

III BIEG POGOŃ RAKA - SZCZECIN

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Organizator: Stowarzyszenie Walki z Rakiem Płuca Oddział Szczecin
Data: 2019-10-05
Miejsce: Szczecin
Dystans: 5 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|-----------------------|-----------|------|-------------|----------------|-----------------|-------------------|--------------|--------------|
| 1 | TROĆ Daniel | 520 | | M19 | 1 | 00:00:00 | 00:17:53.65 | 00:17:53.90 | | 3:34 | 16.8 (100%) |
| 2 | SIECZKOWSKI Michał | 447 | KB PIONIER SZCZECIN | M30 | 1 | 00:00:00 | 00:18:01.70 | 00:18:02.45 | +00:00:08 (0.7%) | 3:36 | 16.6 (98.8%) |
| 3 | PRZEKOPOWICZ Bartosz | 406 | WOJSKO POLSKIE | M20 | 1 | 00:00:00 | 00:18:23.00 | 00:18:23.55 | +00:00:29 (2.7%) | 3:40 | 16.3 (97.0%) |
| 4 | FILIPOWSKI Dariusz | 102 | | M40 | 1 | 00:00:00 | 00:19:12.05 | 00:19:12.40 | +00:01:18 (6.8%) | 3:50 | 15.6 (92.9%) |
| 5 | WASILEWSKI Andrzej | 535 | | M40 | 2 | 00:00:04 | 00:19:37.00 | 00:19:41.05 | +00:01:43 (8.8%) | 3:55 | 15.3 (91.1%) |
| 6 | OLEJARZ Damian | 351 | | M30 | 2 | 00:00:01 | 00:19:55.95 | 00:19:57.35 | +00:02:02 (10.2%) | 3:59 | 15.1 (89.9%) |
| 7 | ŁAZOWSKI Trener | 1 | | M19 | 2 | 00:00:01 | 00:20:00.55 | 00:20:02.15 | +00:02:06 (10.6%) | 4:00 | 15 (89.3%) |
| 8 | MOSPINEK Dorian | 335 | BKS SKORPION SZCZECIN | M20 | 2 | 00:00:01 | 00:20:12.25 | 00:20:13.35 | +00:02:18 (11.4%) | 4:02 | 14.9 (88.7%) |
| 9 | JASIŃSKI Mateusz | 612 | | M16 | 1 | 00:00:01 | 00:20:24.40 | 00:20:26.30 | +00:02:30 (12.3%) | 4:05 | 14.7 (87.5%) |
| 10 | ILCEWICZ Wojciech | 143 | | M30 | 3 | 00:00:03 | 00:20:33.95 | 00:20:37.20 | +00:02:40 (13.0%) | 4:06 | 14.6 (86.9%) |
| 11 | SZWEJDA Łukasz | 611 | POGOŃ SZCZECIN | M16 | 2 | 00:00:03 | 00:20:35.85 | 00:20:39.45 | +00:02:42 (13.1%) | 4:07 | 14.6 (86.9%) |
| 12 | HAŁACZKIEWICZ Adam | 133 | EXTREMEWOLF | M40 | 3 | 00:00:04 | 00:20:52.75 | 00:20:56.85 | +00:02:59 (14.3%) | 4:10 | 14.4 (85.7%) |
| 13 | TOPOREK Przemysław | 518 | | M30 | 4 | 00:00:03 | 00:20:57.70 | 00:21:00.80 | +00:03:04 (14.6%) | 4:11 | 14.3 (85.1%) |
| 14 | KRZEŚNIEWSKI Marcin | 241 | | M40 | 4 | 00:00:01 | 00:21:08.70 | 00:21:09.95 | +00:03:15 (15.4%) | 4:13 | 14.2 (84.5%) |
| 15 | PELC Marek | 604 | 12B2 | M30 | 5 | 00:00:01 | 00:21:20.40 | 00:21:21.65 | +00:03:26 (16.1%) | 4:16 | 14.1 (83.9%) |
| 16 | KOZINIEC Krystian | 221 | DRUŻYN FILIPA | M40 | 5 | 00:00:02 | 00:21:22.40 | 00:21:25.20 | +00:03:28 (16.3%) | 4:16 | 14 (83.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|--|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 17 | DUDZIŃSKI Wojtek | 85 | | M20 | 3 | 00:00:02 | 00:21:27.25 | 00:21:29.45 | +00:03:33 (16.6%) | 4:17 | 14 (83.3%) |
| 18 | GRZANKOWSKI Konrad | 123 | | M19 | 3 | 00:00:02 | 00:21:37.05 | 00:21:39.85 | +00:03:43 (17.2%) | 4:19 | 13.9 (82.7%) |
| 19 | TWAROGAL Kamil | 524 | WIECZORNE BIEGANIE W SZCZECINIE | M20 | 4 | 00:00:02 | 00:21:42.30 | 00:21:44.50 | +00:03:48 (17.6%) | 4:20 | 13.8 (82.1%) |
| 20 | LIPERTOWICZ Sebastian | 276 | LOVELASY/WIECZORNE BIEGANIE W SZCZECINIE | M30 | 6 | 00:00:01 | 00:21:45.05 | 00:21:46.65 | +00:03:51 (17.7%) | 4:21 | 13.8 (82.1%) |
| 21 | KWAŚNIEWSKI Bartosz | 259 | | M19 | 4 | 00:00:01 | 00:21:45.30 | 00:21:46.35 | +00:03:51 (17.7%) | 4:21 | 13.8 (82.1%) |
| 22 | CHARĘZA Marcin | 49 | ZAWADZKIEGO SZCZECIN | M30 | 7 | 00:00:05 | 00:21:58.50 | 00:22:03.65 | +00:04:04 (18.6%) | 4:23 | 13.7 (81.5%) |
| 23 | GORSZKA Damian | 114 | PARKRUN SZCZECIN | M20 | 5 | 00:00:00 | 00:22:10.00 | 00:22:10.00 | +00:04:16 (19.3%) | 4:26 | 13.5 (80.4%) |
| 24 | PIOTROWSKI Marek | 392 | ROZBIEGANY GOLENIÓW | M40 | 6 | 00:00:01 | 00:22:12.95 | 00:22:14.70 | +00:04:19 (19.5%) | 4:26 | 13.5 (80.4%) |
| 25 | BANASIAK Andrzej | 15 | | M40 | 7 | 00:00:12 | 00:22:19.60 | 00:22:32.20 | +00:04:25 (19.9%) | 4:28 | 13.4 (79.8%) |
| 26 | ROGIEWICZ Remigiusz | 419 | | M40 | 8 | 00:00:01 | 00:22:21.10 | 00:22:22.80 | +00:04:27 (19.9%) | 4:28 | 13.4 (79.8%) |
| 27 | KUZNIEWSKI Andrzej | 257 | KUZITEAM | M30 | 8 | 00:00:03 | 00:22:32.65 | 00:22:36.05 | +00:04:39 (20.6%) | 4:30 | 13.3 (79.2%) |
| 28 | KRAWCZYK Mateusz | 227 | KB PIONIER SZCZECIN | M20 | 6 | 00:00:04 | 00:22:41.55 | 00:22:45.70 | +00:04:47 (21.1%) | 4:32 | 13.2 (78.6%) |
| 29 | WAHN Przemysław | 529 | | M30 | 9 | 00:00:10 | 00:22:43.60 | 00:22:53.75 | +00:04:49 (21.3%) | 4:32 | 13.2 (78.6%) |
| 30 | ROJEWSKI Mateusz | 421 | | M30 | 10 | 00:00:03 | 00:22:46.85 | 00:22:50.60 | +00:04:53 (21.5%) | 4:33 | 13.2 (78.6%) |
| 31 | BARANOWSKI Dominik | 111 | | M30 | 11 | 00:00:05 | 00:22:54.10 | 00:22:59.25 | +00:05:00 (21.9%) | 4:34 | 13.1 (78.0%) |
| 32 | MOCNY Tomasz | 332 | | M30 | 12 | 00:00:09 | 00:22:57.60 | 00:23:06.60 | +00:05:03 (22.1%) | 4:35 | 13.1 (78.0%) |
| 33 | WOLSKI Tomasz | 570 | | M40 | 9 | 00:00:08 | 00:23:11.75 | 00:23:20.70 | +00:05:18 (22.9%) | 4:38 | 12.9 (76.8%) |
| 34 | SROGA Maciej | 466 | | M30 | 13 | 00:00:00 | 00:23:11.95 | 00:23:12.20 | +00:05:18 (22.9%) | 4:38 | 12.9 (76.8%) |
| 35 | HAWRYLAK Marcin | 135 | AMPIO TEAM | M50 | 1 | 00:00:01 | 00:23:14.80 | 00:23:16.40 | +00:05:21 (23.0%) | 4:39 | 12.9 (76.8%) |
| 36 | KĘPKA Karol | 187 | | M20 | 7 | 00:00:39 | 00:23:15.10 | 00:23:55.00 | +00:05:21 (23.0%) | 4:39 | 12.9 (76.8%) |
| 37 | ŁUSZCZEWSKI Kamil | 284 | | M16 | 3 | 00:00:15 | 00:23:16.30 | 00:23:31.55 | +00:05:22 (23.1%) | 4:39 | 12.9 (76.8%) |
| 38 | MATUSZYŃSKI Wojciech | 316 | | M20 | 8 | 00:00:11 | 00:23:16.65 | 00:23:28.10 | +00:05:23 (23.1%) | 4:39 | 12.9 (76.8%) |
| 39 | STEFANIAK Paweł | 475 | 14BUJ | M30 | 14 | 00:00:40 | 00:23:20.25 | 00:24:00.50 | +00:05:26 (23.3%) | 4:40 | 12.9 (76.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|---------------------------------|-----------|------|-------------|--------------------|--------------------|----------------------|--------------|-----------------|
| 40 | TYLMAN Piotr | 525 | RUNDORFINA | M30 | 15 | 00:00:03 | 00:23:24.85 | 00:23:28.40 | +00:05:31 (23.6%) | 4:41 | 12.8 (76.2%) |
| 41 | FIENKO Katarzyna | 95 | | K30 | 1 | 00:00:01 | 00:23:26.30 | 00:23:28.20 | +00:05:32 (23.7%) | 4:41 | 12.8 (76.2%) |
| 42 | PODWYSZYŃSKI Sylwester | 400 | | M40 | 10 | 00:00:03 | 00:23:27.20 | 00:23:30.45 | +00:05:33 (23.7%) | 4:41 | 12.8 (76.2%) |
| 43 | KRZYWIEC Marcin | 242 | | M30 | 16 | 00:00:04 | 00:23:28.55 | 00:23:33.50 | +00:05:34 (23.8%) | 4:41 | 12.8 (76.2%) |
| 44 | PĘDZIK Marek | 377 | | M20 | 9 | 00:00:13 | 00:23:31.20 | 00:23:44.60 | +00:05:37 (23.9%) | 4:42 | 12.8 (76.2%) |
| 45 | MICHALAK Jacek | 321 | | M50 | 2 | 00:00:02 | 00:23:38.55 | 00:23:40.55 | +00:05:44 (24.3%) | 4:43 | 12.7 (75.6%) |
| 46 | DYDEK Edyta | 3 | SKB DZIKOLSKA | K20 | 1 | 00:00:00 | 00:23:43.95 | 00:23:44.60 | +00:05:50 (24.6%) | 4:44 | 12.6 (75.0%) |
| 47 | GOCAŁ Anita | 173 | UKL ÓSEMKA | K19 | 1 | 00:00:02 | 00:23:44.60 | 00:23:46.65 | +00:05:50 (24.6%) | 4:44 | 12.6 (75.0%) |
| 48 | BIK Marek | 31 | | M20 | 10 | 00:00:06 | 00:23:45.45 | 00:23:51.45 | +00:05:51 (24.7%) | 4:45 | 12.6 (75.0%) |
| 49 | KOMAN Michał | 202 | | M30 | 17 | 00:00:03 | 00:23:57.90 | 00:24:01.05 | +00:06:04 (25.3%) | 4:47 | 12.5 (74.4%) |
| 50 | HAJDUK Maciej | 132 | | M40 | 11 | 00:00:03 | 00:23:59.05 | 00:24:02.35 | +00:06:05 (25.4%) | 4:47 | 12.5 (74.4%) |
| 51 | KOWALCZYK Krzysztof | 217 | | M30 | 18 | 00:00:01 | 00:24:00.15 | 00:24:01.55 | +00:06:06 (25.4%) | 4:48 | 12.5 (74.4%) |
| 52 | JACHIMOWICZ Kamil | 146 | | M20 | 11 | 00:00:06 | 00:24:01.60 | 00:24:08.55 | +00:06:07 (25.5%) | 4:48 | 12.5 (74.4%) |
| 53 | STAŃCZYK Sławomir | 470 | STARGARD. JA SIĘ NIE ŚCIGAM | M30 | 19 | 00:00:10 | 00:24:01.95 | 00:24:12.15 | +00:06:08 (25.5%) | 4:48 | 12.5 (74.4%) |
