



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

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

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
84	<b>WOŹNIAK Jakub</b>	<b>1243</b>		OPEN Mężczyźni	78	00:14:20	<b>00:24:42.05</b>	<b>00:39:02.15</b>	+00:08:34 (34.7%)	4:56	12.1 (65.1%)
86	<b>SZRON Rafał</b>	<b>802</b>		OPEN Mężczyźni	79	00:15:02	<b>00:24:42.40</b>	<b>00:39:44.55</b>	+00:08:34 (34.7%)	4:56	12.1 (65.1%)
87	<b>IDZIOR Amadeusz</b>	<b>746</b>	COLLEGIUM DA VINCI	OPEN Mężczyźni	80	00:14:52	<b>00:24:42.65</b>	<b>00:39:35.05</b>	+00:08:34 (34.7%)	4:56	12.1 (65.1%)
88	<b>CHUDZINSKI Maciej</b>	<b>864</b>	RUN-TEAM RYDZYNA	OPEN Mężczyźni	81	00:14:28	<b>00:24:48.05</b>	<b>00:39:16.60</b>	+00:08:40 (35.0%)	4:57	12.1 (65.1%)
89	<b>WIŚNIEWSKA Marta</b>	<b>1225</b>		OPEN Kobiety	8	00:14:49	<b>00:24:49.05</b>	<b>00:39:39.00</b>	+00:08:41 (35.0%)	4:57	12.1 (65.1%)
90	<b>CIESIOŁKA Jakub</b>	<b>1226</b>	POZNANBIEGA.PL	OPEN Mężczyźni	82	00:15:10	<b>00:24:59.90</b>	<b>00:40:10.25</b>	+00:08:52 (35.5%)	4:59	12 (64.5%)
91	<b>URBAN Łukasz</b>	<b>1224</b>	WŁADCY ORŁOWA	OPEN Mężczyźni	83	00:14:23	<b>00:25:05.55</b>	<b>00:39:28.60</b>	+00:08:57 (35.7%)	5:01	12 (64.5%)
92	<b>CIEŚLEWICZ Mateusz</b>	<b>800</b>	PRO366	OPEN Mężczyźni	84	00:14:23	<b>00:25:05.65</b>	<b>00:39:29.30</b>	+00:08:57 (35.7%)	5:01	12 (64.5%)
93	<b>KĘDZIORA Kinga</b>	<b>1119</b>	BKM TRANSPORT TEAM	OPEN Kobiety	9	00:14:27	<b>00:25:06.20</b>	<b>00:39:33.50</b>	+00:08:58 (35.7%)	5:01	12 (64.5%)
94	<b>KASPROWICZ Szymon</b>	<b>796</b>		OPEN Mężczyźni	85	00:17:36	<b>00:25:08.60</b>	<b>00:42:44.75</b>	+00:09:00 (35.8%)	5:01	11.9 (64.0%)
95	<b>GRESER Artur</b>	<b>1217</b>	TEAM GRESERY	OPEN Mężczyźni	86	00:14:33	<b>00:25:13.15</b>	<b>00:39:46.40</b>	+00:09:05 (36.0%)	5:02	11.9 (64.0%)
96	<b>KOCZOROWSKI Artur</b>	<b>1096</b>		OPEN Mężczyźni	87	00:14:45	<b>00:25:14.30</b>	<b>00:39:59.60</b>	+00:09:06 (36.1%)	5:02	11.9 (64.0%)
97	<b>BIEGAŁA Damian</b>	<b>843</b>		OPEN Mężczyźni	88	00:14:59	<b>00:25:15.10</b>	<b>00:40:14.75</b>	+00:09:07 (36.1%)	5:03	11.9 (64.0%)
98	<b>DĄBROWSKI Zygmunt</b>	<b>1130</b>		OPEN Mężczyźni	89	00:14:18	<b>00:25:15.80</b>	<b>00:39:33.95</b>	+00:09:08 (36.2%)	5:03	11.9 (64.0%)
99	<b>KLEDECKI Piotr</b>	<b>1205</b>		OPEN Mężczyźni	90	00:15:16	<b>00:25:21.05</b>	<b>00:40:37.40</b>	+00:09:13 (36.4%)	5:04	11.8 (63.4%)
100	<b>ROGAŁA Jakub</b>	<b>1024</b>		OPEN Mężczyźni	91	00:14:33	<b>00:25:32.70</b>	<b>00:40:06.55</b>	+00:09:24 (36.9%)	5:06	11.7 (62.9%)
101	<b>LISEWSKI Piotr</b>	<b>715</b>		OPEN Mężczyźni	92	00:14:44	<b>00:25:33.50</b>	<b>00:40:18.15</b>	+00:09:25 (36.9%)	5:06	11.7 (62.9%)
102	<b>SUŁKOWSKI Dariusz</b>	<b>824</b>		OPEN Mężczyźni	93	00:15:15	<b>00:25:37.00</b>	<b>00:40:52.25</b>	+00:09:29 (37.0%)	5:07	11.7 (62.9%)
103	<b>GÓRNA Halina</b>	<b>892</b>	PATRYK BOGUCKI - STREFA BIEGANIA	OPEN Kobiety	10	00:14:25	<b>00:25:37.15</b>	<b>00:40:03.05</b>	+00:09:29 (37.0%)	5:07	11.7 (62.9%)
104	<b>KUBIAK Jakub</b>	<b>917</b>	WILDA BIEGA	OPEN Mężczyźni	94	00:14:31	<b>00:25:38.15</b>	<b>00:40:09.35</b>	+00:09:30 (37.1%)	5:07	11.7 (62.9%)
105	<b>NOWICKI Karol</b>	<b>1031</b>		OPEN Mężczyźni	95	00:14:49	<b>00:25:39.75</b>	<b>00:40:29.20</b>	+00:09:31 (37.1%)	5:07	11.7 (62.9%)
106	<b>DOLATA Tomasz</b>	<b>884</b>	SZÓSTA STREFA	OPEN Mężczyźni	96	00:14:49	<b>00:25:44.25</b>	<b>00:40:33.30</b>	+00:09:36 (37.3%)	5:08	11.7 (62.9%)
107	<b>ZEJER Artur</b>	<b>834</b>		OPEN Mężczyźni	97	00:14:27	<b>00:25:44.30</b>	<b>00:40:11.90</b>	+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	<b>CICHA Kinga</b>	<b>905</b>		OPEN Kobiety	21	00:14:30	<b>00:26:43.90</b>	<b>00:41:14.20</b>	+00:10:36 (39.7%)	5:20	11.2 (60.2%)
132	<b>JAWORSKA Magdalena</b>	<b>1000</b>	GRUNWALD	OPEN Kobiety	22	00:14:31	<b>00:26:46.95</b>	<b>00:41:18.45</b>	+00:10:39 (39.8%)	5:21	11.2 (60.2%)
133	<b>MIERZEJEWSKA Klaudia</b>	<b>1158</b>		OPEN Kobiety	23	00:14:17	<b>00:26:50.15</b>	<b>00:41:07.95</b>	+00:10:42 (39.9%)	5:22	11.2 (60.2%)
134	<b>NOWACKI Artur</b>	<b>935</b>	SE BIEGNE.	OPEN Mężczyźni	111	00:14:23	<b>00:26:54.05</b>	<b>00:41:17.20</b>	+00:10:46 (40.0%)	5:22	11.2 (60.2%)
135	<b>ZIARCZYK Michał</b>	<b>1260</b>	POZNAŃ FC	OPEN Mężczyźni	112	00:15:06	<b>00:26:55.65</b>	<b>00:42:02.35</b>	+00:10:47 (40.1%)	5:23	11.1 (59.7%)
136	<b>WILCZYŃSKI Łukasz</b>	<b>1068</b>		OPEN Mężczyźni	113	00:14:25	<b>00:26:55.75</b>	<b>00:41:21.30</b>	+00:10:47 (40.1%)	5:23	11.1 (59.7%)
137	<b>FRĄCKOWIAK Dariusz</b>	<b>1056</b>		OPEN Mężczyźni	114	00:15:04	<b>00:26:59.70</b>	<b>00:42:04.25</b>	+00:10:51 (40.2%)	5:23	11.1 (59.7%)
138	<b>KRZYSZTOŃ Radosław</b>	<b>1047</b>	FPS PANY	OPEN Mężczyźni	115	00:15:07	<b>00:26:59.90</b>	<b>00:42:07.65</b>	+00:10:52 (40.3%)	5:23	11.1 (59.7%)
139	<b>CELER Wiktoria</b>	<b>1392</b>	POLONIA ŚRODA	OPEN Kobiety	24	00:14:19	<b>00:27:00.25</b>	<b>00:41:20.20</b>	+00:10:52 (40.3%)	5:24	11.1 (59.7%)
140	<b>BIAŁAS Piotr</b>	<b>1063</b>		OPEN Mężczyźni	116	00:14:29	<b>00:27:00.30</b>	<b>00:41:29.55</b>	+00:10:52 (40.3%)	5:24	11.1 (59.7%)
141	<b>NIEMIEC Joanna</b>	<b>1029</b>		OPEN Kobiety	25	00:14:34	<b>00:27:03.75</b>	<b>00:41:38.10</b>	+00:10:55 (40.4%)	5:24	11.1 (59.7%)
142	<b>OKONIEWSKA Katarzyna</b>	<b>1233</b>		OPEN Kobiety	26	00:14:27	<b>00:27:04.40</b>	<b>00:41:32.25</b>	+00:10:56 (40.4%)	5:24	11.1 (59.7%)
143	<b>EDER Violetta</b>	<b>1200</b>		OPEN Kobiety	27	00:14:24	<b>00:27:04.75</b>	<b>00:41:28.80</b>	+00:10:56 (40.4%)	5:24	11.1 (59.7%)
144	<b>JANUSZKIEWICZ Paweł</b>	<b>975</b>		OPEN Mężczyźni	117	00:14:55	<b>00:27:05.30</b>	<b>00:42:01.00</b>	+00:10:57 (40.5%)	5:25	11.1 (59.7%)
145	<b>WOLNIEWICZ Ryszard</b>	<b>801</b>	JÓZEF NOJI	OPEN Mężczyźni	118	00:15:00	<b>00:27:05.90</b>	<b>00:42:06.05</b>	+00:10:58 (40.5%)	5:25	11.1 (59.7%)
146	<b>TARNAWSKI Maciej</b>	<b>991</b>		OPEN Mężczyźni	119	00:14:56	<b>00:27:06.30</b>	<b>00:42:03.10</b>	+00:10:58 (40.5%)	5:25	11.1 (59.7%)
147	<b>DWORACKA Natalia</b>	<b>936</b>		OPEN Kobiety	28	00:14:44	<b>00:27:07.30</b>	<b>00:41:52.25</b>	+00:10:59 (40.5%)	5:25	11.1 (59.7%)
148	<b>GĄSIOREK Artur</b>	<b>1051</b>	FPS	OPEN Mężczyźni	120	00:15:08	<b>00:27:07.35</b>	<b>00:42:15.65</b>	+00:10:59 (40.5%)	5:25	11.1 (59.7%)
