



BIEG MIKOŁAJKOWY - 5KM (JAMNEŃSKI TOUR BIEGOWY)

B4SPORT

Organizator: Rada Osiedla Jamno - Łabusz, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Data: 2017-12-03
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|------------|--------------------------------|-----------|------|--------------------|-------------------|--------------|--------------|
| 1 | SIÓDMIAK Igor | 159 | MKP SZCZECINEK / TRIATHLON | M-16 | 1 | 00:16:21.50 | | 3:16 | 18.3 (100%) |
| 2 | KRYZEL Daniel | 35 | TALEX BORZYTUCHOM | M-16 | 2 | 00:16:25.00 | +00:00:03 (0.4%) | 3:17 | 18.3 (100%) |
| 3 | BORYCHOWSKI Mariusz | 13 | KB TUPOT USTKA | M-40 | 1 | 00:17:33.40 | +00:01:11 (6.8%) | 3:30 | 17.1 (93.4%) |
| 4 | JAKUBEK Patryk | 61 | ŚWIAT PŁYTEK U KRYSPINA | M-16 | 3 | 00:17:58.50 | +00:01:37 (9.0%) | 3:35 | 16.7 (91.3%) |
| 5 | LEWANDOWSKI Bogdan | 220 | MKL SZCZECINEK | M-16 | 4 | 00:18:04.85 | +00:01:43 (9.5%) | 3:37 | 16.6 (90.7%) |
| 6 | SIADAK Arkadiusz | 157 | | M-30 | 1 | 00:18:27.45 | +00:02:05 (11.4%) | 3:41 | 16.3 (89.1%) |
| 7 | GARSKI Kryspin | 45 | ŚWIAT PŁYTEK U KRYSPINA | M-40 | 2 | 00:18:39.45 | +00:02:17 (12.3%) | 3:44 | 16.1 (88.0%) |
| 8 | CZAPLIŃSKI Jacek | 26 | FREE BIRDS | M-30 | 2 | 00:19:06.60 | +00:02:45 (14.4%) | 3:49 | 15.7 (85.8%) |
| 9 | STEBELSKI Jasiek | 166 | | M-16 | 5 | 00:19:36.35 | +00:03:14 (16.6%) | 3:55 | 15.3 (83.6%) |
| 10 | GÓRA Sylwester | 51 | #ZABIEGANINOCA | M-40 | 3 | 00:19:37.75 | +00:03:16 (16.7%) | 3:55 | 15.3 (83.6%) |
| 11 | WICHER Krzysztof | 197 | GABINET REHABILITACJI AKTYWNEJ | M-30 | 3 | 00:19:45.60 | +00:03:24 (17.2%) | 3:57 | 15.2 (83.1%) |
| 12 | CICHOSZ-MIELEWCZYK Mateusz | 24 | ŚWIAT PŁYTEK U KRYSPINA | M-30 | 4 | 00:19:49.20 | +00:03:27 (17.5%) | 3:57 | 15.1 (82.5%) |
| 13 | KALKOWSKI Paweł | 74 | JW 1223 | M-30 | 5 | 00:19:50.00 | +00:03:28 (17.5%) | 3:58 | 15.1 (82.5%) |
| 14 | TRĘBSKI Krzysztof | 187 | ZABIEGANINOCA | M-40 | 4 | 00:19:59.35 | +00:03:37 (18.2%) | 4:00 | 15 (82.0%) |
| 15 | SZABAŁOWSKA Małgorzata | 174 | MKL SZCZECINEK | K-16 | 1 | 00:20:00.25 | +00:03:38 (18.2%) | 4:00 | 15 (82.0%) |
| 16 | ZIENKIEWICZ Wojciech | 207 | BARBARIANS KOSZALIN | M-30 | 6 | 00:20:03.60 | +00:03:42 (18.5%) | 4:00 | 15 (82.0%) |
| 17 | UZNAŃSKI Wojciech | 192 | BT | M-16 | 6 | 00:20:22.75 | +00:04:01 (19.7%) | 4:04 | 14.7 (80.3%) |
| 18 | BORYCHOWSKA Marlena | 12 | KB TUPOT USTKA | K-16 | 2 | 00:20:32.05 | +00:04:10 (20.3%) | 4:06 | 14.6 (79.8%) |
| 19 | ŁUKAWSKI Mariusz | 104 | JW 1223 | M-16 | 7 | 00:20:36.70 | +00:04:15 (20.6%) | 4:07 | 14.6 (79.8%) |
| 20 | CUBER Wojciech | 25 | #ZABIEGANINOCA | M-30 | 7 | 00:20:38.00 | +00:04:16 (20.7%) | 4:07 | 14.5 (79.2%) |
| 21 | KASPERSKI Dariusz | 79 | | M-40 | 5 | 00:20:38.90 | +00:04:17 (20.8%) | 4:07 | 14.5 (79.2%) |
| 22 | SULL Kacper | 172 | NIGHT RUNNERS SŁUPSK | M-16 | 8 | 00:20:38.95 | +00:04:17 (20.8%) | 4:07 | 14.5 (79.2%) |
| 23 | PAKUŁSKI Marcin | 131 | | M-40 | 6 | 00:20:51.45 | +00:04:29 (21.6%) | 4:10 | 14.4 (78.7%) |
| 24 | ZWOLIŃSKI Jan | 209 | TKKF KOSZALIN | M-40 | 7 | 00:20:58.30 | +00:04:36 (22.0%) | 4:11 | 14.3 (78.1%) |
