

BIEG PO KOZAKA - 9 KM

Organizator: MGOSiR Kępice, Fundacja Valetudinaria, Nadleśnictwo Warcino, Fundacja Herkules All Sports, Burmistrz Miasta i Gminy Kępice
 Data: 2020-09-19
 Miejsce: Korzybie
 Dystans: 9 km
 Klasyfikacja wg czasów brutto.


BIEG PO KOZAKA - 9 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3km | 6km | Netto | Brutto | min/km | km/h |
|------|------------------------|----|--|-------------|------|--------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | GUZOWSKI DARIUSZ | 11 | TALEX BORZYTUCHOM | TRZEBIELINO | POL | M50-59 | 1 | M 1 | 00:10:47 | 00:22:08 | 00:33:23.30 | 00:33:28.35 | 3:42 | 16.2 |
| 2 | KRYZEL TOMASZ | 30 | UKS WIKING RYCHNOWY | CZŁUCHÓW | POL | M16-39 | 1 | M 2 | 00:10:53 | 00:22:10 | 00:33:35.50 | 00:33:40.35 | 3:44 | 16.1 |
| 3 | WALCZAK PAWEŁ | 52 | | KOSZALIN | POL | M16-39 | 2 | M 3 | 00:10:53 | 00:22:25 | 00:34:06.85 | 00:34:11.30 | 3:47 | 15.8 |
| 4 | WOJDASIEWICZ TADEUSZ | 55 | | KĘPICE | POL | M16-39 | 3 | M 4 | 00:11:20 | 00:23:08 | 00:34:57.95 | 00:35:03.30 | 3:53 | 15.4 |
| 5 | CZUPA OSKAR | 8 | | BARCINO | POL | M16-39 | 4 | M 5 | 00:11:43 | 00:23:46 | 00:35:37.85 | 00:35:43.70 | 3:57 | 15.2 |
| 6 | HERMAN ARKADIUSZ | 13 | | SŁUPSK | POL | M40-49 | 1 | M 6 | 00:11:41 | 00:23:49 | 00:35:48.75 | 00:35:53.70 | 3:58 | 15.1 |
| 7 | WALEŃSKI MICHAŁ | 53 | TKKF KOSZALIN | SKIBIENKO | POL | M40-49 | 2 | M 7 | 00:11:45 | 00:23:54 | 00:36:14.85 | 00:36:20.30 | 4:01 | 14.9 |
| 8 | IWANIEC DARIUSZ | 14 | BIEGOLAS KOSZALIN | SIERAKOWO | POL | M40-49 | 3 | M 8 | 00:12:38 | 00:25:28 | 00:38:05.40 | 00:38:11.25 | 4:14 | 14.2 |
| 9 | JANKOWSKI GRZEGORZ | 16 | POZYTYWNIENIE NAKRECONY | BYTÓW | POL | M40-49 | 4 | M 9 | 00:12:19 | 00:25:32 | 00:39:05.45 | 00:39:10.85 | 4:20 | 13.8 |
| 10 | JAKUBEK PATRYK | 15 | RUNTASTYCZNI TEAM BYTÓW | BYTÓW | POL | M16-39 | 5 | M 10 | 00:10:59 | 00:26:02 | 00:39:06.25 | 00:39:10.90 | 4:20 | 13.8 |
| 11 | OLESZEK JERZY | 38 | SZKOŁA PODOFICERSKA MW | GRABNO | POL | M40-49 | 5 | M 11 | 00:12:50 | 00:26:12 | 00:39:35.65 | 00:39:41.10 | 4:24 | 13.6 |
| 12 | CZYŻYKOWSKI KRZYSZTOF | 9 | 3FALE TEAM | SŁUPSK | POL | M16-39 | 6 | M 12 | 00:13:01 | 00:26:36 | 00:39:56.35 | 00:40:03.45 | 4:26 | 13.5 |
| 13 | SIDOR MARIUSZ | 41 | 3FALE TEAM | SŁUPSK | POL | M16-39 | 7 | M 13 | 00:12:37 | 00:26:24 | 00:40:03.20 | 00:40:08.95 | 4:27 | 13.5 |
| 14 | BARGAŃSKA JUSTYNA | 3 | RUNTASTYCZNI TEAM BYTÓW | BYTÓW | POL | K40-49 | 1 | K 1 | 00:13:24 | 00:27:09 | 00:41:06.35 | 00:41:11.90 | 4:34 | 13.1 |
| 15 | TREDER MARIAN | 50 | TEAM TREDER | ŁOSINO | POL | M50-59 | 2 | M 14 | 00:13:42 | 00:27:19 | 00:41:10.75 | 00:41:18.35 | 4:34 | 13.1 |
| 16 | TURCZYN TOMASZ | 60 | | SŁAWNO | POL | M40-49 | 6 | M 15 | 00:13:02 | 00:26:55 | 00:41:27.70 | 00:41:33.75 | 4:36 | 13 |
