

IV BIEG POGOŃ RAKA - SZCZECIN

Organizator: Stowarzyszenie Walki z Rakiem Płuca Oddział Szczecin
 Data: 2020-10-04
 Miejsce: Szczecin
 Dystans: 5 km
 Klasyfikacja wg czasów netto.

IV BIEG POGOŃ RAKA - SZCZECIN, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|------------------------|-----|---|-------------|------|--------|--------|------|-------------|--------|------|
| 1 | TROĆ DANIEL | 271 | MKL SZCZECIN | WARZYMICE | POL | M OPEN | 1 | M 1 | 00:18:38.30 | 3:43 | 16.1 |
| 2 | PRZEKOPOWICZ BARTOSZ | 200 | #TEAMSZWARC | STARGARD | POL | M OPEN | 2 | M 2 | 00:19:20.05 | 3:52 | 15.5 |
| 3 | WASILEWSKI ANDRZEJ | 282 | | SZCZECIN | POL | M OPEN | 3 | M 3 | 00:19:33.10 | 3:54 | 15.3 |
| 4 | HOPPE GRZEGORZ | 70 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | M OPEN | 4 | M 4 | 00:19:43.00 | 3:56 | 15.2 |
| 5 | WOJNACH ANDRZEJ | 320 | | SZCZECIN | POL | M OPEN | 5 | M 5 | 00:20:01.75 | 4:00 | 15 |
| 6 | MACIEJEWSKI KRZYSZTOF | 134 | | SZCZECIN | POL | M OPEN | 6 | M 6 | 00:20:58.95 | 4:11 | 14.3 |
| 7 | OLEJARZ DAMIAN | 171 | POL-BUD POLICE | POLICE | POL | M OPEN | 7 | M 7 | 00:21:13.85 | 4:14 | 14.1 |
| 8 | TOPOREK PRZEMYSŁAW | 318 | | SZCZECIN | POL | M OPEN | 8 | M 8 | 00:21:27.35 | 4:17 | 14 |
| 9 | KAPŁANIAK ADRIAN | 297 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | M OPEN | 9 | M 9 | 00:21:31.70 | 4:18 | 13.9 |
| 10 | KWAŚNIEWSKI BARTOSZ | 115 | PB27 | MORYŃ | POL | M OPEN | 10 | M 10 | 00:21:50.60 | 4:22 | 13.7 |
| 11 | MOSPINEK DORIAN | 237 | | SZCZECIN | POL | M OPEN | 11 | M 11 | 00:21:57.25 | 4:23 | 13.7 |
| 12 | WESOŁOWSKI MARCIN | 286 | | SADLNO | POL | M OPEN | 12 | M 12 | 00:21:59.85 | 4:23 | 13.6 |
| 13 | BODNARCZUK TOMASZ | 16 | FIZJOBIEGACZE | BEZRZECZE | POL | M OPEN | 13 | M 13 | 00:22:09.55 | 4:25 | 13.5 |
| 14 | HIEROWSKI WOJCIECH | 67 | K-RUNNERS | SZCZECIN | POL | M OPEN | 14 | M 14 | 00:22:26.30 | 4:29 | 13.4 |
| 15 | WAJS SEBASTIAN | 277 | 12BZ/ZWT | SZCZECIN | POL | M OPEN | 15 | M 15 | 00:22:28.50 | 4:29 | 13.4 |
| 16 | PELC MAREK | 185 | 12 BZ | SZCZECIN | POL | M OPEN | 16 | M 16 | 00:22:33.35 | 4:30 | 13.3 |
| 17 | ROSIĄK MARCIN | 212 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | M OPEN | 17 | M 17 | 00:22:47.45 | 4:33 | 13.2 |
| 18 | WIERZCHOWSKI PIOTR | 291 | | WIDUCHOWA | POL | M OPEN | 18 | M 18 | 00:22:55.65 | 4:35 | 13.1 |
| 19 | LEWANDOWSKI DANIEL | 121 | AKTYWNE LISEWO | LISEWO | POL | M OPEN | 19 | M 19 | 00:22:58.10 | 4:35 | 13.1 |
| 20 | KRZEŚNIEWSKI MARCIN | 107 | ROWEROWY ZAŁOM | SZCZECIN | POL | M OPEN | 20 | M 20 | 00:23:02.05 | 4:36 | 13 |
| 21 | ŁOŚ JAROSŁAW | 128 | #RUSZ4LITERY | PARSÓW | POL | M OPEN | 21 | M 21 | 00:23:12.80 | 4:38 | 12.9 |
| 22 | MUSIAŁA KRZYSZTOF | 164 | | MIEŁĘCINIEK | POL | M OPEN | 22 | M 22 | 00:23:17.25 | 4:39 | 12.9 |
| 23 | CHARĘZA MARCIN | 21 | ZAWADZKIEGO SZCZECIN | SZCZECIN | POL | M OPEN | 23 | M 23 | 00:23:21.25 | 4:40 | 12.8 |
| 24 | PIOTROWSKI MAREK | 193 | ROZBIEGANY GOLENIÓW | GOLENIÓW | POL | M OPEN | 24 | M 24 | 00:23:29.45 | 4:41 | 12.8 |
| 25 | FIENKO DARIUSZ | 49 | | PEŁCZYCE | POL | M OPEN | 25 | M 25 | 00:23:31.95 | 4:42 | 12.8 |
| 26 | DĘBICKI JAKUB | 35 | | SZCZECIN | POL | M OPEN | 26 | M 26 | 00:23:32.40 | 4:42 | 12.7 |
| 27 | GRZANKOWSKI KONRAD | 59 | | SZCZECIN | POL | M OPEN | 27 | M 27 | 00:23:36.90 | 4:43 | 12.7 |
| 28 | TALAREK ROBERT | 267 | TELERANEK | SZCZECIN | POL | M OPEN | 28 | M 28 | 00:23:40.15 | 4:44 | 12.7 |
| 29 | DZIEDZIC MICHAŁ | 45 | | SZCZECIN | POL | M OPEN | 29 | M 29 | 00:23:47.55 | 4:45 | 12.6 |
| 30 | STODOLNY PAWEŁ | 248 | | SZCZECIN | POL | M OPEN | 30 | M 30 | 00:23:56.20 | 4:47 | 12.5 |
| 31 | FIENKO KATARZYNA | 48 | | PEŁCZYCE | POL | K OPEN | 1 | K 1 | 00:23:59.00 | 4:47 | 12.5 |
| 32 | MOSZYŃSKI MACIEJ | 161 | EKOPROJEKT RUN TEAM | BEZRZECZE | POL | M OPEN | 31 | M 31 | 00:24:00.35 | 4:48 | 12.5 |
| 33 | KRAWCZYK MATEUSZ | 102 | KB PIONIER SZCZECIN/AMBASADOR FESTIWALU BIEGOWEGO W KRYNICY ZDRÓJ | SZCZECIN | POL | M OPEN | 32 | M 32 | 00:24:25.45 | 4:53 | 12.3 |
| 34 | PODWYSZYŃSKI SYLWESTER | 195 | KW PSP SZCZECIN | SZCZECIN | POL | M OPEN | 33 | M 33 | 00:24:26.35 | 4:53 | 12.3 |
| 35 | KĘPKA KAROL | 88 | | SZCZECIN | POL | M OPEN | 34 | M 34 | 00:24:31.35 | 4:54 | 12.2 |
| 36 | DYDEK EDYTA | 333 | SKB DZIK | SZCZECIN | POL | K OPEN | 2 | K 2 | 00:24:32.45 | 4:54 | 12.2 |
| 37 | WOLSKI TOMASZ | 300 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | M OPEN | 35 | M 35 | 00:24:39.95 | 4:55 | 12.2 |
| 38 | DUDZIŃSKI WOJTEK | 44 | | SZCZECIN | POL | M OPEN | 36 | M 36 | 00:24:43.70 | 4:56 | 12.1 |
| 39 | ADAMOWICZ DANIEL | 1 | KB PIONIER | SZCZECIN | POL | M OPEN | 37 | M 37 | 00:24:49.40 | 4:57 | 12.1 |
| 40 | SZYŁOWICZ DANIEL | 263 | TYMTRITEAM | SZCZECIN | POL | M OPEN | 38 | M 38 | 00:24:55.05 | 4:59 | 12 |
| 41 | TYMUL JAKUB | 276 | #TYMTRITEAM | SZCZECIN | POL | M OPEN | 39 | M 39 | 00:24:55.10 | 4:59 | 12 |
| 42 | BUKOWIECKI ADAM | 20 | | GRZEPNICA | POL | M OPEN | 40 | M 40 | 00:24:58.50 | 4:59 | 12 |
| 43 | WYPYCH MACIEJ | 304 | KONGSBERG K-RUNNERS | WÓLCZKOWO | POL | M OPEN | 41 | M 41 | 00:25:08.50 | 5:01 | 11.9 |
| 44 | SOBIERAJ MARCIN | 242 | | SZCZECIN | POL | M OPEN | 42 | M 42 | 00:25:09.85 | 5:01 | 11.9 |
| 45 | TROJGA KAROLINA | 273 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | K OPEN | 3 | K 3 | 00:25:21.25 | 5:04 | 11.8 |

