 |

| Msc/ Rnk | Zawodnik/ Name | Numer/ Bib | Klub/ Team | Kategoria/ Category | Mkat/ CatRnk | Czas | | | | Czas netto 15km | Różn/ Gap | Tempo min/km | Tempo km/h |
|-------------|-------------------------|---------------|------------------------|------------------------|-----------------|----------|----------|----------|----------|-----------------------|--------------|-----------------|---------------|
| | | | | | | 0.698km | 7.151km | 7.849km | 14.303km | | | | |
| 466 | KACZOR Piotr | 227 | GWIEZDNA FLOTA MASZEWO | M40 | 88 | 00:03:59 | 00:42:49 | 00:47:03 | 01:25:45 | 01:29:42.65 | +00:35:30 | 5:58 | 10 |
| 467 | OGRODOWCZYK Jagoda | 395 | | K30 | 13 | 00:03:56 | 00:39:54 | 00:44:00 | 01:25:33 | 01:29:47.90 | +00:35:35 | 5:59 | 10 |
| 468 | KUJAWA Ewelina | 298 | | K40 | 22 | 00:03:49 | 00:40:35 | 00:44:48 | 01:25:33 | 01:29:51.00 | +00:35:38 | 5:59 | 10 |
| 469 | BURSZTA Marta | 63 | KARLINO BIEGAJ | K20 | 10 | 00:03:43 | 00:41:12 | 00:45:17 | 01:25:59 | 01:29:55.15 | +00:35:43 | 5:59 | 10 |
| 470 | GAŁECKI Jacek | 138 | KARLINO BIEGAJ | M50 | 38 | 00:03:42 | 00:41:11 | 00:45:16 | 01:25:58 | 01:29:56.15 | +00:35:44 | 5:59 | 10 |
| 471 | SKORUPA Edward | 512 | | M55 | 28 | 00:04:00 | 00:41:03 | 00:45:13 | 01:25:30 | 01:29:57.75 | +00:35:45 | 5:59 | 10 |
| 472 | WENCLAWSKI Michał | 606 | DECATHLON SŁUPSK | M20 | 31 | 00:03:51 | 00:40:57 | 00:45:16 | 01:26:02 | 01:29:58.95 | +00:35:46 | 5:59 | 10 |
| 473 | WASIAK Sylwester | 601 | GWIEZDNA FLOTA MASZEWO | M35 | 57 | 00:03:58 | 00:42:48 | 00:47:04 | 01:26:02 | 01:30:01.40 | +00:35:49 | 6:00 | 10 |
| 474 | KUBISIAK Damian | 295 | | M35 | 58 | 00:03:54 | 00:42:24 | 00:46:18 | 01:25:54 | 01:30:02.45 | +00:35:50 | 6:00 | 10 |
| 475 | CZARNECKA Teresa | 88 | | K30 | 14 | 00:03:56 | 00:40:25 | 00:44:36 | 01:26:04 | 01:30:04.50 | +00:35:52 | 6:00 | 10 |
| 476 | PASZTOR Ania | 418 | | K20 | 11 | 00:04:18 | 00:42:52 | 00:47:05 | 01:26:13 | 01:30:11.95 | +00:35:59 | 6:00 | 10 |
| 477 | KUBIAK Monika | 655 | | K35 | 23 | 00:03:33 | 00:42:14 | 00:46:48 | 01:26:45 | 01:30:16.85 | +00:36:04 | 6:01 | 10 |
| 478 | SZYMAŃSKI Artur | 567 | BS FAMILY TEAM | M40 | 89 | 00:03:59 | 00:41:22 | 00:45:32 | 01:26:09 | 01:30:19.70 | +00:36:07 | 6:01 | 10 |
| 479 | GARGULIŃSKI Andrzej | 142 | | M40 | 90 | 00:04:03 | 00:42:02 | 00:46:20 | 01:26:43 | 01:30:37.90 | +00:36:25 | 6:02 | 9.9 |
| 480 | STRZELCZYK Wioletta | 539 | | K40 | 23 | 00:04:02 | 00:42:15 | 00:46:28 | 01:26:25 | 01:30:42.50 | +00:36:30 | 6:02 | 9.9 |
| 481 | HNAT Rafał | 190 | KP PSP WAŁCZ | M45 | 59 | 00:03:56 | 00:42:48 | 00:45:48 | 01:25:48 | 01:30:45.35 | +00:36:33 | 6:03 | 9.9 |
