



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dziki Weekend 2019
Stowarzyszenie Klub Biegowy Dzik
2019-08-18
Police
7.5 km

V EKSTREMALNY DZIKOBIEG

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

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INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna | Mundurowi | Drużyna Klubu | Czas netto 7.5km | Czas brutto 7.5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------|-------|----------------------------------|-----------|------|-----------------------------|-----------|-----------------------------|---------------------|----------------------|----------------------|-----------------|----------------|
| 1 | SKÓRSKI Łukasz | 980 | | M2 30-39 | 1 | | | | 00:51:18.05 | 00:51:18.05 | | 6:50 | 8.8 (100%) |
| 2 | PAWLISIAK Paweł | 347 | BBL POLICE | M2 30-39 | 2 | | | | 00:52:47.70 | 00:52:47.70 | +00:01:29 (2.8%) | 7:02 | 8.5 (96.6%) |
| 3 | PLESNER Krzysztof | 1283 | JRG3 SZCZECIN | M3 40-49 | 1 | Psp szczecin | | | 00:54:02.55 | 00:54:02.55 | +00:02:44 (5.1%) | 7:12 | 8.3 (94.3%) |
| 4 | POKRZYWIŃSKI Zbigniew | 208 | XRUNNERS | M2 30-39 | 3 | 12 bz szczecin | | Xrunners | 00:56:01.50 | 00:56:01.50 | +00:04:43 (8.4%) | 7:28 | 8 (90.9%) |
| 5 | PAWŁOWSKI Kamil | 899 | OCR TEAM WŁOCŁAWEK | M1 16-29 | 1 | | | Ocr team włocławek | 00:56:09.70 | 00:56:09.70 | +00:04:51 (8.7%) | 7:29 | 8 (90.9%) |
| 6 | PRZEMYSŁAWICZ Bartosz | 928 | WOJSKO POLSKIE/TEAMSZWARC | M1 16-29 | 2 | | | | 00:56:34.10 | 00:56:34.10 | +00:05:16 (9.3%) | 7:32 | 8 (90.9%) |
| 7 | ZGUTKA Tomasz | 1116 | HUSARIA RACE TEAM | M3 40-49 | 2 | | | Husaria race team | 00:57:24.75 | 00:57:24.75 | +00:06:06 (10.6%) | 7:39 | 7.8 (88.6%) |
| 8 | ADAMSKI Janusz | 505 | DUOLIFE TEAM | M4 50-59 | 1 | | | Duolife team | 00:59:24.25 | 00:59:24.25 | +00:08:06 (13.6%) | 7:55 | 7.6 (86.4%) |
| 9 | DOLEŻEK Krystian | 601 | | M3 40-49 | 3 | | | | 00:59:56.30 | 00:59:56.30 | +00:08:38 (14.4%) | 7:59 | 7.5 (85.2%) |
| 10 | APIECIONEK Mateusz | 510 | UKL ÓSEMKA POLICE | M1 16-29 | 3 | | | | 01:00:16.00 | 01:00:16.00 | +00:08:57 (14.9%) | 8:02 | 7.5 (85.2%) |
| 11 | RUDZIŃSKI Jacek | 952 | KW PSP SZCZECIN | M4 50-59 | 2 | Psp szczecin | | | 01:00:24.90 | 01:00:24.90 | +00:09:06 (15.1%) | 8:03 | 7.5 (85.2%) |
| 12 | KUPIS Hubert | 775 | AKADEMIA MARYNARKI WOJENNEJ | M1 16-29 | 4 | Akademia marynarki wojennej | | Akademia marynarki wojennej | 01:01:16.00 | 01:01:16.00 | +00:09:57 (16.3%) | 8:10 | 7.3 (83.0%) |
| 13 | ZYCH Krzysztof | 1120 | TRIUMF SŁAWOBORZE | M2 30-39 | 4 | | | | 01:03:11.50 | 01:03:11.50 | +00:11:53 (18.8%) | 8:25 | 7.1 (80.7%) |
| 14 | SŁOWIK Jacek | 984 | | M2 30-39 | 5 | | | | 01:04:45.30 | 01:04:45.30 | +00:13:27 (20.8%) | 8:38 | 6.9 (78.4%) |
| 15 | PAWLAK Bartosz | 896 | HUSARIA RACE TEAM | M1 16-29 | 5 | | | Husaria race team | 01:04:54.60 | 01:04:54.60 | +00:13:36 (21.0%) | 8:39 | 6.9 (78.4%) |
| 16 | GERLICH Michael | 637 | BRAUNSCHWEIG HASH HOUSE HARRIERS | M4 50-59 | 3 | | | | 01:05:00.40 | 01:05:00.40 | +00:13:42 (21.1%) | 8:40 | 6.9 (78.4%) |
| 17 | ZYGMUNT Tomasz | 1140 | | M3 40-49 | 4 | Ożw szczecin | | | 01:05:11.20 | 01:05:11.20 | +00:13:53 (21.3%) | 8:41 | 6.9 (78.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Mundurowi | Drużyna Kluby | Czas netto 7.5km | Czas brutto 7.5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|---------------------------------|-----------|------|--------------------------------|--------------------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 18 | GRYGORCEWICZ Jan | 654 | | M4 50-59 | 4 | Morsy Polickie | | 01:05:41.70 | 01:05:41.70 | +00:14:23 (21.9%) | 8:45 | 6.9 (78.4%) |
| 19 | PRZYBYSZ Marcin | 930 | | M2 30-39 | 6 | | | 01:05:56.75 | 01:05:56.75 | +00:14:38 (22.2%) | 8:47 | 6.8 (77.3%) |
| 20 | HOŁYŃSKI Leszek | 672 | WIECZORNE BIEGANIE W SZCZECINIE | M2 30-39 | 7 | | | 01:05:58.15 | 01:05:58.15 | +00:14:40 (22.2%) | 8:47 | 6.8 (77.3%) |
| 21 | KORDYS Michał | 740 | 23. BAZA LOTNICTWA TAKTYCZNEGO | M1 16-29 | 6 | 23. baza lotnictwa taktycznego | 23. baza lotnictwa taktycznego | 01:06:56.60 | 01:06:56.60 | +00:15:38 (23.4%) | 8:55 | 6.7 (76.1%) |
| 22 | KWIATKOWSKI Kajetan | 782 | GDAŃSKIE DZIKI | M2 30-39 | 8 | | | 01:07:07.25 | 01:07:07.25 | +00:15:49 (23.6%) | 8:56 | 6.7 (76.1%) |
| 23 | ZABOROWSKA Małgorzata | 1104 | GRARUNNERS/OSP PŁOTY | K2 30-39 | 1 | | | 01:07:18.65 | 01:07:18.65 | +00:16:00 (23.8%) | 8:58 | 6.7 (76.1%) |
| 24 | PEDZIWIATR Marek | 903 | | M3 40-49 | 5 | | | 01:07:55.20 | 01:07:55.20 | +00:16:37 (24.5%) | 9:03 | 6.6 (75.0%) |
| 25 | DYDEK Edyta | 1396 | SKB DZIK | K1 16-29 | 1 | | Skb dzik | 01:08:03.95 | 01:08:03.95 | +00:16:45 (24.6%) | 9:04 | 6.6 (75.0%) |
| 26 | GOŁĘBIEWSKI Tomasz | 642 | | M2 30-39 | 9 | Psp szczecin | | 01:08:11.30 | 01:08:11.30 | +00:16:53 (24.8%) | 9:05 | 6.6 (75.0%) |
| 27 | DOLIWKA Kamil | 602 | KPP WAŁCZ | M2 30-39 | 10 | | | 01:08:14.70 | 01:08:14.70 | +00:16:56 (24.8%) | 9:05 | 6.6 (75.0%) |
| 28 | NABRZEWSKI Artur | 298 | | M2 30-39 | 11 | | | 01:08:24.90 | 01:08:24.90 | +00:17:06 (25.0%) | 9:07 | 6.6 (75.0%) |
| 29 | WRÓBLEWSKI Michał | 1097 | GRA RUNNERS | M2 30-39 | 12 | | | 01:08:34.10 | 01:08:34.10 | +00:17:16 (25.2%) | 9:08 | 6.6 (75.0%) |
| 30 | SICIŃSKI Damian | 377 | | M1 16-29 | 7 | | | 01:08:49.10 | 01:08:49.10 | +00:17:31 (25.5%) | 9:10 | 6.5 (73.9%) |
| 31 | KIEŁBASIEWICZ Dawid | 1413 | DECATHLON SZCZECIN | M1 16-29 | 8 | | | 01:08:51.85 | 01:08:51.85 | +00:17:33 (25.5%) | 9:10 | 6.5 (73.9%) |
| 32 | NIESTEROWICZ Karol | 170 | TOTAL FUN | M1 16-29 | 9 | | | 01:09:03.00 | 01:09:03.00 | +00:17:44 (25.7%) | 9:12 | 6.5 (73.9%) |
| 33 | SZMYCIŃSKI Piotr | 376 | | M1 16-29 | 10 | | | 01:09:25.20 | 01:09:25.20 | +00:18:07 (26.1%) | 9:15 | 6.5 (73.9%) |
| 34 | WEŁNA Rafał | 807 | | M1 16-29 | 11 | | | 01:09:33.30 | 01:09:33.30 | +00:18:15 (26.2%) | 9:16 | 6.5 (73.9%) |
| 35 | RUDZIŃSKI Jakub | 953 | SA PSP | M1 16-29 | 12 | Psp szczecin | | 01:09:40.25 | 01:09:40.25 | +00:18:22 (26.4%) | 9:17 | 6.5 (73.9%) |
| 36 | BABKIL Tomasz | 187 | | M3 40-49 | 6 | | | 01:09:54.20 | 01:09:54.20 | +00:18:36 (26.6%) | 9:19 | 6.4 (72.7%) |
| 37 | PASIKOWSKI Kamil | 1394 | SKB DZIK | M1 16-29 | 13 | | Skb dzik | 01:10:27.70 | 01:10:27.70 | +00:19:09 (27.2%) | 9:23 | 6.4 (72.7%) |
| 38 | KOZŁOWSKI Artur | 1388 | | M2 30-39 | 13 | | | 01:10:31.45 | 01:10:31.45 | +00:19:13 (27.3%) | 9:24 | 6.4 (72.7%) |
| 39 | SZYPKOWSKI Marek | 1027 | CHWIRAM | M3 40-49 | 7 | | | 01:10:47.65 | 01:10:47.65 | +00:19:29 (27.5%) | 9:26 | 6.4 (72.7%) |
| 40 | OLEJARZ Damian | 881 | | M2 30-39 | 14 | | | 01:10:48.15 | 01:10:48.15 | +00:19:30 (27.5%) | 9:26 | 6.4 (72.7%) |
| 41 | WOSZCZYK Sebastian | 1088 | | M3 40-49 | 8 | | Dzikie dziki gorzów | 01:10:57.90 | 01:10:57.90 | +00:19:39 (27.7%) | 9:27 | 6.3 (71.6%) |
| 42 | KRZACZKOWSKA Iwona | 761 | DZIKI WROCŁAW | K2 30-39 | 2 | | Dziki wrocław | 01:11:01.40 | 01:11:01.40 | +00:19:43 (27.8%) | 9:28 | 6.3 (71.6%) |
| 43 | ŻMUDA Krzysztof | 1125 | HUSARIA RACE TEAM | M2 30-39 | 15 | | Husaria race team | 01:11:43.35 | 01:11:43.35 | +00:20:25 (28.5%) | 9:33 | 6.3 (71.6%) |
| 44 | DINTER Marcin | 317 | | M1 16-29 | 14 | | | 01:11:57.75 | 01:11:57.75 | +00:20:39 (28.7%) | 9:35 | 6.3 (71.6%) |

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|-----|-----------------------------|-------------|----------------------|-----------|------|----------------------|----------------------|---------------------|----------------------|----------------------|-----------------|----------------|
| 45 | KATRYCZ Zbigniew | 715 | | M4 50-59 | 5 | | | 01:12:07.45 | 01:12:07.45 | +00:20:49 (28.9%) | 9:36 | 6.2 (70.5%) |
| 46 | CYTLOCH Jacek | 34 | | M2 30-39 | 16 | | | 01:13:31.60 | 01:13:31.60 | +00:22:13 (30.2%) | 9:48 | 6.1 (69.3%) |
| 47 | RUTKOWSKI Michał | 372 | SKB DZIK | M3 40-49 | 9 | | Skb dzik | 01:14:25.25 | 01:14:25.25 | +00:23:07 (31.1%) | 9:55 | 6 (68.2%) |
| 48 | OSTOJSKI Ireneusz | 889 | DLL PARTNERS | M3 40-49 | 10 | | | 01:14:44.30 | 01:14:44.30 | +00:23:26 (31.4%) | 9:57 | 6 (68.2%) |
| 49 | MARZEC Karolina | 828 | DZIKIE DZIKI GORZÓW | K3 40-49 | 1 | | Dzikie dziki gorzów | 01:14:52.85 | 01:14:52.85 | +00:23:34 (31.5%) | 9:58 | 6 (68.2%) |
| 50 | ROZICKI Krzysztof | 221 | 12BZ | M2 30-39 | 17 | 3kpzmot/1bpzmot/12bz | 3kpzmt/1bpzmot/12bz | 01:15:01.30 | 01:15:01.30 | +00:23:43 (31.6%) | 10:00 | 6 (68.2%) |
| 51 | JASTRZĘBSKI Daniel | 695 | | M3 40-49 | 11 | | | 01:15:03.45 | 01:15:03.45 | +00:23:45 (31.7%) | 10:00 | 6 (68.2%) |
| 52 | PŁAŻAŁSKI Przemysław | 203 | HUSARIA RACE POLSKA | M2 30-39 | 18 | | | 01:15:09.50 | 01:15:09.50 | +00:23:51 (31.7%) | 10:01 | 6 (68.2%) |
| 53 | NEJMAN Marcin | 1424 | | 2 Fala | 1 | | | 01:15:19.60 | 01:15:19.60 | +00:24:01 (31.9%) | 10:02 | 6 (68.2%) |
| 54 | PORZYCH Zbigniew | 920 | | M2 30-39 | 19 | | | 01:15:24.95 | 01:15:24.95 | +00:24:06 (32.0%) | 10:03 | 6 (68.2%) |
| 55 | KOWAL Tomasz | 748 | | M3 40-49 | 12 | | | 01:15:35.00 | 01:15:35.00 | +00:24:16 (32.1%) | 10:04 | 6 (68.2%) |
| 56 | WOŁOSZYN Wojciech | 1086 | | M2 30-39 | 20 | | Bk-127 | 01:15:43.25 | 01:15:43.25 | +00:24:25 (32.3%) | 10:05 | 5.9 (67.0%) |
| 56 | KISIEL Łukasz | 720 | | M2 30-39 | 21 | | Bk-127 | 01:15:43.25 | 01:15:43.25 | +00:24:25 (32.3%) | 10:05 | 5.9 (67.0%) |
| 58 | POCIERZNICKI Rafał | 205 | 3KPZMOT/1BPZMOT/12BZ | M2 30-39 | 22 | 3kpzmot/1bpzmot/12bz | 3kpzmot/1bpzomt/12bz | 01:15:52.50 | 01:15:52.50 | +00:24:34 (32.4%) | 10:06 | 5.9 (67.0%) |
| 59 | ADAMSKA Barbara | 503 | DUOLIFE TEAM | K1 16-29 | 2 | | Duolife team | 01:16:34.85 | 01:16:34.85 | +00:25:16 (33.0%) | 10:12 | 5.9 (67.0%) |
| 60 | SCHERFENBERG Łukasz | 964 | ZS ZWYROLE | M2 30-39 | 23 | | | 01:16:57.05 | 01:16:57.05 | +00:25:39 (33.3%) | 10:15 | 5.8 (65.9%) |
| 61 | ZELEK Darek | 1113 | | M3 40-49 | 13 | | | 01:17:17.65 | 01:17:17.65 | +00:25:59 (33.6%) | 10:18 | 5.8 (65.9%) |
| 62 | GABOR Krzysztof | 51 | | M2 30-39 | 24 | | | 01:17:22.50 | 01:17:22.50 | +00:26:04 (33.7%) | 10:18 | 5.8 (65.9%) |
| 63 | SAWICKI Bartosz | 963 | DZIKIE DZIKI GORZÓW | M1 16-29 | 15 | | Dzikie dziki gorzów | 01:17:34.20 | 01:17:34.20 | +00:26:16 (33.9%) | 10:20 | 5.8 (65.9%) |
| 64 | GIZICKI Tomasz | 60 | KP PSP POLICE | M1 16-29 | 16 | Kp psp police | Kp psp police | 01:17:37.45 | 01:17:37.45 | +00:26:19 (33.9%) | 10:20 | 5.8 (65.9%) |
| 65 | KOTYNIA Dawid | 113 | | M2 30-39 | 25 | | | 01:17:40.75 | 01:17:40.75 | +00:26:22 (34.0%) | 10:21 | 5.8 (65.9%) |
| 66 | PAWLUK Adrian | 368 | | M1 16-29 | 17 | | | 01:17:43.15 | 01:17:43.15 | +00:26:25 (34.0%) | 10:21 | 5.8 (65.9%) |
| 67 | DZIEMECKI Grzegorz | 616 | SKS HUSARIA | M3 40-49 | 14 | | Sks husaria | 01:17:47.10 | 01:17:47.10 | +00:26:29 (34.0%) | 10:22 | 5.8 (65.9%) |
| 68 | KACZMAREK Maciej | 706 | BROS TEAM | M1 16-29 | 18 | | | 01:17:50.55 | 01:17:50.55 | +00:26:32 (34.1%) | 10:22 | 5.8 (65.9%) |
| 69 | LACHOWICZ Blanka | 785 | HUSARIA RACE TEAM | K2 30-39 | 3 | | Husaria race team | 01:18:04.30 | 01:18:04.30 | +00:26:46 (34.3%) | 10:24 | 5.8 (65.9%) |
| 70 | NOWAK Jakub | 876 | | M2 30-39 | 26 | | | 01:18:07.25 | 01:18:07.25 | +00:26:49 (34.3%) | 10:24 | 5.8 (65.9%) |
| 71 | BLAHAK David | 539 | DUOLIFE TEAM | M1 16-29 | 19 | | Duolife team | 01:18:32.95 | 01:18:32.95 | +00:27:14 (34.7%) | 10:28 | 5.7 (64.8%) |

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|-----|---------------------------------|-------------|---------------------------------|-----------|------|-------------------|-------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 72 | KABAŁA Rafał | 383 | | M3 40-49 | 15 | | | 01:18:35.70 | 01:18:35.70 | +00:27:17 (34.7%) | 10:28 | 5.7 (64.8%) |
| 73 | MAJDAN-ADAMSKA Agnieszka | 816 | HUSARIA RACE TEAM | K2 30-39 | 4 | | Husaria race team | 01:18:52.25 | 01:18:52.25 | +00:27:34 (35.0%) | 10:30 | 5.7 (64.8%) |
| 74 | KOSTRZEWA Mariusz | 744 | DZIKIE WIEPRZE CRM | M3 40-49 | 16 | | | 01:18:55.55 | 01:18:55.55 | +00:27:37 (35.0%) | 10:31 | 5.7 (64.8%) |
| 75 | BULLER Michał | 19 | | M1 16-29 | 20 | | | 01:19:06.35 | 01:19:06.35 | +00:27:48 (35.1%) | 10:32 | 5.7 (64.8%) |
| 76 | GRZEGORCZYK Marcin | 346 | | M2 30-39 | 27 | | | 01:19:13.40 | 01:19:13.40 | +00:27:55 (35.2%) | 10:33 | 5.7 (64.8%) |
| 77 | OLEJNIK Przemek | 882 | | M4 50-59 | 6 | | | 01:19:30.20 | 01:19:30.20 | +00:28:12 (35.5%) | 10:36 | 5.7 (64.8%) |
| 78 | SROGA Maciej | 996 | | M2 30-39 | 28 | | | 01:19:33.05 | 01:19:33.05 | +00:28:15 (35.5%) | 10:36 | 5.7 (64.8%) |
| 79 | DOLEŻEK Agnieszka | 600 | WIECZORNE BIEGANIE W SZCZECINIE | K2 30-39 | 5 | | | 01:19:34.35 | 01:19:34.35 | +00:28:16 (35.5%) | 10:36 | 5.7 (64.8%) |
| 80 | ALABRUDZIŃSKA Agnieszka | 1423 | | K2 30-39 | 6 | | | 01:19:34.70 | 01:19:34.70 | +00:28:16 (35.5%) | 10:36 | 5.7 (64.8%) |
| 81 | PILARCZYK Katarzyna | 200 | KSF | K2 30-39 | 7 | | Ksf | 01:19:41.90 | 01:19:41.90 | +00:28:23 (35.6%) | 10:37 | 5.6 (63.6%) |
| 82 | JASTAK Paweł | 694 | | M2 30-39 | 29 | | | 01:19:48.00 | 01:19:48.00 | +00:28:29 (35.7%) | 10:38 | 5.6 (63.6%) |
| 83 | KRZEŚNIEWSKI Marcin | 1305 | ROWEROWY ZAŁOM | M3 40-49 | 17 | | | 01:20:04.30 | 01:20:04.30 | +00:28:46 (35.9%) | 10:40 | 5.6 (63.6%) |
| 84 | BUŁAWA Michał | 563 | | M1 16-29 | 21 | | | 01:20:11.15 | 01:20:11.15 | +00:28:53 (36.0%) | 10:41 | 5.6 (63.6%) |
| 85 | POZNAK Wojciech | 209 | | M2 30-39 | 30 | | | 01:20:33.15 | 01:20:33.15 | +00:29:15 (36.3%) | 10:44 | 5.6 (63.6%) |
| 86 | REMPLEWICZ Mariusz | 320 | | M2 30-39 | 31 | | | 01:20:49.45 | 01:20:49.45 | +00:29:31 (36.5%) | 10:46 | 5.6 (63.6%) |
| 87 | KANIA Rafał | 87 | KP PSP POLICE | M2 30-39 | 32 | Kp psp police | Kp psp police | 01:20:58.45 | 01:20:58.45 | +00:29:40 (36.6%) | 10:47 | 5.6 (63.6%) |
| 88 | KOWALSKI Tomasz | 304 | ZMĘCZONY SEZONEM | M2 30-39 | 33 | | | 01:21:12.10 | 01:21:12.10 | +00:29:54 (36.8%) | 10:49 | 5.5 (62.5%) |
| 89 | MAZUR Katarzyna | 155 | | K2 30-39 | 8 | | | 01:22:11.00 | 01:22:11.00 | +00:30:52 (37.6%) | 10:57 | 5.5 (62.5%) |
| 90 | SIEDLER Martin | 969 | SV DONSBRUGGEN 06 | M2 30-39 | 34 | | | 01:22:39.10 | 01:22:39.10 | +00:31:21 (37.9%) | 11:01 | 5.4 (61.4%) |
| 91 | KOPYŚĆ Bartłomiej | 111 | | M2 30-39 | 35 | | | 01:22:49.05 | 01:22:49.05 | +00:31:31 (38.1%) | 11:02 | 5.4 (61.4%) |
| 92 | DYDEK Arkadiusz | 1395 | | M1 16-29 | 22 | | | 01:22:59.20 | 01:22:59.20 | +00:31:41 (38.2%) | 11:03 | 5.4 (61.4%) |
| 93 | KNIAŻ Tomasz | 99 | | M2 30-39 | 36 | | | 01:23:04.20 | 01:23:04.20 | +00:31:46 (38.2%) | 11:04 | 5.4 (61.4%) |
| 94 | CHOMONT Magdalena | 334 | | K3 40-49 | 2 | | | 01:23:11.00 | 01:23:11.00 | +00:31:52 (38.3%) | 11:05 | 5.4 (61.4%) |
| 95 | SKRZYPKOWSKI Łukasz | 982 | LUKSMASAŻ | M2 30-39 | 37 | | | 01:23:14.35 | 01:23:14.35 | +00:31:56 (38.4%) | 11:05 | 5.4 (61.4%) |
| 96 | PEDA Leszek | 902 | | M5 60+ | 1 | | | 01:23:16.90 | 01:23:16.90 | +00:31:58 (38.4%) | 11:06 | 5.4 (61.4%) |
| 97 | FUDRO Edward | 627 | | M5 60+ | 2 | | | 01:23:26.45 | 01:23:26.45 | +00:32:08 (38.5%) | 11:07 | 5.4 (61.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Mundurowi | Drużyna Kluby | Czas netto 7.5km | Czas brutto 7.5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------|-------|---|-----------|------|-------------------|--------------------------|---------------------|----------------------|----------------------|-----------------|----------------|
| 98 | STYMA Sławomir | 240 | HUSARIA | M3 40-49 | 18 | | | 01:23:39.05 | 01:23:39.05 | +00:32:21 (38.7%) | 11:09 | 5.4 (61.4%) |
| 99 | BLICHARSKA Marta | 540 | 12 BZ | K2 30-39 | 9 | | | 01:23:48.55 | 01:23:48.55 | +00:32:30 (38.8%) | 11:10 | 5.4 (61.4%) |
| 100 | SŁODZIŃSKI Gabriel | 983 | ŁOSOŚ T.E.A.M. | M1 16-29 | 23 | | Łosoś t.e.a.m. | 01:23:57.50 | 01:23:57.50 | +00:32:39 (38.9%) | 11:11 | 5.4 (61.4%) |
| 101 | GONTEK Łukasz | 643 | ŁOSOŚ T.E.A.M. | M2 30-39 | 38 | | Łosoś t.e.a.m. | 01:23:57.80 | 01:23:57.80 | +00:32:39 (38.9%) | 11:11 | 5.4 (61.4%) |
| 102 | RYŻ Arkadiusz | 956 | | M2 30-39 | 39 | | | 01:24:15.60 | 01:24:15.60 | +00:32:57 (39.1%) | 11:14 | 5.3 (60.2%) |
| 103 | SZATANEK Ewa | 1016 | | K3 40-49 | 3 | | | 01:24:16.15 | 01:24:16.15 | +00:32:58 (39.1%) | 11:14 | 5.3 (60.2%) |
| 104 | ROTKIEWICZ Daria | 220 | | K1 16-29 | 3 | | | 01:24:20.65 | 01:24:20.65 | +00:33:02 (39.2%) | 11:14 | 5.3 (60.2%) |
| 105 | LASKOWSKI Tomasz | 787 | PIĘKNI I BESTIE | M2 30-39 | 40 | | | 01:24:21.35 | 01:24:21.35 | +00:33:03 (39.2%) | 11:14 | 5.3 (60.2%) |
