

BIEG ZAKOCHANYCH - 10.2KM

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
 Data: 2016-02-14
 Miejsce: Jamno
 Dystans: 10.2 km
 Klasyfikacja wg czasów netto.


BIEG ZAKOCHANYCH - 10.2KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|-------------------------|-----|---------------------------------------|---------------|------|------|--------|------|----------|-------------|--------|------|
| 1 | WITKOWSKI MATEUSZ | 375 | KL ISKRA BIAŁOGARD | KOSZALIN | | M-18 | 1 | M 1 | 00:13:21 | 00:34:15.65 | 3:21 | 17.9 |
| 2 | WASZCZUK TOMASZ | 357 | WASZCZUK TEAM | WARZYMICE | | M-30 | 1 | M 2 | 00:14:17 | 00:37:25.75 | 3:40 | 16.3 |
| 3 | IGNACZAK PIOTR | 93 | KB.10 BIAŁOGARD | BIAŁOGARD | | M-18 | 2 | M 3 | 00:15:10 | 00:39:05.10 | 3:49 | 15.7 |
| 4 | GARSKI KRYSPIŃ | 407 | ŚWIAT PLYTEK U KRYSPIŃA / SEXYRUNNERS | BYTÓW | | M-40 | 1 | M 4 | 00:15:10 | 00:39:23.35 | 3:51 | 15.5 |
| 5 | FAMULSKI CEZARY | 54 | FORMA ROSNOWO | ROSNOWO | | M-30 | 2 | M 5 | 00:15:34 | 00:39:31.25 | 3:52 | 15.5 |
| 6 | WIDONIAK RAFAL | 360 | BIEGNIJMY.PL | KOSZALIN | | M-40 | 2 | M 6 | 00:15:10 | 00:39:54.65 | 3:54 | 15.3 |
| 7 | KAMIENIECKI RAFAL | 123 | TUPOT-USTKA | USTKA | | M-30 | 3 | M 7 | 00:15:09 | 00:40:15.30 | 3:56 | 15.2 |
| 8 | PLUTA GRZEGORZ | 263 | KB HERMES GRYFINO | NOWE CZARNOWO | | M-50 | 1 | M 8 | 00:15:48 | 00:40:31.75 | 3:58 | 15.1 |
| 9 | GÓRA SYLWESTER | 73 | | OKONEK | | M-40 | 3 | M 9 | 00:15:47 | 00:40:32.10 | 3:58 | 15.1 |
| 10 | ROKOSZ RADOŚLAW | 284 | JW 1223 | KOSZALIN | | M-30 | 4 | M 10 | 00:15:45 | 00:40:47.35 | 3:59 | 15 |
| 11 | USTIANOWSKI WOJCIECH | 351 | JW1223 | KOSZALIN | | M-18 | 3 | M 11 | 00:15:34 | 00:41:06.70 | 4:01 | 14.9 |
| 12 | SIEMIĄTKOWSKI ROBERT | 292 | RUNNERSWALDE DARŁOWO | DARŁOWO | | M-30 | 5 | M 12 | 00:15:36 | 00:41:13.50 | 4:02 | 14.8 |
| 13 | BARTOSIŃSKI BARTŁOMIEJ | 5 | DECATHLON | BORZĘCIN DUŻY | | M-18 | 4 | M 13 | 00:16:04 | 00:41:39.10 | 4:05 | 14.7 |
| 14 | KOŚCIELNIAK ROBERT | 154 | TKKF KOSZALIN | KOSZALIN | | M-50 | 2 | M 14 | 00:16:21 | 00:41:51.80 | 4:06 | 14.6 |
| 15 | KORCZYŃSKI SŁAWOMIR | 151 | DECATHLON KOSZALIN | KOSZALIN | | M-18 | 5 | M 15 | 00:15:56 | 00:42:05.35 | 4:07 | 14.5 |
| 16 | CHUDY HENRYK | 34 | K 5 OLSZEWSKI I SYNOWIE SŁAWSKO | SŁAWSKO | | M-60 | 1 | M 16 | 00:16:00 | 00:42:07.85 | 4:07 | 14.5 |
| 17 | SOBCZYK ŁUKASZ | 299 | KOŁOBRZEG BIEGA | KOŁOBRZEG | | M-40 | 4 | M 17 | 00:16:05 | 00:42:08.75 | 4:07 | 14.5 |
| 18 | BAJGERT ROBERT | 2 | VOLTAIX.PL/KB WYGAN | KOŁOBRZEG | | M-40 | 5 | M 18 | 00:16:12 | 00:42:10.00 | 4:08 | 14.5 |
| 19 | WOJCIECHOWICZ JACEK | 416 | | KOSZALIN | | M-30 | 6 | M 19 | 00:15:45 | 00:42:36.05 | 4:10 | 14.4 |
| 20 | MODRZEJEWSKI MATEUSZ | 222 | KOCHAM ASIE !! | KOSZALIN | | M-18 | 6 | M 20 | 00:16:40 | 00:42:48.15 | 4:11 | 14.3 |
| 21 | MOKSA DARIUSZ | 223 | | SIANÓW | | M-18 | 7 | M 21 | 00:15:39 | 00:42:53.40 | 4:12 | 14.3 |
| 22 | UZNAŃSKI RYSZARD | 353 | | KOŁOBRZEG | | M-40 | 6 | M 22 | 00:16:06 | 00:42:57.55 | 4:12 | 14.2 |
| 23 | LESZCZYŃSKI MARCIN | 182 | WWW.GARROSH.PL | RYMAŃ | | M-40 | 7 | M 23 | 00:16:53 | 00:43:05.45 | 4:13 | 14.2 |
| 24 | KATRYCZ ZBIGNIEW | 130 | | ŚWIERCZYNA | | M-50 | 3 | M 24 | 00:16:21 | 00:43:09.65 | 4:13 | 14.2 |
| 25 | KAPUŚCIŃSKI ROBERT | 127 | JW 1223 KOSZALIN | KOSZALIN | | M-30 | 7 | M 25 | 00:16:23 | 00:43:43.30 | 4:17 | 14 |
| 26 | HABUŁYK TOMASZ | 82 | | PRZECHLEWO | | M-40 | 8 | M 26 | 00:17:05 | 00:43:45.90 | 4:17 | 14 |
| 27 | DĘGA RYSZARD | 44 | TUPOT-USTKA | USTKA | | M-60 | 2 | M 27 | 00:16:55 | 00:43:47.65 | 4:17 | 14 |
| 28 | CZYŻEWSKI JANUSZ | 37 | KOŁOBRZEG BIEGA MARATON TEAM | KOŁOBRZEG | | M-50 | 4 | M 28 | 00:16:45 | 00:43:49.55 | 4:17 | 14 |
| 29 | KOTARA-PAŁKA MAŁGORZATA | 155 | | KOSZALIN | | K-30 | 1 | K 1 | 00:16:48 | 00:43:51.45 | 4:18 | 14 |
| 30 | SZYMCZAK HENRYK | 340 | | SŁONINO | | M-40 | 9 | M 29 | 00:17:36 | 00:44:00.00 | 4:18 | 13.9 |
| 31 | MICKIEWICZ ADAM | 219 | 36DROP MRZEŻYNO | MRZEŻYNO | | M-18 | 8 | M 30 | 00:16:27 | 00:44:01.25 | 4:18 | 13.9 |
| 32 | SKIERKA GRZEGORZ | 296 | MKS ŚWIĘC SŁAWNÓ | KWASOWO | | M-30 | 8 | M 31 | 00:17:27 | 00:44:12.50 | 4:20 | 13.8 |
| 33 | PLAŻAŁSKI PRZEMYSŁAW | 264 | BRAK | BROJCE | | M-30 | 9 | M 32 | 00:17:05 | 00:44:17.15 | 4:20 | 13.8 |
| 34 | IWANOWSKI RAFAL | 96 | | TRZEBIATÓW | | M-30 | 10 | M 33 | 00:17:05 | 00:44:17.40 | 4:20 | 13.8 |
| 35 | WINKEL JERZY | 371 | | KOSZALIN | | M-40 | 10 | M 34 | 00:16:23 | 00:44:19.10 | 4:20 | 13.8 |
| 36 | ZIELIŃSKI MATEUSZ | 394 | SŁONECZNY PATROL KOSZALIN | KOSZALIN | | M-18 | 9 | M 35 | 00:17:53 | 00:44:19.90 | 4:20 | 13.8 |
| 37 | MROCKOWSKI MAREK | 226 | ROZBIEGANY KOSZALIN | KOSZALIN | | M-30 | 11 | M 36 | 00:17:27 | 00:44:21.35 | 4:20 | 13.8 |
| 38 | JAMNIAK BARTOSZ | 103 | MTS HAMER MIASTKO | MIASTKO | | M-18 | 10 | M 37 | 00:16:27 | 00:44:29.50 | 4:21 | 13.8 |
| 39 | MALINOWSKI MARIUSZ | 204 | | KOSZALIN | | M-30 | 12 | M 38 | 00:16:57 | 00:44:32.65 | 4:22 | 13.7 |
| 40 | SZKOŁUDA MIŁOSZ | 328 | | POLANÓW | | M-18 | 11 | M 39 | 00:16:39 | 00:44:34.00 | 4:22 | 13.7 |
| 41 | BOGDANOWICZ KRZYSZTOF | 11 | TKKF KOSZALIN | KOSZALIN | | M-50 | 5 | M 40 | 00:16:56 | 00:44:38.10 | 4:22 | 13.7 |
| 42 | KRUK MARCIN | 169 | XXX | KOSZALIN | | M-30 | 13 | M 41 | 00:16:51 | 00:44:53.55 | 4:24 | 13.6 |
| 43 | GIEŁDA JĘDRZEJ | 65 | SMASHING PĄPKINS | KOSZALIN | | M-30 | 14 | M 42 | 00:16:58 | 00:44:54.75 | 4:24 | 13.6 |
| 44 | KALWAT MARCIN | 121 | 21 BLT | ŚWIDWIN | | M-18 | 12 | M 43 | 00:16:55 | 00:45:06.50 | 4:25 | 13.6 |
| 45 | ZIÓŁKOWSKI WOJCIECH | 399 | KB 'GOCH' BYTÓW | OKONEK | | M-30 | 15 | M 44 | 00:17:31 | 00:45:15.15 | 4:26 | 13.5 |
| 46 | EMILIT GRZEGORZ | 51 | | KARLINO | | M-30 | 16 | M 45 | 00:17:33 | 00:45:19.75 | 4:26 | 13.5 |

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| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|-------------------------|-----|--|-------------------|------|------|--------|------|----------|-------------|--------|------|
| 47 | JAKUBOWSKI KRYSZTOF | 405 | | DARŁOWO | | M-30 | 17 | M 46 | 00:17:57 | 00:45:24.10 | 4:27 | 13.5 |
| 48 | BONISŁAWSKI JAROSŁAW | 12 | B/K | SŁAWNO | | M-30 | 18 | M 47 | 00:18:45 | 00:45:34.40 | 4:28 | 13.4 |
| 49 | WALASEK ROBERT | 355 | BARCZEWSKI TEAM | KOŁOBRZEG | | M-18 | 13 | M 48 | 00:17:32 | 00:45:42.45 | 4:28 | 13.4 |
| 50 | JAKUBOWSKI KAROL | 102 | 2BZ | TRZEBNICA | | M-18 | 14 | M 49 | 00:17:24 | 00:45:42.60 | 4:28 | 13.4 |
| 51 | GRZYWA ROMAN | 79 | 18.WOG | WEJHEROWO | | M-40 | 11 | M 50 | 00:17:42 | 00:45:45.95 | 4:29 | 13.4 |
| 52 | JANKIEWICZ TOMASZ | 105 | MTS HAMER MIASTKO | MIASTKO | | M-40 | 12 | M 51 | 00:17:25 | 00:46:02.75 | 4:30 | 13.3 |
| 53 | WINKEL ŁUKASZ | 370 | | KOSZALIN | | M-40 | 13 | M 52 | 00:17:37 | 00:46:07.70 | 4:31 | 13.3 |
| 54 | ZIOMKO RAFAŁ | 398 | | KOŁOBRZEG | | M-40 | 14 | M 53 | 00:18:17 | 00:46:08.40 | 4:31 | 13.3 |
| 55 | LEWICZ JAN | 185 | | REDZIKOWO | | M-30 | 19 | M 54 | 00:17:32 | 00:46:09.20 | 4:31 | 13.3 |
| 56 | WIECZOREK WOJCIECH | 361 | | ŚWIDWIN | | M-30 | 20 | M 55 | 00:18:29 | 00:46:09.20 | 4:31 | 13.3 |
| 57 | KONIECZNA ANKA | 148 | ROZBIEGANY KOSZALIN | KOSZALIN | | K-40 | 1 | K 2 | 00:18:10 | 00:46:09.40 | 4:31 | 13.3 |
| 58 | OLEJNIK BARTŁOMIEJ | 242 | ŻYTANIA TEAM | KOSZALIN | | M-30 | 21 | M 56 | 00:18:02 | 00:46:11.10 | 4:31 | 13.3 |
| 59 | STRUMIŃSKI RAFAŁ | 317 | ŻYTANIA TEAM | KOSZALIN | | M-30 | 22 | M 57 | 00:18:01 | 00:46:16.25 | 4:32 | 13.2 |
| 60 | CHOŁUJ JAROSŁAW | 32 | | KOSZALIN | | M-40 | 15 | M 58 | 00:18:28 | 00:46:18.25 | 4:32 | 13.2 |
| 61 | KUBIŃSKI RAFAŁ | 174 | ALLIANZ RUNNING TEAM | SŁUPSK | | M-50 | 6 | M 59 | 00:17:33 | 00:46:21.20 | 4:32 | 13.2 |
| 62 | PETA ANDRZEJ | 258 | MTS HAMER MIASTKO | MIASTKO | | M-40 | 16 | M 60 | 00:17:45 | 00:46:22.55 | 4:32 | 13.2 |
| 63 | MERDA KATARZYNA | 213 | MTS HAMER | MIASTKO | | K-30 | 2 | K 3 | 00:17:48 | 00:46:25.05 | 4:33 | 13.2 |
| 64 | WOCH EDWARD | 378 | | KOSZALIN | | M-50 | 7 | M 61 | 00:18:10 | 00:46:26.35 | 4:33 | 13.2 |
| 65 | MERDA PIOTR | 212 | MTS HAMER | MIASTKO | | M-30 | 23 | M 62 | 00:17:25 | 00:46:26.90 | 4:33 | 13.2 |
| 66 | CHODOR MARTYNA | 27 | TKKF KOSZALIN | KOSZALIN | | K-30 | 3 | K 4 | 00:18:18 | 00:46:28.00 | 4:33 | 13.2 |
| 67 | WIERZBICKI JAKUB | 365 | | ŚWIDWIN | | M-30 | 24 | M 63 | 00:17:33 | 00:46:29.80 | 4:33 | 13.2 |
| 68 | KURLAPSKI MARIUSZ | 178 | STR ŚWIDWIN | ŚWIDWIN | | M-40 | 17 | M 64 | 00:17:48 | 00:47:07.15 | 4:37 | 13 |
| 69 | WÓJCIK DAMIAN | 389 | RUNNERSWALDE DARŁOWO | DARŁOWO | | M-40 | 18 | M 65 | 00:17:59 | 00:47:08.55 | 4:37 | 13 |
| 70 | KSZCZANOWICZ JACEK | 172 | | KOŁOBRZEG | | M-40 | 19 | M 66 | 00:18:14 | 00:47:14.80 | 4:37 | 13 |
| 71 | JAROSZEWSKI DANIEL | 411 | | KOSZALIN | | M-30 | 25 | M 67 | 00:17:48 | 00:47:15.65 | 4:38 | 12.9 |
| 72 | GÓRECKI MIROSŁAW | 428 | CZARNY KOŃ | KOSZALIN | | M-40 | 20 | M 68 | 00:18:34 | 00:47:16.15 | 4:38 | 12.9 |
| 73 | BIL ADRIAN | 8 | | KOSZALIN | | M-30 | 26 | M 69 | 00:18:00 | 00:47:21.40 | 4:38 | 12.9 |
| 74 | ROSZCZYŃSKI MICHAŁ | 285 | | GDYNIA | | M-30 | 27 | M 70 | 00:18:11 | 00:47:22.20 | 4:38 | 12.9 |
| 75 | ZIELIŃSKI PRZEMYSŁAW | 396 | | OLSZTYN | | M-40 | 21 | M 71 | 00:18:23 | 00:47:25.40 | 4:38 | 12.9 |
| 76 | WILKOWSKI KRZYSZTOF | 369 | | KOSZALIN | | M-30 | 28 | M 72 | 00:17:55 | 00:47:26.50 | 4:39 | 12.9 |
| 77 | SZABLA EWELINA | 414 | MTS HAMER | MIASTKO | | K-30 | 4 | K 5 | 00:17:55 | 00:47:26.65 | 4:39 | 12.9 |
| 78 | KAMYK PIOTR | 125 | MH KOSZALIN IT SERWIS WWW.MH-INFORMATYKA.PL | KOSZALIN | | M-30 | 29 | M 73 | 00:18:17 | 00:47:29.25 | 4:39 | 12.9 |
| 79 | ZWOLIŃSKI JAN | 401 | TKKF KOSZALIN | WIERCISZEWO | | M-40 | 22 | M 74 | 00:18:22 | 00:47:32.90 | 4:39 | 12.9 |
| 80 | SKOWYRSKI JANUSZ | 297 | TKKF KOSZALIN/ROWERIA KOSZALIN | BIESIEKIERZ | | M-50 | 8 | M 75 | 00:18:45 | 00:47:33.75 | 4:39 | 12.9 |
| 81 | JAROSZ DARIUSZ | 112 | TKKF KOSZALIN | SUCHA KOSZALIŃSKA | | M-40 | 23 | M 76 | 00:18:46 | 00:47:34.00 | 4:39 | 12.9 |
| 82 | LITWINOWICZ RENATA | 187 | | KOŁOBRZEG | | K-40 | 2 | K 6 | 00:18:31 | 00:47:35.65 | 4:40 | 12.9 |
| 83 | ŁABEJSZA ŁUKASZ | 190 | WOJOWNICY WÓDY | KOSZALIN | | M-30 | 30 | M 77 | 00:18:55 | 00:47:39.50 | 4:40 | 12.8 |
| 84 | MACHELSKA SYLWIA | 199 | PGB SPORTOWA PACZKA | KOSZALIN | | K-30 | 5 | K 7 | 00:18:28 | 00:47:42.25 | 4:40 | 12.8 |
| 85 | BUTOWICZ ADAM | 23 | | SZCZECINEK | | M-50 | 9 | M 78 | 00:18:42 | 00:47:42.85 | 4:40 | 12.8 |
| 86 | CHMIELOWIEC WŁADYSŁAW | 26 | | SZCZECIN | | M-50 | 10 | M 79 | 00:18:19 | 00:47:46.95 | 4:41 | 12.8 |
| 87 | NOGA SEBASTIAN | 236 | TKKF KOSZALIN | KOSZALIN | | M-18 | 15 | M 80 | 00:18:07 | 00:47:51.05 | 4:41 | 12.8 |
| 88 | GÓRA AGNIESZKA | 74 | | OKONEK | | K-30 | 6 | K 8 | 00:18:45 | 00:47:51.35 | 4:41 | 12.8 |
| 89 | GRZYSTEK MARCIN | 78 | | SITNO | | M-30 | 31 | M 81 | 00:18:34 | 00:47:57.10 | 4:42 | 12.8 |
| 90 | OGRODNIK GRZEGORZ | 241 | JW1223 | KOSZALIN | | M-40 | 24 | M 82 | 00:18:26 | 00:48:01.40 | 4:42 | 12.7 |
| 91 | WOJCIECHOWSKI ADRIAN | 381 | AMADEUS CROSSTRaining GYM | KOSZALIN | | M-18 | 16 | M 83 | 00:18:29 | 00:48:04.75 | 4:42 | 12.7 |
| 92 | LEWANDOWSKI MAREK | 184 | | INOWROCŁAW | | M-30 | 32 | M 84 | 00:19:10 | 00:48:04.95 | 4:42 | 12.7 |
| 93 | STOJEWSKI JAROSŁAW | 314 | B/K | SŁAWNO | | M-30 | 33 | M 85 | 00:17:49 | 00:48:06.25 | 4:43 | 12.7 |
| 94 | JABŁOŃSKI ARKADIUSZ | 98 | | TYCHOWO | | M-40 | 25 | M 86 | 00:18:37 | 00:48:08.90 | 4:43 | 12.7 |
| 95 | MĘDEL MARTA | 214 | | KOSZALIN | | K-40 | 3 | K 9 | 00:18:44 | 00:48:15.40 | 4:43 | 12.7 |
| 96 | KRZEWIŃSKA MAŁGORZATA | 171 | TKKF KOSZALIN | KOSZALIN | | K-50 | 1 | K 10 | 00:18:44 | 00:48:17.00 | 4:44 | 12.7 |
| 97 | ŁUKASIEWICZ ALEKSANDRA | 196 | DZIKI KOSZALIN | KOSZALIN | | K-30 | 7 | K 11 | 00:18:31 | 00:48:17.20 | 4:44 | 12.7 |
| 98 | RAMA JANUSZ | 277 | KOŁOBRZEG | KOŁOBRZEG | | M-40 | 26 | M 87 | 00:19:21 | 00:48:18.05 | 4:44 | 12.7 |
| 99 | FRONTCZAK IZABELA | 60 | TKKF KOSZALIN | SZCZECINEK | | K-18 | 1 | K 12 | 00:17:50 | 00:48:21.70 | 4:44 | 12.7 |
| 100 | PUSCIAN KRZYSZTOF KAMIL | 273 | GIMNAZJUM W MANOWIE | MANOWO | | M-40 | 27 | M 88 | 00:18:27 | 00:48:24.75 | 4:44 | 12.6 |
| 101 | KAJKOWSKI RAFAŁ | 118 | CS SP KOSZALIN | KOSZALIN | | M-40 | 28 | M 89 | 00:18:56 | 00:48:28.75 | 4:45 | 12.6 |
| 102 | WILIŃSKI MAREK | 368 | | ŚWIDWIN | | M-50 | 11 | M 90 | 00:18:46 | 00:48:33.50 | 4:45 | 12.6 |

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|------|----------------------|-----|------------------------|---------------------|------|------|--------|-------|----------|-------------|--------|------|
| 103 | SIWIK STANISŁAW | 295 | | KOSZALIN | | M-30 | 34 | M 91 | 00:18:32 | 00:48:33.60 | 4:45 | 12.6 |
| 104 | DEMBICKI DANIEL | 42 | | NOWE BIELICE | | M-40 | 29 | M 92 | 00:18:24 | 00:48:38.05 | 4:46 | 12.6 |
| 105 | KĄŻMIERCZAK DAWID | 133 | SAMOCHODÓWKA KOSZALIN | STARE BIELICE | | M-18 | 17 | M 93 | 00:18:29 | 00:48:38.05 | 4:46 | 12.6 |
| 106 | KRASIŃSKI WITOLD | 165 | | KOSZALIN | | M-40 | 30 | M 94 | 00:18:37 | 00:48:42.30 | 4:46 | 12.6 |
| 107 | NACHYŁA PAWEŁ | 230 | DZIKI KOSZALIN | KOSZALIN | | M-18 | 18 | M 95 | 00:17:51 | 00:48:42.75 | 4:46 | 12.6 |
| 108 | KITŁOWSKI MARCIN | 137 | KLUB | CZARNE | | M-30 | 35 | M 96 | 00:18:48 | 00:48:45.80 | 4:46 | 12.6 |
| 109 | JANUSZEWSKI JACEK | 109 | NIEZRZESZONY | KOSZALIN | | M-50 | 12 | M 97 | 00:18:25 | 00:48:48.70 | 4:47 | 12.5 |
| 110 | ŚWIETLIK TOMASZ | 344 | | KOSZALIN | | M-50 | 13 | M 98 | 00:18:54 | 00:48:49.40 | 4:47 | 12.5 |
| 111 | CUBER WOJCIECH | 36 | | PODGAJE | | M-30 | 36 | M 99 | 00:18:48 | 00:48:54.75 | 4:47 | 12.5 |
| 112 | WIERZBICKI SYLWESTER | 364 | RUNNERSWALDE DARŁOWO | DOMASŁOWICE/DARŁOWO | | M-30 | 37 | M 100 | 00:19:09 | 00:48:55.00 | 4:47 | 12.5 |
| 113 | MĘDEL CEZARY | 215 | | KOSZALIN | | M-40 | 31 | M 101 | 00:18:48 | 00:48:55.15 | 4:47 | 12.5 |
| 114 | CHORAŻY KAROLINA | 33 | | KOSZALIN | | K-18 | 2 | K 13 | 00:18:49 | 00:48:59.50 | 4:48 | 12.5 |
| 115 | ROGOŻA IRENEUSZ | 283 | | KOSZALIN | | M-40 | 32 | M 102 | 00:18:27 | 00:48:59.55 | 4:48 | 12.5 |
| 116 | JANICKA KATARZYNA | 104 | BAJADERKI KOSZALIN | KOSZALIN | | K-30 | 8 | K 14 | 00:18:33 | 00:49:00.55 | 4:48 | 12.5 |
| 117 | NAKONIECZNY RAFAŁ | 231 | BAJADERKI KOSZALIN | KOSZALIN | | M-30 | 38 | M 103 | 00:18:34 | 00:49:01.15 | 4:48 | 12.5 |
| 118 | ŁABAŃSKI WALDEMAR | 189 | | KOSZALIN | | M-18 | 19 | M 104 | 00:18:27 | 00:49:01.60 | 4:48 | 12.5 |
| 119 | CHWALEBA JAN | 35 | | KOSZALIN | | M-50 | 14 | M 105 | 00:19:14 | 00:49:09.35 | 4:49 | 12.4 |
| 120 | WIELGUS PAWEŁ | 362 | OKONEK | OKONEK | | M-30 | 39 | M 106 | 00:18:51 | 00:49:09.70 | 4:49 | 12.4 |
| 121 | IWANIEC DARIUSZ | 94 | OSP SIERAKOWO | SIERAKOWO | | M-40 | 33 | M 107 | 00:18:46 | 00:49:14.55 | 4:49 | 12.4 |
| 122 | ZIENTARSKA JOANNA | 420 | ŚWIAT PŁYTEK U KRYPINA | BYTÓW | | K-40 | 4 | K 15 | 00:18:34 | 00:49:19.00 | 4:50 | 12.4 |
| 123 | SOROKA PIOTR | 304 | | KOSZALIN | | M-30 | 40 | M 108 | 00:18:51 | 00:49:22.70 | 4:50 | 12.4 |
| 124 | KAMELSKI PIOTR | 122 | B/K | SŁAWNO | | M-40 | 34 | M 109 | 00:19:20 | 00:49:23.30 | 4:50 | 12.4 |
| 125 | KUKIEŁA TOMASZ | 175 | | KOSZALIN | | M-30 | 41 | M 110 | 00:19:44 | 00:49:26.40 | 4:50 | 12.4 |
| 126 | DUDZIAK PIOTR | 48 | | KOSZALIN | | M-40 | 35 | M 111 | 00:18:48 | 00:49:29.85 | 4:51 | 12.4 |
| 127 | ŻYWICKI BARTOSZ | 402 | DZIKI KOSZALIN | KOSZALIN | | M-30 | 42 | M 112 | 00:18:45 | 00:49:38.20 | 4:51 | 12.3 |
| 128 | NIEMCZUK DARIUSZ | 235 | | KOSZALIN | | M-50 | 15 | M 113 | 00:20:00 | 00:49:39.10 | 4:52 | 12.3 |
| 129 | KACHLICKI KAMIL | 116 | | KOSZALIN | | M-40 | 36 | M 114 | 00:19:08 | 00:49:47.00 | 4:52 | 12.3 |
| 130 | MRUGALSKI DAMIAN | 229 | | KOSZALIN | | M-30 | 43 | M 115 | 00:20:08 | 00:49:50.35 | 4:53 | 12.3 |
| 131 | ŁOPIŃSKI PIOTR | 192 | | DREZDENKO | | M-30 | 44 | M 116 | 00:18:40 | 00:50:04.15 | 4:54 | 12.2 |
| 132 | GONKA KRZYSZTOF | 71 | | KOSZALIN | | M-18 | 20 | M 117 | 00:18:20 | 00:50:05.65 | 4:54 | 12.2 |
| 133 | KASPERSKI MIROSŁAW | 129 | B-RUN-EK KOSZALIN | KOSZALIN | | M-40 | 37 | M 118 | 00:19:17 | 00:50:06.90 | 4:54 | 12.2 |
| 134 | MARKOWSKI ANDRZEJ | 207 | TKKF KOSZALIN | KOSZALIN | | M-60 | 3 | M 119 | 00:18:53 | 00:50:09.15 | 4:55 | 12.2 |
| 135 | PEŁKA JANUSZ | 256 | | KOSZALIN | | M-50 | 16 | M 120 | 00:18:46 | 00:50:15.50 | 4:55 | 12.2 |
| 136 | WITKA PIOTR | 374 | KLUB ŁEBA MORS POLAND | GARCZEGORZE | | M-50 | 17 | M 121 | 00:18:53 | 00:50:21.50 | 4:56 | 12.2 |
| 137 | RAJNER KRZYSZTOF | 276 | | KOSZALIN | | M-30 | 45 | M 122 | 00:20:41 | 00:50:22.85 | 4:56 | 12.1 |
| 138 | KUBALA MATEUSZ | 173 | | KOSZALIN | | M-18 | 21 | M 123 | 00:18:07 | 00:50:23.70 | 4:56 | 12.1 |
| 139 | DĄBROWSKA ANNA | 40 | | KOSZALIN | | K-30 | 9 | K 16 | 00:19:16 | 00:50:23.90 | 4:56 | 12.1 |
| 140 | PSTRAGOWSKI MARCIN | 270 | | KOSZALIN | | M-30 | 46 | M 124 | 00:18:37 | 00:50:25.45 | 4:56 | 12.1 |
| 141 | MAZURKIEWICZ JOLANTA | 210 | KLUB | MŚCICE | | K-18 | 3 | K 17 | 00:19:46 | 00:50:25.55 | 4:56 | 12.1 |
| 142 | MICHALAK MICHAŁ | 217 | DZIKI KOSZALIN | KOSZALIN | | M-30 | 47 | M 125 | 00:18:03 | 00:50:29.40 | 4:56 | 12.1 |
| 143 | SZPILER KRZYSZTOF | 329 | | KOSZALIN | | M-18 | 22 | M 126 | 00:19:46 | 00:50:31.70 | 4:57 | 12.1 |
| 144 | DZIEBOWSKI MARIUSZ | 50 | | KOSZALIN | | M-30 | 48 | M 127 | 00:18:50 | 00:50:33.55 | 4:57 | 12.1 |
| 145 | ŚWIĘTOŃ RAFAŁ | 345 | | KOSZALIN | | M-30 | 49 | M 128 | 00:20:08 | 00:50:34.45 | 4:57 | 12.1 |
| 146 | KANIOWSKI JACEK | 126 | W.P.K SŁON TEAM USTKA | SŁAWNO | | M-40 | 38 | M 129 | 00:19:07 | 00:50:40.30 | 4:58 | 12.1 |
| 147 | CHOŁUJ KAROL | 31 | ZAWSZE DO PRZODU | KOSZALIN | | M-30 | 50 | M 130 | 00:18:58 | 00:50:41.80 | 4:58 | 12.1 |
| 148 | SUGIER MICHAŁ | 320 | NMC | KOSZALIN | | M-30 | 51 | M 131 | 00:19:32 | 00:50:47.85 | 4:58 | 12 |
| 149 | KOZŁOWIECKI WALDEMAR | 162 | TKKF KOSZALIN | KOSZALIN | | M-60 | 4 | M 132 | 00:19:44 | 00:50:54.75 | 4:59 | 12 |
| 150 | LINERT MARIUSZ | 423 | | KOŁOBRZEG | | M-18 | 23 | M 133 | 00:18:55 | 00:50:55.90 | 4:59 | 12 |
| 151 | KĄŻMIERCZAK TOMASZ | 132 | JW 3937 | KOSZALIN | | M-30 | 52 | M 134 | 00:20:08 | 00:50:56.55 | 4:59 | 12 |
| 152 | DONIGIEWICZ LESZEK | 45 | | KOSZALIN | | M-60 | 5 | M 135 | 00:20:07 | 00:50:58.15 | 4:59 | 12 |
| 153 | CINCIO ROBERT | 433 | | KOSZALIN | | M-30 | 53 | M 136 | 00:18:51 | 00:50:58.75 | 4:59 | 12 |
| 154 | GAWIECKI PIOTR | 63 | | KOSZALIN | | M-40 | 39 | M 137 | 00:19:07 | 00:51:00.80 | 5:00 | 12 |
| 155 | JÓŻWIAK MARIUSZ | 114 | | KOSZALIN | | M-30 | 54 | M 138 | 00:19:20 | 00:51:01.65 | 5:00 | 12 |
| 156 | OSOBNIAK RYSZARD | 247 | | KOSZALIN | | M-60 | 6 | M 139 | 00:19:50 | 00:51:02.55 | 5:00 | 12 |
| 157 | STANIASZEK BOGUSŁAW | 306 | | GŁOBINO | | M-60 | 7 | M 140 | 00:20:44 | 00:51:05.10 | 5:00 | 12 |
| 158 | WOLF WERONIKA | 386 | | SIANÓW | | K-40 | 5 | K 18 | 00:19:32 | 00:51:07.20 | 5:00 | 12 |
| 159 | MRUGALSKA MAGDALENA | 227 | | KOSZALIN | | K-18 | 4 | K 19 | 00:19:21 | 00:51:10.10 | 5:01 | 12 |

