



LOTTO POZNAŃSKI CZERWIEC '56 – BIEG PAMIĘCI 5 KM

B4SPORT

Wydarzenie: LOTTO POZNAŃSKI CZERWIEC '56 – BIEG PAMIĘCI I SZTAFETA PAMIĘCI
Organizator: APS AGENCY Sp. z o.o. Sp.k.
Data: 2022-06-27
Miejsce: POZNAŃ
Dystans: 5 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	HARTLEB Dawid	416		OPEN Mężczyźni	1	00:00:01	00:17:18.55	00:17:20.40		3:27	17.3 (100%)
2	PLUCIŃSKI Radosław	356	PARKRUN JEZIORO SWARZĘDZKIE	OPEN Mężczyźni	2	00:00:01	00:17:55.20	00:17:57.00	+00:00:36 (3.4%)	3:35	16.7 (96.5%)
3	LAMPERSKI Marcin	102	ML_RUN	OPEN Mężczyźni	3	00:00:02	00:18:23.35	00:18:25.60	+00:01:04 (5.9%)	3:40	16.3 (94.2%)
4	SOCZKA Patrycjusz	163	POŁA POŁA RUN&BIKE TEAM	OPEN Mężczyźni	4	00:00:02	00:19:13.70	00:19:16.20	+00:01:55 (10.0%)	3:50	15.6 (90.2%)
5	GRZECHOWIAK Arkadiusz	204		OPEN Mężczyźni	5	00:00:03	00:19:31.50	00:19:35.45	+00:02:12 (11.3%)	3:54	15.4 (89.0%)
6	PRZYMUSIAK Jan	361		OPEN Mężczyźni	6	00:00:02	00:20:15.45	00:20:18.35	+00:02:56 (14.6%)	4:03	14.8 (85.5%)
7	SOBCZAK Sebastian	377		OPEN Mężczyźni	7	00:00:02	00:21:01.90	00:21:04.30	+00:03:43 (17.7%)	4:12	14.3 (82.7%)
8	KABAŁA Bartosz	283	#BIEGIEMWLAS	OPEN Mężczyźni	8	00:00:03	00:21:15.30	00:21:18.65	+00:03:56 (18.6%)	4:15	14.1 (81.5%)
9	SMUGA Łukasz	376	MISTRZOWSKI TRENING/ BIEGAJĄCE KREJZOLE	OPEN Mężczyźni	9	00:00:06	00:21:40.75	00:21:47.15	+00:04:22 (20.2%)	4:20	13.8 (79.8%)
10	GRADZI Rafał	54		OPEN Mężczyźni	10	00:00:02	00:21:50.05	00:21:52.15	+00:04:31 (20.7%)	4:22	13.7 (79.2%)
11	CHWALIŃSKI Michał	411		OPEN Mężczyźni	11	00:00:05	00:21:52.30	00:21:58.20	+00:04:33 (20.9%)	4:22	13.7 (79.2%)
12	CZUBAK Tomasz	259	PRO366	OPEN Mężczyźni	12	00:00:03	00:21:54.85	00:21:58.65	+00:04:36 (21.0%)	4:22	13.7 (79.2%)
13	KACZMAREK Mirosław	288	RUNNER'S POWER ŚREM	OPEN Mężczyźni	13	00:00:05	00:22:24.75	00:22:30.25	+00:05:06 (22.8%)	4:28	13.4 (77.5%)
14	JANKOWSKI Marek	281	TEAM LIPTON	OPEN Mężczyźni	14	00:00:03	00:22:32.75	00:22:36.20	+00:05:14 (23.2%)	4:30	13.3 (76.9%)
15	KARASIAK Dominika	413	MISTRZOWSKI TREING	OPEN Kobiety	1	00:00:03	00:22:55.40	00:22:58.75	+00:05:36 (24.5%)	4:35	13.1 (75.7%)

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16	NIEMIR Jakub	334		OPEN Mężczyźni	15	00:00:22	00:23:15.25	00:23:38.15	+00:05:56 (25.6%)	4:39	12.9 (74.6%)
17	STANKIEWICZ Andrzej	382	SKANSKA S.A.	OPEN Mężczyźni	16	00:00:03	00:23:32.30	00:23:35.50	+00:06:13 (26.5%)	4:42	12.7 (73.4%)
