

awodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Czas netto 10km	Różnica w czasie	Tempo min/km	Tempo km/h	
1	KABAT Damian	46	12 BZ SZCZECIN	STARGARD		M-30	1	M 1	00:40:59.55		4:05	14.6 (100%)
2	CHRUŚCIŃSKI Kacper	21	12 BZ SZCZECIN	SZCZECIN		M-30	2	M 2	00:41:09.35	+00:00:09 (0.4%)	4:06	14.6 (100%)
3	WASZAK Krzysztof	110	12 BZ SZCZECIN	MIERZYN		M-30	3	M 3	00:42:33.70	+00:01:34 (3.7%)	4:15	14.1 (96.6%)
4	PRZKOPOWICZ Bartosz	85	102. BATALION OCHRONY.	STARGARD		M-30	4	M 4	00:43:37.35	+00:02:37 (6.0%)	4:21	13.8 (94.5%)
5	ŁUKASZEWSKI Sebastian	331		STARGARD		M-40	1	M 5	00:44:52.45	+00:03:52 (8.7%)	4:29	13.4 (91.8%)
6	ZYGOŃ Artur	452	WOLF TEAM	STARGARD		M-30	5	M 6	00:46:37.75	+00:05:38 (12.1%)	4:39	12.9 (88.4%)
7	WOJCIECHOWSKI Tomasz	114		SZCZECIN		M-30	6	M 7	00:46:48.25	+00:05:48 (12.4%)	4:40	12.8 (87.7%)
8	MEYER Irek	70		BERGISCH GLADBACH		M-50	1	M 8	00:47:40.30	+00:06:40 (14.0%)	4:46	12.6 (86.3%)
9	LOBA Jakub	63	SKB DZIK	ŻYDOWO		M-16	1	M 9	00:47:44.70	+00:06:45 (14.1%)	4:46	12.6 (86.3%)
10	SZYPKOWSKI Marek	98	NOTEĆ OCR TEAM	CHWIRAM		M-40	2	M 10	00:47:46.75	+00:06:47 (14.2%)	4:46	12.6 (86.3%)
11	CZERWIŃSKI Paweł	405	PATOKUNDLE	POLICE		M-30	7	M 11	00:48:13.70	+00:07:14 (15.0%)	4:49	12.4 (84.9%)
12	WASILEWSKI Andrzej	109	WILKI Z CIECHOCINKA	SZCZECIN		M-40	3	M 12	00:48:25.20	+00:07:25 (15.3%)	4:50	12.4 (84.9%)
13	HOLYŃSKI Leszek	40	FIRE TEAM	PRZECŁAW		M-30	8	M 13	00:48:37.20	+00:07:37 (15.7%)	4:51	12.3 (84.2%)
14	CHENON Guillaume	20	WIECZORNE BIEGANIE W SZCZECINIE	MAYET		M-40	4	M 14	00:49:00.55	+00:08:01 (16.4%)	4:54	12.2 (83.6%)
15	MATYSIAK Sławomir	68		CHRZANÓW		M-30	9	M 15	00:49:26.00	+00:08:26 (17.1%)	4:56	12.1 (82.9%)
16	WOJTASIK Fabian	115		WARSZAWA		M-30	10	M 16	00:49:56.20	+00:08:56 (17.9%)	4:59	12 (82.2%)
17	PAWLISIAK Paweł	81	WKS KARACZAN TRZEBAWIE	DĘBNO		M-30	11	M 17	00:50:07.90	+00:09:08 (18.2%)	5:00	12 (82.2%)
18	PESZKO Grzegorz	454		GRYFINO		M-40	5	M 18	00:50:37.50	+00:09:37 (19.0%)	5:03	11.9 (81.5%)
19	WARCZALOWSKI Arkadiusz	108		DOBRA		M-40	6	M 19	00:50:42.20	+00:09:42 (19.2%)	5:04	11.8 (80.8%)
20	GOŁĘBIEWSKI Tomasz	36	FIRE TEAM	SZCZECIN		M-40	7	M 20	00:51:02.05	+00:10:02 (19.7%)	5:06	11.8 (80.8%)
