



# LOTTO POZNAŃSKI CZERWIEC '56 – BIEG PAMIĘCI 4 KM

B4SPORT

**Wydarzenie:** LOTTO POZNAŃSKI CZERWIEC '56 – BIEG PAMIĘCI  
**Organizator:** APS AGENCY Sp. z o.o. Sp.k.  
**Data:** 2023-06-25  
**Miejsce:** POZNAŃ  
**Dystans:** 4 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 4km	Czas brutto 4km	Różn	Tempo min/km	Tempo km/h
1	KOSZAL Kacper	301	KOSZALTRIATHLON	OPEN Mężczyźni	1	00:00:01	00:14:04.30	00:14:05.90		3:31	17.1 (100%)
2	MIKOŁAJCZAK Hubert	254	SZYMANOWSKI TEAM	OPEN Mężczyźni	2	00:00:02	00:14:09.70	00:14:11.70	+00:00:05 (0.6%)	3:32	17 (99.4%)
3	ZWIRANOWSKI Władysław	111	I TY BIEGAĆ MOŻESZ	OPEN Mężczyźni	3	00:00:03	00:15:11.25	00:15:15.05	+00:01:06 (7.3%)	3:47	15.8 (92.4%)
4	ZANDECKI Maciej	283	VOLKSWAGEN POZNAŃ	OPEN Mężczyźni	4	00:00:02	00:15:11.90	00:15:14.00	+00:01:07 (7.4%)	3:47	15.8 (92.4%)
5	MOLSKI Amadeusz	349	OKL	OPEN Mężczyźni	5	00:00:01	00:15:14.85	00:15:16.80	+00:01:10 (7.7%)	3:48	15.8 (92.4%)
6	KRAWCZYK Jakub	363		OPEN Mężczyźni	6	00:00:02	00:16:07.30	00:16:09.40	+00:02:03 (12.7%)	4:01	14.9 (87.1%)
7	SAJDAK Dominik	338	ECO-CLASSIC	OPEN Mężczyźni	7	00:00:03	00:16:11.55	00:16:14.90	+00:02:07 (13.1%)	4:02	14.8 (86.5%)
8	SOBCZAK Sebastian	330		OPEN Mężczyźni	8	00:00:03	00:16:28.25	00:16:31.40	+00:02:23 (14.6%)	4:07	14.6 (85.4%)
9	KAŹMIERCZAK Mateusz	364		OPEN Mężczyźni	9	00:00:02	00:16:36.90	00:16:39.80	+00:02:32 (15.3%)	4:09	14.5 (84.8%)
10	KARASIAK Dominika	316	MISTRZOWSKI TRENING	OPEN Kobiety	1	00:00:02	00:16:44.85	00:16:47.55	+00:02:40 (16.0%)	4:11	14.3 (83.6%)
11	TOMCZYK Radosław	391	ALTOM GNIEZNO	OPEN Mężczyźni	10	00:00:03	00:16:57.40	00:17:01.35	+00:02:53 (17.0%)	4:14	14.2 (83.0%)
12	AREND Kinga	302		OPEN Kobiety	2	00:00:06	00:17:21.40	00:17:27.60	+00:03:17 (18.9%)	4:20	13.8 (80.7%)
13	BOGUCKI Witek	171		OPEN Mężczyźni	11	00:00:06	00:17:33.90	00:17:39.90	+00:03:29 (19.9%)	4:23	13.7 (80.1%)
14	KNAST Maciej	117		OPEN Mężczyźni	12	00:00:06	00:17:41.20	00:17:47.65	+00:03:36 (20.4%)	4:25	13.6 (79.5%)
15	SKRZYPCZAK Krzysztof	102		OPEN Mężczyźni	13	00:00:09	00:17:48.55	00:17:58.20	+00:03:44 (21.0%)	4:27	13.5 (78.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 4km	Czas brutto 4km	Różn	Tempo min/km	Tempo km/h
16	<b>PIĘTOŃ Filip</b>	<b>153</b>		OPEN Mężczyźni	14	00:00:03	<b>00:17:54.60</b>	<b>00:17:57.75</b>	+00:03:50 (21.4%)	4:28	13.4 (78.4%)
17	<b>MISIUDA Alan</b>	<b>123</b>	AZS POZNAŃ	OPEN Mężczyźni	15	00:00:01	<b>00:17:55.35</b>	<b>00:17:57.30</b>	+00:03:51 (21.5%)	4:28	13.4 (78.4%)
18	<b>KAMIŃSKI Kacper</b>	<b>167</b>		OPEN Mężczyźni	16	00:00:06	<b>00:17:56.20</b>	<b>00:18:02.30</b>	+00:03:51 (21.5%)	4:29	13.4 (78.4%)
19	<b>RANZ Maciej</b>	<b>165</b>		OPEN Mężczyźni	17	00:00:25	<b>00:18:02.10</b>	<b>00:18:27.20</b>	+00:03:57 (22.0%)	4:30	13.3 (77.8%)
20	<b>DYMNICKI Hubert</b>	<b>376</b>		OPEN Mężczyźni	18	00:00:12	<b>00:18:08.25</b>	<b>00:18:20.45</b>	+00:04:03 (22.4%)	4:32	13.2 (77.2%)
21	<b>KNAST Izabela</b>	<b>121</b>		OPEN Kobiety	3	00:00:06	<b>00:18:20.55</b>	<b>00:18:27.30</b>	+00:04:16 (23.3%)	4:35	13.1 (76.6%)
22	<b>URBAŃCZYK Ksawery</b>	<b>344</b>	FOR RUN TEAM	OPEN Mężczyźni	19	00:00:11	<b>00:18:33.55</b>	<b>00:18:45.45</b>	+00:04:29 (24.2%)	4:38	12.9 (75.4%)
23	<b>BRYCHCZYŃSKI Krystian</b>	<b>342</b>	SANPOL SPORT TEAM	OPEN Mężczyźni	20	00:00:16	<b>00:18:49.05</b>	<b>00:19:05.90</b>	+00:04:44 (25.2%)	4:42	12.8 (74.9%)
24	<b>CHAŁUPKA Sebastian</b>	<b>151</b>		OPEN Mężczyźni	21	00:00:04	<b>00:18:54.45</b>	<b>00:18:59.00</b>	+00:04:50 (25.6%)	4:43	12.7 (74.3%)
25	<b>MALEJ Adrian</b>	<b>214</b>	MAGNA	OPEN Mężczyźni	22	00:01:09	<b>00:19:20.15</b>	<b>00:20:29.30</b>	+00:05:15 (27.2%)	4:50	12.4 (72.5%)
26	<b>BĄCZYK Antoni</b>	<b>323</b>		OPEN Mężczyźni	23	00:00:05	<b>00:19:21.95</b>	<b>00:19:26.95</b>	+00:05:17 (27.3%)	4:50	12.4 (72.5%)
27	<b>OSSES Łukasz</b>	<b>377</b>		OPEN Mężczyźni	24	00:00:50	<b>00:19:28.85</b>	<b>00:20:19.75</b>	+00:05:24 (27.8%)	4:52	12.3 (71.9%)
28	<b>BIEGAŁA Damian Paweł</b>	<b>237</b>		OPEN Mężczyźni	25	00:00:42	<b>00:19:35.90</b>	<b>00:20:18.70</b>	+00:05:31 (28.2%)	4:53	12.3 (71.9%)
29	<b>PATETSKI Piotr</b>	<b>175</b>	----	OPEN Mężczyźni	26	00:01:08	<b>00:19:37.45</b>	<b>00:20:46.00</b>	+00:05:33 (28.3%)	4:54	12.2 (71.3%)
30	<b>ADAMCZYK Szymon</b>	<b>126</b>		OPEN Mężczyźni	27	00:00:17	<b>00:19:43.80</b>	<b>00:20:01.20</b>	+00:05:39 (28.7%)	4:55	12.2 (71.3%)
31	<b>RUDZIŃSKI Piotr</b>	<b>231</b>		OPEN Mężczyźni	28	00:00:26	<b>00:19:45.30</b>	<b>00:20:11.95</b>	+00:05:41 (28.8%)	4:56	12.2 (71.3%)
32	<b>SIKORA Dariusz</b>	<b>335</b>	FPS	OPEN Mężczyźni	29	00:00:26	<b>00:19:49.75</b>	<b>00:20:15.75</b>	+00:05:45 (29.0%)	4:57	12.1 (70.8%)
33	<b>NAWROT Mateusz</b>	<b>354</b>	ALBECO TEAM	OPEN Mężczyźni	30	00:00:36	<b>00:19:50.15</b>	<b>00:20:26.35</b>	+00:05:45 (29.1%)	4:57	12.1 (70.8%)