| 482 | DZIEKOŃSKI Jacek | 121 | | M60 | 23 | 00:03:53 | 00:40:49 | 00:44:52 | 01:26:33 | 01:30:55.85 | +00:36:43 | 6:03 | 9.9 |
| 483 | KARMELITA Ewa | 237 | ŁOBZONKA WYRZYSK | K60 | 3 | 00:03:50 | 00:41:20 | 00:45:41 | 01:26:43 | 01:31:04.45 | +00:36:52 | 6:04 | 9.9 |
| 484 | MAŁECKI Artur | 357 | | M40 | 91 | 00:04:13 | 00:44:07 | 00:48:20 | 01:27:36 | 01:31:06.15 | +00:36:54 | 6:04 | 9.9 |
| 485 | ŁYSOŃ Andrzej | 344 | | M35 | 59 | 00:03:47 | 00:41:54 | 00:46:15 | 01:27:13 | 01:31:06.65 | +00:36:54 | 6:04 | 9.9 |
| 486 | DOBRUK Agnieszka | 106 | | K45 | 5 | 00:04:11 | 00:42:01 | 00:46:21 | 01:27:15 | 01:31:20.35 | +00:37:08 | 6:05 | 9.9 |
| 487 | URLICKI Lech | 593 | KB SPOCENI NOWA SÓL | M65 | 13 | 00:03:50 | 00:41:37 | 00:45:53 | 01:27:17 | 01:31:34.05 | +00:37:21 | 6:06 | 9.8 |
| 488 | WIELGOSZ Leszek | 610 | KB SPOCENI NOWA SÓL | M55 | 29 | 00:03:51 | 00:41:37 | 00:45:53 | 01:27:17 | 01:31:34.55 | +00:37:22 | 6:06 | 9.8 |
| 489 | ROZMUS Tomasz | 484 | | M30 | 42 | 00:03:50 | 00:40:55 | 00:45:07 | 01:27:22 | 01:31:40.60 | +00:37:28 | 6:06 | 9.8 |
| 490 | GRABOWSKI Marek | 167 | | M50 | 39 | 00:03:45 | 00:40:42 | 00:44:51 | 01:27:39 | 01:31:48.05 | +00:37:35 | 6:07 | 9.8 |
| 491 | KUBIK Monika | 294 | | K40 | 24 | 00:04:05 | 00:42:50 | 00:47:09 | 01:27:37 | 01:31:49.65 | +00:37:37 | 6:07 | 9.8 |
| 492 | ZDANOWICZ Marek | 636 | SAVE THE RING | M45 | 60 | 00:03:37 | 00:42:01 | 00:46:19 | 01:27:44 | 01:31:51.95 | +00:37:39 | 6:07 | 9.8 |
| 493 | MICHALSKA Agnieszka | 369 | | K55 | 3 | 00:04:08 | 00:42:49 | 00:47:04 | 01:27:50 | 01:31:59.00 | +00:37:46 | 6:07 | 9.8 |
| 494 | ADAMCZYK Arkadiusz | 1 | BLUE TEAM PIŁA | M50 | 40 | 00:04:00 | 00:42:32 | 00:46:48 | 01:27:53 | 01:32:05.00 | +00:37:52 | 6:08 | 9.8 |
| 495 | MALINOWSKA Anna | 355 | ŁOBEZ | K35 | 24 | 00:04:11 | 00:43:05 | 00:47:22 | 01:28:15 | 01:32:17.80 | +00:38:05 | 6:09 | 9.8 |
| 496 | SERKIS Piotr | 503 | ŁOBEZ | M30 | 43 | 00:04:09 | 00:42:42 | 00:47:06 | 01:28:17 | 01:32:18.95 | +00:38:06 | 6:09 | 9.7 |
| 497 | LEPERT Katarzyna | 320 | | K30 | 15 | 00:03:58 | 00:43:02 | 00:47:21 | 01:28:04 | 01:32:29.50 | +00:38:17 | 6:10 | 9.7 |
| 498 | KACZMAREK Zenon | 226 | MORSY KOŁOBRZEG | M70 | 5 | 00:04:05 | 00:42:05 | 00:46:28 | 01:27:59 | 01:32:34.05 | +00:38:21 | 6:10 | 9.7 |
| 499 | PŁUSKA Tadeusz | 436 | | M65 | 14 | 00:03:31 | 00:39:58 | 00:44:02 | 01:27:59 | 01:32:37.95 | +00:38:25 | 6:10 | 9.7 |
| 500 | MŁODZIEJEWSKI Krzysztof | 375 | | M45 | 61 | 00:03:42 | 00:40:36 | 00:45:05 | 01:28:34 | 01:32:42.85 | +00:38:30 | 6:10 | 9.7 |
| 501 | HOFMAN Mateusz | 194 | MONAR GRABOWO | M20 | 32 | 00:03:44 | 00:39:28 | 00:44:37 | 01:28:44 | 01:32:46.80 | +00:38:34 | 6:11 | 9.7 |