| 25 | KAPUŚCIŃSKI Robert | 77 | | M-30 | 8 | 00:21:14.80 | +00:04:53 (23.0%) | 4:14 | 14.1 (77.0%) |
| 26 | SZUBERT Marcin | 182 | KOŁOBRZEG BIEGA | M-40 | 8 | 00:21:18.50 | +00:04:57 (23.2%) | 4:15 | 14.1 (77.0%) |
| 27 | JAROSZ Jakub | 65 | TKKF KOSZALIN | M-16 | 9 | 00:21:19.60 | +00:04:58 (23.3%) | 4:15 | 14.1 (77.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto | | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|---|-----------|------|--------------------|-------------------|--------------|--------------|
| | | | | | | 5km | Różn | | |
| 28 | BONISŁAWSKI Jarosław | 10 | MAM ŚWIRA | M-30 | 9 | 00:21:24.15 | +00:05:02 (23.6%) | 4:16 | 14 (76.5%) |
| 29 | SZEWCZYK Dawid | 180 | | M-16 | 10 | 00:21:25.35 | +00:05:03 (23.6%) | 4:17 | 14 (76.5%) |
| 30 | KUKIEŁA Tomasz | 214 | | M-30 | 10 | 00:21:35.55 | +00:05:14 (24.2%) | 4:19 | 13.9 (76.0%) |
| 31 | STRUMIŃSKI Rafał | 168 | ŻYTŃNIA TEAM | M-30 | 11 | 00:21:35.75 | +00:05:14 (24.3%) | 4:19 | 13.9 (76.0%) |
| 32 | CHOŁUJ Jarek | 20 | ROZBIEGANY KOSZALIN | M-40 | 9 | 00:21:44.25 | +00:05:22 (24.7%) | 4:20 | 13.8 (75.4%) |
| 33 | GAWRYSIAK Przemysław | 47 | | M-40 | 10 | 00:21:44.55 | +00:05:23 (24.8%) | 4:20 | 13.8 (75.4%) |
| 34 | OLEJNIK Bartłomiej | 124 | ŻYTŃNIA TEAM | M-30 | 12 | 00:21:44.60 | +00:05:23 (24.8%) | 4:20 | 13.8 (75.4%) |
| 35 | STACHOWIAK Ryszard | 163 | | M-60 | 1 | 00:21:50.80 | +00:05:29 (25.1%) | 4:22 | 13.7 (74.9%) |
| 36 | KAJKOWSKI Rafał | 73 | CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN | M-40 | 11 | 00:21:51.25 | +00:05:29 (25.1%) | 4:22 | 13.7 (74.9%) |
| 37 | MAJCHRZAK Paweł | 105 | KARLINO BIEGAJ | M-40 | 12 | 00:21:57.00 | +00:05:35 (25.5%) | 4:23 | 13.7 (74.9%) |
| 38 | FRONTCZAK Izabela | 39 | | K-30 | 1 | 00:21:59.65 | +00:05:38 (25.6%) | 4:24 | 13.6 (74.3%) |
| 39 | MUCHA Krzysztof | 115 | KOSZALIN | M-30 | 13 | 00:22:00.50 | +00:05:39 (25.7%) | 4:24 | 13.6 (74.3%) |
| 40 | SOROKA Piotr | 162 | | M-30 | 14 | 00:22:02.95 | +00:05:41 (25.8%) | 4:24 | 13.6 (74.3%) |
| 41 | IWANIEC Dariusz | 60 | TKKF KOSZALIN | M-40 | 13 | 00:22:05.35 | +00:05:43 (25.9%) | 4:25 | 13.6 (74.3%) |
| 42 | MIELCZAREK Ksawery | 113 | JAMNO | M-16 | 11 | 00:22:07.15 | +00:05:45 (26.0%) | 4:25 | 13.6 (74.3%) |
| 43 | NIEMCZUK Dariusz | 119 | JAMNO | M-50 | 1 | 00:22:14.70 | +00:05:53 (26.5%) | 4:26 | 13.5 (73.8%) |
| 44 | OTTO Michał | 127 | | M-30 | 15 | 00:22:21.50 | +00:06:00 (26.8%) | 4:28 | 13.4 (73.2%) |
| 45 | ZIÓŁKOWSKI Wojciech | 208 | #ZABIEGANINOCA | M-40 | 14 | 00:22:24.50 | +00:06:03 (27.0%) | 4:28 | 13.4 (73.2%) |
| 46 | PICK Tomasz | 137 | MK KOSZALIN | M-40 | 15 | 00:22:28.50 | +00:06:07 (27.2%) | 4:29 | 13.3 (72.7%) |
| 47 | KŁOS Tomasz | 84 | | M-30 | 16 | 00:22:28.60 | +00:06:07 (27.2%) | 4:29 | 13.3 (72.7%) |
| 48 | ALABA Jerzy | 153 | KB 10 BIAŁOGARD | M-50 | 2 | 00:22:30.50 | +00:06:09 (27.3%) | 4:30 | 13.3 (72.7%) |
| 49 | FABJAN Wiesław | 34 | KOBISIA TEAM OLEŚNICA | M-50 | 3 | 00:22:30.80 | +00:06:09 (27.3%) | 4:30 | 13.3 (72.7%) |
| 50 | GÓRA Agnieszka | 52 | #ZABIEGANINOCA | K-40 | 1 | 00:22:31.65 | +00:06:10 (27.4%) | 4:30 | 13.3 (72.7%) |
