

BIEG NIEPODLEGŁOŚCI - OKONEK - 10KM

Organizator: Gmina Okonek
 Data: 2018-11-03
 Miejsce: Okonek
 Dystans: 10 km
 Klasyfikacja wg czasów netto.

**BIEG NIEPODLEGŁOŚCI - OKONEK - 10KM, OPEN**

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 7.5km | Netto | min/km | km/h |
|------|------------------------|-----|-----------------------------|-------------|------|------|--------|------|----------|----------|-------------|--------|------|
| 1 | HOFFMAN ALEKSANDER | 160 | PRECON POLSKA | JASTROWIE | POL | M-40 | 1 | M 1 | 00:08:45 | 00:25:35 | 00:33:47.33 | 3:22 | 17.8 |
| 2 | FABIAŃSKI ŁUKASZ | 144 | REHABALANCE TEAM | MIĘDZYCHÓD | POL | M-18 | 1 | M 2 | 00:08:49 | 00:26:45 | 00:35:19.82 | 3:32 | 17 |
| 3 | ROČKO KRZYSZTOF | 243 | | CZAPLA | POL | M-30 | 1 | M 3 | 00:08:49 | 00:26:44 | 00:35:26.89 | 3:32 | 16.9 |
| 4 | SZYMAŃSKI SYLWESTER | 219 | ULKS BARWICE | SZCZECINEK | POL | M-40 | 2 | M 4 | 00:08:53 | 00:26:59 | 00:35:39.32 | 3:33 | 16.8 |
| 5 | WOŹNIAK GRZEGORZ | 225 | AKTYWNA KRAJENKA | KRAJENKA | POL | M-30 | 2 | M 5 | 00:08:53 | 00:28:05 | 00:37:39.19 | 3:46 | 15.9 |
| 6 | CENTKA JAKUB | 137 | | ZŁOTÓW | POL | M-18 | 2 | M 6 | 00:09:11 | 00:28:46 | 00:38:07.33 | 3:48 | 15.7 |
| 7 | WITKIEWICZ ERYK | 390 | | BIALOGARD | POL | M-40 | 3 | M 7 | 00:09:23 | 00:28:54 | 00:38:22.48 | 3:50 | 15.6 |
| 8 | KAMIONKA MATEUSZ | 247 | | CHOJNICE | POL | M-18 | 3 | M 8 | 00:09:26 | 00:29:44 | 00:39:09.69 | 3:54 | 15.3 |
| 9 | TRĘBSKI KRZYSZTOF | 220 | #ZABIEGANINOCĄ | OKONEK | POL | M-40 | 4 | M 9 | 00:09:43 | 00:29:35 | 00:39:11.00 | 3:55 | 15.3 |
| 10 | BRALSKI ANDRZEJ | 136 | #ZABIEGANINOCĄ | OKONEK | POL | M-30 | 3 | M 10 | 00:09:52 | 00:29:44 | 00:39:22.89 | 3:56 | 15.2 |
| 11 | ŁASKAWIEC PAWEŁ | 187 | JW 4580 | CZARNE | POL | M-18 | 4 | M 11 | 00:09:58 | 00:30:35 | 00:40:19.81 | 4:01 | 14.9 |
| 12 | WIELGUS GRZEGORZ | 223 | | ZŁOTÓW | POL | M-30 | 4 | M 12 | 00:10:02 | 00:30:32 | 00:40:27.42 | 4:02 | 14.8 |
| 13 | PICK TOMASZ | 198 | DEAF KOSZALIN | KOSZALIN | POL | M-40 | 5 | M 13 | 00:10:10 | 00:31:08 | 00:40:50.96 | 4:05 | 14.7 |
| 14 | GŁOGOWSKI KRZYSZTOF | 151 | KORONOWO NA BIEGOWO | KORONOWO | POL | M-40 | 6 | M 14 | 00:09:55 | 00:30:44 | 00:40:52.90 | 4:05 | 14.7 |
| 15 | GAŁAN LESZEK | 147 | | ZŁOCIEINIEC | POL | M-50 | 1 | M 15 | 00:10:27 | 00:31:29 | 00:41:18.18 | 4:07 | 14.5 |
| 16 | NOWAK MARCIN | 195 | | PIŁA | POL | M-40 | 7 | M 16 | | | 00:41:18.38 | 4:07 | 14.5 |
| 17 | SUBERŁAK DAMIAN | 214 | RUNDORFINA | CZAPLINEK | POL | M-18 | 5 | M 17 | 00:10:36 | 00:32:03 | 00:42:22.72 | 4:14 | 14.2 |
| 18 | MICHAŁOWSKI DARIUSZ | 192 | | CZARNE | POL | M-40 | 8 | M 18 | 00:10:26 | 00:32:10 | 00:42:32.41 | 4:15 | 14.1 |
| 19 | OSTROWSKI MARIAN | 242 | SENIOR 54 | ZŁOCIEINIEC | | M-60 | 1 | M 19 | 00:10:28 | 00:31:50 | 00:42:47.65 | 4:16 | 14 |
| 20 | KUKLINSKI MACIEJ | 183 | METROŻERCY | MIROSZEWO | POL | M-40 | 9 | M 20 | 00:10:12 | 00:32:02 | 00:42:57.12 | 4:17 | 14 |
| 21 | ROGAŁA KRYSZTIAN | 203 | MTS HAMER MIASTKO | LOTYŃ | POL | M-30 | 5 | M 21 | 00:10:17 | 00:32:21 | 00:43:04.74 | 4:18 | 13.9 |
| 22 | RYNDAK MARIUSZ | 206 | | SZCZECINEK | POL | M-50 | 2 | M 22 | 00:10:06 | 00:32:15 | 00:43:15.65 | 4:19 | 13.9 |
| 23 | KRYZEL TOMASZ | 179 | | CZŁUCHÓW | POL | M-18 | 6 | M 23 | 00:10:19 | 00:32:25 | 00:43:20.89 | 4:20 | 13.8 |
| 24 | KATRYCZ ZBIGNIEW | 171 | ŚWIERCZYNA | ŚWIERCZYNA | POL | M-50 | 3 | M 24 | 00:10:33 | 00:32:30 | 00:43:21.22 | 4:20 | 13.8 |
| 25 | CYGAN MAŁGORZATA | 141 | BORNE BIEGA | SZCZECINEK | POL | K-30 | 1 | K 1 | 00:10:42 | 00:33:03 | 00:44:03.83 | 4:24 | 13.6 |
| 26 | CHUPTYŚ ADRIAN | 139 | RUNDORFINA | CZAPLINEK | POL | M-30 | 6 | M 25 | 00:10:45 | 00:33:12 | 00:44:04.88 | 4:24 | 13.6 |
| 27 | KOCLEJDA GRZEGORZ | 176 | RUNDORFINA | CZAPLINEK | POL | M-40 | 10 | M 26 | 00:10:51 | 00:33:31 | 00:44:09.10 | 4:24 | 13.6 |
| 28 | JABŁOŃSKI ANDRZEJ | 162 | | CZARNE | POL | M-40 | 11 | M 27 | 00:10:35 | 00:33:22 | 00:44:35.99 | 4:27 | 13.5 |
| 29 | SAWKA MAURZYCY | 248 | | SZCZECINEK | POL | M-18 | 7 | M 28 | 00:11:07 | 00:34:49 | 00:46:02.18 | 4:36 | 13 |
| 30 | STAŃCZYK SŁAWOMIR | 211 | STARGARD. JA SIĘ NIE ŚCIGAM | STARGARD | POL | M-30 | 7 | M 29 | 00:11:35 | 00:35:04 | 00:46:14.27 | 4:37 | 13 |
| 31 | KOŁODZIEJCZAK GRZEGORZ | 177 | | TUROWO | POL | M-40 | 12 | M 30 | 00:11:28 | 00:35:09 | 00:46:27.67 | 4:38 | 12.9 |
| 32 | JAROSZ ROMAN | 163 | | WAŁCZ | POL | M-50 | 4 | M 31 | 00:11:15 | 00:35:20 | 00:46:51.45 | 4:41 | 12.8 |
| 33 | JANKOWSKI MARIUSZ | 318 | | SZCZECINEK | POL | M-40 | 13 | M 32 | 00:11:37 | 00:35:32 | 00:46:58.11 | 4:41 | 12.8 |
| 34 | LIPKA WOJCIECH | 185 | | SZCZECINEK | POL | M-30 | 8 | M 33 | 00:11:45 | 00:35:53 | 00:46:59.46 | 4:42 | 12.8 |
| 35 | JERSZ BARTOSZ | 228 | | OKONEK | | M-30 | 9 | M 34 | 00:11:51 | 00:35:38 | 00:47:01.55 | 4:42 | 12.8 |
| 36 | STĘPIEŃ MARCIN | 212 | 21 CPL NADARZYCE | ZŁOTÓW | POL | M-30 | 10 | M 35 | 00:11:05 | 00:35:26 | 00:47:16.11 | 4:43 | 12.7 |
| 37 | ŁEPEK KAMIL | 188 | KAMARO TEAM | DEBRZNO | POL | M-30 | 11 | M 36 | 00:12:05 | 00:35:53 | 00:47:17.66 | 4:43 | 12.7 |
| 38 | SAWCZUK RAFAŁ | 207 | | OKONEK | POL | M-30 | 12 | M 37 | 00:10:48 | 00:35:28 | 00:47:36.39 | 4:45 | 12.6 |
| 39 | GRZYB MAGDALENA | 154 | RUNDORFINA | CZAPLINEK | POL | K-18 | 1 | K 2 | 00:11:57 | 00:36:12 | 00:48:08.38 | 4:48 | 12.5 |
| 40 | ADRYAN ADAM | 131 | | SĘLPSK | POL | M-40 | 14 | M 38 | 00:11:47 | 00:36:32 | 00:48:14.46 | 4:49 | 12.4 |
| 41 | HAŁKA JUSTYNA | 157 | TRUCHT ŁOBEZ | ŁOBEZ | POL | K-30 | 2 | K 3 | 00:11:46 | 00:36:18 | 00:48:17.59 | 4:49 | 12.4 |
| 42 | NITA KRZYSZTOF | 194 | OGIEŃ W SZOPIE | MIASTKO | POL | M-30 | 13 | M 39 | 00:11:36 | 00:36:34 | 00:48:42.43 | 4:52 | 12.3 |
| 43 | GEMZA MARIUSZ | 148 | | ZŁOTÓW | POL | M-18 | 8 | M 40 | 00:11:19 | 00:37:40 | 00:49:25.40 | 4:56 | 12.1 |
| 44 | OSOBNIAK RYSZARD | 197 | KOSZALIN - NIEZRZESZONY | KOSZALIN | POL | M-60 | 2 | M 41 | 00:12:07 | 00:37:25 | 00:49:25.69 | 4:56 | 12.1 |
| 45 | HUDANIEC PAWEŁ | 161 | | SZCZECINEK | POL | M-30 | 14 | M 42 | 00:11:46 | 00:37:26 | 00:49:26.31 | 4:56 | 12.1 |
| 46 | GEMZA MARCIN | 149 | | ZŁOTÓW | POL | M-30 | 15 | M 43 | 00:11:56 | 00:37:41 | 00:49:41.63 | 4:58 | 12.1 |

