

BIEGU ZABIEGAJ O FUNDUSZE - 5,4 KM

B4SPORT

Wydarzenie:
Organizator:

Bieg „zaBIEGaj o FUNdusze”
Urząd Marszałkowski Województwa
Wielkopolskiego w Poznaniu

Data:
Miejsce:
Dystans:

2019-09-28
Poznań
5.4 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.4km	Różn	Tempo min/km	Tempo km/h
1	STEPANENKO Paweł	616		M16-29	1	00:17:14.50		3:11	18.8 (100%)
2	LIPIŃSKI Mateusz	346	MUAY RUNNING TEAM	M16-29	2	00:17:31.30	+00:00:16 (1.6%)	3:14	18.5 (98.4%)
3	JAŃCZAK Filip	620	POLONIA ŚRODA	M30-39	1	00:18:23.95	+00:01:09 (6.3%)	3:24	17.6 (93.6%)
4	SZYMAŃCZUK Jacek	198	NARAMOWICE BIEGAJĄ	M30-39	2	00:18:29.90	+00:01:15 (6.8%)	3:25	17.5 (93.1%)
5	ŚLEDŹ Adam	667	I-SPORT/BKB BAKCYL	M16-29	3	00:18:52.40	+00:01:37 (8.6%)	3:29	17.2 (91.5%)
6	PALICKI Marcin	682		M16-29	4	00:18:59.05	+00:01:44 (9.2%)	3:30	17.1 (91.0%)
7	ZAJĄC Mateusz	622	ALBANNERS	M16-29	5	00:19:25.65	+00:02:11 (11.3%)	3:35	16.7 (88.8%)
8	KIN Adrian	623	ALBANNERS	M30-39	3	00:19:27.70	+00:02:13 (11.4%)	3:36	16.6 (88.3%)
9	MAREK Daniel	630	CYBINA TEAM	M40-49	1	00:19:31.95	+00:02:17 (11.7%)	3:37	16.6 (88.3%)
10	HAREMZA Maciej	172	#BIEGACZE	M30-39	4	00:19:44.20	+00:02:29 (12.6%)	3:39	16.4 (87.2%)
11	BRZozowska Monika	176	CZERWONAK BIEGA	K30-39	1	00:19:45.20	+00:02:30 (12.7%)	3:39	16.4 (87.2%)
12	NOWAK Marcin	419	UMWW	M16-29	6	00:19:53.20	+00:02:38 (13.3%)	3:41	16.3 (86.7%)
13	MICHALSKI Mikołaj	562		M40-49	2	00:20:00.45	+00:02:45 (13.8%)	3:42	16.2 (86.2%)
14	WINIARSKI Szymon	539		M16-29	7	00:20:31.55	+00:03:17 (16.0%)	3:48	15.8 (84.0%)
15	LEMAŃSKI Grzegorz	221	HERNIK TEAM	M50+	1	00:20:35.20	+00:03:20 (16.2%)	3:48	15.7 (83.5%)
16	GOLCZAK Krzysztof	45	TEAM KGB	M40-49	3	00:20:56.50	+00:03:42 (17.7%)	3:52	15.5 (82.4%)
17	SWORNOWSKI Krzysztof	199	NARAMOWICE BIEGAJĄ	M40-49	4	00:20:59.85	+00:03:45 (17.9%)	3:53	15.4 (81.9%)
18	KONARCZAK Dariusz	466	KS HADES	M30-39	5	00:21:13.55	+00:03:59 (18.8%)	3:55	15.3 (81.4%)
19	SARBAK Grzegorz	494	MUKS JEDYNKA MIĘDZYCHÓD	M16-29	8	00:21:27.25	+00:04:12 (19.6%)	3:58	15.1 (80.3%)
20	PIECHOWIAK Marek	460		M30-39	6	00:21:32.30	+00:04:17 (19.9%)	3:59	15 (79.8%)
21	ROSZYK Przemek	327	CZERWONAK BIEGA	M40-49	5	00:21:34.95	+00:04:20 (20.1%)	3:59	15 (79.8%)
22	GÓRNY Robert	394	WYBITE JEDYNKI	M30-39	7	00:21:40.10	+00:04:25 (20.4%)	4:00	15 (79.8%)
23	JESSA Łukasz	639	RUN TEAM LUBASZ	M30-39	8	00:21:42.55	+00:04:28 (20.6%)	4:01	14.9 (79.3%)
24	MROSZYŃSKI Wojciech	326	NIGHT RUNNERS	M30-39	9	00:21:44.05	+00:04:29 (20.7%)	4:01	14.9 (79.3%)
25	MICHAŁOWSKI Jakub	447	WIELKOPOLSKA AKADEMIA NAUKI I ROZWOJU	M30-39	10	00:21:47.70	+00:04:33 (20.9%)	4:02	14.9 (79.3%)
26	WASZAK Adrian	180		M16-29	9	00:21:53.75	+00:04:39 (21.3%)	4:03	14.8 (78.7%)
27	REWERS Irek	229		M40-49	6	00:21:55.95	+00:04:41 (21.4%)	4:03	14.8 (78.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5.4km	Różn		
28	MALISZEWSKI Adam	52		M16-29	10	00:21:58.60	+00:04:44 (21.5%)	4:04	14.7 (78.2%)
29	PIASKOWSKI Dominik	231	HERNIK TEAM	M30-39	11	00:21:59.50	+00:04:45 (21.6%)	4:04	14.7 (78.2%)
30	KAMIŃSKI Daniel	185	RUN TEAM LUBASZ	M40-49	7	00:22:01.60	+00:04:47 (21.7%)	4:04	14.7 (78.2%)
31	FILODA Damian	344		M30-39	12	00:22:03.60	+00:04:49 (21.8%)	4:04	14.7 (78.2%)
32	MALON Bartosz	230		M16-29	11	00:22:08.85	+00:04:54 (22.2%)	4:06	14.6 (77.7%)
33	ROMANÓW Damian	159	BLOGOBIEGANIU.COM	M16-29	12	00:22:21.30	+00:05:06 (22.9%)	4:08	14.5 (77.1%)
34	KĘDZIORA Magdalena	414	GORUNNING TEAM	K16-29	1	00:22:24.30	+00:05:09 (23.0%)	4:09	14.5 (77.1%)
35	JAWORSKA Magdalena	42	GB WIELKOPOLSCY BIEGACZE/ TEAM KGB	K40-49	1	00:22:24.85	+00:05:10 (23.1%)	4:08	14.5 (77.1%)
36	GOS Piotr	362	NARAMOWICE BIEGAJĄ	M40-49	8	00:22:37.25	+00:05:22 (23.8%)	4:11	14.3 (76.1%)
37	SZYMANOWICZ Mariusz	74	CHARTY CHARTOWO/KB MANIAC	M40-49	9	00:22:44.50	+00:05:30 (24.2%)	4:12	14.2 (75.5%)
38	CZUB Łukasz	195		M40-49	10	00:22:47.95	+00:05:33 (24.4%)	4:13	14.2 (75.5%)
39	SCHULZ Paweł	133	SPP TEAM	M30-39	13	00:22:54.30	+00:05:39 (24.7%)	4:14	14.1 (75.0%)
40	SAFARYN Dariusz	82		M16-29	13	00:22:58.55	+00:05:44 (25.0%)	4:15	14.1 (75.0%)
41	GRZEGOCKI Piotr	586		M30-39	14	00:23:15.85	+00:06:01 (25.9%)	4:18	13.9 (73.9%)
42	SKRZYPKOWIAK Paweł	276		M40-49	11	00:23:21.25	+00:06:06 (26.2%)	4:19	13.9 (73.9%)
