



# LOTTO POZNAŃSKI CZERWIEC '56 – BIEG PAMIĘCI 8 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:** 8 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 4km	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
1	--	1081		OPEN Mężczyźni	1	00:00:01	00:13:35	00:27:04.60	00:27:06.15		3:23	17.7 (100%)
2	KLIKS Przemysław	886		OPEN Mężczyźni	2	00:00:01	00:14:02	00:28:09.10	00:28:10.60	+00:01:04 (3.8%)	3:31	17.1 (96.6%)
3	MESSINA Claudio	964	PLUSPORT POZNAŃ	OPEN Mężczyźni	3	00:00:01	00:13:50	00:28:26.10	00:28:27.40	+00:01:21 (4.8%)	3:33	16.9 (95.5%)
4	PLUCIŃSKI Radosław	540	PARKRUN JEZIORO SWARZĘDZKIE	OPEN Mężczyźni	4	00:00:01	00:14:14	00:28:42.60	00:28:43.80	+00:01:38 (5.7%)	3:35	16.7 (94.4%)
5	KACZMAREK Fryderyk	978	STEFANOWICZ RUNNING ACADEMY	OPEN Mężczyźni	5	00:00:01	00:14:13	00:29:16.15	00:29:17.25	+00:02:11 (7.5%)	3:39	16.4 (92.7%)
6	PERZ Krzysztof	1028		OPEN Mężczyźni	6	00:00:00	00:14:03	00:29:30.55	00:29:31.50	+00:02:25 (8.2%)	3:41	16.3 (92.1%)
7	LORENZ Daniel	735	KIBOLSKI KS	OPEN Mężczyźni	7	00:00:01	00:15:01	00:30:23.20	00:30:24.70	+00:03:18 (10.9%)	3:47	15.8 (89.3%)
8	URBAŃCZYK Grzegorz	923	FOR RUN TEAM	OPEN Mężczyźni	8	00:00:02	00:15:22	00:30:50.40	00:30:53.10	+00:03:45 (12.2%)	3:51	15.6 (88.1%)
9	PUDLISZEWSKI Ignacy	1035	SZYMANOWSKI TEAM	OPEN Mężczyźni	9	00:00:02	00:14:52	00:31:21.15	00:31:23.40	+00:04:16 (13.6%)	3:55	15.3 (86.4%)
10	GOLAK Marcin	1046		OPEN Mężczyźni	10	00:00:03	00:15:20	00:31:24.55	00:31:28.30	+00:04:19 (13.8%)	3:55	15.3 (86.4%)
11	JEZERSKI Grzegorz	833	NSZZ SOLIDARNOŚĆ REGION WIELKOPOLSKA	OPEN Mężczyźni	11	00:00:01	00:15:36	00:32:02.30	00:32:04.20	+00:04:57 (15.5%)	4:00	15 (84.7%)
12	JAKÓBCZYK Martyna	936	ADIDAS RUNNERS POZNAŃ	OPEN Kobiety	1	00:00:03	00:16:08	00:32:27.10	00:32:30.30	+00:05:22 (16.6%)	4:03	14.8 (83.6%)
13	BOBECKI Patryk	712	31. BAZA LOTNICTWA TAKTYCZNEGO/ WITKOWO BIEGA	OPEN Mężczyźni	12	00:00:02	00:15:58	00:32:31.90	00:32:34.00	+00:05:27 (16.8%)	4:03	14.8 (83.6%)
14	KALTSAS Maciej	793	YUGO TEAM	OPEN Mężczyźni	13	00:00:07	00:16:12	00:32:46.25	00:32:54.05	+00:05:41 (17.4%)	4:05	14.6 (82.5%)
15	CZARNOGÓRSKI Hubert	729		OPEN Mężczyźni	14	00:00:04	00:16:25	00:33:00.05	00:33:04.45	+00:05:55 (18.0%)	4:07	14.5 (81.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 4km	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
16	<b>ADAMCZAK Adrian</b>	<b>795</b>	KĘSY TEAM	OPEN Mężczyźni	15	00:00:03	00:16:06	<b>00:33:13.30</b>	<b>00:33:16.95</b>	+00:06:08 (18.5%)	4:09	14.5 (81.9%)
17	<b>FLIEGNER Tomasz</b>	<b>521</b>		OPEN Mężczyźni	16	00:00:09	00:15:47	<b>00:33:14.10</b>	<b>00:33:24.05</b>	+00:06:09 (18.5%)	4:09	14.4 (81.4%)
18	<b>LUTOMSKA Dorota</b>	<b>530</b>	OFIX.PL BIKE TEAM	OPEN Kobiety	2	00:00:02	00:16:42	<b>00:33:33.60</b>	<b>00:33:36.00</b>	+00:06:29 (19.3%)	4:11	14.3 (80.8%)
19	<b>WASECKI Artur</b>	<b>578</b>		OPEN Mężczyźni	17	00:00:05	00:16:49	<b>00:33:46.05</b>	<b>00:33:51.40</b>	+00:06:41 (19.8%)	4:13	14.2 (80.2%)
20	<b>HURYSZ Radosław</b>	<b>908</b>		OPEN Mężczyźni	18	00:00:05	00:16:50	<b>00:33:47.45</b>	<b>00:33:52.45</b>	+00:06:42 (19.9%)	4:13	14.2 (80.2%)
21	<b>WIŚNIEWSKI Tymon</b>	<b>739</b>		OPEN Mężczyźni	19	00:00:07	00:16:45	<b>00:34:23.95</b>	<b>00:34:31.90</b>	+00:07:19 (21.3%)	4:17	14 (79.1%)
22	<b>CHARKOT Piotr</b>	<b>876</b>		OPEN Mężczyźni	20	00:00:12	00:16:32	<b>00:34:34.15</b>	<b>00:34:46.95</b>	+00:07:29 (21.7%)	4:19	13.9 (78.5%)
23	<b>JANIAK Kamil</b>	<b>614</b>	TURBO COLA TEAM	OPEN Mężczyźni	21	00:00:12	00:17:00	<b>00:34:47.85</b>	<b>00:35:00.45</b>	+00:07:43 (22.2%)	4:20	13.8 (78.0%)
24	<b>WOJTAK Jakub</b>	<b>899</b>		OPEN Mężczyźni	22	00:00:08	00:17:05	<b>00:34:52.10</b>	<b>00:35:00.70</b>	+00:07:47 (22.3%)	4:21	13.8 (78.0%)
25	<b>FABIAŃSKI Andrzej</b>	<b>912</b>		OPEN Mężczyźni	23	00:00:03	00:16:57	<b>00:35:03.15</b>	<b>00:35:06.55</b>	+00:07:58 (22.8%)	4:22	13.7 (77.4%)
26	<b>KENTZER-NOWAKOWSKI Marcin</b>	<b>855</b>	HCP	OPEN Mężczyźni	24	00:00:05	00:16:51	<b>00:35:05.05</b>	<b>00:35:10.60</b>	+00:08:00 (22.8%)	4:23	13.7 (77.4%)
27	<b>SZAFRANEK Krzysztof</b>	<b>1096</b>	MAVERICKS	OPEN Mężczyźni	25	00:00:16	00:17:25	<b>00:35:13.40</b>	<b>00:35:29.80</b>	+00:08:08 (23.1%)	4:24	13.6 (76.8%)
28	<b>MACHUCKI Kamil</b>	<b>1001</b>		OPEN Mężczyźni	26	00:00:06	00:17:51	<b>00:35:33.50</b>	<b>00:35:40.10</b>	+00:08:28 (23.9%)	4:26	13.5 (76.3%)
29	<b>MELLER Lukasz</b>	<b>942</b>		OPEN Mężczyźni	27	00:00:05	00:17:29	<b>00:35:41.10</b>	<b>00:35:46.25</b>	+00:08:36 (24.1%)	4:27	13.5 (76.3%)
30	<b>OSMÓLSKI Robert</b>	<b>569</b>		OPEN Mężczyźni	28	00:00:03	00:17:50	<b>00:35:46.05</b>	<b>00:35:49.15</b>	+00:08:41 (24.3%)	4:28	13.4 (75.7%)
31	<b>SZYMAŃSKI Maciek</b>	<b>771</b>	PĘDZĄCY GACUŚ	OPEN Mężczyźni	29	00:00:08	00:17:12	<b>00:36:00.30</b>	<b>00:36:09.20</b>	+00:08:55 (24.8%)	4:30	13.3 (75.1%)
32	<b>PYTLAK Bartosz</b>	<b>977</b>		OPEN Mężczyźni	30	00:01:16	00:17:55	<b>00:36:02.65</b>	<b>00:37:18.65</b>	+00:08:58 (24.9%)	4:30	13.3 (75.1%)
33	<b>PERA Wiesław</b>	<b>804</b>	SANPOL SPORT TEAM	OPEN Mężczyźni	31	00:00:17	00:18:12	<b>00:36:10.15</b>	<b>00:36:27.85</b>	+00:09:05 (25.1%)	4:31	13.3 (75.1%)
34	<b>SZAFRAN Michał</b>	<b>587</b>	RANKOR ATHLETICS	OPEN Mężczyźni	32	00:00:13	00:17:43	<b>00:36:12.50</b>	<b>00:36:25.95</b>	+00:09:07 (25.2%)	4:31	13.3 (75.1%)
35	<b>NIEWIEM Patryk</b>	<b>1009</b>		OPEN Mężczyźni	33	00:00:25	00:17:57	<b>00:36:13.75</b>	<b>00:36:38.85</b>	+00:09:09 (25.3%)	4:31	13.3 (75.1%)
36	<b>BARAŃSKI Piotr</b>	<b>802</b>	NIGHT RUNNERS/231GO	OPEN Mężczyźni	34	00:00:06	00:17:20	<b>00:36:16.00</b>	<b>00:36:22.05</b>	+00:09:11 (25.3%)	4:32	13.2 (74.6%)
37	<b>URBAN Maciej</b>	<b>513</b>		OPEN Mężczyźni	35	00:00:11	00:17:59	<b>00:36:23.80</b>	<b>00:36:34.90</b>	+00:09:19 (25.6%)	4:32	13.2 (74.6%)
38	<b>WOŹNIAK Bartosz</b>	<b>604</b>		OPEN Mężczyźni	36	00:00:24	00:18:28	<b>00:36:32.05</b>	<b>00:36:56.20</b>	+00:09:27 (25.9%)	4:34	13.1 (74.0%)

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39	<b>ŻARNOWSKI Dawid</b>	<b>859</b>	H. CEGIELSKI - POZNAŃ SPÓŁKA AKCYJNA	OPEN Mężczyźni	37	00:00:06	00:17:38	<b>00:36:33.50</b>	<b>00:36:39.60</b>	+00:09:28 (25.9%)	4:34	13.1 (74.0%)
40	<b>RYBARCZYK Roman</b>	<b>791</b>	#BIEGIEMWLAS	OPEN Mężczyźni	38	00:00:03	00:17:56	<b>00:36:39.70</b>	<b>00:36:43.50</b>	+00:09:35 (26.1%)	4:34	13.1 (74.0%)
41	<b>FABISIAK Szymon</b>	<b>985</b>	FABIS TEAM	OPEN Mężczyźni	39	00:00:03	00:18:04	<b>00:36:45.10</b>	<b>00:36:48.15</b>	+00:09:40 (26.3%)	4:35	13.1 (74.0%)
42	<b>BIELEWICZ Radosław</b>	<b>577</b>		OPEN Mężczyźni	40	00:00:05	00:17:51	<b>00:36:46.50</b>	<b>00:36:51.50</b>	+00:09:41 (26.4%)	4:35	13.1 (74.0%)
43	<b>WALKOWIAK Krystian</b>	<b>584</b>		OPEN Mężczyźni	41	00:00:44	00:18:47	<b>00:37:02.75</b>	<b>00:37:47.30</b>	+00:09:58 (26.9%)	4:37	13 (73.4%)
44	<b>FÓRMANEK Piotr</b>	<b>639</b>		OPEN Mężczyźni	42	00:00:35	00:18:04	<b>00:37:05.50</b>	<b>00:37:41.15</b>	+00:10:00 (27.0%)	4:38	12.9 (72.9%)
45	<b>ALEKSANDROWICZ Krzysztof</b>	<b>837</b>	NSZZ SOLIDARNOŚĆ WIELKOPOLSKA	OPEN Mężczyźni	43	00:00:52	00:18:47	<b>00:37:06.40</b>	<b>00:37:58.80</b>	+00:10:01 (27.0%)	4:38	12.9 (72.9%)
46	<b>KLÓJ Łukasz</b>	<b>980</b>	NIEZRZESZONY - POZNAŃ	OPEN Mężczyźni	44	00:00:03	00:18:53	<b>00:37:07.00</b>	<b>00:37:10.05</b>	+00:10:02 (27.0%)	4:38	12.9 (72.9%)
47	<b>PAWLAK Kamila</b>	<b>952</b>	BIEGAM BO LUBIĘ	OPEN Mężczyźni	45	00:00:05	00:18:19	<b>00:37:12.05</b>	<b>00:37:17.80</b>	+00:10:07 (27.2%)	4:39	12.9 (72.9%)
48	<b>KAŻMIERCZAK Rafał</b>	<b>945</b>	JESTEM OD ROMKA	OPEN Mężczyźni	46	00:00:05	00:17:52	<b>00:37:16.30</b>	<b>00:37:22.20</b>	+00:10:11 (27.4%)	4:39	12.9 (72.9%)
49	<b>FRANKOWSKI Andrzej</b>	<b>645</b>		OPEN Mężczyźni	47	00:00:11	00:18:15	<b>00:37:19.45</b>	<b>00:37:31.35</b>	+00:10:14 (27.5%)	4:39	12.9 (72.9%)
50	<b>RATAJ Robert</b>	<b>1052</b>	POLONIA ŚRODA	OPEN Mężczyźni	48	00:00:21	00:18:34	<b>00:37:21.30</b>	<b>00:37:43.00</b>	+00:10:16 (27.5%)	4:40	12.9 (72.9%)
51	<b>PAWLIK Piotr</b>	<b>816</b>	ENEA TEAM	OPEN Mężczyźni	49	00:00:31	00:18:46	<b>00:37:23.75</b>	<b>00:37:54.75</b>	+00:10:19 (27.6%)	4:40	12.8 (72.3%)
52	<b>WEBER Paweł</b>	<b>885</b>	REHAU CROSSACTIVE	OPEN Mężczyźni	50	00:01:08	00:18:52	<b>00:37:24.65</b>	<b>00:38:32.95</b>	+00:10:20 (27.6%)	4:40	12.8 (72.3%)
53	<b>FRANKOWSKI Łukasz</b>	<b>644</b>		OPEN Mężczyźni	51	00:00:05	00:18:21	<b>00:37:26.65</b>	<b>00:37:31.65</b>	+00:10:22 (27.7%)	4:40	12.8 (72.3%)
54	<b>KRYGIER Paweł</b>	<b>1004</b>		OPEN Mężczyźni	52	00:00:06	00:18:24	<b>00:37:33.45</b>	<b>00:37:39.75</b>	+00:10:28 (27.9%)	4:41	12.8 (72.3%)
55	<b>MARCINEK Tomasz</b>	<b>881</b>	FPS	OPEN Mężczyźni	53	00:00:05	00:18:32	<b>00:37:36.25</b>	<b>00:37:41.25</b>	+00:10:31 (28.0%)	4:42	12.8 (72.3%)
56	<b>PLUTA Marcin</b>	<b>651</b>	KS HADES POZNAŃ	OPEN Mężczyźni	54	00:00:39	00:17:51	<b>00:37:37.30</b>	<b>00:38:17.25</b>	+00:10:32 (28.0%)	4:42	12.8 (72.3%)
57	<b>FELINIAK Daniel</b>	<b>555</b>		OPEN Mężczyźni	55	00:00:10	00:18:27	<b>00:37:47.60</b>	<b>00:37:57.80</b>	+00:10:43 (28.4%)	4:43	12.7 (71.8%)
58	<b>PIPCZYŃSKI Sławomir</b>	<b>568</b>		OPEN Mężczyźni	56	00:00:05	00:19:03	<b>00:37:48.15</b>	<b>00:37:53.15</b>	+00:10:43 (28.4%)	4:43	12.7 (71.8%)
59	<b>KAMYSZEK Grześ</b>	<b>927</b>		OPEN Mężczyźni	57	00:01:05	00:19:13	<b>00:37:49.70</b>	<b>00:38:54.85</b>	+00:10:45 (28.4%)	4:43	12.7 (71.8%)
60	<b>GOŹDZIEWSKA Karolina</b>	<b>1016</b>		OPEN Kobiety	3	00:00:05	00:18:30	<b>00:37:56.10</b>	<b>00:38:01.40</b>	+00:10:51 (28.6%)	4:44	12.7 (71.8%)
61	<b>JUNIK Oskar</b>	<b>1038</b>		OPEN Mężczyźni	58	00:00:21	00:18:58	<b>00:38:04.10</b>	<b>00:38:25.80</b>	+00:10:59 (28.9%)	4:45	12.6 (71.2%)

