

I CROSS JASTROWSKI - 10.72KM

Organizator: Urząd Gminy i Miasta w Jastrowiu
 Data: 2016-04-16
 Miejsce: Jastrowie
 Dystans: 10.72 km
 Klasyfikacja wg czasów netto.



I CROSS JASTROWSKI - 10.72KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5km | 5.36km | 10.36km | Netto | min/km | km/h |
|------|----------------------|-----|--|-------------------|------|------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | WIRKUS ŁUKASZ | 89 | TALEX | LIPNICA | | M-18 | 1 | M 1 | 00:15:38 | 00:17:34 | 00:34:25 | 00:36:58.95 | 3:26 | 17.4 |
| 2 | SZYMAŃSKI SYLWESTER | 485 | TEAM BIEGOWY SZCZECINEK - ULKS BARWICE | SZCZECINEK | | M-40 | 1 | M 2 | 00:17:53 | 00:19:16 | 00:37:10 | 00:38:22.45 | 3:34 | 16.8 |
| 3 | HOFFMAN ALEKSANDER | 428 | PRECON POLSKA-JASTROWIE | JASTROWIE | | M-40 | 2 | M 3 | 00:17:52 | 00:19:17 | 00:37:08 | 00:38:22.90 | 3:34 | 16.8 |
| 4 | DZIUBA PIOTR | 417 | MARATOŃCZYK OKONEK | OKONEK | | M-30 | 1 | M 4 | 00:17:27 | 00:18:55 | 00:37:45 | 00:39:15.65 | 3:39 | 16.4 |
| 5 | RADTKA TOMASZ | 473 | LZS 'JEDNOŚĆ' ŁOBŻENICA | ŁOBŻENICA | | M-40 | 3 | M 5 | 00:18:43 | 00:20:11 | 00:39:08 | 00:40:37.60 | 3:47 | 15.8 |
| 6 | ŁAWECKI DAREK | 448 | WWW.LAWECCY.PL | CZŁUCHÓW | | M-30 | 2 | M 6 | 00:19:15 | 00:20:46 | 00:40:20 | 00:41:47.30 | 3:53 | 15.4 |
| 7 | DORUSZYŃSKI GRZEGORZ | 459 | | CZŁUCHÓW | | M-30 | 3 | M 7 | 00:19:16 | 00:20:50 | 00:41:08 | 00:42:47.25 | 3:59 | 15 |
| 8 | RADTKA ARTUR | 474 | LZS 'JEDNOŚĆ' ŁOBŻENICA | WYRZYSK | | M-40 | 4 | M 8 | 00:19:55 | 00:21:30 | 00:41:38 | 00:43:08.10 | 4:01 | 14.9 |
| 9 | KĘPKA ADRIAN | 398 | | WIEKOWO | | M-18 | 2 | M 9 | 00:19:24 | 00:21:02 | 00:41:39 | 00:43:10.50 | 4:01 | 14.9 |
| 10 | KUŁAKOWSKI ARTUR | 444 | FLORIAN | CHOJNICE | | M-30 | 4 | M 10 | 00:20:07 | 00:21:43 | 00:41:52 | 00:43:22.05 | 4:02 | 14.8 |
| 11 | NOWACKI PIOTR | 520 | | OBRYZCKO | | M-18 | 3 | M 11 | 00:20:08 | 00:21:44 | 00:42:15 | 00:43:45.85 | 4:04 | 14.7 |
| 12 | USTIANOWSKI WOJCIECH | 493 | JW1223 | KOSZALIN | | M-18 | 4 | M 12 | 00:20:13 | 00:21:45 | 00:42:44 | 00:44:04.50 | 4:06 | 14.6 |
