

BIEG WOLNOŚCI - BIEG

Organizator: Stowarzyszenie Pozytywni z Pasją
 Data: 2023-08-06
 Miejsce: Jastrowie
 Dystans: 5.3 km
 Klasyfikacja wg czasów brutto.



BIEG WOLNOŚCI - BIEG, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|----------------------------|-----|----------------------------|---------------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | KUŚMIDER ANDRZEJ | 232 | | CZAPLINEK | POL | M-40 | 1 | M 1 | 00:18:51.50 | 00:18:56.85 | 3:33 | 16.9 |
| 2 | KAPERNA MONIKA | 74 | STACHOWSCY AKADEMIA SPORTU | PIŁA | POL | K-30 | 1 | K 1 | 00:19:11.85 | 00:19:17.30 | 3:37 | 16.6 |
| 3 | WOŹNIAK GRZEGORZ | 209 | MOS KRAJENKA | KRAJENKA | POL | M-30 | 1 | M 2 | 00:19:32.85 | 00:19:38.10 | 3:41 | 16.3 |
| 4 | RADTKA TOMASZ | 154 | LZS 'JEDNOŚĆ' ŁOBŻENICA | ŁOBŻENICA | POL | M-40 | 2 | M 3 | 00:19:45.50 | 00:19:50.80 | 3:43 | 16.1 |
| 5 | HOMAN DARIUSZ | 216 | TEAM TERMINATORUN | WAŁCZ | POL | M-30 | 2 | M 4 | 00:19:57.70 | 00:20:03.25 | 3:45 | 15.9 |
| 6 | ZIĘBA KRZYSZTOF | 236 | | ZŁOTÓW | POL | M-30 | 3 | M 5 | 00:19:58.35 | 00:20:04.75 | 3:46 | 15.9 |
| 7 | SZACHO-GŁUCHOWICZ RYSZARD | 179 | | DZIERŻAŻENKO | POL | M-40 | 3 | M 5 | 00:19:58.95 | 00:20:04.75 | 3:46 | 15.9 |
| 8 | WAŁDOCH RAFAŁ | 195 | TEAM TERMINATORUN | WAŁCZ | POL | M-18 | 1 | M 7 | 00:19:53.75 | 00:20:04.85 | 3:45 | 16 |
| 9 | CUBER WOJCIECH | 30 | | ZŁOTÓW | POL | M-40 | 4 | M 8 | 00:20:08.85 | 00:20:12.85 | 3:47 | 15.8 |
| 10 | LASAK KONRAD | 105 | | SZCZECINEK | POL | M-18 | 2 | M 9 | 00:20:35.65 | 00:20:41.80 | 3:53 | 15.4 |
| 11 | TOMKOWSKI PRZEMYSŁAW | 191 | CHRYSZTUS KRÓLEM | BIAŁY BÓR | POL | M-30 | 4 | M 10 | 00:20:47.55 | 00:20:53.65 | 3:55 | 15.3 |
| 12 | MICHAŁOWSKI PIOTR | 120 | BIEGAJĄCY DIETETYK TEAM | PRZECHLEWO | POL | M-30 | 5 | M 11 | 00:20:51.90 | 00:20:57.25 | 3:56 | 15.3 |
| 13 | BŁASZCZYK PIOTR | 17 | | BARWICE | POL | M-40 | 5 | M 12 | 00:20:54.80 | 00:21:00.90 | 3:56 | 15.2 |
| 14 | KUJAWA MARCIN | 243 | HIGH KICK GYM | SZCZECINEK | POL | M-18 | 3 | M 13 | 00:21:01.70 | 00:21:10.85 | 3:57 | 15.1 |
| 15 | KUBIŚ PAWEŁ | 93 | | SZCZECINEK | POL | M-30 | 6 | M 14 | 00:21:11.85 | 00:21:19.65 | 3:59 | 15 |
| 16 | KOWALCZYK KRZYSZCIN MACIEJ | 86 | STRUŚ KĄKOLEWICE | BUDZYŃ | POL | M-40 | 6 | M 15 | 00:21:17.60 | 00:21:24.00 | 4:00 | 14.9 |
| 17 | RATAJ ARTUR | 155 | 3:33 TEAM | TRZCIANKA | POL | M-40 | 7 | M 16 | 00:21:35.60 | 00:21:41.45 | 4:04 | 14.7 |
| 18 | ZDRENA MATEUSZ | 226 | | ZŁOTÓW | POL | M-30 | 7 | M 17 | 00:21:38.85 | 00:21:44.75 | 4:04 | 14.7 |
| 19 | SZULC PATRYK | 182 | DESTROY OR BE DESTROYED. | CHODZIEŻ | POL | M-30 | 8 | M 18 | 00:21:55.95 | 00:22:02.65 | 4:08 | 14.5 |
| 20 | KUKLIŃSKI MACIEJ | 98 | METROŻERCY | MIROSZEWO | POL | M-50 | 1 | M 19 | 00:22:00.55 | 00:22:07.85 | 4:09 | 14.5 |
| 21 | JAWORSKI MACIEJ | 71 | | PIŁA | POL | M-40 | 8 | M 20 | 00:22:18.20 | 00:22:24.45 | 4:12 | 14.3 |
| 22 | KOBIERSKI SZYMON | 83 | PCH_RUN | KONSTANTYNOWO | POL | M-30 | 9 | M 21 | 00:22:39.45 | 00:22:47.10 | 4:16 | 14 |
| 23 | JAWORUCKI KRYSZCIN | 72 | | JASTROWIE | POL | M-40 | 9 | M 22 | 00:22:40.50 | 00:22:49.55 | 4:16 | 14 |
| 24 | CYRUK ŁUKASZ | 229 | | JASTROWIE | POL | M-30 | 10 | M 23 | 00:22:37.75 | 00:22:50.75 | 4:16 | 14.1 |
| 25 | JABŁOŃSKI ANDRZEJ | 59 | CZARNE BIEGA | CZARNE | POL | M-50 | 2 | M 24 | 00:22:50.55 | 00:22:58.90 | 4:18 | 13.9 |
| 26 | CHOJECKI GRZEGORZ | 27 | | BRZEZNICA | POL | M-30 | 11 | M 25 | 00:22:55.20 | 00:23:01.65 | 4:19 | 13.9 |
| 27 | STACHOWIAK PIOTR | 168 | | ŚWIĘTA | POL | M-30 | 12 | M 26 | 00:22:56.90 | 00:23:02.05 | 4:19 | 13.9 |
| 28 | RYNDAK MARIUSZ | 160 | RADOSNY REJENT | SZCZECINEK | POL | M-60 | 1 | M 27 | 00:22:57.10 | 00:23:03.80 | 4:19 | 13.9 |
| 29 | MAZUR TOMASZ | 117 | I LO SZCZECINEK | SZCZECINEK | POL | M-40 | 10 | M 28 | 00:22:56.90 | 00:23:03.95 | 4:19 | 13.9 |
| 30 | URBAŃSKI PAWEŁ | 193 | TEAMTERMINATORUN | WITANKOWO | POL | M-30 | 13 | M 29 | 00:23:08.85 | 00:23:18.90 | 4:21 | 13.7 |
| 31 | JANKOWSKI KONRAD | 64 | MKS POLONIA JASTROWIE | BRZEŻNICA | POL | M-18 | 4 | M 30 | 00:23:08.70 | 00:23:20.15 | 4:21 | 13.7 |
| 32 | MOSZKOWICZ GRZEGORZ | 124 | | JASTROWIE | POL | M-30 | 14 | M 31 | 00:23:20.00 | 00:23:29.15 | 4:24 | 13.6 |
| 33 | DOMAGAŁSKI TOMASZ | 34 | | JASTROWIE | POL | M-30 | 15 | M 32 | 00:23:31.45 | 00:23:46.80 | 4:26 | 13.5 |
| 34 | MAJKUT ANNA | 110 | | PIŁA | POL | K-30 | 2 | K 2 | 00:23:42.45 | 00:23:48.85 | 4:28 | 13.4 |
| 35 | SAKOSIK KRYSZCIN | 248 | KOSABIEGA | PUCICZNO | POL | M-30 | 16 | M 33 | 00:23:48.80 | 00:23:53.95 | 4:29 | 13.4 |
| 36 | ŁUO BOŻENA | 227 | | KREPSKO | POL | K-40 | 1 | K 3 | 00:23:48.95 | 00:23:55.20 | 4:29 | 13.4 |
| 37 | OGONOWSKI MAREK | 136 | OGON TEAM | WAŁCZ | POL | M-50 | 3 | M 34 | 00:23:50.70 | 00:24:00.75 | 4:29 | 13.3 |
| 38 | FIĄLKOWSKI KRZYSZTOF | 44 | TERMINATORUN | WAŁCZ | POL | M-40 | 11 | M 35 | 00:23:57.00 | 00:24:06.75 | 4:31 | 13.3 |
| 39 | ŁAWNICZAK JUSTYNA | 250 | WOLF TEAM | ZAKRZEWO | POL | K-40 | 2 | K 4 | 00:24:00.05 | 00:24:07.20 | 4:31 | 13.3 |
| 40 | MARCHEL MARIUSZ | 112 | STACHOWSCY AKADEMIA SPORTU | PIŁA | POL | M-40 | 12 | M 36 | 00:24:10.35 | 00:24:20.20 | 4:33 | 13.2 |
| 41 | SUCHANOWSKI ZYGMUNT | 176 | RESPECT LOTYŃ | LOTYŃ | POL | M-50 | 4 | M 37 | 00:24:19.95 | 00:24:27.45 | 4:35 | 13.1 |
| 42 | KĘUNDUKOWSKA PAULINA | 81 | | TARNÓWKA | POL | K-30 | 3 | K 5 | 00:24:22.30 | 00:24:33.05 | 4:35 | 13.1 |
| 43 | BIELECKI ANDRZEJ | 11 | 3:33 TEAM | TRZCIANKA | POL | M-50 | 5 | M 38 | 00:24:26.50 | 00:24:34.30 | 4:36 | 13 |
| 44 | MICHAŁSKI MATEUSZ | 235 | | MIĘDZYBŁOCIE | POL | M-30 | 17 | M 39 | 00:24:47.95 | 00:24:53.85 | 4:40 | 12.8 |
| 45 | TOWSTOKORY MAREK | 192 | ZŁOTÓW | ZŁOTÓW | POL | M-40 | 13 | M 40 | 00:24:46.80 | 00:24:55.65 | 4:40 | 12.8 |
| 46 | SZEWCAK MARIUSZ | 180 | PCH RUN | CHODZIEŻ | POL | M-50 | 6 | M 41 | 00:24:50.60 | 00:24:58.85 | 4:41 | 12.8 |