| 51 | CHODOR Martyna | 18 | TKKF KOSZALIN | K-30 | 2 | 00:22:36.40 | +00:06:14 (27.6%) | 4:31 | 13.3 (72.7%) |
| 52 | KOZIEŁ Paweł | 94 | WICHER RĄBINO | M-30 | 17 | 00:22:41.55 | +00:06:20 (27.9%) | 4:32 | 13.2 (72.1%) |
| 53 | KIERKOSZ Marek | 82 | | M-50 | 4 | 00:22:45.75 | +00:06:24 (28.1%) | 4:33 | 13.2 (72.1%) |
| 54 | NIEWIŃSKA SĘK Monika | 121 | | K-30 | 3 | 00:22:57.30 | +00:06:35 (28.7%) | 4:35 | 13.1 (71.6%) |
| 55 | NOWAK Adam | 222 | DECATHLON | M-16 | 12 | 00:23:05.00 | +00:06:43 (29.1%) | 4:37 | 13 (71.0%) |
| 56 | KAMYK Piotr | 76 | MH IT SERWIS KOSZALIN | M-30 | 18 | 00:23:06.10 | +00:06:44 (29.2%) | 4:37 | 13 (71.0%) |
| 57 | SZUBERT Julia | 183 | KOŁOBRZEG BIEGA | K-16 | 3 | 00:23:10.40 | +00:06:48 (29.4%) | 4:38 | 12.9 (70.5%) |
| 58 | MICHALCZYK Mariusz | 112 | JW1223 | M-40 | 16 | 00:23:10.45 | +00:06:48 (29.4%) | 4:38 | 12.9 (70.5%) |
| 59 | KRUPIŃSKI Krzysztof | 97 | E-UROLOG.EU | M-50 | 5 | 00:23:13.55 | +00:06:52 (29.6%) | 4:38 | 12.9 (70.5%) |
| 60 | PUSZ Jakub | 143 | ELEKTRONIK KOSZALIN | M-16 | 13 | 00:23:15.20 | +00:06:53 (29.7%) | 4:39 | 12.9 (70.5%) |
| 61 | RÓG Michał | 149 | JW 1223 | M-30 | 19 | 00:23:16.05 | +00:06:54 (29.7%) | 4:39 | 12.9 (70.5%) |
| 62 | GLISZCZYŃSKI Łukasz | 219 | UKSN SPRINT SŁAWNO | M-16 | 14 | 00:23:23.05 | +00:07:01 (30.0%) | 4:40 | 12.8 (69.9%) |
| 63 | CHODOR Izabela | 17 | TKKF KOSZALIN | K-30 | 4 | 00:23:26.15 | +00:07:04 (30.2%) | 4:41 | 12.8 (69.9%) |
| 64 | KRZEWIŃSKA Małgorzata | 99 | TKKF KOSZALIN | K-50 | 1 | 00:23:27.00 | +00:07:05 (30.2%) | 4:41 | 12.8 (69.9%) |
| 65 | MEJER Aleksandra | 111 | | K-16 | 4 | 00:23:29.00 | +00:07:07 (30.3%) | 4:41 | 12.8 (69.9%) |
| 66 | HRYCIÓW Paweł | 58 | JW1223 | M-30 | 20 | 00:23:32.45 | +00:07:10 (30.5%) | 4:42 | 12.7 (69.4%) |
| 67 | BERNECKI Edward | 6 | | M-50 | 6 | 00:23:32.65 | +00:07:11 (30.5%) | 4:42 | 12.7 (69.4%) |
| 68 | GARSKA Joanna | 44 | ŚWIAT PŁYTEK I KRYPINA | K-40 | 2 | 00:23:32.90 | +00:07:11 (30.5%) | 4:42 | 12.7 (69.4%) |
| 69 | CHOŁUJ Karol | 21 | ZAWSZE DO PRZODU | M-30 | 21 | 00:23:35.85 | +00:07:14 (30.7%) | 4:43 | 12.7 (69.4%) |
| 70 | DROZDOWSKI Marcin | 32 | MORPOL | M-16 | 15 | 00:23:39.50 | +00:07:18 (30.9%) | 4:43 | 12.7 (69.4%) |
| 71 | BOBER Jakub | 7 | | M-16 | 16 | 00:23:40.75 | +00:07:19 (30.9%) | 4:44 | 12.7 (69.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto | | Tempo min/km | Tempo km/h |
|-----|------------------------------------|------------|------------------------|-----------|------|--------------------|-------------------|--------------|--------------|
| | | | | | | 5km | Różn | | |
| 72 | NIEDBAŁA Konrad | 117 | | M-40 | 17 | 00:23:44.55 | +00:07:23 (31.1%) | 4:44 | 12.6 (68.9%) |
| 73 | RASZPLA Radosław | 147 | BBL | M-40 | 18 | 00:23:47.50 | +00:07:26 (31.2%) | 4:45 | 12.6 (68.9%) |
| 74 | MIKIETYŃSKI Michał | 114 | „ZABIEGANI NOCĄ" | M-30 | 22 | 00:23:48.85 | +00:07:27 (31.3%) | 4:45 | 12.6 (68.9%) |
| 75 | ANTKOWIAK Sebastian | 1 | DB ACTIVE | M-40 | 19 | 00:23:50.40 | +00:07:28 (31.4%) | 4:46 | 12.6 (68.9%) |
