



Organizator: Hotel Brzoza
Data: 2018-12-31
Miejsce: Brzoza
Dystans: 10 km

XII BIEG SYLWESTROWY

B4SPORT

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Split 2.5km | Split 4.85km | Split 7.2km | Split 9.55km | Kara/ bonifikata | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|-------------------------|-----------|------|-------------|-------------|--------------|-------------|--------------|------------------|--------------------|--------------------|-------------------|--------------|--------------|
| 1 | ZALEWSKI Krystian | 400 | UKS BARNIM GOLENIÓW | M-20 | 1 | 00:00:02 | 00:07:19 | 00:14:15 | 00:21:13 | 00:28:14 | | 00:29:30.90 | 00:29:32.95 | | 2:57 | 20.3 (100%) |
| 2 | BRZEZIŃSKI Błażej | 1 | BRZEZIŃSKIRUNCLUB | M-30 | 1 | 00:00:02 | 00:07:21 | 00:14:38 | 00:21:50 | 00:29:01 | | 00:30:22.20 | 00:30:24.25 | +00:00:51 (2.8%) | 3:02 | 19.8 (97.5%) |
| 3 | PAWLAK Bartosz | 3 | WKS GRUNWALD POZNAŃ | M-20 | 2 | 00:00:02 | 00:07:58 | 00:15:33 | 00:23:15 | 00:30:55 | | 00:32:18.65 | 00:32:20.70 | +00:02:47 (8.7%) | 3:13 | 18.6 (91.6%) |
| 4 | BRZEZIŃSKA Aleksandra | 4 | BRZEZIŃSKIRUNCLUB | K-20 | 1 | 00:00:01 | 00:08:38 | 00:16:38 | 00:24:40 | 00:32:55 | | 00:34:26.85 | 00:34:28.55 | +00:04:55 (14.3%) | 3:26 | 17.4 (85.7%) |
| 5 | KALATA Łukasz | 240 | KM TRUCHCIK ŁUBIANKA | M-30 | 2 | 00:00:03 | 00:08:42 | 00:17:02 | 00:25:27 | 00:33:45 | | 00:35:15.30 | 00:35:18.80 | +00:05:44 (16.3%) | 3:31 | 17 (83.7%) |
| 6 | OCHAL Olga | 399 | PREFBET ŚNIADOWO ŁOMŻA | K-30 | 1 | 00:00:01 | 00:08:49 | 00:17:13 | 00:25:34 | 00:33:47 | | 00:35:16.00 | 00:35:17.85 | +00:05:45 (16.3%) | 3:31 | 17 (83.7%) |
| 7 | KŁOPOTEK Patryk | 150 | WRB / UMB | M-20 | 3 | 00:00:01 | 00:08:39 | 00:17:04 | 00:25:29 | 00:34:02 | | 00:35:36.45 | 00:35:37.90 | +00:06:05 (17.1%) | 3:33 | 16.9 (83.3%) |
| 8 | POLAŃSKI Tomasz | 423 | B4SPORT | M-40 | 1 | 00:00:01 | 00:08:58 | 00:17:19 | 00:25:47 | 00:34:18 | | 00:35:49.25 | 00:35:50.95 | +00:06:18 (17.6%) | 3:34 | 16.8 (82.8%) |
| 9 | KUCZEK Piotr | 310 | KS ZRYW RADZIEJÓW | M-40 | 2 | 00:00:02 | 00:08:56 | 00:17:22 | 00:26:01 | 00:34:38 | | 00:36:12.65 | 00:36:14.95 | +00:06:41 (18.5%) | 3:37 | 16.6 (81.8%) |
| 10 | ŚWIĄTKOWSKI Paweł | 354 | | M-30 | 3 | 00:00:03 | 00:08:55 | 00:17:29 | 00:26:07 | 00:34:47 | | 00:36:19.25 | 00:36:22.60 | +00:06:48 (18.7%) | 3:37 | 16.5 (81.3%) |
| 11 | KOWALCZYK Marek | 5 | | M-40 | 3 | 00:00:03 | 00:09:06 | 00:17:42 | 00:26:24 | 00:34:51 | | 00:36:20.85 | 00:36:24.50 | +00:06:49 (18.8%) | 3:38 | 16.5 (81.3%) |
| 12 | JARZĄB Piotr | 103 | | M-30 | 4 | 00:00:03 | 00:09:07 | 00:17:43 | 00:26:23 | 00:34:53 | | 00:36:23.05 | 00:36:26.85 | +00:06:52 (18.9%) | 3:38 | 16.5 (81.3%) |
| 13 | MRUK Tomasz | 39 | CZARNE STOPY.SM | M-40 | 4 | 00:00:02 | 00:09:11 | 00:17:50 | 00:26:25 | 00:35:01 | | 00:36:32.45 | 00:36:34.60 | +00:07:01 (19.2%) | 3:39 | 16.4 (80.8%) |
| 14 | DĄBROWSKI Paweł | 14 | | M-20 | 4 | 00:00:02 | 00:09:11 | 00:17:43 | 00:26:25 | 00:35:06 | | 00:36:45.05 | 00:36:47.05 | +00:07:14 (19.7%) | 3:40 | 16.3 (80.3%) |
| 15 | PAWŁOWSKI Tomasz | 16 | | M-20 | 5 | 00:00:01 | 00:09:13 | 00:17:49 | 00:26:32 | 00:35:16 | | 00:36:49.90 | 00:36:51.65 | +00:07:19 (19.9%) | 3:41 | 16.3 (80.3%) |
| 16 | KOWALSKI Dariusz | 383 | TEAM KOWALSKI | M-50 | 1 | 00:00:01 | 00:09:08 | 00:17:45 | 00:26:27 | 00:35:18 | | 00:36:51.70 | 00:36:53.55 | +00:07:20 (19.9%) | 3:41 | 16.3 (80.3%) |
| 17 | KARPIŃSKI Wiesław | 188 | DUDYCZ TEAM GDAŃSK | M-50 | 2 | 00:00:02 | 00:09:22 | 00:18:01 | 00:26:51 | 00:35:35 | | 00:37:11.65 | 00:37:13.65 | +00:07:40 (20.6%) | 3:43 | 16.1 (79.3%) |
| 18 | MUDZIEJEWSKI Jarosław | 193 | TKKF KOLEJARZ BYDGOSZCZ | M-40 | 5 | 00:00:02 | 00:09:24 | 00:18:10 | 00:26:56 | 00:35:43 | | 00:37:15.75 | 00:37:17.75 | +00:07:44 (20.8%) | 3:43 | 16.1 (79.3%) |
| 19 | FOREMSKI Sławomir | 83 | | M-50 | 3 | 00:00:02 | 00:09:08 | 00:17:47 | 00:26:46 | 00:35:39 | | 00:37:18.90 | 00:37:21.05 | +00:07:48 (20.9%) | 3:43 | 16.1 (79.3%) |
| 20 | STACHOWICZ Wiesław | 376 | BRZOZA BIEGA | M-40 | 6 | 00:00:02 | 00:09:34 | 00:18:25 | 00:27:19 | 00:35:51 | | 00:37:22.30 | 00:37:24.55 | +00:07:51 (21.0%) | 3:44 | 16.1 (79.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Split 2.5km | Split 4.85km | Split 7.2km | Split 9.55km | Kara/ bonifikata | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|--|-----------|------|-------------|-------------|--------------|-------------|--------------|------------------|--------------------|--------------------|-------------------|--------------|--------------|
| 21 | MAŁOLEPSZY Radosław | 152 | KS ZRYW RADZIEJÓW | M-30 | 5 | 00:00:03 | 00:09:26 | 00:18:20 | 00:27:18 | 00:36:10 | | 00:37:47.35 | 00:37:51.00 | +00:08:16 (21.9%) | 3:46 | 15.9 (78.3%) |
| 22 | MAĆKOWSKI Maciej | 82 | UPS BYDGOSZCZ | M-30 | 6 | 00:00:02 | 00:09:08 | 00:17:51 | 00:27:02 | 00:36:15 | | 00:37:50.75 | 00:37:52.75 | +00:08:19 (22.0%) | 3:47 | 15.9 (78.3%) |
| 23 | ŁAZ Kamil | 218 | RUN BYDGOSZCZ | M-30 | 7 | 00:00:03 | 00:09:44 | 00:18:42 | 00:27:41 | 00:36:31 | | 00:38:05.90 | 00:38:09.75 | +00:08:35 (22.5%) | 3:48 | 15.7 (77.3%) |
| 24 | WOLNY Piotr | 8 | BRZOZA BIEGA | M-50 | 4 | 00:00:02 | 00:09:27 | 00:18:31 | 00:27:40 | 00:36:41 | | 00:38:25.40 | 00:38:27.55 | +00:08:54 (23.2%) | 3:50 | 15.6 (76.8%) |
| 25 | CZAPLICKI Piotr | 411 | TEAM KOPEĆ | M-40 | 7 | 00:00:03 | 00:09:39 | 00:18:46 | 00:27:55 | 00:36:59 | | 00:38:33.70 | 00:38:37.55 | +00:09:02 (23.5%) | 3:51 | 15.6 (76.8%) |
| 26 | ZIELIŃSKI Nicolas | 223 | WWW.OLIMPIASPORT.PL | M-20 | 6 | 00:00:01 | 00:09:42 | 00:18:53 | 00:28:12 | 00:37:22 | | 00:38:58.65 | 00:39:00.40 | +00:09:27 (24.3%) | 3:53 | 15.4 (75.9%) |
| 27 | SZENK Marta | 2 | | K-30 | 2 | 00:00:01 | 00:09:42 | 00:18:55 | 00:28:12 | 00:37:24 | | 00:39:03.20 | 00:39:04.65 | +00:09:32 (24.4%) | 3:54 | 15.4 (75.9%) |
| 28 | OSIŃSKI Ryszard | 416 | BIEGOWA RODZINKA | M-50 | 5 | 00:00:03 | 00:09:32 | 00:18:43 | 00:28:02 | 00:37:22 | | 00:39:04.85 | 00:39:08.75 | +00:09:33 (24.5%) | 3:54 | 15.4 (75.9%) |
| 29 | SOBIERALSKI Rafał | 30 | | M-40 | 8 | 00:00:04 | 00:09:44 | 00:18:55 | 00:28:11 | 00:37:26 | | 00:39:05.05 | 00:39:09.05 | +00:09:34 (24.5%) | 3:54 | 15.4 (75.9%) |
| 30 | PAWLACZYK Szymon | 11 | TRISPACE | M-30 | 8 | 00:00:04 | 00:09:48 | 00:19:09 | 00:28:27 | 00:37:32 | | 00:39:05.45 | 00:39:09.80 | +00:09:34 (24.5%) | 3:54 | 15.4 (75.9%) |
| 31 | SAWICKI Marcin | 81 | TEAMOCHAL | M-30 | 9 | 00:00:03 | 00:09:56 | 00:19:07 | 00:28:19 | 00:37:31 | | 00:39:07.15 | 00:39:11.05 | +00:09:36 (24.6%) | 3:54 | 15.3 (75.4%) |
| 32 | KRUPA Piotr | 60 | | M-30 | 10 | 00:00:05 | 00:09:45 | 00:19:02 | 00:28:18 | 00:37:34 | | 00:39:08.75 | 00:39:14.70 | +00:09:37 (24.6%) | 3:54 | 15.3 (75.4%) |
| 33 | SZCZEPANIAK Cezary | 292 | | M-40 | 9 | 00:00:02 | 00:09:42 | 00:18:54 | 00:28:12 | 00:37:34 | | 00:39:11.00 | 00:39:13.25 | +00:09:40 (24.7%) | 3:55 | 15.3 (75.4%) |
| 34 | WARSZAWSKI Przemysław | 228 | | M-20 | 7 | 00:00:03 | 00:09:42 | 00:19:01 | 00:28:20 | 00:37:36 | | 00:39:15.00 | 00:39:18.65 | +00:09:44 (24.8%) | 3:55 | 15.3 (75.4%) |
| 35 | CZUK Marek | 29 | | M-60 | 1 | 00:00:02 | 00:09:47 | 00:19:06 | 00:28:20 | 00:37:33 | | 00:39:16.35 | 00:39:18.40 | +00:09:45 (24.8%) | 3:55 | 15.3 (75.4%) |
| 36 | MAGDZIARZ Jakub | 317 | KANCELARIA - HMM | M-30 | 11 | 00:00:04 | 00:09:43 | 00:19:03 | 00:28:18 | 00:37:36 | | 00:39:21.55 | 00:39:25.55 | +00:09:50 (25.0%) | 3:56 | 15.2 (74.9%) |
| 37 | KUŁAKOWSKI Krzysztof | 300 | RUN PASJA | M-30 | 12 | 00:00:04 | 00:09:42 | 00:18:51 | 00:28:09 | 00:37:49 | | 00:39:32.70 | 00:39:36.75 | +00:10:01 (25.4%) | 3:57 | 15.2 (74.9%) |
| 38 | WESIORA Mariusz | 211 | | M-40 | 10 | 00:00:00 | 00:09:49 | 00:19:15 | 00:28:48 | 00:38:01 | | 00:39:40.00 | 00:39:40.00 | +00:10:09 (25.6%) | 3:58 | 15.1 (74.4%) |
| 39 | KRZYWDZIŃSKI Dominik | 402 | | M-1 | 1 | 00:00:03 | 00:09:49 | 00:19:13 | 00:28:45 | 00:38:01 | | 00:39:41.55 | 00:39:45.30 | +00:10:10 (25.6%) | 3:58 | 15.1 (74.4%) |
| 40 | KUBANEK Łukasz | 340 | TEAMOCHAL | M-30 | 13 | 00:00:03 | 00:09:56 | 00:19:11 | 00:28:37 | 00:38:04 | | 00:39:47.55 | 00:39:51.00 | +00:10:16 (25.8%) | 3:58 | 15.1 (74.4%) |
| 41 | BALCEREK Mateusz | 251 | | M-30 | 14 | 00:00:03 | 00:09:35 | 00:19:01 | 00:28:47 | 00:38:18 | | 00:40:02.90 | 00:40:06.35 | +00:10:32 (26.3%) | 4:00 | 15 (73.9%) |
| 42 | BETHKE Sławek | 133 | TRISPACE | M-20 | 8 | 00:00:05 | 00:10:06 | 00:19:52 | 00:29:19 | 00:38:40 | | 00:40:21.50 | 00:40:26.50 | +00:10:50 (26.9%) | 4:02 | 14.9 (73.4%) |
| 43 | SPYCHAŁSKI Waldemar | 250 | | M-40 | 11 | 00:00:05 | 00:09:49 | 00:19:17 | 00:28:59 | 00:38:44 | | 00:40:24.80 | 00:40:30.55 | +00:10:53 (27.0%) | 4:02 | 14.8 (72.9%) |
| 44 | ŚWIERCZYŃSKI Julian | 199 | KS ZRYW RADZIEJÓW | M-1 | 2 | 00:00:03 | 00:10:13 | 00:19:53 | 00:29:25 | 00:38:54 | | 00:40:25.75 | 00:40:29.70 | +00:10:54 (27.0%) | 4:02 | 14.8 (72.9%) |
| 45 | RACZYŃSKI Krzysztof | 19 | BIEGAJĄCY FILOZOF TEAM | M-50 | 6 | 00:00:03 | 00:10:22 | 00:19:55 | 00:29:20 | 00:38:43 | | 00:40:27.00 | 00:40:30.25 | +00:10:56 (27.0%) | 4:02 | 14.8 (72.9%) |
| 46 | WIĘCKOWSKI Dariusz | 36 | AMS TRIATHLON BYDGOSZCZ AKADEMIA MISTRZÓW SPORTU | M-30 | 15 | 00:00:03 | 00:09:46 | 00:19:37 | 00:29:58 | 00:38:55 | | 00:40:33.20 | 00:40:36.65 | +00:11:02 (27.2%) | 4:03 | 14.8 (72.9%) |
| 47 | KŁOSOWSKI Marcin | 130 | GRUPA BANKIETOWA SPECJAL | M-40 | 12 | 00:00:06 | 00:10:49 | 00:20:30 | 00:29:50 | 00:39:08 | | 00:40:54.10 | 00:41:00.20 | +00:11:23 (27.8%) | 4:05 | 14.7 (72.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Split 2.5km | Split 4.85km | Split 7.2km | Split 9.55km | Kara/ bonifikata | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|-------------------------------------|-----------|------|-------------|-------------|--------------|-------------|--------------|------------------|--------------------|--------------------|-------------------|--------------|--------------|
