

AMBERMAN ELITE | 3KM

Organizator: Gmina Miasta Gdańsk
Data: 2024-05-11
Miejsce: Gdańsk
Dystans: 3 km
Klasyfikacja wg czasów netto.



AMBERMAN ELITE | 3KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|----------------------|-----|------------------------|-----------|------|--------|--------|------|----------------------------------|-------------|--------|------|
| 1 | JACIÓW PAWEŁ | 118 | WATAHA | PRZEMYŚL | POL | M30-34 | 1 | M 1 | 13:00 3KM ELITA MEN | 00:16:21.85 | 5:27 | 11 |
| 2 | MIŁOŚ TOMASZ | 155 | ACTIVE FLOW | | POL | M40-44 | 1 | M 2 | 13:45 3KM ELITE MAN | 00:17:18.05 | 5:46 | 10.4 |
| 3 | GAWLIK JAKUB | 122 | XRUNNERS | SOPOT | POL | M25-29 | 1 | M 3 | 13:00 3KM ELITA MEN | 00:17:31.90 | 5:50 | 10.3 |
| 4 | KRĘGIELSKI FILIP | 181 | BIEGUN OCR TEAM | GDAŃSK | POL | M14-15 | 1 | M 4 | 14:30 3KM ELITE JUNIOR 10-15 | 00:17:33.85 | 5:51 | 10.3 |
| 5 | SZULWACH CEZARY | 157 | BIEGUN OCR TEAM | | POL | M18-19 | 1 | M 5 | 13:00 3KM ELITA MEN | 00:17:36.20 | 5:52 | 10.2 |
| 6 | BAK DANIEL | 127 | BIEGUN OCR TEAM | GDAŃSK | POL | M25-29 | 2 | M 6 | 13:00 3KM ELITA MEN | 00:17:36.65 | 5:52 | 10.2 |
| 7 | REKAWEK SZYMON | 113 | BIEGUN OCR TEAM | GDAŃSK | POL | M30-34 | 2 | M 7 | 13:00 3KM ELITA MEN | 00:17:37.95 | 5:52 | 10.2 |
| 8 | WOJEWÓDZKI STANISŁAW | 190 | BIEGUN OCR TEAM | GDYNIA | POL | M16-17 | 1 | M 8 | 14:45 3KM ELITE JUNIOR 16-17 | 00:17:56.65 | 5:58 | 10 |
| 9 | RUTKOWSKI MARIUSZ | 134 | WOLF TEAM | LUBOWIDZ | POL | M45-49 | 1 | M 9 | 13:00 3KM ELITA MEN | 00:17:58.35 | 5:59 | 10 |
| 10 | PUZDROWSKI JAROSLAW | 126 | BIEGUN OCR TEAM | GDYNIA | POL | M35-39 | 1 | M 10 | 13:00 3KM ELITA MEN | 00:18:04.50 | 6:01 | 10 |
| 11 | WUDKOWSKI FILIP | 137 | XRUNNERS | ELBLĄG | POL | M20-24 | 1 | M 11 | 13:00 3KM ELITA MEN | 00:18:10.10 | 6:03 | 9.9 |
| 12 | TESKA PATRYCJA | 140 | BIEGUN OCR TEAM | GDYNIA | POL | K18-19 | 1 | K 1 | 14:15 3KM ELITA WOMAN | 00:18:17.20 | 6:05 | 9.8 |
| 13 | ZIELIŃSKI BARTOSZ | 120 | DYNAMIC STRONG GNIEZNO | GNIEZNO | POL | M30-34 | 3 | M 12 | 13:00 3KM ELITA MEN | 00:18:19.85 | 6:06 | 9.8 |
| 14 | ŁOSIN MARTA | 149 | ACTIVE FLOW | GDYNIA | POL | K35-39 | 1 | K 2 | 14:15 3KM ELITA WOMAN | 00:18:52.45 | 6:17 | 9.5 |
| 15 | ZALEJASZ SYLWESTER | 115 | XRUNNERS | GDAŃSK | POL | M40-44 | 2 | M 13 | 13:00 3KM ELITA MEN | 00:18:53.75 | 6:17 | 9.5 |
| 16 | SIEKIERSKI PAWEŁ | 129 | DYNAMIC STRONG GNIEZNO | POZNAŃ | POL | M30-34 | 4 | M 14 | 13:00 3KM ELITA MEN | 00:18:57.45 | 6:19 | 9.5 |
| 17 | FORMELA PIOTR | 154 | ACTIVE FLOW | BYDGOSZCZ | POL | M35-39 | 2 | M 15 | 13:45 3KM ELITA MAN | 00:19:01.80 | 6:20 | 9.5 |
| 18 | TESKA MARTYNA | 171 | BIEGUN OCR TEAM | GDYNIA | POL | K10-11 | 1 | K 3 | 14:30 3KM ELITE JUNIOR 10-15 | 00:19:03.85 | 6:21 | 9.4 |
| 19 | DUKIEWICZ DARIUSZ | 119 | DYNAMIC STRONG GNIEZNO | GWIAZDOWO | POL | M25-29 | 3 | M 16 | 13:00 3KM ELITA MEN | 00:19:08.00 | 6:22 | 9.4 |
| 20 | GAŁUSZYŃSKA NINA | 172 | ACTIVE FLOW | GDYNIA | POL | K12-13 | 1 | K 4 | 14:30 3KM ELITE JUNIOR 10-15 | 00:19:17.35 | 6:25 | 9.3 |
| 21 | SMOŁOŃSKI MARCEL | 177 | ACTIVE FLOW | GDAŃSK | POL | M12-13 | 1 | M 17 | 14:30 3KM ELITE JUNIOR 10-15 | 00:19:20.15 | 6:26 | 9.3 |
| 22 | WILK KOSMA | 114 | XRUNNERS | GDAŃSK | POL | M30-34 | 5 | M 18 | 13:00 3KM ELITA MEN | 00:19:29.90 | 6:29 | 9.2 |
| 23 | MIŁOŚ IZA | 173 | ACTIVE FLOW | GDYNIA | POL | K14-15 | 1 | K 5 | 14:30 3KM ELITE JUNIOR 10-15 | 00:19:32.55 | 6:30 | 9.2 |