| 17 | STRZELECKI ZBIGNIEW | 47 | KORZYBSKIE REKINY | KORZYBIE | POL | M60+ | 1 | M 16 | 00:13:00 | 00:28:22 | 00:42:51.90 | 00:42:51.90 | 4:45 | 12.6 |
| 18 | SZPITER TOMASZ | 49 | OLAWS ZŁOTORYJA | SŁAWNO | POL | M50-59 | 3 | M 17 | 00:14:26 | 00:28:55 | 00:43:33.00 | 00:43:39.60 | 4:50 | 12.4 |
| 19 | JUNGLING MIROSLAW | 19 | | ZAJACZKOWO | POL | M40-49 | 7 | M 18 | 00:14:22 | 00:29:31 | 00:44:04.95 | 00:44:15.45 | 4:53 | 12.2 |
| 20 | SADZIŃSKI KAROL | 40 | 3FALE TEAM | SŁUPSK | POL | M16-39 | 8 | M 19 | 00:13:53 | 00:29:16 | 00:44:15.90 | 00:44:22.20 | 4:55 | 12.2 |
| 21 | HERMAN KARINA | 12 | | SŁUPSK | POL | K40-49 | 2 | K 2 | 00:14:25 | 00:29:35 | 00:44:18.95 | 00:44:26.05 | 4:55 | 12.2 |
| 22 | MAŚŁOWSKI ROMAN | 62 | | OLSZEWNICA | POL | M16-39 | 9 | M 20 | 00:14:21 | 00:30:25 | 00:45:31.05 | 00:45:42.40 | 5:03 | 11.9 |
| 23 | LACZKOWSKI GRZEGORZ | 64 | | OSTROŁĘKA | POL | M16-39 | 9 | M 20 | 00:14:21 | 00:30:28 | 00:45:30.70 | 00:45:42.40 | 5:03 | 11.9 |
| 24 | KĘSIK AGNIESZKA | 63 | | SŁUPSK | POL | K16-39 | 1 | K 3 | 00:17:26 | 00:30:20 | 00:45:48.80 | 00:45:54.95 | 5:05 | 11.8 |
| 25 | PACAK KATARZYNA | 59 | | SŁUPSK | POL | K16-39 | 2 | K 4 | 00:14:26 | 00:30:25 | 00:45:58.85 | 00:46:05.75 | 5:06 | 11.7 |
| 26 | PACAK ŁUKASZ | 58 | | SŁUPSK | POL | M16-39 | 11 | M 22 | 00:14:24 | 00:30:23 | 00:45:58.65 | 00:46:06.65 | 5:06 | 11.7 |
| 27 | KRUMPLEWSKI MARIUSZ | 29 | | SŁUPSK | POL | M40-49 | 8 | M 23 | 00:14:23 | 00:30:35 | 00:47:07.55 | 00:47:16.90 | 5:14 | 11.5 |
| 28 | STANIUK BARTOSZ | 42 | TOYOTA KAWISBIKE TEAM SŁUPSK | SŁUPSK | POL | M16-39 | 12 | M 24 | 00:15:24 | 00:31:40 | 00:48:39.40 | 00:48:47.75 | 5:24 | 11.1 |
| 29 | KANIA BRAJAN | 20 | -/ROZBIEGANA AKADEMIA, AKADEMIA POMORSKA W SŁUPSKU | SŁUPSK | POL | M16-39 | 13 | M 25 | 00:15:26 | 00:31:54 | 00:49:02.30 | 00:49:08.45 | 5:26 | 11 |
| 30 | ŁUBKOWSKA MAGDALENA | 33 | | SŁUPSK | POL | K40-49 | 3 | K 5 | 00:16:25 | 00:33:25 | 00:51:21.80 | 00:51:29.65 | 5:42 | 10.5 |
| 31 | PAGÓREK BEATA | 39 | | KĘPICE | POL | K16-39 | 3 | K 6 | 00:16:22 | 00:33:51 | 00:51:21.20 | 00:51:32.15 | 5:42 | 10.5 |
| 32 | KONKEL JOANNA | 28 | MKS 'ŚWIĘC' SŁAWNO | SŁAWNO | POL | K50-59 | 1 | K 7 | 00:17:24 | 00:33:44 | 00:51:26.60 | 00:51:34.60 | 5:42 | 10.5 |
| 33 | STAWIARZ ANNA | 45 | 3 FALE TEAM | SŁUPSK | POL | K40-49 | 4 | K 8 | 00:16:25 | 00:34:48 | 00:52:14.65 | 00:52:21.75 | 5:48 | 10.3 |
| 34 | BURMAN TOMASZ | 5 | 3FALETEAM | SŁUPSK | POL | M16-39 | 14 | M 26 | 00:16:25 | 00:34:48 | 00:52:14.55 | 00:52:21.75 | 5:48 | 10.3 |
| 35 | STAWIARZ BARTŁOMIEJ | 44 | 3 FALE TEAM | SŁUPSK | POL | M40-49 | 9 | M 27 | 00:16:25 | 00:34:48 | 00:52:14.70 | 00:52:21.95 | 5:48 | 10.3 |
| 36 | JUNGLING PIOTR | 18 | | KĘPICE | POL | M50-59 | 4 | M 28 | 00:17:53 | 00:35:24 | 00:52:42.90 | 00:52:52.75 | 5:51 | 10.2 |
