

VI CROSS NA WRZOSACH - OKONEK - 5 KM

Organizator: Nadleśnictwo Okonek
Data: 2020-08-29
Miejsce: Okonek
Dystans: 5.3 km
Klasyfikacja wg czasów netto.



VI CROSS NA WRZOSACH - OKONEK - 5 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-sconość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-------------------------|-----|---|---------------------------------|------|--------|--------|------|-------------|--------|------|
| 1 | CENTKA JAKUB | 89 | | ZŁOTÓW | POL | M18-29 | 1 | M 1 | 00:19:24.90 | 3:53 | 15.5 |
| 2 | KRYZEL TOMASZ | 137 | WIKING RYCHNOWY | CZŁUCHÓW | POL | M18-29 | 2 | M 2 | 00:20:09.90 | 4:01 | 14.9 |
| 3 | KACZOR AGNIESZKA | 120 | #ZABIEGANINOCA | DEBRZNO | POL | K30-39 | 1 | K 1 | 00:20:39.20 | 4:07 | 14.5 |
| 4 | TRĘBSKI KRZYSZTO | 125 | #ZABIEGANINOCA | OKONEK | POL | M40-49 | 1 | M 3 | 00:21:51.10 | 4:22 | 13.7 |
| 5 | CHMIELEWSKI TOMASZ | 24 | BARWICE | BARWICE | POL | M30-39 | 1 | M 4 | 00:21:56.90 | 4:23 | 13.7 |
| 6 | CUBER WOJCIECH | 124 | #ZABIEGANINOCA | OKONEK | POL | M30-39 | 2 | M 5 | 00:21:57.80 | 4:23 | 13.7 |
| 7 | PIASKOWIAK ARTUR | 166 | KLUB SPORTOWY HUSARIA SZCZECINEK | BORNE SULINOWO | POL | M30-39 | 3 | M 6 | 00:22:13.20 | 4:26 | 13.5 |
| 8 | PODŁYSKA TADEUSZ | 168 | ZASAPANI | TRZCIANKA | POL | M40-49 | 2 | M 7 | 00:22:15.40 | 4:27 | 13.5 |
| 9 | KUJDA ARKADIUSZ | 63 | 1 BRYGADA LOGISTYCZNA | OSIELSKO | POL | M40-49 | 3 | M 8 | 00:22:19.05 | 4:27 | 13.4 |
| 10 | KUBIAK DANIEL | 138 | PRECON POLSKA | JASTROWIE | POL | M30-39 | 4 | M 9 | 00:22:30.35 | 4:30 | 13.3 |
| 11 | PYREK KRZYSZTOF | 170 | WATAHA WAŁCZ | WAŁCZ | POL | M40-49 | 4 | M 10 | 00:22:54.90 | 4:35 | 13.1 |
| 12 | KUBIŚ PAWEŁ | 139 | RUNDORFINA | SZCZECINEK | POL | M30-39 | 5 | M 11 | 00:22:58.65 | 4:35 | 13.1 |
| 13 | DOLIWKA KAMIL | 210 | WATAHA WAŁCZ | WAŁCZ | POL | M30-39 | 6 | M 12 | 00:23:20.30 | 4:40 | 12.8 |
| 14 | IDZIAK PAWEŁ | 110 | RMF4RT GLADIATORS | SZCZECINEK | POL | M30-39 | 7 | M 13 | 00:23:26.20 | 4:41 | 12.8 |
| 15 | HAŁKA JUSTYNA | 78 | TRUCHT ŁOBEZ | ŁOBEZ | POL | K40-49 | 1 | K 2 | 00:23:46.00 | 4:45 | 12.6 |
| 16 | KRAUZE DAMIAN | 136 | DZIKI DZIK | CZŁUCHÓW | POL | M30-39 | 8 | M 14 | 00:24:08.70 | 4:49 | 12.4 |
| 17 | WIELGUS PAWEŁ | 206 | PRODYSTANS KASPEROWICZ | OKONEK | POL | M40-49 | 5 | M 15 | 00:24:12.80 | 4:50 | 12.4 |
| 18 | NERĆ PATRYCJA | 73 | MKP SZCZECINEK | SZCZECINEK | POL | K14-17 | 1 | K 3 | 00:24:20.60 | 4:52 | 12.3 |
| 19 | HAŁKA ARKADIUSZ | 82 | TRUCHT ŁOBEZ | OKONEK | POL | M40-49 | 6 | M 16 | 00:24:24.55 | 4:52 | 12.3 |
| 20 | ZAKIELARZ JAN | 213 | PRECON POLSKA | SYPNIEWKO | POL | M60+ | 1 | M 17 | 00:24:25.50 | 4:53 | 12.3 |
| 21 | CIESZYŃSKA MARIKA | 92 | RAZ SZCZECIN | SZCZECIN | POL | K18-29 | 1 | K 4 | 00:24:56.50 | 4:59 | 12 |
| 22 | RUDNIK JERZY | 181 | FLORIAN CHOJNICE | CHOJNICE | POL | M60+ | 2 | M 18 | 00:24:57.30 | 4:59 | 12 |
| 23 | NOSAL MARIUSZ | 158 | | SZCZECINEK | POL | M30-39 | 9 | M 19 | 00:25:06.10 | 5:01 | 12 |
| 24 | KORNIEWICZ KATARZYNA | 132 | GWARDIA | PIŁA | POL | K40-49 | 2 | K 5 | 00:25:07.60 | 5:01 | 11.9 |
| 25 | THOMAS DANIEL | 201 | PRECON POLSKA | JASTROWIE | POL | M30-39 | 10 | M 20 | 00:25:13.45 | 5:02 | 11.9 |
| 26 | OSTROWSKI MARIAN | 162 | SENIOR | ZŁOCIENIEC | POL | M60+ | 3 | M 21 | 00:25:17.25 | 5:03 | 11.9 |
| 27 | BOCHENEK MICHAŁ | 87 | AFRO-FIT WATAHA | POZNAŃ | POL | M30-39 | 11 | M 22 | 00:25:22.70 | 5:04 | 11.8 |
| 28 | GAWORECKI SŁAWOMIR | 107 | KLUB SPORTOWY HUSARIA SZCZECINEK | JELENIŃ | POL | M40-49 | 7 | M 23 | 00:25:26.35 | 5:05 | 11.8 |
| 29 | ZAKIELARZ PIOTR | 212 | PRECON POLSKA | JASTROWIE | POL | M30-39 | 12 | M 24 | 00:26:03.85 | 5:12 | 11.5 |
| 30 | RAPINCZUK JAN | 176 | BIURO DS PROGRAMU 'ZOSTAŃ ŻOŁNIERZEM RZECZYPOSPOLITEJ' WARSZAWA | NOWY DWÓR MAZOWIECKI-MODLIN TW. | POL | M40-49 | 8 | M 25 | 00:26:07.15 | 5:13 | 11.5 |
| 31 | MIKIETYSKI MICHAŁ | 147 | #ZABIEGANINOCA OKONEK | OKONEK | POL | M30-39 | 13 | M 26 | 00:26:36.05 | 5:19 | 11.3 |
| 32 | SZCZEPANIUK PIOTR | 191 | #ZABIEGANINOCA OKONEK | OKONEK | POL | M50-59 | 1 | M 27 | 00:26:50.10 | 5:22 | 11.2 |
| 33 | STOCKA-PODŁYSKA ŻANETA | 188 | | TRZCIANKA | POL | K30-39 | 2 | K 6 | 00:26:52.25 | 5:22 | 11.2 |
| 34 | BUTOWICZ ADAM | 321 | | SZCZECINEK | POL | M50-59 | 2 | M 28 | 00:26:52.50 | 5:22 | 11.2 |
| 35 | MOSKAL MAGDALENA | 149 | | DEBRZNO | POL | K30-39 | 3 | K 7 | 00:27:06.45 | 5:25 | 11.1 |
| 36 | GAWRON URSZULA | 102 | | TRZCIANKA | POL | K30-39 | 4 | K 8 | 00:27:27.85 | 5:29 | 10.9 |
| 37 | STADNIK EWELINA | 186 | WATAHA WAŁCZ | WAŁCZ | POL | K40-49 | 3 | K 9 | 00:27:43.05 | 5:32 | 10.8 |
| 38 | DOLAT JUSTYNA | 94 | | SZCZECINEK | POL | K30-39 | 5 | K 10 | 00:27:49.40 | 5:34 | 10.8 |
| 39 | ORLIKOWSKA DOROTA | 161 | DZIKI DZIK | CZŁUCHÓW | POL | K30-39 | 6 | K 11 | 00:27:56.45 | 5:35 | 10.7 |
| 40 | HRYNIEWICZ RAFAŁ | 13 | | SZCZECINEK | POL | M40-49 | 9 | M 29 | 00:27:58.55 | 5:35 | 10.7 |
| 41 | PRZYBYŁOWICZ MAŁGORZATA | 169 | | SZCZECINEK | POL | K30-39 | 7 | K 12 | 00:28:06.10 | 5:37 | 10.7 |
| 42 | NOSAL MARTYNA | 159 | PENTATHLON SZCZECINEK | SZCZECINEK | POL | K14-17 | 2 | K 13 | 00:28:13.20 | 5:38 | 10.6 |
| 43 | ROKITA EMILIA | 179 | | CZARNE | POL | K30-39 | 8 | K 14 | 00:28:23.85 | 5:40 | 10.6 |
| 44 | DRACZYŃSKI ZYGMUNT | 95 | TRUCHT ŁOBEZ | ŁOBEZ | POL | M60+ | 4 | M 30 | 00:28:32.45 | 5:42 | 10.5 |
| 45 | PYTEL DARIUSZ | 173 | | SZCZECINEK | POL | M40-49 | 10 | M 31 | 00:28:50.70 | 5:46 | 10.4 |

