



POZNAŃSKI CZERWIEC '56 - BIEG PAMIĘCI 5 KM

B4SPORT

Wydarzenie: POZNAŃSKI CZERWIEC '56 - BIEG PAMIĘCI
Organizator: APS AGENCY Sp. z o.o. Sp.k.
Data: 2024-06-23
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	KĘSY Marcin	1238	MISTRZOWSKI TRENING	OPEN Mężczyźni	1	00:14:15	00:16:07.80	00:30:23.40		3:13	18.6 (100%)
2	PLUCIŃSKI Radosław	812	PARKRUN JEZIORO SWARZĘDZKIE	OPEN Mężczyźni	2	00:14:15	00:16:55.10	00:31:10.30	+00:00:47 (4.7%)	3:23	17.7 (95.2%)
3	PUDLISZEWSKI Ignacy	755	SZYMANOWSKITEAM	OPEN Mężczyźni	3	00:14:15	00:17:22.80	00:31:37.95	+00:01:15 (7.2%)	3:28	17.3 (93.0%)
4	CZARNOGÓRSKI Hubert	1166		OPEN Mężczyźni	4	00:14:16	00:18:53.05	00:33:09.30	+00:02:45 (14.6%)	3:46	15.9 (85.5%)
5	BOBECKI Patryk	1146	31. BAZA LOTNICTWA TAKTYCZNEGO/WITKOWO BIEGA	OPEN Mężczyźni	5	00:14:16	00:18:54.25	00:33:10.25	+00:02:46 (14.7%)	3:46	15.9 (85.5%)
6	MROCKOWSKI Kamil	1165	WIERZBICKI RUNNING PROJECT	OPEN Mężczyźni	6	00:14:17	00:19:23.00	00:33:40.15	+00:03:15 (16.8%)	3:52	15.5 (83.3%)
7	ANDRZEJEWSKI Dominik	829	KB GEPARD MUROWANA GOŚLINA	OPEN Mężczyźni	7	00:15:03	00:19:35.70	00:34:39.35	+00:03:27 (17.7%)	3:55	15.3 (82.3%)
8	BOGUCKI Witek	770		OPEN Mężczyźni	8	00:14:16	00:19:56.70	00:34:13.20	+00:03:48 (19.1%)	3:59	15.1 (81.2%)
9	FABIAŃSKI Andrzej	714	KB SZAMOTUŁY	OPEN Mężczyźni	9	00:14:15	00:19:58.00	00:34:13.60	+00:03:50 (19.2%)	3:59	15 (80.6%)
10	MINIEWICZ Michał	1239	MISTRZOWSKI TRENING	OPEN Mężczyźni	10	00:14:30	00:20:10.70	00:34:41.00	+00:04:02 (20.1%)	4:02	14.9 (80.1%)
11	ADRYCH Mikołaj	1271		OPEN Mężczyźni	11	00:14:20	00:20:14.00	00:34:34.35	+00:04:06 (20.3%)	4:02	14.8 (79.6%)
12	KRYCOŃ Marcin	910	ADIDAS RUNNERS POZNAŃ	OPEN Mężczyźni	12	00:14:18	00:20:15.05	00:34:33.80	+00:04:07 (20.3%)	4:03	14.8 (79.6%)
13	KARASIAK Dominika	947	MISTRZOWSKI TRENING	OPEN Kobiety	1	00:14:16	00:20:17.55	00:34:33.80	+00:04:09 (20.5%)	4:03	14.8 (79.6%)
14	JANKOWSKI Marek	1237	TEAM LIPTON	OPEN Mężczyźni	13	00:14:16	00:20:26.65	00:34:43.45	+00:04:18 (21.1%)	4:05	14.7 (79.0%)
15	PASIEKA Katarzyna	1222		OPEN Kobiety	2	00:14:15	00:20:27.10	00:34:42.60	+00:04:19 (21.1%)	4:05	14.7 (79.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	TORCHALA Sebastian	1249	MISTRZOWSKI TRENING	OPEN Mężczyźni	14	00:14:16	00:20:31.30	00:34:47.70	+00:04:23 (21.4%)	4:06	14.6 (78.5%)
17	KAŹMIERCZAK Jacek	724		OPEN Mężczyźni	15	00:14:17	00:20:39.75	00:34:57.20	+00:04:31 (21.9%)	4:07	14.5 (78.0%)
18	LUTOMSKA Dorota	815	OFIX.PL BIKE TEAM	OPEN Kobiety	3	00:14:15	00:20:40.40	00:34:56.30	+00:04:32 (22.0%)	4:08	14.5 (78.0%)
19	WICHŁACZ Michał	1299	FARMAFORMY	OPEN Mężczyźni	16	00:14:16	00:20:44.25	00:35:00.75	+00:04:36 (22.2%)	4:08	14.5 (78.0%)
20	HOWIL Jagoda	1309	STEFANOWICZ RUNNING ACADEMY	OPEN Kobiety	4	00:14:15	00:20:59.95	00:35:15.90	+00:04:52 (23.2%)	4:11	14.3 (76.9%)
21	BRODA Arkadiusz	774	VEZUVIO TEAM	OPEN Mężczyźni	17	00:14:18	00:21:02.15	00:35:20.70	+00:04:54 (23.3%)	4:12	14.3 (76.9%)
22	STRÓŻ Jonasz	1002		OPEN Mężczyźni	18	00:22:26	00:21:02.55	00:43:28.55	+00:04:54 (23.3%)	4:12	14.3 (76.9%)
23	PERZ Paweł	1105	KOMORNIKI MTB TEAM	OPEN Mężczyźni	19	00:14:42	00:21:08.20	00:35:50.45	+00:05:00 (23.7%)	4:13	14.2 (76.3%)
24	IDZIAK Przemysław	1189		OPEN Mężczyźni	20	00:14:17	00:21:10.40	00:35:27.55	+00:05:02 (23.8%)	4:14	14.2 (76.3%)
25	JEZERSKI Grzegorz	984	NSZZ SOLIDARNOŚĆ REGION WIELKOPOLSKA	OPEN Mężczyźni	21	00:11:54	00:21:23.00	00:33:17.85	+00:05:15 (24.6%)	4:16	14 (75.3%)
26	TORZYŃSKI Bartosz	828		OPEN Mężczyźni	22	00:14:18	00:21:24.00	00:35:42.55	+00:05:16 (24.6%)	4:16	14 (75.3%)
27	BARTKOWIAK Maciej	1312		OPEN Mężczyźni	23	00:14:38	00:21:24.55	00:36:03.20	+00:05:16 (24.7%)	4:16	14 (75.3%)
28	PAWLAK Sławomir	1082	BIEGAM BO LUBIĘ	OPEN Mężczyźni	24	00:14:18	00:21:32.90	00:35:51.10	+00:05:25 (25.1%)	4:18	13.9 (74.7%)
29	SKRZYPCZAK Krzysztof	733		OPEN Mężczyźni	25	00:14:22	00:21:38.80	00:36:01.15	+00:05:31 (25.5%)	4:19	13.9 (74.7%)
30	GRYGIER Aleksander	985		OPEN Mężczyźni	26	00:14:35	00:21:40.15	00:36:15.75	+00:05:32 (25.6%)	4:20	13.8 (74.2%)
31	HEIMRATH Jan	1142	GEO-GRAFIKA ROK 3	OPEN Mężczyźni	27	00:14:16	00:21:43.85	00:36:00.55	+00:05:36 (25.8%)	4:20	13.8 (74.2%)
32	BOROWSKI Filip	1114		OPEN Mężczyźni	28	00:14:16	00:21:48.75	00:36:05.35	+00:05:40 (26.1%)	4:21	13.8 (74.2%)
33	KAZIMIREK Jacek	893		OPEN Mężczyźni	29	00:14:21	00:21:50.95	00:36:12.10	+00:05:43 (26.2%)	4:22	13.7 (73.7%)
34	AUGUSTYNIAK Piotr	1035	MOLDY UNICORNS	OPEN Mężczyźni	30	00:14:39	00:21:52.30	00:36:31.85	+00:05:44 (26.3%)	4:22	13.7 (73.7%)
35	WOLIŃSKA Marta	772	ADIDAS RUNNERS POZNAŃ	OPEN Kobiety	5	00:14:16	00:21:53.85	00:36:10.75	+00:05:46 (26.3%)	4:22	13.7 (73.7%)
36	ADAMCZAK Adrian	732	KĘSY TEAM	OPEN Mężczyźni	31	00:14:17	00:21:59.65	00:36:17.60	+00:05:51 (26.7%)	4:23	13.6 (73.1%)
37	KOZŁOWSKI Zbigniew	894	OJCIEC & SYN	OPEN Mężczyźni	32	00:15:18	00:22:02.25	00:37:20.45	+00:05:54 (26.8%)	4:24	13.6 (73.1%)
38	RZEPSKI Grzegorz	1400		OPEN Mężczyźni	33	00:15:21	00:22:05.25	00:37:26.75	+00:05:57 (27.0%)	4:25	13.6 (73.1%)

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39	STĘŻYCKI Mateusz	711		OPEN Mężczyźni	34	00:14:17	00:22:16.00	00:36:33.25	+00:06:08 (27.6%)	4:27	13.5 (72.6%)
40	LISIAK Bartosz	833	KB GEPARD MUROWANA GOŚLINA	OPEN Mężczyźni	35	00:15:04	00:22:16.90	00:37:21.15	+00:06:09 (27.6%)	4:27	13.5 (72.6%)
41	SMUGA Łukasz	1197	BIEGAJĄCE KREJZOLE	OPEN Mężczyźni	36	00:14:33	00:22:18.05	00:36:52.00	+00:06:10 (27.7%)	4:27	13.5 (72.6%)
42	BIEDALAK Krzysztof	839		OPEN Mężczyźni	37	00:14:19	00:22:31.50	00:36:50.80	+00:06:23 (28.4%)	4:30	13.3 (71.5%)
43	MAKOWSKI Krzysztof	1127	MOLDY UNICORNS	OPEN Mężczyźni	38	00:14:37	00:22:33.10	00:37:10.60	+00:06:25 (28.5%)	4:30	13.3 (71.5%)
44	HAHN Arkadiusz	781		OPEN Mężczyźni	39	00:14:26	00:22:33.55	00:36:59.75	+00:06:25 (28.5%)	4:30	13.3 (71.5%)
45	WYBRANIEC Augustyn	1132	PREDATORS WAŁBRZYCH	OPEN Mężczyźni	40	00:14:38	00:22:47.90	00:37:26.45	+00:06:40 (29.2%)	4:33	13.2 (71.0%)
46	KULOT Marek	902		OPEN Mężczyźni	41	00:14:39	00:22:48.70	00:37:28.30	+00:06:40 (29.3%)	4:33	13.2 (71.0%)
47	MATUSZEWSKI Kamil	1223	BIEGAJ Z KROBIA	OPEN Mężczyźni	42	00:14:39	00:22:49.35	00:37:29.25	+00:06:41 (29.3%)	4:33	13.1 (70.4%)
48	RANECKI Konrad	849		OPEN Mężczyźni	43	00:14:30	00:22:56.25	00:37:26.85	+00:06:48 (29.7%)	4:35	13.1 (70.4%)
49	HURYSZ Mateusz	1206	BIEGACZ Z POZNANIA - REPÚBLICA DOMINICANA	OPEN Mężczyźni	44	00:15:13	00:22:59.05	00:38:12.50	+00:06:51 (29.8%)	4:35	13.1 (70.4%)
50	HOPPE Patryk	734	WILDECCY FANATYCY	OPEN Mężczyźni	45	00:14:25	00:22:59.10	00:37:24.20	+00:06:51 (29.8%)	4:35	13.1 (70.4%)
51	TOMKOWIAK Jakub	721	KSR	OPEN Mężczyźni	46	00:14:33	00:23:01.60	00:37:35.25	+00:06:53 (30.0%)	4:36	13 (69.9%)
52	ALEKSANDROWICZ Krzysztof	1039	SOLIDARNOŚĆ WIELKOPOLSKA	OPEN Mężczyźni	47	00:14:59	00:23:06.40	00:38:05.55	+00:06:58 (30.2%)	4:37	13 (69.9%)
53	CIESIELSKI Krystian	1016		OPEN Mężczyźni	48	00:14:16	00:23:17.00	00:37:33.20	+00:07:09 (30.7%)	4:39	12.9 (69.4%)
54	SOBCZAK Mikołaj	747		OPEN Mężczyźni	49	00:14:49	00:23:19.60	00:38:09.30	+00:07:11 (30.9%)	4:39	12.9 (69.4%)
55	KOCZOROWSKI Piotr	1261	PFC	OPEN Mężczyźni	50	00:15:05	00:23:20.45	00:38:26.10	+00:07:12 (30.9%)	4:40	12.9 (69.4%)
56	KOZIARA Eryk	1210	ENEATEAM	OPEN Mężczyźni	51	00:14:46	00:23:22.15	00:38:08.65	+00:07:14 (31.0%)	4:40	12.8 (68.8%)
57	KLUPP Paweł	1258		OPEN Mężczyźni	52	00:18:26	00:23:22.60	00:41:49.50	+00:07:14 (31.0%)	4:40	12.8 (68.8%)
58	MIKOŁAJUN Adam	952		OPEN Mężczyźni	53	00:14:26	00:23:24.45	00:37:50.85	+00:07:16 (31.1%)	4:40	12.8 (68.8%)
59	RANECKA Aleksandra	848		OPEN Kobiety	6	00:14:30	00:23:26.70	00:37:57.60	+00:07:18 (31.2%)	4:41	12.8 (68.8%)
60	RYCHWALSKI Ziemowit	1280		OPEN Mężczyźni	54	00:14:16	00:23:29.20	00:37:46.05	+00:07:21 (31.3%)	4:41	12.8 (68.8%)
61	LIS Sebastian	1256		OPEN Mężczyźni	55	00:14:23	00:23:30.20	00:37:53.85	+00:07:22 (31.4%)	4:42	12.8 (68.8%)

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62	URBAŃCZYK Ksawery	258	FOR RUN TEAM	OPEN Mężczyźni	56	00:14:30	00:23:31.50	00:38:01.50	+00:07:23 (31.4%)	4:42	12.8 (68.8%)
