



XII SŁUPSKI BIEG NIEPODLEGŁOŚCI

B4SPORT

Organiser: Słupski Ośrodek Sportu i Rekreacji
Date: 2024-11-11
Place: Słupsk
Distance: 10 km



Classification: All

Place	Participant	Number	Club	Category	MCat	5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	PYTLAK Michał	293	AML SŁUPSK	M3	1	00:16:04	00:32:33.90		3:15	18.4 (100%)
2	GARSKI Dawid	409	AML SŁUPSK	M2	1	00:16:13	00:32:46.45	+00:00:12 (0.6%)	3:16	18.3 (99.5%)
3	CZERNIEWSKI Marcin	60	AML SŁUPSK	M3	2	00:16:31	00:33:44.35	+00:01:10 (3.5%)	3:22	17.8 (96.7%)
4	BURZYŃSKI Aleksander	35	STOPA SŁUPSK	M4	1	00:17:22	00:35:02.35	+00:02:28 (7.1%)	3:30	17.1 (92.9%)
5	BARAN Radosław	10		M2	2	00:18:13	00:37:12.45	+00:04:38 (12.5%)	3:43	16.1 (87.5%)
6	KAMIENIECKI Rafał	127	TUPOT USTKA	M4	2	00:18:35	00:37:47.65	+00:05:13 (13.8%)	3:46	15.9 (86.4%)
7	WILMONT Krzysztof	381	GRAND LUBICZ 5* UZDROWISKO USTKA	M3	3	00:19:02	00:38:08.15	+00:05:34 (14.6%)	3:48	15.7 (85.3%)
8	DOMARUS Kamila	69		K2	1	00:18:36	00:38:12.00	+00:05:38 (14.8%)	3:49	15.7 (85.3%)
9	CERAPIŃSKI Maciek	38	SŁUPSK	M4	3	00:19:14	00:38:28.85	+00:05:54 (15.4%)	3:50	15.6 (84.8%)
10	GOSTKOWSKI Łukasz	89	KB GOCH BYTÓW	M3	4	00:18:57	00:38:54.70	+00:06:20 (16.3%)	3:53	15.4 (83.7%)
11	MAZUREK Marcin	227	XXX	M4	4	00:19:31	00:39:03.05	+00:06:29 (16.6%)	3:54	15.4 (83.7%)
12	BULCZAK Rafał	33	7BOW	M4	5	00:19:21	00:39:11.30	+00:06:37 (16.9%)	3:55	15.3 (83.2%)
13	CASTRO Roi	36	NSF REDZIKOWO (MWR)	M3	5	00:19:20	00:39:14.00	+00:06:40 (17.0%)	3:55	15.3 (83.2%)
14	KULCZYK Jerzy	186		M60+	1	00:19:40	00:39:34.50	+00:07:00 (17.7%)	3:57	15.2 (82.6%)
15	KRAWIEC Kamil	176		M3	6	00:19:51	00:39:34.90	+00:07:01 (17.7%)	3:57	15.2 (82.6%)

Place	Participant	Number	Club	Category	MCat	5km	Net time 10km	Gap	Pace min/km	Pace km/h
16	SMOŁUCH Marcin	404		M3	7	00:20:21	00:39:45.40	+00:07:11 (18.1%)	3:58	15.1 (82.1%)
17	MOTACKI Robert	235		M3	8	00:20:02	00:39:47.00	+00:07:13 (18.1%)	3:58	15.1 (82.1%)
18	SKĘPIEC Adam	312		M4	6	00:19:54	00:39:47.95	+00:07:14 (18.2%)	3:58	15.1 (82.1%)
19	PICK Tomasz	268	KORONA / BIEGOLAS KOSZALIN	M5	1	00:20:04	00:39:51.95	+00:07:18 (18.3%)	3:59	15.1 (82.1%)
20	PIŁCZYŃSKI Paweł	277	TOCZĄCA SIĘ PIŁKA	M3	9	00:20:08	00:39:54.35	+00:07:20 (18.4%)	3:59	15 (81.5%)
21	KALETA Sebastian	122		M4	7	00:20:13	00:40:10.65	+00:07:36 (18.9%)	4:01	14.9 (81.0%)
22	STANIOCH Krzysztof	324		M3	10	00:19:36	00:40:11.45	+00:07:37 (19.0%)	4:01	14.9 (81.0%)
23	BŁENCKI Piotr	25	AKTYWNA FABRYKA	M4	8	00:20:05	00:40:15.25	+00:07:41 (19.1%)	4:01	14.9 (81.0%)
24	WIŚNIEWSKI Kacper	377	PAWKO RUNNER TEAM	M2	3	00:19:10	00:40:16.30	+00:07:42 (19.1%)	4:01	14.9 (81.0%)
25	KOWALSKI Damian	403		M3	11	00:20:22	00:40:17.60	+00:07:43 (19.2%)	4:01	14.9 (81.0%)
26	CIESIULSKI Marek	53	TEAM ZWAE KĘBŁOWO	M3	12	00:20:33	00:40:23.90	+00:07:50 (19.4%)	4:02	14.9 (81.0%)
27	CZYŻYKOWSKI Mateusz	64		M3	13	00:20:05	00:40:36.55	+00:08:02 (19.8%)	4:03	14.8 (80.4%)
28	CHOLEWIŃSKI Artur	43	AML SŁUPSK	M3	14	00:20:01	00:40:44.45	+00:08:10 (20.1%)	4:04	14.7 (79.9%)
29	KURKUL Janek	189	KB BRYZA POSTOMINO	M2	4	00:20:19	00:40:56.45	+00:08:22 (20.5%)	4:05	14.7 (79.9%)
30	KALISZ Wojtek	124		M2	5	00:20:14	00:40:57.65	+00:08:23 (20.5%)	4:05	14.7 (79.9%)
31	DEREŃ Justyna	65	NIEPUBLICZNA SZKOŁA PODSTAWOWA NR 7 W SŁUPSKU	K3	1	00:20:26	00:40:59.60	+00:08:25 (20.6%)	4:05	14.6 (79.3%)
32	GAJEWSKI Andrzej	77	STOPA SŁUPSK	M4	9	00:20:24	00:41:04.90	+00:08:31 (20.7%)	4:06	14.6 (79.3%)
33	MARCZUK Maksymilian	223		M2	6	00:20:45	00:41:14.20	+00:08:40 (21.0%)	4:07	14.6 (79.3%)
34	BRZEZICKI Paweł	32		M3	15	00:19:56	00:41:16.20	+00:08:42 (21.1%)	4:07	14.5 (78.8%)
35	KARCZEWSKI Damian	133	TEAM ZWAE KĘBŁOWO	M3	16	00:20:35	00:41:17.70	+00:08:43 (21.1%)	4:07	14.5 (78.8%)
36	ŻYLICZ Paweł	400	STOPA SŁUPSK	M3	17	00:20:42	00:41:30.40	+00:08:56 (21.5%)	4:09	14.5 (78.8%)
37	DYŚKO Wojciech	71		M4	10	00:20:32	00:41:39.05	+00:09:05 (21.8%)	4:09	14.4 (78.3%)
38	CHMIELEWSKI Filip	41	SAMOLEJ	M1	1	00:22:55	00:42:03.00	+00:09:29 (22.6%)	4:12	14.3 (77.7%)

