

GRAND PRIX USTKI - BIEG IV USTECKIEJ KRÓWKI - 10 KM

Organizator: Burmistrz Miasta Ustka; Morpol Sp. z o.o.; OSIR Ustka; Lekkoatletyczny Klub Sportowy „JANTAR”; Stowarzyszenie Turystyczno-Sportowe „USTKA”; Miejski Klub Sportowy „JANTAR” Ustka
 Data: 2019-07-20
 Miejsce: Ustka
 Dystans: 10 km
 Klasyfikacja wg czasów brutto.


GRAND PRIX USTKI - BIEG IV USTECKIEJ KRÓWKI - 10 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|----------------------------|-----|--------------------------------------|------------------------|------|--------|--------|------|-------------|-------------|--------|------|
| 1 | DRWal PIOTR | 9 | USB USTKA | USTKA | POL | M40-49 | 1 | M 1 | 00:31:50.20 | 00:31:50.20 | 3:11 | 18.8 |
| 2 | BORYCHOWSKI MARIUSZ | 69 | HERKULES | KOBYLNICIA | POL | M40-49 | 2 | M 2 | 00:32:31.40 | 00:32:31.40 | 3:15 | 18.5 |
| 3 | RUDNIK KRZYSZTOF | 116 | | KRĘPA SŁUPSKA | POL | M30-39 | 1 | M 3 | 00:35:28.35 | 00:35:28.35 | 3:32 | 16.9 |
| 4 | KOZAK ARKADIUSZ | 93 | HERKULES | BONIN | POL | M40-49 | 3 | M 4 | 00:36:53.05 | 00:36:53.05 | 3:41 | 16.3 |
| 5 | DUDA GRZEGORZ | 10 | BEST BEASTS | BUKÓWKA | POL | M40-49 | 4 | M 5 | 00:37:29.55 | 00:37:29.55 | 3:44 | 16 |
| 6 | GÓRKA MARCIN | 160 | GORLICKA GRUPA BIEGOWA | GORLICE | POL | M30-39 | 2 | M 6 | 00:38:02.25 | 00:38:02.25 | 3:48 | 15.8 |
| 7 | CZERWIŃSKI MACIEJ | 146 | BALTIC SEALS | SŁUPSK | POL | M16-29 | 1 | M 7 | 00:38:17.85 | 00:38:17.85 | 3:49 | 15.7 |
| 8 | CHOLEWIŃSKI ARTUR | 74 | DECATHLON PAWER | SŁUPSK | POL | M30-39 | 3 | M 8 | 00:38:32.85 | 00:38:32.85 | 3:51 | 15.6 |
| 9 | WEGNER PRZEMYSŁAW | 131 | MOWI | USTKA | POL | M40-49 | 5 | M 9 | 00:39:07.55 | 00:39:07.55 | 3:54 | 15.3 |
| 10 | JEZIEŃSKI ŁUKASZ | 19 | | USTKA | POL | M30-39 | 4 | M 10 | 00:39:21.85 | 00:39:21.85 | 3:56 | 15.2 |
| 11 | MILLETTE SEBASTIEN | 104 | | GDANSK | CAN | M30-39 | 5 | M 11 | 00:39:44.65 | 00:39:44.65 | 3:58 | 15.1 |
| 12 | GRAFF NORBERT | 15 | | SZCZENURZE POMORSKA 27 | POL | M30-39 | 6 | M 12 | 00:39:50.65 | 00:39:50.65 | 3:59 | 15.1 |
| 13 | WILMONT KRZYSZTOF | 59 | CENTRUM SZKOLENIA MARYNARKI WOJENNEJ | SŁUPSK | POL | M30-39 | 7 | M 13 | 00:39:59.15 | 00:39:59.15 | 3:59 | 15 |
| 14 | CYPARSKI MARCIN | 75 | ACTIVE RUNNERS PŁOCK | PŁOCK | POL | M40-49 | 6 | M 14 | 00:40:04.25 | 00:40:04.25 | 4:00 | 15 |
| 15 | KOZA KAMIL | 92 | USB USTKA | USTKA | POL | M30-39 | 8 | M 15 | 00:40:30.30 | 00:40:30.30 | 4:03 | 14.8 |
| 16 | RYGIELSKI ARKADIUSZ | 46 | KLUB BIEGACZA MOWI | SŁAWNO | POL | M30-39 | 9 | M 16 | 00:40:39.45 | 00:40:39.45 | 4:03 | 14.8 |
| 17 | REKAWEK MODEST | 144 | UKS JANTAR USTKA | USTKA | POL | M16-29 | 2 | M 17 | 00:40:45.85 | 00:40:45.85 | 4:04 | 14.7 |
| 18 | LASKA GRZEGORZ | 30 | | USTKA | POL | M30-39 | 10 | M 18 | 00:41:14.10 | 00:41:14.10 | 4:07 | 14.6 |
| 19 | KAWKA ADRIAN | 22 | | SŁUPSK | POL | M30-39 | 11 | M 19 | 00:41:25.70 | 00:41:25.70 | 4:08 | 14.5 |
| 20 | MARET ROBERT | 143 | LOKATOR NIERUCHOMOŚCI PIŁA | PIŁA | POL | M40-49 | 7 | M 20 | 00:41:29.45 | 00:41:29.45 | 4:08 | 14.5 |
| 21 | SKUMIAŁ OSKAR | 121 | USB USTKA | USTKA | POL | M30-39 | 12 | M 21 | 00:42:21.70 | 00:42:21.70 | 4:14 | 14.2 |
| 22 | GUZIK PIOTR | 80 | | SŁUPSK | POL | M16-29 | 3 | M 22 | 00:42:29.25 | 00:42:29.25 | 4:14 | 14.1 |
| 23 | ULAS MACIEJ | 129 | | BOCHNIA | POL | M30-39 | 13 | M 23 | 00:42:38.15 | 00:42:38.15 | 4:15 | 14.1 |
| 24 | MIKICIUK PIOTR | 142 | | USTKA | POL | M40-49 | 8 | M 24 | 00:42:40.75 | 00:42:40.75 | 4:16 | 14.1 |
| 25 | FABICH ADRIAN | 149 | USB USTKA | USTKA | POL | M30-39 | 14 | M 25 | 00:42:43.55 | 00:42:43.55 | 4:16 | 14 |
| 26 | JAWORSKI KRZYSZTOF | 83 | | SŁUPSK | POL | M30-39 | 15 | M 26 | 00:42:48.60 | 00:42:48.60 | 4:16 | 14 |
| 27 | PAWLIK KRYSZTOF | 39 | | USTKA | POL | M16-29 | 4 | M 27 | 00:42:50.75 | 00:42:50.75 | 4:17 | 14 |
| 28 | JABŁOŃSKI TOMASZ | 82 | KB SPOKO SŁAWNO | SŁAWNO | POL | M40-49 | 9 | M 28 | 00:42:53.00 | 00:42:53.00 | 4:17 | 14 |
| 29 | OLESZEK JERZY | 110 | SZKOŁA PODOFICERSKA MW | GRABNO | POL | M40-49 | 10 | M 29 | 00:42:55.65 | 00:42:55.65 | 4:17 | 14 |
| 30 | KUKLIŃSKA-NURKOWSKA LUCYNA | 28 | USB USTKA | USTKA | POL | K40-49 | 1 | K 1 | 00:42:58.95 | 00:42:58.95 | 4:17 | 14 |
| 31 | DĘGA RYSZARD | 78 | TUPOT USTKA | USTKA | POL | M60-69 | 1 | M 30 | 00:43:06.15 | 00:43:06.15 | 4:18 | 13.9 |
| 32 | FABJAN WIESŁAW | 79 | KUBISIA TEAM OLEŚNICA | DOBROSZYCE | POL | M50-59 | 1 | M 31 | 00:43:34.65 | 00:43:34.65 | 4:21 | 13.8 |
| 33 | PAKUŁA MATEUSZ | 113 | | SŁUPSK | POL | M30-39 | 16 | M 32 | 00:44:01.55 | 00:44:01.55 | 4:24 | 13.6 |
| 34 | SKOMOROWSKI MICHAŁ | 47 | USTKA | USTKA | POL | M30-39 | 17 | M 33 | 00:44:21.35 | 00:44:21.35 | 4:26 | 13.5 |
| 35 | JĘDRZEJEWSKI MARCELI | 85 | PŁOCK BIEGA NO AGE LIMIT | GOSTYNIŃ | POL | M40-49 | 11 | M 34 | 00:44:54.70 | 00:44:54.70 | 4:29 | 13.4 |
| 36 | RYBA PAWEŁ | 45 | | GRABNO | POL | M40-49 | 12 | M 35 | 00:45:25.70 | 00:45:25.70 | 4:32 | 13.2 |
| 37 | KOCZOROWSKI PAWEŁ | 25 | W.P.K. SŁOŃ TEAM USTKA | USTKA | POL | M40-49 | 13 | M 36 | 00:45:26.35 | 00:45:26.35 | 4:32 | 13.2 |
| 38 | MOROŃ JAROSŁAW | 140 | USB USTKA | WODNICA | POL | M30-39 | 18 | M 37 | 00:45:27.35 | 00:45:27.35 | 4:32 | 13.2 |
| 39 | MUDŹ ANNA | 34 | CENTRUM SZKOLENIA MARYNARKI WOJENNEJ | USTKA | POL | K16-29 | 1 | K 2 | 00:45:34.75 | 00:45:34.75 | 4:33 | 13.2 |
| 40 | ŻYSZKIEWICZ PIOTR | 65 | USB USTKA | USTKA | POL | M40-49 | 14 | M 38 | 00:45:42.50 | 00:45:42.50 | 4:34 | 13.1 |
| 41 | NADOLNY PIOTR | 106 | USB USTKA | GRABNO | POL | M40-49 | 15 | M 39 | 00:45:44.05 | 00:45:44.05 | 4:34 | 13.1 |
| 42 | KONIECZNY PIOTR | 91 | USB USTKA | INOWROCŁAW | POL | M40-49 | 16 | M 40 | 00:45:55.80 | 00:45:55.80 | 4:35 | 13.1 |
| 43 | OLEKSIUK ANDRZEJ | 109 | | SŁUPSK | POL | M40-49 | 17 | M 41 | 00:46:02.90 | 00:46:02.90 | 4:36 | 13 |
| 44 | KAMIŃSKI MARCIN | 21 | MOCZYMORDY TEAM | SMOŁDZINO | POL | M40-49 | 18 | M 42 | 00:46:11.85 | 00:46:11.85 | 4:37 | 13 |
| 45 | OŁUBEK ROBERT | 111 | HRMAX ŻORY | ŻORY | POL | M40-49 | 19 | M 43 | 00:46:15.25 | 00:46:15.25 | 4:37 | 13 |
| 46 | ZACHARSKI JERZY | 134 | | TRZCIANKA | POL | M50-59 | 2 | M 44 | 00:46:15.30 | 00:46:15.30 | 4:37 | 13 |

