

XXVIII "10-tka Myśliborska"

Data: 21.05.2017

Dystans: 10 km

Miejscowość: Myślibórz



| Lp. | Nr | Nazwisko i Imię | Rok ur. | Płeć | Kat. | M-ce | | Klub | Tempo min/km | Prędkość km/h | 2,5 km | 5 km | 7,5 km | 10 km | M | K |
|-----|-----|-----------------------|---------|------|------|--------|---------------------|-----------------------------------|-----------------|------------------|--------|-------|--------|----------|----|---|
| | | | | | | w kat. | Miejscowość | | | | | | | | | |
| 1 | 251 | ROMANENKO ROMAN | 1988 | M | M20 | 1 | Dnepr Ukraina | | 03:08 | 19,1 | 08:06 | 15:34 | 23:23 | 00:31:24 | 1 | |
| 2 | 250 | STAŻYŃSKI ANDRZEJ | 1990 | M | M20 | 2 | Klementowice | KLEMENTYNKA FARTLEKGO | 03:10 | 19,0 | 08:06 | 15:51 | 23:50 | 00:31:35 | 2 | |
| 3 | 58 | HULEWICZ MICHAŁ | 1988 | M | M20 | 3 | Gorzów Wielkopolski | WIERZBICKI RUNNING TEAM | 03:17 | 18,3 | 08:22 | 16:22 | 24:32 | 00:32:46 | 3 | |
| 4 | 242 | HRYCIUK ŁUKASZ | 1986 | M | M30 | 1 | Dębno | | 03:24 | 17,6 | 08:34 | 16:50 | 25:25 | 00:34:00 | 4 | |
| 5 | 102 | MACKOWIAK PAWEŁ | 1989 | M | M20 | 4 | Pelczyce | | 03:33 | 16,9 | 09:18 | 18:06 | 26:48 | 00:35:27 | 5 | |
| 6 | 111 | MINKO ARKADIUSZ | 1988 | M | M20 | 5 | Resko | | 03:38 | 16,5 | 09:17 | 18:08 | 27:14 | 00:36:23 | 6 | |
| 7 | 50 | GÓRKA PIOTR | 1970 | M | M40 | 1 | Myślibórz | | 03:40 | 16,4 | 09:10 | 18:03 | 27:14 | 00:36:38 | 7 | |
| 8 | 238 | CHAWAWKO TOMASZ | 1974 | M | M40 | 2 | Dębno | TC TEAM | 03:41 | 16,3 | 09:30 | 18:37 | 27:44 | 00:36:50 | 8 | |
| 9 | 23 | CISZEWSKI MAREK | 1978 | M | M30 | 2 | Szczecin | NCDC POLSKA S.A. | 03:41 | 16,3 | 09:31 | 18:34 | 27:44 | 00:36:54 | 9 | |
| 10 | 196 | PADUSZYŃSKA WIOLETTA | 1985 | K | K30 | 1 | Gorzów Wlkp. | WIERZBICKI RUNNING PROJECT | 03:42 | 16,2 | 09:18 | 18:23 | 27:40 | 00:37:00 | | 1 |
| 11 | 217 | OSOWSKI PAWEŁ | 1986 | M | M30 | 3 | Dębno | OSIR DĘBNO | 03:44 | 16,1 | 09:27 | 18:39 | 27:59 | 00:37:18 | 10 | |
| 12 | 41 | FILIPOWSKI DARIUSZ | 1972 | M | M40 | 3 | Szczecin | | 03:44 | 16,1 | 09:19 | 18:28 | 27:51 | 00:37:21 | 11 | |
| 13 | 220 | MŁYNARSKI GRZEGORZ | 1971 | M | M40 | 4 | Rzeplino | PYRZYCKI KLUB OLIMPIJCYKA | 03:47 | 15,8 | 10:03 | 19:14 | 28:31 | 00:37:53 | 12 | |
| 14 | 161 | SZCZEPAŃSKI ADAM | 1981 | M | M30 | 4 | Milanówek | ALBATROSY | 03:48 | 15,8 | 09:38 | 19:01 | 28:35 | 00:38:05 | 13 | |
| 15 | 214 | BARAŃSKI PRZEMYSŁAW | 1993 | M | M20 | 6 | Trzebiatów | KM PSP SZCZECIN/ MLUKS TRZEBIATÓW | 03:49 | 15,7 | 09:32 | 19:08 | 28:52 | 00:38:14 | 14 | |
| 16 | 45 | GIBA JACEK | 1970 | M | M40 | 5 | ŚWINOUEJŚCIE | MKL MARATON ŚWINOUEJŚCIE | 03:50 | 15,7 | 09:54 | 19:16 | 28:48 | 00:38:17 | 15 | |
| 17 | 233 | TURBAK PAWEŁ | 1999 | M | M16 | 1 | Sulęcín | BZIUNIU TEAM | 03:50 | 15,7 | 09:30 | 18:41 | 28:25 | 00:38:18 | 16 | |
| 18 | 229 | CHURSKI MARCIN | 1972 | M | M40 | 6 | Myślibórz | SALON MEBLOWY PINOKIO | 03:50 | 15,6 | 10:01 | 19:17 | 28:43 | 00:38:21 | 17 | |
| 19 | 234 | PRZYBYSZ RAFAŁ | 1969 | M | M40 | 7 | Gorzów Wlkp. | | 03:50 | 15,6 | 09:45 | 19:12 | 28:49 | 00:38:24 | 18 | |
| 20 | 96 | LEŚNIAK MATEUSZ | 1991 | M | M20 | 7 | Choszczno | | 03:51 | 15,6 | 10:03 | 19:23 | 28:58 | 00:38:26 | 19 | |
| 21 | 215 | GÓRECZNY KAROL | 1986 | M | M30 | 5 | Szczecin | DRUŻYNA ŚMIERCI | 03:51 | 15,6 | 10:00 | 19:16 | 28:46 | 00:38:28 | 20 | |
| 22 | 82 | KOTARSKI WIESŁAW | 1956 | M | M60 | 1 | Police | | 03:54 | 15,4 | 09:55 | 19:24 | 29:05 | 00:38:58 | 21 | |
| 23 | 116 | NIEWIADOMSKI KONRAD | 1982 | M | M30 | 6 | Dębno | | 03:54 | 15,4 | 10:17 | 19:48 | 29:32 | 00:39:00 | 22 | |
| 24 | 22 | CIEŚLUKOWSKI WOJCIECH | 1974 | M | M40 | 8 | Szczecin | TT SZCZECIN | 03:54 | 15,4 | 09:56 | 19:48 | 29:11 | 00:39:04 | 23 | |
| 25 | 210 | WOJNACH ANRZEJ | 1970 | M | M40 | 9 | Szczecin | WIECZORNE BIEGANIE W SZCZECINIE | 03:56 | 15,2 | 10:05 | 19:49 | 29:33 | 00:39:23 | 24 | |
| 26 | 223 | SŁOMIAN MARCIN | 1978 | M | M30 | 7 | Dębno | | 03:57 | 15,2 | 10:14 | 19:53 | 29:41 | 00:39:29 | 25 | |
| 27 | 101 | ŁUKASZEWSKI SEBASTIAN | 1979 | M | M30 | 8 | Stargard | SZWLA | 03:58 | 15,1 | 09:35 | 19:23 | 29:39 | 00:39:37 | 26 | |
| 28 | 153 | SOBAŃSKI ARKADIUSZ | 1974 | M | M40 | 10 | Myślibórz | SCS MYŚLIBÓRZ | 03:58 | 15,1 | 10:13 | 19:53 | 29:41 | 00:39:40 | 27 | |
| 29 | 162 | SZCZERBIAK KRZYSZTOF | 1967 | M | M50 | 1 | SKWIERZYNA | 35 DROP | 03:59 | 15,1 | 10:05 | 19:54 | 29:53 | 00:39:46 | 28 | |
| 30 | 26 | CZOSNOWSKI KRZYSZTOF | 1978 | M | M30 | 9 | GRYFINO | | 03:59 | 15,1 | 10:37 | 20:29 | 30:15 | 00:39:48 | 29 | |

XXVIII "10-tka Myśliborska"