Place	Participant	Number	Club	Category	MCat	5km	Net time		Pace min/km	Pace km/h
							10km	Gap		
39	NAGÓREK Kamil	243	STOPA SŁUPSK	M4	11	00:21:20	00:42:09.75	+00:09:35 (22.8%)	4:12	14.2 (77.2%)
40	CZARNOWSKI Łukasz	367	TRIPAKA PRZECHLEWO	M3	18	00:21:26	00:42:16.20	+00:09:42 (23.0%)	4:13	14.2 (77.2%)
41	ANTOSIAK Grzegorz	5		M3	19	00:21:16	00:42:19.45	+00:09:45 (23.1%)	4:13	14.2 (77.2%)
42	CZYŻYKOWSKI Krzysztof	63		M4	12	00:20:37	00:42:22.20	+00:09:48 (23.1%)	4:14	14.2 (77.2%)
43	WIERZEJSKI Sławomir	368	K.B.GOCH BYTÓW	M5	2	00:20:56	00:42:23.25	+00:09:49 (23.2%)	4:14	14.2 (77.2%)
44	CIESIULSKI Przemek	54	TEAM ZWAE	M3	20	00:21:22	00:42:24.00	+00:09:50 (23.2%)	4:14	14.2 (77.2%)
45	SERAFIN Michał	309		M3	21	00:20:54	00:42:27.35	+00:09:53 (23.3%)	4:14	14.1 (76.6%)
46	WILCZEWSKI Mariusz	372	SPOKO SŁAWNNO	M3	22	00:21:10	00:42:29.25	+00:09:55 (23.4%)	4:14	14.1 (76.6%)
47	PIELACH Marek	270		M3	23	00:21:29	00:42:30.60	+00:09:56 (23.4%)	4:15	14.1 (76.6%)
48	DOLEPA Marek	68		M3	24	00:20:54	00:42:33.25	+00:09:59 (23.5%)	4:15	14.1 (76.6%)
49	PIOTRKOWSKI Tomasz	401	STOPA SŁUPSK	M4	13	00:21:34	00:42:43.30	+00:10:09 (23.8%)	4:16	14 (76.1%)
50	NAGÓREK Krzysztof	242	TUPOT USTKA	M60+	2	00:21:22	00:43:05.90	+00:10:32 (24.4%)	4:18	13.9 (75.5%)
51	KURKUL Karol	190	PAŁOWKO	M3	25	00:21:39	00:43:15.55	+00:10:41 (24.7%)	4:19	13.9 (75.5%)
52	ANDRYSKOWSKI Zdzisław	3	KOLARZ-POL	M5	3	00:21:22	00:43:16.70	+00:10:42 (24.8%)	4:19	13.9 (75.5%)
53	ŁAKOMSKI Wojciech	407	PRO DYSTANS SŁUPSK	M3	26	00:21:48	00:43:18.45	+00:10:44 (24.8%)	4:19	13.9 (75.5%)
54	CIOSEK Łukasz	56		M2	7	00:21:42	00:43:19.90	+00:10:46 (24.8%)	4:19	13.9 (75.5%)
55	SALAMONIK Piotr	305		M5	4	00:21:39	00:43:21.45	+00:10:47 (24.9%)	4:20	13.8 (75.0%)
56	BIERZANOWSKI Rafał	21		M4	14	00:21:52	00:43:37.30	+00:11:03 (25.3%)	4:21	13.8 (75.0%)
57	KARPOWICZ Tomek	138		M3	27	00:22:07	00:43:39.80	+00:11:05 (25.4%)	4:21	13.7 (74.5%)
58	KLINKUSZ Adrian	143		M4	15	00:21:53	00:43:49.75	+00:11:15 (25.7%)	4:22	13.7 (74.5%)
59	KOWALCZYK Marcin	164	SKSK PIEKŁO PÓŁNOCY	M4	16	00:21:48	00:43:51.00	+00:11:17 (25.7%)	4:23	13.7 (74.5%)
60	DYBEK Damian	70		M3	28	00:21:00	00:44:02.10	+00:11:28 (26.0%)	4:24	13.6 (73.9%)
61	GRYGOROWICZ Marta	96	BIEGAM BO LUBIĘ SŁUPSK	K4	1	00:22:08	00:44:02.80	+00:11:28 (26.1%)	4:24	13.6 (73.9%)

Place	Participant	Number	Club	Category	MCat	5km	Net time		Pace min/km	Pace km/h
							10km	Gap		
62	SKOMOROWSKI Michał	313	MOWI RUNNING TEAM	M3	29	00:22:01	00:44:03.05	+00:11:29 (26.1%)	4:24	13.6 (73.9%)
63	WĄCHNICKI Marcin	103		M4	17	00:21:39	00:44:13.50	+00:11:39 (26.4%)	4:25	13.6 (73.9%)
64	KIEŁCZYŃSKI Dawid	141	TEAM DAVE BUKÓWKA	M3	30	00:22:19	00:44:17.15	+00:11:43 (26.5%)	4:25	13.5 (73.4%)
65	ŻYTKO Monika	224		K3	2	00:21:50	00:44:19.60	+00:11:45 (26.5%)	4:25	13.5 (73.4%)
66	PIOCH Nadia	281		K2	2	00:22:20	00:44:20.35	+00:11:46 (26.6%)	4:26	13.5 (73.4%)
67	WIESIOŁEK Marcin	369		M3	31	00:21:51	00:44:27.50	+00:11:53 (26.8%)	4:26	13.5 (73.4%)
68	UPTASS Maciej	357		M3	32	00:21:54	00:44:30.90	+00:11:57 (26.8%)	4:27	13.5 (73.4%)
69	PIŁAT Paweł	276	BEST BEASTS	M4	18	00:21:49	00:44:35.45	+00:12:01 (27.0%)	4:27	13.5 (73.4%)
70	SADOWSKI Paweł	113	STOPA SŁUPSK	M4	19	00:22:44	00:44:41.90	+00:12:08 (27.1%)	4:28	13.4 (72.8%)
71	KWIETNIEWSKI Daniel	202		M4	20	00:22:19	00:44:50.30	+00:12:16 (27.4%)	4:29	13.4 (72.8%)
72	WIŚNIEWSKI Patryk	378	RYBICKI TRIATHLON COACH	M3	33	00:22:21	00:44:51.20	+00:12:17 (27.4%)	4:29	13.4 (72.8%)
73	WENCŁAWSKI Michał	363	ANANASY Z 3 FAL	M3	34	00:22:04	00:44:53.30	+00:12:19 (27.5%)	4:29	13.4 (72.8%)
74	CHMIELEWSKI Jacek	40	SAMOLEJ	M2	8	00:22:16	00:44:59.00	+00:12:25 (27.6%)	4:29	13.3 (72.3%)
75	MAJKOWSKI Krzysztof	220	KALIOP POLAND	M3	35	00:22:54	00:45:01.10	+00:12:27 (27.7%)	4:30	13.3 (72.3%)
76	MIECHÓWKA Michał	229		M4	21	00:22:12	00:45:02.15	+00:12:28 (27.7%)	4:30	13.3 (72.3%)
77	STEC Jakub	379	BEST BEASTS	M4	22	00:22:35	00:45:02.50	+00:12:28 (27.7%)	4:30	13.3 (72.3%)
78	SKORUPSKI Robert	315	STOPA SŁUPSK	M4	23	00:22:44	00:45:05.25	+00:12:31 (27.8%)	4:30	13.3 (72.3%)
79	KRAWCZYK Michał	174		M3	36	00:22:29	00:45:05.55	+00:12:31 (27.8%)	4:30	13.3 (72.3%)
80	CHYLEWSKA Aleksandra	50		K3	3	00:22:31	00:45:07.75	+00:12:33 (27.8%)	4:30	13.3 (72.3%)
81	KUROWSKI Marcin	193		M5	5	00:22:43	00:45:17.30	+00:12:43 (28.1%)	4:31	13.2 (71.7%)
82	LESZCZEŁOWSKI Piotr Grzegorz	206	NOWA MARCHIA	M5	6	00:22:41	00:45:23.35	+00:12:49 (28.3%)	4:32	13.2 (71.7%)
83	STĘPNIEWSKI Marcin	329	ULTRAS GRYF SŁUPSK	M5	7	00:22:33	00:45:24.95	+00:12:51 (28.3%)	4:32	13.2 (71.7%)
84	PIETRZYK Paweł	275		M4	24	00:22:46	00:45:25.35	+00:12:51 (28.3%)	4:32	13.2 (71.7%)