IV BIEG POGOŃ RAKA - SZCZECIN, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-------------------------|-----|---|-----------|------|--------|--------|------|-------------|--------|------|
| 46 | CIESZYŃSKA MARIKA | 27 | RAZ SZCZECIN | SZCZECIN | POL | K OPEN | 4 | K 4 | 00:25:26.75 | 5:05 | 11.8 |
| 47 | CIEŚLA PAWEŁ | 29 | SZCZECIN | SZCZECIN | POL | M OPEN | 43 | M 43 | 00:25:34.25 | 5:06 | 11.7 |
| 48 | PIĄTEK KAMIL | 187 | SZCZECIN | SZCZECIN | POL | M OPEN | 44 | M 44 | 00:25:35.85 | 5:07 | 11.7 |
| 49 | SACHARSKI BARTŁOMIEJ | 219 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | M OPEN | 45 | M 45 | 00:25:36.00 | 5:07 | 11.7 |
| 50 | GUTOWSKI PAWEŁ | 63 | EMKA STARGARD | STARGARD | POL | M OPEN | 46 | M 46 | 00:25:37.65 | 5:07 | 11.7 |
| 51 | TURCZYK MARCIN | 326 | PEŁCZYCE | PEŁCZYCE | POL | M OPEN | 47 | M 47 | 00:25:38.65 | 5:07 | 11.7 |
| 52 | BANASIAK ANDRZEJ | 4 | SZCZECIN | SZCZECIN | POL | M OPEN | 48 | M 48 | 00:25:40.00 | 5:08 | 11.7 |
| 53 | RUMOWSKI TOMASZ | 315 | SZCZECIN | SZCZECIN | POL | M OPEN | 49 | M 49 | 00:25:47.40 | 5:09 | 11.6 |
| 54 | ŁAWNICZAK SEBASTIAN | 125 | POLICE | POLICE | POL | M OPEN | 50 | M 50 | 00:25:48.85 | 5:09 | 11.6 |
| 55 | MAZUR MARTA | 151 | SWIM2TRI | SZCZECIN | POL | K OPEN | 5 | K 5 | 00:25:49.30 | 5:09 | 11.6 |
| 56 | PASZKO DANIEL | 183 | WIECZORNE BIEGANIE W SZCZECINIE / KOMPAS TEAM POLICE | POLICE | POL | M OPEN | 51 | M 51 | 00:25:50.50 | 5:10 | 11.6 |
| 57 | SIWAK ŁUKASZ | 232 | SZCZECIN | SZCZECIN | POL | M OPEN | 52 | M 52 | 00:25:51.35 | 5:10 | 11.6 |
| 58 | MICHALAK JACEK | 153 | SZCZECIN | SZCZECIN | POL | M OPEN | 53 | M 53 | 00:26:03.15 | 5:12 | 11.5 |
| 59 | HAWRYŁAK MARCIN | 66 | RAGNAROK SZCZECIN | SZCZECIN | POL | M OPEN | 54 | M 54 | 00:26:04.55 | 5:12 | 11.5 |
| 60 | IZWIKOW MONIKA | 75 | SZCZECIN | SZCZECIN | POL | K OPEN | 6 | K 6 | 00:26:09.35 | 5:13 | 11.5 |
| 61 | ŁUKASIEWICZ ROBERT | 129 | SZCZECIN | SZCZECIN | POL | M OPEN | 55 | M 55 | 00:26:14.90 | 5:14 | 11.4 |
| 62 | BARTOSZEWSKI PAWEŁ | 7 | L-BUG RUN | SZCZECIN | POL | M OPEN | 56 | M 56 | 00:26:23.70 | 5:16 | 11.4 |
| 63 | WITORZĘĆ DARIUSZ | 299 | ŁĘGI | SZCZECIN | POL | M OPEN | 57 | M 57 | 00:26:24.45 | 5:16 | 11.4 |
| 64 | BIK MAREK | 12 | SZCZECIN | SZCZECIN | POL | M OPEN | 58 | M 58 | 00:26:35.35 | 5:19 | 11.3 |
| 65 | PASIKOWSKI KAMI | 334 | SKB DZIK | SZCZECIN | POL | M OPEN | 59 | M 59 | 00:26:43.60 | 5:20 | 11.2 |
| 66 | WIKŁAK NATALIA | 292 | SZCZECIN | SZCZECIN | POL | K OPEN | 7 | K 7 | 00:26:43.85 | 5:20 | 11.2 |
| 67 | CZUBA EMILIA | 32 | SZCZECIN | SZCZECIN | POL | K OPEN | 8 | K 8 | 00:26:46.10 | 5:21 | 11.2 |
| 68 | MULTAN SEBASTIAN | 163 | LECĘ NA SZCZECIN | SZCZECIN | POL | M OPEN | 60 | M 60 | 00:26:48.50 | 5:21 | 11.2 |
| 69 | HAJDUK MACIEJ | 64 | NIEBKO TERROR | SZCZECIN | POL | M OPEN | 61 | M 61 | 00:26:49.05 | 5:21 | 11.2 |
| 70 | KAMIŃSKI ROMAN | 84 | RUMUŃSKA RODZINA ZE SZCZECINA | SZCZECIN | POL | M OPEN | 62 | M 62 | 00:26:55.60 | 5:23 | 11.1 |
| 71 | MISZCZAK DAMIAN | 158 | SZCZECIN | SZCZECIN | POL | M OPEN | 63 | M 63 | 00:26:59.75 | 5:23 | 11.1 |
| 72 | MAŚLANKA KLAUDIA | 147 | #TYMTRITEAM | DOŁUJE | POL | K OPEN | 9 | K 9 | 00:27:03.45 | 5:24 | 11.1 |
| 73 | PRZYBYLSKI KAROL | 201 | POLICE | POLICE | POL | M OPEN | 64 | M 64 | 00:27:08.10 | 5:25 | 11.1 |
| 74 | ŁYDKA SYLWEK | 131 | SZCZECIN | SZCZECIN | POL | M OPEN | 65 | M 65 | 00:27:10.55 | 5:26 | 11 |
| 75 | GIMINSKI TOMASZ | 53 | SKUTER DRIVER ODPROWADZANIE AUT | SZCZECIN | POL | M OPEN | 66 | M 66 | 00:27:21.95 | 5:28 | 11 |
| 76 | GIMINSKI WIKTOR | 54 | SKUTER DRIVER ODPROWADZANIE AUT | SZCZECIN | POL | M OPEN | 67 | M 67 | 00:27:24.25 | 5:28 | 10.9 |
| 77 | SERKOWSKA PAULINA | 228 | POLICE | POLICE | POL | K OPEN | 10 | K 10 | 00:27:29.15 | 5:29 | 10.9 |
| 78 | ZAPOR ANNA | 307 | SZCZECIN | SZCZECIN | POL | K OPEN | 11 | K 11 | 00:27:36.75 | 5:31 | 10.9 |
| 79 | WEISS SEBASTIAN | 285 | SZCZECIN | SZCZECIN | POL | M OPEN | 68 | M 68 | 00:27:38.75 | 5:31 | 10.9 |
| 80 | POPLAWSKA WERONIKA | 198 | LKS PRZECŁAW | SZCZECIN | POL | K OPEN | 12 | K 12 | 00:27:42.25 | 5:32 | 10.8 |
| 81 | MADEJ ANNA | 138 | UKL ÓSEMKA POLICE | SZCZECIN | POL | K OPEN | 13 | K 13 | 00:27:44.15 | 5:32 | 10.8 |
| 82 | BOBER KAMIL | 13 | WKURW_TEAM | SZCZECIN | POL | M OPEN | 69 | M 69 | 00:27:44.65 | 5:32 | 10.8 |
| 83 | BEJSTER PRZEMYSŁAW | 10 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | M OPEN | 70 | M 70 | 00:27:46.45 | 5:33 | 10.8 |
| 84 | RADCZUK MARIUSZ | 205 | KOMPAS TEAM | POLICE | POL | M OPEN | 71 | M 71 | 00:27:46.50 | 5:33 | 10.8 |
| 85 | RADCZUK KAROLINA | 204 | KOMPAS TEAM | POLICE | POL | K OPEN | 14 | K 14 | 00:27:48.55 | 5:33 | 10.8 |
| 86 | SOBECKI TOMASZ | 241 | SZCZECIN | SZCZECIN | POL | M OPEN | 72 | M 72 | 00:27:51.10 | 5:34 | 10.8 |
| 87 | RACHUTA PIOTR | 203 | GOLENIÓW | GOLENIÓW | POL | M OPEN | 73 | M 73 | 00:27:53.80 | 5:34 | 10.8 |
| 88 | STANEK BARTOSZ | 323 | WKURW-TEAM | PLEWISKA | POL | M OPEN | 74 | M 74 | 00:28:01.25 | 5:36 | 10.7 |
| 89 | RUDNIK-MIJAL MAŁGORZATA | 215 | ZMĘCZENI NA STARCIE | SZCZECIN | POL | K OPEN | 15 | K 15 | 00:28:02.15 | 5:36 | 10.7 |
| 90 | CHROBOCIŃSKI JAN | 26 | SZCZECIN | SZCZECIN | POL | M OPEN | 75 | M 75 | 00:28:06.50 | 5:37 | 10.7 |
| 91 | KOLSKA LENA | 322 | WKURW-TEAM | SZCZECIN | POL | K OPEN | 16 | K 16 | 00:28:06.75 | 5:37 | 10.7 |
| 92 | STACHOWSKI ANDRZEJ | 244 | MONIGYM | SZCZECIN | POL | M OPEN | 76 | M 76 | 00:28:07.15 | 5:37 | 10.7 |
| 93 | PADUCH PIOTR | 179 | SZCZECIN | SZCZECIN | POL | M OPEN | 77 | M 77 | 00:28:10.20 | 5:38 | 10.7 |
| 94 | NEJMAN RAFAŁ | 166 | SZCZECIN | SZCZECIN | POL | M OPEN | 78 | M 78 | 00:28:12.60 | 5:38 | 10.6 |
| 95 | ŁAWKIEL NATALIA | 124 | SZCZECIN | SZCZECIN | POL | K OPEN | 17 | K 17 | 00:28:16.65 | 5:39 | 10.6 |
| 96 | OLEŚKIEWICZ MICHAŁ | 173 | RAZ SZCZECIN | SZCZECIN | POL | M OPEN | 79 | M 79 | 00:28:22.90 | 5:40 | 10.6 |
| 97 | PRAWDZIUK JANUSZ | 199 | CHOJNA | CHOJNA | POL | M OPEN | 80 | M 80 | 00:28:24.80 | 5:40 | 10.6 |
| 98 | ŁEBKOWSKI KAROL | 126 | GRYFINO | POLICE | POL | M OPEN | 81 | M 81 | 00:28:37.10 | 5:43 | 10.5 |
| 99 | MACIĄZEK ANNA | 132 | SZCZECIN | SZCZECIN | POL | K OPEN | 18 | K 18 | 00:28:42.20 | 5:44 | 10.5 |
| 100 | WIŚNIEWSKI CZESŁAW | 298 | MARATOŃCZYK SZCZECIN | SZCZECIN | POL | M OPEN | 82 | M 82 | 00:28:43.00 | 5:44 | 10.4 |
| 101 | ŁĄCZAK JUSTYNA | 118 | ASSECO ACTIVE TEAM | SZCZECIN | POL | K OPEN | 19 | K 19 | 00:28:45.30 | 5:45 | 10.4 |

IV BIEG POGOŃ RAKA - SZCZECIN, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------------|-----|---|------------|------|--------|--------|-------|-------------|--------|------|
| 102 | ZAWADZKI JAROSLAW | 309 | | SZCZECIN | POL | M OPEN | 83 | M 83 | 00:28:46.40 | 5:45 | 10.4 |
| 103 | PAROL GRZEGORZ | 181 | | SZCZECIN | POL | M OPEN | 84 | M 84 | 00:28:52.80 | 5:46 | 10.4 |
| 104 | WIECZOREK JAKUB | 289 | | STARGARD | POL | M OPEN | 85 | M 85 | 00:28:56.60 | 5:47 | 10.4 |
| 105 | SZAŁAGA DARIUSZ | 319 | BKS SKORPION SZCZECIN | SZCZECIN | POL | M OPEN | 86 | M 86 | 00:29:00.70 | 5:48 | 10.3 |
| 106 | REKOWSKA DANUTA | 206 | | BEZRZECZE | POL | K OPEN | 20 | K 20 | 00:29:02.90 | 5:48 | 10.3 |
| 107 | SŁODOWNIK KONRAD | 236 | SZKOŁA JĘZYKÓW OBCYCH PROFESSIONAL SCHOOL | CHOJNA | POL | M OPEN | 87 | M 87 | 00:29:08.60 | 5:49 | 10.3 |
| 108 | NATALCZYK EWELINA | 165 | | SZCZECIN | POL | K OPEN | 21 | K 21 | 00:29:09.80 | 5:49 | 10.3 |
| 109 | KARPIENIA EWA | 87 | | SZCZECIN | POL | K OPEN | 22 | K 22 | 00:29:15.10 | 5:51 | 10.3 |
| 110 | PACYNA RENATA | 178 | KOZIELICE BIEGA | KOZIELICE | POL | K OPEN | 23 | K 23 | 00:29:15.20 | 5:51 | 10.3 |
| 111 | ŻARNICKI KACPER | 313 | | SZCZECIN | POL | M OPEN | 88 | M 88 | 00:29:18.60 | 5:51 | 10.2 |
| 112 | ROJEWSKA WERONIKA | 208 | | SZCZECIN | POL | K OPEN | 24 | K 24 | 00:29:20.65 | 5:52 | 10.2 |
| 113 | RZYMSKA MARTA | 218 | OStre DZIDY | SZCZECIN | POL | K OPEN | 25 | K 25 | 00:29:22.75 | 5:52 | 10.2 |
| 114 | KOZŁOWSKA KAROLINA | 99 | #BIEGACZE | POZNAŃ | POL | K OPEN | 26 | K 26 | 00:29:24.30 | 5:52 | 10.2 |
| 115 | GOŁUCH MATEUSZ | 56 | | SZCZECIN | POL | M OPEN | 89 | M 89 | 00:29:27.95 | 5:53 | 10.2 |
| 116 | SZOSTAK DANIEL | 259 | | SZCZECIN | POL | M OPEN | 90 | M 90 | 00:29:29.45 | 5:53 | 10.2 |
| 117 | BĄCIK ANETA | 8 | | DOBRA | POL | K OPEN | 27 | K 27 | 00:29:33.95 | 5:54 | 10.2 |
| 118 | WONDOLOWSKI STANISLAW | 301 | WIECZORNE BIEGANIE | SZCZECIN | POL | M OPEN | 91 | M 91 | 00:29:45.65 | 5:57 | 10.1 |
| 119 | SAKOWSKA-CARŁO MAGDA | 221 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | K OPEN | 28 | K 28 | 00:29:53.10 | 5:58 | 10 |
| 120 | KRUCZKOWSKI MACIEJ | 105 | | GRYFINO | POL | M OPEN | 92 | M 92 | 00:29:56.80 | 5:59 | 10 |
| 121 | POGORZELSKA SYLWIA | 197 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | K OPEN | 29 | K 29 | 00:29:57.65 | 5:59 | 10 |
| 122 | KRUCZKOWSKA MALWINA | 103 | | GRYFINO | POL | K OPEN | 30 | K 30 | 00:29:58.50 | 5:59 | 10 |
| 123 | SIKORA MAGDALENA | 230 | | SZCZECIN | POL | K OPEN | 31 | K 31 | 00:29:59.20 | 5:59 | 10 |
| 124 | KRUCZKOWSKA AGNIESZKA | 104 | | GRYFINO | POL | K OPEN | 32 | K 32 | 00:30:00.95 | 6:00 | 10 |
| 125 | KAMIONKA ANDRZEJ | 85 | WIECZORNE BIEGANIE W SZCZECINIE | BEZRZECZE | POL | M OPEN | 93 | M 93 | 00:30:03.70 | 6:00 | 10 |
| 126 | KOMOROWSKI MICHAŁ | 93 | | SZCZECIN | POL | M OPEN | 94 | M 94 | 00:30:05.00 | 6:01 | 10 |
| 127 | SCHNEIDER ALEKSANDRA | 224 | | SZCZECIN | POL | K OPEN | 33 | K 33 | 00:30:07.95 | 6:01 | 10 |
| 128 | KOZŁOWSKI MARCIN | 100 | #BIEGACZE | POZNAŃ | POL | M OPEN | 95 | M 95 | 00:30:08.40 | 6:01 | 10 |
| 129 | PUPEK MAŁGORZATA | 202 | WILKI Z CIECHOCINKA | SZCZECIN | POL | K OPEN | 34 | K 34 | 00:30:13.60 | 6:02 | 9.9 |
| 130 | ŁUKASIEWICZ AGNIESZKA | 130 | KB HERMES GRYFINO | GRYFINO | POL | K OPEN | 35 | K 35 | 00:30:14.30 | 6:02 | 9.9 |
| 131 | JAWORSKA SONIA | 79 | | SZCZECIN | POL | K OPEN | 36 | K 36 | 00:30:18.00 | 6:03 | 9.9 |
| 132 | PIĄTEK KAROLINA | 186 | | SZCZECIN | POL | K OPEN | 37 | K 37 | 00:30:24.85 | 6:04 | 9.9 |
| 133 | BUJNOWSKA ANITA | 19 | | SZCZECIN | POL | K OPEN | 38 | K 38 | 00:30:26.15 | 6:05 | 9.9 |
| 134 | SZYMCZAK MARCIN | 316 | WKURW-TEAM | SZCZECIN | POL | M OPEN | 96 | M 96 | 00:30:27.35 | 6:05 | 9.9 |
| 135 | SURDACKI JERZY | 251 | DRUŻYNA SZPIKU | GRYFINO | POL | M OPEN | 97 | M 97 | 00:30:28.80 | 6:05 | 9.8 |
| 136 | MISIASZEK MIROSLAW | 157 | | MALKOCIN | POL | M OPEN | 98 | M 98 | 00:30:39.30 | 6:07 | 9.8 |
| 137 | TURCZYK MARTA | 274 | | PEŁCZYCE | POL | K OPEN | 39 | K 39 | 00:30:42.90 | 6:08 | 9.8 |
| 138 | GAŁUSZKO DAGMARA | 51 | | SZCZECIN | POL | K OPEN | 40 | K 40 | 00:30:55.40 | 6:11 | 9.7 |
| 139 | KOPKA ELŻBIETA | 94 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | K OPEN | 41 | K 41 | 00:30:55.85 | 6:11 | 9.7 |
| 140 | MATUSZAK JUSTYNA | 148 | RUNDORFINA | WIERZCHOWO | POL | K OPEN | 42 | K 42 | 00:30:59.30 | 6:11 | 9.7 |
| 141 | WIECZOREK MAGDALENA | 287 | | STARGARD | POL | K OPEN | 43 | K 43 | 00:31:04.50 | 6:12 | 9.7 |
| 142 | JASIŃSKI ROBERT | 78 | | POLICE | POL | M OPEN | 99 | M 99 | 00:31:04.75 | 6:12 | 9.7 |
| 143 | SMOLSKA BARBARA | 239 | | SZCZECIN | POL | K OPEN | 44 | K 44 | 00:31:07.10 | 6:13 | 9.6 |
| 144 | DOMAGALSKA DARIA | 38 | | SZCZECIN | POL | K OPEN | 45 | K 45 | 00:31:14.90 | 6:14 | 9.6 |
| 145 | CHŁAPOWSKA EWELINA | 22 | | PUCICE | POL | K OPEN | 46 | K 46 | 00:31:16.40 | 6:15 | 9.6 |
| 146 | ORLON BARBARA | 174 | | SZCZECIN | POL | K OPEN | 47 | K 47 | 00:31:16.95 | 6:15 | 9.6 |
| 147 | RÓŻYCKA KARINA | 214 | | POLICE | POL | K OPEN | 48 | K 48 | 00:31:24.30 | 6:16 | 9.6 |
| 148 | ROPIAK RENATA | 211 | | SZCZECIN | POL | K OPEN | 49 | K 49 | 00:31:27.00 | 6:17 | 9.5 |
| 149 | KALINOWSKA KAROLINA | 83 | | SZCZECIN | POL | K OPEN | 50 | K 50 | 00:31:27.60 | 6:17 | 9.5 |
| 150 | KIJO-ŁYDKA MAGDALENA | 89 | | SZCZECIN | POL | K OPEN | 51 | K 51 | 00:31:28.35 | 6:17 | 9.5 |
| 151 | FLEJTERSKI MATEUSZ | 50 | | SZCZECIN | POL | M OPEN | 100 | M 100 | 00:31:28.45 | 6:17 | 9.5 |
| 152 | WASIELEWSKI MARIUSZ | 281 | | SZCZECIN | POL | M OPEN | 101 | M 101 | 00:31:30.95 | 6:18 | 9.5 |
| 153 | MATYSIAK MAGDALENA | 149 | | POLICE | POL | K OPEN | 52 | K 52 | 00:31:40.05 | 6:20 | 9.5 |
| 154 | MADEJ ALEKSANDER | 136 | | GRYFINO | POL | M OPEN | 102 | M 102 | 00:31:40.20 | 6:20 | 9.5 |
| 155 | MADEJ ANNA | 137 | | GRYFINO | POL | K OPEN | 53 | K 53 | 00:31:40.80 | 6:20 | 9.5 |
| 156 | MURAWSKA DOROTA | 317 | | SZCZECIN | POL | K OPEN | 54 | K 54 | 00:31:40.95 | 6:20 | 9.5 |
| 157 | WAWSZCZYK MAREK | 284 | | SZCZECIN | POL | M OPEN | 103 | M 103 | 00:31:44.65 | 6:20 | 9.5 |
| 158 | ROMAŃSKA JOANNA | 210 | | POLICE | POL | K OPEN | 55 | K 55 | 00:31:44.70 | 6:20 | 9.5 |

