

IV EDYCJA BIEGU TROPEM WILCZYM - KOSZALIN - 1963M

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2016-02-28
Miejsce: Koszalin
Dystans: 1.963 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 1.805km | Czas netto 1.963km | Czas brutto 1.963km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|-----------------------------------|-----------|------|-------------|---------|-----------------------|------------------------|----------------------|-----------------|-----------------|
| 1 | BARAŃSKI Przemysław | 407 | KM PSP SZCZECIN/ MLUKS TRZEBIATÓW | M-18 | 1 | 00:00:00 | | 00:06:28.10 | 00:06:28.10 | | 3:17 | 18.2 (100%) |
| 2 | KOZAK Paweł | 603 | TKKF KOSZALIN | M-14 | 1 | 00:00:00 | | 00:06:36.05 | 00:06:36.05 | +00:00:07 (2.0%) | 3:22 | 17.8 (97.8%) |
| 3 | PEC Marek | 536 | | M-40 | 1 | 00:00:00 | | 00:06:40.85 | 00:06:40.85 | +00:00:12 (3.2%) | 3:24 | 17.6 (96.7%) |
| 4 | SKIERKA Grzegorz | 557 | MKS ŚWIĘC SŁAWNO | M-30 | 1 | 00:00:00 | | 00:06:48.65 | 00:06:48.65 | +00:00:20 (5.0%) | 3:28 | 17.3 (95.1%) |
| 5 | TATYS Bartosz | 575 | GIMNAZJUM ŚWIDWIN | M-14 | 2 | 00:00:00 | | 00:06:51.70 | 00:06:51.70 | +00:00:23 (5.7%) | 3:29 | 17.2 (94.5%) |
| 6 | ZBOIŃSKI Wojciech | 598 | | M-40 | 2 | 00:00:00 | | 00:07:01.00 | 00:07:01.00 | +00:00:32 (7.8%) | 3:34 | 16.8 (92.3%) |
| 7 | JAŻWIŃSKI Dawid | 462 | TKKF KOSZALIN | M-14 | 3 | 00:00:00 | | 00:07:05.45 | 00:07:05.45 | +00:00:37 (8.8%) | 3:36 | 16.6 (91.2%) |
| 8 | ŚWITLIŃSKI Damian | 574 | RAMS TRAINING HOUSE | M-18 | 2 | 00:00:00 | | 00:07:12.50 | 00:07:12.50 | +00:00:44 (10.3%) | 3:40 | 16.3 (89.6%) |
| 9 | EMILIT Grzegorz | 440 | | M-30 | 2 | 00:00:00 | | 00:07:17.60 | 00:07:17.60 | +00:00:49 (11.3%) | 3:42 | 16.1 (88.5%) |
| 10 | LEMANCZYK Andrzej | 509 | DORIAN TEAM SLAWNO | M-30 | 3 | 00:00:00 | | 00:07:22.85 | 00:07:22.85 | +00:00:54 (12.4%) | 3:45 | 16 (87.9%) |
| 11 | BIERKUS Mirosław | 608 | TKKF KOSZALIN | M-60 | 1 | 00:00:00 | | 00:07:28.55 | 00:07:28.55 | +00:01:00 (13.5%) | 3:48 | 15.8 (86.8%) |
| 12 | WEBER Paweł | 586 | AMADEUSCROSSGYM | M-30 | 4 | 00:00:00 | | 00:07:28.95 | 00:07:28.95 | +00:01:00 (13.6%) | 3:48 | 15.8 (86.8%) |
| 13 | CHUDY Henryk | 431 | K SOLSZEWSKI I SYNOWIESŁAWSKO | M-60 | 2 | 00:00:00 | | 00:07:29.00 | 00:07:29.00 | +00:01:00 (13.6%) | 3:49 | 15.7 (86.3%) |
| 14 | HRYCYK Anna | 633 | | K-13 | 1 | 00:00:00 | | 00:07:29.85 | 00:07:29.85 | +00:01:01 (13.7%) | 3:49 | 15.7 (86.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|----------------------|-----------|------|-------------|--------------------|--------------------|----------------------|--------------|-----------------|
| | | | | | | | 1.805km | 1.963km | | | |
| 15 | BADUREK Michał | 532 | CSSP KOSZALIN | M-18 | 3 | 00:00:00 | 00:07:31.15 | 00:07:31.15 | +00:01:03 (14.0%) | 3:50 | 15.6 (85.7%) |
| 16 | PINDRAL Piotr | 538 | PARKRUN SZCZECINEK | M-40 | 3 | 00:00:00 | 00:07:33.00 | 00:07:33.00 | +00:01:04 (14.3%) | 3:51 | 15.6 (85.7%) |
| 17 | BOGDANOWICZ Krzysztof | 615 | TKKF KOSZALIN | M-50 | 1 | 00:00:00 | 00:07:33.65 | 00:07:33.65 | +00:01:05 (14.4%) | 3:51 | 15.6 (85.7%) |
| 18 | BORGUL Kamil | 419 | | M-13 | 1 | 00:00:00 | 00:07:35.45 | 00:07:35.45 | +00:01:07 (14.8%) | 3:52 | 15.5 (85.2%) |
| 19 | LEBIODA Wojciech | 507 | | M-13 | 2 | 00:00:00 | 00:07:37.95 | 00:07:37.95 | +00:01:09 (15.3%) | 3:53 | 15.4 (84.6%) |
| 20 | ŻMIEJKO Łukasz | 601 | COBRA TEAM | M-30 | 5 | 00:00:00 | 00:07:39.05 | 00:07:39.05 | +00:01:10 (15.5%) | 3:54 | 15.4 (84.6%) |
| 21 | WOLAŃSKI Maciej | 593 | | M-14 | 4 | 00:00:00 | 00:07:40.65 | 00:07:40.65 | +00:01:12 (15.7%) | 3:54 | 15.3 (84.1%) |
| 22 | BILEK Sebastian | 411 | DORIAN TEAM SLAWNO | M-18 | 4 | 00:00:00 | 00:07:43.90 | 00:07:43.90 | +00:01:15 (16.3%) | 3:56 | 15.2 (83.5%) |
| 23 | LIPSKI Michał | 512 | | M-30 | 6 | 00:00:00 | 00:07:44.75 | 00:07:44.75 | +00:01:16 (16.5%) | 3:56 | 15.2 (83.5%) |
