

BIEG NIEPODLEGŁOŚCI KOSZALIN - 4.8280 km

Organizator: Urząd Miasta i Gminy Koszalin, Zarząd Obiektów Sportowych Sp. z o.o.
 Data: 2016-11-11
 Miejsce: Koszalin
 Dystans: 4.828 km



BIEG NIEPODLEGŁOŚCI KOSZALIN - 4.8280 km, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-sconość | Kraj | Kat. | M. kat | K/M | 1.609km | 3.218km | Netto | min/km | km/h |
|------|-------------------------|-----|------------------------------|-----------------|--------|------|--------|------|----------|----------|-------------|--------|------|
| 1 | WITKOWSKI MATEUSZ | 204 | CSSP KOSZALIN | KOSZALIN | POLSKA | M-16 | 1 | M 1 | 00:05:27 | 00:10:47 | 00:16:15.05 | 3:22 | 17.8 |
| 2 | BORZĘCKI NORBERT | 13 | | KOSZALIN | POLSKA | M-30 | 1 | M 2 | 00:05:26 | 00:10:49 | 00:16:28.40 | 3:24 | 17.6 |
| 3 | BEDNARZ PAWEŁ | 5 | 13-TY FUN CLUB ASI CHMIEL :* | KOSZALIN-NACŁAW | POLSKA | M-30 | 2 | M 3 | 00:05:28 | 00:11:09 | 00:16:48.10 | 3:28 | 17.2 |
| 4 | MADEJSKI KRZYSZTOF | 106 | XRUNNERS IJW1223 | BIAŁOGARD | POLSKA | M-16 | 2 | M 4 | 00:05:44 | 00:11:32 | 00:17:21.35 | 3:35 | 16.7 |
| 5 | JAROSZ WIESŁAW | 65 | JW. 1223/BLOG | KOSZALIN | POLSKA | M-40 | 1 | M 5 | 00:05:46 | 00:11:42 | 00:17:40.95 | 3:39 | 16.4 |
| 6 | FAMULSKI CEZARY | 38 | JW 1223 KOSZALIN | ROSNOWO | POLSKA | M-30 | 3 | M 6 | 00:06:03 | 00:12:10 | 00:18:07.10 | 3:45 | 16 |
| 7 | SZKOŁUDA MIŁOSZ | 181 | | POLANÓW | POLSKA | M-16 | 3 | M 7 | 00:05:59 | 00:12:08 | 00:18:17.70 | 3:47 | 15.8 |
| 8 | ZAGAJEWSKI RAFAŁ | 209 | SPRINT SŁAWNO | MALECHOWO | POLSKA | M-16 | 4 | M 8 | 00:05:48 | 00:12:05 | 00:18:30.35 | 3:49 | 15.7 |
| 9 | USTIANOWSKI WOJCIECH | 197 | JW1223 (ROZBIEGANY KOSZALIN) | KOSZALIN | POLSKA | M-16 | 5 | M 9 | 00:06:21 | 00:12:50 | 00:18:57.95 | 3:55 | 15.3 |
| 10 | STEBELSKI JASIEK | 166 | | KOSZALIN | POLSKA | M-16 | 6 | M 10 | 00:06:19 | 00:12:44 | 00:19:00.65 | 3:56 | 15.2 |
| 11 | GOLECKI MIROSLAW | 44 | CSSP KOSZALIN | ROSNOWO | POLSKA | M-30 | 4 | M 11 | 00:06:24 | 00:12:39 | 00:19:02.95 | 3:56 | 15.2 |
| 12 | BARAŃSKI BOGUSŁAW | 2 | MLUKS TRZEBIATÓW | TRZEBIATÓW | POLSKA | M-50 | 1 | M 12 | 00:06:10 | 00:12:44 | 00:19:05.75 | 3:57 | 15.2 |
| 13 | PEC MAREK | 138 | | KOSZALIN | POLSKA | M-40 | 2 | M 13 | 00:06:25 | 00:12:59 | 00:19:16.50 | 3:59 | 15 |
| 14 | SZEWCZUK PAWEŁ | 180 | | ROSNOWO | POLSKA | M-30 | 5 | M 14 | 00:06:12 | 00:12:41 | 00:19:19.65 | 4:00 | 15 |
| 15 | GRZESIK EUGENIUSZ | 49 | PATRIA INVICTUS | KOSZALIN | POLSKA | M-50 | 2 | M 15 | 00:06:23 | 00:12:55 | 00:19:23.50 | 4:00 | 15 |
| 16 | STĘŻAŁA ARTUR | 168 | JW1223 | KOSZALIN | POLSKA | M-40 | 3 | M 16 | 00:06:24 | 00:12:56 | 00:19:28.05 | 4:01 | 14.9 |
| 17 | GLAZER PIOTR | 42 | | IWIĘCINO | POLSKA | M-16 | 7 | M 17 | 00:06:19 | 00:12:47 | 00:19:32.45 | 4:02 | 14.8 |
| 18 | MOSEK RADOŚLAW | 120 | | ROSNOWO | POLSKA | M-30 | 6 | M 18 | 00:06:24 | 00:13:00 | 00:19:39.35 | 4:04 | 14.7 |
| 19 | SZAMREJ WOJCIECH | 178 | | KOSZALIN | POLSKA | M-50 | 3 | M 19 | 00:06:22 | 00:13:07 | 00:19:41.85 | 4:04 | 14.7 |
| 20 | POLAŃSKI DARIUSZ | 145 | | MRZEŻYNO | POLSKA | M-40 | 4 | M 20 | 00:06:15 | 00:12:59 | 00:19:44.35 | 4:05 | 14.7 |
| 21 | KAPUSCINSKI ROBERT | 75 | JW 1223 KOSZALIN | KOSZALIN | POLSKA | M-30 | 7 | M 21 | 00:06:30 | 00:13:10 | 00:19:52.15 | 4:06 | 14.6 |
| 22 | RAJNER KRZYSZTOF | 149 | | KOSZALIN | POLSKA | M-30 | 8 | M 22 | 00:06:37 | 00:13:17 | 00:20:01.15 | 4:08 | 14.5 |
| 23 | NACHYLA PAWEŁ | 125 | DZIKI KOSZALIN | KOSZALIN | POLSKA | M-16 | 8 | M 23 | 00:06:30 | 00:13:21 | 00:20:15.00 | 4:11 | 14.3 |
| 24 | FALKO PIOTR | 37 | JW1223 | KOSZALIN | POLSKA | M-16 | 9 | M 24 | 00:06:35 | 00:13:29 | 00:20:25.45 | 4:13 | 14.2 |
| 25 | KOTARA-PAŁKA MAŁGORZATA | 88 | | KOSZALIN | POLSKA | K-30 | 1 | K 1 | 00:06:53 | 00:13:40 | 00:20:34.85 | 4:15 | 14.1 |
| 26 | TOMCZAK WOJTEK | 192 | | KOSZALIN | POLSKA | M-40 | 5 | M 25 | 00:06:27 | 00:13:16 | 00:20:34.90 | 4:15 | 14.1 |
| 27 | CIUPA MARCIN | 30 | H2 DESIGN | KOSZALIN | POLSKA | M-30 | 9 | M 26 | 00:07:01 | 00:13:59 | 00:20:50.35 | 4:18 | 13.9 |
| 28 | TESKA BARTOSZ | 191 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-30 | 10 | M 27 | 00:06:54 | 00:13:57 | 00:20:52.30 | 4:19 | 13.9 |
| 29 | KOZŁOWSKI TOMASZ | 91 | | KOSZALIN | POLSKA | M-30 | 11 | M 28 | 00:06:38 | 00:13:46 | 00:20:56.85 | 4:20 | 13.8 |
| 30 | KRACZKOWSKI PRZEMYSŁAW | 92 | | KOSZALIN | POLSKA | M-30 | 12 | M 29 | 00:06:58 | 00:13:59 | 00:21:02.80 | 4:21 | 13.8 |
| 31 | GÓRECKI MIROSLAW | 46 | JW 1223 | KOSZALIN | POLSKA | M-40 | 6 | M 30 | 00:07:16 | 00:14:16 | 00:21:14.25 | 4:23 | 13.6 |
| 32 | IWANIEC DARIUSZ | 56 | TKKF KOSZALIN | SIERAKOWO | POLSKA | M-40 | 7 | M 31 | 00:07:00 | 00:14:14 | 00:21:20.50 | 4:25 | 13.6 |
| 33 | RUTKOWSKI ARTUR | 154 | RUTKOWSKI TEAM | SJANÓW | POLSKA | M-16 | 10 | M 32 | 00:06:43 | 00:14:03 | 00:21:21.75 | 4:25 | 13.6 |
| 34 | MISIKONIS KAMIL | 119 | KS MASTERS GRYFICE | GRYFICE | POLSKA | M-30 | 13 | M 33 | 00:06:46 | 00:14:11 | 00:21:33.75 | 4:27 | 13.4 |
| 35 | PĘKAŁA PIOTR | 142 | ROZBIEGANY KOSZALIN | KOSZALIN | POLSKA | M-40 | 8 | M 34 | 00:07:33 | 00:14:42 | 00:21:40.40 | 4:29 | 13.4 |
| 36 | KOWALCZYK MARIUSZ | 90 | WZAJEMNEJ ADORACJI | KOSZALIN | POLSKA | M-40 | 9 | M 35 | 00:06:56 | 00:14:08 | 00:21:44.25 | 4:29 | 13.3 |
| 37 | ŚWIETLIK TOMASZ | 190 | | KOSZALIN | POLSKA | M-50 | 4 | M 36 | 00:07:07 | 00:14:32 | 00:21:46.25 | 4:30 | 13.3 |
| 38 | DUDZIAK PIOTR | 34 | ROZBIEGANY KOSZALIN | KOSZALIN | POLSKA | M-40 | 10 | M 37 | 00:07:07 | 00:14:18 | 00:21:47.00 | 4:30 | 13.3 |
| 39 | SZYMAJDA GRZEGORZ | 215 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-30 | 14 | M 38 | 00:07:07 | 00:14:35 | 00:21:52.30 | 4:31 | 13.3 |
| 40 | PSTRAĞOWSKI MARCIN | 147 | DZIKI KOSZALIN | KOSZALIN | POLSKA | M-30 | 15 | M 39 | 00:06:49 | 00:14:23 | 00:21:56.45 | 4:32 | 13.2 |
| 41 | KONIECZNA ANKA | 216 | ROZBIEGANY KOSZALIN | KOSZALIN | POLSKA | K-40 | 1 | K 2 | 00:07:15 | 00:14:33 | 00:21:56.55 | 4:32 | 13.2 |
| 42 | KAMYK PIOTR | 74 | MH KOSZALIN - IT SERWIS | KOSZALIN | POLSKA | M-30 | 16 | M 40 | 00:06:57 | 00:14:26 | 00:21:57.15 | 4:32 | 13.2 |
| 43 | DZIEBOWSKI MARIUSZ | 36 | | KOSZALIN | POLSKA | M-30 | 17 | M 41 | 00:07:17 | 00:14:46 | 00:21:58.35 | 4:32 | 13.2 |
| 44 | MICERSKI TOMASZ | 116 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-40 | 11 | M 42 | 00:07:18 | 00:14:37 | 00:21:58.85 | 4:33 | 13.2 |
| 45 | OSTROWSKI KRZYSZTOF | 135 | | KOSZALIN | POLSKA | M-40 | 12 | M 43 | 00:07:02 | 00:14:33 | 00:22:00.15 | 4:33 | 13.2 |
| 46 | BENTKOWSKA NATALIA | 7 | CSSP KOSZALIN | PRĄDOCIN | POLSKA | K-16 | 1 | K 3 | 00:07:24 | 00:14:47 | 00:22:04.80 | 4:34 | 13.1 |
| 47 | RUTKOWSKI RYSZARD | 155 | | KOSZALIN | POLSKA | M-50 | 5 | M 44 | 00:07:13 | 00:14:47 | 00:22:07.55 | 4:34 | 13.1 |
| 48 | GOŃKA KRZYSZTOF | 45 | DECATHLON KOSZALIN | KOSZALIN | POLSKA | M-16 | 11 | M 45 | 00:07:36 | 00:15:02 | 00:22:10.60 | 4:35 | 13.1 |