BIEG NIEPODLEGŁOŚCI - OKONEK - 10KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 7.5km | Netto | min/km | km/h |
|------|---------------------------------|-----|------------------------|-------------------|------|-------|--------|------|----------|----------|-------------|--------|------|
| 47 | BIELEŃ AGNIESZKA | 134 | MUAY RUNNING TEAM | POZNAŃ | POL | K-30 | 3 | K 4 | 00:12:23 | 00:37:59 | 00:49:58.53 | 4:59 | 12 |
| 48 | KARABASZ SYLWIA | 168 | KRISS TEAM | ZŁOTÓW | POL | K-40 | 1 | K 5 | 00:12:32 | 00:38:02 | 00:50:04.41 | 5:00 | 12 |
| 49 | HAŁKA ARKADIUSZ | 158 | TRUCHT ŁOBEZ | ŁOBEZ | POL | M-40 | 15 | M 44 | 00:12:44 | 00:38:14 | 00:50:15.62 | 5:01 | 11.9 |
| 50 | ROLIK ANNA | 204 | | SZCZECINEK | POL | K-30 | 4 | K 6 | 00:12:15 | 00:37:54 | 00:50:17.53 | 5:01 | 11.9 |
| 51 | KLESSA MONIKA | 175 | NIE BOSKIE BIEGACZKI | TRZCIANKA | POL | K-40 | 2 | K 7 | 00:12:55 | 00:38:08 | 00:50:18.33 | 5:01 | 11.9 |
| 52 | STOCKA-PODŁYSKA ŻANETA | 213 | (NIE)BOSKIE BIEGACZKI | TRZCIANKA | POL | K-30 | 5 | K 8 | 00:12:55 | 00:38:09 | 00:50:20.34 | 5:02 | 11.9 |
| 53 | SKOCZYŁAS BOŻENA | 209 | BIEGAM BO LUBIĘ | OKONEK | POL | K-40 | 3 | K 9 | 00:12:12 | 00:37:52 | 00:50:26.21 | 5:02 | 11.9 |
| 54 | KAZIMIEROWICZ RADOSŁAW | 172 | VTT KOSZALIŃ | KOSZALIN | POL | M-30 | 16 | M 45 | 00:11:58 | 00:38:03 | 00:50:31.96 | 5:03 | 11.9 |
| 55 | JESIONOWSKA-ŁASKAWIEC AGNIESZKA | 165 | JW 4580 | CZARNE -OKONEK | POL | K-18 | 2 | K 10 | 00:12:15 | 00:38:08 | 00:50:37.11 | 5:03 | 11.9 |
| 56 | GARBOWSKA ANNA | 241 | | TRZCIANKA | POL | K-30 | 6 | K 11 | 00:12:55 | 00:38:09 | 00:50:42.15 | 5:04 | 11.8 |
| 57 | DREWNIAK MACIEJ | 232 | | POZNAŃ | POL | M-30 | 17 | M 46 | 00:12:10 | 00:38:24 | 00:51:17.71 | 5:07 | 11.7 |
| 58 | SŁAPCZYŃSKA MARTA | 210 | | KALISZ POMORSKI | POL | K-18 | 3 | K 12 | 00:12:17 | 00:38:47 | 00:51:33.74 | 5:09 | 11.6 |
| 59 | BASSA ADRIAN | 173 | | CHOJNICE | POL | M-18 | 9 | M 47 | 00:11:59 | 00:38:43 | 00:51:34.40 | 5:09 | 11.6 |
| 60 | WÓJCICKI ADRIAN | 237 | | KOSZALIN | POL | M-30 | 18 | M 48 | 00:11:48 | 00:38:43 | 00:51:37.09 | 5:09 | 11.6 |
| 61 | JĘCZEŃ KORNELA | 166 | ZABIEGANI NOCĄ | OKONEK | POL | K-18 | 4 | K 13 | 00:12:52 | 00:39:34 | 00:52:13.78 | 5:13 | 11.5 |
| 62 | KAROLCZAK KATARZYNA | 170 | ZABIEGANINOCĄ OKONEK | OKONEK | POL | K-18 | 5 | K 14 | 00:12:47 | 00:39:24 | 00:52:21.50 | 5:14 | 11.5 |
| 63 | GOŁEK-NARZEŃKI JAKUB | 244 | | CZŁUCHÓW | POL | M-30 | 19 | M 49 | 00:13:01 | 00:39:51 | 00:52:40.75 | 5:16 | 11.4 |
| 64 | ORLIKOWSKI ROBERT | 196 | POŁCZYN | POŁCZYN ZDRÓJ | POL | M-30 | 20 | M 50 | 00:11:47 | 00:39:09 | 00:52:46.16 | 5:16 | 11.4 |
| 65 | WAJDA WALDEMAR | 221 | BORNE BIEGA | BORNE SULINOWO | POL | M-40 | 16 | M 51 | 00:12:39 | 00:39:45 | 00:53:00.04 | 5:18 | 11.3 |
| 66 | KWIATKOWSKA DOMINIKA | 231 | | OKONEK | POL | K-18 | 6 | K 15 | 00:12:46 | 00:40:07 | 00:53:02.13 | 5:18 | 11.3 |
| 67 | BARSCZEWSKI SEBASTIAN | 132 | BŁĘKITNY PATROL WWF | MIELENKO | POL | M-40 | 17 | M 52 | 00:12:04 | 00:39:16 | 00:53:06.22 | 5:18 | 11.3 |
| 68 | SUCHANOWSKI ZYGMUNT | 216 | | LOTYŃ | POL | M-50 | 5 | M 53 | 00:12:23 | 00:39:31 | 00:53:12.98 | 5:19 | 11.3 |
| 69 | RAMUTKOWSKI ZBIGNIEW | 202 | | CHOJNICE | POL | M-30 | 21 | M 54 | 00:13:19 | 00:40:48 | 00:53:14.15 | 5:19 | 11.3 |
| 70 | PYREK IWONA | 201 | | WAŁCZ | POL | K-30 | 7 | K 16 | 00:12:59 | 00:40:27 | 00:53:24.39 | 5:20 | 11.2 |
| 71 | DOPYTAŁA ROBERT | 246 | KAMARO TEAM | LIPKA | | M-40 | 18 | M 55 | 00:13:06 | 00:40:19 | 00:53:29.59 | 5:20 | 11.2 |
| 72 | POCZĄTEK MICHAŁ | 199 | NIEZRZESZONY | PIŁA | POL | M-60 | 3 | M 56 | 00:12:50 | 00:40:15 | 00:53:31.50 | 5:21 | 11.2 |
| 73 | SKOCZYŁAS HENRYK | 208 | BIEGAM BO LUBIĘ | OKONEK | POL | M-40 | 19 | M 57 | 00:12:12 | 00:39:39 | 00:53:58.56 | 5:23 | 11.1 |
| 74 | BIELEWICZ ANNA | 135 | STOPA SŁUPSK | SŁUPSK | POL | K-40 | 4 | K 17 | 00:12:51 | 00:40:31 | 00:54:04.28 | 5:24 | 11.1 |
| 75 | JASKÓŁKA-STANISZ PAWEŁ | 164 | OSP LOTYŃ | LOTYŃ | POL | M-18 | 10 | M 58 | 00:13:11 | 00:41:15 | 00:54:22.68 | 5:26 | 11 |
| 76 | GAŁAN JANNA | 146 | | ZŁOCENIEC | POL | K-50 | 1 | K 18 | 00:13:39 | 00:41:04 | 00:54:24.87 | 5:26 | 11 |
| 77 | NOWAK PIOTR | 250 | | CZAPLINEK | POL | M-30 | 22 | M 59 | 00:13:12 | 00:40:34 | 00:54:26.07 | 5:26 | 11 |
| 78 | BILL ŁUKASZ | 229 | | OKONEK | | M-30 | 23 | M 60 | 00:12:36 | 00:40:18 | 00:54:29.11 | 5:26 | 11 |
| 79 | GORCZYCA TOMASZ | 152 | | WROCŁAW/NOWA RUDA | POL | M-30 | 24 | M 61 | 00:13:40 | 00:41:30 | 00:54:31.05 | 5:27 | 11 |
| 80 | METKOWSKA BEATA | 191 | HUSARIA RACE TEAM | SZCZECINEK | POL | K-50 | 2 | K 19 | 00:13:45 | 00:41:31 | 00:54:47.36 | 5:28 | 10.9 |
| 81 | KOPIEWICZ KONRAD | 178 | OSP LOTYŃ | LOTYŃ | POL | M-30 | 25 | M 62 | 00:13:37 | 00:42:01 | 00:55:03.31 | 5:30 | 10.9 |
| 82 | GRZYSTEK MARCIN | 155 | | SZCZECINEK | POL | M-30 | 26 | M 63 | 00:15:34 | 00:48:06 | 00:55:04.58 | 5:30 | 10.9 |
| 83 | GRZYSTEK MADZIA | 156 | | SZCZECINEK | POL | K-30 | 8 | K 20 | 00:15:34 | 00:48:07 | 00:55:06.65 | 5:30 | 10.9 |
| 84 | JÓZEFKO MATEUSZ | 167 | | LIPKA | POL | M-18 | 11 | M 64 | 00:12:53 | 00:40:55 | 00:55:08.56 | 5:30 | 10.9 |
| 85 | SUBIETA MAGDALENA | 215 | | SZCZECINEK | POL | K-30 | 9 | K 21 | 00:13:39 | 00:41:28 | 00:55:21.69 | 5:32 | 10.8 |
| 86 | BARTON KRYSZYNA | 133 | TRIPAKA PRZECHLEWO | PRZECHLEWO | POL | K-50 | 3 | K 22 | 00:12:47 | 00:41:23 | 00:55:28.34 | 5:32 | 10.8 |
| 87 | KARABASZ KRZYSZTOF | 169 | KRISS TEAM | ZŁOTÓW | POL | M-40 | 20 | M 65 | 00:13:39 | 00:42:04 | 00:55:35.85 | 5:33 | 10.8 |
| 88 | KRZYWICKI KRZYSZTOF | 180 | | OKONEK | POL | M-30 | 27 | M 66 | 00:13:33 | 00:42:42 | 00:56:23.48 | 5:38 | 10.6 |
| 89 | MUSIAŁ MIRELA | 193 | | PRUSZCZ | POL | K-40 | 5 | K 23 | 00:14:01 | 00:42:24 | 00:56:30.51 | 5:39 | 10.6 |
| 90 | DRZAŻGA ZBIGNIEW | 142 | SP NR 1 W SZCZECINKU | SZCZECINEK | POL | M-50 | 6 | M 67 | 00:13:39 | 00:42:45 | 00:56:41.78 | 5:40 | 10.6 |
| 91 | ROŻKOWSKI ROMAN | 205 | RUNNER'S POWER ŚREM | ŚREM | POL | M-60 | 4 | M 68 | 00:13:24 | 00:42:42 | 00:56:47.73 | 5:40 | 10.6 |
| 92 | WIELGUS JACEK | 224 | | ZŁOTÓW | POL | M-40 | 21 | M 69 | 00:14:04 | 00:42:52 | 00:57:15.05 | 5:43 | 10.5 |
| 93 | POCZĄTEK ANNA | 200 | NIEZRZESZONA | PIŁA | POL | K-60 | 1 | K 24 | 00:14:15 | 00:43:34 | 00:57:48.35 | 5:46 | 10.4 |
| 94 | SUPROŃ IZABELA | 217 | | BIAŁY BÓR | POL | K-30 | 10 | K 25 | 00:13:49 | 00:43:33 | 00:58:20.86 | 5:50 | 10.3 |
| 95 | FIRLEJ AGNIESZKA | 145 | RUNDORFINA | CZAPLINEK | POL | K-40 | 6 | K 26 | 00:14:04 | 00:44:38 | 00:59:46.49 | 5:58 | 10 |
| 96 | DEPTUŁA-BILL BOŻENA | 230 | | OKONEK | POL | K-30 | 11 | K 27 | 00:14:02 | 00:44:32 | 00:59:57.67 | 5:59 | 10 |
| 97 | GIERSZEWSKA URSZULA | 150 | | CHOJNICE | POL | K-50 | 4 | K 28 | 00:14:06 | 00:44:59 | 01:00:02.57 | 6:00 | 10 |
| 98 | DUCHNOWSKA KAMILA | 143 | HUSARIA RACE TEAM | SZCZECINEK | POL | K-30 | 12 | K 29 | 00:14:49 | 00:45:50 | 01:00:57.01 | 6:05 | 9.8 |
| 99 | KUBIAK DANUTA | 181 | WK PTTK HUSARIA CZARNE | CZARNE | POL | K-60 | 2 | K 30 | 00:14:46 | 00:46:33 | 01:01:35.11 | 6:09 | 9.7 |
| 100 | ŁOPIŃSKI ALEKSY | 189 | SAILING TEAM FERAJNA | OKONEK | POL | M-70+ | 1 | M 70 | 00:15:30 | 00:46:51 | 01:01:41.50 | 6:10 | 9.7 |
| 101 | HELLER ZDZISŁAW | 159 | NIEZRZESZONY | KOSZALIN | POL | M-60 | 5 | M 71 | 00:15:05 | 00:47:29 | 01:03:09.73 | 6:19 | 9.5 |
| 102 | WALKOWIAK DARIUSZ | 222 | | KROKOWO | POL | M-40 | 22 | M 72 | 00:14:40 | 00:49:12 | 01:05:51.26 | 6:35 | 9.1 |
| 103 | KWIATKOWSKA AGNIESZKA | 184 | | LOTYŃ | POL | K-40 | 7 | K 31 | 00:17:05 | 00:54:05 | 01:12:05.53 | 7:12 | 8.3 |