| 76 | ŻUKOWSKI Cezary | 210 | MIGAWKOWE.PL | M-30 | 23 | 00:23:52.40 | +00:07:30 (31.5%) | 4:46 | 12.6 (68.9%) |
| 77 | LEWANDOWSKA Anna | 102 | | K-16 | 5 | 00:23:52.65 | +00:07:31 (31.5%) | 4:46 | 12.6 (68.9%) |
| 78 | JASIŃSKI Cezary | 66 | MNBC | M-40 | 20 | 00:23:54.10 | +00:07:32 (31.6%) | 4:46 | 12.6 (68.9%) |
| 79 | KAŻMIERCZAK Agnieszka | 81 | | K-40 | 3 | 00:24:08.10 | +00:07:46 (32.2%) | 4:49 | 12.4 (67.8%) |
| 80 | SZULC Marek | 184 | SZULC RUNNERS TEAM | M-50 | 7 | 00:24:16.80 | +00:07:55 (32.6%) | 4:51 | 12.4 (67.8%) |
| 81 | DZIĘBOWSKI Mariusz | 33 | | M-30 | 24 | 00:24:25.85 | +00:08:04 (33.0%) | 4:53 | 12.3 (67.2%) |
| 82 | GONTARZ Wojciech | 50 | | M-16 | 17 | 00:24:29.10 | +00:08:07 (33.2%) | 4:53 | 12.3 (67.2%) |
| 83 | PODSIADŁO Marcin | 221 | | M-30 | 25 | 00:24:30.20 | +00:08:08 (33.2%) | 4:54 | 12.2 (66.7%) |
| 84 | KACZMAREK Łukasz | 72 | WOJOWNICY WÓDY | M-30 | 26 | 00:24:33.05 | +00:08:11 (33.4%) | 4:54 | 12.2 (66.7%) |
| 85 | JANUSZEWSKI Jacek | 64 | 17WOG KOSZALIN | M-50 | 8 | 00:24:34.00 | +00:08:12 (33.4%) | 4:54 | 12.2 (66.7%) |
| 86 | SZEWCZYK Paweł | 179 | | M-16 | 18 | 00:24:35.10 | +00:08:13 (33.5%) | 4:55 | 12.2 (66.7%) |
| 87 | OSOBNIAK Ryszard | 125 | ROZBIEGANY KOSZALIN | M-60 | 2 | 00:24:37.75 | +00:08:16 (33.6%) | 4:55 | 12.2 (66.7%) |
| 88 | KOSMAŁA Aleksandra | 90 | | K-30 | 5 | 00:24:38.80 | +00:08:17 (33.6%) | 4:55 | 12.2 (66.7%) |
| 89 | KRASIŃSKI Witold | 96 | JW1223 | M-40 | 21 | 00:24:41.60 | +00:08:20 (33.8%) | 4:56 | 12.2 (66.7%) |
| 90 | MARZEC Łukasz | 109 | | M-30 | 27 | 00:24:44.70 | +00:08:23 (33.9%) | 4:57 | 12.1 (66.1%) |
| 91 | SEEWALD Jan | 155 | ZAKWAS | M-40 | 22 | 00:24:46.80 | +00:08:25 (34.0%) | 4:57 | 12.1 (66.1%) |
| 92 | LEWANDOWSKI Rafał | 103 | | M-40 | 23 | 00:24:47.75 | +00:08:26 (34.0%) | 4:57 | 12.1 (66.1%) |
| 93 | SZULC Szymon | 226 | | M-30 | 28 | 00:24:48.85 | +00:08:27 (34.1%) | 4:57 | 12.1 (66.1%) |
| 94 | DOMAŃSKI Adam | 30 | | M-40 | 24 | 00:25:06.25 | +00:08:44 (34.8%) | 5:01 | 12 (65.6%) |
| 95 | PLUTA Katarzyna | 138 | ZABIEGANINOCĄ | K-16 | 6 | 00:25:11.65 | +00:08:50 (35.1%) | 5:02 | 11.9 (65.0%) |
| 96 | PACAN Bartosz | 130 | ŚWIAT PŁYTEK U KRYSPIŃ | M-30 | 29 | 00:25:13.70 | +00:08:52 (35.2%) | 5:02 | 11.9 (65.0%) |
| 97 | DANOWSKI Maciej | 28 | FITNES CLUB FORMA | M-40 | 25 | 00:25:14.35 | +00:08:52 (35.2%) | 5:02 | 11.9 (65.0%) |
| 98 | KOPCZEWSKI Dariusz | 87 | | M-50 | 9 | 00:25:14.90 | +00:08:53 (35.2%) | 5:03 | 11.9 (65.0%) |
| 99 | MALINOWSKA-BURDA Aleksandra | 106 | | K-16 | 7 | 00:25:15.60 | +00:08:54 (35.2%) | 5:03 | 11.9 (65.0%) |
| 100 | KOWALCZYK Piotr | 92 | | M-30 | 30 | 00:25:16.45 | +00:08:54 (35.3%) | 5:03 | 11.9 (65.0%) |
| 101 | WIERZBICKI Kacper | 198 | | M-16 | 19 | 00:25:16.55 | +00:08:55 (35.3%) | 5:03 | 11.9 (65.0%) |
| 102 | SZNYTER Sabina | 223 | DECATHLON | K-16 | 8 | 00:25:19.80 | +00:08:58 (35.4%) | 5:04 | 11.8 (64.5%) |
| 103 | KAMIŃSKI Tomasz | 75 | TKKF-JW 1223 | M-30 | 31 | 00:25:26.30 | +00:09:04 (35.7%) | 5:05 | 11.8 (64.5%) |
| 104 | GAŁKA Dominik | 42 | SP NR 1 TRZEBIATÓW | M-16 | 20 | 00:25:29.70 | +00:09:08 (35.8%) | 5:06 | 11.8 (64.5%) |