AMBERMAN ELITE | 3KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|------------------------------|-----|------------------------------|-----------------|------|--------|--------|------|----------------------------------|-------------|--------|------|
| 24 | SMOŁOŃSKI IGNACY | 178 | ACTIVE FLOW | GDAŃSK | POL | M14-15 | 2 | M 19 | 14:30 3KM ELITE JUNIOR 10-15 | 00:19:36.50 | 6:32 | 9.2 |
| 25 | CZAPRAN MAREK | 131 | XRUNNERS | GDAŃSK | POL | M40-44 | 3 | M 20 | 13:00 3KM ELITA MEN | 00:19:52.90 | 6:37 | 9.1 |
| 26 | KUJAŁOWICZ ALICJA | 183 | BIEGUN OCR TEAM | SOPOT | POL | K14-15 | 2 | K 6 | 14:30 3KM ELITE JUNIOR 10-15 | 00:19:53.80 | 6:37 | 9.1 |
| 27 | SZUPRYCZYŃSKI KRZYSZTOF | 104 | XRUNNERS | GDAŃSK | POL | M30-34 | 6 | M 21 | 13:00 3KM ELITA MEN | 00:20:16.50 | 6:45 | 8.9 |
| 28 | BURDEŃSKA ALICJA | 179 | ACTIVE FLOW | GDYNIA | POL | K12-13 | 2 | K 7 | 14:30 3KM ELITE JUNIOR 10-15 | 00:20:36.15 | 6:52 | 8.7 |
| 29 | ZDRENKA SZYMON | 130 | WOLF TEAM | ZAKRZEWO | POL | M25-29 | 4 | M 22 | 13:00 3KM ELITA MEN | 00:20:46.40 | 6:55 | 8.7 |
| 30 | NAWROCKI MICHAŁ | 101 | XRUNNERS | GDAŃSK | POL | M30-34 | 7 | M 23 | 13:00 3KM ELITA MEN | 00:20:46.85 | 6:55 | 8.7 |
| 31 | SZYNKOWSKI MARCEL | 180 | DYNAMIC STRONG GNIEZNO | GNIEZNO | POL | M14-15 | 3 | M 24 | 14:30 3KM ELITE JUNIOR 10-15 | 00:20:52.60 | 6:57 | 8.6 |
| 32 | TAŃSKI MICHAŁ | 109 | XRUNNERS | GDAŃSK | POL | M45-49 | 2 | M 25 | 13:00 3KM ELITA MEN | 00:20:56.30 | 6:58 | 8.6 |
| 33 | KROPIDŁOWSKI GRZEGORZ | 133 | WOLF TEAM | ŁECZYN DOLNY | POL | M40-44 | 4 | M 26 | 13:00 3KM ELITA MEN | 00:21:11.65 | 7:03 | 8.5 |
| 34 | SOLIWODA JAKUB | 108 | XRUNNERS | OLSZTYN | POL | M20-24 | 2 | M 27 | 13:00 3KM ELITA MEN | 00:21:13.95 | 7:04 | 8.5 |
| 35 | BĄK KUBA | 125 | BIEGUN OCR TEAM | GDAŃSK | POL | M20-24 | 3 | M 28 | 13:00 3KM ELITA MEN | 00:21:38.50 | 7:12 | 8.3 |
| 36 | JASTRZĘBSKI RAFAŁ | 103 | XRUNNERS | PRUSZCZ GDAŃSKI | POL | M30-34 | 8 | M 29 | 13:00 3KM ELITA MEN | 00:21:44.15 | 7:14 | 8.3 |
| 37 | ZWIERZYŃSKI MAREK | 132 | TATA W BŁOTKU LATA | PRABUTY | POL | M40-44 | 5 | M 30 | 13:00 3KM ELITA MEN | 00:21:53.50 | 7:17 | 8.2 |
| 38 | GRZEGORZYCA DAMIAN | 128 | | BANINO | POL | M45-49 | 3 | M 31 | 13:00 3KM ELITA MEN | 00:22:04.40 | 7:21 | 8.2 |
| 39 | RYBCZYŃSKI MICHAŁ RYBCZYŃSKI | 112 | ATLAS RUNNING TEAM | WAGANIEC | POL | M35-39 | 3 | M 32 | 13:00 3KM ELITA MEN | 00:22:06.80 | 7:22 | 8.1 |
| 40 | SZATKOWSKI MARCIN | 139 | ACTIVE FLOW | GDYNIA | POL | M18-19 | 2 | M 33 | 13:00 3KM ELITA MEN | 00:22:18.60 | 7:26 | 8.1 |
| 41 | TIMOFEJEVA PALINA | 182 | | BIALYSTOK | POL | K12-13 | 3 | K 8 | 14:30 3KM ELITE JUNIOR 10-15 | 00:22:26.45 | 7:28 | 8 |
| 42 | DĘGA ROBERT | 107 | XRUNNERS | GDAŃSK | POL | M30-34 | 9 | M 34 | 13:00 3KM ELITA MEN | 00:22:47.50 | 7:35 | 7.9 |
| 43 | SEWERYN MIROSŁAW | 121 | BIGYELLOWFOOT ADVENTURE TEAM | ORLE | POL | M45-49 | 4 | M 35 | 13:00 3KM ELITA MEN | 00:22:52.30 | 7:37 | 7.9 |
| 44 | ŁOSIN FILIP | 186 | ACTIVE FLOW | GDYNIA | POL | M12-13 | 2 | M 36 | 14:30 3KM ELITE JUNIOR 10-15 | 00:22:59.15 | 7:39 | 7.8 |
| 45 | MIŁOŚ KAROL | 174 | ACTIVE FLOW | GDYNIA | POL | M12-13 | 3 | M 37 | 14:30 3KM ELITE JUNIOR 10-15 | 00:23:02.55 | 7:40 | 7.8 |
| 46 | KORDALSKI JAREK | 117 | XRUNNERS | GDAŃSK | POL | M40-44 | 6 | M 38 | 13:00 3KM ELITA MEN | 00:23:11.65 | 7:43 | 7.8 |
| 47 | ŁOSIN FRANCISZEK | 187 | ACTIVE FLOW | GDYNIA | POL | M10-11 | 1 | M 39 | 14:30 3KM ELITE JUNIOR 10-15 | 00:23:15.80 | 7:45 | 7.7 |
| 48 | WIĘCŁAWSKA MAGDALENA | 151 | BIEGUN OCR TEAM | GDAŃSK | POL | K35-39 | 2 | K 9 | 14:15 3KM ELITA WOMAN | 00:23:27.90 | 7:49 | 7.7 |
| 49 | CZAPRAN JAN | 184 | NINJA ARENA | GDAŃSK | POL | M14-15 | 4 | M 40 | 14:30 3KM ELITE JUNIOR 10-15 | 00:23:30.85 | 7:50 | 7.7 |
| 50 | SZULMOWICZ MACIEJ | 156 | BIEGUN OCR TEAM | | POL | M50+ | 1 | M 41 | 13:45 3KM ELITA MEN | 00:23:32.55 | 7:50 | 7.6 |
| 51 | MIŁOŚ BASIA | 142 | ACTIVE FLOW | GDYNIA | POL | K40-44 | 1 | K 10 | 14:15 3KM ELITA WOMAN | 00:23:41.55 | 7:53 | 7.6 |
| 52 | GIEJŁO MONIKA | 141 | ACTIVE FLOW | REDA | POL | K30-34 | 1 | K 11 | 14:15 3KM ELITA WOMAN | 00:24:08.20 | 8:02 | 7.5 |

AMBERMAN ELITE | 3KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|-------------------------|-----|-------------------|-----------|------|----------------|--------|------|----------------------------------|-------------|--------|------|
| 53 | SAWICZ-ŁUŃSKA EMILIA | 146 | WOLF RACE | ZŁOTÓW | POL | K40-44 | 2 | K 12 | 14:15 3KM ELITA WOMAN | 00:24:27.70 | 8:09 | 7.4 |
| 54 | BAK DANIEL | 68 | BIEGUN TEAM 2 | | | SZTAFETA MEN | 1 | M 42 | 15:30 3KM SZTAFETA MEN | 00:24:32.40 | 8:10 | 7.3 |
| 55 | ZIELIŃSKI BARTOSZ | 74 | DYNAMICS STRONG | | | SZTAFETA MEN | 2 | 1 | 15:30 3KM SZTAFETA MEN | 00:24:37.85 | 8:12 | 7.3 |
| 56 | JASIŃSKI PIOTR | 110 | ACTIVE FLOW | GDYNIA | POL | M40-44 | 7 | M 43 | 13:00 3KM ELITA MEN | 00:24:42.25 | 8:14 | 7.3 |
| 57 | MIŁOŚ MICHAŁ | 175 | ACTIVE FLOW | GDYNIA | POL | M10-11 | 2 | M 44 | 14:30 3KM ELITE JUNIOR 10-15 | 00:24:47.45 | 8:15 | 7.3 |
| 58 | MAĆZYŃSKI DANIEL | 123 | XRUNNERS | KĘTRZYN | POL | M20-24 | 4 | M 45 | 13:00 3KM ELITA MEN | 00:24:56.25 | 8:18 | 7.2 |
| 59 | GAŁUSZYŃSKI ŁUKASZ | 105 | ACTIVE FLOW | GDYNIA | POL | M35-39 | 4 | M 46 | 13:00 3KM ELITA MEN | 00:25:00.80 | 8:20 | 7.2 |
| 60 | ZIELIŃSKI ŁUKASZ | 159 | ACTIVE FLOW | GDYNIA | | M30-34 | 10 | M 47 | 13:20 3KM ELITA WOMAN | 00:25:10.55 | 8:23 | 7.2 |
| 61 | MIŁOŚ TOMASZ | 73 | ACTIVE FLOW 1 | | POL | SZTAFETA MIX | 1 | M 48 | 15:45 3KM SZTAFETA MIX | 00:26:05.00 | 8:41 | 6.9 |
| 62 | JACIÓW PAWEŁ | 71 | WOLF RACE 1 | | | SZTAFETA MIX | 2 | 2 | 15:45 3KM SZTAFETA MIX | 00:26:05.05 | 8:41 | 6.9 |
| 63 | TAŃSKI MICHAŁ | 78 | XRUNNERS | | POL | SZTAFETA MEN | 3 | 3 | 15:30 3KM SZTAFETA MEN | 00:27:02.40 | 9:00 | 6.7 |
| 64 | WANAGOS DOROTA | 152 | BIEGUN OCR TEAM | GDAŃSK | POL | K45-49 | 1 | K 13 | 14:15 3KM ELITA WOMAN | 00:27:16.55 | 9:05 | 6.6 |
| 65 | RYBIŃSKA ANITA | 143 | XRUNNERS | GDAŃSK | POL | K30-34 | 2 | K 14 | 14:15 3KM ELITA WOMAN | 00:27:25.50 | 9:08 | 6.6 |
| 66 | EPIMACH-SZYPILLO TOMASZ | 116 | | GDAŃSK | POL | M40-44 | 8 | M 49 | 13:00 3KM ELITA MEN | 00:27:30.20 | 9:10 | 6.5 |
| 67 | CZAPRAN ADRIANNA | 185 | NINJA ARENA | GDAŃSK | POL | K10-11 | 2 | K 15 | 14:30 3KM ELITE JUNIOR 10-15 | 00:27:32.20 | 9:10 | 6.5 |
| 68 | WRUK AGATA | 144 | XRUNNERS | GDYNIA | POL | K25-29 | 1 | K 16 | 14:15 3KM ELITA WOMAN | 00:27:55.45 | 9:18 | 6.4 |
| 69 | DĄBROWSKI MICHAŁ | 67 | SPICHLERZ | ŁĘCZYCE | POL | M30-34 | 11 | M 50 | 15:30 3KM SZTAFETA MEN | 00:27:58.00 | 9:19 | 6.4 |
| 70 | KROPIDŁOWSKI GRZEGORZ | 72 | WOLF RACE 2 | | POL | SZTAFETA MEN | 4 | 4 | 15:30 3KM SZTAFETA MEN | 00:28:07.40 | 9:22 | 6.4 |
| 71 | ŁUŃSKI MACIEJ | 124 | WOLF TEAM | ZŁOTÓW | POL | M40-44 | 9 | M 51 | 13:00 3KM ELITA MEN | 00:28:14.90 | 9:24 | 6.4 |
| 72 | WIĘCŁAWSKA MAGDA | 69 | BIEGUN TEAM 1 | | POL | SZTAFETA MIX | 3 | 5 | 15:45 3KM SZTAFETA MIX | 00:28:22.15 | 9:27 | 6.3 |
| 73 | TRITT KLAUDIA | 148 | XRUNNERS | GDAŃSK | POL | K25-29 | 2 | K 17 | 14:15 3KM ELITA WOMAN | 00:28:25.00 | 9:28 | 6.3 |
| 74 | CYBAŁKO KATARZYNA | 158 | BIEGUN NINJA TEAM | GDAŃSK | POL | K30-34 | 3 | K 18 | 14:20 3KM ELITA WOMAN | 00:28:41.35 | 9:33 | 6.3 |
| 75 | EPIMACH-SZUPIŁO MICHAŁ | 189 | XRUNNERS | | | M10-11 | 3 | M 52 | | 00:29:32.65 | 9:50 | 6.1 |
| 76 | JASIŃSKI PIOTR | 75 | ACTIVE FLOW 2 | | POL | SZTAFETA MIX | 4 | 6 | 15:45 3KM SZTAFETA MIX | 00:29:46.15 | 9:55 | 6 |
| 77 | DUSZAK AGNIESZKA | 188 | ACTIVE FLOW | GDYNIA | POL | K14-15 | 3 | K 19 | 14:30 3KM ELITE JUNIOR 10-15 | 00:29:53.00 | 9:57 | 6 |
| 78 | GAŁCZYŃSKA . | 76 | ACTIVE FLOW 3 | | POL | SZTAFETA WOMEN | 1 | 7 | 15:30 3KM SZTAFETA WOMEN | 00:30:19.30 | 10:06 | 5.9 |
| 79 | MIŁOŚ BARBARA | 77 | ACTIVE FLOW 4 | | POL | SZTAFETA WOMEN | 2 | 8 | 15:30 3KM SZTAFETA WOMEN | 00:30:41.85 | 10:13 | 5.9 |
| 80 | FILIP FRĘGIELSKI | 81 | BIEGUN OCR MEN | | POL | SZTAFETA MEN | 5 | 9 | 15:30 3KM SZTAFETA MEN | 00:30:41.95 | 10:13 | 5.9 |
| 81 | KONDEJ MICHAŁ | 111 | ACTIVE FLOW | GDAŃSK | POL | M18-19 | 3 | M 53 | 13:00 3KM ELITA MEN | 00:30:54.35 | 10:18 | 5.8 |