BIEG NIEPODLEGŁOŚCI - OKONEK - 10KM, K-OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 7.5km | Netto | min/km | km/h |
|------|---------------------------------|-----|------------------------|-----------------|------|------|--------|------|----------|----------|-------------|--------|------|
| 1 | CYGAN MAŁGORZATA | 141 | BORNE BIEGA | SZCZECINEK | POL | K-30 | 1 | K 1 | 00:10:42 | 00:33:03 | 00:44:03.83 | 4:24 | 13.6 |
| 2 | GRZYB MAGDALENA | 154 | RUNDORFINA | CZAPLINEK | POL | K-18 | 1 | K 2 | 00:11:57 | 00:36:12 | 00:48:08.38 | 4:48 | 12.5 |
| 3 | HAŁKA JUSTYNA | 157 | TRUCHT ŁOBEZ | ŁOBEZ | POL | K-30 | 2 | K 3 | 00:11:46 | 00:36:18 | 00:48:17.59 | 4:49 | 12.4 |
| 4 | BIELEN AGNIESZKA | 134 | MUAY RUNNING TEAM | POZNAŃ | POL | K-30 | 3 | K 4 | 00:12:23 | 00:37:59 | 00:49:58.53 | 4:59 | 12 |
| 5 | KARABASZ SYLWIA | 168 | KRISS TEAM | ZŁOTÓW | POL | K-40 | 1 | K 5 | 00:12:32 | 00:38:02 | 00:50:04.41 | 5:00 | 12 |
| 6 | ROLIK ANNA | 204 | | SZCZECINEK | POL | K-30 | 4 | K 6 | 00:12:15 | 00:37:54 | 00:50:17.53 | 5:01 | 11.9 |
| 7 | KLESSA MONIKA | 175 | NIE BOSKIE BIEGACZKI | TRZCIANKA | POL | K-40 | 2 | K 7 | 00:12:55 | 00:38:08 | 00:50:18.33 | 5:01 | 11.9 |
| 8 | STOCKA-PODŁYSKA ŻANETA | 213 | (NIE)BOSKIE BIEGACZKI | TRZCIANKA | POL | K-30 | 5 | K 8 | 00:12:55 | 00:38:09 | 00:50:20.34 | 5:02 | 11.9 |
| 9 | SKOCZYŁAS BOŻENA | 209 | BIEGAM BO LUBIĘ | OKONEK | POL | K-40 | 3 | K 9 | 00:12:12 | 00:37:52 | 00:50:26.21 | 5:02 | 11.9 |
| 10 | JESIONOWSKA-ŁASKAWIEC AGNIESZKA | 165 | JW 4580 | CZARNE -OKONEK | POL | K-18 | 2 | K 10 | 00:12:15 | 00:38:08 | 00:50:37.11 | 5:03 | 11.9 |
| 11 | GARBOWSKA ANNA | 241 | | TRZCIANKA | POL | K-30 | 6 | K 11 | 00:12:55 | 00:38:09 | 00:50:42.15 | 5:04 | 11.8 |
| 12 | SŁAPCZYŃSKA MARTA | 210 | | KALISZ POMORSKI | POL | K-18 | 3 | K 12 | 00:12:17 | 00:38:47 | 00:51:33.74 | 5:09 | 11.6 |
| 13 | JĘCZEŃ KORNELA | 166 | ZABIEGANI NOCĄ | OKONEK | POL | K-18 | 4 | K 13 | 00:12:52 | 00:39:34 | 00:52:13.78 | 5:13 | 11.5 |
| 14 | KAROLCZAK KATARZYNA | 170 | ZABIEGANINOCĄ OKONEK | OKONEK | POL | K-18 | 5 | K 14 | 00:12:47 | 00:39:24 | 00:52:21.50 | 5:14 | 11.5 |
| 15 | KWIATKOWSKA DOMINIKA | 231 | | OKONEK | POL | K-18 | 6 | K 15 | 00:12:46 | 00:40:07 | 00:53:02.13 | 5:18 | 11.3 |
| 16 | PYREK IWONA | 201 | | WAŁCZ | POL | K-30 | 7 | K 16 | 00:12:59 | 00:40:27 | 00:53:24.39 | 5:20 | 11.2 |
| 17 | BIELEWICZ ANNA | 135 | STOPA SŁUPSK | SŁUPSK | POL | K-40 | 4 | K 17 | 00:12:51 | 00:40:31 | 00:54:04.28 | 5:24 | 11.1 |
| 18 | GAŁAN JANNA | 146 | | ZŁOCENIEC | POL | K-50 | 1 | K 18 | 00:13:39 | 00:41:04 | 00:54:24.87 | 5:26 | 11 |
| 19 | METKOWSKA BEATA | 191 | HUSARIA RACE TEAM | SZCZECINEK | POL | K-50 | 2 | K 19 | 00:13:45 | 00:41:31 | 00:54:47.36 | 5:28 | 10.9 |
| 20 | GRZYSTEK MADZIA | 156 | | SZCZECINEK | POL | K-30 | 8 | K 20 | 00:15:34 | 00:48:07 | 00:55:06.65 | 5:30 | 10.9 |
| 21 | SUBIETA MAGDALENA | 215 | | SZCZECINEK | POL | K-30 | 9 | K 21 | 00:13:39 | 00:41:28 | 00:55:21.69 | 5:32 | 10.8 |
| 22 | BARTON KRYSZYNA | 133 | TRIPAKA PRZECHLEWO | PRZECHLEWO | POL | K-50 | 3 | K 22 | 00:12:47 | 00:41:23 | 00:55:28.34 | 5:32 | 10.8 |
| 23 | MUSIAŁ MIRELA | 193 | | PRUSZCZ | POL | K-40 | 5 | K 23 | 00:14:01 | 00:42:24 | 00:56:30.51 | 5:39 | 10.6 |
| 24 | POCZĄTEK ANNA | 200 | NIEZRZESZONA | PIŁA | POL | K-60 | 1 | K 24 | 00:14:15 | 00:43:34 | 00:57:48.35 | 5:46 | 10.4 |
| 25 | SUPROŃ IZABELA | 217 | | BIAŁY BÓR | POL | K-30 | 10 | K 25 | 00:13:49 | 00:43:33 | 00:58:20.86 | 5:50 | 10.3 |
| 26 | FIRLEJ AGNIESZKA | 145 | RUNDORFINA | CZAPLINEK | POL | K-40 | 6 | K 26 | 00:14:04 | 00:44:38 | 00:59:46.49 | 5:58 | 10 |
| 27 | DEPTUŁA-BILL BOŻENA | 230 | | OKONEK | POL | K-30 | 11 | K 27 | 00:14:02 | 00:44:32 | 00:59:57.67 | 5:59 | 10 |
| 28 | GIERSZEWSKA URSZULA | 150 | | CHOJNICE | POL | K-50 | 4 | K 28 | 00:14:06 | 00:44:59 | 01:00:02.57 | 6:00 | 10 |
| 29 | DUCHNOWSKA KAMILA | 143 | HUSARIA RACE TEAM | SZCZECINEK | POL | K-30 | 12 | K 29 | 00:14:49 | 00:45:50 | 01:00:57.01 | 6:05 | 9.8 |
| 30 | KUBIAK DANUTA | 181 | WK PTTK HUSARIA CZARNE | CZARNE | POL | K-60 | 2 | K 30 | 00:14:46 | 00:46:33 | 01:01:35.11 | 6:09 | 9.7 |
| 31 | KWIATKOWSKA AGNIESZKA | 184 | | LOTYŃ | POL | K-40 | 7 | K 31 | 00:17:05 | 00:54:05 | 01:12:05.53 | 7:12 | 8.3 |

