



XVIII MIĘDZYNARODOWY BIEG WENEDÓW - 10 KM

B4SPORT
INTELEKTUALNE SPODRYBKI

Wydarzenie: XVIII MIĘDZYNARODOWY BIEG WENEDÓW
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej, Gmina Miasto Koszalin
Data: 2020-09-12
Miejsce: Koszalin
Dystans: 10 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Dobieg 0.08km | Lap_1 1.48km | Lap_2 2.9km | Lap_3 4.32km | Lap_4 5.74km | Lap_5 7.16km | Lap_6 8.58km | Czas netto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|-----------------------------------------|-----------|------|---------------|--------------|-------------|--------------|--------------|--------------|--------------|--------------------|-------------------|--------------|--------------|
| 1 | CZERNIEWSKI Marcin | 23 | AML SŁUPSK | M30-39 | 1 | 00:00:14 | 00:04:50 | 00:09:24 | 00:14:03 | 00:18:43 | 00:23:29 | 00:28:18 | 00:32:58.20 | | 3:17 | 18.2 (100%) |
| 2 | BORYCHOWSKI Mariusz | 210 | TKKF KOSZALIN1 | M40-49 | 1 | 00:00:13 | 00:04:50 | 00:09:24 | 00:14:03 | 00:18:48 | 00:23:41 | 00:28:37 | 00:33:31.70 | +00:00:33 (1.7%) | 3:21 | 17.9 (98.4%) |
| 3 | PERLIK Tomasz | 133 | MTS HAMER | M30-39 | 2 | 00:00:13 | 00:04:51 | 00:09:29 | 00:14:15 | 00:19:07 | 00:24:01 | 00:29:00 | 00:33:48.90 | +00:00:50 (2.5%) | 3:22 | 17.7 (97.3%) |
| 4 | KOZŁOWICZ Tomasz | 85 | OBORYGENI | M18-39 | 1 | 00:00:13 | 00:04:51 | 00:09:32 | 00:14:21 | 00:19:17 | 00:24:18 | 00:29:18 | 00:34:06.75 | +00:01:08 (3.3%) | 3:24 | 17.6 (96.7%) |
| 5 | HUBERT Łukasz | 51 | TKKF KOSZALIN1 | M30-39 | 3 | 00:00:13 | 00:05:00 | 00:10:02 | 00:15:15 | 00:20:32 | 00:25:52 | 00:31:14 | 00:36:19.85 | +00:03:21 (9.3%) | 3:38 | 16.5 (90.7%) |
| 6 | ZABORSKI Ryszard | 200 | TKKF KOSZALIN | M40-49 | 2 | 00:00:13 | 00:05:02 | 00:10:03 | 00:15:14 | 00:20:31 | 00:25:51 | 00:31:16 | 00:36:34.45 | +00:03:36 (9.9%) | 3:39 | 16.4 (90.1%) |
| 7 | WALCZAK Paweł | 182 | 1989. | M30-39 | 4 | 00:00:14 | 00:05:11 | 00:10:20 | 00:15:28 | 00:20:48 | 00:26:16 | 00:31:45 | 00:37:02.15 | +00:04:03 (11.0%) | 3:42 | 16.2 (89.0%) |
| 8 | HOŁUB Kamil | 49 | MLUKS TRZEBIATÓW | M40-49 | 3 | 00:00:13 | 00:05:09 | 00:10:20 | 00:15:44 | 00:21:10 | 00:26:34 | 00:32:05 | 00:37:24.55 | +00:04:26 (11.9%) | 3:44 | 16 (87.9%) |
| 9 | WOJTALIK Łukasz | 195 | TRUCHCIKI | M30-39 | 5 | 00:00:14 | 00:05:02 | 00:10:14 | 00:15:32 | 00:20:56 | 00:26:29 | 00:32:06 | 00:37:38.55 | +00:04:40 (12.4%) | 3:45 | 15.9 (87.4%) |
| 10 | RUDNIKOWSKI Maciej | 150 | DARŁOWSKIE CHARTY / BIEGUZDROWISKOWY.PL | M40-49 | 4 | 00:00:14 | 00:05:24 | 00:10:47 | 00:16:13 | 00:21:39 | 00:27:08 | 00:32:37 | 00:37:54.20 | +00:04:56 (13.0%) | 3:47 | 15.8 (86.8%) |
| 11 | WITKIEWICZ Eryk | 193 | 1976. | M40-49 | 5 | 00:00:14 | 00:05:31 | 00:10:53 | 00:16:14 | 00:21:37 | 00:27:05 | 00:32:40 | 00:37:59.20 | +00:05:01 (13.2%) | 3:47 | 15.8 (86.8%) |
| 12 | KASZUBIAK Klaudiusz | 63 | | M40-49 | 6 | 00:00:15 | 00:05:21 | 00:10:41 | 00:16:07 | 00:21:39 | 00:27:14 | 00:32:55 | 00:38:22.75 | +00:05:24 (14.1%) | 3:50 | 15.6 (85.7%) |
| 13 | GOLIŃSKI Łukasz | 41 | 3:10 TEAM ŚWIDWIN | M40-49 | 7 | 00:00:15 | 00:05:32 | 00:11:02 | 00:16:31 | 00:22:07 | 00:27:41 | 00:33:16 | 00:38:48.45 | +00:05:50 (15.0%) | 3:52 | 15.5 (85.2%) |
| 14 | WOJCIECHOWICZ Jacek | 194 | WWW.STUDIOTANCAPASJA.PL | M40-49 | 8 | 00:00:16 | 00:05:34 | 00:11:03 | 00:16:38 | 00:22:16 | 00:27:58 | 00:33:35 | 00:39:06.40 | +00:06:08 (15.7%) | 3:54 | 15.3 (84.1%) |
| 15 | ZYCH Paweł | 207 | ALLIANZ RUNNING TEAM | M40-49 | 9 | 00:00:14 | 00:05:17 | 00:10:39 | 00:16:11 | 00:21:53 | 00:27:40 | 00:33:30 | 00:39:10.50 | +00:06:12 (15.8%) | 3:55 | 15.3 (84.1%) |
| 16 | SITOWSKI Marcin | 159 | FC RYSIEK | M18-39 | 2 | 00:00:15 | 00:05:24 | 00:10:45 | 00:16:16 | 00:22:00 | 00:27:57 | 00:33:51 | 00:39:17.00 | +00:06:18 (16.1%) | 3:55 | 15.3 (84.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Dobieg 0.08km | Lap_1 1.48km | Lap_2 2.9km | Lap_3 4.32km | Lap_4 5.74km | Lap_5 7.16km | Lap_6 8.58km | Czas | | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|------------------------------------|-----------|------|------------------|-----------------|----------------|-----------------|-----------------|-----------------|-----------------|--------------------|----------------------|-----------------|-----------------|
| | | | | | | | | | | | | | netto 10km | Różn | | |
| 17 | LASAK Konrad | 99 | | M18-39 | 3 | 00:00:15 | 00:05:30 | 00:10:52 | 00:16:21 | 00:22:09 | 00:27:58 | 00:33:48 | 00:39:32.00 | +00:06:33 (16.6%) | 3:57 | 15.2 (83.5%) |
| 18 | BURDA Robert | 14 | KOSPEL | M40-49 | 10 | 00:00:16 | 00:05:39 | 00:11:13 | 00:16:57 | 00:22:45 | 00:28:36 | 00:34:21 | 00:39:42.20 | +00:06:44 (17.0%) | 3:58 | 15.1 (83.0%) |