AMBERMAN ELITE | 3KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|--------------------|-----|------------------------------|-------------|------|----------------|--------|------|------------------------------|-------------|--------|------|
| 82 | EHRlich PRZEMYSŁAW | 136 | | GDAŃSK | POL | M25-29 | 5 | M 54 | 13:00 3KM ELITA MEN | 00:31:25.15 | 10:28 | 5.7 |
| 83 | GAŁUSZYŃSKI ŁUKASZ | 83 | ACTIVE FLOW MEN | | | SZTAFETA MEN | 6 | 10 | 15:30 3KM SZTAFETA MEN | 00:32:13.60 | 10:44 | 5.6 |
| 84 | POLAK JAREK | 70 | BIGYELLOWFOOT ADVENTURE TEAM | KOŚCIERZYNA | POL | M35-39 | 5 | M 55 | 15:45 3KM SZTAFETA MIX | 00:32:37.05 | 10:52 | 5.5 |
| 85 | WIĘCŁAWSKA ANNA | 82 | BIEGUN OCR WOMEN | | | SZTAFETA WOMEN | 3 | 11 | 15:30 3KM SZTAFETA WOMEN | 00:33:13.75 | 11:04 | 5.4 |
| 86 | DĄBROWSKA ANGELIKA | 160 | WOLF RACE | GDYNIA | POL | K35-39 | 3 | K 20 | 14:25 3KM ELITA WOMAN | 00:34:13.95 | 11:24 | 5.3 |
| 87 | KALIŃSKA STELLA | 147 | | GDAŃSK | POL | K30-34 | 4 | K 21 | 14:15 3KM ELITA WOMAN | 00:34:55.25 | 11:38 | 5.2 |
| 88 | ZAREMBA-GĄSKA OLGA | 145 | BEFIT24TEAM | WARSZAWA | POL | K25-29 | 3 | K 22 | 14:15 3KM ELITA WOMAN | 00:35:27.80 | 11:49 | 5.1 |

AMBERMAN ELITE | 3KM, Sztafeta MEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|-----------------------|----|-----------------|-----------|------|--------------|--------|------|----------------------------|-------------|--------|------|
| 1 | BAK DANIEL | 68 | BIEGUN TEAM 2 | | | SZTAFETA MEN | 1 | M 42 | 15:30 3KM SZTAFETA MEN | 00:24:32.40 | 8:10 | 7.3 |
| 2 | ZIELIŃSKI BARTOSZ | 74 | DYNAMICS STRONG | | | SZTAFETA MEN | 2 | 1 | 15:30 3KM SZTAFETA MEN | 00:24:37.85 | 8:12 | 7.3 |
| 3 | TAŃSKI MICHAŁ | 78 | XRUNNERS | | POL | SZTAFETA MEN | 3 | 3 | 15:30 3KM SZTAFETA MEN | 00:27:02.40 | 9:00 | 6.7 |
| 4 | DĄBROWSKI MICHAŁ | 67 | SPICHLERZ | ŁĘCZYCE | POL | M30-34 | 11 | M 50 | 15:30 3KM SZTAFETA MEN | 00:27:58.00 | 9:19 | 6.4 |
| 5 | KROPIDŁOWSKI GRZEGORZ | 72 | WOLF RACE 2 | | POL | SZTAFETA MEN | 4 | 4 | 15:30 3KM SZTAFETA MEN | 00:28:07.40 | 9:22 | 6.4 |
| 6 | FILIP FRĘGIELSKI | 81 | BIEGUN OCR MEN | | POL | SZTAFETA MEN | 5 | 9 | 15:30 3KM SZTAFETA MEN | 00:30:41.95 | 10:13 | 5.9 |
| 7 | GAŁUSZYŃSKI ŁUKASZ | 83 | ACTIVE FLOW MEN | | | SZTAFETA MEN | 6 | 10 | 15:30 3KM SZTAFETA MEN | 00:32:13.60 | 10:44 | 5.6 |

AMBERMAN ELITE | 3KM, Sztafeta MIX

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|------------------|----|------------------------------|-------------|------|--------------|--------|------|----------------------------|-------------|--------|------|
| 1 | MIŁOŚ TOMASZ | 73 | ACTIVE FLOW 1 | | POL | SZTAFETA MIX | 1 | M 48 | 15:45 3KM SZTAFETA MIX | 00:26:05.00 | 8:41 | 6.9 |
| 2 | JACIÓW PAWEŁ | 71 | WOLF RACE 1 | | | SZTAFETA MIX | 2 | 2 | 15:45 3KM SZTAFETA MIX | 00:26:05.05 | 8:41 | 6.9 |
| 3 | WIĘCŁAWSKA MAGDA | 69 | BIEGUN TEAM 1 | | POL | SZTAFETA MIX | 3 | 5 | 15:45 3KM SZTAFETA MIX | 00:28:22.15 | 9:27 | 6.3 |
| 4 | JASIŃSKI PIOTR | 75 | ACTIVE FLOW 2 | | POL | SZTAFETA MIX | 4 | 6 | 15:45 3KM SZTAFETA MIX | 00:29:46.15 | 9:55 | 6 |
| 5 | POLAK JAREK | 70 | BIGYELLOWFOOT ADVENTURE TEAM | KOŚCIERZYNA | POL | M35-39 | 5 | M 55 | 15:45 3KM SZTAFETA MIX | 00:32:37.05 | 10:52 | 5.5 |

AMBERMAN ELITE | 3KM, Sztafeta WOMEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|-----------------|----|---------------|-----------|------|----------------|--------|-----|------------------------------|-------------|--------|------|
| 1 | GAŁCZYŃSKA . | 76 | ACTIVE FLOW 3 | | POL | SZTAFETA WOMEN | 1 | 7 | 15:30 3KM SZTAFETA WOMEN | 00:30:19.30 | 10:06 | 5.9 |

AMBERMAN ELITE | 3KM, Sztafeta WOMEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|-----------------|----|------------------|-----------|------|----------------|--------|-----|--------------------------------|-------------|--------|------|
| 2 | MIŁOŚ BARBARA | 77 | ACTIVE FLOW 4 | | POL | SZTAFETA WOMEN | 2 | 8 | 15:30 3KM SZTAFETA WOMEN | 00:30:41.85 | 10:13 | 5.9 |
| 3 | WIĘCŁAWSKA ANNA | 82 | BIEGUN OCR WOMEN | | | SZTAFETA WOMEN | 3 | 11 | 15:30 3KM SZTAFETA WOMEN | 00:33:13.75 | 11:04 | 5.4 |