| 24 | PETKA Rafał | 537 | CSSP KOSZALIN | M-18 | 5 | 00:00:00 | 00:07:48.50 | 00:07:48.50 | +00:01:20 (17.2%) | 3:58 | 15.1 (83.0%) |
| 25 | FRONTCZAK Izabela | 644 | TKKF KOSZALIN | K-18 | 1 | 00:00:00 | 00:07:59.65 | 00:07:59.65 | +00:01:31 (19.1%) | 4:04 | 14.7 (80.8%) |
| 26 | JANUS Grzegorz | 456 | RONIN GOLD TEAM/RAMS | M-30 | 7 | 00:00:00 | 00:08:05.65 | 00:08:05.65 | +00:01:37 (20.1%) | 4:07 | 14.5 (79.7%) |
| 27 | MATUS Robert | 502 | CSSP KOSZALIN | M-18 | 6 | 00:00:00 | 00:08:11.35 | 00:08:11.35 | +00:01:43 (21.0%) | 4:10 | 14.4 (79.1%) |
| 28 | SKRZYPEK Tomasz | 559 | CSSP KOSZALIN | M-18 | 7 | 00:00:00 | 00:08:12.65 | 00:08:12.65 | +00:01:44 (21.2%) | 4:11 | 14.3 (78.6%) |
| 29 | STACH Adrian | 560 | CSSP KOSZALIN | M-18 | 8 | 00:00:00 | 00:08:13.40 | 00:08:13.40 | +00:01:45 (21.3%) | 4:11 | 14.3 (78.6%) |
| 30 | GAWROŃSKI Paweł | 443 | OGIEŃ W SZOPIE | M-18 | 9 | 00:00:00 | 00:08:16.00 | 00:08:16.00 | +00:01:47 (21.8%) | 4:13 | 14.2 (78.0%) |
| 31 | REMLAKOWSKI Krzysztof | 543 | CSSP KOSZALIN | M-40 | 4 | 00:00:00 | 00:08:20.80 | 00:08:20.80 | +00:01:52 (22.5%) | 4:15 | 14.1 (77.5%) |
| 32 | GAWIECKI Piotr | 617 | | M-40 | 5 | 00:00:00 | 00:08:28.40 | 00:08:28.40 | +00:02:00 (23.7%) | 4:19 | 13.9 (76.4%) |
| 33 | PEC Daniel | 535 | | M-13 | 3 | 00:00:00 | 00:08:29.65 | 00:08:29.65 | +00:02:01 (23.8%) | 4:19 | 13.9 (76.4%) |
| 34 | JANUS Wojciech | 457 | | M-18 | 10 | 00:00:00 | 00:08:32.45 | 00:08:32.45 | +00:02:04 (24.3%) | 4:21 | 13.8 (75.8%) |
| 35 | PŁOSKI Krzysztof | 632 | | M-30 | 8 | 00:00:00 | 00:08:33.75 | 00:08:33.75 | +00:02:05 (24.5%) | 4:21 | 13.8 (75.8%) |
| 36 | KACZMAREK Arkadiusz | 630 | | M-14 | 5 | 00:00:00 | 00:08:35.90 | 00:08:35.90 | +00:02:07 (24.8%) | 4:22 | 13.7 (75.3%) |
| 37 | NAPIERAJ Adrian | 529 | CSSP KOSZALIN | M-18 | 11 | 00:00:00 | 00:08:35.95 | 00:08:35.95 | +00:02:07 (24.8%) | 4:22 | 13.7 (75.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|---------------------------|-----------|------|-------------|--------------------|--------------------|----------------------|--------------|-----------------|
| | | | | | | | 1.805km | 1.963km | | | |
| 38 | JABŁOŃSKI Adrian | 451 | WOJOWNICY WÓDY | M-18 | 12 | 00:00:00 | 00:08:37.30 | 00:08:37.30 | +00:02:09 (25.0%) | 4:23 | 13.6 (74.7%) |
| 39 | CZAPSKI Kacper | 610 | | M-18 | 13 | 00:00:00 | 00:08:37.55 | 00:08:37.55 | +00:02:09 (25.0%) | 4:23 | 13.6 (74.7%) |
| 40 | MALEK Marcel | 519 | | M-13 | 4 | 00:00:00 | 00:08:38.35 | 00:08:38.35 | +00:02:10 (25.1%) | 4:24 | 13.6 (74.7%) |
| 41 | BORGUL Hubert | 420 | | M-13 | 5 | 00:00:00 | 00:08:38.75 | 00:08:38.75 | +00:02:10 (25.2%) | 4:24 | 13.6 (74.7%) |
| 41 | BOBER Jakub | 611 | | M-30 | 9 | 00:00:00 | 00:08:38.75 | 00:08:38.75 | +00:02:10 (25.2%) | 4:24 | 13.6 (74.7%) |
| 43 | KRZEMIŃSKI Michał | 503 | SKY PRO CYCLING | M-30 | 10 | 00:00:00 | 00:08:39.75 | 00:08:39.75 | +00:02:11 (25.3%) | 4:24 | 13.6 (74.7%) |
| 44 | SZUBERT Julia | 571 | | K-14 | 1 | 00:00:00 | 00:08:43.65 | 00:08:43.65 | +00:02:15 (25.9%) | 4:26 | 13.5 (74.2%) |
| 45 | NIEMIEC Waldemar | 531 | ZG POLKOWICE-SIEROSZOWICE | M-50 | 2 | 00:00:00 | 00:08:45.70 | 00:08:45.70 | +00:02:17 (26.2%) | 4:27 | 13.4 (73.6%) |
| 46 | WRÓBLEWSKI Jacek | 594 | | M-14 | 6 | 00:00:00 | 00:08:46.60 | 00:08:46.60 | +00:02:18 (26.3%) | 4:28 | 13.4 (73.6%) |
| 47 | BOBER Sebastian | 612 | | M-40 | 6 | 00:00:00 | 00:08:46.95 | 00:08:46.95 | +00:02:18 (26.3%) | 4:28 | 13.4 (73.6%) |
| 48 | KLIMEK Jarosław | 483 | WOJSKO POLSKIE | M-18 | 14 | 00:00:00 | 00:08:49.95 | 00:08:49.95 | +00:02:21 (26.8%) | 4:29 | 13.3 (73.1%) |
| 49 | DĄBROWSKA Alicja | 436 | ROZBIEGANY KOSZALIN | K-50 | 1 | 00:00:00 | 00:08:50.45 | 00:08:50.45 | +00:02:22 (26.8%) | 4:30 | 13.3 (73.1%) |
| 50 | FORNALIK Jan | 566 | CSSP KOSZALIN | M-18 | 15 | 00:00:00 | 00:08:50.60 | 00:08:50.60 | +00:02:22 (26.9%) | 4:30 | 13.3 (73.1%) |
| 51 | LEMANCZYK Alina | 508 | DORIAN TEAM SLAWNO | K-30 | 1 | 00:00:00 | 00:08:52.00 | 00:08:52.00 | +00:02:23 (27.0%) | 4:31 | 13.3 (73.1%) |
