



# BIEG ŚNIADANIOWY / KLUBOWE MISTRZOSTWA MORSÓW

B4SPORT

**Organizator:** Centrum Kultury Mielno  
**Data:** 2023-02-11  
**Miejsce:** Mielno  
**Dystans:** 5 km



Klasyfikacja: OPEN -M

| Msc | Zawodnik               | Numer | Klub                           | Kategoria | Mkat | Czas netto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|------------------------|-------|--------------------------------|-----------|------|----------------|-------------------|--------------|--------------|
| 1   | JARECKI Ireneusz       | 79    |                                | M50       | 1    | 00:18:59.15    |                   | 3:47         | 15.8 (100%)  |
| 2   | ZIELINSKI Sławomir     | 279   | MORSY ROSKILDE.DK              | M40       | 1    | 00:19:07.15    | +00:00:08 (0.7%)  | 3:49         | 15.7 (99.4%) |
| 3   | BOŻEK Artur            | 295   |                                | M18       | 1    | 00:19:19.15    | +00:00:20 (1.7%)  | 3:51         | 15.5 (98.1%) |
| 4   | OKUNIEWICZ Wojciech    | 164   | STRZEGOMSKA DWUNASTKA          | M40       | 2    | 00:19:27.20    | +00:00:28 (2.4%)  | 3:53         | 15.4 (97.5%) |
| 5   | OWCZAREK Jakub         | 168   | JUTROSINSKI KLUB MORSÓW        | M18       | 2    | 00:19:43.15    | +00:00:44 (3.7%)  | 3:56         | 15.2 (96.2%) |
| 6   | TROCHIMIUK Andrzej     | 246   | MORSY JELENIN                  | M40       | 3    | 00:19:50.55    | +00:00:51 (4.3%)  | 3:58         | 15.1 (95.6%) |
| 7   | PICK Tomasz            | 176   | BIEGOLAS KOSZALIN              | M50       | 2    | 00:20:11.50    | +00:01:12 (6.0%)  | 4:02         | 14.9 (94.3%) |
| 8   | RACHAŃSKI Michał       | 195   | ROCK BALANCING ICE             | M18       | 3    | 00:20:39.25    | +00:01:40 (8.1%)  | 4:07         | 14.5 (91.8%) |
| 9   | ŚLIWIŃSKI Bartosz      | 244   |                                | M18       | 4    | 00:21:12.05    | +00:02:12 (10.4%) | 4:14         | 14.2 (89.9%) |
| 10  | SĘK Michał             | 201   | AMBER KLUB TOMASZOW MAZOWIECKI | M18       | 5    | 00:21:26.15    | +00:02:27 (11.4%) | 4:17         | 14 (88.6%)   |
| 11  | PERŁOWSKI Kamil        | 174   | ŻYRARDOWSKIE MORSY             | M18       | 6    | 00:21:41.45    | +00:02:42 (12.5%) | 4:20         | 13.8 (87.3%) |
| 12  | GROBELNY Sebastian     | 66    | FOLLOW MORS                    | M40       | 4    | 00:21:46.60    | +00:02:47 (12.8%) | 4:21         | 13.8 (87.3%) |
| 13  | DUMIŃSKI Tomasz        | 42    | STRZEGOMSKA DWUNASTKA          | M40       | 5    | 00:21:47.10    | +00:02:47 (12.8%) | 4:21         | 13.8 (87.3%) |
| 14  | BARSZCZEWSKI Sebastian | 12    |                                | M40       | 6    | 00:21:52.10    | +00:02:52 (13.2%) | 4:22         | 13.7 (86.7%) |
| 15  | SOSNOWSKI Rafał        | 212   | KLUB MORSZA BESKID MAŁY        | M40       | 7    | 00:21:53.15    | +00:02:54 (13.3%) | 4:22         | 13.7 (86.7%) |
| 16  | WIENCEK Artur          | 263   | KAMERALNE MORSY RASZKÓW        | M40       | 8    | 00:21:57.95    | +00:02:58 (13.6%) | 4:23         | 13.7 (86.7%) |
| 17  | CHABOWSKI Tomasz       | 32    | MALBORSKIE MORSY               | M50       | 3    | 00:22:17.55    | +00:03:18 (14.8%) | 4:27         | 13.5 (85.4%) |
| 18  | RUDZIEWICZ Mariusz     | 198   | RUDE MORSY                     | M40       | 9    | 00:22:26.45    | +00:03:27 (15.4%) | 4:29         | 13.4 (84.8%) |
