

II LETNI BIEG MTS HAMER - MIASTKO - 10KM

Organizator: Miasteczkie Towarzystwo Sportowe HAMER w Miastku

Data: 2016-07-17

Miejsce: Miastko

Dystans: 10 km

Klasyfikacja wg czasów netto.

W klasyfikacji open pierwsze 30 miejsc wg czasu brutto



II LETNI BIEG MTS HAMER - MIASTKO - 10KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.7km | 3.8km | 6.9km | Netto | Brutto | min/km | km/h |
|------|-------------------------|-----|------------------------------------|-----------------------|------|------|--------|------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | KUJAWSKI ŁUKASZ | 77 | | ŻUKOWO | POL | M-20 | 1 | M 1 | 00:02:22 | 00:12:20 | 00:22:24 | 00:31:46.00 | 00:31:47.15 | 3:10 | 18.9 |
| 2 | VERKHAVODKIN HENADZ | 165 | GRODNOOBLSPORT | GRODNO | | M-30 | 1 | M 2 | 00:02:23 | 00:12:20 | 00:22:25 | 00:32:26.00 | 00:32:27.25 | 3:14 | 18.5 |
| 3 | POBŁOCKI PIOTR | 125 | UKS EKONOMIK-MARATOŃCZYK LĘBORK | LĘBORK | POL | M-50 | 1 | M 3 | 00:02:25 | 00:12:53 | 00:23:09 | 00:33:49.70 | 00:33:51.55 | 3:23 | 17.7 |
| 4 | WIRKUS ŁUKASZ | 170 | ULKS TALEX BORZYTUCHOM | LIPNICA | POL | M-20 | 2 | M 4 | 00:02:22 | 00:12:38 | 00:23:16 | 00:34:16.25 | 00:34:17.60 | 3:25 | 17.5 |
| 5 | MATRYNYCZ VITALII | 185 | FINISZ KALISZ | OSTRÓW WLKP. | UKR | M-20 | 3 | M 5 | 00:02:26 | 00:12:47 | 00:23:23 | 00:34:25.00 | 00:34:26.50 | 3:26 | 17.4 |
| 6 | STACHOWSKI RAFAŁ | 144 | AZS-AWF KATOWICE | MIASTECZKO KRAJEŃSKIE | POL | M-20 | 4 | M 6 | 00:02:26 | 00:12:59 | 00:23:39 | 00:34:31.00 | 00:34:32.45 | 3:27 | 17.4 |
| 7 | RUDNIK KRZYSZTOF | 132 | NIGHT RUNNERS SŁUPSK | KRĘPA SŁUPSKA | POL | M-30 | 2 | M 7 | 00:02:29 | 00:13:39 | 00:24:52 | 00:35:46.80 | 00:35:48.85 | 3:34 | 16.8 |
| 8 | WENT JAKUB | 168 | | ŁĘBA | POL | M-30 | 3 | M 8 | 00:02:32 | 00:13:47 | 00:25:10 | 00:36:04.80 | 00:36:06.75 | 3:36 | 16.6 |
| 9 | MIELEWCZYK ŁUKASZ | 100 | LKB BRACI PETK LĘBORK | CHARBROWO | POL | M-20 | 5 | M 9 | 00:02:29 | 00:13:40 | 00:25:06 | 00:36:26.65 | 00:36:28.60 | 3:38 | 16.5 |
| 10 | GAWRON PIOTR | 32 | POLITECHNIKA KOSZALIŃSKA | BOROWY MŁYN | POL | M-20 | 6 | M 10 | 00:02:26 | 00:13:22 | 00:24:42 | 00:36:29.95 | 00:36:31.70 | 3:39 | 16.4 |
| 11 | KAPERNA MONIKA | 57 | AZS-AWF KATOWICE | PIŁA | POL | K-20 | 1 | K 1 | 00:02:33 | 00:13:48 | 00:25:10 | 00:36:39.70 | 00:36:41.60 | 3:40 | 16.4 |
| 12 | MAŃSKI PATRYK | 91 | ULKS TALEX BORYSŁAW BORZYTUCHOM | CHOTKOWO | POL | M-20 | 7 | M 11 | 00:02:33 | 00:13:47 | 00:25:19 | 00:37:12.60 | 00:37:14.45 | 3:43 | 16.1 |
| 13 | MASŁOWSKI MATEUSZ | 95 | 7 BRYGADA OBRONY WYBRZEŻA | SŁUPSK | POL | M-30 | 4 | M 12 | 00:02:32 | 00:14:04 | 00:25:58 | 00:37:55.70 | 00:37:57.90 | 3:47 | 15.8 |
| 14 | KUZUBOVA TATYANA | 184 | ACE MAT | | UKR | K-20 | 2 | K 2 | 00:02:41 | 00:14:24 | 00:26:03 | 00:38:03.55 | 00:38:05.20 | 3:48 | 15.8 |
| 15 | PAWŁOWSKA MARLENA | 45 | | CZŁUCHÓW | POL | K-40 | 1 | K 3 | 00:02:35 | 00:14:23 | 00:26:24 | 00:38:13.80 | 00:38:15.65 | 3:49 | 15.7 |
| 16 | SZOPIŃSKI DARIUSZ | 156 | URZĄD GMINY PRZECHLEWO | PRZECHLEWO | POL | M-30 | 5 | M 13 | 00:02:27 | 00:13:54 | 00:26:03 | 00:38:19.60 | 00:38:21.75 | 3:49 | 15.7 |
| 17 | KRYCZKA STANISŁAW | 71 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 1 | M 14 | 00:02:34 | 00:14:22 | 00:26:30 | 00:38:35.20 | 00:38:38.20 | 3:51 | 15.6 |
| 18 | KUŁAKOWSKI ARTUR | 81 | FLORIAN CHOJNICE | CHOJNICE | POL | M-30 | 6 | M 15 | 00:02:40 | 00:14:22 | 00:26:22 | 00:38:35.15 | 00:38:40.10 | 3:51 | 15.5 |
| 19 | WILCZEWSKI KRZYSZTOF | 196 | MKS ŚWIĘC SŁAWNO | TYCHOWO | POL | M-30 | 7 | M 16 | 00:02:48 | 00:14:44 | 00:26:49 | 00:38:37.05 | 00:38:41.05 | 3:51 | 15.5 |
| 20 | POBŁOCKA KAMILA | 124 | UKS EKONOMIK-MARATOŃCZYK LĘBORK | LĘBORK | POL | K-20 | 3 | K 4 | 00:02:34 | 00:14:24 | 00:26:31 | 00:38:40.25 | 00:38:42.30 | 3:52 | 15.5 |
| 21 | BEDNARZ JAKUB | 6 | MTS HAMER MIASTKO | MIASTKO | POL | M-20 | 8 | M 17 | 00:02:34 | 00:14:23 | 00:26:36 | 00:38:40.25 | 00:38:43.40 | 3:52 | 15.5 |
| 22 | WILCZEWSKI MARIUSZ | 197 | MKS ŚWIĘC SŁAWNO | SŁAWNO | POL | M-30 | 8 | M 18 | 00:02:48 | 00:14:44 | 00:26:49 | 00:38:44.45 | 00:38:48.95 | 3:52 | 15.5 |
| 23 | HERMAN ARKADIUSZ | 62 | | SŁUPSK | POL | M-40 | 2 | M 19 | 00:02:36 | 00:14:25 | 00:26:36 | 00:38:58.45 | 00:39:01.10 | 3:53 | 15.4 |
| 24 | PAZDA-POZORSKA GOSIUNIA | 114 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | K-30 | 1 | K 5 | 00:02:35 | 00:14:24 | 00:26:37 | 00:39:24.15 | 00:39:26.00 | 3:56 | 15.2 |
| 25 | JASKULSKI KAZIMIERZ | 50 | AKADEMIA BIEGANIA GRUDZIĄDZ | GRUDZIĄDZ | POL | M-50 | 2 | M 20 | 00:02:40 | 00:14:41 | 00:27:10 | 00:39:26.90 | 00:39:29.25 | 3:56 | 15.2 |
| 26 | GRZESIK EUGENIUSZ | 37 | TKKF KOSZALIN | KOSZALIN | POL | M-50 | 3 | M 21 | 00:02:35 | 00:14:40 | 00:27:09 | 00:39:36.25 | 00:39:38.90 | 3:57 | 15.2 |
| 27 | GOSTKOWSKI ŁUKASZ | 198 | KB GOCH BYTÓW | BYTÓW | POL | M-20 | 9 | M 22 | 00:02:39 | 00:14:25 | 00:26:52 | 00:39:38.45 | 00:39:42.55 | 3:57 | 15.1 |
| 28 | CZAPIEWSKA MONIKA | 21 | UKS OLIMPIJCZYK SKORZEWO | SKORZEWO | POL | K-20 | 4 | K 6 | 00:02:48 | 00:15:44 | 00:28:29 | 00:40:11.15 | 00:40:12.65 | 4:01 | 14.9 |
| 29 | RYCHTER ANTONINA | 134 | MKL SZCZECINEK | MIEKOWO | POL | K-30 | 2 | K 7 | 00:02:47 | 00:15:13 | 00:27:52 | 00:40:15.10 | 00:40:17.65 | 4:01 | 14.9 |
| 30 | JURA KRZYSZTOF | 54 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 3 | M 23 | 00:02:35 | 00:14:40 | 00:27:46 | 00:40:21.80 | 00:40:25.25 | 4:02 | 14.9 |
| 31 | PANCEWICZ PIOTR | 111 | RUNNERSWALDE DARŁOWO | DARŁOWO | POL | M-30 | 9 | M 24 | 00:02:51 | 00:15:17 | 00:28:07 | 00:40:38.05 | 00:40:40.90 | 4:03 | 14.8 |
| 32 | FERENC RAFAŁ | 27 | | MIASTKO | POL | M-30 | 10 | M 25 | 00:02:33 | 00:14:48 | 00:27:44 | 00:40:51.75 | 00:40:55.80 | 4:05 | 14.7 |
| 33 | GARSKI KRYSPIŃ | 31 | ŚWIAT PŁYTEK U KRYPINA | BYTÓW | POL | M-40 | 4 | M 26 | 00:02:50 | 00:15:23 | 00:28:15 | 00:41:03.75 | 00:41:08.70 | 4:06 | 14.6 |
| 34 | HINC WALDEMAR | 40 | ZACISZE PRZECHLEWO | PRZECHLEWO | POL | M-50 | 4 | M 27 | 00:02:47 | 00:15:14 | 00:28:09 | 00:41:12.30 | 00:41:15.30 | 4:07 | 14.6 |
| 35 | DIADCZYK KRZYSZTOF | 199 | FLORIAN CHOJNICE | CHOJNICE | POL | M-50 | 5 | M 28 | 00:02:38 | 00:15:19 | 00:28:12 | 00:41:17.05 | 00:41:29.05 | 4:07 | 14.5 |
| 36 | ŁAGUTKO KAMILA | 86 | | DARŁOWO | POL | K-30 | 3 | K 8 | 00:02:50 | 00:15:15 | 00:28:12 | 00:41:17.95 | 00:41:22.75 | 4:07 | 14.5 |
| 37 | ŻUCHOWSKI MACIEJ | 182 | KPPSP BYTÓW | TRZEBIELINO | POL | M-30 | 11 | M 29 | 00:02:42 | 00:15:07 | 00:28:14 | 00:41:36.65 | 00:41:40.35 | 4:09 | 14.4 |
| 38 | SIEMIĄTKOWSKI ROBERT | 137 | RUNNERSWALDE DARŁOWO | DARŁOWO | POL | M-30 | 12 | M 30 | 00:02:48 | 00:15:24 | 00:28:48 | 00:41:44.25 | 00:41:49.55 | 4:10 | 14.4 |
| 39 | CZACH SEBASTIAN | 20 | RUNNERSWALDE DARŁOWO | DARŁOWO | POL | M-20 | 10 | M 31 | 00:02:48 | 00:15:24 | 00:28:47 | 00:41:44.35 | 00:41:49.85 | 4:10 | 14.4 |
| 40 | BORKOWSKI TOMASZ | 13 | | TUCHOLA | POL | M-40 | 5 | M 32 | 00:02:47 | 00:15:13 | 00:28:19 | 00:41:50.10 | 00:41:52.90 | 4:11 | 14.3 |
| 41 | JABŁOŃSKI KRZYSZTOF | 43 | MTS HAMER MIASTKO | MIASTKO | POL | M-30 | 13 | M 33 | 00:02:48 | 00:15:24 | 00:28:41 | 00:42:02.90 | 00:42:07.75 | 4:12 | 14.3 |
| 42 | SZABAŁOWSKA MAŁGORZATA | 147 | MKL SZCZECINEK | SZCZECINEK | POL | K-20 | 5 | K 9 | 00:02:46 | 00:15:17 | 00:28:38 | 00:42:04.20 | 00:42:08.40 | 4:12 | 14.3 |
| 43 | FELSKA ANNA | 26 | MŻS WOŁCZA MAŁA | WOŁCZA MAŁA | POL | K-40 | 2 | K 10 | 00:02:53 | 00:16:11 | 00:29:24 | 00:42:13.20 | 00:42:16.55 | 4:13 | 14.2 |

