

BIEG WALENTYNKOWY 5 KM

Organizator: Rada Osiedla Jamno - Łabusz, Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
 Data: 2019-02-10
 Miejsce: Koszalin
 Dystans: 5 km
 Klasyfikacja wg czasów netto.


BIEG WALENTYNKOWY 5 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|------------------------|-----|-------------------------|-----------------|------|------|--------|------|-------------|--------|------|
| 1 | KĘPKA ADRIAN | 82 | DECATHLON KOSZALIN | KOSZALIN | POL | M-20 | 1 | M 1 | 00:17:02.63 | 3:24 | 17.6 |
| 2 | SZKOŁUDA MIŁOSZ | 190 | DECATHLON KOSZALIN | POLANÓW | POL | M-20 | 2 | M 2 | 00:17:06.92 | 3:25 | 17.5 |
| 3 | ZABORSKI RYSZARD | 220 | TKKF KOSZALIN | KOSZALIN | POL | M-40 | 1 | M 3 | 00:17:40.09 | 3:32 | 17 |
| 4 | SIADAK ARKADIUSZ | 173 | | KOSZALIN | POL | M-30 | 1 | M 4 | 00:17:46.30 | 3:33 | 16.9 |
| 5 | KOZAK ARKADIUSZ | 121 | TKKF KOSZALIN | BONIN | POL | M-40 | 2 | M 5 | 00:17:51.31 | 3:34 | 16.8 |
| 6 | ZACHARCZUK ALBIN | 229 | UNIA HRUBIESZÓW | HRUBIESZÓW | POL | M-20 | 3 | M 6 | 00:17:58.19 | 3:35 | 16.7 |
| 7 | HUBERT ŁUKASZ | 66 | TKKF KOSZALIN | KOSZALIN | POL | M-30 | 2 | M 7 | 00:18:25.42 | 3:41 | 16.3 |
| 8 | GARSKI KRYSPIŃ | 238 | ŚWIAT PŁYTEK U KRYSPIŃA | BYTÓW | POL | M-40 | 3 | M 8 | 00:18:33.78 | 3:42 | 16.2 |
| 9 | ZUKAŁ PIOTR | 225 | | KOSZALIN | POL | M-40 | 4 | M 9 | 00:19:05.14 | 3:49 | 15.7 |
| 10 | RYKIEL MICHAŁ | 169 | | BONIN | POL | M-30 | 3 | M 10 | 00:19:05.82 | 3:49 | 15.7 |
| 11 | MAJKOWICZ RAFAŁ | 112 | | KOSZALIN | POL | M-30 | 4 | M 11 | 00:19:06.17 | 3:49 | 15.7 |
| 12 | CZAPLIŃSKI JACEK | 29 | TAGER KOSZALIN | KOSZALIN | POL | M-30 | 5 | M 12 | 00:19:14.91 | 3:51 | 15.6 |
| 13 | DUDA GRZEGORZ | 43 | METALCORP TEAM | BUKÓWKA | POL | M-40 | 5 | M 13 | 00:19:24.73 | 3:53 | 15.5 |
| 14 | DASZKIEWICZ DOMINIK | 32 | | SŁUPSK | POL | M-14 | 1 | M 14 | 00:19:29.44 | 3:54 | 15.4 |
| 15 | KAWKA ADRIAN | 79 | | SŁUPSK | POL | M-30 | 6 | M 15 | 00:19:29.97 | 3:54 | 15.4 |
| 16 | SZABAŁOWSKA MAŁGORZATA | 189 | MKL SZCZECINEK | SZCZECINEK | POL | K-20 | 1 | K 1 | 00:19:38.52 | 3:55 | 15.3 |
| 17 | GÓRA SYLWESTER | 202 | #ZABIEGANINOCĄ | OKONEK | POL | M-40 | 6 | M 16 | 00:19:43.12 | 3:56 | 15.2 |
| 18 | KONKEL AGNIESZKA | 89 | | KOSZALIN | POL | K-30 | 1 | K 2 | 00:20:11.80 | 4:02 | 14.9 |
| 19 | STENCEL MACIEJ | 185 | GTS CZARNA DĄBRÓWKA | CZARNA DĄBRÓWKA | POL | M-30 | 7 | M 17 | 00:20:12.91 | 4:02 | 14.8 |
| 20 | LEWANDOWSKI JACEK | 107 | | STARY BOREK | POL | M-40 | 7 | M 18 | 00:20:15.03 | 4:03 | 14.8 |
| 21 | CIASTOŃ TOMASZ | 26 | ORSKOV FOODS TEAM | CZAPLINEK | POL | M-30 | 8 | M 19 | 00:20:18.31 | 4:03 | 14.8 |
| 22 | KOŚCIELNIAK ROBERT | 92 | TKKF KOSZALIN | KOSZALIN | POL | M-50 | 1 | M 20 | 00:20:29.16 | 4:05 | 14.6 |
| 23 | RUSINEK DAWID | 167 | | BIAŁOGARD | POL | M-20 | 4 | M 21 | 00:20:29.52 | 4:05 | 14.6 |
| 24 | DZIEBOWSKI MARIUSZ | 45 | | KOSZALIN | POL | M-30 | 9 | M 22 | 00:20:29.56 | 4:06 | 14.6 |
