

Miejsce	Miejsce K	Nr. Start.	Nazwisko	Imię	Miejscowość	Klub	Rocznik	Kategoria / msc.	Czas NETTO:	Tempo	min/km	Dolina Regi 15,2 km	Miejsce:	Tempo	min/km	Rycerzewko 23 km	Miejsce:	Tempo	min/km	Więclaw 37,1 km	Miejsce	Tempo	min/km
1		118	Sebastian	Florzak	STARGARD	SKL Stargard	1980	M SENIOR / (1)	04:28:07	00:04:28	min/km	01:08:00	1	00:04:28	min/km	01:44:08	1	00:04:32	min/km	02:45:38	1	00:04:28	min/km
2		107	Symiat	Szymon	SWIDWIN	UKL Feniks Swidwin	2007	M JUNIOR / (1)	04:36:37	00:04:37	min/km	01:08:00	5	00:04:28	min/km	01:57:30	4	00:04:38	min/km	02:51:52	4	00:04:38	min/km
3		111	Grupa	Jaroslaw	STARGARD	SKL Stargard	1982	M SENIOR / (2)	04:58:26	00:04:58	min/km	01:08:00	4	00:04:28	min/km	01:48:45	6	00:04:44	min/km	02:59:01	5	00:04:50	min/km
4		64	Witkiewicz	Eryk	BIALOGARD	kb 10 Bialogard	1976	M SENIOR / (3)	05:01:07	00:05:01	min/km	01:16:00	13	00:05:00	min/km	01:57:01	11	00:05:05	min/km	03:05:39	7	00:05:00	min/km
5		48	Janas	Kacper	BEZRZECIE		1987	M SENIOR / (4)	05:03:37	00:05:04	min/km	01:14:00	11	00:04:52	min/km	01:56:58	10	00:05:05	min/km	03:06:27	8	00:05:02	min/km
6	1 K	58	Romańska	Karolina	ŚWINOŹCIE	RK Athletics Warszawa	1985	K SENIOR / (1)	05:04:02	00:05:04	min/km	01:09:00	6	00:04:32	min/km	01:49:13	7	00:04:45	min/km	02:58:43	4	00:04:49	min/km
7		86	Nadkiernicz	Zbyszek	WĘGORZYNO	Gryfice Szczecin	1976	M SENIOR / (5)	05:06:14	00:05:08	min/km	01:17:00	15	00:05:04	min/km	01:58:52	15	00:05:10	min/km	03:10:01	10	00:05:07	min/km
8	2 K	149	Zaton	Olga	Swidwin	BIEGOLAS	1985	K SENIOR / (2)	05:13:50	00:05:14	min/km	01:09:00	7	00:04:32	min/km	01:48:00	5	00:04:42	min/km	03:16:10	13	00:05:17	min/km
9		134	Zakrzewski	Pawel	SZCZECIN	Bukowe Wzgórze	1981	M SENIOR / (6)	05:16:17	00:05:16	min/km	01:16:00	14	00:05:00	min/km	01:58:51	14	00:05:10	min/km	03:11:18	12	00:05:09	min/km
10		139	Kawiecki	Pawel	KOSZALIN	Orkiestra WojskowaBiega	1994	M JUNIOR / (2)	05:16:59	00:05:17	min/km	01:13:00	9	00:04:48	min/km	01:54:05	8	00:04:58	min/km	03:05:14	6	00:05:00	min/km
11		7	Wik	Daniel	KRZYŻ WLKP	Klub Biegacza Aktywni Krzyż WI	1972	M WETERAN / (1)	05:27:32	00:05:28	min/km	01:19:00	18	00:05:12	min/km	02:01:17	16	00:05:16	min/km	03:16:24	14	00:05:18	min/km
12		90	Zablocki	Bartosz	GRYFINO	BiegniWaszWstydUOszczedz	1988	M SENIOR / (7)	05:31:25	00:05:31	min/km	01:14:00	10	00:04:52	min/km	01:57:01	12	00:05:05	min/km	03:08:01	9	00:05:04	min/km
