

OGÓLNOPOLSKI BIEG PRZEŁAJOWY MISTRZOSTWA POLSKI WETERANÓW KOBIEC I MĘCZCZYN

Organizator: Ośrodek Sportu i Rekreacji, Urząd Miasta Golub-Dobrzyń, Ognisko TKKF „Rytm” Golub-Dobrzyń, Delegat PZWLA – Julian Pełka

Data: 18.03.2017r

Dystans: 10 km

Miejscowość: Golub-Dobrzyń

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | P1 | P2 | Czas netto | Wynik |
|------|---------|----------------------|--------------------|---------------------------------|------------|------------|--------------|------------|----------|----------|------------|----------|
| 1 | 156 | DZIEGIELEWSKI MAREK | DEŁUWIELWO | KB IM. P. SĘKOWSKIEGO W PŁOŃSKU | M4 (50-54) | 1 | 3:20 | 18,0 | 00:11:04 | 00:22:10 | 00:33:16 | 00:33:16 |
| 2 | 101 | PAWŁOWSKI MARIUSZ | MARZĘCICE | KURZĘTNIK BIEGA | M2 (40-44) | 1 | 3:21 | 17,9 | 00:11:04 | 00:22:19 | 00:33:27 | 00:33:28 |
| 3 | 103 | PIETRZYK KRZYSZTOF | KOLUSZKI | LKS KOLUSZKI | M1 (35-39) | 1 | 3:22 | 17,8 | 00:11:02 | 00:22:12 | 00:33:37 | 00:33:38 |
| 4 | 46 | JEDRASZEK TOMASZ | GÓRZNO | TEAM KOPEĆ | M1 (35-39) | 2 | 3:24 | 17,7 | 00:11:02 | 00:22:17 | 00:33:57 | 00:33:57 |
| 5 | 151 | LISTOPAD DARIUSZ | LUBLIN | CHEMIK NOXY PUŁAWY | M3 (45-49) | 1 | 3:26 | 17,5 | 00:11:06 | 00:22:40 | 00:34:21 | 00:34:21 |
| 6 | 165 | ŚWIECAK ROBERT | | WILGA GARWOLIN | M1 (35-39) | 3 | 3:28 | 17,3 | 00:11:05 | 00:22:44 | 00:34:41 | 00:34:42 |
| 7 | 37 | GUZOWSKI DARIUSZ | TRZEBIELINO | TALEX BORZYTUCHOM | M3 (45-49) | 2 | 3:29 | 17,2 | 00:11:13 | 00:22:54 | 00:34:47 | 00:34:47 |
| 8 | 169 | CIELIŃSKI ROBERT | WARSZAWA | AZS AWF WARSZAWA | M2 (40-44) | 2 | 3:35 | 16,8 | 00:11:15 | 00:23:26 | 00:35:45 | 00:35:46 |
| 9 | 93 | NIEPSUJ MARCIN | BRODNICA | JW 3537 BRODNICA | M1 (35-39) | 4 | 3:37 | 16,6 | 00:11:37 | 00:23:38 | 00:36:10 | 00:36:10 |
| 10 | 56 | KICZIŃSKI BARTOSZ | BRODNICA | BRODNICA BIEGA | M30-34 | 1 | 3:37 | 16,6 | 00:11:35 | 00:23:53 | 00:36:11 | 00:36:11 |
| 11 | 136 | WIŚNIEWSKI PIOTR | PŁOMIANY | GKS FABIANKI | M1 (35-39) | 5 | 3:38 | 16,5 | 00:12:01 | 00:24:17 | 00:36:16 | 00:36:17 |
| 12 | 140 | WOJDYŁO MARIUSZ | BRODNICA | BIEGAM SOBIE | M30-34 | 2 | 3:38 | 16,5 | 00:11:46 | 00:24:05 | 00:36:18 | 00:36:18 |