| 502 | KROCZYŃSKA Kinga | 288 | | K35 | 25 | 00:03:56 | 00:42:08 | 00:46:44 | 01:28:46 | 01:32:48.65 | +00:38:36 | 6:11 | 9.7 |
| 503 | BIELAK Wojciech | 35 | UKS EKONOM KOŁOBRZEG | M16 | 6 | 00:03:38 | 00:38:36 | 00:43:17 | 01:29:14 | 01:32:51.75 | +00:38:39 | 6:11 | 9.7 |
| 504 | STASIAK Sylwia | 528 | BRAK | K40 | 25 | 00:03:55 | 00:42:42 | 00:47:02 | 01:28:36 | 01:32:53.30 | +00:38:41 | 6:11 | 9.7 |
| 505 | PTASZYŃSKA Katarzyna | 458 | KOŁOBRZEG MARATON TEAM | K60 | 4 | 00:04:14 | 00:43:39 | 00:47:56 | 01:28:43 | 01:32:57.25 | +00:38:45 | 6:11 | 9.7 |
| 506 | GZELA Olga | 180 | ROZBIEGANY KOSZALIN | K35 | 26 | 00:03:46 | 00:42:13 | 00:46:32 | 01:29:01 | 01:33:02.65 | +00:38:50 | 6:12 | 9.7 |
| 507 | SIWEK Piotr | 510 | GWIEZDNA FLOTA MASZEWO | M35 | 60 | 00:03:56 | 00:42:47 | 00:47:10 | 01:28:44 | 01:33:14.95 | +00:39:02 | 6:13 | 9.7 |
| 508 | SIWEK Arleta | 509 | GWIEZDNA FLOTA MASZEWO | K35 | 27 | 00:03:55 | 00:42:50 | 00:47:11 | 01:28:44 | 01:33:15.00 | +00:39:02 | 6:13 | 9.7 |
| 509 | KAZIMIERSKI Marek | 242 | | M30 | 44 | 00:03:27 | 00:39:24 | 00:43:42 | 01:28:34 | 01:33:20.95 | +00:39:08 | 6:13 | 9.6 |

| Msc/ Rnk | Zawodnik/ Name | Numer/ Bib | Klub/ Team | Kategoria/ Category | Mkat/ CatRnk | Czas | | | | Czas netto 15km | Różn/ Gap | Tempo min/km | Tempo km/h |
|-------------|-------------------------|---------------|-------------------------------|------------------------|-----------------|----------|----------|----------|----------|-----------------------|--------------|-----------------|---------------|
| | | | | | | 0.698km | 7.151km | 7.849km | 14.303km | | | | |
| 510 | BANASZKIEWICZ Kasia | 17 | | K50 | 12 | 00:03:49 | 00:42:43 | 00:47:02 | 01:29:16 | 01:33:46.00 | +00:39:33 | 6:15 | 9.6 |
| 511 | SKRZYPCZAK Bogusław | 652 | | M40 | 92 | 00:04:32 | 00:45:40 | 00:49:52 | 01:29:55 | 01:33:53.70 | +00:39:41 | 6:15 | 9.6 |
| 512 | KĘDZIORA Sara | 244 | | K30 | 16 | 00:04:00 | 00:42:46 | 00:47:10 | 01:30:19 | 01:33:59.05 | +00:39:46 | 6:15 | 9.6 |
| 513 | MAZUREK Barbara | 363 | BABECZKI KOSZALIN | K35 | 28 | 00:03:50 | 00:42:03 | 00:46:29 | 01:29:59 | 01:34:05.80 | +00:39:53 | 6:16 | 9.6 |
| 514 | SPIESZYŃSKI Michał | 522 | | M30 | 45 | 00:03:55 | 00:41:40 | 00:46:07 | 01:29:29 | 01:34:10.30 | +00:39:58 | 6:16 | 9.6 |
| 515 | KLUCZYŃSKI Mariusz | 252 | | M30 | 46 | 00:03:52 | 00:41:24 | 00:45:38 | 01:30:10 | 01:34:12.75 | +00:40:00 | 6:16 | 9.6 |
| 516 | DOMAŃSKA Katarzyna | 108 | | K40 | 26 | 00:04:07 | 00:43:39 | 00:48:01 | 01:29:49 | 01:34:12.80 | +00:40:00 | 6:16 | 9.6 |
