



VIII BIEG SZLAKIEM DZIKA

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Wydarzenie: Dziki Weekend 2018
Organizator: Stowarzyszenie Klub Biegowy Dzik
Data: 2018-08-18
Miejsce: Police
Dystans: 10 km

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|----------------------------------|-----------|------|-------------|----------------|--------------------|--------------------|-------------------|--------------|--------------|
| 1 | PELO Artur | 798 | 7 BRYGADA OBRONY WYBRZEŻA SLUPSK | M3 40-49 | 1 | 00:00:02 | 00:17:06 | 00:34:38.15 | 00:34:40.60 | | 3:27 | 17.3 (100%) |
| 2 | WÓJCIK Rafał | 170 | SKB DZIK POLICE | M3 40-49 | 2 | 00:00:02 | 00:17:30 | 00:35:44.95 | 00:35:47.85 | +00:01:06 (3.1%) | 3:34 | 16.8 (97.1%) |
| 3 | BIENIEK Kamil | 870 | PRZECIW MYŚLIWYM | M2 30-39 | 1 | 00:00:02 | 00:17:48 | 00:36:13.05 | 00:36:15.65 | +00:01:34 (4.4%) | 3:37 | 16.6 (96.0%) |
| 4 | ZAWISTOWSKI Krzysztof | 886 | KP PSP PIŁA | M1 16-29 | 1 | 00:00:03 | 00:18:05 | 00:36:21.80 | 00:36:25.05 | +00:01:43 (4.8%) | 3:38 | 16.5 (95.4%) |
| 5 | PAWLIŃSKI Piotr | 904 | GRUPA AZOTY POLICE | M2 30-39 | 2 | 00:00:02 | 00:18:14 | 00:36:39.80 | 00:36:42.55 | +00:02:01 (5.5%) | 3:40 | 16.4 (94.8%) |
| 6 | POGOCKI Seweryn | 795 | KW PSP ŁÓDŹ | M2 30-39 | 3 | 00:00:03 | 00:18:14 | 00:37:06.65 | 00:37:09.70 | +00:02:28 (6.7%) | 3:42 | 16.2 (93.6%) |
| 7 | SIECZKOWSKI Michał | 873 | KB PIONIER SZCZECIN | M2 30-39 | 4 | 00:00:03 | 00:18:19 | 00:37:13.85 | 00:37:17.35 | +00:02:35 (7.0%) | 3:43 | 16.1 (93.1%) |
| 8 | SOWAŁA Wojciech | 796 | KW PSP ŁÓDŹ | M2 30-39 | 5 | 00:00:03 | 00:18:39 | 00:37:39.50 | 00:37:42.55 | +00:03:01 (8.0%) | 3:45 | 15.9 (91.9%) |
| 9 | BURDKA Piotr | 800 | KW PSP ŁÓDŹ | M3 40-49 | 3 | 00:00:03 | 00:18:35 | 00:37:46.85 | 00:37:49.90 | +00:03:08 (8.3%) | 3:46 | 15.9 (91.9%) |
| 10 | MACIASZEK Grzegorz | 797 | KW PSP ŁÓDŹ | M3 40-49 | 4 | 00:00:02 | 00:18:44 | 00:38:04.05 | 00:38:07.00 | +00:03:25 (9.0%) | 3:48 | 15.8 (91.3%) |
| 11 | WASZAK Krzysztof | 361 | | M1 16-29 | 2 | 00:00:04 | 00:19:06 | 00:38:08.75 | 00:38:13.25 | +00:03:30 (9.2%) | 3:48 | 15.7 (90.8%) |
| 12 | BARAŃSKI Przemysław | 928 | KMPSP SZCZECIN/MLUKS TRZEBIATÓW | M1 16-29 | 3 | 00:00:02 | 00:18:59 | 00:38:38.15 | 00:38:40.30 | +00:04:00 (10.4%) | 3:51 | 15.5 (89.6%) |
| 13 | POKRZYWIŃSKI Zbigniew | 667 | BBL POLICE | M2 30-39 | 6 | 00:00:02 | 00:18:48 | 00:38:40.45 | 00:38:42.60 | +00:04:02 (10.4%) | 3:52 | 15.5 (89.6%) |
| 14 | POKRZYWIŃSKI Krzysztof | 878 | BBL POLICE | M4 50-59 | 1 | 00:00:02 | 00:19:09 | 00:38:42.30 | 00:38:45.15 | +00:04:04 (10.5%) | 3:52 | 15.5 (89.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|---------------------------------|-----------|------|-------------|----------------|--------------------|--------------------|-------------------|--------------|--------------|
| 15 | PRZEKOPOWICZ Bartosz | 782 | 102. BATALION OCHRONY | M1 16-29 | 4 | 00:00:03 | 00:19:11 | 00:39:10.05 | 00:39:13.20 | +00:04:31 (11.6%) | 3:55 | 15.3 (88.4%) |
| 16 | GREGULA Wojt | 777 | STRAŻ POŻARNA | M2 30-39 | 7 | 00:00:04 | 00:19:26 | 00:39:15.65 | 00:39:19.65 | +00:04:37 (11.8%) | 3:55 | 15.3 (88.4%) |
| 17 | PLESNER Krzysztof | 856 | KMPSP SZCZECIN | M2 30-39 | 8 | 00:00:03 | 00:20:00 | 00:41:00.05 | 00:41:03.20 | +00:06:21 (15.5%) | 4:06 | 14.6 (84.4%) |
| 18 | USTIANOWSKI Przemysław | 760 | 12 BZ | M3 40-49 | 5 | 00:00:03 | 00:20:41 | 00:41:26.00 | 00:41:29.80 | +00:06:47 (16.4%) | 4:08 | 14.5 (83.8%) |
| 19 | GÓRNIAK Przemysław | 172 | 12 BRYGADA ZMECHANIZOWANA | M1 16-29 | 5 | 00:00:03 | 00:20:17 | 00:41:37.40 | 00:41:40.85 | +00:06:59 (16.8%) | 4:09 | 14.4 (83.2%) |
| 20 | ZYGMUNT Tomasz | 859 | ŻW SZCZECIN | M3 40-49 | 6 | 00:00:04 | 00:20:43 | 00:41:43.05 | 00:41:47.95 | +00:07:04 (17.0%) | 4:10 | 14.4 (83.2%) |
| 21 | ŻYWICKI Janusz | 876 | KB PIONIER SZCZECIN | M4 50-59 | 2 | 00:00:04 | 00:20:33 | 00:42:17.70 | 00:42:21.70 | +00:07:39 (18.1%) | 4:13 | 14.2 (82.1%) |
| 22 | WYGLĄDAŁA Bartosz | 885 | MOŻW | M2 30-39 | 9 | 00:00:04 | 00:21:01 | 00:42:21.30 | 00:42:25.75 | +00:07:43 (18.2%) | 4:14 | 14.2 (82.1%) |
| 23 | RUDZIŃSKI Jakub | 570 | KW PSP SZCZECIN | M1 16-29 | 6 | 00:00:03 | 00:20:42 | 00:42:26.90 | 00:42:30.60 | +00:07:48 (18.4%) | 4:14 | 14.1 (81.5%) |
| 24 | TELATYŃSKA Sylwia | 814 | 102. BOCHR | K3 40-49 | 1 | 00:00:05 | 00:20:58 | 00:42:30.90 | 00:42:36.10 | +00:07:52 (18.5%) | 4:15 | 14.1 (81.5%) |
| 25 | SKORSKI Lukasz | 552 | | M2 30-39 | 10 | 00:00:02 | 00:20:47 | 00:42:31.60 | 00:42:34.15 | +00:07:53 (18.6%) | 4:15 | 14.1 (81.5%) |
| 26 | PRZYBYSZ Rafał | 555 | 23. BAZA LOTNICTWA TAKTYCZNEGO | M2 30-39 | 11 | 00:00:10 | 00:21:17 | 00:42:38.15 | 00:42:49.00 | +00:08:00 (18.8%) | 4:15 | 14.1 (81.5%) |
| 27 | SZCZEPANIAK Paweł | 86 | MUD GOATS | M1 16-29 | 7 | 00:00:05 | 00:21:12 | 00:42:47.10 | 00:42:52.30 | +00:08:08 (19.0%) | 4:16 | 14 (80.9%) |
| 28 | RUDZIŃSKI Jacek | 171 | KW PSP SZCZECIN | M3 40-49 | 7 | 00:00:04 | 00:20:54 | 00:42:51.65 | 00:42:55.95 | +00:08:13 (19.2%) | 4:17 | 14 (80.9%) |
| 29 | CHENON Guillaume | 607 | WIECZORNE BIEGANIE W SZCZECINIE | M2 30-39 | 12 | 00:00:21 | 00:20:39 | 00:42:55.95 | 00:43:17.15 | +00:08:17 (19.3%) | 4:17 | 14 (80.9%) |
| 30 | CHUDAŃSKI Hubert | 642 | SP PSP BYDGOSZCZ | M2 30-39 | 13 | 00:00:06 | 00:21:15 | 00:43:01.75 | 00:43:08.25 | +00:08:23 (19.5%) | 4:18 | 13.9 (80.3%) |
| 31 | TOPOREK Przemysław | 713 | DLL PARTNERS | M2 30-39 | 14 | 00:00:20 | 00:21:26 | 00:43:02.90 | 00:43:23.15 | +00:08:24 (19.5%) | 4:18 | 13.9 (80.3%) |
| 32 | PAWŁOWSKI Kamil | 601 | OCR TEAM WŁOCŁAWEK | M1 16-29 | 8 | 00:00:00 | 00:21:31 | 00:43:32.35 | 00:43:32.35 | +00:08:54 (20.4%) | 4:21 | 13.8 (79.8%) |
| 33 | BEBŁO Patryk | 619 | | M1 16-29 | 9 | 00:00:06 | 00:21:49 | 00:43:33.50 | 00:43:39.80 | +00:08:55 (20.5%) | 4:21 | 13.8 (79.8%) |
| 34 | PLUTA Grzegorz | 845 | KB HERMES GRYFINO | M4 50-59 | 3 | 00:00:03 | 00:21:22 | 00:43:58.15 | 00:44:01.20 | +00:09:20 (21.2%) | 4:23 | 13.6 (78.6%) |
| 35 | KOTARSKI Wiesław | 905 | GRUPA AZOTY POLICE | M5 60+ | 1 | 00:00:02 | 00:21:26 | 00:44:04.00 | 00:44:06.90 | +00:09:25 (21.4%) | 4:24 | 13.6 (78.6%) |
| 36 | ZGUTKA Tomasz | 192 | HUSARIA RACE TEAM | M3 40-49 | 8 | 00:00:38 | 00:21:36 | 00:44:05.35 | 00:44:43.35 | +00:09:27 (21.4%) | 4:24 | 13.6 (78.6%) |
| 37 | HOŁYŃSKI Leszek | 239 | WIECZORNE BIEGANIE W SZCZECINIE | M2 30-39 | 15 | 00:00:21 | 00:21:53 | 00:44:15.35 | 00:44:37.15 | +00:09:37 (21.7%) | 4:25 | 13.6 (78.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|------------------------------------|-----------|------|-------------|----------------|--------------------|--------------------|-------------------|--------------|--------------|
| 38 | KACZMAREK Maciej | 739 | BROS TEAM | M1 16-29 | 10 | 00:00:05 | 00:21:39 | 00:44:25.15 | 00:44:30.50 | +00:09:47 (22.0%) | 4:26 | 13.5 (78.0%) |
| 39 | WRÓBLEWSKI Michał | 479 | GRA RUNNERS | M2 30-39 | 16 | 00:00:03 | 00:21:37 | 00:44:32.60 | 00:44:36.40 | +00:09:54 (22.2%) | 4:27 | 13.5 (78.0%) |
| 40 | OKIENCZUK Radek | 749 | | M2 30-39 | 17 | 00:00:03 | 00:21:56 | 00:44:33.60 | 00:44:36.85 | +00:09:55 (22.3%) | 4:27 | 13.5 (78.0%) |
| 41 | JASTAK Paweł | 40 | | M2 30-39 | 18 | 00:00:07 | 00:22:23 | 00:44:35.30 | 00:44:42.65 | +00:09:57 (22.3%) | 4:27 | 13.5 (78.0%) |
| 42 | BABICZ Wojtek | 420 | BRIDGESTONE STARGARD RUNNERS | M2 30-39 | 19 | 00:00:04 | 00:22:03 | 00:44:41.00 | 00:44:45.60 | +00:10:02 (22.5%) | 4:28 | 13.4 (77.5%) |
| 43 | KRÓL Kamil | 53 | SOCIOS SILESIA | M1 16-29 | 11 | 00:00:03 | 00:22:09 | 00:44:43.75 | 00:44:47.30 | +00:10:05 (22.6%) | 4:28 | 13.4 (77.5%) |
| 44 | TYSZCZUK Maciej | 898 | KASKADA SZCZECIN RUGBY KLUB | M1 16-29 | 12 | 00:00:44 | 00:22:27 | 00:44:46.80 | 00:45:31.55 | +00:10:08 (22.7%) | 4:28 | 13.4 (77.5%) |
| 45 | PORZYCH Zbigniew | 346 | CALIBRA TIM | M2 30-39 | 20 | 00:00:07 | 00:22:04 | 00:44:50.10 | 00:44:57.45 | +00:10:11 (22.7%) | 4:29 | 13.4 (77.5%) |
| 46 | TWARDOWSKI Michał | 942 | XRUNNERS | M2 30-39 | 21 | 00:00:05 | 00:21:54 | 00:44:50.70 | 00:44:55.80 | +00:10:12 (22.8%) | 4:29 | 13.4 (77.5%) |
| 47 | LIPERTOWICZ Sebastian | 595 | LOVELASY | M2 30-39 | 22 | 00:00:04 | 00:22:04 | 00:44:52.90 | 00:44:56.90 | +00:10:14 (22.8%) | 4:29 | 13.4 (77.5%) |
| 48 | ROGALSKI Marcin | 836 | VOCALIS SZCZECIN | M4 50-59 | 4 | 00:00:05 | 00:22:05 | 00:44:54.05 | 00:44:59.45 | +00:10:15 (22.9%) | 4:29 | 13.4 (77.5%) |
| 49 | PRZYBYSZ Adrian | 741 | SKB DZIK | M1 16-29 | 13 | 00:00:03 | 00:21:34 | 00:44:58.45 | 00:45:01.60 | +00:10:20 (23.0%) | 4:29 | 13.3 (76.9%) |
| 50 | MALEC Mariusz | 69 | STARGARDZKI KLUB MORSÓW MIEDWIANIE | M3 40-49 | 9 | 00:00:08 | 00:22:05 | 00:45:01.30 | 00:45:10.25 | +00:10:23 (23.1%) | 4:30 | 13.3 (76.9%) |
| 51 | WIĘCKO Jacek | 922 | 15GBZ | M3 40-49 | 10 | 00:00:00 | 00:22:15 | 00:45:04.35 | 00:45:04.35 | +00:10:26 (23.2%) | 4:30 | 13.3 (76.9%) |
| 52 | SAWICKI Bartosz | 358 | DZIKIE DZIKI GORZÓW | M1 16-29 | 14 | 00:00:05 | 00:22:40 | 00:45:06.75 | 00:45:12.45 | +00:10:28 (23.2%) | 4:30 | 13.3 (76.9%) |
| 53 | MILEJSKI Paweł | 349 | | M2 30-39 | 23 | 00:00:09 | 00:22:31 | 00:45:07.85 | 00:45:17.05 | +00:10:29 (23.3%) | 4:30 | 13.3 (76.9%) |
| 54 | RYBACKI Roman | 411 | WAR-CHLACZKI | M2 30-39 | 24 | 00:00:13 | 00:22:54 | 00:45:21.55 | 00:45:34.80 | +00:10:43 (23.6%) | 4:32 | 13.2 (76.3%) |
| 55 | GARBACIAK Przemysław | 676 | MAUPOLAND | M2 30-39 | 25 | 00:00:38 | 00:22:18 | 00:45:22.80 | 00:46:01.65 | +00:10:44 (23.7%) | 4:32 | 13.2 (76.3%) |
| 56 | PŁUCIENIK Jakub | 921 | | M1 16-29 | 15 | 00:00:09 | 00:22:38 | 00:45:22.95 | 00:45:32.45 | +00:10:44 (23.7%) | 4:32 | 13.2 (76.3%) |
| 57 | KIDA Rafał | 319 | SOKOŁÓW TEAM | M3 40-49 | 11 | 00:00:04 | 00:22:25 | 00:45:27.35 | 00:45:31.85 | +00:10:49 (23.8%) | 4:32 | 13.2 (76.3%) |
| 58 | MORGIEWICZ Piotr | 278 | RUNGRYF GRYFICE | M4 50-59 | 5 | 00:00:06 | 00:22:27 | 00:45:39.75 | 00:45:46.30 | +00:11:01 (24.1%) | 4:34 | 13.1 (75.7%) |
| 59 | CHLASTA Jacek | 803 | | M2 30-39 | 26 | 00:00:07 | 00:22:50 | 00:45:40.10 | 00:45:47.15 | +00:11:01 (24.2%) | 4:34 | 13.1 (75.7%) |
| 60 | ŚWIĆ Miłosz | 455 | DZIK KOMANDO | M2 30-39 | 27 | 00:00:15 | 00:22:58 | 00:45:57.55 | 00:46:12.60 | +00:11:19 (24.6%) | 4:35 | 13.1 (75.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------|-------|------------------------------|-----------|------|-------------|----------------|-----------------|------------------|-------------------|--------------|--------------|
| 61 | OPIELA Arkadiusz | 423 | | M1 16-29 | 16 | 00:00:14 | 00:23:02 | 00:45:58.85 | 00:46:13.75 | +00:11:20 (24.7%) | 4:35 | 13 (75.1%) |
| 62 | STEFAŃCZYK Przemysław | 238 | | M3 40-49 | 12 | 00:00:05 | 00:22:57 | 00:46:04.20 | 00:46:10.15 | +00:11:26 (24.8%) | 4:36 | 13 (75.1%) |
| 63 | DEC Dominik | 318 | SOKOŁÓW TEAM | M1 16-29 | 17 | 00:00:05 | 00:22:50 | 00:46:04.85 | 00:46:10.70 | +00:11:26 (24.8%) | 4:36 | 13 (75.1%) |
| 64 | SIEDLER Martin | 302 | SV DONSBRUGGEN | M2 30-39 | 28 | 00:00:23 | 00:22:42 | 00:46:05.90 | 00:46:29.30 | +00:11:27 (24.9%) | 4:36 | 13 (75.1%) |
| 65 | KRZACZKOWSKI Łukasz | 716 | | M2 30-39 | 29 | 00:00:04 | 00:22:35 | 00:46:15.25 | 00:46:19.35 | +00:11:37 (25.1%) | 4:37 | 13 (75.1%) |
| 66 | PRABUCKI Jarek | 251 | UKL ÓSEMKA POLICE | M3 40-49 | 13 | 00:00:05 | 00:22:04 | 00:46:17.10 | 00:46:22.30 | +00:11:38 (25.2%) | 4:37 | 13 (75.1%) |
| 67 | DZIEDZIC Paweł | 575 | | M1 16-29 | 18 | 00:00:07 | 00:22:45 | 00:46:22.15 | 00:46:30.00 | +00:11:44 (25.3%) | 4:38 | 12.9 (74.6%) |
| 68 | DUSZA Robert | 153 | | M2 30-39 | 30 | 00:00:13 | 00:22:54 | 00:46:23.80 | 00:46:36.95 | +00:11:45 (25.3%) | 4:38 | 12.9 (74.6%) |
| 69 | GAWLIK Wojciech | 394 | IWSP SZ | M2 30-39 | 31 | 00:00:10 | 00:23:32 | 00:46:24.55 | 00:46:35.15 | +00:11:46 (25.4%) | 4:38 | 12.9 (74.6%) |
| 70 | PRZYBYSZ Marcin | 90 | | M2 30-39 | 32 | 00:00:10 | 00:22:46 | 00:46:24.75 | 00:46:35.15 | +00:11:46 (25.4%) | 4:38 | 12.9 (74.6%) |
| 71 | KOŁODZIŃSKI Paweł | 747 | DZIKIE DZIKI GORZÓW | M2 30-39 | 33 | 00:00:06 | 00:22:47 | 00:46:25.70 | 00:46:31.90 | +00:11:47 (25.4%) | 4:38 | 12.9 (74.6%) |
| 72 | LASEK Jakub | 750 | CHICKS&SPORT TEAM | M1 16-29 | 19 | 00:00:03 | 00:22:12 | 00:46:26.20 | 00:46:30.00 | +00:11:48 (25.4%) | 4:38 | 12.9 (74.6%) |
| 73 | WARCHAŁOWSKI Arkadiusz | 304 | | M3 40-49 | 14 | 00:00:22 | 00:23:06 | 00:46:30.70 | 00:46:52.85 | +00:11:52 (25.5%) | 4:39 | 12.9 (74.6%) |
| 73 | DĄBROSZ Łukasz | 872 | | M2 30-39 | 34 | 00:00:10 | 00:23:16 | 00:46:30.70 | 00:46:41.55 | +00:11:52 (25.5%) | 4:39 | 12.9 (74.6%) |
| 75 | NIEMIRO Dominika | 690 | JAGODOWO-KALINOWY TEAM | K2 30-39 | 1 | 00:00:04 | 00:23:04 | 00:46:35.00 | 00:46:39.10 | +00:11:56 (25.6%) | 4:39 | 12.9 (74.6%) |
| 76 | KWIATKOWSKI Kajetan | 47 | BIGYELLOWFOOT ADVENTURE TEAM | M2 30-39 | 35 | 00:00:12 | 00:22:37 | 00:46:36.15 | 00:46:48.40 | +00:11:58 (25.7%) | 4:39 | 12.9 (74.6%) |
| 77 | NOWAK Jakub | 806 | | M1 16-29 | 20 | 00:00:10 | 00:23:00 | 00:46:36.95 | 00:46:47.65 | +00:11:58 (25.7%) | 4:39 | 12.9 (74.6%) |
| 78 | GIZICKI Tomasz | 729 | KP PSP POLICE | M1 16-29 | 21 | 00:00:23 | 00:23:07 | 00:46:38.35 | 00:47:01.40 | +00:12:00 (25.7%) | 4:39 | 12.9 (74.6%) |
| 79 | CZARNECKA Barbara | 149 | | K2 30-39 | 2 | 00:00:06 | 00:23:03 | 00:46:41.95 | 00:46:48.90 | +00:12:03 (25.8%) | 4:40 | 12.8 (74.0%) |
| 80 | BACIOR Tomasz | 398 | | M2 30-39 | 36 | 00:00:05 | 00:23:24 | 00:46:43.95 | 00:46:49.05 | +00:12:05 (25.9%) | 4:40 | 12.8 (74.0%) |
| 81 | POCIERZNICKI Rafał | 384 | 3KPZMOT/1BPZMOT | M2 30-39 | 37 | 00:00:12 | 00:23:06 | 00:46:44.10 | 00:46:56.25 | +00:12:05 (25.9%) | 4:40 | 12.8 (74.0%) |
| 82 | JANKOWSKI Rafał | 881 | MOŻW | M3 40-49 | 15 | 00:00:18 | 00:23:20 | 00:46:48.45 | 00:47:07.25 | +00:12:10 (26.0%) | 4:40 | 12.8 (74.0%) |
| 83 | ADAMCZYK Paweł | 823 | | M2 30-39 | 38 | 00:00:16 | 00:24:02 | 00:47:03.85 | 00:47:20.05 | +00:12:25 (26.4%) | 4:42 | 12.7 (73.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|------------------------------------|-----------|------|-------------|----------------|--------------------|--------------------|-------------------|--------------|--------------|
| 84 | MICHALAK Michał | 693 | OSZŹW MIŃSK MAZOWIECKI | M3 40-49 | 16 | 00:00:14 | 00:23:09 | 00:47:04.75 | 00:47:18.85 | +00:12:26 (26.4%) | 4:42 | 12.7 (73.4%) |
| 85 | KONEFAŁ Piotr | 521 | | M1 16-29 | 22 | 00:00:08 | 00:23:14 | 00:47:10.00 | 00:47:18.65 | +00:12:31 (26.6%) | 4:43 | 12.7 (73.4%) |
| 86 | MYŚLICKI Rafał | 623 | | M1 16-29 | 23 | 00:00:23 | 00:23:36 | 00:47:13.95 | 00:47:37.70 | +00:12:35 (26.7%) | 4:43 | 12.7 (73.4%) |
| 87 | SIERADZKA Justyna | 864 | MOŻW | K2 30-39 | 3 | 00:00:07 | 00:23:30 | 00:47:14.90 | 00:47:21.95 | +00:12:36 (26.7%) | 4:43 | 12.7 (73.4%) |
| 88 | CENIUCH Magdalena | 844 | | K1 16-29 | 1 | 00:00:03 | 00:23:11 | 00:47:16.55 | 00:47:20.25 | +00:12:38 (26.7%) | 4:43 | 12.7 (73.4%) |
