

V Bieg uliczny „Liwa Cup – Prabuty 2014”



Miejsce: PRABUTY - 2014-09-27

Organizator: Prabuckie Stowarzyszenie Rozwoju Sportu Szkolnego

| Miejsce Open | Numer | Nazwisko | Imię | Płeć | Miejsce płeć M / K | Rok ur | Kategoria | Miejsce kat. M / K | Miejscowość | Klub | DYSTANS | CZAS | km/h | min/km | 1 | 2 | 3 | 4 |
|--------------|-------|---------------|-----------|------|--------------------|--------|---------------|--------------------|----------------|----------------------------------|---------|----------------|--------------|----------------|---------|---------|---------|---------|
| 1 | 63 | ROGIEWICZ | ANDRZEJ | M | 1 | 1993 | M 0-29 | | SZTUM/POSTOLIN | LKS"ZANTYR" SZTUM | 5,5 | 0:16:12 | 20,37 [km/h] | 02:57 [min/km] | 0:03:16 | 0:06:36 | 0:09:51 | 0:13:03 |
| 2 | 115 | OLEJARZ | ARTUR | M | 2 | 1988 | M 0-29 | | ZIELONA GÓRA | 12 BATALION DOWODZENIA SZCZECIN | 5,5 | 0:16:17 | 20,27 [km/h] | 02:58 [min/km] | 0:03:16 | 0:06:35 | 0:09:51 | 0:13:03 |
| 3 | 126 | CHODOROWICZ | KAMIL | M | 3 | 1989 | M 0-29 | | MORĄG | PAGED SKLEJKA TEAM KOPEĆ | 5,5 | 0:18:39 | 17,69 [km/h] | 03:23 [min/km] | 0:03:33 | 0:07:15 | 0:11:00 | 0:14:48 |
| 4 | 36 | KOWALSKI | KAROL | M | 4 | 1994 | M 0-29 | | DOBROCIN | TEAM KOPEĆ | 5,5 | 0:18:50 | 17,52 [km/h] | 03:25 [min/km] | 0:03:35 | 0:07:18 | 0:11:11 | 0:15:04 |
| 5 | 38 | KRAWCZYŃSKA | MARTA | K | 1 | 1988 | K 0-29 | | MALBORK | | 5,5 | 0:19:15 | 17,14 [km/h] | 03:30 [min/km] | 0:03:47 | 0:07:35 | 0:11:29 | 0:15:25 |
| 6 | 135 | MENZIŃSKI | PRZEMEK | M | 5 | 1987 | M 0-29 | | BARCZEWO | FINISZ MORĄG | 5,5 | 0:19:25 | 17,00 [km/h] | 03:32 [min/km] | 0:03:28 | 0:07:20 | 0:11:20 | 0:15:26 |
| 7 | 26 | JASZCZERSKI | PAWEŁ | M | 6 | 1993 | M 0-29 | | GRUDZIĄDZ | AZS POLITECHNIKA GDAŃSK | 5,5 | 0:19:33 | 16,88 [km/h] | 03:33 [min/km] | 0:03:52 | 0:07:43 | 0:11:42 | 0:15:45 |
| 8 | 8 | CHĘTNIK | RAFAŁ | M | 7 | 1977 | M 30-39 | 1 | SZTUM | LKS ZANTYR SZTUM | 5,5 | 0:19:34 | 16,87 [km/h] | 03:33 [min/km] | 0:03:49 | 0:07:44 | 0:11:37 | 0:15:34 |
| 9 | 134 | ARCHITA | MATEUSZ | M | 8 | 1996 | M 0-29 | 1 | ŁASIN | JAGIELOŃCZYK ŁASIN | 5,5 | 0:19:38 | 16,81 [km/h] | 03:34 [min/km] | 0:03:49 | 0:07:43 | 0:11:38 | 0:15:45 |
| 10 | 117 | GIEMBICKI | JAN | M | 9 | 1986 | M 0-29 | 2 | SZTUM | LKS ZANTYR SZTUM | 5,5 | 0:19:45 | 16,71 [km/h] | 03:35 [min/km] | 0:03:49 | 0:07:44 | 0:11:43 | 0:15:46 |