| 54 | ŁAWNICZ Sebastian | 365 | CYRUPC AZOTY | M40 | 12 | 00:00:15 | 00:24:07.70 | 00:24:23.05 | +00:06:14 (25.8%) | 4:49 | 12.4 (73.8%) |
| 55 | CHABROS Mateusz | 48 | | M16 | 4 | 00:00:08 | 00:24:09.30 | 00:24:18.00 | +00:06:15 (25.9%) | 4:50 | 12.4 (73.8%) |
| 56 | GOŁUCH Mateusz | 113 | | M20 | 12 | 00:00:08 | 00:24:09.55 | 00:24:17.55 | +00:06:15 (25.9%) | 4:49 | 12.4 (73.8%) |
| 57 | SOBECKI Tomasz | 464 | PUSZCZYK BUKOWY | M20 | 13 | 00:00:11 | 00:24:20.20 | 00:24:31.70 | +00:06:26 (26.5%) | 4:52 | 12.3 (73.2%) |
| 58 | IZWIKOW Monika | 602 | | K30 | 2 | 00:00:03 | 00:24:23.55 | 00:24:27.15 | +00:06:29 (26.6%) | 4:52 | 12.3 (73.2%) |
| 59 | PIWOWARSKI Darek | 394 | WIECZORNE BIEGANIE W SZCZECINIE | M40 | 13 | 00:00:12 | 00:24:39.55 | 00:24:52.15 | +00:06:45 (27.4%) | 4:56 | 12.2 (72.6%) |
| 60 | DZIEDZIC Michal | 605 | 12B2 | M40 | 14 | 00:00:01 | 00:24:40.35 | 00:24:41.70 | +00:06:46 (27.5%) | 4:56 | 12.2 (72.6%) |
| 61 | GRYGIELEWICZ Leszek | 122 | | M50 | 3 | 00:00:05 | 00:24:43.10 | 00:24:48.45 | +00:06:49 (27.6%) | 4:56 | 12.1 (72.0%) |
| 62 | SIWAK Łukasz | 451 | | M30 | 20 | 00:00:01 | 00:24:45.40 | 00:24:46.65 | +00:06:51 (27.7%) | 4:57 | 12.1 (72.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|-----------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 63 | GÓRECKA-PAWLAK Edyta | 116 | | K30 | 3 | 00:00:03 | 00:24:47.35 | 00:24:50.95 | +00:06:53 (27.8%) | 4:57 | 12.1 (72.0%) |
| 64 | BARTOSZEWSKI Paweł | 20 | L-BUG RUN | M30 | 21 | 00:00:02 | 00:24:51.85 | 00:24:54.55 | +00:06:58 (28.0%) | 4:58 | 12.1 (72.0%) |
| 65 | JACYKOWSKI Konrad | 148 | | M30 | 22 | 00:00:08 | 00:24:55.30 | 00:25:03.30 | +00:07:01 (28.2%) | 4:59 | 12 (71.4%) |
| 66 | GOCZEWSKA Joanna | 110 | | K40 | 1 | 00:00:02 | 00:24:56.05 | 00:24:58.85 | +00:07:02 (28.2%) | 4:59 | 12 (71.4%) |
| 67 | DĘBCZYŃSKI Michał | 72 | WILD HORSE ZÜRICH | M30 | 23 | 00:00:05 | 00:24:56.55 | 00:25:02.20 | +00:07:02 (28.3%) | 4:59 | 12 (71.4%) |
| 68 | LENCEWICZ Grzegorz | 268 | HUSARIA RACE SZCZECIN | M30 | 24 | 00:00:25 | 00:24:58.45 | 00:25:23.90 | +00:07:04 (28.3%) | 4:59 | 12 (71.4%) |
| 69 | ŁUSZCZEWSKI Sebastian | 283 | | M40 | 15 | 00:00:14 | 00:24:58.85 | 00:25:13.05 | +00:07:05 (28.4%) | 4:59 | 12 (71.4%) |
| 70 | WOJTKOWIAK Rafał | 566 | | M40 | 16 | 00:00:02 | 00:25:02.75 | 00:25:05.25 | +00:07:09 (28.6%) | 5:00 | 12 (71.4%) |
| 71 | LEOŃCZUK Filip | 269 | | M20 | 14 | 00:00:08 | 00:25:06.90 | 00:25:15.20 | +00:07:13 (28.8%) | 5:01 | 11.9 (70.8%) |
| 72 | ZUBEL Agnieszka | 596 | KITESURFING DĄBIE | K20 | 2 | 00:00:01 | 00:25:10.25 | 00:25:12.15 | +00:07:16 (28.9%) | 5:02 | 11.9 (70.8%) |
| 73 | FIEDOROWICZ Katarzyna | 93 | | K30 | 4 | 00:00:07 | 00:25:11.20 | 00:25:18.75 | +00:07:17 (29.0%) | 5:02 | 11.9 (70.8%) |
| 74 | MISZCZAK Damian | 329 | | M30 | 25 | 00:00:11 | 00:25:13.65 | 00:25:24.80 | +00:07:20 (29.1%) | 5:02 | 11.9 (70.8%) |
| 75 | ZAPOR Anna | 586 | | K40 | 2 | 00:00:47 | 00:25:17.50 | 00:26:04.65 | +00:07:23 (29.2%) | 5:03 | 11.9 (70.8%) |
| 76 | SKOCZYLAS Natalia | 456 | | K20 | 3 | 00:00:30 | 00:25:22.90 | 00:25:53.65 | +00:07:29 (29.5%) | 5:04 | 11.8 (70.2%) |
| 77 | SOSNOWSKI Adrian | 465 | | M40 | 17 | 00:00:36 | 00:25:31.75 | 00:26:07.90 | +00:07:38 (29.9%) | 5:06 | 11.8 (70.2%) |
| 78 | SZCZEPANIAK Izabela | 493 | | K20 | 4 | 00:00:23 | 00:25:32.85 | 00:25:56.00 | +00:07:39 (30.0%) | 5:06 | 11.7 (69.6%) |
| 79 | LEŚNIEWSKI Grzegorz | 271 | | M20 | 15 | 00:00:30 | 00:25:33.60 | 00:26:03.65 | +00:07:39 (30.0%) | 5:06 | 11.7 (69.6%) |
| 80 | PLUTO-PRĄDZYŃSKI Piotr | 395 | | M30 | 26 | 00:00:37 | 00:25:38.55 | 00:26:15.95 | +00:07:44 (30.2%) | 5:07 | 11.7 (69.6%) |
| 81 | SZYMCZAK Marcin | 504 | | M40 | 18 | 00:00:32 | 00:25:45.25 | 00:26:17.60 | +00:07:51 (30.5%) | 5:09 | 11.7 (69.6%) |
| 82 | WASIELEWSKI Maciej | 534 | KOTOBA | M50 | 4 | 00:00:09 | 00:25:46.40 | 00:25:56.35 | +00:07:52 (30.6%) | 5:09 | 11.6 (69.0%) |
| 83 | BIERNACKI Andrzej | 29 | | M40 | 19 | 00:00:07 | 00:25:46.45 | 00:25:54.05 | +00:07:52 (30.6%) | 5:09 | 11.6 (69.0%) |
| 84 | ZDUNEK Piotr | 588 | | M30 | 27 | 00:00:45 | 00:25:46.95 | 00:26:32.40 | +00:07:53 (30.6%) | 5:09 | 11.6 (69.0%) |
| 85 | DZBANUSZEK Mariusz | 86 | SPORTOWE WARSZEWO | M30 | 28 | 00:00:08 | 00:25:48.55 | 00:25:57.20 | +00:07:54 (30.7%) | 5:09 | 11.6 (69.0%) |

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|-----|----------------------|-------|---------------------------|-----------|------|-------------|----------------|-----------------|-------------------|--------------|--------------|
| 86 | ŚWIATOWIEC Anna | 508 | | K40 | 3 | 00:00:05 | 00:25:50.60 | 00:25:56.30 | +00:07:56 (30.8%) | 5:10 | 11.6 (69.0%) |
| 87 | PASZKOWSKA Magdalena | 370 | | K30 | 5 | 00:00:01 | 00:25:55.80 | 00:25:57.55 | +00:08:02 (31.0%) | 5:11 | 11.6 (69.0%) |
| 88 | KLEINOWSKI Krzysztof | 66 | | M50 | 5 | 00:00:02 | 00:25:59.90 | 00:26:02.40 | +00:08:06 (31.2%) | 5:12 | 11.5 (68.5%) |
| 89 | BARTOSIŃSKI Piotr | 19 | TIME55 | M50 | 6 | 00:00:08 | 00:26:07.90 | 00:26:16.20 | +00:08:14 (31.5%) | 5:13 | 11.5 (68.5%) |
| 90 | FURMAŃSKI Marcin | 97 | | M30 | 29 | 00:00:27 | 00:26:08.60 | 00:26:36.50 | +00:08:14 (31.6%) | 5:13 | 11.5 (68.5%) |
| 91 | WOJTAT Adam | 564 | WATAHA ŁĄCZY NAS BIEGANIE | M50 | 7 | 00:00:27 | 00:26:11.05 | 00:26:38.70 | +00:08:17 (31.7%) | 5:14 | 11.5 (68.5%) |
| 92 | SENDEROWSKI Maciej | 440 | | M30 | 30 | 00:00:21 | 00:26:12.00 | 00:26:33.80 | +00:08:18 (31.7%) | 5:14 | 11.5 (68.5%) |
| 93 | STĘPIEŃ Paulina | 480 | | K20 | 5 | 00:00:08 | 00:26:13.70 | 00:26:22.35 | +00:08:20 (31.8%) | 5:14 | 11.4 (67.9%) |
| 94 | ŁĄCZAK Justyna | 262 | ASSECO ACTIVE TEAM | K40 | 4 | 00:00:13 | 00:26:15.95 | 00:26:29.35 | +00:08:22 (31.9%) | 5:15 | 11.4 (67.9%) |
| 95 | GUTOWSKI Paweł | 128 | EMKA STARGARD | M30 | 31 | 00:00:35 | 00:26:23.00 | 00:26:58.85 | +00:08:29 (32.2%) | 5:16 | 11.4 (67.9%) |
| 96 | GIMINSKI Tomasz | 106 | | M40 | 20 | 00:00:10 | 00:26:23.45 | 00:26:33.60 | +00:08:29 (32.2%) | 5:16 | 11.4 (67.9%) |
| 97 | PIEKARSKI Kamil | 380 | | M30 | 32 | 00:00:11 | 00:26:28.65 | 00:26:40.35 | +00:08:35 (32.4%) | 5:17 | 11.3 (67.3%) |
| 98 | ZEMANKIEWICZ Łukasz | 589 | KANAŁ 6 AM | M30 | 33 | 00:00:10 | 00:26:29.45 | 00:26:40.30 | +00:08:35 (32.5%) | 5:18 | 11.3 (67.3%) |
| 99 | JAKUBIAK Anna | 149 | RAZ SZCZECIN | K50 | 1 | 00:00:15 | 00:26:30.80 | 00:26:46.45 | +00:08:37 (32.5%) | 5:18 | 11.3 (67.3%) |
| 100 | PATALAS Bartosz | 373 | | M30 | 34 | 00:00:19 | 00:26:34.45 | 00:26:54.10 | +00:08:40 (32.7%) | 5:19 | 11.3 (67.3%) |
| 101 | TADYCH Beata | 513 | | K40 | 5 | 00:00:12 | 00:26:35.40 | 00:26:48.35 | +00:08:41 (32.7%) | 5:19 | 11.3 (67.3%) |
| 102 | RASIAK Katarzyna | 412 | | K20 | 6 | 00:00:04 | 00:26:36.00 | 00:26:40.75 | +00:08:42 (32.7%) | 5:19 | 11.3 (67.3%) |
| 103 | BRONIEWICZ Paweł | 40 | | M20 | 16 | 00:00:45 | 00:26:41.95 | 00:27:27.40 | +00:08:48 (33.0%) | 5:20 | 11.2 (66.7%) |
| 104 | HEYDEBRECK Justyna | 547 | WILK SKOLWIN | K20 | 7 | 00:00:35 | 00:26:43.60 | 00:27:18.95 | +00:08:49 (33.0%) | 5:20 | 11.2 (66.7%) |
| 105 | WILKOSZ Tomasz | 546 | WILK SKOLWIN | M40 | 21 | 00:00:33 | 00:26:45.05 | 00:27:18.95 | +00:08:51 (33.1%) | 5:21 | 11.2 (66.7%) |
| 106 | GUZIKOWSKI Tomasz | 130 | GUZIK TEAM | M40 | 22 | 00:00:20 | 00:26:46.70 | 00:27:07.65 | +00:08:53 (33.2%) | 5:21 | 11.2 (66.7%) |
| 107 | TYMUL Jakub | 526 | | M40 | 23 | 00:00:14 | 00:26:52.40 | 00:27:07.35 | +00:08:58 (33.4%) | 5:22 | 11.2 (66.7%) |
| 108 | STROKA Małgosia | 481 | | K30 | 6 | 00:00:04 | 00:26:53.55 | 00:26:57.85 | +00:08:59 (33.5%) | 5:22 | 11.2 (66.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|---------------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 109 | GARBACIAK Łukasz | 104 | | M30 | 35 | 00:00:21 | 00:26:54.70 | 00:27:16.50 | +00:09:01 (33.5%) | 5:23 | 11.1 (66.1%) |