| 19  | NOWICKI Mariusz        | 159   | TUPTAŃSKO                      | M18       | 7    | 00:22:29.05    | +00:03:29 (15.6%) | 4:29         | 13.3 (84.2%) |
| 20  | MENZEL Stanisław       | 148   | ŚREMSKI KLUB MORSÓW MROZIK     | M50       | 4    | 00:22:31.85    | +00:03:32 (15.7%) | 4:30         | 13.3 (84.2%) |
| 21  | PIASKOWSKI Artur       | 175   |                                | M40       | 10   | 00:22:34.50    | +00:03:35 (15.9%) | 4:30         | 13.3 (84.2%) |
| 22  | KULAWIAK Bogdan        | 118   | BIAŁYMIŚ                       | M50       | 5    | 00:22:38.55    | +00:03:39 (16.1%) | 4:31         | 13.3 (84.2%) |
| 23  | WEGNER Tomasz          | 298   |                                | M40       | 11   | 00:22:47.50    | +00:03:48 (16.7%) | 4:33         | 13.2 (83.5%) |
| 24  | SPAŁEK Marcin          | 213   | SOPEL DOBRODZIEŃ               | M18       | 8    | 00:22:54.20    | +00:03:55 (17.1%) | 4:34         | 13.1 (82.9%) |
| 25  | MĘKARSKI Sławomir      | 149   | KS AMBER                       | M50       | 6    | 00:23:07.25    | +00:04:08 (17.9%) | 4:37         | 13 (82.3%)   |
| 26  | PLUSKOTA Przemysław    | 179   |                                | M50       | 7    | 00:23:08.50    | +00:04:09 (18.0%) | 4:37         | 13 (82.3%)   |

| Msc | Zawodnik                          | Numer      | Klub                              | Kategoria | Mkat | Czas netto         | Różn              | Tempo min/km | Tempo km/h   |
|-----|-----------------------------------|------------|-----------------------------------|-----------|------|--------------------|-------------------|--------------|--------------|
|     |                                   |            |                                   |           |      | 5km                |                   |              |              |
| 27  | <b>SZYDŁOWSKI Michał</b>          | <b>240</b> |                                   | M18       | 9    | <b>00:23:09.15</b> | +00:04:10 (18.0%) | 4:37         | 13 (82.3%)   |
| 28  | <b>OWCZARZ Marcin</b>             | <b>170</b> | FIGA PRACOWNIA PROJEKTOWA         | M18       | 10   | <b>00:23:15.75</b> | +00:04:16 (18.4%) | 4:39         | 12.9 (81.6%) |
| 29  | <b>WĘCLEWSKI Robert</b>           | <b>260</b> | ŚREMSKI KLUB MORSÓW MROZIK        | M40       | 12   | <b>00:23:16.15</b> | +00:04:17 (18.4%) | 4:39         | 12.9 (81.6%) |
| 30  | <b>GAWEŁ Artur</b>                | <b>296</b> |                                   | M18       | 11   | <b>00:23:16.95</b> | +00:04:17 (18.5%) | 4:39         | 12.9 (81.6%) |
| 31  | <b>IWON Marcin</b>                | <b>75</b>  | BARTOSZYCKI KLUB MORSÓW POLAR     | M40       | 13   | <b>00:23:45.70</b> | +00:04:46 (20.1%) | 4:45         | 12.6 (79.7%) |
| 32  | <b>BUDYNEK Mateusz</b>            | <b>27</b>  |                                   | M18       | 12   | <b>00:23:50.90</b> | +00:04:51 (20.4%) | 4:46         | 12.6 (79.7%) |
| 33  | <b>KOSMALA Waldemar</b>           | <b>111</b> |                                   | M40       | 14   | <b>00:23:57.75</b> | +00:04:58 (20.8%) | 4:47         | 12.5 (79.1%) |
| 34  | <b>BOCHEŃSKI Rafał</b>            | <b>20</b>  | KKM KALORYFER                     | M40       | 15   | <b>00:23:58.85</b> | +00:04:59 (20.8%) | 4:47         | 12.5 (79.1%) |