43	ROSÓŁ Roman	295	HERNIKTEAM	M40-49	12	00:23:22.25	+00:06:07 (26.2%)	4:19	13.9 (73.9%)
44	WIŚNIEWSKA Anna	499	HERNIK TEAM	K30-39	2	00:23:26.10	+00:06:11 (26.4%)	4:20	13.8 (73.4%)
45	JASKÓLSKI Maksymilian	310	LUBASZ RUN TEAM	M16-29	14	00:23:27.15	+00:06:12 (26.5%)	4:20	13.8 (73.4%)
46	LIBERA Damian	282	LUCKY LUZERS	M30-39	15	00:23:27.25	+00:06:12 (26.5%)	4:20	13.8 (73.4%)
47	POLACKI Rafał	691	POZNAŃ	M50+	2	00:23:27.40	+00:06:12 (26.5%)	4:20	13.8 (73.4%)
48	MIELECKA Agnieszka	647	KS IDMAR RACING TEAM	K50+	1	00:23:29.10	+00:06:14 (26.6%)	4:20	13.8 (73.4%)
49	GURAJDOWSKI Michał	156	DRUŻYNA JEZUSA	M30-39	16	00:23:30.75	+00:06:16 (26.7%)	4:21	13.8 (73.4%)
50	PLOTA Mateusz	615	KS FABRYKA BIEGANIA OSTRÓW WIELKOPOLSKI	M30-39	17	00:23:32.20	+00:06:17 (26.7%)	4:21	13.8 (73.4%)
51	SZYMCZAK Joanna	328		K16-29	2	00:23:32.60	+00:06:18 (26.8%)	4:21	13.8 (73.4%)
52	MAĆZYŃSKI Dominik	651	E- FIZJO TEAM	M30-39	18	00:23:55.60	+00:06:41 (27.9%)	4:25	13.5 (71.8%)
53	SOBKOWIAK Robert	446	WIELKOPOLSKA	M30-39	19	00:23:58.10	+00:06:43 (28.1%)	4:26	13.5 (71.8%)
54	SKRZYPKOWIAK Marcin	277		M16-29	15	00:23:58.40	+00:06:43 (28.1%)	4:26	13.5 (71.8%)
55	GRUCHALSKI Wojciech	337		M30-39	20	00:24:01.85	+00:06:47 (28.3%)	4:27	13.5 (71.8%)
56	JARONI Tomasz	256		M40-49	13	00:24:02.50	+00:06:48 (28.3%)	4:27	13.5 (71.8%)
57	KWARTA Przemysław	699		M50+	3	00:24:09.50	+00:06:55 (28.6%)	4:28	13.4 (71.3%)
58	STARSZAK Kamil	79		M16-29	16	00:24:17.45	+00:07:02 (29.0%)	4:30	13.3 (70.7%)
59	KALINOWSKI Krzysztof	523	TW POLONIA	M40-49	14	00:24:23.00	+00:07:08 (29.3%)	4:30	13.3 (70.7%)
60	JANOWSKI Andrzej	400	WARP SP. Z O.O.	M30-39	21	00:24:37.15	+00:07:22 (30.0%)	4:33	13.2 (70.2%)
61	NYCZ Joanna	97	SUCHY LAS BIEGA	K30-39	3	00:24:38.95	+00:07:24 (30.1%)	4:33	13.1 (69.7%)
62	DUSZCZAK Marek	171		M30-39	22	00:24:44.50	+00:07:30 (30.3%)	4:35	13.1 (69.7%)
63	BŁASZAK 'Robin'robert	612	CZERWONAK BIEGA	M40-49	15	00:24:45.95	+00:07:31 (30.4%)	4:35	13.1 (69.7%)
64	KOCIMSKI Artur	232		M40-49	16	00:24:50.05	+00:07:35 (30.6%)	4:35	13 (69.1%)
65	GRACZYK Artur	461	NIGHT RUNNERS WRZEŚNIA	M50+	4	00:24:52.30	+00:07:37 (30.7%)	4:36	13 (69.1%)
66	KUBIAK Marcin	508		M30-39	23	00:24:58.70	+00:07:44 (31.0%)	4:37	13 (69.1%)
67	MALISZEWSKI Adrian	480		M30-39	24	00:25:02.20	+00:07:47 (31.1%)	4:38	12.9 (68.6%)
68	MAY-ADAMEK Katarzyna	303		K40-49	2	00:25:06.00	+00:07:51 (31.3%)	4:38	12.9 (68.6%)
69	FILIPOWIAK Bartosz	681	PRO 366	M40-49	17	00:25:07.05	+00:07:52 (31.4%)	4:39	12.9 (68.6%)
70	JANKOWIAK Chrystian	645	SZARY TEAM	M16-29	17	00:25:08.05	+00:07:53 (31.4%)	4:39	12.9 (68.6%)
71	NOCHOWICZ Bartosz	40	PCH_RUN	M30-39	25	00:25:09.35	+00:07:54 (31.5%)	4:39	12.9 (68.6%)

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						5.4km	Różn		
72	KUJAWA Damian	218		M30-39	26	00:25:11.30	+00:07:56 (31.5%)	4:40	12.9 (68.6%)
73	SKORLIŃSKI Krzysztof	149	ECHOZIEMI KOSTRZYŃSKIEJ	M40-49	18	00:25:19.30	+00:08:04 (31.9%)	4:41	12.8 (68.1%)
74	SUSMARSKA Ewa	60	MUAY RUNNING TEAM	K16-29	3	00:25:25.35	+00:08:10 (32.2%)	4:42	12.7 (67.6%)
75	JARYSZ Piotr	664	WATAHA - ŁĄCZY NAS BIEGANIE	M30-39	27	00:25:35.95	+00:08:21 (32.6%)	4:44	12.7 (67.6%)
76	BILSKI Marcin	433	GORUNNING TEAM	M30-39	28	00:25:39.80	+00:08:25 (32.8%)	4:45	12.6 (67.0%)
77	KWAŚNA Marzena	371	SPP TEAM	K40-49	3	00:25:41.45	+00:08:26 (32.9%)	4:45	12.6 (67.0%)
78	FÓRMAN Daniel	235	LODOŻERCY_CHODZIEŻ	M40-49	19	00:25:49.45	+00:08:34 (33.2%)	4:47	12.5 (66.5%)
79	KNIAT Joanna	111	BLOGOBIEGANIU.COM	K30-39	4	00:25:49.85	+00:08:35 (33.3%)	4:47	12.5 (66.5%)
80	STOIŃSKI Karol	501		M40-49	20	00:26:00.05	+00:08:45 (33.7%)	4:48	12.5 (66.5%)
81	MACIEJEWSKI Paweł	206		M30-39	29	00:26:00.30	+00:08:45 (33.7%)	4:48	12.5 (66.5%)
82	DAJERLING Monika	13	MARATOŃCZYK POZNAŃ	K40-49	4	00:26:08.20	+00:08:53 (34.0%)	4:50	12.4 (66.0%)
83	SIP Marta	321	HERNIK TEAM	K16-29	4	00:26:08.85	+00:08:54 (34.1%)	4:50	12.4 (66.0%)
84	LEWANDOWSKI Marcin	648	GRUNWALD TEAM POZNAŃ	M40-49	21	00:26:14.80	+00:09:00 (34.3%)	4:51	12.3 (65.4%)
85	NOWACKA Helena	580	GRUNWALD TEAM POZNAŃ	K16-29	5	00:26:18.15	+00:09:03 (34.4%)	4:52	12.3 (65.4%)
86	ANTKOWIAK Jacek	259		M16-29	18	00:26:20.60	+00:09:06 (34.6%)	4:52	12.3 (65.4%)