Place	Participant	Number	Club	Category	MCat	5km	Net time		Pace min/km	Pace km/h
							10km	Gap		
85	KAŻMIERCZAK Bartosz	139		M3	37	00:22:44	00:45:32.55	+00:12:58 (28.5%)	4:33	13.2 (71.7%)
86	SMOLIŃSKI Krzysztof	318		M4	25	00:22:49	00:45:32.90	+00:12:59 (28.5%)	4:33	13.2 (71.7%)
87	OBERT Paweł	253	STOPA SŁUPSK	M4	26	00:22:33	00:45:37.00	+00:13:03 (28.6%)	4:33	13.2 (71.7%)
88	KOS Krzysiek	152	WYBIEGANY KRZYCHU	M4	27	00:22:44	00:45:41.25	+00:13:07 (28.7%)	4:34	13.1 (71.2%)
89	KAŁUŻNY Mariusz	126	NADMORSZY BIEGACZE KOŁOBRZEG	M4	28	00:23:18	00:45:43.50	+00:13:09 (28.8%)	4:34	13.1 (71.2%)
90	SZCZEPANIK Konrad	334		M3	38	00:23:01	00:45:53.10	+00:13:19 (29.0%)	4:35	13.1 (71.2%)
91	KOZIOŁ Dominika	157	#SIŁADLAPOLI	K2	3	00:22:52	00:45:58.00	+00:13:24 (29.2%)	4:35	13.1 (71.2%)
92	PĄGOWSKI Łukasz	267		M3	39	00:23:16	00:45:58.20	+00:13:24 (29.2%)	4:35	13.1 (71.2%)
93	CHUDY Henryk	47	K SOLSZEWSKI I SYNOWIE	M60+	3	00:22:25	00:46:04.05	+00:13:30 (29.3%)	4:36	13 (70.7%)
94	OLESEK Jerzy	261	SZKOŁA PODOFICERSKA MW	M5	8	00:22:59	00:46:24.80	+00:13:50 (29.8%)	4:38	12.9 (70.1%)
95	MIELCZAREK Andrzej	405	WODOCIĄGI SŁUPSK	M4	29	00:23:16	00:46:36.70	+00:14:02 (30.1%)	4:39	12.9 (70.1%)
96	PIEKARSKI Tomasz	269		M3	40	00:23:11	00:46:42.70	+00:14:08 (30.3%)	4:40	12.8 (69.6%)
97	SZPITER Tomasz	344	OLAWS ZŁOTORYJA	M5	9	00:23:12	00:46:43.95	+00:14:10 (30.3%)	4:40	12.8 (69.6%)
98	KOWALCZUK Jakub	162		M4	30	00:23:29	00:46:47.60	+00:14:13 (30.4%)	4:40	12.8 (69.6%)
99	SZCZUPAKOWSKI Arkadiusz	335		M3	41	00:23:22	00:46:51.05	+00:14:17 (30.5%)	4:41	12.8 (69.6%)
100	SZMAJDA Ryszard	112		M5	10	00:23:02	00:46:59.90	+00:14:26 (30.7%)	4:41	12.8 (69.6%)
101	KRAMEK Janusz	171		M60+	4	00:22:52	00:47:00.05	+00:14:26 (30.7%)	4:42	12.8 (69.6%)
102	KAROLAK Joanna	137		K3	4	00:23:32	00:47:01.85	+00:14:27 (30.8%)	4:42	12.8 (69.6%)
103	KAROLAK Anna	136		K3	5	00:23:30	00:47:02.45	+00:14:28 (30.8%)	4:42	12.8 (69.6%)
104	PRZYDACZ Kamila	179		K1	1	00:23:39	00:47:08.80	+00:14:34 (30.9%)	4:42	12.7 (69.0%)
105	BALEWSKI Damian	8	7BOW	M2	9	00:23:17	00:47:12.35	+00:14:38 (31.0%)	4:43	12.7 (69.0%)
106	KWIATEK Wiktor	200		M2	10	00:22:48	00:47:16.30	+00:14:42 (31.1%)	4:43	12.7 (69.0%)
107	KOZIOŁ Adrian	168		M2	11	00:23:09	00:47:19.60	+00:14:45 (31.2%)	4:43	12.7 (69.0%)

Place	Participant	Number	Club	Category	MCat	5km	Net time 10km	Gap	Pace min/km	Pace km/h
108	KOSICKI Rafal	154	DYNIA	M5	11	00:23:24	00:47:21.25	+00:14:47 (31.2%)	4:44	12.7 (69.0%)
109	STAWICKI Marek	328	OSP SMOŁDZINO	M5	12	00:23:21	00:47:22.00	+00:14:48 (31.2%)	4:44	12.7 (69.0%)
110	GAWRYS Mateusz	81		M3	42	00:23:19	00:47:22.55	+00:14:48 (31.3%)	4:44	12.7 (69.0%)
111	KUROWSKA Olga	192	IUSTITIA POLSKA	K4	2	00:23:52	00:47:28.80	+00:14:54 (31.4%)	4:44	12.6 (68.5%)
112	ROLBIECKI Łukasz	297		M4	31	00:24:24	00:47:32.10	+00:14:58 (31.5%)	4:45	12.6 (68.5%)
113	KAMIŃSKI Kacper	131	SMIECHUTEAM	M3	43	00:24:06	00:47:34.20	+00:15:00 (31.5%)	4:45	12.6 (68.5%)
114	MINKO Tomasz	232		M3	44	00:24:10	00:47:47.00	+00:15:13 (31.8%)	4:46	12.6 (68.5%)
115	TOMCZAK Dominik	350	W.P.K SŁOŃ TEAM	M5	13	00:23:28	00:47:50.90	+00:15:17 (31.9%)	4:47	12.5 (67.9%)
116	TREDER Marian	352		M5	14	00:24:03	00:47:52.85	+00:15:18 (32.0%)	4:47	12.5 (67.9%)
117	SŁOMKA Łukasz	317	APATOR TELEMETRIA AKTYWNIE	M3	45	00:24:24	00:47:54.50	+00:15:20 (32.0%)	4:47	12.5 (67.9%)
118	STASZZUK Andrzej	327		M3	46	00:23:19	00:47:57.00	+00:15:23 (32.1%)	4:47	12.5 (67.9%)
119	GŁASZCZ Mariusz	86	WWW.ART-DONICE.PL	M4	32	00:23:54	00:47:57.65	+00:15:23 (32.1%)	4:47	12.5 (67.9%)
120	ZDUNEK Katarzyna	393	W.P.K SŁOŃ TEAM USTKA	K4	3	00:23:52	00:48:02.25	+00:15:28 (32.2%)	4:48	12.5 (67.9%)
121	RZEPECKA-GONTAR Anna	303		K4	4	00:23:55	00:48:02.30	+00:15:28 (32.2%)	4:48	12.5 (67.9%)
122	NARBUT Szymon	244	TOWARZYSTWO PIŁKI SIATKOWEJ CZARNI SŁUPSK	M3	47	00:24:20	00:48:05.30	+00:15:31 (32.3%)	4:48	12.5 (67.9%)
123	KONSTANCZAK Bartosz	150	NSF REDZIKOWO (PWD)	M4	33	00:24:10	00:48:08.20	+00:15:34 (32.3%)	4:48	12.5 (67.9%)
124	GAWEŁ Iza	78	ANANASY Z 3 FAL	K3	6	00:23:59	00:48:11.05	+00:15:37 (32.4%)	4:49	12.5 (67.9%)
125	POKLĘKOWSKI Mateusz	287		M2	12	00:23:41	00:48:12.70	+00:15:38 (32.5%)	4:49	12.4 (67.4%)
126	KRUKOWSKI Tadeusz	180		M60+	5	00:24:00	00:48:23.15	+00:15:49 (32.7%)	4:50	12.4 (67.4%)
127	KARGUL Jacek	410		M4	34	00:24:41	00:48:25.25	+00:15:51 (32.7%)	4:50	12.4 (67.4%)
128	PIOTROWSKI Paweł	284		M3	48	00:23:43	00:48:29.90	+00:15:56 (32.9%)	4:50	12.4 (67.4%)
129	MIELNICZUK Ksawery	230	MOTION CONTROL	M2	13	00:24:00	00:48:30.00	+00:15:56 (32.9%)	4:51	12.4 (67.4%)
130	BONDARENKO Jan	27	POLSKA	M60+	6	00:24:42	00:48:38.65	+00:16:04 (33.1%)	4:51	12.3 (66.8%)

