

4 CROSS PRECON POLSKA JASTROWIE - 5,3 KM

Organizator: Urząd Gminy i Miasta w Jastrowiu
 Data: 2019-04-06
 Miejsce: Jastrowie
 Dystans: 5.3 km
 Klasyfikacja wg czasów netto.



4 CROSS PRECON POLSKA JASTROWIE - 5,3 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|---------------------------------|-----|----------------------------|----------------|------|--------|--------|------|-------------|--------|------|
| 1 | KUŚMIDER ANDRZEJ | 117 | RUNDORFINA | CZAPLINEK | POL | M-OPEN | 1 | M 1 | 00:18:09.05 | 3:25 | 17.5 |
| 2 | POCZEWSKI JAN | 169 | ANKO SPORT | ZŁOTÓW | POL | M-OPEN | 2 | M 2 | 00:18:30.29 | 3:29 | 17.2 |
| 3 | CICHOCKI JAROSŁAW | 264 | | BIAŁOGARD | POL | M-OPEN | 3 | M 3 | 00:18:43.71 | 3:32 | 17 |
| 4 | GEHRKE ROBERT | 48 | | CHODZIEŻ | POL | M-OPEN | 4 | M 4 | 00:19:18.08 | 3:38 | 16.5 |
| 5 | POCZEWSKI PIOTR | 170 | ANKO SPORT | ZŁOTÓW | POL | M-OPEN | 5 | M 5 | 00:19:30.26 | 3:40 | 16.3 |
| 6 | CERK ŁUKASZ | 19 | BIEGAJ Z CERKIEM | SZCZECINEK | POL | M-OPEN | 6 | M 6 | 00:19:36.88 | 3:42 | 16.2 |
| 7 | SZYŁO MICHAŁ | 211 | 'BIEGAJ Z CERKIEM' | SZCZECINEK | POL | M-OPEN | 7 | M 7 | 00:20:19.99 | 3:50 | 15.6 |
| 8 | POŁUBIŃSKI PAWEŁ | 173 | BORNE BIEGA | BORNE SULINOWO | POL | M-OPEN | 8 | M 8 | 00:20:51.45 | 3:56 | 15.2 |
| 9 | LEWANDOWSKI BOGDAN | 124 | MKL SZCZECINEK | MARCELIN | POL | M-OPEN | 9 | M 9 | 00:21:37.37 | 4:04 | 14.7 |
| 10 | SZABAŁOWSKA MAŁGORZATA | 206 | MKL SZCZECINEK | SZCZECINEK | POL | K-OPEN | 1 | K 1 | 00:22:00.19 | 4:09 | 14.4 |
| 11 | KOWALCZUK GRZEGORZ | 97 | UKS TUCZNO | TUCZNO | POL | M-OPEN | 10 | M 10 | 00:22:05.95 | 4:10 | 14.4 |
| 12 | KUBIAK DANIEL | 111 | PRECON POLSKA | JASTROWIE | POL | M-OPEN | 11 | M 11 | 00:22:07.57 | 4:10 | 14.4 |
| 13 | KUBIAK PIOTR | 110 | PRECON POLSKA | JASTROWIE | POL | M-OPEN | 12 | M 12 | 00:22:08.36 | 4:10 | 14.4 |
| 14 | CENTKA MICHAŁ | 16 | ŚWIĘTA TEAM | ŚWIĘTA | POL | M-OPEN | 13 | M 13 | 00:22:29.14 | 4:14 | 14.1 |
| 15 | PROKOPOWICZ MARCIN | 174 | 3:33 TEAM | JASTROWIE | POL | M-OPEN | 14 | M 14 | 00:22:33.44 | 4:15 | 14.1 |
| 16 | KOWALIK NATALIA | 98 | MKL SZCZECINEK | PARSECKO | POL | K-OPEN | 2 | K 2 | 00:22:36.18 | 4:16 | 14.1 |
| 17 | ZIELIŃSKA ANNA | 257 | TRUCHT ŁOBEZ | ŁOBEZ | POL | K-OPEN | 3 | K 3 | 00:22:37.55 | 4:16 | 14.1 |
| 18 | WERNER KAMILA | 230 | BIEGAJ Z CERKIEM | SZCZECINEK | POL | K-OPEN | 4 | K 4 | 00:22:43.53 | 4:17 | 14 |
| 19 | GDANIEC WOJCIECH | 47 | MOW JASTROWIE | JASTROWIE | POL | M-OPEN | 15 | M 15 | 00:23:18.86 | 4:23 | 13.6 |
| 20 | PIETRZAK MICHAŁ | 167 | | OKONEK | POL | M-OPEN | 16 | M 16 | 00:23:51.22 | 4:30 | 13.3 |
| 21 | SZMAGLIŃSKA KAROLINA | 209 | FLORIAN CHOJNICE | CHOJNICE | POL | K-OPEN | 5 | K 5 | 00:24:11.07 | 4:33 | 13.1 |
| 22 | SAWCZUK PIOTR | 190 | | SZCZECINEK | POL | M-OPEN | 17 | M 17 | 00:24:17.27 | 4:34 | 13.1 |
| 23 | WEJMAN MARIUSZ | 229 | KOPEĆ TEAM | DEBRZNO | POL | M-OPEN | 18 | M 18 | 00:24:36.91 | 4:38 | 12.9 |
| 24 | THOMAS DANIEL | 219 | PRECON POLSKA | JASTROWIE | POL | M-OPEN | 19 | M 19 | 00:25:18.63 | 4:46 | 12.6 |
| 25 | ŁAWNICZAK ŁUKASZ | 128 | | ZAKRZEWO | POL | M-OPEN | 20 | M 20 | 00:25:37.48 | 4:50 | 12.4 |
| 26 | MIKIETYSKI MICHAŁ | 138 | ZABIEGANI NOCĄ OKONEK | OKONEK | POL | M-OPEN | 21 | M 21 | 00:25:39.09 | 4:50 | 12.4 |
| 27 | | 261 | | | | | | 1 | 00:25:40.41 | 4:50 | 12.4 |
| 28 | MAŃKOWSKI DARIUSZ | 189 | JASTROWIE | JASTROWIE | POL | M-OPEN | 22 | M 22 | 00:25:43.32 | 4:51 | 12.4 |
| 29 | JANOWICZ KACPER | 74 | PRECON POLSKA | JASTROWIE | POL | M-OPEN | 23 | M 23 | 00:26:21.43 | 4:58 | 12.1 |