| 13 | MAJEWSKI ARTUR | 451 | RUNMORS KALISZ POMORSKI/NADLEŚNICTWO MIROSŁAWIEC | KALISZ POMORSKI | | M-30 | 5 | M 13 | 00:20:21 | 00:21:58 | 00:42:34 | 00:44:06.20 | 4:06 | 14.6 |
| 14 | GAŁAN LESZEK | 420 | | ZŁOCIENIEC | | M-50 | 1 | M 14 | 00:20:28 | 00:22:09 | 00:43:16 | 00:44:55.50 | 4:11 | 14.3 |
| 15 | SZYMCZAK ARKADIUSZ | 487 | SYSTEM 11 WAŁCZ | WAŁCZ | | M-18 | 5 | M 15 | 00:20:18 | 00:21:58 | 00:43:46 | 00:45:21.00 | 4:13 | 14.2 |
| 16 | KUBIAK PIOTR | 443 | PRECON POLSKA-JASTROWIE | JASTROWIE | | M-30 | 6 | M 16 | 00:20:41 | 00:22:18 | 00:43:53 | 00:45:28.10 | 4:14 | 14.1 |
| 17 | KRAUSE ROBERT | 440 | PRECON POLSKA-JASTROWIE | JASTROWIE | | M-40 | 5 | M 17 | 00:20:41 | 00:22:18 | 00:44:28 | 00:46:00.70 | 4:17 | 14 |
| 18 | SARNOWSKI JANUSZ | 480 | | ZŁOTÓW | | M-40 | 6 | M 18 | 00:20:50 | 00:22:33 | 00:44:26 | 00:46:01.55 | 4:17 | 14 |
| 19 | MATUSIK JANUSZ | 454 | NIEZRZESZONY/TUCZNO | TUCZNO | | M-60 | 1 | M 19 | 00:20:56 | 00:22:39 | 00:44:26 | 00:46:12.35 | 4:18 | 13.9 |
| 20 | DZIADCZYK KRZYSZTOF | 414 | FLORIAN CHOJNICE | CHOJNICE | | M-50 | 2 | M 20 | 00:21:05 | 00:22:48 | 00:44:43 | 00:46:25.45 | 4:19 | 13.9 |
| 21 | FRĄCZYK BOGDAN | 507 | | PRZECHLEWO | | M-30 | 7 | M 21 | 00:21:33 | 00:23:13 | 00:44:57 | 00:46:28.95 | 4:20 | 13.8 |
| 22 | PIKULIK JAREK | 466 | LZS 'JEDNOŚĆ' ŁOBŻENICA | TRZEBOŃ | | M-18 | 6 | M 22 | 00:21:42 | 00:23:25 | 00:45:05 | 00:46:35.80 | 4:20 | 13.8 |
| 23 | BRĄCZYK KRZYSZTOF | 404 | TKKF WODNIK WIĘCBORK | WIĘCBORK | | M-40 | 7 | M 23 | 00:21:18 | 00:23:04 | 00:45:05 | 00:46:45.25 | 4:21 | 13.8 |
| 24 | GAŃSKA MAGDALENA | 421 | MKS FIGHTER | GOŚCICINO | | K-40 | 1 | K 1 | 00:21:18 | 00:23:03 | 00:45:25 | 00:47:07.85 | 4:23 | 13.6 |
| 25 | GARBAREK ARTUR | 422 | JW 2117 KOŁOBRZEG | ORZECHOWO | | M-18 | 7 | M 24 | 00:21:41 | 00:23:27 | 00:45:35 | 00:47:08.45 | 4:23 | 13.6 |
| 26 | KOPER ADAM | 505 | | SKÓRKA | | M-30 | 8 | M 25 | 00:21:51 | 00:23:39 | 00:46:06 | 00:47:52.45 | 4:27 | 13.4 |
| 27 | ŁOŻYŃSKI JACEK | 504 | FLORIAN | CHOJNICE | | M-40 | 8 | M 26 | 00:21:18 | 00:23:07 | 00:46:22 | 00:48:06.00 | 4:29 | 13.4 |
| 28 | SULIK KRZYSZTOF | 399 | | | | M-30 | 9 | M 27 | 00:21:43 | 00:23:29 | 00:46:54 | 00:48:36.15 | 4:32 | 13.2 |