II LETNI BIEG MTS HAMER - MIASTKO - 10KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.7km | 3.8km | 6.9km | Netto | Brutto | min/km | km/h |
|------|-----------------------------|-----|---|---------------|------|------|--------|------|----------|----------|----------|-------------|-------------|--------|------|
| 44 | WNUK STANISŁAW | 193 | MARATOŃCZYK WIELKI KLINCZ | WIELKI KLINCZ | POL | M-50 | 6 | M 34 | 00:02:46 | 00:15:40 | 00:28:55 | 00:42:16.00 | 00:42:21.70 | 4:13 | 14.2 |
| 45 | BONISŁAWSKI JAROSŁAW | 10 | WWW.FADOMODA.PL | SŁAWNO | POL | M-30 | 14 | M 35 | 00:03:04 | 00:16:22 | 00:29:32 | 00:42:31.35 | 00:42:48.55 | 4:15 | 14.1 |
| 46 | GIERLACH JACEK | 34 | STOPA SŁUPSK | SŁUPSK | POL | M-20 | 11 | M 36 | 00:02:57 | 00:15:49 | 00:29:15 | 00:42:34.60 | 00:42:42.60 | 4:15 | 14.1 |
| 47 | SAJKO BARTOSZ | 88 | | DARŁOWO | POL | M-30 | 15 | M 37 | 00:02:47 | 00:15:23 | 00:28:58 | 00:42:37.45 | 00:42:43.70 | 4:15 | 14.1 |
| 48 | SKIERKA GRZEGORZ | 195 | MKS ŚWIĘC SŁAWNO | KWASOWO | POL | M-30 | 16 | M 38 | 00:03:14 | 00:16:27 | 00:29:45 | 00:42:48.55 | 00:43:02.00 | 4:16 | 14 |
| 49 | WANTOCH REKOWSKI ZBIGNIEW | 166 | JRG MIASTKO | BOROWY MŁYN | POL | M-40 | 6 | M 39 | 00:02:42 | 00:15:29 | 00:29:14 | 00:42:50.00 | 00:42:52.65 | 4:17 | 14 |
| 50 | SMOLARZ ANGELIKA | 65 | | KRAJENKA | POL | K-20 | 6 | K 11 | 00:02:41 | 00:15:29 | 00:29:07 | 00:42:53.20 | 00:42:55.55 | 4:17 | 14 |
| 51 | MATYJASEK ZBIGNIEW | 96 | TKKF KOSZALIN | KOSZALIN | POL | M-40 | 7 | M 40 | 00:02:38 | 00:15:24 | 00:29:31 | 00:43:16.65 | 00:43:20.35 | 4:19 | 13.9 |
| 52 | KROPIDŁOWSKI ZDZISŁAW | 69 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 8 | M 41 | 00:02:50 | 00:16:02 | 00:29:39 | 00:43:20.45 | 00:43:24.05 | 4:20 | 13.8 |
| 53 | KULPACZYŃSKI PATRYK | 78 | GOGGLE PAE TEAM | GDAŃSK | POL | M-30 | 17 | M 42 | 00:02:59 | 00:16:11 | 00:29:45 | 00:43:25.75 | 00:43:35.30 | 4:20 | 13.8 |
| 54 | OLESZEK JERZY | 107 | | GRABNO | POL | M-40 | 9 | M 43 | 00:02:48 | 00:16:04 | 00:29:48 | 00:43:27.45 | 00:43:31.40 | 4:20 | 13.8 |
| 55 | GRABOWSKI ANDRZEJ | 177 | ŚWIAT PŁYTEK U KRYSPIŃ | NOŻYNO | POL | M-40 | 10 | M 44 | 00:02:58 | 00:16:15 | 00:30:00 | 00:43:35.15 | 00:43:41.30 | 4:21 | 13.8 |
| 56 | ZYLICZ PAWEŁ | 183 | STOPA SŁUPSK | SŁUPSK | POL | M-20 | 12 | M 45 | 00:02:58 | 00:16:22 | 00:30:08 | 00:43:45.20 | 00:43:50.70 | 4:22 | 13.7 |
| 57 | ZAWADZKI DAMIAN | 176 | KB WYGAN KOŁOBRZEG | ZIELENIEWO | POL | M-30 | 18 | M 46 | 00:02:53 | 00:16:05 | 00:29:57 | 00:43:47.10 | 00:43:54.35 | 4:22 | 13.7 |
| 58 | KŁACZYŃSKA DANUTA | 60 | | SZCZECIN | POL | K-40 | 3 | K 12 | 00:02:42 | 00:15:37 | 00:29:49 | 00:43:52.00 | 00:43:55.30 | 4:23 | 13.7 |
| 59 | KORDECKI ROBERT | 194 | MARATOŃCZYK WIELKI KLINCZ | WIELKI KLINCZ | POL | M-20 | 13 | M 47 | 00:02:45 | 00:15:35 | 00:29:16 | 00:44:14.50 | 00:44:18.40 | 4:25 | 13.6 |
| 60 | CZAJA ANDRZEJ | 38 | UKS EKONOMIK-MARATOŃCZYK LĘBORK | ŁĘCZYCE | POL | M-50 | 7 | M 48 | 00:03:06 | 00:16:28 | 00:30:18 | 00:44:29.85 | 00:44:38.95 | 4:26 | 13.5 |
| 61 | STOLTMAN MAREK | 155 | | ZADRY | POL | M-20 | 14 | M 49 | 00:02:55 | 00:16:26 | 00:30:40 | 00:44:46.00 | 00:44:55.10 | 4:28 | 13.4 |
| 62 | DWULIT DARIUSZ | 23 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 11 | M 50 | 00:02:56 | 00:16:31 | 00:30:37 | 00:44:49.20 | 00:45:03.85 | 4:28 | 13.4 |
| 63 | JAMNIAK BARTOSZ | 44 | MTS HAMER MIASTKO | MIASTKO | POL | M-20 | 15 | M 51 | 00:02:34 | 00:16:10 | 00:30:36 | 00:44:54.00 | 00:44:57.60 | 4:29 | 13.4 |
| 64 | RUSZCZYŃSKI ŁUKASZ | 133 | RWT BYDGOSZCZ/ WŁ SŁUPSK | SŁUPSK | POL | M-30 | 19 | M 52 | 00:02:58 | 00:16:39 | 00:30:44 | 00:44:55.05 | 00:45:00.60 | 4:29 | 13.4 |
| 65 | JANKIEWICZ TOMASZ | 46 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 12 | M 53 | 00:02:52 | 00:16:38 | 00:30:48 | 00:44:58.20 | 00:45:03.20 | 4:29 | 13.3 |
| 66 | PEKAŁA PIOTR | 118 | SOSW KOSZALIN | KOSZALIN | POL | M-40 | 13 | M 54 | 00:03:03 | 00:16:29 | 00:30:52 | 00:44:59.70 | 00:45:10.85 | 4:29 | 13.3 |
| 67 | MAZUR EMILIUSZ | 97 | | DARŁOWO | POL | M-40 | 14 | M 55 | 00:02:51 | 00:16:00 | 00:29:59 | 00:45:13.20 | 00:45:17.70 | 4:31 | 13.3 |
| 68 | KUBIŃSKI RAFAŁ | 73 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M-50 | 8 | M 56 | 00:02:45 | 00:16:24 | 00:30:34 | 00:45:14.80 | 00:45:17.90 | 4:31 | 13.3 |
| 69 | PŁCZYŃSKI ZBIGNIEW | 120 | NIEZRZESZONY | SŁUPSK | POL | M-50 | 9 | M 57 | 00:03:02 | 00:16:31 | 00:30:55 | 00:45:31.30 | 00:45:37.10 | 4:33 | 13.2 |
| 70 | JASKULSKA MIRELA | 49 | AKADEMIA BIEGANIA GRUDZIĄDZ | GRUDZIĄDZ | POL | K-50 | 1 | K 13 | 00:03:14 | 00:17:20 | 00:31:36 | 00:46:00.85 | 00:46:11.50 | 4:36 | 13 |
| 71 | JURA MICHAŁ | 56 | MTS HAMER MIASTKO | MIASTKO | POL | M-20 | 16 | M 58 | 00:03:00 | 00:17:27 | 00:32:13 | 00:46:01.65 | 00:46:07.10 | 4:36 | 13 |
| 72 | SPALIK MICHAŁ | 143 | MTS HAMER MIASTKO | MIASTKO | POL | M-20 | 17 | M 59 | 00:02:34 | 00:16:10 | 00:31:25 | 00:46:03.35 | 00:46:07.00 | 4:36 | 13 |
| 73 | MAJEWSKI ANDRZEJ | 89 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 15 | M 60 | 00:03:17 | 00:17:28 | 00:31:54 | 00:46:04.95 | 00:46:20.15 | 4:36 | 13 |
| 74 | CAŁKA MAGDALENA | 17 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | K-20 | 7 | K 14 | 00:03:02 | 00:16:48 | 00:31:35 | 00:46:28.85 | 00:46:35.65 | 4:38 | 12.9 |
| 75 | POBŁOCKA BOŻENA | 123 | UKS EKONOMIK-MARATOŃCZYK LĘBORK | LĘBORK | POL | K-40 | 4 | K 15 | 00:03:15 | 00:17:27 | 00:32:02 | 00:46:33.00 | 00:46:35.65 | 4:39 | 12.9 |
| 76 | SZEWCIUK ANDRZEJ | 154 | STOPA SŁUPSK | SŁUPSK | POL | M-60 | 1 | M 61 | 00:03:15 | 00:17:20 | 00:31:56 | 00:46:34.75 | 00:46:42.75 | 4:39 | 12.9 |
| 77 | SPALIK MARIUSZ | 142 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 16 | M 62 | 00:02:44 | 00:16:40 | 00:31:24 | 00:46:35.90 | 00:46:39.05 | 4:39 | 12.9 |
| 78 | KRZEWIŃSKA MAŁGORZATA | 72 | TKKF KOSZALIN | KOSZALIN | POL | K-50 | 2 | K 16 | 00:03:13 | 00:17:44 | 00:32:36 | 00:47:23.10 | 00:47:29.15 | 4:44 | 12.7 |
| 79 | ŚWIĄTEK-BRZEZIŃSKI HUBERT | 173 | MTS HAMER MIASTKO | MIASTKO | POL | M-20 | 18 | M 63 | 00:03:00 | 00:17:28 | 00:32:39 | 00:47:35.60 | 00:47:40.75 | 4:45 | 12.6 |
| 80 | SKOWYRSKI JANUSZ | 138 | TKKF KOSZALIN ROWERIA KOSZALIN | BIESIEKIERZ | POL | M-50 | 10 | M 64 | 00:03:13 | 00:17:39 | 00:32:31 | 00:47:38.00 | 00:47:48.00 | 4:45 | 12.6 |
| 81 | WIERZBICKI SYLWESTER | 169 | RUNNERSWALDE DARŁOWO | DARŁOWO | POL | M-30 | 20 | M 65 | 00:03:08 | 00:17:29 | 00:32:31 | 00:47:42.35 | 00:47:51.35 | 4:46 | 12.6 |
| 82 | PETA ANDRZEJ | 116 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 17 | M 66 | 00:02:57 | 00:17:18 | 00:32:18 | 00:47:42.95 | 00:47:47.35 | 4:46 | 12.6 |
| 83 | BOHDAN JAKUB | 9 | MTS HAMER MIASTKO | MIASTKO | POL | M-20 | 19 | M 67 | 00:02:59 | 00:17:25 | 00:32:15 | 00:48:03.15 | 00:48:09.20 | 4:48 | 12.5 |
| 84 | FRONTCZAK IZABELA | 29 | TKKF KOSZALIN | SZCZECINEK | POL | K-20 | 8 | K 17 | 00:03:13 | 00:17:44 | 00:32:50 | 00:48:03.70 | 00:48:09.70 | 4:48 | 12.5 |
| 85 | SZYMAŃSKI MATEUSZ | 158 | | MIASTKO | POL | M-30 | 21 | M 68 | 00:03:25 | 00:18:21 | 00:33:19 | 00:48:05.15 | 00:48:14.40 | 4:48 | 12.5 |
| 86 | PRUS MIKOŁAJ | 63 | | SŁUPSK | POL | M-20 | 20 | M 69 | 00:02:51 | 00:17:36 | 00:32:33 | 00:48:05.40 | 00:48:08.70 | 4:48 | 12.5 |
| 87 | WOWK ADRIAN | 186 | | WAŁDOWO | POL | M-20 | 21 | M 70 | 00:03:15 | 00:17:38 | 00:32:59 | 00:48:07.55 | 00:48:14.70 | 4:48 | 12.5 |
| 88 | KOWALCZYK GRZEGORZ | 66 | BIEG NAJLEPSZYM SPOSOBEM JEST PORUSZANIA | LUBLIN | POL | M-40 | 18 | M 71 | 00:03:02 | 00:17:20 | 00:32:48 | 00:48:18.20 | 00:48:18.35 | 4:49 | 12.4 |
| 89 | SURDACKI PIOTR | 151 | MONIA TEAM | GRYFINO | POL | M-40 | 19 | M 72 | 00:03:16 | 00:18:08 | 00:33:15 | 00:48:16.10 | 00:48:23.05 | 4:49 | 12.4 |
| 90 | OTOKA KASIA | 109 | MONIA TEAM | SZCZECIN | POL | K-30 | 4 | K 18 | 00:03:16 | 00:18:08 | 00:33:14 | 00:48:16.25 | 00:48:22.65 | 4:49 | 12.4 |
| 91 | GABRYEL WOJCIECH | 30 | -) | TUCHOLA | POL | M-40 | 20 | M 73 | 00:03:09 | 00:17:36 | 00:32:48 | 00:48:17.30 | 00:48:29.15 | 4:49 | 12.4 |
| 92 | KRUPKA PIOTR | 70 | TEAM OPTIM | MIASTKO | POL | M-30 | 22 | M 74 | 00:03:16 | 00:18:16 | 00:33:13 | 00:48:17.60 | 00:48:30.75 | 4:49 | 12.4 |
| 93 | PATUREJ-KRUPKA ANNA PAULINA | 113 | TEAM OPTIM | MIASTKO | POL | K-30 | 5 | K 19 | 00:03:17 | 00:18:17 | 00:33:14 | 00:48:18.15 | 00:48:30.90 | 4:49 | 12.4 |
| 94 | GOLUŃSKA RENATA | 35 | | MIASTKO | POL | K-30 | 6 | K 20 | 00:03:17 | 00:18:01 | 00:33:29 | 00:48:19.20 | 00:48:26.15 | 4:50 | 12.4 |
| 95 | SZABLA EWELINA | 153 | MTS HAMER MIASTKO | MIASTKO | POL | K-30 | 7 | K 21 | 00:03:02 | 00:17:37 | 00:33:00 | 00:48:20.85 | 00:48:24.60 | 4:50 | 12.4 |
| 96 | DORAWA WOJCIECH | 51 | | MIASTKO | POL | M-20 | 22 | M 75 | 00:03:09 | 00:17:19 | 00:32:46 | 00:48:30.60 | 00:48:40.45 | 4:51 | 12.4 |

II LETNI BIEG MTS HAMER - MIASTKO - 10KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.7km | 3.8km | 6.9km | Netto | Brutto | min/km | km/h |
|------|------------------------|-----|-----------------------------------|----------------|------|------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 97 | POZORSKI KRZYSZTOF | 127 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M-30 | 23 | M 76 | 00:03:10 | 00:17:40 | 00:33:01 | 00:48:30.85 | 00:48:37.20 | 4:51 | 12.4 |
| 98 | MICERSKI TOMASZ | 99 | TKKF KOSZALIN | KOSZALIN | POL | M-40 | 21 | M 77 | 00:03:14 | 00:17:56 | 00:33:15 | 00:48:33.35 | 00:48:42.90 | 4:51 | 12.4 |
| 99 | FILIPÓW TADEUSZ | 28 | NIEZRZESZONY | LEBORK | POL | M-60 | 2 | M 78 | 00:03:07 | 00:17:31 | 00:32:46 | 00:48:51.90 | 00:48:56.70 | 4:53 | 12.3 |
| 100 | TUROWSKI WOJCIECH | 164 | USTKA | USTKA | POL | M-40 | 22 | M 79 | 00:02:58 | 00:17:32 | 00:33:14 | 00:48:57.05 | 00:49:01.30 | 4:53 | 12.3 |
| 101 | JĘDRASZKO MAGDA | 53 | MTS HAMER MIASTKO | PASIEKA | POL | K-30 | 8 | K 22 | 00:03:13 | 00:18:00 | 00:33:28 | 00:49:00.90 | 00:49:09.70 | 4:54 | 12.2 |
| 102 | ZIENTARSKA JOANNA | 180 | ŚWIAT PŁYTEK U KRYSPIŃA | BYTÓW | POL | K-40 | 5 | K 23 | 00:03:37 | 00:18:17 | 00:33:34 | 00:49:10.70 | 00:49:18.75 | 4:55 | 12.2 |
| 103 | SULL KACPER | 150 | NIGHT RUNNERS SŁUPSK | WODNICA | POL | M-20 | 23 | M 80 | 00:03:13 | 00:17:34 | 00:33:31 | 00:49:17.10 | 00:49:25.05 | 4:55 | 12.2 |
| 104 | MALEK ANDRZEJ | 90 | POZYTYWNA ENDORFINA | KOŚCIERZYNA | POL | M-60 | 3 | M 81 | 00:03:19 | 00:18:03 | 00:33:29 | 00:49:25.40 | 00:49:32.95 | 4:56 | 12.1 |
| 105 | ZBLEWSKI PATRYK | 178 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M-30 | 24 | M 82 | 00:03:14 | 00:18:08 | 00:33:52 | 00:49:27.30 | 00:49:33.85 | 4:56 | 12.1 |
| 106 | KUHARSKI PRZEMYSŁAW | 74 | MIASTKO | MIASTKO | POL | M-30 | 25 | M 83 | 00:03:22 | 00:18:22 | 00:33:39 | 00:49:28.90 | 00:49:39.20 | 4:56 | 12.1 |
| 107 | KRASIŃSKI WITOLD | 67 | JW 1223 - 3.DPLOT | KOSZALIN | POL | M-40 | 23 | M 84 | 00:03:16 | 00:17:53 | 00:33:36 | 00:49:38.85 | 00:49:48.10 | 4:57 | 12.1 |
| 108 | ŁASZCZ DARIUSZ | 87 | REKOWO | MIASTKO | POL | M-50 | 11 | M 85 | 00:03:46 | 00:19:13 | 00:34:31 | 00:49:40.65 | 00:49:53.90 | 4:58 | 12.1 |
| 109 | IWASZKO KRZYSZTOF | 42 | MTS HAMER MIASTKO | MIASTKO | POL | M-30 | 26 | M 86 | 00:03:37 | 00:18:59 | 00:34:04 | 00:49:49.15 | 00:50:04.70 | 4:58 | 12 |
| 110 | BOGUSZ MARIETTA | 200 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | K-20 | 9 | K 24 | 00:03:16 | 00:18:04 | 00:34:02 | 00:50:12.80 | 00:50:15.80 | 5:01 | 12 |
| 111 | MROCEK PRZEMYSŁAW | 79 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M-40 | 24 | M 87 | 00:03:18 | 00:18:04 | 00:34:03 | 00:50:13.15 | 00:50:15.80 | 5:01 | 11.9 |
| 112 | WIRSKA KAROLINA | 172 | BRAK | BYTÓW | POL | K-30 | 9 | K 25 | 00:03:21 | 00:18:41 | 00:34:25 | 00:50:18.55 | 00:50:23.70 | 5:01 | 11.9 |
| 113 | KARGUL JACEK | 59 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M-30 | 27 | M 88 | 00:03:12 | 00:18:03 | 00:34:00 | 00:50:19.85 | 00:50:27.10 | 5:02 | 11.9 |
| 114 | WENCLAWSKI MICHAŁ | 167 | ARAGORTEAM | SŁUPSK | POL | M-20 | 24 | M 89 | 00:03:12 | 00:17:57 | 00:34:12 | 00:50:36.25 | 00:50:44.15 | 5:03 | 11.9 |
| 115 | ZMIENKO HUBERT | 181 | CHOJNICE | CHOJNICE | POL | M-30 | 28 | M 90 | 00:03:11 | 00:18:10 | 00:34:33 | 00:51:12.05 | 00:51:22.35 | 5:07 | 11.7 |
| 116 | KUŁAKOWSKI DAWID | 80 | TKKF KOSZALIN | KOSZALIN | POL | M-30 | 29 | M 91 | 00:03:14 | 00:18:07 | 00:34:22 | 00:51:24.15 | 00:51:33.25 | 5:08 | 11.7 |
| 117 | ŻWIROWSKI ANDRZEJ | 39 | MIASTKO | MIASTKO | POL | M-30 | 30 | M 92 | 00:03:17 | 00:18:37 | 00:34:43 | 00:51:27.40 | 00:51:33.85 | 5:08 | 11.7 |
| 118 | ŁASZCZ ADAM | 83 | MIASTKO | MIASTKO | POL | M-50 | 12 | M 93 | 00:03:47 | 00:19:27 | 00:35:38 | 00:51:31.50 | 00:51:44.10 | 5:09 | 11.6 |
| 119 | ANDRZEJCZAK SŁAWOMIR | 2 | GRZESŁAW USTKA | ŁĘDOWO-OSIEDLE | POL | M-40 | 25 | M 94 | 00:03:12 | 00:18:13 | 00:34:31 | 00:51:40.80 | 00:51:49.90 | 5:10 | 11.6 |
| 120 | SZABAŁOWSKA ADRIANNA | 1 | SZCZECINEK | SZCZECINEK | POL | K-20 | 10 | K 26 | 00:03:33 | 00:19:22 | 00:35:43 | 00:51:49.95 | 00:51:58.45 | 5:11 | 11.6 |
| 121 | BRUDKA JACEK | 76 | KOSZALIN | KOSZALIN | POL | M-30 | 31 | M 95 | 00:03:15 | 00:18:35 | 00:35:05 | 00:52:02.50 | 00:52:14.65 | 5:12 | 11.5 |
| 122 | HAŁAS PIOTR | 58 | SŁUPSK | SŁUPSK | POL | M-30 | 32 | M 96 | 00:03:16 | 00:18:31 | 00:35:23 | 00:52:26.25 | 00:52:32.70 | 5:14 | 11.4 |
| 123 | KUCHENBEKIER ARKADIUSZ | 75 | MIASTKO | MIASTKO | POL | M-40 | 26 | M 97 | 00:03:35 | 00:19:19 | 00:36:02 | 00:52:36.05 | 00:52:49.95 | 5:15 | 11.4 |
| 124 | CYBULSKI ROBERT | 19 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 27 | M 98 | 00:03:18 | 00:19:07 | 00:35:48 | 00:52:37.65 | 00:52:42.95 | 5:15 | 11.4 |
| 125 | MARCUŁA AGATA | 92 | MIASTKO | MIASTKO | POL | K-30 | 10 | K 27 | 00:03:26 | 00:18:51 | 00:35:29 | 00:52:38.45 | 00:52:50.30 | 5:15 | 11.4 |
| 126 | BORDUN BASIA | 11 | NEKO | BIAŁY BÓR | POL | K-20 | 11 | K 28 | 00:03:31 | 00:19:17 | 00:36:04 | 00:52:57.65 | 00:53:05.55 | 5:17 | 11.3 |
| 127 | DZIERŻEŃSKA MONIKA | 188 | GDAŃSK | GDAŃSK | POL | K-40 | 6 | K 29 | 00:03:16 | 00:18:48 | 00:35:52 | 00:53:00.85 | 00:53:14.25 | 5:18 | 11.3 |
| 128 | WOŹNIAK GRZEGORZ | 174 | GRZESŁAW USTKA | USTKA | POL | M-40 | 28 | M 99 | 00:03:25 | 00:18:48 | 00:35:37 | 00:53:23.50 | 00:53:32.00 | 5:20 | 11.2 |
| 129 | HASULAK ŁUKASZ | 61 | MTS HAMER MIASTKO | MIASTKO | POL | M-30 | 33 | M 100 | 00:03:28 | 00:18:52 | 00:35:30 | 00:53:46.80 | 00:53:57.55 | 5:22 | 11.2 |
| 130 | PIETRZYCKI ANDRZEJ | 119 | NIEZRZESZONY | SŁUPSK | POL | M-60 | 4 | M 101 | 00:03:53 | 00:21:07 | 00:38:16 | 00:53:48.30 | 00:54:02.75 | 5:22 | 11.2 |
| 131 | SOROKA TOMASZ | 140 | NIGHT RUNNERS SŁUPSK / BBL SŁUPSK | SŁUPSK | POL | M-30 | 34 | M 102 | 00:03:17 | 00:19:13 | 00:36:35 | 00:53:50.50 | 00:53:53.50 | 5:23 | 11.1 |
| 132 | SZABAŁOWSKI MAREK | 148 | SZCZECINEK | SZCZECINEK | POL | M-40 | 29 | M 103 | 00:03:36 | 00:19:54 | 00:36:52 | 00:53:50.60 | 00:53:54.80 | 5:23 | 11.1 |
| 133 | KUPREWICZ GRZEGORZ | 82 | ROZBIEGANY KOSZALIN | KOSZALIN | POL | M-30 | 35 | M 104 | 00:03:15 | 00:19:48 | 00:37:39 | 00:54:22.65 | 00:54:33.10 | 5:26 | 11 |
| 134 | TURCZYN GRZEGORZ | 162 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M-40 | 30 | M 105 | 00:03:38 | 00:19:50 | 00:37:01 | 00:54:22.80 | 00:54:36.00 | 5:26 | 11 |
| 135 | HRYHOROWICZ JOANNA | 41 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | K-30 | 11 | K 30 | 00:03:38 | 00:19:52 | 00:37:02 | 00:54:22.85 | 00:54:36.25 | 5:26 | 11 |
| 136 | GREBIENIK ANDRZEJ | 36 | SŁUPSK | SŁUPSK | POL | M-40 | 31 | M 106 | 00:03:40 | 00:19:37 | 00:37:08 | 00:54:56.10 | 00:55:07.35 | 5:29 | 10.9 |
| 137 | SŁOMSKI ZENON | 139 | KORZYBSKIE REKINY | KORZYBIE | POL | M-60 | 5 | M 107 | 00:03:43 | 00:19:59 | 00:36:55 | 00:54:58.60 | 00:55:07.40 | 5:29 | 10.9 |
| 138 | JURA KAZIMIERZ | 55 | MTS HAMER MIASTKO | MIASTKO | POL | M-60 | 6 | M 108 | 00:03:41 | 00:20:13 | 00:37:47 | 00:54:58.90 | 00:55:13.85 | 5:29 | 10.9 |
| 139 | MUSZYŃSKI JACEK | 102 | KB GOCH BYTÓW | BYTÓW | POL | M-60 | 7 | M 109 | 00:03:40 | 00:20:10 | 00:37:39 | 00:55:02.20 | 00:55:16.50 | 5:30 | 10.9 |
| 140 | PETA RENATA | 115 | MTS HAMER MIASTKO | MIASTKO | POL | K-30 | 12 | K 31 | 00:03:27 | 00:20:15 | 00:37:58 | 00:55:02.50 | 00:55:12.65 | 5:30 | 10.9 |
| 141 | BUTKIEWICZ WOJCIECH | 16 | MIASTKO | MIASTKO | POL | M-50 | 13 | M 110 | 00:03:23 | 00:19:46 | 00:37:13 | 00:55:11.70 | 00:55:18.95 | 5:31 | 10.9 |
| 142 | GAŚSIOR PAWEŁ | 33 | ROZBIEGANY SUSZ | SUSZ | POL | M-30 | 36 | M 111 | 00:03:42 | 00:20:31 | 00:38:20 | 00:55:27.85 | 00:55:36.70 | 5:32 | 10.8 |
| 143 | DYRCZ MARIKA | 24 | MKS ŚWIĘC SŁAWNO | SŁAWNO | POL | K-30 | 13 | K 32 | 00:03:57 | 00:20:48 | 00:38:33 | 00:56:13.75 | 00:56:28.05 | 5:37 | 10.7 |
| 144 | MARCZAK ANDRZEJ | 94 | AMATOR | ŻELKOWO | POL | M-50 | 14 | M 112 | 00:03:39 | 00:20:50 | 00:38:23 | 00:56:17.80 | 00:56:25.80 | 5:37 | 10.7 |
| 145 | PACAN MIRA | 110 | ŚWIAT PŁYTEK U KRYSPIŃA | BYTÓW | POL | K-20 | 12 | K 33 | 00:03:53 | 00:21:23 | 00:39:30 | 00:57:12.25 | 00:57:20.50 | 5:43 | 10.5 |
| 146 | JANKOWSKA MONIKA | 191 | FOLLOW ME SZCZECINEK | SZCZECINEK | POL | K-20 | 13 | K 34 | 00:03:42 | 00:21:00 | 00:39:33 | 00:57:27.65 | 00:57:35.30 | 5:44 | 10.4 |
| 147 | PARWANICKI WIKTOR | 112 | 'TUPOT' USTKA | WYLNKOWKO | POL | M-60 | 8 | M 113 | 00:03:57 | 00:20:55 | 00:38:56 | 00:57:37.05 | 00:57:51.85 | 5:45 | 10.4 |
| 148 | ŚLEDZ ANDRZEJ | 160 | WŁ SŁUPSK | SŁUPSK | POL | M-40 | 32 | M 114 | 00:03:22 | 00:20:06 | 00:38:54 | 00:57:47.15 | 00:57:53.10 | 5:46 | 10.4 |
| 149 | BĄCZYK ADAM | 5 | MONIA TEAM | SZCZECIN | POL | M-30 | 37 | M 115 | 00:03:46 | 00:21:29 | 00:39:53 | 00:57:58.40 | 00:58:11.50 | 5:47 | 10.4 |
| 150 | BĄCZYK MONIKA | 4 | MONIA TEAM | SZCZECIN | POL | K-30 | 14 | K 35 | 00:03:47 | 00:21:29 | 00:39:54 | 00:57:58.75 | 00:58:11.65 | 5:47 | 10.3 |
| 151 | POZORSKI ZBIGNIEW | 128 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M-60 | 9 | M 116 | 00:03:43 | 00:20:49 | 00:39:19 | 00:58:16.05 | 00:58:23.10 | 5:49 | 10.3 |
| 152 | SZABAT DARIA | 152 | SŁUPSK | SŁUPSK | POL | K-20 | 14 | K 36 | 00:03:55 | 00:21:25 | 00:39:22 | 00:58:17.90 | 00:58:33.25 | 5:49 | 10.3 |

