



XII KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM

B4SPORT

Wydarzenie: XII Koszaliński Bieg Sylwestrowy
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2021-12-29
Miejsce: Koszalin
Dystans: 5.1 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Lap 1.7km | Lap 3.4km | Czas netto 5.1km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|-------|---|-----------|------|--------------|--------------|------------------------|-------------------|-----------------|---------------|
| 1 | SIÓDMIAK Igor | 144 | 7PRO SIÓDMIAK TEAM / PENTATHLON SZ-EK / MBC | M14-39 | 1 | 00:05:24 | 00:10:43 | 00:16:05.40 | | 3:09 | 19 (100%) |
| 2 | SOKOŁOWSKI Ryszard | 146 | LKB BRACI PETK | M14-39 | 2 | 00:04:44 | 00:10:54 | 00:16:20.30 | +00:00:14 (1.5%) | 3:12 | 18.7 (98.4%) |
| 3 | CZERNIEWSKI Marcin | 23 | AML SŁUPSK | M14-39 | 3 | 00:05:24 | 00:11:11 | 00:17:06.05 | +00:01:00 (5.9%) | 3:21 | 17.9 (94.2%) |
| 4 | WIŚNIEWSKI Kacper | 174 | KB DZIESIĄTKA BIAŁOGARD | M14-39 | 4 | 00:05:30 | 00:11:22 | 00:17:23.75 | +00:01:18 (7.5%) | 3:24 | 17.6 (92.6%) |
| 5 | WENT Jakub | 169 | | M40-59 | 1 | 00:05:46 | 00:11:41 | 00:17:34.65 | +00:01:29 (8.5%) | 3:26 | 17.4 (91.6%) |
| 6 | KĘPKA Adrian | 64 | @KEPKANATRASIE | M14-39 | 5 | 00:05:42 | 00:11:43 | 00:17:44.05 | +00:01:38 (9.3%) | 3:28 | 17.3 (91.1%) |
| 7 | GUZOWSKI Denis | 46 | JW 3775/ PRAWIE JAK HERMES | M14-39 | 6 | 00:05:39 | 00:11:42 | 00:17:49.35 | +00:01:43 (9.7%) | 3:29 | 17.2 (90.5%) |
| 8 | HOŁUB Kamil | 51 | MLUKS TRZEBIATÓW | M40-59 | 2 | 00:06:03 | 00:12:35 | 00:18:52.70 | +00:02:47 (14.8%) | 3:41 | 16.2 (85.3%) |
| 9 | GUZOWSKI Dariusz | 47 | TALEX BORZYTUCHOM | M40-59 | 3 | 00:06:10 | 00:12:40 | 00:19:01.80 | +00:02:56 (15.4%) | 3:43 | 16.1 (84.7%) |
| 10 | SZOPIŃSKI Tomasz | 158 | KB BRYZA POSTOMINO | M14-39 | 7 | 00:06:14 | 00:12:53 | 00:19:13.30 | +00:03:07 (16.3%) | 3:46 | 15.9 (83.7%) |
| 11 | CZAPLIŃSKI Jacek | 21 | | M40-59 | 4 | 00:06:14 | 00:12:50 | 00:19:18.60 | +00:03:13 (16.7%) | 3:47 | 15.9 (83.7%) |
| 12 | KRYZEL Tomasz | 83 | KUJAWSCY RUNNERS | M14-39 | 8 | 00:06:08 | 00:12:43 | 00:19:22.85 | +00:03:17 (17.0%) | 3:47 | 15.8 (83.2%) |
| 13 | RUDNIKOWSKI Maciej | 140 | KB DARŁOWSKIE CHARTY / BIEGUZDROWISKOWY.PL | M40-59 | 5 | 00:06:22 | 00:13:04 | 00:19:33.55 | +00:03:28 (17.7%) | 3:50 | 15.7 (82.6%) |
| 14 | WALEŃSKI Michał | 165 | TKKF KOSZALIN | M40-59 | 6 | 00:06:26 | 00:13:05 | 00:19:43.10 | +00:03:37 (18.4%) | 3:51 | 15.5 (81.6%) |
| 15 | ZATOŃ Olga | 181 | | K14-39 | 1 | 00:06:30 | 00:13:13 | 00:19:58.90 | +00:03:53 (19.5%) | 3:54 | 15.3 (80.5%) |