| 13 | 71 | KUJAWA KRZYSZTOF | PŁOCK | WIĘCKOWSKI TEAM | M2 (40-44) | 3 | 3:40 | 16,4 | 00:12:11 | 00:24:30 | 00:36:41 | 00:36:41 |
| 14 | 157 | LASKOWSKI JAROSŁAW | MAŁE BAŁÓWKI | KURZĘTNIK BIEGA | M1 (35-39) | 6 | 3:42 | 16,2 | 00:12:15 | 00:24:32 | 00:36:58 | 00:36:58 |
| 15 | 45 | JASKULSKI KAZIMIERZ | GRUDZIĄDZ | AKADEMIA BIEGANIA GRUDZIĄDZ | M4 (50-54) | 2 | 3:44 | 16,1 | 00:12:17 | 00:24:44 | 00:37:15 | 00:37:15 |
| 16 | 164 | WIĘCKOWSKI WOJCIECH | HIESKUCHOWO | WIĘCKOWSKI TEAM | M5 (55-59) | 1 | 3:44 | 16,1 | 00:12:15 | 00:24:44 | 00:37:19 | 00:37:19 |
| 17 | 16 | CHOJNACKI GRZEGORZ | ZIELONKA | HUSARIA RACE TEAM | M2 (40-44) | 4 | 3:44 | 16,0 | 00:12:10 | 00:24:38 | 00:37:23 | 00:37:24 |
| 18 | 128 | TREJDEROWSKI ROBERT | KOWALEWO POMORSKIE | CONKRET RUNNING TEAM | M30-34 | 3 | 3:45 | 16,0 | 00:12:22 | 00:24:54 | 00:37:26 | 00:37:26 |
| 19 | 94 | NITKA ŁUKASZ | BYDGOSZCZ | | M30-34 | 4 | 3:45 | 16,0 | 00:12:27 | 00:24:56 | 00:37:28 | 00:37:28 |
| 20 | 82 | MALINOWSKI PIOTR | PŁOCK | MPT WZGÓRZE TUMSKIE | M3 (45-49) | 3 | 3:45 | 16,0 | 00:12:09 | 00:24:50 | 00:37:31 | 00:37:31 |
| 21 | 72 | KULAKOWSKI ARTUR | CHOJNICE | FLORIAN CHOJNICE | M1 (35-39) | 7 | 3:45 | 16,0 | 00:12:38 | 00:25:14 | 00:37:31 | 00:37:32 |
| 22 | 70 | KUCIEJCZYK HENRYK | SZYDŁOWO | TEMPO MŁAWA | M5 (55-59) | 2 | 3:46 | 15,9 | 00:12:19 | 00:24:55 | 00:37:44 | 00:37:44 |
| 23 | 148 | KAMOLA KAZIMIERZ | PUŁAWY | CHEMIK ELEKTROWNIA PUŁAWY | M5 (55-59) | 3 | 3:49 | 15,7 | 00:12:32 | 00:25:16 | 00:38:09 | 00:38:09 |
| 24 | 95 | NOWAKOWSKI ANDRZEJ | PRABUTY | TRAKTOR TEAM GMINA KWIDZYN | M3 (45-49) | 4 | 3:49 | 15,7 | 00:12:30 | 00:25:22 | 00:38:15 | 00:38:15 |
| 25 | 120 | SZULC JACEK | STOLNO | | M4 (50-54) | 3 | 3:51 | 15,6 | 00:12:38 | 00:25:34 | 00:38:31 | 00:38:31 |
| 26 | 162 | SUDZIŃSKA MARIOLA | OLSZTYN | AKM OLSZTYN | K2 (40-44) | 1 | 3:54 | 15,4 | 00:12:53 | 00:26:06 | 00:38:54 | 00:38:56 |
| 27 | 64 | KRÓLIKOWSKI ZBIGNIEW | SIERPC | TKKF KUBUŚ SIERPC | M4 (50-54) | 4 | 3:54 | 15,4 | 00:12:35 | 00:25:37 | 00:38:57 | 00:38:57 |
| 28 | 107 | POKORA RAFAŁ | SZPETAL GÓRNY | GKS FABIANKI | M3 (45-49) | 5 | 3:54 | 15,4 | 00:12:46 | 00:26:03 | 00:39:03 | 00:39:03 |