| 106 | LIS Remigiusz | 309 | | M2 30-39 | 41 | | | 01:24:22.45 | 01:24:22.45 | +00:33:04 (39.2%) | 11:14 | 5.3 (60.2%) |
| 107 | GRZYBOWSKI Przemysław | 661 | KP PSP POLICE | M3 40-49 | 19 | Kp psp police | | 01:24:26.75 | 01:24:26.75 | +00:33:08 (39.3%) | 11:15 | 5.3 (60.2%) |
| 108 | ŁYSEK Grzegorz | 810 | ŁYSKEY | M2 30-39 | 42 | | | 01:24:27.00 | 01:24:27.00 | +00:33:08 (39.3%) | 11:15 | 5.3 (60.2%) |
| 109 | SZKUTNIK Arkadiusz | 1019 | 2 BRYGADA ZMECHANIZOWANA | M4 50-59 | 7 | | 2 brygada zmechanizowana | 01:24:33.75 | 01:24:33.75 | +00:33:15 (39.3%) | 11:16 | 5.3 (60.2%) |
| 110 | WARCHAŁOWSKI Arkadiusz | 1053 | | M3 40-49 | 20 | | | 01:24:34.10 | 01:24:34.10 | +00:33:16 (39.3%) | 11:16 | 5.3 (60.2%) |
| 111 | MAŁOCHA Klaudyna | 822 | BIEGACZE ŚWINOUJŚCIE | K1 16-29 | 4 | | | 01:24:48.80 | 01:24:48.80 | +00:33:30 (39.5%) | 11:18 | 5.3 (60.2%) |
| 112 | GŁADYSZ Jarosław | 640 | | M2 30-39 | 43 | | | 01:24:52.40 | 01:24:52.40 | +00:33:34 (39.6%) | 11:18 | 5.3 (60.2%) |
| 113 | SZERŁĄG Paweł | 1288 | KP PSP POLICE | M2 30-39 | 44 | | | 01:24:54.40 | 01:24:54.40 | +00:33:36 (39.6%) | 11:19 | 5.3 (60.2%) |
| 114 | CHRAPKOWSKI Marcel | 574 | OCR TEAM WŁOCŁAWEK | M2 30-39 | 45 | | Ocr team wrocławek | 01:24:56.30 | 01:24:56.30 | +00:33:38 (39.6%) | 11:19 | 5.3 (60.2%) |
| 115 | ZARĘBA Piotr | 1110 | KP PSP POLICE | M2 30-39 | 46 | Kp psp police | Kp psp police | 01:24:59.10 | 01:24:59.10 | +00:33:41 (39.6%) | 11:19 | 5.3 (60.2%) |
| 116 | SZULC Marcin | 1021 | | M2 30-39 | 47 | | | 01:25:08.25 | 01:25:08.25 | +00:33:50 (39.7%) | 11:21 | 5.3 (60.2%) |
| 116 | ŁUKASZEWSKI Michał | 809 | | M2 30-39 | 48 | | | 01:25:08.25 | 01:25:08.25 | +00:33:50 (39.7%) | 11:21 | 5.3 (60.2%) |
| 118 | GRYGORCEWICZ Władysław | 655 | SKB DZIK POLICE | M5 60+ | 3 | | | 01:25:13.00 | 01:25:13.00 | +00:33:54 (39.8%) | 11:21 | 5.3 (60.2%) |
| 119 | SZOTA Robert | 244 | SMT SZCZECIN | M2 30-39 | 49 | | | 01:25:14.05 | 01:25:14.05 | +00:33:56 (39.8%) | 11:21 | 5.3 (60.2%) |
| 120 | SERWIN Krzysztof | 966 | WIECZORNE BIEGANIE W SZCZECINIE | M2 30-39 | 50 | | | 01:25:26.25 | 01:25:26.25 | +00:34:08 (40.0%) | 11:23 | 5.3 (60.2%) |
| 121 | BURDZIŃSKI Mateusz | 306 | | M2 30-39 | 51 | | | 01:25:27.25 | 01:25:27.25 | +00:34:09 (40.0%) | 11:23 | 5.3 (60.2%) |
| 122 | HAWRYLAK Marcin | 668 | SOSW NR 1 DLA DZIECI NIEPEŁNOSPRAWNYCH RUCHOWO W POLICACH | M4 50-59 | 8 | | Ampio Team | 01:25:28.45 | 01:25:28.45 | +00:34:10 (40.0%) | 11:23 | 5.3 (60.2%) |
| 123 | KULA Dawid | 769 | OŻW SZCZECIN | M1 16-29 | 24 | Ożw szczecin | | 01:25:32.95 | 01:25:32.95 | +00:34:14 (40.0%) | 11:24 | 5.3 (60.2%) |
| 124 | LANG Monika | 786 | AWL | K1 16-29 | 5 | | Awl | 01:25:33.35 | 01:25:33.35 | +00:34:15 (40.0%) | 11:24 | 5.3 (60.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Mundurowi | Drużyna Kluby | Czas netto 7.5km | Czas brutto 7.5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------|-------|-------------------|-----------|------|-------------------|-----------------------|------------------|-------------------|-------------------|--------------|-------------|
| 125 | CHEŁSTOWSKI Adrian | 22 | | M2 30-39 | 52 | | | 01:25:54.10 | 01:25:54.10 | +00:34:36 (40.3%) | 11:27 | 5.2 (59.1%) |
| 126 | ŁAWNICZAK Sebastian | 801 | | M3 40-49 | 21 | | | 01:26:13.30 | 01:26:13.30 | +00:34:55 (40.5%) | 11:29 | 5.2 (59.1%) |
| 127 | KRUK Bartosz | 1380 | | M2 30-39 | 53 | | | 01:26:21.40 | 01:26:21.40 | +00:35:03 (40.6%) | 11:30 | 5.2 (59.1%) |
| 128 | BAGIŃSKI Marcin | 4 | KONIUCHY OCR | M2 30-39 | 54 | | | 01:26:39.40 | 01:26:39.40 | +00:35:21 (40.8%) | 11:33 | 5.2 (59.1%) |
| 129 | DUSZA Robert | 614 | | M3 40-49 | 22 | | | 01:26:44.90 | 01:26:44.90 | +00:35:26 (40.9%) | 11:33 | 5.2 (59.1%) |
| 130 | DUBIEL Monika | 41 | | K2 30-39 | 10 | | | 01:26:46.55 | 01:26:46.55 | +00:35:28 (40.9%) | 11:34 | 5.2 (59.1%) |
| 131 | MURAWSKA Wioletta | 852 | KB DZIK POLICE | K4 50-59 | 1 | | | 01:27:09.05 | 01:27:09.05 | +00:35:51 (41.1%) | 11:37 | 5.2 (59.1%) |
| 132 | STRZEMIŃSKI Bartłomiej | 1010 | | M1 16-29 | 25 | | | 01:27:25.75 | 01:27:25.75 | +00:36:07 (41.3%) | 11:39 | 5.1 (58.0%) |
| 133 | CIĘŻKI Mariusz | 329 | | M3 40-49 | 23 | | | 01:27:28.85 | 01:27:28.85 | +00:36:10 (41.4%) | 11:39 | 5.1 (58.0%) |
| 134 | TURCZYŃSKI Marcin | 1042 | | M2 30-39 | 55 | | | 01:27:40.65 | 01:27:40.65 | +00:36:22 (41.5%) | 11:41 | 5.1 (58.0%) |
| 135 | SOBCZAK Wojciech | 988 | | M2 30-39 | 56 | | | 01:27:40.85 | 01:27:40.85 | +00:36:22 (41.5%) | 11:41 | 5.1 (58.0%) |
| 136 | ARLUKIEWICZ Grzegorz | 511 | | M2 30-39 | 57 | | | 01:28:01.30 | 01:28:01.30 | +00:36:43 (41.7%) | 11:44 | 5.1 (58.0%) |
| 137 | NĘDZUSIAK Dariusz | 864 | POLKRYŚ TEAM | M4 50-59 | 9 | | | 01:28:01.60 | 01:28:01.60 | +00:36:43 (41.7%) | 11:44 | 5.1 (58.0%) |
| 138 | SOBAŃSKA Karolina | 987 | SKB DZIK | K2 30-39 | 11 | 12 bz szczecin | Skb dzik | 01:28:04.80 | 01:28:04.80 | +00:36:46 (41.8%) | 11:44 | 5.1 (58.0%) |
| 139 | SZYNTOR Mateusz | 1026 | GRA RUNNERS | M1 16-29 | 26 | | Gryficka siła biegowa | 01:28:18.90 | 01:28:18.90 | +00:37:00 (41.9%) | 11:46 | 5.1 (58.0%) |
| 140 | PONIEWIERKA Remigiusz | 917 | DRAGON 10 | M3 40-49 | 24 | | | 01:28:34.35 | 01:28:34.35 | +00:37:16 (42.1%) | 11:48 | 5.1 (58.0%) |
| 141 | CIĘŻKI Kuba | 1150 | | M1 16-29 | 27 | | | 01:28:37.55 | 01:28:37.55 | +00:37:19 (42.1%) | 11:48 | 5.1 (58.0%) |
| 142 | PAŃCZYK Tomasz | 894 | | M2 30-39 | 58 | | | 01:28:41.20 | 01:28:41.20 | +00:37:23 (42.2%) | 11:49 | 5.1 (58.0%) |
| 143 | BŁĄŻEJEWSKI Wojciech | 543 | | M2 30-39 | 59 | | | 01:28:50.90 | 01:28:50.90 | +00:37:32 (42.3%) | 11:50 | 5.1 (58.0%) |
| 144 | CHODAK Monika | 571 | HUSARIA RACE TEAM | K3 40-49 | 4 | | Husaria race team | 01:28:52.30 | 01:28:52.30 | +00:37:34 (42.3%) | 11:50 | 5.1 (58.0%) |
| 145 | LEWANDOWSKI Piotr | 341 | | M2 30-39 | 60 | | Skb dzik | 01:29:02.40 | 01:29:02.40 | +00:37:44 (42.4%) | 11:52 | 5.1 (58.0%) |
| 146 | ŚWIERCZ Dariusz | 1030 | WATACHA WAŁCZ | M4 50-59 | 10 | Watacha wałcz | Watacha wałcz | 01:29:02.65 | 01:29:02.65 | +00:37:44 (42.4%) | 11:52 | 5.1 (58.0%) |
| 147 | ROJEWSKI Mateusz | 946 | | M2 30-39 | 61 | | | 01:29:03.75 | 01:29:03.75 | +00:37:45 (42.4%) | 11:52 | 5.1 (58.0%) |
| 148 | WITORZĘĆ Dariusz | 1076 | | M3 40-49 | 25 | | | 01:29:12.25 | 01:29:12.25 | +00:37:54 (42.5%) | 11:53 | 5 (56.8%) |
| 149 | GARCON Łukasz | 335 | | M2 30-39 | 62 | Ożw szczecin | | 01:29:12.45 | 01:29:12.45 | +00:37:54 (42.5%) | 11:53 | 5 (56.8%) |
| 150 | LIPECKI Wojciech | 336 | | M1 16-29 | 28 | Ożw szczecin | | 01:29:13.25 | 01:29:13.25 | +00:37:55 (42.5%) | 11:53 | 5 (56.8%) |
| 151 | JAKUBIAK Anna | 679 | RAZ SZCZECIN | K4 50-59 | 2 | | | 01:29:13.45 | 01:29:13.45 | +00:37:55 (42.5%) | 11:53 | 5 (56.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria Mkat | Drużyna Mundurowi | Drużyna Kluby | Czas netto 7.5km | Czas brutto 7.5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------|-------|---------------------------------|----------------|-------------------|---------------------|------------------|-------------------|-------------------|--------------|-------------|
| 152 | PIEKARZ Agata | 375 | | K1 16-29 | 6 | | 01:29:14.10 | 01:29:14.10 | +00:37:56 (42.5%) | 11:53 | 5 (56.8%) |
| 153 | CZYLKOWSKI Patryk | 587 | 100%EG | M2 30-39 | 63 | | 01:29:18.90 | 01:29:18.90 | +00:38:00 (42.6%) | 11:54 | 5 (56.8%) |
| 154 | KOCZKODAJ Kamil | 733 | | M2 30-39 | 64 | Ożw szczecin | 01:29:29.15 | 01:29:29.15 | +00:38:11 (42.7%) | 11:55 | 5 (56.8%) |
| 155 | MILEJSKI Paweł | 843 | | M2 30-39 | 65 | | 01:29:35.50 | 01:29:35.50 | +00:38:17 (42.7%) | 11:56 | 5 (56.8%) |
| 156 | JOŃCA Marcin | 83 | | M2 30-39 | 66 | | 01:29:39.35 | 01:29:39.35 | +00:38:21 (42.8%) | 11:57 | 5 (56.8%) |
| 157 | MAJCHER Piotr | 815 | PIŁA TEAM | M3 40-49 | 26 | | 01:29:44.35 | 01:29:44.35 | +00:38:26 (42.8%) | 11:57 | 5 (56.8%) |
| 158 | MARTUSZEWSKI Ryszard | 827 | | M3 40-49 | 27 | | 01:29:45.75 | 01:29:45.75 | +00:38:27 (42.8%) | 11:58 | 5 (56.8%) |
| 159 | KOBIAŁKA Kamil | 101 | MK FIZJOTERAPIA SZCZECIN | M2 30-39 | 67 | | 01:30:05.90 | 01:30:05.90 | +00:38:47 (43.1%) | 12:00 | 5 (56.8%) |
| 160 | LUDWICZAK Jarosław | 800 | KOŚCIAN TEAM | M2 30-39 | 68 | | 01:30:15.80 | 01:30:15.80 | +00:38:57 (43.2%) | 12:02 | 5 (56.8%) |
| 161 | GRABOWSKA Joanna | 648 | SPC | K3 40-49 | 5 | | 01:30:24.60 | 01:30:24.60 | +00:39:06 (43.3%) | 12:03 | 5 (56.8%) |
| 162 | ULASS Patrycja | 1045 | | K1 16-29 | 7 | | 01:30:30.35 | 01:30:30.35 | +00:39:12 (43.3%) | 12:04 | 5 (56.8%) |
| 163 | SITEK Alfred | 971 | | M2 30-39 | 69 | Ubawieni po pachy v | 01:30:30.50 | 01:30:30.50 | +00:39:12 (43.3%) | 12:04 | 5 (56.8%) |
| 164 | BOROWSKI Tomasz | 552 | | M1 16-29 | 29 | | 01:31:00.65 | 01:31:00.65 | +00:39:42 (43.6%) | 12:08 | 4.9 (55.7%) |
| 165 | DZIĘGIELEWSKI Grzegorz | 618 | | M2 30-39 | 70 | | 01:31:33.70 | 01:31:33.70 | +00:40:15 (44.0%) | 12:12 | 4.9 (55.7%) |
| 166 | SOWISZ Adrianna | 995 | SOWISZ TEAM | K1 16-29 | 8 | Sowisz team | 01:31:38.90 | 01:31:38.90 | +00:40:20 (44.0%) | 12:13 | 4.9 (55.7%) |
| 167 | BAGIŃSKA Laura | 516 | | K1 16-29 | 9 | | 01:31:42.75 | 01:31:42.75 | +00:40:24 (44.1%) | 12:13 | 4.9 (55.7%) |
| 168 | GERWICKI Paweł | 1268 | | M2 30-39 | 71 | | 01:31:46.30 | 01:31:46.30 | +00:40:28 (44.1%) | 12:14 | 4.9 (55.7%) |
| 169 | GROCHOWSKI Rafał | 69 | KP PSP POLICE | M1 16-29 | 30 | Kp psp police | 01:31:46.75 | 01:31:46.75 | +00:40:28 (44.1%) | 12:14 | 4.9 (55.7%) |
| 170 | MAJ Patryk | 812 | BAR DANCERZ | M1 16-29 | 31 | | 01:31:53.00 | 01:31:53.00 | +00:40:34 (44.2%) | 12:15 | 4.9 (55.7%) |
| 171 | KOZŁOWSKI Piotr | 305 | | M2 30-39 | 72 | | 01:32:41.90 | 01:32:41.90 | +00:41:23 (44.7%) | 12:21 | 4.9 (55.7%) |
| 172 | HALECZKO Matesz | 73 | DZIKIE DZIKI GORZÓW | M1 16-29 | 32 | Dzikie dziki gorzów | 01:32:43.95 | 01:32:43.95 | +00:41:25 (44.7%) | 12:21 | 4.9 (55.7%) |
| 173 | KWIATKOWSKA Aleksandra | 779 | WIECZORNE BIEGANIE W SZCZECINIE | K1 16-29 | 10 | | 01:32:47.10 | 01:32:47.10 | +00:41:29 (44.7%) | 12:22 | 4.9 (55.7%) |
| 174 | DROZD Dariusz | 321 | | M2 30-39 | 73 | Eichhornchen | 01:32:50.00 | 01:32:50.00 | +00:41:31 (44.7%) | 12:22 | 4.8 (54.5%) |
| 175 | MEUSIAK Rafał | 156 | | M2 30-39 | 74 | | 01:32:53.50 | 01:32:53.50 | +00:41:35 (44.8%) | 12:23 | 4.8 (54.5%) |
| 176 | RYWACKI Karol | 1415 | | M2 30-39 | 75 | | 01:32:54.50 | 01:32:54.50 | +00:41:36 (44.8%) | 12:23 | 4.8 (54.5%) |
| 177 | STERNA Maciej | 236 | | M2 30-39 | 76 | | 01:32:54.70 | 01:32:54.70 | +00:41:36 (44.8%) | 12:23 | 4.8 (54.5%) |
| 178 | GĄGOL Marwk | 58 | | M2 30-39 | 77 | | 01:32:55.35 | 01:32:55.35 | +00:41:37 (44.8%) | 12:23 | 4.8 (54.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Mundurowi | Drużyna Kluby | Czas netto 7.5km | Czas brutto 7.5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------|-------|----------------------|-----------|------|-------------------|--------------------|------------------|-------------------|-------------------|--------------|-------------|
| 179 | WAHN Przemysław | 1130 | | M2 30-39 | 78 | | | 01:33:00.10 | 01:33:00.10 | +00:41:42 (44.8%) | 12:24 | 4.8 (54.5%) |
| 180 | KNIOŁA Łukasz | 730 | PIŁA TEAM | M2 30-39 | 79 | | | 01:33:02.85 | 01:33:02.85 | +00:41:44 (44.9%) | 12:24 | 4.8 (54.5%) |
| 181 | KNIOŁA Agnieszka | 729 | PIŁA TEAM | K2 30-39 | 12 | | | 01:33:03.00 | 01:33:03.00 | +00:41:44 (44.9%) | 12:24 | 4.8 (54.5%) |
| 182 | STEFAŃCZYK Przemysław | 1002 | GAZELA ŚWINOUJŚCIE | M3 40-49 | 28 | | | 01:33:05.30 | 01:33:05.30 | +00:41:47 (44.9%) | 12:24 | 4.8 (54.5%) |
| 183 | STEFAŃCZYK Małgorzata | 1001 | GAZELA ŚWINOUJŚCIE | K3 40-49 | 6 | | | 01:33:05.40 | 01:33:05.40 | +00:41:47 (44.9%) | 12:24 | 4.8 (54.5%) |
| 184 | KUBIACZYK Ireneusz | 123 | | M3 40-49 | 29 | | | 01:33:08.75 | 01:33:08.75 | +00:41:50 (44.9%) | 12:25 | 4.8 (54.5%) |
| 185 | ZERZUT Jarosław | 1115 | ŚRUNDUNIA SZCZECIN | M4 50-59 | 11 | | | 01:33:15.00 | 01:33:15.00 | +00:41:56 (45.0%) | 12:26 | 4.8 (54.5%) |
| 186 | SKOKOWSKI Jacek | 976 | ŚRUNDUNIA SZCZECIN | M4 50-59 | 12 | | Śrundunia szczecin | 01:33:15.05 | 01:33:15.05 | +00:41:57 (45.0%) | 12:26 | 4.8 (54.5%) |
| 187 | LIPERTOWICZ Sebastian | 1144 | | M2 30-39 | 80 | | | 01:33:21.75 | 01:33:21.75 | +00:42:03 (45.1%) | 12:26 | 4.8 (54.5%) |
| 188 | KĘDZIELEWSKI Łukasz | 717 | ZAWADZKIEGO SZCZECIN | M2 30-39 | 81 | | | 01:33:23.25 | 01:33:23.25 | +00:42:05 (45.1%) | 12:27 | 4.8 (54.5%) |
| 189 | LEWANDOWSKI Mirosław | 134 | GOLENIÓW | M4 50-59 | 13 | | | 01:33:32.35 | 01:33:32.35 | +00:42:14 (45.2%) | 12:28 | 4.8 (54.5%) |
| 190 | CHUDY Kamil | 26 | | M2 30-39 | 82 | | | 01:33:34.00 | 01:33:34.00 | +00:42:15 (45.2%) | 12:28 | 4.8 (54.5%) |
| 191 | CHARĘZA Marcin | 569 | ZAWADZKIEGO SZCZECIN | M2 30-39 | 83 | | | 01:33:36.25 | 01:33:36.25 | +00:42:18 (45.2%) | 12:28 | 4.8 (54.5%) |
| 192 | CHMUROWICZ Barnima | 23 | | K2 30-39 | 13 | | | 01:33:45.45 | 01:33:45.45 | +00:42:27 (45.3%) | 12:30 | 4.8 (54.5%) |
| 193 | LENCEWICZ Grzegorz | 300 | HUSARIA RACE TEAM | M2 30-39 | 84 | | | 01:33:45.85 | 01:33:45.85 | +00:42:27 (45.3%) | 12:30 | 4.8 (54.5%) |
| 194 | BUDNY Wojciech | 562 | | M2 30-39 | 85 | | | 01:33:46.25 | 01:33:46.25 | +00:42:28 (45.3%) | 12:30 | 4.8 (54.5%) |
| 195 | BUDNA Anna | 561 | | K3 40-49 | 7 | | | 01:33:46.30 | 01:33:46.30 | +00:42:28 (45.3%) | 12:30 | 4.8 (54.5%) |
| 196 | GRZELAK Kacper | 659 | KB HERMES GRZYFINO | M1 16-29 | 33 | | | 01:33:50.20 | 01:33:50.20 | +00:42:32 (45.3%) | 12:30 | 4.8 (54.5%) |
| 197 | DEPA Bogusława | 38 | | K3 40-49 | 8 | | | 01:33:57.20 | 01:33:57.20 | +00:42:39 (45.4%) | 12:31 | 4.8 (54.5%) |
| 198 | BĄK Sebastian | 526 | ŁOSOŚ T.E.A.M. | M2 30-39 | 86 | | Łosoś t.e.a.m. | 01:34:03.40 | 01:34:03.40 | +00:42:45 (45.5%) | 12:32 | 4.8 (54.5%) |
| 199 | RUTKOWSKA Anna | 954 | WATAHA WAŁCZ | K4 50-59 | 3 | | Wataha wałcz | 01:34:19.20 | 01:34:19.20 | +00:43:01 (45.6%) | 12:34 | 4.8 (54.5%) |
| 200 | ZADROŻNY Szymon | 1106 | WATAHA WAŁCZ | M3 40-49 | 30 | Ożw szczecin | Wataha wałcz | 01:34:19.50 | 01:34:19.50 | +00:43:01 (45.6%) | 12:34 | 4.8 (54.5%) |
| 200 | PYREK Krzysztof | 937 | 1 RBLOG | M2 30-39 | 87 | | | 01:34:19.50 | 01:34:19.50 | +00:43:01 (45.6%) | 12:34 | 4.8 (54.5%) |
| 202 | PYREK Iwona | 938 | | K2 30-39 | 14 | | | 01:34:19.60 | 01:34:19.60 | +00:43:01 (45.6%) | 12:34 | 4.8 (54.5%) |
| 203 | WUJDA Mirosław | 1100 | ERNI RULEZ | M3 40-49 | 31 | | | 01:34:36.25 | 01:34:36.25 | +00:43:18 (45.8%) | 12:36 | 4.8 (54.5%) |
| 204 | KOWALSKI Daniel | 749 | DRAGON 10 | M2 30-39 | 88 | | | 01:34:36.45 | 01:34:36.45 | +00:43:18 (45.8%) | 12:36 | 4.8 (54.5%) |
| 205 | MAĆKIEWICZ Zbigniew | 147 | | M4 50-59 | 14 | | | 01:35:11.45 | 01:35:11.45 | +00:43:53 (46.1%) | 12:41 | 4.7 (53.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Mundurowi | Drużyna Kluby | Czas netto 7.5km | Czas brutto 7.5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------------|-------------|--|-----------|------|-------------------|---------------|---------------------|----------------------|----------------------|-----------------|----------------|
| 206 | MATUSIAK Rafał | 1278 | | M1 16-29 | 34 | | | 01:35:31.60 | 01:35:31.60 | +00:44:13 (46.3%) | 12:44 | 4.7 (53.4%) |
| 207 | WOJTKOWIAK Rafał | 1080 | | M3 40-49 | 32 | | | 01:35:37.90 | 01:35:37.90 | +00:44:19 (46.4%) | 12:44 | 4.7 (53.4%) |
| 208 | ZARZECZAŃSKA-JANASIK Blanka | 280 | | K2 30-39 | 15 | | | 01:35:38.40 | 01:35:38.40 | +00:44:20 (46.4%) | 12:45 | 4.7 (53.4%) |
| 209 | SENDEROWSKI Maciej | 198 | DRINK TEAM | M2 30-39 | 89 | | Drink team | 01:35:52.15 | 01:35:52.15 | +00:44:34 (46.5%) | 12:46 | 4.7 (53.4%) |
| 210 | MATYSEK Ireneusz | 1147 | KOMANDOS WAŁECKI | M5 60+ | 4 | | | 01:36:01.60 | 01:36:01.60 | +00:44:43 (46.6%) | 12:48 | 4.7 (53.4%) |
| 211 | NOWEK Dawid | 878 | CHUDE BYKI | M1 16-29 | 35 | | Chude byki | 01:36:39.25 | 01:36:39.25 | +00:45:21 (46.9%) | 12:53 | 4.7 (53.4%) |
| 212 | JODŁOWSKA Ewa | 700 | | K2 30-39 | 16 | | | 01:36:49.65 | 01:36:49.65 | +00:45:31 (47.0%) | 12:54 | 4.6 (52.3%) |
| 212 | JODŁOWSKI Marek | 701 | | M3 40-49 | 33 | | | 01:36:49.65 | 01:36:49.65 | +00:45:31 (47.0%) | 12:54 | 4.6 (52.3%) |
| 214 | JUŻYK Patrycja | 895 | INCOM POLSKA | K2 30-39 | 17 | | | 01:36:50.15 | 01:36:50.15 | +00:45:32 (47.0%) | 12:54 | 4.6 (52.3%) |
| 215 | OSTOLSKA Ewelina | 183 | KSF | K1 16-29 | 11 | | Ksf | 01:36:50.20 | 01:36:50.20 | +00:45:32 (47.0%) | 12:54 | 4.6 (52.3%) |