| 105 | MEGIER Wojciech | 110 | ELEKTRONIK | M-50 | 10 | 00:25:31.05 | +00:09:09 (35.9%) | 5:06 | 11.8 (64.5%) |
| 106 | ŁOZIŃSKA Karolina | 216 | | K-16 | 9 | 00:25:36.30 | +00:09:14 (36.1%) | 5:07 | 11.7 (63.9%) |
| 107 | CHORAŻY Karolina | 22 | | K-16 | 10 | 00:25:38.40 | +00:09:16 (36.2%) | 5:07 | 11.7 (63.9%) |
| 108 | TURCZYN Grzegorz | 189 | NIGHT RUNNERS SŁUPSK | M-40 | 26 | 00:25:38.85 | +00:09:17 (36.2%) | 5:07 | 11.7 (63.9%) |
| 109 | PELC Maciej | 135 | | M-30 | 32 | 00:25:39.65 | +00:09:18 (36.3%) | 5:08 | 11.7 (63.9%) |
| 110 | URBAŃSKI Tomasz | 191 | | M-40 | 27 | 00:25:41.15 | +00:09:19 (36.3%) | 5:08 | 11.7 (63.9%) |
| 111 | JUSIŃSKI Sebastian | 68 | | M-40 | 28 | 00:25:47.05 | +00:09:25 (36.6%) | 5:09 | 11.6 (63.4%) |
| 112 | KLENIEWSKI Piotr | 83 | ZACHODNIOPOMORSKIE | M-50 | 11 | 00:25:47.65 | +00:09:26 (36.6%) | 5:09 | 11.6 (63.4%) |
| 113 | JUSIŃSKA Anna | 67 | | K-40 | 4 | 00:25:47.90 | +00:09:26 (36.6%) | 5:09 | 11.6 (63.4%) |
| 114 | MASTALERZ Konrad | 224 | DECATHLON | M-16 | 21 | 00:25:49.40 | +00:09:27 (36.7%) | 5:09 | 11.6 (63.4%) |
| 115 | GRĄBCZEWSKI Rafał | 54 | JW1223 | M-30 | 33 | 00:25:49.95 | +00:09:28 (36.7%) | 5:10 | 11.6 (63.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Tempo min/km | Tempo km/h |
|-----|---------------------------|-------|--------------------------------|-----------|------|-------------|-------------------|--------------|--------------|
| | | | | | | netto 5km | Różn | | |
| 116 | WOJCIECHOWSKI Piotr | 204 | | M-40 | 29 | 00:25:50.95 | +00:09:29 (36.7%) | 5:10 | 11.6 (63.4%) |
| 117 | MIŁEK Ewelina | 225 | DECATHLON | K-16 | 11 | 00:25:55.60 | +00:09:34 (36.9%) | 5:11 | 11.6 (63.4%) |
| 118 | JANKOWSKA Monika | 63 | | K-16 | 12 | 00:25:56.85 | +00:09:35 (37.0%) | 5:11 | 11.6 (63.4%) |
| 119 | HRYCAJ Tomasz | 57 | | M-30 | 34 | 00:25:57.35 | +00:09:35 (37.0%) | 5:11 | 11.6 (63.4%) |
| 120 | SZAFIRSKI Marek | 177 | CAMINO SŁUPSK | M-50 | 12 | 00:25:57.50 | +00:09:36 (37.0%) | 5:11 | 11.6 (63.4%) |
| 121 | FAJGIER Tomasz | 36 | | M-40 | 30 | 00:26:02.35 | +00:09:40 (37.2%) | 5:12 | 11.5 (62.8%) |
| 122 | JUSZCZAK Krzysztof | 69 | | M-60 | 3 | 00:26:05.85 | +00:09:44 (37.3%) | 5:13 | 11.5 (62.8%) |
| 123 | KOZŁOWIECKI Waldemar | 95 | TKKF KOSZALIN | M-60 | 4 | 00:26:08.10 | +00:09:46 (37.4%) | 5:13 | 11.5 (62.8%) |
| 124 | GŁUCH Katarzyna | 49 | ELEKTRONIK | K-30 | 6 | 00:26:11.05 | +00:09:49 (37.5%) | 5:14 | 11.5 (62.8%) |
| 125 | RYCHLIŃSKI Damian | 152 | | M-30 | 35 | 00:26:11.70 | +00:09:50 (37.6%) | 5:14 | 11.5 (62.8%) |
| 126 | BERNACKI Adam | 4 | ADRÓG | M-40 | 31 | 00:26:14.05 | +00:09:52 (37.6%) | 5:14 | 11.4 (62.3%) |
| 127 | STRZELECKA Małgorzata | 169 | SAILING TEAM FERAJNA | K-40 | 5 | 00:26:27.65 | +00:10:06 (38.2%) | 5:17 | 11.3 (61.7%) |
| 128 | KARNICKI Zygmunt | 78 | TKKF KOSZALIN | M-60 | 5 | 00:26:30.55 | +00:10:09 (38.3%) | 5:18 | 11.3 (61.7%) |
| 129 | KAZIMIERCZAK Leszek | 80 | SKURCZTEAM | M-30 | 36 | 00:26:31.60 | +00:10:10 (38.3%) | 5:18 | 11.3 (61.7%) |
| 130 | RUSINEK Artur | 150 | | M-30 | 37 | 00:26:38.20 | +00:10:16 (38.6%) | 5:19 | 11.3 (61.7%) |