GRAND PRIX USTKI - BIEG IV USTECKIEJ KRÓWKI - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|---------------------------|-----|----------------------------|---------------|------|--------|--------|------|-------------|-------------|--------|------|
| 47 | MELON TOMASZ | 102 | KLUB SPORTOWY TĘCZA | SKIERNIEWICE | POL | M30-39 | 19 | M 45 | 00:46:39.60 | 00:46:39.60 | 4:39 | 12.9 |
| 48 | SULL KACPER | 51 | | SŁUPSK | POL | M16-29 | 5 | M 46 | 00:46:44.15 | 00:46:44.15 | 4:40 | 12.8 |
| 49 | PROTASEWICZ ANDRZEJ | 124 | KB SPOKO SŁAWNO | SŁAWNO | POL | M40-49 | 20 | M 47 | 00:46:44.70 | 00:46:44.70 | 4:40 | 12.8 |
| 50 | WRZACHOL PIOTR | 132 | | USTKA | POL | M16-29 | 6 | M 48 | 00:46:46.15 | 00:46:46.15 | 4:40 | 12.8 |
| 51 | JĘDRAS REMIGIUSZ | 84 | | MIŁOSZYCE | POL | M40-49 | 21 | M 49 | 00:47:19.00 | 00:47:19.00 | 4:43 | 12.7 |
| 52 | PUDELSKI KRZYSZTOF | 44 | | ZIMOWISKA | POL | M16-29 | 7 | M 50 | 00:47:21.45 | 00:47:21.45 | 4:44 | 12.7 |
| 53 | WYBRANIEC KAROLINA | 133 | | SŁUPSK | POL | K30-39 | 1 | K 3 | 00:47:24.30 | 00:47:24.30 | 4:44 | 12.7 |
| 54 | SITNIK MIKOŁAJ | 145 | | USTKA | POL | M16-29 | 8 | M 51 | 00:47:30.35 | 00:47:30.35 | 4:45 | 12.6 |
| 55 | TOMCZAK DOMINIK | 54 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M40-49 | 22 | M 52 | 00:47:35.55 | 00:47:35.55 | 4:45 | 12.6 |
| 56 | IWANOWSKI MICHAŁ | 81 | | USTKA | POL | M30-39 | 20 | M 53 | 00:47:48.05 | 00:47:48.05 | 4:46 | 12.6 |
| 57 | MARET WACŁAW | 100 | LOKATOR NIERUCHOMOŚCI PIŁA | PIŁA | POL | M60-69 | 2 | M 54 | 00:48:00.85 | 00:48:00.85 | 4:48 | 12.5 |
| 58 | SPYCHAŁSKI ARTUR | 49 | | GARDNA WIELKA | POL | M40-49 | 23 | M 55 | 00:48:10.85 | 00:48:10.85 | 4:49 | 12.5 |
| 59 | BRZEZIŃSKI RAFAŁ | 70 | NOWA HUTA TEAM | KRAKÓW | POL | M40-49 | 24 | M 56 | 00:48:12.35 | 00:48:12.35 | 4:49 | 12.4 |
| 60 | KWAŚNIAK ZDZISŁAW | 147 | DECATHLON | SŁUPSK | POL | M50-59 | 3 | M 57 | 00:48:26.25 | 00:48:26.25 | 4:50 | 12.4 |
| 61 | SAPIJASZKA STANISŁAW | 119 | | USTKA | POL | M60-69 | 3 | M 58 | 00:48:41.30 | 00:48:41.30 | 4:52 | 12.3 |
| 62 | PUDELSKI JÓZEF | 43 | USTKA | USTKA | POL | M30-39 | 21 | M 59 | 00:48:46.55 | 00:48:46.55 | 4:52 | 12.3 |
| 63 | PELA HANNA | 40 | USB USTKA | WODNICA | POL | K40-49 | 2 | K 4 | 00:48:52.95 | 00:48:52.95 | 4:53 | 12.3 |
| 64 | NIWIŃSKI GRZEGORZ | 36 | KB TUPOT USTKA | USTKA | POL | M60-69 | 4 | M 60 | 00:49:13.30 | 00:49:13.30 | 4:55 | 12.2 |
| 65 | ĆWIGOŃ KINGA | 6 | USB | USTKA | POL | K30-39 | 2 | K 5 | 00:49:20.90 | 00:49:20.90 | 4:56 | 12.2 |
| 66 | SIECIŃSKA EMILIA | 120 | USB USTKA | USTKA | POL | K30-39 | 3 | K 6 | 00:49:20.95 | 00:49:20.95 | 4:56 | 12.2 |
| 67 | ZALIŃSKA ANETA | 62 | USB | USTKA | POL | K30-39 | 4 | K 7 | 00:49:21.20 | 00:49:21.20 | 4:56 | 12.2 |
| 68 | RUTECKA SYLWIA | 150 | TUPOT USTKA | USTKA | POL | K30-39 | 5 | K 8 | 00:49:27.20 | 00:49:27.20 | 4:56 | 12.1 |
| 69 | CHEVRIER ELISABETH | 73 | | GDAŃSK | CAN | K30-39 | 6 | K 9 | 00:49:54.15 | 00:49:54.15 | 4:59 | 12 |
| 70 | ZDUNEK KRZYSZTOF | 136 | WPK SŁOŃ TEAM USTKA | USTKA | POL | M40-49 | 25 | M 61 | 00:50:05.35 | 00:50:05.35 | 5:00 | 12 |
| 71 | ORŁOWSKI EDWARD | 38 | | SŁUPSK | POL | M40-49 | 26 | M 62 | 00:50:11.95 | 00:50:11.95 | 5:01 | 12 |
| 72 | KREKORZ MARCIN | 166 | | WŁYŃKÓWKO | POL | M40-49 | 27 | M 63 | 00:50:19.15 | 00:50:19.15 | 5:01 | 11.9 |
| 73 | CZAJKOWSKI PAWEŁ | 76 | | KIELCE | POL | M40-49 | 28 | M 64 | 00:50:20.05 | 00:50:20.05 | 5:02 | 11.9 |
| 74 | TRUSIAK AGNIESZKA | 127 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | K40-49 | 3 | K 10 | 00:50:20.65 | 00:50:20.65 | 5:02 | 11.9 |
| 75 | ZIELIŃSKA DANUTA | 137 | USB USTKA | USTKA | POL | K30-39 | 7 | K 11 | 00:50:30.40 | 00:50:30.40 | 5:03 | 11.9 |
| 76 | BERENT ROBERT | 67 | TUPOT USTKA | USTKA | POL | M50-59 | 4 | M 65 | 00:50:32.10 | 00:50:32.10 | 5:03 | 11.9 |
| 77 | TOMCZAK SEBASTIAN | 55 | USTKA | USTKA | POL | M40-49 | 29 | M 66 | 00:50:39.95 | 00:50:39.95 | 5:03 | 11.8 |
| 78 | GRABOWICZ JUREK | 13 | TUPOT USTKA | USTKA | POL | M70+ | 1 | M 67 | 00:51:00.25 | 00:51:00.25 | 5:06 | 11.8 |
| 79 | KROTOWSKI GRZEGORZ | 98 | TUPOT USTKA | USTKA | POL | M50-59 | 5 | M 68 | 00:51:06.95 | 00:51:06.95 | 5:06 | 11.7 |
| 80 | PODLAK PIOTR | 41 | | USTKA | POL | M30-39 | 22 | M 69 | 00:51:08.75 | 00:51:08.75 | 5:06 | 11.7 |
| 81 | ZAGRODZKI IRENEUSZ | 141 | TUPOT USTKA | USTKA | POL | M60-69 | 5 | M 70 | 00:51:22.75 | 00:51:22.75 | 5:08 | 11.7 |
| 82 | WŁAŚNIAK ŁUKASZ | 60 | | LUBCZEWÓ | POL | M16-29 | 9 | M 71 | 00:51:35.00 | 00:51:35.00 | 5:09 | 11.6 |
| 83 | KRZYŻANEK MARTA | 27 | MOCZYMORDY TEAM | GARDNA WIELKA | POL | K40-49 | 4 | K 12 | 00:51:40.25 | 00:51:40.25 | 5:10 | 11.6 |
| 84 | GONTEK ŁUKASZ | 12 | VWBATORY | SŁUPSK | POL | M30-39 | 23 | M 72 | 00:51:56.70 | 00:51:56.70 | 5:11 | 11.6 |
| 85 | RATAJCZAK MONIKA | 148 | MOWI | SŁUPSK | POL | K30-39 | 8 | K 13 | 00:52:16.55 | 00:52:16.55 | 5:13 | 11.5 |
| 86 | KARGUL JACEK | 88 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M40-49 | 30 | M 73 | 00:52:18.10 | 00:52:18.10 | 5:13 | 11.5 |
| 87 | BODO RAFAŁ | 68 | ZOSKOSZ KOSZALIN | KOSZALIN | POL | M30-39 | 24 | M 74 | 00:52:22.40 | 00:52:22.40 | 5:14 | 11.5 |
| 88 | WOŁOCH MATEUSZ | 61 | MARKOS RUNNING TEAM | USTKA | POL | M30-39 | 25 | M 75 | 00:52:27.75 | 00:52:27.75 | 5:14 | 11.4 |
| 89 | KOZA JOANNA | 158 | USB USTKA | USTKA | POL | K30-39 | 9 | K 14 | 00:52:45.50 | 00:52:45.50 | 5:16 | 11.4 |
| 90 | STOLARCZUK PAULINA | 123 | | USTKA | POL | K40-49 | 5 | K 15 | 00:53:01.20 | 00:53:01.20 | 5:18 | 11.3 |
| 91 | NURKOWSKI MARCIN | 107 | USB USTKA | USTKA | POL | M40-49 | 31 | M 76 | 00:53:33.25 | 00:53:33.25 | 5:21 | 11.2 |
| 92 | BACH PAWEŁ | 2 | | SŁUPSK | POL | M30-39 | 26 | M 77 | 00:53:50.70 | 00:53:50.70 | 5:23 | 11.1 |
| 93 | TRUSIAK MIŁOSZ | 128 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M40-49 | 32 | M 78 | 00:53:53.05 | 00:53:53.05 | 5:23 | 11.1 |
| 94 | ZARĘBSKI MACIEJ | 163 | | USTKA | POL | M40-49 | 33 | M 79 | 00:54:10.10 | 00:54:10.10 | 5:25 | 11.1 |
| 95 | KOZIMOR MARIUSZ | 94 | | USTKA | POL | M40-49 | 34 | M 80 | 00:54:22.85 | 00:54:22.85 | 5:26 | 11 |
| 96 | TUROWSKI WOJCIECH | 57 | | USTKA | POL | M50-59 | 6 | M 81 | 00:54:48.35 | 00:54:48.35 | 5:28 | 10.9 |
| 97 | MĄCZKA TOMASZ | 101 | JUSIEWICZ TEAM | SŁUPSK | POL | M30-39 | 27 | M 82 | 00:55:09.00 | 00:55:09.00 | 5:30 | 10.9 |
| 98 | POKORNY EDWARD | 114 | TUPOT USTKA | USTKA | POL | M70+ | 2 | M 83 | 00:55:10.00 | 00:55:10.00 | 5:31 | 10.9 |
| 99 | KONKEL JOANNA | 26 | MKS 'ŚWIĘĆ' SŁAWNO | SŁAWNSKO | POL | K50-59 | 1 | K 16 | 00:55:22.75 | 00:55:22.75 | 5:32 | 10.8 |
| 100 | CZECH ROMAN | 77 | GOCHBYTÓW | SŁUPSK | POL | M70+ | 3 | M 84 | 00:55:50.05 | 00:55:50.05 | 5:35 | 10.7 |
| 101 | ZDUNEK KATARZYNA | 135 | | SŁUPSK | POL | K40-49 | 6 | K 17 | 00:56:04.50 | 00:56:04.50 | 5:36 | 10.7 |
| 102 | MALINOWSKA-KUDZIA IZABELA | 99 | | WROCŁAW | POL | K40-49 | 7 | K 18 | 00:56:07.80 | 00:56:07.80 | 5:36 | 10.7 |
| 103 | KLONOWSKI ARTUR | 89 | KOSPEL | KOSZALIN | POL | M40-49 | 35 | M 85 | 00:56:32.60 | 00:56:32.60 | 5:39 | 10.6 |