Place	Participant	Number	Club	Category	MCat	5km	Net time		Pace min/km	Pace km/h
							10km	Gap		
131	ŻMIJAN Artur	398		M5	15	00:24:28	00:48:44.40	+00:16:10 (33.2%)	4:52	12.3 (66.8%)
132	BEDNARCZYK Arkadiusz	13	STOPA SŁUPSK	M5	16	00:24:54	00:48:45.40	+00:16:11 (33.2%)	4:52	12.3 (66.8%)
133	IWANOWSKI Michał	108	BIEGAM BO LUBIĘ	M3	49	00:24:00	00:48:50.25	+00:16:16 (33.3%)	4:53	12.3 (66.8%)
134	NOWOCIEŃ Mateusz	252		M3	50	00:23:45	00:48:50.85	+00:16:16 (33.3%)	4:53	12.3 (66.8%)
135	SZYBUT Wioleta	345		K4	5	00:24:24	00:48:51.85	+00:16:17 (33.4%)	4:53	12.3 (66.8%)
136	SOBOŃ Wojciech	320		M60+	7	00:24:49	00:48:54.15	+00:16:20 (33.4%)	4:53	12.3 (66.8%)
137	NACHYŁA Piotr	240	STOPA	M5	17	00:24:20	00:48:59.70	+00:16:25 (33.5%)	4:53	12.2 (66.3%)
138	GROTA Mariusz	94	AKTYWNA FABRYKA	M4	35	00:24:29	00:49:03.15	+00:16:29 (33.6%)	4:54	12.2 (66.3%)
139	GRABOWSKA Kinga	91	ANANASY Z 3 FAL	K4	6	00:24:30	00:49:03.35	+00:16:29 (33.6%)	4:54	12.2 (66.3%)
140	WOLSKA Sylwia	382		K3	7	00:24:58	00:49:05.45	+00:16:31 (33.7%)	4:54	12.2 (66.3%)
141	BECK Tomasz	12		M3	51	00:24:12	00:49:09.90	+00:16:36 (33.8%)	4:54	12.2 (66.3%)
142	GIERLACH Jacek	85	STOPA SŁUPSK	M3	52	00:25:02	00:49:10.95	+00:16:37 (33.8%)	4:55	12.2 (66.3%)
143	GIEDROJĆ Tomasz	83	TG12.PL	M4	36	00:24:39	00:49:12.85	+00:16:38 (33.8%)	4:55	12.2 (66.3%)
144	SZARAFIN Dominik	332		M3	53	00:24:40	00:49:21.30	+00:16:47 (34.0%)	4:56	12.2 (66.3%)
145	ROSENKRANZ Raven Pascal	298	WYŻSZA SZKOŁA POLICJI W ORANIENBURGU	M2	14	00:21:51	00:49:25.05	+00:16:51 (34.1%)	4:56	12.1 (65.8%)
146	FLORKIEWICZ Wiola	73	KOBIETA RAKIETA	K3	8	00:25:01	00:49:25.35	+00:16:51 (34.1%)	4:56	12.1 (65.8%)
147	GOSŁAWSKI Stanisław	88	NIE	M60+	8	00:24:35	00:49:29.65	+00:16:55 (34.2%)	4:56	12.1 (65.8%)
148	ZIELONKA Paweł	396		M3	54	00:25:25	00:49:32.90	+00:16:59 (34.3%)	4:57	12.1 (65.8%)
149	TRUSIAK Miłosz	354		M4	37	00:24:21	00:49:33.80	+00:16:59 (34.3%)	4:57	12.1 (65.8%)
150	GRYGOROWICZ Tomasz	97	BIEGAM BO LUBIĘ SŁUPSK	M4	38	00:25:01	00:49:37.45	+00:17:03 (34.4%)	4:57	12.1 (65.8%)
151	MAZGIS Marcin	226		M4	39	00:25:16	00:49:37.80	+00:17:03 (34.4%)	4:57	12.1 (65.8%)
152	ROSIAK Jacek	299		M5	18	00:26:02	00:49:45.65	+00:17:11 (34.6%)	4:58	12.1 (65.8%)
153	PRZEWORSKI Mieszko	289		M3	55	00:25:23	00:49:49.60	+00:17:15 (34.6%)	4:58	12 (65.2%)

Place	Participant	Number	Club	Category	MCat	5km	Net time 10km	Gap	Pace min/km	Pace km/h
154	GORCZYCKI Grzegorz	87	ILONKA TEAM	M4	40	00:24:43	00:49:51.35	+00:17:17 (34.7%)	4:59	12 (65.2%)
155	KOSTRZEWA Karol	1	#SIŁADLAPOLI	M3	56	00:24:06	00:49:51.85	+00:17:17 (34.7%)	4:59	12 (65.2%)
156	CELMER Ilona	37		K3	9	00:24:46	00:49:51.90	+00:17:18 (34.7%)	4:59	12 (65.2%)
157	SZMIGIERO Arkadiusz	341	SPORT GENERATION/ WPK SŁOŃ TEAM	M5	19	00:24:50	00:49:52.85	+00:17:18 (34.7%)	4:59	12 (65.2%)
158	CHABOWSKA Agnieszka	39		K4	7	00:26:01	00:49:57.00	+00:17:23 (34.8%)	4:59	12 (65.2%)
159	KUPIS Wojciech	188		M4	41	00:24:11	00:50:06.70	+00:17:32 (35.0%)	5:00	12 (65.2%)
160	WĘSIERSKA-MUŁYK Marzena	365		K3	10	00:24:49	00:50:14.35	+00:17:40 (35.2%)	5:01	11.9 (64.7%)
161	OKOŁOTOWICZ Sebastian	256		M4	42	00:24:04	00:50:15.65	+00:17:41 (35.2%)	5:01	11.9 (64.7%)
162	JAŚKIEWICZ Dagmara	117		K3	11	00:24:43	00:50:16.95	+00:17:43 (35.2%)	5:01	11.9 (64.7%)
163	HEJNA Artur	102		M3	57	00:24:44	00:50:17.55	+00:17:43 (35.2%)	5:01	11.9 (64.7%)
164	MYSZKOWSKA Anna	330	AKTYWNA FABRYKA	K3	12	00:25:06	00:50:18.00	+00:17:44 (35.3%)	5:01	11.9 (64.7%)
165	KURKUL Alicja	191		K3	13	00:24:38	00:50:24.65	+00:17:50 (35.4%)	5:02	11.9 (64.7%)
166	WYSIECKI Jarosław	386		M5	20	00:25:12	00:50:27.10	+00:17:53 (35.5%)	5:02	11.9 (64.7%)
167	ZIELIŃSKA Marzena	395		K5	1	00:25:12	00:50:27.20	+00:17:53 (35.5%)	5:02	11.9 (64.7%)
168	KWIECIEŃ Natalia	201		K2	4	00:25:02	00:50:45.45	+00:18:11 (35.8%)	5:04	11.8 (64.1%)
169	KLOC Dariusz	144	BEST BEASTS	M4	43	00:25:31	00:50:45.80	+00:18:11 (35.8%)	5:04	11.8 (64.1%)
170	MACHTYL Zygmunt	217	BEST BEASTS	M5	21	00:26:25	00:50:57.80	+00:18:23 (36.1%)	5:05	11.8 (64.1%)
171	WOLSKI Marcin	383		M5	22	00:17:00	00:51:01.00	+00:18:27 (36.2%)	5:06	11.8 (64.1%)
172	CONDON Clayton	58	NSF REDZIKOWO - PWD	M3	58	00:25:07	00:51:03.00	+00:18:29 (36.2%)	5:06	11.8 (64.1%)
173	TRAPP Sebastian	351	LION STRONG TEAM	M4	44	00:25:23	00:51:05.25	+00:18:31 (36.3%)	5:06	11.7 (63.6%)
174	KARGUL Rafał	134		M4	45	00:25:43	00:51:08.85	+00:18:34 (36.3%)	5:06	11.7 (63.6%)
175	ŁĘGOWSKI Szymon	214		M3	59	00:26:21	00:51:09.55	+00:18:35 (36.3%)	5:06	11.7 (63.6%)
176	KOŁODZIEJCZYK Danuta	148		K60+	1	00:25:27	00:51:16.85	+00:18:42 (36.5%)	5:07	11.7 (63.6%)

Place	Participant	Number	Club	Category	MCat	5km	Net time		Pace min/km	Pace km/h
							10km	Gap		
177	TROCKI Łukasz	353		M4	46	00:25:31	00:51:19.80	+00:18:45 (36.6%)	5:07	11.7 (63.6%)
178	LISIECKA Julia	210		K2	5	00:25:19	00:51:21.55	+00:18:47 (36.6%)	5:08	11.7 (63.6%)
179	WILKOWSKA Barbara	373	SZYBCYWILCY	K3	14	00:25:56	00:51:25.00	+00:18:51 (36.7%)	5:08	11.7 (63.6%)
180	WASYLEW Jakub	362		M2	15	00:25:50	00:51:34.60	+00:19:00 (36.9%)	5:09	11.6 (63.0%)
181	KAŁUŻA Marta	125	NADMORSZY BIEGACZE KOŁOBRZEG	K4	8	00:25:39	00:51:36.55	+00:19:02 (36.9%)	5:09	11.6 (63.0%)
182	SZEWCZYK Julia	339	FIT SAUSAGES	K2	6	00:25:50	00:51:38.10	+00:19:04 (36.9%)	5:09	11.6 (63.0%)
183	KONOPKA Lukasz	149	KOLEGIUM SĘDZIÓW ZZPN	M3	60	00:26:03	00:51:41.00	+00:19:07 (37.0%)	5:10	11.6 (63.0%)
184	BODO Rafał	26	ZOZKOSZ KOSZALIN	M4	47	00:26:28	00:51:41.95	+00:19:08 (37.0%)	5:10	11.6 (63.0%)
185	FURMAN Tomasz	75	STOPA SŁUPSK	M4	48	00:25:39	00:51:45.45	+00:19:11 (37.1%)	5:10	11.6 (63.0%)
186	GÓRNIOWICZ Piotr	90	GRYF SŁUPSK	M3	61	00:26:26	00:51:48.85	+00:19:14 (37.2%)	5:10	11.6 (63.0%)
187	KOLREP Toni	146	WYŻSZA SZKOŁA POLICJI W ORANIENBURGU	M2	16	00:26:10	00:51:52.45	+00:19:18 (37.2%)	5:11	11.6 (63.0%)
188	LASZCZYK Kasia	203	AKTYWNA FABRYKA	K4	9	00:26:06	00:51:52.80	+00:19:18 (37.2%)	5:11	11.6 (63.0%)
189	KWAPIS Wojciech	196	TP SKALAR SŁUPSK	M4	49	00:25:47	00:51:56.90	+00:19:23 (37.3%)	5:11	11.6 (63.0%)
190	KOSIEDOWSKI Sebastian	156	USB USTKA	M4	50	00:26:35	00:51:57.40	+00:19:23 (37.3%)	5:11	11.5 (62.5%)
191	NADOLNY Piotr	241		M5	23	00:26:35	00:51:57.80	+00:19:23 (37.3%)	5:11	11.5 (62.5%)
192	KWAPIS Olga	195	TP SKALAR SŁUPSK	K3	15	00:25:48	00:51:58.50	+00:19:24 (37.3%)	5:11	11.5 (62.5%)
193	ODIJA Leszek	255	KAWOSZE BIEGAJĄ	M4	51	00:26:43	00:51:58.90	+00:19:25 (37.4%)	5:11	11.5 (62.5%)
194	ZIELIŃSKA Danuta	394	USB USTKA	K4	10	00:26:35	00:51:59.10	+00:19:25 (37.4%)	5:11	11.5 (62.5%)
195	BOSIACKA Aneta	31		K4	11	00:25:49	00:51:59.80	+00:19:25 (37.4%)	5:11	11.5 (62.5%)
196	MAJNA Bartłomiej	221		M2	17	00:25:54	00:52:07.95	+00:19:34 (37.5%)	5:12	11.5 (62.5%)
197	MŁYNARCZYK Szymon	233		M2	18	00:25:55	00:52:08.00	+00:19:34 (37.5%)	5:12	11.5 (62.5%)
198	NOREK Ryszard	250		M60+	9	00:26:25	00:52:13.25	+00:19:39 (37.6%)	5:13	11.5 (62.5%)
199	OLESIŃSKA Patrycja	259		K3	16	00:26:08	00:52:20.20	+00:19:46 (37.8%)	5:14	11.5 (62.5%)