87	STANIEWSKI Jakub	338	PCH_RUN	M16-29	19	00:26:23.35	+00:09:08 (34.7%)	4:53	12.3 (65.4%)
88	SPYCHAŁA Sławomir	223	HERNIK TEAM	M50+	5	00:26:23.70	+00:09:09 (34.7%)	4:53	12.3 (65.4%)
89	WILCZYŃSKA Beata	358		K16-29	6	00:26:24.70	+00:09:10 (34.7%)	4:53	12.3 (65.4%)
90	TALAREK Maciej	668		M40-49	22	00:26:24.95	+00:09:10 (34.7%)	4:53	12.3 (65.4%)
91	SIBILA Tomasz	136	RADZIWOJAKI	M40-49	23	00:26:26.10	+00:09:11 (34.8%)	4:53	12.3 (65.4%)
92	SMIERZCHAŁA Marta	120	PĘDZĄCE LENIWCE	K30-39	5	00:26:26.25	+00:09:11 (34.8%)	4:53	12.3 (65.4%)
93	SZEWCZYK Krzysztof	534		M30-39	30	00:26:27.55	+00:09:13 (34.8%)	4:54	12.2 (64.9%)
94	KUPCZAK Robert	571	BUKOWSKI KLUB BIEGACZA	M50+	6	00:26:46.05	+00:09:31 (35.6%)	4:57	12.1 (64.4%)
95	ŻAK Małgorzata	605		K30-39	6	00:26:47.15	+00:09:32 (35.6%)	4:57	12.1 (64.4%)
96	BARANOWSKI Dawid	434	KUNG-FU MAŁPY OD CHLANIA DO BIEGANIA	M30-39	31	00:26:48.20	+00:09:33 (35.7%)	4:57	12.1 (64.4%)
97	SZARY Adrian	641	SZARY TEAM	M16-29	20	00:26:50.45	+00:09:35 (35.8%)	4:58	12.1 (64.4%)
98	PUCHALSKA Magdalena	128	ODDYCHAJSWOBODNIE.PL	K30-39	7	00:26:50.85	+00:09:36 (35.8%)	4:58	12.1 (64.4%)
99	MOŻUCH Klaudia	666	MUAY RUNNING TEAM	K30-39	8	00:26:51.70	+00:09:37 (35.8%)	4:58	12.1 (64.4%)
100	JANKOWSKI Rafał	577		M16-29	21	00:26:55.10	+00:09:40 (35.9%)	4:59	12 (63.8%)
101	PIŚMIENNA Katarzyna	208	WW TEAM	K30-39	9	00:26:58.10	+00:09:43 (36.1%)	4:59	12 (63.8%)
102	MATYJASIK-LEWANDOWSKA Ewelina	314	HERNIK TEAM	K30-39	10	00:27:02.35	+00:09:47 (36.2%)	5:00	12 (63.8%)
103	NOWAKOWSKA-ĆWIKŁA Agnieszka	409	PIĄTKOWO NA BIEGOWO	K40-49	5	00:27:03.20	+00:09:48 (36.3%)	5:00	12 (63.8%)
104	STAN Adrian	89	PARKRUN POZNAŃ	M40-49	24	00:27:24.00	+00:10:09 (37.1%)	5:04	11.8 (62.8%)
105	NOWAK Iza	135	TEAM DZIKIEJ KUNY	K40-49	6	00:27:27.00	+00:10:12 (37.2%)	5:05	11.8 (62.8%)
106	KLIMECKI Tomasz	227	PASSEROTTI	M16-29	22	00:27:27.45	+00:10:12 (37.2%)	5:05	11.8 (62.8%)
107	RADOSZ Karina	503	EUROVENT ATHLETICS	K30-39	11	00:27:31.10	+00:10:16 (37.3%)	5:05	11.8 (62.8%)
108	EGGERT-ADAMSKA Kaja	669	KAKTUSOWE PRZYGODY	K16-29	7	00:27:32.50	+00:10:18 (37.4%)	5:05	11.8 (62.8%)
109	JĘDROWSKA Katarzyna	465	KS HADES	K16-29	8	00:27:32.80	+00:10:18 (37.4%)	5:06	11.8 (62.8%)
110	PAŁKA Patrycja	527		K16-29	9	00:27:33.25	+00:10:18 (37.4%)	5:06	11.8 (62.8%)
111	CICHOCKI Bartosz	360		M30-39	32	00:27:38.95	+00:10:24 (37.6%)	5:07	11.7 (62.2%)
112	KRÓL Ewa	610		K30-39	12	00:27:41.35	+00:10:26 (37.7%)	5:07	11.7 (62.2%)
113	CHOLEWIŃSKI Wojciech	115	HERNIK TEAM	M50+	7	00:27:47.25	+00:10:32 (38.0%)	5:08	11.7 (62.2%)
114	CIEŚLEWICZ Mateusz	165	NIGHT RUNNERS	M40-49	25	00:27:50.10	+00:10:35 (38.1%)	5:09	11.6 (61.7%)
115	JANKOWIAK Dawid	319	BADGETLEMANUNIVERSE	M16-29	23	00:27:50.40	+00:10:35 (38.1%)	5:09	11.6 (61.7%)

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116	ŚWIATŁY Robert	214	LODOŻERCY CHODZIEŻ	M50+	8	00:27:51.75	+00:10:37 (38.1%)	5:09	11.6 (61.7%)
117	WASZYK Anita	61	MUJAY RUNNING TEAM	K30-39	13	00:27:52.25	+00:10:37 (38.1%)	5:09	11.6 (61.7%)
118	JARMUDA Justyna	184		K30-39	14	00:27:57.85	+00:10:43 (38.3%)	5:10	11.6 (61.7%)
119	MICHALSKA Agnieszka	561		K30-39	15	00:27:58.70	+00:10:44 (38.4%)	5:10	11.6 (61.7%)
120	ZARZECZAŃSKA-JANASIK Blanka	393		K30-39	16	00:28:00.20	+00:10:45 (38.4%)	5:11	11.6 (61.7%)
121	GRAJ Ewa	552		K40-49	7	00:28:02.40	+00:10:47 (38.5%)	5:11	11.6 (61.7%)
122	BORSUK Damian	680	BORSUCZA OSADA	M30-39	33	00:28:03.50	+00:10:49 (38.6%)	5:11	11.6 (61.7%)
123	ŁĄCZYŃSKI Tomasz	64	FC SZAMOTUŁY	M30-39	34	00:28:05.40	+00:10:50 (38.6%)	5:12	11.5 (61.2%)
123	SKRZYPKOWIAK Kamila	275		K40-49	8	00:28:05.40	+00:10:50 (38.6%)	5:12	11.5 (61.2%)
125	GŁADYSZAK Bożysław	515		M50+	9	00:28:07.45	+00:10:52 (38.7%)	5:12	11.5 (61.2%)
126	KUPCZAK Monika	350	HERNIK TEAM	K16-29	10	00:28:16.70	+00:11:02 (39.0%)	5:14	11.5 (61.2%)
127	WALKIEWICZ Marek	194		M30-39	35	00:28:17.00	+00:11:02 (39.0%)	5:14	11.5 (61.2%)
128	ROMANOWICZ Michał	425	KB PILNUJEMY TYŁÓW	M16-29	24	00:28:19.95	+00:11:05 (39.1%)	5:14	11.4 (60.6%)
129	KAWICKI Dariusz	589		M30-39	36	00:28:22.85	+00:11:08 (39.2%)	5:15	11.4 (60.6%)
130	MICHALSKA Wisenna	575	TORPOL RACING TEAM	K30-39	17	00:28:24.00	+00:11:09 (39.3%)	5:15	11.4 (60.6%)