IV BIEG POGOŃ RAKA - SZCZECIN, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------------------|-----|--|---------------------|------|--------|--------|-------|-------------|--------|------|
| 159 | KWIATKOWSKA ALEKSANDRA | 116 | | POLICE | POL | K OPEN | 56 | K 56 | 00:31:45.05 | 6:21 | 9.4 |
| 160 | ŁODZIATO MAGDALENA | 127 | TURKEYS TEAM | GORZÓW WIELKOPOLSKI | POL | K OPEN | 57 | K 57 | 00:31:50.95 | 6:22 | 9.4 |
| 161 | TOKARCZYK MARTA | 269 | | SZCZECIN | POL | K OPEN | 58 | K 58 | 00:31:51.10 | 6:22 | 9.4 |
| 162 | PODWYSZYŃSKI SEBASTIAN | 196 | | SZCZECIN | POL | M OPEN | 104 | M 104 | 00:31:59.35 | 6:23 | 9.4 |
| 163 | BEJSTER PRZEMYSŁAW | 9 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | M OPEN | 105 | M 105 | 00:32:07.35 | 6:25 | 9.3 |
| 164 | MISNIK ZOFIA | 160 | | DOŁUJE | POL | K OPEN | 59 | K 59 | 00:32:08.30 | 6:25 | 9.3 |
| 165 | STACHOWICZ-HAWRYLAK SYLWIA | 243 | | SZCZECIN | POL | K OPEN | 60 | K 60 | 00:32:16.95 | 6:27 | 9.3 |
| 166 | NOWAKOWSKA ADRIANA | 170 | | SZCZECIN | POL | K OPEN | 61 | K 61 | 00:32:18.45 | 6:27 | 9.3 |
| 167 | MRÓZ MARTA | 162 | | MIERZYN | POL | K OPEN | 62 | K 62 | 00:32:21.40 | 6:28 | 9.3 |
| 168 | TOŁKACZ KAROLINA | 270 | | SZCZECIN | POL | K OPEN | 63 | K 63 | 00:32:21.70 | 6:28 | 9.3 |
| 169 | SZWABOWSKA KAROLINA | 262 | | SZCZECIN | POL | K OPEN | 64 | K 64 | 00:32:40.05 | 6:32 | 9.2 |
| 170 | MAZUR EMILIA | 150 | | POŁCZYN-ZDRÓJ | POL | K OPEN | 65 | K 65 | 00:32:42.60 | 6:32 | 9.2 |
| 171 | MAKSYM SYLWIA | 143 | BKS SKORPION SZCZECIN | SZCZECIN | POL | K OPEN | 66 | K 66 | 00:32:43.75 | 6:32 | 9.2 |
| 172 | GŁOGOWSKI JAN | 55 | | SZCZECIN | POL | M OPEN | 106 | M 106 | 00:32:43.75 | 6:32 | 9.2 |
| 173 | HARWAT KATARZYNA | 65 | | SZCZECIN | POL | K OPEN | 67 | K 67 | 00:32:46.10 | 6:33 | 9.2 |
| 174 | BORTNIK BARTOSZ | 18 | | SZCZECIN | POL | M OPEN | 107 | M 107 | 00:32:48.30 | 6:33 | 9.1 |
| 175 | DESZ SEBASTIAN | 33 | | SZCZECIN | POL | M OPEN | 108 | M 108 | 00:32:49.40 | 6:33 | 9.1 |
| 176 | RUTKOWSKI KONRAD | 217 | RAGNAROK SZCZECIN | SZCZECIN | POL | M OPEN | 109 | M 109 | 00:32:53.30 | 6:34 | 9.1 |
| 177 | CIESIELCZYK BARTOSZ | 216 | | SZCZECIN | POL | M OPEN | 110 | M 110 | 00:33:01.35 | 6:36 | 9.1 |
| 178 | ŚWITALSKA EDYTA | 265 | SZCZECIŃSKIE CENTRUM TRENINGU PERSONALNEGO | SZCZECIN | POL | K OPEN | 68 | K 68 | 00:33:05.45 | 6:37 | 9.1 |
| 179 | MARCINKIEWICZ-ZIOMEK OLIWIA | 146 | | SZCZECIN | POL | K OPEN | 69 | K 69 | 00:33:06.95 | 6:37 | 9.1 |
| 180 | JAKUBOWSKA ANNA | 76 | | SZCZECIN | POL | K OPEN | 70 | K 70 | 00:33:19.45 | 6:39 | 9 |
| 181 | PIOTROWSKI KRZYSZTOF | 192 | AMPIO TEAM | SZCZECIN | POL | M OPEN | 111 | M 111 | 00:33:19.75 | 6:39 | 9 |
| 182 | STELMACH ARTUR | 245 | | SZCZECIN | POL | M OPEN | 112 | M 112 | 00:33:20.60 | 6:40 | 9 |
| 183 | PIOTROWSKA DOROTA | 189 | AMPIO TEAM | SZCZECIN | POL | K OPEN | 71 | K 71 | 00:33:22.20 | 6:40 | 9 |
| 184 | WIELGUS-ULATOWSKA JOANNA | 290 | | SZCZECIN | POL | K OPEN | 72 | K 72 | 00:33:25.90 | 6:41 | 9 |
| 185 | PACH MAGDALENA | 177 | | GOLENIÓW | POL | K OPEN | 73 | K 73 | 00:33:32.85 | 6:42 | 8.9 |
| 186 | ZIELIŃSKA LUDMIŁA | 312 | KB WIKON NOWA SÓL | MODRZYCA | POL | K OPEN | 74 | K 74 | 00:33:33.05 | 6:42 | 8.9 |
| 187 | ZAKRZEWSKA ANNA | 306 | | WARSZAWA | POL | K OPEN | 75 | K 75 | 00:33:34.25 | 6:42 | 8.9 |
| 188 | MAHACZEK ADAM | 139 | | SZCZECIN | POL | M OPEN | 113 | M 113 | 00:33:35.90 | 6:43 | 8.9 |
| 189 | MACIBORSKI MIROŚLAW | 133 | WIECZORNE BIEGANIE W SZCZECINIE | MIERZYN | POL | M OPEN | 114 | M 114 | 00:33:43.50 | 6:44 | 8.9 |
| 190 | IZNEROWICZ MONIKA | 74 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | K OPEN | 76 | K 76 | 00:33:44.25 | 6:44 | 8.9 |
| 191 | PAWELCZAK CEZARY | 184 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | M OPEN | 115 | M 115 | 00:33:49.75 | 6:45 | 8.9 |
| 192 | CIEŚLA AGNIESZKA | 28 | | SZCZECIN | POL | K OPEN | 77 | K 77 | 00:34:01.40 | 6:48 | 8.8 |
| 193 | KOŚCIŃSKI JACEK | 98 | | BEZRZECZE | POL | M OPEN | 116 | M 116 | 00:34:04.65 | 6:48 | 8.8 |
| 194 | SOBCZAK-KUFEL ILONA | 240 | PATOBIEGANIE | WARZYMICE | POL | K OPEN | 78 | K 78 | 00:34:08.95 | 6:49 | 8.8 |
| 195 | LEBIODA ALICJA | 119 | | SZCZECIN | POL | K OPEN | 79 | K 79 | 00:34:09.30 | 6:49 | 8.8 |
| 196 | KOŚCIŃSKA ELŻBIETA | 97 | | BEZRZECZE | POL | K OPEN | 80 | K 80 | 00:34:09.55 | 6:49 | 8.8 |
| 197 | MAKSIMOWICZ PAWEŁ | 142 | | SZCZECIN | POL | M OPEN | 117 | M 117 | 00:34:20.05 | 6:52 | 8.7 |
| 198 | WIŚNIEWSKA MARTA | 295 | PATOBIEGANIE | POLICE | POL | K OPEN | 81 | K 81 | 00:34:24.80 | 6:52 | 8.7 |
| 199 | DĘBICKA IWONA | 34 | | SZCZECIN | POL | K OPEN | 82 | K 82 | 00:34:28.85 | 6:53 | 8.7 |
| 200 | MAJCHEREK PAULINA | 140 | | SZCZECIN | POL | K OPEN | 83 | K 83 | 00:34:32.60 | 6:54 | 8.7 |
| 201 | WIECZOREK WOJCIECH | 288 | WIECZORKI3 | STARGARD | POL | M OPEN | 118 | M 118 | 00:34:34.45 | 6:54 | 8.7 |
| 202 | SKIBA MICHAŁ | 234 | | SZCZECIN | POL | M OPEN | 119 | M 119 | 00:34:37.55 | 6:55 | 8.7 |
| 203 | DZIĘCIOŁ KATARZYNA | 46 | | SZCZECIN | POL | K OPEN | 84 | K 84 | 00:34:40.70 | 6:56 | 8.7 |
| 204 | KUZAK KRZYSZTOF | 114 | | SZCZECIN | POL | M OPEN | 120 | M 120 | 00:34:41.35 | 6:56 | 8.6 |
| 205 | LEMAŃSKI MARCIN | 120 | | POLICE | POL | M OPEN | 121 | M 121 | 00:34:43.80 | 6:56 | 8.6 |
| 206 | CHROBOCINSKI DANIEL | 24 | | SZCZECIN | POL | M OPEN | 122 | M 122 | 00:34:54.45 | 6:58 | 8.6 |
| 207 | JEKSIWA ANNA | 11 | | SZCZECIN | POL | K OPEN | 85 | K 85 | 00:34:55.70 | 6:59 | 8.6 |
| 208 | SULEJA JOANNA | 250 | | STARGARD | POL | K OPEN | 86 | K 86 | 00:35:11.00 | 7:02 | 8.5 |
| 209 | WASYLÓW KATARZYNA | 283 | | SZCZECIN | POL | K OPEN | 87 | K 87 | 00:35:12.00 | 7:02 | 8.5 |
| 210 | SATEJA-FLEJETRSKA PAULINA | 223 | | SZCZECIN | POL | K OPEN | 88 | K 88 | 00:35:14.50 | 7:02 | 8.5 |
| 211 | KUROWSKA EWA | 321 | | | POL | K OPEN | 89 | K 89 | 00:35:20.85 | 7:04 | 8.5 |
| 212 | DUDA PIOTR | 43 | 12 BZ | SZCZECIN | POL | M OPEN | 123 | M 123 | 00:35:24.00 | 7:04 | 8.5 |
| 213 | SYDOR KATARZYNA | 252 | RUNDORFINA | CZAPLINEK | POL | K OPEN | 90 | K 90 | 00:35:29.95 | 7:05 | 8.5 |
| 214 | CHROBOCIŃSKA ELŻBIETA | 25 | | SZCZECIN | POL | K OPEN | 91 | K 91 | 00:35:35.50 | 7:07 | 8.4 |
| 215 | KURZYŃSKI RYSZARD | 112 | | PYRZYCE | POL | M OPEN | 124 | M 124 | 00:35:37.45 | 7:07 | 8.4 |