BIEG WOLNOŚCI - BIEG, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-----------------------------|-----|----------------------------------|-------------|------|------|--------|------|-------------|-------------|--------|------|
| 47 | SKRENTNY FRANCISZEK | 166 | | ZŁOTÓW | POL | M-50 | 7 | M 42 | 00:24:49.40 | 00:25:02.10 | 4:40 | 12.8 |
| 48 | MELON JACEK | 119 | SZYBKIE BUTY | JASTROWIE | POL | M-40 | 14 | M 43 | 00:24:52.65 | 00:25:02.40 | 4:41 | 12.8 |
| 49 | ZBROJA MIŁOSZ | 225 | | SOMBORSKO | POL | M-18 | 5 | M 44 | 00:24:56.50 | 00:25:04.40 | 4:42 | 12.8 |
| 50 | KUICH PIOTR | 95 | LILL-SPORT | JÓZEFOWO | POL | M-50 | 8 | M 45 | 00:24:59.70 | 00:25:10.15 | 4:42 | 12.7 |
| 51 | ZIELIŃSKI MARCIN | 220 | | KRAJENKA | POL | M-30 | 18 | M 46 | 00:24:57.70 | 00:25:12.80 | 4:42 | 12.7 |
| 52 | WAWRUSZAK ANDRZEJ | 197 | ZŁOTÓW | ZŁOTÓW | POL | M-60 | 2 | M 47 | 00:25:08.80 | 00:25:14.60 | 4:44 | 12.7 |
| 53 | PAWŁOWSKI MICHAŁ | 143 | PRECON-POLSKA | JASTROWIE | POL | M-40 | 15 | M 48 | 00:25:12.30 | 00:25:22.35 | 4:45 | 12.6 |
| 54 | MICHNOWICZ MICHAŁ | 121 | | JASTROWIE | POL | M-40 | 16 | M 49 | 00:25:21.85 | 00:25:28.85 | 4:46 | 12.5 |
| 55 | OSTROWSKI MARIAN | 231 | | | POL | M-60 | 3 | M 50 | 00:25:26.40 | 00:25:34.05 | 4:47 | 12.5 |
| 56 | ODWROT HUBERT | 133 | 3:33 TEAM | TRZCIANKA | POL | M-50 | 9 | M 51 | 00:25:29.00 | 00:25:36.70 | 4:48 | 12.5 |
| 57 | BYLEWSKA EWA | 24 | 3:33 TEAM | TRZCIANKA | POL | K-40 | 3 | K 6 | 00:25:29.05 | 00:25:36.95 | 4:48 | 12.5 |
| 58 | PRZYBYŁOWICZ MAŁGORZATA | 150 | | SZCZECINEK | POL | K-30 | 4 | K 7 | 00:25:32.55 | 00:25:39.25 | 4:49 | 12.5 |
| 59 | DŁUGA MAGDALENA | 33 | BIEGAM | ZŁOTÓW | POL | K-30 | 5 | K 8 | 00:25:34.35 | 00:25:43.20 | 4:49 | 12.4 |
| 60 | GÓRA AGNIESZKA | 249 | #ZABIEGANINOCA | OKONEK | POL | K-40 | 4 | K 9 | 00:25:39.10 | 00:25:50.70 | 4:50 | 12.4 |
| 61 | WAŁDOCH MATEUSZ | 134 | TEAMTERMINATORUN | WAŁCZ | POL | M-18 | 6 | M 52 | 00:25:40.50 | 00:25:51.90 | 4:50 | 12.4 |
| 62 | OCHNIO RYSZARD | 233 | MKS POLONIA JASTROWIE | JASTROWIE | POL | M-40 | 17 | M 53 | 00:25:47.30 | 00:25:58.95 | 4:51 | 12.3 |
| 63 | JAKÓBCZYK SŁAWOMIR | 61 | | ZŁOTÓW | POL | M-40 | 18 | M 54 | 00:25:54.05 | 00:26:05.15 | 4:53 | 12.3 |
| 64 | NOWAK ANIA | 129 | PCH_RUN | CHODZIEŻ | POL | K-40 | 5 | K 10 | 00:26:06.80 | 00:26:14.30 | 4:55 | 12.2 |
| 65 | MIECZKOWSKI MARCIN | 122 | | NOBLINY | POL | M-50 | 10 | M 55 | 00:26:03.40 | 00:26:15.15 | 4:54 | 12.2 |
| 66 | WACHOWICZ ANGELIKA | 194 | | CHODZIEŻ | POL | K-18 | 1 | K 11 | 00:26:09.60 | 00:26:16.35 | 4:56 | 12.2 |
| 67 | JARCZYŃSKI ROMAN | 66 | REMOFLEX | ZŁOTÓW | POL | M-50 | 11 | M 56 | 00:26:24.70 | 00:26:30.15 | 4:58 | 12 |
| 68 | OPRĄDEK ANNA | 137 | | ZŁOTÓW | POL | K-30 | 6 | K 12 | 00:26:31.35 | 00:26:39.30 | 5:00 | 12 |
| 69 | PAWŁOWSKA DOROTA | 141 | PCH_RUN | CHODZIEŻ | POL | K-40 | 6 | K 13 | 00:26:32.65 | 00:26:40.95 | 5:00 | 12 |
| 70 | KUBIAK DANIEL | 92 | | JASTROWIE | POL | M-30 | 19 | M 57 | 00:26:48.90 | 00:26:56.25 | 5:03 | 11.9 |
| 71 | KLUPŚ AGATA | 77 | | JASTROWIE | POL | K-18 | 2 | K 14 | 00:27:00.40 | 00:27:09.85 | 5:05 | 11.8 |
| 72 | ZAKIELARZ PIOTR | 213 | TEAM TERMINATORUN | JASTROWIE | POL | M-30 | 20 | M 58 | 00:26:59.10 | 00:27:12.75 | 5:05 | 11.8 |
| 73 | GROBELNA KATARZYNA | 50 | TEAM TERMINATORUN | PIŁA | POL | K-40 | 7 | K 15 | 00:27:00.45 | 00:27:14.50 | 5:05 | 11.8 |
| 74 | GROBELNY ANDRZEJ | 51 | TEAM TERMINATORUN | PIŁA | POL | M-40 | 19 | M 59 | 00:27:01.55 | 00:27:15.35 | 5:05 | 11.8 |
| 75 | GROCHOWSKA AGNIESZKA | 52 | | PIŁA | POL | K-40 | 8 | K 16 | 00:27:11.90 | 00:27:20.40 | 5:07 | 11.7 |
| 76 | KOKOWSKA ANNA | 84 | | ZŁOTÓW | POL | K-30 | 7 | K 17 | 00:27:13.85 | 00:27:22.70 | 5:08 | 11.7 |
| 77 | KUŻAJ SŁAWOMIR | 103 | SAILING TEAM FERAJNA | PIŁA | POL | M-50 | 12 | M 60 | 00:27:29.30 | 00:27:40.00 | 5:11 | 11.6 |
| 78 | GRABOWSKA MARTA | 47 | | ZŁOTÓW | POL | K-30 | 8 | K 18 | 00:27:29.80 | 00:27:40.95 | 5:11 | 11.6 |
| 79 | BOŁBOT MARCIN | 19 | | JASTROWIE | POL | M-30 | 21 | M 61 | 00:27:33.45 | 00:27:42.05 | 5:11 | 11.5 |
| 80 | MYK DOMINIK | 246 | | JASTROWIE | POL | M-18 | 7 | M 62 | 00:27:44.05 | 00:27:53.60 | 5:13 | 11.5 |
| 81 | JAWORSKI PIOTR | 70 | | JAGLICE | POL | M-30 | 22 | M 63 | 00:27:49.70 | 00:27:59.45 | 5:14 | 11.4 |
| 82 | CYROLEWSKA BOŻEK ALEKSANDRA | 245 | | JASTROWIE | POL | K-18 | 3 | K 19 | 00:28:04.10 | 00:28:13.25 | 5:17 | 11.3 |
| 83 | GRABOWSKI MAREK | 49 | BBL ZŁOTÓW | ZŁOTÓW | POL | M-50 | 13 | M 64 | 00:28:08.25 | 00:28:20.65 | 5:18 | 11.3 |
| 84 | WARZEWSKI GRZEGORZ | 196 | | PODRÓŻNA | POL | M-40 | 20 | M 65 | 00:28:18.05 | 00:28:30.10 | 5:20 | 11.2 |
| 85 | CHUDZIK PIOTR | 29 | LZS 'JEDNOŚĆ' ŁOBŻENICA | ŁOBŻENICA | POL | M-50 | 14 | M 66 | 00:28:23.40 | 00:28:35.60 | 5:21 | 11.2 |
| 86 | TŁOK DAMIAN | 190 | | ZŁOTÓW | POL | M-30 | 23 | M 67 | 00:28:43.30 | 00:28:56.55 | 5:25 | 11.1 |
| 87 | BUTOWICZ ADAM | 22 | | SZCZECINEK | POL | M-60 | 4 | M 68 | 00:28:46.45 | 00:28:59.15 | 5:25 | 11.1 |
| 88 | STRZELECKA MAŁGORZATA | 173 | SAILING TEAM FERAJNA | PIŁA | POL | K-50 | 1 | K 20 | 00:28:51.70 | 00:29:00.35 | 5:26 | 11 |
| 89 | STEMLER DARIUSZ | 172 | | JASTROWIE | POL | M-30 | 24 | M 69 | 00:28:49.65 | 00:29:02.55 | 5:26 | 11 |
| 90 | SKRENTNY ANDRZEJ | 167 | - | KRZYWA WIEŚ | POL | M-60 | 5 | M 70 | 00:28:58.15 | 00:29:10.50 | 5:27 | 11 |
| 91 | SKIERA KAZIMIERZ | 165 | LZS ŁOBŻENICA | ŁOBŻENICA | POL | M-60 | 6 | M 71 | 00:28:58.20 | 00:29:11.30 | 5:27 | 11 |
| 92 | PRZYBYLSKI-PAWLINOW JAKUB | 247 | | JASTROWIE | POL | M-18 | 8 | M 72 | 00:29:04.20 | 00:29:13.35 | 5:29 | 10.9 |
| 93 | PYREK IWONA | 153 | | WAŁCZ | POL | K-40 | 9 | K 21 | 00:29:21.60 | 00:29:34.55 | 5:32 | 10.8 |
| 94 | BIELEŃ AGNIESZKA | 12 | OWOCBIEGA TEAM | POZNAŃ | POL | K-30 | 9 | K 22 | 00:29:29.25 | 00:29:43.00 | 5:33 | 10.8 |
| 95 | ZABROCKI PRZEMYSŁAW | 211 | | JASTROWIE | POL | M-18 | 9 | M 73 | 00:29:31.45 | 00:29:49.30 | 5:34 | 10.8 |
| 96 | HOŁOWIECKI MAREK | 58 | CZERWONA CZAPKA HETMANA | POZNAŃ | POL | M-30 | 25 | M 74 | 00:29:41.80 | 00:29:56.75 | 5:36 | 10.7 |
| 97 | BANACZYK WIOLETTA | 6 | LILL SPORT | BLĘKWIT | POL | K-50 | 2 | K 23 | 00:29:47.25 | 00:29:59.05 | 5:37 | 10.7 |
| 98 | KOSTERA-GÓRSKA SYLWIA | 244 | | CZARNE | POL | K-30 | 10 | K 24 | 00:29:47.85 | 00:30:03.20 | 5:37 | 10.7 |
| 99 | RATKA MICHAŁ | 156 | | PIŁA | POL | M-40 | 21 | M 75 | 00:29:55.85 | 00:30:06.55 | 5:38 | 10.6 |
| 100 | KOZŁOWSKI LEON | 89 | KLUB SPORTOWY HUSARIA SZCZECINEK | JASTROWIE | POL | M-18 | 10 | M 76 | 00:30:00.50 | 00:30:06.60 | 5:39 | 10.6 |
| 101 | KOZIEŁ MACIEJ | 222 | | GLUBCZYN | POL | M-30 | 26 | M 77 | 00:29:54.80 | 00:30:08.55 | 5:38 | 10.6 |
| 102 | BARTON KRYSZYNA | 8 | PRZECHLEWO | PRZECHLEWO | POL | K-60 | 1 | K 25 | 00:30:07.35 | 00:30:20.20 | 5:40 | 10.6 |
| 103 | WENCKA PAWEŁ | 198 | | JASTROWIE | POL | M-30 | 27 | M 78 | 00:30:13.55 | 00:30:27.05 | 5:42 | 10.5 |