| 25 | SPRINGER MARCIN | 178 | | ZŁOCIEŃC | POL | M-40 | 8 | M 23 | 00:20:33.80 | 4:06 | 14.6 |
| 26 | MUCHA KRZYSZTOF | 126 | | KOSZALIN | POL | M-40 | 9 | M 24 | 00:20:40.77 | 4:08 | 14.5 |
| 27 | MAZURSKI PAWEŁ | 116 | | GRYFICE | POL | M-30 | 10 | M 25 | 00:20:42.42 | 4:08 | 14.5 |
| 28 | KATRYCZ ZBIGNIEW | 78 | | ŚWIERCZYNA | POL | M-50 | 2 | M 26 | 00:20:47.26 | 4:09 | 14.4 |
| 29 | CHORAŻY KAROLINA | 22 | LEO-TEAM | KOSZALIN | POL | K-30 | 2 | K 3 | 00:20:49.26 | 4:09 | 14.4 |
| 30 | PICK TOMASZ | 151 | DEAF KOSZALIN | KOSZALIN | POL | M-40 | 10 | M 27 | 00:20:53.22 | 4:10 | 14.4 |
| 31 | BIENKOWSKI TOMASZ | 7 | IQ CONSULTING KOSZALIN | NIEKŁONICE | POL | M-30 | 11 | M 28 | 00:20:55.14 | 4:11 | 14.3 |
| 32 | CHUTYRKO PAWEŁ | 25 | KAMIEŃ RYMAŃSKI | KAMIEŃ RYMAŃSKI | POL | M-20 | 5 | M 29 | 00:20:59.44 | 4:12 | 14.3 |
| 33 | WAŚOWSKI MATEUSZ | 207 | | KOSZALIN | POL | M-20 | 6 | M 30 | 00:21:12.53 | 4:14 | 14.2 |
| 34 | WEBER PAWEŁ | 145 | ENERGON | KOSZALIN | POL | M-30 | 12 | M 31 | 00:21:26.98 | 4:17 | 14 |
| 35 | BRZEZIŃSKI JAN | 15 | TEAM PIOTRUŚ | BIAŁOGARD | POL | M-50 | 3 | M 32 | 00:21:27.66 | 4:17 | 14 |
| 36 | OLCZAK KRZYSZTOF | 143 | | SIANÓW | POL | M-30 | 13 | M 33 | 00:21:28.79 | 4:17 | 14 |
| 37 | CHOŁUJ JAREK | 20 | | KOSZALIN | POL | M-40 | 11 | M 34 | 00:21:30.60 | 4:18 | 13.9 |
| 38 | BŁASZCZYK PIOTR | 9 | | POLNE | POL | M-40 | 12 | M 35 | 00:21:47.76 | 4:21 | 13.8 |
| 39 | PAWLAK ŁUKASZ | 146 | KAMIEŃ RYMAŃSKI | KAMIEŃ RYMAŃSKI | POL | M-30 | 14 | M 36 | 00:21:53.06 | 4:22 | 13.7 |
| 40 | KWIETNIEWSKI DANIEL | 106 | | KOSZALIN | POL | M-40 | 13 | M 37 | 00:21:54.90 | 4:23 | 13.7 |
| 41 | FORST FILIP | 47 | KAMIEŃ RYMAŃSKI | KAMIEŃ RYMAŃSKI | POL | M-14 | 2 | M 38 | 00:21:54.92 | 4:23 | 13.7 |
| 42 | KONKEL ŁUKASZ | 88 | | KOSZALIN | POL | M-40 | 14 | M 39 | 00:22:00.30 | 4:24 | 13.6 |
| 43 | OTTO MICHAŁ | 139 | | BONIN | POL | M-30 | 15 | M 40 | 00:22:04.48 | 4:24 | 13.6 |
| 44 | WÓJCICKI ADRIAN | 217 | DEAF KOSZALIN | KOSZALIN | POL | M-30 | 16 | M 41 | 00:22:15.59 | 4:27 | 13.5 |
| 45 | KOZIEŁ PAWEŁ | 93 | | RAJINO | POL | M-40 | 15 | M 42 | 00:22:20.10 | 4:28 | 13.4 |
| 46 | GAWRYSIAK PRZEMYSŁAW | 50 | | WŁODARKA | POL | M-40 | 16 | M 43 | 00:22:23.75 | 4:28 | 13.4 |

BIEG WALENTYNKOWY 5 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|---------------------------------|-----|-------------------------------|---------------------------------|------|------|--------|------|-------------|--------|------|
| 47 | HAŁKA JUSTYNA | 58 | | ŁOBEZ | POL | K-30 | 3 | K 4 | 00:22:25.88 | 4:29 | 13.4 |
| 48 | NIEMCZUK DARIUSZ | 129 | JAMNO | KOSZALIN | POL | M-50 | 4 | M 44 | 00:22:30.53 | 4:30 | 13.3 |
| 49 | LITWINOWICZ RENATA | 110 | KB WYGAN | KOŁOBRZEG | POL | K-40 | 1 | K 5 | 00:22:32.79 | 4:30 | 13.3 |
| 50 | KRUPIŃSKI KRZYSZTOF | 98 | E-UROLOG.EU | KOSZALIN | POL | M-50 | 5 | M 45 | 00:22:33.20 | 4:30 | 13.3 |