131	SZCZĘSNA Ewa	567		K30-39	18	00:28:25.80	+00:11:11 (39.4%)	5:15	11.4 (60.6%)
132	KOŚCIELNA Julia	631		K16-29	11	00:28:29.70	+00:11:15 (39.5%)	5:16	11.4 (60.6%)
133	HERNIK Klaudia	457		K16-29	12	00:28:34.00	+00:11:19 (39.6%)	5:17	11.3 (60.1%)
134	SMYREK Przemysław	644		M30-39	37	00:28:36.00	+00:11:21 (39.7%)	5:17	11.3 (60.1%)
135	KIEŁCZ Michał	536		M30-39	38	00:28:38.05	+00:11:23 (39.8%)	5:18	11.3 (60.1%)
136	WOGA Andrzej	281	KB DĘBIEC	M50+	10	00:28:41.65	+00:11:27 (39.9%)	5:18	11.3 (60.1%)
137	GARGULIŃSKI Paweł	270	MUZEUM NARODOWE W POZNANIU	M40-49	26	00:28:45.70	+00:11:31 (40.1%)	5:19	11.3 (60.1%)
138	WASZKOWIAK Krzysztof	254		M30-39	39	00:28:50.00	+00:11:35 (40.2%)	5:20	11.2 (59.6%)
139	DAJERLING Joanna	11	MARATOŃCZYK POZNAŃ	K16-29	13	00:28:50.50	+00:11:36 (40.2%)	5:20	11.2 (59.6%)
140	LEWANDOWSKI Paweł	253		M40-49	27	00:28:52.45	+00:11:37 (40.3%)	5:20	11.2 (59.6%)
141	KRZANOWSKI Przemysław	38	DRUŻYNA SZPIKU	M40-49	28	00:28:53.15	+00:11:38 (40.3%)	5:20	11.2 (59.6%)
142	ZAKIDALSKI Adam	389		M16-29	25	00:28:53.45	+00:11:38 (40.3%)	5:20	11.2 (59.6%)
143	MAKOWSKA Ewa	535		K30-39	19	00:28:55.15	+00:11:40 (40.4%)	5:21	11.2 (59.6%)
144	KRUSZNIEWICZ Piotr	21	KRUCHY TEAM	M30-39	40	00:28:58.55	+00:11:44 (40.5%)	5:21	11.2 (59.6%)
145	NOWAK Patrycja	649		K16-29	14	00:29:02.90	+00:11:48 (40.6%)	5:22	11.2 (59.6%)
146	BARŁÓG Przemysław	650		M16-29	26	00:29:03.00	+00:11:48 (40.6%)	5:22	11.2 (59.6%)
147	CZAPLICKA Zuzanna	529	SŁOWIK-TEAM	K16-29	15	00:29:03.05	+00:11:48 (40.7%)	5:22	11.2 (59.6%)
148	BILSKI Michał Hubert	432	GORUNNING TEAM	M16-29	27	00:29:04.35	+00:11:49 (40.7%)	5:22	11.1 (59.0%)
149	ZWIRBLIS Arkadiusz	698		M30-39	41	00:29:04.80	+00:11:50 (40.7%)	5:23	11.1 (59.0%)
150	CZAPLICKI Tomasz	528	SŁOWIK-TEAM	M50+	11	00:29:06.25	+00:11:51 (40.8%)	5:23	11.1 (59.0%)
151	KOŚCIELNIAK Szymon	261	CZERWONAK BIEGA	M40-49	29	00:29:07.75	+00:11:53 (40.8%)	5:23	11.1 (59.0%)
152	MATLAK Piotr	377	ZAWSZE W BIEGU	M40-49	30	00:29:09.35	+00:11:54 (40.9%)	5:24	11.1 (59.0%)
153	HULEWICZ Wiola	222	HERNIK TEAM	K40-49	9	00:29:10.20	+00:11:55 (40.9%)	5:24	11.1 (59.0%)
154	SZUREK Magdalena	390		K40-49	10	00:29:10.65	+00:11:56 (40.9%)	5:24	11.1 (59.0%)
155	SOBCZAK Dominika	625		K16-29	16	00:29:15.05	+00:12:00 (41.1%)	5:25	11.1 (59.0%)
156	DEMBSKI Jacek	226		M50+	12	00:29:16.00	+00:12:01 (41.1%)	5:25	11.1 (59.0%)
157	KRUSZNIEWICZ Agnieszka	46	KRUCHY TEAM	K16-29	17	00:29:16.75	+00:12:02 (41.1%)	5:25	11.1 (59.0%)
158	MATECKA Barbara	258	CZERWONAK BIEGA	K40-49	11	00:29:19.40	+00:12:04 (41.2%)	5:25	11.1 (59.0%)
159	LOTKA Krystian	588		M40-49	31	00:29:19.60	+00:12:05 (41.2%)	5:25	11.1 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5.4km	Różn		
159	SWOROWSKI Rafał	497	GOSTYŃ	M30-39	42	00:29:19.60	+00:12:05 (41.2%)	5:25	11.1 (59.0%)
161	MUNC Joanna	587		K30-39	20	00:29:20.70	+00:12:06 (41.2%)	5:26	11 (58.5%)
162	ŚLIWIŃSKI Marek	629	PCH_RUN	M30-39	43	00:29:20.90	+00:12:06 (41.3%)	5:25	11 (58.5%)
163	KASPERCZAK Maciej	224	HERNIK TEAM	M40-49	32	00:29:22.95	+00:12:08 (41.3%)	5:26	11 (58.5%)
164	KOSIEDOWSKI Wojtek	490		M40-49	33	00:29:23.30	+00:12:08 (41.3%)	5:26	11 (58.5%)
165	WITKOWSKI Artur	507	WWW.EUROPROGRES.PL	M40-49	34	00:29:26.30	+00:12:11 (41.4%)	5:27	11 (58.5%)
166	LEMAŃSKA Edyta	220		K40-49	12	00:29:26.55	+00:12:12 (41.4%)	5:27	11 (58.5%)
167	KLEMCZAK Agnieszka	640		K30-39	21	00:29:33.75	+00:12:19 (41.7%)	5:28	11 (58.5%)
168	HERNIK Piotr	459		M30-39	44	00:29:39.45	+00:12:24 (41.9%)	5:29	10.9 (58.0%)
169	SZMIDT Jacek	58		M50+	13	00:29:41.10	+00:12:26 (41.9%)	5:29	10.9 (58.0%)
170	KWAPICH Arkadiusz	395		M40-49	35	00:29:44.60	+00:12:30 (42.0%)	5:30	10.9 (58.0%)
171	SMELKOWSKA Natalia	351	ZAWSZE W BIEGU	K30-39	22	00:29:45.15	+00:12:30 (42.0%)	5:30	10.9 (58.0%)
172	LISIAK Justyna	352	ZAWSZE W BIEGU	K30-39	23	00:29:45.35	+00:12:30 (42.1%)	5:30	10.9 (58.0%)
173	SZMIDT Szymon	54		M16-29	28	00:29:45.65	+00:12:31 (42.1%)	5:30	10.9 (58.0%)
174	CHMIELEWSKI Piotr	538		M40-49	36	00:29:47.70	+00:12:33 (42.1%)	5:31	10.9 (58.0%)
175	WAWRYN Paweł	590		M30-39	45	00:29:50.60	+00:12:36 (42.2%)	5:31	10.9 (58.0%)
