

V CROSS NA WRZOSACH - OKONEK - 10 KM

Organizator: Nadleśnictwo Okonek
 Data: 2019-08-31
 Miejsce: Okonek
 Dystans: 10.6 km

HERKULES
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B4SPORT
 INTELIGENCNE ZAWODY SPORTOWE

V CROSS NA WRZOSACH - OKONEK - 10 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | min/km | km/h |
|------|---------------------------|-----|--------------------------------------|-------------------|--------|--------|--------|------|----------|-------------|--------|------|
| 1 | STIPPA ADAM | 165 | | ZŁOTÓW | POLSKA | M30-39 | 1 | M 1 | 00:20:46 | 00:42:04.78 | 3:58 | 15.1 |
| 2 | TRĘBSKI KRZYSZTOF | 186 | #ZABIEGANINOCA | OKONEK | POLSKA | M40-49 | 1 | M 2 | 00:22:04 | 00:45:39.94 | 4:18 | 13.9 |
| 3 | MYSZKOWSKI JAN | 114 | 1958 | WAŁCZ | POLSKA | M60+ | 1 | M 3 | 00:23:02 | 00:46:44.21 | 4:24 | 13.6 |
| 4 | OSTROWSKI MARIAN | 183 | | ZŁOCENIEC | POLSKA | M60+ | 2 | M 4 | 00:23:03 | 00:46:52.09 | 4:25 | 13.6 |
| 5 | ŁASAK KONRAD | 94 | | SZCZECINEK | POLSKA | M18-29 | 1 | M 5 | 00:22:52 | 00:47:23.60 | 4:28 | 13.4 |
| 6 | ECKERT ZBIGNIEW | 26 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | POLSKA | M50-59 | 1 | M 6 | 00:22:57 | 00:47:28.24 | 4:28 | 13.4 |
| 7 | SARNOWSKI JANUSZ | 151 | LILL-SPORT | ZŁOTÓW | POLSKA | M50-59 | 2 | M 7 | 00:23:06 | 00:47:48.45 | 4:30 | 13.3 |
| 8 | MAZUR TOMASZ | 111 | I LO SZCZECINEK | SZCZECINEK | POLSKA | M40-49 | 2 | M 8 | 00:23:27 | 00:48:49.39 | 4:36 | 13 |
| 9 | SAWICKI ELIGIUSZ | 152 | | ZŁOTÓW | POLSKA | M50-59 | 3 | M 9 | 00:23:53 | 00:49:04.05 | 4:37 | 13 |
| 10 | HEYSER TOMASZ | 44 | | ZŁOTÓW | POLSKA | M30-39 | 2 | M 10 | 00:24:14 | 00:49:12.55 | 4:38 | 12.9 |
| 11 | MINCEWICZ PIOTR | 219 | TEAM TERMINATORUN | WAŁCZ | POLSKA | M30-39 | 3 | M 11 | 00:24:45 | 00:49:42.62 | 4:41 | 12.8 |
| 12 | ZYCH KRZYSZTOF | 214 | TRIUMF SŁAWOBORZE | SŁAWOBORZE | POLSKA | M30-39 | 4 | M 12 | 00:24:10 | 00:50:50.70 | 4:47 | 12.5 |
| 13 | KUSIAK BARTŁOMIEJ | 88 | | SZCZECINEK | POLSKA | M30-39 | 5 | M 13 | 00:25:34 | 00:51:01.23 | 4:48 | 12.5 |
| 14 | POGRZEBSKI HUBERT | 138 | TERMINATORUN | WAŁCZ | POLSKA | M18-29 | 2 | M 14 | 00:25:04 | 00:51:15.41 | 4:50 | 12.4 |
| 15 | WYRWA PRZEMYSŁAW | 205 | TERMINATORUN | CZŁOPA | POLSKA | M50-59 | 4 | M 15 | 00:24:52 | 00:51:23.79 | 4:50 | 12.4 |
| 16 | JANKOWSKI MARIUSZ | 49 | TEAM BIEGOWY SZCZECINEK /JW 1223 | SZCZECINEK | POLSKA | M40-49 | 3 | M 16 | 00:25:42 | 00:51:30.89 | 4:51 | 12.3 |
| 17 | SZKOPEK KRZYSZTOF | 178 | | SZCZECINEK | POLSKA | M50-59 | 5 | M 17 | 00:25:01 | 00:51:55.88 | 4:53 | 12.3 |
| 18 | KARCZEWSKI ANDRZEJ | 59 | | SZCZECINEK | POLSKA | M30-39 | 6 | M 18 | 00:25:32 | 00:52:22.83 | 4:56 | 12.1 |
| 19 | KOWALCZYK SEWERYN | 75 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | POLSKA | M18-29 | 3 | M 19 | 00:26:07 | 00:52:55.10 | 4:59 | 12 |
| 20 | SZUBERT MARCIN | 179 | KOŁOBRZEG BIEGA | USTRONIE MORSKIE | POLSKA | M40-49 | 4 | M 20 | 00:26:13 | 00:53:04.79 | 5:00 | 12 |
| 21 | RUDNIK JERZY | 78 | FLORIAN CHOJNICE | CHOJNICE | POLSKA | M60+ | 3 | M 21 | 00:26:04 | 00:53:28.90 | 5:02 | 11.9 |
| 22 | BORKOWSKI RADOŚLAW | 220 | | BIAŁA PODLASKA | POLSKA | M40-49 | 5 | M 22 | 00:25:46 | 00:53:40.85 | 5:03 | 11.8 |
