



II MIKOŁAJKOWY KROSS GÓRSKI Z KOMANDORKIEM U KANTEGO

B4SPORT

Wydarzenie: II Mikołajkowy Kross Górski z Komandorkiem u Kantego
Organizator: Parafia pw. Św. Jana Kantego w Słupsku
Data: 2017-12-02
Miejsce: Słupsk
Dystans: 6 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 6km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|--------------------------------------|-------------|------|----------------|-------------------|--------------|--------------|
| 1 | PELO Artur | 102 | | M-OPEN | 1 | 00:24:50.00 | | 4:08 | 14.5 (100%) |
| 2 | KOZAK Arkadiusz | 279 | TKKF KOSZALIN | M-OPEN | 2 | 00:26:58.05 | +00:02:08 (7.9%) | 4:29 | 13.3 (91.7%) |
| 3 | PACHOLCZYK Krzysztof | 95 | :) | M-OPEN | 3 | 00:27:05.75 | +00:02:15 (8.3%) | 4:31 | 13.3 (91.7%) |
| 4 | MASŁOWSKI Mateusz | 76 | 6. WOG USTKA/MASŁO_BIEGA | M-OPEN | 4 | 00:27:18.50 | +00:02:28 (9.1%) | 4:33 | 13.2 (91.0%) |
| 5 | JURCZYSZYN Rafał | 46 | A&R | M-OPEN | 5 | 00:27:45.55 | +00:02:55 (10.5%) | 4:37 | 13 (89.7%) |
| 6 | NAGÓREK Kamil | 86 | STOPA SLUPSK | M-OPEN | 6 | 00:28:21.20 | +00:03:31 (12.4%) | 4:43 | 12.7 (87.6%) |
| 7 | DUDA Grzegorz | 15 | OSP BUKÓWKA | M-OPEN | 7 | 00:29:02.40 | +00:04:12 (14.5%) | 4:50 | 12.4 (85.5%) |
| 8 | JAWORSKI Krzysztof | 43 | | M-OPEN | 8 | 00:30:55.45 | +00:06:05 (19.7%) | 5:09 | 11.6 (80.0%) |
| 9 | GIERLACH Jacek | 238 | STOPA SLUPSK | M-OPEN | 9 | 00:31:10.65 | +00:06:20 (20.3%) | 5:11 | 11.6 (80.0%) |
| 10 | GRACHEL Przemek | 27 | NATRASIETEAM | M-OPEN | 10 | 00:31:27.65 | +00:06:37 (21.1%) | 5:14 | 11.4 (78.6%) |
| 11 | MEDWID Michał | 78 | | M-OPEN | 11 | 00:31:41.50 | +00:06:51 (21.6%) | 5:17 | 11.4 (78.6%) |
| 12 | ZIETARA Dawid | 247 | | M-OPEN | 12 | 00:31:45.40 | +00:06:55 (21.8%) | 5:17 | 11.3 (77.9%) |
| 13 | POLAŃSKI Błażej | 103 | LO REDZIKOWO | M-OPEN | 13 | 00:31:54.00 | +00:07:04 (22.2%) | 5:19 | 11.3 (77.9%) |
| 14 | BANCEWICZ Tomasz | 2 | SALON KOSMETYCZNY DIAMENT | M-OPEN | 14 | 00:32:08.10 | +00:07:18 (22.7%) | 5:21 | 11.2 (77.2%) |
| 15 | PIEKAC Karol | 98 | | M-OPEN | 15 | 00:32:19.95 | +00:07:29 (23.2%) | 5:23 | 11.1 (76.6%) |
| 16 | KOŁTONOWSKI Jakub | 55 | | M-OPEN | 16 | 00:32:33.55 | +00:07:43 (23.7%) | 5:25 | 11.1 (76.6%) |
| 17 | KRZACZKOWSKI Paweł | 65 | LYNXNET STĘŻYCA | M-OPEN | 17 | 00:32:42.15 | +00:07:52 (24.1%) | 5:27 | 11 (75.9%) |
| 18 | KOSICKI Kajetan | 276 | | M-OPEN | 18 | 00:32:49.25 | +00:07:59 (24.3%) | 5:28 | 11 (75.9%) |
| 19 | PARUSZEWSKI Robert | 87 | BOJANO BIEGA | M-OPEN | 19 | 00:32:50.45 | +00:08:00 (24.4%) | 5:28 | 11 (75.9%) |
| 20 | FABICH Adrian | 277 | | M-OPEN | 20 | 00:32:51.95 | +00:08:01 (24.4%) | 5:28 | 11 (75.9%) |
| 21 | STEFANIAK Marcin | 125 | | M-OPEN | 21 | 00:32:55.95 | +00:08:05 (24.6%) | 5:29 | 10.9 (75.2%) |