149	<b>DRAŻEWSKI Damian</b>	<b>1196</b>		OPEN Mężczyźni	121	00:14:56	<b>00:27:08.20</b>	<b>00:42:04.65</b>	+00:11:00 (40.6%)	5:25	11.1 (59.7%)
150	<b>OSTAPOWICZ Kamil</b>	<b>959</b>		OPEN Mężczyźni	122	00:14:34	<b>00:27:08.70</b>	<b>00:41:42.85</b>	+00:11:00 (40.6%)	5:25	11.1 (59.7%)
151	<b>RZEPSKA Ania</b>	<b>957</b>	PEKABEX	OPEN Kobiety	29	00:14:41	<b>00:27:08.85</b>	<b>00:41:50.45</b>	+00:11:01 (40.6%)	5:25	11.1 (59.7%)
152	<b>JAKUBOWSKI Kamil</b>	<b>1188</b>		OPEN Mężczyźni	123	00:20:32	<b>00:27:09.75</b>	<b>00:47:42.35</b>	+00:11:01 (40.6%)	5:25	11 (59.1%)
153	<b>BOŻEMSKI Krystian</b>	<b>1010</b>		OPEN Mężczyźni	124	00:14:38	<b>00:27:11.25</b>	<b>00:41:50.20</b>	+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	<b>NOWAK Klaudia</b>	<b>1012</b>		OPEN Kobiety	30	00:14:19	<b>00:27:12.05</b>	<b>00:41:31.80</b>	+00:11:04 (40.7%)	5:26	11 (59.1%)
154	<b>CYGANOWSKI Łukasz</b>	<b>1085</b>		OPEN Mężczyźni	125	00:14:26	<b>00:27:12.05</b>	<b>00:41:38.25</b>	+00:11:04 (40.7%)	5:26	11 (59.1%)
156	<b>BECKER Paweł</b>	<b>1106</b>	HCP	OPEN Mężczyźni	126	00:14:31	<b>00:27:12.50</b>	<b>00:41:44.00</b>	+00:11:04 (40.7%)	5:26	11 (59.1%)
157	<b>RATAJCZAK Berenika</b>	<b>1164</b>	ENEA TEAM	OPEN Kobiety	31	00:14:26	<b>00:27:13.35</b>	<b>00:41:40.10</b>	+00:11:05 (40.7%)	5:26	11 (59.1%)
158	<b>DĄBEK Marcin</b>	<b>842</b>		OPEN Mężczyźni	127	00:14:46	<b>00:27:21.75</b>	<b>00:42:08.60</b>	+00:11:13 (41.1%)	5:28	11 (59.1%)
159	<b>KUPCZAK Robert</b>	<b>742</b>	BUKOWSKI KLUB BIEGACZA	OPEN Mężczyźni	128	00:14:30	<b>00:27:23.20</b>	<b>00:41:53.20</b>	+00:11:15 (41.1%)	5:28	11 (59.1%)
160	<b>MAJCZYK Mateusz</b>	<b>1172</b>		OPEN Mężczyźni	129	00:15:04	<b>00:27:23.55</b>	<b>00:42:27.60</b>	+00:11:15 (41.1%)	5:28	11 (59.1%)
161	<b>HOPPE Kasia</b>	<b>794</b>		OPEN Kobiety	32	00:14:23	<b>00:27:25.05</b>	<b>00:41:48.60</b>	+00:11:17 (41.2%)	5:29	10.9 (58.6%)
162	<b>NOWICKI Hubert</b>	<b>822</b>		OPEN Mężczyźni	130	00:14:33	<b>00:27:26.10</b>	<b>00:41:59.15</b>	+00:11:18 (41.2%)	5:29	10.9 (58.6%)
163	<b>KOZAK-SZAR Natalia</b>	<b>754</b>		OPEN Kobiety	33	00:14:52	<b>00:27:27.25</b>	<b>00:42:20.15</b>	+00:11:19 (41.2%)	5:29	10.9 (58.6%)
164	<b>NURCZYŃSKA Marzena</b>	<b>1313</b>		OPEN Kobiety	34	00:15:02	<b>00:27:28.55</b>	<b>00:42:30.55</b>	+00:11:20 (41.3%)	5:29	10.9 (58.6%)
165	<b>HADRYAN Sławomir</b>	<b>1121</b>		OPEN Mężczyźni	131	00:14:25	<b>00:27:28.80</b>	<b>00:41:54.40</b>	+00:11:21 (41.3%)	5:29	10.9 (58.6%)
166	<b>SCHLEGEL Michał</b>	<b>1133</b>	MARATOŃCZYK POZNAŃ	OPEN Mężczyźni	132	00:14:52	<b>00:27:29.20</b>	<b>00:42:21.90</b>	+00:11:21 (41.3%)	5:29	10.9 (58.6%)
167	<b>HOSAŁA Damian</b>	<b>1097</b>		OPEN Mężczyźni	133	00:14:50	<b>00:27:29.45</b>	<b>00:42:19.95</b>	+00:11:21 (41.3%)	5:29	10.9 (58.6%)
168	<b>KORBAS Adam</b>	<b>1042</b>		OPEN Mężczyźni	134	00:15:13	<b>00:27:30.10</b>	<b>00:42:43.65</b>	+00:11:22 (41.3%)	5:30	10.9 (58.6%)
169	<b>SMOLAREK Paweł</b>	<b>1087</b>		OPEN Mężczyźni	135	00:14:21	<b>00:27:32.15</b>	<b>00:41:53.35</b>	+00:11:24 (41.4%)	5:30	10.9 (58.6%)
170	<b>KROPIDŁOWSKI Grzegorz</b>	<b>987</b>		OPEN Mężczyźni	136	00:14:43	<b>00:27:32.25</b>	<b>00:42:15.40</b>	+00:11:24 (41.4%)	5:30	10.9 (58.6%)
171	<b>KĘPA Mateusz</b>	<b>1293</b>		OPEN Mężczyźni	137	00:14:20	<b>00:27:32.45</b>	<b>00:41:52.65</b>	+00:11:24 (41.4%)	5:30	10.9 (58.6%)
172	<b>STRONKA Maciej</b>	<b>1084</b>		OPEN Mężczyźni	138	00:15:05	<b>00:27:35.90</b>	<b>00:42:41.85</b>	+00:11:28 (41.6%)	5:31	10.9 (58.6%)
173	<b>MALINGER Tymoteusz</b>	<b>1179</b>		OPEN Mężczyźni	139	00:15:07	<b>00:27:43.00</b>	<b>00:42:50.05</b>	+00:11:35 (41.8%)	5:32	10.8 (58.1%)
174	<b>MUSIELAK Artur</b>	<b>1046</b>	FPS	OPEN Mężczyźni	140	00:15:08	<b>00:27:43.20</b>	<b>00:42:51.40</b>	+00:11:35 (41.8%)	5:32	10.8 (58.1%)
175	<b>ŚLĘZAK Mariusz</b>	<b>1192</b>		OPEN Mężczyźni	141	00:14:37	<b>00:27:47.95</b>	<b>00:42:25.15</b>	+00:11:40 (42.0%)	5:33	10.8 (58.1%)
176	<b>DROGI Agnieszka</b>	<b>968</b>	PEKABEX	OPEN Kobiety	35	00:14:57	<b>00:27:50.45</b>	<b>00:42:48.10</b>	+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	<b>FRĄTCZAK Paulina</b>	<b>972</b>		OPEN Kobiety	36	00:14:28	<b>00:27:51.10</b>	<b>00:42:19.55</b>	+00:11:43 (42.1%)	5:34	10.8 (58.1%)
178	<b>WŁODARSKI Radosław</b>	<b>1101</b>		OPEN Mężczyźni	142	00:14:33	<b>00:27:52.70</b>	<b>00:42:26.65</b>	+00:11:44 (42.1%)	5:34	10.8 (58.1%)
179	<b>PATELSKI Tomasz</b>	<b>823</b>		OPEN Mężczyźni	143	00:14:57	<b>00:28:00.00</b>	<b>00:42:57.85</b>	+00:11:52 (42.4%)	5:36	10.7 (57.5%)
180	<b>MENSFELD Mariusz</b>	<b>996</b>		OPEN Mężczyźni	144	00:15:00	<b>00:28:03.20</b>	<b>00:43:03.65</b>	+00:11:55 (42.5%)	5:36	10.7 (57.5%)
181	<b>WARYCH Michał</b>	<b>1070</b>		OPEN Mężczyźni	145	00:14:59	<b>00:28:06.90</b>	<b>00:43:06.55</b>	+00:11:59 (42.6%)	5:37	10.7 (57.5%)
182	<b>WARYCH Izabela</b>	<b>1069</b>		OPEN Kobiety	37	00:14:58	<b>00:28:07.30</b>	<b>00:43:06.25</b>	+00:11:59 (42.6%)	5:37	10.7 (57.5%)
183	<b>FURMANEK Marta</b>	<b>1005</b>		OPEN Kobiety	38	00:14:19	<b>00:28:07.60</b>	<b>00:42:27.50</b>	+00:11:59 (42.7%)	5:37	10.7 (57.5%)
184	<b>JANASIK Szymon</b>	<b>919</b>		OPEN Mężczyźni	146	00:14:41	<b>00:28:08.05</b>	<b>00:42:49.95</b>	+00:12:00 (42.7%)	5:37	10.7 (57.5%)
185	<b>CIEŚLAK Marcin</b>	<b>1038</b>	FURMANEK TEAM	OPEN Mężczyźni	147	00:14:19	<b>00:28:08.15</b>	<b>00:42:27.20</b>	+00:12:00 (42.7%)	5:37	10.7 (57.5%)
186	<b>LASKOWSKA Monika</b>	<b>1049</b>		OPEN Kobiety	39	00:14:21	<b>00:28:08.30</b>	<b>00:42:30.15</b>	+00:12:00 (42.7%)	5:37	10.7 (57.5%)
187	<b>BOGAJCZYK Marta</b>	<b>997</b>		OPEN Kobiety	40	00:14:43	<b>00:28:08.85</b>	<b>00:42:52.30</b>	+00:12:01 (42.7%)	5:37	10.7 (57.5%)
187	<b>NOWAK Marta</b>	<b>1184</b>		OPEN Kobiety	40	00:14:56	<b>00:28:08.85</b>	<b>00:43:05.00</b>	+00:12:01 (42.7%)	5:37	10.7 (57.5%)
189	<b>BUREK Jędrzej</b>	<b>817</b>	SEKTOR KOLEJOWY	OPEN Mężczyźni	148	00:15:04	<b>00:28:09.75</b>	<b>00:43:14.60</b>	+00:12:01 (42.7%)	5:37	10.7 (57.5%)
190	<b>FURMANKIEWICZ Kacper</b>	<b>1112</b>		OPEN Mężczyźni	149	00:14:26	<b>00:28:09.85</b>	<b>00:42:36.30</b>	+00:12:02 (42.7%)	5:37	10.7 (57.5%)