| 16 | ZUKAL Piotr | 184 | 7PRO TEAM | M40-59 | 7 | 00:06:37 | 00:13:23 | 00:20:05.15 | +00:03:59 (19.9%) | 3:56 | 15.2 (80.0%) |
| 17 | KRYNICKA GRZYB Małgorzata | 81 | | K14-39 | 2 | 00:06:25 | 00:13:14 | 00:20:10.65 | +00:04:05 (20.3%) | 3:57 | 15.2 (80.0%) |
| 18 | PICK Tomasz | 128 | BIEGOLAS KOSZALIN /KORONA SZCZECIN | M40-59 | 8 | 00:06:32 | 00:13:25 | 00:20:14.90 | +00:04:09 (20.5%) | 3:58 | 15.1 (79.5%) |
| 19 | FEDORCZAK Łukasz | 33 | | M14-39 | 9 | 00:06:39 | 00:13:39 | 00:20:29.80 | +00:04:24 (21.5%) | 4:00 | 14.9 (78.4%) |
| 20 | KOZIEŁ Paweł | 74 | KĘPKA NA TRASIE | M40-59 | 9 | 00:06:37 | 00:13:38 | 00:20:31.45 | +00:04:26 (21.6%) | 4:01 | 14.9 (78.4%) |
| 21 | FOLTYNIEWICZ Hanna | 35 | MKP SZCZECINEK | K14-39 | 3 | 00:06:47 | 00:13:40 | 00:20:35.60 | +00:04:30 (21.9%) | 4:02 | 14.9 (78.4%) |
| 21 | FOLTYNIEWICZ Maciej | 36 | | M40-59 | 10 | 00:06:47 | 00:13:41 | 00:20:35.60 | +00:04:30 (21.9%) | 4:02 | 14.9 (78.4%) |
| 23 | ŻMUDA Tomasz | 186 | CW FANZA KOŁOBRZEG | M40-59 | 11 | 00:06:48 | 00:13:49 | 00:20:44.30 | +00:04:38 (22.4%) | 4:03 | 14.8 (77.9%) |
| 24 | RODZIEWICZ Marcin | 138 | | M14-39 | 10 | 00:06:41 | 00:13:40 | 00:20:47.35 | +00:04:41 (22.6%) | 4:04 | 14.7 (77.4%) |
| 25 | WICHER Krzysztof | 171 | ADWOKATURA | M40-59 | 12 | 00:06:57 | 00:14:04 | 00:21:10.10 | +00:05:04 (24.0%) | 4:09 | 14.5 (76.3%) |
| 26 | KISIELEWICZ Krzysztof | 65 | KORZYBSKIE REKINY | M14-39 | 11 | 00:07:11 | 00:14:16 | 00:21:20.70 | +00:05:15 (24.6%) | 4:10 | 14.3 (75.3%) |
| 27 | GAWEŁ Marcin | 39 | BRAK | M14-39 | 12 | 00:07:02 | 00:14:16 | 00:21:22.10 | +00:05:16 (24.7%) | 4:11 | 14.3 (75.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Lap | | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|-------------------------------------|-----------|------|----------|----------|--------------------|-------------------|------|--------------|------------|
| | | | | | | 1.7km | 3.4km | 5.1km | | | | |
| 28 | KUŁAKOWSKI Dawid | 88 | TKKF KOSZALIN | M40-59 | 13 | 00:07:14 | 00:14:25 | 00:21:28.15 | +00:05:22 (25.1%) | 4:12 | 14.3 (75.3%) | |
| 29 | GRZESIK Eugeniusz | 44 | TKKF KOSZALIN | M40-59 | 14 | 00:06:54 | 00:14:13 | 00:21:33.50 | +00:05:28 (25.4%) | 4:13 | 14.2 (74.7%) | |
| 30 | KRACZKOWSKI Przemysław | 77 | 142BLP TRZEBIATÓW | M40-59 | 15 | 00:07:18 | 00:14:34 | 00:21:46.20 | +00:05:40 (26.1%) | 4:16 | 14.1 (74.2%) | |
| 31 | MOSZYŃSKI Jacek | 106 | TKKF KOSZALIN | M40-59 | 16 | 00:07:11 | 00:14:29 | 00:21:46.35 | +00:05:40 (26.1%) | 4:16 | 14.1 (74.2%) | |
| 32 | BARANOWSKI Piotr | 4 | | M40-59 | 17 | 00:07:12 | 00:14:30 | 00:21:55.95 | +00:05:50 (26.6%) | 4:17 | 14 (73.7%) | |