BIEG NIEPODLEGŁOŚCI KOSZALIN - 4.8280 km, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1.609km | 3.218km | Netto | min/km | km/h |
|------|---------------------------|-----|-------------------------------|-------------|--------|------|--------|------|----------|----------|-------------|--------|------|
| 49 | BURKIET MAREK | 18 | JW 1223 | ROSNOWO | POLSKA | M-40 | 13 | M 46 | 00:07:26 | 00:14:51 | 00:22:11.45 | 4:35 | 13.1 |
| 50 | MAZUR MARCIN | 110 | | KOSZALIN | POLSKA | M-30 | 18 | M 47 | 00:07:48 | 00:15:13 | 00:22:11.45 | 4:35 | 13.1 |
| 51 | NIEMCZAK DARIUSZ | 226 | | KOSZALIN | POLSKA | M-50 | 6 | M 48 | 00:07:33 | 00:14:59 | 00:22:14.05 | 4:36 | 13 |
| 52 | PUŚCIAN KRZYSZTOF | 148 | GIMNAZJUM W MANOWIE | MANOWO | POLSKA | M-40 | 14 | M 49 | 00:07:27 | 00:14:49 | 00:22:21.80 | 4:37 | 13 |
| 53 | ZDROWIECKI ARTUR | 211 | | KOSZALIN | POLSKA | M-30 | 19 | M 50 | 00:07:06 | 00:14:48 | 00:22:26.10 | 4:38 | 12.9 |
| 54 | KISIELIŃSKI IGOR | 84 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-50 | 7 | M 51 | 00:07:37 | 00:15:06 | 00:22:26.15 | 4:38 | 12.9 |
| 55 | GLISZCZYŃSKI ŁUKASZ | 43 | SPRINT SŁAWNO | BYTÓW | POLSKA | M-16 | 12 | M 52 | 00:07:06 | 00:14:48 | 00:22:29.05 | 4:39 | 12.9 |
| 56 | SOKOŁOWSKI MACIEJ | 162 | | KOSZALIN | POLSKA | M-30 | 20 | M 53 | 00:07:45 | 00:15:07 | 00:22:29.35 | 4:39 | 12.9 |
| 57 | KRAWCZYK BOHDAN | 96 | MR | KOSZALIN | POLSKA | M-50 | 8 | M 54 | 00:07:31 | 00:15:12 | 00:22:29.60 | 4:39 | 12.9 |
| 58 | KUŁAKOWSKI DAWID | 98 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-30 | 21 | M 55 | 00:07:19 | 00:14:52 | 00:22:30.25 | 4:39 | 12.9 |
| 59 | CYBULSKI ROBERT | 31 | MTS HAMER MIASTKO | MIASTKO | POLSKA | M-40 | 15 | M 56 | 00:07:19 | 00:14:52 | 00:22:30.45 | 4:39 | 12.9 |
| 60 | SZYMAŃSKI PIOTR | 189 | BIEGAM BO TAK MAM | ROSNOWO | POLSKA | M-40 | 16 | M 57 | 00:07:17 | 00:14:55 | 00:22:33.00 | 4:40 | 12.9 |
| 61 | WASYŁÓW MATEUSZ | 200 | | DROZDOWO | POLSKA | M-16 | 13 | M 58 | 00:07:35 | 00:15:06 | 00:22:38.30 | 4:41 | 12.8 |
| 62 | ŁABEJSZA ŁUKASZ | 103 | WOJOWNICY WÓDY | KOSZALIN | POLSKA | M-30 | 22 | M 59 | 00:07:40 | 00:15:14 | 00:22:38.70 | 4:41 | 12.8 |
| 63 | ROGALSKI ROBERTO | 153 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-30 | 23 | M 60 | 00:07:20 | 00:15:03 | 00:22:40.35 | 4:41 | 12.8 |
| 64 | RYBARCZYK IRENEUSZ | 156 | | DUNOWO | POLSKA | M-30 | 24 | M 61 | 00:07:36 | 00:15:06 | 00:22:42.70 | 4:42 | 12.8 |
| 65 | SZABLA EWELINA | 174 | | MIASTKO | POLAND | K-30 | 2 | K 4 | 00:07:21 | 00:15:06 | 00:22:45.45 | 4:42 | 12.7 |
| 66 | SKOWRÓŃSKI TOMASZ | 158 | | CHAŁUPY | POLSKA | M-30 | 25 | M 62 | 00:07:56 | 00:15:37 | 00:22:51.25 | 4:43 | 12.7 |
| 67 | BYKOWSKI ROBERT | 19 | CSSP KOSZALIN / FORMA ROSNOWO | ROSNOWO | POLSKA | M-40 | 17 | M 63 | 00:08:07 | 00:15:36 | 00:22:51.50 | 4:44 | 12.7 |
| 68 | SKOWYRSKI JANUSZ | 159 | TKKF KOSZALIN | BIESIEKIERZ | POLSKA | M-50 | 9 | M 64 | 00:07:44 | 00:15:22 | 00:22:53.90 | 4:44 | 12.7 |
| 69 | CHWALEBA JAN | 26 | | KOSZALIN | POLSKA | M-50 | 10 | M 65 | 00:08:24 | 00:15:44 | 00:23:00.25 | 4:45 | 12.6 |
| 70 | MRUGALSKI DAMIAN | 124 | MOSG | KOSZALIN | POLSKA | M-30 | 26 | M 66 | 00:08:04 | 00:15:51 | 00:23:06.85 | 4:47 | 12.5 |
| 71 | MRUGALSKA MAGDALENA | 122 | JW1223 | KOSZALIN | POLSKA | K-16 | 2 | K 5 | 00:08:03 | 00:15:50 | 00:23:07.10 | 4:47 | 12.5 |
| 72 | CHOJNACKI BARTOSZ | 23 | JAMNO | KOSZALIN | POLSKA | M-30 | 27 | M 67 | 00:07:45 | 00:15:30 | 00:23:10.85 | 4:47 | 12.5 |
| 73 | JASIENIECKI PIOTR | 66 | | KOSZALIN | POLSKA | M-40 | 18 | M 68 | 00:08:01 | 00:15:44 | 00:23:21.95 | 4:50 | 12.4 |
| 74 | ZAWADA ANDRZEJ | 210 | ZSP1 SŁUPSK | WODNICA | POLSKA | M-50 | 11 | M 69 | 00:07:52 | 00:15:34 | 00:23:24.20 | 4:50 | 12.4 |
| 75 | WYKA MARCIN | 207 | JW 1223 | KOSZALIN | POLSKA | M-16 | 14 | M 70 | 00:08:01 | 00:15:41 | 00:23:25.05 | 4:50 | 12.4 |
| 76 | KOŚLA SARA | 87 | ZSP1 SŁUPSK | SUCHORZE | POLSKA | K-16 | 3 | K 6 | 00:07:44 | 00:15:50 | 00:23:27.65 | 4:51 | 12.3 |
| 77 | CESAK GRZEGORZ | 20 | | ZŁOCIEŃC | POLSKA | M-16 | 15 | M 71 | 00:08:37 | 00:16:54 | 00:23:34.45 | 4:52 | 12.3 |
| 78 | TUKAJSKI TOMASZ | 195 | BIKE U UP | KOSZALIN | POLSKA | M-30 | 28 | M 72 | 00:07:44 | 00:15:33 | 00:23:35.70 | 4:53 | 12.3 |
| 79 | KARTOSZ MARIUSZ | 77 | RUNGRYF GRYFICE | GRYFICE | POLSKA | M-40 | 19 | M 73 | 00:07:50 | 00:15:41 | 00:23:36.60 | 4:53 | 12.3 |
| 80 | DZIESZUK DARIUSZ | 35 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-40 | 20 | M 74 | 00:08:00 | 00:15:58 | 00:23:39.45 | 4:53 | 12.3 |
| 81 | ZACHCIAŁ-PEC JOANNA | 208 | | KOSZALIN | POLSKA | K-40 | 2 | K 7 | 00:07:46 | 00:15:51 | 00:23:41.90 | 4:54 | 12.2 |
| 82 | CHUDZIK ZBIGNIEW | 25 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-50 | 12 | M 75 | 00:08:00 | 00:15:58 | 00:23:45.70 | 4:55 | 12.2 |
| 83 | SZAMREJ PIOTR | 179 | | KOSZALIN | POLSKA | M-16 | 16 | M 76 | 00:08:13 | 00:16:21 | 00:23:46.15 | 4:55 | 12.2 |
| 84 | WALCZAK MARCIN | 199 | | KOSZALIN | POLSKA | M-30 | 29 | M 77 | 00:07:52 | 00:16:06 | 00:23:48.90 | 4:55 | 12.2 |
| 85 | JANUSZEWSKI JACEK | 63 | 17 WOG KOSZALIN | KOSZALIN | POLSKA | M-50 | 13 | M 78 | 00:08:06 | 00:16:04 | 00:23:50.50 | 4:56 | 12.2 |
| 86 | CHODOR IZABELA | 21 | | GORZEBADŹ | POLSKA | K-30 | 3 | K 8 | 00:08:19 | 00:16:14 | 00:23:54.90 | 4:57 | 12.1 |
| 87 | CHODOR MARTYNA | 22 | TKKF KOSZALIN | KOSZALIN | POLSKA | K-30 | 4 | K 9 | 00:08:20 | 00:16:15 | 00:23:56.50 | 4:57 | 12.1 |
| 88 | STOKROCKI WOJCIECH | 171 | | KOSZALIN | POLSKA | M-30 | 30 | M 79 | 00:08:25 | 00:16:17 | 00:23:59.20 | 4:57 | 12.1 |
| 89 | SZULC MAREK | 187 | NIEZRZESZONY | BIAŁOGARD | POLSKA | M-50 | 14 | M 80 | 00:08:09 | 00:16:11 | 00:24:00.45 | 4:58 | 12.1 |
| 90 | OLIŃSKI AREK | 131 | WIDZEW | SJANÓW | POLSKA | M-30 | 31 | M 81 | 00:07:46 | 00:16:08 | 00:24:05.45 | 4:59 | 12 |
| 91 | MĘDEL CEZARY | 114 | | KOSZALIN | POLSKA | M-40 | 21 | M 82 | 00:08:00 | 00:16:15 | 00:24:08.05 | 4:59 | 12 |
| 92 | MĘDEL MARTA | 113 | | KOSZALIN | POLSKA | K-40 | 3 | K 10 | 00:07:59 | 00:16:15 | 00:24:08.70 | 5:00 | 12 |
| 93 | JABŁOŃSKI TOMASZ | 57 | SPOKO | SŁAWNO | POLSKA | M-30 | 32 | M 83 | 00:07:39 | 00:15:54 | 00:24:14.75 | 5:01 | 12 |
| 94 | PLEWKA MARIUSZ | 219 | | KOSZALIN | POLSKA | M-16 | 17 | M 84 | 00:07:09 | 00:16:46 | 00:24:27.60 | 5:03 | 11.8 |
| 95 | KOZŁOWSKI TOMASZ | 3 | | KOSZALIN | POLSKA | M-30 | 33 | M 85 | 00:07:47 | 00:16:03 | 00:24:30.10 | 5:04 | 11.8 |
| 96 | SZPILER KRZYSZTOF | 182 | JW 1223 | KOSZALIN | POLSKA | M-16 | 18 | M 86 | 00:08:33 | 00:16:42 | 00:24:31.70 | 5:04 | 11.8 |
| 97 | HNATOWSKI ARTUR | 54 | DM FC KOSZALIN | KOSZALIN | POLSKA | M-40 | 22 | M 87 | 00:08:02 | 00:16:19 | 00:24:32.65 | 5:04 | 11.8 |
| 98 | REPLAKOWSKI KRZYSZTOF | 150 | | ROSNOWO | POLSKA | M-40 | 23 | M 88 | 00:08:48 | 00:16:48 | 00:24:34.65 | 5:05 | 11.8 |
| 99 | BORKOWSKA-KOWALCZYK DARIA | 12 | BIEGAM BO LUBIĘ | KOSZALIN | POLSKA | K-30 | 5 | K 11 | 00:08:18 | 00:16:35 | 00:24:47.05 | 5:07 | 11.7 |
| 100 | SZULC SZYMON | 185 | GRYF LOK \ SZULC RUNNERS | BIAŁOGARD | POLSKA | M-30 | 34 | M 89 | 00:08:11 | 00:16:46 | 00:24:53.80 | 5:09 | 11.6 |
| 101 | KUPREWICZ GRZEGORZ | 99 | JW 1223 KOSZALIN | KOSZALIN | POLSKA | M-30 | 35 | M 90 | 00:08:12 | 00:16:29 | 00:24:56.95 | 5:09 | 11.6 |
| 102 | WILKOWSKI KRZYSZTOF | 202 | | KOSZALIN | POLSKA | M-30 | 36 | M 91 | 00:08:12 | 00:16:28 | 00:24:57.20 | 5:09 | 11.6 |
| 103 | KRUPIŃSKI KRZYSZTOF | 97 | | KOSZALIN | POLSKA | M-50 | 15 | M 92 | 00:08:21 | 00:16:51 | 00:25:00.20 | 5:10 | 11.6 |
| 104 | ATAŁSKI DAMIAN | 1 | | KOSZALIN | POLSKA | M-30 | 37 | M 93 | 00:08:37 | 00:16:54 | 00:25:06.35 | 5:12 | 11.5 |
| 105 | CHWALEBA MACIEK | 27 | | KOSZALIN | POLSKA | M-16 | 19 | M 94 | 00:08:49 | 00:16:55 | 00:25:10.50 | 5:12 | 11.5 |

BIEG NIEPODLEGŁOŚCI KOSZALIN - 4.8280 km, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1.609km | 3.218km | Netto | min/km | km/h |
|------|-----------------------------|-----|------------------------|----------------|--------|------|--------|-------|----------|----------|-------------|--------|------|
| 106 | TROSKOWSKA EWA | 194 | KOSZALIN | KOSZALIN | POLSKA | K-40 | 4 | K 12 | 00:08:21 | 00:17:02 | 00:25:25.45 | 5:15 | 11.4 |
| 107 | LEWANDOWSKI ANDRZEJ | 218 | | KOSZALIN | POLSKA | M-30 | 38 | M 95 | 00:08:06 | 00:16:36 | 00:25:28.85 | 5:16 | 11.4 |
| 108 | ZIÓŁKOWSKA MAŁGORZATA | 214 | | KOSZALIN | POLSKA | K-30 | 6 | K 13 | 00:08:57 | 00:17:24 | 00:25:30.50 | 5:16 | 11.4 |
| 109 | CHOŁUJ JAREK | 24 | ROZBIEGANY KOSZALIN | KOSZALIN | POLSKA | M-40 | 24 | M 96 | 00:08:57 | 00:17:24 | 00:25:30.75 | 5:16 | 11.4 |
| 110 | OSENKOWSKI ARTUR | 134 | JW1223 KOSZALIN 4DPLOT | KOSZALIN | POLSKA | M-30 | 39 | M 97 | 00:08:53 | 00:17:16 | 00:25:32.70 | 5:17 | 11.3 |
| 111 | BRYŁA KATARZYNA | 15 | | KOSZALIN | POLSKA | K-40 | 5 | K 14 | 00:08:09 | 00:16:49 | 00:25:32.75 | 5:17 | 11.3 |
| 112 | GROSIK TOMASZ | 48 | | POZNAŃ | POLSKA | M-30 | 40 | M 98 | 00:08:12 | 00:16:59 | 00:25:48.80 | 5:20 | 11.2 |
| 113 | ZIĘBA PAWEŁ | 213 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-40 | 25 | M 99 | 00:07:45 | 00:16:42 | 00:26:00.60 | 5:22 | 11.1 |
| 114 | CYGAN ADAM | 33 | | KOSZALIN | POLSKA | M-50 | 16 | M 100 | 00:09:35 | 00:18:05 | 00:26:00.70 | 5:23 | 11.1 |
| 115 | GRAJ JOANNA | 47 | | KOSZALIN | POLSKA | K-16 | 4 | K 15 | 00:08:19 | 00:17:13 | 00:26:02.05 | 5:23 | 11.1 |
| 116 | SZYMAŃSKA AGNIESZKA | 188 | | KOSZALIN | POLSKA | K-30 | 7 | K 16 | 00:08:59 | 00:17:32 | 00:26:02.85 | 5:23 | 11.1 |
| 117 | STOJEWSKI JAROSŁAW | 170 | JA_BEZ_SILNA | SŁAWNO | POLSKA | M-30 | 41 | M 101 | 00:08:29 | 00:17:19 | 00:26:03.75 | 5:23 | 11.1 |
| 118 | STOJEWSKA KATARZYNA | 169 | JA_BEZ_SILNA | SŁAWNO | POLSKA | K-16 | 5 | K 17 | 00:08:30 | 00:17:20 | 00:26:04.05 | 5:23 | 11.1 |
| 119 | WOJCIECHOWSKI ANDRZEJ | 225 | | KOSZALIN | POLSKA | M-40 | 26 | M 102 | 00:08:39 | 00:17:25 | 00:26:07.75 | 5:24 | 11.1 |
| 120 | BATYŃSKI JAKUB | 4 | WŁASNY | KOSZALIN | POLSKA | M-30 | 42 | M 103 | 00:09:04 | 00:17:46 | 00:26:08.50 | 5:24 | 11.1 |
| 121 | PSTRAĞOWSKA MARLENA | 146 | BIEGNIJMY.PL | KOSZALIN | POLSKA | K-30 | 8 | K 18 | 00:08:47 | 00:17:43 | 00:26:11.95 | 5:25 | 11.1 |
| 122 | KAMIŃSKI TOMASZ | 73 | JW 1223 /24 BST | KOSZALIN | POLSKA | M-30 | 43 | M 104 | 00:08:43 | 00:17:28 | 00:26:16.15 | 5:26 | 11 |
| 123 | BERNACKI ADAM | 8 | WWW.BERNACKI.COM.PL | KOSZALIN | POLSKA | M-40 | 27 | M 105 | 00:08:48 | 00:17:51 | 00:26:24.60 | 5:28 | 11 |
| 124 | KINOWSKI KAROL | 82 | | KOSZALIN | POLSKA | M-40 | 28 | M 106 | 00:09:16 | 00:18:09 | 00:26:26.35 | 5:28 | 11 |
| 125 | POLAŃSKA KATARZYNA | 144 | DZIKI KOSZALIN | KOSZALIN | POLSKA | K-30 | 9 | K 19 | 00:08:36 | 00:17:38 | 00:26:28.35 | 5:28 | 10.9 |
| 126 | WALCZAK AGNIESZKA | 198 | TKKF KOSZALIN | KOSZALIN | POLSKA | K-40 | 6 | K 20 | 00:08:45 | 00:17:45 | 00:26:36.15 | 5:30 | 10.9 |
| 127 | LUPZIK RADOŚLAW | 102 | | KOSZALIN | POLSKA | M-16 | 20 | M 107 | 00:09:44 | 00:18:35 | 00:26:37.40 | 5:30 | 10.9 |
| 128 | RETERSKI PRZEMYSŁAW | 151 | | KOSZALIN | POLSKA | M-30 | 44 | M 108 | 00:08:38 | 00:17:38 | 00:26:39.00 | 5:31 | 10.9 |
| 129 | RETERSKI DAMIAN | 152 | | KOSZALIN | POLSKA | M-16 | 21 | M 109 | 00:08:37 | 00:17:38 | 00:26:39.40 | 5:31 | 10.9 |
| 130 | HAŁKA OLA | 51 | | KOSZALIN | POLSKA | K-16 | 6 | K 21 | 00:09:09 | 00:18:06 | 00:26:39.50 | 5:31 | 10.9 |
| 131 | CYGAN MARTA | 32 | | KOSZALIN | POLSKA | K-16 | 7 | K 22 | 00:09:42 | 00:18:38 | 00:26:43.15 | 5:31 | 10.8 |
| 132 | KACAŁA OLGA | 69 | | KOSZALIN | POLSKA | K-30 | 10 | K 23 | 00:09:05 | 00:18:07 | 00:26:45.75 | 5:32 | 10.8 |
| 133 | FRAŃCZYK MAREK | 39 | SĄ GORSI | BUKOWO MORSKIE | POLSKA | M-16 | 22 | M 110 | 00:09:20 | 00:18:29 | 00:26:50.00 | 5:33 | 10.8 |
| 134 | WIŚNIEWSKA ANNA | 203 | | KONIKOWO | POLSKA | K-30 | 11 | K 24 | 00:08:42 | 00:17:58 | 00:26:55.35 | 5:34 | 10.8 |
| 135 | MAZUREK BARBARA | 111 | BABECZKI KOSZALIN | KOSZALIN | POLSKA | K-30 | 12 | K 25 | 00:08:51 | 00:17:52 | 00:26:58.20 | 5:35 | 10.7 |
| 136 | SPICA ŁUKASZ | 163 | | KOSZALIN | POLSKA | M-16 | 23 | M 111 | 00:09:35 | 00:18:17 | 00:27:04.35 | 5:36 | 10.7 |
| 137 | PECZYŃSKI TOMASZ | 139 | | KOSZALIN | POLSKA | M-16 | 24 | M 112 | 00:09:44 | 00:19:08 | 00:27:04.55 | 5:36 | 10.7 |
| 138 | JASIŃSKI CEZARY | 67 | | KOSZALIN | POLSKA | M-40 | 29 | M 113 | 00:09:01 | 00:18:15 | 00:27:08.45 | 5:37 | 10.7 |
| 139 | MICHALAK ANNA | 117 | | KOSZALIN | POLSKA | K-30 | 13 | K 26 | 00:09:09 | 00:18:15 | 00:27:09.80 | 5:37 | 10.7 |
| 140 | ORYSZCZYN ARKADIUSZ | 133 | | KOSZALIN | POLSKA | M-30 | 45 | M 114 | 00:09:35 | 00:18:21 | 00:27:11.55 | 5:37 | 10.7 |
| 141 | KARNICKI ZYGMUNT | 76 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-60 | 1 | M 115 | 00:08:44 | 00:17:55 | 00:27:12.05 | 5:37 | 10.7 |
| 142 | SZADZIŃSKI KRZYSZTOF | 175 | JW 1223 | KOSZALIN | POLSKA | M-40 | 30 | M 116 | 00:08:36 | 00:18:02 | 00:27:14.60 | 5:38 | 10.6 |
| 143 | MACIEJCZYK ANNA | 105 | SAGORSI | BUKOWO MORSKIE | POLSKA | K-16 | 8 | K 27 | 00:09:18 | 00:18:26 | 00:27:16.15 | 5:38 | 10.6 |
| 144 | SOBOLEWSKI MAREK | 161 | | KOSZALIN | POLSKA | M-40 | 31 | M 117 | 00:08:40 | 00:18:21 | 00:27:24.10 | 5:40 | 10.6 |
| 145 | BONISŁAWSKA MAŁGORZATA | 10 | ZUZIA&ZOSIA | SŁAWNO | POLSKA | K-30 | 14 | K 28 | 00:09:23 | 00:18:27 | 00:27:24.85 | 5:40 | 10.6 |
| 146 | BONISŁAWSKI JAROSŁAW | 11 | FADOMODA TEAM | SŁAWNO | POLSKA | M-30 | 46 | M 118 | 00:09:25 | 00:18:26 | 00:27:25.70 | 5:40 | 10.6 |
| 147 | KOŁODZIEJ JAKUB | 85 | | KOSZALIN | POLSKA | M-30 | 47 | M 119 | 00:09:44 | 00:18:59 | 00:27:28.25 | 5:41 | 10.5 |
| 148 | SZULC ADAM | 184 | NIEZRZESZONY | BIAŁOGARD | POLSKA | M-16 | 25 | M 120 | 00:08:27 | 00:18:05 | 00:27:28.35 | 5:41 | 10.5 |
| 149 | HELLER ZDZISŁAW | 53 | NIEZRZESZONY | KOSZALIN | POLSKA | M-60 | 2 | M 121 | 00:09:03 | 00:18:19 | 00:27:28.60 | 5:41 | 10.5 |
| 150 | MRUGALSKI STANISŁAW | 123 | | MIASTKO | POLSKA | M-50 | 17 | M 122 | 00:09:14 | 00:18:28 | 00:27:28.65 | 5:41 | 10.6 |
| 151 | GZELA OLGA | 50 | ROZBIEGANY KOSZALIN | KOSZALIN | POLSKA | K-30 | 15 | K 29 | 00:08:55 | 00:18:24 | 00:27:29.95 | 5:41 | 10.5 |
| 152 | KOMOROWSKA BEATA | 86 | ROZBIEGANY KOSZALIN | KOSZALIN | POLSKA | K-30 | 16 | K 30 | 00:08:59 | 00:18:19 | 00:27:39.60 | 5:43 | 10.5 |
| 153 | PAULIŃSKI JAN | 227 | | KOSZALIN | POLSKA | M-60 | 3 | M 123 | 00:09:04 | 00:18:28 | 00:27:45.50 | 5:44 | 10.4 |
| 154 | KACAŁA JACEK | 221 | | KOSZALIN | POLSKA | M-30 | 48 | M 124 | 00:09:26 | 00:18:36 | 00:27:45.85 | 5:44 | 10.4 |
| 155 | MEHDI RAUL | 112 | | RZESZÓW | POLSKA | M-30 | 49 | M 125 | 00:09:50 | 00:19:01 | 00:27:50.50 | 5:45 | 10.4 |
| 156 | JANACZYK MARCIN | 61 | JW 1223 | KOSZALIN | POLSKA | M-30 | 50 | M 126 | 00:09:09 | 00:18:35 | 00:28:01.60 | 5:48 | 10.3 |
| 157 | NOWACKA ELŻBIETA | 130 | - | KOSZALIN | POLSKA | K-40 | 7 | K 31 | 00:08:57 | 00:18:31 | 00:28:06.45 | 5:49 | 10.3 |
| 158 | MALINOWSKA-BURDA ALEKSANDRA | 107 | | KOSZALIN | POLSKA | K-16 | 9 | K 32 | 00:09:45 | 00:19:07 | 00:28:09.30 | 5:49 | 10.3 |
| 159 | BURDA BARTOSZ | 17 | | KOSZALIN | POLSKA | M-16 | 26 | M 127 | 00:09:45 | 00:19:07 | 00:28:09.55 | 5:49 | 10.3 |
| 160 | JANKOWSKI REMIGIUSZ | 62 | | KOŁOBRZEG | POLSKA | M-30 | 51 | M 128 | 00:08:59 | 00:18:35 | 00:28:12.60 | 5:50 | 10.3 |
| 161 | SKRZYPEK MARCIN | 160 | NIETOPERZE KOSZALIN | KOSZALIN | POLSKA | M-30 | 52 | M 129 | 00:09:15 | 00:18:28 | 00:28:14.35 | 5:50 | 10.3 |
| 162 | JARKIEWICZ MARLENA | 64 | | KOSZALIN | POLSKA | K-16 | 10 | K 33 | 00:09:45 | 00:19:09 | 00:28:14.85 | 5:50 | 10.3 |