191	<b>KUCZYŃSKI Ryszard</b>	<b>1266</b>		OPEN Mężczyźni	150	00:14:31	<b>00:28:11.95</b>	<b>00:42:43.15</b>	+00:12:04 (42.8%)	5:38	10.6 (57.0%)
192	<b>NOWICKA Anna</b>	<b>1156</b>		OPEN Kobiety	42	00:14:22	<b>00:28:12.80</b>	<b>00:42:35.25</b>	+00:12:05 (42.8%)	5:38	10.6 (57.0%)
193	<b>BRYHCZYŃSKA Daria</b>	<b>1208</b>		OPEN Kobiety	43	00:14:24	<b>00:28:14.75</b>	<b>00:42:39.70</b>	+00:12:06 (42.9%)	5:38	10.6 (57.0%)
194	<b>BRYHCZYŃSKI Krystian</b>	<b>1264</b>	HERNIK TEAM	OPEN Mężczyźni	151	00:14:25	<b>00:28:15.55</b>	<b>00:42:40.95</b>	+00:12:07 (42.9%)	5:39	10.6 (57.0%)
195	<b>GRZESIAK Krzysztof</b>	<b>1221</b>	LO ŚREM	OPEN Mężczyźni	152	00:14:23	<b>00:28:16.80</b>	<b>00:42:39.95</b>	+00:12:09 (43.0%)	5:39	10.6 (57.0%)
196	<b>BORSUK Damian</b>	<b>971</b>		OPEN Mężczyźni	153	00:14:53	<b>00:28:17.60</b>	<b>00:43:10.80</b>	+00:12:09 (43.0%)	5:39	10.6 (57.0%)
197	<b>BORKOWSKI Michał</b>	<b>1124</b>	TELWÓD	OPEN Mężczyźni	154	00:15:04	<b>00:28:19.15</b>	<b>00:43:23.40</b>	+00:12:11 (43.0%)	5:39	10.6 (57.0%)
198	<b>POKORA Ida</b>	<b>1298</b>		OPEN Kobiety	44	00:14:27	<b>00:28:20.15</b>	<b>00:42:47.40</b>	+00:12:12 (43.1%)	5:40	10.6 (57.0%)
199	<b>CIESIELSKA Aleksandra</b>	<b>1076</b>		OPEN Kobiety	45	00:14:41	<b>00:28:23.95</b>	<b>00:43:05.40</b>	+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	<b>DZIKIEWICZ Łukasz</b>	<b>740</b>		OPEN Mężczyźni	155	00:14:42	<b>00:28:24.25</b>	<b>00:43:06.90</b>	+00:12:16 (43.2%)	5:40	10.6 (57.0%)
201	<b>PAŚ Łukasz</b>	<b>234</b>		OPEN Mężczyźni	156	00:14:48	<b>00:28:27.80</b>	<b>00:43:16.45</b>	+00:12:20 (43.3%)	5:41	10.5 (56.5%)
202	<b>SŁOWIK Michał</b>	<b>938</b>		OPEN Mężczyźni	157	00:14:42	<b>00:28:28.85</b>	<b>00:43:11.45</b>	+00:12:21 (43.4%)	5:41	10.5 (56.5%)
203	<b>IDZIKOWSKI Jakub</b>	<b>908</b>		OPEN Mężczyźni	158	00:14:28	<b>00:28:30.35</b>	<b>00:42:59.20</b>	+00:12:22 (43.4%)	5:42	10.5 (56.5%)
204	<b>SZYMAŃSKI Sławomir</b>	<b>1034</b>		OPEN Mężczyźni	159	00:15:03	<b>00:28:31.30</b>	<b>00:43:34.75</b>	+00:12:23 (43.4%)	5:42	10.5 (56.5%)
205	<b>TRYBUŚ Daria</b>	<b>1290</b>		OPEN Kobiety	46	00:14:31	<b>00:28:31.35</b>	<b>00:43:03.20</b>	+00:12:23 (43.4%)	5:42	10.5 (56.5%)
206	<b>KOCZOROWSKI Eryk</b>	<b>1281</b>		OPEN Mężczyźni	160	00:14:44	<b>00:28:31.95</b>	<b>00:43:16.00</b>	+00:12:24 (43.5%)	5:42	10.5 (56.5%)
207	<b>WOŹNIAK Beata</b>	<b>1246</b>		OPEN Kobiety	47	00:14:24	<b>00:28:33.15</b>	<b>00:42:58.05</b>	+00:12:25 (43.5%)	5:42	10.5 (56.5%)
208	<b>WINKEL Alina</b>	<b>1040</b>		OPEN Kobiety	48	00:14:39	<b>00:28:36.25</b>	<b>00:43:15.40</b>	+00:12:28 (43.6%)	5:43	10.5 (56.5%)
209	<b>WYRZYKOWSKI Ryszard</b>	<b>718</b>		OPEN Mężczyźni	161	00:14:36	<b>00:28:39.15</b>	<b>00:43:15.70</b>	+00:12:31 (43.7%)	5:43	10.5 (56.5%)
210	<b>LEWANDOWSKI Michał</b>	<b>847</b>		OPEN Mężczyźni	162	00:14:49	<b>00:28:40.85</b>	<b>00:43:30.40</b>	+00:12:33 (43.8%)	5:44	10.5 (56.5%)
211	<b>KOSIAK Marcel</b>	<b>990</b>	LP	OPEN Mężczyźni	163	00:14:58	<b>00:28:41.25</b>	<b>00:43:39.55</b>	+00:12:33 (43.8%)	5:44	10.5 (56.5%)
212	<b>WYSOCKI Mariusz</b>	<b>1030</b>		OPEN Mężczyźni	164	00:14:23	<b>00:28:43.65</b>	<b>00:43:06.90</b>	+00:12:35 (43.9%)	5:44	10.4 (55.9%)
213	<b>PIECHOCKI Maciej</b>	<b>876</b>	KSR	OPEN Mężczyźni	165	00:14:38	<b>00:28:44.25</b>	<b>00:43:22.80</b>	+00:12:36 (43.9%)	5:44	10.4 (55.9%)
214	<b>WIECZOREK Hanna</b>	<b>709</b>		OPEN Kobiety	49	00:14:23	<b>00:28:46.05</b>	<b>00:43:09.50</b>	+00:12:38 (43.9%)	5:45	10.4 (55.9%)
215	<b>WOJCIECHOWSKA Renata</b>	<b>1396</b>		OPEN Kobiety	50	00:14:37	<b>00:28:46.15</b>	<b>00:43:23.35</b>	+00:12:38 (43.9%)	5:45	10.4 (55.9%)
216	<b>WOJTOWICZ Sylwia</b>	<b>1123</b>		OPEN Kobiety	51	00:10:32	<b>00:28:48.30</b>	<b>00:39:21.15</b>	+00:12:40 (44.0%)	5:45	10.4 (55.9%)
217	<b>LEŚNIEWSKA Paulina</b>	<b>1083</b>		OPEN Kobiety	52	00:14:47	<b>00:28:50.00</b>	<b>00:43:37.30</b>	+00:12:42 (44.1%)	5:46	10.4 (55.9%)
218	<b>PAWLAK Marta</b>	<b>706</b>		OPEN Kobiety	53	00:14:47	<b>00:28:50.15</b>	<b>00:43:37.40</b>	+00:12:42 (44.1%)	5:46	10.4 (55.9%)
219	<b>KANAREK Tomek</b>	<b>1297</b>		OPEN Mężczyźni	166	00:14:36	<b>00:28:50.20</b>	<b>00:43:26.60</b>	+00:12:42 (44.1%)	5:46	10.4 (55.9%)
220	<b>WOJTKOWIAK Sylwia</b>	<b>1285</b>		OPEN Kobiety	54	00:14:32	<b>00:28:53.35</b>	<b>00:43:25.55</b>	+00:12:45 (44.2%)	5:46	10.4 (55.9%)
220	<b>OLSZEWSKA Małgorzata</b>	<b>810</b>		OPEN Kobiety	54	00:14:33	<b>00:28:53.35</b>	<b>00:43:26.70</b>	+00:12:45 (44.2%)	5:46	10.4 (55.9%)
222	<b>KOŁACZYŃSKI Maciej</b>	<b>1241</b>	ENEA TEAM	OPEN Mężczyźni	167	00:15:01	<b>00:28:54.55</b>	<b>00:43:56.35</b>	+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	<b>JANKOWSKA Anna</b>	<b>1274</b>		OPEN Kobiety	56	00:15:46	<b>00:28:54.60</b>	<b>00:44:41.35</b>	+00:12:46 (44.2%)	5:46	10.4 (55.9%)
224	<b>ROJEWSKI Jacek</b>	<b>1037</b>		OPEN Mężczyźni	168	00:14:24	<b>00:28:55.20</b>	<b>00:43:19.70</b>	+00:12:47 (44.2%)	5:47	10.4 (55.9%)
225	<b>DWORACKI Michał</b>	<b>937</b>		OPEN Mężczyźni	169	00:14:45	<b>00:28:56.05</b>	<b>00:43:41.10</b>	+00:12:48 (44.3%)	5:47	10.4 (55.9%)
226	<b>WYRWA Paweł</b>	<b>1075</b>		OPEN Mężczyźni	170	00:14:45	<b>00:28:56.70</b>	<b>00:43:42.30</b>	+00:12:48 (44.3%)	5:47	10.4 (55.9%)
227	<b>JACKOWSKI Jacek</b>	<b>1227</b>	TRANSPPOST LOGISTYKA	OPEN Mężczyźni	171	00:14:27	<b>00:28:59.55</b>	<b>00:43:27.30</b>	+00:12:51 (44.4%)	5:47	10.4 (55.9%)
228	<b>KACZMAREK Piotr</b>	<b>757</b>	LECH POZNAŃ	OPEN Mężczyźni	172	00:14:46	<b>00:28:59.85</b>	<b>00:43:46.35</b>	+00:12:52 (44.4%)	5:47	10.4 (55.9%)
229	<b>KUBICKI Przemysław</b>	<b>1111</b>		OPEN Mężczyźni	173	00:14:26	<b>00:29:01.95</b>	<b>00:43:28.55</b>	+00:12:54 (44.4%)	5:48	10.3 (55.4%)
230	<b>WIŚNIEWSKI Mariusz</b>	<b>725</b>		OPEN Mężczyźni	174	00:14:46	<b>00:29:02.05</b>	<b>00:43:48.25</b>	+00:12:54 (44.4%)	5:48	10.3 (55.4%)
231	<b>BANNACH Agnieszka</b>	<b>1060</b>		OPEN Kobiety	57	00:14:18	<b>00:29:02.25</b>	<b>00:43:20.90</b>	+00:12:54 (44.5%)	5:48	10.3 (55.4%)
232	<b>PAWLACZYK Mariusz</b>	<b>1143</b>	MARUDERZY	OPEN Mężczyźni	175	00:14:44	<b>00:29:03.35</b>	<b>00:43:48.10</b>	+00:12:55 (44.5%)	5:48	10.3 (55.4%)