| 35  | <b>FEDYCZKOWSKI Edward</b>        | <b>49</b>  | STRZEGOMSKA DWUNASTKA             | M50       | 8    | <b>00:24:06.25</b> | +00:05:07 (21.2%) | 4:49         | 12.4 (78.5%) |
| 36  | <b>SUDER-MAKSYMOWICZ Grzegorz</b> | <b>233</b> |                                   | M40       | 16   | <b>00:24:06.95</b> | +00:05:07 (21.3%) | 4:49         | 12.4 (78.5%) |
| 37  | <b>RUDEK Marcin</b>               | <b>196</b> | MORSY RACIBÓRZ                    | M40       | 17   | <b>00:24:07.35</b> | +00:05:08 (21.3%) | 4:49         | 12.4 (78.5%) |
| 38  | <b>RUSINEK Łukasz</b>             | <b>292</b> |                                   | M40       | 18   | <b>00:24:13.75</b> | +00:05:14 (21.6%) | 4:50         | 12.4 (78.5%) |
| 38  | <b>HOREGLAD Paweł</b>             | <b>72</b>  | SPEEDY GONZALES                   | M18       | 13   | <b>00:24:13.75</b> | +00:05:14 (21.6%) | 4:50         | 12.4 (78.5%) |
| 40  | <b>STRZELECKI Grzegorz</b>        | <b>231</b> | FIGA PRACOWNIA PROJEKTOWA         | M40       | 19   | <b>00:24:17.00</b> | +00:05:17 (21.8%) | 4:51         | 12.4 (78.5%) |
| 41  | <b>SZYPULSKI Michał</b>           | <b>243</b> | FIGA PRACOWNIA PROJEKTOWA         | M18       | 14   | <b>00:24:18.55</b> | +00:05:19 (21.9%) | 4:51         | 12.3 (77.8%) |
| 42  | <b>OGŁOSZKA Dariusz</b>           | <b>163</b> | BIĄŁE MORSY GOSTYNIN-KUTNO        | M50       | 9    | <b>00:24:19.50</b> | +00:05:20 (21.9%) | 4:51         | 12.3 (77.8%) |
| 43  | <b>PARZYBUT Jan</b>               | <b>171</b> | BRACTWO MORSÓW PNIEWY             | M50       | 10   | <b>00:24:24.35</b> | +00:05:25 (22.2%) | 4:52         | 12.3 (77.8%) |
| 44  | <b>GUZEK Mariusz</b>              | <b>70</b>  | BIĄŁE MORSY GOSTYNIN-KUTNO        | M40       | 20   | <b>00:24:25.75</b> | +00:05:26 (22.3%) | 4:53         | 12.3 (77.8%) |
| 45  | <b>MUCHAJER Stanisław</b>         | <b>153</b> |                                   | M60+      | 1    | <b>00:24:34.25</b> | +00:05:35 (22.7%) | 4:54         | 12.2 (77.2%) |
| 46  | <b>REIMAN Marcin</b>              | <b>204</b> |                                   | M40       | 21   | <b>00:24:36.50</b> | +00:05:37 (22.8%) | 4:55         | 12.2 (77.2%) |
| 47  | <b>SIEPIETOWSKI Krzysztof</b>     | <b>202</b> | BAWARSKIE MORSY                   | M18       | 15   | <b>00:24:42.65</b> | +00:05:43 (23.2%) | 4:56         | 12.1 (76.6%) |
| 48  | <b>JELEŃ Marek</b>                | <b>83</b>  | PARKRUN CHRZANÓW                  | M50       | 11   | <b>00:24:44.05</b> | +00:05:44 (23.2%) | 4:56         | 12.1 (76.6%) |
| 49  | <b>KORCZAK Piotr</b>              | <b>107</b> | BAWARSKIE MORSY                   | M18       | 16   | <b>00:24:51.05</b> | +00:05:51 (23.6%) | 4:58         | 12.1 (76.6%) |
| 50  | <b>WOJDAT Robert</b>              | <b>270</b> | DRUŻYNA SZPIKU                    | M40       | 22   | <b>00:24:54.20</b> | +00:05:55 (23.8%) | 4:58         | 12 (75.9%)   |
| 51  | <b>KALETA Krzysztof</b>           | <b>90</b>  | KAMERALNE MORSY RASZKÓW           | M40       | 23   | <b>00:24:55.25</b> | +00:05:56 (23.8%) | 4:59         | 12 (75.9%)   |
| 52  | <b>KASPRZYK Bogdan</b>            | <b>95</b>  |                                   | M50       | 12   | <b>00:24:56.00</b> | +00:05:56 (23.9%) | 4:59         | 12 (75.9%)   |