| 37 | KOWALEWSKI JACEK | 56 | | BARCINO | POL | M40-49 | 10 | M 29 | 00:16:52 | 00:34:35 | 00:53:26.30 | 00:53:37.05 | 5:56 | 10.1 |
| 38 | MARCZAK MAŁGORZATA | 36 | NIGHT RUNNERS SŁUPSK | ŻELKOWO | POL | K60+ | 1 | K 9 | 00:17:24 | 00:35:29 | 00:54:54.50 | 00:55:02.80 | 6:06 | 9.8 |
| 39 | CYBULSKA KATARZYNA | 57 | | WARSZAWA | POL | K16-39 | 4 | K 10 | 00:17:24 | 00:36:30 | 00:55:33.10 | 00:55:42.05 | 6:10 | 9.7 |
| 40 | RADOMSKI MICHAŁ | 61 | | ŁOMIANKI | POL | M40-49 | 11 | M 30 | 00:17:23 | 00:36:29 | 00:55:33.15 | 00:55:42.15 | 6:10 | 9.7 |
| 41 | STANKIEWICZ AGNIESZKA | 43 | | JÓZEFOSŁAW | POL | K16-39 | 5 | K 11 | 00:18:39 | 00:38:10 | 00:57:20.05 | 00:57:29.00 | 6:22 | 9.4 |
| 42 | WACHHOLZ BEATA | 51 | KB BRYZA POSTOMINO | SŁAWNO | POL | K50-59 | 2 | K 12 | 00:18:43 | 00:38:54 | 00:59:22.80 | 00:59:29.60 | 6:35 | 9.1 |
| 43 | LIS - WRÓBLEWSKA IWONA | 31 | 3 FALE TEAM | SŁUPSK | POL | K40-49 | 5 | K 13 | 00:19:45 | 00:40:22 | 01:00:50.50 | 01:00:59.15 | 6:45 | 8.9 |
| 44 | LITWIN BARBARA | 32 | STOPA SŁUPSK | SŁUPSK | POL | K16-39 | 6 | K 14 | 00:19:45 | 00:40:22 | 01:00:51.40 | 01:01:00.00 | 6:45 | 8.9 |
| 45 | CIZMOWSKA BARBARA | 6 | MTS HAMER MIASTKO | KĘPICE | POL | K60+ | 2 | K 15 | 00:20:14 | 00:41:33 | 01:03:03.15 | 01:03:13.60 | 7:00 | 8.6 |

BIEG PO KOZAKA - 9 KM, K-OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3km | 6km | Netto | Brutto | min/km | km/h |
|------|------------------------|----|-------------------------|------------|------|--------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | BARGAŃSKA JUSTYNA | 3 | RUNTASTYCZNI TEAM BYTÓW | BYTÓW | POL | K40-49 | 1 | K 1 | 00:13:24 | 00:27:09 | 00:41:06.35 | 00:41:11.90 | 4:34 | 13.1 |
| 2 | HERMAN KARINA | 12 | SŁUPSK | SŁUPSK | POL | K40-49 | 2 | K 2 | 00:14:25 | 00:29:35 | 00:44:18.95 | 00:44:26.05 | 4:55 | 12.2 |
| 3 | KĘSIK AGNIESZKA | 63 | SŁUPSK | SŁUPSK | POL | K16-39 | 1 | K 3 | 00:17:26 | 00:30:20 | 00:45:48.80 | 00:45:54.95 | 5:05 | 11.8 |
| 4 | PACAK KATARZYNA | 59 | SŁUPSK | SŁUPSK | POL | K16-39 | 2 | K 4 | 00:14:26 | 00:30:25 | 00:45:58.85 | 00:46:05.75 | 5:06 | 11.7 |
| 5 | ŁUBKOWSKA MAGDALENA | 33 | SŁUPSK | SŁUPSK | POL | K40-49 | 3 | K 5 | 00:16:25 | 00:33:25 | 00:51:21.80 | 00:51:29.65 | 5:42 | 10.5 |
| 6 | PAGÓREK BEATA | 39 | KĘPICE | KĘPICE | POL | K16-39 | 3 | K 6 | 00:16:22 | 00:33:51 | 00:51:21.20 | 00:51:32.15 | 5:42 | 10.5 |
| 7 | KONKEL JOANNA | 28 | MKS 'ŚWIĘC' SŁAWNO | SŁAWNO | POL | K50-59 | 1 | K 7 | 00:17:24 | 00:33:44 | 00:51:26.60 | 00:51:34.60 | 5:42 | 10.5 |
| 8 | STAWIARZ ANNA | 45 | 3 FALE TEAM | SŁUPSK | POL | K40-49 | 4 | K 8 | 00:16:25 | 00:34:48 | 00:52:14.65 | 00:52:21.75 | 5:48 | 10.3 |
| 9 | MARCZAK MAŁGORZATA | 36 | NIGHT RUNNERS SŁUPSK | ŻELKOWO | POL | K60+ | 1 | K 9 | 00:17:24 | 00:35:29 | 00:54:54.50 | 00:55:02.80 | 6:06 | 9.8 |