21	OKPIS Wojciech	77	SPRAWNI NA 5	GDYNIA		M-40	8	M 21	00:51:02.65	+00:10:03 (19.7%)	5:06	11.8 (80.8%)
22	KACZOR Michał	47	2 BATALION SAPERÓW	NOWY SĄCZ		M-16	2	M 22	00:51:05.30	+00:10:05 (19.8%)	5:06	11.7 (80.1%)

awodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Czas netto 10km	Różnica w czasie	Tempo min/km	Tempo km/h	
23	SZULC Marcin	129	BOLI, BOLI	POLICE		M-40	9	M 23	00:51:05.60	+00:10:06 (19.8%)	5:06	11.7 (80.1%)
24	GOLIŃSKI Łukasz	35	21 BAZA LOTNICTWA TAKTYCZNEGO	ŚWIDWIN		M-40	10	M 24	00:51:15.35	+00:10:15 (20.0%)	5:07	11.7 (80.1%)
25	MILANOWICZ Maciej	136	Parówy			M-40	11	M 25	00:51:19.85	+00:10:20 (20.1%)	5:07	11.7 (80.1%)
26	BĘDKOWSKI Piotr	15	SWIM2TRI	WELTYŃ		M-30	12	M 26	00:52:14.35	+00:11:14 (21.5%)	5:13	11.5 (78.8%)
27	MALYHIN Mikalai	66		SZCZECIN		M-40	12	M 27	00:52:20.35	+00:11:20 (21.7%)	5:14	11.5 (78.8%)
28	MAJCHRZAK Dominik	132	KWP SZCZECIN	SZCZECIN		M-40	13	M 28	00:52:27.10	+00:11:27 (21.8%)	5:14	11.4 (78.1%)
29	MURAWSKI Marcin	455	KWP SZCZECIN	SZCZECIN		M-30	13	M 29	00:52:28.70	+00:11:29 (21.9%)	5:14	11.4 (78.1%)
30	SZCZOTKOWSKI Adam	135		SZCZECIN		M-40	14	M 30	00:52:32.70	+00:11:33 (22.0%)	5:15	11.4 (78.1%)
31	KOWALSKA Natalia	56	SPRAWNI NA 5	KRAKÓW		K-30	1	K 1	00:52:43.40	+00:11:43 (22.2%)	5:16	11.4 (78.1%)
32	MIKSZA Paweł	72	21 BAZA LOTNICTWA TAKTYCZNEGO	ŚWIDWIN		M-30	14	M 31	00:52:57.95	+00:11:58 (22.6%)	5:17	11.3 (77.4%)
33	KAMIŃSKA Agata	49	CCROSS TRAINING WARSZEWO	SZCZECIN		K-40	1	K 2	00:53:03.55	+00:12:04 (22.7%)	5:18	11.3 (77.4%)
34	GRZESZCZAK Radosław	127		SZCZECIN		M-30	15	M 32	00:53:07.70	+00:12:08 (22.8%)	5:18	11.3 (77.4%)
35	KASZYCA Agata	418	FIZJOBIEGACZE SZCZECIN	CHOSZCZNO		K-16	1	K 3	00:53:36.30	+00:12:36 (23.5%)	5:21	11.2 (76.7%)
36	BRZEZIŃSKI Radosław	332		SZCZECIN		M-40	15	M 33	00:53:41.00	+00:12:41 (23.6%)	5:22	11.2 (76.7%)
37	LESIECKA Justyna	428		SZCZECIN		K-30	2	K 4	00:53:54.80	+00:12:55 (24.0%)	5:23	11.1 (76.0%)
38	WIELOPOLSKI Krzysztof	447		SZCZECIN		M-50	2	M 34	00:54:01.80	+00:13:02 (24.1%)	5:24	11.1 (76.0%)
39	PLUTA Grzegorz	433	KB HERMES GRYFINO	NOWE CZARNOWO		M-60+	1	M 35	00:54:12.00	+00:13:12 (24.4%)	5:25	11.1 (76.0%)
40	KASZYCA Jakub	417	SMT SZCZECIN	SZCZECIN		M-30	16	M 36	00:54:19.60	+00:13:20 (24.5%)	5:25	11 (75.3%)