VI CROSS NA WRZOSACH - OKONEK - 5 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-sconość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|------------------------|-----|-------------------------------------|-----------------|------|--------|--------|------|-------------|--------|------|
| 46 | RYNKIEWICZ PIOTR | 183 | TB WALDEK | SZCZECINEK | POL | M30-39 | 14 | M 32 | 00:28:54.20 | 5:47 | 10.4 |
| 47 | ZIÓŁKOWSKI WOJCIECH | 215 | #ZABIEGANINOĄ OKONEK | OKONEK | POL | M40-49 | 11 | M 33 | 00:28:55.80 | 5:47 | 10.4 |
| 48 | FIECEK DOROTA | 97 | | ŁĘDYCZEK | POL | K40-49 | 4 | K 15 | 00:28:57.20 | 5:47 | 10.4 |
| 49 | KISIEL OLGA | 126 | KLUB SPORTOWY HUSARIA SZCZECINEK | SZCZECINEK | POL | K30-39 | 9 | K 16 | 00:29:04.85 | 5:49 | 10.3 |
| 50 | GAWRON ANDRZEJ | 103 | | TRZCIANKA | POL | M40-49 | 12 | M 34 | 00:29:22.30 | 5:52 | 10.2 |
| 51 | RUTKOWSKA ANNA | 182 | WATAHA WAŁCZ | WAŁCZ | POL | K50-59 | 1 | K 17 | 00:29:28.85 | 5:53 | 10.2 |
| 52 | KARPOWICZ TADEUSZ | 123 | PIAST GŁOGÓW | GŁOGÓW | POL | M60+ | 5 | M 35 | 00:29:30.30 | 5:54 | 10.2 |
| 53 | KARABASZ SYLWIA | 121 | | ZŁOTÓW | POL | K40-49 | 5 | K 18 | 00:29:31.70 | 5:54 | 10.2 |
| 54 | SUPROŃ IZABELA | 190 | | BIAŁY BÓR | POL | K30-39 | 10 | K 19 | 00:29:33.00 | 5:54 | 10.2 |
| 55 | RĘBIŚ MONIKA | 178 | | ZŁOTÓW | POL | K18-29 | 2 | K 20 | 00:29:33.45 | 5:54 | 10.2 |
| 56 | BIAŁKOWSKI JACEK | 86 | | PIŁA | POL | M50-59 | 3 | M 36 | 00:29:44.90 | 5:57 | 10.1 |
| 57 | KUŻAJ SŁAWOMIR | 140 | PIŁA | PIŁA | POL | M50-59 | 4 | M 37 | 00:30:03.45 | 6:00 | 10 |
| 58 | PYTEL BARBARA | 172 | | SZCZECINEK | POL | K30-39 | 11 | K 21 | 00:30:03.80 | 6:00 | 10 |
| 59 | SZERSZEŃ RAFAŁ | 194 | KLUB SPORTOWY HUSARIA SZCZECINEK | SZCZECINEK | POL | M40-49 | 13 | M 38 | 00:30:08.20 | 6:01 | 10 |
| 60 | NITA WIESŁAW | 156 | VILLAGE PUNK RUN | PIECEWO | POL | M40-49 | 14 | M 39 | 00:30:08.40 | 6:01 | 10 |
| 61 | JANOWICZ KACPER | 112 | | JASTROWIE | POL | M18-29 | 3 | M 40 | 00:30:09.75 | 6:01 | 10 |
| 62 | KUJDA DOROTA | 31 | | OSIELSKO | POL | K40-49 | 6 | K 22 | 00:30:12.45 | 6:02 | 9.9 |
| 63 | KODZ KAROL | 129 | WIARUS ŻÓŁTNICA | ŻÓŁTNICA | POL | M18-29 | 4 | M 41 | 00:30:23.95 | 6:04 | 9.9 |
| 64 | ZAKIELARZ ADRIANA | 211 | | JASTROWIE | POL | K30-39 | 12 | K 23 | 00:30:26.75 | 6:05 | 9.9 |
| 65 | KARABASZ KRZYSZTOF | 122 | | ZŁOTÓW | POL | M40-49 | 15 | M 42 | 00:30:30.00 | 6:06 | 9.8 |
| 66 | STAŚ ADRIANNA | 187 | NADLEŚNICTWO MIASTKO | BIAŁA | POL | K18-29 | 3 | K 24 | 00:30:35.00 | 6:07 | 9.8 |
| 67 | PIETRZYK RAFAŁ | 167 | | KALISZ POMORSKI | POL | M30-39 | 15 | M 43 | 00:30:35.45 | 6:07 | 9.8 |
| 68 | ROLNICZAK JOANNA | 180 | TRZCIANKA | TRZCIANKA | POL | K40-49 | 7 | K 25 | 00:30:39.50 | 6:08 | 9.8 |
| 69 | WODZYŃSKA KATARZYNA | 207 | #ZABIEGANINOĄ OKONEK | OKONEK | POL | K30-39 | 13 | K 26 | 00:31:09.85 | 6:14 | 9.6 |
| 70 | SZERSZEŃ ŁUKASZ | 192 | KLUB SPORTOWY HUSARIA SZCZECINEK | SZCZECINEK | POL | M40-49 | 16 | M 44 | 00:31:15.15 | 6:15 | 9.6 |
| 71 | RADDATZ ALICJA | 174 | RMF4RT GLADIATORS | SZCZECINEK | POL | K50-59 | 2 | K 27 | 00:31:19.25 | 6:15 | 9.6 |
| 72 | ADAMCZYK MILENA | 83 | KLUB SPORTOWY HUSARIA SZCZECINEK | PARSECKO | POL | K18-29 | 4 | K 28 | 00:31:32.50 | 6:18 | 9.5 |
| 73 | NOSAL ANNA | 160 | | SZCZECINEK | POL | K30-39 | 14 | K 29 | 00:31:50.10 | 6:22 | 9.4 |
| 74 | MAZUR TOMASZ | 145 | POZYTYWNIIE Z PASJĄ | JASTROWIE | POL | M40-49 | 17 | M 45 | 00:31:54.70 | 6:23 | 9.4 |
| 75 | PYREK IWONA | 171 | WATAHA WAŁCZ | WAŁCZ | POL | K30-39 | 15 | K 30 | 00:31:55.45 | 6:23 | 9.4 |
| 76 | SZTECHMILER KATARZYNA | 197 | KLUB SPORTOWY HUSARIA SZCZECINEK | SZCZECINEK | POL | K30-39 | 16 | K 31 | 00:31:55.95 | 6:23 | 9.4 |
| 77 | NIETRZEBKA ALEKSANDRA | 154 | | ŻYRARDÓW | POL | K18-29 | 5 | K 32 | 00:32:06.30 | 6:25 | 9.3 |
| 78 | JUSZCZAK MAGDALENA | 117 | | PIŁA | POL | K40-49 | 8 | K 33 | 00:32:09.40 | 6:26 | 9.3 |
| 79 | WROBLEWSKI JERZY | 209 | PARKRUN SZCZECINEK | SZCZECINEK | POL | M60+ | 6 | M 46 | 00:32:10.90 | 6:26 | 9.3 |
| 80 | PAWLUŚ KAMILA | 163 | | SZCZECINEK | POL | K40-49 | 9 | K 34 | 00:32:11.55 | 6:26 | 9.3 |
| 81 | DĄBROWSKA KATARZYNA | 93 | | SZCZECINEK | POL | K40-49 | 10 | K 35 | 00:32:33.05 | 6:30 | 9.2 |
| 82 | SZERSZEŃ ANNA | 193 | KLUB SPORTOWY HUSARIA SZCZECINEK | SZCZECINEK | POL | K30-39 | 17 | K 36 | 00:32:36.65 | 6:31 | 9.2 |
| 83 | NIEDZIÓŁKA MARIKA | 153 | | SZCZECINEK | POL | K14-17 | 3 | K 37 | 00:32:36.95 | 6:31 | 9.2 |
| 84 | CIESIELSKI KRZYSZTOF | 91 | FAST WALKER | GNIEZNO | POL | M60+ | 7 | M 47 | 00:32:38.80 | 6:31 | 9.2 |
| 85 | SULEJA JOANNA | 295 | SZWLA | STARGARD | POL | K60+ | 1 | K 38 | 00:32:47.40 | 6:33 | 9.1 |
| 86 | NITA KATARZYNA | 157 | VILLAGE PUNK RUN | PIECEWO | POL | K40-49 | 11 | K 39 | 00:32:59.20 | 6:36 | 9.1 |
| 87 | TOMASZEWSKI DOMINIK | 203 | | PIŁA | POL | M40-49 | 18 | M 48 | 00:33:07.65 | 6:37 | 9.1 |
| 88 | MACIEJCZAK KAROLINA | 142 | PIŁA | PIŁA | POL | K40-49 | 12 | K 40 | 00:33:25.00 | 6:41 | 9 |
| 89 | KOCIELSKA AGATA | 128 | BORNE BIEGA | BORNE SULINOWO | POL | K30-39 | 18 | K 41 | 00:33:25.45 | 6:41 | 9 |
| 90 | ŚWIGOŃ IZABELA | 200 | SZWLA STARGARD | SUCHAŃ | POL | K50-59 | 3 | K 42 | 00:33:27.70 | 6:41 | 9 |
| 91 | JAKÓBIAK KACPER | 111 | GOLONKA TEAM | JASTROWIE | POL | M30-39 | 16 | M 49 | 00:33:44.00 | 6:44 | 8.9 |
| 92 | FIJAŁKOWSKI PIOTR | 99 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | POL | M40-49 | 19 | M 50 | 00:33:44.20 | 6:44 | 8.9 |
| 93 | FIJAŁKOWSKA MAŁGORZATA | 98 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | POL | K30-39 | 19 | K 43 | 00:33:51.95 | 6:46 | 8.9 |
| 94 | JARCZEWSKA RENATA | 114 | | GOLENIÓW | POL | K50-59 | 4 | K 44 | 00:34:05.95 | 6:49 | 8.8 |
| 95 | NIEDZIELA DOROTA | 152 | LILL-SPORT | ZŁOTÓW | POL | K50-59 | 5 | K 45 | 00:34:08.80 | 6:49 | 8.8 |
| 96 | METKOWSKA BEATA | 146 | | SZCZECINEK | POL | K50-59 | 6 | K 46 | 00:34:20.90 | 6:52 | 8.7 |
| 97 | MAZUR ANNA | 144 | POZYTYWNIIE Z PASJĄ | JASTROWIE | POL | K40-49 | 13 | K 47 | 00:34:32.95 | 6:54 | 8.7 |
| 98 | DRZAZGA ZBIGNIEW | 96 | SZKOŁA PODSTAWOWA NR 1 W SZCZECINKU | SZCZECINEK | POL | M50-59 | 5 | M 51 | 00:34:40.50 | 6:56 | 8.6 |
| 99 | PODGÓRSKA AGATA | 276 | KLUB SPORTOWY HUSARIA SZCZECINEK | SZCZECINEK | POL | K40-49 | 14 | K 48 | 00:34:42.90 | 6:56 | 8.6 |
| 100 | MIKITA RAFAŁ | 148 | | OKONEK | POL | M30-39 | 17 | M 52 | 00:34:45.65 | 6:57 | 8.6 |
| 101 | GRZYWOCZ BERNARD | 236 | | MOSINA | POL | M60+ | 8 | M 53 | 00:34:50.35 | 6:58 | 8.6 |
| 102 | TOMASZEWSKA MAGDALENA | 202 | | PIŁA | POL | K40-49 | 15 | K 49 | 00:35:01.40 | 7:00 | 8.6 |