Data: 21.05.2017

Dystans: 10 km

Miejscowość: Myślibórz

SPORT-TIME



| Lp. | Nr | Nazwisko i Imię | Rok ur. | Płeć | Kat. | M-ce w kat. | Miejscowość | Klub | Tempo min/km | Prędkość km/h | Prędkość | | | | M | K |
|-----|-----|-----------------------|---------|------|------|----------------|----------------------|-------------------------------------|-----------------|------------------|----------|-------|--------|----------|----|---|
| | | | | | | | | | | | 2,5 km | 5 km | 7,5 km | 10 km | | |
| 31 | 132 | PLUTA GRZEGORZ | 1963 | M | M50 | 2 | NOWE CZARNOWO | KB HERMES GRYFINO | 03:59 | 15,0 | 10:14 | 19:56 | 29:50 | 00:39:53 | 30 | |
| 32 | 3 | BARANOWSKI WOJCIECH | 1985 | M | M30 | 10 | Szczecin | KOPEĆ TEAM | 04:00 | 15,0 | 10:18 | 20:09 | 30:02 | 00:40:02 | 31 | |
| 33 | 222 | SZURGOCIŃSKA NIKOLINA | 1993 | K | K20 | 1 | Gryfino | | 04:01 | 15,0 | 10:24 | 20:09 | 30:16 | 00:40:05 | | 2 |
| 34 | 127 | PICZAK ŁUKASZ | 1992 | M | M20 | 8 | Prznotecko | SMURFIT KAPPA ADVENTURE TEAM POLAND | 04:01 | 14,9 | 10:10 | 20:09 | 30:12 | 00:40:12 | 32 | |
| 35 | 195 | LEWANDOWSKI SEBASTIAN | 1988 | M | M20 | 9 | Dolice | | 04:03 | 14,8 | 10:22 | 20:09 | 30:12 | 00:40:31 | 33 | |
| 36 | 205 | TOMASZEWSKI DAWID | 1976 | M | M40 | 11 | Szczecin | | 04:03 | 14,8 | 10:28 | 20:27 | 30:21 | 00:40:32 | 34 | |
| 37 | 69 | KĄLUŻNY RYSZARD | 1955 | M | M60 | 2 | Mostkowo | KB MOSTKOWO - LIPIANY | 04:03 | 14,8 | 10:24 | 20:17 | 30:21 | 00:40:34 | 35 | |
| 38 | 145 | RUDZIŃSKI JACEK | 1969 | M | M40 | 12 | Gryfino | KB HERMES GRYFINO | 04:04 | 14,8 | 10:18 | 20:16 | 30:26 | 00:40:38 | 36 | |
| 39 | 80 | KORZENIEWSKI JAROSŁAW | 1975 | M | M40 | 13 | Gorzów Wielkopolski | | 04:04 | 14,7 | 10:45 | 20:42 | 30:47 | 00:40:42 | 37 | |
| 40 | 37 | DZIEDZINA GRZEGORZ | 1977 | M | M40 | 14 | Szczecin | | 04:05 | 14,7 | 10:35 | 20:30 | 30:39 | 00:40:51 | 38 | |
| 41 | 252 | SZYMAŃSKI WOJCIECH | 1980 | M | M30 | 11 | Gorzów Wlkp. | BBL GORZÓW WIELKOPOLSKI | 04:06 | 14,7 | 10:39 | 20:40 | 30:47 | 00:40:57 | 39 | |
| 42 | 100 | ŁANGOWSKI MATEUSZ | 1976 | M | M40 | 15 | Gorzów Wlkp. | _ ^ _ | 04:06 | 14,7 | 10:39 | 20:40 | 30:46 | 00:40:57 | 40 | |
| 43 | 126 | PEKALSKI TOMASZ | 1979 | M | M30 | 12 | Gryfino | GRYFINO | 04:07 | 14,6 | 10:41 | 20:41 | 30:50 | 00:41:06 | 41 | |
| 44 | 204 | SZARPANOWSKI MARCIN | 1977 | M | M40 | 16 | Szczecin | | 04:09 | 14,5 | 10:38 | 20:50 | 31:12 | 00:41:25 | 42 | |
| 45 | 109 | MAZUR KAMIL | 1984 | M | M30 | 13 | Świnoujście | MKL MARATON ŚWINOUJŚCIE | 04:10 | 14,4 | 10:30 | 20:39 | 31:06 | 00:41:40 | 43 | |
| 46 | 189 | CZYNSZ PIOTR | 1980 | M | M30 | 14 | Szczecin | | 04:10 | 14,4 | 10:42 | 20:56 | 31:18 | 00:41:42 | 44 | |
| 47 | 61 | JADACH ŁUKASZ | 1986 | M | M30 | 15 | Świnoujście | MKL MARATON ŚWINOUJŚCIE | 04:11 | 14,4 | 10:50 | 21:08 | 31:39 | 00:41:47 | 45 | |
| 48 | 211 | WYBACZ GRZEGORZ | 1978 | M | M30 | 16 | Gorzów Wlkp. | FUNDACJA ANACONDA GORZÓW | 04:12 | 14,3 | 11:23 | 21:42 | 31:58 | 00:41:56 | 46 | |
| 49 | 224 | KOWALSKI TOMASZ | 1985 | M | M30 | 17 | Dębno | ZMĘCZONY SEZONEM | 04:13 | 14,2 | 10:50 | 21:03 | 31:36 | 00:42:10 | 47 | |
| 50 | 89 | KULA DOMINIK | 2001 | M | M16 | 2 | Wierzbica | | 04:15 | 14,1 | 11:26 | 21:36 | 31:56 | 00:42:28 | 48 | |
| 51 | 76 | KOŁUCKI ARKADIUSZ | 1984 | M | M30 | 18 | Gryfino | 12 BRYGADA ZMECHANIZOWANA | 04:15 | 14,1 | 10:28 | 20:50 | 31:36 | 00:42:34 | 49 | |
| 52 | 119 | OPULSKI WIESŁAW | 1966 | M | M50 | 3 | Myślibórz | FOL-TECH TEAM PL | 04:16 | 14,1 | 10:54 | 21:17 | 31:56 | 00:42:40 | 50 | |
| 53 | 21 | CICHOŃ GRZEGORZ | 1978 | M | M30 | 19 | Dębno | BALSA TEAM DĘBNO | 04:16 | 14,1 | 11:08 | 21:42 | 32:16 | 00:42:42 | 51 | |
| 54 | 244 | KRYCKI JANUSZ | 1972 | M | M40 | 17 | Giżyn | | 04:17 | 14,0 | 11:06 | 21:27 | 32:07 | 00:42:53 | 52 | |
| 55 | 140 | PRZELAZŁY SYLWESTER | 1980 | M | M30 | 20 | Gorzów Wlkp. | STILON GORZÓW | 04:18 | 14,0 | 10:27 | 21:00 | 31:53 | 00:42:57 | 53 | |
| 56 | 10 | BIERNACKI ANDRZEJ | 1976 | M | M40 | 18 | Mostkowo | EPIDEMIASPORTU.PL | 04:18 | 14,0 | 11:02 | 21:30 | 32:10 | 00:43:00 | 54 | |
| 57 | 201 | ROMEJ ELŻBIETA | 1964 | K | K50 | 1 | Łobez | ŁKB TRUCHT | 04:20 | 13,9 | 11:12 | 21:44 | 32:22 | 00:43:18 | | 3 |
| 58 | 134 | PODLEŚ RAFAŁ | 1994 | M | M20 | 10 | Nowogard | | 04:21 | 13,8 | 11:05 | 21:35 | 32:27 | 00:43:26 | 55 | |
| 59 | 25 | CZAJCZYŃSKA KLAUDIA | 1996 | K | K20 | 2 | Szczecin | | 04:21 | 13,8 | 10:39 | 21:22 | 32:34 | 00:43:34 | | 4 |
| 60 | 28 | DARUL ARTUR | 1972 | M | M40 | 19 | Stargard Szczeciński | | 04:22 | 13,7 | 10:33 | 21:30 | 32:59 | 00:43:42 | 56 | |

XXVIII "10-tka Myśliborska"