BIEG NIEPODLEGŁOŚCI KOSZALIN - 4.8280 km, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1.609km | 3.218km | Netto | min/km | km/h |
|------|-------------------------------|-----|-----------------------|-------------|--------|------|--------|-------|----------|----------|-------------|--------|------|
| 163 | MASZOTA RAFAŁ | 109 | | LĘBORK | POLSKA | M-40 | 32 | M 130 | 00:09:29 | 00:19:03 | 00:28:18.00 | 5:51 | 10.2 |
| 164 | URBAŃSKA ANETTA | 196 | | KOSZALIN | POLSKA | K-30 | 17 | K 34 | 00:09:04 | 00:18:41 | 00:28:29.70 | 5:54 | 10.2 |
| 165 | STEC EDYTA | 167 | | KOSZALIN | POLSKA | K-30 | 18 | K 35 | 00:09:20 | 00:19:14 | 00:28:36.55 | 5:55 | 10.1 |
| 166 | MOŻEJKO ANNA | 121 | BABECZKI KOSZALIN | KOSZALIN | POLSKA | K-30 | 19 | K 36 | 00:09:20 | 00:19:13 | 00:28:36.75 | 5:55 | 10.1 |
| 167 | BRESZKA PAWEŁ | 14 | BIEGNIJMY TO | DARŁOWO | POLSKA | M-40 | 33 | M 131 | 00:09:42 | 00:19:14 | 00:28:38.90 | 5:55 | 10.1 |
| 168 | JAKUBOWSKI KRYSZTOF | 60 | BIEGNIJMY TO | DARŁOWO | POLSKA | M-30 | 53 | M 132 | 00:09:43 | 00:19:15 | 00:28:39.65 | 5:56 | 10.1 |
| 169 | RADECKI JACEK | 224 | CSSP KOSZALIN | KOSZALIN | POLSKA | M-40 | 34 | M 133 | 00:09:27 | 00:19:06 | 00:28:48.30 | 5:57 | 10.1 |
| 170 | KACZMAREK ŁUKASZ | 70 | WOJOWNICY WÓDY | KOSZALIN | POLSKA | M-30 | 54 | M 134 | 00:09:26 | 00:19:03 | 00:28:49.10 | 5:57 | 10.1 |
| 171 | BENEDYSIUK SŁAWOMIR | 6 | CSSP KOSZALIN | KOSZALIN | POLSKA | M-40 | 35 | M 135 | 00:09:26 | 00:19:03 | 00:28:49.10 | 5:57 | 10.1 |
| 172 | KAJKOWSKI RAFAŁ | 71 | MAŁDOMRAFIWA KOSZALIN | KOSZALIN | POLSKA | M-40 | 36 | M 136 | 00:09:26 | 00:19:04 | 00:28:49.65 | 5:58 | 10.1 |
| 173 | KRASIŃSKI WITOLD | 94 | | KOSZALIN | POLSKA | M-40 | 37 | M 137 | 00:09:26 | 00:19:03 | 00:28:49.80 | 5:57 | 10.1 |
| 174 | KALETA SEBASTIAN | 72 | CSSP KOSZALIN | KOSZALIN | POLSKA | M-40 | 38 | M 138 | 00:09:26 | 00:19:04 | 00:28:50.15 | 5:58 | 10.1 |
| 175 | ŁUKASZCZYK MARCIN | 104 | DE PERRO | KOSZALIN | POLSKA | M-30 | 55 | M 139 | 00:09:47 | 00:19:25 | 00:29:01.30 | 6:00 | 10 |
| 176 | STANCZEWSKA KAROLINA | 165 | | BIAŁOGARD | POLSKA | K-30 | 20 | K 37 | 00:09:57 | 00:20:13 | 00:29:24.15 | 6:05 | 9.9 |
| 177 | SZAJDECKA ANNA | 177 | BIAŁOGARD | BIAŁOGARD | POLSKA | K-30 | 21 | K 38 | 00:09:47 | 00:20:02 | 00:29:34.15 | 6:07 | 9.8 |
| 178 | HRYCJÓW PAWEŁ | 55 | BIAŁOGARD | BIAŁOGARD | POLSKA | M-30 | 56 | M 140 | 00:09:47 | 00:20:02 | 00:29:34.35 | 6:07 | 9.8 |
| 179 | ROSIŃSKI RAFAŁ | 228 | | KOSZALIN | POLSKA | M-30 | 57 | M 141 | 00:10:00 | 00:20:12 | 00:29:55.55 | 6:11 | 9.7 |
| 180 | ZIELIŃSKI JAROSŁAW | 212 | AMATOR | BIAŁOGARD | POLSKA | M-30 | 58 | M 142 | 00:09:16 | 00:19:29 | 00:30:06.90 | 6:14 | 9.6 |
| 181 | TREJDER MARIA | 193 | BAJADERKI KOSZALIN | KOSZALIN | POLSKA | K-40 | 8 | K 39 | 00:09:58 | 00:20:13 | 00:30:19.90 | 6:16 | 9.6 |
| 182 | NEJMAN GRZEGORZ | 128 | ORLEN RUNNING TEAM | PŁOCK | POLSKA | M-40 | 39 | M 143 | 00:10:13 | 00:20:20 | 00:30:21.65 | 6:17 | 9.5 |
| 183 | KIPER JAROSŁAW | 83 | JW 1223 | STRZEKĘCINO | POLSKA | M-40 | 40 | M 144 | 00:09:37 | 00:19:58 | 00:30:21.75 | 6:17 | 9.5 |
| 184 | NEJMAN MAŁGORZATA | 127 | ORLEN RUNNING TEAM | PŁOCK | POLSKA | K-40 | 9 | K 40 | 00:10:13 | 00:20:20 | 00:30:22.20 | 6:17 | 9.5 |
| 185 | WOLSKI ZBIGNIEW | 222 | | MIASTKO | POLSKA | M-50 | 18 | M 145 | 00:09:48 | 00:20:09 | 00:30:46.95 | 6:22 | 9.4 |
| 186 | JAKUBCZYK AGNIESZKA | 58 | BABECZKI KOSZALIN | STRZEGLINO | POLSKA | K-16 | 11 | K 41 | 00:09:56 | 00:20:29 | 00:30:59.00 | 6:24 | 9.4 |
| 187 | SZAFIROWICZ-CHOJNACKA PAULINA | 176 | | KOSZALIN | POLSKA | K-30 | 22 | K 42 | 00:10:28 | 00:21:02 | 00:31:06.20 | 6:26 | 9.3 |
| 188 | KURCZ BARBARA | 100 | BABECZKI KOSZALIN | KOSZALIN | POLSKA | K-40 | 10 | K 43 | 00:10:26 | 00:21:02 | 00:31:21.50 | 6:29 | 9.2 |
| 189 | BŁOŃSKA AGNIESZKA | 9 | BABECZKI KOSZALIN | KOSZALIN | POLSKA | K-40 | 11 | K 44 | 00:09:56 | 00:20:29 | 00:31:22.00 | 6:29 | 9.2 |
| 190 | PŁONKA JOANNA | 143 | | WRZEŚNICA | POLSKA | K-30 | 23 | K 45 | 00:10:07 | 00:20:53 | 00:31:41.45 | 6:33 | 9.1 |
| 191 | MICHALCZYK MAŁGORZATA | 118 | WOJOWNICY WÓDY | KOSZALIN | POLSKA | K-16 | 12 | K 46 | 00:10:05 | 00:20:57 | 00:31:47.90 | 6:35 | 9.1 |
| 192 | KASPRZAK MAŁGORZATA | 78 | BIEDRONKI | BIAŁOGARD | POLSKA | K-30 | 24 | K 47 | 00:09:58 | 00:20:54 | 00:32:17.00 | 6:41 | 9 |
| 193 | KASPRZAK KAROLINA | 79 | | STRZEŻENICE | POLSKA | K-30 | 25 | K 48 | 00:10:10 | 00:21:09 | 00:32:21.15 | 6:41 | 9 |
| 194 | KRAWCZUK-KIEŁB ANNA | 95 | ŻYJ Z ENERGIA | WIEKOWO | POLSKA | K-40 | 12 | K 49 | 00:10:04 | 00:21:10 | 00:32:28.25 | 6:43 | 8.9 |
| 195 | JAKUBOWSKA ANNA | 59 | | KOSZALIN | POLSKA | K-16 | 13 | K 50 | 00:11:39 | 00:22:13 | 00:32:35.55 | 6:44 | 8.9 |
| 196 | GAWLIK ARTUR | 40 | BIEGNIJMY.PL | KOSZALIN | POLSKA | M-30 | 59 | M 146 | 00:10:09 | 00:21:15 | 00:32:42.05 | 6:46 | 8.9 |
| 197 | WOLSKA MAGDALENA | 223 | | MIASTKO | POLSKA | K-16 | 14 | K 51 | 00:10:28 | 00:21:14 | 00:32:46.35 | 6:47 | 8.8 |
| 198 | HAUSMAN ANDRZEJ | 52 | KSR ROWERIA | KOSZALIN | POLSKA | M-60 | 4 | M 147 | 00:10:13 | 00:21:19 | 00:32:48.25 | 6:47 | 8.8 |
| 199 | BERTHELSEN ROBERT | 220 | | KOSZALIN | POLSKA | M-50 | 19 | M 148 | 00:10:17 | 00:21:18 | 00:33:20.65 | 6:54 | 8.7 |
| 200 | SIWIEC PIOTR | 157 | | KOSZALIN | POLSKA | M-16 | 27 | M 149 | 00:11:43 | 00:24:13 | 00:36:14.35 | 7:30 | 8 |
| 201 | PELECHATA JULITA | 140 | | KOŁOBRZEG | POLSKA | K-16 | 15 | K 52 | 00:11:44 | 00:24:14 | 00:36:14.70 | 7:30 | 8 |
| 202 | STACH EWELINA | 164 | JOANNA PŁONKA | SŁAWNO | POLSKA | K-30 | 26 | K 53 | 00:11:06 | 00:23:33 | 00:36:24.70 | 7:32 | 8 |
| 203 | GIL REMIGIUSZ | 41 | LYCONET PRO TEAM | KRETOMINO | POLSKA | M-30 | 60 | M 150 | 00:07:57 | 00:16:08 | | 5:00 | 12 |

BIEG NIEPODLEGŁOŚCI KOSZALIN - 4.8280 km, K-OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1.609km | 3.218km | Netto | min/km | km/h |
|------|---------------------------|-----|---------------------|-----------|--------|------|--------|------|----------|----------|-------------|--------|------|
| 1 | KOTARA-PAŁKA MAŁGORZATA | 88 | | KOSZALIN | POLSKA | K-30 | 1 | K 1 | 00:06:53 | 00:13:40 | 00:20:34.85 | 4:15 | 14.1 |
| 2 | KONIECZNA ANKA | 216 | ROZBIEGANI KOSZALIN | KOSZALIN | POLSKA | K-40 | 1 | K 2 | 00:07:15 | 00:14:33 | 00:21:56.55 | 4:32 | 13.2 |
| 3 | BENTKOWSKA NATALIA | 7 | CSSP KOSZALIN | PRAĐOCIN | POLSKA | K-16 | 1 | K 3 | 00:07:24 | 00:14:47 | 00:22:04.80 | 4:34 | 13.1 |
| 4 | SZABLA EWELINA | 174 | | MIASTKO | POLSKA | K-30 | 2 | K 4 | 00:07:21 | 00:15:06 | 00:22:45.45 | 4:42 | 12.7 |
| 5 | MRUGALSKA MAGDALENA | 122 | JW1223 | KOSZALIN | POLSKA | K-16 | 2 | K 5 | 00:08:03 | 00:15:50 | 00:23:07.10 | 4:47 | 12.5 |
| 6 | KOŚLA SARA | 87 | ZSP1 SŁUPSK | SUCHORZE | POLSKA | K-16 | 3 | K 6 | 00:07:44 | 00:15:50 | 00:23:27.65 | 4:51 | 12.3 |
| 7 | ZACHCIAŁ-PEC JOANNA | 208 | | KOSZALIN | POLSKA | K-40 | 2 | K 7 | 00:07:46 | 00:15:51 | 00:23:41.90 | 4:54 | 12.2 |
| 8 | CHODOR IZABELA | 21 | | GORZEBADŹ | POLSKA | K-30 | 3 | K 8 | 00:08:19 | 00:16:14 | 00:23:54.90 | 4:57 | 12.1 |
| 9 | CHODOR MARTYNA | 22 | TKKF KOSZALIN | KOSZALIN | POLSKA | K-30 | 4 | K 9 | 00:08:20 | 00:16:15 | 00:23:56.50 | 4:57 | 12.1 |
| 10 | MĘDEL MARTA | 113 | | KOSZALIN | POLSKA | K-40 | 3 | K 10 | 00:07:59 | 00:16:15 | 00:24:08.70 | 5:00 | 12 |
| 11 | BORKOWSKA-KOWALCZYK DARIA | 12 | BIEGAM BO LUBIĘ | KOSZALIN | POLSKA | K-30 | 5 | K 11 | 00:08:18 | 00:16:35 | 00:24:47.05 | 5:07 | 11.7 |