| 52 | JANKOWSKA Barbara | 454 | CSSP KOSZALIN | K-18 | 2 | 00:00:00 | 00:08:54.95 | 00:08:54.95 | +00:02:26 (27.5%) | 4:32 | 13.2 (72.5%) |
| 53 | SZUBERT Alicja | 572 | | K-13 | 2 | 00:00:00 | 00:08:57.00 | 00:08:57.00 | +00:02:28 (27.7%) | 4:33 | 13.1 (72.0%) |
| 54 | STACHOWIAK Gracjan | 562 | | M-13 | 6 | 00:00:00 | 00:08:57.30 | 00:08:57.30 | +00:02:29 (27.8%) | 4:33 | 13.1 (72.0%) |
| 55 | SIMONOWICZ Aneta | 556 | | K-30 | 2 | 00:00:00 | 00:08:59.05 | 00:08:59.05 | +00:02:30 (28.0%) | 4:35 | 13.1 (72.0%) |
| 56 | ZACHCIAŁ-PEC Joanna | 595 | | K-40 | 1 | 00:00:00 | 00:09:03.45 | 00:09:03.45 | +00:02:35 (28.6%) | 4:37 | 13 (71.4%) |
| 57 | KOPCZEWSKI Dariusz | 489 | | M-50 | 3 | 00:00:00 | 00:09:06.65 | 00:09:06.65 | +00:02:38 (29.0%) | 4:38 | 12.9 (70.9%) |
| 58 | BREK Ania | 426 | OGIEŃ W SZOPIE | K-18 | 3 | 00:00:00 | 00:09:07.70 | 00:09:07.70 | +00:02:39 (29.1%) | 4:39 | 12.9 (70.9%) |
| 59 | CHORUŻY Zdzisław | 430 | | M-30 | 11 | 00:00:00 | 00:09:08.30 | 00:09:08.30 | +00:02:40 (29.2%) | 4:39 | 12.9 (70.9%) |
| 60 | RAŻNIEWSKI Mateusz | 542 | CSSP KOSZALIN | M-18 | 16 | 00:00:00 | 00:09:09.35 | 00:09:09.35 | +00:02:41 (29.4%) | 4:40 | 12.9 (70.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|---|-----------|------|-------------|-------------|-------------|----------------------|--------------|-----------------|
| | | | | | | | 1.805km | 1.963km | | | |
| 61 | WAŚICKI Jacek | 585 | STOPA SŁUPSK | M-40 | 7 | 00:00:00 | 00:09:11.35 | 00:09:11.35 | +00:02:43 (29.6%) | 4:41 | 12.8 (70.3%) |
| 62 | WAŚICKA Wiktoria | 584 | STOPA SŁUPSK | K-13 | 3 | 00:00:00 | 00:09:11.70 | 00:09:11.70 | +00:02:43 (29.7%) | 4:41 | 12.8 (70.3%) |
| 63 | WALERIAŃCZYK Kinga | 582 | | K-14 | 2 | 00:00:00 | 00:09:12.00 | 00:09:12.00 | +00:02:43 (29.7%) | 4:41 | 12.8 (70.3%) |
| 64 | DALECKI Marcin | 435 | CSSP KOSZALIN | M-18 | 17 | 00:00:00 | 00:09:12.10 | 00:09:12.10 | +00:02:44 (29.7%) | 4:41 | 12.8 (70.3%) |
| 65 | BOROWSKI Mateusz | 421 | CSSP KOSZALIN | M-18 | 18 | 00:00:00 | 00:09:12.30 | 00:09:12.30 | +00:02:44 (29.7%) | 4:41 | 12.8 (70.3%) |
| 66 | GŁOWACKI Włodzimierz | 444 | NIEZRZESZONY | M-70+ | 1 | 00:00:00 | 00:09:13.55 | 00:09:13.55 | +00:02:45 (29.9%) | 4:42 | 12.8 (70.3%) |
| 67 | KRYSIAK Adam | 501 | CSSP KOSZALIN | M-40 | 8 | 00:00:00 | 00:09:26.35 | 00:09:26.35 | +00:02:58 (31.5%) | 4:48 | 12.5 (68.7%) |
| 68 | PIROŃSKI Kuba | 648 | | M-14 | 7 | 00:00:00 | 00:09:28.55 | 00:09:28.55 | +00:03:00 (31.7%) | 4:49 | 12.4 (68.1%) |
| 69 | PAWELCZUK Szymon | 618 | | M-14 | 8 | 00:00:00 | 00:09:29.30 | 00:09:29.30 | +00:03:01 (31.8%) | 4:50 | 12.4 (68.1%) |
| 70 | MEJER Aleksandra | 524 | GIMNAZJUM W MANOWIE | K-14 | 3 | 00:00:00 | 00:09:36.15 | 00:09:36.15 | +00:03:08 (32.6%) | 4:53 | 12.3 (67.6%) |
| 71 | JAŻWIŃSKI Dominik | 463 | | M-13 | 7 | 00:00:00 | 00:09:37.05 | 00:09:37.05 | +00:03:08 (32.7%) | 4:54 | 12.2 (67.0%) |
| 72 | KOLANEK Michał | 484 | | M-14 | 9 | 00:00:00 | 00:09:37.15 | 00:09:37.15 | +00:03:09 (32.8%) | 4:54 | 12.2 (67.0%) |
| 73 | ZŁOTOWICZ Tomasz | 600 | PREP | M-30 | 12 | 00:00:00 | 00:09:38.90 | 00:09:38.90 | +00:03:10 (33.0%) | 4:54 | 12.2 (67.0%) |
| 74 | ROGANOWSKI Rafał | 544 | | M-40 | 9 | 00:00:00 | 00:09:41.60 | 00:09:41.60 | +00:03:13 (33.3%) | 4:56 | 12.1 (66.5%) |
| 75 | RASIŃSKA Alicja | 541 | HKTP PTTK SEZAM | K-14 | 4 | 00:00:00 | 00:09:44.15 | 00:09:44.15 | +00:03:16 (33.6%) | 4:57 | 12.1 (66.5%) |
| 76 | KRÓL Jan | 499 | | M-13 | 8 | 00:00:00 | 00:09:47.20 | 00:09:47.20 | +00:03:19 (33.9%) | 4:59 | 12 (65.9%) |
| 77 | BOROWSKA Karolina | 631 | | K-30 | 3 | 00:00:00 | 00:09:48.50 | 00:09:48.50 | +00:03:20 (34.1%) | 5:00 | 12 (65.9%) |
| 78 | KAJKOWSKI Rafał | 466 | CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN | M-40 | 10 | 00:00:00 | 00:09:54.05 | 00:09:54.05 | +00:03:25 (34.7%) | 5:03 | 11.9 (65.4%) |