41	DYDEK Edyta	141	SKB DZIK	SZCZECIN		K-16	2	K 5	00:54:26.80	+00:13:27 (24.7%)	5:26	11 (75.3%)
42	OSTOJSKI Ireneusz	78		POLICE		M-40	16	M 37	00:54:35.80	+00:13:36 (24.9%)	5:27	11 (75.3%)
43	SKOWROŃSKI Andrzej	91	GRUPA MALBORK	MALBORK		M-40	17	M 38	00:54:56.90	+00:13:57 (25.4%)	5:29	10.9 (74.7%)
44	PARADZIŃSKI Dawid	79	OCR NOWOGARD	NOWOGARD		M-16	3	M 39	00:55:05.30	+00:14:05 (25.6%)	5:30	10.9 (74.7%)

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45	ZELEK Dariusz	119		POLICE		M-50	3	M 40	00:55:09.80	+00:14:10 (25.7%)	5:30	10.9 (74.7%)
46	POPCZYK Mariusz	82		POLICE		M-30	17	M 41	00:55:33.35	+00:14:33 (26.2%)	5:33	10.8 (74.0%)
47	WEBER Mirela	112	MILIONERZY	POLICE		K-30	3	K 6	00:55:35.00	+00:14:35 (26.3%)	5:33	10.8 (74.0%)
48	GIELNIK Katarzyna	30	12 BZ SZCZECIN	SZCZECIN		K-16	3	K 7	00:56:38.55	+00:15:39 (27.6%)	5:39	10.6 (72.6%)
49	WÓJCIK Maciej	116		WIECHOWO		M-30	18	M 42	00:56:57.55	+00:15:58 (28.0%)	5:41	10.5 (71.9%)
50	KWIATKOWSKI Michal	427		POLICE		M-30	19	M 43	00:57:01.10	+00:16:01 (28.1%)	5:42	10.5 (71.9%)
51	FURMANIAK Piotr	27	GRUPA MALBORK	MALBORK		M-40	18	M 44	00:57:39.65	+00:16:40 (28.9%)	5:45	10.4 (71.2%)
52	WIERZBICKA Katarzyna	125	INSTRUKTOR PŁYWANIA ŁUKASZ PODLECKI TEAM	SZCZECIN		K-30	4	K 8	00:57:48.85	+00:16:49 (29.1%)	5:46	10.4 (71.2%)
53	JĘDRO Łukasz	415		POLICE		M-16	4	M 45	00:57:57.85	+00:16:58 (29.3%)	5:47	10.4 (71.2%)
54	SURMA Kamil	95	ZALATANI1.BLTR	WARSZAWA		M-40	19	M 46	00:58:07.65	+00:17:08 (29.5%)	5:48	10.3 (70.5%)
55	BUCHOLC Zbigniew	19	HELL'S HEAVEN CF	MIERZYN		M-40	20	M 47	00:58:17.60	+00:17:18 (29.7%)	5:49	10.3 (70.5%)
56	GRABACKI Krystian	410		SZCZECIN		M-16	5	M 48	00:58:32.40	+00:17:32 (30.0%)	5:51	10.3 (70.5%)
57	ROGALSKI Marcin	435	VOCALIS SZCZECIN	SZCZECIN		M-60+	2	M 49	00:58:57.00	+00:17:57 (30.5%)	5:53	10.2 (69.9%)
58	ZABORA Paweł	117		POLICE		M-40	21	M 50	00:59:06.10	+00:18:06 (30.6%)	5:54	10.2 (69.9%)
59	GIERMAKOWSKI Błażej	31	ALBATROS ULTIMATE SZCZECIN	SZCZECIN		M-30	20	M 51	00:59:17.15	+00:18:17 (30.9%)	5:55	10.1 (69.2%)
60	MEYER Joanna	71		BERGISCH GLADBACH		K-50	1	K 9	00:59:34.75	+00:18:35 (31.2%)	5:57	10.1 (69.2%)