233	<b>MICHALSKA Natalia</b>	<b>1080</b>		OPEN Kobiety	58	00:14:20	<b>00:29:07.40</b>	<b>00:43:28.35</b>	+00:12:59 (44.6%)	5:49	10.3 (55.4%)
234	<b>PAWLAK Michał</b>	<b>986</b>		OPEN Mężczyźni	176	00:14:48	<b>00:29:07.65</b>	<b>00:43:55.65</b>	+00:12:59 (44.6%)	5:49	10.3 (55.4%)
234	<b>PALICHUK Dmytro</b>	<b>1061</b>		OPEN Mężczyźni	176	00:15:03	<b>00:29:07.65</b>	<b>00:44:10.85</b>	+00:12:59 (44.6%)	5:49	10.3 (55.4%)
236	<b>SKRZYPCZAK Justyna</b>	<b>722</b>	DŻASTA	OPEN Kobiety	59	00:14:48	<b>00:29:08.05</b>	<b>00:43:56.15</b>	+00:13:00 (44.6%)	5:49	10.3 (55.4%)
237	<b>SOBIESKA Kornelia</b>	<b>1116</b>		OPEN Kobiety	60	00:14:28	<b>00:29:12.00</b>	<b>00:43:40.05</b>	+00:13:04 (44.8%)	5:50	10.3 (55.4%)
238	<b>KRUK Joanna</b>	<b>1151</b>		OPEN Kobiety	61	00:14:59	<b>00:29:13.80</b>	<b>00:44:12.95</b>	+00:13:06 (44.8%)	5:50	10.3 (55.4%)
239	<b>SKRZYPCZAK Norbert</b>	<b>998</b>		OPEN Mężczyźni	178	00:14:53	<b>00:29:15.70</b>	<b>00:44:09.25</b>	+00:13:07 (44.9%)	5:51	10.3 (55.4%)
240	<b>BANASIAK Paweł</b>	<b>787</b>		OPEN Mężczyźni	179	00:10:52	<b>00:29:15.90</b>	<b>00:40:08.85</b>	+00:13:08 (44.9%)	5:51	10.3 (55.4%)
241	<b>SZYMKOWIAK Paweł</b>	<b>786</b>		OPEN Mężczyźni	180	00:10:53	<b>00:29:16.30</b>	<b>00:40:09.70</b>	+00:13:08 (44.9%)	5:51	10.3 (55.4%)
241	<b>BRAKONIECKI Miłosz</b>	<b>1120</b>		OPEN Mężczyźni	180	00:14:32	<b>00:29:16.30</b>	<b>00:43:48.60</b>	+00:13:08 (44.9%)	5:51	10.3 (55.4%)
243	<b>JAWORSKA Anna</b>	<b>743</b>		OPEN Kobiety	62	00:14:32	<b>00:29:16.50</b>	<b>00:43:49.45</b>	+00:13:08 (44.9%)	5:51	10.3 (55.4%)
244	<b>KRZYŻOSTANIAK Agnieszka</b>	<b>1162</b>		OPEN Kobiety	63	00:17:00	<b>00:29:16.80</b>	<b>00:46:17.25</b>	+00:13:09 (44.9%)	5:51	10.3 (55.4%)
245	<b>KUBIAK Anna</b>	<b>1301</b>		OPEN Kobiety	64	00:14:20	<b>00:29:17.05</b>	<b>00:43:37.90</b>	+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	<b>PANACHEDA Leszek</b>	<b>738</b>	GÓRNE ŁUŻYCE BOGATYNIA	OPEN Mężczyźni	182	00:14:16	<b>00:29:18.35</b>	<b>00:43:34.95</b>	+00:13:10 (45.0%)	5:51	10.2 (54.8%)
247	<b>ŻERKO Violetta</b>	<b>1028</b>	GB WIELKOPOLSCY BIEGACZE	OPEN Kobiety	65	00:14:43	<b>00:29:19.10</b>	<b>00:44:02.25</b>	+00:13:11 (45.0%)	5:51	10.2 (54.8%)
248	<b>JANKOWSKI Łukasz</b>	<b>1125</b>	TELWÓD	OPEN Mężczyźni	183	00:15:03	<b>00:29:19.20</b>	<b>00:44:22.55</b>	+00:13:11 (45.0%)	5:51	10.2 (54.8%)
249	<b>TOMCZAK Maciej</b>	<b>831</b>		OPEN Mężczyźni	184	00:15:10	<b>00:29:21.80</b>	<b>00:44:32.45</b>	+00:13:14 (45.1%)	5:52	10.2 (54.8%)
250	<b>GĄSIOR Krzysztof</b>	<b>946</b>	CHARTOWO	OPEN Mężczyźni	185	00:16:12	<b>00:29:22.40</b>	<b>00:45:34.50</b>	+00:13:14 (45.1%)	5:52	10.2 (54.8%)
251	<b>SIKORA Zuzanna</b>	<b>789</b>		OPEN Kobiety	66	00:14:24	<b>00:29:25.45</b>	<b>00:43:50.25</b>	+00:13:17 (45.2%)	5:53	10.2 (54.8%)
252	<b>GĄSIOR Justyna</b>	<b>945</b>	NIGHT RUNNERS	OPEN Kobiety	67	00:16:11	<b>00:29:26.05</b>	<b>00:45:37.65</b>	+00:13:18 (45.2%)	5:53	10.2 (54.8%)
253	<b>HOSAŁA Paweł</b>	<b>844</b>		OPEN Mężczyźni	186	00:14:49	<b>00:29:27.30</b>	<b>00:44:17.15</b>	+00:13:19 (45.2%)	5:53	10.2 (54.8%)
254	<b>WIELICZKO Bartosz</b>	<b>1230</b>		OPEN Mężczyźni	187	00:15:00	<b>00:29:29.20</b>	<b>00:44:29.25</b>	+00:13:21 (45.3%)	5:53	10.2 (54.8%)
255	<b>KONDOŁ Monika</b>	<b>1310</b>		OPEN Kobiety	68	00:14:55	<b>00:29:29.35</b>	<b>00:44:24.50</b>	+00:13:21 (45.3%)	5:53	10.2 (54.8%)
256	<b>ŁUKASZEWSKI Juliusz</b>	<b>1136</b>	ŁUKTEAM	OPEN Mężczyźni	188	00:14:53	<b>00:29:33.10</b>	<b>00:44:26.65</b>	+00:13:25 (45.4%)	5:54	10.2 (54.8%)
257	<b>NAGÓRSKI Ryszard</b>	<b>969</b>		OPEN Mężczyźni	189	00:15:03	<b>00:29:34.55</b>	<b>00:44:38.00</b>	+00:13:26 (45.5%)	5:54	10.1 (54.3%)
258	<b>STEPKA Katarzyna</b>	<b>767</b>		OPEN Kobiety	69	00:15:12	<b>00:29:35.40</b>	<b>00:44:47.90</b>	+00:13:27 (45.5%)	5:55	10.1 (54.3%)
259	<b>PORYSEK Teresa</b>	<b>766</b>		OPEN Kobiety	70	00:15:12	<b>00:29:35.65</b>	<b>00:44:48.00</b>	+00:13:27 (45.5%)	5:55	10.1 (54.3%)
260	<b>MAŚLAK Ewelina</b>	<b>1235</b>		OPEN Kobiety	71	00:15:04	<b>00:29:38.90</b>	<b>00:44:43.45</b>	+00:13:31 (45.6%)	5:55	10.1 (54.3%)
261	<b>STODOLNA Marta</b>	<b>838</b>		OPEN Kobiety	72	00:15:01	<b>00:29:40.30</b>	<b>00:44:41.90</b>	+00:13:32 (45.6%)	5:56	10.1 (54.3%)
262	<b>FURMANEK Jakub</b>	<b>970</b>		OPEN Mężczyźni	190	00:14:28	<b>00:29:43.20</b>	<b>00:44:12.05</b>	+00:13:35 (45.7%)	5:56	10.1 (54.3%)
263	<b>WIŚNIEWSKA-KROTECKA Marta</b>	<b>708</b>	MISTRZOWSKI TRENING	OPEN Kobiety	73	00:15:01	<b>00:29:44.25</b>	<b>00:44:45.75</b>	+00:13:36 (45.8%)	5:56	10.1 (54.3%)
264	<b>SZYMAŃSKI Rafał</b>	<b>901</b>		OPEN Mężczyźni	191	00:15:05	<b>00:29:44.35</b>	<b>00:44:49.90</b>	+00:13:36 (45.8%)	5:56	10.1 (54.3%)
265	<b>KIEŁBASIŃSKI Łukasz</b>	<b>949</b>	12 WBOT / LEGION HDK	OPEN Mężczyźni	192	00:14:58	<b>00:29:44.95</b>	<b>00:44:43.10</b>	+00:13:37 (45.8%)	5:56	10.1 (54.3%)
266	<b>JAKUBIAK Filip</b>	<b>805</b>		OPEN Mężczyźni	193	00:14:20	<b>00:29:45.80</b>	<b>00:44:06.75</b>	+00:13:38 (45.8%)	5:57	10.1 (54.3%)
267	<b>RURARZ Martyna</b>	<b>728</b>		OPEN Kobiety	74	00:14:29	<b>00:29:49.65</b>	<b>00:44:18.85</b>	+00:13:41 (45.9%)	5:57	10.1 (54.3%)
268	<b>KOZIOŁ Karolina</b>	<b>1257</b>		OPEN Kobiety	75	00:14:56	<b>00:29:51.10</b>	<b>00:44:47.70</b>	+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	<b>DAWIDZIAK Paweł</b>	<b>1294</b>	KB I LOVE ZIEMEK	OPEN Mężczyźni	194	00:15:18	<b>00:29:52.35</b>	<b>00:45:10.35</b>	+00:13:44 (46.0%)	5:58	10 (53.8%)
270	<b>MIKLER Aleksandra</b>	<b>1194</b>		OPEN Kobiety	76	00:14:20	<b>00:29:53.20</b>	<b>00:44:13.85</b>	+00:13:45 (46.0%)	5:58	10 (53.8%)
271	<b>MORACZEWSKI Jakub</b>	<b>1032</b>		OPEN Mężczyźni	195	00:14:48	<b>00:29:54.00</b>	<b>00:44:42.95</b>	+00:13:46 (46.1%)	5:58	10 (53.8%)
272	<b>HAŁAS Marta</b>	<b>1207</b>		OPEN Kobiety	77	00:14:30	<b>00:29:58.25</b>	<b>00:44:28.25</b>	+00:13:50 (46.2%)	5:59	10 (53.8%)
273	<b>GOLON Marcin</b>	<b>1145</b>		OPEN Mężczyźni	196	00:14:51	<b>00:29:59.55</b>	<b>00:44:51.40</b>	+00:13:51 (46.2%)	5:59	10 (53.8%)
274	<b>KUŚ Hubert</b>	<b>928</b>		OPEN Mężczyźni	197	00:14:50	<b>00:30:01.80</b>	<b>00:44:52.10</b>	+00:13:54 (46.3%)	6:00	10 (53.8%)