BIEG NIEPODLEGŁOŚCI - OKONEK - 10KM, M-OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 7.5km | Netto | min/km | km/h |
|------|---------------------|-----|---------------------|------------|------|------|--------|------|----------|----------|-------------|--------|------|
| 1 | HOFFMAN ALEKSANDER | 160 | PRECON POLSKA | JASTROWIE | POL | M-40 | 1 | M 1 | 00:08:45 | 00:25:35 | 00:33:47.33 | 3:22 | 17.8 |
| 2 | FABIAŃSKI ŁUKASZ | 144 | REHABALANCE TEAM | MIĘDZYCHÓD | POL | M-18 | 1 | M 2 | 00:08:49 | 00:26:45 | 00:35:19.82 | 3:32 | 17 |
| 3 | ROCKO KRZYSZTOF | 243 | | CZAPLA | POL | M-30 | 1 | M 3 | 00:08:49 | 00:26:44 | 00:35:26.89 | 3:32 | 16.9 |
| 4 | SZYMAŃSKI SYLWESTER | 219 | ULKS BARWICE | SZCZECINEK | POL | M-40 | 2 | M 4 | 00:08:53 | 00:26:59 | 00:35:39.32 | 3:33 | 16.8 |
| 5 | WOŹNIAK GRZEGORZ | 225 | AKTYWNA KRAJENKA | KRAJENKA | POL | M-30 | 2 | M 5 | 00:08:53 | 00:28:05 | 00:37:39.19 | 3:46 | 15.9 |
| 6 | CENTKA JAKUB | 137 | | ZŁOTÓW | POL | M-18 | 2 | M 6 | 00:09:11 | 00:28:46 | 00:38:07.33 | 3:48 | 15.7 |
| 7 | WITKIEWICZ ERYK | 390 | | BIAŁOGARD | POL | M-40 | 3 | M 7 | 00:09:23 | 00:28:54 | 00:38:22.48 | 3:50 | 15.6 |
| 8 | KAMIONKA MATEUSZ | 247 | | CHOJNICE | POL | M-18 | 3 | M 8 | 00:09:26 | 00:29:44 | 00:39:09.69 | 3:54 | 15.3 |
| 9 | TRĘBSKI KRZYSZTOF | 220 | #ZABIEGANINOCĄ | OKONEK | POL | M-40 | 4 | M 9 | 00:09:43 | 00:29:35 | 00:39:11.00 | 3:55 | 15.3 |
| 10 | BRALSKI ANDRZEJ | 136 | #ZABIEGANINOCĄ | OKONEK | POL | M-30 | 3 | M 10 | 00:09:52 | 00:29:44 | 00:39:22.89 | 3:56 | 15.2 |
| 11 | ŁASKAWIEC PAWEŁ | 187 | JW 4580 | CZARNE | POL | M-18 | 4 | M 11 | 00:09:58 | 00:30:35 | 00:40:19.81 | 4:01 | 14.9 |
| 12 | WIELGUS GRZEGORZ | 223 | | ZŁOTÓW | POL | M-30 | 4 | M 12 | 00:10:02 | 00:30:32 | 00:40:27.42 | 4:02 | 14.8 |
| 13 | PICK TOMASZ | 198 | DEAF KOSZALIN | KOSZALIN | POL | M-40 | 5 | M 13 | 00:10:10 | 00:31:08 | 00:40:50.96 | 4:05 | 14.7 |
| 14 | GŁOGOWSKI KRZYSZTOF | 151 | KORONOWO NA BIEGOWO | KORONOWO | POL | M-40 | 6 | M 14 | 00:09:55 | 00:30:44 | 00:40:52.90 | 4:05 | 14.7 |
| 15 | GAŁAN LESZEK | 147 | | ZŁOCENIEC | POL | M-50 | 1 | M 15 | 00:10:27 | 00:31:29 | 00:41:18.18 | 4:07 | 14.5 |
| 16 | NOWAK MARCIN | 195 | | PIŁA | POL | M-40 | 7 | M 16 | | | 00:41:18.38 | 4:07 | 14.5 |
| 17 | SUBERŁAK DAMIAN | 214 | RUNDORFINA | CZAPLINEK | POL | M-18 | 5 | M 17 | 00:10:36 | 00:32:03 | 00:42:22.72 | 4:14 | 14.2 |
| 18 | MICHAŁOWSKI DARIUSZ | 192 | | CZARNE | POL | M-40 | 8 | M 18 | 00:10:26 | 00:32:10 | 00:42:32.41 | 4:15 | 14.1 |
| 19 | OSTROWSKI MARIAN | 242 | SENIOR 54 | ZŁOCENIEC | | M-60 | 1 | M 19 | 00:10:28 | 00:31:50 | 00:42:47.65 | 4:16 | 14 |
| 20 | KUKLIŃSKI MACIEJ | 183 | METROŻERCY | MIROSZEWO | POL | M-40 | 9 | M 20 | 00:10:12 | 00:32:02 | 00:42:57.12 | 4:17 | 14 |
| 21 | ROGAŁA KRYSZTIAN | 203 | MTS HAMER MIASTKO | LOTYŃ | POL | M-30 | 5 | M 21 | 00:10:17 | 00:32:21 | 00:43:04.74 | 4:18 | 13.9 |