| 22 | WILMONT Krzysztof | 239 | CENTRUM SZKOLENIA MARYNARKI WOJENNEJ | Żołnierze M | 1 | 00:33:00.05 | +00:08:10 (24.7%) | 5:30 | 10.9 (75.2%) |
| 23 | GAŁOWSKI Dariusz | 261 | | M-OPEN | 22 | 00:33:01.75 | +00:08:11 (24.8%) | 5:30 | 10.9 (75.2%) |
| 24 | BOGUMIŁOW Marcin | 6 | | M-OPEN | 23 | 00:33:17.25 | +00:08:27 (25.4%) | 5:33 | 10.8 (74.5%) |
| 25 | BARGAŃSKA Justyna | 4 | | K-OPEN | 1 | 00:33:21.90 | +00:08:31 (25.6%) | 5:33 | 10.8 (74.5%) |
| 26 | CIERAPIŃSKI Marek | 246 | | M-OPEN | 24 | 00:33:27.35 | +00:08:37 (25.8%) | 5:34 | 10.8 (74.5%) |
| 27 | JANKOWSKI Grzegorz | 36 | ŚWIAT PŁYTEK U KRYSPIŃNA | M-OPEN | 25 | 00:33:30.00 | +00:08:40 (25.9%) | 5:35 | 10.7 (73.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 6km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|--|-------------|------|----------------|-------------------|--------------|--------------|
| 28 | ZIELIŃSKI Kacper | 151 | | M-OPEN | 26 | 00:33:34.65 | +00:08:44 (26.0%) | 5:35 | 10.7 (73.8%) |
| 29 | MEISSNER Bogusław | 79 | K.B. SPRINT ŚWIDWIN | M-OPEN | 27 | 00:33:36.90 | +00:08:46 (26.1%) | 5:36 | 10.7 (73.8%) |
| 30 | RACZYŃSKA Anna | 155 | | K-OPEN | 2 | 00:33:36.95 | +00:08:46 (26.1%) | 5:36 | 10.7 (73.8%) |
| 31 | OLESZEK Jerzy | 94 | SZKOŁA PODOFICERSKA MARYNARKI WOJENNEJ | Żołnierze M | 2 | 00:33:37.30 | +00:08:47 (26.1%) | 5:36 | 10.7 (73.8%) |
| 32 | ROLBIECKI Łukasz | 181 | | M-OPEN | 28 | 00:33:46.15 | +00:08:56 (26.5%) | 5:37 | 10.7 (73.8%) |
| 33 | PIOTROWSKI Mirosław | 101 | STOPA SŁUPSK | M-OPEN | 29 | 00:33:47.30 | +00:08:57 (26.5%) | 5:37 | 10.7 (73.8%) |
| 34 | ŁUKASZEWSKI Dawid | 72 | | M-OPEN | 30 | 00:34:03.55 | +00:09:13 (27.1%) | 5:40 | 10.6 (73.1%) |
| 35 | BONDARENKO Jan | 7 | BIEGAJŁOSŁUPSK | M-OPEN | 31 | 00:34:11.95 | +00:09:21 (27.4%) | 5:42 | 10.5 (72.4%) |
| 36 | BIKUN Łukasz | 228 | | M-OPEN | 32 | 00:34:13.00 | +00:09:23 (27.4%) | 5:42 | 10.5 (72.4%) |
| 37 | KĘSIK Agnieszka | 250 | ŚWIAT PŁYTEK U KRYSPINA | K-OPEN | 3 | 00:34:18.05 | +00:09:28 (27.6%) | 5:43 | 10.5 (72.4%) |
| 38 | TRUSIAK Mateusz | 140 | | M-OPEN | 33 | 00:34:39.15 | +00:09:49 (28.3%) | 5:46 | 10.4 (71.7%) |
| 39 | KASPERSKI Dariusz | 235 | | Żołnierze M | 3 | 00:34:42.90 | +00:09:52 (28.5%) | 5:47 | 10.4 (71.7%) |
| 40 | OLECHNOWICZ Zbigniew | 93 | TUPOT USTKA | M-OPEN | 34 | 00:34:45.00 | +00:09:55 (28.5%) | 5:47 | 10.4 (71.7%) |
| 41 | POPRAWSKI Patryk | 105 | | M-OPEN | 35 | 00:34:45.95 | +00:09:55 (28.6%) | 5:47 | 10.4 (71.7%) |
| 42 | PIETRASIK Przemysław | 100 | | M-OPEN | 36 | 00:34:50.55 | +00:10:00 (28.7%) | 5:48 | 10.3 (71.0%) |
| 43 | JAROSZ Dariusz | 40 | TKKF KOSZALIN | M-OPEN | 37 | 00:34:53.25 | +00:10:03 (28.8%) | 5:48 | 10.3 (71.0%) |
| 44 | JAROSZ Jakub | 39 | TKKF KOSZALIN | M-OPEN | 38 | 00:34:53.60 | +00:10:03 (28.8%) | 5:49 | 10.3 (71.0%) |