| 110 | WOLNY Mariusz | 568 | | M30 | 36 | 00:00:13 | 00:26:55.45 | 00:27:09.40 | +00:09:01 (33.5%) | 5:23 | 11.1 (66.1%) |
| 111 | PIERŚCIŃSKI Sławomir | 382 | | M40 | 24 | 00:00:17 | 00:27:00.50 | 00:27:18.15 | +00:09:06 (33.7%) | 5:24 | 11.1 (66.1%) |
| 112 | MAJCHER Radek | 296 | PUSZCZA TEAM | M40 | 25 | 00:00:08 | 00:27:01.70 | 00:27:10.00 | +00:09:08 (33.8%) | 5:24 | 11.1 (66.1%) |
| 113 | KRUSZEWICZ Aleksander | 240 | AMPIO TEAM | M40 | 26 | 00:00:04 | 00:27:04.00 | 00:27:08.35 | +00:09:10 (33.9%) | 5:24 | 11.1 (66.1%) |
| 114 | JEMIELITY Julita | 161 | | K30 | 7 | 00:00:06 | 00:27:05.15 | 00:27:11.30 | +00:09:11 (33.9%) | 5:25 | 11.1 (66.1%) |
| 115 | SIKORA Tomasz | 450 | | M30 | 37 | 00:00:05 | 00:27:08.55 | 00:27:13.80 | +00:09:14 (34.1%) | 5:25 | 11.1 (66.1%) |
| 116 | GUMIEŃCZUK Mankas | 613 | | M16 | 5 | 00:00:03 | 00:27:12.55 | 00:27:15.95 | +00:09:18 (34.2%) | 5:26 | 11 (65.5%) |
| 117 | ŁEBKOWSKI Karol | 278 | | M30 | 38 | 00:00:14 | 00:27:13.70 | 00:27:27.80 | +00:09:20 (34.3%) | 5:26 | 11 (65.5%) |
| 118 | RZYMSKA Marta | 434 | | K30 | 8 | 00:00:23 | 00:27:17.00 | 00:27:40.15 | +00:09:23 (34.4%) | 5:27 | 11 (65.5%) |
| 119 | BĄCIK Aneta | 21 | | K40 | 6 | 00:00:08 | 00:27:17.60 | 00:27:25.90 | +00:09:23 (34.4%) | 5:27 | 11 (65.5%) |
| 120 | MILCZANOWSKA Magdalena | 325 | | K30 | 9 | 00:00:07 | 00:27:20.10 | 00:27:27.70 | +00:09:26 (34.5%) | 5:28 | 11 (65.5%) |
| 121 | CZARNULA Czarna | 61 | WIECZORNE BIEGANIE W GRYFINIE | K30 | 10 | 00:00:15 | 00:27:20.50 | 00:27:35.55 | +00:09:26 (34.6%) | 5:28 | 11 (65.5%) |
| 122 | KOSZUTA Bartosz | 214 | | M30 | 39 | 00:00:12 | 00:27:21.50 | 00:27:33.50 | +00:09:27 (34.6%) | 5:28 | 11 (65.5%) |
| 123 | STACHOWSKI Andrzej | 468 | MONIA GYM | M50 | 8 | 00:00:27 | 00:27:23.25 | 00:27:50.95 | +00:09:29 (34.7%) | 5:28 | 11 (65.5%) |
| 124 | SEPIOTEK Kamil | 443 | RUNDORFINA | M30 | 40 | 00:00:14 | 00:27:24.75 | 00:27:39.05 | +00:09:31 (34.7%) | 5:29 | 10.9 (64.9%) |
| 125 | MATUSZAK Justyna | 313 | RUNDORFINA | K30 | 11 | 00:00:12 | 00:27:30.75 | 00:27:43.70 | +00:09:37 (35.0%) | 5:30 | 10.9 (64.9%) |
| 126 | WIŚNIEWSKA Marta | 554 | WIECZORNE BIEGANIE W SZCZECINIE | K40 | 7 | 00:00:11 | 00:27:31.25 | 00:27:43.05 | +00:09:37 (35.0%) | 5:30 | 10.9 (64.9%) |
| 126 | ŁAWKIEL Natalia | 277 | | K20 | 8 | 00:00:14 | 00:27:31.25 | 00:27:45.65 | +00:09:37 (35.0%) | 5:30 | 10.9 (64.9%) |
| 128 | ZARZYCKI Piotr | 587 | | M50 | 9 | 00:00:10 | 00:27:34.15 | 00:27:44.75 | +00:09:40 (35.1%) | 5:30 | 10.9 (64.9%) |
| 129 | SAKOWSKA-CARŁO Magda | 435 | WIECZORNE BIEGANIE W SZCZECINIE | K30 | 12 | 00:00:07 | 00:27:35.50 | 00:27:42.70 | +00:09:41 (35.1%) | 5:31 | 10.9 (64.9%) |
| 130 | WAWROWSKI Paweł | 537 | | M30 | 41 | 00:00:16 | 00:27:36.25 | 00:27:52.60 | +00:09:42 (35.2%) | 5:31 | 10.9 (64.9%) |
| 131 | PROCHACKI Marcin | 405 | | M20 | 17 | 00:00:40 | 00:27:38.00 | 00:28:18.55 | +00:09:44 (35.2%) | 5:31 | 10.9 (64.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------------|------------|--|-----------|------|-------------|--------------------|--------------------|----------------------|--------------|-----------------|
| 132 | SŁODOWNIK Konrad | 458 | SZKOŁA JĘZYKÓW OBCYCH PROFESSIONAL SCHOOL CHOJNA | M30 | 42 | 00:00:05 | 00:27:39.00 | 00:27:44.25 | +00:09:45 (35.3%) | 5:31 | 10.8 (64.3%) |
| 133 | CHODAK Monika | 51 | HUSARIA RACE TEAM | K40 | 8 | 00:00:10 | 00:27:39.20 | 00:27:50.05 | +00:09:45 (35.3%) | 5:32 | 10.8 (64.3%) |
| 134 | JÓŹWIK Tomasz | 163 | | M30 | 43 | 00:00:40 | 00:27:40.45 | 00:28:21.00 | +00:09:46 (35.3%) | 5:32 | 10.8 (64.3%) |
| 135 | OLEŚKIEWICZ Michał | 354 | WIECZORNE BIEGANIE W SZCZECINIE | M30 | 44 | 00:00:43 | 00:27:44.05 | 00:28:27.15 | +00:09:50 (35.5%) | 5:32 | 10.8 (64.3%) |
| 136 | BOBER Kamil | 33 | | M30 | 45 | 00:00:33 | 00:27:44.40 | 00:28:17.55 | +00:09:50 (35.5%) | 5:32 | 10.8 (64.3%) |
| 137 | ANIELSKI Michał | 11 | | M30 | 46 | 00:00:46 | 00:27:47.00 | 00:28:33.25 | +00:09:53 (35.6%) | 5:33 | 10.8 (64.3%) |
| 138 | SEŃ Agata | 442 | | K30 | 13 | 00:00:45 | 00:27:47.10 | 00:28:32.95 | +00:09:53 (35.6%) | 5:33 | 10.8 (64.3%) |
| 139 | SZOSTAK Daniel | 501 | | M40 | 27 | 00:00:20 | 00:27:48.25 | 00:28:09.20 | +00:09:54 (35.6%) | 5:33 | 10.8 (64.3%) |
| 140 | BORTNIK Bartosz | 39 | | M30 | 47 | 00:00:08 | 00:27:52.75 | 00:28:00.80 | +00:09:59 (35.8%) | 5:34 | 10.8 (64.3%) |
| 141 | KARWOWSKA-DĄBROWSKA Karolina | 183 | | K30 | 14 | 00:00:24 | 00:28:00.10 | 00:28:24.40 | +00:10:06 (36.1%) | 5:36 | 10.7 (63.7%) |
| 142 | KOIS Ewa | 197 | | K30 | 15 | 00:00:05 | 00:28:00.45 | 00:28:06.30 | +00:10:06 (36.1%) | 5:36 | 10.7 (63.7%) |
| 143 | KIESZKOWSKA Barbara | 189 | | K30 | 16 | 00:00:11 | 00:28:01.30 | 00:28:12.85 | +00:10:07 (36.1%) | 5:36 | 10.7 (63.7%) |
| 144 | KOMOROWSKI Michał | 203 | | M30 | 48 | 00:00:51 | 00:28:04.20 | 00:28:55.80 | +00:10:10 (36.3%) | 5:36 | 10.7 (63.7%) |
| 145 | HOLLIŃSKA Kinga | 138 | | K30 | 17 | 00:00:44 | 00:28:04.65 | 00:28:49.55 | +00:10:11 (36.3%) | 5:37 | 10.7 (63.7%) |
| 146 | CHABROS Jacek | 47 | EXTREMWOLF | M50 | 10 | 00:00:12 | 00:28:05.35 | 00:28:17.75 | +00:10:11 (36.3%) | 5:37 | 10.7 (63.7%) |
| 147 | NATALCZYK Ewelina | 341 | | K30 | 18 | 00:00:01 | 00:28:06.40 | 00:28:07.75 | +00:10:12 (36.3%) | 5:37 | 10.7 (63.7%) |
| 148 | KRUCZKOWSKA Malwina | 234 | | K20 | 9 | 00:00:11 | 00:28:09.75 | 00:28:21.20 | +00:10:16 (36.5%) | 5:38 | 10.7 (63.7%) |
| 149 | KRUCZKOWSKI Maciej | 235 | | M50 | 11 | 00:00:11 | 00:28:10.25 | 00:28:21.40 | +00:10:16 (36.5%) | 5:38 | 10.7 (63.7%) |
| 150 | WOŁOWIEC Łukasz | 571 | | M30 | 49 | 00:00:25 | 00:28:10.95 | 00:28:36.40 | +00:10:17 (36.5%) | 5:38 | 10.6 (63.1%) |
| 151 | GOZDEK Norbert | 115 | | M20 | 18 | 00:00:26 | 00:28:11.05 | 00:28:37.10 | +00:10:17 (36.5%) | 5:38 | 10.6 (63.1%) |
| 152 | KRUCZKOWSKA Agnieszka | 233 | | K40 | 9 | 00:00:10 | 00:28:11.10 | 00:28:21.55 | +00:10:17 (36.5%) | 5:38 | 10.6 (63.1%) |
| 153 | KRUPA Roksaba | 237 | | K20 | 10 | 00:00:02 | 00:28:13.95 | 00:28:16.65 | +00:10:20 (36.6%) | 5:38 | 10.6 (63.1%) |
| 153 | NEJMAN Rafał | 342 | | M40 | 28 | 00:00:10 | 00:28:13.95 | 00:28:24.70 | +00:10:20 (36.6%) | 5:38 | 10.6 (63.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------|-------|---------------------------------|-----------|------|-------------|----------------|-----------------|-------------------|--------------|--------------|
| 155 | KONOPACKA Paulina | 204 | | K30 | 19 | 00:00:02 | 00:28:14.15 | 00:28:16.65 | +00:10:20 (36.6%) | 5:38 | 10.6 (63.1%) |
| 156 | TURCZYK Marta | 522 | | K30 | 20 | 00:00:04 | 00:28:15.15 | 00:28:19.85 | +00:10:21 (36.7%) | 5:39 | 10.6 (63.1%) |
| 157 | MISTELSKI Karol | 328 | | M20 | 19 | 00:00:03 | 00:28:15.50 | 00:28:19.10 | +00:10:21 (36.7%) | 5:39 | 10.6 (63.1%) |
| 158 | SULŻYŃSKA-KOWALCZYK Iza | 485 | | K30 | 21 | 00:00:13 | 00:28:17.15 | 00:28:30.55 | +00:10:23 (36.7%) | 5:39 | 10.6 (63.1%) |
| 159 | NIEWADZIK Ula | 343 | | K40 | 10 | 00:00:26 | 00:28:17.90 | 00:28:44.05 | +00:10:24 (36.8%) | 5:39 | 10.6 (63.1%) |
| 160 | TROĆ Robert | 519 | | M40 | 29 | 00:00:30 | 00:28:21.20 | 00:28:51.55 | +00:10:27 (36.9%) | 5:40 | 10.6 (63.1%) |
| 161 | HAWRYLUK Anna | 136 | | K20 | 11 | 00:00:04 | 00:28:27.10 | 00:28:31.30 | +00:10:33 (37.1%) | 5:41 | 10.5 (62.5%) |
| 162 | REJBICZ Daniel | 416 | | M30 | 50 | 00:00:07 | 00:28:27.75 | 00:28:35.30 | +00:10:34 (37.1%) | 5:41 | 10.5 (62.5%) |
| 163 | SZWABOWSKA Karolina | 503 | | K20 | 12 | 00:00:40 | 00:28:36.35 | 00:29:16.55 | +00:10:42 (37.4%) | 5:43 | 10.5 (62.5%) |