| 30 | NITA WIESŁAW | 147 | VILLAGE PUNK RUN | PIECEWO | POL | M-OPEN | 24 | M 24 | 00:27:15.76 | 5:08 | 11.7 |
| 31 | STĘPIEŃ MARCIN | 198 | | ZŁOTÓW | POL | M-OPEN | 25 | M 25 | 00:27:26.81 | 5:10 | 11.6 |
| 32 | ZIEMIAŃSKI JACEK | 259 | | PIŁA | POL | M-OPEN | 26 | M 26 | 00:27:41.67 | 5:13 | 11.5 |
| 33 | FRANKOWSKI KRZYSZTOF | 41 | | JASTROWIE | POL | M-OPEN | 27 | M 27 | 00:27:44.07 | 5:13 | 11.5 |
| 34 | GOSZCZYK SEBASTIAN | 51 | | NADARZYCE | POL | M-OPEN | 28 | M 28 | 00:27:49.02 | 5:14 | 11.4 |
| 35 | JESIONOWSKA-ŁASKAWIEC AGNIESZKA | 81 | JW 4580 | CZARNE | POL | K-OPEN | 6 | K 6 | 00:28:04.63 | 5:17 | 11.3 |
| 36 | KUŚMIDER KATARZYNA | 203 | RUNDORFINA | CZAPLINEK | POL | K-OPEN | 7 | K 7 | 00:28:07.58 | 5:18 | 11.3 |
| 37 | WEDEL KRYSZTYAN | 228 | | WAŁCZ | POL | M-OPEN | 29 | M 29 | 00:28:10.98 | 5:19 | 11.3 |
| 38 | SYSKA EWA | 204 | TAKE RUN | JASTROWIE | POL | K-OPEN | 8 | K 8 | 00:28:12.48 | 5:19 | 11.3 |
| 39 | BILL ŁUKASZ | 8 | | BORNE SULINOWO | POL | M-OPEN | 30 | M 30 | 00:28:21.79 | 5:21 | 11.2 |
| 40 | DUDZIŃSKA PATRYCJA | 32 | ZASAPANI - HYDRO TRZCIANKA | JASTROWIE | POL | K-OPEN | 9 | K 9 | 00:28:44.88 | 5:25 | 11.1 |
| 41 | GRZELAK SEBASTIAN | 57 | PRECON POLSKA | CZŁUCHÓW | POL | M-OPEN | 31 | M 31 | 00:28:47.21 | 5:25 | 11 |
| 42 | ŚWIERCZ DARIUSZ | 216 | | WAŁCZ | POL | M-OPEN | 32 | M 32 | 00:28:50.40 | 5:26 | 11 |
| 43 | KURZAWIŃSKA-JABŁOŃSKA KASIA | 116 | CZARNE BIEGA | CZARNE | POL | K-OPEN | 10 | K 10 | 00:29:10.09 | 5:30 | 10.9 |
| 44 | WĄJDA WALDEMAR | 225 | | BORNE SULINOWO | POL | M-OPEN | 33 | M 33 | 00:29:13.08 | 5:30 | 10.9 |
| 45 | HAŁKA ARKADIUSZ | 61 | TRUCHT ŁOBEZ | ŁOBEZ | POL | M-OPEN | 34 | M 34 | 00:29:18.37 | 5:31 | 10.9 |
| 46 | MŁYNARCZYK ADAM | 141 | | JASTROWIE | POL | M-OPEN | 35 | M 35 | 00:29:24.81 | 5:33 | 10.8 |

4 CROSS PRECON POLSKA JASTROWIE - 5,3 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 | KAZIK PIOTR | 87 | | ZŁOTÓW | POL | M-OPEN | 36 | M 36 | 00:29:28.87 | 5:33 | 10.8 |
| 48 | WICHA RAFAŁ | 231 | PRECON POLSKA | JASTROWIE | POL | M-OPEN | 37 | M 37 | 00:29:48.66 | 5:37 | 10.7 |
| 49 | WICHA MARZENA | 232 | | JASTROWIE | POL | K-OPEN | 11 | K 11 | 00:29:51.47 | 5:37 | 10.7 |
| 50 | KRISS KRZYSIEK | 103 | BORNE BIEGA | BORNE SULINOWO | POL | M-OPEN | 38 | M 38 | 00:29:57.68 | 5:39 | 10.6 |
| 51 | SERWATKA EWELINA | 194 | BORNE BIEGA | BORNE SULINOWO | POL | K-OPEN | 12 | K 12 | 00:30:00.28 | 5:39 | 10.6 |
| 52 | GROBELNY ANDRZEJ | 55 | | PIŁA | POL | M-OPEN | 39 | M 39 | 00:30:27.04 | 5:44 | 10.4 |
| 53 | JARNO WOJCIECH | 77 | AKTYWNA KRAJENKA | KRAJENKA | POL | M-OPEN | 40 | M 40 | 00:30:33.52 | 5:45 | 10.4 |
| 54 | OLSZEWSKA PAULINA | 156 | ATHLETIC GYM FITNESS | WAŁCZ | POL | K-OPEN | 13 | K 13 | 00:30:56.51 | 5:50 | 10.3 |
| 55 | WÓDECKA DOROTA | 248 | | JASTROWIE | POL | K-OPEN | 14 | K 14 | 00:31:06.74 | 5:52 | 10.2 |
| 56 | BOGDANOWICZ PIOTR | 12 | | ZŁOTÓW | POL | M-OPEN | 41 | M 41 | 00:31:11.85 | 5:53 | 10.2 |
| 57 | GZUBICKI PIOTR | 60 | RUNDORFINA | CZAPLINEK | POL | M-OPEN | 42 | M 42 | 00:31:15.19 | 5:53 | 10.2 |
| 58 | MRUGALSKI STANISŁAW | 144 | MTS HAMER MIASTKO | MIASTKO | POL | M-OPEN | 43 | M 43 | 00:31:16.86 | 5:54 | 10.2 |
| 59 | WITKOWSKA ALEKSANDRA | 242 | MOW JASTROWIE | JASTROWIE | POL | K-OPEN | 15 | K 15 | 00:31:20.54 | 5:54 | 10.1 |
| 60 | WOŁOWIEC PRZEMEK | 245 | | KOSZALIN | POL | M-OPEN | 44 | M 44 | 00:31:31.37 | 5:56 | 10.1 |
| 61 | WOŁOWIEC MONIKA | 246 | | KOSZALIN | POL | K-OPEN | 16 | K 16 | 00:31:31.84 | 5:56 | 10.1 |