| 89 | MIELCZAREK Krystian | 275 | STARGARDZKI KLUB MORSÓW MIEDWIANIE | M2 30-39 | 39 | 00:00:15 | 00:23:23 | 00:47:38.40 | 00:47:54.00 | +00:13:00 (27.3%) | 4:45 | 12.6 (72.8%) |
| 90 | SZCZUKO Karol | 347 | | M2 30-39 | 40 | 00:00:07 | 00:23:21 | 00:47:39.10 | 00:47:46.15 | +00:13:00 (27.3%) | 4:45 | 12.6 (72.8%) |
| 91 | ZABOROWSKA Małgorzata | 817 | GRARUNNERS | K2 30-39 | 4 | 00:00:09 | 00:23:38 | 00:47:43.30 | 00:47:53.15 | +00:13:05 (27.4%) | 4:46 | 12.6 (72.8%) |
| 92 | GOŁĘBIEWSKI Tomasz | 584 | PARUNMEDIC | M2 30-39 | 41 | 00:00:04 | 00:23:17 | 00:47:44.40 | 00:47:48.70 | +00:13:06 (27.4%) | 4:46 | 12.6 (72.8%) |
| 93 | PRUSEK Mateusz | 75 | AKTYWNE CHOSZCZNO | M1 16-29 | 24 | 00:00:10 | 00:24:02 | 00:47:45.85 | 00:47:55.95 | +00:13:07 (27.5%) | 4:46 | 12.6 (72.8%) |
| 94 | OLEJNICZAK Konrad | 397 | RUNNER SZCZECIN TEAM | M3 40-49 | 17 | 00:00:22 | 00:23:43 | 00:47:46.55 | 00:48:09.10 | +00:13:08 (27.5%) | 4:46 | 12.6 (72.8%) |
| 95 | SŁODZIŃSKI Gabriel | 205 | ŁOSOŚ T.E.A.M | M1 16-29 | 25 | 00:00:05 | 00:24:24 | 00:47:54.60 | 00:48:00.25 | +00:13:16 (27.7%) | 4:47 | 12.5 (72.3%) |
| 96 | BUGAJNY Damian | 523 | SUPERMARATON KALISZ | M3 40-49 | 18 | 00:00:06 | 00:23:46 | 00:47:57.10 | 00:48:03.85 | +00:13:18 (27.8%) | 4:47 | 12.5 (72.3%) |
| 97 | KOZŁOWSKI Paweł | 951 | XRUNNERS | M2 30-39 | 42 | 00:00:04 | 00:23:56 | 00:48:00.60 | 00:48:05.20 | +00:13:22 (27.9%) | 4:48 | 12.5 (72.3%) |
| 98 | BRYL Mirosław | 718 | 15 GIŻYCKA BRYGADA ZMECHANIZOWANA | M3 40-49 | 19 | 00:00:06 | 00:24:15 | 00:48:02.35 | 00:48:08.55 | +00:13:24 (27.9%) | 4:48 | 12.5 (72.3%) |
| 99 | PYREK Krzysztof | 80 | 1 RBLOG | M2 30-39 | 43 | 00:00:11 | 00:23:37 | 00:48:03.95 | 00:48:15.25 | +00:13:25 (27.9%) | 4:48 | 12.5 (72.3%) |
| 100 | CHMIELEWSKI Janusz | 847 | CHMIELEWSKI TEAM-BBL POLICE | M5 60+ | 2 | 00:00:04 | 00:23:53 | 00:48:05.60 | 00:48:10.20 | +00:13:27 (28.0%) | 4:48 | 12.5 (72.3%) |
| 101 | CHARĘZA Marcin | 247 | ZAWADZKIEGO SZCZECIN | M2 30-39 | 44 | 00:00:36 | 00:23:37 | 00:48:06.70 | 00:48:42.80 | +00:13:28 (28.0%) | 4:48 | 12.5 (72.3%) |
| 102 | GRZELAK Ryszard | 644 | KB HERMES GRYFINO | M3 40-49 | 20 | 00:00:16 | 00:24:16 | 00:48:09.60 | 00:48:25.80 | +00:13:31 (28.1%) | 4:48 | 12.5 (72.3%) |
| 103 | PAWLAK Bartosz | 327 | WIECZORNE BIEGANIE W SZCZECINIE | M1 16-29 | 26 | 00:00:16 | 00:24:00 | 00:48:19.80 | 00:48:36.70 | +00:13:41 (28.3%) | 4:50 | 12.4 (71.7%) |
| 104 | PASIEKA Agnieszka | 203 | K.B.SPRINT ŚWIDWIN / 21.BLT | K2 30-39 | 5 | 00:00:09 | 00:23:52 | 00:48:25.80 | 00:48:35.10 | +00:13:47 (28.5%) | 4:50 | 12.4 (71.7%) |
| 105 | ZELEK Dariusz | 388 | | M3 40-49 | 21 | 00:00:03 | 00:23:18 | 00:48:26.05 | 00:48:29.45 | +00:13:47 (28.5%) | 4:50 | 12.4 (71.7%) |
| 106 | ZAWLIK Tomasz | 279 | | M3 40-49 | 22 | 00:00:37 | 00:24:55 | 00:48:28.20 | 00:49:06.15 | +00:13:50 (28.5%) | 4:50 | 12.4 (71.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|-----------------------------------|-----------|------|-------------|----------------|--------------------|--------------------|-------------------|--------------|--------------|
| 107 | SOBOCIŃSKA Ewelina | 745 | 15 GIŻYCKA BRYGADA ZMECHANIZOWANA | K2 30-39 | 6 | 00:00:05 | 00:24:23 | 00:48:37.70 | 00:48:43.40 | +00:13:59 (28.8%) | 4:51 | 12.3 (71.1%) |
| 108 | SAWA Piotr | 673 | IRON TEAM SZCZECIN | M2 30-39 | 45 | 00:00:11 | 00:24:08 | 00:48:40.35 | 00:48:51.75 | +00:14:02 (28.8%) | 4:52 | 12.3 (71.1%) |
| 109 | TAMBORSKA Agata | 694 | DZIK KOMANDO | K2 30-39 | 7 | 00:00:09 | 00:23:27 | 00:48:43.50 | 00:48:53.30 | +00:14:05 (28.9%) | 4:52 | 12.3 (71.1%) |
| 110 | PETERSBURSKI Robert | 919 | BBL POLICE | M3 40-49 | 23 | 00:00:12 | 00:24:34 | 00:48:50.10 | 00:49:02.85 | +00:14:11 (29.1%) | 4:53 | 12.3 (71.1%) |
| 111 | LINKE Rafał | 447 | SKB DZIK | M2 30-39 | 46 | 00:00:31 | 00:23:54 | 00:48:50.75 | 00:49:22.40 | +00:14:12 (29.1%) | 4:53 | 12.3 (71.1%) |
| 112 | ŚWIST Joanna | 42 | RUNNING QUEEN | K2 30-39 | 8 | 00:00:19 | 00:24:19 | 00:48:54.35 | 00:49:14.25 | +00:14:16 (29.2%) | 4:53 | 12.3 (71.1%) |
| 113 | PELC Marek | 234 | | M2 30-39 | 47 | 00:00:05 | 00:24:03 | 00:48:55.20 | 00:49:01.00 | +00:14:17 (29.2%) | 4:53 | 12.3 (71.1%) |
| 114 | WRONDAS Tomasz | 900 | | M1 16-29 | 27 | 00:00:11 | 00:23:30 | 00:48:58.25 | 00:49:09.80 | +00:14:20 (29.3%) | 4:53 | 12.3 (71.1%) |
| 115 | ROSZAK Zbigniew | 207 | TG SOKÓŁ GNIEWKOWO | M2 30-39 | 48 | 00:00:08 | 00:23:27 | 00:49:02.95 | 00:49:11.55 | +00:14:24 (29.4%) | 4:54 | 12.2 (70.5%) |
| 116 | LIZAKOWSKI Piotr | 901 | NYHA IV | M3 40-49 | 24 | 00:00:21 | 00:24:24 | 00:49:06.15 | 00:49:27.95 | +00:14:28 (29.5%) | 4:54 | 12.2 (70.5%) |
| 117 | KUŻBIK Jakub | 617 | | M2 30-39 | 49 | 00:00:11 | 00:23:43 | 00:49:06.35 | 00:49:18.05 | +00:14:28 (29.5%) | 4:54 | 12.2 (70.5%) |
| 118 | BĘDKOWSKI Piotr | 771 | | M1 16-29 | 28 | 00:00:19 | 00:24:08 | 00:49:10.85 | 00:49:29.85 | +00:14:32 (29.6%) | 4:55 | 12.2 (70.5%) |
| 119 | ZAKRZEWSKI Grzegorz | 454 | FSD RUN DREZDENKO | M1 16-29 | 29 | 00:00:41 | 00:26:29 | 00:49:22.90 | 00:50:04.25 | +00:14:44 (29.9%) | 4:56 | 12.1 (69.9%) |
| 120 | JASTRZĘBSKI Daniel | 321 | | M3 40-49 | 25 | 00:00:28 | 00:25:08 | 00:49:23.55 | 00:49:51.80 | +00:14:45 (29.9%) | 4:56 | 12.1 (69.9%) |
| 121 | KUŁAKOWSKI Dawid | 436 | BIEGOLAS KOSZALIN | M3 40-49 | 26 | 00:00:10 | 00:24:27 | 00:49:25.85 | 00:49:35.85 | +00:14:47 (29.9%) | 4:56 | 12.1 (69.9%) |
| 122 | IWANIEC Dariusz | 548 | BIEGOLAS KOSZALIN | M3 40-49 | 27 | 00:00:09 | 00:24:28 | 00:49:26.15 | 00:49:35.95 | +00:14:48 (29.9%) | 4:56 | 12.1 (69.9%) |
| 123 | WINKEL Arkadiusz | 569 | | M3 40-49 | 28 | 00:00:13 | 00:24:23 | 00:49:26.95 | 00:49:40.80 | +00:14:48 (30.0%) | 4:56 | 12.1 (69.9%) |
| 124 | SOLIWODA Jacek | 467 | 15 GIŻYCKA BRYGADA ZMECHANIZOWANA | M3 40-49 | 29 | 00:00:06 | 00:24:26 | 00:49:28.50 | 00:49:34.95 | +00:14:50 (30.0%) | 4:56 | 12.1 (69.9%) |
| 125 | WASILEWSKI Andrzej | 371 | | M3 40-49 | 30 | 00:00:32 | 00:24:47 | 00:49:29.05 | 00:50:01.30 | +00:14:50 (30.0%) | 4:56 | 12.1 (69.9%) |
| 126 | KISIEL Łukasz | 538 | | M2 30-39 | 50 | 00:00:27 | 00:24:58 | 00:49:30.30 | 00:49:57.55 | +00:14:52 (30.0%) | 4:57 | 12.1 (69.9%) |
| 127 | ZERZUT Jarosław | 93 | PUSZCZYK BUKOWY | M4 50-59 | 6 | 00:00:26 | 00:25:05 | 00:49:31.65 | 00:49:58.10 | +00:14:53 (30.1%) | 4:57 | 12.1 (69.9%) |
| 128 | DYDEK Arkadiusz | 499 | CF PRAWY BRZEG | M1 16-29 | 30 | 00:00:05 | 00:23:15 | 00:49:32.95 | 00:49:38.00 | +00:14:54 (30.1%) | 4:57 | 12.1 (69.9%) |
| 129 | KRZACZKOWSKA Iwona | 715 | DZIKI WROCŁAW | K2 30-39 | 9 | 00:00:03 | 00:23:55 | 00:49:37.60 | 00:49:40.80 | +00:14:59 (30.2%) | 4:57 | 12.1 (69.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|---------------------------------|-----------|------|-------------|----------------|--------------------|--------------------|-------------------|--------------|--------------|
| 130 | TOMICZAK Krzysztof | 323 | | M3 40-49 | 31 | 00:00:15 | 00:24:43 | 00:49:38.35 | 00:49:53.95 | +00:15:00 (30.2%) | 4:57 | 12.1 (69.9%) |
| 131 | ROZICKI Krzysztof | 425 | 3KPZMOT/1BPZMOT/12BZ | M2 30-39 | 51 | 00:00:13 | 00:24:43 | 00:49:42.15 | 00:49:55.95 | +00:15:04 (30.3%) | 4:58 | 12.1 (69.9%) |
| 132 | MICERSKI Tomasz | 419 | BIEGOLAS KOSZALIN | M3 40-49 | 32 | 00:00:10 | 00:24:28 | 00:49:43.10 | 00:49:53.55 | +00:15:04 (30.3%) | 4:58 | 12.1 (69.9%) |
| 133 | KRAWCZYK Paweł | 296 | | M1 16-29 | 31 | 00:00:16 | 00:24:55 | 00:49:44.70 | 00:50:00.75 | +00:15:06 (30.4%) | 4:58 | 12.1 (69.9%) |
| 134 | WOŁOSZYN Wojciech | 546 | | M2 30-39 | 52 | 00:00:28 | 00:25:07 | 00:49:48.10 | 00:50:16.35 | +00:15:09 (30.5%) | 4:58 | 12 (69.4%) |
| 135 | GLINKOWSKI Filip | 100 | FIFNE PYRKI | M1 16-29 | 32 | 00:00:34 | 00:25:34 | 00:49:53.55 | 00:50:28.45 | +00:15:15 (30.6%) | 4:59 | 12 (69.4%) |
| 136 | POMIOTŁO Karol | 868 | MOŻW | M1 16-29 | 33 | 00:00:17 | 00:23:59 | 00:50:01.00 | 00:50:18.05 | +00:15:22 (30.8%) | 5:00 | 12 (69.4%) |
| 137 | KOŁOMAŃSKI Hubert | 434 | | M2 30-39 | 53 | 00:00:29 | 00:24:44 | 00:50:02.75 | 00:50:32.15 | +00:15:24 (30.8%) | 5:00 | 12 (69.4%) |
| 138 | SZYMAŃSKA Katarzyna | 32 | WIECZORNE BIEGANIE W SZCZECINIE | K2 30-39 | 10 | 00:00:04 | 00:24:35 | 00:50:06.05 | 00:50:10.95 | +00:15:27 (30.9%) | 5:00 | 12 (69.4%) |
| 139 | DZIETCZYK Kamil | 813 | 102. BOCHR | M2 30-39 | 54 | 00:00:45 | 00:25:35 | 00:50:07.10 | 00:50:53.00 | +00:15:28 (30.9%) | 5:00 | 12 (69.4%) |
| 140 | SMĘTEK Michał | 572 | | M1 16-29 | 34 | 00:00:27 | 00:25:14 | 00:50:15.05 | 00:50:42.60 | +00:15:36 (31.1%) | 5:01 | 11.9 (68.8%) |
| 141 | GŁADYSZ Jarosław | 435 | | M2 30-39 | 55 | 00:00:15 | 00:25:07 | 00:50:19.65 | 00:50:34.65 | +00:15:41 (31.2%) | 5:01 | 11.9 (68.8%) |
| 142 | NĘDZUSIAK Dariusz | 67 | KP PSP ALEKSANDRÓW KUJAWSKI | M4 50-59 | 7 | 00:00:10 | 00:24:39 | 00:50:20.15 | 00:50:31.00 | +00:15:42 (31.2%) | 5:02 | 11.9 (68.8%) |
| 143 | MŁYNARCZYK Tatiana | 61 | HUSARIA RACE TEAM | K2 30-39 | 11 | 00:00:05 | 00:24:39 | 00:50:27.35 | 00:50:33.00 | +00:15:49 (31.4%) | 5:02 | 11.9 (68.8%) |
| 144 | ŻAK Sebastian | 537 | | M2 30-39 | 56 | 00:00:28 | 00:25:09 | 00:50:35.25 | 00:51:03.25 | +00:15:57 (31.5%) | 5:03 | 11.9 (68.8%) |
| 145 | WILK Agnieszka | 618 | | K1 16-29 | 2 | 00:00:21 | 00:25:17 | 00:50:38.05 | 00:50:59.20 | +00:15:59 (31.6%) | 5:03 | 11.8 (68.2%) |
| 146 | BIEŃKOWSKI Michał | 413 | DZIK KOMANDO | M2 30-39 | 57 | 00:00:26 | 00:26:10 | 00:50:41.95 | 00:51:08.90 | +00:16:03 (31.7%) | 5:04 | 11.8 (68.2%) |
| 147 | LUDWICZAK Jarosław | 260 | KOŚCIAN TEAM | M2 30-39 | 58 | 00:00:11 | 00:25:22 | 00:50:49.60 | 00:51:00.60 | +00:16:11 (31.9%) | 5:04 | 11.8 (68.2%) |
| 148 | KNIOŁA Łukasz | 44 | PIŁA TEAM | M2 30-39 | 59 | 00:00:07 | 00:25:39 | 00:50:51.35 | 00:50:58.90 | +00:16:13 (31.9%) | 5:05 | 11.8 (68.2%) |
| 149 | KACHNIARZ Marcin | 773 | | M2 30-39 | 60 | 00:00:15 | 00:25:07 | 00:50:55.00 | 00:51:10.30 | +00:16:16 (32.0%) | 5:05 | 11.8 (68.2%) |
| 150 | KOPACZ Łukasz | 339 | | M1 16-29 | 35 | 00:00:15 | 00:25:21 | 00:50:57.65 | 00:51:12.70 | +00:16:19 (32.0%) | 5:05 | 11.8 (68.2%) |
| 151 | GRYGORCEWICZ Jan | 232 | SKB DZIK | M4 50-59 | 8 | 00:00:07 | 00:25:12 | 00:50:58.80 | 00:51:06.55 | +00:16:20 (32.1%) | 5:05 | 11.8 (68.2%) |
| 152 | WÓJCIK Krzysztof | 208 | | M2 30-39 | 61 | 00:00:05 | 00:24:46 | 00:50:58.90 | 00:51:04.75 | +00:16:20 (32.1%) | 5:05 | 11.8 (68.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------|-------|-----------------------------------------------------------|-----------|------|-------------|----------------|-----------------|------------------|-------------------|--------------|--------------|
| 153 | KOPKA Magdalena | 56 | | K2 30-39 | 12 | 00:00:19 | 00:25:07 | 00:50:58.95 | 00:51:18.05 | +00:16:20 (32.1%) | 5:05 | 11.8 (68.2%) |
| 154 | BOROWSKA Karolina | 146 | PUSZCZYK BUKOWY | K2 30-39 | 13 | 00:00:06 | 00:24:38 | 00:51:01.35 | 00:51:07.35 | +00:16:23 (32.1%) | 5:06 | 11.8 (68.2%) |
| 155 | KORDYS Michał | 531 | 23.BAZA LOTNICTWA TAKTYCZNEGO | M1 16-29 | 36 | 00:00:21 | 00:24:28 | 00:51:02.45 | 00:51:24.00 | +00:16:24 (32.1%) | 5:06 | 11.8 (68.2%) |
| 156 | GOSTOMSKI Miłosz | 381 | | M2 30-39 | 62 | 00:00:07 | 00:24:32 | 00:51:04.70 | 00:51:12.55 | +00:16:26 (32.2%) | 5:06 | 11.7 (67.6%) |
| 157 | BIENIAS Konrad | 43 | | M1 16-29 | 37 | 00:00:31 | 00:26:07 | 00:51:17.25 | 00:51:49.05 | +00:16:39 (32.5%) | 5:07 | 11.7 (67.6%) |
| 158 | WIECZOREK Andrzej | 621 | | M4 50-59 | 9 | 00:00:36 | 00:25:34 | 00:51:23.00 | 00:51:59.90 | +00:16:44 (32.6%) | 5:08 | 11.7 (67.6%) |
| 159 | HAWRYLAK Marcin | 151 | SOSW NR 1 DLA DZIECI NIEPEŁNOSPRAWNYCH RUCHOWO W POLICACH | M3 40-49 | 33 | 00:00:05 | 00:24:52 | 00:51:25.80 | 00:51:31.20 | +00:16:47 (32.7%) | 5:08 | 11.7 (67.6%) |
| 160 | KACZMAREK Krzysztof | 70 | BIEGACZE PÓŁNOCY | M3 40-49 | 34 | 00:00:24 | 00:25:32 | 00:51:26.80 | 00:51:51.50 | +00:16:48 (32.7%) | 5:08 | 11.7 (67.6%) |
| 161 | KWIATKOWSKA Aleksandra | 96 | WIECZORNE BIEGANIE W SZCZECINIE | K1 16-29 | 3 | 00:00:04 | 00:25:11 | 00:51:28.25 | 00:51:33.15 | +00:16:50 (32.7%) | 5:08 | 11.7 (67.6%) |
| 162 | FELCENLOBEN Robert | 180 | RAJSPOORT ACTIVE | M2 30-39 | 63 | 00:00:21 | 00:25:55 | 00:51:28.55 | 00:51:49.65 | +00:16:50 (32.7%) | 5:08 | 11.7 (67.6%) |
| 163 | BLICHARSKA Marta | 594 | | K2 30-39 | 14 | 00:00:34 | 00:25:35 | 00:51:29.25 | 00:52:03.85 | +00:16:51 (32.7%) | 5:08 | 11.7 (67.6%) |
| 164 | KĘDZIELEWSKI Łukasz | 299 | ZAWADZKIEGO SZCZECIN | M2 30-39 | 64 | 00:00:35 | 00:25:34 | 00:51:29.55 | 00:52:04.75 | +00:16:51 (32.7%) | 5:08 | 11.7 (67.6%) |
| 165 | MASZKIEWICZ Mariusz | 890 | DZIKI WROCŁAW | M1 16-29 | 38 | 00:01:07 | 00:25:24 | 00:51:31.90 | 00:52:39.20 | +00:16:53 (32.8%) | 5:09 | 11.6 (67.1%) |
| 166 | KUSAK Bartłomiej | 704 | DZIKI WROCŁAW | M1 16-29 | 39 | 00:01:06 | 00:25:26 | 00:51:33.05 | 00:52:39.65 | +00:16:54 (32.8%) | 5:09 | 11.6 (67.1%) |
| 167 | WIECZOREK Mariusz | 68 | | M3 40-49 | 35 | 00:00:45 | 00:25:36 | 00:51:36.45 | 00:52:22.40 | +00:16:58 (32.9%) | 5:09 | 11.6 (67.1%) |
| 168 | RYBACKA Kamila | 861 | | K1 16-29 | 4 | 00:00:15 | 00:25:50 | 00:51:38.25 | 00:51:54.15 | +00:17:00 (32.9%) | 5:09 | 11.6 (67.1%) |
| 169 | MARZEC Karolina | 441 | DZIKIE DZIKI GORZÓW | K2 30-39 | 15 | 00:00:03 | 00:25:37 | 00:51:39.55 | 00:51:42.95 | +00:17:01 (33.0%) | 5:09 | 11.6 (67.1%) |
| 170 | KRUPA Grzegorz | 603 | | M3 40-49 | 36 | 00:00:14 | 00:25:57 | 00:51:43.60 | 00:51:58.35 | +00:17:05 (33.0%) | 5:10 | 11.6 (67.1%) |
| 171 | MAZUR Marcin | 502 | STARGARDZKI KLUB MORSÓW MIEDWIANIE | M2 30-39 | 65 | 00:00:16 | 00:25:24 | 00:51:44.05 | 00:52:00.35 | +00:17:05 (33.1%) | 5:10 | 11.6 (67.1%) |
| 172 | PASIKOWSKI Kamil | 356 | SPONTAN SZCZECIN TEAM | M1 16-29 | 40 | 00:00:04 | 00:24:40 | 00:51:45.30 | 00:51:49.80 | +00:17:07 (33.1%) | 5:10 | 11.6 (67.1%) |
| 173 | OSTOJSKI Ireneusz | 824 | | M3 40-49 | 37 | 00:00:06 | 00:25:33 | 00:51:45.85 | 00:51:52.30 | +00:17:07 (33.1%) | 5:10 | 11.6 (67.1%) |
| 174 | DYMOWSKI Paweł | 846 | | M2 30-39 | 66 | 00:00:35 | 00:26:18 | 00:51:46.60 | 00:52:22.25 | +00:17:08 (33.1%) | 5:10 | 11.6 (67.1%) |
| 175 | ELERT Mariusz | 161 | PAPRYKARZE | M2 30-39 | 67 | 00:00:13 | 00:25:11 | 00:52:00.40 | 00:52:14.00 | +00:17:22 (33.4%) | 5:12 | 11.5 (66.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|------------|---------------------------------------------|-----------|------|-------------|----------------|--------------------|--------------------|-------------------|--------------|--------------|
| 176 | HRYCIÓW Daniel | 592 | RAGNAROK SZCZECIN | M2 30-39 | 68 | 00:00:19 | 00:26:04 | 00:52:07.55 | 00:52:27.15 | +00:17:29 (33.6%) | 5:12 | 11.5 (66.5%) |
| 177 | CZYNSZAK Krystian | 700 | STARGARD. JA SIĘ NIE ŚCIGAM | M2 30-39 | 69 | 00:00:27 | 00:26:46 | 00:52:09.40 | 00:52:37.35 | +00:17:31 (33.6%) | 5:13 | 11.5 (66.5%) |
| 178 | GRACZYK Grzegorz | 769 | 3BLOG | M2 30-39 | 70 | 00:00:28 | 00:27:03 | 00:52:10.05 | 00:52:38.90 | +00:17:31 (33.6%) | 5:13 | 11.5 (66.5%) |