13		79	Sikorski	Marcin	SZCZECIN	TT Szczecin	1977	M SENIOR / (8)	05:32:22	00:05:32	min/km	01:16:00	12	00:05:00	min/km	01:57:14	13	00:05:06	min/km	03:11:17	11	00:05:09	min/km
14		104	Węglewicz	Maciej	KOSZALIN	Biegolas Koszalin	1985	M SENIOR / (9)	05:32:34	00:05:33	min/km	01:22:00	24	00:05:24	min/km	02:06:29	22	00:05:30	min/km	03:25:03	23	00:05:32	min/km
15		25	Klimek	Mateusz	SZCZECIN		1981	M SENIOR / (10)	05:34:04	00:05:34	min/km	01:23:00	35	00:05:28	min/km	02:07:38	29	00:05:33	min/km	03:22:08	18	00:05:27	min/km
16		100	Wojtalik	Łukasz	POLCZYN ZDRÓJ		1983	M SENIOR / (11)	05:34:34	00:05:35	min/km	01:08:00	2	00:04:28	min/km	01:46:12	2	00:04:37	min/km	02:53:40	3	00:04:41	min/km
17	3 K	39	Rzemieniecka - Grudzień	Joanna	ŚWINOŹCIE		1980	K SENIOR / (3)	05:36:04	00:05:36	min/km	01:19:00	17	00:05:12	min/km	02:04:15	19	00:05:24	min/km	03:22:22	19	00:05:27	min/km
18	4 K	116	Zmija	Liliana	ZWIERZYN	FSD RUN Drezdenko	1990	K JUNIOR / (1)	05:36:44	00:05:37	min/km	01:23:00	33	00:05:28	min/km	02:07:37	28	00:05:33	min/km	03:23:37	21	00:05:29	min/km
19	5 K	61	Drozddek	iwona	KOBYLANKA	biegające drozdki	1968	K WETERAN / (1)	05:37:55	00:05:38	min/km	01:22:00	31	00:05:24	min/km	02:06:51	23	00:05:31	min/km	03:22:43	20	00:05:28	min/km
20		2	Weinar	Wojciech	SWIDWIN	Ultra Szlakiem Kota Świdwińskiego	1993	M JUNIOR / (3)	05:38:10	00:05:38	min/km	01:19:00	19	00:05:12	min/km	02:01:18	17	00:05:16	min/km	03:16:36	16	00:05:18	min/km
21		35	Kociuba	Przemysław	SZCZECIN	TT Szczecin	1989	M SENIOR / (12)	05:48:54	00:05:49	min/km	01:08:00	3	00:04:28	min/km	01:47:16	3	00:04:40	min/km	03:16:47	17	00:05:18	min/km
22		46	Ozmińkiewicz	Radosław	JARZĄBKI		1987	M SENIOR / (13)	05:51:31	00:05:52	min/km	01:12:00	8	00:04:44	min/km	01:56:11	9	00:05:03	min/km	03:16:28	15	00:05:18	min/km
23		80	Brzezicki	Pawel	SLUPSK	ANANASY Z 3 FAL	1991	M JUNIOR / (4)	05:54:24	00:05:54	min/km	01:19:00	20	00:05:12	min/km	02:16:33	55	00:05:56	min/km	03:36:59	34	00:05:51	min/km
24		106	Bociej	Arkadiusz	SZCZECIN		1996	M JUNIOR / (5)	05:55:31	00:05:56	min/km	01:19:00	20	00:05:12	min/km	02:03:00	18	00:05:21	min/km	03:24:47	22	00:05:31	min/km
25	6 K	77	Kamińska	Agata	SZCZECIN	Kamiński Team	1985	K SENIOR / (4)	05:56:29	00:05:56	min/km	01:22:00	22	00:05:24	min/km	02:07:36	27	00:05:33	min/km	03:31:14	27	00:05:42	min/km