II LETNI BIEG MTS HAMER - MIASTKO - 10KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.7km | 3.8km | 6.9km | Netto | Brutto | min/km | km/h |
|------|------------------------|-----|---------------------------------|------------|------|------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 153 | SZYCA KAROLINA | 157 | | MIASTKO | POL | K-20 | 15 | K 37 | 00:03:18 | 00:19:07 | 00:37:18 | 00:58:28.10 | 00:58:34.45 | 5:50 | 10.3 |
| 154 | ZIĘBA PAWEŁ | 179 | TKKF KOSZALIN | KOSZALIN | POL | M-40 | 33 | M 117 | 00:03:16 | 00:20:46 | 00:41:00 | 00:58:48.35 | 00:58:58.10 | 5:52 | 10.2 |
| 155 | WOLSKA ANNA | 22 | ŚWIAT PŁYTEK U KRYSPIŃ | NOŻYNO | POL | K-30 | 15 | K 38 | 00:03:55 | 00:21:33 | 00:40:09 | 00:58:50.10 | 00:59:02.25 | 5:53 | 10.2 |
| 156 | JANKOWSKA JUSTYNA | 48 | | SŁUPSK | POL | K-30 | 16 | K 39 | 00:03:36 | 00:21:10 | 00:40:11 | 00:59:04.50 | 00:59:14.40 | 5:54 | 10.2 |
| 157 | BRZozowska MAGDALENA | 14 | | SŁUPSK | POL | K-20 | 16 | K 40 | 00:03:36 | 00:21:07 | 00:39:49 | 00:59:15.55 | 00:59:20.50 | 5:55 | 10.1 |
| 158 | JANKIEWICZ HELENA | 47 | MTS HAMER MIASTKO | MIASTKO | POL | K-30 | 17 | K 41 | 00:03:55 | 00:22:45 | 00:41:40 | 00:59:23.05 | 00:59:33.05 | 5:56 | 10.1 |
| 159 | LIŚNIEWSKI ANDRZEJ | 85 | WKB META LUBLINIEC | CHOJNICE | POL | M-40 | 34 | M 118 | 00:03:53 | 00:21:29 | 00:40:17 | 00:59:36.20 | 00:59:50.10 | 5:57 | 10.1 |
| 160 | SZYSZKOWSKI TOMASZ | 159 | | KOSZALIN | POL | M-30 | 38 | M 119 | 00:03:35 | 00:21:52 | 00:41:18 | 00:59:40.70 | 00:59:52.30 | 5:58 | 10.1 |
| 161 | STANKOWIAK MAGDALENA | 145 | | MIASTKO | POL | K-40 | 7 | K 42 | 00:03:20 | 00:21:07 | 00:40:30 | 00:59:42.35 | 00:59:48.45 | 5:58 | 10.1 |
| 162 | KUCHENBEKIER ILOŃ | 189 | | MIASTKO | POL | K-30 | 18 | K 43 | 00:03:53 | 00:21:32 | 00:40:22 | 00:59:48.90 | 01:00:02.80 | 5:58 | 10 |
| 163 | MARCZAK MAŁGORZATA | 93 | AMATOR | ŻELKOWO | POL | K-50 | 3 | K 44 | 00:03:44 | 00:21:25 | 00:40:48 | 01:00:01.10 | 01:00:08.50 | 6:00 | 10 |
| 164 | ZALEWSKI GRZEGORZ | 175 | | USTKA | POL | M-30 | 39 | M 120 | 00:03:41 | 00:21:02 | 00:40:22 | 01:00:29.60 | 01:00:38.40 | 6:03 | 9.9 |
| 165 | GRELA MACIEJ | 192 | FOLLOW ME SZCZECINEK | SZCZECINEK | POL | M-20 | 25 | M 121 | 00:03:35 | 00:21:20 | 00:40:53 | 01:00:48.40 | 01:00:55.50 | 6:04 | 9.9 |
| 166 | BASARAB ADAM | 3 | | SŁUPSK | POL | M-20 | 26 | M 122 | 00:03:45 | 00:21:10 | 00:41:07 | 01:00:59.95 | 01:01:11.40 | 6:06 | 9.8 |
| 167 | BUDZYŃSKA ELŻBIETA | 15 | BBL SŁUPSK | SŁUPSK | POL | K-50 | 4 | K 45 | 00:04:00 | 00:22:38 | 00:42:12 | 01:01:58.55 | 01:02:07.95 | 6:11 | 9.7 |
| 168 | CYBULSKA ELŻBIETA | 18 | | MIASTKO | POL | K-50 | 5 | K 46 | 00:04:02 | 00:22:34 | 00:42:07 | 01:02:06.50 | 01:02:10.15 | 6:12 | 9.7 |
| 169 | TUROWSKA KATARZYNA | 163 | PGB SPORTOWA PACZKA | USTKA | POL | K-50 | 6 | K 47 | 00:03:54 | 00:22:09 | 00:41:25 | 01:02:34.40 | 01:02:45.85 | 6:15 | 9.6 |
| 170 | SETNIK MONIKA | 136 | | SŁUPSK | POL | K-40 | 8 | K 48 | 00:03:55 | 00:21:40 | 00:42:15 | 01:03:12.65 | 01:03:27.65 | 6:19 | 9.5 |
| 171 | SULL AGNIESZKA | 149 | NIGHT RUNNERS SŁUPSK | WODNICA | POL | K-40 | 9 | K 49 | 00:03:47 | 00:22:14 | 00:42:30 | 01:04:36.70 | 01:04:49.35 | 6:27 | 9.3 |
| 172 | JĘDRASZKO ŁUKASZ | 52 | | PASIEKA | POL | M-30 | 40 | M 123 | 00:03:46 | 00:22:58 | 00:44:34 | 01:06:33.85 | 01:06:43.70 | 6:39 | 9 |
| 173 | WIRKUS-LASKOWSKA MAGDA | 171 | | MIASTKO | POL | K-30 | 19 | K 50 | 00:03:52 | 00:22:40 | 00:45:09 | 01:08:26.85 | 01:08:40.55 | 6:50 | 8.8 |
| 174 | NAPIĘTEK ELŻBIETA | 25 | ŚWIAT PŁYTEK U KRYSPIŃ | BYTÓW | POL | K-60 | 1 | K 51 | 00:04:06 | 00:26:11 | 00:49:29 | 01:13:17.40 | 01:13:31.60 | 7:19 | 8.2 |
| | PLISKOWSKA ANNA | 187 | | MIASTKO | POL | K-30 | | | 00:03:27 | 00:19:09 | 00:36:10 | DNF | DNF | - | - |
| | | | | | | | | | DNF | DNF | DNF | DNF | DNF | - | - |
| | POBŁOCKA KATARZYNA | 8 | UKS EKONOMIK-MARATOŃCZYK LĘBORK | LĘBORK | POL | K-20 | | | 00:03:07 | 00:17:27 | DNF | DNF | DNF | - | - |
| | | | | | | | | | DNF | DNF | DNF | DNF | DNF | - | - |
| | TRZASKA KATARZYNA | 64 | | KOSZALIN | POL | K-20 | | | 00:03:29 | 00:25:56 | DNF | DNF | DNF | - | - |
| | | | | | | | | | DNF | DNF | DNF | DNF | DNF | - | - |
| | BORDUN MICHAŁ | 12 | NEKO | MIASTKO | POL | M-30 | | | 00:03:30 | DNF | DNF | DNF | DNF | - | - |
| | | | | | | | | | DNF | DNF | DNF | DNF | DNF | - | - |
| | KŁOSIŃSKI STANISŁAW | 190 | | | POL | M-50 | | | 00:04:34 | DNF | DNF | DNF | DNF | - | - |
| | | | | | | | | | DNF | DNF | DNF | DNF | DNF | - | - |
| | MALINOWSKI MARIUSZ | 104 | | MIASTKO | POL | M-40 | | | DNF | DNF | DNF | DNF | DNF | - | - |

II LETNI BIEG MTS HAMER - MIASTKO - 10KM, K-OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.7km | 3.8km | 6.9km | Netto | Brutto | min/km | km/h |
|------|-------------------------|-----|---------------------------------|-------------|------|------|--------|------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | KAPERNA MONIKA | 57 | AZS-AWF KATOWICE | PIŁA | POL | K-20 | 1 | K 1 | 00:02:33 | 00:13:48 | 00:25:10 | 00:36:39.70 | 00:36:41.60 | 3:40 | 16.4 |
| 2 | KUZUBOVA TATYANA | 184 | ACE MAT | | UKR | K-20 | 2 | K 2 | 00:02:41 | 00:14:24 | 00:26:03 | 00:38:03.55 | 00:38:05.20 | 3:48 | 15.8 |
| 3 | PAWŁOWSKA MARLENA | 45 | | CZŁUCHÓW | POL | K-40 | 1 | K 3 | 00:02:35 | 00:14:23 | 00:26:24 | 00:38:13.80 | 00:38:15.65 | 3:49 | 15.7 |
| 4 | POBŁOCKA KAMILA | 124 | UKS EKONOMIK-MARATOŃCZYK LĘBORK | LĘBORK | POL | K-20 | 3 | K 4 | 00:02:34 | 00:14:24 | 00:26:31 | 00:38:40.25 | 00:38:42.30 | 3:52 | 15.5 |
| 5 | PAZDA-POZORSKA GOSIUNIA | 114 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | K-30 | 1 | K 5 | 00:02:35 | 00:14:24 | 00:26:37 | 00:39:24.15 | 00:39:26.00 | 3:56 | 15.2 |
| 6 | CZAPIEWSKA MONIKA | 21 | UKS OLIMPIJCZYK SKORZEWO | SKORZEWO | POL | K-20 | 4 | K 6 | 00:02:48 | 00:15:44 | 00:28:29 | 00:40:11.15 | 00:40:12.65 | 4:01 | 14.9 |
| 7 | RYCHTER ANTONINA | 134 | MKL SZCZECINEK | MIEKOWO | POL | K-30 | 2 | K 7 | 00:02:47 | 00:15:13 | 00:27:52 | 00:40:15.10 | 00:40:17.65 | 4:01 | 14.9 |
| 8 | ŁAGUTKO KAMILA | 86 | | DARŁOWO | POL | K-30 | 3 | K 8 | 00:02:50 | 00:15:15 | 00:28:12 | 00:41:17.95 | 00:41:22.75 | 4:07 | 14.5 |
| 9 | SZABAŁOWSKA MAŁGORZATA | 147 | MKL SZCZECINEK | SZCZECINEK | POL | K-20 | 5 | K 9 | 00:02:46 | 00:15:17 | 00:28:38 | 00:42:04.20 | 00:42:08.40 | 4:12 | 14.3 |
| 10 | FELSKA ANNA | 26 | MŻS WOŁCZA MAŁA | WOŁCZA MAŁA | POL | K-40 | 2 | K 10 | 00:02:53 | 00:16:11 | 00:29:24 | 00:42:13.20 | 00:42:16.55 | 4:13 | 14.2 |
| 11 | SMOLARZ ANGELIKA | 65 | | KRAJENKA | POL | K-20 | 6 | K 11 | 00:02:41 | 00:15:29 | 00:29:07 | 00:42:53.20 | 00:42:55.55 | 4:17 | 14 |
| 12 | KŁACZYŃSKA DANUTA | 60 | | SZCZECIN | POL | K-40 | 3 | K 12 | 00:02:42 | 00:15:37 | 00:29:49 | 00:43:52.00 | 00:43:55.30 | 4:23 | 13.7 |
| 13 | JASKULSKA MIRELA | 49 | AKADEMIA BIEGANIA GRUDZIĄDZ | GRUDZIĄDZ | POL | K-50 | 1 | K 13 | 00:03:14 | 00:17:20 | 00:31:36 | 00:46:00.85 | 00:46:11.50 | 4:36 | 13 |
| 14 | CAŁKA MAGDALENA | 17 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | K-20 | 7 | K 14 | 00:03:02 | 00:16:48 | 00:31:35 | 00:46:28.85 | 00:46:35.65 | 4:38 | 12.9 |
| 15 | POBŁOCKA BOŻENA | 123 | UKS EKONOMIK-MARATOŃCZYK LĘBORK | LĘBORK | POL | K-40 | 4 | K 15 | 00:03:15 | 00:17:27 | 00:32:02 | 00:46:33.00 | 00:46:35.65 | 4:39 | 12.9 |
| 16 | KRZEWIŃSKA MAŁGORZATA | 72 | TKKF KOSZALIN | KOSZALIN | POL | K-50 | 2 | K 16 | 00:03:13 | 00:17:44 | 00:32:36 | 00:47:23.10 | 00:47:29.15 | 4:44 | 12.7 |
| 17 | FRONTCZAK IZABELA | 29 | TKKF KOSZALIN | SZCZECINEK | POL | K-20 | 8 | K 17 | 00:03:13 | 00:17:44 | 00:32:50 | 00:48:03.70 | 00:48:09.70 | 4:48 | 12.5 |