| 33 | KORCZYŃSKI Sławomir | 92 | | M14-39 | 13 | 00:07:04 | 00:14:40 | 00:22:03.45 | +00:05:58 (27.1%) | 4:19 | 13.9 (73.2%) | |
| 34 | KOŚCIELNIAK Robert | 73 | TKKF KOSZALIN | M40-59 | 18 | 00:07:16 | 00:14:42 | 00:22:03.55 | +00:05:58 (27.1%) | 4:19 | 13.9 (73.2%) | |
| 35 | IWANIEC Dariusz | 53 | TKKF KOSZALIN | M40-59 | 19 | 00:07:14 | 00:14:31 | 00:22:04.75 | +00:05:59 (27.1%) | 4:19 | 13.9 (73.2%) | |
| 36 | WEBER Paweł | 168 | BIEGOLAS | M14-39 | 14 | 00:07:15 | 00:14:40 | 00:22:16.50 | +00:06:11 (27.8%) | 4:21 | 13.7 (72.1%) | |
| 37 | SZCZUBLEWSKI Martin | 153 | KAMIEŃ RYMAŃSKI | M14-39 | 15 | 00:07:07 | 00:14:32 | 00:22:18.35 | +00:06:12 (27.9%) | 4:22 | 13.7 (72.1%) | |
| 38 | NERĆ Patrycja | 109 | 7PRO SIÓDMIAK TEAM / MKP SZCZECINEK | K14-39 | 4 | 00:07:28 | 00:14:55 | 00:22:18.50 | +00:06:13 (27.9%) | 4:22 | 13.7 (72.1%) | |
| 39 | MAZUREK Marcin | 98 | | M40-59 | 20 | 00:07:29 | 00:15:00 | 00:22:20.20 | +00:06:14 (28.0%) | 4:22 | 13.7 (72.1%) | |
| 40 | JANKOWSKI Grzegorz | 54 | POZYTYWNIENAKRECONY | M40-59 | 21 | 00:07:13 | 00:14:47 | 00:22:21.50 | +00:06:16 (28.0%) | 4:22 | 13.7 (72.1%) | |
| 41 | CZERNAK Gracjan | 22 | | M40-59 | 22 | 00:07:30 | 00:15:01 | 00:22:24.40 | +00:06:19 (28.2%) | 4:23 | 13.7 (72.1%) | |
| 42 | KMITA Michał | 67 | | M14-39 | 16 | 00:07:14 | 00:14:59 | 00:22:27.00 | +00:06:21 (28.3%) | 4:24 | 13.6 (71.6%) | |
| 43 | KORMAN Kamil | 87 | 8PPLOT | M14-39 | 17 | 00:06:37 | 00:15:23 | 00:22:27.20 | +00:06:21 (28.3%) | 4:24 | 13.6 (71.6%) | |
| 44 | MAZIEC Beata | 96 | BIEGOLAS KOSZALIN | K14-39 | 5 | 00:07:27 | 00:15:04 | 00:22:34.55 | +00:06:29 (28.7%) | 4:25 | 13.6 (71.6%) | |
| 45 | CHUDY Henryk | 17 | K.S. OLSZEWSKI I SYNOWIE | M60+ | 1 | 00:07:21 | 00:15:00 | 00:22:41.95 | +00:06:36 (29.1%) | 4:26 | 13.5 (71.1%) | |
| 46 | WIERZBICKI Sylwester | 173 | DARŁOWSKIE CHARTY | M14-39 | 18 | 00:07:19 | 00:15:05 | 00:22:43.40 | +00:06:38 (29.2%) | 4:27 | 13.5 (71.1%) | |
| 47 | OLEARCZYK Arkadiusz | 115 | | M40-59 | 23 | 00:07:18 | 00:14:56 | 00:23:06.40 | +00:07:01 (30.4%) | 4:31 | 13.2 (69.5%) | |
| 48 | KRYNICKA Magdalena | 80 | | K14-39 | 6 | 00:07:28 | 00:15:27 | 00:23:16.00 | +00:07:10 (30.8%) | 4:33 | 13.2 (69.5%) | |
| 49 | ADASZYŃSKI Wiesław | 2 | BIEGOLASKOSZALIN | M40-59 | 24 | 00:07:25 | 00:15:21 | 00:23:20.90 | +00:07:15 (31.1%) | 4:34 | 13.1 (68.9%) | |
| 50 | MOKRZYCKI Michał | 102 | | M14-39 | 19 | 00:08:08 | 00:15:59 | 00:23:34.65 | +00:07:29 (31.8%) | 4:37 | 13 (68.4%) | |
| 51 | KRUK Marcin | 79 | | M14-39 | 20 | 00:07:30 | 00:15:32 | 00:23:35.45 | +00:07:30 (31.8%) | 4:37 | 13 (68.4%) | |