| 29 | PODKOWA PIOTR | 503 | STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO | STARA ŁUBIANKA | | M-40 | 9 | M 28 | 00:21:19 | 00:23:08 | 00:47:06 | 00:48:50.75 | 4:33 | 13.2 |
| 30 | CHOŁUJ JAROSŁAW | 409 | ROZBIEGANY KOSZALIN | KOSZALIN | | M-40 | 10 | M 29 | 00:22:40 | 00:24:25 | 00:47:13 | 00:48:59.75 | 4:34 | 13.1 |
| 31 | GRZONKA KAMILA | 427 | FLORIAN CHOJNICE | BYTONIA | | K-30 | 1 | K 2 | 00:22:14 | 00:24:03 | 00:47:29 | 00:49:14.85 | 4:35 | 13.1 |
| 32 | JAROSZ JAKUB | 434 | TKKF KOSZALIN | SUCHA KOSZALIŃSKA | | M-18 | 8 | M 30 | 00:23:00 | 00:24:46 | 00:48:05 | 00:49:47.30 | 4:38 | 12.9 |
| 33 | SZYMCZAK KRZYSZTOF | 488 | SYSTEM 11 WAŁCZ | WAŁCZ | | M-50 | 3 | M 31 | 00:22:30 | 00:24:22 | 00:48:15 | 00:49:59.30 | 4:39 | 12.9 |
| 34 | CHUŹNIK PIOTR | 410 | | ŁOBŻENICA | | M-40 | 11 | M 32 | 00:22:58 | 00:24:51 | 00:48:19 | 00:50:06.45 | 4:40 | 12.8 |
| 35 | CIOZDA MARIUSZ | 411 | | ZŁOTÓW | | M-40 | 12 | M 33 | 00:22:28 | 00:24:18 | 00:48:25 | 00:50:10.15 | 4:40 | 12.8 |
| 36 | ROGALSKI ROBERTO | 477 | TKKF KOSZALIN | KOSZALIN | | M-30 | 10 | M 34 | 00:22:32 | 00:24:27 | 00:48:23 | 00:50:11.55 | 4:40 | 12.8 |
| 37 | MAŃKOWSKI DARIUSZ | 486 | | JASTROWIE | | M-50 | 4 | M 35 | 00:23:10 | 00:25:01 | 00:48:48 | 00:50:30.65 | 4:42 | 12.7 |
| 38 | JAROSZ DARIUSZ | 433 | TKKF KOSZALIN | SUCHA KOSZALIŃSKA | | M-40 | 13 | M 36 | 00:22:45 | 00:24:38 | 00:48:45 | 00:50:30.70 | 4:42 | 12.7 |
| 39 | WALENDZIAK ALICJA | 496 | VALDANO TEAM | MALBORK | | K-30 | 2 | K 3 | 00:23:18 | 00:25:13 | 00:48:55 | 00:50:44.05 | 4:43 | 12.7 |
| 40 | RUDNIK JERZY | 478 | FLORIAN | CHOJNICE | | M-60 | 2 | M 37 | 00:23:14 | 00:25:09 | 00:49:11 | 00:51:03.00 | 4:45 | 12.6 |
| 41 | ZIELIŃSKI ADAM | 501 | | PIŁA | | M-30 | 11 | M 38 | 00:23:43 | 00:25:44 | 00:49:20 | 00:51:09.40 | 4:46 | 12.6 |
| 42 | OCHNIO RYSZARD | 460 | POLONIA JASTROWIE PRECON POLSKA JASTROWIE | JASTROWIE | | M-40 | 14 | M 39 | 00:22:27 | 00:24:19 | 00:49:29 | 00:51:24.30 | 4:47 | 12.5 |

I CROSS JASTROWSKI - 10.72KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5km | 5.36km | 10.36km | Netto | min/km | km/h |
