



XII DZIKI WEEKEND - FESTIWAL 3 DNI

B4SPORT
Bieganie. Życie. Energia.

Wydarzenie: Festiwal Biegowy Dzik Weekend 2022
Organizator: Stowarzyszenie Klub Biegowy Dzik
Data: 2022-08-19
Miejsce: Police
Dystans: 22,5 km

 **HERKULES**
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Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Etap 5km | Etap 10km | Etap 7.5km | Czas netto 22.5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|---------------------|-----------|------|-------------|-------------|-------------|--------------------|-------------------|--------------|--------------|
| 1 | JEFIMCZYK Norbert | 213 | 7BOW/1BZ/1 | M-16 | 1 | 00:19:44.00 | 00:39:31.00 | 00:55:51.00 | 01:55:06.00 | | 5:06 | 11.7 (100%) |
| 2 | PYTLAK Michał | 216 | 7BOW/1BZ/1 | M-30 | 1 | 00:20:27.00 | 00:40:59.00 | 00:57:03.00 | 01:58:29.00 | +00:03:23 (2.9%) | 5:15 | 11.4 (97.4%) |
| 3 | ZACHARCZUK Albin | 215 | 7BOW/1BZ/1 | M-16 | 2 | 00:21:19.00 | 00:42:10.00 | 00:58:48.00 | 02:02:17.00 | +00:07:11 (5.9%) | 5:26 | 11 (94.0%) |
| 4 | PRZEKOPOWICZ Bartosz | 138 | | M-30 | 2 | 00:21:58.00 | 00:43:23.00 | 01:00:56.00 | 02:06:17.00 | +00:11:11 (8.9%) | 5:36 | 10.7 (91.5%) |
| 5 | NOWICKI Artur | 217 | 7BOW/1BZ | M-30 | 3 | 00:22:20.00 | 00:44:59.00 | 01:00:27.00 | 02:07:46.00 | +00:12:40 (9.9%) | 5:40 | 10.6 (90.6%) |
| 6 | BORYCHOWSKI Mariusz | 212 | 7BOW/1BZ | M-50 | 1 | 00:21:52.00 | 00:43:52.00 | 01:02:18.00 | 02:08:02.00 | +00:12:56 (10.1%) | 5:41 | 10.5 (89.7%) |
| 7 | GOLAŃSKI Krzysztof | 214 | 7BOW/1BZ | M-30 | 4 | 00:23:12.00 | 00:46:50.00 | 01:00:49.00 | 02:10:51.00 | +00:15:45 (12.0%) | 5:48 | 10.3 (88.0%) |
| 8 | BURAS Radosław | 23 | PSP SZCZECIN | M-30 | 5 | 00:23:15.00 | 00:49:38.00 | 01:01:59.00 | 02:14:52.00 | +00:19:46 (14.7%) | 5:59 | 10 (85.5%) |
| 9 | GRABEK Maciej | 50 | DZIKIE DZIKI GORZÓW | M-30 | 6 | 00:21:46.00 | 00:42:38.00 | 01:11:53.00 | 02:16:17.00 | +00:21:11 (15.5%) | 6:03 | 9.9 (84.6%) |
| 10 | ADAMSKI Janusz | 1 | VO2MAX RACING TEAM | M-50 | 2 | 00:24:50.00 | 00:51:15.00 | 01:04:58.00 | 02:21:03.00 | +00:25:57 (18.4%) | 6:16 | 9.6 (82.1%) |
| 11 | CHAJA Radosław | 28 | | M-30 | 7 | 00:22:56.00 | 00:49:41.00 | 01:09:18.00 | 02:21:55.00 | +00:26:49 (18.9%) | 6:18 | 9.5 (81.2%) |
| 12 | RAKOWSKI Łukasz | 140 | VO2MAX RACING TEAM | M-30 | 8 | 00:24:54.00 | 00:50:31.00 | 01:06:50.00 | 02:22:15.00 | +00:27:09 (19.1%) | 6:19 | 9.5 (81.2%) |
| 13 | CHMIELEWSKI Tomasz | 30 | VO2MAX RACING TEAM | M-40 | 1 | 00:24:57.00 | 00:51:38.00 | 01:06:50.00 | 02:23:25.00 | +00:28:19 (19.7%) | 6:22 | 9.4 (80.3%) |
| 14 | WRÓBLEWSKI Michał | 202 | DZIKIE WRÓBLE | M-40 | 2 | 00:23:49.00 | 00:51:22.00 | 01:09:18.00 | 02:24:29.00 | +00:29:23 (20.3%) | 6:25 | 9.3 (79.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Etap 5km | Etap 10km | Etap 7.5km | Czas | | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|----------------------|-----------|------|-------------|-------------|-------------|--------------------|-------------------|--------------|-------------|
| | | | | | | | | | netto 22.5km | Różn | | |
| 15 | DYDEK Edyta | 38 | SKB DZIK/14ZBOT | K-16 | 1 | 00:25:14.00 | 00:50:48.00 | 01:09:39.00 | 02:25:41.00 | +00:30:35 (21.0%) | 6:28 | 9.3 (79.5%) |
| 16 | KRZEŚNIEWSKI Marcin | 211 | VO2MAX RACING TEAM | M-40 | 3 | 00:25:20.00 | 00:50:04.00 | 01:13:21.00 | 02:28:45.00 | +00:33:39 (22.6%) | 6:36 | 9.1 (77.8%) |
| 17 | SAKOSIK Krystian | 150 | KOSA | M-30 | 9 | 00:25:25.00 | 00:51:25.00 | 01:16:53.00 | 02:33:43.00 | +00:38:37 (25.1%) | 6:49 | 8.8 (75.2%) |
| 18 | GOŁĘBIEWSKI Tomasz | 48 | PSP SZCZECIN | M-40 | 4 | 00:27:06.00 | 00:54:30.00 | 01:12:19.00 | 02:33:55.00 | +00:38:49 (25.2%) | 6:50 | 8.8 (75.2%) |
| 19 | MARZEC Karolina | 101 | DZIKIE DZIKI GORZÓW | K-40 | 1 | 00:26:58.00 | 00:52:43.00 | 01:15:18.00 | 02:34:59.00 | +00:39:53 (25.7%) | 6:53 | 8.7 (74.4%) |
| 20 | ZELEK Darek | 207 | | M-40 | 5 | 00:25:36.00 | 00:53:07.00 | 01:16:23.00 | 02:35:06.00 | +00:40:00 (25.8%) | 6:53 | 8.7 (74.4%) |
| 21 | ANTOSIK Bartosz | 2 | | M-30 | 10 | 00:25:47.00 | 00:53:24.00 | 01:16:43.00 | 02:35:54.00 | +00:40:48 (26.2%) | 6:55 | 8.7 (74.4%) |
| 22 | SICIŃSKI Damian | 163 | OSP PRZEMOCZE | M-16 | 3 | 00:26:08.00 | 00:53:02.00 | 01:16:56.00 | 02:36:06.00 | +00:41:00 (26.3%) | 6:56 | 8.6 (73.5%) |