18	HAMPEL Marcin	278	MISTRZOWSKI TRENING	OPEN Mężczyźni	17	00:00:11	00:23:41.15	00:23:52.95	+00:06:22 (26.9%)	4:44	12.7 (73.4%)
19	NOWAK Kacper	339		OPEN Mężczyźni	18	00:00:04	00:23:47.55	00:23:51.55	+00:06:29 (27.2%)	4:45	12.6 (72.8%)
20	KENZTER - NOWAKOWSKI Marcin	290		OPEN Mężczyźni	19	00:00:06	00:24:19.00	00:24:25.90	+00:07:00 (28.8%)	4:51	12.3 (71.1%)
21	MARCINIAK Mikołaj	325		OPEN Mężczyźni	20	00:00:12	00:24:23.45	00:24:36.05	+00:07:04 (29.0%)	4:52	12.3 (71.1%)
22	DWORACKI Michał	39		OPEN Mężczyźni	21	00:00:08	00:24:30.20	00:24:38.80	+00:07:11 (29.4%)	4:54	12.2 (70.5%)
23	STRZÓDA Jędrzej	415		OPEN Mężczyźni	22	00:00:09	00:25:00.10	00:25:09.25	+00:07:41 (30.8%)	5:00	12 (69.4%)
24	PLASZCZAK Krzysztof	353		OPEN Mężczyźni	23	00:00:15	00:25:05.90	00:25:21.80	+00:07:47 (31.0%)	5:01	12 (69.4%)
25	KACZMAREK Wojciech	286		OPEN Mężczyźni	24	00:00:27	00:25:08.95	00:25:35.95	+00:07:50 (31.2%)	5:01	11.9 (68.8%)
26	FOLTYNIEWICZ Blazej	45	EUROCASH	OPEN Mężczyźni	25	00:00:07	00:26:09.55	00:26:17.45	+00:08:51 (33.8%)	5:13	11.5 (66.5%)
27	SZWEDZIAK Kamila	387		OPEN Kobiety	2	00:00:09	00:26:11.85	00:26:21.00	+00:08:53 (33.9%)	5:14	11.5 (66.5%)
28	LEONARSKA Małgorzata	312	MISTRZOWSKI TRENING/ BIEGAJĄCE KREJZOLE	OPEN Kobiety	3	00:00:12	00:26:12.45	00:26:25.35	+00:08:53 (34.0%)	5:14	11.5 (66.5%)
29	ADAMCZAK Piotr	421		OPEN Mężczyźni	26	00:00:05	00:26:18.00	00:26:23.90	+00:08:59 (34.2%)	5:15	11.4 (65.9%)
30	WOŹNIAK Michał	403		OPEN Mężczyźni	27	00:00:13	00:26:30.00	00:26:43.25	+00:09:11 (34.7%)	5:18	11.3 (65.3%)
31	OSSES Łukasz	412		OPEN Mężczyźni	28	00:00:12	00:26:33.45	00:26:45.85	+00:09:14 (34.8%)	5:18	11.3 (65.3%)
32	BARTOSZEK Marcin	15	ENEA TEAM	OPEN Mężczyźni	29	00:00:20	00:26:36.30	00:26:57.05	+00:09:17 (34.9%)	5:19	11.3 (65.3%)
33	DWORACKA Natalia	38		OPEN Kobiety	4	00:00:08	00:26:39.10	00:26:47.65	+00:09:20 (35.1%)	5:19	11.3 (65.3%)
34	BORSUK Damian	249		OPEN Mężczyźni	30	00:00:14	00:26:46.70	00:27:01.65	+00:09:28 (35.4%)	5:21	11.2 (64.7%)
35	LAMPERSKI Sebastian	311	ML_RUN	OPEN Mężczyźni	31	00:00:06	00:27:06.40	00:27:13.30	+00:09:47 (36.1%)	5:25	11.1 (64.2%)
36	PIETRZAK Jarosław	144		OPEN Mężczyźni	32	00:00:13	00:27:30.30	00:27:43.50	+00:10:11 (37.1%)	5:30	10.9 (63.0%)
37	ŚWIĄTKOWIAK Michał	388		OPEN Mężczyźni	33	00:00:09	00:27:47.85	00:27:57.60	+00:10:29 (37.7%)	5:33	10.8 (62.4%)
38	RYSTER Jędrzej	368		OPEN Mężczyźni	34	00:00:27	00:27:52.70	00:28:20.25	+00:10:34 (37.9%)	5:34	10.8 (62.4%)