II LETNI BIEG MTS HAMER - MIASTKO - 10KM, K-OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.7km | 3.8km | 6.9km | Netto | Brutto | min/km | km/h |
|------|-----------------------------|-----|---------------------------------|------------|------|------|--------|------|----------|----------|----------|-------------|-------------|--------|------|
| 18 | OTOKA KASIA | 109 | MONIA TEAM | SZCZECIN | POL | K-30 | 4 | K 18 | 00:03:16 | 00:18:08 | 00:33:14 | 00:48:16.25 | 00:48:22.65 | 4:49 | 12.4 |
| 19 | PATUREJ-KRUPKA ANNA PAULINA | 113 | TEAM OPTIM | MIASTKO | POL | K-30 | 5 | K 19 | 00:03:17 | 00:18:17 | 00:33:14 | 00:48:18.15 | 00:48:30.90 | 4:49 | 12.4 |
| 20 | GOLUŃSKA RENATA | 35 | | MIASTKO | POL | K-30 | 6 | K 20 | 00:03:17 | 00:18:01 | 00:33:29 | 00:48:19.20 | 00:48:26.15 | 4:50 | 12.4 |
| 21 | SZABLA EWELINA | 153 | MTS HAMER MIASTKO | MIASTKO | POL | K-30 | 7 | K 21 | 00:03:02 | 00:17:37 | 00:33:00 | 00:48:20.85 | 00:48:24.60 | 4:50 | 12.4 |
| 22 | JĘDRASZKO MAGDA | 53 | MTS HAMER MIASTKO | PASIEKA | POL | K-30 | 8 | K 22 | 00:03:13 | 00:18:00 | 00:33:28 | 00:49:00.90 | 00:49:09.70 | 4:54 | 12.2 |
| 23 | ZIENTARSKA JOANNA | 180 | ŚWIAT PŁYTEK U KRYSPIA | BYTÓW | POL | K-40 | 5 | K 23 | 00:03:37 | 00:18:17 | 00:33:34 | 00:49:10.70 | 00:49:18.75 | 4:55 | 12.2 |
| 24 | BOGUSZ MARIETTA | 200 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | K-20 | 9 | K 24 | 00:03:16 | 00:18:04 | 00:34:02 | 00:50:12.80 | 00:50:15.80 | 5:01 | 12 |
| 25 | WIRSKA KAROLINA | 172 | BRAK | BYTÓW | POL | K-30 | 9 | K 25 | 00:03:21 | 00:18:41 | 00:34:25 | 00:50:18.55 | 00:50:23.70 | 5:01 | 11.9 |
| 26 | SZABAŁOWSKA ADRIANNA | 1 | | SZCZECINEK | POL | K-20 | 10 | K 26 | 00:03:33 | 00:19:22 | 00:35:43 | 00:51:49.95 | 00:51:58.45 | 5:11 | 11.6 |
| 27 | MARCUŁA AGATA | 92 | | MIASTKO | POL | K-30 | 10 | K 27 | 00:03:26 | 00:18:51 | 00:35:29 | 00:52:38.45 | 00:52:50.30 | 5:15 | 11.4 |
| 28 | BORDUN BASIA | 11 | NEKO | BIAŁY BÓR | POL | K-20 | 11 | K 28 | 00:03:31 | 00:19:17 | 00:36:04 | 00:52:57.65 | 00:53:05.55 | 5:17 | 11.3 |
| 29 | DZIERŻEŃSKA MONIKA | 188 | | GDAŃSK | POL | K-40 | 6 | K 29 | 00:03:16 | 00:18:48 | 00:35:52 | 00:53:00.85 | 00:53:14.25 | 5:18 | 11.3 |
| 30 | HRYHOROWICZ JOANNA | 41 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | K-30 | 11 | K 30 | 00:03:38 | 00:19:52 | 00:37:02 | 00:54:22.85 | 00:54:36.25 | 5:26 | 11 |
| 31 | PETA RENATA | 115 | MTS HAMER MIASTKO | MIASTKO | POL | K-30 | 12 | K 31 | 00:03:27 | 00:20:15 | 00:37:58 | 00:55:02.50 | 00:55:12.65 | 5:30 | 10.9 |
| 32 | DYRZC MARIKA | 24 | MKS ŚWIĘC SŁAWNO | SŁAWNO | POL | K-30 | 13 | K 32 | 00:03:57 | 00:20:48 | 00:38:33 | 00:56:13.75 | 00:56:28.05 | 5:37 | 10.7 |
| 33 | PACAN MIRA | 110 | ŚWIAT PŁYTEK U KRYSPIA | BYTÓW | POL | K-20 | 12 | K 33 | 00:03:53 | 00:21:23 | 00:39:30 | 00:57:12.25 | 00:57:20.50 | 5:43 | 10.5 |
| 34 | JANKOWSKA MONIKA | 191 | FOLLOW ME SZCZECINEK | SZCZECINEK | POL | K-20 | 13 | K 34 | 00:03:42 | 00:21:00 | 00:39:33 | 00:57:27.65 | 00:57:35.30 | 5:44 | 10.4 |
| 35 | BĄCZYK MONIKA | 4 | MONIA TEAM | SZCZECIN | POL | K-30 | 14 | K 35 | 00:03:47 | 00:21:29 | 00:39:54 | 00:57:58.75 | 00:58:11.65 | 5:47 | 10.3 |
| 36 | SZABAT DARIA | 152 | | SŁUPSK | POL | K-20 | 14 | K 36 | 00:03:55 | 00:21:25 | 00:39:22 | 00:58:17.90 | 00:58:33.25 | 5:49 | 10.3 |
| 37 | SZYCA KAROLINA | 157 | | MIASTKO | POL | K-20 | 15 | K 37 | 00:03:18 | 00:19:07 | 00:37:18 | 00:58:28.10 | 00:58:34.45 | 5:50 | 10.3 |
| 38 | WOLSKA ANNA | 22 | ŚWIAT PŁYTEK U KRYSPIA | NOŻYNO | POL | K-30 | 15 | K 38 | 00:03:55 | 00:21:33 | 00:40:09 | 00:58:50.10 | 00:59:02.25 | 5:53 | 10.2 |
| 39 | JANKOWSKA JUSTYNA | 48 | | SŁUPSK | POL | K-30 | 16 | K 39 | 00:03:36 | 00:21:10 | 00:40:11 | 00:59:04.50 | 00:59:14.40 | 5:54 | 10.2 |
| 40 | BRZOZOWSKA MAGDALENA | 14 | | SŁUPSK | POL | K-20 | 16 | K 40 | 00:03:36 | 00:21:07 | 00:39:49 | 00:59:15.55 | 00:59:20.50 | 5:55 | 10.1 |
| 41 | JANKIEWICZ HELENA | 47 | MTS HAMER MIASTKO | MIASTKO | POL | K-30 | 17 | K 41 | 00:03:55 | 00:22:45 | 00:41:40 | 00:59:23.05 | 00:59:33.05 | 5:56 | 10.1 |
| 42 | STANKOWIAK MAGDALENA | 145 | | MIASTKO | POL | K-40 | 7 | K 42 | 00:03:20 | 00:21:07 | 00:40:30 | 00:59:42.35 | 00:59:48.45 | 5:58 | 10.1 |
| 43 | KUCHENBEKIER ILONA | 189 | | MIASTKO | POL | K-30 | 18 | K 43 | 00:03:53 | 00:21:32 | 00:40:22 | 00:59:48.90 | 01:00:02.80 | 5:58 | 10 |
| 44 | MARCZAK MAŁGORZATA | 93 | AMATOR | ŻELKOWO | POL | K-50 | 3 | K 44 | 00:03:44 | 00:21:25 | 00:40:48 | 01:00:01.10 | 01:00:08.50 | 6:00 | 10 |
| 45 | BUDZYŃSKA ELŻBIETA | 15 | BBL SŁUPSK | SŁUPSK | POL | K-50 | 4 | K 45 | 00:04:00 | 00:22:38 | 00:42:12 | 01:01:58.55 | 01:02:07.95 | 6:11 | 9.7 |
| 46 | CYBULSKA ELŻBIETA | 18 | | MIASTKO | POL | K-50 | 5 | K 46 | 00:04:02 | 00:22:34 | 00:42:07 | 01:02:06.50 | 01:02:10.15 | 6:12 | 9.7 |
| 47 | TUROWSKA KATARZYNA | 163 | PGB SPORTOWA PACZKA | USTKA | POL | K-50 | 6 | K 47 | 00:03:54 | 00:22:09 | 00:41:25 | 01:02:34.40 | 01:02:45.85 | 6:15 | 9.6 |
| 48 | SETNIK MONIKA | 136 | | SŁUPSK | POL | K-40 | 8 | K 48 | 00:03:55 | 00:21:40 | 00:42:15 | 01:03:12.65 | 01:03:27.65 | 6:19 | 9.5 |
| 49 | SULL AGNIESZKA | 149 | NIGHT RUNNERS SŁUPSK | WODNICA | POL | K-40 | 9 | K 49 | 00:03:47 | 00:22:14 | 00:42:30 | 01:04:36.70 | 01:04:49.35 | 6:27 | 9.3 |
| 50 | WIRKUS-LASKOWSKA MAGDA | 171 | | MIASTKO | POL | K-30 | 19 | K 50 | 00:03:52 | 00:22:40 | 00:45:09 | 01:08:26.85 | 01:08:40.55 | 6:50 | 8.8 |
| 51 | NAPIĘTEK ELŻBIETA | 25 | ŚWIAT PŁYTEK U KRYSPIA | BYTÓW | POL | K-60 | 1 | K 51 | 00:04:06 | 00:26:11 | 00:49:29 | 01:13:17.40 | 01:13:31.60 | 7:19 | 8.2 |
| | PLISKOWSKA ANNA | 187 | | MIASTKO | POL | K-30 | | | 00:03:27 | 00:19:09 | 00:36:10 | DNF | DNF | - | - |
| | POBŁOCKA KATARZYNA | 8 | UKS EKONOMIK-MARATOŃCZYK LĘBORK | LĘBORK | POL | K-20 | | | DNF | DNF | DNF | DNF | DNF | - | - |
| | TRZASKA KATARZYNA | 64 | | KOSZALIN | POL | K-20 | | | 00:03:29 | 00:25:56 | DNF | DNF | DNF | - | - |
| | | | | | | | | | DNF | DNF | | | | | |

II LETNI BIEG MTS HAMER - MIASTKO - 10KM, M-OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.7km | 3.8km | 6.9km | Netto | Brutto | min/km | km/h |
|------|---------------------|-----|---------------------------------|-----------------------|------|------|--------|------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | KUJAWSKI ŁUKASZ | 77 | | ŻUKOWO | POL | M-20 | 1 | M 1 | 00:02:22 | 00:12:20 | 00:22:24 | 00:31:46.00 | 00:31:47.15 | 3:10 | 18.9 |
| 2 | VERKHAVODKIN HENADZ | 165 | GRODNOOBLSPORT | GRODNO | | M-30 | 1 | M 2 | 00:02:23 | 00:12:20 | 00:22:25 | 00:32:26.00 | 00:32:27.25 | 3:14 | 18.5 |
| 3 | POBŁOCKI PIOTR | 125 | UKS EKONOMIK-MARATOŃCZYK LĘBORK | LĘBORK | POL | M-50 | 1 | M 3 | 00:02:25 | 00:12:53 | 00:23:09 | 00:33:49.70 | 00:33:51.55 | 3:23 | 17.7 |
| 4 | WIRKUS ŁUKASZ | 170 | ULKS TALEX BORZYTUCHOM | LIPNICA | POL | M-20 | 2 | M 4 | 00:02:22 | 00:12:38 | 00:23:16 | 00:34:16.25 | 00:34:17.60 | 3:25 | 17.5 |
| 5 | MATRYNYCZ VITALII | 185 | FINISZ KALISZ | OSTRÓW WLKP. | UKR | M-20 | 3 | M 5 | 00:02:26 | 00:12:47 | 00:23:23 | 00:34:25.00 | 00:34:26.50 | 3:26 | 17.4 |
| 6 | STACHOWSKI RAFAŁ | 144 | AZS-AWF KATOWICE | MIASTECZKO KRAJEŃSKIE | POL | M-20 | 4 | M 6 | 00:02:26 | 00:12:59 | 00:23:39 | 00:34:31.00 | 00:34:32.45 | 3:27 | 17.4 |
| 7 | RUDNIK KRZYSZTOF | 132 | NIGHT RUNNERS SŁUPSK | KRĘPA SŁUPSKA | POL | M-30 | 2 | M 7 | 00:02:29 | 00:13:39 | 00:24:52 | 00:35:46.80 | 00:35:48.85 | 3:34 | 16.8 |
| 8 | WENT JAKUB | 168 | | ŁĘBA | POL | M-30 | 3 | M 8 | 00:02:32 | 00:13:47 | 00:25:10 | 00:36:04.80 | 00:36:06.75 | 3:36 | 16.6 |
| 9 | MIELEWCZYK ŁUKASZ | 100 | LKB BRACI PETK LĘBORK | CHARBROWO | POL | M-20 | 5 | M 9 | 00:02:29 | 00:13:40 | 00:25:06 | 00:36:26.65 | 00:36:28.60 | 3:38 | 16.5 |
| 10 | GAWRON PIOTR | 32 | POLITECHNIKA KOSZALIŃSKA | BOROWY MŁYN | POL | M-20 | 6 | M 10 | 00:02:26 | 00:13:22 | 00:24:42 | 00:36:29.95 | 00:36:31.70 | 3:39 | 16.4 |
| 11 | MAŃSKI PATRYK | 91 | ULKS TALEX BORYSŁAW BORZYTUCHOM | CHOTKOWO | POL | M-20 | 7 | M 11 | 00:02:33 | 00:13:47 | 00:25:19 | 00:37:12.60 | 00:37:14.45 | 3:43 | 16.1 |

II LETNI BIEG MTS HAMER - MIASTKO - 10KM, M-OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scość | Kraj | Kat. | M. kat | K/M | 0.7km | 3.8km | 6.9km | Netto | Brutto | min/km | km/h |
|------|---------------------------|-----|------------------------------------|---------------|------|------|--------|------|----------|----------|----------|-------------|-------------|--------|------|
| 12 | MASŁOWSKI MATEUSZ | 95 | 7 BRYGADA OBRONY WYBRZEŻA | SŁUPSK | POL | M-30 | 4 | M 12 | 00:02:32 | 00:14:04 | 00:25:58 | 00:37:55.70 | 00:37:57.90 | 3:47 | 15.8 |
| 13 | SZOPIŃSKI DARIUSZ | 156 | URZĄD GMINY PRZECHLEWO | PRZECHLEWO | POL | M-30 | 5 | M 13 | 00:02:27 | 00:13:54 | 00:26:03 | 00:38:19.60 | 00:38:21.75 | 3:49 | 15.7 |
| 14 | KRYCZKA STANISŁAW | 71 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 1 | M 14 | 00:02:34 | 00:14:22 | 00:26:30 | 00:38:35.20 | 00:38:38.20 | 3:51 | 15.6 |
| 15 | KUŁAKOWSKI ARTUR | 81 | FLORIAN CHOJNICE | CHOJNICE | POL | M-30 | 6 | M 15 | 00:02:40 | 00:14:22 | 00:26:22 | 00:38:35.15 | 00:38:40.10 | 3:51 | 15.5 |
| 16 | WILCZEWSKI KRZYSZTOF | 196 | MKS ŚWIĘC SŁAWNO | TYCHOWO | POL | M-30 | 7 | M 16 | 00:02:48 | 00:14:44 | 00:26:49 | 00:38:37.05 | 00:38:41.05 | 3:51 | 15.5 |
| 17 | BEDNARZ JAKUB | 6 | MTS HAMER MIASTKO | MIASTKO | POL | M-20 | 8 | M 17 | 00:02:34 | 00:14:23 | 00:26:36 | 00:38:40.25 | 00:38:43.40 | 3:52 | 15.5 |
| 18 | WILCZEWSKI MARIUSZ | 197 | MKS ŚWIĘC SŁAWNO | SŁAWNO | POL | M-30 | 8 | M 18 | 00:02:48 | 00:14:44 | 00:26:49 | 00:38:44.45 | 00:38:48.95 | 3:52 | 15.5 |
| 19 | HERMAN ARKADIUSZ | 62 | | SŁUPSK | POL | M-40 | 2 | M 19 | 00:02:36 | 00:14:25 | 00:26:36 | 00:38:58.45 | 00:39:01.10 | 3:53 | 15.4 |
| 20 | JASKULSKI KAZIMIERZ | 50 | AKADEMIA BIEGANIA GRUDZIĄDZ | GRUDZIĄDZ | POL | M-50 | 2 | M 20 | 00:02:40 | 00:14:41 | 00:27:10 | 00:39:26.90 | 00:39:29.25 | 3:56 | 15.2 |
| 21 | GRZESIK EUGENIUSZ | 37 | TKKF KOSZALIN | KOSZALIN | POL | M-50 | 3 | M 21 | 00:02:35 | 00:14:40 | 00:27:09 | 00:39:36.25 | 00:39:38.90 | 3:57 | 15.2 |
| 22 | GOSTKOWSKI ŁUKASZ | 198 | KB GOCH BYTÓW | BYTÓW | POL | M-20 | 9 | M 22 | 00:02:39 | 00:14:25 | 00:26:52 | 00:39:38.45 | 00:39:42.55 | 3:57 | 15.1 |
| 23 | JURA KRZYSZTOF | 54 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 3 | M 23 | 00:02:35 | 00:14:40 | 00:27:46 | 00:40:21.80 | 00:40:25.25 | 4:02 | 14.9 |
| 24 | PANCEWICZ PIOTR | 111 | RUNNERSWALDE DARŁOWO | DARŁOWO | POL | M-30 | 9 | M 24 | 00:02:51 | 00:15:17 | 00:28:07 | 00:40:38.05 | 00:40:40.90 | 4:03 | 14.8 |
| 25 | FERENC RAFAŁ | 27 | | MIASTKO | POL | M-30 | 10 | M 25 | 00:02:33 | 00:14:48 | 00:27:44 | 00:40:51.75 | 00:40:55.80 | 4:05 | 14.7 |
| 26 | GARSKI KRYSPIN | 31 | ŚWIAT PŁYTEK U KRYSPIŃA | BYTÓW | POL | M-40 | 4 | M 26 | 00:02:50 | 00:15:23 | 00:28:15 | 00:41:03.75 | 00:41:08.70 | 4:06 | 14.6 |
| 27 | HINC WALDEMAR | 40 | ZACISZE PRZECHLEWO | PRZECHLEWO | POL | M-50 | 4 | M 27 | 00:02:47 | 00:15:14 | 00:28:09 | 00:41:12.30 | 00:41:15.30 | 4:07 | 14.6 |
| 28 | DIADCZYK KRZYSZTOF | 199 | FLORIAN CHOJNICE | CHOJNICE | POL | M-50 | 5 | M 28 | 00:02:38 | 00:15:19 | 00:28:12 | 00:41:17.05 | 00:41:29.05 | 4:07 | 14.5 |
| 29 | ZUCHOWSKI MACIEJ | 182 | KPPSP BYTÓW | TRZEBIELINO | POL | M-30 | 11 | M 29 | 00:02:42 | 00:15:07 | 00:28:14 | 00:41:36.65 | 00:41:40.35 | 4:09 | 14.4 |
| 30 | SIEMIĄTKOWSKI ROBERT | 137 | RUNNERSWALDE DARŁOWO | DARŁOWO | POL | M-30 | 12 | M 30 | 00:02:48 | 00:15:24 | 00:28:48 | 00:41:44.25 | 00:41:49.55 | 4:10 | 14.4 |
| 31 | CZACH SEBASTIAN | 20 | RUNNERSWALDE DARŁOWO | DARŁOWO | POL | M-20 | 10 | M 31 | 00:02:48 | 00:15:24 | 00:28:47 | 00:41:44.35 | 00:41:49.85 | 4:10 | 14.4 |
| 32 | BORKOWSKI TOMASZ | 13 | | TUCHOLA | POL | M-40 | 5 | M 32 | 00:02:47 | 00:15:13 | 00:28:19 | 00:41:50.10 | 00:41:52.90 | 4:11 | 14.3 |
| 33 | JABŁOŃSKI KRZYSZTOF | 43 | MTS HAMER MIASTKO | MIASTKO | POL | M-30 | 13 | M 33 | 00:02:48 | 00:15:24 | 00:28:41 | 00:42:02.90 | 00:42:07.75 | 4:12 | 14.3 |
| 34 | WNUK STANISŁAW | 193 | MARATOŃCZYK WIELKI KLINCZ | WIELKI KLINCZ | POL | M-50 | 6 | M 34 | 00:02:46 | 00:15:40 | 00:28:55 | 00:42:16.00 | 00:42:21.70 | 4:13 | 14.2 |
| 35 | BONISŁAWSKI JAROSŁAW | 10 | WWW.FADOMODA.PL | SŁAWNO | POL | M-30 | 14 | M 35 | 00:03:04 | 00:16:22 | 00:29:32 | 00:42:31.35 | 00:42:48.55 | 4:15 | 14.1 |
| 36 | GIERLACH JACEK | 34 | STOPA SŁUPSK | SŁUPSK | POL | M-20 | 11 | M 36 | 00:02:57 | 00:15:49 | 00:29:15 | 00:42:34.60 | 00:42:42.60 | 4:15 | 14.1 |
| 37 | SAJKO BARTOSZ | 88 | | DARŁOWO | POL | M-30 | 15 | M 37 | 00:02:47 | 00:15:23 | 00:28:58 | 00:42:37.45 | 00:42:43.70 | 4:15 | 14.1 |
| 38 | SKIERKA GRZEGORZ | 195 | MKS ŚWIĘC SŁAWNO | KWASOWO | POL | M-30 | 16 | M 38 | 00:03:14 | 00:16:27 | 00:29:45 | 00:42:48.55 | 00:43:02.00 | 4:16 | 14 |
| 39 | WANTOCH REKOWSKI ZBIGNIEW | 166 | JRG MIASTKO | BOROWY MŁYN | POL | M-40 | 6 | M 39 | 00:02:42 | 00:15:29 | 00:29:14 | 00:42:50.00 | 00:42:52.65 | 4:17 | 14 |
| 40 | MATYJASEK ZBIGNIEW | 96 | TKKF KOSZALIN | KOSZALIN | POL | M-40 | 7 | M 40 | 00:02:38 | 00:15:24 | 00:29:31 | 00:43:16.65 | 00:43:20.35 | 4:19 | 13.9 |
| 41 | KROPIDŁOWSKI ZDZIŚLAW | 69 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 8 | M 41 | 00:02:50 | 00:16:02 | 00:29:39 | 00:43:20.45 | 00:43:24.05 | 4:20 | 13.8 |
| 42 | KULPACZYŃSKI PATRYK | 78 | GOGGLE PAE TEAM | GDAŃSK | POL | M-30 | 17 | M 42 | 00:02:59 | 00:16:11 | 00:29:45 | 00:43:25.75 | 00:43:35.30 | 4:20 | 13.8 |
| 43 | OLESZEK JERZY | 107 | | GRABNO | POL | M-40 | 9 | M 43 | 00:02:48 | 00:16:04 | 00:29:48 | 00:43:27.45 | 00:43:31.40 | 4:20 | 13.8 |
| 44 | GRABOWSKI ANDRZEJ | 177 | ŚWIAT PŁYTEK U KRYSPIŃA | NOŻYNO | POL | M-40 | 10 | M 44 | 00:02:58 | 00:16:15 | 00:30:00 | 00:43:35.15 | 00:43:41.30 | 4:21 | 13.8 |
| 45 | ŻYLICZ PAWEŁ | 183 | STOPA SŁUPSK | SŁUPSK | POL | M-20 | 12 | M 45 | 00:02:58 | 00:16:22 | 00:30:08 | 00:43:45.20 | 00:43:50.70 | 4:22 | 13.7 |
| 46 | ZAWADZKI DAMIAN | 176 | KB WYGAN KOŁOBRZEG | ZIELENIEWO | POL | M-30 | 18 | M 46 | 00:02:53 | 00:16:05 | 00:29:57 | 00:43:47.10 | 00:43:54.35 | 4:22 | 13.7 |
| 47 | KORDECKI ROBERT | 194 | MARATOŃCZYK WIELKI KLINCZ | WIELKI KLINCZ | POL | M-20 | 13 | M 47 | 00:02:45 | 00:15:35 | 00:29:16 | 00:44:14.50 | 00:44:18.40 | 4:25 | 13.6 |
| 48 | CZAJA ANDRZEJ | 38 | UKS EKONOMIK-MARATOŃCZYK LEBORK | ŁĘCZYCE | POL | M-50 | 7 | M 48 | 00:03:06 | 00:16:28 | 00:30:18 | 00:44:29.85 | 00:44:38.95 | 4:26 | 13.5 |
| 49 | STOLTMAN MAREK | 155 | | ZADRY | POL | M-20 | 14 | M 49 | 00:02:55 | 00:16:26 | 00:30:40 | 00:44:46.00 | 00:44:55.10 | 4:28 | 13.4 |
| 50 | DWULIT DARIUSZ | 23 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 11 | M 50 | 00:02:56 | 00:16:31 | 00:30:37 | 00:44:49.20 | 00:45:03.85 | 4:28 | 13.4 |
| 51 | JAMNIAK BARTOSZ | 44 | MTS HAMER MIASTKO | MIASTKO | POL | M-20 | 15 | M 51 | 00:02:34 | 00:16:10 | 00:30:36 | 00:44:54.00 | 00:44:57.60 | 4:29 | 13.4 |
| 52 | RUSZCZYŃSKI ŁUKASZ | 133 | RWT BYDGOSZCZ/ WŁ SŁUPSK | SŁUPSK | POL | M-30 | 19 | M 52 | 00:02:58 | 00:16:39 | 00:30:44 | 00:44:55.05 | 00:45:00.60 | 4:29 | 13.4 |
| 53 | JANKIEWICZ TOMASZ | 46 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 12 | M 53 | 00:02:52 | 00:16:38 | 00:30:48 | 00:44:58.20 | 00:45:03.20 | 4:29 | 13.3 |
| 54 | PEKAŁA PIOTR | 118 | SOSW KOSZALIN | KOSZALIN | POL | M-40 | 13 | M 54 | 00:03:03 | 00:16:29 | 00:30:52 | 00:44:59.70 | 00:45:10.85 | 4:29 | 13.3 |
| 55 | MAZUR EMILIUSZ | 97 | | DARŁOWO | POL | M-40 | 14 | M 55 | 00:02:51 | 00:16:00 | 00:29:59 | 00:45:13.20 | 00:45:17.70 | 4:31 | 13.3 |
| 56 | KUBIŃSKI RAFAŁ | 73 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M-50 | 8 | M 56 | 00:02:45 | 00:16:24 | 00:30:34 | 00:45:14.80 | 00:45:17.90 | 4:31 | 13.3 |
| 57 | PIŁCZYŃSKI ZBIGNIEW | 120 | PIĘZRZESZONY | SŁUPSK | POL | M-50 | 9 | M 57 | 00:03:02 | 00:16:31 | 00:30:55 | 00:45:31.30 | 00:45:37.10 | 4:33 | 13.2 |
| 58 | JURA MICHAŁ | 56 | MTS HAMER MIASTKO | MIASTKO | POL | M-20 | 16 | M 58 | 00:03:00 | 00:17:27 | 00:32:13 | 00:46:01.65 | 00:46:07.10 | 4:36 | 13 |
| 59 | SPALIK MICHAŁ | 143 | MTS HAMER MIASTKO | MIASTKO | POL | M-20 | 17 | M 59 | 00:02:34 | 00:16:10 | 00:31:25 | 00:46:03.35 | 00:46:07.00 | 4:36 | 13 |
| 60 | MAJEWSKI ANDRZEJ | 89 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 15 | M 60 | 00:03:17 | 00:17:28 | 00:31:54 | 00:46:04.95 | 00:46:20.15 | 4:36 | 13 |
| 61 | SZEWCIUK ANDRZEJ | 154 | STOPA SŁUPSK | SŁUPSK | POL | M-60 | 1 | M 61 | 00:03:15 | 00:17:20 | 00:31:56 | 00:46:34.75 | 00:46:42.75 | 4:39 | 12.9 |
| 62 | SPALIK MARIUSZ | 142 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 16 | M 62 | 00:02:44 | 00:16:40 | 00:31:24 | 00:46:35.90 | 00:46:39.05 | 4:39 | 12.9 |
| 63 | ŚWIĄTEK-BRZEZIŃSKI HUBERT | 173 | MTS HAMER MIASTKO | MIASTKO | POL | M-20 | 18 | M 63 | 00:03:00 | 00:17:28 | 00:32:39 | 00:47:35.60 | 00:47:40.75 | 4:45 | 12.6 |
| 64 | SKOWYRSKI JANUSZ | 138 | TKKF KOSZALIN ROWERIA KOSZALIN | BIESIEKIERZ | POL | M-50 | 10 | M 64 | 00:03:13 | 00:17:39 | 00:32:31 | 00:47:38.00 | 00:47:48.00 | 4:45 | 12.6 |
| 65 | WIERZBIcki SYLWESTER | 169 | RUNNERSWALDE DARŁOWO | DARŁOWO | POL | M-30 | 20 | M 65 | 00:03:08 | 00:17:29 | 00:32:31 | 00:47:42.35 | 00:47:51.35 | 4:46 | 12.6 |
| 66 | PETA ANDRZEJ | 116 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 17 | M 66 | 00:02:57 | 00:17:18 | 00:32:18 | 00:47:42.95 | 00:47:47.35 | 4:46 | 12.6 |

