

BIEG ŚNIADANIOWY / KLUBOWE MISTRZOSTWA MORSÓW

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Organizator: Centrum Kultury Mielno
Data: 2024-02-10
Miejsce: Mielno
Dystans: 5 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|-------|---|-----------|------|----------------|-------------------|--------------|--------------|
| 1 | WELLER Philipp | 274 | VEGAN RUNNERS | M18 | 1 | 00:17:28.90 | | 3:29 | 17.2 (100%) |
| 2 | KOZIEŁ Sebastian | 105 | FIGA PRACOWNIA PROJEKTOWA | M18 | 2 | 00:17:29.55 | +00:00:00 (0.1%) | 3:29 | 17.2 (100%) |
| 3 | GUT Jacek | 62 | KLUB MORSZA SŁONECZKO/ DRUŻYNA MISTRZÓW ICEKING | M18 | 3 | 00:17:47.50 | +00:00:18 (1.7%) | 3:33 | 16.9 (98.3%) |
| 4 | SULKOWSKI Zdzisław | 115 | TKKFBYDGOSZCZ | M50 | 1 | 00:17:50.65 | +00:00:21 (2.0%) | 3:34 | 16.8 (97.7%) |
| 5 | CZERWIŃSKI Krzysztof | 36 | WKB MARATOŃCZYK | M18 | 4 | 00:18:17.45 | +00:00:48 (4.4%) | 3:39 | 16.4 (95.3%) |
| 6 | JARECKI Ireneusz | 74 | STOWARZYSZENIE WROCŁAWSKIE MORSY | M50 | 2 | 00:18:25.90 | +00:00:57 (5.2%) | 3:41 | 16.3 (94.8%) |
| 7 | HOŁUB Kamil | 308 | MLUKS TRZEBIATÓW | M40 | 1 | 00:18:30.60 | +00:01:01 (5.6%) | 3:42 | 16.2 (94.2%) |
| 8 | ZIELINSKI Sławomir | 297 | MORSY ROSKILDE .DK | M40 | 2 | 00:18:44.80 | +00:01:15 (6.7%) | 3:44 | 16 (93.0%) |
| 9 | TROCHIMIUK Andrzej | 309 | MORSY JELENIN | M40 | 3 | 00:18:51.90 | +00:01:23 (7.3%) | 3:46 | 15.9 (92.4%) |
| 10 | OKUNIEWICZ Wojciech | 163 | STRZEGOMSKA DWUNASTKA | M40 | 4 | 00:18:56.55 | +00:01:27 (7.7%) | 3:47 | 15.8 (91.9%) |
| 11 | WŁADYKO Rafał | 284 | | M18 | 5 | 00:19:14.10 | +00:01:45 (9.1%) | 3:50 | 15.6 (90.7%) |
| 12 | KRYNICKA GRZYB Małgorzata | 111 | MLUKS | K18 | 1 | 00:19:33.55 | +00:02:04 (10.6%) | 3:54 | 15.3 (89.0%) |
| 13 | PICK Tomasz | 180 | BIEGOLAS KOSZALIN | M50 | 3 | 00:19:35.80 | +00:02:06 (10.8%) | 3:55 | 15.3 (89.0%) |
| 14 | MARZEC Adam | 247 | | M40 | 5 | 00:19:52.85 | +00:02:23 (12.1%) | 3:58 | 15.1 (87.8%) |
| 15 | BOŻEK Artur | 22 | LECYMY DURŚ | M18 | 6 | 00:19:53.50 | +00:02:24 (12.1%) | 3:58 | 15.1 (87.8%) |
| 16 | URBANIAK Sebastian | 260 | TUPTAŃSKO | M18 | 7 | 00:19:59.70 | +00:02:30 (12.6%) | 3:59 | 15 (87.2%) |
| 17 | NOWICKA Alicja | 159 | TUPTAŃSKO | K18 | 2 | 00:20:03.50 | +00:02:34 (12.8%) | 4:00 | 15 (87.2%) |
| 18 | ŁUKASIEWICZ Wojtek | 132 | | M40 | 6 | 00:20:09.90 | +00:02:41 (13.3%) | 4:01 | 14.9 (86.6%) |
| 19 | KOMRAUS Sławomir | 97 | | M40 | 7 | 00:20:21.70 | +00:02:52 (14.1%) | 4:04 | 14.7 (85.5%) |
| 20 | ZAMĘTA Sławomir | 295 | OTM B | M50 | 4 | 00:20:29.55 | +00:03:00 (14.7%) | 4:05 | 14.6 (84.9%) |
| 21 | DOBROŁOWICZ Marta | 38 | ESKIMO KŁODAWA/GORZÓW WLKP. | K40 | 1 | 00:20:49.90 | +00:03:21 (16.1%) | 4:09 | 14.4 (83.7%) |
| 22 | CHABOWSKI Tomasz | 29 | MALBORSKIE MORSY | M50 | 5 | 00:20:51.45 | +00:03:22 (16.2%) | 4:10 | 14.4 (83.7%) |
| 23 | KRÓL Paweł | 109 | STOWARZYSZENIE WROCŁAWSKIE MORSY | M18 | 8 | 00:20:52.55 | +00:03:23 (16.3%) | 4:10 | 14.4 (83.7%) |
| 24 | DUMIŃSKI Tomasz | 43 | STRZEGOMSKA DWUNASTKA | M40 | 8 | 00:21:00.40 | +00:03:31 (16.8%) | 4:12 | 14.3 (83.1%) |
| 25 | JANKOWSKA Kamila | 73 | | K40 | 2 | 00:21:15.50 | +00:03:46 (17.8%) | 4:15 | 14.1 (82.0%) |
| 26 | TUŁACZ Bohdan | 255 | KALISKIE MORSY | M40 | 9 | 00:21:16.00 | +00:03:47 (17.8%) | 4:15 | 14.1 (82.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|----------------------------------|-----------|------|--------------------|-------------------|--------------|--------------|
| 27 | PERŁOWSKI Kamil | 178 | ŻYRARDOWSKIE MORSY | M40 | 10 | 00:21:20.30 | +00:03:51 (18.1%) | 4:16 | 14.1 (82.0%) |
| 28 | NOWICKI Mariusz | 160 | TUPTAŃSKO | M18 | 9 | 00:21:30.10 | +00:04:01 (18.7%) | 4:18 | 14 (81.4%) |
| 29 | RUDEK Marcin | 206 | ZDROWE MORSY DĘBOWA | M40 | 11 | 00:21:34.00 | +00:04:05 (18.9%) | 4:18 | 13.9 (80.8%) |
| 30 | KRYMSKI Tomasz | 110 | STRZEGOMSKA DWUNASTKA | M40 | 12 | 00:21:38.35 | +00:04:09 (19.2%) | 4:19 | 13.9 (80.8%) |
| 31 | SPRANCEL Marcin | 221 | MORSY NA KOKSIE | M40 | 13 | 00:21:40.40 | +00:04:11 (19.3%) | 4:20 | 13.8 (80.2%) |
| 32 | WOJCIECHOWSKA Basia | 285 | | K18 | 3 | 00:21:42.25 | +00:04:13 (19.5%) | 4:20 | 13.8 (80.2%) |
| 33 | MAŁKOWSKI Tomasz | 137 | SOPOCKI KLUB MORSÓW | M50 | 6 | 00:21:44.30 | +00:04:15 (19.6%) | 4:20 | 13.8 (80.2%) |
| 34 | HENDEL Krzysztof | 65 | IZBICKO W BIEGU | M18 | 10 | 00:21:55.45 | +00:04:26 (20.3%) | 4:23 | 13.7 (79.7%) |
| 35 | GAWEŁ Artur | 54 | LECYMY DURŚ | M18 | 11 | 00:21:55.90 | +00:04:27 (20.3%) | 4:23 | 13.7 (79.7%) |
| 36 | PIASKOWSKI Artur | 179 | | M40 | 14 | 00:22:00.00 | +00:04:31 (20.5%) | 4:24 | 13.6 (79.1%) |