34	<b>TROCZYŃSKI Przemysław</b>	<b>294</b>		OPEN Mężczyźni	31	00:00:11	<b>00:19:51.05</b>	<b>00:20:02.35</b>	+00:05:46 (29.1%)	4:57	12.1 (70.8%)
35	<b>KAŹMIERCZAK Jacek</b>	<b>291</b>		OPEN Mężczyźni	32	00:00:08	<b>00:19:51.30</b>	<b>00:19:59.85</b>	+00:05:47 (29.1%)	4:57	12.1 (70.8%)
36	<b>LESZCZYŃSKA Żaneta</b>	<b>319</b>		OPEN Kobiety	4	00:00:16	<b>00:19:53.95</b>	<b>00:20:09.95</b>	+00:05:49 (29.3%)	4:58	12.1 (70.8%)
37	<b>BĄCZYK Tymoteusz</b>	<b>351</b>		OPEN Mężczyźni	33	00:00:42	<b>00:20:03.10</b>	<b>00:20:45.30</b>	+00:05:58 (29.8%)	5:00	12 (70.2%)
38	<b>BRYL Mateusz</b>	<b>310</b>	FPS	OPEN Mężczyźni	34	00:01:02	<b>00:20:07.65</b>	<b>00:21:10.35</b>	+00:06:03 (30.1%)	5:01	11.9 (69.6%)

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39	<b>KRZYSZTOŃ Radosław</b>	<b>324</b>	FPS	OPEN Mężczyźni	35	00:01:03	<b>00:20:18.80</b>	<b>00:21:22.50</b>	+00:06:14 (30.7%)	5:04	11.8 (69.0%)
40	<b>BRODA Arkadiusz</b>	<b>132</b>	VEZUVIO TEAM	OPEN Mężczyźni	36	00:01:07	<b>00:20:19.15</b>	<b>00:21:26.75</b>	+00:06:14 (30.7%)	5:04	11.8 (69.0%)
41	<b>WRÓBEL Krzysztof</b>	<b>204</b>		OPEN Mężczyźni	37	00:01:02	<b>00:20:21.10</b>	<b>00:21:23.30</b>	+00:06:16 (30.9%)	5:05	11.8 (69.0%)
42	<b>NOWAK Miłosz</b>	<b>253</b>		OPEN Mężczyźni	38	00:00:16	<b>00:20:34.90</b>	<b>00:20:51.85</b>	+00:06:30 (31.6%)	5:08	11.7 (68.4%)
43	<b>HAHN Arkadiusz</b>	<b>334</b>		OPEN Mężczyźni	39	00:01:03	<b>00:20:52.05</b>	<b>00:21:55.85</b>	+00:06:47 (32.6%)	5:13	11.5 (67.3%)
44	<b>DOMAGAŁA Krzysztof</b>	<b>374</b>		OPEN Mężczyźni	40	00:00:12	<b>00:21:05.45</b>	<b>00:21:18.10</b>	+00:07:01 (33.3%)	5:16	11.4 (66.7%)
45	<b>GAŁCZYŃSKA Joanna</b>	<b>357</b>	KARDIO HCP	OPEN Kobiety	5	00:00:46	<b>00:21:05.90</b>	<b>00:21:52.70</b>	+00:07:01 (33.3%)	5:16	11.4 (66.7%)
46	<b>DZIEDZIC Julita</b>	<b>359</b>		OPEN Kobiety	6	00:00:46	<b>00:21:06.15</b>	<b>00:21:52.65</b>	+00:07:01 (33.3%)	5:16	11.4 (66.7%)
47	<b>KRZANOWSKI Marcel</b>	<b>369</b>		OPEN Mężczyźni	41	00:01:01	<b>00:21:06.90</b>	<b>00:22:08.75</b>	+00:07:02 (33.4%)	5:16	11.4 (66.7%)
48	<b>RATAJCZAK Berenika</b>	<b>202</b>	ENEA TEAM	OPEN Kobiety	7	00:00:05	<b>00:21:07.00</b>	<b>00:21:12.00</b>	+00:07:02 (33.4%)	5:16	11.4 (66.7%)
49	<b>BECKER Paweł</b>	<b>293</b>		OPEN Mężczyźni	42	00:00:12	<b>00:21:10.30</b>	<b>00:21:23.10</b>	+00:07:06 (33.5%)	5:17	11.3 (66.1%)
50	<b>PIĄTEK Kamila</b>	<b>399</b>	ADIDAS RUNNERS POZNAŃ	OPEN Kobiety	8	00:00:05	<b>00:21:21.10</b>	<b>00:21:26.90</b>	+00:07:16 (34.1%)	5:20	11.2 (65.5%)
51	<b>ŁOCHYŃSKI Grzegorz</b>	<b>248</b>		OPEN Mężczyźni	43	00:00:36	<b>00:21:22.80</b>	<b>00:21:59.40</b>	+00:07:18 (34.2%)	5:20	11.2 (65.5%)
52	<b>MUSIELAK Artur</b>	<b>326</b>	FPS	OPEN Mężczyźni	44	00:01:02	<b>00:21:30.35</b>	<b>00:22:32.90</b>	+00:07:26 (34.6%)	5:22	11.2 (65.5%)
53	<b>NOWICKI Kamil</b>	<b>195</b>		OPEN Mężczyźni	45	00:00:10	<b>00:21:33.20</b>	<b>00:21:44.10</b>	+00:07:28 (34.7%)	5:23	11.1 (64.9%)
54	<b>PANACHEDA Leszek</b>	<b>358</b>	LKS JAŚNICA OPOLNO ZDRÓJ	OPEN Mężczyźni	46	00:00:06	<b>00:21:40.85</b>	<b>00:21:47.05</b>	+00:07:36 (35.1%)	5:25	11.1 (64.9%)
55	<b>KONIECZNY Andrzej</b>	<b>251</b>		OPEN Mężczyźni	47	00:01:21	<b>00:21:41.20</b>	<b>00:23:02.90</b>	+00:07:36 (35.1%)	5:25	11.1 (64.9%)
56	<b>OKONIEWSKA Katarzyna</b>	<b>124</b>		OPEN Kobiety	9	00:00:06	<b>00:21:47.50</b>	<b>00:21:54.10</b>	+00:07:43 (35.4%)	5:26	11 (64.3%)
57	<b>WITUCKA Iwona</b>	<b>116</b>		OPEN Kobiety	10	00:00:24	<b>00:21:48.70</b>	<b>00:22:13.15</b>	+00:07:44 (35.5%)	5:27	11 (64.3%)
58	<b>SZAJBE Eryk</b>	<b>292</b>	HCP	OPEN Mężczyźni	48	00:00:56	<b>00:21:51.85</b>	<b>00:22:48.45</b>	+00:07:47 (35.6%)	5:27	11 (64.3%)
59	<b>JAGODZIŃSKI Tadeusz</b>	<b>275</b>		OPEN Mężczyźni	49	00:01:07	<b>00:22:05.75</b>	<b>00:23:12.85</b>	+00:08:01 (36.3%)	5:31	10.9 (63.7%)
60	<b>KUJAWA Szymon</b>	<b>252</b>		OPEN Mężczyźni	50	00:00:43	<b>00:22:09.15</b>	<b>00:22:52.30</b>	+00:08:04 (36.5%)	5:32	10.8 (63.2%)
61	<b>SZYMAŃSKI Adam</b>	<b>246</b>	PĘDZĄCY GACUŚ	OPEN Mężczyźni	51	00:00:09	<b>00:22:13.75</b>	<b>00:22:23.40</b>	+00:08:09 (36.7%)	5:33	10.8 (63.2%)

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62	NOWAK Marta	239		OPEN Kobiety	11	00:01:07	00:22:14.85	00:23:21.95	+00:08:10 (36.7%)	5:33	10.8 (63.2%)
62	ROSIŃSKA Agnieszka	385	ŚWIERCZEWO RUN/SZALONA PIĄTKA	OPEN Kobiety	11	00:00:43	00:22:14.85	00:22:58.30	+00:08:10 (36.7%)	5:33	10.8 (63.2%)
64	BANASIAK Paweł	181		OPEN Mężczyźni	52	00:00:29	00:22:15.30	00:22:44.80	+00:08:11 (36.8%)	5:33	10.8 (63.2%)
65	GRUCHALSKI Miłosz	304		OPEN Mężczyźni	53	00:00:51	00:22:15.75	00:23:07.45	+00:08:11 (36.8%)	5:33	10.8 (63.2%)
66	KLUCZYNSKA Agnieszka	182		OPEN Kobiety	13	00:00:22	00:22:16.00	00:22:38.40	+00:08:11 (36.8%)	5:34	10.8 (63.2%)