BIEG NIEPODLEGŁOŚCI KOSZALIN - 4.8280 km, K-OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1.609km | 3.218km | Netto | min/km | km/h |
|------|-------------------------------|-----|---------------------|----------------|--------|------|--------|------|----------|----------|-------------|--------|------|
| 12 | TROSKOWSKA EWA | 194 | KOSZALIN | KOSZALIN | POLSKA | K-40 | 4 | K 12 | 00:08:21 | 00:17:02 | 00:25:25.45 | 5:15 | 11.4 |
| 13 | ZIÓŁKOWSKA MAŁGORZATA | 214 | | KOSZALIN | POLSKA | K-30 | 6 | K 13 | 00:08:57 | 00:17:24 | 00:25:30.50 | 5:16 | 11.4 |
| 14 | BRYŁA KATARZYNA | 15 | | KOSZALIN | POLSKA | K-40 | 5 | K 14 | 00:08:09 | 00:16:49 | 00:25:32.75 | 5:17 | 11.3 |
| 15 | GRAJ JOANNA | 47 | | KOSZALIN | POLSKA | K-16 | 4 | K 15 | 00:08:19 | 00:17:13 | 00:26:02.05 | 5:23 | 11.1 |
| 16 | SZYMAŃSKA AGNIESZKA | 188 | | KOSZALIN | POLSKA | K-30 | 7 | K 16 | 00:08:59 | 00:17:32 | 00:26:02.85 | 5:23 | 11.1 |
| 17 | STOJEWSKA KATARZYNA | 169 | JA_BEZ_SILNA | SŁAWNO | POLSKA | K-16 | 5 | K 17 | 00:08:30 | 00:17:20 | 00:26:04.05 | 5:23 | 11.1 |
| 18 | PSTRAĞOWSKA MARLENA | 146 | BIEGNIJMY.PL | KOSZALIN | POLSKA | K-30 | 8 | K 18 | 00:08:47 | 00:17:43 | 00:26:11.95 | 5:25 | 11.1 |
| 19 | POLAŃSKA KATARZYNA | 144 | DZIKI KOSZALIN | KOSZALIN | POLSKA | K-30 | 9 | K 19 | 00:08:36 | 00:17:38 | 00:26:28.35 | 5:28 | 10.9 |
| 20 | WALCZAK AGNIESZKA | 198 | TKKF KOSZALIN | KOSZALIN | POLSKA | K-40 | 6 | K 20 | 00:08:45 | 00:17:45 | 00:26:36.15 | 5:30 | 10.9 |
| 21 | HAŁKA OLA | 51 | | KOSZALIN | POLSKA | K-16 | 6 | K 21 | 00:09:09 | 00:18:06 | 00:26:39.50 | 5:31 | 10.9 |
| 22 | CYGAN MARTA | 32 | | KOSZALIN | POLSKA | K-16 | 7 | K 22 | 00:09:42 | 00:18:38 | 00:26:43.15 | 5:31 | 10.8 |
| 23 | KACAŁA OLGA | 69 | | KOSZALIN | POLSKA | K-30 | 10 | K 23 | 00:09:05 | 00:18:07 | 00:26:45.75 | 5:32 | 10.8 |
| 24 | WIŚNIEWSKA ANNA | 203 | | KONIKOWO | POLSKA | K-30 | 11 | K 24 | 00:08:42 | 00:17:58 | 00:26:55.35 | 5:34 | 10.8 |
| 25 | MAZUREK BARBARA | 111 | BABECZKI KOSZALIN | KOSZALIN | POLSKA | K-30 | 12 | K 25 | 00:08:51 | 00:17:52 | 00:26:58.20 | 5:35 | 10.7 |
| 26 | MICHALAK ANNA | 117 | | KOSZALIN | POLSKA | K-30 | 13 | K 26 | 00:09:09 | 00:18:15 | 00:27:09.80 | 5:37 | 10.7 |
| 27 | MACIEJCZYK ANNA | 105 | SAGORSI | BUKOWO MORSKIE | POLSKA | K-16 | 8 | K 27 | 00:09:18 | 00:18:26 | 00:27:16.15 | 5:38 | 10.6 |
| 28 | BONISŁAWSKA MAŁGORZATA | 10 | ZUZIA&ZOSIA | SŁAWNO | POLSKA | K-30 | 14 | K 28 | 00:09:23 | 00:18:27 | 00:27:24.85 | 5:40 | 10.6 |
| 29 | GZELA OLGA | 50 | ROZBIEGANY KOSZALIN | KOSZALIN | POLSKA | K-30 | 15 | K 29 | 00:08:55 | 00:18:24 | 00:27:29.95 | 5:41 | 10.5 |
| 30 | KOMOROWSKA BEATA | 86 | ROZBIEGANY KOSZALIN | KOSZALIN | POLSKA | K-30 | 16 | K 30 | 00:08:59 | 00:18:19 | 00:27:39.60 | 5:43 | 10.5 |
| 31 | NOWACKA ELŻBIETA | 130 | - | KOSZALIN | POLSKA | K-40 | 7 | K 31 | 00:08:57 | 00:18:31 | 00:28:06.45 | 5:49 | 10.3 |
| 32 | MALINOWSKA-BURDA ALEKSANDRA | 107 | | KOSZALIN | POLSKA | K-16 | 9 | K 32 | 00:09:45 | 00:19:07 | 00:28:09.30 | 5:49 | 10.3 |
| 33 | JARKIEWICZ MARLENA | 64 | | KOSZALIN | POLSKA | K-16 | 10 | K 33 | 00:09:45 | 00:19:09 | 00:28:14.85 | 5:50 | 10.3 |
| 34 | URBAŃSKA ANETTA | 196 | | KOSZALIN | POLSKA | K-30 | 17 | K 34 | 00:09:04 | 00:18:41 | 00:28:29.70 | 5:54 | 10.2 |
| 35 | STEC EDYTA | 167 | | KOSZALIN | POLSKA | K-30 | 18 | K 35 | 00:09:20 | 00:19:14 | 00:28:36.55 | 5:55 | 10.1 |
| 36 | MOŻEJKO ANNA | 121 | BABECZKI KOSZALIN | KOSZALIN | POLSKA | K-30 | 19 | K 36 | 00:09:20 | 00:19:13 | 00:28:36.75 | 5:55 | 10.1 |
| 37 | STANCZEWSKA KAROLINA | 165 | | BIAŁOGARD | POLSKA | K-30 | 20 | K 37 | 00:09:57 | 00:20:13 | 00:29:24.15 | 6:05 | 9.9 |
| 38 | SZAJDECKA ANNA | 177 | BIAŁOGARD | BIAŁOGARD | POLSKA | K-30 | 21 | K 38 | 00:09:47 | 00:20:02 | 00:29:34.15 | 6:07 | 9.8 |
| 39 | TREJDER MARIA | 193 | BAJADERKI KOSZALIN | KOSZALIN | POLSKA | K-40 | 8 | K 39 | 00:09:58 | 00:20:13 | 00:30:19.90 | 6:16 | 9.6 |
| 40 | NEJMAN MAŁGORZATA | 127 | ORLEN RUNNING TEAM | PŁOCK | POLSKA | K-40 | 9 | K 40 | 00:10:13 | 00:20:20 | 00:30:22.20 | 6:17 | 9.5 |
| 41 | JAKUBCZYK AGNIESZKA | 58 | BABECZKI KOSZALIN | STRZEGLINO | POLSKA | K-16 | 11 | K 41 | 00:09:56 | 00:20:29 | 00:30:59.00 | 6:24 | 9.4 |
| 42 | SZAFIROWICZ-CHOJNACKA PAULINA | 176 | | KOSZALIN | POLSKA | K-30 | 22 | K 42 | 00:10:28 | 00:21:02 | 00:31:06.20 | 6:26 | 9.3 |
| 43 | KURCZ BARBARA | 100 | BABECZKI KOSZALIN | KOSZALIN | POLSKA | K-40 | 10 | K 43 | 00:10:26 | 00:21:02 | 00:31:21.50 | 6:29 | 9.2 |
| 44 | BŁOŃSKA AGNIESZKA | 9 | BABECZKI KOSZALIN | KOSZALIN | POLSKA | K-40 | 11 | K 44 | 00:09:56 | 00:20:29 | 00:31:22.00 | 6:29 | 9.2 |
| 45 | PŁONKA JOANNA | 143 | | WRZEŚNICA | POLSKA | K-30 | 23 | K 45 | 00:10:07 | 00:20:53 | 00:31:41.45 | 6:33 | 9.1 |
| 46 | MICHALCZYK MAŁGORZATA | 118 | WOJOWNICY WODY | KOSZALIN | POLSKA | K-16 | 12 | K 46 | 00:10:05 | 00:20:57 | 00:31:47.90 | 6:35 | 9.1 |
| 47 | KASPRZAK MAŁGORZATA | 78 | BIEDRONKI | BIAŁOGARD | POLSKA | K-30 | 24 | K 47 | 00:09:58 | 00:20:54 | 00:32:17.00 | 6:41 | 9 |
| 48 | KASPRZAK KAROLINA | 79 | | STRZEŻENICE | POLSKA | K-30 | 25 | K 48 | 00:10:10 | 00:21:09 | 00:32:21.15 | 6:41 | 9 |
| 49 | KRAWCZUK-KIEŁB ANNA | 95 | ŻYJ Z ENERGIA | WIEKOWO | POLSKA | K-40 | 12 | K 49 | 00:10:04 | 00:21:10 | 00:32:28.25 | 6:43 | 8.9 |
| 50 | JAKUBOWSKA ANNA | 59 | | KOSZALIN | POLSKA | K-16 | 13 | K 50 | 00:11:39 | 00:22:13 | 00:32:35.55 | 6:44 | 8.9 |
| 51 | WOLSKA MAGDALENA | 223 | | MIASTKO | POLSKA | K-16 | 14 | K 51 | 00:10:28 | 00:21:14 | 00:32:46.35 | 6:47 | 8.8 |
| 52 | PELECHATA JULITA | 140 | | KOŁOBRZEG | POLSKA | K-16 | 15 | K 52 | 00:11:44 | 00:24:14 | 00:36:14.70 | 7:30 | 8 |
| 53 | STACH EWELINA | 164 | JOANNA PŁONKA | SŁAWNO | POLSKA | K-30 | 26 | K 53 | 00:11:06 | 00:23:33 | 00:36:24.70 | 7:32 | 8 |

BIEG NIEPODLEGŁOŚCI KOSZALIN - 4.8280 km, M-OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1.609km | 3.218km | Netto | min/km | km/h |
|------|----------------------|-----|------------------------------|-----------------|--------|------|--------|------|----------|----------|-------------|--------|------|
| 1 | WITKOWSKI MATEUSZ | 204 | CSSP KOSZALIN | KOSZALIN | POLSKA | M-16 | 1 | M 1 | 00:05:27 | 00:10:47 | 00:16:15.05 | 3:22 | 17.8 |
| 2 | BORZĘCKI NORBERT | 13 | | KOSZALIN | POLSKA | M-30 | 1 | M 2 | 00:05:26 | 00:10:49 | 00:16:28.40 | 3:24 | 17.6 |
| 3 | BEDNARZ PAWEŁ | 5 | 13-TY FUN CLUB ASI CHMIEL :* | KOSZALIN-NACŁAW | POLSKA | M-30 | 2 | M 3 | 00:05:28 | 00:11:09 | 00:16:48.10 | 3:28 | 17.2 |
| 4 | MADĘJSKI KRZYSZTOF | 106 | XRUNNERS IJW1223 | BIAŁOGARD | POLSKA | M-16 | 2 | M 4 | 00:05:44 | 00:11:32 | 00:17:21.35 | 3:35 | 16.7 |
| 5 | JAROSZ WIESŁAW | 65 | JW. 1223/BLOG | KOSZALIN | POLSKA | M-40 | 1 | M 5 | 00:05:46 | 00:11:42 | 00:17:40.95 | 3:39 | 16.4 |
| 6 | FAMULSKI CEZARY | 38 | JW 1223 KOSZALIN | ROSNOWO | POLSKA | M-30 | 3 | M 6 | 00:06:03 | 00:12:10 | 00:18:07.10 | 3:45 | 16 |
| 7 | SZKOŁUDA MIŁOSZ | 181 | | POLANÓW | POLSKA | M-16 | 3 | M 7 | 00:05:59 | 00:12:08 | 00:18:17.70 | 3:47 | 15.8 |
| 8 | ZAGAJEWSKI RAFAŁ | 209 | SPRINT SŁAWNO | MALECHOWO | POLSKA | M-16 | 4 | M 8 | 00:05:48 | 00:12:05 | 00:18:30.35 | 3:49 | 15.7 |
| 9 | USTIANOWSKI WOJCIECH | 197 | JW1223 (ROZBIEGANY KOSZALIN) | KOSZALIN | POLSKA | M-16 | 5 | M 9 | 00:06:21 | 00:12:50 | 00:18:57.95 | 3:55 | 15.3 |
| 10 | STEBELSKI JASIEK | 166 | | KOSZALIN | POLSKA | M-16 | 6 | M 10 | 00:06:19 | 00:12:44 | 00:19:00.65 | 3:56 | 15.2 |

BIEG NIEPODLEGŁOŚCI KOSZALIN - 4.8280 km, M-OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1.609km | 3.218km | Netto | min/km | km/h |
|------|------------------------|-----|-------------------------------|-------------|--------|------|--------|------|----------|----------|-------------|--------|------|
| 11 | GOLECKI MIROSLAW | 44 | CSSP KOSZALIN | ROSNOWO | POLSKA | M-30 | 4 | M 11 | 00:06:24 | 00:12:39 | 00:19:02.95 | 3:56 | 15.2 |
| 12 | BARAŃSKI BOGUSLAW | 2 | MLUKS TRZEBIATÓW | TRZEBIATÓW | POLSKA | M-50 | 1 | M 12 | 00:06:10 | 00:12:44 | 00:19:05.75 | 3:57 | 15.2 |
| 13 | PEC MAREK | 138 | | KOSZALIN | POLSKA | M-40 | 2 | M 13 | 00:06:25 | 00:12:59 | 00:19:16.50 | 3:59 | 15 |
| 14 | SZEWCZUK PAWEŁ | 180 | | ROSNOWO | POLSKA | M-30 | 5 | M 14 | 00:06:12 | 00:12:41 | 00:19:19.65 | 4:00 | 15 |
| 15 | GRZESIK EUGENIUSZ | 49 | PATRIA INVICTUS | KOSZALIN | POLSKA | M-50 | 2 | M 15 | 00:06:23 | 00:12:55 | 00:19:23.50 | 4:00 | 15 |
| 16 | STĘŻAŁA ARTUR | 168 | JW1223 | KOSZALIN | POLSKA | M-40 | 3 | M 16 | 00:06:24 | 00:12:56 | 00:19:28.05 | 4:01 | 14.9 |
| 17 | GLAZER PIOTR | 42 | | IWIĘCINO | POLSKA | M-16 | 7 | M 17 | 00:06:19 | 00:12:47 | 00:19:32.45 | 4:02 | 14.8 |
| 18 | MOSEK RADOŚLAW | 120 | | ROSNOWO | POLSKA | M-30 | 6 | M 18 | 00:06:24 | 00:13:00 | 00:19:39.35 | 4:04 | 14.7 |
| 19 | SZAMREJ WOJCIECH | 178 | | KOSZALIN | POLSKA | M-50 | 3 | M 19 | 00:06:22 | 00:13:07 | 00:19:41.85 | 4:04 | 14.7 |
| 20 | POLAŃSKI DARIUSZ | 145 | | MRZEŻYNO | POLSKA | M-40 | 4 | M 20 | 00:06:15 | 00:12:59 | 00:19:44.35 | 4:05 | 14.7 |
| 21 | KAPUSCINSKI ROBERT | 75 | JW 1223 KOSZALIN | KOSZALIN | POLSKA | M-30 | 7 | M 21 | 00:06:30 | 00:13:10 | 00:19:52.15 | 4:06 | 14.6 |
| 22 | RAJNER KRZYSZTOF | 149 | | KOSZALIN | POLSKA | M-30 | 8 | M 22 | 00:06:37 | 00:13:17 | 00:20:01.15 | 4:08 | 14.5 |
| 23 | NACHYLA PAWEŁ | 125 | DZIKI KOSZALIN | KOSZALIN | POLSKA | M-16 | 8 | M 23 | 00:06:30 | 00:13:21 | 00:20:15.00 | 4:11 | 14.3 |
| 24 | FALKO PIOTR | 37 | JW1223 | KOSZALIN | POLSKA | M-16 | 9 | M 24 | 00:06:35 | 00:13:29 | 00:20:25.45 | 4:13 | 14.2 |
| 25 | TOMCZAK WOJTEK | 192 | | KOSZALIN | POLSKA | M-40 | 5 | M 25 | 00:06:27 | 00:13:16 | 00:20:34.90 | 4:15 | 14.1 |
| 26 | CIUPA MARCIN | 30 | H2 DESIGN | KOSZALIN | POLSKA | M-30 | 9 | M 26 | 00:07:01 | 00:13:59 | 00:20:50.35 | 4:18 | 13.9 |
| 27 | TESKA BARTOSZ | 191 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-30 | 10 | M 27 | 00:06:54 | 00:13:57 | 00:20:52.30 | 4:19 | 13.9 |
| 28 | KOZŁOWSKI TOMASZ | 91 | | KOSZALIN | POLSKA | M-30 | 11 | M 28 | 00:06:38 | 00:13:46 | 00:20:56.85 | 4:20 | 13.8 |
| 29 | KRACZKOWSKI PRZEMYSŁAW | 92 | | KOSZALIN | POLSKA | M-30 | 12 | M 29 | 00:06:58 | 00:13:59 | 00:21:02.80 | 4:21 | 13.8 |
| 30 | GÓRECKI MIROSLAW | 46 | JW 1223 | KOSZALIN | POLSKA | M-40 | 6 | M 30 | 00:07:16 | 00:14:16 | 00:21:14.25 | 4:23 | 13.6 |
| 31 | IWANIEC DARIUSZ | 56 | TKKF KOSZALIN | SIERAKOWO | POLSKA | M-40 | 7 | M 31 | 00:07:00 | 00:14:14 | 00:21:20.50 | 4:25 | 13.6 |
| 32 | RUTKOWSKI ARTUR | 154 | RUTKOWSKI TEAM | SIANÓW | POLSKA | M-16 | 10 | M 32 | 00:06:43 | 00:14:03 | 00:21:21.75 | 4:25 | 13.6 |
| 33 | MISIKONIS KAMIL | 119 | KS MASTERS GRYFICE | GRYFICE | POLSKA | M-30 | 13 | M 33 | 00:06:46 | 00:14:11 | 00:21:33.75 | 4:27 | 13.4 |
| 34 | PĘKAŁA PIOTR | 142 | ROZBIEGANY KOSZALIN | KOSZALIN | POLSKA | M-40 | 8 | M 34 | 00:07:33 | 00:14:42 | 00:21:40.40 | 4:29 | 13.4 |
| 35 | KOWALCZYK MARIUSZ | 90 | WZAJEMNEJ ADORACJI | KOSZALIN | POLSKA | M-40 | 9 | M 35 | 00:06:56 | 00:14:08 | 00:21:44.25 | 4:29 | 13.3 |
| 36 | ŚWIETLIK TOMASZ | 190 | | KOSZALIN | POLSKA | M-50 | 4 | M 36 | 00:07:07 | 00:14:32 | 00:21:46.25 | 4:30 | 13.3 |
| 37 | DUDZIAK PIOTR | 34 | ROZBIEGANY KOSZALIN | KOSZALIN | POLSKA | M-40 | 10 | M 37 | 00:07:07 | 00:14:18 | 00:21:47.00 | 4:30 | 13.3 |
| 38 | SZYMAJDA GRZEGORZ | 215 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-30 | 14 | M 38 | 00:07:07 | 00:14:35 | 00:21:52.30 | 4:31 | 13.3 |
| 39 | PSTRĄGOWSKI MARCIN | 147 | DZIKI KOSZALIN | KOSZALIN | POLSKA | M-30 | 15 | M 39 | 00:06:49 | 00:14:23 | 00:21:56.45 | 4:32 | 13.2 |
| 40 | KAMYK PIOTR | 74 | MH KOSZALIN - IT SERWIS | KOSZALIN | POLSKA | M-30 | 16 | M 40 | 00:06:57 | 00:14:26 | 00:21:57.15 | 4:32 | 13.2 |
| 41 | DZIEBOWSKI MARIUSZ | 36 | | KOSZALIN | POLSKA | M-30 | 17 | M 41 | 00:07:17 | 00:14:46 | 00:21:58.35 | 4:32 | 13.2 |
| 42 | MICERSKI TOMASZ | 116 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-40 | 11 | M 42 | 00:07:18 | 00:14:37 | 00:21:58.85 | 4:33 | 13.2 |
| 43 | OSTROWSKI KRZYSZTOF | 135 | | KOSZALIN | POLSKA | M-40 | 12 | M 43 | 00:07:02 | 00:14:33 | 00:22:00.15 | 4:33 | 13.2 |
| 44 | RUTKOWSKI RYSZARD | 155 | | KOSZALIN | POLSKA | M-50 | 5 | M 44 | 00:07:13 | 00:14:47 | 00:22:07.55 | 4:34 | 13.1 |
| 45 | GOŃKA KRZYSZTOF | 45 | DECATHLON KOSZALIN | KOSZALIN | POLSKA | M-16 | 11 | M 45 | 00:07:36 | 00:15:02 | 00:22:10.60 | 4:35 | 13.1 |
| 46 | BURKIET MAREK | 18 | JW 1223 | ROSNOWO | POLSKA | M-40 | 13 | M 46 | 00:07:26 | 00:14:51 | 00:22:11.45 | 4:35 | 13.1 |
| 47 | MAZUR MARCIN | 110 | | KOSZALIN | POLSKA | M-30 | 18 | M 47 | 00:07:48 | 00:15:13 | 00:22:11.45 | 4:35 | 13.1 |
| 48 | NIEMCZAK DARIUSZ | 226 | | KOSZALIN | POLSKA | M-50 | 6 | M 48 | 00:07:33 | 00:14:59 | 00:22:14.05 | 4:36 | 13 |
| 49 | PUŚCIAN KRZYSZTOF | 148 | GIMNAZJUM W MANOWIE | MANOWO | POLSKA | M-40 | 14 | M 49 | 00:07:27 | 00:14:49 | 00:22:21.80 | 4:37 | 13 |
| 50 | ZDROWIECKI ARTUR | 211 | | KOSZALIN | POLSKA | M-30 | 19 | M 50 | 00:07:06 | 00:14:48 | 00:22:26.10 | 4:38 | 12.9 |
| 51 | KISIELIŃSKI IGOR | 84 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-50 | 7 | M 51 | 00:07:37 | 00:15:06 | 00:22:26.15 | 4:38 | 12.9 |
| 52 | GLISZCZYŃSKI ŁUKASZ | 43 | SPRINT SŁAWNO | BYTÓW | POLSKA | M-16 | 12 | M 52 | 00:07:06 | 00:14:48 | 00:22:29.05 | 4:39 | 12.9 |
| 53 | SOKOŁOWSKI MACIEJ | 162 | | KOSZALIN | POLSKA | M-30 | 20 | M 53 | 00:07:45 | 00:15:07 | 00:22:29.35 | 4:39 | 12.9 |
| 54 | KRAWCZYK BOHDAN | 96 | MR | KOSZALIN | POLSKA | M-50 | 8 | M 54 | 00:07:31 | 00:15:12 | 00:22:29.60 | 4:39 | 12.9 |
| 55 | KUŁAKOWSKI DAWID | 98 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-30 | 21 | M 55 | 00:07:19 | 00:14:52 | 00:22:30.25 | 4:39 | 12.9 |
| 56 | CYBULSKI ROBERT | 31 | MTS HAMER MIASTKO | MIASTKO | POLSKA | M-40 | 15 | M 56 | 00:07:19 | 00:14:52 | 00:22:30.45 | 4:39 | 12.9 |
| 57 | SZYMAŃSKI PIOTR | 189 | BIEGAM BO TAK MAM | ROSNOWO | POLSKA | M-40 | 16 | M 57 | 00:07:17 | 00:14:55 | 00:22:33.00 | 4:40 | 12.9 |
| 58 | WASYŁÓW MATEUSZ | 200 | | DROZDOWO | POLSKA | M-16 | 13 | M 58 | 00:07:35 | 00:15:06 | 00:22:38.30 | 4:41 | 12.8 |
| 59 | ŁABEJSZA ŁUKASZ | 103 | WOJOWNICY WÓDY | KOSZALIN | POLSKA | M-30 | 22 | M 59 | 00:07:40 | 00:15:14 | 00:22:38.70 | 4:41 | 12.8 |
| 60 | ROGAŁSKI ROBERTO | 153 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-30 | 23 | M 60 | 00:07:20 | 00:15:03 | 00:22:40.35 | 4:41 | 12.8 |
| 61 | RYBARCZYK IRENEUSZ | 156 | | DUNOWO | POLSKA | M-30 | 24 | M 61 | 00:07:36 | 00:15:06 | 00:22:42.70 | 4:42 | 12.8 |
| 62 | SKOWROŃSKI TOMASZ | 158 | | CHAŁUPY | POLSKA | M-30 | 25 | M 62 | 00:07:56 | 00:15:37 | 00:22:51.25 | 4:43 | 12.7 |
| 63 | BYKOWSKI ROBERT | 19 | CSSP KOSZALIN / FORMA ROSNOWO | ROSNOWO | POLSKA | M-40 | 17 | M 63 | 00:08:07 | 00:15:36 | 00:22:51.50 | 4:44 | 12.7 |
| 64 | SKOWYRSKI JANUSZ | 159 | TKKF KOSZALIN | BIESIEKIERZ | POLSKA | M-50 | 9 | M 64 | 00:07:44 | 00:15:22 | 00:22:53.90 | 4:44 | 12.7 |
| 65 | CHWALEBA JAN | 26 | | KOSZALIN | POLSKA | M-50 | 10 | M 65 | 00:08:24 | 00:15:44 | 00:23:00.25 | 4:45 | 12.6 |
| 66 | MRUGAŁSKI DAMIAN | 124 | MOSG | KOSZALIN | POLSKA | M-30 | 26 | M 66 | 00:08:04 | 00:15:51 | 00:23:06.85 | 4:47 | 12.5 |
| 67 | CHOJNACKI BARTOSZ | 23 | JAMNO | KOSZALIN | POLSKA | M-30 | 27 | M 67 | 00:07:45 | 00:15:30 | 00:23:10.85 | 4:47 | 12.5 |