| 48 | MARCHEL Tomasz | 20 | | M-20 | 9 | 00:00:03 | 00:09:51 | 00:19:34 | 00:29:32 | 00:39:17 | | 00:41:04.55 | 00:41:08.35 | +00:11:33 (28.1%) | 4:06 | 14.6 (71.9%) |
| 49 | OLKOWSKI Jurek | 131 | THE RUNNERS ŚWIECIE | M-60 | 2 | 00:00:03 | 00:09:49 | 00:19:35 | 00:29:28 | 00:39:18 | | 00:41:05.15 | 00:41:08.55 | +00:11:34 (28.2%) | 4:06 | 14.6 (71.9%) |
| 50 | BARTOSZ Marek | 45 | | M-30 | 16 | 00:00:03 | 00:09:55 | 00:19:47 | 00:29:46 | 00:39:42 | | 00:41:29.70 | 00:41:33.55 | +00:11:58 (28.9%) | 4:09 | 14.5 (71.4%) |
| 51 | SAWIEŁAJC Jakub | 215 | KRYSPOORT TEAM | M-1 | 3 | 00:00:11 | 00:10:24 | 00:19:52 | 00:29:48 | 00:39:53 | | 00:41:33.60 | 00:41:45.20 | +00:12:02 (29.0%) | 4:09 | 14.4 (70.9%) |
| 52 | KALACZYŃSKI Miłosz | 158 | POLONIA BYDGOSZCZ SLA | M-20 | 10 | 00:00:04 | 00:10:18 | 00:20:06 | 00:30:05 | 00:40:07 | | 00:41:40.50 | 00:41:45.20 | +00:12:09 (29.2%) | 4:10 | 14.4 (70.9%) |
| 53 | GOŁATA Wojciech | 27 | WILCZA WATAHA | M-30 | 17 | 00:00:05 | 00:10:17 | 00:20:05 | 00:30:04 | 00:40:06 | | 00:41:41.40 | 00:41:46.40 | +00:12:10 (29.2%) | 4:10 | 14.4 (70.9%) |
| 54 | WIŚNIEWSKI Leszek | 77 | BRZOZA BRZOZA | M-40 | 13 | 00:00:06 | 00:10:19 | 00:20:10 | 00:30:13 | 00:40:10 | | 00:41:51.75 | 00:41:58.05 | +00:12:20 (29.5%) | 4:11 | 14.3 (70.4%) |
| 55 | HENDRZAK Sylwester | 419 | | M-30 | 18 | 00:00:03 | 00:10:29 | 00:20:33 | 00:30:38 | 00:40:19 | | 00:41:52.45 | 00:41:56.20 | +00:12:21 (29.5%) | 4:11 | 14.3 (70.4%) |
| 56 | CZARNECKI Piotr | 343 | BRZOZA BIEGA | M-30 | 19 | 00:00:05 | 00:10:33 | 00:20:34 | 00:30:31 | 00:40:17 | | 00:41:53.15 | 00:41:58.75 | +00:12:22 (29.5%) | 4:11 | 14.3 (70.4%) |
| 57 | PRĄDZYŃSKI Marcin | 301 | TRISPACE | M-40 | 14 | 00:00:05 | 00:10:59 | 00:20:53 | 00:30:39 | 00:40:15 | | 00:41:56.40 | 00:42:02.05 | +00:12:25 (29.6%) | 4:11 | 14.3 (70.4%) |
| 58 | POWALISZ Dariusz | 296 | | M-40 | 15 | 00:00:06 | 00:10:36 | 00:20:30 | 00:30:31 | 00:40:21 | | 00:41:57.45 | 00:42:03.75 | +00:12:26 (29.7%) | 4:11 | 14.3 (70.4%) |
| 59 | DUCHIŃSKI Wojciech | 290 | BRZOZA BIEGA | M-40 | 16 | 00:00:05 | 00:10:32 | 00:20:27 | 00:30:43 | 00:40:14 | | 00:41:59.30 | 00:42:04.30 | +00:12:28 (29.7%) | 4:11 | 14.3 (70.4%) |
| 60 | PAWŁOWSKI Radosław | 15 | | M-50 | 7 | 00:00:03 | 00:10:41 | 00:20:26 | 00:30:18 | 00:40:12 | | 00:42:00.80 | 00:42:04.45 | +00:12:29 (29.7%) | 4:12 | 14.3 (70.4%) |
| 61 | BARTKOWSKA Joanna | 42 | KM UMK TORUŃ | K-30 | 3 | 00:00:05 | 00:10:31 | 00:20:28 | 00:30:26 | 00:40:22 | | 00:42:07.75 | 00:42:13.20 | +00:12:36 (29.9%) | 4:12 | 14.2 (70.0%) |
| 62 | GAŚSIOROWSKI Grzegorz | 330 | | M-40 | 17 | 00:00:09 | 00:10:27 | 00:20:21 | 00:30:22 | 00:40:18 | | 00:42:09.10 | 00:42:18.40 | +00:12:38 (30.0%) | 4:12 | 14.2 (70.0%) |
| 63 | JANKOWSKI Tomasz | 421 | TRISPACE | M-40 | 18 | 00:00:07 | 00:10:58 | 00:20:51 | 00:30:37 | 00:40:32 | | 00:42:14.65 | 00:42:22.10 | +00:12:43 (30.1%) | 4:13 | 14.2 (70.0%) |
| 64 | FURTAK Tomasz | 99 | 56. BAZA LOTNICZA | M-40 | 19 | 00:00:09 | 00:10:51 | 00:20:45 | 00:30:42 | 00:40:30 | | 00:42:14.70 | 00:42:24.05 | +00:12:43 (30.1%) | 4:13 | 14.2 (70.0%) |
| 65 | NAGOW Michał | 233 | | M-40 | 20 | 00:00:08 | 00:10:36 | 00:20:31 | 00:30:29 | 00:40:27 | | 00:42:17.10 | 00:42:25.60 | +00:12:46 (30.2%) | 4:13 | 14.2 (70.0%) |
| 66 | WINIARSKI Grzegorz | 319 | THE RUNNERS ŚWIECIE | M-30 | 20 | 00:00:06 | 00:10:36 | 00:20:29 | 00:30:27 | 00:40:29 | | 00:42:17.25 | 00:42:23.55 | +00:12:46 (30.2%) | 4:13 | 14.2 (70.0%) |
| 67 | ZAKURZEWSKI Tomasz | 176 | BRZOZA BIEGA | M-40 | 21 | 00:00:04 | 00:10:22 | 00:20:23 | 00:30:34 | 00:40:42 | | 00:42:35.45 | 00:42:40.15 | +00:13:04 (30.7%) | 4:15 | 14.1 (69.5%) |
| 68 | TECŁAW Aleksandra | 270 | | K-30 | 4 | 00:00:01 | 00:10:10 | 00:20:32 | 00:30:37 | 00:40:50 | | 00:42:41.50 | 00:42:43.20 | +00:13:10 (30.9%) | 4:16 | 14.1 (69.5%) |
| 69 | BANAS Robert | 144 | | M-30 | 21 | 00:00:04 | 00:10:30 | 00:20:38 | 00:30:51 | 00:40:59 | | 00:42:44.30 | 00:42:49.25 | +00:13:13 (30.9%) | 4:16 | 14 (69.0%) |
| 70 | ZIENIEWICZ Wojciech | 393 | OBÓZ BIEGOWY BRZOZA, GRAZIA-RUNNING | M-40 | 22 | 00:00:05 | 00:10:52 | 00:20:52 | 00:30:55 | 00:41:00 | | 00:42:45.80 | 00:42:51.15 | +00:13:14 (31.0%) | 4:16 | 14 (69.0%) |
| 71 | CZAJKOWSKA Sylwia | 283 | ŻÓŁTOKRÓLEWSCY | K-40 | 1 | 00:00:03 | 00:10:40 | 00:20:49 | 00:30:53 | 00:41:03 | | 00:42:50.70 | 00:42:54.15 | +00:13:19 (31.1%) | 4:17 | 14 (69.0%) |
| 72 | WADZIŃSKA Paulina | 104 | TRISPACE | K-30 | 5 | 00:00:04 | 00:10:21 | 00:20:22 | 00:30:41 | 00:41:04 | | 00:42:51.25 | 00:42:55.65 | +00:13:20 (31.1%) | 4:17 | 14 (69.0%) |
| 73 | KOSOWSKI Janusz | 112 | AKM OLSZTYN SKLEPBIEGACZA.PL | M-60 | 3 | 00:00:01 | 00:10:36 | 00:20:43 | 00:30:52 | 00:41:03 | | 00:42:52.30 | 00:42:53.75 | +00:13:21 (31.2%) | 4:17 | 14 (69.0%) |
| 74 | PRÜFER Paweł | 56 | | M-40 | 23 | 00:00:05 | 00:10:07 | 00:20:08 | 00:30:27 | 00:41:07 | | 00:43:05.60 | 00:43:11.55 | +00:13:34 (31.5%) | 4:18 | 13.9 (68.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Split 2.5km | Split 4.85km | Split 7.2km | Split 9.55km | Kara/ bonifikata | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|---------------------------|-----------|------|-------------|-------------|--------------|-------------|--------------|------------------|--------------------|--------------------|-------------------|--------------|--------------|
| 75 | GIOLDA Paweł | 63 | | M-30 | 22 | 00:00:06 | 00:10:30 | 00:20:46 | 00:31:08 | 00:41:27 | | 00:43:15.80 | 00:43:21.90 | +00:13:44 (31.8%) | 4:19 | 13.9 (68.5%) |
| 76 | KOWAL Adam | 409 | | M-50 | 8 | 00:00:09 | 00:11:00 | 00:21:11 | 00:31:19 | 00:41:31 | | 00:43:22.35 | 00:43:32.25 | +00:13:51 (31.9%) | 4:20 | 13.8 (68.0%) |
| 77 | KADOW Ryszard | 236 | TRISPACE | M-40 | 24 | 00:00:05 | 00:10:59 | 00:20:55 | 00:31:15 | 00:41:36 | | 00:43:28.80 | 00:43:34.75 | +00:13:57 (32.1%) | 4:20 | 13.8 (68.0%) |
| 78 | CZEPEK Aleksander | 413 | BRZOZA BIEGA | M-60 | 4 | 00:00:03 | 00:10:59 | 00:21:17 | 00:31:24 | 00:41:38 | | 00:43:29.00 | 00:43:32.70 | +00:13:58 (32.1%) | 4:20 | 13.8 (68.0%) |
| 79 | GOLAK Lukasz | 271 | GOGGLE PRO ACTIVE EYEWEAR | M-30 | 23 | 00:00:01 | 00:10:31 | 00:20:50 | 00:31:18 | 00:41:38 | | 00:43:30.45 | 00:43:31.90 | +00:13:59 (32.2%) | 4:21 | 13.8 (68.0%) |
| 80 | GOLAK Asia | 272 | GOGGLE PRO ACTIVE EYEWEAR | K-30 | 6 | 00:00:01 | 00:10:31 | 00:20:49 | 00:31:18 | 00:41:39 | | 00:43:31.25 | 00:43:33.00 | +00:14:00 (32.2%) | 4:21 | 13.8 (68.0%) |
| 81 | WIERZBOWSKI Piotr | 339 | TEAM KOPEĆ | M-40 | 25 | 00:00:05 | 00:10:24 | 00:20:34 | 00:31:04 | 00:41:43 | | 00:43:36.00 | 00:43:41.95 | +00:14:05 (32.3%) | 4:21 | 13.8 (68.0%) |
| 82 | WIŚNIEWSKI Maciej | 247 | | M-40 | 26 | 00:00:07 | 00:10:37 | 00:20:53 | 00:31:19 | 00:41:48 | | 00:43:37.65 | 00:43:45.15 | +00:14:06 (32.3%) | 4:21 | 13.8 (68.0%) |
| 83 | MACIEJEWSKA Kamila | 346 | ŚLIMAKI BARCIN | K-30 | 7 | 00:00:11 | 00:11:06 | 00:21:22 | 00:31:48 | 00:42:02 | | 00:43:39.85 | 00:43:51.15 | +00:14:08 (32.4%) | 4:22 | 13.7 (67.5%) |
| 84 | CYROK Maciej | 94 | | M-20 | 11 | 00:00:10 | 00:11:07 | 00:21:23 | 00:31:49 | 00:42:02 | | 00:43:40.90 | 00:43:51.55 | +00:14:10 (32.4%) | 4:22 | 13.7 (67.5%) |
| 85 | KACZYŃSKI Rafał | 229 | | M-30 | 24 | 00:00:17 | 00:11:07 | 00:21:27 | 00:31:35 | 00:41:56 | | 00:43:43.10 | 00:44:00.90 | +00:14:12 (32.5%) | 4:22 | 13.7 (67.5%) |
| 86 | LEWANDOWSKI Rafał | 263 | VENI, CUCURRI, VICI | M-30 | 25 | 00:00:03 | 00:10:28 | 00:20:45 | 00:31:11 | 00:41:48 | | 00:43:43.30 | 00:43:46.65 | +00:14:12 (32.5%) | 4:22 | 13.7 (67.5%) |
| 87 | JAKUBOWSKA Anna | 156 | KS ZRYW RADZIEJÓW | K-30 | 8 | 00:00:04 | 00:10:39 | 00:20:53 | 00:31:20 | 00:42:00 | | 00:43:49.05 | 00:43:53.85 | +00:14:18 (32.6%) | 4:22 | 13.7 (67.5%) |
| 88 | KOWALSKI Krzysztof | 154 | OCELOTY KRUSZYN KRAJENSKI | M-30 | 26 | 00:00:05 | 00:10:46 | 00:21:08 | 00:31:42 | 00:42:10 | | 00:43:57.65 | 00:44:03.25 | +00:14:26 (32.9%) | 4:23 | 13.6 (67.0%) |
| 89 | BRZAŃKAŁA Hubert | 126 | PROJEKT PANDORA | M-20 | 12 | 00:00:29 | 00:11:01 | 00:21:34 | 00:32:07 | 00:42:18 | | 00:44:04.00 | 00:44:33.65 | +00:14:33 (33.0%) | 4:24 | 13.6 (67.0%) |
| 90 | CICHOŃCZUK Antoni | 9 | | M-60 | 5 | 00:00:04 | 00:10:52 | 00:21:16 | 00:31:48 | 00:42:15 | | 00:44:11.15 | 00:44:15.30 | +00:14:40 (33.2%) | 4:25 | 13.6 (67.0%) |
| 91 | DRWĘCKI Daniel | 309 | BIEGNIJ Z PROSERVICE | M-30 | 27 | 00:00:07 | 00:11:01 | 00:21:31 | 00:32:03 | 00:42:29 | | 00:44:20.50 | 00:44:28.30 | +00:14:49 (33.4%) | 4:26 | 13.5 (66.5%) |
| 92 | NAMIEŚNIK Krzysztof | 21 | KRZYSIEKN | M-40 | 27 | 00:00:10 | 00:11:00 | 00:21:20 | 00:31:50 | 00:42:26 | | 00:44:22.80 | 00:44:33.30 | +00:14:51 (33.5%) | 4:26 | 13.5 (66.5%) |
| 93 | RYDLEWSKI Kamil | 403 | TRISPACE | M-40 | 28 | 00:00:08 | 00:11:12 | 00:21:33 | 00:32:11 | 00:42:33 | | 00:44:23.60 | 00:44:32.05 | +00:14:52 (33.5%) | 4:26 | 13.5 (66.5%) |
| 94 | OLENDER Tomasz | 148 | | M-30 | 28 | 00:00:06 | 00:11:40 | 00:22:21 | 00:32:42 | 00:42:44 | | 00:44:31.55 | 00:44:37.70 | +00:15:00 (33.7%) | 4:27 | 13.5 (66.5%) |
| 95 | RATAJ Zuzanna | 277 | POLONIA BYDGOSZCZ SLA | K-30 | 9 | 00:00:05 | 00:11:05 | 00:21:29 | 00:32:04 | 00:42:41 | | 00:44:37.05 | 00:44:42.10 | +00:15:06 (33.8%) | 4:27 | 13.4 (66.0%) |