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62	<b>IDZIAK Przemysław</b>	<b>734</b>		OPEN Mężczyźni	59	00:00:04	00:18:34	<b>00:38:05.75</b>	<b>00:38:10.20</b>	+00:11:01 (28.9%)	4:45	12.6 (71.2%)
63	<b>WIECZOREK Mirosław</b>	<b>797</b>	PARKRUN POLSKA	OPEN Mężczyźni	60	00:00:01	00:18:21	<b>00:38:14.25</b>	<b>00:38:15.55</b>	+00:11:09 (29.2%)	4:46	12.6 (71.2%)
64	<b>DUDZIŃSKI Michał</b>	<b>757</b>		OPEN Mężczyźni	61	00:01:04	00:18:42	<b>00:38:17.80</b>	<b>00:39:22.65</b>	+00:11:13 (29.3%)	4:47	12.5 (70.6%)
65	<b>NALEPA Krzysztof</b>	<b>806</b>	SANPOL SPORT TEAM	OPEN Mężczyźni	62	00:00:18	00:19:02	<b>00:38:22.50</b>	<b>00:38:41.20</b>	+00:11:17 (29.4%)	4:47	12.5 (70.6%)
66	<b>BLIJ Bartosz</b>	<b>840</b>		OPEN Mężczyźni	63	00:00:14	00:19:05	<b>00:38:31.30</b>	<b>00:38:46.10</b>	+00:11:26 (29.7%)	4:48	12.5 (70.6%)
67	<b>MALICKI Przemysław</b>	<b>944</b>		OPEN Mężczyźni	64	00:00:05	00:18:39	<b>00:38:36.70</b>	<b>00:38:41.70</b>	+00:11:32 (29.9%)	4:49	12.4 (70.1%)
68	<b>SILSKI Artur</b>	<b>531</b>		OPEN Mężczyźni	65	00:00:57	00:19:08	<b>00:38:38.00</b>	<b>00:39:35.20</b>	+00:11:33 (29.9%)	4:49	12.4 (70.1%)
69	<b>LIS Wojciech</b>	<b>509</b>	FOX RUNNERS	OPEN Mężczyźni	66	00:00:13	00:19:04	<b>00:38:38.55</b>	<b>00:38:52.30</b>	+00:11:33 (29.9%)	4:49	12.4 (70.1%)
70	<b>STANIEWSKI Michał</b>	<b>883</b>		OPEN Mężczyźni	67	00:00:27	00:19:13	<b>00:38:49.10</b>	<b>00:39:16.70</b>	+00:11:44 (30.2%)	4:51	12.4 (70.1%)
71	<b>WIŚNIEWSKI Łukasz</b>	<b>888</b>		OPEN Mężczyźni	68	00:00:29	00:18:47	<b>00:38:50.05</b>	<b>00:39:19.60</b>	+00:11:45 (30.3%)	4:51	12.4 (70.1%)
72	<b>BOREK Tymoteusz</b>	<b>909</b>	LOTTO	OPEN Mężczyźni	69	00:00:05	00:19:49	<b>00:38:50.20</b>	<b>00:38:55.20</b>	+00:11:45 (30.3%)	4:51	12.4 (70.1%)
73	<b>CHMIELEWSKI Waldemar</b>	<b>674</b>		OPEN Mężczyźni	70	00:00:32	00:18:46	<b>00:38:57.90</b>	<b>00:39:30.10</b>	+00:11:53 (30.5%)	4:52	12.3 (69.5%)
74	<b>MATYSIAK Maciej</b>	<b>633</b>		OPEN Mężczyźni	71	00:00:22	00:18:42	<b>00:39:04.75</b>	<b>00:39:26.95</b>	+00:12:00 (30.7%)	4:53	12.3 (69.5%)
75	<b>SOBOLEWSKA Magdalena</b>	<b>916</b>	MINIONKI DACHSERA	OPEN Kobiety	4	00:00:58	00:19:09	<b>00:39:08.10</b>	<b>00:40:06.20</b>	+00:12:03 (30.8%)	4:53	12.3 (69.5%)
76	<b>JĘDRZEJCZAK Mieczysław</b>	<b>966</b>		OPEN Mężczyźni	72	00:00:24	00:18:06	<b>00:39:09.20</b>	<b>00:39:34.10</b>	+00:12:04 (30.8%)	4:53	12.3 (69.5%)
77	<b>KRÓL Michał</b>	<b>694</b>		OPEN Mężczyźni	73	00:00:23	00:19:33	<b>00:39:15.65</b>	<b>00:39:39.55</b>	+00:12:11 (31.0%)	4:54	12.2 (68.9%)
78	<b>KOZAJDA Damian</b>	<b>652</b>	CSWL	OPEN Mężczyźni	74	00:00:52	00:18:45	<b>00:39:23.05</b>	<b>00:40:15.95</b>	+00:12:18 (31.2%)	4:55	12.2 (68.9%)
79	<b>SZCZEPANIAK Patryk</b>	<b>719</b>		OPEN Mężczyźni	75	00:00:25	00:19:33	<b>00:39:25.75</b>	<b>00:39:50.80</b>	+00:12:21 (31.3%)	4:55	12.2 (68.9%)
80	<b>MICHAŁEK Marian</b>	<b>641</b>		OPEN Mężczyźni	76	00:00:11	00:19:19	<b>00:39:28.60</b>	<b>00:39:40.50</b>	+00:12:24 (31.4%)	4:56	12.2 (68.9%)
81	<b>KASZUBOWSKI Michał</b>	<b>541</b>	RATAJSCY FANATYCY	OPEN Mężczyźni	77	00:01:08	00:20:50	<b>00:39:33.40</b>	<b>00:40:42.35</b>	+00:12:28 (31.5%)	4:56	12.1 (68.4%)
82	<b>SIKORA Piotr</b>	<b>864</b>	FC CZEMPIŃ	OPEN Mężczyźni	78	00:00:48	00:20:16	<b>00:39:33.50</b>	<b>00:40:21.50</b>	+00:12:28 (31.6%)	4:56	12.1 (68.4%)
83	<b>CIESIELSKI Krystian</b>	<b>500</b>		OPEN Mężczyźni	79	00:00:08	00:18:54	<b>00:39:34.20</b>	<b>00:39:42.85</b>	+00:12:29 (31.6%)	4:56	12.1 (68.4%)
84	<b>MICHALAK Henryk</b>	<b>701</b>	MAVERICKS	OPEN Mężczyźni	80	00:00:16	00:19:23	<b>00:39:36.15</b>	<b>00:39:52.95</b>	+00:12:31 (31.6%)	4:57	12.1 (68.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 4km	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
85	<b>SZAŁEK Dariusz</b>	<b>598</b>		OPEN Mężczyźni	81	00:00:08	00:19:22	<b>00:39:37.65</b>	<b>00:39:45.90</b>	+00:12:33 (31.7%)	4:57	12.1 (68.4%)
86	<b>ADAMCZAK Michał</b>	<b>702</b>		OPEN Mężczyźni	82	00:01:23	00:19:27	<b>00:39:37.90</b>	<b>00:41:01.60</b>	+00:12:33 (31.7%)	4:57	12.1 (68.4%)
87	<b>MAŁOLEPSZY Jarosław</b>	<b>990</b>	TOPÓR	OPEN Mężczyźni	83	00:01:21	00:19:47	<b>00:39:41.15</b>	<b>00:41:02.35</b>	+00:12:36 (31.8%)	4:57	12.1 (68.4%)
88	<b>GRZYL Edmund</b>	<b>765</b>		OPEN Mężczyźni	84	00:00:02	00:18:55	<b>00:39:45.15</b>	<b>00:39:47.95</b>	+00:12:40 (31.9%)	4:58	12.1 (68.4%)
89	<b>WLASZCZYK Tomasz</b>	<b>776</b>	SWARZĘDZ	OPEN Mężczyźni	85	00:00:05	00:18:25	<b>00:39:45.80</b>	<b>00:39:50.80</b>	+00:12:41 (31.9%)	4:58	12.1 (68.4%)
90	<b>WITEK Bogusław</b>	<b>961</b>		OPEN Mężczyźni	86	00:01:18	00:19:40	<b>00:39:47.50</b>	<b>00:41:06.20</b>	+00:12:42 (32.0%)	4:58	12.1 (68.4%)
91	<b>KARCZEWSKI Tomasz</b>	<b>1029</b>		OPEN Mężczyźni	87	00:00:48	00:20:00	<b>00:39:52.35</b>	<b>00:40:40.55</b>	+00:12:47 (32.1%)	4:59	12 (67.8%)
92	<b>CIESIELSKI Dawid</b>	<b>787</b>		OPEN Mężczyźni	88	00:00:07	00:18:53	<b>00:39:53.40</b>	<b>00:40:00.40</b>	+00:12:48 (32.1%)	4:59	12 (67.8%)
93	<b>ECHAUST Łukasz</b>	<b>600</b>		OPEN Mężczyźni	89	00:00:32	00:19:55	<b>00:39:57.70</b>	<b>00:40:29.80</b>	+00:12:53 (32.2%)	4:59	12 (67.8%)
94	<b>WOJCIECHOWSKI Konrad</b>	<b>868</b>		OPEN Mężczyźni	90	00:00:45	00:20:11	<b>00:39:57.90</b>	<b>00:40:43.60</b>	+00:12:53 (32.2%)	4:59	12 (67.8%)
95	<b>ADAMCZYK Jakub</b>	<b>988</b>		OPEN Mężczyźni	91	00:00:37	00:20:39	<b>00:40:01.90</b>	<b>00:40:38.90</b>	+00:12:57 (32.4%)	5:00	12 (67.8%)
96	<b>KOSZNIK Mikołaj</b>	<b>878</b>	ZŁOMIARZ TEAM GDAŃSK	OPEN Mężczyźni	92	00:01:10	00:20:05	<b>00:40:04.25</b>	<b>00:41:14.90</b>	+00:12:59 (32.4%)	5:00	12 (67.8%)
97	<b>KUBACZYK Adam</b>	<b>1037</b>		OPEN Mężczyźni	93	00:00:44	00:19:12	<b>00:40:07.65</b>	<b>00:40:52.45</b>	+00:13:03 (32.5%)	5:00	12 (67.8%)
98	<b>STANI Robert</b>	<b>529</b>		OPEN Mężczyźni	94	00:00:14	00:20:05	<b>00:40:14.95</b>	<b>00:40:29.00</b>	+00:13:10 (32.7%)	5:01	11.9 (67.2%)
99	<b>PAWLAK Piotr</b>	<b>705</b>		OPEN Mężczyźni	95	00:00:56	00:20:22	<b>00:40:16.10</b>	<b>00:41:12.20</b>	+00:13:11 (32.8%)	5:02	11.9 (67.2%)
100	<b>JUŚKOWIAK Mariusz</b>	<b>504</b>		OPEN Mężczyźni	96	00:00:04	00:19:37	<b>00:40:20.80</b>	<b>00:40:25.50</b>	+00:13:16 (32.9%)	5:02	11.9 (67.2%)
101	<b>MAJEWSKA Nicola</b>	<b>744</b>		OPEN Kobiety	5	00:00:47	00:19:54	<b>00:40:28.30</b>	<b>00:41:16.10</b>	+00:13:23 (33.1%)	5:03	11.9 (67.2%)
102	<b>BOREK Maciej</b>	<b>911</b>		OPEN Mężczyźni	97	00:00:44	00:20:06	<b>00:40:29.55</b>	<b>00:41:14.25</b>	+00:13:24 (33.1%)	5:03	11.9 (67.2%)
103	<b>SZEWCZAK Mariusz</b>	<b>732</b>	PCH RUN	OPEN Mężczyźni	98	00:00:36	00:20:46	<b>00:40:32.65</b>	<b>00:41:09.40</b>	+00:13:28 (33.2%)	5:04	11.8 (66.7%)
104	<b>WYDRA Mikołaj</b>	<b>1026</b>		OPEN Mężczyźni	99	00:00:06	00:19:41	<b>00:40:33.00</b>	<b>00:40:39.60</b>	+00:13:28 (33.2%)	5:04	11.8 (66.7%)
105	<b>MLECZAK Sebastian</b>	<b>766</b>	KB DĘBIEC POZNAŃ	OPEN Mężczyźni	100	00:00:18	00:20:11	<b>00:40:36.90</b>	<b>00:40:55.40</b>	+00:13:32 (33.3%)	5:04	11.8 (66.7%)
106	<b>SIKORSKI Mariusz</b>	<b>1025</b>		OPEN Mężczyźni	101	00:00:45	00:20:38	<b>00:40:41.85</b>	<b>00:41:27.75</b>	+00:13:37 (33.5%)	5:05	11.8 (66.7%)
107	<b>PIASKOWSKI Damian</b>	<b>518</b>	FC SZAMOTUŁY	OPEN Mężczyźni	102	00:00:09	00:20:04	<b>00:40:43.40</b>	<b>00:40:52.75</b>	+00:13:38 (33.5%)	5:05	11.8 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 4km	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
108	<b>KRAJEWSKI Łukasz</b>	<b>1049</b>		OPEN Mężczyźni	103	00:00:20	00:19:03	<b>00:40:46.65</b>	<b>00:41:07.25</b>	+00:13:42 (33.6%)	5:05	11.8 (66.7%)
109	<b>ŚWIĄTKOWIAK Michał</b>	<b>505</b>		OPEN Mężczyźni	104	00:00:08	00:19:16	<b>00:40:49.50</b>	<b>00:40:58.10</b>	+00:13:44 (33.7%)	5:06	11.8 (66.7%)
110	<b>GODZINA Paweł</b>	<b>658</b>		OPEN Mężczyźni	105	00:00:30	00:20:50	<b>00:40:52.65</b>	<b>00:41:23.35</b>	+00:13:48 (33.8%)	5:06	11.7 (66.1%)
111	<b>KUCHARSKI Marcin</b>	<b>586</b>		OPEN Mężczyźni	106	00:00:12	00:19:03	<b>00:40:53.70</b>	<b>00:41:06.50</b>	+00:13:49 (33.8%)	5:06	11.7 (66.1%)
112	<b>PAPIEROWSKA Dagmara</b>	<b>779</b>		OPEN Kobiety	6	00:00:20	00:20:40	<b>00:40:55.65</b>	<b>00:41:16.10</b>	+00:13:51 (33.8%)	5:06	11.7 (66.1%)
113	<b>LIS Sebastian</b>	<b>1021</b>		OPEN Mężczyźni	107	00:00:21	00:20:39	<b>00:40:56.15</b>	<b>00:41:18.00</b>	+00:13:51 (33.9%)	5:07	11.7 (66.1%)
114	<b>SZCZURASZEK Maciej</b>	<b>585</b>		OPEN Mężczyźni	108	00:00:34	00:20:20	<b>00:40:56.35</b>	<b>00:41:31.10</b>	+00:13:51 (33.9%)	5:07	11.7 (66.1%)
115	<b>DURA Daniel</b>	<b>707</b>	DEDE	OPEN Mężczyźni	109	00:00:05	00:19:11	<b>00:40:58.45</b>	<b>00:41:03.90</b>	+00:13:53 (33.9%)	5:07	11.7 (66.1%)
116	<b>DUBERT Artur</b>	<b>654</b>		OPEN Mężczyźni	110	00:01:07	00:21:09	<b>00:41:00.00</b>	<b>00:42:07.80</b>	+00:13:55 (34.0%)	5:07	11.7 (66.1%)
117	<b>NAGÓRSKI Krzysztof</b>	<b>994</b>		OPEN Mężczyźni	111	00:00:18	00:19:17	<b>00:41:04.25</b>	<b>00:41:22.30</b>	+00:13:59 (34.1%)	5:08	11.7 (66.1%)
118	<b>PRZYBYSZ Bartosz</b>	<b>638</b>		OPEN Mężczyźni	112	00:00:21	00:19:56	<b>00:41:04.45</b>	<b>00:41:25.65</b>	+00:13:59 (34.1%)	5:08	11.7 (66.1%)
119	<b>DON Robert</b>	<b>760</b>	PRO366	OPEN Mężczyźni	113	00:00:28	00:20:13	<b>00:41:05.55</b>	<b>00:41:33.70</b>	+00:14:00 (34.1%)	5:08	11.7 (66.1%)
120	<b>RYŻYCKI Tomasz</b>	<b>1011</b>		OPEN Mężczyźni	114	00:00:03	00:18:44	<b>00:41:10.35</b>	<b>00:41:13.70</b>	+00:14:05 (34.2%)	5:08	11.7 (66.1%)
121	<b>HAŁAS Paweł</b>	<b>1045</b>		OPEN Mężczyźni	115	00:00:32	00:20:03	<b>00:41:15.35</b>	<b>00:41:48.20</b>	+00:14:10 (34.4%)	5:09	11.6 (65.5%)