| 179 | DYDEK Edyta | 943 | CF PRAWY BRZEG | K1 16-29 | 5 | 00:00:03 | 00:24:45 | 00:52:12.00 | 00:52:15.70 | +00:17:33 (33.6%) | 5:13 | 11.5 (66.5%) |
| 180 | LEWANDOWSKI Piotr | 923 | SKB DZIK | M2 30-39 | 71 | 00:00:57 | 00:25:48 | 00:52:19.30 | 00:53:17.25 | +00:17:41 (33.8%) | 5:14 | 11.5 (66.5%) |
| 181 | ALABRUDZIŃSKA Agnieszka | 855 | SZWLA STARGARD | K2 30-39 | 16 | 00:00:09 | 00:25:07 | 00:52:21.15 | 00:52:30.85 | +00:17:43 (33.8%) | 5:14 | 11.5 (66.5%) |
| 182 | DOBRYCKI Piotr | 403 | BRIDGESTONE STARGARD RUNNERS | M3 40-49 | 38 | 00:00:17 | 00:25:31 | 00:52:28.80 | 00:52:46.25 | +00:17:50 (34.0%) | 5:14 | 11.4 (65.9%) |
| 183 | MĄDRAWSKI Tomasz | 317 | | M3 40-49 | 39 | 00:00:13 | 00:26:00 | 00:52:28.85 | 00:52:42.65 | +00:17:50 (34.0%) | 5:14 | 11.4 (65.9%) |
| 184 | KACZOR Mariusz | 491 | WAR-CHLACZKI | M2 30-39 | 72 | 00:00:16 | 00:26:01 | 00:52:29.20 | 00:52:45.50 | +00:17:51 (34.0%) | 5:14 | 11.4 (65.9%) |
| 185 | SZARZEC Przemysław | 375 | 3KPZMOT/1BPZMOT/12BZ | M2 30-39 | 73 | 00:00:13 | 00:25:29 | 00:52:31.25 | 00:52:44.55 | +00:17:53 (34.1%) | 5:15 | 11.4 (65.9%) |
| 186 | LEWANDOWSKI Karol | 668 | OŻW SZCZECIN | M2 30-39 | 74 | 00:00:08 | 00:24:30 | 00:52:32.75 | 00:52:41.15 | +00:17:54 (34.1%) | 5:15 | 11.4 (65.9%) |
| 187 | KAMIŃSKA Ewelina | 117 | MUD GOATS | K2 30-39 | 17 | 00:00:08 | 00:26:13 | 00:52:33.25 | 00:52:41.85 | +00:17:55 (34.1%) | 5:15 | 11.4 (65.9%) |
| 188 | CHAŁUPKA Łukasz | 843 | | M2 30-39 | 75 | 00:00:13 | 00:25:32 | 00:52:35.50 | 00:52:49.30 | +00:17:57 (34.1%) | 5:15 | 11.4 (65.9%) |
| 189 | KAJKOWSKI Rafał | 545 | CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN | M3 40-49 | 40 | 00:00:05 | 00:25:03 | 00:52:42.15 | 00:52:47.75 | +00:18:04 (34.3%) | 5:16 | 11.4 (65.9%) |
| 190 | KOCZKODAJ Kamil | 685 | | M1 16-29 | 41 | 00:00:34 | 00:26:18 | 00:52:42.40 | 00:53:16.80 | +00:18:04 (34.3%) | 5:16 | 11.4 (65.9%) |
| 191 | DROZD Michał | 630 | BAR DANCERZ | M1 16-29 | 42 | 00:00:47 | 00:27:24 | 00:52:43.85 | 00:53:31.60 | +00:18:05 (34.3%) | 5:16 | 11.4 (65.9%) |
| 192 | NIKONOWICZ Ewa | 464 | 15 GIŻYCKA BRYGADA ZMECHANIZOWANA | K2 30-39 | 18 | 00:00:06 | 00:26:43 | 00:52:44.30 | 00:52:50.85 | +00:18:06 (34.3%) | 5:16 | 11.4 (65.9%) |
| 193 | JENDRZEJCZYK Mariusz | 438 | | M2 30-39 | 76 | 00:00:10 | 00:26:09 | 00:52:46.90 | 00:52:57.00 | +00:18:08 (34.4%) | 5:16 | 11.4 (65.9%) |
| 194 | CZACHOWSKI Jarosław | 815 | 102. BOCHR | M3 40-49 | 41 | 00:00:48 | 00:26:32 | 00:52:49.40 | 00:53:38.05 | +00:18:11 (34.4%) | 5:17 | 11.4 (65.9%) |
| 195 | PAŃCZYK Tomasz | 167 | 12 BRYGADA ZMECHANIZOWANA | M2 30-39 | 77 | 00:00:13 | 00:25:28 | 00:52:50.45 | 00:53:03.95 | +00:18:12 (34.5%) | 5:17 | 11.4 (65.9%) |
| 196 | SZESZKOWSKI Tomasz | 287 | | M2 30-39 | 78 | 00:01:00 | 00:25:46 | 00:52:51.65 | 00:53:52.55 | +00:18:13 (34.5%) | 5:17 | 11.3 (65.3%) |
| 197 | PAKULA Konrad | 357 | DZIKIE DZIKI GORZÓW | M2 30-39 | 79 | 00:00:03 | 00:26:02 | 00:52:55.60 | 00:52:59.05 | +00:18:17 (34.6%) | 5:17 | 11.3 (65.3%) |
| 198 | ROGAŁA Adrian | 35 | BBB | M3 40-49 | 42 | 00:00:31 | 00:26:48 | 00:52:58.10 | 00:53:29.20 | +00:18:19 (34.6%) | 5:17 | 11.3 (65.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|---------------------------------|-----------|------|-------------|----------------|--------------------|--------------------|-------------------|--------------|--------------|
| 199 | KURPIEWSKI Piotr | 638 | | M1 16-29 | 43 | 00:00:19 | 00:25:59 | 00:52:58.55 | 00:53:17.85 | +00:18:20 (34.6%) | 5:17 | 11.3 (65.3%) |
| 200 | QUESADO Paulo | 717 | DZIKI WROCLAW | M2 30-39 | 80 | 00:01:05 | 00:26:36 | 00:53:02.00 | 00:54:07.50 | +00:18:23 (34.7%) | 5:18 | 11.3 (65.3%) |
| 201 | MARTUSZEWSKI Ryszard | 19 | | M3 40-49 | 43 | 00:00:13 | 00:25:55 | 00:53:05.00 | 00:53:18.30 | +00:18:26 (34.8%) | 5:18 | 11.3 (65.3%) |
| 202 | ZABROCKI Karol | 551 | TEAM POSEJDONA | M2 30-39 | 81 | 00:00:53 | 00:27:20 | 00:53:16.20 | 00:54:09.95 | +00:18:38 (35.0%) | 5:19 | 11.3 (65.3%) |
| 203 | HERMANOWICZ Miłosz | 341 | ZS ZWYROLE | M2 30-39 | 82 | 00:04:02 | 00:26:01 | 00:53:17.20 | 00:57:19.20 | +00:18:39 (35.0%) | 5:19 | 11.3 (65.3%) |
| 204 | SZUSTAK Robert | 92 | PITUPITU | M3 40-49 | 44 | 00:00:07 | 00:26:42 | 00:53:20.30 | 00:53:27.80 | +00:18:42 (35.1%) | 5:20 | 11.3 (65.3%) |
| 205 | DĄBROWSKI Sławek | 168 | | M3 40-49 | 45 | 00:00:42 | 00:26:58 | 00:53:28.50 | 00:54:10.75 | +00:18:50 (35.2%) | 5:20 | 11.2 (64.7%) |
| 206 | ABRAMOWICZ Tomasz | 731 | BIEGOHOLLICA | M2 30-39 | 83 | 00:00:39 | 00:26:04 | 00:53:33.50 | 00:54:13.40 | +00:18:55 (35.3%) | 5:21 | 11.2 (64.7%) |
| 207 | ADAMCZEWSKA Agnieszka | 657 | | K3 40-49 | 2 | 00:00:12 | 00:26:56 | 00:53:36.10 | 00:53:48.95 | +00:18:57 (35.4%) | 5:21 | 11.2 (64.7%) |
| 208 | GRABOWSKA Joanna | 65 | SPC | K3 40-49 | 3 | 00:00:12 | 00:26:23 | 00:53:37.80 | 00:53:50.25 | +00:18:59 (35.4%) | 5:21 | 11.2 (64.7%) |
| 209 | ŚLUFIŃSKI Franek | 608 | OCR TEAM WŁOCŁAWEK | M1 16-29 | 44 | 00:00:28 | 00:27:21 | 00:53:38.55 | 00:54:07.35 | +00:19:00 (35.4%) | 5:21 | 11.2 (64.7%) |
| 210 | DUDKA Robert | 536 | | M1 16-29 | 45 | 00:00:37 | 00:28:03 | 00:53:41.95 | 00:54:19.05 | +00:19:03 (35.5%) | 5:22 | 11.2 (64.7%) |
| 211 | DRESLER Bartosz | 687 | 12BZ/1BPZMOT | M1 16-29 | 46 | 00:00:45 | 00:27:42 | 00:53:45.70 | 00:54:31.20 | +00:19:07 (35.6%) | 5:22 | 11.2 (64.7%) |
| 212 | PIETRUSZKIEWICZ Henryk | 401 | | M3 40-49 | 46 | 00:00:29 | 00:27:11 | 00:53:51.75 | 00:54:21.45 | +00:19:13 (35.7%) | 5:23 | 11.1 (64.2%) |
| 213 | ŻUKOWSKA Natalia | 770 | JW 3605 | K2 30-39 | 19 | 00:00:04 | 00:26:13 | 00:53:51.80 | 00:53:56.10 | +00:19:13 (35.7%) | 5:23 | 11.1 (64.2%) |
| 214 | BRUSIŁOWICZ Dagmara | 219 | WIECZORNE BIEGANIE W SZCZECINIE | K3 40-49 | 4 | 00:00:09 | 00:26:38 | 00:53:52.70 | 00:54:01.75 | +00:19:14 (35.7%) | 5:23 | 11.1 (64.2%) |
| 215 | CZYLKOWSKI Patryk | 121 | | M2 30-39 | 84 | 00:00:13 | 00:25:43 | 00:53:56.95 | 00:54:10.75 | +00:19:18 (35.8%) | 5:23 | 11.1 (64.2%) |
| 216 | SZYNTOR Mateusz | 482 | GRA RUNNERS | M1 16-29 | 47 | 00:00:21 | 00:26:13 | 00:53:57.00 | 00:54:18.95 | +00:19:18 (35.8%) | 5:23 | 11.1 (64.2%) |
| 217 | SPÓLNIK Paweł | 709 | | M2 30-39 | 85 | 00:04:02 | 00:26:29 | 00:54:01.50 | 00:58:03.50 | +00:19:23 (35.9%) | 5:24 | 11.1 (64.2%) |
| 218 | WAHN Przemysław | 222 | | M2 30-39 | 86 | 00:00:38 | 00:26:59 | 00:54:02.95 | 00:54:41.35 | +00:19:24 (35.9%) | 5:24 | 11.1 (64.2%) |
| 219 | ROSTRYGIN Katarzyna | 33 | | K2 30-39 | 20 | 00:00:17 | 00:27:06 | 00:54:04.50 | 00:54:22.40 | +00:19:26 (35.9%) | 5:24 | 11.1 (64.2%) |
| 220 | GŁOWACKI Adrian | 516 | TEAM POSEJDONA | M2 30-39 | 87 | 00:00:53 | 00:27:47 | 00:54:05.35 | 00:54:58.90 | +00:19:27 (36.0%) | 5:24 | 11.1 (64.2%) |
| 221 | JAMRÓZ Wojciech | 627 | | M2 30-39 | 88 | 00:00:09 | 00:26:50 | 00:54:08.90 | 00:54:18.85 | +00:19:30 (36.0%) | 5:24 | 11.1 (64.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|-------|------------------------------|-----------|------|-------------|----------------|-----------------|------------------|-------------------|--------------|--------------|
| 222 | JACHIRA Klaudia | 373 | TRENER24H.COM.PL | K1 16-29 | 6 | 00:00:40 | 00:27:40 | 00:54:15.75 | 00:54:56.45 | +00:19:37 (36.2%) | 5:25 | 11.1 (64.2%) |
| 223 | SCHERFENBERG Łukasz | 348 | | M2 30-39 | 89 | 00:04:02 | 00:26:25 | 00:54:16.80 | 00:58:18.80 | +00:19:38 (36.2%) | 5:25 | 11.1 (64.2%) |
| 224 | JUCHA Jakub | 415 | | M1 16-29 | 48 | 00:00:44 | 00:26:40 | 00:54:17.00 | 00:55:01.70 | +00:19:38 (36.2%) | 5:25 | 11.1 (64.2%) |
| 225 | SCHERFENBERG Katarzyna | 772 | | K2 30-39 | 21 | 00:04:02 | 00:26:33 | 00:54:17.10 | 00:58:19.10 | +00:19:38 (36.2%) | 5:25 | 11.1 (64.2%) |
| 226 | PASŁAWSKA Magda | 127 | | K2 30-39 | 22 | 00:00:18 | 00:28:24 | 00:54:17.95 | 00:54:36.70 | +00:19:39 (36.2%) | 5:25 | 11 (63.6%) |
| 227 | CZYŻEWSKI Mateusz | 311 | | M2 30-39 | 90 | 00:00:11 | 00:26:37 | 00:54:18.20 | 00:54:29.85 | +00:19:40 (36.2%) | 5:25 | 11 (63.6%) |
| 228 | CHEŁMINIAK Sławomir | 13 | BIEGAM SOBIE | M2 30-39 | 91 | 00:00:42 | 00:27:22 | 00:54:19.60 | 00:55:02.15 | +00:19:41 (36.2%) | 5:26 | 11 (63.6%) |
| 229 | KUBIK Mateusz | 858 | | M2 30-39 | 92 | 00:00:29 | 00:26:59 | 00:54:23.00 | 00:54:52.20 | +00:19:44 (36.3%) | 5:26 | 11 (63.6%) |
| 230 | DRÓŻDŹ Mariusz | 915 | | M3 40-49 | 47 | 00:00:18 | 00:26:06 | 00:54:24.85 | 00:54:43.05 | +00:19:46 (36.3%) | 5:26 | 11 (63.6%) |
| 231 | MAJDAN-ADAMSKA Agnieszka | 496 | | K2 30-39 | 23 | 00:00:37 | 00:27:00 | 00:54:26.95 | 00:55:04.40 | +00:19:48 (36.4%) | 5:26 | 11 (63.6%) |
| 232 | BERNACKA-SZYDLIK Karolina | 45 | | K2 30-39 | 24 | 00:00:12 | 00:26:46 | 00:54:27.85 | 00:54:40.55 | +00:19:49 (36.4%) | 5:26 | 11 (63.6%) |
| 233 | ZIÓŁKOWSKI Mieczysław | 309 | ZGUBIŁEM SPONSORA | M4 50-59 | 10 | 00:00:08 | 00:26:43 | 00:54:28.00 | 00:54:36.25 | +00:19:49 (36.4%) | 5:26 | 11 (63.6%) |
| 234 | WITORZĘĆ Dariusz | 277 | | M3 40-49 | 48 | 00:00:24 | 00:27:25 | 00:54:32.60 | 00:54:57.25 | +00:19:54 (36.5%) | 5:27 | 11 (63.6%) |
| 235 | ZIELIŃSKI Michał | 473 | | M1 16-29 | 49 | 00:00:57 | 00:27:39 | 00:54:33.65 | 00:55:30.65 | +00:19:55 (36.5%) | 5:27 | 11 (63.6%) |
| 236 | KOKOWSKI Jacek | 879 | | M3 40-49 | 49 | 00:00:14 | 00:26:45 | 00:54:40.70 | 00:54:55.10 | +00:20:02 (36.7%) | 5:28 | 11 (63.6%) |
| 237 | ŁAWNICZAK Sebastian | 500 | | M3 40-49 | 50 | 00:00:09 | 00:25:25 | 00:54:42.05 | 00:54:51.55 | +00:20:03 (36.7%) | 5:28 | 11 (63.6%) |
| 238 | WOŁK Marcin | 753 | | M2 30-39 | 93 | 00:00:50 | 00:27:38 | 00:54:42.15 | 00:55:32.65 | +00:20:04 (36.7%) | 5:28 | 11 (63.6%) |
| 239 | NIKLAS Małgorzata | 752 | KSF NOWOGRÓDEK POMORSKI | K2 30-39 | 25 | 00:00:50 | 00:27:38 | 00:54:42.95 | 00:55:32.95 | +00:20:04 (36.7%) | 5:28 | 11 (63.6%) |
| 240 | LESZKIEWICZ Roman | 281 | | M2 30-39 | 94 | 00:00:13 | 00:26:54 | 00:54:45.55 | 00:54:58.55 | +00:20:07 (36.7%) | 5:28 | 11 (63.6%) |
| 241 | ZIELIŃSKI Grzegorz | 138 | BRIDGESTONE RUNNER CLUB | M3 40-49 | 51 | 00:00:19 | 00:27:26 | 00:54:47.20 | 00:55:06.85 | +00:20:09 (36.8%) | 5:28 | 11 (63.6%) |
| 242 | WOJCIECHOWSKI Maciej | 25 | | M2 30-39 | 95 | 00:00:08 | 00:26:03 | 00:54:53.50 | 00:55:01.90 | +00:20:15 (36.9%) | 5:29 | 10.9 (63.0%) |
| 242 | STROJNA-GRZYBOWSKA Marta | 678 | MAUPOLAND | K2 30-39 | 26 | 00:00:29 | 00:27:09 | 00:54:53.50 | 00:55:22.90 | +00:20:15 (36.9%) | 5:29 | 10.9 (63.0%) |
| 244 | WIERZCHOWSKI Arkadiusz | 182 | BRIDGESTONE STARGARD RUNNERS | M3 40-49 | 52 | 00:01:00 | 00:27:56 | 00:54:53.95 | 00:55:54.25 | +00:20:15 (36.9%) | 5:29 | 10.9 (63.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|------------|---------------------------------|-----------|------|-------------|----------------|--------------------|--------------------|-------------------|--------------|--------------|
| 245 | GAJEK Patrycja | 118 | | K2 30-39 | 27 | 00:00:19 | 00:27:02 | 00:54:54.70 | 00:55:14.60 | +00:20:16 (36.9%) | 5:29 | 10.9 (63.0%) |
| 246 | BOGDAŃSKI Bartosz | 369 | DZIK KOMANDO | M2 30-39 | 96 | 00:00:24 | 00:27:19 | 00:54:56.25 | 00:55:20.95 | +00:20:18 (37.0%) | 5:29 | 10.9 (63.0%) |
| 247 | WOLSKI Tomasz | 894 | WIECZORNE BIEGANIE W SZCZECINIE | M3 40-49 | 53 | 00:00:33 | 00:27:33 | 00:54:56.30 | 00:55:30.05 | +00:20:18 (37.0%) | 5:29 | 10.9 (63.0%) |
| 248 | CHODZICKI Janusz | 714 | #967 | M1 16-29 | 50 | 00:04:02 | 00:26:26 | 00:54:56.60 | 00:58:58.60 | +00:20:18 (37.0%) | 5:29 | 10.9 (63.0%) |
| 249 | STRZELCZYK Wojciech | 517 | | M2 30-39 | 97 | 00:00:15 | 00:26:06 | 00:55:00.25 | 00:55:16.00 | +00:20:22 (37.0%) | 5:30 | 10.9 (63.0%) |
| 250 | PAWLUŚ Tomasz | 209 | SSPS CHEMIK POLICE | M2 30-39 | 98 | 00:00:06 | 00:26:05 | 00:55:02.45 | 00:55:08.65 | +00:20:24 (37.1%) | 5:30 | 10.9 (63.0%) |
| 251 | KLEPACKI Bartek | 276 | | M2 30-39 | 99 | 00:00:57 | 00:27:47 | 00:55:02.60 | 00:55:59.90 | +00:20:24 (37.1%) | 5:30 | 10.9 (63.0%) |
| 252 | FUDRO Edward | 583 | ZCH POLICE | M5 60+ | 3 | 00:00:05 | 00:27:08 | 00:55:04.35 | 00:55:10.30 | +00:20:26 (37.1%) | 5:30 | 10.9 (63.0%) |
| 253 | MICHNIACKI Michał | 633 | | M2 30-39 | 100 | 00:00:11 | 00:26:45 | 00:55:09.45 | 00:55:21.40 | +00:20:31 (37.2%) | 5:31 | 10.9 (63.0%) |
| 254 | ŁYDZIŃSKI Michał | 733 | 1973 | M1 16-29 | 51 | 00:00:31 | 00:27:30 | 00:55:10.75 | 00:55:42.15 | +00:20:32 (37.2%) | 5:31 | 10.9 (63.0%) |
| 255 | GRZYBOWSKI Przemysław | 725 | | M2 30-39 | 101 | 00:00:30 | 00:27:31 | 00:55:11.15 | 00:55:41.80 | +00:20:33 (37.2%) | 5:31 | 10.9 (63.0%) |
| 256 | ZEMANKIEWICZ Łukasz | 274 | KANAŁ 6AM | M2 30-39 | 102 | 00:00:38 | 00:27:49 | 00:55:12.25 | 00:55:50.50 | +00:20:34 (37.3%) | 5:31 | 10.9 (63.0%) |
| 257 | GRY CZ Piotr | 765 | | M2 30-39 | 103 | 00:00:14 | 00:28:02 | 00:55:14.10 | 00:55:28.25 | +00:20:35 (37.3%) | 5:31 | 10.9 (63.0%) |
| 258 | GRYGORCEWICZ Justyna | 911 | | K1 16-29 | 7 | 00:00:12 | 00:27:10 | 00:55:14.30 | 00:55:27.00 | +00:20:36 (37.3%) | 5:31 | 10.9 (63.0%) |
| 259 | SZELAĞ Tomasz | 529 | 23. BAZA LOTNICTWA TAKTYCZNEGO | M3 40-49 | 54 | 00:00:22 | 00:26:32 | 00:55:15.20 | 00:55:37.45 | +00:20:37 (37.3%) | 5:31 | 10.9 (63.0%) |
| 260 | HAJDUK Maciej | 542 | | M3 40-49 | 55 | 00:00:12 | 00:27:11 | 00:55:15.55 | 00:55:28.25 | +00:20:37 (37.3%) | 5:31 | 10.9 (63.0%) |
| 261 | DZIĘGIELEWSKI Grzegorz | 465 | | M1 16-29 | 52 | 00:01:00 | 00:28:06 | 00:55:22.65 | 00:56:23.25 | +00:20:44 (37.5%) | 5:32 | 10.8 (62.4%) |
| 262 | GRYGORCEWICZ Władysław | 235 | KB DZIK | M5 60+ | 4 | 00:00:13 | 00:27:42 | 00:55:22.90 | 00:55:36.45 | +00:20:44 (37.5%) | 5:32 | 10.8 (62.4%) |
| 263 | BIENIEK Sławomir | 866 | | M4 50-59 | 11 | 00:00:06 | 00:26:59 | 00:55:23.25 | 00:55:30.20 | +00:20:45 (37.5%) | 5:32 | 10.8 (62.4%) |
| 264 | PIETKIEWICZ Paweł | 408 | | M2 30-39 | 104 | 00:00:20 | 00:26:51 | 00:55:29.05 | 00:55:49.70 | +00:20:50 (37.6%) | 5:32 | 10.8 (62.4%) |
| 265 | MURAWSKA Wioletta | 505 | KB DZIK POLICE | K4 50-59 | 1 | 00:00:08 | 00:27:43 | 00:55:29.40 | 00:55:37.75 | +00:20:51 (37.6%) | 5:32 | 10.8 (62.4%) |
| 266 | KAROL Wojciech | 82 | WIECZORNE BIEGANIE W SZCZECINIE | M3 40-49 | 56 | 00:00:17 | 00:27:13 | 00:55:32.60 | 00:55:50.05 | +00:20:54 (37.6%) | 5:33 | 10.8 (62.4%) |
| 267 | KRZYSZTOFOWICZ Krzysztof | 934 | | M2 30-39 | 105 | 00:00:52 | 00:28:41 | 00:55:41.25 | 00:56:33.65 | +00:21:03 (37.8%) | 5:34 | 10.8 (62.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------|-------|----------------------|-----------|------|-------------|----------------|-----------------|------------------|-------------------|--------------|--------------|
| 268 | SZATANEK Ewa | 891 | | K3 40-49 | 5 | 00:00:22 | 00:27:14 | 00:55:42.30 | 00:56:04.65 | +00:21:04 (37.8%) | 5:34 | 10.8 (62.4%) |
| 269 | BOGUSŁAWSKI Łukasz | 476 | | M2 30-39 | 106 | 00:01:00 | 00:28:45 | 00:55:47.15 | 00:56:47.45 | +00:21:09 (37.9%) | 5:34 | 10.8 (62.4%) |
| 270 | KRYCZKA Adam | 659 | | M2 30-39 | 107 | 00:00:25 | 00:27:16 | 00:55:47.70 | 00:56:13.45 | +00:21:09 (37.9%) | 5:34 | 10.8 (62.4%) |