63	GOŁEMBIEWSKI Filip	713	WATAHA ŁĄCZY NAS BIEGANIE	OPEN Mężczyźni	57	00:15:08	00:23:33.60	00:38:42.00	+00:07:25 (31.5%)	4:42	12.7 (68.3%)
64	KURCZYK Rafał	1273		OPEN Mężczyźni	58	00:14:28	00:23:35.05	00:38:03.65	+00:07:27 (31.6%)	4:43	12.7 (68.3%)
65	GUŚCIORA Mateusz	1167	EMS PARTNER	OPEN Mężczyźni	59	00:14:25	00:23:39.40	00:38:04.85	+00:07:31 (31.8%)	4:43	12.7 (68.3%)
66	GAWĘCKI Krzysztof	1149		OPEN Mężczyźni	60	00:14:50	00:23:42.90	00:38:33.80	+00:07:35 (32.0%)	4:44	12.7 (68.3%)
67	TAISNER Grzegorz	977		OPEN Mężczyźni	61	00:15:11	00:23:44.75	00:38:56.20	+00:07:36 (32.1%)	4:44	12.6 (67.7%)
68	HONAK Vasył	1048		OPEN Mężczyźni	62	00:15:04	00:23:56.25	00:39:00.80	+00:07:48 (32.6%)	4:47	12.5 (67.2%)
69	KACZMAREK Wojciech	1253		OPEN Mężczyźni	63	00:14:35	00:23:56.65	00:38:31.85	+00:07:48 (32.6%)	4:47	12.5 (67.2%)
70	DUDEK Rafał	302	SOLO	OPEN Mężczyźni	64	00:14:24	00:23:57.35	00:38:22.15	+00:07:49 (32.7%)	4:47	12.5 (67.2%)
71	ŚLACHCIAK Mikołaj	737		OPEN Mężczyźni	65	00:14:50	00:23:57.50	00:38:47.75	+00:07:49 (32.7%)	4:47	12.5 (67.2%)
72	MAĆKOWIAK Dariusz	1305		OPEN Mężczyźni	66	00:14:15	00:23:59.65	00:38:15.25	+00:07:51 (32.8%)	4:47	12.5 (67.2%)
73	JĘDRYCH Przemysław	753		OPEN Mężczyźni	67	00:14:39	00:24:00.35	00:38:40.30	+00:07:52 (32.8%)	4:48	12.5 (67.2%)
74	JEZERSKI Dawid	999	WIATROWO	OPEN Mężczyźni	68	00:14:26	00:24:07.00	00:38:33.90	+00:07:59 (33.1%)	4:49	12.4 (66.7%)
75	KASPROWICZ Jan	797		OPEN Mężczyźni	69	00:17:51	00:24:17.05	00:42:08.25	+00:08:09 (33.6%)	4:51	12.4 (66.7%)
76	MAJEWSKI Maciej	1152		OPEN Mężczyźni	70	00:10:46	00:24:18.25	00:35:05.20	+00:08:10 (33.6%)	4:51	12.3 (66.1%)
77	WIŚNIEWSKI Dariusz	920		OPEN Mężczyźni	71	00:15:03	00:24:22.90	00:39:26.50	+00:08:15 (33.8%)	4:52	12.3 (66.1%)
78	GRABIANOWSKI Mateusz	54	COLLEGIUM DA VINCI	OPEN Mężczyźni	72	00:14:50	00:24:23.15	00:39:14.05	+00:08:15 (33.9%)	4:52	12.3 (66.1%)
79	KAWALA Damian	1296		OPEN Mężczyźni	73	00:14:30	00:24:28.15	00:38:58.95	+00:08:20 (34.1%)	4:53	12.3 (66.1%)
80	BĄCZYK Antoni	1091		OPEN Mężczyźni	74	00:14:59	00:24:29.35	00:39:28.50	+00:08:21 (34.1%)	4:53	12.3 (66.1%)
81	SZCZEPAŃSKI Łukasz	1212		OPEN Mężczyźni	75	00:14:41	00:24:30.45	00:39:11.80	+00:08:22 (34.2%)	4:54	12.2 (65.6%)
82	SPRINGER Maksymilian	1214		OPEN Mężczyźni	76	00:14:29	00:24:30.50	00:39:00.05	+00:08:22 (34.2%)	4:54	12.2 (65.6%)
83	KOWANEK Mateusz	1240		OPEN Mężczyźni	77	00:14:22	00:24:39.70	00:39:02.45	+00:08:31 (34.6%)	4:55	12.2 (65.6%)
84	WOLNIEWICZ Dominika	960		OPEN Kobiety	7	00:14:18	00:24:42.05	00:39:00.85	+00:08:34 (34.7%)	4:56	12.1 (65.1%)

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84	WOŹNIAK Jakub	1243		OPEN Mężczyźni	78	00:14:20	00:24:42.05	00:39:02.15	+00:08:34 (34.7%)	4:56	12.1 (65.1%)
86	SZRON Rafał	802		OPEN Mężczyźni	79	00:15:02	00:24:42.40	00:39:44.55	+00:08:34 (34.7%)	4:56	12.1 (65.1%)
87	IDZIOR Amadeusz	746	COLLEGIUM DA VINCI	OPEN Mężczyźni	80	00:14:52	00:24:42.65	00:39:35.05	+00:08:34 (34.7%)	4:56	12.1 (65.1%)
88	CHUDZINSKI Maciej	864	RUN-TEAM RYDZYNA	OPEN Mężczyźni	81	00:14:28	00:24:48.05	00:39:16.60	+00:08:40 (35.0%)	4:57	12.1 (65.1%)
89	WIŚNIEWSKA Marta	1225		OPEN Kobiety	8	00:14:49	00:24:49.05	00:39:39.00	+00:08:41 (35.0%)	4:57	12.1 (65.1%)
90	CIESIOŁKA Jakub	1226	POZNANBIEGA.PL	OPEN Mężczyźni	82	00:15:10	00:24:59.90	00:40:10.25	+00:08:52 (35.5%)	4:59	12 (64.5%)
91	URBAN Łukasz	1224	WŁADCY ORŁOWA	OPEN Mężczyźni	83	00:14:23	00:25:05.55	00:39:28.60	+00:08:57 (35.7%)	5:01	12 (64.5%)
92	CIEŚLEWICZ Mateusz	800	PRO366	OPEN Mężczyźni	84	00:14:23	00:25:05.65	00:39:29.30	+00:08:57 (35.7%)	5:01	12 (64.5%)
93	KĘDZIORA Kinga	1119	BKM TRANSPORT TEAM	OPEN Kobiety	9	00:14:27	00:25:06.20	00:39:33.50	+00:08:58 (35.7%)	5:01	12 (64.5%)
94	KASPROWICZ Szymon	796		OPEN Mężczyźni	85	00:17:36	00:25:08.60	00:42:44.75	+00:09:00 (35.8%)	5:01	11.9 (64.0%)
95	GRESER Artur	1217	TEAM GRESERY	OPEN Mężczyźni	86	00:14:33	00:25:13.15	00:39:46.40	+00:09:05 (36.0%)	5:02	11.9 (64.0%)
96	KOCZOROWSKI Artur	1096		OPEN Mężczyźni	87	00:14:45	00:25:14.30	00:39:59.60	+00:09:06 (36.1%)	5:02	11.9 (64.0%)
97	BIEGAŁA Damian	843		OPEN Mężczyźni	88	00:14:59	00:25:15.10	00:40:14.75	+00:09:07 (36.1%)	5:03	11.9 (64.0%)
98	DĄBROWSKI Zygmunt	1130		OPEN Mężczyźni	89	00:14:18	00:25:15.80	00:39:33.95	+00:09:08 (36.2%)	5:03	11.9 (64.0%)
99	KLEDECKI Piotr	1205		OPEN Mężczyźni	90	00:15:16	00:25:21.05	00:40:37.40	+00:09:13 (36.4%)	5:04	11.8 (63.4%)
100	ROGAŁA Jakub	1024		OPEN Mężczyźni	91	00:14:33	00:25:32.70	00:40:06.55	+00:09:24 (36.9%)	5:06	11.7 (62.9%)
101	LISEWSKI Piotr	715		OPEN Mężczyźni	92	00:14:44	00:25:33.50	00:40:18.15	+00:09:25 (36.9%)	5:06	11.7 (62.9%)
102	SUŁKOWSKI Dariusz	824		OPEN Mężczyźni	93	00:15:15	00:25:37.00	00:40:52.25	+00:09:29 (37.0%)	5:07	11.7 (62.9%)
103	GÓRNA Halina	892	PATRYK BOGUCKI - STREFA BIEGANIA	OPEN Kobiety	10	00:14:25	00:25:37.15	00:40:03.05	+00:09:29 (37.0%)	5:07	11.7 (62.9%)
104	KUBIAK Jakub	917	WILDA BIEGA	OPEN Mężczyźni	94	00:14:31	00:25:38.15	00:40:09.35	+00:09:30 (37.1%)	5:07	11.7 (62.9%)
105	NOWICKI Karol	1031		OPEN Mężczyźni	95	00:14:49	00:25:39.75	00:40:29.20	+00:09:31 (37.1%)	5:07	11.7 (62.9%)
106	DOLATA Tomasz	884	SZÓSTA STREFA	OPEN Mężczyźni	96	00:14:49	00:25:44.25	00:40:33.30	+00:09:36 (37.3%)	5:08	11.7 (62.9%)
107	ZEJER Artur	834		OPEN Mężczyźni	97	00:14:27	00:25:44.30	00:40:11.90	+00:09:36 (37.3%)	5:08	11.7 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
108	KACZOR Krzysztof	1231		OPEN Mężczyźni	98	00:15:01	00:25:46.05	00:40:47.25	+00:09:38 (37.4%)	5:09	11.6 (62.4%)
109	ZYWERT Marek	1295		OPEN Mężczyźni	99	00:14:35	00:25:55.05	00:40:30.65	+00:09:47 (37.8%)	5:11	11.6 (62.4%)
110	FURMANEK Jakub	1135	SZNEKA RUNNERS TEAM	OPEN Mężczyźni	100	00:14:19	00:25:56.75	00:40:16.05	+00:09:48 (37.8%)	5:11	11.6 (62.4%)
111	PRZYSUSZYŃSKA Anna	1399		OPEN Kobiety	11	00:14:17	00:25:58.05	00:40:15.55	+00:09:50 (37.9%)	5:11	11.6 (62.4%)
112	FRANKOWSKA Julia	807		OPEN Kobiety	12	00:14:36	00:25:58.15	00:40:34.40	+00:09:50 (37.9%)	5:11	11.6 (62.4%)
113	WITUCKA Iwona	896		OPEN Kobiety	13	00:15:07	00:26:01.55	00:41:08.85	+00:09:53 (38.0%)	5:12	11.5 (61.8%)
114	ŚLIWA Maciej	940		OPEN Mężczyźni	101	00:15:10	00:26:03.60	00:41:14.25	+00:09:55 (38.1%)	5:12	11.5 (61.8%)
115	JAŃCZAK Magdalena	1147	DRAGON GIRLS	OPEN Kobiety	14	00:14:24	00:26:04.60	00:40:29.10	+00:09:56 (38.1%)	5:12	11.5 (61.8%)
116	KANIEWSKA Daria	1220		OPEN Kobiety	15	00:14:17	00:26:05.70	00:40:23.50	+00:09:57 (38.2%)	5:13	11.5 (61.8%)
117	ZOWCZAK Maciej	1013		OPEN Mężczyźni	102	00:14:39	00:26:06.45	00:40:45.45	+00:09:58 (38.2%)	5:13	11.5 (61.8%)
118	GREMPKA Patrycja	1007	ŚLĘZAK TEAM	OPEN Kobiety	16	00:15:00	00:26:07.80	00:41:08.70	+00:10:00 (38.3%)	5:13	11.5 (61.8%)
119	BRACH Jakub	1242		OPEN Mężczyźni	103	00:14:53	00:26:07.95	00:41:01.20	+00:10:00 (38.3%)	5:13	11.5 (61.8%)
120	CHOJNACKI Marcin	1168		OPEN Mężczyźni	104	00:14:18	00:26:10.70	00:40:29.35	+00:10:02 (38.4%)	5:14	11.5 (61.8%)
121	SZCZEŚNIAK Kinga	967	PEKABEX	OPEN Kobiety	17	00:14:39	00:26:12.85	00:40:52.20	+00:10:05 (38.5%)	5:14	11.5 (61.8%)
122	GARGULIŃSKI Paweł	845		OPEN Mężczyźni	105	00:14:52	00:26:17.20	00:41:09.85	+00:10:09 (38.6%)	5:15	11.4 (61.3%)
123	WOJCIECHOWSKI Dawid	1395		OPEN Mężczyźni	106	00:14:36	00:26:18.20	00:40:55.10	+00:10:10 (38.7%)	5:15	11.4 (61.3%)
124	NAWROT Mateusz	915	ALBECO TEAM	OPEN Mężczyźni	107	00:14:29	00:26:20.05	00:40:49.75	+00:10:12 (38.7%)	5:16	11.4 (61.3%)
125	BRACISZEWSKA Grażyna	850		OPEN Kobiety	18	00:10:30	00:26:29.15	00:36:59.75	+00:10:21 (39.1%)	5:17	11.3 (60.8%)
126	KAMINIARZ Barbara	1139	DRAGON GIRLS	OPEN Kobiety	19	00:14:24	00:26:38.75	00:41:02.90	+00:10:30 (39.5%)	5:19	11.3 (60.8%)
127	KEMPSKI Rafał	1288		OPEN Mężczyźni	108	00:14:50	00:26:39.50	00:41:29.65	+00:10:31 (39.5%)	5:19	11.3 (60.8%)
128	TOMCZAK Artur	1150	12 WBOT	OPEN Mężczyźni	109	00:14:30	00:26:39.80	00:41:10.70	+00:10:32 (39.5%)	5:19	11.3 (60.8%)