275	<b>KLUPP Krzysztof</b>	<b>1259</b>		OPEN Mężczyźni	198	00:15:43	<b>00:30:06.55</b>	<b>00:45:50.05</b>	+00:13:58 (46.4%)	6:01	10 (53.8%)
276	<b>KRYSZTOFIAK Marcin</b>	<b>874</b>	FERMAX	OPEN Mężczyźni	199	00:14:47	<b>00:30:08.20</b>	<b>00:44:55.95</b>	+00:14:00 (46.5%)	6:01	10 (53.8%)
277	<b>DZIEPAK Wiesław</b>	<b>1303</b>		OPEN Mężczyźni	200	00:14:33	<b>00:30:13.45</b>	<b>00:44:46.60</b>	+00:14:05 (46.6%)	6:02	9.9 (53.2%)
278	<b>SUM Stanisław</b>	<b>820</b>		OPEN Mężczyźni	201	00:14:45	<b>00:30:16.80</b>	<b>00:45:02.40</b>	+00:14:09 (46.7%)	6:03	9.9 (53.2%)
279	<b>PRZYBYŁ Lidia</b>	<b>1204</b>	WRONIECKI KLUB BIEGACZA	OPEN Kobiety	78	00:14:28	<b>00:30:19.40</b>	<b>00:44:47.55</b>	+00:14:11 (46.8%)	6:03	9.9 (53.2%)
280	<b>BELAK Magda</b>	<b>1213</b>		OPEN Kobiety	79	00:14:38	<b>00:30:22.30</b>	<b>00:45:00.75</b>	+00:14:14 (46.9%)	6:04	9.9 (53.2%)
281	<b>ADAMKIEWICZ Marek</b>	<b>930</b>		OPEN Mężczyźni	202	00:14:56	<b>00:30:23.85</b>	<b>00:45:19.85</b>	+00:14:16 (46.9%)	6:04	9.9 (53.2%)
282	<b>SZRAMKA Emilia</b>	<b>922</b>		OPEN Kobiety	80	00:14:55	<b>00:30:24.00</b>	<b>00:45:19.70</b>	+00:14:16 (46.9%)	6:04	9.9 (53.2%)
283	<b>FABISZEWSKA Paulina</b>	<b>973</b>		OPEN Kobiety	81	00:14:31	<b>00:30:26.45</b>	<b>00:44:57.80</b>	+00:14:18 (47.0%)	6:05	9.9 (53.2%)
284	<b>FABISZEWSKI Piotr</b>	<b>974</b>		OPEN Mężczyźni	203	00:14:31	<b>00:30:26.75</b>	<b>00:44:58.45</b>	+00:14:18 (47.0%)	6:05	9.9 (53.2%)
285	<b>KROCZEK Paweł</b>	<b>964</b>		OPEN Mężczyźni	204	00:14:21	<b>00:30:27.30</b>	<b>00:44:48.45</b>	+00:14:19 (47.0%)	6:05	9.9 (53.2%)
286	<b>MALCHEREK Artur</b>	<b>744</b>		OPEN Mężczyźni	205	00:14:51	<b>00:30:29.05</b>	<b>00:45:20.45</b>	+00:14:21 (47.1%)	6:05	9.8 (52.7%)
287	<b>BUSZEWSKA Joanna</b>	<b>719</b>		OPEN Kobiety	82	00:14:20	<b>00:30:30.30</b>	<b>00:44:50.55</b>	+00:14:22 (47.1%)	6:06	9.8 (52.7%)
288	<b>KLUPŚ Marcin</b>	<b>1203</b>		OPEN Mężczyźni	206	00:14:52	<b>00:30:30.65</b>	<b>00:45:22.95</b>	+00:14:22 (47.1%)	6:06	9.8 (52.7%)
289	<b>MANKIEWICZ Robert</b>	<b>477</b>		OPEN Mężczyźni	207	00:15:04	<b>00:30:31.45</b>	<b>00:45:36.35</b>	+00:14:23 (47.2%)	6:06	9.8 (52.7%)
290	<b>MAĆKOWIAK Henryk</b>	<b>700</b>	UAM	OPEN Mężczyźni	208	00:17:58	<b>00:30:34.05</b>	<b>00:48:32.05</b>	+00:14:26 (47.2%)	6:06	9.8 (52.7%)
291	<b>LISOWSKA-WALĘCKA Sylwia Katarzyna</b>	<b>877</b>		OPEN Kobiety	83	00:14:26	<b>00:30:35.15</b>	<b>00:45:01.15</b>	+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	<b>DONDER Błażej</b>	<b>1263</b>		OPEN Mężczyźni	209	00:14:20	<b>00:30:35.40</b>	<b>00:44:55.95</b>	+00:14:27 (47.3%)	6:07	9.8 (52.7%)
293	<b>NOWACKA Anna</b>	<b>872</b>		OPEN Kobiety	84	00:14:20	<b>00:30:35.75</b>	<b>00:44:56.60</b>	+00:14:27 (47.3%)	6:07	9.8 (52.7%)
294	<b>MAŁECKA Małgorzata</b>	<b>750</b>	SZALENI BIEGACZE GNIEZNO	OPEN Kobiety	85	00:14:23	<b>00:30:37.20</b>	<b>00:45:00.25</b>	+00:14:29 (47.3%)	6:07	9.8 (52.7%)
295	<b>PANKOWSKA Patrycja</b>	<b>979</b>		OPEN Kobiety	86	00:15:06	<b>00:30:37.35</b>	<b>00:45:43.45</b>	+00:14:29 (47.3%)	6:07	9.8 (52.7%)
296	<b>RUDZKI Mikołaj</b>	<b>1006</b>	BRAK	OPEN Mężczyźni	210	00:15:05	<b>00:30:37.40</b>	<b>00:45:43.35</b>	+00:14:29 (47.3%)	6:07	9.8 (52.7%)
297	<b>MAŁECKI Paweł</b>	<b>749</b>	SZALENI BIEGACZE GNIEZNO	OPEN Mężczyźni	211	00:14:23	<b>00:30:37.85</b>	<b>00:45:00.85</b>	+00:14:30 (47.3%)	6:07	9.8 (52.7%)
298	<b>WAWRZYNIAK Dagmara</b>	<b>906</b>		OPEN Kobiety	87	00:15:46	<b>00:30:41.50</b>	<b>00:46:28.25</b>	+00:14:33 (47.4%)	6:08	9.8 (52.7%)
299	<b>BUDZYŃSKA Paulina</b>	<b>918</b>	MOLDY UNICORNS	OPEN Kobiety	88	00:14:40	<b>00:30:48.85</b>	<b>00:45:28.95</b>	+00:14:41 (47.7%)	6:09	9.7 (52.2%)
300	<b>GÓRZNY Marcin</b>	<b>1302</b>		OPEN Mężczyźni	212	00:14:35	<b>00:30:49.55</b>	<b>00:45:24.75</b>	+00:14:41 (47.7%)	6:09	9.7 (52.2%)
301	<b>RATAJCZAK Mirosław</b>	<b>707</b>		OPEN Mężczyźni	213	00:15:07	<b>00:30:49.90</b>	<b>00:45:57.70</b>	+00:14:42 (47.7%)	6:09	9.7 (52.2%)
302	<b>SZARZYŃSKA Alicja</b>	<b>1131</b>		OPEN Kobiety	89	00:14:50	<b>00:30:50.00</b>	<b>00:45:40.15</b>	+00:14:42 (47.7%)	6:10	9.7 (52.2%)
303	<b>SERWANSKA Katarzyna</b>	<b>826</b>		OPEN Kobiety	90	00:14:56	<b>00:30:50.30</b>	<b>00:45:46.90</b>	+00:14:42 (47.7%)	6:10	9.7 (52.2%)
304	<b>WICHTOWSKA Justyna</b>	<b>1022</b>		OPEN Kobiety	91	00:15:05	<b>00:30:50.40</b>	<b>00:45:55.75</b>	+00:14:42 (47.7%)	6:10	9.7 (52.2%)
305	<b>CHMIELEWSKI Dariusz</b>	<b>1144</b>		OPEN Mężczyźni	214	00:14:33	<b>00:30:51.15</b>	<b>00:45:24.50</b>	+00:14:43 (47.7%)	6:10	9.7 (52.2%)
305	<b>WOJCIESZAK Szczepan</b>	<b>821</b>		OPEN Mężczyźni	214	00:14:57	<b>00:30:51.15</b>	<b>00:45:48.20</b>	+00:14:43 (47.7%)	6:10	9.7 (52.2%)
307	<b>CHECHŁA Anna</b>	<b>942</b>		OPEN Kobiety	92	00:14:42	<b>00:30:51.30</b>	<b>00:45:33.30</b>	+00:14:43 (47.7%)	6:10	9.7 (52.2%)
308	<b>MIAZEK Tomasz</b>	<b>941</b>		OPEN Mężczyźni	216	00:15:10	<b>00:30:53.50</b>	<b>00:46:04.00</b>	+00:14:45 (47.8%)	6:10	9.7 (52.2%)
309	<b>SMOLIŃSKI Kamil</b>	<b>1148</b>	ARMIA POLKOWICE	OPEN Mężczyźni	217	00:14:38	<b>00:30:56.25</b>	<b>00:45:35.10</b>	+00:14:48 (47.9%)	6:11	9.7 (52.2%)
310	<b>TWARKOWSKA Anna</b>	<b>771</b>		OPEN Kobiety	93	00:14:28	<b>00:30:58.45</b>	<b>00:45:27.05</b>	+00:14:50 (47.9%)	6:11	9.7 (52.2%)
311	<b>HARTUNG Katarzyna</b>	<b>1023</b>		OPEN Kobiety	94	00:14:35	<b>00:30:59.55</b>	<b>00:45:35.10</b>	+00:14:51 (48.0%)	6:11	9.7 (52.2%)
312	<b>ZUCHOWSKA Agata</b>	<b>1017</b>		OPEN Kobiety	95	00:11:09	<b>00:31:00.35</b>	<b>00:42:09.50</b>	+00:14:52 (48.0%)	6:12	9.7 (52.2%)
313	<b>FLANK Paweł</b>	<b>1018</b>	WŁADEK TEAM	OPEN Mężczyźni	218	00:11:09	<b>00:31:00.90</b>	<b>00:42:10.45</b>	+00:14:53 (48.0%)	6:12	9.7 (52.2%)
314	<b>SZAJBE Eryk</b>	<b>1050</b>	HCP	OPEN Mężczyźni	219	00:14:34	<b>00:31:03.25</b>	<b>00:45:38.20</b>	+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	<b>KĘDZIORA Marta</b>	<b>1185</b>		OPEN Kobiety	96	00:15:15	<b>00:31:03.35</b>	<b>00:46:18.35</b>	+00:14:55 (48.1%)	6:12	9.7 (52.2%)
316	<b>HOFFMANN Konrad</b>	<b>799</b>		OPEN Mężczyźni	220	00:14:37	<b>00:31:04.20</b>	<b>00:45:41.40</b>	+00:14:56 (48.1%)	6:12	9.7 (52.2%)