| 37 | OWCZARZ Marcin | 173 | FIGA PRACOWNIA PROJEKTOWA | M18 | 12 | 00:22:05.80 | +00:04:36 (20.9%) | 4:25 | 13.6 (79.1%) |
| 38 | KOMINEK Sebastian | 96 | | M40 | 15 | 00:22:07.70 | +00:04:38 (21.0%) | 4:25 | 13.6 (79.1%) |
| 39 | WIENCEK Artur | 278 | KAMERALNE MORSY RASZKÓW | M40 | 16 | 00:22:09.65 | +00:04:40 (21.1%) | 4:25 | 13.5 (78.5%) |
| 40 | WASIAK Błażej | 271 | ŻYRARDOWSKIE MORSY | M18 | 13 | 00:22:15.40 | +00:04:46 (21.5%) | 4:27 | 13.5 (78.5%) |
| 41 | OLEJNICZAK Artur | 165 | | M40 | 17 | 00:22:15.70 | +00:04:46 (21.5%) | 4:27 | 13.5 (78.5%) |
| 42 | SZPITER Tomasz | 242 | OLAWS ZŁOTORYJA | M50 | 7 | 00:22:17.20 | +00:04:48 (21.6%) | 4:27 | 13.5 (78.5%) |
| 43 | ŻELAZKO Bartosz | 303 | MORSIKI PSARSKIE | M18 | 14 | 00:22:18.10 | +00:04:49 (21.6%) | 4:27 | 13.5 (78.5%) |
| 44 | MENZEL Stanisław | 146 | ŚREMSKI KLUB MORSÓW MROZIK | M50 | 8 | 00:22:25.45 | +00:04:56 (22.0%) | 4:29 | 13.4 (77.9%) |
| 45 | NAWORYTA Wojciech | 156 | KKM KALORYFER | M50 | 9 | 00:22:27.45 | +00:04:58 (22.2%) | 4:29 | 13.4 (77.9%) |
| 46 | LOCHNO Kornel | 125 | | M40 | 18 | 00:22:32.90 | +00:05:04 (22.5%) | 4:30 | 13.3 (77.3%) |
| 47 | TOMCZYK Jacek | 252 | | M18 | 15 | 00:22:36.90 | +00:05:08 (22.7%) | 4:31 | 13.3 (77.3%) |
| 48 | STRZELECKI Grzegorz | 230 | FIGA PRACOWNIA PROJEKTOWA | M40 | 19 | 00:22:42.50 | +00:05:13 (23.0%) | 4:32 | 13.2 (76.7%) |
| 49 | HOPE Przemysław | 66 | KORONA SZCZECIN | M18 | 16 | 00:22:42.75 | +00:05:13 (23.0%) | 4:32 | 13.2 (76.7%) |
| 50 | SOSNOWSKA Iga | 220 | LITWIN SPORTS | K18 | 4 | 00:22:44.15 | +00:05:15 (23.1%) | 4:32 | 13.2 (76.7%) |
| 51 | WOŹNIAK Ireneusz | 288 | | M18 | 17 | 00:22:44.40 | +00:05:15 (23.1%) | 4:32 | 13.2 (76.7%) |
| 52 | WYCZAŁKOWSKI Witold | 289 | STOWARZYSZENIE WROCŁAWSKIE MORSY | M50 | 10 | 00:22:49.50 | +00:05:20 (23.4%) | 4:33 | 13.1 (76.2%) |
| 53 | BOBELA Krzysztof | 18 | STRZEGOMSKA DWUNASTKA | M40 | 20 | 00:22:51.95 | +00:05:23 (23.5%) | 4:34 | 13.1 (76.2%) |
| 54 | PŁÓCIENNIK Maciej | 187 | KAMERALNE MORSY RASZKÓW | M18 | 18 | 00:22:58.55 | +00:05:29 (23.9%) | 4:35 | 13.1 (76.2%) |
| 55 | SYSIK Aneta | 235 | MORSY SIEDLCE | K40 | 3 | 00:22:59.60 | +00:05:30 (24.0%) | 4:35 | 13.1 (76.2%) |
| 56 | RUSINEK Łukasz | 209 | LUBARTOWSKIE MORSY | M40 | 21 | 00:23:02.60 | +00:05:33 (24.1%) | 4:36 | 13 (75.6%) |
| 57 | PODOLSKI Marcin | 191 | ZIMNOLUBNI ISLANDIA | M18 | 19 | 00:23:03.00 | +00:05:34 (24.2%) | 4:36 | 13 (75.6%) |
| 58 | BABICZ Paweł | 8 | BABKI Z KLASĄ I PAWEŁ | M40 | 22 | 00:23:11.40 | +00:05:42 (24.6%) | 4:38 | 12.9 (75.0%) |
| 59 | PODBYLSKI Łukasz | 189 | ZMĘCZENI NA STARCIE | M40 | 23 | 00:23:12.65 | +00:05:43 (24.7%) | 4:38 | 12.9 (75.0%) |
| 60 | JANAS Mariusz | 70 | LECYMY DURŚ | M40 | 24 | 00:23:15.35 | +00:05:46 (24.8%) | 4:39 | 12.9 (75.0%) |
| 61 | PIOTROWSKI Grzegorz | 183 | STRZEGOMSKA DWUNASTKA | M40 | 25 | 00:23:20.55 | +00:05:51 (25.1%) | 4:40 | 12.9 (75.0%) |
| 62 | WARDYN Sebastian | 267 | | M18 | 20 | 00:23:22.40 | +00:05:53 (25.2%) | 4:40 | 12.8 (74.4%) |
| 63 | WEGNER Tomasz | 273 | LECYMY DURŚ | M40 | 26 | 00:23:23.85 | +00:05:54 (25.3%) | 4:40 | 12.8 (74.4%) |
| 64 | RUDZIEWICZ Mariusz | 207 | RUDE MORSY | M40 | 27 | 00:23:24.60 | +00:05:55 (25.3%) | 4:40 | 12.8 (74.4%) |
| 65 | WARDZIAK Bogdan | 268 | ŻYRARDOWSKIE MORSY | M40 | 28 | 00:23:27.05 | +00:05:58 (25.5%) | 4:41 | 12.8 (74.4%) |
| 66 | MURAKOWSKI Wojciech | 154 | POSEJDON KOSZALIN | M14 | 1 | 00:23:29.10 | +00:06:00 (25.6%) | 4:41 | 12.8 (74.4%) |
| 67 | KWIATKOWSKI Piotr | 122 | ŻYRARDOWSKIE MORSY | M18 | 21 | 00:23:30.30 | +00:06:01 (25.6%) | 4:42 | 12.8 (74.4%) |
| 68 | RACZ Mariusz | 248 | | M18 | 22 | 00:23:30.40 | +00:06:01 (25.6%) | 4:42 | 12.8 (74.4%) |
| 69 | WĘCLEWSKI Robert | 275 | ŚREMSKI KLUB MORSÓW MROZIK | M40 | 29 | 00:23:37.10 | +00:06:08 (26.0%) | 4:43 | 12.7 (73.8%) |
| 70 | JĘDRYCHA Mariusz | 78 | LODOŁAMACZ SKIERNIEWICE | M50 | 11 | 00:23:40.20 | +00:06:11 (26.1%) | 4:44 | 12.7 (73.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|------------|----------------------------------|-----------|------|--------------------|-------------------|-----------------|---------------|
| 71 | BALAS Magdalena | 10 | MORSY ROSKILDE | K18 | 5 | 00:23:43.25 | +00:06:14 (26.3%) | 4:44 | 12.6 (73.3%) |
| 72 | KARNOWSKI Krzysztof | 87 | | M18 | 23 | 00:23:44.85 | +00:06:15 (26.4%) | 4:44 | 12.6 (73.3%) |
| 73 | ADAMOWICZ Anna | 2 | FIGA PRACOWNIA PROJEKTOWA | K18 | 6 | 00:23:51.20 | +00:06:22 (26.7%) | 4:46 | 12.6 (73.3%) |