| 96 | KAZUBOWSKI Jacek | 195 | TRIDARKO | M-50 | 9 | 00:00:05 | 00:11:17 | 00:21:48 | 00:32:25 | 00:42:47 | | 00:44:40.40 | 00:44:45.40 | +00:15:09 (33.9%) | 4:28 | 13.4 (66.0%) |
| 97 | STASZEWSKI Adam | 256 | | M-30 | 29 | 00:00:10 | 00:11:22 | 00:22:12 | 00:32:46 | 00:43:03 | | 00:44:49.95 | 00:45:00.45 | +00:15:19 (34.2%) | 4:29 | 13.4 (66.0%) |
| 98 | PALACZ Wioletta | 299 | | K-40 | 2 | 00:00:04 | 00:11:08 | 00:21:37 | 00:32:16 | 00:43:06 | | 00:45:02.15 | 00:45:06.20 | +00:15:31 (34.5%) | 4:30 | 13.3 (65.5%) |
| 99 | GRZEGORZEWSKI Rafał | 349 | BRZOZA BIEGA | M-40 | 29 | 00:00:08 | 00:11:14 | 00:21:48 | 00:32:35 | 00:43:21 | | 00:45:17.45 | 00:45:25.65 | +00:15:46 (34.8%) | 4:31 | 13.2 (65.0%) |
| 100 | ANDRZEJEWSKI Paweł | 227 | | M-40 | 30 | 00:00:07 | 00:11:08 | 00:21:59 | 00:33:02 | 00:43:31 | | 00:45:20.20 | 00:45:27.70 | +00:15:49 (34.9%) | 4:32 | 13.2 (65.0%) |
| 101 | KANARKOWSKI Stanisław | 172 | AMATOR - NIEZRZESZONY | M-50 | 10 | 00:00:05 | 00:11:41 | 00:22:19 | 00:33:03 | 00:43:35 | | 00:45:27.30 | 00:45:33.05 | +00:15:56 (35.1%) | 4:32 | 13.2 (65.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Split 2.5km | Split 4.85km | Split 7.2km | Split 9.55km | Kara/ bonifikata | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|------------|-------------------------------------|-----------|------|-------------|-------------|--------------|-------------|--------------|------------------|--------------------|--------------------|-------------------|--------------|--------------|
| 102 | GLIWKA Artur | 79 | GLIWEK | M-30 | 30 | 00:00:10 | 00:11:12 | 00:21:49 | 00:32:43 | 00:43:34 | | 00:45:27.60 | 00:45:38.15 | +00:15:56 (35.1%) | 4:32 | 13.2 (65.0%) |
| 103 | JUREK Piotr | 135 | | M-50 | 11 | 00:00:08 | 00:11:13 | 00:21:59 | 00:32:44 | 00:43:30 | | 00:45:31.00 | 00:45:39.25 | +00:16:00 (35.2%) | 4:33 | 13.2 (65.0%) |
| 104 | MONDRY Waldemar | 128 | | M-50 | 12 | 00:00:09 | 00:11:38 | 00:22:28 | 00:33:17 | 00:43:52 | | 00:45:36.95 | 00:45:46.40 | +00:16:06 (35.3%) | 4:33 | 13.2 (65.0%) |
| 105 | LIBAN Zygfryd | 10 | | M-70 | 1 | 00:00:03 | 00:11:15 | 00:21:59 | 00:32:52 | 00:43:49 | | 00:45:46.60 | 00:45:50.35 | +00:16:15 (35.5%) | 4:34 | 13.1 (64.5%) |
| 106 | TOMTAS Konrad | 289 | 56. BAZA LOTNICZA | M-40 | 31 | 00:00:08 | 00:10:56 | 00:21:20 | 00:32:28 | 00:43:54 | | 00:45:51.65 | 00:46:00.45 | +00:16:20 (35.6%) | 4:35 | 13.1 (64.5%) |
| 107 | BARCZAK Piotr | 280 | BRZOZA BRZOZA | M-50 | 13 | 00:00:05 | 00:10:32 | 00:20:27 | 00:31:31 | 00:43:38 | | 00:45:55.85 | 00:46:01.65 | +00:16:24 (35.7%) | 4:35 | 13.1 (64.5%) |
| 108 | KRZYŻANOWSKI Robert | 78 | RUN PASJA | M-50 | 14 | 00:00:18 | 00:11:29 | 00:22:10 | 00:33:04 | 00:44:01 | | 00:45:58.85 | 00:46:17.45 | +00:16:27 (35.8%) | 4:35 | 13 (64.0%) |
| 109 | KOSAKOWSKI Marian | 6 | | M-60 | 6 | 00:00:00 | 00:11:19 | 00:22:10 | 00:33:12 | 00:44:09 | | 00:46:03.95 | 00:46:03.95 | +00:16:33 (35.9%) | 4:36 | 13 (64.0%) |
| 110 | BIELECKI Norbert | 392 | OBÓZ BIEGOWY BRZOZA, GRAZIA-RUNNING | M-40 | 32 | 00:00:12 | 00:11:59 | 00:23:06 | 00:33:58 | 00:44:37 | | 00:46:18.95 | 00:46:31.00 | +00:16:48 (36.3%) | 4:37 | 13 (64.0%) |
| 111 | GROTA Artur | 183 | | M-40 | 33 | 00:00:09 | 00:11:11 | 00:22:12 | 00:33:18 | 00:44:26 | | 00:46:20.55 | 00:46:29.85 | +00:16:49 (36.3%) | 4:38 | 12.9 (63.5%) |
| 112 | SŁOMA Maciej | 248 | | M-40 | 34 | 00:00:09 | 00:11:12 | 00:22:07 | 00:33:26 | 00:44:27 | | 00:46:24.30 | 00:46:33.35 | +00:16:53 (36.4%) | 4:38 | 12.9 (63.5%) |
| 113 | SZATKOWSKI Józef | 147 | MORSY Z GRUDZIĄDZA | M-60 | 7 | 00:00:06 | 00:11:40 | 00:22:21 | 00:33:16 | 00:44:27 | | 00:46:28.05 | 00:46:34.40 | +00:16:57 (36.5%) | 4:38 | 12.9 (63.5%) |
| 114 | BUZALSKI Robert | 276 | ORANGE POLSKA | M-40 | 35 | 00:00:10 | 00:11:24 | 00:22:19 | 00:33:24 | 00:44:30 | | 00:46:29.10 | 00:46:39.35 | +00:16:58 (36.5%) | 4:38 | 12.9 (63.5%) |
| 115 | SZŁYK Maciej | 341 | SPORT4LIFE | M-40 | 36 | 00:00:04 | 00:11:41 | 00:22:34 | 00:33:34 | 00:44:36 | | 00:46:31.60 | 00:46:35.80 | +00:17:00 (36.6%) | 4:39 | 12.9 (63.5%) |
| 116 | RYMARKIEWICZ Małgorzata | 209 | KLINIKA TRIATHLONU BYDGOSZCZ | K-30 | 10 | 00:00:05 | 00:11:28 | 00:22:24 | 00:33:25 | 00:44:34 | | 00:46:33.60 | 00:46:39.10 | +00:17:02 (36.6%) | 4:39 | 12.9 (63.5%) |
| 117 | ROSZAK Zbigniew | 86 | | M-30 | 31 | 00:00:08 | 00:11:07 | 00:21:56 | 00:33:04 | 00:44:38 | | 00:46:40.30 | 00:46:48.85 | +00:17:09 (36.8%) | 4:40 | 12.9 (63.5%) |
| 118 | ŁUGOWSKI Tomasz | 46 | | M-30 | 32 | 00:00:11 | 00:11:39 | 00:22:45 | 00:33:57 | 00:44:58 | | 00:46:48.10 | 00:46:59.65 | +00:17:17 (36.9%) | 4:40 | 12.8 (63.1%) |
| 119 | KUJAWA Daniel | 49 | 56. BAZA LOTNICZA | M-30 | 33 | 00:00:21 | 00:11:33 | 00:22:33 | 00:33:40 | 00:44:51 | | 00:46:52.85 | 00:47:14.55 | +00:17:21 (37.0%) | 4:41 | 12.8 (63.1%) |
| 120 | KARWACKI Paweł | 404 | TRISPACE | M-30 | 34 | 00:00:07 | 00:11:45 | 00:22:30 | 00:33:19 | 00:45:02 | | 00:46:56.00 | 00:47:03.65 | +00:17:25 (37.1%) | 4:41 | 12.8 (63.1%) |
| 121 | KOCHANOWSKI Maciej | 331 | | M-20 | 13 | 00:00:32 | 00:11:56 | 00:23:13 | 00:34:20 | 00:45:12 | | 00:46:56.80 | 00:47:29.75 | +00:17:25 (37.1%) | 4:41 | 12.8 (63.1%) |
| 122 | MUSZYŃSKI Robert | 336 | TRIBA BOSIR BARCIN | M-30 | 35 | 00:00:30 | 00:12:48 | 00:23:43 | 00:34:41 | 00:45:12 | | 00:47:04.70 | 00:47:34.85 | +00:17:33 (37.3%) | 4:42 | 12.7 (62.6%) |
| 123 | RUCIŃSKI Marcin | 351 | TRIBA BOSIR BARCIN | M-40 | 37 | 00:00:30 | 00:12:48 | 00:23:43 | 00:34:41 | 00:45:12 | | 00:47:06.05 | 00:47:36.25 | +00:17:35 (37.3%) | 4:42 | 12.7 (62.6%) |
| 124 | KUŹMIŃSKA Maryla | 412 | BRZOZA BIEGA | K-30 | 11 | 00:00:04 | 00:11:48 | 00:22:54 | 00:34:05 | 00:45:07 | | 00:47:07.35 | 00:47:11.45 | +00:17:36 (37.4%) | 4:42 | 12.7 (62.6%) |
| 125 | PASTWA Donata | 308 | TRISPACE | K-40 | 3 | 00:00:04 | 00:11:54 | 00:22:56 | 00:34:05 | 00:45:09 | | 00:47:10.50 | 00:47:14.75 | +00:17:39 (37.4%) | 4:43 | 12.7 (62.6%) |
| 126 | SZARMACH Stanisław | 72 | | M-60 | 8 | 00:00:08 | 00:11:25 | 00:22:24 | 00:33:40 | 00:45:10 | | 00:47:13.40 | 00:47:22.25 | +00:17:42 (37.5%) | 4:43 | 12.7 (62.6%) |
| 127 | KWIATKOWSKI Piotr | 107 | | M-30 | 36 | 00:00:11 | 00:12:17 | 00:23:31 | 00:34:33 | 00:45:24 | | 00:47:15.10 | 00:47:27.05 | +00:17:44 (37.5%) | 4:43 | 12.7 (62.6%) |
| 128 | SOBAŃSKI Michał | 173 | | M-30 | 37 | 00:00:23 | 00:12:03 | 00:23:08 | 00:34:23 | 00:45:23 | | 00:47:15.90 | 00:47:39.00 | +00:17:45 (37.6%) | 4:43 | 12.7 (62.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Split 2.5km | Split 4.85km | Split 7.2km | Split 9.55km | Kara/ bonifikata | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------|-------|---------------------------|-----------|------|-------------|-------------|--------------|-------------|--------------|------------------|-----------------|------------------|-------------------|--------------|--------------|
| 129 | REPCZYŃSKI Tomasz | 53 | | M-20 | 14 | 00:00:20 | 00:11:36 | 00:22:40 | 00:33:56 | 00:45:21 | | 00:47:16.75 | 00:47:37.40 | +00:17:45 (37.6%) | 4:43 | 12.7 (62.6%) |
| 130 | STĘPIEŃ Tomasz | 186 | | M-40 | 38 | 00:00:12 | 00:11:30 | 00:22:39 | 00:33:56 | 00:45:15 | | 00:47:20.00 | 00:47:32.10 | +00:17:49 (37.6%) | 4:44 | 12.7 (62.6%) |
| 131 | DĄBKOWSKI Wojciech | 34 | | M-30 | 38 | 00:00:27 | 00:12:19 | 00:23:30 | 00:34:34 | 00:45:30 | | 00:47:26.30 | 00:47:53.45 | +00:17:55 (37.8%) | 4:44 | 12.6 (62.1%) |
| 132 | DĄBKOWSKI Maciej | 13 | | M-40 | 39 | 00:00:26 | 00:12:20 | 00:23:31 | 00:34:34 | 00:45:31 | | 00:47:26.50 | 00:47:53.45 | +00:17:55 (37.8%) | 4:44 | 12.6 (62.1%) |
| 133 | SAK Joanna | 278 | DECATHLON TEAM INOWROCŁAW | K-20 | 2 | 00:00:07 | 00:11:40 | 00:22:46 | 00:34:08 | 00:45:32 | | 00:47:27.65 | 00:47:35.05 | +00:17:56 (37.8%) | 4:44 | 12.6 (62.1%) |
| 134 | GACKOWSKI Krzysztof | 260 | | M-40 | 40 | 00:00:09 | 00:11:26 | 00:22:35 | 00:34:07 | 00:45:30 | | 00:47:31.35 | 00:47:41.10 | +00:18:00 (37.9%) | 4:45 | 12.6 (62.1%) |
| 135 | DOMAN Janusz | 28 | UKS SZABLA BRZOZA | M-60 | 9 | 00:00:03 | 00:11:23 | 00:22:38 | 00:34:00 | 00:45:28 | | 00:47:31.60 | 00:47:35.35 | +00:18:00 (37.9%) | 4:45 | 12.6 (62.1%) |
| 136 | DAWIDOWICZ Maciej | 162 | | M-40 | 41 | 00:00:13 | 00:12:06 | 00:23:16 | 00:34:30 | 00:45:32 | | 00:47:32.20 | 00:47:45.90 | +00:18:01 (37.9%) | 4:45 | 12.6 (62.1%) |
| 137 | UKLEZEWSKI Tomasz | 406 | | M-40 | 42 | 00:00:16 | 00:12:04 | 00:23:19 | 00:34:35 | 00:45:40 | | 00:47:35.55 | 00:47:51.95 | +00:18:04 (38.0%) | 4:45 | 12.6 (62.1%) |
| 138 | ŚWIĘCICKI Andrzej | 206 | | M-40 | 43 | 00:00:06 | 00:11:45 | 00:22:59 | 00:34:21 | 00:45:41 | | 00:47:39.65 | 00:47:45.80 | +00:18:08 (38.1%) | 4:45 | 12.6 (62.1%) |
| 139 | STEMPNIAK Krzysztof | 44 | | M-40 | 44 | 00:00:12 | 00:12:07 | 00:23:15 | 00:34:26 | 00:45:42 | | 00:47:43.60 | 00:47:56.05 | +00:18:12 (38.2%) | 4:46 | 12.6 (62.1%) |
| 140 | KANIA Krzysztof | 102 | 56. BAZA LOTNICZA | M-20 | 15 | 00:00:25 | 00:12:20 | 00:23:47 | 00:35:24 | 00:46:11 | | 00:47:46.20 | 00:48:11.40 | +00:18:15 (38.2%) | 4:46 | 12.6 (62.1%) |
| 141 | SŁOTAŁA Dariusz | 33 | KLUB 366 WITUNIA | M-50 | 15 | 00:00:10 | 00:12:25 | 00:23:46 | 00:34:52 | 00:45:50 | | 00:47:47.90 | 00:47:58.70 | +00:18:17 (38.3%) | 4:46 | 12.6 (62.1%) |
| 142 | WIŚNIEWSKA Żaneta | 204 | MKS TRZEMESZNO | K-20 | 3 | 00:00:09 | 00:11:46 | 00:23:11 | 00:34:41 | 00:45:59 | | 00:47:58.25 | 00:48:07.60 | +00:18:27 (38.5%) | 4:47 | 12.5 (61.6%) |
| 143 | WIŚNIEWSKI Jakub | 364 | | M-20 | 16 | 00:00:06 | 00:11:58 | 00:23:22 | 00:34:43 | 00:46:00 | | 00:47:59.30 | 00:48:05.65 | +00:18:28 (38.5%) | 4:47 | 12.5 (61.6%) |
| 144 | STĘPSKI Marek | 178 | | M-40 | 45 | 00:00:13 | 00:12:14 | 00:23:21 | 00:34:34 | 00:45:58 | | 00:48:02.30 | 00:48:15.35 | +00:18:31 (38.6%) | 4:48 | 12.5 (61.6%) |