| 23 | JAROSZ DARIUSZ | 51 | TKKF KOSZALIN | SUCHA KOSZALIŃSKA | POLSKA | M40-49 | 6 | M 23 | 00:25:56 | 00:53:49.93 | 5:04 | 11.8 |
| 24 | KUICH PIOTR | 87 | LILL-SPORT | ZŁOTÓW | POLSKA | M50-59 | 6 | M 24 | 00:25:37 | 00:54:03.96 | 5:06 | 11.8 |
| 25 | KOŁODZIEJCZAK GRZEGORZ | 69 | | TUROWO | POLSKA | M40-49 | 7 | M 25 | 00:26:00 | 00:54:44.79 | 5:09 | 11.6 |
| 26 | NIEWCZAS SŁAWOMIR | 116 | JEDNEGO SERCA | WAŁCZ | POLSKA | M30-39 | 7 | M 26 | 00:27:20 | 00:55:50.33 | 5:16 | 11.4 |
| 27 | TOMKIEWICZ ANDRZEJ | 184 | | TRZCIANKA | POLSKA | M40-49 | 8 | M 27 | 00:28:24 | 00:56:03.60 | 5:17 | 11.3 |
| 28 | KONDELA PAWEŁ | 70 | AKTYWNE CHOSZCZNO | CHOSZCZNO | POLSKA | M40-49 | 9 | M 28 | 00:26:34 | 00:56:04.45 | 5:17 | 11.3 |
| 29 | SZYSZŁOWSKI WALDEMAR | 182 | | PIŁA | POLSKA | M30-39 | 8 | M 29 | 00:26:24 | 00:56:08.46 | 5:17 | 11.3 |
| 30 | GARBOWSKA ANNA | 32 | | TRZCIANKA | POLSKA | K30-39 | 1 | K 1 | 00:27:40 | 00:56:39.81 | 5:20 | 11.2 |
| 31 | ZADROŻNY SZYMON | 207 | WATAHA WAŁCZ | WAŁCZ | POLSKA | M40-49 | 10 | M 30 | 00:27:29 | 00:57:33.98 | 5:25 | 11 |
| 32 | MRÓWKA MATEUSZ | 113 | | TRZCIANKA | POLSKA | M30-39 | 9 | M 31 | 00:28:14 | 00:58:20.03 | 5:30 | 10.9 |
| 33 | CHMIELEWSKI TOMASZ | 10 | | BARWICE | POLSKA | M30-39 | 10 | M 32 | 00:25:00 | 00:58:28.92 | 5:31 | 10.9 |
| 34 | KOWALCZYK PIOTR | 73 | FOR-REST-RUN | KOSZALIN | POLSKA | M30-39 | 11 | M 33 | 00:28:18 | 00:58:36.15 | 5:31 | 10.9 |
| 35 | KUCZYŃSKA ANNA | 84 | PILSKIE BRAC'TWO TURYSTYKI ROWEROWEJ | PIŁA | POLSKA | K30-39 | 2 | K 2 | 00:28:27 | 00:58:38.86 | 5:31 | 10.8 |
| 36 | BAŃKA AGATA | 3 | | SZCZECINEK | POLSKA | K30-39 | 3 | K 3 | 00:28:29 | 00:58:49.76 | 5:33 | 10.8 |
| 37 | URBANIAK MARCIN | 28 | | TRZCIANKA | POLSKA | M30-39 | 12 | M 34 | 00:28:47 | 00:59:08.71 | 5:34 | 10.8 |
| 38 | KIELAR ŁUKASZ | 65 | | SŁAWNO | POLSKA | M40-49 | 11 | M 35 | 00:28:57 | 00:59:12.99 | 5:35 | 10.7 |
| 39 | URBANIAK ANNA | 188 | | TRZCIANKA | POLSKA | K30-39 | 4 | K 4 | 00:29:24 | 00:59:38.93 | 5:37 | 10.7 |
| 40 | OLĘDZKI KRZYSIEK | 124 | | WAŁCZ | POLSKA | M40-49 | 12 | M 36 | 00:28:32 | 00:59:53.01 | 5:38 | 10.6 |
| 41 | BAŃKA MARCIN | 4 | | SZCZECINEK | POLSKA | M40-49 | 13 | M 37 | 00:28:18 | 00:59:57.31 | 5:39 | 10.6 |
| 42 | SKOCZYŁAS BOŻENA | 155 | BIEGAM BO LUBIĘ | OKONEK | POLSKA | K40-49 | 1 | K 5 | 00:27:57 | 01:00:38.57 | 5:43 | 10.5 |
| 43 | SUCHANOWSKI ZYGMUNT | 173 | RESPECT LOTYŃ | LOTYŃ | POLSKA | M50-59 | 7 | M 38 | 00:28:38 | 01:00:53.32 | 5:44 | 10.4 |
| 44 | DEMCHAR JACEK | 16 | | TRZCIANKA | POLSKA | M40-49 | 14 | M 39 | 00:30:20 | 01:01:07.72 | 5:46 | 10.4 |
| 45 | SOLARZ MONIKA | 217 | TEAM TERMINATORUN | WAŁCZ | POLSKA | K30-39 | 5 | K 6 | 00:30:04 | 01:01:09.06 | 5:46 | 10.4 |
| 46 | RUTKOWSKA ANNA | 147 | WATAHA WAŁCZ | WAŁCZ | POLSKA | K50-59 | 1 | K 7 | 00:28:38 | 01:01:10.79 | 5:46 | 10.4 |
| 47 | SZUBERT AGNIESZKA | 180 | | USTRONIE MORSKIE | POLSKA | K40-49 | 2 | K 8 | 00:30:02 | 01:01:27.42 | 5:47 | 10.3 |
| 48 | JASTRZĘBSKA-DEMCHAR ANETA | 53 | | TRZCIANKA | POLSKA | K40-49 | 3 | K 9 | 00:31:29 | 01:02:06.35 | 5:51 | 10.2 |