| 19 | LANGE Grzegorz | 98 | LANGE TRI COACH | M40-49 | 11 | 00:00:16 | 00:05:35 | 00:11:01 | 00:16:33 | 00:22:14 | 00:28:23 | 00:34:20 | 00:39:50.45 | +00:06:52 (17.2%) | 3:59 | 15.1 (83.0%) |
| 20 | BIEDRZYCKI Krzysztof | 6 | CW FANZA | M40-49 | 12 | 00:00:14 | 00:05:34 | 00:11:06 | 00:16:41 | 00:22:27 | 00:28:19 | 00:34:11 | 00:39:59.30 | +00:07:01 (17.6%) | 3:59 | 15 (82.4%) |
| 21 | ZŁOTY Wojciech | 192 | | M18-39 | 4 | 00:00:15 | 00:05:30 | 00:11:01 | 00:16:42 | 00:22:33 | 00:28:28 | 00:34:23 | 00:40:02.20 | +00:07:04 (17.7%) | 4:00 | 15 (82.4%) |
| 22 | GRZESIK Eugeniusz | 44 | TKKF KOSZALIN | M50-59 | 1 | 00:00:15 | 00:05:34 | 00:11:06 | 00:16:47 | 00:22:35 | 00:28:32 | 00:34:30 | 00:40:10.00 | +00:07:11 (17.9%) | 4:01 | 14.9 (81.9%) |
| 23 | MICHALAK Grzegorz | 117 | KARLINO BIEGAJ! | M40-49 | 13 | 00:00:15 | 00:05:35 | 00:11:06 | 00:16:48 | 00:22:39 | 00:28:31 | 00:34:29 | 00:40:10.50 | +00:07:12 (17.9%) | 4:01 | 14.9 (81.9%) |
| 24 | PIETRUSZKA Mikołaj | 138 | TĘCZA RUN | M50-59 | 2 | 00:00:16 | 00:05:36 | 00:11:09 | 00:16:53 | 00:22:44 | 00:28:36 | 00:34:33 | 00:40:20.45 | +00:07:22 (18.3%) | 4:02 | 14.9 (81.9%) |
| 25 | WIECZOREK Łukasz | 189 | CENTRUM SZKOLENIA SIŁ POWIETRZNYCH | M30-39 | 6 | 00:00:18 | 00:05:50 | 00:11:35 | 00:17:29 | 00:23:25 | 00:29:22 | 00:35:13 | 00:40:43.15 | +00:07:44 (19.0%) | 4:04 | 14.7 (80.8%) |
| 26 | KORMAN Kamil | 76 | 8PLOT | M18-39 | 5 | 00:00:15 | 00:05:27 | 00:11:04 | 00:16:57 | 00:23:03 | 00:29:04 | 00:35:20 | 00:40:57.15 | +00:07:58 (19.5%) | 4:05 | 14.7 (80.8%) |
| 27 | WICHER Krzysztof | 188 | ADWOKATURA | M30-39 | 7 | 00:00:14 | 00:05:39 | 00:11:11 | 00:17:00 | 00:23:05 | 00:29:08 | 00:35:14 | 00:40:58.65 | +00:08:00 (19.5%) | 4:05 | 14.6 (80.2%) |
| 28 | MACKOJĆ Krzysztof | 106 | EL-MACKOJĆ | M40-49 | 14 | 00:00:15 | 00:05:25 | 00:10:44 | 00:16:12 | 00:21:42 | 00:27:24 | 00:33:26 | 00:41:00.05 | +00:08:01 (19.6%) | 4:06 | 14.6 (80.2%) |
| 29 | GAJLEWICZ Dominik | 37 | MTS HAMER | M30-39 | 8 | 00:00:14 | 00:05:28 | 00:11:06 | 00:16:58 | 00:23:00 | 00:29:00 | 00:35:11 | 00:41:09.50 | +00:08:11 (19.9%) | 4:07 | 14.6 (80.2%) |
| 30 | KAWKA Adrian | 64 | RAKIETY | M30-39 | 9 | 00:00:14 | 00:05:20 | 00:10:52 | 00:16:37 | 00:22:36 | 00:29:21 | 00:35:34 | 00:41:35.25 | +00:08:37 (20.7%) | 4:09 | 14.4 (79.1%) |
| 31 | RUBASZNIK Radosław | 149 | CSSP KOSZALIN | M30-39 | 10 | 00:00:19 | 00:06:20 | 00:12:09 | 00:18:03 | 00:23:57 | 00:29:55 | 00:35:54 | 00:41:40.10 | +00:08:41 (20.9%) | 4:10 | 14.4 (79.1%) |
| 32 | RYNDAK Mariusz | 151 | | M50-59 | 3 | 00:00:15 | 00:05:35 | 00:11:13 | 00:17:15 | 00:23:28 | 00:29:42 | 00:36:00 | 00:41:53.30 | +00:08:55 (21.3%) | 4:11 | 14.3 (78.6%) |
| 33 | KOZIEŁ Paweł | 83 | TRUCHCIKI | M40-49 | 15 | 00:00:16 | 00:05:51 | 00:11:45 | 00:17:48 | 00:23:54 | 00:30:03 | 00:36:12 | 00:42:07.65 | +00:09:09 (21.7%) | 4:12 | 14.2 (78.0%) |
| 34 | PĘKAŁA Piotr | 134 | SOSW KOSZALIN | M40-49 | 16 | 00:00:22 | 00:06:25 | 00:12:18 | 00:18:19 | 00:24:25 | 00:30:27 | 00:36:27 | 00:42:09.15 | +00:09:10 (21.8%) | 4:13 | 14.2 (78.0%) |
| 35 | ZWOLIŃSKI Jan | 206 | TKKF KOSZALIN | M50-59 | 4 | 00:00:17 | 00:06:07 | 00:12:03 | 00:18:03 | 00:24:05 | 00:30:12 | 00:36:17 | 00:42:18.30 | +00:09:20 (22.1%) | 4:13 | 14.2 (78.0%) |
| 36 | ZATOŃ Olga | 202 | TRUCHCIKI | K30-39 | 1 | 00:00:16 | 00:05:47 | 00:11:38 | 00:17:44 | 00:23:51 | 00:30:03 | 00:36:18 | 00:42:28.20 | +00:09:30 (22.4%) | 4:14 | 14.1 (77.5%) |
| 37 | CHUPTYŚ Adrian | 18 | RUNDORFINA | M30-39 | 11 | 00:00:16 | 00:05:43 | 00:11:37 | 00:17:48 | 00:24:07 | 00:30:29 | 00:36:54 | 00:43:04.45 | +00:10:06 (23.5%) | 4:18 | 13.9 (76.4%) |
| 38 | IWANIEC Dariusz | 52 | TKKF KOSZALIN | M40-49 | 17 | 00:00:17 | 00:06:08 | 00:12:05 | 00:18:12 | 00:24:28 | 00:30:48 | 00:37:10 | 00:43:07.00 | +00:10:08 (23.5%) | 4:18 | 13.9 (76.4%) |
| 39 | KOZAK Grzegorz | 82 | FPP | M40-49 | 18 | 00:00:17 | 00:06:07 | 00:12:10 | 00:18:25 | 00:24:47 | 00:31:14 | 00:37:23 | 00:43:12.40 | +00:10:14 (23.7%) | 4:19 | 13.9 (76.4%) |
| 40 | MAZUR Tomasz | 113 | I LO SZCZECINEK | M40-49 | 19 | 00:00:16 | 00:05:51 | 00:11:46 | 00:17:51 | 00:24:05 | 00:30:33 | 00:37:06 | 00:43:15.90 | +00:10:17 (23.8%) | 4:19 | 13.9 (76.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Dobieg | Lap_1 | Lap_2 | Lap_3 | Lap_4 | Lap_5 | Lap_6 | Czas | | Tempo | Tempo |
|-----|----------------------------------|------------|----------------------------|-----------|------|----------|----------|----------|----------|----------|----------|----------|--------------------|----------------------|-------|-----------------|