317	<b>POLAKOWSKA Daria</b>	<b>1209</b>		OPEN Kobiety	97	00:15:15	<b>00:31:06.70</b>	<b>00:46:22.15</b>	+00:14:58 (48.2%)	6:13	9.6 (51.6%)
318	<b>MAŁECKI Janusz</b>	<b>813</b>	" IDEE SOLIDARNOŚCI 80-89"	OPEN Mężczyźni	221	00:14:29	<b>00:31:07.40</b>	<b>00:45:36.45</b>	+00:14:59 (48.2%)	6:13	9.6 (51.6%)
319	<b>GÓRSKI Marcin</b>	<b>1052</b>		OPEN Mężczyźni	222	00:15:07	<b>00:31:07.45</b>	<b>00:46:14.90</b>	+00:14:59 (48.2%)	6:13	9.6 (51.6%)
320	<b>CIEMNIAK Artur</b>	<b>899</b>	WM40	OPEN Mężczyźni	223	00:11:10	<b>00:31:08.45</b>	<b>00:42:19.15</b>	+00:15:00 (48.2%)	6:13	9.6 (51.6%)
321	<b>KMIECIAK Jakub</b>	<b>727</b>		OPEN Mężczyźni	224	00:15:01	<b>00:31:08.95</b>	<b>00:46:10.75</b>	+00:15:01 (48.2%)	6:13	9.6 (51.6%)
322	<b>GRACZYK Grażyna</b>	<b>1020</b>	NITHG RUNNERS POZNAŃ	OPEN Kobiety	98	00:14:21	<b>00:31:10.25</b>	<b>00:45:31.75</b>	+00:15:02 (48.3%)	6:14	9.6 (51.6%)
323	<b>NOWAK Mikołaj</b>	<b>795</b>		OPEN Mężczyźni	225	00:14:54	<b>00:31:11.00</b>	<b>00:46:05.65</b>	+00:15:03 (48.3%)	6:14	9.6 (51.6%)
324	<b>MANTAJ Urszula</b>	<b>830</b>		OPEN Kobiety	99	00:15:00	<b>00:31:11.75</b>	<b>00:46:12.70</b>	+00:15:03 (48.3%)	6:14	9.6 (51.6%)
325	<b>SZCZEPANEK Grzegorz</b>	<b>832</b>		OPEN Mężczyźni	226	00:15:00	<b>00:31:12.15</b>	<b>00:46:12.70</b>	+00:15:04 (48.3%)	6:14	9.6 (51.6%)
326	<b>PAWLAK Arkadiusz</b>	<b>1228</b>		OPEN Mężczyźni	227	00:14:36	<b>00:31:12.50</b>	<b>00:45:48.60</b>	+00:15:04 (48.3%)	6:14	9.6 (51.6%)
327	<b>OBST Natalia</b>	<b>1300</b>	DUSZNIKI BIEGAJĄ	OPEN Kobiety	100	00:15:03	<b>00:31:15.20</b>	<b>00:46:18.20</b>	+00:15:07 (48.4%)	6:15	9.6 (51.6%)
328	<b>RATAJCZAK Radosław</b>	<b>777</b>		OPEN Mężczyźni	228	00:14:58	<b>00:31:15.25</b>	<b>00:46:14.05</b>	+00:15:07 (48.4%)	6:15	9.6 (51.6%)
328	<b>HABRAJSKI Dawid</b>	<b>776</b>		OPEN Mężczyźni	228	00:14:58	<b>00:31:15.25</b>	<b>00:46:14.05</b>	+00:15:07 (48.4%)	6:15	9.6 (51.6%)
330	<b>KUPCZAK Monika</b>	<b>741</b>	BIEGIEMWLAS	OPEN Kobiety	101	00:14:30	<b>00:31:17.45</b>	<b>00:45:48.05</b>	+00:15:09 (48.5%)	6:15	9.6 (51.6%)
331	<b>KŁOSIŃSKA Katarzyna</b>	<b>1234</b>	YANOSIK ACTIVE TEAM	OPEN Kobiety	102	00:14:55	<b>00:31:18.70</b>	<b>00:46:14.55</b>	+00:15:10 (48.5%)	6:15	9.6 (51.6%)
332	<b>URBAŃSKA Daria</b>	<b>1283</b>		OPEN Kobiety	103	00:14:54	<b>00:31:19.10</b>	<b>00:46:13.35</b>	+00:15:11 (48.5%)	6:15	9.6 (51.6%)
333	<b>WOŹNIAK Łukasz</b>	<b>1284</b>		OPEN Mężczyźni	230	00:14:53	<b>00:31:19.50</b>	<b>00:46:13.05</b>	+00:15:11 (48.5%)	6:15	9.6 (51.6%)
334	<b>PAWEŁEK Mariola</b>	<b>1232</b>		OPEN Kobiety	104	00:14:47	<b>00:31:21.25</b>	<b>00:46:08.45</b>	+00:15:13 (48.6%)	6:16	9.6 (51.6%)
335	<b>PAWEŁEK Maciej</b>	<b>1286</b>		OPEN Mężczyźni	231	00:14:47	<b>00:31:21.60</b>	<b>00:46:08.60</b>	+00:15:13 (48.6%)	6:16	9.6 (51.6%)
336	<b>MAŁECKI Michał</b>	<b>814</b>	MWL BYDGOSZCZ	OPEN Mężczyźni	232	00:14:28	<b>00:31:22.30</b>	<b>00:45:51.05</b>	+00:15:14 (48.6%)	6:16	9.6 (51.6%)
337	<b>MICHALSKA Marta</b>	<b>1086</b>		OPEN Kobiety	105	00:14:21	<b>00:31:25.20</b>	<b>00:45:47.00</b>	+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	<b>BORZYŃSKI Damian</b>	<b>1191</b>		OPEN Mężczyźni	245	00:14:37	<b>00:32:19.10</b>	<b>00:46:56.70</b>	+00:16:11 (50.1%)	6:27	9.3 (50.0%)
362	<b>CHRUŚCIELSKI Kamil</b>	<b>1308</b>		OPEN Mężczyźni	246	00:14:40	<b>00:32:20.30</b>	<b>00:47:00.80</b>	+00:16:12 (50.1%)	6:28	9.3 (50.0%)
363	<b>RATAJCZAK Magdalena</b>	<b>1245</b>		OPEN Kobiety	117	00:14:25	<b>00:32:24.10</b>	<b>00:46:49.25</b>	+00:16:16 (50.2%)	6:28	9.3 (50.0%)
364	<b>GOJTKA Kalina</b>	<b>954</b>		OPEN Kobiety	118	00:14:38	<b>00:32:27.10</b>	<b>00:47:05.35</b>	+00:16:19 (50.3%)	6:29	9.2 (49.5%)
365	<b>CZUJEK Mariusz</b>	<b>955</b>		OPEN Mężczyźni	247	00:14:37	<b>00:32:27.35</b>	<b>00:47:05.05</b>	+00:16:19 (50.3%)	6:29	9.2 (49.5%)
366	<b>STEFANIAK-GILOWSKA Agnieszka</b>	<b>1062</b>	LOCOSPORT	OPEN Kobiety	119	00:14:55	<b>00:32:30.05</b>	<b>00:47:25.25</b>	+00:16:22 (50.4%)	6:30	9.2 (49.5%)
367	<b>WYSŁUŻAŁ Elżbieta</b>	<b>883</b>	PKO BANK POLSKI	OPEN Kobiety	120	00:14:41	<b>00:32:33.30</b>	<b>00:47:14.30</b>	+00:16:25 (50.5%)	6:30	9.2 (49.5%)
368	<b>FILUT-JUSZCZYK Natalia</b>	<b>1315</b>		OPEN Kobiety	121	00:14:22	<b>00:32:34.55</b>	<b>00:46:56.90</b>	+00:16:26 (50.5%)	6:30	9.2 (49.5%)
369	<b>KRUSZYŃSKA Julia</b>	<b>861</b>		OPEN Kobiety	122	00:15:02	<b>00:32:38.55</b>	<b>00:47:41.00</b>	+00:16:30 (50.6%)	6:31	9.2 (49.5%)
370	<b>STAŃCZAK Piotr</b>	<b>966</b>		OPEN Mężczyźni	248	00:14:48	<b>00:32:39.50</b>	<b>00:47:27.85</b>	+00:16:31 (50.6%)	6:31	9.2 (49.5%)
371	<b>MIKOŁAJCZEWSKA Marta</b>	<b>859</b>		OPEN Kobiety	123	00:14:38	<b>00:32:47.15</b>	<b>00:47:26.10</b>	+00:16:39 (50.8%)	6:33	9.2 (49.5%)
372	<b>STEPANENKO Oleksandr</b>	<b>1195</b>	H. CEGIELSKI - FABRYKA POJAZDÓW SZYNOWYCH SP. Z O.O.	OPEN Mężczyźni	249	00:15:10	<b>00:32:47.60</b>	<b>00:47:57.65</b>	+00:16:39 (50.8%)	6:33	9.2 (49.5%)
373	<b>STEIKE Jacek</b>	<b>1211</b>	H. CEGIELSKI - FABRYKA POJAZDÓW SZYNOWYCH SP. Z O.O.	OPEN Mężczyźni	250	00:15:09	<b>00:32:47.90</b>	<b>00:47:57.70</b>	+00:16:40 (50.8%)	6:33	9.2 (49.5%)
374	<b>RYBARCZYK Agata</b>	<b>913</b>		OPEN Kobiety	124	00:14:32	<b>00:32:49.00</b>	<b>00:47:21.20</b>	+00:16:41 (50.8%)	6:33	9.1 (48.9%)
375	<b>NISZKIEWICZ Weronika</b>	<b>916</b>		OPEN Kobiety	125	00:14:42	<b>00:32:50.00</b>	<b>00:47:32.25</b>	+00:16:42 (50.9%)	6:34	9.1 (48.9%)
376	<b>WALKOWIAK Anna</b>	<b>1186</b>		OPEN Kobiety	126	00:14:29	<b>00:32:50.75</b>	<b>00:47:20.60</b>	+00:16:42 (50.9%)	6:34	9.1 (48.9%)
377	<b>SZCZOTKA Piotr</b>	<b>1277</b>		OPEN Mężczyźni	251	00:14:45	<b>00:32:53.05</b>	<b>00:47:38.65</b>	+00:16:45 (50.9%)	6:34	9.1 (48.9%)
378	<b>CICHA Sylwia</b>	<b>907</b>		OPEN Kobiety	127	00:14:31	<b>00:32:55.55</b>	<b>00:47:26.65</b>	+00:16:47 (51.0%)	6:35	9.1 (48.9%)
379	<b>WIESE Mikołaj</b>	<b>811</b>		OPEN Mężczyźni	252	00:14:27	<b>00:32:55.90</b>	<b>00:47:23.35</b>	+00:16:48 (51.0%)	6:35	9.1 (48.9%)
380	<b>GMEREK Anna</b>	<b>1128</b>		OPEN Kobiety	128	00:14:51	<b>00:32:56.45</b>	<b>00:47:48.35</b>	+00:16:48 (51.0%)	6:35	9.1 (48.9%)
381	<b>PAWLAK Rajmund</b>	<b>1190</b>	UNILEVER TEAM	OPEN Mężczyźni	253	00:14:57	<b>00:32:56.50</b>	<b>00:47:53.85</b>	+00:16:48 (51.0%)	6:35	9.1 (48.9%)