BIEG NIEPODLEGŁOSCI - OKONEK - 10KM, M-OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 7.5km | Netto | min/km | km/h |
|------|------------------------|-----|-----------------------------|-------------------|------|-------|--------|------|----------|----------|-------------|--------|------|
| 22 | RYNDAK MARIUSZ | 206 | | SZCZECINEK | POL | M-50 | 2 | M 22 | 00:10:06 | 00:32:15 | 00:43:15.65 | 4:19 | 13.9 |
| 23 | KRYZEL TOMASZ | 179 | | CZŁUCHÓW | POL | M-18 | 6 | M 23 | 00:10:19 | 00:32:25 | 00:43:20.89 | 4:20 | 13.8 |
| 24 | KATRYCZ ZBIGNIEW | 171 | ŚWIERCZYNA | ŚWIERCZYNA | POL | M-50 | 3 | M 24 | 00:10:33 | 00:32:30 | 00:43:21.22 | 4:20 | 13.8 |
| 25 | CHUPTYŚ ADRIAN | 139 | RUNDORFINA | CZAPLINEK | POL | M-30 | 6 | M 25 | 00:10:45 | 00:33:12 | 00:44:04.88 | 4:24 | 13.6 |
| 26 | KOCLEJDA GRZEGORZ | 176 | RUNDORFINA | CZAPLINEK | POL | M-40 | 10 | M 26 | 00:10:51 | 00:33:31 | 00:44:09.10 | 4:24 | 13.6 |
| 27 | JABŁOŃSKI ANDRZEJ | 162 | | CZARNE | POL | M-40 | 11 | M 27 | 00:10:35 | 00:33:22 | 00:44:35.99 | 4:27 | 13.5 |
| 28 | SAWKA MAURZYCY | 248 | | SZCZECINEK | POL | M-18 | 7 | M 28 | 00:11:07 | 00:34:49 | 00:46:02.18 | 4:36 | 13 |
| 29 | STAŃCZYK SŁAWOMIR | 211 | STARGARD. JA SIĘ NIE ŚCIGAM | STARGARD | POL | M-30 | 7 | M 29 | 00:11:35 | 00:35:04 | 00:46:14.27 | 4:37 | 13 |
| 30 | KOŁODZIEJCZAK GRZEGORZ | 177 | | TUROWO | POL | M-40 | 12 | M 30 | 00:11:28 | 00:35:09 | 00:46:27.67 | 4:38 | 12.9 |
| 31 | JAROSZ ROMAN | 163 | | WAŁCZ | POL | M-50 | 4 | M 31 | 00:11:15 | 00:35:20 | 00:46:51.45 | 4:41 | 12.8 |
| 32 | JANKOWSKI MARIUSZ | 318 | | SZCZECINEK | POL | M-40 | 13 | M 32 | 00:11:37 | 00:35:32 | 00:46:58.11 | 4:41 | 12.8 |
| 33 | LIPKA WOJCIECH | 185 | | SZCZECINEK | POL | M-30 | 8 | M 33 | 00:11:45 | 00:35:53 | 00:46:59.46 | 4:42 | 12.8 |
| 34 | JERSZ BARTOSZ | 228 | | OKONEK | | M-30 | 9 | M 34 | 00:11:51 | 00:35:38 | 00:47:01.55 | 4:42 | 12.8 |
| 35 | STĘPIEŃ MARCIN | 212 | 21 CPL NADARZYCE | ZŁOTÓW | POL | M-30 | 10 | M 35 | 00:11:05 | 00:35:26 | 00:47:16.11 | 4:43 | 12.7 |
| 36 | ŁEPEK KAMIL | 188 | KAMARO TEAM | DEBRZNO | POL | M-30 | 11 | M 36 | 00:12:05 | 00:35:53 | 00:47:17.66 | 4:43 | 12.7 |
| 37 | SAWCZUK RAFAŁ | 207 | | OKONEK | POL | M-30 | 12 | M 37 | 00:10:48 | 00:35:28 | 00:47:36.39 | 4:45 | 12.6 |
| 38 | ADRYAN ADAM | 131 | | SŁUPSK | POL | M-40 | 14 | M 38 | 00:11:47 | 00:36:32 | 00:48:14.46 | 4:49 | 12.4 |
| 39 | NITA KRZYSZTOF | 194 | OGIEŃ W SZOPIE | MIASTKO | POL | M-30 | 13 | M 39 | 00:11:36 | 00:36:34 | 00:48:42.43 | 4:52 | 12.3 |
| 40 | GEMZA MARIUSZ | 148 | | ZŁOTÓW | POL | M-18 | 8 | M 40 | 00:11:19 | 00:37:40 | 00:49:25.40 | 4:56 | 12.1 |
| 41 | OSOBNIAK RYSZARD | 197 | KOSZALIN - NIEZRZESZONY | KOSZALIN | POL | M-60 | 2 | M 41 | 00:12:07 | 00:37:25 | 00:49:25.69 | 4:56 | 12.1 |
| 42 | HUDANIEC PAWEŁ | 161 | | SZCZECINEK | POL | M-30 | 14 | M 42 | 00:11:46 | 00:37:26 | 00:49:26.31 | 4:56 | 12.1 |
| 43 | GEMZA MARCIN | 149 | | ZŁOTÓW | POL | M-30 | 15 | M 43 | 00:11:56 | 00:37:41 | 00:49:41.63 | 4:58 | 12.1 |
| 44 | HAŁKA ARKADIUSZ | 158 | TRUCHT ŁOBEZ | ŁOBEZ | POL | M-40 | 15 | M 44 | 00:12:44 | 00:38:14 | 00:50:15.62 | 5:01 | 11.9 |
| 45 | KAZIMIEROWICZ RADOSŁAW | 172 | VTT KOSZALIIN | KOSZALIN | POL | M-30 | 16 | M 45 | 00:11:58 | 00:38:03 | 00:50:31.96 | 5:03 | 11.9 |
| 46 | DREWNIAK MACIEJ | 232 | | POZNAŃ | POL | M-30 | 17 | M 46 | 00:12:10 | 00:38:24 | 00:51:17.71 | 5:07 | 11.7 |
| 47 | BASSA ADRIAN | 173 | | CHOJNICE | POL | M-18 | 9 | M 47 | 00:11:59 | 00:38:43 | 00:51:34.40 | 5:09 | 11.6 |
| 48 | WÓJCICKI ADRIAN | 237 | | KOSZALIN | POL | M-30 | 18 | M 48 | 00:11:48 | 00:38:43 | 00:51:37.09 | 5:09 | 11.6 |
| 49 | GOŁEK-NARZĘCKI JAKUB | 244 | | CZŁUCHÓW | POL | M-30 | 19 | M 49 | 00:13:01 | 00:39:51 | 00:52:40.75 | 5:16 | 11.4 |
| 50 | ORLIKOWSKI ROBERT | 196 | POŁCZYN | POŁCZYN ZDRÓJ | POL | M-30 | 20 | M 50 | 00:11:47 | 00:39:09 | 00:52:46.16 | 5:16 | 11.4 |
| 51 | WAJDA WALDEMAR | 221 | BORNE BIEGA | BORNE SULINOWO | POL | M-40 | 16 | M 51 | 00:12:39 | 00:39:45 | 00:53:00.04 | 5:18 | 11.3 |
| 52 | BARSCZEWSKI SEBASTIAN | 132 | BŁĘKITNY PATROL WWF | MIELENKO | POL | M-40 | 17 | M 52 | 00:12:04 | 00:39:16 | 00:53:06.22 | 5:18 | 11.3 |
| 53 | SUCHANOWSKI ZYGMUNT | 216 | | LOTYŃ | POL | M-50 | 5 | M 53 | 00:12:23 | 00:39:31 | 00:53:12.98 | 5:19 | 11.3 |
| 54 | RAMUTKOWSKI ZBIGNIEW | 202 | | CHOJNICE | POL | M-30 | 21 | M 54 | 00:13:19 | 00:40:48 | 00:53:14.15 | 5:19 | 11.3 |
| 55 | DOPYTAŁA ROBERT | 246 | KAMARO TEAM | LIPKA | | M-40 | 18 | M 55 | 00:13:06 | 00:40:19 | 00:53:29.59 | 5:20 | 11.2 |
| 56 | POCZĄTEK MICHAŁ | 199 | NIEZRZESZONY | PIŁA | POL | M-60 | 3 | M 56 | 00:12:50 | 00:40:15 | 00:53:31.50 | 5:21 | 11.2 |
| 57 | SKOCZYŁAS HENRYK | 208 | BIEGAM BO LUBIĘ | OKONEK | POL | M-40 | 19 | M 57 | 00:12:12 | 00:39:39 | 00:53:58.56 | 5:23 | 11.1 |
| 58 | JASKÓŁKA-STANISZ PAWEŁ | 164 | OSP LOTYŃ | LOTYŃ | POL | M-18 | 10 | M 58 | 00:13:11 | 00:41:15 | 00:54:22.68 | 5:26 | 11 |
| 59 | NOWAK PIOTR | 250 | | CZAPLINEK | POL | M-30 | 22 | M 59 | 00:13:12 | 00:40:34 | 00:54:26.07 | 5:26 | 11 |
| 60 | BILL ŁUKASZ | 229 | | OKONEK | | M-30 | 23 | M 60 | 00:12:36 | 00:40:18 | 00:54:29.11 | 5:26 | 11 |
| 61 | GORCZYCA TOMASZ | 152 | | WROCŁAW/NOWA RUDA | POL | M-30 | 24 | M 61 | 00:13:40 | 00:41:30 | 00:54:31.05 | 5:27 | 11 |
| 62 | KOPKIEWICZ KONRAD | 178 | OSP LOTYŃ | LOTYŃ | POL | M-30 | 25 | M 62 | 00:13:37 | 00:42:01 | 00:55:03.31 | 5:30 | 10.9 |
| 63 | GRZYSTEK MARCIN | 155 | | SZCZECINEK | POL | M-30 | 26 | M 63 | 00:15:34 | 00:48:06 | 00:55:04.58 | 5:30 | 10.9 |
| 64 | JÓZEFKO MATEUSZ | 167 | | LIPKA | POL | M-18 | 11 | M 64 | 00:12:53 | 00:40:55 | 00:55:08.56 | 5:30 | 10.9 |
| 65 | KARABASZ KRZYSZTOF | 169 | KRISS TEAM | ZŁOTÓW | POL | M-40 | 20 | M 65 | 00:13:39 | 00:42:04 | 00:55:35.85 | 5:33 | 10.8 |
| 66 | KRZYWICKI KRZYSZTOF | 180 | | OKONEK | POL | M-30 | 27 | M 66 | 00:13:33 | 00:42:42 | 00:56:23.48 | 5:38 | 10.6 |
| 67 | DRŻAZGA ZBIGNIEW | 142 | SP NR 1 W SZCZECINKU | SZCZECINEK | POL | M-50 | 6 | M 67 | 00:13:39 | 00:42:45 | 00:56:41.78 | 5:40 | 10.6 |
| 68 | ROŹKOWSKI ROMAN | 205 | RUNNER'S POWER SREM | SREM | POL | M-60 | 4 | M 68 | 00:13:24 | 00:42:42 | 00:56:47.73 | 5:40 | 10.6 |
| 69 | WIELGUS JACEK | 224 | | ZŁOTÓW | POL | M-40 | 21 | M 69 | 00:14:04 | 00:42:52 | 00:57:15.05 | 5:43 | 10.5 |
| 70 | ŁOPIŃSKI ALEKSY | 189 | SAILING TEAM FERAJNA | OKONEK | POL | M-70+ | 1 | M 70 | 00:15:30 | 00:46:51 | 01:01:41.50 | 6:10 | 9.7 |
| 71 | HELLER ZDZISŁAW | 159 | NIEZRZESZONY | KOSZALIN | POL | M-60 | 5 | M 71 | 00:15:05 | 00:47:29 | 01:03:09.73 | 6:19 | 9.5 |
| 72 | WALKOWIAK DARIUSZ | 222 | | KROKOWO | POL | M-40 | 22 | M 72 | 00:14:40 | 00:49:12 | 01:05:51.26 | 6:35 | 9.1 |