AMBERMAN ELITE | 3KM, Elita Junior K

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|-------------------|-----|-----------------|-----------|------|--------|--------|------|-------------------------------------|-------------|--------|------|
| 1 | TESKA MARTYNA | 171 | BIEGUN OCR TEAM | GDYNIA | POL | K10-11 | 1 | K 3 | 14:30 3KM ELITE JUNIOR 10-15 | 00:19:03.85 | 6:21 | 9.4 |
| 2 | GAŁUSZYŃSKA NINA | 172 | ACTIVE FLOW | GDYNIA | POL | K12-13 | 1 | K 4 | 14:30 3KM ELITE JUNIOR 10-15 | 00:19:17.35 | 6:25 | 9.3 |
| 3 | MIŁOŚ IZA | 173 | ACTIVE FLOW | GDYNIA | POL | K14-15 | 1 | K 5 | 14:30 3KM ELITE JUNIOR 10-15 | 00:19:32.55 | 6:30 | 9.2 |
| 4 | KUJAŁOWICZ ALICJA | 183 | BIEGUN OCR TEAM | SOPOT | POL | K14-15 | 2 | K 6 | 14:30 3KM ELITE JUNIOR 10-15 | 00:19:53.80 | 6:37 | 9.1 |
| 5 | BURDEŃSKA ALICJA | 179 | ACTIVE FLOW | GDYNIA | POL | K12-13 | 2 | K 7 | 14:30 3KM ELITE JUNIOR 10-15 | 00:20:36.15 | 6:52 | 8.7 |
| 6 | TIMOFEEVA PALINA | 182 | | BIALYSTOK | POL | K12-13 | 3 | K 8 | 14:30 3KM ELITE JUNIOR 10-15 | 00:22:26.45 | 7:28 | 8 |
| 7 | CZAPRAN ADRIANNA | 185 | NINJA ARENA | GDAŃSK | POL | K10-11 | 2 | K 15 | 14:30 3KM ELITE JUNIOR 10-15 | 00:27:32.20 | 9:10 | 6.5 |
| 8 | DUSZAK AGNIESZKA | 188 | ACTIVE FLOW | GDYNIA | POL | K14-15 | 3 | K 19 | 14:30 3KM ELITE JUNIOR 10-15 | 00:29:53.00 | 9:57 | 6 |

AMBERMAN ELITE | 3KM, Elita Junior M

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|------------------------|-----|------------------------|-----------|------|--------|--------|------|-------------------------------------|-------------|--------|------|
| 1 | KRĘGIELSKI FILIP | 181 | BIEGUN OCR TEAM | GDAŃSK | POL | M14-15 | 1 | M 4 | 14:30 3KM ELITE JUNIOR 10-15 | 00:17:33.85 | 5:51 | 10.3 |
| 2 | WOJEWÓDZKI STANISŁAW | 190 | BIEGUN OCR TEAM | GDYNIA | POL | M16-17 | 1 | M 8 | 14:45 3KM ELITE JUNIOR 16-17 | 00:17:56.65 | 5:58 | 10 |
| 3 | SMOŁOŃSKI MARCEL | 177 | ACTIVE FLOW | GDAŃSK | POL | M12-13 | 1 | M 17 | 14:30 3KM ELITE JUNIOR 10-15 | 00:19:20.15 | 6:26 | 9.3 |
| 4 | SMOŁOŃSKI IGNACY | 178 | ACTIVE FLOW | GDAŃSK | POL | M14-15 | 2 | M 19 | 14:30 3KM ELITE JUNIOR 10-15 | 00:19:36.50 | 6:32 | 9.2 |
| 5 | SZYŃKOWSKI MARCEL | 180 | DYNAMIC STRONG GNIEZNO | GNIEZNO | POL | M14-15 | 3 | M 24 | 14:30 3KM ELITE JUNIOR 10-15 | 00:20:52.60 | 6:57 | 8.6 |
| 6 | ŁOSIN FILIP | 186 | ACTIVE FLOW | GDYNIA | POL | M12-13 | 2 | M 36 | 14:30 3KM ELITE JUNIOR 10-15 | 00:22:59.15 | 7:39 | 7.8 |
| 7 | MIŁOŚ KAROL | 174 | ACTIVE FLOW | GDYNIA | POL | M12-13 | 3 | M 37 | 14:30 3KM ELITE JUNIOR 10-15 | 00:23:02.55 | 7:40 | 7.8 |
| 8 | ŁOSIN FRANCISZEK | 187 | ACTIVE FLOW | GDYNIA | POL | M10-11 | 1 | M 39 | 14:30 3KM ELITE JUNIOR 10-15 | 00:23:15.80 | 7:45 | 7.7 |
| 9 | CZAPRAN JAN | 184 | NINJA ARENA | GDAŃSK | POL | M14-15 | 4 | M 40 | 14:30 3KM ELITE JUNIOR 10-15 | 00:23:30.85 | 7:50 | 7.7 |
| 10 | MIŁOŚ MICHAŁ | 175 | ACTIVE FLOW | GDYNIA | POL | M10-11 | 2 | M 44 | 14:30 3KM ELITE JUNIOR 10-15 | 00:24:47.45 | 8:15 | 7.3 |
| 11 | EPIMACH-SZUPIŁO MICHAŁ | 189 | XRUNNERS | | | M10-11 | 3 | M 52 | | 00:29:32.65 | 9:50 | 6.1 |

AMBERMAN ELITE | 3KM, K10-11

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|------------------|-----|-----------------|-----------|------|--------|--------|------|----------------------------------|-------------|--------|------|
| 1 | TESKA MARTYNA | 171 | BIEGUN OCR TEAM | GDYNIA | POL | K10-11 | 1 | K 3 | 14:30 3KM ELITE JUNIOR 10-15 | 00:19:03.85 | 6:21 | 9.4 |
| 2 | CZAPRAN ADRIANNA | 185 | NINJA ARENA | GDAŃSK | POL | K10-11 | 2 | K 15 | 14:30 3KM ELITE JUNIOR 10-15 | 00:27:32.20 | 9:10 | 6.5 |

AMBERMAN ELITE | 3KM, M10-11

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|-------------------------|-----|-------------|-----------|------|--------|--------|------|----------------------------------|-------------|--------|------|
| 1 | ŁOSIN FRANCISZEK | 187 | ACTIVE FLOW | GDYNIA | POL | M10-11 | 1 | M 39 | 14:30 3KM ELITE JUNIOR 10-15 | 00:23:15.80 | 7:45 | 7.7 |
| 2 | MIŁOŚ MICHAŁ | 175 | ACTIVE FLOW | GDYNIA | POL | M10-11 | 2 | M 44 | 14:30 3KM ELITE JUNIOR 10-15 | 00:24:47.45 | 8:15 | 7.3 |
| 3 | EPIMACH-SZUPIŁŁO MICHAŁ | 189 | XRUNNERS | | | M10-11 | 3 | M 52 | | 00:29:32.65 | 9:50 | 6.1 |

AMBERMAN ELITE | 3KM, K12-13

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|------------------|-----|-------------|-----------|------|--------|--------|-----|----------------------------------|-------------|--------|------|
| 1 | GAŁUSZYŃSKA NINA | 172 | ACTIVE FLOW | GDYNIA | POL | K12-13 | 1 | K 4 | 14:30 3KM ELITE JUNIOR 10-15 | 00:19:17.35 | 6:25 | 9.3 |
| 2 | BURDEŃSKA ALICJA | 179 | ACTIVE FLOW | GDYNIA | POL | K12-13 | 2 | K 7 | 14:30 3KM ELITE JUNIOR 10-15 | 00:20:36.15 | 6:52 | 8.7 |
| 3 | TIMOFEEVA PALINA | 182 | | BIAŁYSTOK | POL | K12-13 | 3 | K 8 | 14:30 3KM ELITE JUNIOR 10-15 | 00:22:26.45 | 7:28 | 8 |

AMBERMAN ELITE | 3KM, M12-13

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|-----------------|-----|-------------|-----------|------|--------|--------|------|----------------------------------|-------------|--------|------|
| 1 | SMOŁŃSKI MARCEL | 177 | ACTIVE FLOW | GDAŃSK | POL | M12-13 | 1 | M 17 | 14:30 3KM ELITE JUNIOR 10-15 | 00:19:20.15 | 6:26 | 9.3 |
| 2 | ŁOSIN FILIP | 186 | ACTIVE FLOW | GDYNIA | POL | M12-13 | 2 | M 36 | 14:30 3KM ELITE JUNIOR 10-15 | 00:22:59.15 | 7:39 | 7.8 |
| 3 | MIŁOŚ KAROL | 174 | ACTIVE FLOW | GDYNIA | POL | M12-13 | 3 | M 37 | 14:30 3KM ELITE JUNIOR 10-15 | 00:23:02.55 | 7:40 | 7.8 |