| 145 | MROZEK Mariusz | 356 | | M-40 | 46 | 00:00:28 | 00:12:14 | 00:23:35 | 00:34:57 | 00:46:08 | | 00:48:03.00 | 00:48:31.70 | +00:18:32 (38.6%) | 4:48 | 12.5 (61.6%) |
| 146 | MARCINKOWSKI Paweł | 192 | VIVA-TORUŃ | M-50 | 16 | 00:00:10 | 00:12:01 | 00:23:16 | 00:34:32 | 00:45:57 | | 00:48:03.20 | 00:48:13.45 | +00:18:32 (38.6%) | 4:48 | 12.5 (61.6%) |
| 147 | FRĄSZCZAK Tadeusz | 189 | REMBIS JANIKOWO | M-60 | 10 | 00:00:02 | 00:14:57 | 00:29:48 | 00:45:20 | | | 00:48:06.45 | 00:48:08.70 | +00:18:35 (38.6%) | 4:48 | 12.5 (61.6%) |
| 148 | SZUBARTOWSKI Robert | 43 | | M-40 | 47 | 00:00:12 | 00:12:31 | 00:23:37 | 00:34:47 | 00:46:10 | | 00:48:13.80 | 00:48:25.85 | +00:18:42 (38.8%) | 4:49 | 12.4 (61.1%) |
| 149 | BIESIADA Tomasz | 279 | TRISPACE | M-40 | 48 | 00:00:09 | 00:12:22 | 00:23:44 | 00:34:58 | 00:46:05 | | 00:48:23.05 | 00:48:32.15 | +00:18:52 (39.0%) | 4:50 | 12.4 (61.1%) |
| 150 | SZULC Edmund | 38 | | M-50 | 17 | 00:00:12 | 00:11:47 | 00:23:14 | 00:34:58 | 00:46:27 | | 00:48:30.45 | 00:48:42.55 | +00:18:59 (39.2%) | 4:51 | 12.4 (61.1%) |
| 151 | WALIGÓRA Karolina | 381 | BRZOZA BIEGA | K-40 | 4 | 00:00:06 | 00:11:36 | 00:23:03 | 00:34:49 | 00:46:32 | | 00:48:30.70 | 00:48:37.55 | +00:18:59 (39.2%) | 4:51 | 12.4 (61.1%) |
| 152 | GÓRSKI Marian | 181 | SOLECCY BIEGACZE | M-60 | 11 | 00:00:03 | 00:12:11 | 00:23:34 | 00:34:57 | 00:46:32 | | 00:48:33.70 | 00:48:37.15 | +00:19:02 (39.2%) | 4:51 | 12.4 (61.1%) |
| 153 | MROZIK Andrzej | 84 | | M-40 | 49 | 00:00:12 | 00:12:23 | 00:23:59 | 00:35:30 | 00:46:40 | | 00:48:39.10 | 00:48:51.80 | +00:19:08 (39.3%) | 4:51 | 12.3 (60.6%) |
| 154 | JUSZCZYK Mirosław | 205 | | M-20 | 17 | 00:00:22 | 00:12:38 | 00:24:12 | 00:35:30 | 00:46:36 | | 00:48:39.75 | 00:49:02.25 | +00:19:08 (39.3%) | 4:52 | 12.3 (60.6%) |
| 155 | TOMCZAK Zbigniew | 66 | ALTOM GNIEZNO | M-60 | 12 | 00:00:06 | 00:12:08 | 00:23:33 | 00:35:04 | 00:46:46 | | 00:48:51.75 | 00:48:58.60 | +00:19:20 (39.6%) | 4:53 | 12.3 (60.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Split 2.5km | Split 4.85km | Split 7.2km | Split 9.55km | Kara/ bonifikata | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------------|------------|----------------------------|-----------|------|-------------|-------------|--------------|-------------|--------------|------------------|--------------------|--------------------|-------------------|--------------|--------------|
| 156 | DROŹDŹ Andrzej | 307 | 56. BAZA LOTNICZA | M-40 | 50 | 00:00:31 | 00:12:09 | 00:23:24 | 00:35:05 | 00:46:54 | | 00:48:56.05 | 00:49:27.10 | +00:19:25 (39.7%) | 4:53 | 12.3 (60.6%) |
| 157 | LUZAK Magdalena | 164 | | K-20 | 4 | 00:00:09 | 00:12:04 | 00:23:25 | 00:35:03 | 00:46:51 | | 00:48:56.25 | 00:49:06.00 | +00:19:25 (39.7%) | 4:53 | 12.3 (60.6%) |
| 158 | DRĄG Amelia | 384 | | K-1 | 1 | 00:00:06 | 00:12:10 | 00:23:23 | 00:35:06 | 00:46:55 | | 00:48:56.50 | 00:49:02.55 | +00:19:25 (39.7%) | 4:53 | 12.3 (60.6%) |
| 159 | LEWANDOWSKI Rafał | 422 | B4SPORT | M-30 | 39 | 00:00:13 | 00:12:04 | 00:23:35 | 00:35:19 | 00:47:03 | | 00:48:58.25 | 00:49:11.75 | +00:19:27 (39.7%) | 4:53 | 12.3 (60.6%) |
| 160 | NASIENIAK-CZECH Anna | 386 | GRAZIA RUNNING | K-40 | 5 | 00:00:11 | 00:12:23 | 00:24:01 | 00:35:37 | 00:47:05 | | 00:49:06.00 | 00:49:17.00 | +00:19:35 (39.9%) | 4:54 | 12.2 (60.1%) |
| 161 | STANKOWSKA Justyna | 314 | MKS TRZEMESZNO | K-40 | 6 | 00:00:07 | 00:12:28 | 00:24:05 | 00:35:44 | 00:47:13 | | 00:49:09.30 | 00:49:17.10 | +00:19:38 (40.0%) | 4:55 | 12.2 (60.1%) |
| 162 | KANTORSKI Zbysław | 69 | COCA-COLA RUNNERS | M-50 | 18 | 00:00:11 | 00:12:03 | 00:23:27 | 00:35:11 | 00:47:04 | | 00:49:10.95 | 00:49:22.65 | +00:19:40 (40.0%) | 4:55 | 12.2 (60.1%) |
| 163 | STAWCZYK Dariusz | 146 | | M-40 | 51 | 00:00:16 | 00:12:21 | 00:23:48 | 00:35:21 | 00:47:10 | | 00:49:11.70 | 00:49:27.85 | +00:19:40 (40.0%) | 4:55 | 12.2 (60.1%) |
| 164 | TOCZKIEWICZ Piotr | 165 | | M-40 | 52 | 00:00:07 | 00:12:19 | 00:23:54 | 00:35:37 | 00:47:20 | | 00:49:25.10 | 00:49:32.15 | +00:19:54 (40.3%) | 4:56 | 12.1 (59.6%) |
| 165 | LUZAK Mirosław | 168 | MWIK BYDGOSZCZ | M-50 | 19 | 00:00:07 | 00:12:23 | 00:23:58 | 00:35:40 | 00:47:21 | | 00:49:26.60 | 00:49:33.65 | +00:19:55 (40.3%) | 4:56 | 12.1 (59.6%) |
| 166 | DOBZAŃSKA Marta | 187 | | K-30 | 12 | 00:00:14 | 00:12:15 | 00:23:37 | 00:35:31 | 00:47:18 | | 00:49:27.75 | 00:49:41.75 | +00:19:56 (40.3%) | 4:56 | 12.1 (59.6%) |
| 167 | KATULSKI Radosław | 306 | 56. BAZA LOTNICZA | M-40 | 53 | 00:00:13 | 00:12:16 | 00:23:37 | 00:35:32 | 00:47:19 | | 00:49:28.35 | 00:49:42.05 | +00:19:57 (40.3%) | 4:56 | 12.1 (59.6%) |
| 168 | SIKORA Antoni | 190 | ŻNIŃSKI KLUB BIEGACZA 1992 | M-60 | 13 | 00:00:13 | 00:12:21 | 00:23:59 | 00:35:41 | 00:47:22 | | 00:49:29.90 | 00:49:42.90 | +00:19:59 (40.4%) | 4:56 | 12.1 (59.6%) |
| 169 | OSTROMECKI Waldemar | 395 | ROWEROWA BRZOZA | M-40 | 54 | 00:00:13 | 00:12:32 | 00:24:11 | 00:35:51 | 00:47:29 | | 00:49:32.25 | 00:49:46.20 | +00:20:01 (40.4%) | 4:57 | 12.1 (59.6%) |
| 170 | MAŚLIŃSKI Mirosław | 67 | | M-50 | 20 | 00:00:06 | 00:12:13 | 00:23:28 | 00:35:23 | 00:47:24 | | 00:49:34.60 | 00:49:41.45 | +00:20:03 (40.5%) | 4:57 | 12.1 (59.6%) |
| 171 | MATYSZCZAK Damian | 55 | | M-40 | 55 | 00:00:29 | 00:12:25 | 00:23:57 | 00:35:51 | 00:47:35 | | 00:49:39.75 | 00:50:09.40 | +00:20:08 (40.6%) | 4:58 | 12.1 (59.6%) |
| 172 | WAJDA Mariusz | 210 | | M-40 | 56 | 00:00:14 | 00:12:18 | 00:23:47 | 00:35:43 | 00:47:37 | | 00:49:41.40 | 00:49:56.20 | +00:20:10 (40.6%) | 4:58 | 12.1 (59.6%) |
| 173 | DYLEWSKI Artur | 93 | KS ZRYW RADZIEJÓW | M-30 | 40 | 00:00:15 | 00:12:11 | 00:23:54 | 00:35:47 | 00:47:45 | | 00:49:42.60 | 00:49:58.20 | +00:20:11 (40.6%) | 4:58 | 12.1 (59.6%) |
| 174 | WOJTYNOWSKI Artur | 325 | | M-40 | 57 | 00:00:20 | 00:12:59 | 00:24:46 | 00:36:25 | 00:47:51 | | 00:49:44.50 | 00:50:04.80 | +00:20:13 (40.7%) | 4:58 | 12.1 (59.6%) |
| 175 | ZABOROWSKA Beata | 212 | | K-40 | 7 | 00:00:11 | 00:12:12 | 00:23:56 | 00:35:51 | 00:47:40 | | 00:49:44.80 | 00:49:55.95 | +00:20:13 (40.7%) | 4:58 | 12.1 (59.6%) |
| 176 | BŁĄZEJEWSKI Robert | 111 | 56. BAZA LOTNICZA | M-40 | 58 | 00:00:09 | 00:12:49 | 00:24:48 | 00:36:27 | 00:47:49 | | 00:49:45.85 | 00:49:55.55 | +00:20:14 (40.7%) | 4:58 | 12.1 (59.6%) |
| 177 | MAZIARZ Joanna | 420 | | K-30 | 13 | 00:00:00 | 00:12:15 | 00:23:56 | 00:35:44 | 00:47:34 | | 00:49:47.60 | 00:49:47.60 | +00:20:16 (40.7%) | 4:58 | 12.1 (59.6%) |
| 178 | KOLANOWSKA Grażyna | 22 | | K-50 | 1 | 00:00:12 | 00:12:31 | 00:23:59 | 00:35:42 | 00:47:42 | | 00:49:50.75 | 00:50:03.20 | +00:20:19 (40.8%) | 4:59 | 12 (59.1%) |
| 179 | MELER-LEWANDOWSKA Katarzyna | 100 | KS ZRYW RADZIEJÓW | K-30 | 14 | 00:00:14 | 00:12:14 | 00:23:58 | 00:35:50 | 00:47:49 | | 00:49:56.90 | 00:50:11.35 | +00:20:26 (40.9%) | 4:59 | 12 (59.1%) |
| 180 | ARACH Przemysław | 257 | | M-30 | 41 | 00:00:19 | 00:12:23 | 00:23:51 | 00:35:32 | 00:47:50 | | 00:50:00.90 | 00:50:20.10 | +00:20:30 (41.0%) | 5:00 | 12 (59.1%) |
| 181 | ŻYWICA Adam | 366 | BRZOZA BIEGA | M-40 | 59 | 00:00:08 | 00:12:46 | 00:24:46 | 00:36:54 | 00:48:59 | | 00:50:04.00 | 00:50:12.20 | +00:20:33 (41.0%) | 5:00 | 12 (59.1%) |
| 182 | GAŚIOREK Tomasz | 378 | BRZOZA BIEGA | M-50 | 21 | 00:00:05 | 00:12:49 | 00:24:50 | 00:36:58 | 00:49:03 | | 00:50:07.15 | 00:50:12.70 | +00:20:36 (41.1%) | 5:00 | 12 (59.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Split 2.5km | Split 4.85km | Split 7.2km | Split 9.55km | Kara/ bonifikata | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------|-------|--|-----------|------|-------------|-------------|--------------|-------------|--------------|------------------|--------------------|--------------------|-------------------|--------------|--------------|
| 183 | KOWAL Michał | 167 | | M-40 | 60 | 00:00:07 | 00:11:39 | 00:23:11 | 00:35:40 | 00:48:02 | | 00:50:12.80 | 00:50:20.25 | +00:20:41 (41.2%) | 5:01 | 11.9 (58.6%) |
| 184 | BICZKOWSKA Magdalena | 213 | | K-30 | 15 | 00:00:06 | 00:12:31 | 00:24:09 | 00:36:04 | 00:48:04 | | 00:50:12.95 | 00:50:19.25 | +00:20:42 (41.2%) | 5:01 | 11.9 (58.6%) |
| 185 | ŚWIETLKI Paweł | 380 | | M-40 | 61 | 00:00:03 | 00:11:04 | 00:22:50 | 00:35:15 | 00:47:59 | | 00:50:13.20 | 00:50:16.55 | +00:20:42 (41.2%) | 5:01 | 11.9 (58.6%) |
| 186 | KOLMAJER Rafał | 214 | | M-30 | 42 | 00:00:05 | 00:12:32 | 00:24:09 | 00:36:04 | 00:48:04 | | 00:50:13.95 | 00:50:19.70 | +00:20:43 (41.2%) | 5:01 | 11.9 (58.6%) |
| 187 | SMYK Piotr | 118 | | M-30 | 43 | 00:00:30 | 00:12:49 | 00:24:26 | 00:36:29 | 00:48:16 | | 00:50:15.10 | 00:50:45.95 | +00:20:44 (41.3%) | 5:01 | 11.9 (58.6%) |
| 188 | GROCHOWIAK Piotr | 117 | | M-30 | 44 | 00:00:30 | 00:12:49 | 00:24:26 | 00:36:29 | 00:48:16 | | 00:50:15.55 | 00:50:46.20 | +00:20:44 (41.3%) | 5:01 | 11.9 (58.6%) |
| 189 | WASILEWSKA Agata | 322 | AMS TRIATHLON BYDGOSZCZ AKADEMIA MISTRZÓW SPORTU | K-30 | 16 | 00:00:21 | 00:13:10 | 00:25:08 | 00:37:07 | 00:48:20 | | 00:50:15.75 | 00:50:37.50 | +00:20:44 (41.3%) | 5:01 | 11.9 (58.6%) |
| 190 | ZUPA Wojciech | 134 | SISU-OWB TEAM | M-50 | 22 | 00:00:04 | 00:11:59 | 00:24:02 | 00:35:59 | 00:48:11 | | 00:50:18.45 | 00:50:23.25 | +00:20:47 (41.3%) | 5:01 | 11.9 (58.6%) |
| 191 | MAŁKIŃSKI Józef | 155 | | M-60 | 14 | 00:00:20 | 00:12:33 | 00:24:12 | 00:36:05 | 00:48:07 | | 00:50:21.30 | 00:50:42.25 | +00:20:50 (41.4%) | 5:02 | 11.9 (58.6%) |
| 192 | WASILEWSKA Martyna | 329 | AMS TRIATHLON BYDGOSZCZ AKADEMIA MISTRZÓW SPORTU | K-30 | 17 | 00:00:20 | 00:13:11 | 00:25:09 | 00:37:08 | 00:48:21 | | 00:50:23.45 | 00:50:44.40 | +00:20:52 (41.4%) | 5:02 | 11.9 (58.6%) |