| 10 | CYBULSKA KATARZYNA | 57 | WARSAWA | WARSAWA | POL | K16-39 | 4 | K 10 | 00:17:24 | 00:36:30 | 00:55:33.10 | 00:55:42.05 | 6:10 | 9.7 |
| 11 | STANKIEWICZ AGNIESZKA | 43 | JÓZEFOSŁAW | JÓZEFOSŁAW | POL | K16-39 | 5 | K 11 | 00:18:39 | 00:38:10 | 00:57:20.05 | 00:57:29.00 | 6:22 | 9.4 |
| 12 | WACHHOLZ BEATA | 51 | KB BRYZA POSTOMINO | SŁAWNO | POL | K50-59 | 2 | K 12 | 00:18:43 | 00:38:54 | 00:59:22.80 | 00:59:29.60 | 6:35 | 9.1 |
| 13 | LIS - WRÓBLEWSKA IWONA | 31 | 3 FALE TEAM | SŁUPSK | POL | K40-49 | 5 | K 13 | 00:19:45 | 00:40:22 | 01:00:50.50 | 01:00:59.15 | 6:45 | 8.9 |
| 14 | LITWIN BARBARA | 32 | STOPA SŁUPSK | SŁUPSK | POL | K16-39 | 6 | K 14 | 00:19:45 | 00:40:22 | 01:00:51.40 | 01:01:00.00 | 6:45 | 8.9 |
| 15 | CIZMOWSKA BARBARA | 6 | MTS HAMER MIASTKO | KĘPICE | POL | K60+ | 2 | K 15 | 00:20:14 | 00:41:33 | 01:03:03.15 | 01:03:13.60 | 7:00 | 8.6 |

BIEG PO KOZAKA - 9 KM, M-OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3km | 6km | Netto | Brutto | min/km | km/h |
|------|-----------------------|----|--|-------------|------|--------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | GUZOWSKI DARIUSZ | 11 | TALEX BORZYTUCHOM | TRZEBIELINO | POL | M50-59 | 1 | M 1 | 00:10:47 | 00:22:08 | 00:33:23.30 | 00:33:28.35 | 3:42 | 16.2 |
| 2 | KRYZEL TOMASZ | 30 | UKS WIKING RYCHNOWY | CZŁUCHÓW | POL | M16-39 | 1 | M 2 | 00:10:53 | 00:22:10 | 00:33:35.50 | 00:33:40.35 | 3:44 | 16.1 |
| 3 | WALCZAK PAWEŁ | 52 | KOSZALIN | KOSZALIN | POL | M16-39 | 2 | M 3 | 00:10:53 | 00:22:25 | 00:34:06.85 | 00:34:11.30 | 3:47 | 15.8 |
| 4 | WOJDASIEWICZ TADEUSZ | 55 | KĘPICE | KĘPICE | POL | M16-39 | 3 | M 4 | 00:11:20 | 00:23:08 | 00:34:57.95 | 00:35:03.30 | 3:53 | 15.4 |
| 5 | CZUPA OSKAR | 8 | BARCINO | BARCINO | POL | M16-39 | 4 | M 5 | 00:11:43 | 00:23:46 | 00:35:37.85 | 00:35:43.70 | 3:57 | 15.2 |
| 6 | HERMAN ARKADIUSZ | 13 | SŁUPSK | SŁUPSK | POL | M40-49 | 1 | M 6 | 00:11:41 | 00:23:49 | 00:35:48.75 | 00:35:53.70 | 3:58 | 15.1 |
| 7 | WALEŃSKI MICHAŁ | 53 | TKKF KOSZALIN | SKIBIENKO | POL | M40-49 | 2 | M 7 | 00:11:45 | 00:23:54 | 00:36:14.85 | 00:36:20.30 | 4:01 | 14.9 |
| 8 | IWANIEC DARIUSZ | 14 | BIEGOLAS KOSZALIN | SIERAKOWO | POL | M40-49 | 3 | M 8 | 00:12:38 | 00:25:28 | 00:38:05.40 | 00:38:11.25 | 4:14 | 14.2 |
| 9 | JANKOWSKI GRZEGORZ | 16 | POZYTYWNIENI NAKRECONY | BYTÓW | POL | M40-49 | 4 | M 9 | 00:12:19 | 00:25:32 | 00:39:05.45 | 00:39:10.85 | 4:20 | 13.8 |
| 10 | JAKUBEK PATRYK | 15 | RUNTASTYCZNI TEAM BYTÓW | BYTÓW | POL | M16-39 | 5 | M 10 | 00:10:59 | 00:26:02 | 00:39:06.25 | 00:39:10.90 | 4:20 | 13.8 |
| 11 | OLESZEK JERZY | 38 | SZKOŁA PODOFICERSKA MW | GRABNO | POL | M40-49 | 5 | M 11 | 00:12:50 | 00:26:12 | 00:39:35.65 | 00:39:41.10 | 4:24 | 13.6 |