BIEG WOLNOŚCI - BIEG, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|--------------------------------|-----|----------------------------------|------------------|------|--------|--------|------|-------------|-------------|--------|------|
| 104 | MALINOWSKA NATALIA | 111 | | ZŁOTÓW | POL | K-30 | 11 | K 26 | 00:30:36.75 | 00:30:45.15 | 5:46 | 10.4 |
| 105 | DZIERŻAWA TOMASZ | 41 | BBL ZŁOTÓW | ZŁOTÓW | POL | M-50 | 15 | M 79 | 00:31:39.15 | 00:31:50.30 | 5:58 | 10 |
| 106 | MAXIEJCZAK KAROLINA | 115 | SAILING TEAM FERAJNA | PIŁA | POL | K-40 | 10 | K 27 | 00:31:49.40 | 00:32:00.45 | 6:00 | 10 |
| 107 | JAKUBOWSKI MAREK | 63 | | PNIEWO | POL | M-40 | 22 | M 80 | 00:31:51.75 | 00:32:03.65 | 6:00 | 10 |
| 108 | ZBIELSKA AGNIESZKA | 217 | PIŁA | PIŁA | POL | K-40 | 11 | K 28 | 00:31:52.40 | 00:32:05.85 | 6:00 | 10 |
| 109 | KOWALSKI PAWEŁ | 224 | TEAMTERMINATORUN | WAŁCZ | POL | OPEN-M | 1 | M 81 | 00:32:01.90 | 00:32:12.15 | 6:02 | 9.9 |
| 110 | NIEDZIELA DOROTA | 127 | LILL SPORT | ZŁOTÓW | POL | K-60 | 2 | K 29 | 00:32:06.35 | 00:32:18.15 | 6:03 | 9.9 |
| 111 | KURKOWSKI MATEUSZ | 101 | AMATOR | DUBLIN | IRL | M-18 | 11 | M 82 | 00:32:21.30 | 00:32:31.80 | 6:06 | 9.8 |
| 112 | DZIERŻAWA ALEKSANDRA | 42 | BBL ZŁOTÓW | ZŁOTÓW | POL | K-40 | 12 | K 30 | 00:32:23.20 | 00:32:34.50 | 6:06 | 9.8 |
| 113 | ZAKIELARZ ADRIANA | 212 | TEAM TERMINATORUN | JASTROWIE | POL | K-30 | 12 | K 31 | 00:32:20.75 | 00:32:34.60 | 6:06 | 9.8 |
| 114 | ZYCH KAROLINA | 221 | | JASTROWIE | POL | K-18 | 4 | K 32 | 00:32:46.00 | 00:32:53.00 | 6:10 | 9.7 |
| 115 | SADOWSKA MARIA | 161 | BBL ZŁOTÓW | ZŁOTÓW | POL | K-50 | 3 | K 33 | 00:32:42.25 | 00:32:54.80 | 6:10 | 9.7 |
| 116 | GRABOWSKA ELŻBIETA | 48 | BBL ZŁOTÓW | ZŁOTÓW | POL | K-50 | 4 | K 34 | 00:32:46.40 | 00:32:57.45 | 6:10 | 9.7 |
| 117 | BYLEWSKA JOANNA | 23 | 3:33 TEAM | TRZCIANKA | POL | K-40 | 13 | K 35 | 00:32:54.15 | 00:33:01.45 | 6:12 | 9.7 |
| 118 | BOŁBOT ANGELIKA | 18 | | JASTROWIE | POL | K-30 | 13 | K 36 | 00:32:57.90 | 00:33:04.45 | 6:13 | 9.7 |
| 119 | KURZAWIŃSKA-JABŁOŃSKA KASIA | 102 | CZARNE BIEGA | CZARNE | POL | K-50 | 5 | K 37 | 00:32:51.50 | 00:33:06.45 | 6:11 | 9.7 |
| 120 | LEWANDOWSKI PIOTR | 241 | | JASTROWIE | POL | M-60 | 7 | M 83 | 00:33:14.10 | 00:33:28.75 | 6:16 | 9.6 |
| 121 | SUCHANOWSKA ANNA | 175 | RESPECT LOTYŃ | LOTYŃ | POL | K-50 | 6 | K 38 | 00:33:23.10 | 00:33:37.55 | 6:17 | 9.5 |
| 122 | LIPIEC PAWEŁ | 107 | | ZŁOTÓW | POL | M-50 | 16 | M 84 | 00:33:36.60 | 00:33:43.90 | 6:20 | 9.5 |
| 123 | PROKOPOWICZ IZABELA | 147 | 3:33 TEAM | JASTROWIE | POL | K-40 | 14 | K 39 | 00:33:30.30 | 00:33:46.30 | 6:19 | 9.5 |
| 124 | PROKOPOWICZ MARCIN | 148 | 3:33 TEAM | JASTROWIE | POL | M-40 | 23 | M 85 | 00:33:30.50 | 00:33:47.35 | 6:19 | 9.5 |
| 125 | JASIEK PAWEŁ | 67 | #ZABIEGANINOCA | ZAKRZEWO | POL | M-30 | 28 | M 86 | 00:33:40.30 | 00:33:53.10 | 6:21 | 9.4 |
| 126 | MAZUR TOMASZ | 118 | TEAMTERMINATORUN | JASTROWIE | POL | M-40 | 24 | M 87 | 00:33:39.95 | 00:33:54.90 | 6:20 | 9.5 |
| 127 | MAZUR ANNA | 116 | TEAMTERMINATORUN | JASTROWIE | POL | K-40 | 15 | K 40 | 00:33:53.85 | 00:34:07.90 | 6:23 | 9.4 |
| 128 | THOMAS JESSICA | 189 | ROZBIEGANE JASTROWIE | JASTROWIE | POL | K-18 | 5 | K 41 | 00:34:40.95 | 00:34:57.15 | 6:32 | 9.2 |
| 129 | THOMAS DANIEL | 188 | ROZBIEGANE JASTROWIE | JASTROWIE | POL | M-30 | 29 | M 88 | 00:34:40.70 | 00:34:57.25 | 6:32 | 9.2 |
| 130 | BYLEWSKI TOMASZ | 230 | 3:33 TEAM | TRZCIANKA | POL | M-40 | 25 | M 89 | 00:35:02.45 | 00:35:10.70 | 6:36 | 9.1 |
| 131 | LEWANDOWSKA BOGUMIŁA | 242 | | TORUŃ | POL | K-50 | 7 | K 42 | 00:35:00.40 | 00:35:15.15 | 6:36 | 9.1 |
| 132 | KOZŁOWSKI PIOTR | 88 | KLUB SPORTOWY HUSARIA SZCZECINEK | JASTROWIE | POL | M-40 | 26 | M 90 | 00:35:16.65 | 00:35:33.00 | 6:39 | 9 |
| 133 | CZEREŚNIAK IWONA | 31 | | SIEMCZYNO | POL | K-50 | 8 | K 43 | 00:35:24.45 | 00:35:38.80 | 6:40 | 9 |
| 134 | CHOJECKA DARIA | 26 | | BRZEŻNICA | POL | K-18 | 6 | K 44 | 00:35:49.80 | 00:36:02.95 | 6:45 | 8.9 |
| 135 | STRZELECKI SEBASTIAN 'KASZANA' | 174 | SAILING TEAM FERAJNA | PIŁA | POL | M-50 | 17 | M 91 | 00:36:10.00 | 00:36:23.65 | 6:49 | 8.8 |
| 136 | SOBCZYK LIDIA | 239 | | JASTROWIE | POL | OPEN-K | 1 | K 45 | 00:36:31.05 | 00:36:40.40 | 6:53 | 8.7 |
| 137 | WROBLEWSKI JERZY | 210 | PARKRUN SZCZECINEK | SZCZECINEK | POL | M-60 | 8 | M 92 | 00:36:47.30 | 00:37:04.15 | 6:56 | 8.6 |
| 138 | SADOWSKA ULA | 162 | | JASTROWIE | POL | K-30 | 14 | K 46 | 00:37:44.90 | 00:37:52.85 | 7:07 | 8.4 |
| 139 | OGONOWSKA ANNA | 135 | TEAM TERMINATORUN | WAŁCZ | POL | K-18 | 7 | K 47 | 00:38:22.50 | 00:38:32.95 | 7:14 | 8.3 |
| 140 | KURKOWSKA MAJA | 223 | | DUBLIN | IRL | K-18 | 7 | K 47 | 00:38:22.70 | 00:38:32.95 | 7:14 | 8.3 |
| 141 | HRYNIEWICZ RAFAŁ | 234 | | SZCZECINEK | POL | M-40 | 27 | M 93 | 00:38:22.30 | 00:38:39.45 | 7:14 | 8.3 |
| 142 | NOWICKI MACIEJ | 132 | OSP SYPNIEWO | SYPNIEWO | POL | M-18 | 12 | M 94 | 00:38:44.40 | 00:38:59.05 | 7:18 | 8.2 |
| 143 | SOBCZYK ŁUCJA | 240 | | JASTROWIE | POL | OPEN-K | 2 | K 49 | 00:39:35.60 | 00:39:44.45 | 7:28 | 8 |
| 144 | WIŚNIK MARCIN | 203 | | JASTROWIE | POL | M-40 | 28 | M 95 | 00:45:28.10 | 00:45:45.70 | 8:34 | 7 |
| 145 | WOJEWÓDZKA LENA | 238 | | MIŃSK MAZOWIECKI | POL | OPEN-K | 3 | K 50 | 00:45:40.35 | 00:45:49.60 | 8:36 | 7 |
| 146 | WOJEWÓDZKI SEBASTIAN | 237 | | | POL | M-40 | 29 | M 96 | 00:45:40.50 | 00:45:50.35 | 8:36 | 7 |

BIEG WOLNOŚCI - BIEG, OPEN-K

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-------------------------|-----|----------------------------|------------|------|------|--------|-----|-------------|-------------|--------|------|
| 1 | KAPERA MONIKA | 74 | STACHOWSCY AKADEMIA SPORTU | PIŁA | POL | K-30 | 1 | K 1 | 00:19:11.85 | 00:19:17.30 | 3:37 | 16.6 |
| 2 | MAJKUT ANNA | 110 | | PIŁA | POL | K-30 | 2 | K 2 | 00:23:42.45 | 00:23:48.85 | 4:28 | 13.4 |
| 3 | ŁUO BOŻENA | 227 | | KREPSKO | POL | K-40 | 1 | K 3 | 00:23:48.95 | 00:23:55.20 | 4:29 | 13.4 |
| 4 | ŁAWNICZAK JUSTYNA | 250 | WOLF TEAM | ZAKRZEWO | POL | K-40 | 2 | K 4 | 00:24:00.05 | 00:24:07.20 | 4:31 | 13.3 |
| 5 | KŁUNDUKOWSKA PAULINA | 81 | | TARNÓWKA | POL | K-30 | 3 | K 5 | 00:24:22.30 | 00:24:33.05 | 4:35 | 13.1 |
| 6 | BYLEWSKA EWA | 24 | 3:33 TEAM | TRZCIANKA | POL | K-40 | 3 | K 6 | 00:25:29.05 | 00:25:36.95 | 4:48 | 12.5 |
| 7 | PRZYBYŁOWICZ MAŁGORZATA | 150 | | SZCZECINEK | POL | K-30 | 4 | K 7 | 00:25:32.55 | 00:25:39.25 | 4:49 | 12.5 |
| 8 | DŁUGA MAGDALENA | 33 | BIEGAM | ZŁOTÓW | POL | K-30 | 5 | K 8 | 00:25:34.35 | 00:25:43.20 | 4:49 | 12.4 |
| 9 | GÓRA AGNIESZKA | 249 | #ZABIEGANINOCA | OKONEK | POL | K-40 | 4 | K 9 | 00:25:39.10 | 00:25:50.70 | 4:50 | 12.4 |