26		16	Wasilewski	Andrzej	SZCZECIN	Wilki z Ciechocinka	1978	M SENIOR / (14)	05:56:30	00:05:56	min/km	01:24:00	39	00:05:32	min/km	02:09:10	36	00:05:37	min/km	03:34:25	30	00:05:47	min/km
27		19	Szubert	Marcin	USTRONIE MORSKIE	Kolobrzeg Biega	1977	M SENIOR / (15)	05:57:43	00:05:58	min/km	01:29:00	74	00:05:51	min/km	02:17:30	59	00:05:59	min/km	03:38:59	37	00:05:54	min/km
28		37	Sternik	Tomasz	BIALOGARD	Pasja Team	1976	M SENIOR / (16)	05:58:24	00:05:58	min/km	01:22:00	25	00:05:24	min/km	02:06:28	21	00:05:30	min/km	03:26:29	24	00:05:34	min/km
29		102	Siwek	Jarek	SZCZECIN	Parkrun Szczecin	1972	M WETERAN / (2)	05:59:27	00:05:59	min/km	01:22:00	29	00:05:00	min/km	02:16:08	49	00:05:55	min/km	03:40:01	38	00:05:56	min/km
30		23	Matysiak	Michał	CERADZ KOSCIELNY	Rowery Małgośka	1993	M JUNIOR / (6)	06:02:44	00:06:03	min/km	01:22:00	29	00:05:24	min/km	02:07:20	25	00:05:32	min/km	03:32:35	29	00:05:44	min/km
31		98	Nadolny	Przemysław	SZCZECIN	Parkrun Szczecin	1977	M SENIOR / (17)	06:04:22	00:06:04	min/km	01:22:00	30	00:05:00	min/km	02:16:06	48	00:05:55	min/km	03:40:06	39	00:05:56	min/km
32		50	Chwiej	Marcin	ŚWINOŹCIE	Biegacze Swinowcjie	1982	M SENIOR / (18)	06:05:08	00:06:05	min/km	01:19:00	16	00:05:12	min/km	02:04:15	20	00:05:24	min/km	03:29:09	25	00:05:38	min/km
33		138	Szuba	Teofil	SZCZECIN		1978	M SENIOR / (19)	06:06:27	00:06:06	min/km	01:27:00	60	00:05:43	min/km	02:14:38	44	00:05:51	min/km	03:35:48	32	00:05:49	min/km
34		89	Kubiś	Pawel	SZCZECINEK		1988	M SENIOR / (20)	06:07:20	00:06:07	min/km	01:28:00	67	00:05:47	min/km	02:16:33	54	00:05:56	min/km	03:43:32	45	00:06:02	min/km
35		52	Jankowski	Mariusz	SZCZECINEK	Team Biegacy Szczecinek /csbdr	1977	M SENIOR / (21)	06:09:23	00:06:09	min/km	01:22:00	28	00:05:24	min/km	02:08:38	33	00:05:36	min/km	03:40:40	41	00:05:57	min/km
36		62	Drozddek	Kacper	KOBYLANKA	biegające drozdki	1998	M JUNIOR / (7)	06:09:38	00:06:10	min/km	01:27:00	49	00:05:43	min/km	02:15:40	45	00:05:54	min/km	03:41:33	43	00:05:58	min/km
37	7 K	114	Makselon	Anna	SZCZECINEK	Torpedo Szczecinek	1980	K SENIOR / (5)	06:09:44	00:06:10	min/km	01:27:00	61	00:05:43	min/km	02:16:30	52	00:05:56	min/km	03:43:41	46	00:06:02	min/km
38		66	Jarosł	Bartosz	OLUŻNA		1992	M JUNIOR / (8)	06:13:58	00:06:14	min/km	01:23:00	34	00:05:28	min/km	02:07:40	30	00:05:33	min/km	03:36:29	33	00:05:50	min/km