GRAND PRIX USTKI - BIEG IV USTECKIEJ KRÓWKI - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-----------------------|-----|------------------------|------------|------|--------|--------|------|-------------|-------------|--------|------|
| 104 | KŁOSOWSKI KAROL | 162 | | MODLNICA | POL | M30-39 | 28 | M 86 | 00:56:40.40 | 00:56:40.40 | 5:40 | 10.6 |
| 105 | OLECHNOWICZ ZBIGNIEW | 108 | TUPOT USTKA | SLUPSK | POL | M70+ | 4 | M 87 | 00:57:10.65 | 00:57:10.65 | 5:43 | 10.5 |
| 106 | KOCEJKO MAREK | 24 | USB USTKA | USTKA | POL | M60-69 | 6 | M 88 | 00:57:20.45 | 00:57:20.45 | 5:44 | 10.5 |
| 107 | LEWANDOWSKI ADAM | 97 | W.P.K SŁOŃ TEAM USTKA | USTKA | POL | M30-39 | 29 | M 89 | 00:57:31.25 | 00:57:31.25 | 5:45 | 10.4 |
| 108 | ZARZYCKA IZABELA | 63 | W.P.K. SŁOŃ TEAM USTKA | USTKA | POL | K40-49 | 8 | K 19 | 00:57:31.35 | 00:57:31.35 | 5:45 | 10.4 |
| 109 | LEWANDOWSKA MARIA | 96 | W.P.K SŁOŃ TEAM USTKA | USTKA | POL | K30-39 | 10 | K 20 | 00:57:31.45 | 00:57:31.45 | 5:45 | 10.4 |
| 110 | TÓRZ ANDRZEJ | 126 | USTKA | USTKA | POL | M60-69 | 7 | M 90 | 00:58:00.55 | 00:58:00.55 | 5:48 | 10.3 |
| 111 | PRZYMORSKI WALDEMAR | 42 | W.P.K. SŁOŃ TEAM USTKA | USTKA | POL | M40-49 | 36 | M 91 | 00:58:44.60 | 00:58:44.60 | 5:52 | 10.2 |
| 112 | KOMAR AGNIESZKA | 90 | KB SPOKO SŁAWNO | SŁAWNO | POL | K30-39 | 11 | K 21 | 00:59:13.95 | 00:59:13.95 | 5:55 | 10.1 |
| 113 | TURCZYN GRZEGORZ | 56 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M40-49 | 37 | M 92 | 00:59:25.80 | 00:59:25.80 | 5:56 | 10.1 |
| 114 | KRYGIER IRENEUSZ | 95 | W.P.W. SŁOŃ TEAM USTKA | USTKA | POL | M40-49 | 38 | M 93 | 00:59:26.05 | 00:59:26.05 | 5:56 | 10.1 |
| 115 | GOŁGOWSKA MAŁGORZATA | 11 | USB USTKA | USTKA | POL | K40-49 | 9 | K 22 | 00:59:26.15 | 00:59:26.15 | 5:56 | 10.1 |
| 116 | PROTASEWICZ RENATA | 115 | KB SPOKO SŁAWNO | SŁAWNO | POL | K30-39 | 12 | K 23 | 01:00:43.25 | 01:00:43.25 | 6:04 | 9.9 |
| 117 | MICHAŁAK-MAŁECKA ANNA | 103 | VACU ACTIV GYM | KOBYLNICIA | POL | K40-49 | 10 | K 24 | 01:00:50.45 | 01:00:50.45 | 6:05 | 9.9 |
| 118 | BUDZYŃSKA ELŻBIETA | 71 | | SŁUPSK | POL | K50-59 | 2 | K 25 | 01:01:06.65 | 01:01:06.65 | 6:06 | 9.8 |
| 119 | KUBICA TOMASZ | 139 | REEBOK RUN CREW TORUŃ | TORUŃ | POL | M40-49 | 39 | M 94 | 01:01:14.30 | 01:01:14.30 | 6:07 | 9.8 |
| 120 | OSTROWSKA KATARZYNA | 112 | | USTKA | POL | K30-39 | 13 | K 26 | 01:01:14.45 | 01:01:14.45 | 6:07 | 9.8 |
| 121 | JUSIEWICZ TOMASZ | 86 | | USTKA | POL | M30-39 | 30 | M 95 | 01:01:28.10 | 01:01:28.10 | 6:08 | 9.8 |
| 122 | JABŁONOWSKI MARIAN | 18 | TUPOT USTKA | USTKA | POL | M60-69 | 8 | M 96 | 01:02:50.15 | 01:02:50.15 | 6:17 | 9.5 |
| 123 | ŻELAZEK KATARZYNA | 138 | USB USTKA | USTKA | POL | K40-49 | 11 | K 27 | 01:04:21.10 | 01:04:21.10 | 6:26 | 9.3 |
| 124 | ZWOLIŃSKA AGNIESZKA | 64 | USTKA | USTKA | POL | K40-49 | 12 | K 28 | 01:04:21.80 | 01:04:21.80 | 6:26 | 9.3 |
| 125 | SYCHLA MONIKA | 125 | VACU ACTIV GYM | ŁOSINO | POL | K30-39 | 14 | K 29 | 01:04:30.90 | 01:04:30.90 | 6:27 | 9.3 |
| 126 | KOWALCZYK JUSTYNA | 1 | W.P.K. SŁOŃ TEAM USTKA | USTKA | POL | K30-39 | 15 | K 30 | 01:05:50.05 | 01:05:50.05 | 6:35 | 9.1 |
| 127 | BURDA SEBASTIAN | 4 | WPK SŁOŃ TEAM | SŁUPSK | POL | M40-49 | 40 | M 97 | 01:05:50.50 | 01:05:50.50 | 6:35 | 9.1 |
| 128 | DAMPS JULITA | 8 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | K30-39 | 16 | K 31 | 01:15:13.10 | 01:15:13.10 | 7:31 | 8 |
| 129 | SULL AGA | 52 | NIGHT RUNNERS SŁUPSK | WODNICA | POL | K40-49 | 13 | K 32 | 01:15:13.10 | 01:15:13.10 | 7:31 | 8 |
| 130 | KABACIŃSKI BRONISŁAW | 87 | TUPOT USTKA | USTKA | POL | M70+ | 5 | M 98 | 01:15:13.15 | 01:15:13.15 | 7:31 | 8 |

GRAND PRIX USTKI - BIEG IV USTECKIEJ KRÓWKI - 10 KM, K-Open

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|----------------------------|-----|--------------------------------------|---------------|------|--------|--------|------|-------------|-------------|--------|------|
| 1 | KUKLIŃSKA-NURKOWSKA LUCYNA | 28 | USB USTKA | USTKA | POL | K40-49 | 1 | K 1 | 00:42:58.95 | 00:42:58.95 | 4:17 | 14 |
| 2 | MUDŹ ANNA | 34 | CENTRUM SZKOLENIA MARYNARKI WOJENNEJ | USTKA | POL | K16-29 | 1 | K 2 | 00:45:34.75 | 00:45:34.75 | 4:33 | 13.2 |
| 3 | WYBRANIEC KAROLINA | 133 | | SŁUPSK | POL | K30-39 | 1 | K 3 | 00:47:24.30 | 00:47:24.30 | 4:44 | 12.7 |
| 4 | PELA HANNA | 40 | USB USTKA | WODNICA | POL | K40-49 | 2 | K 4 | 00:48:52.95 | 00:48:52.95 | 4:53 | 12.3 |
| 5 | ĆWIGOŃ KINGA | 6 | USB | USTKA | POL | K30-39 | 2 | K 5 | 00:49:20.90 | 00:49:20.90 | 4:56 | 12.2 |
| 6 | SIECIŃSKA EMILIA | 120 | USB USTKA | USTKA | POL | K30-39 | 3 | K 6 | 00:49:20.95 | 00:49:20.95 | 4:56 | 12.2 |
| 7 | ZALIŃSKA ANETA | 62 | USB | USTKA | POL | K30-39 | 4 | K 7 | 00:49:21.20 | 00:49:21.20 | 4:56 | 12.2 |
| 8 | RUTECKA SYLWIA | 150 | TUPOT USTKA | USTKA | POL | K30-39 | 5 | K 8 | 00:49:27.20 | 00:49:27.20 | 4:56 | 12.1 |
| 9 | CHEVRIER ELISABETH | 73 | | GDAŃSK | CAN | K30-39 | 6 | K 9 | 00:49:54.15 | 00:49:54.15 | 4:59 | 12 |
| 10 | TRUSIAK AGNIESZKA | 127 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | K40-49 | 3 | K 10 | 00:50:20.65 | 00:50:20.65 | 5:02 | 11.9 |
| 11 | ZIELIŃSKA DANUTA | 137 | USB USTKA | USTKA | POL | K30-39 | 7 | K 11 | 00:50:30.40 | 00:50:30.40 | 5:03 | 11.9 |
| 12 | KRZYŻANEK MARTA | 27 | MOCZYMORDY TEAM | GARDNA WIELKA | POL | K40-49 | 4 | K 12 | 00:51:40.25 | 00:51:40.25 | 5:10 | 11.6 |
| 13 | RATAJCZAK MONIKA | 148 | MOWI | SŁUPSK | POL | K30-39 | 8 | K 13 | 00:52:16.55 | 00:52:16.55 | 5:13 | 11.5 |
| 14 | KOZA JOANNA | 158 | USB USTKA | USTKA | POL | K30-39 | 9 | K 14 | 00:52:45.50 | 00:52:45.50 | 5:16 | 11.4 |
| 15 | STOLARCZUK PAULINA | 123 | | USTKA | POL | K40-49 | 5 | K 15 | 00:53:01.20 | 00:53:01.20 | 5:18 | 11.3 |
| 16 | KONKEL JOANNA | 26 | MKS 'ŚWIĘCI' SŁAWNO | SŁAWSKO | POL | K50-59 | 1 | K 16 | 00:55:22.75 | 00:55:22.75 | 5:32 | 10.8 |
| 17 | ZDUNEK KATARZYNA | 135 | | SŁUPSK | POL | K40-49 | 6 | K 17 | 00:56:04.50 | 00:56:04.50 | 5:36 | 10.7 |
| 18 | MALINOWSKA-KUDZIA IZABELA | 99 | | WROCŁAW | POL | K40-49 | 7 | K 18 | 00:56:07.80 | 00:56:07.80 | 5:36 | 10.7 |
| 19 | ZARZYCKA IZABELA | 63 | W.P.K. SŁOŃ TEAM USTKA | USTKA | POL | K40-49 | 8 | K 19 | 00:57:31.35 | 00:57:31.35 | 5:45 | 10.4 |
| 20 | LEWANDOWSKA MARIA | 96 | W.P.K SŁOŃ TEAM USTKA | USTKA | POL | K30-39 | 10 | K 20 | 00:57:31.45 | 00:57:31.45 | 5:45 | 10.4 |
| 21 | KOMAR AGNIESZKA | 90 | KB SPOKO SŁAWNO | SŁAWNO | POL | K30-39 | 11 | K 21 | 00:59:13.95 | 00:59:13.95 | 5:55 | 10.1 |
| 22 | GOŁGOWSKA MAŁGORZATA | 11 | USB USTKA | USTKA | POL | K40-49 | 9 | K 22 | 00:59:26.15 | 00:59:26.15 | 5:56 | 10.1 |
| 23 | PROTASEWICZ RENATA | 115 | KB SPOKO SŁAWNO | SŁAWNO | POL | K30-39 | 12 | K 23 | 01:00:43.25 | 01:00:43.25 | 6:04 | 9.9 |
| 24 | MICHAŁAK-MAŁECKA ANNA | 103 | VACU ACTIV GYM | KOBYLNICIA | POL | K40-49 | 10 | K 24 | 01:00:50.45 | 01:00:50.45 | 6:05 | 9.9 |
| 25 | BUDZYŃSKA ELŻBIETA | 71 | | SŁUPSK | POL | K50-59 | 2 | K 25 | 01:01:06.65 | 01:01:06.65 | 6:06 | 9.8 |