BIEG NIEPODLEGŁOŚCI - OKONEK - 10KM, K-18

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 7.5km | Netto | min/km | km/h |
|------|---------------------------------|-----|----------------------|-----------------|------|------|--------|------|----------|----------|-------------|--------|------|
| 1 | GRZYB MAGDALENA | 154 | RUNDORFINA | CZAPLINEK | POL | K-18 | 1 | K 2 | 00:11:57 | 00:36:12 | 00:48:08.38 | 4:48 | 12.5 |
| 2 | JESIONOWSKA-ŁASKAWIEC AGNIESZKA | 165 | JW 4580 | CZARNE -OKONEK | POL | K-18 | 2 | K 10 | 00:12:15 | 00:38:08 | 00:50:37.11 | 5:03 | 11.9 |
| 3 | SŁAPCZYŃSKA MARTA | 210 | | KALISZ POMORSKI | POL | K-18 | 3 | K 12 | 00:12:17 | 00:38:47 | 00:51:33.74 | 5:09 | 11.6 |
| 4 | JĘCZEŃ KORNELA | 166 | ZABIEGANI NOCĄ | OKONEK | POL | K-18 | 4 | K 13 | 00:12:52 | 00:39:34 | 00:52:13.78 | 5:13 | 11.5 |
| 5 | KAROLCZAK KATARZYNA | 170 | ZABIEGANINOCĄ OKONEK | OKONEK | POL | K-18 | 5 | K 14 | 00:12:47 | 00:39:24 | 00:52:21.50 | 5:14 | 11.5 |
| 6 | KWIATKOWSKA DOMINIKA | 231 | | OKONEK | POL | K-18 | 6 | K 15 | 00:12:46 | 00:40:07 | 00:53:02.13 | 5:18 | 11.3 |

BIEG NIEPODLEGŁOŚCI - OKONEK - 10KM, M-18

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 7.5km | Netto | min/km | km/h |
|------|------------------------|-----|------------------|------------|------|------|--------|------|----------|----------|-------------|--------|------|
| 1 | FABIAŃSKI ŁUKASZ | 144 | REHABALANCE TEAM | MIĘDZYCHÓD | POL | M-18 | 1 | M 2 | 00:08:49 | 00:26:45 | 00:35:19.82 | 3:32 | 17 |
| 2 | CENTKA JAKUB | 137 | | ZŁOTÓW | POL | M-18 | 2 | M 6 | 00:09:11 | 00:28:46 | 00:38:07.33 | 3:48 | 15.7 |
| 3 | KAMIONKA MATEUSZ | 247 | | CHOJNICE | POL | M-18 | 3 | M 8 | 00:09:26 | 00:29:44 | 00:39:09.69 | 3:54 | 15.3 |
| 4 | ŁASKAWIEC PAWEŁ | 187 | JW 4580 | CZARNE | POL | M-18 | 4 | M 11 | 00:09:58 | 00:30:35 | 00:40:19.81 | 4:01 | 14.9 |
| 5 | SUBERLAK DAMIAN | 214 | RUNDORFINA | CZAPLINEK | POL | M-18 | 5 | M 17 | 00:10:36 | 00:32:03 | 00:42:22.72 | 4:14 | 14.2 |
| 6 | KRYZEL TOMASZ | 179 | | CZŁUCHÓW | POL | M-18 | 6 | M 23 | 00:10:19 | 00:32:25 | 00:43:20.89 | 4:20 | 13.8 |
| 7 | SAWKA MAURZYCY | 248 | | SZCZECINEK | POL | M-18 | 7 | M 28 | 00:11:07 | 00:34:49 | 00:46:02.18 | 4:36 | 13 |
| 8 | GEMZA MARIUSZ | 148 | | ZŁOTÓW | POL | M-18 | 8 | M 40 | 00:11:19 | 00:37:40 | 00:49:25.40 | 4:56 | 12.1 |
| 9 | BASSA ADRIAN | 173 | | CHOJNICE | POL | M-18 | 9 | M 47 | 00:11:59 | 00:38:43 | 00:51:34.40 | 5:09 | 11.6 |
| 10 | JĄSKÓŁKA-STANISZ PAWEŁ | 164 | OSP LOTYŃ | LOTYŃ | POL | M-18 | 10 | M 58 | 00:13:11 | 00:41:15 | 00:54:22.68 | 5:26 | 11 |
| 11 | JÓZEFKO MATEUSZ | 167 | | LIPKA | POL | M-18 | 11 | M 64 | 00:12:53 | 00:40:55 | 00:55:08.56 | 5:30 | 10.9 |

BIEG NIEPODLEGŁOŚCI - OKONEK - 10KM, K-30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 7.5km | Netto | min/km | km/h |
|------|------------------------|-----|-----------------------|------------|------|------|--------|------|----------|----------|-------------|--------|------|
| 1 | CYGAN MAŁGORZATA | 141 | BORNE BIEGA | SZCZECINEK | POL | K-30 | 1 | K 1 | 00:10:42 | 00:33:03 | 00:44:03.83 | 4:24 | 13.6 |
| 2 | HAŁKA JUSTYNA | 157 | TRUCHT ŁOBEZ | ŁOBEZ | POL | K-30 | 2 | K 3 | 00:11:46 | 00:36:18 | 00:48:17.59 | 4:49 | 12.4 |
| 3 | BIELEŃ AGNIESZKA | 134 | MUAY RUNNING TEAM | POZNAŃ | POL | K-30 | 3 | K 4 | 00:12:23 | 00:37:59 | 00:49:58.53 | 4:59 | 12 |
| 4 | ROLIK ANNA | 204 | | SZCZECINEK | POL | K-30 | 4 | K 6 | 00:12:15 | 00:37:54 | 00:50:17.53 | 5:01 | 11.9 |
| 5 | STOCKA-PODŁYSKA ŻANETA | 213 | (NIE)BOSKIE BIEGACZKI | TRZCIANKA | POL | K-30 | 5 | K 8 | 00:12:55 | 00:38:09 | 00:50:20.34 | 5:02 | 11.9 |
| 6 | GARBOWSKA ANNA | 241 | | TRZCIANKA | POL | K-30 | 6 | K 11 | 00:12:55 | 00:38:09 | 00:50:42.15 | 5:04 | 11.8 |
| 7 | PYREK IWONA | 201 | | WAŁCZ | POL | K-30 | 7 | K 16 | 00:12:59 | 00:40:27 | 00:53:24.39 | 5:20 | 11.2 |
| 8 | GRZYSTEK MADZIA | 156 | | SZCZECINEK | POL | K-30 | 8 | K 20 | 00:15:34 | 00:48:07 | 00:55:06.65 | 5:30 | 10.9 |
| 9 | SUBIETA MAGDALENA | 215 | | SZCZECINEK | POL | K-30 | 9 | K 21 | 00:13:39 | 00:41:28 | 00:55:21.69 | 5:32 | 10.8 |
| 10 | SUPROŃ IZABELA | 217 | | BIAŁY BÓR | POL | K-30 | 10 | K 25 | 00:13:49 | 00:43:33 | 00:58:20.86 | 5:50 | 10.3 |
| 11 | DEPTUŁA-BILL BOŻENA | 230 | | OKONEK | POL | K-30 | 11 | K 27 | 00:14:02 | 00:44:32 | 00:59:57.67 | 5:59 | 10 |
| 12 | DUCHNOWSKA KAMILA | 143 | HUSARIA RACE TEAM | SZCZECINEK | POL | K-30 | 12 | K 29 | 00:14:49 | 00:45:50 | 01:00:57.01 | 6:05 | 9.8 |