| 74 | ANDRZEJAK Erwin | 6 | ZDARTE NOSKI | M18 | 24 | 00:23:58.55 | +00:06:29 (27.1%) | 4:47 | 12.5 (72.7%) |
| 75 | OSTAPCZUK Odetta | 170 | MORSY Z JEZIORA KRAKSY | K50 | 1 | 00:23:59.90 | +00:06:31 (27.2%) | 4:47 | 12.5 (72.7%) |
| 76 | BUDYNEK Mateusz | 25 | | M18 | 25 | 00:24:01.15 | +00:06:32 (27.2%) | 4:48 | 12.5 (72.7%) |
| 77 | BANAŚ Małgorzata | 12 | | K18 | 7 | 00:24:05.10 | +00:06:36 (27.4%) | 4:49 | 12.5 (72.7%) |
| 78 | BARGIEL Patryk | 13 | ZIMNOLUBNI ISLANDIA | M18 | 26 | 00:24:08.40 | +00:06:39 (27.6%) | 4:49 | 12.4 (72.1%) |
| 79 | OSOWIECKI Karol | 169 | STOWARZYSZENIE WROCŁAWSKIE MORSY | M18 | 27 | 00:24:10.35 | +00:06:41 (27.7%) | 4:50 | 12.4 (72.1%) |
| 80 | KASPRZYK Bogdan | 88 | KS WILKI POMORSKIE | M50 | 12 | 00:24:12.25 | +00:06:43 (27.8%) | 4:50 | 12.4 (72.1%) |
| 81 | OZIĘBŁO Marcin | 174 | ŻYRARDOWSKIE MORSY | M40 | 30 | 00:24:23.70 | +00:06:54 (28.3%) | 4:52 | 12.3 (71.5%) |
| 82 | GOŁASZEWSKI Robert | 91 | | M18 | 28 | 00:24:29.65 | +00:07:00 (28.6%) | 4:53 | 12.3 (71.5%) |
| 83 | KUSIENICKI Arkadiusz | 118 | ICE SHARKS SILESIA | M18 | 29 | 00:24:30.25 | +00:07:01 (28.7%) | 4:54 | 12.2 (70.9%) |
| 84 | KOLAŃSKI Marcin | 95 | FREESTYLE | M50 | 13 | 00:24:31.50 | +00:07:02 (28.7%) | 4:54 | 12.2 (70.9%) |
| 85 | OGŁOSZKA Dariusz | 161 | BIAŁE MORSY GOSTYNIN-KUTNO | M50 | 14 | 00:24:35.70 | +00:07:06 (28.9%) | 4:55 | 12.2 (70.9%) |
| 86 | KUBIAK Katarzyna | 113 | | K40 | 4 | 00:24:36.30 | +00:07:07 (29.0%) | 4:55 | 12.2 (70.9%) |
| 87 | ŁAKOMIAK Artur | 127 | | M40 | 31 | 00:24:37.65 | +00:07:08 (29.0%) | 4:55 | 12.2 (70.9%) |
| 88 | KALETA Krzysztof | 83 | KAMERALNE MORSY RASZKÓW | M40 | 32 | 00:24:39.55 | +00:07:10 (29.1%) | 4:55 | 12.2 (70.9%) |
| 89 | STACHOWIAK Ryszard | 224 | | M60+ | 1 | 00:24:40.35 | +00:07:11 (29.1%) | 4:56 | 12.2 (70.9%) |
| 90 | ZIELIŃSKI Michał | 298 | 22 ODN | M40 | 33 | 00:24:43.60 | +00:07:14 (29.3%) | 4:56 | 12.1 (70.3%) |
| 91 | WOJDAT Robert | 286 | DRUŻYNA SZPIKU | M40 | 34 | 00:24:50.20 | +00:07:21 (29.6%) | 4:58 | 12.1 (70.3%) |
| 92 | WASZKIEWICZ Wiktor | 272 | CHARZYKOWSKIE MORSY | M18 | 30 | 00:24:51.20 | +00:07:22 (29.7%) | 4:58 | 12.1 (70.3%) |
| 93 | BORYSIONEK Jarosław | 21 | | M50 | 15 | 00:24:54.20 | +00:07:25 (29.8%) | 4:58 | 12 (69.8%) |
| 94 | ZAKRZEWSKA Anna | 293 | STRZEGOMSKA DWUNASTKA | K40 | 5 | 00:24:57.50 | +00:07:28 (30.0%) | 4:59 | 12 (69.8%) |
| 95 | SIKORA Grzegorz | 215 | KKM KALORYFER | M40 | 35 | 00:24:59.25 | +00:07:30 (30.0%) | 4:59 | 12 (69.8%) |
| 96 | DORYWALSKI Artur | 41 | FIGA PRACOWNIA PROJEKTOWA | M40 | 36 | 00:24:59.35 | +00:07:30 (30.0%) | 4:59 | 12 (69.8%) |
| 97 | JESSA Włodek | 77 | ŚREMSKI KLUB MORSÓW MROZIK | M50 | 16 | 00:25:06.40 | +00:07:37 (30.4%) | 5:01 | 12 (69.8%) |
| 98 | MAJEWSKA Aleksandra | 116 | MORSY BOLESŁAWIEC | K50 | 2 | 00:25:09.90 | +00:07:41 (30.5%) | 5:01 | 11.9 (69.2%) |
| 99 | IWON Marcin | 69 | BARTOSZYCKI KLUB MORSÓW 'POLAR' | M40 | 37 | 00:25:11.70 | +00:07:42 (30.6%) | 5:02 | 11.9 (69.2%) |
| 100 | PRAŻANOWSKI Mariusz | 195 | | M40 | 38 | 00:25:11.85 | +00:07:42 (30.6%) | 5:02 | 11.9 (69.2%) |
| 101 | PAWLIKOWSKI Bogusław | 176 | STARE DZIADY | M60+ | 2 | 00:25:14.80 | +00:07:45 (30.8%) | 5:02 | 11.9 (69.2%) |
| 102 | KOSTRZON Maciej | 99 | PIONKOWSKIE MORSY | M50 | 17 | 00:25:18.65 | +00:07:49 (30.9%) | 5:03 | 11.9 (69.2%) |
| 103 | MARCINIAK Rafał | 138 | | M40 | 39 | 00:25:21.85 | +00:07:52 (31.1%) | 5:04 | 11.8 (68.6%) |
| 104 | YANKEY Anna | 290 | LEIGHTON FUN RUNNERS | K18 | 8 | 00:25:22.35 | +00:07:53 (31.1%) | 5:04 | 11.8 (68.6%) |
| 105 | GARUS Tomasz | 53 | HABCORE | M40 | 40 | 00:25:26.75 | +00:07:57 (31.3%) | 5:05 | 11.8 (68.6%) |
| 106 | SZEWCZYK Monika | 238 | KKM KALORYFER | K40 | 6 | 00:25:28.95 | +00:08:00 (31.4%) | 5:05 | 11.8 (68.6%) |
| 107 | MIKULEC Robert | 50 | STRZEGOMSKA DWUNASTKA | M40 | 41 | 00:25:30.80 | +00:08:01 (31.5%) | 5:06 | 11.8 (68.6%) |
| 108 | FEDYCZKOWSKA Justyna | 49 | STRZEGOMSKA DWUNASTKA | K50 | 3 | 00:25:31.35 | +00:08:02 (31.5%) | 5:06 | 11.8 (68.6%) |
| 109 | KACZMAREK Lidia | 81 | KLUB SZALONEGO MORSIA SIERAKÓW | K50 | 4 | 00:25:32.75 | +00:08:03 (31.6%) | 5:06 | 11.7 (68.0%) |
| 110 | PIECHOTA Robert | 181 | POSEJDON KOSZALIN | M50 | 18 | 00:25:33.45 | +00:08:04 (31.6%) | 5:06 | 11.7 (68.0%) |
| 111 | WOLIŃSKA Agnieszka | 287 | BIAŁE MORSY GOSTYNIN-KUTNO | K40 | 7 | 00:25:33.50 | +00:08:04 (31.6%) | 5:06 | 11.7 (68.0%) |
| 112 | RZEPECKA Dominika | 210 | STOWARZYSZENIE WROCŁAWSKIE MORSY | K18 | 9 | 00:25:42.20 | +00:08:13 (32.0%) | 5:08 | 11.7 (68.0%) |
| 113 | SUDER-MAKSYMOWICZ Grzegorz | 232 | | M40 | 42 | 00:25:53.90 | +00:08:25 (32.5%) | 5:10 | 11.6 (67.4%) |