| 53  | <b>TYLUS Rafał</b>                | <b>251</b> |                                   | M40       | 24   | <b>00:24:56.55</b> | +00:05:57 (23.9%) | 4:59         | 12 (75.9%)   |
| 54  | <b>PODBYLSKI Łukasz</b>           | <b>183</b> |                                   | M40       | 25   | <b>00:24:59.05</b> | +00:05:59 (24.0%) | 4:59         | 12 (75.9%)   |
| 55  | <b>JESSA Włodzimierz</b>          | <b>85</b>  | ŚREMSKI KLUB MORSÓW MROZIK        | M50       | 13   | <b>00:25:05.95</b> | +00:06:06 (24.4%) | 5:01         | 12 (75.9%)   |
| 56  | <b>KULIK Paweł</b>                | <b>119</b> | MORSY SIEDLCE                     | M18       | 17   | <b>00:25:07.05</b> | +00:06:07 (24.4%) | 5:01         | 11.9 (75.3%) |
| 57  | <b>ANDRZEJCZAK Erwin</b>          | <b>293</b> |                                   | M18       | 18   | <b>00:25:15.90</b> | +00:06:16 (24.9%) | 5:03         | 11.9 (75.3%) |
| 58  | <b>KĘDZIERSKI Mirosław</b>        | <b>97</b>  | BABKI Z KLASA                     | M60+      | 2    | <b>00:25:19.30</b> | +00:06:20 (25.0%) | 5:03         | 11.8 (74.7%) |
| 59  | <b>ZAPAŚNIK Miłosz</b>            | <b>278</b> | STRZEGOMSKA DWUNASTKA             | M18       | 19   | <b>00:25:22.60</b> | +00:06:23 (25.2%) | 5:04         | 11.8 (74.7%) |
| 60  | <b>MĄCZKA Michał</b>              | <b>146</b> |                                   | M18       | 20   | <b>00:25:24.80</b> | +00:06:25 (25.3%) | 5:04         | 11.8 (74.7%) |
| 61  | <b>CZERNIEWSKI Marcin</b>         | <b>35</b>  | 7JEDEN                            | M18       | 21   | <b>00:25:24.90</b> | +00:06:25 (25.3%) | 5:04         | 11.8 (74.7%) |
| 62  | <b>PIECHOTA Robert</b>            | <b>177</b> | POSEJDON- KOSZALIŃSKI KLUB MORSÓW | M50       | 14   | <b>00:25:33.75</b> | +00:06:34 (25.7%) | 5:06         | 11.7 (74.1%) |
| 63  | <b>SMACHA Damian</b>              | <b>209</b> | NIEZRZESZONY                      | M18       | 22   | <b>00:25:34.80</b> | +00:06:35 (25.8%) | 5:06         | 11.7 (74.1%) |
| 64  | <b>JANAS Mariusz</b>              | <b>297</b> |                                   | M40       | 26   | <b>00:25:36.05</b> | +00:06:36 (25.8%) | 5:07         | 11.7 (74.1%) |
| 65  | <b>CZERWIŃSKI Krzysztof</b>       | <b>249</b> |                                   | M18       | 23   | <b>00:26:02.10</b> | +00:07:02 (27.1%) | 5:12         | 11.5 (72.8%) |
| 66  | <b>KALINOWSKI Jakub</b>           | <b>93</b>  | DUNPOL                            | M18       | 24   | <b>00:26:08.45</b> | +00:07:09 (27.4%) | 5:13         | 11.5 (72.8%) |
| 67  | <b>JANIAK Leszek</b>              | <b>77</b>  | BIĄŁE MORSY GOSTYNIN-KUTNO        | M18       | 25   | <b>00:26:14.45</b> | +00:07:15 (27.6%) | 5:14         | 11.4 (72.2%) |
| 68  | <b>PUDEŁKO Dariusz</b>            | <b>193</b> | STELLANTIS ACTIVE TEAM            | M50       | 15   | <b>00:26:52.20</b> | +00:07:53 (29.3%) | 5:22         | 11.2 (70.9%) |
| 69  | <b>ADAMUS Daniel</b>              | <b>6</b>   | STRZEGOMSKA DWUNASTKA             | M40       | 27   | <b>00:27:00.55</b> | +00:08:01 (29.7%) | 5:24         | 11.1 (70.3%) |
| 70  | <b>MATŁOSZ Juliusz</b>            | <b>144</b> |                                   | M40       | 28   | <b>00:27:06.20</b> | +00:08:07 (30.0%) | 5:25         | 11.1 (70.3%) |