| 193 | KUKAWKA Damian | 267 | | M-40 | 62 | 00:00:09 | 00:12:30 | 00:24:10 | 00:36:19 | 00:48:20 | | 00:50:26.50 | 00:50:35.90 | +00:20:55 (41.5%) | 5:02 | 11.9 (58.6%) |
| 194 | RYBAK Mariusz | 145 | SISU-OWB TEAM | M-40 | 63 | 00:00:04 | 00:12:00 | 00:23:50 | 00:36:17 | 00:48:23 | | 00:50:27.20 | 00:50:31.75 | +00:20:56 (41.5%) | 5:02 | 11.9 (58.6%) |
| 195 | DZIDO-MIELCAREK Ilona | 397 | KS ZRYW RADZIEJÓW | K-30 | 18 | 00:00:14 | 00:12:53 | 00:24:56 | 00:36:50 | 00:48:19 | | 00:50:28.60 | 00:50:43.05 | +00:20:57 (41.5%) | 5:02 | 11.9 (58.6%) |
| 196 | BYRTEK Grzegorz | 284 | | M-40 | 64 | 00:00:07 | 00:11:44 | 00:23:13 | 00:35:34 | 00:48:12 | | 00:50:30.05 | 00:50:37.40 | +00:20:59 (41.6%) | 5:03 | 11.9 (58.6%) |
| 197 | PŁACZKIEWICZ Robert | 316 | SOL3 SQUADRUN | M-30 | 45 | 00:00:08 | 00:12:08 | 00:24:03 | 00:36:03 | 00:48:24 | | 00:50:31.90 | 00:50:40.40 | +00:21:01 (41.6%) | 5:03 | 11.9 (58.6%) |
| 198 | ZALASZEWSKI Dawid | 287 | HAZEL TEAM | M-20 | 18 | 00:00:04 | 00:11:46 | 00:23:51 | 00:36:07 | 00:48:35 | | 00:50:35.20 | 00:50:39.40 | +00:21:04 (41.7%) | 5:03 | 11.9 (58.6%) |
| 198 | SOWIŃSKA Justyna | 194 | SPÓJNIA BIAŁE BŁOTA | K-40 | 8 | 00:00:08 | 00:12:37 | 00:24:29 | 00:36:32 | 00:48:33 | | 00:50:35.20 | 00:50:43.85 | +00:21:04 (41.7%) | 5:03 | 11.9 (58.6%) |
| 200 | MISUN-NOWAK Katarzyna | 320 | AMS TRIATHLON BYDGOSZCZ AKADEMIA MISTRZÓW SPORTU | K-30 | 19 | 00:00:21 | 00:13:10 | 00:25:09 | 00:37:08 | 00:48:44 | | 00:50:47.35 | 00:51:09.25 | +00:21:16 (41.9%) | 5:04 | 11.8 (58.1%) |
| 201 | NOWACKA Małgorzata | 348 | BRZOZA BIEGA | K-30 | 20 | 00:00:07 | 00:12:11 | 00:24:19 | 00:36:37 | 00:48:45 | | 00:50:50.30 | 00:50:58.10 | +00:21:19 (41.9%) | 5:05 | 11.8 (58.1%) |
| 202 | MAŁKOWSKI Sebastian | 163 | | M-30 | 46 | 00:00:16 | 00:13:08 | 00:25:22 | 00:37:22 | 00:48:48 | | 00:50:51.60 | 00:51:08.25 | +00:21:20 (42.0%) | 5:05 | 11.8 (58.1%) |
| 203 | KRAWCZUK Andrzej | 312 | TEAMKARAŚ-ELBLĄG | M-60 | 15 | 00:00:02 | 00:12:39 | 00:24:32 | 00:36:37 | 00:48:47 | | 00:50:53.60 | 00:50:55.90 | +00:21:22 (42.0%) | 5:05 | 11.8 (58.1%) |
| 204 | KOPROWICZ Katarzyna | 342 | | K-40 | 9 | 00:00:07 | 00:12:37 | 00:24:33 | 00:36:45 | 00:48:56 | | 00:51:07.70 | 00:51:14.90 | +00:21:36 (42.3%) | 5:06 | 11.7 (57.6%) |
| 205 | MRÓWCZYŃSKI Tomasz | 41 | | M-30 | 47 | 00:00:26 | 00:13:15 | 00:25:35 | 00:37:35 | 00:49:08 | | 00:51:09.50 | 00:51:36.15 | +00:21:38 (42.3%) | 5:07 | 11.7 (57.6%) |
| 206 | KWIATKOWSKI Karol | 48 | | M-30 | 48 | 00:00:24 | 00:12:47 | 00:24:44 | 00:36:54 | 00:49:00 | | 00:51:10.90 | 00:51:35.15 | +00:21:40 (42.3%) | 5:07 | 11.7 (57.6%) |
| 207 | GRABOWSKA-LESISZ Aneta | 345 | | K-40 | 10 | 00:00:09 | 00:12:21 | 00:24:35 | 00:36:56 | 00:49:03 | | 00:51:15.85 | 00:51:25.30 | +00:21:44 (42.4%) | 5:07 | 11.7 (57.6%) |
| 208 | SPARZYŃSKI Adam | 143 | 1 BLWL | M-30 | 49 | 00:00:14 | 00:12:44 | 00:24:53 | 00:37:04 | 00:49:13 | | 00:51:26.15 | 00:51:40.45 | +00:21:55 (42.6%) | 5:08 | 11.7 (57.6%) |
| 209 | ZIĘTARA Rajmund | 315 | 2 RBLOG SKŁAD ZEGRZE | M-50 | 23 | 00:00:30 | 00:12:42 | 00:24:36 | 00:36:47 | 00:49:11 | | 00:51:30.85 | 00:52:01.00 | +00:21:59 (42.7%) | 5:09 | 11.6 (57.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Split 2.5km | Split 4.85km | Split 7.2km | Split 9.55km | Kara/ bonifikata | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|------------|-------------------------------------|-----------|------|-------------|-------------|--------------|-------------|--------------|------------------|--------------------|--------------------|-------------------|--------------|--------------|
| 210 | KURS Jarosław | 59 | TKKF KOLEJARZ BYDGOSZCZ | M-50 | 24 | 00:00:14 | 00:12:42 | 00:24:44 | 00:36:58 | 00:49:29 | | 00:51:34.75 | 00:51:48.90 | +00:22:03 (42.8%) | 5:09 | 11.6 (57.1%) |
| 211 | KONIEC Krzysztof | 120 | TKKF WODNIK WIĘCBORK | M-40 | 65 | 00:00:14 | 00:13:14 | 00:25:25 | 00:37:32 | 00:49:39 | | 00:51:42.60 | 00:51:56.85 | +00:22:11 (42.9%) | 5:10 | 11.6 (57.1%) |
| 212 | KLINIKOWSKI Jacek | 149 | KOCHAM ŻYCIE I... | M-40 | 66 | 00:00:14 | 00:13:26 | 00:25:46 | 00:37:57 | 00:49:56 | | 00:51:42.80 | 00:51:57.60 | +00:22:11 (42.9%) | 5:10 | 11.6 (57.1%) |
| 213 | NOWACZYK Zygmunt | 371 | BOLT TRZEMESZNO | M-50 | 25 | 00:00:37 | 00:13:27 | 00:25:45 | 00:37:47 | 00:49:37 | | 00:51:43.70 | 00:52:20.75 | +00:22:12 (42.9%) | 5:10 | 11.6 (57.1%) |
| 214 | BONALSKA Magdalena | 87 | | K-30 | 21 | 00:00:15 | 00:13:13 | 00:25:23 | 00:37:30 | 00:49:39 | | 00:51:48.85 | 00:52:04.50 | +00:22:17 (43.0%) | 5:10 | 11.6 (57.1%) |
| 215 | KLATECKI Adam | 116 | JEZUS ŻYJE | M-30 | 50 | 00:00:34 | 00:13:13 | 00:25:04 | 00:37:10 | 00:49:47 | | 00:52:01.70 | 00:52:36.05 | +00:22:30 (43.3%) | 5:12 | 11.5 (56.7%) |
| 216 | BEDNAREK Marta | 170 | CZARNE STOPY.SM | K-40 | 11 | 00:00:13 | 00:12:39 | 00:24:54 | 00:37:24 | 00:49:57 | | 00:52:12.00 | 00:52:25.15 | +00:22:41 (43.5%) | 5:13 | 11.5 (56.7%) |
| 217 | DRĄG Hubert | 334 | | M-40 | 67 | 00:00:06 | 00:12:12 | 00:23:59 | 00:36:45 | 00:49:59 | | 00:52:26.80 | 00:52:33.15 | +00:22:55 (43.7%) | 5:14 | 11.4 (56.2%) |
| 218 | ŁABENDA Piotr | 232 | | M-40 | 68 | 00:00:23 | 00:13:06 | 00:25:23 | 00:37:43 | 00:50:08 | | 00:52:26.85 | 00:52:50.40 | +00:22:55 (43.7%) | 5:14 | 11.4 (56.2%) |
| 219 | CZYŻEWSKA Justyna | 47 | | K-30 | 22 | 00:00:10 | 00:12:39 | 00:24:58 | 00:37:34 | 00:50:15 | | 00:52:35.20 | 00:52:46.05 | +00:23:04 (43.9%) | 5:15 | 11.4 (56.2%) |
| 220 | GOŁĘBIEWSKI Krzysztof | 303 | JUST 5 | M-20 | 19 | 00:00:16 | 00:12:43 | 00:25:22 | 00:38:07 | 00:50:45 | | 00:52:43.95 | 00:53:00.50 | +00:23:13 (44.0%) | 5:16 | 11.4 (56.2%) |
| 221 | BRZUSKIEWICZ Sławomir | 259 | ARTCOP | M-50 | 26 | 00:00:18 | 00:13:14 | 00:25:33 | 00:38:05 | 00:50:40 | | 00:52:44.60 | 00:53:02.90 | +00:23:13 (44.0%) | 5:16 | 11.4 (56.2%) |
| 222 | MORITZ Rafał | 37 | # ŚLIMAKI BARCIN | M-40 | 69 | 00:00:29 | 00:13:33 | 00:25:58 | 00:38:07 | 00:50:49 | | 00:52:49.95 | 00:53:19.55 | +00:23:19 (44.1%) | 5:17 | 11.4 (56.2%) |
| 223 | ŻMUDZIEJEWSKI Krzysztof | 324 | | M-20 | 20 | 00:00:30 | 00:14:06 | 00:25:45 | 00:37:55 | 00:50:36 | | 00:52:50.50 | 00:53:20.55 | +00:23:19 (44.1%) | 5:17 | 11.4 (56.2%) |
| 224 | ZIÓŁKOWSKI Mieczysław | 62 | DECATHLON TEAM INOWROCŁAW | M-50 | 27 | 00:00:14 | 00:12:29 | 00:25:19 | 00:38:16 | 00:50:47 | | 00:52:50.75 | 00:53:05.35 | +00:23:19 (44.1%) | 5:17 | 11.4 (56.2%) |
| 225 | KUJAWA Roger | 415 | ŚLIMAKI BARCIN | M-40 | 70 | 00:00:27 | 00:13:34 | 00:26:00 | 00:38:09 | 00:50:51 | | 00:52:51.90 | 00:53:19.55 | +00:23:21 (44.2%) | 5:17 | 11.3 (55.7%) |
| 226 | BRYWCZYŃSKA Justyna | 246 | #SLIMAKIBARCIN / RODOS TEAM | K-40 | 12 | 00:00:26 | 00:13:36 | 00:26:01 | 00:38:10 | 00:50:52 | | 00:52:53.55 | 00:53:19.65 | +00:23:22 (44.2%) | 5:17 | 11.3 (55.7%) |
| 227 | ANDRZEJEWSKI Ryszard | 50 | | M-70 | 2 | 00:00:09 | 00:12:24 | 00:24:46 | 00:37:34 | 00:50:37 | | 00:52:55.10 | 00:53:04.70 | +00:23:24 (44.2%) | 5:17 | 11.3 (55.7%) |
| 228 | KORBEL Ewa | 390 | OBÓZ BIEGOWY BRZOZA, GRAZIA-RUNNING | K-50 | 2 | 00:00:25 | 00:13:14 | 00:25:41 | 00:38:12 | 00:50:46 | | 00:53:00.65 | 00:53:25.85 | +00:23:29 (44.3%) | 5:18 | 11.3 (55.7%) |
| 229 | GIOLDA Piotr | 64 | | M-20 | 21 | 00:00:17 | 00:13:25 | 00:25:41 | 00:38:02 | 00:50:51 | | 00:53:04.80 | 00:53:22.25 | +00:23:33 (44.4%) | 5:18 | 11.3 (55.7%) |
| 230 | BRACICHOWICZ Bogumiła | 115 | | K-50 | 3 | 00:00:26 | 00:13:33 | 00:26:05 | 00:38:38 | 00:50:58 | | 00:53:08.15 | 00:53:34.25 | +00:23:37 (44.5%) | 5:18 | 11.3 (55.7%) |
| 231 | SADOWSKI Michał | 252 | BARTOLEK PL | M-30 | 51 | 00:00:10 | 00:12:48 | 00:24:53 | 00:37:28 | 00:50:49 | | 00:53:08.55 | 00:53:19.35 | +00:23:37 (44.5%) | 5:18 | 11.3 (55.7%) |
| 232 | FABROWSKI Dawid | 255 | | M-30 | 52 | 00:00:22 | 00:13:04 | 00:25:22 | 00:38:04 | 00:51:00 | | 00:53:09.65 | 00:53:32.30 | +00:23:38 (44.5%) | 5:19 | 11.3 (55.7%) |
| 233 | KAZUBOWSKI Jeremiasz | 196 | | M-20 | 22 | 00:00:18 | 00:13:09 | 00:25:50 | 00:38:22 | 00:50:49 | | 00:53:10.10 | 00:53:28.65 | +00:23:39 (44.5%) | 5:19 | 11.3 (55.7%) |
| 234 | STEFANOWICZ Marcin | 396 | | M-30 | 53 | 00:00:07 | 00:12:26 | 00:24:58 | 00:37:54 | 00:50:57 | | 00:53:15.30 | 00:53:22.50 | +00:23:44 (44.6%) | 5:19 | 11.3 (55.7%) |
| 235 | NOWAK Krzysztof | 347 | TRIBA BOSIR BARCIN | M-30 | 54 | 00:00:28 | 00:13:10 | 00:25:40 | 00:38:18 | 00:51:02 | | 00:53:20.70 | 00:53:49.40 | +00:23:49 (44.7%) | 5:20 | 11.2 (55.2%) |
| 236 | JURSKI Robert | 265 | | M-40 | 71 | 00:00:23 | 00:13:44 | 00:26:17 | 00:39:00 | 00:51:18 | | 00:53:20.85 | 00:53:44.40 | +00:23:49 (44.7%) | 5:20 | 11.2 (55.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Split 2.5km | Split 4.85km | Split 7.2km | Split 9.55km | Kara/ bonifikata | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|-------------------------|-----------|------|-------------|-------------|--------------|-------------|--------------|------------------|--------------------|--------------------|-------------------|--------------|--------------|
| 237 | URBAŃSKI Wojciech | 101 | 56. BAZA LOTNICZA | M-40 | 72 | 00:00:29 | 00:13:41 | 00:26:23 | 00:39:06 | 00:51:24 | | 00:53:20.90 | 00:53:49.90 | +00:23:50 (44.7%) | 5:20 | 11.3 (55.7%) |
| 238 | MAGDZIARZ Kasia | 318 | KANCELARIA - HMM | K-30 | 23 | 00:00:26 | 00:13:09 | 00:25:13 | 00:38:13 | 00:51:09 | | 00:53:21.30 | 00:53:47.50 | +00:23:50 (44.7%) | 5:20 | 11.2 (55.2%) |
| 239 | KRYSKE Mariusz | 191 | SPÓJNIA BIAŁE BŁOTA | M-30 | 55 | 00:00:35 | 00:14:17 | 00:26:58 | 00:39:19 | 00:51:13 | | 00:53:22.85 | 00:53:57.95 | +00:23:51 (44.7%) | 5:20 | 11.2 (55.2%) |