| 62 | KLUPŚ AGATA | 89 | | JASTROWIE | POL | K-OPEN | 17 | K 17 | 00:31:33.39 | 5:57 | 10.1 |
| 63 | NITA KATARZYNA | 148 | VILLAGE PUNK RUN | PIECEWO | POL | K-OPEN | 18 | K 18 | 00:31:36.70 | 5:57 | 10.1 |
| 64 | MATUSZAK JUSTYNA | 133 | RUNDORFINA | WIERZCHOWO | POL | K-OPEN | 19 | K 19 | 00:31:43.17 | 5:59 | 10 |
| 65 | HAPKE PIOTR | 63 | WAŁECKA ŚCIEMA | WAŁCZ | POL | M-OPEN | 45 | M 45 | 00:31:44.59 | 5:59 | 10 |
| 66 | SZOPIERAJ DANUTA | 210 | | ZAKRZEWO | POL | K-OPEN | 20 | K 20 | 00:31:58.32 | 6:01 | 9.9 |
| 67 | KOSECKI MARCIN | 4 | | ZŁOTÓW | POL | M-OPEN | 46 | M 46 | 00:32:00.84 | 6:02 | 9.9 |
| 68 | MAŃKOWSKA JANINA | 130 | - | JASTROWIE | POL | K-OPEN | 21 | K 21 | 00:32:16.46 | 6:05 | 9.9 |
| 69 | PFAIFER ALEKSANDRA | 163 | | JASTROWIE | POL | K-OPEN | 22 | K 22 | 00:32:20.54 | 6:06 | 9.8 |
| 70 | PRZEDNÓWEK MARIOLA | 175 | CZARNE BIEGA | CZARNE | POL | K-OPEN | 23 | K 23 | 00:32:47.15 | 6:11 | 9.7 |
| 71 | NIEDZIELA DOROTA | 145 | LILLSPORT | ZŁOTÓW | POL | K-OPEN | 24 | K 24 | 00:32:53.92 | 6:12 | 9.7 |
| 72 | DEPTUŁA-BILL BOŻENA | 28 | | BORNE SULINOWO | POL | K-OPEN | 25 | K 25 | 00:32:59.36 | 6:13 | 9.6 |
| 73 | MATYSEK IRENEUSZ | 263 | | WAŁCZ | POL | M-OPEN | 47 | M 47 | 00:33:39.78 | 6:21 | 9.4 |
| 74 | WOJTECZKO MAGDALENA | 244 | RUNDORFINA | CZAPLINEK | POL | K-OPEN | 26 | K 26 | 00:34:11.47 | 6:26 | 9.3 |
| 75 | FIRLEJ AGNIESZKA | 38 | RUNDORFINA | CZAPLINEK | POL | K-OPEN | 27 | K 27 | 00:34:14.71 | 6:27 | 9.3 |
| 76 | SKRZYPA DARIUSZ | 196 | PRECON POLSKA | WAŁCZ | POL | M-OPEN | 48 | M 48 | 00:34:21.10 | 6:28 | 9.3 |
| 77 | BĄBIŃSKI GRZEGORZ | 7 | | ZŁOTÓW | POL | M-OPEN | 49 | M 49 | 00:34:51.18 | 6:34 | 9.1 |
| 78 | KRÓLIKOWSKA KATARZYNA | 105 | | LIPKA | POL | K-OPEN | 28 | K 28 | 00:35:09.96 | 6:38 | 9 |
| 79 | RYNGWELSKI BARTOSZ | 187 | | LIPKA | POL | M-OPEN | 50 | M 50 | 00:35:10.11 | 6:38 | 9 |
| 80 | PIECHOTA ELŻBIETA | 164 | WATAHA WAŁCZ | WAŁCZ | POL | K-OPEN | 29 | K 29 | 00:35:12.17 | 6:38 | 9 |
| 81 | BUCHOWSKI MAREK | 14 | | SZCZECINEK | POL | M-OPEN | 51 | M 51 | 00:35:20.15 | 6:40 | 9 |
| 82 | WRONA RYSZARD | 249 | LILLSPORT | ZŁOTÓW | POL | M-OPEN | 52 | M 52 | 00:35:28.39 | 6:41 | 9 |
| 83 | DUBISZ JOANNA | 30 | LILLSPORT | ZŁOTÓW | POL | K-OPEN | 30 | K 30 | 00:35:29.31 | 6:41 | 9 |
| 84 | PAWŁOWSKA ANNA | 159 | | JASTROWIE | POL | K-OPEN | 31 | K 31 | 00:35:30.08 | 6:41 | 9 |
| 85 | GROBELNA KATARZYNA | 54 | | PIŁA | POL | K-OPEN | 32 | K 32 | 00:35:33.22 | 6:42 | 8.9 |
| 86 | MAZUR ANNA | 134 | | JASTROWIE | POL | K-OPEN | 33 | K 33 | 00:35:50.79 | 6:45 | 8.9 |
| 87 | WIŚNIK JOANNA | 241 | ROZBIEGANE JASTROWIE | JASTROWIE | POL | K-OPEN | 34 | K 34 | 00:35:52.29 | 6:46 | 8.9 |
| 88 | KOWALSKA MAGDALENA | 99 | | PIŁA | POL | K-OPEN | 35 | K 35 | 00:36:01.98 | 6:47 | 8.8 |
| 89 | KUC-BREJNA ANNA | 113 | | SULIKOWO | POL | K-OPEN | 36 | K 36 | 00:36:04.02 | 6:48 | 8.8 |
| 90 | PAZIO MAGDALENA | 162 | | JASTROWIE | POL | K-OPEN | 37 | K 37 | 00:36:12.50 | 6:49 | 8.8 |
| 91 | KWIATKOWSKA AGNIESZKA | 119 | RESPECT LOTYŃ | LOTYŃ | POL | K-OPEN | 38 | K 38 | 00:37:01.61 | 6:59 | 8.6 |
| 92 | NOWOSLAWSKI DANIEL | 153 | | CUXHAVEN | GER | M-OPEN | 53 | M 53 | 00:37:01.89 | 6:59 | 8.6 |
| 93 | KUICH ANNA | 114 | LILLSPORT | ZŁOTÓW | POL | K-OPEN | 39 | K 39 | 00:37:02.01 | 6:59 | 8.6 |
| 94 | WAWRZONOWSKA KATARZYNA | 227 | | WAŁCZ | POL | K-OPEN | 40 | K 40 | 00:37:02.17 | 6:59 | 8.6 |
| 95 | MOWCZAN REGINA | 142 | | WAŁCZ | POL | K-OPEN | 41 | K 41 | 00:37:04.28 | 6:59 | 8.6 |