176	KLASZCZYŃSKA Izabela	581	1978	K40-49	13	00:29:55.00	+00:12:40 (42.4%)	5:32	10.8 (57.4%)
177	GÓRA Wiktoria	617	GWDA PIŁA	K16-29	18	00:29:56.00	+00:12:41 (42.4%)	5:32	10.8 (57.4%)
178	SZAJEK Krzysztof	401	ST RUNNERS	M30-39	46	00:29:56.10	+00:12:41 (42.4%)	5:32	10.8 (57.4%)
179	CHMIELEWSKA Joanna	530		K30-39	24	00:29:58.35	+00:12:43 (42.5%)	5:33	10.8 (57.4%)
180	PELEC-ŁAWNICZAK Teresa	240	DRUŻYNA SZPIKU	K50+	2	00:30:05.00	+00:12:50 (42.7%)	5:34	10.8 (57.4%)
181	WOJTKOWIAK Katarzyna	239		K16-29	19	00:30:05.45	+00:12:50 (42.7%)	5:34	10.8 (57.4%)
182	FIDAREWICZ Ewelina	108		K16-29	20	00:30:06.65	+00:12:52 (42.7%)	5:34	10.8 (57.4%)
183	BOHONOS Magdalena	101		K40-49	14	00:30:06.85	+00:12:52 (42.7%)	5:34	10.8 (57.4%)
184	ZIELONKA Joanna	107		K30-39	25	00:30:07.10	+00:12:52 (42.8%)	5:34	10.8 (57.4%)
185	NOWICKA Anna	202	NARAMOWICE BIEGAJĄ	K30-39	26	00:30:11.40	+00:12:56 (42.9%)	5:35	10.7 (56.9%)
186	KINASTOWSKA Joanna	124	DOMOVE	K40-49	15	00:30:21.30	+00:13:06 (43.2%)	5:37	10.7 (56.9%)
187	PAŃCZAK Patryk	697		M16-29	29	00:30:23.65	+00:13:09 (43.3%)	5:37	10.7 (56.9%)
188	STOIŃSKA Agnieszka	500		K40-49	16	00:30:23.70	+00:13:09 (43.3%)	5:37	10.7 (56.9%)
189	ŁASKARZEWSKA Anna	160	BEIERSDORF SPORT TEAM	K16-29	21	00:30:34.00	+00:13:19 (43.6%)	5:39	10.6 (56.4%)
190	POKORSKA Agnieszka	521	SMOKI STRATEGORA	K30-39	27	00:30:36.85	+00:13:22 (43.7%)	5:40	10.6 (56.4%)
191	KOZIERSKA Natalia	234	HERNIK TEAM	K30-39	28	00:30:38.65	+00:13:24 (43.7%)	5:40	10.6 (56.4%)
192	SZYMCZAK Marta	293	HERNIK TEAM	K40-49	17	00:30:39.80	+00:13:25 (43.8%)	5:40	10.6 (56.4%)
193	WRZESIŃSKA Magdalena	264		K40-49	18	00:30:40.75	+00:13:26 (43.8%)	5:40	10.6 (56.4%)
194	MAĆKOWIAK Agnieszka	84	ANONIMOWI BIEGACZE	K30-39	29	00:30:42.25	+00:13:27 (43.8%)	5:41	10.6 (56.4%)
195	WOJTKOWIAK Joanna	5	SZYBKIE ŚLIMAKI	K16-29	22	00:30:43.65	+00:13:29 (43.9%)	5:41	10.5 (55.9%)
196	WIŚNIEWSKI Sławomir	532	KUNY PATAGONSKIE	M40-49	37	00:30:44.45	+00:13:29 (43.9%)	5:41	10.5 (55.9%)
197	SCHRAUBE Jarosław	322		M50+	14	00:30:45.30	+00:13:30 (43.9%)	5:41	10.5 (55.9%)
197	POLUS Magdalena	386	ZMĘCZENI NA STARCIE DOBIEGNIĘW	K30-39	30	00:30:45.30	+00:13:30 (43.9%)	5:41	10.5 (55.9%)
199	OMIECZYŃSKI Adam	674		M30-39	47	00:30:54.25	+00:13:39 (44.2%)	5:43	10.5 (55.9%)
200	MATECKI Tomasz	260	CZERWONAK BIEGA	M40-49	38	00:30:54.95	+00:13:40 (44.2%)	5:43	10.5 (55.9%)
201	PERZ Dariusz	611		M30-39	48	00:30:55.00	+00:13:40 (44.2%)	5:43	10.5 (55.9%)
202	KWARTA Ilona	695	CZERWONAK BIEGA	K40-49	19	00:30:56.70	+00:13:42 (44.3%)	5:43	10.5 (55.9%)
203	CZECHOWICZ Anna	405	1968	K50+	3	00:30:57.40	+00:13:42 (44.3%)	5:44	10.5 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5.4km	Różn		
204	PIOTROWSKA Katarzyna	312		K30-39	31	00:31:05.60	+00:13:51 (44.5%)	5:45	10.4 (55.3%)
205	NOWAK Natalia	197		K30-39	32	00:31:16.90	+00:14:02 (44.9%)	5:47	10.4 (55.3%)
206	NOWAK Basia	477	TEAM LESZNO	K40-49	20	00:31:17.70	+00:14:03 (44.9%)	5:47	10.4 (55.3%)
207	SUSZYŃSKA Katarzyna	187		K30-39	33	00:31:23.75	+00:14:09 (45.1%)	5:48	10.3 (54.8%)
208	KACZMAREK Karolina	300	PIĄTKOWO NA BIEGOWO	K30-39	34	00:31:24.45	+00:14:09 (45.1%)	5:48	10.3 (54.8%)
209	NOWICKA Agnieszka	14		K30-39	35	00:31:29.90	+00:14:15 (45.3%)	5:50	10.3 (54.8%)
210	SCHRAUBE Dorota	325		K50+	4	00:31:29.95	+00:14:15 (45.3%)	5:50	10.3 (54.8%)
211	PRZYBYSZEWSKA Dominika	368	ŚWIERCZEWO RUN	K30-39	36	00:31:32.55	+00:14:18 (45.3%)	5:50	10.3 (54.8%)
212	KALINOWSKA Anna	522	TW POLONIA POZNAŃ	K40-49	21	00:31:32.60	+00:14:18 (45.3%)	5:50	10.3 (54.8%)
213	ZAWILSKA Małgorzata	402	ST RUNNERS	K30-39	37	00:31:34.40	+00:14:19 (45.4%)	5:50	10.3 (54.8%)
214	ZAKRZEWSKI Tomasz	376		M40-49	39	00:31:38.40	+00:14:23 (45.5%)	5:51	10.2 (54.3%)
215	ZAKRZEWSKA Agnieszka	374	MAMY BIEGAMY	K40-49	22	00:31:38.50	+00:14:24 (45.5%)	5:51	10.2 (54.3%)
216	MACIEJCZUK Kamila	153	ORGANIC TEAM	K30-39	38	00:31:39.55	+00:14:25 (45.5%)	5:51	10.2 (54.3%)
217	GRESER Beata	162	ORGANICTEAM	K40-49	23	00:31:41.60	+00:14:27 (45.6%)	5:52	10.2 (54.3%)
218	PŁÓCIENICZAK Sylwia	448		K40-49	24	00:31:42.80	+00:14:28 (45.6%)	5:52	10.2 (54.3%)
219	CIESIELSKI Krzysztof	50	FAST WALKER	M50+	15	00:31:43.90	+00:14:29 (45.7%)	5:52	10.2 (54.3%)