| 271 | JELEŃSKI Grzegorz | 166 | DZIKIE JELENIE | M1 16-29 | 53 | 00:01:02 | 00:27:28 | 00:55:51.85 | 00:56:54.80 | +00:21:13 (38.0%) | 5:35 | 10.7 (61.8%) |
| 272 | STASZKIEWICZ Mateusz | 788 | | M1 16-29 | 54 | 00:00:12 | 00:26:20 | 00:55:57.10 | 00:56:09.85 | +00:21:18 (38.1%) | 5:35 | 10.7 (61.8%) |
| 273 | WLAŻ Lucjan | 887 | | M3 40-49 | 57 | 00:01:11 | 00:29:08 | 00:55:58.05 | 00:57:09.10 | +00:21:19 (38.1%) | 5:35 | 10.7 (61.8%) |
| 274 | DEPTUŁA Tobiasz | 533 | | M2 30-39 | 108 | 00:00:54 | 00:28:28 | 00:55:58.20 | 00:56:52.75 | +00:21:20 (38.1%) | 5:35 | 10.7 (61.8%) |
| 275 | ZAGÓRSKI Grzegorz | 148 | | M3 40-49 | 58 | 00:00:09 | 00:27:08 | 00:55:58.60 | 00:56:08.10 | +00:21:20 (38.1%) | 5:35 | 10.7 (61.8%) |
| 276 | KOŁODZIEJSKI Piotr | 937 | | M1 16-29 | 55 | 00:00:24 | 00:27:27 | 00:56:00.70 | 00:56:24.90 | +00:21:22 (38.2%) | 5:36 | 10.7 (61.8%) |
| 277 | SUCHECKI Paweł | 459 | | M2 30-39 | 109 | 00:00:39 | 00:27:37 | 00:56:01.40 | 00:56:40.75 | +00:21:23 (38.2%) | 5:36 | 10.7 (61.8%) |
| 278 | KRUSZEWSKI Piotr | 751 | | M3 40-49 | 59 | 00:00:50 | 00:27:56 | 00:56:03.00 | 00:56:53.85 | +00:21:24 (38.2%) | 5:36 | 10.7 (61.8%) |
| 279 | RUDZKA Katarzyna | 404 | RUNNER SZCZECIN TEAM | K3 40-49 | 6 | 00:00:22 | 00:27:59 | 00:56:05.75 | 00:56:28.40 | +00:21:27 (38.3%) | 5:36 | 10.7 (61.8%) |
| 280 | SYCHEL Magdalena | 779 | | K2 30-39 | 28 | 00:00:09 | 00:27:28 | 00:56:12.85 | 00:56:21.85 | +00:21:34 (38.4%) | 5:37 | 10.7 (61.8%) |
| 281 | ŻUROWSKA Agnieszka | 486 | | K3 40-49 | 7 | 00:00:20 | 00:27:46 | 00:56:13.30 | 00:56:33.80 | +00:21:35 (38.4%) | 5:37 | 10.7 (61.8%) |
| 282 | NIECHWIADOWICZ Łukasz | 353 | | M1 16-29 | 56 | 00:00:08 | 00:27:02 | 00:56:16.95 | 00:56:25.85 | +00:21:38 (38.5%) | 5:37 | 10.7 (61.8%) |
| 283 | KIELER Aleksandra | 652 | DZIK KOMANDO | K1 16-29 | 8 | 00:00:26 | 00:27:41 | 00:56:17.75 | 00:56:44.10 | +00:21:39 (38.5%) | 5:37 | 10.7 (61.8%) |
| 284 | SZCZETYŃSKA Karolina | 224 | ZDRUN EXTREME | K2 30-39 | 29 | 00:00:09 | 00:28:05 | 00:56:19.50 | 00:56:28.50 | +00:21:41 (38.5%) | 5:37 | 10.7 (61.8%) |
| 285 | NARLOCH Monika | 383 | | K1 16-29 | 9 | 00:00:09 | 00:27:35 | 00:56:20.15 | 00:56:29.95 | +00:21:42 (38.5%) | 5:38 | 10.7 (61.8%) |
| 286 | JURECZKO Agnieszka | 461 | DZIK KOMANDO | K2 30-39 | 30 | 00:00:25 | 00:27:16 | 00:56:21.15 | 00:56:46.85 | +00:21:43 (38.5%) | 5:38 | 10.6 (61.3%) |
| 287 | KAKOWSKI Dawid | 939 | | M2 30-39 | 110 | 00:00:16 | 00:28:36 | 00:56:23.05 | 00:56:39.80 | +00:21:44 (38.6%) | 5:38 | 10.6 (61.3%) |
| 288 | BARTOSIŃSKI Piotr | 206 | RAZ SZCZECIN | M4 50-59 | 12 | 00:00:16 | 00:27:40 | 00:56:25.00 | 00:56:41.60 | +00:21:46 (38.6%) | 5:38 | 10.6 (61.3%) |
| 289 | JASIŃSKI Michał | 123 | | M1 16-29 | 57 | 00:00:54 | 00:29:42 | 00:56:25.70 | 00:57:20.60 | +00:21:47 (38.6%) | 5:38 | 10.6 (61.3%) |
| 290 | SĄDEL Krzysztof | 374 | | M3 40-49 | 60 | 00:00:53 | 00:28:18 | 00:56:29.35 | 00:57:22.60 | +00:21:51 (38.7%) | 5:38 | 10.6 (61.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|-----------------------------|-----------|------|-------------|----------------|--------------------|--------------------|-------------------|--------------|--------------|
| 291 | ŚWIERCZ Dariusz | 115 | | M4 50-59 | 13 | 00:00:04 | 00:26:59 | 00:56:29.65 | 00:56:33.80 | +00:21:51 (38.7%) | 5:38 | 10.6 (61.3%) |
| 292 | MURAWSKA Monika | 245 | | K3 40-49 | 8 | 00:00:11 | 00:27:33 | 00:56:34.15 | 00:56:45.15 | +00:21:56 (38.8%) | 5:39 | 10.6 (61.3%) |
| 293 | KONDELA Paweł | 196 | | M3 40-49 | 61 | 00:00:33 | 00:28:29 | 00:56:37.00 | 00:57:10.75 | +00:21:58 (38.8%) | 5:39 | 10.6 (61.3%) |
| 294 | BERLIŃSKI Mateusz | 945 | | M2 30-39 | 111 | 00:00:46 | 00:27:42 | 00:56:44.50 | 00:57:30.80 | +00:22:06 (39.0%) | 5:40 | 10.6 (61.3%) |
| 295 | BŁAŻEJEWICZ Łukasz | 816 | | M2 30-39 | 112 | 00:00:46 | 00:29:01 | 00:56:52.45 | 00:57:39.05 | +00:22:14 (39.1%) | 5:41 | 10.5 (60.7%) |
| 296 | STAMATE Fonut | 949 | | M2 30-39 | 113 | 00:00:11 | 00:26:04 | 00:56:53.55 | 00:57:05.40 | +00:22:15 (39.1%) | 5:41 | 10.5 (60.7%) |
| 297 | ZAGROCKA Mirosława | 310 | | K2 30-39 | 31 | 00:00:12 | 00:26:54 | 00:56:59.60 | 00:57:11.85 | +00:22:21 (39.2%) | 5:41 | 10.5 (60.7%) |
| 298 | ZARĘBA Piotr | 746 | KP PSP POLICE | M2 30-39 | 114 | 00:00:34 | 00:29:20 | 00:57:01.25 | 00:57:36.00 | +00:22:23 (39.3%) | 5:42 | 10.5 (60.7%) |
| 299 | WOJSZCZYK Marlena | 645 | TRYTON BIKE TEAM | K2 30-39 | 32 | 00:00:30 | 00:28:51 | 00:57:14.75 | 00:57:45.55 | +00:22:36 (39.5%) | 5:43 | 10.5 (60.7%) |
| 300 | STEFĄNCZYK Małgorzata | 237 | | K3 40-49 | 9 | 00:00:09 | 00:27:55 | 00:57:14.85 | 00:57:24.05 | +00:22:36 (39.5%) | 5:43 | 10.5 (60.7%) |
| 301 | PŁONKA Robert | 869 | MOŻW | M4 50-59 | 14 | 00:00:44 | 00:29:22 | 00:57:15.85 | 00:57:59.90 | +00:22:37 (39.5%) | 5:43 | 10.5 (60.7%) |
| 302 | SZYMAŃSKA Jolanta | 199 | | K2 30-39 | 33 | 00:01:14 | 00:29:27 | 00:57:16.05 | 00:58:31.00 | +00:22:37 (39.5%) | 5:43 | 10.5 (60.7%) |
| 303 | PTAK Patrycja | 440 | HUSARIA RACE TEAM | K2 30-39 | 34 | 00:00:10 | 00:27:12 | 00:57:16.75 | 00:57:27.00 | +00:22:38 (39.5%) | 5:43 | 10.5 (60.7%) |
| 303 | PTAK Daniel | 71 | HUSARIA RACE TEAM | M2 30-39 | 115 | 00:00:10 | 00:27:12 | 00:57:16.75 | 00:57:27.45 | +00:22:38 (39.5%) | 5:43 | 10.5 (60.7%) |
| 305 | BRATKO Przemysław | 218 | | M1 16-29 | 58 | 00:00:32 | 00:27:46 | 00:57:16.80 | 00:57:48.95 | +00:22:38 (39.5%) | 5:43 | 10.5 (60.7%) |
| 306 | STAŃCZYK Sławomir | 314 | STARGARD. JA SIĘ NIE ŚCIGAM | M2 30-39 | 116 | 00:01:01 | 00:29:18 | 00:57:17.40 | 00:58:18.65 | +00:22:39 (39.5%) | 5:43 | 10.5 (60.7%) |
| 307 | PAWŁASZEK Lech | 298 | | M2 30-39 | 117 | 00:00:55 | 00:28:00 | 00:57:17.70 | 00:58:12.80 | +00:22:39 (39.5%) | 5:43 | 10.5 (60.7%) |
| 308 | SZCZEPANIAK Marcin | 17 | XRUNNERS | M2 30-39 | 118 | 00:00:35 | 00:29:11 | 00:57:17.95 | 00:57:52.95 | +00:22:39 (39.6%) | 5:43 | 10.5 (60.7%) |
| 309 | RYBARCZYK Ilona | 74 | HURAGAN - KOŁO BIEGA | K1 16-29 | 10 | 00:00:34 | 00:29:12 | 00:57:18.30 | 00:57:53.00 | +00:22:40 (39.6%) | 5:43 | 10.5 (60.7%) |
| 310 | WASTOWSKI Dawid | 478 | | M1 16-29 | 59 | 00:00:53 | 00:29:39 | 00:57:22.75 | 00:58:16.10 | +00:22:44 (39.6%) | 5:44 | 10.5 (60.7%) |
| 311 | WALCZAK Tadeusz | 648 | | M4 50-59 | 15 | 00:00:13 | 00:27:23 | 00:57:30.65 | 00:57:44.60 | +00:22:52 (39.8%) | 5:45 | 10.4 (60.1%) |
| 312 | KUCHARCZYK Robert | 248 | RUNGRYF GRYFICE | M3 40-49 | 62 | 00:00:18 | 00:29:03 | 00:57:38.75 | 00:57:56.80 | +00:23:00 (39.9%) | 5:45 | 10.4 (60.1%) |
| 313 | ULASS Robert | 103 | | M3 40-49 | 63 | 00:00:34 | 00:28:54 | 00:57:38.95 | 00:58:13.90 | +00:23:00 (39.9%) | 5:45 | 10.4 (60.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|---------------------------|-----------|------|-------------|----------------|--------------------|--------------------|-------------------|--------------|--------------|
| 314 | WOJCIECHOWSKA Paulina | 255 | | K1 16-29 | 11 | 00:00:35 | 00:29:11 | 00:57:40.20 | 00:58:15.70 | +00:23:02 (39.9%) | 5:46 | 10.4 (60.1%) |
| 315 | PEDZIWIATR Marek | 139 | MR | M3 40-49 | 64 | 00:00:12 | 00:27:11 | 00:57:40.40 | 00:57:52.65 | +00:23:02 (39.9%) | 5:46 | 10.4 (60.1%) |
| 316 | TARNOWSKI Tomasz | 503 | HUSARIA RACE TEAM | M2 30-39 | 119 | 00:00:38 | 00:27:42 | 00:57:41.15 | 00:58:19.15 | +00:23:03 (40.0%) | 5:46 | 10.4 (60.1%) |
| 317 | BIRULA Michał | 759 | XRUNNERS | M2 30-39 | 120 | 00:00:35 | 00:27:51 | 00:57:41.55 | 00:58:16.95 | +00:23:03 (40.0%) | 5:46 | 10.4 (60.1%) |
| 318 | ZIMOŃ Urszula | 696 | DZIK KOMANDO | K3 40-49 | 10 | 00:00:27 | 00:28:38 | 00:57:42.05 | 00:58:09.05 | +00:23:03 (40.0%) | 5:46 | 10.4 (60.1%) |
| 319 | OBROCKI Adrian | 893 | | M2 30-39 | 121 | 00:00:20 | 00:27:44 | 00:57:50.70 | 00:58:11.05 | +00:23:12 (40.1%) | 5:47 | 10.4 (60.1%) |
| 320 | SAJKOWSKI Kamil | 181 | ZESPÓŁ NIESPOKOJNYCH NÓG | M1 16-29 | 60 | 00:00:59 | 00:30:14 | 00:57:52.35 | 00:58:52.10 | +00:23:14 (40.2%) | 5:47 | 10.4 (60.1%) |
| 321 | MISIAK Artur | 119 | BYLEBY DO PRZODU | M2 30-39 | 122 | 00:00:25 | 00:28:13 | 00:57:52.95 | 00:58:17.95 | +00:23:14 (40.2%) | 5:47 | 10.4 (60.1%) |
| 322 | LIPSKI Łukasz | 520 | BIEGOHOLLICA | M2 30-39 | 123 | 00:00:40 | 00:29:28 | 00:57:53.00 | 00:58:33.90 | +00:23:14 (40.2%) | 5:47 | 10.4 (60.1%) |
| 323 | ŻAK Dominika | 332 | PUSZCZYK BUKOWY | K2 30-39 | 35 | 00:00:14 | 00:28:35 | 00:57:57.45 | 00:58:12.05 | +00:23:19 (40.2%) | 5:47 | 10.4 (60.1%) |
| 324 | KAMIŃSKI Kamil | 653 | 17 WBZ | M2 30-39 | 124 | 00:00:11 | 00:28:45 | 00:57:57.75 | 00:58:08.85 | +00:23:19 (40.2%) | 5:47 | 10.4 (60.1%) |
| 325 | ROSZAK Krystyna | 902 | GRYFUS SZCZECIN | K4 50-59 | 2 | 00:00:30 | 00:28:37 | 00:57:57.95 | 00:58:28.45 | +00:23:19 (40.2%) | 5:47 | 10.4 (60.1%) |
| 326 | NASKRĘT Darek | 2 | | M2 30-39 | 125 | 00:00:53 | 00:29:32 | 00:58:01.90 | 00:58:55.85 | +00:23:23 (40.3%) | 5:48 | 10.3 (59.5%) |
| 327 | JAKUBIAK Anna | 910 | RAZ | K3 40-49 | 11 | 00:00:17 | 00:28:35 | 00:58:07.60 | 00:58:24.80 | +00:23:29 (40.4%) | 5:48 | 10.3 (59.5%) |
| 328 | RUTKOWSKI Tomasz | 340 | PUSZCZYK BUKOWY | M2 30-39 | 126 | 00:00:15 | 00:28:44 | 00:58:08.10 | 00:58:23.75 | +00:23:29 (40.4%) | 5:48 | 10.3 (59.5%) |
| 329 | ANIOŁA Piotr | 240 | SIILI | M3 40-49 | 65 | 00:00:24 | 00:28:30 | 00:58:10.05 | 00:58:35.00 | +00:23:31 (40.5%) | 5:49 | 10.3 (59.5%) |
| 330 | KRUBER Piotr | 519 | | M2 30-39 | 127 | 00:00:21 | 00:28:48 | 00:58:11.55 | 00:58:33.15 | +00:23:33 (40.5%) | 5:49 | 10.3 (59.5%) |
| 331 | BĘGOWSKI Tomasz | 185 | | M2 30-39 | 128 | 00:00:25 | 00:28:47 | 00:58:12.50 | 00:58:38.10 | +00:23:34 (40.5%) | 5:49 | 10.3 (59.5%) |
| 332 | PLOCH Piotr | 616 | | M2 30-39 | 129 | 00:01:07 | 00:28:59 | 00:58:13.10 | 00:59:20.40 | +00:23:34 (40.5%) | 5:49 | 10.3 (59.5%) |
| 333 | MACIEJCZYK Piotr | 727 | | M2 30-39 | 130 | 00:00:32 | 00:28:36 | 00:58:14.45 | 00:58:46.90 | +00:23:36 (40.5%) | 5:49 | 10.3 (59.5%) |
| 334 | BURZYŃSKI Zbigniew | 331 | 3KPZMOT/1BPZMOT/12BZ | M2 30-39 | 131 | 00:00:13 | 00:27:41 | 00:58:14.80 | 00:58:27.95 | +00:23:36 (40.5%) | 5:49 | 10.3 (59.5%) |
| 335 | KNOT Martyna | 30 | PIĘKNI I BESTIE | K2 30-39 | 36 | 00:00:32 | 00:29:07 | 00:58:15.20 | 00:58:47.35 | +00:23:37 (40.5%) | 5:49 | 10.3 (59.5%) |
| 336 | SOWA Krzysztof | 701 | ZWIEDZANIE PRZEZ BIEGANIE | M2 30-39 | 132 | 00:00:19 | 00:28:20 | 00:58:15.70 | 00:58:35.30 | +00:23:37 (40.6%) | 5:49 | 10.3 (59.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|-------------------------|-----------|------|-------------|----------------|--------------------|--------------------|-------------------|--------------|--------------|
| 337 | KNIAŻ Jarosław | 328 | FOL-TECH TEAM MYŚLIBÓRZ | M3 40-49 | 66 | 00:00:41 | 00:29:06 | 00:58:25.25 | 00:59:06.95 | +00:23:47 (40.7%) | 5:50 | 10.3 (59.5%) |
| 338 | ROSTRYGIN Maciej | 263 | WKURW_TEAM | M2 30-39 | 133 | 00:00:18 | 00:29:27 | 00:58:25.60 | 00:58:43.95 | +00:23:47 (40.7%) | 5:50 | 10.3 (59.5%) |
| 339 | ANYŻEWSKI Tomek | 585 | OCR TEAM WŁOCŁAWEK | M2 30-39 | 134 | 00:00:28 | 00:30:19 | 00:58:29.20 | 00:58:57.65 | +00:23:51 (40.8%) | 5:50 | 10.3 (59.5%) |
| 340 | KOLEJ Monika | 410 | DZIKIE DZIKI | K3 40-49 | 12 | 00:00:05 | 00:28:33 | 00:58:32.20 | 00:58:37.55 | +00:23:54 (40.8%) | 5:51 | 10.3 (59.5%) |
| 341 | RUTKOWSKI Konrad | 591 | | M2 30-39 | 135 | 00:00:19 | 00:29:05 | 00:58:35.35 | 00:58:54.95 | +00:23:57 (40.9%) | 5:51 | 10.2 (59.0%) |
| 342 | PYŻANOWSKA Katarzyna | 407 | | K2 30-39 | 37 | 00:00:18 | 00:29:07 | 00:58:36.65 | 00:58:54.90 | +00:23:58 (40.9%) | 5:51 | 10.2 (59.0%) |
| 343 | JĘDRZEJAK Maciej | 128 | BIEGACZE ŚWINOUJŚCIE | M3 40-49 | 67 | 00:00:44 | 00:30:59 | 00:58:37.95 | 00:59:22.65 | +00:23:59 (40.9%) | 5:51 | 10.2 (59.0%) |
| 344 | KSYCKI Błażej | 132 | | M2 30-39 | 136 | 00:00:12 | 00:28:43 | 00:58:52.30 | 00:59:05.25 | +00:24:14 (41.2%) | 5:53 | 10.2 (59.0%) |
| 345 | JARZEWSKI Damian | 875 | | M2 30-39 | 137 | 00:00:48 | 00:29:07 | 00:58:54.55 | 00:59:42.90 | +00:24:16 (41.2%) | 5:53 | 10.2 (59.0%) |
| 346 | CHROBOCIŃSKI Jan | 560 | | M1 16-29 | 61 | 00:00:26 | 00:29:20 | 00:58:56.05 | 00:59:22.55 | +00:24:17 (41.2%) | 5:53 | 10.2 (59.0%) |
| 347 | ODRZYWOLSKI Michał | 669 | ŻANDARMERIA WOJSKOWA | M2 30-39 | 138 | 00:00:18 | 00:29:30 | 00:58:56.45 | 00:59:14.80 | +00:24:18 (41.2%) | 5:53 | 10.2 (59.0%) |
| 348 | MARCHEWKA Łukasz | 460 | POŁAPANI TEAM | M2 30-39 | 139 | 00:01:05 | 00:30:49 | 00:59:00.95 | 01:00:06.80 | +00:24:22 (41.3%) | 5:54 | 10.2 (59.0%) |
| 349 | ZYDEK Katarzyna | 936 | | K1 16-29 | 12 | 00:00:25 | 00:28:27 | 00:59:02.25 | 00:59:27.95 | +00:24:24 (41.3%) | 5:54 | 10.2 (59.0%) |
| 350 | SASAK Michał | 437 | 12BZ | M2 30-39 | 140 | 00:01:00 | 00:30:31 | 00:59:03.00 | 01:00:03.15 | +00:24:24 (41.3%) | 5:54 | 10.2 (59.0%) |
| 351 | LEBIEDZIŃSKI Radek | 78 | NORDA ACTIVE TEAM | M2 30-39 | 141 | 00:00:09 | 00:29:35 | 00:59:04.00 | 00:59:13.20 | +00:24:25 (41.4%) | 5:54 | 10.2 (59.0%) |
| 352 | LEBIEDZIŃSKA Angelika | 77 | NORDA ACTIVE TEAM | K2 30-39 | 38 | 00:00:09 | 00:29:35 | 00:59:04.80 | 00:59:13.85 | +00:24:26 (41.4%) | 5:54 | 10.2 (59.0%) |
| 353 | WOJTKOWIAK Rafał | 884 | | M2 30-39 | 142 | 00:00:23 | 00:29:54 | 00:59:05.60 | 00:59:29.50 | +00:24:27 (41.4%) | 5:54 | 10.2 (59.0%) |
| 354 | KONOPKA Paweł | 51 | DALEKO JESZCZE | M2 30-39 | 143 | 00:00:33 | 00:28:36 | 00:59:08.15 | 00:59:41.95 | +00:24:30 (41.4%) | 5:54 | 10.1 (58.4%) |
| 355 | DĘBCZYŃSKI Michał | 152 | WILD HORSE ZÜRICH | M2 30-39 | 144 | 00:00:54 | 00:29:42 | 00:59:10.05 | 01:00:04.60 | +00:24:31 (41.5%) | 5:55 | 10.1 (58.4%) |
| 356 | HYBIAK Łukasz | 202 | ORKI Z MAJORKI | M2 30-39 | 145 | 00:01:00 | 00:30:32 | 00:59:11.55 | 01:00:12.20 | +00:24:33 (41.5%) | 5:55 | 10.1 (58.4%) |
| 357 | PEDA Leszek | 194 | | M5 60+ | 5 | 00:00:25 | 00:29:27 | 00:59:12.90 | 00:59:38.05 | +00:24:34 (41.5%) | 5:55 | 10.1 (58.4%) |
| 358 | MAJCHER Piotr | 133 | PIŁĄ TEAM | M3 40-49 | 68 | 00:00:00 | 00:28:03 | 00:59:13.50 | 00:59:13.50 | +00:24:35 (41.5%) | 5:55 | 10.1 (58.4%) |
| 359 | BAK Sebastian | 305 | ŁOSOŚ T.E.A.M | M2 30-39 | 146 | 00:00:06 | 00:27:21 | 00:59:14.55 | 00:59:20.70 | +00:24:36 (41.5%) | 5:55 | 10.1 (58.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|---------------------------------|-----------|------|-------------|----------------|--------------------|--------------------|-------------------|--------------|--------------|
| 360 | DIKTA Ania | 549 | 23. BAZA LOTNICTWA TAKTYCZNEGO | K1 16-29 | 13 | 00:00:23 | 00:29:33 | 00:59:21.75 | 00:59:45.10 | +00:24:43 (41.7%) | 5:56 | 10.1 (58.4%) |
| 361 | WACHOWICZ Tomasz | 492 | BUSHIKAN RUNNERS | M1 16-29 | 62 | 00:00:27 | 00:28:26 | 00:59:24.55 | 00:59:52.00 | +00:24:46 (41.7%) | 5:56 | 10.1 (58.4%) |
| 362 | FIRAZA Jacek | 710 | DZIK KOMANDO | M3 40-49 | 69 | 00:00:27 | 00:29:12 | 00:59:26.00 | 00:59:53.35 | +00:24:47 (41.7%) | 5:56 | 10.1 (58.4%) |
| 363 | LESZCZYŃSKI Marcin | 554 | | M2 30-39 | 147 | 00:00:19 | 00:29:06 | 00:59:29.35 | 00:59:48.40 | +00:24:51 (41.8%) | 5:56 | 10.1 (58.4%) |