| 79 | BAK Zbigniew | 410 | RUNNERSWALDE | M-30 | 13 | 00:00:00 | 00:09:54.90 | 00:09:54.90 | +00:03:26 (34.8%) | 5:03 | 11.9 (65.4%) |
| 80 | SARAMAK Paweł | 555 | CSSP KOSZALIN | M-18 | 19 | 00:00:00 | 00:09:56.60 | 00:09:56.60 | +00:03:28 (34.9%) | 5:04 | 11.8 (64.8%) |
| 81 | BARCIKOWSKI Piotr | 621 | | M-30 | 14 | 00:00:00 | 00:09:57.65 | 00:09:57.65 | +00:03:29 (35.1%) | 5:04 | 11.8 (64.8%) |
| 82 | KUBIŃSKA Beata | 505 | | K-40 | 2 | 00:00:00 | 00:10:01.70 | 00:10:01.70 | +00:03:33 (35.5%) | 5:06 | 11.7 (64.3%) |
| 83 | WOCH Małgorzata | 592 | | K-50 | 2 | 00:00:00 | 00:10:02.25 | 00:10:02.25 | +00:03:34 (35.6%) | 5:07 | 11.7 (64.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|-------------------------|-----------|------|-------------|--------------------|--------------------|----------------------|--------------|-----------------|
| | | | | | | | 1.805km | 1.963km | | | |
| 84 | KOMOROWSKA Beata | 486 | BEZ KLUBU | K-30 | 4 | 00:00:00 | 00:10:04.05 | 00:10:04.05 | +00:03:35 (35.8%) | 5:08 | 11.7 (64.3%) |
| 85 | JUSZCZAK Wojtek | 465 | SP5 KOŁOBRZEG | M-13 | 9 | 00:00:00 | 00:10:04.25 | 00:10:04.25 | +00:03:36 (35.8%) | 5:08 | 11.7 (64.3%) |
| 86 | LIPIŃSKA Agnieszka | 510 | DORIAN TEAM SŁAWNO | K-18 | 4 | 00:00:00 | 00:10:05.30 | 00:10:05.30 | +00:03:37 (35.9%) | 5:08 | 11.7 (64.3%) |
| 87 | ŚLIWA Rafał | 573 | OGIEŃ W SZOPIE | M-18 | 20 | 00:00:00 | 00:10:06.10 | 00:10:06.10 | +00:03:38 (36.0%) | 5:09 | 11.6 (63.7%) |
| 88 | WIŚNIEWSKI Artur | 590 | | M-40 | 11 | 00:00:00 | 00:10:07.20 | 00:10:07.20 | +00:03:39 (36.1%) | 5:09 | 11.6 (63.7%) |
| 89 | SOBOLEWSKI Mateusz | 623 | | M-13 | 10 | 00:00:00 | 00:10:08.85 | 00:10:08.85 | +00:03:40 (36.3%) | 5:10 | 11.6 (63.7%) |
| 90 | HAŁAJKO Magdalena | 620 | | K-30 | 5 | 00:00:00 | 00:10:09.25 | 00:10:09.25 | +00:03:41 (36.3%) | 5:10 | 11.6 (63.7%) |
| 91 | TROŚNIAK Tomasz | 578 | GIMNAZJUM NR1 BIAŁOGARD | M-14 | 10 | 00:00:00 | 00:10:10.15 | 00:10:10.15 | +00:03:42 (36.4%) | 5:11 | 11.6 (63.7%) |
| 92 | NAGÓRSKA Karolina | 607 | | K-30 | 6 | 00:00:00 | 00:10:11.00 | 00:10:11.00 | +00:03:42 (36.5%) | 5:11 | 11.5 (63.2%) |
| 93 | KRASKA Sławomir | 496 | CSSP KOSZALIN | M-18 | 21 | 00:00:00 | 00:10:12.55 | 00:10:12.55 | +00:03:44 (36.6%) | 5:12 | 11.5 (63.2%) |
| 94 | SAGAN Edyta | 616 | | K-14 | 5 | 00:00:00 | 00:10:13.25 | 00:10:13.25 | +00:03:45 (36.7%) | 5:12 | 11.5 (63.2%) |
| 95 | DĄBROWSKA Katarzyna | 437 | | K-18 | 5 | 00:00:00 | 00:10:14.25 | 00:10:14.25 | +00:03:46 (36.8%) | 5:13 | 11.5 (63.2%) |
| 96 | KOSZOWSKI Krystian | 492 | | M-30 | 15 | 00:00:00 | 00:10:19.05 | 00:10:19.05 | +00:03:50 (37.3%) | 5:15 | 11.4 (62.6%) |
| 97 | KASZUBA Łukasz | 476 | CSSP KOSZALIN | M-18 | 22 | 00:00:00 | 00:10:20.35 | 00:10:20.35 | +00:03:52 (37.4%) | 5:16 | 11.4 (62.6%) |
| 98 | SAGAN Karolina | 554 | SP5 KOŁOBRZEG | K-13 | 4 | 00:00:00 | 00:10:20.95 | 00:10:20.95 | +00:03:52 (37.5%) | 5:16 | 11.4 (62.6%) |
| 99 | KRUPA Paweł | 500 | | M-14 | 11 | 00:00:00 | 00:10:21.05 | 00:10:21.05 | +00:03:52 (37.5%) | 5:16 | 11.4 (62.6%) |
| 100 | NIEMCZUK Anna | 530 | | K-50 | 3 | 00:00:00 | 00:10:21.70 | 00:10:21.70 | +00:03:53 (37.6%) | 5:16 | 11.4 (62.6%) |
| 101 | PAULIŃSKI Jan | 534 | | M-60 | 3 | 00:00:00 | 00:10:21.80 | 00:10:21.80 | +00:03:53 (37.6%) | 5:16 | 11.4 (62.6%) |
| 102 | JARZĄBEK Arkadiusz | 461 | CSSP | M-18 | 23 | 00:00:00 | 00:10:22.90 | 00:10:22.90 | +00:03:54 (37.7%) | 5:17 | 11.3 (62.1%) |
| 103 | URBANEK Adrian | 649 | | M-14 | 12 | 00:00:00 | 00:10:23.40 | 00:10:23.40 | +00:03:55 (37.7%) | 5:17 | 11.3 (62.1%) |
| 104 | KAZIMIERCZAK Leszek | 635 | CS SP KOSZALIN | M-30 | 16 | 00:00:00 | 00:10:25.40 | 00:10:25.40 | +00:03:57 (37.9%) | 5:18 | 11.3 (62.1%) |
| 105 | KAMECKI Marcel | 468 | SP5 KOŁOBRZEG | M-13 | 11 | 00:00:00 | 00:10:26.05 | 00:10:26.05 | +00:03:57 (38.0%) | 5:19 | 11.3 (62.1%) |