| 29 | 92 | NAWROT PIOTR | GRUDZIĄDZ | | M1 (35-39) | 8 | 3:55 | 15,3 | 00:12:35 | 00:25:51 | 00:39:06 | 00:39:06 |
| 30 | 127 | TOMCZAK MARCIN | CIECHANÓW | | M1 (35-39) | 9 | 3:56 | 15,3 | 00:12:33 | 00:25:54 | 00:39:16 | 00:39:16 |
| 31 | 152 | KARPIŃSKI PAWEŁ | GOLUB-DOBRZYŃ | AGROLOK | M20-29 | 1 | 3:58 | 15,1 | 00:13:14 | 00:26:34 | 00:39:35 | 00:39:37 |
| 32 | 6 | BASA JACEK | KRUSZWICA | LIUKS KRUSZWICA | M2 (40-44) | 5 | 3:58 | 15,1 | 00:13:00 | 00:26:25 | 00:39:42 | 00:39:43 |
| 33 | 141 | WOJNOWSKI RADOSŁAW | RYPIN | KB LECH RYPIN | M30-34 | 5 | 3:59 | 15,1 | 00:13:01 | 00:26:22 | 00:39:49 | 00:39:49 |
| 34 | 65 | KRYSZTOFIK SŁAWOMIR | BYDGOSZCZ | | M4 (50-54) | 5 | 4:00 | 15,0 | 00:13:10 | 00:26:47 | 00:39:57 | 00:39:57 |
| 35 | 154 | RZEPKA ANDRZEJ | WIELKI - STĘBOCZEK | BRODNICA BIEGA | M2 (40-44) | 6 | 4:01 | 14,9 | 00:13:17 | 00:26:49 | 00:40:12 | 00:40:13 |
| 36 | 110 | SERWACZAK GRZEGORZ | GOLUB-DOBRZYŃ | | M30-34 | 6 | 4:03 | 14,8 | 00:13:14 | 00:26:48 | 00:40:25 | 00:40:27 |
| 37 | 106 | POCHRANOWICZ JANUSZ | BIAŁY BÓR | NIEZALEŻNI BIAŁY BÓR | M6 (60-64) | 1 | 4:03 | 14,8 | 00:13:10 | 00:26:47 | 00:40:31 | 00:40:31 |
| 38 | 171 | PIEKARSKI MAREK | BYDGOSZCZ | RESTAURACJA KUNG-FU BYDGOSZCZ | M3 (45-49) | 6 | 4:03 | 14,8 | 00:13:25 | 00:27:10 | 00:40:33 | 00:40:34 |
| 39 | 73 | KUTA KRYSZYNA | SEROCK | LUKS SEROCK | K3 (45-49) | 1 | 4:04 | 14,8 | 00:13:38 | 00:27:11 | 00:40:35 | 00:40:35 |
| 40 | 135 | WIŚNIEWSKI MATEUSZ | ZBÓJNO | | M -do19 | 1 | 4:04 | 14,7 | 00:12:44 | 00:26:37 | 00:40:43 | 00:40:43 |
| 41 | 102 | PIERZCHAŁA SŁAWOMIR | GOLUB-DOBRZYŃ | | M3 (45-49) | 7 | 4:05 | 14,7 | 00:13:04 | 00:26:54 | 00:40:48 | 00:40:48 |
| 42 | 25 | CZUBA KAROL | KRAKÓW | MAKACZUMI | M20-29 | 2 | 4:07 | 14,6 | 00:13:23 | 00:27:12 | 00:41:04 | 00:41:09 |
| 43 | 149 | BRODACKI WALDEMAR | PUŁAWY | CHEMIK ELEKTROWNIA PUŁAWY | M6 (60-64) | 2 | 4:07 | 14,6 | 00:13:42 | 00:27:29 | 00:41:10 | 00:41:12 |
| 44 | 96 | OLSZEWSKI ADAM | ROGOWO | KB LECH RYPIN | M4 (50-54) | 6 | 4:08 | 14,5 | 00:13:26 | 00:27:14 | 00:41:19 | 00:41:20 |
| 45 | 90 | MURAWSKI PRZEMYSŁAW | WARSZAWA | | M3 (45-49) | 8 | 4:08 | 14,5 | 00:13:21 | 00:27:16 | 00:41:20 | 00:41:22 |