| 240 | PAŚ Michał | 142 | CHARTY SZELEJEWO | M-40 | 73 | 00:00:18 | 00:13:51 | 00:26:24 | 00:39:04 | 00:51:23 | | 00:53:23.95 | 00:53:42.30 | +00:23:53 (44.7%) | 5:20 | 11.2 (55.2%) |
| 241 | WĘGRZYN Wiktoria | 385 | | K-1 | 2 | 00:00:05 | 00:13:04 | 00:25:53 | 00:38:34 | 00:51:03 | | 00:53:24.05 | 00:53:29.40 | +00:23:53 (44.7%) | 5:20 | 11.2 (55.2%) |
| 242 | BRATEK Andrzej | 328 | TKKF KOLEJARZ BYDGOSZCZ | M-50 | 28 | 00:00:15 | 00:12:47 | 00:25:29 | 00:38:10 | 00:51:10 | | 00:53:28.70 | 00:53:43.70 | +00:23:57 (44.8%) | 5:20 | 11.2 (55.2%) |
| 243 | KOLANOWSKI Wojciech | 23 | | M-50 | 29 | 00:00:12 | 00:13:10 | 00:25:56 | 00:38:41 | 00:51:23 | | 00:53:29.15 | 00:53:41.60 | +00:23:58 (44.8%) | 5:20 | 11.2 (55.2%) |
| 244 | JUSZCZAK Jakub | 241 | | M-30 | 56 | 00:00:29 | 00:13:34 | 00:26:19 | 00:39:10 | 00:51:26 | | 00:53:29.45 | 00:53:59.30 | +00:23:58 (44.8%) | 5:21 | 11.2 (55.2%) |
| 245 | BRYCKI Łukasz | 266 | | M-30 | 57 | 00:00:23 | 00:13:44 | 00:26:17 | 00:39:01 | 00:51:19 | | 00:53:33.20 | 00:53:56.45 | +00:24:02 (44.9%) | 5:21 | 11.2 (55.2%) |
| 246 | BORKOWSKI Adam | 273 | BRZOZA BIEGA | M-40 | 74 | 00:00:19 | 00:13:08 | 00:25:39 | 00:38:22 | 00:51:14 | | 00:53:33.40 | 00:53:53.05 | +00:24:02 (44.9%) | 5:21 | 11.2 (55.2%) |
| 247 | NURKIEWICZ Jarosław | 129 | KUNG FU PANDY 3 | M-40 | 75 | 00:00:17 | 00:13:17 | 00:25:47 | 00:38:36 | 00:51:28 | | 00:53:35.10 | 00:53:52.20 | +00:24:04 (44.9%) | 5:21 | 11.2 (55.2%) |
| 248 | RYBAK Krzysztof | 357 | | M-60 | 16 | 00:00:11 | 00:12:48 | 00:25:10 | 00:38:01 | 00:51:12 | | 00:53:37.35 | 00:53:48.65 | +00:24:06 (45.0%) | 5:21 | 11.2 (55.2%) |
| 249 | JĘDRZEJCZYK Mirosław | 231 | | M-50 | 30 | 00:00:20 | 00:14:05 | 00:26:21 | 00:39:00 | 00:51:26 | | 00:53:47.30 | 00:54:07.80 | +00:24:16 (45.1%) | 5:22 | 11.2 (55.2%) |
| 250 | MICHNA Justyna | 302 | | K-40 | 13 | 00:00:22 | 00:13:17 | 00:25:56 | 00:38:37 | 00:51:30 | | 00:53:47.95 | 00:54:10.25 | +00:24:17 (45.1%) | 5:22 | 11.2 (55.2%) |
| 251 | STYKAŁA Adrianna | 110 | | K-1 | 3 | 00:00:21 | 00:13:18 | 00:25:57 | 00:38:38 | 00:51:31 | | 00:53:48.25 | 00:54:10.20 | +00:24:17 (45.1%) | 5:22 | 11.1 (54.7%) |
| 252 | STYKAŁA Magdalena | 109 | | K-40 | 14 | 00:00:21 | 00:13:18 | 00:25:57 | 00:38:38 | 00:51:31 | | 00:53:49.10 | 00:54:10.25 | +00:24:18 (45.2%) | 5:22 | 11.1 (54.7%) |
| 253 | STRABEL Piotr | 68 | | M-60 | 17 | 00:00:18 | 00:13:53 | 00:26:44 | 00:39:30 | 00:51:49 | | 00:53:55.70 | 00:54:14.30 | +00:24:24 (45.3%) | 5:23 | 11.1 (54.7%) |
| 254 | DRÓŹDŹ Małgorzata | 258 | | K-30 | 24 | 00:00:31 | 00:13:55 | 00:26:31 | 00:39:21 | 00:51:52 | | 00:53:58.70 | 00:54:30.55 | +00:24:27 (45.3%) | 5:23 | 11.1 (54.7%) |
| 255 | ZAKOŚCIELNY Krzysztof | 207 | | M-50 | 31 | 00:00:16 | 00:13:32 | 00:26:13 | 00:38:58 | 00:51:40 | | 00:53:59.50 | 00:54:15.75 | +00:24:28 (45.3%) | 5:23 | 11.1 (54.7%) |
| 256 | GRONOWSKI Marcin | 98 | | M-20 | 23 | 00:00:19 | 00:13:17 | 00:25:57 | 00:38:42 | 00:51:45 | | 00:54:02.55 | 00:54:21.55 | +00:24:31 (45.4%) | 5:24 | 11.1 (54.7%) |
| 257 | TYLUTKI Radosław | 253 | # ŚLIMAKI BARCIN | M-30 | 58 | 00:00:27 | 00:13:34 | 00:26:18 | 00:39:11 | 00:51:59 | | 00:54:08.00 | 00:54:35.60 | +00:24:37 (45.5%) | 5:24 | 11.1 (54.7%) |
| 258 | JAMNY Miłosz | 359 | | M-60 | 18 | 00:00:16 | 00:12:44 | 00:25:09 | 00:38:17 | 00:51:44 | | 00:54:08.70 | 00:54:25.35 | +00:24:37 (45.5%) | 5:24 | 11.1 (54.7%) |
| 259 | KUCHARSKI Jarosław | 254 | # ŚLIMAKI BARCIN | M-40 | 76 | 00:00:26 | 00:13:36 | 00:26:19 | 00:39:12 | 00:52:01 | | 00:54:09.75 | 00:54:36.40 | +00:24:38 (45.5%) | 5:25 | 11.1 (54.7%) |
| 260 | MIŁO Adam | 360 | | M-40 | 77 | 00:00:22 | 00:13:26 | 00:26:01 | 00:39:00 | 00:51:56 | | 00:54:11.00 | 00:54:33.15 | +00:24:40 (45.5%) | 5:25 | 11.1 (54.7%) |
| 261 | DERENDA Mirosław | 70 | 1 BLWL | M-40 | 78 | 00:00:15 | 00:13:06 | 00:25:37 | 00:38:30 | 00:51:47 | | 00:54:11.40 | 00:54:27.30 | +00:24:40 (45.5%) | 5:25 | 11.1 (54.7%) |
| 262 | BRZozowski Jarosław | 65 | BRZOZA TRI TEAM | M-50 | 32 | 00:00:22 | 00:13:41 | 00:26:25 | 00:39:17 | 00:51:55 | | 00:54:12.50 | 00:54:35.20 | +00:24:41 (45.6%) | 5:25 | 11.1 (54.7%) |
| 263 | PORAZINSKA Viktoria | 275 | BYDGOSZCZ NA START. | K-40 | 15 | 00:00:10 | 00:13:15 | 00:26:11 | 00:39:00 | 00:51:55 | | 00:54:12.55 | 00:54:23.05 | +00:24:41 (45.6%) | 5:25 | 11.1 (54.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Split 2.5km | Split 4.85km | Split 7.2km | Split 9.55km | Kara/ bonifikata | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|-------------------------------------|-----------|------|-------------|-------------|--------------|-------------|--------------|------------------|-----------------|------------------|-------------------|--------------|--------------|
| 264 | MAKUCH Mikołaj | 71 | | M-20 | 24 | 00:00:30 | 00:14:06 | 00:27:00 | 00:39:58 | 00:52:13 | | 00:54:13.05 | 00:54:43.30 | +00:24:42 (45.6%) | 5:25 | 11.1 (54.7%) |
| 265 | KULINSKI Zbigniew | 121 | | M-30 | 59 | 00:00:24 | 00:12:47 | 00:24:57 | 00:38:08 | 00:51:42 | | 00:54:20.75 | 00:54:45.65 | +00:24:49 (45.7%) | 5:26 | 11 (54.2%) |
| 266 | KOSIARSKI Tomasz | 239 | | M-40 | 79 | 00:00:23 | 00:14:14 | 00:27:15 | 00:40:01 | 00:52:20 | | 00:54:23.00 | 00:54:46.25 | +00:24:52 (45.7%) | 5:26 | 11 (54.2%) |
| 267 | BOROWIEC Wioleta | 127 | BBL SZUBIN | K-30 | 25 | 00:00:08 | 00:13:10 | 00:26:02 | 00:39:03 | 00:52:09 | | 00:54:29.45 | 00:54:37.80 | +00:24:58 (45.8%) | 5:26 | 11 (54.2%) |
| 268 | LEWANDOWSKA Dorota | 235 | | K-40 | 16 | 00:00:16 | 00:13:00 | 00:25:54 | 00:38:48 | 00:52:13 | | 00:54:34.20 | 00:54:50.35 | +00:25:03 (45.9%) | 5:27 | 11 (54.2%) |
| 269 | MALAK Robert | 285 | | M-40 | 80 | 00:00:32 | 00:13:40 | 00:26:37 | 00:39:39 | 00:52:22 | | 00:54:41.90 | 00:55:14.60 | +00:25:11 (46.0%) | 5:28 | 11 (54.2%) |
| 270 | KUCZEK Monika | 311 | KS ZRYW RADZIEJÓW | K-30 | 26 | 00:00:13 | 00:14:10 | 00:26:59 | 00:39:37 | 00:52:24 | | 00:54:42.05 | 00:54:55.35 | +00:25:11 (46.0%) | 5:28 | 11 (54.2%) |
| 271 | TURZYŃSKI Jacek | 288 | | M-40 | 81 | 00:00:31 | 00:13:41 | 00:26:38 | 00:39:39 | 00:52:22 | | 00:54:42.75 | 00:55:14.60 | +00:25:11 (46.1%) | 5:28 | 11 (54.2%) |
| 272 | MICHALIK Łukasz | 337 | BRZOZA BIEGA | M-30 | 60 | 00:00:31 | 00:14:24 | 00:27:26 | 00:40:16 | 00:52:50 | | 00:54:46.40 | 00:55:17.55 | +00:25:15 (46.1%) | 5:28 | 11 (54.2%) |
| 273 | KRYSTOFIAK Robert | 61 | | M-40 | 82 | 00:00:17 | 00:13:16 | 00:26:09 | 00:39:16 | 00:52:27 | | 00:54:47.35 | 00:55:05.25 | +00:25:16 (46.1%) | 5:28 | 10.9 (53.7%) |
| 274 | STĘPIEŃ Monika | 75 | CZARNE STOPY.SM | K-40 | 17 | 00:00:13 | 00:13:27 | 00:26:08 | 00:39:08 | 00:52:24 | | 00:54:48.05 | 00:55:01.95 | +00:25:17 (46.1%) | 5:28 | 10.9 (53.7%) |
| 275 | GÓRSKA Joanna | 201 | TASAK TEAM | K-30 | 27 | 00:00:17 | 00:14:01 | 00:27:02 | 00:40:03 | 00:52:47 | | 00:54:54.80 | 00:55:12.05 | +00:25:23 (46.3%) | 5:29 | 10.9 (53.7%) |
| 276 | RENC Patryk | 369 | SERCE TYBETU | M-20 | 25 | 00:00:26 | 00:13:52 | 00:26:55 | 00:39:53 | 00:52:53 | | 00:54:55.70 | 00:55:22.15 | +00:25:24 (46.3%) | 5:29 | 10.9 (53.7%) |
| 277 | KONONOWICZ Zuzanna | 40 | | K-1 | 4 | 00:00:15 | 00:13:57 | 00:26:54 | 00:39:55 | 00:52:38 | | 00:54:57.05 | 00:55:12.65 | +00:25:26 (46.3%) | 5:29 | 10.9 (53.7%) |
| 278 | CZECH Jacek | 387 | GRAZIA RUNNING | M-40 | 83 | 00:00:27 | 00:13:37 | 00:26:43 | 00:39:54 | 00:52:59 | | 00:55:04.20 | 00:55:31.65 | +00:25:33 (46.4%) | 5:30 | 10.9 (53.7%) |
| 279 | ANASZEWICZ Marzena | 405 | | K-40 | 18 | 00:00:06 | 00:13:23 | 00:26:19 | 00:39:32 | 00:52:49 | | 00:55:04.85 | 00:55:11.80 | +00:25:33 (46.4%) | 5:30 | 10.9 (53.7%) |
| 280 | STASZEWSKA Marzena | 394 | OBÓZ BIEGOWY BRZOZA, GRAZIA-RUNNING | K-30 | 28 | 00:00:22 | 00:13:32 | 00:26:35 | 00:39:52 | 00:52:59 | | 00:55:07.20 | 00:55:29.95 | +00:25:36 (46.5%) | 5:30 | 10.9 (53.7%) |
| 281 | BUDZIK Kazimierz | 171 | | M-60 | 19 | 00:00:15 | 00:14:00 | 00:26:56 | 00:39:52 | 00:52:49 | | 00:55:10.60 | 00:55:26.25 | +00:25:39 (46.5%) | 5:31 | 10.9 (53.7%) |
| 282 | WEGNER Roman | 219 | | M-50 | 33 | 00:00:14 | 00:13:14 | 00:26:07 | 00:39:23 | 00:52:49 | | 00:55:12.50 | 00:55:27.25 | +00:25:41 (46.5%) | 5:31 | 10.9 (53.7%) |
| 283 | TREPANOWSKI Tomasz | 264 | | M-50 | 34 | 00:00:21 | 00:14:13 | 00:27:05 | 00:39:58 | 00:52:57 | | 00:55:18.05 | 00:55:39.65 | +00:25:47 (46.6%) | 5:31 | 10.8 (53.2%) |
| 284 | JAŹDŹEWSKA Grażyna | 58 | | K-40 | 19 | 00:00:03 | 00:13:58 | 00:26:55 | 00:39:59 | 00:53:01 | | 00:55:22.65 | 00:55:26.60 | +00:25:51 (46.7%) | 5:32 | 10.8 (53.2%) |
| 285 | CENTKOWSKA Iwona | 175 | KS ZRYW RADZIEJÓW | K-40 | 20 | 00:00:12 | 00:13:35 | 00:26:30 | 00:39:41 | 00:53:01 | | 00:55:22.90 | 00:55:35.20 | +00:25:52 (46.7%) | 5:32 | 10.8 (53.2%) |
| 286 | PITUŁA Monika | 113 | | K-30 | 29 | 00:00:31 | 00:14:13 | 00:27:11 | 00:40:08 | 00:53:12 | | 00:55:23.65 | 00:55:55.40 | +00:25:52 (46.7%) | 5:32 | 10.8 (53.2%) |
| 287 | KUBIAK Małgorzata | 418 | | K-50 | 4 | 00:00:30 | 00:13:50 | 00:26:49 | 00:39:56 | 00:53:09 | | 00:55:26.85 | 00:55:57.60 | +00:25:55 (46.8%) | 5:32 | 10.8 (53.2%) |
| 288 | KALACZYŃSKI Grzegorz | 159 | | M-40 | 84 | 00:00:19 | 00:13:49 | 00:26:44 | 00:39:57 | 00:53:11 | | 00:55:32.15 | 00:55:51.55 | +00:26:01 (46.9%) | 5:33 | 10.8 (53.2%) |
| 289 | KOWALSKI Grzegorz | 26 | | M-50 | 35 | 00:00:09 | 00:13:15 | 00:26:20 | 00:39:48 | 00:53:17 | | 00:55:37.40 | 00:55:47.05 | +00:26:06 (46.9%) | 5:33 | 10.8 (53.2%) |