| 164 | WILCZOPOLSKI Kamil | 545 | | M20 | 20 | 00:00:44 | 00:28:36.80 | 00:29:21.30 | +00:10:43 (37.5%) | 5:43 | 10.5 (62.5%) |
| 165 | WOROCH Dave | 573 | TOP-PLANT | M30 | 51 | 00:00:02 | 00:28:39.70 | 00:28:41.90 | +00:10:46 (37.6%) | 5:43 | 10.5 (62.5%) |
| 166 | RUDZEWICZ Mariusz | 429 | | M30 | 52 | 00:00:18 | 00:28:42.35 | 00:29:00.75 | +00:10:48 (37.7%) | 5:44 | 10.5 (62.5%) |
| 167 | WONDOŁOWSKI Stanisław | 572 | WIECZORNE BIEGANIE SZCZECIN | M70 | 1 | 00:00:16 | 00:28:43.60 | 00:29:00.05 | +00:10:49 (37.7%) | 5:44 | 10.4 (61.9%) |
| 168 | ŻARNICKI Kacper | 599 | | M20 | 21 | 00:00:28 | 00:28:44.05 | 00:29:12.60 | +00:10:50 (37.7%) | 5:44 | 10.4 (61.9%) |
| 169 | DOMAGALSKA Daria | 75 | | K20 | 13 | 00:00:07 | 00:28:48.35 | 00:28:55.75 | +00:10:54 (37.9%) | 5:45 | 10.4 (61.9%) |
| 170 | PUPEK Małgorzata | 410 | | K30 | 22 | 00:00:13 | 00:28:48.85 | 00:29:02.40 | +00:10:55 (37.9%) | 5:45 | 10.4 (61.9%) |
| 171 | MATULKA Łukasz | 312 | | M40 | 30 | 00:00:24 | 00:28:56.75 | 00:29:21.00 | +00:11:03 (38.2%) | 5:47 | 10.4 (61.9%) |
| 172 | TOKARCZYK Marta | 515 | | K40 | 11 | 00:00:41 | 00:28:58.00 | 00:29:39.80 | +00:11:04 (38.2%) | 5:47 | 10.4 (61.9%) |
| 173 | KOPKA Elżbieta | 207 | WIECZORNE BIEGANIE W SZCZECINIE | K50 | 2 | 00:00:13 | 00:28:58.95 | 00:29:12.00 | +00:11:05 (38.3%) | 5:47 | 10.4 (61.9%) |
| 174 | MIKOŁAJCZYK Kinga | 324 | TRIGYM SZCZECIN | K30 | 23 | 00:00:18 | 00:28:59.50 | 00:29:17.60 | +00:11:05 (38.3%) | 5:47 | 10.4 (61.9%) |
| 175 | KRAŚNIEWSKA Bożena | 225 | | K40 | 12 | 00:00:13 | 00:29:00.30 | 00:29:13.50 | +00:11:06 (38.3%) | 5:48 | 10.3 (61.3%) |
| 176 | GUGAŁA Monika | 126 | | K30 | 24 | 00:00:16 | 00:29:01.95 | 00:29:18.55 | +00:11:08 (38.4%) | 5:48 | 10.3 (61.3%) |
| 177 | IZNEROWICZ Monika | 6 | WIECZORNE BIEGANIE W SZCZECINIE | K30 | 25 | 00:00:13 | 00:29:08.65 | 00:29:22.45 | +00:11:15 (38.6%) | 5:49 | 10.3 (61.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|------------|---------------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 178 | NADOBNA Kamila | 340 | STARGARD JA SIĘ NIEŚCIGAM | K30 | 26 | 00:00:09 | 00:29:09.00 | 00:29:18.85 | +00:11:15 (38.6%) | 5:49 | 10.3 (61.3%) |
| 179 | URBAŃSKA-IZYDORCZYK Kinga | 528 | | K30 | 27 | 00:00:10 | 00:29:10.10 | 00:29:20.60 | +00:11:16 (38.7%) | 5:50 | 10.3 (61.3%) |
| 180 | JAKUBOWSKA Patrycja | 151 | | K20 | 14 | 00:00:22 | 00:29:18.95 | 00:29:41.35 | +00:11:25 (39.0%) | 5:51 | 10.2 (60.7%) |
| 181 | STACHOWICZ-HAWRYLAK Sylwia | 467 | ZACHPOM.CENTRUM ONKOLOGII | K40 | 13 | 00:00:31 | 00:29:20.65 | 00:29:52.55 | +00:11:27 (39.0%) | 5:52 | 10.2 (60.7%) |
| 182 | CIEŚLIK Paweł | 610 | | M30 | 53 | 00:00:26 | 00:29:21.40 | 00:29:47.75 | +00:11:27 (39.0%) | 5:52 | 10.2 (60.7%) |
| 183 | MOSKWA Martyna | 334 | GO SPORT/ MASZ PRZEBIEGANE | K20 | 15 | 00:00:39 | 00:29:22.80 | 00:30:01.85 | +00:11:29 (39.1%) | 5:52 | 10.2 (60.7%) |
| 184 | GROBELNA Małgorzata | 120 | | K20 | 16 | 00:00:22 | 00:29:23.70 | 00:29:45.80 | +00:11:30 (39.1%) | 5:52 | 10.2 (60.7%) |
| 185 | WÓJCIK Dariusz | 578 | | M30 | 54 | 00:00:12 | 00:29:24.05 | 00:29:36.35 | +00:11:30 (39.1%) | 5:52 | 10.2 (60.7%) |
| 186 | WÓJCIK Aleksandra | 577 | | K30 | 28 | 00:00:11 | 00:29:24.60 | 00:29:36.35 | +00:11:30 (39.2%) | 5:53 | 10.2 (60.7%) |
| 187 | CAŁKA Barbara | 46 | KOBIECE BIEGANIE | K40 | 14 | 00:00:16 | 00:29:28.60 | 00:29:44.85 | +00:11:34 (39.3%) | 5:53 | 10.2 (60.7%) |
| 188 | ORŁOWSKA Ewa | 357 | DRUŻYNA FILIPA | K20 | 17 | 00:00:06 | 00:29:33.50 | 00:29:40.45 | +00:11:39 (39.5%) | 5:54 | 10.1 (60.1%) |
| 189 | KACZMAREK Grzegorz | 169 | | M40 | 31 | 00:00:39 | 00:29:34.80 | 00:30:14.75 | +00:11:41 (39.5%) | 5:55 | 10.1 (60.1%) |
| 190 | SZALEWICZ Małgorzata | 490 | | K50 | 3 | 00:00:17 | 00:29:36.35 | 00:29:53.65 | +00:11:42 (39.6%) | 5:55 | 10.1 (60.1%) |
| 191 | OSICA Bartłomiej | 361 | SPRINT LOGISTYKA | M20 | 22 | 00:00:21 | 00:29:36.70 | 00:29:57.85 | +00:11:43 (39.6%) | 5:55 | 10.1 (60.1%) |
| 192 | TRZECIAK Jakub | 521 | | M20 | 23 | 00:00:37 | 00:29:36.85 | 00:30:13.95 | +00:11:43 (39.6%) | 5:55 | 10.1 (60.1%) |
| 193 | OLEJNIK Ewelina | 353 | | K20 | 18 | 00:00:04 | 00:29:37.45 | 00:29:41.75 | +00:11:43 (39.6%) | 5:55 | 10.1 (60.1%) |
| 194 | WITKOWSKA Kamila | 556 | | K30 | 29 | 00:00:12 | 00:29:38.75 | 00:29:50.90 | +00:11:45 (39.6%) | 5:55 | 10.1 (60.1%) |
| 195 | POGORZELSKA Sylwia | 401 | WIECZORNE BIEGANIE W SZCZECINIE | K30 | 30 | 00:00:05 | 00:29:39.30 | 00:29:44.75 | +00:11:45 (39.7%) | 5:55 | 10.1 (60.1%) |
| 196 | PIETRUSZKA Sławomir | 387 | BBL SZCZECIN | M50 | 12 | 00:00:27 | 00:29:42.00 | 00:30:09.30 | +00:11:48 (39.8%) | 5:56 | 10.1 (60.1%) |
| 197 | GUZIAK Joanna | 129 | | K30 | 31 | 00:00:49 | 00:29:43.40 | 00:30:32.55 | +00:11:49 (39.8%) | 5:56 | 10.1 (60.1%) |
| 198 | MORAWIECKA Magdalena | 333 | | K20 | 19 | 00:00:22 | 00:29:45.90 | 00:30:08.35 | +00:11:52 (39.9%) | 5:57 | 10.1 (60.1%) |
| 199 | ROMANOWICZ Marek | 422 | | M50 | 13 | 00:00:15 | 00:29:47.80 | 00:30:03.75 | +00:11:54 (39.9%) | 5:57 | 10.1 (60.1%) |
| 200 | ROJEK Katarzyna | 420 | | K30 | 32 | 00:00:41 | 00:29:48.00 | 00:30:29.95 | +00:11:54 (40.0%) | 5:57 | 10.1 (60.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|---------------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 201 | GÓRSKA Dorota | 118 | | K50 | 4 | 00:00:14 | 00:29:49.15 | 00:30:04.10 | +00:11:55 (40.0%) | 5:58 | 10.1 (60.1%) |
| 202 | ŁODZIATO Magdalena | 280 | TURKEYS TEAM | K40 | 15 | 00:00:12 | 00:29:50.30 | 00:30:02.45 | +00:11:56 (40.0%) | 5:58 | 10.1 (60.1%) |
| 203 | PIERZAKOWSKA Agnieszka | 383 | SZALONE MAMUŚKI | K30 | 33 | 00:00:35 | 00:29:53.95 | 00:30:29.55 | +00:12:00 (40.2%) | 5:58 | 10 (59.5%) |
| 204 | KALINOWSKA Karolina | 171 | | K30 | 34 | 00:00:40 | 00:29:54.45 | 00:30:35.20 | +00:12:00 (40.2%) | 5:59 | 10 (59.5%) |
| 205 | ROPIAK Renata | 424 | | K30 | 35 | 00:00:40 | 00:29:54.85 | 00:30:35.35 | +00:12:01 (40.2%) | 5:59 | 10 (59.5%) |
| 206 | DESZ Sebastian | 71 | | M30 | 55 | 00:00:05 | 00:29:55.35 | 00:30:01.30 | +00:12:01 (40.2%) | 5:59 | 10 (59.5%) |
| 207 | ŁUKASIEWICZ Agnieszka | 282 | | K40 | 16 | 00:00:13 | 00:29:56.05 | 00:30:09.90 | +00:12:02 (40.2%) | 5:59 | 10 (59.5%) |
| 208 | MROZOWICZ Agnieszka | 337 | | K20 | 20 | 00:00:17 | 00:29:58.40 | 00:30:15.65 | +00:12:04 (40.3%) | 5:59 | 10 (59.5%) |
| 209 | PTAK Krzysztof | 409 | | M30 | 56 | 00:00:38 | 00:30:00.60 | 00:30:38.80 | +00:12:06 (40.4%) | 6:00 | 10 (59.5%) |
| 210 | DOMAGALSKI Maciej | 77 | | M19 | 5 | 00:00:06 | 00:30:07.55 | 00:30:14.45 | +00:12:13 (40.6%) | 6:01 | 10 (59.5%) |
| 211 | SZOKA-PAWLAK Pati | 500 | | K30 | 36 | 00:00:43 | 00:30:08.35 | 00:30:52.05 | +00:12:14 (40.6%) | 6:01 | 10 (59.5%) |
| 212 | JARCZEWSKI Damian | 156 | | M30 | 57 | 00:00:47 | 00:30:09.20 | 00:30:56.75 | +00:12:15 (40.7%) | 6:01 | 10 (59.5%) |
| 213 | KOSIŃSKA Agnieszka | 213 | SCTP | K40 | 17 | 00:00:05 | 00:30:21.55 | 00:30:26.90 | +00:12:27 (41.1%) | 6:04 | 9.9 (58.9%) |
| 214 | ŚLIWIŃSKA Justyna | 506 | | K20 | 21 | 00:00:05 | 00:30:29.65 | 00:30:34.65 | +00:12:36 (41.3%) | 6:05 | 9.8 (58.3%) |
| 215 | GWARDIAK Bartłomiej | 131 | PRIME CARGO POLAND | M20 | 24 | 00:00:05 | 00:30:30.30 | 00:30:35.55 | +00:12:36 (41.3%) | 6:06 | 9.8 (58.3%) |
| 216 | MACIASZCZYK Ewa | 288 | WIECZORNE BIEGANIE W SZCZECINIE | K40 | 18 | 00:00:06 | 00:30:30.75 | 00:30:37.10 | +00:12:37 (41.4%) | 6:06 | 9.8 (58.3%) |
| 217 | GŁUSZEK Włodzimierz | 388 | #1973 | M20 | 25 | 00:00:38 | 00:30:31.40 | 00:31:09.40 | +00:12:37 (41.4%) | 6:06 | 9.8 (58.3%) |
| 218 | KURZYŃSKI Ryszard | 254 | | M40 | 32 | 00:00:36 | 00:30:36.30 | 00:31:13.05 | +00:12:42 (41.5%) | 6:07 | 9.8 (58.3%) |