| 12 | CZYŻYKOWSKI KRZYSZTOF | 9 | 3FALE TEAM | SŁUPSK | POL | M16-39 | 6 | M 12 | 00:13:01 | 00:26:36 | 00:39:56.35 | 00:40:03.45 | 4:26 | 13.5 |
| 13 | SIDOR MARIUSZ | 41 | 3FALE TEAM | SŁUPSK | POL | M16-39 | 7 | M 13 | 00:12:37 | 00:26:24 | 00:40:03.20 | 00:40:08.95 | 4:27 | 13.5 |
| 14 | TREDER MARIAN | 50 | TEAM TREDER | ŁOSINO | POL | M50-59 | 2 | M 14 | 00:13:42 | 00:27:19 | 00:41:10.75 | 00:41:18.35 | 4:34 | 13.1 |
| 15 | TURCZYN TOMASZ | 60 | SŁAWNO | SŁAWNO | POL | M40-49 | 6 | M 15 | 00:13:02 | 00:26:55 | 00:41:27.70 | 00:41:33.75 | 4:36 | 13 |
| 16 | STRZELECKI ZBIGNIEW | 47 | KORZYBSKIE REKINY | KORZYBIE | POL | M60+ | 1 | M 16 | 00:13:00 | 00:28:22 | 00:42:51.90 | 00:42:51.90 | 4:45 | 12.6 |
| 17 | SZPITER TOMASZ | 49 | OLAWS ZŁOTORYJA | SŁAWNO | POL | M50-59 | 3 | M 17 | 00:14:26 | 00:28:55 | 00:43:33.00 | 00:43:39.60 | 4:50 | 12.4 |
| 18 | JUNGLING MIROSLAW | 19 | ZAJACZKOWO | ZAJACZKOWO | POL | M40-49 | 7 | M 18 | 00:14:22 | 00:29:31 | 00:44:04.95 | 00:44:15.45 | 4:53 | 12.2 |
| 19 | SADZIŃSKI KAROL | 40 | 3FALE TEAM | SŁUPSK | POL | M16-39 | 8 | M 19 | 00:13:53 | 00:29:16 | 00:44:15.90 | 00:44:22.20 | 4:55 | 12.2 |
| 20 | MASŁOWSKI ROMAN | 62 | OLSZEWNICA | OLSZEWNICA | POL | M16-39 | 9 | M 20 | 00:14:21 | 00:30:25 | 00:45:31.05 | 00:45:42.40 | 5:03 | 11.9 |
| 21 | LACZKOWSKI GRZEGORZ | 64 | OSTROŁĘKA | OSTROŁĘKA | POL | M16-39 | 9 | M 20 | 00:14:21 | 00:30:28 | 00:45:30.70 | 00:45:42.40 | 5:03 | 11.9 |
| 22 | PACAK ŁUKASZ | 58 | SŁUPSK | SŁUPSK | POL | M16-39 | 11 | M 22 | 00:14:24 | 00:30:23 | 00:45:58.65 | 00:46:06.65 | 5:06 | 11.7 |
| 23 | KRUMPLEWSKI MARIUSZ | 29 | SŁUPSK | SŁUPSK | POL | M40-49 | 8 | M 23 | 00:14:23 | 00:30:35 | 00:47:07.55 | 00:47:16.90 | 5:14 | 11.5 |
| 24 | STANIUK BARTOSZ | 42 | TOYOTA KAWISBIKE TEAM SŁUPSK | SŁUPSK | POL | M16-39 | 12 | M 24 | 00:15:24 | 00:31:40 | 00:48:39.40 | 00:48:47.75 | 5:24 | 11.1 |
| 25 | KANIA BRAJAN | 20 | -/ROZBIEGANA AKADEMIA, AKADEMIA POMORSKA W SŁUPSKU | SŁUPSK | POL | M16-39 | 13 | M 25 | 00:15:26 | 00:31:54 | 00:49:02.30 | 00:49:08.45 | 5:26 | 11 |
| 26 | BURMAN TOMASZ | 5 | 3FALETEAM | SŁUPSK | POL | M16-39 | 14 | M 26 | 00:16:25 | 00:34:48 | 00:52:14.55 | 00:52:21.75 | 5:48 | 10.3 |
| 27 | STAWIARZ BARTŁOMIEJ | 44 | 3 FALE TEAM | SŁUPSK | POL | M40-49 | 9 | M 27 | 00:16:25 | 00:34:48 | 00:52:14.70 | 00:52:21.95 | 5:48 | 10.3 |
| 28 | JUNGLING PIOTR | 18 | SŁUPSK | SŁUPSK | POL | M50-59 | 4 | M 28 | 00:17:53 | 00:35:24 | 00:52:42.90 | 00:52:52.75 | 5:51 | 10.2 |
| 29 | KOWALEWSKI JACEK | 56 | BARCINO | BARCINO | POL | M40-49 | 10 | M 29 | 00:16:52 | 00:34:35 | 00:53:26.30 | 00:53:37.05 | 5:56 | 10.1 |
| 30 | RADOMSKI MICHAŁ | 61 | ŁOMIANKI | ŁOMIANKI | POL | M40-49 | 11 | M 30 | 00:17:23 | 00:36:29 | 00:55:33.15 | 00:55:42.15 | 6:10 | 9.7 |