V CROSS NA WRZOSACH - OKONEK - 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | min/km | km/h |
|------|-------------------------------|-----|------------------------------|------------------|--------|--------|--------|------|----------|-------------|--------|------|
| 49 | DUDKIEWICZ LESZEK | 21 | TKKF-KOSZALIN | KOSZALIN | POLSKA | M60+ | 4 | M 40 | 00:30:26 | 01:02:16.48 | 5:52 | 10.2 |
| 50 | SUPROŃ IZABELA | 175 | NADLEŚNICTWO MIASTKO | BIAŁY BÓR | POLSKA | K30-39 | 6 | K 10 | 00:30:48 | 01:05:15.85 | 6:09 | 9.7 |
| 51 | USTJANOWSKA KATARZYNA | 189 | | BIAŁA | POLSKA | K30-39 | 7 | K 11 | 00:30:46 | 01:05:16.16 | 6:09 | 9.7 |
| 52 | LEŚNIEWSKI DARIUSZ | 99 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | POLSKA | M40-49 | 15 | M 41 | 00:31:17 | 01:06:47.31 | 6:18 | 9.5 |
| 53 | KROCZYŃSKA KINGA | 79 | | KOŁOBRZEG | POLSKA | K40-49 | 4 | K 12 | 00:30:40 | 01:07:08.05 | 6:20 | 9.5 |
| 54 | DIDLUCH JACEK | 17 | KOŁOBRZEG BIEGA | POBŁOCIE WIELKIE | POLSKA | M40-49 | 16 | M 42 | 00:30:13 | 01:08:05.32 | 6:25 | 9.3 |
| 55 | BANACZYK WIOLETTA | 2 | LILL-SPORT | ZŁOTÓW | POLSKA | K50-59 | 2 | K 13 | 00:32:03 | 01:08:27.86 | 6:27 | 9.3 |
| 56 | MARCZYŃSKA PAULA | 105 | MIEJSKI KLUB LEKKOATLETYCZNY | SZCZECINEK | POLSKA | K30-39 | 8 | K 14 | 00:34:00 | 01:10:02.34 | 6:36 | 9.1 |
| 57 | STEC ANDRZEJ | 164 | SZLACHETNA PACZKA WAŁCZ | WAŁCZ | POLSKA | M50-59 | 8 | M 43 | 00:33:57 | 01:11:20.70 | 6:43 | 8.9 |
| 58 | STROZYŃSKA-ZDZIABEK MAGDALENA | 167 | ABERDEENSHIRE'S LIONS | PIŁA | POLSKA | K50-59 | 3 | K 15 | 00:33:50 | 01:15:32.73 | 7:07 | 8.4 |
| 59 | SULEJA JOANNA | 174 | SZWLA | STARGARD | POLSKA | K50-59 | 4 | K 16 | 00:40:16 | 01:23:39.19 | 7:53 | 7.6 |