129	BEDNARZ Stanisław	1275		OPEN Mężczyźni	110	00:14:49	00:26:43.25	00:41:32.90	+00:10:35 (39.6%)	5:20	11.2 (60.2%)
130	KOWALCZYK Karolina	1248		OPEN Kobiety	20	00:14:48	00:26:43.85	00:41:32.40	+00:10:36 (39.7%)	5:20	11.2 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
131	CICHA Kinga	905		OPEN Kobiety	21	00:14:30	00:26:43.90	00:41:14.20	+00:10:36 (39.7%)	5:20	11.2 (60.2%)
132	JAWORSKA Magdalena	1000	GRUNWALD	OPEN Kobiety	22	00:14:31	00:26:46.95	00:41:18.45	+00:10:39 (39.8%)	5:21	11.2 (60.2%)
133	MIERZEJEWSKA Klaudia	1158		OPEN Kobiety	23	00:14:17	00:26:50.15	00:41:07.95	+00:10:42 (39.9%)	5:22	11.2 (60.2%)
134	NOWACKI Artur	935	SE BIEGNE.	OPEN Mężczyźni	111	00:14:23	00:26:54.05	00:41:17.20	+00:10:46 (40.0%)	5:22	11.2 (60.2%)
135	ZIARCZYK Michał	1260	POZNAŃ FC	OPEN Mężczyźni	112	00:15:06	00:26:55.65	00:42:02.35	+00:10:47 (40.1%)	5:23	11.1 (59.7%)
136	WILCZYŃSKI Łukasz	1068		OPEN Mężczyźni	113	00:14:25	00:26:55.75	00:41:21.30	+00:10:47 (40.1%)	5:23	11.1 (59.7%)
137	FRĄCKOWIAK Dariusz	1056		OPEN Mężczyźni	114	00:15:04	00:26:59.70	00:42:04.25	+00:10:51 (40.2%)	5:23	11.1 (59.7%)
138	KRZYSZTOŃ Radosław	1047	FPS PANY	OPEN Mężczyźni	115	00:15:07	00:26:59.90	00:42:07.65	+00:10:52 (40.3%)	5:23	11.1 (59.7%)
139	CELER Wiktoria	1392	POLONIA ŚRODA	OPEN Kobiety	24	00:14:19	00:27:00.25	00:41:20.20	+00:10:52 (40.3%)	5:24	11.1 (59.7%)
140	BIAŁAS Piotr	1063		OPEN Mężczyźni	116	00:14:29	00:27:00.30	00:41:29.55	+00:10:52 (40.3%)	5:24	11.1 (59.7%)
141	NIEMIEC Joanna	1029		OPEN Kobiety	25	00:14:34	00:27:03.75	00:41:38.10	+00:10:55 (40.4%)	5:24	11.1 (59.7%)
142	OKONIEWSKA Katarzyna	1233		OPEN Kobiety	26	00:14:27	00:27:04.40	00:41:32.25	+00:10:56 (40.4%)	5:24	11.1 (59.7%)
143	EDER Violetta	1200		OPEN Kobiety	27	00:14:24	00:27:04.75	00:41:28.80	+00:10:56 (40.4%)	5:24	11.1 (59.7%)
144	JANUSZKIEWICZ Paweł	975		OPEN Mężczyźni	117	00:14:55	00:27:05.30	00:42:01.00	+00:10:57 (40.5%)	5:25	11.1 (59.7%)
145	WOLNIEWICZ Ryszard	801	JÓZEF NOJI	OPEN Mężczyźni	118	00:15:00	00:27:05.90	00:42:06.05	+00:10:58 (40.5%)	5:25	11.1 (59.7%)
146	TARNAWSKI Maciej	991		OPEN Mężczyźni	119	00:14:56	00:27:06.30	00:42:03.10	+00:10:58 (40.5%)	5:25	11.1 (59.7%)
147	DWORACKA Natalia	936		OPEN Kobiety	28	00:14:44	00:27:07.30	00:41:52.25	+00:10:59 (40.5%)	5:25	11.1 (59.7%)
148	GAŚIOREK Artur	1051	FPS	OPEN Mężczyźni	120	00:15:08	00:27:07.35	00:42:15.65	+00:10:59 (40.5%)	5:25	11.1 (59.7%)
149	DRAŻEWSKI Damian	1196		OPEN Mężczyźni	121	00:14:56	00:27:08.20	00:42:04.65	+00:11:00 (40.6%)	5:25	11.1 (59.7%)
150	OSTAPOWICZ Kamil	959		OPEN Mężczyźni	122	00:14:34	00:27:08.70	00:41:42.85	+00:11:00 (40.6%)	5:25	11.1 (59.7%)
151	RZEPSKA Ania	957	PEKABEX	OPEN Kobiety	29	00:14:41	00:27:08.85	00:41:50.45	+00:11:01 (40.6%)	5:25	11.1 (59.7%)
152	JAKUBOWSKI Kamil	1188		OPEN Mężczyźni	123	00:20:32	00:27:09.75	00:47:42.35	+00:11:01 (40.6%)	5:25	11 (59.1%)
153	BOŻEMSKI Krystian	1010		OPEN Mężczyźni	124	00:14:38	00:27:11.25	00:41:50.20	+00:11:03 (40.7%)	5:26	11 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
154	NOWAK Klaudia	1012		OPEN Kobiety	30	00:14:19	00:27:12.05	00:41:31.80	+00:11:04 (40.7%)	5:26	11 (59.1%)
154	CYGANOWSKI Łukasz	1085		OPEN Mężczyźni	125	00:14:26	00:27:12.05	00:41:38.25	+00:11:04 (40.7%)	5:26	11 (59.1%)
156	BECKER Paweł	1106	HCP	OPEN Mężczyźni	126	00:14:31	00:27:12.50	00:41:44.00	+00:11:04 (40.7%)	5:26	11 (59.1%)
157	RATAJCZAK Berenika	1164	ENEA TEAM	OPEN Kobiety	31	00:14:26	00:27:13.35	00:41:40.10	+00:11:05 (40.7%)	5:26	11 (59.1%)
158	DĄBEK Marcin	842		OPEN Mężczyźni	127	00:14:46	00:27:21.75	00:42:08.60	+00:11:13 (41.1%)	5:28	11 (59.1%)
159	KUPCZAK Robert	742	BUKOWSKI KLUB BIEGACZA	OPEN Mężczyźni	128	00:14:30	00:27:23.20	00:41:53.20	+00:11:15 (41.1%)	5:28	11 (59.1%)
160	MAJCZYK Mateusz	1172		OPEN Mężczyźni	129	00:15:04	00:27:23.55	00:42:27.60	+00:11:15 (41.1%)	5:28	11 (59.1%)
161	HOPPE Kasia	794		OPEN Kobiety	32	00:14:23	00:27:25.05	00:41:48.60	+00:11:17 (41.2%)	5:29	10.9 (58.6%)
162	NOWICKI Hubert	822		OPEN Mężczyźni	130	00:14:33	00:27:26.10	00:41:59.15	+00:11:18 (41.2%)	5:29	10.9 (58.6%)
163	KOZAK-SZAR Natalia	754		OPEN Kobiety	33	00:14:52	00:27:27.25	00:42:20.15	+00:11:19 (41.2%)	5:29	10.9 (58.6%)
164	NURCZYŃSKA Marzena	1313		OPEN Kobiety	34	00:15:02	00:27:28.55	00:42:30.55	+00:11:20 (41.3%)	5:29	10.9 (58.6%)
165	HADRYAN Sławomir	1121		OPEN Mężczyźni	131	00:14:25	00:27:28.80	00:41:54.40	+00:11:21 (41.3%)	5:29	10.9 (58.6%)
166	SCHLEGEL Michał	1133	MARATOŃCZYK POZNAŃ	OPEN Mężczyźni	132	00:14:52	00:27:29.20	00:42:21.90	+00:11:21 (41.3%)	5:29	10.9 (58.6%)
167	HOSAŁA Damian	1097		OPEN Mężczyźni	133	00:14:50	00:27:29.45	00:42:19.95	+00:11:21 (41.3%)	5:29	10.9 (58.6%)
168	KORBAS Adam	1042		OPEN Mężczyźni	134	00:15:13	00:27:30.10	00:42:43.65	+00:11:22 (41.3%)	5:30	10.9 (58.6%)
169	SMOLAREK Paweł	1087		OPEN Mężczyźni	135	00:14:21	00:27:32.15	00:41:53.35	+00:11:24 (41.4%)	5:30	10.9 (58.6%)
170	KROPIDŁOWSKI Grzegorz	987		OPEN Mężczyźni	136	00:14:43	00:27:32.25	00:42:15.40	+00:11:24 (41.4%)	5:30	10.9 (58.6%)
171	KĘPA Mateusz	1293		OPEN Mężczyźni	137	00:14:20	00:27:32.45	00:41:52.65	+00:11:24 (41.4%)	5:30	10.9 (58.6%)
172	STRONKA Maciej	1084		OPEN Mężczyźni	138	00:15:05	00:27:35.90	00:42:41.85	+00:11:28 (41.6%)	5:31	10.9 (58.6%)
173	MALINGER Tymoteusz	1179		OPEN Mężczyźni	139	00:15:07	00:27:43.00	00:42:50.05	+00:11:35 (41.8%)	5:32	10.8 (58.1%)
174	MUSIELAK Artur	1046	FPS	OPEN Mężczyźni	140	00:15:08	00:27:43.20	00:42:51.40	+00:11:35 (41.8%)	5:32	10.8 (58.1%)
175	ŚLĘZAK Mariusz	1192		OPEN Mężczyźni	141	00:14:37	00:27:47.95	00:42:25.15	+00:11:40 (42.0%)	5:33	10.8 (58.1%)
176	DROGI Agnieszka	968	PEKABEX	OPEN Kobiety	35	00:14:57	00:27:50.45	00:42:48.10	+00:11:42 (42.1%)	5:34	10.8 (58.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
177	FRĄTCZAK Paulina	972		OPEN Kobiety	36	00:14:28	00:27:51.10	00:42:19.55	+00:11:43 (42.1%)	5:34	10.8 (58.1%)
178	WŁODARSKI Radosław	1101		OPEN Mężczyźni	142	00:14:33	00:27:52.70	00:42:26.65	+00:11:44 (42.1%)	5:34	10.8 (58.1%)
179	PATELSKI Tomasz	823		OPEN Mężczyźni	143	00:14:57	00:28:00.00	00:42:57.85	+00:11:52 (42.4%)	5:36	10.7 (57.5%)
180	MENSFELD Mariusz	996		OPEN Mężczyźni	144	00:15:00	00:28:03.20	00:43:03.65	+00:11:55 (42.5%)	5:36	10.7 (57.5%)
181	WARYCH Michał	1070		OPEN Mężczyźni	145	00:14:59	00:28:06.90	00:43:06.55	+00:11:59 (42.6%)	5:37	10.7 (57.5%)
182	WARYCH Izabela	1069		OPEN Kobiety	37	00:14:58	00:28:07.30	00:43:06.25	+00:11:59 (42.6%)	5:37	10.7 (57.5%)
183	FURMANEK Marta	1005		OPEN Kobiety	38	00:14:19	00:28:07.60	00:42:27.50	+00:11:59 (42.7%)	5:37	10.7 (57.5%)
184	JANASIK Szymon	919		OPEN Mężczyźni	146	00:14:41	00:28:08.05	00:42:49.95	+00:12:00 (42.7%)	5:37	10.7 (57.5%)
185	CIEŚLAK Marcin	1038	FURMANEK TEAM	OPEN Mężczyźni	147	00:14:19	00:28:08.15	00:42:27.20	+00:12:00 (42.7%)	5:37	10.7 (57.5%)
186	LASKOWSKA Monika	1049		OPEN Kobiety	39	00:14:21	00:28:08.30	00:42:30.15	+00:12:00 (42.7%)	5:37	10.7 (57.5%)
187	BOGAJCZYK Marta	997		OPEN Kobiety	40	00:14:43	00:28:08.85	00:42:52.30	+00:12:01 (42.7%)	5:37	10.7 (57.5%)
187	NOWAK Marta	1184		OPEN Kobiety	40	00:14:56	00:28:08.85	00:43:05.00	+00:12:01 (42.7%)	5:37	10.7 (57.5%)
189	BUREK Jędrzej	817	SEKTOR KOLEJOWY	OPEN Mężczyźni	148	00:15:04	00:28:09.75	00:43:14.60	+00:12:01 (42.7%)	5:37	10.7 (57.5%)
190	FURMANKIEWICZ Kacper	1112		OPEN Mężczyźni	149	00:14:26	00:28:09.85	00:42:36.30	+00:12:02 (42.7%)	5:37	10.7 (57.5%)
191	KUCZYŃSKI Ryszard	1266		OPEN Mężczyźni	150	00:14:31	00:28:11.95	00:42:43.15	+00:12:04 (42.8%)	5:38	10.6 (57.0%)
192	NOWICKA Anna	1156		OPEN Kobiety	42	00:14:22	00:28:12.80	00:42:35.25	+00:12:05 (42.8%)	5:38	10.6 (57.0%)
193	BRYHCZYŃSKA Daria	1208		OPEN Kobiety	43	00:14:24	00:28:14.75	00:42:39.70	+00:12:06 (42.9%)	5:38	10.6 (57.0%)
194	BRYHCZYŃSKI Krystian	1264	HERNIK TEAM	OPEN Mężczyźni	151	00:14:25	00:28:15.55	00:42:40.95	+00:12:07 (42.9%)	5:39	10.6 (57.0%)
195	GRZESIAK Krzysztof	1221	LO ŚREM	OPEN Mężczyźni	152	00:14:23	00:28:16.80	00:42:39.95	+00:12:09 (43.0%)	5:39	10.6 (57.0%)