| 52 | NIEWIADA Marek | 110 | | M40-59 | 25 | 00:07:32 | 00:15:39 | 00:23:39.65 | +00:07:34 (32.0%) | 4:38 | 12.9 (67.9%) | |
| 53 | PAWŁOWSKI Grzegorz | 125 | GAMMAX | M40-59 | 26 | 00:07:52 | 00:15:58 | 00:24:01.55 | +00:07:56 (33.0%) | 4:42 | 12.7 (66.8%) | |
| 54 | KATA Marcin | 63 | DZIKIE ŻÓŁWIE | M14-39 | 21 | 00:07:53 | 00:15:59 | 00:24:03.00 | +00:07:57 (33.1%) | 4:42 | 12.7 (66.8%) | |
| 55 | ŚNIADECKI Wojciech | 159 | | M14-39 | 22 | 00:07:11 | 00:15:44 | 00:24:05.40 | +00:08:00 (33.2%) | 4:43 | 12.7 (66.8%) | |
| 56 | CHUDZIK Zbigniew | 18 | TKKF KOSZALIN | M60+ | 2 | 00:08:02 | 00:16:14 | 00:24:09.25 | +00:08:03 (33.4%) | 4:44 | 12.7 (66.8%) | |
| 57 | KRZEWIŃSKA Małgorzata | 84 | TKKF KOSZALIN | K60+ | 1 | 00:08:02 | 00:16:15 | 00:24:13.60 | +00:08:08 (33.6%) | 4:44 | 12.6 (66.3%) | |
| 58 | WĄSOWICZ Anna | 166 | | K40-59 | 1 | 00:07:44 | 00:16:04 | 00:24:14.20 | +00:08:08 (33.6%) | 4:45 | 12.6 (66.3%) | |
| 59 | ORDA Marcin | 117 | KAMIEŃ RYMAŃSKI | M14-39 | 23 | 00:07:30 | 00:16:07 | 00:24:16.65 | +00:08:11 (33.7%) | 4:45 | 12.6 (66.3%) | |
| 60 | RADZIMSKI Marcel | 134 | | M14-39 | 24 | 00:07:30 | 00:15:46 | 00:24:18.45 | +00:08:13 (33.8%) | 4:45 | 12.6 (66.3%) | |
| 61 | RETERSKI Damian | 136 | | M14-39 | 25 | 00:08:03 | 00:16:23 | 00:24:22.50 | +00:08:17 (34.0%) | 4:46 | 12.6 (66.3%) | |
| 62 | TOMCZYK Mateusz | 162 | KB SPOKO SŁAWNO | M14-39 | 26 | 00:08:14 | 00:16:33 | 00:24:25.85 | +00:08:20 (34.1%) | 4:47 | 12.5 (65.8%) | |
| 63 | KLENIEWSKI Piotr | 66 | | M60+ | 3 | 00:07:59 | 00:16:13 | 00:24:26.65 | +00:08:21 (34.2%) | 4:47 | 12.5 (65.8%) | |
| 64 | MAZUR Mirosław | 97 | | M40-59 | 27 | 00:08:05 | 00:16:24 | 00:24:28.80 | +00:08:23 (34.3%) | 4:47 | 12.5 (65.8%) | |
| 65 | GIEDROWICZ Aleksandra | 41 | | K14-39 | 7 | 00:07:36 | 00:16:17 | 00:24:34.80 | +00:08:29 (34.5%) | 4:49 | 12.5 (65.8%) | |
| 66 | TALKOWSKA Oliwia | 161 | 7PRO SIÓDMIAK TEAM | K14-39 | 8 | 00:07:28 | 00:15:59 | 00:24:37.10 | +00:08:31 (34.6%) | 4:49 | 12.4 (65.3%) | |
| 67 | BUDZIŃSKI Paweł | 15 | KĘPKA NA TRASIE | M40-59 | 28 | 00:08:30 | 00:16:58 | 00:24:42.45 | +00:08:37 (34.9%) | 4:50 | 12.4 (65.3%) | |
| 68 | ORŁOWSKI Paweł | 118 | | M40-59 | 29 | 00:08:19 | 00:16:40 | 00:24:45.65 | +00:08:40 (35.0%) | 4:51 | 12.4 (65.3%) | |
| 69 | WĄSOWSKI Robert | 167 | SPORTOWE BIELICE | M14-39 | 27 | 00:08:25 | 00:16:42 | 00:24:48.90 | +00:08:43 (35.2%) | 4:51 | 12.3 (64.7%) | |
| 70 | KASPRZYKOWSKI Wojciech | 60 | BRAK | M14-39 | 28 | 00:07:45 | 00:16:14 | 00:24:54.50 | +00:08:49 (35.4%) | 4:52 | 12.3 (64.7%) | |