OGÓLNOPOLSKI BIEG PRZEŁAJOWY MISTRZOSTWA POLSKI WETERANÓW KOBIET I MĘŻCZYZN

Organizator: Ośrodek Sportu i Rekreacji, Urząd Miasta Golub-Dobrzyń, Ognisko TKKF „Rytm” Golub-Dobrzyń, Delegat PZWL – Julian Pełka

Data: 18.03.2017r

Dystans: 10 km

Miejscowość: Golub-Dobrzyń

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | P1 | P2 | Czas netto | Wynik |
|------|---------|------------------------|-------------------|-----------------------------|------------|------------|--------------|------------|----------|----------|------------|----------|
| 46 | 68 | KUCHARSKI MAREK | GOLUB-DOBRZYŃ | G-D | M2 (40-44) | 7 | 4:08 | 14,5 | 00:13:16 | 00:27:24 | 00:41:23 | 00:41:24 |
| 47 | 17 | CHRUSZCZEWSKI ANDRZEJ | GRUDZIĄDZ | | M2 (40-44) | 8 | 4:09 | 14,5 | 00:13:29 | 00:27:26 | 00:41:22 | 00:41:25 |
| 48 | 131 | WĘSIORA MARIUSZ | DRZYCIM | | M3 (45-49) | 9 | 4:09 | 14,5 | 00:13:59 | 00:27:44 | 00:41:25 | 00:41:26 |
| 49 | 77 | ŁOMICKI DARIUSZ | PŁOCK | PŁOCK BIEGA NO AGE LIMIT | M4 (50-54) | 7 | 4:09 | 14,5 | 00:13:26 | 00:27:19 | 00:41:27 | 00:41:28 |
| 50 | 33 | GOŁĘBIEWSKI MACIEJ | WŁOCŁAWEK | GKS FABIANKI | M20-29 | 3 | 4:09 | 14,4 | 00:14:00 | 00:27:52 | 00:41:31 | 00:41:34 |
| 51 | 129 | TURALSKA ANETA | SIERPC | BIEGAJ Z DYMKIEM | K20-29 | 1 | 4:10 | 14,4 | 00:13:56 | 00:27:46 | 00:41:38 | 00:41:40 |
| 52 | 122 | SZYSŁER ANDRZEJ | SUSZ | SEKCJA LA CSIR SUSZ | M6 (60-64) | 3 | 4:10 | 14,4 | 00:13:41 | 00:27:48 | 00:41:44 | 00:41:44 |
| 53 | 63 | KOZŁOWSKI ZBIGNIEW | TORUŃ | | M30-34 | 7 | 4:10 | 14,4 | 00:13:45 | 00:27:56 | 00:41:43 | 00:41:45 |
| 54 | 12 | BRODZIŃSKI ARKADIUSZ | MILESZEWY | AREK BIEGA | M30-34 | 8 | 4:11 | 14,3 | 00:13:32 | 00:27:47 | 00:41:49 | 00:41:49 |
| 55 | 11 | BRDAK ROBERT | GRUDZIĄDZ | AKADEMIA BIEGANIA GRUDZIĄDZ | M2 (40-44) | 9 | 4:11 | 14,3 | 00:13:35 | 00:28:11 | 00:41:51 | 00:41:51 |
| 56 | 9 | BLACHOWSKA ANNA | KARNKOWO | GKS FABIANKI | K -do19 | 1 | 4:11 | 14,3 | 00:13:56 | 00:27:53 | 00:41:53 | 00:41:54 |
| 57 | 49 | KALOTA JOANNA | TORUŃ | BRAK | K20-29 | 2 | 4:12 | 14,3 | 00:13:33 | 00:27:46 | 00:42:01 | 00:42:01 |