| 517 | PIĄTEK Mateusz | 428 | 13. DYWIZJON TRĄLOWCÓW GDYNIA | M30 | 47 | 00:03:49 | 00:42:41 | 00:46:56 | 01:30:25 | 01:34:22.60 | +00:40:10 | 6:17 | 9.5 |
| 518 | GAŁUSZKA Marcin | 139 | FINISZ MORĄG | M40 | 93 | 00:03:55 | 00:42:28 | 00:47:01 | 01:29:31 | 01:34:26.45 | +00:40:14 | 6:17 | 9.5 |
| 519 | WOŹNIAK Jacek | 657 | | M45 | 62 | 00:04:10 | 00:44:14 | 00:48:37 | 01:30:20 | 01:34:29.70 | +00:40:17 | 6:17 | 9.5 |
| 520 | ROMAŃSKI Maciej | 480 | TATACOWYMIATA | M30 | 48 | 00:04:09 | 00:43:05 | 00:47:26 | 01:30:18 | 01:34:43.20 | +00:40:31 | 6:18 | 9.5 |
| 521 | KURZAJCZYK Joanna | 310 | 4RUN TEAM PIŁA | K45 | 6 | 00:03:48 | 00:43:22 | 00:47:57 | 01:30:23 | 01:34:47.70 | +00:40:35 | 6:19 | 9.5 |
| 522 | SZEWCZYK Monika | 556 | | K20 | 12 | 00:04:18 | 00:44:40 | 00:48:58 | 01:30:37 | 01:34:48.10 | +00:40:36 | 6:19 | 9.5 |
| 523 | KAŹMIERCZAK Ewelina | 243 | | K20 | 13 | 00:04:17 | 00:44:39 | 00:48:58 | 01:30:36 | 01:34:48.95 | +00:40:36 | 6:19 | 9.5 |
| 524 | GARBACZ-ZATORSKA Milena | 141 | | K40 | 27 | 00:03:58 | 00:43:07 | 00:47:37 | 01:30:16 | 01:34:53.00 | +00:40:40 | 6:19 | 9.5 |
| 525 | WÓJCIK Aleksandra | 626 | | K20 | 14 | 00:03:53 | 00:43:39 | 00:48:12 | 01:31:00 | 01:34:53.15 | +00:40:41 | 6:19 | 9.5 |
| 526 | BRYNDZA Piotr | 49 | | M40 | 94 | 00:04:05 | 00:43:16 | 00:47:34 | 01:30:43 | 01:35:34.60 | +00:41:22 | 6:22 | 9.4 |
| 527 | KOŚKA Marek | 272 | PRECON POLSKA-JASTROWIE | M30 | 49 | 00:04:20 | 00:45:24 | 00:49:40 | 01:31:22 | 01:35:39.80 | +00:41:27 | 6:22 | 9.4 |
| 528 | GAWLIŃSKI Marcin | 145 | BLUE TEAM PIŁA | M35 | 61 | 00:04:05 | 00:44:21 | 00:48:43 | 01:31:39 | 01:35:48.80 | +00:41:36 | 6:23 | 9.4 |
| 529 | TYKA Edward | 587 | NIESTOWARZYSZONY | M75 | 1 | 00:04:08 | 00:42:32 | 00:47:00 | 01:31:24 | 01:35:52.75 | +00:41:40 | 6:23 | 9.4 |
| 530 | STRZELCZYK Edyta | 540 | P+E | K45 | 7 | 00:03:43 | 00:43:08 | 00:47:45 | 01:31:30 | 01:36:04.80 | +00:41:52 | 6:24 | 9.4 |
| 531 | BEDNARZ Katarzyna | 29 | | K40 | 28 | 00:04:13 | 00:44:00 | 00:48:23 | 01:32:06 | 01:36:28.20 | +00:42:16 | 6:25 | 9.3 |
| 532 | FALKIEWICZ Jolanta | 126 | | K60 | 5 | 00:03:54 | 00:43:02 | 00:47:29 | 01:32:07 | 01:36:32.50 | +00:42:20 | 6:26 | 9.3 |
| 533 | ŁUKASZYK Eliza | 343 | | K30 | 17 | 00:03:32 | 00:42:13 | 00:46:47 | 01:32:19 | 01:36:42.30 | +00:42:30 | 6:26 | 9.3 |
| 534 | STUDNIARZ Joanna | 541 | | K50 | 13 | 00:04:13 | 00:44:36 | 00:49:04 | 01:32:43 | 01:37:19.80 | +00:43:07 | 6:29 | 9.2 |
| 535 | PYDYNOWSKA Elżbieta | 461 | | K55 | 4 | 00:04:08 | 00:43:38 | 00:48:02 | 01:32:58 | 01:37:31.75 | +00:43:19 | 6:30 | 9.2 |
| 536 | KUSZKA Katarzyna | 312 | | K20 | 15 | 00:04:20 | 00:46:17 | 00:50:42 | 01:32:59 | 01:37:36.60 | +00:43:24 | 6:30 | 9.2 |