BIEG WOLNOŚCI - BIEG, OPEN-K c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-----------------------------|-----|----------------------|------------------|------|--------|--------|------|-------------|-------------|--------|------|
| 10 | NOWAK ANIA | 129 | PCH_RUN | CHODZIEŻ | POL | K-40 | 5 | K 10 | 00:26:06.80 | 00:26:14.30 | 4:55 | 12.2 |
| 11 | WACHOWICZ ANGELIKA | 194 | | CHODZIEŻ | POL | K-18 | 1 | K 11 | 00:26:09.60 | 00:26:16.35 | 4:56 | 12.2 |
| 12 | OPRZĄDEK ANNA | 137 | | ZŁOTÓW | POL | K-30 | 6 | K 12 | 00:26:31.35 | 00:26:39.30 | 5:00 | 12 |
| 13 | PAWŁOWSKA DOROTA | 141 | PCH_RUN | CHODZIEŻ | POL | K-40 | 6 | K 13 | 00:26:32.65 | 00:26:40.95 | 5:00 | 12 |
| 14 | KLUPŚ AGATA | 77 | | JASTROWIE | POL | K-18 | 2 | K 14 | 00:27:00.40 | 00:27:09.85 | 5:05 | 11.8 |
| 15 | GROBELNA KATARZYNA | 50 | TEAM TERMINATORUN | PIŁA | POL | K-40 | 7 | K 15 | 00:27:00.45 | 00:27:14.50 | 5:05 | 11.8 |
| 16 | GROCHOWSKA AGNIESZKA | 52 | | PIŁA | POL | K-40 | 8 | K 16 | 00:27:11.90 | 00:27:20.40 | 5:07 | 11.7 |
| 17 | KOKOWSKA ANNA | 84 | | ZŁOTÓW | POL | K-30 | 7 | K 17 | 00:27:13.85 | 00:27:22.70 | 5:08 | 11.7 |
| 18 | GRABOWSKA MARTA | 47 | | ZŁOTÓW | POL | K-30 | 8 | K 18 | 00:27:29.80 | 00:27:40.95 | 5:11 | 11.6 |
| 19 | CYROLEWSKA BOŻEK ALEKSANDRA | 245 | | JASTROWIE | POL | K-18 | 3 | K 19 | 00:28:04.10 | 00:28:13.25 | 5:17 | 11.3 |
| 20 | STRZELECKA MAŁGORZATA | 173 | SAILING TEAM FERAJNA | PIŁA | POL | K-50 | 1 | K 20 | 00:28:51.70 | 00:29:00.35 | 5:26 | 11 |
| 21 | PYREK IWONA | 153 | | WAŁCZ | POL | K-40 | 9 | K 21 | 00:29:21.60 | 00:29:34.55 | 5:32 | 10.8 |
| 22 | BIELEŃ AGNIESZKA | 12 | OWOCBIEGA TEAM | POZNAŃ | POL | K-30 | 9 | K 22 | 00:29:29.25 | 00:29:43.00 | 5:33 | 10.8 |
| 23 | BANACZYK WIOLETTA | 6 | LILL SPORT | BLĘKWIT | POL | K-50 | 2 | K 23 | 00:29:47.25 | 00:29:59.05 | 5:37 | 10.7 |
| 24 | KOSTERA-GÓRSKA SYLWIA | 244 | | CZARNE | POL | K-30 | 10 | K 24 | 00:29:47.85 | 00:30:03.20 | 5:37 | 10.7 |
| 25 | BARTON KRYSZYNA | 8 | PRZECHLEWO | PRZECHLEWO | POL | K-60 | 1 | K 25 | 00:30:07.35 | 00:30:20.20 | 5:40 | 10.6 |
| 26 | MALINOWSKA NATALIA | 111 | | ZŁOTÓW | POL | K-30 | 11 | K 26 | 00:30:36.75 | 00:30:45.15 | 5:46 | 10.4 |
| 27 | MAXIEJCZAK KAROLINA | 115 | SAILING TEAM FERAJNA | PIŁA | POL | K-40 | 10 | K 27 | 00:31:49.40 | 00:32:00.45 | 6:00 | 10 |
| 28 | ZBIEŁSKA AGNIESZKA | 217 | PIŁA | PIŁA | POL | K-40 | 11 | K 28 | 00:31:52.40 | 00:32:05.85 | 6:00 | 10 |
| 29 | NIEDZIELA DOROTA | 127 | LILL SPORT | ZŁOTÓW | POL | K-60 | 2 | K 29 | 00:32:06.35 | 00:32:18.15 | 6:03 | 9.9 |
| 30 | DZIERZAWA ALEKSANDRA | 42 | BBL ZŁOTÓW | ZŁOTÓW | POL | K-40 | 12 | K 30 | 00:32:23.20 | 00:32:34.50 | 6:06 | 9.8 |
| 31 | ZAKIELARZ ADRIANA | 212 | TEAM TERMINATORUN | JASTROWIE | POL | K-30 | 12 | K 31 | 00:32:20.75 | 00:32:34.60 | 6:06 | 9.8 |
| 32 | ZYCH KAROLINA | 221 | | JASTROWIE | POL | K-18 | 4 | K 32 | 00:32:46.00 | 00:32:53.00 | 6:10 | 9.7 |
| 33 | SADOWSKA MARIA | 161 | BBL ZŁOTÓW | ZŁOTÓW | POL | K-50 | 3 | K 33 | 00:32:42.25 | 00:32:54.80 | 6:10 | 9.7 |
| 34 | GRABOWSKA ELŻBIETA | 48 | BBL ZŁOTÓW | ZŁOTÓW | POL | K-50 | 4 | K 34 | 00:32:46.40 | 00:32:57.45 | 6:10 | 9.7 |
| 35 | BYLEWSKA JOANNA | 23 | 3:33 TEAM | TRZCIANKA | POL | K-40 | 13 | K 35 | 00:32:54.15 | 00:33:01.45 | 6:12 | 9.7 |
| 36 | BOŁBOT ANGELIKA | 18 | | JASTROWIE | POL | K-30 | 13 | K 36 | 00:32:57.90 | 00:33:04.45 | 6:13 | 9.7 |
| 37 | KURZAWIŃSKA-JABŁOŃSKA KASIA | 102 | CZARNE BIEGA | CZARNE | POL | K-50 | 5 | K 37 | 00:32:51.50 | 00:33:06.45 | 6:11 | 9.7 |
| 38 | SUCHANOWSKA ANNA | 175 | RESPECT LOTYŃ | LOTYŃ | POL | K-50 | 6 | K 38 | 00:33:23.10 | 00:33:37.55 | 6:17 | 9.5 |
| 39 | PROKOPOWICZ IZABELA | 147 | 3:33 TEAM | JASTROWIE | POL | K-40 | 14 | K 39 | 00:33:30.30 | 00:33:46.30 | 6:19 | 9.5 |
| 40 | MAZUR ANNA | 116 | TEAMTERMINATORUN | JASTROWIE | POL | K-40 | 15 | K 40 | 00:33:53.85 | 00:34:07.90 | 6:23 | 9.4 |
| 41 | THOMAS JESSICA | 189 | ROZBIEGANE JASTROWIE | JASTROWIE | POL | K-18 | 5 | K 41 | 00:34:40.95 | 00:34:57.15 | 6:32 | 9.2 |
| 42 | LEWANDOWSKA BOGUMIŁA | 242 | | TORUŃ | POL | K-50 | 7 | K 42 | 00:35:00.40 | 00:35:15.15 | 6:36 | 9.1 |
| 43 | CZEREŚNIAK IWONA | 31 | | SIEMCZYNO | POL | K-50 | 8 | K 43 | 00:35:24.45 | 00:35:38.80 | 6:40 | 9 |
| 44 | CHOJĘCKA DARIA | 26 | | BRZEŹNICA | POL | K-18 | 6 | K 44 | 00:35:49.80 | 00:36:02.95 | 6:45 | 8.9 |
| 45 | SOBCZYK LIDIA | 239 | | JASTROWIE | POL | OPEN-K | 1 | K 45 | 00:36:31.05 | 00:36:40.40 | 6:53 | 8.7 |
| 46 | SADOWSKA ULA | 162 | | JASTROWIE | POL | K-30 | 14 | K 46 | 00:37:44.90 | 00:37:52.85 | 7:07 | 8.4 |
| 47 | OGONOWSKA ANNA | 135 | TEAM TERMINATORUN | WAŁCZ | POL | K-18 | 7 | K 47 | 00:38:22.50 | 00:38:32.95 | 7:14 | 8.3 |
| 48 | KURKOWSKA MAJA | 223 | | DUBLIN | IRL | K-18 | 7 | K 47 | 00:38:22.70 | 00:38:32.95 | 7:14 | 8.3 |
| 49 | SOBCZYK ŁUCJA | 240 | | JASTROWIE | POL | OPEN-K | 2 | K 49 | 00:39:35.60 | 00:39:44.45 | 7:28 | 8 |
| 50 | WOJEWÓDZKA LENA | 238 | | MIŃSK MAZOWIECKI | POL | OPEN-K | 3 | K 50 | 00:45:40.35 | 00:45:49.60 | 8:36 | 7 |

BIEG WOLNOŚCI - BIEG, OPEN-M

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|---------------------------|-----|-------------------------|--------------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | KUŚMIDER ANDRZEJ | 232 | | CZAPLINEK | POL | M-40 | 1 | M 1 | 00:18:51.50 | 00:18:56.85 | 3:33 | 16.9 |
| 2 | WOŹNIAK GRZEGORZ | 209 | MOS KRAJENKA | KRAJENKA | POL | M-30 | 1 | M 2 | 00:19:32.85 | 00:19:38.10 | 3:41 | 16.3 |
| 3 | RADTKA TOMASZ | 154 | LZS 'JEDNOŚĆ' ŁOBŻENICA | ŁOBŻENICA | POL | M-40 | 2 | M 3 | 00:19:45.50 | 00:19:50.80 | 3:43 | 16.1 |
| 4 | HOMAN DARIUSZ | 216 | TEAM TERMINATORUN | WAŁCZ | POL | M-30 | 2 | M 4 | 00:19:57.70 | 00:20:03.25 | 3:45 | 15.9 |
| 5 | ZIĘBA KRZYSZTOF | 236 | | ZŁOTÓW | POL | M-30 | 3 | M 5 | 00:19:58.35 | 00:20:04.75 | 3:46 | 15.9 |
| 6 | SZACHO-GŁUCHOWICZ RYSZARD | 179 | | DZIERŻĄZENKO | POL | M-40 | 3 | M 5 | 00:19:58.95 | 00:20:04.75 | 3:46 | 15.9 |
| 7 | WAŁDOCH RAFAŁ | 195 | TEAM TERMINATORUN | WAŁCZ | POL | M-18 | 1 | M 7 | 00:19:53.75 | 00:20:04.85 | 3:45 | 16 |
| 8 | CUBER WOJCIECH | 30 | | ZŁOTÓW | POL | M-40 | 4 | M 8 | 00:20:08.85 | 00:20:12.85 | 3:47 | 15.8 |
| 9 | LASAK KONRAD | 105 | | SZCZECINEK | POL | M-18 | 2 | M 9 | 00:20:35.65 | 00:20:41.80 | 3:53 | 15.4 |
| 10 | TOMKOWSKI PRZEMYSŁAW | 191 | CHRYSZTUS KRÓLEM | BIAŁY BÓR | POL | M-30 | 4 | M 10 | 00:20:47.55 | 00:20:53.65 | 3:55 | 15.3 |
| 11 | MICHAŁOWSKI PIOTR | 120 | BIEGAJĄCY DIETETYK TEAM | PRZECHLEWO | POL | M-30 | 5 | M 11 | 00:20:51.90 | 00:20:57.25 | 3:56 | 15.3 |