BIEG NIEPODLEGŁOŚCI KOSZALIN - 4.8280 km, M-OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1.609km | 3.218km | Netto | min/km | km/h |
|------|-----------------------|-----|--------------------------|----------------|--------|------|--------|-------|----------|----------|-------------|--------|------|
| 68 | JASIEŃIEKI PIOTR | 66 | | KOSZALIN | POLSKA | M-40 | 18 | M 68 | 00:08:01 | 00:15:44 | 00:23:21.95 | 4:50 | 12.4 |
| 69 | ZAWADA ANDRZEJ | 210 | ZSP1 SŁUPSK | WODNICA | POLSKA | M-50 | 11 | M 69 | 00:07:52 | 00:15:34 | 00:23:24.20 | 4:50 | 12.4 |
| 70 | WYKA MARCIN | 207 | JW 1223 | KOSZALIN | POLSKA | M-16 | 14 | M 70 | 00:08:01 | 00:15:41 | 00:23:25.05 | 4:50 | 12.4 |
| 71 | CESAK GRZEGORZ | 20 | | ZŁOCIEŃIEC | POLSKA | M-16 | 15 | M 71 | 00:08:37 | 00:16:54 | 00:23:34.45 | 4:52 | 12.3 |
| 72 | TUKAJSKI TOMASZ | 195 | BIKE U UP | KOSZALIN | POLSKA | M-30 | 28 | M 72 | 00:07:44 | 00:15:33 | 00:23:35.70 | 4:53 | 12.3 |
| 73 | KARTOSZ MARIUSZ | 77 | RUNGRYF GRYFICE | GRYFICE | POLSKA | M-40 | 19 | M 73 | 00:07:50 | 00:15:41 | 00:23:36.60 | 4:53 | 12.3 |
| 74 | DZIESZUK DARIUSZ | 35 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-40 | 20 | M 74 | 00:08:00 | 00:15:58 | 00:23:39.45 | 4:53 | 12.3 |
| 75 | CHUDZIK ZBIGNIEW | 25 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-50 | 12 | M 75 | 00:08:00 | 00:15:58 | 00:23:45.70 | 4:55 | 12.2 |
| 76 | SZAMREJ PIOTR | 179 | | KOSZALIN | POLSKA | M-16 | 16 | M 76 | 00:08:13 | 00:16:21 | 00:23:46.15 | 4:55 | 12.2 |
| 77 | WALCZAK MARCIN | 199 | | KOSZALIN | POLSKA | M-30 | 29 | M 77 | 00:07:52 | 00:16:06 | 00:23:48.90 | 4:55 | 12.2 |
| 78 | JANUSZEWSKI JACEK | 63 | 17 WOG KOSZALIN | KOSZALIN | POLSKA | M-50 | 13 | M 78 | 00:08:06 | 00:16:04 | 00:23:50.50 | 4:56 | 12.2 |
| 79 | STOKROCKI WOJCIECH | 171 | | KOSZALIN | POLSKA | M-30 | 30 | M 79 | 00:08:25 | 00:16:17 | 00:23:59.20 | 4:57 | 12.1 |
| 80 | SZULC MAREK | 187 | NIEZRZESZONY | BIAŁOGARD | POLSKA | M-50 | 14 | M 80 | 00:08:09 | 00:16:11 | 00:24:00.45 | 4:58 | 12.1 |
| 81 | OLIŃSKI AREK | 131 | WIDZEW | SJANÓW | POLSKA | M-30 | 31 | M 81 | 00:07:46 | 00:16:08 | 00:24:05.45 | 4:59 | 12 |
| 82 | MĘDEL CEZARY | 114 | | KOSZALIN | POLSKA | M-40 | 21 | M 82 | 00:08:00 | 00:16:15 | 00:24:08.05 | 4:59 | 12 |
| 83 | JABŁOŃSKI TOMASZ | 57 | SPOKO | SŁAWNO | POLSKA | M-30 | 32 | M 83 | 00:07:39 | 00:15:54 | 00:24:14.75 | 5:01 | 12 |
| 84 | PLEWKA MARIUSZ | 219 | | KOSZALIN | POLSKA | M-16 | 17 | M 84 | 00:07:09 | 00:16:46 | 00:24:27.60 | 5:03 | 11.8 |
| 85 | KOZŁOWSKI TOMASZ | 3 | | KOSZALIN | POLSKA | M-30 | 33 | M 85 | 00:07:47 | 00:16:03 | 00:24:30.10 | 5:04 | 11.8 |
| 86 | SZPILER KRZYSZTOF | 182 | JW 1223 | KOSZALIN | POLSKA | M-16 | 18 | M 86 | 00:08:33 | 00:16:42 | 00:24:31.70 | 5:04 | 11.8 |
| 87 | HNATOWSKI ARTUR | 54 | DM FC KOSZALIN | KOSZALIN | POLSKA | M-40 | 22 | M 87 | 00:08:02 | 00:16:19 | 00:24:32.65 | 5:04 | 11.8 |
| 88 | REPLAKOWSKI KRZYSZTOF | 150 | | ROSNOWO | POLSKA | M-40 | 23 | M 88 | 00:08:48 | 00:16:48 | 00:24:34.65 | 5:05 | 11.8 |
| 89 | SZULC SZYMON | 185 | GRYF LOK \ SZULC RUNNERS | BIAŁOGARD | POLSKA | M-30 | 34 | M 89 | 00:08:11 | 00:16:46 | 00:24:53.80 | 5:09 | 11.6 |
| 90 | KUPREWICZ GRZEGORZ | 99 | JW 1223 KOSZALIN | KOSZALIN | POLSKA | M-30 | 35 | M 90 | 00:08:12 | 00:16:29 | 00:24:56.95 | 5:09 | 11.6 |
| 91 | WILKOWSKI KRZYSZTOF | 202 | | KOSZALIN | POLSKA | M-30 | 36 | M 91 | 00:08:12 | 00:16:28 | 00:24:57.20 | 5:09 | 11.6 |
| 92 | KRUPIŃSKI KRZYSZTOF | 97 | | KOSZALIN | POLSKA | M-50 | 15 | M 92 | 00:08:21 | 00:16:51 | 00:25:00.20 | 5:10 | 11.6 |
| 93 | ATAŁSKI DAMIAN | 1 | | KOSZALIN | POLSKA | M-30 | 37 | M 93 | 00:08:37 | 00:16:54 | 00:25:06.35 | 5:12 | 11.5 |
| 94 | CHWALEBA MACIEK | 27 | | KOSZALIN | POLSKA | M-16 | 19 | M 94 | 00:08:49 | 00:16:55 | 00:25:10.50 | 5:12 | 11.5 |
| 95 | LEWANDOWSKI ANDRZEJ | 218 | | KOSZALIN | POLSKA | M-30 | 38 | M 95 | 00:08:06 | 00:16:36 | 00:25:28.85 | 5:16 | 11.4 |
| 96 | CHOŁUJ JAREK | 24 | ROZBIEGANI KOSZALIN | KOSZALIN | POLSKA | M-40 | 24 | M 96 | 00:08:57 | 00:17:24 | 00:25:30.75 | 5:16 | 11.4 |
| 97 | OSENKOWSKI ARTUR | 134 | JW1223 KOSZALIN 4DPL0T | KOSZALIN | POLSKA | M-30 | 39 | M 97 | 00:08:53 | 00:17:16 | 00:25:32.70 | 5:17 | 11.3 |
| 98 | GROSIĄK TOMASZ | 48 | | POZNAŃ | POLSKA | M-30 | 40 | M 98 | 00:08:12 | 00:16:59 | 00:25:48.80 | 5:20 | 11.2 |
| 99 | ZIĘBA PAWEŁ | 213 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-40 | 25 | M 99 | 00:07:45 | 00:16:42 | 00:26:00.60 | 5:22 | 11.1 |
| 100 | CYGAN ADAM | 33 | | KOSZALIN | POLSKA | M-50 | 16 | M 100 | 00:09:35 | 00:18:05 | 00:26:00.70 | 5:23 | 11.1 |
| 101 | STOJEWSKI JAROSŁAW | 170 | JA_BEZ_SILNA | SŁAWNO | POLSKA | M-30 | 41 | M 101 | 00:08:29 | 00:17:19 | 00:26:03.75 | 5:23 | 11.1 |
| 102 | WOJCIECHOWSKI ANDRZEJ | 225 | | KOSZALIN | POLSKA | M-40 | 26 | M 102 | 00:08:39 | 00:17:25 | 00:26:07.75 | 5:24 | 11.1 |
| 103 | BATYŃSKI JAKUB | 4 | WŁASNY | KOSZALIN | POLSKA | M-30 | 42 | M 103 | 00:09:04 | 00:17:46 | 00:26:08.50 | 5:24 | 11.1 |
| 104 | KAMIŃSKI TOMASZ | 73 | JW 1223 /24 BST | KOSZALIN | POLSKA | M-30 | 43 | M 104 | 00:08:43 | 00:17:28 | 00:26:16.15 | 5:26 | 11 |
| 105 | BERNACKI ADAM | 8 | WWW.BERNACKI.COM.PL | KOSZALIN | POLSKA | M-40 | 27 | M 105 | 00:08:48 | 00:17:51 | 00:26:24.60 | 5:28 | 11 |
| 106 | KINOWSKI KAROL | 82 | | KOSZALIN | POLSKA | M-40 | 28 | M 106 | 00:09:16 | 00:18:09 | 00:26:26.35 | 5:28 | 11 |
| 107 | LUPZIK RADOŚLAW | 102 | | KOSZALIN | POLSKA | M-16 | 20 | M 107 | 00:09:44 | 00:18:35 | 00:26:37.40 | 5:30 | 10.9 |
| 108 | RETERSKI PRZEMYSŁAW | 151 | | KOSZALIN | POLSKA | M-30 | 44 | M 108 | 00:08:38 | 00:17:38 | 00:26:39.00 | 5:31 | 10.9 |
| 109 | RETERSKI DAMIAN | 152 | | KOSZALIN | POLSKA | M-16 | 21 | M 109 | 00:08:37 | 00:17:38 | 00:26:39.40 | 5:31 | 10.9 |
| 110 | FRĄCZYK MAREK | 39 | SĄ GORSI | BUKOWO MORSKIE | POLSKA | M-16 | 22 | M 110 | 00:09:20 | 00:18:29 | 00:26:50.00 | 5:33 | 10.8 |
| 111 | SPICA ŁUKASZ | 163 | | KOSZALIN | POLSKA | M-16 | 23 | M 111 | 00:09:35 | 00:18:17 | 00:27:04.35 | 5:36 | 10.7 |
| 112 | PECZYŃSKI TOMASZ | 139 | | KOSZALIN | POLSKA | M-16 | 24 | M 112 | 00:09:44 | 00:19:08 | 00:27:04.55 | 5:36 | 10.7 |
| 113 | JASIŃSKI CEZARY | 67 | | KOSZALIN | POLSKA | M-40 | 29 | M 113 | 00:09:01 | 00:18:15 | 00:27:08.45 | 5:37 | 10.7 |
| 114 | ORYSZCZYN ARKADIUSZ | 133 | | KOSZALIN | POLSKA | M-30 | 45 | M 114 | 00:09:35 | 00:18:21 | 00:27:11.55 | 5:37 | 10.7 |
| 115 | KARNICKI ZYGMUNT | 76 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-60 | 1 | M 115 | 00:08:44 | 00:17:55 | 00:27:12.05 | 5:37 | 10.7 |
| 116 | SZADZIŃSKI KRZYSZTOF | 175 | JW 1223 | KOSZALIN | POLSKA | M-40 | 30 | M 116 | 00:08:36 | 00:18:02 | 00:27:14.60 | 5:38 | 10.6 |
| 117 | SOBOLEWSKI MAREK | 161 | | KOSZALIN | POLSKA | M-40 | 31 | M 117 | 00:08:40 | 00:18:21 | 00:27:24.10 | 5:40 | 10.6 |
| 118 | BONISŁAWSKI JAROSŁAW | 11 | FADOMODA TEAM | SŁAWNO | POLSKA | M-30 | 46 | M 118 | 00:09:25 | 00:18:26 | 00:27:25.70 | 5:40 | 10.6 |
| 119 | KOŁODZIEJ JAKUB | 85 | | KOSZALIN | POLSKA | M-30 | 47 | M 119 | 00:09:44 | 00:18:59 | 00:27:28.25 | 5:41 | 10.5 |
| 120 | SZULC ADAM | 184 | NIEZRZESZONY | BIAŁOGARD | POLSKA | M-16 | 25 | M 120 | 00:08:27 | 00:18:05 | 00:27:28.35 | 5:41 | 10.5 |
| 121 | HELLER ZDZIŚLAW | 53 | NIEZRZESZONY | KOSZALIN | POLSKA | M-60 | 2 | M 121 | 00:09:03 | 00:18:19 | 00:27:28.60 | 5:41 | 10.5 |
| 122 | MRUGALSKI STANISŁAW | 123 | | MIASTKO | POLSKA | M-50 | 17 | M 122 | 00:09:14 | 00:18:28 | 00:27:28.65 | 5:41 | 10.6 |
| 123 | PAULIŃSKI JAN | 227 | | KOSZALIN | POLSKA | M-60 | 3 | M 123 | 00:09:04 | 00:18:28 | 00:27:45.50 | 5:44 | 10.4 |
| 124 | KACAŁA JACEK | 221 | | KOSZALIN | POLSKA | M-30 | 48 | M 124 | 00:09:26 | 00:18:36 | 00:27:45.85 | 5:44 | 10.4 |