| 51 | WIKTOROWSKI MACIEJ | 211 | | KOSZALIN | POL | M-40 | 17 | M 46 | 00:22:35.00 | 4:31 | 13.3 |
| 52 | OPALIŃSKI STANISŁAW | 136 | SENIORA | KOŁOBRZEG | POL | M-60 | 1 | M 47 | 00:22:35.20 | 4:31 | 13.3 |
| 53 | ANTKOWIAK SEBASTIAN | 2 | DB - ACTIVE | KOSZALIN | POL | M-40 | 18 | M 48 | 00:22:39.72 | 4:32 | 13.2 |
| 54 | KOZIEŁ ADAM | 94 | | RAFINO | POL | M-20 | 7 | M 49 | 00:22:41.03 | 4:32 | 13.2 |
| 55 | BARAN SEWERYN | 3 | ŚWIAT PŁYTEK U KRYSPINA | GOŁCZEWO | POL | M-20 | 8 | M 50 | 00:22:41.15 | 4:32 | 13.2 |
| 56 | ŻUKOWSKI CEZARY | 227 | MIGAWKOWE.PL | KOSZALIN | POL | M-30 | 17 | M 51 | 00:22:41.36 | 4:32 | 13.2 |
| 57 | KĄŻMIERCZAK AGNIESZKA | 81 | | ŚWIDWIN | POL | K-40 | 2 | K 6 | 00:22:46.60 | 4:33 | 13.2 |
| 58 | MALISZEWSKA ANITA | 114 | | KOSZALIN | POL | K-20 | 2 | K 7 | 00:22:53.07 | 4:34 | 13.1 |
| 59 | CHABOWSKI WOJCIECH | 17 | | RAFINO | POL | M-20 | 9 | M 52 | 00:22:54.72 | 4:35 | 13.1 |
| 60 | AGAPOW EMILIA | 1 | | SŁUPSK | POL | K-30 | 4 | K 8 | 00:22:54.89 | 4:34 | 13.1 |
| 61 | GÓRCZYŃSKI ROBERT | 53 | | OSTROWIEC ŚWIĘTOKRZYSKI | POL | M-50 | 6 | M 53 | 00:22:56.62 | 4:35 | 13.1 |
| 62 | STANKIEWICZ LUCYNA | 181 | | GRYFICE | POL | K-30 | 5 | K 9 | 00:22:56.62 | 4:35 | 13.1 |
| 63 | HEŁAK ROBERT | 62 | | ŚREDNICA | POL | M-40 | 19 | M 54 | 00:23:00.67 | 4:36 | 13 |
| 64 | PERKOWSKA OKTAWIA | 150 | DECATHLON KOSZALIN | KOSZALIN | POL | K-20 | 3 | K 10 | 00:23:01.91 | 4:36 | 13 |
| 65 | ZAGALSKA PAULINA | 221 | | POŁCZYN ZDRÓJ | POL | K-30 | 6 | K 11 | 00:23:06.79 | 4:37 | 13 |
| 66 | POLAŃSKI NORBERT | 156 | 21BLT | ŚWIDWIN | POL | M-40 | 20 | M 55 | 00:23:06.94 | 4:37 | 13 |
| 67 | KUSZYŃSKI DARIUSZ | 105 | | KOSZALIN | POL | M-40 | 21 | M 56 | 00:23:07.62 | 4:37 | 13 |
| 68 | KĘSIK AGNIESZKA | 233 | ŚWIAT PŁYTEK U KRYSPINA | SŁUPSK | POL | K-30 | 7 | K 12 | 00:23:12.14 | 4:38 | 12.9 |
| 69 | BARTHA ADRIAN | 4 | | KOŁOBRZEG | POL | M-30 | 18 | M 57 | 00:23:12.49 | 4:38 | 12.9 |
| 70 | WIŚNIEWSKI ŁUKASZ | 213 | | KOŁOBRZEG | POL | M-20 | 10 | M 58 | 00:23:14.32 | 4:38 | 12.9 |
| 71 | SZOSTAK MARTA | 193 | | KOSZALIN | POL | K-20 | 4 | K 13 | 00:23:17.88 | 4:39 | 12.9 |
| 72 | KŁOS TOMASZ | 84 | | KALISZ POMORSKI | POL | M-40 | 22 | M 59 | 00:23:20.43 | 4:40 | 12.9 |
| 73 | KAZIMIERCZAK LESZEK | 80 | LOVELASY DĄBK | NIEKŁONICE | POL | M-30 | 19 | M 60 | 00:23:23.75 | 4:40 | 12.8 |
| 74 | JADCZAK TOMASZ | 67 | JW1223 | SULECHOWO | POL | M-30 | 20 | M 61 | 00:23:26.88 | 4:41 | 12.8 |
| 75 | BORYS JUSTYNA | 14 | JEDWABIŚCI | KOSZALIN | POL | K-30 | 8 | K 14 | 00:23:32.57 | 4:42 | 12.7 |
| 76 | RAPINCUK JAN | 161 | BDSUOT WARSZAWA | NOWY DWÓR MAZOWIECKI-MODLIN TW. | POL | M-40 | 23 | M 62 | 00:23:35.14 | 4:43 | 12.7 |
| 77 | GAŁECKI JACEK | 48 | KARLINOBIEGAJ | KARLINO | POL | M-50 | 7 | M 63 | 00:23:49.16 | 4:45 | 12.6 |
| 78 | KŁOSIŃSKI MICHAŁ | 85 | | KOSZALIN | POL | M-30 | 21 | M 64 | 00:23:49.58 | 4:46 | 12.6 |