IV BIEG POGOŃ RAKA - SZCZECIN, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|------------------------------|-----|---------------------------------|---------------------|------|--------|--------|-------|-------------|--------|------|
| 216 | BAIZERT KRZYSIEK | 3 | | SZCZECIN | POL | M OPEN | 125 | M 125 | 00:35:41.40 | 7:08 | 8.4 |
| 217 | DZIWIŚZ BOGUSŁAWA | 47 | #BIEGACZE | SZCZECIN | POL | K OPEN | 92 | K 92 | 00:35:42.10 | 7:08 | 8.4 |
| 218 | NIEWIAROWSKA WERONIKA | 168 | | SZCZECIN | POL | K OPEN | 93 | K 93 | 00:35:43.40 | 7:08 | 8.4 |
| 219 | KOLASA AGNIESZKA | 92 | | POLICE | POL | K OPEN | 94 | K 94 | 00:35:45.45 | 7:09 | 8.4 |
| 220 | STODOLNA EWA | 247 | | SZCZECIN | POL | K OPEN | 95 | K 95 | 00:35:45.50 | 7:09 | 8.4 |
| 221 | ZIELIŃSKA BEATA | 311 | | SZCZECIN | POL | K OPEN | 96 | K 96 | 00:35:46.45 | 7:09 | 8.4 |
| 222 | JARCZEWSKA RENATA | 77 | | GOLENIÓW | POL | K OPEN | 97 | K 97 | 00:35:49.35 | 7:09 | 8.4 |
| 223 | MAZURAK JOANNA | 152 | | SZCZECIN | POL | K OPEN | 98 | K 98 | 00:36:01.50 | 7:12 | 8.3 |
| 224 | SZEPLIEWICZ MAŁGOSIA | 257 | | SZCZECIN | POL | K OPEN | 99 | K 99 | 00:36:18.75 | 7:15 | 8.3 |
| 225 | MIJAL PRZEMYSŁAW | 154 | ZMĘCZENI NA STARCIE | SZCZECIN | POL | M OPEN | 126 | M 126 | 00:36:19.50 | 7:15 | 8.3 |
| 226 | KOSIŃSKA AGNIESZKA | 96 | WIECZORNE BIEGANIE | SZCZECIN | POL | K OPEN | 100 | K 100 | 00:36:20.25 | 7:16 | 8.3 |
| 227 | WIKTOROWSKA KATARZYNA | 293 | | SZCZECIN | POL | K OPEN | 101 | K 101 | 00:36:41.65 | 7:20 | 8.2 |
| 228 | ROMANOWICZ MAREK | 209 | | SZCZECIN | POL | M OPEN | 127 | M 127 | 00:36:42.20 | 7:20 | 8.2 |
| 229 | OSIŃSKI GRZEGORZ | 176 | | TORUŃ | POL | M OPEN | 128 | M 128 | 00:36:54.10 | 7:22 | 8.1 |
| 230 | PIOTROWSKA JULITA | 190 | | SZCZECIN | POL | K OPEN | 102 | K 102 | 00:37:06.90 | 7:25 | 8.1 |
| 231 | MALCZAK-RAJ DOMINIKA | 144 | | SZCZECIN | AFG | K OPEN | 103 | K 103 | 00:37:12.25 | 7:26 | 8.1 |
| 232 | SEJ PAWEŁ | 225 | | SZCZECIN | POL | M OPEN | 129 | M 129 | 00:37:17.45 | 7:27 | 8 |
| 233 | KUPIŚZ KASIA | 110 | | PILCHOWO | POL | K OPEN | 104 | K 104 | 00:37:26.30 | 7:29 | 8 |
| 234 | LASKOWSKA BEATA | 117 | | SZCZECIN | POL | K OPEN | 105 | K 105 | 00:37:30.35 | 7:30 | 8 |
| 235 | ANDRZEJEWSKA SYLWIA | 2 | ŚLIMKA BIEGA | SZCZECIN | POL | K OPEN | 106 | K 106 | 00:37:32.15 | 7:30 | 8 |
| 236 | KILIAN PAWELEC KATARZYNA | 90 | MONIKA GYM | SZCZECIN | POL | K OPEN | 107 | K 107 | 00:37:42.95 | 7:32 | 8 |
| 237 | MACULEWICZ GABRIELA | 135 | | SZCZECIN | POL | K OPEN | 108 | K 108 | 00:38:02.45 | 7:36 | 7.9 |
| 238 | SIEDLECKI ADAM | 327 | GIENEK TEAM | SZCZECIN | POL | M OPEN | 130 | M 130 | 00:38:14.90 | 7:38 | 7.8 |
| 239 | SZALEWICZ MAŁGORZATA | 253 | SZYBCEJ NIE MOGĘ | SZCZECIN | POL | K OPEN | 109 | K 109 | 00:38:16.25 | 7:39 | 7.8 |
| 240 | KURASIŃSKA DOROTA | 111 | | SZCZECIN | POL | K OPEN | 110 | K 110 | 00:38:36.45 | 7:43 | 7.8 |
| 241 | ORSZULSKA MAGDALENA | 175 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | K OPEN | 111 | K 111 | 00:38:38.85 | 7:43 | 7.8 |
| 242 | SZCZERBIŃSKA BARBARA | 256 | | GRYFINO | POL | K OPEN | 112 | K 112 | 00:38:40.05 | 7:44 | 7.8 |
| 243 | KUSZYK MAŁGORZATA | 113 | | SZCZECIN | POL | K OPEN | 113 | K 113 | 00:38:40.90 | 7:44 | 7.8 |
| 244 | HURKO-PIOTROWSKA PAULINA | 72 | | SZCZECIN | POL | K OPEN | 114 | K 114 | 00:38:43.05 | 7:44 | 7.7 |
| 245 | WOŹNIAK KAROLINA | 303 | | SZCZECIN | POL | K OPEN | 115 | K 115 | 00:38:49.95 | 7:45 | 7.7 |
| 246 | WYSOCKA IZABELA | 305 | | STARGARD | POL | K OPEN | 116 | K 116 | 00:38:50.35 | 7:46 | 7.7 |
| 247 | WOŹNIAK KACPER | 302 | | SZCZECIN | POL | M OPEN | 131 | M 131 | 00:38:51.75 | 7:46 | 7.7 |
| 248 | GÓRSKA AGNIESZKA | 57 | SZALONE WILCZYCE | SZCZECIN | POL | K OPEN | 117 | K 117 | 00:39:15.85 | 7:51 | 7.6 |
| 249 | GRABOŃ-GRZEŚKOWIAK GABRIELA | 58 | | SZCZECIN | POL | K OPEN | 118 | K 118 | 00:39:19.50 | 7:51 | 7.6 |
| 250 | SZUDARSKA KASIA | 261 | | WOLCZKOWO | POL | K OPEN | 119 | K 119 | 00:39:21.30 | 7:52 | 7.6 |
| 251 | MISIASZEK BEATA | 156 | | MAŁKOCIN | POL | K OPEN | 120 | K 120 | 00:39:29.55 | 7:53 | 7.6 |
| 252 | DOMAGALSKI SŁAWOMIR | 40 | SKB DZIK | SZCZECIN | POL | M OPEN | 132 | M 132 | 00:40:17.55 | 8:03 | 7.4 |
| 253 | CIEŚLAK ADAM | 30 | LEGENDARY POWER SZEWC | GRYFINO | POL | M OPEN | 133 | M 133 | 00:40:28.30 | 8:05 | 7.4 |
| 254 | BODNAR ZBIGNIEW | 15 | BIEG KORCZAKA | SZCZECIN | POL | M OPEN | 134 | M 134 | 00:40:35.50 | 8:07 | 7.4 |
| 255 | OLEJNIK AGNIESZKA | 172 | AGA ROZBIEGANI MAMA | SZCZECIN | POL | K OPEN | 121 | K 121 | 00:40:37.50 | 8:07 | 7.4 |
| 256 | SAŁAGA ANNA | 222 | BKS SKORIOPN SZCZECIN | SZCZECIN | POL | K OPEN | 122 | K 122 | 00:40:47.45 | 8:09 | 7.4 |
| 257 | WASIELEWSKA KATARZYNA | 280 | | SZCZECIN | POL | K OPEN | 123 | K 123 | 00:41:02.25 | 8:12 | 7.3 |
| 258 | PŁOSA MONIKA | 194 | | SZCZECIN | POL | K OPEN | 124 | K 124 | 00:41:04.10 | 8:12 | 7.3 |
| 259 | LIGNOWSKA MARTYNA | 122 | | SZCZECIN | POL | K OPEN | 125 | K 125 | 00:41:55.50 | 8:23 | 7.2 |
| 260 | HUDECKA EVELYN | 71 | | SZCZECIN | POL | K OPEN | 126 | K 126 | 00:42:10.25 | 8:26 | 7.1 |
| 261 | GUBERNIAK ANDRZEJ | 62 | TURKEYS TEAM | GORZÓW WIELKOPOLSKI | POL | M OPEN | 135 | M 135 | 00:42:38.10 | 8:31 | 7 |
| 262 | PARCHIMOWICZ JANUSZ | 180 | | SZCZECIN | POL | M OPEN | 136 | M 136 | 00:43:00.35 | 8:36 | 7 |
| 263 | SIKORA MAGDALENA | 231 | | POLICE | POL | K OPEN | 127 | K 127 | 00:43:02.70 | 8:36 | 7 |
| 264 | DOMAGALSKI MACIEJ | 41 | | SZCZECIN | POL | M OPEN | 137 | M 137 | 00:43:22.10 | 8:40 | 6.9 |
| 265 | TADYCH BEATA | 266 | | SZCZECIN | POL | K OPEN | 128 | K 128 | 00:44:25.45 | 8:53 | 6.8 |
| 266 | MALINOWSKA-WASILUK AGNIESZKA | 145 | MATKI-WARIATKI | SZCZECIN | POL | K OPEN | 129 | K 129 | 00:45:07.40 | 9:01 | 6.6 |
| 267 | ŻUK PAWEŁ | 314 | | SZCZECIN | POL | M OPEN | 138 | M 138 | 00:45:22.75 | 9:04 | 6.6 |
| 268 | ZDUNOWSKI ZDZISŁAW | 310 | | SZCZECIN | POL | M OPEN | 139 | M 139 | 00:45:37.45 | 9:07 | 6.6 |
| 269 | ŚLIWIŃSKA ANNA | 264 | BOKSERSKI SKORPION | SZCZECIN | POL | K OPEN | 130 | K 130 | 00:46:06.70 | 9:13 | 6.5 |
| 270 | DOMAGALSKA AGATA | 39 | SKB DZIK | SZCZECIN | POL | K OPEN | 131 | K 131 | 00:46:58.80 | 9:23 | 6.4 |
| 271 | KORACH ALEKSANDRA | 95 | | SZCZECIN | POL | K OPEN | 132 | K 132 | 00:47:01.70 | 9:24 | 6.4 |
| 272 | SIENKIEWICZ JOLANTA | 229 | DMUCHAWIEC GOLENIÓW | ZAŁOM | POL | K OPEN | 133 | K 133 | 00:48:05.85 | 9:37 | 6.2 |

IV BIEG POGOŃ RAKA - SZCZECIN, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-------------------|-----|-------|-----------|------|--------|--------|-------|-------------|--------|------|
| 273 | BARTOŁD MARTA | 6 | | SZCZECIN | POL | K OPEN | 134 | K 134 | 00:49:07.50 | 9:49 | 6.1 |
| 274 | LITWINIAK IZABELA | 123 | | GOLENIÓW | POL | K OPEN | 135 | K 135 | 00:52:26.45 | 10:29 | 5.7 |
| 275 | PELC MAREK | 185 | 12 BZ | SZCZECIN | POL | M OPEN | 140 | M 140 | | | |