|------|--------------------------|-----|--|-----------------|------|------|--------|------|----------|----------|----------|-------------|--------|------|
| 43 | LEWANDOWSKI GRZEGORZ | 511 | STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO | SZYDŁOWO | | M-40 | 15 | M 40 | 00:23:21 | 00:25:18 | 00:49:29 | 00:51:25.35 | 4:47 | 12.5 |
| 44 | KSZAK-KRZYŻANOWSKA ANNA | 442 | SYSTEM 11 WAŁCZ | WAŁCZ | | K-40 | 2 | K 4 | 00:23:14 | 00:25:08 | 00:49:30 | 00:51:27.20 | 4:47 | 12.5 |
| 45 | SKOWYRSKI JANUSZ | 481 | TKKF KOSZALIN/ ROWERIA KOSZALIN | BIESIEKIERZ | | M-50 | 5 | M 41 | 00:23:25 | 00:25:20 | 00:49:55 | 00:51:45.35 | 4:49 | 12.4 |
| 46 | DUDZIAK PIOTR | 413 | BIEGNIJMY.PL | KOSZALIN | | M-40 | 16 | M 42 | 00:23:00 | 00:25:01 | 00:50:14 | 00:52:13.55 | 4:52 | 12.3 |
| 47 | WALENDZIAK RYSZARD | 495 | 22. BLT MALBORK | MALBORK | | M-40 | 17 | M 43 | 00:23:41 | 00:25:39 | 00:50:40 | 00:52:30.30 | 4:53 | 12.3 |
| 48 | JAKUBOWSKI KAROL | 432 | 2BZ | ZŁOCENIEC | | M-18 | 9 | M 44 | 00:24:33 | 00:26:35 | 00:50:58 | 00:52:37.55 | 4:54 | 12.2 |
| 49 | PAWŁOWSKI KAMIL | 464 | PRECON POLSKA-JASTROWIE | JASTROWIE | | M-18 | 10 | M 45 | 00:23:56 | 00:25:51 | 00:50:52 | 00:52:37.90 | 4:54 | 12.2 |
| 50 | ZIOMEK DAREK | 515 | TKKF KOSZALIN | KOSZALIN | | M-40 | 18 | M 46 | 00:23:41 | 00:25:34 | 00:50:48 | 00:52:40.05 | 4:54 | 12.2 |
| 51 | NOWAK PIOTR | 458 | CZARNE BIEGA | CZARNE | | M-30 | 12 | M 47 | 00:23:06 | 00:25:01 | 00:50:42 | 00:52:42.05 | 4:54 | 12.2 |
| 52 | WIELGUS PAWEŁ | 498 | OKONEK | OKONEK | | M-30 | 13 | M 48 | 00:23:59 | 00:25:54 | 00:51:07 | 00:53:01.75 | 4:56 | 12.1 |
| 53 | NIEMCZEWSKA ANGELIKA | 519 | ZLS JEDNOŚĆ | ŁOBZENICA | | K-30 | 3 | K 5 | 00:25:16 | 00:27:13 | 00:51:30 | 00:53:10.20 | 4:57 | 12.1 |
| 54 | SZABLA EWELINA | 482 | MTS HAMER MIASTKO | MIASTKO | | K-30 | 4 | K 6 | 00:24:11 | 00:26:09 | 00:51:14 | 00:53:10.80 | 4:57 | 12.1 |
| 55 | ZIOMEK JOANNA | 516 | TKKF KOSZALIN | KOSZALIN | | K-40 | 3 | K 7 | 00:24:08 | 00:26:06 | 00:51:34 | 00:53:32.20 | 4:59 | 12 |