VI CROSS NA WRZOSACH - OKONEK - 5 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|----------------------|-----|-----------------------------|--------------------|------|--------|--------|------|-------------|--------|------|
| 103 | PAWŁOWICZ KAMILA | 164 | | SZCZECIN | POL | K40-49 | 16 | K 50 | 00:35:05.35 | 7:01 | 8.6 |
| 104 | BUCHOWSKI MAREK | 296 | PARK RUN SZCZECINEK | SZCZECINEK | POL | M60+ | 9 | M 54 | 00:35:10.20 | 7:02 | 8.5 |
| 105 | KABAT JAKUB | 118 | RUN TEAM SĘPÓLNO KRAJEŃSKIE | SĘPÓLNO KRAJEŃSKIE | POL | M18-29 | 5 | M 55 | 00:35:13.25 | 7:02 | 8.5 |
| 106 | WOJTECZKO MAGDALENA | 208 | | CZAPLINEK | POL | K40-49 | 17 | K 51 | 00:35:23.10 | 7:04 | 8.5 |
| 107 | KWAŚNY MARTA | 141 | | OKONEK | POL | K18-29 | 6 | K 52 | 00:35:31.55 | 7:06 | 8.4 |
| 108 | KRASOWSKI TOMASZ | 135 | | WAŁCZ | POL | M40-49 | 20 | M 56 | 00:35:39.75 | 7:08 | 8.4 |
| 109 | NIETRZEBKA PAWEŁ | 155 | | ŻYRARDÓW | POL | M30-39 | 18 | M 57 | 00:35:44.00 | 7:08 | 8.4 |
| 110 | PAWŁOWICZ CZESŁAW | 165 | | SZCZECIN | POL | M50-59 | 6 | M 58 | 00:36:07.50 | 7:13 | 8.3 |
| 111 | ZIÓŁKOWSKA MONIKA | 214 | #ZABIEGANINOCA OKONEK | OKONEK | POL | K40-49 | 18 | K 53 | 00:36:27.15 | 7:17 | 8.2 |
| 112 | TRĘBSKA MARTA | 205 | #ZABIEGANINOCA OKONEK | OKONEK | POL | K40-49 | 19 | K 54 | 00:36:54.55 | 7:23 | 8.1 |
| 113 | GEŚICKA ANNA | 104 | | JEZIORKI | POL | K40-49 | 20 | K 55 | 00:36:57.40 | 7:23 | 8.1 |
| 114 | SZYNKARUK NATALIA | 199 | | BORNE SULINOWO | POL | K30-39 | 20 | K 56 | 00:38:20.20 | 7:40 | 7.8 |
| 115 | FRĄTCZAK MARZENA | 101 | | WAŁCZ | POL | K40-49 | 21 | K 57 | 00:38:56.30 | 7:47 | 7.7 |
| 116 | TRĘBSKA JULIANNNA | 204 | #ZABIEGANINOCA OKONEK | OKONEK | POL | K18-29 | 7 | K 58 | 00:39:26.55 | 7:53 | 7.6 |
| 117 | GRZYWOCZ IRENA | 106 | | MOSINA | POL | K60+ | 2 | K 59 | 00:39:27.10 | 7:53 | 7.6 |
| 118 | KOŁDA KLAUDIA | 131 | | ZŁOTÓW | POL | K14-17 | 4 | K 60 | 00:39:58.00 | 7:59 | 7.5 |
| 119 | KOŁDA ANIA | 130 | | ZŁOTÓW | POL | K40-49 | 22 | K 61 | 00:40:05.70 | 8:01 | 7.5 |
| 120 | KOWALCZUK ALEKSANDRA | 133 | KIJOWE SIOSTRY I BRAT | JASTROWIE | POL | K14-17 | 5 | K 62 | 00:41:35.40 | 8:19 | 7.2 |
| 121 | SUCHANOWSKA ANNA | 189 | RESPECT LOTYŃ | LOTYŃ | POL | K40-49 | 23 | K 63 | 00:42:18.30 | 8:27 | 7.1 |
| 122 | FIRLEJ AGNIESZKA | 100 | | CZAPLINEK | POL | K40-49 | 24 | K 64 | 00:46:05.90 | 9:13 | 6.5 |

VI CROSS NA WRZOSACH - OKONEK - 5 KM, K-OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-------------------------|-----|----------------------------------|------------|------|--------|--------|------|-------------|--------|------|
| 1 | KACZOR AGNIESZKA | 120 | #ZABIEGANINOCA | DEBRZNO | POL | K30-39 | 1 | K 1 | 00:20:39.20 | 4:07 | 14.5 |
| 2 | HAŁKA JUSTYNA | 78 | TRUCHT ŁOBEZ | ŁOBEZ | POL | K40-49 | 1 | K 2 | 00:23:46.00 | 4:45 | 12.6 |
| 3 | NERĆ PATRYCJA | 73 | MKP SZCZECINEK | SZCZECINEK | POL | K14-17 | 1 | K 3 | 00:24:20.60 | 4:52 | 12.3 |
| 4 | CIESZYŃSKA MARIKA | 92 | RAZ SZCZECIN | SZCZECIN | POL | K18-29 | 1 | K 4 | 00:24:56.50 | 4:59 | 12 |
| 5 | KORNIEWICZ KATARZYNA | 132 | GWARDIA | PIŁA | POL | K40-49 | 2 | K 5 | 00:25:07.60 | 5:01 | 11.9 |
| 6 | STOCKA-PODĘYSKA ŻANETA | 188 | | TRZCIANKA | POL | K30-39 | 2 | K 6 | 00:26:52.25 | 5:22 | 11.2 |
| 7 | MOSKAŁ MAGDALENA | 149 | | DEBRZNO | POL | K30-39 | 3 | K 7 | 00:27:06.45 | 5:25 | 11.1 |
| 8 | GAWRON URSZULA | 102 | | TRZCIANKA | POL | K30-39 | 4 | K 8 | 00:27:27.85 | 5:29 | 10.9 |
| 9 | STADNIK EWELINA | 186 | WATAHA WAŁCZ | WAŁCZ | POL | K40-49 | 3 | K 9 | 00:27:43.05 | 5:32 | 10.8 |
| 10 | DOLAT JUSTYNA | 94 | | SZCZECINEK | POL | K30-39 | 5 | K 10 | 00:27:49.40 | 5:34 | 10.8 |
| 11 | ORLIKOWSKA DOROTA | 161 | DZIKI DZIK | CZŁUCHÓW | POL | K30-39 | 6 | K 11 | 00:27:56.45 | 5:35 | 10.7 |
| 12 | PRZYBYŁOWICZ MAŁGORZATA | 169 | | SZCZECINEK | POL | K30-39 | 7 | K 12 | 00:28:06.10 | 5:37 | 10.7 |
| 13 | NOSAL MARTYNA | 159 | PENTATHLON SZCZECINEK | SZCZECINEK | POL | K14-17 | 2 | K 13 | 00:28:13.20 | 5:38 | 10.6 |
| 14 | ROKITA EMILIA | 179 | | CZARNE | POL | K30-39 | 8 | K 14 | 00:28:23.85 | 5:40 | 10.6 |
| 15 | FIECEK DOROTA | 97 | | ŁĘDYCZEK | POL | K40-49 | 4 | K 15 | 00:28:57.20 | 5:47 | 10.4 |
| 16 | KISIEL OLGA | 126 | KLUB SPORTOWY HUSARIA SZCZECINEK | SZCZECINEK | POL | K30-39 | 9 | K 16 | 00:29:04.85 | 5:49 | 10.3 |
| 17 | RUTKOWSKA ANNA | 182 | WATAHA WAŁCZ | WAŁCZ | POL | K50-59 | 1 | K 17 | 00:29:28.85 | 5:53 | 10.2 |
| 18 | KARABASZ SYLWIA | 121 | | ZŁOTÓW | POL | K40-49 | 5 | K 18 | 00:29:31.70 | 5:54 | 10.2 |
| 19 | SUPRON IZABELA | 190 | | BIAŁY BÓR | POL | K30-39 | 10 | K 19 | 00:29:33.00 | 5:54 | 10.2 |
| 20 | RĘBIŚ MONIKA | 178 | | ZŁOTÓW | POL | K18-29 | 2 | K 20 | 00:29:33.45 | 5:54 | 10.2 |
| 21 | PYTEL BARBARA | 172 | | SZCZECINEK | POL | K30-39 | 11 | K 21 | 00:30:03.80 | 6:00 | 10 |
| 22 | KUJDA DOROTA | 31 | | OSIELSKO | POL | K40-49 | 6 | K 22 | 00:30:12.45 | 6:02 | 9.9 |
| 23 | ZAKIELARZ ADRIANA | 211 | | JASTROWIE | POL | K30-39 | 12 | K 23 | 00:30:26.75 | 6:05 | 9.9 |
| 24 | STAŚ ADRIANNA | 187 | NADLEŚNICTWO MIASTKO | BIAŁA | POL | K18-29 | 3 | K 24 | 00:30:35.00 | 6:07 | 9.8 |
| 25 | ROLNICZAK JOANNA | 180 | TRZCIANKA | TRZCIANKA | POL | K40-49 | 7 | K 25 | 00:30:39.50 | 6:08 | 9.8 |
| 26 | WODZYŃSKA KATARZYNA | 207 | #ZABIEGANINOCA OKONEK | OKONEK | POL | K30-39 | 13 | K 26 | 00:31:09.85 | 6:14 | 9.6 |
| 27 | RADDATZ ALICJA | 174 | RMF4RT GLADIATORS | SZCZECINEK | POL | K50-59 | 2 | K 27 | 00:31:19.25 | 6:15 | 9.6 |
| 28 | ADAMCZYK MILENA | 83 | KLUB SPORTOWY HUSARIA SZCZECINEK | PARSECKO | POL | K18-29 | 4 | K 28 | 00:31:32.50 | 6:18 | 9.5 |
| 29 | NOSAL ANNA | 160 | | SZCZECINEK | POL | K30-39 | 14 | K 29 | 00:31:50.10 | 6:22 | 9.4 |
| 30 | PYREK IWONA | 171 | WATAHA WAŁCZ | WAŁCZ | POL | K30-39 | 15 | K 30 | 00:31:55.45 | 6:23 | 9.4 |
| 31 | SZTECHMILER KATARZYNA | 197 | KLUB SPORTOWY HUSARIA SZCZECINEK | SZCZECINEK | POL | K30-39 | 16 | K 31 | 00:31:55.95 | 6:23 | 9.4 |
| 32 | NIETRZEBKA ALEKSANDRA | 154 | | ŻYRARDÓW | POL | K18-29 | 5 | K 32 | 00:32:06.30 | 6:25 | 9.3 |