122	<b>DARCZ Błażej</b>	<b>1150</b>	ENEA TEAM	OPEN Mężczyźni	116	00:00:05	00:20:31	<b>00:41:15.40</b>	<b>00:41:20.40</b>	+00:14:10 (34.4%)	5:09	11.6 (65.5%)
123	<b>KUDLIŃSKI Michał</b>	<b>656</b>		OPEN Mężczyźni	117	00:00:34	00:20:44	<b>00:41:16.00</b>	<b>00:41:50.55</b>	+00:14:11 (34.4%)	5:09	11.6 (65.5%)
124	<b>GARWACKI Grzegorz</b>	<b>611</b>	RUNSTETICO	OPEN Mężczyźni	118	00:00:44	00:19:55	<b>00:41:17.75</b>	<b>00:42:01.95</b>	+00:14:13 (34.4%)	5:09	11.6 (65.5%)
125	<b>DROBNIK Krzysztof</b>	<b>792</b>		OPEN Mężczyźni	119	00:00:41	00:20:08	<b>00:41:29.35</b>	<b>00:42:10.55</b>	+00:14:24 (34.7%)	5:11	11.6 (65.5%)
126	<b>KUKUŁA Paweł</b>	<b>889</b>		OPEN Mężczyźni	120	00:00:28	00:20:03	<b>00:41:30.00</b>	<b>00:41:58.00</b>	+00:14:25 (34.8%)	5:11	11.6 (65.5%)
127	<b>SZYMAŃSKA Anna</b>	<b>579</b>		OPEN Kobiety	7	00:00:08	00:20:52	<b>00:41:41.40</b>	<b>00:41:49.50</b>	+00:14:36 (35.1%)	5:12	11.5 (65.0%)
128	<b>NAPIERAŁA Aleksander</b>	<b>1015</b>	JAVANI	OPEN Mężczyźni	121	00:00:13	00:19:41	<b>00:41:45.60</b>	<b>00:41:58.75</b>	+00:14:41 (35.2%)	5:13	11.5 (65.0%)
129	<b>BIAŁAS Piotr</b>	<b>900</b>		OPEN Mężczyźni	122	00:00:25	00:20:46	<b>00:41:46.85</b>	<b>00:42:12.20</b>	+00:14:42 (35.2%)	5:13	11.5 (65.0%)
130	<b>KLIMAS Adrian</b>	<b>510</b>		OPEN Mężczyźni	123	00:00:30	00:20:52	<b>00:41:46.90</b>	<b>00:42:17.45</b>	+00:14:42 (35.2%)	5:13	11.5 (65.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 4km	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
131	KACZMARCZYK Ariel	861		OPEN Mężczyźni	124	00:00:34	00:20:53	00:41:59.40	00:42:33.85	+00:14:54 (35.5%)	5:14	11.4 (64.4%)
132	TOMKOWIAK Jakub	581		OPEN Mężczyźni	125	00:00:32	00:21:29	00:42:01.25	00:42:33.65	+00:14:56 (35.6%)	5:15	11.4 (64.4%)
133	ŻYDOWICZ Michał	721		OPEN Mężczyźni	126	00:00:08	00:20:26	00:42:01.90	00:42:10.00	+00:14:57 (35.6%)	5:15	11.4 (64.4%)
134	KRZYCKA Katarzyna	772	KOMORNIKI MTB TEAM	OPEN Kobiety	8	00:00:35	00:20:39	00:42:04.60	00:42:39.60	+00:15:00 (35.6%)	5:15	11.4 (64.4%)
135	TASAREK Bartosz	634		OPEN Mężczyźni	127	00:00:51	00:20:38	00:42:09.35	00:43:01.05	+00:15:04 (35.8%)	5:16	11.4 (64.4%)
136	KĘDZIORA Konrad	1032		OPEN Mężczyźni	128	00:00:15	00:20:28	00:42:11.35	00:42:26.45	+00:15:06 (35.8%)	5:16	11.4 (64.4%)
137	ADAMEK Adrian	743		OPEN Mężczyźni	129	00:01:10	00:22:22	00:42:13.85	00:43:23.90	+00:15:09 (35.9%)	5:16	11.4 (64.4%)
138	MACHOŃSKI Bartosz Borys	813	MALIS.PL	OPEN Mężczyźni	130	00:01:02	00:22:10	00:42:14.10	00:43:16.90	+00:15:09 (35.9%)	5:16	11.4 (64.4%)
139	ROSZYK Paweł	650	JP BIEGAĆ Z PASJĄ	OPEN Mężczyźni	131	00:00:03	00:20:27	00:42:18.45	00:42:22.15	+00:15:13 (36.0%)	5:17	11.3 (63.8%)
140	KOTERBA Piotr	986	31BLT	OPEN Mężczyźni	132	00:00:36	00:20:59	00:42:18.80	00:42:55.20	+00:15:14 (36.0%)	5:17	11.3 (63.8%)
141	SKONIECZNY Patryk	956	33 BAZA LOTNICTWA TRANSPORTOWEGO POWIDZ	OPEN Mężczyźni	133	00:00:42	00:20:14	00:42:20.90	00:43:03.85	+00:15:16 (36.1%)	5:17	11.3 (63.8%)
142	LEŚNIEWICZ Bartosz	745		OPEN Mężczyźni	134	00:00:32	00:20:42	00:42:21.95	00:42:54.55	+00:15:17 (36.1%)	5:17	11.3 (63.8%)
143	SKIBNIEWSKI Krzysztof	726		OPEN Mężczyźni	135	00:01:12	00:20:23	00:42:30.85	00:43:43.15	+00:15:26 (36.3%)	5:18	11.3 (63.8%)
144	PETRENKO Serhii	583		OPEN Mężczyźni	136	00:00:18	00:21:01	00:42:32.35	00:42:50.70	+00:15:27 (36.3%)	5:19	11.3 (63.8%)
144	FRASZ Tomasz	1044		OPEN Mężczyźni	136	00:01:06	00:22:12	00:42:32.35	00:43:38.40	+00:15:27 (36.3%)	5:19	11.3 (63.8%)
146	SZRON Rafał	621		OPEN Mężczyźni	138	00:00:14	00:21:44	00:42:35.65	00:42:50.05	+00:15:31 (36.4%)	5:19	11.3 (63.8%)
147	SMACHA Damian	574	NIEZRZESZONY	OPEN Mężczyźni	139	00:00:47	00:20:41	00:42:37.30	00:43:24.85	+00:15:32 (36.5%)	5:19	11.3 (63.8%)
148	KULECZKA Michał	754		OPEN Mężczyźni	140	00:00:06	00:20:57	00:42:37.40	00:42:44.30	+00:15:32 (36.5%)	5:19	11.3 (63.8%)
149	WÓJCIK Łukasz	588		OPEN Mężczyźni	141	00:00:30	00:20:45	00:42:37.90	00:43:08.70	+00:15:33 (36.5%)	5:19	11.3 (63.8%)
150	PACHOLSKI Remigiusz	549	OSP OCIESZYN	OPEN Mężczyźni	142	00:00:08	00:20:36	00:42:38.20	00:42:46.90	+00:15:33 (36.5%)	5:19	11.3 (63.8%)
151	SOBKOWIAK Sławomir Locco	516	WRONIECKI KLUB BIEGACZA	OPEN Mężczyźni	143	00:01:13	00:22:11	00:42:38.95	00:43:52.70	+00:15:34 (36.5%)	5:19	11.3 (63.8%)
152	SKAŁECKI Grzegorz	1010	TGV CLUB KOŚCIAN	OPEN Mężczyźni	144	00:00:23	00:21:40	00:42:48.05	00:43:11.45	+00:15:43 (36.7%)	5:21	11.2 (63.3%)
153	URBAN Leszek	517		OPEN Mężczyźni	145	00:00:12	00:20:51	00:42:49.00	00:43:01.35	+00:15:44 (36.8%)	5:21	11.2 (63.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 4km	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
154	<b>ŁOJEWSKI Piotr</b>	<b>725</b>	QUAY TEAM POZNAŃ	OPEN Mężczyźni	146	00:01:18	00:21:11	<b>00:42:52.00</b>	<b>00:44:10.70</b>	+00:15:47 (36.8%)	5:21	11.2 (63.3%)
155	<b>GRACZYK Patryk</b>	<b>769</b>		OPEN Mężczyźni	147	00:01:01	00:21:46	<b>00:42:55.15</b>	<b>00:43:57.00</b>	+00:15:50 (36.9%)	5:21	11.2 (63.3%)
156	<b>KOSIOREK Darek</b>	<b>511</b>		OPEN Mężczyźni	148	00:00:32	00:20:57	<b>00:42:55.90</b>	<b>00:43:28.60</b>	+00:15:51 (36.9%)	5:21	11.2 (63.3%)
157	<b>PAWLACZYK Jakub</b>	<b>906</b>	KKSDWLKMD	OPEN Mężczyźni	149	00:01:25	00:19:57	<b>00:43:00.30</b>	<b>00:44:25.50</b>	+00:15:55 (37.0%)	5:22	11.2 (63.3%)
158	<b>TOKARZ Mariusz</b>	<b>606</b>		OPEN Mężczyźni	150	00:00:15	00:20:53	<b>00:43:02.35</b>	<b>00:43:17.80</b>	+00:15:57 (37.1%)	5:22	11.2 (63.3%)
159	<b>GRACZYK Artur</b>	<b>536</b>	AG TRI	OPEN Mężczyźni	151	00:00:02	00:20:40	<b>00:43:05.30</b>	<b>00:43:07.70</b>	+00:16:00 (37.2%)	5:23	11.1 (62.7%)
160	<b>ŻMINKOWSKI Tomasz</b>	<b>704</b>		OPEN Mężczyźni	152	00:00:53	00:21:31	<b>00:43:07.60</b>	<b>00:44:01.00</b>	+00:16:03 (37.2%)	5:23	11.1 (62.7%)
161	<b>GRAJZER Mirosław</b>	<b>824</b>	SANPOL	OPEN Mężczyźni	153	00:00:15	00:20:18	<b>00:43:10.65</b>	<b>00:43:26.10</b>	+00:16:06 (37.3%)	5:23	11.1 (62.7%)
162	<b>KOTECKI Michał</b>	<b>1036</b>		OPEN Mężczyźni	154	00:00:49	00:21:36	<b>00:43:19.30</b>	<b>00:44:08.55</b>	+00:16:14 (37.5%)	5:24	11.1 (62.7%)
163	<b>CZAPLIŃSKI Łukasz</b>	<b>761</b>	ENEA TEAM	OPEN Mężczyźni	155	00:00:30	00:19:50	<b>00:43:19.45</b>	<b>00:43:50.35</b>	+00:16:14 (37.5%)	5:24	11.1 (62.7%)
164	<b>ZAWROTNY Łukasz</b>	<b>940</b>		OPEN Mężczyźni	156	00:01:02	00:22:41	<b>00:43:24.15</b>	<b>00:44:27.00</b>	+00:16:19 (37.6%)	5:25	11.1 (62.7%)
165	<b>ZAWROTNA Monika</b>	<b>941</b>		OPEN Kobiety	9	00:01:02	00:22:42	<b>00:43:24.40</b>	<b>00:44:27.00</b>	+00:16:19 (37.6%)	5:25	11.1 (62.7%)
166	<b>SZYMAŃSKI Jacek</b>	<b>823</b>		OPEN Mężczyźni	157	00:00:36	00:21:52	<b>00:43:25.30</b>	<b>00:44:01.90</b>	+00:16:20 (37.6%)	5:25	11.1 (62.7%)
167	<b>ZAKRZEWSKI Adam</b>	<b>690</b>		OPEN Mężczyźni	158	00:00:20	00:21:00	<b>00:43:28.45</b>	<b>00:43:48.70</b>	+00:16:23 (37.7%)	5:26	11 (62.1%)
168	<b>MARCISZ Karol</b>	<b>741</b>	KROTOSZYŃSKA GRUPA BIEGOWA	OPEN Mężczyźni	159	00:00:06	00:21:08	<b>00:43:29.35</b>	<b>00:43:35.95</b>	+00:16:24 (37.7%)	5:26	11 (62.1%)
169	<b>JANKA Krzysztof</b>	<b>932</b>	EUROCASH	OPEN Mężczyźni	160	00:00:44	00:25:58	<b>00:43:31.05</b>	<b>00:44:16.00</b>	+00:16:26 (37.8%)	5:26	11 (62.1%)
170	<b>KOPLIN Adam</b>	<b>854</b>		OPEN Mężczyźni	161	00:00:09	00:20:56	<b>00:43:31.25</b>	<b>00:43:40.40</b>	+00:16:26 (37.8%)	5:26	11 (62.1%)
171	<b>JENA Krzysztof</b>	<b>740</b>	TEAM POSTEP PNIEWY	OPEN Mężczyźni	162	00:00:32	00:21:08	<b>00:43:32.00</b>	<b>00:44:04.10</b>	+00:16:27 (37.8%)	5:26	11 (62.1%)
172	<b>ŚWIDERSKA Kinga</b>	<b>897</b>	SANPOL SPORT TEAM	OPEN Kobiety	10	00:00:17	00:21:21	<b>00:43:32.85</b>	<b>00:43:49.95</b>	+00:16:28 (37.8%)	5:26	11 (62.1%)
173	<b>STECZKIEWICZ Mariusz</b>	<b>842</b>	31 BAZA LOTNICTWA TAKTYCZNEGO	OPEN Mężczyźni	163	00:00:29	00:20:44	<b>00:43:34.00</b>	<b>00:44:03.35</b>	+00:16:29 (37.9%)	5:26	11 (62.1%)
174	<b>PACHURA Dawid</b>	<b>799</b>		OPEN Mężczyźni	164	00:01:00	00:22:21	<b>00:43:34.10</b>	<b>00:44:34.10</b>	+00:16:29 (37.9%)	5:26	11 (62.1%)
175	<b>ZOWCZAK Dorota</b>	<b>519</b>	RAWA TEAM	OPEN Kobiety	11	00:00:14	00:21:11	<b>00:43:34.60</b>	<b>00:43:48.80</b>	+00:16:30 (37.9%)	5:26	11 (62.1%)
176	<b>GOSTOMSKI Miłosz</b>	<b>1040</b>	DZIADY BOROWE	OPEN Mężczyźni	165	00:01:22	00:21:54	<b>00:43:40.75</b>	<b>00:45:02.95</b>	+00:16:36 (38.0%)	5:27	11 (62.1%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 4km	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
177	<b>TOPOLSKI Piotr Paweł</b>	<b>547</b>	RATAJSCY FANATYCY	OPEN Mężczyźni	166	00:00:48	00:21:01	<b>00:43:40.95</b>	<b>00:44:29.65</b>	+00:16:36 (38.0%)	5:27	11 (62.1%)
178	<b>MAŁOLEPSZA Maja</b>	<b>1034</b>		OPEN Kobiety	12	00:01:20	00:21:38	<b>00:43:49.15</b>	<b>00:45:09.75</b>	+00:16:44 (38.2%)	5:28	11 (62.1%)
179	<b>ROWIŃSKI Tomasz</b>	<b>979</b>	PROTR	OPEN Mężczyźni	167	00:00:47	00:22:30	<b>00:43:50.60</b>	<b>00:44:38.00</b>	+00:16:46 (38.2%)	5:28	11 (62.1%)
180	<b>JANKOWSKI Radosław</b>	<b>528</b>		OPEN Mężczyźni	168	00:00:11	00:20:46	<b>00:43:52.65</b>	<b>00:44:03.65</b>	+00:16:48 (38.3%)	5:29	10.9 (61.6%)
180	<b>GROŃ Milena</b>	<b>730</b>		OPEN Kobiety	13	00:00:50	00:21:22	<b>00:43:52.65</b>	<b>00:44:43.45</b>	+00:16:48 (38.3%)	5:29	10.9 (61.6%)
182	<b>MARCINIAK Piotr</b>	<b>608</b>		OPEN Mężczyźni	169	00:00:30	00:22:03	<b>00:43:53.75</b>	<b>00:44:24.20</b>	+00:16:49 (38.3%)	5:29	10.9 (61.6%)
183	<b>MIEDZIAK Paweł</b>	<b>543</b>	SPIN PARTNER	OPEN Mężczyźni	170	00:00:41	00:21:13	<b>00:43:55.95</b>	<b>00:44:37.05</b>	+00:16:51 (38.4%)	5:29	10.9 (61.6%)
184	<b>HERMAN Jacek</b>	<b>847</b>		OPEN Mężczyźni	171	00:00:04	00:21:17	<b>00:43:56.40</b>	<b>00:44:00.65</b>	+00:16:51 (38.4%)	5:29	10.9 (61.6%)