BIEG ZAKOCHANYCH - 10.2KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|---------------------------|-----|-------------------------------|----------------|------|------|--------|-------|----------|-------------|--------|------|
| 160 | RATAJCZYK ROBERT | 281 | | PIŁA | | M-18 | 24 | M 141 | 00:19:34 | 00:51:15.60 | 5:01 | 11.9 |
| 161 | DZIESZUK DARIUSZ | 49 | TKKF KOSZALIN | KOSZALIN | | M-40 | 40 | M 142 | 00:20:02 | 00:51:15.60 | 5:01 | 11.9 |
| 162 | KĘPKA MIROSLAW | 135 | K.B.SPRINT ŚWIDWIN | ŚWIDWIN | | M-40 | 41 | M 143 | 00:20:03 | 00:51:16.40 | 5:01 | 11.9 |
| 163 | ROGAŁSKI ROBERTO | 282 | ZAWSZE SIĘGAJ WYŻEJ | KOSZALIN | | M-30 | 55 | M 144 | 00:19:34 | 00:51:19.70 | 5:01 | 11.9 |
| 164 | PAKUŁSKI MARCIN | 249 | | KOSZALIN | | M-40 | 42 | M 145 | 00:24:10 | 00:51:24.30 | 5:02 | 11.9 |
| 165 | MIELEWCZYK LESZEK | 221 | LTS LĘBORK | LĘBORK | | M-60 | 8 | M 146 | 00:19:57 | 00:51:28.90 | 5:02 | 11.9 |
| 166 | RYNKIEWICZ ALDONA | 288 | | KOSZALIN | | K-18 | 5 | K 20 | 00:18:59 | 00:51:28.95 | 5:02 | 11.9 |
| 167 | KACZMAREK ŁUKASZ | 117 | KLUB | KOSZALIN | | M-30 | 56 | M 147 | 00:19:31 | 00:51:34.35 | 5:03 | 11.9 |
| 168 | STAWISZYŃSKI JAROSŁAW | 309 | FORUM ROZWOJU KOSZALINA | KOSZALIN | | M-30 | 57 | M 148 | 00:20:48 | 00:51:37.40 | 5:03 | 11.9 |
| 169 | SZYMAŃSKI JAROSŁAW | 339 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | | M-40 | 43 | M 149 | 00:20:29 | 00:51:57.95 | 5:05 | 11.8 |
| 170 | RASZPŁA RADOŚLAW | 280 | CIOTECZKI.PL | KOSZALIN | | M-40 | 44 | M 150 | 00:19:23 | 00:51:58.00 | 5:05 | 11.8 |
| 171 | KOZIBRODA MARCIN | 159 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | | M-40 | 45 | M 151 | 00:20:44 | 00:52:00.80 | 5:05 | 11.8 |
| 172 | NOREK TOMEK | 237 | | KOSZALIN | | M-40 | 46 | M 152 | 00:19:56 | 00:52:02.05 | 5:06 | 11.8 |
| 173 | SZULC ARKADIUSZ | 426 | | KOSZALIN | | M-30 | 58 | M 153 | 00:20:24 | 00:52:06.45 | 5:06 | 11.7 |
| 174 | WOJTASIEWICZ WINCENTY | 424 | | JASŁO | | M-60 | 9 | M 154 | 00:19:10 | 00:52:08.45 | 5:06 | 11.7 |
| 175 | DORAWA WOJTEK | 46 | | KOSZALIN | | M-18 | 25 | M 155 | 00:20:37 | 00:52:14.20 | 5:07 | 11.7 |
| 176 | ŁANGOWSKA IWONA | 191 | KOŁOBRZEG BIEGA | KOŁOBRZEG | | K-50 | 2 | K 21 | 00:21:49 | 00:52:16.35 | 5:07 | 11.7 |
| 177 | HAŁAJKO MAGDALENA | 429 | | KOSZALIN | | K-30 | 10 | K 22 | 00:19:23 | 00:52:23.95 | 5:08 | 11.7 |
| 178 | PETA RENATA | 257 | MTS HAMER MIASTKO | MIASTKO | | K-30 | 11 | K 23 | 00:20:11 | 00:52:28.90 | 5:08 | 11.7 |
| 179 | LAS MATEUSZ | 425 | | KOSZALIN | | M-18 | 26 | M 156 | 00:19:25 | 00:52:30.35 | 5:08 | 11.7 |
| 180 | KUŁAKOWSKI DAWID | 176 | AMADORES | KOSZALIN | | M-30 | 59 | M 157 | 00:19:44 | 00:52:53.05 | 5:11 | 11.6 |
| 181 | WALCZAK AGNIESZKA | 356 | | KOSZALIN | | K-40 | 6 | K 24 | 00:20:01 | 00:52:57.85 | 5:11 | 11.6 |
| 182 | LENKIEWICZ MARTA | 180 | | TRZEBIATÓW | | K-30 | 12 | K 25 | 00:20:07 | 00:53:02.25 | 5:11 | 11.5 |
| 183 | LENKIEWICZ PIOTR | 181 | | TRZEBIATÓW | | M-30 | 60 | M 158 | 00:20:06 | 00:53:02.50 | 5:11 | 11.5 |
| 184 | POCZĄTEK MICHAŁ | 265 | NIEZRZESZONY | PIŁA | | M-60 | 10 | M 159 | 00:20:29 | 00:53:03.40 | 5:12 | 11.5 |
| 185 | ZAKRZEWSKA AGATA | 390 | | TRZEBIATÓW | | K-30 | 13 | K 26 | 00:20:22 | 00:53:08.00 | 5:12 | 11.5 |
| 186 | BROVCHENKO JURI | 20 | ŚWIAT PŁYTEK U KRYSPIŃA | BYTÓW | | M-18 | 27 | M 160 | 00:20:12 | 00:53:08.40 | 5:12 | 11.5 |
| 187 | BROVCHENKO SYLWIA | 19 | ŚWIAT PŁYTEK U KRYSPIŃA | BYTÓW | | K-18 | 6 | K 27 | 00:20:11 | 00:53:08.65 | 5:12 | 11.5 |
| 188 | SZYMAŃSKA EWA | 337 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | | K-40 | 7 | K 28 | 00:20:57 | 00:53:09.00 | 5:12 | 11.5 |
| 189 | STEFANIAK PIOTR | 311 | KLUB ŁĘBA MORS POLAND | LĘBORK | | M-50 | 18 | M 161 | 00:21:20 | 00:53:10.80 | 5:12 | 11.5 |
| 190 | SZULC SZYMON | 332 | GRYF ŁOK \ SZULC RUNNERS TEAM | BIAŁOGARD | | M-30 | 61 | M 162 | 00:21:26 | 00:53:13.20 | 5:13 | 11.5 |
| 191 | GIEMZA AGNIESZKA | 66 | | SŁUPSK | | K-30 | 14 | K 29 | 00:19:58 | 00:53:15.75 | 5:13 | 11.5 |
| 192 | HOC DARIUSZ | 86 | | KOŁOBRZEG | | M-40 | 47 | M 163 | 00:21:59 | 00:53:48.95 | 5:16 | 11.4 |
| 193 | DORAWA PIOTR | 47 | | KOSZALIN | | M-18 | 28 | M 164 | 00:20:40 | 00:53:57.70 | 5:17 | 11.3 |
| 194 | KUPREWICZ GRZEGORZ | 415 | | KOSZALIN | | M-30 | 62 | M 165 | 00:20:05 | 00:53:57.80 | 5:17 | 11.3 |
| 195 | MIĄSEK RYSZARD | 216 | | MANOWO | | M-30 | 63 | M 166 | 00:20:32 | 00:54:03.60 | 5:18 | 11.3 |
| 196 | SACHARZEWSKA ANNA | 289 | | STARE BIELICE | | K-30 | 15 | K 30 | 00:20:47 | 00:54:03.65 | 5:17 | 11.3 |
| 197 | TYLUŚ SYLWIA | 349 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | | K-30 | 16 | K 31 | 00:21:03 | 00:54:10.35 | 5:18 | 11.3 |
| 198 | HOC AGNIESZKA | 87 | | KOŁOBRZEG | | K-30 | 17 | K 32 | 00:21:46 | 00:54:14.15 | 5:19 | 11.3 |
| 199 | ŚRODA WOJCIECH | 343 | | KOSZALIN | | M-40 | 48 | M 167 | 00:21:44 | 00:54:21.00 | 5:19 | 11.3 |
| 200 | PIOR TOMASZ | 260 | | KONIKOWO | | M-30 | 64 | M 168 | 00:20:45 | 00:54:21.55 | 5:19 | 11.3 |
| 201 | SZULC MAREK | 335 | RUNNERS TEAM | BIAŁOGARD | | M-50 | 19 | M 169 | 00:21:25 | 00:54:24.05 | 5:20 | 11.3 |
| 202 | NOWAK-IGNACAK MONIKA | 240 | | BIAŁOGARD | | K-40 | 8 | K 33 | 00:21:27 | 00:54:24.70 | 5:20 | 11.2 |
| 203 | DĄBROWSKA ALICJA | 39 | ROZBIEGANY KOSZALIN | SIAŃÓW | | K-50 | 3 | K 34 | 00:21:23 | 00:54:24.85 | 5:20 | 11.2 |
| 204 | WOLF EMIL | 385 | | SIAŃÓW | | M-40 | 49 | M 170 | 00:21:24 | 00:54:25.50 | 5:20 | 11.2 |
| 205 | NAPIERAŁA BOGUMIŁ | 417 | | ROGOWO | | M-50 | 20 | M 171 | 00:20:11 | 00:54:26.10 | 5:20 | 11.2 |
| 206 | SZAFIRSKI MAREK | 324 | CAMINO SŁUPSK | SŁUPSK | | M-50 | 21 | M 172 | 00:21:11 | 00:54:33.95 | 5:20 | 11.2 |
| 207 | NOWACZYK ADRIAN | 239 | | KOSZALIN | | M-30 | 65 | M 173 | 00:21:17 | 00:54:36.45 | 5:21 | 11.2 |
| 208 | WAWRZYŃSIUK-NOWACZYK ANNA | 358 | | KOSZALIN | | K-30 | 18 | K 35 | 00:21:16 | 00:54:36.70 | 5:21 | 11.2 |
| 209 | HRYCIÓW PAWEŁ | 90 | | BIAŁOGARD | | M-30 | 66 | M 174 | 00:22:07 | 00:54:45.50 | 5:22 | 11.2 |
| 210 | GROCHOWSKI RAFAŁ | 77 | | KOSZALIN | | M-40 | 50 | M 175 | 00:20:41 | 00:54:45.65 | 5:22 | 11.2 |
| 211 | FĄGIER TOMASZ | 52 | | KOSZALIN | | M-40 | 51 | M 176 | 00:21:23 | 00:54:53.35 | 5:22 | 11.1 |
| 212 | ŻYWOT NORBERT | 403 | WT KOŁOBRZEG | KOŁOBRZEG | | M-40 | 52 | M 177 | 00:21:03 | 00:54:55.25 | 5:23 | 11.1 |
| 213 | KOŁAKOWSKI DARIUSZ | 142 | K.B.SPRINT ŚWIDWIN | ŚWIDWIN | | M-40 | 53 | M 178 | 00:21:33 | 00:54:55.50 | 5:23 | 11.1 |
| 214 | KORPAL CEZARY | 152 | ROZBIEGANY KOSZALIN | KOSZALIN | | M-50 | 22 | M 179 | 00:22:53 | 00:54:56.55 | 5:23 | 11.1 |
| 215 | SIENICKI PIOTR | 293 | | KOSZALIN BEACH | | M-40 | 54 | M 180 | 00:21:13 | 00:55:04.95 | 5:24 | 11.1 |
| 216 | NIEDBAŁA KONRAD | 233 | | KOSZALIN | | M-40 | 55 | M 181 | 00:20:51 | 00:55:13.20 | 5:24 | 11.1 |

BIEG ZAKOCHANYCH - 10.2KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|------------------------|-----|---------------------------|----------------------|------|-------|--------|-------|----------|-------------|--------|------|
| 217 | UZNAŃSKA AGATA | 352 | | KOŁOBRZEG | | K-50 | 4 | K 36 | 00:21:12 | 00:55:13.60 | 5:24 | 11.1 |
| 218 | KAZIMIERCZAK LESZEK | 131 | CSSP | NIEKŁONICE | | M-30 | 67 | M 182 | 00:21:14 | 00:55:14.80 | 5:25 | 11.1 |
| 219 | FLEŚMAN ELIZA | 57 | | KOSZALIN | | K-18 | 7 | K 37 | 00:19:40 | 00:55:16.60 | 5:25 | 11.1 |
| 220 | ŁUSZCZEWSKI KRZYSZTOF | 198 | ŻYTANIA TEAM | ZŁOTÓW | | M-30 | 68 | M 183 | 00:21:22 | 00:55:19.35 | 5:25 | 11.1 |
| 221 | MIELCZAREK MACIEJ | 220 | | KOSZALIN | | M-40 | 56 | M 184 | 00:22:42 | 00:55:27.50 | 5:26 | 11 |
| 222 | WOCH ZBIGNIEW | 379 | NIEZRZESZONY | KOSZALIN | | M-60 | 11 | M 185 | 00:20:52 | 00:55:29.75 | 5:26 | 11 |
| 223 | DĄBROWSKI GRZEGORZ | 41 | | KOSZALIN | | M-40 | 57 | M 186 | 00:21:15 | 00:55:30.05 | 5:26 | 11 |
| 224 | MALINOWSKA MAŁGORZATA | 202 | STR-ŚWIDWIN | ŚWIDWIN | | K-50 | 5 | K 38 | 00:21:29 | 00:55:34.75 | 5:26 | 11 |
| 225 | JABŁOŃSKA KATARZYNA | 97 | | TYCHOWO | | K-40 | 9 | K 39 | 00:22:15 | 00:55:36.45 | 5:27 | 11 |
| 226 | RADECKI JACEK | 274 | JW CS SP | KOSZALIN | | M-40 | 58 | M 187 | 00:21:00 | 00:55:36.90 | 5:27 | 11 |
| 227 | HNAŁOWSKI ARTUR | 85 | DM FC KOSZALIN | KOSZALIN | | M-40 | 59 | M 188 | 00:20:27 | 00:55:38.90 | 5:27 | 11 |
| 228 | SIEPRACKI ADAM | 294 | FORUM ROZWOJU KOSZALINA | KOSZALIN | | M-30 | 69 | M 189 | 00:21:28 | 00:55:39.05 | 5:27 | 11 |
| 229 | ŁUCZEJKO SŁAWOMIR | 195 | TAEM BIEGOWY SZCZECINEK | SZCZECINEK | | M-50 | 23 | M 190 | 00:21:24 | 00:55:41.55 | 5:27 | 11 |
| 230 | MAZUREK BARBARA | 209 | BABECZKI KOSZALIN | KOSZALIN | | K-30 | 19 | K 40 | 00:21:18 | 00:55:42.60 | 5:27 | 11 |
| 231 | STOJEWSKA KATARZYNA | 313 | B/K | SŁAWNO | | K-18 | 8 | K 41 | 00:20:46 | 00:55:43.00 | 5:27 | 11 |
| 232 | WOJANOWSKI ZBIGNIEW | 380 | | GRUDZIĄDZ | | M-50 | 24 | M 191 | 00:21:20 | 00:55:45.10 | 5:27 | 11 |
| 233 | KOBUS EMILIA | 140 | | KOSZALIN | | K-30 | 20 | K 42 | 00:21:13 | 00:55:48.00 | 5:28 | 11 |
| 234 | KOBUS MACIEJ | 139 | | KOSZALIN | | M-30 | 70 | M 192 | 00:21:13 | 00:55:48.60 | 5:28 | 11 |
| 235 | KURŁOWICZ KRZYSZTOF | 427 | | KOSZALIN | | M-30 | 71 | M 193 | 00:20:41 | 00:55:58.15 | 5:29 | 10.9 |
| 236 | WOCH MAŁGORZATA | 377 | | KOSZALIN | | K-50 | 6 | K 43 | 00:21:58 | 00:55:59.35 | 5:29 | 10.9 |
| 237 | GŁOWACKI WŁODZIMIERZ | 68 | NIEZRZESZONY | KOSZALIN | | M-70+ | 1 | M 194 | 00:20:07 | 00:56:03.90 | 5:29 | 10.9 |
| 238 | GIGOŁO ŁUKASZ | 67 | SUNDAYBIKERS KARLINO TEAM | KARLINO | | M-40 | 60 | M 195 | 00:20:29 | 00:56:05.25 | 5:30 | 10.9 |
| 239 | KOMOROWSKA BEATA | 146 | BEZ KLUBU | KOSZALIN | | K-30 | 21 | K 44 | 00:21:10 | 00:56:05.85 | 5:30 | 10.9 |
| 240 | KAMIŃSKI TOMASZ | 124 | JW1223 | KOSZALIN | | M-30 | 72 | M 196 | 00:20:54 | 00:56:06.35 | 5:30 | 10.9 |
| 241 | MALESZA-HOUSIN JOANNA | 201 | | KOSZALIN | | K-40 | 10 | K 45 | 00:21:48 | 00:56:08.35 | 5:30 | 10.9 |
| 242 | SZYCA MAŁGORZATA | 336 | | BYTÓW | | K-18 | 9 | K 46 | 00:21:08 | 00:56:14.40 | 5:30 | 10.9 |
| 243 | KOPREK ŁUKASZ | 150 | SŁONECZNY PATROL KOSZALIN | KOSZALIN | | M-30 | 73 | M 197 | 00:21:19 | 00:56:21.20 | 5:31 | 10.9 |
| 244 | CHMIELEWSKA MAŁGORZATA | 25 | | STARGARD SZCZECIŃSKI | | K-18 | 10 | K 47 | 00:21:19 | 00:56:21.55 | 5:31 | 10.9 |
| 245 | MARCZAK ANDRZEJ | 206 | | ŻELKOWO | | M-50 | 25 | M 198 | 00:21:50 | 00:56:22.20 | 5:31 | 10.9 |
| 246 | JANKIEWICZ HELENA | 106 | MTS HAMER | MIASTKO | | K-30 | 22 | K 48 | 00:21:16 | 00:56:30.45 | 5:32 | 10.8 |
| 247 | ŁUKASZYK ANDRZEJ | 410 | | KOSZALIN | | M-40 | 61 | M 199 | 00:21:41 | 00:56:30.55 | 5:32 | 10.8 |
| 248 | GIZIŃSKI MARCIN | 430 | | KOSZALIN | | M-30 | 74 | M 200 | 00:21:19 | 00:56:33.85 | 5:32 | 10.8 |
| 249 | POLAŃSKA KATARZYNA | 266 | DZIKI KOSZALIN | KOSZALIN | | K-30 | 23 | K 49 | 00:21:15 | 00:56:36.95 | 5:33 | 10.8 |
| 250 | KOWALCZYK PIOTR | 156 | - | KOSZALIN | | M-30 | 75 | M 201 | 00:21:06 | 00:56:37.15 | 5:33 | 10.8 |
| 251 | WITKA GRAŻYNA | 373 | KLUB ŁEBA MORS POLAND | GARCZEGORZE | | K-40 | 11 | K 50 | 00:21:30 | 00:56:41.70 | 5:33 | 10.8 |
| 252 | GUDZIŃSKI LECH | 80 | | KOSZALIN | | M-60 | 12 | M 202 | 00:21:49 | 00:56:41.75 | 5:33 | 10.8 |
| 253 | BAK ZBIGNIEW | 6 | RUNNERSWALDE | DARŁOWO | | M-30 | 76 | M 203 | 00:21:48 | 00:56:58.80 | 5:35 | 10.7 |
| 254 | OLINSKI AREK | 243 | | SIANÓW | | M-30 | 77 | M 204 | 00:22:09 | 00:57:00.00 | 5:35 | 10.7 |
| 255 | SKOWRON ADAM | 434 | | KOSZALIN | | M-30 | 78 | M 205 | 00:21:33 | 00:57:02.10 | 5:35 | 10.7 |
| 256 | SOBOLEWSKI MAREK | 302 | | KOSZALIN | | M-40 | 62 | M 206 | 00:21:15 | 00:57:03.60 | 5:35 | 10.7 |
| 257 | HIROWICZ AGNIESZKA | 408 | | KOSZALIN | | K-30 | 24 | K 51 | 00:21:36 | 00:57:05.80 | 5:35 | 10.7 |
| 258 | KARNICKI ZYGMUNT | 128 | TKKF KOSZALIN | KOSZALIN | | M-60 | 13 | M 207 | 00:21:35 | 00:57:05.85 | 5:35 | 10.7 |
| 259 | ORŁOWSKA MAŁGORZATA | 244 | DZIKI KOSZALIN | KOSZALIN | | K-30 | 25 | K 52 | 00:21:14 | 00:57:07.40 | 5:36 | 10.7 |
| 260 | MATEJKO MARCIN | 208 | | TYCHOWO | | M-18 | 29 | M 208 | 00:22:18 | 00:57:08.70 | 5:36 | 10.7 |
| 261 | NAPIERAŁA MARCIN | 232 | | KOSZALIN | | M-30 | 79 | M 209 | 00:22:20 | 00:57:09.75 | 5:36 | 10.7 |
| 262 | KOWALCZYK STANISŁAW | 157 | NIEZRZESZONY | ŚWIDWIN | | M-60 | 14 | M 210 | 00:21:46 | 00:57:16.70 | 5:36 | 10.7 |
| 263 | JANKOWSKA MONIKA | 107 | FOLLOW ME SZCZECINEK | SZCZECINEK | | K-18 | 11 | K 53 | 00:21:56 | 00:57:17.70 | 5:36 | 10.7 |
| 264 | TURCZYN GRZEGORZ | 348 | NIGHT RUNNERS SŁUPSK | SŁUPSK | | M-40 | 63 | M 211 | 00:21:47 | 00:57:21.70 | 5:37 | 10.7 |
| 265 | BENEDYSIUK SŁAWOMIR | 419 | | KOSZALIN | | M-40 | 64 | M 212 | 00:21:18 | 00:57:33.40 | 5:38 | 10.6 |
| 266 | MĄDRZYK MAGDALENA | 211 | KLUB | KOŁOBRZEG | | K-30 | 26 | K 54 | 00:22:30 | 00:57:53.10 | 5:40 | 10.6 |
| 267 | PTASZYŃSKA KATARZYNA | 271 | KOŁOBRZEG BIEGA | KOŁOBRZEG | | K-50 | 7 | K 55 | 00:22:32 | 00:57:54.50 | 5:40 | 10.6 |
| 268 | CHODOR IZABELA | 28 | | GORZEBĄDZ | | K-30 | 27 | K 56 | 00:23:38 | 00:57:54.80 | 5:40 | 10.6 |
| 269 | KOWALENKO ROBERT | 418 | | BIAŁOGARD | | M-30 | 80 | M 213 | 00:21:01 | 00:57:57.10 | 5:40 | 10.6 |
| 270 | BORUC BARBARA | 14 | | SZCZECINEK | | K-40 | 12 | K 57 | 00:22:12 | 00:57:57.10 | 5:40 | 10.6 |
| 271 | BORUC JACEK | 15 | | SZCZECINEK | | M-50 | 26 | M 214 | 00:22:12 | 00:57:57.55 | 5:40 | 10.6 |
| 272 | KOZŁOWSKI TOMASZ | 160 | | KOSZALIN | | M-30 | 81 | M 215 | 00:19:58 | 00:58:15.70 | 5:42 | 10.5 |
| 273 | WOLAŃSKI MARIUSZ | 384 | KLUB | KOŁOBRZEG | | M-50 | 27 | M 216 | 00:22:30 | 00:58:35.80 | 5:44 | 10.4 |