IV BIEG POGOŃ RAKA - SZCZECIN, K Open

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-------------------------|-----|---------------------------------|------------|------|--------|--------|------|-------------|--------|------|
| 1 | FIENKO KATARZYNA | 48 | | PEŁCZYCE | POL | K OPEN | 1 | K 1 | 00:23:59.00 | 4:47 | 12.5 |
| 2 | DYDEK EDYTA | 333 | SKB DZIK | SZCZECIN | POL | K OPEN | 2 | K 2 | 00:24:32.45 | 4:54 | 12.2 |
| 3 | TROJGA KAROLINA | 273 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | K OPEN | 3 | K 3 | 00:25:21.25 | 5:04 | 11.8 |
| 4 | CIESZYŃSKA MARIKA | 27 | RAZ SZCZECIN | SZCZECIN | POL | K OPEN | 4 | K 4 | 00:25:26.75 | 5:05 | 11.8 |
| 5 | MAZUR MARTA | 151 | SWIM2TRI | SZCZECIN | POL | K OPEN | 5 | K 5 | 00:25:49.30 | 5:09 | 11.6 |
| 6 | IZWIKOW MONIKA | 75 | | SZCZECIN | POL | K OPEN | 6 | K 6 | 00:26:09.35 | 5:13 | 11.5 |
| 7 | WIKLAK NATALIA | 292 | | SZCZECIN | POL | K OPEN | 7 | K 7 | 00:26:43.85 | 5:20 | 11.2 |
| 8 | CZUBA EMILIA | 32 | | SZCZECIN | POL | K OPEN | 8 | K 8 | 00:26:46.10 | 5:21 | 11.2 |
| 9 | MAŚLANKA KLAUDIA | 147 | #TYMTRITEAM | DOŁUJE | POL | K OPEN | 9 | K 9 | 00:27:03.45 | 5:24 | 11.1 |
| 10 | SERKOWSKA PAULINA | 228 | | POLICE | POL | K OPEN | 10 | K 10 | 00:27:29.15 | 5:29 | 10.9 |
| 11 | ZAPOR ANNA | 307 | | SZCZECIN | POL | K OPEN | 11 | K 11 | 00:27:36.75 | 5:31 | 10.9 |
| 12 | POPŁAWSKA WERONIKA | 198 | LKS PRZECŁAW | SZCZECIN | POL | K OPEN | 12 | K 12 | 00:27:42.25 | 5:32 | 10.8 |
| 13 | MADEJ ANNA | 138 | UKŁ OSEMKA POLICE | SZCZECIN | POL | K OPEN | 13 | K 13 | 00:27:44.15 | 5:32 | 10.8 |
| 14 | RADCZUK KAROLINA | 204 | KOMPAS TEAM | POLICE | POL | K OPEN | 14 | K 14 | 00:27:48.55 | 5:33 | 10.8 |
| 15 | RUDNIK-MIJAL MAŁGORZATA | 215 | ZMĘCZENI NA STARCIE | SZCZECIN | POL | K OPEN | 15 | K 15 | 00:28:02.15 | 5:36 | 10.7 |
| 16 | KOLSKA LENA | 322 | WKURW-TEAM | SZCZECIN | POL | K OPEN | 16 | K 16 | 00:28:06.75 | 5:37 | 10.7 |
| 17 | ŁAWKIEL NATALIA | 124 | | SZCZECIN | POL | K OPEN | 17 | K 17 | 00:28:16.65 | 5:39 | 10.6 |
| 18 | MACIAŻEK ANNA | 132 | | SZCZECIN | POL | K OPEN | 18 | K 18 | 00:28:42.20 | 5:44 | 10.5 |
| 19 | ŁĄCZAK JUSTYNA | 118 | ASSECO ACTIVE TEAM | SZCZECIN | POL | K OPEN | 19 | K 19 | 00:28:45.30 | 5:45 | 10.4 |
| 20 | REKOWSKA DANUTA | 206 | | BEZRZECZE | POL | K OPEN | 20 | K 20 | 00:29:02.90 | 5:48 | 10.3 |
| 21 | NATALCZYK EWELINA | 165 | | SZCZECIN | POL | K OPEN | 21 | K 21 | 00:29:09.80 | 5:49 | 10.3 |
| 22 | KARPIENIA EWA | 87 | | SZCZECIN | POL | K OPEN | 22 | K 22 | 00:29:15.10 | 5:51 | 10.3 |
| 23 | PACYNA RENATA | 178 | KOZIELICE BIEGA | KOZIELICE | POL | K OPEN | 23 | K 23 | 00:29:15.20 | 5:51 | 10.3 |
| 24 | ROJEWSKA WERONIKA | 208 | | SZCZECIN | POL | K OPEN | 24 | K 24 | 00:29:20.65 | 5:52 | 10.2 |
| 25 | RZYMSKA MARTA | 218 | OSTRE DZIDY | SZCZECIN | POL | K OPEN | 25 | K 25 | 00:29:22.75 | 5:52 | 10.2 |
| 26 | KOZŁOWSKA KAROLINA | 99 | #BIEGACZE | POZNAŃ | POL | K OPEN | 26 | K 26 | 00:29:24.30 | 5:52 | 10.2 |
| 27 | BAĆK ANETA | 8 | | DOBRA | POL | K OPEN | 27 | K 27 | 00:29:33.95 | 5:54 | 10.2 |
| 28 | SAKOWSKA-CARŁO MAGDA | 221 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | K OPEN | 28 | K 28 | 00:29:53.10 | 5:58 | 10 |
| 29 | POGORZELSKA SYLWIA | 197 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | K OPEN | 29 | K 29 | 00:29:57.65 | 5:59 | 10 |
| 30 | KRUCZKOWSKA MALWINA | 103 | | GRYFINO | POL | K OPEN | 30 | K 30 | 00:29:58.50 | 5:59 | 10 |
| 31 | SIKORA MAGDALENA | 230 | | SZCZECIN | POL | K OPEN | 31 | K 31 | 00:29:59.20 | 5:59 | 10 |
| 32 | KRUCZKOWSKA AGNIESZKA | 104 | | GRYFINO | POL | K OPEN | 32 | K 32 | 00:30:00.95 | 6:00 | 10 |
| 33 | SCHNEIDER ALEKSANDRA | 224 | | SZCZECIN | POL | K OPEN | 33 | K 33 | 00:30:07.95 | 6:01 | 10 |
| 34 | PUPEK MAŁGORZATA | 202 | WILKI Z CIECHOCINKA | SZCZECIN | POL | K OPEN | 34 | K 34 | 00:30:13.60 | 6:02 | 9.9 |
| 35 | ŁUKASIEWICZ AGNIESZKA | 130 | KB HERMES GRZYFINO | GRYFINO | POL | K OPEN | 35 | K 35 | 00:30:14.30 | 6:02 | 9.9 |
| 36 | JAWORSKA SONIA | 79 | | SZCZECIN | POL | K OPEN | 36 | K 36 | 00:30:18.00 | 6:03 | 9.9 |
| 37 | PIĄTEK KAROLINA | 186 | | SZCZECIN | POL | K OPEN | 37 | K 37 | 00:30:24.85 | 6:04 | 9.9 |
| 38 | BUJNOWSKA ANITA | 19 | | SZCZECIN | POL | K OPEN | 38 | K 38 | 00:30:26.15 | 6:05 | 9.9 |
| 39 | TURCZYK MARTA | 274 | | PEŁCZYCE | POL | K OPEN | 39 | K 39 | 00:30:42.90 | 6:08 | 9.8 |
| 40 | GAŁUSZKO DAGMARA | 51 | | SZCZECIN | POL | K OPEN | 40 | K 40 | 00:30:55.40 | 6:11 | 9.7 |
| 41 | KOPKA ELŻBIETA | 94 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | K OPEN | 41 | K 41 | 00:30:55.85 | 6:11 | 9.7 |
| 42 | MATUSZAK JUSTYNA | 148 | RUNDORFINA | WIERZCHOWO | POL | K OPEN | 42 | K 42 | 00:30:59.30 | 6:11 | 9.7 |
| 43 | WIECZOREK MAGDALENA | 287 | | STARGARD | POL | K OPEN | 43 | K 43 | 00:31:04.50 | 6:12 | 9.7 |
| 44 | SMOLSKA BARBARA | 239 | | SZCZECIN | POL | K OPEN | 44 | K 44 | 00:31:07.10 | 6:13 | 9.6 |
| 45 | DOMAGALSKA DARIA | 38 | | SZCZECIN | POL | K OPEN | 45 | K 45 | 00:31:14.90 | 6:14 | 9.6 |
| 46 | CHŁAPOWSKA EWELINA | 22 | | PUCICE | POL | K OPEN | 46 | K 46 | 00:31:16.40 | 6:15 | 9.6 |
| 47 | ORLON BARBARA | 174 | | SZCZECIN | POL | K OPEN | 47 | K 47 | 00:31:16.95 | 6:15 | 9.6 |
| 48 | RÓŻYCKA KARINA | 214 | | POLICE | POL | K OPEN | 48 | K 48 | 00:31:24.30 | 6:16 | 9.6 |
| 49 | ROPIAK RENATA | 211 | | SZCZECIN | POL | K OPEN | 49 | K 49 | 00:31:27.00 | 6:17 | 9.5 |