Place	Participant	Number	Club	Category	MCat	5km	Net time		Pace min/km	Pace km/h
							10km	Gap		
200	JAROS Adam	115		M4	52	00:26:36	00:52:28.90	+00:19:55 (37.9%)	5:14	11.4 (62.0%)
201	OSTROWSKI Paweł	264	NSJ SZALONE KIJE	M4	53	00:25:44	00:52:33.85	+00:19:59 (38.0%)	5:15	11.4 (62.0%)
202	GWIAZDA Jarosław	99	7BOW	M4	54	00:26:35	00:52:34.25	+00:20:00 (38.1%)	5:15	11.4 (62.0%)
203	KOZAK Krzysztof	167		M3	62	00:26:48	00:52:37.25	+00:20:03 (38.1%)	5:15	11.4 (62.0%)
204	OLECHNOWICZ Maciej	258		M2	19	00:27:04	00:52:39.05	+00:20:05 (38.1%)	5:15	11.4 (62.0%)
205	ŁAKOMY Krystian	408		M2	20	00:26:31	00:52:41.35	+00:20:07 (38.2%)	5:16	11.4 (62.0%)
206	PINKASEWICZ Marek	280		M3	63	00:25:47	00:52:47.75	+00:20:13 (38.3%)	5:16	11.4 (62.0%)
207	WIECZOREK Sławomir	366		M4	55	00:25:56	00:52:50.20	+00:20:16 (38.4%)	5:17	11.4 (62.0%)
208	KOŚCIESZA Michał	158	TEAMMISIEK	M3	64	00:27:05	00:52:50.35	+00:20:16 (38.4%)	5:17	11.4 (62.0%)
209	STASZKIEWICZ Mariusz	326		M4	56	00:27:05	00:52:50.80	+00:20:16 (38.4%)	5:17	11.4 (62.0%)
210	SAMSONOWICZ Krzysztof	306	CEDRUS TEAM	M4	57	00:27:00	00:52:52.30	+00:20:18 (38.4%)	5:17	11.3 (61.4%)
211	MICHALIK Angelika	228		K3	17	00:26:22	00:52:53.60	+00:20:19 (38.4%)	5:17	11.3 (61.4%)
212	PAŁUCKA-STASZCZUK Patrycja	265		K3	18	00:27:02	00:53:01.50	+00:20:27 (38.6%)	5:18	11.3 (61.4%)
213	FRUBA Karina	74	STOPA SŁUPSK / KORONA SZCZECIN	K4	12	00:25:58	00:53:02.90	+00:20:29 (38.6%)	5:18	11.3 (61.4%)
214	KOZŁOWSKI Mateusz	170		M3	65	00:26:44	00:53:04.00	+00:20:30 (38.6%)	5:18	11.3 (61.4%)
215	CHOWANIEC Sławomir	45		M5	24	00:26:21	00:53:06.05	+00:20:32 (38.7%)	5:18	11.3 (61.4%)
216	ZDUNEK Justyna	392	ANANASY Z 3 FAL	K3	19	00:26:07	00:53:06.35	+00:20:32 (38.7%)	5:18	11.3 (61.4%)
217	OLECHNOWICZ Sławomir	257	STOPA SŁUPSK	M4	58	00:27:04	00:53:10.65	+00:20:36 (38.8%)	5:19	11.3 (61.4%)
218	ADAMIUK Marek	2		M5	25	00:25:26	00:53:15.40	+00:20:41 (38.9%)	5:19	11.3 (61.4%)
219	PIOTROWSKA Anna	283		K2	7	00:26:31	00:53:16.80	+00:20:42 (38.9%)	5:19	11.3 (61.4%)
220	CHYLEWSKA Weronika	49		K3	20	00:26:28	00:53:17.05	+00:20:43 (38.9%)	5:19	11.3 (61.4%)
221	BIELIŃSKA Katarzyna	20		K3	21	00:26:53	00:53:18.25	+00:20:44 (38.9%)	5:19	11.3 (61.4%)
222	MUCHA Jerzy	238	TEAM OLA	M60+	10	00:26:47	00:53:22.35	+00:20:48 (39.0%)	5:20	11.2 (60.9%)

Place	Participant	Number	Club	Category	MCat	5km	Net time		Pace min/km	Pace km/h
							10km	Gap		
223	WALKIEWICZ Emil	360		M2	21	00:27:04	00:53:22.45	+00:20:48 (39.0%)	5:20	11.2 (60.9%)
224	RYDZIŃSKI Piotr	302		M2	22	00:26:48	00:53:40.05	+00:21:06 (39.3%)	5:22	11.2 (60.9%)
225	WYSZOMIRSKI Marek	388	KLUB BIEGOWY 'ZAPIERDALAJ'	M3	66	00:26:42	00:53:51.60	+00:21:17 (39.5%)	5:23	11.1 (60.3%)
226	SKUZA Grzegorz	316		M2	23	00:27:28	00:53:56.10	+00:21:22 (39.6%)	5:23	11.1 (60.3%)
227	GUBERNAT Mirosław	98	NIEPUBLICZNA SZKOŁA PODSTAWOWA NR 7 W SŁUPSKU	M4	59	00:27:18	00:53:56.45	+00:21:22 (39.6%)	5:23	11.1 (60.3%)
228	BANACH Marta	9		K3	22	00:27:04	00:53:57.65	+00:21:23 (39.7%)	5:23	11.1 (60.3%)
229	CICHOŃSKI Robert	52		M3	67	00:26:01	00:54:01.30	+00:21:27 (39.7%)	5:24	11.1 (60.3%)
230	PODSKOCZYJ Wiktor	286	AKTYWNA FABRYKA	M5	26	00:26:42	00:54:04.30	+00:21:30 (39.8%)	5:24	11.1 (60.3%)
231	JAŹDŻEWSKA Elżbieta	118	BEST BEASTS	K3	23	00:27:04	00:54:13.20	+00:21:39 (39.9%)	5:25	11.1 (60.3%)
232	CISZEWSKA Aleksandra	57		K3	24	00:26:15	00:54:15.85	+00:21:41 (40.0%)	5:25	11.1 (60.3%)
233	CYMEK Łukasz	59		M2	24	00:26:50	00:54:21.85	+00:21:47 (40.1%)	5:26	11 (59.8%)
234	SZYBUT Rafał	346	NIE LUBIĘ BIEGAĆ	M4	60	00:26:56	00:54:23.85	+00:21:49 (40.1%)	5:26	11 (59.8%)
235	KOLUCH Sylwia	147		K4	13	00:27:30	00:54:26.95	+00:21:53 (40.2%)	5:26	11 (59.8%)
236	ŻULIŃSKA Monika	399		K4	14	00:26:07	00:54:27.00	+00:21:53 (40.2%)	5:26	11 (59.8%)
237	RĘKAS Mateusz	296		M3	68	00:27:21	00:54:27.65	+00:21:53 (40.2%)	5:26	11 (59.8%)
238	KUBICA Agnieszka	181		K3	25	00:26:29	00:54:31.75	+00:21:57 (40.3%)	5:27	11 (59.8%)
239	GIERESZ Agnieszka	84		K4	15	00:27:21	00:54:38.50	+00:22:04 (40.4%)	5:27	11 (59.8%)
239	ZABOROWSKA Kinga	389		K4	15	00:26:36	00:54:38.50	+00:22:04 (40.4%)	5:27	11 (59.8%)
241	WALUŚ Szczepan	361		M2	25	00:27:41	00:54:43.95	+00:22:10 (40.5%)	5:28	11 (59.8%)
242	LISIECKA Karolina	209	73BLP	K4	17	00:27:09	00:54:48.25	+00:22:14 (40.6%)	5:28	10.9 (59.2%)
243	BIAŁY Michał	17	...	M4	61	00:27:08	00:54:48.30	+00:22:14 (40.6%)	5:28	10.9 (59.2%)
244	FURSEWICZ Ewa	76		K4	18	00:26:59	00:54:50.05	+00:22:16 (40.6%)	5:29	10.9 (59.2%)
245	SAWYER Martyna	308	AKTYWNA FABRYKA	K4	19	00:26:39	00:54:57.85	+00:22:23 (40.8%)	5:29	10.9 (59.2%)