Data: 21.05.2017

Dystans: 10 km

Miejscowość: Myślibórz

SPORT-TIME



| Lp. | Nr | Nazwisko i Imię | Rok ur. | Płeć | Kat. | M-ce | | Klub | Tempo min/km | Prędkość km/h | 2,5 km | 5 km | 7,5 km | 10 km | M | K |
|-----|-----|----------------------|---------|------|------|--------|---------------------|---------------------------------|-----------------|------------------|--------|-------|--------|----------|----|---|
| | | | | | | w kat. | Miejscowość | | | | | | | | | |
| 61 | 164 | SZCZOTA MARCIN | 1971 | M | M40 | 20 | Pomień | POMIEŃ | 04:23 | 13,7 | 11:33 | 22:11 | 33:06 | 00:43:45 | 57 | |
| 62 | 243 | KRYCKI KACPER | 2001 | M | M16 | 3 | Giżyn | | 04:23 | 13,7 | 11:06 | 21:35 | 32:42 | 00:43:53 | 58 | |
| 63 | 169 | ŚLIWA MAREK | 1973 | M | M40 | 21 | PRZECŁAW | NUTRILITE TEAM | 04:24 | 13,6 | 10:50 | 21:38 | 32:45 | 00:43:58 | 59 | |
| 64 | 231 | POLCYN CZESŁAW | 1976 | M | M40 | 22 | | GWDA PIŁA | 04:25 | 13,6 | 11:06 | 22:07 | 33:10 | 00:44:11 | 60 | |
| 65 | 39 | FELDHANN DENNY | 1986 | M | M30 | 21 | Schoeneiche | | 04:25 | 13,6 | 11:46 | 22:45 | 33:44 | 00:44:12 | 61 | |
| 66 | 218 | WESOŁOWSKI ADRIAN | 1986 | M | M30 | 22 | Myślibórz | KP PSP MYŚLIBÓRZ | 04:26 | 13,5 | 11:32 | 22:28 | 33:25 | 00:44:20 | 62 | |
| 67 | 16 | CHMIELEWSKI JANUSZ | 1954 | M | M60 | 3 | Police | CHMIELEWSKI TEAM-BBL POLICE | 04:26 | 13,5 | 11:18 | 22:18 | 33:25 | 00:44:21 | 63 | |
| 68 | 93 | KWAŚNIK MARIUSZ | 1978 | M | M30 | 23 | Gorzów wlkp. | | 04:26 | 13,5 | 11:30 | 22:21 | 33:26 | 00:44:21 | 64 | |
| 69 | 94 | LANGIEWICZ JACEK | 1957 | M | M60 | 4 | Police | MKJ POLICE | 04:26 | 13,5 | 11:16 | 22:11 | 33:20 | 00:44:24 | 65 | |
| 70 | 35 | DROŹDZIEL MAGDALENA | 1986 | K | K30 | 2 | Gryfino | KB CHERMES GRYFINO | 04:27 | 13,5 | 11:06 | 22:02 | 33:27 | 00:44:31 | | 5 |
| 71 | 138 | POŹDZIK RADOSŁAW | 1978 | M | M30 | 24 | Barlinek | BGK | 04:29 | 13,4 | 11:07 | 22:24 | 33:54 | 00:44:45 | 66 | |
| 72 | 142 | PYDA PRZEMYSŁAW | 1988 | M | M20 | 11 | Stróżewo | BRIDGESTONE STARGARD RUNNERS | 04:29 | 13,4 | 11:42 | 22:41 | 33:44 | 00:44:48 | 67 | |
| 73 | 192 | JANKOWSKI GRZEGORZ | 1985 | M | M30 | 25 | Gorzów Wlkp. | | 04:30 | 13,3 | 11:21 | 22:19 | 33:44 | 00:45:00 | 68 | |
| 74 | 136 | PODOLAK MIROŚLAW | 1974 | M | M40 | 23 | Gryfino | KP PSP GRYFINO | 04:30 | 13,3 | 11:26 | 22:33 | 33:52 | 00:45:01 | 69 | |
| 75 | 43 | GAWRYSIAK PRZEMYSŁAW | 1977 | M | M40 | 24 | Włodarka | | 04:30 | 13,3 | 11:51 | 22:33 | 33:57 | 00:45:02 | 70 | |
| 76 | 181 | ZALEWSKI MARIUSZ | 1969 | M | M40 | 25 | Strzelce Krajeńskie | | 04:31 | 13,3 | 11:31 | 22:35 | 33:53 | 00:45:12 | 71 | |
| 77 | 106 | MARTYNOWICZ ANDRZEJ | 1977 | M | M40 | 26 | Gryfino | Z1 JINKS | 04:31 | 13,3 | 11:16 | 22:26 | 33:55 | 00:45:14 | 72 | |
| 78 | 44 | GERLECKI PIOTR | 1987 | M | M30 | 26 | Barlinek | | 04:32 | 13,3 | 11:57 | 23:09 | 34:26 | 00:45:16 | 73 | |
| 79 | 14 | BOREK JAKUB | 1990 | M | M20 | 12 | Barlinek | TIM BOREK | 04:32 | 13,2 | 11:57 | 23:07 | 34:26 | 00:45:17 | 74 | |
| 80 | 131 | PLUCIŃSKI DAMIAN | 1994 | M | M20 | 13 | Warnice | BRIDGESTONE STARGARD RUNNERS | 04:32 | 13,2 | 11:31 | 22:31 | 33:51 | 00:45:23 | 75 | |
| 81 | 62 | JANKOWSKI DARIUSZ | 1983 | M | M30 | 27 | Lipiany | | 04:33 | 13,2 | 11:20 | 22:34 | 34:05 | 00:45:33 | 76 | |
| 82 | 146 | RUSIECKI HENRYK | 1953 | M | M60 | 5 | Szczecin | HERMES GRYFINO | 04:34 | 13,1 | 11:31 | 23:07 | 34:32 | 00:45:38 | 77 | |
| 83 | 66 | KACZMAREK JAN | 1947 | M | M70 | 1 | Mieszkowice | | 04:34 | 13,1 | 11:43 | 22:58 | 34:19 | 00:45:39 | 78 | |
| 84 | 121 | OSTOLSKI MARCIN | 1978 | M | M30 | 28 | Myślibórz | | 04:34 | 13,1 | 11:50 | 23:12 | 34:32 | 00:45:41 | 79 | |
| 85 | 152 | SKWARNA ROBERT | 1984 | M | M30 | 29 | Myślibórz | NIEZRZESZONY | 04:37 | 13,0 | 11:34 | 22:45 | 34:19 | 00:46:11 | 80 | |
| 86 | 46 | GŁĘBICKI LECH | 1976 | M | M40 | 27 | Gorzów Wlkp. | | 04:38 | 13,0 | 11:53 | 23:13 | 34:39 | 00:46:16 | 81 | |
| 87 | 230 | KLIMEK MATEUSZ | 1981 | M | M30 | 30 | Gryfino | | 04:38 | 12,9 | 11:51 | 23:17 | 34:59 | 00:46:20 | 82 | |
| 88 | 155 | STAŃCZYK SŁAWOMIR | 1988 | M | M20 | 14 | Stargard | STARGARD. JA SIĘ NIE ŚCIGAM | 04:38 | 12,9 | 11:53 | 23:18 | 34:54 | 00:46:24 | 83 | |
| 89 | 255 | JAWORSKI PAWEŁ | 1989 | M | M20 | 15 | Szczecin | WIECZORNE BIEGANIE W SZCZECINIE | 04:40 | 12,9 | 11:40 | 23:00 | 34:55 | 00:46:41 | 84 | |
| 90 | 147 | RYBSKI MARIUSZ | 1979 | M | M30 | 31 | Szczecin | | 04:40 | 12,8 | 12:00 | 23:41 | 35:37 | 00:46:45 | 85 | |

XXVIII "10-tka Myśluborska"

Data: 21.05.2017

Dystans: 10 km

Miejscowość: Myślubórz



| Lp. | Nr | Nazwisko i Imię | Rok ur. | Płeć | Kat. | M-ce w kat. | Miejscowość | Klub | Tempo min/km | Prędkość km/h | Prędkość | | | | M | K |
|-----|-----|------------------------|---------|------|------|----------------|---------------------|---------------------------------|-----------------|------------------|----------|-------|--------|----------|-----|----|
| | | | | | | | | | | | 2,5 km | 5 km | 7,5 km | 10 km | | |
| 91 | 86 | KRAWCZYK KATARZYNA | 1980 | K | K30 | 3 | GRYFINO | KLUB BIEGACZA HERMES GRYFINO | 04:42 | 12,8 | 11:51 | 23:18 | 35:00 | 00:46:56 | | 6 |
| 92 | 128 | PICZAK MATEUSZ | 1999 | M | M16 | 4 | Prznotecko | PZHGP | 04:42 | 12,7 | 11:37 | 23:09 | 35:10 | 00:47:04 | 86 | |
| 93 | 198 | LEWANDOWSKI LESZEK | 1963 | M | M50 | 4 | Myślubórz | | 04:43 | 12,7 | 11:58 | 23:17 | 35:05 | 00:47:06 | 87 | |
| 94 | 176 | WALENTYNOWICZ MONIKA | 1981 | K | K30 | 4 | Gorzów Wlkp. | GORZOWSKIE BIEGANIE CZWARTKOWE | 04:43 | 12,7 | 12:08 | 23:39 | 35:18 | 00:47:11 | | 7 |
| 95 | 47 | GOSPODARCZYK ZBIGNIEW | 1960 | M | M50 | 5 | Myślubórz | BEZ KLUBU | 04:43 | 12,7 | 11:52 | 23:15 | 35:04 | 00:47:14 | 88 | |
| 96 | 226 | GREDKA KLAUDIA | 1998 | K | K16 | 1 | Smogóry | | 04:44 | 12,7 | 11:26 | 22:53 | 34:59 | 00:47:19 | | 8 |
| 97 | 240 | RACHWAŁSKI PAWEŁ | 1982 | M | M30 | 32 | Banówko | | 04:45 | 12,7 | 12:47 | 24:28 | 35:57 | 00:47:25 | 89 | |
| 98 | 191 | GRADYS KONRAD | 1984 | M | M30 | 33 | CHOSZCZNO | | 04:46 | 12,6 | 11:47 | 23:21 | 35:34 | 00:47:38 | 90 | |
| 99 | 174 | TURCZYŃSKI WOJCIECH | 1973 | M | M40 | 28 | Gorzów Wielkopolski | WIERZBICKI RUNNING PROJECT | 04:47 | 12,6 | 12:01 | 23:40 | 35:51 | 00:47:46 | 91 | |
| 100 | 98 | LITWIC MACIEJ | 1985 | M | M30 | 34 | Szczecin | | 04:47 | 12,6 | 13:03 | 25:01 | 36:27 | 00:47:46 | 92 | |
| 101 | 70 | KĄŻMIERCZAK KRZYSZTOF | 1972 | M | M40 | 29 | Gryfino | | 04:47 | 12,6 | 12:09 | 23:53 | 35:50 | 00:47:48 | 93 | |
| 102 | 184 | ŻURKOWSKA IWONA | 1968 | K | K40 | 1 | Myślubórz | | 04:48 | 12,5 | 12:05 | 23:54 | 35:55 | 00:48:04 | | 9 |
| 103 | 237 | WYPART MAREK | 1959 | M | M50 | 6 | Czułmów | | 04:49 | 12,5 | 11:39 | 23:29 | 35:44 | 00:48:06 | 94 | |
| 104 | 13 | BOMBA PRZEMYSŁAW | 1979 | M | M30 | 35 | SZCZECIN | FIZJOBIEGACZE SZCZECIN | 04:49 | 12,5 | 11:30 | 23:09 | 35:32 | 00:48:09 | 95 | |
| 105 | 77 | KONDELA PAWEŁ | 1975 | M | M40 | 30 | Choszczno | | 04:49 | 12,5 | 11:56 | 23:40 | 35:45 | 00:48:10 | 96 | |
| 106 | 151 | SKÓRSKI JANUSZ | 1974 | M | M40 | 31 | Krzeszyce | | 04:50 | 12,4 | 12:01 | 23:45 | 35:53 | 00:48:21 | 97 | |
| 107 | 74 | KOCH PIOTR | 1974 | M | M40 | 32 | Gorzów Wlkp. | KOCHFOTOGRAFIA | 04:51 | 12,4 | 12:17 | 23:59 | 36:15 | 00:48:27 | 98 | |
| 108 | 139 | PRUSZANOW MARCIN | 1976 | M | M40 | 33 | Gryfino | KB HERMES GRYFINO | 04:52 | 12,3 | 12:09 | 24:04 | 36:25 | 00:48:35 | 99 | |
| 109 | 32 | DROZDEK KACPER | 1998 | M | M16 | 5 | Kobylanka | CHARTY | 04:53 | 12,3 | 11:56 | 24:04 | 36:44 | 00:48:51 | 100 | |
| 110 | 7 | BIELACZYC DARIUSZ | 1991 | M | M20 | 16 | Gorzów Wielkopolski | BBL GORZÓW WLKP. | 04:54 | 12,3 | 12:34 | 24:52 | 37:08 | 00:48:58 | 101 | |
| 111 | 9 | BIELAŃSKI MIREK | 1960 | M | M50 | 7 | Stargard | STARGARD | 04:54 | 12,2 | 12:45 | 24:57 | 36:59 | 00:49:04 | 102 | |
| 112 | 87 | KRÓLAK BEATA | 1962 | K | K50 | 2 | Police | | 04:54 | 12,2 | 12:10 | 24:16 | 36:35 | 00:49:05 | | 10 |
| 113 | 254 | MAŚLANKA KLAUDIA | 1992 | K | K20 | 3 | Szczecin | WIECZORNE BIEGANIE W SZCZECINIE | 04:56 | 12,2 | 11:38 | 23:42 | 36:25 | 00:49:17 | | 11 |
| 114 | 236 | FRANCKIEWICZ ARKADIUSZ | 1981 | M | M30 | 36 | Szczecin | | 04:56 | 12,2 | 13:13 | 25:22 | 37:25 | 00:49:19 | 103 | |
| 115 | 104 | MARGOL ARTUR | 1982 | M | M30 | 37 | Słubice | | 04:56 | 12,1 | 13:12 | 25:15 | 37:17 | 00:49:24 | 104 | |
| 116 | 30 | DMYTRYK ŁUKASZ | 1985 | M | M30 | 38 | Gryfino | | 04:57 | 12,1 | 13:11 | 25:43 | 38:09 | 00:49:33 | 105 | |
| 117 | 172 | TERPIŁOWSKI ŁUCJAN | 1958 | M | M50 | 8 | Gorzów Wlkp. | | 04:57 | 12,1 | 12:24 | 24:20 | 36:54 | 00:49:35 | 106 | |
| 118 | 73 | KLUCZYŃSKI ZBIGNIEW | 1964 | M | M50 | 9 | KOSTRZYN NAD ODRĄ | BEZ | 04:58 | 12,1 | 13:25 | 25:42 | 37:23 | 00:49:36 | 107 | |
| 119 | 60 | HUSZCZA BERNARDETA | 1979 | K | K30 | 5 | Dębno | AKCJA MOTYWACJA | 04:58 | 12,1 | 13:02 | 25:05 | 37:15 | 00:49:37 | | 12 |
| 120 | 143 | RACINOWSKI PAWEŁ | 1963 | M | M50 | 10 | Gryfino | | 04:59 | 12,1 | 12:34 | 24:50 | 37:10 | 00:49:46 | 108 | |