VI CROSS NA WRZOSACH - OKONEK - 5 KM, K-OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|------------------------|-----|----------------------------------|----------------|------|--------|--------|------|-------------|--------|------|
| 33 | JUSZCZAK MAGDALENA | 117 | | PIŁA | POL | K40-49 | 8 | K 33 | 00:32:09.40 | 6:26 | 9.3 |
| 34 | PAWLUŚ KAMILA | 163 | | SZCZECINEK | POL | K40-49 | 9 | K 34 | 00:32:11.55 | 6:26 | 9.3 |
| 35 | DĄBROWSKA KATARZYNA | 93 | | SZCZECINEK | POL | K40-49 | 10 | K 35 | 00:32:33.05 | 6:30 | 9.2 |
| 36 | SZERSZEŃ ANNA | 193 | KLUB SPORTOWY HUSARIA SZCZECINEK | SZCZECINEK | POL | K30-39 | 17 | K 36 | 00:32:36.65 | 6:31 | 9.2 |
| 37 | NIEDZIÓŁKA MARIKA | 153 | | SZCZECINEK | POL | K14-17 | 3 | K 37 | 00:32:36.95 | 6:31 | 9.2 |
| 38 | SULEJA JOANNA | 295 | SZWLA | STARGARD | POL | K60+ | 1 | K 38 | 00:32:47.40 | 6:33 | 9.1 |
| 39 | NITA KATARZYNA | 157 | VILLAGE PUNK RUN | PIECEWO | POL | K40-49 | 11 | K 39 | 00:32:59.20 | 6:36 | 9.1 |
| 40 | MACIEJCZAK KAROLINA | 142 | PIŁA | PIŁA | POL | K40-49 | 12 | K 40 | 00:33:25.00 | 6:41 | 9 |
| 41 | KOCIELSKA AGATA | 128 | BORNE BIEGA | BORNE SULINOWO | POL | K30-39 | 18 | K 41 | 00:33:25.45 | 6:41 | 9 |
| 42 | ŚWIGOŃ IZABELA | 200 | SZWLA STARGARD | SUCHAŃ | POL | K50-59 | 3 | K 42 | 00:33:27.70 | 6:41 | 9 |
| 43 | FIJAŁKOWSKA MAŁGORZATA | 98 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | POL | K30-39 | 19 | K 43 | 00:33:51.95 | 6:46 | 8.9 |
| 44 | JARCZEWSKA RENATA | 114 | | GOLENIÓW | POL | K50-59 | 4 | K 44 | 00:34:05.95 | 6:49 | 8.8 |
| 45 | NIEDZIELA DOROTA | 152 | LILL-SPORT | ZŁOTÓW | POL | K50-59 | 5 | K 45 | 00:34:08.80 | 6:49 | 8.8 |
| 46 | METKOWSKA BEATA | 146 | | SZCZECINEK | POL | K50-59 | 6 | K 46 | 00:34:20.90 | 6:52 | 8.7 |
| 47 | MAZUR ANNA | 144 | POZYTYWNE Z PASJĄ | JASTROWIE | POL | K40-49 | 13 | K 47 | 00:34:32.95 | 6:54 | 8.7 |
| 48 | PODGÓRSKA AGATA | 276 | KLUB SPORTOWY HUSARIA SZCZECINEK | SZCZECINEK | POL | K40-49 | 14 | K 48 | 00:34:42.90 | 6:56 | 8.6 |
| 49 | TOMASZEWSKA MAGDALENA | 202 | | PIŁA | POL | K40-49 | 15 | K 49 | 00:35:01.40 | 7:00 | 8.6 |
| 50 | PAWŁOWICZ KAMILA | 164 | | SZCZECIN | POL | K40-49 | 16 | K 50 | 00:35:05.35 | 7:01 | 8.6 |
| 51 | WOJTECZKO MAGDALENA | 208 | | CZAPLINEK | POL | K40-49 | 17 | K 51 | 00:35:23.10 | 7:04 | 8.5 |
| 52 | KWAŚNY MARTA | 141 | | OKONEK | POL | K18-29 | 6 | K 52 | 00:35:31.55 | 7:06 | 8.4 |
| 53 | ZIÓŁKOWSKA MONIKA | 214 | #ZABIEGANINOCA OKONEK | OKONEK | POL | K40-49 | 18 | K 53 | 00:36:27.15 | 7:17 | 8.2 |
| 54 | TRĘBSKA MARTA | 205 | #ZABIEGANINOCA OKONEK | OKONEK | POL | K40-49 | 19 | K 54 | 00:36:54.55 | 7:23 | 8.1 |
| 55 | GEŚICKA ANNA | 104 | | JEZIORKI | POL | K40-49 | 20 | K 55 | 00:36:57.40 | 7:23 | 8.1 |
| 56 | SZYNKARUK NATALIA | 199 | | BORNE SULINOWO | POL | K30-39 | 20 | K 56 | 00:38:20.20 | 7:40 | 7.8 |
| 57 | FRĄTCZAK MARZENA | 101 | | WAŁCZ | POL | K40-49 | 21 | K 57 | 00:38:56.30 | 7:47 | 7.7 |
| 58 | TRĘBSKA JULIANNA | 204 | #ZABIEGANINOCA OKONEK | OKONEK | POL | K18-29 | 7 | K 58 | 00:39:26.55 | 7:53 | 7.6 |
| 59 | GRZYWOCZ IRENA | 106 | | MOSINA | POL | K60+ | 2 | K 59 | 00:39:27.10 | 7:53 | 7.6 |
| 60 | KOŁDA KLAUDIA | 131 | | ZŁOTÓW | POL | K14-17 | 4 | K 60 | 00:39:58.00 | 7:59 | 7.5 |
| 61 | KOŁDA ANIA | 130 | | ZŁOTÓW | POL | K40-49 | 22 | K 61 | 00:40:05.70 | 8:01 | 7.5 |
| 62 | KOWALCZUK ALEKSANDRA | 133 | KIJOWE SIOSTRY I BRAT | JASTROWIE | POL | K14-17 | 5 | K 62 | 00:41:35.40 | 8:19 | 7.2 |
| 63 | SUCHANOWSKA ANNA | 189 | RESPECT LOTYŃ | LOTYŃ | POL | K40-49 | 23 | K 63 | 00:42:18.30 | 8:27 | 7.1 |
| 64 | FIRLEJ AGNIESZKA | 100 | | CZAPLINEK | POL | K40-49 | 24 | K 64 | 00:46:05.90 | 9:13 | 6.5 |

VI CROSS NA WRZOSACH - OKONEK - 5 KM, M-OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|--------------------|-----|----------------------------------|----------------|------|--------|--------|------|-------------|--------|------|
| 1 | CENTKA JAKUB | 89 | | ZŁOTÓW | POL | M18-29 | 1 | M 1 | 00:19:24.90 | 3:53 | 15.5 |
| 2 | KRYZEL TOMASZ | 137 | WIKING RYCHNOWY | CZŁUCHÓW | POL | M18-29 | 2 | M 2 | 00:20:09.90 | 4:01 | 14.9 |
| 3 | TRĘBSKI KRZYSZTO | 125 | #ZABIEGANINOCA | OKONEK | POL | M40-49 | 1 | M 3 | 00:21:51.10 | 4:22 | 13.7 |
| 4 | CHMIELEWSKI TOMASZ | 24 | | BARWICE | POL | M30-39 | 1 | M 4 | 00:21:56.90 | 4:23 | 13.7 |
| 5 | CUBER WOJCIECH | 124 | #ZABIEGANINOCA | OKONEK | POL | M30-39 | 2 | M 5 | 00:21:57.80 | 4:23 | 13.7 |
| 6 | PIASKOWIAK ARTUR | 166 | KLUB SPORTOWY HUSARIA SZCZECINEK | BORNE SULINOWO | POL | M30-39 | 3 | M 6 | 00:22:13.20 | 4:26 | 13.5 |
| 7 | PODŁYSKA TADEUSZ | 168 | ZASAPANI | TRZCIANKA | POL | M40-49 | 2 | M 7 | 00:22:15.40 | 4:27 | 13.5 |
| 8 | KUJDA ARKADIUSZ | 63 | 1 BRYGADA LOGISTYCZNA | OSIELSKO | POL | M40-49 | 3 | M 8 | 00:22:19.05 | 4:27 | 13.4 |
| 9 | KUBIAK DANIEL | 138 | PRECON POLSKA | JASTROWIE | POL | M30-39 | 4 | M 9 | 00:22:30.35 | 4:30 | 13.3 |
| 10 | PYREK KRZYSZTOF | 170 | WATAHA WAŁCZ | WAŁCZ | POL | M40-49 | 4 | M 10 | 00:22:54.90 | 4:35 | 13.1 |
| 11 | KUBIŚ PAWEŁ | 139 | RUNDORFINA | SZCZECINEK | POL | M30-39 | 5 | M 11 | 00:22:58.65 | 4:35 | 13.1 |
| 12 | DOLIWKA KAMIL | 210 | WATAHA WAŁCZ | WAŁCZ | POL | M30-39 | 6 | M 12 | 00:23:20.30 | 4:40 | 12.8 |
| 13 | IDZIAK PAWEŁ | 110 | RMF4RT GLADIATORS | SZCZECINEK | POL | M30-39 | 7 | M 13 | 00:23:26.20 | 4:41 | 12.8 |
| 14 | KRAUZE DAMIAN | 136 | DZIKI DZIK | CZŁUCHÓW | POL | M30-39 | 8 | M 14 | 00:24:08.70 | 4:49 | 12.4 |
| 15 | WIELGUS PAWEŁ | 206 | PRODYSTANS KASPEROWICZ | OKONEK | POL | M40-49 | 5 | M 15 | 00:24:12.80 | 4:50 | 12.4 |
| 16 | HAŁKA ARKADIUSZ | 82 | TRUCHT ŁOBEZ | OKONEK | POL | M40-49 | 6 | M 16 | 00:24:24.55 | 4:52 | 12.3 |
| 17 | ZAKIELARZ JAN | 213 | PRECON POLSKA | SYPIEWO | POL | M60+ | 1 | M 17 | 00:24:25.50 | 4:53 | 12.3 |
| 18 | RUDNIK JERZY | 181 | FLORIAN CHOJNICE | CHOJNICE | POL | M60+ | 2 | M 18 | 00:24:57.30 | 4:59 | 12 |
| 19 | NOSAL MARIUSZ | 158 | | SZCZECINEK | POL | M30-39 | 9 | M 19 | 00:25:06.10 | 5:01 | 12 |
| 20 | THOMAS DANIEL | 201 | PRECON POLSKA | JASTROWIE | POL | M30-39 | 10 | M 20 | 00:25:13.45 | 5:02 | 11.9 |