| 23 | KOCZKODAJ Kamil | 78 | OŻW SZCZECIN | M-30 | 11 | 00:26:46.00 | 00:53:45.00 | 01:16:00.00 | 02:36:31.00 | +00:41:25 (26.5%) | 6:57 | 8.6 (73.5%) |
| 24 | SZULC Marcin | 181 | BOLI BOLI | M-40 | 6 | 00:27:31.00 | 00:56:51.00 | 01:15:50.00 | 02:40:12.00 | +00:45:06 (28.2%) | 7:07 | 8.4 (71.8%) |
| 25 | PASIKOWSKI Kamil | 123 | SKB DZIK/14ZBOT | M-16 | 4 | 00:26:45.00 | 00:57:24.00 | 01:17:52.00 | 02:42:01.00 | +00:46:55 (29.0%) | 7:12 | 8.3 (70.9%) |
| 26 | OSTOJSKI Ireneusz | 120 | DLL PARTNERS | M-40 | 7 | 00:25:28.00 | 00:58:06.00 | 01:18:37.00 | 02:42:11.00 | +00:47:05 (29.0%) | 7:12 | 8.3 (70.9%) |
| 27 | RYTTEL Marcin | 149 | 14ZBOT/142BLP | M-40 | 8 | 00:27:39.00 | 00:57:17.00 | 01:17:48.00 | 02:42:44.00 | +00:47:38 (29.3%) | 7:13 | 8.3 (70.9%) |
| 28 | BOROWSKA Karolina | 16 | VO2MAX RACING TEAM | K-30 | 1 | 00:25:31.00 | 00:51:27.00 | 01:25:58.00 | 02:42:56.00 | +00:47:50 (29.4%) | 7:14 | 8.3 (70.9%) |
| 29 | WOSZCZYK Sebastian | 197 | GRUPA MALBORK | M-40 | 9 | 00:28:04.00 | 00:56:38.00 | 01:19:03.00 | 02:43:45.00 | +00:48:39 (29.7%) | 7:16 | 8.2 (70.1%) |
| 30 | PILARCZYK Katarzyna | 129 | KSF | K-30 | 2 | 00:26:25.00 | 00:54:52.00 | 01:23:25.00 | 02:44:42.00 | +00:49:36 (30.1%) | 7:19 | 8.2 (70.1%) |
| 31 | SERKOWSKA Paulina | 162 | | K-16 | 2 | 00:29:58.00 | 01:00:10.00 | 01:16:39.00 | 02:46:47.00 | +00:51:41 (31.0%) | 7:24 | 8.1 (69.2%) |
| 32 | KĘDZIOR Jakub | 73 | | M-30 | 12 | 00:28:17.00 | 00:58:13.00 | 01:20:27.00 | 02:46:57.00 | +00:51:51 (31.1%) | 7:25 | 8.1 (69.2%) |
| 33 | PAŁASZEWSKA Karolina | 122 | 14ZBOT/142BLP | K-30 | 3 | 00:27:38.00 | 00:54:59.00 | 01:25:23.00 | 02:48:00.00 | +00:52:54 (31.5%) | 7:28 | 8 (68.4%) |
| 34 | BOCHENEK Michał | 10 | SEKTOR DOBREJ ZABAWY | M-30 | 13 | 00:25:34.00 | 00:53:56.00 | 01:30:42.00 | 02:50:12.00 | +00:55:06 (32.4%) | 7:33 | 7.9 (67.5%) |
| 35 | CHENON Guillaume | 29 | | M-40 | 10 | 00:25:03.00 | 00:52:36.00 | 01:33:27.00 | 02:51:06.00 | +00:56:00 (32.7%) | 7:36 | 7.9 (67.5%) |
| 36 | GRUDZIŃSKI Tomasz | 56 | TEAM SPIRIT NOWA SÓL | M-40 | 11 | 00:28:49.00 | 00:58:07.00 | 01:25:07.00 | 02:52:03.00 | +00:56:57 (33.1%) | 7:38 | 7.8 (66.7%) |
| 37 | STECIUK Michał | 173 | | M-30 | 14 | 00:27:52.00 | 00:54:59.00 | 01:29:28.00 | 02:52:19.00 | +00:57:13 (33.2%) | 7:39 | 7.8 (66.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Etap 5km | Etap 10km | Etap 7.5km | Czas | | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|----------------------|-----------|------|-------------|-------------|-------------|--------------------|-------------------|--------------|-------------|
| | | | | | | | | | netto 22.5km | Różn | | |
| 38 | CZYŻEWSKI Tomasz | 31 | TENET | M-40 | 12 | 00:27:14.00 | 00:56:41.00 | 01:29:14.00 | 02:53:09.00 | +00:58:03 (33.5%) | 7:41 | 7.8 (66.7%) |
| 39 | LENCEWICZ Grzegorz | 93 | VO2MAX RACING TEAM | M-30 | 15 | 00:27:38.00 | 01:03:07.00 | 01:22:26.00 | 02:53:11.00 | +00:58:05 (33.5%) | 7:41 | 7.8 (66.7%) |
| 40 | FILDEBRANDT Basia | 41 | SEKTOR DOBREJ ZABAWY | K-40 | 2 | 00:27:34.00 | 00:55:27.00 | 01:30:41.00 | 02:53:42.00 | +00:58:36 (33.7%) | 7:43 | 7.8 (66.7%) |
| 41 | SZMYCIŃSKI Piotr | 180 | OSP PRZEMOCZE | M-16 | 5 | 00:28:30.00 | 00:56:45.00 | 01:29:13.00 | 02:54:28.00 | +00:59:22 (34.0%) | 7:45 | 7.7 (65.8%) |
| 42 | KUCHARCZYK Robert | 87 | 14ZBOT/142BLP | M-50 | 3 | 00:31:03.00 | 01:03:42.00 | 01:20:21.00 | 02:55:06.00 | +01:00:00 (34.3%) | 7:46 | 7.7 (65.8%) |
| 43 | ROSIAK Marcin | 144 | | M-30 | 16 | 00:28:14.00 | 00:59:52.00 | 01:27:37.00 | 02:55:43.00 | +01:00:37 (34.5%) | 7:48 | 7.7 (65.8%) |
| 44 | GRALEWICZ Albert | 53 | | M-16 | 6 | 00:26:04.00 | 01:01:06.00 | 01:30:00.00 | 02:57:10.00 | +01:02:04 (35.0%) | 7:52 | 7.6 (65.0%) |
| 45 | BUCHOLC Zbigniew | 21 | GRUPA AZOTY | M-40 | 13 | 00:28:20.00 | 01:02:04.00 | 01:26:57.00 | 02:57:21.00 | +01:02:15 (35.1%) | 7:52 | 7.6 (65.0%) |
| 46 | SOBCZAK Paweł | 167 | | M-40 | 14 | 00:28:56.00 | 01:00:03.00 | 01:30:52.00 | 02:59:51.00 | +01:04:45 (36.0%) | 7:59 | 7.5 (64.1%) |
| 47 | KARCZEWICZ Piotr | 72 | OŻW SZCZECIN | M-30 | 17 | 00:27:35.00 | 00:59:18.00 | 01:33:18.00 | 03:00:11.00 | +01:05:05 (36.1%) | 8:00 | 7.5 (64.1%) |
| 48 | ARLUKIEWICZ Grzegorz | 3 | TIP | M-30 | 18 | 00:27:20.00 | 00:53:24.00 | 01:39:40.00 | 03:00:24.00 | +01:05:18 (36.2%) | 8:01 | 7.5 (64.1%) |
| 49 | KANIA Marcin | 219 | KB DZIK POLICE | M-16 | 7 | 00:28:15.00 | 00:59:38.00 | 01:33:57.00 | 03:01:50.00 | +01:06:44 (36.7%) | 8:04 | 7.4 (63.2%) |