BIEG WOLNOŚCI - BIEG, OPEN-M c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|----------------------------|-----|----------------------------|---------------|------|------|--------|------|-------------|-------------|--------|------|
| 12 | BŁASZCZYK PIOTR | 17 | | BARWICE | POL | M-40 | 5 | M 12 | 00:20:54.80 | 00:21:00.90 | 3:56 | 15.2 |
| 13 | KUJAWA MARCIN | 243 | HIGH KICK GYM | SZCZECINEK | POL | M-18 | 3 | M 13 | 00:21:01.70 | 00:21:10.85 | 3:57 | 15.1 |
| 14 | KUBIŚ PAWEŁ | 93 | | SZCZECINEK | POL | M-30 | 6 | M 14 | 00:21:11.85 | 00:21:19.65 | 3:59 | 15 |
| 15 | KOWALCZYK KRZYSZCIN MACIEJ | 86 | STRUŚ KĄKOLEWICE | BUDZYŃ | POL | M-40 | 6 | M 15 | 00:21:17.60 | 00:21:24.00 | 4:00 | 14.9 |
| 16 | RATAJ ARTUR | 155 | 3:33 TEAM | TRZCIANKA | POL | M-40 | 7 | M 16 | 00:21:35.60 | 00:21:41.45 | 4:04 | 14.7 |
| 17 | ZDRENKA MATEUSZ | 226 | | ZŁOTÓW | POL | M-30 | 7 | M 17 | 00:21:38.85 | 00:21:44.75 | 4:04 | 14.7 |
| 18 | SZULC PATRYK | 182 | DESTROY OR BE DESTROYED. | CHODZIEŻ | POL | M-30 | 8 | M 18 | 00:21:55.95 | 00:22:02.65 | 4:08 | 14.5 |
| 19 | KUKLIŃSKI MACIEJ | 98 | METROŻERCY | MIROSZEWO | POL | M-50 | 1 | M 19 | 00:22:00.55 | 00:22:07.85 | 4:09 | 14.5 |
| 20 | JAWORSKI MACIEJ | 71 | | PIŁA | POL | M-40 | 8 | M 20 | 00:22:18.20 | 00:22:24.45 | 4:12 | 14.3 |
| 21 | KOBIERSKI SZYMON | 83 | PCH_RUN | KONSTANTYNOWO | POL | M-30 | 9 | M 21 | 00:22:39.45 | 00:22:47.10 | 4:16 | 14 |
| 22 | JAWORUCKI KRYSZCIN | 72 | | JASTROWIE | POL | M-40 | 9 | M 22 | 00:22:40.50 | 00:22:49.55 | 4:16 | 14 |
| 23 | CYRUK ŁUKASZ | 229 | | JASTROWIE | POL | M-30 | 10 | M 23 | 00:22:37.75 | 00:22:50.75 | 4:16 | 14.1 |
| 24 | JABŁOŃSKI ANDRZEJ | 59 | CZARNE BIEGA | CZARNE | POL | M-50 | 2 | M 24 | 00:22:50.55 | 00:22:58.90 | 4:18 | 13.9 |
| 25 | CHOJECKI GRZEGORZ | 27 | | BRZEZNICA | POL | M-30 | 11 | M 25 | 00:22:55.20 | 00:23:01.65 | 4:19 | 13.9 |
| 26 | STACHOWIAK PIOTR | 168 | | ŚWIĘTA | POL | M-30 | 12 | M 26 | 00:22:56.90 | 00:23:02.05 | 4:19 | 13.9 |
| 27 | RYNDAK MARIUSZ | 160 | RADOSNY REJENT | SZCZECINEK | POL | M-60 | 1 | M 27 | 00:22:57.10 | 00:23:03.80 | 4:19 | 13.9 |
| 28 | MAZUR TOMASZ | 117 | I LO SZCZECINEK | SZCZECINEK | POL | M-40 | 10 | M 28 | 00:22:56.90 | 00:23:03.95 | 4:19 | 13.9 |
| 29 | URBAŃSKI PAWEŁ | 193 | TEAMTERMINATORUN | WITANKOWO | POL | M-30 | 13 | M 29 | 00:23:08.85 | 00:23:18.90 | 4:21 | 13.7 |
| 30 | JANKOWSKI KONRAD | 64 | MKS POLONIA JASTROWIE | BRZEZNICA | POL | M-18 | 4 | M 30 | 00:23:08.70 | 00:23:20.15 | 4:21 | 13.7 |
| 31 | MOSZKOWICZ GRZEGORZ | 124 | | JASTROWIE | POL | M-30 | 14 | M 31 | 00:23:20.00 | 00:23:29.15 | 4:24 | 13.6 |
| 32 | DOMAGALSKI TOMASZ | 34 | | JASTROWIE | POL | M-30 | 15 | M 32 | 00:23:31.45 | 00:23:46.80 | 4:26 | 13.5 |
| 33 | SAKOSIK KRYSZCIN | 248 | KOSABIEGA | PUCICZNO | POL | M-30 | 16 | M 33 | 00:23:48.80 | 00:23:53.95 | 4:29 | 13.4 |
| 34 | OGONOWSKI MAREK | 136 | OGON TEAM | WAŁCZ | POL | M-50 | 3 | M 34 | 00:23:50.70 | 00:24:00.75 | 4:29 | 13.3 |
| 35 | FIĄKOWSKI KRZYSZTOF | 44 | TERMINATORUN | WAŁCZ | POL | M-40 | 11 | M 35 | 00:23:57.00 | 00:24:06.75 | 4:31 | 13.3 |
| 36 | MARCHEL MARIUSZ | 112 | STACHOWSCY AKADEMIA SPORTU | PIŁA | POL | M-40 | 12 | M 36 | 00:24:10.35 | 00:24:20.20 | 4:33 | 13.2 |
| 37 | SUCHANOWSKI ZYGMUNT | 176 | RESPECT LOTYŃ | LOTYŃ | POL | M-50 | 4 | M 37 | 00:24:19.95 | 00:24:27.45 | 4:35 | 13.1 |
| 38 | BIELECKI ANDRZEJ | 11 | 3:33 TEAM | TRZCIANKA | POL | M-50 | 5 | M 38 | 00:24:26.50 | 00:24:34.30 | 4:36 | 13 |
| 39 | MICHAŁSKI MATEUSZ | 235 | | MIĘDZYBŁOCIE | POL | M-30 | 17 | M 39 | 00:24:47.95 | 00:24:53.85 | 4:40 | 12.8 |
| 40 | TOWSTOKORY MAREK | 192 | ZŁOTÓW | ZŁOTÓW | POL | M-40 | 13 | M 40 | 00:24:46.80 | 00:24:55.65 | 4:40 | 12.8 |
| 41 | SZEW CZAK MARIUSZ | 180 | PCH RUN | CHODZIEŻ | POL | M-50 | 6 | M 41 | 00:24:50.60 | 00:24:58.85 | 4:41 | 12.8 |
| 42 | SKRENTNY FRANCISZEK | 166 | | ZŁOTÓW | POL | M-50 | 7 | M 42 | 00:24:49.40 | 00:25:02.10 | 4:40 | 12.8 |
| 43 | MELON JACEK | 119 | SZYBKIE BUTY | JASTROWIE | POL | M-40 | 14 | M 43 | 00:24:52.65 | 00:25:02.40 | 4:41 | 12.8 |
| 44 | ZBROJA MIŁO SZ | 225 | | SOMBORSKO | POL | M-18 | 5 | M 44 | 00:24:56.50 | 00:25:04.40 | 4:42 | 12.8 |
| 45 | KUICH PIOTR | 95 | LILL-SPORT | JÓZEFOWO | POL | M-50 | 8 | M 45 | 00:24:59.70 | 00:25:10.15 | 4:42 | 12.7 |
| 46 | ZIELIŃSKI MARCIN | 220 | | KRAJENKA | POL | M-30 | 18 | M 46 | 00:24:57.70 | 00:25:12.80 | 4:42 | 12.7 |
| 47 | WAWRUSZAK ANDRZEJ | 197 | ZŁOTÓW | ZŁOTÓW | POL | M-60 | 2 | M 47 | 00:25:08.80 | 00:25:14.60 | 4:44 | 12.7 |
| 48 | PAWŁOWSKI MICHAŁ | 143 | PRECON-POLSKA | JASTROWIE | POL | M-40 | 15 | M 48 | 00:25:12.30 | 00:25:22.35 | 4:45 | 12.6 |
| 49 | MICHNOWICZ MICHAŁ | 121 | | JASTROWIE | POL | M-40 | 16 | M 49 | 00:25:21.85 | 00:25:28.85 | 4:46 | 12.5 |
| 50 | OSTROWSKI MARIAN | 231 | | | POL | M-60 | 3 | M 50 | 00:25:26.40 | 00:25:34.05 | 4:47 | 12.5 |
| 51 | ODWROT HUBERT | 133 | 3:33 TEAM | TRZCIANKA | POL | M-50 | 9 | M 51 | 00:25:29.00 | 00:25:36.70 | 4:48 | 12.5 |
| 52 | WAŁDOCH MATEUSZ | 134 | TEAMTERMINATORUN | WAŁCZ | POL | M-18 | 6 | M 52 | 00:25:40.50 | 00:25:51.90 | 4:50 | 12.4 |
| 53 | OCHNIO RYSZARD | 233 | MKS POLONIA JASTROWIE | JASTROWIE | POL | M-40 | 17 | M 53 | 00:25:47.30 | 00:25:58.95 | 4:51 | 12.3 |
| 54 | JAKÓBCZYK SŁAWOMIR | 61 | | ZŁOTÓW | POL | M-40 | 18 | M 54 | 00:25:54.05 | 00:26:05.15 | 4:53 | 12.3 |
| 55 | MIECZKOWSKI MARCIN | 122 | | NOBLINY | POL | M-50 | 10 | M 55 | 00:26:03.40 | 00:26:15.15 | 4:54 | 12.2 |
| 56 | JARCZYŃSKI ROMAN | 66 | REMOFLEX | ZŁOTÓW | POL | M-50 | 11 | M 56 | 00:26:24.70 | 00:26:30.15 | 4:58 | 12 |
| 57 | KUBIAK DANIEL | 92 | | JASTROWIE | POL | M-30 | 19 | M 57 | 00:26:48.90 | 00:26:56.25 | 5:03 | 11.9 |
| 58 | ZAKIELARZ PIOTR | 213 | TEAM TERMINATORUN | JASTROWIE | POL | M-30 | 20 | M 58 | 00:26:59.10 | 00:27:12.75 | 5:05 | 11.8 |
| 59 | GROBELNY ANDRZEJ | 51 | TEAM TERMINATORUN | PIŁA | POL | M-40 | 19 | M 59 | 00:27:01.55 | 00:27:15.35 | 5:05 | 11.8 |
| 60 | KUŻAJ SŁAWOMIR | 103 | SAILING TEAM FERAJNA | PIŁA | POL | M-50 | 12 | M 60 | 00:27:29.30 | 00:27:40.00 | 5:11 | 11.6 |
| 61 | BOŁBOT MARCIN | 19 | | JASTROWIE | POL | M-30 | 21 | M 61 | 00:27:33.45 | 00:27:42.05 | 5:11 | 11.5 |
| 62 | MYK DOMINIK | 246 | | JASTROWIE | POL | M-18 | 7 | M 62 | 00:27:44.05 | 00:27:53.60 | 5:13 | 11.5 |
| 63 | JAWORSKI PIOTR | 70 | | JAGLICE | POL | M-30 | 22 | M 63 | 00:27:49.70 | 00:27:59.45 | 5:14 | 11.4 |
| 64 | GRABOWSKI MAREK | 49 | BBL ZŁOTÓW | ZŁOTÓW | POL | M-50 | 13 | M 64 | 00:28:08.25 | 00:28:20.65 | 5:18 | 11.3 |
| 65 | WARZEWSKI GRZEGORZ | 196 | | PODRÓŻNA | POL | M-40 | 20 | M 65 | 00:28:18.05 | 00:28:30.10 | 5:20 | 11.2 |
| 66 | CHUDZIK PIOTR | 29 | LZS 'JEDNOŚĆ' ŁOBŻENICA | ŁOBŻENICA | POL | M-50 | 14 | M 66 | 00:28:23.40 | 00:28:35.60 | 5:21 | 11.2 |
| 67 | TŁOK DAMIAN | 190 | | ZŁOTÓW | POL | M-30 | 23 | M 67 | 00:28:43.30 | 00:28:56.55 | 5:25 | 11.1 |
| 68 | BUTOWICZ ADAM | 22 | | SZCZECINEK | POL | M-60 | 4 | M 68 | 00:28:46.45 | 00:28:59.15 | 5:25 | 11.1 |