| 11 | 72 | SZCZYGŁOWSKI | JACEK | M | 10 | 1971 | M 40-49 | 1 | MORĄG | PAGED SKLEJKA MORĄG | 5,5 | 0:19:52 | 16,61 [km/h] | 03:37 [min/km] | 0:03:54 | 0:07:57 | 0:11:59 | 0:16:04 |
| 12 | 113 | JACKIEWICZ | MONIKA | K | 2 | 1992 | K 0-29 | | LUBAWA | SKLEP BIEGOWY | 5,5 | 0:19:53 | 16,60 [km/h] | 03:37 [min/km] | 0:03:50 | 0:07:48 | 0:11:49 | 0:15:56 |
| 13 | 6 | CECHMANN | ANDRZEJ | M | 11 | 1960 | M 50-59 | 1 | GDANSK | | 5,5 | 0:20:02 | 16,47 [km/h] | 03:39 [min/km] | 0:03:55 | 0:07:55 | 0:12:00 | 0:16:05 |
| 14 | 81 | WARDA | MARTYNA | K | 3 | 1992 | K 0-29 | | WÓJTOWO | AZS UWM OLSZTYN | 5,5 | 0:20:08 | 16,39 [km/h] | 03:40 [min/km] | 0:04:02 | 0:08:05 | 0:12:07 | 0:16:10 |
| 15 | 52 | MYSZKIEWICZ | MACIEJ | M | 12 | 1996 | M 0-29 | 3 | ŁAWA | UKS MAŁY JEZIORAK | 5,5 | 0:20:08 | 16,39 [km/h] | 03:40 [min/km] | 0:03:54 | 0:07:59 | 0:12:08 | 0:16:12 |
| 16 | 31 | KASZUBOWSKI | ZENON | M | 13 | 1964 | M 50-59 | 2 | MALBORK | GRUPA MALBORK | 5,5 | 0:20:31 | 16,08 [km/h] | 03:44 [min/km] | 0:04:10 | 0:08:16 | 0:12:23 | 0:16:28 |
| 17 | 123 | PODKO | JANUSZ | M | 14 | 1984 | M 30-39 | 2 | SUWAŁKI | SUWAŁKI/PSZCZOŁKOWSKI TEAM | 5,5 | 0:20:31 | 16,08 [km/h] | 03:44 [min/km] | 0:03:58 | 0:08:05 | 0:12:13 | 0:16:27 |
| 18 | 60 | REKS | BERNARD | M | 15 | 1964 | M 50-59 | 3 | PRABUTY | | 5,5 | 0:20:42 | 15,94 [km/h] | 03:46 [min/km] | 0:04:09 | 0:08:13 | 0:12:22 | 0:16:34 |
| 19 | 4 | BĄCZEK-MOTAŁA | BARBARA | K | 4 | 1972 | K 30 i więcej | | RUMIA | WAWEL KRAKÓW | 5,5 | 0:20:44 | 15,92 [km/h] | 03:46 [min/km] | 0:04:08 | 0:08:16 | 0:12:24 | 0:16:36 |
| 20 | 69 | SPALK | KRZYSZTOF | M | 16 | 1991 | M 0-29 | 4 | SZTUM | LKS ZANTYR SZTUM | 5,5 | 0:20:50 | 15,84 [km/h] | 03:47 [min/km] | 0:03:58 | 0:08:03 | 0:16:32 | 0:20:48 |
| 21 | 101 | DEMBOWSKI | MICHAŁ | M | 17 | 1996 | M 0-29 | 5 | SUSZ | BUDOWLANKA ŁAWA | 5,5 | 0:20:55 | 15,78 [km/h] | 03:48 [min/km] | 0:04:15 | 0:08:21 | 0:12:34 | 0:16:45 |
| 22 | 112 | WĘGIER | ARKADIUSZ | M | 18 | 1977 | M 30-39 | 3 | SUSZ | | 5,5 | 0:21:05 | 15,65 [km/h] | 03:50 [min/km] | 0:04:08 | 0:08:17 | 0:12:30 | 0:16:47 |
| 23 | 55 | NOWAKOWSKI | ANDRZEJ | M | 19 | 1970 | M 40-49 | 2 | PRABUTY | PRABUCKA GRUPA BIEGOWA - OLBRZYM | 5,5 | 0:21:08 | 15,62 [km/h] | 03:51 [min/km] | 0:03:54 | 0:08:13 | 0:12:31 | 0:16:51 |
| 24 | 129 | LULIŃSKA | KAMILA | K | 5 | 1995 | K 0-29 | | SUSZ | UKS TRS SUSZ | 5,5 | 0:21:13 | 15,55 [km/h] | 03:51 [min/km] | 0:04:12 | 0:08:28 | 0:12:46 | 0:17:01 |