| 50 | MURAWSKA Wioletta | 113 | KB DZIK POLICE | K-50 | 1 | 00:31:09.00 | 01:01:45.00 | 01:29:14.00 | 03:02:08.00 | +01:07:02 (36.8%) | 8:05 | 7.4 (63.2%) |
| 51 | GRYGORCEWICZ Władysław | 57 | SKB DZIK | M-60+ | 1 | 00:31:28.00 | 01:02:28.00 | 01:28:51.00 | 03:02:47.00 | +01:07:41 (37.0%) | 8:07 | 7.4 (63.2%) |
| 52 | SOLIS Mariusz | 168 | OŻW SZCZECIN | M-40 | 15 | 00:30:55.00 | 01:08:00.00 | 01:25:36.00 | 03:04:31.00 | +01:09:25 (37.6%) | 8:12 | 7.3 (62.4%) |
| 53 | WIERZBICKA Sylwia | 193 | 14 ZBOT | K-50 | 2 | 00:30:39.00 | 01:03:15.00 | 01:30:39.00 | 03:04:33.00 | +01:09:27 (37.6%) | 8:12 | 7.3 (62.4%) |
| 54 | KRÓL Kamil | 67 | DZIADY OCR | M-30 | 19 | 00:27:51.00 | 00:59:56.00 | 01:37:39.00 | 03:05:26.00 | +01:10:20 (37.9%) | 8:14 | 7.3 (62.4%) |
| 55 | NIEWIADOMSKI Mateusz | 116 | | M-30 | 20 | 00:31:31.00 | 01:01:33.00 | 01:32:31.00 | 03:05:35.00 | +01:10:29 (38.0%) | 8:14 | 7.3 (62.4%) |
| 56 | FURMANIAK Piotr | 42 | GRUPA MALBORK | M-40 | 16 | 00:29:23.00 | 00:59:05.00 | 01:37:30.00 | 03:05:58.00 | +01:10:52 (38.1%) | 8:15 | 7.3 (62.4%) |
| 57 | MASYS Agnieszka | 102 | GRUPA MALBORK | K-40 | 3 | 00:31:47.00 | 01:02:01.00 | 01:33:15.00 | 03:07:03.00 | +01:11:57 (38.5%) | 8:18 | 7.2 (61.5%) |
| 58 | GRALEWICZ Robert | 52 | | M-40 | 17 | 00:29:03.00 | 00:59:33.00 | 01:38:46.00 | 03:07:22.00 | +01:12:16 (38.6%) | 8:19 | 7.2 (61.5%) |
| 58 | GRALEWICZ Olgierd | 54 | | M-16 | 8 | 00:28:32.00 | 01:00:04.00 | 01:38:46.00 | 03:07:22.00 | +01:12:16 (38.6%) | 8:19 | 7.2 (61.5%) |
| 60 | KLEPACKI Bartek | 76 | | M-40 | 18 | 00:30:03.00 | 01:03:09.00 | 01:35:06.00 | 03:08:18.00 | +01:13:12 (38.9%) | 8:22 | 7.2 (61.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Etap 5km | Etap 10km | Etap 7.5km | Czas | | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|------------------------|-----------|------|-------------|-------------|-------------|--------------------|----------------------|--------------|----------------|
| | | | | | | | | | netto 22.5km | Różn | | |
| 61 | STĘPNIAK Lesław | 174 | | M-40 | 19 | 00:30:45.00 | 01:04:08.00 | 01:34:43.00 | 03:09:36.00 | +01:14:30 (39.3%) | 8:25 | 7.1 (60.7%) |
| 62 | MATUSIAK Mariusz | 103 | | M-40 | 20 | 00:29:52.00 | 01:05:17.00 | 01:34:36.00 | 03:09:45.00 | +01:14:39 (39.3%) | 8:26 | 7.1 (60.7%) |
| 63 | SENDEROWSKI Maciej | 161 | GRUPA AZOTY | M-40 | 21 | 00:31:53.00 | 01:02:53.00 | 01:35:07.00 | 03:09:53.00 | +01:14:47 (39.4%) | 8:26 | 7.1 (60.7%) |
| 64 | LEWANDOWSKA Anna | 95 | HELL'S HEAVEN SZCZECIN | K-40 | 4 | 00:30:58.00 | 01:07:22.00 | 01:32:06.00 | 03:10:26.00 | +01:15:20 (39.6%) | 8:27 | 7.1 (60.7%) |
| 65 | CESAK Grzegorz | 27 | CSB DRAWSKO | M-30 | 21 | 00:33:52.00 | 01:02:04.00 | 01:35:01.00 | 03:10:57.00 | +01:15:51 (39.7%) | 8:29 | 7.1 (60.7%) |
| 66 | SCHERFENBERG Łukasz | 155 | DINAMO BATUMI | M-30 | 22 | 00:30:59.00 | 00:56:49.00 | 01:43:25.00 | 03:11:13.00 | +01:16:07 (39.8%) | 8:29 | 7.1 (60.7%) |
| 67 | DORAWA-ZIOMEK Anna | 32 | DZIKIE ŻÓŁWIE | K-30 | 4 | 00:31:24.00 | 01:04:41.00 | 01:35:56.00 | 03:12:01.00 | +01:16:55 (40.1%) | 8:32 | 7 (59.8%) |
| 68 | SAWICKI Bartosz | 153 | DZIKIE DZIKI GORZÓW | M-30 | 23 | 00:26:10.00 | 00:52:24.00 | 01:53:35.00 | 03:12:09.00 | +01:17:03 (40.1%) | 8:32 | 7 (59.8%) |
| 69 | SZESZKOWSKI Tomasz | 178 | | M-40 | 22 | 00:29:09.00 | 01:00:34.00 | 01:43:28.00 | 03:13:11.00 | +01:18:05 (40.4%) | 8:35 | 7 (59.8%) |
| 70 | PATZKI Wojciech | 126 | TENET | M-16 | 9 | 00:29:39.00 | 01:07:17.00 | 01:36:41.00 | 03:13:37.00 | +01:18:31 (40.6%) | 8:36 | 7 (59.8%) |
| 71 | WÓJCICKA Anna | 199 | HELL'S HEAVEN SZCZECIN | K-40 | 5 | 00:32:24.00 | 01:10:30.00 | 01:31:57.00 | 03:14:51.00 | +01:19:45 (40.9%) | 8:39 | 6.9 (59.0%) |
| 72 | MAJEWSKA Dorota | 98 | BIEGOLAS KOSZALIN | K-50 | 3 | 00:32:14.00 | 01:06:10.00 | 01:37:11.00 | 03:15:35.00 | +01:20:29 (41.2%) | 8:41 | 6.9 (59.0%) |
| 73 | MROZIK Mariusz | 111 | DZIKIE DZIKI GORZÓW | M-40 | 23 | 00:29:29.00 | 01:12:00.00 | 01:35:11.00 | 03:16:40.00 | +01:21:34 (41.5%) | 8:44 | 6.9 (59.0%) |
| 74 | BIESEK Katarzyna | 8 | GO2TRI | K-30 | 5 | 00:30:58.00 | 01:03:13.00 | 01:43:25.00 | 03:17:36.00 | +01:22:30 (41.8%) | 8:46 | 6.8 (58.1%) |
| 75 | DUDA Krzysztof | 35 | GPTW | M-40 | 24 | 00:33:22.00 | 01:04:29.00 | 01:42:38.00 | 03:20:29.00 | +01:25:23 (42.6%) | 8:54 | 6.7 (57.3%) |