| 106 | STACHOWIAK Pamela | 561 | | K-13 | 5 | 00:00:00 | 00:10:26.15 | 00:10:26.15 | +00:03:58 (38.0%) | 5:19 | 11.3 (62.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|------------|--------------------------------|-----------|------|-------------|--------------------|--------------------|----------------------|--------------|-----------------|
| | | | | | | | 1.805km | 1.963km | | | |
| 107 | ZŁOTKOWSKI Jakub | 599 | CSSP KOSZALIN | M-18 | 24 | 00:00:00 | 00:10:27.05 | 00:10:27.05 | +00:03:58 (38.1%) | 5:19 | 11.3 (62.1%) |
| 108 | BIAŁOKOWICZ Leon | 614 | | M-13 | 12 | 00:00:00 | 00:10:27.35 | 00:10:27.35 | +00:03:59 (38.1%) | 5:19 | 11.3 (62.1%) |
| 109 | RUSIECKI Paweł | 548 | FAJNE CHŁOPAKI | M-40 | 12 | 00:00:00 | 00:10:30.15 | 00:10:30.15 | +00:04:02 (38.4%) | 5:21 | 11.2 (61.5%) |
| 110 | KOWALSKI Sławomir | 494 | CS SP KOSZALIN | M-50 | 4 | 00:00:00 | 00:10:31.60 | 00:10:31.60 | +00:04:03 (38.6%) | 5:21 | 11.2 (61.5%) |
| 111 | GAWIECKA Mariola | 442 | ROZBIEGANY KOSZALIN | K-40 | 3 | 00:00:00 | 00:10:32.40 | 00:10:32.40 | +00:04:04 (38.6%) | 5:22 | 11.2 (61.5%) |
| 112 | KRZYŻANIAK Justyna | 606 | | K-18 | 6 | 00:00:00 | 00:10:39.10 | 00:10:39.10 | +00:04:11 (39.3%) | 5:26 | 11 (60.4%) |
| 113 | KUCHALSKA Justyna | 613 | | K-30 | 7 | 00:00:00 | 00:10:41.25 | 00:10:41.25 | +00:04:13 (39.5%) | 5:27 | 11 (60.4%) |
| 114 | JUREWICZ Rajmund | 464 | GARNIZON DRAWSKI | M-60 | 4 | 00:00:00 | 00:10:42.15 | 00:10:42.15 | +00:04:14 (39.6%) | 5:27 | 11 (60.4%) |
| 115 | URBAŃSKI Aleksander | 580 | 17WOG KOSZALIN | M-40 | 13 | 00:00:00 | 00:10:42.65 | 00:10:42.65 | +00:04:14 (39.6%) | 5:27 | 11 (60.4%) |
| 116 | BORSKOWICZ Mateusz | 422 | | M-18 | 25 | 00:00:00 | 00:10:44.30 | 00:10:44.30 | +00:04:16 (39.8%) | 5:28 | 11 (60.4%) |
| 117 | RYBACZEK Łucja | 550 | FORMA ROSNOWO | K-13 | 6 | 00:00:00 | 00:10:48.45 | 00:10:48.45 | +00:04:20 (40.1%) | 5:30 | 10.9 (59.9%) |
| 118 | ROGOŻA Natalia | 545 | BIEGNIJMY.PL | K-14 | 6 | 00:00:00 | 00:10:52.85 | 00:10:52.85 | +00:04:24 (40.6%) | 5:32 | 10.8 (59.3%) |
| 119 | RASIŃSKA Patrycja | 636 | | K-14 | 7 | 00:00:00 | 00:10:53.15 | 00:10:53.15 | +00:04:25 (40.6%) | 5:33 | 10.8 (59.3%) |
| 120 | TETER Marta | 576 | ONR KOSZALIN, GWARDIA KOSZALIN | K-18 | 7 | 00:00:00 | 00:10:56.25 | 00:10:56.25 | +00:04:28 (40.9%) | 5:34 | 10.8 (59.3%) |
| 121 | OLKOWSKA Krysia | 641 | | K-18 | 8 | 00:00:00 | 00:10:57.75 | 00:10:57.75 | +00:04:29 (41.0%) | 5:35 | 10.7 (58.8%) |
| 122 | RASINSKI Krzysztof | 637 | | M-13 | 13 | 00:00:00 | 00:10:58.65 | 00:10:58.65 | +00:04:30 (41.1%) | 5:35 | 10.7 (58.8%) |
| 123 | JAŁYŃSKI Adam | 453 | OGIEŃ W SZOPIE | M-40 | 14 | 00:00:00 | 00:10:59.00 | 00:10:59.00 | +00:04:30 (41.1%) | 5:36 | 10.7 (58.8%) |
| 124 | CZARNECKI Dominik | 474 | CSSP KOSZALIN | M-18 | 26 | 00:00:00 | 00:11:00.20 | 00:11:00.20 | +00:04:32 (41.2%) | 5:36 | 10.7 (58.8%) |
| 125 | BONISŁAWSKI Paweł | 417 | | M-18 | 27 | 00:00:00 | 00:11:01.00 | 00:11:01.00 | +00:04:32 (41.3%) | 5:37 | 10.7 (58.8%) |
| 126 | MAJCHER-ROSOWSKA Natalia | 518 | | K-30 | 8 | 00:00:00 | 00:11:01.80 | 00:11:01.80 | +00:04:33 (41.4%) | 5:37 | 10.7 (58.8%) |
| 127 | CINCIO Wojciech | 646 | | M-13 | 14 | 00:00:00 | 00:11:03.85 | 00:11:03.85 | +00:04:35 (41.5%) | 5:38 | 10.6 (58.2%) |
| 128 | BARTCZAK Klaudyna | 408 | CSSP KOSZALIN | K-18 | 9 | 00:00:00 | 00:11:04.35 | 00:11:04.35 | +00:04:36 (41.6%) | 5:38 | 10.6 (58.2%) |
| 129 | KAMELSKI Piotr | 470 | B/K | M-40 | 15 | 00:00:00 | 00:11:08.05 | 00:11:08.05 | +00:04:39 (41.9%) | 5:40 | 10.6 (58.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas | | Różn | Tempo min/km | Tempo km/h | |
|-----|------------------------|-------|--------------------|-----------|------|-------------|-------------|-------------|----------------------|----------------------|-----------------|-----------------|
| | | | | | | | 1.805km | 1.963km | | | | |
| 130 | KOROL Elżbieta | 490 | | K-40 | 4 | 00:00:00 | 00:11:09.25 | 00:11:09.25 | +00:04:41 (42.0%) | 5:41 | 10.5 (57.7%) | |
| 131 | JAKUBOWSKA Anna | 452 | | K-18 | 10 | 00:00:00 | 00:11:09.50 | 00:11:09.50 | +00:04:41 (42.0%) | 5:41 | 10.5 (57.7%) | |