39		5	Surdacki	Piotr	SZCZECIN		1976	M SENIOR / (22)	06:14:31	00:06:15	min/km	01:28:00	68	00:05:47	min/km	02:20:08	69	00:06:06	min/km	03:47:10	50	00:06:07	min/km
40		148	Kaczor	Marcin	ŚWIĘTOCHOWA	ADJ	1975	M SENIOR / (23)	06:17:29	00:06:17	min/km	01:25:00	41	00:05:36	min/km	02:10:14	37	00:05:40	min/km	03:34:27	31	00:05:47	min/km
41		49	Olejniczak	Konrad	SZCZECIN	Fizjobjogacze	1975	M SENIOR / (24)	06:17:40	00:06:18	min/km	01:22:00	27	00:05:24	min/km	02:07:03	24	00:05:31	min/km	03:32:03	28	00:05:43	min/km
42		63	Pietrzyk	Tomasz	SWIDWIN	3:10 Team Swidwin	1979	M SENIOR / (25)	06:18:15	00:06:18	min/km	01:22:00	30	00:05:24	min/km	02:08:25	31	00:05:35	min/km	03:30:44	26	00:05:41	min/km
43		150	Chmielewski	Tomasz	Barwice		1981	M SENIOR / (26)	06:19:16	00:06:19	min/km	01:25:00	42	00:05:36	min/km	02:08:39	34	00:05:36	min/km	03:37:01	35	00:05:51	min/km
44	8 K	59	Ficner	Iwona	STARE KUROWO	FSD RUN DREZDENKO	1975	K SENIOR / (6)	06:22:40	00:06:23	min/km	01:27:00	57	00:05:43	min/km	02:15:53	46	00:05:54	min/km	03:45:08	48	00:06:04	min/km
45		3	Kroczyński	Stawomir	KOŁOBRZEG	Biegolas Koszalin - Kolobrzeg	1961	M WETERAN / (3)	06:22:40	00:06:23	min/km	01:27:00	56	00:05:43	min/km	02:16:05	47	00:05:55	min/km	03:43:59	47	00:06:02	min/km
46		146	Szuba	Tadeusz	BELCZNA	TKKF TRUCHT LOBEZ	1958	M WETERAN / (4)	06:24:13	00:06:24	min/km	01:28:00	71	00:05:47	min/km	02:18:15	61	00:06:01	min/km	03:48:15	53	00:06:09	min/km
47		87	Talarek	Robert	SZCZECIN	SMT Szczecin	1977	M SENIOR / (27)	06:24:15	00:06:24	min/km	01:29:00	72	00:05:51	min/km	02:18:16	62	00:06:01	min/km	03:48:07	51	00:06:09	min/km
48		81	Orszulak	Łukasz	DOBRA	Toucan	1984	M SENIOR / (28)	06:26:51	00:06:27	min/km	01:24:00	36	00:05:32	min/km	02:11:28	38	00:05:43	min/km	03:43:25	44	00:06:01	min/km
49		140	Kucharski	Waldemar	SZCZECIN	TT SZCZECIN	1969	M WETERAN / (5)	06:27:31	00:06:28	min/km	01:28:00	70	00:05:47	min/km	02:23:20	74	00:06:14	min/km	03:54:43	65	00:06:20	min/km
50	9 K	18	Szubert	Agnieszka	USTRONIE MORSKIE	Kolobrzeg Biega	1979	K SENIOR / (7)	06:27:31	00:06:28	min/km	01:33:00	88	00:06:07	min/km	02:23:25	75	00:06:14	min/km	03:54:52	66	00:06:20	min/km
51		137	Czechowski	Artur	CZARNKÓW		1986	M SENIOR / (29)	06:28:18	00:06:28	min/km	01:28:00	66	00:05:47	min/km	02:19:43	68	00:06:04	min/km	03:52:41	62		

