

BIEG KRÓLI - 7.4KM

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2016-01-06
Miejsce: Jamno
Dystans: 7.4 km
Klasyfikacja wg czasów netto.



BIEG KRÓLI - 7.4KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------------|-----|------------------------------|-------------------|------|------|--------|------|-------------|--------|------|
| 1 | WITKOWSKI MATEUSZ | 341 | KL ISKRA BIAŁOGARD | KOSZALIN | POL | M-18 | 1 | M 1 | 00:25:19.35 | 3:25 | 17.5 |
| 2 | KAMIŃSKI DANIEL | 114 | KL ISKRA BIAŁOGARD | TRZEBIELE | POL | M-30 | 1 | M 2 | 00:26:38.05 | 3:35 | 16.7 |
| 3 | WOJTKIEWICZ MATEUSZ | 393 | KB 10 BIAŁOGARD | BIAŁOGARD | POL | M-18 | 2 | M 3 | 00:27:06.70 | 3:39 | 16.4 |
| 4 | KĘPKA ADRIAN | 124 | | WIEKOWO | POL | M-18 | 3 | M 4 | 00:27:55.50 | 3:46 | 15.9 |
| 5 | WITKIEWICZ ERYK | 340 | KB 10 BIAŁOGARD | BIAŁOGARD | POL | M-40 | 1 | M 5 | 00:27:56.25 | 3:46 | 15.9 |
| 6 | IGNACZAK PIOTR | 84 | KB.10 BIAŁOGARD | BIAŁOGARD | POL | M-18 | 4 | M 6 | 00:28:02.65 | 3:47 | 15.8 |
| 7 | WILCZEWSKI MARIUSZ | 332 | ABWOOD SŁAWNO | SŁAWNO | POL | M-30 | 2 | M 7 | 00:28:10.65 | 3:48 | 15.8 |
| 8 | KAMIENIECKI RAFAL | 416 | | USTKA | POL | M-30 | 3 | M 8 | 00:28:26.35 | 3:50 | 15.6 |
| 9 | WIDONIAK RAFAL | 326 | BIEGNIJMY.PL | KOSZALIN | POL | M-40 | 2 | M 9 | 00:28:29.80 | 3:51 | 15.6 |
| 10 | GARSKI KRYSPIŃ | 54 | ŚWIAT PŁYTEK /SEXYRUNNERS | BYTÓW | POL | M-40 | 3 | M 10 | 00:28:41.80 | 3:52 | 15.5 |
| 11 | USTIANOWSKI WOJCIECH | 316 | JW1223 | KOSZALIN | POL | M-18 | 5 | M 11 | 00:28:49.50 | 3:53 | 15.4 |
| 12 | FAMULSKI CEZARY | 47 | FORMA ROSNOWO | ROSNOWO | POL | M-30 | 4 | M 12 | 00:29:42.00 | 4:00 | 14.9 |
| 13 | GÓRA SYLWESTER | 388 | | OKONEK | POL | M-40 | 4 | M 13 | 00:29:50.95 | 4:02 | 14.9 |
| 14 | JAROSZ JAKUB | 375 | TKKF KOSZALIN | SUCHA KOSZALIŃSKA | POL | M-18 | 6 | M 14 | 00:29:55.45 | 4:02 | 14.8 |
| 15 | LIZAKOWSKI PATRYK | 172 | | WIELKI KLINCZ | POL | M-18 | 7 | M 15 | 00:30:01.50 | 4:03 | 14.8 |
| 16 | KOŚCIELNIAK ROBERT | 144 | TKKF KOSZALIN | KOSZALIN | POL | M-50 | 1 | M 16 | 00:30:12.35 | 4:04 | 14.7 |
| 17 | KAPUŚCIŃSKI ROBERT | 117 | JW 1223 KOSZALIN | KOSZALIN | POL | M-30 | 5 | M 17 | 00:30:26.20 | 4:06 | 14.6 |
| 18 | MATYJASEK ZBIGNIEW | 195 | TKKF KOSZALIN | KOSZALIN | POL | M-40 | 5 | M 18 | 00:30:28.25 | 4:07 | 14.6 |
| 19 | SIEMIĄTKOWSKI ROBERT | 263 | RUNNERSWALDE DARŁOWO | DARŁOWO | POL | M-30 | 6 | M 19 | 00:30:31.85 | 4:07 | 14.5 |
| 20 | ROKOSZ RADOSŁAW | 257 | JW 1223 | KOSZALIN | POL | M-30 | 7 | M 20 | 00:30:41.75 | 4:08 | 14.5 |
| 21 | SKIERKA GRZEGORZ | 266 | MKS ŚWIĘC SŁAWNO | KWASOWO | POL | M-30 | 8 | M 21 | 00:30:45.30 | 4:09 | 14.4 |
| 22 | SOBCZYK ŁUKASZ | 270 | KOŁOBRZEG BIEGA | KOŁOBRZEG | POL | M-40 | 6 | M 22 | 00:30:58.60 | 4:11 | 14.3 |
| 23 | BODO TOMASZ | 8 | ROZBIEGANY GOLENIÓW | GOLENIÓW | POL | M-18 | 8 | M 23 | 00:31:06.65 | 4:12 | 14.3 |
| 24 | CZYŻEWSKI JANUSZ | 29 | KOŁOBRZEG BIEGA MARATON TEAM | KOŁOBRZEG | POL | M-50 | 2 | M 24 | 00:31:12.20 | 4:12 | 14.2 |
| 25 | GAWRON PIOTR | 58 | KB GOCH BYTÓW | BYTÓW | POL | M-40 | 7 | M 25 | 00:31:19.10 | 4:13 | 14.2 |
| 26 | WINKEL JERZY | 336 | | KOSZALIN | POL | M-40 | 8 | M 26 | 00:31:19.65 | 4:14 | 14.2 |
| 27 | PAKULSKI MARCIN | 227 | | KOSZALIN | POL | M-40 | 9 | M 27 | 00:31:19.90 | 4:14 | 14.2 |
| 28 | MICKIEWICZ ADAM | 205 | 36 DROP MRZEŻYNO | MRZEŻYNO | POL | M-18 | 9 | M 28 | 00:31:20.25 | 4:14 | 14.2 |
| 29 | KOBUS MACIEJ | 130 | | KOSZALIN | POL | M-30 | 9 | M 29 | 00:31:26.50 | 4:14 | 14.1 |
| 30 | DĘGA RYSZARD | 37 | TUPOT-USTKA | USTKA | POL | M-60 | 1 | M 30 | 00:31:44.25 | 4:17 | 14 |
| 31 | JAMNIAK BARTOSZ | 91 | MTS HAMER MIASTKO | MIASTKO | POL | M-18 | 10 | M 31 | 00:31:51.90 | 4:18 | 13.9 |
| 32 | ŚNIEŻKO MARCIN | 384 | TKKF KOSZALIN | KOSZALIN | POL | M-30 | 10 | M 32 | 00:32:02.85 | 4:19 | 13.9 |
| 33 | ZWOLIŃSKI JAN | 368 | TKKF KOSZALIN | WIERCISZEWO | POL | M-40 | 10 | M 33 | 00:32:03.75 | 4:19 | 13.9 |
| 34 | PIĄTEK WIKTOR | 235 | JW1223 | KOSZALIN | POL | M-30 | 11 | M 34 | 00:32:07.95 | 4:20 | 13.8 |
| 35 | UZNAŃSKI RYSZARD | 318 | | KOŁOBRZEG | POL | M-40 | 11 | M 35 | 00:32:14.40 | 4:21 | 13.8 |
| 36 | ZIOMKO RAFAŁ | 365 | | KOŁOBRZEG | POL | M-40 | 12 | M 36 | 00:32:21.20 | 4:22 | 13.7 |
| 37 | KACHLICKI KAMIL | 106 | | KOSZALIN | POL | M-40 | 13 | M 37 | 00:32:27.55 | 4:23 | 13.7 |
| 38 | NOGA SEBASTIAN | 221 | TKKF KOSZALIN | KOSZALIN | POL | M-18 | 11 | M 38 | 00:32:29.50 | 4:23 | 13.7 |
| 39 | RAJNER KRZYSZTOF | 249 | | KOSZALIN | POL | M-30 | 12 | M 39 | 00:32:29.65 | 4:23 | 13.7 |
| 40 | PŁAŻAŁSKI PRZEMYSŁAW | 240 | BRAK | BRÓJCE | POL | M-30 | 13 | M 40 | 00:32:31.90 | 4:23 | 13.6 |
| 41 | KRUK MARCIN | 158 | XXX | KOSZALIN | POL | M-30 | 14 | M 41 | 00:32:37.05 | 4:24 | 13.6 |
| 42 | HABUŁYK TOMASZ | 73 | | PRZECHELEWO | POL | M-40 | 14 | M 42 | 00:32:38.25 | 4:24 | 13.6 |
| 43 | WALASEK ROBERT | 321 | BARCZEWSKI TEAM | KOŁOBRZEG | POL | M-18 | 12 | M 43 | 00:32:39.00 | 4:24 | 13.6 |
| 44 | BOGDANOWICZ KRZYSZTOF | 371 | TKKF KOSZALIN | KOSZALIN | POL | M-50 | 3 | M 44 | 00:32:39.85 | 4:24 | 13.6 |
| 45 | GRZYWA ROMAN | 71 | 18.WOG | WEJHEROWO | POL | M-40 | 15 | M 45 | 00:32:41.35 | 4:25 | 13.6 |
| 46 | MAKOWIECKI MARCIN | 187 | MLUKS MOKASYN PŁOTY | PŁOTY | POL | M-30 | 15 | M 46 | 00:32:50.65 | 4:26 | 13.5 |

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| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|------------------------|-----|--------------------------------|-------------------|------|------|--------|------|-------------|--------|------|
