



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

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85	<b>PALUCH Aleksandra</b>	<b>347</b>		OPEN Kobiety	26	00:00:00	<b>00:32:34.00</b>	<b>00:32:34.00</b>	+00:15:15 (46.9%)	6:30	9.2 (53.2%)
86	<b>WALENTOWSKI Maciej</b>	<b>396</b>		OPEN Mężczyźni	60	00:00:19	<b>00:32:36.95</b>	<b>00:32:56.20</b>	+00:15:18 (46.9%)	6:31	9.2 (53.2%)
87	<b>GRZELAK Marta</b>	<b>274</b>		OPEN Kobiety	27	00:00:18	<b>00:32:41.15</b>	<b>00:32:59.85</b>	+00:15:22 (47.0%)	6:32	9.2 (53.2%)
88	<b>ŻURAWSKA Magdalena</b>	<b>408</b>		OPEN Kobiety	28	00:00:13	<b>00:32:45.95</b>	<b>00:32:59.55</b>	+00:15:27 (47.2%)	6:33	9.2 (53.2%)
89	<b>ŻURAWSKI Jakub</b>	<b>409</b>		OPEN Mężczyźni	61	00:00:13	<b>00:32:46.15</b>	<b>00:32:59.25</b>	+00:15:27 (47.2%)	6:33	9.2 (53.2%)
90	<b>BŁASZAK Monika</b>	<b>247</b>	NIGHT RUNNERS WRZEŚNIA	OPEN Kobiety	29	00:00:05	<b>00:32:52.35</b>	<b>00:32:57.85</b>	+00:15:33 (47.3%)	6:34	9.1 (52.6%)
91	<b>STACHURA Karolina</b>	<b>381</b>	NIGHT RUNNERS WRZEŚNIA	OPEN Kobiety	30	00:00:05	<b>00:32:53.15</b>	<b>00:32:58.40</b>	+00:15:34 (47.4%)	6:34	9.1 (52.6%)
92	<b>SCHRAMM Ewa</b>	<b>369</b>		OPEN Kobiety	31	00:00:20	<b>00:32:57.50</b>	<b>00:33:17.50</b>	+00:15:38 (47.5%)	6:35	9.1 (52.6%)
93	<b>SKRZYPCZAK Mateusz</b>	<b>375</b>		OPEN Mężczyźni	62	00:00:27	<b>00:33:09.80</b>	<b>00:33:37.20</b>	+00:15:51 (47.8%)	6:37	9 (52.0%)
94	<b>SKRZYPCZAK Hanna</b>	<b>374</b>		OPEN Kobiety	32	00:00:27	<b>00:33:10.65</b>	<b>00:33:38.15</b>	+00:15:52 (47.8%)	6:38	9 (52.0%)
95	<b>KOŁODZIEJ Adam</b>	<b>297</b>	HCP	OPEN Mężczyźni	63	00:00:10	<b>00:33:35.60</b>	<b>00:33:46.15</b>	+00:16:17 (48.5%)	6:43	8.9 (51.4%)
96	<b>DOLATA Róża</b>	<b>261</b>		OPEN Kobiety	33	00:00:31	<b>00:33:37.95</b>	<b>00:34:09.25</b>	+00:16:19 (48.5%)	6:43	8.9 (51.4%)
97	<b>BIL Łukasz</b>	<b>245</b>		OPEN Mężczyźni	64	00:00:16	<b>00:34:07.25</b>	<b>00:34:23.75</b>	+00:16:48 (49.3%)	6:49	8.8 (50.9%)
98	<b>KOZAK Krystyna</b>	<b>303</b>	RUN TEAM RYDZYNA	OPEN Kobiety	34	00:00:18	<b>00:34:11.50</b>	<b>00:34:30.45</b>	+00:16:52 (49.4%)	6:50	8.8 (50.9%)
99	<b>PIOTROWICZ-POTURAŁA Monika</b>	<b>352</b>		OPEN Kobiety	35	00:00:18	<b>00:34:11.65</b>	<b>00:34:29.95</b>	+00:16:53 (49.4%)	6:50	8.8 (50.9%)
100	<b>OSTROWSKA Marta</b>	<b>346</b>		OPEN Kobiety	36	00:00:14	<b>00:34:22.10</b>	<b>00:34:36.90</b>	+00:17:03 (49.6%)	6:52	8.7 (50.3%)
101	<b>STRYKOWSKA Anna</b>	<b>384</b>	SPEED SZURACZ	OPEN Kobiety	37	00:00:30	<b>00:34:28.65</b>	<b>00:34:59.25</b>	+00:17:10 (49.8%)	6:53	8.7 (50.3%)