| 76 | HAWRYŁAK Marcin | 61 | 14ZBOT/142BLP | M-50 | 4 | 00:30:18.00 | 01:05:45.00 | 01:45:42.00 | 03:21:45.00 | +01:26:39 (42.9%) | 8:58 | 6.7 (57.3%) |
| 76 | MAZUR Filip | 106 | 14ZBOT/142BLP | M-30 | 24 | 00:33:09.00 | 01:09:05.00 | 01:39:31.00 | 03:21:45.00 | +01:26:39 (42.9%) | 8:58 | 6.7 (57.3%) |
| 78 | KOLEJ Monika | 79 | DZIKIE DZIKI GORZÓW | K-40 | 6 | 00:36:11.00 | 01:12:00.00 | 01:35:10.00 | 03:23:21.00 | +01:28:15 (43.4%) | 9:02 | 6.6 (56.4%) |
| 79 | ROMANOWICZ Monika | 143 | DZIKIE ŻÓŁWIE | K-30 | 6 | 00:32:36.00 | 01:08:15.00 | 01:43:01.00 | 03:23:52.00 | +01:28:46 (43.5%) | 9:03 | 6.6 (56.4%) |
| 80 | SKOWROŃSKI Andrzej | 165 | GRUPA MALBORK | M-30 | 25 | 00:41:42.00 | 01:23:43.00 | 01:18:54.00 | 03:24:19.00 | +01:29:13 (43.7%) | 9:04 | 6.6 (56.4%) |
| 81 | POGODA Rafał | 132 | TIP | M-30 | 26 | 00:33:57.00 | 01:08:50.00 | 01:42:07.00 | 03:24:54.00 | +01:29:48 (43.8%) | 9:06 | 6.6 (56.4%) |
| 82 | LEPPAK Małgorzata | 94 | CSB DRAWSKO | K-30 | 7 | 00:35:21.00 | 01:14:38.00 | 01:34:59.00 | 03:24:58.00 | +01:29:52 (43.8%) | 9:06 | 6.6 (56.4%) |
| 82 | MURYN Dawid | 114 | | M-16 | 10 | 00:35:16.00 | 00:59:07.00 | 01:50:35.00 | 03:24:58.00 | +01:29:52 (43.8%) | 9:06 | 6.6 (56.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Etap 5km | Etap 10km | Etap 7.5km | Czas | | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|------------------------|-----------|------|-------------|-------------|-------------|--------------------|-------------------|--------------|-------------|
| | | | | | | | | | netto 22.5km | Różn | | |
| 84 | WIECZOREK Jakub | 191 | | M-16 | 11 | 00:32:43.00 | 01:12:08.00 | 01:41:27.00 | 03:26:18.00 | +01:31:12 (44.2%) | 9:10 | 6.5 (55.6%) |
| 85 | MAZUR Karol | 107 | CSB DRAWSKO | M-40 | 25 | 00:34:41.00 | 01:12:42.00 | 01:41:37.00 | 03:29:00.00 | +01:33:54 (44.9%) | 9:17 | 6.5 (55.6%) |
| 86 | POSZUMSKA Gabriela | 134 | | K-16 | 3 | 00:31:38.00 | 01:04:13.00 | 01:53:41.00 | 03:29:32.00 | +01:34:26 (45.1%) | 9:18 | 6.4 (54.7%) |
| 87 | DUDKA Robert | 37 | | M-30 | 27 | 00:33:24.00 | 01:01:36.00 | 01:54:33.00 | 03:29:33.00 | +01:34:27 (45.1%) | 9:18 | 6.4 (54.7%) |
| 88 | MISIASZEK Mirosław | 110 | MAŁKOCIN | M-50 | 5 | 00:34:00.00 | 01:14:11.00 | 01:41:27.00 | 03:29:38.00 | +01:34:32 (45.1%) | 9:19 | 6.4 (54.7%) |
| 89 | ZALEWSKI Sylwester | 205 | | M-40 | 26 | 00:32:40.00 | 01:09:53.00 | 01:47:18.00 | 03:29:51.00 | +01:34:45 (45.2%) | 9:19 | 6.4 (54.7%) |
| 90 | POGORZELSKA Aleksandra | 133 | | K-16 | 4 | 00:32:30.00 | 01:07:27.00 | 01:51:16.00 | 03:31:13.00 | +01:36:07 (45.5%) | 9:23 | 6.4 (54.7%) |
| 91 | BURDZIK Wojciech | 25 | | M-30 | 28 | 00:28:33.00 | 00:58:00.00 | 02:05:24.00 | 03:31:57.00 | +01:36:51 (45.7%) | 9:25 | 6.4 (54.7%) |
| 92 | SPÓLNIK Paweł | 170 | | M-30 | 29 | 00:32:31.00 | 01:06:06.00 | 01:53:35.00 | 03:32:12.00 | +01:37:06 (45.8%) | 9:25 | 6.4 (54.7%) |
| 93 | TARGOSZ Łukasz | 183 | GRUPA AZOTY | M-30 | 30 | 00:34:07.00 | 01:13:06.00 | 01:45:23.00 | 03:32:36.00 | +01:37:30 (45.9%) | 9:26 | 6.3 (53.8%) |
| 94 | RUTKOWSKI Konrad | 148 | 14ZBOT/142BLP | M-30 | 31 | 00:34:22.00 | 01:14:48.00 | 01:43:42.00 | 03:32:52.00 | +01:37:46 (45.9%) | 9:27 | 6.3 (53.8%) |
| 95 | KRUK Bartosz | 84 | | M-30 | 32 | 00:29:00.00 | 01:01:19.00 | 02:02:53.00 | 03:33:12.00 | +01:38:06 (46.0%) | 9:28 | 6.3 (53.8%) |
| 96 | DUDENKO Jerzy | 36 | DZIKIEDUDKI | M-40 | 27 | 00:28:43.00 | 00:58:44.00 | 02:06:05.00 | 03:33:32.00 | +01:38:26 (46.1%) | 9:29 | 6.3 (53.8%) |
| 97 | BADURA Ewelina | 4 | ŻANDARMERIA WOJSKOWA | K-30 | 8 | 00:29:26.00 | 01:03:13.00 | 02:01:16.00 | 03:33:55.00 | +01:38:49 (46.2%) | 9:30 | 6.3 (53.8%) |
| 98 | PAWLUŚ Tomasz | 127 | | M-40 | 28 | 00:32:32.00 | 01:05:36.00 | 01:56:04.00 | 03:34:12.00 | +01:39:06 (46.3%) | 9:31 | 6.3 (53.8%) |
| 99 | SAWICKI Paweł | 154 | ŻANDARMERIA WOJSKOWA | M-40 | 29 | 00:30:40.00 | 01:02:41.00 | 02:01:16.00 | 03:34:37.00 | +01:39:31 (46.4%) | 9:32 | 6.3 (53.8%) |
| 100 | WÓJCICKI Łukasz | 200 | HELL'S HEAVEN SZCZECIN | M-40 | 30 | 00:33:11.00 | 01:10:26.00 | 01:51:26.00 | 03:35:03.00 | +01:39:57 (46.5%) | 9:33 | 6.3 (53.8%) |
| 101 | DYDEK Dorota | 39 | SKB DZIK/14ZBOT | K-50 | 4 | 00:38:37.00 | 01:19:17.00 | 01:40:28.00 | 03:38:22.00 | +01:43:16 (47.3%) | 9:42 | 6.2 (53.0%) |
| 102 | MĄDRAWSKI Tomasz | 108 | | M-40 | 31 | 00:32:23.00 | 01:06:18.00 | 02:00:54.00 | 03:39:35.00 | +01:44:29 (47.6%) | 9:45 | 6.1 (52.1%) |
