



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%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------|---|----------------|------|-------------|----------------|-----------------|-------------------|--------------|--------------|
| 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%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|--------------------------|----------------|------|-------------|--------------------|--------------------|-------------------|--------------|-------------|
| 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 | OŻMINA 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)