| 96 | FRANKOWSKI TOMASZ | 40 | UGIM JASTROWIE | JASTROWIE | POL | M-OPEN | 54 | M 54 | 00:37:25.21 | 7:03 | 8.5 |
| 97 | CHYBIŃSKA KATARZYNA | 23 | ENDORFINY WAŁCZ | WAŁCZ | POL | K-OPEN | 42 | K 42 | 00:38:10.86 | 7:12 | 8.3 |
| 98 | RYCERSKA MAGDALENA | 185 | | CZAPLINEK | POL | K-OPEN | 43 | K 43 | 00:38:15.56 | 7:13 | 8.3 |
| 99 | KWIATKOWSKA MAGDALENA | 120 | ENDORFINY WAŁCZ | WAŁCZ | POL | K-OPEN | 44 | K 44 | 00:38:17.38 | 7:13 | 8.3 |
| 100 | NOWACKA EWA | 149 | ENDORFINY WAŁCZ | WAŁCZ | POL | K-OPEN | 45 | K 45 | 00:38:17.90 | 7:13 | 8.3 |
| 101 | ANDRYSZEWSKA SANDRA | 3 | MOW JASTROWIE | JASTROWIE | POL | K-OPEN | 46 | K 46 | 00:38:41.50 | 7:17 | 8.2 |
| 102 | KRASOWSKI TOMASZ | 101 | IDA TEAM | WAŁCZ | POL | M-OPEN | 55 | M 55 | 00:38:57.73 | 7:21 | 8.2 |
| 103 | TORSKA-SZABAŁOWSKA IWONA | 220 | | SZCZECINEK | POL | K-OPEN | 47 | K 47 | 00:39:07.76 | 7:23 | 8.1 |

4 CROSS PRECON POLSKA JASTROWIE - 5,3 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 | OGIŃSKI DAWID | 155 | | POZNAŃ | POL | M-OPEN | 56 | M 56 | 00:39:25.53 | 7:26 | 8.1 |
| 105 | MADZIŃSKA AGNIESZKA | 129 | ENDORFINY WAŁCZ | WAŁCZ | POL | K-OPEN | 48 | K 48 | 00:39:27.23 | 7:26 | 8.1 |
| 106 | SUCHANOWSKA ANNA | 200 | RESPECT LOTYŃ | LOTYŃ | POL | K-OPEN | 49 | K 49 | 00:39:30.01 | 7:27 | 8.1 |
| 107 | KOGUCIUK MAŁGORZATA | 93 | JAGODA TEAM | SKÓRZEWO | POL | K-OPEN | 50 | K 50 | 00:39:39.37 | 7:29 | 8 |
| 108 | ŁABĄDŹ KATARZYNA | 125 | LILLSPORT | ZŁOTÓW | POL | K-OPEN | 51 | K 51 | 00:39:52.72 | 7:31 | 8 |
| 109 | JARECKA ALEKSANDRA | 76 | | JASTROWIE | POL | K-OPEN | 52 | K 52 | 00:39:53.73 | 7:31 | 8 |
| 110 | JANUSZKIEWICZ MICHAŁ | 75 | | JASTROWIE | POL | M-OPEN | 57 | M 57 | 00:40:01.34 | 7:33 | 7.9 |
| 111 | KRÓLIKOWSKI ANDRZEJ | 107 | | LIPKA | POL | M-OPEN | 58 | M 58 | 00:40:49.34 | 7:42 | 7.8 |
| 112 | KRÓLIKOWSKA JADWIGA | 104 | | LIPKA | POL | K-OPEN | 53 | K 53 | 00:40:49.96 | 7:42 | 7.8 |
| 113 | KĘDZIORA LUCYNA | 88 | ENDORFINY WAŁCZ | WAŁCZ | POL | K-OPEN | 54 | K 54 | 00:40:55.44 | 7:43 | 7.8 |
| 114 | BRZEZIŃSKA MARTA | 13 | WAŁCZ | WAŁCZ | POL | K-OPEN | 55 | K 55 | 00:40:56.63 | 7:43 | 7.8 |
| 115 | FRĄTCZAK MARZENA | 42 | | WAŁCZ | POL | K-OPEN | 56 | K 56 | 00:40:57.49 | 7:43 | 7.8 |
| 116 | KANIECKA JOANNA | 83 | ENDORFINY WAŁCZ | WAŁCZ | POL | K-OPEN | 57 | K 57 | 00:40:57.92 | 7:43 | 7.8 |
| 117 | SZCZECHOWSKI ADRIAN | 208 | STOWARZYSZENIE AKTYWNEGO WAŁU POMORSKIEGO | ZDBICE | POL | M-OPEN | 59 | M 59 | 00:41:34.31 | 7:50 | 7.7 |
| 118 | GRONOWSKA SYLWIA | 56 | | JASTROWIE | POL | K-OPEN | 58 | K 58 | 00:42:29.65 | 8:00 | 7.5 |
| 119 | ADAMSKA MAGDALENA | 1 | | JASTROWIE | POL | K-OPEN | 59 | K 59 | 00:42:32.73 | 8:01 | 7.5 |
| 120 | WILCZYŃSKA AGATA | 236 | | WAŁCZ | POL | K-OPEN | 60 | K 60 | 00:44:00.95 | 8:18 | 7.2 |
| 121 | WILCZYŃSKA KATARZYNA | 237 | | WAŁCZ | POL | K-OPEN | 61 | K 61 | 00:44:01.53 | 8:18 | 7.2 |
| 122 | ŚWIERCZ BEATA | 217 | | WAŁCZ | POL | K-OPEN | 62 | K 62 | 00:44:02.66 | 8:18 | 7.2 |
| 123 | DZIUBCZYŃSKA EWA | 35 | | WAŁCZ | POL | K-OPEN | 63 | K 63 | 00:44:03.60 | 8:18 | 7.2 |
| 124 | ZABŁOCKA MARIKA | 251 | MOW JASTROWIE | JASTROWIE | POL | K-OPEN | 64 | K 64 | 00:52:36.83 | 9:55 | 6 |
| 125 | JASKULAK ALEKSANDRA | 79 | MOW JASTROWIE | JASTROWIE | POL | K-OPEN | 65 | K 65 | 00:54:22.24 | 10:15 | 5.8 |

4 CROSS PRECON POLSKA JASTROWIE - 5,3 KM, K-OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|---------------------------------|-----|----------------------------|----------------|------|--------|--------|------|-------------|--------|------|