| 103 | BURDELAK Agnieszka | 24 | ŻANDARMERIA WOJSKOWA | K-30 | 9 | 00:30:41.00 | 01:08:19.00 | 02:01:16.00 | 03:40:16.00 | +01:45:10 (47.7%) | 9:47 | 6.1 (52.1%) |
| 104 | BYCZKOWSKI Jan | 26 | DZIKIE DUDKI | M-40 | 32 | 00:31:17.00 | 01:03:16.00 | 02:06:05.00 | 03:40:38.00 | +01:45:32 (47.8%) | 9:48 | 6.1 (52.1%) |
| 105 | MARCZYK Szymon | 99 | | M-16 | 12 | 00:33:46.00 | 01:10:32.00 | 01:56:35.00 | 03:40:53.00 | +01:45:47 (47.9%) | 9:49 | 6.1 (52.1%) |
| 106 | POŻNIAK Aleksandra | 135 | DZIKIE DZIKI GORZÓW | K-30 | 10 | 00:34:10.00 | 01:13:39.00 | 01:53:35.00 | 03:41:24.00 | +01:46:18 (48.0%) | 9:50 | 6.1 (52.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Etap 5km | Etap 10km | Etap 7.5km | Czas netto 22.5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|------------|----------------------------------|-----------|------|-------------|-------------|-------------|--------------------|-------------------|--------------|-------------|
| 107 | KIWILSZA Wojciech | 75 | IHUUH TEAM | M-30 | 33 | 00:31:18.00 | 01:03:53.00 | 02:06:45.00 | 03:41:56.00 | +01:46:50 (48.1%) | 9:51 | 6.1 (52.1%) |
| 108 | BRACHMANN Georg | 18 | BRAUNSCHWEIG HASH HOUSE HARRIERS | M-30 | 34 | 00:23:47.00 | 00:51:59.00 | 02:26:52.00 | 03:42:38.00 | +01:47:32 (48.3%) | 9:53 | 6.1 (52.1%) |
| 109 | HOŁOWCZYC Agnieszka Marta | 64 | FREE AND WILD | K-30 | 11 | 00:33:43.00 | 01:10:37.00 | 01:58:59.00 | 03:43:19.00 | +01:48:13 (48.5%) | 9:55 | 6 (51.3%) |
| 110 | HOŁOWCZYC Julia Anna | 65 | FREE AND WILD | K-30 | 12 | 00:33:43.00 | 01:10:38.00 | 01:58:59.00 | 03:43:20.00 | +01:48:14 (48.5%) | 9:55 | 6 (51.3%) |
| 111 | BRILLA Andrzej | 20 | ŻANDARMERIA WOJSKOWA | M-40 | 33 | 00:33:52.00 | 01:08:18.00 | 02:01:16.00 | 03:43:26.00 | +01:48:20 (48.5%) | 9:55 | 6 (51.3%) |
| 112 | GERLICH Kai | 45 | BRAUNSCHWEIG HASH HOUSE HARRIERS | M-16 | 13 | 00:24:37.00 | 00:51:11.00 | 02:27:55.00 | 03:43:43.00 | +01:48:37 (48.6%) | 9:56 | 6 (51.3%) |
| 113 | KUREK Hubert | 91 | | M-30 | 35 | 00:26:33.00 | 00:56:02.00 | 02:21:10.00 | 03:43:45.00 | +01:48:39 (48.6%) | 9:56 | 6 (51.3%) |
| 114 | SKRZYPIEC Andrzej | 166 | BIEGACZE ŚWINOUJŚCIE | M-60+ | 2 | 00:32:26.00 | 01:13:52.00 | 01:57:41.00 | 03:43:59.00 | +01:48:53 (48.6%) | 9:57 | 6 (51.3%) |
| 115 | RAKOWSKI Piotr | 141 | | M-60+ | 3 | 00:36:05.00 | 01:10:40.00 | 01:57:43.00 | 03:44:28.00 | +01:49:22 (48.7%) | 9:58 | 6 (51.3%) |
| 116 | BUHMANN Philip | 22 | BRAUNSCHWEIG HASH HOUSE HARRIERS | M-30 | 36 | 00:25:32.00 | 00:52:39.00 | 02:26:52.00 | 03:45:03.00 | +01:49:57 (48.9%) | 10:00 | 6 (51.3%) |
| 117 | PAWŁOWSKI Karol | 128 | | M-40 | 34 | 00:37:24.00 | 01:12:36.00 | 01:55:26.00 | 03:45:26.00 | +01:50:20 (48.9%) | 10:01 | 6 (51.3%) |
| 118 | SALAUYOU Raman | 151 | | M-30 | 37 | 00:37:06.00 | 01:12:28.00 | 01:56:19.00 | 03:45:53.00 | +01:50:47 (49.0%) | 10:02 | 6 (51.3%) |
| 119 | HINDZIUK Artsiom | 62 | | M-30 | 38 | 00:37:07.00 | 01:12:28.00 | 01:56:40.00 | 03:46:15.00 | +01:51:09 (49.1%) | 10:03 | 6 (51.3%) |
| 120 | SUSZA Małgorzata | 177 | | K-40 | 7 | 00:32:49.00 | 01:07:09.00 | 02:06:52.00 | 03:46:50.00 | +01:51:44 (49.3%) | 10:04 | 6 (51.3%) |
| 121 | WASILEWSKI Andrzej | 188 | | M-40 | 35 | 00:22:40.00 | 00:50:00.00 | 02:36:37.00 | 03:49:17.00 | +01:54:11 (49.8%) | 10:11 | 5.9 (50.4%) |
| 122 | ŁAWNICZAK Sebastian | 97 | ALUHAK | M-40 | 36 | 00:31:19.00 | 01:04:14.00 | 02:15:48.00 | 03:51:21.00 | +01:56:15 (50.2%) | 10:16 | 5.8 (49.6%) |
| 123 | NOWACZYK Wojciech | 117 | | M-30 | 39 | 00:34:42.00 | 01:10:40.00 | 02:06:11.00 | 03:51:33.00 | +01:56:27 (50.3%) | 10:17 | 5.8 (49.6%) |
| 124 | HNAT Rafał | 63 | | M-50 | 6 | 00:33:05.00 | 01:14:41.00 | 02:05:12.00 | 03:52:58.00 | +01:57:52 (50.6%) | 10:21 | 5.8 (49.6%) |
| 125 | KOPYRA Izabela | 81 | | K-16 | 5 | 00:35:56.00 | 01:08:13.00 | 02:08:53.00 | 03:53:02.00 | +01:57:56 (50.6%) | 10:21 | 5.8 (49.6%) |
| 126 | MATYSEK Ireneusz | 104 | KOMANDOS WAŁECKI | M-60+ | 4 | 00:37:53.00 | 01:18:36.00 | 01:57:40.00 | 03:54:09.00 | +01:59:03 (50.8%) | 10:24 | 5.8 (49.6%) |
| 127 | SEEBODE Christian | 160 | BRAUNSCHWEIG HASH HOUSE HARRIERS | M-50 | 7 | 00:28:53.00 | 00:58:27.00 | 02:26:53.00 | 03:54:13.00 | +01:59:07 (50.9%) | 10:24 | 5.8 (49.6%) |
| 128 | WIĘCKOWSKA Joanna | 194 | | K-30 | 13 | 00:33:20.00 | 01:09:44.00 | 02:11:31.00 | 03:54:35.00 | +01:59:29 (50.9%) | 10:25 | 5.8 (49.6%) |