| 56 | KOWALSKI ZBIGNIEW | 517 | STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO | STARA ŁUBIANKA | | M-50 | 6 | M 49 | 00:24:03 | 00:26:01 | 00:51:56 | 00:53:50.15 | 5:01 | 11.9 |
| 57 | SOBAŃSKA ANNA | 400 | STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO | DOLASZEWO | | K-30 | 5 | K 8 | 00:24:39 | 00:26:39 | 00:52:19 | 00:54:17.15 | 5:03 | 11.8 |
| 58 | WÓJCIK WIESŁAW | 500 | KPP CZŁUCHÓW | CZŁUCHÓW | | M-40 | 19 | M 50 | 00:25:16 | 00:27:16 | 00:52:35 | 00:54:28.75 | 5:04 | 11.8 |
| 59 | JABŁOŃSKI ANDRZEJ | 431 | | CZARNE | | M-40 | 20 | M 51 | 00:24:01 | 00:26:02 | 00:52:36 | 00:54:39.70 | 5:05 | 11.8 |
| 60 | WICHA RAFAŁ | 497 | PRECON POLSKA-JASTROWIE | JASTROWIE | | M-30 | 14 | M 52 | 00:24:13 | 00:26:15 | 00:52:47 | 00:54:49.10 | 5:06 | 11.7 |
| 61 | GWIZDAŁA MARIUSZ | 397 | | WAŁCZ | | M-30 | 15 | M 53 | 00:24:49 | 00:26:52 | 00:53:00 | 00:54:49.80 | 5:06 | 11.7 |
| 62 | POŁUJAŃSKI SEBASTIAN | 470 | OD AMATORA DO HARDCORA | MIROSŁAWIEC | | M-30 | 16 | M 54 | 00:25:15 | 00:27:12 | 00:53:07 | 00:54:52.05 | 5:07 | 11.7 |
| 63 | PIECHOWSKA-CIOZDA EMILIA | 465 | | ZŁOTÓW | | K-30 | 6 | K 9 | 00:24:52 | 00:26:57 | 00:52:51 | 00:54:52.50 | 5:07 | 11.7 |
| 64 | GUGAŁKA JACEK | 512 | | PIŁA | | M-30 | 17 | M 55 | 00:25:08 | 00:27:09 | 00:52:58 | 00:54:52.90 | 5:07 | 11.7 |
| 65 | KOZŁOWIECKI WALDEMAR | 513 | TKKF KOSZALIN | KOSZALIN | | M-60 | 3 | M 56 | 00:25:46 | 00:27:53 | 00:53:15 | 00:55:14.60 | 5:09 | 11.6 |
| 66 | TOWSTOKORY MAREK | 491 | | ZŁOTÓW | | M-40 | 21 | M 57 | 00:25:50 | 00:27:56 | 00:53:22 | 00:55:20.50 | 5:09 | 11.6 |
| 67 | GRZEBYTA ADAM | 425 | KPP PIŁA | PIŁA | | M-30 | 18 | M 58 | 00:24:55 | 00:26:54 | 00:53:29 | 00:55:21.90 | 5:09 | 11.6 |
| 68 | PAECH ZIEMOWIT | 462 | TRI4FUN ZŁOTÓW | ZŁOTÓW | | M-50 | 7 | M 59 | 00:25:10 | 00:27:09 | 00:53:30 | 00:55:34.95 | 5:11 | 11.6 |
| 69 | PYREK KRZYSZTOF | 472 | 2 BZ | WAŁCZ | | M-30 | 19 | M 60 | 00:25:15 | 00:27:17 | 00:53:39 | 00:55:44.25 | 5:11 | 11.5 |
| 70 | MROCZKOWSKI PIOTR | 455 | JW1223/ROZBIEGANY KOSZALIN | KOSZALIN | | M-18 | 11 | M 61 | 00:25:36 | 00:27:33 | 00:54:00 | 00:55:45.85 | 5:12 | 11.5 |