196	BORSUK Damian	971		OPEN Mężczyźni	153	00:14:53	00:28:17.60	00:43:10.80	+00:12:09 (43.0%)	5:39	10.6 (57.0%)
197	BORKOWSKI Michał	1124	TELWÓD	OPEN Mężczyźni	154	00:15:04	00:28:19.15	00:43:23.40	+00:12:11 (43.0%)	5:39	10.6 (57.0%)
198	POKORA Ida	1298		OPEN Kobiety	44	00:14:27	00:28:20.15	00:42:47.40	+00:12:12 (43.1%)	5:40	10.6 (57.0%)
199	CIESIELSKA Aleksandra	1076		OPEN Kobiety	45	00:14:41	00:28:23.95	00:43:05.40	+00:12:16 (43.2%)	5:40	10.6 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
200	DZIKIEWICZ Łukasz	740		OPEN Mężczyźni	155	00:14:42	00:28:24.25	00:43:06.90	+00:12:16 (43.2%)	5:40	10.6 (57.0%)
201	PAŚ Łukasz	234		OPEN Mężczyźni	156	00:14:48	00:28:27.80	00:43:16.45	+00:12:20 (43.3%)	5:41	10.5 (56.5%)
202	SŁOWIK Michał	938		OPEN Mężczyźni	157	00:14:42	00:28:28.85	00:43:11.45	+00:12:21 (43.4%)	5:41	10.5 (56.5%)
203	IDZIKOWSKI Jakub	908		OPEN Mężczyźni	158	00:14:28	00:28:30.35	00:42:59.20	+00:12:22 (43.4%)	5:42	10.5 (56.5%)
204	SZYMAŃSKI Sławomir	1034		OPEN Mężczyźni	159	00:15:03	00:28:31.30	00:43:34.75	+00:12:23 (43.4%)	5:42	10.5 (56.5%)
205	TRYBUŚ Daria	1290		OPEN Kobiety	46	00:14:31	00:28:31.35	00:43:03.20	+00:12:23 (43.4%)	5:42	10.5 (56.5%)
206	KOCZOROWSKI Eryk	1281		OPEN Mężczyźni	160	00:14:44	00:28:31.95	00:43:16.00	+00:12:24 (43.5%)	5:42	10.5 (56.5%)
207	WOŹNIAK Beata	1246		OPEN Kobiety	47	00:14:24	00:28:33.15	00:42:58.05	+00:12:25 (43.5%)	5:42	10.5 (56.5%)
208	WINKEL Alina	1040		OPEN Kobiety	48	00:14:39	00:28:36.25	00:43:15.40	+00:12:28 (43.6%)	5:43	10.5 (56.5%)
209	WYRZYKOWSKI Ryszard	718		OPEN Mężczyźni	161	00:14:36	00:28:39.15	00:43:15.70	+00:12:31 (43.7%)	5:43	10.5 (56.5%)
210	LEWANDOWSKI Michał	847		OPEN Mężczyźni	162	00:14:49	00:28:40.85	00:43:30.40	+00:12:33 (43.8%)	5:44	10.5 (56.5%)
211	KOSIAK Marcel	990	LP	OPEN Mężczyźni	163	00:14:58	00:28:41.25	00:43:39.55	+00:12:33 (43.8%)	5:44	10.5 (56.5%)
212	WYSOCKI Mariusz	1030		OPEN Mężczyźni	164	00:14:23	00:28:43.65	00:43:06.90	+00:12:35 (43.9%)	5:44	10.4 (55.9%)
213	PIECHOCKI Maciej	876	KSR	OPEN Mężczyźni	165	00:14:38	00:28:44.25	00:43:22.80	+00:12:36 (43.9%)	5:44	10.4 (55.9%)
214	WIECZOREK Hanna	709		OPEN Kobiety	49	00:14:23	00:28:46.05	00:43:09.50	+00:12:38 (43.9%)	5:45	10.4 (55.9%)
215	WOJCIECHOWSKA Renata	1396		OPEN Kobiety	50	00:14:37	00:28:46.15	00:43:23.35	+00:12:38 (43.9%)	5:45	10.4 (55.9%)
216	WOJTKOWICZ Sylwia	1123		OPEN Kobiety	51	00:10:32	00:28:48.30	00:39:21.15	+00:12:40 (44.0%)	5:45	10.4 (55.9%)
217	LEŚNIEWSKA Paulina	1083		OPEN Kobiety	52	00:14:47	00:28:50.00	00:43:37.30	+00:12:42 (44.1%)	5:46	10.4 (55.9%)
218	PAWLAK Marta	706		OPEN Kobiety	53	00:14:47	00:28:50.15	00:43:37.40	+00:12:42 (44.1%)	5:46	10.4 (55.9%)
219	KANAREK Tomek	1297		OPEN Mężczyźni	166	00:14:36	00:28:50.20	00:43:26.60	+00:12:42 (44.1%)	5:46	10.4 (55.9%)
220	WOJTKOWIAK Sylwia	1285		OPEN Kobiety	54	00:14:32	00:28:53.35	00:43:25.55	+00:12:45 (44.2%)	5:46	10.4 (55.9%)
220	OLSZEWSKA Małgorzata	810		OPEN Kobiety	54	00:14:33	00:28:53.35	00:43:26.70	+00:12:45 (44.2%)	5:46	10.4 (55.9%)
222	KOŁACZYŃSKI Maciej	1241	ENEA TEAM	OPEN Mężczyźni	167	00:15:01	00:28:54.55	00:43:56.35	+00:12:46 (44.2%)	5:46	10.4 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
223	JANKOWSKA Anna	1274		OPEN Kobiety	56	00:15:46	00:28:54.60	00:44:41.35	+00:12:46 (44.2%)	5:46	10.4 (55.9%)
224	ROJEWSKI Jacek	1037		OPEN Mężczyźni	168	00:14:24	00:28:55.20	00:43:19.70	+00:12:47 (44.2%)	5:47	10.4 (55.9%)
225	DWORACKI Michał	937		OPEN Mężczyźni	169	00:14:45	00:28:56.05	00:43:41.10	+00:12:48 (44.3%)	5:47	10.4 (55.9%)
226	WYRWA Paweł	1075		OPEN Mężczyźni	170	00:14:45	00:28:56.70	00:43:42.30	+00:12:48 (44.3%)	5:47	10.4 (55.9%)
227	JACKOWSKI Jacek	1227	TRANSPPOST LOGISTYKA	OPEN Mężczyźni	171	00:14:27	00:28:59.55	00:43:27.30	+00:12:51 (44.4%)	5:47	10.4 (55.9%)
228	KACZMAREK Piotr	757	LECH POZNAŃ	OPEN Mężczyźni	172	00:14:46	00:28:59.85	00:43:46.35	+00:12:52 (44.4%)	5:47	10.4 (55.9%)
229	KUBICKI Przemysław	1111		OPEN Mężczyźni	173	00:14:26	00:29:01.95	00:43:28.55	+00:12:54 (44.4%)	5:48	10.3 (55.4%)
230	WIŚNIEWSKI Mariusz	725		OPEN Mężczyźni	174	00:14:46	00:29:02.05	00:43:48.25	+00:12:54 (44.4%)	5:48	10.3 (55.4%)
231	BANNACH Agnieszka	1060		OPEN Kobiety	57	00:14:18	00:29:02.25	00:43:20.90	+00:12:54 (44.5%)	5:48	10.3 (55.4%)
232	PAWLACZYK Mariusz	1143	MARUDERZY	OPEN Mężczyźni	175	00:14:44	00:29:03.35	00:43:48.10	+00:12:55 (44.5%)	5:48	10.3 (55.4%)
233	MICHALSKA Natalia	1080		OPEN Kobiety	58	00:14:20	00:29:07.40	00:43:28.35	+00:12:59 (44.6%)	5:49	10.3 (55.4%)
234	PAWLAK Michał	986		OPEN Mężczyźni	176	00:14:48	00:29:07.65	00:43:55.65	+00:12:59 (44.6%)	5:49	10.3 (55.4%)
234	PALICHUK Dmytro	1061		OPEN Mężczyźni	176	00:15:03	00:29:07.65	00:44:10.85	+00:12:59 (44.6%)	5:49	10.3 (55.4%)
236	SKRZYPCZAK Justyna	722	DŻASTA	OPEN Kobiety	59	00:14:48	00:29:08.05	00:43:56.15	+00:13:00 (44.6%)	5:49	10.3 (55.4%)
237	SOBIESKA Kornelia	1116		OPEN Kobiety	60	00:14:28	00:29:12.00	00:43:40.05	+00:13:04 (44.8%)	5:50	10.3 (55.4%)
238	KRUK Joanna	1151		OPEN Kobiety	61	00:14:59	00:29:13.80	00:44:12.95	+00:13:06 (44.8%)	5:50	10.3 (55.4%)
239	SKRZYPCZAK Norbert	998		OPEN Mężczyźni	178	00:14:53	00:29:15.70	00:44:09.25	+00:13:07 (44.9%)	5:51	10.3 (55.4%)
240	BANASIAK Paweł	787		OPEN Mężczyźni	179	00:10:52	00:29:15.90	00:40:08.85	+00:13:08 (44.9%)	5:51	10.3 (55.4%)
241	SZYMKOWIAK Paweł	786		OPEN Mężczyźni	180	00:10:53	00:29:16.30	00:40:09.70	+00:13:08 (44.9%)	5:51	10.3 (55.4%)
241	BRAKONIECKI Miłosz	1120		OPEN Mężczyźni	180	00:14:32	00:29:16.30	00:43:48.60	+00:13:08 (44.9%)	5:51	10.3 (55.4%)
243	JAWORSKA Anna	743		OPEN Kobiety	62	00:14:32	00:29:16.50	00:43:49.45	+00:13:08 (44.9%)	5:51	10.3 (55.4%)
244	KRZYŻOSTANIAK Agnieszka	1162		OPEN Kobiety	63	00:17:00	00:29:16.80	00:46:17.25	+00:13:09 (44.9%)	5:51	10.3 (55.4%)
245	KUBIAK Anna	1301		OPEN Kobiety	64	00:14:20	00:29:17.05	00:43:37.90	+00:13:09 (44.9%)	5:51	10.2 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
246	PANACHEDA Leszek	738	GÓRNE ŁUŻYCE BOGATYNIA	OPEN Mężczyźni	182	00:14:16	00:29:18.35	00:43:34.95	+00:13:10 (45.0%)	5:51	10.2 (54.8%)
247	ŻERKO Violetta	1028	GB WIELKOPOLSCY BIEGACZE	OPEN Kobiety	65	00:14:43	00:29:19.10	00:44:02.25	+00:13:11 (45.0%)	5:51	10.2 (54.8%)
248	JANKOWSKI Łukasz	1125	TELWÓD	OPEN Mężczyźni	183	00:15:03	00:29:19.20	00:44:22.55	+00:13:11 (45.0%)	5:51	10.2 (54.8%)
249	TOMCZAK Maciej	831		OPEN Mężczyźni	184	00:15:10	00:29:21.80	00:44:32.45	+00:13:14 (45.1%)	5:52	10.2 (54.8%)
250	GĄSIOR Krzysztof	946	CHARTOWO	OPEN Mężczyźni	185	00:16:12	00:29:22.40	00:45:34.50	+00:13:14 (45.1%)	5:52	10.2 (54.8%)
251	SIKORA Zuzanna	789		OPEN Kobiety	66	00:14:24	00:29:25.45	00:43:50.25	+00:13:17 (45.2%)	5:53	10.2 (54.8%)
252	GĄSIOR Justyna	945	NIGHT RUNNERS	OPEN Kobiety	67	00:16:11	00:29:26.05	00:45:37.65	+00:13:18 (45.2%)	5:53	10.2 (54.8%)
253	HOSAŁA Paweł	844		OPEN Mężczyźni	186	00:14:49	00:29:27.30	00:44:17.15	+00:13:19 (45.2%)	5:53	10.2 (54.8%)
254	WIELICZKO Bartosz	1230		OPEN Mężczyźni	187	00:15:00	00:29:29.20	00:44:29.25	+00:13:21 (45.3%)	5:53	10.2 (54.8%)
255	KONDOŁ Monika	1310		OPEN Kobiety	68	00:14:55	00:29:29.35	00:44:24.50	+00:13:21 (45.3%)	5:53	10.2 (54.8%)
256	ŁUKASZEWSKI Juliusz	1136	ŁUKTEAM	OPEN Mężczyźni	188	00:14:53	00:29:33.10	00:44:26.65	+00:13:25 (45.4%)	5:54	10.2 (54.8%)
257	NAGÓRSKI Ryszard	969		OPEN Mężczyźni	189	00:15:03	00:29:34.55	00:44:38.00	+00:13:26 (45.5%)	5:54	10.1 (54.3%)
258	STEPKA Katarzyna	767		OPEN Kobiety	69	00:15:12	00:29:35.40	00:44:47.90	+00:13:27 (45.5%)	5:55	10.1 (54.3%)
259	PORYSEK Teresa	766		OPEN Kobiety	70	00:15:12	00:29:35.65	00:44:48.00	+00:13:27 (45.5%)	5:55	10.1 (54.3%)
260	MAŚLAK Ewelina	1235		OPEN Kobiety	71	00:15:04	00:29:38.90	00:44:43.45	+00:13:31 (45.6%)	5:55	10.1 (54.3%)
261	STODOLNA Marta	838		OPEN Kobiety	72	00:15:01	00:29:40.30	00:44:41.90	+00:13:32 (45.6%)	5:56	10.1 (54.3%)
262	FURMANEK Jakub	970		OPEN Mężczyźni	190	00:14:28	00:29:43.20	00:44:12.05	+00:13:35 (45.7%)	5:56	10.1 (54.3%)