| 25 | 45 | ŁUKOMSKI | ANDRZEJ | M | 20 | 1959 | M 50-59 | 4 | SZTUM | LKS ZANTYR SZTUM | 5,5 | 0:21:18 | 15,49 [km/h] | 03:52 [min/km] | 0:04:11 | 0:08:21 | 0:12:39 | 0:17:00 |
| 26 | 73 | SZUL | PIOTR | M | 21 | 1996 | M 0-29 | 6 | CHELMŻYCA | BUDOWLANKA ŁAWA | 5,5 | 0:21:26 | 15,40 [km/h] | 03:54 [min/km] | 0:04:15 | 0:08:23 | 0:12:45 | 0:17:08 |
| 27 | 11 | DACKIEWICZ | MAREK | M | 22 | 1985 | M 0-29 | 7 | MALBORK | | 5,5 | 0:21:53 | 15,08 [km/h] | 03:59 [min/km] | 0:04:08 | 0:08:16 | 0:12:46 | 0:17:22 |
| 28 | 40 | KWIATKOWSKI | KRZYSZTOF | M | 23 | 1959 | M 50-59 | 5 | ELBLĄG | | 5,5 | 0:22:06 | 14,93 [km/h] | 04:01 [min/km] | 0:04:19 | 0:08:40 | 0:13:07 | 0:17:37 |
| 29 | 21 | GAŚSIOR | KRYSTIAN | M | 24 | 1996 | M 0-29 | 8 | SUSZ | UKS TRS SUSZ | 5,5 | 0:22:25 | 14,72 [km/h] | 04:05 [min/km] | 0:04:16 | 0:08:27 | 0:13:00 | 0:17:42 |
| 30 | 42 | LINOWSKI | WOJCIECH | M | 25 | 1997 | M 0-29 | 9 | SUSZ | BUDOWLANKA ŁAWA | 5,5 | 0:22:35 | 14,61 [km/h] | 04:06 [min/km] | 0:04:39 | 0:09:09 | 0:13:47 | 0:18:16 |
| 31 | 15 | ETMAŃSKI | RADOSŁAW | M | 26 | 1980 | M 30-39 | 4 | ŁAWA | BUDOWLANKA ŁAWA | 5,5 | 0:22:43 | 14,53 [km/h] | 04:08 [min/km] | 0:04:35 | 0:09:05 | 0:13:38 | 0:18:16 |
| 32 | 59 | RADECKA | KATARZYNA | K | 6 | 1984 | K 30 i więcej | | OSTRÓDA | | 5,5 | 0:22:54 | 14,41 [km/h] | 04:10 [min/km] | 0:04:23 | 0:08:58 | 0:13:39 | 0:18:22 |
| 33 | 5 | BRZOZOWSKA | EMILIA | K | 7 | 1986 | K 0-29 | 1 | OLSZTYN | | 5,5 | 0:22:54 | 14,41 [km/h] | 04:10 [min/km] | 0:04:20 | 0:08:56 | 0:13:37 | 0:18:24 |
| 34 | 76 | TREĆ | LEON | M | 27 | 1959 | M 50-59 | 6 | SZTUM | LKS ZANTYR SZTUM | 5,5 | 0:22:58 | 14,37 [km/h] | 04:11 [min/km] | 0:03:54 | 0:08:17 | 0:13:03 | 0:18:01 |
| 35 | 95 | KRYSKIEWICZ | TOMASZ | M | 28 | 1964 | M 50-59 | 7 | PRABUTY | | 5,5 | 0:23:04 | 14,31 [km/h] | 04:12 [min/km] | 0:04:19 | 0:08:55 | 0:13:39 | 0:18:29 |
| 36 | 116 | CZERWIŃSKI | ADAM | M | 29 | 1957 | M 50-59 | 8 | ELBLĄG | | 5,5 | 0:23:04 | 14,31 [km/h] | 04:12 [min/km] | 0:04:35 | 0:09:16 | 0:13:57 | 0:18:41 |
| 37 | 18 | GAWĘDA | WITOLD | M | 30 | 1964 | M 50-59 | 9 | PRABUTY | KP.PSP. KWIDZYN | 5,5 | 0:23:11 | 14,23 [km/h] | 04:13 [min/km] | 0:04:34 | 0:09:14 | 0:13:57 | 0:18:42 |
| 38 | 85 | ZALEŚKIEWICZ | IGA | K | 8 | 1985 | K 0-29 | 2 | SUSZ | 7 BOW SŁUPSK | 5,5 | 0:23:17 | 14,17 [km/h] | 04:14 [min/km] | 0:04:24 | 0:08:59 | 0:13:43 | 0:18:32 |