382	<b>WALKOWIAK Paulina</b>	<b>788</b>		OPEN Kobiety	129	00:14:56	<b>00:32:57.10</b>	<b>00:47:53.85</b>	+00:16:49 (51.0%)	6:35	9.1 (48.9%)
383	<b>RZEMIENIUK Justyna</b>	<b>1140</b>		OPEN Kobiety	130	00:14:43	<b>00:33:01.05</b>	<b>00:47:44.70</b>	+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	<b>CHOJNICKA Aneta</b>	<b>1218</b>		OPEN Kobiety	130	00:14:51	<b>00:33:01.05</b>	<b>00:47:52.65</b>	+00:16:53 (51.1%)	6:36	9.1 (48.9%)
385	<b>PIPOWSKI Wojciech</b>	<b>992</b>		OPEN Mężczyźni	254	00:14:38	<b>00:33:01.65</b>	<b>00:47:39.90</b>	+00:16:53 (51.2%)	6:36	9.1 (48.9%)
386	<b>GRZEGORCZYK Sylwia</b>	<b>982</b>		OPEN Kobiety	132	00:14:44	<b>00:33:04.25</b>	<b>00:47:49.05</b>	+00:16:56 (51.2%)	6:36	9.1 (48.9%)
387	<b>GRZEGORCZYK Dariusz</b>	<b>983</b>		OPEN Mężczyźni	255	00:14:45	<b>00:33:04.35</b>	<b>00:47:49.40</b>	+00:16:56 (51.2%)	6:36	9.1 (48.9%)
388	<b>BAN Asia</b>	<b>1117</b>	WIELKOPOLSKI INDIK	OPEN Kobiety	133	00:14:26	<b>00:33:11.75</b>	<b>00:47:38.70</b>	+00:17:03 (51.4%)	6:38	9 (48.4%)
389	<b>MIKUŁA Marta</b>	<b>1276</b>		OPEN Kobiety	134	00:14:44	<b>00:33:13.90</b>	<b>00:47:58.65</b>	+00:17:06 (51.5%)	6:38	9 (48.4%)
390	<b>SZYDROWSKI Remigiusz</b>	<b>929</b>	ZALASEWO	OPEN Mężczyźni	256	00:14:22	<b>00:33:14.35</b>	<b>00:47:36.70</b>	+00:17:06 (51.5%)	6:38	9 (48.4%)
391	<b>MACIERZYŃSKI Nikodem</b>	<b>1289</b>		OPEN Mężczyźni	257	00:14:49	<b>00:33:17.05</b>	<b>00:48:06.20</b>	+00:17:09 (51.5%)	6:39	9 (48.4%)
392	<b>LEWICKA Małgorzata</b>	<b>1244</b>		OPEN Kobiety	135	00:14:26	<b>00:33:17.25</b>	<b>00:47:43.95</b>	+00:17:09 (51.5%)	6:39	9 (48.4%)
393	<b>SAŁATA Michał</b>	<b>856</b>		OPEN Mężczyźni	258	00:15:00	<b>00:33:17.55</b>	<b>00:48:18.30</b>	+00:17:09 (51.6%)	6:39	9 (48.4%)
394	<b>WOJCZESKA-SAŁATA Agata</b>	<b>857</b>		OPEN Kobiety	136	00:15:00	<b>00:33:17.90</b>	<b>00:48:18.35</b>	+00:17:10 (51.6%)	6:39	9 (48.4%)
395	<b>BARTLAKOWSKA Zofia</b>	<b>765</b>	STRAŻ CZEMPIŃ	OPEN Kobiety	137	00:14:18	<b>00:33:21.00</b>	<b>00:47:39.50</b>	+00:17:13 (51.6%)	6:40	9 (48.4%)
396	<b>SPLISTESER Rafał</b>	<b>931</b>		OPEN Mężczyźni	259	00:14:35	<b>00:33:22.10</b>	<b>00:47:57.35</b>	+00:17:14 (51.7%)	6:40	9 (48.4%)
397	<b>BIERNACKI Marcin</b>	<b>1183</b>	CALI CAFE ŻAGAŃ	OPEN Mężczyźni	260	00:14:19	<b>00:33:22.30</b>	<b>00:47:41.30</b>	+00:17:14 (51.7%)	6:40	9 (48.4%)
398	<b>WIŚNIEWSKA Paulina</b>	<b>863</b>		OPEN Kobiety	138	00:19:03	<b>00:33:29.70</b>	<b>00:52:32.95</b>	+00:17:21 (51.8%)	6:41	9 (48.4%)
399	<b>MOSTOWSKA-NOWAK Elżbieta</b>	<b>751</b>	BABCIE BIEGAJĄ	OPEN Kobiety	139	00:14:35	<b>00:33:31.55</b>	<b>00:48:07.35</b>	+00:17:23 (51.9%)	6:42	9 (48.4%)
400	<b>KOZAK Krystyna</b>	<b>760</b>	RUN TEAM RYDZYNA	OPEN Kobiety	140	00:14:35	<b>00:33:31.80</b>	<b>00:48:07.30</b>	+00:17:24 (51.9%)	6:42	9 (48.4%)
401	<b>GUŚCIORA Izabela</b>	<b>1009</b>		OPEN Kobiety	141	00:14:21	<b>00:33:33.65</b>	<b>00:47:55.50</b>	+00:17:25 (51.9%)	6:42	8.9 (47.8%)
402	<b>RZEŹNIK Marek</b>	<b>950</b>		OPEN Mężczyźni	261	00:14:42	<b>00:33:33.85</b>	<b>00:48:16.45</b>	+00:17:26 (51.9%)	6:42	8.9 (47.8%)
403	<b>DYKS Paulina</b>	<b>963</b>	PACICIE	OPEN Kobiety	142	00:14:21	<b>00:33:34.15</b>	<b>00:47:55.70</b>	+00:17:26 (51.9%)	6:42	8.9 (47.8%)
404	<b>SIENIAK Dariusz</b>	<b>758</b>	KANGUR SKÓRZEWO	OPEN Mężczyźni	262	00:14:52	<b>00:33:34.80</b>	<b>00:48:26.95</b>	+00:17:27 (52.0%)	6:42	8.9 (47.8%)
405	<b>MILEWSKA Estera</b>	<b>1170</b>		OPEN Kobiety	143	00:14:32	<b>00:33:36.65</b>	<b>00:48:09.50</b>	+00:17:28 (52.0%)	6:43	8.9 (47.8%)
406	<b>KĘPA Piotr</b>	<b>16</b>		OPEN Mężczyźni	263	00:14:19	<b>00:33:37.35</b>	<b>00:47:56.75</b>	+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	<b>KULAS Tomasz</b>	<b>1279</b>		OPEN Mężczyźni	264	00:10:29	<b>00:33:38.35</b>	<b>00:44:07.35</b>	+00:17:30 (52.0%)	6:43	8.9 (47.8%)
408	<b>CZAJKA Anna</b>	<b>851</b>		OPEN Kobiety	144	00:14:18	<b>00:33:47.75</b>	<b>00:48:05.95</b>	+00:17:39 (52.3%)	6:45	8.9 (47.8%)
409	<b>KOWALSKA KROCZEK Paulina</b>	<b>962</b>		OPEN Kobiety	145	00:14:19	<b>00:33:52.95</b>	<b>00:48:12.25</b>	+00:17:45 (52.4%)	6:46	8.9 (47.8%)
410	<b>KREZMER Damian</b>	<b>835</b>		OPEN Mężczyźni	265	00:15:06	<b>00:33:55.00</b>	<b>00:49:01.40</b>	+00:17:47 (52.4%)	6:47	8.8 (47.3%)
411	<b>JENA Jadwiga</b>	<b>870</b>	TEAM POSTEP PNIEWY	OPEN Kobiety	146	00:15:02	<b>00:33:59.00</b>	<b>00:49:01.75</b>	+00:17:51 (52.5%)	6:47	8.8 (47.3%)
412	<b>GRZECA Weronika</b>	<b>880</b>		OPEN Kobiety	147	00:15:03	<b>00:34:08.60</b>	<b>00:49:12.10</b>	+00:18:00 (52.8%)	6:49	8.8 (47.3%)
413	<b>SOBKOWIAK Weronika</b>	<b>882</b>		OPEN Kobiety	148	00:14:34	<b>00:34:20.80</b>	<b>00:48:55.75</b>	+00:18:13 (53.0%)	6:52	8.7 (46.8%)
414	<b>MIKUŁA Ewa</b>	<b>1269</b>		OPEN Kobiety	149	00:14:45	<b>00:34:22.10</b>	<b>00:49:07.70</b>	+00:18:14 (53.1%)	6:52	8.7 (46.8%)
415	<b>KASPROWIAK Paweł</b>	<b>862</b>	RUN-TEAM RYDZYNA	OPEN Mężczyźni	266	00:14:29	<b>00:34:24.70</b>	<b>00:48:53.75</b>	+00:18:16 (53.1%)	6:52	8.7 (46.8%)
416	<b>DUBIAŁ Halina</b>	<b>759</b>	BABCIE BIEGAJĄ	OPEN Kobiety	150	00:14:37	<b>00:34:25.40</b>	<b>00:49:03.35</b>	+00:18:17 (53.1%)	6:53	8.7 (46.8%)
417	<b>SUŁKOWSKA Sylwia</b>	<b>948</b>		OPEN Kobiety	151	00:14:17	<b>00:34:26.20</b>	<b>00:48:44.10</b>	+00:18:18 (53.2%)	6:53	8.7 (46.8%)
418	<b>BOROWSKA Katarzyna</b>	<b>980</b>		OPEN Kobiety	152	00:14:17	<b>00:34:26.90</b>	<b>00:48:44.35</b>	+00:18:19 (53.2%)	6:53	8.7 (46.8%)
419	<b>ZABADEUSZ Paulina</b>	<b>1095</b>		OPEN Kobiety	153	00:14:17	<b>00:34:26.95</b>	<b>00:48:44.90</b>	+00:18:19 (53.2%)	6:53	8.7 (46.8%)
420	<b>KOSIAK Sławomir</b>	<b>989</b>	LP	OPEN Mężczyźni	267	00:14:57	<b>00:34:27.65</b>	<b>00:49:25.45</b>	+00:18:19 (53.2%)	6:53	8.7 (46.8%)
421	<b>WYSOCKI Tomasz</b>	<b>873</b>		OPEN Mężczyźni	268	00:14:21	<b>00:34:29.90</b>	<b>00:48:51.00</b>	+00:18:22 (53.2%)	6:53	8.7 (46.8%)
422	<b>KOZŁOWICZ Magdalena</b>	<b>871</b>		OPEN Kobiety	154	00:14:20	<b>00:34:30.75</b>	<b>00:48:51.15</b>	+00:18:22 (53.3%)	6:54	8.7 (46.8%)
423	<b>KOŁODZIEJ Adam</b>	<b>1182</b>	HCP	OPEN Mężczyźni	269	00:14:25	<b>00:34:32.15</b>	<b>00:48:58.05</b>	+00:18:24 (53.3%)	6:54	8.7 (46.8%)