XXVIII "10-tka Myśliborska"

Data: 21.05.2017

Dystans: 10 km

Miejscowość: Myślibórz

SPORT-TIME



| Lp. | Nr | Nazwisko i Imię | Rok ur. | Płeć | Kat. | M-ce | | Miejscowość | Klub | Tempo min/km | Prędkość km/h | 2,5 km | 5 km | 7,5 km | 10 km | M | K |
|-----|-----|-------------------------|---------|------|------|--------|--|---------------------|------------------------------|-----------------|------------------|--------|-------|--------|-----------------|-----|----|
| | | | | | | w kat. | | | | | | | | | | | |
| 121 | 159 | SZAR ANETA | 1977 | K | K40 | 2 | | Dębno | | 04:59 | 12,0 | 12:44 | 24:57 | 37:26 | 00:49:52 | | 13 |
| 122 | 227 | WAŻAŁA KAROL | 2001 | M | M16 | 6 | | Myślibórz | | 05:00 | 12,0 | 13:22 | 25:31 | 37:57 | 00:49:57 | 109 | |
| 123 | 133 | PŁUCIENNIK MARCIN | 1978 | M | M30 | 39 | | Gorzów Wlkp. | | 05:00 | 12,0 | 12:14 | 24:29 | 37:09 | 00:50:00 | 110 | |
| 124 | 208 | WANIEWSKI MAREK | 1972 | M | M40 | 34 | | Gryfino | KB HERMES GRYPINO | 05:00 | 12,0 | 14:31 | 26:36 | 38:13 | 00:50:00 | 111 | |
| 125 | 180 | WRĘCZYCKA-SIAREK ALICJA | 1979 | K | K30 | 6 | | Gorzów | | 05:00 | 12,0 | 12:12 | 24:19 | 37:06 | 00:50:00 | | 14 |
| 126 | 34 | DROZDEK WŁODEK | 1968 | M | M40 | 35 | | Kobyłanka | | 05:01 | 12,0 | 12:00 | 24:06 | 36:47 | 00:50:06 | 112 | |
| 127 | 4 | BARYCZKO DAMIAN | 1992 | M | M20 | 17 | | Czechów | | 05:01 | 12,0 | 13:23 | 25:42 | 37:58 | 00:50:09 | 113 | |
| 128 | 115 | NARANOWICZ ŁUKASZ | 1988 | M | M20 | 18 | | Dargomyśl | | 05:01 | 12,0 | 12:34 | 24:52 | 37:28 | 00:50:10 | 114 | |
| 129 | 123 | PASZKIEWICZ KRZYSZTOF | 1972 | M | M40 | 36 | | Pniewo | MODLITWA BIEGANIA GRYPINO | 05:01 | 12,0 | 13:13 | 25:37 | 37:57 | 00:50:11 | 115 | |
| 130 | 90 | KULIG KRZYSZTOF | 1977 | M | M40 | 37 | | Dołgie | MODLITWA BIEGANIA GRYPINO | 05:01 | 12,0 | 13:07 | 25:25 | 37:55 | 00:50:11 | 116 | |
| 131 | 67 | KACZOROWSKI JAN | 1984 | M | M30 | 40 | | Dębno | | 05:01 | 11,9 | 12:16 | 24:51 | 37:51 | 00:50:15 | 117 | |
| 132 | 212 | DRACZYŃSKI ZYGMUNT | 1948 | M | M60 | 6 | | Łobez | | 05:02 | 11,9 | 13:02 | 25:13 | 37:36 | 00:50:19 | 118 | |
| 133 | 92 | KWAK SŁAWOMIR | 1976 | M | M40 | 38 | | Dąbroszyn | | 05:02 | 11,9 | 13:21 | 25:40 | 38:05 | 00:50:22 | 119 | |
| 134 | 178 | WINNICKI DARIUSZ | 1961 | M | M50 | 11 | | Dębno | | 05:03 | 11,9 | 13:13 | 25:48 | 38:04 | 00:50:26 | 120 | |
| 135 | 113 | MORAWIAK KRZYSZTOF | 1981 | M | M30 | 41 | | Szczecin | | 05:03 | 11,9 | 13:02 | 25:10 | 37:38 | 00:50:28 | 121 | |
| 136 | 225 | GREDKA KRZYSZTOF | 1972 | M | M40 | 39 | | Ośno Lubuskie | | 05:03 | 11,9 | 12:15 | 24:31 | 37:19 | 00:50:30 | 122 | |
| 137 | 19 | CHRZANOWSKA EMILIA | 1982 | K | K30 | 7 | | Krzemlin | | 05:03 | 11,9 | 12:48 | 25:26 | 38:00 | 00:50:34 | | 15 |
| 138 | 245 | JELENIOWSKA BARBARA | 1981 | K | K30 | 8 | | Gorzów Wielkopolski | | 05:04 | 11,9 | 12:50 | 25:10 | 37:58 | 00:50:35 | | 16 |
| 139 | 239 | MAŁOFIEJ DARIUSZ | 1977 | M | M40 | 40 | | Poznań | | 05:06 | 11,8 | 12:52 | 25:24 | 38:03 | 00:51:02 | 123 | |
| 140 | 27 | KUBIK KRYSZTOF | 1993 | M | M20 | 19 | | Gryfice | SZKOŁY TOM GRYPICE | 05:07 | 11,7 | 13:47 | 25:02 | 39:10 | 00:51:09 | 124 | |
| 141 | 202 | SOWA KRZYSZTOF | 1984 | M | M30 | 42 | | Szczecin | FUNDACJA HOT-POINT | 05:07 | 11,7 | 12:10 | 24:42 | 37:44 | 00:51:14 | 125 | |
| 142 | 216 | WOJTASIK KATARZYNA | 1980 | K | K30 | 9 | | Dębno | AKCJA MOTYWACJA | 05:08 | 11,7 | 13:12 | 25:48 | 38:44 | 00:51:18 | | 17 |
| 143 | 144 | ROJEWSKI MATEUSZ | 1987 | M | M30 | 43 | | Szczecin | | 05:08 | 11,7 | 12:54 | 25:38 | 38:20 | 00:51:23 | 126 | |
| 144 | 95 | LENARTOWICZ AGNIESZKA | 1984 | K | K30 | 10 | | Moczydło | | 05:09 | 11,6 | 13:57 | 26:45 | 39:21 | 00:51:33 | | 18 |
| 145 | 42 | FRYCZ SZYMON | 1988 | M | M20 | 20 | | Szczecin | SZCZECIN | 05:09 | 11,6 | 13:54 | 26:40 | 39:13 | 00:51:35 | 127 | |
| 146 | 40 | FILIPIAK ŁUKASZ | 1980 | M | M30 | 44 | | Nowogródek Pomorski | ŁUKASZ FILIPIAK "BLACK TEAM" | 05:10 | 11,6 | 12:47 | 25:28 | 38:26 | 00:51:36 | 128 | |
| 147 | 48 | GOŹDZICKA AGNIESZKA | 1974 | K | K40 | 3 | | Strzelce Krajeńskie | KB PENTO STRZELCE KRAJEŃSKIE | 05:10 | 11,6 | 12:48 | 25:26 | 38:25 | 00:51:40 | | 19 |
| 148 | 241 | POŁUKORD JOANNA | 1992 | K | K20 | 4 | | Chojna | CHOJNA | 05:11 | 11,6 | 13:05 | 26:09 | 39:12 | 00:51:49 | | 20 |
| 149 | 171 | TARKA MARTA | 1992 | K | K20 | 5 | | Gryfino | | 05:11 | 11,6 | 12:22 | 24:51 | 37:58 | 00:51:50 | | 21 |
| 150 | 72 | KLUCZKIEWICZ WOJCIECH | 1988 | M | M20 | 21 | | Głubczyce | | 05:13 | 11,5 | 12:49 | 25:41 | 38:44 | 00:52:13 | 129 | |