IV BIEG POGOŃ RAKA - SZCZECIN, K Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------------------|-----|--|---------------------|------|--------|--------|-------|-------------|--------|------|
| 50 | KALINOWSKA KAROLINA | 83 | | SZCZECIN | POL | K OPEN | 50 | K 50 | 00:31:27.60 | 6:17 | 9.5 |
| 51 | KIJO-ŁYDKA MAGDALENA | 89 | | SZCZECIN | POL | K OPEN | 51 | K 51 | 00:31:28.35 | 6:17 | 9.5 |
| 52 | MATYSIAK MAGDALENA | 149 | | POLICE | POL | K OPEN | 52 | K 52 | 00:31:40.05 | 6:20 | 9.5 |
| 53 | MADEJ ANNA | 137 | | GRYFINO | POL | K OPEN | 53 | K 53 | 00:31:40.80 | 6:20 | 9.5 |
| 54 | MURAWSKA DOROTA | 317 | | SZCZECIN | POL | K OPEN | 54 | K 54 | 00:31:40.95 | 6:20 | 9.5 |
| 55 | ROMAŃSKA JOANNA | 210 | | POLICE | POL | K OPEN | 55 | K 55 | 00:31:44.70 | 6:20 | 9.5 |
| 56 | KWIATKOWSKA ALEKSANDRA | 116 | | POLICE | POL | K OPEN | 56 | K 56 | 00:31:45.05 | 6:21 | 9.4 |
| 57 | ŁODZIATO MAGDALENA | 127 | TURKEYS TEAM | GORZÓW WIELKOPOLSKI | POL | K OPEN | 57 | K 57 | 00:31:50.95 | 6:22 | 9.4 |
| 58 | TOKARCZYK MARTA | 269 | | SZCZECIN | POL | K OPEN | 58 | K 58 | 00:31:51.10 | 6:22 | 9.4 |
| 59 | MIŚNIK ZOFIA | 160 | | DOŁUJE | POL | K OPEN | 59 | K 59 | 00:32:08.30 | 6:25 | 9.3 |
| 60 | STACHOWICZ-HAWRYLAK SYLWIA | 243 | | SZCZECIN | POL | K OPEN | 60 | K 60 | 00:32:16.95 | 6:27 | 9.3 |
| 61 | NOWAKOWSKA ADRIANA | 170 | | SZCZECIN | POL | K OPEN | 61 | K 61 | 00:32:18.45 | 6:27 | 9.3 |
| 62 | MRÓZ MARTA | 162 | | MIERZYN | POL | K OPEN | 62 | K 62 | 00:32:21.40 | 6:28 | 9.3 |
| 63 | TOŁKACZ KAROLINA | 270 | | SZCZECIN | POL | K OPEN | 63 | K 63 | 00:32:21.70 | 6:28 | 9.3 |
| 64 | SZWABOWSKA KAROLINA | 262 | | SZCZECIN | POL | K OPEN | 64 | K 64 | 00:32:40.05 | 6:32 | 9.2 |
| 65 | MAZUR EMILIA | 150 | | POŁCZYN-ZDRÓJ | POL | K OPEN | 65 | K 65 | 00:32:42.60 | 6:32 | 9.2 |
| 66 | MAKSYM SYLWIA | 143 | BKS SKORPION SZCZECIN | SZCZECIN | POL | K OPEN | 66 | K 66 | 00:32:43.75 | 6:32 | 9.2 |
| 67 | HARWAT KATARZYNA | 65 | | SZCZECIN | POL | K OPEN | 67 | K 67 | 00:32:46.10 | 6:33 | 9.2 |
| 68 | ŚWITALSKA EDYTA | 265 | SZCZECIŃSKIE CENTRUM TRENINGU PERSONALNEGO | SZCZECIN | POL | K OPEN | 68 | K 68 | 00:33:05.45 | 6:37 | 9.1 |
| 69 | MARCINKIEWICZ-ZIOMEK OLIWIA | 146 | | SZCZECIN | POL | K OPEN | 69 | K 69 | 00:33:06.95 | 6:37 | 9.1 |
| 70 | JAKUBOWSKA ANNA | 76 | | SZCZECIN | POL | K OPEN | 70 | K 70 | 00:33:19.45 | 6:39 | 9 |
| 71 | PIOTROWSKA DOROTA | 189 | AMPIO TEAM | SZCZECIN | POL | K OPEN | 71 | K 71 | 00:33:22.20 | 6:40 | 9 |
| 72 | WIELGUS-ULATOWSKA JOANNA | 290 | | SZCZECIN | POL | K OPEN | 72 | K 72 | 00:33:25.90 | 6:41 | 9 |
| 73 | PACH MAGDALENA | 177 | | GOLENIÓW | POL | K OPEN | 73 | K 73 | 00:33:32.85 | 6:42 | 8.9 |
| 74 | ZIELIŃSKA LUDMIŁA | 312 | KB WIKON NOWA SÓL | MODRZYCA | POL | K OPEN | 74 | K 74 | 00:33:33.05 | 6:42 | 8.9 |
| 75 | ZAKRZEWSKA ANNA | 306 | | WARSZAWA | POL | K OPEN | 75 | K 75 | 00:33:34.25 | 6:42 | 8.9 |
| 76 | IZNEROWICZ MONIKA | 74 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | K OPEN | 76 | K 76 | 00:33:44.25 | 6:44 | 8.9 |
| 77 | CIEŚLA AGNIESZKA | 28 | | SZCZECIN | POL | K OPEN | 77 | K 77 | 00:34:01.40 | 6:48 | 8.8 |
| 78 | SOBCZAK-KUFEL ILONA | 240 | PATOBIEGANIE | WARZYMICE | POL | K OPEN | 78 | K 78 | 00:34:08.95 | 6:49 | 8.8 |
| 79 | LEBIODA ALICJA | 119 | | SZCZECIN | POL | K OPEN | 79 | K 79 | 00:34:09.30 | 6:49 | 8.8 |
| 80 | KOŚCIŃSKA ELŻBIETA | 97 | | BEZRZECZE | POL | K OPEN | 80 | K 80 | 00:34:09.55 | 6:49 | 8.8 |
| 81 | WIŚNIEWSKA MARTA | 295 | PATOBIEGANIE | POLICE | POL | K OPEN | 81 | K 81 | 00:34:24.80 | 6:52 | 8.7 |
| 82 | DĘBICKA IWONA | 34 | | SZCZECIN | POL | K OPEN | 82 | K 82 | 00:34:28.85 | 6:53 | 8.7 |
| 83 | MAJCHEREK PAULINA | 140 | | SZCZECIN | POL | K OPEN | 83 | K 83 | 00:34:32.60 | 6:54 | 8.7 |
| 84 | DZIĘCIOŁ KATARZYNA | 46 | | SZCZECIN | POL | K OPEN | 84 | K 84 | 00:34:40.70 | 6:56 | 8.7 |
| 85 | JEKSIWA ANNA | 11 | | SZCZECIN | POL | K OPEN | 85 | K 85 | 00:34:55.70 | 6:59 | 8.6 |
| 86 | SULEJA JOANNA | 250 | | STARGARD | POL | K OPEN | 86 | K 86 | 00:35:11.00 | 7:02 | 8.5 |
| 87 | WASYLÓW KATARZYNA | 283 | | SZCZECIN | POL | K OPEN | 87 | K 87 | 00:35:12.00 | 7:02 | 8.5 |
| 88 | SATEJA-FLEJETRSKA PAULINA | 223 | | SZCZECIN | POL | K OPEN | 88 | K 88 | 00:35:14.50 | 7:02 | 8.5 |
| 89 | KUROWSKA EWA | 321 | | SZCZECIN | POL | K OPEN | 89 | K 89 | 00:35:20.85 | 7:04 | 8.5 |
| 90 | SYDOR KATARZYNA | 252 | RUNDORFINA | CZAPLINEK | POL | K OPEN | 90 | K 90 | 00:35:29.95 | 7:05 | 8.5 |
| 91 | CHROBOCIŃSKA ELŻBIETA | 25 | | SZCZECIN | POL | K OPEN | 91 | K 91 | 00:35:35.50 | 7:07 | 8.4 |
| 92 | DZIWIŚZ BOGUSŁAWA | 47 | #BIEGACZE | SZCZECIN | POL | K OPEN | 92 | K 92 | 00:35:42.10 | 7:08 | 8.4 |
| 93 | NIEWIAROWSKA WERONIKA | 168 | | SZCZECIN | POL | K OPEN | 93 | K 93 | 00:35:43.40 | 7:08 | 8.4 |
| 94 | KOLASA AGNIESZKA | 92 | | POLICE | POL | K OPEN | 94 | K 94 | 00:35:45.45 | 7:09 | 8.4 |
| 95 | STODOLNA EWA | 247 | | SZCZECIN | POL | K OPEN | 95 | K 95 | 00:35:45.50 | 7:09 | 8.4 |
| 96 | ZIELIŃSKA BEATA | 311 | | SZCZECIN | POL | K OPEN | 96 | K 96 | 00:35:46.45 | 7:09 | 8.4 |
| 97 | JARCZEWSKA RENATA | 77 | | GOLENIÓW | POL | K OPEN | 97 | K 97 | 00:35:49.35 | 7:09 | 8.4 |
| 98 | MAZURAK JOANNA | 152 | | SZCZECIN | POL | K OPEN | 98 | K 98 | 00:36:01.50 | 7:12 | 8.3 |
| 99 | SZEPLIEWICZ MAŁGOSIA | 257 | | SZCZECIN | POL | K OPEN | 99 | K 99 | 00:36:18.75 | 7:15 | 8.3 |
| 100 | KOSINSKA AGNIESZKA | 96 | WIECZORNE BIEGANIE | SZCZECIN | POL | K OPEN | 100 | K 100 | 00:36:20.25 | 7:16 | 8.3 |
| 101 | WIKTOROWSKA KATARZYNA | 293 | | SZCZECIN | POL | K OPEN | 101 | K 101 | 00:36:41.65 | 7:20 | 8.2 |
| 102 | PIOTROWSKA JULITA | 190 | | SZCZECIN | POL | K OPEN | 102 | K 102 | 00:37:06.90 | 7:25 | 8.1 |
| 103 | MALCZAK-RAJ DOMINIKA | 144 | | SZCZECIN | AFG | K OPEN | 103 | K 103 | 00:37:12.25 | 7:26 | 8.1 |
| 104 | KUPISZ KASIA | 110 | | PILCHOWO | POL | K OPEN | 104 | K 104 | 00:37:26.30 | 7:29 | 8 |
| 105 | LASKOWSKA BEATA | 117 | | SZCZECIN | POL | K OPEN | 105 | K 105 | 00:37:30.35 | 7:30 | 8 |
| 106 | ANDRZEJEWSKA SYLWIA | 2 | ŚLIMKA BIEGA | SZCZECIN | POL | K OPEN | 106 | K 106 | 00:37:32.15 | 7:30 | 8 |

IV BIEG POGOŃ RAKA - SZCZECIN, K Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|------------------------------|-----|---------------------------------|-----------|------|--------|--------|-------|-------------|--------|------|
| 107 | KILIAN PAWELEC KATARZYNA | 90 | MONIKA GYM | SZCZECIN | POL | K OPEN | 107 | K 107 | 00:37:42.95 | 7:32 | 8 |
| 108 | MACULEWICZ GABRIELA | 135 | | SZCZECIN | POL | K OPEN | 108 | K 108 | 00:38:02.45 | 7:36 | 7.9 |
| 109 | SZALEWICZ MAŁGORZATA | 253 | SZYBCIEJ NIE MOGĘ | SZCZECIN | POL | K OPEN | 109 | K 109 | 00:38:16.25 | 7:39 | 7.8 |
| 110 | KURASIŃSKA DOROTA | 111 | | SZCZECIN | POL | K OPEN | 110 | K 110 | 00:38:36.45 | 7:43 | 7.8 |
| 111 | ORSZULSKA MAGDALENA | 175 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | K OPEN | 111 | K 111 | 00:38:38.85 | 7:43 | 7.8 |
| 112 | SZCZERBIŃSKA BARBARA | 256 | | GRYFINO | POL | K OPEN | 112 | K 112 | 00:38:40.05 | 7:44 | 7.8 |
| 113 | KUSZYK MAŁGORZATA | 113 | | SZCZECIN | POL | K OPEN | 113 | K 113 | 00:38:40.90 | 7:44 | 7.8 |
| 114 | HURKO-PIOTROWSKA PAULINA | 72 | | SZCZECIN | POL | K OPEN | 114 | K 114 | 00:38:43.05 | 7:44 | 7.7 |
| 115 | WOŹNIAK KAROLINA | 303 | | SZCZECIN | POL | K OPEN | 115 | K 115 | 00:38:49.95 | 7:45 | 7.7 |
| 116 | WYSOCKA IZABELA | 305 | | STARGARD | POL | K OPEN | 116 | K 116 | 00:38:50.35 | 7:46 | 7.7 |
| 117 | GÓRSKA AGNIESZKA | 57 | SZALONE WILCZYCE | SZCZECIN | POL | K OPEN | 117 | K 117 | 00:39:15.85 | 7:51 | 7.6 |
| 118 | GRABOŃ-GRZEŚKOWIAK GABRIELA | 58 | | SZCZECIN | POL | K OPEN | 118 | K 118 | 00:39:19.50 | 7:51 | 7.6 |
| 119 | SZUDARSKA KASIA | 261 | | WOŁCZKOWO | POL | K OPEN | 119 | K 119 | 00:39:21.30 | 7:52 | 7.6 |
| 120 | MISIASZEK BEATA | 156 | | MAŁKOCIN | POL | K OPEN | 120 | K 120 | 00:39:29.55 | 7:53 | 7.6 |
| 121 | OLEJNIK AGNIESZKA | 172 | AGA ROZBIEGANI MAMA | SZCZECIN | POL | K OPEN | 121 | K 121 | 00:40:37.50 | 8:07 | 7.4 |
| 122 | SZAŁAGA ANNA | 222 | BKS SKORIOPN SZCZECIN | SZCZECIN | POL | K OPEN | 122 | K 122 | 00:40:47.45 | 8:09 | 7.4 |
| 123 | WASIELEWSKA KATARZYNA | 280 | | SZCZECIN | POL | K OPEN | 123 | K 123 | 00:41:02.25 | 8:12 | 7.3 |
| 124 | PŁOSA MONIKA | 194 | | SZCZECIN | POL | K OPEN | 124 | K 124 | 00:41:04.10 | 8:12 | 7.3 |
| 125 | LIGNOWSKA MARTYNA | 122 | | SZCZECIN | POL | K OPEN | 125 | K 125 | 00:41:55.50 | 8:23 | 7.2 |
| 126 | HUDECKA EVELYN | 71 | | SZCZECIN | POL | K OPEN | 126 | K 126 | 00:42:10.25 | 8:26 | 7.1 |
| 127 | SIKORA MAGDALENA | 231 | | POLICE | POL | K OPEN | 127 | K 127 | 00:43:02.70 | 8:36 | 7 |
| 128 | TADYCH BEATA | 266 | | SZCZECIN | POL | K OPEN | 128 | K 128 | 00:44:25.45 | 8:53 | 6.8 |
| 129 | MALINOWSKA-WASILUK AGNIESZKA | 145 | MATKI-WARIATKI | SZCZECIN | POL | K OPEN | 129 | K 129 | 00:45:07.40 | 9:01 | 6.6 |
| 130 | ŚLIWIŃSKA ANNA | 264 | BOKSERSKI SKORPION | SZCZECIN | POL | K OPEN | 130 | K 130 | 00:46:06.70 | 9:13 | 6.5 |
| 131 | DOMAGALSKA AGATA | 39 | SKB DZIK | SZCZECIN | POL | K OPEN | 131 | K 131 | 00:46:58.80 | 9:23 | 6.4 |
| 132 | KORACH ALEKSANDRA | 95 | | SZCZECIN | POL | K OPEN | 132 | K 132 | 00:47:01.70 | 9:24 | 6.4 |
| 133 | SIENKIEWICZ JOLANTA | 229 | DMUCHAWIEC GOLENIÓW | ZĄŁOM | POL | K OPEN | 133 | K 133 | 00:48:05.85 | 9:37 | 6.2 |
| 134 | BARTOŁD MARTA | 6 | | SZCZECIN | POL | K OPEN | 134 | K 134 | 00:49:07.50 | 9:49 | 6.1 |
| 135 | LITWINIAK IZABELA | 123 | | GOLENIÓW | POL | K OPEN | 135 | K 135 | 00:52:26.45 | 10:29 | 5.7 |