| 114 | MARCINIAK Michał | 139 | ŚREMSKI KLUB MORSÓW MROZIK | M40 | 43 | 00:26:00.05 | +00:08:31 (32.8%) | 5:12 | 11.5 (66.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|----------------------------------|-----------|------|--------------------|-------------------|-----------------|---------------|
| 115 | KĘDZIERSKI Mirosław | 90 | MORSY GŁOGÓW | M60+ | 3 | 00:26:01.65 | +00:08:32 (32.8%) | 5:12 | 11.5 (66.9%) |
| 116 | GOŁASZEWSKA Marzena | 86 | MORSY NA JURZE | K40 | 8 | 00:26:03.90 | +00:08:35 (32.9%) | 5:12 | 11.5 (66.9%) |
| 117 | OSTROWSKI Robert | 171 | ŻYRARDOWSKIE MORSY | M60+ | 4 | 00:26:04.10 | +00:08:35 (32.9%) | 5:12 | 11.5 (66.9%) |
| 118 | PŁÓCIENNIK Renata | 186 | KAMERALNE MORSY RASZKÓW | K60+ | 1 | 00:26:09.20 | +00:08:40 (33.2%) | 5:13 | 11.5 (66.9%) |
| 119 | KĘDZIERSKA Lilianna | 89 | MORSY GŁOGÓW | K50 | 5 | 00:26:09.50 | +00:08:40 (33.2%) | 5:13 | 11.5 (66.9%) |
| 120 | CEITEL Oskar | 27 | JEZIORACY | M18 | 31 | 00:26:12.40 | +00:08:43 (33.3%) | 5:14 | 11.5 (66.9%) |
| 121 | BOGUSŁAWSKA Renata | 19 | KAMERALNE MORSY RASZKÓW | K50 | 6 | 00:26:12.85 | +00:08:43 (33.3%) | 5:14 | 11.5 (66.9%) |
| 122 | NAZIM Tadeusz | 157 | KKM KALORYFER | M60+ | 5 | 00:26:14.20 | +00:08:45 (33.4%) | 5:14 | 11.4 (66.3%) |
| 123 | MASTALERZ Katarzyna | 140 | ŻYRARDOWSKIE MORSY | K40 | 9 | 00:26:14.45 | +00:08:45 (33.4%) | 5:14 | 11.4 (66.3%) |
| 124 | KOZŁOWIECKI Waldemar | 107 | TKKF KOSZALIN | M60+ | 6 | 00:26:18.45 | +00:08:49 (33.5%) | 5:15 | 11.4 (66.3%) |
| 125 | ORŁOWSKA Joanna | 168 | MORSY Z JEZIORA KRAKSY | K18 | 10 | 00:26:28.25 | +00:08:59 (34.0%) | 5:17 | 11.3 (65.7%) |
| 126 | SĘK Michał | 213 | KLUB SPORTOWY AMBER | M18 | 32 | 00:26:35.55 | +00:09:06 (34.3%) | 5:19 | 11.3 (65.7%) |
| 127 | MICHALSKA Małgorzata | 148 | MORSY Z JEZIORA KRAKSY | K40 | 10 | 00:26:35.60 | +00:09:06 (34.3%) | 5:19 | 11.3 (65.7%) |
| 128 | CHOŁUJ Małgorzata | 31 | STOWARZYSZENIE WROCŁAWSKIE MORSY | K60+ | 2 | 00:26:36.85 | +00:09:07 (34.3%) | 5:19 | 11.3 (65.7%) |
| 129 | RAGAN Aneta | 200 | STRZEGOMSKA DWUNASTKA | K40 | 11 | 00:26:41.15 | +00:09:12 (34.5%) | 5:20 | 11.2 (65.1%) |
| 130 | MAŚLANKA Iwona | 141 | NORDIC SPORT 2021 | K50 | 7 | 00:26:43.60 | +00:09:14 (34.6%) | 5:20 | 11.2 (65.1%) |
| 131 | EBELEWICZ Mateusz | 47 | ŚREMSKI KLUB MORSÓW MROZIK | M18 | 33 | 00:26:45.00 | +00:09:16 (34.6%) | 5:21 | 11.2 (65.1%) |
| 132 | DOBRZAŃSKI Marcin | 40 | ŚREMSKI KLUB MORSÓW MROZIK | M18 | 34 | 00:26:46.50 | +00:09:17 (34.7%) | 5:21 | 11.2 (65.1%) |
| 133 | SZAFRAŃSKI Jakub | 236 | ŚREMSKI KLUB MORSÓW MROZIK | M40 | 44 | 00:26:47.85 | +00:09:18 (34.8%) | 5:21 | 11.2 (65.1%) |
| 134 | PIETRASZEK Paweł | 182 | ŻYRARDOWSKIE MORSY | M40 | 45 | 00:26:54.65 | +00:09:25 (35.0%) | 5:22 | 11.2 (65.1%) |
| 135 | KWIATKOWSKA Monika | 121 | KLUB SPORTOWY AMBER | K40 | 12 | 00:26:55.75 | +00:09:26 (35.1%) | 5:23 | 11.1 (64.5%) |
| 136 | WILICKA Elżbieta | 281 | MORSIKI PŁOCK | K50 | 8 | 00:26:57.20 | +00:09:28 (35.1%) | 5:23 | 11.1 (64.5%) |
| 137 | MAJEWSKA Wiola | 136 | STRZEGOMSKA DWUNASTKA | K50 | 9 | 00:26:58.05 | +00:09:29 (35.2%) | 5:23 | 11.1 (64.5%) |
| 138 | KORECKA Joanna | 98 | | K18 | 11 | 00:27:01.40 | +00:09:32 (35.3%) | 5:24 | 11.1 (64.5%) |
| 139 | KUPCZAK Damian | 117 | | M18 | 35 | 00:27:03.50 | +00:09:34 (35.4%) | 5:24 | 11.1 (64.5%) |
| 140 | KOWALEWICZ Bartłomiej | 101 | MORSY CHOCEŃ | M40 | 46 | 00:27:14.35 | +00:09:45 (35.8%) | 5:26 | 11 (64.0%) |
| 141 | ZAJĄC Marcin | 292 | MORSY PMI | M40 | 47 | 00:27:20.80 | +00:09:51 (36.1%) | 5:28 | 11 (64.0%) |
| 142 | WALENDOESKI Tomasz | 264 | ŚREMSKI KLUB MORSÓW MROZIK | M40 | 48 | 00:27:25.95 | +00:09:57 (36.3%) | 5:29 | 10.9 (63.4%) |
| 143 | ŻELAZKO Jarosław | 304 | MORSIKI PSARSKIE | M40 | 49 | 00:27:27.30 | +00:09:58 (36.3%) | 5:29 | 10.9 (63.4%) |
| 144 | TAŻBIREK Bogusław | 251 | KKM KALORYFER | M50 | 19 | 00:27:27.60 | +00:09:58 (36.3%) | 5:29 | 10.9 (63.4%) |
| 145 | TWORSKA Magdalena | 257 | | K18 | 12 | 00:27:29.30 | +00:10:00 (36.4%) | 5:29 | 10.9 (63.4%) |
| 146 | MAĆZKA Michał | 145 | HAPPYRUNNERS | M40 | 50 | 00:27:32.00 | +00:10:03 (36.5%) | 5:30 | 10.9 (63.4%) |
| 147 | ZALEWSKI Sylwester | 294 | VO2MAX RACING TEAM | M40 | 51 | 00:27:44.60 | +00:10:15 (37.0%) | 5:32 | 10.8 (62.8%) |
| 147 | PRZYGODZKI Damian | 197 | ZIMNOLUBNI ISLANDIA | M18 | 36 | 00:27:44.60 | +00:10:15 (37.0%) | 5:32 | 10.8 (62.8%) |
| 149 | SZORCZ Paulina | 241 | MORSIKI PSARSKIE | K18 | 13 | 00:27:45.15 | +00:10:16 (37.0%) | 5:33 | 10.8 (62.8%) |