| 219 | DZIWISZ Bogusia | 90 | | K40 | 19 | 00:00:36 | 00:30:36.60 | 00:31:13.35 | +00:12:42 (41.5%) | 6:07 | 9.8 (58.3%) |
| 220 | GAPIŃSKI Rafał | 103 | PROGDAR MARATHON TEAM | M40 | 33 | 00:00:42 | 00:30:37.80 | 00:31:20.40 | +00:12:44 (41.6%) | 6:07 | 9.8 (58.3%) |
| 221 | MAĆKOWIAK Łukasz | 291 | | M30 | 58 | 00:00:37 | 00:30:39.90 | 00:31:17.15 | +00:12:46 (41.6%) | 6:08 | 9.8 (58.3%) |
| 222 | WATEMBORSKA Agnieszka | 536 | | K30 | 37 | 00:00:16 | 00:30:41.25 | 00:30:57.85 | +00:12:47 (41.7%) | 6:08 | 9.8 (58.3%) |
| 223 | PODWYSZYŃSKI Sebastian | 100 | | M40 | 34 | 00:00:34 | 00:30:41.65 | 00:31:16.00 | +00:12:48 (41.7%) | 6:08 | 9.8 (58.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|---------------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|-------------|
| 224 | KROSMAN Grzegorz | 230 | | M30 | 59 | 00:00:46 | 00:30:44.35 | 00:31:30.80 | +00:12:50 (41.8%) | 6:08 | 9.8 (58.3%) |
| 225 | BUGORSKA Agata | 41 | | K30 | 38 | 00:00:46 | 00:30:44.65 | 00:31:30.80 | +00:12:51 (41.8%) | 6:08 | 9.8 (58.3%) |
| 226 | KRUSZEWICZ Dalida | 239 | AMPIO TEAM | K40 | 20 | 00:00:35 | 00:30:50.80 | 00:31:26.05 | +00:12:57 (42.0%) | 6:10 | 9.7 (57.7%) |
| 227 | ŚLUSARZ Iwona | 507 | | K40 | 21 | 00:00:42 | 00:30:53.60 | 00:31:35.75 | +00:12:59 (42.1%) | 6:10 | 9.7 (57.7%) |
| 228 | KŁYSIEWICZ Anna | 195 | | K30 | 39 | 00:00:07 | 00:30:54.95 | 00:31:02.35 | +00:13:01 (42.1%) | 6:11 | 9.7 (57.7%) |
| 229 | MACIBORSKI Mirosław | 289 | WIECZORNE BIEGANIE W SZCZECINIE | M50 | 14 | 00:00:35 | 00:30:55.25 | 00:31:31.10 | +00:13:01 (42.1%) | 6:11 | 9.7 (57.7%) |
| 230 | JASIŃSKA Natalia | 157 | EXTREME WOLF | K30 | 40 | 00:00:10 | 00:30:55.45 | 00:31:06.05 | +00:13:01 (42.1%) | 6:11 | 9.7 (57.7%) |
| 231 | JASIŃSKI Robert | 159 | | M40 | 35 | 00:00:18 | 00:30:56.60 | 00:31:14.90 | +00:13:02 (42.2%) | 6:11 | 9.7 (57.7%) |
| 232 | WISZKA Marta | 551 | | K30 | 41 | 00:00:19 | 00:30:57.45 | 00:31:16.85 | +00:13:03 (42.2%) | 6:11 | 9.7 (57.7%) |
| 233 | SOBCZAK-KUFEL Ilona | 463 | | K30 | 42 | 00:00:18 | 00:30:57.90 | 00:31:16.75 | +00:13:04 (42.2%) | 6:11 | 9.7 (57.7%) |
| 234 | SZAJEK Marta | 489 | HULK TEAM POLICE | K30 | 43 | 00:00:03 | 00:30:58.45 | 00:31:02.35 | +00:13:04 (42.2%) | 6:11 | 9.7 (57.7%) |
| 235 | GLISZCZYŃSKA Anna | 107 | PYRZYCE BIEGAJĄ | K60 | 1 | 00:00:06 | 00:31:00.70 | 00:31:07.25 | +00:13:07 (42.3%) | 6:12 | 9.7 (57.7%) |
| 236 | SKIBA Michał | 454 | PARKRUN SZCZECIN | M30 | 60 | 00:00:29 | 00:31:02.50 | 00:31:31.70 | +00:13:08 (42.4%) | 6:12 | 9.7 (57.7%) |
| 237 | MURAWSKA Dorota | 339 | | K50 | 5 | 00:00:20 | 00:31:10.05 | 00:31:30.20 | +00:13:16 (42.6%) | 6:14 | 9.6 (57.1%) |
| 238 | DROZDEK Tomasz | 82 | | M50 | 15 | 00:00:19 | 00:31:10.25 | 00:31:30.20 | +00:13:16 (42.6%) | 6:14 | 9.6 (57.1%) |
| 239 | LEJKOWSKA Daria | 265 | | K30 | 44 | 00:00:39 | 00:31:10.55 | 00:31:50.35 | +00:13:16 (42.6%) | 6:14 | 9.6 (57.1%) |
| 240 | KAMIONKA Andrzej | 175 | WIECZORNE BIEGANIE W SZCZECINIE | M30 | 61 | 00:00:09 | 00:31:11.15 | 00:31:21.00 | +00:13:17 (42.6%) | 6:14 | 9.6 (57.1%) |
| 241 | ZIELIŃSKA Ludmiła | 590 | KB WIKON NOWA SÓL | K40 | 22 | 00:00:18 | 00:31:11.55 | 00:31:30.30 | +00:13:17 (42.6%) | 6:14 | 9.6 (57.1%) |
| 242 | MAŚLANKA Zuzanna | 311 | | K20 | 22 | 00:00:15 | 00:31:13.80 | 00:31:28.95 | +00:13:20 (42.7%) | 6:14 | 9.6 (57.1%) |
| 243 | PŁACHTA Monika | 396 | KOBIECE BIEGANIE | K40 | 23 | 00:00:17 | 00:31:20.85 | 00:31:37.85 | +00:13:27 (42.9%) | 6:16 | 9.6 (57.1%) |
| 244 | KACZMAREK Arleta | 168 | KOBIECE BIEGANIE | K30 | 45 | 00:00:16 | 00:31:20.95 | 00:31:37.70 | +00:13:27 (42.9%) | 6:16 | 9.6 (57.1%) |
| 245 | GAWRYSIAK Ewa | 607 | | K30 | 46 | 00:00:17 | 00:31:21.70 | 00:31:39.25 | +00:13:28 (42.9%) | 6:16 | 9.6 (57.1%) |
| 246 | KOZINIEC Ewelina | 220 | DRUŻYNA FILIPA | K40 | 24 | 00:00:07 | 00:31:25.70 | 00:31:33.25 | +00:13:32 (43.1%) | 6:17 | 9.5 (56.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------------|------------|---------------------------------|-----------|------|-------------|--------------------|--------------------|----------------------|--------------|----------------|
| 247 | MARKANICZ Marlena | 308 | STARGARD JA SIĘ NIE ŚCIGAM | K30 | 47 | 00:00:21 | 00:31:25.85 | 00:31:47.70 | +00:13:32 (43.1%) | 6:17 | 9.5 (56.5%) |
| 248 | ŚWITALSKA Edyta | 512 | SCTP | K40 | 25 | 00:00:28 | 00:31:34.10 | 00:32:02.30 | +00:13:40 (43.3%) | 6:18 | 9.5 (56.5%) |
| 249 | LEMANSKI Marcin | 267 | | M30 | 62 | 00:00:19 | 00:31:34.65 | 00:31:53.95 | +00:13:41 (43.3%) | 6:18 | 9.5 (56.5%) |
| 250 | KUBIAK Ewelina | 243 | WIECZORNE BIEGANIE W SZCZECINIE | K30 | 48 | 00:00:06 | 00:31:37.05 | 00:31:43.70 | +00:13:43 (43.4%) | 6:19 | 9.5 (56.5%) |
| 251 | KOŚCIŃSKA Elżbieta | 215 | WOJSKOWY KLUB HDK | K40 | 26 | 00:00:12 | 00:31:37.45 | 00:31:50.35 | +00:13:43 (43.4%) | 6:19 | 9.5 (56.5%) |
| 252 | DENEKO Maciej | 69 | SPRINT LOGISTYKA POLSKA | M40 | 36 | 00:00:35 | 00:31:37.65 | 00:32:13.60 | +00:13:44 (43.4%) | 6:19 | 9.5 (56.5%) |
| 253 | NIEZIOŁEK Piotr | 345 | | M60 | 1 | 00:00:45 | 00:31:38.65 | 00:32:23.70 | +00:13:45 (43.5%) | 6:19 | 9.5 (56.5%) |
| 254 | MANOWIECKA Aleksandra | 606 | | K40 | 27 | 00:00:09 | 00:31:42.55 | 00:31:51.60 | +00:13:48 (43.6%) | 6:20 | 9.5 (56.5%) |
| 255 | PASEK Adam | 369 | | M30 | 63 | 00:00:29 | 00:31:43.00 | 00:32:12.80 | +00:13:49 (43.6%) | 6:20 | 9.5 (56.5%) |
| 256 | MARCINKIEWICZ-ZIOMEK Oliwia | 306 | MISIA JOGI | K30 | 49 | 00:00:13 | 00:31:47.55 | 00:32:00.90 | +00:13:53 (43.7%) | 6:21 | 9.4 (56.0%) |
| 257 | CIEŚLA Agnieszka | 565 | | K30 | 50 | 00:00:25 | 00:31:50.90 | 00:32:16.65 | +00:13:57 (43.8%) | 6:22 | 9.4 (56.0%) |
| 258 | KUPNIEWSKA Aleksandra | 251 | KOMPAS TEAM | K30 | 51 | 00:00:17 | 00:31:51.05 | 00:32:08.40 | +00:13:57 (43.8%) | 6:22 | 9.4 (56.0%) |
| 259 | SĘK Marcin | 445 | | M30 | 64 | 00:00:38 | 00:31:51.35 | 00:32:29.65 | +00:13:57 (43.8%) | 6:22 | 9.4 (56.0%) |
| 259 | GROOŃ Justyna | 418 | | K30 | 52 | 00:00:26 | 00:31:51.35 | 00:32:18.20 | +00:13:57 (43.8%) | 6:22 | 9.4 (56.0%) |
| 261 | REJBICZ Paulina | 417 | | K20 | 23 | 00:00:07 | 00:31:52.10 | 00:31:59.55 | +00:13:58 (43.8%) | 6:22 | 9.4 (56.0%) |
| 262 | JACYKOWSKA Angelika | 147 | | K30 | 53 | 00:00:07 | 00:31:52.35 | 00:31:59.45 | +00:13:58 (43.9%) | 6:22 | 9.4 (56.0%) |
| 263 | LEWANDOWSKI Janusz | 274 | WIECZORNE BIEGANIE W SZCZECINIE | M60 | 2 | 00:00:28 | 00:31:53.85 | 00:32:22.65 | +00:14:00 (43.9%) | 6:22 | 9.4 (56.0%) |
| 264 | WERYK Jadwiga | 541 | NA WZGORZU | K40 | 28 | 00:00:15 | 00:31:55.80 | 00:32:10.85 | +00:14:02 (44.0%) | 6:23 | 9.4 (56.0%) |
| 265 | KUDLA Gosia | 245 | | K30 | 54 | 00:00:07 | 00:31:56.70 | 00:32:03.90 | +00:14:03 (44.0%) | 6:23 | 9.4 (56.0%) |
| 266 | SŁADKIEWICZ Adam | 459 | | M40 | 37 | 00:00:08 | 00:31:57.15 | 00:32:05.65 | +00:14:03 (44.0%) | 6:23 | 9.4 (56.0%) |
| 267 | KISZKIELEWICZ Krzysztof | 190 | ZET GOLD TEAM DRAWSKO POMORSKIE | M30 | 65 | 00:00:15 | 00:31:57.70 | 00:32:13.65 | +00:14:04 (44.0%) | 6:23 | 9.4 (56.0%) |
| 268 | KULEWSKA Joanna | 248 | NORDICOWELOVE POLICE | K40 | 29 | 00:00:22 | 00:32:00.60 | 00:32:23.45 | +00:14:06 (44.1%) | 6:24 | 9.4 (56.0%) |
| 269 | DROZDEK Joanna | 81 | KOMPAS TEAM | K40 | 30 | 00:00:17 | 00:32:01.40 | 00:32:19.10 | +00:14:07 (44.1%) | 6:24 | 9.4 (56.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|-------------|
| 270 | JUSZKIEWICZ Małgorzata | 164 | FIZJOBIEGACZE SZCZECIN | K40 | 31 | 00:00:29 | 00:32:05.80 | 00:32:35.20 | +00:14:12 (44.2%) | 6:25 | 9.3 (55.4%) |
| 271 | ZIĘBA Norbert | 593 | | M20 | 26 | 00:00:08 | 00:32:09.30 | 00:32:18.20 | +00:14:15 (44.4%) | 6:26 | 9.3 (55.4%) |
| 272 | MICHALSKA Magda | 323 | EXTREME WOLF | K30 | 55 | 00:00:18 | 00:32:11.50 | 00:32:29.95 | +00:14:17 (44.4%) | 6:26 | 9.3 (55.4%) |