67	JEDYNAK Barbara	194		OPEN Kobiety	14	00:01:06	00:22:16.20	00:23:22.95	+00:08:11 (36.8%)	5:34	10.8 (63.2%)
68	DRAŻEWSKI Damian	221	ENEA TEAM	OPEN Mężczyźni	54	00:01:05	00:22:16.25	00:23:22.15	+00:08:11 (36.8%)	5:34	10.8 (63.2%)
69	WIECZOREK Mateusz	184		OPEN Mężczyźni	55	00:00:22	00:22:19.30	00:22:41.30	+00:08:15 (37.0%)	5:34	10.8 (63.2%)
70	WIECZOREK Szymon	378		OPEN Mężczyźni	56	00:00:21	00:22:20.10	00:22:41.30	+00:08:15 (37.0%)	5:35	10.7 (62.6%)
71	WIATROWSKI Łukasz	328	FPS	OPEN Mężczyźni	57	00:00:54	00:22:24.75	00:23:19.20	+00:08:20 (37.2%)	5:36	10.7 (62.6%)
72	CIEŚLEWICZ Mateusz	129	NIGHT RUNNERS	OPEN Mężczyźni	58	00:00:49	00:22:27.50	00:23:17.05	+00:08:23 (37.3%)	5:36	10.7 (62.6%)
73	GREMPKA Patrycja	380		OPEN Kobiety	15	00:00:16	00:22:32.30	00:22:49.25	+00:08:28 (37.6%)	5:38	10.7 (62.6%)
74	IRZYK Grzegorz	143	BIEGACZE PARKRUN POLSKA	OPEN Mężczyźni	59	00:00:57	00:22:36.20	00:23:34.00	+00:08:31 (37.7%)	5:39	10.6 (62.0%)
75	BUDZISZ Andrzej	400	FPS	OPEN Mężczyźni	60	00:00:23	00:22:37.00	00:23:00.25	+00:08:32 (37.8%)	5:39	10.6 (62.0%)
76	KOZŁOWSKA Katarzyna	174	#BIEGIEMWLAS	OPEN Kobiety	16	00:00:08	00:22:37.35	00:22:46.25	+00:08:33 (37.8%)	5:39	10.6 (62.0%)
77	KASPROWICZ Szymon	227		OPEN Mężczyźni	61	00:00:38	00:22:41.25	00:23:19.95	+00:08:36 (38.0%)	5:40	10.6 (62.0%)
78	GRALA Daniel	256		OPEN Mężczyźni	62	00:00:44	00:22:44.30	00:23:28.55	+00:08:40 (38.1%)	5:41	10.6 (62.0%)
79	GRĘDAS Kinga	388		OPEN Kobiety	17	00:00:42	00:22:46.85	00:23:29.05	+00:08:42 (38.2%)	5:41	10.5 (61.4%)
80	RANZ Angelika	166		OPEN Kobiety	18	00:00:28	00:22:46.95	00:23:15.70	+00:08:42 (38.2%)	5:41	10.5 (61.4%)
81	DRAHT Maciej	308	FPS	OPEN Mężczyźni	63	00:00:56	00:22:47.05	00:23:43.35	+00:08:42 (38.2%)	5:41	10.5 (61.4%)
82	JANASIK Szymon	396		OPEN Mężczyźni	64	00:00:40	00:22:48.70	00:23:29.50	+00:08:44 (38.3%)	5:42	10.5 (61.4%)
83	KOSIAK Marcel	188		OPEN Mężczyźni	65	00:00:37	00:22:49.60	00:23:27.50	+00:08:45 (38.4%)	5:42	10.5 (61.4%)
84	RYBARCZYK Agnieszka	264	#BIEGIEMWLAS	OPEN Kobiety	19	00:00:04	00:22:51.00	00:22:55.55	+00:08:46 (38.4%)	5:42	10.5 (61.4%)

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85	<b>JURGA Paweł</b>	<b>210</b>		OPEN Mężczyźni	66	00:00:26	<b>00:22:51.35</b>	<b>00:23:17.65</b>	+00:08:47 (38.4%)	5:42	10.5 (61.4%)
86	<b>ŻYTO Agnieszka</b>	<b>223</b>		OPEN Kobiety	20	00:00:36	<b>00:22:52.60</b>	<b>00:23:29.30</b>	+00:08:48 (38.5%)	5:43	10.5 (61.4%)
87	<b>KURKIEWICZ Ignacy</b>	<b>189</b>		OPEN Mężczyźni	67	00:00:14	<b>00:22:53.20</b>	<b>00:23:07.45</b>	+00:08:48 (38.5%)	5:43	10.5 (61.4%)
88	<b>SZYMKOWIAK Paweł</b>	<b>152</b>		OPEN Mężczyźni	68	00:00:29	<b>00:22:59.15</b>	<b>00:23:28.80</b>	+00:08:54 (38.8%)	5:44	10.4 (60.8%)
89	<b>ZYCH Krystian</b>	<b>169</b>		OPEN Mężczyźni	69	00:00:28	<b>00:22:59.20</b>	<b>00:23:27.75</b>	+00:08:54 (38.8%)	5:44	10.4 (60.8%)
90		<b>494</b>				00:00:21	<b>00:22:59.95</b>	<b>00:23:21.05</b>	+00:08:55 (38.8%)	5:44	10.4 (60.8%)
91	<b>NOWAK Marcin</b>	<b>313</b>	FPS	OPEN Mężczyźni	70	00:00:05	<b>00:23:01.80</b>	<b>00:23:06.80</b>	+00:08:57 (38.9%)	5:45	10.4 (60.8%)
92	<b>BUGAJEWSKI Paweł</b>	<b>303</b>		OPEN Mężczyźni	71	00:00:49	<b>00:23:07.25</b>	<b>00:23:57.10</b>	+00:09:02 (39.1%)	5:46	10.4 (60.8%)
93	<b>PATER Paweł</b>	<b>346</b>	CHAOS POZNAŃ	OPEN Mężczyźni	72	00:00:08	<b>00:23:07.85</b>	<b>00:23:15.85</b>	+00:09:03 (39.2%)	5:46	10.4 (60.8%)
94	<b>URBAŃSKA Honorata</b>	<b>345</b>		OPEN Kobiety	21	00:00:06	<b>00:23:08.40</b>	<b>00:23:15.20</b>	+00:09:04 (39.2%)	5:47	10.4 (60.8%)
95	<b>NOWAK Magdalena</b>	<b>249</b>		OPEN Kobiety	22	00:00:51	<b>00:23:13.30</b>	<b>00:24:04.75</b>	+00:09:09 (39.4%)	5:48	10.3 (60.2%)
96	<b>ŻURAWSKI Jakub</b>	<b>234</b>		OPEN Mężczyźni	73	00:00:17	<b>00:23:13.90</b>	<b>00:23:31.75</b>	+00:09:09 (39.4%)	5:48	10.3 (60.2%)
97	<b>WOJTOWICZ Sylwia</b>	<b>272</b>		OPEN Kobiety	23	00:00:27	<b>00:23:14.10</b>	<b>00:23:41.60</b>	+00:09:09 (39.4%)	5:48	10.3 (60.2%)
98	<b>SPYCHAŁA Marek</b>	<b>329</b>		OPEN Mężczyźni	74	00:00:11	<b>00:23:16.50</b>	<b>00:23:28.40</b>	+00:09:12 (39.5%)	5:49	10.3 (60.2%)
99	<b>CIESIELSKA Hanna</b>	<b>336</b>		OPEN Kobiety	24	00:00:53	<b>00:23:18.75</b>	<b>00:24:12.70</b>	+00:09:14 (39.6%)	5:49	10.3 (60.2%)
100	<b>BANUCH Kasia</b>	<b>360</b>		OPEN Kobiety	25	00:00:07	<b>00:23:24.75</b>	<b>00:23:32.35</b>	+00:09:20 (39.9%)	5:51	10.3 (60.2%)
101	<b>KRUK Antoni</b>	<b>192</b>		OPEN Mężczyźni	75	00:00:27	<b>00:23:29.85</b>	<b>00:23:57.25</b>	+00:09:25 (40.1%)	5:52	10.2 (59.6%)
102	<b>WIŚNIEWSKA-KROTECKA Marta</b>	<b>203</b>	MISTRZOWSKI TRENING	OPEN Kobiety	26	00:01:01	<b>00:23:30.70</b>	<b>00:24:32.50</b>	+00:09:26 (40.2%)	5:52	10.2 (59.6%)
103	<b>WOJTKOWIAK Monika</b>	<b>209</b>		OPEN Kobiety	27	00:00:27	<b>00:23:33.45</b>	<b>00:24:01.10</b>	+00:09:29 (40.3%)	5:53	10.2 (59.6%)