| 71 | GWIAZDA MARIUSZ | 393 | | SZCZECINEK | | M-40 | 22 | M 62 | 00:25:49 | 00:27:55 | 00:54:21 | 00:56:12.05 | 5:14 | 11.4 |
| 72 | JANUSZEWSKI JACEK | 518 | 17WOG KOSZALIN | KOSZALIN | | M-50 | 8 | M 63 | 00:24:49 | 00:26:56 | 00:54:15 | 00:56:18.20 | 5:15 | 11.4 |
| 73 | REK JUSTYNA | 476 | | ŚMIARDOWO KRAJ. | | K-18 | 1 | K 10 | 00:25:54 | 00:28:01 | 00:54:27 | 00:56:25.25 | 5:15 | 11.4 |
| 74 | RATAJCZYK ROBERT | 475 | | PIŁA | | M-18 | 12 | M 64 | 00:26:49 | 00:29:15 | 00:54:41 | 00:56:26.40 | 5:15 | 11.4 |
| 75 | OSOBNIAK RYSZARD | 461 | ROZBIEGANY KOSZALIN | KOSZALIN | | M-60 | 4 | M 65 | 00:25:40 | 00:27:44 | 00:54:28 | 00:56:29.00 | 5:16 | 11.4 |
| 76 | KUPREWICZ GRZEGORZ | 445 | ROZBIEGANY KOSZALIN | KOSZALIN | | M-30 | 20 | M 66 | 00:25:43 | 00:27:51 | 00:54:43 | 00:56:37.10 | 5:16 | 11.4 |
| 77 | RASZPLA RADOSŁAW | 514 | | KOSZALIN | | M-40 | 23 | M 67 | 00:24:46 | 00:26:48 | 00:54:35 | 00:56:37.80 | 5:16 | 11.4 |
| 78 | BUDZIŃSKI DARIUSZ | 406 | | PIŁA | | M-40 | 24 | M 68 | 00:26:48 | 00:28:56 | 00:54:54 | 00:56:51.55 | 5:18 | 11.3 |
| 79 | RUSIAK DAMIAN | 479 | JW 1223 | KOSZALIN | | M-18 | 13 | M 69 | 00:25:39 | 00:27:42 | 00:55:37 | 00:57:45.40 | 5:23 | 11.1 |
| 80 | LATOS PIOTR | 446 | PRECON POLSKA-JASTROWIE | WAŁCZ | | M-50 | 9 | M 70 | 00:27:03 | 00:29:14 | 00:56:09 | 00:57:54.80 | 5:24 | 11.1 |
| 81 | GAŁAN JOANNA | 419 | | ZŁOCENIEC | | K-50 | 1 | K 11 | 00:27:04 | 00:29:17 | 00:56:10 | 00:58:16.15 | 5:26 | 11 |
| 82 | SZPILER KRZYSZTOF | 483 | JW 1223 | KOSZALIN | | M-18 | 14 | M 71 | 00:25:38 | 00:27:37 | 00:56:35 | 00:58:28.65 | 5:27 | 11 |
| 83 | CZECHOWSKI GRZEGORZ | 412 | JAHSTROWIE TEAM :) | JASTROWIE | | M-30 | 21 | M 72 | 00:26:01 | 00:28:04 | 00:56:33 | 00:58:39.55 | 5:28 | 11 |
| 84 | FRANASZEK EWA | 418 | SYSTEM 11 WAŁCZ | WAŁCZ | | K-40 | 4 | K 12 | 00:27:25 | 00:29:33 | 00:56:56 | 00:59:07.25 | 5:30 | 10.9 |
| 85 | KLUPŚ JANUSZ | 438 | | JASTROWIE | | M-40 | 25 | M 73 | 00:27:10 | 00:29:22 | 00:57:12 | 00:59:12.85 | 5:31 | 10.9 |
| 86 | KLUPŚ MONIKA | 437 | | JASTROWIE | | K-40 | 5 | K 13 | 00:27:11 | 00:29:23 | 00:57:15 | 00:59:15.15 | 5:31 | 10.9 |