185		<b>1086</b>				00:00:05	00:22:21	<b>00:43:57.80</b>	<b>00:44:02.80</b>	+00:16:53 (38.4%)	5:29	10.9 (61.6%)
186	<b>KRETKOWSKI Kacper</b>	<b>659</b>		OPEN Mężczyźni	172	00:01:07	00:22:17	<b>00:44:00.25</b>	<b>00:45:07.25</b>	+00:16:55 (38.5%)	5:30	10.9 (61.6%)
187	<b>KOSZNIK Michał</b>	<b>877</b>		OPEN Mężczyźni	173	00:01:10	00:21:45	<b>00:44:01.00</b>	<b>00:45:11.35</b>	+00:16:56 (38.5%)	5:30	10.9 (61.6%)
188	<b>WUJEK Marcin</b>	<b>508</b>	BRODNICA BIEGA	OPEN Mężczyźni	174	00:00:22	00:21:53	<b>00:44:01.85</b>	<b>00:44:23.85</b>	+00:16:57 (38.5%)	5:30	10.9 (61.6%)
189	<b>BRASZAK Dariusz</b>	<b>1014</b>		OPEN Mężczyźni	175	00:00:10	00:20:40	<b>00:44:02.85</b>	<b>00:44:13.65</b>	+00:16:58 (38.5%)	5:30	10.9 (61.6%)
190	<b>KLEDECKI Piotr</b>	<b>685</b>		OPEN Mężczyźni	176	00:01:08	00:22:24	<b>00:44:04.45</b>	<b>00:45:13.05</b>	+00:16:59 (38.6%)	5:30	10.9 (61.6%)
191		<b>1087</b>				00:00:20	00:20:42	<b>00:44:06.35</b>	<b>00:44:27.20</b>	+00:17:01 (38.6%)	5:30	10.9 (61.6%)
191	<b>NOWAK Michał</b>	<b>954</b>		OPEN Mężczyźni	177	00:00:52	00:21:49	<b>00:44:06.35</b>	<b>00:44:58.40</b>	+00:17:01 (38.6%)	5:30	10.9 (61.6%)
193	<b>BONIA Bartosz</b>	<b>914</b>		OPEN Mężczyźni	178	00:00:57	00:21:19	<b>00:44:08.30</b>	<b>00:45:06.10</b>	+00:17:03 (38.7%)	5:31	10.9 (61.6%)
194	<b>AMBROŻY Jakub</b>	<b>785</b>		OPEN Mężczyźni	179	00:00:40	00:21:21	<b>00:44:10.10</b>	<b>00:44:50.60</b>	+00:17:05 (38.7%)	5:31	10.9 (61.6%)
195	<b>KAPICA Dariusz</b>	<b>967</b>		OPEN Mężczyźni	180	00:01:13	00:23:00	<b>00:44:11.30</b>	<b>00:45:25.20</b>	+00:17:06 (38.7%)	5:31	10.9 (61.6%)
196	<b>KRZESAJ Krzysztof</b>	<b>647</b>		OPEN Mężczyźni	181	00:01:16	00:20:49	<b>00:44:14.55</b>	<b>00:45:31.10</b>	+00:17:09 (38.8%)	5:31	10.9 (61.6%)
197	<b>NOWACKA Marzena</b>	<b>626</b>		OPEN Kobiety	14	00:01:12	00:22:27	<b>00:44:22.65</b>	<b>00:45:34.85</b>	+00:17:18 (39.0%)	5:32	10.8 (61.0%)
198	<b>KLUGMAN Mateusz</b>	<b>1054</b>	TOPÓR	OPEN Mężczyźni	182	00:01:20	00:22:10	<b>00:44:22.80</b>	<b>00:45:43.10</b>	+00:17:18 (39.0%)	5:32	10.8 (61.0%)
199	<b>ZYCH Izabela</b>	<b>1043</b>		OPEN Kobiety	15	00:00:05	00:21:00	<b>00:44:24.50</b>	<b>00:44:29.50</b>	+00:17:19 (39.0%)	5:33	10.8 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 4km	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
200	<b>WOLNIEWICZ Ryszard</b>	<b>620</b>		OPEN Mężczyźni	183	00:00:13	00:21:46	<b>00:44:27.20</b>	<b>00:44:40.65</b>	+00:17:22 (39.1%)	5:33	10.8 (61.0%)
201	<b>CHLEBEK Maciej</b>	<b>867</b>	ARKA GDYNIA	OPEN Mężczyźni	184	00:00:03	00:19:55	<b>00:44:30.20</b>	<b>00:44:34.00</b>	+00:17:25 (39.2%)	5:33	10.8 (61.0%)
202	<b>WIECZOREK Łukasz</b>	<b>946</b>		OPEN Mężczyźni	185	00:01:12	00:23:00	<b>00:44:41.10</b>	<b>00:45:53.80</b>	+00:17:36 (39.4%)	5:35	10.7 (60.5%)
203	<b>KUŚ Hubert</b>	<b>774</b>		OPEN Mężczyźni	186	00:00:58	00:23:03	<b>00:44:42.80</b>	<b>00:45:41.55</b>	+00:17:38 (39.4%)	5:35	10.7 (60.5%)
204	<b>KNAPSKI Radomir</b>	<b>971</b>	NADLEŚNICTWO POTRZEBOWICE, LEŚNICTWO OSINA	OPEN Mężczyźni	187	00:01:32	00:22:29	<b>00:44:45.45</b>	<b>00:46:18.35</b>	+00:17:40 (39.5%)	5:35	10.7 (60.5%)
205	<b>STACHOWICZ Robert</b>	<b>853</b>	EJBRY	OPEN Mężczyźni	188	00:00:00	00:22:05	<b>00:44:49.85</b>	<b>00:44:49.85</b>	+00:17:45 (39.6%)	5:36	10.7 (60.5%)
206	<b>NOWAK Mikołaj</b>	<b>902</b>		OPEN Mężczyźni	189	00:01:14	00:22:14	<b>00:44:52.70</b>	<b>00:46:07.65</b>	+00:17:48 (39.7%)	5:36	10.7 (60.5%)
207	<b>NOWAK Michał</b>	<b>976</b>		OPEN Mężczyźni	190	00:01:18	00:20:33	<b>00:44:53.35</b>	<b>00:46:11.45</b>	+00:17:48 (39.7%)	5:36	10.7 (60.5%)
208	<b>BIELSKI Sebastian</b>	<b>950</b>		OPEN Mężczyźni	191	00:00:32	00:22:24	<b>00:44:55.65</b>	<b>00:45:27.75</b>	+00:17:51 (39.7%)	5:36	10.7 (60.5%)
209	<b>FELIKSIAK Sławomir</b>	<b>1024</b>		OPEN Mężczyźni	192	00:00:42	00:22:54	<b>00:44:56.80</b>	<b>00:45:39.50</b>	+00:17:52 (39.8%)	5:37	10.7 (60.5%)
210	<b>SOIŃSKI Marcin</b>	<b>874</b>	KOMINKIGRUM	OPEN Mężczyźni	193	00:00:40	00:22:47	<b>00:44:58.85</b>	<b>00:45:39.65</b>	+00:17:54 (39.8%)	5:37	10.7 (60.5%)
211	<b>TURKOWSKI Bartosz</b>	<b>887</b>		OPEN Mężczyźni	194	00:00:04	00:21:47	<b>00:45:05.55</b>	<b>00:45:10.40</b>	+00:18:00 (40.0%)	5:38	10.6 (59.9%)
212	<b>BALCEREK Tomisław</b>	<b>850</b>		OPEN Mężczyźni	195	00:00:26	00:23:24	<b>00:45:08.55</b>	<b>00:45:34.95</b>	+00:18:03 (40.0%)	5:38	10.6 (59.9%)
213	<b>MIKOŁAJCZAK Barbara</b>	<b>616</b>		OPEN Kobiety	16	00:00:10	00:22:03	<b>00:45:10.15</b>	<b>00:45:20.20</b>	+00:18:05 (40.1%)	5:38	10.6 (59.9%)
214	<b>KIEŁBASIŃSKI Łukasz</b>	<b>1008</b>	12 WBOT	OPEN Mężczyźni	196	00:01:02	00:20:54	<b>00:45:10.25</b>	<b>00:46:12.65</b>	+00:18:05 (40.1%)	5:38	10.6 (59.9%)
215	<b>BANACH Mateusz</b>	<b>727</b>		OPEN Mężczyźni	197	00:01:05	00:22:30	<b>00:45:10.50</b>	<b>00:46:16.05</b>	+00:18:05 (40.1%)	5:38	10.6 (59.9%)
216	<b>KACZYŃSKI Bartosz</b>	<b>992</b>	PARKRUN LAS DĘBIŃSKI	OPEN Mężczyźni	198	00:00:00	00:21:18	<b>00:45:14.90</b>	<b>00:45:14.90</b>	+00:18:10 (40.2%)	5:39	10.6 (59.9%)
217	<b>BASIŃSKI Paweł</b>	<b>698</b>		OPEN Mężczyźni	199	00:00:51	00:22:46	<b>00:45:17.10</b>	<b>00:46:08.70</b>	+00:18:12 (40.2%)	5:39	10.6 (59.9%)
218	<b>IWANICKI Juliusz</b>	<b>835</b>	CAT&BEAR	OPEN Mężczyźni	200	00:00:05	00:22:16	<b>00:45:17.45</b>	<b>00:45:23.00</b>	+00:18:12 (40.2%)	5:39	10.6 (59.9%)
219	<b>LORENZ Małgorzata</b>	<b>829</b>	KIBOLSKI KS	OPEN Kobiety	17	00:00:19	00:22:44	<b>00:45:18.40</b>	<b>00:45:37.95</b>	+00:18:13 (40.2%)	5:39	10.6 (59.9%)
220	<b>POSŁUSZNY Przemek</b>	<b>692</b>		OPEN Mężczyźni	201	00:01:01	00:22:57	<b>00:45:20.65</b>	<b>00:46:22.45</b>	+00:18:16 (40.3%)	5:40	10.6 (59.9%)
221	<b>DURA Nikodem</b>	<b>879</b>		OPEN Mężczyźni	202	00:00:06	00:21:17	<b>00:45:21.40</b>	<b>00:45:28.15</b>	+00:18:16 (40.3%)	5:40	10.6 (59.9%)
222	<b>SNUSZKA Adam</b>	<b>781</b>	ADAM SNUSZKA	OPEN Mężczyźni	203	00:00:28	00:23:48	<b>00:45:21.90</b>	<b>00:45:50.50</b>	+00:18:17 (40.3%)	5:40	10.6 (59.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 4km	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
223	<b>ADAMCZAK Piotr</b>	<b>805</b>	SANPOL SPORT TEAM	OPEN Mężczyźni	204	00:00:00	00:22:13	<b>00:45:28.20</b>	<b>00:45:28.20</b>	+00:18:23 (40.5%)	5:41	10.6 (59.9%)
224	<b>STĘPA Bartosz</b>	<b>788</b>	DRUŻYNA SZPIKU	OPEN Mężczyźni	205	00:01:00	00:22:37	<b>00:45:28.55</b>	<b>00:46:28.65</b>	+00:18:23 (40.5%)	5:41	10.6 (59.9%)
225	<b>SKÓRZYŃSKA Maja</b>	<b>852</b>	KS FABRYKA BIEGANIA OSTRÓW WIELKOPOLSKI	OPEN Kobiety	18	00:00:10	00:22:11	<b>00:45:29.90</b>	<b>00:45:40.45</b>	+00:18:25 (40.5%)	5:41	10.6 (59.9%)
226	<b>JUŁGR Sławomir</b>	<b>1080</b>		OPEN Mężczyźni	206	00:00:27	00:22:34	<b>00:45:44.10</b>	<b>00:46:11.45</b>	+00:18:39 (40.8%)	5:43	10.5 (59.3%)
227	<b>SOBCZAK Katarzyna</b>	<b>591</b>		OPEN Kobiety	19	00:00:20	00:21:47	<b>00:45:47.40</b>	<b>00:46:08.20</b>	+00:18:42 (40.9%)	5:43	10.5 (59.3%)
228	<b>BEDNIK Piotr</b>	<b>1006</b>		OPEN Mężczyźni	207	00:00:33	00:22:46	<b>00:45:48.75</b>	<b>00:46:22.50</b>	+00:18:44 (40.9%)	5:43	10.5 (59.3%)
229	<b>MATUSZAK Lucjan</b>	<b>646</b>		OPEN Mężczyźni	208	00:00:36	00:21:30	<b>00:45:49.45</b>	<b>00:46:25.60</b>	+00:18:44 (40.9%)	5:43	10.5 (59.3%)
230	<b>PRZEWOŹNY Krzysztof</b>	<b>572</b>		OPEN Mężczyźni	209	00:00:13	00:22:14	<b>00:45:50.25</b>	<b>00:46:04.00</b>	+00:18:45 (40.9%)	5:43	10.5 (59.3%)
231	<b>LIBERSKI Jakub</b>	<b>943</b>	WILIGALSKI TEAM	OPEN Mężczyźni	210	00:00:32	00:22:48	<b>00:45:50.65</b>	<b>00:46:22.65</b>	+00:18:46 (40.9%)	5:43	10.5 (59.3%)
232	<b>ZIELIŃSKA Milena</b>	<b>589</b>		OPEN Kobiety	20	00:00:22	00:22:55	<b>00:45:52.70</b>	<b>00:46:15.50</b>	+00:18:48 (41.0%)	5:44	10.5 (59.3%)
233	<b>PIŃSKI Patryk</b>	<b>562</b>		OPEN Mężczyźni	211	00:00:34	00:22:40	<b>00:45:52.75</b>	<b>00:46:27.05</b>	+00:18:48 (41.0%)	5:44	10.5 (59.3%)
234	<b>NATER Magdalena</b>	<b>742</b>	WIECZNIK SŁABI	OPEN Kobiety	21	00:00:39	00:22:37	<b>00:45:54.20</b>	<b>00:46:33.50</b>	+00:18:49 (41.0%)	5:44	10.5 (59.3%)
235	<b>JOŃSKI Szymon</b>	<b>565</b>	DUŻEFRYTKI	OPEN Mężczyźni	212	00:01:08	00:22:13	<b>00:45:55.30</b>	<b>00:47:04.00</b>	+00:18:50 (41.0%)	5:44	10.5 (59.3%)
236	<b>JUNIK Artur</b>	<b>1039</b>		OPEN Mężczyźni	213	00:00:48	00:23:13	<b>00:45:56.70</b>	<b>00:46:45.35</b>	+00:18:52 (41.1%)	5:44	10.4 (58.8%)
237	<b>KĘDZIORA Kinga</b>	<b>1031</b>		OPEN Kobiety	22	00:00:14	00:22:21	<b>00:45:57.05</b>	<b>00:46:11.45</b>	+00:18:52 (41.1%)	5:44	10.4 (58.8%)
238	<b>KRUK Grzegorz</b>	<b>605</b>	ŚW. RODZINA	OPEN Mężczyźni	214	00:00:27	00:23:24	<b>00:45:57.30</b>	<b>00:46:24.90</b>	+00:18:52 (41.1%)	5:44	10.4 (58.8%)
239	<b>ORLICKI Filip</b>	<b>869</b>		OPEN Mężczyźni	215	00:00:44	00:22:46	<b>00:45:58.45</b>	<b>00:46:42.65</b>	+00:18:53 (41.1%)	5:44	10.4 (58.8%)
240	<b>MAJEWSKI Maciej</b>	<b>602</b>		OPEN Mężczyźni	216	00:00:57	00:23:00	<b>00:45:59.05</b>	<b>00:46:57.00</b>	+00:18:54 (41.1%)	5:44	10.4 (58.8%)
241	<b>BIEGAŁA Jakub</b>	<b>737</b>		OPEN Mężczyźni	217	00:00:55	00:24:22	<b>00:46:08.50</b>	<b>00:47:03.85</b>	+00:19:03 (41.3%)	5:46	10.4 (58.8%)
242	<b>ROŹKOWSKI Roman</b>	<b>649</b>	DENDRORUNNERS	OPEN Mężczyźni	218	00:00:40	00:22:18	<b>00:46:13.10</b>	<b>00:46:53.95</b>	+00:19:08 (41.4%)	5:46	10.4 (58.8%)
243	<b>BAKOWSKI Radek</b>	<b>526</b>	BNIN	OPEN Mężczyźni	219	00:00:34	00:23:26	<b>00:46:15.20</b>	<b>00:46:49.20</b>	+00:19:10 (41.5%)	5:46	10.4 (58.8%)
244	<b>KUŚ Andrzej</b>	<b>773</b>		OPEN Mężczyźni	220	00:00:56	00:23:05	<b>00:46:15.90</b>	<b>00:47:12.80</b>	+00:19:11 (41.5%)	5:46	10.4 (58.8%)