| 132 | JARCZAK Katarzyna | 460 | | K-18 | 11 | 00:00:00 | 00:11:10.60 | 00:11:10.60 | +00:04:42 (42.1%) | 5:41 | 10.5 (57.7%) | |
| 133 | KOWALCZYK Maciej | 493 | | M-30 | 17 | 00:00:00 | 00:11:15.95 | 00:11:15.95 | +00:04:47 (42.6%) | 5:44 | 10.5 (57.7%) | |
| 134 | NOWAK Bożena | 638 | | K-50 | 4 | 00:00:00 | 00:11:18.85 | 00:11:18.85 | +00:04:50 (42.8%) | 5:45 | 10.4 (57.1%) | |
| 135 | ŁAPCZUK Patrycja | 516 | SP5 KOŁOBRZEG | K-13 | 7 | 00:00:00 | 00:11:23.95 | 00:11:23.95 | +00:04:55 (43.3%) | 5:48 | 10.3 (56.6%) | |
| 136 | KRAMARZ Stanisław | 495 | ROSSBIEGANI | M-13 | 15 | 00:00:00 | 00:11:26.05 | 00:11:26.05 | +00:04:57 (43.4%) | 5:50 | 10.3 (56.6%) | |
| 137 | POLAN Jarosław | 642 | | M-50 | 5 | 00:00:00 | 00:11:27.15 | 00:11:27.15 | +00:04:59 (43.5%) | 5:50 | 10.3 (56.6%) | |
| 138 | IMIOŁEK Marcel | 609 | | M-13 | 16 | 00:00:00 | 00:11:28.70 | 00:11:28.70 | +00:05:00 (43.6%) | 5:51 | 10.3 (56.6%) | |
| 139 | SUBEL Anna | 629 | | K-18 | 12 | 00:00:00 | 00:11:31.85 | 00:11:31.85 | +00:05:03 (43.9%) | 5:52 | 10.2 (56.0%) | |
| 140 | TUSK Aleksandra | 602 | | K-30 | 9 | 00:00:00 | 00:11:33.35 | 00:11:33.35 | +00:05:05 (44.0%) | 5:53 | 10.2 (56.0%) | |
| 141 | KRAMARZ Aneta | 634 | | K-30 | 10 | 00:00:00 | 00:11:33.85 | 00:11:33.85 | +00:05:05 (44.1%) | 5:53 | 10.2 (56.0%) | |
| 142 | BOGUSŁAWSKI Filip | 413 | | M-13 | 17 | 00:00:00 | 00:11:36.10 | 00:11:36.10 | +00:05:08 (44.2%) | 5:55 | 10.1 (55.5%) | |
| 143 | ANDRUSZKIEWICZ Barbara | 626 | | K-14 | 8 | 00:00:00 | 00:11:36.25 | 00:11:36.25 | +00:05:08 (44.3%) | 5:55 | 10.1 (55.5%) | |
| 144 | KALETA Cezary | 467 | SP NR 18 | M-13 | 18 | 00:00:00 | 00:11:37.80 | 00:11:37.80 | +00:05:09 (44.4%) | 5:55 | 10.1 (55.5%) | |
| 145 | KASZTELAN Urszula | 627 | TKKF TRIATHLON | K-30 | 11 | 00:00:04 | 00:10:28 | 00:11:38.60 | 00:11:42.60 | +00:05:10 (44.4%) | 5:56 | 10.1 (55.5%) |
| 146 | DYMECKA Joanna | 622 | | K-30 | 12 | 00:00:00 | 00:11:39.15 | 00:11:39.15 | +00:05:11 (44.5%) | 5:56 | 10.1 (55.5%) | |
| 147 | HAUSMAN Andrzej | 449 | KSR ROWERIA | M-60 | 5 | 00:00:00 | 00:11:39.75 | 00:11:39.75 | +00:05:11 (44.5%) | 5:56 | 10.1 (55.5%) | |
| 148 | JANKOWSKI Patryk | 455 | CSSP KOSZALIN | M-18 | 28 | 00:00:00 | 00:11:42.40 | 00:11:42.40 | +00:05:14 (44.7%) | 5:58 | 10.1 (55.5%) | |
| 149 | GODLEWSKI Mateusz | 445 | | M-13 | 19 | 00:00:00 | 00:11:46.35 | 00:11:46.35 | +00:05:18 (45.1%) | 6:00 | 10 (54.9%) | |
| 150 | BAGIŃSKA Agnieszka | 404 | BAJADERKI KOSZALIN | K-30 | 13 | 00:00:00 | 00:11:58.05 | 00:11:58.05 | +00:05:29 (46.0%) | 6:06 | 9.8 (53.8%) | |
| 151 | KONSEK Ola | 487 | | K-13 | 8 | 00:00:00 | 00:11:58.90 | 00:11:58.90 | +00:05:30 (46.0%) | 6:06 | 9.8 (53.8%) | |
| 152 | SZARA Michał | 569 | | M-14 | 13 | 00:00:00 | 00:12:10.35 | 00:12:10.35 | +00:05:42 (46.9%) | 6:12 | 9.7 (53.3%) | |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|------------|------------------------------------|-----------|------|-------------|--------------------|--------------------|----------------------|--------------|----------------|
| | | | | | | | 1.805km | 1.963km | | | |
| 153 | DERDA Ewa | 438 | | K-14 | 9 | 00:00:00 | 00:12:10.65 | 00:12:10.65 | +00:05:42 (46.9%) | 6:12 | 9.7 (53.3%) |
| 154 | TROŚNIAK Katarzyna | 577 | SP 4 BIAŁOGARD | K-13 | 9 | 00:00:00 | 00:12:19.50 | 00:12:19.50 | +00:05:51 (47.5%) | 6:17 | 9.5 (52.2%) |
| 155 | KONSEK Jakub | 488 | | M-13 | 20 | 00:00:00 | 00:12:22.20 | 00:12:22.20 | +00:05:54 (47.7%) | 6:18 | 9.5 (52.2%) |
| 156 | ŁĄTKA Aneta | 517 | | M-30 | 18 | 00:00:00 | 00:12:22.30 | 00:12:22.30 | +00:05:54 (47.7%) | 6:18 | 9.5 (52.2%) |
| 157 | BARAN Ewa | 406 | | K-18 | 13 | 00:00:00 | 00:12:28.35 | 00:12:28.35 | +00:06:00 (48.1%) | 6:21 | 9.4 (51.6%) |
| 158 | RADZIEWICZ Dariusz | 539 | | M-40 | 16 | 00:00:00 | 00:12:29.15 | 00:12:29.15 | +00:06:01 (48.2%) | 6:22 | 9.4 (51.6%) |