61	BARSZCZEWSKI Jacek	401		MORZYCZYN		M-40	22	M 52	00:59:43.45	+00:18:43 (31.4%)	5:58	10 (68.5%)
62	MIKA Tomasz	432		POLICE		M-50	4	M 53	00:59:48.45	+00:18:48 (31.5%)	5:58	10 (68.5%)
63	DYDEK Arkadiusz	143	SKB DZIK	SZCZECIN		M-30	21	M 54	00:59:53.50	+00:18:53 (31.6%)	5:59	10 (68.5%)
64	KRUK Agnieszka	58	GRUPA MALBORK	SZYMANKOWO		K-40	2	K 10	00:59:54.55	+00:18:55 (31.6%)	5:59	10 (68.5%)
65	DAWID Nowek	32	1312	MOKRA		M-16	6	M 55	01:00:18.60	+00:19:19 (32.0%)	6:01	10 (68.5%)
66	GOLAŃSKI Paweł	33	1312	SKARZYSKO		M-16	7	M 56	01:00:45.85	+00:19:46 (32.5%)	6:04	9.9 (67.8%)

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67	SZYMANSKI Mateusz	97	1312	SKARZYSKO		M-30	22	M 57	01:00:58.25	+00:19:58 (32.8%)	6:05	9.8 (67.1%)
68	KUCZA Szymon	61		SZCZECIN		M-30	23	M 58	01:01:02.80	+00:20:03 (32.9%)	6:06	9.8 (67.1%)
69	ŁAWNICZAK Sebastian	130		POLICE		M-40	23	M 59	01:01:07.40	+00:20:07 (32.9%)	6:06	9.8 (67.1%)
70	EUCHAST Artur	409		POLICE		M-40	24	M 60	01:01:09.15	+00:20:09 (33.0%)	6:06	9.8 (67.1%)
71	SKRZYPKOWSKA Anna	92		SZCZECIN		K-30	5	K 11	01:01:27.50	+00:20:27 (33.3%)	6:08	9.8 (67.1%)
72	ZIĘCIK Paweł	123		GRYFINO		M-30	24	M 61	01:02:10.90	+00:21:11 (34.1%)	6:13	9.7 (66.4%)
73	SASAK Michał	89	12 BZ SZCZECIN	GOLENIÓW		M-30	25	M 62	01:02:18.35	+00:21:18 (34.2%)	6:13	9.6 (65.8%)
74	TRYSZCZ Tobiasz	107	ZBPŚ	SZCZECIN		M-30	26	M 63	01:02:19.85	+00:21:20 (34.2%)	6:13	9.6 (65.8%)
75	NAPIÓRKOWSKI Paweł	325	KWP SZCZECIN	SZCZECIN		M-30	27	M 64	01:02:30.60	+00:21:31 (34.4%)	6:15	9.6 (65.8%)
76	BONIECKI Dariusz	16		SZCZECIN		M-40	25	M 65	01:02:55.35	+00:21:55 (34.9%)	6:17	9.5 (65.1%)
77	NOWICKI Mikołaj	76	OŻW SZCZECIN	SZCZECIN		M-30	28	M 66	01:02:58.95	+00:21:59 (34.9%)	6:17	9.5 (65.1%)
78	TROJANOWSKA Aleksandra	106	OŻW SZCZECIN	SZCZECIN		K-30	6	K 12	01:03:10.80	+00:22:11 (35.1%)	6:19	9.5 (65.1%)
79	GRZEGORCZYK Krystian	38	DIRTY TIGERS	PRZYBYŚLAW		M-16	8	M 67	01:03:13.95	+00:22:14 (35.2%)	6:19	9.5 (65.1%)
80	KOWALIB Dawid	335		POLICE		M-40	26	M 68	01:03:32.65	+00:22:33 (35.5%)	6:21	9.4 (64.4%)
81	TARGOSZ Łukasz	102		RADECZ		M-30	29	M 69	01:03:36.80	+00:22:37 (35.6%)	6:21	9.4 (64.4%)
82	KŁODA Damian	419		POLICE		M-30	30	M 70	01:03:45.55	+00:22:46 (35.7%)	6:22	9.4 (64.4%)