245	<b>KUŚ Dawid</b>	<b>872</b>	FPS	OPEN Mężczyźni	221	00:00:57	00:22:04	<b>00:46:16.10</b>	<b>00:47:13.20</b>	+00:19:11 (41.5%)	5:47	10.4 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 4km	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
246	<b>GABRYELEWICZ Arek</b>	<b>661</b>	FC BNIN	OPEN Mężczyźni	222	00:00:32	00:23:27	<b>00:46:16.30</b>	<b>00:46:48.90</b>	+00:19:11 (41.5%)	5:47	10.4 (58.8%)
247	<b>KOWALSKI Michał</b>	<b>929</b>		OPEN Mężczyźni	223	00:00:41	00:23:21	<b>00:46:16.75</b>	<b>00:46:58.55</b>	+00:19:12 (41.5%)	5:47	10.4 (58.8%)
248	<b>GOCYLA Dariusz</b>	<b>570</b>		OPEN Mężczyźni	224	00:01:08	00:22:42	<b>00:46:20.60</b>	<b>00:47:28.90</b>	+00:19:16 (41.6%)	5:47	10.4 (58.8%)
249	<b>KURKIEWICZ Radosław</b>	<b>662</b>		OPEN Mężczyźni	225	00:00:15	00:23:03	<b>00:46:28.95</b>	<b>00:46:44.85</b>	+00:19:24 (41.7%)	5:48	10.3 (58.2%)
250	<b>BUKOWSKA Maria</b>	<b>921</b>		OPEN Kobiety	23	00:01:14	00:22:46	<b>00:46:33.45</b>	<b>00:47:48.25</b>	+00:19:28 (41.8%)	5:49	10.3 (58.2%)
251	<b>GOLCZEWSKI Tomasz</b>	<b>1005</b>		OPEN Mężczyźni	226	00:00:16	00:22:09	<b>00:46:35.75</b>	<b>00:46:51.85</b>	+00:19:31 (41.9%)	5:49	10.3 (58.2%)
252	<b>RYSZKA Maciej</b>	<b>775</b>		OPEN Mężczyźni	227	00:00:46	00:23:40	<b>00:46:42.00</b>	<b>00:47:28.80</b>	+00:19:37 (42.0%)	5:50	10.3 (58.2%)
253	<b>PERTEK Michał</b>	<b>924</b>		OPEN Mężczyźni	228	00:00:18	00:23:04	<b>00:46:42.85</b>	<b>00:47:01.80</b>	+00:19:38 (42.0%)	5:50	10.3 (58.2%)
254	<b>SZYMCZAK Michał</b>	<b>535</b>		OPEN Mężczyźni	229	00:00:04	00:22:05	<b>00:46:43.25</b>	<b>00:46:47.70</b>	+00:19:38 (42.0%)	5:50	10.3 (58.2%)
255	<b>DAŃCZAK Marta</b>	<b>710</b>		OPEN Kobiety	24	00:00:22	00:22:30	<b>00:46:45.55</b>	<b>00:47:08.05</b>	+00:19:40 (42.1%)	5:50	10.3 (58.2%)
256	<b>ZWIERNIK Jarosław</b>	<b>534</b>		OPEN Mężczyźni	230	00:00:53	00:23:56	<b>00:46:48.40</b>	<b>00:47:42.25</b>	+00:19:43 (42.2%)	5:51	10.3 (58.2%)
257	<b>KAZUBOWSKI Przemysław</b>	<b>919</b>		OPEN Mężczyźni	231	00:00:38	00:23:32	<b>00:46:52.15</b>	<b>00:47:30.40</b>	+00:19:47 (42.2%)	5:51	10.2 (57.6%)
258	<b>WALUK Piotr</b>	<b>522</b>		OPEN Mężczyźni	232	00:00:05	00:21:22	<b>00:47:03.25</b>	<b>00:47:09.20</b>	+00:19:58 (42.5%)	5:52	10.2 (57.6%)
259	<b>KEREBKO Yuliia</b>	<b>590</b>		OPEN Kobiety	25	00:00:33	00:22:33	<b>00:47:04.05</b>	<b>00:47:37.80</b>	+00:19:59 (42.5%)	5:53	10.2 (57.6%)
260	<b>SKOWROŃSKA Anna</b>	<b>777</b>	KB DĘBIEC	OPEN Kobiety	26	00:00:23	00:23:03	<b>00:47:04.60</b>	<b>00:47:28.15</b>	+00:20:00 (42.5%)	5:53	10.2 (57.6%)
261	<b>GRABIŃSKA Angelika</b>	<b>640</b>		OPEN Kobiety	27	00:00:33	00:22:34	<b>00:47:04.65</b>	<b>00:47:37.85</b>	+00:20:00 (42.5%)	5:53	10.2 (57.6%)
262	<b>GROBELNY Waldemar</b>	<b>763</b>	KB DĘBIEC POZNAŃ	OPEN Mężczyźni	233	00:00:23	00:23:04	<b>00:47:04.80</b>	<b>00:47:27.85</b>	+00:20:00 (42.5%)	5:53	10.2 (57.6%)
263	<b>LINKIEWICZ Sebastian</b>	<b>767</b>	KB DĘBIEC POZNAŃ	OPEN Mężczyźni	234	00:00:21	00:23:05	<b>00:47:06.75</b>	<b>00:47:27.75</b>	+00:20:02 (42.5%)	5:53	10.2 (57.6%)
264	<b>STOLPE Norbert</b>	<b>794</b>	KB.DĘBIEC	OPEN Mężczyźni	235	00:00:20	00:23:06	<b>00:47:08.15</b>	<b>00:47:28.50</b>	+00:20:03 (42.6%)	5:53	10.2 (57.6%)
265	<b>MATCZAK Paweł</b>	<b>533</b>	BIEGAM BO BIEGAM	OPEN Mężczyźni	236	00:00:18	00:22:42	<b>00:47:09.10</b>	<b>00:47:27.55</b>	+00:20:04 (42.6%)	5:53	10.2 (57.6%)
266	<b>RUDNICKI Tomasz</b>	<b>817</b>		OPEN Mężczyźni	237	00:01:05	00:24:57	<b>00:47:10.35</b>	<b>00:48:15.95</b>	+00:20:05 (42.6%)	5:53	10.2 (57.6%)
267	<b>KASZUBOWSKI Łukasz</b>	<b>957</b>	RATAJSCY FANATYCY	OPEN Mężczyźni	238	00:01:09	00:23:29	<b>00:47:13.35</b>	<b>00:48:23.10</b>	+00:20:08 (42.7%)	5:54	10.2 (57.6%)
268	<b>PACHOCKI Artur</b>	<b>566</b>		OPEN Mężczyźni	239	00:00:00	00:23:55	<b>00:47:13.50</b>	<b>00:47:13.50</b>	+00:20:08 (42.7%)	5:54	10.2 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 4km	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
269	<b>NOWAK Monika</b>	<b>845</b>		OPEN Kobiety	28	00:00:10	00:22:43	<b>00:47:13.75</b>	<b>00:47:24.50</b>	+00:20:09 (42.7%)	5:54	10.2 (57.6%)
270	<b>KAŁUŻNY Joachim</b>	<b>711</b>		OPEN Mężczyźni	240	00:00:58	00:24:15	<b>00:47:18.70</b>	<b>00:48:17.60</b>	+00:20:14 (42.8%)	5:54	10.1 (57.1%)
271	<b>PERZ Darek</b>	<b>628</b>		OPEN Mężczyźni	241	00:01:22	00:23:54	<b>00:47:21.30</b>	<b>00:48:43.60</b>	+00:20:16 (42.8%)	5:55	10.1 (57.1%)
272	<b>DEUTSCHMANN Łukasz</b>	<b>551</b>		OPEN Mężczyźni	242	00:00:54	00:24:12	<b>00:47:24.00</b>	<b>00:48:18.65</b>	+00:20:19 (42.9%)	5:55	10.1 (57.1%)
273	<b>LUDEK Adam</b>	<b>617</b>	BERSERKER'S TEAM WIELKOPOLSKA	OPEN Mężczyźni	243	00:00:20	00:19:32	<b>00:47:24.10</b>	<b>00:47:44.30</b>	+00:20:19 (42.9%)	5:55	10.1 (57.1%)
274	<b>ŻUREK Mateusz</b>	<b>636</b>	LECH POZNAŃ	OPEN Mężczyźni	244	00:00:19	00:19:33	<b>00:47:24.25</b>	<b>00:47:44.20</b>	+00:20:19 (42.9%)	5:55	10.1 (57.1%)
275	<b>LUDEK Mirosław</b>	<b>630</b>	LECH POZNAŃ	OPEN Mężczyźni	245	00:00:19	00:21:41	<b>00:47:24.70</b>	<b>00:47:44.10</b>	+00:20:20 (42.9%)	5:55	10.1 (57.1%)
276	<b>BÓL Rafał</b>	<b>818</b>	KB.DĘBIEC POZNAŃ	OPEN Mężczyźni	246	00:00:00	00:23:26	<b>00:47:27.75</b>	<b>00:47:27.75</b>	+00:20:23 (43.0%)	5:55	10.1 (57.1%)
277	<b>KOCZOROWSKI Jakub</b>	<b>796</b>	KLUB BIEGACZA DĘBIEC POZNAŃ	OPEN Mężczyźni	247	00:00:00	00:23:27	<b>00:47:27.95</b>	<b>00:47:27.95</b>	+00:20:23 (43.0%)	5:55	10.1 (57.1%)
278	<b>KOZŁOWSKI Waldemar</b>	<b>839</b>	KB DĘBIEC POZNAŃ	OPEN Mężczyźni	248	00:00:00	00:23:27	<b>00:47:28.50</b>	<b>00:47:28.50</b>	+00:20:23 (43.0%)	5:56	10.1 (57.1%)
279	<b>EDER Violetta</b>	<b>697</b>		OPEN Kobiety	29	00:00:41	00:23:16	<b>00:47:29.10</b>	<b>00:48:10.20</b>	+00:20:24 (43.0%)	5:56	10.1 (57.1%)
280	<b>BRENK Mikołaj</b>	<b>663</b>	BRIDGESTONE	OPEN Mężczyźni	249	00:00:40	00:23:24	<b>00:47:35.30</b>	<b>00:48:16.15</b>	+00:20:30 (43.1%)	5:56	10.1 (57.1%)
281	<b>PATALLAS Artur</b>	<b>609</b>	NIEZNISZCZALNI	OPEN Mężczyźni	250	00:00:13	00:22:15	<b>00:47:36.05</b>	<b>00:47:49.35</b>	+00:20:31 (43.1%)	5:57	10.1 (57.1%)
282	<b>WLAZŁY Bartosz</b>	<b>939</b>		OPEN Mężczyźni	251	00:00:33	00:23:27	<b>00:47:37.40</b>	<b>00:48:10.75</b>	+00:20:32 (43.1%)	5:57	10.1 (57.1%)
283	<b>GROLIK Mariusz</b>	<b>933</b>		OPEN Mężczyźni	252	00:01:11	00:23:06	<b>00:47:46.15</b>	<b>00:48:57.85</b>	+00:20:41 (43.3%)	5:58	10 (56.5%)
284	<b>GIDASZEWSKI Adrian</b>	<b>860</b>	9231626158	OPEN Mężczyźni	253	00:00:36	00:24:08	<b>00:47:49.25</b>	<b>00:48:25.35</b>	+00:20:44 (43.4%)	5:58	10 (56.5%)
285	<b>KOŚCIELNIAK Przemysław</b>	<b>947</b>		OPEN Mężczyźni	254	00:01:04	00:23:04	<b>00:47:50.00</b>	<b>00:48:54.10</b>	+00:20:45 (43.4%)	5:58	10 (56.5%)
286	<b>KOZAK Tomasz</b>	<b>627</b>	AFTER PARTY TEAM	OPEN Mężczyźni	255	00:00:39	00:23:01	<b>00:47:52.45</b>	<b>00:48:31.90</b>	+00:20:47 (43.4%)	5:59	10 (56.5%)
287	<b>BUSZEWSKI Zbyszek</b>	<b>1023</b>		OPEN Mężczyźni	256	00:00:26	00:27:10	<b>00:47:55.20</b>	<b>00:48:21.20</b>	+00:20:50 (43.5%)	5:59	10 (56.5%)
288	<b>PRZEWŁOCKI Przemysław</b>	<b>580</b>		OPEN Mężczyźni	257	00:00:10	00:23:10	<b>00:47:55.50</b>	<b>00:48:06.40</b>	+00:20:50 (43.5%)	5:59	10 (56.5%)
289	<b>SROKA Marcin</b>	<b>857</b>	TATA TYMKA :)	OPEN Mężczyźni	258	00:00:26	00:23:43	<b>00:47:57.15</b>	<b>00:48:23.35</b>	+00:20:52 (43.5%)	5:59	10 (56.5%)
290	<b>MARCINIAK Maciej</b>	<b>1041</b>		OPEN Mężczyźni	259	00:00:04	00:23:11	<b>00:47:59.10</b>	<b>00:48:03.70</b>	+00:20:54 (43.6%)	5:59	10 (56.5%)
291	<b>GOCYLA Marcin</b>	<b>851</b>		OPEN Mężczyźni	260	00:00:40	00:23:41	<b>00:48:01.35</b>	<b>00:48:41.55</b>	+00:20:56 (43.6%)	6:00	10 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 4km	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
292	<b>HERMAN Grażyna</b>	<b>848</b>		OPEN Kobiety	30	00:00:07	00:23:02	<b>00:48:04.50</b>	<b>00:48:12.20</b>	+00:20:59 (43.7%)	6:00	10 (56.5%)
293	<b>WIERZBIŃSKA Julita</b>	<b>901</b>		OPEN Kobiety	31	00:00:19	00:23:28	<b>00:48:04.65</b>	<b>00:48:24.25</b>	+00:21:00 (43.7%)	6:00	10 (56.5%)
294	<b>DAWIDZIAK Paweł</b>	<b>1101</b>	KB I LOVE ZIEMEK	OPEN Mężczyźni	261	00:01:24	00:24:01	<b>00:48:09.00</b>	<b>00:49:33.55</b>	+00:21:04 (43.8%)	6:01	10 (56.5%)
295	<b>NAROŻNA Paulina</b>	<b>807</b>		OPEN Kobiety	32	00:00:26	00:23:32	<b>00:48:09.05</b>	<b>00:48:35.55</b>	+00:21:04 (43.8%)	6:01	10 (56.5%)
296	<b>GUT Sylwia</b>	<b>808</b>		OPEN Kobiety	33	00:00:26	00:23:33	<b>00:48:09.65</b>	<b>00:48:35.65</b>	+00:21:05 (43.8%)	6:01	10 (56.5%)
297	<b>IDZIKOWSKI Mariusz</b>	<b>560</b>		OPEN Mężczyźni	262	00:00:16	00:24:17	<b>00:48:13.10</b>	<b>00:48:29.80</b>	+00:21:08 (43.8%)	6:01	10 (56.5%)
298	<b>KACPEROWSKA Katarzyna</b>	<b>561</b>		OPEN Kobiety	34	00:00:15	00:24:18	<b>00:48:14.90</b>	<b>00:48:30.25</b>	+00:21:10 (43.9%)	6:01	10 (56.5%)
299	<b>GADOMSKI Piotr</b>	<b>575</b>		OPEN Mężczyźni	263	00:00:15	00:23:19	<b>00:48:15.75</b>	<b>00:48:31.65</b>	+00:21:11 (43.9%)	6:01	9.9 (55.9%)
300	<b>BRODZISZEWSKI Wiesław</b>	<b>503</b>	BRODEX TEAM SWARZĘDZ	OPEN Mężczyźni	264	00:00:42	00:23:15	<b>00:48:19.25</b>	<b>00:49:02.05</b>	+00:21:14 (44.0%)	6:02	9.9 (55.9%)
301	<b>SOBCZAK Piotr</b>	<b>865</b>	KB WARTKO	OPEN Mężczyźni	265	00:00:48	00:22:28	<b>00:48:19.65</b>	<b>00:49:08.35</b>	+00:21:15 (44.0%)	6:02	9.9 (55.9%)
302	<b>JASTRZĘBSKI Radek</b>	<b>814</b>		OPEN Mężczyźni	266	00:00:55	00:24:50	<b>00:48:21.80</b>	<b>00:49:17.65</b>	+00:21:17 (44.0%)	6:02	9.9 (55.9%)
303	<b>WIŚNIEWSKI Jacek</b>	<b>949</b>		OPEN Mężczyźni	267	00:00:39	00:23:20	<b>00:48:22.55</b>	<b>00:49:01.55</b>	+00:21:17 (44.0%)	6:02	9.9 (55.9%)