Place	Participant	Number	Club	Category	MCat	5km	Net time		Pace min/km	Pace km/h
							10km	Gap		
246	HODUREK Adam	104		M3	69	00:27:10	00:55:13.70	+00:22:39 (41.0%)	5:31	10.9 (59.2%)
247	SMUTEK Dominika	319		K3	26	00:27:38	00:55:13.80	+00:22:39 (41.0%)	5:31	10.9 (59.2%)
248	SAGAŁA Patrycja	304		K4	20	00:27:26	00:55:15.50	+00:22:41 (41.1%)	5:31	10.9 (59.2%)
249	KROPIŃSKI Adam	177	ŻÓŁWIK # NIE LUBIĘ BIEGAĆ	M4	62	00:26:58	00:55:17.55	+00:22:43 (41.1%)	5:31	10.9 (59.2%)
250	KOWALSKI Krzysztof	166	STOPA	M60+	11	00:27:31	00:55:18.45	+00:22:44 (41.1%)	5:31	10.8 (58.7%)
251	TĘSNA Magdalena	349		K4	21	00:27:35	00:55:20.70	+00:22:46 (41.2%)	5:32	10.8 (58.7%)
252	MACIEJEWSKI Michał	218		M2	26	00:27:11	00:55:23.15	+00:22:49 (41.2%)	5:32	10.8 (58.7%)
253	RAWSKI Jarosław	254		M5	27	00:28:10	00:55:26.85	+00:22:52 (41.3%)	5:32	10.8 (58.7%)
254	BORODZIUK Wiktor	30		M1	2	00:30:15	00:55:43.80	+00:23:09 (41.6%)	5:34	10.8 (58.7%)
255	KOSICKA Iwona	153	STOPA SŁUPSK	K4	22	00:28:30	00:55:44.05	+00:23:10 (41.6%)	5:34	10.8 (58.7%)
256	BEDNARCZYK Damian	14		M3	70	00:28:18	00:55:51.90	+00:23:18 (41.7%)	5:35	10.7 (58.2%)
257	KUCHARSKI Tomasz	185		M5	28	00:27:40	00:55:52.50	+00:23:18 (41.7%)	5:35	10.7 (58.2%)
258	PRZYCHODA Anna	290		K3	27	00:28:19	00:55:52.60	+00:23:18 (41.7%)	5:35	10.7 (58.2%)
259	WILKOWSKA Marta	374		K4	23	00:27:54	00:56:02.40	+00:23:28 (41.9%)	5:36	10.7 (58.2%)
260	NAZARKO Małgorzata	245		K4	24	00:27:53	00:56:04.15	+00:23:30 (41.9%)	5:36	10.7 (58.2%)
261	WIESIOŁEK Urszula	370		K3	28	00:27:43	00:56:04.80	+00:23:30 (41.9%)	5:36	10.7 (58.2%)
262	ORZECHOWSKI Michał	263	KALIOP POLAND	M3	71	00:27:44	00:56:21.40	+00:23:47 (42.2%)	5:38	10.6 (57.6%)
263	KALETA Nikola	123		K2	8	00:28:31	00:56:24.90	+00:23:51 (42.3%)	5:38	10.6 (57.6%)
264	MATUSZYN Michał	225		M60+	12	00:28:55	00:56:29.45	+00:23:55 (42.4%)	5:38	10.6 (57.6%)
265	IWAŃSKI Michał	109	CHILI SERKI	M2	27	00:28:55	00:56:32.10	+00:23:58 (42.4%)	5:39	10.6 (57.6%)
266	PIŁCZYŃSKI Zbigniew	278		M60+	13	00:28:24	00:56:32.15	+00:23:58 (42.4%)	5:39	10.6 (57.6%)
267	OLESIŃSKI Marcin	260		M3	72	00:27:15	00:56:32.80	+00:23:58 (42.4%)	5:39	10.6 (57.6%)
268	SZAREK Marta	333	FIT SAUSAGES	K4	25	00:27:35	00:56:34.65	+00:24:00 (42.4%)	5:39	10.6 (57.6%)

Place	Participant	Number	Club	Category	MCat	5km	Net time		Pace min/km	Pace km/h
							10km	Gap		
269	TUROWSKA Agata	356		K2	9	00:27:50	00:56:36.10	+00:24:02 (42.5%)	5:39	10.6 (57.6%)
270	CHYBA Bartłomiej	48	WOJSKO POLSKIE	M4	63	00:27:11	00:56:39.75	+00:24:05 (42.5%)	5:39	10.6 (57.6%)
271	PATYNA Marta	266		K4	26	00:29:02	00:56:51.35	+00:24:17 (42.7%)	5:41	10.6 (57.6%)
272	ŻAKIETA Tadeusz	397		M5	29	00:27:06	00:56:52.50	+00:24:18 (42.7%)	5:41	10.6 (57.6%)
273	KOZŁOWIECKI Waldemar	169	TKKF KOSZALIN	M60+	14	00:28:35	00:56:54.20	+00:24:20 (42.8%)	5:41	10.5 (57.1%)
274	JĘDRASZCZYK Kamil	119	ARAL SŁAWNO	M2	28	00:28:20	00:57:01.25	+00:24:27 (42.9%)	5:42	10.5 (57.1%)
275	ŁUKASZCZYK Bartosz	216		M3	73	00:28:14	00:57:03.35	+00:24:29 (42.9%)	5:42	10.5 (57.1%)
276	KRASUCKA-GIERSZ Izabela	172		K3	29	00:28:11	00:57:03.40	+00:24:29 (42.9%)	5:42	10.5 (57.1%)
277	CHRISTYNIUK Piotr	46		M5	30	00:27:52	00:57:03.80	+00:24:29 (42.9%)	5:42	10.5 (57.1%)
278	TUDRUJ Andrzej	355	#SIŁADLAPOLI	M5	31	00:28:50	00:57:07.60	+00:24:33 (43.0%)	5:42	10.5 (57.1%)
279	MUCHOCKA Paulina	375	GRAND LUBICZ 5* UZDROWISKO USTKA	K4	27	00:28:16	00:57:14.80	+00:24:40 (43.1%)	5:43	10.5 (57.1%)
280	ORZECHOWSKI Tobiasz	262		M3	74	00:28:53	00:57:25.60	+00:24:51 (43.3%)	5:44	10.4 (56.5%)
281	KŁUSEK Marek	145	FREE PALESTINE	M4	64	00:28:54	00:57:25.90	+00:24:52 (43.3%)	5:44	10.4 (56.5%)
282	BARAŃSKA Kamila	11		K4	28	00:28:09	00:57:29.00	+00:24:55 (43.3%)	5:44	10.4 (56.5%)
283	BLUMA Tomasz	23	KRZYSIO TEAM	M4	65	00:28:00	00:57:29.50	+00:24:55 (43.4%)	5:44	10.4 (56.5%)
284	KĘPKA Karolina	140	STOPA SŁUPSK	K4	29	00:29:25	00:57:30.45	+00:24:56 (43.4%)	5:45	10.4 (56.5%)
285	BLUMA Marta	24	KRZYSIO TEAM	K4	30	00:28:02	00:57:31.35	+00:24:57 (43.4%)	5:45	10.4 (56.5%)
286	JAKRZEWSKA Beata	111	#SIŁADLAPOLI	K3	30	00:28:49	00:57:31.80	+00:24:57 (43.4%)	5:45	10.4 (56.5%)
287	WOŹNIAKOWSKI Andrzej	385		M60+	15	00:29:23	00:57:34.10	+00:25:00 (43.4%)	5:45	10.4 (56.5%)
288	KLEJDYSZ Beata	142		K5	2	00:28:08	00:57:34.90	+00:25:01 (43.4%)	5:45	10.4 (56.5%)
289	KWIATEK Aleksander	199		M3	75	00:27:28	00:57:36.90	+00:25:03 (43.5%)	5:45	10.4 (56.5%)
290	NITA Joanna	246	NITA TEAM	K3	31	00:29:11	00:57:38.75	+00:25:04 (43.5%)	5:45	10.4 (56.5%)
291	ZARZYCKA Izabela	391	W.P.K.SŁOŃ TEAM USTKA	K4	31	00:28:40	00:57:45.65	+00:25:11 (43.6%)	5:46	10.4 (56.5%)