VI CROSS NA WRZOSACH - OKONEK - 5 KM, M-OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|----------------------|-----|---|---------------------------------|------|--------|--------|------|-------------|--------|------|
| 21 | OSTROWSKI MARIAN | 162 | SENIOR | ZŁOCIENIEC | POL | M60+ | 3 | M 21 | 00:25:17.25 | 5:03 | 11.9 |
| 22 | BOCHENEK MICHAŁ | 87 | AFRO-FIT WATAHA | POZNAŃ | POL | M30-39 | 11 | M 22 | 00:25:22.70 | 5:04 | 11.8 |
| 23 | GAWORECKI SŁAWOMIR | 107 | KLUB SPORTOWY HUSARIA SZCZECINEK | JELENIŃ | POL | M40-49 | 7 | M 23 | 00:25:26.35 | 5:05 | 11.8 |
| 24 | ZAKIELARZ PIOTR | 212 | PRECON POLSKA | JASTROWIE | POL | M30-39 | 12 | M 24 | 00:26:03.85 | 5:12 | 11.5 |
| 25 | RAPINCZUK JAN | 176 | BIURO DS PROGRAMU 'ZOSTAŃ ŻOŁNIERZEM RZECZYPOSPOLITEJ' WARSZAWA | NOWY DWÓR MAZOWIECKI-MODLIN TW. | POL | M40-49 | 8 | M 25 | 00:26:07.15 | 5:13 | 11.5 |
| 26 | MIKIETYSKI MICHAŁ | 147 | #ZABIEGANINOCA OKONEK | OKONEK | POL | M30-39 | 13 | M 26 | 00:26:36.05 | 5:19 | 11.3 |
| 27 | SZCZEPANIUK PIOTR | 191 | #ZABIEGANINOCA OKONEK | OKONEK | POL | M50-59 | 1 | M 27 | 00:26:50.10 | 5:22 | 11.2 |
| 28 | BUTOWICZ ADAM | 321 | | SZCZECINEK | POL | M50-59 | 2 | M 28 | 00:26:52.50 | 5:22 | 11.2 |
| 29 | HRYNIEWICZ RAFAŁ | 13 | | SZCZECINEK | POL | M40-49 | 9 | M 29 | 00:27:58.55 | 5:35 | 10.7 |
| 30 | DRACZYŃSKI ZYGMUNT | 95 | TRUCHT ŁOBEZ | ŁOBEZ | POL | M60+ | 4 | M 30 | 00:28:32.45 | 5:42 | 10.5 |
| 31 | PYTEL DARIUSZ | 173 | | SZCZECINEK | POL | M40-49 | 10 | M 31 | 00:28:50.70 | 5:46 | 10.4 |
| 32 | RYNKIEWICZ PIOTR | 183 | TB WALDEK | SZCZECINEK | POL | M30-39 | 14 | M 32 | 00:28:54.20 | 5:47 | 10.4 |
| 33 | ZIÓŁKOWSKI WOJCIECH | 215 | #ZABIEGANINOCA OKONEK | OKONEK | POL | M40-49 | 11 | M 33 | 00:28:55.80 | 5:47 | 10.4 |
| 34 | GAWRON ANDRZEJ | 103 | | TRZCIANKA | POL | M40-49 | 12 | M 34 | 00:29:22.30 | 5:52 | 10.2 |
| 35 | KARPOWICZ TADEUSZ | 123 | PIAST GŁOGÓW | GŁOGÓW | POL | M60+ | 5 | M 35 | 00:29:30.30 | 5:54 | 10.2 |
| 36 | BIĄŁKOWSKI JACEK | 86 | | PIŁA | POL | M50-59 | 3 | M 36 | 00:29:44.90 | 5:57 | 10.1 |
| 37 | KUŻAJ SŁAWOMIR | 140 | PIŁA | PIŁA | POL | M50-59 | 4 | M 37 | 00:30:03.45 | 6:00 | 10 |
| 38 | SZERSZEŃ RAFAŁ | 194 | KLUB SPORTOWY HUSARIA SZCZECINEK | SZCZECINEK | POL | M40-49 | 13 | M 38 | 00:30:08.20 | 6:01 | 10 |
| 39 | NITA WIESŁAW | 156 | VILLAGE PUNK RUN | PIECEWO | POL | M40-49 | 14 | M 39 | 00:30:08.40 | 6:01 | 10 |
| 40 | JANOWICZ KACPER | 112 | | JASTROWIE | POL | M18-29 | 3 | M 40 | 00:30:09.75 | 6:01 | 10 |
| 41 | KODZ KAROL | 129 | WIARUS ŻÓŁTNICA | ŻÓŁTNICA | POL | M18-29 | 4 | M 41 | 00:30:23.95 | 6:04 | 9.9 |
| 42 | KARABASZ KRZYSZTOF | 122 | | ZŁOTÓW | POL | M40-49 | 15 | M 42 | 00:30:30.00 | 6:06 | 9.8 |
| 43 | PIETRZYK RAFAŁ | 167 | | KALISZ POMORSKI | POL | M30-39 | 15 | M 43 | 00:30:35.45 | 6:07 | 9.8 |
| 44 | SZERSZEŃ ŁUKASZ | 192 | KLUB SPORTOWY HUSARIA SZCZECINEK | SZCZECINEK | POL | M40-49 | 16 | M 44 | 00:31:15.15 | 6:15 | 9.6 |
| 45 | MAZUR TOMASZ | 145 | POZYTYWNE Z PASJĄ | JASTROWIE | POL | M40-49 | 17 | M 45 | 00:31:54.70 | 6:23 | 9.4 |
| 46 | WROBLEWSKI JERZY | 209 | PARKRUN SZCZECINEK | SZCZECINEK | POL | M60+ | 6 | M 46 | 00:32:10.90 | 6:26 | 9.3 |
| 47 | CIESIELSKI KRZYSZTOF | 91 | FAST WALKER | GNIEZNO | POL | M60+ | 7 | M 47 | 00:32:38.80 | 6:31 | 9.2 |
| 48 | TOMASZEWSKI DOMINIK | 203 | | PIŁA | POL | M40-49 | 18 | M 48 | 00:33:07.65 | 6:37 | 9.1 |
| 49 | JAKÓBIAK KACPER | 111 | GOLONKA TEAM | JASTROWIE | POL | M30-39 | 16 | M 49 | 00:33:44.00 | 6:44 | 8.9 |
| 50 | FIAŁKOWSKI PIOTR | 99 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | POL | M40-49 | 19 | M 50 | 00:33:44.20 | 6:44 | 8.9 |
| 51 | DRZAZGA ZBIGNIEW | 96 | SZKOŁA PODSTAWOWA NR 1 W SZCZECINKU | SZCZECINEK | POL | M50-59 | 5 | M 51 | 00:34:40.50 | 6:56 | 8.6 |
| 52 | MIKITA RAFAŁ | 148 | | OKONEK | POL | M30-39 | 17 | M 52 | 00:34:45.65 | 6:57 | 8.6 |
| 53 | GRZYWOCZ BERNARD | 236 | | MOSINA | POL | M60+ | 8 | M 53 | 00:34:50.35 | 6:58 | 8.6 |
| 54 | BUCHOWSKI MAREK | 296 | PARK RUN SZCZECINEK | SZCZECINEK | POL | M60+ | 9 | M 54 | 00:35:10.20 | 7:02 | 8.5 |
| 55 | KABAT JAKUB | 118 | RUN TEAM SĘPÓLNO KRAJEŃSKIE | SĘPÓLNO KRAJEŃSKIE | POL | M18-29 | 5 | M 55 | 00:35:13.25 | 7:02 | 8.5 |
| 56 | KRAŚOWSKI TOMASZ | 135 | | WAŁCZ | POL | M40-49 | 20 | M 56 | 00:35:39.75 | 7:08 | 8.4 |
| 57 | NIETRZEBKA PAWEŁ | 155 | | ŻYRARDÓW | POL | M30-39 | 18 | M 57 | 00:35:44.00 | 7:08 | 8.4 |
| 58 | PAWŁOWICZ CZESŁAW | 165 | | SZCZECIN | POL | M50-59 | 6 | M 58 | 00:36:07.50 | 7:13 | 8.3 |