AMBERMAN ELITE | 3KM, K14-15

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|-------------------|-----|-----------------|-----------|------|--------|--------|------|----------------------------------|-------------|--------|------|
| 1 | MIŁOŚ IZA | 173 | ACTIVE FLOW | GDYNIA | POL | K14-15 | 1 | K 5 | 14:30 3KM ELITE JUNIOR 10-15 | 00:19:32.55 | 6:30 | 9.2 |
| 2 | KUJAŁOWICZ ALICJA | 183 | BIEGUN OCR TEAM | SOPOT | POL | K14-15 | 2 | K 6 | 14:30 3KM ELITE JUNIOR 10-15 | 00:19:53.80 | 6:37 | 9.1 |
| 3 | DUSZAK AGNIESZKA | 188 | ACTIVE FLOW | GDYNIA | POL | K14-15 | 3 | K 19 | 14:30 3KM ELITE JUNIOR 10-15 | 00:29:53.00 | 9:57 | 6 |

AMBERMAN ELITE | 3KM, M14-15

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|------------------|-----|-----------------|-----------|------|--------|--------|-----|----------------------------------|-------------|--------|------|
| 1 | KRĘGIELSKI FILIP | 181 | BIEGUN OCR TEAM | GDAŃSK | POL | M14-15 | 1 | M 4 | 14:30 3KM ELITE JUNIOR 10-15 | 00:17:33.85 | 5:51 | 10.3 |

AMBERMAN ELITE | 3KM, M14-15 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|-------------------|-----|------------------------|-----------|------|--------|--------|------|----------------------------------|-------------|--------|------|
| 2 | SMOŁOŃSKI IGNACY | 178 | ACTIVE FLOW | GDAŃSK | POL | M14-15 | 2 | M 19 | 14:30 3KM ELITE JUNIOR 10-15 | 00:19:36.50 | 6:32 | 9.2 |
| 3 | SZYŃKOWSKI MARCEL | 180 | DYNAMIC STRONG GNIEZNO | GNIEZNO | POL | M14-15 | 3 | M 24 | 14:30 3KM ELITE JUNIOR 10-15 | 00:20:52.60 | 6:57 | 8.6 |
| 4 | CZAPRAN JAN | 184 | NINJA ARENA | GDAŃSK | POL | M14-15 | 4 | M 40 | 14:30 3KM ELITE JUNIOR 10-15 | 00:23:30.85 | 7:50 | 7.7 |

AMBERMAN ELITE | 3KM, M16-17

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|----------------------|-----|-----------------|-----------|------|--------|--------|-----|----------------------------------|-------------|--------|------|
| 1 | WOJEWÓDZKI STANISŁAW | 190 | BIEGUN OCR TEAM | GDYNIA | POL | M16-17 | 1 | M 8 | 14:45 3KM ELITE JUNIOR 16-17 | 00:17:56.65 | 5:58 | 10 |

AMBERMAN ELITE | 3KM, Elita K

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|----------------------|-----|-------------------|-----------|------|--------|--------|------|---------------------------|-------------|--------|------|
| 1 | TESKA PATRYCJA | 140 | BIEGUN OCR TEAM | GDYNIA | POL | K18-19 | 1 | K 1 | 14:15 3KM ELITA WOMAN | 00:18:17.20 | 6:05 | 9.8 |
| 2 | ŁOSIN MARTA | 149 | ACTIVE FLOW | GDYNIA | POL | K35-39 | 1 | K 2 | 14:15 3KM ELITA WOMAN | 00:18:52.45 | 6:17 | 9.5 |
| 3 | WIĘCŁAWSKA MAGDALENA | 151 | BIEGUN OCR TEAM | GDAŃSK | POL | K35-39 | 2 | K 9 | 14:15 3KM ELITA WOMAN | 00:23:27.90 | 7:49 | 7.7 |
| 4 | MIŁOŚ BASIA | 142 | ACTIVE FLOW | GDYNIA | POL | K40-44 | 1 | K 10 | 14:15 3KM ELITA WOMAN | 00:23:41.55 | 7:53 | 7.6 |
| 5 | GIEJŁO MONIKA | 141 | ACTIVE FLOW | REDA | POL | K30-34 | 1 | K 11 | 14:15 3KM ELITA WOMAN | 00:24:08.20 | 8:02 | 7.5 |
| 6 | SAWICZ-ŁUŃSKA EMILIA | 146 | WOLF RACE | ZŁOTÓW | POL | K40-44 | 2 | K 12 | 14:15 3KM ELITA WOMAN | 00:24:27.70 | 8:09 | 7.4 |
| 7 | WANAGOS DOROTA | 152 | BIEGUN OCR TEAM | GDAŃSK | POL | K45-49 | 1 | K 13 | 14:15 3KM ELITA WOMAN | 00:27:16.55 | 9:05 | 6.6 |
| 8 | RYBIŃSKA ANITA | 143 | XRUNNERS | GDAŃSK | POL | K30-34 | 2 | K 14 | 14:15 3KM ELITA WOMAN | 00:27:25.50 | 9:08 | 6.6 |
| 9 | WRUK AGATA | 144 | XRUNNERS | GDYNIA | POL | K25-29 | 1 | K 16 | 14:15 3KM ELITA WOMAN | 00:27:55.45 | 9:18 | 6.4 |
| 10 | TRITT KLAUDIA | 148 | XRUNNERS | GDANSK | POL | K25-29 | 2 | K 17 | 14:15 3KM ELITA WOMAN | 00:28:25.00 | 9:28 | 6.3 |
| 11 | CYMBAŁKO KATARZYNA | 158 | BIEGUN NINJA TEAM | GDAŃSK | POL | K30-34 | 3 | K 18 | 14:20 3KM ELITA WOMAN | 00:28:41.35 | 9:33 | 6.3 |
| 12 | DĄBROWSKA ANGELIKA | 160 | WOLF RACE | GDYNIA | POL | K35-39 | 3 | K 20 | 14:25 3KM ELITA WOMAN | 00:34:13.95 | 11:24 | 5.3 |
| 13 | KALIŃSKA STELLA | 147 | | GDAŃSK | POL | K30-34 | 4 | K 21 | 14:15 3KM ELITA WOMAN | 00:34:55.25 | 11:38 | 5.2 |
| 14 | ZAREMBA-GĄSKA OLGA | 145 | BEFIT24TEAM | WARSZAWA | POL | K25-29 | 3 | K 22 | 14:15 3KM ELITA WOMAN | 00:35:27.80 | 11:49 | 5.1 |

AMBERMAN ELITE | 3KM, Elita M

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|-----------------|-----|-------------|-----------|------|--------|--------|-----|-------------------------|-------------|--------|------|
| 1 | JACIÓW PAWEŁ | 118 | WATAHA | PRZEMYŚL | POL | M30-34 | 1 | M 1 | 13:00 3KM ELITA MEN | 00:16:21.85 | 5:27 | 11 |
| 2 | MIŁOŚ TOMASZ | 155 | ACTIVE FLOW | | POL | M40-44 | 1 | M 2 | 13:45 3KM ELITE MAN | 00:17:18.05 | 5:46 | 10.4 |