| 131 | ROBAKOWSKA Żaneta | 148 | GABINET REHABILITACJI AKTYWNEJ | K-30 | 7 | 00:26:39.20 | +00:10:17 (38.6%) | 5:19 | 11.3 (61.7%) |
| 132 | KOLIGAT Anna | 85 | | K-30 | 8 | 00:26:39.50 | +00:10:18 (38.6%) | 5:20 | 11.3 (61.7%) |
| 133 | SZUBERT Agnieszka | 181 | KOŁOBRZEG BIEGA | K-30 | 9 | 00:26:39.95 | +00:10:18 (38.7%) | 5:20 | 11.3 (61.7%) |
| 134 | NOWAK Bartłomiej | 123 | SAILING TEAM FERAJNA | M-40 | 32 | 00:26:40.80 | +00:10:19 (38.7%) | 5:20 | 11.2 (61.2%) |
| 135 | GALICKI Robert | 40 | | M-40 | 33 | 00:26:42.00 | +00:10:20 (38.7%) | 5:20 | 11.2 (61.2%) |
| 136 | BRESZKA Michał | 15 | | M-16 | 22 | 00:26:42.05 | +00:10:20 (38.7%) | 5:20 | 11.2 (61.2%) |
| 137 | SZAFIRSKI Kacper | 176 | CAMINO SŁUPSK | M-16 | 23 | 00:26:49.85 | +00:10:28 (39.0%) | 5:22 | 11.2 (61.2%) |
| 138 | WIĘCKOWSKI Maciej | 199 | KARLINO BIEGAJ! | M-30 | 38 | 00:26:59.40 | +00:10:37 (39.4%) | 5:24 | 11.1 (60.7%) |
| 139 | WAŚOWICZ Anna | 196 | | K-30 | 10 | 00:27:02.15 | +00:10:40 (39.5%) | 5:24 | 11.1 (60.7%) |
| 140 | PACAN Mira | 129 | ŚWIAT PŁYTEK U KRYSPIŃA | K-30 | 11 | 00:27:03.40 | +00:10:41 (39.5%) | 5:24 | 11.1 (60.7%) |
| 141 | GAŁKA Marcin | 43 | | M-30 | 39 | 00:27:07.50 | +00:10:46 (39.7%) | 5:25 | 11.1 (60.7%) |
| 142 | BODO Rafał | 9 | | M-30 | 40 | 00:27:08.40 | +00:10:46 (39.7%) | 5:25 | 11.1 (60.7%) |
| 143 | WOJANOWSKI Zbigniew | 202 | BIEGAM BO LUBIĘ | M-60 | 6 | 00:27:19.60 | +00:10:58 (40.1%) | 5:27 | 11 (60.1%) |
| 144 | TRZEŚNIEWSKI Zbigniew | 188 | | M-50 | 13 | 00:27:24.95 | +00:11:03 (40.3%) | 5:29 | 10.9 (59.6%) |
| 145 | JUSZCZYK Agnieszka | 70 | ANOX TEAM | K-30 | 12 | 00:27:26.75 | +00:11:05 (40.4%) | 5:29 | 10.9 (59.6%) |
| 146 | DOMAŃSKI Krzysztof | 31 | | M-16 | 24 | 00:27:28.00 | +00:11:06 (40.4%) | 5:29 | 10.9 (59.6%) |
| 147 | KOMOROWSKA Beata | 86 | ROZBIEGANY KOSZALIN | K-40 | 6 | 00:27:38.15 | +00:11:16 (40.8%) | 5:31 | 10.9 (59.6%) |
| 148 | RASZPLA Ilona | 146 | CIOTECZKI.PL | K-40 | 7 | 00:27:40.05 | +00:11:18 (40.9%) | 5:32 | 10.8 (59.0%) |
| 149 | ZALESKI Tomasz | 205 | | M-30 | 41 | 00:27:40.70 | +00:11:19 (40.9%) | 5:32 | 10.8 (59.0%) |
| 150 | GAWLIK Artur | 46 | BIEGNIJMY.PL | M-30 | 42 | 00:27:46.75 | +00:11:25 (41.1%) | 5:33 | 10.8 (59.0%) |
| 151 | LATOPOLSKA-OLEJNIK Kalina | 101 | ŻYTŃIA TEAM | K-30 | 13 | 00:27:49.75 | +00:11:28 (41.2%) | 5:34 | 10.8 (59.0%) |
| 152 | PAULIŃSKI Jan | 134 | JAMNO | M-60 | 7 | 00:27:53.00 | +00:11:31 (41.3%) | 5:34 | 10.8 (59.0%) |
| 153 | MAŁYSZEWICZ Andrzej | 107 | | M-50 | 14 | 00:28:08.00 | +00:11:46 (41.9%) | 5:37 | 10.7 (58.5%) |
| 154 | POKRZYWKA Olga | 142 | | K-16 | 13 | 00:28:15.45 | +00:11:53 (42.1%) | 5:39 | 10.6 (57.9%) |
| 155 | BURSZTA Marta | 16 | KARLINO BIEGAJ | K-16 | 14 | 00:28:16.55 | +00:11:55 (42.1%) | 5:39 | 10.6 (57.9%) |
| 156 | POKRZYWKA Tomasz | 141 | | M-50 | 15 | 00:28:17.10 | +00:11:55 (42.2%) | 5:39 | 10.6 (57.9%) |
| 157 | GAŁECKI Jacek | 41 | KARLINO BIEGAJ | M-40 | 34 | 00:28:17.50 | +00:11:56 (42.2%) | 5:39 | 10.6 (57.9%) |