| 537 | MACIOSZEK Agnieszka | 347 | | K40 | 29 | 00:04:06 | 00:43:36 | 00:47:58 | 01:33:47 | 01:37:48.60 | +00:43:36 | 6:31 | 9.2 |
| 538 | BONEW Marcin | 665 | | M40 | 95 | 00:03:43 | 00:43:07 | 00:47:40 | 01:33:15 | 01:37:53.95 | +00:43:41 | 6:31 | 9.2 |
| 539 | REMBARZ Piotr | 469 | | M30 | 50 | 00:03:49 | 00:41:23 | 00:45:49 | 01:32:40 | 01:37:58.10 | +00:43:46 | 6:31 | 9.2 |
| 540 | KOŁAKOWSKI Dariusz | 256 | K.B. SPRINT ŚWIDWIN | M45 | 63 | 00:03:53 | 00:53:31 | 00:58:00 | 01:34:08 | 01:38:04.80 | +00:43:52 | 6:32 | 9.2 |
| 541 | PAWLIUTKIN Aleksandr | 422 | | M40 | 96 | 00:04:05 | 00:44:40 | 00:49:13 | 01:33:50 | 01:38:13.00 | +00:44:00 | 6:32 | 9.2 |
| 542 | GRABOWICZ Jerzy | 164 | TUPOT USTKA | M70 | 6 | 00:04:02 | 00:40:36 | 00:44:53 | 01:33:43 | 01:38:18.10 | +00:44:06 | 6:33 | 9.2 |
| 543 | PASTERNAK Magdalena | 417 | | K35 | 29 | 00:04:13 | 00:44:38 | 00:49:10 | 01:34:20 | 01:38:43.15 | +00:44:31 | 6:34 | 9.1 |
| 544 | HELLER Zdzisław | 188 | NIEZRZESZONY | M60 | 24 | 00:03:55 | 00:45:25 | 00:50:03 | 01:34:37 | 01:38:47.50 | +00:44:35 | 6:35 | 9.1 |
| 545 | SIENICKI Piotr | 507 | FOR-REST-RUN TEAM | M40 | 97 | 00:03:46 | 00:43:07 | 00:47:52 | 01:34:14 | 01:39:02.20 | +00:44:50 | 6:36 | 9.1 |
| 546 | KACZMAREK Agnieszka | 685 | | K40 | 30 | 00:03:45 | 00:43:06 | 00:47:51 | 01:34:13 | 01:39:02.70 | +00:44:50 | 6:36 | 9.1 |
| 547 | PRENDECKA Sylwia | 445 | | K30 | 18 | 00:03:40 | 00:44:25 | 00:48:52 | 01:34:32 | 01:39:16.85 | +00:45:04 | 6:37 | 9.1 |
| 548 | DURDA Małgorzata | 659 | | K35 | 30 | 00:04:15 | 00:46:14 | 00:50:50 | 01:35:01 | 01:39:22.65 | +00:45:10 | 6:37 | 9.1 |
| 549 | KURCZ Barbara | 308 | BABECZKI KOSZALIN | K45 | 8 | 00:04:11 | 00:46:02 | 00:50:41 | 01:34:49 | 01:39:29.25 | +00:45:17 | 6:38 | 9 |
| 550 | WIESIOŁEK Grzegorz | 612 | | M45 | 64 | 00:03:41 | 00:44:46 | 00:49:06 | 01:35:14 | 01:39:35.90 | +00:45:23 | 6:38 | 9 |
| 551 | SŁOMSKI Zenon | 515 | KORZYBSKIE REKINY | M70 | 7 | 00:03:51 | 00:42:58 | 00:47:28 | 01:34:37 | 01:39:45.35 | +00:45:33 | 6:39 | 9 |
| 552 | BARSZCZAK Tomasz | 23 | KOŁOBRZEG BIEGA | M20 | 33 | 00:04:26 | 00:46:07 | 00:50:30 | 01:34:57 | 01:39:47.95 | +00:45:35 | 6:39 | 9 |
| 553 | RZYDUCH Piotr | 499 | | M40 | 98 | 00:04:03 | 00:45:27 | 00:49:51 | 01:35:23 | 01:39:47.95 | +00:45:35 | 6:39 | 9 |

| Msc/ Rnk | Zawodnik/ Name | Numer/ Bib | Klub/ Team | Kategoria/ Category | Mkat/ CatRnk | Czas | | | | Różn/ Gap | Tempo min/km | Tempo km/h | |
|-------------|-------------------------|---------------|---------------------------------|------------------------|-----------------|----------|----------|----------|----------|--------------|-----------------|---------------|-----|