V CROSS NA WRZOSACH - OKONEK - 10 KM, K-OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | min/km | km/h |
|------|-------------------------------|-----|--------------------------------------|------------------|--------|--------|--------|------|----------|-------------|--------|------|
| 1 | GARBOWSKA ANNA | 32 | | TRZCIANKA | POLSKA | K30-39 | 1 | K 1 | 00:27:40 | 00:56:39.81 | 5:20 | 11.2 |
| 2 | KUCZYŃSKA ANNA | 84 | PILSKIE BRACCTWO TURYSTYKI ROWEROWEJ | PIŁA | POLSKA | K30-39 | 2 | K 2 | 00:28:27 | 00:58:38.86 | 5:31 | 10.8 |
| 3 | BAŃKA AGATA | 3 | | SZCZECINEK | POLSKA | K30-39 | 3 | K 3 | 00:28:29 | 00:58:49.76 | 5:33 | 10.8 |
| 4 | URBANIAK ANNA | 188 | - | TRZCIANKA | POLSKA | K30-39 | 4 | K 4 | 00:29:24 | 00:59:38.93 | 5:37 | 10.7 |
| 5 | SKOCZYŁAS BOŻENA | 155 | BIEGAM BO LUBIĘ | OKONEK | POLSKA | K40-49 | 1 | K 5 | 00:27:57 | 01:00:38.57 | 5:43 | 10.5 |
| 6 | SOLARZ MONIKA | 217 | TEAM TERMINATORUN | WAŁCZ | POLSKA | K30-39 | 5 | K 6 | 00:30:04 | 01:01:09.06 | 5:46 | 10.4 |
| 7 | RUTKOWSKA ANNA | 147 | WATAHA WAŁCZ | WAŁCZ | POLSKA | K50-59 | 1 | K 7 | 00:28:38 | 01:01:10.79 | 5:46 | 10.4 |
| 8 | SZUBERT AGNIESZKA | 180 | | USTRONIE MORSKIE | POLSKA | K40-49 | 2 | K 8 | 00:30:02 | 01:01:27.42 | 5:47 | 10.3 |
| 9 | JASTRZEBSKA-DEMCZAR ANETA | 53 | | TRZCIANKA | POLSKA | K40-49 | 3 | K 9 | 00:31:29 | 01:02:06.35 | 5:51 | 10.2 |
| 10 | SUPROŃ IZABELA | 175 | NADLEŚNICTWO MIASTKO | BIAŁY BÓR | POLSKA | K30-39 | 6 | K 10 | 00:30:48 | 01:05:15.85 | 6:09 | 9.7 |
| 11 | USTJANOWSKA KATARZYNA | 189 | | BIAŁA | POLSKA | K30-39 | 7 | K 11 | 00:30:46 | 01:05:16.16 | 6:09 | 9.7 |
| 12 | KROCZYŃSKA KINGA | 79 | | KOŁOBRZEG | POLSKA | K40-49 | 4 | K 12 | 00:30:40 | 01:07:08.05 | 6:20 | 9.5 |
| 13 | BANACZYK WIOLETTA | 2 | LILL-SPORT | ZŁOTÓW | POLSKA | K50-59 | 2 | K 13 | 00:32:03 | 01:08:27.86 | 6:27 | 9.3 |
| 14 | MARCZYŃSKA PAULA | 105 | MIEJSKI KLUB LEKKOATLETYCZNY | SZCZECINEK | POLSKA | K30-39 | 8 | K 14 | 00:34:00 | 01:10:02.34 | 6:36 | 9.1 |
| 15 | STROZYŃSKA-ZDZIABEK MAGDALENA | 167 | ABERDEENSHIRE'S LIONS | PIŁA | POLSKA | K50-59 | 3 | K 15 | 00:33:50 | 01:15:32.73 | 7:07 | 8.4 |
| 16 | SULEJA JOANNA | 174 | SZWLA | STARGARD | POLSKA | K50-59 | 4 | K 16 | 00:40:16 | 01:23:39.19 | 7:53 | 7.6 |

V CROSS NA WRZOSACH - OKONEK - 10 KM, M-OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | min/km | km/h |
|------|--------------------|-----|----------------------------------|------------|--------|--------|--------|------|----------|-------------|--------|------|
| 1 | STIPPA ADAM | 165 | | ZŁOTÓW | POLSKA | M30-39 | 1 | M 1 | 00:20:46 | 00:42:04.78 | 3:58 | 15.1 |
| 2 | TRĘBSKI KRZYSZTOF | 186 | #ZABIEGANINOCA | OKONEK | POLSKA | M40-49 | 1 | M 2 | 00:22:04 | 00:45:39.94 | 4:18 | 13.9 |
| 3 | MYSZKOWSKI JAN | 114 | 1958 | WAŁCZ | POLSKA | M60+ | 1 | M 3 | 00:23:02 | 00:46:44.21 | 4:24 | 13.6 |
| 4 | OSTROWSKI MARIAN | 183 | | ZŁOCIENIEC | POLSKA | M60+ | 2 | M 4 | 00:23:03 | 00:46:52.09 | 4:25 | 13.6 |
| 5 | LASAK KONRAD | 94 | | SZCZECINEK | POLSKA | M18-29 | 1 | M 5 | 00:22:52 | 00:47:23.60 | 4:28 | 13.4 |
| 6 | ECKERT ZBIGNIEW | 26 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | POLSKA | M50-59 | 1 | M 6 | 00:22:57 | 00:47:28.24 | 4:28 | 13.4 |
| 7 | SARNOWSKI JANUSZ | 151 | LILL-SPORT | ZŁOTÓW | POLSKA | M50-59 | 2 | M 7 | 00:23:06 | 00:47:48.45 | 4:30 | 13.3 |
| 8 | MAZUR TOMASZ | 111 | I LO SZCZECINEK | SZCZECINEK | POLSKA | M40-49 | 2 | M 8 | 00:23:27 | 00:48:49.39 | 4:36 | 13 |
| 9 | SAWICKI ELIGIUSZ | 152 | | ZŁOTÓW | POLSKA | M50-59 | 3 | M 9 | 00:23:53 | 00:49:04.05 | 4:37 | 13 |
| 10 | HEYSER TOMASZ | 44 | | ZŁOTÓW | POLSKA | M30-39 | 2 | M 10 | 00:24:14 | 00:49:12.55 | 4:38 | 12.9 |
| 11 | MINCEWICZ PIOTR | 219 | TEAM TERMINATORUN | WAŁCZ | POLSKA | M30-39 | 3 | M 11 | 00:24:45 | 00:49:42.62 | 4:41 | 12.8 |
| 12 | ZYCH KRZYSZTOF | 214 | TRIUMF SŁAWOBORZE | SŁAWOBORZE | POLSKA | M30-39 | 4 | M 12 | 00:24:10 | 00:50:50.70 | 4:47 | 12.5 |
| 13 | KUSIAK BARTŁOMIEJ | 88 | | SZCZECINEK | POLSKA | M30-39 | 5 | M 13 | 00:25:34 | 00:51:01.23 | 4:48 | 12.5 |
| 14 | POGRZEBSKI HUBERT | 138 | TERMINATORUN | WAŁCZ | POLSKA | M18-29 | 2 | M 14 | 00:25:04 | 00:51:15.41 | 4:50 | 12.4 |
| 15 | WYRWA PRZEMYSŁAW | 205 | TERMINATORUN | CZŁOPA | POLSKA | M50-59 | 4 | M 15 | 00:24:52 | 00:51:23.79 | 4:50 | 12.4 |
| 16 | JANKOWSKI MARIUSZ | 49 | TEAM BIEGOWY SZCZECINEK /JW 1223 | SZCZECINEK | POLSKA | M40-49 | 3 | M 16 | 00:25:42 | 00:51:30.89 | 4:51 | 12.3 |
| 17 | SZKOPEK KRZYSZTOF | 178 | | SZCZECINEK | POLSKA | M50-59 | 5 | M 17 | 00:25:01 | 00:51:55.88 | 4:53 | 12.3 |
| 18 | KARCZEWSKI ANDRZEJ | 59 | | SZCZECINEK | POLSKA | M30-39 | 6 | M 18 | 00:25:32 | 00:52:22.83 | 4:56 | 12.1 |
| 19 | KOWALCZYK SEWERYN | 75 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | POLSKA | M18-29 | 3 | M 19 | 00:26:07 | 00:52:55.10 | 4:59 | 12 |