GRAND PRIX USTKI - BIEG IV USTECKIEJ KRÓWKI - 10 KM, K-Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|---------------------|-----|------------------------|-----------|------|--------|--------|------|-------------|-------------|--------|------|
| 26 | OSTROWSKA KATARZYNA | 112 | | USTKA | POL | K30-39 | 13 | K 26 | 01:01:14.45 | 01:01:14.45 | 6:07 | 9.8 |
| 27 | ŻELAZEK KATARZYNA | 138 | USB USTKA | USTKA | POL | K40-49 | 11 | K 27 | 01:04:21.10 | 01:04:21.10 | 6:26 | 9.3 |
| 28 | ZWOLIŃSKA AGNIESZKA | 64 | USTKA | USTKA | POL | K40-49 | 12 | K 28 | 01:04:21.80 | 01:04:21.80 | 6:26 | 9.3 |
| 29 | SYCHLA MONIKA | 125 | VACU ACTIV GYM | ŁOSINO | POL | K30-39 | 14 | K 29 | 01:04:30.90 | 01:04:30.90 | 6:27 | 9.3 |
| 30 | KOWALCZYK JUSTYNA | 1 | W.P.K. SŁOŃ TEAM USTKA | USTKA | POL | K30-39 | 15 | K 30 | 01:05:50.05 | 01:05:50.05 | 6:35 | 9.1 |
| 31 | DAMPS JULITA | 8 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | K30-39 | 16 | K 31 | 01:15:13.10 | 01:15:13.10 | 7:31 | 8 |
| 32 | SULL AGA | 52 | NIGHT RUNNERS SŁUPSK | WODNICA | POL | K40-49 | 13 | K 32 | 01:15:13.10 | 01:15:13.10 | 7:31 | 8 |

GRAND PRIX USTKI - BIEG IV USTECKIEJ KRÓWKI - 10 KM, M-Open

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|--------------------------------------|------------------------|------|--------|--------|------|-------------|-------------|--------|------|
| 1 | DRWAŁ PIOTR | 9 | USB USTKA | USTKA | POL | M40-49 | 1 | M 1 | 00:31:50.20 | 00:31:50.20 | 3:11 | 18.8 |
| 2 | BORYCHOWSKI MARIUSZ | 69 | HERKULES | KOBYLNICIA | POL | M40-49 | 2 | M 2 | 00:32:31.40 | 00:32:31.40 | 3:15 | 18.5 |
| 3 | RUDNIK KRZYSZTOF | 116 | | KRĘPA SŁUPSKA | POL | M30-39 | 1 | M 3 | 00:35:28.35 | 00:35:28.35 | 3:32 | 16.9 |
| 4 | KOZAK ARKADIUSZ | 93 | HERKULES | BONIN | POL | M40-49 | 3 | M 4 | 00:36:53.05 | 00:36:53.05 | 3:41 | 16.3 |
| 5 | DUDA GRZEGORZ | 10 | BEST BEASTS | BUKÓWKA | POL | M40-49 | 4 | M 5 | 00:37:29.55 | 00:37:29.55 | 3:44 | 16 |
| 6 | GÓRKA MARCIN | 160 | GORLICKA GRUPA BIEGOWA | GORLICE | POL | M30-39 | 2 | M 6 | 00:38:02.25 | 00:38:02.25 | 3:48 | 15.8 |
| 7 | CZERWIŃSKI MACIEJ | 146 | BALTIC SEALS | SŁUPSK | POL | M16-29 | 1 | M 7 | 00:38:17.85 | 00:38:17.85 | 3:49 | 15.7 |
| 8 | CHOLEWIŃSKI ARTUR | 74 | DECATHLON PAWER | SŁUPSK | POL | M30-39 | 3 | M 8 | 00:38:32.85 | 00:38:32.85 | 3:51 | 15.6 |
| 9 | WEGNER PRZEMYSŁAW | 131 | MOWI | USTKA | POL | M40-49 | 5 | M 9 | 00:39:07.55 | 00:39:07.55 | 3:54 | 15.3 |
| 10 | JEZIERSKI ŁUKASZ | 19 | | USTKA | POL | M30-39 | 4 | M 10 | 00:39:21.85 | 00:39:21.85 | 3:56 | 15.2 |
| 11 | MILLETTE SEBASTIEN | 104 | | GDANSK | CAN | M30-39 | 5 | M 11 | 00:39:44.65 | 00:39:44.65 | 3:58 | 15.1 |
| 12 | GRAFF NORBERT | 15 | | SZCZENURZE POMORSKA 27 | POL | M30-39 | 6 | M 12 | 00:39:50.65 | 00:39:50.65 | 3:59 | 15.1 |
| 13 | WILMONT KRZYSZTOF | 59 | CENTRUM SZKOLENIA MARYNARKI WOJENNEJ | SŁUPSK | POL | M30-39 | 7 | M 13 | 00:39:59.15 | 00:39:59.15 | 3:59 | 15 |
| 14 | CYPARSKI MARCIN | 75 | ACTIVE RUNNERS PŁOCK | PŁOCK | POL | M40-49 | 6 | M 14 | 00:40:04.25 | 00:40:04.25 | 4:00 | 15 |
| 15 | KOZA KAMIL | 92 | USB USTKA | USTKA | POL | M30-39 | 8 | M 15 | 00:40:30.30 | 00:40:30.30 | 4:03 | 14.8 |
| 16 | RYGIELSKI ARKADIUSZ | 46 | KLUB BIEGACZA MOWI | SŁAWNO | POL | M30-39 | 9 | M 16 | 00:40:39.45 | 00:40:39.45 | 4:03 | 14.8 |
| 17 | RĘKAWEK MODEST | 144 | UKS JANTAR USTKA | USTKA | POL | M16-29 | 2 | M 17 | 00:40:45.85 | 00:40:45.85 | 4:04 | 14.7 |
| 18 | LASKA GRZEGORZ | 30 | | USTKA | POL | M30-39 | 10 | M 18 | 00:41:14.10 | 00:41:14.10 | 4:07 | 14.6 |
| 19 | KAWKA ADRIAN | 22 | | SŁUPSK | POL | M30-39 | 11 | M 19 | 00:41:25.70 | 00:41:25.70 | 4:08 | 14.5 |
| 20 | MARET ROBERT | 143 | LOKATOR NIERUCHOMOŚCI PIŁA | PIŁA | POL | M40-49 | 7 | M 20 | 00:41:29.45 | 00:41:29.45 | 4:08 | 14.5 |
| 21 | SKUMIAŁ OSKAR | 121 | USB USTKA | USTKA | POL | M30-39 | 12 | M 21 | 00:42:21.70 | 00:42:21.70 | 4:14 | 14.2 |
| 22 | GUZIK PIOTR | 80 | | SŁUPSK | POL | M16-29 | 3 | M 22 | 00:42:29.25 | 00:42:29.25 | 4:14 | 14.1 |
| 23 | ULAS MACIEJ | 129 | | BOCHNIA | POL | M30-39 | 13 | M 23 | 00:42:38.15 | 00:42:38.15 | 4:15 | 14.1 |
| 24 | MIKICIUK PIOTR | 142 | | USTKA | POL | M40-49 | 8 | M 24 | 00:42:40.75 | 00:42:40.75 | 4:16 | 14.1 |
| 25 | FABICH ADRIAN | 149 | USB USTKA | USTKA | POL | M30-39 | 14 | M 25 | 00:42:43.55 | 00:42:43.55 | 4:16 | 14 |
| 26 | JAWORSKI KRZYSZTOF | 83 | | SŁUPSK | POL | M30-39 | 15 | M 26 | 00:42:48.60 | 00:42:48.60 | 4:16 | 14 |
| 27 | PAWLIK KRYSZTOF | 39 | | USTKA | POL | M16-29 | 4 | M 27 | 00:42:50.75 | 00:42:50.75 | 4:17 | 14 |
| 28 | JABŁOŃSKI TOMASZ | 82 | KB SPOKO SŁAWNO | SŁAWNO | POL | M40-49 | 9 | M 28 | 00:42:53.00 | 00:42:53.00 | 4:17 | 14 |
| 29 | OLESZEK JERZY | 110 | SZKOŁA PODOFICERSKA MW | GRABNO | POL | M40-49 | 10 | M 29 | 00:42:55.65 | 00:42:55.65 | 4:17 | 14 |
| 30 | DĘGA RYSZARD | 78 | TUPOŃ USTKA | USTKA | POL | M60-69 | 1 | M 30 | 00:43:06.15 | 00:43:06.15 | 4:18 | 13.9 |
| 31 | FABJAN WIESŁAW | 79 | KUBISIA TEAM OLEŚNICA | DOBROSZYCE | POL | M50-59 | 1 | M 31 | 00:43:34.65 | 00:43:34.65 | 4:21 | 13.8 |
| 32 | PAKUŁA MATEUSZ | 113 | | SŁUPSK | POL | M30-39 | 16 | M 32 | 00:44:01.55 | 00:44:01.55 | 4:24 | 13.6 |
| 33 | SKOMOROWSKI MICHAŁ | 47 | USTKA | USTKA | POL | M30-39 | 17 | M 33 | 00:44:21.35 | 00:44:21.35 | 4:26 | 13.5 |
| 34 | JĘDRZEJEWSKI MARCELI | 85 | PŁOCK BIEGA NO AGE LIMIT | GOSTYNIŃ | POL | M40-49 | 11 | M 34 | 00:44:54.70 | 00:44:54.70 | 4:29 | 13.4 |
| 35 | RYBA PAWEŁ | 45 | | GRABNO | POL | M40-49 | 12 | M 35 | 00:45:25.70 | 00:45:25.70 | 4:32 | 13.2 |
| 36 | KOCZOROWSKI PAWEŁ | 25 | W.P.K. SŁOŃ TEAM USTKA | USTKA | POL | M40-49 | 13 | M 36 | 00:45:26.35 | 00:45:26.35 | 4:32 | 13.2 |
| 37 | MOROŃ JAROSŁAW | 140 | USB USTKA | WODNICA | POL | M30-39 | 18 | M 37 | 00:45:27.35 | 00:45:27.35 | 4:32 | 13.2 |
| 38 | ŻYSZKIEWICZ PIOTR | 65 | USB USTKA | USTKA | POL | M40-49 | 14 | M 38 | 00:45:42.50 | 00:45:42.50 | 4:34 | 13.1 |
| 39 | NADOLNY PIOTR | 106 | USB USTKA | GRABNO | POL | M40-49 | 15 | M 39 | 00:45:44.05 | 00:45:44.05 | 4:34 | 13.1 |
| 40 | KONIECZNY PIOTR | 91 | USB USTKA | INOWROCŁAW | POL | M40-49 | 16 | M 40 | 00:45:55.80 | 00:45:55.80 | 4:35 | 13.1 |
| 41 | OLEKSIUK ANDRZEJ | 109 | | SŁUPSK | POL | M40-49 | 17 | M 41 | 00:46:02.90 | 00:46:02.90 | 4:36 | 13 |
| 42 | KAMIŃSKI_MARCIN | 21 | MOCZYMORDY TEAM | SMOŁDZINO | POL | M40-49 | 18 | M 42 | 00:46:11.85 | 00:46:11.85 | 4:37 | 13 |
| 43 | OŁUBEK ROBERT | 111 | HRMAX ŻORY | ŻORY | POL | M40-49 | 19 | M 43 | 00:46:15.25 | 00:46:15.25 | 4:37 | 13 |
| 44 | ZACHARSKI JERZY | 134 | | TRZCIANKA | POL | M50-59 | 2 | M 44 | 00:46:15.30 | 00:46:15.30 | 4:37 | 13 |
| 45 | MELON TOMASZ | 102 | KLUB SPORTOWY TĘCZA | SKIERNIEWICE | POL | M30-39 | 19 | M 45 | 00:46:39.60 | 00:46:39.60 | 4:39 | 12.9 |