| 1 | SZABAŁOWSKA MAŁGORZATA | 206 | MKL SZCZECINEK | SZCZECINEK | POL | K-OPEN | 1 | K 1 | 00:22:00.19 | 4:09 | 14.4 |
| 2 | KOWALIK NATALIA | 98 | MKL SZCZECINEK | PARSECKO | POL | K-OPEN | 2 | K 2 | 00:22:36.18 | 4:16 | 14.1 |
| 3 | ZIELIŃSKA ANNA | 257 | TRUCHT ŁOBEZ | ŁOBEZ | POL | K-OPEN | 3 | K 3 | 00:22:37.55 | 4:16 | 14.1 |
| 4 | WERNER KAMILA | 230 | BIEGAJ Z CERKIEM | SZCZECINEK | POL | K-OPEN | 4 | K 4 | 00:22:43.53 | 4:17 | 14 |
| 5 | SZMAGLIŃSKA KAROLINA | 209 | FLORIAN CHOJNICE | CHOJNICE | POL | K-OPEN | 5 | K 5 | 00:24:11.07 | 4:33 | 13.1 |
| 6 | JESIONOWSKA-ŁASKAWIEC AGNIESZKA | 81 | JW 4580 | CZARNE | POL | K-OPEN | 6 | K 6 | 00:28:04.63 | 5:17 | 11.3 |
| 7 | KUŚMIDER KATARZYNA | 203 | RUNDORFINA | CZAPLINEK | POL | K-OPEN | 7 | K 7 | 00:28:07.58 | 5:18 | 11.3 |
| 8 | SYSKA EWA | 204 | TAKE RUN | JASTROWIE | POL | K-OPEN | 8 | K 8 | 00:28:12.48 | 5:19 | 11.3 |
| 9 | DUDZIŃSKA PATRYCJA | 32 | ZASAPANI - HYDRO TRZCIANKA | JASTROWIE | POL | K-OPEN | 9 | K 9 | 00:28:44.88 | 5:25 | 11.1 |
| 10 | KURZAWIŃSKA-JABŁOŃSKA KASIA | 116 | CZARNE BIEGA | CZARNE | POL | K-OPEN | 10 | K 10 | 00:29:10.09 | 5:30 | 10.9 |
| 11 | WICHA MARZENA | 232 | | JASTROWIE | POL | K-OPEN | 11 | K 11 | 00:29:51.47 | 5:37 | 10.7 |
| 12 | SERWATKA EWELINA | 194 | BORNE BIEGA | BORNE SULINOWO | POL | K-OPEN | 12 | K 12 | 00:30:00.28 | 5:39 | 10.6 |
| 13 | OLSZEWSKA PAULINA | 156 | ATHLETIC GYM FITNESS | WAŁCZ | POL | K-OPEN | 13 | K 13 | 00:30:56.51 | 5:50 | 10.3 |
| 14 | WÓDECKA DOROTA | 248 | | JASTROWIE | POL | K-OPEN | 14 | K 14 | 00:31:06.74 | 5:52 | 10.2 |
| 15 | WITKOWSKA ALEKSANDRA | 242 | MOW JASTROWIE | JASTROWIE | POL | K-OPEN | 15 | K 15 | 00:31:20.54 | 5:54 | 10.1 |
| 16 | WOŁOWIEC MONIKA | 246 | | KOSZALIN | POL | K-OPEN | 16 | K 16 | 00:31:31.84 | 5:56 | 10.1 |
| 17 | KLUPŚ AGATA | 89 | | JASTROWIE | POL | K-OPEN | 17 | K 17 | 00:31:33.39 | 5:57 | 10.1 |
| 18 | NITA KATARZYNA | 148 | VILLAGE PUNK RUN | PIECEWO | POL | K-OPEN | 18 | K 18 | 00:31:36.70 | 5:57 | 10.1 |
| 19 | MATUSZAK JUSTYNA | 133 | RUNDORFINA | WIERZCHOWO | POL | K-OPEN | 19 | K 19 | 00:31:43.17 | 5:59 | 10 |
| 20 | SZOPIERAJ DANUTA | 210 | | ZAKRZEWO | POL | K-OPEN | 20 | K 20 | 00:31:58.32 | 6:01 | 9.9 |
| 21 | MAŃKOWSKA JANINA | 130 | - | JASTROWIE | POL | K-OPEN | 21 | K 21 | 00:32:16.46 | 6:05 | 9.9 |
| 22 | PFAIFER ALEKSANDRA | 163 | | JASTROWIE | POL | K-OPEN | 22 | K 22 | 00:32:20.54 | 6:06 | 9.8 |
| 23 | PRZEDNÓWEK MARIOLA | 175 | CZARNE BIEGA | CZARNE | POL | K-OPEN | 23 | K 23 | 00:32:47.15 | 6:11 | 9.7 |
| 24 | NIEDZIELA DOROTA | 145 | LILLSPORT | ZŁOTÓW | POL | K-OPEN | 24 | K 24 | 00:32:53.92 | 6:12 | 9.7 |
| 25 | DEPTUŁA-BILL BOŻENA | 28 | | BORNE SULINOWO | POL | K-OPEN | 25 | K 25 | 00:32:59.36 | 6:13 | 9.6 |
| 26 | WOJTECZKO MAGDALENA | 244 | RUNDORFINA | CZAPLINEK | POL | K-OPEN | 26 | K 26 | 00:34:11.47 | 6:26 | 9.3 |
| 27 | FIRLEJ AGNIESZKA | 38 | RUNDORFINA | CZAPLINEK | POL | K-OPEN | 27 | K 27 | 00:34:14.71 | 6:27 | 9.3 |
| 28 | KRÓLIKOWSKA KATARZYNA | 105 | | LIPKA | POL | K-OPEN | 28 | K 28 | 00:35:09.96 | 6:38 | 9 |
| 29 | PIECHOTA ELŻBIETA | 164 | WATAHA WAŁCZ | WAŁCZ | POL | K-OPEN | 29 | K 29 | 00:35:12.17 | 6:38 | 9 |
| 30 | DUBISZ JOANNA | 30 | LILLSPORT | ZŁOTÓW | POL | K-OPEN | 30 | K 30 | 00:35:29.31 | 6:41 | 9 |

4 CROSS PRECON POLSKA JASTROWIE - 5,3 KM, K-OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|--------------------------|-----|----------------------|------------|------|--------|--------|------|-------------|--------|------|