| 216 | BILIŃSKI Zbigniew | 536 | | M4 50-59 | 15 | | | 01:37:03.60 | 01:37:03.60 | +00:45:45 (47.1%) | 12:56 | 4.6 (52.3%) |
| 217 | NICEWICZ Beata | 865 | UBAWIENI PO PACHY V | K3 40-49 | 9 | | | 01:37:06.95 | 01:37:06.95 | +00:45:48 (47.2%) | 12:56 | 4.6 (52.3%) |
| 218 | SZYSZKO Filip | 253 | | M1 16-29 | 36 | | | 01:37:07.70 | 01:37:07.70 | +00:45:49 (47.2%) | 12:56 | 4.6 (52.3%) |
| 219 | SZYSZKO Artur | 252 | | M3 40-49 | 34 | | | 01:37:14.00 | 01:37:14.00 | +00:45:55 (47.2%) | 12:57 | 4.6 (52.3%) |
| 220 | SAWA Piotr | 962 | IRON TEAM SZCZECIN | M2 30-39 | 90 | | | 01:37:14.35 | 01:37:14.35 | +00:45:56 (47.2%) | 12:57 | 4.6 (52.3%) |
| 221 | ZIÓŁKOWSKI Filip | 1118 | 12 BATALION DOWODZENIA UŁANÓW PODOLSKICH | M2 30-39 | 91 | | | 01:37:16.30 | 01:37:16.30 | +00:45:58 (47.3%) | 12:58 | 4.6 (52.3%) |
| 222 | KAMIŃSKI Kacper | 710 | | M2 30-39 | 92 | | | 01:37:21.45 | 01:37:21.45 | +00:46:03 (47.3%) | 12:58 | 4.6 (52.3%) |
| 223 | TOMCZAK Artur | 1038 | OSP OCIESZYN | M2 30-39 | 93 | | Wataha walcz | 01:37:23.00 | 01:37:23.00 | +00:46:04 (47.3%) | 12:59 | 4.6 (52.3%) |
| 224 | TOMCZAK Joanna | 1039 | OSP OCIESZYN | K2 30-39 | 18 | | | 01:37:23.30 | 01:37:23.30 | +00:46:05 (47.3%) | 12:59 | 4.6 (52.3%) |
| 225 | KAMIONKA Andrzej | 711 | WIECZORNE BIEGANIE W SZCZECINIE | M2 30-39 | 94 | | | 01:37:29.45 | 01:37:29.45 | +00:46:11 (47.4%) | 12:59 | 4.6 (52.3%) |
| 226 | KOZŁOWSKA Justyna | 753 | KLUB BIEGOWY WIKON NOWA SÓL | K1 16-29 | 12 | | | 01:37:34.35 | 01:37:34.35 | +00:46:16 (47.4%) | 13:00 | 4.6 (52.3%) |
| 227 | WÓJCIAK Marcin | 1412 | | M1 16-29 | 37 | | | 01:37:42.15 | 01:37:42.15 | +00:46:24 (47.5%) | 13:01 | 4.6 (52.3%) |
| 228 | KOWALSKI Piotr | 116 | | M1 16-29 | 38 | | | 01:38:13.50 | 01:38:13.50 | +00:46:55 (47.8%) | 13:05 | 4.6 (52.3%) |
| 229 | NOWAK Maciej | 174 | | M1 16-29 | 39 | | | 01:38:26.20 | 01:38:26.20 | +00:47:08 (47.9%) | 13:07 | 4.6 (52.3%) |
| 230 | PLISZKA Dariusz | 1284 | PDC | M1 16-29 | 40 | | | 01:38:46.00 | 01:38:46.00 | +00:47:27 (48.1%) | 13:10 | 4.6 (52.3%) |
| 231 | ŻYLUK-GADOWSKA Paulina | 1129 | NIE PROWOKUJ LOCHY | K2 30-39 | 19 | | | 01:38:50.50 | 01:38:50.50 | +00:47:32 (48.1%) | 13:10 | 4.6 (52.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Mundurowi | Drużyna Kluby | Czas netto 7.5km | Czas brutto 7.5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|-------------|---------------------------------|-----------|------|-------------------|-----------------|--------------------|--------------------|-------------------|--------------|-------------|
| 232 | SKRZYPIEC Andrzej | 981 | MKL MARATON ŚWINOUJŚCIE | M5 60+ | 5 | | | 01:39:23.60 | 01:39:23.60 | +00:48:05 (48.4%) | 13:15 | 4.5 (51.1%) |
| 233 | GADOWSKI Wojciech | 628 | NIE PROWOKUJ LOCHY | M2 30-39 | 95 | | | 01:39:28.55 | 01:39:28.55 | +00:48:10 (48.4%) | 13:15 | 4.5 (51.1%) |
| 234 | CHRZANOWSKA Emilia | 25 | | K2 30-39 | 20 | | Passion fitness | 01:39:50.40 | 01:39:50.40 | +00:48:32 (48.6%) | 13:18 | 4.5 (51.1%) |
| 235 | STÓJ Paulina | 239 | | K2 30-39 | 21 | | Passion fitness | 01:39:50.45 | 01:39:50.45 | +00:48:32 (48.6%) | 13:18 | 4.5 (51.1%) |
| 236 | CIESZYNSKI Wojciech | 582 | | M3 40-49 | 35 | | | 01:39:52.75 | 01:39:52.75 | +00:48:34 (48.6%) | 13:18 | 4.5 (51.1%) |
| 237 | KLESZOWSKI Daniel | 724 | | M3 40-49 | 36 | | | 01:39:53.90 | 01:39:53.90 | +00:48:35 (48.6%) | 13:19 | 4.5 (51.1%) |
| 238 | SMYKA Jarosław | 232 | | M3 40-49 | 37 | | | 01:39:55.60 | 01:39:55.60 | +00:48:37 (48.7%) | 13:19 | 4.5 (51.1%) |
| 239 | BOBEL Urszula | 544 | | K2 30-39 | 22 | | | 01:39:56.75 | 01:39:56.75 | +00:48:38 (48.7%) | 13:19 | 4.5 (51.1%) |
| 240 | WOŁK Marcin | 1084 | KSF | M2 30-39 | 96 | | Ksf | 01:40:25.15 | 01:40:25.15 | +00:49:07 (48.9%) | 13:23 | 4.5 (51.1%) |
| 241 | NIKLAS Malgorzata | 872 | KSF | K2 30-39 | 23 | | Ksf | 01:40:25.20 | 01:40:25.20 | +00:49:07 (48.9%) | 13:23 | 4.5 (51.1%) |
| 242 | BRZOZA Maciek | 14 | | M3 40-49 | 38 | | | 01:40:41.80 | 01:40:41.80 | +00:49:23 (49.1%) | 13:25 | 4.5 (51.1%) |
| 243 | KOMSTA Rafał | 736 | | M2 30-39 | 97 | | | 01:40:42.95 | 01:40:42.95 | +00:49:24 (49.1%) | 13:25 | 4.5 (51.1%) |
| 244 | ANTOSZEWSKI Adam | 3 | | M2 30-39 | 98 | | | 01:40:45.50 | 01:40:45.50 | +00:49:27 (49.1%) | 13:26 | 4.5 (51.1%) |
| 245 | KRAWIEC Mateusz | 757 | | M1 16-29 | 41 | | | 01:40:52.25 | 01:40:52.25 | +00:49:34 (49.1%) | 13:26 | 4.5 (51.1%) |
| 246 | MĄDRAWSKI Tomasz | 836 | | M3 40-49 | 39 | | | 01:40:54.25 | 01:40:54.25 | +00:49:36 (49.2%) | 13:27 | 4.5 (51.1%) |
| 247 | PRZYBYLSKI Damian | 210 | | M1 16-29 | 42 | | | 01:40:57.85 | 01:40:57.85 | +00:49:39 (49.2%) | 13:27 | 4.5 (51.1%) |
| 248 | ROSIK Sebastian | 1377 | WIECZORNE BIEGANIE W SZCZECINIE | M2 30-39 | 99 | | | 01:40:58.55 | 01:40:58.55 | +00:49:40 (49.2%) | 13:27 | 4.5 (51.1%) |
| 249 | MARKS Maciej | 826 | STOWARZYSZENIE DOŁUJE-KOŚCINO | M3 40-49 | 40 | | | 01:40:59.00 | 01:40:59.00 | +00:49:40 (49.2%) | 13:27 | 4.5 (51.1%) |
| 250 | STRĄG Izabela | 379 | | K3 40-49 | 10 | | | 01:40:59.10 | 01:40:59.10 | +00:49:41 (49.2%) | 13:27 | 4.5 (51.1%) |
| 251 | POST Marcin | 921 | | M2 30-39 | 100 | | Goodfellas | 01:41:00.70 | 01:41:00.70 | +00:49:42 (49.2%) | 13:28 | 4.5 (51.1%) |
| 252 | JANUS Grzegorz | 685 | | M2 30-39 | 101 | | | 01:41:14.40 | 01:41:14.40 | +00:49:56 (49.3%) | 13:29 | 4.4 (50.0%) |
| 253 | MILANOWSKA Paula | 345 | | K1 16-29 | 13 | | | 01:41:16.10 | 01:41:16.10 | +00:49:58 (49.3%) | 13:30 | 4.4 (50.0%) |
| 254 | ZYSKOWSKI Mirosław | 292 | | M2 30-39 | 102 | | | 01:41:17.05 | 01:41:17.05 | +00:49:59 (49.3%) | 13:30 | 4.4 (50.0%) |
| 255 | BRANDEBURA Paweł | 12 | | M4 50-59 | 16 | | | 01:41:38.40 | 01:41:38.40 | +00:50:20 (49.5%) | 13:33 | 4.4 (50.0%) |
| 256 | LINKOWSKI Sławomir | 139 | | M2 30-39 | 103 | | | 01:41:40.40 | 01:41:40.40 | +00:50:22 (49.5%) | 13:33 | 4.4 (50.0%) |
| 257 | ŻELISKO Łukasz | 1124 | 2KPZMOT | M1 16-29 | 43 | | | 01:41:45.20 | 01:41:45.20 | +00:50:27 (49.6%) | 13:34 | 4.4 (50.0%) |
| 257 | KUCZA Szymon | 767 | 2 KPZMOT | M1 16-29 | 44 | 2 kpzmot | | 01:41:45.20 | 01:41:45.20 | +00:50:27 (49.6%) | 13:34 | 4.4 (50.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Mundurowi | Drużyna Kluby | Czas netto 7.5km | Czas brutto 7.5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------------|-------------|---------------------|-----------|------|-------------------|---------------------|---------------------|----------------------|----------------------|-----------------|----------------|
| 259 | ORECKI Radoslaw | 181 | | M2 30-39 | 104 | | | 01:41:55.25 | 01:41:55.25 | +00:50:37 (49.7%) | 13:35 | 4.4 (50.0%) |
| 260 | PRZYBYSZEWSKI Michał | 931 | OCR TEAM WŁOCŁAWEK | M1 16-29 | 45 | | | 01:41:59.95 | 01:41:59.95 | +00:50:41 (49.7%) | 13:35 | 4.4 (50.0%) |
| 261 | LEWANDOWSKI Bartosz | 794 | OCR TEAM WŁOCŁAWEK | M1 16-29 | 46 | | Ocr team włocławek | 01:42:00.15 | 01:42:00.15 | +00:50:42 (49.7%) | 13:36 | 4.4 (50.0%) |
| 262 | BŁASIAK Radosław | 1133 | | M3 40-49 | 41 | | | 01:42:12.85 | 01:42:12.85 | +00:50:54 (49.8%) | 13:37 | 4.4 (50.0%) |
| 263 | KOLEJ Monika | 734 | DZIKIE DZIKI GORZÓW | K3 40-49 | 11 | | Dzikie dziki gorzów | 01:42:16.85 | 01:42:16.85 | +00:50:58 (49.8%) | 13:38 | 4.4 (50.0%) |
| 264 | KRAMER Krzysztof | 371 | SKB DZIK | M2 30-39 | 105 | | Skb dzik | 01:42:18.55 | 01:42:18.55 | +00:51:00 (49.9%) | 13:38 | 4.4 (50.0%) |
| 265 | KRZACZKOWSKI Łukasz | 762 | | M2 30-39 | 106 | | Dziki wrocław | 01:42:20.75 | 01:42:20.75 | +00:51:02 (49.9%) | 13:38 | 4.4 (50.0%) |
| 266 | KUSAK Bartłomiej | 778 | DZIKI WROCŁAW | M1 16-29 | 47 | | Dziki wrocław | 01:42:21.20 | 01:42:21.20 | +00:51:03 (49.9%) | 13:38 | 4.4 (50.0%) |
| 267 | MASZKIEWICZ Mariusz | 831 | DZIKI WROCŁAW | M1 16-29 | 48 | | | 01:42:21.55 | 01:42:21.55 | +00:51:03 (49.9%) | 13:38 | 4.4 (50.0%) |
| 268 | BOSENKO Dmitriy | 553 | DZIKI WROCŁAW | M2 30-39 | 107 | | | 01:42:21.95 | 01:42:21.95 | +00:51:03 (49.9%) | 13:38 | 4.4 (50.0%) |
| 269 | QUESADO Paulo | 939 | DZIKI WROCLAW | M2 30-39 | 108 | | | 01:42:22.00 | 01:42:22.00 | +00:51:03 (49.9%) | 13:38 | 4.4 (50.0%) |
| 270 | GREGUŁA Joanna | 1421 | | K1 16-29 | 14 | Kp psp Gryfino | Tak | 01:42:43.70 | 01:42:43.70 | +00:51:25 (50.1%) | 13:41 | 4.4 (50.0%) |
| 271 | GREGUŁA Wojciech | 1422 | | M2 30-39 | 109 | Kp psp Gryfino | Tak | 01:42:44.00 | 01:42:44.00 | +00:51:25 (50.1%) | 13:41 | 4.4 (50.0%) |
| 272 | WIECZORKOWSKI Paweł | 1064 | | M3 40-49 | 42 | | | 01:42:46.00 | 01:42:46.00 | +00:51:27 (50.1%) | 13:42 | 4.4 (50.0%) |
| 273 | ADAMCZEWSKA - PIETRZAK Marta | 1 | | K2 30-39 | 24 | | | 01:43:05.75 | 01:43:05.75 | +00:51:47 (50.2%) | 13:44 | 4.4 (50.0%) |
| 274 | ZDUŃCZYK Paweł | 283 | | M3 40-49 | 43 | | Ósemkowa petarda | 01:43:08.75 | 01:43:08.75 | +00:51:50 (50.3%) | 13:45 | 4.4 (50.0%) |
| 275 | FILIPOWICZ Klaudia | 46 | | K1 16-29 | 15 | | | 01:43:12.80 | 01:43:12.80 | +00:51:54 (50.3%) | 13:45 | 4.4 (50.0%) |
| 276 | BUBEŁA Kamila | 1419 | | K2 30-39 | 25 | | | 01:43:13.80 | 01:43:13.80 | +00:51:55 (50.3%) | 13:45 | 4.4 (50.0%) |
| 277 | TSYNKEL Paweł | 261 | | M2 30-39 | 110 | | | 01:43:13.90 | 01:43:13.90 | +00:51:55 (50.3%) | 13:45 | 4.4 (50.0%) |
| 278 | WRÓBLEWSKI Jarosław | 1098 | RAZ SZCZECIN | M3 40-49 | 44 | | Raz szczecin | 01:43:13.95 | 01:43:13.95 | +00:51:55 (50.3%) | 13:45 | 4.4 (50.0%) |
| 279 | GOZDYRA Darek | 646 | | M3 40-49 | 45 | | | 01:43:14.15 | 01:43:14.15 | +00:51:56 (50.3%) | 13:45 | 4.4 (50.0%) |
| 280 | JAROSŁAWSKA Sandra | 687 | | K1 16-29 | 16 | | | 01:43:20.70 | 01:43:20.70 | +00:52:02 (50.4%) | 13:46 | 4.4 (50.0%) |
| 281 | KOMAKOWSKA Sylwia | 104 | | K3 40-49 | 12 | | | 01:43:26.65 | 01:43:26.65 | +00:52:08 (50.4%) | 13:47 | 4.4 (50.0%) |
| 282 | TUSZYŃSKI Rafał | 366 | | M2 30-39 | 111 | | | 01:43:38.00 | 01:43:38.00 | +00:52:19 (50.5%) | 13:49 | 4.3 (48.9%) |
| 283 | GŁOWACKI Grzegorz | 61 | | M2 30-39 | 112 | | | 01:43:44.10 | 01:43:44.10 | +00:52:26 (50.5%) | 13:49 | 4.3 (48.9%) |
| 284 | MADRAK Anna | 148 | HULK TEAM | K3 40-49 | 13 | | | 01:43:50.20 | 01:43:50.20 | +00:52:32 (50.6%) | 13:50 | 4.3 (48.9%) |
| 285 | CISZEWSKI Marek | 31 | | M3 40-49 | 46 | | | 01:43:59.00 | 01:43:59.00 | +00:52:40 (50.7%) | 13:51 | 4.3 (48.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Mundurowi | Drużyna Kluby | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|--------------------------------|-----------|------|--------------------------------|--------------------------------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | | | netto 7.5km | brutto 7.5km | | | |
| 286 | NOWICKI Jakub | 314 | OSP SOWNO | M1 16-29 | 49 | | | 01:44:05.00 | 01:44:05.00 | +00:52:46 (50.7%) | 13:52 | 4.3 (48.9%) |
| 287 | NOWICKI Tomasz | 313 | PSP STARGARD | M2 30-39 | 113 | | | 01:44:05.15 | 01:44:05.15 | +00:52:47 (50.7%) | 13:52 | 4.3 (48.9%) |
| 288 | WITKOWSKI Bartek | 311 | | M1 16-29 | 50 | | | 01:44:05.35 | 01:44:05.35 | +00:52:47 (50.7%) | 13:52 | 4.3 (48.9%) |
| 289 | CINDZIRAS Tomasz | 29 | | M2 30-39 | 114 | | | 01:44:06.50 | 01:44:06.50 | +00:52:48 (50.7%) | 13:52 | 4.3 (48.9%) |
| 290 | SZYMAŃSKA Jolanta | 1023 | | K2 30-39 | 26 | | | 01:44:10.70 | 01:44:10.70 | +00:52:52 (50.8%) | 13:53 | 4.3 (48.9%) |
| 291 | WASILEWSKI Andrzej | 1055 | | M3 40-49 | 47 | | | 01:44:11.05 | 01:44:11.05 | +00:52:53 (50.8%) | 13:53 | 4.3 (48.9%) |
| 292 | PETRUSIEWICZ Paweł | 907 | | M1 16-29 | 51 | | | 01:44:20.00 | 01:44:20.00 | +00:53:01 (50.8%) | 13:54 | 4.3 (48.9%) |
| 293 | JAROSŁAWSKA Jowita | 688 | | K2 30-39 | 27 | | | 01:44:22.40 | 01:44:22.40 | +00:53:04 (50.8%) | 13:54 | 4.3 (48.9%) |
| 294 | TYRCHA Szymon | 1043 | INCOM POLSKA | M2 30-39 | 115 | | | 01:44:39.20 | 01:44:39.20 | +00:53:21 (51.0%) | 13:57 | 4.3 (48.9%) |
| 295 | PTAK Patrycja | 932 | HUSARIA RACE TEAM | K2 30-39 | 28 | | | 01:44:54.15 | 01:44:54.15 | +00:53:36 (51.1%) | 13:59 | 4.3 (48.9%) |
| 296 | PTAK Daniel | 933 | HUSARIA RACE TEAM | M2 30-39 | 116 | | | 01:44:54.90 | 01:44:54.90 | +00:53:36 (51.1%) | 13:59 | 4.3 (48.9%) |
| 297 | MARCHEWKA Łukasz | 824 | | M2 30-39 | 117 | | | 01:44:55.20 | 01:44:55.20 | +00:53:37 (51.1%) | 13:59 | 4.3 (48.9%) |
| 298 | SKOCZYŁAS Patryk | 975 | INCOM POLSKA | M1 16-29 | 52 | | | 01:45:10.50 | 01:45:10.50 | +00:53:52 (51.2%) | 14:01 | 4.3 (48.9%) |
| 299 | KOTWAS Paweł | 353 | | M2 30-39 | 118 | | | 01:45:28.10 | 01:45:28.10 | +00:54:10 (51.4%) | 14:03 | 4.3 (48.9%) |
| 300 | JERZAK Bożena | 324 | | K2 30-39 | 29 | | | 01:45:28.70 | 01:45:28.70 | +00:54:10 (51.4%) | 14:03 | 4.3 (48.9%) |
| 301 | JAKUBOWSKA Dorota | 681 | 23. BAZA LOTNICTWA TAKTYCZNEGO | K2 30-39 | 30 | 23. baza lotnictwa taktycznego | 23. baza lotnictwa taktycznego | 01:45:55.80 | 01:45:55.80 | +00:54:37 (51.6%) | 14:07 | 4.2 (47.7%) |
| 302 | WIERZYCKA Kinga | 302 | BBL | K3 40-49 | 14 | | | 01:46:11.80 | 01:46:11.80 | +00:54:53 (51.7%) | 14:09 | 4.2 (47.7%) |
| 303 | JAKUBOWSKA Aneta | 682 | DZIKUS | K3 40-49 | 15 | | | 01:46:16.90 | 01:46:16.90 | +00:54:58 (51.7%) | 14:10 | 4.2 (47.7%) |
| 304 | MACIEJEWSKA Agnieszka | 1277 | | K2 30-39 | 31 | | | 01:46:22.75 | 01:46:22.75 | +00:55:04 (51.8%) | 14:10 | 4.2 (47.7%) |
| 305 | WOLANICKA Alicja | 315 | | K2 30-39 | 32 | | | 01:46:23.10 | 01:46:23.10 | +00:55:05 (51.8%) | 14:11 | 4.2 (47.7%) |
| 306 | GUCZE Anna | 1270 | | K2 30-39 | 33 | | | 01:46:23.20 | 01:46:23.20 | +00:55:05 (51.8%) | 14:11 | 4.2 (47.7%) |
| 306 | NAGOT Sandra | 310 | | K1 16-29 | 17 | | | 01:46:23.20 | 01:46:23.20 | +00:55:05 (51.8%) | 14:11 | 4.2 (47.7%) |
| 308 | MAREK Anna | 1389 | EICHHÖRNCHEN | K1 16-29 | 18 | | | 01:36:39.90 | 01:46:26.90 | +00:55:08 (51.8%) | 12:53 | 4.7 (53.4%) |
| 309 | ADAMSKA Karolina | 504 | DUOLIFE TEAM | K1 16-29 | 19 | | Duolife team | 01:46:29.80 | 01:46:29.80 | +00:55:11 (51.8%) | 14:11 | 4.2 (47.7%) |
| 310 | MAĆKIEWICZ Aleksandra | 145 | | K2 30-39 | 34 | | | 01:46:34.40 | 01:46:34.40 | +00:55:16 (51.9%) | 14:12 | 4.2 (47.7%) |
| 311 | ORNATEK Łukasz | 888 | | M2 30-39 | 119 | | | 01:46:51.00 | 01:46:51.00 | +00:55:32 (52.0%) | 14:14 | 4.2 (47.7%) |
| 312 | NOWAK Zbigniew | 875 | KBDZIK | M5 60+ | 6 | | | 01:46:51.65 | 01:46:51.65 | +00:55:33 (52.0%) | 14:14 | 4.2 (47.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Mundurowi | Drużyna Kluby | Czas netto 7.5km | Czas brutto 7.5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|--------------------------|-----------|------|-------------------|--------------------------|---------------------|----------------------|----------------------|-----------------|----------------|
| 313 | GARBACIAK Łukasz | 56 | DRINK TEAM | M2 30-39 | 120 | | Drink team | 01:46:52.55 | 01:46:52.55 | +00:55:34 (52.0%) | 14:14 | 4.2 (47.7%) |
| 314 | OLBRACHT Anna | 176 | | K2 30-39 | 35 | | | 01:46:58.50 | 01:46:58.50 | +00:55:40 (52.0%) | 14:15 | 4.2 (47.7%) |
| 314 | OLBRACHT Wojciech | 916 | | M2 30-39 | 121 | | | 01:46:58.50 | 01:46:58.50 | +00:55:40 (52.0%) | 14:15 | 4.2 (47.7%) |
| 316 | BOBROWICZ Jakub | 545 | T.CH. SZCZECIN | M2 30-39 | 122 | | | 01:47:05.95 | 01:47:05.95 | +00:55:47 (52.1%) | 14:16 | 4.2 (47.7%) |
| 317 | SAJKOWSKI Kamil | 959 | ZESPÓŁ NIESPOKOJNYCH NÓG | M1 16-29 | 53 | | Zespół niespokojnych nóg | 01:47:17.80 | 01:47:17.80 | +00:55:59 (52.2%) | 14:18 | 4.2 (47.7%) |
| 318 | WITKOWSKA Anna | 535 | | K3 40-49 | 16 | | | 01:47:17.95 | 01:47:17.95 | +00:55:59 (52.2%) | 14:18 | 4.2 (47.7%) |
| 319 | DĄBEK Alicja | 36 | | K2 30-39 | 36 | | | 01:47:19.65 | 01:47:19.65 | +00:56:01 (52.2%) | 14:18 | 4.2 (47.7%) |
| 320 | ŻAK Jakub | 1122 | CHUDE BYKI | M1 16-29 | 54 | | Chude byki | 01:47:20.85 | 01:47:20.85 | +00:56:02 (52.2%) | 14:18 | 4.2 (47.7%) |
| 321 | GRALEWICZ Albert | 358 | | M1 16-29 | 55 | | | 01:47:29.90 | 01:47:29.90 | +00:56:11 (52.3%) | 14:19 | 4.2 (47.7%) |
| 322 | GODEK Cezary | 63 | | M2 30-39 | 123 | | | 01:47:37.55 | 01:47:37.55 | +00:56:19 (52.3%) | 14:20 | 4.2 (47.7%) |
| 323 | BOGACKA Małgorzata | 549 | | K2 30-39 | 37 | | | 01:47:48.10 | 01:47:48.10 | +00:56:30 (52.4%) | 14:22 | 4.2 (47.7%) |
| 324 | JEZIOREK Agnieszka | 697 | BABINEK BIEGA | K3 40-49 | 17 | | | 01:47:49.55 | 01:47:49.55 | +00:56:31 (52.4%) | 14:22 | 4.2 (47.7%) |
| 325 | MLECZEK Roman | 846 | BABINEK BIEGA | M3 40-49 | 48 | | | 01:47:50.00 | 01:47:50.00 | +00:56:31 (52.4%) | 14:22 | 4.2 (47.7%) |
| 326 | CZAPLIŃSKA Magdalena | 586 | | K2 30-39 | 38 | | | 01:47:57.15 | 01:47:57.15 | +00:56:39 (52.5%) | 14:23 | 4.2 (47.7%) |