| Msc | Zawodnik                | Numer | Klub                          | Kategoria | Mkat | Czas netto  | Różn              | Tempo min/km | Tempo km/h   |
|-----|-------------------------|-------|-------------------------------|-----------|------|-------------|-------------------|--------------|--------------|
|     |                         |       |                               |           |      | 5km         |                   |              |              |
| 71  | KOZŁOWSKI Adam          | 114   |                               | M40       | 29   | 00:27:18.50 | +00:08:19 (30.5%) | 5:27         | 11 (69.6%)   |
| 72  | STRONGOWSKI Krzysztof   | 229   | MORSJANKI & MORSJANIE         | M40       | 30   | 00:27:32.15 | +00:08:33 (31.1%) | 5:30         | 10.9 (69.0%) |
| 73  | PASOŃ Krzysztof         | 172   | BODY MORS TARNOBRZEG          | M50       | 16   | 00:27:32.45 | +00:08:33 (31.1%) | 5:30         | 10.9 (69.0%) |
| 74  | WÓJCIK Przemysław       | 274   |                               | M18       | 26   | 00:27:39.95 | +00:08:40 (31.4%) | 5:31         | 10.8 (68.4%) |
| 75  | PŁACZKOWSKI Krzysztof   | 180   |                               | M40       | 31   | 00:27:45.60 | +00:08:46 (31.6%) | 5:33         | 10.8 (68.4%) |
| 76  | STACHNIK Bartłomiej     | 214   | SOPOCKI KLUB MORSÓW           | M40       | 32   | 00:27:46.55 | +00:08:47 (31.6%) | 5:33         | 10.8 (68.4%) |
| 77  | BŁAŻEWSKI Marek         | 18    | SOPEL DOBRODZIEŃ              | M50       | 17   | 00:27:48.80 | +00:08:49 (31.7%) | 5:33         | 10.8 (68.4%) |
| 78  | NAZIM Tadeusz           | 155   | KKM KALORYFER                 | M60+      | 3    | 00:28:01.75 | +00:09:02 (32.3%) | 5:36         | 10.7 (67.7%) |
| 79  | MATLAK Piotr            | 143   | KRÓLEWSKIE MORSY GNIEZNO      | M50       | 18   | 00:28:01.85 | +00:09:02 (32.3%) | 5:36         | 10.7 (67.7%) |
| 80  | ZBOREK Adam             | 288   |                               | M40       | 33   | 00:28:09.10 | +00:09:09 (32.6%) | 5:37         | 10.7 (67.7%) |
| 81  | SERWA Mariusz           | 200   |                               | M50       | 19   | 00:28:18.55 | +00:09:19 (32.9%) | 5:39         | 10.6 (67.1%) |
| 82  | WIŚNIEWSKI Rafał        | 248   |                               | M40       | 34   | 00:28:22.20 | +00:09:23 (33.1%) | 5:40         | 10.6 (67.1%) |
| 83  | ADAMCZUK Roman          | 1     |                               | M50       | 20   | 00:28:32.80 | +00:09:33 (33.5%) | 5:42         | 10.5 (66.5%) |
| 84  | JUSZCZAK Krzysztof      | 87    |                               | M60+      | 4    | 00:28:32.85 | +00:09:33 (33.5%) | 5:42         | 10.5 (66.5%) |
| 85  | PIOTROWSKI Grzegorz     | 221   | STRZEGOMSKA DWUNASTKA         | M40       | 35   | 00:28:33.10 | +00:09:33 (33.5%) | 5:42         | 10.5 (66.5%) |
| 86  | GOŁĘBIEWSKI Kazimierz   | 62    | KEMPER TEAM                   | M40       | 36   | 00:28:34.70 | +00:09:35 (33.6%) | 5:42         | 10.5 (66.5%) |
| 87  | PISANIAK Dariusz        | 178   | BORGWARNER                    | M50       | 21   | 00:28:37.45 | +00:09:38 (33.7%) | 5:43         | 10.5 (66.5%) |
| 88  | PAWLUS Grzegorz         | 173   | KLUB MORSZA BESKID MAŁY       | M18       | 27   | 00:28:39.70 | +00:09:40 (33.8%) | 5:43         | 10.5 (66.5%) |