263	WIŚNIEWSKA-KROTECKA Marta	708	MISTRZOWSKI TRENING	OPEN Kobiety	73	00:15:01	00:29:44.25	00:44:45.75	+00:13:36 (45.8%)	5:56	10.1 (54.3%)
264	SZYMAŃSKI Rafał	901		OPEN Mężczyźni	191	00:15:05	00:29:44.35	00:44:49.90	+00:13:36 (45.8%)	5:56	10.1 (54.3%)
265	KIEŁBASIŃSKI Łukasz	949	12 WBOT / LEGION HDK	OPEN Mężczyźni	192	00:14:58	00:29:44.95	00:44:43.10	+00:13:37 (45.8%)	5:56	10.1 (54.3%)
266	JAKUBIAK Filip	805		OPEN Mężczyźni	193	00:14:20	00:29:45.80	00:44:06.75	+00:13:38 (45.8%)	5:57	10.1 (54.3%)
267	RURARZ Martyna	728		OPEN Kobiety	74	00:14:29	00:29:49.65	00:44:18.85	+00:13:41 (45.9%)	5:57	10.1 (54.3%)
268	KOZIOŁ Karolina	1257		OPEN Kobiety	75	00:14:56	00:29:51.10	00:44:47.70	+00:13:43 (46.0%)	5:58	10.1 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
269	DAWIDZIAK Paweł	1294	KB I LOVE ZIEMEK	OPEN Mężczyźni	194	00:15:18	00:29:52.35	00:45:10.35	+00:13:44 (46.0%)	5:58	10 (53.8%)
270	MIKLER Aleksandra	1194		OPEN Kobiety	76	00:14:20	00:29:53.20	00:44:13.85	+00:13:45 (46.0%)	5:58	10 (53.8%)
271	MORACZEWSKI Jakub	1032		OPEN Mężczyźni	195	00:14:48	00:29:54.00	00:44:42.95	+00:13:46 (46.1%)	5:58	10 (53.8%)
272	HAŁAS Marta	1207		OPEN Kobiety	77	00:14:30	00:29:58.25	00:44:28.25	+00:13:50 (46.2%)	5:59	10 (53.8%)
273	GOLON Marcin	1145		OPEN Mężczyźni	196	00:14:51	00:29:59.55	00:44:51.40	+00:13:51 (46.2%)	5:59	10 (53.8%)
274	KUŚ Hubert	928		OPEN Mężczyźni	197	00:14:50	00:30:01.80	00:44:52.10	+00:13:54 (46.3%)	6:00	10 (53.8%)
275	KLUPP Krzysztof	1259		OPEN Mężczyźni	198	00:15:43	00:30:06.55	00:45:50.05	+00:13:58 (46.4%)	6:01	10 (53.8%)
276	KRYSZTOFIAK Marcin	874	FERMAX	OPEN Mężczyźni	199	00:14:47	00:30:08.20	00:44:55.95	+00:14:00 (46.5%)	6:01	10 (53.8%)
277	DZIEPAK Wiesław	1303		OPEN Mężczyźni	200	00:14:33	00:30:13.45	00:44:46.60	+00:14:05 (46.6%)	6:02	9.9 (53.2%)
278	SUM Stanisław	820		OPEN Mężczyźni	201	00:14:45	00:30:16.80	00:45:02.40	+00:14:09 (46.7%)	6:03	9.9 (53.2%)
279	PRZYBYŁ Lidia	1204	WRONIECKI KLUB BIEGACZA	OPEN Kobiety	78	00:14:28	00:30:19.40	00:44:47.55	+00:14:11 (46.8%)	6:03	9.9 (53.2%)
280	BELAK Magda	1213		OPEN Kobiety	79	00:14:38	00:30:22.30	00:45:00.75	+00:14:14 (46.9%)	6:04	9.9 (53.2%)
281	ADAMKIEWICZ Marek	930		OPEN Mężczyźni	202	00:14:56	00:30:23.85	00:45:19.85	+00:14:16 (46.9%)	6:04	9.9 (53.2%)
282	SZRAMKA Emilia	922		OPEN Kobiety	80	00:14:55	00:30:24.00	00:45:19.70	+00:14:16 (46.9%)	6:04	9.9 (53.2%)
283	FABISZEWSKA Paulina	973		OPEN Kobiety	81	00:14:31	00:30:26.45	00:44:57.80	+00:14:18 (47.0%)	6:05	9.9 (53.2%)
284	FABISZEWSKI Piotr	974		OPEN Mężczyźni	203	00:14:31	00:30:26.75	00:44:58.45	+00:14:18 (47.0%)	6:05	9.9 (53.2%)
285	KROCZEK Paweł	964		OPEN Mężczyźni	204	00:14:21	00:30:27.30	00:44:48.45	+00:14:19 (47.0%)	6:05	9.9 (53.2%)
286	MALCHEREK Artur	744		OPEN Mężczyźni	205	00:14:51	00:30:29.05	00:45:20.45	+00:14:21 (47.1%)	6:05	9.8 (52.7%)
287	BUSZEWSKA Joanna	719		OPEN Kobiety	82	00:14:20	00:30:30.30	00:44:50.55	+00:14:22 (47.1%)	6:06	9.8 (52.7%)
288	KLUPŚ Marcin	1203		OPEN Mężczyźni	206	00:14:52	00:30:30.65	00:45:22.95	+00:14:22 (47.1%)	6:06	9.8 (52.7%)
289	MANKIEWICZ Robert	477		OPEN Mężczyźni	207	00:15:04	00:30:31.45	00:45:36.35	+00:14:23 (47.2%)	6:06	9.8 (52.7%)
290	MAĆKOWIAK Henryk	700	UAM	OPEN Mężczyźni	208	00:17:58	00:30:34.05	00:48:32.05	+00:14:26 (47.2%)	6:06	9.8 (52.7%)
291	LISOWSKA-WALĘCKA Sylwia Katarzyna	877		OPEN Kobiety	83	00:14:26	00:30:35.15	00:45:01.15	+00:14:27 (47.3%)	6:07	9.8 (52.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
292	DONDER Błażej	1263		OPEN Mężczyźni	209	00:14:20	00:30:35.40	00:44:55.95	+00:14:27 (47.3%)	6:07	9.8 (52.7%)
293	NOWACKA Anna	872		OPEN Kobiety	84	00:14:20	00:30:35.75	00:44:56.60	+00:14:27 (47.3%)	6:07	9.8 (52.7%)
294	MAŁECKA Małgorzata	750	SZALENI BIEGACZE GNIEZNO	OPEN Kobiety	85	00:14:23	00:30:37.20	00:45:00.25	+00:14:29 (47.3%)	6:07	9.8 (52.7%)
295	PANKOWSKA Patrycja	979		OPEN Kobiety	86	00:15:06	00:30:37.35	00:45:43.45	+00:14:29 (47.3%)	6:07	9.8 (52.7%)
296	RUDZKI Mikołaj	1006	BRAK	OPEN Mężczyźni	210	00:15:05	00:30:37.40	00:45:43.35	+00:14:29 (47.3%)	6:07	9.8 (52.7%)
297	MAŁECKI Paweł	749	SZALENI BIEGACZE GNIEZNO	OPEN Mężczyźni	211	00:14:23	00:30:37.85	00:45:00.85	+00:14:30 (47.3%)	6:07	9.8 (52.7%)
298	WAWRZYNIAK Dagmara	906		OPEN Kobiety	87	00:15:46	00:30:41.50	00:46:28.25	+00:14:33 (47.4%)	6:08	9.8 (52.7%)
299	BUDZYŃSKA Paulina	918	MOLDY UNICORNS	OPEN Kobiety	88	00:14:40	00:30:48.85	00:45:28.95	+00:14:41 (47.7%)	6:09	9.7 (52.2%)
300	GÓRZNY Marcin	1302		OPEN Mężczyźni	212	00:14:35	00:30:49.55	00:45:24.75	+00:14:41 (47.7%)	6:09	9.7 (52.2%)
301	RATAJCZAK Mirosław	707		OPEN Mężczyźni	213	00:15:07	00:30:49.90	00:45:57.70	+00:14:42 (47.7%)	6:09	9.7 (52.2%)
302	SZARZYŃSKA Alicja	1131		OPEN Kobiety	89	00:14:50	00:30:50.00	00:45:40.15	+00:14:42 (47.7%)	6:10	9.7 (52.2%)
303	SERWANSKA Katarzyna	826		OPEN Kobiety	90	00:14:56	00:30:50.30	00:45:46.90	+00:14:42 (47.7%)	6:10	9.7 (52.2%)
304	WICHTOWSKA Justyna	1022		OPEN Kobiety	91	00:15:05	00:30:50.40	00:45:55.75	+00:14:42 (47.7%)	6:10	9.7 (52.2%)
305	CHMIELEWSKI Dariusz	1144		OPEN Mężczyźni	214	00:14:33	00:30:51.15	00:45:24.50	+00:14:43 (47.7%)	6:10	9.7 (52.2%)
305	WOJCIESZAK Szczepan	821		OPEN Mężczyźni	214	00:14:57	00:30:51.15	00:45:48.20	+00:14:43 (47.7%)	6:10	9.7 (52.2%)
307	CHECHŁA Anna	942		OPEN Kobiety	92	00:14:42	00:30:51.30	00:45:33.30	+00:14:43 (47.7%)	6:10	9.7 (52.2%)
308	MIAZEK Tomasz	941		OPEN Mężczyźni	216	00:15:10	00:30:53.50	00:46:04.00	+00:14:45 (47.8%)	6:10	9.7 (52.2%)
309	SMOLIŃSKI Kamil	1148	ARMIA POLKOWICE	OPEN Mężczyźni	217	00:14:38	00:30:56.25	00:45:35.10	+00:14:48 (47.9%)	6:11	9.7 (52.2%)
310	TWARKOWSKA Anna	771		OPEN Kobiety	93	00:14:28	00:30:58.45	00:45:27.05	+00:14:50 (47.9%)	6:11	9.7 (52.2%)
311	HARTUNG Katarzyna	1023		OPEN Kobiety	94	00:14:35	00:30:59.55	00:45:35.10	+00:14:51 (48.0%)	6:11	9.7 (52.2%)
312	ZUCHOWSKA Agata	1017		OPEN Kobiety	95	00:11:09	00:31:00.35	00:42:09.50	+00:14:52 (48.0%)	6:12	9.7 (52.2%)
313	FLANK Paweł	1018	WŁADEK TEAM	OPEN Mężczyźni	218	00:11:09	00:31:00.90	00:42:10.45	+00:14:53 (48.0%)	6:12	9.7 (52.2%)
314	SZAJBE Eryk	1050	HCP	OPEN Mężczyźni	219	00:14:34	00:31:03.25	00:45:38.20	+00:14:55 (48.1%)	6:12	9.7 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
315	KĘDZIORA Marta	1185		OPEN Kobiety	96	00:15:15	00:31:03.35	00:46:18.35	+00:14:55 (48.1%)	6:12	9.7 (52.2%)
316	HOFFMANN Konrad	799		OPEN Mężczyźni	220	00:14:37	00:31:04.20	00:45:41.40	+00:14:56 (48.1%)	6:12	9.7 (52.2%)
317	POLAKOWSKA Daria	1209		OPEN Kobiety	97	00:15:15	00:31:06.70	00:46:22.15	+00:14:58 (48.2%)	6:13	9.6 (51.6%)
318	MAŁECKI Janusz	813	" IDEE SOLIDARNOŚCI 80-89"	OPEN Mężczyźni	221	00:14:29	00:31:07.40	00:45:36.45	+00:14:59 (48.2%)	6:13	9.6 (51.6%)
319	GÓRSKI Marcin	1052		OPEN Mężczyźni	222	00:15:07	00:31:07.45	00:46:14.90	+00:14:59 (48.2%)	6:13	9.6 (51.6%)
320	CIEMNIAK Artur	899	WM40	OPEN Mężczyźni	223	00:11:10	00:31:08.45	00:42:19.15	+00:15:00 (48.2%)	6:13	9.6 (51.6%)
321	KMIECIAK Jakub	727		OPEN Mężczyźni	224	00:15:01	00:31:08.95	00:46:10.75	+00:15:01 (48.2%)	6:13	9.6 (51.6%)
322	GRACZYK Grażyna	1020	NITHG RUNNERS POZNAŃ	OPEN Kobiety	98	00:14:21	00:31:10.25	00:45:31.75	+00:15:02 (48.3%)	6:14	9.6 (51.6%)
323	NOWAK Mikołaj	795		OPEN Mężczyźni	225	00:14:54	00:31:11.00	00:46:05.65	+00:15:03 (48.3%)	6:14	9.6 (51.6%)
324	MANTAJ Urszula	830		OPEN Kobiety	99	00:15:00	00:31:11.75	00:46:12.70	+00:15:03 (48.3%)	6:14	9.6 (51.6%)
325	SZCZEPANEK Grzegorz	832		OPEN Mężczyźni	226	00:15:00	00:31:12.15	00:46:12.70	+00:15:04 (48.3%)	6:14	9.6 (51.6%)
326	PAWLAK Arkadiusz	1228		OPEN Mężczyźni	227	00:14:36	00:31:12.50	00:45:48.60	+00:15:04 (48.3%)	6:14	9.6 (51.6%)
327	OBST Natalia	1300	DUSZNIKI BIEGAJĄ	OPEN Kobiety	100	00:15:03	00:31:15.20	00:46:18.20	+00:15:07 (48.4%)	6:15	9.6 (51.6%)
328	RATAJCZAK Radosław	777		OPEN Mężczyźni	228	00:14:58	00:31:15.25	00:46:14.05	+00:15:07 (48.4%)	6:15	9.6 (51.6%)