| 79 | DĘBSKI DAMIAN | 35 | | KOSZALIN | POL | M-30 | 22 | M 65 | 00:23:52.63 | 4:46 | 12.6 |
| 80 | KRZEWIŃSKA MAŁGORZATA | 100 | TKKF KOSZALIN | KOSZALIN | POL | K-60 | 1 | K 15 | 00:23:53.97 | 4:46 | 12.6 |
| 81 | GARSKA JOANNA | 237 | ŚWIAT PŁYTEK U KRYSPINA | BYTÓW | POL | K-40 | 3 | K 16 | 00:23:56.88 | 4:47 | 12.5 |
| 82 | OSOBNAK RYSZARD | 138 | KOSZALIN -NIEZRZESZONY | KOSZALIN | POL | M-60 | 2 | M 66 | 00:23:59.42 | 4:48 | 12.5 |
| 83 | WOCH EDWARD | 130 | | KOSZALIN | POL | M-60 | 3 | M 67 | 00:24:08.93 | 4:49 | 12.4 |
| 84 | MYK PAWEŁ | 127 | | KOSZALIN | POL | M-30 | 23 | M 68 | 00:24:09.44 | 4:50 | 12.4 |
| 85 | KORZENIOWSKA EWA | 90 | | KOSZALIN | POL | K-20 | 5 | K 17 | 00:24:10.17 | 4:50 | 12.4 |
| 86 | CHOŁUJ KAROL | 21 | ZAWSZE DO PRZODU | KOSZALIN | POL | M-30 | 24 | M 69 | 00:24:11.21 | 4:50 | 12.4 |
| 87 | RODZIEWICZ-CZAPLIŃSKA AGNIESZKA | 162 | | KOSZALIN | POL | K-40 | 4 | K 18 | 00:24:17.17 | 4:51 | 12.4 |
| 88 | STALUSZKA DARIUSZ | 179 | 21.BLT | ŚWIDWIN | POL | M-40 | 24 | M 70 | 00:24:29.66 | 4:54 | 12.2 |
| 89 | CHRZANOWSKI CZESŁAW | 23 | MYSŁOWICKI KLUB BIEGACZA NO I | SOSNOWIEC | POL | M-50 | 8 | M 71 | 00:24:32.56 | 4:54 | 12.2 |
| 90 | KUBIAK MONIKA | 101 | | KOŁOBRZEG | POL | K-30 | 9 | K 19 | 00:24:34.52 | 4:55 | 12.2 |
| 91 | DEJNAK MARIOLA | 33 | | GRYFICE | POL | K-60 | 2 | K 20 | 00:24:35.10 | 4:55 | 12.2 |
| 92 | MIELEWCZYK RADOSŁAW | 120 | KAMIEŃ RYMAŃSKI | KAMIEŃ RYMAŃSKI | POL | M-20 | 11 | M 72 | 00:24:39.12 | 4:55 | 12.2 |
| 93 | OLSZEWSKA NINA | 135 | KAMIEŃ RYMAŃSKI | KAMIEŃ RYMAŃSKI | POL | K-14 | 1 | K 21 | 00:24:40.53 | 4:56 | 12.2 |
| 94 | PRZYBYSZ DAMIAN | 160 | | NIEMICA | POL | M-30 | 25 | M 73 | 00:24:40.77 | 4:56 | 12.2 |
| 95 | GAPPA MICHAŁ | 49 | 1972 | WIĘCBORK | POL | M-40 | 25 | M 74 | 00:24:44.81 | 4:57 | 12.1 |
| 96 | DOMAŃSKI KRZYSZTOF | 39 | | KOŁOBRZEG | POL | M-14 | 3 | M 75 | 00:24:46.24 | 4:57 | 12.1 |
| 97 | NESTOR PETRO | 128 | | MOŚCISKA | UKR | M-50 | 9 | M 76 | 00:24:48.67 | 4:57 | 12.1 |
| 98 | MEJER ALEKSANDRA | 117 | | ROSNOWO | POL | K-14 | 2 | K 22 | 00:24:52.04 | 4:58 | 12.1 |
| 99 | SZULC MAREK | 196 | SZULC RUNNERS TEAM | BIAŁOGARD | POL | M-50 | 10 | M 77 | 00:24:58.90 | 4:59 | 12 |
| 100 | HAŁKA ARKADIUSZ | 59 | TRUCHT ŁOBEZ | ŁOBEZ | POL | M-40 | 26 | M 78 | 00:25:00.40 | 5:00 | 12 |
| 101 | BODO RAFAŁ | 10 | | KOSZALIN | POL | M-30 | 26 | M 79 | 00:25:01.83 | 5:00 | 12 |
| 102 | PACAN MIRA | 140 | ŚWIAT PŁYTEK U KRYSPINA | BYTÓW | POL | K-30 | 10 | K 23 | 00:25:07.49 | 5:01 | 11.9 |
| 103 | KRASIŃSKI WITOLD | 95 | | KOSZALIN | POL | M-40 | 27 | M 80 | 00:25:09.40 | 5:02 | 11.9 |

BIEG WALENTYNKOWY 5 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------------------|-----|------------------------------|-------------------------|------|-------|--------|-------|-------------|--------|------|
| 104 | SPOLSKA WERONIKA | 177 | KAMIEŃ RYMAŃSKI | KAMIEŃ RYMAŃSKI | POL | K-20 | 6 | K 24 | 00:25:11.63 | 5:02 | 11.9 |