77		119	Maćkowiak	Piotr	ŚWINOUSIĘCIE		1983	M SENIOR / (47)	06:57:57	00:06:58	min/km	01:22:00	23	00:05:24	min/km	02:07:35	26	00:05:33	min/km	03:37:17	36	00:05:51	min/km
78		43	Szczeński	Mariusz	SZCZECIN	Lone Wolf	1978	M SENIOR / (48)	07:01:00	00:07:01	min/km	01:39:00	106	00:06:31	min/km	02:34:20	104	00:06:43	min/km	04:18:47	91	00:06:59	min/km
79	14 K	78	Chrzanowska	Agnieszka	SZCZECIN	Idę Dalej	1979	K SENIOR / (11)	07:01:19	00:07:01	min/km	01:35:00	98	00:06:15	min/km	02:27:58	93	00:06:26	min/km	04:06:39	87	00:06:39	min/km
80		36	Dziczek	Ireneusz	SZCZECIN	RAZ Szczecin	1964	M WETERAN / (8)	07:01:19	00:07:01	min/km	01:35:00	96	00:06:15	min/km	02:27:59	95	00:06:26	min/km	04:06:24	85	00:06:38	min/km
81		95	Żak	Piotr	SZCZECIN		1985	M SENIOR / (49)	07:01:19	00:07:01	min/km	01:35:00	97	00:06:15	min/km	02:27:58	94	00:06:26	min/km	04:06:31	86	00:06:39	min/km
82		115	Kamola	Maciej	CHOSZCZNO	WYBIEGAC MARZENIA TEAM	1986	M SENIOR / (50)	07:01:35	00:07:02	min/km	01:34:00	94	00:06:11	min/km	02:26:00	87	00:06:21	min/km	04:03:25	84	00:06:34	min/km
83	15 K	31	Wojnarowicz	Monika	MOKRE	Vege Runners	1986	K SENIOR / (12)	07:08:04	00:07:08	min/km	01:27:00	62	00:05:43	min/km	02:20:38	70	00:06:07	min/km	04:01:43	79	00:06:31	min/km
84		123	Roganowski	Rafał	KOSZALIN	For-Rest-Run	1972	M WETERAN / (9)	07:08:05	00:07:08	min/km	01:27:00	54	00:05:43	min/km	02:17:15	58	00:05:58	min/km	04:01:59	80	00:06:31	min/km
85		13	Tylin	Piotr	CZAPLINEK	Rundorfina	1982	M SENIOR / (51)	07:12:32	00:07:13	min/km	01:27:00	53	00:05:43	min/km	02:16:31	53	00:05:56	min/km	03:53:25	64	00:06:17	min/km
86	16 K	97	Pereczkowska	Agnieszka	WARSZAWA		1981	K SENIOR / (13)	07:14:47	00:07:15	min/km	01:31:00	81	00:05:59	min/km	02:26:02	89	00:06:21	min/km	04:03:21	83	00:06:34	min/km
87		142	Jagodziński	Bartłomiej	ŚWIDWIN		1990	M JUNIOR / (11)	07:14:49	00:07:15	min/km	01:32:00	84	00:06:03	min/km	02:25:30	85	00:06:20	min/km	04:02:23	82	00:06:32	min/km
88		113	Makselon	Maciej	SZCZECINEK		1981	M SENIOR / (52)	07:16:05	00:07:16	min/km	01:37:00	101	00:06:23	min/km	02:34:15	102	00:06:42	min/km	04:19:59	93	00:07:00	min/km
89	17 K	128	Poliwka-Kisiel	Malgorzata	SZCZECINEK	TEAM BIEGOWY SZCZECINEK	1983	K SENIOR / (14)	07:16:06	00:07:16	min/km	01:37:00	100	00:06:23	min/km	02:34:15	103	00:06:42	min/km	04:19:49	92	00:07:00	min/km