| 150 | PODBYLSKA Magdalena | 188 | ZMĘCZENI NA STARCIE | K40 | 13 | 00:27:46.15 | +00:10:17 (37.0%) | 5:33 | 10.8 (62.8%) |
| 151 | GĘBSKI Sławomir | 56 | KKM KALORYFER | M60+ | 7 | 00:27:52.95 | +00:10:24 (37.3%) | 5:34 | 10.8 (62.8%) |
| 152 | KOZAK Maciej | 102 | ŚREMSKI KLUB MORSÓW MROZIK | M40 | 52 | 00:27:53.75 | +00:10:24 (37.3%) | 5:34 | 10.8 (62.8%) |
| 153 | OKRASA Krzysztof | 162 | ZGIERZOLUDY | M50 | 20 | 00:27:54.60 | +00:10:25 (37.4%) | 5:34 | 10.8 (62.8%) |
| 154 | POLIKOWSKI Patryk | 192 | | M40 | 53 | 00:27:56.25 | +00:10:27 (37.4%) | 5:35 | 10.7 (62.2%) |
| 155 | STAŃCZYK Sławomir | 227 | SKM MIEDWIANIE | M18 | 37 | 00:27:58.25 | +00:10:29 (37.5%) | 5:35 | 10.7 (62.2%) |
| 156 | DOBRZAŃSKA Agata | 39 | ŚREMSKI KLUB MORSÓW MROZIK | K18 | 14 | 00:27:59.10 | +00:10:30 (37.5%) | 5:35 | 10.7 (62.2%) |
| 157 | SIERPOWSKI Mieczysław | 214 | KAMERALNE MORSY RASZKÓW | M50 | 21 | 00:27:59.25 | +00:10:30 (37.5%) | 5:35 | 10.7 (62.2%) |
| 158 | DUDEK Katarzyna | 42 | LITWIN SPORTS | K18 | 15 | 00:28:05.55 | +00:10:36 (37.8%) | 5:37 | 10.7 (62.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------------|------------|----------------------------------|-----------|------|--------------------|-------------------|-----------------|---------------|
| 159 | ŻÓŁĆ Beata | 305 | DZIKI Z TRÓJMIASTA | K40 | 14 | 00:28:14.15 | +00:10:45 (38.1%) | 5:38 | 10.6 (61.6%) |
| 160 | ŁAZAROWICZ Katarzyna | 129 | | K40 | 15 | 00:28:18.25 | +00:10:49 (38.2%) | 5:39 | 10.6 (61.6%) |
| 161 | ADAMSKI Mariusz | 4 | KAMERALNE MORSY RASZKÓW | M40 | 54 | 00:28:21.30 | +00:10:52 (38.3%) | 5:40 | 10.6 (61.6%) |
| 162 | MACIOROWSKA Emilia | 133 | ZIMNOLUBNI ISLANDIA | K40 | 16 | 00:28:22.20 | +00:10:53 (38.4%) | 5:40 | 10.6 (61.6%) |
| 163 | MACIOROWSKI Adam | 134 | ZIMNOLUBNI ISLANDIA | M40 | 55 | 00:28:22.60 | +00:10:53 (38.4%) | 5:40 | 10.6 (61.6%) |
| 164 | MAJERCZYK-GODLEWSKA Jadwiga | 135 | STOWARZYSZENIE WROCŁAWSKIE MORSY | K50 | 10 | 00:28:29.65 | +00:11:00 (38.6%) | 5:41 | 10.5 (61.0%) |
| 165 | STACHOWIAK Karolina | 223 | KAMERALNE MORSY RASZKÓW | K40 | 17 | 00:28:30.85 | +00:11:01 (38.7%) | 5:42 | 10.5 (61.0%) |
| 166 | KOWAL Grzegorz | 100 | BYLE DO ZIMY | M50 | 22 | 00:28:32.20 | +00:11:03 (38.7%) | 5:42 | 10.5 (61.0%) |
| 167 | WARDZIAK Emilia | 269 | ŻYRARDOWSKIE MORSY | K40 | 18 | 00:28:33.80 | +00:11:04 (38.8%) | 5:42 | 10.5 (61.0%) |
| 168 | PŁÓCIENICZAK Witold | 185 | RUDE MORSY | M50 | 23 | 00:28:36.35 | +00:11:07 (38.9%) | 5:43 | 10.5 (61.0%) |
| 169 | GOŁĘBIEWSKI Kazimierz | 58 | | M40 | 56 | 00:28:36.70 | +00:11:07 (38.9%) | 5:43 | 10.5 (61.0%) |
| 170 | STACHOWIAK Rafał | 222 | KAMERALNE MORSY RASZKÓW | M50 | 24 | 00:28:38.75 | +00:11:09 (39.0%) | 5:43 | 10.5 (61.0%) |
| 171 | CISZEWSKA Kalina | 32 | STOWARZYSZENIE WROCŁAWSKIE MORSY | K40 | 19 | 00:28:39.00 | +00:11:10 (39.0%) | 5:43 | 10.5 (61.0%) |
| 172 | CELER Wiktoria | 28 | NIEZRZESZONA | K40 | 20 | 00:28:46.90 | +00:11:18 (39.3%) | 5:45 | 10.4 (60.5%) |
| 173 | DUMIŃSKI Stanisław | 44 | STRZEGOMSKA DWUNASTKA | M60+ | 8 | 00:28:49.50 | +00:11:20 (39.4%) | 5:45 | 10.4 (60.5%) |
| 174 | OLESIAK Patrycja | 167 | STOWARZYSZENIE WROCŁAWSKIE MORSY | K40 | 21 | 00:28:50.35 | +00:11:21 (39.4%) | 5:46 | 10.4 (60.5%) |
| 175 | WALIGÓRA Irek | 266 | ŚREMSKI KLUB MORSÓW MROZIK | M60+ | 9 | 00:28:59.75 | +00:11:30 (39.7%) | 5:47 | 10.4 (60.5%) |
| 176 | MONDRON Katarzyna | 152 | POSEJDON KOSZALIN | K40 | 22 | 00:29:05.40 | +00:11:36 (39.9%) | 5:49 | 10.3 (59.9%) |
| 177 | CZAPSKI Pawel | 34 | MORSY GOŁUCHÓW | M40 | 57 | 00:29:11.15 | +00:11:42 (40.1%) | 5:50 | 10.3 (59.9%) |
| 178 | MAZURCZAK Mariusz | 142 | MORSY GOLUCHÓW | M40 | 58 | 00:29:11.40 | +00:11:42 (40.1%) | 5:50 | 10.3 (59.9%) |
| 179 | KALINOWSKI Jakub | 85 | MORSY GOŁUCHÓW | M40 | 59 | 00:29:11.65 | +00:11:42 (40.1%) | 5:50 | 10.3 (59.9%) |
| 180 | CZAPSKI Piotr | 33 | MORSY GOŁUCHÓW | M40 | 60 | 00:29:11.75 | +00:11:42 (40.1%) | 5:50 | 10.3 (59.9%) |
| 181 | ŻACZEK Małgorzata | 302 | ZIMNOLUBNI ISLANDIA | K18 | 16 | 00:29:24.30 | +00:11:55 (40.5%) | 5:52 | 10.2 (59.3%) |
| 182 | WALCZAK Agnieszka | 262 | KLUB SZALONEGO MORSA SIERAKÓW | K50 | 11 | 00:29:31.05 | +00:12:02 (40.8%) | 5:54 | 10.2 (59.3%) |
| 183 | KRAUZE Mirela | 108 | STOWARZYSZENIE WROCŁAWSKIE MORSY | K50 | 12 | 00:29:37.50 | +00:12:08 (41.0%) | 5:55 | 10.1 (58.7%) |
| 184 | STRAUBE Bogumił | 228 | MORSY ŚRODA ŚLĄSKA | M40 | 61 | 00:29:39.35 | +00:12:10 (41.1%) | 5:55 | 10.1 (58.7%) |
| 185 | BRONIARZ Przemek | 23 | ŚREMSKI KLUB MORSÓW MROZIK | M18 | 38 | 00:29:41.55 | +00:12:12 (41.1%) | 5:56 | 10.1 (58.7%) |