304	<b>DOMŻAŁ Rafał</b>	<b>812</b>		OPEN Mężczyźni	268	00:00:42	00:24:00	<b>00:48:28.75</b>	<b>00:49:11.55</b>	+00:21:24 (44.1%)	6:03	9.9 (55.9%)
305	<b>SPLISTESER Rafal</b>	<b>532</b>		OPEN Mężczyźni	269	00:00:09	00:22:02	<b>00:48:33.00</b>	<b>00:48:42.90</b>	+00:21:28 (44.2%)	6:04	9.9 (55.9%)
306	<b>SOBIENIAK Przemysław</b>	<b>507</b>	DORSZ	OPEN Mężczyźni	270	00:00:24	00:23:09	<b>00:48:36.70</b>	<b>00:49:01.45</b>	+00:21:32 (44.3%)	6:04	9.9 (55.9%)
307	<b>STESSEL Bartosz</b>	<b>556</b>		OPEN Mężczyźni	271	00:00:33	00:22:25	<b>00:48:38.25</b>	<b>00:49:11.30</b>	+00:21:33 (44.3%)	6:04	9.9 (55.9%)
308	<b>DOMINIAK Konrad</b>	<b>926</b>		OPEN Mężczyźni	272	00:00:13	00:24:12	<b>00:48:41.90</b>	<b>00:48:55.65</b>	+00:21:37 (44.4%)	6:05	9.9 (55.9%)
309	<b>WĘCLIK Klaudia</b>	<b>1017</b>	QGESTO	OPEN Kobiety	35	00:00:13	00:24:13	<b>00:48:42.65</b>	<b>00:48:55.65</b>	+00:21:38 (44.4%)	6:05	9.9 (55.9%)
310	<b>GOSIEWSKA Kamila</b>	<b>1002</b>		OPEN Kobiety	36	00:00:48	00:24:39	<b>00:48:50.55</b>	<b>00:49:39.50</b>	+00:21:45 (44.6%)	6:06	9.8 (55.4%)
311	<b>WOŹNIAK Beata</b>	<b>603</b>		OPEN Kobiety	37	00:00:16	00:24:29	<b>00:48:54.10</b>	<b>00:49:10.30</b>	+00:21:49 (44.6%)	6:06	9.8 (55.4%)
312	<b>DWÓŹNIK Robert</b>	<b>667</b>	DAM RADĘ	OPEN Mężczyźni	273	00:01:10	00:23:48	<b>00:48:56.60</b>	<b>00:50:06.70</b>	+00:21:52 (44.7%)	6:07	9.8 (55.4%)
313	<b>CZABAŃSKA Weronika</b>	<b>783</b>		OPEN Kobiety	38	00:00:28	00:23:48	<b>00:49:04.65</b>	<b>00:49:33.55</b>	+00:22:00 (44.8%)	6:08	9.8 (55.4%)
314	<b>KACZMAREK Beata</b>	<b>563</b>	MTB RUSAŁKA POZNAŃ	OPEN Kobiety	39	00:01:09	00:24:09	<b>00:49:06.25</b>	<b>00:50:15.45</b>	+00:22:01 (44.9%)	6:08	9.8 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 4km	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
315	<b>BERLIŃSKI Wojciech</b>	<b>898</b>		OPEN Mężczyźni	274	00:01:18	00:23:09	<b>00:49:08.00</b>	<b>00:50:26.20</b>	+00:22:03 (44.9%)	6:08	9.8 (55.4%)
316	<b>NADOLNY Piotr</b>	<b>962</b>		OPEN Mężczyźni	275	00:01:18	00:25:15	<b>00:49:08.50</b>	<b>00:50:26.90</b>	+00:22:03 (44.9%)	6:08	9.8 (55.4%)
317	<b>WOGA Andrzej</b>	<b>838</b>	KB DĘBIEC POZNAŃ	OPEN Mężczyźni	276	00:00:22	00:23:15	<b>00:49:08.90</b>	<b>00:49:31.50</b>	+00:22:04 (44.9%)	6:08	9.8 (55.4%)
318	<b>SOŁTYSIAK Marcin</b>	<b>523</b>		OPEN Mężczyźni	277	00:00:52	00:24:36	<b>00:49:10.00</b>	<b>00:50:02.60</b>	+00:22:05 (44.9%)	6:08	9.8 (55.4%)
319	<b>KAWALA Damian</b>	<b>951</b>		OPEN Mężczyźni	278	00:01:01	00:24:49	<b>00:49:12.45</b>	<b>00:50:13.80</b>	+00:22:07 (45.0%)	6:09	9.8 (55.4%)
320	<b>MAĆKOWSKI Paweł</b>	<b>502</b>		OPEN Mężczyźni	279	00:00:45	00:24:31	<b>00:49:12.85</b>	<b>00:49:58.10</b>	+00:22:08 (45.0%)	6:09	9.8 (55.4%)
321	<b>ZALEWSKI Krzysztof</b>	<b>935</b>	H.CEGIELSKI - POZNAŃ	OPEN Mężczyźni	280	00:00:17	00:25:11	<b>00:49:19.95</b>	<b>00:49:37.50</b>	+00:22:15 (45.1%)	6:09	9.7 (54.8%)
322	<b>KUBSKA-MATYSIAK Dagmara</b>	<b>928</b>		OPEN Kobiety	40	00:00:44	00:24:56	<b>00:49:20.50</b>	<b>00:50:04.60</b>	+00:22:15 (45.1%)	6:10	9.7 (54.8%)
323	<b>MARCINIAK Monika</b>	<b>965</b>		OPEN Kobiety	41	00:00:43	00:23:56	<b>00:49:23.05</b>	<b>00:50:06.95</b>	+00:22:18 (45.2%)	6:10	9.7 (54.8%)
324	<b>CHYBIN Natalia</b>	<b>762</b>		OPEN Kobiety	42	00:00:57	00:24:55	<b>00:49:24.35</b>	<b>00:50:21.85</b>	+00:22:19 (45.2%)	6:10	9.7 (54.8%)
325	<b>STAWUJAK Jacek</b>	<b>657</b>		OPEN Mężczyźni	281	00:00:43	00:23:56	<b>00:49:24.75</b>	<b>00:50:08.20</b>	+00:22:20 (45.2%)	6:10	9.7 (54.8%)
326	<b>LEHMANN Szymon</b>	<b>782</b>		OPEN Mężczyźni	282	00:00:29	00:24:16	<b>00:49:26.45</b>	<b>00:49:55.95</b>	+00:22:21 (45.2%)	6:10	9.7 (54.8%)
327	<b>TOPOLEWSKI Maciej</b>	<b>784</b>	BIEGACZE YOUFIT	OPEN Mężczyźni	283	00:01:13	00:24:52	<b>00:49:29.10</b>	<b>00:50:42.40</b>	+00:22:24 (45.3%)	6:11	9.7 (54.8%)
328	<b>GROSMAN Sylwia</b>	<b>904</b>		OPEN Kobiety	43	00:00:55	00:25:11	<b>00:49:31.70</b>	<b>00:50:26.90</b>	+00:22:27 (45.3%)	6:11	9.7 (54.8%)
329	<b>LEPCZAK Rafał</b>	<b>559</b>		OPEN Mężczyźni	284	00:00:20	00:23:49	<b>00:49:33.65</b>	<b>00:49:54.15</b>	+00:22:29 (45.4%)	6:11	9.7 (54.8%)
330	<b>PAWLAK Bartosz</b>	<b>615</b>		OPEN Mężczyźni	285	00:00:11	00:22:33	<b>00:49:37.65</b>	<b>00:49:49.00</b>	+00:22:33 (45.4%)	6:12	9.7 (54.8%)
331	<b>NOWINSKA Ewa</b>	<b>798</b>	DRUŻYNA BIEGU JOŃCA	OPEN Kobiety	44	00:00:07	00:23:43	<b>00:49:37.80</b>	<b>00:49:45.30</b>	+00:22:33 (45.4%)	6:12	9.7 (54.8%)
332	<b>KOZAJDA Andrzej</b>	<b>653</b>		OPEN Mężczyźni	286	00:00:53	00:24:30	<b>00:49:44.35</b>	<b>00:50:37.60</b>	+00:22:39 (45.6%)	6:13	9.7 (54.8%)
333	<b>JASTRZĘBSKA Renata</b>	<b>619</b>		OPEN Kobiety	45	00:00:31	00:24:14	<b>00:49:47.05</b>	<b>00:50:18.25</b>	+00:22:42 (45.6%)	6:13	9.6 (54.2%)
334	<b>ROŻEK Michał</b>	<b>801</b>	DRUŻYNA BIEGOWA LECHA POZNAŃ	OPEN Mężczyźni	287	00:00:59	00:23:40	<b>00:49:55.65</b>	<b>00:50:55.30</b>	+00:22:51 (45.8%)	6:14	9.6 (54.2%)
335	<b>CELER Wiktoria</b>	<b>573</b>	NIEZRZESZONA	OPEN Kobiety	46	00:00:47	00:24:27	<b>00:50:05.40</b>	<b>00:50:53.10</b>	+00:23:00 (45.9%)	6:15	9.6 (54.2%)
336	<b>ŻMIDZIŃSKI Artur</b>	<b>696</b>		OPEN Mężczyźni	288	00:01:20	00:23:46	<b>00:50:05.85</b>	<b>00:51:26.80</b>	+00:23:01 (46.0%)	6:15	9.6 (54.2%)
337	<b>WINKEL Alina</b>	<b>1047</b>		OPEN Kobiety	47	00:00:52	00:23:37	<b>00:50:06.85</b>	<b>00:50:58.85</b>	+00:23:02 (46.0%)	6:15	9.6 (54.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 4km	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
338	<b>WAWRZYNIAK Przemysław</b>	<b>755</b>	3:33 TEAM	OPEN Mężczyźni	289	00:01:17	00:25:19	<b>00:50:07.05</b>	<b>00:51:24.85</b>	+00:23:02 (46.0%)	6:15	9.6 (54.2%)
339	<b>CHOLEWIŃSKA Longina</b>	<b>991</b>	HERNIK TEAM	OPEN Kobiety	48	00:00:49	00:24:39	<b>00:50:16.95</b>	<b>00:51:06.20</b>	+00:23:12 (46.2%)	6:17	9.5 (53.7%)
340	<b>SZULC Piotr</b>	<b>828</b>		OPEN Mężczyźni	290	00:01:18	00:26:23	<b>00:50:21.45</b>	<b>00:51:40.25</b>	+00:23:16 (46.2%)	6:17	9.5 (53.7%)
341	<b>PAWLAK Marta</b>	<b>849</b>	TERAZ TULCE - MY BIEGAMY, BIEGAJ Z NAMI	OPEN Kobiety	49	00:00:30	00:23:29	<b>00:50:22.85</b>	<b>00:50:53.40</b>	+00:23:18 (46.3%)	6:17	9.5 (53.7%)
342	<b>SZRAMKA Emilia</b>	<b>811</b>		OPEN Kobiety	50	00:00:37	00:23:47	<b>00:50:22.90</b>	<b>00:51:00.35</b>	+00:23:18 (46.3%)	6:17	9.5 (53.7%)
343	<b>NOWACKA Dorota</b>	<b>810</b>	DZIEWCZYNI	OPEN Kobiety	51	00:00:36	00:23:48	<b>00:50:23.30</b>	<b>00:51:00.05</b>	+00:23:18 (46.3%)	6:17	9.5 (53.7%)
344	<b>GOLIŃSKI Przemysław</b>	<b>1007</b>	EUROCASH	OPEN Mężczyźni	291	00:00:34	00:24:37	<b>00:50:27.35</b>	<b>00:51:02.20</b>	+00:23:22 (46.3%)	6:18	9.5 (53.7%)
345	<b>ANDRZEJEWSKI Krzysztof</b>	<b>973</b>		OPEN Mężczyźni	292	00:01:15	00:25:37	<b>00:50:27.75</b>	<b>00:51:43.00</b>	+00:23:23 (46.3%)	6:18	9.5 (53.7%)
346	<b>SNELA Michał</b>	<b>884</b>	FPS	OPEN Mężczyźni	293	00:00:59	00:24:54	<b>00:50:29.60</b>	<b>00:51:29.25</b>	+00:23:25 (46.4%)	6:18	9.5 (53.7%)
347	<b>STACHOWIAK Marcin</b>	<b>893</b>	FPS	OPEN Mężczyźni	294	00:00:58	00:24:54	<b>00:50:30.60</b>	<b>00:51:29.45</b>	+00:23:26 (46.4%)	6:18	9.5 (53.7%)
348	<b>SZCZEPANIAK Paweł</b>	<b>969</b>		OPEN Mężczyźni	295	00:01:14	00:25:21	<b>00:50:30.80</b>	<b>00:51:45.65</b>	+00:23:26 (46.4%)	6:18	9.5 (53.7%)
349	<b>SZCZEPANIAK Jarosław</b>	<b>968</b>		OPEN Mężczyźni	296	00:01:14	00:25:22	<b>00:50:31.55</b>	<b>00:51:45.95</b>	+00:23:26 (46.4%)	6:18	9.5 (53.7%)
350	<b>DROBNIK Ewa</b>	<b>596</b>		OPEN Kobiety	52	00:00:25	00:30:35	<b>00:50:33.45</b>	<b>00:50:59.20</b>	+00:23:28 (46.4%)	6:19	9.5 (53.7%)
351	<b>GOLIŃSKA Barbara</b>	<b>931</b>	EUROCASH	OPEN Kobiety	53	00:00:35	00:24:37	<b>00:50:33.60</b>	<b>00:51:08.65</b>	+00:23:29 (46.4%)	6:19	9.5 (53.7%)
352	<b>LISEWSKI Piotr</b>	<b>648</b>		OPEN Mężczyźni	297	00:01:21	00:23:45	<b>00:50:36.40</b>	<b>00:51:57.75</b>	+00:23:31 (46.5%)	6:19	9.5 (53.7%)
353	<b>ŚMIAŁEK Filip</b>	<b>996</b>		OPEN Mężczyźni	298	00:01:05	00:26:33	<b>00:50:42.15</b>	<b>00:51:47.65</b>	+00:23:37 (46.6%)	6:20	9.5 (53.7%)
354	<b>NOWACKA Anna</b>	<b>982</b>		OPEN Kobiety	54	00:00:12	00:24:16	<b>00:50:47.00</b>	<b>00:50:59.80</b>	+00:23:42 (46.7%)	6:20	9.5 (53.7%)
355	<b>PETRENKO Inka</b>	<b>582</b>		OPEN Kobiety	55	00:00:21	00:24:46	<b>00:50:50.55</b>	<b>00:51:12.45</b>	+00:23:45 (46.7%)	6:21	9.4 (53.1%)
356	<b>KRASZKIEWICZ Rafał</b>	<b>722</b>	QUAY POZNAŃ	OPEN Mężczyźni	299	00:01:04	00:25:07	<b>00:50:50.95</b>	<b>00:51:55.70</b>	+00:23:46 (46.8%)	6:21	9.4 (53.1%)
357	<b>GRYPCZYŃSKI Robert</b>	<b>778</b>		OPEN Mężczyźni	300	00:01:02	00:24:26	<b>00:50:51.35</b>	<b>00:51:53.35</b>	+00:23:46 (46.8%)	6:21	9.4 (53.1%)
358	<b>ZIOMBEK Anna</b>	<b>875</b>	PARKRUN POZNAŃ	OPEN Kobiety	56	00:00:45	00:24:58	<b>00:50:52.55</b>	<b>00:51:38.50</b>	+00:23:47 (46.8%)	6:21	9.4 (53.1%)
359	<b>OLBRYŚ Piotr</b>	<b>501</b>	VW SOLIDARNOŚĆ	OPEN Mężczyźni	301	00:00:40	00:24:31	<b>00:50:52.90</b>	<b>00:51:33.10</b>	+00:23:48 (46.8%)	6:21	9.4 (53.1%)
360	<b>KARPIŃSKI Konrad</b>	<b>691</b>		OPEN Mężczyźni	302	00:01:26	00:24:36	<b>00:50:57.95</b>	<b>00:52:24.65</b>	+00:23:53 (46.9%)	6:22	9.4 (53.1%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 4km	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
361	<b>MROCZKOWSKI Emil</b>	<b>693</b>		OPEN Mężczyźni	303	00:01:26	00:22:39	<b>00:50:58.40</b>	<b>00:52:24.65</b>	+00:23:53 (46.9%)	6:22	9.4 (53.1%)
362	<b>GRABA Eugeniusz</b>	<b>836</b>	KB MANIAC	OPEN Mężczyźni	304	00:00:45	00:23:56	<b>00:50:59.65</b>	<b>00:51:44.70</b>	+00:23:55 (46.9%)	6:22	9.4 (53.1%)