83	KAŻMIERCZAK Wojciech	50	ZBPŚ	SZCZECIN		M-30	31	M 71	01:03:48.60	+00:22:49 (35.8%)	6:22	9.4 (64.4%)
84	JASIŃSKI Mariusz	43	OŻW SZCZECIN	SZCZEXIN		M-40	27	M 72	01:03:54.05	+00:22:54 (35.8%)	6:23	9.4 (64.4%)
85	ŁUKASIEWICZ Agnieszka	430	KB HERMES GRYFINO	GRYFINO		K-40	3	K 13	01:04:08.15	+00:23:08 (36.1%)	6:24	9.4 (64.4%)
86	KLEPACKI Bartosz	52		POLICE		M-40	28	M 73	01:04:26.70	+00:23:27 (36.4%)	6:26	9.3 (63.7%)
87	DANILUK-DUPLA Ewa	24	WIECZORNE BIEGANIE W SZCZECINIE	SZCZECIN		K-40	4	K 14	01:04:27.30	+00:23:27 (36.4%)	6:26	9.3 (63.7%)
88	NATALCZYK Ewelina	74		SZCZECIN		K-40	5	K 15	01:04:27.65	+00:23:28 (36.4%)	6:26	9.3 (63.7%)

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89	JUSINSKA Anna	45	21 BAZA LOTNICTWA TAKTYCZNEGO	ŚLĄWOBORZE		K-50	2	K 16	01:04:47.60	+00:23:48 (36.7%)	6:28	9.3 (63.7%)
90	ŚWIĄTEK Bronisław	99	SAMOTNY WILK	KALISZ		M-60+	3	M 74	01:05:06.45	+00:24:06 (37.0%)	6:30	9.2 (63.0%)
91	TOKARSKI Rafal	104	RAZ SZCZECIN	SZCZECIN		M-50	5	M 75	01:05:20.85	+00:24:21 (37.3%)	6:32	9.2 (63.0%)
92	JANKA Aleksandra	413		POLICE		K-30	7	K 17	01:05:25.80	+00:24:26 (37.3%)	6:32	9.2 (63.0%)
93	WILK Bartosz	448		GOLENIÓW		M-30	32	M 76	01:05:39.10	+00:24:39 (37.6%)	6:33	9.1 (62.3%)
94	ŚWIERCZ Ewa	100	NORDICOWE SOBOTY	DOBRA		K-50	3	K 18	01:05:43.50	+00:24:43 (37.6%)	6:34	9.1 (62.3%)
95	TOMYŚLAK Gabriel	442		SZCZECIN		M-16	9	M 77	01:05:46.50	+00:24:46 (37.7%)	6:34	9.1 (62.3%)
96	ZALEWSKI Mateusz	451		SZCZECIN		M-16	10	M 78	01:06:00.25	+00:25:00 (37.9%)	6:36	9.1 (62.3%)
97	ŁAGOSZ Marcin	64		SZCZECIN		M-40	29	M 79	01:06:26.85	+00:25:27 (38.3%)	6:38	9 (61.6%)
98	CHWALENCKI Grzegorz	779	UNIVERSUM	SZCZECIN		M-30	33	M 80	01:06:41.05	+00:25:41 (38.5%)	6:40	9 (61.6%)
99	PREDWALSKA Wioletta	776	UNIVERSUM	SZCZECIN		K-30	8	K 19	01:06:41.30	+00:25:41 (38.5%)	6:40	9 (61.6%)
100	WĄS Krzysztof	111		SIEMIANICE		M-40	30	M 81	01:06:43.60	+00:25:44 (38.6%)	6:40	9 (61.6%)
101	WITORZĘĆ Dariusz	449		ŁĘGI		M-50	6	M 82	01:06:43.85	+00:25:44 (38.6%)	6:40	9 (61.6%)
102	DOŁĘGOWSKA Joanna	408		SZCZECIN		K-40	6	K 20	01:06:44.75	+00:25:45 (38.6%)	6:40	9 (61.6%)
103	GARBACIAK Przemysław	28		STARGARD		M-40	31	M 83	01:06:46.20	+00:25:46 (38.6%)	6:40	9 (61.6%)