| 364 | KOCZOCIK Natalia | 818 | IZERSKA GRUPA BIEGOWA | K2 30-39 | 39 | 00:00:26 | 00:29:44 | 00:59:35.95 | 01:00:02.40 | +00:24:57 (41.9%) | 5:57 | 10.1 (58.4%) |
| 365 | CHMIELEWSKA Agnieszka | 916 | CHMIELEWSKI TEAM-BBL POLICE | K3 40-49 | 13 | 00:00:05 | 00:29:26 | 00:59:38.60 | 00:59:43.65 | +00:25:00 (41.9%) | 5:57 | 10.1 (58.4%) |
| 366 | ROMAN Ewelina | 791 | MONIAGYM | K2 30-39 | 40 | 00:00:33 | 00:29:38 | 00:59:50.15 | 01:00:23.20 | +00:25:12 (42.1%) | 5:59 | 10 (57.8%) |
| 367 | JAROSŁAWSKA Sandra | 680 | | K1 16-29 | 14 | 00:00:08 | 00:29:22 | 00:59:50.70 | 00:59:59.15 | +00:25:12 (42.1%) | 5:59 | 10 (57.8%) |
| 368 | TRUKAWKA Andrzej | 249 | | M1 16-29 | 63 | 00:00:27 | 00:28:56 | 00:59:53.20 | 01:00:21.05 | +00:25:15 (42.2%) | 5:59 | 10 (57.8%) |
| 369 | MOŻEJKO Dawid | 683 | DZIK KOMANDO | M2 30-39 | 148 | 00:00:26 | 00:31:44 | 00:59:56.60 | 01:00:22.70 | +00:25:18 (42.2%) | 5:59 | 10 (57.8%) |
| 370 | KUPCZYK Przemysław | 54 | DZIK KOMANDO | M2 30-39 | 149 | 00:00:22 | 00:28:44 | 01:00:00.30 | 01:00:22.70 | +00:25:22 (42.3%) | 6:00 | 10 (57.8%) |
| 371 | ŻERKO Marcin | 564 | | M2 30-39 | 150 | 00:00:39 | 00:29:23 | 01:00:02.65 | 01:00:42.55 | +00:25:24 (42.3%) | 6:00 | 10 (57.8%) |
| 372 | PAWLAK Milena | 565 | | K2 30-39 | 41 | 00:00:38 | 00:29:14 | 01:00:03.60 | 01:00:42.55 | +00:25:25 (42.3%) | 6:00 | 10 (57.8%) |
| 373 | JASAK Michał | 783 | X | M2 30-39 | 151 | 00:00:50 | 00:30:00 | 01:00:05.55 | 01:00:55.90 | +00:25:27 (42.4%) | 6:00 | 10 (57.8%) |
| 374 | STRZELECKA Małgorzata | 337 | SAILING TEAM FERAJNA | K3 40-49 | 14 | 00:00:39 | 00:30:27 | 01:00:13.60 | 01:00:52.80 | +00:25:35 (42.5%) | 6:01 | 10 (57.8%) |
| 374 | PIOTROWSKI Karol | 457 | POŁAPANI TEAM | M1 16-29 | 64 | 00:01:06 | 00:30:44 | 01:00:13.60 | 01:01:20.15 | +00:25:35 (42.5%) | 6:01 | 10 (57.8%) |
| 376 | NOWAK Bartłomiej | 201 | SAILING TEAM FERAJNA | M3 40-49 | 70 | 00:00:38 | 00:30:09 | 01:00:14.40 | 01:00:52.65 | +00:25:36 (42.5%) | 6:01 | 10 (57.8%) |
| 377 | TOKARCZYK Marta | 835 | WIECZORNE BIEGANIE W SZCZECINIE | K3 40-49 | 15 | 00:00:21 | 00:29:11 | 01:00:18.90 | 01:00:40.30 | +00:25:40 (42.6%) | 6:01 | 9.9 (57.2%) |
| 378 | NOWAK Sandra | 379 | | K1 16-29 | 15 | 00:00:41 | 00:29:19 | 01:00:26.10 | 01:01:07.50 | +00:25:47 (42.7%) | 6:02 | 9.9 (57.2%) |
| 379 | NOWAK Monika | 380 | | K1 16-29 | 16 | 00:00:41 | 00:29:19 | 01:00:27.40 | 01:01:08.40 | +00:25:49 (42.7%) | 6:02 | 9.9 (57.2%) |
| 380 | BILIŃSKI Zbigniew | 805 | KDOW - 1BPZMOT | M4 50-59 | 16 | 00:00:41 | 00:30:19 | 01:00:27.50 | 01:01:09.25 | +00:25:49 (42.7%) | 6:02 | 9.9 (57.2%) |
| 381 | BERLIŃSKI Wojciech | 720 | | M1 16-29 | 65 | 00:00:45 | 00:29:29 | 01:00:39.90 | 01:01:25.85 | +00:26:01 (42.9%) | 6:04 | 9.9 (57.2%) |
| 382 | ŻELISKO Łukasz | 660 | 12BZ / 1BPZMOT | M1 16-29 | 66 | 00:00:45 | 00:29:44 | 01:00:44.65 | 01:01:30.55 | +00:26:06 (43.0%) | 6:04 | 9.9 (57.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------|-------|---------------------------------|-----------|------|-------------|----------------|-----------------|------------------|-------------------|--------------|-------------|
| 383 | CHUDZIK Wojciech | 511 | | M3 40-49 | 71 | 00:00:14 | 00:29:33 | 01:00:48.80 | 01:01:03.40 | +00:26:10 (43.0%) | 6:04 | 9.9 (57.2%) |
| 384 | GRZESZCZYK Sebastian | 308 | | M3 40-49 | 72 | 00:00:27 | 00:29:38 | 01:00:55.75 | 01:01:23.30 | +00:26:17 (43.2%) | 6:05 | 9.8 (56.6%) |
| 385 | BOROWSKI Tomek | 345 | | M1 16-29 | 67 | 00:00:15 | 00:30:17 | 01:00:59.50 | 01:01:14.65 | +00:26:21 (43.2%) | 6:05 | 9.8 (56.6%) |
| 386 | ŻYWICKA Barbara | 8 | | K3 40-49 | 16 | 00:00:48 | 00:30:23 | 01:01:01.70 | 01:01:50.65 | +00:26:23 (43.2%) | 6:06 | 9.8 (56.6%) |
| 387 | ISKRA Angelika | 484 | | K1 16-29 | 17 | 00:00:14 | 00:30:18 | 01:01:01.80 | 01:01:16.35 | +00:26:23 (43.2%) | 6:06 | 9.8 (56.6%) |
| 388 | DĄBROWSKA Iza | 1 | MUD GOATS | K3 40-49 | 17 | 00:00:22 | 00:30:31 | 01:01:08.50 | 01:01:31.15 | +00:26:30 (43.4%) | 6:06 | 9.8 (56.6%) |
| 389 | GRZELIŃSKA Dorota | 350 | DZIK KOMANDO | K1 16-29 | 18 | 00:00:23 | 00:30:41 | 01:01:08.85 | 01:01:32.40 | +00:26:30 (43.4%) | 6:06 | 9.8 (56.6%) |
| 390 | WOJCIECHOWSKI Krzysztof | 698 | STARGARD JA SIĘ NIE ŚCIGAM | M4 50-59 | 17 | 00:01:02 | 00:31:48 | 01:01:11.85 | 01:02:14.05 | +00:26:33 (43.4%) | 6:07 | 9.8 (56.6%) |
| 391 | BRZESKA Ewa | 259 | WIECZORNE BIEGANIE W SZCZECINIE | K1 16-29 | 19 | 00:00:12 | 00:28:47 | 01:01:13.40 | 01:01:25.55 | +00:26:35 (43.4%) | 6:07 | 9.8 (56.6%) |
| 392 | MATYSEK Ireneusz | 91 | SAMOTNY WILK | M5 60+ | 6 | 00:00:11 | 00:28:37 | 01:01:18.80 | 01:01:30.75 | +00:26:40 (43.5%) | 6:07 | 9.8 (56.6%) |
| 393 | GAJEK Łukasz | 412 | WAR-CHLACZKI | M2 30-39 | 152 | 00:00:43 | 00:31:53 | 01:01:21.20 | 01:02:04.85 | +00:26:43 (43.5%) | 6:08 | 9.8 (56.6%) |
| 394 | BIAZIK Piotr | 443 | WAR-CHLACZKI | M2 30-39 | 153 | 00:00:43 | 00:31:53 | 01:01:21.80 | 01:02:04.95 | +00:26:43 (43.6%) | 6:08 | 9.8 (56.6%) |
| 395 | SZTURO Marcin | 763 | | M2 30-39 | 154 | 00:00:14 | 00:29:21 | 01:01:26.90 | 01:01:41.65 | +00:26:48 (43.6%) | 6:08 | 9.8 (56.6%) |
| 396 | CZERWIŃSKA Agnieszka | 639 | | K1 16-29 | 20 | 00:00:19 | 00:30:14 | 01:01:27.05 | 01:01:46.35 | +00:26:48 (43.6%) | 6:08 | 9.8 (56.6%) |
| 397 | DOŁGOPOŁ Waldemar | 402 | RUNNER SZCZECIN TEAM | M4 50-59 | 18 | 00:00:22 | 00:30:16 | 01:01:28.00 | 01:01:50.05 | +00:26:49 (43.7%) | 6:08 | 9.8 (56.6%) |
| 398 | PETRUSIEWICZ Paweł | 748 | | M1 16-29 | 68 | 00:00:14 | 00:29:20 | 01:01:32.75 | 01:01:47.60 | +00:26:54 (43.7%) | 6:09 | 9.7 (56.1%) |
| 399 | LANGE Damian | 611 | TEAM POSEJDONA | M2 30-39 | 155 | 00:00:53 | 00:31:41 | 01:01:33.60 | 01:02:27.30 | +00:26:55 (43.7%) | 6:09 | 9.7 (56.1%) |
| 400 | MICHALAK Piotr | 877 | | M1 16-29 | 69 | 00:00:25 | 00:28:38 | 01:01:37.05 | 01:02:02.95 | +00:26:58 (43.8%) | 6:09 | 9.7 (56.1%) |
| 401 | HRYMAJŁO Marcin | 405 | RUNNER SZCZECIN TEAM | M3 40-49 | 73 | 00:00:20 | 00:30:18 | 01:01:40.65 | 01:02:01.30 | +00:27:02 (43.8%) | 6:10 | 9.7 (56.1%) |
| 402 | BRANDEBURA Cezary | 794 | | M1 16-29 | 70 | 00:00:36 | 00:27:46 | 01:01:40.90 | 01:02:17.80 | +00:27:02 (43.8%) | 6:10 | 9.7 (56.1%) |
| 403 | WILES Magdalena | 852 | | K2 30-39 | 42 | 00:00:33 | 00:30:36 | 01:01:55.20 | 01:02:28.85 | +00:27:17 (44.1%) | 6:11 | 9.7 (56.1%) |
| 404 | BUDNA Anna | 913 | | K2 30-39 | 43 | 00:00:16 | 00:30:10 | 01:01:55.80 | 01:02:12.15 | +00:27:17 (44.1%) | 6:11 | 9.7 (56.1%) |
| 405 | ŁUCZAK Zbigniew | 504 | 1KPZMOT/3BPZMOT | M2 30-39 | 156 | 00:00:29 | 00:30:29 | 01:01:56.55 | 01:02:25.95 | +00:27:18 (44.1%) | 6:11 | 9.7 (56.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|---------------------------------|-----------|------|-------------|----------------|-----------------|------------------|-------------------|--------------|-------------|
| 406 | MULARCZYK Krzysztof | 707 | | M2 30-39 | 157 | 00:00:22 | 00:30:01 | 01:01:57.00 | 01:02:19.35 | +00:27:18 (44.1%) | 6:11 | 9.7 (56.1%) |
| 407 | KĘCZKOWSKA Agnieszka | 158 | | K1 16-29 | 21 | 00:00:18 | 00:30:31 | 01:01:59.55 | 01:02:18.40 | +00:27:21 (44.1%) | 6:12 | 9.7 (56.1%) |
| 408 | BIAŁKOWSKA Katarzyna | 112 | WIECZORNE BIEGANIE | K3 40-49 | 18 | 00:00:48 | 00:30:27 | 01:02:00.05 | 01:02:48.20 | +00:27:21 (44.1%) | 6:12 | 9.7 (56.1%) |
| 409 | WRÓŃSKI Przemysław | 675 | | M1 16-29 | 71 | 00:01:02 | 00:31:48 | 01:02:03.50 | 01:03:06.00 | +00:27:25 (44.2%) | 6:12 | 9.7 (56.1%) |
| 410 | JURKOWSKI Karol | 932 | | M1 16-29 | 72 | 00:00:26 | 00:30:57 | 01:02:05.65 | 01:02:32.50 | +00:27:27 (44.2%) | 6:12 | 9.7 (56.1%) |
| 411 | JANUS Grzegorz | 288 | | M2 30-39 | 158 | 00:00:26 | 00:31:01 | 01:02:06.50 | 01:02:33.15 | +00:27:28 (44.2%) | 6:12 | 9.7 (56.1%) |
| 412 | SZULC Helena | 764 | SMT SZCZECIN | K2 30-39 | 44 | 00:00:08 | 00:30:15 | 01:02:08.65 | 01:02:16.90 | +00:27:30 (44.3%) | 6:12 | 9.7 (56.1%) |
| 413 | WIKLAK Natalia | 559 | | K1 16-29 | 22 | 00:00:27 | 00:29:42 | 01:02:09.90 | 01:02:37.20 | +00:27:31 (44.3%) | 6:13 | 9.7 (56.1%) |
| 414 | JAROSŁAWSKA Jowita | 681 | | K2 30-39 | 45 | 00:00:08 | 00:30:18 | 01:02:10.45 | 01:02:18.85 | +00:27:32 (44.3%) | 6:13 | 9.7 (56.1%) |
| 415 | ŻUROWSKI Jarosław | 487 | | M3 40-49 | 74 | 00:00:21 | 00:29:55 | 01:02:11.25 | 01:02:32.65 | +00:27:33 (44.3%) | 6:13 | 9.6 (55.5%) |
| 416 | ZAWADZKI Maciej | 780 | | M1 16-29 | 73 | 00:00:25 | 00:30:54 | 01:02:14.10 | 01:02:39.90 | +00:27:35 (44.3%) | 6:13 | 9.6 (55.5%) |
| 417 | CICHOSZ Michał | 857 | | M2 30-39 | 159 | 00:01:10 | 00:31:49 | 01:02:27.80 | 01:03:37.95 | +00:27:49 (44.6%) | 6:14 | 9.6 (55.5%) |
| 418 | CHUDZIŃSKI Bartosz | 190 | | M3 40-49 | 75 | 00:00:33 | 00:31:47 | 01:02:37.10 | 01:03:10.15 | +00:27:58 (44.7%) | 6:15 | 9.6 (55.5%) |
| 419 | SITEK Alfred | 26 | SKB DZIK | M2 30-39 | 160 | 00:00:50 | 00:30:26 | 01:02:42.95 | 01:03:33.30 | +00:28:04 (44.8%) | 6:16 | 9.6 (55.5%) |
| 420 | LOKOCZ Rafał | 590 | WIECZORNE BIEGANIE W SZCZECINIE | M2 30-39 | 161 | 00:00:18 | 00:30:12 | 01:02:44.10 | 01:03:02.35 | +00:28:05 (44.8%) | 6:16 | 9.6 (55.5%) |
| 421 | ŁUKOMSKI Piotr | 593 | | M1 16-29 | 74 | 00:00:59 | 00:32:40 | 01:02:44.90 | 01:03:44.40 | +00:28:06 (44.8%) | 6:16 | 9.6 (55.5%) |
| 422 | KRZEMIŃSKI Paweł | 778 | | M1 16-29 | 75 | 00:00:26 | 00:30:54 | 01:02:53.85 | 01:03:20.80 | +00:28:15 (44.9%) | 6:17 | 9.5 (54.9%) |
| 423 | KAMIONKA Andrzej | 723 | | M2 30-39 | 162 | 00:00:39 | 00:30:39 | 01:02:56.05 | 01:03:35.05 | +00:28:17 (45.0%) | 6:17 | 9.5 (54.9%) |
| 424 | DACH Eryk | 102 | FIFNE PYRKI | M1 16-29 | 76 | 00:00:36 | 00:28:48 | 01:02:57.15 | 01:03:33.40 | +00:28:19 (45.0%) | 6:17 | 9.5 (54.9%) |
| 425 | BARTOSZEK Michał | 580 | OCR TEAM WŁOCŁAWEK | M2 30-39 | 163 | 00:00:31 | 00:31:34 | 01:02:57.95 | 01:03:29.15 | +00:28:19 (45.0%) | 6:17 | 9.5 (54.9%) |
| 426 | HANDKE Justyna | 785 | XRUNNERS | K2 30-39 | 46 | 00:00:36 | 00:31:43 | 01:02:59.05 | 01:03:35.15 | +00:28:20 (45.0%) | 6:17 | 9.5 (54.9%) |
| 427 | ZGRAJA Katarzyna | 189 | | K3 40-49 | 19 | 00:00:49 | 00:31:08 | 01:03:03.60 | 01:03:53.20 | +00:28:25 (45.1%) | 6:18 | 9.5 (54.9%) |
| 428 | CIEMCIOCH Paweł | 41 | | M2 30-39 | 164 | 00:00:23 | 00:30:43 | 01:03:03.95 | 01:03:27.10 | +00:28:25 (45.1%) | 6:18 | 9.5 (54.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|------------------------------------|-----------|------|-------------|----------------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | | | netto 10km | brutto 10km | | | |
| 429 | RÓZGA Zbigniew | 566 | VIKING 88 | M3 40-49 | 76 | 00:00:33 | 00:30:57 | 01:03:07.40 | 01:03:40.45 | +00:28:29 (45.1%) | 6:18 | 9.5 (54.9%) |
| 430 | PODEDWORNY Artur | 105 | | M3 40-49 | 77 | 00:00:43 | 00:33:07 | 01:03:09.90 | 01:03:53.35 | +00:28:31 (45.2%) | 6:19 | 9.5 (54.9%) |
| 431 | WIŚNIEWSKA Monika | 646 | STARGARDZKI KLUB MORSÓW MIEDWIANIE | K3 40-49 | 20 | 00:00:51 | 00:31:23 | 01:03:10.95 | 01:04:02.45 | +00:28:32 (45.2%) | 6:19 | 9.5 (54.9%) |
| 432 | WRÓBLEWSKI Jarosław | 382 | RAZ SZCZECIN | M3 40-49 | 78 | 00:00:17 | 00:30:26 | 01:03:17.55 | 01:03:35.15 | +00:28:39 (45.3%) | 6:19 | 9.5 (54.9%) |
| 433 | WYCIECHOWSKI Norbert | 586 | OCR TEAM WŁOCLAWEK | M2 30-39 | 165 | 00:00:40 | 00:31:17 | 01:03:17.95 | 01:03:58.40 | +00:28:39 (45.3%) | 6:19 | 9.5 (54.9%) |
| 434 | ZDUNEK Piotr | 682 | | M2 30-39 | 166 | 00:00:31 | 00:30:29 | 01:03:18.10 | 01:03:49.10 | +00:28:39 (45.3%) | 6:19 | 9.5 (54.9%) |
| 435 | MAŁOCHA Klaudyna | 113 | GHETTO WORKOUT ŚWINOUJŚCIE | K1 16-29 | 23 | 00:00:44 | 00:31:12 | 01:03:28.50 | 01:04:12.95 | +00:28:50 (45.4%) | 6:20 | 9.5 (54.9%) |
| 436 | POSZUMSKA Gabriela | 535 | | K1 16-29 | 24 | 00:00:36 | 00:32:12 | 01:03:34.05 | 01:04:10.75 | +00:28:55 (45.5%) | 6:21 | 9.4 (54.3%) |
| 437 | WEGLIŃSKI Radosław | 819 | OŻW SZCZECIN | M2 30-39 | 167 | 00:00:17 | 00:31:02 | 01:03:34.85 | 01:03:52.60 | +00:28:56 (45.5%) | 6:21 | 9.4 (54.3%) |
| 438 | KAROL Sławek | 550 | LOSZKI I WARCHLAKI | M4 50-59 | 19 | 00:00:37 | 00:31:54 | 01:03:40.40 | 01:04:18.05 | +00:29:02 (45.6%) | 6:22 | 9.4 (54.3%) |
| 439 | LEWANDOWSKA Dorota | 556 | LOSZKI I WARCHLAKI | K3 40-49 | 21 | 00:00:36 | 00:31:55 | 01:03:41.55 | 01:04:17.85 | +00:29:03 (45.6%) | 6:22 | 9.4 (54.3%) |
| 440 | PAWLICKI Bartosz | 104 | | M2 30-39 | 168 | 00:00:46 | 00:32:15 | 01:03:43.40 | 01:04:30.20 | +00:29:05 (45.6%) | 6:22 | 9.4 (54.3%) |
| 441 | LAL Monika | 292 | RUNGRYF | K4 50-59 | 3 | 00:00:09 | 00:31:09 | 01:03:43.85 | 01:03:53.65 | +00:29:05 (45.7%) | 6:22 | 9.4 (54.3%) |
| 442 | SKOWYRA Arkadiusz | 422 | RUNGRYF GRYFICE | M2 30-39 | 169 | 00:00:07 | 00:24:10 | 01:03:47.10 | 01:03:54.15 | +00:29:08 (45.7%) | 6:22 | 9.4 (54.3%) |
| 443 | LEWICKI Kamil | 670 | POŁAPANI TEAM | M2 30-39 | 170 | 00:00:51 | 00:31:47 | 01:03:52.55 | 01:04:44.30 | +00:29:14 (45.8%) | 6:23 | 9.4 (54.3%) |
| 444 | PYREK Iwona | 81 | | K2 30-39 | 47 | 00:00:20 | 00:31:52 | 01:04:02.55 | 01:04:23.15 | +00:29:24 (45.9%) | 6:24 | 9.4 (54.3%) |
| 445 | JACHIRA Krzysztof | 722 | GRYF TEAM | M2 30-39 | 171 | 00:00:45 | 00:31:08 | 01:04:04.10 | 01:04:49.30 | +00:29:25 (45.9%) | 6:24 | 9.4 (54.3%) |
| 446 | HNAT Rafał | 76 | KP PSP WAŁCZ | M3 40-49 | 79 | 00:00:15 | 00:30:07 | 01:04:07.55 | 01:04:23.25 | +00:29:29 (46.0%) | 6:24 | 9.4 (54.3%) |
| 447 | NARKUN Maciej | 480 | | M2 30-39 | 172 | 00:00:11 | 00:29:30 | 01:04:12.50 | 01:04:23.90 | +00:29:34 (46.1%) | 6:25 | 9.3 (53.8%) |
| 448 | BIAŁASIK Maria | 88 | | K2 30-39 | 48 | 00:00:24 | 00:30:35 | 01:04:18.15 | 01:04:43.00 | +00:29:40 (46.1%) | 6:25 | 9.3 (53.8%) |
| 449 | PAŁAC Piotr | 622 | WIECZORNE BIEGANIE W SZCZECINIE | M4 50-59 | 20 | 00:00:24 | 00:30:24 | 01:04:18.30 | 01:04:43.00 | +00:29:40 (46.1%) | 6:25 | 9.3 (53.8%) |
| 450 | SAMBORSKI Radosław | 393 | | M1 16-29 | 77 | 00:00:56 | 00:31:17 | 01:04:24.70 | 01:05:20.90 | +00:29:46 (46.2%) | 6:26 | 9.3 (53.8%) |
| 451 | NOWAK Zbigniew | 389 | KBDZIK | M5 60+ | 7 | 00:00:24 | 00:32:05 | 01:04:26.25 | 01:04:50.25 | +00:29:48 (46.2%) | 6:26 | 9.3 (53.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|------------|-------------------------|-----------|------|-------------|----------------|--------------------|--------------------|-------------------|--------------|-------------|
| 452 | NASIADEK Arkadiusz | 272 | | M3 40-49 | 80 | 00:00:33 | 00:31:54 | 01:04:29.40 | 01:05:02.45 | +00:29:51 (46.3%) | 6:26 | 9.3 (53.8%) |
| 453 | GUMOWSKI Daniel | 352 | | M2 30-39 | 173 | 00:00:30 | 00:31:10 | 01:04:35.75 | 01:05:06.05 | +00:29:57 (46.4%) | 6:27 | 9.3 (53.8%) |
| 454 | HARNER Jacek | 244 | PANDA I BANDA | M2 30-39 | 174 | 00:01:04 | 00:32:52 | 01:04:36.70 | 01:05:41.60 | +00:29:58 (46.4%) | 6:27 | 9.3 (53.8%) |
| 455 | OLEJNICKI Mikołaj | 679 | MUD GOATS | M1 16-29 | 78 | 00:00:56 | 00:31:57 | 01:04:37.35 | 01:05:33.50 | +00:29:59 (46.4%) | 6:27 | 9.3 (53.8%) |
| 456 | SIELICKI Patryk | 650 | | M1 16-29 | 79 | 00:00:38 | 00:32:40 | 01:04:40.85 | 01:05:19.40 | +00:30:02 (46.5%) | 6:28 | 9.3 (53.8%) |