| 47 | LESZCZYŃSKI MARCIN | 168 | WWW.GARROSH.PL | RYMAŃ | POL | M-40 | 16 | M 47 | 00:32:52.20 | 4:26 | 13.5 |
| 48 | ZIELIŃSKI MATEUSZ | 359 | SŁONECZNY PATROL KOSZALIN | KOSZALIN | POL | M-18 | 13 | M 48 | 00:32:55.00 | 4:26 | 13.5 |
| 49 | MOKSA DAREK | 208 | | SIANÓW | POL | M-18 | 14 | M 49 | 00:33:01.70 | 4:27 | 13.4 |
| 50 | STRUMIŃSKI RAFAŁ | 284 | ŻYTŃNIA TEAM | KOSZALIN | POL | M-30 | 16 | M 50 | 00:33:03.65 | 4:28 | 13.4 |
| 51 | SZYMCZAK DAMIAN | 305 | | SŁONINO | POL | M-18 | 15 | M 51 | 00:33:04.75 | 4:28 | 13.4 |
| 52 | JAKUBOWSKI KAROL | 90 | 2BZ, JW 1696 | LIGOTA | POL | M-18 | 16 | M 52 | 00:33:07.10 | 4:28 | 13.4 |
| 53 | PSTRĄGOWSKI MARCIN | 244 | | KOSZALIN | POL | M-30 | 17 | M 53 | 00:33:07.75 | 4:28 | 13.4 |
| 54 | SZYMCZAK HENRYK | 304 | | SŁONINO | POL | M-40 | 17 | M 54 | 00:33:08.00 | 4:28 | 13.4 |
| 55 | STANKIEWICZ WIESŁAW | 276 | | KOSZALIN | POL | M-50 | 4 | M 55 | 00:33:10.65 | 4:28 | 13.4 |
| 56 | CHODOR MARTYNA | 18 | TKKF KOSZALIN | KOSZALIN | POL | K-30 | 1 | K 1 | 00:33:11.75 | 4:29 | 13.4 |
| 57 | KUKIEŁA TOMASZ | 163 | | KOSZALIN | POL | M-30 | 18 | M 56 | 00:33:18.65 | 4:30 | 13.3 |
| 58 | KONIECZNA ANKA | 139 | ROZBIEGANY KOSZALIN | KOSZALIN | POL | K-40 | 1 | K 2 | 00:33:20.20 | 4:30 | 13.3 |
| 59 | EMILIT GRZEGORZ | 44 | KEEP COLM AND HOLD ON | KARLINO | POL | M-30 | 19 | M 57 | 00:33:24.00 | 4:30 | 13.3 |
| 60 | GOŁDYN MAREK | 63 | TKKF KOSZALIN | KOSZALIN | POL | M-30 | 20 | M 58 | 00:33:28.65 | 4:31 | 13.3 |
| 61 | FRONTCZAK IZA | 397 | TKKF KOSZALIN | SZCZECINEK | POL | K-18 | 1 | K 3 | 00:33:35.80 | 4:32 | 13.2 |
| 62 | OGRODNIK GRZEGORZ | 224 | JW1223 | KOSZALIN | POL | M-40 | 18 | M 59 | 00:33:36.70 | 4:32 | 13.2 |
| 63 | KĄŻMIERCZAK DAWID | 121 | SAMOCODÓWKA KOSZALIN | STARE BIELICE | POL | M-18 | 17 | M 60 | 00:33:36.75 | 4:32 | 13.2 |
| 64 | BIL ADRIAN | 6 | | KOSZALIN | POL | M-30 | 21 | M 61 | 00:33:40.55 | 4:33 | 13.2 |
| 65 | SZULC ARKADIUSZ | 298 | | KOSZALIN | POL | M-30 | 22 | M 62 | 00:33:41.75 | 4:33 | 13.2 |
| 66 | KURLAPSKI MARIUSZ | 167 | STR ŚWIDWIN | ŚWIDWIN | POL | M-40 | 19 | M 63 | 00:33:51.35 | 4:34 | 13.1 |
| 67 | WINKEL ŁUKASZ | 335 | | KOSZALIN | POL | M-40 | 20 | M 64 | 00:33:51.40 | 4:34 | 13.1 |
| 68 | KUBIŃSKI RAFAŁ | 162 | ALLIANZ RUNNING TEAM | SŁUPSK | POL | M-50 | 5 | M 65 | 00:33:51.50 | 4:34 | 13.1 |
| 69 | KAMYK PIOTR | 115 | MH IT SERWIS | KOSZALIN | POL | M-30 | 23 | M 66 | 00:33:57.80 | 4:35 | 13.1 |
| 70 | NACHYŁA PAWEŁ | 215 | DZIKI KOSZALIN | KOSZALIN | POL | M-18 | 18 | M 67 | 00:34:00.75 | 4:35 | 13.1 |
| 71 | CHOŁUJ JAROSŁAW | 23 | | KOSZALIN | POL | M-40 | 21 | M 68 | 00:34:01.40 | 4:35 | 13 |
| 72 | GAŁKA MARCIN | 53 | TRZEBIATÓW | TRZEBIATÓW | POL | M-30 | 24 | M 69 | 00:34:01.70 | 4:35 | 13 |
| 73 | MALINOWSKI MARIUSZ | 191 | | KOSZALIN | POL | M-30 | 25 | M 70 | 00:34:02.35 | 4:35 | 13 |
| 74 | SOROKA PIOTR | 273 | | KOSZALIN | POL | M-30 | 26 | M 71 | 00:34:03.40 | 4:36 | 13 |
| 75 | SZYMAŃSKI TOMASZ | 303 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | POL | M-40 | 22 | M 72 | 00:34:11.70 | 4:37 | 13 |
| 76 | WIERZBICKI JAKUB | 328 | | ŚWIDWIN | POL | M-30 | 27 | M 73 | 00:34:15.35 | 4:37 | 13 |
| 77 | BROVCHENKO JURII | 14 | ŚWIAT PŁYTEK U KRYSPIŃNA | BYTÓW | POL | M-18 | 19 | M 74 | 00:34:17.60 | 4:38 | 12.9 |
| 78 | WILIŃSKI MAREK | 398 | | ŚWIDWIN | POL | M-50 | 6 | M 75 | 00:34:19.05 | 4:38 | 12.9 |
| 79 | ŻYWIŃSKI BARTOSZ | 369 | DZIKI KOSZALIN | KOSZALIN | POL | M-30 | 28 | M 76 | 00:34:19.85 | 4:38 | 12.9 |
| 80 | CYRANKOWSKI PRZEMYSŁAW | 25 | ZSP1 SŁUPSK | BAŁAMĄTEK | POL | M-18 | 20 | M 77 | 00:34:19.90 | 4:38 | 12.9 |
| 81 | WOCH EDWARD | 344 | | KOSZALIN | POL | M-50 | 7 | M 78 | 00:34:20.25 | 4:38 | 12.9 |
| 82 | ROGAŁSKI ROBERTO | 255 | ZAWSZE SIĘGAJ WYŻEJ | KOSZALIN | POL | M-30 | 29 | M 79 | 00:34:20.60 | 4:38 | 12.9 |
| 83 | SZABLA EWELINA | 287 | | KOSZALIN | POL | K-30 | 2 | K 4 | 00:34:22.65 | 4:38 | 12.9 |
| 84 | WILKOWSKI KRZYSZTOF | 334 | | KOSZALIN | POL | M-30 | 30 | M 80 | 00:34:22.70 | 4:38 | 12.9 |
| 85 | NIEMCZUK DARIUSZ | 220 | | KOSZALIN | POL | M-50 | 8 | M 81 | 00:34:30.15 | 4:39 | 12.9 |
| 86 | KSZCZANOWICZ JACEK | 161 | | KOŁOBRZEG | POL | M-40 | 23 | M 82 | 00:34:34.05 | 4:40 | 12.8 |
| 87 | JAROSZEWSKI DANIEL | 390 | | KOSZALIN | POL | M-30 | 31 | M 83 | 00:34:34.35 | 4:40 | 12.8 |
| 88 | KRAKOWIAK SŁAWOMIR | 152 | | KOSZALIN | POL | M-40 | 24 | M 84 | 00:34:35.85 | 4:40 | 12.8 |
| 89 | JAROSZ DARIUSZ | 98 | TKKF KOSZALIN | SUCHA KOSZALIŃSKA | POL | M-40 | 25 | M 85 | 00:34:40.90 | 4:41 | 12.8 |
| 90 | DEMBICKI DANIEL | 36 | | M-40 | POL | M-40 | 26 | M 86 | 00:34:41.95 | 4:41 | 12.8 |
| 91 | ŁABEJSZA ŁUKASZ | 176 | WOJOWNICY WÓDY | KOSZALIN | POL | M-30 | 32 | M 87 | 00:34:43.25 | 4:41 | 12.8 |
| 92 | KITŁOWSKI MARCIN | 127 | KLUB | CZARNE | POL | M-30 | 33 | M 88 | 00:34:54.50 | 4:43 | 12.7 |
| 93 | WYSZKOWSKI MARCIN | 356 | RUNKOLBERG | KOŁOBRZEG | POL | M-40 | 27 | M 89 | 00:34:54.65 | 4:43 | 12.7 |
| 94 | SKOWYRSKI JANUSZ | 268 | TKKF KOSZALIN/ROWERIA KOSZALIN | BIESIEKIERZ | POL | M-50 | 9 | M 90 | 00:34:56.25 | 4:43 | 12.7 |
| 95 | KOPREK ŁUKASZ | 141 | SŁONECZNY PATROL KOSZALIN | KOSZALIN | POL | M-30 | 34 | M 91 | 00:35:03.80 | 4:44 | 12.7 |
| 96 | MERDA PIOTR | 200 | MTS HAMER | MIASTKO | POL | M-30 | 35 | M 92 | 00:35:06.15 | 4:44 | 12.6 |