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39	MUCHAJER Stanisław	332		OPEN Mężczyźni	35	00:00:18	00:28:18.95	00:28:37.65	+00:11:00 (38.9%)	5:39	10.6 (61.3%)
40	OSIK Joanna	344		OPEN Kobiety	5	00:00:05	00:28:19.05	00:28:24.85	+00:11:00 (38.9%)	5:39	10.6 (61.3%)
41	PRZYSTAŁOWSKI Mateusz	362		OPEN Mężczyźni	36	00:00:00	00:28:23.00	00:28:23.00	+00:11:04 (39.0%)	5:40	10.6 (61.3%)
42	GARGASIEWICZ Kacper	265	RATOWNICZA LIGA BIEGOWA	OPEN Mężczyźni	37	00:00:14	00:28:26.20	00:28:40.75	+00:11:07 (39.1%)	5:41	10.6 (61.3%)
43	DAROSZEWSKI Marcin	260	RATOWNICZA LIGA BIEGOWA	OPEN Mężczyźni	38	00:00:14	00:28:26.55	00:28:40.80	+00:11:08 (39.1%)	5:41	10.6 (61.3%)
44	KACZMAREK Michał	287		OPEN Mężczyźni	39	00:00:21	00:28:27.25	00:28:48.95	+00:11:08 (39.2%)	5:41	10.5 (60.7%)
45	IRZYK Grzegorz	279	POZNAŃ	OPEN Mężczyźni	40	00:00:04	00:28:33.50	00:28:37.80	+00:11:14 (39.4%)	5:42	10.5 (60.7%)
46	ŁOCHYŃSKI Grzegorz	320		OPEN Mężczyźni	41	00:00:25	00:28:39.25	00:29:04.45	+00:11:20 (39.6%)	5:43	10.5 (60.7%)
47	NOWACKI Michał	338		OPEN Mężczyźni	42	00:00:14	00:28:42.20	00:28:56.25	+00:11:23 (39.7%)	5:44	10.5 (60.7%)
48	GRABIŃSKA Angelika	270	WATACHA ŁĄCZY NAS BIEGANIE	OPEN Kobiety	6	00:00:06	00:28:45.10	00:28:51.40	+00:11:26 (39.8%)	5:45	10.4 (60.1%)
49	KOŁODZIEJSKI Adam	80	EUROCASH	OPEN Mężczyźni	43	00:00:09	00:28:49.10	00:28:58.25	+00:11:30 (39.9%)	5:45	10.4 (60.1%)
50	KOWALSKA Joanna	301		OPEN Kobiety	7	00:00:19	00:28:51.00	00:29:10.85	+00:11:32 (40.0%)	5:46	10.4 (60.1%)
51	TYLIŃSKI Piotr	419		OPEN Mężczyźni	44	00:00:10	00:28:52.50	00:29:02.95	+00:11:33 (40.1%)	5:46	10.4 (60.1%)
52	REDŻEB Krystian	365		OPEN Mężczyźni	45	00:00:13	00:28:54.00	00:29:07.85	+00:11:35 (40.1%)	5:46	10.4 (60.1%)
53	KOT Sylwia	299		OPEN Kobiety	8	00:00:06	00:28:57.90	00:29:04.40	+00:11:39 (40.2%)	5:47	10.4 (60.1%)
54	KASPROWICZ Szymon	289		OPEN Mężczyźni	46	00:00:08	00:29:09.80	00:29:18.65	+00:11:51 (40.6%)	5:49	10.3 (59.5%)
55	GRZEŚKOWIAK Joanna	275		OPEN Kobiety	9	00:00:27	00:29:25.80	00:29:53.50	+00:12:07 (41.2%)	5:53	10.2 (59.0%)
56	PRZYBYLSKA Katarzyna	358	TUPTAŃSKO	OPEN Kobiety	10	00:00:22	00:29:29.55	00:29:51.75	+00:12:11 (41.3%)	5:53	10.2 (59.0%)
57	GRYGIER Piotr	272	OWN GOAL	OPEN Mężczyźni	47	00:00:21	00:29:34.25	00:29:55.40	+00:12:15 (41.5%)	5:54	10.1 (58.4%)
58	MAŁECKI Janusz	323	IDEE SOLIDARNOŚCI 1980-89	OPEN Mężczyźni	48	00:00:18	00:29:49.75	00:30:07.85	+00:12:31 (42.0%)	5:57	10.1 (58.4%)