GRAND PRIX USTKI - BIEG IV USTECKIEJ KRÓWKI - 10 KM, M-Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|----------------------------|---------------|------|--------|--------|------|-------------|-------------|--------|------|
| 46 | SULL KACPER | 51 | | SŁUPSK | POL | M16-29 | 5 | M 46 | 00:46:44.15 | 00:46:44.15 | 4:40 | 12.8 |
| 47 | PROTASEWICZ ANDRZEJ | 124 | KB SPOKO SŁAWNO | SŁAWNO | POL | M40-49 | 20 | M 47 | 00:46:44.70 | 00:46:44.70 | 4:40 | 12.8 |
| 48 | WRZACHOL PIOTR | 132 | | USTKA | POL | M16-29 | 6 | M 48 | 00:46:46.15 | 00:46:46.15 | 4:40 | 12.8 |
| 49 | JĘDRAS REMIGIUSZ | 84 | | MŁOSZYCE | POL | M40-49 | 21 | M 49 | 00:47:19.00 | 00:47:19.00 | 4:43 | 12.7 |
| 50 | PUDELSKI KRZYSZTOF | 44 | | ZIMOWISKA | POL | M16-29 | 7 | M 50 | 00:47:21.45 | 00:47:21.45 | 4:44 | 12.7 |
| 51 | SITNIK MIKOŁAJ | 145 | | USTKA | POL | M16-29 | 8 | M 51 | 00:47:30.35 | 00:47:30.35 | 4:45 | 12.6 |
| 52 | TOMCZAK DOMINIK | 54 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M40-49 | 22 | M 52 | 00:47:35.55 | 00:47:35.55 | 4:45 | 12.6 |
| 53 | IWANOWSKI MICHAŁ | 81 | | USTKA | POL | M30-39 | 20 | M 53 | 00:47:48.05 | 00:47:48.05 | 4:46 | 12.6 |
| 54 | MARET WACŁAW | 100 | LOKATOR NIERUCHOMOŚCI PIŁA | PIŁA | POL | M60-69 | 2 | M 54 | 00:48:00.85 | 00:48:00.85 | 4:48 | 12.5 |
| 55 | SPYCHALSKI ARTUR | 49 | | GARDNA WIELKA | POL | M40-49 | 23 | M 55 | 00:48:10.85 | 00:48:10.85 | 4:49 | 12.5 |
| 56 | BRZEZIŃSKI RAFAŁ | 70 | NOWA HUTA TEAM | KRAKÓW | POL | M40-49 | 24 | M 56 | 00:48:12.35 | 00:48:12.35 | 4:49 | 12.4 |
| 57 | KWAŚNIAK ZDZISŁAW | 147 | DECATHLON | SŁUPSK | POL | M50-59 | 3 | M 57 | 00:48:26.25 | 00:48:26.25 | 4:50 | 12.4 |
| 58 | SAPIJASZKA STANISŁAW | 119 | | USTKA | POL | M60-69 | 3 | M 58 | 00:48:41.30 | 00:48:41.30 | 4:52 | 12.3 |
| 59 | PUDELSKI JÓZEF | 43 | USTKA | USTKA | POL | M30-39 | 21 | M 59 | 00:48:46.55 | 00:48:46.55 | 4:52 | 12.3 |
| 60 | NIWIŃSKI GRZEGORZ | 36 | KB TUPOT USTKA | USTKA | POL | M60-69 | 4 | M 60 | 00:49:13.30 | 00:49:13.30 | 4:55 | 12.2 |
| 61 | ZDUNEK KRZYSZTOF | 136 | WPK SŁOŃ TEAM USTKA | USTKA | POL | M40-49 | 25 | M 61 | 00:50:05.35 | 00:50:05.35 | 5:00 | 12 |
| 62 | ORŁOWSKI EDWARD | 38 | | SŁUPSK | POL | M40-49 | 26 | M 62 | 00:50:11.95 | 00:50:11.95 | 5:01 | 12 |
| 63 | KREKORZ MARCIN | 166 | | WŁYŃKÓWKO | POL | M40-49 | 27 | M 63 | 00:50:19.15 | 00:50:19.15 | 5:01 | 11.9 |
| 64 | CZAJKOWSKI PAWEŁ | 76 | | KIELCE | POL | M40-49 | 28 | M 64 | 00:50:20.05 | 00:50:20.05 | 5:02 | 11.9 |
| 65 | BERENT ROBERT | 67 | TUPOT USTKA | USTKA | POL | M50-59 | 4 | M 65 | 00:50:32.10 | 00:50:32.10 | 5:03 | 11.9 |
| 66 | TOMCZAK SEBASTIAN | 55 | USTKA | USTKA | POL | M40-49 | 29 | M 66 | 00:50:39.95 | 00:50:39.95 | 5:03 | 11.8 |
| 67 | GRABOWICZ JUREK | 13 | TUPOT USTKA | USTKA | POL | M70+ | 1 | M 67 | 00:51:00.25 | 00:51:00.25 | 5:06 | 11.8 |
| 68 | KROTOWSKI GRZEGORZ | 98 | TUPOT USTKA | USTKA | POL | M50-59 | 5 | M 68 | 00:51:06.95 | 00:51:06.95 | 5:06 | 11.7 |
| 69 | PODLAK PIOTR | 41 | | USTKA | POL | M30-39 | 22 | M 69 | 00:51:08.75 | 00:51:08.75 | 5:06 | 11.7 |
| 70 | ZAGRODZKI IRENEUSZ | 141 | TUPOT USTKA | USTKA | POL | M60-69 | 5 | M 70 | 00:51:22.75 | 00:51:22.75 | 5:08 | 11.7 |
| 71 | WŁAŚNIAK ŁUKASZ | 60 | | LUBUCZEWO | POL | M16-29 | 9 | M 71 | 00:51:35.00 | 00:51:35.00 | 5:09 | 11.6 |
| 72 | GONTEK ŁUKASZ | 12 | VVBATORY | SŁUPSK | POL | M30-39 | 23 | M 72 | 00:51:56.70 | 00:51:56.70 | 5:11 | 11.6 |
| 73 | KARGUL JACEK | 88 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M40-49 | 30 | M 73 | 00:52:18.10 | 00:52:18.10 | 5:13 | 11.5 |
| 74 | BODO RAFAŁ | 68 | ZOZKOSZ KOSZALIN | KOSZALIN | POL | M30-39 | 24 | M 74 | 00:52:22.40 | 00:52:22.40 | 5:14 | 11.5 |
| 75 | WOŁOCH MATEUSZ | 61 | MARKOS RUNNING TEAM | USTKA | POL | M30-39 | 25 | M 75 | 00:52:27.75 | 00:52:27.75 | 5:14 | 11.4 |
| 76 | NURKOWSKI MARCIN | 107 | USB USTKA | USTKA | POL | M40-49 | 31 | M 76 | 00:53:33.25 | 00:53:33.25 | 5:21 | 11.2 |
| 77 | BACH PAWEŁ | 2 | | SŁUPSK | POL | M30-39 | 26 | M 77 | 00:53:50.70 | 00:53:50.70 | 5:23 | 11.1 |
| 78 | TRUSIAK MIŁOSZ | 128 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M40-49 | 32 | M 78 | 00:53:53.05 | 00:53:53.05 | 5:23 | 11.1 |
| 79 | ZARĘBSKI MACIEJ | 163 | | USTKA | POL | M40-49 | 33 | M 79 | 00:54:10.10 | 00:54:10.10 | 5:25 | 11.1 |
| 80 | KOZIMOR MARIUSZ | 94 | | USTKA | POL | M40-49 | 34 | M 80 | 00:54:22.85 | 00:54:22.85 | 5:26 | 11 |
| 81 | TUROWSKI WOJCIECH | 57 | | USTKA | POL | M50-59 | 6 | M 81 | 00:54:48.35 | 00:54:48.35 | 5:28 | 10.9 |
| 82 | MAŃCZKA TOMASZ | 101 | JUSIEWICZ TEAM | SŁUPSK | POL | M30-39 | 27 | M 82 | 00:55:09.00 | 00:55:09.00 | 5:30 | 10.9 |
| 83 | POKORNY EDWARD | 114 | TUPOT USTKA | USTKA | POL | M70+ | 2 | M 83 | 00:55:10.00 | 00:55:10.00 | 5:31 | 10.9 |
| 84 | CZECH ROMAN | 77 | GOCHBYTÓW | SŁUPSK | POL | M70+ | 3 | M 84 | 00:55:50.05 | 00:55:50.05 | 5:35 | 10.7 |
| 85 | KLONOWSKI ARTUR | 89 | KOSPEL | KOSZALIN | POL | M40-49 | 35 | M 85 | 00:56:32.60 | 00:56:32.60 | 5:39 | 10.6 |
| 86 | KŁOSOWSKI KAROL | 162 | | MODLNICA | POL | M30-39 | 28 | M 86 | 00:56:40.40 | 00:56:40.40 | 5:40 | 10.6 |
| 87 | OLECHNOWICZ ZBIGNIEW | 108 | TUPOT USTKA | SŁUPSK | POL | M70+ | 4 | M 87 | 00:57:10.65 | 00:57:10.65 | 5:43 | 10.5 |
| 88 | KOCEJKO MAREK | 24 | USB USTKA | USTKA | POL | M60-69 | 6 | M 88 | 00:57:20.45 | 00:57:20.45 | 5:44 | 10.5 |
| 89 | LEWANDOWSKI ADAM | 97 | W.P.K SŁOŃ TEAM USTKA | USTKA | POL | M30-39 | 29 | M 89 | 00:57:31.25 | 00:57:31.25 | 5:45 | 10.4 |
| 90 | TÓRZ ANDRZEJ | 126 | USTKA | USTKA | POL | M60-69 | 7 | M 90 | 00:58:00.55 | 00:58:00.55 | 5:48 | 10.3 |
| 91 | PRZYMORSKI WALDEMAR | 42 | W.P.K. SŁOŃ TEAM USTKA | USTKA | POL | M40-49 | 36 | M 91 | 00:58:44.60 | 00:58:44.60 | 5:52 | 10.2 |
| 92 | TURCZYŃ GRZEGORZ | 56 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M40-49 | 37 | M 92 | 00:59:25.80 | 00:59:25.80 | 5:56 | 10.1 |
| 93 | KRYGIER IRENEUSZ | 95 | W.P.W. SŁOŃ TEAM USTKA | USTKA | POL | M40-49 | 38 | M 93 | 00:59:26.05 | 00:59:26.05 | 5:56 | 10.1 |
| 94 | KUBICA TOMASZ | 139 | REEBOK RUN CREW TORUŃ | TORUŃ | POL | M40-49 | 39 | M 94 | 01:01:14.30 | 01:01:14.30 | 6:07 | 9.8 |
| 95 | JUSIEWICZ TOMASZ | 86 | | USTKA | POL | M30-39 | 30 | M 95 | 01:01:28.10 | 01:01:28.10 | 6:08 | 9.8 |
| 96 | JABŁONOWSKI MARIAN | 18 | TUPOT USTKA | USTKA | POL | M60-69 | 8 | M 96 | 01:02:50.15 | 01:02:50.15 | 6:17 | 9.5 |
| 97 | BURDA SEBASTIAN | 4 | WPK SŁOŃ TEAM | SŁUPSK | POL | M40-49 | 40 | M 97 | 01:05:50.50 | 01:05:50.50 | 6:35 | 9.1 |
| 98 | KABACIŃSKI BRONISŁAW | 87 | TUPOT USTKA | USTKA | POL | M70+ | 5 | M 98 | 01:15:13.15 | 01:15:13.15 | 7:31 | 8 |