BIEG NIEPODLEGŁOŚCI - OKONEK - 10KM, M-30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 7.5km | Netto | min/km | km/h |
|------|-------------------|-----|-----------------------------|------------|------|------|--------|------|----------|----------|-------------|--------|------|
| 1 | ROČKO KRZYSZTOF | 243 | | CZAPLA | POL | M-30 | 1 | M 3 | 00:08:49 | 00:26:44 | 00:35:26.89 | 3:32 | 16.9 |
| 2 | WOŹNIAK GRZEGORZ | 225 | AKTYWNA KRAJENKA | KRAJENKA | POL | M-30 | 2 | M 5 | 00:08:53 | 00:28:05 | 00:37:39.19 | 3:46 | 15.9 |
| 3 | BRALSKI ANDRZEJ | 136 | #ZABIEGANINOCĄ | OKONEK | POL | M-30 | 3 | M 10 | 00:09:52 | 00:29:44 | 00:39:22.89 | 3:56 | 15.2 |
| 4 | WIELGUS GRZEGORZ | 223 | | ZŁOTÓW | POL | M-30 | 4 | M 12 | 00:10:02 | 00:30:32 | 00:40:27.42 | 4:02 | 14.8 |
| 5 | ROGAŁA KRYSZTIAN | 203 | MTS HAMER MIASTKO | LOTYŃ | POL | M-30 | 5 | M 21 | 00:10:17 | 00:32:21 | 00:43:04.74 | 4:18 | 13.9 |
| 6 | CHUPTYŚ ADRIAN | 139 | RUNDORFINA | CZAPLINEK | POL | M-30 | 6 | M 25 | 00:10:45 | 00:33:12 | 00:44:04.88 | 4:24 | 13.6 |
| 7 | STAŃCZYK SŁAWOMIR | 211 | STARGARD. JA SIĘ NIE ŚCIGAM | STARGARD | POL | M-30 | 7 | M 29 | 00:11:35 | 00:35:04 | 00:46:14.27 | 4:37 | 13 |
| 8 | LIPKA WOJCIECH | 185 | | SZCZECINEK | POL | M-30 | 8 | M 33 | 00:11:45 | 00:35:53 | 00:46:59.46 | 4:42 | 12.8 |
| 9 | JERSZ BARTOSZ | 228 | | OKONEK | POL | M-30 | 9 | M 34 | 00:11:51 | 00:35:38 | 00:47:01.55 | 4:42 | 12.8 |
| 10 | STĘPIEŃ MARCIN | 212 | 21 CPL NADARZYCE | ZŁOTÓW | POL | M-30 | 10 | M 35 | 00:11:05 | 00:35:26 | 00:47:16.11 | 4:43 | 12.7 |
| 11 | ŁEPEK KAMIL | 188 | KAMARO TEAM | DEBRZNO | POL | M-30 | 11 | M 36 | 00:12:05 | 00:35:53 | 00:47:17.66 | 4:43 | 12.7 |

BIEG NIEPODLEGŁOŚCI - OKONEK - 10KM, M-30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 7.5km | Netto | min/km | km/h |
|------|------------------------|-----|----------------|-------------------|------|------|--------|------|----------|----------|-------------|--------|------|
| 12 | SAWCZUK RAFAŁ | 207 | | OKONEK | POL | M-30 | 12 | M 37 | 00:10:48 | 00:35:28 | 00:47:36.39 | 4:45 | 12.6 |
| 13 | NITA KRZYSZTOF | 194 | OGIEŃ W SZOPIE | | POL | M-30 | 13 | M 39 | 00:11:36 | 00:36:34 | 00:48:42.43 | 4:52 | 12.3 |
| 14 | HUDANIEC PAWEŁ | 161 | | SZCZECINEK | POL | M-30 | 14 | M 42 | 00:11:46 | 00:37:26 | 00:49:26.31 | 4:56 | 12.1 |
| 15 | GEMZA MARCIN | 149 | | ZŁOTÓW | POL | M-30 | 15 | M 43 | 00:11:56 | 00:37:41 | 00:49:41.63 | 4:58 | 12.1 |
| 16 | KAZIMIEROWICZ RADOŚŁAW | 172 | VTT KOSZALIN | | POL | M-30 | 16 | M 45 | 00:11:58 | 00:38:03 | 00:50:31.96 | 5:03 | 11.9 |
| 17 | DREWNIAK MACIEJ | 232 | | POZNAŃ | POL | M-30 | 17 | M 46 | 00:12:10 | 00:38:24 | 00:51:17.71 | 5:07 | 11.7 |
| 18 | WÓJCICKI ADRIAN | 237 | | KOSZALIN | POL | M-30 | 18 | M 48 | 00:11:48 | 00:38:43 | 00:51:37.09 | 5:09 | 11.6 |
| 19 | GOŁEK-NARZEŃKI JAKUB | 244 | | CZŁUCHÓW | POL | M-30 | 19 | M 49 | 00:13:01 | 00:39:51 | 00:52:40.75 | 5:16 | 11.4 |
| 20 | ORLIKOWSKI ROBERT | 196 | POŁCZYN | POŁCZYN ZDRÓJ | POL | M-30 | 20 | M 50 | 00:11:47 | 00:39:09 | 00:52:46.16 | 5:16 | 11.4 |
| 21 | RAMUTKOWSKI ZBIGNIEW | 202 | | CHOJNICE | POL | M-30 | 21 | M 54 | 00:13:19 | 00:40:48 | 00:53:14.15 | 5:19 | 11.3 |
| 22 | NOWAK PIOTR | 250 | | CZAPLINEK | POL | M-30 | 22 | M 59 | 00:13:12 | 00:40:34 | 00:54:26.07 | 5:26 | 11 |
| 23 | BILL ŁUKASZ | 229 | | OKONEK | | M-30 | 23 | M 60 | 00:12:36 | 00:40:18 | 00:54:29.11 | 5:26 | 11 |
| 24 | GORCZYCA TOMASZ | 152 | | WROCŁAW/NOWA RUDA | POL | M-30 | 24 | M 61 | 00:13:40 | 00:41:30 | 00:54:31.05 | 5:27 | 11 |
| 25 | KOPKIEWICZ KONRAD | 178 | OSP LOTYŃ | LOTYŃ | POL | M-30 | 25 | M 62 | 00:13:37 | 00:42:01 | 00:55:03.31 | 5:30 | 10.9 |
| 26 | GRZYSTEK MARCIN | 155 | | SZCZECINEK | POL | M-30 | 26 | M 63 | 00:15:34 | 00:48:06 | 00:55:04.58 | 5:30 | 10.9 |
| 27 | KRZYWICKI KRZYSZTOF | 180 | | OKONEK | POL | M-30 | 27 | M 66 | 00:13:33 | 00:42:42 | 00:56:23.48 | 5:38 | 10.6 |

BIEG NIEPODLEGŁOŚCI - OKONEK - 10KM, K-40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 7.5km | Netto | min/km | km/h |
|------|-----------------------|-----|----------------------|-----------|------|------|--------|------|----------|----------|-------------|--------|------|
| 1 | KARABASZ SYLWIA | 168 | KRISS TEAM | ZŁOTÓW | POL | K-40 | 1 | K 5 | 00:12:32 | 00:38:02 | 00:50:04.41 | 5:00 | 12 |
| 2 | KLESSA MONIKA | 175 | NIE BOSKIE BIEGACZKI | TRZCIANKA | POL | K-40 | 2 | K 7 | 00:12:55 | 00:38:08 | 00:50:18.33 | 5:01 | 11.9 |
| 3 | SKOCZYŁAS BOZENA | 209 | BIEGAM BO LUBIĘ | OKONEK | POL | K-40 | 3 | K 9 | 00:12:12 | 00:37:52 | 00:50:26.21 | 5:02 | 11.9 |
| 4 | BIELEWICZ ANNA | 135 | STOPA SŁUPSK | SŁUPSK | POL | K-40 | 4 | K 17 | 00:12:51 | 00:40:31 | 00:54:04.28 | 5:24 | 11.1 |
| 5 | MUSIAŁ MIRELA | 193 | | PRUSZCZ | POL | K-40 | 5 | K 23 | 00:14:01 | 00:42:24 | 00:56:30.51 | 5:39 | 10.6 |
| 6 | FIRLEJ AGNIESZKA | 145 | RUNDORFINA | CZAPLINEK | POL | K-40 | 6 | K 26 | 00:14:04 | 00:44:38 | 00:59:46.49 | 5:58 | 10 |
| 7 | KWIATKOWSKA AGNIESZKA | 184 | | LOTYŃ | POL | K-40 | 7 | K 31 | 00:17:05 | 00:54:05 | 01:12:05.53 | 7:12 | 8.3 |