59	PRZYBYŁ Dawid	360		OPEN Mężczyźni	49	00:00:03	00:30:01.05	00:30:04.80	+00:12:42 (42.3%)	6:00	10 (57.8%)
60	MARCINIAK Aleksander	418		OPEN Mężczyźni	50	00:00:11	00:30:03.15	00:30:14.75	+00:12:44 (42.4%)	6:00	10 (57.8%)
61	SZPOT MARCINIAK Ewa	417		OPEN Kobiety	11	00:00:11	00:30:03.35	00:30:14.65	+00:12:44 (42.4%)	6:00	10 (57.8%)

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62	GOLINSKA Barbara	51	EUROCASH	OPEN Kobiety	12	00:00:09	00:30:11.50	00:30:21.10	+00:12:52 (42.7%)	6:02	9.9 (57.2%)
63	SROCZYŃSKA Aldona	380		OPEN Kobiety	13	00:00:03	00:30:12.95	00:30:16.75	+00:12:54 (42.7%)	6:02	9.9 (57.2%)
64	KOWALICKI Łukasz	203		OPEN Mężczyźni	51	00:00:21	00:30:23.30	00:30:44.75	+00:13:04 (43.0%)	6:04	9.9 (57.2%)
65	CZARNECKI Adrian	256		OPEN Mężczyźni	52	00:00:12	00:30:27.15	00:30:39.95	+00:13:08 (43.2%)	6:05	9.9 (57.2%)
66	BECZKOWIAK Agata	244	OTEC-TRANS	OPEN Kobiety	14	00:00:24	00:30:29.15	00:30:53.30	+00:13:10 (43.2%)	6:05	9.8 (56.6%)
67	PATALLAS Artur	349	NIEZNISZCZALNI	OPEN Mężczyźni	53	00:00:18	00:30:29.55	00:30:47.55	+00:13:11 (43.2%)	6:05	9.8 (56.6%)
68	RURARZ Martyna	367		OPEN Kobiety	15	00:00:07	00:30:32.30	00:30:39.75	+00:13:13 (43.3%)	6:06	9.8 (56.6%)
69	KACPEROWSKA Katarzyna	284		OPEN Kobiety	16	00:00:16	00:30:49.95	00:31:06.85	+00:13:31 (43.9%)	6:09	9.7 (56.1%)
70	MAĆKOWIAK Henryk	322	UAM	OPEN Mężczyźni	54	00:00:03	00:30:58.15	00:31:01.50	+00:13:39 (44.1%)	6:11	9.7 (56.1%)
71	SZWARGOT Marta	386		OPEN Kobiety	17	00:00:17	00:31:10.40	00:31:27.65	+00:13:51 (44.5%)	6:14	9.6 (55.5%)
72	CZAPIK Marta	27	AKTYWNOŚĆ ZE SMAKIEM	OPEN Kobiety	18	00:00:20	00:31:12.60	00:31:32.95	+00:13:54 (44.5%)	6:14	9.6 (55.5%)
73	KRYGER Grzegorz	306		OPEN Mężczyźni	55	00:00:15	00:31:22.95	00:31:38.50	+00:14:04 (44.8%)	6:16	9.6 (55.5%)
74	GAWORSKI Filip	48	EUROCASH	OPEN Mężczyźni	56	00:00:10	00:31:31.35	00:31:41.45	+00:14:12 (45.1%)	6:18	9.5 (54.9%)
75	KLECHA Kasia	292	KLUB BIEGACZA UE POZNAŃ	OPEN Kobiety	19	00:00:19	00:31:42.60	00:32:02.15	+00:14:24 (45.4%)	6:20	9.5 (54.9%)
76	PRZYBYŁ Olga	359		OPEN Kobiety	20	00:00:04	00:31:50.05	00:31:54.45	+00:14:31 (45.6%)	6:22	9.4 (54.3%)
77	PLUCIŃSKI Dariusz	355	UAM POZNAŃ	OPEN Mężczyźni	57	00:00:08	00:31:52.40	00:32:00.80	+00:14:33 (45.7%)	6:22	9.4 (54.3%)
78	PLASZCZAK Bogumiła	354		OPEN Kobiety	21	00:00:15	00:31:53.15	00:32:08.85	+00:14:34 (45.7%)	6:22	9.4 (54.3%)