GRAND PRIX USTKI - BIEG IV USTECKIEJ KRÓWKI - 10 KM, K16-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-----------------|----|--------------------------------------|-----------|------|--------|--------|-----|-------------|-------------|--------|------|
| 1 | MUDŹ ANNA | 34 | CENTRUM SZKOLENIA MARYNARKI WOJENNEJ | USTKA | POL | K16-29 | 1 | K 2 | 00:45:34.75 | 00:45:34.75 | 4:33 | 13.2 |

GRAND PRIX USTKI - BIEG IV USTECKIEJ KRÓWKI - 10 KM, M16-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|--------------------|-----|------------------|-----------|------|--------|--------|------|-------------|-------------|--------|------|
| 1 | CZERWIŃSKI MACIEJ | 146 | BALTIC SEALS | SŁUPSK | POL | M16-29 | 1 | M 7 | 00:38:17.85 | 00:38:17.85 | 3:49 | 15.7 |
| 2 | REKAWEK MODEST | 144 | UKS JANTAR USTKA | USTKA | POL | M16-29 | 2 | M 17 | 00:40:45.85 | 00:40:45.85 | 4:04 | 14.7 |
| 3 | GUZIK PIOTR | 80 | | SŁUPSK | POL | M16-29 | 3 | M 22 | 00:42:29.25 | 00:42:29.25 | 4:14 | 14.1 |
| 4 | PAWLIK KRYSZTIAN | 39 | | USTKA | POL | M16-29 | 4 | M 27 | 00:42:50.75 | 00:42:50.75 | 4:17 | 14 |
| 5 | SULL KACPER | 51 | | SŁUPSK | POL | M16-29 | 5 | M 46 | 00:46:44.15 | 00:46:44.15 | 4:40 | 12.8 |
| 6 | WRZACHOL PIOTR | 132 | | USTKA | POL | M16-29 | 6 | M 48 | 00:46:46.15 | 00:46:46.15 | 4:40 | 12.8 |
| 7 | PUDELSKI KRZYSZTOF | 44 | | ZIMOWISKA | POL | M16-29 | 7 | M 50 | 00:47:21.45 | 00:47:21.45 | 4:44 | 12.7 |
| 8 | SITNIK MIKOŁAJ | 145 | | USTKA | POL | M16-29 | 8 | M 51 | 00:47:30.35 | 00:47:30.35 | 4:45 | 12.6 |
| 9 | WŁAŚNIAK ŁUKASZ | 60 | | LUBUCZEWO | POL | M16-29 | 9 | M 71 | 00:51:35.00 | 00:51:35.00 | 5:09 | 11.6 |

GRAND PRIX USTKI - BIEG IV USTECKIEJ KRÓWKI - 10 KM, K30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|---------------------|-----|------------------------|-----------|------|--------|--------|------|-------------|-------------|--------|------|
| 1 | WYBRANIEC KAROLINA | 133 | | SŁUPSK | POL | K30-39 | 1 | K 3 | 00:47:24.30 | 00:47:24.30 | 4:44 | 12.7 |
| 2 | ĆWIGOŃ KINGA | 6 | USB | USTKA | POL | K30-39 | 2 | K 5 | 00:49:20.90 | 00:49:20.90 | 4:56 | 12.2 |
| 3 | SIECIŃSKA EMILIA | 120 | USB USTKA | USTKA | POL | K30-39 | 3 | K 6 | 00:49:20.95 | 00:49:20.95 | 4:56 | 12.2 |
| 4 | ZALIŃSKA ANETA | 62 | USB | USTKA | POL | K30-39 | 4 | K 7 | 00:49:21.20 | 00:49:21.20 | 4:56 | 12.2 |
| 5 | RUTECKA SYLWIA | 150 | TUPOT USTKA | USTKA | POL | K30-39 | 5 | K 8 | 00:49:27.20 | 00:49:27.20 | 4:56 | 12.1 |
| 6 | CHEVRIER ELISABETH | 73 | | GDAŃSK | CAN | K30-39 | 6 | K 9 | 00:49:54.15 | 00:49:54.15 | 4:59 | 12 |
| 7 | ZIELIŃSKA DANUTA | 137 | USB USTKA | USTKA | POL | K30-39 | 7 | K 11 | 00:50:30.40 | 00:50:30.40 | 5:03 | 11.9 |
| 8 | RATAJCZAK MONIKA | 148 | MOWI | SŁUPSK | POL | K30-39 | 8 | K 13 | 00:52:16.55 | 00:52:16.55 | 5:13 | 11.5 |
| 9 | KOZA JOANNA | 158 | USB USTKA | USTKA | POL | K30-39 | 9 | K 14 | 00:52:45.50 | 00:52:45.50 | 5:16 | 11.4 |
| 10 | LEWANDOWSKA MARIA | 96 | W.P.K SŁOŃ TEAM USTKA | USTKA | POL | K30-39 | 10 | K 20 | 00:57:31.45 | 00:57:31.45 | 5:45 | 10.4 |
| 11 | KOMAR AGNIESZKA | 90 | KB SPOKO SŁAWNO | SŁAWNO | POL | K30-39 | 11 | K 21 | 00:59:13.95 | 00:59:13.95 | 5:55 | 10.1 |
| 12 | PROTASEWICZ RENATA | 115 | KB SPOKO SŁAWNO | SŁAWNO | POL | K30-39 | 12 | K 23 | 01:00:43.25 | 01:00:43.25 | 6:04 | 9.9 |
| 13 | OSTROWSKA KATARZYNA | 112 | | USTKA | POL | K30-39 | 13 | K 26 | 01:01:14.45 | 01:01:14.45 | 6:07 | 9.8 |
| 14 | SYCHLA MONIKA | 125 | VACU ACTIV GYM | ŁOSINO | POL | K30-39 | 14 | K 29 | 01:04:30.90 | 01:04:30.90 | 6:27 | 9.3 |
| 15 | KOWALCZYK JUSTYNA | 1 | W.P.K. SŁOŃ TEAM USTKA | USTKA | POL | K30-39 | 15 | K 30 | 01:05:50.05 | 01:05:50.05 | 6:35 | 9.1 |
| 16 | DAMPS JULITA | 8 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | K30-39 | 16 | K 31 | 01:15:13.10 | 01:15:13.10 | 7:31 | 8 |

GRAND PRIX USTKI - BIEG IV USTECKIEJ KRÓWKI - 10 KM, M30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|---------------------|-----|--------------------------------------|------------------------|------|--------|--------|------|-------------|-------------|--------|------|
| 1 | RUDNIK KRZYSZTOF | 116 | | KRĘPA SŁUPSKA | POL | M30-39 | 1 | M 3 | 00:35:28.35 | 00:35:28.35 | 3:32 | 16.9 |
| 2 | GÓRKA MARCIN | 160 | GORLICKA GRUPA BIEGOWA | GORLICE | POL | M30-39 | 2 | M 6 | 00:38:02.25 | 00:38:02.25 | 3:48 | 15.8 |
| 3 | CHOLEWIŃSKI ARTUR | 74 | DECATHLON PAWER | SŁUPSK | POL | M30-39 | 3 | M 8 | 00:38:32.85 | 00:38:32.85 | 3:51 | 15.6 |
| 4 | JEZIEŃSKI ŁUKASZ | 19 | | USTKA | POL | M30-39 | 4 | M 10 | 00:39:21.85 | 00:39:21.85 | 3:56 | 15.2 |
| 5 | MILLETTE SEBASTIEN | 104 | | GDANSK | CAN | M30-39 | 5 | M 11 | 00:39:44.65 | 00:39:44.65 | 3:58 | 15.1 |
| 6 | GRAFF NORBERT | 15 | | SZCZENURZE POMORSKA 27 | POL | M30-39 | 6 | M 12 | 00:39:50.65 | 00:39:50.65 | 3:59 | 15.1 |
| 7 | WILMONT KRZYSZTOF | 59 | CENTRUM SZKOLENIA MARYNARKI WOJENNEJ | SŁUPSK | POL | M30-39 | 7 | M 13 | 00:39:59.15 | 00:39:59.15 | 3:59 | 15 |
| 8 | KOZA KAMIL | 92 | USB USTKA | USTKA | POL | M30-39 | 8 | M 15 | 00:40:30.30 | 00:40:30.30 | 4:03 | 14.8 |
| 9 | RYGIELSKI ARKADIUSZ | 46 | KLUB BIEGACZA MOWI | SŁAWNO | POL | M30-39 | 9 | M 16 | 00:40:39.45 | 00:40:39.45 | 4:03 | 14.8 |
| 10 | LASKA GRZEGORZ | 30 | | USTKA | POL | M30-39 | 10 | M 18 | 00:41:14.10 | 00:41:14.10 | 4:07 | 14.6 |
| 11 | KAWKA ADRIAN | 22 | | SŁUPSK | POL | M30-39 | 11 | M 19 | 00:41:25.70 | 00:41:25.70 | 4:08 | 14.5 |
| 12 | SKUMIAŁ OSKAR | 121 | USB USTKA | USTKA | POL | M30-39 | 12 | M 21 | 00:42:21.70 | 00:42:21.70 | 4:14 | 14.2 |
| 13 | ULAS MACIEJ | 129 | | BOCHNIA | POL | M30-39 | 13 | M 23 | 00:42:38.15 | 00:42:38.15 | 4:15 | 14.1 |
| 14 | FABICH ADRIAN | 149 | USB USTKA | USTKA | POL | M30-39 | 14 | M 25 | 00:42:43.55 | 00:42:43.55 | 4:16 | 14 |