V CROSS NA WRZOSACH - OKONEK - 10 KM, M-OPEN c.d.

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|------|------------------------|-----|-------------------------|-------------------|--------|--------|--------|------|----------|-------------|--------|------|
| 20 | SZUBERT MARCIN | 179 | KOŁOBRZEG BIEGA | USTRONIE MORSKIE | POLSKA | M40-49 | 4 | M 20 | 00:26:13 | 00:53:04.79 | 5:00 | 12 |
| 21 | RUDNIK JERZY | 78 | FLORIAN CHOJNICE | CHOJNICE | POLSKA | M60+ | 3 | M 21 | 00:26:04 | 00:53:28.90 | 5:02 | 11.9 |
| 22 | BORKOWSKI RADOŚLAW | 220 | | BIAŁA PODLASKA | POLSKA | M40-49 | 5 | M 22 | 00:25:46 | 00:53:40.85 | 5:03 | 11.8 |
| 23 | JAROSZ DARIUSZ | 51 | TKKF KOSZALIN | SUCHA KOSZALIŃSKA | POLSKA | M40-49 | 6 | M 23 | 00:25:56 | 00:53:49.93 | 5:04 | 11.8 |
| 24 | KUICH PIOTR | 87 | LILL-SPORT | ZŁOTÓW | POLSKA | M50-59 | 6 | M 24 | 00:25:37 | 00:54:03.96 | 5:06 | 11.8 |
| 25 | KOŁODZIEJCZAK GRZEGORZ | 69 | | TUROWO | POLSKA | M40-49 | 7 | M 25 | 00:26:00 | 00:54:44.79 | 5:09 | 11.6 |
| 26 | NIEWCZAS SŁAWOMIR | 116 | JEDNEGO SERCA | WAŁCZ | POLSKA | M30-39 | 7 | M 26 | 00:27:20 | 00:55:50.33 | 5:16 | 11.4 |
| 27 | TOMKIEWICZ ANDRZEJ | 184 | | TRZCIANKA | POLSKA | M40-49 | 8 | M 27 | 00:28:24 | 00:56:03.60 | 5:17 | 11.3 |
| 28 | KONDELA PAWEŁ | 70 | AKTYWNE CHOSZCZNO | CHOSZCZNO | POLSKA | M40-49 | 9 | M 28 | 00:26:34 | 00:56:04.45 | 5:17 | 11.3 |
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| 33 | KOWALCZYK PIOTR | 73 | FOR-REST-RUN | KOSZALIN | POLSKA | M30-39 | 11 | M 33 | 00:28:18 | 00:58:36.15 | 5:31 | 10.9 |
| 34 | URBANIAK MARCIN | 28 | | TRZCIANKA | POLSKA | M30-39 | 12 | M 34 | 00:28:47 | 00:59:08.71 | 5:34 | 10.8 |
| 35 | KIELAR ŁUKASZ | 65 | | SŁAWNO | POLSKA | M40-49 | 11 | M 35 | 00:28:57 | 00:59:12.99 | 5:35 | 10.7 |
| 36 | OLĘDZKI KRZYSIEK | 124 | | WAŁCZ | POLSKA | M40-49 | 12 | M 36 | 00:28:32 | 00:59:53.01 | 5:38 | 10.6 |
| 37 | BAŃKA MARCIN | 4 | | SZCZECINEK | POLSKA | M40-49 | 13 | M 37 | 00:28:18 | 00:59:57.31 | 5:39 | 10.6 |
| 38 | SUCHANOWSKI ZYGMUNT | 173 | RESPECT LOTYŃ | LOTYŃ | POLSKA | M50-59 | 7 | M 38 | 00:28:38 | 01:00:53.32 | 5:44 | 10.4 |
| 39 | DEMCHAR JACEK | 16 | | TRZCIANKA | POLSKA | M40-49 | 14 | M 39 | 00:30:20 | 01:01:07.72 | 5:46 | 10.4 |
| 40 | DUDKIEWICZ LESZEK | 21 | TKKF-KOSZALIN | KOSZALIN | POLSKA | M60+ | 4 | M 40 | 00:30:26 | 01:02:16.48 | 5:52 | 10.2 |
| 41 | LEŚNIEWSKI DARIUSZ | 99 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | POLSKA | M40-49 | 15 | M 41 | 00:31:17 | 01:06:47.31 | 6:18 | 9.5 |
| 42 | DIDLUCH JACEK | 17 | KOŁOBRZEG BIEGA | POBŁOCIE WIELKIE | POLSKA | M40-49 | 16 | M 42 | 00:30:13 | 01:08:05.32 | 6:25 | 9.3 |
| 43 | STEC ANDRZEJ | 164 | SZLACHETNA PACZKA WAŁCZ | WAŁCZ | POLSKA | M50-59 | 8 | M 43 | 00:33:57 | 01:11:20.70 | 6:43 | 8.9 |