220	WYLEGAŁA Kamila	65	VIRTUALRUNNERCLUB, PNB	K30-39	39	00:31:45.50	+00:14:31 (45.7%)	5:52	10.2 (54.3%)
221	MAŃCZAK Magdalena	673		K40-49	25	00:31:46.85	+00:14:32 (45.7%)	5:53	10.2 (54.3%)
222	PRZYBYLAK Dariusz	151	PRZYBYLAKTEAM	M40-49	40	00:31:53.35	+00:14:38 (45.9%)	5:54	10.2 (54.3%)
223	PRZYBYLAK Marta	178	PRZYBYLAK TEAM	K16-29	23	00:31:53.65	+00:14:39 (45.9%)	5:54	10.2 (54.3%)
224	CIEŚLIŃSKI Telesfor	504		M50+	16	00:31:53.80	+00:14:39 (45.9%)	5:54	10.2 (54.3%)
225	SZYGENDA Radek	564	KUNY PATAGOŃSKIE	M30-39	49	00:32:00.35	+00:14:45 (46.1%)	5:55	10.1 (53.7%)
226	BIERNACKA Agnieszka	233		K40-49	26	00:32:02.15	+00:14:47 (46.2%)	5:55	10.1 (53.7%)
227	WILCZEWSKA Anna	9	NIGHT RUNNERS	K40-49	27	00:32:02.80	+00:14:48 (46.2%)	5:55	10.1 (53.7%)
228	SOBCZAK Marta	607		K16-29	24	00:32:03.00	+00:14:48 (46.2%)	5:56	10.1 (53.7%)
229	WYSZYŃSKI Mateusz	585		M16-29	30	00:32:03.15	+00:14:48 (46.2%)	5:56	10.1 (53.7%)
230	OTTO Agnieszka	406	PIATKOWO NA BIEGOWO	K40-49	28	00:32:03.95	+00:14:49 (46.2%)	5:56	10.1 (53.7%)
231	KOWALSKI Zbigniew	139	RADZIWOJAKI	M40-49	41	00:32:06.15	+00:14:51 (46.3%)	5:56	10.1 (53.7%)
232	KOŚCIELNY Dariusz	423		M30-39	50	00:32:07.45	+00:14:52 (46.3%)	5:56	10.1 (53.7%)
233	WILCZYŃSKI Krzysztof	359		M50+	17	00:32:08.05	+00:14:53 (46.3%)	5:57	10.1 (53.7%)
234	BAŁWAS Adam	317		M16-29	31	00:32:10.60	+00:14:56 (46.4%)	5:57	10.1 (53.7%)
235	MORZY Karolina	489		K30-39	40	00:32:16.05	+00:15:01 (46.6%)	5:58	10 (53.2%)
236	KUCHARCZYK Marta	103	HYC HYC HYC	K30-39	41	00:32:19.50	+00:15:05 (46.7%)	5:59	10 (53.2%)
237	KEMPIŃSKA Zuzanna	318		K16-29	25	00:32:20.25	+00:15:05 (46.7%)	5:59	10 (53.2%)
238	MUSZYŃSKA Marta	519		K30-39	42	00:32:22.75	+00:15:08 (46.8%)	5:59	10 (53.2%)
239	KEGEL Karolina	686	KOBIETYBIEGAJĄ	K30-39	43	00:32:25.50	+00:15:11 (46.8%)	6:00	10 (53.2%)
240	DEMBIŃSKA Karolina	687		K30-39	44	00:32:25.95	+00:15:11 (46.8%)	6:00	10 (53.2%)
241	GRAY Alicja	12	HYCHYCHYC TEAM	K30-39	45	00:32:26.50	+00:15:12 (46.9%)	6:00	10 (53.2%)
242	GÓRCZAK Agnieszka	547		K16-29	26	00:32:26.55	+00:15:12 (46.9%)	6:00	10 (53.2%)
243	POŁUKORD Lena	365		K30-39	46	00:32:27.15	+00:15:12 (46.9%)	6:00	10 (53.2%)
244	KOŚCIELNIAK Maciej	576	CZERWONAK BIEGA	M16-29	32	00:32:28.55	+00:15:14 (46.9%)	6:00	10 (53.2%)
245	KOSIŃSKI Tomasz	10	HYCHYCHYC TEAM	M30-39	51	00:32:29.05	+00:15:14 (46.9%)	6:01	10 (53.2%)
246	TOBIJAŃSKA-NOWAKOWSKA Danuta	243	ROSSBIEGANI	K40-49	29	00:32:30.30	+00:15:15 (47.0%)	6:01	10 (53.2%)
247	NOWACZYK Agata	638		K30-39	47	00:32:32.85	+00:15:18 (47.0%)	6:01	10 (53.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5.4km	Różn		
248	PIELA Natalia	407	PNB	K30-39	48	00:32:33.85	+00:15:19 (47.1%)	6:01	9.9 (52.7%)
249	MICHAŁKOWSKA Monika	403	SMOKI STRATEGORA	K16-29	27	00:32:44.55	+00:15:30 (47.3%)	6:03	9.9 (52.7%)
250	PRZYBYLAK Agata	372	KB DĘBIEC	K40-49	30	00:32:45.25	+00:15:30 (47.4%)	6:03	9.9 (52.7%)
251	MARCINKOWSKA Małgorzata	672		K30-39	49	00:32:45.95	+00:15:31 (47.4%)	6:04	9.9 (52.7%)
252	PRZYBYLSKI Witold	66	MUAY RUNNING TEAM	M40-49	42	00:32:46.05	+00:15:31 (47.4%)	6:04	9.9 (52.7%)
253	ARCHANIOŁOWICZ Joanna	83	MUAY RUNNING TEAM	K40-49	31	00:32:46.15	+00:15:31 (47.4%)	6:04	9.9 (52.7%)
254	ANDRZEJEWSKA Zuzanna	301	PO MEDALE ALBO WCALE	K16-29	28	00:32:48.10	+00:15:33 (47.4%)	6:04	9.9 (52.7%)
255	BAK Joanna	271	#POMWEDALEALNOWCALE	K16-29	29	00:32:48.20	+00:15:33 (47.4%)	6:04	9.9 (52.7%)
256	BAŁWAS Maria	316	GRUPA PROFESJA	K30-39	50	00:32:48.85	+00:15:34 (47.5%)	6:04	9.9 (52.7%)
257	STARKIEWICZ Łukasz	287	WATAHA WILKÓW	M16-29	33	00:32:52.80	+00:15:38 (47.6%)	6:05	9.9 (52.7%)
258	PSIK Marzena	272	HERNIK TEAM	K50+	5	00:32:55.95	+00:15:41 (47.6%)	6:05	9.8 (52.1%)
259	CYWIŃSKA Martyna	15		K16-29	30	00:32:57.05	+00:15:42 (47.7%)	6:06	9.8 (52.1%)
260	BŁOCISZEWSKA STARCZYŃSKA Anna	131		K40-49	32	00:33:03.85	+00:15:49 (47.9%)	6:07	9.8 (52.1%)
261	SZCZESIAK Paulina	305		K30-39	51	00:33:05.65	+00:15:51 (47.9%)	6:07	9.8 (52.1%)
262	PIECHOWIAK Piotr	201	WOLF TEAM	M50+	18	00:33:21.95	+00:16:07 (48.3%)	6:10	9.7 (51.6%)
263	SKIBA Jakub	288	WATAHA WILKÓW	M16-29	34	00:33:25.70	+00:16:11 (48.4%)	6:11	9.7 (51.6%)
264	MROCZKOWSKA Magdalena	274		K40-49	33	00:33:29.25	+00:16:14 (48.5%)	6:12	9.7 (51.6%)