| 58 | 61 | KOP OSTROWSKI MARIAN | ZŁOCENIEC | | M6 (60-64) | 4 | 4:14 | 14,2 | 00:13:57 | 00:27:59 | 00:42:14 | 00:42:15 |
| 59 | 26 | DEJEWSKI TOMASZ | NOWA WIEŚ | NW RUN | M30-34 | 9 | 4:14 | 14,2 | 00:14:16 | 00:28:16 | 00:42:13 | 00:42:19 |
| 60 | 62 | KOWALSKI KRZYSZTOF | KRUSZYN KRAJENSKI | OCELOTY KRUSZYN KRAJENSKI | M1 (35-39) | 10 | 4:14 | 14,2 | 00:13:44 | 00:28:02 | 00:42:19 | 00:42:22 |
| 61 | 160 | KALISZ ANDRZEJ | CHEŁMŻA | | M4 (50-54) | 8 | 4:16 | 14,1 | 00:13:52 | 00:28:14 | 00:42:40 | 00:42:41 |
| 62 | 117 | STROMCZYŃSKI WIESŁAW | BYDGOSZCZ | TUPTUŚ BORÓWNO | M5 (55-59) | 4 | 4:16 | 14,0 | 00:13:57 | 00:28:13 | 00:42:44 | 00:42:45 |
| 63 | 113 | SPRADA WALDEMAR | OSIE | LUBUDUBU | M2 (40-44) | 10 | 4:17 | 14,0 | 00:13:49 | 00:28:24 | 00:42:45 | 00:42:46 |
| 64 | 118 | SURMACEWICZ PAULINA | TORUŃ | | K30-34 | 1 | 4:17 | 14,0 | 00:14:28 | 00:28:34 | 00:42:50 | 00:42:53 |
| 65 | 85 | MEJGIER KAROL | WIĘCBORK | TKKF WODNIK WIĘCBORK | M2 (40-44) | 11 | 4:18 | 14,0 | 00:13:58 | 00:28:21 | 00:42:56 | 00:43:00 |
| 66 | 116 | STECKIEWICZ EDMUND | RYPIN | KB LECH RYPIN | M2 (40-44) | 12 | 4:18 | 13,9 | 00:13:54 | 00:28:42 | 00:43:02 | 00:43:04 |
| 67 | 44 | JASKULSKA MIRELA | GRUDZIĄDZ | AKADEMIA BIEGANIA GRUDZIĄDZ | K4 (50-54) | 1 | 4:19 | 13,9 | 00:14:15 | 00:28:43 | 00:43:09 | 00:43:10 |
| 68 | 81 | MALANOWSKI JAROSŁAW | PŁOCK | PTT DELTA | M5 (55-59) | 5 | 4:20 | 13,9 | 00:14:14 | 00:28:44 | 00:43:15 | 00:43:17 |
| 69 | 123 | ŚWIERCZYŃSKI RAFAŁ | RYPIN | KB LECH RYPIN | M2 (40-44) | 13 | 4:21 | 13,8 | 00:14:10 | 00:29:06 | 00:43:31 | 00:43:34 |
| 70 | 147 | ŻUCHOWSKI JÓZEF | PŁONNE | EKO-OPAL PŁONNE | M3 (45-49) | 10 | 4:23 | 13,7 | 00:14:11 | 00:28:59 | 00:43:44 | 00:43:45 |
| 71 | 161 | MAJCHER PAWEŁ | PĘDZEWO | | M2 (40-44) | 14 | 4:23 | 13,7 | 00:14:28 | 00:29:06 | 00:43:40 | 00:43:46 |
| 72 | 14 | BULIK GRAŻYNA | LASECZNO | | K2 (40-44) | 2 | 4:23 | 13,7 | 00:14:04 | 00:28:51 | 00:43:49 | 00:43:51 |
| 73 | 104 | PILARSKI ADAM | GOLUB-DOBRZYŃ | | M30-34 | 10 | 4:24 | 13,6 | 00:14:08 | 00:28:52 | 00:43:56 | 00:43:59 |
| 74 | 27 | DYJACH ROBERT | GRUCZNO | SOLIDARNOSC POLEDNO | M20-29 | 4 | 4:25 | 13,6 | 00:14:16 | 00:28:54 | 00:43:59 | 00:44:05 |