| 158 | RUPNIEWSKI Piotr | 547 | | M-30 | 19 | 00:00:00 | 00:12:29.15 | 00:12:29.15 | +00:06:01 (48.2%) | 6:22 | 9.4 (51.6%) |
| 160 | FOJUT Kamila | 441 | | K-30 | 14 | 00:00:00 | 00:12:29.35 | 00:12:29.35 | +00:06:01 (48.2%) | 6:22 | 9.4 (51.6%) |
| 161 | KAMIŃSKA Beata | 475 | GRUPA BIEGOWA GARNIZONU DRAWSKIEGO | K-40 | 5 | 00:00:00 | 00:12:40.80 | 00:12:40.80 | +00:06:12 (49.0%) | 6:27 | 9.3 (51.1%) |
| 162 | KREIS-GROCHOWSKA Dominika | 498 | | K-30 | 15 | 00:00:00 | 00:12:41.60 | 00:12:41.60 | +00:06:13 (49.0%) | 6:28 | 9.3 (51.1%) |
| 163 | KUBIAK Maria | 504 | | K-30 | 16 | 00:00:00 | 00:12:51.65 | 00:12:51.65 | +00:06:23 (49.7%) | 6:33 | 9.2 (50.5%) |
| 163 | KULIŃSKI Marek | 506 | | M-30 | 20 | 00:00:00 | 00:12:51.65 | 00:12:51.65 | +00:06:23 (49.7%) | 6:33 | 9.2 (50.5%) |
| 165 | MAZUREK Hanna | 523 | BABECZKI KOSZALIN | K-13 | 10 | 00:00:00 | 00:12:54.10 | 00:12:54.10 | +00:06:26 (49.9%) | 6:34 | 9.1 (50.0%) |
| 166 | VON BARDELEBEN Tarryn | 581 | BABECZKI KOSZALIN | K-13 | 11 | 00:00:00 | 00:12:54.20 | 00:12:54.20 | +00:06:26 (49.9%) | 6:34 | 9.1 (50.0%) |
| 167 | KISIEL Anna | 640 | | K-18 | 14 | 00:00:00 | 00:13:01.15 | 00:13:01.15 | +00:06:33 (50.3%) | 6:38 | 9 (49.5%) |
| 168 | LUDKA Amelia | 515 | ZHP | K-14 | 10 | 00:00:00 | 00:13:13.30 | 00:13:13.30 | +00:06:45 (51.1%) | 6:44 | 8.9 (48.9%) |
| 169 | RAMA Ewa | 540 | KLUB | K-50 | 5 | 00:00:00 | 00:13:16.55 | 00:13:16.55 | +00:06:48 (51.3%) | 6:46 | 8.9 (48.9%) |
| 170 | CIEŚLEWICZ Kacper | 432 | SP5 KOŁOBRZEG | M-13 | 21 | 00:00:00 | 00:13:22.25 | 00:13:22.25 | +00:06:54 (51.6%) | 6:49 | 8.8 (48.4%) |
| 171 | WILKOWSKA Anastazja | 589 | | K-13 | 12 | 00:00:00 | 00:13:25.15 | 00:13:25.15 | +00:06:57 (51.8%) | 6:50 | 8.8 (48.4%) |
| 172 | WILKOWSKA Beata | 588 | | K-30 | 17 | 00:00:00 | 00:13:25.40 | 00:13:25.40 | +00:06:57 (51.8%) | 6:50 | 8.8 (48.4%) |
| 173 | WILKOWSKA Małgorzata | 587 | | K-30 | 18 | 00:00:00 | 00:13:26.00 | 00:13:26.00 | +00:06:57 (51.8%) | 6:51 | 8.8 (48.4%) |
| 174 | HYNDA Irena | 450 | | K-50 | 6 | 00:00:00 | 00:13:28.55 | 00:13:28.55 | +00:07:00 (52.0%) | 6:52 | 8.7 (47.8%) |
| 175 | BONISŁAWSKA Maria | 415 | | K-13 | 13 | 00:00:00 | 00:13:40.55 | 00:13:40.55 | +00:07:12 (52.7%) | 6:58 | 8.6 (47.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|------------|-----------------------|-----------|------|-------------|--------------------|--------------------|----------------------|--------------|----------------|
| | | | | | | | 1.805km | 1.963km | | | |
| 176 | BONISŁAWSKI Wojciech | 418 | | M-40 | 17 | 00:00:00 | 00:13:40.60 | 00:13:40.60 | +00:07:12 (52.7%) | 6:58 | 8.6 (47.3%) |
| 177 | KAMELSKI Szymon | 469 | PRZEDSZKOLE CHALABALY | M-13 | 22 | 00:00:00 | 00:13:44.85 | 00:13:44.85 | +00:07:16 (52.9%) | 7:00 | 8.6 (47.3%) |
| 178 | SKOWRON Bartek | 645 | | M-13 | 23 | 00:00:00 | 00:13:48.05 | 00:13:48.05 | +00:07:19 (53.1%) | 7:02 | 8.5 (46.7%) |
| 179 | SKOWRON Adam | 558 | | M-30 | 21 | 00:00:00 | 00:13:48.55 | 00:13:48.55 | +00:07:20 (53.2%) | 7:02 | 8.5 (46.7%) |
| 180 | MIKLASINSKA Monika | 526 | B/K | K-30 | 19 | 00:00:00 | 00:13:48.80 | 00:13:48.80 | +00:07:20 (53.2%) | 7:02 | 8.5 (46.7%) |
| 181 | ANTCZAK Justyna | 403 | SP5 KOŁOBRZEG | K-30 | 20 | 00:00:00 | 00:13:52.15 | 00:13:52.15 | +00:07:24 (53.4%) | 7:04 | 8.5 (46.7%) |
| 182 | KORZENIOWSKA Aleksandra | 491 | SP5 KOŁOBRZEG | K-13 | 14 | 00:00:00 | 00:13:52.30 | 00:13:52.30 | +00:07:24 (53.4%) | 7:04 | 8.5 (46.7%) |
| 183 | KAWALEC Adrian | 477 | HKTP PTTK,, DREPTAK' | M-13 | 24 | 00:00:00 | 00:14:01.55 | 00:14:01.55 | +00:07:33 (53.9%) | 7:09 | 8.4 (46.2%) |
| 184 | KAMIŃSKA Weronika | 471 | | K-13 | 15 | 00:00:00 | 00:14:04.75 | 00:14:04.75 | +00:07:36 (54.1%) | 7:10 | 8.4 (46.2%) |
| 185 | KAMIŃSKI Robert | 473 | | M-30 | 22 | 00:00:00 | 00:14:05.30 | 00:14:05.30 | +00:07:37 (54.1%) | 7:11 | 8.4 (46.2%) |
| 186 | STASZEK Mariola | 563 | NIEZRZESZONA | K-50 | 7 | 00:00:00 | 00:14:18.20 | 00:14:18.20 | +00:07:50 (54.8%) | 7:17 | 8.2 (45.1%) |