V CROSS NA WRZOSACH - OKONEK - 10 KM, M18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | min/km | km/h |
|------|-------------------|-----|-------------------------|------------|--------|--------|--------|------|----------|-------------|--------|------|
| 1 | LASAK KONRAD | 94 | | SZCZECINEK | POLSKA | M18-29 | 1 | M 5 | 00:22:52 | 00:47:23.60 | 4:28 | 13.4 |
| 2 | POGRZEBSKI HUBERT | 138 | TERMINATORUN | WAŁCZ | POLSKA | M18-29 | 2 | M 14 | 00:25:04 | 00:51:15.41 | 4:50 | 12.4 |
| 3 | KOWALCZYK SEWERYN | 75 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | POLSKA | M18-29 | 3 | M 19 | 00:26:07 | 00:52:55.10 | 4:59 | 12 |

V CROSS NA WRZOSACH - OKONEK - 10 KM, K30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | min/km | km/h |
|------|-----------------------|-----|--------------------------------------|------------|--------|--------|--------|------|----------|-------------|--------|------|
| 1 | GARBOWSKA ANNA | 32 | | TRZCIANKA | POLSKA | K30-39 | 1 | K 1 | 00:27:40 | 00:56:39.81 | 5:20 | 11.2 |
| 2 | KUCZYŃSKA ANNA | 84 | PILSKIE BRACCTWO TURYSTYKI ROWEROWEJ | PIŁA | POLSKA | K30-39 | 2 | K 2 | 00:28:27 | 00:58:38.86 | 5:31 | 10.8 |
| 3 | BAŃKA AGATA | 3 | | SZCZECINEK | POLSKA | K30-39 | 3 | K 3 | 00:28:29 | 00:58:49.76 | 5:33 | 10.8 |
| 4 | URBANIAK ANNA | 188 | - | TRZCIANKA | POLSKA | K30-39 | 4 | K 4 | 00:29:24 | 00:59:38.93 | 5:37 | 10.7 |
| 5 | SOLARZ MONIKA | 217 | TEAM TERMINATORUN | WAŁCZ | POLSKA | K30-39 | 5 | K 6 | 00:30:04 | 01:01:09.06 | 5:46 | 10.4 |
| 6 | SUPROŃ IZABELA | 175 | NADLEŚNICTWO MIASTKO | BIAŁY BÓR | POLSKA | K30-39 | 6 | K 10 | 00:30:48 | 01:05:15.85 | 6:09 | 9.7 |
| 7 | USTJANOWSKA KATARZYNA | 189 | | BIAŁA | POLSKA | K30-39 | 7 | K 11 | 00:30:46 | 01:05:16.16 | 6:09 | 9.7 |
| 8 | MARCZYŃSKA PAULA | 105 | MIEJSKI KLUB LEKKOATLETYCZNY | SZCZECINEK | POLSKA | K30-39 | 8 | K 14 | 00:34:00 | 01:10:02.34 | 6:36 | 9.1 |

V CROSS NA WRZOSACH - OKONEK - 10 KM, M30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | min/km | km/h |
|------|-------------------|-----|-------------------|------------|--------|--------|--------|------|----------|-------------|--------|------|
| 1 | STIPPA ADAM | 165 | | ZŁOTÓW | POLSKA | M30-39 | 1 | M 1 | 00:20:46 | 00:42:04.78 | 3:58 | 15.1 |
| 2 | HEYSER TOMASZ | 44 | | ZŁOTÓW | POLSKA | M30-39 | 2 | M 10 | 00:24:14 | 00:49:12.55 | 4:38 | 12.9 |
| 3 | MINCEWICZ PIOTR | 219 | TEAM TERMINATORUN | WAŁCZ | POLSKA | M30-39 | 3 | M 11 | 00:24:45 | 00:49:42.62 | 4:41 | 12.8 |
| 4 | ZYCH KRZYSZTOF | 214 | TRIUMF SŁAWOBORZE | SŁAWOBORZE | POLSKA | M30-39 | 4 | M 12 | 00:24:10 | 00:50:50.70 | 4:47 | 12.5 |
| 5 | KUSIAK BARTŁOMIEJ | 88 | | SZCZECINEK | POLSKA | M30-39 | 5 | M 13 | 00:25:34 | 00:51:01.23 | 4:48 | 12.5 |