Place	Participant	Number	Club	Category	MCat	5km	Net time 10km	Gap	Pace min/km	Pace km/h
292	RUBAJ- KRILIKOWSKA Monila	300		K5	3	00:28:46	00:57:58.80	+00:25:24 (43.8%)	5:47	10.4 (56.5%)
293	JABŁOŃSKA Aleksandra	110		K3	32	00:28:14	00:57:59.90	+00:25:26 (43.9%)	5:47	10.3 (56.0%)
294	BURDZIŃSKI Hubert	34		M2	29	00:25:54	00:58:01.00	+00:25:27 (43.9%)	5:48	10.3 (56.0%)
295	SUJKA Adam	331		M5	32	00:29:26	00:58:22.65	+00:25:48 (44.2%)	5:50	10.3 (56.0%)
296	JAWORSKI Robert	6		M4	66	00:28:34	00:58:25.20	+00:25:51 (44.3%)	5:50	10.3 (56.0%)
297	MOLIS Joanna	234		K4	32	00:29:43	00:58:33.75	+00:25:59 (44.4%)	5:51	10.2 (55.4%)
298	RUTKOWSKI Marek	301		M4	67	00:28:52	00:58:36.10	+00:26:02 (44.4%)	5:51	10.2 (55.4%)
299	AWTUCH Kamila	406		K2	10	00:29:05	00:58:41.90	+00:26:08 (44.5%)	5:52	10.2 (55.4%)
300	BIŁOUS Adrian	22		M2	30	00:27:26	00:58:44.70	+00:26:10 (44.6%)	5:52	10.2 (55.4%)
301	IWANOWSKA-KRÓLIK Jowita	106	KRÓLICZENKO	K3	33	00:29:19	00:59:03.80	+00:26:29 (44.9%)	5:54	10.2 (55.4%)
302	KRÓLIK Mariusz	178	KRÓLICZENKO	M3	76	00:29:20	00:59:04.45	+00:26:30 (44.9%)	5:54	10.2 (55.4%)
303	LEŃSKA Agnieszka	204		K4	33	00:29:42	00:59:04.55	+00:26:30 (44.9%)	5:54	10.2 (55.4%)
304	KOT Daniel	159	KOT TEAM	M4	68	00:29:42	00:59:11.60	+00:26:37 (45.0%)	5:55	10.1 (54.9%)
305	KWIATEK Jacek	198		M60+	16	00:29:45	00:59:14.10	+00:26:40 (45.0%)	5:55	10.1 (54.9%)
306	DESZCZ Radosław	66	SKSK PIEKŁO PÓŁNOCY	M3	77	00:28:17	00:59:21.35	+00:26:47 (45.1%)	5:56	10.1 (54.9%)
307	GAWEŁ Andrzej	80	POMERIDERS	M60+	17	00:29:26	00:59:24.10	+00:26:50 (45.2%)	5:56	10.1 (54.9%)
308	DOBOSZ Romuald	67	KB 'TUPOT' USTKA	M60+	18	00:29:34	00:59:32.45	+00:26:58 (45.3%)	5:57	10.1 (54.9%)
309	KOSICKI Adam	155	DYNIA	M2	31	00:27:08	00:59:32.80	+00:26:58 (45.3%)	5:57	10.1 (54.9%)
310	ANTONIAK Monika	4		K3	34	00:29:24	00:59:33.40	+00:26:59 (45.3%)	5:57	10.1 (54.9%)
311	MROCZEK Bartosz	237		M2	32	00:29:23	00:59:36.45	+00:27:02 (45.4%)	5:57	10.1 (54.9%)
312	CZUCZAK Tomasz	62		M4	69	00:28:34	00:59:42.25	+00:27:08 (45.5%)	5:58	10.1 (54.9%)
313	JANUSZEWSKI Sergiusz	114		M2	33	00:30:41	00:59:55.65	+00:27:21 (45.7%)	5:59	10 (54.3%)
314	STANIUK Bartosz	325		M3	78	00:28:57	01:00:06.50	+00:27:32 (45.8%)	6:00	10 (54.3%)

Place	Participant	Number	Club	Category	MCat	5km	Net time		Pace min/km	Pace km/h
							10km	Gap		
315	WŁAŚNIAK Monika	380		K3	35	00:30:05	01:00:14.75	+00:27:40 (45.9%)	6:01	10 (54.3%)
316	JARZĄB Sebastian	116		M4	70	00:30:57	01:00:29.85	+00:27:55 (46.2%)	6:02	9.9 (53.8%)
317	SZEWCZUK Piotr	336		M3	79	00:32:06	01:00:30.80	+00:27:56 (46.2%)	6:03	9.9 (53.8%)
318	GĄSECKA-SZEWCZUK Aleksandra	82		K3	36	00:32:07	01:00:32.15	+00:27:58 (46.2%)	6:03	9.9 (53.8%)
319	NITA Krzysztof	247	NITA TEAM	M3	80	00:30:44	01:00:34.10	+00:28:00 (46.2%)	6:03	9.9 (53.8%)
320	NIZIOŁ Patryk	249	7BOW	M2	34	00:29:04	01:00:41.70	+00:28:07 (46.3%)	6:04	9.9 (53.8%)
321	GAWEŁ Zbigniew	79	ANANASY Z 3 FAL	M60+	19	00:29:50	01:00:55.25	+00:28:21 (46.5%)	6:05	9.8 (53.3%)
322	SROKA Sławomir	321		M4	71	00:29:20	01:01:04.65	+00:28:30 (46.7%)	6:06	9.8 (53.3%)
323	MOTOWIDŁO-ZAWADZKA Izabella	236		K4	34	00:30:01	01:01:14.35	+00:28:40 (46.8%)	6:07	9.8 (53.3%)
324	STAHL Anna	322	WYŻSZA SZKOŁA POLICJI W ORANIENBURGU	K4	35	00:27:57	01:01:18.00	+00:28:44 (46.9%)	6:07	9.8 (53.3%)
325	CZERWIŃSKI Rafał	61		M4	72	00:30:21	01:01:18.60	+00:28:44 (46.9%)	6:07	9.8 (53.3%)
326	BORODZIUK Aneta	29		K4	36	00:30:35	01:01:20.85	+00:28:46 (46.9%)	6:08	9.8 (53.3%)
327	WIŚNIEWSKA Dorota	376		K4	37	00:30:24	01:01:21.65	+00:28:47 (46.9%)	6:08	9.8 (53.3%)
328	LEŃSKA Zuzanna	205		K2	11	00:29:43	01:01:21.85	+00:28:47 (46.9%)	6:08	9.8 (53.3%)
329	KOWAL Maria	161		K4	38	00:30:25	01:01:22.00	+00:28:48 (46.9%)	6:08	9.8 (53.3%)
330	KUCHARSKA Monika	183	#SIŁADLAPOLI	K3	37	00:30:30	01:01:27.00	+00:28:53 (47.0%)	6:08	9.8 (53.3%)
331	IGLEWSKI Marek	105		M3	81	00:30:30	01:01:28.00	+00:28:54 (47.0%)	6:08	9.8 (53.3%)
332	SZYCKO Radosław	347		M4	73	00:30:22	01:01:41.55	+00:29:07 (47.2%)	6:10	9.7 (52.7%)
333	KACZYŃSKI Damian	342		M3	82	00:30:19	01:01:48.45	+00:29:14 (47.3%)	6:10	9.7 (52.7%)
334	SŁUPCZEWSKI Michał	402		M4	74	00:31:12	01:02:01.50	+00:29:27 (47.5%)	6:12	9.7 (52.7%)
335	NIWIŃSKI Grzegorz	248	K.B. TUPOT USTKA	M60+	20	00:30:32	01:02:12.60	+00:29:38 (47.7%)	6:13	9.6 (52.2%)
336	LIPCZYŃSKA Joanna	208		K5	4	00:30:26	01:02:18.40	+00:29:44 (47.7%)	6:13	9.6 (52.2%)
337	KAMIŃSKI Witold	132	STOPA SLUPSK	M5	33	00:30:21	01:02:19.90	+00:29:46 (47.8%)	6:13	9.6 (52.2%)