328	HABRAJSKI Dawid	776		OPEN Mężczyźni	228	00:14:58	00:31:15.25	00:46:14.05	+00:15:07 (48.4%)	6:15	9.6 (51.6%)
330	KUPCZAK Monika	741	BIEGIEMWLAS	OPEN Kobiety	101	00:14:30	00:31:17.45	00:45:48.05	+00:15:09 (48.5%)	6:15	9.6 (51.6%)
331	KŁOSIŃSKA Katarzyna	1234	YANOSIK ACTIVE TEAM	OPEN Kobiety	102	00:14:55	00:31:18.70	00:46:14.55	+00:15:10 (48.5%)	6:15	9.6 (51.6%)
332	URBAŃSKA Daria	1283		OPEN Kobiety	103	00:14:54	00:31:19.10	00:46:13.35	+00:15:11 (48.5%)	6:15	9.6 (51.6%)
333	WOŹNIAK Łukasz	1284		OPEN Mężczyźni	230	00:14:53	00:31:19.50	00:46:13.05	+00:15:11 (48.5%)	6:15	9.6 (51.6%)
334	PAWEŁEK Mariola	1232		OPEN Kobiety	104	00:14:47	00:31:21.25	00:46:08.45	+00:15:13 (48.6%)	6:16	9.6 (51.6%)
335	PAWEŁEK Maciej	1286		OPEN Mężczyźni	231	00:14:47	00:31:21.60	00:46:08.60	+00:15:13 (48.6%)	6:16	9.6 (51.6%)
336	MAŁECKI Michał	814	MWL BYDGOSZCZ	OPEN Mężczyźni	232	00:14:28	00:31:22.30	00:45:51.05	+00:15:14 (48.6%)	6:16	9.6 (51.6%)
337	MICHALSKA Marta	1086		OPEN Kobiety	105	00:14:21	00:31:25.20	00:45:47.00	+00:15:17 (48.7%)	6:17	9.5 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
338	KRZYŻANIAK Artur	808		OPEN Mężczyźni	233	00:14:51	00:31:26.15	00:46:17.55	+00:15:18 (48.7%)	6:17	9.5 (51.1%)
339	RYBOTYCKA Barbara	819		OPEN Kobiety	106	00:14:48	00:31:28.80	00:46:17.15	+00:15:21 (48.8%)	6:17	9.5 (51.1%)
340	ADAMCZYK Katarzyna	798	POZNAŃ	OPEN Kobiety	107	00:14:28	00:31:30.90	00:45:59.75	+00:15:23 (48.8%)	6:18	9.5 (51.1%)
341	PIECHOCKA Katarzyna	875	ZHW POZNAŃ	OPEN Kobiety	108	00:14:38	00:31:31.50	00:46:09.80	+00:15:23 (48.8%)	6:18	9.5 (51.1%)
342	PRZYBYŚŁAWSKI Sebastian	1216		OPEN Mężczyźni	234	00:14:46	00:31:31.95	00:46:18.80	+00:15:24 (48.8%)	6:18	9.5 (51.1%)
343	ŚMIAŁEK Agnieszka	1163		OPEN Kobiety	109	00:14:24	00:31:34.50	00:45:59.30	+00:15:26 (48.9%)	6:18	9.5 (51.1%)
344	SZELEJEWSKI Tomasz	900		OPEN Mężczyźni	235	00:14:53	00:31:37.30	00:46:31.20	+00:15:29 (49.0%)	6:19	9.5 (51.1%)
345	BOROWSKI Rafał	981		OPEN Mężczyźni	236	00:14:16	00:31:37.45	00:45:53.45	+00:15:29 (49.0%)	6:19	9.5 (51.1%)
346	TOKARZ Mariusz	783		OPEN Mężczyźni	237	00:14:46	00:31:40.85	00:46:27.05	+00:15:33 (49.1%)	6:20	9.5 (51.1%)
347	ZIELIŃSKA -PAWŁOWSKA Anna	775		OPEN Kobiety	110	00:10:40	00:31:45.90	00:42:26.40	+00:15:38 (49.2%)	6:21	9.4 (50.5%)
348	ELEGAŃCZYK Michał	1161	MAFIAT	OPEN Mężczyźni	238	00:17:33	00:31:48.70	00:49:21.85	+00:15:40 (49.3%)	6:21	9.4 (50.5%)
349	BARTKOWIAK Grzegorz	1311		OPEN Mężczyźni	239	00:14:37	00:31:49.55	00:46:26.85	+00:15:41 (49.3%)	6:21	9.4 (50.5%)
350	STACHOWIAK Jakub	1215		OPEN Mężczyźni	240	00:14:44	00:31:50.35	00:46:34.40	+00:15:42 (49.3%)	6:22	9.4 (50.5%)
351	PAWLIK Szymon	1015		OPEN Mężczyźni	241	00:14:24	00:31:50.70	00:46:14.70	+00:15:42 (49.3%)	6:22	9.4 (50.5%)
352	BAŃKA Wiktoria	1014		OPEN Kobiety	111	00:14:24	00:31:51.55	00:46:15.70	+00:15:43 (49.4%)	6:22	9.4 (50.5%)
352	TOKARZ Piotr	784		OPEN Mężczyźni	242	00:14:46	00:31:51.55	00:46:38.35	+00:15:43 (49.4%)	6:22	9.4 (50.5%)
354	KASPRZAK Patrycja	923		OPEN Kobiety	112	00:11:01	00:31:52.30	00:42:53.90	+00:15:44 (49.4%)	6:22	9.4 (50.5%)
355	WALEWSKA Alicja	921		OPEN Kobiety	113	00:11:02	00:31:54.30	00:42:56.55	+00:15:46 (49.4%)	6:22	9.4 (50.5%)
356	GOŁYGOWSKI Konrad	1141		OPEN Mężczyźni	243	00:14:44	00:31:58.65	00:46:42.70	+00:15:50 (49.6%)	6:23	9.4 (50.5%)
357	KUTZNER Joanna	748		OPEN Kobiety	114	00:10:38	00:32:05.45	00:42:44.20	+00:15:57 (49.7%)	6:25	9.4 (50.5%)
357	MICHALSKA Anna	1100		OPEN Kobiety	114	00:14:22	00:32:05.45	00:46:27.45	+00:15:57 (49.7%)	6:25	9.4 (50.5%)
359	MAJCHER Joanna	816		OPEN Kobiety	116	00:14:29	00:32:05.50	00:46:35.30	+00:15:57 (49.7%)	6:25	9.4 (50.5%)
360	SURMA Michał	1094		OPEN Mężczyźni	244	00:17:36	00:32:05.90	00:49:42.05	+00:15:58 (49.7%)	6:25	9.4 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
361	BORZYŃSKI Damian	1191		OPEN Mężczyźni	245	00:14:37	00:32:19.10	00:46:56.70	+00:16:11 (50.1%)	6:27	9.3 (50.0%)
362	CHRUŚCIELSKI Kamil	1308		OPEN Mężczyźni	246	00:14:40	00:32:20.30	00:47:00.80	+00:16:12 (50.1%)	6:28	9.3 (50.0%)
363	RATAJCZAK Magdalena	1245		OPEN Kobiety	117	00:14:25	00:32:24.10	00:46:49.25	+00:16:16 (50.2%)	6:28	9.3 (50.0%)
364	GOJTKA Kalina	954		OPEN Kobiety	118	00:14:38	00:32:27.10	00:47:05.35	+00:16:19 (50.3%)	6:29	9.2 (49.5%)
365	CZUJEK Mariusz	955		OPEN Mężczyźni	247	00:14:37	00:32:27.35	00:47:05.05	+00:16:19 (50.3%)	6:29	9.2 (49.5%)
366	STEFANIAK-GILOWSKA Agnieszka	1062	LOCOSPORT	OPEN Kobiety	119	00:14:55	00:32:30.05	00:47:25.25	+00:16:22 (50.4%)	6:30	9.2 (49.5%)
367	WYSŁUŻAŁ Elżbieta	883	PKO BANK POLSKI	OPEN Kobiety	120	00:14:41	00:32:33.30	00:47:14.30	+00:16:25 (50.5%)	6:30	9.2 (49.5%)
368	FILUT-JUSZCZYK Natalia	1315		OPEN Kobiety	121	00:14:22	00:32:34.55	00:46:56.90	+00:16:26 (50.5%)	6:30	9.2 (49.5%)
369	KRUSZYŃSKA Julia	861		OPEN Kobiety	122	00:15:02	00:32:38.55	00:47:41.00	+00:16:30 (50.6%)	6:31	9.2 (49.5%)
370	STAŃCZAK Piotr	966		OPEN Mężczyźni	248	00:14:48	00:32:39.50	00:47:27.85	+00:16:31 (50.6%)	6:31	9.2 (49.5%)
371	MIKOŁAJCZEWSKA Marta	859		OPEN Kobiety	123	00:14:38	00:32:47.15	00:47:26.10	+00:16:39 (50.8%)	6:33	9.2 (49.5%)
372	STEPANENKO Oleksandr	1195	H. CEGIELSKI - FABRYKA POJAZDÓW SZYNOWYCH SP. Z O.O.	OPEN Mężczyźni	249	00:15:10	00:32:47.60	00:47:57.65	+00:16:39 (50.8%)	6:33	9.2 (49.5%)
373	STEIKE Jacek	1211	H. CEGIELSKI - FABRYKA POJAZDÓW SZYNOWYCH SP. Z O.O.	OPEN Mężczyźni	250	00:15:09	00:32:47.90	00:47:57.70	+00:16:40 (50.8%)	6:33	9.2 (49.5%)
374	RYBARCZYK Agata	913		OPEN Kobiety	124	00:14:32	00:32:49.00	00:47:21.20	+00:16:41 (50.8%)	6:33	9.1 (48.9%)
375	NISZKIEWICZ Weronika	916		OPEN Kobiety	125	00:14:42	00:32:50.00	00:47:32.25	+00:16:42 (50.9%)	6:34	9.1 (48.9%)
376	WALKOWIAK Anna	1186		OPEN Kobiety	126	00:14:29	00:32:50.75	00:47:20.60	+00:16:42 (50.9%)	6:34	9.1 (48.9%)
377	SZCZOTKA Piotr	1277		OPEN Mężczyźni	251	00:14:45	00:32:53.05	00:47:38.65	+00:16:45 (50.9%)	6:34	9.1 (48.9%)
378	CICHA Sylwia	907		OPEN Kobiety	127	00:14:31	00:32:55.55	00:47:26.65	+00:16:47 (51.0%)	6:35	9.1 (48.9%)
379	WIESE Mikołaj	811		OPEN Mężczyźni	252	00:14:27	00:32:55.90	00:47:23.35	+00:16:48 (51.0%)	6:35	9.1 (48.9%)
380	GMEREK Anna	1128		OPEN Kobiety	128	00:14:51	00:32:56.45	00:47:48.35	+00:16:48 (51.0%)	6:35	9.1 (48.9%)
381	PAWLAK Rajmund	1190	UNILEVER TEAM	OPEN Mężczyźni	253	00:14:57	00:32:56.50	00:47:53.85	+00:16:48 (51.0%)	6:35	9.1 (48.9%)
382	WALKOWIAK Paulina	788		OPEN Kobiety	129	00:14:56	00:32:57.10	00:47:53.85	+00:16:49 (51.0%)	6:35	9.1 (48.9%)
383	RZEMIENIUK Justyna	1140		OPEN Kobiety	130	00:14:43	00:33:01.05	00:47:44.70	+00:16:53 (51.1%)	6:36	9.1 (48.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
383	CHOJNICKA Aneta	1218		OPEN Kobiety	130	00:14:51	00:33:01.05	00:47:52.65	+00:16:53 (51.1%)	6:36	9.1 (48.9%)
385	PIPOWSKI Wojciech	992		OPEN Mężczyźni	254	00:14:38	00:33:01.65	00:47:39.90	+00:16:53 (51.2%)	6:36	9.1 (48.9%)
386	GRZEGORCZYK Sylwia	982		OPEN Kobiety	132	00:14:44	00:33:04.25	00:47:49.05	+00:16:56 (51.2%)	6:36	9.1 (48.9%)
387	GRZEGORCZYK Dariusz	983		OPEN Mężczyźni	255	00:14:45	00:33:04.35	00:47:49.40	+00:16:56 (51.2%)	6:36	9.1 (48.9%)
388	BAN Asia	1117	WIELKOPOLSKI INDIK	OPEN Kobiety	133	00:14:26	00:33:11.75	00:47:38.70	+00:17:03 (51.4%)	6:38	9 (48.4%)
389	MIKUŁA Marta	1276		OPEN Kobiety	134	00:14:44	00:33:13.90	00:47:58.65	+00:17:06 (51.5%)	6:38	9 (48.4%)
390	SZYDROWSKI Remigiusz	929	ZALASEWO	OPEN Mężczyźni	256	00:14:22	00:33:14.35	00:47:36.70	+00:17:06 (51.5%)	6:38	9 (48.4%)
391	MACIERZYŃSKI Nikodem	1289		OPEN Mężczyźni	257	00:14:49	00:33:17.05	00:48:06.20	+00:17:09 (51.5%)	6:39	9 (48.4%)
392	LEWICKA Małgorzata	1244		OPEN Kobiety	135	00:14:26	00:33:17.25	00:47:43.95	+00:17:09 (51.5%)	6:39	9 (48.4%)
393	SAŁATA Michał	856		OPEN Mężczyźni	258	00:15:00	00:33:17.55	00:48:18.30	+00:17:09 (51.6%)	6:39	9 (48.4%)
394	WOJCZESKA-SAŁATA Agata	857		OPEN Kobiety	136	00:15:00	00:33:17.90	00:48:18.35	+00:17:10 (51.6%)	6:39	9 (48.4%)
395	BARTLAKOWSKA Zofia	765	STRAŻ CZEMPIŃ	OPEN Kobiety	137	00:14:18	00:33:21.00	00:47:39.50	+00:17:13 (51.6%)	6:40	9 (48.4%)