| 89  | BOBROWSKI Przemysław    | 19    |                               | M50       | 22   | 00:28:53.35 | +00:09:54 (34.3%) | 5:46         | 10.4 (65.8%) |
| 90  | MARCINIAK Michał        | 141   | ŚREMSKI KLUB MORSÓW MROZIK    | M40       | 37   | 00:29:05.00 | +00:10:05 (34.7%) | 5:49         | 10.3 (65.2%) |
| 91  | STRAWA Arkadiusz        | 227   | POZYTYWNIEM ZMORSOWANI        | M40       | 38   | 00:29:34.70 | +00:10:35 (35.8%) | 5:54         | 10.1 (63.9%) |
| 92  | WALIGORA Irek           | 257   | ŚREMSKI KLUB MORSÓW MROZIK    | M50       | 23   | 00:29:38.80 | +00:10:39 (36.0%) | 5:55         | 10.1 (63.9%) |
| 93  | SOCZEWKA Daniel         | 210   | MORSY SIEDLCE                 | M40       | 39   | 00:29:40.00 | +00:10:40 (36.0%) | 5:56         | 10.1 (63.9%) |
| 94  | ŁAWNICZAK Nikodem       | 134   | JUTROSINSKI KLUB MORSÓW       | M14       | 1    | 00:29:47.65 | +00:10:48 (36.3%) | 5:57         | 10.1 (63.9%) |
| 95  | JESSA Grażyna           | 84    | ŚREMSKI KLUB MORSÓW MROZIK    | M50       | 24   | 00:29:59.55 | +00:11:00 (36.7%) | 5:59         | 10 (63.3%)   |
| 96  | ŚMIGIEL Arkadiusz       | 290   |                               | M40       | 40   | 00:30:04.35 | +00:11:05 (36.9%) | 6:00         | 10 (63.3%)   |
| 97  | ADAMSKI Mariusz         | 5     | KAMERALNE MORSY RASZKÓW       | M40       | 41   | 00:30:11.15 | +00:11:12 (37.1%) | 6:02         | 9.9 (62.7%)  |
| 98  | SADOWSKI Dariusz        | 289   |                               | M50       | 25   | 00:30:11.55 | +00:11:12 (37.1%) | 6:02         | 9.9 (62.7%)  |
| 99  | PRZYBYSZ Bartosz        | 192   | TURYŚCI TEAM                  | M18       | 28   | 00:30:21.90 | +00:11:22 (37.5%) | 6:04         | 9.9 (62.7%)  |
| 100 | GRAFIK Grzegorz         | 64    | JUTROSINSKI KLUB MORSÓW       | M50       | 26   | 00:30:23.20 | +00:11:24 (37.5%) | 6:04         | 9.9 (62.7%)  |
| 101 | DUDA Marek              | 40    | JUTROSINSKI KLUB MORSÓW       | M40       | 42   | 00:30:24.35 | +00:11:25 (37.6%) | 6:04         | 9.9 (62.7%)  |
| 102 | KOMRUS Sławek           | 280   |                               | M40       | 43   | 00:30:31.30 | +00:11:32 (37.8%) | 6:06         | 9.8 (62.0%)  |
| 103 | MIELCZAREK Kazimierz    | 283   |                               | M40       | 44   | 00:30:55.65 | +00:11:56 (38.6%) | 6:11         | 9.7 (61.4%)  |
| 104 | GWIZDAŁA Daniel         | 71    | ROCK BALANCING ICE            | M40       | 45   | 00:31:01.80 | +00:12:02 (38.8%) | 6:12         | 9.7 (61.4%)  |
| 105 | DUMIŃSKI Stanisław      | 43    | STRZEGOMSKA DWUNASTKA         | M60+      | 5    | 00:31:08.05 | +00:12:08 (39.0%) | 6:13         | 9.6 (60.8%)  |
| 106 | GĘBSKI Sławomir         | 55    | KKM KALORYFER                 | M50       | 27   | 00:31:09.10 | +00:12:09 (39.1%) | 6:13         | 9.6 (60.8%)  |
| 107 | SUDER-MAKSYMOWICZ Filip | 234   | UKS SOKÓŁ USTRONIE MORSKIE    | M14       | 2    | 00:31:10.50 | +00:12:11 (39.1%) | 6:14         | 9.6 (60.8%)  |
| 108 | ANZEL Paweł             | 10    | MORSY ŚRODA ŚLĄSKA            | M40       | 46   | 00:31:12.85 | +00:12:13 (39.2%) | 6:14         | 9.6 (60.8%)  |
| 109 | KACZMAREK Andrzej       | 89    |                               | M50       | 28   | 00:31:17.95 | +00:12:18 (39.3%) | 6:15         | 9.6 (60.8%)  |