102	<b>BUSZEWSKA Joanna</b>	<b>252</b>		OPEN Kobiety	38	00:00:05	<b>00:34:42.35</b>	<b>00:34:47.50</b>	+00:17:23 (50.1%)	6:56	8.6 (49.7%)
103	<b>SERAFINIAK Kamila</b>	<b>371</b>		OPEN Kobiety	39	00:00:06	<b>00:34:47.85</b>	<b>00:34:54.00</b>	+00:17:29 (50.3%)	6:57	8.6 (49.7%)
104	<b>LISSOŃ Maria</b>	<b>317</b>		OPEN Kobiety	40	00:00:22	<b>00:34:53.90</b>	<b>00:35:16.80</b>	+00:17:35 (50.4%)	6:58	8.6 (49.7%)
105	<b>CZECHOWSKI Rajmund</b>	<b>257</b>	ROZGARTY RUNCROSS	OPEN Mężczyźni	65	00:00:26	<b>00:34:59.95</b>	<b>00:35:26.85</b>	+00:17:41 (50.5%)	6:59	8.6 (49.7%)
106	<b>MEYER Małgorzata</b>	<b>327</b>	PARKRUN JEZIORO SWARZĘDZKIE	OPEN Kobiety	41	00:00:05	<b>00:35:01.00</b>	<b>00:35:06.15</b>	+00:17:42 (50.6%)	7:00	8.6 (49.7%)
107	<b>GLAZA Kacper</b>	<b>268</b>		OPEN Mężczyźni	66	00:00:23	<b>00:35:12.10</b>	<b>00:35:35.65</b>	+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	<b>SIKORA Violeta</b>	<b>372</b>		OPEN Kobiety	42	00:00:23	<b>00:35:12.65</b>	<b>00:35:35.65</b>	+00:17:54 (50.8%)	7:02	8.5 (49.1%)
109	<b>PAŁKA Milena</b>	<b>348</b>		OPEN Kobiety	43	00:00:18	<b>00:35:23.50</b>	<b>00:35:41.70</b>	+00:18:04 (51.1%)	7:04	8.5 (49.1%)
110	<b>BIERNACKI Marcin</b>	<b>19</b>		OPEN Mężczyźni	67	00:00:17	<b>00:35:24.45</b>	<b>00:35:41.70</b>	+00:18:05 (51.1%)	7:04	8.5 (49.1%)
111	<b>OŹMINA Michał</b>	<b>414</b>		OPEN Mężczyźni	68	00:00:14	<b>00:35:29.50</b>	<b>00:35:43.75</b>	+00:18:10 (51.2%)	7:05	8.5 (49.1%)
112	<b>PUTZ Łukasz</b>	<b>364</b>		OPEN Mężczyźni	69	00:00:38	<b>00:35:33.20</b>	<b>00:36:12.10</b>	+00:18:14 (51.3%)	7:06	8.4 (48.6%)
113	<b>TRZECIAK Daniel</b>	<b>392</b>		OPEN Mężczyźni	70	00:00:23	<b>00:35:49.05</b>	<b>00:36:12.25</b>	+00:18:30 (51.7%)	7:09	8.4 (48.6%)
114	<b>KLISZ Joanna</b>	<b>293</b>		OPEN Kobiety	44	00:00:07	<b>00:35:49.70</b>	<b>00:35:57.30</b>	+00:18:31 (51.7%)	7:09	8.4 (48.6%)
115	<b>MIZERNA Paulina</b>	<b>329</b>		OPEN Kobiety	45	00:00:16	<b>00:36:02.50</b>	<b>00:36:18.50</b>	+00:18:43 (52.0%)	7:12	8.3 (48.0%)
116	<b>ZYGMUNT Agnieszka</b>	<b>195</b>	DRUŻYNA SZPIKU	OPEN Kobiety	46	00:00:07	<b>00:36:10.85</b>	<b>00:36:18.75</b>	+00:18:52 (52.2%)	7:14	8.3 (48.0%)
117	<b>SEKUŁA Wioletta</b>	<b>370</b>		OPEN Kobiety	47	00:00:28	<b>00:36:22.30</b>	<b>00:36:50.50</b>	+00:19:03 (52.4%)	7:16	8.2 (47.4%)
118	<b>DUBIAŁ Halina</b>	<b>262</b>	BABCIE BIEGAJĄ	OPEN Kobiety	48	00:00:20	<b>00:36:22.40</b>	<b>00:36:42.90</b>	+00:19:03 (52.4%)	7:16	8.2 (47.4%)
119	<b>MOSTOWSKA-NOWAK Elżbieta</b>	<b>331</b>	BABCIE BIEGAJA	OPEN Kobiety	49	00:00:19	<b>00:36:24.15</b>	<b>00:36:44.05</b>	+00:19:05 (52.5%)	7:16	8.2 (47.4%)