II LETNI BIEG MTS HAMER - MIASTKO - 10KM, M-OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.7km | 3.8km | 6.9km | Netto | Brutto | min/km | km/h |
|------|------------------------|-----|---|----------------|------|------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 67 | BOHDAN JAKUB | 9 | MTS HAMER MIASTKO | MIASTKO | POL | M-20 | 19 | M 67 | 00:02:59 | 00:17:25 | 00:32:15 | 00:48:03.15 | 00:48:09.20 | 4:48 | 12.5 |
| 68 | SZYMAŃSKI MATEUSZ | 158 | MIASTKO | MIASTKO | POL | M-30 | 21 | M 68 | 00:03:25 | 00:18:21 | 00:33:19 | 00:48:05.15 | 00:48:14.40 | 4:48 | 12.5 |
| 69 | PRUS MIKOŁAJ | 63 | SŁUPSK | SŁUPSK | POL | M-20 | 20 | M 69 | 00:02:51 | 00:17:36 | 00:33:23 | 00:48:05.40 | 00:48:08.70 | 4:48 | 12.5 |
| 70 | WOWK ADRIAN | 186 | WALDOWO | WALDOWO | POL | M-20 | 21 | M 70 | 00:03:15 | 00:17:38 | 00:32:59 | 00:48:07.55 | 00:48:14.70 | 4:48 | 12.5 |
| 71 | KOWALCZYK GRZEGORZ | 66 | BIEG NAJLEPSZYM SPOSOBEM JEST PORUSZANIA | LUBLIN | POL | M-40 | 18 | M 71 | 00:03:02 | 00:17:20 | 00:32:48 | 00:48:12.20 | 00:48:18.35 | 4:49 | 12.4 |
| 72 | SURDACKI PIOTR | 151 | MONIA TEAM | GRYFINO | POL | M-40 | 19 | M 72 | 00:03:16 | 00:18:08 | 00:33:15 | 00:48:16.10 | 00:48:23.05 | 4:49 | 12.4 |
| 73 | GABRYEL WOJCIECH | 30 | ;-) | TUCHOLA | POL | M-40 | 20 | M 73 | 00:03:09 | 00:17:36 | 00:32:48 | 00:48:17.30 | 00:48:29.15 | 4:49 | 12.4 |
| 74 | KRUPKA PIOTR | 70 | TEAM OPTIM | MIASTKO | POL | M-30 | 22 | M 74 | 00:03:16 | 00:18:16 | 00:33:13 | 00:48:17.60 | 00:48:30.75 | 4:49 | 12.4 |
| 75 | DORAWA WOJCIECH | 51 | MIASTKO | MIASTKO | POL | M-20 | 22 | M 75 | 00:03:09 | 00:17:19 | 00:32:46 | 00:48:30.60 | 00:48:40.45 | 4:51 | 12.4 |
| 76 | POZORSKI KRZYSZTOF | 127 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M-30 | 23 | M 76 | 00:03:10 | 00:17:40 | 00:33:01 | 00:48:30.85 | 00:48:37.20 | 4:51 | 12.4 |
| 77 | MICERSKI TOMASZ | 99 | TKKF KOSZALIN | KOSZALIN | POL | M-40 | 21 | M 77 | 00:03:14 | 00:17:56 | 00:33:15 | 00:48:33.35 | 00:48:42.90 | 4:51 | 12.4 |
| 78 | FILIPÓW TADEUSZ | 28 | NIEZRZESZONY | LĘBORK | POL | M-60 | 2 | M 78 | 00:03:07 | 00:17:31 | 00:32:46 | 00:48:51.90 | 00:48:56.70 | 4:53 | 12.3 |
| 79 | TUROWSKI WOJCIECH | 164 | USTKA | USTKA | POL | M-40 | 22 | M 79 | 00:02:58 | 00:17:32 | 00:33:14 | 00:48:57.05 | 00:49:01.30 | 4:53 | 12.3 |
| 80 | SULL KACPER | 150 | NIGHT RUNNERS SŁUPSK | WODNICA | POL | M-20 | 23 | M 80 | 00:03:13 | 00:17:34 | 00:33:31 | 00:49:17.10 | 00:49:25.05 | 4:55 | 12.2 |
| 81 | MALEK ANDRZEJ | 90 | POZYTYWNA ENDORFINA | KOŚCIERZYNA | POL | M-60 | 3 | M 81 | 00:03:19 | 00:18:03 | 00:33:29 | 00:49:25.40 | 00:49:32.95 | 4:56 | 12.1 |
| 82 | ZBLEWSKI PATRYK | 178 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M-30 | 24 | M 82 | 00:03:14 | 00:18:08 | 00:33:52 | 00:49:27.30 | 00:49:33.85 | 4:56 | 12.1 |
| 83 | KUCHARSKI PRZEMYSŁAW | 74 | MIASTKO | MIASTKO | POL | M-30 | 25 | M 83 | 00:03:22 | 00:18:22 | 00:33:39 | 00:49:28.90 | 00:49:39.20 | 4:56 | 12.1 |
| 84 | KRASIŃSKI WITOLD | 67 | JW 1223 - 3.DPLOT | KOSZALIN | POL | M-40 | 23 | M 84 | 00:03:16 | 00:17:53 | 00:33:36 | 00:49:38.85 | 00:49:48.10 | 4:57 | 12.1 |
| 85 | ŁASZCZ DARIUSZ | 87 | REKOWO | REKOWO | POL | M-50 | 11 | M 85 | 00:03:46 | 00:19:13 | 00:34:31 | 00:49:40.65 | 00:49:53.90 | 4:58 | 12.1 |
| 86 | IWASZKO KRZYSZTOF | 42 | MTS HAMER MIASTKO | MIASTKO | POL | M-30 | 26 | M 86 | 00:03:37 | 00:18:59 | 00:34:04 | 00:49:49.15 | 00:50:04.70 | 4:58 | 12 |
| 87 | MROCZEK PRZEMYSŁAW | 79 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M-40 | 24 | M 87 | 00:03:18 | 00:18:04 | 00:34:03 | 00:50:13.15 | 00:50:15.80 | 5:01 | 11.9 |
| 88 | KARGUL JACEK | 59 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M-30 | 27 | M 88 | 00:03:12 | 00:18:03 | 00:34:00 | 00:50:19.85 | 00:50:27.10 | 5:02 | 11.9 |
| 89 | WENCLAWSKI MICHAŁ | 167 | ARAGORTEAM | SŁUPSK | POL | M-20 | 24 | M 89 | 00:03:12 | 00:17:57 | 00:34:12 | 00:50:36.25 | 00:50:44.15 | 5:03 | 11.9 |
| 90 | ZMIENKO HUBERT | 181 | CHOJNICE | CHOJNICE | POL | M-30 | 28 | M 90 | 00:03:11 | 00:18:10 | 00:34:33 | 00:51:12.05 | 00:51:22.35 | 5:07 | 11.7 |
| 91 | KUŁAKOWSKI DAWID | 80 | TKKF KOSZALIN | KOSZALIN | POL | M-30 | 29 | M 91 | 00:03:14 | 00:18:07 | 00:34:22 | 00:51:24.15 | 00:51:33.25 | 5:08 | 11.7 |
| 92 | ŻWIROWSKI ANDRZEJ | 39 | MIASTKO | MIASTKO | POL | M-30 | 30 | M 92 | 00:03:17 | 00:18:37 | 00:34:43 | 00:51:27.40 | 00:51:33.85 | 5:08 | 11.7 |
| 93 | ŁASZCZ ADAM | 83 | MIASTKO | MIASTKO | POL | M-50 | 12 | M 93 | 00:03:47 | 00:19:27 | 00:35:38 | 00:51:31.50 | 00:51:44.10 | 5:09 | 11.6 |
| 94 | ANDRZEJCZAK SŁAWOMIR | 2 | GRZESŁAW USTKA | ŁĘDOWO-OSIEDLE | POL | M-40 | 25 | M 94 | 00:03:12 | 00:18:13 | 00:34:31 | 00:51:40.80 | 00:51:49.90 | 5:10 | 11.6 |
| 95 | BRUDKA JACEK | 76 | KOSZALIN | KOSZALIN | POL | M-30 | 31 | M 95 | 00:03:15 | 00:18:35 | 00:35:05 | 00:52:02.50 | 00:52:14.65 | 5:12 | 11.5 |
| 96 | HAŁAS PIOTR | 58 | SŁUPSK | SŁUPSK | POL | M-30 | 32 | M 96 | 00:03:16 | 00:18:31 | 00:35:23 | 00:52:26.25 | 00:52:32.70 | 5:14 | 11.4 |
| 97 | KUCHENBEKIER ARKADIUSZ | 75 | MIASTKO | MIASTKO | POL | M-40 | 26 | M 97 | 00:03:35 | 00:19:19 | 00:36:02 | 00:52:36.05 | 00:52:49.95 | 5:15 | 11.4 |
| 98 | CYBULSKI ROBERT | 19 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 27 | M 98 | 00:03:18 | 00:19:07 | 00:35:48 | 00:52:37.65 | 00:52:42.95 | 5:15 | 11.4 |
| 99 | WOŹNIAK GRZEGORZ | 174 | GRZESŁAW USTKA | USTKA | POL | M-40 | 28 | M 99 | 00:03:25 | 00:18:48 | 00:35:37 | 00:53:23.50 | 00:53:32.00 | 5:20 | 11.2 |
| 100 | HASULAK ŁUKASZ | 61 | MTS HAMER MIASTKO | MIASTKO | POL | M-30 | 33 | M 100 | 00:03:28 | 00:18:52 | 00:35:30 | 00:53:46.80 | 00:53:57.55 | 5:22 | 11.2 |
| 101 | PIETRZYCKI ANDRZEJ | 119 | NIEZRZESZONY | SŁUPSK | POL | M-60 | 4 | M 101 | 00:03:53 | 00:21:07 | 00:38:16 | 00:53:48.30 | 00:54:02.75 | 5:22 | 11.2 |
| 102 | SOROKA TOMASZ | 140 | NIGHT RUNNERS SŁUPSK / BBL SŁUPSK | SŁUPSK | POL | M-30 | 34 | M 102 | 00:03:17 | 00:19:13 | 00:36:35 | 00:53:50.50 | 00:53:53.50 | 5:23 | 11.1 |
| 103 | SZABAŁOWSKI MAREK | 148 | SZCZECINEK | SZCZECINEK | POL | M-40 | 29 | M 103 | 00:03:36 | 00:19:54 | 00:36:52 | 00:53:50.60 | 00:53:54.80 | 5:23 | 11.1 |
| 104 | KUPREWICZ GRZEGORZ | 82 | ROZBIEGANY KOSZALIN | KOSZALIN | POL | M-30 | 35 | M 104 | 00:03:15 | 00:19:48 | 00:37:39 | 00:54:22.65 | 00:54:33.10 | 5:26 | 11 |
| 105 | TURCZYŃ GRZEGORZ | 162 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M-40 | 30 | M 105 | 00:03:38 | 00:19:50 | 00:37:01 | 00:54:22.80 | 00:54:36.00 | 5:26 | 11 |
| 106 | GREBIENIK ANDRZEJ | 36 | SŁUPSK | SŁUPSK | POL | M-40 | 31 | M 106 | 00:03:40 | 00:19:37 | 00:37:08 | 00:54:56.10 | 00:55:07.35 | 5:29 | 10.9 |
| 107 | SŁOMSKI ZENON | 139 | KORZYBSKIE REKINY | KORZYBIE | POL | M-60 | 5 | M 107 | 00:03:43 | 00:19:59 | 00:36:55 | 00:54:58.60 | 00:55:07.40 | 5:29 | 10.9 |
| 108 | JURA KAZIMIERZ | 55 | MTS HAMER MIASTKO | MIASTKO | POL | M-60 | 6 | M 108 | 00:03:41 | 00:20:13 | 00:37:47 | 00:54:58.90 | 00:55:13.85 | 5:29 | 10.9 |
| 109 | MUSZYŃSKI JACEK | 102 | KB GOCH BYTÓW | BYTÓW | POL | M-60 | 7 | M 109 | 00:03:40 | 00:20:10 | 00:37:39 | 00:55:02.20 | 00:55:16.50 | 5:30 | 10.9 |
| 110 | BUTKIEWICZ WOJCIECH | 16 | MIASTKO | MIASTKO | POL | M-50 | 13 | M 110 | 00:03:23 | 00:19:46 | 00:37:13 | 00:55:11.70 | 00:55:18.95 | 5:31 | 10.9 |
| 111 | GAŚIOR PAWEŁ | 33 | ROZBIEGANY SUSZ | SUSZ | POL | M-30 | 36 | M 111 | 00:03:42 | 00:20:31 | 00:38:20 | 00:55:27.85 | 00:55:36.70 | 5:32 | 10.8 |
| 112 | MAR CZAK ANDRZEJ | 94 | AMATOR | ŻELKOWO | POL | M-50 | 14 | M 112 | 00:03:39 | 00:20:50 | 00:38:23 | 00:56:17.80 | 00:56:25.80 | 5:37 | 10.7 |
| 113 | PARWANICKI WIKTOR | 112 | 'TUPOT' USTKA | WLYNKOWKO | POL | M-60 | 8 | M 113 | 00:03:57 | 00:20:55 | 00:38:56 | 00:57:37.05 | 00:57:51.85 | 5:45 | 10.4 |
| 114 | SŁE DŹ ANDRZEJ | 160 | WŁ SŁUPSK | SŁUPSK | POL | M-40 | 32 | M 114 | 00:03:22 | 00:20:06 | 00:38:54 | 00:57:47.15 | 00:57:53.10 | 5:46 | 10.4 |
| 115 | BĄ CZYK ADAM | 5 | MONIA TEAM | SZCZECIN | POL | M-30 | 37 | M 115 | 00:03:46 | 00:21:29 | 00:39:53 | 00:57:58.40 | 00:58:11.50 | 5:47 | 10.4 |
| 116 | POZORSKI ZBIGNIEW | 128 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M-60 | 9 | M 116 | 00:03:43 | 00:20:49 | 00:39:19 | 00:58:16.05 | 00:58:23.10 | 5:49 | 10.3 |
| 117 | ZIĘBA PAWEŁ | 179 | TKKF KOSZALIN | KOSZALIN | POL | M-40 | 33 | M 117 | 00:03:16 | 00:20:46 | 00:41:00 | 00:58:48.35 | 00:58:58.10 | 5:52 | 10.2 |
| 118 | LIŚNIEWSKI ANDRZEJ | 85 | WKB META LUBLINIEC | CHOJNICE | POL | M-40 | 34 | M 118 | 00:03:53 | 00:21:29 | 00:40:17 | 00:59:36.20 | 00:59:50.10 | 5:57 | 10.1 |
| 119 | SZYSZKOWSKI TOMASZ | 159 | KOSZALIN | KOSZALIN | POL | M-30 | 38 | M 119 | 00:03:35 | 00:21:52 | 00:41:18 | 00:59:40.70 | 00:59:52.30 | 5:58 | 10.1 |
| 120 | ZALEWSKI GRZEGORZ | 175 | USTKA | USTKA | POL | M-30 | 39 | M 120 | 00:03:41 | 00:21:02 | 00:40:22 | 01:00:29.60 | 01:00:38.40 | 6:03 | 9.9 |
| 121 | GREŁA MACIEJ | 192 | FOLLOW ME SZCZECINEK | SZCZECINEK | POL | M-20 | 25 | M 121 | 00:03:35 | 00:21:20 | 00:40:53 | 01:00:48.40 | 01:00:55.50 | 6:04 | 9.9 |