104	<b>BRYL Mikołaj</b>	<b>355</b>		OPEN Mężczyźni	76	00:00:10	<b>00:23:34.25</b>	<b>00:23:44.65</b>	+00:09:29 (40.3%)	5:53	10.2 (59.6%)
105	<b>JANAS Borys</b>	<b>245</b>		OPEN Mężczyźni	77	00:00:46	<b>00:23:35.40</b>	<b>00:24:21.70</b>	+00:09:31 (40.3%)	5:53	10.2 (59.6%)
106	<b>LOTKA Krystian</b>	<b>193</b>		OPEN Mężczyźni	78	00:01:14	<b>00:23:36.45</b>	<b>00:24:51.25</b>	+00:09:32 (40.4%)	5:54	10.2 (59.6%)
107	<b>MARCINKOWSKA Grażyna</b>	<b>372</b>		OPEN Kobiety	28	00:00:24	<b>00:23:37.10</b>	<b>00:24:01.10</b>	+00:09:32 (40.4%)	5:54	10.2 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 4km	Czas brutto 4km	Różn	Tempo min/km	Tempo km/h
108	<b>PRZYBYSZ Rafał</b>	<b>170</b>	WILDA	OPEN Mężczyźni	79	00:00:31	<b>00:23:43.55</b>	<b>00:24:14.85</b>	+00:09:39 (40.7%)	5:55	10.1 (59.1%)
109	<b>BĄCZYK Ewa</b>	<b>243</b>	MINIONKI	OPEN Kobiety	29	00:00:44	<b>00:23:43.85</b>	<b>00:24:28.50</b>	+00:09:39 (40.7%)	5:55	10.1 (59.1%)
110	<b>KOSOWSKI Marek</b>	<b>277</b>		OPEN Mężczyźni	80	00:00:58	<b>00:23:44.30</b>	<b>00:24:42.40</b>	+00:09:40 (40.7%)	5:56	10.1 (59.1%)
111	<b>PROSIANOWSKA Joanna</b>	<b>229</b>		OPEN Kobiety	30	00:00:31	<b>00:23:50.75</b>	<b>00:24:22.55</b>	+00:09:46 (41.0%)	5:57	10.1 (59.1%)
112	<b>EGLER Michał</b>	<b>137</b>	MARATOŃCZYK POZNAŃ	OPEN Mężczyźni	81	00:00:58	<b>00:23:57.70</b>	<b>00:24:56.25</b>	+00:09:53 (41.3%)	5:59	10 (58.5%)
113	<b>RYBOTYCKA Barbara</b>	<b>341</b>		OPEN Kobiety	31	00:00:33	<b>00:24:01.45</b>	<b>00:24:34.90</b>	+00:09:57 (41.4%)	6:00	10 (58.5%)
114	<b>GAWRONIAK Barbara</b>	<b>444</b>		OPEN Kobiety	32	00:00:04	<b>00:24:03.90</b>	<b>00:24:08.15</b>	+00:09:59 (41.5%)	6:00	10 (58.5%)
115	<b>KARAŚ Katarzyna</b>	<b>226</b>	ENEA	OPEN Kobiety	33	00:00:59	<b>00:24:10.15</b>	<b>00:25:09.25</b>	+00:10:05 (41.8%)	6:02	9.9 (57.9%)
116	<b>ULIKOWSKA Magdalena</b>	<b>401</b>		OPEN Kobiety	34	00:00:12	<b>00:24:23.50</b>	<b>00:24:36.45</b>	+00:10:19 (42.3%)	6:05	9.8 (57.3%)
117	<b>CHOLEWA Jerzy</b>	<b>113</b>		OPEN Mężczyźni	82	00:00:07	<b>00:24:27.45</b>	<b>00:24:35.35</b>	+00:10:23 (42.5%)	6:06	9.8 (57.3%)
118	<b>KUBIAK Anna</b>	<b>173</b>		OPEN Kobiety	35	00:00:19	<b>00:24:27.55</b>	<b>00:24:46.80</b>	+00:10:23 (42.5%)	6:06	9.8 (57.3%)
119	<b>JANICKA Natalia</b>	<b>679</b>	@TAKA.ZABIEGANA	OPEN Kobiety	36	00:00:52	<b>00:24:30.85</b>	<b>00:25:22.90</b>	+00:10:26 (42.6%)	6:07	9.8 (57.3%)
120	<b>OLEJNICZAK Sławka</b>	<b>154</b>	CIASTKI.PZ	OPEN Kobiety	37	00:01:07	<b>00:24:31.95</b>	<b>00:25:39.05</b>	+00:10:27 (42.6%)	6:07	9.8 (57.3%)
121	<b>MAZUR Rafał</b>	<b>290</b>		OPEN Mężczyźni	83	00:00:13	<b>00:24:32.35</b>	<b>00:24:45.50</b>	+00:10:28 (42.7%)	6:08	9.8 (57.3%)
122	<b>SZOTT Piotr</b>	<b>318</b>	LE-BIEGA	OPEN Mężczyźni	84	00:01:08	<b>00:24:34.85</b>	<b>00:25:43.05</b>	+00:10:30 (42.8%)	6:08	9.8 (57.3%)
123	<b>SIENIAK Dariusz</b>	<b>183</b>	SKÓRZEWO	OPEN Mężczyźni	85	00:00:54	<b>00:24:35.45</b>	<b>00:25:30.25</b>	+00:10:31 (42.8%)	6:08	9.8 (57.3%)
124	<b>WYRWA Paweł</b>	<b>305</b>		OPEN Mężczyźni	86	00:01:12	<b>00:24:37.35</b>	<b>00:25:50.25</b>	+00:10:33 (42.9%)	6:09	9.7 (56.7%)
125	<b>LISOWSKA-WALEĆKA Sylwia Katarzyna</b>	<b>282</b>		OPEN Kobiety	38	00:00:07	<b>00:24:38.10</b>	<b>00:24:45.80</b>	+00:10:33 (42.9%)	6:09	9.7 (56.7%)
126	<b>PAWLAK Rajmund</b>	<b>269</b>	NSZZ SOLIDARNOŚĆ REGION WIELKOPOLSKA	OPEN Mężczyźni	87	00:01:15	<b>00:24:40.50</b>	<b>00:25:56.05</b>	+00:10:36 (43.0%)	6:10	9.7 (56.7%)
127	<b>DZIKIEWICZ Łukasz</b>	<b>148</b>		OPEN Mężczyźni	88	00:01:05	<b>00:24:43.05</b>	<b>00:25:48.55</b>	+00:10:38 (43.1%)	6:10	9.7 (56.7%)
128		<b>493</b>				00:00:21	<b>00:24:48.95</b>	<b>00:25:10.70</b>	+00:10:44 (43.3%)	6:12	9.7 (56.7%)
129	<b>KMIECIAK Jakub</b>	<b>230</b>		OPEN Mężczyźni	89	00:00:34	<b>00:24:49.35</b>	<b>00:25:23.95</b>	+00:10:45 (43.3%)	6:12	9.7 (56.7%)
130	<b>KACZMAREK Katarzyna</b>	<b>212</b>		OPEN Kobiety	39	00:01:07	<b>00:24:50.40</b>	<b>00:25:57.90</b>	+00:10:46 (43.4%)	6:12	9.7 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 4km	Czas brutto 4km	Różn	Tempo min/km	Tempo km/h
131	<b>PROSIANOWSKI Adam</b>	<b>228</b>		OPEN Mężczyźni	90	00:00:33	<b>00:24:51.65</b>	<b>00:25:25.15</b>	+00:10:47 (43.4%)	6:12	9.7 (56.7%)
132	<b>JEŻEWSKI Maciej</b>	<b>186</b>		OPEN Mężczyźni	91	00:01:04	<b>00:24:52.30</b>	<b>00:25:56.40</b>	+00:10:48 (43.4%)	6:13	9.7 (56.7%)
133	<b>KRAMER-DWÓŹNIK Ewa</b>	<b>199</b>		OPEN Kobiety	40	00:01:09	<b>00:24:53.65</b>	<b>00:26:03.10</b>	+00:10:49 (43.5%)	6:13	9.6 (56.1%)
134	<b>JARASZKIEWICZ Piotr</b>	<b>297</b>		OPEN Mężczyźni	92	00:00:47	<b>00:24:55.90</b>	<b>00:25:43.40</b>	+00:10:51 (43.6%)	6:13	9.6 (56.1%)
134	<b>JARASZKIEWICZ Zofia</b>	<b>298</b>		OPEN Kobiety	41	00:00:47	<b>00:24:55.90</b>	<b>00:25:43.20</b>	+00:10:51 (43.6%)	6:13	9.6 (56.1%)