| 158 | ZIELIŃSKI Jarosław | 206 | AMATOR | M-40 | 35 | 00:28:18.20 | +00:11:56 (42.2%) | 5:39 | 10.6 (57.9%) |
| 159 | OSTAPIŃSKI Tomasz | 126 | | M-30 | 43 | 00:28:32.05 | +00:12:10 (42.7%) | 5:42 | 10.5 (57.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto | | Tempo min/km | Tempo km/h |
|-----|--------------------------------------|------------|-------------------------------|-----------|------|--------------------|-------------------|--------------|--------------|
| | | | | | | 5km | Różn | | |
| 160 | SZEWCZYK Paulina | 178 | | K-16 | 15 | 00:28:34.30 | +00:12:12 (42.7%) | 5:42 | 10.5 (57.4%) |
| 161 | PUSZ Jacek | 227 | | M-50 | 16 | 00:28:38.75 | +00:12:17 (42.9%) | 5:43 | 10.5 (57.4%) |
| 162 | FRASZKIEWICZ Jarosław | 38 | | M-40 | 36 | 00:28:44.50 | +00:12:23 (43.1%) | 5:44 | 10.4 (56.8%) |
| 163 | PŁOTKA Grzegorz | 139 | | M-30 | 44 | 00:28:50.75 | +00:12:29 (43.3%) | 5:46 | 10.4 (56.8%) |
| 164 | PŁOTKA Emilia | 140 | | K-30 | 14 | 00:28:50.85 | +00:12:29 (43.3%) | 5:46 | 10.4 (56.8%) |
| 165 | KILJAN Sylwia | 213 | | K-30 | 15 | 00:29:06.60 | +00:12:45 (43.8%) | 5:49 | 10.3 (56.3%) |
| 166 | TRACZ Jadwiga | 185 | | K-30 | 16 | 00:29:15.20 | +00:12:53 (44.1%) | 5:51 | 10.3 (56.3%) |
| 167 | STAŃCZYK Franciszek | 165 | NIEZRZESZONY | M-70 | 1 | 00:29:15.65 | +00:12:54 (44.1%) | 5:51 | 10.3 (56.3%) |
| 168 | FIDUN Anna | 37 | | K-30 | 17 | 00:29:27.45 | +00:13:05 (44.5%) | 5:53 | 10.2 (55.7%) |
| 169 | HELLER Zdzisław | 55 | NIEZRZESZONY | M-60 | 8 | 00:29:29.10 | +00:13:07 (44.5%) | 5:53 | 10.2 (55.7%) |
| 170 | BRESZKA Paweł | 14 | POLSKA | M-40 | 37 | 00:29:30.50 | +00:13:09 (44.6%) | 5:54 | 10.2 (55.7%) |
| 171 | SULL Agnieszka | 171 | NIGHT RUNNERS SŁUPSK | K-40 | 8 | 00:29:32.05 | +00:13:10 (44.6%) | 5:54 | 10.2 (55.7%) |
| 172 | HNATOWSKI Artur | 56 | SZYBKIESTOPY | M-40 | 38 | 00:29:33.70 | +00:13:12 (44.7%) | 5:54 | 10.1 (55.2%) |
| 173 | CICHOSZ Jerzy | 23 | | M-70 | 2 | 00:29:34.30 | +00:13:12 (44.7%) | 5:54 | 10.1 (55.2%) |
| 174 | SUSKA Joanna | 173 | | K-16 | 16 | 00:29:38.55 | +00:13:17 (44.8%) | 5:55 | 10.1 (55.2%) |
| 175 | DOMAŃSKA Katarzyna | 29 | | K-40 | 9 | 00:29:38.80 | +00:13:17 (44.8%) | 5:55 | 10.1 (55.2%) |
| 176 | BORSUK Dorota | 11 | | K-40 | 10 | 00:29:56.65 | +00:13:35 (45.4%) | 5:59 | 10 (54.6%) |
| 177 | BEDNARZ Katarzyna | 3 | | K-40 | 11 | 00:29:56.90 | +00:13:35 (45.4%) | 5:59 | 10 (54.6%) |
| 178 | MYSZKOWSKA Grażyna | 116 | NIGHT RUNNERS SŁUPSK | K-50 | 2 | 00:30:15.40 | +00:13:53 (45.9%) | 6:03 | 9.9 (54.1%) |
| 179 | OZIMEK Iwona | 128 | | K-30 | 18 | 00:30:20.65 | +00:13:59 (46.1%) | 6:04 | 9.9 (54.1%) |
| 180 | KOSECKA Sylwia | 88 | ZAKWAS | K-16 | 17 | 00:30:21.25 | +00:13:59 (46.1%) | 6:04 | 9.9 (54.1%) |
| 181 | KOSECKI Tomasz | 89 | ZAKWAS | M-30 | 45 | 00:30:21.65 | +00:14:00 (46.1%) | 6:04 | 9.9 (54.1%) |
| 182 | RUSINEK Dawid | 151 | | M-16 | 25 | 00:30:21.90 | +00:14:00 (46.1%) | 6:04 | 9.9 (54.1%) |
| 183 | BIEŁĘDA Karolina | 212 | RAMS TRAINING HOUSE | K-30 | 19 | 00:31:03.35 | +00:14:41 (47.3%) | 6:12 | 9.7 (53.0%) |
| 184 | PASEK Paula | 132 | | K-30 | 20 | 00:31:07.90 | +00:14:46 (47.5%) | 6:13 | 9.6 (52.5%) |