BIEG NIEPODLEGŁOŚCI KOSZALIN - 4.8280 km, M-OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1.609km | 3.218km | Netto | min/km | km/h |
|------|----------------------|-----|-----------------------|-------------|--------|------|--------|-------|----------|----------|-------------|--------|------|
| 125 | MEHDI RAUL | 112 | | RZESZÓW | POLSKA | M-30 | 49 | M 125 | 00:09:50 | 00:19:01 | 00:27:50.50 | 5:45 | 10.4 |
| 126 | JANACZYK MARCIN | 61 | JW 1223 | KOSZALIN | POLSKA | M-30 | 50 | M 126 | 00:09:09 | 00:18:35 | 00:28:01.60 | 5:48 | 10.3 |
| 127 | BURDA BARTOSZ | 17 | | KOSZALIN | POLSKA | M-16 | 26 | M 127 | 00:09:45 | 00:19:07 | 00:28:09.55 | 5:49 | 10.3 |
| 128 | JANKOWSKI REMIGIUSZ | 62 | | KOŁOBRZEG | POLSKA | M-30 | 51 | M 128 | 00:08:59 | 00:18:35 | 00:28:12.60 | 5:50 | 10.3 |
| 129 | SKRZYPEK MARCIN | 160 | NIETOPERZE KOSZALIN | KOSZALIN | POLSKA | M-30 | 52 | M 129 | 00:09:15 | 00:18:28 | 00:28:14.35 | 5:50 | 10.3 |
| 130 | MASZOTA RAFAŁ | 109 | | ŁĘBORK | POLSKA | M-40 | 32 | M 130 | 00:09:29 | 00:19:03 | 00:28:18.00 | 5:51 | 10.2 |
| 131 | BRESZKA PAWEŁ | 14 | BIEGNIJMY TO | DARŁOWO | POLSKA | M-40 | 33 | M 131 | 00:09:42 | 00:19:14 | 00:28:38.90 | 5:55 | 10.1 |
| 132 | JAKUBOWSKI KRYSZTIAN | 60 | BIEGNIJMY TO | DARŁOWO | POLSKA | M-30 | 53 | M 132 | 00:09:43 | 00:19:15 | 00:28:39.65 | 5:56 | 10.1 |
| 133 | RADECKI JACEK | 224 | CSSP KOSZALIN | KOSZALIN | POLSKA | M-40 | 34 | M 133 | 00:09:27 | 00:19:06 | 00:28:48.30 | 5:57 | 10.1 |
| 134 | KACZMAREK ŁUKASZ | 70 | WOJOWNICY WÓDY | KOSZALIN | POLSKA | M-30 | 54 | M 134 | 00:09:26 | 00:19:03 | 00:28:49.10 | 5:57 | 10.1 |
| 135 | BENEDYSIUK SŁAWOMIR | 6 | CSSP KOSZALIN | KOSZALIN | POLSKA | M-40 | 35 | M 135 | 00:09:26 | 00:19:03 | 00:28:49.10 | 5:57 | 10.1 |
| 136 | KAJKOWSKI RAFAŁ | 71 | MAŁDOMRAFIWA KOSZALIN | KOSZALIN | POLSKA | M-40 | 36 | M 136 | 00:09:26 | 00:19:04 | 00:28:49.65 | 5:58 | 10.1 |
| 137 | KRASIŃSKI WITOLD | 94 | | KOSZALIN | POLSKA | M-40 | 37 | M 137 | 00:09:26 | 00:19:03 | 00:28:49.80 | 5:57 | 10.1 |
| 138 | KALETA SEBASTIAN | 72 | CSSP KOSZALIN | KOSZALIN | POLSKA | M-40 | 38 | M 138 | 00:09:26 | 00:19:04 | 00:28:50.15 | 5:58 | 10.1 |
| 139 | ŁUKASZCZYK MARCIN | 104 | DE PERRO | KOSZALIN | POLSKA | M-30 | 55 | M 139 | 00:09:47 | 00:19:25 | 00:29:01.30 | 6:00 | 10 |
| 140 | HRYCIOŃ PAWEŁ | 55 | BIAŁOGARD | BIAŁOGARD | POLSKA | M-30 | 56 | M 140 | 00:09:47 | 00:20:02 | 00:29:34.35 | 6:07 | 9.8 |
| 141 | ROSIŃSKI RAFAŁ | 228 | | KOSZALIN | POLSKA | M-30 | 57 | M 141 | 00:10:00 | 00:20:12 | 00:29:55.55 | 6:11 | 9.7 |
| 142 | ZIELIŃSKI JAROSŁAW | 212 | AMATOR | BIAŁOGARD | POLSKA | M-30 | 58 | M 142 | 00:09:16 | 00:19:29 | 00:30:06.90 | 6:14 | 9.6 |
| 143 | NEJMAN GRZEGORZ | 128 | ORLEN RUNNING TEAM | PŁOCK | POLSKA | M-40 | 39 | M 143 | 00:10:13 | 00:20:20 | 00:30:21.65 | 6:17 | 9.5 |
| 144 | KIPER JAROSŁAW | 83 | JW 1223 | STRZEKĘCINO | POLSKA | M-40 | 40 | M 144 | 00:09:37 | 00:19:58 | 00:30:21.75 | 6:17 | 9.5 |
| 145 | WOLSKI ZBIGNIEW | 222 | | MIASTKO | POLSKA | M-50 | 18 | M 145 | 00:09:48 | 00:20:09 | 00:30:46.95 | 6:22 | 9.4 |
| 146 | GAWLIK ARTUR | 40 | BIEGNIJMY.PL | KOSZALIN | POLSKA | M-30 | 59 | M 146 | 00:10:09 | 00:21:15 | 00:32:42.05 | 6:46 | 8.9 |
| 147 | HAUSMAN ANDRZEJ | 52 | KSR ROWERIA | KOSZALIN | POLSKA | M-60 | 4 | M 147 | 00:10:13 | 00:21:19 | 00:32:48.25 | 6:47 | 8.8 |
| 148 | BERTHELSEN ROBERT | 220 | | KOSZALIN | POLSKA | M-50 | 19 | M 148 | 00:10:17 | 00:21:18 | 00:33:20.65 | 6:54 | 8.7 |
| 149 | SIWIEC PIOTR | 157 | | KOSZALIN | POLSKA | M-16 | 27 | M 149 | 00:11:43 | 00:24:13 | 00:36:14.35 | 7:30 | 8 |
| 150 | GIL REMIGIUSZ | 41 | LYCONET PRO TEAM | KRETOMINO | POLSKA | M-30 | 60 | M 150 | 00:07:57 | 00:16:08 | | 5:00 | 12 |

BIEG NIEPODLEGŁOŚCI KOSZALIN - 4.8280 km, K-16

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1.609km | 3.218km | Netto | min/km | km/h |
|------|-----------------------------|-----|-------------------|----------------|--------|------|--------|------|----------|----------|-------------|--------|------|
| 1 | BENTKOWSKA NATALIA | 7 | CSSP KOSZALIN | PRĄDOCIN | POLSKA | K-16 | 1 | K 3 | 00:07:24 | 00:14:47 | 00:22:04.80 | 4:34 | 13.1 |
| 2 | MRUGALSKA MAGDALENA | 122 | JW1223 | KOSZALIN | POLSKA | K-16 | 2 | K 5 | 00:08:03 | 00:15:50 | 00:23:07.10 | 4:47 | 12.5 |
| 3 | KOŚLA SARA | 87 | ZSP1 SŁUPSK | SUCHORZE | POLSKA | K-16 | 3 | K 6 | 00:07:44 | 00:15:50 | 00:23:27.65 | 4:51 | 12.3 |
| 4 | GRAJ JOANNA | 47 | | KOSZALIN | POLSKA | K-16 | 4 | K 15 | 00:08:19 | 00:17:13 | 00:26:02.05 | 5:23 | 11.1 |
| 5 | STOJIEWSKA KATARZYNA | 169 | JA_BEZ_SILNA | SŁAWNO | POLSKA | K-16 | 5 | K 17 | 00:08:30 | 00:17:20 | 00:26:04.05 | 5:23 | 11.1 |
| 6 | HAŁKA OLA | 51 | | KOSZALIN | POLSKA | K-16 | 6 | K 21 | 00:09:09 | 00:18:06 | 00:26:39.50 | 5:31 | 10.9 |
| 7 | CYGAN MARTA | 32 | | KOSZALIN | POLSKA | K-16 | 7 | K 22 | 00:09:42 | 00:18:38 | 00:26:43.15 | 5:31 | 10.8 |
| 8 | MACIEJCZYK ANNA | 105 | SAGORSI | BUKOWO MORSKIE | POLSKA | K-16 | 8 | K 27 | 00:09:18 | 00:18:26 | 00:27:16.15 | 5:38 | 10.6 |
| 9 | MALINOWSKA-BURDA ALEKSANDRA | 107 | | KOSZALIN | POLSKA | K-16 | 9 | K 32 | 00:09:45 | 00:19:07 | 00:28:09.30 | 5:49 | 10.3 |
| 10 | JARKIEWICZ MARLENA | 64 | | KOSZALIN | POLSKA | K-16 | 10 | K 33 | 00:09:45 | 00:19:09 | 00:28:14.85 | 5:50 | 10.3 |
| 11 | JAKUBCZYK AGNIESZKA | 58 | BABECZKI KOSZALIN | STRZEGLINO | POLSKA | K-16 | 11 | K 41 | 00:09:56 | 00:20:29 | 00:30:59.00 | 6:24 | 9.4 |
| 12 | MICHALCZYK MAŁGORZATA | 118 | WOJOWNICY WÓDY | KOSZALIN | POLSKA | K-16 | 12 | K 46 | 00:10:05 | 00:20:57 | 00:31:47.90 | 6:35 | 9.1 |
| 13 | JAKUBOWSKA ANNA | 59 | | KOSZALIN | POLSKA | K-16 | 13 | K 50 | 00:11:39 | 00:22:13 | 00:32:35.55 | 6:44 | 8.9 |
| 14 | WOLSKA MAGDALENA | 223 | | MIASTKO | POLSKA | K-16 | 14 | K 51 | 00:10:28 | 00:21:14 | 00:32:46.35 | 6:47 | 8.8 |
| 15 | PEŁECHATA JULITA | 140 | | KOŁOBRZEG | POLSKA | K-16 | 15 | K 52 | 00:11:44 | 00:24:14 | 00:36:14.70 | 7:30 | 8 |

BIEG NIEPODLEGŁOŚCI KOSZALIN - 4.8280 km, M-16

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1.609km | 3.218km | Netto | min/km | km/h |
|------|----------------------|-----|------------------------------|-----------|--------|------|--------|-----|----------|----------|-------------|--------|------|
| 1 | WITKOWSKI MATEUSZ | 204 | CSSP KOSZALIN | KOSZALIN | POLSKA | M-16 | 1 | M 1 | 00:05:27 | 00:10:47 | 00:16:15.05 | 3:22 | 17.8 |
| 2 | MADEJSKI KRZYSZTOF | 106 | XRUNNERS IJW1223 | BIAŁOGARD | POLSKA | M-16 | 2 | M 4 | 00:05:44 | 00:11:32 | 00:17:21.35 | 3:35 | 16.7 |
| 3 | SZKOŁUDA MIŁOSZ | 181 | | POLANÓW | POLSKA | M-16 | 3 | M 7 | 00:05:59 | 00:12:08 | 00:18:17.70 | 3:47 | 15.8 |
| 4 | ZAGAJEWSKI RAFAŁ | 209 | SPRINT SŁAWNO | MAŁECHOWO | POLSKA | M-16 | 4 | M 8 | 00:05:48 | 00:12:05 | 00:18:30.35 | 3:49 | 15.7 |
| 5 | USTIANOWSKI WOJCIECH | 197 | JW1223 (ROZBIEGANY KOSZALIN) | KOSZALIN | POLSKA | M-16 | 5 | M 9 | 00:06:21 | 00:12:50 | 00:18:57.95 | 3:55 | 15.3 |

BIEG NIEPODLEGŁOŚCI KOSZALIN - 4.8280 km, M-16 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1.609km | 3.218km | Netto | min/km | km/h |
|------|---------------------|-----|--------------------|----------------|--------|------|--------|-------|----------|----------|-------------|--------|------|
| 6 | STEBELSKI JASIEK | 166 | | KOSZALIN | POLSKA | M-16 | 6 | M 10 | 00:06:19 | 00:12:44 | 00:19:00.65 | 3:56 | 15.2 |
| 7 | GLAZER PIOTR | 42 | | IWIĘCINO | POLSKA | M-16 | 7 | M 17 | 00:06:19 | 00:12:47 | 00:19:32.45 | 4:02 | 14.8 |
| 8 | NACHYŁA PAWEŁ | 125 | DZIKI KOSZALIN | KOSZALIN | POLSKA | M-16 | 8 | M 23 | 00:06:30 | 00:13:21 | 00:20:15.00 | 4:11 | 14.3 |
| 9 | FALKO PIOTR | 37 | JW1223 | KOSZALIN | POLSKA | M-16 | 9 | M 24 | 00:06:35 | 00:13:29 | 00:20:25.45 | 4:13 | 14.2 |
| 10 | RUTKOWSKI ARTUR | 154 | RUTKOWSKI TEAM | SIANÓW | POLSKA | M-16 | 10 | M 32 | 00:06:43 | 00:14:03 | 00:21:21.75 | 4:25 | 13.6 |
| 11 | GOŃKA KRZYSZTOF | 45 | DECATHLON KOSZALIN | KOSZALIN | POLSKA | M-16 | 11 | M 45 | 00:07:36 | 00:15:02 | 00:22:10.60 | 4:35 | 13.1 |
| 12 | GLISZCZYŃSKI ŁUKASZ | 43 | SPRINT SŁAWNO | BYTÓW | POLSKA | M-16 | 12 | M 52 | 00:07:06 | 00:14:48 | 00:22:29.05 | 4:39 | 12.9 |
| 13 | WASYLÓW MATEUSZ | 200 | | DROZDOWO | POLSKA | M-16 | 13 | M 58 | 00:07:35 | 00:15:06 | 00:22:38.30 | 4:41 | 12.8 |
| 14 | WYKA MARCIN | 207 | JW 1223 | KOSZALIN | POLSKA | M-16 | 14 | M 70 | 00:08:01 | 00:15:41 | 00:23:25.05 | 4:50 | 12.4 |
| 15 | CESAŁ GRZEGORZ | 20 | | ZŁOCIEŃCIEC | POLSKA | M-16 | 15 | M 71 | 00:08:37 | 00:16:54 | 00:23:34.45 | 4:52 | 12.3 |
| 16 | SZAMREJ PIOTR | 179 | | KOSZALIN | POLSKA | M-16 | 16 | M 76 | 00:08:13 | 00:16:21 | 00:23:46.15 | 4:55 | 12.2 |
| 17 | PLEWKA MARIUSZ | 219 | | KOSZALIN | POLSKA | M-16 | 17 | M 84 | 00:07:09 | 00:16:46 | 00:24:27.60 | 5:03 | 11.8 |
| 18 | SZPILER KRZYSZTOF | 182 | JW 1223 | KOSZALIN | POLSKA | M-16 | 18 | M 86 | 00:08:33 | 00:16:42 | 00:24:31.70 | 5:04 | 11.8 |
| 19 | CHWALEBA MACIEK | 27 | | KOSZALIN | POLSKA | M-16 | 19 | M 94 | 00:08:49 | 00:16:55 | 00:25:10.50 | 5:12 | 11.5 |
| 20 | LUPZIK RADOŚLAW | 102 | | KOSZALIN | POLSKA | M-16 | 20 | M 107 | 00:09:44 | 00:18:35 | 00:26:37.40 | 5:30 | 10.9 |
| 21 | RETERSKI DAMIAN | 152 | | KOSZALIN | POLSKA | M-16 | 21 | M 109 | 00:08:37 | 00:17:38 | 00:26:39.40 | 5:31 | 10.9 |
| 22 | FRAŃCZYK MAREK | 39 | SĄ GORSI | BUKOWO MORSKIE | POLSKA | M-16 | 22 | M 110 | 00:09:20 | 00:18:29 | 00:26:50.00 | 5:33 | 10.8 |
| 23 | SPICA ŁUKASZ | 163 | | KOSZALIN | POLSKA | M-16 | 23 | M 111 | 00:09:35 | 00:18:17 | 00:27:04.35 | 5:36 | 10.7 |
| 24 | PECZYŃSKI TOMASZ | 139 | | KOSZALIN | POLSKA | M-16 | 24 | M 112 | 00:09:44 | 00:19:08 | 00:27:04.55 | 5:36 | 10.7 |
| 25 | SZULC ADAM | 184 | NIEZRZESZONY | BIAŁOGARD | POLSKA | M-16 | 25 | M 120 | 00:08:27 | 00:18:05 | 00:27:28.35 | 5:41 | 10.5 |
| 26 | BURDA BARTOSZ | 17 | | KOSZALIN | POLSKA | M-16 | 26 | M 127 | 00:09:45 | 00:19:07 | 00:28:09.55 | 5:49 | 10.3 |
| 27 | SIWIEC PIOTR | 157 | | KOSZALIN | POLSKA | M-16 | 27 | M 149 | 00:11:43 | 00:24:13 | 00:36:14.35 | 7:30 | 8 |