136	<b>KRAJEWSKI Grzegorz</b>	<b>136</b>		OPEN Mężczyźni	93	00:00:10	<b>00:25:04.85</b>	<b>00:25:14.90</b>	+00:11:00 (43.9%)	6:16	9.6 (56.1%)
137	<b>WASTOWSKA Małgorzata</b>	<b>138</b>		OPEN Kobiety	42	00:00:09	<b>00:25:05.10</b>	<b>00:25:14.60</b>	+00:11:00 (43.9%)	6:16	9.6 (56.1%)
138	<b>BUDZIŃSKA Sylwia</b>	<b>348</b>		OPEN Kobiety	43	00:00:06	<b>00:25:09.95</b>	<b>00:25:16.10</b>	+00:11:05 (44.1%)	6:17	9.5 (55.6%)
139	<b>ZIÓŁEK Katarzyna</b>	<b>312</b>	FPS	OPEN Kobiety	44	00:00:55	<b>00:25:11.95</b>	<b>00:26:07.75</b>	+00:11:07 (44.2%)	6:17	9.5 (55.6%)
140	<b>JASNOWSKA Justyna</b>	<b>268</b>		OPEN Kobiety	45	00:00:55	<b>00:25:12.55</b>	<b>00:26:07.90</b>	+00:11:08 (44.2%)	6:18	9.5 (55.6%)
141	<b>GĄSIOREK Artur</b>	<b>325</b>	FPS	OPEN Mężczyźni	94	00:01:03	<b>00:25:12.80</b>	<b>00:26:16.25</b>	+00:11:08 (44.2%)	6:18	9.5 (55.6%)
142	<b>KUBICKA Roksana</b>	<b>263</b>		OPEN Kobiety	46	00:00:56	<b>00:25:17.95</b>	<b>00:26:14.85</b>	+00:11:13 (44.4%)	6:19	9.5 (55.6%)
143	<b>ŻMUDA-TRZEBIATOWSKI Paweł</b>	<b>108</b>		OPEN Mężczyźni	95	00:00:21	<b>00:25:27.10</b>	<b>00:25:48.80</b>	+00:11:22 (44.7%)	6:21	9.4 (55.0%)
144	<b>KACZMAREK Jagoda</b>	<b>213</b>		OPEN Kobiety	47	00:01:07	<b>00:25:27.45</b>	<b>00:26:34.65</b>	+00:11:23 (44.7%)	6:21	9.4 (55.0%)
145	<b>ŻMUDA-TRZEBIATOWSKA Iwona</b>	<b>106</b>		OPEN Kobiety	48	00:00:19	<b>00:25:29.45</b>	<b>00:25:48.90</b>	+00:11:25 (44.8%)	6:22	9.4 (55.0%)
146	<b>NOWAK Bartosz</b>	<b>250</b>		OPEN Mężczyźni	96	00:00:42	<b>00:25:32.40</b>	<b>00:26:14.60</b>	+00:11:28 (44.9%)	6:23	9.4 (55.0%)
147	<b>KUCZYŃSKA Ada</b>	<b>240</b>	DRUŻYNA SZPIKU	OPEN Kobiety	49	00:00:08	<b>00:25:36.10</b>	<b>00:25:44.95</b>	+00:11:31 (45.0%)	6:24	9.4 (55.0%)
148	<b>MANTAJ Marta</b>	<b>255</b>		OPEN Kobiety	50	00:00:19	<b>00:25:37.45</b>	<b>00:25:57.05</b>	+00:11:33 (45.1%)	6:24	9.4 (55.0%)
149	<b>STRYKOWSKA Anna</b>	<b>386</b>	SPEED SZURACZ	OPEN Kobiety	51	00:00:54	<b>00:25:39.85</b>	<b>00:26:34.35</b>	+00:11:35 (45.2%)	6:24	9.4 (55.0%)
150	<b>ŁABENDA Lonia</b>	<b>262</b>	NORDIC WALKING KIEKRZ POLAND	OPEN Kobiety	52	00:00:56	<b>00:25:40.15</b>	<b>00:26:36.45</b>	+00:11:35 (45.2%)	6:25	9.4 (55.0%)
151	<b>DYBIKOWSKI Jarosław</b>	<b>222</b>		OPEN Mężczyźni	97	00:00:00	<b>00:25:43.20</b>	<b>00:25:43.20</b>	+00:11:38 (45.3%)	6:25	9.3 (54.4%)
152	<b>KRUPICZ Julita</b>	<b>352</b>		OPEN Kobiety	53	00:00:54	<b>00:25:46.00</b>	<b>00:26:40.00</b>	+00:11:41 (45.4%)	6:26	9.3 (54.4%)
153	<b>KLUPŚ Marcin</b>	<b>379</b>		OPEN Mężczyźni	98	00:01:18	<b>00:25:59.75</b>	<b>00:27:18.50</b>	+00:11:55 (45.9%)	6:29	9.2 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 4km	Czas brutto 4km	Różn	Tempo min/km	Tempo km/h
154	<b>MAŁECKI Janusz</b>	<b>125</b>	IDEE SOLIDARNOŚCI 80-89 BYDGOSZCZ	OPEN Mężczyźni	99	00:01:19	<b>00:26:04.30</b>	<b>00:27:23.95</b>	+00:12:00 (46.0%)	6:31	9.2 (53.8%)
155	<b>KOTLIŃSKA Hanna</b>	<b>233</b>		OPEN Kobiety	54	00:00:07	<b>00:26:06.80</b>	<b>00:26:14.10</b>	+00:12:02 (46.1%)	6:31	9.2 (53.8%)
156	<b>LESZCZYŃSKI Bartosz</b>	<b>320</b>		OPEN Mężczyźni	100	00:01:25	<b>00:26:09.50</b>	<b>00:27:34.85</b>	+00:12:05 (46.2%)	6:32	9.2 (53.8%)
157	<b>ZYCH Ewa</b>	<b>145</b>	MARATOŃCZYK POZNAŃ	OPEN Kobiety	55	00:00:57	<b>00:26:13.95</b>	<b>00:27:11.30</b>	+00:12:09 (46.4%)	6:33	9.2 (53.8%)
158	<b>ZIĘCIUK Marek</b>	<b>499</b>		OPEN Mężczyźni	101	00:00:29	<b>00:26:14.30</b>	<b>00:26:43.95</b>	+00:12:10 (46.4%)	6:33	9.1 (53.2%)
159	<b>ŁUCZAK Krzysztof</b>	<b>201</b>		OPEN Mężczyźni	102	00:01:13	<b>00:26:15.90</b>	<b>00:27:29.70</b>	+00:12:11 (46.4%)	6:33	9.1 (53.2%)
160	<b>PIASECKA Magdalena</b>	<b>288</b>		OPEN Kobiety	56	00:00:44	<b>00:26:20.85</b>	<b>00:27:05.50</b>	+00:12:16 (46.6%)	6:35	9.1 (53.2%)
161	<b>OKOŃ Piotr</b>	<b>273</b>		OPEN Mężczyźni	103	00:01:00	<b>00:26:22.10</b>	<b>00:27:22.35</b>	+00:12:17 (46.6%)	6:35	9.1 (53.2%)
162	<b>RYBACZEWSKI Tobiasz</b>	<b>289</b>		OPEN Mężczyźni	104	00:00:43	<b>00:26:23.55</b>	<b>00:27:06.70</b>	+00:12:19 (46.7%)	6:35	9.1 (53.2%)
163	<b>SIEPIELSKA Renata</b>	<b>235</b>		OPEN Kobiety	57	00:00:25	<b>00:26:25.20</b>	<b>00:26:50.60</b>	+00:12:20 (46.7%)	6:36	9.1 (53.2%)
164	<b>RYBSKI Szymon</b>	<b>135</b>		OPEN Mężczyźni	105	00:00:39	<b>00:26:26.00</b>	<b>00:27:05.15</b>	+00:12:21 (46.8%)	6:36	9.1 (53.2%)
165	<b>ŚLIWA Patryk</b>	<b>306</b>		OPEN Mężczyźni	106	00:01:13	<b>00:26:29.85</b>	<b>00:27:43.05</b>	+00:12:25 (46.9%)	6:37	9.1 (53.2%)
166	<b>NOWAK Piotr</b>	<b>339</b>		OPEN Mężczyźni	107	00:00:39	<b>00:26:31.30</b>	<b>00:27:11.20</b>	+00:12:27 (46.9%)	6:37	9.1 (53.2%)
167	<b>STODULNY Wojciech</b>	<b>317</b>	FPS	OPEN Mężczyźni	108	00:00:23	<b>00:26:32.20</b>	<b>00:26:56.05</b>	+00:12:27 (47.0%)	6:38	9 (52.6%)