| 31 | PAWŁOWSKA ANNA | 159 | | JASTROWIE | POL | K-OPEN | 31 | K 31 | 00:35:30.08 | 6:41 | 9 |
| 32 | GROBELNA KATARZYNA | 54 | | PIŁA | POL | K-OPEN | 32 | K 32 | 00:35:33.22 | 6:42 | 8.9 |
| 33 | MAZUR ANNA | 134 | | JASTROWIE | POL | K-OPEN | 33 | K 33 | 00:35:50.79 | 6:45 | 8.9 |
| 34 | WIŚNIK JOANNA | 241 | ROZBIEGANE JASTROWIE | JASTROWIE | POL | K-OPEN | 34 | K 34 | 00:35:52.29 | 6:46 | 8.9 |
| 35 | KOWALSKA MAGDALENA | 99 | | PIŁA | POL | K-OPEN | 35 | K 35 | 00:36:01.98 | 6:47 | 8.8 |
| 36 | KUC-BREJNA ANNA | 113 | | SULIKOWO | POL | K-OPEN | 36 | K 36 | 00:36:04.02 | 6:48 | 8.8 |
| 37 | PAZIO MAGDALENA | 162 | | JASTROWIE | POL | K-OPEN | 37 | K 37 | 00:36:12.50 | 6:49 | 8.8 |
| 38 | KWIATKOWSKA AGNIESZKA | 119 | RESPECT LOTYŃ | LOTYŃ | POL | K-OPEN | 38 | K 38 | 00:37:01.61 | 6:59 | 8.6 |
| 39 | KUICH ANNA | 114 | LILLSPORT | ZŁOTÓW | POL | K-OPEN | 39 | K 39 | 00:37:02.01 | 6:59 | 8.6 |
| 40 | WAWRZONOWSKA KATARZYNA | 227 | | WAŁCZ | POL | K-OPEN | 40 | K 40 | 00:37:02.17 | 6:59 | 8.6 |
| 41 | MOWCZAN REGINA | 142 | | WAŁCZ | POL | K-OPEN | 41 | K 41 | 00:37:04.28 | 6:59 | 8.6 |
| 42 | CHYBIŃSKA KATARZYNA | 23 | ENDORFINY WAŁCZ | WAŁCZ | POL | K-OPEN | 42 | K 42 | 00:38:10.86 | 7:12 | 8.3 |
| 43 | RYCERSKA MAGDALENA | 185 | | CZAPLINEK | POL | K-OPEN | 43 | K 43 | 00:38:15.56 | 7:13 | 8.3 |
| 44 | KWIATKOWSKA MAGDALENA | 120 | ENDORFINY WAŁCZ | WAŁCZ | POL | K-OPEN | 44 | K 44 | 00:38:17.38 | 7:13 | 8.3 |
| 45 | NOWACKA EWA | 149 | ENDORFINY WAŁCZ | WAŁCZ | POL | K-OPEN | 45 | K 45 | 00:38:17.90 | 7:13 | 8.3 |
| 46 | ANDRYSZEWSKA SANDRA | 3 | MOW JASTROWIE | JASTROWIE | POL | K-OPEN | 46 | K 46 | 00:38:41.50 | 7:17 | 8.2 |
| 47 | TORSKA-SZABAŁOWSKA IWONA | 220 | | SZCZECINEK | POL | K-OPEN | 47 | K 47 | 00:39:07.76 | 7:23 | 8.1 |
| 48 | MADZIŃSKA AGNIESZKA | 129 | ENDORFINY WAŁCZ | WAŁCZ | POL | K-OPEN | 48 | K 48 | 00:39:27.23 | 7:26 | 8.1 |
| 49 | SUCHANOWSKA ANNA | 200 | RESPECT LOTYŃ | LOTYŃ | POL | K-OPEN | 49 | K 49 | 00:39:30.01 | 7:27 | 8.1 |
| 50 | KOGUCIUK MAŁGORZATA | 93 | JAGODA TEAM | SKORZEWO | POL | K-OPEN | 50 | K 50 | 00:39:39.37 | 7:29 | 8 |
| 51 | ŁABĄDŹ KATARZYNA | 125 | LILLSPORT | ZŁOTÓW | POL | K-OPEN | 51 | K 51 | 00:39:52.72 | 7:31 | 8 |
| 52 | JARECKA ALEKSANDRA | 76 | | JASTROWIE | POL | K-OPEN | 52 | K 52 | 00:39:53.73 | 7:31 | 8 |
| 53 | KRÓLIKOWSKA JADWIGA | 104 | | LIPKA | POL | K-OPEN | 53 | K 53 | 00:40:49.96 | 7:42 | 7.8 |
| 54 | KĘDZIORA LUCYNA | 88 | ENDORFINY WAŁCZ | WAŁCZ | POL | K-OPEN | 54 | K 54 | 00:40:55.44 | 7:43 | 7.8 |
| 55 | BRZEZIŃSKA MARTA | 13 | WAŁCZ | WAŁCZ | POL | K-OPEN | 55 | K 55 | 00:40:56.63 | 7:43 | 7.8 |
| 56 | FRĄTCZAK MARZENA | 42 | | WAŁCZ | POL | K-OPEN | 56 | K 56 | 00:40:57.49 | 7:43 | 7.8 |
| 57 | KANIECKA JOANNA | 83 | ENDORFINY WAŁCZ | WAŁCZ | POL | K-OPEN | 57 | K 57 | 00:40:57.92 | 7:43 | 7.8 |
| 58 | GRONOWSKA SYLWIA | 56 | | JASTROWIE | POL | K-OPEN | 58 | K 58 | 00:42:29.65 | 8:00 | 7.5 |
| 59 | ADAMSKA MAGDALENA | 1 | | JASTROWIE | POL | K-OPEN | 59 | K 59 | 00:42:32.73 | 8:01 | 7.5 |
| 60 | WILCZYŃSKA AGATA | 236 | | WAŁCZ | POL | K-OPEN | 60 | K 60 | 00:44:00.95 | 8:18 | 7.2 |
| 61 | WILCZYŃSKA KATARZYNA | 237 | | WAŁCZ | POL | K-OPEN | 61 | K 61 | 00:44:01.53 | 8:18 | 7.2 |
| 62 | ŚWIERCZ BEATA | 217 | | WAŁCZ | POL | K-OPEN | 62 | K 62 | 00:44:02.66 | 8:18 | 7.2 |
| 63 | DZIUBCZYŃSKA EWA | 35 | | WAŁCZ | POL | K-OPEN | 63 | K 63 | 00:44:03.60 | 8:18 | 7.2 |
| 64 | ZABŁOCKA MARIKA | 251 | MOW JASTROWIE | JASTROWIE | POL | K-OPEN | 64 | K 64 | 00:52:36.83 | 9:55 | 6 |