104	CHODZIAK Marcin	404		POLICE		M-40	32	M 84	01:07:09.65	+00:26:10 (39.0%)	6:42	8.9 (61.0%)
105	SZCZEPANIK Patryk	96		GRYFINO		M-30	34	M 85	01:07:31.75	+00:26:32 (39.3%)	6:45	8.9 (61.0%)
106	BRONIECKI Mateusz	403		SZCZECIN		M-30	35	M 86	01:07:34.90	+00:26:35 (39.3%)	6:45	8.9 (61.0%)
107	NAPIÓRKOWSKA Justyna	139	KWP SZCZECIN	SZCZECIN		K-30	9	K 21	01:07:37.00	+00:26:37 (39.4%)	6:45	8.9 (61.0%)
108	TABAKA Krzysztof	101	1 DYWIZJON LOTNICZY	SIERADZ		M-40	33	M 87	01:07:51.80	+00:26:52 (39.6%)	6:47	8.8 (60.3%)
109	KAŹMIERCZAK Magda	51	1 DYWIZJON LOTNICZY	ŁÓDŹ		K-16	4	K 22	01:07:52.20	+00:26:52 (39.6%)	6:47	8.8 (60.3%)
110	KUBIK Michał	60		POLICE		M-30	36	M 88	01:07:59.50	+00:26:59 (39.7%)	6:47	8.8 (60.3%)

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111	SOWA Krzysztof	93		SZCZECIN		M-40	34	M 89	01:07:59.90	+00:27:00 (39.7%)	6:47	8.8 (60.3%)
112	KNAPIK Justyna	53	DZIKI SPECJALNEJ TROSKI	BABICE		K-30	10	K 23	01:08:45.80	+00:27:46 (40.4%)	6:52	8.7 (59.6%)
113	DEPA Tomasz	407		SZCZECIN		M-40	35	M 90	01:08:49.00	+00:27:49 (40.4%)	6:52	8.7 (59.6%)
114	TUSZKIEWICZ Ireneusz	444	DZIKOKS	HAMBURG		M-30	37	M 91	01:09:29.55	+00:28:30 (41.0%)	6:56	8.6 (58.9%)
115	KRUSZCZYŃSKA Bożena	133	DIRTY TIGERS			K-40	7	K 24	01:09:33.75	+00:28:34 (41.1%)	6:57	8.6 (58.9%)
116	ZARZECKA Kamila	118	GRUPA MALBORK	MALBORK		K-30	11	K 25	01:09:48.90	+00:28:49 (41.3%)	6:58	8.6 (58.9%)
117	TOMCZAK Maksymilian	105		SZCZECIN		M-16	11	M 92	01:09:51.50	+00:28:51 (41.3%)	6:59	8.6 (58.9%)
118	GOWORSKI Jerzy	37	WIECZORNE BIEGANIE W SZCZECINIE	SZCZECIN		M-30	38	M 93	01:10:02.90	+00:29:03 (41.5%)	7:00	8.6 (58.9%)
119	ZIELIŃSKA Monika	120	DIRTY TIGERS	MIERZYN		K-40	8	K 26	01:10:09.55	+00:29:10 (41.6%)	7:00	8.6 (58.9%)
120	HAWRYLAK Marcin	39	14ZBOT/143 BLP	SZCZECIN		M-50	7	M 94	01:10:39.70	+00:29:40 (42.0%)	7:03	8.5 (58.2%)
121	MILANOWICZ Magda	453		WOŁCZKOWO		K-40	9	K 27	01:11:08.90	+00:30:09 (42.4%)	7:06	8.4 (57.5%)
122	KAMIL Pasikowski	41	SKB DZIK	ŚWINOUJŚCIE		M-16	12	M 95	01:11:53.10	+00:30:53 (43.0%)	7:11	8.3 (56.8%)
123	SIANEK Nikola	439	12BZ	SZCZECIN		K-16	5	K 28	01:12:00.00	+00:31:00 (43.1%)	7:12	8.3 (56.8%)