| 273 | DUDRA Michalina | 83 | | K19 | 2 | 00:00:22 | 00:32:17.15 | 00:32:39.65 | +00:14:23 (44.6%) | 6:27 | 9.3 (55.4%) |
| 274 | DOMAGAŁA Ewa | 78 | | K30 | 56 | 00:00:09 | 00:32:23.95 | 00:32:33.30 | +00:14:30 (44.8%) | 6:28 | 9.3 (55.4%) |
| 275 | SAWCZYN Stefan | 437 | | M60 | 3 | 00:00:04 | 00:32:25.60 | 00:32:30.20 | +00:14:31 (44.8%) | 6:29 | 9.2 (54.8%) |
| 276 | CIECIOROWSKI Robert | 56 | | M40 | 38 | 00:00:03 | 00:32:27.30 | 00:32:30.40 | +00:14:33 (44.9%) | 6:29 | 9.2 (54.8%) |
| 277 | GŁOGOWSKI Jan | 108 | | M50 | 16 | 00:00:21 | 00:32:38.50 | 00:32:59.80 | +00:14:44 (45.2%) | 6:31 | 9.2 (54.8%) |
| 278 | GAJDZIŃSKI Ryszard | 101 | | M50 | 17 | 00:00:29 | 00:32:41.30 | 00:33:10.50 | +00:14:47 (45.3%) | 6:32 | 9.2 (54.8%) |
| 279 | GÓRSKA Agnieszka | 117 | KLUB BIEGOWY DZIK | K40 | 32 | 00:00:23 | 00:32:45.75 | 00:33:09.45 | +00:14:52 (45.4%) | 6:33 | 9.2 (54.8%) |
| 280 | GABERT Beata | 98 | RAZ SZCZECIN | K40 | 33 | 00:00:14 | 00:32:50.10 | 00:33:04.20 | +00:14:56 (45.5%) | 6:34 | 9.1 (54.2%) |
| 281 | KRUPA Paulina | 236 | | K30 | 57 | 00:00:06 | 00:32:51.15 | 00:32:57.30 | +00:14:57 (45.5%) | 6:34 | 9.1 (54.2%) |
| 281 | WAWSZCZYK Marek | 7 | | M20 | 27 | 00:00:17 | 00:32:51.15 | 00:33:08.15 | +00:14:57 (45.5%) | 6:34 | 9.1 (54.2%) |
| 283 | MOSKWA Arkadiusz | 548 | WILK SKOLWIN | M40 | 39 | 00:00:33 | 00:32:52.50 | 00:33:25.75 | +00:14:58 (45.6%) | 6:34 | 9.1 (54.2%) |
| 284 | KUZAK Krzysztof | 256 | | M20 | 28 | 00:00:14 | 00:32:53.30 | 00:33:08.15 | +00:14:59 (45.6%) | 6:34 | 9.1 (54.2%) |
| 285 | RUTKOWSKI Konrad | 432 | RAGNAROK SZCZECIN | M30 | 66 | 00:00:11 | 00:32:55.40 | 00:33:07.20 | +00:15:01 (45.6%) | 6:35 | 9.1 (54.2%) |
| 285 | ZIOŁO Katarzyna | 594 | | K30 | 58 | 00:00:11 | 00:32:55.40 | 00:33:07.10 | +00:15:01 (45.6%) | 6:35 | 9.1 (54.2%) |
| 287 | DZIĘCIOŁ Kasia | 89 | | K30 | 59 | 00:00:15 | 00:32:55.90 | 00:33:11.85 | +00:15:02 (45.7%) | 6:35 | 9.1 (54.2%) |
| 288 | MIŚNIK Zofia | 331 | | K30 | 60 | 00:00:24 | 00:33:00.25 | 00:33:24.85 | +00:15:06 (45.8%) | 6:36 | 9.1 (54.2%) |
| 289 | MIŚNIK Łukasz | 330 | | M40 | 40 | 00:00:24 | 00:33:00.50 | 00:33:24.90 | +00:15:06 (45.8%) | 6:36 | 9.1 (54.2%) |
| 290 | MAZURAK Joanna | 318 | | K40 | 34 | 00:00:34 | 00:33:06.80 | 00:33:41.55 | +00:15:13 (46.0%) | 6:37 | 9.1 (54.2%) |
| 291 | GRZEBYTA Patrycja | 124 | | K30 | 61 | 00:00:37 | 00:33:10.80 | 00:33:48.55 | +00:15:17 (46.1%) | 6:38 | 9 (53.6%) |
| 292 | STELMACH Daria | 476 | | K20 | 24 | 00:00:14 | 00:33:11.05 | 00:33:25.45 | +00:15:17 (46.1%) | 6:38 | 9 (53.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|---|------------|----------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|-------------|
| 293 | KRUSIŃSKA Paulina | 238 | | K30 | 62 | 00:00:23 | 00:33:14.75 | 00:33:38.35 | +00:15:21 (46.2%) | 6:39 | 9 (53.6%) |
| 294 | PSUTY Wioletta | 408 | | K40 | 35 | 00:00:24 | 00:33:15.55 | 00:33:39.90 | +00:15:21 (46.2%) | 6:39 | 9 (53.6%) |
| 295 | BARAŃSKA Anna | 16 | | K30 | 63 | 00:00:19 | 00:33:19.65 | 00:33:39.30 | +00:15:26 (46.3%) | 6:40 | 9 (53.6%) |
| 296 | ZAPARTEK Aleksandra | 585 | | K20 | 25 | 00:00:33 | 00:33:24.70 | 00:33:58.45 | +00:15:31 (46.4%) | 6:41 | 9 (53.6%) |
| 297 | MADELSKA Katarzyna | 294 | | K30 | 64 | 00:00:03 | 00:33:25.95 | 00:33:29.50 | +00:15:32 (46.5%) | 6:41 | 9 (53.6%) |
| 298 | MADALSKA Julia | 414 | | K16 | 1 | 00:00:03 | 00:33:26.40 | 00:33:29.55 | +00:15:32 (46.5%) | 6:41 | 9 (53.6%) |
| 299 | MAŁKOWSKA Ewa | 303 | | K40 | 36 | 00:00:05 | 00:33:29.40 | 00:33:35.25 | +00:15:35 (46.6%) | 6:42 | 9 (53.6%) |
| 300 | MAJOS Justyna | 298 | | K30 | 65 | 00:00:07 | 00:33:35.05 | 00:33:42.15 | +00:15:41 (46.7%) | 6:43 | 8.9 (53.0%) |
| 301 | KUKLINOWSKA Alicja | 247 | | K30 | 66 | 00:00:06 | 00:33:35.55 | 00:33:42.15 | +00:15:41 (46.7%) | 6:43 | 8.9 (53.0%) |
| 302 | WIŚNIEWSKA Karolina | 552 | | K20 | 26 | 00:00:22 | 00:33:38.95 | 00:34:01.05 | +00:15:45 (46.8%) | 6:43 | 8.9 (53.0%) |
| 303 | STASZEWSKI Łukasz | 473 | | M30 | 67 | 00:00:20 | 00:33:40.50 | 00:34:01.05 | +00:15:46 (46.9%) | 6:44 | 8.9 (53.0%) |
| 304 | DZIAŁOWSKA Sara | 87 | ŚRUNDUNIA SZCZECIN | K20 | 27 | 00:00:41 | 00:33:42.10 | 00:34:23.45 | +00:15:48 (46.9%) | 6:44 | 8.9 (53.0%) |
| 305 | WALENT Marta | 530 | | K30 | 67 | 00:00:47 | 00:33:49.35 | 00:34:37.30 | +00:15:55 (47.1%) | 6:46 | 8.9 (53.0%) |
| 306 | KACZMAREK Kamila | 167 | BIZON DERCZEWO | K40 | 37 | 00:00:09 | 00:33:51.60 | 00:34:00.90 | +00:15:57 (47.2%) | 6:46 | 8.9 (53.0%) |
| 307 | BIELAWSKA Katarzyna | 27 | | K20 | 28 | 00:00:10 | 00:33:54.55 | 00:34:05.40 | +00:16:00 (47.2%) | 6:47 | 8.8 (52.4%) |
| 308 | ALEKSANDRUK-DUTKIEWICZ Agnieszka | 9 | | K40 | 38 | 00:00:23 | 00:34:00.15 | 00:34:23.15 | +00:16:06 (47.4%) | 6:48 | 8.8 (52.4%) |
| 309 | BOROWSKA Magdalena | 305 | | K40 | 39 | 00:00:21 | 00:34:01.75 | 00:34:22.80 | +00:16:08 (47.4%) | 6:48 | 8.8 (52.4%) |
| 310 | DRAGAN Marzena | 79 | | K50 | 6 | 00:00:21 | 00:34:03.65 | 00:34:25.45 | +00:16:10 (47.5%) | 6:48 | 8.8 (52.4%) |
| 311 | RUTKOWSKA Justyna | 431 | | K40 | 40 | 00:00:28 | 00:34:05.10 | 00:34:33.30 | +00:16:11 (47.5%) | 6:49 | 8.8 (52.4%) |
| 312 | KLEJNOWSKA Kamila | 191 | STARGARD JA SIĘ NIE ŚCIGAM | K30 | 68 | 00:00:10 | 00:34:21.50 | 00:34:31.55 | +00:16:27 (47.9%) | 6:52 | 8.7 (51.8%) |
| 313 | DĄBROWSKA Katarzyna | 65 | RUNDORFINA | K30 | 69 | 00:00:30 | 00:34:28.50 | 00:34:58.90 | +00:16:34 (48.1%) | 6:53 | 8.7 (51.8%) |
| 314 | TURKIEWICZ Monika | 523 | | K30 | 70 | 00:00:26 | 00:34:36.60 | 00:35:03.05 | +00:16:42 (48.3%) | 6:55 | 8.7 (51.8%) |
| 315 | ŁYCZEK Agata | 285 | | K40 | 41 | 00:00:29 | 00:34:37.35 | 00:35:07.10 | +00:16:43 (48.3%) | 6:55 | 8.7 (51.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|---------------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|-------------|
| 316 | KOLASA Agnieszka | 199 | | K40 | 42 | 00:00:39 | 00:34:37.95 | 00:35:17.65 | +00:16:44 (48.3%) | 6:55 | 8.7 (51.8%) |
| 317 | LASKOWSKA Beata | 261 | | K40 | 43 | 00:00:12 | 00:34:39.65 | 00:34:52.30 | +00:16:46 (48.4%) | 6:56 | 8.7 (51.8%) |
| 318 | SYDOR Katarzyna | 488 | RUNDORFINA | K30 | 71 | 00:00:12 | 00:34:40.30 | 00:34:52.40 | +00:16:46 (48.4%) | 6:56 | 8.7 (51.8%) |
| 319 | NOJSZEWSKI Tomasz | 346 | TANCIA TEAM | M40 | 41 | 00:00:06 | 00:34:41.85 | 00:34:48.20 | +00:16:48 (48.4%) | 6:56 | 8.6 (51.2%) |
| 320 | KARASZCZAK Joanna | 179 | | K50 | 7 | 00:00:04 | 00:34:41.95 | 00:34:46.35 | +00:16:48 (48.4%) | 6:56 | 8.6 (51.2%) |
| 321 | ŁAPOT Elżbieta | 4 | | K50 | 8 | 00:00:06 | 00:34:42.15 | 00:34:48.45 | +00:16:48 (48.4%) | 6:56 | 8.6 (51.2%) |
| 322 | PIOTROWSKA Dorota | 389 | AMPIO TEAM | K40 | 44 | 00:00:34 | 00:34:43.20 | 00:35:17.65 | +00:16:49 (48.5%) | 6:56 | 8.6 (51.2%) |
| 323 | PIOTROWSKI Krzysztof | 393 | AMPIO TEAM | M40 | 42 | 00:00:34 | 00:34:43.30 | 00:35:17.80 | +00:16:49 (48.5%) | 6:56 | 8.6 (51.2%) |
| 324 | ŚWIĄTEK Joanna | 509 | | K30 | 72 | 00:00:46 | 00:34:50.10 | 00:35:36.95 | +00:16:56 (48.6%) | 6:58 | 8.6 (51.2%) |
| 325 | PODWYSZYŃSKA Hanna | 64 | MKS KUSY SZCZECIN | K16 | 2 | 00:00:15 | 00:34:54.05 | 00:35:09.85 | +00:17:00 (48.7%) | 6:58 | 8.6 (51.2%) |
| 326 | PACH Magdalena | 362 | | K20 | 29 | 00:00:34 | 00:35:01.80 | 00:35:36.75 | +00:17:08 (48.9%) | 7:00 | 8.6 (51.2%) |
| 327 | ROMAŃSKA Joanna | 423 | | K30 | 73 | 00:00:21 | 00:35:03.25 | 00:35:24.40 | +00:17:09 (49.0%) | 7:00 | 8.6 (51.2%) |
| 328 | JARCZEWSKA Renata | 155 | | K50 | 9 | 00:00:15 | 00:35:07.60 | 00:35:22.85 | +00:17:13 (49.1%) | 7:01 | 8.5 (50.6%) |
| 329 | FIEDZIUSZKO Jasiu | 94 | | M30 | 68 | 00:00:23 | 00:35:15.60 | 00:35:39.35 | +00:17:21 (49.3%) | 7:03 | 8.5 (50.6%) |