| 105 | GREMBLEWSKI DAREK | 55 | KAMIEŃ RYMAŃSKI | KAMIEŃ RYMAŃSKI | POL | M-50 | 11 | M 81 | 00:25:15.35 | 5:03 | 11.9 |
| 106 | GLISZCZYŃSKI ŁUKASZ | 28 | | BYTÓW | POL | M-20 | 12 | M 82 | 00:25:19.67 | 5:04 | 11.8 |
| 107 | KOSZ PAWEŁ | 91 | | KOSZALIN | POL | M-30 | 27 | M 83 | 00:25:20.39 | 5:04 | 11.8 |
| 108 | DANOWSKI MACIEK | 31 | FITNESS CLUB FORMA BIAŁOGARD | BIAŁOGARD | POL | M-40 | 28 | M 84 | 00:25:21.12 | 5:04 | 11.8 |
| 109 | SZMIGIERO SEBASTIAN | 191 | W.P.K SŁOŃ TEAM | SŁUPSK | POL | M-40 | 29 | M 85 | 00:25:21.72 | 5:04 | 11.8 |
| 110 | PACAN BARTOSZ | 141 | ŚWIAT PŁYTEK U KRYSPIŃA | BYTÓW | POL | M-30 | 28 | M 86 | 00:25:24.07 | 5:04 | 11.8 |
| 111 | WAŚOWSKI ROBERT | 206 | BIURO PODRÓŻY PARADISE TOUR | NOWE BIELICE | POL | M-20 | 13 | M 87 | 00:25:24.99 | 5:05 | 11.8 |
| 112 | WAJDA WALDEMAR | 204 | | BORNE SULINOWO | POL | M-40 | 30 | M 88 | 00:25:25.17 | 5:05 | 11.8 |
| 113 | KRZANOWSKI MARCIN | 99 | MARCINBIEGA | BIAŁOGARD | POL | M-30 | 29 | M 89 | 00:25:25.95 | 5:05 | 11.8 |
| 114 | DOWNAR-ZAPOLSKI PAWEŁ | 41 | | SŁUPSK | POL | M-30 | 30 | M 90 | 00:25:26.48 | 5:05 | 11.8 |
| 115 | RÓJ BARBARA | 164 | | BIAŁOGARD | POL | K-40 | 5 | K 25 | 00:25:27.27 | 5:05 | 11.8 |
| 116 | SERKOWSKA MAGDALENA | 172 | | KOSZALIN | POL | K-20 | 7 | K 26 | 00:25:31.23 | 5:06 | 11.8 |
| 117 | KOZŁOWIECKI WALDEMAR | 231 | TKKF KOSZALIN | KOSZALIN | POL | M-60 | 4 | M 91 | 00:25:34.34 | 5:06 | 11.7 |
| 118 | GRABSKA IWONA | 192 | | BIAŁOGARD | POL | K-40 | 6 | K 27 | 00:25:38.45 | 5:07 | 11.7 |
| 119 | JANUSZEWSKI JACEK | 68 | 17 WOG KOSZALIN | KOSZALIN | POL | M-50 | 12 | M 92 | 00:25:49.29 | 5:09 | 11.6 |
| 120 | RÓJ ANDRZEJ | 165 | | BIAŁOGARD | POL | M-40 | 31 | M 93 | 00:25:49.63 | 5:10 | 11.6 |
| 121 | KOLIGAT ANNA | 87 | | MAKSYMILIANA GOLISZA, 9 | POL | K-30 | 11 | K 28 | 00:25:49.88 | 5:10 | 11.6 |
| 122 | FAJGIER TOMASZ | 46 | | MANOWO | POL | M-50 | 13 | M 94 | 00:25:53.11 | 5:10 | 11.6 |
| 123 | JUSZCZAK KRZYSZTOF | 71 | | KOSZALIN | POL | M-60 | 5 | M 95 | 00:25:56.59 | 5:11 | 11.6 |
| 124 | ZIELIŃSKI MACIEJ | 223 | | ŚWIDWIN | POL | M-30 | 31 | M 96 | 00:26:01.60 | 5:12 | 11.5 |
| 125 | DRABKOWSKA AGNIESZKA | 42 | | BIAŁOGARD | POL | K-40 | 7 | K 29 | 00:26:07.11 | 5:13 | 11.5 |
| 126 | NOWAK ANIA | 132 | JEDWABIŚCI | KOSZALIN | POL | K-40 | 8 | K 30 | 00:26:11.22 | 5:14 | 11.5 |
| 127 | CHILLA DANUTA | 18 | | MIELNO | POL | K-30 | 12 | K 31 | 00:26:14.18 | 5:14 | 11.4 |
| 128 | SATYŁA TOMASZ | 171 | CZARNE BIEGA | CZARNE | POL | M-30 | 32 | M 97 | 00:26:15.61 | 5:15 | 11.4 |
| 129 | PRZYBYŁ KRZYSZTOF | 158 | | KOSZALIN | POL | M-30 | 33 | M 98 | 00:26:18.31 | 5:15 | 11.4 |
| 130 | BORUC BARBARA | 13 | PARKRUN SZCZECINEK | SZCZECINEK | POL | K-50 | 1 | K 32 | 00:26:22.56 | 5:16 | 11.4 |
| 131 | SĄŁAJ ANGELIKA | 170 | METALCORP TEAM | ZBYSCZEWO | POL | K-30 | 13 | K 33 | 00:26:22.98 | 5:16 | 11.4 |
| 132 | ORYSZCZYN ARKADIUSZ | 137 | | KOSZALIN | POL | M-30 | 34 | M 99 | 00:26:26.08 | 5:17 | 11.3 |