| 97 | MERDA KATARZYNA | 201 | MTS HAMER | MIASTKO | POL | K-30 | 3 | K 5 | 00:35:09.05 | 4:45 | 12.6 |
| 98 | ŁABAŃSKI WALDEMAR | 175 | | KOSZALIN | POL | M-18 | 21 | M 93 | 00:35:10.85 | 4:45 | 12.6 |
| 99 | MICHAŁAK MICHAŁ | 204 | DZIKI KOSZALIN | KOSZALIN | POL | M-30 | 36 | M 94 | 00:35:12.35 | 4:45 | 12.6 |
| 100 | BUTOWICZ ADAM | 17 | | SZCZECINEK | POL | M-50 | 10 | M 95 | 00:35:15.00 | 4:45 | 12.6 |
| 101 | DZIĘBOWSKI MARIUSZ | 43 | | KOSZALIN | POL | M-30 | 37 | M 96 | 00:35:18.50 | 4:46 | 12.6 |
| 102 | ŚWIETLIK TOMASZ | 308 | | KOSZALIN | POL | M-50 | 11 | M 97 | 00:35:21.95 | 4:46 | 12.6 |
| 103 | STAWISZYŃSKI JAROSŁAW | 279 | FRK | KOSZALIN | POL | M-30 | 38 | M 98 | 00:35:24.60 | 4:47 | 12.5 |

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| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-------------------------|-----|----------------------------|---------------------|------|------|--------|-------|-------------|--------|------|
| 104 | DUDZIAK PIOTR | 41 | | KOSZALIN | POL | M-40 | 28 | M 99 | 00:35:24.90 | 4:47 | 12.5 |
| 105 | ZIÓŁKOWSKI WOJCIECH | 366 | KB 'GOCH' BYTÓW | OKONEK | POL | M-30 | 39 | M 100 | 00:35:25.95 | 4:47 | 12.5 |
| 106 | LEWANDOWSKI MAREK | 170 | | INOWROCLAW | POL | M-30 | 40 | M 101 | 00:35:26.25 | 4:47 | 12.5 |
| 107 | PUŚCIAN KRZYSZTOF KAMIL | 247 | GIMNAZJUM W MANOWIE | MANOWO | POL | M-40 | 29 | M 102 | 00:35:27.30 | 4:47 | 12.5 |
| 108 | JANUSZEWSKI JACEK | 96 | NIEZRZESZONY | KOSZALIN | POL | M-50 | 12 | M 103 | 00:35:28.90 | 4:47 | 12.5 |
| 109 | WALCZAK RAFAŁ | 323 | | KOSZALIN | POL | M-40 | 30 | M 104 | 00:35:29.35 | 4:47 | 12.5 |
| 110 | CUBER WOJCIECH | 387 | | OKONEK | POL | M-30 | 41 | M 105 | 00:35:29.50 | 4:47 | 12.5 |
| 111 | KĘPIŃSKI MARCIN | 123 | | SŁUPSK | POL | M-30 | 42 | M 106 | 00:35:29.75 | 4:47 | 12.5 |
| 112 | RAMA JANUSZ | 250 | KOŁOBRZEG | KOŁOBRZEG | POL | M-40 | 31 | M 107 | 00:35:31.15 | 4:48 | 12.5 |
| 113 | WIECZOREK WOJCIECH | 327 | | ŚWIDWIN | POL | M-30 | 43 | M 108 | 00:35:41.20 | 4:49 | 12.4 |
| 114 | IWANIEC DARIUSZ | 394 | TKKF KOSZALIN | SIERAKOWO | POL | M-40 | 32 | M 109 | 00:35:42.25 | 4:49 | 12.4 |
| 115 | MIELEWCZYK LESZEK | 207 | LTS LĘBORK | LĘBORK | POL | M-60 | 2 | M 110 | 00:35:44.20 | 4:49 | 12.4 |
| 116 | ROGOŻA IRENEUSZ | 256 | | KOSZALIN | POL | M-40 | 33 | M 111 | 00:35:44.70 | 4:49 | 12.4 |
| 117 | KOTARA-PAŁKA MAŁGORZATA | 145 | | KOSZALIN | POL | K-30 | 4 | K 6 | 00:35:52.85 | 4:50 | 12.4 |
| 118 | ŚWIĘTOŃ RAFAŁ | 309 | | KOSZALIN | POL | M-30 | 44 | M 112 | 00:35:54.30 | 4:51 | 12.4 |
| 119 | PEŁKA JANUSZ | 233 | | KOSZALIN | POL | M-50 | 13 | M 113 | 00:35:55.20 | 4:51 | 12.4 |
| 120 | ŁOPIŃSKI PIOTR | 178 | | DREZDENKO | POL | M-30 | 45 | M 114 | 00:35:55.30 | 4:51 | 12.4 |
| 121 | SCHWARZ LUDWIK | 262 | | KOSZALIN | POL | M-50 | 14 | M 115 | 00:35:55.85 | 4:51 | 12.4 |
| 122 | WITKA PIOTR | 339 | KLUB ŁĘBA MORS POLAND | GARCZEGORZE | POL | M-50 | 15 | M 116 | 00:35:58.70 | 4:51 | 12.3 |
| 123 | KAMELSKI PIOTR | 111 | B/K | SŁAWNO | POL | M-40 | 34 | M 117 | 00:35:59.60 | 4:51 | 12.3 |
| 124 | MĘDEL MARTA | 202 | | KOSZALIN | POL | K-40 | 2 | K 7 | 00:36:00.15 | 4:51 | 12.3 |
| 125 | KRZEWIŃSKA MAŁGORZATA | 160 | TKKF KOSZALIN | KOSZALIN | POL | K-50 | 1 | K 8 | 00:36:03.10 | 4:52 | 12.3 |
| 126 | DĄBROWSKI GRZEGORZ | 33 | | KOSZALIN | POL | M-40 | 35 | M 118 | 00:36:04.65 | 4:52 | 12.3 |
| 127 | STRÓŻYNA MICHAŁ | 282 | | USTRONIE MORSKIE | POL | M-30 | 46 | M 119 | 00:36:05.00 | 4:52 | 12.3 |
| 128 | ZIENTARSKA JOANNA | 362 | ŚWIAT PŁYTEK U KRYSPIŃNA | BYTÓW | POL | K-40 | 3 | K 9 | 00:36:05.55 | 4:52 | 12.3 |
| 129 | MROCZKOWSKI MAREK | 212 | ROZBIEGANY KOSZALIN | KOSZALIN | POL | M-30 | 47 | M 120 | 00:36:07.20 | 4:52 | 12.3 |
| 130 | DĄBROWSKA ANNA | 32 | | KOSZALIN | POL | K-30 | 5 | K 10 | 00:36:07.55 | 4:52 | 12.3 |
| 131 | MACHELSKA SYLWIA | 185 | PGB SPORTOWA GRUPA BIEGOWA | KOSZALIN | POL | K-30 | 6 | K 11 | 00:36:08.40 | 4:53 | 12.3 |
| 132 | MRUGALSKA MAGDALENA | 405 | | KOSZALIN | POL | K-18 | 2 | K 12 | 00:36:08.60 | 4:52 | 12.3 |
| 133 | MROCZKOWSKI PIOTR | 413 | | KOSZALIN | POL | M-18 | 22 | M 121 | 00:36:17.00 | 4:54 | 12.2 |
| 134 | SUGIER MICHAŁ | 285 | NMC | KOSZALIN | POL | M-30 | 48 | M 122 | 00:36:22.05 | 4:54 | 12.2 |
| 135 | KAJKOWSKI RAFAŁ | 108 | CS SP KOSZALIN | KOSZALIN | POL | M-40 | 36 | M 123 | 00:36:23.90 | 4:55 | 12.2 |
| 136 | HAŁAJKO MAGDALENA | 74 | BABECZKI | KOSZALIN | POL | K-30 | 7 | K 13 | 00:36:24.30 | 4:55 | 12.2 |
| 137 | JÓŹWIĄK MARIUSZ | 100 | | KOSZALIN | POL | M-30 | 49 | M 124 | 00:36:25.05 | 4:55 | 12.2 |
| 138 | MRUGALSKI DAMIAN | 379 | | KOSZALIN | POL | M-30 | 50 | M 125 | 00:36:25.45 | 4:55 | 12.2 |
| 139 | KALKOWSKI PAWEŁ | 386 | | KOSZALIN | POL | M-30 | 51 | M 126 | 00:36:26.50 | 4:55 | 12.2 |
| 140 | WIERZBICKI SYLWESTER | 330 | RUNNERSWALDE DARŁOWO | DOMASŁAWICE/DARŁOWO | POL | M-30 | 52 | M 127 | 00:36:26.60 | 4:55 | 12.2 |
| 141 | KUŁAKOWSKI DAWID | 164 | AMADORES | KOSZALIN | POL | M-30 | 53 | M 128 | 00:36:30.00 | 4:55 | 12.2 |
| 142 | JĘDRASZCZYK MAREK | 99 | WŁ SŁUPSK | SŁUPSK | POL | M-40 | 37 | M 129 | 00:36:31.25 | 4:56 | 12.2 |
| 143 | CHUŻYK ZBIGNIEW | 24 | TKKF KOSZALIN | KOSZALIN | POL | M-50 | 16 | M 130 | 00:36:31.90 | 4:56 | 12.2 |
| 144 | WÓJCIK DAMIAN | 355 | RUNNERSWALDE DARŁOWO | DARŁOWO | POL | M-40 | 38 | M 131 | 00:36:33.65 | 4:56 | 12.1 |
| 145 | ŁUKASIEWICZ EWELINA | 183 | | DARŁOWO | POL | K-18 | 3 | K 14 | 00:36:34.65 | 4:56 | 12.1 |
