

KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2021-11-13
Miejsce: Koszalin
Dystans: 5 km
Klasyfikacja wg czasów netto.



KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1km | 2km | 3km | 4km | Netto | min/km | km/h |
|------|-------------------------|----|--------------------|-------------------|------|--------|--------|------|----------|----------|----------|----------|-------------|--------|------|
| 1 | SIODMIAK IGOR | 66 | 7PRO SIÓDMIAK TEAM | SZCZECINEK | POL | M14-29 | 1 | M 1 | 00:03:35 | 00:07:16 | 00:11:00 | 00:14:44 | 00:17:47.55 | 3:33 | 16.9 |
| 2 | KEPKA ADRIAN | 19 | KEPKA NA TRASIE | WIEKOWO | POL | M14-29 | 2 | M 2 | 00:03:35 | 00:07:16 | 00:11:00 | 00:14:46 | 00:18:15.20 | 3:39 | 16.4 |
| 3 | USS MIŁOSZ | 75 | | ŚWIDWIN | POL | M14-29 | 3 | M 3 | 00:03:35 | 00:07:16 | 00:11:00 | 00:14:46 | 00:18:21.40 | 3:40 | 16.3 |
| 4 | MAJKOWICZ RAFAŁ | 99 | BIEGOLAS KOSZALIN | KOSZALIN | POL | M30-39 | 1 | M 4 | 00:03:37 | 00:07:30 | 00:11:31 | 00:15:32 | 00:19:19.25 | 3:51 | 15.5 |
| 5 | PAWŁOWICZ ROLAND | 89 | 7PRO SIÓDMIAK TEAM | SZCZECINEK | POL | M14-29 | 4 | M 5 | 00:03:40 | 00:07:37 | 00:11:38 | 00:15:41 | 00:19:34.30 | 3:54 | 15.3 |
| 6 | POCHRANOWICZ ALEKSANDRA | 88 | 7PRO SIÓDMIAK TEAM | BIAŁY BÓR | POL | K30-39 | 1 | K 1 | 00:03:49 | 00:07:42 | 00:11:46 | 00:15:58 | 00:20:06.95 | 4:01 | 14.9 |
| 7 | WESOŁOWSKI MARCIN | 77 | OBSEJJA BIEGANIA | SZCZECIN | POL | M30-39 | 2 | M 6 | 00:03:51 | 00:07:54 | 00:11:59 | 00:16:07 | 00:20:13.20 | 4:02 | 14.8 |
| 8 | PICK TOMASZ | 60 | BIEGOLAS KOSZALIN | KOSZALIN | POL | M50-59 | 1 | M 7 | 00:03:58 | 00:08:05 | 00:12:13 | 00:16:23 | 00:20:25.20 | 4:05 | 14.7 |
| 9 | KOZIEŁ PAWEŁ | 93 | | RĄBINO | POL | M40-49 | 1 | M 8 | 00:03:59 | 00:08:11 | 00:12:26 | 00:16:44 | 00:20:44.95 | 4:08 | 14.5 |
| 10 | ZATOŃ OLGA | 92 | | ŚWIDWIN | POL | K30-39 | 2 | K 2 | 00:03:59 | 00:08:11 | 00:12:27 | 00:16:44 | 00:20:55.00 | 4:11 | 14.3 |
| 11 | ZUKAL PIOTR | 98 | 7PRO SIÓDMIAK TEAM | KOSZALIN | POL | M40-49 | 2 | M 9 | 00:04:06 | 00:08:17 | 00:12:31 | 00:16:46 | 00:20:55.95 | 4:11 | 14.3 |
| 12 | BARTHA ADRIAN | 3 | | KOŁOBRZEG | POL | M30-39 | 3 | M 10 | 00:04:01 | 00:08:21 | 00:12:46 | 00:17:09 | 00:20:56.15 | 4:11 | 14.3 |
| 13 | BENCYCH MICHAŁ | 90 | 7PRO SIÓDMIAK TEAM | SZCZECINEK | POL | M14-29 | 5 | M 11 | 00:04:04 | 00:08:24 | 00:12:51 | 00:17:19 | 00:21:37.10 | 4:19 | 13.9 |
| 14 | WICHER KRZYSZTOF | 91 | ADWOKATURA | KOSZALIN | POL | M40-49 | 3 | M 12 | 00:04:10 | 00:08:33 | 00:13:01 | 00:17:28 | 00:21:54.15 | 4:22 | 13.7 |
| 15 | KRACZKOWSKI PRZEMYSŁAW | 37 | 142BLP TRZEBIATÓW | KOSZALIN | POL | M40-49 | 4 | M 13 | 00:04:14 | 00:08:37 | 00:13:06 | 00:17:38 | 00:22:11.55 | 4:26 | 13.5 |
| 16 | MACIEJCZYK MATEUSZ | 44 | | POLANÓW | POL | M30-39 | 4 | M 14 | 00:04:25 | 00:08:55 | 00:13:29 | 00:18:05 | 00:22:28.95 | 4:29 | 13.4 |
| 17 | MAZIEC BEATA | 46 | BIEGOLAS KOSZALIN | KOSZALIN | POL | K30-39 | 3 | K 3 | 00:04:19 | 00:08:57 | 00:13:38 | 00:18:17 | 00:22:54.15 | 4:34 | 13.1 |
| 18 | SZPITER TOMASZ | 71 | | ZŁOTORYJA | POL | M50-59 | 2 | M 15 | 00:04:22 | 00:08:58 | 00:13:37 | 00:18:16 | 00:22:55.30 | 4:35 | 13.1 |
| 19 | STENKA RAFAŁ | 67 | | KOSZALIN | POL | M30-39 | 5 | M 16 | 00:04:11 | 00:08:41 | 00:13:27 | 00:18:18 | 00:23:02.15 | 4:36 | 13 |
| 20 | OLEARCZYK ARKADIUSZ | 51 | | BOBOLICE | POL | M40-49 | 5 | M 17 | 00:04:21 | 00:08:57 | 00:13:39 | 00:18:24 | 00:23:10.20 | 4:38 | 12.9 |
| 21 | WINKOWSKI IRENEUSZ | 95 | | KUROWO | POL | M40-49 | 6 | M 18 | 00:04:26 | 00:09:10 | 00:13:52 | 00:18:36 | 00:23:12.00 | 4:38 | 12.9 |
| 22 | SEROWSKI ŁUKASZ | 63 | BIEGOLAS KOSZALIN | DRZEWIANY | POL | M30-39 | 6 | M 19 | 00:04:27 | 00:09:10 | 00:13:59 | 00:18:43 | 00:23:23.50 | 4:40 | 12.8 |
| 23 | ADASZYŃSKI WIESŁAW | 2 | BIEGOLAS KOSZALIN | BOBOLICE | POL | M50-59 | 3 | M 20 | 00:04:16 | 00:08:50 | 00:13:31 | 00:18:16 | 00:23:24.95 | 4:40 | 12.8 |
| 24 | GRABCZEWSKI DAWID | 20 | | KOSZALIN | POL | M30-39 | 7 | M 21 | 00:04:17 | 00:08:54 | 00:13:51 | 00:18:47 | 00:23:32.40 | 4:42 | 12.7 |
| 25 | KUCHARCZYK DAMIAN | 40 | KSW HUSARIA | RÓŻEWO | POL | M30-39 | 8 | M 22 | 00:04:58 | 00:09:47 | 00:14:35 | 00:19:19 | 00:23:32.85 | 4:42 | 12.7 |
| 26 | WIECZORKOWSKI WŁADYSŁAW | 78 | | POZNAŃ | POL | M60-69 | 1 | M 23 | 00:04:29 | 00:09:13 | 00:14:00 | 00:18:46 | 00:23:32.90 | 4:42 | 12.7 |
| 27 | SZYDŁOWSKI MICHAŁ | 72 | | ŚWINOUJŚCIE | POL | M14-29 | 6 | M 24 | 00:04:29 | 00:09:16 | 00:14:14 | 00:19:09 | 00:23:46.95 | 4:45 | 12.6 |
| 28 | HOREGLAD PAWEŁ | 25 | SPEEDY GONZALES | KOSZALIN | POL | M14-29 | 7 | M 25 | 00:04:33 | 00:09:24 | 00:14:20 | 00:19:18 | 00:23:50.55 | 4:46 | 12.6 |
| 29 | PAWŁOWSKI MICHAŁ | 58 | PRECON-POLSKA | JASTROWIE | POL | M40-49 | 7 | M 26 | 00:04:27 | 00:09:15 | 00:14:22 | 00:19:14 | 00:23:52.65 | 4:46 | 12.6 |
| 30 | CHUDZIK ZBIGNIEW | 9 | TKKF KOSZALIN | STARE BIELICE | POL | M60-69 | 2 | M 27 | 00:04:53 | 00:09:46 | 00:14:36 | 00:19:28 | 00:24:09.20 | 4:49 | 12.4 |
| 31 | ZYG-SIÓDMIAK KAMILA | 84 | 7PRO SIÓDMIAK TEAM | SZCZECINEK | POL | K30-39 | 4 | K 4 | 00:04:27 | 00:09:23 | 00:14:24 | 00:19:20 | 00:24:10.60 | 4:50 | 12.4 |
| 32 | KRZEWIŃSKA MAŁGORZATA | 38 | TKKF KOSZALIN | KOSZALIN | POL | K60+ | 1 | K 5 | 00:04:53 | 00:09:46 | 00:14:37 | 00:19:28 | 00:24:13.60 | 4:50 | 12.4 |
| 33 | MACIĄG PIOTR | 43 | | KOSZALIN | POL | M40-49 | 8 | M 28 | 00:04:47 | 00:09:41 | 00:14:38 | 00:19:32 | 00:24:19.05 | 4:51 | 12.3 |
| 34 | DANIELAK TOMASZ | 11 | | STARE BIELICE | POL | M14-29 | 8 | M 29 | 00:04:10 | 00:09:03 | 00:14:07 | 00:19:26 | 00:24:32.80 | 4:54 | 12.2 |
| 35 | ZAWISKA BARTŁOMIEJ | 83 | | KOSZALIN | POL | M30-39 | 9 | M 30 | 00:04:53 | 00:09:45 | 00:14:43 | 00:19:49 | 00:24:34.05 | 4:54 | 12.2 |
| 36 | JAROSZ DARIUSZ | 26 | TKKF KOSZALIN | SUCHA KOSZALIŃSKA | POL | M40-49 | 9 | M 31 | 00:04:51 | 00:09:45 | 00:14:41 | 00:19:38 | 00:24:36.00 | 4:55 | 12.2 |
| 37 | KASPRZYK BOGDAN | 28 | KM PSP KOSZALIN | MŚCICE | POL | M40-49 | 10 | M 32 | 00:04:48 | 00:09:43 | 00:14:45 | 00:19:46 | 00:24:36.30 | 4:55 | 12.2 |
| 38 | KLENIEWSKI PIOTR | 29 | | KOSZALIN | POL | M60-69 | 3 | M 33 | 00:04:45 | 00:09:44 | 00:14:40 | 00:19:50 | 00:24:48.55 | 4:57 | 12.1 |
| 39 | BOREJKO ŁUKASZ | 7 | | KOSZALIN | POL | M30-39 | 10 | M 34 | 00:05:07 | 00:10:14 | 00:15:19 | 00:20:20 | 00:25:01.25 | 5:00 | 12 |
| 40 | MACIĄG PAWEŁ | 42 | HOMOSAPIE | STARE BIELICE | POL | M40-49 | 11 | M 35 | 00:04:58 | 00:09:57 | 00:14:59 | 00:20:05 | 00:25:09.85 | 5:01 | 11.9 |
| 41 | OSTROWSKI JACEK | 53 | 142BLP TRZEBIATÓW | KOSZALIN | POL | M30-39 | 11 | M 36 | 00:04:49 | 00:09:56 | 00:15:09 | 00:20:24 | 00:25:17.50 | 5:03 | 11.9 |
| 42 | GRYGLEWSKA MAGDALENA | 22 | 142BLP TRZEBIATÓW | KOSZALIN | POL | K30-39 | 5 | K 6 | 00:04:48 | 00:09:53 | 00:15:03 | 00:19:45 | 00:25:17.50 | 5:03 | 11.9 |
| 43 | BOGACKI TOMASZ | 6 | TKKF KOSZALIN | KOSZALIN | POL | M60-69 | 4 | M 37 | 00:04:59 | 00:09:59 | 00:15:06 | 00:20:15 | 00:25:19.55 | 5:03 | 11.8 |
| 44 | GRUNWALD KAROLINA | 21 | | BOBOLICE | POL | K30-39 | 6 | K 7 | 00:04:28 | 00:09:31 | 00:14:50 | 00:20:15 | 00:25:25.15 | 5:05 | 11.8 |
| 45 | KALINOWSKI KRZYSZTOF | 94 | ADWOKATURA | KOSZALIN | POL | M40-49 | 12 | M 38 | 00:05:07 | 00:10:10 | 00:15:16 | 00:20:29 | 00:25:30.05 | 5:06 | 11.8 |
| 46 | DRULIK-HOŁUB MARTA | 13 | | KOSZALIN | POL | K40-49 | 1 | K 8 | 00:05:06 | 00:10:16 | 00:15:27 | 00:20:34 | 00:25:34.30 | 5:06 | 11.7 |

KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1km | 2km | 3km | 4km | Netto | min/km | km/h |
|------|--------------------------|-----|---|-----------------|------|--------|--------|------|----------|----------|----------|----------|-------------|--------|------|
| 47 | BURKIET PAWEŁ | 8 | | KOSZALIN | POL | M40-49 | 13 | M 39 | 00:04:39 | 00:09:39 | 00:14:54 | 00:20:19 | 00:25:48.50 | 5:09 | 11.6 |
| 48 | STAŃCZYK SŁAWOMIR | 101 | | STARGARD | POL | M30-39 | 12 | M 40 | 00:04:53 | 00:10:03 | 00:15:15 | 00:20:35 | 00:25:49.65 | 5:09 | 11.6 |
| 49 | GAWIECKI PIOTR | 18 | ROZBIEGANI KOSZALIN | KOSZALIN | POL | M40-49 | 14 | M 41 | 00:04:55 | 00:10:00 | 00:15:14 | 00:20:44 | 00:25:52.35 | 5:10 | 11.6 |
| 50 | KARASIEWICZ ROBERT | 27 | | KOSZALIN | POL | M40-49 | 15 | M 42 | 00:04:59 | 00:10:13 | 00:15:31 | 00:20:49 | 00:26:03.75 | 5:12 | 11.5 |
| 51 | ADAMSKI DARIUSZ | 1 | POLANÓW | POLANÓW | POL | M30-39 | 13 | M 43 | 00:05:05 | 00:10:09 | 00:15:19 | 00:20:44 | 00:26:08.70 | 5:13 | 11.5 |
| 52 | WYSOCKA URSZULA | 81 | | KOSZALIN | POL | K30-39 | 7 | K 9 | 00:05:12 | 00:10:31 | 00:15:49 | 00:21:05 | 00:26:14.35 | 5:14 | 11.4 |
| 53 | WYSOCZAŃSKI DANIEL | 82 | ROZBIEGANA USTKA | USTKA | POL | M40-49 | 16 | M 44 | 00:05:14 | 00:10:31 | 00:15:44 | 00:21:06 | 00:26:20.75 | 5:16 | 11.4 |
| 54 | BOGACKA LUCYNA | 5 | TKKF KOSZALIN | KOSZALIN | POL | K60+ | 2 | K 10 | 00:05:19 | 00:10:33 | 00:15:49 | 00:21:06 | 00:26:23.00 | 5:16 | 11.4 |
| 55 | PAJÓR TOMASZ | 54 | HOMOSAPIE | KOSZALIN | POL | M40-49 | 17 | M 45 | 00:04:58 | 00:10:04 | 00:15:31 | 00:21:11 | 00:26:43.30 | 5:20 | 11.2 |
| 56 | OSOBNAK RYSZARD | 52 | | KOSZALIN | POL | M60-69 | 5 | M 46 | 00:05:19 | 00:10:44 | 00:16:07 | 00:21:30 | 00:26:44.10 | 5:20 | 11.2 |
| 57 | BORUSIŃSKA MARTA | 100 | | KOSZALIN | POL | K30-39 | 8 | K 11 | 00:05:23 | 00:10:52 | 00:16:13 | 00:21:37 | 00:26:50.20 | 5:22 | 11.2 |
| 58 | KUBIAK KATARZYNA | 39 | | GNIEZNO | POL | K40-49 | 2 | K 12 | 00:05:07 | 00:10:35 | 00:16:03 | 00:21:33 | 00:26:59.05 | 5:23 | 11.1 |
| 59 | KOZŁOWIECKI WALDEMAR | 36 | TKKF KOSZALIN | KOSZALIN | POL | M70+ | 1 | M 47 | 00:05:16 | 00:10:46 | 00:16:13 | 00:21:40 | 00:27:10.75 | 5:26 | 11 |
| 60 | KOLIGAT ANNA | 31 | | KOSZALIN | POL | K40-49 | 3 | K 13 | 00:05:38 | 00:11:05 | 00:16:27 | 00:21:54 | 00:27:14.05 | 5:26 | 11 |
| 61 | PARSZYŃSKI MICHAŁ | 55 | | ŻYDOWO | POL | M14-29 | 9 | M 48 | 00:05:40 | 00:11:08 | 00:16:33 | 00:22:57 | 00:27:18.00 | 5:27 | 11 |
| 62 | ŻUCHELKOWSKI HENRYK | 85 | | KOŁOBRZEG | POL | M30-39 | 14 | M 49 | 00:05:01 | 00:10:44 | 00:16:20 | 00:21:58 | 00:27:22.40 | 5:28 | 11 |
| 63 | MRUGAŁA MAGDALENA | 50 | RUNGRYF GRYFICE | GRYFICE | POL | K30-39 | 9 | K 14 | 00:05:27 | 00:10:55 | 00:16:23 | 00:22:01 | 00:27:26.75 | 5:29 | 10.9 |
| 64 | SUCHODOLSKA ALEKSANDRA | 68 | | ROSNOWO | POL | K30-39 | 10 | K 15 | 00:05:23 | 00:10:58 | 00:16:31 | 00:22:02 | 00:27:34.10 | 5:30 | 10.9 |
| 65 | PEŁKA IWONA | 59 | | KOSZALIN | POL | K50-59 | 1 | K 16 | 00:05:28 | 00:11:06 | 00:16:43 | 00:22:21 | 00:27:47.85 | 5:33 | 10.8 |
| 66 | MAJ AGNIESZKA | 45 | | SŁAWNO | POL | K40-49 | 4 | K 17 | 00:05:36 | 00:11:16 | 00:16:52 | 00:22:29 | 00:27:54.80 | 5:34 | 10.8 |
| 67 | CZYCZYN ANGELIKA | 10 | | SZCZECIN | POL | K30-39 | 11 | K 18 | 00:05:15 | 00:10:58 | 00:16:40 | 00:22:35 | 00:28:30.00 | 5:42 | 10.5 |
| 68 | PIETRZYK RAFAŁ | 61 | KLUB OLIMPIJCZYKA IM. IRENY SZEWIŃSKIEJ KALISZ POMORSKI | KALISZ POMORSKI | POL | M30-39 | 15 | M 50 | 00:05:34 | 00:11:20 | 00:17:06 | 00:22:57 | 00:28:35.80 | 5:43 | 10.5 |
| 69 | ŻYSZKIEWICZ IZABELA | 86 | ROZBIEGANA USTKA | USTKA | POL | K50-59 | 2 | K 19 | 00:05:32 | 00:11:15 | 00:16:57 | 00:22:50 | 00:28:45.30 | 5:45 | 10.4 |
| 70 | GUTOWSKI MAREK | 23 | | KOSZALIN | POL | M40-49 | 18 | M 51 | 00:05:41 | 00:11:20 | 00:17:13 | 00:23:19 | 00:29:03.90 | 5:48 | 10.3 |
| 71 | KOWALCZYK ANDRZEJ | 33 | | KOSZALIN | POL | M50-59 | 4 | M 52 | 00:05:24 | 00:11:03 | 00:16:53 | 00:23:01 | 00:29:12.50 | 5:50 | 10.3 |
| 72 | DEPTA KASIA | 12 | | KOSZALIN | POL | K30-39 | 12 | K 20 | 00:05:29 | 00:11:20 | 00:17:25 | 00:23:24 | 00:29:15.10 | 5:51 | 10.3 |
| 73 | MRÓZ MAŁGORZATA | 96 | | ROSNOWO | POL | K30-39 | 13 | K 21 | 00:05:33 | 00:11:16 | 00:17:15 | 00:23:20 | 00:29:15.45 | 5:51 | 10.3 |
| 74 | SIKORSKA-LÖWE KATARZYNA | 64 | | WARSZAWA | POL | K40-49 | 5 | K 22 | 00:05:38 | 00:11:39 | 00:17:42 | 00:23:41 | 00:29:22.75 | 5:52 | 10.2 |
| 75 | MONDRON KATARZYNA | 47 | | KOSZALIN | POL | K40-49 | 6 | K 23 | 00:05:28 | 00:11:20 | 00:17:24 | 00:23:31 | 00:29:28.60 | 5:53 | 10.2 |
| 76 | KOBUS-MAŁANEZC AGNIESZKA | 30 | | KOSZALIN | POL | K40-49 | 7 | K 24 | 00:05:38 | 00:11:34 | 00:17:34 | 00:23:36 | 00:29:30.55 | 5:54 | 10.2 |
| 77 | SIMINIAK ŁUKASZ | 65 | | ROSNOWO | POL | M30-39 | 16 | M 53 | 00:06:03 | 00:12:02 | 00:18:03 | 00:24:09 | 00:29:32.75 | 5:54 | 10.2 |
| 78 | HELLER ZDZISŁAW | 24 | HERB MARATONOW.PL | KOSZALIN | POL | M60-69 | 6 | M 54 | 00:05:47 | 00:12:01 | 00:18:14 | 00:24:30 | 00:30:33.65 | 6:06 | 9.8 |
| 79 | WACHHOLZ BEATA | 76 | KB BRYZA POSTOMINO | SŁAWNO | POL | K50-59 | 3 | K 25 | 00:05:55 | 00:12:04 | 00:18:18 | 00:24:33 | 00:30:36.90 | 6:07 | 9.8 |
| 80 | GAWIECKA MARIOLA | 17 | ROZBIEGANI KOSZALIN | KOSZALIN | POL | K40-49 | 8 | K 26 | 00:06:17 | 00:13:05 | 00:20:03 | 00:26:50 | 00:33:37.15 | 6:43 | 8.9 |
| 81 | PLATA KATARZYNA | 62 | | KOSZALIN | POL | K40-49 | 9 | K 27 | 00:06:50 | 00:14:28 | 00:22:01 | 00:29:25 | 00:36:42.20 | 7:20 | 8.2 |
| 82 | FELKOWSKA KAROLINA | 14 | | KOSZALIN | POL | K30-39 | 14 | K 28 | 00:06:50 | 00:14:29 | 00:22:01 | 00:29:25 | 00:36:42.35 | 7:20 | 8.2 |
| 83 | KOZŁOWIECKA MAŁGORZATA | 35 | | KOSZALIN | POL | K60+ | 3 | K 29 | 00:07:07 | 00:14:38 | 00:22:04 | 00:29:45 | 00:37:15.75 | 7:27 | 8.1 |
| 84 | KOSICKI PIOTR | 32 | | KOSZALIN | POL | M50-59 | 5 | M 55 | 00:06:46 | 00:14:29 | 00:22:30 | 00:30:32 | 00:38:05.55 | 7:37 | 7.9 |
| 85 | PASEK PAULA | 56 | KLUB BIEGOWY JANTAR ŚWIESZYNO | DUNOWO | POL | K30-39 | 15 | K 30 | 00:07:20 | 00:15:51 | 00:24:51 | 00:33:43 | 00:42:11.70 | 8:26 | 7.1 |
| 86 | PASEK JAN | 57 | KLUB BIEGOWY JANTAR ŚWIESZYNO | DUNOWO | POL | M60-69 | 7 | M 56 | 00:07:25 | 00:15:51 | 00:24:52 | 00:33:43 | 00:42:11.90 | 8:26 | 7.1 |
| 87 | KWIATKOWSKA MAŁGORZATA | 41 | GWIAZDY PÓŁNOCY | KRETOMINO | POL | K50-59 | 4 | K 31 | 00:08:59 | 00:18:02 | 00:26:59 | 00:35:43 | 00:44:08.10 | 8:49 | 6.8 |
| 88 | BECHLER ZOFIA | 4 | GWIAZDY PÓŁNOCY | CEWLINO | POL | K40-49 | 10 | K 32 | 00:09:04 | 00:18:04 | 00:27:01 | 00:35:47 | 00:44:09.05 | 8:49 | 6.8 |
| 89 | GRZEBIELUCHA EWA | 97 | GWIAZDY PÓŁNOCY | KOSZALIN | POL | K30-39 | 16 | K 33 | 00:08:59 | 00:18:02 | 00:26:57 | 00:35:44 | 00:44:09.25 | 8:49 | 6.8 |

KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI, K-OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1km | 2km | 3km | 4km | Netto | min/km | km/h |
|------|-------------------------|----|--------------------|------------|------|--------|--------|-----|----------|----------|----------|----------|-------------|--------|------|
| 1 | POCHRANOWICZ ALEKSANDRA | 88 | 7PRO SIÓDZIAK TEAM | BIAŁY BÓR | POL | K30-39 | 1 | K 1 | 00:03:49 | 00:07:42 | 00:11:46 | 00:15:58 | 00:20:06.95 | 4:01 | 14.9 |
| 2 | ZATOŃ OLGA | 92 | | ŚWIDWIN | POL | K30-39 | 2 | K 2 | 00:03:59 | 00:08:11 | 00:12:27 | 00:16:44 | 00:20:55.00 | 4:11 | 14.3 |
| 3 | MAZIEC BEATA | 46 | BIEGOLAS KOSZALIN | KOSZALIN | POL | K30-39 | 3 | K 3 | 00:04:19 | 00:08:57 | 00:13:38 | 00:18:17 | 00:22:54.15 | 4:34 | 13.1 |
| 4 | ZYG-SIÓDZIAK KAMILA | 84 | 7PRO SIÓDZIAK TEAM | SZCZECINEK | POL | K30-39 | 4 | K 4 | 00:04:27 | 00:09:23 | 00:14:24 | 00:19:20 | 00:24:10.60 | 4:50 | 12.4 |
| 5 | KRZEWIŃSKA MAŁGORZATA | 38 | TKKF KOSZALIN | KOSZALIN | POL | K60+ | 1 | K 5 | 00:04:53 | 00:09:46 | 00:14:37 | 00:19:28 | 00:24:13.60 | 4:50 | 12.4 |
| 6 | GRYGLEWSKA MAGDALENA | 22 | 142BLP TRZEBIATÓW | KOSZALIN | POL | K30-39 | 5 | K 6 | 00:04:48 | 00:09:53 | 00:15:03 | 00:19:45 | 00:25:17.50 | 5:03 | 11.9 |

KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI, K-OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1km | 2km | 3km | 4km | Netto | min/km | km/h | |
|------|---------------------------|-----|-------------------------------|-----------------|-----------|--------|--------|------|----------|----------|----------|----------|-------------|-------------|------|-----|
| 7 | GRUNWALD KAROLINA | 21 | | BOBOLICE | POL | K30-39 | 6 | K 7 | 00:04:28 | 00:09:31 | 00:14:50 | 00:20:15 | 00:25:25.15 | 5:05 | 11.8 | |
| 8 | DRULIK-HOŁUB MARTA | 13 | | KOSZALIN | POL | K40-49 | 1 | K 8 | 00:05:06 | 00:10:16 | 00:15:27 | 00:20:34 | 00:25:34.30 | 5:06 | 11.7 | |
| 9 | WYSOCKA URSZULA | 81 | | KOSZALIN | POL | K30-39 | 7 | K 9 | 00:05:12 | 00:10:31 | 00:15:49 | 00:21:05 | 00:26:14.35 | 5:14 | 11.4 | |
| 10 | BOGACKA LUCYNA | 5 | TKKF KOSZALIN | KOSZALIN | POL | K60+ | 2 | K 10 | 00:05:19 | 00:10:33 | 00:15:49 | 00:21:06 | 00:26:23.00 | 5:16 | 11.4 | |
| 11 | BORUSIŃSKA MARTA | 100 | | KOSZALIN | POL | K30-39 | 8 | K 11 | 00:05:23 | 00:10:52 | 00:16:13 | 00:21:37 | 00:26:50.20 | 5:22 | 11.2 | |
| 12 | KUBIAK KATARZYNA | 39 | | GNIEZNO | POL | K40-49 | 2 | K 12 | 00:05:07 | 00:10:35 | 00:16:03 | 00:21:33 | 00:26:59.05 | 5:23 | 11.1 | |
| 13 | KOLIGAT ANNA | 31 | | KOSZALIN | POL | K40-49 | 3 | K 13 | 00:05:38 | 00:11:05 | 00:16:27 | 00:21:54 | 00:27:14.05 | 5:26 | 11 | |
| 14 | MRUGAŁA MAGDALENA | 50 | RUNGRYF GRYFICE | GRYFICE | POL | K30-39 | 9 | K 14 | 00:05:27 | 00:10:55 | 00:16:23 | 00:22:01 | 00:27:26.75 | 5:29 | 10.9 | |
| 15 | SUCHODOLSKA ALEKSANDRA | 68 | | ROSNOWO | POL | K30-39 | 10 | K 15 | 00:05:23 | 00:10:58 | 00:16:31 | 00:22:02 | 00:27:34.10 | 5:30 | 10.9 | |
| 16 | PEŁKA IWONA | 59 | | KOSZALIN | POL | K50-59 | 1 | K 16 | 00:05:28 | 00:11:06 | 00:16:43 | 00:22:21 | 00:27:47.85 | 5:33 | 10.8 | |
| 17 | MAJ AGNIESZKA | 45 | | SŁAWNO | POL | K40-49 | 4 | K 17 | 00:05:36 | 00:11:16 | 00:16:52 | 00:22:29 | 00:27:54.80 | 5:34 | 10.8 | |
| 18 | CZYCZYN ANGELIKA | 10 | | SZCZECIN | POL | K30-39 | 11 | K 18 | 00:05:15 | 00:10:58 | 00:16:40 | 00:22:35 | 00:28:30.00 | 5:42 | 10.5 | |
| 19 | ŻYSZKIEWICZ IZABELA | 86 | ROZBIEGANA USTKA | USTKA | POL | K50-59 | 2 | K 19 | 00:05:32 | 00:11:15 | 00:16:57 | 00:22:50 | 00:28:45.30 | 5:45 | 10.4 | |
| 20 | DEPTA KASIA | 12 | | KOSZALIN | POL | K30-39 | 12 | K 20 | 00:05:29 | 00:11:20 | 00:17:25 | 00:23:24 | 00:29:15.10 | 5:51 | 10.3 | |
| 21 | MRÓZ MAŁGORZATA | 96 | | ROSNOWO | POL | K30-39 | 13 | K 21 | 00:05:33 | 00:11:16 | 00:17:15 | 00:23:20 | 00:29:15.45 | 5:51 | 10.3 | |
| 22 | SIKORSKA-LÖWE KATARZYNA | 64 | | WARSZAWA | POL | K40-49 | 5 | K 22 | 00:05:38 | 00:11:39 | 00:17:42 | 00:23:41 | 00:29:22.75 | 5:52 | 10.2 | |
| 23 | MONDRÓŃ KATARZYNA | 47 | | KOSZALIN | POL | K40-49 | 6 | K 23 | 00:05:28 | 00:11:20 | 00:17:24 | 00:23:31 | 00:29:28.60 | 5:53 | 10.2 | |
| 24 | KOBUS-MAŁANE CZ AGNIESZKA | 30 | | KOSZALIN | POL | K40-49 | 7 | K 24 | 00:05:38 | 00:11:34 | 00:17:34 | 00:23:36 | 00:29:30.55 | 5:54 | 10.2 | |
| 25 | WACHHOLZ BEATA | 76 | KB BRYZA POSTOMINO | SŁAWNO | POL | K50-59 | 3 | K 25 | 00:05:55 | 00:12:04 | 00:18:18 | 00:24:33 | 00:30:36.90 | 6:07 | 9.8 | |
| 26 | GAWIECKA MARIOLA | 17 | ROZBIEGANI KOSZALIN | KOSZALIN | POL | K40-49 | 8 | K 26 | 00:06:17 | 00:13:05 | 00:20:03 | 00:26:50 | 00:33:37.15 | 6:43 | 8.9 | |
| 27 | PLATA KATARZYNA | 62 | | KOSZALIN | POL | K40-49 | 9 | K 27 | 00:06:50 | 00:14:28 | 00:22:01 | 00:29:25 | 00:36:42.20 | 7:20 | 8.2 | |
| 28 | FELKOWSKA KAROLINA | 14 | | KOSZALIN | POL | K30-39 | 14 | K 28 | 00:06:50 | 00:14:29 | 00:22:01 | 00:29:25 | 00:36:42.35 | 7:20 | 8.2 | |
| 29 | KOZŁOWIECKA MAŁGORZATA | 35 | | KOSZALIN | POL | K60+ | 3 | K 29 | 00:07:07 | 00:14:38 | 00:22:04 | 00:29:45 | 00:37:15.75 | 7:27 | 8.1 | |
| 30 | PASEK PAULA | 56 | KLUB BIEGOWY JANTAR ŚWIESZYNO | DUNOWO | POL | K30-39 | 15 | K 30 | 00:07:20 | 00:15:51 | 00:24:51 | 00:33:43 | 00:42:11.70 | 8:26 | 7.1 | |
| 31 | KWIATKOWSKA MAŁGORZATA | 41 | | GWIAZDY PÓŁNOCY | KRETOMINO | POL | K50-59 | 4 | K 31 | 00:08:59 | 00:18:02 | 00:26:59 | 00:35:43 | 00:44:08.10 | 8:49 | 6.8 |
| 32 | BECHLER ZOFIA | 4 | | GWIAZDY PÓŁNOCY | CEWLINO | POL | K40-49 | 10 | K 32 | 00:09:04 | 00:18:04 | 00:27:01 | 00:35:47 | 00:44:09.05 | 8:49 | 6.8 |
| 33 | GRZEBIELUCHA EWA | 97 | | GWIAZDY PÓŁNOCY | KOSZALIN | POL | K30-39 | 16 | K 33 | 00:08:59 | 00:18:02 | 00:26:57 | 00:35:44 | 00:44:09.25 | 8:49 | 6.8 |

KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI, M-OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1km | 2km | 3km | 4km | Netto | min/km | km/h |
|------|-------------------------|----|--------------------|-------------|------|--------|--------|------|----------|----------|----------|----------|-------------|--------|------|
| 1 | SIODMIAK IGOR | 66 | 7PRO SIÓDMIAK TEAM | SZCZECINEK | POL | M14-29 | 1 | M 1 | 00:03:35 | 00:07:16 | 00:11:00 | 00:14:44 | 00:17:47.55 | 3:33 | 16.9 |
| 2 | KĘPKA ADRIAN | 19 | KĘPKA NA TRASIE | WIEKOWO | POL | M14-29 | 2 | M 2 | 00:03:35 | 00:07:16 | 00:11:00 | 00:14:46 | 00:18:15.20 | 3:39 | 16.4 |
| 3 | USS MIŁOSZ | 75 | | ŚWIDWIN | POL | M14-29 | 3 | M 3 | 00:03:35 | 00:07:16 | 00:11:00 | 00:14:46 | 00:18:21.40 | 3:40 | 16.3 |
| 4 | MAJKOWICZ RAFAŁ | 99 | BIEGOLAS KOSZALIN | KOSZALIN | POL | M30-39 | 1 | M 4 | 00:03:37 | 00:07:30 | 00:11:31 | 00:15:32 | 00:19:19.25 | 3:51 | 15.5 |
| 5 | PAWŁOWICZ ROLAND | 89 | 7PRO SIÓDMIAK TEAM | SZCZECINEK | POL | M14-29 | 4 | M 5 | 00:03:40 | 00:07:37 | 00:11:38 | 00:15:41 | 00:19:34.30 | 3:54 | 15.3 |
| 6 | WESOŁOWSKI MARCIN | 77 | OBSESJA BIEGANIA | SZCZECIN | POL | M30-39 | 2 | M 6 | 00:03:51 | 00:07:54 | 00:11:59 | 00:16:07 | 00:20:13.20 | 4:02 | 14.8 |
| 7 | PICK TOMASZ | 60 | BIEGOLAS KOSZALIN | KOSZALIN | POL | M50-59 | 1 | M 7 | 00:03:58 | 00:08:05 | 00:12:13 | 00:16:23 | 00:20:25.20 | 4:05 | 14.7 |
| 8 | KOZIEŁ PAWEŁ | 93 | | RĄBINO | POL | M40-49 | 1 | M 8 | 00:03:59 | 00:08:11 | 00:12:26 | 00:16:44 | 00:20:44.95 | 4:08 | 14.5 |
| 9 | ZUKAL PIOTR | 98 | 7PRO SIÓDMIAK TEAM | KOSZALIN | POL | M40-49 | 2 | M 9 | 00:04:06 | 00:08:17 | 00:12:31 | 00:16:46 | 00:20:55.95 | 4:11 | 14.3 |
| 10 | BARTHA ADRIAN | 3 | | KOŁOBRZEG | POL | M30-39 | 3 | M 10 | 00:04:01 | 00:08:21 | 00:12:46 | 00:17:09 | 00:20:56.15 | 4:11 | 14.3 |
| 11 | BENCYCH MICHAŁ | 90 | 7PRO SIÓDMIAK TEAM | SZCZECINEK | POL | M14-29 | 5 | M 11 | 00:04:04 | 00:08:24 | 00:12:51 | 00:17:19 | 00:21:37.10 | 4:19 | 13.9 |
| 12 | WICHER KRZYSZTOF | 91 | ADWOKATURA | KOSZALIN | POL | M40-49 | 3 | M 12 | 00:04:10 | 00:08:33 | 00:13:01 | 00:17:28 | 00:21:54.15 | 4:22 | 13.7 |
| 13 | KRACZKOWSKI PRZEMYSŁAW | 37 | 142BLP TRZEBIATÓW | KOSZALIN | POL | M40-49 | 4 | M 13 | 00:04:14 | 00:08:37 | 00:13:06 | 00:17:38 | 00:22:11.55 | 4:26 | 13.5 |
| 14 | MACIEJCZYK MATEUSZ | 44 | | POLANÓW | POL | M30-39 | 4 | M 14 | 00:04:25 | 00:08:55 | 00:13:29 | 00:18:05 | 00:22:28.95 | 4:29 | 13.4 |
| 15 | SZPITER TOMASZ | 71 | | ZŁOTORYJA | POL | M50-59 | 2 | M 15 | 00:04:22 | 00:08:58 | 00:13:37 | 00:18:16 | 00:22:55.30 | 4:35 | 13.1 |
| 16 | STENKA RAFAŁ | 67 | | KOSZALIN | POL | M30-39 | 5 | M 16 | 00:04:11 | 00:08:41 | 00:13:27 | 00:18:18 | 00:23:02.15 | 4:36 | 13 |
| 17 | OLEARCZYK ARKADIUSZ | 51 | | BOBOLICE | POL | M40-49 | 5 | M 17 | 00:04:21 | 00:08:57 | 00:13:39 | 00:18:24 | 00:23:10.20 | 4:38 | 12.9 |
| 18 | WINKOWSKI IRENEUSZ | 95 | | KUROWO | POL | M40-49 | 6 | M 18 | 00:04:26 | 00:09:10 | 00:13:52 | 00:18:36 | 00:23:12.00 | 4:38 | 12.9 |
| 19 | SEROWSKI ŁUKASZ | 63 | BIEGOLAS KOSZALIN | DRZEWIANY | POL | M30-39 | 6 | M 19 | 00:04:27 | 00:09:10 | 00:13:59 | 00:18:43 | 00:23:23.50 | 4:40 | 12.8 |
| 20 | ADASZYŃSKI WIESŁAW | 2 | BIEGOLAS KOSZALIN | BOBOLICE | POL | M50-59 | 3 | M 20 | 00:04:16 | 00:08:50 | 00:13:31 | 00:18:16 | 00:23:24.95 | 4:40 | 12.8 |
| 21 | GRABCZEWSKI DAWID | 20 | | KOSZALIN | POL | M30-39 | 7 | M 21 | 00:04:17 | 00:08:54 | 00:13:51 | 00:18:47 | 00:23:32.40 | 4:42 | 12.7 |
| 22 | KUCHARCZYK DAMIAN | 40 | KSW HUSARIA | RÓŻEWO | POL | M30-39 | 8 | M 22 | 00:04:58 | 00:09:47 | 00:14:35 | 00:19:19 | 00:23:32.85 | 4:42 | 12.7 |
| 23 | WIECZORKOWSKI WŁADYSŁAW | 78 | | POZNAŃ | POL | M60-69 | 1 | M 23 | 00:04:29 | 00:09:13 | 00:14:00 | 00:18:46 | 00:23:32.90 | 4:42 | 12.7 |
| 24 | SZYDŁOWSKI MICHAŁ | 72 | | ŚWINOUJŚCIE | POL | M14-29 | 6 | M 24 | 00:04:29 | 00:09:16 | 00:14:14 | 00:19:09 | 00:23:46.95 | 4:45 | 12.6 |

KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI, M-OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1km | 2km | 3km | 4km | Netto | min/km | km/h |
|------|----------------------|-----|---|-------------------|------|--------|--------|------|----------|----------|----------|----------|-------------|--------|------|
| 25 | HOREGLAD PAWEŁ | 25 | SPEEDY GONZALES | KOSZALIN | POL | M14-29 | 7 | M 25 | 00:04:33 | 00:09:24 | 00:14:20 | 00:19:18 | 00:23:50.55 | 4:46 | 12.6 |
| 26 | PAWŁOWSKI MICHAŁ | 58 | PRECON-POLSKA | JASTROWIE | POL | M40-49 | 7 | M 26 | 00:04:27 | 00:09:15 | 00:14:22 | 00:19:14 | 00:23:52.65 | 4:46 | 12.6 |
| 27 | CHUDZIK ZBIGNIEW | 9 | TKKF KOSZALIN | STARE BIELICE | POL | M60-69 | 2 | M 27 | 00:04:53 | 00:09:46 | 00:14:36 | 00:19:28 | 00:24:09.20 | 4:49 | 12.4 |
| 28 | MACIĄG PIOTR | 43 | | KOSZALIN | POL | M40-49 | 8 | M 28 | 00:04:47 | 00:09:41 | 00:14:38 | 00:19:32 | 00:24:19.05 | 4:51 | 12.3 |
| 29 | DANIELAK TOMASZ | 11 | | STARE BIELICE | POL | M14-29 | 8 | M 29 | 00:04:10 | 00:09:03 | 00:14:07 | 00:19:26 | 00:24:32.80 | 4:54 | 12.2 |
| 30 | ZAWISKA BARTŁOMIEJ | 83 | | KOSZALIN | POL | M30-39 | 9 | M 30 | 00:04:53 | 00:09:45 | 00:14:43 | 00:19:49 | 00:24:34.05 | 4:54 | 12.2 |
| 31 | JAROSZ DARIUSZ | 26 | TKKF KOSZALIN | SUCHA KOSZALIŃSKA | POL | M40-49 | 9 | M 31 | 00:04:51 | 00:09:45 | 00:14:41 | 00:19:38 | 00:24:36.00 | 4:55 | 12.2 |
| 32 | KASPRZYK BOGDAN | 28 | KM PSP KOSZALIN | MŚCICE | POL | M40-49 | 10 | M 32 | 00:04:48 | 00:09:43 | 00:14:45 | 00:19:46 | 00:24:36.30 | 4:55 | 12.2 |
| 33 | KLENIEWSKI PIOTR | 29 | | KOSZALIN | POL | M60-69 | 3 | M 33 | 00:04:45 | 00:09:44 | 00:14:40 | 00:19:50 | 00:24:48.55 | 4:57 | 12.1 |
| 34 | BOREJKO ŁUKASZ | 7 | | KOSZALIN | POL | M30-39 | 10 | M 34 | 00:05:07 | 00:10:14 | 00:15:19 | 00:20:20 | 00:25:01.25 | 5:00 | 12 |
| 35 | MACIĄG PAWEŁ | 42 | HOMOSAPIE | STARE BIELICE | POL | M40-49 | 11 | M 35 | 00:04:58 | 00:09:57 | 00:14:59 | 00:20:05 | 00:25:09.85 | 5:01 | 11.9 |
| 36 | OSTROWSKI JACEK | 53 | 14ZBLP TRZEBIATÓW | KOSZALIN | POL | M30-39 | 11 | M 36 | 00:04:49 | 00:09:56 | 00:15:09 | 00:20:24 | 00:25:17.50 | 5:03 | 11.9 |
| 37 | BOGACKI TOMASZ | 6 | TKKF KOSZALIN | KOSZALIN | POL | M60-69 | 4 | M 37 | 00:04:59 | 00:09:59 | 00:15:06 | 00:20:15 | 00:25:19.55 | 5:03 | 11.8 |
| 38 | KALINOWSKI KRZYSZTOF | 94 | ADWOKATURA | KOSZALIN | POL | M40-49 | 12 | M 38 | 00:05:07 | 00:10:10 | 00:15:16 | 00:20:29 | 00:25:30.05 | 5:06 | 11.8 |
| 39 | BURKIET PAWEŁ | 8 | | KOSZALIN | POL | M40-49 | 13 | M 39 | 00:04:39 | 00:09:39 | 00:14:54 | 00:20:19 | 00:25:48.50 | 5:09 | 11.6 |
| 40 | STAŃCZYK SŁAWOMIR | 101 | | STARGARD | POL | M30-39 | 12 | M 40 | 00:04:53 | 00:10:03 | 00:15:15 | 00:20:35 | 00:25:49.65 | 5:09 | 11.6 |
| 41 | GAWIECKI PIOTR | 18 | ROZBIEGANY KOSZALIN | KOSZALIN | POL | M40-49 | 14 | M 41 | 00:04:55 | 00:10:00 | 00:15:14 | 00:20:44 | 00:25:52.35 | 5:10 | 11.6 |
| 42 | KARASIEWICZ ROBERT | 27 | | KOSZALIN | POL | M40-49 | 15 | M 42 | 00:04:59 | 00:10:13 | 00:15:31 | 00:20:49 | 00:26:03.75 | 5:12 | 11.5 |
| 43 | ADAMSKI DARIUSZ | 1 | POLANÓW | POLANÓW | POL | M30-39 | 13 | M 43 | 00:05:05 | 00:10:09 | 00:15:19 | 00:20:44 | 00:26:08.70 | 5:13 | 11.5 |
| 44 | WYSOCZAŃSKI DANIEL | 82 | ROZBIEGANA USTKA | USTKA | POL | M40-49 | 16 | M 44 | 00:05:14 | 00:10:31 | 00:15:44 | 00:21:06 | 00:26:20.75 | 5:16 | 11.4 |
| 45 | PAJOR TOMASZ | 54 | HOMOSAPIE | KOSZALIN | POL | M40-49 | 17 | M 45 | 00:04:58 | 00:10:04 | 00:15:31 | 00:21:11 | 00:26:43.30 | 5:20 | 11.2 |
| 46 | OSOBNAK RYSZARD | 52 | | KOSZALIN | POL | M60-69 | 5 | M 46 | 00:05:19 | 00:10:44 | 00:16:07 | 00:21:30 | 00:26:44.10 | 5:20 | 11.2 |
| 47 | KOZŁOWIECKI WALDEMAR | 36 | TKKF KOSZALIN | KOSZALIN | POL | M70+ | 1 | M 47 | 00:05:16 | 00:10:46 | 00:16:13 | 00:21:40 | 00:27:10.75 | 5:26 | 11 |
| 48 | PARSZCZYŃSKI MICHAŁ | 55 | | ŻYDOWO | POL | M14-29 | 9 | M 48 | 00:05:40 | 00:11:08 | 00:16:33 | 00:22:57 | 00:27:18.00 | 5:27 | 11 |
| 49 | ŻUCHELKOWSKI HENRYK | 85 | | KOŁOBRZEG | POL | M30-39 | 14 | M 49 | 00:05:01 | 00:10:44 | 00:16:20 | 00:21:58 | 00:27:22.40 | 5:28 | 11 |
| 50 | PIETRZYK RAFAŁ | 61 | KLUB OLIMPIJCZYKA IM. IRENY SZEWIŃSKIEJ KALISZ POMORSKI | KALISZ POMORSKI | POL | M30-39 | 15 | M 50 | 00:05:34 | 00:11:20 | 00:17:06 | 00:22:57 | 00:28:35.80 | 5:43 | 10.5 |
| 51 | GUTOWSKI MAREK | 23 | | KOSZALIN | POL | M40-49 | 18 | M 51 | 00:05:41 | 00:11:20 | 00:17:13 | 00:23:19 | 00:29:03.90 | 5:48 | 10.3 |
| 52 | KOWALCZYK ANDRZEJ | 33 | | KOSZALIN | POL | M50-59 | 4 | M 52 | 00:05:24 | 00:11:03 | 00:16:53 | 00:23:01 | 00:29:12.50 | 5:50 | 10.3 |
| 53 | SIMINIĄK ŁUKASZ | 65 | | ROSNOWO | POL | M30-39 | 16 | M 53 | 00:06:03 | 00:12:02 | 00:18:03 | 00:24:09 | 00:29:32.75 | 5:54 | 10.2 |
| 54 | HELLER ZDZISŁAW | 24 | HERBMARATONOW.PL | KOSZALIN | POL | M60-69 | 6 | M 54 | 00:05:47 | 00:12:01 | 00:18:14 | 00:24:30 | 00:30:33.65 | 6:06 | 9.8 |
| 55 | KOSICKI PIOTR | 32 | | KOSZALIN | POL | M50-59 | 5 | M 55 | 00:06:46 | 00:14:29 | 00:22:30 | 00:30:32 | 00:38:05.55 | 7:37 | 7.9 |
| 56 | PASEK JAN | 57 | KLUB BIEGOWY JANTAR ŚWIESZYNO | DUNOWO | POL | M60-69 | 7 | M 56 | 00:07:25 | 00:15:51 | 00:24:52 | 00:33:43 | 00:42:11.90 | 8:26 | 7.1 |

KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI, M14-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1km | 2km | 3km | 4km | Netto | min/km | km/h |
|------|---------------------|----|--------------------|---------------|------|--------|--------|------|----------|----------|----------|----------|-------------|--------|------|
| 1 | SIODMIAK IGOR | 66 | 7PRO SIÓDMIAK TEAM | SZCZECINEK | POL | M14-29 | 1 | M 1 | 00:03:35 | 00:07:16 | 00:11:00 | 00:14:44 | 00:17:47.55 | 3:33 | 16.9 |
| 2 | KĘPKA ADRIAN | 19 | KĘPKA NA TRASIE | WIEKOWO | POL | M14-29 | 2 | M 2 | 00:03:35 | 00:07:16 | 00:11:00 | 00:14:46 | 00:18:15.20 | 3:39 | 16.4 |
| 3 | USS MIŁOSZ | 75 | | ŚWIDWIN | POL | M14-29 | 3 | M 3 | 00:03:35 | 00:07:16 | 00:11:00 | 00:14:46 | 00:18:21.40 | 3:40 | 16.3 |
| 4 | PAWŁOWICZ ROLAND | 89 | 7PRO SIÓDMIAK TEAM | SZCZECINEK | POL | M14-29 | 4 | M 5 | 00:03:40 | 00:07:37 | 00:11:38 | 00:15:41 | 00:19:34.30 | 3:54 | 15.3 |
| 5 | BENCYCH MICHAŁ | 90 | 7PRO SIÓDMIAK TEAM | SZCZECINEK | POL | M14-29 | 5 | M 11 | 00:04:04 | 00:08:24 | 00:12:51 | 00:17:19 | 00:21:37.10 | 4:19 | 13.9 |
| 6 | SZYDŁOWSKI MICHAŁ | 72 | | ŚWINOUJŚCIE | POL | M14-29 | 6 | M 24 | 00:04:29 | 00:09:16 | 00:14:14 | 00:19:09 | 00:23:46.95 | 4:45 | 12.6 |
| 7 | HOREGLAD PAWEŁ | 25 | SPEEDY GONZALES | KOSZALIN | POL | M14-29 | 7 | M 25 | 00:04:33 | 00:09:24 | 00:14:20 | 00:19:18 | 00:23:50.55 | 4:46 | 12.6 |
| 8 | DANIELAK TOMASZ | 11 | | STARE BIELICE | POL | M14-29 | 8 | M 29 | 00:04:10 | 00:09:03 | 00:14:07 | 00:19:26 | 00:24:32.80 | 4:54 | 12.2 |
| 9 | PARSZCZYŃSKI MICHAŁ | 55 | | ŻYDOWO | POL | M14-29 | 9 | M 48 | 00:05:40 | 00:11:08 | 00:16:33 | 00:22:57 | 00:27:18.00 | 5:27 | 11 |

KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI, K30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1km | 2km | 3km | 4km | Netto | min/km | km/h |
|------|-------------------------|----|--------------------|-----------|------|--------|--------|-----|----------|----------|----------|----------|-------------|--------|------|
| 1 | POCHRANOWICZ ALEKSANDRA | 88 | 7PRO SIÓDMIAK TEAM | BIAŁY BÓR | POL | K30-39 | 1 | K 1 | 00:03:49 | 00:07:42 | 00:11:46 | 00:15:58 | 00:20:06.95 | 4:01 | 14.9 |
| 2 | ZATOŃ OLGA | 92 | | ŚWIDWIN | POL | K30-39 | 2 | K 2 | 00:03:59 | 00:08:11 | 00:12:27 | 00:16:44 | 00:20:55.00 | 4:11 | 14.3 |
| 3 | MAZIEC BEATA | 46 | BIEGOLAS KOSZALIN | KOSZALIN | POL | K30-39 | 3 | K 3 | 00:04:19 | 00:08:57 | 00:13:38 | 00:18:17 | 00:22:54.15 | 4:34 | 13.1 |

KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI, K30-39 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1km | 2km | 3km | 4km | Netto | min/km | km/h |
|------|------------------------|-----|-------------------------------|------------|------|--------|--------|------|----------|----------|----------|----------|-------------|--------|------|
| 4 | ZYG-SIÓDZIAK KAMILA | 84 | 7PRO SIÓDZIAK TEAM | SZCZECINEK | POL | K30-39 | 4 | K 4 | 00:04:27 | 00:09:23 | 00:14:24 | 00:19:20 | 00:24:10.60 | 4:50 | 12.4 |
| 5 | GRYGLEWSKA MAGDALENA | 22 | 142BLP TRZEBIATÓW | KOSZALIN | POL | K30-39 | 5 | K 6 | 00:04:48 | 00:09:53 | 00:15:03 | 00:19:45 | 00:25:17.50 | 5:03 | 11.9 |
| 6 | GRUNWALD KAROLINA | 21 | | BOBOLICE | POL | K30-39 | 6 | K 7 | 00:04:28 | 00:09:31 | 00:14:50 | 00:20:15 | 00:25:25.15 | 5:05 | 11.8 |
| 7 | WYSOCKA URSZULA | 81 | | KOSZALIN | POL | K30-39 | 7 | K 9 | 00:05:12 | 00:10:31 | 00:15:49 | 00:21:05 | 00:26:14.35 | 5:14 | 11.4 |
| 8 | BORUSIŃSKA MARTA | 100 | | KOSZALIN | POL | K30-39 | 8 | K 11 | 00:05:23 | 00:10:52 | 00:16:13 | 00:21:37 | 00:26:50.20 | 5:22 | 11.2 |
| 9 | MRUGAŁA MAGDALENA | 50 | RUNGRYF GRYFICE | GRYFICE | POL | K30-39 | 9 | K 14 | 00:05:27 | 00:10:55 | 00:16:23 | 00:22:01 | 00:27:26.75 | 5:29 | 10.9 |
| 10 | SUCHODOLSKA ALEKSANDRA | 68 | | ROSNOWO | POL | K30-39 | 10 | K 15 | 00:05:23 | 00:10:58 | 00:16:31 | 00:22:02 | 00:27:34.10 | 5:30 | 10.9 |
| 11 | CZYCZYN ANGELIKA | 10 | | SZCZECIN | POL | K30-39 | 11 | K 18 | 00:05:15 | 00:10:58 | 00:16:40 | 00:22:35 | 00:28:30.00 | 5:42 | 10.5 |
| 12 | DEPTA KASIA | 12 | | KOSZALIN | POL | K30-39 | 12 | K 20 | 00:05:29 | 00:11:20 | 00:17:25 | 00:23:24 | 00:29:15.10 | 5:51 | 10.3 |
| 13 | MRÓZ MAŁGORZATA | 96 | | ROSNOWO | POL | K30-39 | 13 | K 21 | 00:05:33 | 00:11:16 | 00:17:15 | 00:23:20 | 00:29:15.45 | 5:51 | 10.3 |
| 14 | FELKOWSKA KAROLINA | 14 | | KOSZALIN | POL | K30-39 | 14 | K 28 | 00:06:50 | 00:14:29 | 00:22:01 | 00:29:25 | 00:36:42.35 | 7:20 | 8.2 |
| 15 | PASEK PAULA | 56 | KLUB BIEGOWY JANTAR ŚWIESZYNO | DUNOWO | POL | K30-39 | 15 | K 30 | 00:07:20 | 00:15:51 | 00:24:51 | 00:33:43 | 00:42:11.70 | 8:26 | 7.1 |
| 16 | GRZEBIELUCHA EWA | 97 | GWIAZDY PÓŁNOCY | KOSZALIN | POL | K30-39 | 16 | K 33 | 00:08:59 | 00:18:02 | 00:26:57 | 00:35:44 | 00:44:09.25 | 8:49 | 6.8 |

KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI, M30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1km | 2km | 3km | 4km | Netto | min/km | km/h |
|------|---------------------|-----|---|-----------------|------|--------|--------|------|----------|----------|----------|----------|-------------|--------|------|
| 1 | MAJKOWICZ RAFAŁ | 99 | BIEGOLAS KOSZALIN | KOSZALIN | POL | M30-39 | 1 | M 4 | 00:03:37 | 00:07:30 | 00:11:31 | 00:15:32 | 00:19:19.25 | 3:51 | 15.5 |
| 2 | WESOŁOWSKI MARCIN | 77 | OBSEJA BIEGANIA | SZCZECIN | POL | M30-39 | 2 | M 6 | 00:03:51 | 00:07:54 | 00:11:59 | 00:16:07 | 00:20:13.20 | 4:02 | 14.8 |
| 3 | BARTHA ADRIAN | 3 | | KOŁOBRZEG | POL | M30-39 | 3 | M 10 | 00:04:01 | 00:08:21 | 00:12:46 | 00:17:09 | 00:20:56.15 | 4:11 | 14.3 |
| 4 | MACIEJCZYK MATEUSZ | 44 | | POLANÓW | POL | M30-39 | 4 | M 14 | 00:04:25 | 00:08:55 | 00:13:29 | 00:18:05 | 00:22:28.95 | 4:29 | 13.4 |
| 5 | STENKA RAFAŁ | 67 | | KOSZALIN | POL | M30-39 | 5 | M 16 | 00:04:11 | 00:08:41 | 00:13:27 | 00:18:18 | 00:23:02.15 | 4:36 | 13 |
| 6 | SEROWSKI ŁUKASZ | 63 | BIEGOLAS KOSZALIN | DRZEWIANY | POL | M30-39 | 6 | M 19 | 00:04:27 | 00:09:10 | 00:13:59 | 00:18:43 | 00:23:23.50 | 4:40 | 12.8 |
| 7 | GRABCZEWSKI DAWID | 20 | | KOSZALIN | POL | M30-39 | 7 | M 21 | 00:04:17 | 00:08:54 | 00:13:51 | 00:18:47 | 00:23:32.40 | 4:42 | 12.7 |
| 8 | KUCHARCZYK DAMIAN | 40 | KSW HUSARIA | RÓŻEWO | POL | M30-39 | 8 | M 22 | 00:04:58 | 00:09:47 | 00:14:35 | 00:19:19 | 00:23:32.85 | 4:42 | 12.7 |
| 9 | ZAWISKA BARTŁOMIEJ | 83 | | KOSZALIN | POL | M30-39 | 9 | M 30 | 00:04:53 | 00:09:45 | 00:14:43 | 00:19:49 | 00:24:34.05 | 4:54 | 12.2 |
| 10 | BOREJKO ŁUKASZ | 7 | | KOSZALIN | POL | M30-39 | 10 | M 34 | 00:05:07 | 00:10:14 | 00:15:19 | 00:20:20 | 00:25:01.25 | 5:00 | 12 |
| 11 | OSTROWSKI JACEK | 53 | 142BLP TRZEBIATÓW | KOSZALIN | POL | M30-39 | 11 | M 36 | 00:04:49 | 00:09:56 | 00:15:09 | 00:20:24 | 00:25:17.50 | 5:03 | 11.9 |
| 12 | STAŃCZYK SŁAWOMIR | 101 | | STARGARD | POL | M30-39 | 12 | M 40 | 00:04:53 | 00:10:03 | 00:15:15 | 00:20:35 | 00:25:49.65 | 5:09 | 11.6 |
| 13 | ADAMSKI DARIUSZ | 1 | | POLANÓW | POL | M30-39 | 13 | M 43 | 00:05:05 | 00:10:09 | 00:15:19 | 00:20:44 | 00:26:08.70 | 5:13 | 11.5 |
| 14 | ŻUCHELKOWSKI HENRYK | 85 | | KOŁOBRZEG | POL | M30-39 | 14 | M 49 | 00:05:01 | 00:10:44 | 00:16:20 | 00:21:58 | 00:27:22.40 | 5:28 | 11 |
| 15 | PIETRZYK RAFAŁ | 61 | KLUB OLIMPIJCZYKA IM. IRENY SZEWIŃSKIEJ KALISZ POMORSKI | KALISZ POMORSKI | POL | M30-39 | 15 | M 50 | 00:05:34 | 00:11:20 | 00:17:06 | 00:22:57 | 00:28:35.80 | 5:43 | 10.5 |
| 16 | SIMINIAK ŁUKASZ | 65 | | ROSNOWO | POL | M30-39 | 16 | M 53 | 00:06:03 | 00:12:02 | 00:18:03 | 00:24:09 | 00:29:32.75 | 5:54 | 10.2 |

KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI, K40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1km | 2km | 3km | 4km | Netto | min/km | km/h |
|------|--------------------------|----|---------------------|-----------|------|--------|--------|------|----------|----------|----------|----------|-------------|--------|------|
| 1 | DRULIK-HOŁUB MARTA | 13 | | KOSZALIN | POL | K40-49 | 1 | K 8 | 00:05:06 | 00:10:16 | 00:15:27 | 00:20:34 | 00:25:34.30 | 5:06 | 11.7 |
| 2 | KUBIAK KATARZYNA | 39 | | GNIEZNO | POL | K40-49 | 2 | K 12 | 00:05:07 | 00:10:35 | 00:16:03 | 00:21:33 | 00:26:59.05 | 5:23 | 11.1 |
| 3 | KOLIGAT ANNA | 31 | | KOSZALIN | POL | K40-49 | 3 | K 13 | 00:05:38 | 00:11:05 | 00:16:27 | 00:21:54 | 00:27:14.05 | 5:26 | 11 |
| 4 | MAJ AGNIESZKA | 45 | | SŁAWNO | POL | K40-49 | 4 | K 17 | 00:05:36 | 00:11:16 | 00:16:52 | 00:22:29 | 00:27:54.80 | 5:34 | 10.8 |
| 5 | SIKORSKA-LÓWE KATARZYNA | 64 | | WARSZAWA | POL | K40-49 | 5 | K 22 | 00:05:38 | 00:11:39 | 00:17:42 | 00:23:41 | 00:29:22.75 | 5:52 | 10.2 |
| 6 | MONDRON KATARZYNA | 47 | | KOSZALIN | POL | K40-49 | 6 | K 23 | 00:05:28 | 00:11:20 | 00:17:24 | 00:23:31 | 00:29:28.60 | 5:53 | 10.2 |
| 7 | KOBUS-MAŁANEZC AGNIESZKA | 30 | | KOSZALIN | POL | K40-49 | 7 | K 24 | 00:05:38 | 00:11:34 | 00:17:34 | 00:23:36 | 00:29:30.55 | 5:54 | 10.2 |
| 8 | GAWIECKA MARIOLA | 17 | ROZBIEGANY KOSZALIN | KOSZALIN | POL | K40-49 | 8 | K 26 | 00:06:17 | 00:13:05 | 00:20:03 | 00:26:50 | 00:33:37.15 | 6:43 | 8.9 |
| 9 | PLATA KATARZYNA | 62 | | KOSZALIN | POL | K40-49 | 9 | K 27 | 00:06:50 | 00:14:28 | 00:22:01 | 00:29:25 | 00:36:42.20 | 7:20 | 8.2 |
| 10 | BECHLER ZOFIA | 4 | GWIAZDY PÓŁNOCY | CEWLINO | POL | K40-49 | 10 | K 32 | 00:09:04 | 00:18:04 | 00:27:01 | 00:35:47 | 00:44:09.05 | 8:49 | 6.8 |

KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI, M40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1km | 2km | 3km | 4km | Netto | min/km | km/h |
|------|------------------------|----|---------------------|-------------------|------|--------|--------|------|----------|----------|----------|----------|-------------|--------|------|
| 1 | KOZIEŁ PAWEŁ | 93 | | RĄBINO | POL | M40-49 | 1 | M 8 | 00:03:59 | 00:08:11 | 00:12:26 | 00:16:44 | 00:20:44.95 | 4:08 | 14.5 |
| 2 | ZUKAL PIOTR | 98 | 7PRO SIÓDZIAK TEAM | KOSZALIN | POL | M40-49 | 2 | M 9 | 00:04:06 | 00:08:17 | 00:12:31 | 00:16:46 | 00:20:55.95 | 4:11 | 14.3 |
| 3 | WICHER KRZYSZTOF | 91 | ADWOKATURA | KOSZALIN | POL | M40-49 | 3 | M 12 | 00:04:10 | 00:08:33 | 00:13:01 | 00:17:28 | 00:21:54.15 | 4:22 | 13.7 |
| 4 | KRACZKOWSKI PRZEMYSŁAW | 37 | 142BLP TRZEBIATÓW | KOSZALIN | POL | M40-49 | 4 | M 13 | 00:04:14 | 00:08:37 | 00:13:06 | 00:17:38 | 00:22:11.55 | 4:26 | 13.5 |
| 5 | OLEARCZYK ARKADIUSZ | 51 | | BOBOLICE | POL | M40-49 | 5 | M 17 | 00:04:21 | 00:08:57 | 00:13:39 | 00:18:24 | 00:23:10.20 | 4:38 | 12.9 |
| 6 | WINKOWSKI IRENEUSZ | 95 | | KUROWO | POL | M40-49 | 6 | M 18 | 00:04:26 | 00:09:10 | 00:13:52 | 00:18:36 | 00:23:12.00 | 4:38 | 12.9 |
| 7 | PAWŁOWSKI MICHAŁ | 58 | PRECON-POLSKA | JASTROWIE | POL | M40-49 | 7 | M 26 | 00:04:27 | 00:09:15 | 00:14:22 | 00:19:14 | 00:23:52.65 | 4:46 | 12.6 |
| 8 | MACIĄG PIOTR | 43 | | KOSZALIN | POL | M40-49 | 8 | M 28 | 00:04:47 | 00:09:41 | 00:14:38 | 00:19:32 | 00:24:19.05 | 4:51 | 12.3 |
| 9 | JAROSZ DARIUSZ | 26 | TKKF KOSZALIN | SUCHA KOSZALIŃSKA | POL | M40-49 | 9 | M 31 | 00:04:51 | 00:09:45 | 00:14:41 | 00:19:38 | 00:24:36.00 | 4:55 | 12.2 |
| 10 | KASPRZYK BOGDAN | 28 | KM PSP KOSZALIN | MŚCICE | POL | M40-49 | 10 | M 32 | 00:04:48 | 00:09:43 | 00:14:45 | 00:19:46 | 00:24:36.30 | 4:55 | 12.2 |
| 11 | MACIĄG PAWEŁ | 42 | HOMOSAPIE | STARE BIELICE | POL | M40-49 | 11 | M 35 | 00:04:58 | 00:09:57 | 00:14:59 | 00:20:05 | 00:25:09.85 | 5:01 | 11.9 |
| 12 | KALINOWSKI KRZYSZTOF | 94 | ADWOKATURA | KOSZALIN | POL | M40-49 | 12 | M 38 | 00:05:07 | 00:10:10 | 00:15:16 | 00:20:29 | 00:25:30.05 | 5:06 | 11.8 |
| 13 | BURKIET PAWEŁ | 8 | | KOSZALIN | POL | M40-49 | 13 | M 39 | 00:04:39 | 00:09:39 | 00:14:54 | 00:20:19 | 00:25:48.50 | 5:09 | 11.6 |
| 14 | GAWIECKI PIOTR | 18 | ROZBIEGANI KOSZALIN | KOSZALIN | POL | M40-49 | 14 | M 41 | 00:04:55 | 00:10:00 | 00:15:14 | 00:20:44 | 00:25:52.35 | 5:10 | 11.6 |
| 15 | KARASIEWICZ ROBERT | 27 | | KOSZALIN | POL | M40-49 | 15 | M 42 | 00:04:59 | 00:10:13 | 00:15:31 | 00:20:49 | 00:26:03.75 | 5:12 | 11.5 |
| 16 | WYSOCZAŃSKI DANIEL | 82 | ROZBIEGANA USTKA | USTKA | POL | M40-49 | 16 | M 44 | 00:05:14 | 00:10:31 | 00:15:44 | 00:21:06 | 00:26:20.75 | 5:16 | 11.4 |
| 17 | PAJOR TOMASZ | 54 | HOMOSAPIE | KOSZALIN | POL | M40-49 | 17 | M 45 | 00:04:58 | 00:10:04 | 00:15:31 | 00:21:11 | 00:26:43.30 | 5:20 | 11.2 |
| 18 | GUTOWSKI MAREK | 23 | | KOSZALIN | POL | M40-49 | 18 | M 51 | 00:05:41 | 00:11:20 | 00:17:13 | 00:23:19 | 00:29:03.90 | 5:48 | 10.3 |

KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI, K50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1km | 2km | 3km | 4km | Netto | min/km | km/h |
|------|------------------------|----|--------------------|-----------|------|--------|--------|------|----------|----------|----------|----------|-------------|--------|------|
| 1 | PEŁKA IWONA | 59 | | KOSZALIN | POL | K50-59 | 1 | K 16 | 00:05:28 | 00:11:06 | 00:16:43 | 00:22:21 | 00:27:47.85 | 5:33 | 10.8 |
| 2 | ŻYSZKIEWICZ IZABELA | 86 | ROZBIEGANA USTKA | USTKA | POL | K50-59 | 2 | K 19 | 00:05:32 | 00:11:15 | 00:16:57 | 00:22:50 | 00:28:45.30 | 5:45 | 10.4 |
| 3 | WACHHOLZ BEATA | 76 | KB BRYZA POSTOMINO | SŁAWNO | POL | K50-59 | 3 | K 25 | 00:05:55 | 00:12:04 | 00:18:18 | 00:24:33 | 00:30:36.90 | 6:07 | 9.8 |
| 4 | KWIATKOWSKA MAŁGORZATA | 41 | GWIAZDY PÓŁNOCY | KRETOMINO | POL | K50-59 | 4 | K 31 | 00:08:59 | 00:18:02 | 00:26:59 | 00:35:43 | 00:44:08.10 | 8:49 | 6.8 |

KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI, M50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1km | 2km | 3km | 4km | Netto | min/km | km/h |
|------|--------------------|----|-------------------|-----------|------|--------|--------|------|----------|----------|----------|----------|-------------|--------|------|
| 1 | PICK TOMASZ | 60 | BIEGOLAS KOSZALIN | KOSZALIN | POL | M50-59 | 1 | M 7 | 00:03:58 | 00:08:05 | 00:12:13 | 00:16:23 | 00:20:25.20 | 4:05 | 14.7 |
| 2 | SZPITER TOMASZ | 71 | | ZŁOTORYJA | POL | M50-59 | 2 | M 15 | 00:04:22 | 00:08:58 | 00:13:37 | 00:18:16 | 00:22:55.30 | 4:35 | 13.1 |
| 3 | ADASZYŃSKI WIEŚLAW | 2 | BIEGOLAS KOSZALIN | BOBOLICE | POL | M50-59 | 3 | M 20 | 00:04:16 | 00:08:50 | 00:13:31 | 00:18:16 | 00:23:24.95 | 4:40 | 12.8 |
| 4 | KOWALCZYK ANDRZEJ | 33 | | KOSZALIN | POL | M50-59 | 4 | M 52 | 00:05:24 | 00:11:03 | 00:16:53 | 00:23:01 | 00:29:12.50 | 5:50 | 10.3 |
| 5 | KOSICKI PIOTR | 32 | | KOSZALIN | POL | M50-59 | 5 | M 55 | 00:06:46 | 00:14:29 | 00:22:30 | 00:30:32 | 00:38:05.55 | 7:37 | 7.9 |

KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI, K60+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1km | 2km | 3km | 4km | Netto | min/km | km/h |
|------|------------------------|----|---------------|-----------|------|------|--------|------|----------|----------|----------|----------|-------------|--------|------|
| 1 | KRZEWIŃSKA MAŁGORZATA | 38 | TKKF KOSZALIN | KOSZALIN | POL | K60+ | 1 | K 5 | 00:04:53 | 00:09:46 | 00:14:37 | 00:19:28 | 00:24:13.60 | 4:50 | 12.4 |
| 2 | BOGACKA LUCYNA | 5 | TKKF KOSZALIN | KOSZALIN | POL | K60+ | 2 | K 10 | 00:05:19 | 00:10:33 | 00:15:49 | 00:21:06 | 00:26:23.00 | 5:16 | 11.4 |
| 3 | KOZŁOWIECKA MAŁGORZATA | 35 | | KOSZALIN | POL | K60+ | 3 | K 29 | 00:07:07 | 00:14:38 | 00:22:04 | 00:29:45 | 00:37:15.75 | 7:27 | 8.1 |

KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI, M60-69

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1km | 2km | 3km | 4km | Netto | min/km | km/h |
|------|-------------------------|----|---------------|---------------|------|--------|--------|------|----------|----------|----------|----------|-------------|--------|------|
| 1 | WIECZORKOWSKI WŁADYSŁAW | 78 | | POZNAŃ | POL | M60-69 | 1 | M 23 | 00:04:29 | 00:09:13 | 00:14:00 | 00:18:46 | 00:23:32.90 | 4:42 | 12.7 |
| 2 | CHUDZIK ZBIGNIEW | 9 | TKKF KOSZALIN | STARE BIELICE | POL | M60-69 | 2 | M 27 | 00:04:53 | 00:09:46 | 00:14:36 | 00:19:28 | 00:24:09.20 | 4:49 | 12.4 |
| 3 | KLENIIEWSKI PIOTR | 29 | | KOSZALIN | POL | M60-69 | 3 | M 33 | 00:04:45 | 00:09:44 | 00:14:40 | 00:19:50 | 00:24:48.55 | 4:57 | 12.1 |
| 4 | BOGACKI TOMASZ | 6 | TKKF KOSZALIN | KOSZALIN | POL | M60-69 | 4 | M 37 | 00:04:59 | 00:09:59 | 00:15:06 | 00:20:15 | 00:25:19.55 | 5:03 | 11.8 |
| 5 | OSOBNAK RYSZARD | 52 | | KOSZALIN | POL | M60-69 | 5 | M 46 | 00:05:19 | 00:10:44 | 00:16:07 | 00:21:30 | 00:26:44.10 | 5:20 | 11.2 |

KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI, M60-69 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1km | 2km | 3km | 4km | Netto | min/km | km/h |
|------|-----------------|----|----------------------------------|-----------|------|--------|--------|------|----------|----------|----------|----------|-------------|--------|------|
| 6 | HELLER ZDZISŁAW | 24 | HERBMARATONOW.PL | KOSZALIN | POL | M60-69 | 6 | M 54 | 00:05:47 | 00:12:01 | 00:18:14 | 00:24:30 | 00:30:33.65 | 6:06 | 9.8 |
| 7 | PASEK JAN | 57 | KLUB BIEGOWY JANTAR ŚWIESZYNO | DUNOWO | POL | M60-69 | 7 | M 56 | 00:07:25 | 00:15:51 | 00:24:52 | 00:33:43 | 00:42:11.90 | 8:26 | 7.1 |

KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI, M70+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1km | 2km | 3km | 4km | Netto | min/km | km/h |
|------|----------------------|----|---------------|-----------|------|------|--------|------|----------|----------|----------|----------|-------------|--------|------|
| 1 | KOZŁOWIECKI WALDEMAR | 36 | TKKF KOSZALIN | KOSZALIN | POL | M70+ | 1 | M 47 | 00:05:16 | 00:10:46 | 00:16:13 | 00:21:40 | 00:27:10.75 | 5:26 | 11 |

KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI, Drużynowa

| Miejsce | Drużyna | Zawodnicy klasyfikowani | Czas | Czas drużyny |
|---------|--------------------|---|--|--------------|
| 1 | 7PRO SIÓDZIAK TEAM | IGOR SIODMIAKROLAND PAWŁOWICZALEKSANDRA POCHRANOWICZKAMILA ZYG-SIÓDZIAK | 00:17:47.5500:19:34.3000:20:06.9500:24:10.60 | 01:21:37.45 |
| 2 | TKKF KOSZALIN | ZBIGNIEW CHUDZIKMAŁGORZATA KRZEWIŃSKADARIUSZ JAROSZLUCYNA BOGACKA | 00:24:09.2000:24:13.6000:24:36.0000:26:23.00 | 01:39:22.80 |