396	SPLISTESER Rafał	931		OPEN Mężczyźni	259	00:14:35	00:33:22.10	00:47:57.35	+00:17:14 (51.7%)	6:40	9 (48.4%)
397	BIERNACKI Marcin	1183	CALI CAFE ŻAGAŃ	OPEN Mężczyźni	260	00:14:19	00:33:22.30	00:47:41.30	+00:17:14 (51.7%)	6:40	9 (48.4%)
398	WIŚNIEWSKA Paulina	863		OPEN Kobiety	138	00:19:03	00:33:29.70	00:52:32.95	+00:17:21 (51.8%)	6:41	9 (48.4%)
399	MOSTOWSKA-NOWAK Elżbieta	751	BABCIE BIEGAJĄ	OPEN Kobiety	139	00:14:35	00:33:31.55	00:48:07.35	+00:17:23 (51.9%)	6:42	9 (48.4%)
400	KOZAK Krystyna	760	RUN TEAM RYDZYNA	OPEN Kobiety	140	00:14:35	00:33:31.80	00:48:07.30	+00:17:24 (51.9%)	6:42	9 (48.4%)
401	GUŚCIORA Izabela	1009		OPEN Kobiety	141	00:14:21	00:33:33.65	00:47:55.50	+00:17:25 (51.9%)	6:42	8.9 (47.8%)
402	RZEŹNIK Marek	950		OPEN Mężczyźni	261	00:14:42	00:33:33.85	00:48:16.45	+00:17:26 (51.9%)	6:42	8.9 (47.8%)
403	DYKS Paulina	963	PACICIE	OPEN Kobiety	142	00:14:21	00:33:34.15	00:47:55.70	+00:17:26 (51.9%)	6:42	8.9 (47.8%)
404	SIENIAK Dariusz	758	KANGUR SKÓRZEWO	OPEN Mężczyźni	262	00:14:52	00:33:34.80	00:48:26.95	+00:17:27 (52.0%)	6:42	8.9 (47.8%)
405	MILEWSKA Estera	1170		OPEN Kobiety	143	00:14:32	00:33:36.65	00:48:09.50	+00:17:28 (52.0%)	6:43	8.9 (47.8%)
406	KĘPA Piotr	16		OPEN Mężczyźni	263	00:14:19	00:33:37.35	00:47:56.75	+00:17:29 (52.0%)	6:43	8.9 (47.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
407	KULAS Tomasz	1279		OPEN Mężczyźni	264	00:10:29	00:33:38.35	00:44:07.35	+00:17:30 (52.0%)	6:43	8.9 (47.8%)
408	CZAJKA Anna	851		OPEN Kobiety	144	00:14:18	00:33:47.75	00:48:05.95	+00:17:39 (52.3%)	6:45	8.9 (47.8%)
409	KOWALSKA KROCZEK Paulina	962		OPEN Kobiety	145	00:14:19	00:33:52.95	00:48:12.25	+00:17:45 (52.4%)	6:46	8.9 (47.8%)
410	KREZMER Damian	835		OPEN Mężczyźni	265	00:15:06	00:33:55.00	00:49:01.40	+00:17:47 (52.4%)	6:47	8.8 (47.3%)
411	JENA Jadwiga	870	TEAM POSTEP PNIEWY	OPEN Kobiety	146	00:15:02	00:33:59.00	00:49:01.75	+00:17:51 (52.5%)	6:47	8.8 (47.3%)
412	GRZECA Weronika	880		OPEN Kobiety	147	00:15:03	00:34:08.60	00:49:12.10	+00:18:00 (52.8%)	6:49	8.8 (47.3%)
413	SOBKOWIAK Weronika	882		OPEN Kobiety	148	00:14:34	00:34:20.80	00:48:55.75	+00:18:13 (53.0%)	6:52	8.7 (46.8%)
414	MIKUŁA Ewa	1269		OPEN Kobiety	149	00:14:45	00:34:22.10	00:49:07.70	+00:18:14 (53.1%)	6:52	8.7 (46.8%)
415	KASPROWIAK Paweł	862	RUN-TEAM RYDZYNA	OPEN Mężczyźni	266	00:14:29	00:34:24.70	00:48:53.75	+00:18:16 (53.1%)	6:52	8.7 (46.8%)
416	DUBIAŁ Halina	759	BABCIE BIEGAJĄ	OPEN Kobiety	150	00:14:37	00:34:25.40	00:49:03.35	+00:18:17 (53.1%)	6:53	8.7 (46.8%)
417	SUŁKOWSKA Sylwia	948		OPEN Kobiety	151	00:14:17	00:34:26.20	00:48:44.10	+00:18:18 (53.2%)	6:53	8.7 (46.8%)
418	BOROWSKA Katarzyna	980		OPEN Kobiety	152	00:14:17	00:34:26.90	00:48:44.35	+00:18:19 (53.2%)	6:53	8.7 (46.8%)
419	ZABADEUSZ Paulina	1095		OPEN Kobiety	153	00:14:17	00:34:26.95	00:48:44.90	+00:18:19 (53.2%)	6:53	8.7 (46.8%)
420	KOSIAK Sławomir	989	LP	OPEN Mężczyźni	267	00:14:57	00:34:27.65	00:49:25.45	+00:18:19 (53.2%)	6:53	8.7 (46.8%)
421	WYSOCKI Tomasz	873		OPEN Mężczyźni	268	00:14:21	00:34:29.90	00:48:51.00	+00:18:22 (53.2%)	6:53	8.7 (46.8%)
422	KOZŁOWICZ Magdalena	871		OPEN Kobiety	154	00:14:20	00:34:30.75	00:48:51.15	+00:18:22 (53.3%)	6:54	8.7 (46.8%)
423	KOŁODZIEJ Adam	1182	HCP	OPEN Mężczyźni	269	00:14:25	00:34:32.15	00:48:58.05	+00:18:24 (53.3%)	6:54	8.7 (46.8%)
424	HIBNER Wiesława	934		OPEN Kobiety	155	00:14:39	00:34:33.70	00:49:12.85	+00:18:25 (53.3%)	6:54	8.7 (46.8%)
425	ANIOŁ Elżbieta	1089		OPEN Kobiety	156	00:14:24	00:34:38.65	00:49:02.95	+00:18:30 (53.4%)	6:55	8.7 (46.8%)
426	ROZWADOWSKI Piotr	1103		OPEN Mężczyźni	270	00:15:08	00:34:40.10	00:49:49.05	+00:18:32 (53.5%)	6:56	8.7 (46.8%)
427	KUCZA Marika	1153		OPEN Kobiety	157	00:14:32	00:34:40.55	00:49:13.15	+00:18:32 (53.5%)	6:56	8.7 (46.8%)
428	KUCZA Mateusz	1154	SHOOTBOXER MOSINA	OPEN Mężczyźni	271	00:14:32	00:34:41.15	00:49:13.90	+00:18:33 (53.5%)	6:56	8.6 (46.2%)
429	GOLAS Jakub	1287		OPEN Mężczyźni	272	00:14:29	00:34:41.80	00:49:11.50	+00:18:34 (53.5%)	6:56	8.6 (46.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
430	KURCZYK Marta	1272		OPEN Kobiety	158	00:14:29	00:34:41.90	00:49:11.60	+00:18:34 (53.5%)	6:56	8.6 (46.2%)
431	HIBNER Marcin	933		OPEN Mężczyźni	273	00:14:39	00:34:43.50	00:49:23.25	+00:18:35 (53.5%)	6:56	8.6 (46.2%)
432	STODULNY Wojciech	1092		OPEN Mężczyźni	274	00:15:06	00:34:45.05	00:49:51.90	+00:18:37 (53.6%)	6:57	8.6 (46.2%)
433	SZOTT Piotr	735	LE-BIEGA	OPEN Mężczyźni	275	00:14:30	00:34:49.80	00:49:20.10	+00:18:42 (53.7%)	6:57	8.6 (46.2%)
434	NAWROCKA Renata	1306		OPEN Kobiety	159	00:14:27	00:34:50.15	00:49:18.05	+00:18:42 (53.7%)	6:58	8.6 (46.2%)
435	RUTKOWSKA Ewa	780		OPEN Kobiety	160	00:14:55	00:34:54.65	00:49:50.00	+00:18:46 (53.8%)	6:58	8.6 (46.2%)
436	OSSES Łukasz	779		OPEN Mężczyźni	276	00:14:54	00:34:54.75	00:49:49.50	+00:18:46 (53.8%)	6:58	8.6 (46.2%)
437	SZOTT Paweł	736		OPEN Mężczyźni	277	00:14:22	00:34:57.15	00:49:19.70	+00:18:49 (53.9%)	6:59	8.6 (46.2%)
438	SPRINGER Agata	958	PAKABEX	OPEN Kobiety	161	00:14:58	00:35:01.95	00:50:00.15	+00:18:54 (54.0%)	7:00	8.6 (46.2%)
439	MORDAL Marta	956	PEKABEX	OPEN Kobiety	162	00:14:57	00:35:02.75	00:50:00.25	+00:18:54 (54.0%)	7:00	8.6 (46.2%)
440	ANTCZAK Wojciech	1045		OPEN Mężczyźni	278	00:14:34	00:35:05.55	00:49:39.95	+00:18:57 (54.0%)	7:01	8.6 (46.2%)
441	SIERACZKIEWICZ Sandra	1004		OPEN Kobiety	163	00:14:39	00:35:12.15	00:49:52.10	+00:19:04 (54.2%)	7:02	8.5 (45.7%)
442	GNIADKIEWICZ Justyna	1003		OPEN Kobiety	164	00:14:40	00:35:12.20	00:49:52.30	+00:19:04 (54.2%)	7:02	8.5 (45.7%)
443	ZAGRODNIK Krzysztof	1193	PIORUNY	OPEN Mężczyźni	279	00:15:02	00:35:12.85	00:50:15.25	+00:19:05 (54.2%)	7:02	8.5 (45.7%)
444	PERSKI Dawid	1173	RUUKKI	OPEN Mężczyźni	280	00:15:02	00:35:12.95	00:50:15.65	+00:19:05 (54.2%)	7:02	8.5 (45.7%)
445	SLOMINSKI Pawel	1071		OPEN Mężczyźni	281	00:14:56	00:35:13.25	00:50:09.55	+00:19:05 (54.2%)	7:02	8.5 (45.7%)
446	PERSKI Marcin	1174	PIORUNY	OPEN Mężczyźni	282	00:15:02	00:35:13.80	00:50:15.95	+00:19:06 (54.2%)	7:02	8.5 (45.7%)
447	NADOLNY Leszek	1175	PIORUNY	OPEN Mężczyźni	283	00:15:00	00:35:14.85	00:50:15.75	+00:19:07 (54.2%)	7:02	8.5 (45.7%)
448	RAZUMKA Krysia	868		OPEN Kobiety	165	00:14:52	00:35:17.70	00:50:10.30	+00:19:09 (54.3%)	7:03	8.5 (45.7%)
449	KACZMAREK Sławomir	1252		OPEN Mężczyźni	284	00:14:31	00:35:24.60	00:49:55.80	+00:19:16 (54.4%)	7:04	8.5 (45.7%)
450	GOLEBIEWSKA Małgorzata	953	RUN TEAM RYDZYNA	OPEN Kobiety	166	00:14:37	00:35:25.60	00:50:03.55	+00:19:17 (54.5%)	7:05	8.5 (45.7%)
451	DOMINICZAK Marzena	1250		OPEN Kobiety	167	00:14:30	00:35:25.85	00:49:56.25	+00:19:18 (54.5%)	7:05	8.5 (45.7%)
452	RYBSKA Daniela	1110		OPEN Kobiety	168	00:14:57	00:35:27.15	00:50:24.40	+00:19:19 (54.5%)	7:05	8.5 (45.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
453	RYBSKI Szymon	1113		OPEN Mężczyźni	285	00:14:57	00:35:27.20	00:50:24.70	+00:19:19 (54.5%)	7:05	8.5 (45.7%)
454	GENDERA Ewa	1077	NIGHT RUNNERS	OPEN Kobiety	169	00:15:01	00:35:27.40	00:50:28.40	+00:19:19 (54.5%)	7:05	8.5 (45.7%)
455	WALIGÓRSKI Łukasz	729		OPEN Mężczyźni	286	00:14:54	00:35:28.00	00:50:22.45	+00:19:20 (54.5%)	7:05	8.5 (45.7%)
456	MALINGER Lilia	1177		OPEN Kobiety	170	00:15:07	00:35:28.05	00:50:35.20	+00:19:20 (54.5%)	7:05	8.5 (45.7%)
457	CZESZAK Edmund	702		OPEN Mężczyźni	287	00:14:46	00:35:32.15	00:50:18.15	+00:19:24 (54.6%)	7:06	8.4 (45.2%)
458	PAWLAK Natalia	1160		OPEN Kobiety	171	00:14:32	00:35:32.80	00:50:04.95	+00:19:25 (54.6%)	7:06	8.4 (45.2%)
459	NOWACZYK Romuald	925		OPEN Mężczyźni	288	00:15:05	00:35:33.35	00:50:38.90	+00:19:25 (54.6%)	7:06	8.4 (45.2%)
460	RUTA Julia	791		OPEN Kobiety	172	00:14:43	00:35:35.55	00:50:19.10	+00:19:27 (54.7%)	7:07	8.4 (45.2%)
461	OLEJNICZAK Monika	961	PEKABEX	OPEN Kobiety	173	00:15:09	00:35:36.55	00:50:45.70	+00:19:28 (54.7%)	7:07	8.4 (45.2%)
462	FORTUNA-CZMOK Jolanta	827		OPEN Kobiety	174	00:14:50	00:35:38.70	00:50:29.55	+00:19:30 (54.7%)	7:07	8.4 (45.2%)