| 129 | PIŁATOWSKI Maciej | 130 | | M-30 | 40 | 00:33:21.00 | 01:09:44.00 | 02:11:31.00 | 03:54:36.00 | +01:59:30 (50.9%) | 10:25 | 5.8 (49.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Etap 5km | Etap 10km | Etap 7.5km | Czas netto 22.5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|----------------------------------|-----------|------|-------------|-------------|-------------|--------------------|-------------------|--------------|-------------|
| 130 | SCHULZE Jan - Michel | 159 | BRAUNSCHWEIG HASH HOUSE HARRIERS | M-16 | 14 | 00:28:39.00 | 01:01:17.00 | 02:26:51.00 | 03:56:47.00 | +02:01:41 (51.4%) | 10:31 | 5.7 (48.7%) |
| 131 | ZAWADZKI Andrzej | 206 | TENET | M-16 | 15 | 00:35:25.00 | 01:14:05.00 | 02:07:23.00 | 03:56:53.00 | +02:01:47 (51.4%) | 10:31 | 5.7 (48.7%) |
| 132 | WOŹNIAK Rafał | 198 | IHUHU TEAM | M-30 | 41 | 00:35:15.00 | 01:16:38.00 | 02:06:45.00 | 03:58:38.00 | +02:03:32 (51.8%) | 10:36 | 5.7 (48.7%) |
| 133 | SAWICKA -WERS Urszula | 152 | | K-30 | 14 | 00:40:13.00 | 01:13:20.00 | 02:05:33.00 | 03:59:06.00 | +02:04:00 (51.9%) | 10:37 | 5.6 (47.9%) |
| 134 | BRANDES Tilman | 19 | BRAUNSCHWEIG HASH HOUSE HARRIERS | M-30 | 42 | 00:32:03.00 | 01:01:18.00 | 02:26:59.00 | 04:00:20.00 | +02:05:14 (52.1%) | 10:40 | 5.6 (47.9%) |
| 135 | BEDNARZ Katarzyna | 6 | | K-40 | 8 | 00:40:13.00 | 01:15:20.00 | 02:05:33.00 | 04:01:06.00 | +02:06:00 (52.3%) | 10:42 | 5.6 (47.9%) |
| 136 | ZAKRZEWSKA Sylwia | 204 | | K-30 | 15 | 00:36:52.00 | 01:14:53.00 | 02:11:01.00 | 04:02:46.00 | +02:07:40 (52.6%) | 10:47 | 5.6 (47.9%) |
| 137 | GERLICH Klaus | 44 | BRAUNSCHWEIG HASH HOUSE HARRIERS | M-50 | 8 | 00:30:52.00 | 01:05:38.00 | 02:27:54.00 | 04:04:24.00 | +02:09:18 (52.9%) | 10:51 | 5.5 (47.0%) |
| 138 | WIECZOREK Magdalena | 189 | | K-40 | 9 | 00:36:51.00 | 01:12:32.00 | 02:16:53.00 | 04:06:16.00 | +02:11:10 (53.3%) | 10:56 | 5.5 (47.0%) |
| 139 | SOWA Krzysztof | 169 | TRASHMAGEDDON | M-30 | 43 | 00:31:13.00 | 01:08:22.00 | 02:26:48.00 | 04:06:23.00 | +02:11:17 (53.3%) | 10:57 | 5.5 (47.0%) |
| 140 | PATZKE Ingo | 124 | BRAUNSCHWEIG HASH HOUSE HARRIERS | M-50 | 9 | 00:32:16.00 | 01:07:16.00 | 02:26:52.00 | 04:06:24.00 | +02:11:18 (53.3%) | 10:57 | 5.5 (47.0%) |
| 141 | DUBICKI Mikołaj | 34 | STARGARD JA SIĘ NIE ŚCIGAM | M-16 | 16 | 00:35:35.00 | 01:06:21.00 | 02:24:38.00 | 04:06:34.00 | +02:11:28 (53.3%) | 10:57 | 5.5 (47.0%) |
| 142 | STACHOWICZ Małgorzata | 171 | | K-40 | 10 | 00:41:42.00 | 01:23:43.00 | 02:02:24.00 | 04:07:49.00 | +02:12:43 (53.6%) | 11:00 | 5.4 (46.2%) |
| 143 | KIERUJ Jakub | 74 | IHUHU TEAM | M-16 | 17 | 00:32:55.00 | 01:28:45.00 | 02:06:45.00 | 04:08:25.00 | +02:13:19 (53.7%) | 11:02 | 5.4 (46.2%) |
| 144 | SUCHODOLSKA Aleksandra | 176 | DZIKIE ŻÓŁWIE | K-30 | 16 | 00:32:37.00 | 01:08:16.00 | 02:29:12.00 | 04:10:05.00 | +02:14:59 (54.0%) | 11:06 | 5.4 (46.2%) |
| 145 | SCHMIDT Sebastian | 156 | BRAUNSCHWEIG HASH HOUSE HARRIERS | M-30 | 44 | 00:34:04.00 | 01:09:29.00 | 02:26:51.00 | 04:10:24.00 | +02:15:18 (54.0%) | 11:07 | 5.4 (46.2%) |
| 146 | MILEWSKA Marta | 109 | | K-30 | 17 | 00:34:33.00 | 01:14:42.00 | 02:21:11.00 | 04:10:26.00 | +02:15:20 (54.0%) | 11:07 | 5.4 (46.2%) |
| 147 | HARTWIGER Julia | 60 | BRAUNSCHWEIG HASH HOUSE HARRIERS | K-30 | 18 | 00:36:20.00 | 01:07:15.00 | 02:26:55.00 | 04:10:30.00 | +02:15:24 (54.1%) | 11:08 | 5.4 (46.2%) |
| 148 | MÜLLER Kathrin | 112 | BRAUNSCHWEIG HASH HOUSE HARRIERS | K-50 | 5 | 00:36:13.00 | 01:06:42.00 | 02:27:55.00 | 04:10:50.00 | +02:15:44 (54.1%) | 11:08 | 5.4 (46.2%) |
| 149 | SCHULZE Stefan | 158 | BRAUNSCHWEIG HASH HOUSE HARRIERS | M-50 | 10 | 00:34:59.00 | 01:11:28.00 | 02:26:58.00 | 04:13:25.00 | +02:18:19 (54.6%) | 11:15 | 5.3 (45.3%) |
| 150 | PATZKE Petra | 125 | BRAUNSCHWEIG HASH HOUSE HARRIERS | K-50 | 6 | 00:36:20.00 | 01:10:14.00 | 02:26:56.00 | 04:13:30.00 | +02:18:24 (54.6%) | 11:16 | 5.3 (45.3%) |
| 151 | NOWAK Zbigniew | 118 | SKB DZIK | M-60+ | 5 | 00:39:46.00 | 01:22:45.00 | 02:11:09.00 | 04:13:40.00 | +02:18:34 (54.6%) | 11:16 | 5.3 (45.3%) |
| 152 | WIŚNIEWSKA Marta | 195 | IHUHU TEAM | K-16 | 6 | 00:38:24.00 | 01:28:46.00 | 02:06:45.00 | 04:13:55.00 | +02:18:49 (54.7%) | 11:17 | 5.3 (45.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Etap 5km | Etap 10km | Etap 7.5km | Czas netto 22.5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|------------|----------------------------------|-----------|------|-------------|-------------|-------------|--------------------|-------------------|--------------|-------------|