| | | | | | | | | | | | | | netto | Różn | | |
| 41 | KRYNICKA GRZYB Małgorzata | 91 | | K30-39 | 2 | 00:00:17 | 00:06:02 | 00:12:00 | 00:18:10 | 00:24:27 | 00:30:51 | 00:37:15 | 00:43:19.70 | +00:10:21 (23.9%) | 4:20 | 13.8 (75.8%) |
| 42 | BRZEZIŃSKI Jan | 11 | TEAM PIOTRUŚ | M50-59 | 5 | 00:00:19 | 00:06:20 | 00:12:32 | 00:18:47 | 00:25:04 | 00:31:26 | 00:37:45 | 00:43:46.10 | +00:10:47 (24.7%) | 4:22 | 13.7 (75.3%) |
| 43 | BARUTOWICZ Grzegorz | 5 | 1981. | M30-39 | 12 | 00:00:17 | 00:06:11 | 00:12:12 | 00:18:23 | 00:24:43 | 00:31:11 | 00:37:37 | 00:43:53.10 | +00:10:54 (24.9%) | 4:23 | 13.7 (75.3%) |
| 44 | WERS Krzysztof | 187 | | M30-39 | 13 | 00:00:19 | 00:06:14 | 00:12:22 | 00:18:37 | 00:24:49 | 00:31:10 | 00:37:42 | 00:43:56.75 | +00:10:58 (25.0%) | 4:23 | 13.7 (75.3%) |
| 45 | WEBER Paweł | 186 | FPP | M30-39 | 14 | 00:00:17 | 00:06:07 | 00:12:10 | 00:18:25 | 00:24:47 | 00:31:14 | 00:37:46 | 00:44:04.85 | +00:11:06 (25.2%) | 4:24 | 13.6 (74.7%) |
| 46 | MŁASZEWSKI Przemek | 120 | AMBRA PL | M30-39 | 15 | 00:00:19 | 00:06:18 | 00:12:30 | 00:18:49 | 00:25:03 | 00:31:30 | 00:38:07 | 00:44:16.30 | +00:11:18 (25.5%) | 4:25 | 13.6 (74.7%) |
| 47 | KOŚCIELNIAK Robert | 77 | TKKF KOSZALIN | M50-59 | 6 | 00:00:18 | 00:06:12 | 00:12:16 | 00:18:32 | 00:25:02 | 00:31:42 | 00:38:15 | 00:44:20.65 | +00:11:22 (25.6%) | 4:26 | 13.5 (74.2%) |
| 48 | URBAŃSKI Tomasz | 181 | | M40-49 | 20 | 00:00:19 | 00:06:21 | 00:12:24 | 00:18:47 | 00:25:10 | 00:31:34 | 00:38:02 | 00:44:22.05 | +00:11:23 (25.7%) | 4:26 | 13.5 (74.2%) |
| 49 | KRUPIŃSKI Krzysztof | 90 | E-UROLOG.EU | M50-59 | 7 | 00:00:19 | 00:06:20 | 00:12:36 | 00:18:55 | 00:25:26 | 00:31:57 | 00:38:25 | 00:44:27.45 | +00:11:29 (25.8%) | 4:26 | 13.5 (74.2%) |
| 50 | KWIETNIEWSKI Daniel | 97 | | M40-49 | 21 | 00:00:19 | 00:06:07 | 00:12:10 | 00:18:25 | 00:24:47 | 00:31:18 | 00:37:58 | 00:44:28.95 | +00:11:30 (25.9%) | 4:26 | 13.5 (74.2%) |
| 51 | NIEDBALSKI Oktawian | 123 | KAMIEŃ RYMAŃSKI | M18-39 | 6 | 00:00:18 | 00:06:10 | 00:12:11 | 00:18:31 | 00:25:07 | 00:31:48 | 00:38:24 | 00:44:36.90 | +00:11:38 (26.1%) | 4:27 | 13.4 (73.6%) |
| 52 | TRZEBIATOWSKA Kinga | 180 | | K18-29 | 1 | 00:00:15 | 00:05:50 | 00:12:05 | 00:18:37 | 00:25:11 | 00:31:54 | 00:38:29 | 00:44:50.20 | +00:11:52 (26.5%) | 4:29 | 13.4 (73.6%) |
| 53 | SPOLSKA Weronika | 164 | | K18-29 | 2 | 00:00:17 | 00:06:16 | 00:12:34 | 00:19:01 | 00:25:36 | 00:32:07 | 00:38:42 | 00:45:02.80 | +00:12:04 (26.8%) | 4:30 | 13.3 (73.1%) |
| 54 | HAŁKA Justyna | 45 | TRUCHCIKI | K40-49 | 1 | 00:00:19 | 00:06:30 | 00:12:50 | 00:19:17 | 00:25:46 | 00:32:14 | 00:38:48 | 00:45:11.30 | +00:12:13 (27.0%) | 4:31 | 13.3 (73.1%) |
| 55 | BRYGAŁA Magdalena | 10 | | K40-49 | 2 | 00:00:19 | 00:06:15 | 00:12:27 | 00:18:52 | 00:25:29 | 00:32:09 | 00:38:54 | 00:45:26.75 | +00:12:28 (27.5%) | 4:32 | 13.2 (72.5%) |
| 56 | OLEARCZYK Arkadiusz | 125 | BOBOLICKIE BRACTWO BIEGOWE | M40-49 | 22 | 00:00:18 | 00:05:52 | 00:11:52 | 00:18:11 | 00:24:44 | 00:31:54 | 00:38:47 | 00:45:31.60 | +00:12:33 (27.6%) | 4:33 | 13.2 (72.5%) |
| 57 | KONKEL Agnieszka | 71 | MTS HAMER | K30-39 | 3 | 00:00:17 | 00:06:12 | 00:12:21 | 00:18:46 | 00:25:25 | 00:32:08 | 00:39:05 | 00:45:34.20 | +00:12:36 (27.6%) | 4:33 | 13.2 (72.5%) |
| 58 | SZYMAŃSKI Piotr | 173 | SZYMON TEAM | M40-49 | 23 | 00:00:21 | 00:06:55 | 00:13:30 | 00:20:03 | 00:26:33 | 00:33:08 | 00:39:35 | 00:45:37.85 | +00:12:39 (27.7%) | 4:33 | 13.1 (72.0%) |
| 59 | GAWEŁ Zbigniew | 40 | POMERIDERS SŁUPSK | M60-69 | 1 | 00:00:16 | 00:06:18 | 00:12:36 | 00:19:01 | 00:25:31 | 00:32:12 | 00:38:57 | 00:45:40.40 | +00:12:42 (27.8%) | 4:34 | 13.1 (72.0%) |
| 60 | SITARCZYK Damian | 158 | FUNDACJA ZASTOPIJ | M30-39 | 16 | 00:00:20 | 00:06:02 | 00:12:00 | 00:18:21 | 00:24:56 | 00:31:40 | 00:38:43 | 00:45:46.30 | +00:12:48 (28.0%) | 4:34 | 13.1 (72.0%) |
| 61 | PERLIK Katarzyna | 132 | MTS HAMER | K18-29 | 3 | 00:00:18 | 00:06:13 | 00:12:31 | 00:18:56 | 00:25:27 | 00:32:06 | 00:39:04 | 00:45:49.00 | +00:12:50 (28.0%) | 4:34 | 13.1 (72.0%) |
| 62 | KOBYLAK Janusz | 70 | KOŁOBRZEG BIEGA | M40-49 | 24 | 00:00:17 | 00:06:17 | 00:12:39 | 00:19:20 | 00:26:03 | 00:32:50 | 00:39:34 | 00:46:02.35 | +00:13:04 (28.4%) | 4:36 | 13 (71.4%) |
| 63 | CZERNIAK Gracjan | 22 | | M40-49 | 25 | 00:00:21 | 00:06:50 | 00:13:18 | 00:19:51 | 00:26:21 | 00:33:00 | 00:39:37 | 00:46:06.95 | +00:13:08 (28.5%) | 4:36 | 13 (71.4%) |