79	KOŁACZYŃSKI Maciej	296	ENEA TEAM	OPEN Mężczyźni	58	00:00:25	00:32:02.70	00:32:27.75	+00:14:44 (46.0%)	6:24	9.4 (54.3%)
79	NOWAK Marta	340		OPEN Kobiety	22	00:00:24	00:32:02.70	00:32:26.85	+00:14:44 (46.0%)	6:24	9.4 (54.3%)
81	ZEMLER Marzena	2		OPEN Kobiety	23	00:00:13	00:32:24.05	00:32:37.25	+00:15:05 (46.6%)	6:28	9.3 (53.8%)
82	SOBKOWIAK Renata	379	PĄCZKI 3	OPEN Kobiety	24	00:00:29	00:32:24.15	00:32:53.20	+00:15:05 (46.6%)	6:28	9.3 (53.8%)
83	KRÓLIK Violetta	305	DRUŻYNA SZPIKU/PANDATEAM	OPEN Kobiety	25	00:00:02	00:32:27.60	00:32:30.00	+00:15:09 (46.7%)	6:29	9.2 (53.2%)
84	KOZAJDA Andrzej	302		OPEN Mężczyźni	59	00:00:08	00:32:28.50	00:32:37.45	+00:15:09 (46.7%)	6:29	9.2 (53.2%)

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85	PALUCH Aleksandra	347		OPEN Kobiety	26	00:00:00	00:32:34.00	00:32:34.00	+00:15:15 (46.9%)	6:30	9.2 (53.2%)
86	WALENTOWSKI Maciej	396		OPEN Mężczyźni	60	00:00:19	00:32:36.95	00:32:56.20	+00:15:18 (46.9%)	6:31	9.2 (53.2%)
87	GRZELAK Marta	274		OPEN Kobiety	27	00:00:18	00:32:41.15	00:32:59.85	+00:15:22 (47.0%)	6:32	9.2 (53.2%)
88	ŻURAWSKA Magdalena	408		OPEN Kobiety	28	00:00:13	00:32:45.95	00:32:59.55	+00:15:27 (47.2%)	6:33	9.2 (53.2%)
89	ŻURAWSKI Jakub	409		OPEN Mężczyźni	61	00:00:13	00:32:46.15	00:32:59.25	+00:15:27 (47.2%)	6:33	9.2 (53.2%)
90	BŁASZAK Monika	247	NIGHT RUNNERS WRZEŚNIA	OPEN Kobiety	29	00:00:05	00:32:52.35	00:32:57.85	+00:15:33 (47.3%)	6:34	9.1 (52.6%)
91	STACHURA Karolina	381	NIGHT RUNNERS WRZEŚNIA	OPEN Kobiety	30	00:00:05	00:32:53.15	00:32:58.40	+00:15:34 (47.4%)	6:34	9.1 (52.6%)
92	SCHRAMM Ewa	369		OPEN Kobiety	31	00:00:20	00:32:57.50	00:33:17.50	+00:15:38 (47.5%)	6:35	9.1 (52.6%)
93	SKRZYPCZAK Mateusz	375		OPEN Mężczyźni	62	00:00:27	00:33:09.80	00:33:37.20	+00:15:51 (47.8%)	6:37	9 (52.0%)
94	SKRZYPCZAK Hanna	374		OPEN Kobiety	32	00:00:27	00:33:10.65	00:33:38.15	+00:15:52 (47.8%)	6:38	9 (52.0%)
95	KOŁODZIEJ Adam	297	HCP	OPEN Mężczyźni	63	00:00:10	00:33:35.60	00:33:46.15	+00:16:17 (48.5%)	6:43	8.9 (51.4%)
96	DOLATA Róża	261		OPEN Kobiety	33	00:00:31	00:33:37.95	00:34:09.25	+00:16:19 (48.5%)	6:43	8.9 (51.4%)
97	BIL Łukasz	245		OPEN Mężczyźni	64	00:00:16	00:34:07.25	00:34:23.75	+00:16:48 (49.3%)	6:49	8.8 (50.9%)
98	KOZAK Krystyna	303	RUN TEAM RYDZYNA	OPEN Kobiety	34	00:00:18	00:34:11.50	00:34:30.45	+00:16:52 (49.4%)	6:50	8.8 (50.9%)
99	PIOTROWICZ-POTURAŁA Monika	352		OPEN Kobiety	35	00:00:18	00:34:11.65	00:34:29.95	+00:16:53 (49.4%)	6:50	8.8 (50.9%)