| 290 | NAWROCKI Marcin | 73 | DELIKATESY RYBNE FISHKA.PL | M-30 | 61 | 00:00:33 | 00:14:04 | 00:26:56 | 00:39:55 | 00:53:25 | | 00:55:45.70 | 00:56:19.35 | +00:26:14 (47.1%) | 5:34 | 10.8 (53.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Split 2.5km | Split 4.85km | Split 7.2km | Split 9.55km | Kara/ bonifikata | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|------------|----------------------------|-----------|------|-------------|-------------|--------------|-------------|--------------|------------------|--------------------|--------------------|-------------------|--------------|--------------|
| 291 | STAWOWSKA-WATRAS Marta | 74 | DELIKATESY RYBNE FISHKA.PL | K-30 | 30 | 00:00:33 | 00:14:04 | 00:26:56 | 00:39:55 | 00:53:25 | | 00:55:46.25 | 00:56:19.65 | +00:26:15 (47.1%) | 5:34 | 10.8 (53.2%) |
| 292 | TOCZKIEWICZ Kaja | 166 | | K-1 | 5 | 00:00:07 | 00:14:06 | 00:27:35 | 00:40:33 | 00:53:36 | | 00:55:46.70 | 00:55:54.45 | +00:26:15 (47.1%) | 5:34 | 10.8 (53.2%) |
| 293 | KRUSZYNA Renata | 92 | | K-30 | 31 | 00:00:08 | 00:13:33 | 00:26:43 | 00:40:09 | 00:53:30 | | 00:55:53.20 | 00:56:01.45 | +00:26:22 (47.2%) | 5:35 | 10.7 (52.7%) |
| 294 | DUTKIEWICZ Gracjan | 417 | | M-40 | 85 | 00:00:19 | 00:13:11 | 00:25:59 | 00:39:53 | 00:53:29 | | 00:55:58.10 | 00:56:17.10 | +00:26:27 (47.3%) | 5:35 | 10.7 (52.7%) |
| 295 | FARBICKA-ŻYWICA Paulina | 367 | BRZOZA BIEGA | K-40 | 21 | 00:00:05 | 00:13:49 | 00:27:04 | 00:40:26 | 00:53:56 | | 00:56:17.45 | 00:56:23.25 | +00:26:46 (47.6%) | 5:37 | 10.7 (52.7%) |
| 296 | SŁOMA Maria | 249 | | K-1 | 6 | 00:00:19 | 00:15:08 | 00:29:00 | 00:42:27 | 00:54:22 | | 00:56:24.40 | 00:56:44.10 | +00:26:53 (47.7%) | 5:38 | 10.6 (52.2%) |
| 297 | GROTT Bartłomiej | 261 | | M-40 | 86 | 00:00:25 | 00:13:43 | 00:26:59 | 00:40:34 | 00:54:12 | | 00:56:38.75 | 00:57:04.25 | +00:27:07 (47.9%) | 5:39 | 10.6 (52.2%) |
| 298 | MOYS Tomasz | 200 | | M-50 | 36 | 00:00:19 | 00:14:09 | 00:27:28 | 00:40:51 | 00:54:19 | | 00:56:41.05 | 00:57:01.00 | +00:27:10 (47.9%) | 5:40 | 10.6 (52.2%) |
| 299 | ANDRYSZAK Vanessa | 350 | ROWEROWA BRZOZA | K-1 | 7 | 00:00:08 | 00:13:51 | 00:27:17 | 00:40:54 | 00:54:28 | | 00:56:48.90 | 00:56:57.15 | +00:27:18 (48.1%) | 5:40 | 10.6 (52.2%) |
| 300 | ROŚ Adam | 184 | | M-40 | 87 | 00:00:32 | 00:14:40 | 00:28:21 | 00:42:00 | 00:54:48 | | 00:56:49.15 | 00:57:21.90 | +00:27:18 (48.1%) | 5:40 | 10.6 (52.2%) |
| 301 | ROŚ Maciej | 185 | | M-1 | 4 | 00:00:31 | 00:14:41 | 00:28:23 | 00:42:01 | 00:54:49 | | 00:56:50.35 | 00:57:21.55 | +00:27:19 (48.1%) | 5:41 | 10.6 (52.2%) |
| 302 | GRZYWACZ Marcin | 203 | | M-30 | 62 | 00:00:12 | 00:12:48 | 00:25:54 | 00:40:49 | 00:54:30 | | 00:56:55.65 | 00:57:07.95 | +00:27:24 (48.2%) | 5:41 | 10.5 (51.7%) |
| 303 | KASPROWICZ Piotr | 97 | JW1515 BYDGOSZCZ | M-30 | 63 | 00:00:15 | 00:14:10 | 00:27:38 | 00:41:26 | 00:54:39 | | 00:56:55.70 | 00:57:10.75 | +00:27:24 (48.2%) | 5:41 | 10.5 (51.7%) |
| 304 | WELNICKI Waldemar | 217 | GOSIR OSIELSKO | M-40 | 88 | 00:00:18 | 00:14:22 | 00:27:43 | 00:41:03 | 00:54:42 | | 00:57:00.70 | 00:57:19.25 | +00:27:29 (48.2%) | 5:42 | 10.5 (51.7%) |
| 305 | KOAJDA Jarosław | 180 | SOLECCY BIEGACZE | M-50 | 37 | 00:00:18 | 00:14:24 | 00:27:43 | 00:41:04 | 00:54:42 | | 00:57:01.10 | 00:57:19.20 | +00:27:30 (48.2%) | 5:42 | 10.5 (51.7%) |
| 306 | DĄBROWSKI Jarek | 125 | URSA | M-40 | 89 | 00:00:32 | 00:14:26 | 00:27:42 | 00:41:13 | 00:54:44 | | 00:57:02.25 | 00:57:35.00 | +00:27:31 (48.3%) | 5:42 | 10.5 (51.7%) |
| 307 | MAKUCH-DOBOSZ Urszula | 373 | | K-40 | 22 | 00:00:31 | 00:14:05 | 00:27:34 | 00:41:18 | 00:54:43 | | 00:57:07.30 | 00:57:38.45 | +00:27:36 (48.3%) | 5:42 | 10.5 (51.7%) |
| 307 | DOBOSZ Kamil | 372 | | M-30 | 64 | 00:00:31 | 00:14:05 | 00:27:34 | 00:41:17 | 00:54:42 | | 00:57:07.30 | 00:57:38.55 | +00:27:36 (48.3%) | 5:42 | 10.5 (51.7%) |
| 309 | CENTKOWSKA Ewelina | 327 | SPC | K-30 | 32 | 00:00:29 | 00:14:02 | 00:27:21 | 00:40:57 | 00:54:43 | | 00:57:10.80 | 00:57:40.25 | +00:27:39 (48.4%) | 5:43 | 10.5 (51.7%) |
| 310 | WIŚNIEWSKI Włodzimierz | 179 | | M-50 | 38 | 00:00:28 | 00:14:01 | 00:27:17 | 00:40:55 | 00:54:43 | | 00:57:11.40 | 00:57:39.95 | +00:27:40 (48.4%) | 5:43 | 10.5 (51.7%) |
| 311 | JASKULSKI Bartosz | 197 | | M-40 | 90 | 00:00:15 | 00:14:47 | 00:28:12 | 00:41:48 | 00:54:59 | | 00:57:11.50 | 00:57:26.90 | +00:27:40 (48.4%) | 5:43 | 10.5 (51.7%) |
| 312 | SZTEJKA Damian | 245 | | M-40 | 91 | 00:00:34 | 00:14:46 | 00:28:27 | 00:41:50 | 00:55:04 | | 00:57:14.20 | 00:57:48.95 | +00:27:43 (48.4%) | 5:43 | 10.5 (51.7%) |
| 313 | SZTEJKA Jolanta | 244 | | K-40 | 23 | 00:00:32 | 00:14:48 | 00:28:29 | 00:41:53 | 00:55:07 | | 00:57:16.60 | 00:57:49.35 | +00:27:45 (48.5%) | 5:43 | 10.5 (51.7%) |
| 314 | KRYSZTOFIAK Michał | 377 | | M-40 | 92 | 00:00:26 | 00:14:24 | 00:28:00 | 00:41:46 | 00:55:03 | | 00:57:27.25 | 00:57:54.00 | +00:27:56 (48.6%) | 5:44 | 10.4 (51.2%) |
| 315 | SALITA Lech | 32 | ALTOM GNIEZNO | M-50 | 39 | 00:00:22 | 00:14:35 | 00:28:07 | 00:41:38 | 00:55:05 | | 00:57:30.90 | 00:57:53.30 | +00:28:00 (48.7%) | 5:45 | 10.4 (51.2%) |
| 316 | NIKOLAJEW Monika | 96 | | K-30 | 33 | 00:00:17 | 00:14:07 | 00:27:34 | 00:41:16 | 00:55:10 | | 00:57:34.20 | 00:57:51.80 | +00:28:03 (48.7%) | 5:45 | 10.4 (51.2%) |
| 317 | RYDLEWSKI Marek | 237 | RUN BYDGOSZCZ | M-40 | 93 | 00:00:33 | 00:14:51 | 00:28:44 | 00:42:19 | 00:55:50 | | 00:57:44.95 | 00:58:18.15 | +00:28:14 (48.9%) | 5:46 | 10.4 (51.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Split 2.5km | Split 4.85km | Split 7.2km | Split 9.55km | Kara/ bonifikata | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------|-------|-------------------------------------|-----------|------|-------------|-------------|--------------|-------------|--------------|------------------|-----------------|------------------|-------------------|--------------|--------------|
| 318 | HEBDA Damian | 242 | 56. BAZA LOTNICZA | M-30 | 65 | 00:00:28 | 00:14:07 | 00:28:01 | 00:41:48 | 00:55:24 | | 00:57:45.95 | 00:58:14.90 | +00:28:15 (48.9%) | 5:46 | 10.4 (51.2%) |
| 319 | RYDLEWSKI Andrzej | 220 | RUN BYDGOSZCZ | M-30 | 66 | 00:00:33 | 00:14:51 | 00:28:44 | 00:42:19 | 00:55:50 | | 00:57:49.20 | 00:58:22.30 | +00:28:18 (49.0%) | 5:46 | 10.4 (51.2%) |
| 320 | JENDRZEJCZAK Dawid | 269 | | M-20 | 26 | 00:00:34 | 00:14:32 | 00:27:52 | 00:41:37 | 00:55:33 | | 00:57:49.50 | 00:58:24.35 | +00:28:18 (49.0%) | 5:47 | 10.4 (51.2%) |
| 321 | PAWLACZYK-MATELA Emilia | 338 | | K-30 | 34 | 00:00:25 | 00:14:48 | 00:28:09 | 00:41:31 | 00:55:36 | | 00:57:55.85 | 00:58:21.80 | +00:28:24 (49.1%) | 5:47 | 10.4 (51.2%) |
| 322 | JĘDRZEJCZYK Marzenna | 230 | | K-50 | 5 | 00:00:20 | 00:14:31 | 00:28:08 | 00:41:54 | 00:55:36 | | 00:58:05.55 | 00:58:26.00 | +00:28:34 (49.2%) | 5:48 | 10.3 (50.7%) |
| 323 | GADOMSKA Maria | 221 | RUN BYDGOSZCZ | K-60 | 1 | 00:00:13 | 00:14:01 | 00:27:13 | 00:42:13 | 00:55:49 | | 00:58:07.50 | 00:58:20.50 | +00:28:36 (49.2%) | 5:48 | 10.3 (50.7%) |
| 324 | ZIELIŃSKI Radosław | 122 | | M-30 | 67 | 00:00:23 | 00:14:24 | 00:28:15 | 00:42:19 | 00:56:14 | | 00:58:24.85 | 00:58:48.70 | +00:28:53 (49.5%) | 5:50 | 10.3 (50.7%) |
| 325 | SCHEFFS Mirosław | 281 | | M-50 | 40 | 00:00:11 | 00:14:06 | 00:27:38 | 00:41:50 | 00:56:12 | | 00:58:34.35 | 00:58:45.95 | +00:29:03 (49.6%) | 5:51 | 10.2 (50.2%) |
| 326 | KOSAKOWSKA Barbara | 7 | OBÓZ BIEGOWY | K-50 | 6 | 00:00:24 | 00:14:17 | 00:28:33 | 00:42:10 | 00:56:05 | | 00:58:36.00 | 00:59:00.15 | +00:29:05 (49.6%) | 5:51 | 10.2 (50.2%) |
| 327 | KOLSKI Michał | 119 | | M-30 | 68 | 00:00:11 | 00:14:20 | 00:28:18 | 00:42:06 | 00:56:11 | | 00:58:46.20 | 00:58:57.30 | +00:29:15 (49.8%) | 5:52 | 10.2 (50.2%) |
| 328 | KUDŁA Krzysztof | 177 | | M-60 | 20 | 00:00:07 | 00:13:47 | 00:27:40 | 00:41:52 | 00:56:14 | | 00:58:47.50 | 00:58:55.00 | +00:29:16 (49.8%) | 5:52 | 10.2 (50.2%) |
| 329 | SZELĄG Wojciech | 95 | | M-50 | 41 | 00:00:24 | 00:14:11 | 00:27:49 | 00:41:46 | 00:56:14 | | 00:58:54.80 | 00:59:18.90 | +00:29:23 (49.9%) | 5:53 | 10.2 (50.2%) |
| 330 | SKORUPKA Radek | 370 | | M-30 | 69 | 00:00:26 | 00:14:25 | 00:27:59 | 00:41:46 | 00:56:15 | | 00:58:56.35 | 00:59:22.40 | +00:29:25 (49.9%) | 5:53 | 10.2 (50.2%) |
| 331 | MAZUR Justyna | 332 | | K-20 | 5 | 00:00:16 | 00:14:16 | 00:28:42 | 00:42:53 | 00:56:37 | | 00:59:00.40 | 00:59:16.55 | +00:29:29 (50.0%) | 5:54 | 10.2 (50.2%) |
| 332 | SKRZĄTEK Anna | 286 | | K-40 | 24 | 00:00:21 | 00:14:15 | 00:28:09 | 00:42:20 | 00:56:54 | | 00:59:21.15 | 00:59:43.05 | +00:29:50 (50.3%) | 5:56 | 10.1 (49.8%) |
| 333 | CYBUL Anna | 361 | | K-40 | 25 | 00:00:23 | 00:14:26 | 00:28:09 | 00:42:22 | 00:56:52 | | 00:59:22.95 | 00:59:46.30 | +00:29:52 (50.3%) | 5:56 | 10.1 (49.8%) |
| 334 | KWIATKOWSKI Paweł | 333 | | M-20 | 27 | 00:00:16 | 00:14:16 | 00:28:42 | 00:42:53 | 00:57:42 | | 00:59:50.45 | 01:00:06.50 | +00:30:19 (50.7%) | 5:59 | 10 (49.3%) |
| 335 | TROJAK Jakub | 353 | | M-1 | 5 | 00:00:34 | 00:16:26 | 00:31:31 | 00:45:09 | 00:57:48 | | 00:59:52.95 | 01:00:26.95 | +00:30:22 (50.7%) | 5:59 | 10 (49.3%) |
| 336 | KUKAWKA Aleksandra | 268 | | K-40 | 26 | 00:00:19 | 00:15:19 | 00:29:42 | 00:43:57 | 00:57:39 | | 00:59:56.10 | 01:00:15.55 | +00:30:25 (50.8%) | 5:59 | 10 (49.3%) |
| 337 | GAJZLER Jerzy | 51 | | M-60 | 21 | 00:00:13 | 00:13:57 | 00:28:07 | 00:42:55 | 00:57:30 | | 01:00:01.10 | 01:00:14.80 | +00:30:30 (50.8%) | 6:00 | 10 (49.3%) |
| 338 | RAMBOWICZ Andrzej | 344 | | M-40 | 94 | 00:00:35 | 00:14:46 | 00:28:43 | 00:43:06 | 00:57:36 | | 01:00:11.90 | 01:00:47.25 | +00:30:41 (51.0%) | 6:01 | 10 (49.3%) |
| 339 | PISZCZYGŁOWA Bernadeta | 57 | | K-40 | 27 | 00:00:16 | 00:14:11 | 00:28:33 | 00:43:04 | 00:57:44 | | 01:00:19.80 | 01:00:36.05 | +00:30:48 (51.1%) | 6:02 | 9.9 (48.8%) |