| 64 | PETERSKI Damian | 198 | | M18-39 | 7 | 00:00:19 | 00:06:27 | 00:12:43 | 00:19:09 | 00:25:39 | 00:32:23 | 00:39:24 | 00:46:28.75 | +00:13:30 (29.1%) | 4:38 | 12.9 (70.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Dobieg | Lap_1 | Lap_2 | Lap_3 | Lap_4 | Lap_5 | Lap_6 | Czas | | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|-----------------------------|-----------|------|----------|----------|----------|----------|----------|----------|----------|--------------------|----------------------|--------------|-----------------|
| | | | | | | | | | | | | | netto | Różn | | |
| | | | | | | 0.08km | 1.48km | 2.9km | 4.32km | 5.74km | 7.16km | 8.58km | 10km | | | |
| 65 | DERLIŃSKI Adam | 29 | TORNADO KOSZALIN | M40-49 | 26 | 00:00:18 | 00:06:20 | 00:12:38 | 00:19:07 | 00:25:53 | 00:32:48 | 00:39:47 | 00:46:35.40 | +00:13:37 (29.2%) | 4:39 | 12.9 (70.9%) |
| 66 | MARCINIAK Maciej | 109 | KS POGOŃ POŁCZYN ZDRÓJ | M30-39 | 17 | 00:00:16 | 00:06:05 | 00:12:15 | 00:18:36 | 00:25:00 | 00:32:05 | 00:39:23 | 00:46:42.75 | +00:13:44 (29.4%) | 4:40 | 12.8 (70.3%) |
| 67 | WOŁOSZYN Daniel | 196 | KAMIEŃ RYMAŃSKI | M18-39 | 8 | 00:00:20 | 00:06:34 | 00:12:48 | 00:19:13 | 00:25:43 | 00:32:32 | 00:39:42 | 00:46:52.25 | +00:13:54 (29.7%) | 4:41 | 12.8 (70.3%) |
| 68 | SKOWYRSKI Janusz | 160 | TKKF KOSZALIN | M50-59 | 8 | 00:00:19 | 00:06:33 | 00:13:00 | 00:19:43 | 00:26:30 | 00:33:31 | 00:40:27 | 00:47:09.35 | +00:14:11 (30.1%) | 4:42 | 12.7 (69.8%) |
| 69 | MAZURSKI Paweł | 115 | | M30-39 | 18 | 00:00:17 | 00:06:38 | 00:13:13 | 00:19:53 | 00:26:31 | 00:33:20 | 00:40:27 | 00:47:17.40 | +00:14:19 (30.3%) | 4:43 | 12.7 (69.8%) |
| 70 | ŚWIETLIK Tomasz | 177 | LEO TEAM | M60-69 | 2 | 00:00:18 | 00:06:40 | 00:13:18 | 00:20:07 | 00:26:57 | 00:33:47 | 00:40:39 | 00:47:20.80 | +00:14:22 (30.4%) | 4:44 | 12.7 (69.8%) |
| 71 | ZAWADZKI Damian | 203 | KB WYGAN | M30-39 | 19 | 00:00:20 | 00:06:53 | 00:13:37 | 00:20:21 | 00:27:11 | 00:34:08 | 00:40:56 | 00:47:22.95 | +00:14:24 (30.4%) | 4:44 | 12.7 (69.8%) |
| 72 | SAWIŃSKI Jacek | 157 | | M40-49 | 27 | 00:00:20 | 00:07:00 | 00:13:49 | 00:20:31 | 00:27:24 | 00:34:12 | 00:40:57 | 00:47:38.85 | +00:14:40 (30.8%) | 4:45 | 12.6 (69.2%) |
| 73 | KRZEWIŃSKA Małgorzata | 92 | TKKF KOSZALIN1 | K60+ | 1 | 00:00:22 | 00:07:00 | 00:13:43 | 00:20:29 | 00:27:12 | 00:34:01 | 00:40:55 | 00:47:39.60 | +00:14:41 (30.8%) | 4:46 | 12.6 (69.2%) |
| 74 | SUCHANOWSKI Zygmunt | 167 | RESPECT LOTYŃ | M50-59 | 9 | 00:00:17 | 00:06:17 | 00:12:48 | 00:19:34 | 00:26:33 | 00:33:37 | 00:40:43 | 00:47:41.90 | +00:14:43 (30.9%) | 4:46 | 12.6 (69.2%) |
| 75 | WIKTOROWSKI Maciej | 191 | | M40-49 | 28 | 00:00:18 | 00:06:18 | 00:12:51 | 00:19:41 | 00:26:40 | 00:33:40 | 00:40:49 | 00:47:43.10 | +00:14:44 (30.9%) | 4:46 | 12.6 (69.2%) |
| 76 | DĄBROWSKA Alicja | 26 | TKKF KOSZALIN1 | K50-59 | 1 | 00:00:21 | 00:07:08 | 00:13:51 | 00:20:41 | 00:27:37 | 00:34:32 | 00:41:26 | 00:47:56.80 | +00:14:58 (31.2%) | 4:47 | 12.5 (68.7%) |
| 77 | KUBIK Krystian | 93 | RUNGRYF GRYFICE | M18-39 | 9 | 00:00:13 | 00:06:00 | 00:12:35 | 00:19:24 | 00:26:30 | 00:33:43 | 00:40:58 | 00:47:59.75 | +00:15:01 (31.3%) | 4:47 | 12.5 (68.7%) |
| 78 | HAŁKA Arkadiusz | 46 | TRUCHCIKI | M40-49 | 29 | 00:00:19 | 00:06:44 | 00:13:27 | 00:20:16 | 00:27:14 | 00:34:16 | 00:41:22 | 00:48:02.30 | +00:15:04 (31.4%) | 4:48 | 12.5 (68.7%) |
| 79 | KOWALCZYK Piotr | 79 | FOR-REST-RUN | M30-39 | 20 | 00:00:19 | 00:06:52 | 00:13:29 | 00:20:17 | 00:27:12 | 00:34:17 | 00:41:31 | 00:48:32.75 | +00:15:34 (32.1%) | 4:51 | 12.4 (68.1%) |
| 80 | ROGOŻA Ireneusz | 147 | | M40-49 | 30 | 00:00:21 | 00:06:50 | 00:13:33 | 00:20:15 | 00:27:15 | 00:34:29 | 00:41:48 | 00:48:33.50 | +00:15:35 (32.1%) | 4:51 | 12.4 (68.1%) |
| 81 | OLESIŃSKI Marcin | 127 | | M18-39 | 10 | 00:00:23 | 00:07:13 | 00:13:54 | 00:20:50 | 00:27:53 | 00:34:56 | 00:42:11 | 00:49:00.55 | +00:16:02 (32.7%) | 4:54 | 12.2 (67.0%) |
| 82 | PIECHOTA Robert | 136 | ROZBIEGANY KOSZALIN | M50-59 | 10 | 00:00:15 | 00:06:24 | 00:13:16 | 00:20:24 | 00:27:38 | 00:34:56 | 00:42:23 | 00:49:07.25 | +00:16:09 (32.9%) | 4:54 | 12.2 (67.0%) |
| 83 | WIELGAT Łukasz | 190 | KB BRYZA POSTOMINO | M30-39 | 21 | 00:00:20 | 00:06:14 | 00:12:22 | 00:18:51 | 00:26:02 | 00:34:17 | 00:42:18 | 00:49:11.20 | +00:16:13 (33.0%) | 4:55 | 12.2 (67.0%) |
| 84 | DRULIK-HOŁUB Marta | 33 | TORNADO KOSZALIN | K40-49 | 3 | 00:00:22 | 00:06:55 | 00:13:44 | 00:20:40 | 00:27:43 | 00:34:53 | 00:42:08 | 00:49:13.75 | +00:16:15 (33.0%) | 4:55 | 12.2 (67.0%) |
| 85 | STAWISZYŃSKI Jarosław | 165 | FRK | M30-39 | 22 | 00:00:20 | 00:06:52 | 00:13:44 | 00:20:44 | 00:27:52 | 00:35:10 | 00:42:32 | 00:49:14.75 | +00:16:16 (33.1%) | 4:55 | 12.2 (67.0%) |