BIEG ZAKOCHANYCH - 10.2KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|--------------------------------|-----|-----------------------------------|------------------|------|------|--------|-------|----------|-------------|--------|------|
| 274 | PSTRAGOWSKA MARLENA | 269 | | KOSZALIN | | K-30 | 28 | K 58 | 00:22:24 | 00:58:36.95 | 5:44 | 10.4 |
| 275 | ZARZYCKI DARIUSZ | 392 | | USTKA | | M-30 | 82 | M 217 | 00:18:44 | 00:58:37.25 | 5:44 | 10.4 |
| 276 | ZARZYCKA IZABELA | 391 | | USTKA | | K-30 | 29 | K 59 | 00:21:30 | 00:58:38.15 | 5:44 | 10.4 |
| 277 | JĘDRASZCZYK MAREK | 113 | WŁ SŁUPSK | SŁUPSK | | M-40 | 65 | M 218 | 00:21:37 | 00:58:49.90 | 5:46 | 10.4 |
| 278 | ŚLEDŹ ANDRZEJ | 342 | WŁ SŁUPSK | SŁUPSK | | M-40 | 66 | M 219 | 00:21:39 | 00:58:50.45 | 5:46 | 10.4 |
| 279 | KIPER JAROSŁAW | 406 | JW 1223 | STRZEKĘCINO | | M-40 | 67 | M 220 | 00:22:14 | 00:58:58.35 | 5:46 | 10.4 |
| 280 | WŁAŚNIAK JOWITA | 376 | DZIKI KOSZALIN | SŁUPSK | | K-30 | 30 | K 60 | 00:23:22 | 00:58:58.95 | 5:46 | 10.4 |
| 281 | GZELA OLGA | 81 | BIEGNIJMY.PL | KOSZALIN | | K-30 | 31 | K 61 | 00:22:00 | 00:58:59.90 | 5:47 | 10.4 |
| 282 | IGNACAK MARCIN | 92 | | BIAŁOGARD | | M-30 | 83 | M 221 | 00:21:29 | 00:59:04.80 | 5:47 | 10.4 |
| 283 | SZULC ADAM | 334 | RUNNERS TEAM | BIAŁOGARD | | M-18 | 30 | M 222 | 00:22:44 | 00:59:05.25 | 5:47 | 10.4 |
| 284 | MUSZYŃSKI JACEK | 409 | GOCH BYTÓW | BYTÓW | | M-60 | 15 | M 223 | 00:22:24 | 00:59:12.80 | 5:48 | 10.3 |
| 285 | PAWŁOWSKA URSZULA | 254 | | KOSZALIN | | K-30 | 32 | K 62 | 00:22:21 | 00:59:15.45 | 5:48 | 10.3 |
| 286 | GORT MATEUSZ | 431 | | KOSZALIN | | M-18 | 31 | M 224 | 00:18:47 | 00:59:22.80 | 5:49 | 10.3 |
| 287 | ŁUSZCZEWSKA AGNIESZKA | 197 | ŻYTANIA TEAM | ZŁOTÓW | | K-30 | 33 | K 63 | 00:22:34 | 00:59:30.45 | 5:50 | 10.3 |
| 288 | VON BARDELEBEN AGNIESZKA | 354 | BABECZKI KOSZALIN | KOSZALIN | | K-40 | 13 | K 64 | 00:23:07 | 00:59:35.95 | 5:50 | 10.3 |
| 289 | MOŻEJKO ANNA | 224 | BABECZKI.PL | KOSZALIN | | K-30 | 34 | K 65 | 00:23:09 | 00:59:37.25 | 5:50 | 10.3 |
| 290 | HELLER ZDZISŁAW | 84 | NIEZRZESZONY | KOSZALIN | | M-60 | 16 | M 225 | 00:23:15 | 00:59:45.10 | 5:51 | 10.2 |
| 291 | HRANKOWSKA MONIKA | 89 | | SŁUPSK | | K-18 | 12 | K 66 | 00:23:23 | 00:59:50.70 | 5:51 | 10.2 |
| 292 | KOŁODZIEJCZAK AGNIESZKA | 144 | PARKRUN SZCZECINEK | TUROWO | | K-40 | 14 | K 67 | 00:23:12 | 00:59:55.90 | 5:52 | 10.2 |
| 293 | KOŁODZIEJCZAK GRZEGORZ | 143 | PARKRUN SZCZECINEK | TUROWO | | M-40 | 68 | M 226 | 00:23:12 | 00:59:55.95 | 5:52 | 10.2 |
| 294 | JAKÓBCZAK DAREK | 99 | | KOSZALIN | | M-40 | 69 | M 227 | 00:24:22 | 01:00:08.70 | 5:53 | 10.2 |
| 295 | MAJCHRZAK PAWEŁ | 200 | | KARLINO | | M-40 | 70 | M 228 | 00:21:31 | 01:00:09.45 | 5:53 | 10.2 |
| 296 | BŁOŃSKA AGNIESZKA | 9 | BABECZKI KOSZALIN | KOSZALIN | | K-40 | 15 | K 68 | 00:23:27 | 01:00:10.50 | 5:54 | 10.2 |
| 297 | JAKUBCZYK AGNIESZKA | 100 | BABECZKI KOSZALIN | STRZEGLINO | | K-18 | 13 | K 69 | 00:23:27 | 01:00:13.10 | 5:54 | 10.2 |
| 298 | ZWOLAK BASIA | 400 | | KOSZALIN | | K-40 | 16 | K 70 | 00:24:22 | 01:00:13.10 | 5:54 | 10.2 |
| 299 | URBAŃSKI ALEKSANDER | 350 | 17WOG KOSZALIN | KOSZALIN | | M-40 | 71 | M 229 | 00:22:59 | 01:00:13.70 | 5:54 | 10.2 |
| 300 | ORYSZCZYŃ ARKADIUSZ | 245 | | KOSZALIN | | M-30 | 84 | M 230 | 00:22:33 | 01:00:15.50 | 5:54 | 10.2 |
| 301 | SZUBERT AGNIESZKA | 331 | | USTRONIE MORSKIE | | K-30 | 35 | K 71 | 00:22:30 | 01:00:18.20 | 5:54 | 10.1 |
| 302 | GAWLIK ARTUR | 64 | | KOSZALIN | | M-30 | 85 | M 231 | 00:22:25 | 01:00:28.50 | 5:55 | 10.1 |
| 303 | MARCAK MAŁGORZATA | 205 | | ŻELKOWO | | K-50 | 8 | K 72 | 00:22:10 | 01:00:36.65 | 5:56 | 10.1 |
| 304 | BOGACZ KATARZYNA | 10 | B/K | SŁAWNO | | K-30 | 36 | K 73 | 00:21:38 | 01:00:37.70 | 5:56 | 10.1 |
| 305 | KŁYK OLIMPIA | 138 | DZIKI KOSZALIN | KOSZALIN | | K-18 | 14 | K 74 | 00:21:22 | 01:00:48.40 | 5:57 | 10.1 |
| 306 | GAWIECKA MARIOLA | 62 | | KOSZALIN | | K-40 | 17 | K 75 | 00:23:03 | 01:01:08.00 | 5:59 | 10 |
| 307 | HAMUŁKA KRZYSZTOF | 413 | | ŚWIESZYNO | | M-40 | 72 | M 232 | 00:21:46 | 01:01:13.35 | 6:00 | 10 |
| 308 | GRELA MACIEJ | 76 | FOLLOW ME SZCZECINEK | SZCZECINEK | | M-18 | 32 | M 233 | 00:22:37 | 01:01:19.85 | 6:00 | 10 |
| 309 | WIERZBICKI KACPER | 363 | JW 1223 | KOSZALIN | | M-18 | 33 | M 234 | 00:22:22 | 01:01:31.10 | 6:01 | 9.9 |
| 310 | CHOŁUJ JOANNA | 30 | | KOSZALIN | | K-18 | 15 | K 76 | 00:23:37 | 01:01:43.85 | 6:03 | 9.9 |
| 311 | JANKOWSKI REMIGIUSZ | 4 | | KOŁOBRZEG | | M-30 | 86 | M 235 | 00:24:06 | 01:02:00.50 | 6:04 | 9.9 |
| 312 | STASZEWSKA ANETA | 308 | BRAK | SZCZECINEK | | K-40 | 18 | K 77 | 00:23:12 | 01:02:03.30 | 6:05 | 9.9 |
| 313 | DĘBOWSKA-SZCZYTKOWSKA IZABELLA | 43 | K.B.SPRINT ŚWIDWIN | ŚWIDWIN | | K-40 | 19 | K 78 | 00:24:06 | 01:02:05.75 | 6:05 | 9.9 |
| 314 | SZCZYTKOWSKI MAREK | 327 | K.B.SPRINT ŚWIDWIN | ŚWIDWIN | | M-40 | 73 | M 236 | 00:24:06 | 01:02:05.80 | 6:05 | 9.9 |
| 315 | NOWACKA ELŻBIETA | 238 | | KOSZALIN | | K-40 | 20 | K 79 | 00:23:29 | 01:02:24.75 | 6:07 | 9.8 |
| 316 | SULIGA-KRAKOWIAK AGNIESZKA | 321 | | CZARNE | | K-40 | 21 | K 80 | 00:23:39 | 01:02:26.30 | 6:07 | 9.8 |
| 317 | IWANKIEWICZ JUSTYNA | 95 | | KOSZALIN | | K-30 | 37 | K 81 | 00:23:37 | 01:02:47.75 | 6:09 | 9.7 |
| 318 | KONIECZKA PIOTR | 147 | | KOSZALIN | | M-40 | 74 | M 237 | 00:23:44 | 01:02:49.20 | 6:09 | 9.7 |
| 319 | KOWALEWSKI DANIEL | 158 | BAŁTYK-TRANSPORT TEAM | KOSZALIN | | M-30 | 87 | M 238 | 00:23:48 | 01:03:00.15 | 6:10 | 9.7 |
| 320 | TREJDER MARIA | 347 | BAJADERKI KOSZALIN | KOSZALIN | | K-40 | 22 | K 82 | 00:23:50 | 01:03:01.05 | 6:10 | 9.7 |
| 321 | PAULIŃSKI JAN | 252 | | KOSZALIN | | M-60 | 17 | M 239 | 00:24:36 | 01:03:09.80 | 6:11 | 9.7 |
| 322 | NIEMCZUK ANNA | 234 | | KOSZALIN | | K-50 | 9 | K 83 | 00:24:36 | 01:03:09.85 | 6:11 | 9.7 |
| 323 | PACZYŃSKA IWONA | 248 | | KOSZALIN | | K-40 | 23 | K 84 | 00:24:09 | 01:03:13.00 | 6:11 | 9.7 |
| 324 | PIOR MIROSLAW | 262 | NIEZRZESZONY | GRUDZIĄDZ | | M-50 | 28 | M 240 | 00:24:30 | 01:03:24.70 | 6:13 | 9.7 |
| 325 | PIOR EWA | 261 | NIEZRZESZONA | GRUDZIĄDZ | | K-50 | 10 | K 85 | 00:24:30 | 01:03:25.20 | 6:13 | 9.6 |
| 326 | PAWLIK MATEUSZ | 253 | | KOŁOBRZEG | | M-18 | 34 | M 241 | 00:23:51 | 01:03:46.50 | 6:15 | 9.6 |
| 327 | SZULC MARTYNA | 333 | GRYF LOK BIAŁOGARD / RUNNERS TEAM | BIAŁOGARD | | K-18 | 16 | K 86 | 00:24:16 | 01:03:50.55 | 6:15 | 9.6 |
| 328 | SZYMAŃSKI TOMASZ | 338 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | | M-40 | 75 | M 242 | 00:21:46 | 01:03:52.95 | 6:15 | 9.6 |
| 329 | FIJAŁKOWSKA MAŁGORZATA | 56 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | | K-30 | 38 | K 87 | 00:21:47 | 01:03:53.20 | 6:15 | 9.6 |
| 330 | PASEK PAULA | 250 | | DUNOWO | | K-30 | 39 | K 88 | 00:23:10 | 01:04:16.55 | 6:18 | 9.5 |

BIEG ZAKOCHANYCH - 10.2KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|-------------------------------|-----|-------------------------------|-------------|------|-------|--------|-------|----------|-------------|--------|------|
| 331 | BORSUK DOROTA | 13 | | KOSZALIN | | K-40 | 24 | K 89 | 00:24:20 | 01:04:17.85 | 6:18 | 9.5 |
| 332 | DĄBROWSKA KATARZYNA | 38 | ROZBIEGANY KOSZALIN | SIANÓW | | K-18 | 17 | K 90 | 00:23:10 | 01:04:27.25 | 6:19 | 9.5 |
| 333 | TELEGA MICHAŁ | 346 | | KOSZALIN | | M-30 | 88 | M 243 | 00:24:19 | 01:04:41.90 | 6:20 | 9.5 |
| 334 | PEWIŃSKA JUSTYNA | 259 | JW 1223 | KOSZALIN | | K-30 | 40 | K 91 | 00:24:01 | 01:04:51.85 | 6:21 | 9.4 |
| 335 | STEC EDYTA | 310 | BABECZKI.PL | KOSZALIN | | K-30 | 41 | K 92 | 00:24:09 | 01:04:52.70 | 6:21 | 9.4 |
| 336 | SZCZYGIELSKA ALEKSANDRA | 326 | | KOŁOBRZEG | | K-30 | 42 | K 93 | 00:24:06 | 01:04:59.95 | 6:22 | 9.4 |
| 337 | SCHMIDT DARIUSZ | 290 | | KOŁOBRZEG | | M-50 | 29 | M 244 | 00:24:48 | 01:05:08.60 | 6:23 | 9.4 |
| 338 | WOŹNIAK DARIUSZ | 388 | WWW.LIMO300C.COM | SŁAWNO | | M-40 | 76 | M 245 | 00:24:30 | 01:05:25.85 | 6:24 | 9.4 |
| 339 | WOŹNIAK HONORATA | 387 | WWW.LIMO300C.COM | SŁAWNO | | K-40 | 25 | K 94 | 00:24:33 | 01:05:28.10 | 6:25 | 9.3 |
| 340 | GÓRECKA JOANNA | 404 | | KOSZALIN | | K-40 | 26 | K 95 | 00:24:40 | 01:05:32.55 | 6:25 | 9.3 |
| 341 | ZIELIŃSKI JAROSŁAW | 395 | | BIAŁOGARD | | M-30 | 89 | M 246 | 00:23:38 | 01:05:40.70 | 6:26 | 9.3 |
| 342 | LEWANDOWSKA DOMINIKA | 183 | | BIAŁOGARD | | K-18 | 18 | K 96 | 00:24:12 | 01:05:41.45 | 6:26 | 9.3 |
| 343 | ŁOSIAK LILIANA | 422 | | KOŁOBRZEG | | K-30 | 43 | K 97 | 00:24:35 | 01:05:52.20 | 6:27 | 9.3 |
| 344 | SZOSTAŁO WIKTOR | 421 | | KOŁOBRZEG | | M-60 | 18 | M 247 | 00:24:35 | 01:05:52.35 | 6:27 | 9.3 |
| 345 | WESOŁY MAŁGORZATA | 359 | | WARSZAWA | | K-18 | 19 | K 98 | 00:24:06 | 01:05:53.65 | 6:27 | 9.3 |
| 346 | KRAWCZUK-KIEŁB ANNA | 166 | | WIEKOWO | | K-40 | 27 | K 99 | 00:24:09 | 01:05:56.25 | 6:27 | 9.3 |
| 347 | ŁUBNIEWSKA NATALIA | 194 | | KOSZALIN | | K-30 | 44 | K 100 | 00:24:05 | 01:06:00.90 | 6:28 | 9.3 |
| 348 | JUSZCZYK AGNIESZKA | 115 | | KOSZALIN | | K-30 | 45 | K 101 | 00:24:21 | 01:06:00.90 | 6:28 | 9.3 |
| 349 | WIKTOROWICZ MAŁGORZATA | 366 | CIOTECZKI.PL | KOSZALIN | | K-40 | 28 | K 102 | 00:24:55 | 01:06:01.50 | 6:28 | 9.3 |
| 350 | MALINOWSKA AGNIESZKA | 203 | CIOTECZKI.PL | KOSZALIN | | K-30 | 46 | K 103 | 00:24:55 | 01:06:02.25 | 6:28 | 9.3 |
| 351 | RASZPLA ILONA | 279 | CIOTECZKI.PL | KOSZALIN | | K-40 | 29 | K 104 | 00:24:55 | 01:06:02.40 | 6:28 | 9.3 |
| 352 | OŚIOWY EWA | 432 | | BIESIEKIERZ | | K-30 | 47 | K 105 | 00:25:45 | 01:06:25.25 | 6:30 | 9.2 |
| 353 | KRAMARZ ANETA | 164 | ROSSBIEGANI | KOSZALIN | | K-30 | 48 | K 106 | 00:26:02 | 01:06:25.45 | 6:30 | 9.2 |
| 354 | POLAŃSKA MAŁGORZATA | 267 | KLUB | KOSZALIN | | K-40 | 30 | K 107 | 00:24:29 | 01:06:44.65 | 6:32 | 9.2 |
| 355 | LIPSKI HENRYK | 186 | SZCZECIN | SZCZECIN | | M-60 | 19 | M 248 | 00:24:01 | 01:06:57.65 | 6:33 | 9.1 |
| 356 | RUSIECKI PAWEŁ | 287 | WSPL SP ZOZ W KOSZALINIE | BIESIEKIERZ | | M-40 | 77 | M 249 | 00:24:27 | 01:06:59.80 | 6:34 | 9.1 |
| 357 | KURCZ BARBARA | 177 | BABECZKI KOSZALIN | KOSZALIN | | K-40 | 31 | K 108 | 00:26:07 | 01:07:50.00 | 6:39 | 9 |
| 358 | SZAFIROWICZ-CHOJNACKA PAULINA | 323 | | KOSZALIN | | K-30 | 49 | K 109 | 00:26:31 | 01:07:54.20 | 6:39 | 9 |
| 359 | CHOJNACKI BARTOSZ | 29 | | KOSZALIN | | M-30 | 90 | M 250 | 00:26:31 | 01:07:54.50 | 6:39 | 9 |
| 360 | BAGIŃSKA AGNIESZKA | 1 | BAJADERKI KOSZALIN | KOSZALIN | | K-30 | 50 | K 110 | 00:25:39 | 01:08:50.45 | 6:44 | 8.9 |
| 361 | KOZŁOWIECKA MAŁGORZATA | 161 | | KOSZALIN | | K-50 | 11 | K 111 | 00:26:27 | 01:09:11.65 | 6:46 | 8.8 |
| 362 | PASEK JAN | 251 | | DUNOWO | | M-60 | 20 | M 251 | 00:24:58 | 01:09:37.20 | 6:49 | 8.8 |
| 363 | KORPAL GRAŻYNA | 153 | ROZBIEGANY KOSZALIN | KOSZALIN | | K-50 | 12 | K 112 | 00:25:21 | 01:09:48.10 | 6:50 | 8.8 |
| 364 | PEŁKA IWONA | 255 | | KOSZALIN | | K-40 | 32 | K 113 | 00:27:35 | 01:10:10.90 | 6:52 | 8.7 |
| 365 | ZIĘTAŁA DANUTA | 397 | KOŁOBRZEG POLSKIE CENTRUM SPA | KOŁOBRZEG | | K-40 | 33 | K 114 | 00:28:00 | 01:11:14.80 | 6:59 | 8.6 |
| 366 | JAKUBOWSKA ANNA | 101 | | KOSZALIN | | K-18 | 20 | K 115 | 00:25:51 | 01:11:19.60 | 6:59 | 8.6 |
| 367 | BRZozowska DOMINIKA | 21 | | STRZEKĘCINO | | K-18 | 21 | K 116 | 00:26:03 | 01:12:09.45 | 7:04 | 8.5 |
| 368 | JARCZAK KATARZYNA | 110 | WOJOWNICZKA WÓDY | SIANÓW | | K-18 | 22 | K 117 | 00:26:06 | 01:13:28.60 | 7:12 | 8.3 |
| 369 | FORNALAK RAFAŁ | 59 | | KOSZALIN | | M-40 | 78 | M 252 | 00:26:26 | 01:17:18.15 | 7:34 | 7.9 |
| 370 | HAUSMAN ANDRZEJ | 83 | KSR ROWERIA | KOSZALIN | | M-60 | 21 | M 253 | 00:27:46 | 01:17:54.60 | 7:38 | 7.9 |
| 371 | SOKOŁOWSKA MAŁGORZATA | 303 | | KOŁCZYGLOWY | | K-18 | 23 | K 118 | 00:23:01 | 01:20:43.95 | 7:54 | 7.6 |
| 372 | STASZEK MARIOLA | 307 | NIEZRZESZONA | KOSZALIN | | K-50 | 13 | K 119 | 00:30:48 | 01:24:40.65 | 8:18 | 7.2 |
| 373 | BARTNIK MARIAN | 3 | TKKF KOSZALIN | KOSZALIN | | M-70+ | 2 | M 254 | 00:31:11 | 01:25:03.30 | 8:20 | 7.2 |
| DQ | BUDZYŃSKA ELŻBIETA | 22 | BBL SŁUPSK | SŁUPSK | | K-50 | DQ | DQ | 00:23:36 | 2016-02-14 | - | - |
| DQ | STRUSIŃSKA ANNA | 318 | | KOSZALIN | | K-18 | DQ | DQ | 00:25:09 | DQ | - | - |

BIEG ZAKOCHANYCH - 10.2KM, K-OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|-------------------------|-----|---------------------|-----------|------|------|--------|-----|----------|-------------|--------|------|
| 1 | KOTARA-PAŁKA MAŁGORZATA | 155 | | KOSZALIN | | K-30 | 1 | K 1 | 00:16:48 | 00:43:51.45 | 4:18 | 14 |
| 2 | KONIECZNA ANKA | 148 | ROZBIEGANY KOSZALIN | KOSZALIN | | K-40 | 1 | K 2 | 00:18:10 | 00:46:09.40 | 4:31 | 13.3 |
| 3 | MERDA KATARZYNA | 213 | MTS HAMER | MIASTKO | | K-30 | 2 | K 3 | 00:17:48 | 00:46:25.05 | 4:33 | 13.2 |
| 4 | CHODOR MARTYNA | 27 | TKKF KOSZALIN | KOSZALIN | | K-30 | 3 | K 4 | 00:18:18 | 00:46:28.00 | 4:33 | 13.2 |
| 5 | SZABLA EWELINA | 414 | MTS HAMER | MIASTKO | | K-30 | 4 | K 5 | 00:17:55 | 00:47:26.65 | 4:39 | 12.9 |

BIEG ZAKOCHANYCH - 10.2KM, K-OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|--------------------------|-----|-------------------------|----------------------|------|------|--------|------|----------|-------------|--------|------|
| 6 | LITWINOWICZ RENATA | 187 | | KOŁOBRZEG | | K-40 | 2 | K 6 | 00:18:31 | 00:47:35.65 | 4:40 | 12.9 |
| 7 | MACHELSKA SYLWIA | 199 | PGB SPORTOWA PACZKA | KOSZALIN | | K-30 | 5 | K 7 | 00:18:28 | 00:47:42.25 | 4:40 | 12.8 |
| 8 | GÓRA AGNIESZKA | 74 | | OKONEK | | K-30 | 6 | K 8 | 00:18:45 | 00:47:51.35 | 4:41 | 12.8 |
| 9 | MEDEL MARTA | 214 | | KOSZALIN | | K-40 | 3 | K 9 | 00:18:44 | 00:48:15.40 | 4:43 | 12.7 |
| 10 | KRZEWIŃSKA MAŁGORZATA | 171 | TKKF KOSZALIN | KOSZALIN | | K-50 | 1 | K 10 | 00:18:44 | 00:48:17.00 | 4:44 | 12.7 |
| 11 | ŁUKASIEWICZ ALEKSANDRA | 196 | DZIKI KOSZALIN | KOSZALIN | | K-30 | 7 | K 11 | 00:18:31 | 00:48:17.20 | 4:44 | 12.7 |
| 12 | FRONTCZAK IZABELA | 60 | TKKF KOSZALIN | SZCZECINEK | | K-18 | 1 | K 12 | 00:17:50 | 00:48:21.70 | 4:44 | 12.7 |
| 13 | CHORAŻY KAROLINA | 33 | | KOSZALIN | | K-18 | 2 | K 13 | 00:18:49 | 00:48:59.50 | 4:48 | 12.5 |
| 14 | JANICKA KATARZYNA | 104 | BAJADERKI KOSZALIN | KOSZALIN | | K-30 | 8 | K 14 | 00:18:33 | 00:49:00.55 | 4:48 | 12.5 |
| 15 | ZIENTARSKA JOANNA | 420 | ŚWIAT PLYTEK U KRYSPIŃ | BYTÓW | | K-40 | 4 | K 15 | 00:18:34 | 00:49:19.00 | 4:50 | 12.4 |
| 16 | DĄBROWSKA ANNA | 40 | | KOSZALIN | | K-30 | 9 | K 16 | 00:19:16 | 00:50:23.90 | 4:56 | 12.1 |
| 17 | MAZURKIEWICZ JOLANTA | 210 | KLUB | MŚCICE | | K-18 | 3 | K 17 | 00:19:46 | 00:50:25.55 | 4:56 | 12.1 |
| 18 | WOLF WERONIKA | 386 | | SIANÓW | | K-40 | 5 | K 18 | 00:19:32 | 00:51:07.20 | 5:00 | 12 |
| 19 | MRUGALSKA MAGDALENA | 227 | | KOSZALIN | | K-18 | 4 | K 19 | 00:19:21 | 00:51:10.10 | 5:01 | 12 |
| 20 | RYNKIEWICZ ALDONA | 288 | | KOSZALIN | | K-18 | 5 | K 20 | 00:18:59 | 00:51:28.95 | 5:02 | 11.9 |
| 21 | ŁANGOWSKA IWONA | 191 | KOŁOBRZEG BIEGA | KOŁOBRZEG | | K-50 | 2 | K 21 | 00:21:49 | 00:52:16.35 | 5:07 | 11.7 |
| 22 | HAŁAJKO MAGDALENA | 429 | | KOSZALIN | | K-30 | 10 | K 22 | 00:19:23 | 00:52:23.95 | 5:08 | 11.7 |
| 23 | PETA RENATA | 257 | MTS HAMER MIASTKO | MIASTKO | | K-30 | 11 | K 23 | 00:20:11 | 00:52:28.90 | 5:08 | 11.7 |
| 24 | WALCZAK AGNIESZKA | 356 | | KOSZALIN | | K-40 | 6 | K 24 | 00:20:01 | 00:52:57.85 | 5:11 | 11.6 |
| 25 | LENKIEWICZ MARTA | 180 | | TRZEBIATÓW | | K-30 | 12 | K 25 | 00:20:07 | 00:53:02.25 | 5:11 | 11.5 |
| 26 | ZAKRZEWSKA AGATA | 390 | | TRZEBIATÓW | | K-30 | 13 | K 26 | 00:20:22 | 00:53:08.00 | 5:12 | 11.5 |
| 27 | BROVCHENKO SYLWIA | 19 | ŚWIAT PLYTEK U KRYSPIŃ | BYTÓW | | K-18 | 6 | K 27 | 00:20:11 | 00:53:08.65 | 5:12 | 11.5 |
| 28 | SZYMAŃSKA EWA | 337 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | | K-40 | 7 | K 28 | 00:20:57 | 00:53:09.00 | 5:12 | 11.5 |
| 29 | GIEMZA AGNIESZKA | 66 | | SŁUPSK | | K-30 | 14 | K 29 | 00:19:58 | 00:53:15.75 | 5:13 | 11.5 |
| 30 | SACHARZEWSKA ANNA | 289 | | STARE BIELICE | | K-30 | 15 | K 30 | 00:20:47 | 00:54:03.65 | 5:17 | 11.3 |
| 31 | TYLUŚ SYLWIA | 349 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | | K-30 | 16 | K 31 | 00:21:03 | 00:54:10.35 | 5:18 | 11.3 |
| 32 | HOC AGNIESZKA | 87 | | KOŁOBRZEG | | K-30 | 17 | K 32 | 00:21:46 | 00:54:14.15 | 5:19 | 11.3 |
| 33 | NOWAK-IGNACAK MONIKA | 240 | | BIAŁOGARD | | K-40 | 8 | K 33 | 00:21:27 | 00:54:24.70 | 5:20 | 11.2 |
| 34 | DĄBROWSKA ALICJA | 39 | ROZBIEGANY KOSZALIN | SIANÓW | | K-50 | 3 | K 34 | 00:21:23 | 00:54:24.85 | 5:20 | 11.2 |
| 35 | WAWRZYNIUK-NOWACZYK ANNA | 358 | | KOSZALIN | | K-30 | 18 | K 35 | 00:21:16 | 00:54:36.70 | 5:21 | 11.2 |
| 36 | UZNAŃSKA AGATA | 352 | | KOŁOBRZEG | | K-50 | 4 | K 36 | 00:21:12 | 00:55:13.60 | 5:24 | 11.1 |
| 37 | FLESMAN ELIZA | 57 | | KOSZALIN | | K-18 | 7 | K 37 | 00:19:40 | 00:55:16.60 | 5:25 | 11.1 |
| 38 | MALINOWSKA MAŁGORZATA | 202 | STR-ŚWIDWIN | ŚWIDWIN | | K-50 | 5 | K 38 | 00:21:29 | 00:55:34.75 | 5:26 | 11 |
| 39 | JABŁOŃSKA KATARZYNA | 97 | | TYCHOWO | | K-40 | 9 | K 39 | 00:22:15 | 00:55:36.45 | 5:27 | 11 |
| 40 | MAZUREK BARBARA | 209 | BABECZKI KOSZALIN | KOSZALIN | | K-30 | 19 | K 40 | 00:21:18 | 00:55:42.60 | 5:27 | 11 |
| 41 | STOJEWSKA KATARZYNA | 313 | B/K | SŁAWNO | | K-18 | 8 | K 41 | 00:20:46 | 00:55:43.00 | 5:27 | 11 |
| 42 | KOBUS EMILIA | 140 | | KOSZALIN | | K-30 | 20 | K 42 | 00:21:13 | 00:55:48.00 | 5:28 | 11 |
| 43 | WOCH MAŁGORZATA | 377 | | KOSZALIN | | K-50 | 6 | K 43 | 00:21:58 | 00:55:59.35 | 5:29 | 10.9 |
| 44 | KOMOROWSKA BEATA | 146 | BEZ KLUBU | KOSZALIN | | K-30 | 21 | K 44 | 00:21:10 | 00:56:05.85 | 5:30 | 10.9 |
| 45 | MALESZA-HOUSIN JOANNA | 201 | | KOSZALIN | | K-40 | 10 | K 45 | 00:21:48 | 00:56:08.35 | 5:30 | 10.9 |
| 46 | SZYCA MAŁGORZATA | 336 | | BYTÓW | | K-18 | 9 | K 46 | 00:21:08 | 00:56:14.40 | 5:30 | 10.9 |
| 47 | CHMIELEWSKA MAŁGORZATA | 25 | | STARGARD SZCZECIŃSKI | | K-18 | 10 | K 47 | 00:21:19 | 00:56:21.55 | 5:31 | 10.9 |
| 48 | JANKIEWICZ HELENA | 106 | MTS HAMER | MIASTKO | | K-30 | 22 | K 48 | 00:21:16 | 00:56:30.45 | 5:32 | 10.8 |
| 49 | POLAŃSKA KATARZYNA | 266 | DZIKI KOSZALIN | KOSZALIN | | K-30 | 23 | K 49 | 00:21:15 | 00:56:36.95 | 5:33 | 10.8 |
| 50 | WITKA GRAŻYNA | 373 | KLUB ŁEBA MORS POLAND | GARCZEGORZE | | K-40 | 11 | K 50 | 00:21:30 | 00:56:41.70 | 5:33 | 10.8 |
| 51 | HIROWICZ AGNIESZKA | 408 | | KOSZALIN | | K-30 | 24 | K 51 | 00:21:36 | 00:57:05.80 | 5:35 | 10.7 |
| 52 | ORŁOWSKA MAŁGORZATA | 244 | DZIKI KOSZALIN | KOSZALIN | | K-30 | 25 | K 52 | 00:21:14 | 00:57:07.40 | 5:36 | 10.7 |
| 53 | JANKOWSKA MONIKA | 107 | FOLLOW ME SZCZECINEK | SZCZECINEK | | K-18 | 11 | K 53 | 00:21:56 | 00:57:17.70 | 5:36 | 10.7 |
| 54 | MĄDRZYK MAGDALENA | 211 | KLUB | KOŁOBRZEG | | K-30 | 26 | K 54 | 00:22:30 | 00:57:53.10 | 5:40 | 10.6 |
| 55 | PTASZYŃSKA KATARZYNA | 271 | KOŁOBRZEG BIEGA | KOŁOBRZEG | | K-50 | 7 | K 55 | 00:22:32 | 00:57:54.50 | 5:40 | 10.6 |
| 56 | CHODOR IZABELA | 28 | | GORZEBĄDZ | | K-30 | 27 | K 56 | 00:23:38 | 00:57:54.80 | 5:40 | 10.6 |
| 57 | BORUC BARBARA | 14 | | SZCZECINEK | | K-40 | 12 | K 57 | 00:22:12 | 00:57:57.10 | 5:40 | 10.6 |
| 58 | PSTRĄGOWSKA MARLENA | 269 | | KOSZALIN | | K-30 | 28 | K 58 | 00:22:24 | 00:58:36.95 | 5:44 | 10.4 |
| 59 | ZARZYCKA IZABELA | 391 | | USTKA | | K-30 | 29 | K 59 | 00:21:30 | 00:58:38.15 | 5:44 | 10.4 |
| 60 | WŁAŚNIAK JOWITA | 376 | DZIKI KOSZALIN | SŁUPSK | | K-30 | 30 | K 60 | 00:23:22 | 00:58:58.95 | 5:46 | 10.4 |
| 61 | GZELA OLGA | 81 | BIEGNJMY.PL | KOSZALIN | | K-30 | 31 | K 61 | 00:22:00 | 00:58:59.90 | 5:47 | 10.4 |
| 62 | PAWŁOWSKA URSZULA | 254 | | KOSZALIN | | K-30 | 32 | K 62 | 00:22:21 | 00:59:15.45 | 5:48 | 10.3 |