BIEG NIEPODLEGŁOŚCI - OKONEK - 10KM, M-40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 7.5km | Netto | min/km | km/h |
|------|------------------------|-----|---------------------|----------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1 | HOFFMAN ALEKSANDER | 160 | PRECON POLSKA | JASTROWIE | POL | M-40 | 1 | M 1 | 00:08:45 | 00:25:35 | 00:33:47.33 | 3:22 | 17.8 |
| 2 | SZYMAŃSKI SYLWESTER | 219 | ULKS BARWICE | SZCZECINEK | POL | M-40 | 2 | M 4 | 00:08:53 | 00:26:59 | 00:35:39.32 | 3:33 | 16.8 |
| 3 | WITKIEWICZ ERYK | 390 | | BIAŁOGARD | POL | M-40 | 3 | M 7 | 00:09:23 | 00:28:54 | 00:38:22.48 | 3:50 | 15.6 |
| 4 | TRĘBSKI KRZYSZTOF | 220 | #ZABIEGANINOCA | OKONEK | POL | M-40 | 4 | M 9 | 00:09:43 | 00:29:35 | 00:39:11.00 | 3:55 | 15.3 |
| 5 | PICK TOMASZ | 198 | DEAF KOSZALIN | KOSZALIN | POL | M-40 | 5 | M 13 | 00:10:10 | 00:31:08 | 00:40:50.96 | 4:05 | 14.7 |
| 6 | GŁOGOWSKI KRZYSZTOF | 151 | KORONOWO NA BIEGOWO | KORONOWO | POL | M-40 | 6 | M 14 | 00:09:55 | 00:30:44 | 00:40:52.90 | 4:05 | 14.7 |
| 7 | NOWAK MARCIN | 195 | | PIŁA | POL | M-40 | 7 | M 16 | 00:11:47 | 00:41:18.38 | 00:47:14.46 | 4:07 | 14.5 |
| 8 | MICHAŁOWSKI DARIUSZ | 192 | | CZARNE | POL | M-40 | 8 | M 18 | 00:10:26 | 00:32:10 | 00:42:32.41 | 4:15 | 14.1 |
| 9 | KUKLIŃSKI MACIEJ | 183 | METROŻERCY | MIROSZEWO | POL | M-40 | 9 | M 20 | 00:10:12 | 00:32:02 | 00:42:57.12 | 4:17 | 14 |
| 10 | KOCLEJDA GRZEGORZ | 176 | RUNDORFINA | CZAPLINEK | POL | M-40 | 10 | M 26 | 00:10:51 | 00:33:31 | 00:44:09.10 | 4:24 | 13.6 |
| 11 | JABŁOŃSKI ANDRZEJ | 162 | | CZARNE | POL | M-40 | 11 | M 27 | 00:10:35 | 00:33:22 | 00:44:35.99 | 4:27 | 13.5 |
| 12 | KOŁODZIEJCZAK GRZEGORZ | 177 | | TUROWO | POL | M-40 | 12 | M 30 | 00:11:28 | 00:35:09 | 00:46:27.67 | 4:38 | 12.9 |
| 13 | JANKOWSKI MARIUSZ | 318 | | SZCZECINEK | POL | M-40 | 13 | M 32 | 00:11:37 | 00:35:32 | 00:46:58.11 | 4:41 | 12.8 |
| 14 | ADRYAN ADAM | 131 | | SŁUPSK | POL | M-40 | 14 | M 38 | 00:11:47 | 00:36:32 | 00:48:14.46 | 4:49 | 12.4 |
| 15 | HAŁKA ARKADIUSZ | 158 | TRUCHT ŁOBEZ | ŁOBEZ | POL | M-40 | 15 | M 44 | 00:12:44 | 00:38:14 | 00:50:15.62 | 5:01 | 11.9 |
| 16 | WAJDA WALDEMAR | 221 | BORNE BIEGA | BORNE SULINOWO | POL | M-40 | 16 | M 51 | 00:12:39 | 00:39:45 | 00:53:00.04 | 5:18 | 11.3 |
| 17 | BARSCZEWSKI SEBASTIAN | 132 | BLĘKITNY PATROL WWF | MIELENKO | POL | M-40 | 17 | M 52 | 00:12:04 | 00:39:16 | 00:53:06.22 | 5:18 | 11.3 |
| 18 | DOPYTAŁA ROBERT | 246 | KAMARO TEAM | LIPKA | POL | M-40 | 18 | M 55 | 00:13:06 | 00:40:19 | 00:53:29.59 | 5:20 | 11.2 |
| 19 | SKOCZYŁAS HENRYK | 208 | BIEGAM BO LUBIĘ | OKONEK | POL | M-40 | 19 | M 57 | 00:12:12 | 00:39:39 | 00:53:58.56 | 5:23 | 11.1 |
| 20 | KARABASZ KRZYSZTOF | 169 | KRISS TEAM | ZŁOTÓW | POL | M-40 | 20 | M 65 | 00:13:39 | 00:42:04 | 00:55:35.85 | 5:33 | 10.8 |
| 21 | WIELGUS JACEK | 224 | | ZŁOTÓW | POL | M-40 | 21 | M 69 | 00:14:04 | 00:42:52 | 00:57:15.05 | 5:43 | 10.5 |
| 22 | WALKOWIAK DARIUSZ | 222 | | KROKOWO | POL | M-40 | 22 | M 72 | 00:14:40 | 00:49:12 | 01:05:51.26 | 6:35 | 9.1 |

BIEG NIEPODLEGŁOŚCI - OKONEK - 10KM, K-50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 7.5km | Netto | min/km | km/h |
|------|---------------------|-----|--------------------|------------|------|------|--------|------|----------|----------|-------------|--------|------|
| 1 | GAŁAN JANNA | 146 | | ZŁOCIENIEC | POL | K-50 | 1 | K 18 | 00:13:39 | 00:41:04 | 00:54:24.87 | 5:26 | 11 |
| 2 | METKOWSKA BEATA | 191 | HUSARIA RACE TEAM | SZCZECINEK | POL | K-50 | 2 | K 19 | 00:13:45 | 00:41:31 | 00:54:47.36 | 5:28 | 10.9 |
| 3 | BARTON KRYSZYNA | 133 | TRIPAKA PRZECHLEWO | PRZECHLEWO | POL | K-50 | 3 | K 22 | 00:12:47 | 00:41:23 | 00:55:28.34 | 5:32 | 10.8 |
| 4 | GIERSZEWSKA URSZULA | 150 | | CHOJNICE | POL | K-50 | 4 | K 28 | 00:14:06 | 00:44:59 | 01:00:02.57 | 6:00 | 10 |

BIEG NIEPODLEGŁOŚCI - OKONEK - 10KM, M-50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 7.5km | Netto | min/km | km/h |
|------|---------------------|-----|----------------------|------------|------|------|--------|------|----------|----------|-------------|--------|------|
| 1 | GAŁAN LESZEK | 147 | | ZŁOCIENIEC | POL | M-50 | 1 | M 15 | 00:10:27 | 00:31:29 | 00:41:18.18 | 4:07 | 14.5 |
| 2 | RYNDAK MARIUSZ | 206 | | SZCZECINEK | POL | M-50 | 2 | M 22 | 00:10:06 | 00:32:15 | 00:43:15.65 | 4:19 | 13.9 |
| 3 | KATRYCZ ZBIGNIEW | 171 | ŚWIERCZYNA | ŚWIERCZYNA | POL | M-50 | 3 | M 24 | 00:10:33 | 00:32:30 | 00:43:21.22 | 4:20 | 13.8 |
| 4 | JAROSZ ROMAN | 163 | | WAŁCZ | POL | M-50 | 4 | M 31 | 00:11:15 | 00:35:20 | 00:46:51.45 | 4:41 | 12.8 |
| 5 | SUCHANOWSKI ZYGMUNT | 216 | | LOTYŃ | POL | M-50 | 5 | M 53 | 00:12:23 | 00:39:31 | 00:53:12.98 | 5:19 | 11.3 |
| 6 | DRZAZGA ZBIGNIEW | 142 | SP NR 1 W SZCZECINKU | SZCZECINEK | POL | M-50 | 6 | M 67 | 00:13:39 | 00:42:45 | 00:56:41.78 | 5:40 | 10.6 |

BIEG NIEPODLEGŁOŚCI - OKONEK - 10KM, K-60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 7.5km | Netto | min/km | km/h |
|------|-----------------|-----|------------------------|-----------|------|------|--------|------|----------|----------|-------------|--------|------|
| 1 | POCZĄTEK ANNA | 200 | NIEZRZESZONA | PIŁA | POL | K-60 | 1 | K 24 | 00:14:15 | 00:43:34 | 00:57:48.35 | 5:46 | 10.4 |
| 2 | KUBIAK DANUTA | 181 | WK PTTK HUSARIA CZARNE | CZARNE | POL | K-60 | 2 | K 30 | 00:14:46 | 00:46:33 | 01:01:35.11 | 6:09 | 9.7 |

BIEG NIEPODLEGŁOŚCI - OKONEK - 10KM, M-60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 7.5km | Netto | min/km | km/h |
|------|------------------|-----|-------------------------|------------|------|------|--------|------|----------|----------|-------------|--------|------|
| 1 | OSTROWSKI MARIAN | 242 | SENIOR 54 | ZŁOCIENIEC | | M-60 | 1 | M 19 | 00:10:28 | 00:31:50 | 00:42:47.65 | 4:16 | 14 |
| 2 | OSOBNAK RYSZARD | 197 | KOSZALIN - NIEZRZESZONY | KOSZALIN | POL | M-60 | 2 | M 41 | 00:12:07 | 00:37:25 | 00:49:25.69 | 4:56 | 12.1 |
| 3 | POCZĄTEK MICHAŁ | 199 | NIEZRZESZONY | PIŁA | POL | M-60 | 3 | M 56 | 00:12:50 | 00:40:15 | 00:53:31.50 | 5:21 | 11.2 |
| 4 | ROŻKOWSKI ROMAN | 205 | RUNNER'S POWER ŚREM | ŚREM | POL | M-60 | 4 | M 68 | 00:13:24 | 00:42:42 | 00:56:47.73 | 5:40 | 10.6 |
| 5 | HELLER ZDZISŁAW | 159 | NIEZRZESZONY | KOSZALIN | POL | M-60 | 5 | M 71 | 00:15:05 | 00:47:29 | 01:03:09.73 | 6:19 | 9.5 |

BIEG NIEPODLEGŁOŚCI - OKONEK - 10KM, M-70+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 7.5km | Netto | min/km | km/h |
|------|-----------------|-----|----------------------|-----------|------|-------|--------|------|----------|----------|-------------|--------|------|
| 1 | ŁOPIŃSKI ALEKSY | 189 | SAILING TEAM FERAJNA | OKONEK | POL | M-70+ | 1 | M 70 | 00:15:30 | 00:46:51 | 01:01:41.50 | 6:10 | 9.7 |