VI CROSS NA WRZOSACH - OKONEK - 5 KM, K14-17

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|----------------------|-----|-----------------------|------------|------|--------|--------|------|-------------|--------|------|
| 1 | NERĆ PATRYCJA | 73 | MKP SZCZECINEK | SZCZECINEK | POL | K14-17 | 1 | K 3 | 00:24:20.60 | 4:52 | 12.3 |
| 2 | NOSAŁ MARTYNA | 159 | PENTATHLON SZCZECINEK | SZCZECINEK | POL | K14-17 | 2 | K 13 | 00:28:13.20 | 5:38 | 10.6 |
| 3 | NIEDZIÓŁKA MARIKA | 153 | | SZCZECINEK | POL | K14-17 | 3 | K 37 | 00:32:36.95 | 6:31 | 9.2 |
| 4 | KOŁDA KLAUDIA | 131 | | ZŁOTÓW | POL | K14-17 | 4 | K 60 | 00:39:58.00 | 7:59 | 7.5 |
| 5 | KOWALCZUK ALEKSANDRA | 133 | KIJOWE SIOSTRY I BRAT | JASTROWIE | POL | K14-17 | 5 | K 62 | 00:41:35.40 | 8:19 | 7.2 |

VI CROSS NA WRZOSACH - OKONEK - 5 KM, K18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-------------------|-----|--------------|-----------|------|--------|--------|------|-------------|--------|------|
| 1 | CIESZYŃSKA MARIKA | 92 | RAZ SZCZECIN | SZCZECIN | POL | K18-29 | 1 | K 4 | 00:24:56.50 | 4:59 | 12 |
| 2 | RĘBIŚ MONIKA | 178 | | ZŁOTÓW | POL | K18-29 | 2 | K 20 | 00:29:33.45 | 5:54 | 10.2 |

VI CROSS NA WRZOSACH - OKONEK - 5 KM, K18-29 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------------|-----|----------------------------------|-----------|------|--------|--------|------|-------------|--------|------|
| 3 | STAŚ ADRIANNA | 187 | NADLEŚNICTWO MIASTKO | BIAŁA | POL | K18-29 | 3 | K 24 | 00:30:35.00 | 6:07 | 9.8 |
| 4 | ADAMCZYK MILENA | 83 | KLUB SPORTOWY HUSARIA SZCZECINEK | PARSEĆKO | POL | K18-29 | 4 | K 28 | 00:31:32.50 | 6:18 | 9.5 |
| 5 | NIETRZEBKA ALEKSANDRA | 154 | | ŻYRARDÓW | POL | K18-29 | 5 | K 32 | 00:32:06.30 | 6:25 | 9.3 |
| 6 | KWAŚNY MARTA | 141 | | OKONEK | POL | K18-29 | 6 | K 52 | 00:35:31.55 | 7:06 | 8.4 |
| 7 | TRĘBSKA JULIANNA | 204 | #ZABIEGANINOCA OKONEK | OKONEK | POL | K18-29 | 7 | K 58 | 00:39:26.55 | 7:53 | 7.6 |

VI CROSS NA WRZOSACH - OKONEK - 5 KM, M18-29

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------|-----|-----------------------------|--------------------|------|--------|--------|------|-------------|--------|------|
| 1 | CENTKA JAKUB | 89 | | ZŁOTÓW | POL | M18-29 | 1 | M 1 | 00:19:24.90 | 3:53 | 15.5 |
| 2 | KRYZEL TOMASZ | 137 | WIKING RYCHNOWY | CZŁUCHÓW | POL | M18-29 | 2 | M 2 | 00:20:09.90 | 4:01 | 14.9 |
| 3 | JANOWICZ KACPER | 112 | | JASTROWIE | POL | M18-29 | 3 | M 40 | 00:30:09.75 | 6:01 | 10 |
| 4 | KODZ KAROL | 129 | WIARUS ŻÓŁTNICA | ŻÓŁTNICA | POL | M18-29 | 4 | M 41 | 00:30:23.95 | 6:04 | 9.9 |
| 5 | KABAT JAKUB | 118 | RUN TEAM SĘPÓLNO KRAJEŃSKIE | SĘPÓLNO KRAJEŃSKIE | POL | M18-29 | 5 | M 55 | 00:35:13.25 | 7:02 | 8.5 |

VI CROSS NA WRZOSACH - OKONEK - 5 KM, K30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-------------------------|-----|----------------------------------|----------------|------|--------|--------|------|-------------|--------|------|
| 1 | KACZOR AGNIESZKA | 120 | #ZABIEGANINOCA | DEBRZNO | POL | K30-39 | 1 | K 1 | 00:20:39.20 | 4:07 | 14.5 |
| 2 | STOCKA-PODŁYSKA ŻANETA | 188 | | TRZCIANKA | POL | K30-39 | 2 | K 6 | 00:26:52.25 | 5:22 | 11.2 |
| 3 | MOSKAL MAGDALENA | 149 | | DEBRZNO | POL | K30-39 | 3 | K 7 | 00:27:06.45 | 5:25 | 11.1 |
| 4 | GAWRON URSZULA | 102 | | TRZCIANKA | POL | K30-39 | 4 | K 8 | 00:27:27.85 | 5:29 | 10.9 |
| 5 | DOLAT JUSTYNA | 94 | | SZCZECINEK | POL | K30-39 | 5 | K 10 | 00:27:49.40 | 5:34 | 10.8 |
| 6 | ORLIKOWSKA DOROTA | 161 | DZIKI DZIK | CZŁUCHÓW | POL | K30-39 | 6 | K 11 | 00:27:56.45 | 5:35 | 10.7 |
| 7 | PRZYBYŁOWICZ MAŁGORZATA | 169 | | SZCZECINEK | POL | K30-39 | 7 | K 12 | 00:28:06.10 | 5:37 | 10.7 |
| 8 | ROKITA EMILIA | 179 | | CZARNE | POL | K30-39 | 8 | K 14 | 00:28:23.85 | 5:40 | 10.6 |
| 9 | KISIEL OLGA | 126 | KLUB SPORTOWY HUSARIA SZCZECINEK | SZCZECINEK | POL | K30-39 | 9 | K 16 | 00:29:04.85 | 5:49 | 10.3 |
| 10 | SUPROŃ IZABELA | 190 | | BIAŁY BÓR | POL | K30-39 | 10 | K 19 | 00:29:33.00 | 5:54 | 10.2 |
| 11 | PYTEL BARBARA | 172 | | SZCZECINEK | POL | K30-39 | 11 | K 21 | 00:30:03.80 | 6:00 | 10 |
| 12 | ZAKIELARZ ADRIANA | 211 | | JASTROWIE | POL | K30-39 | 12 | K 23 | 00:30:26.75 | 6:05 | 9.9 |
| 13 | WODZYŃSKA KATARZYNA | 207 | #ZABIEGANINOCA OKONEK | OKONEK | POL | K30-39 | 13 | K 26 | 00:31:09.85 | 6:14 | 9.6 |
| 14 | NOSAL ANNA | 160 | | SZCZECINEK | POL | K30-39 | 14 | K 29 | 00:31:50.10 | 6:22 | 9.4 |
| 15 | PYREK IWONA | 171 | WATAHA WAŁCZ | WAŁCZ | POL | K30-39 | 15 | K 30 | 00:31:55.45 | 6:23 | 9.4 |
| 16 | SZTECHMILER KATARZYNA | 197 | KLUB SPORTOWY HUSARIA SZCZECINEK | SZCZECINEK | POL | K30-39 | 16 | K 31 | 00:31:55.95 | 6:23 | 9.4 |
| 17 | SZERSZEŃ ANNA | 193 | KLUB SPORTOWY HUSARIA SZCZECINEK | SZCZECINEK | POL | K30-39 | 17 | K 36 | 00:32:36.65 | 6:31 | 9.2 |
| 18 | KOCIELSKA AGATA | 128 | BORNE BIEGA | BORNE SULINOWO | POL | K30-39 | 18 | K 41 | 00:33:25.45 | 6:41 | 9 |
| 19 | FIJAŁKOWSKA MAŁGORZATA | 98 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | POL | K30-39 | 19 | K 43 | 00:33:51.95 | 6:46 | 8.9 |
| 20 | SZYŃKARUK NATALIA | 199 | | BORNE SULINOWO | POL | K30-39 | 20 | K 56 | 00:38:20.20 | 7:40 | 7.8 |

VI CROSS NA WRZOSACH - OKONEK - 5 KM, M30-39

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|--------------------|-----|----------------------------------|----------------|------|--------|--------|------|-------------|--------|------|
| 1 | CHMIELEWSKI TOMASZ | 24 | | BARWICE | POL | M30-39 | 1 | M 4 | 00:21:56.90 | 4:23 | 13.7 |
| 2 | CUBER WOJCIECH | 124 | #ZABIEGANINOCA | OKONEK | POL | M30-39 | 2 | M 5 | 00:21:57.80 | 4:23 | 13.7 |
| 3 | PIASKOWIAK ARTUR | 166 | KLUB SPORTOWY HUSARIA SZCZECINEK | BORNE SULINOWO | POL | M30-39 | 3 | M 6 | 00:22:13.20 | 4:26 | 13.5 |
| 4 | KUBIAK DANIEL | 138 | PRECON POLSKA | JASTROWIE | POL | M30-39 | 4 | M 9 | 00:22:30.35 | 4:30 | 13.3 |
| 5 | KUBIŚ PAWEŁ | 139 | RUNDORFINA | SZCZECINEK | POL | M30-39 | 5 | M 11 | 00:22:58.65 | 4:35 | 13.1 |
| 6 | DOLIWKA KAMIL | 210 | WATAHA WAŁCZ | WAŁCZ | POL | M30-39 | 6 | M 12 | 00:23:20.30 | 4:40 | 12.8 |
| 7 | IDZIAK PAWEŁ | 110 | RMF4RT GLADIATORS | SZCZECINEK | POL | M30-39 | 7 | M 13 | 00:23:26.20 | 4:41 | 12.8 |
| 8 | KRAUZE DAMIAN | 136 | DZIKI DZIK | CZŁUCHÓW | POL | M30-39 | 8 | M 14 | 00:24:08.70 | 4:49 | 12.4 |
| 9 | NOSAL MARIUSZ | 158 | | SZCZECINEK | POL | M30-39 | 9 | M 19 | 00:25:06.10 | 5:01 | 12 |
| 10 | THOMAS DANIEL | 201 | PRECON POLSKA | JASTROWIE | POL | M30-39 | 10 | M 20 | 00:25:13.45 | 5:02 | 11.9 |