BIEG NIEPODLEGŁOŚCI KOSZALIN - 4.8280 km, K-30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1.609km | 3.218km | Netto | min/km | km/h |
|------|-------------------------------|-----|---------------------|-------------|--------|------|--------|------|----------|----------|-------------|--------|------|
| 1 | KOTARA-PAŁKA MAŁGORZATA | 88 | | KOSZALIN | POLSKA | K-30 | 1 | K 1 | 00:06:53 | 00:13:40 | 00:20:34.85 | 4:15 | 14.1 |
| 2 | SZABLA EWELINA | 174 | | MIASTKO | POLAND | K-30 | 2 | K 4 | 00:07:21 | 00:15:06 | 00:22:45.45 | 4:42 | 12.7 |
| 3 | CHODOR IZABELA | 21 | | GORZEBADŹ | POLSKA | K-30 | 3 | K 8 | 00:08:19 | 00:16:14 | 00:23:54.90 | 4:57 | 12.1 |
| 4 | CHODOR MARTYNA | 22 | TKKF KOSZALIN | KOSZALIN | POLSKA | K-30 | 4 | K 9 | 00:08:20 | 00:16:15 | 00:23:56.50 | 4:57 | 12.1 |
| 5 | BORKOWSKA-KOWALCZYK DARIA | 12 | BIEGAM BO LUBIĘ | KOSZALIN | POLSKA | K-30 | 5 | K 11 | 00:08:18 | 00:16:35 | 00:24:47.05 | 5:07 | 11.7 |
| 6 | ZIÓŁKOWSKA MAŁGORZATA | 214 | | KOSZALIN | POLSKA | K-30 | 6 | K 13 | 00:08:57 | 00:17:24 | 00:25:30.50 | 5:16 | 11.4 |
| 7 | SZYMAŃSKA AGNIESZKA | 188 | | KOSZALIN | POLSKA | K-30 | 7 | K 16 | 00:08:59 | 00:17:32 | 00:26:02.85 | 5:23 | 11.1 |
| 8 | PSTRAĞOWSKA MARLENA | 146 | BIEGNIJMY.PL | KOSZALIN | POLSKA | K-30 | 8 | K 18 | 00:08:47 | 00:17:43 | 00:26:11.95 | 5:25 | 11.1 |
| 9 | POLAŃSKA KATARZYNA | 144 | DZIKI KOSZALIN | KOSZALIN | POLSKA | K-30 | 9 | K 19 | 00:08:36 | 00:17:38 | 00:26:28.35 | 5:28 | 10.9 |
| 10 | KACAŁA OLGA | 69 | | KOSZALIN | POLSKA | K-30 | 10 | K 23 | 00:09:05 | 00:18:07 | 00:26:45.75 | 5:32 | 10.8 |
| 11 | WIŚNIEWSKA ANNA | 203 | | KONIKOWO | POLSKA | K-30 | 11 | K 24 | 00:08:42 | 00:17:58 | 00:26:55.35 | 5:34 | 10.8 |
| 12 | MAZUREK BARBARA | 111 | BABECZKI KOSZALIN | KOSZALIN | POLSKA | K-30 | 12 | K 25 | 00:08:51 | 00:17:52 | 00:26:58.20 | 5:35 | 10.7 |
| 13 | MICHALAK ANNA | 117 | | KOSZALIN | POLSKA | K-30 | 13 | K 26 | 00:09:09 | 00:18:15 | 00:27:09.80 | 5:37 | 10.7 |
| 14 | BONISŁAWSKA MAŁGORZATA | 10 | ZUZIA&ZOSIA | SŁAWNO | POLSKA | K-30 | 14 | K 28 | 00:09:23 | 00:18:27 | 00:27:24.85 | 5:40 | 10.6 |
| 15 | GZELA OLGA | 50 | ROZBIEGANY KOSZALIN | KOSZALIN | POLSKA | K-30 | 15 | K 29 | 00:08:55 | 00:18:24 | 00:27:29.95 | 5:41 | 10.5 |
| 16 | KOMOROWSKA BEATA | 86 | ROZBIEGANY KOSZALIN | KOSZALIN | POLSKA | K-30 | 16 | K 30 | 00:08:59 | 00:18:19 | 00:27:39.60 | 5:43 | 10.5 |
| 17 | URBAŃSKA ANETTA | 196 | | KOSZALIN | POLSKA | K-30 | 17 | K 34 | 00:09:04 | 00:18:41 | 00:28:29.70 | 5:54 | 10.2 |
| 18 | STEC EDYTA | 167 | | KOSZALIN | POLSKA | K-30 | 18 | K 35 | 00:09:20 | 00:19:14 | 00:28:36.55 | 5:55 | 10.1 |
| 19 | MOŻEJKO ANNA | 121 | BABECZKI KOSZALIN | KOSZALIN | POLSKA | K-30 | 19 | K 36 | 00:09:20 | 00:19:13 | 00:28:36.75 | 5:55 | 10.1 |
| 20 | STANCZEWSKA KAROLINA | 165 | | BIAŁOGARD | POLSKA | K-30 | 20 | K 37 | 00:09:57 | 00:20:13 | 00:29:24.15 | 6:05 | 9.9 |
| 21 | SZAJDECKA ANNA | 177 | BIAŁOGARD | BIAŁOGARD | POLSKA | K-30 | 21 | K 38 | 00:09:47 | 00:20:02 | 00:29:34.15 | 6:07 | 9.8 |
| 22 | SZAFIROWICZ-CHOJNACKA PAULINA | 176 | | KOSZALIN | POLSKA | K-30 | 22 | K 42 | 00:10:28 | 00:21:02 | 00:31:06.20 | 6:26 | 9.3 |
| 23 | PŁONKA JOANNA | 143 | | WRZEŚNICA | POLSKA | K-30 | 23 | K 45 | 00:10:07 | 00:20:53 | 00:31:41.45 | 6:33 | 9.1 |
| 24 | KASPRZAK MAŁGORZATA | 78 | BIEDRONKI | BIAŁOGARD | POLSKA | K-30 | 24 | K 47 | 00:09:58 | 00:20:54 | 00:32:17.00 | 6:41 | 9 |
| 25 | KASPRZAK KAROLINA | 79 | | STRZEŻENICE | POLSKA | K-30 | 25 | K 48 | 00:10:10 | 00:21:09 | 00:32:21.15 | 6:41 | 9 |
| 26 | STACH EWELINA | 164 | JOANNA PŁONKA | SŁAWNO | POLSKA | K-30 | 26 | K 53 | 00:11:06 | 00:23:33 | 00:36:24.70 | 7:32 | 8 |

BIEG NIEPODLEGŁOŚCI KOSZALIN - 4.8280 km, M-30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1.609km | 3.218km | Netto | min/km | km/h |
|------|------------------------|-----|------------------------------|-----------------|--------|------|--------|-------|----------|----------|-------------|--------|------|
| 1 | BORZECKI NORBERT | 13 | | KOSZALIN | POLSKA | M-30 | 1 | M 2 | 00:05:26 | 00:10:49 | 00:16:28.40 | 3:24 | 17.6 |
| 2 | BEDNARZ PAWEŁ | 5 | 13-TY FUN CLUB ASI CHMIEL :* | KOSZALIN-NACŁAW | POLSKA | M-30 | 2 | M 3 | 00:05:28 | 00:11:09 | 00:16:48.10 | 3:28 | 17.2 |
| 3 | FAMULSKI CEZARY | 38 | JW 1223 KOSZALIN | ROSNOWO | POLSKA | M-30 | 3 | M 6 | 00:06:03 | 00:12:10 | 00:18:07.10 | 3:45 | 16 |
| 4 | GOLECKI MIROSLAW | 44 | CSSP KOSZALIN | ROSNOWO | POLSKA | M-30 | 4 | M 11 | 00:06:24 | 00:12:39 | 00:19:02.95 | 3:56 | 15.2 |
| 5 | SZEWCUK PAWEŁ | 180 | | ROSNOWO | POLSKA | M-30 | 5 | M 14 | 00:06:12 | 00:12:41 | 00:19:19.65 | 4:00 | 15 |
| 6 | MOSEK RADOŚLAW | 120 | | ROSNOWO | POLSKA | M-30 | 6 | M 18 | 00:06:24 | 00:13:00 | 00:19:39.35 | 4:04 | 14.7 |
| 7 | KAPUSCINSKI ROBERT | 75 | JW 1223 KOSZALIN | KOSZALIN | POLSKA | M-30 | 7 | M 21 | 00:06:30 | 00:13:10 | 00:19:52.15 | 4:06 | 14.6 |
| 8 | RAJNER KRZYSZTOF | 149 | | KOSZALIN | POLSKA | M-30 | 8 | M 22 | 00:06:37 | 00:13:17 | 00:20:01.15 | 4:08 | 14.5 |
| 9 | CIUPA MARCIN | 30 | H2 DESIGN | KOSZALIN | POLSKA | M-30 | 9 | M 26 | 00:07:01 | 00:13:59 | 00:20:50.35 | 4:18 | 13.9 |
| 10 | TESKA BARTOSZ | 191 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-30 | 10 | M 27 | 00:06:54 | 00:13:57 | 00:20:52.30 | 4:19 | 13.9 |
| 11 | KOZŁOWSKI TOMASZ | 91 | | KOSZALIN | POLSKA | M-30 | 11 | M 28 | 00:06:38 | 00:13:46 | 00:20:56.85 | 4:20 | 13.8 |
| 12 | KRACZKOWSKI PRZEMYSŁAW | 92 | | KOSZALIN | POLSKA | M-30 | 12 | M 29 | 00:06:58 | 00:13:59 | 00:21:02.80 | 4:21 | 13.8 |
| 13 | MISIKONIS KAMIL | 119 | KS MASTERS GRYFICE | GRYFICE | POLSKA | M-30 | 13 | M 33 | 00:06:46 | 00:14:11 | 00:21:33.75 | 4:27 | 13.4 |
| 14 | SZYMAJDA GRZEGORZ | 215 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-30 | 14 | M 38 | 00:07:07 | 00:14:35 | 00:21:52.30 | 4:31 | 13.3 |
| 15 | PSTRĄGOWSKI MARCIN | 147 | DZIKI KOSZALIN | KOSZALIN | POLSKA | M-30 | 15 | M 39 | 00:06:49 | 00:14:23 | 00:21:56.45 | 4:32 | 13.2 |
| 16 | KAMYK PIOTR | 74 | MH KOSZALIN - IT SERWIS | KOSZALIN | POLSKA | M-30 | 16 | M 40 | 00:06:57 | 00:14:26 | 00:21:57.15 | 4:32 | 13.2 |
| 17 | DZIEBOWSKI MARIUSZ | 36 | | KOSZALIN | POLSKA | M-30 | 17 | M 41 | 00:07:17 | 00:14:46 | 00:21:58.35 | 4:32 | 13.2 |
| 18 | MAZUR MARCIN | 110 | | KOSZALIN | POLSKA | M-30 | 18 | M 47 | 00:07:48 | 00:15:13 | 00:22:11.45 | 4:35 | 13.1 |
| 19 | ZDROWIECKI ARTUR | 211 | | KOSZALIN | POLSKA | M-30 | 19 | M 50 | 00:07:06 | 00:14:48 | 00:22:26.10 | 4:38 | 12.9 |
| 20 | SOKOŁOWSKI MACIEJ | 162 | | KOSZALIN | POLSKA | M-30 | 20 | M 53 | 00:07:45 | 00:15:07 | 00:22:29.35 | 4:39 | 12.9 |
| 21 | KULAKOWSKI DAWID | 98 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-30 | 21 | M 55 | 00:07:19 | 00:14:52 | 00:22:30.25 | 4:39 | 12.9 |
| 22 | ŁABEJSZA ŁUKASZ | 103 | WOJOWNICY WÓDY | KOSZALIN | POLSKA | M-30 | 22 | M 59 | 00:07:40 | 00:15:14 | 00:22:38.70 | 4:41 | 12.8 |
| 23 | ROGAŁSKI ROBERTO | 153 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-30 | 23 | M 60 | 00:07:20 | 00:15:03 | 00:22:40.35 | 4:41 | 12.8 |
| 24 | RYBARCZYK IRENEUSZ | 156 | | DUNOWO | POLSKA | M-30 | 24 | M 61 | 00:07:36 | 00:15:06 | 00:22:42.70 | 4:42 | 12.8 |
| 25 | SKOWROŃSKI TOMASZ | 158 | | CHAŁUPY | POLSKA | M-30 | 25 | M 62 | 00:07:56 | 00:15:37 | 00:22:51.25 | 4:43 | 12.7 |
| 26 | MRUGALSKI DAMIAN | 124 | MOSG | KOSZALIN | POLSKA | M-30 | 26 | M 66 | 00:08:04 | 00:15:51 | 00:23:06.85 | 4:47 | 12.5 |
| 27 | CHOJNACKI BARTOSZ | 23 | JAMNO | KOSZALIN | POLSKA | M-30 | 27 | M 67 | 00:07:45 | 00:15:30 | 00:23:10.85 | 4:47 | 12.5 |
| 28 | TUKAJSKI TOMASZ | 195 | BIKE U UP | KOSZALIN | POLSKA | M-30 | 28 | M 72 | 00:07:44 | 00:15:33 | 00:23:35.70 | 4:53 | 12.3 |
| 29 | WALCZAK MARCIN | 199 | | KOSZALIN | POLSKA | M-30 | 29 | M 77 | 00:07:52 | 00:16:06 | 00:23:48.90 | 4:55 | 12.2 |
| 30 | STOKROCKI WOJCIECH | 171 | | KOSZALIN | POLSKA | M-30 | 30 | M 79 | 00:08:25 | 00:16:17 | 00:23:59.20 | 4:57 | 12.1 |
| 31 | OLIŃSKI AREK | 131 | WIDZEW | SIANÓW | POLSKA | M-30 | 31 | M 81 | 00:07:46 | 00:16:08 | 00:24:05.45 | 4:59 | 12 |
| 32 | JABŁOŃSKI TOMASZ | 57 | SPOKO | SŁAWNO | POLSKA | M-30 | 32 | M 83 | 00:07:39 | 00:15:54 | 00:24:14.75 | 5:01 | 12 |
| 33 | KOZŁOWSKI TOMASZ | 3 | | KOSZALIN | POLSKA | M-30 | 33 | M 85 | 00:07:47 | 00:16:03 | 00:24:30.10 | 5:04 | 11.8 |
| 34 | SZULC SZYMON | 185 | GRYF LOK \ SZULC RUNNERS | BIAŁOGARD | POLSKA | M-30 | 34 | M 89 | 00:08:11 | 00:16:46 | 00:24:53.80 | 5:09 | 11.6 |
| 35 | KUPREWICZ GRZEGORZ | 99 | JW 1223 KOSZALIN | KOSZALIN | POLSKA | M-30 | 35 | M 90 | 00:08:12 | 00:16:29 | 00:24:56.95 | 5:09 | 11.6 |
| 36 | WILKOWSKI KRZYSZTOF | 202 | | KOSZALIN | POLSKA | M-30 | 36 | M 91 | 00:08:12 | 00:16:28 | 00:24:57.20 | 5:09 | 11.6 |
| 37 | ATALSKI DAMIAN | 1 | | KOSZALIN | POLSKA | M-30 | 37 | M 93 | 00:08:37 | 00:16:54 | 00:25:06.35 | 5:12 | 11.5 |
| 38 | LEWANDOWSKI ANDRZEJ | 218 | | KOSZALIN | POLSKA | M-30 | 38 | M 95 | 00:08:06 | 00:16:36 | 00:25:28.85 | 5:16 | 11.4 |
| 39 | OSKOWSKI ARTUR | 134 | JW1223 KOSZALIN 4DPL0T | KOSZALIN | POLSKA | M-30 | 39 | M 97 | 00:08:53 | 00:17:16 | 00:25:32.70 | 5:17 | 11.3 |
| 40 | GROSIĄK TOMASZ | 48 | | POZNAŃ | POLSKA | M-30 | 40 | M 98 | 00:08:12 | 00:16:59 | 00:25:48.80 | 5:20 | 11.2 |
| 41 | STOJEWSKI JAROSŁAW | 170 | JA_BEZ_SILNA | SŁAWNO | POLSKA | M-30 | 41 | M 101 | 00:08:29 | 00:17:19 | 00:26:03.75 | 5:23 | 11.1 |
| 42 | BATYŃSKI JAKUB | 4 | WŁASNY | KOSZALIN | POLSKA | M-30 | 42 | M 103 | 00:09:04 | 00:17:46 | 00:26:08.50 | 5:24 | 11.1 |
| 43 | KAMIŃSKI TOMASZ | 73 | JW 1223 /24 BST | KOSZALIN | POLSKA | M-30 | 43 | M 104 | 00:08:43 | 00:17:28 | 00:26:16.15 | 5:26 | 11 |
| 44 | RETORSKI PRZEMYSŁAW | 151 | | KOSZALIN | POLSKA | M-30 | 44 | M 108 | 00:08:38 | 00:17:38 | 00:26:39.00 | 5:31 | 10.9 |
| 45 | ORYSZCZYN ARKADIUSZ | 133 | | KOSZALIN | POLSKA | M-30 | 45 | M 114 | 00:09:35 | 00:18:21 | 00:27:11.55 | 5:37 | 10.7 |
| 46 | BONIŚLAWSKI JAROSŁAW | 11 | FADOMODA TEAM | SŁAWNO | POLSKA | M-30 | 46 | M 118 | 00:09:25 | 00:18:26 | 00:27:25.70 | 5:40 | 10.6 |
| 47 | KOŁODZIEJ JAKUB | 85 | | KOSZALIN | POLSKA | M-30 | 47 | M 119 | 00:09:44 | 00:18:59 | 00:27:28.25 | 5:41 | 10.5 |
| 48 | KACAŁA JACEK | 221 | | KOSZALIN | POLSKA | M-30 | 48 | M 124 | 00:09:26 | 00:18:36 | 00:27:45.85 | 5:44 | 10.4 |
| 49 | MEHDI RAUL | 112 | | RZESZÓW | POLSKA | M-30 | 49 | M 125 | 00:09:50 | 00:19:01 | 00:27:50.50 | 5:45 | 10.4 |
| 50 | JANACZYK MARCIN | 61 | JW 1223 | KOSZALIN | POLSKA | M-30 | 50 | M 126 | 00:09:09 | 00:18:35 | 00:28:01.60 | 5:48 | 10.3 |
| 51 | JANKOWSKI REMIGIUSZ | 62 | | KOŁOBRZEG | POLSKA | M-30 | 51 | M 128 | 00:08:59 | 00:18:35 | 00:28:12.60 | 5:50 | 10.3 |
| 52 | SKRZYPEK MARCIN | 160 | NIETOPERZE KOSZALIN | KOSZALIN | POLSKA | M-30 | 52 | M 129 | 00:09:15 | 00:18:28 | 00:28:14.35 | 5:50 | 10.3 |
| 53 | JAKUBOWSKI KRYSZTIAN | 60 | BIEGNIJMY TO | DARŁOWO | POLSKA | M-30 | 53 | M 132 | 00:09:43 | 00:19:15 | 00:28:39.65 | 5:56 | 10.1 |
| 54 | KACZMAREK ŁUKASZ | 70 | WOJOWNICY WÓDY | KOSZALIN | POLSKA | M-30 | 54 | M 134 | 00:09:26 | 00:19:03 | 00:28:49.10 | 5:57 | 10.1 |
| 55 | ŁUKASZCZYK MARCIN | 104 | DE PERRO | KOSZALIN | POLSKA | M-30 | 55 | M 139 | 00:09:47 | 00:19:25 | 00:29:01.30 | 6:00 | 10 |
| 56 | HRYCIÓW PAWEŁ | 55 | BIAŁOGARD | BIAŁOGARD | POLSKA | M-30 | 56 | M 140 | 00:09:47 | 00:20:02 | 00:29:34.35 | 6:07 | 9.8 |
| 57 | ROSIŃSKI RAFAŁ | 228 | | KOSZALIN | POLSKA | M-30 | 57 | M 141 | 00:10:00 | 00:20:12 | 00:29:55.55 | 6:11 | 9.7 |

BIEG NIEPODLEGŁOŚCI KOSZALIN - 4.8280 km, M-30 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1.609km | 3.218km | Netto | min/km | km/h |
|------|--------------------|-----|------------------|-----------|--------|------|--------|-------|----------|----------|-------------|--------|------|
| 58 | ZIELIŃSKI JAROSŁAW | 212 | AMATOR | BIAŁOGARD | POLSKA | M-30 | 58 | M 142 | 00:09:16 | 00:19:29 | 00:30:06.90 | 6:14 | 9.6 |
| 59 | GAWLIK ARTUR | 40 | BIEGNIJMY.PL | KOSZALIN | POLSKA | M-30 | 59 | M 146 | 00:10:09 | 00:21:15 | 00:32:42.05 | 6:46 | 8.9 |
| 60 | GIL REMIGIUSZ | 41 | LYCONET PRO TEAM | KRETOMINO | POLSKA | M-30 | 60 | M 150 | 00:07:57 | 00:16:08 | | 5:00 | 12 |