II LETNI BIEG MTS HAMER - MIASTKO - 10KM, M-OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.7km | 3.8km | 6.9km | Netto | Brutto | min/km | km/h |
|------|---------------------|-----|------|-----------|------|------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 122 | BASARAB ADAM | 3 | | SŁUPSK | POL | M-20 | 26 | M 122 | 00:03:45 | 00:21:10 | 00:41:07 | 01:00:59.95 | 01:01:11.40 | 6:06 | 9.8 |
| 123 | JĘDRASZKO ŁUKASZ | 52 | | PASIEKA | POL | M-30 | 40 | M 123 | 00:03:46 | 00:22:58 | 00:44:34 | 01:06:33.85 | 01:06:43.70 | 6:39 | 9 |
| | BORDUN MICHAŁ | 12 | NEKO | MIASTKO | POL | M-30 | | | 00:03:30 | DNF | DNF | DNF | DNF | - | - |
| | | | | | | | | | DNF | | | | | | |
| | KŁOSIŃSKI STANISŁAW | 190 | | | POL | M-50 | | | 00:04:34 | DNF | DNF | DNF | DNF | - | - |
| | | | | | | | | | DNF | | | | | | |
| | MALINOWSKI MARIUSZ | 104 | | MIASTKO | POL | M-40 | | | DNF | DNF | DNF | DNF | DNF | - | - |

II LETNI BIEG MTS HAMER - MIASTKO - 10KM, MTS HAMER - K

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.7km | 3.8km | 6.9km | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|-------------------|------------|------|------|--------|------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | SZABLA EWELINA | 153 | MTS HAMER MIASTKO | MIASTKO | POL | K-30 | 7 | K 21 | 00:03:02 | 00:17:37 | 00:33:00 | 00:48:20.85 | 00:48:24.60 | 4:50 | 12.4 |
| 2 | JĘDRASZKO MAGDA | 53 | MTS HAMER MIASTKO | MIASTKO | POL | K-30 | 8 | K 22 | 00:03:13 | 00:18:00 | 00:33:28 | 00:49:00.90 | 00:49:09.70 | 4:54 | 12.2 |
| 3 | SZABAŁOWSKA ADRIANNA | 1 | | SZCZECINEK | POL | K-20 | 10 | K 26 | 00:03:33 | 00:19:22 | 00:35:43 | 00:51:49.95 | 00:51:58.45 | 5:11 | 11.6 |
| 4 | PETA RENATA | 115 | MTS HAMER MIASTKO | MIASTKO | POL | K-30 | 12 | K 31 | 00:03:27 | 00:20:15 | 00:37:58 | 00:55:02.50 | 00:55:12.65 | 5:30 | 10.9 |
| 5 | JANKIEWICZ HELENA | 47 | MTS HAMER MIASTKO | MIASTKO | POL | K-30 | 17 | K 41 | 00:03:55 | 00:22:45 | 00:41:40 | 00:59:23.05 | 00:59:33.05 | 5:56 | 10.1 |

II LETNI BIEG MTS HAMER - MIASTKO - 10KM, MTS HAMER - M

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.7km | 3.8km | 6.9km | Netto | Brutto | min/km | km/h |
|------|---------------------------|-----|-------------------|-----------|------|------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | KRYCZKA STANISŁAW | 71 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 1 | M 14 | 00:02:34 | 00:14:22 | 00:26:30 | 00:38:35.20 | 00:38:38.20 | 3:51 | 15.6 |
| 2 | BEDNARZ JAKUB | 6 | MTS HAMER MIASTKO | MIASTKO | POL | M-20 | 8 | M 17 | 00:02:34 | 00:14:23 | 00:26:36 | 00:38:40.25 | 00:38:43.40 | 3:52 | 15.5 |
| 3 | JURA KRZYSZTOF | 54 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 3 | M 23 | 00:02:35 | 00:14:40 | 00:27:46 | 00:40:21.80 | 00:40:25.25 | 4:02 | 14.9 |
| 4 | JABŁOŃSKI KRZYSZTOF | 43 | MTS HAMER MIASTKO | MIASTKO | POL | M-30 | 13 | M 33 | 00:02:48 | 00:15:24 | 00:28:41 | 00:42:02.90 | 00:42:07.75 | 4:12 | 14.3 |
| 5 | KROPIDŁOWSKI ZDZIŚŁAW | 69 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 8 | M 41 | 00:02:50 | 00:16:02 | 00:29:39 | 00:43:20.45 | 00:43:24.05 | 4:20 | 13.8 |
| 6 | DWULIT DARIUSZ | 23 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 11 | M 50 | 00:02:56 | 00:16:31 | 00:30:37 | 00:44:49.20 | 00:45:03.85 | 4:28 | 13.4 |
| 7 | JAMNIAK BARTOSZ | 44 | MTS HAMER MIASTKO | MIASTKO | POL | M-20 | 15 | M 51 | 00:02:34 | 00:16:10 | 00:30:36 | 00:44:54.00 | 00:44:57.60 | 4:29 | 13.4 |
| 8 | JANKIEWICZ TOMASZ | 46 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 12 | M 53 | 00:02:52 | 00:16:38 | 00:30:48 | 00:44:58.20 | 00:45:03.20 | 4:29 | 13.3 |
| 9 | JURA MICHAŁ | 56 | MTS HAMER MIASTKO | MIASTKO | POL | M-20 | 16 | M 58 | 00:03:00 | 00:17:27 | 00:32:13 | 00:46:01.65 | 00:46:07.10 | 4:36 | 13 |
| 10 | SPALIK MICHAŁ | 143 | MTS HAMER MIASTKO | MIASTKO | POL | M-20 | 17 | M 59 | 00:02:34 | 00:16:10 | 00:31:25 | 00:46:03.35 | 00:46:07.00 | 4:36 | 13 |
| 11 | MAJEWSKI ANDRZEJ | 89 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 15 | M 60 | 00:03:17 | 00:17:28 | 00:31:54 | 00:46:04.95 | 00:46:20.15 | 4:36 | 13 |
| 12 | SPALIK MARIUSZ | 142 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 16 | M 62 | 00:02:44 | 00:16:40 | 00:31:24 | 00:46:35.90 | 00:46:39.05 | 4:39 | 12.9 |
| 13 | ŚWIĄTEK-BRZEZIŃSKI HUBERT | 173 | MTS HAMER MIASTKO | MIASTKO | POL | M-20 | 18 | M 63 | 00:03:00 | 00:17:28 | 00:32:39 | 00:47:35.60 | 00:47:40.75 | 4:45 | 12.6 |
| 14 | PETA ANDRZEJ | 116 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 17 | M 66 | 00:02:57 | 00:17:18 | 00:32:18 | 00:47:42.95 | 00:47:47.35 | 4:46 | 12.6 |
| 15 | BOHDAN JAKUB | 9 | MTS HAMER MIASTKO | MIASTKO | POL | M-20 | 19 | M 67 | 00:02:59 | 00:17:25 | 00:32:15 | 00:48:03.15 | 00:48:09.20 | 4:48 | 12.5 |
| 16 | IWASZKO KRZYSZTOF | 42 | MTS HAMER MIASTKO | MIASTKO | POL | M-30 | 26 | M 86 | 00:03:37 | 00:18:59 | 00:34:04 | 00:49:49.15 | 00:50:04.70 | 4:58 | 12 |
| 17 | CYBULSKI ROBERT | 19 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 27 | M 98 | 00:03:18 | 00:19:07 | 00:35:48 | 00:52:37.65 | 00:52:42.95 | 5:15 | 11.4 |
| 18 | HASULAK ŁUKASZ | 61 | MTS HAMER MIASTKO | MIASTKO | POL | M-30 | 33 | M 100 | 00:03:28 | 00:18:52 | 00:35:30 | 00:53:46.80 | 00:53:57.55 | 5:22 | 11.2 |
| 19 | JURA KAZIMIERZ | 55 | MTS HAMER MIASTKO | MIASTKO | POL | M-60 | 6 | M 108 | 00:03:41 | 00:20:13 | 00:37:47 | 00:54:58.90 | 00:55:13.85 | 5:29 | 10.9 |

II LETNI BIEG MTS HAMER - MIASTKO - 10KM, K-20

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.7km | 3.8km | 6.9km | Netto | Brutto | min/km | km/h |
|------|------------------------|-----|------------------------------------|------------|------|------|--------|------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | KAPERNA MONIKA | 57 | AZS-AWF KATOWICE | PIŁA | POL | K-20 | 1 | K 1 | 00:02:33 | 00:13:48 | 00:25:10 | 00:36:39.70 | 00:36:41.60 | 3:40 | 16.4 |
| 2 | KUZUBOVA TATYANA | 184 | ACE MAT | | UKR | K-20 | 2 | K 2 | 00:02:41 | 00:14:24 | 00:26:03 | 00:38:03.55 | 00:38:05.20 | 3:48 | 15.8 |
| 3 | POBŁOCKA KAMILA | 124 | UKS EKONOMIK-MARATOŃCZYK LĘBORK | LĘBORK | POL | K-20 | 3 | K 4 | 00:02:34 | 00:14:24 | 00:26:31 | 00:38:40.25 | 00:38:42.30 | 3:52 | 15.5 |
| 4 | CZAPIEWSKA MONIKA | 21 | UKS OLIMPIJCZYK SKORZEWO | SKORZEWO | POL | K-20 | 4 | K 6 | 00:02:48 | 00:15:44 | 00:28:29 | 00:40:11.15 | 00:40:12.65 | 4:01 | 14.9 |
| 5 | SZABAŁOWSKA MAŁGORZATA | 147 | MKL SZCZECINEK | SZCZECINEK | POL | K-20 | 5 | K 9 | 00:02:46 | 00:15:17 | 00:28:38 | 00:42:04.20 | 00:42:08.40 | 4:12 | 14.3 |
| 6 | SMOLARZ ANGELIKA | 65 | | KRAJENKA | POL | K-20 | 6 | K 11 | 00:02:41 | 00:15:29 | 00:29:07 | 00:42:53.20 | 00:42:55.55 | 4:17 | 14 |
| 7 | CAŁKA MAGDALENA | 17 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | K-20 | 7 | K 14 | 00:03:02 | 00:16:48 | 00:31:35 | 00:46:28.85 | 00:46:35.65 | 4:38 | 12.9 |
| 8 | FRONTCZAK IZABELA | 29 | TKKF KOSZALIN | SZCZECINEK | POL | K-20 | 8 | K 17 | 00:03:13 | 00:17:44 | 00:32:50 | 00:48:03.70 | 00:48:09.70 | 4:48 | 12.5 |

II LETNI BIEG MTS HAMER - MIASTKO - 10KM, K-20 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.7km | 3.8km | 6.9km | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|------------------------------------|------------|------|------|--------|------|----------|----------|----------|-------------|-------------|--------|------|
| 9 | BOGUSZ MARIETTA | 200 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | K-20 | 9 | K 24 | 00:03:16 | 00:18:04 | 00:34:02 | 00:50:12.80 | 00:50:15.80 | 5:01 | 12 |
| 10 | SZABAŁOWSKA ADRIANNA | 1 | | SZCZECINEK | POL | K-20 | 10 | K 26 | 00:03:33 | 00:19:22 | 00:35:43 | 00:51:49.95 | 00:51:58.45 | 5:11 | 11.6 |
| 11 | BORDUN BASIA | 11 | NEKO | BIAŁY BÓR | POL | K-20 | 11 | K 28 | 00:03:31 | 00:19:17 | 00:36:04 | 00:52:57.65 | 00:53:05.55 | 5:17 | 11.3 |
| 12 | PACAN MIRA | 110 | ŚWIAT PŁYTEK U KRYSPIŃ | BYTÓW | POL | K-20 | 12 | K 33 | 00:03:53 | 00:21:23 | 00:39:30 | 00:57:12.25 | 00:57:20.50 | 5:43 | 10.5 |
| 13 | JANKOWSKA MONIKA | 191 | FOLLOW ME SZCZECINEK | SZCZECINEK | POL | K-20 | 13 | K 34 | 00:03:42 | 00:21:00 | 00:39:33 | 00:57:27.65 | 00:57:35.30 | 5:44 | 10.4 |
| 14 | SZABAT DARIA | 152 | | SŁUPSK | POL | K-20 | 14 | K 36 | 00:03:55 | 00:21:25 | 00:39:22 | 00:58:17.90 | 00:58:33.25 | 5:49 | 10.3 |
| 15 | SZYCA KAROLINA | 157 | | MIASTKO | POL | K-20 | 15 | K 37 | 00:03:18 | 00:19:07 | 00:37:18 | 00:58:28.10 | 00:58:34.45 | 5:50 | 10.3 |
| 16 | BRZOZOWSKA MAGDALENA | 14 | | SŁUPSK | POL | K-20 | 16 | K 40 | 00:03:36 | 00:21:07 | 00:39:49 | 00:59:15.55 | 00:59:20.50 | 5:55 | 10.1 |
| | POBŁOCKA KATARZYNA | 8 | UKS EKONOMIK-MARATOŃCZYK LĘBORK | LĘBORK | POL | K-20 | | | 00:03:07 | 00:17:27 | DNF | DNF | DNF | - | - |
| | TRZASKA KATARZYNA | 64 | | KOSZALIN | POL | K-20 | | | DNF | DNF | DNF | DNF | DNF | - | - |
| | | | | | | | | | 00:03:29 | 00:25:56 | DNF | DNF | DNF | - | - |
| | | | | | | | | | DNF | DNF | | | | | |

II LETNI BIEG MTS HAMER - MIASTKO - 10KM, M-20

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.7km | 3.8km | 6.9km | Netto | Brutto | min/km | km/h |
|------|---------------------------|-----|------------------------------------|-----------------------|------|------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | KUJAWSKI ŁUKASZ | 77 | | ŻUKOWO | POL | M-20 | 1 | M 1 | 00:02:22 | 00:12:20 | 00:22:24 | 00:31:46.00 | 00:31:47.15 | 3:10 | 18.9 |
| 2 | WIRKUS ŁUKASZ | 170 | ULKS TALEX BORZYTUCHOM | LIPNICA | POL | M-20 | 2 | M 4 | 00:02:22 | 00:12:38 | 00:23:16 | 00:34:16.25 | 00:34:17.60 | 3:25 | 17.5 |
| 3 | MATRYNYCZ VITALII | 185 | FINISZ KALISZ | OSTRÓW WLKP. | UKR | M-20 | 3 | M 5 | 00:02:26 | 00:12:47 | 00:23:23 | 00:34:25.00 | 00:34:26.50 | 3:26 | 17.4 |
| 4 | STACHOWSKI RAFAŁ | 144 | AZS-AWF KATOWICE | MIASTECZKO KRAJEŃSKIE | POL | M-20 | 4 | M 6 | 00:02:26 | 00:12:59 | 00:23:39 | 00:34:31.00 | 00:34:32.45 | 3:27 | 17.4 |
| 5 | MIELEWCZYK ŁUKASZ | 100 | LKB BRACI PETK LĘBORK | CHARBROWO | POL | M-20 | 5 | M 9 | 00:02:29 | 00:13:40 | 00:25:06 | 00:36:26.65 | 00:36:28.60 | 3:38 | 16.5 |
| 6 | GAWRON PIOTR | 32 | POLITECHNIKA KOSZALIŃSKA | BOROWY MŁYN | POL | M-20 | 6 | M 10 | 00:02:26 | 00:13:22 | 00:24:42 | 00:36:29.95 | 00:36:31.70 | 3:39 | 16.4 |
| 7 | MAŃSKI PATRYK | 91 | ULKS TALEX BORYSŁAW BORZYTUCHOM | CHOTKOWO | POL | M-20 | 7 | M 11 | 00:02:33 | 00:13:47 | 00:25:19 | 00:37:12.60 | 00:37:14.45 | 3:43 | 16.1 |
| 8 | BEDNARZ JAKUB | 6 | MTS HAMER MIASTKO | MIASTKO | POL | M-20 | 8 | M 17 | 00:02:34 | 00:14:23 | 00:26:36 | 00:38:40.25 | 00:38:43.40 | 3:52 | 15.5 |
| 9 | GOSTKOWSKI ŁUKASZ | 198 | KB GOCH BYTÓW | BYTÓW | POL | M-20 | 9 | M 22 | 00:02:39 | 00:14:25 | 00:26:52 | 00:39:38.45 | 00:39:42.55 | 3:57 | 15.1 |
| 10 | CZACH SEBASTIAN | 20 | RUNNERSWALDE DARŁOWO | DARŁOWO | POL | M-20 | 10 | M 31 | 00:02:48 | 00:15:24 | 00:28:47 | 00:41:44.35 | 00:41:49.85 | 4:10 | 14.4 |
| 11 | GIERLACH JACEK | 34 | STOPA SŁUPSK | SŁUPSK | POL | M-20 | 11 | M 36 | 00:02:57 | 00:15:49 | 00:29:15 | 00:42:34.60 | 00:42:42.60 | 4:15 | 14.1 |
| 12 | ŻYLICZ PAWEŁ | 183 | STOPA SŁUPSK | SŁUPSK | POL | M-20 | 12 | M 45 | 00:02:58 | 00:16:22 | 00:30:08 | 00:43:45.20 | 00:43:50.70 | 4:22 | 13.7 |
| 13 | KORDECKI ROBERT | 194 | MARATOŃCZYK WIELKI KLINCZ | WIELKI KLINCZ | POL | M-20 | 13 | M 47 | 00:02:45 | 00:15:35 | 00:29:16 | 00:44:14.50 | 00:44:18.40 | 4:25 | 13.6 |
| 14 | STOLTMAN MAREK | 155 | | ZADRY | POL | M-20 | 14 | M 49 | 00:02:55 | 00:16:26 | 00:30:40 | 00:44:46.00 | 00:44:55.10 | 4:28 | 13.4 |
| 15 | JAMNIAK BARTOSZ | 44 | MTS HAMER MIASTKO | MIASTKO | POL | M-20 | 15 | M 51 | 00:02:34 | 00:16:10 | 00:30:36 | 00:44:54.00 | 00:44:57.60 | 4:29 | 13.4 |
| 16 | JURA MICHAŁ | 56 | MTS HAMER MIASTKO | MIASTKO | POL | M-20 | 16 | M 58 | 00:03:00 | 00:17:27 | 00:32:13 | 00:46:01.65 | 00:46:07.10 | 4:36 | 13 |
| 17 | SPALIK MICHAŁ | 143 | MTS HAMER MIASTKO | MIASTKO | POL | M-20 | 17 | M 59 | 00:02:34 | 00:16:10 | 00:31:25 | 00:46:03.35 | 00:46:07.00 | 4:36 | 13 |
| 18 | ŚWIĄTEK-BRZEZIŃSKI HUBERT | 173 | MTS HAMER MIASTKO | MIASTKO | POL | M-20 | 18 | M 63 | 00:03:00 | 00:17:28 | 00:32:39 | 00:47:35.60 | 00:47:40.75 | 4:45 | 12.6 |
| 19 | BOHDAN JAKUB | 9 | MTS HAMER MIASTKO | MIASTKO | POL | M-20 | 19 | M 67 | 00:02:59 | 00:17:25 | 00:32:15 | 00:48:03.15 | 00:48:09.20 | 4:48 | 12.5 |
| 20 | PRUS MIKOŁAJ | 63 | | SŁUPSK | POL | M-20 | 20 | M 69 | 00:02:51 | 00:17:36 | 00:33:23 | 00:48:05.40 | 00:48:08.70 | 4:48 | 12.5 |
| 21 | WOWK ADRIAN | 186 | | WAŁDOWO | POL | M-20 | 21 | M 70 | 00:03:15 | 00:17:38 | 00:32:59 | 00:48:07.55 | 00:48:14.70 | 4:48 | 12.5 |
| 22 | DORAWA WOJCIECH | 51 | | MIASTKO | POL | M-20 | 22 | M 75 | 00:03:09 | 00:17:19 | 00:32:46 | 00:48:30.60 | 00:48:40.45 | 4:51 | 12.4 |
| 23 | SULL KACPER | 150 | NIGHT RUNNERS SŁUPSK | WODNICA | POL | M-20 | 23 | M 80 | 00:03:13 | 00:17:34 | 00:33:31 | 00:49:17.10 | 00:49:25.05 | 4:55 | 12.2 |
| 24 | WENCŁAWSKI MICHAŁ | 167 | ARAGORTEAM | SŁUPSK | POL | M-20 | 24 | M 89 | 00:03:12 | 00:17:57 | 00:34:12 | 00:50:36.25 | 00:50:44.15 | 5:03 | 11.9 |
| 25 | GRELA MACIEJ | 192 | FOLLOW ME SZCZECINEK | SZCZECINEK | POL | M-20 | 25 | M 121 | 00:03:35 | 00:21:20 | 00:40:53 | 01:00:48.40 | 01:00:55.50 | 6:04 | 9.9 |
| 26 | BASARAB ADAM | 3 | | SŁUPSK | POL | M-20 | 26 | M 122 | 00:03:45 | 00:21:10 | 00:41:07 | 01:00:59.95 | 01:01:11.40 | 6:06 | 9.8 |