| 146 | OSOBNAK RYSZARD | 226 | | KOSZALIN | POL | M-60 | 3 | M 132 | 00:36:35.05 | 4:56 | 12.1 |
| 147 | KRASIŃSKI WITOLD | 154 | | KOSZALIN | POL | M-40 | 39 | M 133 | 00:36:35.30 | 4:56 | 12.1 |
| 148 | GAWIECKI PIOTR | 56 | | KOSZALIN | POL | M-40 | 40 | M 134 | 00:36:35.80 | 4:56 | 12.1 |
| 149 | FRYDRYCH WOJCIECH | 52 | | GRZYBOWO | POL | M-18 | 23 | M 135 | 00:36:38.60 | 4:57 | 12.1 |
| 150 | CHOJNACKI BARTOSZ | 20 | | KOSZALIN | POL | M-30 | 54 | M 136 | 00:36:39.60 | 4:57 | 12.1 |
| 151 | KANIOWSKI JACEK | 116 | W.P.K. SŁOŃ TEAM USTKA | SŁAWNO | POL | M-40 | 41 | M 137 | 00:36:41.30 | 4:57 | 12.1 |
| 152 | BORYSIEWICZ GRZEGORZ | 11 | JW1223 | KOSZALIN | POL | M-40 | 42 | M 138 | 00:36:42.10 | 4:57 | 12.1 |
| 153 | WOJCIECHOWSKI ADRIAN | 347 | AMADEUS CROSSTRaining GYM | KOSZALIN | POL | M-18 | 24 | M 139 | 00:36:44.10 | 4:57 | 12.1 |
| 154 | KOŁODZIEJCZAK GRZEGORZ | 134 | PARKRUN SZCZECINEK | TUROWO | POL | M-40 | 43 | M 140 | 00:36:50.70 | 4:58 | 12 |
| 155 | KOŁODZIEJCZAK MARCIN | 136 | | SŁUPSK | POL | M-40 | 44 | M 141 | 00:36:51.70 | 4:58 | 12 |
| 156 | CHORAŻY KAROLINA | 372 | | KOSZALIN | POL | K-18 | 4 | K 15 | 00:37:01.50 | 5:00 | 12 |
| 157 | BONISŁAWSKI JAROSŁAW | 9 | B/K | SŁAWNO | POL | M-30 | 55 | M 142 | 00:37:02.00 | 5:00 | 12 |
| 158 | CHOŁUJ KAROL | 22 | ZAWSZE DO PRZODU | KOSZALIN | POL | M-30 | 56 | M 143 | 00:37:03.15 | 5:00 | 12 |
| 159 | MAZURKIEWICZ JOLANTA | 198 | | MŚCICE | POL | K-18 | 5 | K 16 | 00:37:03.50 | 5:00 | 12 |
| 160 | TYLUŚ SYLWIA | 315 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | POL | K-30 | 8 | K 17 | 00:37:04.05 | 5:00 | 12 |

BIEG KRÓLI - 7.4KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-sconość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|--------------------------|-----|-------------------------|---------------|------|------|--------|-------|-------------|--------|------|
| 161 | JARKIEWICZ TOMASZ | 97 | | KOSZALIN | POL | M-18 | 25 | M 144 | 00:37:05.00 | 5:00 | 12 |
| 162 | CINCIO ROBERT | 425 | TKKF KOSZALIN | KOSZALIN | POL | M-30 | 57 | M 145 | 00:37:05.10 | 5:00 | 12 |
| 163 | MARKOWSKI ANDRZEJ | 194 | TKKF KOSZALIN | KOSZALIN | POL | M-60 | 4 | M 146 | 00:37:08.90 | 5:01 | 12 |
| 164 | KOZIBRODA MARCIN | 148 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | POL | M-40 | 45 | M 147 | 00:37:09.15 | 5:01 | 12 |
| 165 | KOZŁOWIECKI WALDEMAR | 150 | TKKF KOSZALIN | KOSZALIN | POL | M-60 | 5 | M 148 | 00:37:09.65 | 5:01 | 11.9 |
| 166 | ŁANGOWSKA IWONA | 177 | KOŁOBRZEG BIEGA | KOŁOBRZEG | POL | K-50 | 2 | K 18 | 00:37:14.15 | 5:01 | 11.9 |
| 167 | GOŁOFIT PIOTR | 383 | | KOSZALIN | POL | M-30 | 58 | M 149 | 00:37:23.25 | 5:03 | 11.9 |
| 168 | GORGOL PIOTR | 65 | | KRZEMIENIEWO | POL | M-30 | 59 | M 150 | 00:37:24.20 | 5:03 | 11.9 |
| 169 | MĘDEL CEZARY | 203 | | KOSZALIN | POL | M-40 | 46 | M 151 | 00:37:29.25 | 5:03 | 11.8 |
| 170 | KĄŻMIERCZAK TOMASZ | 120 | JW 3937 | KOSZALIN | POL | M-30 | 60 | M 152 | 00:37:33.15 | 5:04 | 11.8 |
| 171 | GAWIN PAULINA | 403 | | USTKA | POL | K-18 | 6 | K 19 | 00:37:37.25 | 5:05 | 11.8 |
| 172 | KLIMSKI MICHAŁ | 404 | | USTKA | POL | M-18 | 26 | M 153 | 00:37:37.70 | 5:05 | 11.8 |
| 173 | SUBALSKI MICHAŁ | 381 | | KOSZALIN | POL | M-30 | 61 | M 154 | 00:37:39.70 | 5:05 | 11.8 |
| 174 | SACHARZEWSKA ANNA | 260 | | STARE BIELICE | POL | K-30 | 9 | K 20 | 00:37:45.50 | 5:06 | 11.8 |
| 175 | FAJGIER TOMASZ | 45 | | MANOWO | POL | M-40 | 47 | M 155 | 00:37:46.10 | 5:06 | 11.8 |
| 176 | NOREK TOMEK | 222 | | KOSZALIN | POL | M-40 | 48 | M 156 | 00:37:46.75 | 5:06 | 11.8 |
| 177 | KĘPKA MIROSLAW | 125 | KB. 'SPRINT' ŚWIDWIN | ŚWIDWIN | POL | M-40 | 49 | M 157 | 00:37:46.95 | 5:06 | 11.8 |
| 178 | DONIGIEWICZ LESZEK | 38 | | KOSZALIN | POL | M-60 | 6 | M 158 | 00:37:46.95 | 5:06 | 11.8 |
| 179 | KOŁAKOWSKI DARIUSZ | 133 | K.B.SPRINT ŚWIDWIN | ŚWIDWIN | POL | M-40 | 50 | M 159 | 00:37:47.65 | 5:06 | 11.8 |
| 180 | RASZPŁA RADOŚLAW | 253 | CIOTECZKI.PL | KOSZALIN | POL | M-40 | 51 | M 160 | 00:37:52.60 | 5:07 | 11.7 |
| 181 | KAMIŃSKI TOMASZ | 113 | JW1223 | KOSZALIN | POL | M-30 | 62 | M 161 | 00:37:52.90 | 5:07 | 11.7 |
| 182 | DZIESZUK DARIUSZ | 42 | TKKF KOSZALIN | KOSZALIN | POL | M-40 | 52 | M 162 | 00:37:54.95 | 5:07 | 11.7 |
| 183 | CZACH SEBASTIAN | 26 | RUNNERSWALDE DARŁOWO | DARŁOWO | POL | M-18 | 27 | M 163 | 00:37:55.60 | 5:07 | 11.7 |
| 184 | SZCZYTKOWSKI MAREK | 292 | K.B.SPRINT ŚWIDWIN | ŚWIDWIN | POL | M-40 | 53 | M 164 | 00:37:57.10 | 5:07 | 11.7 |
| 185 | DORAWA WOJTEK | 39 | | KOSZALIN | POL | M-18 | 28 | M 165 | 00:37:57.25 | 5:07 | 11.7 |
| 186 | GIEMZA AGNIESZKA | 60 | | SŁUPSK | POL | K-30 | 10 | K 21 | 00:38:00.30 | 5:08 | 11.7 |
| 187 | HNATOWSKI ARTUR | 77 | CSSP | KOSZALIN | POL | M-40 | 54 | M 166 | 00:38:08.50 | 5:09 | 11.6 |
| 188 | WYBRANIEC TOMASZ | 427 | | KOSZALIN | POL | M-40 | 55 | M 167 | 00:38:09.45 | 5:09 | 11.6 |
| 189 | DORAWA PIOTR | 40 | | KOSZALIN | POL | M-18 | 29 | M 168 | 00:38:10.05 | 5:09 | 11.6 |
| 190 | STARZEC ANDRZEJ | 277 | | GDAŃSK | POL | M-60 | 7 | M 169 | 00:38:15.10 | 5:10 | 11.6 |
| 191 | SZPILER KRZYSZTOF | 293 | | KOSZALIN | POL | M-18 | 30 | M 170 | 00:38:17.30 | 5:10 | 11.6 |
| 192 | STĘPIEŃ PAWEŁ | 385 | | KOSZALIN | POL | M-30 | 63 | M 171 | 00:38:18.00 | 5:10 | 11.6 |
| 193 | KOPCZEWSKI DARIUSZ | 140 | | KOSZALIN | POL | M-50 | 17 | M 172 | 00:38:20.70 | 5:10 | 11.6 |
| 194 | SKOWRON ADAM | 267 | | KOSZALIN | POL | M-30 | 64 | M 173 | 00:38:22.60 | 5:11 | 11.6 |