| 75 | 167 | KAMIŃSKI PAWEŁ | BRODNICA | DRWĘCA | M1 (35-39) | 11 | 4:25 | 13,6 | 00:15:35 | 00:30:07 | 00:44:08 | 00:44:12 |
| 76 | 86 | MEJGIER PAWEŁ | SYPNIEWO | TKKF WODNIK WIĘCBORK | M3 (45-49) | 11 | 4:26 | 13,5 | 00:14:33 | 00:29:38 | 00:44:21 | 00:44:24 |
| 77 | 30 | FRĄCZKOWSKI KRZYSZTOF | ROGOZINO | TKKF PŁOCK | M5 (55-59) | 6 | 4:27 | 13,5 | 00:14:33 | 00:29:34 | 00:44:30 | 00:44:34 |
| 78 | 84 | MASALSKI ROMUALD | CZERNIKOWO | 46 | M4 (50-54) | 9 | 4:28 | 13,4 | 00:14:20 | 00:29:29 | 00:44:35 | 00:44:37 |
| 79 | 115 | STAŃCZAK EDMUND | PŁOCK | PŁOCK BIEGA NO AGE LIMIT | M6 (60-64) | 5 | 4:28 | 13,4 | 00:14:32 | 00:29:34 | 00:44:42 | 00:44:43 |
| 80 | 41 | JANOWSKI PIOTR | CHEŁMNO | TKKF CHEŁMNO | M4 (50-54) | 10 | 4:29 | 13,4 | 00:15:29 | 00:30:14 | 00:44:39 | 00:44:46 |
| 81 | 40 | JANOWSKI ADAM | LISEWO | TKKF CHEŁMNO | M3 (45-49) | 12 | 4:29 | 13,4 | 00:15:29 | 00:30:15 | 00:44:39 | 00:44:46 |
| 82 | 48 | KALISKI KAMIL | GOLUB-DOBRZYŃ | AGROLOK SPORT TEAM | M30-34 | 11 | 4:31 | 13,3 | 00:14:48 | 00:29:59 | 00:45:05 | 00:45:08 |
| 83 | 99 | PAČKOWSKI DAWID | POKRZYDOWO | | M30-34 | 12 | 4:31 | 13,3 | 00:14:15 | 00:29:32 | 00:45:10 | 00:45:12 |
| 84 | 114 | STANISZEWSKI KRZYSZTOF | ZBICZNO | SIĘBIEGA | M30-34 | 13 | 4:32 | 13,2 | 00:14:17 | 00:29:44 | 00:45:20 | 00:45:21 |
| 85 | 55 | KĘDZIOR MAREK | RYPIN | KB LECH RYPIN | M1 (35-39) | 12 | 4:33 | 13,2 | 00:14:08 | 00:29:56 | 00:45:27 | 00:45:29 |
| 86 | 31 | GAPA WIESŁAW | SYPNIEWO | TK WODNIK WIĘCBORK | M3 (45-49) | 13 | 4:34 | 13,1 | 00:14:49 | 00:30:15 | 00:45:39 | 00:45:42 |
| 87 | 22 | CZERNAK AGNIESZKA | POZNAŃ | PIĄTKOWO NA BIEGOWO | K2 (40-44) | 3 | 4:35 | 13,1 | 00:15:04 | 00:30:26 | 00:45:47 | 00:45:49 |
| 88 | 60 | KOŃPA KRZYSZTOF | BRODNICA | | M3 (45-49) | 14 | 4:36 | 13,0 | 00:15:03 | 00:30:38 | 00:45:59 | 00:46:04 |
| 89 | 69 | KUCHNICKA KATARZYNA | RYPIN | KB LECH RYPIN | K30-34 | 2 | 4:38 | 12,9 | 00:15:01 | 00:30:36 | 00:46:18 | 00:46:21 |
| 90 | 67 | KSYNA BOGUSŁAW | MŁODZIESZYN | OSP KAMION | M6 (60-64) | 6 | 4:39 | 12,9 | 00:15:12 | 00:30:51 | 00:46:23 | 00:46:26 |