BIEG ZAKOCHANYCH - 10.2KM, K-OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|--------------------------------|-----|-----------------------------------|------------------|------|------|--------|-------|----------|-------------|--------|------|
| 63 | ŁUSZCZEWSKA AGNIESZKA | 197 | ŻYTANIA TEAM | ZŁOTÓW | | K-30 | 33 | K 63 | 00:22:34 | 00:59:30.45 | 5:50 | 10.3 |
| 64 | VON BARDELEBEN AGNIESZKA | 354 | BABECZKI KOSZALIN | KOSZALIN | | K-40 | 13 | K 64 | 00:23:07 | 00:59:35.95 | 5:50 | 10.3 |
| 65 | MOŻEJO ANNA | 224 | BABECZKI.PL | KOSZALIN | | K-30 | 34 | K 65 | 00:23:09 | 00:59:37.25 | 5:50 | 10.3 |
| 66 | HRANKOWSKA MONIKA | 89 | | SŁUPSK | | K-18 | 12 | K 66 | 00:23:23 | 00:59:50.70 | 5:51 | 10.2 |
| 67 | KOŁODZIEJCZAK AGNIESZKA | 144 | PARKRUN SZCZECINEK | TUROWO | | K-40 | 14 | K 67 | 00:23:12 | 00:59:55.90 | 5:52 | 10.2 |
| 68 | BŁOŃSKA AGNIESZKA | 9 | BABECZKI KOSZALIN | KOSZALIN | | K-40 | 15 | K 68 | 00:23:27 | 01:00:10.50 | 5:54 | 10.2 |
| 69 | JAKUBCZYK AGNIESZKA | 100 | BABECZKI KOSZALIN | STRZEGIŁNO | | K-18 | 13 | K 69 | 00:23:27 | 01:00:13.10 | 5:54 | 10.2 |
| 70 | ZWOLAK BASIA | 400 | | KOSZALIN | | K-40 | 16 | K 70 | 00:24:22 | 01:00:13.10 | 5:54 | 10.2 |
| 71 | SZUBERT AGNIESZKA | 331 | | USTRONIE MORSKIE | | K-30 | 35 | K 71 | 00:22:30 | 01:00:18.20 | 5:54 | 10.1 |
| 72 | MARCZAK MAŁGORZATA | 205 | | ŻELKOWO | | K-50 | 8 | K 72 | 00:22:10 | 01:00:36.65 | 5:56 | 10.1 |
| 73 | BOGACZ KATARZYNA | 10 | B/K | SŁAWNO | | K-30 | 36 | K 73 | 00:21:38 | 01:00:37.70 | 5:56 | 10.1 |
| 74 | KŁYK OLIMPIA | 138 | DZIKI KOSZALIN | KOSZALIN | | K-18 | 14 | K 74 | 00:21:22 | 01:00:48.40 | 5:57 | 10.1 |
| 75 | GAWIECKA MARIOLA | 62 | | KOSZALIN | | K-40 | 17 | K 75 | 00:23:03 | 01:01:08.00 | 5:59 | 10 |
| 76 | CHOŁUJ JOANNA | 30 | | KOSZALIN | | K-18 | 15 | K 76 | 00:23:37 | 01:01:43.85 | 6:03 | 9.9 |
| 77 | STASZEWSKA ANETA | 308 | BRAK | SZCZECINEK | | K-40 | 18 | K 77 | 00:23:12 | 01:02:03.30 | 6:05 | 9.9 |
| 78 | DĘBOWSKA-SZCZYTKOWSKA IZABELLA | 43 | K.B.SPRINT ŚWIDWIN | ŚWIDWIN | | K-40 | 19 | K 78 | 00:24:06 | 01:02:05.75 | 6:05 | 9.9 |
| 79 | NOWACKA ELŻBIETA | 238 | | KOSZALIN | | K-40 | 20 | K 79 | 00:23:29 | 01:02:24.75 | 6:07 | 9.8 |
| 80 | SULIGA-KRAKOWIAK AGNIESZKA | 321 | | CZARNE | | K-40 | 21 | K 80 | 00:23:39 | 01:02:26.30 | 6:07 | 9.8 |
| 81 | IWANKIEWICZ JUSTYNA | 95 | | KOSZALIN | | K-30 | 37 | K 81 | 00:23:37 | 01:02:47.75 | 6:09 | 9.7 |
| 82 | TREJDER MARIA | 347 | BAJADERKI KOSZALIN | KOSZALIN | | K-40 | 22 | K 82 | 00:23:50 | 01:03:01.05 | 6:10 | 9.7 |
| 83 | NIEMCZUK ANNA | 234 | | KOSZALIN | | K-50 | 9 | K 83 | 00:24:36 | 01:03:09.85 | 6:11 | 9.7 |
| 84 | PACZYŃSKA IWONA | 248 | | KOSZALIN | | K-40 | 23 | K 84 | 00:24:09 | 01:03:13.00 | 6:11 | 9.7 |
| 85 | PIOR EWA | 261 | NIEZRZESZONA | GRUDZIĄDZ | | K-50 | 10 | K 85 | 00:24:30 | 01:03:25.20 | 6:13 | 9.6 |
| 86 | SZULC MARTYNA | 333 | GRYF LOK BIAŁOGARD / RUNNERS TEAM | BIAŁOGARD | | K-18 | 16 | K 86 | 00:24:16 | 01:03:50.55 | 6:15 | 9.6 |
| 87 | FIJAŁKOWSKA MAŁGORZATA | 56 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | | K-30 | 38 | K 87 | 00:21:47 | 01:03:53.20 | 6:15 | 9.6 |
| 88 | PASEK PAULA | 250 | | DUNOWO | | K-30 | 39 | K 88 | 00:23:10 | 01:04:16.55 | 6:18 | 9.5 |
| 89 | BORSUK DOROTA | 13 | | KOSZALIN | | K-40 | 24 | K 89 | 00:24:20 | 01:04:17.85 | 6:18 | 9.5 |
| 90 | DĄBROWSKA KATARZYNA | 38 | ROZBIEGANY KOSZALIN | SIAŃÓW | | K-18 | 17 | K 90 | 00:23:10 | 01:04:27.25 | 6:19 | 9.5 |
| 91 | PEWIŃSKA JUSTYNA | 259 | JW 1223 | KOSZALIN | | K-30 | 40 | K 91 | 00:24:01 | 01:04:51.85 | 6:21 | 9.4 |
| 92 | STEC EDYTA | 310 | BABECZKI.PL | KOSZALIN | | K-30 | 41 | K 92 | 00:24:09 | 01:04:52.70 | 6:21 | 9.4 |
| 93 | SZCZYGIELSKA ALEKSANDRA | 326 | | KOŁOBRZEG | | K-30 | 42 | K 93 | 00:24:06 | 01:04:59.95 | 6:22 | 9.4 |
| 94 | WOŹNIAK HONORATA | 387 | WWW.LIMO300C.COM | SŁAWNO | | K-40 | 25 | K 94 | 00:24:33 | 01:05:28.10 | 6:25 | 9.3 |
| 95 | GÓRECKA JOANNA | 404 | | KOSZALIN | | K-40 | 26 | K 95 | 00:24:40 | 01:05:32.55 | 6:25 | 9.3 |
| 96 | LEWANDOWSKA DOMINIKA | 183 | | BIAŁOGARD | | K-18 | 18 | K 96 | 00:24:12 | 01:05:41.45 | 6:26 | 9.3 |
| 97 | ŁOSIAK LILIANA | 422 | | KOŁOBRZEG | | K-30 | 43 | K 97 | 00:24:35 | 01:05:52.20 | 6:27 | 9.3 |
| 98 | WESOŁY MAŁGORZATA | 359 | | WARSZAWA | | K-18 | 19 | K 98 | 00:24:06 | 01:05:53.65 | 6:27 | 9.3 |
| 99 | KRAWCZUK-KIEŁB ANNA | 166 | | WIEKOWO | | K-40 | 27 | K 99 | 00:24:09 | 01:05:56.25 | 6:27 | 9.3 |
| 100 | ŁUBNIEWSKA NATALIA | 194 | | KOSZALIN | | K-30 | 44 | K 100 | 00:24:05 | 01:06:00.90 | 6:28 | 9.3 |
| 101 | JUSZCZYK AGNIESZKA | 115 | | KOSZALIN | | K-30 | 45 | K 101 | 00:24:21 | 01:06:00.90 | 6:28 | 9.3 |
| 102 | WIKTOROWICZ MAŁGORZATA | 366 | CIOTECZKI.PL | KOSZALIN | | K-40 | 28 | K 102 | 00:24:55 | 01:06:01.50 | 6:28 | 9.3 |
| 103 | MALINOWSKA AGNIESZKA | 203 | CIOTECZKI.PL | KOSZALIN | | K-30 | 46 | K 103 | 00:24:55 | 01:06:02.25 | 6:28 | 9.3 |
| 104 | RASZPLA ILONA | 279 | CIOTECZKI.PL | KOSZALIN | | K-40 | 29 | K 104 | 00:24:55 | 01:06:02.40 | 6:28 | 9.3 |
| 105 | OSIOWY EWA | 432 | | BIESIEKIERZ | | K-30 | 47 | K 105 | 00:25:45 | 01:06:25.25 | 6:30 | 9.2 |
| 106 | KRAMARZ ANETA | 164 | ROSSBIEGANI | KOSZALIN | | K-30 | 48 | K 106 | 00:26:02 | 01:06:25.45 | 6:30 | 9.2 |
| 107 | POLAŃSKA MAŁGORZATA | 267 | KLUB | KOSZALIN | | K-40 | 30 | K 107 | 00:24:29 | 01:06:44.65 | 6:32 | 9.2 |
| 108 | KURCZ BARBARA | 177 | BABECZKI KOSZALIN | KOSZALIN | | K-40 | 31 | K 108 | 00:26:07 | 01:07:50.00 | 6:39 | 9 |
| 109 | SZAFIROWICZ-CHOJNACKA PAULINA | 323 | | KOSZALIN | | K-30 | 49 | K 109 | 00:26:31 | 01:07:54.20 | 6:39 | 9 |
| 110 | BAGIŃSKA AGNIESZKA | 1 | BAJADERKI KOSZALIN | KOSZALIN | | K-30 | 50 | K 110 | 00:25:39 | 01:08:50.45 | 6:44 | 8.9 |
| 111 | KOZŁOWIECKA MAŁGORZATA | 161 | | KOSZALIN | | K-50 | 11 | K 111 | 00:26:27 | 01:09:11.65 | 6:46 | 8.8 |
| 112 | KORPAL GRAŻYNA | 153 | ROZBIEGANY KOSZALIN | KOSZALIN | | K-50 | 12 | K 112 | 00:25:21 | 01:09:48.10 | 6:50 | 8.8 |
| 113 | PEŁKA IWONA | 255 | | KOSZALIN | | K-40 | 32 | K 113 | 00:27:35 | 01:10:10.90 | 6:52 | 8.7 |
| 114 | ZIĘTAŁA DANUTA | 397 | KOŁOBRZEG POLSKIE CENTRUM SPA | KOŁOBRZEG | | K-40 | 33 | K 114 | 00:28:00 | 01:11:14.80 | 6:59 | 8.6 |
| 115 | JAKUBOWSKA ANNA | 101 | | KOSZALIN | | K-18 | 20 | K 115 | 00:25:51 | 01:11:19.60 | 6:59 | 8.6 |
| 116 | BRZozowska DOMINIKA | 21 | | STRZEKĘCINO | | K-18 | 21 | K 116 | 00:26:03 | 01:12:09.45 | 7:04 | 8.5 |
| 117 | JARCZAK KATARZYNA | 110 | WOJOWNICZKA WÓDY | SIAŃÓW | | K-18 | 22 | K 117 | 00:26:06 | 01:13:28.60 | 7:12 | 8.3 |
| 118 | SOKOŁOWSKA MAŁGORZATA | 303 | | KOŁCZYGLÓWY | | K-18 | 23 | K 118 | 00:23:01 | 01:20:43.95 | 7:54 | 7.6 |
| 119 | STASZEK MARIOLA | 307 | NIEZRZESZONA | KOSZALIN | | K-50 | 13 | K 119 | 00:30:48 | 01:24:40.65 | 8:18 | 7.2 |

BIEG ZAKOCHANYCH - 10.2KM, K-OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|--------------------|-----|------------|-----------|------|------|--------|-----|----------|-------|--------|------|
| DQ | BUDZYŃSKA ELŻBIETA | 22 | BBL SŁUPSK | SŁUPSK | | K-50 | DQ | DQ | 00:23:36 | DQ | - | - |
| DQ | STRUSIŃSKA ANNA | 318 | | KOSZALIN | | K-18 | DQ | DQ | 00:25:09 | DQ | - | - |

BIEG ZAKOCHANYCH - 10.2KM, M-OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|------------------------|-----|---------------------------------------|---------------|------|------|--------|------|----------|-------------|--------|------|
| 1 | WITKOWSKI MATEUSZ | 375 | KL ISKRA BIAŁOGARD | KOSZALIN | | M-18 | 1 | M 1 | 00:13:21 | 00:34:15.65 | 3:21 | 17.9 |
| 2 | WASZCZUK TOMASZ | 357 | WASZCZUK TEAM | WARZYMICE | | M-30 | 1 | M 2 | 00:14:17 | 00:37:25.75 | 3:40 | 16.3 |
| 3 | IGNACZAK PIOTR | 93 | KB.10 BIAŁOGARD | BIAŁOGARD | | M-18 | 2 | M 3 | 00:15:10 | 00:39:05.10 | 3:49 | 15.7 |
| 4 | GARSKI KRYSPIŃ | 407 | ŚWIAT PŁYTEK U KRYSPIŃA / SEXYRUNNERS | BYTÓW | | M-40 | 1 | M 4 | 00:15:10 | 00:39:23.35 | 3:51 | 15.5 |
| 5 | FAMULSKI CEZARY | 54 | FORMA ROSNOWO | ROSNOWO | | M-30 | 2 | M 5 | 00:15:34 | 00:39:31.25 | 3:52 | 15.5 |
| 6 | WIDONIAK RAFAL | 360 | BIEGNIJMY.PL | KOSZALIN | | M-40 | 2 | M 6 | 00:15:10 | 00:39:54.65 | 3:54 | 15.3 |
| 7 | KAMIENIECKI RAFAL | 123 | TUPOT-USTKA | USTKA | | M-30 | 3 | M 7 | 00:15:09 | 00:40:15.30 | 3:56 | 15.2 |
| 8 | PLUTA GRZEGORZ | 263 | KB HERMES GRYFINO | NOWE CZARNOWO | | M-50 | 1 | M 8 | 00:15:48 | 00:40:31.75 | 3:58 | 15.1 |
| 9 | GÓRA SYLWESTER | 73 | | OKONEK | | M-40 | 3 | M 9 | 00:15:47 | 00:40:32.10 | 3:58 | 15.1 |
| 10 | ROKOSZ RADOSŁAW | 284 | JW 1223 | KOSZALIN | | M-30 | 4 | M 10 | 00:15:45 | 00:40:47.35 | 3:59 | 15 |
| 11 | USTIANOWSKI WOJCIECH | 351 | JW1223 | KOSZALIN | | M-18 | 3 | M 11 | 00:15:34 | 00:41:06.70 | 4:01 | 14.9 |
| 12 | SIEMIĄTKOWSKI ROBERT | 292 | RUNNERSWALDE DARŁOWO | DARŁOWO | | M-30 | 5 | M 12 | 00:15:36 | 00:41:13.50 | 4:02 | 14.8 |
| 13 | BARTOSIŃSKI BARTŁOMIEJ | 5 | DECATHLON | BORZĘCIN DUŻY | | M-18 | 4 | M 13 | 00:16:04 | 00:41:39.10 | 4:05 | 14.7 |
| 14 | KOŚCIELNIAK ROBERT | 154 | TKKF KOSZALIN | KOSZALIN | | M-50 | 2 | M 14 | 00:16:21 | 00:41:51.80 | 4:06 | 14.6 |
| 15 | KORCZYŃSKI SŁAWOMIR | 151 | DECATHLON KOSZALIN | KOSZALIN | | M-18 | 5 | M 15 | 00:15:56 | 00:42:05.35 | 4:07 | 14.5 |
| 16 | CHUDY HENRYK | 34 | K S OLSZEWSKI I SYNOWIE SŁAWSKO | SŁAWSKO | | M-60 | 1 | M 16 | 00:16:00 | 00:42:07.85 | 4:07 | 14.5 |
| 17 | SOBCZYK ŁUKASZ | 299 | KOŁOBRZEG BIEGA | KOŁOBRZEG | | M-40 | 4 | M 17 | 00:16:05 | 00:42:08.75 | 4:07 | 14.5 |
| 18 | BAJGERT ROBERT | 2 | VOLTAIX.PL/KB WYGAN | KOŁOBRZEG | | M-40 | 5 | M 18 | 00:16:12 | 00:42:10.00 | 4:08 | 14.5 |
| 19 | WOJCIECHOWICZ JACEK | 416 | | KOSZALIN | | M-30 | 6 | M 19 | 00:15:45 | 00:42:36.05 | 4:10 | 14.4 |
| 20 | MODRZEJEWSKI MATEUSZ | 222 | KOCHAM ASIE !! | KOSZALIN | | M-18 | 6 | M 20 | 00:16:40 | 00:42:48.15 | 4:11 | 14.3 |
| 21 | MOKSA DARIUSZ | 223 | | SIANÓW | | M-18 | 7 | M 21 | 00:15:39 | 00:42:53.40 | 4:12 | 14.3 |
| 22 | UZNAŃSKI RYSZARD | 353 | | KOŁOBRZEG | | M-40 | 6 | M 22 | 00:16:06 | 00:42:57.55 | 4:12 | 14.2 |
| 23 | LESZCZYŃSKI MARCIN | 182 | WWW.GARROSH.PL | RYMAŃ | | M-40 | 7 | M 23 | 00:16:53 | 00:43:05.45 | 4:13 | 14.2 |
| 24 | KATRYCZ ZBIGNIEW | 130 | | ŚWIERCZYNA | | M-50 | 3 | M 24 | 00:16:21 | 00:43:09.65 | 4:13 | 14.2 |
| 25 | KAPUŚCIŃSKI ROBERT | 127 | JW 1223 KOSZALIN | KOSZALIN | | M-30 | 7 | M 25 | 00:16:23 | 00:43:43.30 | 4:17 | 14 |
| 26 | HABUŁYK TOMASZ | 82 | | PRZECHELEWO | | M-40 | 8 | M 26 | 00:17:05 | 00:43:45.90 | 4:17 | 14 |
| 27 | DĘGA RYSZARD | 44 | TUPOT-USTKA | USTKA | | M-60 | 2 | M 27 | 00:16:55 | 00:43:47.65 | 4:17 | 14 |
| 28 | CZYŻEWSKI JANUSZ | 37 | KOŁOBRZEG BIEGA MARATON TEAM | KOŁOBRZEG | | M-50 | 4 | M 28 | 00:16:45 | 00:43:49.55 | 4:17 | 14 |
| 29 | SZYMCAK HENRYK | 340 | | SŁONINO | | M-40 | 9 | M 29 | 00:17:36 | 00:44:00.00 | 4:18 | 13.9 |
| 30 | MICKIEWICZ ADAM | 219 | 36DROP MRZEŻYNO | MRZEŻYNO | | M-18 | 8 | M 30 | 00:16:27 | 00:44:01.25 | 4:18 | 13.9 |
| 31 | SKIERKA GRZEGORZ | 296 | MKS ŚWIĘC SŁAWNNO | KWASOWO | | M-30 | 8 | M 31 | 00:17:27 | 00:44:12.50 | 4:20 | 13.8 |
| 32 | PLAŻAŁSKI PRZEMYSŁAW | 264 | BRAK | BROJCE | | M-30 | 9 | M 32 | 00:17:05 | 00:44:17.15 | 4:20 | 13.8 |
| 33 | IWANOWSKI RAFAL | 96 | | TRZEBIATOW | | M-30 | 10 | M 33 | 00:17:05 | 00:44:17.40 | 4:20 | 13.8 |
| 34 | WINKEL JERZY | 371 | | KOSZALIN | | M-40 | 10 | M 34 | 00:16:23 | 00:44:19.10 | 4:20 | 13.8 |
| 35 | ZIELIŃSKI MATEUSZ | 394 | SŁONECZNY PATROL KOSZALIN | KOSZALIN | | M-18 | 9 | M 35 | 00:17:53 | 00:44:19.90 | 4:20 | 13.8 |
| 36 | MROCZKOWSKI MAREK | 226 | ROZBIEGANY KOSZALIN | KOSZALIN | | M-30 | 11 | M 36 | 00:17:27 | 00:44:21.35 | 4:20 | 13.8 |
| 37 | JAMNIAK BARTOSZ | 103 | MTS HAMER MIASTKO | MIASTKO | | M-18 | 10 | M 37 | 00:16:27 | 00:44:29.50 | 4:21 | 13.8 |
| 38 | MALINOWSKI MARIUSZ | 204 | | KOSZALIN | | M-30 | 12 | M 38 | 00:16:57 | 00:44:32.65 | 4:22 | 13.7 |
| 39 | SZKOŁUDA MIŁOSZ | 328 | | POLANÓW | | M-18 | 11 | M 39 | 00:16:39 | 00:44:34.00 | 4:22 | 13.7 |
| 40 | BOGDANOWICZ KRZYSZTOF | 11 | TKKF KOSZALIN | KOSZALIN | | M-50 | 5 | M 40 | 00:16:56 | 00:44:38.10 | 4:22 | 13.7 |
| 41 | KRUK MARCIN | 169 | XXX | KOSZALIN | | M-30 | 13 | M 41 | 00:16:51 | 00:44:53.55 | 4:24 | 13.6 |
| 42 | GIEŁDA JĘDRZEJ | 65 | SMASHING PĄPKINS | KOSZALIN | | M-30 | 14 | M 42 | 00:16:58 | 00:44:54.75 | 4:24 | 13.6 |
| 43 | KALWAT MARCIN | 121 | 21 BLT | ŚWIDWIN | | M-18 | 12 | M 43 | 00:16:55 | 00:45:06.50 | 4:25 | 13.6 |
| 44 | ZIÓŁKOWSKI WOJCIECH | 399 | KB 'GOCH' BYTÓW | OKONEK | | M-30 | 15 | M 44 | 00:17:31 | 00:45:15.15 | 4:26 | 13.5 |
| 45 | EMILIT GRZEGORZ | 51 | | KARLINO | | M-30 | 16 | M 45 | 00:17:33 | 00:45:19.75 | 4:26 | 13.5 |
| 46 | JAKUBOWSKI KRYSPIAN | 405 | | DARŁOWO | | M-30 | 17 | M 46 | 00:17:57 | 00:45:24.10 | 4:27 | 13.5 |
| 47 | BONISŁAWSKI JAROSŁAW | 12 | B/K | SŁAWNNO | | M-30 | 18 | M 47 | 00:18:45 | 00:45:34.40 | 4:28 | 13.4 |
| 48 | WALASEK ROBERT | 355 | BARCZEWSKI TEAM | KOŁOBRZEG | | M-18 | 13 | M 48 | 00:17:32 | 00:45:42.45 | 4:28 | 13.4 |

BIEG ZAKOCHANYCH - 10.2KM, M-OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|-------------------------|-----|--|---------------------|------|------|--------|-------|----------|-------------|--------|------|
| 49 | JAKUBOWSKI KAROL | 102 | 2BZ | TRZEBNICA | | M-18 | 14 | M 49 | 00:17:24 | 00:45:42.60 | 4:28 | 13.4 |
| 50 | GRZYWA ROMAN | 79 | 18.WOG | WEJHEROWO | | M-40 | 11 | M 50 | 00:17:42 | 00:45:45.95 | 4:29 | 13.4 |
| 51 | JANKIEWICZ TOMASZ | 105 | MTS HAMER MIASTKO | MIASTKO | | M-40 | 12 | M 51 | 00:17:25 | 00:46:02.75 | 4:30 | 13.3 |
| 52 | WINKEL ŁUKASZ | 370 | | KOSZALIN | | M-40 | 13 | M 52 | 00:17:37 | 00:46:07.70 | 4:31 | 13.3 |
| 53 | ZIOMKO RAFAŁ | 398 | | KOŁOBRZEG | | M-40 | 14 | M 53 | 00:18:17 | 00:46:08.40 | 4:31 | 13.3 |
| 54 | LEWICZ JAN | 185 | | REDZIKOWO | | M-30 | 19 | M 54 | 00:17:32 | 00:46:09.20 | 4:31 | 13.3 |
| 55 | WIECZOREK WOJCIECH | 361 | | ŚWIDWIN | | M-30 | 20 | M 55 | 00:18:29 | 00:46:09.20 | 4:31 | 13.3 |
| 56 | OLEJNIK BARTŁOMIEJ | 242 | ŻYTANIA TEAM | KOSZALIN | | M-30 | 21 | M 56 | 00:18:02 | 00:46:11.10 | 4:31 | 13.3 |
| 57 | STRUMIŃSKI RAFAŁ | 317 | ŻYTANIA TEAM | KOSZALIN | | M-30 | 22 | M 57 | 00:18:01 | 00:46:16.25 | 4:32 | 13.2 |
| 58 | CHOŁUJ JAROSŁAW | 32 | | KOSZALIN | | M-40 | 15 | M 58 | 00:18:28 | 00:46:18.25 | 4:32 | 13.2 |
| 59 | KUBIŃSKI RAFAŁ | 174 | ALLIANZ RUNNING TEAM | SŁUPSK | | M-50 | 6 | M 59 | 00:17:33 | 00:46:21.20 | 4:32 | 13.2 |
| 60 | PETA ANDRZEJ | 258 | MTS HAMER MIASTKO | MIASTKO | | M-40 | 16 | M 60 | 00:17:45 | 00:46:22.55 | 4:32 | 13.2 |
| 61 | WOCH EDWARD | 378 | | KOSZALIN | | M-50 | 7 | M 61 | 00:18:10 | 00:46:26.35 | 4:33 | 13.2 |
| 62 | MERDA PIOTR | 212 | MTS HAMER | MIASTKO | | M-30 | 23 | M 62 | 00:17:25 | 00:46:26.90 | 4:33 | 13.2 |
| 63 | WIERZBICKI JAKUB | 365 | | ŚWIDWIN | | M-30 | 24 | M 63 | 00:17:33 | 00:46:29.80 | 4:33 | 13.2 |
| 64 | KURLAPSKI MARIUSZ | 178 | STR ŚWIDWIN | ŚWIDWIN | | M-40 | 17 | M 64 | 00:17:48 | 00:47:07.15 | 4:37 | 13 |
| 65 | WÓJCİK DAMIAN | 389 | RUNNERSWALDE DARŁOWO | DARŁOWO | | M-40 | 18 | M 65 | 00:17:59 | 00:47:08.55 | 4:37 | 13 |
| 66 | KSZCZANOWICZ JACEK | 172 | | KOŁOBRZEG | | M-40 | 19 | M 66 | 00:18:14 | 00:47:14.80 | 4:37 | 13 |
| 67 | JAROSZEWSKI DANIEL | 411 | | KOSZALIN | | M-30 | 25 | M 67 | 00:17:48 | 00:47:15.65 | 4:38 | 12.9 |
| 68 | GÓRECKI MIROŚLAW | 428 | CZARNY KOŃ | KOSZALIN | | M-40 | 20 | M 68 | 00:18:34 | 00:47:16.15 | 4:38 | 12.9 |
| 69 | BIL ADRIAN | 8 | | KOSZALIN | | M-30 | 26 | M 69 | 00:18:00 | 00:47:21.40 | 4:38 | 12.9 |
| 70 | ROSZCZYŃSKI MICHAŁ | 285 | | GDYNIA | | M-30 | 27 | M 70 | 00:18:11 | 00:47:22.20 | 4:38 | 12.9 |
| 71 | ZIELIŃSKI PRZEMYSŁAW | 396 | | OLSZTYN | | M-40 | 21 | M 71 | 00:18:23 | 00:47:25.40 | 4:38 | 12.9 |
| 72 | WILKOWSKI KRZYSZTOF | 369 | | KOSZALIN | | M-30 | 28 | M 72 | 00:17:55 | 00:47:26.50 | 4:39 | 12.9 |
| 73 | KAMYK PIOTR | 125 | MH KOSZALIN IT SERWIS WWW.MH-INFORMATYKA.PL | KOSZALIN | | M-30 | 29 | M 73 | 00:18:17 | 00:47:29.25 | 4:39 | 12.9 |
| 74 | ZWOLIŃSKI JAN | 401 | TKKF KOSZALIN | WIERCISZEWO | | M-40 | 22 | M 74 | 00:18:22 | 00:47:32.90 | 4:39 | 12.9 |
| 75 | SKOWYRSKI JANUSZ | 297 | TKKF KOSZALIN/ROWERIA KOSZALIN | BIESIEKIERZ | | M-50 | 8 | M 75 | 00:18:45 | 00:47:33.75 | 4:39 | 12.9 |
| 76 | JAROSZ DARIUSZ | 112 | TKKF KOSZALIN | SUCHA KOSZALIŃSKA | | M-40 | 23 | M 76 | 00:18:46 | 00:47:34.00 | 4:39 | 12.9 |
| 77 | ŁABEJSZA ŁUKASZ | 190 | WOJOWNICY WODY | KOSZALIN | | M-30 | 30 | M 77 | 00:18:55 | 00:47:39.50 | 4:40 | 12.8 |
| 78 | BUTOWICZ ADAM | 23 | | SZCZECINEK | | M-50 | 9 | M 78 | 00:18:42 | 00:47:42.85 | 4:40 | 12.8 |
| 79 | CHMIEŁOWIEC WŁADYSŁAW | 26 | | SZCZECIN | | M-50 | 10 | M 79 | 00:18:19 | 00:47:46.95 | 4:41 | 12.8 |
| 80 | NOGA SEBASTIAN | 236 | TKKF KOSZALIN | KOSZALIN | | M-18 | 15 | M 80 | 00:18:07 | 00:47:51.05 | 4:41 | 12.8 |
| 81 | GRZYSTEK MARCIN | 78 | | SITNO | | M-30 | 31 | M 81 | 00:18:34 | 00:47:57.10 | 4:42 | 12.8 |
| 82 | OGRÓDNIK GRZEGORZ | 241 | JW1223 | KOSZALIN | | M-40 | 24 | M 82 | 00:18:26 | 00:48:01.40 | 4:42 | 12.7 |
| 83 | WOJCIECHOWSKI ADRIAN | 381 | AMADEUS CROSSTRaining GYM | KOSZALIN | | M-18 | 16 | M 83 | 00:18:29 | 00:48:04.75 | 4:42 | 12.7 |
| 84 | LEWANDOWSKI MAREK | 184 | | INOWROCŁAW | | M-30 | 32 | M 84 | 00:19:10 | 00:48:04.95 | 4:42 | 12.7 |
| 85 | STOJEWSKI JAROSŁAW | 314 | B/K | SŁAWNO | | M-30 | 33 | M 85 | 00:17:49 | 00:48:06.25 | 4:43 | 12.7 |
| 86 | JABŁOŃSKI ARKADIUSZ | 98 | | TYCHOWO | | M-40 | 25 | M 86 | 00:18:37 | 00:48:08.90 | 4:43 | 12.7 |
| 87 | RAMA JANUSZ | 277 | KOŁOBRZEG | KOŁOBRZEG | | M-40 | 26 | M 87 | 00:19:21 | 00:48:18.05 | 4:44 | 12.7 |
| 88 | PUŚCIAN KRZYSZTOF KAMIL | 273 | GIMNAZJUM W MANOWIE | MANOWO | | M-40 | 27 | M 88 | 00:18:27 | 00:48:24.75 | 4:44 | 12.6 |
| 89 | KAJKOWSKI RAFAŁ | 118 | CS SP KOSZALIN | KOSZALIN | | M-40 | 28 | M 89 | 00:18:56 | 00:48:28.75 | 4:45 | 12.6 |
| 90 | WILIŃSKI MAREK | 368 | | ŚWIDWIN | | M-50 | 11 | M 90 | 00:18:46 | 00:48:33.50 | 4:45 | 12.6 |
| 91 | SIWIK STANISŁAW | 295 | | KOSZALIN | | M-30 | 34 | M 91 | 00:18:32 | 00:48:33.60 | 4:45 | 12.6 |
| 92 | DEMBICKI DANIEL | 42 | | NOWE BIELICE | | M-40 | 29 | M 92 | 00:18:24 | 00:48:38.05 | 4:46 | 12.6 |
| 93 | KĄŻMIERCZAK DAWID | 133 | SAMOCHODÓWKA KOSZALIN | STARE BIELICE | | M-18 | 17 | M 93 | 00:18:29 | 00:48:38.05 | 4:46 | 12.6 |
| 94 | KRASIŃSKI WITOLD | 165 | | KOSZALIN | | M-40 | 30 | M 94 | 00:18:37 | 00:48:42.30 | 4:46 | 12.6 |
| 95 | NACHYŁA PAWEŁ | 230 | DZIKI KOSZALIN | KOSZALIN | | M-18 | 18 | M 95 | 00:17:51 | 00:48:42.75 | 4:46 | 12.6 |
| 96 | KITŁOWSKI MARCIN | 137 | KLUB | CZARNE | | M-30 | 35 | M 96 | 00:18:48 | 00:48:45.80 | 4:46 | 12.6 |
| 97 | JANUSZEWSKI JACEK | 109 | NIEZRZESZONY | KOSZALIN | | M-50 | 12 | M 97 | 00:18:25 | 00:48:48.70 | 4:47 | 12.5 |
| 98 | ŚWIETLIK TOMASZ | 344 | | KOSZALIN | | M-50 | 13 | M 98 | 00:18:54 | 00:48:49.40 | 4:47 | 12.5 |
| 99 | CUBER WOJCIECH | 36 | | PODGAJE | | M-30 | 36 | M 99 | 00:18:48 | 00:48:54.75 | 4:47 | 12.5 |
| 100 | WIERZBICKI SYLWESTER | 364 | RUNNERSWALDE DARŁOWO | DOMASŁOWICE/DARŁOWO | | M-30 | 37 | M 100 | 00:19:09 | 00:48:55.00 | 4:47 | 12.5 |
| 101 | MĘDEL CEZARY | 215 | | KOSZALIN | | M-40 | 31 | M 101 | 00:18:48 | 00:48:55.15 | 4:47 | 12.5 |
| 102 | ROGOŻA IRENEUSZ | 283 | | KOSZALIN | | M-40 | 32 | M 102 | 00:18:27 | 00:48:59.55 | 4:48 | 12.5 |
| 103 | NAKONIECZNY RAFAŁ | 231 | BAJADERKI KOSZALIN | KOSZALIN | | M-30 | 38 | M 103 | 00:18:34 | 00:49:01.15 | 4:48 | 12.5 |
| 104 | ŁABAŃSKI WALDEMAR | 189 | | KOSZALIN | | M-18 | 19 | M 104 | 00:18:27 | 00:49:01.60 | 4:48 | 12.5 |