| 45 | KLINKUSZ Adrian | 170 | MARKOS RUNNING TEAM | M-OPEN | 39 | 00:34:58.50 | +00:10:08 (29.0%) | 5:49 | 10.3 (71.0%) |
| 46 | CZERWIŃSKI Waldemar | 221 | MARKOS RUNNING TEAM | M-OPEN | 40 | 00:34:58.80 | +00:10:08 (29.0%) | 5:49 | 10.3 (71.0%) |
| 47 | KACZMAROWSKI Andrzej | 47 | | M-OPEN | 41 | 00:34:59.55 | +00:10:09 (29.0%) | 5:50 | 10.3 (71.0%) |
| 48 | DYŚ Jarosław | 234 | MARKOS RUNNING TEAM | M-OPEN | 42 | 00:35:02.45 | +00:10:12 (29.1%) | 5:50 | 10.3 (71.0%) |
| 49 | JĘCEK Krzysztof | 44 | MARKOS RUNNING TEAM | M-OPEN | 43 | 00:35:02.60 | +00:10:12 (29.1%) | 5:50 | 10.3 (71.0%) |
| 50 | JAROS Adam | 38 | | M-OPEN | 44 | 00:35:17.20 | +00:10:27 (29.6%) | 5:52 | 10.2 (70.3%) |
| 51 | SKWARCZAK Ewelina | 107 | | K-OPEN | 4 | 00:35:39.85 | +00:10:49 (30.4%) | 5:56 | 10.1 (69.7%) |
| 52 | KWAŚNIAK Zdzisław | 236 | STOPA SLUPSK | M-OPEN | 45 | 00:35:41.90 | +00:10:51 (30.4%) | 5:56 | 10.1 (69.7%) |
| 53 | TOMCZAK Dominik | 233 | | M-OPEN | 46 | 00:35:42.20 | +00:10:52 (30.4%) | 5:57 | 10.1 (69.7%) |
| 54 | CHODOROWKI Tomasz | 232 | PWSZ KOSZALIN | M-OPEN | 47 | 00:36:03.85 | +00:11:13 (31.1%) | 6:00 | 10 (69.0%) |
| 55 | GRULKOWSKI Damian | 30 | | M-OPEN | 48 | 00:36:26.50 | +00:11:36 (31.9%) | 6:04 | 9.9 (68.3%) |
| 56 | NAZARKO Małgorzata | 89 | BBL SŁUPSK | K-OPEN | 5 | 00:36:30.70 | +00:11:40 (32.0%) | 6:05 | 9.9 (68.3%) |
| 57 | SKUZA Dawid | 121 | | M-OPEN | 49 | 00:36:44.95 | +00:11:54 (32.4%) | 6:07 | 9.8 (67.6%) |
| 58 | LEWANDOWSKA Sylwia | 69 | ŚWIAT PŁYTEK U KRYSPINA | K-OPEN | 6 | 00:37:23.70 | +00:12:33 (33.6%) | 6:14 | 9.6 (66.2%) |
| 59 | ŻYCKA Ewelina | 260 | | K-OPEN | 7 | 00:37:29.80 | +00:12:39 (33.8%) | 6:15 | 9.6 (66.2%) |
| 60 | KOZUB Tomasz | 61 | ŁOSOŚ T.E.A.M.: | M-OPEN | 50 | 00:37:32.25 | +00:12:42 (33.8%) | 6:15 | 9.6 (66.2%) |
| 61 | DUBACKI Stanisław | 14 | NIGHTRUNNERS SŁUPSK. | M-OPEN | 51 | 00:37:35.95 | +00:12:45 (34.0%) | 6:16 | 9.6 (66.2%) |
| 62 | DAWIDOWICZ Łukasz | 258 | | M-OPEN | 52 | 00:37:37.55 | +00:12:47 (34.0%) | 6:16 | 9.6 (66.2%) |
| 63 | GREBIENIK Andrzej | 29 | W.P.K SŁOŃ TEAM | M-OPEN | 53 | 00:37:38.30 | +00:12:48 (34.0%) | 6:16 | 9.6 (66.2%) |
| 64 | KOŚLA Justyna | 58 | NIGHT RUNNERS SŁUPSK | K-OPEN | 8 | 00:37:43.30 | +00:12:53 (34.2%) | 6:17 | 9.5 (65.5%) |
| 65 | ANDRZEJCZAK Sławomir | 1 | GRZESŁAW USTKA | M-OPEN | 54 | 00:38:12.00 | +00:13:22 (35.0%) | 6:22 | 9.4 (64.8%) |
| 66 | ŻUKOWICZ Sylwia | 251 | | K-OPEN | 9 | 00:38:15.35 | +00:13:25 (35.1%) | 6:22 | 9.4 (64.8%) |
| 67 | ZBLEWSKI Patryk | 135 | | M-OPEN | 55 | 00:38:18.90 | +00:13:28 (35.2%) | 6:23 | 9.4 (64.8%) |
| 68 | GIL Damian | 245 | | | | 00:38:30.60 | +00:13:40 (35.5%) | 6:25 | 9.3 (64.1%) |
| 69 | ZANIEWSKI Grzegorz | 149 | | M-OPEN | 56 | 00:38:34.90 | +00:13:44 (35.6%) | 6:25 | 9.3 (64.1%) |