| 457 | KRĘŻEL Agata | 609 | | K1 16-29 | 25 | 00:00:33 | 00:31:53 | 01:04:50.40 | 01:05:23.45 | +00:30:12 (46.6%) | 6:29 | 9.3 (53.8%) |
| 458 | WITKOWSKI Emil | 606 | | M1 16-29 | 80 | 00:00:32 | 00:31:44 | 01:04:51.20 | 01:05:23.95 | +00:30:13 (46.6%) | 6:29 | 9.3 (53.8%) |
| 459 | BIADACZ-LISOWSKA Katarzyna | 211 | | K3 40-49 | 22 | 00:00:43 | 00:31:10 | 01:04:52.30 | 01:05:35.90 | +00:30:14 (46.6%) | 6:29 | 9.2 (53.2%) |
| 460 | ROGAŁA Magda | 31 | WKURW_TEAM NOWOGARD | K2 30-39 | 49 | 00:00:30 | 00:31:53 | 01:04:52.65 | 01:05:22.95 | +00:30:14 (46.6%) | 6:29 | 9.2 (53.2%) |
| 461 | SKRZYPIEC Andrzej | 233 | MKL MARATON ŚWINOUJŚCIE | M5 60+ | 8 | 00:00:51 | 00:33:16 | 01:04:53.00 | 01:05:44.45 | +00:30:14 (46.6%) | 6:29 | 9.2 (53.2%) |
| 462 | NICEWICZ Beata | 313 | ŻADEN | K3 40-49 | 23 | 00:00:34 | 00:32:06 | 01:04:53.25 | 01:05:27.30 | +00:30:15 (46.6%) | 6:29 | 9.2 (53.2%) |
| 463 | JASIK Mariusz | 807 | | M3 40-49 | 81 | 00:00:49 | 00:33:39 | 01:04:53.55 | 01:05:43.20 | +00:30:15 (46.6%) | 6:29 | 9.2 (53.2%) |
| 464 | MLECZEK Roman | 254 | | M3 40-49 | 82 | 00:00:36 | 00:33:31 | 01:04:54.70 | 01:05:31.50 | +00:30:16 (46.6%) | 6:29 | 9.2 (53.2%) |
| 465 | MATUSZAK Mateusz | 514 | MANGO GATKI TEAM | M1 16-29 | 81 | 00:00:43 | 00:31:08 | 01:04:56.10 | 01:05:40.00 | +00:30:17 (46.7%) | 6:29 | 9.2 (53.2%) |
| 466 | KOZAK Mirosław | 409 | | M2 30-39 | 175 | 00:00:20 | 00:30:39 | 01:04:59.80 | 01:05:20.30 | +00:30:21 (46.7%) | 6:30 | 9.2 (53.2%) |
| 467 | PIESYK Damian | 540 | | M1 16-29 | 82 | 00:00:36 | 00:32:42 | 01:05:01.95 | 01:05:38.15 | +00:30:23 (46.7%) | 6:30 | 9.2 (53.2%) |
| 468 | JUSINSKA Anna | 124 | | K3 40-49 | 24 | 00:00:10 | 00:31:18 | 01:05:03.05 | 01:05:13.45 | +00:30:24 (46.8%) | 6:30 | 9.2 (53.2%) |
| 469 | CHROBOCINSKI Daniel | 142 | | M1 16-29 | 83 | 00:00:14 | 00:29:37 | 01:05:04.60 | 01:05:19.45 | +00:30:26 (46.8%) | 6:30 | 9.2 (53.2%) |
| 470 | ŻUROWSKI Leszek | 489 | ŻURKI | M2 30-39 | 176 | 00:00:22 | 00:27:46 | 01:05:04.75 | 01:05:27.40 | +00:30:26 (46.8%) | 6:30 | 9.2 (53.2%) |
| 471 | GRUDOWSKI Konrad | 631 | AKTYWNE PRAWOBRZEŻE | M2 30-39 | 177 | 00:00:03 | 00:31:23 | 01:05:06.10 | 01:05:09.95 | +00:30:27 (46.8%) | 6:30 | 9.2 (53.2%) |
| 472 | DOLEŻEK Agnieszka | 883 | WIECZORNE BIEGANIE | K2 30-39 | 50 | 00:00:42 | 00:32:35 | 01:05:11.10 | 01:05:53.35 | +00:30:32 (46.9%) | 6:31 | 9.2 (53.2%) |
| 473 | GAŁECKA Kamila | 867 | WIECZORNE BIEGANIE | K1 16-29 | 26 | 00:00:42 | 00:32:35 | 01:05:11.15 | 01:05:53.80 | +00:30:33 (46.9%) | 6:31 | 9.2 (53.2%) |
| 474 | MIZIELINSKA Daria | 882 | | K2 30-39 | 51 | 00:00:42 | 00:32:35 | 01:05:11.55 | 01:05:54.20 | +00:30:33 (46.9%) | 6:31 | 9.2 (53.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------------|------------|----------------------|-----------|------|-------------|----------------|--------------------|--------------------|-------------------|--------------|-------------|
| 475 | BROCZKOWSKA Żaneta | 708 | | K2 30-39 | 52 | 00:00:21 | 00:31:48 | 01:05:12.20 | 01:05:33.95 | +00:30:34 (46.9%) | 6:31 | 9.2 (53.2%) |
| 476 | MATUSZAK Anita | 512 | MANGO GATKI TEAM | K3 40-49 | 25 | 00:00:46 | 00:32:11 | 01:05:17.00 | 01:06:03.70 | +00:30:38 (46.9%) | 6:31 | 9.2 (53.2%) |
| 477 | ZATOŃ Łukasz | 200 | BYLE DO METY | M2 30-39 | 178 | 00:00:41 | 00:32:17 | 01:05:21.15 | 01:06:02.55 | +00:30:43 (47.0%) | 6:32 | 9.2 (53.2%) |
| 478 | BASZURO Magdalena | 64 | | K2 30-39 | 53 | 00:00:45 | 00:31:45 | 01:05:21.30 | 01:06:06.60 | +00:30:43 (47.0%) | 6:32 | 9.2 (53.2%) |
| 479 | KARASIEWICZ Łukasz | 97 | | M2 30-39 | 179 | 00:00:18 | 00:31:21 | 01:05:21.90 | 01:05:40.60 | +00:30:43 (47.0%) | 6:32 | 9.2 (53.2%) |
| 480 | ULATOWSKI Tomasz | 109 | | M2 30-39 | 180 | 00:00:43 | 00:32:12 | 01:05:22.00 | 01:06:05.60 | +00:30:43 (47.0%) | 6:32 | 9.2 (53.2%) |
| 481 | WOSIAK Paweł | 453 | FSD RUN DREZDENKO | M2 30-39 | 181 | 00:00:47 | 00:32:35 | 01:05:22.55 | 01:06:09.90 | +00:30:44 (47.0%) | 6:32 | 9.2 (53.2%) |
| 482 | JANCZAREK Rafał | 126 | | M2 30-39 | 182 | 00:00:46 | 00:31:31 | 01:05:25.75 | 01:06:12.40 | +00:30:47 (47.1%) | 6:32 | 9.2 (53.2%) |
| 483 | ZAKRZEWSKA Sylwia | 452 | FSD RUN DREZDENKO | K2 30-39 | 54 | 00:00:40 | 00:32:41 | 01:05:28.35 | 01:06:09.25 | +00:30:50 (47.1%) | 6:32 | 9.2 (53.2%) |
| 484 | ANTOSIEWICZ Robert | 216 | LULATEAM | M3 40-49 | 83 | 00:00:35 | 00:31:45 | 01:05:30.00 | 01:06:05.65 | +00:30:51 (47.1%) | 6:33 | 9.2 (53.2%) |
| 485 | STRZELECKI Sebastian 'Kaszana' | 335 | SAILING TEAM FERAJNA | M3 40-49 | 84 | 00:00:38 | 00:31:32 | 01:05:41.95 | 01:06:20.50 | +00:31:03 (47.3%) | 6:34 | 9.1 (52.6%) |
| 486 | MIKICIUK Natalia | 228 | HUSARIA RACE TEAM | K1 16-29 | 27 | 00:00:34 | 00:32:21 | 01:05:46.45 | 01:06:20.50 | +00:31:08 (47.3%) | 6:34 | 9.1 (52.6%) |
| 487 | DUDA-RELIGA Ewelina | 326 | OZKB | K3 40-49 | 26 | 00:00:11 | 00:32:50 | 01:05:56.40 | 01:06:07.40 | +00:31:18 (47.5%) | 6:35 | 9.1 (52.6%) |
| 488 | SOKOŁOWSKI Michał | 160 | MUD GOATS | M2 30-39 | 183 | 00:00:55 | 00:32:41 | 01:05:56.45 | 01:06:52.15 | +00:31:18 (47.5%) | 6:35 | 9.1 (52.6%) |
| 489 | DRZEWIECKI Arkadiusz | 63 | BIEGACZE ŚWINOUJŚCIE | M4 50-59 | 21 | 00:00:51 | 00:33:25 | 01:06:08.10 | 01:06:59.70 | +00:31:29 (47.6%) | 6:36 | 9.1 (52.6%) |
| 490 | DRZEWIECKA Agnieszka | 57 | BIEGACZE ŚWINOUJŚCIE | K3 40-49 | 27 | 00:00:51 | 00:33:24 | 01:06:08.35 | 01:06:59.85 | +00:31:30 (47.6%) | 6:36 | 9.1 (52.6%) |
| 491 | MICHALAK Tomasz | 198 | TKM | M4 50-59 | 22 | 00:00:46 | 00:30:54 | 01:06:08.55 | 01:06:55.15 | +00:31:30 (47.6%) | 6:36 | 9.1 (52.6%) |
| 492 | BĄCZYK Monika | 154 | 1978 | K3 40-49 | 28 | 00:00:32 | 00:32:04 | 01:06:08.75 | 01:06:40.90 | +00:31:30 (47.6%) | 6:36 | 9.1 (52.6%) |
| 493 | BĄCZYK Adam | 156 | MONIA GYM | M3 40-49 | 85 | 00:00:31 | 00:30:01 | 01:06:09.40 | 01:06:40.90 | +00:31:31 (47.6%) | 6:36 | 9.1 (52.6%) |
| 494 | TROJANOWSKA Aleksandra | 874 | ŻANDARMERIA WOJSKOWA | K1 16-29 | 28 | 00:00:07 | 00:32:22 | 01:06:13.95 | 01:06:21.45 | +00:31:35 (47.7%) | 6:37 | 9.1 (52.6%) |
| 495 | SZWARC Ewa | 705 | | K2 30-39 | 55 | 00:00:28 | 00:32:05 | 01:06:18.75 | 01:06:47.60 | +00:31:40 (47.8%) | 6:37 | 9 (52.0%) |
| 496 | SOWISZ Danuta | 300 | SOWISZ TEAM | K3 40-49 | 29 | 00:00:33 | 00:33:08 | 01:06:20.00 | 01:06:53.35 | +00:31:41 (47.8%) | 6:38 | 9 (52.0%) |
| 497 | SOWISZ Cezary | 301 | SOWISZ TEAM | M4 50-59 | 23 | 00:00:32 | 00:33:09 | 01:06:20.90 | 01:06:53.75 | +00:31:42 (47.8%) | 6:38 | 9 (52.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------------|------------|------------------------------|-----------|------|-------------|----------------|--------------------|--------------------|-------------------|--------------|-------------|
| 498 | KOSMAŁSKI Jarosław | 524 | SKS HUSARIA | M2 30-39 | 184 | 00:00:28 | 00:32:16 | 01:06:24.75 | 01:06:53.20 | +00:31:46 (47.8%) | 6:38 | 9 (52.0%) |
| 499 | ŁUKASIEWICZ-WESEŁAK Justyna | 695 | | K2 30-39 | 56 | 00:00:23 | 00:33:43 | 01:06:30.55 | 01:06:54.20 | +00:31:52 (47.9%) | 6:39 | 9 (52.0%) |
| 500 | KAMINSKI Rafal | 15 | | M2 30-39 | 185 | 00:00:55 | 00:32:34 | 01:06:31.35 | 01:07:27.05 | +00:31:53 (47.9%) | 6:39 | 9 (52.0%) |
| 501 | SKOCZYŁ Wojtek | 604 | HUSARIA RACE TEAM | M1 16-29 | 84 | 00:00:08 | 00:31:25 | 01:06:33.50 | 01:06:42.10 | +00:31:55 (48.0%) | 6:39 | 9 (52.0%) |
| 502 | DUTKIEWICZ Urszula | 6 | WATAHA | K2 30-39 | 57 | 00:00:14 | 00:32:19 | 01:06:38.45 | 01:06:52.65 | +00:32:00 (48.0%) | 6:39 | 9 (52.0%) |
| 503 | MAŁOCHA Adam | 114 | PARKRUN ŚWINOUJŚCIE | M1 16-29 | 85 | 00:00:44 | 00:32:07 | 01:06:41.05 | 01:07:25.10 | +00:32:02 (48.1%) | 6:40 | 9 (52.0%) |
| 504 | MAŁOCHA Mariusz | 108 | GHETTO WORKOUT ŚWINOUJŚCIE | M3 40-49 | 86 | 00:00:44 | 00:32:07 | 01:06:42.00 | 01:07:26.05 | +00:32:03 (48.1%) | 6:40 | 9 (52.0%) |
| 505 | GRALEWICZ Robert | 4 | MORSY MUROWANA GOŚLINA | M3 40-49 | 87 | 00:00:54 | 00:33:04 | 01:06:42.35 | 01:07:37.00 | +00:32:04 (48.1%) | 6:40 | 9 (52.0%) |
| 506 | WOJSZCZYK Michał | 58 | BRIDGESTONE STARGARD RUNNERS | M2 30-39 | 186 | 00:00:28 | 00:27:02 | 01:06:52.65 | 01:07:21.25 | +00:32:14 (48.2%) | 6:41 | 9 (52.0%) |
| 507 | GRALEWICZ Magdalena | 7 | MUROWANE MORSY | K3 40-49 | 30 | 00:00:55 | 00:33:58 | 01:06:56.20 | 01:07:51.95 | +00:32:18 (48.3%) | 6:41 | 9 (52.0%) |
| 508 | WOJCIECHOWSKA Wioletta | 699 | STARGARD JA SIĘ NIE ŚCIGAM | K3 40-49 | 31 | 00:01:01 | 00:33:46 | 01:07:00.50 | 01:08:01.70 | +00:32:22 (48.3%) | 6:42 | 9 (52.0%) |
| 508 | GĘBICKA Agata | 628 | STARGARD JA SIĘ NIE ŚCIGAM ! | K1 16-29 | 29 | 00:01:01 | 00:33:47 | 01:07:00.50 | 01:08:02.00 | +00:32:22 (48.3%) | 6:42 | 9 (52.0%) |
| 510 | CHROBOCIŃSKA Elżbieta | 141 | | K4 50-59 | 4 | 00:00:14 | 00:32:23 | 01:07:01.70 | 01:07:16.25 | +00:32:23 (48.3%) | 6:42 | 9 (52.0%) |
| 511 | MACHOLA Bartłomiej | 702 | 1981 | M2 30-39 | 187 | 00:00:34 | 00:32:23 | 01:07:03.50 | 01:07:38.15 | +00:32:25 (48.3%) | 6:42 | 8.9 (51.4%) |
| 512 | GITNER Marcin | 38 | PIĘKNI I BESTIE | M3 40-49 | 88 | 00:00:43 | 00:33:00 | 01:07:05.50 | 01:07:48.85 | +00:32:27 (48.4%) | 6:42 | 8.9 (51.4%) |
| 513 | MOSKWA Grzegorz | 268 | | M3 40-49 | 89 | 00:01:05 | 00:33:39 | 01:07:18.35 | 01:08:24.15 | +00:32:40 (48.5%) | 6:43 | 8.9 (51.4%) |
| 514 | ŚWIETLIK Alicja | 177 | | K3 40-49 | 32 | 00:00:48 | 00:33:13 | 01:07:23.65 | 01:08:12.45 | +00:32:45 (48.6%) | 6:44 | 8.9 (51.4%) |
| 515 | MATEJCZUK Robert | 456 | POŁAPANI TEAM | M1 16-29 | 86 | 00:01:06 | 00:33:25 | 01:07:24.95 | 01:08:31.65 | +00:32:46 (48.6%) | 6:44 | 8.9 (51.4%) |
| 516 | CHMIELEWSKA Katarzyna | 721 | | K5 60+ | 1 | 00:00:35 | 00:32:49 | 01:07:30.05 | 01:08:05.55 | +00:32:51 (48.7%) | 6:45 | 8.9 (51.4%) |
| 517 | MORAWSKA Agnieszka | 562 | | K1 16-29 | 30 | 00:00:27 | 00:33:40 | 01:07:36.70 | 01:08:03.95 | +00:32:58 (48.8%) | 6:45 | 8.9 (51.4%) |
| 518 | SOKOŁOWSKA Agnieszka | 23 | DALEKO JESZCZE | K2 30-39 | 58 | 00:00:33 | 00:33:02 | 01:07:37.00 | 01:08:10.65 | +00:32:58 (48.8%) | 6:45 | 8.9 (51.4%) |
| 519 | MISIAK Dorota | 120 | BYLEBY DO PRZODU | K2 30-39 | 59 | 00:00:24 | 00:32:38 | 01:07:41.35 | 01:08:05.65 | +00:33:03 (48.8%) | 6:46 | 8.9 (51.4%) |
| 520 | SZYMCZAK Marcin | 506 | | M3 40-49 | 90 | 00:00:49 | 00:33:54 | 01:07:42.30 | 01:08:31.35 | +00:33:04 (48.8%) | 6:46 | 8.9 (51.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------|-------|---------------------------------|-----------|------|-------------|----------------|-----------------|------------------|-------------------|--------------|-------------|
| 521 | KOTWICKI Mariusz | 426 | | M2 30-39 | 188 | 00:00:32 | 00:33:06 | 01:07:50.35 | 01:08:22.50 | +00:33:12 (48.9%) | 6:47 | 8.8 (50.9%) |
| 522 | GOWORSKI Jerzy | 147 | | M1 16-29 | 87 | 00:00:41 | 00:31:49 | 01:07:51.80 | 01:08:33.50 | +00:33:13 (49.0%) | 6:47 | 8.8 (50.9%) |
| 523 | ŁEMPKOWSKI Janusz | 689 | BBL POLICE | M3 40-49 | 91 | 00:00:44 | 00:33:21 | 01:08:08.45 | 01:08:52.50 | +00:33:30 (49.2%) | 6:48 | 8.8 (50.9%) |
| 524 | JAKUBOWSKA Aneta | 528 | DZIKUŚ | K2 30-39 | 60 | 00:00:25 | 00:32:42 | 01:08:08.80 | 01:08:34.60 | +00:33:30 (49.2%) | 6:48 | 8.8 (50.9%) |
| 525 | ŁEMPKOWSKA Beata | 703 | DLL PARTNERS | K3 40-49 | 33 | 00:00:43 | 00:33:22 | 01:08:09.25 | 01:08:52.85 | +00:33:31 (49.2%) | 6:48 | 8.8 (50.9%) |
| 526 | KAMIŃSKA Adriana | 684 | BBL POLICE | K2 30-39 | 61 | 00:00:43 | 00:33:22 | 01:08:09.30 | 01:08:52.45 | +00:33:31 (49.2%) | 6:48 | 8.8 (50.9%) |
| 527 | UZDOWSKA Marta | 692 | OCR TEAM WŁOCŁAWEK | K2 30-39 | 62 | 00:00:29 | 00:32:51 | 01:08:11.45 | 01:08:41.20 | +00:33:33 (49.2%) | 6:49 | 8.8 (50.9%) |
| 528 | FRĄCKOWIAK Rafał | 862 | | M2 30-39 | 189 | 00:01:01 | 00:34:32 | 01:08:13.85 | 01:09:15.75 | +00:33:35 (49.2%) | 6:49 | 8.8 (50.9%) |
| 529 | LISOWSKA Agnieszka | 863 | | K2 30-39 | 63 | 00:01:01 | 00:34:32 | 01:08:14.05 | 01:09:16.00 | +00:33:35 (49.2%) | 6:49 | 8.8 (50.9%) |
| 530 | WOSZCZYK Renata | 367 | WIECZORNE BIEGANIE W SZCZECINIE | K3 40-49 | 34 | 00:00:19 | 00:33:38 | 01:08:15.15 | 01:08:34.75 | +00:33:37 (49.3%) | 6:49 | 8.8 (50.9%) |
| 531 | BARSZCZEWSKI Stanisław | 230 | | M3 40-49 | 92 | 00:00:52 | 00:33:36 | 01:08:17.30 | 01:09:10.15 | +00:33:39 (49.3%) | 6:49 | 8.8 (50.9%) |
| 532 | BARSZCZEWSKA Małgorzata | 231 | | K3 40-49 | 35 | 00:00:52 | 00:33:42 | 01:08:17.80 | 01:09:10.50 | +00:33:39 (49.3%) | 6:49 | 8.8 (50.9%) |
| 533 | JEZIOREK Agnieszka | 253 | | K3 40-49 | 36 | 00:00:36 | 00:33:32 | 01:08:22.95 | 01:08:59.45 | +00:33:44 (49.3%) | 6:50 | 8.8 (50.9%) |
| 534 | KOMOSA Agnieszka | 386 | | K2 30-39 | 64 | 00:01:00 | 00:33:49 | 01:08:23.70 | 01:09:24.00 | +00:33:45 (49.4%) | 6:50 | 8.8 (50.9%) |
| 535 | MAŁYSA Marta | 888 | | K2 30-39 | 65 | 00:01:00 | 00:33:48 | 01:08:23.85 | 01:09:23.95 | +00:33:45 (49.4%) | 6:50 | 8.8 (50.9%) |
| 536 | PRZYBYSZ Katarzyna | 89 | | K2 30-39 | 66 | 00:00:19 | 00:33:14 | 01:08:28.55 | 01:08:48.45 | +00:33:50 (49.4%) | 6:50 | 8.8 (50.9%) |
| 537 | KNIOŁA Agnieszka | 46 | PIŁA TEAM | K2 30-39 | 67 | 00:00:07 | 00:34:29 | 01:08:28.65 | 01:08:36.60 | +00:33:50 (49.4%) | 6:50 | 8.8 (50.9%) |
| 538 | JAKUBOWSKA Dorota | 530 | 23.BAZA LOTNICTWA TAKTYCZNEGO | K2 30-39 | 68 | 00:00:25 | 00:33:20 | 01:08:30.40 | 01:08:55.95 | +00:33:52 (49.4%) | 6:51 | 8.8 (50.9%) |
| 539 | PASEK Rafał | 600 | DZIKUSEK | M2 30-39 | 190 | 00:00:25 | 00:33:20 | 01:08:30.70 | 01:08:55.80 | +00:33:52 (49.4%) | 6:51 | 8.8 (50.9%) |
| 540 | MADOŃ Magdalena | 927 | | K2 30-39 | 69 | 00:00:45 | 00:33:12 | 01:08:34.90 | 01:09:20.00 | +00:33:56 (49.5%) | 6:51 | 8.7 (50.3%) |
| 541 | MORAWSKI Artur | 129 | | M3 40-49 | 93 | 00:00:44 | 00:33:06 | 01:08:36.60 | 01:09:21.15 | +00:33:58 (49.5%) | 6:51 | 8.7 (50.3%) |
| 542 | CHACHURSKA Daria | 137 | DZIK KOMANDO | K2 30-39 | 70 | 00:00:22 | 00:33:36 | 01:08:36.90 | 01:08:59.45 | +00:33:58 (49.5%) | 6:51 | 8.7 (50.3%) |
| 543 | PASZKIEWICZ Anna | 333 | DZIK Z PUSZCZY | K2 30-39 | 71 | 00:00:55 | 00:33:18 | 01:08:38.90 | 01:09:34.50 | +00:34:00 (49.5%) | 6:51 | 8.7 (50.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|---------------------------------|-----------|------|-------------|----------------|--------------------|--------------------|-------------------|--------------|-------------|
| 544 | GUMOWSKA Karolina | 344 | | K2 30-39 | 72 | 00:00:31 | 00:34:47 | 01:08:40.30 | 01:09:11.40 | +00:34:02 (49.6%) | 6:52 | 8.7 (50.3%) |
| 545 | JÓŻWICKA Aneta | 368 | WIECZORNE BIEGANIE W SZCZECINIE | K3 40-49 | 37 | 00:00:19 | 00:33:47 | 01:08:42.30 | 01:09:02.25 | +00:34:04 (49.6%) | 6:52 | 8.7 (50.3%) |
| 546 | TURCZYŃSKI Marcin | 930 | | M2 30-39 | 191 | 00:00:18 | 00:32:11 | 01:08:43.25 | 01:09:01.60 | +00:34:05 (49.6%) | 6:52 | 8.7 (50.3%) |
| 547 | BARTNICKA Beata | 227 | HUSARIA RACE TEAM | K2 30-39 | 73 | 00:00:58 | 00:34:40 | 01:08:47.60 | 01:09:45.75 | +00:34:09 (49.7%) | 6:52 | 8.7 (50.3%) |
| 548 | KLIMEK Krzysztof | 122 | | M2 30-39 | 192 | 00:00:38 | 00:33:43 | 01:09:19.15 | 01:09:57.15 | +00:34:41 (50.0%) | 6:55 | 8.7 (50.3%) |