100	OSTROWSKA Marta	346		OPEN Kobiety	36	00:00:14	00:34:22.10	00:34:36.90	+00:17:03 (49.6%)	6:52	8.7 (50.3%)
101	STRYKOWSKA Anna	384	SPEED SZURACZ	OPEN Kobiety	37	00:00:30	00:34:28.65	00:34:59.25	+00:17:10 (49.8%)	6:53	8.7 (50.3%)
102	BUSZEWSKA Joanna	252		OPEN Kobiety	38	00:00:05	00:34:42.35	00:34:47.50	+00:17:23 (50.1%)	6:56	8.6 (49.7%)
103	SERAFINIAK Kamila	371		OPEN Kobiety	39	00:00:06	00:34:47.85	00:34:54.00	+00:17:29 (50.3%)	6:57	8.6 (49.7%)
104	LISSOŃ Maria	317		OPEN Kobiety	40	00:00:22	00:34:53.90	00:35:16.80	+00:17:35 (50.4%)	6:58	8.6 (49.7%)
105	CZECHOWSKI Rajmund	257	ROZGARTY RUNCROSS	OPEN Mężczyźni	65	00:00:26	00:34:59.95	00:35:26.85	+00:17:41 (50.5%)	6:59	8.6 (49.7%)
106	MEYER Małgorzata	327	PARKRUN JEZIORO SWARZĘDZKIE	OPEN Kobiety	41	00:00:05	00:35:01.00	00:35:06.15	+00:17:42 (50.6%)	7:00	8.6 (49.7%)
107	GLAZA Kacper	268		OPEN Mężczyźni	66	00:00:23	00:35:12.10	00:35:35.65	+00:17:53 (50.8%)	7:02	8.5 (49.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
108	SIKORA Violeta	372		OPEN Kobiety	42	00:00:23	00:35:12.65	00:35:35.65	+00:17:54 (50.8%)	7:02	8.5 (49.1%)
109	PAŁKA Milena	348		OPEN Kobiety	43	00:00:18	00:35:23.50	00:35:41.70	+00:18:04 (51.1%)	7:04	8.5 (49.1%)
110	BIERNACKI Marcin	19		OPEN Mężczyźni	67	00:00:17	00:35:24.45	00:35:41.70	+00:18:05 (51.1%)	7:04	8.5 (49.1%)
111	OŹMINA Michał	414		OPEN Mężczyźni	68	00:00:14	00:35:29.50	00:35:43.75	+00:18:10 (51.2%)	7:05	8.5 (49.1%)
112	PUTZ Łukasz	364		OPEN Mężczyźni	69	00:00:38	00:35:33.20	00:36:12.10	+00:18:14 (51.3%)	7:06	8.4 (48.6%)
113	TRZECIAK Daniel	392		OPEN Mężczyźni	70	00:00:23	00:35:49.05	00:36:12.25	+00:18:30 (51.7%)	7:09	8.4 (48.6%)
114	KLISZ Joanna	293		OPEN Kobiety	44	00:00:07	00:35:49.70	00:35:57.30	+00:18:31 (51.7%)	7:09	8.4 (48.6%)
115	MIZERNA Paulina	329		OPEN Kobiety	45	00:00:16	00:36:02.50	00:36:18.50	+00:18:43 (52.0%)	7:12	8.3 (48.0%)
116	ZYGMUNT Agnieszka	195	DRUŻYNA SZPIKU	OPEN Kobiety	46	00:00:07	00:36:10.85	00:36:18.75	+00:18:52 (52.2%)	7:14	8.3 (48.0%)
117	SEKUŁA Wioletta	370		OPEN Kobiety	47	00:00:28	00:36:22.30	00:36:50.50	+00:19:03 (52.4%)	7:16	8.2 (47.4%)
118	DUBIAŁ Halina	262	BABCIE BIEGAJĄ	OPEN Kobiety	48	00:00:20	00:36:22.40	00:36:42.90	+00:19:03 (52.4%)	7:16	8.2 (47.4%)
119	MOSTOWSKA-NOWAK Elżbieta	331	BABCIE BIEGAJA	OPEN Kobiety	49	00:00:19	00:36:24.15	00:36:44.05	+00:19:05 (52.5%)	7:16	8.2 (47.4%)