| 65 | JASKULAK ALEKSANDRA | 79 | MOW JASTROWIE | JASTROWIE | POL | K-OPEN | 65 | K 65 | 00:54:22.24 | 10:15 | 5.8 |

4 CROSS PRECON POLSKA JASTROWIE - 5,3 KM, M-OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|--------------------|-----|--------------------|----------------|------|--------|--------|------|-------------|--------|------|
| 1 | KUŚMIDER ANDRZEJ | 117 | RUNDORFINA | CZAPLINEK | POL | M-OPEN | 1 | M 1 | 00:18:09.05 | 3:25 | 17.5 |
| 2 | POCZEWSKI JAN | 169 | ANKO SPORT | ZŁOTÓW | POL | M-OPEN | 2 | M 2 | 00:18:30.29 | 3:29 | 17.2 |
| 3 | CICHOCKI JAROSLAW | 264 | | BIAŁOGARD | POL | M-OPEN | 3 | M 3 | 00:18:43.71 | 3:32 | 17 |
| 4 | GEHRKE ROBERT | 48 | | CHODZIEŻ | POL | M-OPEN | 4 | M 4 | 00:19:18.08 | 3:38 | 16.5 |
| 5 | POCZEWSKI PIOTR | 170 | ANKO SPORT | ZŁOTÓW | POL | M-OPEN | 5 | M 5 | 00:19:30.26 | 3:40 | 16.3 |
| 6 | CERK ŁUKASZ | 19 | BIEGAJ Z CERKIEM | SZCZECINEK | POL | M-OPEN | 6 | M 6 | 00:19:36.88 | 3:42 | 16.2 |
| 7 | SZYŁO MICHAŁ | 211 | 'BIEGAJ Z CERKIEM' | SZCZECINEK | POL | M-OPEN | 7 | M 7 | 00:20:19.99 | 3:50 | 15.6 |
| 8 | POŁUBIŃSKI PAWEŁ | 173 | BORNE BIEGA | BORNE SULINOWO | POL | M-OPEN | 8 | M 8 | 00:20:51.45 | 3:56 | 15.2 |
| 9 | LEWANDOWSKI BOGDAN | 124 | MKL SZCZECINEK | MARCELIN | POL | M-OPEN | 9 | M 9 | 00:21:37.37 | 4:04 | 14.7 |
| 10 | KOWALCZUK GRZEGORZ | 97 | UKS TUCZNO | TUCZNO | POL | M-OPEN | 10 | M 10 | 00:22:05.95 | 4:10 | 14.4 |
| 11 | KUBIAK DANIEL | 111 | PRECON POLSKA | JASTROWIE | POL | M-OPEN | 11 | M 11 | 00:22:07.57 | 4:10 | 14.4 |
| 12 | KUBIAK PIOTR | 110 | PRECON POLSKA | JASTROWIE | POL | M-OPEN | 12 | M 12 | 00:22:08.36 | 4:10 | 14.4 |
| 13 | CENTKA MICHAŁ | 16 | ŚWIĘTA TEAM | ŚWIĘTA | POL | M-OPEN | 13 | M 13 | 00:22:29.14 | 4:14 | 14.1 |
| 14 | PROKOPOWICZ MARCIN | 174 | 3:33 TEAM | JASTROWIE | POL | M-OPEN | 14 | M 14 | 00:22:33.44 | 4:15 | 14.1 |
| 15 | GDANIEC WOJCIECH | 47 | MOW JASTROWIE | JASTROWIE | POL | M-OPEN | 15 | M 15 | 00:23:18.86 | 4:23 | 13.6 |
| 16 | PIETRZAK MICHAŁ | 167 | | OKONEK | POL | M-OPEN | 16 | M 16 | 00:23:51.22 | 4:30 | 13.3 |
| 17 | SAWCZUK PIOTR | 190 | | SZCZECINEK | POL | M-OPEN | 17 | M 17 | 00:24:17.27 | 4:34 | 13.1 |

4 CROSS PRECON POLSKA JASTROWIE - 5,3 KM, M-OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|----------------------|-----|---|----------------|------|--------|--------|------|-------------|--------|------|
| 18 | WEJMAN MARIUSZ | 229 | KOPEĆ TEAM | DEBRZNO | POL | M-OPEN | 18 | M 18 | 00:24:36.91 | 4:38 | 12.9 |
| 19 | THOMAS DANIEL | 219 | PRECON POLSKA | JASTROWIE | POL | M-OPEN | 19 | M 19 | 00:25:18.63 | 4:46 | 12.6 |
| 20 | ŁAWNICZAK ŁUKASZ | 128 | | ZAKRZEWO | POL | M-OPEN | 20 | M 20 | 00:25:37.48 | 4:50 | 12.4 |
| 21 | MIKIETYŃSKI MICHAŁ | 138 | ZABIEGANI NOCĄ OKONEK | OKONEK | POL | M-OPEN | 21 | M 21 | 00:25:39.09 | 4:50 | 12.4 |
| 22 | MANKOWSKI DARIUSZ | 189 | JASTROWIE | JASTROWIE | POL | M-OPEN | 22 | M 22 | 00:25:43.32 | 4:51 | 12.4 |
| 23 | JANOWICZ KACPER | 74 | PRECON POLSKA | JASTROWIE | POL | M-OPEN | 23 | M 23 | 00:26:21.43 | 4:58 | 12.1 |
| 24 | NITA WIESŁAW | 147 | VILLAGE PUNK RUN | PIECEWO | POL | M-OPEN | 24 | M 24 | 00:27:15.76 | 5:08 | 11.7 |
| 25 | STĘPIEŃ MARCIN | 198 | | ZŁOTÓW | POL | M-OPEN | 25 | M 25 | 00:27:26.81 | 5:10 | 11.6 |
| 26 | ZIEMIĄŃSKI JACEK | 259 | | PIŁA | POL | M-OPEN | 26 | M 26 | 00:27:41.67 | 5:13 | 11.5 |
| 27 | FRANKOWSKI KRZYSZTOF | 41 | | JASTROWIE | POL | M-OPEN | 27 | M 27 | 00:27:44.07 | 5:13 | 11.5 |
| 28 | GOSZCZYK SEBASTIAN | 51 | | NADARZYCE | POL | M-OPEN | 28 | M 28 | 00:27:49.02 | 5:14 | 11.4 |