OGÓLNOPOLSKI BIEG PRZEŁAJOWY MISTRZOSTWA POLSKI WETERANÓW KOBIET I MĘŻCZYZN

Organizator: Ośrodek Sportu i Rekreacji, Urząd Miasta Golub-Dobrzyń, Ognisko TKKF „Rytm” Golub-Dobrzyń, Delegat PZWLA – Julian Pełka

Data: 18.03.2017r

Dystans: 10 km

Miejscowość: Golub-Dobrzyń

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | P1 | P2 | Czas netto | Wynik |
|------|---------|-----------------------|--------------|-----------------------------|------------|------------|--------------|------------|----------|----------|------------|----------|
| 91 | 1 | ANZEL JERZY | BRODNICA | BRODNICA BIEGA | M4 (50-54) | 11 | 4:39 | 12,9 | 00:14:37 | 00:30:51 | 00:46:29 | 00:46:31 |
| 92 | 42 | JAROSIŃSKA KATARZYNA | PRABUTY | TRAKTOR TEAM GMINA KWIDZYN | K20-29 | 3 | 4:43 | 12,7 | 00:14:50 | 00:30:56 | 00:47:14 | 00:47:14 |
| 93 | 24 | CZERNAK HENRYK | BORZYKOWO | KB KOSYNIER WRZEŚNIA | M7 (65-69) | 1 | 4:44 | 12,7 | | | 00:47:15 | 00:47:15 |
| 94 | 153 | ŁĘGOWSKI MATEUSZ | ZBÓJNO | | M -do19 | 2 | 4:44 | 12,7 | 00:13:37 | 00:47:17 | 00:47:16 | 00:47:17 |
| 95 | 111 | SKONECZNY DANIEL | GRODZISK MAZ | BIEGI GRODZISK MAZOWIECKI | M2 (40-44) | 15 | 4:45 | 12,7 | 00:14:33 | 00:30:57 | 00:47:24 | 00:47:25 |
| 96 | 126 | TOMASIK PIOTR | TORUŃ | PETERSON | M30-34 | 14 | 4:47 | 12,5 | 00:16:22 | 00:32:41 | 00:47:46 | 00:47:52 |
| 97 | 43 | JARZĘBOWSKI MACIEJ | RYPIN | AGROLOK SPORT TEAM | M2 (40-44) | 16 | 4:47 | 12,5 | 00:15:19 | 00:31:30 | 00:47:50 | 00:47:54 |
| 98 | 7 | BIELEC ADAM | SKĘPE | DRUŻYNA SZPIKU | M20-29 | 5 | 4:49 | 12,4 | 00:15:58 | 00:31:59 | 00:48:06 | 00:48:12 |
| 99 | 83 | MAŁKIŃSKI JÓZEF | BYDGOSZCZ | RWT W BYDGOSZCZY | M6 (60-64) | 7 | 4:49 | 12,4 | 00:15:34 | 00:31:41 | 00:48:10 | 00:48:13 |
| 100 | 146 | ZIÓŁKOWSKI MIECZYŚLAW | JANIKOWO | ZGUBIŁEM SPONSORA | M4 (50-54) | 12 | 4:50 | 12,4 | 00:16:00 | 00:32:24 | 00:48:13 | 00:48:16 |
| 101 | 78 | ŁUCKA ANNA | GRUDZIADZ | | K2 (40-44) | 4 | 4:50 | 12,4 | 00:16:29 | 00:32:31 | 00:48:15 | 00:48:21 |
| 102 | 150 | | | | | | 4:54 | 12,2 | 00:16:09 | 00:32:32 | 00:48:54 | 00:49:00 |
| 103 | 100 | PASZKOWSKI JANUSZ | BRODNICA | | M6 (60-64) | 8 | 4:54 | 12,2 | 00:15:53 | 00:32:23 | 00:48:59 | 00:49:04 |
| 104 | 74 | LADA PRZEMYSŁAW | ZALESIE | STALE BIEGAM - NOVA TRADING | M30-34 | 15 | 4:55 | 12,2 | 00:16:05 | 00:32:47 | 00:49:01 | 00:49:07 |
| 105 | 57 | KLABAN MARCIN | TORUŃ | | M1 (35-39) | 13 | 4:55 | 12,2 | 00:16:21 | 00:32:50 | 00:49:05 | 00:49:10 |
| 106 | 138 | WITCZAK OLA | WŁOCLAWEK | GKS FABIANKI | K2 (40-44) | 5 | 4:55 | 12,2 | 00:16:20 | 00:32:53 | 00:49:08 | 00:49:12 |
| 107 | 143 | ZABOROWSKA BEATA | DRZYCIM | | K3 (45-49) | 2 | 4:56 | 12,2 | 00:16:06 | 00:32:43 | 00:49:10 | 00:49:16 |