V CROSS NA WRZOSACH - OKONEK - 10 KM, M30-39 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | min/km | km/h |
|------|----------------------|-----|---------------|------------|--------|--------|--------|------|----------|-------------|--------|------|
| 6 | KARCZEWSKI ANDRZEJ | 59 | | SZCZECINEK | POLSKA | M30-39 | 6 | M 18 | 00:25:32 | 00:52:22.83 | 4:56 | 12.1 |
| 7 | NIEWCZAS SŁAWOMIR | 116 | JEDNEGO SERCA | WAŁCZ | POLSKA | M30-39 | 7 | M 26 | 00:27:20 | 00:55:50.33 | 5:16 | 11.4 |
| 8 | SZYSZŁOWSKI WALDEMAR | 182 | | PIŁA | POLSKA | M30-39 | 8 | M 29 | 00:26:24 | 00:56:08.46 | 5:17 | 11.3 |
| 9 | MRÓWKA MATEUSZ | 113 | | TRZCIANKA | POLSKA | M30-39 | 9 | M 31 | 00:28:14 | 00:58:20.03 | 5:30 | 10.9 |
| 10 | CHMIELEWSKI TOMASZ | 10 | | BARWICE | POLSKA | M30-39 | 10 | M 32 | 00:25:00 | 00:58:28.92 | 5:31 | 10.9 |
| 11 | KOWALCZYK PIOTR | 73 | FOR-REST-RUN | KOSZALIN | POLSKA | M30-39 | 11 | M 33 | 00:28:18 | 00:58:36.15 | 5:31 | 10.9 |
| 12 | URBANIAK MARCIN | 28 | | TRZCIANKA | POLSKA | M30-39 | 12 | M 34 | 00:28:47 | 00:59:08.71 | 5:34 | 10.8 |

V CROSS NA WRZOSACH - OKONEK - 10 KM, K40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | min/km | km/h |
|------|---------------------------|-----|-----------------|------------------|--------|--------|--------|------|----------|-------------|--------|------|
| 1 | SKOCZYŁAS BOŻENA | 155 | BIEGAM BO LUBIĘ | OKONEK | POLSKA | K40-49 | 1 | K 5 | 00:27:57 | 01:00:38.57 | 5:43 | 10.5 |
| 2 | SZUBERT AGNIESZKA | 180 | | USTRONIE MORSKIE | POLSKA | K40-49 | 2 | K 8 | 00:30:02 | 01:01:27.42 | 5:47 | 10.3 |
| 3 | JASTRZĘBSKA-DEMCZAR ANETA | 53 | | TRZCIANKA | POLSKA | K40-49 | 3 | K 9 | 00:31:29 | 01:02:06.35 | 5:51 | 10.2 |
| 4 | KROCZYŃSKA KINGA | 79 | | KOŁOBRZEG | POLSKA | K40-49 | 4 | K 12 | 00:30:40 | 01:07:08.05 | 6:20 | 9.5 |

V CROSS NA WRZOSACH - OKONEK - 10 KM, M40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | min/km | km/h |
|------|------------------------|-----|----------------------------------|-------------------|--------|--------|--------|------|----------|-------------|--------|------|
| 1 | TRĘBSKI KRZYSZTOF | 186 | #ZABIEGANINOCA | OKONEK | POLSKA | M40-49 | 1 | M 2 | 00:22:04 | 00:45:39.94 | 4:18 | 13.9 |
| 2 | MAZUR TOMASZ | 111 | I LO SZCZECINEK | SZCZECINEK | POLSKA | M40-49 | 2 | M 8 | 00:23:27 | 00:48:49.39 | 4:36 | 13 |
| 3 | JANKOWSKI MARIUSZ | 49 | TEAM BIEGOWY SZCZECINEK /JW 1223 | SZCZECINEK | POLSKA | M40-49 | 3 | M 16 | 00:25:42 | 00:51:30.89 | 4:51 | 12.3 |
| 4 | SZUBERT MARCIN | 179 | KOŁOBRZEG BIEGA | USTRONIE MORSKIE | POLSKA | M40-49 | 4 | M 20 | 00:26:13 | 00:53:04.79 | 5:00 | 12 |
| 5 | BORKOWSKI RADOSŁAW | 220 | | BIAŁA PODLASKA | POLSKA | M40-49 | 5 | M 22 | 00:25:46 | 00:53:40.85 | 5:03 | 11.8 |
| 6 | JAROSZ DARIUSZ | 51 | TKKF KOSZALIN | SUCHA KOSZALIŃSKA | POLSKA | M40-49 | 6 | M 23 | 00:25:56 | 00:53:49.93 | 5:04 | 11.8 |
| 7 | KOŁODZIEJCZAK GRZEGORZ | 69 | | TUROWO | POLSKA | M40-49 | 7 | M 25 | 00:26:00 | 00:54:44.79 | 5:09 | 11.6 |
| 8 | TOMKIEWICZ ANDRZEJ | 184 | | TRZCIANKA | POLSKA | M40-49 | 8 | M 27 | 00:28:24 | 00:56:03.60 | 5:17 | 11.3 |
| 9 | KONDELA PAWEŁ | 70 | AKTYWNE CHOSZCZNO | CHOSZCZNO | POLSKA | M40-49 | 9 | M 28 | 00:26:34 | 00:56:04.45 | 5:17 | 11.3 |
| 10 | ZADROŻNY SZYMON | 207 | WATAHA WAŁCZ | WAŁCZ | POLSKA | M40-49 | 10 | M 30 | 00:27:29 | 00:57:33.98 | 5:25 | 11 |
| 11 | KIELAR ŁUKASZ | 65 | | SŁAWNO | POLSKA | M40-49 | 11 | M 35 | 00:28:57 | 00:59:12.99 | 5:35 | 10.7 |
| 12 | OLĘDZKI KRZYSIEK | 124 | | WAŁCZ | POLSKA | M40-49 | 12 | M 36 | 00:28:32 | 00:59:53.01 | 5:38 | 10.6 |
| 13 | BAŃKA MARCIN | 4 | | SZCZECINEK | POLSKA | M40-49 | 13 | M 37 | 00:28:18 | 00:59:57.31 | 5:39 | 10.6 |
| 14 | DEMCZAR JACEK | 16 | | TRZCIANKA | POLSKA | M40-49 | 14 | M 39 | 00:30:20 | 01:01:07.72 | 5:46 | 10.4 |
| 15 | LEŚNIEWSKI DARIUSZ | 99 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | POLSKA | M40-49 | 15 | M 41 | 00:31:17 | 01:06:47.31 | 6:18 | 9.5 |
| 16 | DIDŁUCH JACEK | 17 | KOŁOBRZEG BIEGA | POBŁOCIE WIELKIE | POLSKA | M40-49 | 16 | M 42 | 00:30:13 | 01:08:05.32 | 6:25 | 9.3 |