| 39 | 27 | JASZCZERSKI | PIOTR | M | 31 | 1964 | M 50-59 | 10 | GRUDZIĄDZ | CSLOG GRUDZIĄDZ | 5,5 | 0:23:19 | 14,15 [km/h] | 04:14 [min/km] | 0:04:35 | 0:09:14 | 0:13:57 | 0:18:41 |

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|--------------|-------|----------------|-----------|------|--------------------|--------|---------------|--------------------|-----------------------|---|---------|---------|--------------|----------------|---------|---------|---------|---------|
| 40 | 58 | PYPEĆ | MARIUSZ | M | 32 | 1978 | M 30-39 | 5 | PRABUTY | PRABUCKA GRUPA BIEGOWA OLBRZYM | 5,5 | 0:23:29 | 14,05 [km/h] | 04:16 [min/km] | 0:04:15 | 0:08:57 | 0:13:48 | 0:18:40 |
| 41 | 90 | NOWAK | MATEUSZ | M | 33 | 1997 | M 0-29 | 10 | MIKOŁAJKI POMORSKIE | | 5,5 | 0:23:45 | 13,89 [km/h] | 04:19 [min/km] | 0:04:25 | 0:09:03 | 0:13:58 | 0:19:08 |
| 42 | 137 | SZYSLER | ANDRZEJ | M | 34 | 1955 | M 50-59 | 11 | SUSZ | ZS SUSZ | 5,5 | 0:23:47 | 13,88 [km/h] | 04:19 [min/km] | 0:04:32 | 0:09:18 | 0:14:07 | 0:19:01 |
| 43 | 124 | MARKOWSKI | ADRIAN | M | 35 | 1996 | M 0-29 | 11 | IŁAWA | BUDOWLANKA IŁAWA | 5,5 | 0:23:51 | 13,84 [km/h] | 04:20 [min/km] | 0:04:40 | 0:09:29 | 0:14:26 | 0:19:20 |
| 44 | 118 | PETRYKOWSKI | TOMASZ | M | 36 | 1968 | M 40-49 | 3 | NOWA WIEŚ | | 5,5 | 0:23:59 | 13,76 [km/h] | 04:22 [min/km] | 0:04:33 | 0:09:17 | 0:14:11 | 0:19:15 |
| 45 | 99 | WELSAND | MARIUSZ | M | 37 | 1988 | M 0-29 | 12 | PRABUTY | | 5,5 | 0:24:11 | 13,65 [km/h] | 04:24 [min/km] | 0:04:41 | 0:09:28 | 0:14:25 | 0:19:20 |
| 46 | 34 | KOSSAK | PIOTR | M | 38 | 1966 | M 40-49 | 4 | PRABUTY | | 5,5 | 0:24:11 | 13,65 [km/h] | 04:24 [min/km] | 0:04:39 | 0:09:23 | 0:14:21 | 0:19:20 |
| 47 | 89 | FEDORUK | WOJCIECH | M | 39 | 1995 | M 0-29 | 13 | PRABUTY | | 5,5 | 0:24:14 | 13,62 [km/h] | 04:24 [min/km] | 0:04:50 | 0:09:48 | 0:14:48 | 0:19:43 |
| 48 | 100 | SMARZYŃSKI | SEBASTIAN | M | 40 | 1996 | M 0-29 | 14 | PRABUTY | | 5,5 | 0:24:14 | 13,62 [km/h] | 04:24 [min/km] | 0:05:03 | 0:10:11 | 0:15:14 | 0:19:58 |
| 49 | 121 | OSIECKI | GRZEGORZ | M | 41 | 1951 | M 60 i więcej | 1 | KISIELICE | | 5,5 | 0:24:21 | 13,55 [km/h] | 04:26 [min/km] | 0:04:50 | 0:09:51 | 0:14:52 | 0:19:54 |
| 50 | 35 | KOŚKA | TOMASZ | M | 42 | 1986 | M 0-29 | 15 | PRABUTY | | 5,5 | 0:24:21 | 13,55 [km/h] | 04:26 [min/km] | 0:04:35 | 0:09:20 | 0:14:20 | 0:19:20 |
| 51 | 111 | BULIK | GRAŻYNA | K | 9 | 1974 | K 30 i więcej | 1 | IŁAWA | | 5,5 | 0:24:26 | 13,51 [km/h] | 04:27 [min/km] | 0:04:47 | 0:09:35 | 0:14:35 | 0:19:32 |