BIEG ZAKOCHANYCH - 10.2KM, M-OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|-----------------------|-----|-------------------------|-------------|------|------|--------|-------|----------|-------------|--------|------|
| 105 | CHWALEBA JAN | 35 | | KOSZALIN | | M-50 | 14 | M 105 | 00:19:14 | 00:49:09.35 | 4:49 | 12.4 |
| 106 | WIELGUS PAWEŁ | 362 | OKONEK | OKONEK | | M-30 | 39 | M 106 | 00:18:51 | 00:49:09.70 | 4:49 | 12.4 |
| 107 | IWANIEC DARIUSZ | 94 | OSP SIERAKOWO | SIERAKOWO | | M-40 | 33 | M 107 | 00:18:46 | 00:49:14.55 | 4:49 | 12.4 |
| 108 | SOROKA PIOTR | 304 | | KOSZALIN | | M-30 | 40 | M 108 | 00:18:51 | 00:49:22.70 | 4:50 | 12.4 |
| 109 | KAMELSKI PIOTR | 122 | B/K | SŁAWNO | | M-40 | 34 | M 109 | 00:19:20 | 00:49:23.30 | 4:50 | 12.4 |
| 110 | KUKIEŁA TOMASZ | 175 | | KOSZALIN | | M-30 | 41 | M 110 | 00:19:44 | 00:49:26.40 | 4:50 | 12.4 |
| 111 | DUDZIAK PIOTR | 48 | | KOSZALIN | | M-40 | 35 | M 111 | 00:18:48 | 00:49:29.85 | 4:51 | 12.4 |
| 112 | ŻYWICKI BARTOSZ | 402 | DZIKI KOSZALIN | KOSZALIN | | M-30 | 42 | M 112 | 00:18:45 | 00:49:38.20 | 4:51 | 12.3 |
| 113 | NIEMCZUK DARIUSZ | 235 | | KOSZALIN | | M-50 | 15 | M 113 | 00:20:00 | 00:49:39.10 | 4:52 | 12.3 |
| 114 | KACHLICKI KAMIL | 116 | | KOSZALIN | | M-40 | 36 | M 114 | 00:19:08 | 00:49:47.00 | 4:52 | 12.3 |
| 115 | MRUGALSKI DAMIAN | 229 | | KOSZALIN | | M-30 | 43 | M 115 | 00:20:08 | 00:49:50.35 | 4:53 | 12.3 |
| 116 | ŁOPIŃSKI PIOTR | 192 | | DREZDENKO | | M-30 | 44 | M 116 | 00:18:40 | 00:50:04.15 | 4:54 | 12.2 |
| 117 | GOŃKA KRZYSZTOF | 71 | | KOSZALIN | | M-18 | 20 | M 117 | 00:18:20 | 00:50:05.65 | 4:54 | 12.2 |
| 118 | KASPERSKI MIROSŁAW | 129 | B-RUN-EK KOSZALIN | KOSZALIN | | M-40 | 37 | M 118 | 00:19:17 | 00:50:06.90 | 4:54 | 12.2 |
| 119 | MARKOWSKI ANDRZEJ | 207 | TKKF KOSZALIN | KOSZALIN | | M-60 | 3 | M 119 | 00:18:53 | 00:50:09.15 | 4:55 | 12.2 |
| 120 | PEŁKA JANUSZ | 256 | | KOSZALIN | | M-50 | 16 | M 120 | 00:18:46 | 00:50:15.50 | 4:55 | 12.2 |
| 121 | WITKA PIOTR | 374 | KLUB ŁEBA MORS POLAND | GARCZEGORZE | | M-50 | 17 | M 121 | 00:18:53 | 00:50:21.50 | 4:56 | 12.2 |
| 122 | RAJNER KRZYSZTOF | 276 | | KOSZALIN | | M-30 | 45 | M 122 | 00:20:41 | 00:50:22.85 | 4:56 | 12.1 |
| 123 | KUBALA MATEUSZ | 173 | | KOSZALIN | | M-18 | 21 | M 123 | 00:18:07 | 00:50:23.70 | 4:56 | 12.1 |
| 124 | PSTRĄGOWSKI MARCIN | 270 | | KOSZALIN | | M-30 | 46 | M 124 | 00:18:37 | 00:50:25.45 | 4:56 | 12.1 |
| 125 | MICHAŁAK MICHAŁ | 217 | DZIKI KOSZALIN | KOSZALIN | | M-30 | 47 | M 125 | 00:18:03 | 00:50:29.40 | 4:56 | 12.1 |
| 126 | SZPILER KRZYSZTOF | 329 | | KOSZALIN | | M-18 | 22 | M 126 | 00:19:46 | 00:50:31.70 | 4:57 | 12.1 |
| 127 | DZIĘBOWSKI MARIUSZ | 50 | | KOSZALIN | | M-30 | 48 | M 127 | 00:18:50 | 00:50:33.55 | 4:57 | 12.1 |
| 128 | ŚWIĘTOŃ RAFAŁ | 345 | | KOSZALIN | | M-30 | 49 | M 128 | 00:20:08 | 00:50:34.45 | 4:57 | 12.1 |
| 129 | KANIOWSKI JACEK | 126 | W.P.K SŁOŃ TEAM USTKA | SŁAWNO | | M-40 | 38 | M 129 | 00:19:07 | 00:50:40.30 | 4:58 | 12.1 |
| 130 | CHOŁUJ KAROL | 31 | ZAWSZE DO PRZODU | KOSZALIN | | M-30 | 50 | M 130 | 00:18:58 | 00:50:41.80 | 4:58 | 12.1 |
| 131 | SUGIER MICHAŁ | 320 | NMC | KOSZALIN | | M-30 | 51 | M 131 | 00:19:32 | 00:50:47.85 | 4:58 | 12 |
| 132 | KOZŁOWIECKI WALDEMAR | 162 | TKKF KOSZALIN | KOSZALIN | | M-60 | 4 | M 132 | 00:19:44 | 00:50:54.75 | 4:59 | 12 |
| 133 | LINERT MARIUSZ | 423 | | KOŁOBRZEG | | M-18 | 23 | M 133 | 00:18:55 | 00:50:55.90 | 4:59 | 12 |
| 134 | KAŻMIERCZAK TOMASZ | 132 | JW 3937 | KOSZALIN | | M-30 | 52 | M 134 | 00:20:08 | 00:50:56.55 | 4:59 | 12 |
| 135 | DONIGIEWICZ LESZEK | 45 | | KOSZALIN | | M-60 | 5 | M 135 | 00:20:07 | 00:50:58.15 | 4:59 | 12 |
| 136 | CINCIO ROBERT | 433 | | KOSZALIN | | M-30 | 53 | M 136 | 00:18:51 | 00:50:58.75 | 4:59 | 12 |
| 137 | GAWIECKI PIOTR | 63 | | KOSZALIN | | M-40 | 39 | M 137 | 00:19:07 | 00:51:00.80 | 5:00 | 12 |
| 138 | JÓZWIAK MARIUSZ | 114 | | KOSZALIN | | M-30 | 54 | M 138 | 00:19:20 | 00:51:01.65 | 5:00 | 12 |
| 139 | OSOBNAK RYSZARD | 247 | | KOSZALIN | | M-60 | 6 | M 139 | 00:19:50 | 00:51:02.55 | 5:00 | 12 |
| 140 | STANIASZEK BOGUSŁAW | 306 | | GŁOBINO | | M-60 | 7 | M 140 | 00:20:44 | 00:51:05.10 | 5:00 | 12 |
| 141 | RATAJCZYK ROBERT | 281 | | PIŁA | | M-18 | 24 | M 141 | 00:19:34 | 00:51:15.60 | 5:01 | 11.9 |
| 142 | DZIESZUK DARIUSZ | 49 | TKKF KOSZALIN | KOSZALIN | | M-40 | 40 | M 142 | 00:20:02 | 00:51:15.60 | 5:01 | 11.9 |
| 143 | KĘPKA MIROSŁAW | 135 | K.B.SPRINT ŚWIDWIN | ŚWIDWIN | | M-40 | 41 | M 143 | 00:20:03 | 00:51:16.40 | 5:01 | 11.9 |
| 144 | ROGAŁSKI ROBERTO | 282 | ZAWSZE SIĘGAJ WYŻEJ | KOSZALIN | | M-30 | 55 | M 144 | 00:19:34 | 00:51:19.70 | 5:01 | 11.9 |
| 145 | PAKUŁSKI MARCIN | 249 | | KOSZALIN | | M-40 | 42 | M 145 | 00:24:10 | 00:51:24.30 | 5:02 | 11.9 |
| 146 | MIELEWCZYK LESZEK | 221 | LTS ŁĘBORK | ŁĘBORK | | M-60 | 8 | M 146 | 00:19:57 | 00:51:28.90 | 5:02 | 11.9 |
| 147 | KACZMAREK ŁUKASZ | 117 | KLUB | KOSZALIN | | M-30 | 56 | M 147 | 00:19:31 | 00:51:34.35 | 5:03 | 11.9 |
| 148 | STAWISZYŃSKI JAROSŁAW | 309 | FORUM ROZWOJU KOSZALINA | KOSZALIN | | M-30 | 57 | M 148 | 00:20:48 | 00:51:37.40 | 5:03 | 11.9 |
| 149 | SZYMAŃSKI JAROSŁAW | 339 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | | M-40 | 43 | M 149 | 00:20:29 | 00:51:57.95 | 5:05 | 11.8 |
| 150 | RASZPŁA RADOŚLAW | 280 | CIOTECZKI.PL | KOSZALIN | | M-40 | 44 | M 150 | 00:19:23 | 00:51:58.00 | 5:05 | 11.8 |
| 151 | KOZIBRODA MARCIN | 159 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | | M-40 | 45 | M 151 | 00:20:44 | 00:52:00.80 | 5:05 | 11.8 |
| 152 | NOREK TOMEK | 237 | | KOSZALIN | | M-40 | 46 | M 152 | 00:19:56 | 00:52:02.05 | 5:06 | 11.8 |
| 153 | SZULC ARKADIUSZ | 426 | | KOSZALIN | | M-30 | 58 | M 153 | 00:20:24 | 00:52:06.45 | 5:06 | 11.7 |
| 154 | WOJTASIEWICZ WINCENTY | 424 | | JASŁO | | M-60 | 9 | M 154 | 00:19:10 | 00:52:08.45 | 5:06 | 11.7 |
| 155 | DORAWA WOJTEK | 46 | | KOSZALIN | | M-18 | 25 | M 155 | 00:20:37 | 00:52:14.20 | 5:07 | 11.7 |
| 156 | LAS MATEUSZ | 425 | | KOSZALIN | | M-18 | 26 | M 156 | 00:19:25 | 00:52:30.35 | 5:08 | 11.7 |
| 157 | KUŁAKOWSKI DAWID | 176 | AMADORES | KOSZALIN | | M-30 | 59 | M 157 | 00:19:44 | 00:52:53.05 | 5:11 | 11.6 |
| 158 | LENKIEWICZ PIOTR | 181 | | TRZEBIATÓW | | M-30 | 60 | M 158 | 00:20:06 | 00:53:02.50 | 5:11 | 11.5 |
| 159 | POCZĄTEK MICHAŁ | 265 | NIEZRZESZONY | PIŁA | | M-60 | 10 | M 159 | 00:20:29 | 00:53:03.40 | 5:12 | 11.5 |
| 160 | BROVCHENKO JURI | 20 | ŚWIAT PŁYTEK U KRYSPIŃA | BYTÓW | | M-18 | 27 | M 160 | 00:20:12 | 00:53:08.40 | 5:12 | 11.5 |
| 161 | STEFANIAK PIOTR | 311 | KLUB ŁEBA MORS POLAND | ŁĘBORK | | M-50 | 18 | M 161 | 00:21:20 | 00:53:10.80 | 5:12 | 11.5 |

BIEG ZAKOCHANYCH - 10.2KM, M-OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|-----------------------|-----|-------------------------------|----------------|------|-------|--------|-------|----------|-------------|--------|------|
| 162 | SZULC SZYMON | 332 | GRYF LOK \ SZULC RUNNERS TEAM | BIAŁOGARD | | M-30 | 61 | M 162 | 00:21:26 | 00:53:13.20 | 5:13 | 11.5 |
| 163 | HOC DARIUSZ | 86 | | KOŁOBRZEG | | M-40 | 47 | M 163 | 00:21:59 | 00:53:48.95 | 5:16 | 11.4 |
| 164 | DORAWA PIOTR | 47 | | KOSZALIN | | M-18 | 28 | M 164 | 00:20:40 | 00:53:57.70 | 5:17 | 11.3 |
| 165 | KUPREWICZ GRZEGORZ | 415 | | KOSZALIN | | M-30 | 62 | M 165 | 00:20:05 | 00:53:57.80 | 5:17 | 11.3 |
| 166 | MIĄSEK RYSZARD | 216 | | MANOWO | | M-30 | 63 | M 166 | 00:20:32 | 00:54:03.60 | 5:18 | 11.3 |
| 167 | ŚRODA WOJCIECH | 343 | | KOSZALIN | | M-40 | 48 | M 167 | 00:21:44 | 00:54:21.00 | 5:19 | 11.3 |
| 168 | PIOR TOMASZ | 260 | | KONIKOWO | | M-30 | 64 | M 168 | 00:20:45 | 00:54:21.55 | 5:19 | 11.3 |
| 169 | SZULC MAREK | 335 | RUNNERS TEAM | BIAŁOGARD | | M-50 | 19 | M 169 | 00:21:25 | 00:54:24.05 | 5:20 | 11.3 |
| 170 | WOLF EMIL | 385 | | SIANÓW | | M-40 | 49 | M 170 | 00:21:24 | 00:54:25.50 | 5:20 | 11.2 |
| 171 | NAPIERAŁA BOGUMIŁ | 417 | | ROGOWO | | M-50 | 20 | M 171 | 00:20:11 | 00:54:26.10 | 5:20 | 11.2 |
| 172 | SZAFIRSKI MAREK | 324 | CAMINO SŁUPSK | SŁUPSK | | M-50 | 21 | M 172 | 00:21:11 | 00:54:33.95 | 5:20 | 11.2 |
| 173 | NOWACZYK ADRIAN | 239 | | KOSZALIN | | M-30 | 65 | M 173 | 00:21:17 | 00:54:36.45 | 5:21 | 11.2 |
| 174 | HRYCIÓW PAWEŁ | 90 | | BIAŁOGARD | | M-30 | 66 | M 174 | 00:22:07 | 00:54:45.50 | 5:22 | 11.2 |
| 175 | GROCHOWSKI RAFAŁ | 77 | | KOSZALIN | | M-40 | 50 | M 175 | 00:20:41 | 00:54:45.65 | 5:22 | 11.2 |
| 176 | FAJGIER TOMASZ | 52 | | KOSZALIN | | M-40 | 51 | M 176 | 00:21:23 | 00:54:53.35 | 5:22 | 11.1 |
| 177 | ŻYWOT NORBERT | 403 | WT KOŁOBRZEG | KOŁOBRZEG | | M-40 | 52 | M 177 | 00:21:03 | 00:54:55.25 | 5:23 | 11.1 |
| 178 | KOŁAKOWSKI DARIUSZ | 142 | K.B.SPRINT ŚWIDWIN | ŚWIDWIN | | M-40 | 53 | M 178 | 00:21:33 | 00:54:55.50 | 5:23 | 11.1 |
| 179 | KORPAL CEZARY | 152 | ROZBIEGANY KOSZALIN | KOSZALIN | | M-50 | 22 | M 179 | 00:22:53 | 00:54:56.55 | 5:23 | 11.1 |
| 180 | SIENICKI PIOTR | 293 | | KOSZALIN BEACH | | M-40 | 54 | M 180 | 00:21:13 | 00:55:04.95 | 5:24 | 11.1 |
| 181 | NIEDBAŁA KONRAD | 233 | | KOSZALIN | | M-40 | 55 | M 181 | 00:20:51 | 00:55:13.20 | 5:24 | 11.1 |
| 182 | KAZIMIERCZAK LESZEK | 131 | CSSP | NIEKŁONICE | | M-30 | 67 | M 182 | 00:21:14 | 00:55:14.80 | 5:25 | 11.1 |
| 183 | ŁUSZCZEWSKI KRZYSZTOF | 198 | ŻYTANIA TEAM | ZŁOTÓW | | M-30 | 68 | M 183 | 00:21:22 | 00:55:19.35 | 5:25 | 11.1 |
| 184 | MIELCZAREK MACIEJ | 220 | | KOSZALIN | | M-40 | 56 | M 184 | 00:22:42 | 00:55:27.50 | 5:26 | 11 |
| 185 | WOCH ZBIGNIEW | 379 | NIEZRZESZONY | KOSZALIN | | M-60 | 11 | M 185 | 00:20:52 | 00:55:29.75 | 5:26 | 11 |
| 186 | DĄBROWSKI GRZEGORZ | 41 | | KOSZALIN | | M-40 | 57 | M 186 | 00:21:15 | 00:55:30.05 | 5:26 | 11 |
| 187 | RADECKI JACEK | 274 | JW CS SP | KOSZALIN | | M-40 | 58 | M 187 | 00:21:00 | 00:55:36.90 | 5:27 | 11 |
| 188 | HNATOWSKI ARTUR | 85 | DM FC KOSZALIN | KOSZALIN | | M-40 | 59 | M 188 | 00:20:27 | 00:55:38.90 | 5:27 | 11 |
| 189 | SIEPRACKI ADAM | 294 | FORUM ROZWOJU KOSZALINA | KOSZALIN | | M-30 | 69 | M 189 | 00:21:28 | 00:55:39.05 | 5:27 | 11 |
| 190 | ŁUCZEJKO SŁAWOMIR | 195 | TAEM BIEGOWY SZCZECINEK | SZCZECINEK | | M-50 | 23 | M 190 | 00:21:24 | 00:55:41.55 | 5:27 | 11 |
| 191 | WOJANOWSKI ZBIGNIEW | 380 | | GRUDZIĄDZ | | M-50 | 24 | M 191 | 00:21:20 | 00:55:45.10 | 5:27 | 11 |
| 192 | KOBUS MACIEJ | 139 | | KOSZALIN | | M-30 | 70 | M 192 | 00:21:13 | 00:55:48.60 | 5:28 | 11 |
| 193 | KURŁOWICZ KRZYSZTOF | 427 | | KOSZALIN | | M-30 | 71 | M 193 | 00:20:41 | 00:55:58.15 | 5:29 | 10.9 |
| 194 | GŁOWACKI WŁODZIMIERZ | 68 | NIEZRZESZONY | KOSZALIN | | M-70+ | 1 | M 194 | 00:20:07 | 00:56:03.90 | 5:29 | 10.9 |
| 195 | GIGOŁO ŁUKASZ | 67 | SUNDAYBIKERS KARLINO TEAM | KARLINO | | M-40 | 60 | M 195 | 00:20:29 | 00:56:05.25 | 5:30 | 10.9 |
| 196 | KAMIŃSKI TOMASZ | 124 | JW1223 | KOSZALIN | | M-30 | 72 | M 196 | 00:20:54 | 00:56:06.35 | 5:30 | 10.9 |
| 197 | KOPREK ŁUKASZ | 150 | SŁONECZNY PATROL KOSZALIN | KOSZALIN | | M-30 | 73 | M 197 | 00:21:19 | 00:56:21.20 | 5:31 | 10.9 |
| 198 | MARCZAK ANDRZEJ | 206 | | ŻELKOWO | | M-50 | 25 | M 198 | 00:21:50 | 00:56:22.20 | 5:31 | 10.9 |
| 199 | ŁUKASZYK ANDRZEJ | 410 | | KOSZALIN | | M-40 | 61 | M 199 | 00:21:41 | 00:56:30.55 | 5:32 | 10.8 |
| 200 | GIZIŃSKI MARCIN | 430 | | KOSZALIN | | M-30 | 74 | M 200 | 00:21:19 | 00:56:33.85 | 5:32 | 10.8 |
| 201 | KOWALCZYK PIOTR | 156 | - | KOSZALIN | | M-30 | 75 | M 201 | 00:21:06 | 00:56:37.15 | 5:33 | 10.8 |
| 202 | GUDZIŃSKI LECH | 80 | | KOSZALIN | | M-60 | 12 | M 202 | 00:21:49 | 00:56:41.75 | 5:33 | 10.8 |
| 203 | BAK ZBIGNIEW | 6 | RUNNERSWALDE | DARŁOWO | | M-30 | 76 | M 203 | 00:21:48 | 00:56:58.80 | 5:35 | 10.7 |
| 204 | OLINSKI AREK | 243 | | SIANÓW | | M-30 | 77 | M 204 | 00:22:09 | 00:57:00.00 | 5:35 | 10.7 |
| 205 | SKOWRON ADAM | 434 | | KOSZALIN | | M-30 | 78 | M 205 | 00:21:33 | 00:57:02.10 | 5:35 | 10.7 |
| 206 | SOBOLEWSKI MAREK | 302 | | KOSZALIN | | M-40 | 62 | M 206 | 00:21:15 | 00:57:03.60 | 5:35 | 10.7 |
| 207 | KARNICKI ZYGMUNT | 128 | TKKF KOSZALIN | KOSZALIN | | M-60 | 13 | M 207 | 00:21:35 | 00:57:05.85 | 5:35 | 10.7 |
| 208 | MATEJKO MARCIN | 208 | TYCHOWO | TYCHOWO | | M-18 | 29 | M 208 | 00:22:18 | 00:57:08.70 | 5:36 | 10.7 |
| 209 | NAPIERAŁA MARCIN | 232 | | KOSZALIN | | M-30 | 79 | M 209 | 00:22:20 | 00:57:09.75 | 5:36 | 10.7 |
| 210 | KOWALCZYK STANISŁAW | 157 | NIEZRZESZONY | ŚWIDWIN | | M-60 | 14 | M 210 | 00:21:46 | 00:57:16.70 | 5:36 | 10.7 |
| 211 | TURCZYN GRZEGORZ | 348 | NIGHT RUNNERS SŁUPSK | SŁUPSK | | M-40 | 63 | M 211 | 00:21:47 | 00:57:21.70 | 5:37 | 10.7 |
| 212 | BENEDYSIUK SŁAWOMIR | 419 | | KOSZALIN | | M-40 | 64 | M 212 | 00:21:18 | 00:57:33.40 | 5:38 | 10.6 |
| 213 | KOWALENKO ROBERT | 418 | | BIAŁOGARD | | M-30 | 80 | M 213 | 00:21:01 | 00:57:57.10 | 5:40 | 10.6 |
| 214 | BORUC JACEK | 15 | | SZCZECINEK | | M-50 | 26 | M 214 | 00:22:12 | 00:57:57.55 | 5:40 | 10.6 |
| 215 | KOZŁOWSKI TOMASZ | 160 | | KOSZALIN | | M-30 | 81 | M 215 | 00:19:58 | 00:58:15.70 | 5:42 | 10.5 |
| 216 | WOLAŃSKI MARIUSZ | 384 | KLUB | KOŁOBRZEG | | M-50 | 27 | M 216 | 00:22:30 | 00:58:35.80 | 5:44 | 10.4 |
| 217 | ZARZYCKI DARIUSZ | 392 | | USTKA | | M-30 | 82 | M 217 | 00:18:44 | 00:58:37.25 | 5:44 | 10.4 |
| 218 | JĘDRASZCZYK MAREK | 113 | WŁ SŁUPSK | SŁUPSK | | M-40 | 65 | M 218 | 00:21:37 | 00:58:49.90 | 5:46 | 10.4 |