124	PODSIADŁOWSKI Mieszko	434		SZCZECIN		M-16	13	M 96	01:12:07.30	+00:31:07 (43.2%)	7:12	8.3 (56.8%)
125	BACH Agata	11		MALBORK		K-40	10	K 29	01:12:38.15	+00:31:38 (43.6%)	7:15	8.3 (56.8%)
126	ZIELIŃSKI Kamil	122	DIRTY TIGERS	MIERZYN		M-16	14	M 97	01:12:41.20	+00:31:41 (43.6%)	7:16	8.3 (56.8%)
127	WOJTYNIAK Robert	450		POLICE		M-50	8	M 98	01:13:05.40	+00:32:05 (43.9%)	7:18	8.2 (56.2%)
128	JAKSINA Anna	336		SZCZECIN		K-40	11	K 30	01:13:06.75	+00:32:07 (43.9%)	7:18	8.2 (56.2%)
129	ROSIŃSKI Stef	86		SZCZECIN		M-30	39	M 99	01:13:18.15	+00:32:18 (44.1%)	7:19	8.2 (56.2%)
130	SEŃCZYK Sara	90		MALBORK		K-16	6	K 31	01:14:07.85	+00:33:08 (44.7%)	7:24	8.1 (55.5%)
131	DYDEK Dorota	142	SKB DZIK	SZCZECIN		K-50	4	K 32	01:16:11.90	+00:35:12 (46.2%)	7:37	7.9 (54.1%)
132	DOMAGALA Karol	26	1312	SWIERCZÓW		M-16	15	M 100	01:16:26.75	+00:35:27 (46.4%)	7:38	7.8 (53.4%)

awodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Czas netto 10km	Różnica w czasie	Tempo min/km	Tempo km/h	
133	BEDNARZ Katarzyna	13		KOŁOBRZEG		K-50	5	K 33	01:16:54.40	+00:35:54 (46.7%)	7:41	7.8 (53.4%)
134	JĘDRYKA Anna	44	DZIKI SPECJALNEJ TROSKI	TRZEBINIA		K-30	12	K 34	01:17:00.75	+00:36:01 (46.8%)	7:42	7.8 (53.4%)
135	KRUSZCZYNSKA Agata	59	DIRTY TIGERS	PRZYSŁAW		K-16	7	K 35	01:17:09.25	+00:36:09 (46.9%)	7:42	7.8 (53.4%)
136	GARSTKA Izabela	29	GRUPA MALBORK	MALBORK		K-40	12	K 36	01:17:43.80	+00:36:44 (47.3%)	7:46	7.7 (52.7%)
137	KRZEMIŃSKI Kacper	424		SZCZECIN		M-16	16	M 101	01:17:54.50	+00:36:54 (47.4%)	7:47	7.7 (52.7%)
138	TRALIK Aneta	134	DIRTY TIGERS	INOWROCLAW		K-16	8	K 37	01:18:23.65	+00:37:24 (47.7%)	7:50	7.7 (52.7%)
139	NOWAK Zbigniew	75	SKB DZIK	POLICE		M-60+	4	M 102	01:18:35.25	+00:37:35 (47.8%)	7:51	7.6 (52.1%)
140	RZEPKA Aleksandra	438		SZCZECIN		K-16	9	K 38	01:18:44.70	+00:37:45 (47.9%)	7:52	7.6 (52.1%)
141	MATYSEK Ireneusz	67	KOMANDOS WAŁECKI	WAŁCZ DRUGI		M-60+	5	M 103	01:19:44.35	+00:38:44 (48.6%)	7:58	7.5 (51.4%)
142	RYBICKA Eliza	437		SZCZECIN		K-16	10	K 39	01:20:06.85	+00:39:07 (48.8%)	8:00	7.5 (51.4%)
143	KOWALSKA Edyta	420	SKB DZIK	KRAJNIK		K-40	13	K 40	01:23:22.40	+00:42:22 (50.8%)	8:20	7.2 (49.3%)
144	KOWALSKI Dariusz	423	SKB DZIK	KRAJNIK		M-50	9	M 104	01:23:27.50	+00:42:27 (50.9%)	8:20	7.2 (49.3%)