| 52 | 114 | JACKIEWICZ | ŁUKASZ | M | 43 | 1995 | M 0-29 | 16 | ROŻENTAL | | 5,5 | 0:24:37 | 13,41 [km/h] | 04:29 [min/km] | 0:04:42 | 0:09:39 | 0:14:40 | 0:19:41 |
| 53 | 10 | CHRZĄSTKOWSKI | LUCJAN | M | 44 | 1950 | M 60 i więcej | 2 | ELBLĄG | | 5,5 | 0:24:39 | 13,39 [km/h] | 04:29 [min/km] | 0:04:51 | 0:09:50 | 0:14:51 | 0:19:53 |
| 54 | 83 | WÓJCİK | PIOTR | M | 45 | 1971 | M 40-49 | 5 | PRABUTY | KWIDZYN BIEGA | 5,5 | 0:24:41 | 13,37 [km/h] | 04:29 [min/km] | 0:04:52 | 0:09:51 | 0:14:52 | 0:19:55 |
| 55 | 29 | JÓZWIK | ROBERT | M | 46 | 1988 | M 0-29 | 17 | KWIDZYN | | 5,5 | 0:24:42 | 13,36 [km/h] | 04:29 [min/km] | 0:04:49 | 0:09:38 | 0:14:37 | 0:19:41 |
| 56 | 131 | LULIŃSKI | MATEUSZ | M | 47 | 1996 | M 0-29 | 18 | SUSZ | | 5,5 | 0:24:45 | 13,33 [km/h] | 04:30 [min/km] | 0:04:40 | 0:09:28 | 0:14:26 | 0:19:29 |
| 57 | 51 | MOCZADŁO | TOMASZ | M | 48 | 1972 | M 40-49 | 6 | PRABUTY | | 5,5 | 0:24:52 | 13,27 [km/h] | 04:31 [min/km] | 0:05:11 | 0:10:17 | 0:15:19 | 0:20:19 |
| 58 | 109 | MACIKOWSKI | CEZARY | M | 49 | 1996 | M 0-29 | 19 | SUSZ | UKS TRS SUSZ | 5,5 | 0:24:54 | 13,25 [km/h] | 04:32 [min/km] | 0:05:23 | 0:10:41 | 0:15:43 | 0:20:31 |
| 59 | 136 | TOMASZEWSKI | WOJCIECH | M | 50 | 1970 | M 40-49 | 7 | KWIDZYN | | 5,5 | 0:24:56 | 13,24 [km/h] | 04:32 [min/km] | 0:04:58 | 0:10:03 | 0:15:10 | 0:20:11 |
| 60 | 104 | WYSOCKI | MARIUSZ | M | 51 | 1962 | M 50-59 | 12 | PRABUTY | | 5,5 | 0:25:01 | 13,19 [km/h] | 04:33 [min/km] | 0:05:00 | 0:10:09 | 0:15:15 | 0:20:17 |
| 61 | 77 | TRZCIŃSKI | GRZEGORZ | M | 52 | 1964 | M 50-59 | 13 | PRABUTY | | 5,5 | 0:25:02 | 13,18 [km/h] | 04:33 [min/km] | 0:04:58 | 0:10:04 | 0:15:11 | 0:20:12 |
| 62 | 130 | LULIŃSKA | BOŻENA | K | 10 | 1970 | K 30 i więcej | 2 | SUSZ | | 5,5 | 0:25:07 | 13,14 [km/h] | 04:34 [min/km] | 0:04:47 | 0:09:41 | 0:14:49 | 0:19:59 |
| 63 | 62 | REKS | ŁUKASZ | M | 53 | 1994 | M 0-29 | 20 | BOGDANIEC | | 5,5 | 0:25:15 | 13,07 [km/h] | 04:35 [min/km] | 0:05:00 | 0:10:04 | 0:15:10 | 0:20:16 |
| 64 | 57 | POKOJSKI | WOJCIECH | M | 54 | 1996 | M 0-29 | 21 | KAZANICE | ZESPÓŁ SZKOLNY BOHATERÓW WIEDEŃSKA 1031 ROKU W IŁAWIE | 5,5 | 0:25:19 | 13,03 [km/h] | 04:36 [min/km] | 0:04:54 | 0:09:52 | 0:15:03 | 0:20:22 |
| 65 | 107 | BUDKA | ROBERT | M | 55 | 1974 | M 40-49 | 8 | PRABUTY | | 5,5 | 0:25:21 | 13,02 [km/h] | 04:37 [min/km] | 0:05:09 | 0:10:19 | 0:15:27 | 0:20:30 |