II LETNI BIEG MTS HAMER - MIASTKO - 10KM, K-30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.7km | 3.8km | 6.9km | Netto | Brutto | min/km | km/h |
|------|-----------------------------|-----|----------------------|-----------|------|------|--------|------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | PAZDA-POZORSKA GOSIUNIA | 114 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | K-30 | 1 | K 5 | 00:02:35 | 00:14:24 | 00:26:37 | 00:39:24.15 | 00:39:26.00 | 3:56 | 15.2 |
| 2 | RYCHTER ANTONINA | 134 | MKL SZCZECINEK | MIEKOWO | POL | K-30 | 2 | K 7 | 00:02:47 | 00:15:13 | 00:27:52 | 00:40:15.10 | 00:40:17.65 | 4:01 | 14.9 |
| 3 | ŁAGUTKO KAMILA | 86 | | DARŁOWO | POL | K-30 | 3 | K 8 | 00:02:50 | 00:15:15 | 00:28:12 | 00:41:17.95 | 00:41:22.75 | 4:07 | 14.5 |
| 4 | OTOKA KASIA | 109 | MONIA TEAM | SZCZECIN | POL | K-30 | 4 | K 18 | 00:03:16 | 00:18:08 | 00:33:14 | 00:48:16.25 | 00:48:22.65 | 4:49 | 12.4 |
| 5 | PATUREJ-KRUPKA ANNA PAULINA | 113 | TEAM OPTIM | MIASTKO | POL | K-30 | 5 | K 19 | 00:03:17 | 00:18:17 | 00:33:14 | 00:48:18.15 | 00:48:30.90 | 4:49 | 12.4 |
| 6 | GOLUŃSKA RENATA | 35 | | MIASTKO | POL | K-30 | 6 | K 20 | 00:03:17 | 00:18:01 | 00:33:29 | 00:48:19.20 | 00:48:26.15 | 4:50 | 12.4 |
| 7 | SZABLA EWELINA | 153 | MTS HAMER MIASTKO | MIASTKO | POL | K-30 | 7 | K 21 | 00:03:02 | 00:17:37 | 00:33:00 | 00:48:20.85 | 00:48:24.60 | 4:50 | 12.4 |

II LETNI BIEG MTS HAMER - MIASTKO - 10KM, K-30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.7km | 3.8km | 6.9km | Netto | Brutto | min/km | km/h |
|------|------------------------|-----|------------------------|-----------|------|------|--------|------|----------|----------|----------|-------------|-------------|--------|------|
| 8 | JĘDRASZKO MAGDA | 53 | MTS HAMER MIASTKO | PASIEKA | POL | K-30 | 8 | K 22 | 00:03:13 | 00:18:00 | 00:33:28 | 00:49:00.90 | 00:49:09.70 | 4:54 | 12.2 |
| 9 | WIRSKA KAROLINA | 172 | BRAK | BYTÓW | POL | K-30 | 9 | K 25 | 00:03:21 | 00:18:41 | 00:34:25 | 00:50:18.55 | 00:50:23.70 | 5:01 | 11.9 |
| 10 | MARCULA AGATA | 92 | | MIASTKO | POL | K-30 | 10 | K 27 | 00:03:26 | 00:18:51 | 00:35:29 | 00:52:38.45 | 00:52:50.30 | 5:15 | 11.4 |
| 11 | HRYHOROWICZ JOANNA | 41 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | K-30 | 11 | K 30 | 00:03:38 | 00:19:52 | 00:37:02 | 00:54:22.85 | 00:54:36.25 | 5:26 | 11 |
| 12 | PETA RENATA | 115 | MTS HAMER MIASTKO | MIASTKO | POL | K-30 | 12 | K 31 | 00:03:27 | 00:20:15 | 00:37:58 | 00:55:02.50 | 00:55:12.65 | 5:30 | 10.9 |
| 13 | DYRCZ MARIKA | 24 | MKS ŚWIĘC SŁAWNO | SŁAWNO | POL | K-30 | 13 | K 32 | 00:03:57 | 00:20:48 | 00:38:33 | 00:56:38.75 | 00:56:28.05 | 5:37 | 10.7 |
| 14 | BĄCZYK MONIKA | 4 | MONIA TEAM | SZCZECIN | POL | K-30 | 14 | K 35 | 00:03:47 | 00:21:29 | 00:39:54 | 00:57:58.75 | 00:58:11.65 | 5:47 | 10.3 |
| 15 | WOLSKA ANNA | 22 | ŚWIAT PŁYTEK U KRYSPIŃ | NOŻYNO | POL | K-30 | 15 | K 38 | 00:03:55 | 00:21:33 | 00:40:09 | 00:58:50.10 | 00:59:02.25 | 5:53 | 10.2 |
| 16 | JANKOWSKA JUSTYNA | 48 | | SŁUPSK | POL | K-30 | 16 | K 39 | 00:03:36 | 00:21:10 | 00:40:11 | 00:59:04.50 | 00:59:14.40 | 5:54 | 10.2 |
| 17 | JANKIEWICZ HELENA | 47 | MTS HAMER MIASTKO | MIASTKO | POL | K-30 | 17 | K 41 | 00:03:55 | 00:22:45 | 00:41:40 | 00:59:23.05 | 00:59:33.05 | 5:56 | 10.1 |
| 18 | KUCHENBEKIER ILONA | 189 | | MIASTKO | POL | K-30 | 18 | K 43 | 00:03:53 | 00:21:32 | 00:40:22 | 00:59:48.90 | 01:00:02.80 | 5:58 | 10 |
| 19 | WIRKUS-LASKOWSKA MAGDA | 171 | | MIASTKO | POL | K-30 | 19 | K 50 | 00:03:52 | 00:22:40 | 00:45:09 | 01:08:26.85 | 01:08:40.55 | 6:50 | 8.8 |
| | PLISKOWSKA ANNA | 187 | | MIASTKO | POL | K-30 | | | 00:03:27 | 00:19:09 | 00:36:10 | DNF | DNF | - | - |
| | | | | | | | | | DNF | DNF | DNF | | | | |

II LETNI BIEG MTS HAMER - MIASTKO - 10KM, M-30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.7km | 3.8km | 6.9km | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|-----------------------------------|---------------|------|------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | VERKHAVODKIN HENADZ | 165 | GRODNOOBLSPORT | GRODNO | | M-30 | 1 | M 2 | 00:02:23 | 00:12:20 | 00:22:25 | 00:32:26.00 | 00:32:27.25 | 3:14 | 18.5 |
| 2 | RUDNIK KRZYSZTOF | 132 | NIGHT RUNNERS SŁUPSK | KRĘPA SŁUPSKA | POL | M-30 | 2 | M 7 | 00:02:29 | 00:13:39 | 00:24:52 | 00:35:46.80 | 00:35:48.85 | 3:34 | 16.8 |
| 3 | WENT JAKUB | 168 | | ŁEBA | POL | M-30 | 3 | M 8 | 00:02:32 | 00:13:47 | 00:25:10 | 00:36:04.80 | 00:36:06.75 | 3:36 | 16.6 |
| 4 | MASŁOWSKI MATEUSZ | 95 | 7 BRYGADA OBRONY WYBRZEŻA | SŁUPSK | POL | M-30 | 4 | M 12 | 00:02:32 | 00:14:04 | 00:25:58 | 00:37:55.70 | 00:37:57.90 | 3:47 | 15.8 |
| 5 | SZUPIŃSKI DARIUSZ | 156 | URZĄD GMINY PRZECHLEWO | PRZECHLEWO | POL | M-30 | 5 | M 13 | 00:02:27 | 00:13:54 | 00:26:03 | 00:38:19.60 | 00:38:21.75 | 3:49 | 15.7 |
| 6 | KUŁAKOWSKI ARTUR | 81 | FLORIAN CHOJNICE | CHOJNICE | POL | M-30 | 6 | M 15 | 00:02:40 | 00:14:22 | 00:26:22 | 00:38:35.15 | 00:38:40.10 | 3:51 | 15.5 |
| 7 | WILCZEWSKI KRZYSZTOF | 196 | MKS ŚWIĘC SŁAWNO | TYCHOWO | POL | M-30 | 7 | M 16 | 00:02:48 | 00:14:44 | 00:26:49 | 00:38:37.05 | 00:38:41.05 | 3:51 | 15.5 |
| 8 | WILCZEWSKI MARIUSZ | 197 | MKS ŚWIĘC SŁAWNO | SŁAWNO | POL | M-30 | 8 | M 18 | 00:02:48 | 00:14:44 | 00:26:49 | 00:38:44.45 | 00:38:48.95 | 3:52 | 15.5 |
| 9 | PANCEWICZ PIOTR | 111 | RUNNERSWALDE DARŁOWO | DARŁOWO | POL | M-30 | 9 | M 24 | 00:02:51 | 00:15:17 | 00:28:07 | 00:40:38.05 | 00:40:40.90 | 4:03 | 14.8 |
| 10 | FERENC RAFAŁ | 27 | | MIASTKO | POL | M-30 | 10 | M 25 | 00:02:33 | 00:14:48 | 00:27:44 | 00:40:51.75 | 00:40:55.80 | 4:05 | 14.7 |
| 11 | ZUCHOWSKI MACIEJ | 182 | KPPSP BYTÓW | TRZEBIELINO | POL | M-30 | 11 | M 29 | 00:02:42 | 00:15:07 | 00:28:14 | 00:41:36.65 | 00:41:40.35 | 4:09 | 14.4 |
| 12 | SIEMIĄTKOWSKI ROBERT | 137 | RUNNERSWALDE DARŁOWO | DARŁOWO | POL | M-30 | 12 | M 30 | 00:02:48 | 00:15:24 | 00:28:48 | 00:41:44.25 | 00:41:49.55 | 4:10 | 14.4 |
| 13 | JABŁOŃSKI KRZYSZTOF | 43 | MTS HAMER MIASTKO | MIASTKO | POL | M-30 | 13 | M 33 | 00:02:48 | 00:15:24 | 00:28:41 | 00:42:02.90 | 00:42:07.75 | 4:12 | 14.3 |
| 14 | BONISŁAWSKI JAROSŁAW | 10 | WWW.FADOMODA.PL | SŁAWNO | POL | M-30 | 14 | M 35 | 00:03:04 | 00:16:22 | 00:29:32 | 00:42:31.35 | 00:42:48.55 | 4:15 | 14.1 |
| 15 | SAJKO BARTOSZ | 88 | | DARŁOWO | POL | M-30 | 15 | M 37 | 00:02:47 | 00:15:23 | 00:28:58 | 00:42:37.45 | 00:42:43.70 | 4:15 | 14.1 |
| 16 | SKIERKA GRZEGORZ | 195 | MKS ŚWIĘC SŁAWNO | KWASOWO | POL | M-30 | 16 | M 38 | 00:03:14 | 00:16:27 | 00:29:45 | 00:42:48.55 | 00:43:02.00 | 4:16 | 14 |
| 17 | KULPACZYŃSKI PATRYK | 78 | GOGGLE PAE TEAM | GDĄSK | POL | M-30 | 17 | M 42 | 00:02:59 | 00:16:11 | 00:29:45 | 00:43:25.75 | 00:43:35.30 | 4:20 | 13.8 |
| 18 | ZAWADZKI DAMIAN | 176 | KB WYGAN KOŁOBRZEG | ZIELENIEWO | POL | M-30 | 18 | M 46 | 00:02:53 | 00:16:05 | 00:29:57 | 00:43:47.10 | 00:43:54.35 | 4:22 | 13.7 |
| 19 | RUSZCZYŃSKI ŁUKASZ | 133 | RWT BYDGOSZCZ/ WŁ SŁUPSK | SŁUPSK | POL | M-30 | 19 | M 52 | 00:02:58 | 00:16:39 | 00:30:44 | 00:44:55.05 | 00:45:00.60 | 4:29 | 13.4 |
| 20 | WIERZBICKI SYLWESTER | 169 | RUNNERSWALDE DARŁOWO | DARŁOWO | POL | M-30 | 20 | M 65 | 00:03:08 | 00:17:29 | 00:32:31 | 00:47:42.35 | 00:47:51.35 | 4:46 | 12.6 |
| 21 | SZYMAŃSKI MATEUSZ | 158 | | MIASTKO | POL | M-30 | 21 | M 68 | 00:03:25 | 00:18:21 | 00:33:19 | 00:48:05.15 | 00:48:14.40 | 4:48 | 12.5 |
| 22 | KRUPKA PIOTR | 70 | TEAM OPTIM | MIASTKO | POL | M-30 | 22 | M 74 | 00:03:16 | 00:18:16 | 00:33:13 | 00:48:17.60 | 00:48:30.75 | 4:49 | 12.4 |
| 23 | POZORSKI KRZYSZTOF | 127 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M-30 | 23 | M 76 | 00:03:10 | 00:17:40 | 00:33:01 | 00:48:30.85 | 00:48:37.20 | 4:51 | 12.4 |
| 24 | ZBLEWSKI PATRYK | 178 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M-30 | 24 | M 82 | 00:03:14 | 00:18:08 | 00:33:52 | 00:49:27.30 | 00:49:33.85 | 4:56 | 12.1 |
| 25 | KUCHARSKI PRZEMYSŁAW | 74 | | MIASTKO | POL | M-30 | 25 | M 83 | 00:03:22 | 00:18:22 | 00:33:39 | 00:49:28.90 | 00:49:39.20 | 4:56 | 12.1 |
| 26 | IWASZKO KRZYSZTOF | 42 | MTS HAMER MIASTKO | MIASTKO | POL | M-30 | 26 | M 86 | 00:03:37 | 00:18:59 | 00:34:04 | 00:49:49.15 | 00:50:04.70 | 4:58 | 12 |
| 27 | KARGUL JACEK | 59 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M-30 | 27 | M 88 | 00:03:12 | 00:18:03 | 00:34:00 | 00:50:19.85 | 00:50:27.10 | 5:02 | 11.9 |
| 28 | ŻMIENKO HUBERT | 181 | | CHOJNICE | POL | M-30 | 28 | M 90 | 00:03:11 | 00:18:10 | 00:34:33 | 00:51:12.05 | 00:51:22.35 | 5:07 | 11.7 |
| 29 | KUŁAKOWSKI DAWID | 80 | TKKF KOSZALIN | KOSZALIN | POL | M-30 | 29 | M 91 | 00:03:14 | 00:18:07 | 00:34:22 | 00:51:24.15 | 00:51:33.25 | 5:08 | 11.7 |
| 30 | ŻWIROWSKI ANDRZEJ | 39 | | MIASTKO | POL | M-30 | 30 | M 92 | 00:03:17 | 00:18:37 | 00:34:43 | 00:51:27.40 | 00:51:33.85 | 5:08 | 11.7 |
| 31 | BRUDKA JACEK | 76 | | KOSZALIN | POL | M-30 | 31 | M 95 | 00:03:15 | 00:18:35 | 00:35:05 | 00:52:02.50 | 00:52:14.65 | 5:12 | 11.5 |
| 32 | HAŁAS PIOTR | 58 | | SŁUPSK | | M-30 | 32 | M 96 | 00:03:16 | 00:18:31 | 00:35:23 | 00:52:26.25 | 00:52:32.70 | 5:14 | 11.4 |
| 33 | HASULAK ŁUKASZ | 61 | MTS HAMER MIASTKO | MIASTKO | POL | M-30 | 33 | M 100 | 00:03:28 | 00:18:52 | 00:35:30 | 00:53:46.80 | 00:53:57.55 | 5:22 | 11.2 |
| 34 | SOROKA TOMASZ | 140 | NIGHT RUNNERS SŁUPSK / BBL SŁUPSK | SŁUPSK | POL | M-30 | 34 | M 102 | 00:03:17 | 00:19:13 | 00:36:35 | 00:53:50.50 | 00:53:53.50 | 5:23 | 11.1 |
| 35 | KUPREWICZ GRZEGORZ | 82 | ROZBIEGANI KOSZALIN | KOSZALIN | POL | M-30 | 35 | M 104 | 00:03:15 | 00:19:48 | 00:37:39 | 00:54:22.65 | 00:54:33.10 | 5:26 | 11 |
| 36 | GAŚIOR PAWEŁ | 33 | ROZBIEGANI SUSZ | SUSZ | POL | M-30 | 36 | M 111 | 00:03:42 | 00:20:31 | 00:38:20 | 00:55:27.85 | 00:55:36.70 | 5:32 | 10.8 |
| 37 | BĄCZYK ADAM | 5 | MONIA TEAM | SZCZECIN | POL | M-30 | 37 | M 115 | 00:03:46 | 00:21:29 | 00:39:53 | 00:57:58.40 | 00:58:11.50 | 5:47 | 10.4 |

II LETNI BIEG MTS HAMER - MIASTKO - 10KM, M-30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.7km | 3.8km | 6.9km | Netto | Brutto | min/km | km/h |
|------|--------------------|-----|------|-----------|------|------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 38 | SZYSZKOWSKI TOMASZ | 159 | | KOSZALIN | POL | M-30 | 38 | M 119 | 00:03:35 | 00:21:52 | 00:41:18 | 00:59:40.70 | 00:59:52.30 | 5:58 | 10.1 |
| 39 | ZALEWSKI GRZEGORZ | 175 | | USTKA | POL | M-30 | 39 | M 120 | 00:03:41 | 00:21:02 | 00:40:22 | 01:00:29.60 | 01:00:38.40 | 6:03 | 9.9 |
| 40 | JĘDRASZKO ŁUKASZ | 52 | | PASIEKA | POL | M-30 | 40 | M 123 | 00:03:46 | 00:22:58 | 00:44:34 | 01:06:33.85 | 01:06:43.70 | 6:39 | 9 |
| | BORDUN MICHAŁ | 12 | NEKO | MIASTKO | POL | M-30 | | | 00:03:30 | DNF | DNF | DNF | DNF | - | - |

II LETNI BIEG MTS HAMER - MIASTKO - 10KM, K-40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.7km | 3.8km | 6.9km | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|------------------------------------|-------------|------|------|--------|------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | PAWŁOWSKA MARLENA | 45 | | CZŁUCHÓW | POL | K-40 | 1 | K 3 | 00:02:35 | 00:14:23 | 00:26:24 | 00:38:13.80 | 00:38:15.65 | 3:49 | 15.7 |
| 2 | FELSKA ANNA | 26 | MŻS WOŁCZA MAŁA | WOŁCZA MAŁA | POL | K-40 | 2 | K 10 | 00:02:53 | 00:16:11 | 00:29:24 | 00:42:13.20 | 00:42:16.55 | 4:13 | 14.2 |
| 3 | KŁACZYŃSKA DANUTA | 60 | | SZCZECIN | POL | K-40 | 3 | K 12 | 00:02:42 | 00:15:37 | 00:29:49 | 00:43:52.00 | 00:43:55.30 | 4:23 | 13.7 |
| 4 | POBŁOCKA BOZENA | 123 | UKS EKONOMIK-MARATOŃCZYK LĘBORK | LĘBORK | POL | K-40 | 4 | K 15 | 00:03:15 | 00:17:27 | 00:32:02 | 00:46:33.00 | 00:46:35.65 | 4:39 | 12.9 |
| 5 | ZIENTARSKA JOANNA | 180 | ŚWIAT PŁYTEK U KRYSPIŃ | BYTÓW | POL | K-40 | 5 | K 23 | 00:03:37 | 00:18:17 | 00:33:34 | 00:49:10.70 | 00:49:18.75 | 4:55 | 12.2 |
| 6 | DZIERŻEŃSKA MONIKA | 188 | | GDAŃSK | POL | K-40 | 6 | K 29 | 00:03:16 | 00:18:48 | 00:35:52 | 00:53:00.85 | 00:53:14.25 | 5:18 | 11.3 |
| 7 | STANKOWIAK MAGDALENA | 145 | | MIASTKO | POL | K-40 | 7 | K 42 | 00:03:20 | 00:21:07 | 00:40:30 | 00:59:42.35 | 00:59:48.45 | 5:58 | 10.1 |
| 8 | SETNIK MONIKA | 136 | | SŁUPSK | POL | K-40 | 8 | K 48 | 00:03:55 | 00:21:40 | 00:42:15 | 01:03:12.65 | 01:03:27.65 | 6:19 | 9.5 |
| 9 | SULL AGNIESZKA | 149 | NIGHT RUNNERS SŁUPSK | WODNICA | POL | K-40 | 9 | K 49 | 00:03:47 | 00:22:14 | 00:42:30 | 01:04:36.70 | 01:04:49.35 | 6:27 | 9.3 |