| 195 | RECZKA WIKTOR | 254 | JW 2031 | BRANIEWO | POL | M-30 | 65 | M 174 | 00:38:25.15 | 5:11 | 11.6 |
| 196 | SZADZIŃSKI KRZYSZTOF | 420 | | KOSZALIN | POL | M-40 | 56 | M 175 | 00:38:28.15 | 5:11 | 11.5 |
| 197 | BAK ZBIGNIEW | 3 | RUNNERSWALDE | DARŁOWO | POL | M-30 | 66 | M 176 | 00:38:28.50 | 5:11 | 11.5 |
| 198 | TURCZYN GRZEGORZ | 314 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M-40 | 57 | M 177 | 00:38:33.20 | 5:12 | 11.5 |
| 199 | SZULC SZYMON | 296 | GRYF LOK BIAŁOGARD | BIAŁOGARD | POL | M-30 | 67 | M 178 | 00:38:33.95 | 5:12 | 11.5 |
| 200 | GROCHOWSKI RAFAŁ | 70 | | KOSZALIN | POL | M-40 | 58 | M 179 | 00:38:35.80 | 5:12 | 11.5 |
| 201 | WOLF EMIL | 351 | | SIANÓW | POL | M-40 | 59 | M 180 | 00:38:40.20 | 5:13 | 11.5 |
| 202 | KORPAL CEZARY | 142 | ROZBIEGANY KOSZALIN | KOSZALIN | POL | M-50 | 18 | M 181 | 00:38:40.25 | 5:13 | 11.5 |
| 203 | RADECKI JACEK | 248 | CS SP | KOSZALIN | POL | M-40 | 60 | M 182 | 00:38:43.80 | 5:14 | 11.5 |
| 204 | WOLF WERONIKA | 352 | | SIANÓW | POL | K-40 | 4 | K 22 | 00:38:45.05 | 5:14 | 11.5 |
| 205 | STANIASZEK BOGUSŁAW | 415 | | GŁOSINO | POL | M-60 | 8 | M 183 | 00:38:46.20 | 5:14 | 11.5 |
| 206 | WALCZAK AGNIESZKA | 322 | | KOSZALIN | POL | K-40 | 5 | K 23 | 00:38:46.60 | 5:14 | 11.4 |
| 207 | SZTORC-KACHLICKA MARZENA | 294 | | KOSZALIN | POL | K-40 | 6 | K 24 | 00:38:47.55 | 5:14 | 11.4 |
| 208 | MARCZAK ANDRZEJ | 193 | | ŻELKOWO | POL | M-50 | 19 | M 184 | 00:38:48.15 | 5:14 | 11.4 |
| 209 | GIGOŁO ŁUKASZ | 61 | SUNDBIKERS KARLINO TEAM | KARLINO | POL | M-40 | 61 | M 185 | 00:38:49.60 | 5:14 | 11.4 |
| 210 | MAJCHRZAK PAWEŁ | 186 | | KARLINO | POL | M-40 | 62 | M 186 | 00:38:50.30 | 5:14 | 11.4 |
| 211 | BROVCHENKO SYLWIA | 13 | ŚWIAT PŁYTEK U KRYSPIŃ | BYTÓW | POL | K-18 | 7 | K 25 | 00:38:50.40 | 5:14 | 11.4 |
| 212 | SZYMAŃSKA EWA | 302 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | POL | K-40 | 7 | K 26 | 00:38:50.95 | 5:15 | 11.4 |
| 213 | ŁUCZEJKO SŁAWOMIR | 181 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | POL | M-50 | 20 | M 187 | 00:38:52.75 | 5:15 | 11.4 |
| 214 | FIJAŁKOWSKA MAŁGORZATA | 49 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | POL | K-30 | 11 | K 27 | 00:38:53.10 | 5:15 | 11.4 |
| 215 | SPICA ŁUKASZ | 274 | | KOSZALIN | POL | M-18 | 31 | M 188 | 00:38:54.70 | 5:15 | 11.4 |
| 216 | STEFANIAK PIOTR | 281 | KLUB ŁEBA MORS POLAND | LEBORK | POL | M-50 | 21 | M 189 | 00:38:56.50 | 5:15 | 11.4 |
| 217 | WITKA GRAŻYNA | 338 | KLUB ŁEBA MORS POLAND | GARCZEGORZE | POL | K-40 | 8 | K 28 | 00:38:56.50 | 5:15 | 11.4 |

BIEG KRÓLI - 7.4KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------------|-----|------------------------------|------------------|------|-------|--------|-------|-------------|--------|------|
| 218 | CZYŻEWSKA BEATA | 28 | KOŁOBRZEG BIEGA MARATON TEAM | KOŁOBRZEG | POL | K-40 | 9 | K 29 | 00:39:01.95 | 5:16 | 11.4 |
| 219 | POLAŃSKA KATARZYNA | 241 | DZIKI KOSZALIN | KOSZALIN | POL | K-30 | 12 | K 30 | 00:39:02.65 | 5:16 | 11.4 |
| 220 | KONEFAŁ DARIUSZ | 138 | | KRAKÓW | POL | M-40 | 63 | M 190 | 00:39:04.05 | 5:16 | 11.4 |
| 221 | KASPERSKI MIROSŁAW | 119 | B-RUN-EK KOSZALIN | KOSZALIN | POL | M-40 | 64 | M 191 | 00:39:08.45 | 5:17 | 11.3 |
| 222 | MATYJASEK LUCYNA | 196 | MATJASY | KOSZALIN | POL | K-40 | 10 | K 31 | 00:39:09.50 | 5:17 | 11.3 |
| 223 | MALESZA-HOUSIN JOANNA | 419 | | KOSZALIN | POL | K-40 | 11 | K 32 | 00:39:12.85 | 5:17 | 11.3 |
| 224 | MAZUREK BARBARA | 412 | BIEGNIJMY.PL | KOSZALIN | POL | K-30 | 13 | K 33 | 00:39:15.70 | 5:18 | 11.3 |
| 225 | ZAWADA ANDRZEJ | 358 | ZSP1 SŁUPSK | WODNICA | POL | M-50 | 22 | M 192 | 00:39:15.85 | 5:18 | 11.3 |
| 226 | CZAJKOWSKI ŁUKASZ | 27 | JZF | STARGARD | POL | M-18 | 32 | M 193 | 00:39:20.70 | 5:19 | 11.3 |
| 227 | SIEPRACKI ADAM | 265 | FORUM ROZWOJU KOSZALINA | KOSZALIN | POL | M-30 | 68 | M 194 | 00:39:23.45 | 5:19 | 11.3 |
| 228 | MIELCZAREK MACIEJ | 206 | | KOSZALIN | POL | M-40 | 65 | M 195 | 00:39:31.10 | 5:20 | 11.2 |
| 229 | HOC DARIUSZ | 78 | | KOŁOBRZEG | POL | M-40 | 66 | M 196 | 00:39:32.45 | 5:20 | 11.2 |
| 230 | KUPREWICZ GRZEGORZ | 165 | | KOSZALIN | POL | M-30 | 69 | M 197 | 00:39:34.15 | 5:20 | 11.2 |
| 231 | UZNAŃSKA AGATA | 317 | | KOŁOBRZEG | POL | K-50 | 3 | K 34 | 00:39:35.20 | 5:20 | 11.2 |
| 232 | KARNICKI ZYGMUNT | 118 | TKKF KOSZALIN | KOSZALIN | POL | M-60 | 9 | M 198 | 00:39:37.55 | 5:21 | 11.2 |
| 233 | KAZIMIERCZAK LESZEK | 410 | | NIEKLONICE | POL | M-30 | 70 | M 199 | 00:39:38.05 | 5:21 | 11.2 |
| 234 | MUSZYŃSKI JACEK | 214 | KB GOCH BYTÓW | SŁUPSK | POL | M-60 | 10 | M 200 | 00:39:41.50 | 5:21 | 11.2 |
| 235 | GŁOWACKI WŁODZIMIERZ | 62 | NIEZRZESZONY | KOSZALIN | POL | M-70+ | 1 | M 201 | 00:39:42.85 | 5:22 | 11.2 |
| 236 | SZAFIRSKI MAREK | 289 | CAMINO SŁUPSK | SŁUPSK | POL | M-50 | 23 | M 202 | 00:39:51.50 | 5:23 | 11.1 |
| 237 | JURCZAK DANIEL | 101 | KS HANZA GOLENIÓW | GOLENIÓW | POL | M-30 | 71 | M 203 | 00:39:52.00 | 5:23 | 11.1 |
| 238 | LEMAŃCZYK ALINA | 401 | | WRZEŚNICA | POL | K-30 | 14 | K 35 | 00:39:52.25 | 5:23 | 11.1 |
| 239 | LEMAŃCZYK ANDRZEJ | 402 | | SŁAWNO | POL | M-30 | 72 | M 204 | 00:39:52.25 | 5:23 | 11.1 |
| 240 | IDZIAK PAWEŁ | 82 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | POL | M-30 | 73 | M 205 | 00:39:53.35 | 5:23 | 11.1 |
| 241 | BENEDYSIUK SŁAWOMIR | 5 | CSSP | KOSZALIN | POL | M-40 | 67 | M 206 | 00:39:54.60 | 5:23 | 11.1 |