| 87 | MAŃKOWSKA JANINA | 453 | - | JASTROWIE | | K-50 | 2 | K 14 | 00:27:09 | 00:29:22 | 00:57:08 | 00:59:16.35 | 5:31 | 10.9 |
| 88 | ANDRUSZKIEWICZ GRZEGORZ | 402 | PARKRUN SZCZECINEK | SZCZECINEK | | M-30 | 22 | M 74 | 00:27:29 | 00:29:44 | 00:57:29 | 00:59:22.50 | 5:32 | 10.8 |
| 89 | TROJANOWSKI ZBIGNIEW | 492 | SBZZ | ZŁOTÓW | | M-40 | 26 | M 75 | 00:26:29 | 00:28:45 | 00:57:32 | 00:59:36.00 | 5:33 | 10.8 |
| 90 | MAŁASZKO MICHAŁ | 452 | | WAŁCZ | | M-30 | 23 | M 76 | 00:27:03 | 00:29:20 | 00:57:30 | 00:59:39.35 | 5:33 | 10.8 |
| 91 | KRÓLIKOWSKI ANDRZEJ | 441 | | LIPKA | | M-50 | 10 | M 77 | 00:26:33 | 00:28:50 | 00:57:42 | 00:59:50.80 | 5:34 | 10.7 |
| 92 | JANKOWSKA MONIKA | 521 | FOLLOW ME SZCZECINEK | SZCZECINEK | | K-18 | 2 | K 15 | 00:27:38 | 00:29:52 | 00:58:16 | 01:00:15.30 | 5:37 | 10.7 |
| 93 | SZULOWSKA ANNA | 484 | | JASTROWIE | | K-18 | 3 | K 16 | 00:27:56 | 00:30:11 | 00:58:17 | 01:00:18.35 | 5:37 | 10.7 |
| 94 | JUSZCZAK KRZYSZTOF | 435 | | KOSZALIN | | M-60 | 5 | M 78 | 00:27:31 | 00:29:51 | 00:58:19 | 01:00:30.70 | 5:38 | 10.6 |
| 95 | PIKULIK AGNIESZKA | 468 | | TRZEBOŃ | | K-18 | 4 | K 17 | 00:27:51 | 00:30:07 | 00:58:36 | 01:00:40.65 | 5:39 | 10.6 |
| 96 | GRZEBYTA ZDZISŁAWA | 426 | KPP PIŁA | PIŁA | | K-40 | 6 | K 18 | 00:27:36 | 00:29:50 | 00:58:54 | 01:01:05.90 | 5:41 | 10.5 |

I CROSS JASTROWSKI - 10.72KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5km | 5.36km | 10.36km | Netto | min/km | km/h |
|------|-------------------------|-----|---|--------------|------|------|--------|------|----------|----------|----------|-------------|--------|------|
| 97 | WALENCZAK ALDONA | 494 | EVIL DEJF TEAM | JASTROWIE | | K-30 | 7 | K 19 | 00:27:29 | 00:29:43 | 00:59:13 | 01:01:10.70 | 5:42 | 10.5 |
| 98 | TAMŁOWSKA ANNA | 490 | | JASTROWIE | | K-30 | 8 | K 20 | 00:27:55 | 00:30:12 | 00:59:07 | 01:01:12.45 | 5:42 | 10.5 |
| 99 | ANDRUSZEWSKA MAGDALENA | 401 | | SZWECJA | | K-30 | 9 | K 21 | 00:27:55 | 00:30:11 | 00:59:09 | 01:01:15.85 | 5:42 | 10.5 |
| 100 | PLECETY ANDRZEJ | 469 | PRECON POLSKA-JASTROWIE | WAŁCZ | | M-50 | 11 | M 79 | 00:27:21 | 00:29:34 | 00:59:14 | 01:01:28.40 | 5:44 | 10.5 |