| 66 | 48 | MICHAŁSKI | DOMINIK | M | 56 | 1996 | M 0-29 | 22 | IŁAWA | BUDOWLANKA IŁAWA | 5,5 | 0:25:25 | 12,98 [km/h] | 04:37 [min/km] | 0:04:54 | 0:09:51 | 0:15:02 | 0:20:22 |
| 67 | 93 | WIŚNIEWSKI | RYSZARD | M | 57 | 1955 | M 50-59 | 14 | PRABUTY | | 5,5 | 0:25:28 | 12,96 [km/h] | 04:38 [min/km] | 0:05:07 | 0:10:16 | 0:15:27 | 0:20:35 |
| 68 | 133 | CELIŃSKI-DROZD | MARIUSZ | M | 58 | 1973 | M 40-49 | 9 | GDAŃSK | AGDER GDAŃSK | 5,5 | 0:25:30 | 12,94 [km/h] | 04:38 [min/km] | 0:05:02 | 0:10:03 | 0:15:14 | 0:20:31 |
| 69 | 39 | KWIATKOWSKA | IWONA | K | 11 | 1959 | K 30 i więcej | 3 | ELBLĄG | BAZANTARNIA - ELBLĄG | 5,5 | 0:25:32 | 12,92 [km/h] | 04:39 [min/km] | 0:05:07 | 0:10:19 | 0:15:25 | 0:20:30 |
| 70 | 91 | NADOLSKI | TOMASZ | M | 59 | 1974 | M 40-49 | 10 | PBB "OLBRZYM" PRABUTY | | 5,5 | 0:25:37 | 12,88 [km/h] | 04:39 [min/km] | 0:05:08 | 0:10:17 | 0:15:26 | 0:20:36 |
| 71 | 132 | PIRÓZEK | ADAM | M | 60 | 1975 | M 30-39 | 6 | PRABUTY | | 5,5 | 0:25:41 | 12,85 [km/h] | 04:40 [min/km] | 0:04:57 | 0:10:05 | 0:15:15 | 0:20:30 |
| 72 | 49 | MŁODAWSKI | RAFAŁ | M | 61 | 1977 | M 30-39 | 7 | SUSZ | KLUB POLSKA BIEGA | 5,5 | 0:25:42 | 12,84 [km/h] | 04:40 [min/km] | 0:05:18 | 0:10:26 | 0:15:31 | 0:20:44 |
| 73 | 50 | MOCZADŁO | ALDONA | K | 12 | 1971 | K 30 i więcej | 4 | PRABUTY | | 5,5 | 0:25:46 | 12,81 [km/h] | 04:41 [min/km] | 0:05:07 | 0:10:19 | 0:15:31 | 0:20:42 |
| 74 | 7 | CENDROWSKI | KRZYSZTOF | M | 62 | 1966 | M 40-49 | 11 | PRABUTY | | 5,5 | 0:25:47 | 12,80 [km/h] | 04:41 [min/km] | 0:05:24 | 0:10:50 | 0:16:18 | 0:21:20 |
| 75 | 122 | SZYMAŃSKI | JERZY | M | 63 | 1944 | M 60 i więcej | 3 | KURZĘTNIK | | 5,5 | 0:25:47 | 12,80 [km/h] | 04:41 [min/km] | 0:04:52 | 0:10:03 | 0:15:21 | 0:20:44 |
| 76 | 1 | BAKALUK | ZDZISŁAW | M | 64 | 1967 | M 40-49 | 12 | IŁAWA | | 5,5 | 0:25:50 | 12,77 [km/h] | 04:42 [min/km] | 0:04:55 | 0:10:08 | 0:15:25 | 0:20:43 |
| 77 | 119 | PETRYKOWSKI | SEBASTIAN | M | 65 | 1996 | M 0-29 | 23 | NOWA WIEŚ | | 5,5 | 0:25:56 | 12,72 [km/h] | 04:43 [min/km] | 0:04:59 | 0:10:12 | 0:15:25 | 0:20:43 |
| 78 | 86 | ZARĘBSKI | SŁAWOMIR | M | 66 | 1959 | M 50-59 | 15 | ELBLĄG | | 5,5 | 0:25:57 | 12,72 [km/h] | 04:43 [min/km] | 0:04:54 | 0:10:11 | 0:15:27 | 0:20:44 |

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|--------------|-------|-----------------------|------------|------|--------------------|--------|---------------|--------------------|-------------|---|---------|---------|--------------|----------------|---------|---------|---------|---------|