90		129	Bełzowski	Jarosław	SZCZECINEK		1979	M SENIOR / (53)	07:16:06	00:07:16	min/km	01:29:00	75	00:05:51	min/km	02:23:08	73	00:06:13	min/km	04:20:09	94	00:07:01	min/km
91		14	Żyliński	Mateusz	BIAŁOGARD	West Trans Białogard	1993	M JUNIOR / (12)	07:20:24	00:07:20	min/km	01:44:00	111	00:06:51	min/km	02:41:13	108	00:07:01	min/km	04:26:17	105	00:07:11	min/km
92		10	Mendrzycki	Szymon	ŁÓDŹ	Szakale Bafut Łódź	1985	M SENIOR / (54)	07:20:45	00:07:21	min/km	01:32:00	87	00:06:03	min/km	02:33:00	99	00:06:39	min/km	04:24:30	100	00:07:08	min/km
93		53	Piekarski	Arkadiusz	BYDGOSZCZ	Arek z Bydgoszczu	1981	M SENIOR / (55)	07:20:45	00:07:21	min/km	01:32:00	86	00:06:03	min/km	02:33:01	100	00:06:39	min/km	04:24:28	99	00:07:08	min/km
94		91	Dembiński	Maciej	UJŚCIE PILA	Team Ujście	1978	M SENIOR / (56)	07:24:13	00:07:24	min/km	01:27:00	65	00:05:43	min/km	02:22:50	71	00:06:13	min/km	04:10:10	89	00:06:45	min/km
95		11	Zalewski	Mateusz	DZIWNÓW	Necrofucker	1984	M SENIOR / (57)	07:24:20	00:07:24	min/km	01:25:00	45	00:05:36	min/km	02:24:31	79	00:06:17	min/km	04:26:28	107	00:07:11	min/km
96		4	Kwieciński	Feliks	WOLIN		1991	M JUNIOR / (13)	07:24:58	00:07:25	min/km	01:25:00	44	00:05:36	min/km	02:24:32	80	00:06:17	min/km	04:26:21	106	00:07:11	min/km
97		41	Rolla	Dorian	WARZYMICE		1976	M SENIOR / (58)	07:26:12	00:07:26	min/km	01:31:00	82	00:05:59	min/km	02:25:05	83	00:06:18	min/km	04:08:45	88	00:06:42	min/km
98	18 K	28	Orzada	Anna	ŚLUPSK		1977	K SENIOR / (15)	07:27:08	00:07:27	min/km	01:38:00	103	00:06:27	min/km	02:37:07	105	00:06:50	min/km	04:21:49	96	00:07:03	min/km
99		26	Adryan	Adam	WIELICHOWO	BIEGAJĄCE ŚWIRY	1975	M SENIOR / (59)	07:27:08	00:07:27	min/km	01:38:00	105	00:06:27	min/km	02:37:07	106	00:06:50	min/km	04:21:53	97	00:07:04	min/km
100	19 K	88	Bączny	Monika	SZCZECIN	Monia Gym/Nocny Poyeb	1978	K SENIOR / (16)	07:27:54	00:07:28	min/km	01:42:00	110	00:06:43	min/km	02:41:28	110	00:07:01	min/km	04:26:14	104	00:07:11	min/km
101		120	Takunow	Dawid	BIAŁOGARD		1992	M JUNIOR / (14)	07:27:56	00:07:28	min/km	01:44:00	112	00:06:51	min/km	02:42:41	112	00:07:04	min/km	04:26:49	109	00:07:12	min/km
102		124	Rajkowski	Tomasz	ŚLUPSK		1980	M SENIOR / (60)	07:29:17	00:07:29	min/km	01:38:00	104	00:06:27	min/km	02:37:07	107	00:06:50	min/km	04:21:42	95	00:07:03	min/km
103		74	Kozaczk	Grzegorz	SZCZECIN		1977	M SENIOR / (61)	07:32:26	00:07:32	min/km	01:37:00	103	00:06:23	min/km	02:28:24	96	00:06:27	min/km	04:12:15	90	00:06:48	min/km