| 330 | JAWORSKA Dominika | 160 | | K20 | 30 | 00:00:26 | 00:35:22.70 | 00:35:49.55 | +00:17:29 (49.4%) | 7:04 | 8.5 (50.6%) |
| 331 | TOŁKACZ Karolina | 516 | SZCZECIN | K30 | 74 | 00:00:25 | 00:35:25.00 | 00:35:50.20 | +00:17:31 (49.5%) | 7:05 | 8.5 (50.6%) |
| 332 | WIETRZYŃSKA Agnieszka | 543 | MASZ PRZEBIEGANE | K30 | 75 | 00:00:39 | 00:35:25.60 | 00:36:04.85 | +00:17:31 (49.5%) | 7:05 | 8.5 (50.6%) |
| 333 | IWANIUK Małgorzata | 144 | WIECZORNE BIEGANIE W SZCZECINIE | K30 | 76 | 00:00:23 | 00:35:26.15 | 00:35:50.10 | +00:17:32 (49.5%) | 7:05 | 8.5 (50.6%) |
| 334 | KWIATKOWSKA Julita | 260 | | K30 | 77 | 00:00:22 | 00:35:28.25 | 00:35:50.70 | +00:17:34 (49.6%) | 7:05 | 8.5 (50.6%) |
| 335 | MASTALSKA Małgorzata | 310 | | K20 | 31 | 00:00:49 | 00:35:32.25 | 00:36:21.95 | +00:17:38 (49.6%) | 7:06 | 8.4 (50.0%) |
| 336 | ŁOBODZIŃSKA Wanda | 279 | RAZ SZCZECIN | K60 | 2 | 00:00:15 | 00:35:35.25 | 00:35:51.00 | +00:17:41 (49.7%) | 7:07 | 8.4 (50.0%) |
| 337 | ORLEWICZ Emilia | 355 | | K19 | 3 | 00:00:15 | 00:35:36.60 | 00:35:51.65 | +00:17:42 (49.7%) | 7:07 | 8.4 (50.0%) |
| 338 | ORSZULSKA Magdalena | 358 | WIECZORNE BIEGANIE W SZCZECINIE | K40 | 45 | 00:00:13 | 00:35:37.65 | 00:35:50.70 | +00:17:44 (49.8%) | 7:07 | 8.4 (50.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|------------|---------------------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|-------------|
| 339 | OLEJNIK Agnieszka | 352 | | K40 | 46 | 00:00:20 | 00:35:40.45 | 00:36:00.80 | +00:17:46 (49.8%) | 7:08 | 8.4 (50.0%) |
| 340 | NOWAK Aneta | 348 | NORDICOWELOVE POLICE | K40 | 47 | 00:00:23 | 00:35:41.15 | 00:36:04.45 | +00:17:47 (49.9%) | 7:08 | 8.4 (50.0%) |
| 341 | BŁOGOWSKA Kasia | 32 | WIECZORNE BIEGANIE W SZCZECINIE | K30 | 78 | 00:00:24 | 00:35:58.10 | 00:36:22.20 | +00:18:04 (50.3%) | 7:11 | 8.3 (49.4%) |
| 342 | PAŹDZIOR Paulina | 375 | | K30 | 79 | 00:00:09 | 00:35:59.25 | 00:36:09.15 | +00:18:05 (50.3%) | 7:12 | 8.3 (49.4%) |
| 343 | KOPYŚ Joanna | 209 | | K20 | 32 | 00:00:28 | 00:36:04.40 | 00:36:33.20 | +00:18:10 (50.4%) | 7:13 | 8.3 (49.4%) |
| 344 | OMIAŃCU Urszula | 482 | | K20 | 33 | 00:00:04 | 00:36:05.45 | 00:36:10.15 | +00:18:11 (50.4%) | 7:13 | 8.3 (49.4%) |
| 345 | LICZBIŃSKA Małgorzata | 275 | | K20 | 34 | 00:00:30 | 00:36:06.80 | 00:36:37.15 | +00:18:13 (50.4%) | 7:13 | 8.3 (49.4%) |
| 346 | KUSZYK Małgorzata | 255 | AUTONOMICZNA AKADEMIA AIKIDO SZCZECIN | K40 | 48 | 00:00:31 | 00:36:09.70 | 00:36:40.85 | +00:18:16 (50.5%) | 7:13 | 8.3 (49.4%) |
| 347 | KLIMEK Aleksandra | 194 | | K30 | 80 | 00:00:25 | 00:36:09.85 | 00:36:35.60 | +00:18:16 (50.5%) | 7:14 | 8.3 (49.4%) |
| 348 | ANDRZEJEWSKA Sylwia | 10 | | K30 | 81 | 00:00:36 | 00:36:11.50 | 00:36:47.75 | +00:18:17 (50.6%) | 7:14 | 8.3 (49.4%) |
| 349 | HUDECKA Evelyn | 140 | | K30 | 82 | 00:00:25 | 00:36:11.85 | 00:36:37.60 | +00:18:18 (50.6%) | 7:14 | 8.3 (49.4%) |
| 350 | NIEZGODA Adam | 344 | | M40 | 43 | 00:00:19 | 00:36:27.40 | 00:36:46.70 | +00:18:33 (50.9%) | 7:17 | 8.2 (48.8%) |
| 351 | HURKO-PIOTROWSKA Paulina | 141 | | K30 | 83 | 00:00:31 | 00:36:29.45 | 00:37:01.00 | +00:18:35 (51.0%) | 7:18 | 8.2 (48.8%) |
| 352 | WITCZAK-SPERKA Mariola | 555 | | K50 | 10 | 00:00:16 | 00:36:31.50 | 00:36:47.55 | +00:18:37 (51.0%) | 7:18 | 8.2 (48.8%) |
| 353 | MUCHA Martyna | 62 | KLUB SPORTOWY RUNGRYF | K20 | 35 | 00:00:20 | 00:36:34.15 | 00:36:55.00 | +00:18:40 (51.1%) | 7:19 | 8.2 (48.8%) |
| 354 | OSICA Elżbieta | 360 | | K50 | 11 | 00:00:28 | 00:36:37.25 | 00:37:05.30 | +00:18:43 (51.1%) | 7:19 | 8.2 (48.8%) |
| 355 | DĘBICKA Iwona | 73 | | K40 | 49 | 00:00:19 | 00:36:39.45 | 00:36:58.75 | +00:18:45 (51.2%) | 7:19 | 8.2 (48.8%) |
| 356 | JASIŃSKA Lidia | 158 | | K40 | 50 | 00:00:19 | 00:36:39.70 | 00:36:58.75 | +00:18:46 (51.2%) | 7:19 | 8.2 (48.8%) |
| 357 | PAPIERNIK Karolina | 366 | | K20 | 36 | 00:00:26 | 00:36:39.75 | 00:37:06.55 | +00:18:46 (51.2%) | 7:20 | 8.2 (48.8%) |
| 358 | KACPERSKA Katarzyna | 165 | | K50 | 12 | 00:00:11 | 00:36:43.65 | 00:36:55.00 | +00:18:50 (51.3%) | 7:20 | 8.2 (48.8%) |
| 359 | KACPERSKI Wiktor | 166 | | M19 | 6 | 00:00:11 | 00:36:44.05 | 00:36:55.55 | +00:18:50 (51.3%) | 7:20 | 8.2 (48.8%) |
| 360 | PIERŚCIŃSKA Marzena | 381 | | K40 | 51 | 00:00:18 | 00:36:44.85 | 00:37:02.85 | +00:18:51 (51.3%) | 7:20 | 8.2 (48.8%) |
| 361 | PŁOSA Monika | 397 | | K30 | 84 | 00:00:38 | 00:37:10.35 | 00:37:48.70 | +00:19:16 (51.9%) | 7:26 | 8.1 (48.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------|-------|------------------------------------|-----------|------|-------------|----------------|-----------------|-------------------|--------------|-------------|
| 362 | LEBIODA Maja | 263 | | K20 | 37 | 00:00:34 | 00:37:13.30 | 00:37:48.10 | +00:19:19 (51.9%) | 7:26 | 8.1 (48.2%) |
| 363 | PRZYBYSZ Katarzyna | 407 | | K30 | 85 | 00:00:34 | 00:37:13.90 | 00:37:48.25 | +00:19:20 (51.9%) | 7:26 | 8.1 (48.2%) |
| 364 | PAWELCZAK Cezary | 374 | PARKRUN SZCZECIN | M50 | 18 | 00:00:36 | 00:37:14.60 | 00:37:51.05 | +00:19:20 (52.0%) | 7:27 | 8.1 (48.2%) |
| 365 | MEDZIŃSKI Dariusz | 320 | | M40 | 44 | 00:00:19 | 00:37:15.55 | 00:37:34.75 | +00:19:21 (52.0%) | 7:27 | 8.1 (48.2%) |
| 366 | MEDZIŃSKA Małgorzata | 319 | | K40 | 52 | 00:00:18 | 00:37:15.95 | 00:37:34.55 | +00:19:22 (52.0%) | 7:27 | 8.1 (48.2%) |
| 367 | WOJTAT Halina | 563 | | K50 | 13 | 00:00:43 | 00:37:16.20 | 00:37:59.70 | +00:19:22 (52.0%) | 7:27 | 8.1 (48.2%) |
| 368 | RUDOWICZ-GANCARZ Agata | 428 | DRUŻYNA G | K30 | 86 | 00:00:31 | 00:37:21.25 | 00:37:52.50 | +00:19:27 (52.1%) | 7:28 | 8 (47.6%) |
| 369 | BODNAR Zbigniew | 34 | | M70 | 2 | 00:00:39 | 00:37:23.45 | 00:38:02.65 | +00:19:29 (52.1%) | 7:28 | 8 (47.6%) |
| 370 | KURASIŃSKA Dorota | 252 | RAZ | K40 | 53 | 00:00:29 | 00:37:24.30 | 00:37:53.75 | +00:19:30 (52.2%) | 7:28 | 8 (47.6%) |
| 371 | HARWAT Katarzyna | 134 | | K40 | 54 | 00:00:30 | 00:37:29.05 | 00:37:59.70 | +00:19:35 (52.3%) | 7:29 | 8 (47.6%) |
| 371 | WISNIEWSKA Agnieszka | 550 | | K40 | 54 | 00:00:30 | 00:37:29.05 | 00:37:59.60 | +00:19:35 (52.3%) | 7:29 | 8 (47.6%) |
| 373 | WELENS Anna | 540 | | K40 | 56 | 00:00:33 | 00:37:35.60 | 00:38:09.30 | +00:19:41 (52.4%) | 7:31 | 8 (47.6%) |
| 374 | PARCHIMOWICZ Janusz | 367 | | M60 | 4 | 00:00:24 | 00:37:35.80 | 00:38:00.30 | +00:19:42 (52.4%) | 7:31 | 8 (47.6%) |
| 375 | HERIAN Gosia | 137 | | K30 | 87 | 00:00:33 | 00:37:35.85 | 00:38:08.95 | +00:19:42 (52.4%) | 7:31 | 8 (47.6%) |
| 376 | ŁUCZYŃSKA Katarzyna | 281 | WIECZORNE BIEGANIE W SZCZECINIE | K30 | 88 | 00:00:33 | 00:37:36.20 | 00:38:09.30 | +00:19:42 (52.4%) | 7:31 | 8 (47.6%) |
| 377 | MAHACZEK Karolina | 295 | | K30 | 89 | 00:00:08 | 00:37:38.90 | 00:37:47.60 | +00:19:45 (52.5%) | 7:31 | 8 (47.6%) |
| 378 | SKOCZYLAS Patryk | 455 | | M20 | 29 | 00:00:47 | 00:37:39.75 | 00:38:26.75 | +00:19:46 (52.5%) | 7:31 | 8 (47.6%) |
| 379 | SEJ Paweł | 439 | | M30 | 69 | 00:00:48 | 00:37:43.55 | 00:38:31.65 | +00:19:49 (52.6%) | 7:32 | 8 (47.6%) |
| 380 | MALEC Edyta | 299 | STARGARDZKI KLUB MORSOW MIEDWIANIE | K40 | 57 | 00:00:25 | 00:37:48.85 | 00:38:14.20 | +00:19:55 (52.7%) | 7:33 | 7.9 (47.0%) |
| 381 | REDLARSKA Anna | 415 | KOBIECE BIEGANIE | K30 | 90 | 00:00:25 | 00:37:49.25 | 00:38:14.40 | +00:19:55 (52.7%) | 7:33 | 7.9 (47.0%) |
| 382 | BIAŁOWĄS Alicja | 26 | | K30 | 91 | 00:00:46 | 00:37:54.40 | 00:38:41.15 | +00:20:00 (52.8%) | 7:35 | 7.9 (47.0%) |
| 383 | GUBERNIAK Andrzej | 125 | TURKEYS TEAM | M50 | 19 | 00:00:21 | 00:37:54.50 | 00:38:16.00 | +00:20:00 (52.8%) | 7:35 | 7.9 (47.0%) |