XXVIII "10-tka Myśliborska"

Data: 21.05.2017

Dystans: 10 km

Miejscowość: Myślibórz

SPORT-TIME



| Lp. | Nr | Nazwisko i Imię | Rok ur. | Płeć | Kat. | M-ce | | Klub | Tempo min/km | Prędkość km/h | 2,5 km | 5 km | 7,5 km | 10 km | M | K |
|-----|-----|---------------------------|---------|------|------|--------|---------------------|-----------------------------|-----------------|------------------|--------|-------|--------|-----------------|-----|----|
| | | | | | | w kat. | Miejscowość | | | | | | | | | |
| 151 | 125 | PELCZARSKA SYLWIA | 1991 | K | K20 | 6 | Dębno | | 05:14 | 11,5 | 14:05 | 26:59 | 39:53 | 00:52:21 | | 22 |
| 152 | 79 | KOPIENKA RADOŚLAW | 1977 | M | M40 | 41 | Gorzów Wielkopolski | | 05:14 | 11,4 | 12:43 | 25:22 | 38:55 | 00:52:25 | 130 | |
| 153 | 51 | GÓRSKI BERNARD | 1962 | M | M50 | 12 | Mierno | - | 05:15 | 11,4 | 12:57 | 25:50 | 39:03 | 00:52:26 | 131 | |
| 154 | 228 | KLEMERSKI FILIP | 2002 | M | M16 | 7 | Myślibórz | | 05:15 | 11,4 | 13:22 | 25:46 | 38:59 | 00:52:27 | 132 | |
| 155 | 137 | POTAMAN-TURCZYŃSKA DOROTA | 1974 | K | K40 | 4 | Gorzów Wielkopolski | BBL GORZÓW WIELKOPOLSKI | 05:15 | 11,4 | 12:51 | 25:39 | 38:48 | 00:52:30 | | 23 |
| 156 | 107 | MASŁOWSKI MARCIN | 1976 | M | M40 | 42 | Gorzów | | 05:16 | 11,4 | 13:33 | 26:38 | 39:43 | 00:52:35 | 133 | |
| 157 | 175 | URBANOWSKI TOMASZ | 1978 | M | M30 | 45 | Myślibórz | | 05:17 | 11,4 | 13:07 | 26:13 | 39:31 | 00:52:46 | 134 | |
| 158 | 199 | PILŹYS MALWINA | 1987 | K | K30 | 11 | Recz | | 05:17 | 11,4 | 13:26 | 26:34 | 39:48 | 00:52:49 | | 24 |
| 159 | 253 | NIEDUŻAK KLAUDIA | 1996 | K | K20 | 7 | Myślibórz | | 05:18 | 11,3 | 14:33 | 27:39 | 40:28 | 00:53:01 | 25 | |
| 160 | 122 | PARNIAK KATARZYNA | 2001 | K | K16 | 2 | Głazów | | 05:18 | 11,3 | 14:34 | 27:39 | 40:29 | 00:53:05 | 26 | |
| 161 | 6 | BĘDKOWSKA AGATA | 1998 | K | K16 | 3 | Gryfino | KB HERMES GRYFINO | 05:19 | 11,3 | 13:43 | 27:21 | 40:39 | 00:53:06 | 27 | |
| 162 | 12 | BOBIŃSKA MARIA | 1971 | K | K40 | 5 | Barlinek | | 05:19 | 11,3 | 13:05 | 25:56 | 39:17 | 00:53:07 | 28 | |
| 163 | 117 | NOWAK WIESŁAW | 1949 | M | M60 | 7 | SZCZECIN | | 05:19 | 11,3 | 14:05 | 27:19 | 40:18 | 00:53:09 | 135 | |
| 164 | 197 | PASTERNAK RAFAŁ | 1982 | M | M30 | 46 | Gryfino | TEAM ODRA GRYFINO | 05:19 | 11,3 | 14:13 | 27:22 | 40:20 | 00:53:09 | 136 | |
| 165 | 57 | HERBA ZBIGNIEW | 1953 | M | M60 | 8 | Stargard | HOLSTAR | 05:20 | 11,3 | 14:05 | 27:21 | 40:18 | 00:53:17 | 137 | |
| 166 | 248 | LEWICKI ANDRZEJ | 1956 | M | M60 | 9 | Marzyń | | 05:20 | 11,2 | 13:57 | 26:48 | 40:07 | 00:53:25 | 138 | |
| 167 | 190 | DYGLĄG ROBERT | 1977 | M | M40 | 43 | Szczecin | | 05:22 | 11,2 | 14:19 | 27:21 | 40:25 | 00:53:39 | 139 | |
| 168 | 2 | ANDRZEJCZAK ELA | 1967 | K | K50 | 3 | Debno | AVOCADO CLUB | 05:22 | 11,2 | 13:43 | 26:54 | 40:16 | 00:53:42 | 29 | |
| 169 | 52 | GRZEGORCZYK JAROSŁAW | 1978 | M | M30 | 47 | Wolczkowo | WIERZBICKI RUNNING PROJECT | 05:23 | 11,2 | 13:24 | 26:46 | 40:28 | 00:53:47 | 140 | |
| 170 | 15 | CHMIELEWSKA AGNIESZKA | 1974 | K | K40 | 6 | Police | CHMIELEWSKI TEAM-BBL POLICE | 05:23 | 11,1 | 13:42 | 26:53 | 40:22 | 00:53:52 | 30 | |
| 171 | 182 | ZAPART KRZYSIEK | 1992 | M | M20 | 22 | Stare Polichno | | 05:24 | 11,1 | 13:35 | 26:37 | 40:01 | 00:54:00 | 141 | |
| 172 | 163 | SZCZOTA MIRELA | 1995 | K | K20 | 8 | Pomień | | 05:24 | 11,1 | 13:23 | 26:57 | 40:24 | 00:54:04 | 31 | |
| 173 | 99 | ŁACHACZ IRMINA | 1983 | K | K30 | 12 | Szczecin | - | 05:25 | 11,1 | 14:24 | 27:30 | 40:42 | 00:54:10 | 32 | |
| 174 | 5 | BĄTKIEWICZ BOGUSŁAW | 1965 | M | M50 | 13 | Płoty | | 05:27 | 11,0 | 13:47 | 27:21 | 41:07 | 00:54:34 | 142 | |
| 175 | 114 | NAJKOWSKA KASIA | 1985 | K | K30 | 13 | Dębno | MAMY-BIEGAMY | 05:27 | 11,0 | 14:11 | 27:34 | 41:21 | 00:54:35 | 33 | |
| 176 | 203 | STEFANOWICZ MARCIN | 1985 | M | M30 | 48 | Dębno | | 05:28 | 11,0 | 13:00 | 26:52 | 41:01 | 00:54:41 | 143 | |
| 177 | 247 | NAJKOWSKI JERZY | 1958 | M | M50 | 14 | Myślibórz | | 05:29 | 10,9 | 14:11 | 27:34 | 41:22 | 00:54:51 | 144 | |
| 178 | 246 | PŁÓCIENNIK KONRAD | 1985 | M | M30 | 49 | Szczecin | | 05:29 | 10,9 | 14:32 | 27:56 | 41:36 | 00:54:55 | 145 | |
| 179 | 158 | SUTRYK GRZEGORZ | 1991 | M | M20 | 23 | Dębno | DOBROPOLSKI.COM | 05:29 | 10,9 | 14:34 | 27:58 | 41:37 | 00:54:55 | 146 | |
| 180 | 91 | KUPISZ JOANNA | 1982 | K | K30 | 14 | Gorzów Wlkp. | | 05:30 | 10,9 | 13:42 | 26:58 | 40:50 | 00:55:02 | 34 | |

XXVIII "10-tka Myśliborska"