VI CROSS NA WRZOSACH - OKONEK - 5 KM, M30-39 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|--------------------|-----|-----------------------|-----------------|------|--------|--------|------|-------------|--------|------|
| 11 | BOCHENEK MICHAŁ | 87 | AFRO-FIT WATAHA | POZNAŃ | POL | M30-39 | 11 | M 22 | 00:25:22.70 | 5:04 | 11.8 |
| 12 | ZAKIELARZ PIOTR | 212 | PRECON POLSKA | JASTROWIE | POL | M30-39 | 12 | M 24 | 00:26:03.85 | 5:12 | 11.5 |
| 13 | MIKIETYŃSKI MICHAŁ | 147 | #ZABIEGANINOCA OKONEK | OKONEK | POL | M30-39 | 13 | M 26 | 00:26:36.05 | 5:19 | 11.3 |
| 14 | RYNKIEWICZ PIOTR | 183 | TB WALDEK | SZCZECINEK | POL | M30-39 | 14 | M 32 | 00:28:54.20 | 5:47 | 10.4 |
| 15 | PIETRZYK RAFAŁ | 167 | | KALISZ POMORSKI | POL | M30-39 | 15 | M 43 | 00:30:35.45 | 6:07 | 9.8 |
| 16 | JAKÓBIAK KACPER | 111 | GOLONKA TEAM | JASTROWIE | POL | M30-39 | 16 | M 49 | 00:33:44.00 | 6:44 | 8.9 |
| 17 | MIKITA RAFAŁ | 148 | | OKONEK | POL | M30-39 | 17 | M 52 | 00:34:45.65 | 6:57 | 8.6 |
| 18 | NIETRZEBKA PAWEŁ | 155 | | ŻYRARDÓW | POL | M30-39 | 18 | M 57 | 00:35:44.00 | 7:08 | 8.4 |

VI CROSS NA WRZOSACH - OKONEK - 5 KM, K40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------------|-----|----------------------------------|------------|------|--------|--------|------|-------------|--------|------|
| 1 | HAŁKA JUSTYNA | 78 | TRUCHT ŁOBEZ | ŁOBEZ | POL | K40-49 | 1 | K 2 | 00:23:46.00 | 4:45 | 12.6 |
| 2 | KORNIEWICZ KATARZYNA | 132 | GWARDIA | PIŁA | POL | K40-49 | 2 | K 5 | 00:25:07.60 | 5:01 | 11.9 |
| 3 | STADNIK EWELINA | 186 | WATAHA WAŁCZ | WAŁCZ | POL | K40-49 | 3 | K 9 | 00:27:43.05 | 5:32 | 10.8 |
| 4 | FIECEK DOROTA | 97 | | ŁĘDYCZEK | POL | K40-49 | 4 | K 15 | 00:28:57.20 | 5:47 | 10.4 |
| 5 | KARABASZ SYLWIA | 121 | | ZŁOTÓW | POL | K40-49 | 5 | K 18 | 00:29:31.70 | 5:54 | 10.2 |
| 6 | KUJDA DOROTA | 31 | | OSIELSKO | POL | K40-49 | 6 | K 22 | 00:30:12.45 | 6:02 | 9.9 |
| 7 | ROLNICZAK JOANNA | 180 | TRZCIANKA | TRZCIANKA | POL | K40-49 | 7 | K 25 | 00:30:39.50 | 6:08 | 9.8 |
| 8 | JUSZCZAK MAGDALENA | 117 | | PIŁA | POL | K40-49 | 8 | K 33 | 00:32:09.40 | 6:26 | 9.3 |
| 9 | PAWLUŚ KAMILA | 163 | | SZCZECINEK | POL | K40-49 | 9 | K 34 | 00:32:11.55 | 6:26 | 9.3 |
| 10 | DĄBROWSKA KATARZYNA | 93 | | SZCZECINEK | POL | K40-49 | 10 | K 35 | 00:32:33.05 | 6:30 | 9.2 |
| 11 | NITA KATARZYNA | 157 | VILLAGE PUNK RUN | PIECEWO | POL | K40-49 | 11 | K 39 | 00:32:59.20 | 6:36 | 9.1 |
| 12 | MACIEJCZAK KAROLINA | 142 | | PIŁA | POL | K40-49 | 12 | K 40 | 00:33:25.00 | 6:41 | 9 |
| 13 | MAZUR ANNA | 144 | POZYTYWNE Z PASJĄ | JASTROWIE | POL | K40-49 | 13 | K 47 | 00:34:32.95 | 6:54 | 8.7 |
| 14 | PODGÓRSKA AGATA | 276 | KLUB SPORTOWY HUSARIA SZCZECINEK | SZCZECINEK | POL | K40-49 | 14 | K 48 | 00:34:42.90 | 6:56 | 8.6 |
| 15 | TOMASZEWSKA MAGDALENA | 202 | | PIŁA | POL | K40-49 | 15 | K 49 | 00:35:01.40 | 7:00 | 8.6 |
| 16 | PAWŁOWICZ KAMILA | 164 | | SZCZECIN | POL | K40-49 | 16 | K 50 | 00:35:05.35 | 7:01 | 8.6 |
| 17 | WOJTECZKO MAGDALENA | 208 | | CZAPLINEK | POL | K40-49 | 17 | K 51 | 00:35:23.10 | 7:04 | 8.5 |
| 18 | ZIÓŁKOWSKA MONIKA | 214 | #ZABIEGANINOCA OKONEK | OKONEK | POL | K40-49 | 18 | K 53 | 00:36:27.15 | 7:17 | 8.2 |
| 19 | TRĘBSKA MARTA | 205 | #ZABIEGANINOCA OKONEK | OKONEK | POL | K40-49 | 19 | K 54 | 00:36:54.55 | 7:23 | 8.1 |
| 20 | GEŚICKA ANNA | 104 | | JEZIORKI | POL | K40-49 | 20 | K 55 | 00:36:57.40 | 7:23 | 8.1 |
| 21 | FRĄTCZAK MARZENA | 101 | | WAŁCZ | POL | K40-49 | 21 | K 57 | 00:38:56.30 | 7:47 | 7.7 |
| 22 | KOŁDA ANIA | 130 | | ZŁOTÓW | POL | K40-49 | 22 | K 61 | 00:40:05.70 | 8:01 | 7.5 |
| 23 | SUCHANOWSKA ANNA | 189 | RESPECT LOTYŃ | LOTYŃ | POL | K40-49 | 23 | K 63 | 00:42:18.30 | 8:27 | 7.1 |
| 24 | FIRLEJ AGNIESZKA | 100 | | CZAPLINEK | POL | K40-49 | 24 | K 64 | 00:46:05.90 | 9:13 | 6.5 |

VI CROSS NA WRZOSACH - OKONEK - 5 KM, M40-49

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|---------------------|-----|---|---------------------------------|------|--------|--------|------|-------------|--------|------|
| 1 | TRĘBSKI KRZYSZTO | 125 | #ZABIEGANINOCA | OKONEK | POL | M40-49 | 1 | M 3 | 00:21:51.10 | 4:22 | 13.7 |
| 2 | PODŁYSKA TADEUSZ | 168 | ZASAPANI | TRZCIANKA | POL | M40-49 | 2 | M 7 | 00:22:15.40 | 4:27 | 13.5 |
| 3 | KUJDA ARKADIUSZ | 63 | 1 BRYGADA LOGISTYCZNA | OSIELSKO | POL | M40-49 | 3 | M 8 | 00:22:19.05 | 4:27 | 13.4 |
| 4 | PYREK KRZYSZTOF | 170 | WATAHA WAŁCZ | WAŁCZ | POL | M40-49 | 4 | M 10 | 00:22:54.90 | 4:35 | 13.1 |
| 5 | WIELGUS PAWEŁ | 206 | PRODYSTANS KASPEROWICZ | OKONEK | POL | M40-49 | 5 | M 15 | 00:24:12.80 | 4:50 | 12.4 |
| 6 | HAŁKA ARKADIUSZ | 82 | TRUCHT ŁOBEZ | OKONEK | POL | M40-49 | 6 | M 16 | 00:24:24.55 | 4:52 | 12.3 |
| 7 | GAWORECKI SŁAWOMIR | 107 | KLUB SPORTOWY HUSARIA SZCZECINEK | JELENINO | POL | M40-49 | 7 | M 23 | 00:25:26.35 | 5:05 | 11.8 |
| 8 | RAPINCZUK JAN | 176 | BIURO DS PROGRAMU 'ZOSTAŃ ŻOŁNIERZEM RZECZYPOSPOLITEJ' WARSZAWA | NOWY DWÓR MAZOWIECKI-MODLIN TW. | POL | M40-49 | 8 | M 25 | 00:26:07.15 | 5:13 | 11.5 |
| 9 | HRYNIEWICZ RAFAŁ | 13 | | SZCZECINEK | POL | M40-49 | 9 | M 29 | 00:27:58.55 | 5:35 | 10.7 |
| 10 | PYTEL DARIUSZ | 173 | | SZCZECINEK | POL | M40-49 | 10 | M 31 | 00:28:50.70 | 5:46 | 10.4 |
| 11 | ZIÓŁKOWSKI WOJCIECH | 215 | #ZABIEGANINOCA OKONEK | OKONEK | POL | M40-49 | 11 | M 33 | 00:28:55.80 | 5:47 | 10.4 |
| 12 | GAWRON ANDRZEJ | 103 | | TRZCIANKA | POL | M40-49 | 12 | M 34 | 00:29:22.30 | 5:52 | 10.2 |
| 13 | SZERSZEŃ RAFAŁ | 194 | KLUB SPORTOWY HUSARIA SZCZECINEK | SZCZECINEK | POL | M40-49 | 13 | M 38 | 00:30:08.20 | 6:01 | 10 |