AMBERMAN ELITE | 3KM, Elita M c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|------------------------------|-----|------------------------------|-----------------|------|--------|--------|------|-------------------------|-------------|--------|------|
| 3 | GAWLIK JAKUB | 122 | XRUNNERS | SOPOT | POL | M25-29 | 1 | M 3 | 13:00 3KM ELITA MEN | 00:17:31.90 | 5:50 | 10.3 |
| 4 | SZULWACH CEZARY | 157 | BIEGUN OCR TEAM | | POL | M18-19 | 1 | M 5 | 13:00 3KM ELITA MEN | 00:17:36.20 | 5:52 | 10.2 |
| 5 | BAK DANIEL | 127 | BIEGUN OCR TEAM | GDAŃSK | POL | M25-29 | 2 | M 6 | 13:00 3KM ELITA MEN | 00:17:36.65 | 5:52 | 10.2 |
| 6 | REKAWEK SZYMON | 113 | BIEGUN OCR TEAM | GDAŃSK | POL | M30-34 | 2 | M 7 | 13:00 3KM ELITA MEN | 00:17:37.95 | 5:52 | 10.2 |
| 7 | RUTKOWSKI MARIUSZ | 134 | WOLF TEAM | LUBOWIDZ | POL | M45-49 | 1 | M 9 | 13:00 3KM ELITA MEN | 00:17:58.35 | 5:59 | 10 |
| 8 | PUZDROWSKI JAROSLAW | 126 | BIEGUN OCR TEAM | GDYNIA | POL | M35-39 | 1 | M 10 | 13:00 3KM ELITA MEN | 00:18:04.50 | 6:01 | 10 |
| 9 | WUDKOWSKI FILIP | 137 | XRUNNERS | ELBLĄG | POL | M20-24 | 1 | M 11 | 13:00 3KM ELITA MEN | 00:18:10.10 | 6:03 | 9.9 |
| 10 | ZIELIŃSKI BARTOSZ | 120 | DYNAMIC STRONG GNIEZNO | GNIEZNO | POL | M30-34 | 3 | M 12 | 13:00 3KM ELITA MEN | 00:18:19.85 | 6:06 | 9.8 |
| 11 | ZALEJASZ SYLWESTER | 115 | XRUNNERS | GDAŃSK | POL | M40-44 | 2 | M 13 | 13:00 3KM ELITA MEN | 00:18:53.75 | 6:17 | 9.5 |
| 12 | SIEKIERSKI PAWEŁ | 129 | DYNAMIC STRONG GNIEZNO | POZNAŃ | POL | M30-34 | 4 | M 14 | 13:00 3KM ELITA MEN | 00:18:57.45 | 6:19 | 9.5 |
| 13 | FORMELA PIOTR | 154 | ACTIVE FLOW | BYDGOSZCZ | POL | M35-39 | 2 | M 15 | 13:45 3KM ELITA MAN | 00:19:01.80 | 6:20 | 9.5 |
| 14 | DUKIEWICZ DARIUSZ | 119 | DYNAMIC STRONG GNIEZNO | GWIAZDOWO | POL | M25-29 | 3 | M 16 | 13:00 3KM ELITA MEN | 00:19:08.00 | 6:22 | 9.4 |
| 15 | WILK KOSMA | 114 | XRUNNERS | GDAŃSK | POL | M30-34 | 5 | M 18 | 13:00 3KM ELITA MEN | 00:19:29.90 | 6:29 | 9.2 |
| 16 | CZAPRAN MAREK | 131 | XRUNNERS | GDAŃSK | POL | M40-44 | 3 | M 20 | 13:00 3KM ELITA MEN | 00:19:52.90 | 6:37 | 9.1 |
| 17 | SZUPRYCZYŃSKI KRZYSZTOF | 104 | XRUNNERS | GDAŃSK | POL | M30-34 | 6 | M 21 | 13:00 3KM ELITA MEN | 00:20:16.50 | 6:45 | 8.9 |
| 18 | ZDRENKA SZYMON | 130 | WOLF TEAM | ZAKRZEWO | POL | M25-29 | 4 | M 22 | 13:00 3KM ELITA MEN | 00:20:46.40 | 6:55 | 8.7 |
| 19 | NAWROCKI MICHAŁ | 101 | XRUNNERS | GDAŃSK | POL | M30-34 | 7 | M 23 | 13:00 3KM ELITA MEN | 00:20:46.85 | 6:55 | 8.7 |
| 20 | TAŃSKI MICHAŁ | 109 | XRUNNERS | GDAŃSK | POL | M45-49 | 2 | M 25 | 13:00 3KM ELITA MEN | 00:20:56.30 | 6:58 | 8.6 |
| 21 | KROPIDŁOWSKI GRZEGORZ | 133 | WOLF TEAM | ŁĘCZYN DOLNY | POL | M40-44 | 4 | M 26 | 13:00 3KM ELITA MEN | 00:21:11.65 | 7:03 | 8.5 |
| 22 | SOLIWODA JAKUB | 108 | XRUNNERS | OLSZTYN | POL | M20-24 | 2 | M 27 | 13:00 3KM ELITA MEN | 00:21:13.95 | 7:04 | 8.5 |
| 23 | BAK KUBA | 125 | BIEGUN OCR TEAM | GDAŃSK | POL | M20-24 | 3 | M 28 | 13:00 3KM ELITA MEN | 00:21:38.50 | 7:12 | 8.3 |
| 24 | JASTRZĘBSKI RAFAŁ | 103 | XRUNNERS | PRUSZCZ GDAŃSKI | POL | M30-34 | 8 | M 29 | 13:00 3KM ELITA MEN | 00:21:44.15 | 7:14 | 8.3 |
| 25 | ZWIERZYŃSKI MAREK | 132 | TATA W BŁOTKU LATA | PRABUTY | POL | M40-44 | 5 | M 30 | 13:00 3KM ELITA MEN | 00:21:53.50 | 7:17 | 8.2 |
| 26 | GRZEGORZYCA DAMIAN | 128 | | BANINO | POL | M45-49 | 3 | M 31 | 13:00 3KM ELITA MEN | 00:22:04.40 | 7:21 | 8.2 |
| 27 | RYBCZYŃSKI MICHAŁ RYBCZYŃSKI | 112 | ATLAS RUNNING TEAM | WAGANIEC | POL | M35-39 | 3 | M 32 | 13:00 3KM ELITA MEN | 00:22:06.80 | 7:22 | 8.1 |
| 28 | SZATKOWSKI MARCIN | 139 | ACTIVE FLOW | GDYNIA | POL | M18-19 | 2 | M 33 | 13:00 3KM ELITA MEN | 00:22:18.60 | 7:26 | 8.1 |
| 29 | DĘGA ROBERT | 107 | XRUNNERS | GDAŃSK | POL | M30-34 | 9 | M 34 | 13:00 3KM ELITA MEN | 00:22:47.50 | 7:35 | 7.9 |
| 30 | SEWERYN MIROSŁAW | 121 | BIGYELLOWFOOT ADVENTURE TEAM | ORLE | POL | M45-49 | 4 | M 35 | 13:00 3KM ELITA MEN | 00:22:52.30 | 7:37 | 7.9 |
| 31 | KORDALSKI JAREK | 117 | XRUNNERS | GDAŃSK | POL | M40-44 | 6 | M 38 | 13:00 3KM ELITA MEN | 00:23:11.65 | 7:43 | 7.8 |

AMBERMAN ELITE | 3KM, Elita M c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|------------------------|-----|------------------------------|-------------|------|--------------|--------|------|----------------------------|-------------|--------|------|
| 32 | SZULMOWICZ MACIEJ | 156 | BIEGUN OCR TEAM | | POL | M50+ | 1 | M 41 | 13:45 3KM ELITA MEN | 00:23:32.55 | 7:50 | 7.6 |
| 33 | BAK DANIEL | 68 | BIEGUN TEAM 2 | | | SZTAFETA MEN | 1 | M 42 | 15:30 3KM SZTAFETA MEN | 00:24:32.40 | 8:10 | 7.3 |
| 34 | JASIŃSKI PIOTR | 110 | ACTIVE FLOW | GDYNIA | POL | M40-44 | 7 | M 43 | 13:00 3KM ELITA MEN | 00:24:42.25 | 8:14 | 7.3 |
| 35 | MAĆZYŃSKI DANIEL | 123 | XRUNNERS | KĘTRZYN | POL | M20-24 | 4 | M 45 | 13:00 3KM ELITA MEN | 00:24:56.25 | 8:18 | 7.2 |
| 36 | GAŁUSZYŃSKI ŁUKASZ | 105 | ACTIVE FLOW | GDYNIA | POL | M35-39 | 4 | M 46 | 13:00 3KM ELITA MEN | 00:25:00.80 | 8:20 | 7.2 |
| 37 | ZIELIŃSKI ŁUKASZ | 159 | ACTIVE FLOW | GDYNIA | | M30-34 | 10 | M 47 | 13:20 3KM ELITA WOMAN | 00:25:10.55 | 8:23 | 7.2 |
| 38 | MIŁOŚ TOMASZ | 73 | ACTIVE FLOW 1 | | POL | SZTAFETA MIX | 1 | M 48 | 15:45 3KM SZTAFETA MIX | 00:26:05.00 | 8:41 | 6.9 |
| 39 | EPIMACH-SZYPILO TOMASZ | 116 | | GDANSK | POL | M40-44 | 8 | M 49 | 13:00 3KM ELITA MEN | 00:27:30.20 | 9:10 | 6.5 |
| 40 | DĄBROWSKI MICHAŁ | 67 | SPICHLERZ | ŁĘCZYCE | POL | M30-34 | 11 | M 50 | 15:30 3KM SZTAFETA MEN | 00:27:58.00 | 9:19 | 6.4 |
| 41 | ŁUŃSKI MACIEJ | 124 | WOLF TEAM | ZŁOTÓW | POL | M40-44 | 9 | M 51 | 13:00 3KM ELITA MEN | 00:28:14.90 | 9:24 | 6.4 |
| 42 | KONDEJ MICHAŁ | 111 | ACTIVE FLOW | GDANSK | POL | M18-19 | 3 | M 53 | 13:00 3KM ELITA MEN | 00:30:54.35 | 10:18 | 5.8 |
| 43 | EHRlich PRZEMYSŁAW | 136 | | GDANSK | POL | M25-29 | 5 | M 54 | 13:00 3KM ELITA MEN | 00:31:25.15 | 10:28 | 5.7 |
| 44 | POLAK JAREK | 70 | BIGYELLOWFOOT ADVENTURE TEAM | KOŚCIERZYNA | POL | M35-39 | 5 | M 55 | 15:45 3KM SZTAFETA MIX | 00:32:37.05 | 10:52 | 5.5 |

AMBERMAN ELITE | 3KM, K18-19

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|-----------------|-----|-----------------|-----------|------|--------|--------|-----|---------------------------|-------------|--------|------|
| 1 | TESKA PATRYCJA | 140 | BIEGUN OCR TEAM | GDYNIA | POL | K18-19 | 1 | K 1 | 14:15 3KM ELITA WOMAN | 00:18:17.20 | 6:05 | 9.8 |

AMBERMAN ELITE | 3KM, M18-19

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|-------------------|-----|-----------------|-----------|------|--------|--------|------|-------------------------|-------------|--------|------|
| 1 | SZULWACH CEZARY | 157 | BIEGUN OCR TEAM | | POL | M18-19 | 1 | M 5 | 13:00 3KM ELITA MEN | 00:17:36.20 | 5:52 | 10.2 |
| 2 | SZATKOWSKI MARCIN | 139 | ACTIVE FLOW | GDYNIA | POL | M18-19 | 2 | M 33 | 13:00 3KM ELITA MEN | 00:22:18.60 | 7:26 | 8.1 |
| 3 | KONDEJ MICHAŁ | 111 | ACTIVE FLOW | GDANSK | POL | M18-19 | 3 | M 53 | 13:00 3KM ELITA MEN | 00:30:54.35 | 10:18 | 5.8 |