| 86 | KRUPIŃSKA Beata | 88 | E-UROLOG.EU | K50-59 | 2 | 00:00:23 | 00:07:09 | 00:13:53 | 00:20:52 | 00:27:54 | 00:35:01 | 00:42:18 | 00:49:15.10 | +00:16:16 (33.1%) | 4:55 | 12.2 (67.0%) |
| 87 | OLESIŃSKA Patrycja | 126 | | K30-39 | 4 | 00:00:22 | 00:07:11 | 00:13:55 | 00:20:45 | 00:27:39 | 00:34:48 | 00:42:07 | 00:49:20.95 | +00:16:22 (33.2%) | 4:56 | 12.2 (67.0%) |
| 88 | SZYMAŃSKI Piotr | 172 | | M30-39 | 23 | 00:00:22 | 00:06:57 | 00:13:41 | 00:20:29 | 00:27:25 | 00:34:46 | 00:42:17 | 00:49:34.10 | +00:16:35 (33.5%) | 4:57 | 12.1 (66.5%) |
| 89 | PIEKARZEWICZ Tomasz | 137 | BOBOLICKIE BRACHTWO BIEGOWE | M50-59 | 11 | 00:00:23 | 00:07:19 | 00:14:33 | 00:21:32 | 00:28:41 | 00:35:45 | 00:42:58 | 00:49:46.40 | +00:16:48 (33.8%) | 4:58 | 12.1 (66.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Dobieg 0.08km | Lap_1 1.48km | Lap_2 2.9km | Lap_3 4.32km | Lap_4 5.74km | Lap_5 7.16km | Lap_6 8.58km | Czas | | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|-----------------|-----------|------|------------------|-----------------|----------------|-----------------|-----------------|-----------------|-----------------|--------------------|----------------------|-----------------|-----------------|
| | | | | | | | | | | | | | netto 10km | Różn | | |
| 90 | KORDECKI Maciej | 75 | | M18-39 | 11 | 00:00:23 | 00:06:52 | 00:13:33 | 00:20:38 | 00:28:00 | 00:35:25 | 00:42:51 | 00:49:51.90 | +00:16:53 (33.9%) | 4:59 | 12 (65.9%) |
| 91 | BOGACKI Tomasz | 9 | TKKF KOSZALIN | M60-69 | 3 | 00:00:20 | 00:07:06 | 00:14:00 | 00:21:07 | 00:28:18 | 00:35:30 | 00:42:51 | 00:49:54.35 | +00:16:56 (33.9%) | 4:59 | 12 (65.9%) |
| 92 | BUDZIŃSKI Paweł | 13 | DRUŻYNA SZPIKU | M40-49 | 31 | 00:00:19 | 00:07:04 | 00:13:58 | 00:20:55 | 00:28:05 | 00:35:27 | 00:42:58 | 00:50:00.50 | +00:17:02 (34.1%) | 5:00 | 12 (65.9%) |
| 93 | GRUNWALD Karolina | 42 | | K30-39 | 5 | 00:00:23 | 00:07:31 | 00:14:34 | 00:21:33 | 00:28:49 | 00:36:09 | 00:43:37 | 00:50:21.35 | +00:17:23 (34.5%) | 5:02 | 11.9 (65.4%) |
| 94 | KISIELIŃSKI Igor | 67 | TKKF KOSZALIN | M50-59 | 12 | 00:00:22 | 00:07:00 | 00:13:49 | 00:20:47 | 00:27:53 | 00:35:22 | 00:43:28 | 00:50:24.65 | +00:17:26 (34.6%) | 5:02 | 11.9 (65.4%) |
| 95 | GALICKI Robert | 38 | | M40-49 | 32 | 00:00:24 | 00:07:32 | 00:14:36 | 00:21:34 | 00:28:50 | 00:36:10 | 00:43:38 | 00:50:29.20 | +00:17:31 (34.7%) | 5:03 | 11.9 (65.4%) |
| 96 | BURDZIK Michał | 15 | L9 | M18-39 | 12 | 00:00:17 | 00:06:16 | 00:12:55 | 00:20:03 | 00:27:35 | 00:35:19 | 00:43:15 | 00:50:31.80 | +00:17:33 (34.8%) | 5:03 | 11.9 (65.4%) |
| 97 | NIWIŃSKI Grzegorz | 124 | KB TUPOT USTKA | M60-69 | 4 | 00:00:21 | 00:07:06 | 00:14:07 | 00:21:17 | 00:28:34 | 00:35:52 | 00:43:21 | 00:50:45.10 | +00:17:46 (35.0%) | 5:04 | 11.8 (64.8%) |
| 98 | SARAPUK Piotr | 153 | | M40-49 | 33 | 00:00:22 | 00:07:02 | 00:13:43 | 00:20:30 | 00:27:10 | 00:34:31 | 00:44:09 | 00:50:50.75 | +00:17:52 (35.2%) | 5:05 | 11.8 (64.8%) |
| 99 | WYGANOWSKI Andrzej | 197 | KB WYGAN | M70+ | 1 | 00:00:21 | 00:07:30 | 00:14:45 | 00:21:58 | 00:29:16 | 00:36:32 | 00:43:49 | 00:50:55.75 | +00:17:57 (35.3%) | 5:05 | 11.8 (64.8%) |
| 100 | KAPERA Mikołaj | 61 | KAMIEŃ RYMAŃSKI | M18-39 | 13 | 00:00:19 | 00:06:29 | 00:12:46 | 00:19:15 | 00:26:38 | 00:34:41 | 00:42:48 | 00:51:01.35 | +00:18:03 (35.4%) | 5:06 | 11.8 (64.8%) |
| 101 | JESZKE Dawid | 55 | KAMIEŃ RYMAŃSKI | M18-39 | 14 | 00:00:24 | 00:07:23 | 00:14:31 | 00:21:33 | 00:28:50 | 00:36:19 | 00:43:56 | 00:51:01.50 | +00:18:03 (35.4%) | 5:06 | 11.8 (64.8%) |
| 102 | CZUCZAK Tomasz | 209 | | M40-49 | 34 | 00:00:22 | 00:07:04 | 00:13:57 | 00:21:04 | 00:28:25 | 00:36:21 | 00:44:12 | 00:51:06.30 | +00:18:08 (35.5%) | 5:06 | 11.7 (64.3%) |
| 103 | PUŚCIAN Krzysztof | 145 | SP MANOWO | M40-49 | 35 | 00:00:23 | 00:07:12 | 00:14:17 | 00:21:27 | 00:28:34 | 00:35:38 | 00:43:20 | 00:51:07.70 | +00:18:09 (35.5%) | 5:06 | 11.7 (64.3%) |
| 104 | ANTKOWIAK Sebastian | 4 | DB - ACTIVE | M40-49 | 36 | 00:00:22 | 00:06:58 | 00:13:45 | 00:20:58 | 00:28:25 | 00:35:54 | 00:43:28 | 00:51:13.35 | +00:18:15 (35.6%) | 5:07 | 11.7 (64.3%) |
| 105 | SARAPUK Gabriela | 152 | TKKF KOSZALIN | K40-49 | 4 | 00:00:23 | 00:07:02 | 00:13:53 | 00:21:05 | 00:28:38 | 00:36:21 | 00:44:08 | 00:51:18.50 | +00:18:20 (35.7%) | 5:07 | 11.7 (64.3%) |
| 106 | BRZEZIŃSKI Paweł | 12 | | M40-49 | 37 | 00:00:16 | 00:07:02 | 00:14:10 | 00:21:30 | 00:28:53 | 00:36:29 | 00:44:13 | 00:51:40.10 | +00:18:41 (36.2%) | 5:10 | 11.6 (63.7%) |
| 107 | MAZIEC Beata | 112 | | K30-39 | 6 | 00:00:26 | 00:07:33 | 00:14:54 | 00:22:19 | 00:29:51 | 00:37:22 | 00:44:46 | 00:51:43.90 | +00:18:45 (36.3%) | 5:10 | 11.6 (63.7%) |