| 70 | RAKOWSKA Katarzyna | 109 | | K-OPEN | 10 | 00:38:49.05 | +00:13:59 (36.0%) | 6:28 | 9.3 (64.1%) |
| 71 | WAWRZYŃSKI Anna | 193 | - | K-OPEN | 11 | 00:39:06.25 | +00:14:16 (36.5%) | 6:31 | 9.2 (63.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Tempo min/km | Tempo km/h |
|-----|-------------------------|-------|--|-------------|------|-------------|-------------------|--------------|-------------|
| | | | | | | netto 6km | Różn | | |
| 72 | JANKOWSA Hanna | 243 | | K-OPEN | 12 | 00:39:08.65 | +00:14:18 (36.6%) | 6:31 | 9.2 (63.4%) |
| 73 | LISIK Justyna | 70 | PORANNY PATROL | K-OPEN | 13 | 00:39:09.60 | +00:14:19 (36.6%) | 6:31 | 9.2 (63.4%) |
| 74 | KARPOWICZ Joanna | 48 | GEOVERTEX.PL | K-OPEN | 14 | 00:39:19.35 | +00:14:29 (36.8%) | 6:33 | 9.2 (63.4%) |
| 75 | CHAŁUBIŃSKA Kamila | 222 | | K-OPEN | 15 | 00:39:32.95 | +00:14:42 (37.2%) | 6:35 | 9.1 (62.8%) |
| 76 | GRZENKOWICZ Agnieszka | 32 | | K-OPEN | 16 | 00:39:45.70 | +00:14:55 (37.5%) | 6:37 | 9.1 (62.8%) |
| 77 | SZAFIRSKI Marek | 129 | CAMINO SŁUPSK | M-OPEN | 57 | 00:39:58.25 | +00:15:08 (37.9%) | 6:39 | 9 (62.1%) |
| 78 | KOWALSKI Krzysztof | 59 | STOPA- SŁUPSK | M-OPEN | 58 | 00:40:08.15 | +00:15:18 (38.1%) | 6:41 | 9 (62.1%) |
| 79 | ŁUKACZYK Sylwia | 71 | | K-OPEN | 17 | 00:40:12.70 | +00:15:22 (38.2%) | 6:42 | 9 (62.1%) |
| 80 | GIEŁAŻYN Łukasz | 278 | | M-OPEN | 59 | 00:40:26.10 | +00:15:36 (38.6%) | 6:44 | 8.9 (61.4%) |
| 81 | KOSICKA Zofia | 273 | | K-OPEN | 18 | 00:40:29.35 | +00:15:39 (38.7%) | 6:44 | 8.9 (61.4%) |
| 82 | KOSICKA Iwona | 122 | | K-OPEN | 19 | 00:40:29.90 | +00:15:39 (38.7%) | 6:44 | 8.9 (61.4%) |
| 83 | WĘSIERSKA-MUŁYK Marzena | 143 | NIGHT RUNNERS SŁUPSK | K-OPEN | 20 | 00:40:43.00 | +00:15:53 (39.0%) | 6:47 | 8.8 (60.7%) |
| 84 | SZMIGIERO Arkadiusz | 132 | W.P.K. SŁOŃ TEAM | Żołnierze M | 4 | 00:40:43.10 | +00:15:53 (39.0%) | 6:47 | 8.8 (60.7%) |
| 85 | STEVENOR Jason | 126 | NSF REDZIKOWO | M-OPEN | 60 | 00:40:59.00 | +00:16:09 (39.4%) | 6:49 | 8.8 (60.7%) |
| 86 | SZUMSKA Monika | 136 | SŁUPSK | K-OPEN | 21 | 00:41:01.20 | +00:16:11 (39.5%) | 6:50 | 8.8 (60.7%) |
| 87 | TRUSIAK Agnieszka | 139 | | K-OPEN | 22 | 00:41:01.25 | +00:16:11 (39.5%) | 6:50 | 8.8 (60.7%) |
| 88 | BOŚ Sebastian | 8 | | M-OPEN | 61 | 00:41:01.65 | +00:16:11 (39.5%) | 6:50 | 8.8 (60.7%) |
| 89 | GILBERT Miki | 26 | NSF REDZIKOWO | K-OPEN | 23 | 00:41:08.20 | +00:16:18 (39.6%) | 6:51 | 8.7 (60.0%) |
| 89 | GILBERT Rick | 25 | NSF REDZIKOWO | M-OPEN | 62 | 00:41:08.20 | +00:16:18 (39.6%) | 6:51 | 8.8 (60.7%) |
| 91 | WYBRANIEC Karolina | 147 | | K-OPEN | 24 | 00:41:21.40 | +00:16:31 (40.0%) | 6:53 | 8.7 (60.0%) |
| 92 | MIELCZAREK Mateusz | 209 | | M-OPEN | 63 | 00:41:23.80 | +00:16:33 (40.0%) | 6:53 | 8.7 (60.0%) |