GRAND PRIX USTKI - BIEG IV USTECKIEJ KRÓWKI - 10 KM, M30-39 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|--------------------|-----|-----------------------|--------------|------|--------|--------|------|-------------|-------------|--------|------|
| 15 | JAWORSKI KRZYSZTOF | 83 | | SŁUPSK | POL | M30-39 | 15 | M 26 | 00:42:48.60 | 00:42:48.60 | 4:16 | 14 |
| 16 | PAKUŁA MATEUSZ | 113 | | SŁUPSK | POL | M30-39 | 16 | M 32 | 00:44:01.55 | 00:44:01.55 | 4:24 | 13.6 |
| 17 | SKOMOROWSKI MICHAŁ | 47 | USTKA | USTKA | POL | M30-39 | 17 | M 33 | 00:44:21.35 | 00:44:21.35 | 4:26 | 13.5 |
| 18 | MOROŃ JAROSŁAW | 140 | USB USTKA | WODNICA | POL | M30-39 | 18 | M 37 | 00:45:27.35 | 00:45:27.35 | 4:32 | 13.2 |
| 19 | MELON TOMASZ | 102 | KLUB SPORTOWY TĘCZA | SKIERNIEWICE | POL | M30-39 | 19 | M 45 | 00:46:39.60 | 00:46:39.60 | 4:39 | 12.9 |
| 20 | IWANOWSKI MICHAŁ | 81 | | USTKA | POL | M30-39 | 20 | M 53 | 00:47:48.05 | 00:47:48.05 | 4:46 | 12.6 |
| 21 | PUDELSKI JÓZEF | 43 | USTKA | USTKA | POL | M30-39 | 21 | M 59 | 00:48:46.55 | 00:48:46.55 | 4:52 | 12.3 |
| 22 | PODLAK PIOTR | 41 | | USTKA | POL | M30-39 | 22 | M 69 | 00:51:08.75 | 00:51:08.75 | 5:06 | 11.7 |
| 23 | GONTEK ŁUKASZ | 12 | VWBATORY | SŁUPSK | POL | M30-39 | 23 | M 72 | 00:51:56.70 | 00:51:56.70 | 5:11 | 11.6 |
| 24 | BODO RAFAŁ | 68 | ZOZKOSZ KOSZALIN | KOSZALIN | POL | M30-39 | 24 | M 74 | 00:52:22.40 | 00:52:22.40 | 5:14 | 11.5 |
| 25 | WOŁOCH MATEUSZ | 61 | MARKOS RUNNING TEAM | USTKA | POL | M30-39 | 25 | M 75 | 00:52:27.75 | 00:52:27.75 | 5:14 | 11.4 |
| 26 | BACH PAWEŁ | 2 | | SŁUPSK | POL | M30-39 | 26 | M 77 | 00:53:50.70 | 00:53:50.70 | 5:23 | 11.1 |
| 27 | MĄCZKA TOMASZ | 101 | JUSIEWICZ TEAM | SŁUPSK | POL | M30-39 | 27 | M 82 | 00:55:09.00 | 00:55:09.00 | 5:30 | 10.9 |
| 28 | KŁOSOWSKI KAROL | 162 | | MODLNICA | POL | M30-39 | 28 | M 86 | 00:56:40.40 | 00:56:40.40 | 5:40 | 10.6 |
| 29 | LEWANDOWSKI ADAM | 97 | W.P.K SŁOŃ TEAM USTKA | USTKA | POL | M30-39 | 29 | M 89 | 00:57:31.25 | 00:57:31.25 | 5:45 | 10.4 |
| 30 | JUSIEWICZ TOMASZ | 86 | | USTKA | POL | M30-39 | 30 | M 95 | 01:01:28.10 | 01:01:28.10 | 6:08 | 9.8 |

GRAND PRIX USTKI - BIEG IV USTECKIEJ KRÓWKI - 10 KM, K40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|----------------------------|-----|------------------------|---------------|------|--------|--------|------|-------------|-------------|--------|------|
| 1 | KUKLIŃSKA-NURKOWSKA LUCYNA | 28 | USB USTKA | USTKA | POL | K40-49 | 1 | K 1 | 00:42:58.95 | 00:42:58.95 | 4:17 | 14 |
| 2 | PEŁA HANNA | 40 | USB USTKA | WODNICA | POL | K40-49 | 2 | K 4 | 00:48:52.95 | 00:48:52.95 | 4:53 | 12.3 |
| 3 | TRUSIAK AGNIESZKA | 127 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | K40-49 | 3 | K 10 | 00:50:20.65 | 00:50:20.65 | 5:02 | 11.9 |
| 4 | KRZYŻANEK MARTA | 27 | MOCZYMORDY TEAM | GARDNA WIELKA | POL | K40-49 | 4 | K 12 | 00:51:40.25 | 00:51:40.25 | 5:10 | 11.6 |
| 5 | STOLARCZUK PAULINA | 123 | | USTKA | POL | K40-49 | 5 | K 15 | 00:53:01.20 | 00:53:01.20 | 5:18 | 11.3 |
| 6 | ZDUNEK KATARZYNA | 135 | | SŁUPSK | POL | K40-49 | 6 | K 17 | 00:56:04.50 | 00:56:04.50 | 5:36 | 10.7 |
| 7 | MALINOWSKA-KUDZIA IZABELA | 99 | | WROCŁAW | POL | K40-49 | 7 | K 18 | 00:56:07.80 | 00:56:07.80 | 5:36 | 10.7 |
| 8 | ZARZYCKA IZABELA | 63 | W.P.K. SŁOŃ TEAM USTKA | USTKA | POL | K40-49 | 8 | K 19 | 00:57:31.35 | 00:57:31.35 | 5:45 | 10.4 |
| 9 | GOŁGOWSKA MAŁGORZATA | 11 | USB USTKA | USTKA | POL | K40-49 | 9 | K 22 | 00:59:26.15 | 00:59:26.15 | 5:56 | 10.1 |
| 10 | MICHAŁAK-MAŁECKA ANNA | 103 | VACU ACTIV GYM | KOBYLNICA | POL | K40-49 | 10 | K 24 | 01:00:50.45 | 01:00:50.45 | 6:05 | 9.9 |
| 11 | ŻELAZEK KATARZYNA | 138 | USB USTKA | USTKA | POL | K40-49 | 11 | K 27 | 01:04:21.10 | 01:04:21.10 | 6:26 | 9.3 |
| 12 | ZWOLIŃSKA AGNIESZKA | 64 | USTKA | USTKA | POL | K40-49 | 12 | K 28 | 01:04:21.80 | 01:04:21.80 | 6:26 | 9.3 |
| 13 | SULL AGA | 52 | NIGHT RUNNERS SŁUPSK | WODNICA | POL | K40-49 | 13 | K 32 | 01:15:13.10 | 01:15:13.10 | 7:31 | 8 |

GRAND PRIX USTKI - BIEG IV USTECKIEJ KRÓWKI - 10 KM, M40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|----------------------------|------------|------|--------|--------|------|-------------|-------------|--------|------|
| 1 | DRWAŁ PIOTR | 9 | USB USTKA | USTKA | POL | M40-49 | 1 | M 1 | 00:31:50.20 | 00:31:50.20 | 3:11 | 18.8 |
| 2 | BORYCHOWSKI MARIUSZ | 69 | HERKULES | KOBYLNICA | POL | M40-49 | 2 | M 2 | 00:32:31.40 | 00:32:31.40 | 3:15 | 18.5 |
| 3 | KOZAK ARKADIUSZ | 93 | HERKULES | BONIN | POL | M40-49 | 3 | M 4 | 00:36:53.05 | 00:36:53.05 | 3:41 | 16.3 |
| 4 | DUDA GRZEGORZ | 10 | BEST BEASTS | BUKÓWKA | POL | M40-49 | 4 | M 5 | 00:37:29.55 | 00:37:29.55 | 3:44 | 16 |
| 5 | WEGNER PRZEMYSŁAW | 131 | MOWI | USTKA | POL | M40-49 | 5 | M 9 | 00:39:07.55 | 00:39:07.55 | 3:54 | 15.3 |
| 6 | CYPARSKI MARCIN | 75 | ACTIVE RUNNERS PŁOCK | PŁOCK | POL | M40-49 | 6 | M 14 | 00:40:04.25 | 00:40:04.25 | 4:00 | 15 |
| 7 | MARET ROBERT | 143 | LOKATOR NIERUCHOMOŚCI PIŁA | PIŁA | POL | M40-49 | 7 | M 20 | 00:41:29.45 | 00:41:29.45 | 4:08 | 14.5 |
| 8 | MIKICIAK PIOTR | 142 | | USTKA | POL | M40-49 | 8 | M 24 | 00:42:40.75 | 00:42:40.75 | 4:16 | 14.1 |
| 9 | JABŁOŃSKI TOMASZ | 82 | KB SPOKO SŁAWNO | SŁAWNO | POL | M40-49 | 9 | M 28 | 00:42:53.00 | 00:42:53.00 | 4:17 | 14 |
| 10 | OLESZEK JERZY | 110 | SZKOŁA PODOFICERSKA MW | GRABNO | POL | M40-49 | 10 | M 29 | 00:42:55.65 | 00:42:55.65 | 4:17 | 14 |
| 11 | JĘDRZEJEWSKI MARCELI | 85 | PŁOCK BIEGA NO AGE LIMIT | GOSTYNIŃ | POL | M40-49 | 11 | M 34 | 00:44:54.70 | 00:44:54.70 | 4:29 | 13.4 |
| 12 | RYBA PAWEŁ | 45 | | GRABNO | POL | M40-49 | 12 | M 35 | 00:45:25.70 | 00:45:25.70 | 4:32 | 13.2 |
| 13 | KOCZOROWSKI PAWEŁ | 25 | W.P.K. SŁOŃ TEAM USTKA | USTKA | POL | M40-49 | 13 | M 36 | 00:45:26.35 | 00:45:26.35 | 4:32 | 13.2 |
| 14 | ŻYSZKIEWICZ PIOTR | 65 | USB USTKA | USTKA | POL | M40-49 | 14 | M 38 | 00:45:42.50 | 00:45:42.50 | 4:34 | 13.1 |
| 15 | NADOLNY PIOTR | 106 | USB USTKA | GRABNO | POL | M40-49 | 15 | M 39 | 00:45:44.05 | 00:45:44.05 | 4:34 | 13.1 |
| 16 | KONIECZNY PIOTR | 91 | USB USTKA | INOWROCŁAW | POL | M40-49 | 16 | M 40 | 00:45:55.80 | 00:45:55.80 | 4:35 | 13.1 |
| 17 | OLEKSIUK ANDRZEJ | 109 | | SŁUPSK | POL | M40-49 | 17 | M 41 | 00:46:02.90 | 00:46:02.90 | 4:36 | 13 |