BIEG PO KOZAKA - 9 KM, K16-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3km | 6km | Netto | Brutto | min/km | km/h |
|------|-----------------------|----|--------------|------------|------|--------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | KĘSIK AGNIESZKA | 63 | | SŁUPSK | POL | K16-39 | 1 | K 3 | 00:17:26 | 00:30:20 | 00:45:48.80 | 00:45:54.95 | 5:05 | 11.8 |
| 2 | PACAK KATARZYNA | 59 | | SŁUPSK | POL | K16-39 | 2 | K 4 | 00:14:26 | 00:30:25 | 00:45:58.85 | 00:46:05.75 | 5:06 | 11.7 |
| 3 | PAGÓREK BEATA | 39 | | KĘPICE | POL | K16-39 | 3 | K 6 | 00:16:22 | 00:33:51 | 00:51:21.20 | 00:51:32.15 | 5:42 | 10.5 |
| 4 | CYBULSKA KATARZYNA | 57 | | WARSZAWA | POL | K16-39 | 4 | K 10 | 00:17:24 | 00:36:30 | 00:55:33.10 | 00:55:42.05 | 6:10 | 9.7 |
| 5 | STANKIEWICZ AGNIESZKA | 43 | | JÓZEFOSŁAW | POL | K16-39 | 5 | K 11 | 00:18:39 | 00:38:10 | 00:57:20.05 | 00:57:29.00 | 6:22 | 9.4 |
| 6 | LITWIN BARBARA | 32 | STOPA SŁUPSK | SŁUPSK | POL | K16-39 | 6 | K 14 | 00:19:45 | 00:40:22 | 01:00:51.40 | 01:01:00.00 | 6:45 | 8.9 |

BIEG PO KOZAKA - 9 KM, M16-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3km | 6km | Netto | Brutto | min/km | km/h |
|------|-----------------------|----|--|------------|------|--------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | KRYZEL TOMASZ | 30 | UKS WIKING RYCHNOWY | CZŁUCHÓW | POL | M16-39 | 1 | M 2 | 00:10:53 | 00:22:10 | 00:33:35.50 | 00:33:40.35 | 3:44 | 16.1 |
| 2 | WALCZAK PAWEŁ | 52 | | KOSZALIN | POL | M16-39 | 2 | M 3 | 00:10:53 | 00:22:25 | 00:34:06.85 | 00:34:11.30 | 3:47 | 15.8 |
| 3 | WOJDASIEWICZ TADEUSZ | 55 | | KĘPICE | POL | M16-39 | 3 | M 4 | 00:11:20 | 00:23:08 | 00:34:57.95 | 00:35:03.30 | 3:53 | 15.4 |
| 4 | CZUPA OSKAR | 8 | | BARCINO | POL | M16-39 | 4 | M 5 | 00:11:43 | 00:23:46 | 00:35:37.85 | 00:35:43.70 | 3:57 | 15.2 |
| 5 | JAKUBEK PATRYK | 15 | RUNTASTYCZNI TEAM BYTÓW | BYTÓW | POL | M16-39 | 5 | M 10 | 00:10:59 | 00:26:02 | 00:39:06.25 | 00:39:10.90 | 4:20 | 13.8 |
| 6 | CZYŻYKOWSKI KRZYSZTOF | 9 | 3FALE TEAM | SŁUPSK | POL | M16-39 | 6 | M 12 | 00:13:01 | 00:26:36 | 00:39:56.35 | 00:40:03.45 | 4:26 | 13.5 |
| 7 | SIDOR MARIUSZ | 41 | 3FALE TEAM | SŁUPSK | POL | M16-39 | 7 | M 13 | 00:12:37 | 00:26:24 | 00:40:03.20 | 00:40:08.95 | 4:27 | 13.5 |
| 8 | SADZIŃSKI KAROL | 40 | 3FALE TEAM | SŁUPSK | POL | M16-39 | 8 | M 19 | 00:13:53 | 00:29:16 | 00:44:15.90 | 00:44:22.20 | 4:55 | 12.2 |
| 9 | MASŁOWSKI ROMAN | 62 | | OLSZEWNICA | POL | M16-39 | 9 | M 20 | 00:14:21 | 00:30:25 | 00:45:31.05 | 00:45:42.40 | 5:03 | 11.9 |
| 10 | LACZKOWSKI GRZEGORZ | 64 | | OSTROŁĘKA | POL | M16-39 | 9 | M 20 | 00:14:21 | 00:30:28 | 00:45:30.70 | 00:45:42.40 | 5:03 | 11.9 |
| 11 | PACAK ŁUKASZ | 58 | | SŁUPSK | POL | M16-39 | 11 | M 22 | 00:14:24 | 00:30:23 | 00:45:58.65 | 00:46:06.65 | 5:06 | 11.7 |