| 108 | KAMIŃSKA Karolina | 58 | | K40-49 | 5 | 00:00:21 | 00:07:05 | 00:14:11 | 00:21:31 | 00:29:01 | 00:36:41 | 00:44:25 | 00:51:49.25 | +00:18:51 (36.4%) | 5:11 | 11.6 (63.7%) |
| 109 | KONKEL Łukasz | 72 | | M40-49 | 38 | 00:00:22 | 00:07:07 | 00:14:13 | 00:21:26 | 00:28:47 | 00:36:14 | 00:44:10 | 00:51:50.20 | +00:18:52 (36.4%) | 5:11 | 11.6 (63.7%) |
| 110 | WYSOCKI Arkadiusz | 199 | | M30-39 | 24 | 00:00:15 | 00:06:19 | 00:13:36 | 00:21:26 | 00:29:15 | 00:36:50 | 00:44:26 | 00:51:51.80 | +00:18:53 (36.4%) | 5:11 | 11.6 (63.7%) |
| 111 | BOGACKA Lucyna | 8 | TKKF KOSZALIN | K60+ | 2 | 00:00:24 | 00:07:17 | 00:14:34 | 00:21:49 | 00:29:13 | 00:36:45 | 00:44:29 | 00:52:00.55 | +00:19:02 (36.6%) | 5:12 | 11.5 (63.2%) |
| 112 | SŁUPECKA Aneta | 162 | | K30-39 | 7 | 00:00:30 | 00:07:34 | 00:14:55 | 00:22:20 | 00:29:53 | 00:37:24 | 00:44:54 | 00:52:01.30 | +00:19:03 (36.6%) | 5:12 | 11.5 (63.2%) |
| 113 | MIELCZAREK Maciej | 118 | | M50-59 | 13 | 00:00:21 | 00:07:13 | 00:14:15 | 00:21:33 | 00:29:01 | 00:36:39 | 00:44:28 | 00:52:06.10 | +00:19:07 (36.7%) | 5:12 | 11.5 (63.2%) |
| 114 | ADAMOWICZ Maciej | 1 | SP MIELNO | M30-39 | 25 | 00:00:16 | 00:06:38 | 00:13:53 | 00:21:18 | 00:29:03 | 00:36:51 | 00:44:50 | 00:52:17.10 | +00:19:18 (36.9%) | 5:13 | 11.5 (63.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Dobieg 0.08km | Lap_1 1.48km | Lap_2 2.9km | Lap_3 4.32km | Lap_4 5.74km | Lap_5 7.16km | Lap_6 8.58km | Czas | | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|-------------------------------|-----------|------|------------------|-----------------|----------------|-----------------|-----------------|-----------------|-----------------|--------------------|----------------------|-----------------|-----------------|
| | | | | | | | | | | | | | netto 10km | Różn | | |
| 115 | ŚLIWIŃSKI Rafał | 175 | AQUA-MED ALEKSANDRA ŚLIWIŃSKA | M40-49 | 39 | 00:00:17 | 00:06:44 | 00:13:54 | 00:21:15 | 00:28:53 | 00:36:41 | 00:44:32 | 00:52:22.15 | +00:19:23 (37.0%) | 5:14 | 11.5 (63.2%) |
| 116 | SZYSZKOWSKI Tomasz | 174 | FOR-REST-RUN | M30-39 | 26 | 00:00:22 | 00:07:09 | 00:14:28 | 00:22:04 | 00:29:41 | 00:37:25 | 00:45:12 | 00:52:34.15 | +00:19:35 (37.3%) | 5:15 | 11.4 (62.6%) |
| 117 | BODO Rafał | 7 | ZOZKOSZ KOSZALIN | M30-39 | 27 | 00:00:19 | 00:07:05 | 00:14:15 | 00:21:33 | 00:29:10 | 00:36:54 | 00:44:48 | 00:52:34.80 | +00:19:36 (37.3%) | 5:15 | 11.4 (62.6%) |
| 118 | CZESZEK Ireneusz | 24 | FUNDACJA ZASTOPUJ | M30-39 | 28 | 00:00:17 | 00:06:21 | 00:13:28 | 00:20:59 | 00:28:51 | 00:37:13 | 00:45:13 | 00:52:41.25 | +00:19:43 (37.4%) | 5:16 | 11.4 (62.6%) |
| 119 | KAZIMIERCZAK Leszek | 65 | 1980. | M40-49 | 40 | 00:00:25 | 00:07:15 | 00:14:24 | 00:21:45 | 00:29:12 | 00:37:05 | 00:45:05 | 00:52:49.50 | +00:19:51 (37.6%) | 5:17 | 11.4 (62.6%) |
| 120 | ANGRYS Maciej | 3 | FUNDACJA ZASTOPUJ | M18-39 | 15 | 00:00:23 | 00:07:42 | 00:15:01 | 00:22:31 | 00:29:58 | 00:37:35 | 00:45:20 | 00:52:52.30 | +00:19:54 (37.6%) | 5:17 | 11.3 (62.1%) |
| 121 | PANASZEWSKI Przemysław | 129 | | M30-39 | 29 | 00:00:22 | 00:07:25 | 00:14:44 | 00:22:15 | 00:29:54 | 00:37:30 | 00:45:25 | 00:52:57.55 | +00:19:59 (37.7%) | 5:17 | 11.3 (62.1%) |
| 122 | KOZŁOWIECKI Waldemar | 87 | TKKF KOSZALIN | M60-69 | 5 | 00:00:21 | 00:07:14 | 00:14:11 | 00:21:27 | 00:28:59 | 00:36:47 | 00:44:52 | 00:53:04.10 | +00:20:05 (37.9%) | 5:18 | 11.3 (62.1%) |
| 123 | CZARNECKI Radek | 21 | | M30-39 | 30 | 00:00:22 | 00:06:56 | 00:13:42 | 00:21:01 | 00:28:48 | 00:36:58 | 00:44:53 | 00:53:18.95 | +00:20:20 (38.2%) | 5:19 | 11.3 (62.1%) |
| 124 | POLETAJEW Wiktoria | 141 | | K30-39 | 8 | 00:00:25 | 00:07:44 | 00:15:21 | 00:22:49 | 00:30:27 | 00:38:10 | 00:45:20 | 00:53:19.60 | +00:20:21 (38.2%) | 5:19 | 11.3 (62.1%) |
| 125 | PAWŁOWSKI Grzegorz | 130 | GAMMAX | M40-49 | 41 | 00:00:20 | 00:06:45 | 00:13:41 | 00:20:59 | 00:28:47 | 00:36:49 | 00:45:08 | 00:53:23.50 | +00:20:25 (38.2%) | 5:20 | 11.2 (61.5%) |
| 126 | MITUNIEWICZ Adrian | 122 | | M30-39 | 31 | 00:00:20 | 00:07:22 | 00:14:42 | 00:22:14 | 00:29:54 | 00:37:45 | 00:45:51 | 00:53:50.90 | +00:20:52 (38.8%) | 5:23 | 11.1 (61.0%) |
| 127 | POŁOCZAŃSKI Piotr | 142 | SZWAGRY BIEGAJĄ | M30-39 | 32 | 00:00:22 | 00:07:41 | 00:15:08 | 00:22:44 | 00:30:46 | 00:38:43 | 00:46:49 | 00:54:14.40 | +00:21:16 (39.2%) | 5:25 | 11.1 (61.0%) |
| 128 | HRYNIEWICZ Rafał | 50 | | M40-49 | 42 | 00:00:20 | 00:07:35 | 00:15:12 | 00:22:56 | 00:30:44 | 00:38:40 | 00:46:40 | 00:54:17.70 | +00:21:19 (39.3%) | 5:25 | 11 (60.4%) |