Data: 21.05.2017

Dystans: 10 km

Miejscowość: Myślibórz

SPORT-TIME



| Lp. | Nr | Nazwisko i Imię | Rok ur. | Płeć | Kat. | M-ce | | Miejscowość | Klub | Tempo min/km | Prędkość km/h | 2,5 km | 5 km | 7,5 km | 10 km | M | K |
|-----|-----|----------------------|---------|------|------|--------|---------------------|-------------|---------------------------------|-----------------|------------------|--------|-------|--------|----------|-----|----|
| | | | | | | w kat. | Miejscowość | | | | | | | | | | |
| 181 | 173 | TROJANOWSKI KAROL | 1990 | M | M20 | 24 | Stargard | | NIE BĄDŹ JAK TWÓJ STARY! | 05:31 | 10,9 | 14:01 | 27:32 | 41:45 | 00:55:07 | 147 | |
| 182 | 232 | WRONA JÓZEF | 1938 | M | M70 | 2 | Wieleń | | | 05:32 | 10,8 | 14:06 | 27:43 | 41:15 | 00:55:18 | 148 | |
| 183 | 124 | PEDA LESZEK | 1952 | M | M60 | 10 | Police | | KLUB BIEGOWY DZIK | 05:33 | 10,8 | 14:06 | 27:40 | 41:32 | 00:55:28 | 149 | |
| 184 | 149 | SIELAWA KAMIL | 1992 | M | M20 | 25 | Kierzków | | | 05:34 | 10,8 | 13:44 | 27:32 | 41:34 | 00:55:38 | 150 | |
| 185 | 165 | SZELAĞ TOMASZ | 1975 | M | M40 | 44 | Lipiany | | KB 42.2 LIPIANY | 05:34 | 10,8 | 14:22 | 27:52 | 41:37 | 00:55:42 | 151 | |
| 186 | 206 | URA ARKADIUSZ | 1991 | M | M20 | 26 | Dębno | | | 05:35 | 10,8 | 15:02 | 28:50 | 42:56 | 00:55:47 | 152 | |
| 187 | 209 | WITKOWSKA ANETA | 1981 | K | K30 | 15 | Dębno | | AKCJA MOTYWACJA | 05:35 | 10,7 | 13:48 | 27:17 | 41:35 | 00:55:49 | | 35 |
| 188 | 130 | PIETZ LESZEK | 1956 | M | M60 | 11 | Poznań | | | 05:36 | 10,7 | 13:57 | 27:26 | 41:27 | 00:55:55 | 153 | |
| 189 | 81 | KOSIŃSKI MATEUSZ | 1990 | M | M20 | 27 | Szczecin | | DRUŻYNA SZPIKU | 05:36 | 10,7 | 14:21 | 27:55 | 41:59 | 00:55:57 | 154 | |
| 190 | 8 | BIELAŃSKA PAULINA | 1994 | K | K20 | 9 | Stargard | | DRUŻYNA SZPIKU | 05:36 | 10,7 | 14:21 | 27:56 | 42:14 | 00:55:57 | | 36 |
| 191 | 88 | KUBICKA KAROLINA | 1987 | K | K30 | 16 | Nowogard | | DRUŻYNA SZPIKU | 05:36 | 10,7 | 14:21 | 27:56 | 41:59 | 00:55:57 | | 37 |
| 192 | 38 | DZIEDZINA MILENA | 1989 | K | K20 | 10 | Nowogródek Pomorski | | KLUB SPORTOWY FITNESS | 05:37 | 10,7 | 13:51 | 27:21 | 41:13 | 00:56:05 | | 38 |
| 193 | 179 | WINNICKI STANISŁAW | 1948 | M | M60 | 12 | Rów | | BRAK | 05:38 | 10,7 | 14:33 | 28:20 | 42:19 | 00:56:15 | 155 | |
| 194 | 24 | CYNARSKI DAWID | 2001 | M | M16 | 8 | Myślibórz | | GIMNAZJUM IM H.SIENKIEWICZA | 05:38 | 10,7 | 14:34 | 27:39 | 42:33 | 00:56:18 | 156 | |
| 195 | 160 | SZCZECIŃSKI ROMAN | 1974 | M | M40 | 45 | Gorzów Wlkp. | | | 05:38 | 10,7 | 15:36 | 28:42 | 42:23 | 00:56:18 | 157 | |
| 196 | 207 | WANIEWSKA MONIKA | 1977 | K | K40 | 7 | Gryfino | | KB HERMES GRYFINO | 05:40 | 10,6 | 14:35 | 28:02 | 42:19 | 00:56:35 | | 39 |
| 197 | 135 | PODOLAK IZABELA | 1975 | K | K40 | 8 | Gryfino | | | 05:40 | 10,6 | 14:22 | 27:57 | 42:07 | 00:56:40 | | 40 |
| 198 | 168 | SZYSZKA HENRYK | 1960 | M | M50 | 15 | Dębno | | | 05:41 | 10,6 | 14:42 | 28:41 | 42:41 | 00:56:51 | 158 | |
| 199 | 20 | CHRZUSZCZ ANNA | 1985 | K | K30 | 17 | Gorzów wlkp | | | 05:43 | 10,5 | 13:45 | 27:40 | 41:56 | 00:57:05 | | 41 |
| 200 | 156 | STECZYŃSKA MAGDALENA | 1990 | K | K20 | 11 | Szczecin | | WIECZORNE BIEGANIE W SZCZECINIE | 05:46 | 10,4 | 14:01 | 27:33 | 42:08 | 00:57:39 | | 42 |
| 201 | 186 | ŻYŁA PRZEMYSŁAW | 1982 | M | M30 | 50 | CHOSZCZNO | | | 05:48 | 10,4 | 12:54 | 27:15 | 42:30 | 00:57:56 | 159 | |
| 202 | 36 | DRZEWIECKA MARIA | 1962 | K | K50 | 4 | Barlinek | | | 05:50 | 10,3 | 14:40 | 29:03 | 43:36 | 00:58:23 | | 43 |
| 203 | 219 | STANKIEWICZ PIOTR | 1984 | M | M30 | 51 | Dębno | | | 05:51 | 10,3 | 14:16 | 28:32 | 43:22 | 00:58:31 | 160 | |
| 204 | 33 | DROZDEK MAGDALENA | 1998 | K | K16 | 4 | Szczecin | | CHARTY | 05:56 | 10,1 | 13:43 | 28:07 | 43:36 | 00:59:24 | | 44 |
| 205 | 187 | ANDRZEJCZAK JESSICA | 1997 | K | K20 | 12 | Chojna | | | 05:57 | 10,1 | 14:06 | 28:53 | 44:01 | 00:59:30 | | 45 |
| 206 | 170 | ŚWIGOŃ IZABELA | 1970 | K | K40 | 9 | Suchań | | SZWLA STARGARD | 05:59 | 10,0 | 15:17 | 29:46 | 45:01 | 00:59:50 | | 46 |
| 207 | 213 | WÓJTOWICZ ARTUR | 1971 | M | M40 | 46 | Dołuje | | | 05:59 | 10,0 | 14:32 | 28:50 | 43:37 | 00:59:53 | 161 | |
| 208 | 148 | RYCHŁOWSKA MARZENA | 1975 | K | K40 | 10 | Stare Kurowo | | | 06:01 | 10,0 | 15:26 | 29:59 | 45:06 | 01:00:12 | | 47 |
| 209 | 177 | WINNICKA BEATA | 1965 | K | K50 | 5 | Dębno | | | 06:03 | 9,9 | 14:42 | 29:13 | 44:52 | 01:00:25 | | 48 |
| 210 | 150 | SIEMIERNIK DARIUSZ | 1975 | M | M40 | 47 | Kostrzyn nad odra | | | 06:03 | 9,9 | 14:59 | 30:03 | 45:25 | 01:00:27 | 162 | |

XXVIII "10-tka Myśluborska"

Data: 21.05.2017

Dystans: 10 km

Miejscowość: Myślubórz



| Lp. | Nr | Nazwisko i Imię | Rok ur. | Płeć | Kat. | M-ce w kat. | Miejscowość | Klub | Tempo min/km | Prędkość km/h | 2,5 km | 5 km | 7,5 km | 10 km | M | K |
|-----|-----|------------------------|---------|------|------|-------------|---------------------|----------------------------|--------------|---------------|--------|-------|--------|----------|-----|----|
| 211 | 112 | MOLSKA MAŁGORZATA | 1968 | K | K40 | 11 | Kłodawa | BBL GORZÓW | 06:12 | 9,7 | 15:28 | 30:19 | 45:48 | 01:02:03 | | 49 |
| 212 | 108 | MAZUR ANNA | 1981 | K | K30 | 18 | Gorzów Wielkopolski | | 06:16 | 9,6 | 15:36 | 30:34 | 46:33 | 01:02:43 | | 50 |
| 213 | 120 | ORDON IZABELA | 1978 | K | K30 | 19 | Gorzów Wielkopolski | | 06:17 | 9,5 | 14:40 | 30:03 | 46:35 | 01:02:52 | | 51 |
| 214 | 188 | BALC-TEODORCZYK BOGUSZ | 1978 | M | M30 | 52 | Szczecin | | 06:26 | 9,3 | 15:44 | 31:23 | 47:48 | 01:04:16 | 163 | |
| 215 | 200 | RAWA DONATA | 1974 | K | K40 | 12 | Dobra | | 06:26 | 9,3 | 15:18 | 30:51 | 47:26 | 01:04:16 | | 52 |
| 216 | 235 | WŁOSEK BARBARA | 1958 | K | K50 | 6 | Myślubórz | | 06:27 | 9,3 | 15:50 | 31:54 | 48:04 | 01:04:31 | | 53 |
| 217 | 75 | KOŁACZYK JERZY | 1954 | M | M60 | 13 | MORYŃ | KB HERMES GRYFINO | 06:27 | 9,3 | 16:22 | 31:54 | 48:04 | 01:04:31 | 164 | |
| 218 | 53 | GRZEGORCZYK MAJA | 1978 | K | K30 | 20 | Wolczkowo | WIERZBICKI RUNNING PROJECT | 06:41 | 9,0 | 16:51 | 32:47 | 49:44 | 01:06:50 | | 54 |
| 219 | 129 | PIETZ ELŻBIETA | 1962 | K | K50 | 7 | Poznań | | 06:51 | 8,8 | 17:03 | 33:46 | 51:02 | 01:08:33 | | 55 |
| 220 | 110 | MICHALAK MAGDALENA | 1984 | K | K30 | 21 | Dobiegniew | BIEGACZE DO ŻABKI | 06:52 | 8,7 | 16:51 | 33:36 | 51:07 | 01:08:40 | | 56 |
| 221 | 249 | PIECHOTA BOLESŁAW | 1949 | M | M60 | 14 | Krzyż Wlkp. | | 06:57 | 8,6 | 17:27 | 34:44 | 51:57 | 01:09:25 | 165 | |
| 222 | 83 | KOWALEWSKA SYLWIA | 1973 | K | K40 | 13 | Strzelce Krajeńskie | BIEGACZE DO ŻABKI | 06:59 | 8,6 | 16:51 | 33:50 | 51:27 | 01:09:49 | | 57 |
| 223 | 31 | DROZDEK IWONA | 1968 | K | K40 | 14 | Kobyłanka | | 07:18 | 8,2 | 17:43 | 36:00 | 54:31 | 01:13:02 | | 58 |