| | | | | | | 0.698km | 7.151km | 7.849km | 14.303km | | | | |
| 554 | STRYCZEWSKA Barbara | 537 | | K40 | 31 | 00:04:05 | 00:46:25 | 00:51:00 | 01:35:37 | 01:40:01.35 | +00:45:49 | 6:40 | 9 |
| 555 | BYKOWSKI Bogdan | 65 | BRACHTWO BIEGACZY Z-GORA | M65 | 15 | 00:04:07 | 00:44:22 | 00:49:00 | 01:35:35 | 01:40:02.00 | +00:45:49 | 6:40 | 9 |
| 556 | MORAWSKA Monika | 379 | | K40 | 32 | 00:04:09 | 00:47:06 | 00:51:15 | 01:35:49 | 01:40:02.30 | +00:45:50 | 6:40 | 9 |
| 557 | RODAK Agnieszka | 473 | | K55 | 5 | 00:04:17 | 00:45:57 | 00:50:34 | 01:35:29 | 01:40:03.35 | +00:45:51 | 6:40 | 9 |
| 558 | KRANZMANN-ŻELEPIEŃ Anna | 285 | | K40 | 33 | 00:03:51 | 00:45:30 | 00:50:03 | 01:35:16 | 01:40:08.20 | +00:45:56 | 6:40 | 9 |
| 559 | SODNOMGOMBO Alimaa | 684 | FIZJOBIEGACZE | K55 | 6 | 00:04:13 | 00:46:02 | 00:50:43 | 01:35:54 | 01:40:13.35 | +00:46:01 | 6:40 | 9 |
| 560 | WAŚOWICZ Anna | 602 | | K35 | 31 | 00:03:48 | 00:44:13 | 00:48:31 | 01:35:47 | 01:40:35.55 | +00:46:23 | 6:42 | 8.9 |
| 561 | ŁABUŃ Aleksandra | 334 | | K30 | 19 | 00:04:07 | 00:45:15 | 00:49:48 | 01:36:09 | 01:40:46.55 | +00:46:34 | 6:43 | 8.9 |
| 562 | BIERNACKI Rene | 38 | | M70 | 8 | 00:04:22 | 00:46:43 | 00:51:25 | 01:36:11 | 01:41:00.55 | +00:46:48 | 6:44 | 8.9 |
| 563 | ŁOPIŃSKI Aleksy | 340 | 4RUN TEAM PIŁA | M70 | 9 | 00:04:44 | 00:47:17 | 00:52:52 | 01:36:40 | 01:41:06.55 | +00:46:54 | 6:44 | 8.9 |
| 564 | SCHMIDT Dariusz | 670 | | M50 | 41 | 00:04:12 | 00:46:36 | 00:51:04 | 01:36:51 | 01:41:16.45 | +00:47:04 | 6:45 | 8.9 |
| 565 | PELC Marzena | 424 | RUNGRYF GRYFICE | K40 | 34 | 00:04:02 | 00:45:56 | 00:50:55 | 01:37:04 | 01:41:22.25 | +00:47:10 | 6:45 | 8.9 |
| 566 | LOBA Jerzy | 332 | LUKS BAŁTYK DZIWNÓW | M70 | 10 | 00:04:17 | 00:44:28 | 00:48:54 | 01:36:15 | 01:41:37.55 | +00:47:25 | 6:46 | 8.9 |
| 567 | TRYBUCH Joanna | 582 | | K35 | 32 | 00:04:19 | 00:47:20 | 00:52:09 | 01:38:13 | 01:43:05.40 | +00:48:53 | 6:52 | 8.7 |
| 568 | FOLTYNOWICZ Bernard | 132 | MARATOŃCZYK TEAM SZCZECIN | M70 | 11 | 00:04:16 | 00:46:48 | 00:51:31 | 01:38:21 | 01:43:07.55 | +00:48:55 | 6:52 | 8.7 |
| 569 | CSULITS Claudia | 85 | | K45 | 9 | 00:04:06 | 00:46:24 | 00:51:18 | 01:38:48 | 01:43:31.60 | +00:49:19 | 6:54 | 8.7 |
| 570 | WOŹNIAK Piotr | 667 | | M55 | 30 | 00:03:48 | 00:56:54 | 01:00:05 | 01:37:58 | 01:44:00.50 | +00:49:48 | 6:56 | 8.7 |
| 571 | LEWANDOWSKA Izabela | 322 | | K40 | 35 | 00:04:13 | 00:49:27 | 00:54:08 | 01:39:50 | 01:44:20.65 | +00:50:08 | 6:57 | 8.6 |