120	ROWIŃSKI Tomasz	366	COSTA BLANCA	OPEN Mężczyźni	71	00:00:26	00:36:55.30	00:37:22.10	+00:19:36 (53.1%)	7:23	8.1 (46.8%)
121	KOLBERG Sławek	295		OPEN Mężczyźni	72	00:00:25	00:36:56.15	00:37:22.10	+00:19:37 (53.1%)	7:23	8.1 (46.8%)
122	WRÓBLEWSKA Katarzyna	405	SPORTOWY BYTYŃ	OPEN Kobiety	50	00:00:16	00:36:58.60	00:37:15.20	+00:19:40 (53.2%)	7:23	8.1 (46.8%)
123	CHIZARI Mariola	253		OPEN Kobiety	51	00:00:16	00:36:59.10	00:37:15.30	+00:19:40 (53.2%)	7:23	8.1 (46.8%)
124	WALENTOWSKA Paulina	395		OPEN Kobiety	52	00:00:18	00:37:09.55	00:37:28.35	+00:19:51 (53.4%)	7:25	8.1 (46.8%)
125	KĘDZIORA Bogumiła	291		OPEN Kobiety	53	00:00:22	00:37:16.25	00:37:38.25	+00:19:57 (53.6%)	7:27	8.1 (46.8%)
126	GLAPIAK Kasia	267		OPEN Kobiety	54	00:00:24	00:37:19.70	00:37:44.65	+00:20:01 (53.6%)	7:27	8 (46.2%)
127	BINKOWSKI Sławomir	246	UAM POZNAŃ	OPEN Mężczyźni	73	00:00:08	00:37:26.05	00:37:34.90	+00:20:07 (53.8%)	7:29	8 (46.2%)
128	GACEK Katarzyna	264	COSTA BLANCA	OPEN Kobiety	55	00:00:26	00:37:49.55	00:38:15.80	+00:20:31 (54.2%)	7:33	7.9 (45.7%)
129	KOZIŃSKA Kamila	304	RUN DE GIRARD	OPEN Kobiety	56	00:00:24	00:37:51.50	00:38:15.95	+00:20:32 (54.3%)	7:34	7.9 (45.7%)
130	URBAŃSKA Jagoda	394		OPEN Kobiety	57	00:00:25	00:38:04.20	00:38:29.25	+00:20:45 (54.5%)	7:36	7.9 (45.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
131	MICHALAK Weronika	328		OPEN Kobiety	58	00:00:12	00:38:05.15	00:38:17.25	+00:20:46 (54.6%)	7:37	7.9 (45.7%)
132	NOWAK Sara	341		OPEN Kobiety	59	00:00:20	00:38:06.95	00:38:27.45	+00:20:48 (54.6%)	7:37	7.9 (45.7%)
133	KURCZAK Łukasz	309		OPEN Mężczyźni	74	00:00:17	00:38:16.20	00:38:33.35	+00:20:57 (54.8%)	7:39	7.8 (45.1%)
134	JOKIEL Agnieszka	282		OPEN Kobiety	60	00:00:22	00:38:17.50	00:38:40.20	+00:20:58 (54.8%)	7:39	7.8 (45.1%)
135	WAWROWSKA Weronika	398		OPEN Kobiety	61	00:00:14	00:38:17.70	00:38:32.35	+00:20:59 (54.8%)	7:39	7.8 (45.1%)
136	MORSKA Marlena	330		OPEN Kobiety	62	00:00:22	00:38:19.20	00:38:41.55	+00:21:00 (54.8%)	7:39	7.8 (45.1%)
137	JACEK Sławomir	280		OPEN Mężczyźni	75	00:00:28	00:38:41.35	00:39:10.25	+00:21:22 (55.3%)	7:44	7.8 (45.1%)
138	LINART Krzysztof	315		OPEN Mężczyźni	76	00:00:27	00:38:43.55	00:39:11.45	+00:21:25 (55.3%)	7:44	7.7 (44.5%)
139	NOSAL Ewa	336	POMALAJKA TEAM	OPEN Kobiety	63	00:00:30	00:38:57.50	00:39:27.95	+00:21:38 (55.6%)	7:47	7.7 (44.5%)