265	DEWO Ewa	219		K30-39	52	00:33:35.65	+00:16:21 (48.7%)	6:13	9.6 (51.1%)
266	WOJTKOWIAK Grażyna	3	SZYBKIE ŚLIMAKI	K50+	6	00:33:48.85	+00:16:34 (49.0%)	6:15	9.6 (51.1%)
267	TOPOLSKA Monika	37		K40-49	34	00:33:51.85	+00:16:37 (49.1%)	6:16	9.6 (51.1%)
268	KAŁUŻNY Łukasz	315		M16-29	35	00:33:59.90	+00:16:45 (49.3%)	6:17	9.5 (50.5%)
269	RAJCA-BIENIASZEWSKA Katarzyna	474		K40-49	35	00:34:01.25	+00:16:46 (49.3%)	6:17	9.5 (50.5%)
270	GLAPIAK Magdalena	339		K30-39	53	00:34:11.50	+00:16:57 (49.6%)	6:20	9.5 (50.5%)
271	ROSLER-BORAKIEWICZ Marzena	582		K30-39	54	00:34:12.75	+00:16:58 (49.6%)	6:20	9.5 (50.5%)
272	KAŁUŻNA Krystyna	320		K16-29	31	00:34:16.00	+00:17:01 (49.7%)	6:20	9.5 (50.5%)
273	MIELCAREK Andrzej	380		M40-49	43	00:34:24.00	+00:17:09 (49.9%)	6:22	9.4 (50.0%)
274	MAĆKOWIAK Marcin	324		M30-39	52	00:34:28.70	+00:17:14 (50.0%)	6:23	9.4 (50.0%)
275	JANAS-KASEJA Michał	268	SZKOŁA BRANŻOWA 1 STOPNIA 42	M16-29	36	00:34:30.90	+00:17:16 (50.0%)	6:23	9.4 (50.0%)
276	GRABSKA Daria	396		K30-39	55	00:34:30.95	+00:17:16 (50.0%)	6:23	9.4 (50.0%)
277	SCHRAMM Ewa	306	BS42	K30-39	56	00:34:31.50	+00:17:17 (50.1%)	6:23	9.4 (50.0%)
278	GABRYSZ Agnieszka	155	CIASTKI.PZ	K40-49	36	00:34:31.70	+00:17:17 (50.1%)	6:23	9.4 (50.0%)
279	BUDNY Przemysław	661		M40-49	44	00:34:39.05	+00:17:24 (50.2%)	6:25	9.4 (50.0%)
280	KOWALSKA Milena	137	RADZIWOJAKI	K40-49	37	00:34:45.00	+00:17:30 (50.4%)	6:26	9.3 (49.5%)
281	KRUSZNIEWICZ Anita	20		K30-39	57	00:34:46.90	+00:17:32 (50.4%)	6:26	9.3 (49.5%)
282	MIELCAREK Anna	173	NO EXCUSES TEAM	K30-39	58	00:34:47.95	+00:17:33 (50.5%)	6:26	9.3 (49.5%)
283	BUKOWSKA Alina	48	ORKI Z...	K40-49	38	00:34:51.35	+00:17:36 (50.5%)	6:27	9.3 (49.5%)
284	ZIĘTA Katarzyna	26	ORKI Z...	K50+	7	00:34:51.45	+00:17:36 (50.5%)	6:27	9.3 (49.5%)
285	WRÓBLEWSKA Ewa	593		K30-39	59	00:34:56.35	+00:17:41 (50.7%)	6:28	9.3 (49.5%)
286	PAWŁOWSKA Anna	24		K30-39	60	00:34:57.50	+00:17:43 (50.7%)	6:28	9.3 (49.5%)
287	MYK Izabela	628	MUD GOATS	K16-29	32	00:35:01.35	+00:17:46 (50.8%)	6:29	9.2 (48.9%)
287	BUDNA Grażyna	660		K40-49	39	00:35:01.35	+00:17:46 (50.8%)	6:29	9.2 (48.9%)
289	BOGUSIEWICZ Karolina	475	JANOWY MŁYN	K30-39	61	00:35:12.40	+00:17:57 (51.0%)	6:31	9.2 (48.9%)
290	MATLAK Lidia	375	ZAWSZE W BIEGU	K40-49	40	00:35:16.95	+00:18:02 (51.1%)	6:32	9.2 (48.9%)
291	PAKOWSKA Honorata	373		K40-49	41	00:35:17.30	+00:18:02 (51.1%)	6:32	9.2 (48.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5.4km	Różn		
292	WIECZORKIEWICZ-GRAJEK Kinga	33		K30-39	62	00:35:17.60	+00:18:03 (51.1%)	6:32	9.2 (48.9%)
293	HERNIK Krzysztof	297	HERNIK TEAM	M50+	19	00:35:23.30	+00:18:08 (51.3%)	6:33	9.2 (48.9%)
294	WITTULA-PREJS Magdalena	292	HERNIK TEAM	K40-49	42	00:35:25.10	+00:18:10 (51.3%)	6:33	9.1 (48.4%)
295	ADAMSMA Ewa	228	HERNIK TEAM	K30-39	63	00:35:25.45	+00:18:10 (51.3%)	6:33	9.1 (48.4%)
296	RATAJCZAK Anna	105	HERNIK TEAM	K40-49	43	00:35:29.05	+00:18:14 (51.4%)	6:34	9.1 (48.4%)
297	KURASZKIEWICZ Małgorzata	602		K30-39	64	00:35:37.10	+00:18:22 (51.6%)	6:35	9.1 (48.4%)
298	RATAJCZAK Kamila	378		K40-49	44	00:35:44.70	+00:18:30 (51.8%)	6:37	9.1 (48.4%)
299	MICHALAK Małgorzata	63		K30-39	65	00:35:44.90	+00:18:30 (51.8%)	6:37	9.1 (48.4%)
300	KAWKA Mateusz	16		M30-39	53	00:35:44.95	+00:18:30 (51.8%)	6:37	9.1 (48.4%)
301	RATAJCZAK Izabela	636		K40-49	45	00:36:00.60	+00:18:46 (52.1%)	6:40	9 (47.9%)
302	RAU Justyna	92	CIASTKI.PZ	K40-49	46	00:36:10.00	+00:18:55 (52.3%)	6:41	9 (47.9%)
303	MEŁNICKA Joanna	265	NIE DOTYCZY	K40-49	47	00:36:11.60	+00:18:57 (52.4%)	6:42	9 (47.9%)
304	NADROWSKA Katarzyna	255		K30-39	66	00:36:16.25	+00:19:01 (52.5%)	6:42	8.9 (47.3%)
305	KOWNACKI Arkadiusz	23	WATAHA ŁĄCZY NAS BIEGANIE	M50+	20	00:36:24.95	+00:19:10 (52.7%)	6:44	8.9 (47.3%)
306	ZAWŁOCKI Marek	583		M50+	21	00:36:27.20	+00:19:12 (52.7%)	6:45	8.9 (47.3%)
307	FIGLEWSKA Renata	121		K30-39	67	00:36:33.20	+00:19:18 (52.8%)	6:46	8.9 (47.3%)
308	KUBIAK Magdalena	96		K16-29	33	00:36:38.60	+00:19:24 (52.9%)	6:47	8.8 (46.8%)
309	KĘDZIORA Zofia	411	GORUNNING TEAM	K50+	8	00:36:49.30	+00:19:34 (53.2%)	6:49	8.8 (46.8%)
310	KALINOWSKA Emilia	524	TW POLONIA POZNAŃ	K16-29	34	00:36:52.45	+00:19:37 (53.2%)	6:49	8.8 (46.8%)