BIEG ZAKOCHANYCH - 10.2KM, M-OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|------------------------|-----|--------------------------|-------------|------|-------|--------|-------|----------|-------------|--------|------|
| 219 | SLEDŹ ANDRZEJ | 342 | WŁ SŁUPSK | SŁUPSK | | M-40 | 66 | M 219 | 00:21:39 | 00:58:50.45 | 5:46 | 10.4 |
| 220 | KIPER JAROSŁAW | 406 | JW 1223 | STRZEKĘCINO | | M-40 | 67 | M 220 | 00:22:14 | 00:58:58.35 | 5:46 | 10.4 |
| 221 | IGNACAK MARCIN | 92 | | BIAŁOGARD | | M-30 | 83 | M 221 | 00:21:29 | 00:59:04.80 | 5:47 | 10.4 |
| 222 | SZULC ADAM | 334 | RUNNERS TEAM | BIAŁOGARD | | M-18 | 30 | M 222 | 00:22:44 | 00:59:05.25 | 5:47 | 10.4 |
| 223 | MUSZYŃSKI JACEK | 409 | GOCH BYTÓW | BYTÓW | | M-60 | 15 | M 223 | 00:22:24 | 00:59:12.80 | 5:48 | 10.3 |
| 224 | GORT MATEUSZ | 431 | | KOSZALIN | | M-18 | 31 | M 224 | 00:18:47 | 00:59:22.80 | 5:49 | 10.3 |
| 225 | HELLER ZDZIŚLAW | 84 | NIEZRZESZONY | KOSZALIN | | M-60 | 16 | M 225 | 00:23:15 | 00:59:45.10 | 5:51 | 10.2 |
| 226 | KOŁODZIEJCZAK GRZEGORZ | 143 | PARKRUN SZCZECINEK | TUROWO | | M-40 | 68 | M 226 | 00:23:12 | 00:59:55.95 | 5:52 | 10.2 |
| 227 | JAKÓBCZAK DAREK | 99 | | KOSZALIN | | M-40 | 69 | M 227 | 00:24:22 | 01:00:08.70 | 5:53 | 10.2 |
| 228 | MAJCHRZAK PAWEŁ | 200 | | KARLINO | | M-40 | 70 | M 228 | 00:21:31 | 01:00:09.45 | 5:53 | 10.2 |
| 229 | URBAŃSKI ALEKSANDER | 350 | 17WOG KOSZALIN | KOSZALIN | | M-40 | 71 | M 229 | 00:22:59 | 01:00:13.70 | 5:54 | 10.2 |
| 230 | ORYSZCZYN ARKADIUSZ | 245 | | KOSZALIN | | M-30 | 84 | M 230 | 00:22:33 | 01:00:15.50 | 5:54 | 10.2 |
| 231 | GAWLIK ARTUR | 64 | | KOSZALIN | | M-30 | 85 | M 231 | 00:22:25 | 01:00:28.50 | 5:55 | 10.1 |
| 232 | HAMUŁKA KRZYSZTOF | 413 | | ŚWIESZYNO | | M-40 | 72 | M 232 | 00:21:46 | 01:01:13.35 | 6:00 | 10 |
| 233 | GRELA MACIEJ | 76 | FOLLOW ME SZCZECINEK | SZCZECINEK | | M-18 | 32 | M 233 | 00:22:37 | 01:01:19.85 | 6:00 | 10 |
| 234 | WIERZBICKI KACPER | 363 | JW 1223 | KOSZALIN | | M-18 | 33 | M 234 | 00:22:22 | 01:01:31.10 | 6:01 | 9.9 |
| 235 | JANKOWSKI REMIGIUSZ | 4 | | KOŁOBRZEG | | M-30 | 86 | M 235 | 00:24:06 | 01:02:00.50 | 6:04 | 9.9 |
| 236 | SZCZYTKOWSKI MAREK | 327 | K.B.SPRINT ŚWIDWIN | ŚWIDWIN | | M-40 | 73 | M 236 | 00:24:06 | 01:02:05.80 | 6:05 | 9.9 |
| 237 | KONIECZKA PIOTR | 147 | | KOSZALIN | | M-40 | 74 | M 237 | 00:23:44 | 01:02:49.20 | 6:09 | 9.7 |
| 238 | KOWALEWSKI DANIEL | 158 | BAŁTYK-TRANSPORT TEAM | KOSZALIN | | M-30 | 87 | M 238 | 00:23:48 | 01:03:00.15 | 6:10 | 9.7 |
| 239 | PAULIŃSKI JAN | 252 | | KOSZALIN | | M-60 | 17 | M 239 | 00:24:36 | 01:03:09.80 | 6:11 | 9.7 |
| 240 | PIOR MIROŚLAW | 262 | NIEZRZESZONY | GRUDZIĄDZ | | M-50 | 28 | M 240 | 00:24:30 | 01:03:24.70 | 6:13 | 9.7 |
| 241 | PAWLIK MATEUSZ | 253 | | KOŁOBRZEG | | M-18 | 34 | M 241 | 00:23:51 | 01:03:46.50 | 6:15 | 9.6 |
| 242 | SZYMAŃSKI TOMASZ | 338 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | | M-40 | 75 | M 242 | 00:21:46 | 01:03:52.95 | 6:15 | 9.6 |
| 243 | TELEGA MICHAŁ | 346 | | KOSZALIN | | M-30 | 88 | M 243 | 00:24:19 | 01:04:41.90 | 6:20 | 9.5 |
| 244 | SCHMIDT DARIUSZ | 290 | | KOŁOBRZEG | | M-50 | 29 | M 244 | 00:24:48 | 01:05:08.60 | 6:23 | 9.4 |
| 245 | WOŹNIAK DARIUSZ | 388 | WWW.LIMO300C.COM | SŁAWNO | | M-40 | 76 | M 245 | 00:24:30 | 01:05:25.85 | 6:24 | 9.4 |
| 246 | ZIELIŃSKI JAROSŁAW | 395 | | BIAŁOGARD | | M-30 | 89 | M 246 | 00:23:38 | 01:05:40.70 | 6:26 | 9.3 |
| 247 | SZOSTAŁO WIKTOR | 421 | | KOŁOBRZEG | | M-60 | 18 | M 247 | 00:24:35 | 01:05:52.35 | 6:27 | 9.3 |
| 248 | LIPSKI HENRYK | 186 | SZCZECIN | SZCZECIN | | M-60 | 19 | M 248 | 00:24:01 | 01:06:57.65 | 6:33 | 9.1 |
| 249 | RUSIECKI PAWEŁ | 287 | WSPL SP ZOZ W KOSZALINIE | BIESIEKIERZ | | M-40 | 77 | M 249 | 00:24:27 | 01:06:59.80 | 6:34 | 9.1 |
| 250 | CHOJNACKI BARTOSZ | 29 | | KOSZALIN | | M-30 | 90 | M 250 | 00:26:31 | 01:07:54.50 | 6:39 | 9 |
| 251 | PASEK JAN | 251 | | DUNOWO | | M-60 | 20 | M 251 | 00:24:58 | 01:09:37.20 | 6:49 | 8.8 |
| 252 | FORNALAK RAFAŁ | 59 | | KOSZALIN | | M-40 | 78 | M 252 | 00:26:26 | 01:17:18.15 | 7:34 | 7.9 |
| 253 | HAUSMAN ANDRZEJ | 83 | KSR ROWERIA | KOSZALIN | | M-60 | 21 | M 253 | 00:27:46 | 01:17:54.60 | 7:38 | 7.9 |
| 254 | BARTNIK MARIAN | 3 | TKKF KOSZALIN | KOSZALIN | | M-70+ | 2 | M 254 | 00:31:11 | 01:25:03.30 | 8:20 | 7.2 |

BIEG ZAKOCHANYCH - 10.2KM, K-18

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|------------------------|-----|-----------------------------------|----------------------|------|------|--------|------|----------|-------------|--------|------|
| 1 | FRONTCZAK IZABELA | 60 | TKKF KOSZALIN | SZCZECINEK | | K-18 | 1 | K 12 | 00:17:50 | 00:48:21.70 | 4:44 | 12.7 |
| 2 | CHORAŹY KAROLINA | 33 | | KOSZALIN | | K-18 | 2 | K 13 | 00:18:49 | 00:48:59.50 | 4:48 | 12.5 |
| 3 | MAZURKIEWICZ JOLANTA | 210 | KLUB | MŚCICE | | K-18 | 3 | K 17 | 00:19:46 | 00:50:25.55 | 4:56 | 12.1 |
| 4 | MRUGALSKA MAGDALENA | 227 | | KOSZALIN | | K-18 | 4 | K 19 | 00:19:21 | 00:51:10.10 | 5:01 | 12 |
| 5 | RYNKIEWICZ ALDONA | 288 | | KOSZALIN | | K-18 | 5 | K 20 | 00:18:59 | 00:51:28.95 | 5:02 | 11.9 |
| 6 | BRÓVCHENKO SYLWIA | 19 | ŚWIAT PŁYTEK U KRYSPIA | BYTÓW | | K-18 | 6 | K 27 | 00:20:11 | 00:53:08.65 | 5:12 | 11.5 |
| 7 | FLEŚMAN ELIZA | 57 | | KOSZALIN | | K-18 | 7 | K 37 | 00:19:40 | 00:55:16.60 | 5:25 | 11.1 |
| 8 | STOJEWSKA KATARZYNA | 313 | B/K | SŁAWNO | | K-18 | 8 | K 41 | 00:20:46 | 00:55:43.00 | 5:27 | 11 |
| 9 | SZYCA MAŁGORZATA | 336 | | BYTÓW | | K-18 | 9 | K 46 | 00:21:08 | 00:56:14.40 | 5:30 | 10.9 |
| 10 | CHMIELEWSKA MAŁGORZATA | 25 | | STARGARD SZCZECIŃSKI | | K-18 | 10 | K 47 | 00:21:19 | 00:56:21.55 | 5:31 | 10.9 |
| 11 | JANKOWSKA MONIKA | 107 | FOLLOW ME SZCZECINEK | SZCZECINEK | | K-18 | 11 | K 53 | 00:21:56 | 00:57:17.70 | 5:36 | 10.7 |
| 12 | HRANKOWSKA MONIKA | 89 | | SŁUPSK | | K-18 | 12 | K 66 | 00:23:23 | 00:59:50.70 | 5:51 | 10.2 |
| 13 | JAKUBCZYK AGNIESZKA | 100 | BABECZKI KOSZALIN | STRZEGLINO | | K-18 | 13 | K 69 | 00:23:27 | 01:00:13.10 | 5:54 | 10.2 |
| 14 | KŁYK OLIMPIA | 138 | DZIKI KOSZALIN | KOSZALIN | | K-18 | 14 | K 74 | 00:21:22 | 01:00:48.40 | 5:57 | 10.1 |
| 15 | CHOŁUJ JOANNA | 30 | | KOSZALIN | | K-18 | 15 | K 76 | 00:23:37 | 01:01:43.85 | 6:03 | 9.9 |
| 16 | SZULC MARTYNA | 333 | GRYF LOK BIAŁOGARD / RUNNERS TEAM | BIAŁOGARD | | K-18 | 16 | K 86 | 00:24:16 | 01:03:50.55 | 6:15 | 9.6 |

BIEG ZAKOCHANYCH - 10.2KM, K-18 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|-----------------------|-----|---------------------|-------------|------|------|--------|-------|----------|-------------|--------|------|
| 17 | DĄBROWSKA KATARZYNA | 38 | ROZBIEGANY KOSZALIN | SIANÓW | | K-18 | 17 | K 90 | 00:23:10 | 01:04:27.25 | 6:19 | 9.5 |
| 18 | LEWANDOWSKA DOMINIKA | 183 | | BIĄŁOGARD | | K-18 | 18 | K 96 | 00:24:12 | 01:05:41.45 | 6:26 | 9.3 |
| 19 | WESOŁY MAŁGORZATA | 359 | | WARSZAWA | | K-18 | 19 | K 98 | 00:24:06 | 01:05:53.65 | 6:27 | 9.3 |
| 20 | JAKUBOWSKA ANNA | 101 | | KOSZALIN | | K-18 | 20 | K 115 | 00:25:51 | 01:11:19.60 | 6:59 | 8.6 |
| 21 | BRZozowska DOMINIKA | 21 | | STRZEKĘCINO | | K-18 | 21 | K 116 | 00:26:03 | 01:12:09.45 | 7:04 | 8.5 |
| 22 | JARCZAK KATARZYNA | 110 | WOJOWNICZKA WÓDY | SIANÓW | | K-18 | 22 | K 117 | 00:26:06 | 01:13:28.60 | 7:12 | 8.3 |
| 23 | SOKOŁOWSKA MAŁGORZATA | 303 | | KOŁCZYGLÓWY | | K-18 | 23 | K 118 | 00:23:01 | 01:20:43.95 | 7:54 | 7.6 |
| DQ | STRUSIŃSKA ANNA | 318 | | KOSZALIN | | K-18 | DQ | DQ | 00:25:09 | DQ | - | - |

BIEG ZAKOCHANYCH - 10.2KM, M-18

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|------------------------|-----|---------------------------|---------------|------|------|--------|-------|----------|-------------|--------|------|
| 1 | WITKOWSKI MATEUSZ | 375 | KL ISKRA BIAŁOGARD | KOSZALIN | | M-18 | 1 | M 1 | 00:13:21 | 00:34:15.65 | 3:21 | 17.9 |
| 2 | IGNACZAK PIOTR | 93 | KB.10 BIAŁOGARD | BIĄŁOGARD | | M-18 | 2 | M 3 | 00:15:10 | 00:39:05.10 | 3:49 | 15.7 |
| 3 | USTIANOWSKI WOJCIECH | 351 | JW1223 | KOSZALIN | | M-18 | 3 | M 11 | 00:15:34 | 00:41:06.70 | 4:01 | 14.9 |
| 4 | BARTOSIŃSKI BARTŁOMIEJ | 5 | DECATHLON | BORZĘCIN DUŻY | | M-18 | 4 | M 13 | 00:16:04 | 00:41:39.10 | 4:05 | 14.7 |
| 5 | KORCZYŃSKI SŁAWOMIR | 151 | DECATHLON KOSZALIN | KOSZALIN | | M-18 | 5 | M 15 | 00:15:56 | 00:42:05.35 | 4:07 | 14.5 |
| 6 | MODRZEJEWSKI MATEUSZ | 222 | KOCHAM ASIE !! | KOSZALIN | | M-18 | 6 | M 20 | 00:16:40 | 00:42:48.15 | 4:11 | 14.3 |
| 7 | MOKSA DARIUSZ | 223 | | SIANÓW | | M-18 | 7 | M 21 | 00:15:39 | 00:42:53.40 | 4:12 | 14.3 |
| 8 | MICKIEWICZ ADAM | 219 | 36DROP MRZEŻYNO | MRZEŻYNO | | M-18 | 8 | M 30 | 00:16:27 | 00:44:01.25 | 4:18 | 13.9 |
| 9 | ZIELIŃSKI MATEUSZ | 394 | SŁONECZNY PATROL KOSZALIN | KOSZALIN | | M-18 | 9 | M 35 | 00:17:53 | 00:44:19.90 | 4:20 | 13.8 |
| 10 | JAMNIAK BARTOSZ | 103 | MTS HAMER MIASTKO | MIASTKO | | M-18 | 10 | M 37 | 00:16:27 | 00:44:29.50 | 4:21 | 13.8 |
| 11 | SZKOŁUDA MIŁOSZ | 328 | | POLANÓW | | M-18 | 11 | M 39 | 00:16:39 | 00:44:34.00 | 4:22 | 13.7 |
| 12 | KALWAT MARCIN | 121 | 21 BLT | ŚWIDWIN | | M-18 | 12 | M 43 | 00:16:55 | 00:45:06.50 | 4:25 | 13.6 |
| 13 | WALASEK ROBERT | 355 | BARCZEWSKI TEAM | KOŁOBRZEG | | M-18 | 13 | M 48 | 00:17:32 | 00:45:42.45 | 4:28 | 13.4 |
| 14 | JAKUBOWSKI KAROL | 102 | 2BZ | TRZEBNICA | | M-18 | 14 | M 49 | 00:17:24 | 00:45:42.60 | 4:28 | 13.4 |
| 15 | NOGA SEBASTIAN | 236 | TKKF KOSZALIN | KOSZALIN | | M-18 | 15 | M 80 | 00:18:07 | 00:47:51.05 | 4:41 | 12.8 |
| 16 | WOJCIECHOWSKI ADRIAN | 381 | AMADEUS CROSSTRaining GYM | KOSZALIN | | M-18 | 16 | M 83 | 00:18:29 | 00:48:04.75 | 4:42 | 12.7 |
| 17 | KĄŻMIERCZAK DAWID | 133 | SAMOCHODÓWKA KOSZALIN | STARE BIELICE | | M-18 | 17 | M 93 | 00:18:29 | 00:48:38.05 | 4:46 | 12.6 |
| 18 | NACHYŁA PAWEŁ | 230 | DZIKI KOSZALIN | KOSZALIN | | M-18 | 18 | M 95 | 00:17:51 | 00:48:42.75 | 4:46 | 12.6 |
| 19 | ŁABAŃSKI WALDEMAR | 189 | | KOSZALIN | | M-18 | 19 | M 104 | 00:18:27 | 00:49:01.60 | 4:48 | 12.5 |
| 20 | GOŃKA KRZYSZTOF | 71 | | KOSZALIN | | M-18 | 20 | M 117 | 00:18:20 | 00:50:05.65 | 4:54 | 12.2 |
| 21 | KUBALA MATEUSZ | 173 | | KOSZALIN | | M-18 | 21 | M 123 | 00:18:07 | 00:50:23.70 | 4:56 | 12.1 |
| 22 | SZPILER KRZYSZTOF | 329 | | KOSZALIN | | M-18 | 22 | M 126 | 00:19:46 | 00:50:31.70 | 4:57 | 12.1 |
| 23 | LINERT MARIUSZ | 423 | | KOŁOBRZEG | | M-18 | 23 | M 133 | 00:18:55 | 00:50:55.90 | 4:59 | 12 |
| 24 | RATAJCZYK ROBERT | 281 | | PIŁA | | M-18 | 24 | M 141 | 00:19:34 | 00:51:15.60 | 5:01 | 11.9 |
| 25 | DORAWA WOJTEK | 46 | | KOSZALIN | | M-18 | 25 | M 155 | 00:20:37 | 00:52:14.20 | 5:07 | 11.7 |
| 26 | LAS MATEUSZ | 425 | | KOSZALIN | | M-18 | 26 | M 156 | 00:19:25 | 00:52:30.35 | 5:08 | 11.7 |
| 27 | BROVCHENKO JURI | 20 | ŚWIAT PŁYTEK U KRYSPIŃSKA | BYTÓW | | M-18 | 27 | M 160 | 00:20:12 | 00:53:08.40 | 5:12 | 11.5 |
| 28 | DORAWA PIOTR | 47 | | KOSZALIN | | M-18 | 28 | M 164 | 00:20:40 | 00:53:57.70 | 5:17 | 11.3 |
| 29 | MATEJKO MARCIN | 208 | TYCHOWO | TYCHOWO | | M-18 | 29 | M 208 | 00:22:18 | 00:57:08.70 | 5:36 | 10.7 |
| 30 | SZULC ADAM | 334 | RUNNERS TEAM | BIĄŁOGARD | | M-18 | 30 | M 222 | 00:22:44 | 00:59:05.25 | 5:47 | 10.4 |
| 31 | GORT MATEUSZ | 431 | | KOSZALIN | | M-18 | 31 | M 224 | 00:18:47 | 00:59:22.80 | 5:49 | 10.3 |
| 32 | GRELA MACIEJ | 76 | FOLLOW ME SZCZECINEK | SZCZECINEK | | M-18 | 32 | M 233 | 00:22:37 | 01:01:19.85 | 6:00 | 10 |
| 33 | WIERZBICKI KACPER | 363 | JW 1223 | KOSZALIN | | M-18 | 33 | M 234 | 00:22:22 | 01:01:31.10 | 6:01 | 9.9 |
| 34 | PAWLIK MATEUSZ | 253 | | KOŁOBRZEG | | M-18 | 34 | M 241 | 00:23:51 | 01:03:46.50 | 6:15 | 9.6 |

BIEG ZAKOCHANYCH - 10.2KM, K-30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|-------------------------|-----|---------------|-----------|------|------|--------|-----|----------|-------------|--------|------|
| 1 | KOTARA-PAŁKA MAŁGORZATA | 155 | | KOSZALIN | | K-30 | 1 | K 1 | 00:16:48 | 00:43:51.45 | 4:18 | 14 |
| 2 | MERDA KATARZYNA | 213 | MTS HAMER | MIASTKO | | K-30 | 2 | K 3 | 00:17:48 | 00:46:25.05 | 4:33 | 13.2 |
| 3 | CHODOR MARTYNA | 27 | TKKF KOSZALIN | KOSZALIN | | K-30 | 3 | K 4 | 00:18:18 | 00:46:28.00 | 4:33 | 13.2 |

BIEG ZAKOCHANYCH - 10.2KM, K-30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|-------------------------------|-----|-------------------------|------------------|------|------|--------|-------|----------|-------------|--------|------|
| 4 | SZABLA EWELINA | 414 | MTS HAMER | MIASTKO | | K-30 | 4 | K 5 | 00:17:55 | 00:47:26.65 | 4:39 | 12.9 |
| 5 | MACHELSKA SYLWIA | 199 | PGB SPORTOWA PACZKA | KOSZALIN | | K-30 | 5 | K 7 | 00:18:28 | 00:47:42.25 | 4:40 | 12.8 |
| 6 | GÓRA AGNIESZKA | 74 | | OKONEK | | K-30 | 6 | K 8 | 00:18:45 | 00:47:51.35 | 4:41 | 12.8 |
| 7 | ŁUKASIEWICZ ALEKSANDRA | 196 | DZIKI KOSZALIN | KOSZALIN | | K-30 | 7 | K 11 | 00:18:31 | 00:48:17.20 | 4:44 | 12.7 |
| 8 | JANICKA KATARZYNA | 104 | BAJADERKI KOSZALIN | KOSZALIN | | K-30 | 8 | K 14 | 00:18:33 | 00:49:00.55 | 4:48 | 12.5 |
| 9 | DĄBROWSKA ANNA | 40 | | KOSZALIN | | K-30 | 9 | K 16 | 00:19:16 | 00:50:23.90 | 4:56 | 12.1 |
| 10 | HAŁAJKO MAGDALENA | 429 | | KOSZALIN | | K-30 | 10 | K 22 | 00:19:23 | 00:52:23.95 | 5:08 | 11.7 |
| 11 | PETA RENATA | 257 | MTS HAMER MIASTKO | MIASTKO | | K-30 | 11 | K 23 | 00:20:11 | 00:52:28.90 | 5:08 | 11.7 |
| 12 | LENKIEWICZ MARTA | 180 | | TRZEBIATÓW | | K-30 | 12 | K 25 | 00:20:07 | 00:53:02.25 | 5:11 | 11.5 |
| 13 | ZAKRZEWSKA AGATA | 390 | | TRZEBIATÓW | | K-30 | 13 | K 26 | 00:20:22 | 00:53:08.00 | 5:12 | 11.5 |
| 14 | GIEMZA AGNIESZKA | 66 | | SŁUPSK | | K-30 | 14 | K 29 | 00:19:58 | 00:53:15.75 | 5:13 | 11.5 |
| 15 | SACHARZEWSKA ANNA | 289 | | STARE BIELICE | | K-30 | 15 | K 30 | 00:20:47 | 00:54:03.65 | 5:17 | 11.3 |
| 16 | TYLUŚ SYLWIA | 349 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | | K-30 | 16 | K 31 | 00:21:03 | 00:54:10.35 | 5:18 | 11.3 |
| 17 | HOC AGNIESZKA | 87 | | KOŁOBRZEG | | K-30 | 17 | K 32 | 00:21:46 | 00:54:14.15 | 5:19 | 11.3 |
| 18 | WAWRZYNIUK-NOWACZYK ANNA | 358 | | KOSZALIN | | K-30 | 18 | K 35 | 00:21:16 | 00:54:36.70 | 5:21 | 11.2 |
| 19 | MAZUREK BARBARA | 209 | BABECZKI KOSZALIN | KOSZALIN | | K-30 | 19 | K 40 | 00:21:18 | 00:55:42.60 | 5:27 | 11 |
| 20 | KOBUS EMILIA | 140 | | KOSZALIN | | K-30 | 20 | K 42 | 00:21:13 | 00:55:48.00 | 5:28 | 11 |
| 21 | KOMOROWSKA BEATA | 146 | BEZ KLUBU | KOSZALIN | | K-30 | 21 | K 44 | 00:21:10 | 00:56:05.85 | 5:30 | 10.9 |
| 22 | JANKIEWICZ HELENA | 106 | MTS HAMER | MIASTKO | | K-30 | 22 | K 48 | 00:21:16 | 00:56:30.45 | 5:32 | 10.8 |
| 23 | POLAŃSKA KATARZYNA | 266 | | KOSZALIN | | K-30 | 23 | K 49 | 00:21:15 | 00:56:36.95 | 5:33 | 10.8 |
| 24 | HIROWICZ AGNIESZKA | 408 | | KOSZALIN | | K-30 | 24 | K 51 | 00:21:36 | 00:57:05.80 | 5:35 | 10.7 |
| 25 | ORŁOWSKA MAŁGORZATA | 244 | DZIKI KOSZALIN | KOSZALIN | | K-30 | 25 | K 52 | 00:21:14 | 00:57:07.40 | 5:36 | 10.7 |
| 26 | MĄDRZYK MAGDALENA | 211 | KLUB | KOŁOBRZEG | | K-30 | 26 | K 54 | 00:22:30 | 00:57:53.10 | 5:40 | 10.6 |
| 27 | CHODOR IZABELA | 28 | | GORZEBĄDZ | | K-30 | 27 | K 56 | 00:23:38 | 00:57:54.80 | 5:40 | 10.6 |
| 28 | PSTRĄGOWSKA MARLENA | 269 | | KOSZALIN | | K-30 | 28 | K 58 | 00:22:24 | 00:58:36.95 | 5:44 | 10.4 |
| 29 | ZARZYCKA IZABELA | 391 | | USTKA | | K-30 | 29 | K 59 | 00:21:30 | 00:58:38.15 | 5:44 | 10.4 |
| 30 | WŁAŚNIAK JOWITA | 376 | DZIKI KOSZALIN | SŁUPSK | | K-30 | 30 | K 60 | 00:23:22 | 00:58:58.95 | 5:46 | 10.4 |
| 31 | GZELA OLGA | 81 | BIEGNIJMY.PL | KOSZALIN | | K-30 | 31 | K 61 | 00:22:00 | 00:58:59.90 | 5:47 | 10.4 |
| 32 | PAWŁOWSKA URSZULA | 254 | | KOSZALIN | | K-30 | 32 | K 62 | 00:22:21 | 00:59:15.45 | 5:48 | 10.3 |
| 33 | ŁUSZCZEWSKA AGNIESZKA | 197 | ŻYTANIA TEAM | ZŁOTÓW | | K-30 | 33 | K 63 | 00:22:34 | 00:59:30.45 | 5:50 | 10.3 |
| 34 | MOŻEJO ANNA | 224 | BABECZKI.PL | KOSZALIN | | K-30 | 34 | K 65 | 00:23:09 | 00:59:37.25 | 5:50 | 10.3 |
| 35 | SZUBERT AGNIESZKA | 331 | | USTRONIE MORSKIE | | K-30 | 35 | K 71 | 00:22:30 | 01:00:18.20 | 5:54 | 10.1 |
| 36 | BOGACZ KATARZYNA | 10 | B/K | SŁAWNO | | K-30 | 36 | K 73 | 00:21:38 | 01:00:37.70 | 5:56 | 10.1 |
| 37 | IWANKIEWICZ JUSTYNA | 95 | | KOSZALIN | | K-30 | 37 | K 81 | 00:23:37 | 01:02:47.75 | 6:09 | 9.7 |
| 38 | FIJAŁKOWSKA MAŁGORZATA | 56 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | | K-30 | 38 | K 87 | 00:21:47 | 01:03:53.20 | 6:15 | 9.6 |
| 39 | PASEK PAULA | 250 | | DUNOWO | | K-30 | 39 | K 88 | 00:23:10 | 01:04:16.55 | 6:18 | 9.5 |
| 40 | PEWIŃSKA JUSTYNA | 259 | JW 1223 | KOSZALIN | | K-30 | 40 | K 91 | 00:24:01 | 01:04:51.85 | 6:21 | 9.4 |
| 41 | STEC EDYTA | 310 | BABECZKI.PL | KOSZALIN | | K-30 | 41 | K 92 | 00:24:09 | 01:04:52.70 | 6:21 | 9.4 |
| 42 | SZCZYGIELSKA ALEKSANDRA | 326 | | KOŁOBRZEG | | K-30 | 42 | K 93 | 00:24:06 | 01:04:59.95 | 6:22 | 9.4 |
| 43 | ŁOSIAK LILIANA | 422 | | KOŁOBRZEG | | K-30 | 43 | K 97 | 00:24:35 | 01:05:52.20 | 6:27 | 9.3 |
| 44 | ŁUBNIEWSKA NATALIA | 194 | | KOSZALIN | | K-30 | 44 | K 100 | 00:24:05 | 01:06:00.90 | 6:28 | 9.3 |
| 45 | JUSZCZYK AGNIESZKA | 115 | | KOSZALIN | | K-30 | 45 | K 101 | 00:24:21 | 01:06:00.90 | 6:28 | 9.3 |
| 46 | MALINOWSKA AGNIESZKA | 203 | CIOTECZKI.PL | KOSZALIN | | K-30 | 46 | K 103 | 00:24:55 | 01:06:02.25 | 6:28 | 9.3 |
| 47 | OSIOWY EWA | 432 | | BIESIEKIERZ | | K-30 | 47 | K 105 | 00:25:45 | 01:06:25.25 | 6:30 | 9.2 |
| 48 | KRAMARZ ANETA | 164 | ROSSBIEGANI | KOSZALIN | | K-30 | 48 | K 106 | 00:26:02 | 01:06:25.45 | 6:30 | 9.2 |
| 49 | SZAFIROWICZ-CHOJNACKA PAULINA | 323 | | KOSZALIN | | K-30 | 49 | K 109 | 00:26:31 | 01:07:54.20 | 6:39 | 9 |
| 50 | BAGIŃSKA AGNIESZKA | 1 | BAJADERKI KOSZALIN | KOSZALIN | | K-30 | 50 | K 110 | 00:25:39 | 01:08:50.45 | 6:44 | 8.9 |

BIEG ZAKOCHANYCH - 10.2KM, M-30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|----------------------|-----|----------------------|-----------|------|------|--------|------|----------|-------------|--------|------|
| 1 | WASZCZUK TOMASZ | 357 | WASZCZUK TEAM | WARZYMICE | | M-30 | 1 | M 2 | 00:14:17 | 00:37:25.75 | 3:40 | 16.3 |
| 2 | FAMULSKI CEZARY | 54 | FORMA ROSNOWO | ROSNOWO | | M-30 | 2 | M 5 | 00:15:34 | 00:39:31.25 | 3:52 | 15.5 |
| 3 | KAMIENIECKI RAFAŁ | 123 | TUPOT-USTKA | USTKA | | M-30 | 3 | M 7 | 00:15:09 | 00:40:15.30 | 3:56 | 15.2 |
| 4 | ROKOSZ RADOŚLAW | 284 | JW 1223 | KOSZALIN | | M-30 | 4 | M 10 | 00:15:45 | 00:40:47.35 | 3:59 | 15 |
| 5 | SIEMIĄTKOWSKI ROBERT | 292 | RUNNERSWALDE DARŁOWO | DARŁOWO | | M-30 | 5 | M 12 | 00:15:36 | 00:41:13.50 | 4:02 | 14.8 |