| 153 | GERLICH Michael | 46 | BRAUNSCHWEIG HASH HOUSE HARRIERS | M-50 | 11 | 00:35:35.00 | 01:11:25.00 | 02:27:56.00 | 04:14:56.00 | +02:19:50 (54.9%) | 11:19 | 5.3 (45.3%) |
| 154 | KACHNOWICZ-BUKAŁA Izabela | 71 | BRAUNSCHWEIG HASH HOUSE HARRIERS | K-40 | 11 | 00:32:32.00 | 01:04:16.00 | 02:39:14.00 | 04:16:02.00 | +02:20:56 (55.0%) | 11:22 | 5.3 (45.3%) |
| 155 | KUNIKOWSKA Patrycja | 89 | STARGARD JA SIĘ NIE ŚCIGAM | K-30 | 19 | 00:38:04.00 | 01:11:16.00 | 02:27:31.00 | 04:16:51.00 | +02:21:45 (55.2%) | 11:24 | 5.3 (45.3%) |
| 155 | KUNIKOWSKI Patryk | 90 | STARGARD JA SIĘ NIE ŚCIGAM | M-40 | 37 | 00:38:05.00 | 01:11:16.00 | 02:27:30.00 | 04:16:51.00 | +02:21:45 (55.2%) | 11:24 | 5.3 (45.3%) |
| 155 | STAŃCZYK Sławomir | 172 | | M-30 | 45 | 00:38:04.00 | 01:11:16.00 | 02:27:31.00 | 04:16:51.00 | +02:21:45 (55.2%) | 11:24 | 5.3 (45.3%) |
| 158 | JADRYCH Zbigniew | 69 | STARGARD JA SIĘ NIE ŚCIGAM | M-40 | 38 | 00:38:05.00 | 01:11:17.00 | 02:27:31.00 | 04:16:53.00 | +02:21:47 (55.2%) | 11:25 | 5.3 (45.3%) |
| 159 | MARGULA-JAŚKOWSKA Dorota | 100 | | K-30 | 20 | 00:45:02.00 | 01:34:10.00 | 02:03:46.00 | 04:22:58.00 | +02:27:52 (56.2%) | 11:41 | 5.1 (43.6%) |
| 160 | ZAKOŚCIELNA Katarzyna | 203 | DZIKIE ŻÓŁWIE | K-30 | 21 | 00:34:48.00 | 01:18:07.00 | 02:30:11.00 | 04:23:06.00 | +02:28:00 (56.3%) | 11:41 | 5.1 (43.6%) |
| 161 | TOKAREK Justyna | 184 | | K-30 | 22 | 00:40:07.00 | 01:22:18.00 | 02:21:11.00 | 04:23:36.00 | +02:28:30 (56.3%) | 11:42 | 5.1 (43.6%) |
| 162 | BOHONOS Adam | 15 | | M-40 | 39 | 00:40:35.00 | 01:28:11.00 | 02:28:11.00 | 04:36:57.00 | +02:41:51 (58.4%) | 12:18 | 4.9 (41.9%) |
| 163 | RUMOWSKA Agnieszka | 147 | | K-30 | 23 | 00:49:55.00 | 01:36:34.00 | 02:11:31.00 | 04:38:00.00 | +02:42:54 (58.6%) | 12:21 | 4.9 (41.9%) |
| 164 | OSTROWSKA Ina | 121 | | K-40 | 12 | 00:47:44.00 | 01:30:09.00 | 02:22:28.00 | 04:40:21.00 | +02:45:15 (58.9%) | 12:27 | 4.8 (41.0%) |
| 165 | RÓZGA Michał | 145 | | M-40 | 40 | 00:47:44.00 | 01:30:10.00 | 02:22:29.00 | 04:40:23.00 | +02:45:17 (58.9%) | 12:27 | 4.8 (41.0%) |
| 166 | KRYZIEWSKA Magdalena | 85 | DZIKIE ŻÓŁWIE | K-30 | 24 | 00:42:49.00 | 01:30:58.00 | 02:29:12.00 | 04:42:59.00 | +02:47:53 (59.3%) | 12:34 | 4.8 (41.0%) |
| 167 | ZIELIŃSKA-RYŻ Katarzyna | 209 | | K-40 | 13 | 00:41:45.00 | 01:23:50.00 | 02:37:27.00 | 04:43:02.00 | +02:47:56 (59.3%) | 12:34 | 4.8 (41.0%) |
| 168 | WIECZOREK Wojciech | 190 | | M-40 | 41 | 00:47:11.00 | 01:41:35.00 | 02:17:52.00 | 04:46:38.00 | +02:51:32 (59.8%) | 12:44 | 4.7 (40.2%) |
| 169 | GOWORSKI Jerzy | 49 | WIECZORNE BIEGANIE W SZCZECINIE | M-30 | 46 | 00:41:29.00 | 01:29:55.00 | 02:40:12.00 | 04:51:36.00 | +02:56:30 (60.5%) | 12:57 | 4.6 (39.3%) |
| 170 | PRABUCKI Jarosław | 137 | | M-40 | 42 | 00:45:10.00 | 01:32:22.00 | 02:35:03.00 | 04:52:35.00 | +02:57:29 (60.7%) | 13:00 | 4.6 (39.3%) |
| 171 | PRABUCKA Karolina | 136 | | K-40 | 14 | 00:45:10.00 | 01:32:22.00 | 02:35:04.00 | 04:52:36.00 | +02:57:30 (60.7%) | 13:00 | 4.6 (39.3%) |
| 172 | BOŚKO Paulina | 17 | CMENTARNE HIENY | K-30 | 25 | 00:40:38.00 | 01:31:07.00 | 02:53:32.00 | 05:05:17.00 | +03:10:11 (62.3%) | 13:34 | 4.4 (37.6%) |
| 173 | KRZYWOŃ Paweł | 86 | | M-30 | 47 | 00:39:23.00 | 01:36:14.00 | 02:53:47.00 | 05:09:24.00 | +03:14:18 (62.8%) | 13:45 | 4.4 (37.6%) |
| 174 | ZEMŁA Dawid | 208 | MACARENA WARRIORS | M-16 | 18 | 00:46:30.00 | 00:55:27.00 | 03:32:07.00 | 05:14:04.00 | +03:18:58 (63.4%) | 13:57 | 4.3 (36.8%) |
| 175 | MATYSIAK Sławomir | 105 | OCR GRUBAS TEAM | M-30 | 48 | 00:46:31.00 | 01:02:07.00 | 03:32:04.00 | 05:20:42.00 | +03:25:36 (64.1%) | 14:15 | 4.2 (35.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Etap 5km | Etap 10km | Etap 7.5km | Czas | | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|----------------------------------|-----------|------|--------------------|--------------------|--------------------|--------------------|----------------------|--------------|----------------|
| | | | | | | | | | netto 22.5km | Różn | | |
| 176 | JĘDRYKA Anna | 70 | MACARENA WARRIORS | K-30 | 26 | 00:46:32.00 | 01:02:10.00 | 03:32:06.00 | 05:20:48.00 | +03:25:42 (64.1%) | 14:15 | 4.2 (35.9%) |