| 187 | RYBARCZYK Miłosz | 552 | | M-OPEN | 1 | 00:00:00 | 00:14:19.95 | 00:14:19.95 | +00:07:51 (54.9%) | 7:18 | 8.2 (45.1%) |
| 188 | RYBARCZYK Robert | 553 | | M-40 | 18 | 00:00:00 | 00:14:20.30 | 00:14:20.30 | +00:07:52 (54.9%) | 7:18 | 8.2 (45.1%) |
| 189 | RYBARCZYK Joanna | 551 | | K-30 | 21 | 00:00:00 | 00:14:20.35 | 00:14:20.35 | +00:07:52 (54.9%) | 7:18 | 8.2 (45.1%) |
| 190 | BORUCH Katarzyna | 423 | :) | K-40 | 6 | 00:00:00 | 00:14:31.15 | 00:14:31.15 | +00:08:03 (55.4%) | 7:24 | 8.1 (44.5%) |
| 191 | KAMIŃSKA Małgorzata | 472 | | K-40 | 7 | 00:00:00 | 00:14:51.15 | 00:14:51.15 | +00:08:23 (56.4%) | 7:34 | 7.9 (43.4%) |
| 192 | ZAŁÓG Tomek | 596 | | M-14 | 14 | 00:00:00 | 00:15:15.95 | 00:15:15.95 | +00:08:47 (57.6%) | 7:46 | 7.7 (42.3%) |
| 193 | SUGIER Alicja | 639 | | K-13 | 16 | 00:00:00 | 00:15:25.35 | 00:15:25.35 | +00:08:57 (58.1%) | 7:51 | 7.6 (41.8%) |
| 194 | SUGIER Michał | 567 | NMC | M-30 | 23 | 00:00:00 | 00:15:25.40 | 00:15:25.40 | +00:08:57 (58.1%) | 7:51 | 7.6 (41.8%) |
| 195 | LIPIŃSKA Wiktoria | 511 | ZHP | K-14 | 11 | 00:00:00 | 00:15:25.60 | 00:15:25.60 | +00:08:57 (58.1%) | 7:51 | 7.6 (41.8%) |
| 196 | SZOCIK Aleksandra | 570 | HKTP PTTK,, DREPTAK' | K-14 | 12 | 00:00:00 | 00:15:26.50 | 00:15:26.50 | +00:08:58 (58.1%) | 7:52 | 7.6 (41.8%) |
| 197 | RUSZKOWSKA Agnieszka | 624 | | K-14 | 13 | 00:00:00 | 00:15:27.20 | 00:15:27.20 | +00:08:59 (58.1%) | 7:52 | 7.6 (41.8%) |
| 198 | WESOŁOWSKI Dawid | 647 | | M-14 | 15 | 00:00:00 | 00:15:30.50 | 00:15:30.50 | +00:09:02 (58.3%) | 7:54 | 7.6 (41.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 1.805km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|----------------------------|-----------|------|-------------|----------|--------------------|--------------------|----------------------|--------------|----------------|
| | | | | | | | | netto 1.963km | brutto 1.963km | | | |
| 199 | GUDANIEC Dorota | 628 | TKKF TRIATHLON | K-50 | 8 | 00:10:56 | 00:14:24 | 00:15:49.35 | 00:26:45.60 | +00:09:21 (59.1%) | 8:04 | 7.4 (40.7%) |
| 200 | BONISŁAWSKA Zuzanna | 414 | TITKI TATITKI I DWIE KITKI | K-13 | 17 | 00:00:00 | | 00:15:52.00 | 00:15:52.00 | +00:09:23 (59.2%) | 8:05 | 7.4 (40.7%) |
| 201 | CHORAŻY Karolina | 429 | | K-18 | 15 | 00:00:00 | | 00:15:52.80 | 00:15:52.80 | +00:09:24 (59.3%) | 8:05 | 7.4 (40.7%) |
| 202 | BONISŁAWSKI Jarosław | 416 | TITKI TATITKI I DWIE KITKI | M-30 | 24 | 00:00:00 | | 00:15:53.10 | 00:15:53.10 | +00:09:25 (59.3%) | 8:06 | 7.4 (40.7%) |
| 203 | MORAWSKI Tomasz | 528 | ROWERIA | M-50 | 6 | 00:00:00 | | 00:16:01.80 | 00:16:01.80 | +00:09:33 (59.6%) | 8:10 | 7.3 (40.1%) |
| 204 | PUZYREWSKA Małgorzata | 604 | | K-13 | 18 | 00:00:00 | | 00:16:54.25 | 00:16:54.25 | +00:10:26 (61.7%) | 8:37 | 7 (38.5%) |
| 205 | PUZYREWSKI Wojciech | 605 | | M-30 | 25 | 00:00:00 | | 00:16:54.65 | 00:16:54.65 | +00:10:26 (61.8%) | 8:37 | 7 (38.5%) |
| 206 | JANUSZEWSKI Patryk | 459 | | M-14 | 16 | 00:00:00 | | 00:17:12.15 | 00:17:12.15 | +00:10:44 (62.4%) | 8:46 | 6.8 (37.4%) |
| 207 | KAWALEC Lidia | 478 | HKTP PTTK,, DREPTAK' | K-13 | 19 | 00:00:00 | | 00:17:14.15 | 00:17:14.15 | +00:10:46 (62.5%) | 8:47 | 6.8 (37.4%) |
| 208 | HAJEC Matylda | 448 | HKTP PTTK,, DREPTAK' | K-13 | 20 | 00:00:00 | | 00:17:14.85 | 00:17:14.85 | +00:10:46 (62.5%) | 8:47 | 6.8 (37.4%) |
| 209 | LUBKE Marta | 514 | HKTP PTTK,, DREPTAK' | K-13 | 21 | 00:00:00 | | 00:17:17.35 | 00:17:17.35 | +00:10:49 (62.6%) | 8:49 | 6.8 (37.4%) |
| 210 | KILAR Weronika | 481 | HKTP PTTK,, DREPTAK' | K-14 | 14 | 00:00:00 | | 00:17:17.50 | 00:17:17.50 | +00:10:49 (62.6%) | 8:49 | 6.8 (37.4%) |
| 211 | LIS Maja | 513 | HKTP PTTK,, DREPTAK' | K-13 | 22 | 00:00:00 | | 00:17:17.60 | 00:17:17.60 | +00:10:49 (62.6%) | 8:49 | 6.8 (37.4%) |
| 212 | BORUCH Anna | 424 | :) | K-13 | 23 | 00:00:00 | | 00:20:33.65 | 00:20:33.65 | +00:14:05 (68.5%) | 10:29 | 5.7 (31.3%) |

Znaleziono 212 wynik(ów)