311	DŁUGOWSKA Kasia	481	ENDORFIN DEALERS	K30-39	68	00:36:55.60	+00:19:41 (53.3%)	6:50	8.8 (46.8%)
312	KRAWCZYK Agata	478	ENDORFIN DEALERS	K30-39	69	00:36:55.75	+00:19:41 (53.3%)	6:50	8.8 (46.8%)
313	GRZELAK Barbara	269	FITNESS24SEVEN	K50+	9	00:36:58.25	+00:19:43 (53.4%)	6:50	8.8 (46.8%)
314	MIELCZAREK Katarzyna	479		K16-29	35	00:37:05.95	+00:19:51 (53.5%)	6:52	8.7 (46.3%)
315	KOSZCZYŃSKI Maciej	307		M40-49	45	00:37:08.70	+00:19:54 (53.6%)	6:52	8.7 (46.3%)
316	KONIECZNA Dorota	505		K30-39	70	00:37:41.45	+00:20:26 (54.3%)	6:58	8.6 (45.7%)
317	KALOTA Sara	596		K16-29	36	00:37:41.90	+00:20:27 (54.3%)	6:58	8.6 (45.7%)
318	WOJTKOWIAK Robert	6	SZYBKIE ŚLIMAKI	M30-39	54	00:37:42.30	+00:20:27 (54.3%)	6:58	8.6 (45.7%)
319	KOZŁOWSKA Patrycja	311		K16-29	37	00:37:46.60	+00:20:32 (54.4%)	6:59	8.6 (45.7%)
320	ŻURAWSKA Joanna	47		K30-39	71	00:37:47.10	+00:20:32 (54.4%)	6:59	8.6 (45.7%)
321	RATAJCZAK Aldona	470	TEAM LESZNO	K40-49	48	00:37:54.35	+00:20:39 (54.5%)	7:01	8.5 (45.2%)
322	RĘKAWEK Izabela	410		K40-49	49	00:38:18.95	+00:21:04 (55.0%)	7:05	8.5 (45.2%)
323	WAJDA Anna	130		K30-39	72	00:38:22.75	+00:21:08 (55.1%)	7:06	8.4 (44.7%)
324	MIELCAREK Michał	291	LUCKY LUZERS	M30-39	55	00:38:26.95	+00:21:12 (55.2%)	7:07	8.4 (44.7%)
325	MALINOWSKI Marcin	57		M16-29	37	00:39:33.75	+00:22:19 (56.4%)	7:19	8.2 (43.6%)
326	OLEJNICZAK Sławka	73	CIASTKI.PZ	K40-49	50	00:39:52.80	+00:22:38 (56.8%)	7:23	8.1 (43.1%)
327	PIETEK Katarzyna	81		K40-49	51	00:40:31.30	+00:23:16 (57.5%)	7:30	8 (42.6%)
328	FALTYŃSKA Edyta	367	CIASTKI.PZ	K40-49	52	00:40:42.45	+00:23:27 (57.6%)	7:32	8 (42.6%)
329	SZEMIEL-AFEK Mariola	366	WSZYSTKO O BIEGANIU.PL	K40-49	53	00:40:42.80	+00:23:28 (57.7%)	7:32	8 (42.6%)
330	MARCINIAK - HENC Aneta	189	NIGHT RUNNERS	K40-49	54	00:40:53.95	+00:23:39 (57.8%)	7:34	7.9 (42.0%)
331	MARCINIAK Hanna	190		K50+	10	00:40:54.40	+00:23:39 (57.9%)	7:34	7.9 (42.0%)
332	KAMIŃSKA Marta	526		K40-49	55	00:40:54.65	+00:23:40 (57.9%)	7:34	7.9 (42.0%)
333	TOKARZ Justyna	244	ROSSBIEGANI	K30-39	73	00:40:57.85	+00:23:43 (57.9%)	7:35	7.9 (42.0%)
334	KURZAWA Milena	354		K16-29	38	00:41:18.85	+00:24:04 (58.3%)	7:39	7.8 (41.5%)
335	PUTZ Łukasz	355		M30-39	56	00:41:19.30	+00:24:04 (58.3%)	7:39	7.8 (41.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.4km	Różn	Tempo min/km	Tempo km/h
336	KAJ Agnieszka	496		K16-29	39	00:41:36.25	+00:24:21 (58.6%)	7:42	7.8 (41.5%)
337	POPADOWSKA Anna	141		K40-49	56	00:41:55.05	+00:24:40 (58.9%)	7:45	7.7 (41.0%)
338	BAK Agnieszka	140	RADZIWOJAKI	K40-49	57	00:42:26.45	+00:25:11 (59.4%)	7:51	7.6 (40.4%)
339	PRYMAS Karolina	19		K16-29	40	00:43:56.15	+00:26:41 (60.8%)	8:08	7.4 (39.4%)
340	KMIN-PAWŁOWSKA Karolina	491		K40-49	58	00:43:59.65	+00:26:45 (60.8%)	8:08	7.4 (39.4%)
341	KÓZKA Aleksandra	627		K30-39	74	00:44:00.20	+00:26:45 (60.8%)	8:08	7.4 (39.4%)
342	BRAŹKOWSKA Iwona	439	GORUNNING TEAM	K16-29	41	00:45:16.30	+00:28:01 (61.9%)	8:22	7.2 (38.3%)
343	MAZUREK Marta	347		K40-49	59	00:46:17.30	+00:29:02 (62.8%)	8:34	7 (37.2%)
344	SZARY Jacek	642	SZARY TEAM	M40-49	46	00:46:19.30	+00:29:04 (62.8%)	8:34	7 (37.2%)
345	SZARY Beata	643	SZARY TEAM	K40-49	60	00:46:19.50	+00:29:05 (62.8%)	8:34	7 (37.2%)
346	KURKOWIAK Dariusz	248		M50+	22	00:47:01.20	+00:29:46 (63.3%)	8:42	6.9 (36.7%)
347	PIDUCH Jan	76	PRZYBYLAK TEAM	M50+	23	00:48:06.95	+00:30:52 (64.2%)	8:54	6.7 (35.6%)
348	PRZYBYLAK Stanisław	71	PRZYBYLAK TEAM	M50+	24	00:48:14.25	+00:30:59 (64.3%)	8:55	6.7 (35.6%)
349	PRZYBYLAK Dorota	75	PRZYBYLAK TEAM	K50+	11	00:48:14.60	+00:31:00 (64.3%)	8:55	6.7 (35.6%)
349	DORNA Romania	541		K50+	11	00:48:14.60	+00:31:00 (64.3%)	8:55	6.7 (35.6%)
351	PRUSKA-KĘDZIOR Anna	158	FACE NORDIC WALKING TEAM	K50+	13	00:48:21.40	+00:31:06 (64.3%)	8:57	6.7 (35.6%)
352	SZAROLETA Zofia	584	PRZYBYLAK TEAM	K50+	14	00:51:18.45	+00:34:03 (66.4%)	9:30	6.3 (33.5%)
353	KULKA Maciej	25	FACE NORDIC WALKING TEAM/ DRUŻYNA SZPIKU	M50+	25	00:51:42.50	+00:34:28 (66.7%)	9:34	6.3 (33.5%)
354	MAJEWSKA Jadwiga	193	PRZYBYLAK TEAM	K50+	15	00:56:09.75	+00:38:55 (69.3%)	10:23	5.8 (30.9%)
DNC	HADAS Krzysztof	600		M16-29		00:16:50.50		0:00	19.2 (102.1%)

Znaleziono 355 wynik(ów)