IV BIEG POGOŃ RAKA - SZCZECIN, M Open

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------------|-----|---------------------------------|------------|------|--------|--------|------|-------------|--------|------|
| 1 | TROĆ DANIEL | 271 | MKL SZCZECIN | WARZYMICE | POL | M OPEN | 1 | M 1 | 00:18:38.30 | 3:43 | 16.1 |
| 2 | PRZEKOPOWICZ BARTOSZ | 200 | #TEAMSZWARC | STARGARD | POL | M OPEN | 2 | M 2 | 00:19:20.05 | 3:52 | 15.5 |
| 3 | WASILEWSKI ANDRZEJ | 282 | | SZCZECIN | POL | M OPEN | 3 | M 3 | 00:19:33.10 | 3:54 | 15.3 |
| 4 | HOPPE GRZEGORZ | 70 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | M OPEN | 4 | M 4 | 00:19:43.00 | 3:56 | 15.2 |
| 5 | WOJNACH ANDRZEJ | 320 | | SZCZECIN | POL | M OPEN | 5 | M 5 | 00:20:01.75 | 4:00 | 15 |
| 6 | MACIEJEWSKI KRZYSZTOF | 134 | | SZCZECIN | POL | M OPEN | 6 | M 6 | 00:20:58.95 | 4:11 | 14.3 |
| 7 | OLEJARZ DAMIAN | 171 | POL-BUD POLICE | POLICE | POL | M OPEN | 7 | M 7 | 00:21:13.85 | 4:14 | 14.1 |
| 8 | TOPOREK PRZEMYSŁAW | 318 | | SZCZECIN | POL | M OPEN | 8 | M 8 | 00:21:27.35 | 4:17 | 14 |
| 9 | KAPŁANIAK ADRIAN | 297 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | M OPEN | 9 | M 9 | 00:21:31.70 | 4:18 | 13.9 |
| 10 | KWAŚNIEWSKI BARTOSZ | 115 | PB27 | MORYŃ | POL | M OPEN | 10 | M 10 | 00:21:50.60 | 4:22 | 13.7 |
| 11 | MOSPINEK DORIAN | 237 | | SZCZECIN | POL | M OPEN | 11 | M 11 | 00:21:57.25 | 4:23 | 13.7 |
| 12 | WESOŁOWSKI MARCIN | 286 | | SADLNO | POL | M OPEN | 12 | M 12 | 00:21:59.85 | 4:23 | 13.6 |
| 13 | BODNARCZUK TOMASZ | 16 | FIZJOBIEGACZE | BEZRZECZE | POL | M OPEN | 13 | M 13 | 00:22:09.55 | 4:25 | 13.5 |
| 14 | HIEROWSKI WOJCIECH | 67 | K-RUNNERS | SZCZECIN | POL | M OPEN | 14 | M 14 | 00:22:26.30 | 4:29 | 13.4 |
| 15 | WAJS SEBASTIAN | 277 | 12BZ/ZWT | SZCZECIN | POL | M OPEN | 15 | M 15 | 00:22:28.50 | 4:29 | 13.4 |
| 16 | PELC MAREK | 185 | 12 BZ | SZCZECIN | POL | M OPEN | 16 | M 16 | 00:22:33.35 | 4:30 | 13.3 |
| 17 | ROSIAK MARCIN | 212 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | M OPEN | 17 | M 17 | 00:22:47.45 | 4:33 | 13.2 |
| 18 | WIERZCHOWSKI PIOTR | 291 | | WIDUCHOWA | POL | M OPEN | 18 | M 18 | 00:22:55.65 | 4:35 | 13.1 |
| 19 | LEWANDOWSKI DANIEL | 121 | AKTYWNE LISEWO | LISEWO | POL | M OPEN | 19 | M 19 | 00:22:58.10 | 4:35 | 13.1 |
| 20 | KRZEŚNIEWSKI MARCIN | 107 | ROWEROWY ZAŁOM | SZCZECIN | POL | M OPEN | 20 | M 20 | 00:23:02.05 | 4:36 | 13 |
| 21 | ŁOŚ JAROSŁAW | 128 | #RUSZ4LITERY | PARSÓW | POL | M OPEN | 21 | M 21 | 00:23:12.80 | 4:38 | 12.9 |
| 22 | MUSIAŁA KRZYSZTOF | 164 | | MIELEĆNIEK | POL | M OPEN | 22 | M 22 | 00:23:17.25 | 4:39 | 12.9 |
| 23 | CHARĘZA MARCIN | 21 | ZAWADZKIEGO SZCZECIN | SZCZECIN | POL | M OPEN | 23 | M 23 | 00:23:21.25 | 4:40 | 12.8 |

IV BIEG POGOŃ RAKA - SZCZECIN, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|------------------------|-----|---|-----------|------|--------|--------|------|-------------|--------|------|
| 24 | PIOTROWSKI MAREK | 193 | ROZBIEGANY GOLENIÓW | GOLENIÓW | POL | M OPEN | 24 | M 24 | 00:23:29.45 | 4:41 | 12.8 |
| 25 | FIENKO DARIUSZ | 49 | | PEŁCZYCE | POL | M OPEN | 25 | M 25 | 00:23:31.95 | 4:42 | 12.8 |
| 26 | DĘBICKI JAKUB | 35 | | SZCZECIN | POL | M OPEN | 26 | M 26 | 00:23:32.40 | 4:42 | 12.7 |
| 27 | GRZANKOWSKI KONRAD | 59 | | SZCZECIN | POL | M OPEN | 27 | M 27 | 00:23:36.90 | 4:43 | 12.7 |
| 28 | TALAREK ROBERT | 267 | TELERANEK | SZCZECIN | POL | M OPEN | 28 | M 28 | 00:23:40.15 | 4:44 | 12.7 |
| 29 | DZIEDZIC MICHAŁ | 45 | | SZCZECIN | POL | M OPEN | 29 | M 29 | 00:23:47.55 | 4:45 | 12.6 |
| 30 | STODOLNY PAWEŁ | 248 | | SZCZECIN | POL | M OPEN | 30 | M 30 | 00:23:56.20 | 4:47 | 12.5 |
| 31 | MOSZYŃSKI MACIEJ | 161 | EKOPROJEKT RUN TEAM | BEZRZECZE | POL | M OPEN | 31 | M 31 | 00:24:00.35 | 4:48 | 12.5 |
| 32 | KRAWCZYK MATEUSZ | 102 | KB PIONIER SZCZECIN/AMBASADOR FESTIWALU BIEGOWEGO W KRYNICY ZDRÓJ | SZCZECIN | POL | M OPEN | 32 | M 32 | 00:24:25.45 | 4:53 | 12.3 |
| 33 | PODWYSZYŃSKI SYLWESTER | 195 | KW PSP SZCZECIN | SZCZECIN | POL | M OPEN | 33 | M 33 | 00:24:26.35 | 4:53 | 12.3 |
| 34 | KĘPKA KAROL | 88 | | SZCZECIN | POL | M OPEN | 34 | M 34 | 00:24:31.35 | 4:54 | 12.2 |
| 35 | WOLSKI TOMASZ | 300 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | M OPEN | 35 | M 35 | 00:24:39.95 | 4:55 | 12.2 |
| 36 | DUDZIŃSKI WOJTEK | 44 | | SZCZECIN | POL | M OPEN | 36 | M 36 | 00:24:43.70 | 4:56 | 12.1 |
| 37 | ADAMOWICZ DANIEL | 1 | KB PIONIER | SZCZECIN | POL | M OPEN | 37 | M 37 | 00:24:49.40 | 4:57 | 12.1 |
| 38 | SZYŁOWICZ DANIEL | 263 | TYMTRITEAM | SZCZECIN | POL | M OPEN | 38 | M 38 | 00:24:55.05 | 4:59 | 12 |
| 39 | TYMUL JAKUB | 276 | #TYMTRITEAM | SZCZECIN | POL | M OPEN | 39 | M 39 | 00:24:55.10 | 4:59 | 12 |
| 40 | BUKOWIECKI ADAM | 20 | | GRZEPNICA | POL | M OPEN | 40 | M 40 | 00:24:58.50 | 4:59 | 12 |
| 41 | WYPYCH MACIEJ | 304 | KONGSBERG K-RUNNERS | WOLCZKOWO | POL | M OPEN | 41 | M 41 | 00:25:08.50 | 5:01 | 11.9 |
| 42 | SOBIERAJ MARCIN | 242 | | SZCZECIN | POL | M OPEN | 42 | M 42 | 00:25:09.85 | 5:01 | 11.9 |
| 43 | CIEŚLA PAWEŁ | 29 | | SZCZECIN | POL | M OPEN | 43 | M 43 | 00:25:34.25 | 5:06 | 11.7 |
| 44 | PIĄTEK KAMIL | 187 | | SZCZECIN | POL | M OPEN | 44 | M 44 | 00:25:35.85 | 5:07 | 11.7 |
| 45 | SACHARSKI BARTŁOMIEJ | 219 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | M OPEN | 45 | M 45 | 00:25:36.00 | 5:07 | 11.7 |
| 46 | GUTOWSKI PAWEŁ | 63 | EMKA STARGARD | STARGARD | POL | M OPEN | 46 | M 46 | 00:25:37.65 | 5:07 | 11.7 |
| 47 | TURCZYK MARCIN | 326 | | PEŁCZYCE | POL | M OPEN | 47 | M 47 | 00:25:38.65 | 5:07 | 11.7 |
| 48 | BANASIAK ANDRZEJ | 4 | | SZCZECIN | POL | M OPEN | 48 | M 48 | 00:25:40.00 | 5:08 | 11.7 |
| 49 | RUMOWSKI TOMASZ | 315 | | SZCZECIN | POL | M OPEN | 49 | M 49 | 00:25:47.40 | 5:09 | 11.6 |
| 50 | ŁAWNICZAK SEBASTIAN | 125 | | POLICE | POL | M OPEN | 50 | M 50 | 00:25:48.85 | 5:09 | 11.6 |
| 51 | PASZKO DANIEL | 183 | WIECZORNE BIEGANIE W SZCZECINIE / KOMPAS TEAM | POLICE | POL | M OPEN | 51 | M 51 | 00:25:50.50 | 5:10 | 11.6 |
| 52 | SIWAK ŁUKASZ | 232 | | SZCZECIN | POL | M OPEN | 52 | M 52 | 00:25:51.35 | 5:10 | 11.6 |
| 53 | MICHAŁAK JACEK | 153 | | SZCZECIN | POL | M OPEN | 53 | M 53 | 00:26:03.15 | 5:12 | 11.5 |
| 54 | HAWRYŁAK MARCIN | 66 | RAGNAROK SZCZECIN | SZCZECIN | POL | M OPEN | 54 | M 54 | 00:26:04.55 | 5:12 | 11.5 |
| 55 | ŁUKASIEWICZ ROBERT | 129 | | SZCZECIN | POL | M OPEN | 55 | M 55 | 00:26:14.90 | 5:14 | 11.4 |
| 56 | BARTOSZEWSKI PAWEŁ | 7 | L-BUG RUN | SZCZECIN | POL | M OPEN | 56 | M 56 | 00:26:23.70 | 5:16 | 11.4 |
| 57 | WITORZĘC DARIUSZ | 299 | | ŁĘGI | POL | M OPEN | 57 | M 57 | 00:26:24.45 | 5:16 | 11.4 |
| 58 | BIK MAREK | 12 | | SZCZECIN | POL | M OPEN | 58 | M 58 | 00:26:35.35 | 5:19 | 11.3 |
| 59 | PASIKOWSKI KAMI | 334 | SKB DZIK | SZCZECIN | POL | M OPEN | 59 | M 59 | 00:26:43.60 | 5:20 | 11.2 |
| 60 | MULTAN SEBASTIAN | 163 | LECĘ NA SZCZECIN | SZCZECIN | POL | M OPEN | 60 | M 60 | 00:26:48.50 | 5:21 | 11.2 |
| 61 | HAJDUK MACIEJ | 64 | NIEBKO TERROR | SZCZECIN | POL | M OPEN | 61 | M 61 | 00:26:49.05 | 5:21 | 11.2 |
| 62 | KAMIŃSKI ROMAN | 84 | RUMUŃSKA RODZINA ZE SZCZECINA | SZCZECIN | POL | M OPEN | 62 | M 62 | 00:26:55.60 | 5:23 | 11.1 |
| 63 | MISZCZAK DAMIAN | 158 | | SZCZECIN | POL | M OPEN | 63 | M 63 | 00:26:59.75 | 5:23 | 11.1 |
| 64 | PRZYBYLSKI KAROL | 201 | | POLICE | POL | M OPEN | 64 | M 64 | 00:27:08.10 | 5:25 | 11.1 |
| 65 | ŁYDKA SYLWEK | 131 | | SZCZECIN | POL | M OPEN | 65 | M 65 | 00:27:10.55 | 5:26 | 11 |
| 66 | GIMINSKI TOMASZ | 53 | SKUTER DRIVER ODPROWADZANIE AUT | SZCZECIN | POL | M OPEN | 66 | M 66 | 00:27:21.95 | 5:28 | 11 |
| 67 | GIMINSKI WIKTOR | 54 | SKUTER DRIVER ODPROWADZANIE AUT | SZCZECIN | POL | M OPEN | 67 | M 67 | 00:27:24.25 | 5:28 | 10.9 |
| 68 | WEISS SEBASTIAN | 285 | | SZCZECIN | POL | M OPEN | 68 | M 68 | 00:27:38.75 | 5:31 | 10.9 |
| 69 | BOBER KAMIL | 13 | WKURW_TEAM | SZCZECIN | POL | M OPEN | 69 | M 69 | 00:27:44.65 | 5:32 | 10.8 |
| 70 | BEJSTER PRZEMYSŁAW | 10 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | M OPEN | 70 | M 70 | 00:27:46.45 | 5:33 | 10.8 |
| 71 | RADCZUK MARIUSZ | 205 | KOMPAS TEAM | POLICE | POL | M OPEN | 71 | M 71 | 00:27:46.50 | 5:33 | 10.8 |
| 72 | SOBECKI TOMASZ | 241 | | SZCZECIN | POL | M OPEN | 72 | M 72 | 00:27:51.10 | 5:34 | 10.8 |
| 73 | RACHUTA PIOTR | 203 | | GOLENIÓW | POL | M OPEN | 73 | M 73 | 00:27:53.80 | 5:34 | 10.8 |
| 74 | STANEK BARTOSZ | 323 | WKURW-TEAM | PLEWISKA | POL | M OPEN | 74 | M 74 | 00:28:01.25 | 5:36 | 10.7 |
| 75 | CHROBOCIŃSKI JAN | 26 | | SZCZECIN | POL | M OPEN | 75 | M 75 | 00:28:06.50 | 5:37 | 10.7 |
| 76 | STACHOWSKI ANDRZEJ | 244 | MONIGYM | SZCZECIN | POL | M OPEN | 76 | M 76 | 00:28:07.15 | 5:37 | 10.7 |
| 77 | PADUCH PIOTR | 179 | | SZCZECIN | POL | M OPEN | 77 | M 77 | 00:28:10.20 | 5:38 | 10.7 |
| 78 | NEJMAN RAFAŁ | 166 | | SZCZECIN | POL | M OPEN | 78 | M 78 | 00:28:12.60 | 5:38 | 10.6 |