168	<b>RURARZ Martyna</b>	<b>196</b>		OPEN Kobiety	58	00:00:09	<b>00:26:37.05</b>	<b>00:26:46.40</b>	+00:12:32 (47.1%)	6:39	9 (52.6%)
169	<b>NAPIERAŁA-TOBOŁA Brygida</b>	<b>280</b>		OPEN Kobiety	59	00:00:05	<b>00:26:38.00</b>	<b>00:26:43.60</b>	+00:12:33 (47.2%)	6:39	9 (52.6%)
170	<b>KOWALSKA Joanna</b>	<b>110</b>		OPEN Kobiety	60	00:00:54	<b>00:26:41.25</b>	<b>00:27:35.75</b>	+00:12:36 (47.3%)	6:40	9 (52.6%)
171	<b>STACHOWIAK Wirginia</b>	<b>270</b>		OPEN Kobiety	61	00:00:24	<b>00:26:42.00</b>	<b>00:27:06.45</b>	+00:12:37 (47.3%)	6:40	9 (52.6%)
172	<b>ANDRZEJEWSKI Karol</b>	<b>197</b>	KIJANKI TEAM NORDIC WALKING & RUN	OPEN Mężczyźni	109	00:00:14	<b>00:26:42.15</b>	<b>00:26:56.20</b>	+00:12:37 (47.3%)	6:40	9 (52.6%)
173	<b>WYDRZYŃSKA Paulina</b>	<b>361</b>		OPEN Kobiety	62	00:01:00	<b>00:26:42.35</b>	<b>00:27:43.30</b>	+00:12:38 (47.3%)	6:40	9 (52.6%)
174	<b>GRZELAK Marta</b>	<b>340</b>		OPEN Kobiety	63	00:01:05	<b>00:26:42.65</b>	<b>00:27:48.00</b>	+00:12:38 (47.3%)	6:40	9 (52.6%)
175	<b>NOWAK Weronika</b>	<b>375</b>		OPEN Kobiety	64	00:00:24	<b>00:26:44.85</b>	<b>00:27:08.90</b>	+00:12:40 (47.4%)	6:41	9 (52.6%)
176	<b>PIETRZAK-DYBÓL Ilona</b>	<b>156</b>		OPEN Kobiety	65	00:00:04	<b>00:26:46.65</b>	<b>00:26:51.40</b>	+00:12:42 (47.4%)	6:41	9 (52.6%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 4km	Czas brutto 4km	Różn	Tempo min/km	Tempo km/h
177	<b>PIĘTKA Daria</b>	<b>356</b>		OPEN Kobiety	66	00:00:51	<b>00:26:53.35</b>	<b>00:27:44.75</b>	+00:12:49 (47.7%)	6:43	8.9 (52.0%)
178	<b>TRZECIAK Daniel</b>	<b>238</b>		OPEN Mężczyźni	110	00:00:55	<b>00:26:54.90</b>	<b>00:27:50.25</b>	+00:12:50 (47.7%)	6:43	8.9 (52.0%)
179	<b>KALINOWSKA Paulina</b>	<b>347</b>		OPEN Kobiety	67	00:00:08	<b>00:27:04.65</b>	<b>00:27:12.95</b>	+00:13:00 (48.0%)	6:46	8.9 (52.0%)
180	<b>KUNA Tomasz</b>	<b>109</b>	ŁÓDŹ KOCHA SPORT	OPEN Mężczyźni	111	00:01:17	<b>00:27:05.15</b>	<b>00:28:22.85</b>	+00:13:00 (48.0%)	6:46	8.9 (52.0%)
181	<b>KOSIAK Sławomir</b>	<b>187</b>		OPEN Mężczyźni	112	00:00:38	<b>00:27:05.75</b>	<b>00:27:44.60</b>	+00:13:01 (48.1%)	6:46	8.9 (52.0%)
182	<b>JANUR Wiesia</b>	<b>216</b>		OPEN Kobiety	68	00:00:09	<b>00:27:07.15</b>	<b>00:27:16.90</b>	+00:13:02 (48.1%)	6:46	8.9 (52.0%)
183	<b>JAWORSKA Anna</b>	<b>321</b>		OPEN Kobiety	69	00:00:21	<b>00:27:07.20</b>	<b>00:27:28.20</b>	+00:13:02 (48.1%)	6:46	8.9 (52.0%)
184	<b>OLKIEWICZ Marek</b>	<b>261</b>	NIEZRZESZONY	OPEN Mężczyźni	113	00:01:15	<b>00:27:08.95</b>	<b>00:28:24.10</b>	+00:13:04 (48.2%)	6:47	8.8 (51.5%)
185	<b>BUSZEWSKA Joanna</b>	<b>383</b>		OPEN Kobiety	70	00:00:26	<b>00:27:10.55</b>	<b>00:27:36.85</b>	+00:13:06 (48.2%)	6:47	8.8 (51.5%)
186	<b>RYBSKA Daniela</b>	<b>134</b>		OPEN Kobiety	71	00:00:42	<b>00:27:11.35</b>	<b>00:27:53.45</b>	+00:13:07 (48.2%)	6:47	8.8 (51.5%)
187	<b>ADAMCZYK Katarzyna</b>	<b>247</b>		OPEN Kobiety	72	00:00:36	<b>00:27:22.10</b>	<b>00:27:58.10</b>	+00:13:17 (48.6%)	6:50	8.8 (51.5%)
188	<b>NOWAK Tomasz</b>	<b>382</b>		OPEN Mężczyźni	114	00:00:49	<b>00:27:22.30</b>	<b>00:28:11.30</b>	+00:13:18 (48.6%)	6:50	8.8 (51.5%)
189	<b>GOŁEMBOWSKI Mateusz</b>	<b>367</b>	UNILEVER	OPEN Mężczyźni	115	00:01:16	<b>00:27:23.05</b>	<b>00:28:39.05</b>	+00:13:18 (48.6%)	6:50	8.8 (51.5%)
190	<b>ŻURAWICZ Justyna</b>	<b>158</b>		OPEN Kobiety	73	00:00:04	<b>00:27:29.85</b>	<b>00:27:34.70</b>	+00:13:25 (48.8%)	6:52	8.7 (50.9%)
191	<b>BLIMEL-BIELEWICZ Aleksandra</b>	<b>131</b>		OPEN Kobiety	74	00:00:28	<b>00:27:30.55</b>	<b>00:27:58.55</b>	+00:13:26 (48.8%)	6:52	8.7 (50.9%)
192	<b>SCHRAMM Ewa</b>	<b>373</b>		OPEN Kobiety	75	00:00:48	<b>00:27:33.90</b>	<b>00:28:22.30</b>	+00:13:29 (49.0%)	6:53	8.7 (50.9%)
193	<b>KAMIŃSKI Jerzy</b>	<b>168</b>		OPEN Mężczyźni	116	00:00:28	<b>00:27:34.80</b>	<b>00:28:03.55</b>	+00:13:30 (49.0%)	6:53	8.7 (50.9%)
194	<b>KOŁODZIEJ Adam</b>	<b>333</b>	HCP	OPEN Mężczyźni	117	00:01:01	<b>00:27:41.80</b>	<b>00:28:43.10</b>	+00:13:37 (49.2%)	6:55	8.7 (50.9%)
195	<b>MIZERNA Paulina</b>	<b>103</b>		OPEN Kobiety	76	00:00:10	<b>00:27:41.85</b>	<b>00:27:52.30</b>	+00:13:37 (49.2%)	6:55	8.7 (50.9%)
196	<b>NOWAK Sara</b>	<b>191</b>		OPEN Kobiety	77	00:00:55	<b>00:27:45.20</b>	<b>00:28:41.00</b>	+00:13:40 (49.3%)	6:56	8.6 (50.3%)
197	<b>GRZEŚCZYK Katarzyna</b>	<b>259</b>	LUBIĘ BIEGAĆ	OPEN Kobiety	78	00:01:12	<b>00:27:50.00</b>	<b>00:29:02.70</b>	+00:13:45 (49.4%)	6:57	8.6 (50.3%)
198	<b>ROSZKOWSKA Małgorzata</b>	<b>258</b>	LUBIĘ BIEGAĆ	OPEN Kobiety	79	00:01:12	<b>00:27:50.40</b>	<b>00:29:02.60</b>	+00:13:46 (49.5%)	6:57	8.6 (50.3%)
199	<b>KORKUS Marcin</b>	<b>176</b>		OPEN Mężczyźni	118	00:00:37	<b>00:28:06.20</b>	<b>00:28:43.95</b>	+00:14:01 (49.9%)	7:01	8.5 (49.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 4km	Czas brutto 4km	Różn	Tempo min/km	Tempo km/h