120	<b>ROWIŃSKI Tomasz</b>	<b>366</b>	COSTA BLANCA	OPEN Mężczyźni	71	00:00:26	<b>00:36:55.30</b>	<b>00:37:22.10</b>	+00:19:36 (53.1%)	7:23	8.1 (46.8%)
121	<b>KOLBERG Sławek</b>	<b>295</b>		OPEN Mężczyźni	72	00:00:25	<b>00:36:56.15</b>	<b>00:37:22.10</b>	+00:19:37 (53.1%)	7:23	8.1 (46.8%)
122	<b>WRÓBLEWSKA Katarzyna</b>	<b>405</b>	SPORTOWY BYTYŃ	OPEN Kobiety	50	00:00:16	<b>00:36:58.60</b>	<b>00:37:15.20</b>	+00:19:40 (53.2%)	7:23	8.1 (46.8%)
123	<b>CHIZARI Mariola</b>	<b>253</b>		OPEN Kobiety	51	00:00:16	<b>00:36:59.10</b>	<b>00:37:15.30</b>	+00:19:40 (53.2%)	7:23	8.1 (46.8%)
124	<b>WALENTOWSKA Paulina</b>	<b>395</b>		OPEN Kobiety	52	00:00:18	<b>00:37:09.55</b>	<b>00:37:28.35</b>	+00:19:51 (53.4%)	7:25	8.1 (46.8%)
125	<b>KĘDZIORA Bogumiła</b>	<b>291</b>		OPEN Kobiety	53	00:00:22	<b>00:37:16.25</b>	<b>00:37:38.25</b>	+00:19:57 (53.6%)	7:27	8.1 (46.8%)
126	<b>GLAPIAK Kasia</b>	<b>267</b>		OPEN Kobiety	54	00:00:24	<b>00:37:19.70</b>	<b>00:37:44.65</b>	+00:20:01 (53.6%)	7:27	8 (46.2%)
127	<b>BINKOWSKI Sławomir</b>	<b>246</b>	UAM POZNAŃ	OPEN Mężczyźni	73	00:00:08	<b>00:37:26.05</b>	<b>00:37:34.90</b>	+00:20:07 (53.8%)	7:29	8 (46.2%)
128	<b>GACEK Katarzyna</b>	<b>264</b>	COSTA BLANCA	OPEN Kobiety	55	00:00:26	<b>00:37:49.55</b>	<b>00:38:15.80</b>	+00:20:31 (54.2%)	7:33	7.9 (45.7%)
129	<b>KOZIŃSKA Kamila</b>	<b>304</b>	RUN DE GIRARD	OPEN Kobiety	56	00:00:24	<b>00:37:51.50</b>	<b>00:38:15.95</b>	+00:20:32 (54.3%)	7:34	7.9 (45.7%)
130	<b>URBAŃSKA Jagoda</b>	<b>394</b>		OPEN Kobiety	57	00:00:25	<b>00:38:04.20</b>	<b>00:38:29.25</b>	+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	<b>KURZAWA Milena</b>	<b>310</b>		OPEN Kobiety	73	00:00:38	<b>00:42:08.25</b>	<b>00:42:46.65</b>	+00:24:49 (58.9%)	8:25	7.1 (41.0%)
155	<b>ZALEWSKI Krzysztof</b>	<b>407</b>		OPEN Mężczyźni	82	00:00:09	<b>00:42:40.35</b>	<b>00:42:49.55</b>	+00:25:21 (59.4%)	8:32	7 (40.5%)
156	<b>MARKIEWICZ - GLAPA Ludmiła</b>	<b>326</b>		OPEN Kobiety	74	00:00:08	<b>00:42:41.10</b>	<b>00:42:49.95</b>	+00:25:22 (59.4%)	8:32	7 (40.5%)
157	<b>WITTE Agnieszka</b>	<b>399</b>		OPEN Kobiety	75	00:00:05	<b>00:43:10.25</b>	<b>00:43:15.70</b>	+00:25:51 (59.9%)	8:38	6.9 (39.9%)
158	<b>BAZANEK Kamila</b>	<b>243</b>		OPEN Kobiety	76	00:00:07	<b>00:43:11.10</b>	<b>00:43:18.25</b>	+00:25:52 (59.9%)	8:38	6.9 (39.9%)
159	<b>PEWIŃSKI Jacek</b>	<b>350</b>		OPEN Mężczyźni	83	00:00:28	<b>00:46:16.85</b>	<b>00:46:44.85</b>	+00:28:58 (62.6%)	9:15	6.5 (37.6%)
160	<b>CZESZAK Edmund</b>	<b>258</b>		OPEN Mężczyźni	84	00:00:17	<b>00:47:39.55</b>	<b>00:47:57.25</b>	+00:30:21 (63.7%)	9:31	6.3 (36.4%)

Znaleziono 160 wynik(ów)