| 186 | ŚWITAJ Wiesława | 250 | | K50 | 13 | 00:29:54.00 | +00:12:25 (41.5%) | 5:58 | 10 (58.1%) |
| 187 | KRYSTEK Agata | 112 | | K18 | 17 | 00:30:09.90 | +00:12:41 (42.0%) | 6:01 | 10 (58.1%) |
| 188 | WIELAND Lidia | 276 | RUDE MORSY | K50 | 14 | 00:30:13.85 | +00:12:44 (42.2%) | 6:02 | 9.9 (57.6%) |
| 189 | JUSZCZAK Krzysztof | 79 | | M60+ | 10 | 00:30:14.40 | +00:12:45 (42.2%) | 6:02 | 9.9 (57.6%) |
| 190 | ŁĄCZ Rafał | 131 | PIJANE MORSY | M18 | 39 | 00:30:17.30 | +00:12:48 (42.3%) | 6:03 | 9.9 (57.6%) |
| 191 | RADAJEWSKA Justyna | 226 | | K40 | 23 | 00:30:20.65 | +00:12:51 (42.4%) | 6:04 | 9.9 (57.6%) |
| 192 | LEUTNER Andrzej | 123 | BAWARSKIE MORSY | M50 | 25 | 00:30:22.25 | +00:12:53 (42.4%) | 6:04 | 9.9 (57.6%) |
| 193 | MIKOŁAJCZAK Magdalena | 150 | ŚREMSKI KLUB MORSÓW MROZIK | K18 | 18 | 00:30:23.00 | +00:12:54 (42.5%) | 6:04 | 9.9 (57.6%) |
| 194 | BAK Tomasz | 16 | STOWARZYSZENIE WROCŁAWSKIE MORSY | M40 | 62 | 00:30:23.30 | +00:12:54 (42.5%) | 6:04 | 9.9 (57.6%) |
| 195 | SADOWSKA Małgorzata | 211 | BBC KROSNO ODRZAŃSKIE | K50 | 15 | 00:30:24.35 | +00:12:55 (42.5%) | 6:04 | 9.9 (57.6%) |
| 196 | OLESIAK Piotr | 166 | STOWARZYSZENIE WROCŁAWSKIE MORSY | M40 | 63 | 00:30:25.00 | +00:12:56 (42.5%) | 6:05 | 9.9 (57.6%) |
| 197 | OWCZAREK Izabela | 172 | ŚREMSKI KLUB MORSÓW MROZIK | K40 | 24 | 00:30:25.50 | +00:12:56 (42.5%) | 6:05 | 9.9 (57.6%) |
| 198 | TRZEBINSKI Robert | 253 | ZIMNOLUBNI ISLANDIA | M40 | 64 | 00:30:30.90 | +00:13:02 (42.7%) | 6:06 | 9.8 (57.0%) |
| 199 | BAJOR Leszek | 9 | | M18 | 40 | 00:30:35.05 | +00:13:06 (42.8%) | 6:07 | 9.8 (57.0%) |
| 200 | ZDUNEK Justyna | 296 | ANANASY Z 3 FAL | K18 | 19 | 00:30:40.40 | +00:13:11 (43.0%) | 6:08 | 9.8 (57.0%) |
| 201 | KACZMARCZYK Edyta | 80 | | K40 | 25 | 00:30:42.10 | +00:13:13 (43.1%) | 6:08 | 9.8 (57.0%) |
| 202 | ANDRZEJCZYK Ewelina | 7 | ANANASY Z 3 FAL | K18 | 20 | 00:30:45.10 | +00:13:16 (43.2%) | 6:09 | 9.8 (57.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto | | Tempo min/km | Tempo km/h |
|-----|---------------------------------|------------|-------------------------------|-----------|------|--------------------|-------------------|--------------|-------------|
| | | | | | | 5km | Różn | | |
| 203 | KALICKA Anna | 84 | MORSY SIEDLCE | K50 | 16 | 00:30:46.35 | +00:13:17 (43.2%) | 6:09 | 9.8 (57.0%) |
| 204 | BURMAN Tomasz | 26 | ANANASY Z 3 FAL | M18 | 41 | 00:30:47.50 | +00:13:18 (43.2%) | 6:09 | 9.7 (56.4%) |
| 205 | GRUSZCZYŃSKI Kacper | 61 | MORSY ŚRODA ŚLĄSKA | M40 | 65 | 00:30:48.05 | +00:13:19 (43.2%) | 6:09 | 9.7 (56.4%) |
| 206 | KUBICZEK Grzegorz | 114 | MORSY NA JURZE | M60+ | 11 | 00:30:52.25 | +00:13:23 (43.4%) | 6:10 | 9.7 (56.4%) |
| 207 | OKUNIEWICZ Agnieszka | 164 | STRZEGOMSKA DWUNASTKA | K18 | 21 | 00:30:54.85 | +00:13:25 (43.5%) | 6:10 | 9.7 (56.4%) |
| 208 | KOZŁOWSKI Michał | 229 | | M60+ | 12 | 00:30:57.15 | +00:13:28 (43.5%) | 6:11 | 9.7 (56.4%) |
| 209 | RUDZIEWICZ Małgorzata | 208 | RUDE MORSY | K40 | 26 | 00:30:58.20 | +00:13:29 (43.6%) | 6:11 | 9.7 (56.4%) |
| 210 | PŁÓCIENICZAK Sylwia | 184 | RUDE MORSY | K40 | 27 | 00:30:58.60 | +00:13:29 (43.6%) | 6:11 | 9.7 (56.4%) |
| 211 | URBAN Ewelina | 259 | ANANASY Z 3 FAL | K18 | 22 | 00:31:00.50 | +00:13:31 (43.6%) | 6:12 | 9.7 (56.4%) |
| 212 | WACHHOLZ Beata | 261 | | K50 | 17 | 00:31:05.20 | +00:13:36 (43.8%) | 6:13 | 9.7 (56.4%) |
| 213 | MAZUREK Barbara | 143 | | K40 | 28 | 00:31:10.30 | +00:13:41 (43.9%) | 6:14 | 9.6 (55.8%) |
| 214 | JANCZEWSKI Jacek | 71 | | M50 | 26 | 00:31:10.55 | +00:13:41 (43.9%) | 6:14 | 9.6 (55.8%) |
| 215 | ZWONEK Piotr | 300 | KKM KALORYFER | M50 | 27 | 00:31:11.60 | +00:13:42 (44.0%) | 6:14 | 9.6 (55.8%) |
| 216 | KACZMAREK Andrzej | 82 | KLUB SZALONEGO MORSA SIERAKÓW | M50 | 28 | 00:31:22.05 | +00:13:53 (44.3%) | 6:16 | 9.6 (55.8%) |
| 217 | PROTASIUK Artur | 51 | | M18 | 42 | 00:31:42.70 | +00:14:13 (44.9%) | 6:20 | 9.5 (55.2%) |
| 218 | JANICKA Monika | 72 | BYLE DO ZIMY | K50 | 18 | 00:31:43.95 | +00:14:15 (44.9%) | 6:20 | 9.5 (55.2%) |
| 219 | SUDER-MAKSYMOWICZ Monika | 231 | | K40 | 29 | 00:31:45.25 | +00:14:16 (44.9%) | 6:21 | 9.4 (54.7%) |
| 220 | GNIOT Katarzyna | 57 | | K40 | 30 | 00:31:49.90 | +00:14:21 (45.1%) | 6:21 | 9.4 (54.7%) |
| 221 | PRZYBYŁO Sławek | 196 | STRZEGOMSKA DWUNASTKA | M50 | 29 | 00:31:54.60 | +00:14:25 (45.2%) | 6:22 | 9.4 (54.7%) |
| 222 | ŁAZAROWICZ Piotr | 130 | | M50 | 30 | 00:31:54.65 | +00:14:25 (45.2%) | 6:22 | 9.4 (54.7%) |
| 223 | WITKOWSKA Antonina | 283 | ŻYRARDOWSKIE MORSY | K40 | 31 | 00:32:09.95 | +00:14:41 (45.7%) | 6:25 | 9.3 (54.1%) |