104	20 K	141	Kroczyńska	Kinga	KOŁOBRZEG		1979	K SENIOR / (17)	07:33:07	00:07:33	min/km	01:41:00	107	00:06:39	min/km	02:41:13	109	00:07:01	min/km	04:26:30	108	00:07:11	min/km
105		51	Michalowski	Tomasz	SZCZECIN		1979	M SENIOR / (62)	07:43:38	00:07:44	min/km	01:35:00	95	00:06:15	min/km	02:31:25	97	00:06:35	min/km	04:25:58	103	00:07:10	min/km
106		130	Olbrys	Stanisław Adam	NASIELSK	KB Legionowo	1967	M WETERAN / (10)	07:48:39	00:07:49	min/km	01:42:00	109	00:06:43	min/km	02:41:28	111	00:07:01	min/km	04:31:14	110	00:07:19	min/km
107		143	Michalak	Jacek	SZCZECIN		1963	M WETERAN / (11)	08:03:13	00:08:03	min/km	01:48:00	113	00:07:06	min/km	02:46:05	113	00:07:13	min/km	04:31:49	111	00:07:20	min/km
108	21 K	12	Kusiewicz	Agnieszka	SZCZECIN	Puszczyk Bukowy	1978	K SENIOR / (18)	08:10:05	00:08:10	min/km	01:41:00	108	00:06:39	min/km	02:46:20	114	00:07:14	min/km	04:46:12	113	00:07:43	min/km
109		147	Trzebowski	Marek	Koszalin		1973	M WETERAN / (12)	08:10:08	00:08:10	min/km	01:36:00	99	00:06:19	min/km	02:33:33	101	00:06:41	min/km	04:36:14	112	00:07:27	min/km
110	22 K	40	Gawel	Iza	ŚLUPSK	Ananasy z 3 Fal	1989	K SENIOR / (19)	08:16:26	00:08:16	min/km	01:53:00	120	00:07:26	min/km	02:55:16	123	00:07:37	min/km	04:56:09	121	00:07:59	min/km
111	23 K	27	Kubica	Agnieszka	ŚLUPSK	Ananasy z 3 Fal	1985	K SENIOR / (20)	08:16:26	00:08:16	min/km	01:53:00	122	00:07:26	min/km	02:55:12	119	00:07:37	min/km	04:55:49	118	00:07:58	min/km
112	24 K	55	Grabowska	Kinga	ŚLUPSK	Ananasy z 3 Fal	1983	K SENIOR / (21)	08:16:26	00:08:16	min/km	01:53:00	121	00:07:26	min/km	02:55:10	117	00:07:37	min/km	04:52:27	116	00:07:53	min/km
113	25 K	34	Zdunek	Justyna	OSIEKI ŚLUPSKIE	Ananasy z 3 Fal	1986	K SENIOR / (22)	08:16:27	00:08:16	min/km	01:53:00	119	00:07:26	min/km	02:55:13	121	00:07:37	min/km	04:56:01	120	00:07:59	min/km
114	26 K	8	Urban	Ewelina	DĘBNICA KASZUBSKA	Ananasy z 3 Fal	1986	K SENIOR / (23)	08:16:27	00:08:16	min/km	01:52:00	118	00:07:22	min/km	02:55:11	118	00:07:37	min/km	04:55:53	119	00:07:59	min/km
115	27 K	122	Kwiecień	Natalia	ŚLUPSK	Ananasy z 3 Fal	1995	K JUNIOR / (3)	08:16:29	00:08:16	min/km	01:52:00	117	00:07:22	min/km	02:55:15	122	00:07:37	min/km	04:52:24	115	00:07:53	min/km