200	<b>CYNA Teresa</b>	<b>215</b>		OPEN Kobiety	80	00:00:07	<b>00:28:12.00</b>	<b>00:28:19.45</b>	+00:14:07 (50.1%)	7:03	8.5 (49.7%)
201	<b>KRUCZYŃSKA Patrycja</b>	<b>218</b>		OPEN Kobiety	81	00:00:54	<b>00:28:13.30</b>	<b>00:29:07.50</b>	+00:14:09 (50.1%)	7:03	8.5 (49.7%)
202	<b>LEWICZ Katarzyna</b>	<b>217</b>		OPEN Kobiety	82	00:00:53	<b>00:28:13.75</b>	<b>00:29:07.60</b>	+00:14:09 (50.2%)	7:03	8.5 (49.7%)
203	<b>CZERNAK Bartłomiej</b>	<b>144</b>	SŁUPECCY FANATYCY	OPEN Mężczyźni	119	00:01:19	<b>00:28:24.80</b>	<b>00:29:44.65</b>	+00:14:20 (50.5%)	7:06	8.5 (49.7%)
204	<b>KLÓJ Krzysztof</b>	<b>105</b>		OPEN Mężczyźni	120	00:00:42	<b>00:28:33.35</b>	<b>00:29:16.15</b>	+00:14:29 (50.7%)	7:08	8.4 (49.1%)
205	<b>KLÓJ Alina</b>	<b>104</b>		OPEN Kobiety	83	00:00:42	<b>00:28:33.95</b>	<b>00:29:16.35</b>	+00:14:29 (50.7%)	7:08	8.4 (49.1%)
206	<b>MAJCHRZAK Szymon</b>	<b>311</b>	FPS	OPEN Mężczyźni	121	00:00:37	<b>00:28:57.00</b>	<b>00:29:34.40</b>	+00:14:52 (51.4%)	7:14	8.3 (48.5%)
207	<b>FLIEGER Bartosz</b>	<b>220</b>		OPEN Mężczyźni	122	00:00:53	<b>00:29:05.70</b>	<b>00:29:58.95</b>	+00:15:01 (51.6%)	7:16	8.3 (48.5%)
208	<b>MICHALSKI Łukasz</b>	<b>296</b>		OPEN Mężczyźni	123	00:01:04	<b>00:29:07.35</b>	<b>00:30:11.65</b>	+00:15:03 (51.7%)	7:16	8.2 (48.0%)
209	<b>KOLBER Małgorzata</b>	<b>267</b>		OPEN Kobiety	84	00:01:00	<b>00:29:14.70</b>	<b>00:30:15.10</b>	+00:15:10 (51.9%)	7:18	8.2 (48.0%)
210		<b>495</b>				00:00:20	<b>00:29:20.80</b>	<b>00:29:40.80</b>	+00:15:16 (52.1%)	7:20	8.2 (48.0%)
211		<b>497</b>				00:00:21	<b>00:29:28.85</b>	<b>00:29:50.55</b>	+00:15:24 (52.3%)	7:22	8.1 (47.4%)
212		<b>496</b>				00:00:20	<b>00:29:29.95</b>	<b>00:29:50.00</b>	+00:15:25 (52.3%)	7:22	8.1 (47.4%)
213	<b>GIENTKA Sylwia</b>	<b>299</b>		OPEN Kobiety	85	00:01:06	<b>00:29:40.90</b>	<b>00:30:47.30</b>	+00:15:36 (52.6%)	7:25	8.1 (47.4%)
214	<b>CZESZAK Edmund</b>	<b>498</b>				00:01:06	<b>00:29:42.65</b>	<b>00:30:48.75</b>	+00:15:38 (52.6%)	7:25	8.1 (47.4%)
215	<b>BAZANEK Kamila</b>	<b>140</b>		OPEN Kobiety	86	00:00:30	<b>00:29:48.25</b>	<b>00:30:18.40</b>	+00:15:43 (52.8%)	7:27	8.1 (47.4%)
216	<b>KRZYMIŃSKA Maria Jolanta</b>	<b>206</b>	BABCIE BIEGAJĄ	OPEN Kobiety	87	00:01:01	<b>00:30:01.20</b>	<b>00:31:02.25</b>	+00:15:56 (53.1%)	7:30	8 (46.8%)
217	<b>PAWLAK Ilona</b>	<b>390</b>		OPEN Kobiety	88	00:00:41	<b>00:30:05.70</b>	<b>00:30:47.20</b>	+00:16:01 (53.2%)	7:31	8 (46.8%)
218	<b>IWANICKA Beata</b>	<b>281</b>	CAT&BEAR	OPEN Kobiety	89	00:00:00	<b>00:30:06.20</b>	<b>00:30:06.20</b>	+00:16:01 (53.3%)	7:31	8 (46.8%)
219	<b>PRZEWOŻNA Jolanta</b>	<b>128</b>		OPEN Kobiety	90	00:00:13	<b>00:30:10.40</b>	<b>00:30:23.90</b>	+00:16:06 (53.4%)	7:32	8 (46.8%)
220	<b>KOLASIŃSKA Anna</b>	<b>139</b>	POZNAŃ	OPEN Kobiety	91	00:01:09	<b>00:30:18.30</b>	<b>00:31:27.50</b>	+00:16:14 (53.6%)	7:34	7.9 (46.2%)
221	<b>ĆWIKŁA Alicja</b>	<b>395</b>		OPEN Kobiety	92	00:00:58	<b>00:30:22.95</b>	<b>00:31:21.15</b>	+00:16:18 (53.7%)	7:35	7.9 (46.2%)
222	<b>WOŹNIAK Kacper</b>	<b>241</b>	WATAHA ŁĄCZY NAS BIEGANIE	OPEN Mężczyźni	124	00:01:03	<b>00:30:25.60</b>	<b>00:31:28.90</b>	+00:16:21 (53.8%)	7:36	7.9 (46.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 4km	Czas brutto 4km	Różn	Tempo min/km	Tempo km/h
223	<b>WOŹNIAK Łukasz</b>	<b>242</b>	WATAHA ŁĄCZY NAS BIEGANIE	OPEN Mężczyźni	125	00:01:03	<b>00:30:25.80</b>	<b>00:31:28.90</b>	+00:16:21 (53.8%)	7:36	7.9 (46.2%)
224	<b>FELCZAK Wiesio</b>	<b>337</b>	NSNP	OPEN Mężczyźni	126	00:00:12	<b>00:30:31.05</b>	<b>00:30:43.85</b>	+00:16:26 (53.9%)	7:37	7.9 (46.2%)
225	<b>ŚLIWA Karolina</b>	<b>307</b>		OPEN Kobiety	93	00:01:14	<b>00:30:39.60</b>	<b>00:31:53.70</b>	+00:16:35 (54.1%)	7:39	7.8 (45.6%)
226	<b>SZEWS Anna</b>	<b>161</b>		OPEN Kobiety	94	00:00:31	<b>00:30:40.75</b>	<b>00:31:12.05</b>	+00:16:36 (54.1%)	7:40	7.8 (45.6%)
227	<b>SZEWS Piotr</b>	<b>160</b>		OPEN Mężczyźni	127	00:00:31	<b>00:30:41.45</b>	<b>00:31:12.85</b>	+00:16:37 (54.2%)	7:40	7.8 (45.6%)
228	<b>STRYKOWSKI Michał</b>	<b>387</b>	SPEED SZURACZ	OPEN Kobiety	95	00:00:57	<b>00:30:42.00</b>	<b>00:31:39.60</b>	+00:16:37 (54.2%)	7:40	7.8 (45.6%)
229	<b>KOTUS Natalia</b>	<b>178</b>		OPEN Kobiety	96	00:00:18	<b>00:30:46.75</b>	<b>00:31:05.25</b>	+00:16:42 (54.3%)	7:41	7.8 (45.6%)
230	<b>GRZEŚKOWIAK Joanna</b>	<b>177</b>		OPEN Kobiety	97	00:00:18	<b>00:30:46.90</b>	<b>00:31:05.30</b>	+00:16:42 (54.3%)	7:41	7.8 (45.6%)
231	<b>RUDAWSKI Piotr</b>	<b>119</b>	WALK & RUN TEAM OBORNIKI	OPEN Mężczyźni	128	00:01:07	<b>00:30:51.15</b>	<b>00:31:58.15</b>	+00:16:46 (54.4%)	7:42	7.8 (45.6%)
232	<b>POSŁUSZNA Gosia</b>	<b>120</b>	WALK & RUN TEAM OBORNIKI	OPEN Kobiety	98	00:01:05	<b>00:30:53.10</b>	<b>00:31:58.45</b>	+00:16:48 (54.4%)	7:43	7.8 (45.6%)