| 133 | SPICA ŁUKASZ | 176 | | KOSZALIN | POL | M-30 | 35 | M 100 | 00:26:26.55 | 5:17 | 11.3 |
| 134 | KEŚIK ŁUKASZ | 234 | ŚWIAT PŁYTEK U KRYSPIŃA | SŁUPSK | POL | M-30 | 36 | M 101 | 00:26:30.20 | 5:18 | 11.3 |
| 135 | HAŁAJKO MAGDALENA | 57 | HAISENBERG TEAM | KOSZALIN | POL | K-30 | 14 | K 34 | 00:26:33.47 | 5:18 | 11.3 |
| 136 | KACZMAREK ŁUKASZ | 72 | WOJOWNICY WODY | KOSZALIN | POL | M-30 | 37 | M 102 | 00:26:38.18 | 5:19 | 11.3 |
| 137 | HELAK MAŁGORZATA | 61 | | ŚREDNICA | POL | K-30 | 15 | K 35 | 00:26:49.67 | 5:22 | 11.2 |
| 138 | WIŚNIEWSKI JAROSŁAW | 212 | | KOŁOBRZEG | POL | M-50 | 14 | M 103 | 00:26:53.41 | 5:22 | 11.2 |
| 139 | WAŚOWICZ ANNA | 205 | | KOŁOBRZEG/STRAMNICA 29 | POL | K-30 | 16 | K 36 | 00:26:55.10 | 5:23 | 11.1 |
| 140 | BUTOWICZ ADAM | 16 | | SZCZECINEK | POL | M-50 | 15 | M 104 | 00:26:57.85 | 5:23 | 11.1 |
| 141 | ROMANOWICZ MONIKA | 163 | ZABIEGANE :) | KOSZALIN | POL | K-30 | 17 | K 37 | 00:27:03.42 | 5:24 | 11.1 |
| 142 | SUCHODOLSKA ALEKSANDRA | 186 | | ROSNOWO | POL | K-30 | 18 | K 38 | 00:27:04.02 | 5:24 | 11.1 |
| 143 | HNATOWSKI ARTUR | 64 | LOVELASY DĄBKI | KOSZALIN | POL | M-50 | 16 | M 105 | 00:27:12.35 | 5:26 | 11 |
| 144 | DĘGA PIOTR | 36 | CZARNE BIEGA | CZARNE | POL | M-30 | 38 | M 106 | 00:27:12.89 | 5:26 | 11 |
| 145 | JEWUŁA AGATA | 70 | | KOSZALIN | POL | K-30 | 19 | K 39 | 00:27:23.93 | 5:28 | 10.9 |
| 146 | GONTEK ŁUKASZ | 52 | VW BATORY | SŁUPSK | POL | M-30 | 39 | M 107 | 00:27:31.94 | 5:30 | 10.9 |
| 147 | MAĆKOWIAK PAWEŁ | 111 | SKB DZIK POLICE | SZCZECIN | POL | M-30 | 40 | M 108 | 00:27:35.58 | 5:31 | 10.9 |
| 148 | TERELAK ANNA | 200 | SKB DZIK POLICE | BIESIEKIERZ | POL | K-20 | 8 | K 40 | 00:27:36.02 | 5:31 | 10.9 |
| 149 | GŁOWACKI WŁODZIMIERZ | 51 | JEDWABIŚCI | KOSZALIN | POL | M-70+ | 1 | M 109 | 00:27:39.82 | 5:32 | 10.8 |
| 150 | KARNICKI ZYGMUNT | 75 | TKKF KOSZALIN | KOSZALIN | POL | M-60 | 6 | M 110 | 00:27:42.36 | 5:32 | 10.8 |
| 151 | KNUT-POTOCZNIK GABRIELA | 86 | | POLANÓW | POL | K-30 | 20 | K 41 | 00:27:44.71 | 5:33 | 10.8 |
| 152 | MALINOWSKA-BURDA ALEKSANDRA | 113 | | KOSZALIN | POL | K-30 | 21 | K 42 | 00:27:49.65 | 5:34 | 10.8 |
| 153 | BOKOTA KATARZYNA | 11 | | BIAŁOGARD | POL | K-40 | 9 | K 43 | 00:27:53.02 | 5:34 | 10.8 |
| 154 | DORAWA-ZIOMEK ANNA | 40 | | KOSZALIN | POL | K-30 | 22 | K 44 | 00:27:54.92 | 5:35 | 10.7 |
| 155 | KILJAN SYLWIA | 83 | | KOSZALIN | POL | K-30 | 23 | K 45 | 00:27:59.76 | 5:36 | 10.7 |
| 156 | MONGIAŁO ALEKSANDRA | 125 | FAST FEET K-LIN | KOSZALIN | POL | K-30 | 24 | K 46 | 00:27:59.96 | 5:36 | 10.7 |
| 157 | MONGIAŁO MARCIN | 124 | FAST FEET K-LIN | KOSZALIN | POL | M-40 | 32 | M 111 | 00:28:01.55 | 5:36 | 10.7 |
| 158 | PRZEDNÓWEK MARIOLA | 157 | CZARNE BIEGA | CZARNE | POL | K-30 | 25 | K 47 | 00:28:13.74 | 5:38 | 10.6 |
| 159 | KURZAWIŃSKA-JABŁOŃSKA KASIA | 104 | TEAM CZARNE BIEGA | CZARNE | POL | K-40 | 10 | K 48 | 00:28:14.05 | 5:38 | 10.6 |