| 129 | JUSZCZAK Krzysztof | 56 | | M60-69 | 6 | 00:00:21 | 00:07:19 | 00:14:39 | 00:22:16 | 00:30:03 | 00:38:09 | 00:46:19 | 00:54:27.85 | +00:21:29 (39.5%) | 5:26 | 11 (60.4%) |
| 130 | LISOWSKA Monika | 104 | | K30-39 | 9 | 00:00:26 | 00:07:51 | 00:15:20 | 00:23:00 | 00:30:47 | 00:38:57 | 00:46:55 | 00:54:38.45 | +00:21:40 (39.7%) | 5:27 | 11 (60.4%) |
| 131 | GRZELAK Karina | 43 | ROZBIEGANY KOSZALIN | K40-49 | 6 | 00:00:27 | 00:07:52 | 00:15:21 | 00:23:01 | 00:30:48 | 00:38:57 | 00:46:56 | 00:54:39.10 | +00:21:40 (39.7%) | 5:27 | 11 (60.4%) |
| 132 | KONKEL Joanna | 73 | MKS 'ŚWIĘC' SŁAWNO | K50-59 | 3 | 00:00:22 | 00:07:30 | 00:14:45 | 00:22:14 | 00:29:59 | 00:38:03 | 00:46:16 | 00:54:51.00 | +00:21:52 (39.9%) | 5:29 | 10.9 (59.9%) |
| 133 | KULAWIŃSKI Marek | 94 | | M40-49 | 43 | 00:00:21 | 00:07:59 | 00:15:40 | 00:23:19 | 00:31:08 | 00:38:57 | 00:47:01 | 00:54:57.10 | +00:21:58 (40.0%) | 5:29 | 10.9 (59.9%) |
| 134 | WALESIEWICZ Julia | 184 | | K18-29 | 4 | 00:00:25 | 00:07:46 | 00:15:19 | 00:23:09 | 00:31:15 | 00:39:26 | 00:47:39 | 00:55:11.65 | +00:22:13 (40.3%) | 5:31 | 10.9 (59.9%) |
| 135 | RASZPLA Ilona | 146 | BIEGOLAS | K40-49 | 7 | 00:00:28 | 00:07:45 | 00:15:05 | 00:22:53 | 00:30:49 | 00:39:02 | 00:47:26 | 00:55:17.10 | +00:22:18 (40.4%) | 5:31 | 10.9 (59.9%) |
| 136 | GARNCAREK Paweł | 39 | | M40-49 | 44 | 00:00:26 | 00:08:14 | 00:16:01 | 00:23:50 | 00:31:57 | 00:40:13 | 00:48:24 | 00:56:19.95 | +00:23:21 (41.5%) | 5:38 | 10.7 (58.8%) |
| 137 | SZMYT Marcin | 170 | SZWAGRY BIEGAJĄ | M30-39 | 33 | 00:00:23 | 00:07:34 | 00:14:52 | 00:22:38 | 00:30:47 | 00:39:12 | 00:48:01 | 00:56:37.50 | +00:23:39 (41.8%) | 5:39 | 10.6 (58.2%) |
| 138 | KURŁOWICZ Krzysztof | 95 | OKS WWW.SZKOLNICTWO.PL | M40-49 | 45 | 00:00:23 | 00:08:08 | 00:15:46 | 00:23:06 | 00:31:36 | 00:40:02 | 00:49:04 | 00:57:01.05 | +00:24:02 (42.2%) | 5:42 | 10.5 (57.7%) |
| 139 | DIDŁUCH Jacek | 31 | | M40-49 | 46 | 00:00:23 | 00:07:53 | 00:15:26 | 00:23:04 | 00:30:57 | 00:39:33 | 00:48:17 | 00:57:05.60 | +00:24:07 (42.3%) | 5:42 | 10.5 (57.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Dobieg 0.08km | Lap_1 1.48km | Lap_2 2.9km | Lap_3 4.32km | Lap_4 5.74km | Lap_5 7.16km | Lap_6 8.58km | Czas | | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|----------------------|-----------|------|------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|--------------------|----------------------|-----------------|-----------------|
| | | | | | | | | | | | | | netto 10km | Różn | | |
| 140 | DESKA Łukasz | 30 | WCKMED ŁÓDŹ | M18-39 | 16 | 00:00:20 | 00:07:31 | 00:15:08 | 00:23:08 | 00:31:29 | 00:40:18 | 00:49:13 | 00:57:25.70 | +00:24:27 (42.6%) | 5:44 | 10.4 (57.1%) |
| 141 | PRZYBYLSKI Czesław | 144 | HERMES ŚWIDNICA | M70+ | 2 | 00:00:29 | 00:08:00 | 00:15:52 | 00:24:00 | 00:32:18 | 00:40:50 | 00:49:27 | 00:57:48.95 | +00:24:50 (43.0%) | 5:46 | 10.4 (57.1%) |
| 142 | PIETRZYK Rafał | 139 | | M30-39 | 34 | 00:00:23 | 00:07:52 | 00:15:45 | 00:23:53 | 00:32:23 | 00:40:50 | 00:49:25 | 00:58:16.80 | +00:25:18 (43.4%) | 5:49 | 10.3 (56.6%) |
| 143 | SZCZYPEK Arkadiusz | 169 | FUNDACJA ZASTOPUJ | M30-39 | 35 | 00:00:19 | 00:07:28 | 00:14:54 | 00:22:20 | 00:30:52 | 00:39:51 | 00:49:42 | 00:58:17.80 | +00:25:19 (43.4%) | 5:49 | 10.3 (56.6%) |
| 144 | KAPCIO Michał | 60 | KAMIEŃ RYMAŃSKI | M18-39 | 17 | 00:00:22 | 00:07:09 | 00:14:44 | 00:24:11 | 00:32:21 | 00:41:58 | 00:50:19 | 00:58:28.10 | +00:25:29 (43.6%) | 5:50 | 10.3 (56.6%) |
| 145 | ZAWISKA Bartłomiej | 204 | | M18-39 | 18 | 00:00:22 | 00:07:55 | 00:15:47 | 00:23:53 | 00:32:34 | 00:41:29 | 00:50:29 | 00:58:56.20 | +00:25:58 (44.1%) | 5:53 | 10.2 (56.0%) |
| 146 | SAWICKA-WERS Urszula | 156 | | K30-39 | 10 | 00:00:23 | 00:07:53 | 00:16:05 | 00:24:52 | 00:33:49 | 00:42:58 | 00:52:05 | 01:00:29.55 | +00:27:31 (45.5%) | 6:02 | 9.9 (54.4%) |
| 147 | MARCZAK Małgorzata | 110 | NIGHTRUNNERS SŁUPSK | K60+ | 3 | 00:00:22 | 00:07:31 | 00:15:08 | 00:23:16 | 00:32:16 | 00:41:38 | 00:51:22 | 01:00:29.65 | +00:27:31 (45.5%) | 6:03 | 9.9 (54.4%) |
| 148 | KRUPIŃSKI Adam | 89 | FUNDACJA ZASTOPUJ | M30-39 | 36 | 00:00:18 | 00:06:51 | 00:14:42 | 00:22:33 | 00:33:17 | 00:42:50 | 00:52:17 | 01:00:34.25 | +00:27:36 (45.6%) | 6:03 | 9.9 (54.4%) |
| 149 | DUCHNOWSKA Grażyna | 34 | | K50-59 | 4 | 00:00:26 | 00:08:44 | 00:17:01 | 00:25:30 | 00:34:08 | 00:43:03 | 00:52:04 | 01:00:41.45 | +00:27:43 (45.7%) | 6:04 | 9.9 (54.4%) |
| 150 | MARKOWSKI Andrzej | 111 | TKKF KOSZALIN | M60-69 | 7 | 00:00:22 | 00:08:19 | 00:16:53 | 00:25:46 | 00:34:40 | 00:43:47 | 00:52:45 | 01:01:03.30 | +00:28:05 (46.0%) | 6:06 | 9.8 (53.8%) |