| 242 | ORŁOWSKA MAŁGORZATA | 225 | DZIKI KOSZALIN | KOSZALIN | POL | K-30 | 15 | K 36 | 00:39:57.35 | 5:23 | 11.1 |
| 243 | WOCH ZBIGNIEW | 345 | NIEZRZESZONY | KOSZALIN | POL | M-60 | 11 | M 207 | 00:40:07.60 | 5:25 | 11.1 |
| 244 | SIENICKI PIOTR | 264 | | KOSZALIN | POL | M-40 | 68 | M 208 | 00:40:17.90 | 5:26 | 11 |
| 245 | SZUBERT AGNIESZKA | 295 | | USTRONIE MORSKIE | POL | K-30 | 16 | K 37 | 00:40:19.35 | 5:26 | 11 |
| 246 | MALINOWSKA MAŁGORZATA | 189 | STR- ŚWIDWIN | ŚWIDWIN | POL | K-50 | 4 | K 38 | 00:40:19.65 | 5:27 | 11 |
| 247 | ZIĘBA PAWEŁ | 363 | | KOSZALIN | POL | M-40 | 69 | M 209 | 00:40:23.80 | 5:27 | 11 |
| 248 | JANKOWSKA MONIKA | 95 | FOLLOW ME SZCZECINEK | SZCZECINEK | POL | K-18 | 8 | K 39 | 00:40:25.25 | 5:27 | 11 |
| 249 | GUDZIŃSKI LECH | 373 | | KOSZALIN | POL | M-60 | 12 | M 210 | 00:40:28.45 | 5:28 | 11 |
| 250 | HOC AGNIESZKA | 79 | | KOŁOBRZEG | POL | K-30 | 17 | K 40 | 00:40:32.70 | 5:28 | 11 |
| 251 | OLIŃSKI AREK | 399 | | SIANÓW | POL | M-30 | 74 | M 211 | 00:40:34.25 | 5:28 | 10.9 |
| 252 | KACZMAREK ŁUKASZ | 107 | | KOSZALIN | POL | M-30 | 75 | M 212 | 00:40:38.35 | 5:29 | 10.9 |
| 253 | KOWALCZYK PIOTR | 146 | - | KOSZALIN | POL | M-30 | 76 | M 213 | 00:40:43.10 | 5:30 | 10.9 |
| 254 | WOCH MAŁGORZATA | 343 | | KOSZALIN | POL | K-50 | 5 | K 41 | 00:40:43.15 | 5:30 | 10.9 |
| 255 | PUCHALSKI MARCIN | 246 | | KOŁOBRZEG | POL | M-30 | 77 | M 214 | 00:40:43.40 | 5:30 | 10.9 |
| 256 | HRYCIÓW PAWEŁ | 81 | | BIAŁOGARD | POL | M-30 | 78 | M 215 | 00:40:49.45 | 5:31 | 10.9 |
| 257 | SOKOŁOWSKA MAŁGORZATA | 272 | | KOŁCZYGŁOWY | POL | K-18 | 9 | K 42 | 00:40:51.65 | 5:31 | 10.9 |
| 258 | ORYSZCZYŃ ARKADIUSZ | 426 | | KOSZALIN | POL | M-30 | 79 | M 216 | 00:40:51.85 | 5:31 | 10.9 |
| 259 | KOWALENKO ROBERT | 392 | | BIAŁOGARD | POL | M-30 | 80 | M 217 | 00:40:52.50 | 5:31 | 10.9 |
| 260 | BEDNAREK KRZYSZTOF | 4 | JW 5308 KOSZALIN | KOSZALIN | POL | M-30 | 81 | M 218 | 00:40:57.95 | 5:32 | 10.8 |
| 261 | DĄBROWSKA ALICJA | 30 | ROZBIEGANI KOSZALIN | SIANÓW | POL | K-50 | 6 | K 43 | 00:41:02.05 | 5:32 | 10.8 |
| 262 | SZULC MAREK | 299 | SZULC RUNNERS TEAM | BIAŁOGARD | POL | M-50 | 24 | M 219 | 00:41:03.85 | 5:32 | 10.8 |
| 263 | HIROWICZ AGNIESZKA | 374 | | KOSZALIN | POL | K-30 | 18 | K 44 | 00:41:05.70 | 5:33 | 10.8 |
| 264 | ŚRODA WOJCIECH | 307 | | KOSZALIN | POL | M-40 | 70 | M 220 | 00:41:14.35 | 5:34 | 10.8 |
| 265 | WOJANOWSKI ZBIGNIEW | 346 | | GRUDZIĄDZ | POL | M-50 | 25 | M 221 | 00:41:17.00 | 5:34 | 10.8 |
| 266 | WOLAŃSKI MARIUSZ | 350 | | KOŁOBRZEG | POL | M-50 | 26 | M 222 | 00:41:23.10 | 5:35 | 10.7 |
| 267 | NOWAK-IGNACAK MONIKA | 223 | | BIAŁOGARD | POL | K-40 | 12 | K 45 | 00:41:26.60 | 5:35 | 10.7 |
| 268 | GZELA OLGA | 72 | BIEGNIJMY.PL | KOSZALIN | POL | K-30 | 19 | K 46 | 00:41:29.35 | 5:36 | 10.7 |
| 269 | PSTRĄGOWSKA MARLENA | 243 | | KOSZALIN | POL | K-30 | 20 | K 47 | 00:41:33.70 | 5:37 | 10.7 |
| 270 | SOBOLEWSKI MAREK | 271 | | KOSZALIN | POL | M-40 | 71 | M 223 | 00:41:35.40 | 5:37 | 10.7 |
| 271 | NIEDBAŁA KONRAD | 218 | | KOSZALIN | POL | M-40 | 72 | M 224 | 00:41:37.85 | 5:37 | 10.7 |
| 272 | ŁUKASZYK ANDRZEJ | 414 | | KOSZALIN | POL | M-40 | 73 | M 225 | 00:41:40.85 | 5:37 | 10.7 |
| 273 | PAULIŃSKI JAN | 230 | | KOSZALIN | POL | M-60 | 13 | M 226 | 00:41:41.45 | 5:38 | 10.6 |
| 274 | PTASZYŃSKA KATARZYNA | 245 | KOŁOBRZEG BIEGA | KOŁOBRZEG | POL | K-50 | 7 | K 48 | 00:41:44.15 | 5:38 | 10.6 |

BIEG KRÓLI - 7.4KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|--------------------------------|-----|------------------------|-------------|------|------|--------|-------|-------------|--------|------|
| 275 | PIOR TOMASZ | 236 | | KONIKOWO | POL | M-30 | 82 | M 227 | 00:41:44.25 | 5:38 | 10.6 |
| 276 | KOCHAŃSKI KRZYSZTOF | 422 | | UNIEŚCIE | POL | M-30 | 83 | M 228 | 00:41:49.00 | 5:39 | 10.6 |
| 277 | KOMOROWSKA BEATA | 137 | BEZ KLUBU | KOSZALIN | POL | K-30 | 21 | K 49 | 00:41:49.80 | 5:39 | 10.6 |
| 278 | VON BARDELEBEN AGNIESZKA | 319 | BABECZKI KOSZALIN | KOSZALIN | POL | K-40 | 13 | K 50 | 00:41:54.90 | 5:39 | 10.6 |
| 279 | GOŁOFIT ZBIGNIEW | 64 | | KOSZALIN | POL | M-50 | 27 | M 229 | 00:42:04.70 | 5:41 | 10.6 |
| 280 | SZYCHA MAŁGORZATA | 301 | | BYTÓW | POL | K-18 | 10 | K 51 | 00:42:05.55 | 5:41 | 10.5 |
| 281 | STEC EDYTA | 280 | BABECZKI.PL | KOSZALIN | POL | K-30 | 22 | K 52 | 00:42:05.60 | 5:41 | 10.5 |
| 282 | KRUK ANNA | 418 | | KOSZALIN | POL | K-30 | 23 | K 53 | 00:42:06.50 | 5:41 | 10.5 |
| 283 | MOŻEJKO ANNA | 210 | BABECZKI.PL | KOSZALIN | POL | K-30 | 24 | K 54 | 00:42:07.70 | 5:41 | 10.5 |
| 284 | PILARSKI KRZYSZTOF | 417 | | KOSZALIN | POL | M-30 | 84 | M 230 | 00:42:11.75 | 5:42 | 10.5 |
| 285 | IGNACAK MARCIN | 83 | | BIAŁOGARD | POL | M-30 | 85 | M 231 | 00:42:17.85 | 5:42 | 10.5 |
| 286 | GIZIŃSKI MARCIN | 421 | | KOSZALIN | POL | M-30 | 86 | M 232 | 00:42:18.05 | 5:42 | 10.5 |
| 287 | TROSKOWSKA EWA | 409 | | KOSZALIN | POL | K-40 | 14 | K 55 | 00:42:19.65 | 5:43 | 10.5 |
| 288 | IWANKIEWICZ JUSTYNA | 86 | | KOSZALIN | POL | K-30 | 25 | K 56 | 00:42:21.90 | 5:43 | 10.5 |
| 289 | ŚLEDŹ ANDRZEJ | 306 | WŁ SŁUPSK | SŁUPSK | POL | M-40 | 74 | M 233 | 00:42:23.40 | 5:43 | 10.5 |
| 290 | KOBUS EMILIA | 131 | | KOSZALIN | POL | K-30 | 26 | K 57 | 00:42:31.60 | 5:44 | 10.4 |
| 291 | URBAŃSKI ALEKSANDER | 395 | | KOSZALIN | POL | M-40 | 75 | M 234 | 00:42:50.25 | 5:47 | 10.4 |
| 292 | KREIS-GROCHOWSKA DOMINIKA | 156 | | KOSZALIN | POL | K-30 | 27 | K 58 | 00:42:53.00 | 5:47 | 10.4 |