| 71 | MONGIAŁO Marcin | 104 | KĘPKA NA TRASIE | M40-59 | 30 | 00:08:15 | 00:16:41 | 00:25:02.00 | +00:08:56 (35.7%) | 4:54 | 12.2 (64.2%) | |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Lap | | Czas | | Tempo min/km | Tempo km/h |
|-----|--------------------------------|------------|------------------------------|-----------|------|----------|----------|--------------------|-------------------|--------------|--------------|
| | | | | | | 1.7km | 3.4km | 5.1km | Różn | | |
| 72 | HOREGLAD Paweł | 52 | SPEEDY GONZALES | M14-39 | 29 | 00:07:58 | 00:16:36 | 00:25:07.20 | +00:09:01 (35.9%) | 4:55 | 12.2 (64.2%) |
| 73 | BOREJKO Łukasz | 11 | | M14-39 | 30 | 00:08:18 | 00:16:46 | 00:25:13.35 | +00:09:07 (36.2%) | 4:56 | 12.1 (63.7%) |
| 74 | SARAPUK Gabriela | 142 | TKKF KOSZALIN | K40-59 | 2 | 00:08:34 | 00:17:04 | 00:25:22.90 | +00:09:17 (36.6%) | 4:58 | 12.1 (63.7%) |
| 75 | KRZEWIŃSKA Monika | 85 | TKKF KOSZALIN | K14-39 | 9 | 00:08:34 | 00:17:03 | 00:25:23.05 | +00:09:17 (36.6%) | 4:58 | 12.1 (63.7%) |
| 76 | CZUCZAK Tomasz | 200 | | M40-59 | 31 | 00:08:06 | 00:16:42 | 00:25:25.50 | +00:09:20 (36.7%) | 4:59 | 12 (63.2%) |
| 77 | BOGACKI Tomasz | 9 | TKKF KOSZALIN | M60+ | 4 | 00:08:24 | 00:17:06 | 00:25:28.15 | +00:09:22 (36.8%) | 4:59 | 12 (63.2%) |
| 78 | BURKIET Paweł | 16 | | M40-59 | 32 | 00:07:59 | 00:16:34 | 00:25:34.20 | +00:09:28 (37.1%) | 5:00 | 12 (63.2%) |
| 79 | BODO Rafał | 8 | ZOZKOSZ KOSZALIN | M14-39 | 31 | 00:08:40 | 00:17:19 | 00:25:48.60 | +00:09:43 (37.7%) | 5:03 | 11.9 (62.6%) |
| 80 | ANTKOWIAK Sebastian | 3 | DB - ACTIVE | M40-59 | 33 | 00:08:11 | 00:17:05 | 00:25:48.70 | +00:09:43 (37.7%) | 5:03 | 11.9 (62.6%) |
| 81 | PIECHOTA Robert | 129 | | M40-59 | 34 | 00:08:24 | 00:17:13 | 00:25:52.65 | +00:09:47 (37.8%) | 5:04 | 11.8 (62.1%) |
| 82 | FAJGIER Tomasz | 32 | | M40-59 | 35 | 00:07:51 | 00:16:48 | 00:25:58.15 | +00:09:52 (38.0%) | 5:05 | 11.8 (62.1%) |
| 83 | WYSOCKA Urszula | 179 | SPORTOWE BIELICE | K14-39 | 10 | 00:08:23 | 00:17:12 | 00:26:01.45 | +00:09:56 (38.2%) | 5:06 | 11.8 (62.1%) |
| 84 | POŁOCZAŃSKI Piotr | 133 | SZWAGRY BIEGAJĄ | M14-39 | 32 | 00:08:34 | 00:17:12 | 00:26:16.50 | +00:10:11 (38.8%) | 5:09 | 11.6 (61.1%) |
| 85 | KAMYK Piotr | 58 | MH-INFORMATYKA.PL / BIEGOLAS | M40-59 | 36 | 00:08:24 | 00:17:32 | 00:26:18.15 | +00:10:12 (38.8%) | 5:09 | 11.6 (61.1%) |
| 86 | RYBAK Daria | 141 | | K40-59 | 3 | 00:08:41 | 00:17:33 | 00:26:24.05 | +00:10:18 (39.1%) | 5:10 | 11.6 (61.1%) |
| 87 | PAWŁOWSKA Magdalena | 124 | GAMMAX | K40-59 | 4 | 00:08:41 | 00:17:33 | 00:26:24.15 | +00:10:18 (39.1%) | 5:10 | 11.6 (61.1%) |