| 340 | BIELECKA Dorota | 391 | OBÓZ BIEGOWY BRZOZA, GRAZIA-RUNNING | K-40 | 28 | 00:00:25 | 00:16:50 | 00:32:44 | 00:45:54 | 00:58:28 | | 01:00:35.95 | 01:01:01.15 | +00:31:05 (51.3%) | 6:03 | 9.9 (48.8%) |
| 341 | POBIEDZIŃSKA Marta | 362 | POLONIA BYDGOSZCZ SLA | K-20 | 6 | 00:00:28 | 00:15:20 | 00:29:09 | 00:43:56 | 00:58:17 | | 01:00:43.80 | 01:01:12.00 | +00:31:12 (51.4%) | 6:04 | 9.9 (48.8%) |
| 342 | TRZYMKOWSKI Adrian | 153 | | M-20 | 28 | 00:00:24 | 00:14:18 | 00:28:24 | 00:43:23 | 00:58:36 | | 01:00:58.20 | 01:01:23.10 | +00:31:27 (51.6%) | 6:05 | 9.8 (48.3%) |
| 343 | CIEŚLICKI Krzysztof | 363 | SISU-OWB TEAM | M-30 | 70 | 00:00:29 | 00:15:19 | 00:29:09 | 00:43:56 | 00:58:17 | | 01:01:00.75 | 01:01:30.05 | +00:31:29 (51.6%) | 6:06 | 9.8 (48.3%) |
| 344 | CZEŚĆ Radosław | 80 | INOWROCŁAW BIEGA | M-40 | 95 | 00:00:25 | 00:14:42 | 00:28:56 | 00:44:02 | 00:59:02 | | 01:01:27.60 | 01:01:53.15 | +00:31:56 (52.0%) | 6:08 | 9.8 (48.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Split 2.5km | Split 4.85km | Split 7.2km | Split 9.55km | Kara/ bonifikata | Czas | | Tempo min/km | Tempo km/h | |
|-----|----------------------------|-------|--------------------------------|-----------|------|-------------|-------------|--------------|-------------|--------------|------------------|--------------------|--------------------|-------------------|------------|-------------|
| | | | | | | | | | | | | netto 10km | brutto 10km | | | Różn |
| 345 | HĘSIAK Marta | 375 | | K-20 | 7 | 00:00:15 | 00:14:46 | 00:29:25 | 00:44:20 | 00:59:01 | | 01:01:34.95 | 01:01:50.65 | +00:32:04 (52.1%) | 6:09 | 9.7 (47.8%) |
| 346 | KŁOBUKOWSKA Patrycja | 323 | LOTOS RUNNING TEAM | K-20 | 8 | 00:00:30 | 00:14:36 | 00:29:06 | 00:44:11 | 00:59:05 | | 01:01:44.15 | 01:02:14.65 | +00:32:13 (52.2%) | 6:10 | 9.7 (47.8%) |
| 347 | KNIOŁA Lucyna | 52 | | K-50 | 7 | 00:00:23 | 00:14:44 | 00:28:58 | 00:44:03 | 00:59:04 | | 01:01:45.55 | 01:02:08.90 | +00:32:14 (52.2%) | 6:10 | 9.7 (47.8%) |
| 348 | WYKRZYKOWSKI Andrzej | 305 | | M-60 | 22 | 00:00:08 | 00:14:21 | 00:29:00 | 00:44:11 | 00:59:04 | | 01:01:50.80 | 01:01:59.45 | +00:32:19 (52.3%) | 6:11 | 9.7 (47.8%) |
| 349 | WINIECKA Dorota | 76 | | K-40 | 29 | 00:00:20 | 00:14:53 | 00:29:16 | 00:44:09 | 00:59:07 | | 01:01:51.85 | 01:02:11.90 | +00:32:20 (52.3%) | 6:11 | 9.7 (47.8%) |
| 350 | DĘBSKI Jan | 89 | SOŁTYS | M-60 | 23 | 00:00:13 | 00:14:32 | 00:28:43 | 00:43:49 | 00:59:13 | | 01:02:06.95 | 01:02:19.95 | +00:32:36 (52.5%) | 6:12 | 9.7 (47.8%) |
| 351 | SAWIEŁAJC Michał | 216 | BIZON TEAM | M-40 | 96 | 00:00:25 | 00:14:38 | 00:29:01 | 00:44:02 | 00:59:21 | | 01:02:13.15 | 01:02:38.65 | +00:32:42 (52.6%) | 6:13 | 9.6 (47.3%) |
| 352 | UGOREK Mirosław | 262 | | M-30 | 71 | 00:00:08 | 00:13:47 | 00:27:56 | 00:43:28 | 00:59:43 | | 01:02:22.80 | 01:02:30.85 | +00:32:51 (52.7%) | 6:14 | 9.6 (47.3%) |
| 353 | ZIELIŃSKI Andrzej | 90 | | M-40 | 97 | 00:00:22 | 00:15:13 | 00:30:07 | 00:45:34 | 01:00:21 | | 01:02:45.05 | 01:03:07.35 | +00:33:14 (53.0%) | 6:16 | 9.6 (47.3%) |
| 354 | BIELINSKI Karol | 243 | | M-30 | 72 | 00:00:31 | 00:15:37 | 00:30:10 | 00:45:26 | 01:00:13 | | 01:02:48.40 | 01:03:20.35 | +00:33:17 (53.0%) | 6:16 | 9.6 (47.3%) |
| 355 | KAPELIŃSKI Stanisław | 298 | RODOS TEAM | M-50 | 42 | 00:00:28 | 00:15:36 | 00:30:11 | 00:45:25 | 01:00:53 | | 01:03:31.30 | 01:03:59.80 | +00:34:00 (53.5%) | 6:21 | 9.4 (46.3%) |
| 356 | NALEWALSKA Justyna | 182 | SERCE TYBETU | K-20 | 9 | 00:00:27 | 00:15:18 | 00:30:09 | 00:46:06 | 01:01:22 | | 01:03:51.65 | 01:04:19.25 | +00:34:20 (53.8%) | 6:23 | 9.4 (46.3%) |
| 357 | LENC Janusz | 17 | TKKF KOLEJARZ BYDGOSZCZ | M-60 | 24 | 00:00:24 | 00:16:38 | 00:31:36 | 00:46:30 | 01:01:25 | | 01:03:52.20 | 01:04:17.15 | +00:34:21 (53.8%) | 6:23 | 9.4 (46.3%) |
| 358 | UCIŃSKI Edward | 157 | TKKF INSTALATOR PELIKAN SZUBIN | M-70 | 3 | 00:00:06 | 00:15:03 | 00:30:32 | 00:46:14 | 01:02:05 | | 01:04:51.50 | 01:04:57.85 | +00:35:20 (54.5%) | 6:29 | 9.3 (45.8%) |
| 359 | SZYMAŃSKA Adrianna | 225 | LATAJĄCE BIZONY | K-30 | 35 | 00:00:16 | 00:15:18 | 00:30:28 | 00:46:22 | 01:02:47 | | 01:05:39.10 | 01:05:56.05 | +00:36:08 (55.0%) | 6:34 | 9.1 (44.8%) |
| 360 | OLSZEWSKA-PAWLACZYK Dorota | 12 | | K-30 | 36 | 00:00:37 | 00:16:30 | 00:31:55 | 00:47:25 | 01:03:25 | | 01:06:05.00 | 01:06:42.20 | +00:36:34 (55.3%) | 6:36 | 9.1 (44.8%) |
| 361 | MIAZGA Katarzyna | 388 | | K-30 | 37 | 00:00:20 | 00:16:14 | 00:31:36 | 00:47:31 | 01:03:24 | | 01:06:15.90 | 01:06:36.75 | +00:36:45 (55.5%) | 6:37 | 9.1 (44.8%) |
| 362 | MIAZGA Adam | 382 | | M-30 | 73 | 00:00:20 | 00:16:14 | 00:31:36 | 00:47:31 | 01:03:24 | | 01:06:15.95 | 01:06:36.70 | +00:36:45 (55.5%) | 6:37 | 9.1 (44.8%) |
| 363 | ROŻYŃSKA Monika | 368 | | K-20 | 10 | 00:00:27 | 00:16:10 | 00:31:52 | 00:47:52 | 01:04:24 | | 01:07:04.45 | 01:07:31.50 | +00:37:33 (56.0%) | 6:42 | 8.9 (43.8%) |
| 364 | DUDEK Marzena | 108 | | K-50 | 8 | 00:00:22 | 00:16:37 | 00:32:05 | 00:48:12 | 01:04:44 | | 01:07:34.95 | 01:07:56.95 | +00:38:04 (56.3%) | 6:45 | 8.9 (43.8%) |
| 365 | OKOŃSKA Małgorzata | 137 | | K-50 | 9 | 00:00:03 | 00:15:59 | 00:32:04 | 00:48:10 | 01:04:42 | | 01:07:35.05 | 01:07:38.10 | +00:38:04 (56.3%) | 6:45 | 8.9 (43.8%) |
| 366 | KWIATKOWSKA Maja | 106 | | K-20 | 11 | 00:00:21 | 00:16:38 | 00:32:06 | 00:48:13 | 01:04:45 | | 01:07:35.90 | 01:07:57.20 | +00:38:05 (56.3%) | 6:45 | 8.9 (43.8%) |
| 367 | KARASZEWSKI Sławomir | 161 | | M-40 | 98 | 00:00:15 | 00:15:27 | 00:31:26 | 00:48:00 | 01:04:50 | | 01:07:43.50 | 01:07:59.40 | +00:38:12 (56.4%) | 6:46 | 8.9 (43.8%) |
| 368 | PAŚ Katarzyna | 141 | CHARTY SZELEJEWO | K-40 | 30 | 00:00:17 | 00:16:25 | 00:32:09 | 00:48:32 | 01:05:29 | | 01:08:24.80 | 01:08:42.70 | +00:38:53 (56.9%) | 6:50 | 8.8 (43.3%) |
| 369 | NOWICKA Tatiana | 365 | | K-40 | 31 | 00:00:08 | 00:16:08 | 00:32:26 | 00:49:08 | 01:05:52 | | 01:08:48.85 | 01:08:57.30 | +00:39:17 (57.1%) | 6:52 | 8.7 (42.9%) |
| 370 | WRUK Justyna | 294 | | K-40 | 32 | 00:00:08 | 00:16:08 | 00:32:26 | 00:49:08 | 01:05:52 | | 01:08:49.10 | 01:08:57.15 | +00:39:18 (57.1%) | 6:52 | 8.7 (42.9%) |
| 371 | GRZYWACZ Karolina | 202 | | K-30 | 38 | 00:00:12 | 00:16:17 | 00:32:27 | 00:48:59 | 01:05:58 | | 01:08:55.95 | 01:09:07.95 | +00:39:25 (57.2%) | 6:53 | 8.7 (42.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Split 2.5km | Split 4.85km | Split 7.2km | Split 9.55km | Kara/ bonifikata | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|-------------------------------------|-----------|------|-------------|-----------------|-----------------|-----------------|--------------|------------------|--------------------|--------------------|----------------------|--------------|-----------------|
| 372 | PÓŁGĘSEK Rafał | 105 | | M-40 | 99 | 00:00:34 | 00:16:38 | 00:32:50 | 00:49:35 | 01:06:15 | | 01:09:04.75 | 01:09:39.25 | +00:39:33 (57.3%) | 6:54 | 8.7 (42.9%) |
| 373 | FRĄCKOWSKI Łukasz | 358 | | M-20 | 29 | 00:00:32 | 00:15:46 | 00:32:09 | 00:49:27 | 01:06:21 | | 01:09:16.55 | 01:09:49.45 | +00:39:45 (57.4%) | 6:55 | 8.7 (42.9%) |
| 374 | SŁOMA Natasza | 238 | | K-40 | 33 | 00:00:19 | 00:16:44 | 00:33:48 | 00:50:43 | 01:07:00 | | 01:09:55.70 | 01:10:14.70 | +00:40:24 (57.8%) | 6:59 | 8.6 (42.4%) |
| 375 | SZYMAŃSKI Szymon | 35 | | M-30 | 74 | 00:00:10 | 00:15:56 | 00:32:32 | 00:49:51 | 01:07:09 | | 01:09:58.50 | 01:10:09.20 | +00:40:27 (57.8%) | 6:59 | 8.6 (42.4%) |
| 376 | BIEGAŁA Kamil | 297 | | M-20 | 30 | 00:00:15 | 00:16:35 | 00:32:53 | 00:49:41 | 01:07:11 | | 01:10:19.10 | 01:10:34.70 | +00:40:48 (58.0%) | 7:01 | 8.5 (41.9%) |
| 377 | SZYSZKA Joanna | 295 | | K-30 | 39 | 00:00:14 | 00:16:37 | 00:32:54 | 00:49:44 | 01:07:12 | | 01:10:20.45 | 01:10:34.85 | +00:40:49 (58.0%) | 7:02 | 8.5 (41.9%) |
| 378 | BŁASZKIEWICZ Marzena | 291 | | K-40 | 34 | 00:00:18 | 00:15:55 | 00:33:49 | 00:51:52 | 01:07:52 | | 01:10:23.55 | 01:10:42.10 | +00:40:52 (58.1%) | 7:02 | 8.5 (41.9%) |
| 379 | BARWIKOWSKA Bogusia | 282 | | K-40 | 35 | 00:00:16 | 00:15:57 | 00:33:51 | 00:51:54 | 01:07:54 | | 01:10:25.45 | 01:10:42.25 | +00:40:54 (58.1%) | 7:02 | 8.5 (41.9%) |
| 380 | DRUŻYŃSKI Sebastian | 114 | | M-30 | 75 | 00:00:32 | 00:16:13 | 00:32:30 | 00:49:49 | 01:07:26 | | 01:10:38.90 | 01:11:11.20 | +00:41:08 (58.2%) | 7:03 | 8.5 (41.9%) |
| 381 | KUCHARSKI Adam | 124 | | M-50 | 43 | 00:00:24 | 00:16:52 | 00:33:06 | 00:49:58 | 01:07:41 | | 01:10:51.55 | 01:11:16.50 | +00:41:20 (58.3%) | 7:05 | 8.5 (41.9%) |
| 382 | WIŚNIEWSKA Ewa | 123 | | K-50 | 10 | 00:00:24 | 00:16:52 | 00:33:06 | 00:49:58 | 01:07:41 | | 01:10:52.20 | 01:11:16.80 | +00:41:21 (58.4%) | 7:05 | 8.5 (41.9%) |
| 383 | RATAJ Maciej | 401 | | M-40 | 100 | 00:00:27 | 00:15:41 | 00:31:52 | 00:49:25 | 01:08:24 | | 01:11:40.15 | 01:12:08.10 | +00:42:09 (58.8%) | 7:10 | 8.4 (41.4%) |
| 384 | SWOBODA Krzysztof | 139 | | M-60 | 25 | 00:00:19 | 00:19:32 | 00:38:13 | 00:57:19 | 01:17:28 | | 01:21:20.00 | 01:21:39.95 | +00:51:49 (63.7%) | 8:08 | 7.4 (36.5%) |
| 385 | SWOBODA Daniel | 140 | | M-30 | 76 | 00:00:20 | 00:19:31 | 00:38:12 | 00:57:18 | 01:17:27 | | 01:21:22.80 | 01:21:42.90 | +00:51:51 (63.7%) | 8:08 | 7.4 (36.5%) |
| 386 | ROSIŃSKA Janina | 414 | | K-70 | 1 | 00:00:05 | 00:28:34 | 00:54:33 | | | 00:46:15 | 01:45:17.00 | 01:45:22.00 | +01:15:46 (72.0%) | 5:54 | 10.2 (50.2%) |
| | KUZIEMSKA Anna | 408 | | K-30 | | DNF | 00:16:50 DNF | 00:32:44 DNF | 00:49:12 DNF | DNF | | DNF | DNF | | - | - (0.0%) |
| | SYREK Grażyna | 389 | OBÓZ BIEGOWY BRZOZA, GRAZIA-RUNNING | K-40 | | DNF | 00:13:41 DNF | DNF | DNF | DNF | | DNF | DNF | | - | - (0.0%) |

Znaleziono 388 wynik(ów)