BIEG NIEPODLEGŁOŚCI KOSZALIN - 4.8280 km, K-40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1.609km | 3.218km | Netto | min/km | km/h |
|------|---------------------|-----|---------------------|-----------|--------|------|--------|------|----------|----------|-------------|--------|------|
| 1 | KONIECZNA ANKA | 216 | ROZBIEGANY KOSZALIN | KOSZALIN | POLSKA | K-40 | 1 | K 2 | 00:07:15 | 00:14:33 | 00:21:56.55 | 4:32 | 13.2 |
| 2 | ZACHCIAŁ-PEC JOANNA | 208 | | KOSZALIN | POLSKA | K-40 | 2 | K 7 | 00:07:46 | 00:15:51 | 00:23:41.90 | 4:54 | 12.2 |
| 3 | MĘDEL MARTA | 113 | | KOSZALIN | POLSKA | K-40 | 3 | K 10 | 00:07:59 | 00:16:15 | 00:24:08.70 | 5:00 | 12 |
| 4 | TROSKOWSKA EWA | 194 | KOSZALIN | KOSZALIN | POLSKA | K-40 | 4 | K 12 | 00:08:21 | 00:17:02 | 00:25:25.45 | 5:15 | 11.4 |
| 5 | BRYŁA KATARZYNA | 15 | | KOSZALIN | POLSKA | K-40 | 5 | K 14 | 00:08:09 | 00:16:49 | 00:25:32.75 | 5:17 | 11.3 |
| 6 | WALCZAK AGNIESZKA | 198 | TKKF KOSZALIN | KOSZALIN | POLSKA | K-40 | 6 | K 20 | 00:08:45 | 00:17:45 | 00:26:36.15 | 5:30 | 10.9 |
| 7 | NOWACKA ELŻBIETA | 130 | - | KOSZALIN | POLSKA | K-40 | 7 | K 31 | 00:08:57 | 00:18:31 | 00:28:06.45 | 5:49 | 10.3 |
| 8 | TREJDER MARIA | 193 | BAJADERKI KOSZALIN | KOSZALIN | POLSKA | K-40 | 8 | K 39 | 00:09:58 | 00:20:13 | 00:30:19.90 | 6:16 | 9.6 |
| 9 | NEJMAN MAŁGORZATA | 127 | ORLEN RUNNING TEAM | PŁOCK | POLSKA | K-40 | 9 | K 40 | 00:10:13 | 00:20:20 | 00:30:22.20 | 6:17 | 9.5 |
| 10 | KURCZAK BARBARA | 100 | BABECZKI KOSZALIN | KOSZALIN | POLSKA | K-40 | 10 | K 43 | 00:10:26 | 00:21:02 | 00:31:21.50 | 6:29 | 9.2 |
| 11 | BŁOŃSKA AGNIESZKA | 9 | BABECZKI KOSZALIN | KOSZALIN | POLSKA | K-40 | 11 | K 44 | 00:09:56 | 00:20:29 | 00:31:22.00 | 6:29 | 9.2 |
| 12 | KRAWCZUK-KIEŁB ANNA | 95 | ŻYJ Z ENERGIA | WIEKOWO | POLSKA | K-40 | 12 | K 49 | 00:10:04 | 00:21:10 | 00:32:28.25 | 6:43 | 8.9 |

BIEG NIEPODLEGŁOŚCI KOSZALIN - 4.8280 km, M-40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1.609km | 3.218km | Netto | min/km | km/h |
|------|-----------------------|-----|-------------------------------|-----------|--------|------|--------|-------|----------|----------|-------------|--------|------|
| 1 | JAROSZ WIESŁAW | 65 | JW. 1223/BLOG | KOSZALIN | POLSKA | M-40 | 1 | M 5 | 00:05:46 | 00:11:42 | 00:17:40.95 | 3:39 | 16.4 |
| 2 | PEC MAREK | 138 | | KOSZALIN | POLSKA | M-40 | 2 | M 13 | 00:06:25 | 00:12:59 | 00:19:16.50 | 3:59 | 15 |
| 3 | STĘŻAŁA ARTUR | 168 | JW1223 | KOSZALIN | POLSKA | M-40 | 3 | M 16 | 00:06:24 | 00:12:56 | 00:19:28.05 | 4:01 | 14.9 |
| 4 | POLAŃSKI DARIUSZ | 145 | | MRZEŻYNO | POLSKA | M-40 | 4 | M 20 | 00:06:15 | 00:12:59 | 00:19:44.35 | 4:05 | 14.7 |
| 5 | TOMCZAK WOJTEK | 192 | | KOSZALIN | POLSKA | M-40 | 5 | M 25 | 00:06:27 | 00:13:16 | 00:20:34.90 | 4:15 | 14.1 |
| 6 | GÓRECKI MIROSŁAW | 46 | JW 1223 | KOSZALIN | POLSKA | M-40 | 6 | M 30 | 00:07:16 | 00:14:16 | 00:21:14.25 | 4:23 | 13.6 |
| 7 | IWANIEC DARIUSZ | 56 | TKKF KOSZALIN | SIERAKOWO | POLSKA | M-40 | 7 | M 31 | 00:07:00 | 00:14:14 | 00:21:20.50 | 4:25 | 13.6 |
| 8 | PĘKAŁA PIOTR | 142 | ROZBIEGANY KOSZALIN | KOSZALIN | POLSKA | M-40 | 8 | M 34 | 00:07:33 | 00:14:42 | 00:21:40.40 | 4:29 | 13.4 |
| 9 | KOWALCZYK MARIUSZ | 90 | WZAJEMNEJ ADORACJI | KOSZALIN | POLSKA | M-40 | 9 | M 35 | 00:06:56 | 00:14:08 | 00:21:44.25 | 4:29 | 13.3 |
| 10 | DUDZIAK PIOTR | 34 | ROZBIEGANY KOSZALIN | KOSZALIN | POLSKA | M-40 | 10 | M 37 | 00:07:07 | 00:14:18 | 00:21:47.00 | 4:30 | 13.3 |
| 11 | MICERSKI TOMASZ | 116 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-40 | 11 | M 42 | 00:07:18 | 00:14:37 | 00:21:58.85 | 4:33 | 13.2 |
| 12 | OSTROWSKI KRZYSZTOF | 135 | | KOSZALIN | POLSKA | M-40 | 12 | M 43 | 00:07:02 | 00:14:33 | 00:22:00.15 | 4:33 | 13.2 |
| 13 | BURKIET MAREK | 18 | JW 1223 | ROSNOWO | POLSKA | M-40 | 13 | M 46 | 00:07:26 | 00:14:51 | 00:22:11.45 | 4:35 | 13.1 |
| 14 | PUŚCIAN KRZYSZTOF | 148 | GIMNAZJUM W MANOWIE | MANOWO | POLSKA | M-40 | 14 | M 49 | 00:07:27 | 00:14:49 | 00:22:21.80 | 4:37 | 13 |
| 15 | CYBULSKI ROBERT | 31 | MTS HAMER MIASTKO | MIASTKO | POLSKA | M-40 | 15 | M 56 | 00:07:19 | 00:14:52 | 00:22:30.45 | 4:39 | 12.9 |
| 16 | SZYMAŃSKI PIOTR | 189 | BIEGAM BO TAK MAM | ROSNOWO | POLSKA | M-40 | 16 | M 57 | 00:07:17 | 00:14:55 | 00:22:33.00 | 4:40 | 12.9 |
| 17 | BYKOWSKI ROBERT | 19 | CSSP KOSZALIN / FORMA ROSNOWO | ROSNOWO | POLSKA | M-40 | 17 | M 63 | 00:08:07 | 00:15:36 | 00:22:51.50 | 4:44 | 12.7 |
| 18 | JASIENIECKI PIOTR | 66 | | KOSZALIN | POLSKA | M-40 | 18 | M 68 | 00:08:01 | 00:15:44 | 00:23:21.95 | 4:50 | 12.4 |
| 19 | KARTOSZ MARIUSZ | 77 | RUNGRYF GRYFICE | GRYFICE | POLSKA | M-40 | 19 | M 73 | 00:07:50 | 00:15:41 | 00:23:36.60 | 4:53 | 12.3 |
| 20 | DZIESZUK DARIUSZ | 35 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-40 | 20 | M 74 | 00:08:00 | 00:15:58 | 00:23:39.45 | 4:53 | 12.3 |
| 21 | MĘDEL CEZARY | 114 | | KOSZALIN | POLSKA | M-40 | 21 | M 82 | 00:08:00 | 00:16:15 | 00:24:08.05 | 4:59 | 12 |
| 22 | HNATOWSKI ARTUR | 54 | DM FC KOSZALIN | KOSZALIN | POLSKA | M-40 | 22 | M 87 | 00:08:02 | 00:16:19 | 00:24:32.65 | 5:04 | 11.8 |
| 23 | REPLAKOWSKI KRZYSZTOF | 150 | | ROSNOWO | POLSKA | M-40 | 23 | M 88 | 00:08:48 | 00:16:48 | 00:24:34.65 | 5:05 | 11.8 |
| 24 | CHOŁUJ JAREK | 24 | ROZBIEGANY KOSZALIN | KOSZALIN | POLSKA | M-40 | 24 | M 96 | 00:08:57 | 00:17:24 | 00:25:30.75 | 5:16 | 11.4 |
| 25 | ZIĘBA PAWEŁ | 213 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-40 | 25 | M 99 | 00:07:45 | 00:16:42 | 00:26:00.60 | 5:22 | 11.1 |
| 26 | WOJCIECHOWSKI ANDRZEJ | 225 | | KOSZALIN | POLSKA | M-40 | 26 | M 102 | 00:08:39 | 00:17:25 | 00:26:07.75 | 5:24 | 11.1 |
| 27 | BERNACKI ADAM | 8 | WWW.BERNACKI.COM.PL | KOSZALIN | POLSKA | M-40 | 27 | M 105 | 00:08:48 | 00:17:51 | 00:26:24.60 | 5:28 | 11 |
| 28 | KINOWSKI KAROL | 82 | | KOSZALIN | POLSKA | M-40 | 28 | M 106 | 00:09:16 | 00:18:09 | 00:26:26.35 | 5:28 | 11 |
| 29 | JASIŃSKI CEZARY | 67 | | KOSZALIN | POLSKA | M-40 | 29 | M 113 | 00:09:01 | 00:18:15 | 00:27:08.45 | 5:37 | 10.7 |
| 30 | SZADZIŃSKI KRZYSZTOF | 175 | JW 1223 | KOSZALIN | POLSKA | M-40 | 30 | M 116 | 00:08:36 | 00:18:02 | 00:27:14.60 | 5:38 | 10.6 |
| 31 | SOBOLEWSKI MAREK | 161 | | KOSZALIN | POLSKA | M-40 | 31 | M 117 | 00:08:40 | 00:18:21 | 00:27:24.10 | 5:40 | 10.6 |

BIEG NIEPODLEGŁOŚCI KOSZALIN - 4.8280 km, M-40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1.609km | 3.218km | Netto | min/km | km/h |
|------|---------------------|-----|-----------------------|-------------|--------|------|--------|-------|----------|----------|-------------|--------|------|
| 32 | MASZOTA RAFAŁ | 109 | | ŁĘBORK | POLSKA | M-40 | 32 | M 130 | 00:09:29 | 00:19:03 | 00:28:18.00 | 5:51 | 10.2 |
| 33 | BRESZKA PAWEŁ | 14 | BIEGNIJMY TO | DARŁOWO | POLSKA | M-40 | 33 | M 131 | 00:09:42 | 00:19:14 | 00:28:38.90 | 5:55 | 10.1 |
| 34 | RADECKI JACEK | 224 | CSSP KOSZALIN | KOSZALIN | POLSKA | M-40 | 34 | M 133 | 00:09:27 | 00:19:06 | 00:28:48.30 | 5:57 | 10.1 |
| 35 | BENEDYSIUK SŁAWOMIR | 6 | CSSP KOSZALIN | KOSZALIN | POLSKA | M-40 | 35 | M 135 | 00:09:26 | 00:19:03 | 00:28:49.10 | 5:57 | 10.1 |
| 36 | KAJKOWSKI RAFAŁ | 71 | MAŁDOMRAFIWA KOSZALIN | KOSZALIN | POLSKA | M-40 | 36 | M 136 | 00:09:26 | 00:19:04 | 00:28:49.65 | 5:58 | 10.1 |
| 37 | KRASIŃSKI WITOLD | 94 | | KOSZALIN | POLSKA | M-40 | 37 | M 137 | 00:09:26 | 00:19:03 | 00:28:49.80 | 5:57 | 10.1 |
| 38 | KALETA SEBASTIAN | 72 | CSSP KOSZALIN | KOSZALIN | POLSKA | M-40 | 38 | M 138 | 00:09:26 | 00:19:04 | 00:28:50.15 | 5:58 | 10.1 |
| 39 | NEJMAN GRZEGORZ | 128 | ORLEN RUNNING TEAM | PŁOCK | POLSKA | M-40 | 39 | M 143 | 00:10:13 | 00:20:20 | 00:30:21.65 | 6:17 | 9.5 |
| 40 | KIPER JAROSŁAW | 83 | JW 1223 | STRZEKĘCINO | POLSKA | M-40 | 40 | M 144 | 00:09:37 | 00:19:58 | 00:30:21.75 | 6:17 | 9.5 |

BIEG NIEPODLEGŁOŚCI KOSZALIN - 4.8280 km, M-50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1.609km | 3.218km | Netto | min/km | km/h |
|------|---------------------|-----|------------------|-------------|--------|------|--------|-------|----------|----------|-------------|--------|------|
| 1 | BARAŃSKI BOGUSŁAW | 2 | MLUKS TRZEBIATÓW | TRZEBIATÓW | POLSKA | M-50 | 1 | M 12 | 00:06:10 | 00:12:44 | 00:19:05.75 | 3:57 | 15.2 |
| 2 | GRZESIK EUGENIUSZ | 49 | PATRIA INVICTUS | KOSZALIN | POLSKA | M-50 | 2 | M 15 | 00:06:23 | 00:12:55 | 00:19:23.50 | 4:00 | 15 |
| 3 | SZAMREJ WOJCIECH | 178 | | KOSZALIN | POLSKA | M-50 | 3 | M 19 | 00:06:22 | 00:13:07 | 00:19:41.85 | 4:04 | 14.7 |
| 4 | ŚWIETLIK TOMASZ | 190 | | KOSZALIN | POLSKA | M-50 | 4 | M 36 | 00:07:07 | 00:14:32 | 00:21:46.25 | 4:30 | 13.3 |
| 5 | RUTKOWSKI RYSZARD | 155 | | KOSZALIN | POLSKA | M-50 | 5 | M 44 | 00:07:13 | 00:14:47 | 00:22:07.55 | 4:34 | 13.1 |
| 6 | NIEMCZAK DARIUSZ | 226 | | KOSZALIN | POLSKA | M-50 | 6 | M 48 | 00:07:33 | 00:14:59 | 00:22:14.05 | 4:36 | 13 |
| 7 | KISIELIŃSKI IGOR | 84 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-50 | 7 | M 51 | 00:07:37 | 00:15:06 | 00:22:26.15 | 4:38 | 12.9 |
| 8 | KRAWCZYK BOHDAN | 96 | MR | KOSZALIN | POLSKA | M-50 | 8 | M 54 | 00:07:31 | 00:15:12 | 00:22:29.60 | 4:39 | 12.9 |
| 9 | SKOWYRSKI JANUSZ | 159 | TKKF KOSZALIN | BIESIEKIERZ | POLSKA | M-50 | 9 | M 64 | 00:07:44 | 00:15:22 | 00:22:53.90 | 4:44 | 12.7 |
| 10 | CHWALEBA JAN | 26 | | KOSZALIN | POLSKA | M-50 | 10 | M 65 | 00:08:24 | 00:15:44 | 00:23:00.25 | 4:45 | 12.6 |
| 11 | ZAWADA ANDRZEJ | 210 | ZSP1 SŁUPSK | WODNICA | POLSKA | M-50 | 11 | M 69 | 00:07:52 | 00:15:34 | 00:23:24.20 | 4:50 | 12.4 |
| 12 | CHUDZIK ZBIGNIEW | 25 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-50 | 12 | M 75 | 00:08:00 | 00:15:58 | 00:23:45.70 | 4:55 | 12.2 |
| 13 | JANUSZEWSKI JACEK | 63 | 17 WOG KOSZALIN | KOSZALIN | POLSKA | M-50 | 13 | M 78 | 00:08:06 | 00:16:04 | 00:23:50.50 | 4:56 | 12.2 |
| 14 | SZULC MAREK | 187 | NIEZRZESZONY | BIAŁOGARD | POLSKA | M-50 | 14 | M 80 | 00:08:09 | 00:16:11 | 00:24:00.45 | 4:58 | 12.1 |
| 15 | KRUPIŃSKI KRZYSZTOF | 97 | | KOSZALIN | POLSKA | M-50 | 15 | M 92 | 00:08:21 | 00:16:51 | 00:25:00.20 | 5:10 | 11.6 |
| 16 | CYGAN ADAM | 33 | | KOSZALIN | POLSKA | M-50 | 16 | M 100 | 00:09:35 | 00:18:05 | 00:26:00.70 | 5:23 | 11.1 |
| 17 | MRUGALSKI STANISŁAW | 123 | | MIASTKO | POLSKA | M-50 | 17 | M 122 | 00:09:14 | 00:18:28 | 00:27:28.65 | 5:41 | 10.6 |
| 18 | WOLSKI ZBIGNIEW | 222 | | MIASTKO | POLSKA | M-50 | 18 | M 145 | 00:09:48 | 00:20:09 | 00:30:46.95 | 6:22 | 9.4 |
| 19 | BERTHELSEN ROBERT | 220 | | KOSZALIN | POLSKA | M-50 | 19 | M 148 | 00:10:17 | 00:21:18 | 00:33:20.65 | 6:54 | 8.7 |

BIEG NIEPODLEGŁOŚCI KOSZALIN - 4.8280 km, M-60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 1.609km | 3.218km | Netto | min/km | km/h |
|------|------------------|-----|---------------|-----------|--------|------|--------|-------|----------|----------|-------------|--------|------|
| 1 | KARNICKI ZYGMUNT | 76 | TKKF KOSZALIN | KOSZALIN | POLSKA | M-60 | 1 | M 115 | 00:08:44 | 00:17:55 | 00:27:12.05 | 5:37 | 10.7 |
| 2 | HELLER ZDZIŚLAW | 53 | NIEZRZESZONY | KOSZALIN | POLSKA | M-60 | 2 | M 121 | 00:09:03 | 00:18:19 | 00:27:28.60 | 5:41 | 10.5 |
| 3 | PAULIŃSKI JAN | 227 | | KOSZALIN | POLSKA | M-60 | 3 | M 123 | 00:09:04 | 00:18:28 | 00:27:45.50 | 5:44 | 10.4 |
| 4 | HAUSMAN ANDRZEJ | 52 | KSR ROWERIA | KOSZALIN | POLSKA | M-60 | 4 | M 147 | 00:10:13 | 00:21:19 | 00:32:48.25 | 6:47 | 8.8 |