BIEG ZAKOCHANYCH - 10.2KM, M-30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|-----------------------|-----|--|---------------------|------|------|--------|-------|----------|-------------|--------|------|
| 6 | WOJCIECHOWICZ JACEK | 416 | | KOSZALIN | | M-30 | 6 | M 19 | 00:15:45 | 00:42:36.05 | 4:10 | 14.4 |
| 7 | KAPUŚCIŃSKI ROBERT | 127 | JW 1223 KOSZALIN | KOSZALIN | | M-30 | 7 | M 25 | 00:16:23 | 00:43:43.30 | 4:17 | 14 |
| 8 | SKIERKA GRZEGORZ | 296 | MKS ŚWIĘC SŁAWNO | KWASOWO | | M-30 | 8 | M 31 | 00:17:27 | 00:44:12.50 | 4:20 | 13.8 |
| 9 | PEŁAŻALSKI PRZEMYSŁAW | 264 | BRAK | BROJCE | | M-30 | 9 | M 32 | 00:17:05 | 00:44:17.15 | 4:20 | 13.8 |
| 10 | IWANOWSKI RAFAŁ | 96 | | TRZEBIATÓW | | M-30 | 10 | M 33 | 00:17:05 | 00:44:17.40 | 4:20 | 13.8 |
| 11 | MROCKOWSKI MAREK | 226 | ROZBIEGANY KOSZALIN | KOSZALIN | | M-30 | 11 | M 36 | 00:17:27 | 00:44:21.35 | 4:20 | 13.8 |
| 12 | MALINOWSKI MARIUSZ | 204 | | KOSZALIN | | M-30 | 12 | M 38 | 00:16:57 | 00:44:32.65 | 4:22 | 13.7 |
| 13 | KRUK MARCIN | 169 | XXX | KOSZALIN | | M-30 | 13 | M 41 | 00:16:51 | 00:44:53.55 | 4:24 | 13.6 |
| 14 | GIEŁDA JĘDRZEJ | 65 | SMASHING PĄPKINS | KOSZALIN | | M-30 | 14 | M 42 | 00:16:58 | 00:44:54.75 | 4:24 | 13.6 |
| 15 | ZIÓŁKOWSKI WOJCIECH | 399 | KB 'GOCH' BYTÓW | OKONEK | | M-30 | 15 | M 44 | 00:17:31 | 00:45:15.15 | 4:26 | 13.5 |
| 16 | EMILIT GRZEGORZ | 51 | | KARLINO | | M-30 | 16 | M 45 | 00:17:33 | 00:45:19.75 | 4:26 | 13.5 |
| 17 | JAKUBOWSKI KRYSZTIAN | 405 | | DARŁOWO | | M-30 | 17 | M 46 | 00:17:57 | 00:45:24.10 | 4:27 | 13.5 |
| 18 | BONISŁAWSKI JAROSŁAW | 12 | B/K | SŁAWNO | | M-30 | 18 | M 47 | 00:18:45 | 00:45:34.40 | 4:28 | 13.4 |
| 19 | LEWICZ JAN | 185 | | REDZIKOWO | | M-30 | 19 | M 54 | 00:17:32 | 00:46:09.20 | 4:31 | 13.3 |
| 20 | WIECZOREK WOJCIECH | 361 | | ŚWIDWIN | | M-30 | 20 | M 55 | 00:18:29 | 00:46:09.20 | 4:31 | 13.3 |
| 21 | OLEJNIK BARTŁOMIEJ | 242 | ŻYTANIA TEAM | KOSZALIN | | M-30 | 21 | M 56 | 00:18:02 | 00:46:11.10 | 4:31 | 13.3 |
| 22 | STRUMIŃSKI RAFAŁ | 317 | ŻYTANIA TEAM | KOSZALIN | | M-30 | 22 | M 57 | 00:18:01 | 00:46:16.25 | 4:32 | 13.2 |
| 23 | MERDA PIOTR | 212 | MTS HAMER | MIASTKO | | M-30 | 23 | M 62 | 00:17:25 | 00:46:26.90 | 4:33 | 13.2 |
| 24 | WIERZBICKI JAKUB | 365 | | ŚWIDWIN | | M-30 | 24 | M 63 | 00:17:33 | 00:46:29.80 | 4:33 | 13.2 |
| 25 | JAROSZEWSKI DANIEL | 411 | | KOSZALIN | | M-30 | 25 | M 67 | 00:17:48 | 00:47:15.65 | 4:38 | 12.9 |
| 26 | BIL ADRIAN | 8 | | KOSZALIN | | M-30 | 26 | M 69 | 00:18:00 | 00:47:21.40 | 4:38 | 12.9 |
| 27 | ROSZCZYŃSKI MICHAŁ | 285 | | GDYNIA | | M-30 | 27 | M 70 | 00:18:11 | 00:47:22.20 | 4:38 | 12.9 |
| 28 | WILKOWSKI KRZYSZTOF | 369 | | KOSZALIN | | M-30 | 28 | M 72 | 00:17:55 | 00:47:26.50 | 4:39 | 12.9 |
| 29 | KAMYK PIOTR | 125 | MH KOSZALIN IT SERWIS WWW.MH-INFORMATYKA.PL | KOSZALIN | | M-30 | 29 | M 73 | 00:18:17 | 00:47:29.25 | 4:39 | 12.9 |
| 30 | ŁABEJSZA ŁUKASZ | 190 | WOJOWNICY WÓDY | KOSZALIN | | M-30 | 30 | M 77 | 00:18:55 | 00:47:39.50 | 4:40 | 12.8 |
| 31 | GRZYSZEK MARCIN | 78 | | SITNO | | M-30 | 31 | M 81 | 00:18:34 | 00:47:57.10 | 4:42 | 12.8 |
| 32 | LEWANDOWSKI MAREK | 184 | | INOWROCŁAW | | M-30 | 32 | M 84 | 00:19:10 | 00:48:04.95 | 4:42 | 12.7 |
| 33 | STOJEWSKI JAROSŁAW | 314 | B/K | SŁAWNO | | M-30 | 33 | M 85 | 00:17:49 | 00:48:06.25 | 4:43 | 12.7 |
| 34 | SIWIK STANISŁAW | 295 | | KOSZALIN | | M-30 | 34 | M 91 | 00:18:32 | 00:48:33.60 | 4:45 | 12.6 |
| 35 | KITŁOWSKI MARCIN | 137 | KLUB | CZARNE | | M-30 | 35 | M 96 | 00:18:48 | 00:48:45.80 | 4:46 | 12.6 |
| 36 | CUBER WOJCIECH | 36 | | PODGAJE | | M-30 | 36 | M 99 | 00:18:48 | 00:48:54.75 | 4:47 | 12.5 |
| 37 | WIERZBICKI SYLWESTER | 364 | RUNNERSWALDE DARŁOWO | DOMASŁOWICE/DARŁOWO | | M-30 | 37 | M 100 | 00:19:09 | 00:48:55.00 | 4:47 | 12.5 |
| 38 | NAKONIECZNY RAFAŁ | 231 | BAJADERKI KOSZALIN | KOSZALIN | | M-30 | 38 | M 103 | 00:18:34 | 00:49:01.15 | 4:48 | 12.5 |
| 39 | WIELGUS PAWEŁ | 362 | OKONEK | OKONEK | | M-30 | 39 | M 106 | 00:18:51 | 00:49:09.70 | 4:49 | 12.4 |
| 40 | SOROKA PIOTR | 304 | | KOSZALIN | | M-30 | 40 | M 108 | 00:18:51 | 00:49:22.70 | 4:50 | 12.4 |
| 41 | KUKIEŁA TOMASZ | 175 | | KOSZALIN | | M-30 | 41 | M 110 | 00:19:44 | 00:49:26.40 | 4:50 | 12.4 |
| 42 | ŻYWIĆKI BARTOSZ | 402 | DZIKI KOSZALIN | KOSZALIN | | M-30 | 42 | M 112 | 00:18:45 | 00:49:38.20 | 4:51 | 12.3 |
| 43 | MRUGALSKI DAMIAN | 229 | | KOSZALIN | | M-30 | 43 | M 115 | 00:20:08 | 00:49:50.35 | 4:53 | 12.3 |
| 44 | ŁOPIŃSKI PIOTR | 192 | | DREZDENKO | | M-30 | 44 | M 116 | 00:18:40 | 00:50:04.15 | 4:54 | 12.2 |
| 45 | RAJNER KRZYSZTOF | 276 | | KOSZALIN | | M-30 | 45 | M 122 | 00:20:41 | 00:50:22.85 | 4:56 | 12.1 |
| 46 | PSTRĄGOWSKI MARCIN | 270 | | KOSZALIN | | M-30 | 46 | M 124 | 00:18:37 | 00:50:25.45 | 4:56 | 12.1 |
| 47 | MICHAŁAK MICHAŁ | 217 | DZIKI KOSZALIN | KOSZALIN | | M-30 | 47 | M 125 | 00:18:03 | 00:50:29.40 | 4:56 | 12.1 |
| 48 | DZIĘBOWSKI MARIUSZ | 50 | | KOSZALIN | | M-30 | 48 | M 127 | 00:18:50 | 00:50:33.55 | 4:57 | 12.1 |
| 49 | ŚWIĘTOŃ RAFAŁ | 345 | | KOSZALIN | | M-30 | 49 | M 128 | 00:20:08 | 00:50:34.45 | 4:57 | 12.1 |
| 50 | CHOŁUJ KAROL | 31 | ZAWSZE DO PRZODU | KOSZALIN | | M-30 | 50 | M 130 | 00:18:58 | 00:50:41.80 | 4:58 | 12.1 |
| 51 | SUGIER MICHAŁ | 320 | NMC | KOSZALIN | | M-30 | 51 | M 131 | 00:19:32 | 00:50:47.85 | 4:58 | 12 |
| 52 | KĄŻMIERCZAK TOMASZ | 132 | JW 3937 | KOSZALIN | | M-30 | 52 | M 134 | 00:20:08 | 00:50:56.55 | 4:59 | 12 |
| 53 | CINCIO ROBERT | 433 | | KOSZALIN | | M-30 | 53 | M 136 | 00:18:51 | 00:50:58.75 | 4:59 | 12 |
| 54 | JÓŻWIAK MARIUSZ | 114 | | KOSZALIN | | M-30 | 54 | M 138 | 00:19:20 | 00:51:01.65 | 5:00 | 12 |
| 55 | ROGALSKI ROBERTO | 282 | ZAWSZE SIĘGAJ WYŻEJ | KOSZALIN | | M-30 | 55 | M 144 | 00:19:34 | 00:51:19.70 | 5:01 | 11.9 |
| 56 | KACZMAREK ŁUKASZ | 117 | KLUB | KOSZALIN | | M-30 | 56 | M 147 | 00:19:31 | 00:51:34.35 | 5:03 | 11.9 |
| 57 | STAWISZYŃSKI JAROSŁAW | 309 | FORUM ROZWOJU KOSZALINA | KOSZALIN | | M-30 | 57 | M 148 | 00:20:48 | 00:51:37.40 | 5:03 | 11.9 |
| 58 | SZULC ARKADIUSZ | 426 | | KOSZALIN | | M-30 | 58 | M 153 | 00:20:24 | 00:52:06.45 | 5:06 | 11.7 |
| 59 | KUŁAKOWSKI DAWID | 176 | AMADORES | KOSZALIN | | M-30 | 59 | M 157 | 00:19:44 | 00:52:53.05 | 5:11 | 11.6 |
| 60 | LENKIEWICZ PIOTR | 181 | | TRZEBIATÓW | | M-30 | 60 | M 158 | 00:20:06 | 00:53:02.50 | 5:11 | 11.5 |
| 61 | SZULC SZYMON | 332 | GRYF LOK \ SZULC RUNNERS TEAM | BIAŁOGARD | | M-30 | 61 | M 162 | 00:21:26 | 00:53:13.20 | 5:13 | 11.5 |

BIEG ZAKOCHANYCH - 10.2KM, M-30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|-----------------------|-----|---------------------------|------------|------|------|--------|-------|----------|-------------|--------|------|
| 62 | KUPREWICZ GRZEGORZ | 415 | | KOSZALIN | | M-30 | 62 | M 165 | 00:20:05 | 00:53:57.80 | 5:17 | 11.3 |
| 63 | MIĄSEK RYSZARD | 216 | | MANOWO | | M-30 | 63 | M 166 | 00:20:32 | 00:54:03.60 | 5:18 | 11.3 |
| 64 | PIOR TOMASZ | 260 | | KONIKOWO | | M-30 | 64 | M 168 | 00:20:45 | 00:54:21.55 | 5:19 | 11.3 |
| 65 | NOWACZYK ADRIAN | 239 | | KOSZALIN | | M-30 | 65 | M 173 | 00:21:17 | 00:54:36.45 | 5:21 | 11.2 |
| 66 | HRYCIÓW PAWEŁ | 90 | | BIAŁOGARD | | M-30 | 66 | M 174 | 00:22:07 | 00:54:45.50 | 5:22 | 11.2 |
| 67 | KAZIMIERCZAK LESZEK | 131 | CSSP | NIEKŁONICE | | M-30 | 67 | M 182 | 00:21:14 | 00:55:14.80 | 5:25 | 11.1 |
| 68 | ŁUSZCZEWSKI KRZYSZTOF | 198 | ŻYTANIA TEAM | ZŁOTÓW | | M-30 | 68 | M 183 | 00:21:22 | 00:55:19.35 | 5:25 | 11.1 |
| 69 | SIEPRACKI ADAM | 294 | FORUM ROZWOJU KOSZALINA | KOSZALIN | | M-30 | 69 | M 189 | 00:21:28 | 00:55:39.05 | 5:27 | 11 |
| 70 | KOBUS MACIEJ | 139 | | KOSZALIN | | M-30 | 70 | M 192 | 00:21:13 | 00:55:48.60 | 5:28 | 11 |
| 71 | KURŁOWICZ KRZYSZTOF | 427 | | KOSZALIN | | M-30 | 71 | M 193 | 00:20:41 | 00:55:58.15 | 5:29 | 10.9 |
| 72 | KAMIŃSKI TOMASZ | 124 | JW1223 | KOSZALIN | | M-30 | 72 | M 196 | 00:20:54 | 00:56:06.35 | 5:30 | 10.9 |
| 73 | KOPREK ŁUKASZ | 150 | SŁONECZNY PATROL KOSZALIN | KOSZALIN | | M-30 | 73 | M 197 | 00:21:19 | 00:56:21.20 | 5:31 | 10.9 |
| 74 | GIZIŃSKI MARCIN | 430 | | KOSZALIN | | M-30 | 74 | M 200 | 00:21:19 | 00:56:33.85 | 5:32 | 10.8 |
| 75 | KOWALCZYK PIOTR | 156 | - | KOSZALIN | | M-30 | 75 | M 201 | 00:21:06 | 00:56:37.15 | 5:33 | 10.8 |
| 76 | BAK ZBIGNIEW | 6 | RUNNERSWALDE | DARŁOWO | | M-30 | 76 | M 203 | 00:21:48 | 00:56:58.80 | 5:35 | 10.7 |
| 77 | OLINSKI AREK | 243 | | SIANÓW | | M-30 | 77 | M 204 | 00:22:09 | 00:57:00.00 | 5:35 | 10.7 |
| 78 | SKOWRON ADAM | 434 | | KOSZALIN | | M-30 | 78 | M 205 | 00:21:33 | 00:57:02.10 | 5:35 | 10.7 |
| 79 | NAPIERAŁA MARCIN | 232 | | KOSZALIN | | M-30 | 79 | M 209 | 00:22:20 | 00:57:09.75 | 5:36 | 10.7 |
| 80 | KOWALENKO ROBERT | 418 | | BIAŁOGARD | | M-30 | 80 | M 213 | 00:21:01 | 00:57:57.10 | 5:40 | 10.6 |
| 81 | KOZŁOWSKI TOMASZ | 160 | | KOSZALIN | | M-30 | 81 | M 215 | 00:19:58 | 00:58:15.70 | 5:42 | 10.5 |
| 82 | ZARZYCKI DARIUSZ | 392 | | USTKA | | M-30 | 82 | M 217 | 00:18:44 | 00:58:37.25 | 5:44 | 10.4 |
| 83 | IGNACAK MARCIN | 92 | | BIAŁOGARD | | M-30 | 83 | M 221 | 00:21:29 | 00:59:04.80 | 5:47 | 10.4 |
| 84 | ORYSZCZYN ARKADIUSZ | 245 | | KOSZALIN | | M-30 | 84 | M 230 | 00:22:33 | 01:00:15.50 | 5:54 | 10.2 |
| 85 | GAWLIK ARTUR | 64 | | KOSZALIN | | M-30 | 85 | M 231 | 00:22:25 | 01:00:28.50 | 5:55 | 10.1 |
| 86 | JANKOWSKI REMIGIUSZ | 4 | | KOŁOBRZEG | | M-30 | 86 | M 235 | 00:24:06 | 01:02:00.50 | 6:04 | 9.9 |
| 87 | KOWALEWSKI DANIEL | 158 | BAŁTYK-TRANSPORT TEAM | KOSZALIN | | M-30 | 87 | M 238 | 00:23:48 | 01:03:00.15 | 6:10 | 9.7 |
| 88 | TELEGA MICHAŁ | 346 | | KOSZALIN | | M-30 | 88 | M 243 | 00:24:19 | 01:04:41.90 | 6:20 | 9.5 |
| 89 | ZIELIŃSKI JAROSŁAW | 395 | | BIAŁOGARD | | M-30 | 89 | M 246 | 00:23:38 | 01:05:40.70 | 6:26 | 9.3 |
| 90 | CHOJNACKI BARTOSZ | 29 | | KOSZALIN | | M-30 | 90 | M 250 | 00:26:31 | 01:07:54.50 | 6:39 | 9 |

BIEG ZAKOCHANYCH - 10.2KM, K-40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|--------------------------------|-----|---------------------------|-------------|------|------|--------|------|----------|-------------|--------|------|
| 1 | KONIECZNA ANKA | 148 | ROZBIEGANY KOSZALIN | KOSZALIN | | K-40 | 1 | K 2 | 00:18:10 | 00:46:09.40 | 4:31 | 13.3 |
| 2 | LITWINOWICZ RENATA | 187 | | KOŁOBRZEG | | K-40 | 2 | K 6 | 00:18:31 | 00:47:35.65 | 4:40 | 12.9 |
| 3 | MĘDEL MARTA | 214 | | KOSZALIN | | K-40 | 3 | K 9 | 00:18:44 | 00:48:15.40 | 4:43 | 12.7 |
| 4 | ZIENTARSKA JOANNA | 420 | ŚWIAT PŁYTEK U KRYSPIŃSKA | BYTÓW | | K-40 | 4 | K 15 | 00:18:34 | 00:49:19.00 | 4:50 | 12.4 |
| 5 | WOLF WERONIKA | 386 | | SIANÓW | | K-40 | 5 | K 18 | 00:19:32 | 00:51:07.20 | 5:00 | 12 |
| 6 | WALCZAK AGNIESZKA | 356 | | KOSZALIN | | K-40 | 6 | K 24 | 00:20:01 | 00:52:57.85 | 5:11 | 11.6 |
| 7 | SZYMAŃSKA EWA | 337 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | | K-40 | 7 | K 28 | 00:20:57 | 00:53:09.00 | 5:12 | 11.5 |
| 8 | NOWAK-IGNACAK MONIKA | 240 | | BIAŁOGARD | | K-40 | 8 | K 33 | 00:21:27 | 00:54:24.70 | 5:20 | 11.2 |
| 9 | JABŁOŃSKA KATARZYNA | 97 | | TYCHOWO | | K-40 | 9 | K 39 | 00:22:15 | 00:55:36.45 | 5:27 | 11 |
| 10 | MALESZA-HOUSIN JOANNA | 201 | | KOSZALIN | | K-40 | 10 | K 45 | 00:21:48 | 00:56:08.35 | 5:30 | 10.9 |
| 11 | WITKA GRAŻYNA | 373 | KLUB ŁEBA MORS POLAND | GARCZEGORZE | | K-40 | 11 | K 50 | 00:21:30 | 00:56:41.70 | 5:33 | 10.8 |
| 12 | BORUC BARBARA | 14 | | SZCZECINEK | | K-40 | 12 | K 57 | 00:22:12 | 00:57:57.10 | 5:40 | 10.6 |
| 13 | VON BARDELEBEN AGNIESZKA | 354 | BABECZKI KOSZALIN | KOSZALIN | | K-40 | 13 | K 64 | 00:23:07 | 00:59:35.95 | 5:50 | 10.3 |
| 14 | KOŁODZIEJCZAK AGNIESZKA | 144 | PARKRUN SZCZECINEK | TUROWO | | K-40 | 14 | K 67 | 00:23:12 | 00:59:55.90 | 5:52 | 10.2 |
| 15 | BŁOŃSKA AGNIESZKA | 9 | BABECZKI KOSZALIN | KOSZALIN | | K-40 | 15 | K 68 | 00:23:27 | 01:00:10.50 | 5:54 | 10.2 |
| 16 | ZWOLAK BASIA | 400 | | KOSZALIN | | K-40 | 16 | K 70 | 00:24:22 | 01:00:13.10 | 5:54 | 10.2 |
| 17 | GAWIECKA MARIOLA | 62 | | KOSZALIN | | K-40 | 17 | K 75 | 00:23:03 | 01:01:08.00 | 5:59 | 10 |
| 18 | STASZEWSKA ANETA | 308 | BRAK | SZCZECINEK | | K-40 | 18 | K 77 | 00:23:12 | 01:02:03.30 | 6:05 | 9.9 |
| 19 | DĘBOWSKA-SZCZYTKOWSKA IZABELLA | 43 | K.B.SPRINT ŚWIDWIN | ŚWIDWIN | | K-40 | 19 | K 78 | 00:24:06 | 01:02:05.75 | 6:05 | 9.9 |
| 20 | NOWACKA ELŻBIETA | 238 | | KOSZALIN | | K-40 | 20 | K 79 | 00:23:29 | 01:02:24.75 | 6:07 | 9.8 |
| 21 | SULIGA-KRAKOWIAK AGNIESZKA | 321 | | CZARNE | | K-40 | 21 | K 80 | 00:23:39 | 01:02:26.30 | 6:07 | 9.8 |
| 22 | TREJDER MARIA | 347 | BAJADERKI KOSZALIN | KOSZALIN | | K-40 | 22 | K 82 | 00:23:50 | 01:03:01.05 | 6:10 | 9.7 |
| 23 | PACZYŃSKA IWONA | 248 | | KOSZALIN | | K-40 | 23 | K 84 | 00:24:09 | 01:03:13.00 | 6:11 | 9.7 |

BIEG ZAKOCHANYCH - 10.2KM, K-40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|------------------------|-----|-------------------------------|-----------|------|------|--------|-------|----------|-------------|--------|------|
| 24 | BORSUK DOROTA | 13 | | KOSZALIN | | K-40 | 24 | K 89 | 00:24:20 | 01:04:17.85 | 6:18 | 9.5 |
| 25 | WOŹNIAK HONORATA | 387 | WWW.LIMO300C.COM | SŁAWNO | | K-40 | 25 | K 94 | 00:24:33 | 01:05:28.10 | 6:25 | 9.3 |
| 26 | GÓRECKA JOANNA | 404 | | KOSZALIN | | K-40 | 26 | K 95 | 00:24:40 | 01:05:32.55 | 6:25 | 9.3 |
| 27 | KRAWCZUK-KIEŁB ANNA | 166 | | WIEKOWO | | K-40 | 27 | K 99 | 00:24:09 | 01:05:56.25 | 6:27 | 9.3 |
| 28 | WIKTOROWICZ MAŁGORZATA | 366 | CIOTECZKI.PL | KOSZALIN | | K-40 | 28 | K 102 | 00:24:55 | 01:06:01.50 | 6:28 | 9.3 |
| 29 | RASZPLA ILONA | 279 | CIOTECZKI.PL | KOSZALIN | | K-40 | 29 | K 104 | 00:24:55 | 01:06:02.40 | 6:28 | 9.3 |
| 30 | POLAŃSKA MAŁGORZATA | 267 | KLUB | KOSZALIN | | K-40 | 30 | K 107 | 00:24:29 | 01:06:44.65 | 6:32 | 9.2 |
| 31 | KURCZ BARBARA | 177 | BABECZKI KOSZALIN | KOSZALIN | | K-40 | 31 | K 108 | 00:26:07 | 01:07:50.00 | 6:39 | 9 |
| 32 | PEŁKA IWONA | 255 | | KOSZALIN | | K-40 | 32 | K 113 | 00:27:35 | 01:10:10.90 | 6:52 | 8.7 |
| 33 | ZIĘTAŁA DANUTA | 397 | KOŁOBRZEG POLSKIE CENTRUM SPA | KOŁOBRZEG | | K-40 | 33 | K 114 | 00:28:00 | 01:11:14.80 | 6:59 | 8.6 |

BIEG ZAKOCHANYCH - 10.2KM, M-40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|-------------------------|-----|---------------------------------------|-------------------|------|------|--------|-------|----------|-------------|--------|------|
| 1 | GARSKI KRYSPIŃ | 407 | ŚWIAT PŁYTEK U KRYSPIŃA / SEXYRUNNERS | BYTÓW | | M-40 | 1 | M 4 | 00:15:10 | 00:39:23.35 | 3:51 | 15.5 |
| 2 | WIDONIAK RAFAL | 360 | BIEGNIJMY.PL | KOSZALIN | | M-40 | 2 | M 6 | 00:15:10 | 00:39:54.65 | 3:54 | 15.3 |
| 3 | GÓRA SYLWESTER | 73 | | OKONEK | | M-40 | 3 | M 9 | 00:15:47 | 00:40:32.10 | 3:58 | 15.1 |
| 4 | SOBCZYK ŁUKASZ | 299 | KOŁOBRZEG BIEGA | KOŁOBRZEG | | M-40 | 4 | M 17 | 00:16:05 | 00:42:08.75 | 4:07 | 14.5 |
| 5 | BAJGERT ROBERT | 2 | WOLTAIX.PL/KB WYGAN | KOŁOBRZEG | | M-40 | 5 | M 18 | 00:16:12 | 00:42:10.00 | 4:08 | 14.5 |
| 6 | UZNAŃSKI RYSZARD | 353 | | KOŁOBRZEG | | M-40 | 6 | M 22 | 00:16:06 | 00:42:57.55 | 4:12 | 14.2 |
| 7 | LESZCZYŃSKI MARCIN | 182 | WWW.GARROSH.PL | RYMAŃ | | M-40 | 7 | M 23 | 00:16:53 | 00:43:05.45 | 4:13 | 14.2 |
| 8 | HABUŁYK TOMASZ | 82 | | PRZECHLEWO | | M-40 | 8 | M 26 | 00:17:05 | 00:43:45.90 | 4:17 | 14 |
| 9 | SZYMCAK HENRYK | 340 | | SŁONINO | | M-40 | 9 | M 29 | 00:17:36 | 00:44:00.00 | 4:18 | 13.9 |
| 10 | WINKEL JERZY | 371 | | KOSZALIN | | M-40 | 10 | M 34 | 00:16:23 | 00:44:19.10 | 4:20 | 13.8 |
| 11 | GRZYWA ROMAN | 79 | 18.WOG | WEJHEROWO | | M-40 | 11 | M 50 | 00:17:42 | 00:45:45.95 | 4:29 | 13.4 |
| 12 | JANKIEWICZ TOMASZ | 105 | MTS HAMER MIASTKO | MIASTKO | | M-40 | 12 | M 51 | 00:17:25 | 00:46:02.75 | 4:30 | 13.3 |
| 13 | WINKEL ŁUKASZ | 370 | | KOSZALIN | | M-40 | 13 | M 52 | 00:17:37 | 00:46:07.70 | 4:31 | 13.3 |
| 14 | ZIOMKO RAFAŁ | 398 | | KOŁOBRZEG | | M-40 | 14 | M 53 | 00:18:17 | 00:46:08.40 | 4:31 | 13.3 |
| 15 | CHOŁUJ JAROSŁAW | 32 | | KOSZALIN | | M-40 | 15 | M 58 | 00:18:28 | 00:46:18.25 | 4:32 | 13.2 |
| 16 | PETA ANDRZEJ | 258 | MTS HAMER MIASTKO | MIASTKO | | M-40 | 16 | M 60 | 00:17:45 | 00:46:22.55 | 4:32 | 13.2 |
| 17 | KURLAPSKI MARIUSZ | 178 | STR ŚWIDWIN | ŚWIDWIN | | M-40 | 17 | M 64 | 00:17:48 | 00:47:07.15 | 4:37 | 13 |
| 18 | WÓJCİK DAMIAN | 389 | RUNNERSWALDE DARŁOWO | DARŁOWO | | M-40 | 18 | M 65 | 00:17:59 | 00:47:08.55 | 4:37 | 13 |
| 19 | KSZCZANOWICZ JACEK | 172 | | KOŁOBRZEG | | M-40 | 19 | M 66 | 00:18:14 | 00:47:14.80 | 4:37 | 13 |
| 20 | GÓRECKI MIROŚLAW | 428 | CZARNY KOŃ | KOSZALIN | | M-40 | 20 | M 68 | 00:18:34 | 00:47:16.15 | 4:38 | 12.9 |
| 21 | ZIELIŃSKI PRZEMYSŁAW | 396 | | OLSZTYN | | M-40 | 21 | M 71 | 00:18:23 | 00:47:25.40 | 4:38 | 12.9 |
| 22 | ZWOLIŃSKI JAN | 401 | TKKF KOSZALIN | WIERCISZEWO | | M-40 | 22 | M 74 | 00:18:22 | 00:47:32.90 | 4:39 | 12.9 |
| 23 | JAROSZ DARIUSZ | 112 | TKKF KOSZALIN | SUCHA KOSZALIŃSKA | | M-40 | 23 | M 76 | 00:18:46 | 00:47:34.00 | 4:39 | 12.9 |
| 24 | OGRODNIK GRZEGORZ | 241 | JW1223 | KOSZALIN | | M-40 | 24 | M 82 | 00:18:26 | 00:48:01.40 | 4:42 | 12.7 |
| 25 | JABŁOŃSKI ARKADIUSZ | 98 | | TYCHOWO | | M-40 | 25 | M 86 | 00:18:37 | 00:48:08.90 | 4:43 | 12.7 |
| 26 | RAMA JANUSZ | 277 | KOŁOBRZEG | KOŁOBRZEG | | M-40 | 26 | M 87 | 00:19:21 | 00:48:18.05 | 4:44 | 12.7 |
| 27 | PUŚCIAN KRZYSZTOF KAMIL | 273 | GIMNAZJUM W MANOWIE | MANOWO | | M-40 | 27 | M 88 | 00:18:27 | 00:48:24.75 | 4:44 | 12.6 |
| 28 | KAJKOWSKI RAFAŁ | 118 | CS SP KOSZALIN | KOSZALIN | | M-40 | 28 | M 89 | 00:18:56 | 00:48:28.75 | 4:45 | 12.6 |
| 29 | DEMBICKI DANIEL | 42 | | NOWE BIELICE | | M-40 | 29 | M 92 | 00:18:24 | 00:48:38.05 | 4:46 | 12.6 |
| 30 | KRASIŃSKI WITOLD | 165 | | KOSZALIN | | M-40 | 30 | M 94 | 00:18:37 | 00:48:42.30 | 4:46 | 12.6 |
| 31 | MĘDEL CEZARY | 215 | | KOSZALIN | | M-40 | 31 | M 101 | 00:18:48 | 00:48:55.15 | 4:47 | 12.5 |
| 32 | ROGOŻA IRENEUSZ | 283 | | KOSZALIN | | M-40 | 32 | M 102 | 00:18:27 | 00:48:59.55 | 4:48 | 12.5 |
| 33 | IWANIEC DARIUSZ | 94 | OSP SIERAKOWO | SIERAKOWO | | M-40 | 33 | M 107 | 00:18:46 | 00:49:14.55 | 4:49 | 12.4 |
| 34 | KAMELSKI PIOTR | 122 | B/K | SŁAWNO | | M-40 | 34 | M 109 | 00:19:20 | 00:49:23.30 | 4:50 | 12.4 |
| 35 | DUDZIAK PIOTR | 48 | | KOSZALIN | | M-40 | 35 | M 111 | 00:18:48 | 00:49:29.85 | 4:51 | 12.4 |
| 36 | KACHLICKI KAMIL | 116 | | KOSZALIN | | M-40 | 36 | M 114 | 00:19:08 | 00:49:47.00 | 4:52 | 12.3 |
| 37 | KASPERSKI MIROŚLAW | 129 | B-RUN-EK KOSZALIN | KOSZALIN | | M-40 | 37 | M 118 | 00:19:17 | 00:50:06.90 | 4:54 | 12.2 |
| 38 | KANIOWSKI JACEK | 126 | W.P.K SŁOŃ TEAM USTKA | SŁAWNO | | M-40 | 38 | M 129 | 00:19:07 | 00:50:40.30 | 4:58 | 12.1 |
| 39 | GAWIECKI PIOTR | 63 | | KOSZALIN | | M-40 | 39 | M 137 | 00:19:07 | 00:51:00.80 | 5:00 | 12 |
| 40 | DZIESZUK DARIUSZ | 49 | TKKF KOSZALIN | KOSZALIN | | M-40 | 40 | M 142 | 00:20:02 | 00:51:15.60 | 5:01 | 11.9 |
| 41 | KEPKA MIROŚLAW | 135 | K.B.SPRINT ŚWIDWIN | ŚWIDWIN | | M-40 | 41 | M 143 | 00:20:03 | 00:51:16.40 | 5:01 | 11.9 |
| 42 | PAKUŁSKI MARCIN | 249 | | KOSZALIN | | M-40 | 42 | M 145 | 00:24:10 | 00:51:24.30 | 5:02 | 11.9 |