| 549 | BEDNARZ Katarzyna | 24 | | K3 40-49 | 38 | 00:00:32 | 00:34:14 | 01:09:19.40 | 01:09:51.65 | +00:34:41 (50.0%) | 6:55 | 8.7 (50.3%) |
| 550 | MŁODAWSKI Rafał | 39 | | M3 40-49 | 94 | 00:00:54 | 00:34:30 | 01:09:20.45 | 01:10:15.35 | +00:34:42 (50.0%) | 6:56 | 8.7 (50.3%) |
| 551 | GAJEK Anna | 94 | | K2 30-39 | 74 | 00:00:36 | 00:33:45 | 01:09:20.90 | 01:09:57.60 | +00:34:42 (50.1%) | 6:56 | 8.7 (50.3%) |
| 552 | JAMRÓZ Monika | 626 | | K2 30-39 | 75 | 00:00:10 | 00:33:45 | 01:09:26.85 | 01:09:36.95 | +00:34:48 (50.1%) | 6:56 | 8.6 (49.7%) |
| 553 | BUBLIENKO Jana | 743 | | K2 30-39 | 76 | 00:00:56 | 00:34:42 | 01:09:31.60 | 01:10:28.50 | +00:34:53 (50.2%) | 6:57 | 8.6 (49.7%) |
| 554 | NIEWIADOMSKA Kamila | 809 | ZS ZWYROLE | K1 16-29 | 31 | 00:01:04 | 00:35:25 | 01:09:31.70 | 01:10:36.35 | +00:34:53 (50.2%) | 6:57 | 8.6 (49.7%) |
| 555 | POHLID-DODA Anna | 37 | MRA SUSZ | K2 30-39 | 77 | 00:00:55 | 00:35:30 | 01:09:35.95 | 01:10:31.35 | +00:34:57 (50.2%) | 6:57 | 8.6 (49.7%) |
| 556 | WILCZOPOLSKI Kamil | 463 | | M1 16-29 | 88 | 00:00:28 | 00:33:24 | 01:09:49.65 | 01:10:18.00 | +00:35:11 (50.4%) | 6:59 | 8.6 (49.7%) |
| 557 | BRZEZICKI Michał | 757 | | M1 16-29 | 89 | 00:00:32 | 00:33:32 | 01:09:57.70 | 01:10:30.05 | +00:35:19 (50.5%) | 6:59 | 8.6 (49.7%) |
| 558 | MAJ Patryk | 629 | BAR DANCERZ | M1 16-29 | 90 | 00:00:47 | 00:32:59 | 01:09:57.75 | 01:10:45.25 | +00:35:19 (50.5%) | 6:59 | 8.6 (49.7%) |
| 559 | MALEC Kamil | 525 | PDC | M2 30-39 | 193 | 00:00:31 | 00:33:33 | 01:09:58.05 | 01:10:29.85 | +00:35:19 (50.5%) | 6:59 | 8.6 (49.7%) |
| 560 | ROGOWSKA Agnieszka | 730 | PIĘKNI I BESTIE | K2 30-39 | 78 | 00:00:45 | 00:33:25 | 01:10:03.40 | 01:10:49.05 | +00:35:25 (50.6%) | 7:00 | 8.6 (49.7%) |
| 561 | WOŁCZAK Iwona | 414 | | K2 30-39 | 79 | 00:00:30 | 00:35:06 | 01:10:03.95 | 01:10:34.55 | +00:35:25 (50.6%) | 7:00 | 8.6 (49.7%) |
| 562 | SKONECZNY Przemysław | 286 | | M2 30-39 | 194 | 00:00:58 | 00:33:54 | 01:10:04.00 | 01:11:02.75 | +00:35:25 (50.6%) | 7:00 | 8.6 (49.7%) |
| 563 | KUPIŃSKA Marta | 50 | | K1 16-29 | 32 | 00:00:51 | 00:34:46 | 01:10:04.50 | 01:10:56.20 | +00:35:26 (50.6%) | 7:00 | 8.6 (49.7%) |
| 564 | JÓZEFOWICZ Anna | 87 | | K2 30-39 | 80 | 00:00:43 | 00:33:27 | 01:10:05.40 | 01:10:49.35 | +00:35:27 (50.6%) | 7:00 | 8.6 (49.7%) |
| 565 | SZALEWICZ Małgorzata | 176 | SZYBCIEJ NIE MOGĘ | K4 50-59 | 5 | 00:00:20 | 00:33:45 | 01:10:10.40 | 01:10:31.00 | +00:35:32 (50.6%) | 7:01 | 8.5 (49.1%) |
| 566 | ŚLUSARZ Iwona | 52 | | K3 40-49 | 39 | 00:00:54 | 00:34:17 | 01:10:12.10 | 01:11:06.90 | +00:35:33 (50.7%) | 7:01 | 8.5 (49.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|--------------------------------|-----------|------|-------------|----------------|--------------------|--------------------|-------------------|--------------|-------------|
| 567 | OSTROWSKI Piotr | 534 | 23. BAZA LOTNICTWA TAKTYCZNEGO | M3 40-49 | 95 | 00:00:23 | 00:34:31 | 01:10:20.55 | 01:10:44.20 | +00:35:42 (50.8%) | 7:02 | 8.5 (49.1%) |
| 568 | MICHALCZYK Katarzyna | 130 | FERTISTAV PL | K2 30-39 | 81 | 00:01:30 | 00:34:48 | 01:10:29.05 | 01:11:59.90 | +00:35:50 (50.9%) | 7:02 | 8.5 (49.1%) |
| 569 | ROMANOWICZ Marek | 223 | AROM | M4 50-59 | 24 | 00:00:17 | 00:33:59 | 01:10:40.25 | 01:10:57.85 | +00:36:02 (51.0%) | 7:04 | 8.5 (49.1%) |
| 570 | PRENDECKA Sylwia | 34 | | K2 30-39 | 82 | 00:00:47 | 00:34:28 | 01:10:43.65 | 01:11:31.40 | +00:36:05 (51.0%) | 7:04 | 8.5 (49.1%) |
| 571 | CHOYNACKA-SAŃKA Alicja | 544 | | K2 30-39 | 83 | 00:00:27 | 00:34:47 | 01:10:48.30 | 01:11:15.95 | +00:36:10 (51.1%) | 7:04 | 8.5 (49.1%) |
| 572 | ŚLIWIŃSKA Justyna | 547 | | K1 16-29 | 33 | 00:00:15 | 00:34:02 | 01:10:48.40 | 01:11:03.40 | +00:36:10 (51.1%) | 7:04 | 8.5 (49.1%) |
| 573 | BAGIŃSKA Laura | 366 | | K1 16-29 | 34 | 00:00:40 | 00:34:55 | 01:10:51.60 | 01:11:31.75 | +00:36:13 (51.1%) | 7:05 | 8.5 (49.1%) |
| 574 | WILCZYŃSKI Grzegorz | 406 | | M2 30-39 | 195 | 00:00:39 | 00:34:56 | 01:10:52.35 | 01:11:32.15 | +00:36:14 (51.1%) | 7:05 | 8.5 (49.1%) |
| 575 | SIDORCZUK Tomasz | 270 | KLUB BIEGAJACYCH LEŚNIKÓW | M2 30-39 | 196 | 00:01:03 | 00:34:35 | 01:10:55.75 | 01:11:59.40 | +00:36:17 (51.2%) | 7:05 | 8.5 (49.1%) |
| 576 | NOWOTNIK Wojciech | 944 | | M2 30-39 | 197 | 00:00:31 | 00:33:49 | 01:10:56.20 | 01:11:27.45 | +00:36:18 (51.2%) | 7:05 | 8.5 (49.1%) |
| 577 | STACH Sara | 266 | KOŚCIAN TEAM | K1 16-29 | 35 | 00:00:30 | 00:33:50 | 01:10:56.60 | 01:11:27.40 | +00:36:18 (51.2%) | 7:05 | 8.5 (49.1%) |
| 578 | CYBULSKI Grzegorz | 724 | PANDA I BANDA | M5 60+ | 9 | 00:01:09 | 00:35:26 | 01:10:57.75 | 01:12:06.75 | +00:36:19 (51.2%) | 7:05 | 8.5 (49.1%) |
| 579 | MISTAK Paula | 258 | | K1 16-29 | 36 | 00:00:29 | 00:33:16 | 01:10:58.35 | 01:11:28.05 | +00:36:20 (51.2%) | 7:05 | 8.5 (49.1%) |
| 580 | STAŃKO Agnieszka | 643 | STARGARD JA SIĘ NIE ŚCIGAM | K2 30-39 | 84 | 00:00:31 | 00:35:43 | 01:11:03.20 | 01:11:34.85 | +00:36:25 (51.3%) | 7:06 | 8.4 (48.6%) |
| 581 | SASINOWSKI Amadeusz | 140 | | M1 16-29 | 91 | 00:00:21 | 00:31:52 | 01:11:08.75 | 01:11:29.85 | +00:36:30 (51.3%) | 7:06 | 8.4 (48.6%) |
| 582 | ZIARKIEWICZ Aneta | 265 | | K1 16-29 | 37 | 00:01:02 | 00:34:37 | 01:11:11.15 | 01:12:13.90 | +00:36:33 (51.3%) | 7:07 | 8.4 (48.6%) |
| 583 | CUPRYJAK Sebastian | 262 | | M2 30-39 | 198 | 00:00:58 | 00:32:41 | 01:11:21.95 | 01:12:20.90 | +00:36:43 (51.5%) | 7:08 | 8.4 (48.6%) |
| 584 | PAPLEWSKA Anna | 578 | | K1 16-29 | 38 | 00:00:54 | 00:34:32 | 01:11:29.10 | 01:12:23.35 | +00:36:50 (51.5%) | 7:08 | 8.4 (48.6%) |
| 585 | KAROL Agnieszka | 501 | LOSZKI I WARCHLAKI | K3 40-49 | 40 | 00:00:37 | 00:35:38 | 01:11:29.20 | 01:12:06.55 | +00:36:51 (51.5%) | 7:08 | 8.4 (48.6%) |
| 586 | ANTKOWIAK Łukasz | 532 | | M1 16-29 | 92 | 00:00:53 | 00:29:51 | 01:11:29.90 | 01:12:23.35 | +00:36:51 (51.6%) | 7:09 | 8.4 (48.6%) |
| 587 | CHUDYNKA Paulina | 761 | KOBIECE BIEGANIE | K2 30-39 | 85 | 00:00:49 | 00:35:49 | 01:11:32.90 | 01:12:22.65 | +00:36:54 (51.6%) | 7:09 | 8.4 (48.6%) |
| 588 | WIERZBA Piotr | 641 | KOBIECE BIEGANIE | M2 30-39 | 199 | 00:00:54 | 00:35:45 | 01:11:34.15 | 01:12:28.45 | +00:36:56 (51.6%) | 7:09 | 8.4 (48.6%) |
| 589 | WIERZBA Ewa | 640 | KOBIECE BIEGANIE | K2 30-39 | 86 | 00:00:53 | 00:35:46 | 01:11:35.80 | 01:12:28.85 | +00:36:57 (51.6%) | 7:09 | 8.4 (48.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|------------|--------------------------------------|-----------|------|-------------|----------------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | | | netto 10km | brutto 10km | | | |
| 589 | KACZMAREK Arleta | 833 | KOBIECE BIEGANIE | K2 30-39 | 87 | 00:00:52 | 00:35:47 | 01:11:35.80 | 01:12:28.75 | +00:36:57 (51.6%) | 7:09 | 8.4 (48.6%) |
| 591 | LIPIŃSKA Sylwia | 110 | | K1 16-29 | 39 | 00:00:49 | 00:35:01 | 01:11:37.90 | 01:12:27.20 | +00:36:59 (51.6%) | 7:09 | 8.4 (48.6%) |
| 592 | LATKOWSKA Anna | 880 | | K2 30-39 | 88 | 00:00:29 | 00:35:08 | 01:11:40.35 | 01:12:10.20 | +00:37:02 (51.7%) | 7:10 | 8.4 (48.6%) |
| 593 | SZAL Marzena | 474 | IZERSKA GRUPA BIEGOWA | K2 30-39 | 89 | 00:00:25 | 00:33:21 | 01:11:43.45 | 01:12:09.00 | +00:37:05 (51.7%) | 7:10 | 8.4 (48.6%) |
| 594 | SARAMAK Paweł | 162 | MAGNOLIA GABINETY DENTYSTYCZNE | M2 30-39 | 200 | 00:00:38 | 00:35:43 | 01:11:43.95 | 01:12:22.10 | +00:37:05 (51.7%) | 7:10 | 8.4 (48.6%) |
| 595 | ULASS Agnieszka | 101 | | K3 40-49 | 41 | 00:00:35 | 00:35:12 | 01:11:44.05 | 01:12:19.40 | +00:37:05 (51.7%) | 7:10 | 8.4 (48.6%) |
| 596 | CZAPLIŃSKA Magdalena | 241 | | K2 30-39 | 90 | 00:00:30 | 00:34:53 | 01:11:46.35 | 01:12:16.65 | +00:37:08 (51.7%) | 7:10 | 8.4 (48.6%) |
| 597 | NOWAK Irena | 417 | | K4 50-59 | 6 | 00:00:48 | 00:35:55 | 01:11:58.40 | 01:12:46.60 | +00:37:20 (51.9%) | 7:11 | 8.3 (48.0%) |
| 597 | SKOWYRA Wioletta | 421 | RUNGRYF GRYFICE | K3 40-49 | 42 | 00:00:48 | 00:35:55 | 01:11:58.40 | 01:12:46.65 | +00:37:20 (51.9%) | 7:11 | 8.3 (48.0%) |
| 599 | STARON-SARAMAK Aleksandra | 163 | MAGNOLIA GABINETY DENTYSTYCZNE | K2 30-39 | 91 | 00:00:39 | 00:35:42 | 01:12:01.35 | 01:12:40.35 | +00:37:23 (51.9%) | 7:12 | 8.3 (48.0%) |
| 600 | WĘGLEWSKI Bartosz | 792 | SZAMOTULSKIE STOWARZYSZENIE SPORTOWE | M1 16-29 | 93 | 00:00:47 | 00:36:42 | 01:12:04.40 | 01:12:52.15 | +00:37:26 (51.9%) | 7:12 | 8.3 (48.0%) |
| 601 | ŁEMPICKI Maciej | 493 | | M1 16-29 | 94 | 00:00:47 | 00:35:34 | 01:12:13.20 | 01:13:00.65 | +00:37:35 (52.0%) | 7:13 | 8.3 (48.0%) |
| 601 | WROŃSKA Sandra | 488 | STARGARD. JA SIĘ NIE ŚCIGAM | K1 16-29 | 40 | 00:01:03 | 00:36:05 | 01:12:13.20 | 01:13:16.25 | +00:37:35 (52.0%) | 7:13 | 8.3 (48.0%) |
| 603 | ŁEMPICKA Karolina | 494 | | K1 16-29 | 41 | 00:00:47 | 00:35:34 | 01:12:13.25 | 01:13:00.70 | +00:37:35 (52.0%) | 7:13 | 8.3 (48.0%) |
| 604 | WROŃSKI Julian | 625 | STARGARD JA SIĘ NIE ŚCIGAM | M2 30-39 | 201 | 00:01:03 | 00:36:05 | 01:12:16.35 | 01:13:20.20 | +00:37:38 (52.1%) | 7:13 | 8.3 (48.0%) |
| 605 | SIWIELA Katarzyna | 726 | | K2 30-39 | 92 | 00:00:11 | 00:33:50 | 01:12:20.45 | 01:12:31.90 | +00:37:42 (52.1%) | 7:14 | 8.3 (48.0%) |
| 606 | PAGEL Kasia | 372 | | K2 30-39 | 93 | 00:01:05 | 00:35:53 | 01:12:25.65 | 01:13:31.20 | +00:37:47 (52.2%) | 7:14 | 8.3 (48.0%) |
| 607 | PROKOCKA Asia | 271 | | K2 30-39 | 94 | 00:01:05 | 00:35:53 | 01:12:25.75 | 01:13:30.95 | +00:37:47 (52.2%) | 7:14 | 8.3 (48.0%) |
| 608 | PIETKIEWICZ Anna | 635 | | K2 30-39 | 95 | 00:00:27 | 00:35:17 | 01:12:26.75 | 01:12:54.00 | +00:37:48 (52.2%) | 7:14 | 8.3 (48.0%) |
| 609 | ŚLIŻEWSKI Marcin | 712 | | M3 40-49 | 96 | 00:00:57 | 00:37:26 | 01:12:27.90 | 01:13:25.30 | +00:37:49 (52.2%) | 7:14 | 8.3 (48.0%) |
| 610 | DZIEWIERSKI Marcin | 315 | | M3 40-49 | 97 | 00:01:01 | 00:35:07 | 01:12:30.10 | 01:13:31.95 | +00:37:51 (52.2%) | 7:15 | 8.3 (48.0%) |
| 611 | NIEMIERKO Magdalena | 164 | SKB DZIK | K3 40-49 | 43 | 00:00:23 | 00:34:28 | 01:12:30.25 | 01:12:53.60 | +00:37:52 (52.2%) | 7:15 | 8.3 (48.0%) |
| 612 | KLEPACZ Noemi | 306 | | K1 16-29 | 42 | 00:00:06 | 00:32:12 | 01:12:30.40 | 01:12:36.50 | +00:37:52 (52.2%) | 7:15 | 8.3 (48.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|------------|-----------------------------------|-----------|------|-------------|----------------|--------------------|--------------------|-------------------|--------------|-------------|
| 613 | CIEPIELA Przemysław | 577 | | M2 30-39 | 202 | 00:00:22 | 00:34:29 | 01:12:30.65 | 01:12:53.60 | +00:37:52 (52.2%) | 7:15 | 8.3 (48.0%) |
| 614 | GOLEC Aneta | 191 | ZESPÓŁ NIESPOKOJNYCH NÓG | K3 40-49 | 44 | 00:00:57 | 00:35:19 | 01:12:32.20 | 01:13:30.15 | +00:37:54 (52.3%) | 7:15 | 8.3 (48.0%) |
| 615 | CZAJKOWSKA Diana | 107 | ZESPÓŁ NIESPOKOJNYCH NÓG | K2 30-39 | 96 | 00:00:57 | 00:35:19 | 01:12:32.80 | 01:13:30.35 | +00:37:54 (52.3%) | 7:15 | 8.3 (48.0%) |
| 616 | JABLONKA Mariusz | 14 | BRAVEHEARTS LEGIONOWO | M3 40-49 | 98 | 00:00:17 | 00:34:42 | 01:12:33.90 | 01:12:51.55 | +00:37:55 (52.3%) | 7:15 | 8.3 (48.0%) |
| 617 | JABŁONKA Radosław | 62 | | M3 40-49 | 99 | 00:00:00 | 00:34:32 | 01:12:42.30 | 01:12:42.30 | +00:38:04 (52.4%) | 7:16 | 8.3 (48.0%) |
| 618 | WIETRZYŃSKA Agnieszka | 767 | | K1 16-29 | 43 | 00:00:08 | 00:34:24 | 01:12:47.30 | 01:12:55.65 | +00:38:09 (52.4%) | 7:16 | 8.2 (47.4%) |
| 619 | GUZOWSKA Iwona | 136 | KS UZNAM ŚWINOUJŚCIE | K4 50-59 | 7 | 00:00:51 | 00:36:01 | 01:12:51.65 | 01:13:42.90 | +00:38:13 (52.5%) | 7:17 | 8.2 (47.4%) |
| 620 | RAWA Donata | 634 | MGT | K3 40-49 | 45 | 00:00:47 | 00:34:15 | 01:12:58.50 | 01:13:46.35 | +00:38:20 (52.5%) | 7:17 | 8.2 (47.4%) |
| 621 | DOBACZEWSKA Ewa | 490 | EWA DOBACZEWSKA-WĄSEK | K3 40-49 | 46 | 00:00:47 | 00:34:15 | 01:12:58.70 | 01:13:46.20 | +00:38:20 (52.5%) | 7:17 | 8.2 (47.4%) |
| 622 | WALENT Marta | 334 | WIECZORNE BIEGANIE W SZCZECINIE | K1 16-29 | 44 | 00:00:40 | 00:34:50 | 01:13:14.40 | 01:13:54.55 | +00:38:36 (52.7%) | 7:19 | 8.2 (47.4%) |
| 623 | CICHARSKI Rafał | 471 | JOST POLSKA | M1 16-29 | 95 | 00:00:41 | 00:35:26 | 01:13:19.20 | 01:14:01.15 | +00:38:41 (52.8%) | 7:20 | 8.2 (47.4%) |
| 624 | SLUFIŃSKI Dariusz | 610 | OCR TEAM WŁOCŁAWEK | M4 50-59 | 25 | 00:00:29 | 00:37:22 | 01:13:25.95 | 01:13:55.05 | +00:38:47 (52.8%) | 7:20 | 8.2 (47.4%) |
| 625 | BZDAWKA Joanna | 226 | | K3 40-49 | 47 | 00:00:50 | 00:37:07 | 01:13:26.55 | 01:14:17.35 | +00:38:48 (52.8%) | 7:20 | 8.2 (47.4%) |
| 626 | BZDAWKA Rafał | 225 | | M3 40-49 | 100 | 00:00:50 | 00:37:09 | 01:13:28.20 | 01:14:19.05 | +00:38:50 (52.9%) | 7:20 | 8.2 (47.4%) |
| 627 | BORODYN Andrzej | 338 | GRUPA DOCHODZENIOWA SAVE THE BEAT | M3 40-49 | 101 | 00:01:02 | 00:35:47 | 01:13:33.15 | 01:14:35.40 | +00:38:55 (52.9%) | 7:21 | 8.2 (47.4%) |
| 628 | MOSKWA Martyna | 768 | GO SPORT | K1 16-29 | 45 | 00:00:08 | 00:36:44 | 01:13:33.30 | 01:13:41.45 | +00:38:55 (52.9%) | 7:21 | 8.2 (47.4%) |
| 629 | HRYNKIEWICZ-PAWŁASZEK Anna | 297 | | K2 30-39 | 97 | 00:00:19 | 00:35:39 | 01:13:33.85 | 01:13:53.30 | +00:38:55 (52.9%) | 7:21 | 8.2 (47.4%) |
| 630 | JANKOWSKA Justyna | 636 | MRÓWECZKI | K2 30-39 | 98 | 00:00:37 | 00:35:37 | 01:13:34.40 | 01:14:12.25 | +00:38:56 (52.9%) | 7:21 | 8.2 (47.4%) |
| 631 | MADEJ Krzysztof | 637 | | M2 30-39 | 203 | 00:00:37 | 00:35:33 | 01:13:34.50 | 01:14:12.15 | +00:38:56 (52.9%) | 7:21 | 8.2 (47.4%) |
| 632 | KAROL Monika | 541 | | K1 16-29 | 46 | 00:00:37 | 00:35:53 | 01:13:34.90 | 01:14:12.55 | +00:38:56 (52.9%) | 7:21 | 8.2 (47.4%) |
| 633 | WOLNA Dorota | 853 | | K2 30-39 | 99 | 00:00:21 | 00:35:59 | 01:13:37.00 | 01:13:58.80 | +00:38:58 (53.0%) | 7:21 | 8.2 (47.4%) |
| 634 | WARKOCZYŃSKI Marcin | 330 | DLAELUNI | M3 40-49 | 102 | 00:01:02 | 00:35:47 | 01:13:48.50 | 01:14:50.75 | +00:39:10 (53.1%) | 7:22 | 8.1 (46.8%) |
| 635 | GAŁUSZKA Daniel | 387 | PUSZCZYK BUKOWY | M1 16-29 | 96 | 00:00:56 | 00:37:15 | 01:13:53.75 | 01:14:50.25 | +00:39:15 (53.1%) | 7:23 | 8.1 (46.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|------------|-----------------------------|-----------|------|-------------|----------------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | | | netto 10km | brutto 10km | | | |
| 636 | KACIUPA Agnieszka | 355 | | K3 40-49 | 48 | 00:00:56 | 00:37:15 | 01:13:53.85 | 01:14:50.55 | +00:39:15 (53.1%) | 7:23 | 8.1 (46.8%) |
| 637 | JANUSZEWSKI Bartosz | 444 | JOST POLSKA | M1 16-29 | 97 | 00:00:42 | 00:35:25 | 01:13:56.20 | 01:14:38.75 | +00:39:18 (53.2%) | 7:23 | 8.1 (46.8%) |
| 638 | STEMPNIAK Katarzyna | 73 | REBELS LEGION TEAM | K2 30-39 | 100 | 00:00:58 | 00:35:35 | 01:13:56.80 | 01:14:55.75 | +00:39:18 (53.2%) | 7:23 | 8.1 (46.8%) |
| 639 | STEMPNIAK Zbigniew | 72 | REBELS LEGION TEAM | M3 40-49 | 103 | 00:00:58 | 00:35:35 | 01:13:57.05 | 01:14:55.95 | +00:39:18 (53.2%) | 7:23 | 8.1 (46.8%) |
| 640 | BOBROWICZ Jakub | 116 | T.CH. SZCZECIN | M2 30-39 | 204 | 00:01:15 | 00:36:18 | 01:13:57.50 | 01:15:13.20 | +00:39:19 (53.2%) | 7:23 | 8.1 (46.8%) |