| 93 | MIKLAŚ Patrycja | 253 | | K-OPEN | 25 | 00:41:27.30 | +00:16:37 (40.1%) | 6:54 | 8.7 (60.0%) |
| 94 | KASZOWSKI Rafał | 252 | | M-OPEN | 64 | 00:41:27.45 | +00:16:37 (40.1%) | 6:54 | 8.7 (60.0%) |
| 95 | STANIASZEK Bogusaw | 199 | | M-OPEN | 65 | 00:41:46.00 | +00:16:56 (40.5%) | 6:57 | 8.6 (59.3%) |
| 96 | KOMAR Beata | 16 | | K-OPEN | 26 | 00:41:49.55 | +00:16:59 (40.6%) | 6:58 | 8.6 (59.3%) |
| 97 | ŻAK Rafał | 152 | | Żołnierze M | 5 | 00:41:50.20 | +00:17:00 (40.6%) | 6:58 | 8.6 (59.3%) |
| 98 | KIELAR Robert | 51 | | Żołnierze M | 6 | 00:41:51.60 | +00:17:01 (40.7%) | 6:58 | 8.6 (59.3%) |
| 99 | MAJCHRZAK Dariusz | 73 | CENTRALNY POLIGON SIŁ POWIETRZNYCH | Żołnierze M | 7 | 00:41:51.80 | +00:17:01 (40.7%) | 6:58 | 8.6 (59.3%) |
| 100 | ZBLEWSKI Radosław | 150 | CENTRALNY POLIGON SIŁ POWIETRZNYCH | Żołnierze M | 8 | 00:41:52.90 | +00:17:02 (40.7%) | 6:58 | 8.6 (59.3%) |
| 101 | ZALEWSKI Grzegorz | 148 | GRZESŁAW USTKA IGMAR TEAM | M-OPEN | 66 | 00:41:53.55 | +00:17:03 (40.7%) | 6:59 | 8.6 (59.3%) |
| 102 | MŁYNARCZYK Zbigniew | 80 | CPSP USTKA | Żołnierze M | 9 | 00:41:54.60 | +00:17:04 (40.7%) | 6:59 | 8.6 (59.3%) |
| 103 | GAFFKE Krzysztof | 163 | W.P.K. SŁOŃ TEAM | M-OPEN | 67 | 00:41:54.65 | +00:17:04 (40.7%) | 6:59 | 8.6 (59.3%) |
| 104 | RUCZAJ Krzysztof | 112 | CSMW USTKA | Żołnierze M | 10 | 00:41:55.15 | +00:17:05 (40.8%) | 6:59 | 8.6 (59.3%) |
| 105 | KOZIEŁ Krzysztof | 60 | SZKOŁA PODOFICERSKA MARYNARKI WOJENNEJ W USTCE | Żołnierze M | 11 | 00:41:55.75 | +00:17:05 (40.8%) | 6:59 | 8.6 (59.3%) |
| 106 | SIERADZKI Mariusz | 115 | | Żołnierze M | 12 | 00:41:55.90 | +00:17:05 (40.8%) | 6:59 | 8.6 (59.3%) |
| 107 | MAJCHRZAK Łukasz | 74 | CENTRALNY POLIGON SIŁ POWIETRZNYCH | Żołnierze M | 13 | 00:41:56.95 | +00:17:06 (40.8%) | 6:59 | 8.6 (59.3%) |
| 108 | SZAFIRSKI Kacper | 128 | CAMINO SŁUPSK | M-OPEN | 68 | 00:42:05.30 | +00:17:15 (41.0%) | 7:00 | 8.6 (59.3%) |
| 109 | HAŁADEJ Kinga | 34 | | K-OPEN | 27 | 00:42:10.40 | +00:17:20 (41.1%) | 7:01 | 8.5 (58.6%) |
| 110 | BRZEZICKI Łukasz | 10 | | M-OPEN | 69 | 00:42:10.90 | +00:17:20 (41.1%) | 7:01 | 8.5 (58.6%) |
| 111 | KRZACZKOWSKA Izabela | 64 | | K-OPEN | 28 | 00:42:20.50 | +00:17:30 (41.4%) | 7:03 | 8.5 (58.6%) |
| 112 | JASKÓLSKI Piotr | 41 | NIGHT RUNNERS SŁUPSK | M-OPEN | 70 | 00:42:29.20 | +00:17:39 (41.6%) | 7:04 | 8.5 (58.6%) |
| 113 | GAŚECKA Aleksandra | 24 | | K-OPEN | 29 | 00:42:31.70 | +00:17:41 (41.6%) | 7:05 | 8.5 (58.6%) |
| 114 | SŁOJKA Paweł | 259 | | M-OPEN | 71 | 00:42:32.15 | +00:17:42 (41.6%) | 7:05 | 8.5 (58.6%) |
| 115 | RYCHLIŃSKI Damian | 113 | | M-OPEN | 72 | 00:42:32.55 | +00:17:42 (41.6%) | 7:05 | 8.5 (58.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|------------|--------------------------------------|-------------|------|--------------------|-------------------|--------------|-------------|