| 384 | KRAWCZYK Mateusz | 226 | KB PIONIER SZCZECIN | M20 | 30 | 00:00:09 | 00:37:54.55 | 00:38:04.45 | +00:20:00 (52.8%) | 7:35 | 7.9 (47.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|------------|------------------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|-------------|
| 385 | CIESLAK Adam | 57 | LEGENDARY POWER SZEWC | M50 | 20 | 00:00:38 | 00:37:58.40 | 00:38:37.05 | +00:20:04 (52.9%) | 7:35 | 7.9 (47.0%) |
| 386 | KARCZMARCZYK Adriana | 180 | SISTERS | K30 | 92 | 00:00:23 | 00:37:58.50 | 00:38:21.55 | +00:20:04 (52.9%) | 7:35 | 7.9 (47.0%) |
| 387 | CIEŚLAK Helena | 58 | LEGENDARY POWER SZEWC | K50 | 14 | 00:00:38 | 00:37:58.85 | 00:38:37.20 | +00:20:05 (52.9%) | 7:35 | 7.9 (47.0%) |
| 388 | KAPLEWSKA Małgorzata | 176 | | K20 | 38 | 00:00:29 | 00:38:07.95 | 00:38:37.90 | +00:20:14 (53.1%) | 7:37 | 7.9 (47.0%) |
| 389 | LEWAK Arkadiusz | 272 | LEWACZKI TEAM | M40 | 45 | 00:00:30 | 00:38:12.10 | 00:38:42.95 | +00:20:18 (53.2%) | 7:38 | 7.9 (47.0%) |
| 390 | WŚCISEŁ Karolina | 582 | | K30 | 93 | 00:00:41 | 00:38:24.30 | 00:39:05.35 | +00:20:30 (53.4%) | 7:40 | 7.8 (46.4%) |
| 391 | ROTKIEWICZ Daria | 426 | | K20 | 39 | 00:00:43 | 00:38:24.65 | 00:39:08.50 | +00:20:31 (53.4%) | 7:41 | 7.8 (46.4%) |
| 392 | RZESZOWSKA-BINDAS Paulina | 433 | AGB NYGUS | K20 | 40 | 00:00:43 | 00:38:25.25 | 00:39:08.50 | +00:20:31 (53.4%) | 7:41 | 7.8 (46.4%) |
| 393 | PIEKARSKA Wioletta | 379 | GORĄCE CZAJNIKI | K40 | 58 | 00:00:07 | 00:38:28.70 | 00:38:35.95 | +00:20:35 (53.5%) | 7:41 | 7.8 (46.4%) |
| 394 | WOLSKA Aleksandra | 569 | | K20 | 41 | 00:00:19 | 00:38:31.45 | 00:38:51.40 | +00:20:37 (53.6%) | 7:42 | 7.8 (46.4%) |
| 395 | STELMACH Artur | 477 | GORĄCE CZAJNIKI | M20 | 31 | 00:00:07 | 00:38:37.10 | 00:38:44.95 | +00:20:43 (53.7%) | 7:43 | 7.8 (46.4%) |
| 396 | STELMACH Konrad | 478 | PCPR STARGARD | M20 | 32 | 00:00:07 | 00:38:37.35 | 00:38:45.10 | +00:20:43 (53.7%) | 7:43 | 7.8 (46.4%) |
| 397 | OSICA Laura | 359 | GORĄCE CZAJNIKI | K20 | 42 | 00:00:06 | 00:38:37.80 | 00:38:44.75 | +00:20:44 (53.7%) | 7:43 | 7.8 (46.4%) |
| 398 | MATUSZEWSKA Kinga | 314 | BY ŻYŁO SIĘ ŁŹEJ | K20 | 43 | 00:00:41 | 00:39:00.00 | 00:39:41.25 | +00:21:06 (54.1%) | 7:48 | 7.7 (45.8%) |
| 399 | GUTOWSKA Daria | 127 | EMKA | K20 | 44 | 00:00:37 | 00:39:15.45 | 00:39:52.85 | +00:21:21 (54.4%) | 7:51 | 7.6 (45.2%) |
| 400 | GÓRSKA Dorota | 119 | | K50 | 15 | 00:00:38 | 00:39:21.55 | 00:40:00.15 | +00:21:27 (54.5%) | 7:52 | 7.6 (45.2%) |
| 401 | KUJAWSKA Irmina | 246 | | K40 | 59 | 00:00:06 | 00:39:25.50 | 00:39:31.65 | +00:21:31 (54.6%) | 7:53 | 7.6 (45.2%) |
| 402 | SURDACKI Jerzy | 486 | DRUŻYNA SZPIKU/ ROYAL RUNNERS TEAM | M40 | 46 | 00:00:00 | 00:39:30.00 | 00:39:30.00 | +00:21:36 (54.7%) | 7:54 | 7.6 (45.2%) |
| 403 | PIOTROWSKA Izabela | 390 | DMUCHAWIEC | K30 | 94 | 00:00:31 | 00:39:32.90 | 00:40:04.35 | +00:21:39 (54.8%) | 7:54 | 7.6 (45.2%) |
| 404 | PUZIO Hania | 411 | | K30 | 95 | 00:00:46 | 00:39:37.60 | 00:40:24.15 | +00:21:43 (54.8%) | 7:55 | 7.6 (45.2%) |
| 405 | BURDA Marlena | 45 | WIECZORNE BIEGANIE W SZCZECINIE | K30 | 96 | 00:00:42 | 00:40:02.45 | 00:40:44.50 | +00:22:08 (55.3%) | 8:00 | 7.5 (44.6%) |
| 406 | WIŚNIEWSKA Magdalena | 553 | | K50 | 16 | 00:00:22 | 00:40:12.95 | 00:40:35.10 | +00:22:19 (55.5%) | 8:02 | 7.5 (44.6%) |
| 407 | PADOK Magdalena | 364 | SISTERS | K40 | 60 | 00:00:24 | 00:40:30.60 | 00:40:55.20 | +00:22:36 (55.8%) | 8:06 | 7.4 (44.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------------|------------|---------------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|-------------|
| 408 | STANEJKO Agata | 469 | | K30 | 97 | 00:00:42 | 00:40:32.45 | 00:41:15.15 | +00:22:38 (55.9%) | 8:06 | 7.4 (44.0%) |
| 409 | ŚWIGOST Beata | 511 | | K40 | 61 | 00:00:09 | 00:40:36.80 | 00:40:46.35 | +00:22:43 (55.9%) | 8:07 | 7.4 (44.0%) |
| 410 | WAMKA Anna | 531 | | K30 | 98 | 00:00:39 | 00:40:48.70 | 00:41:28.00 | +00:22:55 (56.2%) | 8:09 | 7.3 (43.5%) |
| 411 | WIKTOROWSKA Katarzyna | 544 | | K30 | 99 | 00:00:36 | 00:40:56.10 | 00:41:32.35 | +00:23:02 (56.3%) | 8:11 | 7.3 (43.5%) |
| 412 | KRÓL Magdalena | 231 | | K30 | 100 | 00:00:50 | 00:40:57.45 | 00:41:48.10 | +00:23:03 (56.3%) | 8:11 | 7.3 (43.5%) |
| 413 | KIELISZEK Anna | 188 | WIECZORNE BIEGANIE W SZCZECINIE | K30 | 101 | 00:00:51 | 00:41:07.95 | 00:41:59.00 | +00:23:14 (56.5%) | 8:13 | 7.3 (43.5%) |
| 414 | TADYCH Beata | 609 | | K40 | 62 | 00:00:20 | 00:41:19.50 | 00:41:40.05 | +00:23:25 (56.7%) | 8:16 | 7.3 (43.5%) |
| 415 | PIOTROWSKI Bartłomiej | 391 | STOWARZYSZENIE DMUCHAWIEC | M40 | 47 | 00:00:32 | 00:41:30.45 | 00:42:02.45 | +00:23:36 (56.9%) | 8:18 | 7.2 (42.9%) |
| 416 | RUDZIK Gabriela | 430 | | K30 | 102 | 00:00:20 | 00:41:40.65 | 00:42:01.35 | +00:23:47 (57.1%) | 8:20 | 7.2 (42.9%) |
| 417 | MALINOWSKA-WASILUK Agnieszka | 300 | | K40 | 63 | 00:00:26 | 00:42:06.70 | 00:42:33.25 | +00:24:13 (57.5%) | 8:25 | 7.1 (42.3%) |
| 418 | JEMIELITY Robert | 162 | WYDZIAŁ POŚCIGOWY | M30 | 70 | 00:00:51 | 00:42:12.55 | 00:43:03.60 | +00:24:18 (57.6%) | 8:26 | 7.1 (42.3%) |
| 419 | KAROL Anna | 181 | | K40 | 64 | 00:00:48 | 00:42:20.10 | 00:43:08.50 | +00:24:26 (57.7%) | 8:28 | 7.1 (42.3%) |
| 420 | BARANOWSKI Jerzy | 2 | | M60 | 5 | 00:00:28 | 00:42:50.10 | 00:43:18.60 | +00:24:56 (58.2%) | 8:34 | 7 (41.7%) |
| 421 | SZUĆKO Ilona | 502 | | K30 | 103 | 00:00:43 | 00:42:50.15 | 00:43:33.65 | +00:24:56 (58.2%) | 8:34 | 7 (41.7%) |
| 422 | HORBA Agnieszka | 139 | | K30 | 104 | 00:00:45 | 00:43:01.40 | 00:43:46.55 | +00:25:07 (58.4%) | 8:36 | 7 (41.7%) |
| 423 | DOMAGALSKA Agata | 172 | SKB DZIK | K16 | 3 | 00:00:42 | 00:43:12.25 | 00:43:54.85 | +00:25:18 (58.6%) | 8:38 | 6.9 (41.1%) |
| 424 | DOMAGALSKI Sławomir | 76 | | M40 | 48 | 00:00:41 | 00:43:13.05 | 00:43:55.00 | +00:25:19 (58.6%) | 8:38 | 6.9 (41.1%) |
| 425 | KORACH Aleksandra | 211 | | K20 | 45 | 00:00:26 | 00:43:14.70 | 00:43:40.75 | +00:25:21 (58.6%) | 8:38 | 6.9 (41.1%) |
| 426 | KUREK Karolina | 253 | | K20 | 46 | 00:00:41 | 00:43:17.90 | 00:43:59.40 | +00:25:24 (58.7%) | 8:39 | 6.9 (41.1%) |
| 427 | BIELECKA Monika | 28 | TUPTUP TEAM | K40 | 65 | 00:00:49 | 00:43:40.05 | 00:44:29.05 | +00:25:46 (59.0%) | 8:44 | 6.9 (41.1%) |
| 428 | KOPYŚ Mirosław | 210 | | M50 | 21 | 00:00:29 | 00:45:35.65 | 00:46:04.65 | +00:27:42 (60.8%) | 9:07 | 6.6 (39.3%) |
| 429 | SETA Krysia | 444 | MONIA GYM | K30 | 105 | 00:00:52 | 00:45:36.45 | 00:46:28.95 | +00:27:42 (60.8%) | 9:07 | 6.6 (39.3%) |
| 430 | MUĆKO Iwona | 200 | | K30 | 106 | 00:00:52 | 00:45:36.90 | 00:46:29.15 | +00:27:43 (60.8%) | 9:07 | 6.6 (39.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------------|------------|---------------------|-----------|------|-------------|---------------------------------|--------------------|----------------------|--------------|-----------------|
| 431 | GARNCAREK Monika | 105 | DMUCHAWIEC GOLENIÓW | K30 | 107 | 00:00:32 | 00:45:37.15 | 00:46:09.65 | +00:27:43 (60.8%) | 9:07 | 6.6 (39.3%) |
| 432 | ROSZATYCKA-KRAUSE Agnieszka | 425 | DMUCHAWIEC GOLENIÓW | K40 | 66 | 00:00:32 | 00:45:37.35 | 00:46:09.65 | +00:27:43 (60.8%) | 9:07 | 6.6 (39.3%) |
| 433 | LEWAK Katarzyna | 273 | LEWACZKI TEAM | K40 | 67 | 00:00:32 | 00:46:55.50 | 00:47:27.75 | +00:29:01 (61.9%) | 9:23 | 6.4 (38.1%) |
| 434 | KWAŚNA Teresa | 258 | LEWACZKI TEAM | K60 | 3 | 00:00:32 | 00:46:55.55 | 00:47:27.75 | +00:29:01 (61.9%) | 9:23 | 6.4 (38.1%) |
| 435 | KOPYŚ Magdalena | 208 | | K30 | 108 | 00:00:27 | 00:49:49.10 | 00:50:16.80 | +00:31:55 (64.1%) | 9:57 | 6 (35.7%) |
| DQ | SZCZEPANSKA Anna | 494 | | K40 | | DQ | 00:22:11.05 DQ | DQ | | 0:00 | 13.5 (80.4%) |
| DQ | STUPNICKA Monika | 483 | | K30 | | DQ | 00:23:15.40 DQ | DQ | | 0:00 | 12.9 (76.8%) |

Znaleziono 437 wynik(ów)