| 151 | ZAWISKA Anna | 205 | | K18-29 | 5 | 00:00:24 | 00:08:04 | 00:16:00 | 00:24:12 | 00:32:55 | 00:42:38 | 00:51:55 | 01:01:04.75 | +00:28:06 (46.0%) | 6:06 | 9.8 (53.8%) |
| 152 | KARNICKI Zygmunt | 62 | TKKF KOSZALIN | M60-69 | 8 | 00:00:23 | 00:08:09 | 00:16:24 | 00:25:00 | 00:33:54 | 00:42:57 | 00:52:06 | 01:01:06.10 | +00:28:07 (46.0%) | 6:06 | 9.8 (53.8%) |
| 153 | HELLER Zdzisław | 48 | HERBMARATONOW.PL | M60-69 | 9 | 00:00:25 | 00:08:41 | 00:17:23 | 00:26:08 | 00:35:08 | 00:44:09 | 00:53:23 | 01:02:23.45 | +00:29:25 (47.2%) | 6:14 | 9.6 (52.7%) |
| 154 | STRZAŁKOWSKI Patryk | 166 | KAMIEŃ RYMAŃSKI | M18-39 | 19 | 00:00:27 | 00:08:11 | 00:16:44 | 00:25:38 | 00:34:43 | 00:44:32 | 00:53:27 | 01:02:50.45 | +00:29:52 (47.5%) | 6:17 | 9.5 (52.2%) |
| 155 | SWAT Karolina | 168 | KAMIEŃ RYMAŃSKI | K18-29 | 6 | 00:00:19 | 00:07:11 | 00:15:48 | 00:25:00 | 00:34:34 | 00:44:33 | 00:53:28 | 01:02:51.65 | +00:29:53 (47.6%) | 6:17 | 9.5 (52.2%) |
| 156 | SARBIEWSKI Przemysław | 155 | 102 BATALION OCHRONY | M40-49 | 47 | 00:00:25 | 00:09:17 | 00:19:17 | 00:29:39 | 00:37:48 | 00:46:16 | 00:54:46 | 01:03:10.15 | +00:30:11 (47.8%) | 6:19 | 9.5 (52.2%) |
| 157 | DOGODA Katarzyna | 32 | | K18-29 | 7 | 00:00:25 | 00:08:53 | 00:17:42 | 00:26:41 | 00:35:49 | 00:45:48 | 00:55:51 | 01:04:46.85 | +00:31:48 (49.1%) | 6:28 | 9.3 (51.1%) |
| 158 | KOZŁOWIECKA Małgorzata | 86 | | K60+ | 4 | 00:00:21 | 00:09:02 | 00:18:19 | 00:28:09 | 00:38:09 | 00:48:28 | 00:58:29 | 01:08:48.20 | +00:35:50 (52.1%) | 6:52 | 8.7 (47.8%) |
| 159 | DUCHNOWSKI Dariusz | 35 | BIAŁA PODLASKA | M40-49 | 48 | 00:00:27 | 00:09:23 | 00:18:53 | 00:29:03 | 00:39:18 | 00:49:14 | 00:59:26 | 01:09:20.15 | +00:36:21 (52.4%) | 6:56 | 8.7 (47.8%) |
| 160 | HARASYM Daniel | 47 | FUNDACJA ZASTOPUJ | M40-49 | 49 | 00:00:23 | 00:08:37 | 00:17:41 | 00:27:30 | 00:37:59 | 00:49:06 | 01:00:06 | 01:11:12.55 | +00:38:14 (53.7%) | 7:07 | 8.4 (46.2%) |
| 161 | SARBIEWSKA Gabriela | 154 | | K40-49 | 8 | 00:00:26 | 00:09:18 | 00:19:17 | 00:29:51 | 00:40:38 | 00:52:01 | 01:03:04 | 01:13:28.15 | +00:40:29 (55.1%) | 7:20 | 8.2 (45.1%) |
| 162 | CZAPLIŃSKI Piotr | 20 | FUNDACJA ZASTOPUJ | M18-39 | 20 | 00:00:21 | 00:07:47 | 00:15:01 | 00:22:28 | 00:30:54 | 00:39:37 | 00:49:21 | 01:21:47.85 | +00:48:49 (59.7%) | 8:10 | 7.3 (40.1%) |
| | ZAREMBA Tomasz | 201 | | M30-39 | | 00:00:18 DNF | 00:07:06 DNF | 00:14:33 DNF | 00:22:45 DNF | 00:31:32 DNF | 00:40:12 DNF | DNF | DNF | - | - | - (0.0%) |
| | KLONOWSKI Artur | 69 | | M40-49 | | 00:00:23 DNF | 00:08:08 DNF | 00:15:46 DNF | 00:23:33 DNF | 00:33:58 DNF | DNF | DNF | DNF | - | - | - (0.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Dobieg | Lap_1 | Lap_2 | Lap_3 | Lap_4 | Lap_5 | Lap_6 | Czas netto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|---------------------------|-----------|------|-----------------|-----------------|-----------------|-----------------|-----------------|-------|-------|-----------------|------|--------------|------------|
| | MITUNIEWICZ Renata | 121 | | K50-59 | | 00:00:25 DNF | 00:08:40 DNF | 00:17:18 DNF | 00:26:26 DNF | 00:35:58 DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | WALO Zbigniew | 185 | | M60-69 | | 00:00:28 DNF | 00:09:47 DNF | 00:20:50 DNF | 00:31:56 DNF | 00:43:10 DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | CZAPLIŃSKI Jacek | 19 | | M30-39 | | 00:00:17 DNF | 00:05:44 DNF | 00:11:14 DNF | 00:16:55 DNF | DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | KLENIEWSKI Piotr | 68 | ZACHODNIOPOMORSKIE | M60-69 | | 00:00:19 DNF | 00:06:43 DNF | 00:13:32 DNF | 00:20:52 DNF | DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | SLUPCZEWSKI Krzysztof | 161 | SDROG KOSZALIN | M40-49 | | 00:00:16 DNF | 00:05:35 DNF | 00:11:20 DNF | DNF | DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | ADRYAN Adam | 2 | WATAHA ŁĄCZY NAS BIEGANIE | M40-49 | | 00:00:23 DNF | 00:07:17 DNF | 00:14:46 DNF | DNF | DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | ORZADA Anna | 128 | STOPA SŁUPSK | K40-49 | | 00:00:24 DNF | 00:07:19 DNF | 00:14:49 DNF | DNF | DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | MIERZEJEWSKA Karolina | 119 | | K30-39 | | 00:00:22 DNF | 00:08:32 DNF | 00:18:07 DNF | DNF | DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | SOBOLEWSKI Jan | 163 | | M18-39 | | 00:00:17 DNF | 00:05:46 DNF | DNF | DNF | DNF | DNF | DNF | DNF | - | - | (0.0%) |
| | WALEŃSKI Michał | 183 | TKKF KOSZALIN | M40-49 | | 00:00:21 DNF | 00:07:03 DNF | DNF | DNF | DNF | DNF | DNF | DNF | - | - | (0.0%) |

Znaleziono 174 wynik(ów)