| 327 | ORNATEK Paweł | 887 | | M2 30-39 | 124 | | | 01:48:05.80 | 01:48:05.80 | +00:56:47 (52.5%) | 14:24 | 4.2 (47.7%) |
| 328 | WITKOWSKA Kamila | 1075 | | K2 30-39 | 39 | | | 01:48:14.15 | 01:48:14.15 | +00:56:56 (52.6%) | 14:25 | 4.2 (47.7%) |
| 329 | NOWACZYK Wojciech | 1281 | | M2 30-39 | 125 | | | 01:48:24.80 | 01:48:24.80 | +00:57:06 (52.7%) | 14:27 | 4.2 (47.7%) |
| 330 | KAPUSZYŃSKI Rafał | 88 | | M1 16-29 | 56 | | Falubaz | 01:48:28.00 | 01:48:28.00 | +00:57:09 (52.7%) | 14:27 | 4.1 (46.6%) |
| 331 | WALKOWIAK Kacper | 264 | OSP OBRZYCKO | M1 16-29 | 57 | | | 01:48:44.15 | 01:48:44.15 | +00:57:26 (52.8%) | 14:29 | 4.1 (46.6%) |
| 332 | KNOT Martyna | 731 | PIĘKNI I BESTIE | K2 30-39 | 40 | | | 01:48:58.50 | 01:48:58.50 | +00:57:40 (52.9%) | 14:31 | 4.1 (46.6%) |
| 333 | PAWLUŚ Tomasz | 897 | WOLNI W BIEGU | M2 30-39 | 126 | | Wolni w biegu | 01:49:06.10 | 01:49:06.10 | +00:57:48 (53.0%) | 14:32 | 4.1 (46.6%) |
| 333 | WÓJCIK Krzysztof | 1093 | | M2 30-39 | 127 | | Wolni w biegu | 01:49:06.10 | 01:49:06.10 | +00:57:48 (53.0%) | 14:32 | 4.1 (46.6%) |
| 335 | MAŁOCHA Mariusz | 821 | DZIADY OCR | M3 40-49 | 49 | | | 01:49:08.85 | 01:49:08.85 | +00:57:50 (53.0%) | 14:33 | 4.1 (46.6%) |
| 336 | MAŁOCHA Adam | 823 | BIEGACZE ŚWINOUJŚCIE | M1 16-29 | 58 | | | 01:49:08.95 | 01:49:08.95 | +00:57:50 (53.0%) | 14:33 | 4.1 (46.6%) |
| 337 | MAJKA Dariusz | 817 | HERR DARIUSZ | M2 30-39 | 128 | | | 01:49:11.75 | 01:49:11.75 | +00:57:53 (53.0%) | 14:33 | 4.1 (46.6%) |
| 338 | ZAGÓRSKI Krzysztof | 1107 | | M2 30-39 | 129 | | | 01:49:25.70 | 01:49:25.70 | +00:58:07 (53.1%) | 14:35 | 4.1 (46.6%) |
| 339 | GANCKE Grzegorz | 631 | | M3 40-49 | 50 | | | 01:49:58.10 | 01:49:58.10 | +00:58:40 (53.3%) | 14:39 | 4.1 (46.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Mundurowi | Drużyna Kluby | Czas netto 7.5km | Czas brutto 7.5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|-------------|--------------------------------|-----------|------|--------------------------------|--------------------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 340 | KACZOR Mariusz | 707 | GIMELA TEAM | M2 30-39 | 130 | | | 01:50:05.65 | 01:50:05.65 | +00:58:47 (53.4%) | 14:40 | 4.1 (46.6%) |
| 341 | SOWISZ Danuta | 993 | SOWISZ TEAM | K3 40-49 | 18 | | Sowisz team | 01:50:07.45 | 01:50:07.45 | +00:58:49 (53.4%) | 14:40 | 4.1 (46.6%) |
| 342 | SOWISZ Cezary | 994 | SOWISZ TEAM | M4 50-59 | 17 | | Sowisz team | 01:50:07.65 | 01:50:07.65 | +00:58:49 (53.4%) | 14:40 | 4.1 (46.6%) |
| 343 | OSTROWSKI Piotr | 891 | 23. BAZA LOTNICTWA TAKTYCZNEGO | M3 40-49 | 51 | 23. baza lotnictwa taktycznego | 23. baza lotnictwa taktycznego | 01:50:11.40 | 01:50:11.40 | +00:58:53 (53.4%) | 14:41 | 4.1 (46.6%) |
| 344 | DIKTA Anna | 596 | 23. BAZA LOTNICTWA TAKTYCZNEGO | K1 16-29 | 20 | 23. baza lotnictwa taktycznego | 23. baza lotnictwa taktycznego | 01:50:11.60 | 01:50:11.60 | +00:58:53 (53.4%) | 14:41 | 4.1 (46.6%) |
| 345 | ŚWIETLIK Alicja | 1031 | | K3 40-49 | 19 | | | 01:50:12.40 | 01:50:12.40 | +00:58:54 (53.5%) | 14:41 | 4.1 (46.6%) |
| 346 | GUTOWSKI Paweł | 662 | EMKA STARGARD | M2 30-39 | 131 | | | 01:50:22.05 | 01:50:22.05 | +00:59:04 (53.5%) | 14:42 | 4.1 (46.6%) |
| 347 | LACHOWICZ Bartosz | 784 | | M2 30-39 | 132 | | | 01:50:24.45 | 01:50:24.45 | +00:59:06 (53.5%) | 14:43 | 4.1 (46.6%) |
| 348 | ADAMSKA Anna | 2 | DUOLIFE TEAM | K4 50-59 | 4 | | Duolife team | 01:50:25.80 | 01:50:25.80 | +00:59:07 (53.5%) | 14:43 | 4.1 (46.6%) |
| 349 | BIRULA Michał | 538 | | M2 30-39 | 133 | | | 01:50:27.50 | 01:50:27.50 | +00:59:09 (53.6%) | 14:43 | 4.1 (46.6%) |
| 350 | MAĆKIEWICZ Mateusz | 146 | | M2 30-39 | 134 | | | 01:50:27.65 | 01:50:27.65 | +00:59:09 (53.6%) | 14:43 | 4.1 (46.6%) |
| 351 | HANDKE Justyna | 666 | XRUNNERS | K2 30-39 | 41 | | | 01:50:27.75 | 01:50:27.75 | +00:59:09 (53.6%) | 14:43 | 4.1 (46.6%) |
| 352 | SURGUCKI Sebastian | 1012 | W POGONI ZA DUCHEM | M3 40-49 | 52 | | | 01:50:30.60 | 01:50:30.60 | +00:59:12 (53.6%) | 14:44 | 4.1 (46.6%) |
| 353 | SURGUCKA Iwona | 1011 | W POGONI ZA DUCHEM | K3 40-49 | 20 | | | 01:50:30.75 | 01:50:30.75 | +00:59:12 (53.6%) | 14:44 | 4.1 (46.6%) |
| 354 | SĄCZ Dariusz | 373 | | M3 40-49 | 53 | | | 01:50:33.15 | 01:50:33.15 | +00:59:15 (53.6%) | 14:44 | 4.1 (46.6%) |
| 355 | KARLIN-GRAŻEWICZ Katarzyna | 92 | | K3 40-49 | 21 | | | 01:50:35.10 | 01:50:35.10 | +00:59:17 (53.6%) | 14:44 | 4.1 (46.6%) |
| 356 | MICHALSKA Magdalena | 838 | | K2 30-39 | 42 | | | 01:50:36.20 | 01:50:36.20 | +00:59:18 (53.6%) | 14:44 | 4.1 (46.6%) |
| 357 | WEYTS Jeroen | 1059 | | M2 30-39 | 135 | | | 01:50:36.45 | 01:50:36.45 | +00:59:18 (53.6%) | 14:44 | 4.1 (46.6%) |
| 358 | GIETKO Piotr | 378 | | M3 40-49 | 54 | | | 01:50:39.85 | 01:50:39.85 | +00:59:21 (53.6%) | 14:45 | 4.1 (46.6%) |
| 359 | MIKICIUK Natalia | 841 | | K1 16-29 | 21 | | | 01:50:48.10 | 01:50:48.10 | +00:59:30 (53.7%) | 14:46 | 4.1 (46.6%) |
| 359 | KORZENIAK Wojciech | 741 | | M1 16-29 | 59 | | | 01:50:48.10 | 01:50:48.10 | +00:59:30 (53.7%) | 14:46 | 4.1 (46.6%) |
| 361 | TRZMIELEWSKI Grzegorz | 260 | | M2 30-39 | 136 | | | 01:50:52.00 | 01:50:52.00 | +00:59:33 (53.7%) | 14:46 | 4.1 (46.6%) |
| 362 | GARBACIAK Grzegorz | 54 | | M3 40-49 | 55 | | Drink team | 01:50:56.00 | 01:50:56.00 | +00:59:37 (53.8%) | 14:47 | 4.1 (46.6%) |
| 363 | JUSINSKA Anna | 703 | KBSPRINT SWIDWIN | K3 40-49 | 22 | | | 01:51:05.20 | 01:51:05.20 | +00:59:47 (53.8%) | 14:48 | 4.1 (46.6%) |
| 364 | GRAŻEWICZ Marek | 319 | | M3 40-49 | 56 | | | 01:51:16.10 | 01:51:16.10 | +00:59:58 (53.9%) | 14:50 | 4 (45.5%) |
| 365 | OLENICZAK Konrad | 350 | | M3 40-49 | 57 | | TAK BOMO | 01:51:19.05 | 01:51:19.05 | +01:00:01 (53.9%) | 14:50 | 4 (45.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Mundurowi | Drużyna Kluby | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------------|-------------|------------------|-----------|------|-------------------|---------------|--------------------|--------------------|-------------------|--------------|------------|
| | | | | | | | | netto 7.5km | brutto 7.5km | | | |
| 366 | HRYNIŁO Marcin | 1407 | BEMO MOTOR | M3 40-49 | 58 | | Bemo Motor | 01:51:19.65 | 01:51:19.65 | +01:00:01 (53.9%) | 14:50 | 4 (45.5%) |
| 367 | BOJANOWSKI Piotr | 1408 | BEMO MOTOR | M3 40-49 | 59 | | Bemo Motor | 01:51:19.75 | 01:51:19.75 | +01:00:01 (53.9%) | 14:50 | 4 (45.5%) |
| 368 | RASZEWSKI Damian | 941 | | M2 30-39 | 137 | | | 01:51:21.60 | 01:51:21.60 | +01:00:03 (53.9%) | 14:50 | 4 (45.5%) |
| 368 | CHODYNIECKI Tomasz | 572 | | M2 30-39 | 138 | | | 01:51:21.60 | 01:51:21.60 | +01:00:03 (53.9%) | 14:50 | 4 (45.5%) |
| 370 | KOZAK Mirosław | 752 | | M2 30-39 | 139 | | | 01:51:29.05 | 01:51:29.05 | +01:00:11 (54.0%) | 14:51 | 4 (45.5%) |
| 371 | ROMANOWICZ Marek | 948 | PARKRUN SZCZECIN | M4 50-59 | 18 | | | 01:51:48.40 | 01:51:48.40 | +01:00:30 (54.1%) | 14:54 | 4 (45.5%) |
| 372 | SCHERFENBERG-KERL Katarzyna | 965 | | K2 30-39 | 43 | | | 01:51:51.90 | 01:51:51.90 | +01:00:33 (54.1%) | 14:54 | 4 (45.5%) |
| 373 | KERL Kamil | 96 | | M1 16-29 | 60 | | | 01:51:52.00 | 01:51:52.00 | +01:00:33 (54.1%) | 14:54 | 4 (45.5%) |
| 374 | TUMANOWICZ Tomasz | 1041 | | M3 40-49 | 60 | | | 01:51:59.45 | 01:51:59.45 | +01:00:41 (54.2%) | 14:55 | 4 (45.5%) |
| 375 | MIKOŁAJCZAK Joanna | 161 | DRUŻYNA KSF | K2 30-39 | 44 | | | 01:52:00.05 | 01:52:00.05 | +01:00:42 (54.2%) | 14:56 | 4 (45.5%) |
| 376 | MAJCHER Małgorzata | 814 | PIŁA TEAM | K3 40-49 | 23 | | | 01:52:01.50 | 01:52:01.50 | +01:00:43 (54.2%) | 14:56 | 4 (45.5%) |
| 377 | WALENT Marta | 1052 | | K2 30-39 | 45 | | | 01:52:12.25 | 01:52:12.25 | +01:00:54 (54.3%) | 14:57 | 4 (45.5%) |
| 378 | SŁOJKOWSKI Przemysław | 231 | | M3 40-49 | 61 | | | 01:52:20.40 | 01:52:20.40 | +01:01:02 (54.3%) | 14:58 | 4 (45.5%) |
| 379 | JAWORSKI Dawid | 1400 | SZMERF | M1 16-29 | 61 | | SZMERF | 01:52:21.50 | 01:52:21.50 | +01:01:03 (54.3%) | 14:58 | 4 (45.5%) |
| 380 | RYBACKI Roman | 955 | GIMELA TEAM | M2 30-39 | 140 | | Gimela team | 01:52:26.70 | 01:52:26.70 | +01:01:08 (54.4%) | 14:59 | 4 (45.5%) |
| 381 | CIOŁEK Paulina | 30 | KFS | K1 16-29 | 22 | | Kfs | 01:52:33.35 | 01:52:33.35 | +01:01:15 (54.4%) | 15:00 | 4 (45.5%) |
| 382 | PCIONEK Jacek | 900 | | M2 30-39 | 141 | | | 01:52:46.30 | 01:52:46.30 | +01:01:28 (54.5%) | 15:02 | 4 (45.5%) |
| 383 | WRÓBLEWSKA Małgorzata | 1096 | POŁUPIN | K3 40-49 | 24 | | | 01:52:47.85 | 01:52:47.85 | +01:01:29 (54.5%) | 15:02 | 4 (45.5%) |
| 384 | WRÓBLEWSKI Janusz | 1099 | POŁUPIN | M4 50-59 | 19 | | | 01:52:48.05 | 01:52:48.05 | +01:01:30 (54.5%) | 15:02 | 4 (45.5%) |
| 385 | POST Mariola | 922 | | K3 40-49 | 25 | | Goodfellas | 01:52:58.35 | 01:52:58.35 | +01:01:40 (54.6%) | 15:03 | 4 (45.5%) |
| 386 | KLIMCZEWSKI Arkadiusz | 98 | - | M2 30-39 | 142 | | | 01:53:05.90 | 01:53:05.90 | +01:01:47 (54.6%) | 15:04 | 4 (45.5%) |
| 387 | LEWANIAK Elżbieta | 136 | - | K3 40-49 | 26 | | | 01:53:06.05 | 01:53:06.05 | +01:01:48 (54.6%) | 15:04 | 4 (45.5%) |
| 388 | RAWA Donata | 942 | | K3 40-49 | 27 | | | 01:53:16.75 | 01:53:16.75 | +01:01:58 (54.7%) | 15:06 | 4 (45.5%) |
| 389 | DOBACZEWSKA-WASEK Ewa | 597 | | K3 40-49 | 28 | | | 01:53:16.80 | 01:53:16.80 | +01:01:58 (54.7%) | 15:06 | 4 (45.5%) |
| 390 | NIEWADZIK Ula | 868 | | K3 40-49 | 29 | | | 01:53:17.15 | 01:53:17.15 | +01:01:59 (54.7%) | 15:06 | 4 (45.5%) |
| 391 | ZASADA Jarosław | 281 | | M3 40-49 | 62 | Kp psp stargard | | 01:53:18.80 | 01:53:18.80 | +01:02:00 (54.7%) | 15:06 | 4 (45.5%) |
| 392 | ZYGIEL-SZAKOŁA Szakoła | 1121 | | K2 30-39 | 46 | | | 01:53:21.20 | 01:53:21.20 | +01:02:03 (54.7%) | 15:06 | 4 (45.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Mundurowi | Drużyna Kluby | Czas netto 7.5km | Czas brutto 7.5km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|-------------|---------------------------|-----------|------|-------------------|--------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 393 | DZIURKA Mikołaj | 43 | | M1 16-29 | 62 | | | 01:53:45.80 | 01:53:45.80 | +01:02:27 (54.9%) | 15:10 | 4 (45.5%) |
| 394 | WĘGIELNIK Patryk | 271 | | M1 16-29 | 63 | | | 01:53:48.00 | 01:53:48.00 | +01:02:29 (54.9%) | 15:10 | 4 (45.5%) |
| 395 | ZACHARSKI Daniel | 279 | DRINK TEAM | M2 30-39 | 143 | | Drink team | 01:53:48.90 | 01:53:48.90 | +01:02:30 (54.9%) | 15:10 | 4 (45.5%) |
| 396 | SZAKOŁA Paweł | 1015 | | M2 30-39 | 144 | | | 01:53:49.45 | 01:53:49.45 | +01:02:31 (54.9%) | 15:10 | 4 (45.5%) |
| 397 | MARCHIEL Lena | 825 | | K4 50-59 | 5 | | | 01:53:50.50 | 01:53:50.50 | +01:02:32 (54.9%) | 15:10 | 4 (45.5%) |
| 398 | KĄŻMIERSKI Andrzej | 716 | | M4 50-59 | 20 | | | 01:53:50.80 | 01:53:50.80 | +01:02:32 (54.9%) | 15:10 | 4 (45.5%) |
| 399 | FRYDRYCH Michał | 625 | FC AQUILA SZCZECIN | M2 30-39 | 145 | | | 01:53:54.35 | 01:53:54.35 | +01:02:36 (55.0%) | 15:11 | 4 (45.5%) |
| 400 | DUTKIEWICZ Urszula | 615 | LUNA WOLVES | K2 30-39 | 47 | | | 01:54:15.00 | 01:54:15.00 | +01:02:56 (55.1%) | 15:14 | 3.9 (44.3%) |
| 401 | MALEC Kamil | 819 | | M2 30-39 | 146 | | | 01:54:22.35 | 01:54:22.35 | +01:03:04 (55.1%) | 15:14 | 3.9 (44.3%) |
| 402 | SIDORCZUK Tomasz | 968 | KLUB BIEGAJĄCYCH LEŚNIKÓW | M2 30-39 | 147 | | | 01:54:31.25 | 01:54:31.25 | +01:03:13 (55.2%) | 15:16 | 3.9 (44.3%) |
| 403 | STASIUK Robert | 1000 | | M2 30-39 | 148 | | | 01:54:32.55 | 01:54:32.55 | +01:03:14 (55.2%) | 15:16 | 3.9 (44.3%) |
| 404 | NIEWIADOMSKA Magda | 869 | KOBIECE BIEGANIE | K2 30-39 | 48 | | | 01:54:44.50 | 01:54:44.50 | +01:03:26 (55.3%) | 15:17 | 3.9 (44.3%) |
| 405 | POKORSKI Rafał | 207 | HUSARIA RACE TEAM | M3 40-49 | 63 | | | 01:54:49.55 | 01:54:49.55 | +01:03:31 (55.3%) | 15:18 | 3.9 (44.3%) |
| 406 | BIAŁKOWSKA Katarzyna | 1151 | KOBIECE BIEGANIE | K3 40-49 | 30 | | | 01:54:54.10 | 01:54:54.10 | +01:03:36 (55.4%) | 15:19 | 3.9 (44.3%) |
| 407 | KOBUS Natalia | 732 | IRON HOUSE | K2 30-39 | 49 | | Ocr team wrocławek | 01:55:10.80 | 01:55:10.80 | +01:03:52 (55.5%) | 15:21 | 3.9 (44.3%) |
| 408 | BARTOSZEK Michał | 523 | OCR TEAM WŁOCŁAWEK | M2 30-39 | 149 | | Ocr team wrocławek | 01:55:10.90 | 01:55:10.90 | +01:03:52 (55.5%) | 15:21 | 3.9 (44.3%) |
| 409 | SADOWSKI Mariusz | 957 | IRON HOUSE | M3 40-49 | 64 | | Ocr team wrocławek | 01:55:11.10 | 01:55:11.10 | +01:03:53 (55.5%) | 15:21 | 3.9 (44.3%) |
| 410 | PIEKARSKI Kamil | 908 | | M2 30-39 | 150 | | | 01:55:13.80 | 01:55:13.80 | +01:03:55 (55.5%) | 15:21 | 3.9 (44.3%) |
| 411 | HAJDUK Maciej | 663 | | M3 40-49 | 65 | | | 01:55:17.00 | 01:55:17.00 | +01:03:58 (55.5%) | 15:22 | 3.9 (44.3%) |
| 412 | JĘDRYKA Anna | 698 | | K1 16-29 | 23 | | | 01:55:28.75 | 01:55:28.75 | +01:04:10 (55.6%) | 15:23 | 3.9 (44.3%) |
| 413 | MATYSIAK Sławomir | 835 | | M2 30-39 | 151 | | | 01:55:28.80 | 01:55:28.80 | +01:04:10 (55.6%) | 15:23 | 3.9 (44.3%) |
| 414 | JA Małgorzata | 1142 | KOBIECE BIEGANIE | K3 40-49 | 31 | | | 01:55:36.25 | 01:55:36.25 | +01:04:18 (55.6%) | 15:24 | 3.9 (44.3%) |
| 415 | GABERT-JAWORSKA Klaudia | 1372 | | K1 16-29 | 24 | | | 01:55:48.00 | 01:55:48.00 | +01:04:29 (55.7%) | 15:26 | 3.9 (44.3%) |
| 416 | GABERT Beata | 1267 | RAZ SZCZECIN | K3 40-49 | 32 | | | 01:55:48.10 | 01:55:48.10 | +01:04:30 (55.7%) | 15:26 | 3.9 (44.3%) |
| 417 | WOŁYŃSKI Dominik | 274 | | M2 30-39 | 152 | | | 01:55:58.20 | 01:55:58.20 | +01:04:40 (55.8%) | 15:27 | 3.9 (44.3%) |
| 418 | WARKOCZYŃSKI Marcin | 265 | DLA ELUNI | M3 40-49 | 66 | | | 01:56:03.75 | 01:56:03.75 | +01:04:45 (55.8%) | 15:28 | 3.9 (44.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Mundurowi | Drużyna Kluby | Czas netto 7.5km | Czas brutto 7.5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|-----------------------------------|-----------|------|-------------------|--------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 419 | BORODYN Andrzej | 551 | GRUPA DOCHODZENIOWA SAVE THE BEAT | M3 40-49 | 67 | | | 01:56:03.90 | 01:56:03.90 | +01:04:45 (55.8%) | 15:28 | 3.9 (44.3%) |
| 420 | JAWORSKI Krystian | 1399 | SZMERF | M1 16-29 | 64 | | SZMERF | 01:56:10.45 | 01:56:10.45 | +01:04:52 (55.8%) | 15:29 | 3.9 (44.3%) |
| 421 | GAŁECKA Kamila | 297 | | K1 16-29 | 25 | | | 01:56:25.15 | 01:56:25.15 | +01:05:07 (55.9%) | 15:31 | 3.9 (44.3%) |
| 422 | MIZIELINSKA Darinka | 318 | WIECZORNE BIEGANIE | K2 30-39 | 50 | | | 01:56:25.65 | 01:56:25.65 | +01:05:07 (55.9%) | 15:31 | 3.9 (44.3%) |
| 423 | HNAT Rafał | 671 | WATAHA WAŁCZ | M3 40-49 | 68 | Wataha wałcz | Wataha wałcz | 01:56:35.65 | 01:56:35.65 | +01:05:17 (56.0%) | 15:32 | 3.9 (44.3%) |
| 424 | FUŁAWKA Artur | 47 | | M4 50-59 | 21 | | | 01:56:35.70 | 01:56:35.70 | +01:05:17 (56.0%) | 15:32 | 3.9 (44.3%) |
| 425 | SZUFRANOWICZ Mirosław | 246 | KLUB BIEGACZA SANTANDER | M3 40-49 | 69 | | | 01:56:49.35 | 01:56:49.35 | +01:05:31 (56.1%) | 15:34 | 3.9 (44.3%) |
| 426 | DUDKA Robert | 612 | | M2 30-39 | 153 | | | 01:57:18.20 | 01:57:18.20 | +01:06:00 (56.3%) | 15:38 | 3.8 (43.2%) |
| 427 | POSZUMSKA Gabriela | 923 | | K1 16-29 | 26 | | | 01:57:21.00 | 01:57:21.00 | +01:06:02 (56.3%) | 15:38 | 3.8 (43.2%) |
| 428 | SIELICKI Patryk | 970 | | M1 16-29 | 65 | | Loszki i warchlaki | 01:57:30.20 | 01:57:30.20 | +01:06:12 (56.3%) | 15:40 | 3.8 (43.2%) |
| 429 | KAROL Monika | 712 | LOSZKI I WARCHLAKI | K1 16-29 | 27 | | Loszki i warchlaki | 01:57:30.35 | 01:57:30.35 | +01:06:12 (56.3%) | 15:40 | 3.8 (43.2%) |
| 429 | KAROL Sławomir | 714 | LOSZKI I WARCHLAKI | M4 50-59 | 22 | | Loszki i warchlaki | 01:57:30.35 | 01:57:30.35 | +01:06:12 (56.3%) | 15:40 | 3.8 (43.2%) |
| 431 | PIESYK Damian | 911 | LOSZKI I WARCHLAKI | M2 30-39 | 154 | | Loszki i warchlaki | 01:57:30.40 | 01:57:30.40 | +01:06:12 (56.3%) | 15:40 | 3.8 (43.2%) |
| 431 | LEWANDOWSKA Dorota | 792 | LOSZKI I WARCHLAKI | K3 40-49 | 33 | | Loszki i warchlaki | 01:57:30.40 | 01:57:30.40 | +01:06:12 (56.3%) | 15:40 | 3.8 (43.2%) |
| 433 | KAROL Agnieszka | 713 | LOSZKI I WARCHLAKI | K3 40-49 | 34 | | Loszki i warchlaki | 01:57:30.70 | 01:57:30.70 | +01:06:12 (56.3%) | 15:40 | 3.8 (43.2%) |
| 434 | PIERZAKOWSKA Agnieszka | 195 | SZALONE MAMUŚKI | K2 30-39 | 51 | | | 01:57:36.70 | 01:57:36.70 | +01:06:18 (56.4%) | 15:40 | 3.8 (43.2%) |
| 435 | MISIUK Marta | 164 | SZALONE MAMUŚKI | K2 30-39 | 52 | | | 01:57:37.20 | 01:57:37.20 | +01:06:19 (56.4%) | 15:40 | 3.8 (43.2%) |
| 436 | REDMERSKI Konrad | 217 | | M3 40-49 | 70 | | | 01:57:43.60 | 01:57:43.60 | +01:06:25 (56.4%) | 15:41 | 3.8 (43.2%) |