BIEG WOLNOŚCI - BIEG, OPEN-M c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|--------------------------------|-----|----------------------------------|-------------|------|--------|--------|------|-------------|-------------|--------|------|
| 69 | STEMLER DARIUSZ | 172 | | JASTROWIE | POL | M-30 | 24 | M 69 | 00:28:49.65 | 00:29:02.55 | 5:26 | 11 |
| 70 | SKRENTNY ANDRZEJ | 167 | - | KRZYWA WIEŚ | POL | M-60 | 5 | M 70 | 00:28:58.15 | 00:29:10.50 | 5:27 | 11 |
| 71 | SKIERA KAZIMIERZ | 165 | LZS ŁOBŻENICA | ŁOBŻENICA | POL | M-60 | 6 | M 71 | 00:28:58.20 | 00:29:11.30 | 5:27 | 11 |
| 72 | PRZYBYLSKI-PAWLINOW JAKUB | 247 | | JASTROWIE | POL | M-18 | 8 | M 72 | 00:29:04.20 | 00:29:13.35 | 5:29 | 10.9 |
| 73 | ZABROCKI PRZEMYSŁAW | 211 | | JASTROWIE | POL | M-18 | 9 | M 73 | 00:29:31.45 | 00:29:49.30 | 5:34 | 10.8 |
| 74 | HOŁOWIECKI MAREK | 58 | CZERWONA CZAPKA HETMANA | POZNAŃ | POL | M-30 | 25 | M 74 | 00:29:41.80 | 00:29:56.75 | 5:36 | 10.7 |
| 75 | RATKA MICHAŁ | 156 | | PIŁA | POL | M-40 | 21 | M 75 | 00:29:55.85 | 00:30:06.55 | 5:38 | 10.6 |
| 76 | KOZŁOWSKI LEON | 89 | KLUB SPORTOWY HUSARIA SZCZECINEK | JASTROWIE | POL | M-18 | 10 | M 76 | 00:30:00.50 | 00:30:06.60 | 5:39 | 10.6 |
| 77 | KOZIEŁ MACIEJ | 222 | | GLUBCZYN | POL | M-30 | 26 | M 77 | 00:29:54.80 | 00:30:08.55 | 5:38 | 10.6 |
| 78 | WENCKA PAWEŁ | 198 | | JASTROWIE | POL | M-30 | 27 | M 78 | 00:30:13.55 | 00:30:27.05 | 5:42 | 10.5 |
| 79 | DZIERZAWA TOMASZ | 41 | BBL ŻŁOTÓW | ŻŁOTÓW | POL | M-50 | 15 | M 79 | 00:31:39.15 | 00:31:50.30 | 5:58 | 10 |
| 80 | JAKUBOWSKI MAREK | 63 | | PNIEWO | POL | M-40 | 22 | M 80 | 00:31:51.75 | 00:32:03.65 | 6:00 | 10 |
| 81 | KOWALSKI PAWEŁ | 224 | TEAMTERMINATORUN | WAŁCZ | POL | OPEN-M | 1 | M 81 | 00:32:01.90 | 00:32:12.15 | 6:02 | 9.9 |
| 82 | KURKOWSKI MATEUSZ | 101 | AMATOR | DUBLIN | IRL | M-18 | 11 | M 82 | 00:32:21.30 | 00:32:31.80 | 6:06 | 9.8 |
| 83 | LEWANDOWSKI PIOTR | 241 | | JASTROWIE | POL | M-60 | 7 | M 83 | 00:33:14.10 | 00:33:28.75 | 6:16 | 9.6 |
| 84 | LIPIEC PAWEŁ | 107 | | ŻŁOTÓW | POL | M-50 | 16 | M 84 | 00:33:36.60 | 00:33:43.90 | 6:20 | 9.5 |
| 85 | PROKOPOWICZ MARCIN | 148 | 3:33 TEAM | JASTROWIE | POL | M-40 | 23 | M 85 | 00:33:30.50 | 00:33:47.35 | 6:19 | 9.5 |
| 86 | JASIEK PAWEŁ | 67 | #ZABIEGANINOCA | ZAKRZEWO | POL | M-30 | 28 | M 86 | 00:33:40.30 | 00:33:53.10 | 6:21 | 9.4 |
| 87 | MAZUR TOMASZ | 118 | TEAMTERMINATORUN | JASTROWIE | POL | M-40 | 24 | M 87 | 00:33:39.95 | 00:33:54.90 | 6:20 | 9.5 |
| 88 | THOMAS DANIEL | 188 | ROZBIEGANE JASTROWIE | JASTROWIE | POL | M-30 | 29 | M 88 | 00:34:40.70 | 00:34:57.25 | 6:32 | 9.2 |
| 89 | BYLEWSKI TOMASZ | 230 | 3:33 TEAM | TRZCIANKA | POL | M-40 | 25 | M 89 | 00:35:02.45 | 00:35:10.70 | 6:36 | 9.1 |
| 90 | KOZŁOWSKI PIOTR | 88 | KLUB SPORTOWY HUSARIA SZCZECINEK | JASTROWIE | POL | M-40 | 26 | M 90 | 00:35:16.65 | 00:35:33.00 | 6:39 | 9 |
| 91 | STRZELECKI SEBASTIAN 'KASZANA' | 174 | SAILING TEAM FERAJNA | PIŁA | POL | M-50 | 17 | M 91 | 00:36:10.00 | 00:36:23.65 | 6:49 | 8.8 |
| 92 | WROBLEWSKI JERZY | 210 | PARKRUN SZCZECINEK | SZCZECINEK | POL | M-60 | 8 | M 92 | 00:36:47.30 | 00:37:04.15 | 6:56 | 8.6 |
| 93 | HRYNIEWICZ RAFAŁ | 234 | | SZCZECINEK | POL | M-40 | 27 | M 93 | 00:38:22.30 | 00:38:39.45 | 7:14 | 8.3 |
| 94 | NOWICKI MACIEJ | 132 | OSP SYPNIEWO | SYPNIEWO | POL | M-18 | 12 | M 94 | 00:38:44.40 | 00:38:59.05 | 7:18 | 8.2 |
| 95 | WIŚNIK MARCIN | 203 | | JASTROWIE | POL | M-40 | 28 | M 95 | 00:45:28.10 | 00:45:45.70 | 8:34 | 7 |
| 96 | WOJEWÓDZKI SEBASTIAN | 237 | | JASTROWIE | POL | M-40 | 29 | M 96 | 00:45:40.50 | 00:45:50.35 | 8:36 | 7 |

BIEG WOLNOŚCI - BIEG, K-18

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-----------------------------|-----|----------------------|-----------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | WACHOWICZ ANGELIKA | 194 | | CHODZIEŻ | POL | K-18 | 1 | K 11 | 00:26:09.60 | 00:26:16.35 | 4:56 | 12.2 |
| 2 | KLUPŚ AGATA | 77 | | JASTROWIE | POL | K-18 | 2 | K 14 | 00:27:00.40 | 00:27:09.85 | 5:05 | 11.8 |
| 3 | CYROLEWSKA BOŻEK ALEKSANDRA | 245 | | JASTROWIE | POL | K-18 | 3 | K 19 | 00:28:04.10 | 00:28:13.25 | 5:17 | 11.3 |
| 4 | ZYCH KAROLINA | 221 | | JASTROWIE | POL | K-18 | 4 | K 32 | 00:32:46.00 | 00:32:53.00 | 6:10 | 9.7 |
| 5 | THOMAS JESSICA | 189 | ROZBIEGANE JASTROWIE | JASTROWIE | POL | K-18 | 5 | K 41 | 00:34:40.95 | 00:34:57.15 | 6:32 | 9.2 |
| 6 | CHOJECKA DARIA | 26 | | BRZEŻNICA | POL | K-18 | 6 | K 44 | 00:35:49.80 | 00:36:02.95 | 6:45 | 8.9 |
| 7 | OGONOWSKA ANNA | 135 | TEAM TERMINATORUN | WAŁCZ | POL | K-18 | 7 | K 47 | 00:38:22.50 | 00:38:32.95 | 7:14 | 8.3 |
| 8 | KURKOWSKA MAJA | 223 | | DUBLIN | IRL | K-18 | 7 | K 47 | 00:38:22.70 | 00:38:32.95 | 7:14 | 8.3 |

BIEG WOLNOŚCI - BIEG, M-18

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|---------------------------|-----|----------------------------------|------------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | WAŁDOCH RAFAŁ | 195 | TEAM TERMINATORUN | WAŁCZ | POL | M-18 | 1 | M 7 | 00:19:53.75 | 00:20:04.85 | 3:45 | 16 |
| 2 | LASAK KONRAD | 105 | | SZCZECINEK | POL | M-18 | 2 | M 9 | 00:20:35.65 | 00:20:41.80 | 3:53 | 15.4 |
| 3 | KUJAWA MARCIN | 243 | HIGH KICK GYM | SZCZECINEK | POL | M-18 | 3 | M 13 | 00:21:01.70 | 00:21:10.85 | 3:57 | 15.1 |
| 4 | JANKOWSKI KONRAD | 64 | MKS POLONIA JASTROWIE | BRZEŻNICA | POL | M-18 | 4 | M 30 | 00:23:08.70 | 00:23:20.15 | 4:21 | 13.7 |
| 5 | ZBROJA MIŁOSZ | 225 | | SOMBORSKO | POL | M-18 | 5 | M 44 | 00:24:56.50 | 00:25:04.40 | 4:42 | 12.8 |
| 6 | WAŁDOCH MATEUSZ | 134 | TEAMTERMINATORUN | WAŁCZ | POL | M-18 | 6 | M 52 | 00:25:40.50 | 00:25:51.90 | 4:50 | 12.4 |
| 7 | MYK DOMINIK | 246 | | JASTROWIE | POL | M-18 | 7 | M 62 | 00:27:44.05 | 00:27:53.60 | 5:13 | 11.5 |
| 8 | PRZYBYLSKI-PAWLINOW JAKUB | 247 | | JASTROWIE | POL | M-18 | 8 | M 72 | 00:29:04.20 | 00:29:13.35 | 5:29 | 10.9 |
| 9 | ZABROCKI PRZEMYSŁAW | 211 | | JASTROWIE | POL | M-18 | 9 | M 73 | 00:29:31.45 | 00:29:49.30 | 5:34 | 10.8 |
| 10 | KOZŁOWSKI LEON | 89 | KLUB SPORTOWY HUSARIA SZCZECINEK | JASTROWIE | POL | M-18 | 10 | M 76 | 00:30:00.50 | 00:30:06.60 | 5:39 | 10.6 |

BIEG WOLNOŚCI - BIEG, M-18 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-------------------|-----|--------------|-----------|------|------|--------|------|-------------|-------------|--------|------|
| 11 | KURKOWSKI MATEUSZ | 101 | AMATOR | DUBLIN | IRL | M-18 | 11 | M 82 | 00:32:21.30 | 00:32:31.80 | 6:06 | 9.8 |
| 12 | NOWICKI MACIEJ | 132 | OSP SYPNIEWO | SYPNIEWO | POL | M-18 | 12 | M 94 | 00:38:44.40 | 00:38:59.05 | 7:18 | 8.2 |

BIEG WOLNOŚCI - BIEG, K-30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-------------------------|-----|----------------------------|------------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | KAPERA MONIKA | 74 | STACHOWSCY AKADEMIA SPORTU | PIŁA | POL | K-30 | 1 | K 1 | 00:19:11.85 | 00:19:17.30 | 3:37 | 16.6 |
| 2 | MAJKUT ANNA | 110 | | PIŁA | POL | K-30 | 2 | K 2 | 00:23:42.45 | 00:23:48.85 | 4:28 | 13.4 |
| 3 | KŁUNDUKOWSKA PAULINA | 81 | | TARNÓWKA | POL | K-30 | 3 | K 5 | 00:24:22.30 | 00:24:33.05 | 4:35 | 13.1 |
| 4 | PRZYBYŁOWICZ MAŁGORZATA | 150 | | SZCZECINEK | POL | K-30 | 4 | K 7 | 00:25:32.55 | 00:25:39.25 | 4:49 | 12.5 |
| 5 | DŁUGA MAGDALENA | 33 | BIEGAM | ZŁOTÓW | POL | K-30 | 5 | K 8 | 00:25:34.35 | 00:25:43.20 | 4:49 | 12.4 |
| 6 | OPRĄDEK ANNA | 137 | | ZŁOTÓW | POL | K-30 | 6 | K 12 | 00:26:31.35 | 00:26:39.30 | 5:00 | 12 |
| 7 | KOKOWSKA ANNA | 84 | | ZŁOTÓW | POL | K-30 | 7 | K 17 | 00:27:13.85 | 00:27:22.70 | 5:08 | 11.7 |
| 8 | GRABOWSKA MARTA | 47 | | ZŁOTÓW | POL | K-30 | 8 | K 18 | 00:27:29.80 | 00:27:40.95 | 5:11 | 11.6 |
| 9 | BIELEŃ AGNIESZKA | 12 | OWOCBIEGA TEAM | POZNAŃ | POL | K-30 | 9 | K 22 | 00:29:29.25 | 00:29:43.00 | 5:33 | 10.8 |
| 10 | KOSTERA-GÓRSKA SYLWIA | 244 | | CZARNE | POL | K-30 | 10 | K 24 | 00:29:47.85 | 00:30:03.20 | 5:37 | 10.7 |
| 11 | MALINOWSKA NATALIA | 111 | | ZŁOTÓW | POL | K-30 | 11 | K 26 | 00:30:36.75 | 00:30:45.15 | 5:46 | 10.4 |
| 12 | ZAKIELARZ ADRIANA | 212 | TEAM TERMINATORUN | JASTROWIE | POL | K-30 | 12 | K 31 | 00:32:20.75 | 00:32:34.60 | 6:06 | 9.8 |
| 13 | BOŁBOT ANGELIKA | 18 | | JASTROWIE | POL | K-30 | 13 | K 36 | 00:32:57.90 | 00:33:04.45 | 6:13 | 9.7 |
| 14 | SADOWSKA ULA | 162 | | JASTROWIE | POL | K-30 | 14 | K 46 | 00:37:44.90 | 00:37:52.85 | 7:07 | 8.4 |