V CROSS NA WRZOSACH - OKONEK - 10 KM, K50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | min/km | km/h |
|------|-------------------------------|-----|-----------------------|-----------|--------|--------|--------|------|----------|-------------|--------|------|
| 1 | RUTKOWSKA ANNA | 147 | WATAHA WAŁCZ | WAŁCZ | POLSKA | K50-59 | 1 | K 7 | 00:28:38 | 01:01:10.79 | 5:46 | 10.4 |
| 2 | BANACZYK WIOLETTA | 2 | LILL-SPORT | ZŁOTÓW | POLSKA | K50-59 | 2 | K 13 | 00:32:03 | 01:08:27.86 | 6:27 | 9.3 |
| 3 | STROZYŃSKA-ZDZIABEK MAGDALENA | 167 | ABERDEENSHIRE'S LIONS | PIŁA | POLSKA | K50-59 | 3 | K 15 | 00:33:50 | 01:15:32.73 | 7:07 | 8.4 |
| 4 | SULEJA JOANNA | 174 | SZWLA | STARGARD | POLSKA | K50-59 | 4 | K 16 | 00:40:16 | 01:23:39.19 | 7:53 | 7.6 |

V CROSS NA WRZOSACH - OKONEK - 10 KM, M50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | min/km | km/h |
|------|------------------|-----|-------------------------|------------|--------|--------|--------|------|----------|-------------|--------|------|
| 1 | ECKERT ZBIGNIEW | 26 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | POLSKA | M50-59 | 1 | M 6 | 00:22:57 | 00:47:28.24 | 4:28 | 13.4 |
| 2 | SARNOWSKI JANUSZ | 151 | LILL-SPORT | ZŁOTÓW | POLSKA | M50-59 | 2 | M 7 | 00:23:06 | 00:47:48.45 | 4:30 | 13.3 |
| 3 | SAWICKI ELIGIUSZ | 152 | | ZŁOTÓW | POLSKA | M50-59 | 3 | M 9 | 00:23:53 | 00:49:04.05 | 4:37 | 13 |
| 4 | WYRWA PRZEMYSŁAW | 205 | TERMINATORUN | CZŁOPA | POLSKA | M50-59 | 4 | M 15 | 00:24:52 | 00:51:23.79 | 4:50 | 12.4 |

V CROSS NA WRZOSACH - OKONEK - 10 KM, M50-59 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | min/km | km/h |
|------|---------------------|-----|-------------------------|------------|--------|--------|--------|------|----------|-------------|--------|------|
| 5 | SZKOEK KRZYSZTOF | 178 | | SZCZECINEK | POLSKA | M50-59 | 5 | M 17 | 00:25:01 | 00:51:55.88 | 4:53 | 12.3 |
| 6 | KUICH PIOTR | 87 | LILL-SPORT | ZŁOTÓW | POLSKA | M50-59 | 6 | M 24 | 00:25:37 | 00:54:03.96 | 5:06 | 11.8 |
| 7 | SUCHANOWSKI ZYGMUNT | 173 | RESPECT LOTYŃ | LOTYŃ | POLSKA | M50-59 | 7 | M 38 | 00:28:38 | 01:00:53.32 | 5:44 | 10.4 |
| 8 | STEC ANDRZEJ | 164 | SZLACHETNA PACZKA WAŁCZ | WAŁCZ | POLSKA | M50-59 | 8 | M 43 | 00:33:57 | 01:11:20.70 | 6:43 | 8.9 |

V CROSS NA WRZOSACH - OKONEK - 10 KM, M60+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5.3km | Netto | min/km | km/h |
|------|-------------------|-----|------------------|-----------|--------|------|--------|------|----------|-------------|--------|------|
| 1 | MYSZKOWSKI JAN | 114 | 1958 | WAŁCZ | POLSKA | M60+ | 1 | M 3 | 00:23:02 | 00:46:44.21 | 4:24 | 13.6 |
| 2 | OSTROWSKI MARIAN | 183 | | ZŁOCIELEC | POLSKA | M60+ | 2 | M 4 | 00:23:03 | 00:46:52.09 | 4:25 | 13.6 |
| 3 | RUDNIK JERZY | 78 | FLORIAN CHOJNICE | CHOJNICE | POLSKA | M60+ | 3 | M 21 | 00:26:04 | 00:53:28.90 | 5:02 | 11.9 |
| 4 | DUDKIEWICZ LESZEK | 21 | TKKF-KOSZALIN | KOSZALIN | POLSKA | M60+ | 4 | M 40 | 00:30:26 | 01:02:16.48 | 5:52 | 10.2 |