| 437 | MICHALAK Tomasz | 837 | | M4 50-59 | 23 | | | 01:57:58.30 | 01:57:58.30 | +01:06:40 (56.5%) | 15:43 | 3.8 (43.2%) |
| 438 | STRELCOW Krzysztof | 1149 | | M3 40-49 | 71 | | | 01:57:58.65 | 01:57:58.65 | +01:06:40 (56.5%) | 15:43 | 3.8 (43.2%) |
| 439 | MAKOWSKA Joanna | 149 | | K2 30-39 | 53 | | | 01:58:21.65 | 01:58:21.65 | +01:07:03 (56.7%) | 15:46 | 3.8 (43.2%) |
| 440 | JÓZEFOWICZ Anna | 702 | PIĘKNI I BESTIE | K2 30-39 | 54 | | Piękni i bestie | 01:58:31.45 | 01:58:31.45 | +01:07:13 (56.7%) | 15:48 | 3.8 (43.2%) |
| 441 | GITNER Marcin | 639 | BIĘKNI I BESTIE | M3 40-49 | 72 | | Piękni i bestie | 01:58:31.70 | 01:58:31.70 | +01:07:13 (56.7%) | 15:48 | 3.8 (43.2%) |
| 441 | ROGOWSKA Agnieszka | 945 | PIĘKNI I BESTIE | K2 30-39 | 55 | | Piękni i bestie | 01:58:31.70 | 01:58:31.70 | +01:07:13 (56.7%) | 15:48 | 3.8 (43.2%) |
| 443 | SAKOWSKA-CARŁO Magda | 960 | WIECZORNE BIEGANIE W SZCZECINIE | K2 30-39 | 56 | | | 01:58:32.90 | 01:58:32.90 | +01:07:14 (56.7%) | 15:48 | 3.8 (43.2%) |
| 444 | CARŁO Marcin | 568 | WIECZORNE BIEGANIE W SZCZECINIE | M3 40-49 | 73 | | | 01:58:33.10 | 01:58:33.10 | +01:07:15 (56.7%) | 15:48 | 3.8 (43.2%) |
| 445 | FIJAŁKOWSKI Karol | 45 | ROSARIOS ZAKYNTOS | M2 30-39 | 155 | | Rosarios zakyntos | 01:58:46.80 | 01:58:46.80 | +01:07:28 (56.8%) | 15:50 | 3.8 (43.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Mundurowi | Drużyna Kluby | Czas netto 7.5km | Czas brutto 7.5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|----------------------------------|-----------|------|-------------------|----------------------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 446 | FIJAŁKOWSKA Aleksandra | 44 | ROSARIOS ZAKYNTOS | K2 30-39 | 57 | | Rosarios zakyntos | 01:58:46.95 | 01:58:46.95 | +01:07:28 (56.8%) | 15:50 | 3.8 (43.2%) |
| 447 | WOLSKA Agnieszka | 1082 | | K2 30-39 | 58 | | | 01:58:48.30 | 01:58:48.30 | +01:07:30 (56.8%) | 15:50 | 3.8 (43.2%) |
| 448 | BEDNARZ Katarzyna | 527 | | K3 40-49 | 35 | | | 01:58:48.50 | 01:58:48.50 | +01:07:30 (56.8%) | 15:50 | 3.8 (43.2%) |
| 449 | POKORSKI Jędrzej | 206 | HUSARIA RACE TEAM | M1 16-29 | 66 | | | 01:58:49.10 | 01:58:49.10 | +01:07:31 (56.8%) | 15:50 | 3.8 (43.2%) |
| 450 | MAKSAJDA Dariusz | 818 | | M3 40-49 | 74 | | | 01:58:54.00 | 01:58:54.00 | +01:07:35 (56.9%) | 15:51 | 3.8 (43.2%) |
| 451 | BOCK Agnieszka | 546 | BRAUNSCHWEIG HASH HOUSE HARRIERS | K2 30-39 | 59 | | Braunschweig hash house harriers | 01:59:13.00 | 01:59:13.00 | +01:07:54 (57.0%) | 15:53 | 3.8 (43.2%) |
| 452 | GERLICH Klaus-Stephan | 635 | BRAUNSCHWEIG HASH HOUSE HARRIERS | M4 50-59 | 24 | | | 01:59:13.05 | 01:59:13.05 | +01:07:55 (57.0%) | 15:53 | 3.8 (43.2%) |
| 453 | GEILICH Katja | 634 | BRAUNSCHWEIG HASH HOUSE HARRIERS | K2 30-39 | 60 | | | 01:59:13.10 | 01:59:13.10 | +01:07:55 (57.0%) | 15:53 | 3.8 (43.2%) |
| 454 | GERLICH Kai | 636 | BRAUNSCHWEIG HASH HOUSE HARRIERS | M1 16-29 | 67 | | | 01:59:13.60 | 01:59:13.60 | +01:07:55 (57.0%) | 15:53 | 3.8 (43.2%) |
| 455 | WOSZCZYK Renata | 1087 | | K3 40-49 | 36 | | | 01:59:29.85 | 01:59:29.85 | +01:08:11 (57.1%) | 15:55 | 3.8 (43.2%) |
| 456 | KLIMEK Paweł | 728 | | M2 30-39 | 156 | | | 01:59:29.90 | 01:59:29.90 | +01:08:11 (57.1%) | 15:55 | 3.8 (43.2%) |
| 457 | WYSZKOWSKI Michał | 1102 | | M2 30-39 | 157 | | | 01:59:40.70 | 01:59:40.70 | +01:08:22 (57.1%) | 15:57 | 3.8 (43.2%) |
| 458 | PACH Karolina | 184 | | K2 30-39 | 61 | | Dżesiki | 01:59:53.90 | 01:59:53.90 | +01:08:35 (57.2%) | 15:59 | 3.8 (43.2%) |
| 459 | CYTLOCH Martyna | 35 | | K1 16-29 | 28 | | Dżesiki | 01:59:54.10 | 01:59:54.10 | +01:08:36 (57.2%) | 15:59 | 3.8 (43.2%) |
| 460 | CHEŁSTOWSKA Marta | 21 | | K4 50-59 | 6 | | Dżesiki | 01:59:54.20 | 01:59:54.20 | +01:08:36 (57.2%) | 15:59 | 3.8 (43.2%) |
| 461 | CYTLOCH Jolanta | 33 | | K1 16-29 | 29 | | Dżesiki | 01:59:54.50 | 01:59:54.50 | +01:08:36 (57.2%) | 15:59 | 3.8 (43.2%) |
| 462 | MATUSZAK Kamila | 834 | MATUSZAK TEAM | K1 16-29 | 30 | | Matuszak team | 02:00:20.95 | 02:00:20.95 | +01:09:02 (57.4%) | 16:02 | 3.7 (42.0%) |
| 463 | MATUSZAK Mateusz | 833 | MATUSZAK TEAM | M1 16-29 | 68 | | Matuszak | 02:00:21.90 | 02:00:21.90 | +01:09:03 (57.4%) | 16:02 | 3.7 (42.0%) |
| 464 | PRZYBYSZ Katarzyna | 929 | | K2 30-39 | 62 | | | 02:00:22.40 | 02:00:22.40 | +01:09:04 (57.4%) | 16:02 | 3.7 (42.0%) |
| 465 | MATUSZAK Anita | 832 | | K3 40-49 | 37 | | Matuszak team | 02:00:22.80 | 02:00:22.80 | +01:09:04 (57.4%) | 16:02 | 3.7 (42.0%) |
| 466 | WIECZOREK Wojciech | 1062 | | M3 40-49 | 75 | | | 02:00:33.60 | 02:00:33.60 | +01:09:15 (57.4%) | 16:04 | 3.7 (42.0%) |
| 467 | WIECZOREK Magdalena | 1061 | | K3 40-49 | 38 | | | 02:00:33.70 | 02:00:33.70 | +01:09:15 (57.4%) | 16:04 | 3.7 (42.0%) |
| 468 | WIECZOREK Jakub | 1063 | | M1 16-29 | 69 | | | 02:00:33.80 | 02:00:33.80 | +01:09:15 (57.4%) | 16:04 | 3.7 (42.0%) |
| 469 | KLIMEK Krzysztof | 727 | | M3 40-49 | 76 | | | 02:00:42.45 | 02:00:42.45 | +01:09:24 (57.5%) | 16:05 | 3.7 (42.0%) |
| 470 | KOWALSKA Anna | 1371 | | K2 30-39 | 63 | | | 02:00:46.05 | 02:00:46.05 | +01:09:28 (57.5%) | 16:06 | 3.7 (42.0%) |
| 471 | ZEMANKIEWICZ Łukasz | 1114 | KANAŁ 6AM | M2 30-39 | 158 | | | 02:01:00.90 | 02:01:00.90 | +01:09:42 (57.6%) | 16:08 | 3.7 (42.0%) |
| 472 | OLEKSIAK Marcin | 178 | | M3 40-49 | 77 | | | 02:01:06.35 | 02:01:06.35 | +01:09:48 (57.6%) | 16:08 | 3.7 (42.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Mundurowi | Drużyna Kluby | Czas netto 7.5km | Czas brutto 7.5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|--|-----------|------|-------------------|-------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 473 | DĄBROWSKI Wojciech | 179 | | M2 30-39 | 159 | | | 02:01:09.15 | 02:01:09.15 | +01:09:51 (57.7%) | 16:09 | 3.7 (42.0%) |
| 474 | SMOCZYK Łukasz | 985 | | M1 16-29 | 70 | | | 02:01:24.45 | 02:01:24.45 | +01:10:06 (57.7%) | 16:11 | 3.7 (42.0%) |
| 475 | CYCULAK Jowita | 32 | | K1 16-29 | 31 | | | 02:01:24.65 | 02:01:24.65 | +01:10:06 (57.7%) | 16:11 | 3.7 (42.0%) |
| 476 | ABRAMOWICZ Tomasz | 1152 | | M2 30-39 | 160 | | | 02:01:28.55 | 02:01:28.55 | +01:10:10 (57.8%) | 16:11 | 3.7 (42.0%) |
| 477 | GARBACIAK Przemysław | 632 | TOGETHER4EVER | M2 30-39 | 161 | | Together4ever | 02:01:30.30 | 02:01:30.30 | +01:10:12 (57.8%) | 16:12 | 3.7 (42.0%) |
| 478 | GARBACIAK Justyna | 53 | TOGETHER4EVER | K2 30-39 | 64 | | Together4ever | 02:01:32.95 | 02:01:32.95 | +01:10:14 (57.8%) | 16:12 | 3.7 (42.0%) |
| 479 | KOMSTA Beata | 105 | | K3 40-49 | 39 | | | 02:01:38.90 | 02:01:38.90 | +01:10:20 (57.8%) | 16:13 | 3.7 (42.0%) |
| 480 | ŚWITALSKA Edyta | 1032 | SZCZECIŃSKIE CENTRUM TRENINGU PERSONALNEGO | K3 40-49 | 40 | | | 02:01:39.60 | 02:01:39.60 | +01:10:21 (57.8%) | 16:13 | 3.7 (42.0%) |
| 481 | OLICHWER Rafał | 884 | | M1 16-29 | 71 | | | 02:01:59.45 | 02:01:59.45 | +01:10:41 (57.9%) | 16:15 | 3.7 (42.0%) |
| 482 | PŁAŻALSKA Sylwia | 204 | HUSARIA RACE TEAM | K2 30-39 | 65 | | | 02:02:13.35 | 02:02:13.35 | +01:10:55 (58.0%) | 16:17 | 3.7 (42.0%) |
| 483 | SIKORA Magdalena | 229 | | K2 30-39 | 66 | | | 02:02:24.15 | 02:02:24.15 | +01:11:06 (58.1%) | 16:19 | 3.7 (42.0%) |
| 484 | ULASS Agnieszka | 1044 | | K3 40-49 | 41 | | | 02:02:28.65 | 02:02:28.65 | +01:11:10 (58.1%) | 16:19 | 3.7 (42.0%) |
| 485 | PIĘTKA Grzegorz | 199 | 1973 | M3 40-49 | 78 | | | 02:02:31.30 | 02:02:31.30 | +01:11:13 (58.1%) | 16:20 | 3.7 (42.0%) |
| 486 | DUDARONEK Paulina | 611 | HUSARIA RACE TEAM | K1 16-29 | 32 | | Husaria race team | 02:02:33.40 | 02:02:33.40 | +01:11:15 (58.1%) | 16:20 | 3.7 (42.0%) |
| 487 | MOSZYŃSKI Patryk | 850 | HUSARIA RACE TEAM | M1 16-29 | 72 | | Husaria race team | 02:02:33.70 | 02:02:33.70 | +01:11:15 (58.1%) | 16:20 | 3.7 (42.0%) |
| 488 | KAROLAK Łukasz | 93 | | M2 30-39 | 162 | | | 02:02:39.40 | 02:02:39.40 | +01:11:21 (58.2%) | 16:21 | 3.7 (42.0%) |
| 489 | KAROLAK Karolina | 94 | | K2 30-39 | 67 | | | 02:02:39.80 | 02:02:39.80 | +01:11:21 (58.2%) | 16:21 | 3.7 (42.0%) |
| 490 | SPRYSZYŃSKA Małgorzata | 233 | | K1 16-29 | 33 | | | 02:02:46.15 | 02:02:46.15 | +01:11:28 (58.2%) | 16:22 | 3.7 (42.0%) |
| 491 | KISIEL Kisiel | 97 | | M1 16-29 | 73 | | | 02:02:46.40 | 02:02:46.40 | +01:11:28 (58.2%) | 16:22 | 3.7 (42.0%) |
| 492 | PORAZIŃSKI Przemysław | 919 | | M1 16-29 | 74 | | | 02:02:49.35 | 02:02:49.35 | +01:11:31 (58.2%) | 16:22 | 3.7 (42.0%) |
| 493 | PORAZIŃSKA Dagmara | 918 | | K1 16-29 | 34 | | | 02:02:52.50 | 02:02:52.50 | +01:11:34 (58.2%) | 16:22 | 3.7 (42.0%) |
| 494 | ULASS Robert | 1046 | | M3 40-49 | 79 | | | 02:03:03.05 | 02:03:03.05 | +01:11:45 (58.3%) | 16:24 | 3.7 (42.0%) |
| 495 | OSTOLSKA Sylwia | 890 | | K3 40-49 | 42 | | | 02:03:03.75 | 02:03:03.75 | +01:11:45 (58.3%) | 16:24 | 3.7 (42.0%) |
| 496 | MALEC Edyta | 150 | SKM MIEDWIANIE | K3 40-49 | 43 | | | 02:03:09.65 | 02:03:09.65 | +01:11:51 (58.3%) | 16:25 | 3.7 (42.0%) |
| 497 | NAPOROWSKA Monika | 1319 | | K2 30-39 | 68 | | | 02:03:15.30 | 02:03:15.30 | +01:11:57 (58.4%) | 16:26 | 3.7 (42.0%) |
| 498 | SYCHEL Magdalena | 1014 | | K2 30-39 | 69 | | | 02:03:18.45 | 02:03:18.45 | +01:12:00 (58.4%) | 16:26 | 3.6 (40.9%) |
| 499 | BIELSKA Ola | 533 | | K2 30-39 | 70 | | Ockkt | 02:03:27.35 | 02:03:27.35 | +01:12:09 (58.4%) | 16:27 | 3.6 (40.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Mundurowi | Drużyna Kluby | Czas netto 7.5km | Czas brutto 7.5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------------|---------------------|-----------|------|-------------------|------------------|---------------------|----------------------|----------------------|-----------------|----------------|
| 499 | MRÓZ Tomek | 851 | | M3 40-49 | 80 | | Ockkt | 02:03:27.35 | 02:03:27.35 | +01:12:09 (58.4%) | 16:27 | 3.6 (40.9%) |
| 501 | LIPSKI Łukasz | 796 | BIEGOHOLLICA | M2 30-39 | 163 | | | 02:03:27.60 | 02:03:27.60 | +01:12:09 (58.4%) | 16:27 | 3.6 (40.9%) |
| 502 | CIEPIELA Dariusz | 580 | BIEGOHOLLICA | M2 30-39 | 164 | | | 02:03:27.70 | 02:03:27.70 | +01:12:09 (58.4%) | 16:27 | 3.6 (40.9%) |
| 503 | NANU Justyna | 859 | GRYFUS SZCZECIN | K2 30-39 | 71 | | Gryfus szczecin | 02:03:32.70 | 02:03:32.70 | +01:12:14 (58.5%) | 16:28 | 3.6 (40.9%) |
| 504 | KUŹMIŃSKA Weronika Ewa | 339 | | 25 Fala | 1 | | | 02:03:45.30 | 02:03:45.30 | +01:12:27 (58.5%) | 16:30 | 3.6 (40.9%) |
| 505 | HERMANOWICZ Miłosz | 670 | ZS ZWYROLE | M2 30-39 | 165 | | Zs zwyrole | 02:03:49.50 | 02:03:49.50 | +01:12:31 (58.6%) | 16:30 | 3.6 (40.9%) |
| 506 | NIEDZIAŁEK Paulina | 169 | ZS ZWYROLE | K2 30-39 | 72 | | Zs zwyrole | 02:03:49.75 | 02:03:49.75 | +01:12:31 (58.6%) | 16:30 | 3.6 (40.9%) |
| 507 | WIŚNIEWSKI Mariusz | 1074 | | M1 16-29 | 75 | | | 02:03:50.70 | 02:03:50.70 | +01:12:32 (58.6%) | 16:30 | 3.6 (40.9%) |
| 508 | BRZESKA Ewa | 557 | | K1 16-29 | 35 | | | 02:03:56.50 | 02:03:56.50 | +01:12:38 (58.6%) | 16:31 | 3.6 (40.9%) |
| 509 | BERNACKA-SZYDLIK Karolina | 528 | | K2 30-39 | 73 | | | 02:03:56.55 | 02:03:56.55 | +01:12:38 (58.6%) | 16:31 | 3.6 (40.9%) |
| 510 | SZYDLIK Łukasz | 248 | | M1 16-29 | 76 | | | 02:03:56.70 | 02:03:56.70 | +01:12:38 (58.6%) | 16:31 | 3.6 (40.9%) |
| 511 | KUCHARSKI Kamil | 308 | | M2 30-39 | 166 | | | 02:03:57.90 | 02:03:57.90 | +01:12:39 (58.6%) | 16:31 | 3.6 (40.9%) |
| 512 | WOŹNIAK Rafał | 1090 | | M2 30-39 | 167 | | | 02:04:10.35 | 02:04:10.35 | +01:12:52 (58.7%) | 16:33 | 3.6 (40.9%) |
| 513 | CUPRYJAK Sebastian | 584 | | M2 30-39 | 168 | Kwp/opp szczecin | Kwp/opp szczecin | 02:04:12.00 | 02:04:12.00 | +01:12:53 (58.7%) | 16:33 | 3.6 (40.9%) |
| 514 | KURDZIEL Michał | 777 | | M2 30-39 | 169 | Kwp/opp szczecin | Kwp/opp szczecin | 02:04:12.30 | 02:04:12.30 | +01:12:54 (58.7%) | 16:33 | 3.6 (40.9%) |
| 514 | PŁOSAJ Kamila | 296 | | K2 30-39 | 74 | | | 02:04:12.30 | 02:04:12.30 | +01:12:54 (58.7%) | 16:33 | 3.6 (40.9%) |
| 516 | PŁOSAJ Przemysław | 295 | | M2 30-39 | 170 | | | 02:04:12.40 | 02:04:12.40 | +01:12:54 (58.7%) | 16:33 | 3.6 (40.9%) |
| 517 | WOJCIECHOWSKA Maja | 273 | | K1 16-29 | 36 | | | 02:04:12.45 | 02:04:12.45 | +01:12:54 (58.7%) | 16:33 | 3.6 (40.9%) |
| 518 | SKONECZNY Przemysław | 977 | | M2 30-39 | 171 | Kwp/opp szczecin | Kwp/opp szczecin | 02:04:12.80 | 02:04:12.80 | +01:12:54 (58.7%) | 16:33 | 3.6 (40.9%) |
| 519 | BRATKO Przemysław | 554 | | M1 16-29 | 77 | | | 02:04:18.00 | 02:04:18.00 | +01:12:59 (58.7%) | 16:34 | 3.6 (40.9%) |
| 520 | ŻUROWSKI Jarosław | 1127 | | M3 40-49 | 81 | | | 02:04:30.35 | 02:04:30.35 | +01:13:12 (58.8%) | 16:36 | 3.6 (40.9%) |
| 520 | ŻUROWSKA Agnieszka | 1126 | | K3 40-49 | 44 | | | 02:04:30.35 | 02:04:30.35 | +01:13:12 (58.8%) | 16:36 | 3.6 (40.9%) |
| 520 | ŻUROWSKI Leszek | 1128 | POGOŃ SZCZECIN | M2 30-39 | 172 | | Żurki | 02:04:30.35 | 02:04:30.35 | +01:13:12 (58.8%) | 16:36 | 3.6 (40.9%) |
| 523 | SAMBORSKI Radek | 961 | | M1 16-29 | 78 | | | 02:04:40.90 | 02:04:40.90 | +01:13:22 (58.9%) | 16:37 | 3.6 (40.9%) |
| 524 | ZIELIŃSKA Michał | 1117 | | M1 16-29 | 79 | | | 02:04:42.60 | 02:04:42.60 | +01:13:24 (58.9%) | 16:37 | 3.6 (40.9%) |
| 525 | POŹNIAK Aleksandra | 926 | DZIKIE DZIKI GORZÓW | K2 30-39 | 75 | | Dzikie dziki | 02:04:49.95 | 02:04:49.95 | +01:13:31 (58.9%) | 16:38 | 3.6 (40.9%) |
| 526 | GLIŃSKI Zygmunt | 307 | | M2 30-39 | 173 | | | 02:04:51.80 | 02:04:51.80 | +01:13:33 (58.9%) | 16:38 | 3.6 (40.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Mundurowi | Drużyna Kluby | Czas netto 7.5km | Czas brutto 7.5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------|---------------------------------|-----------|------|-------------------|---------------|------------------|-------------------|-------------------|--------------|-------------|
| 527 | JASIŃSKA Natalia | 693 | WIECZORNE BIEGANIE W SZCZECINIE | K2 30-39 | 76 | | | 02:04:58.70 | 02:04:58.70 | +01:13:40 (59.0%) | 16:39 | 3.6 (40.9%) |
| 528 | WIECZOREK Mariusz | 1060 | | M3 40-49 | 82 | | | 02:05:08.00 | 02:05:08.00 | +01:13:49 (59.0%) | 16:41 | 3.6 (40.9%) |
| 529 | ROMAN Ewelina | 690 | | K2 30-39 | 77 | | | 02:05:16.40 | 02:05:16.40 | +01:13:58 (59.0%) | 16:42 | 3.6 (40.9%) |
| 530 | SETA Krysia | 967 | MONIA GYM | K2 30-39 | 78 | | | 02:05:17.40 | 02:05:17.40 | +01:13:59 (59.1%) | 16:42 | 3.6 (40.9%) |
| 531 | FIJOŁEK Krzysztof | 623 | VIKING BIKE TEAM | M3 40-49 | 83 | | | 02:05:19.20 | 02:05:19.20 | +01:14:01 (59.1%) | 16:42 | 3.6 (40.9%) |
| 532 | WOLANO Anna | 1081 | CF PRAWY BRZEG | K2 30-39 | 79 | | | 02:05:38.70 | 02:05:38.70 | +01:14:20 (59.2%) | 16:45 | 3.6 (40.9%) |
| 533 | CIEMCIOCH Pawel | 579 | | M3 40-49 | 84 | | | 02:05:39.35 | 02:05:39.35 | +01:14:21 (59.2%) | 16:45 | 3.6 (40.9%) |
| 534 | KOZŁOWSKA - PARUZEL Magdalena | 118 | | K2 30-39 | 80 | | | 02:05:48.15 | 02:05:48.15 | +01:14:30 (59.2%) | 16:46 | 3.6 (40.9%) |
| 535 | GAWRYSIAK Ewa | 337 | | K2 30-39 | 81 | | | 02:05:48.20 | 02:05:48.20 | +01:14:30 (59.2%) | 16:46 | 3.6 (40.9%) |
| 536 | LESZKIEWICZ Roman | 132 | CTF SZCZECIN | M2 30-39 | 174 | | | 02:05:48.30 | 02:05:48.30 | +01:14:30 (59.2%) | 16:46 | 3.6 (40.9%) |
| 537 | MOSKWA Akadiusz | 166 | | M3 40-49 | 85 | | | 02:05:48.50 | 02:05:48.50 | +01:14:30 (59.2%) | 16:46 | 3.6 (40.9%) |
| 538 | CZYŻEWSKA Mirosława | 591 | | K2 30-39 | 82 | | | 02:05:49.05 | 02:05:49.05 | +01:14:31 (59.2%) | 16:46 | 3.6 (40.9%) |
| 539 | CZYŻEWSKI Mateusz | 592 | | M2 30-39 | 175 | | | 02:05:49.10 | 02:05:49.10 | +01:14:31 (59.2%) | 16:46 | 3.6 (40.9%) |
| 540 | ZIĘCINA Monika | 75 | KSF | K2 30-39 | 83 | | | 02:05:53.95 | 02:05:53.95 | +01:14:35 (59.3%) | 16:47 | 3.6 (40.9%) |
| 541 | DZIEDZINA Roksana | 42 | KSF | K2 30-39 | 84 | | Ksf | 02:05:54.05 | 02:05:54.05 | +01:14:36 (59.3%) | 16:47 | 3.6 (40.9%) |
| 542 | DĘBSKA Kamila | 214 | KSF | K2 30-39 | 85 | | Ksf | 02:05:54.20 | 02:05:54.20 | +01:14:36 (59.3%) | 16:47 | 3.6 (40.9%) |
| 543 | DUBICKA Marta | 40 | KSF | K3 40-49 | 45 | | Ksf | 02:05:54.35 | 02:05:54.35 | +01:14:36 (59.3%) | 16:47 | 3.6 (40.9%) |
| 544 | GUZOWSKA Marta | 72 | KSF | K2 30-39 | 86 | | Ksf | 02:05:54.40 | 02:05:54.40 | +01:14:36 (59.3%) | 16:47 | 3.6 (40.9%) |
| 545 | KWAŚNA Katarzyna | 129 | KSF | K3 40-49 | 46 | | Ksf | 02:05:54.65 | 02:05:54.65 | +01:14:36 (59.3%) | 16:47 | 3.6 (40.9%) |
| 546 | GRALEWICZ Magdalena | 651 | MUROWANE MORSY | K3 40-49 | 47 | | | 02:06:17.00 | 02:06:17.00 | +01:14:58 (59.4%) | 16:50 | 3.6 (40.9%) |
| 547 | ŻBIKOWSKA Małgorzata | 1123 | SPC | K4 50-59 | 7 | | | 02:06:17.45 | 02:06:17.45 | +01:14:59 (59.4%) | 16:50 | 3.6 (40.9%) |