BIEG WOLNOŚCI - BIEG, M-30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|--------------------------|---------------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | WOŹNIAK GRZEGORZ | 209 | MOS KRAJENKA | KRAJENKA | POL | M-30 | 1 | M 2 | 00:19:32.85 | 00:19:38.10 | 3:41 | 16.3 |
| 2 | HOMAN DARIUSZ | 216 | TEAM TERMINATORUN | WAŁCZ | POL | M-30 | 2 | M 4 | 00:19:57.70 | 00:20:03.25 | 3:45 | 15.9 |
| 3 | ZIĘBA KRZYSZTOF | 236 | | ZŁOTÓW | POL | M-30 | 3 | M 5 | 00:19:58.35 | 00:20:04.75 | 3:46 | 15.9 |
| 4 | TOMKOWSKI PRZEMYSŁAW | 191 | CHRYSTUS KRÓLEM | BIAŁY BÓR | POL | M-30 | 4 | M 10 | 00:20:47.55 | 00:20:53.65 | 3:55 | 15.3 |
| 5 | MICHAŁOWSKI PIOTR | 120 | BIEGAJĄCY DIETETYK TEAM | PRZECHEWLO | POL | M-30 | 5 | M 11 | 00:20:51.90 | 00:20:57.25 | 3:56 | 15.3 |
| 6 | KUBIŚ PAWEŁ | 93 | | SZCZECINEK | POL | M-30 | 6 | M 14 | 00:21:11.85 | 00:21:19.65 | 3:59 | 15 |
| 7 | ZDRENKA MATEUSZ | 226 | | ZŁOTÓW | POL | M-30 | 7 | M 17 | 00:21:38.85 | 00:21:44.75 | 4:04 | 14.7 |
| 8 | SZULC PATRYK | 182 | DESTROY OR BE DESTROYED. | CHODZIEŻ | POL | M-30 | 8 | M 18 | 00:21:55.95 | 00:22:02.65 | 4:08 | 14.5 |
| 9 | KOBIERSKI SZYMON | 83 | PCH_RUN | KONSTANTYNOWO | POL | M-30 | 9 | M 21 | 00:22:39.45 | 00:22:47.10 | 4:16 | 14 |
| 10 | CYRUK ŁUKASZ | 229 | | JASTROWIE | POL | M-30 | 10 | M 23 | 00:22:37.75 | 00:22:50.75 | 4:16 | 14.1 |
| 11 | CHOJECKI GRZEGORZ | 27 | | BRZEZNICA | POL | M-30 | 11 | M 25 | 00:22:55.20 | 00:23:01.65 | 4:19 | 13.9 |
| 12 | STACHOWIAK PIOTR | 168 | | ŚWIĘTA | POL | M-30 | 12 | M 26 | 00:22:56.90 | 00:23:02.05 | 4:19 | 13.9 |
| 13 | URBAŃSKI PAWEŁ | 193 | TEAMTERMINATORUN | WITANKOWO | POL | M-30 | 13 | M 29 | 00:23:08.85 | 00:23:18.90 | 4:21 | 13.7 |
| 14 | MOSZKOWICZ GRZEGORZ | 124 | | JASTROWIE | POL | M-30 | 14 | M 31 | 00:23:20.00 | 00:23:29.15 | 4:24 | 13.6 |
| 15 | DOMAGALSKI TOMASZ | 34 | | JASTROWIE | POL | M-30 | 15 | M 32 | 00:23:31.45 | 00:23:46.80 | 4:26 | 13.5 |
| 16 | SAKOSIK KRYSZTOF | 248 | KOSABIEGA | PUCICZNO | POL | M-30 | 16 | M 33 | 00:23:48.80 | 00:23:53.95 | 4:29 | 13.4 |
| 17 | MICHAŁOWSKI MATEUSZ | 235 | | MIĘDZYBŁOCIE | POL | M-30 | 17 | M 39 | 00:24:47.95 | 00:24:53.85 | 4:40 | 12.8 |
| 18 | ZIELIŃSKI MARCIN | 220 | | KRAJENKA | POL | M-30 | 18 | M 46 | 00:24:57.70 | 00:25:12.80 | 4:42 | 12.7 |
| 19 | KUBIAK DANIEL | 92 | | JASTROWIE | POL | M-30 | 19 | M 57 | 00:26:48.90 | 00:26:56.25 | 5:03 | 11.9 |
| 20 | ZAKIELARZ PIOTR | 213 | TEAM TERMINATORUN | JASTROWIE | POL | M-30 | 20 | M 58 | 00:26:59.10 | 00:27:12.75 | 5:05 | 11.8 |
| 21 | BOŁBOT MARCIN | 19 | | JASTROWIE | POL | M-30 | 21 | M 61 | 00:27:33.45 | 00:27:42.05 | 5:11 | 11.5 |
| 22 | JAWORSKI PIOTR | 70 | | JAGLICE | POL | M-30 | 22 | M 63 | 00:27:49.70 | 00:27:59.45 | 5:14 | 11.4 |
| 23 | TŁOK DAMIAN | 190 | | ZŁOTÓW | POL | M-30 | 23 | M 67 | 00:28:43.30 | 00:28:56.55 | 5:25 | 11.1 |
| 24 | STEMLER DARIUSZ | 172 | | JASTROWIE | POL | M-30 | 24 | M 69 | 00:28:49.65 | 00:29:02.55 | 5:26 | 11 |
| 25 | HOŁOWIECKI MAREK | 58 | CZERWONA CZAPKA HETMANA | POZNAŃ | POL | M-30 | 25 | M 74 | 00:29:41.80 | 00:29:56.75 | 5:36 | 10.7 |
| 26 | KOZIEŁ MACIEJ | 222 | | GLUBCZYN | POL | M-30 | 26 | M 77 | 00:29:54.80 | 00:30:08.55 | 5:38 | 10.6 |
| 27 | WENCKA PAWEŁ | 198 | | JASTROWIE | POL | M-30 | 27 | M 78 | 00:30:13.55 | 00:30:27.05 | 5:42 | 10.5 |
| 28 | JASIEK PAWEŁ | 67 | #ZABIEGANINOCA | ZAKRZEWO | POL | M-30 | 28 | M 86 | 00:33:40.30 | 00:33:53.10 | 6:21 | 9.4 |
| 29 | THOMAS DANIEL | 188 | ROZBIEGANE JASTROWIE | JASTROWIE | POL | M-30 | 29 | M 88 | 00:34:40.70 | 00:34:57.25 | 6:32 | 9.2 |

BIEG WOLNOŚCI - BIEG, K-40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|----------------------|-----|----------------------|-----------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | ŁUO BOŻENA | 227 | | KREPSKO | POL | K-40 | 1 | K 3 | 00:23:48.95 | 00:23:55.20 | 4:29 | 13.4 |
| 2 | ŁAWNICZAK JUSTYNA | 250 | WOLF TEAM | ZAKRZEWO | POL | K-40 | 2 | K 4 | 00:24:00.05 | 00:24:07.20 | 4:31 | 13.3 |
| 3 | BYLEWSKA EWA | 24 | 3:33 TEAM | TRZCIANKA | POL | K-40 | 3 | K 6 | 00:25:29.05 | 00:25:36.95 | 4:48 | 12.5 |
| 4 | GÓRA AGNIESZKA | 249 | #ZABIEGANINOCA | OKONEK | POL | K-40 | 4 | K 9 | 00:25:39.10 | 00:25:50.70 | 4:50 | 12.4 |
| 5 | NOWAK ANIA | 129 | PCH_RUN | CHODZIEŻ | POL | K-40 | 5 | K 10 | 00:26:06.80 | 00:26:14.30 | 4:55 | 12.2 |
| 6 | PAWŁOWSKA DOROTA | 141 | PCH_RUN | CHODZIEŻ | POL | K-40 | 6 | K 13 | 00:26:32.65 | 00:26:40.95 | 5:00 | 12 |
| 7 | GROBELNA KATARZYNA | 50 | TEAM TERMINATORUN | PIŁA | POL | K-40 | 7 | K 15 | 00:27:00.45 | 00:27:14.50 | 5:05 | 11.8 |
| 8 | GROCHOWSKA AGNIESZKA | 52 | | PIŁA | POL | K-40 | 8 | K 16 | 00:27:11.90 | 00:27:20.40 | 5:07 | 11.7 |
| 9 | PYREK IWONA | 153 | | WAŁCZ | POL | K-40 | 9 | K 21 | 00:29:21.60 | 00:29:34.55 | 5:32 | 10.8 |
| 10 | MAXIEJCZAK KAROLINA | 115 | SAILING TEAM FERAJNA | PIŁA | POL | K-40 | 10 | K 27 | 00:31:49.40 | 00:32:00.45 | 6:00 | 10 |
| 11 | ZBIELESKA AGNIESZKA | 217 | PIŁA | PIŁA | POL | K-40 | 11 | K 28 | 00:31:52.40 | 00:32:05.85 | 6:00 | 10 |
| 12 | DZIERZAWA ALEKSANDRA | 42 | BBL ŻŁOTÓW | ŻŁOTÓW | POL | K-40 | 12 | K 30 | 00:32:23.20 | 00:32:34.50 | 6:06 | 9.8 |
| 13 | BYLEWSKA JOANNA | 23 | 3:33 TEAM | TRZCIANKA | POL | K-40 | 13 | K 35 | 00:32:54.15 | 00:33:01.45 | 6:12 | 9.7 |
| 14 | PROKOPOWICZ IZABELA | 147 | 3:33 TEAM | JASTROWIE | POL | K-40 | 14 | K 39 | 00:33:30.30 | 00:33:46.30 | 6:19 | 9.5 |
| 15 | MAZUR ANNA | 116 | TEAMTERMINATORUN | JASTROWIE | POL | K-40 | 15 | K 40 | 00:33:53.85 | 00:34:07.90 | 6:23 | 9.4 |