463	OSTROWSKI Tomasz	768		OPEN Mężczyźni	289	00:14:41	00:35:39.35	00:50:20.95	+00:19:31 (54.8%)	7:07	8.4 (45.2%)
464	MIZERNA Paulina	710		OPEN Kobiety	175	00:19:00	00:35:40.60	00:54:41.25	+00:19:32 (54.8%)	7:08	8.4 (45.2%)
465	STAŃCZAK Tomasz	965		OPEN Mężczyźni	290	00:14:51	00:35:41.55	00:50:32.95	+00:19:33 (54.8%)	7:08	8.4 (45.2%)
466	GRZELAK Marta	782		OPEN Kobiety	176	00:15:11	00:35:42.45	00:50:53.55	+00:19:34 (54.8%)	7:08	8.4 (45.2%)
467	JAKUBIAK Krzysztof	804		OPEN Mężczyźni	291	00:14:22	00:35:43.80	00:50:06.35	+00:19:36 (54.9%)	7:08	8.4 (45.2%)
468	RECKA Sandra	853		OPEN Kobiety	177	00:14:36	00:35:44.25	00:50:21.15	+00:19:36 (54.9%)	7:08	8.4 (45.2%)
469	SZUKALA Katarzyna	1088		OPEN Kobiety	178	00:14:24	00:35:47.70	00:50:12.20	+00:19:39 (54.9%)	7:09	8.4 (45.2%)
470	KOLASIŃSKA Anna	909	POZNAŃ	OPEN Kobiety	179	00:14:19	00:35:51.25	00:50:10.95	+00:19:43 (55.0%)	7:10	8.4 (45.2%)
471	NOSAL Ewa	1108		OPEN Kobiety	180	00:14:47	00:35:53.50	00:50:40.90	+00:19:45 (55.1%)	7:10	8.4 (45.2%)
472	KACZKOWSKI Leszek	1065		OPEN Mężczyźni	292	00:15:04	00:35:54.70	00:50:59.15	+00:19:46 (55.1%)	7:10	8.4 (45.2%)
473	NOSAL Bartosz	1137		OPEN Mężczyźni	293	00:14:47	00:35:54.85	00:50:42.70	+00:19:47 (55.1%)	7:10	8.4 (45.2%)
474	ROGUSZCZAK Alicja	1041		OPEN Kobiety	181	00:15:03	00:35:56.05	00:50:59.80	+00:19:48 (55.1%)	7:11	8.3 (44.6%)
475	MICHALAK Krzysztof	745		OPEN Mężczyźni	294	00:14:23	00:35:57.60	00:50:21.00	+00:19:49 (55.1%)	7:11	8.3 (44.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
476	ZYGMUNT Agnieszka	858	DRUŻYNA SZPIKU	OPEN Kobiety	182	00:14:20	00:35:57.90	00:50:18.30	+00:19:50 (55.2%)	7:11	8.3 (44.6%)
477		1393				00:10:36	00:36:10.35	00:46:46.60	+00:20:02 (55.4%)	7:14	8.3 (44.6%)
478	TACKA Magdalena	855		OPEN Kobiety	183	00:14:41	00:36:10.85	00:50:52.15	+00:20:03 (55.4%)	7:14	8.3 (44.6%)
479	KUŚ Lidia	927		OPEN Kobiety	184	00:14:49	00:36:11.40	00:51:01.35	+00:20:03 (55.4%)	7:14	8.3 (44.6%)
480	KUŚ Dawid	1043		OPEN Mężczyźni	295	00:14:48	00:36:12.65	00:51:01.40	+00:20:04 (55.5%)	7:14	8.3 (44.6%)
481	KUŚ Andrzej	926		OPEN Mężczyźni	296	00:14:48	00:36:12.85	00:51:01.80	+00:20:05 (55.5%)	7:14	8.3 (44.6%)
482	PALUSZCZAK Krzysztof	911		OPEN Mężczyźni	297	00:14:26	00:36:15.85	00:50:42.30	+00:20:08 (55.5%)	7:15	8.3 (44.6%)
483	BRESSA Dominik	1019		OPEN Mężczyźni	298	00:14:43	00:36:16.60	00:50:59.80	+00:20:08 (55.5%)	7:15	8.3 (44.6%)
484	WOŹNIAK Natalia	704		OPEN Kobiety	185	00:14:42	00:36:16.80	00:50:59.70	+00:20:09 (55.5%)	7:15	8.3 (44.6%)
485	MEDIGER Małgorzata	976	NIEZALEŻNA	OPEN Kobiety	186	00:14:21	00:36:23.50	00:50:45.30	+00:20:15 (55.7%)	7:16	8.2 (44.1%)
486	WALCZAK Marcin	1025		OPEN Mężczyźni	299	00:14:36	00:36:26.00	00:51:02.75	+00:20:18 (55.7%)	7:17	8.2 (44.1%)
487	PŁONKA Wiktoria	854		OPEN Kobiety	187	00:14:42	00:36:27.50	00:51:09.60	+00:20:19 (55.8%)	7:17	8.2 (44.1%)
488	MOKRAS Bartosz	1181		OPEN Mężczyźni	300	00:14:42	00:36:35.20	00:51:17.25	+00:20:27 (55.9%)	7:19	8.2 (44.1%)
489	PRZYBECKA Sandra	841		OPEN Kobiety	188	00:14:48	00:36:44.60	00:51:32.75	+00:20:36 (56.1%)	7:20	8.2 (44.1%)
489	PRZYBYLSKI Jakub	1267	RANDOM TEAM	OPEN Mężczyźni	301	00:14:53	00:36:44.60	00:51:37.70	+00:20:36 (56.1%)	7:20	8.2 (44.1%)
491	WOJCIECHOWSKA Adrianna	778		OPEN Kobiety	189	00:14:32	00:36:50.00	00:51:22.60	+00:20:42 (56.2%)	7:22	8.1 (43.5%)
492	WOJCIECHOWSKI Konrad	1026		OPEN Mężczyźni	302	00:14:32	00:36:50.75	00:51:23.50	+00:20:42 (56.2%)	7:22	8.1 (43.5%)
493	GŁUCHOWSKA Maja	1157		OPEN Kobiety	190	00:14:23	00:36:53.75	00:51:17.00	+00:20:45 (56.3%)	7:22	8.1 (43.5%)
494	CHOLEWA Jerzy	903		OPEN Mężczyźni	303	00:10:48	00:36:56.95	00:47:45.45	+00:20:49 (56.3%)	7:23	8.1 (43.5%)
495	GEPPERT Grzegorz	716		OPEN Mężczyźni	304	00:14:58	00:36:57.60	00:51:55.60	+00:20:49 (56.4%)	7:23	8.1 (43.5%)
496	STOJEK Joanna	717		OPEN Kobiety	191	00:14:57	00:36:57.80	00:51:55.50	+00:20:50 (56.4%)	7:23	8.1 (43.5%)
497	TECLAW Michalina	852		OPEN Kobiety	192	00:14:41	00:36:58.55	00:51:39.55	+00:20:50 (56.4%)	7:23	8.1 (43.5%)
497	MATYSIAK Tomasz	1033		OPEN Mężczyźni	305	00:14:52	00:36:58.55	00:51:50.85	+00:20:50 (56.4%)	7:23	8.1 (43.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
499	TOMCZAK Remiś	1109	FURMANEK TEAM	OPEN Mężczyźni	306	00:14:19	00:37:05.10	00:51:24.20	+00:20:57 (56.5%)	7:25	8.1 (43.5%)
500	MALCHEREK Magdalena	1001		OPEN Kobiety	193	00:14:52	00:37:17.25	00:52:09.85	+00:21:09 (56.7%)	7:27	8 (43.0%)
501	WALAS-GWIZDALA Barbara	773	NIGHT RUNNERS POZNAŃ	OPEN Kobiety	194	00:14:29	00:37:23.85	00:51:53.55	+00:21:16 (56.9%)	7:28	8 (43.0%)
502	MĄKA Magdalena	1073		OPEN Kobiety	195	00:15:09	00:37:24.25	00:52:33.50	+00:21:16 (56.9%)	7:28	8 (43.0%)
503	SOBKOWIAK Krzysztof	1072		OPEN Mężczyźni	307	00:15:09	00:37:24.75	00:52:34.20	+00:21:16 (56.9%)	7:28	8 (43.0%)
504	NETTMANN ROSZKOWSKA Marta	1291		OPEN Kobiety	196	00:14:33	00:37:29.50	00:52:02.55	+00:21:21 (57.0%)	7:29	8 (43.0%)
505	MALINGER Lucjusz	1178		OPEN Mężczyźni	308	00:15:08	00:37:34.70	00:52:42.75	+00:21:26 (57.1%)	7:30	8 (43.0%)
506	RZEŹNIK Weronika	951		OPEN Kobiety	197	00:14:43	00:37:39.20	00:52:22.35	+00:21:31 (57.2%)	7:31	8 (43.0%)
507	DRGAS Rafał	944	DLA POWSTAŃCÓW	OPEN Mężczyźni	309	00:14:54	00:37:45.80	00:52:40.55	+00:21:38 (57.3%)	7:33	7.9 (42.5%)
508	ZAREMBA Bożena	1036		OPEN Kobiety	198	00:14:19	00:38:16.60	00:52:36.05	+00:22:08 (57.9%)	7:39	7.8 (41.9%)
509	DROBNIK Ewa	939		OPEN Kobiety	199	00:14:33	00:38:19.75	00:52:53.40	+00:22:11 (57.9%)	7:39	7.8 (41.9%)
510	MICHALAK-MAKOWSKA Joanna	1126	MOLDY UNICORNS	OPEN Kobiety	200	00:14:40	00:38:44.05	00:53:24.55	+00:22:36 (58.4%)	7:44	7.7 (41.4%)
511	KRZYMIŃSKA Maria Jolanta	761	BABCIE BIEGAJĄ	OPEN Kobiety	201	00:14:36	00:38:53.75	00:53:30.15	+00:22:45 (58.5%)	7:46	7.7 (41.4%)
512	BRODA Weronika	1159		OPEN Kobiety	202	00:14:22	00:39:19.40	00:53:42.10	+00:23:11 (59.0%)	7:51	7.6 (40.9%)
513	KAZIMIREK Małgorzata	895		OPEN Kobiety	203	00:14:43	00:39:24.95	00:54:08.70	+00:23:17 (59.1%)	7:52	7.6 (40.9%)
514	ĆWIKŁA Alicja	756		OPEN Kobiety	204	00:14:58	00:39:25.05	00:54:23.25	+00:23:17 (59.1%)	7:53	7.6 (40.9%)
515	BOBAK Andrzej	790		OPEN Mężczyźni	310	00:14:55	00:39:33.95	00:54:29.10	+00:23:26 (59.2%)	7:54	7.6 (40.9%)
516	PEWIŃSKI Jacek	1115	POZNAŃ	OPEN Mężczyźni	311	00:14:45	00:39:39.15	00:54:25.05	+00:23:31 (59.3%)	7:55	7.6 (40.9%)
Przekroczony limit czasu: 00:40:00											
517	MALICKA Joanna	904	UNIKAD TEAM	OPEN Kobiety	205	00:14:27	00:40:12.30	00:54:39.75	+00:24:04 (59.9%)	8:02	7.5 (40.3%)
518	MUCHA Rita	1176		OPEN Kobiety	206	00:15:16	00:40:26.45	00:55:43.05	+00:24:18 (60.1%)	8:05	7.4 (39.8%)
519	RZEŹNIK Bożena	914		OPEN Kobiety	207	00:14:43	00:40:33.35	00:55:16.85	+00:24:25 (60.2%)	8:06	7.4 (39.8%)
520	ŻENOWSKA Kinga	1054		OPEN Kobiety	208	00:14:54	00:40:38.55	00:55:32.70	+00:24:30 (60.3%)	8:07	7.4 (39.8%)
521	IDZIKOWSKI Mariusz	890		OPEN Mężczyźni	312	00:15:19	00:41:37.15	00:56:56.35	+00:25:29 (61.2%)	8:19	7.2 (38.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
522	KACPEROWSKA Katarzyna	889		OPEN Kobiety	209	00:15:19	00:41:37.20	00:56:56.25	+00:25:29 (61.2%)	8:19	7.2 (38.7%)
523	SKOWYRA Piotr	785	NIEZRZESZONY	OPEN Mężczyźni	313	00:10:37	00:41:39.15	00:52:16.25	+00:25:31 (61.3%)	8:19	7.2 (38.7%)
524	FISIAK Jadwigia	730		OPEN Kobiety	210	00:14:55	00:44:37.40	00:59:32.75	+00:28:29 (63.9%)	8:55	6.7 (36.0%)
525	KOŃCZAL Karolina	1104		OPEN Kobiety	211	00:14:34	00:54:01.20	01:08:36.15	+00:37:53 (70.1%)	10:48	5.6 (30.1%)
526	FRANKIEWICZ Szymon	1262	EMS PARTNER	OPEN Mężczyźni	314	00:14:34	00:54:01.95	01:08:36.35	+00:37:54 (70.1%)	10:48	5.6 (30.1%)
527	POLICHNOWSKI Stanisław	595		OPEN Mężczyźni	315	00:11:07	01:03:16.00	01:14:23.20	+00:47:08 (74.5%)	6:19	9.5 (51.1%)
528	WOJCIECHOWSKA Aneta	763		OPEN Kobiety	212	00:14:36					(0.0%)
529	ANDRZEJEWSKI Jakub	1268		OPEN Mężczyźni	316	00:15:02					(0.0%)
530	STANIECKI Bartosz	1011		OPEN Mężczyźni	317	00:42:46					(0.0%)

Znaleziono 530 wynik(ów)