| 88 | KURŁOWICZ Krzysztof | 89 | | M40-59 | 37 | 00:08:16 | 00:17:15 | 00:26:28.50 | +00:10:23 (39.2%) | 5:11 | 11.6 (61.1%) |
| 89 | NOSAL Mariusz | 111 | | M40-59 | 38 | 00:08:52 | 00:17:46 | 00:26:29.45 | +00:10:24 (39.3%) | 5:11 | 11.6 (61.1%) |
| 90 | KOZŁOWIECKI Waldemar | 76 | TKKF KOSZALIN | M60+ | 5 | 00:08:53 | 00:17:42 | 00:26:34.20 | +00:10:28 (39.4%) | 5:12 | 11.5 (60.5%) |
| 91 | DRULIK-HOŁUB Marta | 29 | | K40-59 | 5 | 00:08:41 | 00:17:42 | 00:26:35.90 | +00:10:30 (39.5%) | 5:12 | 11.5 (60.5%) |
| 92 | GRABOWSKA-LESISZ Aneta | 43 | 4ROWERY | K40-59 | 6 | 00:08:43 | 00:17:41 | 00:26:43.55 | +00:10:38 (39.8%) | 5:14 | 11.5 (60.5%) |
| 93 | OSOBNIAK Ryszard | 119 | | M60+ | 6 | 00:09:01 | 00:18:10 | 00:27:04.95 | +00:10:59 (40.6%) | 5:18 | 11.3 (59.5%) |
| 94 | KUBIAK Katarzyna | 86 | | K40-59 | 7 | 00:08:50 | 00:17:52 | 00:27:05.15 | +00:10:59 (40.6%) | 5:18 | 11.3 (59.5%) |
| 95 | SUCHODOLSKA Aleksandra | 148 | | K14-39 | 11 | 00:08:49 | 00:17:56 | 00:27:12.35 | +00:11:06 (40.9%) | 5:20 | 11.3 (59.5%) |
| 96 | ŻUCHELKOWSKI Henryk | 187 | | M14-39 | 33 | 00:09:20 | 00:18:36 | 00:27:13.10 | +00:11:07 (40.9%) | 5:20 | 11.2 (58.9%) |
| 97 | KOLIGAT Anna | 69 | | K40-59 | 8 | 00:08:57 | 00:18:02 | 00:27:17.45 | +00:11:12 (41.0%) | 5:20 | 11.2 (58.9%) |
| 98 | MILTO Adam | 101 | | M14-39 | 34 | 00:09:02 | 00:18:14 | 00:27:25.45 | +00:11:20 (41.3%) | 5:22 | 11.2 (58.9%) |
| 99 | MRUGALSKA Magdalena | 108 | JW1223 | K14-39 | 12 | 00:08:44 | 00:18:04 | 00:27:29.70 | +00:11:24 (41.5%) | 5:23 | 11.1 (58.4%) |
| 100 | ZIMNOWŁOCKI Mariusz | 183 | DEAF KOSZALIN | M14-39 | 35 | 00:08:40 | 00:18:02 | 00:27:40.10 | +00:11:34 (41.8%) | 5:25 | 11.1 (58.4%) |
| 101 | KONISZEWSKI Marcin | 70 | | M40-59 | 39 | 00:09:36 | 00:18:58 | 00:27:47.20 | +00:11:41 (42.1%) | 5:26 | 11 (57.9%) |
| 102 | NOSAL Martyna | 112 | KS PENTATHLON SZCZECINEK | K14-39 | 13 | 00:08:49 | 00:18:49 | 00:27:58.40 | +00:11:53 (42.5%) | 5:29 | 10.9 (57.4%) |
| 103 | MAMROT Artur | 199 | TKKF KOSZALIN | M40-59 | 40 | 00:12:00 | 00:19:00 | 00:28:00.00 | +00:11:54 (42.5%) | 5:29 | 10.9 (57.4%) |
| 104 | JASIENIECKI Piotr | 55 | | M40-59 | 41 | 00:09:10 | 00:18:36 | 00:28:12.20 | +00:12:06 (43.0%) | 5:31 | 10.9 (57.4%) |
| 105 | BOMBA Arkadiusz | 10 | | M14-39 | 36 | 00:08:27 | 00:18:17 | 00:28:13.40 | +00:12:08 (43.0%) | 5:31 | 10.8 (56.8%) |
| 106 | SALOMON Kacper | 188 | | M14-39 | 37 | 00:09:32 | 00:19:33 | 00:28:35.25 | +00:12:29 (43.7%) | 5:36 | 10.7 (56.3%) |
| 107 | ROMANOWICZ Monika | 139 | DZIKIE ŻÓŁWIE | K14-39 | 14 | 00:09:03 | 00:19:10 | 00:28:36.60 | +00:12:31 (43.8%) | 5:36 | 10.7 (56.3%) |