| 548 | WOŹNIAK Beata | 1089 | | K3 40-49 | 48 | | | 02:06:17.75 | 02:06:17.75 | +01:14:59 (59.4%) | 16:50 | 3.6 (40.9%) |
| 549 | NASKRĘT Dariusz | 863 | | M3 40-49 | 86 | | | 02:06:18.05 | 02:06:18.05 | +01:15:00 (59.4%) | 16:50 | 3.6 (40.9%) |
| 549 | GRALEWICZ Robert | 650 | MUROWANE MORSY | M3 40-49 | 87 | | | 02:06:18.05 | 02:06:18.05 | +01:15:00 (59.4%) | 16:50 | 3.6 (40.9%) |
| 551 | BŁACHOWIAK Małgorzata | 541 | CZERWONAK BIEGA | K4 50-59 | 8 | | | 02:06:18.10 | 02:06:18.10 | +01:15:00 (59.4%) | 16:50 | 3.6 (40.9%) |
| 552 | DOMASIK Izabela | 605 | | K3 40-49 | 49 | | | 02:06:18.70 | 02:06:18.70 | +01:15:00 (59.4%) | 16:50 | 3.6 (40.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Mundurowi | Drużyna Kluby | Czas netto 7.5km | Czas brutto 7.5km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|-------------|---------------------------------|---------------|------|-------------------|----------------|--------------------|--------------------|-------------------|--------------|-------------|
| 553 | JAKUBOWSKA Angelika | 76 | KONIUCHY OCR | K1 16-29 | 37 | | | 02:06:34.65 | 02:06:34.65 | +01:15:16 (59.5%) | 16:52 | 3.6 (40.9%) |
| 554 | KARDACKI Rafał | 621 | | M3 40-49 | 88 | | | 02:06:41.00 | 02:06:41.00 | +01:15:22 (59.5%) | 16:53 | 3.6 (40.9%) |
| 555 | TRUKAWKA Andrzej | 1040 | | M2 30-39 | 176 | | | 02:06:43.20 | 02:06:43.20 | +01:15:25 (59.5%) | 16:53 | 3.6 (40.9%) |
| 556 | MISTAK Paula | 845 | NIEZDECYDOWANI | K2 30-39 | 87 | | | 02:06:43.60 | 02:06:43.60 | +01:15:25 (59.5%) | 16:53 | 3.6 (40.9%) |
| 557 | ZDUNEK Piotr | 1112 | | M2 30-39 | 177 | | Niezdecydowani | 02:06:44.30 | 02:06:44.30 | +01:15:26 (59.5%) | 16:53 | 3.6 (40.9%) |
| 558 | ADAM Kamila | 500 | DLL PARTNERS | K2 30-39 | 88 | | Dll partners | 02:06:45.90 | 02:06:45.90 | +01:15:27 (59.5%) | 16:54 | 3.6 (40.9%) |
| 559 | ŁEMPKOWSKA Beata | 805 | DLL PARTNERS | K3 40-49 | 50 | | BBL Police | 02:06:46.00 | 02:06:46.00 | +01:15:27 (59.5%) | 16:54 | 3.5 (39.8%) |
| 560 | KUSTRA Paulina | 1392 | BBL POLICE | Drużyna Kluby | 1 | | BBL Police | 02:06:46.10 | 02:06:46.10 | +01:15:28 (59.5%) | 16:54 | 3.5 (39.8%) |
| 561 | KRASNODEBSKI Konrad | 1405 | BBL POLICE | M3 40-49 | 89 | | BBL Police | 02:06:46.20 | 02:06:46.20 | +01:15:28 (59.5%) | 16:54 | 3.5 (39.8%) |
| 561 | ŁEMPKOWSKI Janusz | 806 | DLL PARTNERS | M3 40-49 | 90 | | BBL Police | 02:06:46.20 | 02:06:46.20 | +01:15:28 (59.5%) | 16:54 | 3.5 (39.8%) |
| 563 | SZOT Justyna | 243 | | K2 30-39 | 89 | | | 02:06:46.25 | 02:06:46.25 | +01:15:28 (59.5%) | 16:54 | 3.5 (39.8%) |
| 564 | KAMIŃSKA Adriana | 709 | BBL POLICE | K2 30-39 | 90 | | BBL Police | 02:06:46.35 | 02:06:46.35 | +01:15:28 (59.5%) | 16:54 | 3.5 (39.8%) |
| 565 | CYBULSKA Anna | 1402 | | K2 30-39 | 91 | | | 02:06:51.80 | 02:06:51.80 | +01:15:33 (59.6%) | 16:54 | 3.5 (39.8%) |
| 566 | HARNER Jacek | 667 | PANDA I BANDA | M2 30-39 | 178 | | | 02:06:52.10 | 02:06:52.10 | +01:15:34 (59.6%) | 16:54 | 3.5 (39.8%) |
| 567 | BANAŚ Marcin | 8 | WIECZORNE BIEGANIE W SZCZECINIE | M3 40-49 | 91 | | | 02:06:53.15 | 02:06:53.15 | +01:15:35 (59.6%) | 16:55 | 3.5 (39.8%) |
| 568 | CYBULSKI Grzegorz | 585 | | M5 60+ | 7 | | | 02:06:54.25 | 02:06:54.25 | +01:15:36 (59.6%) | 16:55 | 3.5 (39.8%) |
| 569 | BRZEZIŃSKI Radosław | 357 | | M2 30-39 | 179 | | | 02:06:54.35 | 02:06:54.35 | +01:15:36 (59.6%) | 16:55 | 3.5 (39.8%) |
| 570 | STĘPIEŃ Agnieszka | 1007 | AGA | K2 30-39 | 92 | | | 02:07:03.70 | 02:07:03.70 | +01:15:45 (59.6%) | 16:56 | 3.5 (39.8%) |
| 571 | STĘPIEŃ Adrian | 1008 | ADI | M2 30-39 | 180 | | | 02:07:05.25 | 02:07:05.25 | +01:15:47 (59.6%) | 16:56 | 3.5 (39.8%) |
| 572 | SZELONG Agnieszka | 303 | | K2 30-39 | 93 | | | 02:07:06.55 | 02:07:06.55 | +01:15:48 (59.6%) | 16:56 | 3.5 (39.8%) |
| 573 | PACHNOWSKI Sławomir | 301 | | M2 30-39 | 181 | | | 02:07:06.65 | 02:07:06.65 | +01:15:48 (59.6%) | 16:56 | 3.5 (39.8%) |
| 574 | RODAK Agnieszka | 944 | | K3 40-49 | 51 | | | 02:07:14.25 | 02:07:14.25 | +01:15:56 (59.7%) | 16:57 | 3.5 (39.8%) |
| 575 | GRZEGORZEWSKI Krzysztof | 658 | | M3 40-49 | 92 | | | 02:07:14.70 | 02:07:14.70 | +01:15:56 (59.7%) | 16:57 | 3.5 (39.8%) |
| 575 | JAŚKIEWICZ Krzysztof | 696 | RX FITNESS LUBIN | M3 40-49 | 93 | | | 02:07:14.70 | 02:07:14.70 | +01:15:56 (59.7%) | 16:57 | 3.5 (39.8%) |
| 577 | STEMPNIAK Katarzyna | 1003 | REBELS LEGION TEAM | K2 30-39 | 94 | | | 02:07:19.40 | 02:07:19.40 | +01:16:01 (59.7%) | 16:58 | 3.5 (39.8%) |
| 578 | STEMPNIAK Zbigniew | 1005 | REBELS LEGION TEAM | M3 40-49 | 94 | | | 02:07:19.55 | 02:07:19.55 | +01:16:01 (59.7%) | 16:58 | 3.5 (39.8%) |
| 579 | DEPTUŁA-BILL Bożena | 595 | HUSARIA RACE TEAM SZCZECINEK | K2 30-39 | 95 | | | 02:07:50.75 | 02:07:50.75 | +01:16:32 (59.9%) | 17:02 | 3.5 (39.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Mundurowi | Drużyna Kluby | Czas netto 7.5km | Czas brutto 7.5km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------------|-------------|------------------------------|-----------|------|-------------------|------------------------------------|---------------------|----------------------|----------------------|-----------------|----------------|
| 580 | BILL Łukasz | 537 | HUSARIA RACE TEAM SZCZECINEK | M2 30-39 | 182 | | | 02:07:50.90 | 02:07:50.90 | +01:16:32 (59.9%) | 17:02 | 3.5 (39.8%) |
| 581 | FINSTER Joanna | 624 | | K1 16-29 | 38 | | Drużyna aaa | 02:07:51.95 | 02:07:51.95 | +01:16:33 (59.9%) | 17:02 | 3.5 (39.8%) |
| 582 | WAJDA Waldemar | 1050 | | M3 40-49 | 95 | | | 02:07:52.15 | 02:07:52.15 | +01:16:34 (59.9%) | 17:02 | 3.5 (39.8%) |
| 583 | PRĘTKI Robert | 927 | | M3 40-49 | 96 | | | 02:07:52.90 | 02:07:52.90 | +01:16:34 (59.9%) | 17:02 | 3.5 (39.8%) |
| 584 | DUDKA Agata | 613 | | K1 16-29 | 39 | | Piękni i bestie | 02:07:53.05 | 02:07:53.05 | +01:16:35 (59.9%) | 17:03 | 3.5 (39.8%) |
| 585 | KLIMECKI Michał | 726 | CROSS FREAKS GOLENIÓW | M2 30-39 | 183 | | | 02:07:58.25 | 02:07:58.25 | +01:16:40 (59.9%) | 17:03 | 3.5 (39.8%) |
| 586 | SIERAKOWSKA-WCIÓRKA Katarzyna | 228 | | K2 30-39 | 96 | | Black angel divers | 02:08:02.00 | 02:08:02.00 | +01:16:43 (59.9%) | 17:04 | 3.5 (39.8%) |
| 587 | PIETRUKANIEC Wojciech | 196 | | M3 40-49 | 97 | | | 02:08:02.25 | 02:08:02.25 | +01:16:44 (59.9%) | 17:04 | 3.5 (39.8%) |
| 588 | CIEŚLA Beata | 583 | ZABIEGANI GOLENIÓW | K4 50-59 | 9 | | | 02:08:02.70 | 02:08:02.70 | +01:16:44 (59.9%) | 17:04 | 3.5 (39.8%) |
| 589 | WAGNER Piotr | 287 | BLACK ANGEL DIVERS | M2 30-39 | 184 | | | 02:08:03.20 | 02:08:03.20 | +01:16:45 (59.9%) | 17:04 | 3.5 (39.8%) |
| 590 | KRUBER Katarzyna | 759 | | K2 30-39 | 97 | | | 02:08:03.60 | 02:08:03.60 | +01:16:45 (59.9%) | 17:04 | 3.5 (39.8%) |
| 591 | KLIMECKA Katarzyna | 725 | | K2 30-39 | 98 | | | 02:08:04.20 | 02:08:04.20 | +01:16:46 (59.9%) | 17:04 | 3.5 (39.8%) |
| 592 | ZIOMECKI Maciej | 288 | MOKRY POŚLAD | M2 30-39 | 185 | | Mokry pośląd goleniowskie morsy | 02:08:04.40 | 02:08:04.40 | +01:16:46 (59.9%) | 17:04 | 3.5 (39.8%) |
| 593 | KWAŚNIEWSKI Wojciech | 130 | | M2 30-39 | 186 | | | 02:08:18.30 | 02:08:18.30 | +01:17:00 (60.0%) | 17:06 | 3.5 (39.8%) |
| 594 | MIKOŁAJCZAK Adrian | 162 | | M2 30-39 | 187 | | | 02:08:30.00 | 02:08:30.00 | +01:17:11 (60.1%) | 17:08 | 3.5 (39.8%) |
| 595 | JASIK Mariusz | 692 | | M3 40-49 | 98 | | | 02:08:35.25 | 02:08:35.25 | +01:17:17 (60.1%) | 17:08 | 3.5 (39.8%) |
| 596 | JASIK Agnieszka | 691 | | K3 40-49 | 52 | | | 02:08:35.45 | 02:08:35.45 | +01:17:17 (60.1%) | 17:08 | 3.5 (39.8%) |
| 597 | KRAWCZYK Paweł | 756 | | M1 16-29 | 80 | | Oponki team | 02:08:41.35 | 02:08:41.35 | +01:17:23 (60.1%) | 17:09 | 3.5 (39.8%) |
| 598 | LEONOWICZ Martyna | 1276 | | K1 16-29 | 40 | | Oponki team | 02:08:41.50 | 02:08:41.50 | +01:17:23 (60.1%) | 17:09 | 3.5 (39.8%) |
| 599 | CHODUBSKI Filip | 24 | | M1 16-29 | 81 | | Oponki team | 02:08:41.70 | 02:08:41.70 | +01:17:23 (60.1%) | 17:09 | 3.5 (39.8%) |
| 600 | LIEBNER Patryk | 1404 | AKA DOCHODZENIE ODSZKODOWAŃ | M2 30-39 | 188 | | | 02:08:41.95 | 02:08:41.95 | +01:17:23 (60.1%) | 17:09 | 3.5 (39.8%) |
| 601 | MICHALSKI Roman | 158 | POŚPIECH NIEWSKAZANY | M1 16-29 | 82 | | Pośpiech niewskazany | 02:08:53.55 | 02:08:53.55 | +01:17:35 (60.2%) | 17:11 | 3.5 (39.8%) |
| 602 | BABIJ Adrian | 514 | | M2 30-39 | 189 | | | 02:08:54.05 | 02:08:54.05 | +01:17:36 (60.2%) | 17:11 | 3.5 (39.8%) |
| 603 | CHMIELEWSKI Radosław | 385 | | M2 30-39 | 190 | | | 02:08:59.50 | 02:08:59.50 | +01:17:41 (60.2%) | 17:11 | 3.5 (39.8%) |
| 604 | CHMIELEWSKA Sylwia | 384 | | K2 30-39 | 99 | | | 02:08:59.55 | 02:08:59.55 | +01:17:41 (60.2%) | 17:11 | 3.5 (39.8%) |
| 605 | KRUBER Piotr | 758 | | M2 30-39 | 191 | | | 02:09:06.90 | 02:09:06.90 | +01:17:48 (60.3%) | 17:12 | 3.5 (39.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Mundurowi | Drużyna Kluby | Czas netto 7.5km | Czas brutto 7.5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------------|------------------------------------|-----------|------|-------------------|----------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 606 | GARBACIAK Marta | 55 | | K2 30-39 | 100 | | Drink team | 02:09:08.60 | 02:09:08.60 | +01:17:50 (60.3%) | 17:13 | 3.5 (39.8%) |
| 607 | GOLAŃSKA Agnieszka | 64 | DRINK TEAM | K2 30-39 | 101 | | Drink team | 02:09:08.65 | 02:09:08.65 | +01:17:50 (60.3%) | 17:13 | 3.5 (39.8%) |
| 608 | BROCZKOWSKA Żaneta | 555 | | K2 30-39 | 102 | | | 02:09:12.60 | 02:09:12.60 | +01:17:54 (60.3%) | 17:13 | 3.5 (39.8%) |
| 609 | MULARCZYK Krzysztof | 1141 | | M2 30-39 | 192 | | | 02:09:12.70 | 02:09:12.70 | +01:17:54 (60.3%) | 17:13 | 3.5 (39.8%) |
| 610 | WASILKO Grzegorz | 1056 | | M2 30-39 | 193 | | | 02:09:13.05 | 02:09:13.05 | +01:17:55 (60.3%) | 17:13 | 3.5 (39.8%) |
| 611 | LIS Piotr | 140 | | M2 30-39 | 194 | | | 02:09:14.50 | 02:09:14.50 | +01:17:56 (60.3%) | 17:13 | 3.5 (39.8%) |
| 612 | LIS Klaudia | 797 | | K1 16-29 | 41 | | | 02:09:14.60 | 02:09:14.60 | +01:17:56 (60.3%) | 17:13 | 3.5 (39.8%) |
| 612 | DZIEMIANKO Ilona | 617 | | K1 16-29 | 42 | | | 02:09:14.60 | 02:09:14.60 | +01:17:56 (60.3%) | 17:13 | 3.5 (39.8%) |
| 612 | MOSKWA Grzegorz | 849 | 12BZ | M3 40-49 | 99 | | | 02:09:14.60 | 02:09:14.60 | +01:17:56 (60.3%) | 17:13 | 3.5 (39.8%) |
| 615 | PIERŚCIŃSKI Sławomir | 910 | | M3 40-49 | 100 | | | 02:09:17.60 | 02:09:17.60 | +01:17:59 (60.3%) | 17:14 | 3.5 (39.8%) |
| 616 | PIERŚCIŃSKA Marzena | 909 | | K3 40-49 | 53 | | | 02:09:18.40 | 02:09:18.40 | +01:18:00 (60.3%) | 17:14 | 3.5 (39.8%) |
| 617 | LISIECKA Barbara | 798 | | K4 50-59 | 10 | | | 02:09:25.60 | 02:09:25.60 | +01:18:07 (60.4%) | 17:15 | 3.5 (39.8%) |
| 618 | SZKUP Rafał | 363 | OPTIMA | M3 40-49 | 101 | | Optima | 02:09:45.30 | 02:09:45.30 | +01:18:27 (60.5%) | 17:18 | 3.5 (39.8%) |
| 619 | MATEUSZCZYK Michał | 152 | POŚPIECH NIEWSKAZANY | M1 16-29 | 83 | | Pośpiech niewskazany | 02:09:54.00 | 02:09:54.00 | +01:18:35 (60.5%) | 17:19 | 3.5 (39.8%) |
| 620 | STEMPNIAK Ewa | 1004 | | K2 30-39 | 103 | | | 02:10:04.35 | 02:10:04.35 | +01:18:46 (60.6%) | 17:20 | 3.5 (39.8%) |
| 621 | STECIUK Michał | 348 | | M1 16-29 | 84 | | | 02:10:06.80 | 02:10:06.80 | +01:18:48 (60.6%) | 17:20 | 3.5 (39.8%) |
| 622 | STECIUK Hanna | 349 | | K2 30-39 | 104 | | | 02:10:08.20 | 02:10:08.20 | +01:18:50 (60.6%) | 17:21 | 3.5 (39.8%) |
| 623 | JAKUBOWSKA Anna | 683 | | K2 30-39 | 105 | | | 02:10:10.40 | 02:10:10.40 | +01:18:52 (60.6%) | 17:21 | 3.5 (39.8%) |
| 624 | ZAMOŻNY Anna | 428 | | K2 30-39 | 106 | | | 02:10:10.55 | 02:10:10.55 | +01:18:52 (60.6%) | 17:21 | 3.5 (39.8%) |
| 625 | HOSZOWSKI Rafał | 673 | | M2 30-39 | 195 | | | 02:10:24.45 | 02:10:24.45 | +01:19:06 (60.7%) | 17:23 | 3.5 (39.8%) |
| 626 | MALEC Mariusz | 299 | STARGARDZKI KLUB MORSÓW MIEDWIANIE | M3 40-49 | 102 | | | 02:10:27.10 | 02:10:27.10 | +01:19:09 (60.7%) | 17:23 | 3.4 (38.6%) |
| 627 | BLOK Barbara | 10 | | K2 30-39 | 107 | | | 02:10:34.90 | 02:10:34.90 | +01:19:16 (60.7%) | 17:24 | 3.4 (38.6%) |
| 628 | WOJCIECHOWSKI Maksymilian | 1411 | STARGARD JA SIĘ NIE SCIGAM | M1 16-29 | 85 | | | 02:10:43.65 | 02:10:43.65 | +01:19:25 (60.8%) | 17:25 | 3.4 (38.6%) |
| 628 | LIPIŃSKA Sylwia | 795 | | K1 16-29 | 43 | | | 02:10:43.65 | 02:10:43.65 | +01:19:25 (60.8%) | 17:25 | 3.4 (38.6%) |
| 630 | GABARA MONCZKA Gracjana | 48 | ŁAWECZKA | K3 40-49 | 54 | | | 02:10:47.60 | 02:10:47.60 | +01:19:29 (60.8%) | 17:26 | 3.4 (38.6%) |
| 631 | BALANDYK Jacek | 5 | | M2 30-39 | 196 | | | 02:11:14.75 | 02:11:14.75 | +01:19:56 (60.9%) | 17:29 | 3.4 (38.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Mundurowi | Drużyna Kluby | Czas netto 7.5km | Czas brutto 7.5km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------|-------|---------------------------------|-----------|------|-------------------|------------------------------|---------------------|----------------------|----------------------|-----------------|----------------|
| 632 | BALANDYK Olga | 6 | | K2 30-39 | 108 | | | 02:11:14.85 | 02:11:14.85 | +01:19:56 (60.9%) | 17:29 | 3.4 (38.6%) |
| 632 | TOMASIŃSKI Szymon | 1037 | OSOWA-BIEGA | M3 40-49 | 103 | | | 02:11:14.85 | 02:11:14.85 | +01:19:56 (60.9%) | 17:29 | 3.4 (38.6%) |
| 634 | KUZMICKI Krzysztof | 128 | | M2 30-39 | 197 | | | 02:11:15.60 | 02:11:15.60 | +01:19:57 (60.9%) | 17:30 | 3.4 (38.6%) |
| 635 | SKIBA Michał | 974 | PARKRUN SZCZECIN | M2 30-39 | 198 | | | 02:11:18.10 | 02:11:18.10 | +01:20:00 (60.9%) | 17:30 | 3.4 (38.6%) |
| 636 | KLAUZINSKI Michał | 721 | | M1 16-29 | 86 | | | 02:11:19.65 | 02:11:19.65 | +01:20:01 (60.9%) | 17:30 | 3.4 (38.6%) |
| 637 | WOJSZCZYK Michał | 1078 | BRIDGESTONE STARGARD RUNNERS | M2 30-39 | 199 | | | 02:11:23.65 | 02:11:23.65 | +01:20:05 (61.0%) | 17:31 | 3.4 (38.6%) |
| 637 | ZAWISZA Tomasz | 1111 | BRIDGESTONE STARGARD RUNNERS | M2 30-39 | 200 | | | 02:11:23.65 | 02:11:23.65 | +01:20:05 (61.0%) | 17:31 | 3.4 (38.6%) |
| 639 | KOZŁOWSKA-BANIAK Paulina | 754 | BRIDGESTONE STARGARD RUNNERS | K3 40-49 | 55 | | Bridgestone stargard runners | 02:11:23.70 | 02:11:23.70 | +01:20:05 (61.0%) | 17:31 | 3.4 (38.6%) |
| 639 | WIERZCHOWSKI Arkadiusz | 1067 | BRIDGESTONE STARGARD RUNNERS | M3 40-49 | 104 | | | 02:11:23.70 | 02:11:23.70 | +01:20:05 (61.0%) | 17:31 | 3.4 (38.6%) |
| 641 | KOTWICKI Mariusz | 747 | | M2 30-39 | 201 | | | 02:11:24.10 | 02:11:24.10 | +01:20:06 (61.0%) | 17:31 | 3.4 (38.6%) |
| 642 | DOBRYCKI Piotr | 599 | BRIDGESTONE STARGARD RUNNERS | M3 40-49 | 105 | | Bridgestone stargard runners | 02:11:24.35 | 02:11:24.35 | +01:20:06 (61.0%) | 17:31 | 3.4 (38.6%) |
| 642 | WOJSZCZYK Marlena | 1079 | TRYTON BIKE TEAM | K2 30-39 | 109 | | | 02:11:24.35 | 02:11:24.35 | +01:20:06 (61.0%) | 17:31 | 3.4 (38.6%) |
| 644 | ROSIŃSKA Kamila | 950 | BRIDGESTONE STARGARD RUNNERS | K2 30-39 | 110 | | Bridgestone stargard runners | 02:11:24.55 | 02:11:24.55 | +01:20:06 (61.0%) | 17:31 | 3.4 (38.6%) |
| 645 | WOŁCZAK Iwona | 1083 | | K2 30-39 | 111 | | | 02:11:24.60 | 02:11:24.60 | +01:20:06 (61.0%) | 17:31 | 3.4 (38.6%) |
| 646 | BIEGANSKI Tomasz | 530 | | M2 30-39 | 202 | | | 02:11:42.50 | 02:11:42.50 | +01:20:24 (61.0%) | 17:33 | 3.4 (38.6%) |
| 647 | GOWORSKI Jerzy | 645 | WIECZORNE BIEGANIE W SZCZECINIE | M1 16-29 | 87 | | | 02:11:47.30 | 02:11:47.30 | +01:20:29 (61.1%) | 17:34 | 3.4 (38.6%) |
| 648 | CHROBOCIŃSKA Elżbieta | 576 | | K4 50-59 | 11 | | | 02:11:51.70 | 02:11:51.70 | +01:20:33 (61.1%) | 17:34 | 3.4 (38.6%) |
| 649 | SZYMAŃSKA Mirela | 1289 | HARDCOROWE WYCHYLYLYBYMY | K1 16-29 | 44 | | | 02:12:04.30 | 02:12:04.30 | +01:20:46 (61.2%) | 17:36 | 3.4 (38.6%) |
| 650 | WALEWICZ Piotr | 1290 | HARDCOROWE WYCHYLYLYBYMY | M2 30-39 | 203 | | | 02:12:04.45 | 02:12:04.45 | +01:20:46 (61.2%) | 17:36 | 3.4 (38.6%) |
| 651 | CHROBOCINSKI Daniel | 575 | | M1 16-29 | 88 | | | 02:12:08.90 | 02:12:08.90 | +01:20:50 (61.2%) | 17:37 | 3.4 (38.6%) |
| 652 | ŁEMPICKI Maciej | 804 | | M2 30-39 | 204 | | | 02:12:08.95 | 02:12:08.95 | +01:20:50 (61.2%) | 17:37 | 3.4 (38.6%) |
| 653 | ŁEMPICKA Karolina | 803 | | K1 16-29 | 45 | | | 02:12:09.25 | 02:12:09.25 | +01:20:51 (61.2%) | 17:37 | 3.4 (38.6%) |
| 654 | KOŹLIK Teresa | 755 | | K4 50-59 | 12 | | | 02:12:23.00 | 02:12:23.00 | +01:21:04 (61.2%) | 17:39 | 3.4 (38.6%) |
| 654 | KUBÓW Katarzyna | 1275 | ŚRUNDUNIA SZCZECIN | K3 40-49 | 56 | | | 02:12:23.00 | 02:12:23.00 | +01:21:04 (61.2%) | 17:39 | 3.4 (38.6%) |
| 656 | BARTNIK Jarosław | 1266 | ŚRUNDUNIA SZCZECIN | M3 40-49 | 106 | | | 02:12:23.20 | 02:12:23.20 | +01:21:05 (61.2%) | 17:39 | 3.4 (38.6%) |