140	NOSAL Bartosz	335	POMALAJKA TEAM	OPEN Mężczyźni	77	00:00:30	00:38:58.80	00:39:29.35	+00:21:40 (55.6%)	7:47	7.7 (44.5%)
141	FIGLEWSKA Renata	263		OPEN Kobiety	64	00:00:21	00:39:10.85	00:39:32.55	+00:21:52 (55.8%)	7:50	7.7 (44.5%)
142	STATUCKI Łukasz	383		OPEN Mężczyźni	78	00:00:16	00:39:28.70	00:39:45.55	+00:22:10 (56.2%)	7:53	7.6 (43.9%)
143	STRYKOWSKI Michał	385	SPEED SZURACZ	OPEN Mężczyźni	79	00:00:31	00:39:29.55	00:40:01.10	+00:22:11 (56.2%)	7:53	7.6 (43.9%)
144	COBLEWSKA-GOLUSIK Anna	255		OPEN Kobiety	65	00:00:24	00:39:46.85	00:40:10.85	+00:22:28 (56.5%)	7:57	7.5 (43.4%)
145	COBLEWSKA Jagoda	254		OPEN Kobiety	66	00:00:23	00:39:47.00	00:40:10.90	+00:22:28 (56.5%)	7:57	7.5 (43.4%)
146	HAŁAS Marta	277		OPEN Kobiety	67	00:00:07	00:39:54.25	00:40:01.70	+00:22:35 (56.6%)	7:58	7.5 (43.4%)
147	NAWROT Sylwia	333		OPEN Kobiety	68	00:00:08	00:40:31.15	00:40:39.50	+00:23:12 (57.3%)	8:06	7.4 (42.8%)
148	TARNAWSKI Maciej	389		OPEN Mężczyźni	80	00:00:07	00:40:31.80	00:40:39.50	+00:23:13 (57.3%)	8:06	7.4 (42.8%)
149	OSTROWSKA Hanna	345		OPEN Kobiety	69	00:00:07	00:40:32.60	00:40:40.50	+00:23:14 (57.3%)	8:06	7.4 (42.8%)
150	NOWACKA Dorota	337		OPEN Kobiety	70	00:00:06	00:40:34.35	00:40:40.55	+00:23:15 (57.3%)	8:06	7.4 (42.8%)
151	ADAMCZEWSKI Mikołaj	420		OPEN Mężczyźni	81	00:00:28	00:40:37.85	00:41:06.45	+00:23:19 (57.4%)	8:07	7.4 (42.8%)
152	KRZYMIŃSKA Maria Jolanta	307	BABCIE BIEGAJĄ	OPEN Kobiety	71	00:00:19	00:40:38.35	00:40:57.75	+00:23:19 (57.4%)	8:07	7.4 (42.8%)
153	KOLASIŃSKA Anna	294		OPEN Kobiety	72	00:00:15	00:40:41.60	00:40:57.00	+00:23:23 (57.5%)	8:08	7.4 (42.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
154	KURZAWA Milena	310		OPEN Kobiety	73	00:00:38	00:42:08.25	00:42:46.65	+00:24:49 (58.9%)	8:25	7.1 (41.0%)
155	ZALEWSKI Krzysztof	407		OPEN Mężczyźni	82	00:00:09	00:42:40.35	00:42:49.55	+00:25:21 (59.4%)	8:32	7 (40.5%)
156	MARKIEWICZ - GLAPA Ludmiła	326		OPEN Kobiety	74	00:00:08	00:42:41.10	00:42:49.95	+00:25:22 (59.4%)	8:32	7 (40.5%)
157	WITTE Agnieszka	399		OPEN Kobiety	75	00:00:05	00:43:10.25	00:43:15.70	+00:25:51 (59.9%)	8:38	6.9 (39.9%)
158	BAZANEK Kamila	243		OPEN Kobiety	76	00:00:07	00:43:11.10	00:43:18.25	+00:25:52 (59.9%)	8:38	6.9 (39.9%)
159	PEWIŃSKI Jacek	350		OPEN Mężczyźni	83	00:00:28	00:46:16.85	00:46:44.85	+00:28:58 (62.6%)	9:15	6.5 (37.6%)
160	CZESZAK Edmund	258		OPEN Mężczyźni	84	00:00:17	00:47:39.55	00:47:57.25	+00:30:21 (63.7%)	9:31	6.3 (36.4%)

Znaleziono 160 wynik(ów)