| 572 | KURASIŃSKA Dorota | 307 | WIECZORNE BIEGANIE W SZCZECINIE | K45 | 10 | 00:04:06 | 00:47:02 | 00:51:48 | 01:40:23 | 01:44:56.50 | +00:50:44 | 6:59 | 8.6 |
| 573 | JAROSZ Artur | 211 | | M35 | 62 | 00:03:51 | 00:46:30 | 00:51:14 | 01:41:23 | 01:45:34.15 | +00:51:22 | 7:02 | 8.5 |
| 574 | ZAKRZEWSKI Tadeusz | 675 | | M65 | 16 | 00:04:00 | 00:45:12 | 00:50:08 | 01:40:38 | 01:45:35.95 | +00:51:23 | 7:02 | 8.5 |
| 575 | KASIERSKA Ewa Katarzyna | 238 | WKB META LUBLINIEC | K70 | 1 | 00:04:21 | 00:49:12 | 00:54:02 | 01:40:59 | 01:45:37.95 | +00:51:25 | 7:02 | 8.5 |
| 576 | KOZŁOWSKA Kinga | 281 | | K40 | 36 | 00:04:11 | 00:47:47 | 00:52:52 | 01:40:59 | 01:45:46.00 | +00:51:33 | 7:03 | 8.5 |
| 577 | USZPOLEWICZ Patryk | 594 | | M35 | 63 | 00:04:40 | 00:49:14 | 00:54:09 | 01:41:08 | 01:46:01.85 | +00:51:49 | 7:04 | 8.5 |
| 578 | JAŃCZUK Stanisław | 209 | NOCNE WILKI | M50 | 42 | 00:04:14 | 00:49:38 | 00:54:11 | 01:41:19 | 01:46:20.90 | +00:52:08 | 7:05 | 8.5 |
| 579 | WIELIŃSKI Krzysztof | 611 | KB HERMES GRYFINO | M65 | 17 | 00:04:22 | 00:47:57 | 00:52:40 | 01:41:33 | 01:46:24.55 | +00:52:12 | 7:05 | 8.5 |
| 580 | JURKIEWICZ Wioletta | 220 | WIECZORNE BIEGANIE W SZCZECINIE | K45 | 11 | 00:04:11 | 00:47:56 | 00:53:05 | 01:42:24 | 01:47:18.20 | +00:53:06 | 7:09 | 8.4 |
| 581 | JANKOWSKI Remigiusz | 207 | | M35 | 64 | 00:04:03 | 00:47:00 | 00:52:17 | 01:42:52 | 01:47:21.60 | +00:53:09 | 7:09 | 8.4 |
| 582 | KRYSA Krzysztof | 291 | | M45 | 65 | 00:03:52 | 00:48:12 | 00:53:22 | 01:43:39 | 01:47:50.35 | +00:53:38 | 7:11 | 8.3 |
| 583 | ADAMCZYK Mirosław | 2 | | M45 | 66 | 00:04:40 | 00:49:15 | 00:54:10 | 01:42:43 | 01:47:57.45 | +00:53:45 | 7:11 | 8.3 |
| 584 | BURCHARDT Mirka | 61 | RWT W BYDGOSZCZY | K65 | 1 | 00:04:10 | 00:46:24 | 00:51:27 | 01:45:01 | 01:50:23.75 | +00:56:11 | 7:21 | 8.2 |
| 585 | RAMA Janusz | 465 | KOŁOBRZEG BIEGA - PARKRUN | M45 | 67 | 00:04:41 | 00:52:05 | 00:57:05 | 01:47:57 | 01:53:14.05 | +00:59:01 | 7:32 | 7.9 |
| 586 | RAMA Ewa | 466 | KOŁOBRZEG BIEGA - PARKRUN | K50 | 14 | 00:04:42 | 00:52:06 | 00:57:06 | 01:47:59 | 01:53:14.45 | +00:59:02 | 7:33 | 7.9 |
| 587 | ANGIEL Władysław | 9 | TKKF KOLEJARZ BYDGOSZCZ | M80+ | 1 | 00:04:36 | 00:53:11 | 00:58:22 | 01:48:05 | 01:53:21.75 | +00:59:09 | 7:33 | 7.9 |
| 588 | JURCZAK Jarosław | 219 | | M60 | 25 | 00:04:28 | 00:52:12 | 00:57:38 | 01:49:12 | 01:54:51.05 | +01:00:38 | 7:39 | 7.8 |
| 589 | KĘDZIERSKI Jarosław | 699 | | M45 | 68 | 00:04:09 | 00:49:36 | 00:55:05 | 01:49:43 | 01:55:20.40 | +01:01:08 | 7:41 | 7.8 |
| 590 | STASZYŃSKA Marianna | 529 | BTC,,ORZEŁ" | K60 | 6 | 00:04:21 | 00:52:16 | 00:57:25 | 01:50:55 | 01:56:23.25 | +01:02:11 | 7:45 | 7.7 |