| | | | | | | netto 6km | Różn | | |
| 116 | SZEWCUK Piotr | 130 | | M-OPEN | 73 | 00:42:33.05 | +00:17:43 (41.6%) | 7:05 | 8.5 (58.6%) |
| 117 | FORMELA Krzysztof | 242 | | M-OPEN | 74 | 00:42:42.60 | +00:17:52 (41.9%) | 7:07 | 8.4 (57.9%) |
| 118 | WENCLAWSKI Michał | 141 | ARAGORTEAM\NIGHT RUNNERS SŁUPSK | M-OPEN | 75 | 00:42:44.20 | +00:17:54 (41.9%) | 7:07 | 8.4 (57.9%) |
| 119 | FRUBA Karina | 22 | STOPA SŁUPSK | K-OPEN | 30 | 00:42:50.50 | +00:18:00 (42.0%) | 7:08 | 8.4 (57.9%) |
| 120 | HELINSKI Jakub | 237 | | M-OPEN | 76 | 00:42:58.65 | +00:18:08 (42.2%) | 7:09 | 8.4 (57.9%) |
| 121 | NOWICKI Mateusz | 92 | CENTRUM SZKOLENIA MARYNARKI WOJENNEJ | Żołnierze M | 14 | 00:43:03.20 | +00:18:13 (42.3%) | 7:10 | 8.4 (57.9%) |
| 122 | FRUBA Andrzej | 23 | | M-OPEN | 77 | 00:43:13.50 | +00:18:23 (42.5%) | 7:12 | 8.3 (57.2%) |
| 123 | MOTOWIDŁO-ZAWADZKA Izabela | 81 | | K-OPEN | 31 | 00:43:37.20 | +00:18:47 (43.1%) | 7:16 | 8.3 (57.2%) |
| 124 | TRUBACZ Dariusz | 138 | CPSP USTKA | Żołnierze M | 15 | 00:43:53.40 | +00:19:03 (43.4%) | 7:18 | 8.2 (56.6%) |
| 125 | FELSKA Katarzyna | 20 | NIGHT RUNNERS SŁUPSK | K-OPEN | 32 | 00:43:58.55 | +00:19:08 (43.5%) | 7:19 | 8.2 (56.6%) |
| 126 | MARCZAK Małgorzata | 75 | AMATOR | K-OPEN | 33 | 00:43:58.95 | +00:19:08 (43.5%) | 7:19 | 8.2 (56.6%) |
| 127 | SZYMAŃSKI Rafał | 229 | | M-OPEN | 78 | 00:44:01.30 | +00:19:11 (43.6%) | 7:20 | 8.2 (56.6%) |
| 128 | MURAWSKI Rafał | 84 | AŚNAEBAEM | Żołnierze M | 16 | 00:44:08.45 | +00:19:18 (43.7%) | 7:21 | 8.2 (56.6%) |
| 129 | WIŚNIEWSKI Radosław | 144 | RADOSŁAW WIŚNIEWSKI | M-OPEN | 79 | 00:44:10.95 | +00:19:20 (43.8%) | 7:21 | 8.1 (55.9%) |
| 130 | JONIK Maciej | 45 | MJR | Żołnierze M | 17 | 00:44:18.35 | +00:19:28 (44.0%) | 7:23 | 8.1 (55.9%) |
| 131 | GRZEGORCZYK Aneta | 31 | | K-OPEN | 34 | 00:44:20.70 | +00:19:30 (44.0%) | 7:23 | 8.1 (55.9%) |
| 132 | PIEKARSKA Aneta | 99 | | K-OPEN | 35 | 00:44:32.20 | +00:19:42 (44.2%) | 7:25 | 8.1 (55.9%) |
| 133 | KARWASZ Krzysztof | 49 | | M-OPEN | 80 | 00:44:32.85 | +00:19:42 (44.3%) | 7:25 | 8.1 (55.9%) |
| 134 | WOJTAN Małgorzata | 145 | | K-OPEN | 36 | 00:44:38.55 | +00:19:48 (44.4%) | 7:26 | 8.1 (55.9%) |
| 135 | SZUDOBAJ Hanna | 225 | BBL SŁUPSK | K-OPEN | 37 | 00:44:39.35 | +00:19:49 (44.4%) | 7:26 | 8.1 (55.9%) |
| 136 | DOMAROS Marcin | 241 | | M-OPEN | 81 | 00:45:09.05 | +00:20:19 (45.0%) | 7:31 | 8 (55.2%) |
| 137 | PIWOWARSKI Krzysztof | 240 | | M-OPEN | 82 | 00:45:10.65 | +00:20:20 (45.0%) | 7:31 | 8 (55.2%) |
| 138 | RODZIEWICZ Wioletta | 248 | | K-OPEN | 38 | 00:45:19.65 | +00:20:29 (45.2%) | 7:33 | 7.9 (54.5%) |