363	<b>DYBIKOWSKI Bartosz</b>	<b>938</b>		OPEN Mężczyźni	305	00:00:59	00:25:36	<b>00:51:00.05</b>	<b>00:51:59.40</b>	+00:23:55 (46.9%)	6:22	9.4 (53.1%)
364	<b>GRACZYK Karolina</b>	<b>1053</b>		OPEN Kobiety	57	00:00:29	00:24:23	<b>00:51:01.75</b>	<b>00:51:30.85</b>	+00:23:57 (46.9%)	6:22	9.4 (53.1%)
365	<b>SKOTAREK Daria</b>	<b>1149</b>		OPEN Kobiety	58	00:00:11	00:24:35	<b>00:51:02.80</b>	<b>00:51:14.15</b>	+00:23:58 (47.0%)	6:22	9.4 (53.1%)
366	<b>NOGALSKI Maciej</b>	<b>688</b>		OPEN Mężczyźni	306	00:01:17	00:24:21	<b>00:51:13.40</b>	<b>00:52:31.10</b>	+00:24:08 (47.1%)	6:24	9.4 (53.1%)
367	<b>ŁUKASZEWSKI Piotr</b>	<b>683</b>	PIOTR ŁUKASZEWSKI	OPEN Mężczyźni	307	00:00:32	00:26:08	<b>00:51:13.75</b>	<b>00:51:45.95</b>	+00:24:09 (47.1%)	6:24	9.4 (53.1%)
368	<b>BUSZKIEWICZ Piotr</b>	<b>1095</b>	EUROCASH	OPEN Mężczyźni	308	00:00:31	00:26:09	<b>00:51:14.30</b>	<b>00:51:46.25</b>	+00:24:09 (47.2%)	6:24	9.4 (53.1%)
369	<b>MAJEWSKA-WAWRZYŃIAK Karolina</b>	<b>856</b>		OPEN Kobiety	59	00:00:05	00:24:59	<b>00:51:15.00</b>	<b>00:51:20.95</b>	+00:24:10 (47.2%)	6:24	9.4 (53.1%)
370	<b>SAWALA Aneta</b>	<b>844</b>		OPEN Kobiety	60	00:00:24	00:24:24	<b>00:51:16.60</b>	<b>00:51:41.50</b>	+00:24:12 (47.2%)	6:24	9.4 (53.1%)
371	<b>ŁUKASZEWSKA Agnieszka</b>	<b>684</b>		OPEN Kobiety	61	00:00:29	00:26:12	<b>00:51:16.90</b>	<b>00:51:45.95</b>	+00:24:12 (47.2%)	6:24	9.4 (53.1%)
372	<b>JAWORSKA Magdalena</b>	<b>880</b>	SEKCJA GRUNWALD	OPEN Kobiety	62	00:00:21	00:24:26	<b>00:51:31.45</b>	<b>00:51:52.55</b>	+00:24:26 (47.4%)	6:26	9.3 (52.5%)
373	<b>RATAJCZAK Mirosław</b>	<b>537</b>		OPEN Mężczyźni	309	00:01:06	00:25:42	<b>00:51:42.95</b>	<b>00:52:49.05</b>	+00:24:38 (47.6%)	6:27	9.3 (52.5%)
374	<b>ZAWITAJ Tomasz</b>	<b>597</b>		OPEN Mężczyźni	310	00:00:46	00:25:01	<b>00:51:50.45</b>	<b>00:52:37.00</b>	+00:24:45 (47.8%)	6:28	9.3 (52.5%)
375	<b>KONIECZNY Robert</b>	<b>815</b>		OPEN Mężczyźni	311	00:00:37	00:25:16	<b>00:51:57.25</b>	<b>00:52:34.55</b>	+00:24:52 (47.9%)	6:29	9.2 (52.0%)
376	<b>GRZYBOWSKA Beata</b>	<b>790</b>		OPEN Kobiety	63	00:00:33	00:24:21	<b>00:52:00.00</b>	<b>00:52:33.75</b>	+00:24:55 (47.9%)	6:30	9.2 (52.0%)
377	<b>SERWAŃSKA Katarzyna</b>	<b>826</b>		OPEN Kobiety	64	00:00:35	00:25:45	<b>00:52:11.20</b>	<b>00:52:46.80</b>	+00:25:06 (48.1%)	6:31	9.2 (52.0%)
378	<b>WOJCIESZAK Szczepan</b>	<b>825</b>		OPEN Mężczyźni	312	00:00:35	00:25:45	<b>00:52:12.10</b>	<b>00:52:47.85</b>	+00:25:07 (48.1%)	6:31	9.2 (52.0%)
379	<b>KASPRZYK Justyna</b>	<b>997</b>		OPEN Kobiety	65	00:01:20	00:25:14	<b>00:52:12.90</b>	<b>00:53:33.55</b>	+00:25:08 (48.1%)	6:31	9.2 (52.0%)
380	<b>PAWLACZYK Mariusz</b>	<b>907</b>	MARUDERZY	OPEN Mężczyźni	313	00:01:09	00:25:00	<b>00:52:15.40</b>	<b>00:53:24.85</b>	+00:25:10 (48.2%)	6:31	9.2 (52.0%)
381	<b>ADAMCZYK Maciej</b>	<b>974</b>		OPEN Mężczyźni	314	00:01:21	00:24:42	<b>00:52:38.00</b>	<b>00:53:59.45</b>	+00:25:33 (48.6%)	6:34	9.1 (51.4%)
382	<b>KUNA Robert</b>	<b>623</b>		OPEN Mężczyźni	315	00:00:39	00:25:52	<b>00:52:42.10</b>	<b>00:53:21.45</b>	+00:25:37 (48.6%)	6:35	9.1 (51.4%)
383	<b>SURMA Michał</b>	<b>958</b>		OPEN Mężczyźni	316	00:00:29	00:25:49	<b>00:52:45.25</b>	<b>00:53:14.75</b>	+00:25:40 (48.7%)	6:35	9.1 (51.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 4km	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
384	<b>KRUSZONA Aleksander</b>	<b>892</b>	F.Y.F	OPEN Mężczyźni	317	00:00:23	00:25:03	<b>00:52:47.10</b>	<b>00:53:11.00</b>	+00:25:42 (48.7%)	6:35	9.1 (51.4%)
385	<b>GARWACKA Asia</b>	<b>612</b>		OPEN Kobiety	66	00:00:44	00:26:12	<b>00:52:47.60</b>	<b>00:53:32.55</b>	+00:25:43 (48.7%)	6:35	9.1 (51.4%)
386	<b>KRUSZONA Bartosz</b>	<b>891</b>	F.Y.F	OPEN Mężczyźni	318	00:00:23	00:25:03	<b>00:52:47.70</b>	<b>00:53:10.95</b>	+00:25:43 (48.7%)	6:35	9.1 (51.4%)
387	<b>DURA Małgorzata</b>	<b>896</b>	DEDE.TEAM	OPEN Kobiety	67	00:00:05	00:25:43	<b>00:52:53.35</b>	<b>00:52:59.30</b>	+00:25:48 (48.8%)	6:36	9.1 (51.4%)
388	<b>DUDA -KRZEMIENIEWSKA Jadwiga</b>	<b>831</b>	KB SZAMOTUŁY	OPEN Kobiety	68	00:01:03	00:25:37	<b>00:52:59.60</b>	<b>00:54:02.60</b>	+00:25:55 (48.9%)	6:37	9.1 (51.4%)
389	<b>GÓRSKI Marcin</b>	<b>882</b>	FPS	OPEN Mężczyźni	319	00:00:58	00:25:11	<b>00:53:02.10</b>	<b>00:54:00.90</b>	+00:25:57 (48.9%)	6:37	9.1 (51.4%)
390	<b>PRZYBYLSKA Malwina</b>	<b>862</b>		OPEN Kobiety	69	00:00:30	00:26:20	<b>00:53:06.70</b>	<b>00:53:37.05</b>	+00:26:02 (49.0%)	6:38	9 (50.8%)
391	<b>CHWIAŁKOWSKI Henryk</b>	<b>677</b>	CHWIAŁKOWSKI TEAM	OPEN Mężczyźni	320	00:00:30	00:26:24	<b>00:53:08.95</b>	<b>00:53:39.50</b>	+00:26:04 (49.1%)	6:38	9 (50.8%)
392	<b>KRUSZONA - WIŚNIEWSKA Marta</b>	<b>613</b>	RUNSTETICO	OPEN Kobiety	70	00:00:45	00:26:11	<b>00:53:09.55</b>	<b>00:53:55.10</b>	+00:26:04 (49.1%)	6:38	9 (50.8%)
393	<b>KUNA Danka</b>	<b>622</b>		OPEN Kobiety	71	00:00:00	00:26:31	<b>00:53:21.15</b>	<b>00:53:21.15</b>	+00:26:16 (49.2%)	6:40	9 (50.8%)
394	<b>MIKOŁAJCZAK Kuba</b>	<b>618</b>		OPEN Mężczyźni	321	00:00:11	00:25:50	<b>00:53:29.00</b>	<b>00:53:40.60</b>	+00:26:24 (49.4%)	6:41	9 (50.8%)
395	<b>MENCFELD Jakub</b>	<b>527</b>	E-LECH'02	OPEN Mężczyźni	322	00:00:56	00:28:10	<b>00:53:41.20</b>	<b>00:54:38.10</b>	+00:26:36 (49.6%)	6:42	8.9 (50.3%)
396	<b>TOMCZAK Krzysztof</b>	<b>959</b>		OPEN Mężczyźni	323	00:00:55	00:28:12	<b>00:53:47.00</b>	<b>00:54:42.65</b>	+00:26:42 (49.7%)	6:43	8.9 (50.3%)
397	<b>KLUGIEWICZ Michał</b>	<b>999</b>		OPEN Mężczyźni	324	00:01:06	00:27:33	<b>00:53:47.10</b>	<b>00:54:53.70</b>	+00:26:42 (49.7%)	6:43	8.9 (50.3%)
398	<b>KACZMAREK Daria</b>	<b>751</b>		OPEN Kobiety	72	00:01:17	00:26:47	<b>00:53:49.30</b>	<b>00:55:06.90</b>	+00:26:44 (49.7%)	6:43	8.9 (50.3%)
399	<b>WYSOCKI Tomasz</b>	<b>989</b>		OPEN Mężczyźni	325	00:00:12	00:25:24	<b>00:53:50.00</b>	<b>00:54:02.40</b>	+00:26:45 (49.7%)	6:43	8.9 (50.3%)
400	<b>KOZŁOWICZ Magdalena</b>	<b>981</b>		OPEN Kobiety	73	00:00:11	00:25:25	<b>00:53:50.80</b>	<b>00:54:02.15</b>	+00:26:46 (49.7%)	6:43	8.9 (50.3%)
401	<b>TALAGA Donata</b>	<b>1094</b>		OPEN Kobiety	74	00:00:11	00:25:12	<b>00:53:51.00</b>	<b>00:54:02.90</b>	+00:26:46 (49.7%)	6:43	8.9 (50.3%)
402	<b>WLAZŁY Magdalena</b>	<b>809</b>		OPEN Kobiety	75	00:00:22	00:25:49	<b>00:53:56.80</b>	<b>00:54:19.30</b>	+00:26:52 (49.8%)	6:44	8.9 (50.3%)
403	<b>NYCZAK Zbigniew</b>	<b>724</b>		OPEN Mężczyźni	326	00:00:09	00:25:25	<b>00:54:01.55</b>	<b>00:54:11.05</b>	+00:26:56 (49.9%)	6:45	8.9 (50.3%)
404	<b>NYCZAK Maria</b>	<b>723</b>		OPEN Kobiety	76	00:00:08	00:25:25	<b>00:54:02.80</b>	<b>00:54:11.35</b>	+00:26:58 (49.9%)	6:45	8.9 (50.3%)
405	<b>SKONIECZNY Patryk</b>	<b>594</b>	33BAZA LOTNICTWA TRANSPORTOWEGO POWIDZ	OPEN Mężczyźni	327	00:01:01	00:26:19	<b>00:54:06.75</b>	<b>00:55:07.75</b>	+00:27:02 (50.0%)	6:45	8.9 (50.3%)
406	<b>GRENCIEL Przemysław</b>	<b>934</b>	ŚWIERCZEWORUN	OPEN Mężczyźni	328	00:00:15	00:25:28	<b>00:54:07.15</b>	<b>00:54:22.45</b>	+00:27:02 (50.0%)	6:45	8.9 (50.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 4km	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
407	<b>LEWANDOWSKI Tycjan</b>	<b>525</b>		OPEN Mężczyźni	329	00:00:51	00:25:22	<b>00:54:07.50</b>	<b>00:54:58.95</b>	+00:27:02 (50.0%)	6:45	8.9 (50.3%)
408	<b>SNADNY Krzysztof</b>	<b>700</b>		OPEN Mężczyźni	330	00:01:08	00:27:28	<b>00:54:10.20</b>	<b>00:55:18.90</b>	+00:27:05 (50.0%)	6:46	8.9 (50.3%)
409	<b>GRYGIER Piotr</b>	<b>866</b>	OWN GOAL	OPEN Mężczyźni	331	00:00:48	00:26:30	<b>00:54:21.20</b>	<b>00:55:09.90</b>	+00:27:16 (50.2%)	6:47	8.8 (49.7%)
410	<b>CICHOWLAZ Małgorzata</b>	<b>506</b>		OPEN Kobiety	77	00:00:08	00:25:03	<b>00:54:26.30</b>	<b>00:54:34.30</b>	+00:27:21 (50.3%)	6:48	8.8 (49.7%)
411	<b>JANOWICZ Romualda</b>	<b>819</b>	OPALENICKI KLUB BIEGACZA	OPEN Kobiety	78	00:01:11	00:25:51	<b>00:54:28.60</b>	<b>00:55:39.75</b>	+00:27:24 (50.3%)	6:48	8.8 (49.7%)
412	<b>BRZOSKOWSKI Krzysztof</b>	<b>903</b>		OPEN Mężczyźni	332	00:00:47	00:25:47	<b>00:54:28.70</b>	<b>00:55:16.00</b>	+00:27:24 (50.3%)	6:48	8.8 (49.7%)
413	<b>JANOWICZ Zbigniew</b>	<b>820</b>	OPALENICKI KLUB BIEGACZA	OPEN Mężczyźni	333	00:01:10	00:25:52	<b>00:54:28.95</b>	<b>00:55:39.70</b>	+00:27:24 (50.3%)	6:48	8.8 (49.7%)
414	<b>VON OPPELN-BRONIKOWSKA Honorata</b>	<b>681</b>		OPEN Kobiety	79	00:00:58	00:26:19	<b>00:54:36.85</b>	<b>00:55:35.30</b>	+00:27:32 (50.4%)	6:49	8.8 (49.7%)
415	<b>BIERNACKI Marcin</b>	<b>682</b>	CALI CAFE ŻAGAŃ	OPEN Mężczyźni	334	00:00:08	00:25:55	<b>00:54:46.20</b>	<b>00:54:54.30</b>	+00:27:41 (50.6%)	6:50	8.8 (49.7%)
416	<b>ŁUKOMSKA - GILL Joanna</b>	<b>1003</b>		OPEN Kobiety	80	00:00:43	00:26:38	<b>00:55:00.20</b>	<b>00:55:43.40</b>	+00:27:55 (50.8%)	6:52	8.7 (49.2%)
417	<b>SZAJEK Łukasz</b>	<b>1012</b>		OPEN Mężczyźni	335	00:00:59	00:26:07	<b>00:55:04.80</b>	<b>00:56:04.60</b>	+00:28:00 (50.8%)	6:53	8.7 (49.2%)
418	<b>GAWORSKI Filip</b>	<b>953</b>	EUROCASH	OPEN Mężczyźni	336	00:00:35	00:25:32	<b>00:55:06.30</b>	<b>00:55:41.80</b>	+00:28:01 (50.9%)	6:53	8.7 (49.2%)
419	<b>RÓŻAŃSKA Agnieszka</b>	<b>846</b>		OPEN Kobiety	81	00:00:45	00:26:07	<b>00:55:11.55</b>	<b>00:55:56.65</b>	+00:28:06 (50.9%)	6:53	8.7 (49.2%)
420	<b>TOMCZAK Joanna</b>	<b>770</b>		OPEN Kobiety	82	00:00:38	00:26:38	<b>00:55:11.90</b>	<b>00:55:50.55</b>	+00:28:07 (50.9%)	6:53	8.7 (49.2%)
421	<b>DEWO Ewa</b>	<b>716</b>		OPEN Kobiety	83	00:00:38	00:26:38	<b>00:55:12.60</b>	<b>00:55:50.70</b>	+00:28:08 (51.0%)	6:54	8.7 (49.2%)
422	<b>NOWAK Mariola</b>	<b>520</b>		OPEN Kobiety	84	00:00:09	00:25:51	<b>00:55:24.85</b>	<b>00:55:34.35</b>	+00:28:20 (51.1%)	6:55	8.7 (49.2%)
423	<b>CZAJKA Anna</b>	<b>830</b>		OPEN Kobiety	85	00:00:08	00:26:06	<b>00:55:29.15</b>	<b>00:55:37.85</b>	+00:28:24 (51.2%)	6:56	8.7 (49.2%)