| 591 | KOPCEWICZ Henryk | 263 | | M65 | 18 | 00:04:43 | 00:52:22 | 00:57:38 | 01:50:47 | 01:56:43.20 | +01:02:31 | 7:46 | 7.7 |
| 592 | MŁYNAREK Aneta | 377 | BIEGAM BO LUBIĘ | K35 | 33 | 00:05:10 | 00:59:13 | 01:05:01 | 01:52:23 | 01:57:32.10 | +01:03:20 | 7:50 | 7.7 |
| 593 | MŁYNAREK Piotr | 376 | | M40 | 99 | 00:05:10 | 00:59:14 | 01:05:01 | 01:52:23 | 01:57:32.35 | +01:03:20 | 7:50 | 7.7 |
| 594 | KAMIŃSKI Andrzej | 232 | | M40 | 100 | 00:05:11 | 00:59:15 | 01:05:02 | 01:52:24 | 01:57:34.35 | +01:03:22 | 7:50 | 7.7 |
| 595 | KABACIŃSKI Bronisław | 47 | TUPOT USTKA | M70 | 12 | 00:04:49 | 00:53:32 | 00:58:38 | 01:52:07 | 01:57:37.25 | +01:03:25 | 7:50 | 7.7 |
| 596 | BORKOWSKA Ewa | 43 | | K65 | 2 | 00:04:53 | 00:55:04 | 01:00:26 | 01:55:00 | 02:00:14.70 | +01:06:02 | 8:01 | 7.5 |
| 597 | STRUSKI Stanisław | 535 | NIEZRZESZONY | M70 | 13 | 00:04:36 | 00:55:31 | 01:00:46 | 01:56:20 | 02:01:50.60 | +01:07:38 | 8:07 | 7.4 |

| Msc/ Rnk | Zawodnik/ Name | Numer/ Bib | Klub/ Team | Kategoria/ Category | Mkat/ CatRnk | 0.698km | 7.151km | 7.849km | 14.303km | Czas netto 15km | Różn/ Gap | Tempo min/km | Tempo km/h |
|-------------|----------------------------|---------------|---------------------|------------------------|-----------------|----------|----------|----------|----------|-----------------------|--------------|-----------------|---------------|
| 598 | SZCZEBLEWSKI Józef | 547 | | M60 | 26 | 00:04:07 | 00:55:03 | 01:00:38 | 01:58:04 | 02:04:00.35 | +01:09:48 | 8:16 | 7.3 |
| 599 | BARTNIK Marian | 676 | TKKF KOSZALIN | M80+ | 2 | 00:05:49 | 01:08:58 | 01:16:03 | 02:19:54 | 02:30:05.65 | +01:35:53 | 10:00 | 6 |
| 600 | KALETKA Damian | 229 | | M30 | 51 | 00:02:35 | 00:26:51 | 00:29:33 | | | +00:00:48 | 3:45 | 15.9 |
| 601 | BEMOWICZ Tomasz | 479 | KB WYGAN | M45 | 69 | 00:02:58 | 00:30:53 | 00:34:04 | | | +00:05:19 | 4:20 | 13.8 |
| 602 | KAZIMIERSKI Piotr | 241 | | M30 | 52 | 00:03:01 | 00:32:11 | 00:35:42 | | | +00:06:57 | 4:32 | 13.2 |
| 603 | RADAWIEC Kamil | 464 | | M40 | 101 | 00:02:49 | 00:28:51 | | | | +00:02:39 | 4:02 | 14.9 |
| 604 | DEJNEKO Tomasz | 100 | | M40 | 102 | 00:03:40 | 00:40:11 | | | | +00:13:59 | 5:37 | 10.7 |
| 605 | SZYMAŃSKA Irmina | 678 | | K40 | 37 | 00:04:16 | 00:47:40 | | | | +00:21:28 | 6:40 | 9 |
| 606 | BIZUNOWICZ Krystian | 39 | ROZBIEGANY GOLENIÓW | M40 | 103 | 02:09:59 | | | | | + | 185:41 | 0.3 |
| 607 | SKOWRONSKI Bogdan | 513 | SZWLA | M55 | 31 | | | | | | | | |
| DNC | GŁOGOWSKI Adam | 155 | ATC-CARGO TEAM | M20 | | 00:02:17 | 00:10:27 | 00:12:53 | 00:58:51 | 01:01:48.90 | - | - | - |

Znaleziono 608 wynik(ów)