| 160 | PAWŁOWICZ ALEKSANDRA | 147 | | KOSZALIN | POL | K-20 | 9 | K 49 | 00:28:17.67 | 5:39 | 10.6 |

BIEG WALENTYNKOWY 5 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|------------------------|-----|------------------------------------|-----------------|------|-------|--------|-------|-------------|--------|------|
| 161 | DOMAŃSKI ADAM | 38 | | KOŁOBRZEG | POL | M-40 | 33 | M 112 | 00:28:28.26 | 5:41 | 10.5 |
| 162 | DOMAŃSKA KATARZYNA | 37 | | KOŁOBRZEG | POL | K-40 | 11 | K 50 | 00:28:28.38 | 5:41 | 10.5 |
| 163 | BILL ŁUKASZ | 8 | | BORNE SULINOWO | POL | M-30 | 41 | M 113 | 00:28:29.17 | 5:42 | 10.5 |
| 164 | DEPTUŁA-BILL BOŻENA | 34 | | BORNE SULINOWO | POL | K-30 | 26 | K 51 | 00:28:29.72 | 5:42 | 10.5 |
| 165 | PAWŁOWICZ RYSZARD | 148 | | KOSZALIN | POL | M-50 | 17 | M 114 | 00:28:31.39 | 5:42 | 10.5 |
| 166 | ZUKAL ALEKSANDRA | 226 | | KOSZALIN | POL | K-40 | 12 | K 52 | 00:28:47.51 | 5:45 | 10.4 |
| 167 | DUDA RÓŻA | 239 | BEST BEAST | | POL | K-30 | 27 | K 53 | 00:28:48.80 | 5:45 | 10.4 |
| 168 | KARPIŃSKI MATEUSZ | 77 | | BOBOLICE | POL | M-20 | 14 | M 115 | 00:28:52.08 | 5:46 | 10.4 |
| 169 | SKIBA ARTUR | 174 | PARALOTNIOWY PPGG | ŚWIDWIN | POL | M-40 | 34 | M 116 | 00:28:56.39 | 5:47 | 10.4 |
| 170 | DZIEMIANKO ILONA | 44 | | KOŁACZ | POL | K-20 | 10 | K 54 | 00:28:56.41 | 5:47 | 10.4 |
| 171 | OGRODOWCZYK JAGODA | 133 | | KOŁOBRZEG | POL | K-30 | 28 | K 55 | 00:28:57.31 | 5:47 | 10.4 |
| 172 | PŁOTKA GRZEGORZ | 155 | 1982 | KOSZALIN | POL | M-30 | 42 | M 117 | 00:29:07.54 | 5:49 | 10.3 |
| 173 | PŁOTKA EMILIA | 154 | | KOSZALIN | POL | K-30 | 29 | K 56 | 00:29:07.54 | 5:49 | 10.3 |
| 174 | BORSUK DOROTA | 12 | | KOSZALIN | POL | K-40 | 13 | K 57 | 00:29:09.95 | 5:50 | 10.3 |
| 175 | WRÓBLEWSKA MARTA | 218 | | KOSZALIN | POL | K-40 | 14 | K 58 | 00:29:10.48 | 5:50 | 10.3 |
| 176 | HELLER ZDZISŁAW | 63 | NIEZRZESZONY | KOSZALIN | POL | M-60 | 7 | M 118 | 00:29:10.53 | 5:50 | 10.3 |
| 177 | CICHOSZ JERZY | 27 | | KOSZALIN | POL | M-70+ | 2 | M 119 | 00:29:26.40 | 5:53 | 10.2 |
| 178 | ZAKOŚCIELNA KATARZYNA | 222 | ZABIEGANE :) | KOSZALIN | POL | K-30 | 30 | K 59 | 00:29:29.35 | 5:53 | 10.2 |
| 179 | ZIMNOWŁOCKI MARIUSZ | 224 | DEAF KOSZALIN | SIANOW | POL | M-30 | 43 | M 120 | 00:29:31.07 | 5:54 | 10.2 |
| 180 | BEDNARZ KATARZYNA | 5 | | KOŁOBRZEG | POL | K-40 | 15 | K 60 | 00:29:55.81 | 5:59 | 10 |
| 181 | PITURA KATARZYNA | 153 | | WARSZAWA | POL | K-20 | 11 | K 61 | 00:30:01.14 | 6:00 | 10 |
| 182 | WYSOCKA DOMINIKA | 219 | | KOSZALIN | POL | K-20 | 12 | K 62 | 00:30:01.74 | 6:00 | 10 |
| 183 | WOCH ZBIGNIEW | 210 | | KOSZALIN | POL | M-60 | 8 | M 121 | 00:30:10.67 | 6:02 | 9.9 |
| 184 | OLEŚKIEWICZ DAMIAN | 134 | | KOSZALIN | POL | M-20 | 15 | M 122 | 00:30:14.54 | 6:02 | 9.9 |
| 185 | MICHAŁCZYK MAŁGORZATA | 118 | JW1223 | KOSZALIN | POL | K-30 | 31 | K 63 | 00:30:16.62 | 6:03 | 9.9 |