| 139 | ADAMSKI Seweryn | 272 | | M-OPEN | 83 | 00:45:23.75 | +00:20:33 (45.3%) | 7:33 | 7.9 (54.5%) |
| 140 | NGUYEN Tina | 90 | NSF REDZIKOWO | K-OPEN | 39 | 00:45:28.30 | +00:20:38 (45.4%) | 7:34 | 7.9 (54.5%) |
| 141 | GRAF Natalia | 198 | | K-OPEN | 40 | 00:45:28.60 | +00:20:38 (45.4%) | 7:34 | 7.9 (54.5%) |
| 142 | MYSZKOWSKA Grażyna | 85 | NIGHT RUNNERS SŁUPSK | K-OPEN | 41 | 00:45:49.25 | +00:20:59 (45.8%) | 7:38 | 7.9 (54.5%) |
| 143 | KRYGIER Ireneusz | 63 | W.P.K. SŁOŃ TEAM USTKA | Żołnierze M | 18 | 00:46:13.85 | +00:21:23 (46.3%) | 7:42 | 7.8 (53.8%) |
| 144 | URBAN Ewelina | 254 | | K-OPEN | 42 | 00:46:13.95 | +00:21:23 (46.3%) | 7:42 | 7.8 (53.8%) |
| 145 | KUBINA Agata | 66 | | K-OPEN | 43 | 00:46:18.25 | +00:21:28 (46.4%) | 7:43 | 7.8 (53.8%) |
| 145 | KRYGIER Małgorzata | 62 | W.P.K SŁOŃ TEAM USTKA | K-OPEN | 44 | 00:46:18.25 | +00:21:28 (46.4%) | 7:43 | 7.8 (53.8%) |
| 147 | PARUSZWEKA Katarzyna | 68 | BOJANO BIEGA | K-OPEN | 45 | 00:46:21.40 | +00:21:31 (46.4%) | 7:43 | 7.8 (53.8%) |
| 148 | KANIUK Maja | 3 | SALON KOSMETYCZNY DIAMENT | K-OPEN | 46 | 00:46:21.50 | +00:21:31 (46.4%) | 7:43 | 7.8 (53.8%) |
| 149 | NARUSZEWICZ Anna | 88 | SZYBKIE ZIOMKI | K-OPEN | 47 | 00:46:37.35 | +00:21:47 (46.7%) | 7:46 | 7.7 (53.1%) |
| 150 | KLEBAN Paweł | 53 | SZYBKIE ZIOMKI | M-OPEN | 84 | 00:46:37.70 | +00:21:47 (46.7%) | 7:46 | 7.7 (53.1%) |
| 151 | PIĄTEK Justyna | 97 | SZYBKIE ZIOMKI | K-OPEN | 48 | 00:46:38.35 | +00:21:48 (46.8%) | 7:46 | 7.7 (53.1%) |
| 152 | MIKSZA Patrycja | 249 | | K-OPEN | 49 | 00:46:45.70 | +00:21:55 (46.9%) | 7:47 | 7.7 (53.1%) |
| 153 | KAŚIŃSKA Mariola | 256 | | K-OPEN | 50 | 00:46:49.35 | +00:21:59 (47.0%) | 7:48 | 7.7 (53.1%) |
| 154 | DAWIDOWICZ Żaneta | 257 | | K-OPEN | 51 | 00:46:49.45 | +00:21:59 (47.0%) | 7:48 | 7.7 (53.1%) |
| 155 | ŁAĆWIK-KOWALCZUK Jolanta | 274 | | K-OPEN | 52 | 00:47:02.90 | +00:22:12 (47.2%) | 7:50 | 7.7 (53.1%) |
| 156 | KIJOWIEC Tomasz | 52 | BRAK | Żołnierze M | 19 | 00:47:06.05 | +00:22:16 (47.3%) | 7:51 | 7.6 (52.4%) |
| 157 | SOWIŃSKI Maciej | 123 | CENTRALNY POLIGON SIŁ POWIETRZNYCH | Żołnierze M | 20 | 00:47:06.95 | +00:22:16 (47.3%) | 7:51 | 7.6 (52.4%) |
| 158 | KOSICKI Piotr | 208 | | M-OPEN | 85 | 00:47:54.55 | +00:23:04 (48.2%) | 7:59 | 7.5 (51.7%) |
| 159 | PARZYBÓT Adam | 154 | | M-OPEN | 86 | 00:48:16.80 | +00:23:26 (48.6%) | 8:02 | 7.5 (51.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 6km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|---------------------------------|-------------|------|--------------------|-------------------|--------------|-------------|
| 160 | ROGOZIŃSKI Henryk | 202 | | Rodziny | 1 | 00:48:21.90 | +00:23:31 (48.7%) | 8:03 | 7.4 (51.0%) |
| 161 | ROGOZIŃSKA Agnieszka | 201 | | Rodziny | 2 | 00:48:23.05 | +00:23:33 (48.7%) | 8:03 | 7.4 (51.0%) |