| 641 | RÓZGA Jerzy | 563 | VIKING88 | M3 40-49 | 104 | 00:00:25 | 00:35:15 | 01:14:02.45 | 01:14:27.90 | +00:39:24 (53.2%) | 7:24 | 8.1 (46.8%) |
| 642 | LEWANDOWSKI Janusz | 567 | WIECZORNE BIEGANIE SZCZECIN | M4 50-59 | 26 | 00:00:25 | 00:35:26 | 01:14:10.25 | 01:14:35.85 | +00:39:32 (53.3%) | 7:25 | 8.1 (46.8%) |
| 643 | SZULC Marcin | 613 | | M2 30-39 | 205 | 00:00:12 | 00:37:06 | 01:14:20.20 | 01:14:32.35 | +00:39:42 (53.4%) | 7:26 | 8.1 (46.8%) |
| 644 | SZULC Anna | 612 | | K2 30-39 | 101 | 00:00:11 | 00:37:07 | 01:14:28.25 | 01:14:40.00 | +00:39:50 (53.5%) | 7:26 | 8.1 (46.8%) |
| 645 | PRABUCKA Weronika | 252 | UKL ÓSEMKA POLICE | K1 16-29 | 47 | 00:00:47 | 00:37:22 | 01:14:32.15 | 01:15:19.15 | +00:39:54 (53.5%) | 7:27 | 8.1 (46.8%) |
| 646 | MAJCHER Agata | 135 | PIŁA TEAM | K1 16-29 | 48 | 00:00:07 | 00:34:20 | 01:14:47.55 | 01:14:55.10 | +00:40:09 (53.7%) | 7:28 | 8 (46.2%) |
| 647 | SOSKA Jacek | 427 | | M2 30-39 | 206 | 00:00:59 | 00:36:41 | 01:14:47.75 | 01:15:46.90 | +00:40:09 (53.7%) | 7:28 | 8 (46.2%) |
| 648 | SKWIERAWSKA Beata | 624 | | K3 40-49 | 49 | 00:00:35 | 00:36:01 | 01:14:48.95 | 01:15:24.45 | +00:40:10 (53.7%) | 7:28 | 8 (46.2%) |
| 649 | WIECZOREK Małgorzata | 620 | | K4 50-59 | 8 | 00:00:33 | 00:36:04 | 01:14:50.60 | 01:15:24.45 | +00:40:12 (53.7%) | 7:29 | 8 (46.2%) |
| 650 | MAZUR Mirosława | 290 | | K5 60+ | 2 | 00:00:39 | 00:36:30 | 01:15:01.15 | 01:15:40.65 | +00:40:23 (53.8%) | 7:30 | 8 (46.2%) |
| 651 | CZEPIEL Jadwiga | 854 | | K3 40-49 | 50 | 00:00:08 | 00:36:36 | 01:15:01.50 | 01:15:09.60 | +00:40:23 (53.8%) | 7:30 | 8 (46.2%) |
| 652 | WIELGUS-ULATOWSKA Joanna | 111 | | K2 30-39 | 102 | 00:00:43 | 00:36:49 | 01:15:06.50 | 01:15:49.55 | +00:40:28 (53.9%) | 7:30 | 8 (46.2%) |
| 653 | DŁUGOŁĘCKI Michał | 742 | | M1 16-29 | 98 | 00:00:57 | 00:37:38 | 01:15:11.95 | 01:16:09.25 | +00:40:33 (53.9%) | 7:31 | 8 (46.2%) |
| 654 | NAJMARK Małgorzata | 210 | NORDIC POLICE | K3 40-49 | 51 | 00:00:48 | 00:37:36 | 01:15:20.00 | 01:16:08.95 | +00:40:41 (54.0%) | 7:32 | 8 (46.2%) |
| 655 | CYBULSKI Michał | 663 | PANDA I BANDA | M2 30-39 | 207 | 00:01:07 | 00:36:58 | 01:15:25.05 | 01:16:32.25 | +00:40:46 (54.1%) | 7:32 | 8 (46.2%) |
| 656 | PUFF Agata | 775 | PANDA I BANDA | K2 30-39 | 103 | 00:01:04 | 00:37:01 | 01:15:25.60 | 01:16:29.85 | +00:40:47 (54.1%) | 7:32 | 8 (46.2%) |
| 657 | CYBULSKA Anna | 448 | PANDA I BANDA | K1 16-29 | 49 | 00:01:04 | 00:37:00 | 01:15:27.15 | 01:16:31.25 | +00:40:49 (54.1%) | 7:32 | 8 (46.2%) |
| 658 | BŁACHOWIAK Małgorzata | 11 | | K4 50-59 | 9 | 00:00:58 | 00:37:10 | 01:15:32.80 | 01:16:31.45 | +00:40:54 (54.2%) | 7:33 | 7.9 (45.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|------------------------------------|-----------|------|-------------|----------------|--------------------|--------------------|-------------------|--------------|-------------|
| 659 | DOMASIK Izabela | 16 | | K3 40-49 | 52 | 00:00:58 | 00:37:10 | 01:15:33.10 | 01:16:31.85 | +00:40:54 (54.2%) | 7:33 | 7.9 (45.7%) |
| 660 | PRABUCKA Karolina | 841 | UKL ÓSEMKA POLICE | K2 30-39 | 104 | 00:00:48 | 00:37:34 | 01:15:41.35 | 01:16:29.70 | +00:41:03 (54.2%) | 7:34 | 7.9 (45.7%) |
| 661 | HAJDUKIEWICZ Anna | 674 | | K2 30-39 | 105 | 00:00:23 | 00:37:01 | 01:15:56.15 | 01:16:19.20 | +00:41:18 (54.4%) | 7:35 | 7.9 (45.7%) |
| 662 | DYDEK Dorota | 498 | CF PRAWY BRZEG | K4 50-59 | 10 | 00:00:20 | 00:36:11 | 01:16:05.35 | 01:16:25.85 | +00:41:27 (54.5%) | 7:36 | 7.9 (45.7%) |
| 663 | SZKAŁUBA Aleksandra | 312 | | K1 16-29 | 50 | 00:00:57 | 00:37:47 | 01:16:18.05 | 01:17:15.40 | +00:41:39 (54.6%) | 7:37 | 7.9 (45.7%) |
| 664 | SŁUGOCKA Justyna | 195 | | K1 16-29 | 51 | 00:00:56 | 00:37:48 | 01:16:18.70 | 01:17:15.35 | +00:41:40 (54.6%) | 7:37 | 7.9 (45.7%) |
| 665 | KOWNACKI Bartosz | 213 | AT-TRZEBIATÓW | M2 30-39 | 208 | 00:00:46 | 00:35:31 | 01:16:32.40 | 01:17:18.65 | +00:41:54 (54.7%) | 7:39 | 7.8 (45.1%) |
| 666 | KOWNACKA Aleksandra | 212 | AT-TRZEBIATÓW | K2 30-39 | 106 | 00:00:45 | 00:35:32 | 01:16:33.05 | 01:17:18.70 | +00:41:54 (54.8%) | 7:39 | 7.8 (45.1%) |
| 667 | NOWAK Marta | 273 | STARGARDZKI KLUB MORSÓW MIEDIWANIE | K1 16-29 | 52 | 00:00:52 | 00:37:00 | 01:16:37.30 | 01:17:29.40 | +00:41:59 (54.8%) | 7:39 | 7.8 (45.1%) |
| 668 | GAJEK Zofia | 95 | | K1 16-29 | 53 | 00:00:37 | 00:36:20 | 01:16:40.20 | 01:17:17.25 | +00:42:02 (54.8%) | 7:40 | 7.8 (45.1%) |
| 669 | BEJM Łukasz | 557 | | M2 30-39 | 209 | 00:01:08 | 00:36:06 | 01:16:42.40 | 01:17:51.05 | +00:42:04 (54.8%) | 7:40 | 7.8 (45.1%) |
| 670 | SAWULAK Wiktor | 558 | | M2 30-39 | 210 | 00:01:08 | 00:36:06 | 01:16:42.50 | 01:17:50.75 | +00:42:04 (54.8%) | 7:40 | 7.8 (45.1%) |
| 671 | MASAL Emilia | 571 | | K2 30-39 | 107 | 00:01:08 | 00:36:07 | 01:16:42.55 | 01:17:50.90 | +00:42:04 (54.8%) | 7:40 | 7.8 (45.1%) |
| 672 | KWIATKOWSKA Sonia | 183 | MUD GOATS | K1 16-29 | 54 | 00:00:58 | 00:37:55 | 01:17:00.80 | 01:17:59.05 | +00:42:22 (55.0%) | 7:42 | 7.8 (45.1%) |
| 673 | ORŁOWSKI Marcin | 950 | | M1 16-29 | 99 | 00:01:02 | 00:36:18 | 01:17:04.60 | 01:18:06.60 | +00:42:26 (55.1%) | 7:42 | 7.8 (45.1%) |
| 674 | SOSKA Joanna | 282 | MUD GOATS | K2 30-39 | 108 | 00:00:58 | 00:37:20 | 01:17:06.75 | 01:18:05.20 | +00:42:28 (55.1%) | 7:42 | 7.8 (45.1%) |
| 675 | KRZYSZTOFOWICZ Karol | 451 | | M2 30-39 | 211 | 00:01:10 | 00:41:36 | 01:17:08.15 | 01:18:18.40 | +00:42:30 (55.1%) | 7:42 | 7.8 (45.1%) |
| 676 | MATUSZAK Kamila | 513 | MANGO GATKI TEAM | K1 16-29 | 55 | 00:00:46 | 00:37:39 | 01:17:08.65 | 01:17:55.30 | +00:42:30 (55.1%) | 7:42 | 7.8 (45.1%) |
| 677 | KĘDRA Małgorzata | 468 | | K2 30-39 | 109 | 00:01:09 | 00:41:36 | 01:17:09.10 | 01:18:18.25 | +00:42:30 (55.1%) | 7:42 | 7.8 (45.1%) |
| 678 | BOGACKA Małgorzata | 106 | | K2 30-39 | 110 | 00:00:24 | 00:36:47 | 01:17:11.60 | 01:17:35.65 | +00:42:33 (55.1%) | 7:43 | 7.8 (45.1%) |
| 678 | GÓRSKA Agnieszka | 10 | | K3 40-49 | 53 | 00:00:49 | 00:37:42 | 01:17:11.60 | 01:18:01.25 | +00:42:33 (55.1%) | 7:43 | 7.8 (45.1%) |
| 680 | WOLANO Anna | 36 | CF PRAWY BRZEG | K2 30-39 | 111 | 00:00:20 | 00:36:02 | 01:17:14.55 | 01:17:35.40 | +00:42:36 (55.2%) | 7:43 | 7.8 (45.1%) |
| 681 | MICHALIK-CAŁY Kasia | 596 | KOBIECE BIEGANIE | K2 30-39 | 112 | 00:00:52 | 00:37:22 | 01:17:19.50 | 01:18:11.50 | +00:42:41 (55.2%) | 7:43 | 7.8 (45.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|------------|---------------------------------|-----------|------|-------------|----------------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | | | netto 10km | brutto 10km | | | |
| 682 | CAŁY Przemek | 597 | KOBIECE BIEGANIE | M2 30-39 | 212 | 00:00:52 | 00:37:22 | 01:17:19.85 | 01:18:12.55 | +00:42:41 (55.2%) | 7:44 | 7.8 (45.1%) |
| 683 | WOŹNIAK Wiktoria | 99 | FIFNE PYRKI | K1 16-29 | 56 | 00:00:56 | 00:38:05 | 01:17:31.85 | 01:18:28.50 | +00:42:53 (55.3%) | 7:45 | 7.7 (44.5%) |
| 684 | WOŹNIAK Beata | 55 | | K3 40-49 | 54 | 00:00:54 | 00:38:06 | 01:17:34.15 | 01:18:28.30 | +00:42:56 (55.3%) | 7:45 | 7.7 (44.5%) |
| 685 | ELBIŃSKA-KRAWCZUK Monika | 280 | | K3 40-49 | 55 | 00:00:51 | 00:38:21 | 01:17:40.25 | 01:18:31.35 | +00:43:02 (55.4%) | 7:46 | 7.7 (44.5%) |
| 686 | ZAWODNIAK Mirosław | 810 | BBL POLICE | M3 40-49 | 105 | 00:00:42 | 00:36:33 | 01:18:04.25 | 01:18:46.40 | +00:43:26 (55.6%) | 7:48 | 7.7 (44.5%) |
| 687 | OWCZARZ Krystyna | 790 | | K3 40-49 | 56 | 00:00:32 | 00:36:51 | 01:18:06.35 | 01:18:38.40 | +00:43:28 (55.7%) | 7:48 | 7.7 (44.5%) |
| 688 | SOBOLEWSKA-SZWED Ewelina | 811 | MGT | K3 40-49 | 57 | 00:00:45 | 00:37:57 | 01:18:30.80 | 01:19:16.15 | +00:43:52 (55.9%) | 7:51 | 7.6 (43.9%) |
| 689 | ADRIAN-CZABORYK Monika | 568 | MANGO GATKI TEAM | K3 40-49 | 58 | 00:00:48 | 00:38:01 | 01:18:31.80 | 01:19:20.15 | +00:43:53 (55.9%) | 7:51 | 7.6 (43.9%) |
| 690 | BURAKOWSKI Grzegorz | 365 | SPOCENI ŚWINOUJŚCIE :) | M3 40-49 | 106 | 00:00:50 | 00:38:57 | 01:18:43.45 | 01:19:33.50 | +00:44:05 (56.0%) | 7:52 | 7.6 (43.9%) |
| 691 | MAJCHER Małgorzata | 134 | PIŁA TEAM | K3 40-49 | 59 | 00:00:07 | 00:37:17 | 01:19:02.10 | 01:19:09.95 | +00:44:23 (56.2%) | 7:54 | 7.6 (43.9%) |
| 692 | KRYSIAK Halina | 848 | WIECZORNE BIEGANIE W SZCZECINIE | K2 30-39 | 113 | 00:00:34 | 00:39:29 | 01:19:10.10 | 01:19:44.80 | +00:44:31 (56.3%) | 7:55 | 7.6 (43.9%) |
| 693 | KRUSZEWICZ Alina | 946 | | K2 30-39 | 114 | 00:00:18 | 00:38:29 | 01:19:17.75 | 01:19:35.95 | +00:44:39 (56.3%) | 7:55 | 7.6 (43.9%) |
| 694 | SIELICKA Małgorzata | 649 | | K3 40-49 | 60 | 00:00:37 | 00:37:50 | 01:19:23.90 | 01:20:01.25 | +00:44:45 (56.4%) | 7:56 | 7.6 (43.9%) |
| 695 | KACZMAREK Sylwia | 293 | | K3 40-49 | 61 | 00:00:32 | 00:37:40 | 01:19:25.05 | 01:19:58.00 | +00:44:46 (56.4%) | 7:56 | 7.6 (43.9%) |
| 696 | ORLON Barbara | 472 | CALYPSO RUNNERS TEAM | K3 40-49 | 62 | 00:00:40 | 00:39:01 | 01:19:58.75 | 01:20:39.15 | +00:45:20 (56.7%) | 7:59 | 7.5 (43.4%) |
| 697 | PEDA Kamila | 66 | | K2 30-39 | 115 | 00:00:24 | 00:39:09 | 01:20:21.05 | 01:20:45.85 | +00:45:42 (56.9%) | 8:02 | 7.5 (43.4%) |
| 698 | GRYTA Janina | 22 | BIEGACZE ŚWINOUJSCIE | K4 50-59 | 11 | 00:00:16 | 00:38:57 | 01:20:25.20 | 01:20:42.05 | +00:45:47 (56.9%) | 8:02 | 7.5 (43.4%) |
| 699 | GRYTA Jana Dariusz | 294 | BIEGACZE ŚWINOUJŚCIE | M4 50-59 | 27 | 00:00:16 | 00:38:57 | 01:20:25.50 | 01:20:42.35 | +00:45:47 (56.9%) | 8:02 | 7.5 (43.4%) |
| 700 | MOLENDASabina | 351 | | K2 30-39 | 116 | 00:00:31 | 00:38:50 | 01:20:32.80 | 01:21:04.20 | +00:45:54 (57.0%) | 8:03 | 7.4 (42.8%) |
| 701 | GRUNT Małgorzata | 283 | DZIKIE DZIKI GORZOW WLKP | K2 30-39 | 117 | 00:00:07 | 00:38:16 | 01:21:02.90 | 01:21:10.15 | +00:46:24 (57.3%) | 8:06 | 7.4 (42.8%) |
| 702 | PODSADA Edyta | 27 | | K3 40-49 | 63 | 00:00:06 | 00:38:19 | 01:21:03.25 | 01:21:10.10 | +00:46:25 (57.3%) | 8:06 | 7.4 (42.8%) |
| 703 | SOLECKI Sylwester | 469 | | M2 30-39 | 213 | 00:01:10 | 00:49:10 | 01:22:25.05 | 01:23:35.85 | +00:47:46 (58.0%) | 8:14 | 7.3 (42.2%) |
| 704 | KWIATKOWSKA Alicja | 49 | BIGYELLOWFOOT ADVENTURE TEAM | K2 30-39 | 118 | 00:01:03 | 00:39:01 | 01:22:35.50 | 01:23:38.95 | +00:47:57 (58.1%) | 8:15 | 7.3 (42.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|---------------------------------|-----------|------|-------------|----------------|--------------------|--------------------|-------------------|--------------|-------------|
| 705 | MOŹDŻEŃ Anna | 672 | | K2 30-39 | 119 | 00:01:03 | 00:39:01 | 01:22:35.85 | 01:23:39.00 | +00:47:57 (58.1%) | 8:15 | 7.3 (42.2%) |
| 706 | MACHOWSKA Anna | 837 | VOCALIS SZCZECIN | K4 50-59 | 12 | 00:00:40 | 00:39:32 | 01:23:02.05 | 01:23:42.75 | +00:48:23 (58.3%) | 8:18 | 7.2 (41.6%) |
| 707 | MALEC Edyta | 599 | SKM MIEDWIANIE | K3 40-49 | 64 | 00:01:00 | 00:40:41 | 01:23:31.75 | 01:24:32.35 | +00:48:53 (58.5%) | 8:21 | 7.2 (41.6%) |
| 708 | JASIK Agnieszka | 214 | | K3 40-49 | 65 | 00:00:49 | 00:39:04 | 01:23:53.65 | 01:24:43.25 | +00:49:15 (58.7%) | 8:23 | 7.2 (41.6%) |
| 709 | SOLECKA Anna | 470 | | K2 30-39 | 120 | 00:01:09 | 00:41:50 | 01:23:54.60 | 01:25:04.05 | +00:49:16 (58.7%) | 8:23 | 7.1 (41.0%) |
| 710 | ZIEMIĘCKI Waldemar | 671 | | M3 40-49 | 107 | 00:00:23 | 00:40:17 | 01:24:00.65 | 01:24:24.60 | +00:49:22 (58.8%) | 8:24 | 7.1 (41.0%) |
| 711 | MAŻUL Dominika | 400 | | K1 16-29 | 57 | 00:01:04 | 00:41:04 | 01:24:24.55 | 01:25:28.60 | +00:49:46 (59.0%) | 8:26 | 7.1 (41.0%) |
| 712 | KOSTYK Agnieszka | 307 | | K2 30-39 | 121 | 00:00:49 | 00:39:23 | 01:24:28.00 | 01:25:17.90 | +00:49:49 (59.0%) | 8:26 | 7.1 (41.0%) |
| 713 | NOWACKI Tomasz | 661 | OPTIMA | M3 40-49 | 108 | 00:01:08 | 00:41:28 | 01:25:10.30 | 01:26:18.30 | +00:50:32 (59.3%) | 8:31 | 7 (40.5%) |
| 714 | BABYSZKO Alicja | 871 | | K2 30-39 | 122 | 00:01:04 | 00:41:29 | 01:25:16.65 | 01:26:21.30 | +00:50:38 (59.4%) | 8:31 | 7 (40.5%) |
| 715 | MASZCZYK Marta | 229 | MONIA GYM | K2 30-39 | 123 | 00:00:17 | 00:40:49 | 01:25:41.45 | 01:25:58.65 | +00:51:03 (59.6%) | 8:34 | 7 (40.5%) |
| 716 | BICHTA Katarzyna | 776 | | K2 30-39 | 124 | 00:00:16 | 00:40:50 | 01:25:41.50 | 01:25:58.45 | +00:51:03 (59.6%) | 8:34 | 7 (40.5%) |
| 717 | HAWRYLUK Sylwester | 399 | | M1 16-29 | 100 | 00:01:04 | 00:41:07 | 01:25:49.85 | 01:26:53.90 | +00:51:11 (59.6%) | 8:34 | 7 (40.5%) |
| 718 | KRZYSZTOFOWICZ Sławek | 433 | KRZYSZTOFKI TEAM | M3 40-49 | 109 | 00:01:11 | 00:42:10 | 01:26:02.35 | 01:27:14.25 | +00:51:24 (59.7%) | 8:36 | 7 (40.5%) |
| 719 | ADAM Kamila | 706 | 1983 | K2 30-39 | 125 | 00:00:39 | 00:41:53 | 01:27:13.10 | 01:27:52.65 | +00:52:34 (60.3%) | 8:43 | 6.9 (39.9%) |
| 720 | LIŚKIEWICZ Kasia | 289 | | K2 30-39 | 126 | 00:00:38 | 00:41:54 | 01:27:13.85 | 01:27:52.55 | +00:52:35 (60.3%) | 8:43 | 6.9 (39.9%) |
| 721 | KUŹMIŃSKA Weronika | 3 | | K1 16-29 | 58 | 00:00:43 | 00:42:52 | 01:27:32.85 | 01:28:16.10 | +00:52:54 (60.4%) | 8:45 | 6.9 (39.9%) |
| 722 | JUCHA Michał | 5 | | M1 16-29 | 101 | 00:00:43 | 00:42:50 | 01:27:38.20 | 01:28:22.10 | +00:53:00 (60.5%) | 8:45 | 6.8 (39.3%) |
| 723 | MICHALSKI Karolina | 851 | | K1 16-29 | 59 | 00:00:29 | 00:43:07 | 01:27:51.60 | 01:28:20.75 | +00:53:13 (60.6%) | 8:47 | 6.8 (39.3%) |
| 724 | GORYŃSKA Daria | 48 | PIĘKNI I BESTIE | K1 16-29 | 60 | 00:00:05 | 00:39:46 | 01:28:28.45 | 01:28:34.00 | +00:53:50 (60.9%) | 8:50 | 6.8 (39.3%) |
| 725 | KAROL Anna | 85 | WIECZORNE BIEGANIE W SZCZECINIE | K3 40-49 | 66 | 00:01:03 | 00:42:35 | 01:29:19.60 | 01:30:22.65 | +00:54:41 (61.2%) | 8:55 | 6.7 (38.7%) |
| 726 | HAŁAS Renata | 485 | SZYBCIEJ NIE MOGE | K3 40-49 | 67 | 00:01:03 | 00:42:35 | 01:29:19.70 | 01:30:22.95 | +00:54:41 (61.2%) | 8:55 | 6.7 (38.7%) |
| 727 | BARAŃSKI Radosław | 598 | OCR TEAM WŁOCŁAWEK | M1 16-29 | 102 | 00:00:28 | 00:44:10 | 01:29:38.00 | 01:30:06.35 | +00:54:59 (61.4%) | 8:57 | 6.7 (38.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_All 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|---------------------------------|-----------|------|-------------|-----------------|--------------------|--------------------|----------------------|--------------|----------------|
| 728 | JIMENEZ Rebecca | 602 | OCR TEAM WLOCLAWEK | K1 16-29 | 61 | 00:00:27 | 00:44:11 | 01:29:38.15 | 01:30:05.90 | +00:55:00 (61.4%) | 8:57 | 6.7 (38.7%) |
| 729 | PTASZYŃSKI Jarosław | 579 | OCR TEAM WŁOCLAWEK | M3 40-49 | 110 | 00:00:30 | 00:43:54 | 01:30:38.95 | 01:31:09.30 | +00:56:00 (61.8%) | 9:03 | 6.6 (38.2%) |
| 730 | SMYKA Kamila | 242 | | K2 30-39 | 127 | 00:00:30 | 00:43:44 | 01:30:39.25 | 01:31:09.40 | +00:56:01 (61.8%) | 9:03 | 6.6 (38.2%) |
| 731 | LIWUŚ-ŁAPIŃSKA Asia | 269 | WIECZORNE BIEGANIE W SZCZECINIE | K2 30-39 | 128 | 00:01:04 | 00:49:59 | 01:36:39.10 | 01:37:44.05 | +01:02:00 (64.2%) | 9:40 | 6.2 (35.8%) |
| | KUBICKA Karolina | 509 | | K2 30-39 | | DNF | 00:29:12 DNF | DNF | DNF | | - | - (0.0%) |
| | KOŁCZ Monika | 662 | OPTIMA | K3 40-49 | | DNF | 00:41:28 DNF | DNF | DNF | | - | - (0.0%) |
| | JANICZAK Kasia | 802 | | K2 30-39 | | DNF | 01:38:53 DNF | DNF | DNF | | - | - (0.0%) |

Znaleziono 734 wynik(ów)