Klasyfikacja: Open M

| Lp. | Nr | Nazwisko i Imię | Rok ur. | Płeć | Kat. | Miejscowość | Klub | min/km | km/h | 2,5 km | 5 km | 7,5 km | 10 km |
|-----|-----|-------------------|---------|------|------|---------------------|-------------------------|--------|-------|--------|-------|--------|----------|
| 1 | 251 | ROMANENKO ROMAN | 1988 | M | M20 | Dnepr Ukraina | | 03:08 | 19,11 | 08:06 | 15:34 | 23:23 | 00:31:24 |
| 2 | 250 | STAŻYŃSKI ANDRZEJ | 1990 | M | M20 | Klementowice | KLEMENTYNKA FARTLEKGO | 03:10 | 19,00 | 08:06 | 15:51 | 23:50 | 00:31:35 |
| 3 | 58 | HULEWICZ MICHAŁ | 1988 | M | M20 | Gorzów Wielkopolski | WIERZBICKI RUNNING TEAM | 03:17 | 18,31 | 08:22 | 16:22 | 24:32 | 00:32:46 |

Klasyfikacja: Open K

| Lp. | Nr | Nazwisko i Imię | Rok ur. | Płeć | Kat. | Miejscowość | Klub | min/km | km/h | 2,5 km | 5 km | 7,5 km | 10 km |
|-----|-----|-----------------------|---------|------|------|--------------|----------------------------|--------|-------|--------|-------|--------|----------|
| 1 | 196 | PADUSZYŃSKA WIOLETTA | 1985 | K | K30 | Gorzów Wlkp. | WIERZBICKI RUNNING PROJECT | 03:42 | 16,22 | 09:18 | 18:23 | 27:40 | 00:37:00 |
| 2 | 222 | SZURGOCIŃSKA NIKOLINA | 1993 | K | K20 | Gryfino | | 04:01 | 14,97 | 10:24 | 20:09 | 30:16 | 00:40:05 |
| 3 | 201 | ROMEJ ELŻBIETA | 1964 | K | K50 | Łobez | ŁKB TRUCHT | 04:20 | 13,86 | 11:12 | 21:44 | 32:22 | 00:43:18 |

Klasyfikacja: M16

| Lp. | Nr | Nazwisko i Imię | Rok ur. | Płeć | Kat. | Miejscowość | Klub | min/km | km/h | 2,5 km | 5 km | 7,5 km | 10 km |
|-----|-----|-----------------|---------|------|------|-------------|--------------|--------|-------|--------|-------|--------|----------|
| 1 | 233 | TURBAK PAWEŁ | 1999 | M | M16 | Sulęcín | BZIUNIU TEAM | 03:50 | 15,67 | 09:30 | 18:41 | 28:25 | 00:38:18 |
| 2 | 89 | KULA DOMINIK | 2001 | M | M16 | Wierzbica | | 04:15 | 14,13 | 11:26 | 21:36 | 31:56 | 00:42:28 |
| 3 | 243 | KRYCKI KACPER | 2001 | M | M16 | Gizyn | | 04:23 | 13,67 | 11:06 | 21:35 | 32:42 | 00:43:53 |

XXVIII "10-tka Myśliborska"

Data: 21.05.2017

Dystans: 10 km

Miejscowość: Myślibórz



| Lp. | Nr | Nazwisko i Imię | Rok ur. | Płeć | Kat. | M-ce w kat. | Miejscowość | Klub | Tempo min/km | Prędkość km/h | 2,5 km | 5 km | 7,5 km | 10 km | M | K |
|-------------------|-----|----------------------|---------|------|------|----------------|---------------|------------------------------|-----------------|------------------|--------|-------|--------|----------|---|---|
| Klasyfikacja: M20 | | | | | | | | | | | | | | | | |
| Lp. | Nr | Nazwisko i Imię | Rok ur. | Płeć | Kat. | | Miejscowość | Klub | min/km | km/h | 2,5 km | 5 km | 7,5 km | 10 km | | |
| 1 | 102 | MACKOWIAK PAWEŁ | 1989 | M | M20 | | Pelczyce | | 03:33 | 16,93 | 09:18 | 18:06 | 26:48 | 00:35:27 | | |
| 2 | 111 | MINKO ARKADIUSZ | 1988 | M | M20 | | Resko | | 03:38 | 16,49 | 09:17 | 18:08 | 27:14 | 00:36:23 | | |
| 3 | 214 | BARAŃSKI PRZEMYSŁAW | 1993 | M | M20 | | Trzebiatów | KM PSP SZCZECIN/ MLUKS TRZEŚ | 03:49 | 15,69 | 09:32 | 19:08 | 28:52 | 00:38:14 | | |
| Klasyfikacja: M30 | | | | | | | | | | | | | | | | |
| Lp. | Nr | Nazwisko i Imię | Rok ur. | Płeć | Kat. | | Miejscowość | Klub | min/km | km/h | 2,5 km | 5 km | 7,5 km | 10 km | | |
| 1 | 242 | HRYCIUK ŁUKASZ | 1986 | M | M30 | | Dębno | | 03:24 | 17,65 | 08:34 | 16:50 | 25:25 | 00:34:00 | | |
| 2 | 23 | CISZEWSKI MAREK | 1978 | M | M30 | | Szczecin | NCDC POLSKA S.A. | 03:41 | 16,26 | 09:31 | 18:34 | 27:44 | 00:36:54 | | |
| 3 | 217 | OSOWSKI PAWEŁ | 1986 | M | M30 | | Dębno | OSIR DĘBNO | 03:44 | 16,09 | 09:27 | 18:39 | 27:59 | 00:37:18 | | |
| Klasyfikacja: M40 | | | | | | | | | | | | | | | | |
| Lp. | Nr | Nazwisko i Imię | Rok ur. | Płeć | Kat. | | Miejscowość | Klub | min/km | km/h | 2,5 km | 5 km | 7,5 km | 10 km | | |
| 1 | 50 | GÓRKA PIOTR | 1970 | M | M40 | | Myślibórz | | 03:40 | 16,38 | 09:10 | 18:03 | 27:14 | 00:36:38 | | |
| 2 | 238 | CHAWAWKO TOMASZ | 1974 | M | M40 | | Dębno | TC TEAM | 03:41 | 16,29 | 09:30 | 18:37 | 27:44 | 00:36:50 | | |
| 3 | 41 | FILIPOWSKI DARIUSZ | 1972 | M | M40 | | Szczecin | | 03:44 | 16,06 | 09:19 | 18:28 | 27:51 | 00:37:21 | | |
| Klasyfikacja: M50 | | | | | | | | | | | | | | | | |
| Lp. | Nr | Nazwisko i Imię | Rok ur. | Płeć | Kat. | | Miejscowość | Klub | min/km | km/h | 2,5 km | 5 km | 7,5 km | 10 km | | |
| 1 | 162 | SZCZERBIAK KRZYSZTOF | 1967 | M | M50 | | SKWIERZYNA | 35 DROP | 03:59 | 15,09 | #N/D! | #N/D! | #N/D! | 00:39:46 | | |
| 2 | 132 | PLUTA GRZEGORZ | 1963 | M | M50 | | NOWE CZARNOWO | KB HERMES GRZYFINO | 03:59 | 15,04 | #N/D! | #N/D! | #N/D! | 00:39:53 | | |
| 3 | 119 | OPULSKI WIESŁAW | 1966 | M | M50 | | Myślibórz | FOL-TECH TEAM PL | 04:16 | 14,06 | #N/D! | #N/D! | #N/D! | 00:42:40 | | |
| Klasyfikacja: M60 | | | | | | | | | | | | | | | | |
| Lp. | Nr | Nazwisko i Imię | Rok ur. | Płeć | Kat. | | Miejscowość | Klub | min/km | km/h | 2,5 km | 5 km | 7,5 km | 10 km | | |
| 1 | 82 | KOTARSKI WIESŁAW | 1956 | M | M60 | | Police | | 03:54 | 15,40 | 09:55 | 19:24 | 29:05 | 00:38:58 | | |
| 2 | 69 | KAŁUŻNY RYSZARD | 1955 | M | M60 | | Mostkowo | KB MOSTKOWO - LIPIANY | 04:03 | 14,79 | 10:24 | 20:17 | 30:21 | 00:40:34 | | |
| 3 | 16 | CHMIELEWSKI JANUSZ | 1954 | M | M60 | | Police | CHMIELEWSKI TEAM-BBL POLICE | 04:26 | 13,53 | 11:18 | 22:18 | 33:25 | 00:44:21 | | |