| 12 | STANIUK BARTOSZ | 42 | TOYOTA KAWISBIKE TEAM SŁUPSK | SŁUPSK | POL | M16-39 | 12 | M 24 | 00:15:24 | 00:31:40 | 00:48:39.40 | 00:48:47.75 | 5:24 | 11.1 |
| 13 | KANIA BRAJAN | 20 | -/ROZBIEGANA AKADEMIA, AKADEMIA POMORSKA W SŁUPSKU | SŁUPSK | POL | M16-39 | 13 | M 25 | 00:15:26 | 00:31:54 | 00:49:02.30 | 00:49:08.45 | 5:26 | 11 |
| 14 | BURMAN TOMASZ | 5 | 3FALETEAM | SŁUPSK | POL | M16-39 | 14 | M 26 | 00:16:25 | 00:34:48 | 00:52:14.55 | 00:52:21.75 | 5:48 | 10.3 |

BIEG PO KOZAKA - 9 KM, K40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3km | 6km | Netto | Brutto | min/km | km/h |
|------|------------------------|----|-------------------------|-----------|------|--------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | BARGAŃSKA JUSTYNA | 3 | RUNTASTYCZNI TEAM BYTÓW | BYTÓW | POL | K40-49 | 1 | K 1 | 00:13:24 | 00:27:09 | 00:41:06.35 | 00:41:11.90 | 4:34 | 13.1 |
| 2 | HERMAN KARINA | 12 | | SŁUPSK | POL | K40-49 | 2 | K 2 | 00:14:25 | 00:29:35 | 00:44:18.95 | 00:44:26.05 | 4:55 | 12.2 |
| 3 | ŁUBKOWSKA MAGDALENA | 33 | | SŁUPSK | POL | K40-49 | 3 | K 5 | 00:16:25 | 00:33:25 | 00:51:21.80 | 00:51:29.65 | 5:42 | 10.5 |
| 4 | STAWIARZ ANNA | 45 | 3 FALE TEAM | SŁUPSK | POL | K40-49 | 4 | K 8 | 00:16:25 | 00:34:48 | 00:52:14.65 | 00:52:21.75 | 5:48 | 10.3 |
| 5 | LIS - WRÓBLEWSKA IWONA | 31 | 3 FALE TEAM | SŁUPSK | POL | K40-49 | 5 | K 13 | 00:19:45 | 00:40:22 | 01:00:50.50 | 01:00:59.15 | 6:45 | 8.9 |

BIEG PO KOZAKA - 9 KM, M40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3km | 6km | Netto | Brutto | min/km | km/h |
|------|---------------------|----|------------------------|------------|------|--------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | HERMAN ARKADIUSZ | 13 | | SŁUPSK | POL | M40-49 | 1 | M 6 | 00:11:41 | 00:23:49 | 00:35:48.75 | 00:35:53.70 | 3:58 | 15.1 |
| 2 | WALEŃSKI MICHAŁ | 53 | TKKF KOSZALIN | SKIBIENKO | POL | M40-49 | 2 | M 7 | 00:11:45 | 00:23:54 | 00:36:14.85 | 00:36:20.30 | 4:01 | 14.9 |
| 3 | IWANIEC DARIUSZ | 14 | BIEGOLAS KOSZALIN | SIERAKOWO | POL | M40-49 | 3 | M 8 | 00:12:38 | 00:25:28 | 00:38:05.40 | 00:38:11.25 | 4:14 | 14.2 |
| 4 | JANKOWSKI GRZEGORZ | 16 | POZYTYWNI NAKRECONY | BYTÓW | POL | M40-49 | 4 | M 9 | 00:12:19 | 00:25:32 | 00:39:05.45 | 00:39:10.85 | 4:20 | 13.8 |
| 5 | OLESZEK JERZY | 38 | SZKOŁA PODOFICERSKA MW | GRABNO | POL | M40-49 | 5 | M 11 | 00:12:50 | 00:26:12 | 00:39:35.65 | 00:39:41.10 | 4:24 | 13.6 |
| 6 | TURCZYN TOMASZ | 60 | | SŁAWNO | POL | M40-49 | 6 | M 15 | 00:13:02 | 00:26:55 | 00:41:27.70 | 00:41:33.75 | 4:36 | 13 |
| 7 | JUNGLING MIROSLAW | 19 | | ZAJACZKOWO | POL | M40-49 | 7 | M 18 | 00:14:22 | 00:29:31 | 00:44:04.95 | 00:44:15.45 | 4:53 | 12.2 |
| 8 | KRUMPLEWSKI MARIUSZ | 29 | | SŁUPSK | POL | M40-49 | 8 | M 23 | 00:14:23 | 00:30:35 | 00:47:07.55 | 00:47:16.90 | 5:14 | 11.5 |