AMBERMAN ELITE | 3KM, M20-24

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|-----------------|-----|-----------------|-----------|------|--------|--------|------|-------------------------|-------------|--------|------|
| 1 | WUDKOWSKI FILIP | 137 | XRUNNERS | ELBLĄG | POL | M20-24 | 1 | M 11 | 13:00 3KM ELITA MEN | 00:18:10.10 | 6:03 | 9.9 |
| 2 | SOLIWODA JAKUB | 108 | XRUNNERS | OLSZTYN | POL | M20-24 | 2 | M 27 | 13:00 3KM ELITA MEN | 00:21:13.95 | 7:04 | 8.5 |
| 3 | BAK KUBA | 125 | BIEGUN OCR TEAM | GDANSK | POL | M20-24 | 3 | M 28 | 13:00 3KM ELITA MEN | 00:21:38.50 | 7:12 | 8.3 |

AMBERMAN ELITE | 3KM, M20-24 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|------------------|-----|----------|-----------|------|--------|--------|------|-------------------------|-------------|--------|------|
| 4 | MACZYŃSKI DANIEL | 123 | XRUNNERS | KĘTRZYN | POL | M20-24 | 4 | M 45 | 13:00 3KM ELITA MEN | 00:24:56.25 | 8:18 | 7.2 |

AMBERMAN ELITE | 3KM, K25-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|--------------------|-----|-------------|-----------|------|--------|--------|------|---------------------------|-------------|--------|------|
| 1 | WRUK AGATA | 144 | XRUNNERS | GDYNIA | POL | K25-29 | 1 | K 16 | 14:15 3KM ELITA WOMAN | 00:27:55.45 | 9:18 | 6.4 |
| 2 | TRITT KLAUDIA | 148 | XRUNNERS | GDANSK | POL | K25-29 | 2 | K 17 | 14:15 3KM ELITA WOMAN | 00:28:25.00 | 9:28 | 6.3 |
| 3 | ZAREMBA-GĄSKA OLGA | 145 | BEFIT24TEAM | WARSZAWA | POL | K25-29 | 3 | K 22 | 14:15 3KM ELITA WOMAN | 00:35:27.80 | 11:49 | 5.1 |

AMBERMAN ELITE | 3KM, M25-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|--------------------|-----|------------------------|-----------|------|--------|--------|------|-------------------------|-------------|--------|------|
| 1 | GAWLIK JAKUB | 122 | XRUNNERS | SOPOT | POL | M25-29 | 1 | M 3 | 13:00 3KM ELITA MEN | 00:17:31.90 | 5:50 | 10.3 |
| 2 | BAK DANIEL | 127 | BIEGUN OCR TEAM | GDAŃSK | POL | M25-29 | 2 | M 6 | 13:00 3KM ELITA MEN | 00:17:36.65 | 5:52 | 10.2 |
| 3 | DUKIEWICZ DARIUSZ | 119 | DYNAMIC STRONG GNIEZNO | GWIAZDOWO | POL | M25-29 | 3 | M 16 | 13:00 3KM ELITA MEN | 00:19:08.00 | 6:22 | 9.4 |
| 4 | ZDRENKA SZYMON | 130 | WOLF TEAM | ZAKRZEWO | POL | M25-29 | 4 | M 22 | 13:00 3KM ELITA MEN | 00:20:46.40 | 6:55 | 8.7 |
| 5 | EHRlich PRZEMYSŁAW | 136 | | GDAŃSK | POL | M25-29 | 5 | M 54 | 13:00 3KM ELITA MEN | 00:31:25.15 | 10:28 | 5.7 |

AMBERMAN ELITE | 3KM, K30-34

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|-------------------|-----|-------------------|-----------|------|--------|--------|------|---------------------------|-------------|--------|------|
| 1 | GIEJŁO MONIKA | 141 | ACTIVE FLOW | REDA | POL | K30-34 | 1 | K 11 | 14:15 3KM ELITA WOMAN | 00:24:08.20 | 8:02 | 7.5 |
| 2 | RYBIŃSKA ANITA | 143 | XRUNNERS | GDAŃSK | POL | K30-34 | 2 | K 14 | 14:15 3KM ELITA WOMAN | 00:27:25.50 | 9:08 | 6.6 |
| 3 | CYBAŁKO KATARZYNA | 158 | BIEGUN NINJA TEAM | GDAŃSK | POL | K30-34 | 3 | K 18 | 14:20 3KM ELITA WOMAN | 00:28:41.35 | 9:33 | 6.3 |
| 4 | KALIŃSKA STELLA | 147 | | GDAŃSK | POL | K30-34 | 4 | K 21 | 14:15 3KM ELITA WOMAN | 00:34:55.25 | 11:38 | 5.2 |

AMBERMAN ELITE | 3KM, M30-34

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|-------------------|-----|------------------------|-----------|------|--------|--------|------|-------------------------|-------------|--------|------|
| 1 | JACIÓW PAWEŁ | 118 | WATAHA | PRZEMYŚL | POL | M30-34 | 1 | M 1 | 13:00 3KM ELITA MEN | 00:16:21.85 | 5:27 | 11 |
| 2 | RĘKAWEK SZYMON | 113 | BIEGUN OCR TEAM | GDAŃSK | POL | M30-34 | 2 | M 7 | 13:00 3KM ELITA MEN | 00:17:37.95 | 5:52 | 10.2 |
| 3 | ZIELIŃSKI BARTOSZ | 120 | DYNAMIC STRONG GNIEZNO | GNIEZNO | POL | M30-34 | 3 | M 12 | 13:00 3KM ELITA MEN | 00:18:19.85 | 6:06 | 9.8 |
| 4 | SIEKIERSKI PAWEŁ | 129 | DYNAMIC STRONG GNIEZNO | POZNAŃ | POL | M30-34 | 4 | M 14 | 13:00 3KM ELITA MEN | 00:18:57.45 | 6:19 | 9.5 |
| 5 | WILK KOSMA | 114 | XRUNNERS | GDAŃSK | POL | M30-34 | 5 | M 18 | 13:00 3KM ELITA MEN | 00:19:29.90 | 6:29 | 9.2 |

AMBERMAN ELITE | 3KM, M30-34 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|-------------------------|-----|-------------|-----------------|------|--------|--------|------|----------------------------|-------------|--------|------|
| 6 | SZUPRYCZYŃSKI KRZYSZTOF | 104 | XRUNNERS | GDAŃSK | POL | M30-34 | 6 | M 21 | 13:00 3KM ELITA MEN | 00:20:16.50 | 6:45 | 8.9 |
| 7 | NAWROCKI MICHAŁ | 101 | XRUNNERS | GDAŃSK | POL | M30-34 | 7 | M 23 | 13:00 3KM ELITA MEN | 00:20:46.85 | 6:55 | 8.7 |
| 8 | JASTRZĘBSKI RAFAŁ | 103 | XRUNNERS | PRUSZCZ GDAŃSKI | POL | M30-34 | 8 | M 29 | 13:00 3KM ELITA MEN | 00:21:44.15 | 7:14 | 8.3 |
| 9 | DEGA ROBERT | 107 | XRUNNERS | GDAŃSK | POL | M30-34 | 9 | M 34 | 13:00 3KM ELITA MEN | 00:22:47.50 | 7:35 | 7.9 |
| 10 | ZIELIŃSKI ŁUKASZ | 159 | ACTIVE FLOW | GDYNIA | | M30-34 | 10 | M 47 | 13:20 3KM ELITA WOMAN | 00:25:10.55 | 8:23 | 7.2 |
| 11 | DĄBROWSKI MICHAŁ | 67 | SPICHLERZ | ŁĘCZYCE | POL | M30-34 | 11 | M 50 | 15:30 3KM SZTAFETA MEN | 00:27:58.00 | 9:19 | 6.4 |

AMBERMAN ELITE | 3KM, K35-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|----------------------|-----|-----------------|-----------|------|--------|--------|------|---------------------------|-------------|--------|------|
| 1 | ŁOSIN MARTA | 149 | ACTIVE FLOW | GDYNIA | POL | K35-39 | 1 | K 2 | 14:15 3KM ELITA WOMAN | 00:18:52.45 | 6:17 | 9.5 |
| 2 | WIĘCŁAWSKA MAGDALENA | 151 | BIEGUN OCR TEAM | GDAŃSK | POL | K35-39 | 2 | K 9 | 14:15 3KM ELITA WOMAN | 00:23:27.90 | 7:49 | 7.7 |
| 3 | DĄBROWSKA ANGELIKA | 160 | WOLF RACE | GDYNIA | POL | K35-39 | 3 | K 20 | 14:25 3KM ELITA WOMAN | 00:34:13.95 | 11:24 | 5.3 |