| 29 | WEDEL KRYSZTIAN | 228 | | WAŁCZ | POL | M-OPEN | 29 | M 29 | 00:28:10.98 | 5:19 | 11.3 |
| 30 | BILL ŁUKASZ | 8 | | BORNE SULINOWO | POL | M-OPEN | 30 | M 30 | 00:28:21.79 | 5:21 | 11.2 |
| 31 | GRZELAK SEBASTIAN | 57 | PRECON POLSKA | CZŁUCHÓW | POL | M-OPEN | 31 | M 31 | 00:28:47.21 | 5:25 | 11 |
| 32 | ŚWIERCZ DARIUSZ | 216 | | WAŁCZ | POL | M-OPEN | 32 | M 32 | 00:28:50.40 | 5:26 | 11 |
| 33 | WAJDA WALDEMAR | 225 | | BORNE SULINOWO | POL | M-OPEN | 33 | M 33 | 00:29:13.08 | 5:30 | 10.9 |
| 34 | HAŁKA ARKADIUSZ | 61 | TRUCHT ŁOBEZ | ŁOBEZ | POL | M-OPEN | 34 | M 34 | 00:29:18.37 | 5:31 | 10.9 |
| 35 | MŁYNARCZYK ADAM | 141 | | JASTROWIE | POL | M-OPEN | 35 | M 35 | 00:29:24.81 | 5:33 | 10.8 |
| 36 | KAZIK PIOTR | 87 | | ZŁOTÓW | POL | M-OPEN | 36 | M 36 | 00:29:28.87 | 5:33 | 10.8 |
| 37 | WICHA RAFAŁ | 231 | PRECON POLSKA | JASTROWIE | POL | M-OPEN | 37 | M 37 | 00:29:48.66 | 5:37 | 10.7 |
| 38 | KRISS KRZYSIEK | 103 | BORNE BIEGA | BORNE SULINOWO | POL | M-OPEN | 38 | M 38 | 00:29:57.68 | 5:39 | 10.6 |
| 39 | GROBELNY ANDRZEJ | 55 | | PIŁA | POL | M-OPEN | 39 | M 39 | 00:30:27.04 | 5:44 | 10.4 |
| 40 | JARNO WOJCIECH | 77 | AKTYWNA KRAJENKA | KRAJENKA | POL | M-OPEN | 40 | M 40 | 00:30:33.52 | 5:45 | 10.4 |
| 41 | BOGDANOWICZ PIOTR | 12 | | ZŁOTÓW | POL | M-OPEN | 41 | M 41 | 00:31:11.85 | 5:53 | 10.2 |
| 42 | GZUBICKI PIOTR | 60 | RUNDORFINA | CZAPLINEK | POL | M-OPEN | 42 | M 42 | 00:31:15.19 | 5:53 | 10.2 |
| 43 | MRUGALSKI STANISŁAW | 144 | MTS HAMER MIASTKO | MIASTKO | POL | M-OPEN | 43 | M 43 | 00:31:16.86 | 5:54 | 10.2 |
| 44 | WOŁOWIEC PRZEMEK | 245 | | KOSZALIN | POL | M-OPEN | 44 | M 44 | 00:31:31.37 | 5:56 | 10.1 |
| 45 | HAPKE PIOTR | 63 | WAŁECKA ŚCIEMA | WAŁCZ | POL | M-OPEN | 45 | M 45 | 00:31:44.59 | 5:59 | 10 |
| 46 | KOSECKI MARCIN | 4 | | ZŁOTÓW | POL | M-OPEN | 46 | M 46 | 00:32:00.84 | 6:02 | 9.9 |
| 47 | MATYSEK IRENEUSZ | 263 | | WAŁCZ | POL | M-OPEN | 47 | M 47 | 00:33:39.78 | 6:21 | 9.4 |
| 48 | SKRZYPA DARIUSZ | 196 | PRECON POLSKA | WAŁCZ | POL | M-OPEN | 48 | M 48 | 00:34:21.10 | 6:28 | 9.3 |
| 49 | BĄBIŃSKI GRZEGORZ | 7 | | ZŁOTÓW | POL | M-OPEN | 49 | M 49 | 00:34:51.18 | 6:34 | 9.1 |
| 50 | RYNGWELSKI BARTOSZ | 187 | | LIPKA | POL | M-OPEN | 50 | M 50 | 00:35:10.11 | 6:38 | 9 |
| 51 | BUCHOWSKI MAREK | 14 | | SZCZECINEK | POL | M-OPEN | 51 | M 51 | 00:35:20.15 | 6:40 | 9 |
| 52 | WRONA RYSZARD | 249 | LILLSPORT | ZŁOTÓW | POL | M-OPEN | 52 | M 52 | 00:35:28.39 | 6:41 | 9 |
| 53 | NOWOSŁAWSKI DANIEL | 153 | | CUXHAVEN | GER | M-OPEN | 53 | M 53 | 00:37:01.89 | 6:59 | 8.6 |
| 54 | FRANKOWSKI TOMASZ | 40 | UGIM JASTROWIE | JASTROWIE | POL | M-OPEN | 54 | M 54 | 00:37:25.21 | 7:03 | 8.5 |
| 55 | KRASOWSKI TOMASZ | 101 | IDA TEAM | WAŁCZ | POL | M-OPEN | 55 | M 55 | 00:38:57.73 | 7:21 | 8.2 |
| 56 | OGIŃSKI DAWID | 155 | | POZNAŃ | POL | M-OPEN | 56 | M 56 | 00:39:25.53 | 7:26 | 8.1 |
| 57 | JANUSZKIEWICZ MICHAŁ | 75 | | JASTROWIE | POL | M-OPEN | 57 | M 57 | 00:40:01.34 | 7:33 | 7.9 |
| 58 | KRÓLIKOWSKI ANDRZEJ | 107 | | LIPKA | POL | M-OPEN | 58 | M 58 | 00:40:49.34 | 7:42 | 7.8 |
| 59 | SZCZECZOWSKI ADRIAN | 208 | STOWARZYSZENIE AKTYWNEGO WAŁU POMORSKIEGO | ZDBICE | POL | M-OPEN | 59 | M 59 | 00:41:34.31 | 7:50 | 7.7 |

4 CROSS PRECON POLSKA JASTROWIE - 5,3 KM,

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------|-----|------|-----------|------|------|--------|-----|-------------|--------|------|
| 1 | | 261 | | | | | | 1 | 00:25:40.41 | 4:50 | 12.4 |