| 79 | 102 | WYSOCKA | ALICJA | K | 13 | 1970 | K 30 i więcej | 5 | PRABUTY | | 5,5 | 0:25:58 | 12,71 [km/h] | 04:43 [min/km] | 0:05:01 | 0:10:09 | 0:15:27 | 0:20:44 |
| 80 | 125 | JAROS | PIOTR | M | 67 | 1959 | M 50-59 | 16 | LUBIESZEWO | | 5,5 | 0:25:58 | 12,71 [km/h] | 04:43 [min/km] | 0:05:08 | 0:10:18 | 0:15:32 | 0:20:46 |
| 81 | 97 | KASICKI | JACEK | M | 68 | 1965 | M 40-49 | 13 | PRABUTY | | 5,5 | 0:26:06 | 12,64 [km/h] | 04:45 [min/km] | 0:05:02 | 0:10:07 | 0:15:24 | 0:20:47 |
| 82 | 80 | WANTOWSKA | ALEKSANDRA | K | 14 | 1996 | K 0-29 | 3 | IŁAWA | MYSZKI TEAM | 5,5 | 0:26:16 | 12,56 [km/h] | 04:47 [min/km] | 0:04:46 | 0:10:04 | 0:15:33 | 0:20:58 |
| 83 | 94 | MARCZYK | DOMINIKA | K | 15 | 1998 | K 0-29 | 4 | PRABUTY | | 5,5 | 0:26:22 | 12,52 [km/h] | 04:48 [min/km] | 0:05:08 | 0:10:19 | 0:15:32 | 0:21:12 |
| 84 | 106 | GORCZYCA | ELŻBIETA | K | 16 | 1965 | K 30 i więcej | 6 | PRABUTY | | 5,5 | 0:26:24 | 12,50 [km/h] | 04:48 [min/km] | 0:05:07 | 0:10:21 | 0:15:41 | 0:21:06 |
| 85 | 16 | FERENC | KLAUDIA | K | 17 | 1997 | K 0-29 | 5 | PRABUTY | SPORTOWE LICZM OŚLONKOSZTAŁCACE W KWIDZYNIE | 5,5 | 0:26:37 | 12,40 [km/h] | 04:50 [min/km] | 0:05:08 | 0:10:20 | 0:15:42 | 0:21:12 |
| 86 | 127 | KONALCZUK | TOMASZ | M | 69 | 1982 | M 30-39 | 8 | KWIDZYN | | 5,5 | 0:26:38 | 12,39 [km/h] | 04:51 [min/km] | 0:05:16 | 0:10:26 | 0:15:43 | 0:21:12 |
| 87 | 65 | RUSZKIEWICZ | MAŁGORZATA | K | 18 | 1973 | K 30 i więcej | 7 | SUSZ | | 5,5 | 0:26:47 | 12,32 [km/h] | 04:52 [min/km] | 0:05:12 | 0:10:22 | 0:15:40 | 0:21:19 |
| 88 | 128 | PAGIEŁA | WOJCIECH | M | 70 | 1954 | M 60 i więcej | 4 | KWIDZYN | | 5,5 | 0:26:54 | 12,27 [km/h] | 04:53 [min/km] | 0:05:16 | 0:10:37 | 0:15:59 | 0:21:26 |
| 89 | 84 | WÓJCIK | BEATA | K | 19 | 1971 | K 30 i więcej | 8 | PRABUTY | KWIDZYN BIEGA | 5,5 | 0:27:17 | 12,10 [km/h] | 04:58 [min/km] | 0:05:23 | 0:10:50 | 0:16:24 | 0:21:57 |
| 90 | 108 | DĄBROWSKI | WALDEMAR | M | 71 | 1961 | M 50-59 | 17 | PRABUTY | | 5,5 | 0:27:37 | 11,95 [km/h] | 05:01 [min/km] | 0:05:17 | 0:10:50 | 0:16:26 | 0:22:07 |
| 91 | 22 | GAŚSIOR | PAWEŁ | M | 72 | 1986 | M 0-29 | 24 | SUSZ | | 5,5 | 0:28:12 | 11,70 [km/h] | 05:08 [min/km] | 0:05:37 | 0:11:16 | 0:17:06 | 0:22:51 |
| 92 | 61 | REKS | HUBERT | M | 73 | 1960 | M 50-59 | 18 | BOGDANIEC | TKKF "ZBYSZKO" W BOGDAŃCU | 5,5 | 0:28:14 | 11,69 [km/h] | 05:08 [min/km] | 0:05:15 | 0:10:44 | 0:16:33 | 0:22:36 |