IV BIEG POGOŃ RAKA - SZCZECIN, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|------------------------|-----|---|---------------------|------|--------|--------|-------|-------------|--------|------|
| 79 | OLEŚKIEWICZ MICHAŁ | 173 | RAZ SZCZECIN | SZCZECIN | POL | M OPEN | 79 | M 79 | 00:28:22.90 | 5:40 | 10.6 |
| 80 | PRAWDZIUK JANUSZ | 199 | | CHOJNA | POL | M OPEN | 80 | M 80 | 00:28:24.80 | 5:40 | 10.6 |
| 81 | ŁEBKOWSKI KAROL | 126 | | GRYFINO | POL | M OPEN | 81 | M 81 | 00:28:37.10 | 5:43 | 10.5 |
| 82 | WIŚNIEWSKI CZESŁAW | 298 | MARATOŃCZYK SZCZECIN | SZCZECIN | POL | M OPEN | 82 | M 82 | 00:28:43.00 | 5:44 | 10.4 |
| 83 | ZAWADZKI JAROSŁAW | 309 | | SZCZECIN | POL | M OPEN | 83 | M 83 | 00:28:46.40 | 5:45 | 10.4 |
| 84 | PAROL GRZEGORZ | 181 | | SZCZECIN | POL | M OPEN | 84 | M 84 | 00:28:52.80 | 5:46 | 10.4 |
| 85 | WIECZOREK JAKUB | 289 | | STARGARD | POL | M OPEN | 85 | M 85 | 00:28:56.60 | 5:47 | 10.4 |
| 86 | SALAĞA DARIUSZ | 319 | BKS SKORPION SZCZECIN | SZCZECIN | POL | M OPEN | 86 | M 86 | 00:29:00.70 | 5:48 | 10.3 |
| 87 | SŁODOWNIK KONRAD | 236 | SZKOŁA JĘZYKÓW OBCYCH PROFESSIONAL SCHOOL | CHOJNA | POL | M OPEN | 87 | M 87 | 00:29:08.60 | 5:49 | 10.3 |
| 88 | ŻARNICKI KACPER | 313 | | SZCZECIN | POL | M OPEN | 88 | M 88 | 00:29:18.60 | 5:51 | 10.2 |
| 89 | GOLUCH MATEUSZ | 56 | | SZCZECIN | POL | M OPEN | 89 | M 89 | 00:29:27.95 | 5:53 | 10.2 |
| 90 | SZOSTAK DANIEL | 259 | | SZCZECIN | POL | M OPEN | 90 | M 90 | 00:29:29.45 | 5:53 | 10.2 |
| 91 | WONDOLOWSKI STANISŁAW | 301 | WIECZORNE BIEGANIE | SZCZECIN | POL | M OPEN | 91 | M 91 | 00:29:45.65 | 5:57 | 10.1 |
| 92 | KRUCZKOWSKI MACIEJ | 105 | | GRYFINO | POL | M OPEN | 92 | M 92 | 00:29:56.80 | 5:59 | 10 |
| 93 | KAMIONKA ANDRZEJ | 85 | WIECZORNE BIEGANIE W SZCZECINIE | BEZRZECZE | POL | M OPEN | 93 | M 93 | 00:30:03.70 | 6:00 | 10 |
| 94 | KOMOROWSKI MICHAŁ | 93 | | SZCZECIN | POL | M OPEN | 94 | M 94 | 00:30:05.00 | 6:01 | 10 |
| 95 | KOZŁOWSKI MARCIN | 100 | #BIEGACZE | POZNAŃ | POL | M OPEN | 95 | M 95 | 00:30:08.40 | 6:01 | 10 |
| 96 | SZYMCZAK MARCIN | 316 | WKURW-TEAM | SZCZECIN | POL | M OPEN | 96 | M 96 | 00:30:27.35 | 6:05 | 9.9 |
| 97 | SURDAKCI JERZY | 251 | DRUŻYNA SZPIKU | GRYFINO | POL | M OPEN | 97 | M 97 | 00:30:28.80 | 6:05 | 9.8 |
| 98 | MISIASZEK MIROSLAW | 157 | | MALKOCIN | POL | M OPEN | 98 | M 98 | 00:30:39.30 | 6:07 | 9.8 |
| 99 | JASIŃSKI ROBERT | 78 | | POLICE | POL | M OPEN | 99 | M 99 | 00:31:04.75 | 6:12 | 9.7 |
| 100 | FLEJTERSKI MATEUSZ | 50 | | SZCZECIN | POL | M OPEN | 100 | M 100 | 00:31:28.45 | 6:17 | 9.5 |
| 101 | WASIELEWSKI MARIUSZ | 281 | | SZCZECIN | POL | M OPEN | 101 | M 101 | 00:31:30.95 | 6:18 | 9.5 |
| 102 | MADEJ ALEKSANDER | 136 | | GRYFINO | POL | M OPEN | 102 | M 102 | 00:31:40.20 | 6:20 | 9.5 |
| 103 | WAWSZCZYK MAREK | 284 | | SZCZECIN | POL | M OPEN | 103 | M 103 | 00:31:44.65 | 6:20 | 9.5 |
| 104 | PODWYSZYŃSKI SEBASTIAN | 196 | | SZCZECIN | POL | M OPEN | 104 | M 104 | 00:31:59.35 | 6:23 | 9.4 |
| 105 | BEJSTER PRZEMYSŁAW | 9 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | M OPEN | 105 | M 105 | 00:32:07.35 | 6:25 | 9.3 |
| 106 | GŁOGOWSKI JAN | 55 | | SZCZECIN | POL | M OPEN | 106 | M 106 | 00:32:43.75 | 6:32 | 9.2 |
| 107 | BORTNIK BARTOSZ | 18 | | SZCZECIN | POL | M OPEN | 107 | M 107 | 00:32:48.30 | 6:33 | 9.1 |
| 108 | DESZ SEBASTIAN | 33 | | SZCZECIN | POL | M OPEN | 108 | M 108 | 00:32:49.40 | 6:33 | 9.1 |
| 109 | RUTKOWSKI KONRAD | 217 | RAGNAROK SZCZECIN | SZCZECIN | POL | M OPEN | 109 | M 109 | 00:32:53.30 | 6:34 | 9.1 |
| 110 | CIESIELCZYK BARTOSZ | 216 | | SZCZECIN | POL | M OPEN | 110 | M 110 | 00:33:01.35 | 6:36 | 9.1 |
| 111 | PIOTROWSKI KRZYSZTOF | 192 | AMPIO TEAM | SZCZECIN | POL | M OPEN | 111 | M 111 | 00:33:19.75 | 6:39 | 9 |
| 112 | STELMACH ARTUR | 245 | | SZCZECIN | POL | M OPEN | 112 | M 112 | 00:33:20.60 | 6:40 | 9 |
| 113 | MAHACZEK ADAM | 139 | | SZCZECIN | POL | M OPEN | 113 | M 113 | 00:33:35.90 | 6:43 | 8.9 |
| 114 | MACIBORSKI MIROSLAW | 133 | WIECZORNE BIEGANIE W SZCZECINIE | MIERZYN | POL | M OPEN | 114 | M 114 | 00:33:43.50 | 6:44 | 8.9 |
| 115 | PAWELCZAK CEZARY | 184 | WIECZORNE BIEGANIE W SZCZECINIE | SZCZECIN | POL | M OPEN | 115 | M 115 | 00:33:49.75 | 6:45 | 8.9 |
| 116 | KOŚCIŃSKI JACEK | 98 | | BEZRZECZE | POL | M OPEN | 116 | M 116 | 00:34:04.65 | 6:48 | 8.8 |
| 117 | MAKSIMOWICZ PAWEŁ | 142 | | SZCZECIN | POL | M OPEN | 117 | M 117 | 00:34:20.05 | 6:52 | 8.7 |
| 118 | WIECZOREK WOJCIECH | 288 | WIECZORKI3 | STARGARD | POL | M OPEN | 118 | M 118 | 00:34:34.45 | 6:54 | 8.7 |
| 119 | SKIBA MICHAŁ | 234 | | SZCZECIN | POL | M OPEN | 119 | M 119 | 00:34:37.55 | 6:55 | 8.7 |
| 120 | KUZAK KRZYSZTOF | 114 | | SZCZECIN | POL | M OPEN | 120 | M 120 | 00:34:41.35 | 6:56 | 8.6 |
| 121 | LEMAŃSKI MARCIN | 120 | | POLICE | POL | M OPEN | 121 | M 121 | 00:34:43.80 | 6:56 | 8.6 |
| 122 | CHROBOCINSKI DANIEL | 24 | | SZCZECIN | POL | M OPEN | 122 | M 122 | 00:34:54.45 | 6:58 | 8.6 |
| 123 | DUDA PIOTR | 43 | 12 BZ | SZCZECIN | POL | M OPEN | 123 | M 123 | 00:35:24.00 | 7:04 | 8.5 |
| 124 | KURZYŃSKI RYSZARD | 112 | | PYRZYCE | POL | M OPEN | 124 | M 124 | 00:35:37.45 | 7:07 | 8.4 |
| 125 | BAIZERT KRZYSIEK | 3 | | SZCZECIN | POL | M OPEN | 125 | M 125 | 00:35:41.40 | 7:08 | 8.4 |
| 126 | MIJAL PRZEMYSŁAW | 154 | ZMĘCZENI NA STARCIE | SZCZECIN | POL | M OPEN | 126 | M 126 | 00:36:19.50 | 7:15 | 8.3 |
| 127 | ROMANOWICZ MAREK | 209 | | SZCZECIN | POL | M OPEN | 127 | M 127 | 00:36:42.20 | 7:20 | 8.2 |
| 128 | OSIŃSKI GRZEGORZ | 176 | | TORUŃ | POL | M OPEN | 128 | M 128 | 00:36:54.10 | 7:22 | 8.1 |
| 129 | SEJ PAWEŁ | 225 | | SZCZECIN | POL | M OPEN | 129 | M 129 | 00:37:17.45 | 7:27 | 8 |
| 130 | SIEDLECKI ADAM | 327 | GIENEK TEAM | SZCZECIN | POL | M OPEN | 130 | M 130 | 00:38:14.90 | 7:38 | 7.8 |
| 131 | WOŹNIAK KACPER | 302 | | SZCZECIN | POL | M OPEN | 131 | M 131 | 00:38:51.75 | 7:46 | 7.7 |
| 132 | DOMAGALSKI SŁAWOMIR | 40 | SKB DZIK | SZCZECIN | POL | M OPEN | 132 | M 132 | 00:40:17.55 | 8:03 | 7.4 |
| 133 | CIEŚLAK ADAM | 30 | LEGENDARY POWER SZEWC | GRYFINO | POL | M OPEN | 133 | M 133 | 00:40:28.30 | 8:05 | 7.4 |
| 134 | BODNAR ZBIGNIEW | 15 | BIEG KORCZAKA | SZCZECIN | POL | M OPEN | 134 | M 134 | 00:40:35.50 | 8:07 | 7.4 |
| 135 | GUBERNIAK ANDRZEJ | 62 | TURKEYS TEAM | GORZÓW WIELKOPOLSKI | POL | M OPEN | 135 | M 135 | 00:42:38.10 | 8:31 | 7 |

IV BIEG POGOŃ RAKA - SZCZECIN, M Open c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|---------------------|-----|-------|-----------|------|--------|--------|-------|-------------|--------|------|
| 136 | PARCHIMOWICZ JANUSZ | 180 | | SZCZECIN | POL | M OPEN | 136 | M 136 | 00:43:00.35 | 8:36 | 7 |
| 137 | DOMAGALSKI MACIEJ | 41 | | SZCZECIN | POL | M OPEN | 137 | M 137 | 00:43:22.10 | 8:40 | 6.9 |
| 138 | ŻUK PAWEŁ | 314 | | SZCZECIN | POL | M OPEN | 138 | M 138 | 00:45:22.75 | 9:04 | 6.6 |
| 139 | ZDUNOWSKI ZDZISŁAW | 310 | | SZCZECIN | POL | M OPEN | 139 | M 139 | 00:45:37.45 | 9:07 | 6.6 |
| 140 | PELC MAREK | 185 | 12 BZ | SZCZECIN | POL | M OPEN | 140 | M 140 | | | |