| 177 | KOSIANOWSKA Monika | 82 | GRUPA MALBORK | K-50 | 7 | 00:46:42.00 | 01:42:33.00 | 02:53:26.00 | 05:22:41.00 | +03:27:35 (64.3%) | 14:20 | 4.2 (35.9%) |
| 178 | BLACHOWSKA Agnieszka | 9 | | K-30 | 27 | 00:48:15.00 | 01:46:16.00 | 02:52:58.00 | 05:27:29.00 | +03:32:23 (64.9%) | 14:33 | 4.1 (35.0%) |
| 179 | WALUKIEWICZ Magdalena | 186 | NZ | K-40 | 15 | 00:48:15.00 | 01:46:16.00 | 02:53:47.00 | 05:28:18.00 | +03:33:12 (64.9%) | 14:35 | 4.1 (35.0%) |
| 180 | LEBIODA Alicja | 92 | | K-40 | 16 | 00:48:40.00 | 01:46:17.00 | 02:54:51.00 | 05:29:48.00 | +03:34:42 (65.1%) | 14:39 | 4.1 (35.0%) |
| 181 | KNAPIK Justyna | 77 | | K-30 | 28 | 00:46:28.00 | 01:21:20.00 | 03:32:02.00 | 05:39:50.00 | +03:44:44 (66.1%) | 15:06 | 4 (34.2%) |
| 182 | KOŁACZYŃSKA Monika | 80 | | K-50 | 8 | 00:54:58.00 | 01:59:38.00 | 02:52:50.00 | 05:47:26.00 | +03:52:20 (66.9%) | 15:26 | 3.9 (33.3%) |
| 183 | JADCZAK Danuta | 68 | | K-60+ | 1 | 00:58:16.00 | 01:52:54.00 | 02:59:45.00 | 05:50:55.00 | +03:55:49 (67.2%) | 15:35 | 3.8 (32.5%) |
| 184 | LEWANDOWSKI Janusz | 96 | PARKRUN SZCZECIN | M-60+ | 6 | 00:58:16.00 | 01:52:54.00 | 02:59:46.00 | 05:50:56.00 | +03:55:50 (67.2%) | 15:35 | 3.8 (32.5%) |
| 185 | WARCHOŁ Kamil | 187 | MACARENA WARRIORS | M-16 | 19 | 00:46:33.00 | 01:46:11.00 | 03:32:06.00 | 06:04:50.00 | +04:09:44 (68.5%) | 16:12 | 3.7 (31.6%) |
| 186 | BODNAR Zbigniew | 14 | BIEG KORCZAKA | M-60+ | 7 | 00:55:24.00 | 02:01:39.00 | 03:27:29.00 | 06:24:32.00 | +04:29:26 (70.1%) | 17:05 | 3.5 (29.9%) |
| | NAJMARK Małgorzata | 115 | GRUPA AZOTY | K-40 | | 00:51:45.00 DNF | 00:00:00.00 DNF | 00:00:00.00 DNF | DNF | | - | - (0.0%) |
| | SKORNIA Krzysztof | 164 | GRUPA AZOTY | M-40 | | 01:00:19.00 DNF | 00:00:00.00 DNF | 00:00:00.00 DNF | DNF | | - | - (0.0%) |
| | LOBA Jakub | 378 | SKB DZIK | Drużyna | | 00:28:13.00 DNF | 00:58:03.00 DNF | 00:00:00.00 DNF | DNF | | - | - (0.0%) |
| | GIEDRYS Adam | 47 | 12 BRYGADA ZMECHANIZOWANA | M-16 | | 00:27:29.00 DNF | 01:00:37.00 DNF | 00:00:00.00 DNF | DNF | | - | - (0.0%) |
| | BOCK Udo | 12 | BRAUNSCHWEIG HASH HOUSE HARRIERS | M-40 | | 00:30:27.00 DNF | 01:02:25.00 DNF | 00:00:00.00 DNF | DNF | | - | - (0.0%) |
| | BOCK Agnieszka | 11 | BRAUNSCHWEIG HASH HOUSE HARRIERS | K-40 | | 00:31:14.00 DNF | 01:02:29.00 DNF | 00:00:00.00 DNF | DNF | | - | - (0.0%) |
| | WITORZĘĆ Dariusz | 196 | | M-40 | | 00:31:45.00 DNF | 01:07:30.00 DNF | 00:00:00.00 DNF | DNF | | - | - (0.0%) |
| | BOCK Marcel | 13 | BRAUNSCHWEIG HASH HOUSE HARRIERS | M-16 | | 00:32:59.00 DNF | 01:07:20.00 DNF | 00:00:00.00 DNF | DNF | | - | - (0.0%) |
| | GUŁAJEWSKI Rafał | 58 | 14ZBOT/142BLP | M-40 | | 00:31:40.00 DNF | 01:09:00.00 DNF | 00:00:00.00 DNF | DNF | | - | - (0.0%) |
| | KUCHARSKI Tomasz | 88 | GRUPA AZOTY | M-50 | | 00:37:01.00 DNF | 01:15:02.00 DNF | 00:00:00.00 DNF | DNF | | - | - (0.0%) |
| | URBANIAK Anna | 185 | GRUPA AZOTY | K-30 | | 00:00:00.00 DNF | 00:00:00.00 DNF | 01:58:09.00 DNF | DNF | | - | - (0.0%) |
| | RATAJCZYK Patryk | 142 | DLL PARTNERS | M-30 | | 00:39:28.00 DNF | 01:26:35.00 DNF | 00:00:00.00 DNF | DNF | | - | - (0.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria Mkat | Etap 5km | Etap 10km | Etap 7.5km | Czas netto 22.5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|------------------------------|----------------|--------------------|--------------------|--------------------|-------------------|------|--------------|------------|
| | LOBA Zuzanna | 379 | SKB DZIK | K-16 | 00:38:05.00 DNF | 01:28:14.00 DNF | 00:00:00.00 DNF | DNF | | - | - (0.0%) |
| | WIERZBICKA Agnieszka | 192 | 14 ZBOT | K-16 | 00:30:58.00 DNF | 00:00:00.00 DNF | 01:50:15.00 DNF | DNF | | - | - (0.0%) |
| | RÓŻYCKA Karina | 146 | GRUPA AZOTY | K-30 | 00:00:00.00 DNF | 00:00:00.00 DNF | 02:23:00.00 DNF | DNF | | - | - (0.0%) |
| | BIENIAS Emilia | 7 | RAGNAROK SZCZECIN | K-16 | 00:35:16.00 DNF | 00:00:00.00 DNF | 01:50:35.00 DNF | DNF | | - | - (0.0%) |
| | KRUCZEK Paweł | 83 | BRIDGESTONE STARGARD RUNNERS | M-30 | 00:37:08.00 DNF | 00:00:00.00 DNF | 02:15:17.00 DNF | DNF | | - | - (0.0%) |
| | BRUMIRSKI Bartosz | 218 | | M-30 | 00:27:57.00 DNF | 00:00:00.00 DNF | 02:26:41.00 DNF | DNF | | - | - (0.0%) |
| | RADCZUK Karolina | 139 | GRUPA AZOTY | K-40 | 00:36:44.00 DNF | 00:00:00.00 DNF | 02:22:59.00 DNF | DNF | | - | - (0.0%) |

Znaleziono 205 wynik(ów)