| 93 | 66 | RUSZKIEWICZ | MONIKA | K | 20 | 1995 | K 0-29 | 6 | SUSZ | | 5,5 | 0:29:21 | 11,24 [km/h] | 05:20 [min/km] | 0:05:11 | 0:10:48 | 0:17:05 | 0:23:24 |
| 94 | 110 | JARYNOWSKI | PAWEŁ | M | 74 | 1979 | M 30-39 | 9 | KWIDZYN | | 5,5 | 0:29:23 | 11,23 [km/h] | 05:21 [min/km] | 0:05:03 | 0:11:11 | 0:17:13 | 0:23:11 |
| 95 | 98 | BAJOREK | PIOTR | M | 75 | 1960 | M 50-59 | 19 | BRODNICA | | 5,5 | 0:29:28 | 11,20 [km/h] | 05:21 [min/km] | 0:05:06 | 0:11:12 | 0:17:21 | 0:23:35 |
| 96 | 25 | HNATYSZYN | ANDRZEJ | M | 76 | 1962 | M 50-59 | 20 | PRABUTY | | 5,5 | 0:30:58 | 10,66 [km/h] | 05:38 [min/km] | 0:05:48 | 0:12:02 | 0:18:21 | 0:24:44 |
| 97 | 92 | SEKLECKI | ARKADIUSZ | M | 77 | 1970 | M 40-49 | 14 | KWIDZYN | | 5,5 | 0:30:58 | 10,66 [km/h] | 05:38 [min/km] | 0:05:47 | 0:12:01 | 0:18:21 | 0:24:43 |
| 98 | 105 | WIŚNIEWSKI | ZBIGNIEW | M | 78 | 1950 | M 60 i więcej | 5 | PRABUTY | | 5,5 | 0:30:58 | 10,66 [km/h] | 05:38 [min/km] | 0:05:48 | 0:12:00 | 0:18:21 | 0:24:44 |
| 99 | 120 | PETRYKOWSKA | ELŻBIETA | K | 21 | 1972 | K 30 i więcej | 9 | IŁAWA | | 5,5 | 0:31:03 | 10,63 [km/h] | 05:39 [min/km] | 0:05:40 | 0:11:44 | 0:18:00 | 0:24:29 |
| 100 | 53 | NIEMKIEWICZ | GRZEGORZ | M | 79 | 1987 | M 0-29 | 25 | SUSZ | | 5,5 | 0:32:57 | 10,02 [km/h] | 05:59 [min/km] | 0:05:49 | 0:12:19 | 0:19:07 | 0:26:03 |
| 101 | 67 | RYDZEWSKA | MIRELA | K | 22 | 1990 | K 0-29 | 7 | PISZ | | 5,5 | 0:32:58 | 10,01 [km/h] | 06:00 [min/km] | 0:05:47 | 0:12:20 | 0:19:06 | 0:26:04 |
| 102 | 9 | CHMIELECKA | BEATA | K | 23 | 1989 | K 0-29 | 8 | KWIDZYN | WWW.BIEGIEMNAPOMOC.PL | 5,5 | 0:33:22 | 9,89 [km/h] | 06:04 [min/km] | 0:05:38 | 0:12:13 | 0:19:18 | 0:26:23 |
| 103 | 79 | URBAN | HENRYK | M | 80 | 1958 | M 50-59 | 21 | KWIDZYN | | 5,5 | 0:36:44 | 8,98 [km/h] | 06:41 [min/km] | 0:07:16 | 0:14:48 | 0:22:13 | 0:29:33 |
| 104 | 3 | BARCZYKOWSKA | ANNA | K | 24 | 1991 | K 0-29 | 9 | KWIDZYN | | 5,5 | 0:36:45 | 8,98 [km/h] | 06:41 [min/km] | 0:07:16 | 0:14:50 | 0:22:15 | 0:29:34 |
| 105 | 2 | BARCZYKOWSKA | HANNA | K | 25 | 1967 | K 30 i więcej | 10 | KWIDZYN | | 5,5 | 0:36:45 | 8,98 [km/h] | 06:41 [min/km] | 0:07:16 | 0:14:48 | 0:22:13 | 0:29:33 |
| 106 | 96 | KRYSZKIEWICZ PODLECKA | NATALIA | K | 26 | 1992 | K 0-29 | 10 | PRABUTY | | 5,5 | 0:38:31 | 8,57 [km/h] | 07:00 [min/km] | 0:06:42 | 0:14:54 | 0:22:46 | 0:30:27 |