| 293 | MARCZAK MAŁGORZATA | 192 | | ŻELKOWO | POL | K-50 | 8 | K 59 | 00:42:54.60 | 5:47 | 10.3 |
| 294 | KOWALEWSKI DANIEL | 147 | BAŁTYK-TRANSPORT TEAM | KOSZALIN | POL | M-30 | 87 | M 235 | 00:42:55.40 | 5:47 | 10.3 |
| 295 | WŁAŚNIAK JOWITA | 342 | DZIKI KOSZALIN | SŁUPSK | POL | K-30 | 28 | K 60 | 00:42:56.95 | 5:48 | 10.3 |
| 296 | STRUKIEL DANIEL | 283 | RUNCANBEFUN | KOSZALIN | POL | M-30 | 88 | M 236 | 00:43:00.85 | 5:48 | 10.3 |
| 297 | TRYBUCHOWICZ ZUZANNA | 313 | | ZŁOTÓW | POL | K-18 | 11 | K 61 | 00:43:04.45 | 5:49 | 10.3 |
| 298 | MIĄSEK RYSZARD | 391 | | MANOWO | POL | M-30 | 89 | M 237 | 00:43:10.70 | 5:50 | 10.3 |
| 299 | HAMUŁKA KRZYSZTOF | 411 | | ŚWIESZYNO | POL | M-40 | 76 | M 238 | 00:43:11.10 | 5:50 | 10.3 |
| 300 | MICHALCZYK MAŁGORZATA | 377 | | KOSZALIN | POL | K-18 | 12 | K 62 | 00:43:11.90 | 5:50 | 10.3 |
| 301 | WOJTKIEWICZ-BAKOWSKA DOROTA | 349 | BABECZKI KOSZALIN | KOSZALIN | POL | K-30 | 29 | K 63 | 00:43:12.65 | 5:50 | 10.3 |
| 302 | KOZŁOWSKI TOMASZ | 151 | | KOSZALIN | POL | M-30 | 90 | M 239 | 00:43:24.85 | 5:52 | 10.2 |
| 303 | NALEŚNIK AGATA | 380 | MW CONSTRUCTION TEAM | KARLINO | POL | K-18 | 13 | K 64 | 00:43:37.25 | 5:53 | 10.2 |
| 304 | PIOR EWA | 237 | NIEZRZESZONA | GRUDZIĄDZ | POL | K-50 | 9 | K 65 | 00:43:38.55 | 5:53 | 10.2 |
| 305 | GAWIECKA MARIOLA | 55 | | KOSZALIN | POL | K-40 | 15 | K 66 | 00:43:41.90 | 5:54 | 10.2 |
| 306 | GAWLIK ARTUR | 57 | | KOSZALIN | POL | M-30 | 91 | M 240 | 00:43:42.50 | 5:54 | 10.2 |
| 307 | KRYGIER IRENEUSZ | 159 | W.P.K. SŁOŃ TEAM USTKA | USTKA | POL | M-30 | 92 | M 241 | 00:43:48.00 | 5:55 | 10.1 |
| 308 | BŁOŃSKA AGNIESZKA | 7 | BABECZKI KOSZALIN | KOSZALIN | POL | K-40 | 16 | K 67 | 00:43:48.95 | 5:55 | 10.1 |
| 309 | KIPER JAROSŁAW | 126 | JW1223 | STRZEKĘCINO | POL | M-40 | 77 | M 242 | 00:43:50.65 | 5:55 | 10.1 |
| 310 | HELLER ZDZISŁAW | 76 | NIEZRZESZONY | KOSZALIN | POL | M-60 | 14 | M 243 | 00:43:55.50 | 5:56 | 10.1 |
| 311 | PAWLIK MATEUSZ | 231 | | KOŁOBRZEG | POL | M-18 | 33 | M 244 | 00:43:57.50 | 5:56 | 10.1 |
| 312 | BORSUK DOROTA | 10 | | KOSZALIN | POL | K-40 | 17 | K 68 | 00:43:58.30 | 5:56 | 10.1 |
| 313 | DĄBROWSKA KATARZYNA | 31 | ROZBIEGANY KOSZALIN | SIANÓW | POL | K-18 | 14 | K 69 | 00:43:58.75 | 5:56 | 10.1 |
| 314 | IMIOŁEK JACEK | 85 | | KOSZALIN | POL | M-40 | 78 | M 245 | 00:43:59.55 | 5:56 | 10.1 |
| 315 | WIERZBICKI KACPER | 329 | JW 1223 | KOSZALIN | POL | M-18 | 34 | M 246 | 00:44:01.75 | 5:56 | 10.1 |
| 316 | NAKONIECZNY RAFAŁ | 216 | BAJADERKI KOSZALIN | KOSZALIN | POL | M-30 | 93 | M 247 | 00:44:02.15 | 5:57 | 10.1 |
| 317 | TREJDER MARIA | 311 | BAJADERKI KOSZALIN | KOSZALIN | POL | K-40 | 18 | K 70 | 00:44:02.45 | 5:57 | 10.1 |
| 318 | ZWOLAK BASIA | 367 | | KOSZALIN | POL | K-40 | 19 | K 71 | 00:44:07.65 | 5:57 | 10.1 |
| 319 | JAKÓBCZAK DARIUSZ | 87 | | KOSZALIN | POL | M-40 | 79 | M 248 | 00:44:08.15 | 5:57 | 10.1 |
| 320 | WACHHOLZ BEATA | 320 | | SŁAWNO | POL | K-40 | 20 | K 72 | 00:44:08.70 | 5:57 | 10.1 |
| 321 | SULIGA-KRAKOWIAK AGNIESZKA | 286 | | CZARNE | POL | K-40 | 21 | K 73 | 00:44:09.40 | 5:57 | 10.1 |
| 322 | GÓRNIK STANISŁAW | 67 | WŁ SŁUPSK | SŁUPSK | POL | M-50 | 28 | M 249 | 00:44:12.55 | 5:58 | 10 |
| 323 | CHOŁUJ JOANNA | 21 | | KOSZALIN | POL | K-18 | 15 | K 74 | 00:44:14.15 | 5:58 | 10 |
| 324 | LPIŃSKA MAŁGORZATA | 171 | | ZŁOTÓW | POL | K-18 | 16 | K 75 | 00:44:16.70 | 5:58 | 10 |
| 325 | TRYBUCHOWICZ MONIKA | 312 | | ZŁOTÓW | POL | K-18 | 17 | K 76 | 00:44:17.95 | 5:59 | 10 |
| 326 | ZIELIŃSKI ANDRZEJ | 361 | | NACŁAW | POL | M-60 | 15 | M 250 | 00:44:34.95 | 6:01 | 10 |
| 327 | PIOR MIROSLAW | 238 | NIEZRZESZONY | GRUDZIĄDZ | POL | M-50 | 29 | M 251 | 00:44:35.65 | 6:01 | 10 |
| 328 | GRELA MACIEJ | 69 | FOLLOW ME SZCZECINEK | SZCZECINEK | POL | M-18 | 35 | M 252 | 00:44:42.80 | 6:02 | 9.9 |
| 329 | LEWANDOWSKA DOMINIKA | 169 | KLUB | BIAŁOGARD | POL | K-18 | 18 | K 77 | 00:45:15.55 | 6:07 | 9.8 |
| 330 | DEBOWSKA-SZCZYTKOWSKI IZABELLA | 35 | K.B.SPRINT ŚWIDWIN | ŚWIDWIN | POL | K-40 | 22 | K 78 | 00:45:15.70 | 6:06 | 9.8 |
| 331 | SZULC ADAM | 300 | SZULC RUNNERS TEAM | BIAŁOGARD | POL | M-18 | 36 | M 253 | 00:45:16.15 | 6:07 | 9.8 |

BIEG KRÓLI - 7.4KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-sconość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-------------------------------|-----|-------------------------------|---------------|------|------|--------|-------|-------------|--------|------|
| 332 | WIKIERSKA AGNIESZKA | 428 | | KOSZALIN | POL | K-30 | 30 | K 79 | 00:45:22.90 | 6:07 | 9.8 |
| 333 | ZIELIŃSKI JAROSŁAW | 360 | NIEZRZESZONY | BIAŁOGARD | POL | M-30 | 94 | M 254 | 00:45:23.75 | 6:08 | 9.8 |
| 334 | ŻYWOT NORBERT | 370 | WT KOŁOBRZEG | KOŁOBRZEG | POL | M-40 | 80 | M 255 | 00:45:34.35 | 6:09 | 9.7 |
| 335 | SCHMIDT DARIUSZ | 261 | | KOŁOBRZEG | POL | M-50 | 30 | M 256 | 00:45:38.65 | 6:10 | 9.7 |
| 336 | JAKUBCZYK AGNIESZKA | 88 | BABECZKI KOSZALIN | STRZEGLINO | POL | K-18 | 19 | K 80 | 00:45:48.40 | 6:11 | 9.7 |
| 337 | NOWACKA ELŻBIETA | 389 | | KOSZALIN | POL | K-40 | 23 | K 81 | 00:45:48.75 | 6:11 | 9.7 |
| 338 | TELEGA MICHAŁ | 310 | | KOSZALIN | POL | M-30 | 95 | M 257 | 00:45:56.60 | 6:12 | 9.7 |
| 339 | MALINOWSKA AGNIESZKA | 190 | CIOTECZKI.PL | KOSZALIN | POL | K-30 | 31 | K 82 | 00:45:56.75 | 6:12 | 9.7 |
| 340 | GÓRECKA JOANNA | 66 | | KOSZALIN | POL | K-40 | 24 | K 83 | 00:45:59.40 | 6:12 | 9.7 |