| 110 | STANKIEWICZ Paweł       | 220   | BARTOSZYCKI KLUB MORSÓW POLAR | M18       | 29   | 00:31:19.10 | +00:12:19 (39.4%) | 6:15         | 9.6 (60.8%)  |
| 111 | OBARZANEK Kamil         | 161   | BARTOSZYCKI KLUB MORSÓW POLAR | M18       | 30   | 00:31:19.40 | +00:12:20 (39.4%) | 6:15         | 9.6 (60.8%)  |
| 112 | STACHOWIAK Rafał        | 217   | KAMERALNE MORSY RASZKÓW       | M40       | 47   | 00:31:22.20 | +00:12:23 (39.5%) | 6:16         | 9.6 (60.8%)  |
| 113 | KLAFETKA Mateusz        | 101   | PESA SPORT                    | M18       | 31   | 00:31:37.65 | +00:12:38 (40.0%) | 6:19         | 9.5 (60.1%)  |
| 114 | BASTKÓW Damian          | 300   |                               | M18       | 32   | 00:31:47.70 | +00:12:48 (40.3%) | 6:21         | 9.4 (59.5%)  |

| Msc | Zawodnik              | Numer | Klub                                | Kategoria | Mkat | Czas netto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|-----------------------|-------|-------------------------------------|-----------|------|----------------|-------------------|--------------|-------------|
| 115 | ŁĄCZ Rafał            | 299   |                                     | M18       | 33   | 00:31:48.20    | +00:12:49 (40.3%) | 6:21         | 9.4 (59.5%) |
| 116 | BANASZKIEWICZ Rafał   | 11    | MORSY ROSKILDE.DK                   | M40       | 48   | 00:31:50.15    | +00:12:51 (40.4%) | 6:22         | 9.4 (59.5%) |
| 117 | DEMKOWICZ Ireneusz    | 36    | WEGAS                               | M50       | 29   | 00:31:50.50    | +00:12:51 (40.4%) | 6:22         | 9.4 (59.5%) |
| 118 | SIERPOWSKI Mieczysław | 203   | JUTROSINSKI KLUB MORSÓW             | M50       | 30   | 00:31:57.65    | +00:12:58 (40.6%) | 6:23         | 9.4 (59.5%) |
| 119 | FLAK Robert           | 51    |                                     | M40       | 49   | 00:32:08.00    | +00:13:08 (40.9%) | 6:25         | 9.3 (58.9%) |
| 120 | SKONIECZNY Karol      | 208   | MORSY GOŁUCHÓW                      | M18       | 34   | 00:32:56.30    | +00:13:57 (42.4%) | 6:35         | 9.1 (57.6%) |
| 121 | SZLAFKA Arek          | 239   | ŚREMSKI KLUB MORSÓW MROZIK          | M40       | 50   | 00:32:58.05    | +00:13:58 (42.4%) | 6:35         | 9.1 (57.6%) |
| 122 | WALENDOWSKI Tomek     | 256   | ŚREMSKI KLUB MORSÓW MROZIK          | M40       | 51   | 00:32:58.40    | +00:13:59 (42.4%) | 6:35         | 9.1 (57.6%) |
| 123 | WENCŁAWSKI Michał     | 259   | ANANASY Z 3FAL                      | M18       | 35   | 00:33:04.95    | +00:14:05 (42.6%) | 6:36         | 9.1 (57.6%) |
| 124 | BURMAN Tomasz         | 29    | ANANASY Z 3FAL / MORSY GMINY SŁUPSK | M18       | 36   | 00:33:05.70    | +00:14:06 (42.6%) | 6:37         | 9.1 (57.6%) |
| 125 | KOZAK Maciej          | 113   | ŚREMSKI KLUB MORSÓW MROZIK          | M40       | 52   | 00:33:08.45    | +00:14:09 (42.7%) | 6:37         | 9.1 (57.6%) |
| 126 | MITURA Zbigniew       | 291   |                                     | M60+      | 6    | 00:33:25.80    | +00:14:26 (43.2%) | 6:41         | 9 (57.0%)   |
| 127 | KLAWIKOWSKI Maciej    | 103   | SOPOCKI KLUB MORSÓW                 | M50       | 31   | 00:34:11.70    | +00:15:12 (44.5%) | 6:50         | 8.8 (55.7%) |
| 128 | GLAZA Andrzej         | 58    | SOPOCKI KLUB MORSÓW                 | M60+      | 7    | 00:34:12.15    | +00:15:13 (44.5%) | 6:50         | 8.8 (55.7%) |