BIEG ZAKOCHANYCH - 10.2KM, M-40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|------------------------|-----|---------------------------|----------------|------|------|--------|-------|----------|-------------|--------|------|
| 43 | SZYMAŃSKI JAROSŁAW | 339 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | | M-40 | 43 | M 149 | 00:20:29 | 00:51:57.95 | 5:05 | 11.8 |
| 44 | RASZPLA RADOSŁAW | 280 | CIOTECZKI.PL | KOSZALIN | | M-40 | 44 | M 150 | 00:19:23 | 00:51:58.00 | 5:05 | 11.8 |
| 45 | KOZIBRODA MARCIN | 159 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | | M-40 | 45 | M 151 | 00:20:44 | 00:52:00.80 | 5:05 | 11.8 |
| 46 | NOREK TOMEK | 237 | | KOSZALIN | | M-40 | 46 | M 152 | 00:19:56 | 00:52:02.05 | 5:06 | 11.8 |
| 47 | HOC DARIUSZ | 86 | | KOŁOBRZEG | | M-40 | 47 | M 163 | 00:21:59 | 00:53:48.95 | 5:16 | 11.4 |
| 48 | ŚRODA WOJCIECH | 343 | | KOSZALIN | | M-40 | 48 | M 167 | 00:21:44 | 00:54:21.00 | 5:19 | 11.3 |
| 49 | WOLF EMIL | 385 | | SIANÓW | | M-40 | 49 | M 170 | 00:21:24 | 00:54:25.50 | 5:20 | 11.2 |
| 50 | GROCHOWSKI RAFAŁ | 77 | | KOSZALIN | | M-40 | 50 | M 175 | 00:20:41 | 00:54:45.65 | 5:22 | 11.2 |
| 51 | FAJGIER TOMASZ | 52 | | KOSZALIN | | M-40 | 51 | M 176 | 00:21:23 | 00:54:53.35 | 5:22 | 11.1 |
| 52 | ŻYWOT NORBERT | 403 | WT KOŁOBRZEG | KOŁOBRZEG | | M-40 | 52 | M 177 | 00:21:03 | 00:54:55.25 | 5:23 | 11.1 |
| 53 | KOŁAKOWSKI DARIUSZ | 142 | K.B.SPRINT ŚWIDWIN | ŚWIDWIN | | M-40 | 53 | M 178 | 00:21:33 | 00:54:55.50 | 5:23 | 11.1 |
| 54 | SIENICKI PIOTR | 293 | | KOSZALIN BEACH | | M-40 | 54 | M 180 | 00:21:13 | 00:55:04.95 | 5:24 | 11.1 |
| 55 | NIEDBAŁA KONRAD | 233 | | KOSZALIN | | M-40 | 55 | M 181 | 00:20:51 | 00:55:13.20 | 5:24 | 11.1 |
| 56 | MIELCZAREK MACIEJ | 220 | | KOSZALIN | | M-40 | 56 | M 184 | 00:22:42 | 00:55:27.50 | 5:26 | 11 |
| 57 | DĄBROWSKI GRZEGORZ | 41 | | KOSZALIN | | M-40 | 57 | M 186 | 00:21:15 | 00:55:30.05 | 5:26 | 11 |
| 58 | RADECKI JACEK | 274 | JW CS SP | KOSZALIN | | M-40 | 58 | M 187 | 00:21:00 | 00:55:36.90 | 5:27 | 11 |
| 59 | HNATOWSKI ARTUR | 85 | DM FC KOSZALIN | KOSZALIN | | M-40 | 59 | M 188 | 00:20:27 | 00:55:38.90 | 5:27 | 11 |
| 60 | GIGŁO ŁUKASZ | 67 | SUNDAYBIKERS KARLINO TEAM | KARLINO | | M-40 | 60 | M 195 | 00:20:29 | 00:56:05.25 | 5:30 | 10.9 |
| 61 | ŁUKASZYK ANDRZEJ | 410 | | KOSZALIN | | M-40 | 61 | M 199 | 00:21:41 | 00:56:30.55 | 5:32 | 10.8 |
| 62 | SOBOLEWSKI MAREK | 302 | | KOSZALIN | | M-40 | 62 | M 206 | 00:21:15 | 00:57:03.60 | 5:35 | 10.7 |
| 63 | TURCZYN GRZEGORZ | 348 | NIGHT RUNNERS SŁUPSK | SŁUPSK | | M-40 | 63 | M 211 | 00:21:47 | 00:57:21.70 | 5:37 | 10.7 |
| 64 | BENEDYSIUK SŁAWOMIR | 419 | | KOSZALIN | | M-40 | 64 | M 212 | 00:21:18 | 00:57:33.40 | 5:38 | 10.6 |
| 65 | JĘDRASZCZYK MAREK | 113 | WŁ SŁUPSK | SŁUPSK | | M-40 | 65 | M 218 | 00:21:37 | 00:58:49.90 | 5:46 | 10.4 |
| 66 | ŚLEDŹ ANDRZEJ | 342 | WŁ SŁUPSK | SŁUPSK | | M-40 | 66 | M 219 | 00:21:39 | 00:58:50.45 | 5:46 | 10.4 |
| 67 | KIPER JAROSŁAW | 406 | JW 1223 | STRZEKĘCINO | | M-40 | 67 | M 220 | 00:22:14 | 00:58:58.35 | 5:46 | 10.4 |
| 68 | KOŁODZIEJCZAK GRZEGORZ | 143 | PARKRUN SZCZECINEK | TUROWO | | M-40 | 68 | M 226 | 00:23:12 | 00:59:55.95 | 5:52 | 10.2 |
| 69 | JAKÓBCZAK DAREK | 99 | | KOSZALIN | | M-40 | 69 | M 227 | 00:24:22 | 01:00:08.70 | 5:53 | 10.2 |
| 70 | MAJCHRZAK PAWEŁ | 200 | | KARLINO | | M-40 | 70 | M 228 | 00:21:31 | 01:00:09.45 | 5:53 | 10.2 |
| 71 | URBAŃSKI ALEKSANDER | 350 | 17WOG KOSZALIN | KOSZALIN | | M-40 | 71 | M 229 | 00:22:59 | 01:00:13.70 | 5:54 | 10.2 |
| 72 | HAMUŁKA KRZYSZTOF | 413 | | ŚWIESZYNO | | M-40 | 72 | M 232 | 00:21:46 | 01:01:13.35 | 6:00 | 10 |
| 73 | SZCZYTKOWSKI MAREK | 327 | K.B.SPRINT ŚWIDWIN | ŚWIDWIN | | M-40 | 73 | M 236 | 00:24:06 | 01:02:05.80 | 6:05 | 9.9 |
| 74 | KONIECZKA PIOTR | 147 | | KOSZALIN | | M-40 | 74 | M 237 | 00:23:44 | 01:02:49.20 | 6:09 | 9.7 |
| 75 | SZYMAŃSKI TOMASZ | 338 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | | M-40 | 75 | M 242 | 00:21:46 | 01:03:52.95 | 6:15 | 9.6 |
| 76 | WOŹNIAK DARIUSZ | 388 | WWW.LIMO300C.COM | SŁAWNO | | M-40 | 76 | M 245 | 00:24:30 | 01:05:25.85 | 6:24 | 9.4 |
| 77 | RUSIECKI PAWEŁ | 287 | WSPL SP ZOZ W KOSZALINIE | BIESIEKIERZ | | M-40 | 77 | M 249 | 00:24:27 | 01:06:59.80 | 6:34 | 9.1 |
| 78 | FORNALAK RAFAŁ | 59 | | KOSZALIN | | M-40 | 78 | M 252 | 00:26:26 | 01:17:18.15 | 7:34 | 7.9 |

BIEG ZAKOCHANYCH - 10.2KM, K-50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|------------------------|-----|---------------------|-----------|------|------|--------|-------|----------|-------------|--------|------|
| 1 | KRZEWIŃSKA MAŁGORZATA | 171 | TKKF KOSZALIN | KOSZALIN | | K-50 | 1 | K 10 | 00:18:44 | 00:48:17.00 | 4:44 | 12.7 |
| 2 | ŁANGOWSKA IWONA | 191 | KOŁOBRZEG BIEGA | KOŁOBRZEG | | K-50 | 2 | K 21 | 00:21:49 | 00:52:16.35 | 5:07 | 11.7 |
| 3 | DĄBROWSKA ALICJA | 39 | ROZBIEGANY KOSZALIN | SIANÓW | | K-50 | 3 | K 34 | 00:21:23 | 00:54:24.85 | 5:20 | 11.2 |
| 4 | UZNAŃSKA AGATA | 352 | | KOŁOBRZEG | | K-50 | 4 | K 36 | 00:21:12 | 00:55:13.60 | 5:24 | 11.1 |
| 5 | MALINOWSKA MAŁGORZATA | 202 | STR-ŚWIDWIN | ŚWIDWIN | | K-50 | 5 | K 38 | 00:21:29 | 00:55:34.75 | 5:26 | 11 |
| 6 | WOCH MAŁGORZATA | 377 | | KOSZALIN | | K-50 | 6 | K 43 | 00:21:58 | 00:55:59.35 | 5:29 | 10.9 |
| 7 | PTASZYŃSKA KATARZYNA | 271 | KOŁOBRZEG BIEGA | KOŁOBRZEG | | K-50 | 7 | K 55 | 00:22:32 | 00:57:54.50 | 5:40 | 10.6 |
| 8 | MARCZAK MAŁGORZATA | 205 | | ŻELKOWO | | K-50 | 8 | K 72 | 00:22:10 | 01:00:36.65 | 5:56 | 10.1 |
| 9 | NIEMCZUK ANNA | 234 | | KOSZALIN | | K-50 | 9 | K 83 | 00:24:36 | 01:03:09.85 | 6:11 | 9.7 |
| 10 | PIOR EWA | 261 | NIEZRZESZONA | GRUDZIĄDZ | | K-50 | 10 | K 85 | 00:24:30 | 01:03:25.20 | 6:13 | 9.6 |
| 11 | KOZŁOWIECKA MAŁGORZATA | 161 | | KOSZALIN | | K-50 | 11 | K 111 | 00:26:27 | 01:09:11.65 | 6:46 | 8.8 |
| 12 | KORPAL GRAŻYNA | 153 | ROZBIEGANY KOSZALIN | KOSZALIN | | K-50 | 12 | K 112 | 00:25:21 | 01:09:48.10 | 6:50 | 8.8 |
| 13 | STASZEK MARIOLA | 307 | NIEZRZESZONA | KOSZALIN | | K-50 | 13 | K 119 | 00:30:48 | 01:24:40.65 | 8:18 | 7.2 |
| DQ | BUDZYŃSKA ELŻBIETA | 22 | BBL SŁUPSK | SŁUPSK | | K-50 | DQ | DQ | 00:23:36 | DQ | - | - |

BIEG ZAKOCHANYCH - 10.2KM, M-50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|-----------------------|-----|--------------------------------|---------------|------|------|--------|-------|----------|-------------|--------|------|
| 1 | PLUTA GRZEGORZ | 263 | KB HERMES GRYFINO | NOWE CZARNOWO | | M-50 | 1 | M 8 | 00:15:48 | 00:40:31.75 | 3:58 | 15.1 |
| 2 | KOŚCIELNIAK ROBERT | 154 | TKKF KOSZALIN | KOSZALIN | | M-50 | 2 | M 14 | 00:16:21 | 00:41:51.80 | 4:06 | 14.6 |
| 3 | KATRYCZ ZBIGNIEW | 130 | | ŚWIERCZYNA | | M-50 | 3 | M 24 | 00:16:21 | 00:43:09.65 | 4:13 | 14.2 |
| 4 | CZYŻEWSKI JANUSZ | 37 | KOŁOBRZEG BIEGA MARATON TEAM | KOŁOBRZEG | | M-50 | 4 | M 28 | 00:16:45 | 00:43:49.55 | 4:17 | 14 |
| 5 | BOGDANOWICZ KRZYSZTOF | 11 | TKKF KOSZALIN | KOSZALIN | | M-50 | 5 | M 40 | 00:16:56 | 00:44:38.10 | 4:22 | 13.7 |
| 6 | KUBIŃSKI RAFAŁ | 174 | ALLIANZ RUNNING TEAM | SŁUPSK | | M-50 | 6 | M 59 | 00:17:33 | 00:46:21.20 | 4:32 | 13.2 |
| 7 | WOCH EDWARD | 378 | | KOSZALIN | | M-50 | 7 | M 61 | 00:18:10 | 00:46:26.35 | 4:33 | 13.2 |
| 8 | SKOWYRSKI JANUSZ | 297 | TKKF KOSZALIN/ROWERIA KOSZALIN | BIESIEKIERZ | | M-50 | 8 | M 75 | 00:18:45 | 00:47:33.75 | 4:39 | 12.9 |
| 9 | BUTOWICZ ADAM | 23 | | SZCZECINEK | | M-50 | 9 | M 78 | 00:18:42 | 00:47:42.85 | 4:40 | 12.8 |
| 10 | CHMIELOWIEC WŁADYSŁAW | 26 | | SZCZECIN | | M-50 | 10 | M 79 | 00:18:19 | 00:47:46.95 | 4:41 | 12.8 |
| 11 | WILIŃSKI MAREK | 368 | | ŚWIDWIN | | M-50 | 11 | M 90 | 00:18:46 | 00:48:33.50 | 4:45 | 12.6 |
| 12 | JANUSZEWSKI JACEK | 109 | NIEZRZESZONY | KOSZALIN | | M-50 | 12 | M 97 | 00:18:25 | 00:48:48.70 | 4:47 | 12.5 |
| 13 | ŚWIETLIK TOMASZ | 344 | | KOSZALIN | | M-50 | 13 | M 98 | 00:18:54 | 00:48:49.40 | 4:47 | 12.5 |
| 14 | CHWALEBA JAN | 35 | | KOSZALIN | | M-50 | 14 | M 105 | 00:19:14 | 00:49:09.35 | 4:49 | 12.4 |
| 15 | NIEMCZUK DARIUSZ | 235 | | KOSZALIN | | M-50 | 15 | M 113 | 00:20:00 | 00:49:39.10 | 4:52 | 12.3 |
| 16 | PEŁKA JANUSZ | 256 | | KOSZALIN | | M-50 | 16 | M 120 | 00:18:46 | 00:50:15.50 | 4:55 | 12.2 |
| 17 | WITKA PIOTR | 374 | KLUB ŁEBA MORS POLAND | GARCZEGORZE | | M-50 | 17 | M 121 | 00:18:53 | 00:50:21.50 | 4:56 | 12.2 |
| 18 | STEFANIAK PIOTR | 311 | KLUB ŁEBA MORS POLAND | ŁĘBORK | | M-50 | 18 | M 161 | 00:21:20 | 00:53:10.80 | 5:12 | 11.5 |
| 19 | SZULC MAREK | 335 | RUNNERS TEAM | BIAŁOGARD | | M-50 | 19 | M 169 | 00:21:25 | 00:54:24.05 | 5:20 | 11.3 |
| 20 | NAPIERAŁA BOGUMIŁ | 417 | | ROGOWO | | M-50 | 20 | M 171 | 00:20:11 | 00:54:26.10 | 5:20 | 11.2 |
| 21 | SZAFIRSKI MAREK | 324 | CAMINO SŁUPSK | SŁUPSK | | M-50 | 21 | M 172 | 00:21:11 | 00:54:33.95 | 5:20 | 11.2 |
| 22 | KORPAL CEZARY | 152 | ROZBIEGANY KOSZALIN | KOSZALIN | | M-50 | 22 | M 179 | 00:22:53 | 00:54:56.55 | 5:23 | 11.1 |
| 23 | ŁUCZEJKO SŁAWOMIR | 195 | TAE M BIEGOWY SZCZECINEK | SZCZECINEK | | M-50 | 23 | M 190 | 00:21:24 | 00:55:41.55 | 5:27 | 11 |
| 24 | WOJANOWSKI ZBIGNIEW | 380 | | GRUDZIĄDZ | | M-50 | 24 | M 191 | 00:21:20 | 00:55:45.10 | 5:27 | 11 |
| 25 | MARCZAK ANDRZEJ | 206 | | ŻELKOWO | | M-50 | 25 | M 198 | 00:21:50 | 00:56:22.20 | 5:31 | 10.9 |
| 26 | BORUC JACEK | 15 | | SZCZECINEK | | M-50 | 26 | M 214 | 00:22:12 | 00:57:57.55 | 5:40 | 10.6 |
| 27 | WOLAŃSKI MARIUSZ | 384 | KLUB | KOŁOBRZEG | | M-50 | 27 | M 216 | 00:22:30 | 00:58:35.80 | 5:44 | 10.4 |
| 28 | PIOR MIROSLAW | 262 | NIEZRZESZONY | GRUDZIĄDZ | | M-50 | 28 | M 240 | 00:24:30 | 01:03:24.70 | 6:13 | 9.7 |
| 29 | SCHMIDT DARIUSZ | 290 | | KOŁOBRZEG | | M-50 | 29 | M 244 | 00:24:48 | 01:05:08.60 | 6:23 | 9.4 |

BIEG ZAKOCHANYCH - 10.2KM, M-60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|-----------------------|-----|---------------------------------|-----------|------|------|--------|-------|----------|-------------|--------|------|
| 1 | CHUDY HENRYK | 34 | K S OLSZEWSKI I SYNOWIE SŁAWSKO | SŁAWSKO | | M-60 | 1 | M 16 | 00:16:00 | 00:42:07.85 | 4:07 | 14.5 |
| 2 | DĘGA RYSZARD | 44 | TUPOT-USTKA | USTKA | | M-60 | 2 | M 27 | 00:16:55 | 00:43:47.65 | 4:17 | 14 |
| 3 | MARKOWSKI ANDRZEJ | 207 | TKKF KOSZALIN | KOSZALIN | | M-60 | 3 | M 119 | 00:18:53 | 00:50:09.15 | 4:55 | 12.2 |
| 4 | KOZŁOWIECKI WALDEMAR | 162 | TKKF KOSZALIN | KOSZALIN | | M-60 | 4 | M 132 | 00:19:44 | 00:50:54.75 | 4:59 | 12 |
| 5 | DONIGIEWICZ LESZEK | 45 | | KOSZALIN | | M-60 | 5 | M 135 | 00:20:07 | 00:50:58.15 | 4:59 | 12 |
| 6 | OSOBNIAK RYSZARD | 247 | | KOSZALIN | | M-60 | 6 | M 139 | 00:19:50 | 00:51:02.55 | 5:00 | 12 |
| 7 | STANIASZEK BOGUSŁAW | 306 | | GŁOBINO | | M-60 | 7 | M 140 | 00:20:44 | 00:51:05.10 | 5:00 | 12 |
| 8 | MIELEWCZYK LESZEK | 221 | LTS ŁĘBORK | ŁĘBORK | | M-60 | 8 | M 146 | 00:19:57 | 00:51:28.90 | 5:02 | 11.9 |
| 9 | WOJTASIEWICZ WINCENTY | 424 | | JASŁO | | M-60 | 9 | M 154 | 00:19:10 | 00:52:08.45 | 5:06 | 11.7 |
| 10 | POCZĄTEK MICHAŁ | 265 | NIEZRZESZONY | PIŁA | | M-60 | 10 | M 159 | 00:20:29 | 00:53:03.40 | 5:12 | 11.5 |
| 11 | WOCH ZBIGNIEW | 379 | NIEZRZESZONY | KOSZALIN | | M-60 | 11 | M 185 | 00:20:52 | 00:55:29.75 | 5:26 | 11 |
| 12 | GUDZIŃSKI LECH | 80 | | KOSZALIN | | M-60 | 12 | M 202 | 00:21:49 | 00:56:41.75 | 5:33 | 10.8 |
| 13 | KARNICKI ZYGMUNT | 128 | TKKF KOSZALIN | KOSZALIN | | M-60 | 13 | M 207 | 00:21:35 | 00:57:05.85 | 5:35 | 10.7 |
| 14 | KOWALCZYK STANISŁAW | 157 | NIEZRZESZONY | ŚWIDWIN | | M-60 | 14 | M 210 | 00:21:46 | 00:57:16.70 | 5:36 | 10.7 |
| 15 | MUSZYŃSKI JACEK | 409 | GOCH BYTÓW | BYTÓW | | M-60 | 15 | M 223 | 00:22:24 | 00:59:12.80 | 5:48 | 10.3 |
| 16 | HELLER ZDZISŁAW | 84 | NIEZRZESZONY | KOSZALIN | | M-60 | 16 | M 225 | 00:23:15 | 00:59:45.10 | 5:51 | 10.2 |
| 17 | PAULIŃSKI JAN | 252 | | KOSZALIN | | M-60 | 17 | M 239 | 00:24:36 | 01:03:09.80 | 6:11 | 9.7 |
| 18 | SZOSTAŁO WIKTOR | 421 | | KOŁOBRZEG | | M-60 | 18 | M 247 | 00:24:35 | 01:05:52.35 | 6:27 | 9.3 |
| 19 | LIPSKI HENRYK | 186 | SZCZECIN | SZCZECIN | | M-60 | 19 | M 248 | 00:24:01 | 01:06:57.65 | 6:33 | 9.1 |
| 20 | PASEK JAN | 251 | | DUNOWO | | M-60 | 20 | M 251 | 00:24:58 | 01:09:37.20 | 6:49 | 8.8 |
| 21 | HAUSMAN ANDRZEJ | 83 | KSR ROWERIA | KOSZALIN | | M-60 | 21 | M 253 | 00:27:46 | 01:17:54.60 | 7:38 | 7.9 |

BIEG ZAKOCHANYCH - 10.2KM, M-70+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3.94km | Netto | min/km | km/h |
|------|----------------------|----|---------------|-----------|------|-------|--------|-------|----------|-------------|--------|------|
| 1 | GŁOWACKI WŁODZIMIERZ | 68 | NIEZRZESZONY | KOSZALIN | | M-70+ | 1 | M 194 | 00:20:07 | 00:56:03.90 | 5:29 | 10.9 |
| 2 | BARTNIK MARIAN | 3 | TKKF KOSZALIN | KOSZALIN | | M-70+ | 2 | M 254 | 00:31:11 | 01:25:03.30 | 8:20 | 7.2 |

BIEG ZAKOCHANYCH - 10.2KM, Para

| Miejsce | Drużyna | Zawodnicy klasyfikowani | Czas | Czas drużyny |
|---------|---------|--|------------------------|--------------|
| 1 | P1 | MATEUSZ WITKOWSKI I ZABELA FRONTCZAK | 00:34:15.6500:48:21.70 | 01:22:36.35 |
| 2 | P2 | ROBERT KOŚCIELNIAK I MARTYNA CHODOR | 00:41:51.8000:46:28.00 | 01:28:19.80 |
| 3 | P26 | SYLWESTER GÓRA I AGNIESZKA GÓRA | 00:40:32.1000:47:51.35 | 01:28:23.45 |
| 4 | P3 | MĄŁGORZATA KOTARA I PAŁKAKRZYSZTOF BOGDANOWICZ | 00:43:51.4500:44:38.10 | 01:28:29.55 |
| 5 | P23 | KRYSPIŃSKI I ANNA ZIENTARSKA | 00:39:23.3500:49:19.00 | 01:28:42.35 |
| 6 | JW1223 | WOJCIECH USTIAŃSKI I JOLANTA MAZURKIEWICZ | 00:41:06.7000:50:25.55 | 01:31:33.25 |
| 7 | P9 | KATARZYNA MERDA I PIOTR MERDA | 00:46:25.0500:46:26.90 | 01:32:51.95 |
| 8 | P36 | BARTŁOMIEJ BARTOSIŃSKI I DANA RYŃKIEWICZ | 00:41:39.1000:51:28.95 | 01:33:07.05 |
| 9 | P4 | JAN ZWOLIŃSKI I MĄŁGORZATA KRZEWIŃSKA | 00:47:32.9000:48:17.00 | 01:35:49.90 |
| 10 | P18 | MARTA MĘDELCZAK I ZYGMUNT MĘDELCZAK | 00:48:15.4000:48:55.15 | 01:37:10.55 |
| 11 | P30 | ANKA KONIECZNA I DARIUSZ DZIESZUK | 00:46:09.4000:51:15.60 | 01:37:24.00 |
| 12 | P33 | KATARZYNA JANICKA I RAFAŁ NAKONIECZNY | 00:49:00.5500:49:01.15 | 01:38:01.70 |
| 13 | UZI | RYSZARD UZNAŃSKI I ANNA UZNAŃSKA | 00:42:57.5500:55:13.60 | 01:38:11.15 |
| 14 | P38 | ANDRZEJ PETARENATA I PETA | 00:46:22.5500:52:28.90 | 01:38:50.45 |
| 15 | P39 | DAMIAN MRUGALSKI I MAGDALENA MRUGALSKA | 00:49:50.3500:51:10.10 | 01:41:00.45 |
| 16 | P16 | EWELINA SZABLA I GRZEGORZ KUPREWICZ | 00:47:26.6500:53:57.80 | 01:41:23.45 |
| 17 | P49 | EDWARD WOCHMAŁ I MĄŁGORZATA WOCH | 00:46:26.3500:55:59.35 | 01:42:25.70 |
| 18 | P12 | TOMASZ JANKIEWICZ I HELENA JANKIEWICZ | 00:46:02.7500:56:30.45 | 01:42:33.20 |
| 19 | P17 | MICHAŁ SUGIERA I AGNIESZKA WALCZAK | 00:50:47.8500:52:57.85 | 01:43:44.70 |
| 20 | P6 | ARKADIUSZ JABŁOŃSKI I KATARZYNA JABŁOŃSKA | 00:48:08.9000:55:36.45 | 01:43:44.35 |
| 21 | P43 | JAROSŁAW STOJEWSKI I KATARZYNA STOJEWSKA | 00:48:06.2500:55:43.00 | 01:43:49.25 |
| 22 | P28 | JAROSŁAW SZYMAŃSKI I ANNA SZYMAŃSKA | 00:51:57.9500:53:09.00 | 01:45:06.95 |
| 23 | P15 | WERONIKA WOLF I MILAN WOLF | 00:51:07.2000:54:25.50 | 01:45:32.70 |
| 24 | P32 | PAWEŁ NACHYŁA I MĄŁGORZATA ORŁOWSKA | 00:48:42.7500:57:07.40 | 01:45:49.15 |
| 25 | P29 | MARTA LENKIEWICZ I PIOTR LENKIEWICZ | 00:53:02.2500:53:02.50 | 01:46:04.75 |
| 26 | P24 | JURI BROVCHENKO I SYLWIA BROVCHENKO | 00:53:08.4000:53:08.65 | 01:46:16.05 |
| 27 | P22 | PIOTR WITKAGRA I ŻYNA WITKA | 00:50:21.5000:56:41.70 | 01:47:02.20 |
| 28 | P37 | DARIUSZ HOCAGNIESZKA I HOC | 00:53:48.9500:54:14.15 | 01:48:03.10 |
| 29 | P46 | BARTOSZ ŻYWICKI I JOWITA WŁAŚNIAK | 00:49:38.2000:58:58.95 | 01:48:36.15 |
| 30 | P47 | MARCIN PSTRĄGOWSKI I MARLENA PSTRĄGOWSKA | 00:50:25.4500:58:36.95 | 01:49:02.40 |
| 31 | P13 | ADRIAN NOWACZYK I ANNA WAWRZYŃCZAK | 00:54:36.4500:54:36.70 | 01:49:13.15 |
| 32 | P42 | MICHAŁ MICHAŁAK I OLIMPIA KŁYK | 00:50:29.4001:00:48.40 | 01:51:17.80 |
| 33 | P31 | PIOTR GAWIECZKI I MARIOLA GAWIECZKA | 00:51:00.8001:01:08.00 | 01:52:08.80 |
| 34 | P48 | DARIUSZ NIEMCZUK I ANNA NIEMCZUK | 00:49:39.1001:03:09.85 | 01:52:48.95 |
| 35 | P10 | MARCIN PAKULSKI I WONA PACZYŃSKA | 00:51:24.3001:03:13.00 | 01:54:37.30 |
| 36 | P35 | WALDEMAR ŁABAŃSKI I MĄŁGORZATA WESOŁY | 00:49:01.6001:05:53.65 | 01:54:55.25 |
| 37 | P40 | MARCIN NAPIERAŁA I AURSZULA PAWŁOWSKA | 00:57:09.7500:59:15.45 | 01:56:24.20 |
| 38 | P20 | ANDRZEJ MARCZAK I MĄŁGORZATA MARCZAK | 00:56:22.2001:00:36.65 | 01:56:58.85 |
| 39 | P11 | DARIUSZ ZARZYCKI I ZABELA ZARZYCKA | 00:58:37.2500:58:38.15 | 01:57:15.40 |
| 40 | P34 | MONIKA JANKOWSKA I MACIEJ GRELA | 00:57:17.7001:01:19.85 | 01:58:36.55 |
| 41 | P21 | WALDEMAR KOZŁOWIECKI I MĄŁGORZATA KOZŁOWIECKA | 00:50:54.7501:09:11.65 | 02:00:06.40 |
| 42 | P45 | DAREK JAKÓB I BASIA ZWOLAK | 01:00:08.7001:00:13.10 | 02:00:21.80 |

BIEG ZAKOCHANYCH - 10.2KM, Para, cd.

| Miejsce | Drużyna | Zawodnicy klasyfikowani | Czas | Czas drużyny |
|---------|----------|--|------------------------|--------------|
| e | | | | |
| 43 | P19 | JANUSZ PEŁKAIWONA PEŁKA | 00:50:15.5001:10:10.90 | 02:00:25 |
| 44 | P41 | CEZARY KORPALGRAŻYNA KORPAL | 00:54:56.5501:09:48.10 | 02:04:45 |
| 45 | P44 | MATEUSZ GORTEWA OSIOWY | 00:59:22.8001:06:25.25 | 02:05:45 |
| 46 | P27 | TOMASZ SZYMAŃSKIMAŁGORZATA FIJAŁKOWSKA | 01:03:52.9501:03:53.20 | 02:07:45 |
| 47 | P25 | LILIANA ŁOSIAKWIKTOR SZOSTAŁO | 01:05:52.2001:05:52.35 | 02:11:45 |
| 48 | P5 | PAULA PASEKJAN PASEK | 01:04:16.5501:09:37.20 | 02:13:55 |
| 49 | IMPERIAL | PAULINA SZAFIROWICZ-CHOJNACKABARTOSZ CHOJNACKI | 01:07:54.2001:07:54.50 | 02:15:45 |