| 224 | ULMAN Bożena Ulman | 307 | STARE DZUADY | M50 | 31 | 00:32:11.90 | +00:14:43 (45.7%) | 6:26 | 9.3 (54.1%) |
| 225 | SKONIECZNY Karol | 218 | MORSY GOŁUCHÓW | M40 | 66 | 00:32:13.05 | +00:14:44 (45.7%) | 6:26 | 9.3 (54.1%) |
| 226 | KOZAK Krystyna | 103 | RUDE MORSY | K50 | 19 | 00:32:14.25 | +00:14:45 (45.8%) | 6:26 | 9.3 (54.1%) |
| 227 | SKONIECZNA Anna | 217 | MORSY GOŁUCHÓW | K40 | 32 | 00:32:14.35 | +00:14:45 (45.8%) | 6:26 | 9.3 (54.1%) |
| 227 | WIELAND Przemysław | 277 | RUDE MORSY | M50 | 32 | 00:32:14.35 | +00:14:45 (45.8%) | 6:26 | 9.3 (54.1%) |
| 229 | DZIKIEL Beata | 46 | MORSY GŁOGÓW | K50 | 20 | 00:32:21.70 | +00:14:52 (46.0%) | 6:28 | 9.3 (54.1%) |
| 230 | KLEICHMIDT Ania | 310 | | K50 | 21 | 00:32:22.70 | +00:14:53 (46.0%) | 6:28 | 9.3 (54.1%) |
| 231 | HAJDUK Magdalena | 64 | #CZELADZBIEGA# | K40 | 33 | 00:32:27.35 | +00:14:58 (46.1%) | 6:29 | 9.2 (53.5%) |
| 232 | KLECIEK Arkadiusz | 92 | MORSY NA JURZE | M40 | 67 | 00:32:30.85 | +00:15:01 (46.2%) | 6:30 | 9.2 (53.5%) |
| 233 | JASKULSKI Arkadiusz | 76 | | M60+ | 13 | 00:32:39.35 | +00:15:10 (46.5%) | 6:31 | 9.2 (53.5%) |
| 234 | ZADROŻNA Joanna | 291 | BKM POLAR | K40 | 34 | 00:32:47.60 | +00:15:18 (46.7%) | 6:33 | 9.2 (53.5%) |
| 235 | KUŚNIERZ Dariusz | 119 | BKM POLAR | M60+ | 14 | 00:32:47.85 | +00:15:18 (46.7%) | 6:33 | 9.2 (53.5%) |
| 236 | ZBIGNIEW Mazur | 128 | | M40 | 68 | 00:32:51.25 | +00:15:22 (46.8%) | 6:34 | 9.1 (52.9%) |
| 237 | ULBIN Jadwiga | 258 | | K60+ | 3 | 00:33:11.35 | +00:15:42 (47.3%) | 6:38 | 9 (52.3%) |
| 238 | PIETRZAK Dawid | 263 | | M18 | 43 | 00:33:22.35 | +00:15:53 (47.6%) | 6:40 | 9 (52.3%) |
| 239 | SZYMAŃSKA Hanna | 244 | POZYTYWNI BIEGACZE | K50 | 22 | 00:33:26.00 | +00:15:57 (47.7%) | 6:41 | 9 (52.3%) |
| 240 | SZYMAŃSKI Jacek | 246 | POZYTYWNI BIEGACZE | M50 | 33 | 00:33:26.05 | +00:15:57 (47.7%) | 6:41 | 9 (52.3%) |
| 241 | ŻYWIŃSKA Oliwia | 306 | KKM KALORYFER | M14 | 2 | 00:33:26.70 | +00:15:57 (47.7%) | 6:41 | 9 (52.3%) |
| 242 | ŚMIGIELSKA Justyna | 249 | MORSY NA KOKSIE | K40 | 35 | 00:33:46.60 | +00:16:17 (48.2%) | 6:45 | 8.9 (51.7%) |
| 243 | HORDYJEWICZ Mirosław | 67 | MORSY NA KOKSIE | M50 | 34 | 00:33:47.55 | +00:16:18 (48.3%) | 6:45 | 8.9 (51.7%) |
| 244 | KLECZKOWSKA Ewa | 93 | MORSY BOLESŁAWIEC | K40 | 36 | 00:33:48.00 | +00:16:19 (48.3%) | 6:45 | 8.9 (51.7%) |
| 245 | BARTKOWIAK Aneta | 15 | ŚREMSKI KLUB MORSÓW MROZIK | K18 | 23 | 00:33:50.15 | +00:16:21 (48.3%) | 6:46 | 8.9 (51.7%) |
| 246 | BARTKOWIAK Klaudia | 14 | ŚREMSKI KLUB MORSÓW MROZIK | K18 | 24 | 00:33:51.30 | +00:16:22 (48.4%) | 6:46 | 8.9 (51.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Tempo min/km | Tempo km/h |
|-----|-------------------------------------|------------|----------------------------|-----------|------|--------------------|-------------------|-----------------|---------------|
| | | | | | | netto 5km | Różn | | |
| 247 | ADAMUS Daniel | 5 | STRZEGOMSKA DWUNASTKA | M40 | 69 | 00:34:02.90 | +00:16:34 (48.7%) | 6:48 | 8.8 (51.2%) |
| 248 | SZLAFKA Arkadiusz | 239 | ŚREMSKI KLUB MORSÓW MROZIK | M40 | 70 | 00:34:04.35 | +00:16:35 (48.7%) | 6:48 | 8.8 (51.2%) |
| 249 | POROSŁO-ŻYWIŃSKA Joanna | 194 | KKM KALORYFER | K40 | 37 | 00:34:07.90 | +00:16:39 (48.8%) | 6:49 | 8.8 (51.2%) |
| 250 | KWATERA Danuta | 120 | KKM KALORYFER | K40 | 38 | 00:34:08.45 | +00:16:39 (48.8%) | 6:49 | 8.8 (51.2%) |
| 251 | PODLASIN Aga | 190 | BIAŁE MORSY GOSTYNIN-KUTNO | K18 | 25 | 00:34:11.85 | +00:16:42 (48.9%) | 6:50 | 8.8 (51.2%) |
| 252 | GRUSZCZYŃSKA Dorota | 60 | MORSY ŚRODA ŚLĄSKA | K40 | 39 | 00:34:24.80 | +00:16:55 (49.2%) | 6:52 | 8.7 (50.6%) |
| 253 | STACHOWIAK Barbara | 225 | | K50 | 23 | 00:34:46.15 | +00:17:17 (49.7%) | 6:57 | 8.6 (50.0%) |
| 254 | PUDLISZEWSKA Marzena | 198 | RUDE MORSY | K50 | 24 | 00:34:59.00 | +00:17:30 (50.0%) | 6:59 | 8.6 (50.0%) |
| 255 | WIENCEK Renata | 279 | KAMERALNE MORSY RASZKÓW | K40 | 40 | 00:35:07.75 | +00:17:38 (50.2%) | 7:01 | 8.5 (49.4%) |
| 256 | MONDRON Paweł | 153 | POSEJDON KOSZALIN | M50 | 35 | 00:37:02.45 | +00:19:33 (52.8%) | 7:24 | 8.1 (47.1%) |
| 257 | WARSZAWSKI Rafał | 270 | OSTROWSKIE MORSY | M40 | 71 | 00:37:22.40 | +00:19:53 (53.2%) | 7:28 | 8 (46.5%) |
| 258 | SURMACZ Marcin | 234 | NAGŁE MORSOWANIA BYDGOSZCZ | M40 | 72 | 00:38:05.85 | +00:20:36 (54.1%) | 7:37 | 7.9 (45.9%) |
| 259 | SURMACZ Agata | 233 | NAGŁE MORSOWANIA BYDGOSZCZ | K40 | 41 | 00:38:08.20 | +00:20:39 (54.2%) | 7:37 | 7.9 (45.9%) |