| 129 | STRAUBE Bogumił       | 226   | ŚRODA ŚLĄSKA                        | M40       | 53   | 00:34:43.65    | +00:15:44 (45.3%) | 6:56         | 8.6 (54.4%) |
| 130 | GRUSZCZYŃSKI Kacper   | 68    | MORSY ŚRODA ŚLĄSKA                  | M40       | 54   | 00:34:44.70    | +00:15:45 (45.4%) | 6:56         | 8.6 (54.4%) |
| 131 | WILK Szymon           | 268   | STRZEGOMSKA DWUNASTKA               | M18       | 37   | 00:34:50.55    | +00:15:51 (45.5%) | 6:58         | 8.6 (54.4%) |
| 132 | WIELAND Przemysław    | 262   | RUDE MORSY                          | M50       | 32   | 00:35:08.05    | +00:16:08 (46.0%) | 7:01         | 8.5 (53.8%) |
| 133 | ERPEL Marcin          | 47    | WODNE NIEBO OSTRORÓG                | M18       | 38   | 00:36:29.65    | +00:17:30 (48.0%) | 7:17         | 8.2 (51.9%) |
| 134 | WACHOWIAK Sławomir    | 254   | SZAMOTULSKI KLUB MORSÓW GÓRA LODOWA | M40       | 55   | 00:36:46.00    | +00:17:46 (48.4%) | 7:21         | 8.2 (51.9%) |
| 135 | SZUSTER Jakub         | 287   |                                     | M40       | 56   | 00:36:55.35    | +00:17:56 (48.6%) | 7:23         | 8.1 (51.3%) |
| 136 | GIGOŃ Krzysztof       | 57    | ROCK BALANCING ICE                  | M50       | 33   | 00:37:01.90    | +00:18:02 (48.7%) | 7:24         | 8.1 (51.3%) |
| 137 | WARSZAWSKI Rafał      | 258   | OSTROWSKIE MORSY                    | M40       | 57   | 00:37:43.20    | +00:18:44 (49.7%) | 7:32         | 8 (50.6%)   |
| 138 | PIETRZAK Dawid        | 215   |                                     | M40       | 58   | 00:38:04.75    | +00:19:05 (50.1%) | 7:36         | 7.9 (50.0%) |
| 139 | SZENDZIELORZ Marek    | 237   | KEMPER TEAM                         | M40       | 59   | 00:40:17.80    | +00:21:18 (52.9%) | 8:03         | 7.4 (46.8%) |
| 140 | FRYDRYCH Przemysław   | 52    | KEMPER TEAM                         | M40       | 60   | 00:40:18.20    | +00:21:19 (52.9%) | 8:03         | 7.4 (46.8%) |
| 141 | JARZĄBEK Krzysztof    | 82    | RUDE MORSY                          | M40       | 61   | 00:40:31.75    | +00:21:32 (53.2%) | 8:06         | 7.4 (46.8%) |
| 142 | BORYSZEWSKI Dariusz   | 106   |                                     | M50       | 34   | 00:41:59.40    | +00:23:00 (54.8%) | 8:23         | 7.1 (44.9%) |
| 143 | LEUTNER Andreas       | 130   | BAWARSKIE MORSY                     | M50       | 35   | 00:43:16.35    | +00:24:17 (56.1%) | 8:39         | 6.9 (43.7%) |
| 144 | SZYMAŃSKI Radosław    | 242   |                                     | M40       | 62   | 00:43:27.45    | +00:24:28 (56.3%) | 8:41         | 6.9 (43.7%) |
| 145 | KLIMCZAK Krzysztof    | 105   | WODNE NIEBO OSTRORÓG                | M40       | 63   | 00:43:31.80    | +00:24:32 (56.4%) | 8:42         | 6.9 (43.7%) |
| 146 | STRZAŁKOWSKI Michał   | 230   | MORSY SIEDLCE                       | M60+      | 8    | 00:45:16.30    | +00:26:17 (58.1%) | 9:03         | 6.6 (41.8%) |
| 147 | STAYKOV Iwo           | 223   |                                     | M18       | 39   |                |                   |              | (0.0%)      |
| 148 | STAYKOV Nikolay       | 222   |                                     | M60+      | 9    |                |                   |              | (0.0%)      |