II LETNI BIEG MTS HAMER - MIASTKO - 10KM, M-40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.7km | 3.8km | 6.9km | Netto | Brutto | min/km | km/h |
|------|---------------------------|-----|---|----------------|------|------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | KRYCZKA STANISŁAW | 71 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 1 | M 14 | 00:02:34 | 00:14:22 | 00:26:30 | 00:38:35.20 | 00:38:38.20 | 3:51 | 15.6 |
| 2 | HERMAN ARKADIUSZ | 62 | | SŁUPSK | POL | M-40 | 2 | M 19 | 00:02:36 | 00:14:25 | 00:26:36 | 00:38:58.45 | 00:39:01.10 | 3:53 | 15.4 |
| 3 | JURA KRZYSZTOF | 54 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 3 | M 23 | 00:02:35 | 00:14:40 | 00:27:46 | 00:40:21.80 | 00:40:25.25 | 4:02 | 14.9 |
| 4 | GARSKI KRYSPIŃ | 31 | ŚWIAT PŁYTEK U KRYSPIŃ | BYTÓW | POL | M-40 | 4 | M 26 | 00:02:50 | 00:15:23 | 00:28:15 | 00:41:03.75 | 00:41:08.70 | 4:06 | 14.6 |
| 5 | BORKOWSKI TOMASZ | 13 | | TUCHOLA | POL | M-40 | 5 | M 32 | 00:02:47 | 00:15:13 | 00:28:19 | 00:41:50.10 | 00:41:52.90 | 4:11 | 14.3 |
| 6 | WANTOCH REKOWSKI ZBIGNIEW | 166 | JRG MIASTKO | BOROWY MŁYN | POL | M-40 | 6 | M 39 | 00:02:42 | 00:15:29 | 00:29:14 | 00:42:50.00 | 00:42:52.65 | 4:17 | 14 |
| 7 | MATYJASEK ZBIGNIEW | 96 | TKKF KOSZALIN | KOSZALIN | POL | M-40 | 7 | M 40 | 00:02:38 | 00:15:24 | 00:29:31 | 00:43:16.65 | 00:43:20.35 | 4:19 | 13.9 |
| 8 | KROPIDŁOWSKI ZDZISŁAW | 69 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 8 | M 41 | 00:02:50 | 00:16:02 | 00:29:39 | 00:43:20.45 | 00:43:24.05 | 4:20 | 13.8 |
| 9 | OLESZEK JERZY | 107 | | GRABNO | POL | M-40 | 9 | M 43 | 00:02:48 | 00:16:04 | 00:29:48 | 00:43:27.45 | 00:43:31.40 | 4:20 | 13.8 |
| 10 | GRABOWSKI ANDRZEJ | 177 | ŚWIAT PŁYTEK U KRYSPIŃ | NOŻYNO | POL | M-40 | 10 | M 44 | 00:02:58 | 00:16:15 | 00:30:00 | 00:43:35.15 | 00:43:41.30 | 4:21 | 13.8 |
| 11 | DWULIT DARIUSZ | 23 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 11 | M 50 | 00:02:56 | 00:16:31 | 00:30:37 | 00:44:49.20 | 00:45:03.85 | 4:28 | 13.4 |
| 12 | JANKIEWICZ TOMASZ | 46 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 12 | M 53 | 00:02:52 | 00:16:38 | 00:30:48 | 00:44:58.20 | 00:45:03.20 | 4:29 | 13.3 |
| 13 | PEKAŁA PIOTR | 118 | SOSW KOSZALIN | KOSZALIN | POL | M-40 | 13 | M 54 | 00:03:03 | 00:16:29 | 00:30:52 | 00:44:59.70 | 00:45:10.85 | 4:29 | 13.3 |
| 14 | MAZUR EMILIUŚ | 97 | | DARŁOWO | POL | M-40 | 14 | M 55 | 00:02:51 | 00:16:00 | 00:29:59 | 00:45:13.20 | 00:45:17.70 | 4:31 | 13.3 |
| 15 | MAJEWSKI ANDRZEJ | 89 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 15 | M 60 | 00:03:17 | 00:17:28 | 00:31:54 | 00:46:04.95 | 00:46:20.15 | 4:36 | 13 |
| 16 | SPALIK MARIUSZ | 142 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 16 | M 62 | 00:02:44 | 00:16:40 | 00:31:24 | 00:46:35.90 | 00:46:39.05 | 4:39 | 12.9 |
| 17 | PETA ANDRZEJ | 116 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 17 | M 66 | 00:02:57 | 00:17:18 | 00:32:18 | 00:47:42.95 | 00:47:47.35 | 4:46 | 12.6 |
| 18 | KOWALCZYK GRZEGORZ | 66 | BIEG NAJLEPSZYM SPOSOBEM JEST PORUSZANIA | LUBLIN | POL | M-40 | 18 | M 71 | 00:03:02 | 00:17:20 | 00:32:48 | 00:48:12.20 | 00:48:18.35 | 4:49 | 12.4 |
| 19 | SURDAK PIOTR | 151 | MONIA TEAM | GRYFINO | POL | M-40 | 19 | M 72 | 00:03:16 | 00:18:08 | 00:33:15 | 00:48:16.10 | 00:48:23.05 | 4:49 | 12.4 |
| 20 | GABRYEL WOJCIECH | 30 | -) | TUCHOLA | POL | M-40 | 20 | M 73 | 00:03:09 | 00:17:36 | 00:32:48 | 00:48:17.30 | 00:48:29.15 | 4:49 | 12.4 |
| 21 | MICERSKI TOMASZ | 99 | TKKF KOSZALIN | KOSZALIN | POL | M-40 | 21 | M 77 | 00:03:14 | 00:17:56 | 00:33:15 | 00:48:33.35 | 00:48:42.90 | 4:51 | 12.4 |
| 22 | TUROWSKI WOJCIECH | 164 | | USTKA | POL | M-40 | 22 | M 79 | 00:02:58 | 00:17:32 | 00:33:14 | 00:48:57.05 | 00:49:01.30 | 4:53 | 12.3 |
| 23 | KRAŚŃSKI WITOLD | 67 | JW 1223 - 3.PLOT | KOSZALIN | POL | M-40 | 23 | M 84 | 00:03:16 | 00:17:53 | 00:33:36 | 00:49:38.85 | 00:49:48.10 | 4:57 | 12.1 |
| 24 | MROCEK PRZEMYSŁAW | 79 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M-40 | 24 | M 87 | 00:03:18 | 00:18:04 | 00:34:03 | 00:50:13.15 | 00:50:15.80 | 5:01 | 11.9 |
| 25 | ANDRZEJCZAK SŁAWOMIR | 2 | GRZEŚŁAW USTKA | ŁĘDOWO-OSIEDLE | POL | M-40 | 25 | M 94 | 00:03:12 | 00:18:13 | 00:34:31 | 00:51:40.80 | 00:51:49.90 | 5:10 | 11.6 |
| 26 | KUCHENBEKIER ARKADIUSZ | 75 | | MIASTKO | POL | M-40 | 26 | M 97 | 00:03:35 | 00:19:19 | 00:36:02 | 00:52:36.05 | 00:52:49.95 | 5:15 | 11.4 |
| 27 | CYBULSKI ROBERT | 19 | MTS HAMER MIASTKO | MIASTKO | POL | M-40 | 27 | M 98 | 00:03:18 | 00:19:07 | 00:35:48 | 00:52:37.65 | 00:52:42.95 | 5:15 | 11.4 |
| 28 | WOŹNIAK GRZEGORZ | 174 | GRZEŚŁAW USTKA | USTKA | POL | M-40 | 28 | M 99 | 00:03:25 | 00:18:48 | 00:35:37 | 00:53:23.50 | 00:53:32.00 | 5:20 | 11.2 |
| 29 | SZABAŁOWSKI MAREK | 148 | | SZCZECINEK | POL | M-40 | 29 | M 103 | 00:03:36 | 00:19:54 | 00:36:52 | 00:53:50.60 | 00:53:54.80 | 5:23 | 11.1 |
| 30 | TURCZYŃ GRZEGORZ | 162 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M-40 | 30 | M 105 | 00:03:38 | 00:19:50 | 00:37:01 | 00:54:22.80 | 00:54:36.00 | 5:26 | 11 |

II LETNI BIEG MTS HAMER - MIASTKO - 10KM, M-40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.7km | 3.8km | 6.9km | Netto | Brutto | min/km | km/h |
|------|--------------------|-----|--------------------|-----------|------|------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 31 | GREBIENIK ANDRZEJ | 36 | | SŁUPSK | POL | M-40 | 31 | M 106 | 00:03:40 | 00:19:37 | 00:37:08 | 00:54:56.10 | 00:55:07.35 | 5:29 | 10.9 |
| 32 | ŚLEDŹ ANDRZEJ | 160 | WŁ SŁUPSK | SŁUPSK | POL | M-40 | 32 | M 114 | 00:03:22 | 00:20:06 | 00:38:54 | 00:57:47.15 | 00:57:53.10 | 5:46 | 10.4 |
| 33 | ZIĘBA PAWEŁ | 179 | TKKF KOSZALIN | KOSZALIN | POL | M-40 | 33 | M 117 | 00:03:16 | 00:20:46 | 00:41:00 | 00:58:48.35 | 00:58:58.10 | 5:52 | 10.2 |
| 34 | LIŚNIEWSKI ANDRZEJ | 85 | WKB META LUBLINIEC | CHOJNICE | POL | M-40 | 34 | M 118 | 00:03:53 | 00:21:29 | 00:40:17 | 00:59:36.20 | 00:59:50.10 | 5:57 | 10.1 |
| | MALINOWSKI MARIUSZ | 104 | | MIASTKO | POL | M-40 | | | DNF | DNF | DNF | DNF | DNF | - | - |

II LETNI BIEG MTS HAMER - MIASTKO - 10KM, K-50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.7km | 3.8km | 6.9km | Netto | Brutto | min/km | km/h |
|------|-----------------------|-----|-----------------------------|-----------|------|------|--------|------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | JASKULSKA MIRELA | 49 | AKADEMIA BIEGANIA GRUDZIĄDZ | GRUDZIĄDZ | POL | K-50 | 1 | K 13 | 00:03:14 | 00:17:20 | 00:31:36 | 00:46:00.85 | 00:46:11.50 | 4:36 | 13 |
| 2 | KRZEWIŃSKA MAŁGORZATA | 72 | TKKF KOSZALIN | KOSZALIN | POL | K-50 | 2 | K 16 | 00:03:13 | 00:17:44 | 00:32:36 | 00:47:23.10 | 00:47:29.15 | 4:44 | 12.7 |
| 3 | MARCZAK MAŁGORZATA | 93 | AMATOR | ŻELKOWO | POL | K-50 | 3 | K 44 | 00:03:44 | 00:21:25 | 00:40:48 | 01:00:01.10 | 01:00:08.50 | 6:00 | 10 |
| 4 | BUDZYŃSKA ELŻBIETA | 15 | BBL SŁUPSK | SŁUPSK | POL | K-50 | 4 | K 45 | 00:04:00 | 00:22:38 | 00:42:12 | 01:01:58.55 | 01:02:07.95 | 6:11 | 9.7 |
| 5 | CYBULSKA ELŻBIETA | 18 | | MIASTKO | POL | K-50 | 5 | K 46 | 00:04:02 | 00:22:34 | 00:42:07 | 01:02:06.50 | 01:02:10.15 | 6:12 | 9.7 |
| 6 | TUROWSKA KATARZYNA | 163 | PGB SPORTOWA PACZKA | USTKA | POL | K-50 | 6 | K 47 | 00:03:54 | 00:22:09 | 00:41:25 | 01:02:34.40 | 01:02:45.85 | 6:15 | 9.6 |

II LETNI BIEG MTS HAMER - MIASTKO - 10KM, M-50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.7km | 3.8km | 6.9km | Netto | Brutto | min/km | km/h |
|------|---------------------|-----|------------------------------------|---------------|------|------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | POBŁOCKI PIOTR | 125 | UKS EKONOMIK-MARATOŃCZYK LĘBORK | LĘBORK | POL | M-50 | 1 | M 3 | 00:02:25 | 00:12:53 | 00:23:09 | 00:33:49.70 | 00:33:51.55 | 3:23 | 17.7 |
| 2 | JASKULSKI KAZIMIERZ | 50 | AKADEMIA BIEGANIA GRUDZIĄDZ | GRUDZIĄDZ | POL | M-50 | 2 | M 20 | 00:02:40 | 00:14:41 | 00:27:10 | 00:39:26.90 | 00:39:29.25 | 3:56 | 15.2 |
| 3 | GRZESIK EUGENIUSZ | 37 | TKKF KOSZALIN | KOSZALIN | POL | M-50 | 3 | M 21 | 00:02:35 | 00:14:40 | 00:27:09 | 00:39:36.25 | 00:39:38.90 | 3:57 | 15.2 |
| 4 | HINC WALDEMAR | 40 | ZACISZE PRZECHLEWO | PRZECHLEWO | POL | M-50 | 4 | M 27 | 00:02:47 | 00:15:14 | 00:28:09 | 00:41:12.30 | 00:41:15.30 | 4:07 | 14.6 |
| 5 | DIADCZYK KRZYSZTOF | 199 | FLORIAN CHOJNICE | CHOJNICE | POL | M-50 | 5 | M 28 | 00:02:38 | 00:15:19 | 00:28:12 | 00:41:17.05 | 00:41:29.05 | 4:07 | 14.5 |
| 6 | WNUK STANISŁAW | 193 | MARATOŃCZYK WIELKI KLINCZ | WIELKI KLINCZ | POL | M-50 | 6 | M 34 | 00:02:46 | 00:15:40 | 00:28:55 | 00:42:16.00 | 00:42:21.70 | 4:13 | 14.2 |
| 7 | CZAJA ANDRZEJ | 38 | UKS EKONOMIK-MARATOŃCZYK LĘBORK | ŁĘCZYCE | POL | M-50 | 7 | M 48 | 00:03:06 | 00:16:28 | 00:30:18 | 00:44:29.85 | 00:44:38.95 | 4:26 | 13.5 |
| 8 | KUBIŃSKI RAFAŁ | 73 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M-50 | 8 | M 56 | 00:02:45 | 00:16:24 | 00:30:34 | 00:45:14.80 | 00:45:17.90 | 4:31 | 13.3 |
| 9 | PŁCZYŃSKI ZBIGNIEW | 120 | NIEZRZESZONY | SŁUPSK | POL | M-50 | 9 | M 57 | 00:03:02 | 00:16:31 | 00:30:55 | 00:45:31.30 | 00:45:37.10 | 4:33 | 13.2 |
| 10 | SKOWYRSKI JANUSZ | 138 | TKKF KOSZALIN ROWERIA KOSZALIN | BIESIEKIERZ | POL | M-50 | 10 | M 64 | 00:03:13 | 00:17:39 | 00:32:31 | 00:47:38.00 | 00:47:48.00 | 4:45 | 12.6 |
| 11 | ŁASZCZ DARIUSZ | 87 | | REKOWO | POL | M-50 | 11 | M 85 | 00:03:46 | 00:19:13 | 00:34:31 | 00:49:40.65 | 00:49:53.90 | 4:58 | 12.1 |
| 12 | ŁASZCZ ADAM | 83 | | MIASTKO | POL | M-50 | 12 | M 93 | 00:03:47 | 00:19:27 | 00:35:38 | 00:51:31.50 | 00:51:44.10 | 5:09 | 11.6 |
| 13 | BUTKIEWICZ WOJCIECH | 16 | | MIASTKO | POL | M-50 | 13 | M 110 | 00:03:23 | 00:19:46 | 00:37:13 | 00:55:11.70 | 00:55:18.95 | 5:31 | 10.9 |
| 14 | MARCZAK ANDRZEJ | 94 | AMATOR | ŻELKOWO | POL | M-50 | 14 | M 112 | 00:03:39 | 00:20:50 | 00:38:23 | 00:56:17.80 | 00:56:25.80 | 5:37 | 10.7 |
| | KŁOSIŃSKI STANISŁAW | 190 | | | POL | M-50 | | | 00:04:34 | DNF | DNF | DNF | DNF | - | - |

II LETNI BIEG MTS HAMER - MIASTKO - 10KM, K-60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.7km | 3.8km | 6.9km | Netto | Brutto | min/km | km/h |
|------|-------------------|----|---------------------------|-----------|------|------|--------|------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | NAPIĘTEK ELŻBIETA | 25 | ŚWIAT PŁYTEK U KRYSPIŃSKA | BYTÓW | POL | K-60 | 1 | K 51 | 00:04:06 | 00:26:11 | 00:49:29 | 01:13:17.40 | 01:13:31.60 | 7:19 | 8.2 |

II LETNI BIEG MTS HAMER - MIASTKO - 10KM, M-60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.7km | 3.8km | 6.9km | Netto | Brutto | min/km | km/h |
|------|--------------------|-----|---------------------|-------------|------|------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 1 | SZEWCUK ANDRZEJ | 154 | STOPA SŁUPSK | SŁUPSK | POL | M-60 | 1 | M 61 | 00:03:15 | 00:17:20 | 00:31:56 | 00:46:34.75 | 00:46:42.75 | 4:39 | 12.9 |
| 2 | FILIPÓW TADEUSZ | 28 | NIEZRZESZONY | LĘBORK | POL | M-60 | 2 | M 78 | 00:03:07 | 00:17:31 | 00:32:46 | 00:48:51.90 | 00:48:56.70 | 4:53 | 12.3 |
| 3 | MALEK ANDRZEJ | 90 | POZYTYWNA ENDORFINA | KOŚCIERZYNA | POL | M-60 | 3 | M 81 | 00:03:19 | 00:18:03 | 00:33:29 | 00:49:25.40 | 00:49:32.95 | 4:56 | 12.1 |
| 4 | PIETRZYCKI ANDRZEJ | 119 | NIEZRZESZONY | SŁUPSK | POL | M-60 | 4 | M 101 | 00:03:53 | 00:21:07 | 00:38:16 | 00:53:48.30 | 00:54:02.75 | 5:22 | 11.2 |

II LETNI BIEG MTS HAMER - MIASTKO - 10KM, M-60 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.7km | 3.8km | 6.9km | Netto | Brutto | min/km | km/h |
|------|-------------------|-----|----------------------|-----------|------|------|--------|-------|----------|----------|----------|-------------|-------------|--------|------|
| 5 | SŁOMSKI ZENON | 139 | KORZYBSKIE REKINY | KORZYBIE | POL | M-60 | 5 | M 107 | 00:03:43 | 00:19:59 | 00:36:55 | 00:54:58.60 | 00:55:07.40 | 5:29 | 10.9 |
| 6 | JURA KAZIMIERZ | 55 | MTS HAMER MIASTKO | MIASTKO | POL | M-60 | 6 | M 108 | 00:03:41 | 00:20:13 | 00:37:47 | 00:54:58.90 | 00:55:13.85 | 5:29 | 10.9 |
| 7 | MUSZYŃSKI JACEK | 102 | KB GOCH BYTÓW | BYTÓW | POL | M-60 | 7 | M 109 | 00:03:40 | 00:20:10 | 00:37:39 | 00:55:02.20 | 00:55:16.50 | 5:30 | 10.9 |
| 8 | PARWANICKI WIKTOR | 112 | 'TUPOT' USTKA | WLYNKOWKO | POL | M-60 | 8 | M 113 | 00:03:57 | 00:20:55 | 00:38:56 | 00:57:37.05 | 00:57:51.85 | 5:45 | 10.4 |
| 9 | POZORSKI ZBIGNIEW | 128 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M-60 | 9 | M 116 | 00:03:43 | 00:20:49 | 00:39:19 | 00:58:16.05 | 00:58:23.10 | 5:49 | 10.3 |