| 657 | NOWOTNIK Wojciech | 879 | | M2 30-39 | 205 | | | 02:12:39.15 | 02:12:39.15 | +01:21:21 (61.3%) | 17:41 | 3.4 (38.6%) |
| 658 | STACH Sara | 997 | | K1 16-29 | 46 | | | 02:12:40.55 | 02:12:40.55 | +01:21:22 (61.3%) | 17:41 | 3.4 (38.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Mundurowi | Drużyna Kluby | Czas netto 7.5km | Czas brutto 7.5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------------|---------------------------------|-----------|------|-------------------|---------------------------------|---------------------|----------------------|----------------------|-----------------|----------------|
| 659 | RADCZUK Karolina | 839 | | K2 30-39 | 112 | | | 02:12:44.05 | 02:12:44.05 | +01:21:26 (61.4%) | 17:41 | 3.4 (38.6%) |
| 660 | | 1499 | | | | | | 02:12:49.95 | 02:12:49.95 | +01:21:31 (61.4%) | 17:42 | 3.4 (38.6%) |
| 661 | SOBOLEWSKA Agata | 989 | WIECZORNE BIEGANIE W SZCZECINIE | K2 30-39 | 113 | | Wieczorne bieganie w szczecinie | 02:13:00.65 | 02:13:00.65 | +01:21:42 (61.4%) | 17:44 | 3.4 (38.6%) |
| 662 | KACZMAREK Krzysztof | 704 | OSOWA BIEGA | M3 40-49 | 107 | | | 02:13:12.50 | 02:13:12.50 | +01:21:54 (61.5%) | 17:45 | 3.4 (38.6%) |
| 663 | TOMASIŃSKA Monika | 1036 | OSOWA-BIEGA | K3 40-49 | 57 | | | 02:13:12.65 | 02:13:12.65 | +01:21:54 (61.5%) | 17:45 | 3.4 (38.6%) |
| 664 | KACZMAREK Sylwia | 705 | | K3 40-49 | 58 | | | 02:13:12.80 | 02:13:12.80 | +01:21:54 (61.5%) | 17:45 | 3.4 (38.6%) |
| 665 | STACIWA Marcin | 234 | | M2 30-39 | 206 | | | 02:13:25.00 | 02:13:25.00 | +01:22:06 (61.5%) | 17:47 | 3.4 (38.6%) |
| 666 | JURKIEWICZ Małgorzata | 85 | | K1 16-29 | 47 | | | 02:13:25.15 | 02:13:25.15 | +01:22:07 (61.5%) | 17:47 | 3.4 (38.6%) |
| 667 | TOMASZEWSKI Michał | 259 | | M1 16-29 | 89 | | | 02:13:29.30 | 02:13:29.30 | +01:22:11 (61.6%) | 17:47 | 3.4 (38.6%) |
| 668 | TOKARCZYK Igor | 257 | | M1 16-29 | 90 | | | 02:13:38.70 | 02:13:38.70 | +01:22:20 (61.6%) | 17:49 | 3.4 (38.6%) |
| 668 | TOKARCZYK Marta | 1035 | | K3 40-49 | 59 | | | 02:13:38.70 | 02:13:38.70 | +01:22:20 (61.6%) | 17:49 | 3.4 (38.6%) |
| 670 | TOKARCZYK Grzegorz | 256 | | M3 40-49 | 108 | | | 02:13:38.75 | 02:13:38.75 | +01:22:20 (61.6%) | 17:49 | 3.4 (38.6%) |
| 671 | CHMIELEWSKA Agnieszka | 364 | OPTIMA | K4 50-59 | 13 | | Optima | 02:13:46.05 | 02:13:46.05 | +01:22:28 (61.6%) | 17:50 | 3.4 (38.6%) |
| 672 | KOŁCZ-HOWACKA Monika | 361 | OPTIMA | K3 40-49 | 60 | | Optima | 02:13:46.10 | 02:13:46.10 | +01:22:28 (61.6%) | 17:50 | 3.4 (38.6%) |
| 673 | GAWROŃSKA Marianna | 57 | KREJZOLE | K1 16-29 | 48 | | Krejzole | 02:13:46.30 | 02:13:46.30 | +01:22:28 (61.7%) | 17:50 | 3.4 (38.6%) |
| 674 | NOWACKI Tomasz | 360 | OPTIMA | M3 40-49 | 109 | | Optima | 02:13:46.40 | 02:13:46.40 | +01:22:28 (61.7%) | 17:50 | 3.4 (38.6%) |
| 675 | CHMIELEWSKI Adam | 359 | OPTIMA | M3 40-49 | 110 | | Optima | 02:13:46.65 | 02:13:46.65 | +01:22:28 (61.7%) | 17:50 | 3.4 (38.6%) |
| 676 | STEMPNIAK-LECHOWICZ Lidia | 1006 | | K2 30-39 | 114 | | | 02:14:37.90 | 02:14:37.90 | +01:23:19 (61.9%) | 17:56 | 3.3 (37.5%) |
| 677 | LECHOWICZ Jacek | 789 | | M2 30-39 | 207 | | | 02:14:42.55 | 02:14:42.55 | +01:23:24 (61.9%) | 17:57 | 3.3 (37.5%) |
| 678 | ADAMCZEWSKA Agnieszka | 501 | 3ATEAM | K3 40-49 | 61 | | | 02:14:53.90 | 02:14:53.90 | +01:23:35 (62.0%) | 17:59 | 3.3 (37.5%) |
| 679 | CZYŻ Anna | 589 | 3ATEAM | K3 40-49 | 62 | | | 02:14:54.00 | 02:14:54.00 | +01:23:35 (62.0%) | 17:59 | 3.3 (37.5%) |
| 680 | ADAMCZEWSKA Anna | 502 | 3ATEAM | K3 40-49 | 63 | | | 02:14:54.05 | 02:14:54.05 | +01:23:36 (62.0%) | 17:59 | 3.3 (37.5%) |
| 681 | WILEMSKA Justyna | 1070 | DLL PARTNERS | K2 30-39 | 115 | | | 02:14:56.30 | 02:14:56.30 | +01:23:38 (62.0%) | 17:59 | 3.3 (37.5%) |
| 682 | KLEPAKI Bartosz | 723 | | M2 30-39 | 208 | | | 02:14:57.05 | 02:14:57.05 | +01:23:39 (62.0%) | 17:59 | 3.3 (37.5%) |
| 683 | JARZĘBSKA Nina | 80 | | K2 30-39 | 116 | | | 02:14:57.15 | 02:14:57.15 | +01:23:39 (62.0%) | 17:59 | 3.3 (37.5%) |
| 684 | TALARCZYK Weronika | 1033 | | K1 16-29 | 49 | | | 02:15:02.50 | 02:15:02.50 | +01:23:44 (62.0%) | 18:00 | 3.3 (37.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Mundurowi | Drużyna Kluby | Czas netto 7.5km | Czas brutto 7.5km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-------|---------------------------------|-----------|------|-------------------|----------------------|---------------------|----------------------|----------------------|-----------------|----------------|
| 685 | KIELISZEK Anna | 719 | WIECZORNE BIEGANIE W SZCZECINIE | K2 30-39 | 117 | | | 02:15:57.35 | 02:15:57.35 | +01:24:39 (62.3%) | 18:07 | 3.3 (37.5%) |
| 686 | SIWIELA Jacek | 1287 | | M2 30-39 | 209 | | | 02:16:09.20 | 02:16:09.20 | +01:24:51 (62.3%) | 18:09 | 3.3 (37.5%) |
| 687 | SIWIELA Katarzyna | 972 | KP PSP POLICE | K2 30-39 | 118 | | Kp psp police | 02:16:09.25 | 02:16:09.25 | +01:24:51 (62.3%) | 18:09 | 3.3 (37.5%) |
| 688 | STERNA Magdalena | 237 | | K1 16-29 | 50 | | | 02:16:27.10 | 02:16:27.10 | +01:25:09 (62.4%) | 18:11 | 3.3 (37.5%) |
| 689 | MOŹDŻEŃ Anna | 1145 | | K2 30-39 | 119 | | | 02:16:50.20 | 02:16:50.20 | +01:25:32 (62.5%) | 18:14 | 3.3 (37.5%) |
| 690 | KWIATKOWSKA Alicja | 781 | GDAŃSKIE DZIKI | K2 30-39 | 120 | | | 02:16:50.35 | 02:16:50.35 | +01:25:32 (62.5%) | 18:14 | 3.3 (37.5%) |
| 691 | MAŁKOWSKA Edyta | 820 | | K2 30-39 | 121 | | | 02:17:16.55 | 02:17:16.55 | +01:25:58 (62.6%) | 18:18 | 3.3 (37.5%) |
| 692 | KASZA Dawid | 325 | | M1 16-29 | 91 | | | 02:17:17.15 | 02:17:17.15 | +01:25:59 (62.6%) | 18:18 | 3.3 (37.5%) |
| 693 | ZAJĄCZKOWSKA LEWANDOWSKA Marika | 1108 | OCR TEAM WŁOCŁAWEK | K2 30-39 | 122 | | | 02:17:32.25 | 02:17:32.25 | +01:26:14 (62.7%) | 18:20 | 3.3 (37.5%) |
| 694 | NOWAKOWSKA Oiwia | 877 | OCR TEAM WŁOCŁAWEK | K1 16-29 | 51 | | | 02:17:32.30 | 02:17:32.30 | +01:26:14 (62.7%) | 18:20 | 3.3 (37.5%) |
| 695 | LIPIŃSKI Paweł | 332 | | M2 30-39 | 210 | | | 02:17:39.20 | 02:17:39.20 | +01:26:21 (62.7%) | 18:21 | 3.3 (37.5%) |
| 696 | LIPIŃSKA Małgorzata | 333 | | K3 40-49 | 64 | | | 02:17:39.30 | 02:17:39.30 | +01:26:21 (62.7%) | 18:21 | 3.3 (37.5%) |
| 697 | LIASHENKO Liliia | 137 | GANG DZIKICH WIEPRZY | K1 16-29 | 52 | | | 02:17:40.00 | 02:17:40.00 | +01:26:21 (62.7%) | 18:21 | 3.3 (37.5%) |
| 697 | MACKOWICZ Aneta | 144 | | K3 40-49 | 65 | | Gang dzikich wieprzy | 02:17:40.00 | 02:17:40.00 | +01:26:21 (62.7%) | 18:21 | 3.3 (37.5%) |
| 697 | FĄFEREK Piotr | 622 | | M2 30-39 | 211 | | | 02:17:40.00 | 02:17:40.00 | +01:26:21 (62.7%) | 18:21 | 3.3 (37.5%) |
| 700 | KRYWAN Piotr | 121 | | M2 30-39 | 212 | | Gang dzikich wieprzy | 02:17:40.35 | 02:17:40.35 | +01:26:22 (62.7%) | 18:21 | 3.3 (37.5%) |
| 701 | GAJA Krzysztof | 330 | | M2 30-39 | 213 | | | 02:17:40.40 | 02:17:40.40 | +01:26:22 (62.7%) | 18:21 | 3.3 (37.5%) |
| 702 | STASZEWSKI Łukasz | 387 | | M2 30-39 | 214 | | | 02:17:40.50 | 02:17:40.50 | +01:26:22 (62.7%) | 18:21 | 3.3 (37.5%) |
| 703 | WOŁKOWICZ Radosława | 331 | | K2 30-39 | 123 | | | 02:17:41.05 | 02:17:41.05 | +01:26:23 (62.7%) | 18:21 | 3.3 (37.5%) |
| 704 | MARGUŁA-JAŚKOWSKA Dorota | 351 | | K2 30-39 | 124 | | | 02:17:46.95 | 02:17:46.95 | +01:26:28 (62.8%) | 18:22 | 3.3 (37.5%) |
| 705 | SZYDŁOWSKA Alina | 249 | | K2 30-39 | 125 | | | 02:17:47.70 | 02:17:47.70 | +01:26:29 (62.8%) | 18:22 | 3.3 (37.5%) |
| 706 | STANEJKO Agata | 235 | | K2 30-39 | 126 | | | 02:17:47.85 | 02:17:47.85 | +01:26:29 (62.8%) | 18:22 | 3.3 (37.5%) |
| 707 | JARZĄBKIEWICZ Dagmara | 79 | | K1 16-29 | 53 | | | 02:18:06.85 | 02:18:06.85 | +01:26:48 (62.9%) | 18:24 | 3.3 (37.5%) |
| 708 | GRABOWSKI Maciej | 649 | | M2 30-39 | 215 | | | 02:18:34.50 | 02:18:34.50 | +01:27:16 (63.0%) | 18:28 | 3.2 (36.4%) |
| 709 | NAREJKO Paweł | 860 | | M1 16-29 | 92 | | | 02:18:43.50 | 02:18:43.50 | +01:27:25 (63.0%) | 18:29 | 3.2 (36.4%) |
| 710 | SKARŻYŃSKA Anna | 973 | | K1 16-29 | 54 | | Łosoś t.e.a.m. | 02:18:43.65 | 02:18:43.65 | +01:27:25 (63.0%) | 18:29 | 3.2 (36.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Mundurowi | Drużyna Kluby | Czas netto 7.5km | Czas brutto 7.5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|------------------------------------|-----------|------|-------------------|----------------------|---------------------|----------------------|----------------------|-----------------|----------------|
| 711 | NIERZWICKI Krzysztof | 867 | | M1 16-29 | 93 | | | 02:18:43.95 | 02:18:43.95 | +01:27:25 (63.0%) | 18:29 | 3.2 (36.4%) |
| 712 | PAKURA Krzysztof | 185 | | M3 40-49 | 111 | | Ławeczka | 02:19:01.15 | 02:19:01.15 | +01:27:43 (63.1%) | 18:32 | 3.2 (36.4%) |
| 713 | PAKURA Magdalena | 186 | | K2 30-39 | 127 | | Ławeczka | 02:19:01.55 | 02:19:01.55 | +01:27:43 (63.1%) | 18:32 | 3.2 (36.4%) |
| 714 | GŁUSZYK Małgorzata | 641 | | K2 30-39 | 128 | | | 02:19:04.95 | 02:19:04.95 | +01:27:46 (63.1%) | 18:32 | 3.2 (36.4%) |
| 715 | PARYPA Hanna | 189 | | K2 30-39 | 129 | | | 02:19:05.05 | 02:19:05.05 | +01:27:47 (63.1%) | 18:32 | 3.2 (36.4%) |
| 716 | BODNAR Zbigniew | 548 | | M5 60+ | 8 | | | 02:19:16.50 | 02:19:16.50 | +01:27:58 (63.2%) | 18:34 | 3.2 (36.4%) |
| 717 | GRODZIŃSKI Arkadiusz | 653 | STARGARDZKI KLUB MORSÓW MIEDWIANIE | M3 40-49 | 112 | | | 02:19:22.75 | 02:19:22.75 | +01:28:04 (63.2%) | 18:34 | 3.2 (36.4%) |
| 718 | GRODZIŃSKA Agnieszka | 652 | KLUB MORSÓW MIEDWIANIE | K3 40-49 | 66 | | | 02:19:23.35 | 02:19:23.35 | +01:28:05 (63.2%) | 18:35 | 3.2 (36.4%) |
| 719 | ŁOSIEWICZ Adam | 142 | | M1 16-29 | 94 | | Pośpiech niewskazany | 02:19:38.20 | 02:19:38.20 | +01:28:20 (63.3%) | 18:37 | 3.2 (36.4%) |
| 720 | MASZCZYK Marta | 830 | | K2 30-39 | 130 | | | 02:20:20.90 | 02:20:20.90 | +01:29:02 (63.4%) | 18:42 | 3.2 (36.4%) |
| 721 | JAROSZ Artur | 689 | | M2 30-39 | 216 | | | 02:20:51.30 | 02:20:51.30 | +01:29:33 (63.6%) | 18:46 | 3.2 (36.4%) |
| 722 | KRYSA Magda | 760 | | K2 30-39 | 131 | | | 02:20:56.05 | 02:20:56.05 | +01:29:38 (63.6%) | 18:47 | 3.2 (36.4%) |
| 723 | REMLAJN Adam | 943 | GRUPA MALBORK | M3 40-49 | 113 | | | 02:21:01.70 | 02:21:01.70 | +01:29:43 (63.6%) | 18:48 | 3.2 (36.4%) |
| 724 | WIELGOSZEWSKA Olga | 1065 | | K2 30-39 | 132 | | | 02:21:03.75 | 02:21:03.75 | +01:29:45 (63.6%) | 18:48 | 3.2 (36.4%) |
| 725 | NIEMIERKO Magdalena | 866 | | K3 40-49 | 67 | | | 02:21:03.95 | 02:21:03.95 | +01:29:45 (63.6%) | 18:48 | 3.2 (36.4%) |
| 726 | CIEPIELA Przemysław | 581 | | M3 40-49 | 114 | | | 02:21:05.35 | 02:21:05.35 | +01:29:47 (63.6%) | 18:48 | 3.2 (36.4%) |
| 727 | ORLON Barbara | 886 | RUN HAPPY | K3 40-49 | 68 | | Run happy | 02:21:11.40 | 02:21:11.40 | +01:29:53 (63.7%) | 18:49 | 3.2 (36.4%) |
| 728 | ZUBKIEWICZ Michał | 290 | | M1 16-29 | 95 | | Pośpiech niewskazany | 02:21:22.75 | 02:21:22.75 | +01:30:04 (63.7%) | 18:50 | 3.2 (36.4%) |
| 729 | RYBIŃSKA Anna | 224 | | K2 30-39 | 133 | | | 02:21:33.60 | 02:21:33.60 | +01:30:15 (63.8%) | 18:52 | 3.2 (36.4%) |
| 729 | PRZYBYSZ Marta | 211 | | K2 30-39 | 134 | | | 02:21:33.60 | 02:21:33.60 | +01:30:15 (63.8%) | 18:52 | 3.2 (36.4%) |
| 731 | CHODZICKI Janusz | 573 | ZS ZWYROLE | M1 16-29 | 96 | | | 02:22:00.40 | 02:22:00.40 | +01:30:42 (63.9%) | 18:56 | 3.2 (36.4%) |
| 732 | NIEWIADOMSKA Kamila | 870 | ZS ZWYROLE | K1 16-29 | 55 | | | 02:22:00.70 | 02:22:00.70 | +01:30:42 (63.9%) | 18:56 | 3.2 (36.4%) |
| 733 | PUPEK Małgorzata | 935 | | K2 30-39 | 135 | | | 02:22:12.95 | 02:22:12.95 | +01:30:54 (63.9%) | 18:57 | 3.2 (36.4%) |
| 733 | ŁEBKOWSKI Karol | 802 | | M2 30-39 | 217 | | | 02:22:12.95 | 02:22:12.95 | +01:30:54 (63.9%) | 18:57 | 3.2 (36.4%) |
| 735 | PERROT Magdalena | 905 | | K3 40-49 | 69 | | | 02:22:13.30 | 02:22:13.30 | +01:30:55 (63.9%) | 18:57 | 3.2 (36.4%) |
| 736 | AMBROZIAK Adam | 386 | | M2 30-39 | 218 | | | 02:22:31.80 | 02:22:31.80 | +01:31:13 (64.0%) | 19:00 | 3.2 (36.4%) |
| 737 | DACH Eryk | 593 | FIFNE PYRKI | M1 16-29 | 97 | | Fifne pyrki | 02:23:04.20 | 02:23:04.20 | +01:31:46 (64.1%) | 19:04 | 3.1 (35.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Mundurowi | Drużyna Kluby | Czas netto 7.5km | Czas brutto 7.5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|---------------------------|-----------|------|-------------------|-------------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 738 | WOŹNIAK Wiktoria | 1091 | FIFNE PYRKI | K1 16-29 | 56 | | | 02:23:04.45 | 02:23:04.45 | +01:31:46 (64.1%) | 19:04 | 3.1 (35.2%) |
| 739 | KREJNER Rafał | 374 | | M1 16-29 | 98 | | | 02:23:10.05 | 02:23:10.05 | +01:31:52 (64.2%) | 19:05 | 3.1 (35.2%) |
| 740 | ZDZIEBŁOWSKI Wiktor | 285 | | M1 16-29 | 99 | | | 02:23:12.20 | 02:23:12.20 | +01:31:54 (64.2%) | 19:05 | 3.1 (35.2%) |
| 741 | WOŹNA Edyta | 276 | | K3 40-49 | 70 | | | 02:23:12.35 | 02:23:12.35 | +01:31:54 (64.2%) | 19:05 | 3.1 (35.2%) |
| 742 | WOŹNY Mateusz | 277 | | M1 16-29 | 100 | | | 02:23:12.45 | 02:23:12.45 | +01:31:54 (64.2%) | 19:05 | 3.1 (35.2%) |
| 743 | ZDZIEBŁOWSKI Bartosz | 284 | | M3 40-49 | 115 | | | 02:23:13.00 | 02:23:13.00 | +01:31:54 (64.2%) | 19:05 | 3.1 (35.2%) |
| 744 | WOŹNY Kacper | 278 | | M1 16-29 | 101 | | | 02:23:13.20 | 02:23:13.20 | +01:31:55 (64.2%) | 19:05 | 3.1 (35.2%) |
| 745 | SZYSZKOWSKA Katarzyna | 254 | | K2 30-39 | 136 | | Krejzole | 02:23:17.30 | 02:23:17.30 | +01:31:59 (64.2%) | 19:06 | 3.1 (35.2%) |
| 746 | KROTECKA Anna | 1273 | KREJZOLE | K2 30-39 | 137 | | Krejzole | 02:23:17.50 | 02:23:17.50 | +01:31:59 (64.2%) | 19:06 | 3.1 (35.2%) |
| 747 | DYMSZA Aleksandra | 322 | | K1 16-29 | 57 | | | 02:23:18.00 | 02:23:18.00 | +01:31:59 (64.2%) | 19:06 | 3.1 (35.2%) |
| 748 | STODZIESZ Anna | 238 | KREJZOLE | K2 30-39 | 138 | | | 02:23:18.05 | 02:23:18.05 | +01:32:00 (64.2%) | 19:06 | 3.1 (35.2%) |
| 748 | SARABURA Magdalena | 1286 | KREJZOLE | K3 40-49 | 71 | | Krejzole | 02:23:18.05 | 02:23:18.05 | +01:32:00 (64.2%) | 19:06 | 3.1 (35.2%) |
| 750 | DROZDEK Joanna | 39 | KOMPAS TEAM | K3 40-49 | 72 | | | 02:23:18.25 | 02:23:18.25 | +01:32:00 (64.2%) | 19:06 | 3.1 (35.2%) |
| 751 | REGULINSKA Kamila | 1285 | KREJZOLE | K3 40-49 | 73 | | Krejzole | 02:23:18.35 | 02:23:18.35 | +01:32:00 (64.2%) | 19:06 | 3.1 (35.2%) |
| 752 | KUPNIEWSKA Aleksandra | 776 | KOMPAS TEAM | K2 30-39 | 139 | | | 02:23:18.80 | 02:23:18.80 | +01:32:00 (64.2%) | 19:06 | 3.1 (35.2%) |
| 753 | KARCZMARCZYK Adriana | 90 | KREJZOLE | K2 30-39 | 140 | | | 02:23:18.95 | 02:23:18.95 | +01:32:00 (64.2%) | 19:06 | 3.1 (35.2%) |
| 753 | NIEZGODA Adam | 871 | KOMPAS TEAM | M3 40-49 | 116 | | | 02:23:18.95 | 02:23:18.95 | +01:32:00 (64.2%) | 19:06 | 3.1 (35.2%) |
| 755 | CHAMUCZYŃSKI Łukasz | 20 | | M2 30-39 | 219 | | | 02:23:22.85 | 02:23:22.85 | +01:32:04 (64.2%) | 19:06 | 3.1 (35.2%) |
| 756 | KOCÓR Agnieszka | 103 | | K2 30-39 | 141 | | | 02:23:22.95 | 02:23:22.95 | +01:32:04 (64.2%) | 19:06 | 3.1 (35.2%) |
| 757 | KOCÓR Tomasz | 102 | | M2 30-39 | 220 | | | 02:23:23.10 | 02:23:23.10 | +01:32:05 (64.2%) | 19:07 | 3.1 (35.2%) |
| 758 | OGRODZIŃSKI Przemysław | 880 | | M2 30-39 | 221 | | | 02:23:23.75 | 02:23:23.75 | +01:32:05 (64.2%) | 19:07 | 3.1 (35.2%) |
| 759 | TITONI Marta | 1034 | MASZ PRZEBIEGANE | K1 16-29 | 58 | | | 02:23:24.05 | 02:23:24.05 | +01:32:06 (64.2%) | 19:07 | 3.1 (35.2%) |
| 759 | WIETRZYŃSKA Agnieszka | 1068 | MASZ PRZEBIEGANE | K2 30-39 | 142 | | Masz przebiegane | 02:23:24.05 | 02:23:24.05 | +01:32:06 (64.2%) | 19:07 | 3.1 (35.2%) |
| 761 | BABIŁO Natalia | 515 | MASZ PRZEBIEGANE | K1 16-29 | 59 | | Masz przebiegane | 02:23:24.25 | 02:23:24.25 | +01:32:06 (64.2%) | 19:07 | 3.1 (35.2%) |
| 762 | MOSKWA Martyna | 848 | GO SPORT/MASZ PRZEBIEGANE | K1 16-29 | 60 | | Masz przebiegane | 02:23:24.35 | 02:23:24.35 | +01:32:06 (64.2%) | 19:07 | 3.1 (35.2%) |
| 763 | JEŻ Maja | 81 | | K1 16-29 | 61 | | Swishing axe enchiladas | 02:23:37.55 | 02:23:37.55 | +01:32:19 (64.3%) | 19:08 | 3.1 (35.2%) |
| 764 | MIKLEWICZ Agata | 160 | | K1 16-29 | 62 | | Swishing axe enchiladas | 02:23:38.40 | 02:23:38.40 | +01:32:20 (64.3%) | 19:09 | 3.1 (35.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Mundurowi | Drużyna Kluby | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|-------|--------------------|-----------|------|-------------------|-------------------------|-------------|--------------|-------------------|--------------|-------------|
| | | | | | | | | netto 7.5km | brutto 7.5km | | | |
| 765 | WIKA Marta | 1069 | | K1 16-29 | 63 | | | 02:23:48.25 | 02:23:48.25 | +01:32:30 (64.3%) | 19:10 | 3.1 (35.2%) |