233	<b>MARKIEWICZ - GLAPA Ludmiła</b>	<b>295</b>		OPEN Kobiety	99	00:00:15	<b>00:30:55.90</b>	<b>00:31:11.00</b>	+00:16:51 (54.5%)	7:43	7.8 (45.6%)
234	<b>SKRZYPCZAK Agnieszka</b>	<b>353</b>	EUROCASH	OPEN Kobiety	100	00:00:32	<b>00:31:02.45</b>	<b>00:31:35.15</b>	+00:16:58 (54.7%)	7:45	7.7 (45.0%)
235	<b>MICHALAK Weronika</b>	<b>200</b>		OPEN Kobiety	101	00:00:30	<b>00:31:09.90</b>	<b>00:31:40.35</b>	+00:17:05 (54.8%)	7:47	7.7 (45.0%)
236	<b>KACZMAREK Zofia</b>	<b>287</b>		OPEN Kobiety	102	00:01:12	<b>00:31:13.20</b>	<b>00:32:25.40</b>	+00:17:08 (54.9%)	7:48	7.7 (45.0%)
237	<b>KOŁACZYŃSKI Maciej</b>	<b>286</b>	ENEA TEAM	OPEN Mężczyźni	129	00:01:11	<b>00:31:13.35</b>	<b>00:32:25.30</b>	+00:17:09 (54.9%)	7:48	7.7 (45.0%)
238	<b>ALEKSANDROWICZ Edyta</b>	<b>389</b>		OPEN Kobiety	103	00:00:35	<b>00:31:19.60</b>	<b>00:31:54.60</b>	+00:17:15 (55.1%)	7:49	7.7 (45.0%)
239	<b>ROMANOW Krzysztof</b>	<b>162</b>		OPEN Mężczyźni	130	00:00:10	<b>00:31:24.80</b>	<b>00:31:35.20</b>	+00:17:20 (55.2%)	7:51	7.6 (44.4%)
240	<b>PEWIŃSKI Jacek</b>	<b>141</b>		OPEN Mężczyźni	131	00:01:13	<b>00:31:33.60</b>	<b>00:32:47.00</b>	+00:17:29 (55.4%)	7:53	7.6 (44.4%)
241	<b>RATAJCZAK Aleksandra</b>	<b>271</b>		OPEN Kobiety	104	00:00:23	<b>00:31:38.55</b>	<b>00:32:02.10</b>	+00:17:34 (55.5%)	7:54	7.6 (44.4%)
242	<b>PRZYBYLAK Stanisław</b>	<b>130</b>		OPEN Mężczyźni	132	00:00:29	<b>00:31:45.95</b>	<b>00:32:15.20</b>	+00:17:41 (55.7%)	7:56	7.6 (44.4%)
243	<b>JENA Jadwiga</b>	<b>224</b>		OPEN Kobiety	105	00:00:34	<b>00:31:47.35</b>	<b>00:32:21.45</b>	+00:17:43 (55.7%)	7:56	7.6 (44.4%)
244	<b>RANZ Magdalena</b>	<b>164</b>		OPEN Kobiety	106	00:00:27	<b>00:31:49.70</b>	<b>00:32:17.20</b>	+00:17:45 (55.8%)	7:57	7.5 (43.9%)
245	<b>HERMANN Joanna</b>	<b>284</b>		OPEN Kobiety	107	00:00:50	<b>00:31:52.70</b>	<b>00:32:42.85</b>	+00:17:48 (55.9%)	7:58	7.5 (43.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 4km	Czas brutto 4km	Różn	Tempo min/km	Tempo km/h
246	<b>ANDRZEJEWSKA Anita</b>	<b>198</b>	KIJANKI TEAM NORDIC WALKING & RUN	OPEN Kobiety	108	00:00:15	<b>00:31:59.00</b>	<b>00:32:14.00</b>	+00:17:54 (56.0%)	7:59	7.5 (43.9%)
247	<b>SŁOMIŃSKA Aneta</b>	<b>274</b>	KIJANKI TEAM NW &RUN	OPEN Kobiety	109	00:00:14	<b>00:31:59.75</b>	<b>00:32:13.80</b>	+00:17:55 (56.0%)	7:59	7.5 (43.9%)
248	<b>GAŁKA Agnieszka</b>	<b>315</b>		OPEN Kobiety	110	00:00:46	<b>00:32:07.95</b>	<b>00:32:54.35</b>	+00:18:03 (56.2%)	8:01	7.5 (43.9%)
249	<b>WOJCIECHOWSKA Adrianna</b>	<b>314</b>		OPEN Kobiety	111	00:00:45	<b>00:32:08.20</b>	<b>00:32:54.10</b>	+00:18:03 (56.2%)	8:02	7.5 (43.9%)
250	<b>MANICKA Dagmara</b>	<b>211</b>		OPEN Kobiety	112	00:00:27	<b>00:32:12.75</b>	<b>00:32:40.25</b>	+00:18:08 (56.3%)	8:03	7.5 (43.9%)
251	<b>SZOPKA Marta</b>	<b>365</b>		OPEN Kobiety	113	00:00:29	<b>00:32:19.80</b>	<b>00:32:49.05</b>	+00:18:15 (56.5%)	8:04	7.4 (43.3%)
252	<b>BARDZIŃSKI Filip</b>	<b>366</b>		OPEN Mężczyźni	133	00:00:26	<b>00:32:21.70</b>	<b>00:32:48.60</b>	+00:18:17 (56.5%)	8:05	7.4 (43.3%)
253	<b>KORKUS Karolina</b>	<b>402</b>	LECH POZNAŃ	OPEN Kobiety	114	00:00:37	<b>00:32:27.85</b>	<b>00:33:05.35</b>	+00:18:23 (56.7%)	8:06	7.4 (43.3%)
254	<b>KUJACZYŃSKI Marcin</b>	<b>159</b>		OPEN Mężczyźni	134	00:00:19	<b>00:32:47.95</b>	<b>00:33:07.50</b>	+00:18:43 (57.1%)	8:11	7.3 (42.7%)
255	<b>STACHOWIAK Weronika</b>	<b>392</b>		OPEN Kobiety	115	00:00:44	<b>00:32:50.80</b>	<b>00:33:35.30</b>	+00:18:46 (57.2%)	8:12	7.3 (42.7%)
256	<b>PRZYBYLSKI Jakub</b>	<b>101</b>		OPEN Mężczyźni	135	00:01:10	<b>00:32:57.95</b>	<b>00:34:08.70</b>	+00:18:53 (57.3%)	8:14	7.3 (42.7%)
257	<b>CHAŁUPKA Barbara</b>	<b>149</b>		OPEN Kobiety	116	00:00:04	<b>00:33:59.85</b>	<b>00:34:04.70</b>	+00:19:55 (58.6%)	8:29	7.1 (41.5%)
258	<b>KACZMAREK Bartłomiej</b>	<b>397</b>		OPEN Mężczyźni	136	00:00:16	<b>00:34:23.65</b>	<b>00:34:39.85</b>	+00:20:19 (59.1%)	8:35	7 (40.9%)
259	<b>ALGIERSKA Agnieszka</b>	<b>285</b>		OPEN Kobiety	117	00:00:50	<b>00:34:42.80</b>	<b>00:35:33.05</b>	+00:20:38 (59.5%)	8:40	6.9 (40.4%)
260	<b>SKOWYRA Piotr</b>	<b>394</b>		OPEN Mężczyźni	137	00:01:11	<b>00:34:49.00</b>	<b>00:36:00.10</b>	+00:20:44 (59.6%)	8:42	6.9 (40.4%)
261	<b>KLIMCZAK Karolina</b>	<b>398</b>		OPEN Kobiety	118	00:00:15	<b>00:35:58.45</b>	<b>00:36:13.70</b>	+00:21:54 (60.9%)	8:59	6.7 (39.2%)
<b>Przekroczony limit czasu: 00:40:00</b>											
262	<b>HAŁAS Marta</b>	<b>107</b>		OPEN Kobiety	119	00:00:10	<b>00:46:34.40</b>	<b>00:46:44.55</b>	+00:32:30 (69.8%)	11:38	5.2 (30.4%)
263	<b>WITASZAK Katarzyna</b>	<b>381</b>		OPEN Kobiety	120	00:00:18					(0.0%)
264	<b>KACZMAREK Alan</b>	<b>331</b>		OPEN Mężczyźni	138	00:00:41					(0.0%)
265	<b>WOLNIAK Łukasz</b>	<b>384</b>	PORANNA ROSA	OPEN Mężczyźni	139	00:00:45					(0.0%)

Znaleziono 265 wynik(ów)