GRAND PRIX USTKI - BIEG IV USTECKIEJ KRÓWKI - 10 KM, M40-49 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|---------------------|-----|------------------------|---------------|------|--------|--------|------|-------------|-------------|--------|------|
| 18 | KAMIŃSKI MARCIN | 21 | MOCZYMORDY TEAM | SMOŁDZINO | POL | M40-49 | 18 | M 42 | 00:46:11.85 | 00:46:11.85 | 4:37 | 13 |
| 19 | OŁUBEK ROBERT | 111 | HRMAX ŻORY | ŻORY | POL | M40-49 | 19 | M 43 | 00:46:15.25 | 00:46:15.25 | 4:37 | 13 |
| 20 | PROTASEWICZ ANDRZEJ | 124 | KB SPOKO SŁAWNO | SŁAWNO | POL | M40-49 | 20 | M 47 | 00:46:44.70 | 00:46:44.70 | 4:40 | 12.8 |
| 21 | JĘDRAS REMIGIUSZ | 84 | | MŁOSZYCE | POL | M40-49 | 21 | M 49 | 00:47:19.00 | 00:47:19.00 | 4:43 | 12.7 |
| 22 | TOMCZAK DOMINIK | 54 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M40-49 | 22 | M 52 | 00:47:35.55 | 00:47:35.55 | 4:45 | 12.6 |
| 23 | SPYCHALSKI ARTUR | 49 | | GARDNA WIELKA | POL | M40-49 | 23 | M 55 | 00:48:10.85 | 00:48:10.85 | 4:49 | 12.5 |
| 24 | BRZEZIŃSKI RAFAŁ | 70 | NOWA HUTA TEAM | KRAKÓW | POL | M40-49 | 24 | M 56 | 00:48:12.35 | 00:48:12.35 | 4:49 | 12.4 |
| 25 | ZDUNEK KRZYSZTOF | 136 | WPK SŁOŃ TEAM USTKA | USTKA | POL | M40-49 | 25 | M 61 | 00:50:05.35 | 00:50:05.35 | 5:00 | 12 |
| 26 | ORŁOWSKI EDWARD | 38 | | SŁUPSK | POL | M40-49 | 26 | M 62 | 00:50:11.95 | 00:50:11.95 | 5:01 | 12 |
| 27 | KREKORZ MARCIN | 166 | | WŁYŃKÓWKO | POL | M40-49 | 27 | M 63 | 00:50:19.15 | 00:50:19.15 | 5:01 | 11.9 |
| 28 | CZAJKOWSKI PAWEŁ | 76 | | KIELCE | POL | M40-49 | 28 | M 64 | 00:50:20.05 | 00:50:20.05 | 5:02 | 11.9 |
| 29 | TOMCZAK SEBASTIAN | 55 | USTKA | USTKA | POL | M40-49 | 29 | M 66 | 00:50:39.95 | 00:50:39.95 | 5:03 | 11.8 |
| 30 | KARGUL JACEK | 88 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M40-49 | 30 | M 73 | 00:52:18.10 | 00:52:18.10 | 5:13 | 11.5 |
| 31 | NURKOWSKI MARCIN | 107 | USB USTKA | USTKA | POL | M40-49 | 31 | M 76 | 00:53:33.25 | 00:53:33.25 | 5:21 | 11.2 |
| 32 | TRUSIAK MIŁOSZ | 128 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M40-49 | 32 | M 78 | 00:53:53.05 | 00:53:53.05 | 5:23 | 11.1 |
| 33 | ZARĘBSKI MACIEJ | 163 | | USTKA | POL | M40-49 | 33 | M 79 | 00:54:10.10 | 00:54:10.10 | 5:25 | 11.1 |
| 34 | KOZIMOR MARIUSZ | 94 | | USTKA | POL | M40-49 | 34 | M 80 | 00:54:22.85 | 00:54:22.85 | 5:26 | 11 |
| 35 | KLONOWSKI ARTUR | 89 | KOSPEL | KOSZALIN | POL | M40-49 | 35 | M 85 | 00:56:32.60 | 00:56:32.60 | 5:39 | 10.6 |
| 36 | PRZYMORSKI WALDEMAR | 42 | W.P.K. SŁOŃ TEAM USTKA | USTKA | POL | M40-49 | 36 | M 91 | 00:58:44.60 | 00:58:44.60 | 5:52 | 10.2 |
| 37 | TURCZYN GRZEGORZ | 56 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M40-49 | 37 | M 92 | 00:59:25.80 | 00:59:25.80 | 5:56 | 10.1 |
| 38 | KRYGIER IRENEUSZ | 95 | W.P.W. SŁOŃ TEAM USTKA | USTKA | POL | M40-49 | 38 | M 93 | 00:59:26.05 | 00:59:26.05 | 5:56 | 10.1 |
| 39 | KUBICA TOMASZ | 139 | REEBOK RUN CREW TORUŃ | TORUŃ | POL | M40-49 | 39 | M 94 | 01:01:14.30 | 01:01:14.30 | 6:07 | 9.8 |
| 40 | BURDA SEBASTIAN | 4 | WPK SŁOŃ TEAM | SŁUPSK | POL | M40-49 | 40 | M 97 | 01:05:50.50 | 01:05:50.50 | 6:35 | 9.1 |

GRAND PRIX USTKI - BIEG IV USTECKIEJ KRÓWKI - 10 KM, K50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|--------------------|----|--------------------|-----------|------|--------|--------|------|-------------|-------------|--------|------|
| 1 | KONKEL JOANNA | 26 | MKS 'ŚWIĘC' SŁAWNO | SŁAWSKO | POL | K50-59 | 1 | K 16 | 00:55:22.75 | 00:55:22.75 | 5:32 | 10.8 |
| 2 | BUDZYŃSKA ELŻBIETA | 71 | | SŁUPSK | POL | K50-59 | 2 | K 25 | 01:01:06.65 | 01:01:06.65 | 6:06 | 9.8 |

GRAND PRIX USTKI - BIEG IV USTECKIEJ KRÓWKI - 10 KM, M50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|--------------------|-----|-----------------------|------------|------|--------|--------|------|-------------|-------------|--------|------|
| 1 | FABJAN WIESŁAW | 79 | KUBISIA TEAM OLEŚNICA | DOBROSZYCE | POL | M50-59 | 1 | M 31 | 00:43:34.65 | 00:43:34.65 | 4:21 | 13.8 |
| 2 | ZACHARSKI JERZY | 134 | | TRZCIANKA | POL | M50-59 | 2 | M 44 | 00:46:15.30 | 00:46:15.30 | 4:37 | 13 |
| 3 | KWAŚNIAK ZDZISŁAW | 147 | DECATHLON | SŁUPSK | POL | M50-59 | 3 | M 57 | 00:48:26.25 | 00:48:26.25 | 4:50 | 12.4 |
| 4 | BERENT ROBERT | 67 | TUPOT USTKA | USTKA | POL | M50-59 | 4 | M 65 | 00:50:32.10 | 00:50:32.10 | 5:03 | 11.9 |
| 5 | KRÓTOWSKI GRZEGORZ | 98 | TUPOT USTKA | USTKA | POL | M50-59 | 5 | M 68 | 00:51:06.95 | 00:51:06.95 | 5:06 | 11.7 |
| 6 | TUROWSKI WOJCIECH | 57 | | USTKA | POL | M50-59 | 6 | M 81 | 00:54:48.35 | 00:54:48.35 | 5:28 | 10.9 |

GRAND PRIX USTKI - BIEG IV USTECKIEJ KRÓWKI - 10 KM, M60-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|----------------------------|-----------|------|--------|--------|------|-------------|-------------|--------|------|
| 1 | DEGA RYSZARD | 78 | TUPOT USTKA | USTKA | POL | M60-69 | 1 | M 30 | 00:43:06.15 | 00:43:06.15 | 4:18 | 13.9 |
| 2 | MARET WACŁAW | 100 | LOKATOR NIERUCHOMOŚCI PIŁA | PIŁA | POL | M60-69 | 2 | M 54 | 00:48:00.85 | 00:48:00.85 | 4:48 | 12.5 |
| 3 | SAPIJASZKA STANISŁAW | 119 | | USTKA | POL | M60-69 | 3 | M 58 | 00:48:41.30 | 00:48:41.30 | 4:52 | 12.3 |
| 4 | NIWIŃSKI GRZEGORZ | 36 | KB TUPOT USTKA | USTKA | POL | M60-69 | 4 | M 60 | 00:49:13.30 | 00:49:13.30 | 4:55 | 12.2 |
| 5 | ZAGRODZKI IRENEUSZ | 141 | TUPOT USTKA | USTKA | POL | M60-69 | 5 | M 70 | 00:51:22.75 | 00:51:22.75 | 5:08 | 11.7 |
| 6 | KOCEJKO MAREK | 24 | USB USTKA | USTKA | POL | M60-69 | 6 | M 88 | 00:57:20.45 | 00:57:20.45 | 5:44 | 10.5 |
| 7 | TÓRZ ANDRZEJ | 126 | USTKA | USTKA | POL | M60-69 | 7 | M 90 | 00:58:00.55 | 00:58:00.55 | 5:48 | 10.3 |
| 8 | JABŁONOWSKI MARIAN | 18 | TUPOT USTKA | USTKA | POL | M60-69 | 8 | M 96 | 01:02:50.15 | 01:02:50.15 | 6:17 | 9.5 |

GRAND PRIX USTKI - BIEG IV USTECKIEJ KRÓWKI - 10 KM, M70+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|-------------|-----------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | GRABOWICZ JUREK | 13 | TUPOT USTKA | USTKA | POL | M70+ | 1 | M 67 | 00:51:00.25 | 00:51:00.25 | 5:06 | 11.8 |
| 2 | POKORNY EDWARD | 114 | TUPOT USTKA | USTKA | POL | M70+ | 2 | M 83 | 00:55:10.00 | 00:55:10.00 | 5:31 | 10.9 |
| 3 | CZECH ROMAN | 77 | GOCHBYTÓW | SLUPSK | POL | M70+ | 3 | M 84 | 00:55:50.05 | 00:55:50.05 | 5:35 | 10.7 |
| 4 | OLECHNOWICZ ZBIGNIEW | 108 | TUPOT USTKA | SLUPSK | POL | M70+ | 4 | M 87 | 00:57:10.65 | 00:57:10.65 | 5:43 | 10.5 |
| 5 | KABACIŃSKI BRONISŁAW | 87 | TUPOT USTKA | USTKA | POL | M70+ | 5 | M 98 | 01:15:13.15 | 01:15:13.15 | 7:31 | 8 |