| 9 | STAWIARZ BARTŁOMIEJ | 44 | 3 FALE TEAM | SŁUPSK | POL | M40-49 | 9 | M 27 | 00:16:25 | 00:34:48 | 00:52:14.70 | 00:52:21.95 | 5:48 | 10.3 |
| 10 | KOWALEWSKI JACEK | 56 | | BARCINO | POL | M40-49 | 10 | M 29 | 00:16:52 | 00:34:35 | 00:53:26.30 | 00:53:37.05 | 5:56 | 10.1 |
| 11 | RADOMSKI MICHAŁ | 61 | | ŁOMIANKI | POL | M40-49 | 11 | M 30 | 00:17:23 | 00:36:29 | 00:55:33.15 | 00:55:42.15 | 6:10 | 9.7 |

BIEG PO KOZAKA - 9 KM, K50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3km | 6km | Netto | Brutto | min/km | km/h |
|------|-----------------|----|--------------------|-----------|------|--------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | KONKEL JOANNA | 28 | MKS 'ŚWIĘC' SŁAWNO | SŁAWNO | POL | K50-59 | 1 | K 7 | 00:17:24 | 00:33:44 | 00:51:26.60 | 00:51:34.60 | 5:42 | 10.5 |
| 2 | WACHHOLZ BEATA | 51 | KB BRYZA POSTOMINO | SŁAWNO | POL | K50-59 | 2 | K 12 | 00:18:43 | 00:38:54 | 00:59:22.80 | 00:59:29.60 | 6:35 | 9.1 |

BIEG PO KOZAKA - 9 KM, M50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3km | 6km | Netto | Brutto | min/km | km/h |
|------|------------------|----|-------------------|-------------|------|--------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | GUZOWSKI DARIUSZ | 11 | TALEX BORZYTUCHOM | TRZEBIELINO | POL | M50-59 | 1 | M 1 | 00:10:47 | 00:22:08 | 00:33:23.30 | 00:33:28.35 | 3:42 | 16.2 |
| 2 | TREDER MARIAN | 50 | TEAM TREDER | ŁOSINO | POL | M50-59 | 2 | M 14 | 00:13:42 | 00:27:19 | 00:41:10.75 | 00:41:18.35 | 4:34 | 13.1 |
| 3 | SZPITER TOMASZ | 49 | OLAWS ZŁOTORYJA | SŁAWNO | POL | M50-59 | 3 | M 17 | 00:14:26 | 00:28:55 | 00:43:33.00 | 00:43:39.60 | 4:50 | 12.4 |
| 4 | JUNGLING PIOTR | 18 | | KĘPICE | POL | M50-59 | 4 | M 28 | 00:17:53 | 00:35:24 | 00:52:42.90 | 00:52:52.75 | 5:51 | 10.2 |

BIEG PO KOZAKA - 9 KM, K60+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3km | 6km | Netto | Brutto | min/km | km/h |
|------|--------------------|----|----------------------|-----------|------|------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | MARCZAK MAŁGORZATA | 36 | NIGHT RUNNERS SŁUPSK | ŻELKOWO | POL | K60+ | 1 | K 9 | 00:17:24 | 00:35:29 | 00:54:54.50 | 00:55:02.80 | 6:06 | 9.8 |
| 2 | CIZMOWSKA BARBARA | 6 | MTS HAMER MIASTKO | KĘPICE | POL | K60+ | 2 | K 15 | 00:20:14 | 00:41:33 | 01:03:03.15 | 01:03:13.60 | 7:00 | 8.6 |

BIEG PO KOZAKA - 9 KM, M60+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 3km | 6km | Netto | Brutto | min/km | km/h |
|------|---------------------|----|-------------------|-----------|------|------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1 | STRZELECKI ZBIGNIEW | 47 | KORZYBSKIE REKINY | KORZYBIE | POL | M60+ | 1 | M 16 | 00:13:00 | 00:28:22 | 00:42:51.90 | 00:42:51.90 | 4:45 | 12.6 |