| 260 | NARKIEWICZ-CZURYLO Agnieszka | 155 | ZIMNOLUBNI ISLANDIA | K40 | 42 | 00:38:14.55 | +00:20:45 (54.3%) | 7:38 | 7.8 (45.3%) |
| 261 | RATAJCZYK Ewa | 201 | KLIMA MORSY | K50 | 25 | 00:38:28.70 | +00:20:59 (54.6%) | 7:41 | 7.8 (45.3%) |
| 262 | METRYCKA1 Ania | 147 | MORSY ŁODZ | K50 | 26 | 00:38:32.90 | +00:21:04 (54.7%) | 7:42 | 7.8 (45.3%) |
| 263 | BALICKI Jacek | 11 | BIEGACZ NOWOSOLNA | M60+ | 15 | 00:38:39.30 | +00:21:10 (54.8%) | 7:43 | 7.8 (45.3%) |
| 264 | FRYDRYCH Przemysław | 52 | KEMPER TEAM | M40 | 73 | 00:38:50.10 | +00:21:21 (55.0%) | 7:46 | 7.7 (44.8%) |
| 265 | SZENDZIELORZ Marek | 237 | | M40 | 74 | 00:38:50.60 | +00:21:21 (55.0%) | 7:46 | 7.7 (44.8%) |
| 266 | GAWLE Kinga | 55 | KKM KALORYFER | K40 | 43 | 00:39:17.95 | +00:21:49 (55.5%) | 7:51 | 7.6 (44.2%) |
| 267 | ŁAKOMA Monika | 126 | | K40 | 44 | 00:39:22.15 | +00:21:53 (55.6%) | 7:52 | 7.6 (44.2%) |
| 268 | JARZĄBEK Krzysztof | 75 | RUDE MORSY | M50 | 36 | 00:39:22.20 | +00:21:53 (55.6%) | 7:52 | 7.6 (44.2%) |
| 269 | MIKOŁAJEWICZ Beata | 151 | RUDE MORSY | K50 | 27 | 00:39:22.45 | +00:21:53 (55.6%) | 7:52 | 7.6 (44.2%) |
| 270 | TURKIEWICZ Radosław | 256 | RUDE MORSY | M50 | 37 | 00:39:22.85 | +00:21:53 (55.6%) | 7:52 | 7.6 (44.2%) |
| 271 | BORKOWSKA Arletta | 20 | MORSY SIEDLCE | K40 | 45 | 00:39:29.20 | +00:22:00 (55.7%) | 7:53 | 7.6 (44.2%) |
| 272 | SZJAR Sylwia | 240 | MORSY Z JEZIORA KRAKSY | K40 | 46 | 00:39:30.75 | +00:22:01 (55.8%) | 7:54 | 7.6 (44.2%) |
| 273 | BIAŁEK Justyna | 17 | MORSY Z JEZIORA KRAKSY | K60+ | 4 | 00:39:31.40 | +00:22:02 (55.8%) | 7:54 | 7.6 (44.2%) |
| 274 | DOBACZEWSKA Iwona | 37 | ŻYRARDOWSKIE MORSY | K40 | 47 | 00:40:29.40 | +00:23:00 (56.8%) | 8:05 | 7.4 (43.0%) |
| 275 | CHMIELECKA Monika | 30 | ŻYRARDOWSKIE MORSY | K40 | 48 | 00:40:29.75 | +00:23:00 (56.8%) | 8:05 | 7.4 (43.0%) |
| 276 | KAZMIERCZAK Ryszard | 212 | | M18 | 44 | 00:41:19.00 | +00:23:50 (57.7%) | 8:15 | 7.3 (42.4%) |
| 277 | KOCISZEWSKI Jarek | 204 | MORSY PAKOSC | M40 | 75 | 00:41:19.75 | +00:23:50 (57.7%) | 8:15 | 7.3 (42.4%) |
| 278 | SIMINSKA Monika | 216 | MORSY PAKOŚĆ | K40 | 49 | 00:41:19.80 | +00:23:50 (57.7%) | 8:15 | 7.3 (42.4%) |
| 279 | SOMMER Robert | 219 | MIŁA | M60+ | 16 | 00:41:19.95 | +00:23:51 (57.7%) | 8:15 | 7.3 (42.4%) |
| 280 | DZIECIELSKA Agnieszka | 45 | | K40 | 50 | 00:41:41.05 | +00:24:12 (58.1%) | 8:20 | 7.2 (41.9%) |
| 281 | KUREK Renata | 254 | | K18 | 26 | 00:41:42.30 | +00:24:13 (58.1%) | 8:20 | 7.2 (41.9%) |
| 282 | RATAJCZYK Grzegorz | 202 | KLIMA MORSY | M50 | 38 | 00:41:44.95 | +00:24:16 (58.1%) | 8:20 | 7.2 (41.9%) |
| 283 | ADAMSKA Katarzyna | 3 | KAMERALNE MORSY RASZKÓW | K18 | 27 | 00:41:52.35 | +00:24:23 (58.3%) | 8:22 | 7.2 (41.9%) |
| 284 | POPRAWA Renata | 193 | MORSY OSTRÓW WIELKOPOLSKI | K40 | 51 | 00:41:53.00 | +00:24:24 (58.3%) | 8:22 | 7.2 (41.9%) |
| 285 | ROGULSKA Ewa | 203 | ZIMNOLUBNI ISLANDIA | K60+ | 5 | 00:42:32.45 | +00:25:03 (58.9%) | 8:30 | 7.1 (41.3%) |
| 286 | KLOCIŃSKA Monika | 94 | ŻYRARDOWSKIE MORSY | K40 | 52 | 00:44:25.90 | +00:26:57 (60.7%) | 8:53 | 6.8 (39.5%) |
| 287 | ZYDOŁOWICZ Mirosława | 301 | BAWARSKIE MORSY | K40 | 53 | 00:44:27.25 | +00:26:58 (60.7%) | 8:53 | 6.7 (39.0%) |
| 288 | LEUTNER Grazyna | 124 | | K50 | 28 | 00:44:27.90 | +00:26:59 (60.7%) | 8:53 | 6.7 (39.0%) |
| 289 | SZYMAŃSKA Aleksandra | 243 | KLIMA MORSY WRZEŚNIA | K40 | 54 | 00:44:44.40 | +00:27:15 (60.9%) | 8:56 | 6.7 (39.0%) |
| 290 | SZYMAŃSKI Radosław | 245 | KLIMA MORSY WRZEŚNIA | M40 | 76 | 00:44:45.00 | +00:27:16 (60.9%) | 8:57 | 6.7 (39.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|----------------------------|-----------|------|--------------------|-------------------|--------------|-------------|
| 291 | IWAŃSKA Sylwia | 68 | MORSY Z JEZIORA KRAKSY | K40 | 55 | 00:44:57.25 | +00:27:28 (61.1%) | 8:59 | 6.7 (39.0%) |
| 292 | KOZICKA Ewa | 104 | MORSY Z JEZIORA KRAKSY | K50 | 29 | 00:44:57.95 | +00:27:29 (61.1%) | 8:59 | 6.7 (39.0%) |
| 293 | PERŁOWSKA Justyna | 177 | ŻYRARDOWSKIE MORSY | K40 | 56 | 00:45:43.35 | +00:28:14 (61.8%) | 9:08 | 6.6 (38.4%) |
| 294 | WALENDOWSKA Monika | 265 | ŚREMSKI KLUB MORSÓW MROZIK | K40 | 57 | 00:47:40.65 | +00:30:11 (63.3%) | 9:32 | 6.3 (36.6%) |
| 295 | ROZMIAREK Agnieszka | 205 | ŚREMSKI KLUB MORSÓW MROZIK | K18 | 28 | 00:47:40.85 | +00:30:11 (63.3%) | 9:32 | 6.3 (36.6%) |
| 296 | GREGORCZYK Jarosław | 59 | MORSY Z JEZIORA KRAKSY | M40 | 77 | 00:49:50.50 | +00:32:21 (64.9%) | 9:58 | 6 (34.9%) |
| 297 | KOZIOŁ Ewa | 106 | MORSY Z JEZIORA KRAKSY | K50 | 30 | 00:49:50.70 | +00:32:21 (64.9%) | 9:58 | 6 (34.9%) |

Znaleziono 297 wynik(ów)