| 766 | WOROCH Tomasz | 275 | | M2 30-39 | 222 | | Swishing axe enchiladas | 02:23:59.90 | 02:23:59.90 | +01:32:41 (64.4%) | 19:11 | 3.1 (35.2%) |
| 767 | BOBROWSKI Emanuel | 343 | SKB DZIK | M1 16-29 | 102 | | Skb dzik | 02:24:08.55 | 02:24:08.55 | +01:32:50 (64.4%) | 19:13 | 3.1 (35.2%) |
| 768 | SOWA Krzysztof | 992 | | M2 30-39 | 223 | | | 02:24:17.85 | 02:24:17.85 | +01:32:59 (64.4%) | 19:14 | 3.1 (35.2%) |
| 769 | KOWNACKA Aleksandra | 750 | ZDROWO PIEPRZNIĘCI | K2 30-39 | 143 | | | 02:24:33.30 | 02:24:33.30 | +01:33:15 (64.5%) | 19:16 | 3.1 (35.2%) |
| 770 | BARSZCZEWSKA Marlena | 520 | ZDROWO PIEPRZNIĘCI | K3 40-49 | 74 | | | 02:24:33.45 | 02:24:33.45 | +01:33:15 (64.5%) | 19:16 | 3.1 (35.2%) |
| 771 | OMELAŃCZUK Piotr | 885 | ZDROWO PIEPRZNIĘCI | M3 40-49 | 117 | | | 02:24:39.45 | 02:24:39.45 | +01:33:21 (64.5%) | 19:17 | 3.1 (35.2%) |
| 772 | KOWNACKI Bartosz | 751 | ZDROWO PIEPRZNIĘCI | M2 30-39 | 224 | | | 02:24:40.25 | 02:24:40.25 | +01:33:22 (64.5%) | 19:17 | 3.1 (35.2%) |
| 773 | PAWLAK Katarzyna | 191 | BRAK | K2 30-39 | 144 | | | 02:25:15.15 | 02:25:15.15 | +01:33:57 (64.7%) | 19:22 | 3.1 (35.2%) |
| 774 | ŻABA Aleksandra | 293 | | K2 30-39 | 145 | | | 02:25:16.20 | 02:25:16.20 | +01:33:58 (64.7%) | 19:22 | 3.1 (35.2%) |
| 775 | BARSZCZEWSKI Jacek | 522 | ZDROWO PIEPRZNIĘCI | M3 40-49 | 118 | | | 02:25:28.80 | 02:25:28.80 | +01:34:10 (64.7%) | 19:23 | 3.1 (35.2%) |
| 776 | SZLACHTEWICZ-PITURA Joanna | 242 | | K2 30-39 | 146 | | | 02:25:41.25 | 02:25:41.25 | +01:34:23 (64.8%) | 19:25 | 3.1 (35.2%) |
| 777 | DĄBROWSKA Aneta | 37 | | K3 40-49 | 75 | | | 02:25:41.70 | 02:25:41.70 | +01:34:23 (64.8%) | 19:25 | 3.1 (35.2%) |
| 778 | WARYCH Marta | 266 | POLSKA | K2 30-39 | 147 | | | 02:25:41.80 | 02:25:41.80 | +01:34:23 (64.8%) | 19:25 | 3.1 (35.2%) |
| 779 | WARYCH Adam | 267 | | M2 30-39 | 225 | | | 02:25:41.85 | 02:25:41.85 | +01:34:23 (64.8%) | 19:25 | 3.1 (35.2%) |
| 780 | NOWAK Marta | 175 | | K1 16-29 | 64 | | | 02:25:42.05 | 02:25:42.05 | +01:34:24 (64.8%) | 19:25 | 3.1 (35.2%) |
| 780 | JANOWICZ Paulina | 77 | | K2 30-39 | 148 | | | 02:25:42.05 | 02:25:42.05 | +01:34:24 (64.8%) | 19:25 | 3.1 (35.2%) |
| 782 | WEYLAND Anna | 270 | | K3 40-49 | 76 | | | 02:25:42.60 | 02:25:42.60 | +01:34:24 (64.8%) | 19:25 | 3.1 (35.2%) |
| 783 | JAKUBIK Anna | 680 | HUSARIA RACE TEAM | K1 16-29 | 65 | | Husaria race team | 02:25:44.40 | 02:25:44.40 | +01:34:26 (64.8%) | 19:25 | 3.1 (35.2%) |
| 784 | WIELGUS-ULATOWSKA Joanna | 1066 | HUSARIA RACE TEAM | K2 30-39 | 149 | | Husaria race team | 02:25:51.50 | 02:25:51.50 | +01:34:33 (64.8%) | 19:26 | 3.1 (35.2%) |
| 785 | ULATOWSKI Tomasz | 1047 | HUSARIA RACE TEAM | M2 30-39 | 226 | | | 02:25:51.75 | 02:25:51.75 | +01:34:33 (64.8%) | 19:26 | 3.1 (35.2%) |
| 786 | KUCHARCZYK Elżbieta | 765 | RUNGRYF | K3 40-49 | 77 | | Rungryf | 02:26:08.40 | 02:26:08.40 | +01:34:50 (64.9%) | 19:29 | 3.1 (35.2%) |
| 786 | NOWAK Irena | 873 | RUNGRYF | K4 50-59 | 14 | | Rungryf | 02:26:08.40 | 02:26:08.40 | +01:34:50 (64.9%) | 19:29 | 3.1 (35.2%) |
| 788 | SKOWYRA Arkadiusz | 979 | RUNGRYF GRYFICE | M2 30-39 | 227 | | | 02:26:08.55 | 02:26:08.55 | +01:34:50 (64.9%) | 19:29 | 3.1 (35.2%) |
| 789 | SKOWYRA Wioletta | 978 | RUNGRYF GRYFICE | K3 40-49 | 78 | | | 02:26:08.65 | 02:26:08.65 | +01:34:50 (64.9%) | 19:29 | 3.1 (35.2%) |
| 790 | KUCHARCZYK Robert | 764 | RUNGRYF | M3 40-49 | 119 | | Rungryf | 02:26:08.95 | 02:26:08.95 | +01:34:50 (64.9%) | 19:29 | 3.1 (35.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Mundurowi | Drużyna Kluby | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|-------|-------------------|-----------|------|-------------------|----------------|-------------|-------------|----------------------|--------------|----------------|
| | | | | | | | | 7.5km | 7.5km | | | |
| 791 | KONIECKA Basia | 108 | | K1 16-29 | 66 | | Pustynny orzeł | 02:26:12.20 | 02:26:12.20 | +01:34:54 (64.9%) | 19:29 | 3.1 (35.2%) |
| 792 | SZAFRAN Szymon | 344 | | M1 16-29 | 103 | | | 02:26:12.30 | 02:26:12.30 | +01:34:54 (64.9%) | 19:29 | 3.1 (35.2%) |
| 793 | TOMIAŁOJC-BIWOJNO Ewelina | 327 | LIFE4FIT | K2 30-39 | 150 | | | 02:18:17.50 | 02:26:25.50 | +01:35:07 (65.0%) | 18:26 | 3.3 (37.5%) |
| 794 | BODNAR Magdalena | 380 | | K2 30-39 | 151 | | | 02:18:21.60 | 02:26:25.60 | +01:35:07 (65.0%) | 18:26 | 3.3 (37.5%) |
| 795 | KOŁTAN Piotr | 312 | | M1 16-29 | 104 | | | 02:26:45.40 | 02:26:45.40 | +01:35:27 (65.0%) | 19:34 | 3.1 (35.2%) |
| 796 | JARZĄBKIEWICZ Dominika | 78 | | K1 16-29 | 67 | | | 02:27:23.70 | 02:27:23.70 | +01:36:05 (65.2%) | 19:39 | 3.1 (35.2%) |
| 797 | BOBROWSKA Maya | 342 | | K1 16-29 | 68 | | | 02:27:37.60 | 02:27:37.60 | +01:36:19 (65.2%) | 19:40 | 3 (34.1%) |
| 798 | RUDZIK Gabriela | 223 | | K2 30-39 | 152 | | Xxx01 | 02:28:14.25 | 02:28:14.25 | +01:36:56 (65.4%) | 19:45 | 3 (34.1%) |
| 799 | MICHALSKA Aleksandra | 157 | | K1 16-29 | 69 | | | 02:28:14.55 | 02:28:14.55 | +01:36:56 (65.4%) | 19:45 | 3 (34.1%) |
| 799 | SZYMANIAK Justyna | 250 | | K2 30-39 | 153 | | Xxx01 | 02:28:14.55 | 02:28:14.55 | +01:36:56 (65.4%) | 19:45 | 3 (34.1%) |
| 801 | KULIK Bogdan | 127 | XXX01 | M4 50-59 | 25 | | Xxx01 | 02:28:14.60 | 02:28:14.60 | +01:36:56 (65.4%) | 19:45 | 3 (34.1%) |
| 802 | PEDA Kamila | 901 | | K2 30-39 | 154 | | | 02:28:42.85 | 02:28:42.85 | +01:37:24 (65.5%) | 19:49 | 3 (34.1%) |
| 803 | CHUDZIŃSKA Dorota | 27 | | K3 40-49 | 79 | | | 02:28:48.20 | 02:28:48.20 | +01:37:30 (65.5%) | 19:50 | 3 (34.1%) |
| 804 | PEDA Mateusz | 192 | | M1 16-29 | 105 | | | 02:28:54.05 | 02:28:54.05 | +01:37:36 (65.5%) | 19:51 | 3 (34.1%) |
| 805 | KONIECKA Barbara | 107 | | K3 40-49 | 80 | | Pustynny orzeł | 02:28:54.55 | 02:28:54.55 | +01:37:36 (65.5%) | 19:51 | 3 (34.1%) |
| 806 | LOBA Zuzanna | 2191 | | K1 16-29 | 70 | | | 02:29:07.20 | 02:29:07.20 | +01:37:49 (65.6%) | 19:52 | 3 (34.1%) |
| 807 | DYDEK Dorota | 338 | | K4 50-59 | 15 | | | 02:29:44.05 | 02:29:44.05 | +01:38:26 (65.7%) | 19:57 | 3 (34.1%) |
| 808 | SAJDAK Michael | 225 | | M1 16-29 | 106 | | | 02:29:46.30 | 02:29:46.30 | +01:38:28 (65.7%) | 19:58 | 3 (34.1%) |
| 809 | KONIECKI Edgar | 110 | | M1 16-29 | 107 | | Pustynny orzeł | 02:29:46.50 | 02:29:46.50 | +01:38:28 (65.7%) | 19:58 | 3 (34.1%) |
| 810 | ZIEMIĘCKI Krystian | 286 | | M1 16-29 | 108 | | | 02:30:05.25 | 02:30:05.25 | +01:38:47 (65.8%) | 20:00 | 3 (34.1%) |
| 811 | KONDELA Paweł | 737 | AKTYWNE CHOSZCZNO | M3 40-49 | 120 | | | 02:30:17.30 | 02:30:17.30 | +01:38:59 (65.9%) | 20:02 | 3 (34.1%) |
| 812 | CHUDZIŃSKI Bartosz | 577 | | M3 40-49 | 121 | | Ożw szczecin | 02:30:17.40 | 02:30:17.40 | +01:38:59 (65.9%) | 20:02 | 3 (34.1%) |
| 813 | KONDELA Mikołaj | 106 | AKTYWNE CHOSZCZNO | M1 16-29 | 109 | | | 02:30:17.45 | 02:30:17.45 | +01:38:59 (65.9%) | 20:02 | 3 (34.1%) |
| 814 | CHUDZIŃSKI Filip | 28 | | M1 16-29 | 110 | | | 02:30:18.00 | 02:30:18.00 | +01:38:59 (65.9%) | 20:02 | 3 (34.1%) |
| 815 | NASIADEK Arkadiusz | 862 | | M3 40-49 | 122 | | Ożw szczecin | 02:30:18.40 | 02:30:18.40 | +01:39:00 (65.9%) | 20:02 | 3 (34.1%) |
| 815 | NASIADEK Agnieszka | 168 | | K1 16-29 | 71 | | | 02:30:18.40 | 02:30:18.40 | +01:39:00 (65.9%) | 20:02 | 3 (34.1%) |
| 817 | GORYŃSKA Daria | 644 | | K1 16-29 | 72 | | | 02:31:14.75 | 02:31:14.75 | +01:39:56 (66.1%) | 20:09 | 3 (34.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Mundurowi | Drużyna Kluby | Czas netto 7.5km | Czas brutto 7.5km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|-------------|---------------------------------|-----------|------|-------------------|------------------------------|---------------------|----------------------|----------------------|-----------------|----------------|
| 818 | HAŁAS Renata | 665 | SZYBCIEJ NIE MOGĘ | K4 50-59 | 16 | | | 02:31:15.95 | 02:31:15.95 | +01:39:57 (66.1%) | 20:10 | 3 (34.1%) |
| 819 | JADCZAK Danuta | 678 | SZCZECINSKO-POLICKI KLUB MORSY | K5 60+ | 1 | | | 02:31:17.65 | 02:31:17.65 | +01:39:59 (66.1%) | 20:10 | 3 (34.1%) |
| 820 | LEWANDOWSKI Janusz | 793 | WIECZORNE BIEGANIE W SZCZECINIE | M5 60+ | 9 | | | 02:31:17.75 | 02:31:17.75 | +01:39:59 (66.1%) | 20:10 | 3 (34.1%) |
| 821 | MAŁECKA Karolina | 151 | | K2 30-39 | 155 | | | 02:31:53.30 | 02:31:53.30 | +01:40:35 (66.2%) | 20:15 | 3 (34.1%) |
| 821 | WASYLÓW Katarzyna | 1058 | | K4 50-59 | 17 | | | 02:23:40.30 | 02:31:53.30 | +01:40:35 (66.2%) | 19:09 | 3.1 (35.2%) |
| 823 | WASYLÓW Karolina | 268 | | K1 16-29 | 73 | | | 02:31:53.35 | 02:31:53.35 | +01:40:35 (66.2%) | 20:15 | 3 (34.1%) |
| 824 | LEWANDOWSKI Michał | 135 | | M2 30-39 | 228 | | | 02:33:49.55 | 02:33:49.55 | +01:42:31 (66.7%) | 20:30 | 2.9 (33.0%) |
| 825 | LEWANDOWSKA Anita | 133 | | K2 30-39 | 156 | | | 02:33:49.70 | 02:33:49.70 | +01:42:31 (66.7%) | 20:30 | 2.9 (33.0%) |
| 826 | ŚLIWA Monika | 255 | | K2 30-39 | 157 | | | 02:33:49.90 | 02:33:49.90 | +01:42:31 (66.7%) | 20:30 | 2.9 (33.0%) |
| 827 | PURCHALAK Monika | 212 | | K2 30-39 | 158 | | | 02:33:50.20 | 02:33:50.20 | +01:42:32 (66.7%) | 20:30 | 2.9 (33.0%) |
| 828 | PURCHALAK Paweł | 213 | | M2 30-39 | 229 | | | 02:33:50.45 | 02:33:50.45 | +01:42:32 (66.7%) | 20:30 | 2.9 (33.0%) |
| 829 | BŁAZIAK Sebastian | 542 | | M2 30-39 | 230 | | | 02:34:08.85 | 02:34:08.85 | +01:42:50 (66.7%) | 20:33 | 2.9 (33.0%) |
| 830 | PŁOSA Monika | 915 | | K2 30-39 | 159 | | | 02:34:09.00 | 02:34:09.00 | +01:42:50 (66.7%) | 20:33 | 2.9 (33.0%) |
| 831 | KRAKOWIAK Łukasz | 1148 | | M2 30-39 | 231 | | | 02:35:19.75 | 02:35:19.75 | +01:44:01 (67.0%) | 20:42 | 2.9 (33.0%) |
| 831 | WOJCIECHOWSKI Krzysztof | 1077 | STARGARD,JA SIĘ NIE ŚCIGAM | M4 50-59 | 26 | | | 02:35:19.75 | 02:35:19.75 | +01:44:01 (67.0%) | 20:42 | 2.9 (33.0%) |
| 831 | CHENON Guillaume | 570 | WIECZORNE BIEGANIE W SZCZECINIE | M2 30-39 | 232 | | | 02:35:19.75 | 02:35:19.75 | +01:44:01 (67.0%) | 20:42 | 2.9 (33.0%) |
| 834 | KLEJNOWSKA Kamila | 722 | STARGARD JA SIĘ NIE ŚCIGAM | K2 30-39 | 160 | | | 02:35:19.90 | 02:35:19.90 | +01:44:01 (67.0%) | 20:42 | 2.9 (33.0%) |
| 835 | BAUMGART Grzegorz | 524 | STARGARD. JA SIĘ NIE ŚCIGAM! | M2 30-39 | 233 | | | 02:35:20.25 | 02:35:20.25 | +01:44:02 (67.0%) | 20:42 | 2.9 (33.0%) |
| 836 | OLESZEK Krzysztof | 883 | STARGARD. JA SIĘ NIE ŚCIGAM | M2 30-39 | 234 | | | 02:35:20.55 | 02:35:20.55 | +01:44:02 (67.0%) | 20:42 | 2.9 (33.0%) |
| 837 | STAŃCZYK Sławomir | 998 | STARGARD. JA SIĘ NIE ŚCIGAM | M2 30-39 | 235 | | Stargard. ja się nie ścigam | 02:35:20.65 | 02:35:20.65 | +01:44:02 (67.0%) | 20:42 | 2.9 (33.0%) |
| 838 | KUNIKOWSKI Patryk | 774 | STARGARD. JA SIĘ NIE ŚCIGAM | M2 30-39 | 236 | | Stargard. ja się nie ścigam | 02:35:20.75 | 02:35:20.75 | +01:44:02 (67.0%) | 20:42 | 2.9 (33.0%) |
| 838 | KUNIKOWSKA Patrycja | 773 | STARGARD. JA SIĘ NIE ŚCIGAM. | K2 30-39 | 161 | | | 02:35:20.75 | 02:35:20.75 | +01:44:02 (67.0%) | 20:42 | 2.9 (33.0%) |
| 840 | CZYNSZAK Krystian | 1146 | | M3 40-49 | 123 | | | 02:35:20.80 | 02:35:20.80 | +01:44:02 (67.0%) | 20:42 | 2.9 (33.0%) |
| 841 | GĘBICKA Agata | 638 | STARGARD JA SIĘ NIE ŚCIGAM | K2 30-39 | 162 | | | 02:35:20.95 | 02:35:20.95 | +01:44:02 (67.0%) | 20:42 | 2.9 (33.0%) |
| 841 | KWIATKOWSKA Julita | 780 | | K2 30-39 | 163 | | | 02:35:20.95 | 02:35:20.95 | +01:44:02 (67.0%) | 20:42 | 2.9 (33.0%) |
| 843 | BAUMGART Katarzyna | 525 | STARGARD. JA SIĘ NIE ŚCIGAM! | K2 30-39 | 164 | | Stargard. ja się nie ścigam! | 02:35:21.15 | 02:35:21.15 | +01:44:03 (67.0%) | 20:42 | 2.9 (33.0%) |
| 844 | WRÓŃSKA Sandra | 1094 | STARGARD JA SIĘ NIE ŚCIGAM | K1 16-29 | 74 | | | 02:35:21.30 | 02:35:21.30 | +01:44:03 (67.0%) | 20:42 | 2.9 (33.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna Mundurowi | Drużyna Kluby | Czas netto 7.5km | Czas brutto 7.5km | Różn | Tempo min/km | Tempo km/h |
|-----|---|-------------|----------------------------|-----------|------|-------------------|----------------------|---------------------|----------------------|----------------------|-----------------|----------------|
| 844 | STAŃKO Agnieszka | 999 | STARGARD JA SIĘ NIE ŚCIGAM | K2 30-39 | 165 | | | 02:35:21.30 | 02:35:21.30 | +01:44:03 (67.0%) | 20:42 | 2.9 (33.0%) |
| 846 | NADOBNA Kamila | 856 | STARGARD JA SIĘ NIE SCIGAM | K2 30-39 | 166 | | | 02:35:21.40 | 02:35:21.40 | +01:44:03 (67.0%) | 20:42 | 2.9 (33.0%) |
| 847 | IZYDORCZYK Kinga | 677 | STARGARD JA SIĘ NIE SCIGAM | K2 30-39 | 167 | | | 02:35:21.80 | 02:35:21.80 | +01:44:03 (67.0%) | 20:42 | 2.9 (33.0%) |
| 848 | DOBIECKA Joanna | 598 | | K2 30-39 | 168 | | | 02:35:22.00 | 02:35:22.00 | +01:44:03 (67.0%) | 20:42 | 2.9 (33.0%) |
| 849 | GÓRSKA Agnieszka | 647 | NORDICOWE LOVE POLICE | K3 40-49 | 81 | | | 02:36:20.55 | 02:36:20.55 | +01:45:02 (67.2%) | 20:50 | 2.9 (33.0%) |
| 850 | NAJMARK Małgorzata | 858 | SKB DZIK | K3 40-49 | 82 | | | 02:36:20.60 | 02:36:20.60 | +01:45:02 (67.2%) | 20:50 | 2.9 (33.0%) |
| 851 | NOWAK Aneta | 874 | NORDICOWELOVE | K3 40-49 | 83 | | | 02:36:20.90 | 02:36:20.90 | +01:45:02 (67.2%) | 20:50 | 2.9 (33.0%) |
| 852 | KULEWSKA Joanna | 771 | NORDICOWELOVE | K3 40-49 | 84 | | | 02:36:20.95 | 02:36:20.95 | +01:45:02 (67.2%) | 20:50 | 2.9 (33.0%) |
| 852 | PIEPRZOWSKA Sylwia | 194 | | K3 40-49 | 85 | | | 02:36:20.95 | 02:36:20.95 | +01:45:02 (67.2%) | 20:50 | 2.9 (33.0%) |
| 854 | RUBAJ - FIEDZIUSZKO Anna | 222 | | K2 30-39 | 169 | | | 02:36:21.20 | 02:36:21.20 | +01:45:03 (67.2%) | 20:50 | 2.9 (33.0%) |
| 855 | GAJEK Łukasz | 629 | GIMELA TEAM | M2 30-39 | 237 | | Gimela team | 02:36:28.40 | 02:36:28.40 | +01:45:10 (67.2%) | 20:51 | 2.9 (33.0%) |
| 856 | JĘZIÓRSKI Wojciech | 699 | GIMELA TEAM | M1 16-29 | 111 | | Gimela team | 02:36:28.55 | 02:36:28.55 | +01:45:10 (67.2%) | 20:51 | 2.9 (33.0%) |
| 857 | JANUSZEWSKI Bartosz | 686 | GIMELA TEAM | M2 30-39 | 238 | | Gimela team | 02:36:28.65 | 02:36:28.65 | +01:45:10 (67.2%) | 20:51 | 2.9 (33.0%) |
| 858 | BIAZIK Piotr | 529 | | M2 30-39 | 239 | | Gimela team | 02:36:28.70 | 02:36:28.70 | +01:45:10 (67.2%) | 20:51 | 2.9 (33.0%) |
| 859 | CICHARSKI Rafał | 578 | GIMELA TEAM | M1 16-29 | 112 | | Gimela team | 02:36:28.85 | 02:36:28.85 | +01:45:10 (67.2%) | 20:51 | 2.9 (33.0%) |
| 860 | ELBIŃSKA- KRAWCZUK Monika | 619 | | K3 40-49 | 86 | | | 02:36:40.75 | 02:36:40.75 | +01:45:22 (67.3%) | 20:53 | 2.9 (33.0%) |
| 861 | ZABROCKI Karol | 1105 | | M2 30-39 | 240 | | | 02:36:40.85 | 02:36:40.85 | +01:45:22 (67.3%) | 20:53 | 2.9 (33.0%) |
| 862 | MAĆKÓW Natalia | 811 | | K3 40-49 | 87 | | | 02:36:40.90 | 02:36:40.90 | +01:45:22 (67.3%) | 20:53 | 2.9 (33.0%) |
| 863 | DRZEWIECKA Agnieszka | 607 | BIEGACZE ŚWINOUJŚCIE | K3 40-49 | 88 | | Biegacze świnoujście | 02:36:41.15 | 02:36:41.15 | +01:45:23 (67.3%) | 20:53 | 2.9 (33.0%) |
| 863 | BURAKOWSKI Grzegorz | 564 | | M3 40-49 | 124 | | | 02:36:41.15 | 02:36:41.15 | +01:45:23 (67.3%) | 20:53 | 2.9 (33.0%) |
| 863 | BZDAWKA Joanna | 567 | 1976 | K3 40-49 | 89 | | | 02:36:41.15 | 02:36:41.15 | +01:45:23 (67.3%) | 20:53 | 2.9 (33.0%) |
| 863 | BARSZCZEWSKA Małgorzata | 519 | | K3 40-49 | 90 | | | 02:36:41.15 | 02:36:41.15 | +01:45:23 (67.3%) | 20:53 | 2.9 (33.0%) |
| 867 | BARSZCZEWSKI Stanisław | 521 | KPW ŚWINOUJŚCIE | M3 40-49 | 125 | | | 02:36:41.30 | 02:36:41.30 | +01:45:23 (67.3%) | 20:53 | 2.9 (33.0%) |
| 868 | GRYTA Dariusz | 657 | BIEGACZE ŚWINOUJŚCIE | M4 50-59 | 27 | | Biegacze świnoujście | 02:36:41.35 | 02:36:41.35 | +01:45:23 (67.3%) | 20:53 | 2.9 (33.0%) |
| 869 | BZDAWKA Rafał | 566 | | M3 40-49 | 126 | | | 02:36:41.65 | 02:36:41.65 | +01:45:23 (67.3%) | 20:53 | 2.9 (33.0%) |
| 870 | DRZEWIECKI Arkadiusz | 608 | BIEGACZE ŚWINOUJŚCIE | M4 50-59 | 28 | | | 02:36:41.80 | 02:36:41.80 | +01:45:23 (67.3%) | 20:53 | 2.9 (33.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna | Mundurowi | Drużyna Kluby | Czas netto 7.5km | Czas brutto 7.5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|-------------|----------------------------|-----------|------|---------|-----------|---------------|---------------------|----------------------|------|-----------------|---------------|
| 901 | WROŃSKI Julian | 1095 | STARGARD JA SIĘ NIE ŚCIGAM | M2 30-39 | 244 | | | | | | | | (0.0%) |
| 902 | WICK Emilian | 340 | | M2 30-39 | 245 | | | | | | | | (0.0%) |
| 903 | DESZCZ Artur | 365 | | M2 30-39 | 246 | | | | | | | | (0.0%) |
| | SZUFRANOWICZ Marcin | 247 | | M1 16-29 | | | | | DNF | DNF | | - | - (0.0%) |

Znaleziono 904 wynik(ów)