| 108 | HAMER Szymon | 49 | | M40-59 | 42 | 00:08:51 | 00:14:39 | 00:28:47.20 | +00:12:41 (44.1%) | 5:38 | 10.6 (55.8%) |
| 109 | BORUSIŃSKA Marta | 13 | | K14-39 | 15 | 00:09:36 | 00:19:24 | 00:28:50.25 | +00:12:44 (44.2%) | 5:39 | 10.6 (55.8%) |
| 110 | SLAZAK Robert | 145 | CANCERFIGHTER | M14-39 | 38 | 00:07:00 | 00:19:00 | 00:29:00.00 | +00:12:54 (44.5%) | 5:41 | 10.6 (55.8%) |
| 111 | OLEARCZYK Patryk | 116 | BOBOLICKIE BRACtwo BIEGOWE | M14-39 | 39 | 00:09:57 | 00:19:43 | 00:29:05.75 | +00:13:00 (44.7%) | 5:42 | 10.5 (55.3%) |
| 112 | DYMEK Remek | 30 | DEAF HAMELN | M40-59 | 43 | 00:09:16 | 00:19:17 | 00:29:12.65 | +00:13:07 (44.9%) | 5:43 | 10.5 (55.3%) |
| 113 | SYCHA Jarosław | 151 | | M40-59 | 44 | 00:09:07 | 00:19:08 | 00:29:12.70 | +00:13:07 (44.9%) | 5:43 | 10.5 (55.3%) |
| 114 | KANIEWSKA Anetta | 59 | | K40-59 | 9 | 00:09:06 | 00:19:15 | 00:29:22.40 | +00:13:17 (45.2%) | 5:45 | 10.4 (54.7%) |
| 115 | SIKORSKA-LÖWE Katarzyna | 143 | | K40-59 | 10 | 00:09:51 | 00:19:46 | 00:29:27.25 | +00:13:21 (45.4%) | 5:46 | 10.4 (54.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Lap | | Czas | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|--------------------|-----------|------|----------|----------|--------------------|-------------------|-----------------|---------------|
| | | | | | | 1.7km | 3.4km | netto 5.1km | | | |
| 116 | MARZAŁEK Małgorzata | 94 | | K40-59 | 11 | 00:09:24 | 00:19:25 | 00:29:43.15 | +00:13:37 (45.9%) | 5:49 | 10.3 (54.2%) |
| 117 | CIEKLIŃSKI Jacek | 19 | POD KOSZEM | M14-39 | 40 | 00:10:11 | 00:22:50 | 00:29:45.55 | +00:13:40 (45.9%) | 5:50 | 10.3 (54.2%) |
| 118 | ZAKOŚCIELNA Katarzyna | 180 | DZIKIE ŻÓŁWIE | K14-39 | 16 | 00:09:34 | 00:19:34 | 00:29:57.35 | +00:13:51 (46.3%) | 5:52 | 10.2 (53.7%) |
| 119 | DORAWA-ZIOMEK Anna | 27 | DZIKIE ŻÓŁWIE | K14-39 | 17 | 00:09:34 | 00:19:34 | 00:29:57.45 | +00:13:52 (46.3%) | 5:52 | 10.2 (53.7%) |
| 120 | FLIS Anna | 34 | | K14-39 | 18 | 00:10:16 | 00:20:30 | 00:30:03.40 | +00:13:58 (46.5%) | 5:53 | 10.2 (53.7%) |
| 121 | GUTOWSKI Marek | 45 | | M40-59 | 45 | 00:10:12 | 00:20:17 | 00:30:13.70 | +00:14:08 (46.8%) | 5:55 | 10.1 (53.2%) |
| 122 | MRÓZ Małgorzata | 107 | | K14-39 | 19 | 00:10:01 | 00:20:13 | 00:30:16.40 | +00:14:11 (46.9%) | 5:56 | 10.1 (53.2%) |
| 123 | CISZKOWSKI Konrad | 20 | | M14-39 | 41 | 00:08:57 | 00:19:42 | 00:30:25.40 | +00:14:20 (47.1%) | 5:57 | 10.1 (53.2%) |
| 124 | WRÓBLEWSKA Marta | 177 | | K40-59 | 12 | 00:10:19 | 00:20:34 | 00:30:32.00 | +00:14:26 (47.3%) | 5:59 | 10 (52.6%) |