424	<b>MICHALSKA Natalia</b>	<b>550</b>		OPEN Kobiety	86	00:00:47	00:27:02	<b>00:55:41.45</b>	<b>00:56:28.95</b>	+00:28:36 (51.4%)	6:57	8.6 (48.6%)
425	<b>MICHALSKA Marta</b>	<b>571</b>		OPEN Kobiety	87	00:00:48	00:27:01	<b>00:55:45.05</b>	<b>00:56:33.40</b>	+00:28:40 (51.4%)	6:58	8.6 (48.6%)
426	<b>FRUTCZAK Natalia</b>	<b>747</b>		OPEN Kobiety	88	00:00:52	00:26:31	<b>00:55:49.20</b>	<b>00:56:41.70</b>	+00:28:44 (51.5%)	6:58	8.6 (48.6%)
427	<b>SZWED Magdalena</b>	<b>748</b>		OPEN Kobiety	89	00:00:52	00:26:31	<b>00:55:49.45</b>	<b>00:56:41.50</b>	+00:28:44 (51.5%)	6:58	8.6 (48.6%)
428	<b>DZIUBA Szymon</b>	<b>972</b>	TOMICA COACHING	OPEN Mężczyźni	337	00:00:54	00:27:27	<b>00:55:49.75</b>	<b>00:56:44.65</b>	+00:28:45 (51.5%)	6:58	8.6 (48.6%)
429	<b>MOSTOWSKA-NOWAK Elżbieta</b>	<b>715</b>	BABCIE BIEGAJĄ	OPEN Kobiety	90	00:01:00	00:27:26	<b>00:55:51.55</b>	<b>00:56:51.80</b>	+00:28:46 (51.5%)	6:58	8.6 (48.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 4km	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
430	<b>KOZAK Krystyna</b>	<b>708</b>	RUN TEAM RYDZYNA	OPEN Kobiety	91	00:01:00	00:27:26	<b>00:55:51.75</b>	<b>00:56:52.00</b>	+00:28:47 (51.5%)	6:58	8.6 (48.6%)
431	<b>WOŹNIAK Małgorzata</b>	<b>699</b>		OPEN Kobiety	92	00:00:51	00:27:29	<b>00:56:01.00</b>	<b>00:56:52.10</b>	+00:28:56 (51.7%)	7:00	8.6 (48.6%)
432	<b>MATECKA Katarzyna</b>	<b>922</b>	TULCE MY BIEGAMY BIEGAJ Z NAMI	OPEN Kobiety	93	00:00:34	00:27:15	<b>00:56:02.80</b>	<b>00:56:37.75</b>	+00:28:58 (51.7%)	7:00	8.6 (48.6%)
433	<b>WALAS-GWIZDAŁA Barbara</b>	<b>786</b>	NIE DOTYCZY	OPEN Kobiety	94	00:00:15	00:26:52	<b>00:56:15.65</b>	<b>00:56:30.80</b>	+00:29:11 (51.9%)	7:01	8.5 (48.0%)
434	<b>GWIZDAŁA Natalia</b>	<b>660</b>		OPEN Kobiety	95	00:00:17	00:28:04	<b>00:56:29.90</b>	<b>00:56:47.75</b>	+00:29:25 (52.1%)	7:03	8.5 (48.0%)
435	<b>WIŚNIEWSKA Monika</b>	<b>632</b>	LOCO SPORT	OPEN Kobiety	96	00:00:17	00:28:03	<b>00:56:30.40</b>	<b>00:56:47.90</b>	+00:29:25 (52.1%)	7:03	8.5 (48.0%)
436	<b>BIEGAŁA Angelika</b>	<b>736</b>		OPEN Kobiety	97	00:00:55	00:26:58	<b>00:56:37.80</b>	<b>00:57:33.30</b>	+00:29:33 (52.2%)	7:04	8.5 (48.0%)
437	<b>ROZWADOWSKI Piotr</b>	<b>841</b>		OPEN Mężczyźni	338	00:01:04	00:26:10	<b>00:56:47.10</b>	<b>00:57:51.35</b>	+00:29:42 (52.3%)	7:05	8.5 (48.0%)
438	<b>DUDA Mateusz</b>	<b>1048</b>		OPEN Mężczyźni	339	00:01:27	00:28:07	<b>00:56:56.80</b>	<b>00:58:24.65</b>	+00:29:52 (52.5%)	7:07	8.4 (47.5%)
439	<b>BANASZAK Patryk</b>	<b>915</b>		OPEN Mężczyźni	340	00:01:27	00:28:07	<b>00:56:57.15</b>	<b>00:58:24.65</b>	+00:29:52 (52.5%)	7:07	8.4 (47.5%)
440	<b>PRZYBYŁA Damian</b>	<b>905</b>		OPEN Mężczyźni	341	00:01:27	00:28:08	<b>00:56:57.75</b>	<b>00:58:24.80</b>	+00:29:53 (52.5%)	7:07	8.4 (47.5%)
441	<b>KUBIAK Adam</b>	<b>706</b>	ADAMUS	OPEN Mężczyźni	342	00:01:04	00:27:42	<b>00:57:03.00</b>	<b>00:58:07.60</b>	+00:29:58 (52.5%)	7:07	8.4 (47.5%)
442	<b>GENDERA Ewa</b>	<b>718</b>		OPEN Kobiety	98	00:00:00	00:28:17	<b>00:57:21.65</b>	<b>00:57:21.65</b>	+00:30:17 (52.8%)	7:10	8.4 (47.5%)
443	<b>ZAJĄC Zuzanna</b>	<b>512</b>		OPEN Kobiety	99	00:00:21	00:27:18	<b>00:57:30.30</b>	<b>00:57:51.40</b>	+00:30:25 (52.9%)	7:11	8.3 (46.9%)
444	<b>KACZMARSKI Piotr</b>	<b>625</b>		OPEN Mężczyźni	343	00:00:53	00:27:05	<b>00:57:34.80</b>	<b>00:58:27.90</b>	+00:30:30 (53.0%)	7:11	8.3 (46.9%)
445	<b>ROŻEK Małgorzata</b>	<b>624</b>		OPEN Kobiety	100	00:00:52	00:27:15	<b>00:57:35.35</b>	<b>00:58:28.10</b>	+00:30:30 (53.0%)	7:11	8.3 (46.9%)
446	<b>PROSZOWSKI Jarosław</b>	<b>666</b>		OPEN Mężczyźni	344	00:00:18	00:27:07	<b>00:57:55.65</b>	<b>00:58:13.80</b>	+00:30:51 (53.3%)	7:14	8.3 (46.9%)
447	<b>LISSOŃ Marysia</b>	<b>548</b>	PARKRUN LASEK MARCELIŃSKI	OPEN Kobiety	101	00:00:03	00:27:39	<b>00:58:01.10</b>	<b>00:58:04.75</b>	+00:30:56 (53.3%)	7:15	8.3 (46.9%)
448	<b>CZAPIK Marta</b>	<b>1018</b>	LEGALNA MARTA	OPEN Kobiety	102	00:00:44	00:32:50	<b>00:58:09.70</b>	<b>00:58:53.90</b>	+00:31:05 (53.4%)	7:16	8.3 (46.9%)
449	<b>KRZEWIAK Krystian</b>	<b>1019</b>	CIACHO TEAM	OPEN Mężczyźni	345	00:00:43	00:32:51	<b>00:58:10.55</b>	<b>00:58:54.00</b>	+00:31:05 (53.5%)	7:16	8.3 (46.9%)
450	<b>SZYMANIAK Sebastian</b>	<b>1022</b>		OPEN Mężczyźni	346	00:00:40	00:30:06	<b>00:58:13.30</b>	<b>00:58:53.85</b>	+00:31:08 (53.5%)	7:16	8.2 (46.3%)
451	<b>MIELCZAREK Paulina</b>	<b>564</b>		OPEN Kobiety	103	00:00:50	00:27:46	<b>00:58:16.40</b>	<b>00:59:06.55</b>	+00:31:11 (53.5%)	7:17	8.2 (46.3%)
452	<b>CZECHOWSKI Mateusz</b>	<b>948</b>		OPEN Mężczyźni	347	00:00:50	00:27:45	<b>00:58:16.70</b>	<b>00:59:06.85</b>	+00:31:12 (53.5%)	7:17	8.2 (46.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 4km	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
453	<b>FELCZAK Bogumiła</b>	<b>738</b>		OPEN Kobiety	104	00:00:10	00:28:06	<b>00:58:32.05</b>	<b>00:58:42.80</b>	+00:31:27 (53.7%)	7:19	8.2 (46.3%)
454	<b>WALISZEWSKA Daria</b>	<b>1020</b>	KIBOLSKI KLUB SPORTOWY	OPEN Kobiety	105	00:01:19	00:28:43	<b>00:58:34.95</b>	<b>00:59:54.05</b>	+00:31:30 (53.8%)	7:19	8.2 (46.3%)
455	<b>ROSZYK Przemysław</b>	<b>870</b>	FPS	OPEN Mężczyźni	348	00:00:50	00:28:18	<b>00:58:39.10</b>	<b>00:59:29.45</b>	+00:31:34 (53.8%)	7:19	8.2 (46.3%)
456	<b>GROŃ Klaudia</b>	<b>746</b>		OPEN Kobiety	106	00:00:49	00:28:23	<b>00:58:40.20</b>	<b>00:59:29.20</b>	+00:31:35 (53.8%)	7:20	8.2 (46.3%)
457	<b>WŁADYSIAK Michał</b>	<b>593</b>		OPEN Mężczyźni	349	00:01:03	00:27:53	<b>00:59:00.70</b>	<b>01:00:04.35</b>	+00:31:56 (54.1%)	7:22	8.1 (45.8%)
458	<b>MRÓWKA Marcin</b>	<b>553</b>	12WBOT	OPEN Mężczyźni	350	00:01:03	00:27:54	<b>00:59:00.75</b>	<b>01:00:04.20</b>	+00:31:56 (54.1%)	7:22	8.1 (45.8%)
459	<b>KLUCZYŃSKA Marta</b>	<b>930</b>		OPEN Kobiety	107	00:01:00	00:27:24	<b>00:59:12.35</b>	<b>01:00:13.20</b>	+00:32:07 (54.3%)	7:24	8.1 (45.8%)
460	<b>CICHOŃ Ewelina</b>	<b>920</b>		OPEN Kobiety	108	00:00:35	00:29:31	<b>00:59:39.75</b>	<b>01:00:14.75</b>	+00:32:35 (54.6%)	7:27	8 (45.2%)
461	<b>SPIGIEL Patrycja</b>	<b>822</b>	BLUM TEAM	OPEN Kobiety	109	00:00:19	00:26:47	<b>00:59:43.65</b>	<b>01:00:02.95</b>	+00:32:39 (54.7%)	7:27	8 (45.2%)
462	<b>WASIELEWSKA Marta</b>	<b>955</b>		OPEN Kobiety	110	00:01:19	00:28:03	<b>00:59:54.15</b>	<b>01:01:13.85</b>	+00:32:49 (54.8%)	7:29	8 (45.2%)
463	<b>ZARĘBSKA Katarzyna</b>	<b>554</b>	12WBOT	OPEN Kobiety	111	00:01:03	00:27:53	<b>01:00:13.05</b>	<b>01:01:16.70</b>	+00:33:08 (55.0%)	7:31	8 (45.2%)
464	<b>ORZECHOWSKI Maciej</b>	<b>680</b>		OPEN Mężczyźni	351	00:00:41	00:29:14	<b>01:00:52.85</b>	<b>01:01:34.35</b>	+00:33:48 (55.5%)	7:36	7.9 (44.6%)
465	<b>BARTKOWIAK Mariusz</b>	<b>629</b>	LECH POZNAŃ	OPEN Mężczyźni	352	00:00:00	00:30:26	<b>01:01:07.90</b>	<b>01:01:07.90</b>	+00:34:03 (55.7%)	7:38	7.9 (44.6%)
466	<b>STAN Adrian</b>	<b>524</b>	THE KILT RUNNERS	OPEN Mężczyźni	353	00:00:42	00:29:45	<b>01:02:07.75</b>	<b>01:02:49.80</b>	+00:35:03 (56.4%)	7:45	7.7 (43.5%)
467	<b>JĘCHOREK Natalia</b>	<b>768</b>		OPEN Kobiety	112	00:00:06	00:29:27	<b>01:02:09.70</b>	<b>01:02:16.40</b>	+00:35:05 (56.4%)	7:46	7.7 (43.5%)
468	<b>MOKRAS Bartosz</b>	<b>894</b>	FPS	OPEN Mężczyźni	354	00:00:56	00:30:53	<b>01:02:25.60</b>	<b>01:03:21.90</b>	+00:35:21 (56.6%)	7:48	7.7 (43.5%)
469	<b>WAWRZY尼亚K Anna</b>	<b>756</b>	3:33 TEAM	OPEN Kobiety	113	00:01:15	00:31:42	<b>01:05:38.90</b>	<b>01:06:54.20</b>	+00:38:34 (58.8%)	8:12	7.3 (41.2%)
470	<b>KASIERSKA Ewa Katarzyna</b>	<b>983</b>	WKB META LUBLINIEC	OPEN Kobiety	114	00:00:50	00:31:26	<b>01:06:03.55</b>	<b>01:06:54.20</b>	+00:38:58 (59.0%)	8:15	7.3 (41.2%)
471	<b>URBAN Maciej</b>	<b>513</b>		OPEN Mężczyźni	355	00:00:11	00:17:59			+00:04:24	4:29	13.3 (75.1%)
472	<b>ŚMIŁOWICZ Miłosz</b>	<b>703</b>		OPEN Mężczyźni	356	00:01:19	00:18:18			+00:04:43	4:34	13.1 (74.0%)
473	<b>BOREK Jan</b>	<b>910</b>	LOTTO	OPEN Mężczyźni	357	00:00:44	00:19:11			+00:05:36	4:47	12.5 (70.6%)
474	<b>KACZMAREK Leszek</b>	<b>515</b>		OPEN Mężczyźni	358	00:00:11	00:20:52			+00:07:17	5:13	11.5 (65.0%)
475	<b>DOBRZYCKI Artur</b>	<b>1000</b>		OPEN Mężczyźni	359	00:00:28	00:21:32			+00:07:57	5:23	11.1 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 4km	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
476	<b>JANOWSKI Marcin</b>	<b>1030</b>		OPEN Mężczyźni	360	00:01:15	00:22:13			+00:08:38	5:33	10.8 (61.0%)
477	<b>PILARCZYK Robert</b>	<b>803</b>		OPEN Mężczyźni	361	00:00:07	00:24:09			+00:10:34	6:02	9.9 (55.9%)
478		<b>1126</b>				00:00:18	00:25:10			+00:11:35	6:17	9.5 (53.7%)
479	<b>ZALEWSKA Marzena</b>	<b>1126</b>		OPEN Kobiety	115	00:00:18	00:25:10			+00:11:35	6:17	9.5 (53.7%)
480	<b>ZYGMUNT Agnieszka</b>	<b>539</b>	DRUŻYNA SZPIKU	OPEN Kobiety	116	00:00:22	00:26:55			+00:13:20	6:43	8.9 (50.3%)
481	<b>AUTCZOK Wojciech</b>	<b>1092</b>		OPEN Mężczyźni	362	00:00:45	00:28:02			+00:14:27	7:00	8.6 (48.6%)
482	<b>GRACZYK Adrian</b>	<b>1148</b>	#BIEGIEMWLAS	OPEN Mężczyźni	363	00:00:02	00:28:03			+00:14:28	7:00	8.6 (48.6%)
483	<b>NYGA Dominika</b>	<b>749</b>		OPEN Kobiety	117	00:01:18	00:28:20			+00:14:45	7:05	8.5 (48.0%)
484	<b>KOSZNIK Maciej</b>	<b>895</b>	ZŁOMIARZ TEAM GDAŃSK	OPEN Mężczyźni	364	00:01:17	00:31:39			+00:18:04	7:54	7.6 (42.9%)
485	<b>ROSZYK Monika</b>	<b>871</b>	FPS	OPEN Kobiety	118	00:00:50	00:34:51			+00:21:16	8:42	6.9 (39.0%)
486	<b>BORSKI Adrian</b>	<b>665</b>		OPEN Mężczyźni	365	00:00:00	01:09:47			+	17:26	3.4 (19.2%)
487	<b>KUCHNOWSKI Marcin</b>	<b>975</b>		OPEN Mężczyźni	366	00:00:00	01:17:49			+	19:27	3.1 (17.5%)

Znaleziono 487 wynik(ów)