AMBERMAN ELITE | 3KM, M35-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|------------------------------|-----|------------------------------|-------------|------|--------|--------|------|----------------------------|-------------|--------|------|
| 1 | PUZDROWSKI JAROSLAW | 126 | BIEGUN OCR TEAM | GDYNIA | POL | M35-39 | 1 | M 10 | 13:00 3KM ELITA MEN | 00:18:04.50 | 6:01 | 10 |
| 2 | FORMELA PIOTR | 154 | ACTIVE FLOW | BYDGOSZCZ | POL | M35-39 | 2 | M 15 | 13:45 3KM ELITA MAN | 00:19:01.80 | 6:20 | 9.5 |
| 3 | RYBCZYŃSKI MICHAŁ RYBCZYŃSKI | 112 | ATLAS RUNNING TEAM | WAGANIEC | POL | M35-39 | 3 | M 32 | 13:00 3KM ELITA MEN | 00:22:06.80 | 7:22 | 8.1 |
| 4 | GAŁUSZYŃSKI ŁUKASZ | 105 | ACTIVE FLOW | GDYNIA | POL | M35-39 | 4 | M 46 | 13:00 3KM ELITA MEN | 00:25:00.80 | 8:20 | 7.2 |
| 5 | POLAK JAREK | 70 | BIGYELLOWFOOT ADVENTURE TEAM | KOŚCIERZYNA | POL | M35-39 | 5 | M 55 | 15:45 3KM SZTAFETA MIX | 00:32:37.05 | 10:52 | 5.5 |

AMBERMAN ELITE | 3KM, K40-44

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|----------------------|-----|-------------|-----------|------|--------|--------|------|---------------------------|-------------|--------|------|
| 1 | MIŁOŚ BASIA | 142 | ACTIVE FLOW | GDYNIA | POL | K40-44 | 1 | K 10 | 14:15 3KM ELITA WOMAN | 00:23:41.55 | 7:53 | 7.6 |
| 2 | SAWICZ-ŁUŃSKA EMILIA | 146 | WOLF RACE | ZŁOTÓW | POL | K40-44 | 2 | K 12 | 14:15 3KM ELITA WOMAN | 00:24:27.70 | 8:09 | 7.4 |

AMBERMAN ELITE | 3KM, M40-44

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|--------------------|-----|-------------|-----------|------|--------|--------|------|-------------------------|-------------|--------|------|
| 1 | MIŁOŚ TOMASZ | 155 | ACTIVE FLOW | | POL | M40-44 | 1 | M 2 | 13:45 3KM ELITE MAN | 00:17:18.05 | 5:46 | 10.4 |
| 2 | ZALEJASZ SYLWESTER | 115 | XRUNNERS | GDAŃSK | POL | M40-44 | 2 | M 13 | 13:00 3KM ELITA MEN | 00:18:53.75 | 6:17 | 9.5 |

AMBERMAN ELITE | 3KM, M40-44 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|-------------------------|-----|--------------------|--------------|------|--------|--------|------|-------------------------|-------------|--------|------|
| 3 | CZAPRAN MAREK | 131 | XRUNNERS | GDAŃSK | POL | M40-44 | 3 | M 20 | 13:00 3KM ELITA MEN | 00:19:52.90 | 6:37 | 9.1 |
| 4 | KROPIDŁOWSKI GRZEGORZ | 133 | WOLF TEAM | ŁECZYN DOLNY | POL | M40-44 | 4 | M 26 | 13:00 3KM ELITA MEN | 00:21:11.65 | 7:03 | 8.5 |
| 5 | ZWIERZYŃSKI MAREK | 132 | TATA W BŁOTKU LATA | PRABUTY | POL | M40-44 | 5 | M 30 | 13:00 3KM ELITA MEN | 00:21:53.50 | 7:17 | 8.2 |
| 6 | KORDALSKI JAREK | 117 | XRUNNERS | GDAŃSK | POL | M40-44 | 6 | M 38 | 13:00 3KM ELITA MEN | 00:23:11.65 | 7:43 | 7.8 |
| 7 | JASIŃSKI PIOTR | 110 | ACTIVE FLOW | GDYNIA | POL | M40-44 | 7 | M 43 | 13:00 3KM ELITA MEN | 00:24:42.25 | 8:14 | 7.3 |
| 8 | EPIMACH-SZYPILLO TOMASZ | 116 | | GDANSK | POL | M40-44 | 8 | M 49 | 13:00 3KM ELITA MEN | 00:27:30.20 | 9:10 | 6.5 |
| 9 | ŁUŃSKI MACIEJ | 124 | WOLF TEAM | ZŁOTÓW | POL | M40-44 | 9 | M 51 | 13:00 3KM ELITA MEN | 00:28:14.90 | 9:24 | 6.4 |

AMBERMAN ELITE | 3KM, K45-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|-----------------|-----|-----------------|-----------|------|--------|--------|------|---------------------------|-------------|--------|------|
| 1 | WANAGOS DOROTA | 152 | BIEGUN OCR TEAM | GDAŃSK | POL | K45-49 | 1 | K 13 | 14:15 3KM ELITA WOMAN | 00:27:16.55 | 9:05 | 6.6 |

AMBERMAN ELITE | 3KM, M45-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|--------------------|-----|------------------------------|-----------|------|--------|--------|------|-------------------------|-------------|--------|------|
| 1 | RUTKOWSKI MARIUSZ | 134 | WOLF TEAM | LUBOWIDZ | POL | M45-49 | 1 | M 9 | 13:00 3KM ELITA MEN | 00:17:58.35 | 5:59 | 10 |
| 2 | TAŃSKI MICHAŁ | 109 | XRUNNERS | GDAŃSK | POL | M45-49 | 2 | M 25 | 13:00 3KM ELITA MEN | 00:20:56.30 | 6:58 | 8.6 |
| 3 | GRZEGORZYCA DAMIAN | 128 | | BANINO | POL | M45-49 | 3 | M 31 | 13:00 3KM ELITA MEN | 00:22:04.40 | 7:21 | 8.2 |
| 4 | SEWERYN MIROSŁAW | 121 | BIGYELLOWFOOT ADVENTURE TEAM | ORLE | POL | M45-49 | 4 | M 35 | 13:00 3KM ELITA MEN | 00:22:52.30 | 7:37 | 7.9 |

AMBERMAN ELITE | 3KM, M50+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | Netto | min/km | km/h |
|------|-------------------|-----|-----------------|-----------|------|------|--------|------|-------------------------|-------------|--------|------|
| 1 | SZULMOWICZ MACIEJ | 156 | BIEGUN OCR TEAM | | POL | M50+ | 1 | M 41 | 13:45 3KM ELITA MEN | 00:23:32.55 | 7:50 | 7.6 |

AMBERMAN ELITE | 3KM, Team WOMAN

| Miejsce | Drużyna | Zawodnicy klasyfikowani | Czas | Czas drużyny |
|---------|-------------|---------------------------------------|-----------------------------------|--------------|
| 1 | ACTIVE FLOW | MARTA ŁOSINNINA GAŁUSZYŃSKA IZA MIŁOŚ | 00:18:52.4500:19:17.3500:19:32.55 | 00:57:44 |

AMBERMAN ELITE | 3KM, Team WOMAN, cd.

| Miejsce | Drużyna | Zawodnicy klasyfikowani | Czas | Czas drużyny |
|---------|-----------------|---|-----------------------------------|---------------|
| e | | | | |
| 2 | BIEGUN OCR TEAM | MAGDALENA WIĘCŁAWSKAPATRYCJA TESKAMARTYNA TESKA | 00:23:27.9000:18:17.2000:19:03.85 | 01:00:44.9500 |
| 3 | XRUNNERS | ANITA RYBIŃSKAAGATA WRUKKLAUDIA TRITT | 00:27:25.5000:27:55.4500:28:25.00 | 01:23:45.9500 |

AMBERMAN ELITE | 3KM, Team MAN

| Miejsce | Drużyna | Zawodnicy klasyfikowani | Czas | Czas drużyny |
|---------|------------------------|---|-----------------------------------|---------------|
| e | | | | |
| 1 | XRUNNERS | JAKUB GAWLIKFILIP WUDKOWSKISYLWESTER ZALEJASZ | 00:17:31.9000:18:10.1000:18:53.75 | 00:54:35.9500 |
| 2 | ACTIVE FLOW | TOMASZ MIŁOŚPIOTR FORMELAMARCEL SMOŁOŃSKI | 00:17:18.0500:19:01.8000:19:20.15 | 00:55:39.9500 |
| 3 | DYNAMIC STRONG GNIEZNO | BARTOSZ ZIELIŃSKIPAWŁ SIEKERSKIDARIUSZ DUKIEWICZ | 00:18:19.8500:18:57.4500:19:08.00 | 00:56:25.9500 |
| 4 | BIEGUN OCR TEAM | CEZARY SZULWACHMACIEJ SZULMOWICZFILIP KRĘGIELSKI | 00:17:36.2000:23:32.5500:17:33.85 | 00:58:42.9500 |
| 5 | WOLF TEAM | MARIUSZ RUTKOWSKI SZYMON ZDRENKAGRZEGORZ KROPIDŁOWSKI | 00:17:58.3500:20:46.4000:21:11.65 | 00:59:55.9500 |