| 341 | PASEK PAULA | 228 | | DUNOWO | POL | K-30 | 32 | K 84 | 00:46:11.25 | 6:14 | 9.6 |
| 342 | WOŹNIAK DARIUSZ | 354 | WWW.LIMO300C.COM | SŁAWNO | POL | M-40 | 81 | M 258 | 00:46:25.25 | 6:16 | 9.6 |
| 343 | WOŹNIAK HONORATA | 353 | WWW.LIMO300C.COM | SŁAWNO | POL | K-40 | 25 | K 85 | 00:46:26.65 | 6:16 | 9.6 |
| 344 | CYRUK IZABELA | 424 | | UNIEŚCIE | POL | K-18 | 20 | K 86 | 00:46:30.00 | 6:17 | 9.5 |
| 345 | JUSZCZYK AGNIESZKA | 105 | | KOSZALIN | POL | K-30 | 33 | K 87 | 00:46:36.35 | 6:17 | 9.5 |
| 346 | ŁUBNIEWSKA NATALIA | 180 | | KOSZALIN | POL | K-30 | 34 | K 88 | 00:46:37.25 | 6:17 | 9.5 |
| 347 | KAMIŃSKA JOANNA | 112 | | KOSZALIN | POL | K-30 | 35 | K 89 | 00:46:39.50 | 6:18 | 9.5 |
| 348 | ŁUKASIEWICZ ALEKSANDRA | 182 | DZIKI KOSZALIN | KOSZALIN | POL | K-30 | 36 | K 90 | 00:46:41.10 | 6:18 | 9.5 |
| 349 | SŁAWIŃSKI MARIUSZ | 269 | WALENIE | KOŁOBRZEG | POL | M-50 | 31 | M 259 | 00:46:57.05 | 6:20 | 9.5 |
| 350 | KRAWCZUK-KIEŁB ANNA | 155 | | WIEKOWO | POL | K-40 | 26 | K 91 | 00:47:12.45 | 6:22 | 9.4 |
| 351 | KORPAL GRAŻYNA | 143 | ROZBIEGANY KOSZALIN | KOSZALIN | POL | K-50 | 10 | K 92 | 00:47:36.60 | 6:25 | 9.3 |
| 352 | KOŁODZIEJCZAK AGNIESZKA | 135 | PARKRUN SZCZECINEK | TUROWO | POL | K-40 | 27 | K 93 | 00:47:39.80 | 6:26 | 9.3 |
| 353 | WIKTOROWICZ MAŁGORZATA | 331 | CIOTECZKI.PL | KOSZALIN | POL | K-40 | 28 | K 94 | 00:47:44.85 | 6:27 | 9.3 |
| 354 | RASZPLA ILONA | 252 | CIOTECZKI.PL | KOSZALIN | POL | K-40 | 29 | K 95 | 00:47:45.50 | 6:27 | 9.3 |
| 355 | SZULC MARTYNA | 297 | GRYF LOK BIAŁOGARD | BIAŁOGARD | POL | K-18 | 21 | K 96 | 00:47:51.95 | 6:28 | 9.3 |
| 356 | BUDZYŃSKA ELŻBIETA | 16 | BBL SŁUPSK | SŁUPSK | POL | K-50 | 11 | K 97 | 00:47:56.60 | 6:28 | 9.3 |
| 357 | KRAMARZ ANETA | 153 | ROSSBIEGANI | KOSZALIN | POL | K-30 | 37 | K 98 | 00:47:59.45 | 6:29 | 9.3 |
| 358 | RAMA EWA | 251 | KOŁOBRZEG | KOŁOBRZEG | POL | K-50 | 12 | K 99 | 00:48:10.95 | 6:30 | 9.2 |
| 359 | KURCZ BARBARA | 166 | BABECZKI KOSZALIN | KOSZALIN | POL | K-40 | 30 | K 100 | 00:48:12.65 | 6:30 | 9.2 |
| 360 | RUSIECKI PAWEŁ | 396 | | KOSZALIN | POL | M-40 | 82 | M 260 | 00:48:18.40 | 6:31 | 9.2 |
| 361 | SZAFIROWICZ-CHOJNACKA PAULINA | 288 | | KOSZALIN | POL | K-30 | 38 | K 101 | 00:48:21.60 | 6:32 | 9.2 |
| 362 | STASZEWSKA ANETA | 278 | BRAK | SZCZECINEK | POL | K-40 | 31 | K 102 | 00:48:24.05 | 6:32 | 9.2 |
| 363 | WESOŁY MAŁGORZATA | 324 | | WARSZAWA | POL | K-18 | 22 | K 103 | 00:48:28.05 | 6:32 | 9.2 |
| 364 | PLATA KATARZYNA | 239 | | KOSZALIN | POL | K-40 | 32 | K 104 | 00:48:36.40 | 6:34 | 9.1 |
| 365 | KLEBAN KRZYSZTOF | 376 | | KOSZALIN | POL | M-40 | 83 | M 261 | 00:48:36.75 | 6:34 | 9.1 |
| 366 | STĘPNIK TOMASZ | 406 | | KOSZALIN | POL | M-30 | 96 | M 262 | 00:48:37.45 | 6:34 | 9.1 |
| 367 | RÓG KRYSZYNA | 258 | JW 1223 | STARE BIELICE | POL | K-30 | 39 | K 105 | 00:48:42.75 | 6:34 | 9.1 |
| 368 | PEWIŃSKA JUSTYNA | 234 | JW 1223 | KOSZALIN | POL | K-30 | 40 | K 106 | 00:48:43.80 | 6:35 | 9.1 |
| 369 | WIŚNIEWSKI ARTUR | 337 | | KOSZALIN | POL | M-40 | 84 | M 263 | 00:49:12.40 | 6:38 | 9 |
| 370 | FELKOWSKA KAROLINA | 48 | | KOSZALIN | POL | K-30 | 41 | K 107 | 00:49:12.95 | 6:39 | 9 |
| 371 | KALECZYK JOANNA | 109 | | SZCZECINEK | POL | K-18 | 23 | K 108 | 00:49:28.30 | 6:41 | 9 |
| 372 | JARZEMBIŃSKA BEATA | 407 | | BYTÓW | POL | K-50 | 13 | K 109 | 00:49:38.60 | 6:42 | 8.9 |
| 373 | CHODOR IZABELA | 19 | | GORZEBADŹ | POL | K-30 | 42 | K 110 | 00:49:45.00 | 6:43 | 8.9 |
| 374 | KOZŁOWIECKA MAŁGORZATA | 149 | | KOSZALIN | POL | K-50 | 14 | K 111 | 00:49:56.95 | 6:45 | 8.9 |
| 375 | JAKUBOWSKA ANNA | 89 | | KOSZALIN | POL | K-18 | 24 | K 112 | 00:50:03.20 | 6:45 | 8.9 |
| 376 | JURCZAK JAROSŁAW | 102 | KS HANZA GOLENIÓW | GOLENIÓW | POL | M-60 | 16 | M 264 | 00:50:25.25 | 6:48 | 8.8 |
| 377 | PEŁKA IWONA | 232 | | KOSZALIN | POL | K-40 | 33 | K 113 | 00:50:29.65 | 6:49 | 8.8 |
| 378 | BAGIŃSKA AGNIESZKA | 1 | BAJADERKI KOSZALIN | KOSZALIN | POL | K-30 | 43 | K 114 | 00:50:40.50 | 6:50 | 8.8 |
| 379 | BRZozowska DOMINIKA | 15 | ROSSBIEGANI | STRZEKĘCINO | POL | K-18 | 25 | K 115 | 00:51:14.35 | 6:55 | 8.7 |
| 380 | ZIĘTAŁA DANUTA | 364 | KOŁOBRZEG POLSKIE CENTRUM SPA | KOŁOBRZEG | POL | K-40 | 34 | K 116 | 00:51:39.85 | 6:58 | 8.6 |
| 381 | GAWRON BARBARA | 408 | | BYTÓW | POL | K-30 | 44 | K 117 | 00:52:18.00 | 7:04 | 8.5 |
| 382 | JURCZAK EULALIA | 103 | KS HANZA GOLENIÓW | GOLENIÓW | POL | K-50 | 15 | K 118 | 00:52:19.10 | 7:04 | 8.5 |
| 383 | LORENZ RENATA | 173 | | SIAŃÓW | POL | K-40 | 35 | K 119 | 00:52:45.35 | 7:07 | 8.4 |
| 384 | PASEK JAN | 229 | | DUNOWO | POL | M-60 | 17 | M 265 | 00:53:05.00 | 7:10 | 8.4 |
| 385 | HAUSMAN ANDRZEJ | 75 | KSR ROWERIA | KOSZALIN | POL | M-60 | 18 | M 266 | 00:53:08.15 | 7:10 | 8.4 |
| 386 | MALAĞ -BAIK ANNA | 188 | | KOSZALIN | POL | K-18 | 26 | K 120 | 00:53:24.30 | 7:12 | 8.3 |
| 387 | FORNALAK RAFAŁ | 51 | | KOSZALIN | POL | M-40 | 85 | M 267 | 00:53:46.00 | 7:15 | 8.3 |
| 388 | WIĘCKOWSKI MACIEJ | 382 | MW CONSTRUCTION TEAM | KARLINO | POL | M-30 | 97 | M 268 | 00:55:36.95 | 7:30 | 8 |

BIEG KRÓLI - 7.4KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------|-----|---------------------|-----------|------|-------|--------|-------|-------------|--------|------|
| 389 | KĘPIŃSKI JAN | 122 | ROZBIEGANY KOSZALIN | DOBRE | POL | M-50 | 32 | M 269 | 00:58:28.80 | 7:54 | 7.6 |
| 390 | BARTNIK MARIAN | 2 | TKKF KOSZALIN | KOSZALIN | POL | M-70+ | 2 | M 270 | 00:58:45.85 | 7:56 | 7.6 |