Place	Participant	Number	Club	Category	MCat	5km	Net time		Pace min/km	Pace km/h
							10km	Gap		
338	PRZYGÓCKI Sylwester	292	LION STRONG TEAM	M3	83	00:30:21	01:02:27.40	+00:29:53 (47.9%)	6:14	9.6 (52.2%)
339	RAHOZA Szymon	294	LION STRONG TEAM	M4	75	00:30:22	01:02:27.65	+00:29:53 (47.9%)	6:14	9.6 (52.2%)
340	PRZYGÓCKA Agnieszka	291	LION STRONG TEAM	K3	38	00:30:22	01:02:27.90	+00:29:54 (47.9%)	6:14	9.6 (52.2%)
341	GRODZKA Kinga	93		K4	39	00:30:47	01:02:39.85	+00:30:05 (48.0%)	6:15	9.6 (52.2%)
342	MACIEJEWSKI Tomasz	219		M4	76	00:29:57	01:02:42.75	+00:30:08 (48.1%)	6:16	9.6 (52.2%)
343	LIS-WRÓBLEWSKA Iwona	211	KUŹNIA SPORTU SŁUPSK	K4	40	00:29:58	01:02:57.45	+00:30:23 (48.3%)	6:17	9.5 (51.6%)
344	CHMIELOWIEC Sebastian	42	KUŹNIA SPORTU SŁUPSK	M3	84	00:29:58	01:02:57.65	+00:30:23 (48.3%)	6:17	9.5 (51.6%)
345	SZÓSTAKIEWICZ-LITYCH Aneta	343		K5	5	00:30:29	01:03:43.70	+00:31:09 (48.9%)	6:22	9.4 (51.1%)
346	WERBIŃSKI Waldemar	364		M60+	21	00:31:01	01:03:45.00	+00:31:11 (48.9%)	6:22	9.4 (51.1%)
347	SAWICKA Milena	307		K3	39	00:31:46	01:03:48.30	+00:31:14 (49.0%)	6:22	9.4 (51.1%)
348	SIEWIERSKA Emilia	310		K3	40	00:31:47	01:03:48.75	+00:31:14 (49.0%)	6:22	9.4 (51.1%)
349	ZABORSKA Magdalena	390		K3	41	00:30:25	01:03:55.60	+00:31:21 (49.1%)	6:23	9.4 (51.1%)
350	STANIASZEK Bogusław	323	TUPOTUSTKA	M60+	22	00:31:50	01:04:01.35	+00:31:27 (49.1%)	6:24	9.4 (51.1%)
351	MURAWSKA Katarzyna	239		K4	41	00:31:06	01:04:16.50	+00:31:42 (49.3%)	6:25	9.3 (50.5%)
352	PIETRZAK Katarzyna	271		K3	42	00:31:43	01:04:17.35	+00:31:43 (49.3%)	6:25	9.3 (50.5%)
353	SITKIEWICZ Agnieszka	311	#SIŁADLAPOLI	K4	42	00:31:14	01:04:21.10	+00:31:47 (49.4%)	6:26	9.3 (50.5%)
354	PIETRZYCKI Andrzej	274		M60+	23	00:30:36	01:04:59.20	+00:32:25 (49.9%)	6:29	9.2 (50.0%)
355	PIETRZYCKI Dariusz	273		M4	77	00:30:35	01:04:59.85	+00:32:25 (49.9%)	6:29	9.2 (50.0%)
356	WYSOTA Paweł	387		M2	35	00:30:36	01:04:59.90	+00:32:26 (49.9%)	6:29	9.2 (50.0%)
357	PIETRZYCKA Andronika	272		K2	12	00:30:37	01:05:00.55	+00:32:26 (49.9%)	6:30	9.2 (50.0%)
358	KUCHARSKA Natalia	182		K1	2	00:34:02	01:05:03.95	+00:32:30 (50.0%)	6:30	9.2 (50.0%)
359	KUCHARSKI Radek	184		M4	78	00:34:01	01:05:05.35	+00:32:31 (50.0%)	6:30	9.2 (50.0%)
360	KOTECKI Kamil	215		M3	85	00:32:17	01:05:05.80	+00:32:31 (50.0%)	6:30	9.2 (50.0%)

Place	Participant	Number	Club	Category	MCat	5km	Net time 10km	Gap	Pace min/km	Pace km/h
361	IWANOWSKI Wojciech	107		M60+	24	00:30:43	01:05:22.25	+00:32:48 (50.2%)	6:32	9.2 (50.0%)
362	GRAJCAK-MIKŁASZEWICZ Dagmara	92	PARAFIA EWANGELICKO-AUGSBURSKA W SŁUPSKU	K4	43	00:31:35	01:05:31.65	+00:32:57 (50.3%)	6:33	9.2 (50.0%)
363	HALIUS Mariana	100	NIE DOTYCZY	K3	43	00:32:30	01:05:41.60	+00:33:07 (50.4%)	6:34	9.1 (49.5%)
364	LYPOVETSKYI Stepan	213	-	M3	86	00:32:29	01:05:42.10	+00:33:08 (50.4%)	6:34	9.1 (49.5%)
365	WOZNIAK Dariusz	384	ARAL SŁAWNO	M5	34	00:30:30	01:05:48.05	+00:33:14 (50.5%)	6:34	9.1 (49.5%)
366	MARCZAK Małgorzata	222	AKTYWNI ŻELKOWO	K60+	2	00:31:15	01:05:54.95	+00:33:21 (50.6%)	6:35	9.1 (49.5%)
367	SKORUPSKA Anna	314	STOPA SŁUPSK	K4	44	00:32:43	01:06:15.35	+00:33:41 (50.8%)	6:37	9.1 (49.5%)
368	KOWALCZYK Bartosz	163	CHILI SERKI	M2	36	00:33:40	01:07:26.50	+00:34:52 (51.7%)	6:44	8.9 (48.4%)
369	WACHHOLZ Beata	359		K5	6	00:33:12	01:08:07.85	+00:35:33 (52.2%)	6:48	8.8 (47.8%)
370	KAMIŃSKA Dominika	129		K2	13	00:32:51	01:08:39.10	+00:36:05 (52.6%)	6:51	8.7 (47.3%)
371	CHOLEWIŃSKA Laura	44	BBL SŁUPSK	K1	3	00:33:00	01:09:36.25	+00:37:02 (53.2%)	6:57	8.6 (46.7%)
372	POKORNY Edward	288		M60+	25	00:34:13	01:10:25.15	+00:37:51 (53.8%)	7:02	8.5 (46.2%)
373	PODLECKA Agnieszka	285		K4	45	00:33:42	01:11:36.35	+00:39:02 (54.5%)	7:09	8.4 (45.7%)
374	BELASIK Alena	16	S	K2	14	00:35:14	01:12:02.85	+00:39:28 (54.8%)	7:12	8.3 (45.1%)
375	WIĘCŁAW Kinga	371		K3	44	00:38:33	01:15:51.55	+00:43:17 (57.1%)	7:35	7.9 (42.9%)
376	KOT Krystian	160	SKSK PIEKŁO PÓŁNOCY	M2	37	00:35:59	01:16:24.30	+00:43:50 (57.4%)	7:38	7.9 (42.9%)
377	LUBIŃSKA Liliana	212		K5	7	00:36:47	01:17:58.35	+00:45:24 (58.2%)	7:47	7.7 (41.8%)
378	BIELECKI Mateusz	19		M3	87	00:46:13	01:38:18.85	+01:05:44 (66.9%)	9:49	6.1 (33.2%)
379	BIELECKA Daria	18		K3	45	00:46:12	01:38:19.65	+01:05:45 (66.9%)	9:49	6.1 (33.2%)
380	KUPIS Renata	187		K5	8	00:38:09		+00:22:05	7:37	7.9 (42.9%)
381	PINEDA Cesar	279		M2	38					(0.0%)
382	KALETA Cezary	121	STREET ATHLETIC	M1	3					(0.0%)
383	WRÓBEL Martyna	340	CHATA MACOCHY	K1	4					(0.0%)
384	SZEWCUK Zuzanna	337		K1	5					(0.0%)
DNC	MINCEWICZ Adam	231	AKTYWNA FABRYKA	M4		00:24:32				(0.0%)
	ŚLEFARSKI Andrzej	348	STOPA SŁUPSK	M5		00:26:28 DNF	DNF		-	- (0.0%)

Place	Participant	Number	Club	Category	MCat	5km	Net time 10km	Gap	Pace min/km	Pace km/h
	PIOTRASCHKE Paweł	282	AML SŁUPSK	M4		DNF	DNF		-	- (0.0%)

Total 387 results.