XXVIII "10-tka Myśliborska"

Data: 21.05.2017

Dystans: 10 km

Miejscowość: Myślibórz



| Lp. | Nr | Nazwisko i Imię | Rok ur. | Płeć | Kat. | M-ce w kat. | Miejscowość | Klub | Tempo min/km | Prędkość km/h | 2,5 km | 5 km | 7,5 km | 10 km | M | K |
|--------------------|-----|----------------------|---------|------|------|----------------|---------------------|------------------------------|-----------------|------------------|--------|-------|--------|----------|---|---|
| Klasyfikacja: M70+ | | | | | | | | | | | | | | | | |
| Lp. | Nr | Nazwisko i Imię | Rok ur. | Płeć | Kat. | | Miejscowość | Klub | min/km | km/h | 2,5 km | 5 km | 7,5 km | 10 km | | |
| 1 | 66 | KACZMAREK JAN | 1947 | M | M70 | | Mieszkowice | | 04:34 | 13,14 | 11:43 | 22:58 | 34:19 | 00:45:39 | | |
| 2 | 232 | WRONA JÓZEF | 1938 | M | M70 | | Wieleń | | 05:32 | 10,85 | 14:06 | 27:43 | 41:15 | 00:55:18 | | |
| 3 | | | | | | | | | | | | | | | | |
| Klasyfikacja: K16 | | | | | | | | | | | | | | | | |
| Lp. | Nr | Nazwisko i Imię | Rok ur. | Płeć | Kat. | | Miejscowość | Klub | min/km | km/h | 2,5 km | 5 km | 7,5 km | 10 km | | |
| 1 | 226 | GREDKA KLAUDIA | 1998 | K | K16 | | Smogóry | | 04:44 | 12,68 | 11:26 | 22:53 | 34:59 | 00:47:19 | | |
| 2 | 122 | PARNIAK KATARZYNA | 2001 | K | K16 | | Głazów | | 05:18 | 11,30 | 14:34 | 27:39 | 40:29 | 00:53:05 | | |
| 3 | 6 | BĘDKOWSKA AGATA | 1998 | K | K16 | | Gryfino | KB HERMES GRYPINO | 05:19 | 11,30 | 13:43 | 27:21 | 40:39 | 00:53:06 | | |
| Klasyfikacja: K20 | | | | | | | | | | | | | | | | |
| Lp. | Nr | Nazwisko i Imię | Rok ur. | Płeć | Kat. | | Miejscowość | Klub | min/km | km/h | 2,5 km | 5 km | 7,5 km | 10 km | | |
| 1 | 25 | CZAJCZYŃSKA KLAUDIA | 1996 | K | K20 | | Szczecin | | 04:21 | 13,77 | 10:39 | 21:22 | 32:34 | 00:43:34 | | |
| 2 | 254 | MAŚLANKA KLAUDIA | 1992 | K | K20 | | Szczecin | WIECZORNE BIEGANIE W SZCZEC | 04:56 | 12,17 | 11:38 | 23:42 | 36:25 | 00:49:17 | | |
| 3 | 241 | POŁUKORD JOANNA | 1992 | K | K20 | | Chojna | CHOJNA | 05:11 | 11,58 | 13:05 | 26:09 | 39:12 | 00:51:49 | | |
| Klasyfikacja: K30 | | | | | | | | | | | | | | | | |
| Lp. | Nr | Nazwisko i Imię | Rok ur. | Płeć | Kat. | | Miejscowość | Klub | min/km | km/h | 2,5 km | 5 km | 7,5 km | 10 km | | |
| 1 | 35 | DROŹDZIEL MAGDALENA | 1986 | K | K30 | | Gryfino | KB CHERMES GRYPINO | 04:27 | 13,48 | 11:06 | 22:02 | 33:27 | 00:44:31 | | |
| 2 | 86 | KRAWCZYK KATARZYNA | 1980 | K | K30 | | GRYPINO | KLUB BIEGACZA HERMES GRYPIN | 04:42 | 12,78 | 11:51 | 23:18 | 35:00 | 00:46:56 | | |
| 3 | 176 | WALENTYNOWICZ MONIKA | 1981 | K | K30 | | Gorzów Wlkp. | GORZOWSKIE BIEGANIE CZWARŃ | 04:43 | 12,72 | 12:08 | 23:39 | 35:18 | 00:47:11 | | |
| Klasyfikacja: K40 | | | | | | | | | | | | | | | | |
| Lp. | Nr | Nazwisko i Imię | Rok ur. | Płeć | Kat. | | Miejscowość | Klub | min/km | km/h | 2,5 km | 5 km | 7,5 km | 10 km | | |
| 1 | 184 | ŻURKOWSKA IWONA | 1968 | K | K40 | | Myślibórz | | 04:48 | 12,48 | 12:05 | 23:54 | 35:55 | 00:48:04 | | |
| 2 | 159 | SZAR ANETA | 1977 | K | K40 | | Dębno | | 04:59 | 12,03 | 12:44 | 24:57 | 37:26 | 00:49:52 | | |
| 3 | 48 | GOŹDZICKA AGNIESZKA | 1974 | K | K40 | | Strzelce Krajeńskie | KB PENTO STRZELCE KRAJEŃSKIE | 05:10 | 11,61 | 12:48 | 25:26 | 38:25 | 00:51:40 | | |

XXVIII "10-tka Myśluborska"

Data: 21.05.2017

Dystans: 10 km

Miejscowość: Myślubórz



| Lp. | Nr | Nazwisko i Imię | Rok ur. | Płeć | Kat. | M-ce w kat. | Miejscowość | Klub | Tempo min/km | Prędkość km/h | 2,5 km | 5 km | 7,5 km | 10 km | M | K |
|---|----|-----------------------|---------|------|------|----------------|---------------------|--------------|-----------------|------------------|--------|-------|--------|----------|---|---|
| Klasyfikacja: K50+ | | | | | | | | | | | | | | | | |
| Lp. | Nr | Nazwisko i Imię | Rok ur. | Płeć | Kat. | | Miejscowość | Klub | min/km | km/h | 2,5 km | 5 km | 7,5 km | 10 km | | |
| 1 | 87 | KRÓLAK BEATA | 1962 | K | K50 | | Police | | 04:54 | 12,22 | 12:10 | 24:16 | 36:35 | 00:49:05 | | |
| 2 | 2 | ANDRZEJCZAK ELA | 1967 | K | K50 | | Debno | AVOCADO CLUB | 05:22 | 11,17 | 13:43 | 26:54 | 40:16 | 00:53:42 | | |
| 3 | 36 | DRZEWIECKA MARIA | 1962 | K | K50 | | Barlinek | | 05:50 | 10,28 | 14:40 | 29:03 | 43:36 | 00:58:23 | | |
| Klasyfikacja: MYŚLIBORZANIE | | | | | | | | | | | | | | | | |
| Lp. | Nr | Nazwisko i Imię | Rok ur. | Płeć | Kat. | | Miejscowość | Klub | min/km | km/h | 2,5 km | 5 km | 7,5 km | 10 km | | |
| 1 | | GÓRKA PIOTR | 1970 | M | M40 | | Myślubórz | | | | | | | 00:36:38 | | |
| 2 | | CHURSKI MARCIN | 1972 | M | M40 | | Myślubórz | | | | | | | 00:38:21 | | |
| 3 | | SOBAŃSKI ARKADIUSZ | 1974 | M | M40 | | Myślubórz | | | | | | | 00:39:40 | | |
| Klasyfikacja: MYŚLIBORZANKI | | | | | | | | | | | | | | | | |
| Lp. | Nr | Nazwisko i Imię | Rok ur. | Płeć | Kat. | | Miejscowość | Klub | min/km | km/h | 2,5 km | 5 km | 7,5 km | 10 km | | |
| 1 | | ŻURKOWSKA IWONA | 1968 | K | K40 | | Myślubórz | | | | | | | 00:48:04 | | |
| 2 | | CHRZANOWSKA EMILIA | 1982 | K | K30 | | Krzemlin | | | | | | | 00:50:34 | | |
| 3 | | NIEDUŻAK KLAUDIA | 1996 | K | K20 | | Myślubórz | | | | | | | 00:53:01 | | |
| Klasyfikacja: Puchar Komendanta Powiatowego Państwowej Straży Pożarnej w Myśluborzu | | | | | | | | | | | | | | | | |
| Lp. | Nr | Nazwisko i Imię | Rok ur. | Płeć | Kat. | | Miejscowość | Klub | min/km | km/h | 2,5 km | 5 km | 7,5 km | 10 km | | |
| 1 | | BARAŃSKI PRZEMYSŁAW | 1993 | M | M20 | | Trzebiatów | | | | | | | 00:38:14 | | |
| 2 | | RUDZIŃSKI JACEK | 1969 | M | M40 | | Gryfino | | | | | | | 00:40:38 | | |
| 3 | | KORZENIEWSKI JAROSŁAW | 1975 | M | M40 | | Gorzów Wielkopolski | | | | | | | 00:40:42 | | |
| 4 | | WESOŁOWSKI ADRIAN | 1986 | M | M30 | | Myślubórz | | | | | | | 00:44:20 | | |
| 5 | | PODOLAK MIROSŁAW | 1974 | M | M40 | | Gryfino | | | | | | | 00:45:01 | | |
| 6 | | MOLSKA MAŁGORZATA | 1968 | K | K40 | | Kłodawa | | | | | | | 01:02:03 | | |