116		15	Kamiński	Zbigniew	ROGAWICA	Ananasy z 3 Fal	1964	M WETERAN / (13)	08:16:30	00:08:16	min/km	01:51:00	116	00:07:18	min/km	02:55:18	124	00:07:37	min/km	04:53:09	117	00:07:54	min/km
117		45	Burman	Tomasz	ŚLUPSK	Ananasy z 3 Fal	1992	M JUNIOR / (15)	08:16:31	00:08:17	min/km	01:53:00	123	00:07:26	min/km	02:55:12	120	00:07:37	min/km	04:56:10	122	00:07:59	min/km
118		151	Pietrakowski	Grzegorz	Szczecin	TT SZCZECIN	1979	M SENIOR / (63)	08:18:11	00:08:18	min/km	01:28:00	69	00:05:47	min/km	02:31:55	98	00:06:36	min/km	04:22:41	98	00:07:05	min/km
119		94	Rutkowski	Paweł	PYRZYCE	Pyrzyce Biegają	1988	M SENIOR / (64)	08:21:31	00:08:22	min/km	01:29:00	77	00:05:51	min/km	02:25:30	86	00:06:20	min/km	04:25:32	102	00:07:09	min/km
120		68	Depko	Daniel	PRZELEWICE	Pyrzyce biegają	1976	M SENIOR / (65)	08:21:32	00:08:22	min/km	01:30:00	79	00:05:55	min/km	02:27:50	91	00:06:26	min/km	03:56:48	69	00:06:23	min/km
121		57	Zarebski	Mirosław	PYRZYCE	Pyrzyce Biegają	1966	M WETERAN / (14)	08:21:33	00:08:22	min/km			00:00:00	min/km	02:26:01	88	00:06:21	min/km	04:25:27	101	00:07:09	min/km
122		121	Garncarek	Paweł	ŚWIESZYNO		1980	M SENIOR / (66)	08:24:50	00:08:25	min/km	01:48:00	115	00:07:06	min/km	02:46:30	115	00:07:14	min/km	04:49:25	114	00:07:48	min/km
123		75	Matecki	Adrian	SZCZECIN	Chabrowe Chodniki	2000	M JUNIOR / (16)	08:55:09	00:08:55	min/km	01:48:00	114	00:07:06	min/km	02:51:13	116	00:07:27	min/km	05:00:14	123	00:08:06	min/km
124	28 K	132	Sypniewska	Hanna	GDYNIA	UltraWay Team	1954	K WETERAN / (2)	09:41:19	00:09:41	min/km	01:56:00	124	00:07:38	min/km	03:13:14	130	00:08:24	min/km	05:36:09	129	00:09:04	min/km
125		126	Makowczyński	Krzysztof	WARSZAWA		1984	M SENIOR / (67)	09:47:31	00:09:48	min/km	01:52:00	127	00:07:22	min/km	03:11:05	126	00:08:18	min/km	05:32:15	128	00:08:58	min/km
126		30	Niemczak	Kamil	WARSZAWA	Flying Hippocorns	1988	M SENIOR / (68)	09:47:31	00:09:48	min/km	01:59:00	125	00:07:50	min/km	03:11:11	128	00:08:19	min/km	05:31:53	125	00:08:57	min/km
127		21	Ambroziak	Mateusz	WARSZAWA		1989	M SENIOR / (69)	09:47:32	00:09:48	min/km	01:59:00	129	00:07:50	min/km	03:11:09	127	00:08:19	min/km	05:32:20	127	00:08:57	min/km
128		93	Makola	Marek	JÓZEFOSŁAW	Pirenejski Świstak	1989	M SENIOR / (70)	09:47:49	00:09:48	min/km	01:59:00	128	00:07:50	min/km	03:11:40	129	00:08:20	min/km	05:32:16	126	00:08:57	min/km
129		22	Rokoszewski	Andrzej	WARSZAWA</																		