| 186 | PIECYCHNA AGATA | 152 | | KOŁOBRZEG | POL | K-40 | 16 | K 64 | 00:30:49.67 | 6:09 | 9.7 |
| 187 | SAWICZ- WERS URSZULA | 216 | | DRZONOWO | POL | K-30 | 32 | K 65 | 00:30:50.96 | 6:10 | 9.7 |
| 188 | KRAWIECKA KLAUDIA | 97 | AKADEMIA BIEGOWA KIEŁPINO | SOMONINO | POL | K-14 | 3 | K 66 | 00:30:54.56 | 6:11 | 9.7 |
| 189 | KOZŁOWIECKA MAŁGORZATA | 232 | | KOSZALIN | POL | K-50 | 2 | K 67 | 00:30:54.71 | 6:11 | 9.7 |
| 190 | BUDZYŃSKA ELŻBIETA | 240 | | ŚLUPSK | POL | K-50 | 3 | K 68 | 00:30:57.19 | 6:11 | 9.7 |
| 191 | MOLENDANNA ANNA | 123 | | POLANÓW | POL | K-30 | 33 | K 69 | 00:31:01.92 | 6:12 | 9.7 |
| 192 | STRACH MAREK | 235 | | | POL | M-60 | 9 | M 123 | 00:31:08.21 | 6:13 | 9.6 |
| 193 | PEŁKA IWONA | 149 | | KOSZALIN | POL | K-50 | 4 | K 70 | 00:31:19.58 | 6:16 | 9.6 |
| 194 | SZULC ADAM | 197 | SZULC RUNNERS TEAM | BIAŁOGARD | POL | M-30 | 44 | M 124 | 00:31:21.28 | 6:16 | 9.6 |
| 195 | ŚLEDŹ ANDRZEJ | 198 | WĘŻELEK | ŚLUPSK | POL | M-40 | 35 | M 125 | 00:31:33.51 | 6:18 | 9.5 |
| 196 | ŚLEDŹ JOANNA | 199 | WĘŻELEK | ŚLUPSK | POL | K-40 | 17 | K 71 | 00:31:33.69 | 6:18 | 9.5 |
| 197 | RUSIECKI PAWEŁ | 166 | WSPL SP ZOZ KOSZALIN | BIESIEKIERZ | POL | M-40 | 36 | M 126 | 00:31:52.56 | 6:22 | 9.4 |
| 198 | WOJANOWSKA MARYLA | 214 | SPORT I REKREACJA DELFIN GRUDZIĄDZ | GRUDZIĄDZ | POL | K-60 | 3 | K 72 | 00:32:08.07 | 6:25 | 9.3 |
| 199 | WOJANOWSKI ZBIGNIEW | 215 | SPORT I REKREACJA DELFIN GRUDZIĄDZ | GRUDZIĄDZ | POL | M-60 | 10 | M 127 | 00:32:09.58 | 6:26 | 9.3 |
| 200 | WĘCKOWSKI ADAM | 208 | KAMIEŃ RYMAŃSKI | KAMIEŃ RYMAŃSKI | POL | M-20 | 16 | M 128 | 00:32:16.61 | 6:27 | 9.3 |
| 201 | KUREK MAGDALENA | 103 | KAMIEŃ RYMAŃSKI | KAMIEŃ RYMAŃSKI | POL | K-14 | 4 | K 73 | 00:32:17.46 | 6:27 | 9.3 |
| 202 | PRZYBYSZ JOANNA | 159 | ROZBIEGANY NIEMICA | NIEMICA | POL | K-30 | 34 | K 74 | 00:32:28.67 | 6:29 | 9.2 |
| 203 | STAŃCZYK FRANCISZEK | 183 | NIEZRZESZONY | KOSZALIN | POL | M-70+ | 3 | M 129 | 00:32:40.85 | 6:32 | 9.2 |
| 204 | TRACZ JADWIGA | 201 | | BIESIEKIERZ | POL | K-40 | 18 | K 75 | 00:32:55.02 | 6:35 | 9.1 |
| 205 | HEDDERGOTT KATARZYNA | 60 | JEDWABIŚCI | KOSZALIN | POL | K-40 | 19 | K 76 | 00:34:59.90 | 7:00 | 8.6 |
| 206 | RYHANYCZ PAWEŁ | 168 | JEDWABIŚCI | KOSZALIN | POL | M-40 | 37 | M 130 | 00:35:00.44 | 7:00 | 8.6 |
| 207 | STANCZEWSKA KAROLINA | 180 | | BIAŁOGARD | POL | K-30 | 35 | K 77 | 00:35:38.91 | 7:07 | 8.4 |
| 208 | SZULC MARTYNA | 194 | SZULC RUNNERS TEAM | BIAŁOGARD | POL | K-30 | 36 | K 78 | 00:35:41.70 | 7:08 | 8.4 |
| 209 | KARNICKI ARTUR | 76 | | KOSZALIN | POL | M-40 | 38 | M 131 | 00:35:45.92 | 7:09 | 8.4 |
| 210 | KULAWINSKI MAREK | 102 | | KOŁOBRZEG | POL | M-40 | 39 | M 132 | 00:42:56.66 | 8:35 | 7 |
| 211 | SOLAK HALINA | 236 | ŚWIAT PŁYTEK U KRYSPIANA | BYTÓW | POL | K-60 | 4 | K 79 | 00:43:55.00 | 8:47 | 6.8 |
| 212 | BARTNIK MARIAN | 230 | TKKF KOSZALIN | KOSZALIN | POL | M-70+ | 4 | M 133 | 00:45:54.00 | 9:10 | 6.5 |