| 125 | BORSUK Dorota | 12 | | K40-59 | 13 | 00:10:20 | 00:20:35 | 00:30:37.20 | +00:14:31 (47.5%) | 6:00 | 10 (52.6%) |
| 126 | BEDNARZ Katarzyna | 7 | | K40-59 | 14 | 00:10:07 | 00:20:31 | 00:30:47.85 | +00:14:42 (47.8%) | 6:02 | 9.9 (52.1%) |
| 127 | WROBLEWSKI Jerzy | 176 | PARKRUN SZCZECINEK | M60+ | 7 | 00:10:17 | 00:20:33 | 00:30:50.60 | +00:14:45 (47.8%) | 6:02 | 9.9 (52.1%) |
| 128 | PAŃCZYK Justyna | 121 | | K40-59 | 15 | 00:09:50 | 00:20:07 | 00:30:53.90 | +00:14:48 (47.9%) | 6:03 | 9.9 (52.1%) |
| 129 | WOLF Beata | 175 | TKKF KOSZALIN | K40-59 | 16 | 00:10:11 | 00:20:39 | 00:31:18.25 | +00:15:12 (48.6%) | 6:08 | 9.8 (51.6%) |
| 130 | MONDRON Katarzyna | 103 | | K40-59 | 17 | 00:09:55 | 00:20:42 | 00:31:23.00 | +00:15:17 (48.7%) | 6:09 | 9.8 (51.6%) |
| 131 | NOSAL Anna | 113 | | K14-39 | 20 | 00:10:08 | 00:20:54 | 00:31:35.80 | +00:15:30 (49.1%) | 6:11 | 9.7 (51.1%) |
| 132 | WACHHOLZ Beata | 164 | KB BRYZA POSTOMINO | K40-59 | 18 | 00:10:23 | 00:21:04 | 00:31:40.90 | +00:15:35 (49.2%) | 6:12 | 9.7 (51.1%) |
| 133 | PEŁKA Iwona | 127 | | K40-59 | 19 | 00:10:23 | 00:21:04 | 00:31:40.95 | +00:15:35 (49.2%) | 6:12 | 9.7 (51.1%) |
| 134 | MERKIS Małgorzata | 100 | FPP | K40-59 | 20 | 00:10:59 | 00:21:56 | 00:32:02.30 | +00:15:56 (49.8%) | 6:16 | 9.6 (50.5%) |
| 135 | SWOROWSKA Katarzyna | 150 | | K14-39 | 21 | 00:10:21 | 00:21:23 | 00:32:33.15 | +00:16:27 (50.6%) | 6:22 | 9.4 (49.5%) |
| 136 | PAWELEC Marta | 122 | | K14-39 | 22 | 00:10:21 | 00:21:23 | 00:32:33.50 | +00:16:28 (50.6%) | 6:22 | 9.4 (49.5%) |
| 137 | KOROL Elżbieta | 72 | | K40-59 | 21 | 00:10:22 | 00:21:25 | 00:32:35.55 | +00:16:30 (50.6%) | 6:23 | 9.4 (49.5%) |
| 138 | SZMYT Hubert | 156 | SZWAGRY BIEGAJĄ | M14-39 | 42 | 00:10:05 | 00:21:23 | 00:33:06.25 | +00:17:00 (51.4%) | 6:29 | 9.2 (48.4%) |
| 139 | SZMYT Marcin | 157 | SZWAGRY BIEGAJĄ | M40-59 | 46 | 00:10:05 | 00:21:22 | 00:33:10.55 | +00:17:05 (51.5%) | 6:30 | 9.2 (48.4%) |
| 140 | ZIĘTARA Ryszard | 182 | | M60+ | 8 | 00:10:28 | 00:21:47 | 00:33:12.20 | +00:17:06 (51.5%) | 6:30 | 9.2 (48.4%) |
| 141 | KRYSZEWSKA Magdalena | 82 | | K14-39 | 23 | 00:10:20 | 00:21:46 | 00:33:12.95 | +00:17:07 (51.6%) | 6:30 | 9.2 (48.4%) |
| 142 | PALONEK Małgorzata | 120 | | K40-59 | 22 | 00:11:00 | 00:22:37 | 00:34:43.35 | +00:18:37 (53.7%) | 6:48 | 8.8 (46.3%) |
| 143 | DERDA Katarzyna | 25 | VELO BALTIC | K14-39 | 24 | 00:10:11 | 00:22:50 | 00:34:50.40 | +00:18:45 (53.8%) | 6:49 | 8.8 (46.3%) |
| 144 | KOZŁOWIECKA Małgorzata | 75 | | K60+ | 2 | 00:11:47 | 00:24:26 | 00:37:18.30 | +00:21:12 (56.9%) | 7:18 | 8.2 (43.2%) |

Znaleziono 144 wynik(ów)