145	TAUBE-KACZOR Monika	103	2 BATALION SAPERÓW	KOLIN		K-30	13	K 41	01:23:38.55	+00:42:39 (51.0%)	8:21	7.2 (49.3%)
146	RZEPIELA-PODLECKA Anna	88	INSTRUKTOR PŁYWANIA ŁUKASZ PODLECKI TEAM	POLICE		K-30	14	K 42	01:23:44.90	+00:42:45 (51.1%)	8:22	7.2 (49.3%)
147	PODLECKI Łukasz	126	INSTRUKTOR PŁYWANIA ŁUKASZ PODLECKI TEAM	POLICE		M-40	36	M 105	01:24:54.65	+00:43:55 (51.7%)	8:29	7.1 (48.6%)
148	ŁASKA Monika	65	DIRTY TIGERS	INOWROCLAW		K-40	14	K 43	01:25:47.75	+00:44:48 (52.2%)	8:34	7 (47.9%)
149	SZCZOTKOWSKI Tomasz	137	Parówy			M-40	37	M 106	01:26:10.05	+00:45:10 (52.4%)	8:37	7 (47.9%)
150	BOCZKOWSKA Joanna	138	Parówy	SZCZECIN		K-30	15	K 44	01:26:10.20	+00:45:10 (52.4%)	8:37	7 (47.9%)
151	ZABŁOCKA Mariola	140	Parówy	SZCZECIN		K-40	15	K 45	01:26:10.35	+00:45:10 (52.4%)	8:37	7 (47.9%)
152	KOWALSKA Natalia	421	SKB DZIK	KRAJNIK		K-16	11	K 46	01:26:49.10	+00:45:49 (52.8%)	8:40	6.9 (47.3%)
153	BARSZCZEWSKA Marlena	400		MORZYCZYN		K-40	16	K 47	01:27:35.30	+00:46:35 (53.2%)	8:45	6.9 (47.3%)
154	PRABUCKI Jarek	84	UKŁ ÓSEMKA POLICE	POLICE		M-40	38	M 107	01:27:40.00	+00:46:40 (53.2%)	8:46	6.8 (46.6%)

awodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Czas netto 10km	Różnica w czasie	Tempo min/km	Tempo km/h	
155	PRABUCKA Karolina	83		POLICE		K-40	17	K 48	01:27:40.45	+00:46:40 (53.2%)	8:46	6.8 (46.6%)
156	ŁOPALEWSKA Joanna	429		SZCZECIN		K-30	16	K 49	01:34:06.15	+00:53:06 (56.4%)	9:24	6.4 (43.8%)
157	CHUDZIK Klaudia	22	DZIKIE PAPRYKARZE I SPÓŁKA	TCZEW		K-16	12	K 50	01:38:43.55	+00:57:44 (58.5%)	9:52	6.1 (41.8%)
158	BOŚKO Paulina	18	DZIKIE PAPRYKARZE I SPÓŁKA	SZCZECIN		K-30	17	K 51	01:38:46.30	+00:57:46 (58.5%)	9:52	6.1 (41.8%)
159	KRÓL Magdalena	57	DZIKIE PAPRYKARZE I SPÓŁKA	SZCZECIN		K-30	18	K 52	01:38:52.80	+00:57:53 (58.5%)	9:53	6.1 (41.8%)
160	STACHOWICZ Małgorzata	94	KKM	MALBORK		K-50	6	K 53	01:40:22.35	+00:59:22 (59.2%)	10:02	6 (41.1%)
161	KOWALSKI Adrian	422	SKB DZIK	KRAJNIK		M-16	17	M 108	01:50:27.40	+01:09:27 (62.9%)	11:02	5.4 (37.0%)
162	ROSIŃSKA Karolina	436	BEZA TEAM	TANOWO		K-30	19	K 54	01:52:02.85	+01:11:03 (63.4%)	11:12	5.4 (37.0%)
163	CIACHLA Matylda	23		POLICE		K-40	18	K 55	01:52:03.90	+01:11:04 (63.4%)	11:12	5.4 (37.0%)