| 101 | DZIEWIATOWSKA AGNIESZKA | 416 | | ZŁOTÓW | | K-40 | 7 | K 22 | 00:26:54 | 00:29:18 | 00:59:10 | 01:01:30.55 | 5:44 | 10.5 |
| 102 | GAWLIK ARTUR | 423 | BIEGNIJMY.PL | KOSZALIN | | M-30 | 24 | M 80 | 00:27:51 | 00:30:06 | 00:59:31 | 01:01:32.00 | 5:44 | 10.5 |
| 103 | PYDYN REGINA | 471 | SBZZ ZŁOTÓW | ZŁOTÓW | | K-50 | 3 | K 23 | 00:27:10 | 00:29:28 | 00:59:23 | 01:01:42.65 | 5:45 | 10.4 |
| 104 | HRYCIÓW PAWEŁ | 429 | JW 1223 | BIAŁOGARD | | M-30 | 25 | M 81 | 00:26:55 | 00:29:19 | 00:59:36 | 01:01:54.70 | 5:46 | 10.4 |
| 105 | DZIEMIANCZYK URSZULA | 415 | | JASTROWIE | | K-18 | 5 | K 24 | 00:27:56 | 00:30:12 | 01:00:09 | 01:02:21.40 | 5:49 | 10.3 |
| 106 | GORGOL PIOTR | 424 | JW 1223 | KRZEMIENIEWO | | M-30 | 26 | M 82 | 00:28:21 | 00:30:37 | 01:00:31 | 01:02:32.65 | 5:50 | 10.3 |
| 107 | WIERZBICKI KACPER | 499 | | KOSZALIN | | M-18 | 15 | M 83 | 00:28:20 | 00:30:35 | 01:00:30 | 01:02:32.95 | 5:50 | 10.3 |
| 108 | HAMERSKI MATEUSZ | 508 | | GDYNIA | | M-30 | 27 | M 84 | 00:27:24 | 00:29:41 | 01:00:47 | 01:02:55.60 | 5:52 | 10.2 |
| 109 | MYCZEK EWA | 456 | SYSTEM 11 WAŁCZ | WAŁCZ | | K-40 | 8 | K 25 | 00:29:50 | 00:32:11 | 01:02:23 | 01:04:36.80 | 6:01 | 10 |
| 110 | SZULTKA SZYMON | 506 | POLONIA JASTROWIE PRECON POLSKA JASTROWIE | JASTROWIE | | M-30 | 28 | M 85 | 00:31:45 | 00:34:01 | 01:02:50 | 01:04:40.15 | 6:01 | 9.9 |
| 111 | BRĄCZYK EWA | 405 | TKKF WODNIK WIĘCBORK | WIĘCBORK | | K-40 | 9 | K 26 | 00:31:21 | 00:33:50 | 01:05:08 | 01:07:10.95 | 6:16 | 9.6 |
| 112 | PAWŁOWSKA ANNA | 463 | | JASTROWIE | | K-40 | 10 | K 27 | 00:30:05 | 00:32:36 | 01:04:59 | 01:07:21.35 | 6:16 | 9.6 |
| 113 | SZYMCZAK ANNA | 489 | SYSTEM 11 WAŁCZ | WAŁCZ | | K-40 | 11 | K 28 | 00:30:48 | 00:33:22 | 01:06:22 | 01:08:44.40 | 6:24 | 9.4 |
| 114 | KIPER JAROSŁAW | 436 | JW1223 | KOSZALIN | | M-40 | 27 | M 86 | 00:30:47 | 00:33:14 | 01:06:21 | 01:08:56.30 | 6:25 | 9.3 |
| 115 | CHMURA DAWID | 408 | EVIL DEJF TEAM | JASTROWIE | | M-18 | 16 | M 87 | 00:32:47 | 00:35:15 | 01:07:22 | 01:09:46.95 | 6:30 | 9.2 |
| 116 | IWAŃSKI PIOTR | 509 | | JASTROWIE | | M-30 | 29 | M 88 | 00:33:35 | 00:36:05 | | | 6:43 | 8.9 |