| 185 | WALECKA Katarzyna | 193 | ATOMOWKI | K-30 | 21 | 00:31:14.70 | +00:14:53 (47.6%) | 6:15 | 9.6 (52.5%) |
| 186 | SOKOŁOWSKA Anna | 160 | ATOMOWKI | K-30 | 22 | 00:31:15.10 | +00:14:53 (47.7%) | 6:15 | 9.6 (52.5%) |
| 187 | WALKOWIAK Dariusz | 194 | | M-40 | 39 | 00:31:35.65 | +00:15:14 (48.2%) | 6:19 | 9.5 (51.9%) |
| 188 | KOT Aleksandra | 91 | | K-30 | 23 | 00:31:43.15 | +00:15:21 (48.4%) | 6:20 | 9.5 (51.9%) |
| 189 | WODZYŃSKA Katarzyna | 201 | | K-30 | 24 | 00:31:43.35 | +00:15:21 (48.4%) | 6:20 | 9.5 (51.9%) |
| 190 | TRĘBSKA Marta | 186 | ZABIEGANINOCA | K-40 | 12 | 00:31:43.85 | +00:15:22 (48.4%) | 6:20 | 9.5 (51.9%) |
| 191 | NOWAK Piotr | 122 | | M-30 | 46 | 00:32:02.35 | +00:15:40 (48.9%) | 6:24 | 9.4 (51.4%) |
| 192 | BERNECKA Agnieszka | 5 | | K-40 | 13 | 00:32:05.45 | +00:15:43 (49.0%) | 6:25 | 9.3 (50.8%) |
| 193 | NIEDBAŁA Dorota | 118 | | K-40 | 14 | 00:32:05.65 | +00:15:44 (49.0%) | 6:25 | 9.3 (50.8%) |
| 194 | ULENBERG Maria | 190 | | K-16 | 18 | 00:32:13.80 | +00:15:52 (49.2%) | 6:26 | 9.3 (50.8%) |
| 195 | STANCZEWSKA Karolina | 164 | | K-30 | 25 | 00:32:14.50 | +00:15:53 (49.3%) | 6:27 | 9.3 (50.8%) |
| 196 | SZAFIROWICZ-CHOJNACKA Paulina | 175 | | K-30 | 26 | 00:32:19.00 | +00:15:57 (49.4%) | 6:27 | 9.3 (50.8%) |
| 197 | CHOJNACKI Bartosz | 19 | | M-40 | 40 | 00:32:19.75 | +00:15:58 (49.4%) | 6:28 | 9.3 (50.8%) |
| 198 | PASEK Jan | 133 | KLUB BIEGOWY JANTAR ŚWIESZYNO | M-60 | 9 | 00:32:56.15 | +00:16:34 (50.3%) | 6:35 | 9.1 (49.7%) |
| 199 | RAMA Ewa | 145 | | K-50 | 3 | 00:33:23.20 | +00:17:01 (51.0%) | 6:40 | 9 (49.2%) |
| 200 | RAMA Janusz | 144 | | M-40 | 41 | 00:33:23.45 | +00:17:01 (51.0%) | 6:40 | 9 (49.2%) |
| 201 | ŻYWOT Norbert | 211 | | M-40 | 42 | 00:33:25.35 | +00:17:03 (51.1%) | 6:41 | 9 (49.2%) |
| 202 | LEŚNIEWSKI Dominik | 215 | RAMS TRAINING HOUSE | M-30 | 47 | 00:33:31.10 | +00:17:09 (51.2%) | 6:42 | 9 (49.2%) |
| 203 | BOCHNIAK Małgorzata | 8 | JAMNO | K-30 | 27 | 00:33:40.90 | +00:17:19 (51.4%) | 6:44 | 8.9 (48.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|------------|-------------------------|-----------|------|--------------------|-------------------|--------------|-------------|
| 204 | JANDURA Patrycja | 62 | | K-16 | 19 | 00:33:43.45 | +00:17:21 (51.5%) | 6:44 | 8.9 (48.6%) |
| 205 | KRYSTOSIK Paulina | 98 | | K-16 | 20 | 00:34:40.65 | +00:18:19 (52.8%) | 6:56 | 8.6 (47.0%) |
| 206 | MAŁYSZEWICZ Teresa | 108 | | K-50 | 4 | 00:34:54.40 | +00:18:32 (53.1%) | 6:59 | 8.6 (47.0%) |
| 207 | KULASZEWICZ-HENGIER Sabina | 100 | | K-30 | 28 | 00:35:15.80 | +00:18:54 (53.6%) | 7:03 | 8.5 (46.4%) |
| 208 | GÓRSKA Dorota | 53 | | K-50 | 5 | 00:35:35.45 | +00:19:13 (54.0%) | 7:07 | 8.4 (45.9%) |
| 209 | SOLAK Halina | 161 | ŚWIAT PŁYTEK U KRYSPINA | K-60 | 1 | 00:39:27.30 | +00:23:05 (58.5%) | 7:53 | 7.6 (41.5%) |
| 210 | BARTNIK Marian | 136 | TKKF KOSZALIN | M-70 | 3 | 00:40:11.55 | +00:23:50 (59.3%) | 8:02 | 7.5 (41.0%) |
| 211 | DAMPS Julita | 27 | NIGHT RUNNERS SŁUPSK | K-30 | 29 | 00:40:20.65 | +00:23:59 (59.5%) | 8:04 | 7.4 (40.4%) |

Znaleziono 211 wynik(ów)