VI CROSS NA WRZOSACH - OKONEK - 5 KM, M40-49 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|---------------------|-----|----------------------------------|------------|------|--------|--------|------|-------------|--------|------|
| 14 | NITA WIESŁAW | 156 | VILLAGE PUNK RUN | PIECEWO | POL | M40-49 | 14 | M 39 | 00:30:08.40 | 6:01 | 10 |
| 15 | KARABASZ KRZYSZTOF | 122 | | ZŁOTÓW | POL | M40-49 | 15 | M 42 | 00:30:30.00 | 6:06 | 9.8 |
| 16 | SZERSZEŃ ŁUKASZ | 192 | KLUB SPORTOWY HUSARIA SZCZECINEK | SZCZECINEK | POL | M40-49 | 16 | M 44 | 00:31:15.15 | 6:15 | 9.6 |
| 17 | MAZUR TOMASZ | 145 | POZYTYWNI Z PASJĄ | JASTROWIE | POL | M40-49 | 17 | M 45 | 00:31:54.70 | 6:23 | 9.4 |
| 18 | TOMASZEWSKI DOMINIK | 203 | | PIŁA | POL | M40-49 | 18 | M 48 | 00:33:07.65 | 6:37 | 9.1 |
| 19 | FIJAŁKOWSKI PIOTR | 99 | TEAM BIEGOWY SZCZECINEK | SZCZECINEK | POL | M40-49 | 19 | M 50 | 00:33:44.20 | 6:44 | 8.9 |
| 20 | KRASOWSKI TOMASZ | 135 | | WAŁCZ | POL | M40-49 | 20 | M 56 | 00:35:39.75 | 7:08 | 8.4 |

VI CROSS NA WRZOSACH - OKONEK - 5 KM, K50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-------------------|-----|-------------------|------------|------|--------|--------|------|-------------|--------|------|
| 1 | RUTKOWSKA ANNA | 182 | WATAHA WAŁCZ | WAŁCZ | POL | K50-59 | 1 | K 17 | 00:29:28.85 | 5:53 | 10.2 |
| 2 | RADDATZ ALICJA | 174 | RMF4RT GLADIATORS | SZCZECINEK | POL | K50-59 | 2 | K 27 | 00:31:19.25 | 6:15 | 9.6 |
| 3 | ŚWIGOŃ IZABELA | 200 | SZWLA STARGARD | SUCHAŃ | POL | K50-59 | 3 | K 42 | 00:33:27.70 | 6:41 | 9 |
| 4 | JARCZEWSKA RENATA | 114 | | GOLENIÓW | POL | K50-59 | 4 | K 44 | 00:34:05.95 | 6:49 | 8.8 |
| 5 | NIEDZIELA DOROTA | 152 | LILL-SPORT | ZŁOTÓW | POL | K50-59 | 5 | K 45 | 00:34:08.80 | 6:49 | 8.8 |
| 6 | METKOWSKA BEATA | 146 | | SZCZECINEK | POL | K50-59 | 6 | K 46 | 00:34:20.90 | 6:52 | 8.7 |

VI CROSS NA WRZOSACH - OKONEK - 5 KM, M50-59

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-------------------|-----|-------------------------------------|------------|------|--------|--------|------|-------------|--------|------|
| 1 | SZCZEPANIUK PIOTR | 191 | #ZABIEGANINOCA OKONEK | OKONEK | POL | M50-59 | 1 | M 27 | 00:26:50.10 | 5:22 | 11.2 |
| 2 | BUTOWICZ ADAM | 321 | | SZCZECINEK | POL | M50-59 | 2 | M 28 | 00:26:52.50 | 5:22 | 11.2 |
| 3 | BIAŁKOWSKI JACEK | 86 | | PIŁA | POL | M50-59 | 3 | M 36 | 00:29:44.90 | 5:57 | 10.1 |
| 4 | KUŻAJ SŁAWOMIR | 140 | PIŁA | PIŁA | POL | M50-59 | 4 | M 37 | 00:30:03.45 | 6:00 | 10 |
| 5 | DRZAZGA ZBIGNIEW | 96 | SZKOŁA PODSTAWOWA NR 1 W SZCZECINKU | SZCZECINEK | POL | M50-59 | 5 | M 51 | 00:34:40.50 | 6:56 | 8.6 |
| 6 | PAWŁOWICZ CZESŁAW | 165 | | SZCZECIN | POL | M50-59 | 6 | M 58 | 00:36:07.50 | 7:13 | 8.3 |

VI CROSS NA WRZOSACH - OKONEK - 5 KM, K60+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------|-----|-------|-----------|------|------|--------|------|-------------|--------|------|
| 1 | SULEJA JOANNA | 295 | SZWLA | STARGARD | POL | K60+ | 1 | K 38 | 00:32:47.40 | 6:33 | 9.1 |
| 2 | GRZYWOCZ IRENA | 106 | | MOSINA | POL | K60+ | 2 | K 59 | 00:39:27.10 | 7:53 | 7.6 |

VI CROSS NA WRZOSACH - OKONEK - 5 KM, M60+

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|----------------------|-----|---------------------|------------|------|------|--------|------|-------------|--------|------|
| 1 | ZAKIELARZ JAN | 213 | PRECON POLSKA | SYPNIEWKO | POL | M60+ | 1 | M 17 | 00:24:25.50 | 4:53 | 12.3 |
| 2 | RUDNIK JERZY | 181 | FLORIAN CHOJNICE | CHOJNICE | POL | M60+ | 2 | M 18 | 00:24:57.30 | 4:59 | 12 |
| 3 | OSTROWSKI MARIAN | 162 | SENIOR | ZŁOCIENIEC | POL | M60+ | 3 | M 21 | 00:25:17.25 | 5:03 | 11.9 |
| 4 | DRACZYŃSKI ZYGMUNT | 95 | TRUCHT ŁOBEZ | ŁOBEZ | POL | M60+ | 4 | M 30 | 00:28:32.45 | 5:42 | 10.5 |
| 5 | KARPOWICZ TADEUSZ | 123 | PIAST GŁOGÓW | GŁOGÓW | POL | M60+ | 5 | M 35 | 00:29:30.30 | 5:54 | 10.2 |
| 6 | WROBLEWSKI JERZY | 209 | PARKRUN SZCZECINEK | SZCZECINEK | POL | M60+ | 6 | M 46 | 00:32:10.90 | 6:26 | 9.3 |
| 7 | CIESIELSKI KRZYSZTOF | 91 | FAST WALKER | GNIEZNO | POL | M60+ | 7 | M 47 | 00:32:38.80 | 6:31 | 9.2 |
| 8 | GRZYWOCZ BERNARD | 236 | | MOSINA | POL | M60+ | 8 | M 53 | 00:34:50.35 | 6:58 | 8.6 |
| 9 | BUCHOWSKI MAREK | 296 | PARK RUN SZCZECINEK | SZCZECINEK | POL | M60+ | 9 | M 54 | 00:35:10.20 | 7:02 | 8.5 |

VI CROSS NA WRZOSACH - OKONEK - 5 KM, Drużynowa

| Miejsce | Drużyna | Zawodnicy klasyfikowani | Czas | Czas drużyny |
|---------|----------------------------------|---|--|--------------|
| e | | | | |
| 1 | WATAHA WAŁCZ | KRZYSZTOF PYREKKAMIL DOLIWKAEWELINA STADNIKANNA RUTKOWSKA | 00:22:54.9000:23:20.3000:27:43.0500:29:28.85 | 01:43:22.50 |
| 2 | KLUB SPORTOWY HUSARIA SZCZECINEK | ARTUR PIASKOWIAKSŁAWOMIR GAWORECKIOLGA KISIELMILENA ADAMCZYK | 00:22:13.2000:25:26.3500:29:04.8500:31:32.50 | 01:48:15.05 |
| 3 | #ZABIEGANINOĄ OKONEK | MICHAŁ MIKIETYNSKIPIOTR SZCZEPANIUKKATARZYNA WODZYŃSKAMONIKA ZIÓŁKOWSKA | 00:26:36.0500:26:50.1000:31:09.8500:36:27.15 | 02:01:02.55 |

VI CROSS NA WRZOSACH - OKONEK - 5 KM, Małżeństwa

| Miejsce | Drużyna | Zawodnicy klasyfikowani | Czas | Czas drużyny |
|---------|---------|--|------------------------|--------------|
| e | | | | |
| 1 | 22 | JUSTYNA HAŁKAARKADIUSZ HAŁKA | 00:23:46.0000:24:24.55 | 00:48:10.55 |
| 2 | 25 | TADEUSZ PODĘYSKAŻANETA STOCKA-PODĘYSKA | 00:22:15.4000:26:52.25 | 00:49:07.65 |
| 3 | 21 | ARKADIUSZ KUJDADOROTA KUJDA | 00:22:19.0500:30:12.45 | 00:52:31.50 |
| 4 | 9 | KRZYSZTOF PYREKIWONA PYREK | 00:22:54.9000:31:55.45 | 00:54:49.35 |
| 5 | 13 | PIOTR ZAKIELARZADRIANA ZAKIELARZ | 00:26:03.8500:30:26.75 | 00:56:29.60 |
| 6 | 2 | URSZULA GAWRONANDRZEJ GAWRON | 00:27:27.8500:29:22.30 | 00:56:49.15 |
| 7 | 8 | MARIUSZ NOSALANNA NOSAL | 00:25:06.1000:31:50.10 | 00:56:56.20 |
| 8 | 3 | SYLWIA KARABASZKRZYSZTOF KARABASZ | 00:29:31.7000:30:30.00 | 01:00:01.70 |
| 9 | 11 | RAFAŁ SZERSZEŃANNA SZERSZEŃ | 00:30:08.2000:32:36.65 | 01:02:44.85 |
| 10 | 7 | WIESŁAW NITAKATARZYNA NITA | 00:30:08.4000:32:59.20 | 01:03:07.60 |
| 11 | 14 | WOJCIECH ZIÓŁKOWSKIMONIKA ZIÓŁKOWSKA | 00:28:55.8000:36:27.15 | 01:05:22.95 |
| 12 | 20 | TOMASZ MAZURANNA MAZUR | 00:31:54.7000:34:32.95 | 01:06:27.65 |
| 13 | 1 | PIOTR FIJAŁKOWSKIMAŁGORZATA FIJAŁKOWSKA | 00:33:44.2000:33:51.95 | 01:07:35.15 |
| 14 | 6 | ALEKSANDRA NIETRZEBKAPaweł NIETRZEBKA | 00:32:06.3000:35:44.00 | 01:07:50.30 |
| 15 | 12 | DOMINIK TOMASZEWSKIMAGDALENA TOMASZEWSKA | 00:33:07.6500:35:01.40 | 01:08:09.05 |
| 16 | 24 | BERNARD GRZYWOCZIRENA GRZYWOCZ | 00:34:50.3500:39:27.10 | 01:14:17.45 |