| 162 | DERDA Julia | 207 | | K-OPEN | 53 | 00:48:34.25 | +00:23:44 (48.9%) | 8:05 | 7.4 (51.0%) |
| 163 | SAŁAJ Angelika | 205 | | Rodziny | 3 | 00:48:35.00 | +00:23:45 (48.9%) | 8:05 | 7.4 (51.0%) |
| 164 | PUĆ Anna | 108 | | K-OPEN | 54 | 00:48:39.75 | +00:23:49 (49.0%) | 8:06 | 7.4 (51.0%) |
| 165 | LUBIŃSKA Liliana | 231 | ARAGORTEAM\NIGHT RUNNERS SŁUPSK | K-OPEN | 55 | 00:49:08.90 | +00:24:18 (49.5%) | 8:11 | 7.3 (50.3%) |
| 166 | KWIATKOWSKI Mateusz | 204 | | Rodziny | 4 | 00:49:19.50 | +00:24:29 (49.7%) | 8:13 | 7.3 (50.3%) |
| 167 | RODRIGUEZ Marisol | 110 | NSF REDZIKOWO | K-OPEN | 56 | 00:49:29.55 | +00:24:39 (49.8%) | 8:14 | 7.3 (50.3%) |
| 168 | SZEWCZYK Aleksandra | 131 | | K-OPEN | 57 | 00:49:38.95 | +00:24:48 (50.0%) | 8:16 | 7.3 (50.3%) |
| 169 | MURAWSKA Katarzyna | 83 | AŚNAEBAEM | K-OPEN | 58 | 00:50:07.20 | +00:25:17 (50.5%) | 8:21 | 7.2 (49.7%) |
| 170 | FIRLONG Maciej | 21 | MARKOS RUNNING TEAM | M-OPEN | 87 | 00:50:24.05 | +00:25:34 (50.7%) | 8:24 | 7.1 (49.0%) |
| 171 | JAKOŚALEM Paul | 35 | NSF REDZIKOWO | M-OPEN | 88 | 00:50:57.30 | +00:26:07 (51.3%) | 8:29 | 7.1 (49.0%) |
| 172 | FURSEWICZ Ewa | 224 | | K-OPEN | 59 | 00:51:42.75 | +00:26:52 (52.0%) | 8:37 | 7 (48.3%) |
| 173 | LIPKOWSKA Izabela | 206 | | Rodziny | 5 | 00:52:07.15 | +00:27:17 (52.4%) | 8:41 | 6.9 (47.6%) |
| 174 | KWIATKOWSKA Kamila | 203 | | Rodziny | 6 | 00:52:30.35 | +00:27:40 (52.7%) | 8:45 | 6.9 (47.6%) |
| 175 | SZMIGIERO Sebastian | 134 | W.P.K SŁOŃ TEAM | M-OPEN | 89 | 00:52:49.35 | +00:27:59 (53.0%) | 8:48 | 6.8 (46.9%) |
| 176 | SZMIGIERO Agnieszka | 133 | W.P.K SŁOŃ TEAM | K-OPEN | 60 | 00:52:50.20 | +00:28:00 (53.0%) | 8:48 | 6.8 (46.9%) |
| 177 | JANKOWSKI Paweł | 37 | | M-OPEN | 90 | 00:53:05.05 | +00:28:15 (53.2%) | 8:50 | 6.8 (46.9%) |
| 178 | ŚWIDER Wiktoria | 137 | LO REDZIKOWO | K-OPEN | 61 | 00:55:00.05 | +00:30:10 (54.8%) | 9:10 | 6.5 (44.8%) |
| 179 | KNAPIK Wiktoria | 54 | LO REDZIKOWO | K-OPEN | 62 | 00:55:00.60 | +00:30:10 (54.9%) | 9:10 | 6.5 (44.8%) |
| 180 | CZERWIŃSKA Kamila | 12 | CPSP USTKA | Żołnierze K | 1 | 00:55:15.00 | +00:30:25 (55.1%) | 9:12 | 6.5 (44.8%) |
| 181 | KOS Krystian | 57 | CPSP USTKA | Żołnierze M | 21 | 00:55:16.45 | +00:30:26 (55.1%) | 9:12 | 6.5 (44.8%) |
| 182 | GAŁKOWSKA Danuta | 262 | | K-OPEN | 63 | 00:56:00.20 | +00:31:10 (55.7%) | 9:20 | 6.4 (44.1%) |
| 183 | MULARCZYK Anna | 82 | | K-OPEN | 64 | 00:56:30.05 | +00:31:40 (56.0%) | 9:25 | 6.4 (44.1%) |
| 184 | GZIK Seweryn | 275 | WPK SŁOŃ | M-OPEN | 91 | 00:57:07.20 | +00:32:17 (56.5%) | 9:31 | 6.3 (43.4%) |
| 185 | GZIK Radosław | 33 | W.P.K. SŁOŃ TEAM USTKA | M-OPEN | 92 | 00:57:07.95 | +00:32:17 (56.5%) | 9:31 | 6.3 (43.4%) |

Znaleziono 185 wynik(ów)