BIEG WOLNOŚCI - BIEG, M-40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|----------------------------|-----|----------------------------------|--------------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | KUŚMIDER ANDRZEJ | 232 | | CZAPLINEK | POL | M-40 | 1 | M 1 | 00:18:51.50 | 00:18:56.85 | 3:33 | 16.9 |
| 2 | RADTKA TOMASZ | 154 | LZS 'JEDNOŚĆ' ŁOBŻENICA | ŁOBŻENICA | POL | M-40 | 2 | M 3 | 00:19:45.50 | 00:19:50.80 | 3:43 | 16.1 |
| 3 | SZACHO-GŁUCHOWICZ RYSZARD | 179 | | DZIERŻAŻENKO | POL | M-40 | 3 | M 5 | 00:19:58.95 | 00:20:04.75 | 3:46 | 15.9 |
| 4 | CUBER WOJCIECH | 30 | | ŻŁOTÓW | POL | M-40 | 4 | M 8 | 00:20:08.85 | 00:20:12.85 | 3:47 | 15.8 |
| 5 | BŁASZCZYK PIOTR | 17 | | BARWICE | POL | M-40 | 5 | M 12 | 00:20:54.80 | 00:21:00.90 | 3:56 | 15.2 |
| 6 | KOWALCZYK KRZYSZCIN MACIEJ | 86 | STRUŚ KĄKOLEWICE | BUDZYŃ | POL | M-40 | 6 | M 15 | 00:21:17.60 | 00:21:24.00 | 4:00 | 14.9 |
| 7 | RATAJ ARTUR | 155 | 3:33 TEAM | TRZCIANKA | POL | M-40 | 7 | M 16 | 00:21:35.60 | 00:21:41.45 | 4:04 | 14.7 |
| 8 | JAWORSKI MACIEJ | 71 | | PIŁA | POL | M-40 | 8 | M 20 | 00:22:18.20 | 00:22:24.45 | 4:12 | 14.3 |
| 9 | JAWORUCKI KRYSZCIN | 72 | | JASTROWIE | POL | M-40 | 9 | M 22 | 00:22:40.50 | 00:22:49.55 | 4:16 | 14 |
| 10 | MAZUR TOMASZ | 117 | I LO SZCZECINEK | SZCZECINEK | POL | M-40 | 10 | M 28 | 00:22:56.90 | 00:23:03.95 | 4:19 | 13.9 |
| 11 | FIĄLKOWSKI KRZYSZCIN | 44 | TERMINATORUN | WAŁCZ | POL | M-40 | 11 | M 35 | 00:23:57.00 | 00:24:06.75 | 4:31 | 13.3 |
| 12 | MARCHEL MARIUSZ | 112 | STACHOWSCY AKADEMIA SPORTU | PIŁA | POL | M-40 | 12 | M 36 | 00:24:10.35 | 00:24:20.20 | 4:33 | 13.2 |
| 13 | TOWSTOKORY MAREK | 192 | ŻŁOTÓW | ŻŁOTÓW | POL | M-40 | 13 | M 40 | 00:24:46.80 | 00:24:55.65 | 4:40 | 12.8 |
| 14 | MELON JACEK | 119 | SZYBKIE BUTY | JASTROWIE | POL | M-40 | 14 | M 43 | 00:24:52.65 | 00:25:02.40 | 4:41 | 12.8 |
| 15 | PAWŁOWSKI MICHAŁ | 143 | PRECON-POLSKA | JASTROWIE | POL | M-40 | 15 | M 48 | 00:25:12.30 | 00:25:22.35 | 4:45 | 12.6 |
| 16 | MICHNOWICZ MICHAŁ | 121 | | JASTROWIE | POL | M-40 | 16 | M 49 | 00:25:21.85 | 00:25:28.85 | 4:46 | 12.5 |
| 17 | OCHNIO RYSZARD | 233 | MKS POLONIA JASTROWIE | JASTROWIE | POL | M-40 | 17 | M 53 | 00:25:47.30 | 00:25:58.95 | 4:51 | 12.3 |
| 18 | JAKÓBCZYK SŁAWOMIR | 61 | | ŻŁOTÓW | POL | M-40 | 18 | M 54 | 00:25:54.05 | 00:26:05.15 | 4:53 | 12.3 |
| 19 | GROBELNY ANDRZEJ | 51 | TEAM TERMINATORUN | PIŁA | POL | M-40 | 19 | M 59 | 00:27:01.55 | 00:27:15.35 | 5:05 | 11.8 |
| 20 | WARZEWSKI GRZEGORZ | 196 | | PODRÓŻNA | POL | M-40 | 20 | M 65 | 00:28:18.05 | 00:28:30.10 | 5:20 | 11.2 |
| 21 | RATKA MICHAŁ | 156 | | PIŁA | POL | M-40 | 21 | M 75 | 00:29:55.85 | 00:30:06.55 | 5:38 | 10.6 |
| 22 | JAKUBOWSKI MAREK | 63 | | PNIEWO | POL | M-40 | 22 | M 80 | 00:31:51.75 | 00:32:03.65 | 6:00 | 10 |
| 23 | PROKOPOWICZ MARCIN | 148 | 3:33 TEAM | JASTROWIE | POL | M-40 | 23 | M 85 | 00:33:30.50 | 00:33:47.35 | 6:19 | 9.5 |
| 24 | MAZUR TOMASZ | 118 | TEAMTERMINATORUN | JASTROWIE | POL | M-40 | 24 | M 87 | 00:33:39.95 | 00:33:54.90 | 6:20 | 9.5 |
| 25 | BYLEWSKI TOMASZ | 230 | 3:33 TEAM | TRZCIANKA | POL | M-40 | 25 | M 89 | 00:35:02.45 | 00:35:10.70 | 6:36 | 9.1 |
| 26 | KOZŁOWSKI PIOTR | 88 | KLUB SPORTOWY HUSARIA SZCZECINEK | JASTROWIE | POL | M-40 | 26 | M 90 | 00:35:16.65 | 00:35:33.00 | 6:39 | 9 |
| 27 | HRYNIEWICZ RAFAŁ | 234 | | SZCZECINEK | POL | M-40 | 27 | M 93 | 00:38:22.30 | 00:38:39.45 | 7:14 | 8.3 |
| 28 | WIŚNIK MARCIN | 203 | | JASTROWIE | POL | M-40 | 28 | M 95 | 00:45:28.10 | 00:45:45.70 | 8:34 | 7 |
| 29 | WOJEWÓDZKI SEBASTIAN | 237 | | | POL | M-40 | 29 | M 96 | 00:45:40.50 | 00:45:50.35 | 8:36 | 7 |

BIEG WOLNOŚCI - BIEG, K-50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-----------------------|-----|----------------------|-----------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | STRZELECKA MAŁGORZATA | 173 | SAILING TEAM FERAJNA | PIŁA | POL | K-50 | 1 | K 20 | 00:28:51.70 | 00:29:00.35 | 5:26 | 11 |
| 2 | BANACZYK WIOLETTA | 6 | LILL SPORT | BLĘKWIT | POL | K-50 | 2 | K 23 | 00:29:47.25 | 00:29:59.05 | 5:37 | 10.7 |

BIEG WOLNOŚCI - BIEG, K-50 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-----------------------------|-----|---------------|-----------|------|------|--------|------|-------------|-------------|--------|------|
| 3 | SADOWSKA MARIA | 161 | BBL ŻŁOTÓW | ŻŁOTÓW | POL | K-50 | 3 | K 33 | 00:32:42.25 | 00:32:54.80 | 6:10 | 9.7 |
| 4 | GRABOWSKA ELŻBIETA | 48 | BBL ŻŁOTÓW | ŻŁOTÓW | POL | K-50 | 4 | K 34 | 00:32:46.40 | 00:32:57.45 | 6:10 | 9.7 |
| 5 | KURZAWIŃSKA-JABŁOŃSKA KASIA | 102 | CZARNE BIEGA | CZARNE | POL | K-50 | 5 | K 37 | 00:32:51.50 | 00:33:06.45 | 6:11 | 9.7 |
| 6 | SUCHANOWSKA ANNA | 175 | RESPECT LOTYŃ | LOTYŃ | POL | K-50 | 6 | K 38 | 00:33:23.10 | 00:33:37.55 | 6:17 | 9.5 |
| 7 | LEWANDOWSKA BOGUMIŁA | 242 | | TORUŃ | POL | K-50 | 7 | K 42 | 00:35:00.40 | 00:35:15.15 | 6:36 | 9.1 |
| 8 | CZEREŚNIAK IWONA | 31 | | SIEMCZYNO | POL | K-50 | 8 | K 43 | 00:35:24.45 | 00:35:38.80 | 6:40 | 9 |

BIEG WOLNOŚCI - BIEG, M-50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|--------------------------------|-----|-------------------------|-----------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | KUKLIŃSKI MACIEJ | 98 | METROŻERCY | MIROSZEWO | POL | M-50 | 1 | M 19 | 00:22:00.55 | 00:22:07.85 | 4:09 | 14.5 |
| 2 | JABŁOŃSKI ANDRZEJ | 59 | CZARNE BIEGA | CZARNE | POL | M-50 | 2 | M 24 | 00:22:50.55 | 00:22:58.90 | 4:18 | 13.9 |
| 3 | OGONOWSKI MAREK | 136 | OGON TEAM | WAŁCZ | POL | M-50 | 3 | M 34 | 00:23:50.70 | 00:24:00.75 | 4:29 | 13.3 |
| 4 | SUCHANOWSKI ZYGMUNT | 176 | RESPECT LOTYŃ | LOTYŃ | POL | M-50 | 4 | M 37 | 00:24:19.95 | 00:24:27.45 | 4:35 | 13.1 |
| 5 | BIELECKI ANDRZEJ | 11 | 3:33 TEAM | TRZCIANKA | POL | M-50 | 5 | M 38 | 00:24:26.50 | 00:24:34.30 | 4:36 | 13 |
| 6 | SZEWCAK MARIUSZ | 180 | PCH RUN | CHODZIEŻ | POL | M-50 | 6 | M 41 | 00:24:50.60 | 00:24:58.85 | 4:41 | 12.8 |
| 7 | SKRENTNY FRANCISZEK | 166 | | ŻŁOTÓW | POL | M-50 | 7 | M 42 | 00:24:49.40 | 00:25:02.10 | 4:40 | 12.8 |
| 8 | KUICH PIOTR | 95 | LILL-SPORT | JÓZEFOWO | POL | M-50 | 8 | M 45 | 00:24:59.70 | 00:25:10.15 | 4:42 | 12.7 |
| 9 | ODWROT HUBERT | 133 | 3:33 TEAM | TRZCIANKA | POL | M-50 | 9 | M 51 | 00:25:29.00 | 00:25:36.70 | 4:48 | 12.5 |
| 10 | MIECZKOWSKI MARCIN | 122 | | NOBLINY | POL | M-50 | 10 | M 55 | 00:26:03.40 | 00:26:15.15 | 4:54 | 12.2 |
| 11 | JARCZYŃSKI ROMAN | 66 | REMOFLEX | ŻŁOTÓW | POL | M-50 | 11 | M 56 | 00:26:24.70 | 00:26:30.15 | 4:58 | 12 |
| 12 | KUŻAJ SŁAWOMIR | 103 | SAILING TEAM FERAJNA | PIŁA | POL | M-50 | 12 | M 60 | 00:27:29.30 | 00:27:40.00 | 5:11 | 11.6 |
| 13 | GRABOWSKI MAREK | 49 | BBL ŻŁOTÓW | ŻŁOTÓW | POL | M-50 | 13 | M 64 | 00:28:08.25 | 00:28:20.65 | 5:18 | 11.3 |
| 14 | CHUDZIK PIOTR | 29 | LZS 'JEDNOŚĆ' ŁOBŻENICA | ŁOBŻENICA | POL | M-50 | 14 | M 66 | 00:28:23.40 | 00:28:35.60 | 5:21 | 11.2 |
| 15 | DZIERŻAWA TOMASZ | 41 | BBL ŻŁOTÓW | ŻŁOTÓW | POL | M-50 | 15 | M 79 | 00:31:39.15 | 00:31:50.30 | 5:58 | 10 |
| 16 | LIPIEC PAWEŁ | 107 | | ŻŁOTÓW | POL | M-50 | 16 | M 84 | 00:33:36.60 | 00:33:43.90 | 6:20 | 9.5 |
| 17 | STRZELECKI SEBASTIAN 'KASZANA' | 174 | SAILING TEAM FERAJNA | PIŁA | POL | M-50 | 17 | M 91 | 00:36:10.00 | 00:36:23.65 | 6:49 | 8.8 |

BIEG WOLNOŚCI - BIEG, K-60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|------------------|-----|------------|------------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | BARTON KRYSZYNA | 8 | PRZECHLEWO | PRZECHLEWO | POL | K-60 | 1 | K 25 | 00:30:07.35 | 00:30:20.20 | 5:40 | 10.6 |
| 2 | NIEDZIELA DOROTA | 127 | LILL SPORT | ŻŁOTÓW | POL | K-60 | 2 | K 29 | 00:32:06.35 | 00:32:18.15 | 6:03 | 9.9 |

BIEG WOLNOŚCI - BIEG, M-60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | Brutto | min/km | km/h |
|------|-------------------|-----|--------------------|-------------|------|------|--------|------|-------------|-------------|--------|------|
| 1 | RYNDAK MARIUSZ | 160 | RADOSNY REJENT | SZCZECINEK | POL | M-60 | 1 | M 27 | 00:22:57.10 | 00:23:03.80 | 4:19 | 13.9 |
| 2 | WAWRUSZAK ANDRZEJ | 197 | ŻŁOTÓW | ŻŁOTÓW | POL | M-60 | 2 | M 47 | 00:25:08.80 | 00:25:14.60 | 4:44 | 12.7 |
| 3 | OSTROWSKI MARIAN | 231 | | | POL | M-60 | 3 | M 50 | 00:25:26.40 | 00:25:34.05 | 4:47 | 12.5 |
| 4 | BUTOWICZ ADAM | 22 | | SZCZECINEK | POL | M-60 | 4 | M 68 | 00:28:46.45 | 00:28:59.15 | 5:25 | 11.1 |
| 5 | SKRENTNY ANDRZEJ | 167 | - | KRZYWA WIEŚ | POL | M-60 | 5 | M 70 | 00:28:58.15 | 00:29:10.50 | 5:27 | 11 |
| 6 | SKIERA KAZIMIERZ | 165 | LZS ŁOBŻENICA | ŁOBŻENICA | POL | M-60 | 6 | M 71 | 00:28:58.20 | 00:29:11.30 | 5:27 | 11 |
| 7 | LEWANDOWSKI PIOTR | 241 | | JASTROWIE | POL | M-60 | 7 | M 83 | 00:33:14.10 | 00:33:28.75 | 6:16 | 9.6 |
| 8 | WROBLEWSKI JERZY | 210 | PARKRUN SZCZECINEK | SZCZECINEK | POL | M-60 | 8 | M 92 | 00:36:47.30 | 00:37:04.15 | 6:56 | 8.6 |