424	<b>HIBNER Wiesława</b>	<b>934</b>		OPEN Kobiety	155	00:14:39	<b>00:34:33.70</b>	<b>00:49:12.85</b>	+00:18:25 (53.3%)	6:54	8.7 (46.8%)
425	<b>ANIOŁ Elżbieta</b>	<b>1089</b>		OPEN Kobiety	156	00:14:24	<b>00:34:38.65</b>	<b>00:49:02.95</b>	+00:18:30 (53.4%)	6:55	8.7 (46.8%)
426	<b>ROZWADOWSKI Piotr</b>	<b>1103</b>		OPEN Mężczyźni	270	00:15:08	<b>00:34:40.10</b>	<b>00:49:49.05</b>	+00:18:32 (53.5%)	6:56	8.7 (46.8%)
427	<b>KUCZA Marika</b>	<b>1153</b>		OPEN Kobiety	157	00:14:32	<b>00:34:40.55</b>	<b>00:49:13.15</b>	+00:18:32 (53.5%)	6:56	8.7 (46.8%)
428	<b>KUCZA Mateusz</b>	<b>1154</b>	SHOOTBOXER MOSINA	OPEN Mężczyźni	271	00:14:32	<b>00:34:41.15</b>	<b>00:49:13.90</b>	+00:18:33 (53.5%)	6:56	8.6 (46.2%)
429	<b>GOLAS Jakub</b>	<b>1287</b>		OPEN Mężczyźni	272	00:14:29	<b>00:34:41.80</b>	<b>00:49:11.50</b>	+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	<b>KURCZYK Marta</b>	<b>1272</b>		OPEN Kobiety	158	00:14:29	<b>00:34:41.90</b>	<b>00:49:11.60</b>	+00:18:34 (53.5%)	6:56	8.6 (46.2%)
431	<b>HIBNER Marcin</b>	<b>933</b>		OPEN Mężczyźni	273	00:14:39	<b>00:34:43.50</b>	<b>00:49:23.25</b>	+00:18:35 (53.5%)	6:56	8.6 (46.2%)
432	<b>STODULNY Wojciech</b>	<b>1092</b>		OPEN Mężczyźni	274	00:15:06	<b>00:34:45.05</b>	<b>00:49:51.90</b>	+00:18:37 (53.6%)	6:57	8.6 (46.2%)
433	<b>SZOTT Piotr</b>	<b>735</b>	LE-BIEGA	OPEN Mężczyźni	275	00:14:30	<b>00:34:49.80</b>	<b>00:49:20.10</b>	+00:18:42 (53.7%)	6:57	8.6 (46.2%)
434	<b>NAWROCKA Renata</b>	<b>1306</b>		OPEN Kobiety	159	00:14:27	<b>00:34:50.15</b>	<b>00:49:18.05</b>	+00:18:42 (53.7%)	6:58	8.6 (46.2%)
435	<b>RUTKOWSKA Ewa</b>	<b>780</b>		OPEN Kobiety	160	00:14:55	<b>00:34:54.65</b>	<b>00:49:50.00</b>	+00:18:46 (53.8%)	6:58	8.6 (46.2%)
436	<b>OSSES Łukasz</b>	<b>779</b>		OPEN Mężczyźni	276	00:14:54	<b>00:34:54.75</b>	<b>00:49:49.50</b>	+00:18:46 (53.8%)	6:58	8.6 (46.2%)
437	<b>SZOTT Paweł</b>	<b>736</b>		OPEN Mężczyźni	277	00:14:22	<b>00:34:57.15</b>	<b>00:49:19.70</b>	+00:18:49 (53.9%)	6:59	8.6 (46.2%)
438	<b>SPRINGER Agata</b>	<b>958</b>	PAKABEX	OPEN Kobiety	161	00:14:58	<b>00:35:01.95</b>	<b>00:50:00.15</b>	+00:18:54 (54.0%)	7:00	8.6 (46.2%)
439	<b>MORDAL Marta</b>	<b>956</b>	PEKABEX	OPEN Kobiety	162	00:14:57	<b>00:35:02.75</b>	<b>00:50:00.25</b>	+00:18:54 (54.0%)	7:00	8.6 (46.2%)
440	<b>ANTCZAK Wojciech</b>	<b>1045</b>		OPEN Mężczyźni	278	00:14:34	<b>00:35:05.55</b>	<b>00:49:39.95</b>	+00:18:57 (54.0%)	7:01	8.6 (46.2%)
441	<b>SIERACZKIEWICZ Sandra</b>	<b>1004</b>		OPEN Kobiety	163	00:14:39	<b>00:35:12.15</b>	<b>00:49:52.10</b>	+00:19:04 (54.2%)	7:02	8.5 (45.7%)
442	<b>GNIADKIEWICZ Justyna</b>	<b>1003</b>		OPEN Kobiety	164	00:14:40	<b>00:35:12.20</b>	<b>00:49:52.30</b>	+00:19:04 (54.2%)	7:02	8.5 (45.7%)
443	<b>ZAGRODNIK Krzysztof</b>	<b>1193</b>	PIORUNY	OPEN Mężczyźni	279	00:15:02	<b>00:35:12.85</b>	<b>00:50:15.25</b>	+00:19:05 (54.2%)	7:02	8.5 (45.7%)
444	<b>PERSKI Dawid</b>	<b>1173</b>	RUUKKI	OPEN Mężczyźni	280	00:15:02	<b>00:35:12.95</b>	<b>00:50:15.65</b>	+00:19:05 (54.2%)	7:02	8.5 (45.7%)
445	<b>SLOMINSKI Pawel</b>	<b>1071</b>		OPEN Mężczyźni	281	00:14:56	<b>00:35:13.25</b>	<b>00:50:09.55</b>	+00:19:05 (54.2%)	7:02	8.5 (45.7%)
446	<b>PERSKI Marcin</b>	<b>1174</b>	PIORUNY	OPEN Mężczyźni	282	00:15:02	<b>00:35:13.80</b>	<b>00:50:15.95</b>	+00:19:06 (54.2%)	7:02	8.5 (45.7%)
447	<b>NADOLNY Leszek</b>	<b>1175</b>	PIORUNY	OPEN Mężczyźni	283	00:15:00	<b>00:35:14.85</b>	<b>00:50:15.75</b>	+00:19:07 (54.2%)	7:02	8.5 (45.7%)
448	<b>RAZUMKA Krysia</b>	<b>868</b>		OPEN Kobiety	165	00:14:52	<b>00:35:17.70</b>	<b>00:50:10.30</b>	+00:19:09 (54.3%)	7:03	8.5 (45.7%)
449	<b>KACZMAREK Sławomir</b>	<b>1252</b>		OPEN Mężczyźni	284	00:14:31	<b>00:35:24.60</b>	<b>00:49:55.80</b>	+00:19:16 (54.4%)	7:04	8.5 (45.7%)
450	<b>GOLEBIEWSKA Małgorzata</b>	<b>953</b>	RUN TEAM RYDZYNA	OPEN Kobiety	166	00:14:37	<b>00:35:25.60</b>	<b>00:50:03.55</b>	+00:19:17 (54.5%)	7:05	8.5 (45.7%)
451	<b>DOMINICZAK Marzena</b>	<b>1250</b>		OPEN Kobiety	167	00:14:30	<b>00:35:25.85</b>	<b>00:49:56.25</b>	+00:19:18 (54.5%)	7:05	8.5 (45.7%)
452	<b>RYBSKA Daniela</b>	<b>1110</b>		OPEN Kobiety	168	00:14:57	<b>00:35:27.15</b>	<b>00:50:24.40</b>	+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	<b>RYBSKI Szymon</b>	<b>1113</b>		OPEN Mężczyźni	285	00:14:57	<b>00:35:27.20</b>	<b>00:50:24.70</b>	+00:19:19 (54.5%)	7:05	8.5 (45.7%)
454	<b>GENDERA Ewa</b>	<b>1077</b>	NIGHT RUNNERS	OPEN Kobiety	169	00:15:01	<b>00:35:27.40</b>	<b>00:50:28.40</b>	+00:19:19 (54.5%)	7:05	8.5 (45.7%)
455	<b>WALIGÓRSKI Łukasz</b>	<b>729</b>		OPEN Mężczyźni	286	00:14:54	<b>00:35:28.00</b>	<b>00:50:22.45</b>	+00:19:20 (54.5%)	7:05	8.5 (45.7%)
456	<b>MALINGER Lilia</b>	<b>1177</b>		OPEN Kobiety	170	00:15:07	<b>00:35:28.05</b>	<b>00:50:35.20</b>	+00:19:20 (54.5%)	7:05	8.5 (45.7%)
457	<b>CZESZAK Edmund</b>	<b>702</b>		OPEN Mężczyźni	287	00:14:46	<b>00:35:32.15</b>	<b>00:50:18.15</b>	+00:19:24 (54.6%)	7:06	8.4 (45.2%)
458	<b>PAWLAK Natalia</b>	<b>1160</b>		OPEN Kobiety	171	00:14:32	<b>00:35:32.80</b>	<b>00:50:04.95</b>	+00:19:25 (54.6%)	7:06	8.4 (45.2%)
459	<b>NOWACZYK Romuald</b>	<b>925</b>		OPEN Mężczyźni	288	00:15:05	<b>00:35:33.35</b>	<b>00:50:38.90</b>	+00:19:25 (54.6%)	7:06	8.4 (45.2%)
460	<b>RUTA Julia</b>	<b>791</b>		OPEN Kobiety	172	00:14:43	<b>00:35:35.55</b>	<b>00:50:19.10</b>	+00:19:27 (54.7%)	7:07	8.4 (45.2%)
461	<b>OLEJNICZAK Monika</b>	<b>961</b>	PEKABEX	OPEN Kobiety	173	00:15:09	<b>00:35:36.55</b>	<b>00:50:45.70</b>	+00:19:28 (54.7%)	7:07	8.4 (45.2%)
462	<b>FORTUNA-CZMOK Jolanta</b>	<b>827</b>		OPEN Kobiety	174	00:14:50	<b>00:35:38.70</b>	<b>00:50:29.55</b>	+00:19:30 (54.7%)	7:07	8.4 (45.2%)
463	<b>OSTROWSKI Tomasz</b>	<b>768</b>		OPEN Mężczyźni	289	00:14:41	<b>00:35:39.35</b>	<b>00:50:20.95</b>	+00:19:31 (54.8%)	7:07	8.4 (45.2%)
464	<b>MIZERNA Paulina</b>	<b>710</b>		OPEN Kobiety	175	00:19:00	<b>00:35:40.60</b>	<b>00:54:41.25</b>	+00:19:32 (54.8%)	7:08	8.4 (45.2%)
465	<b>STAŃCZAK Tomasz</b>	<b>965</b>		OPEN Mężczyźni	290	00:14:51	<b>00:35:41.55</b>	<b>00:50:32.95</b>	+00:19:33 (54.8%)	7:08	8.4 (45.2%)
466	<b>GRZELAK Marta</b>	<b>782</b>		OPEN Kobiety	176	00:15:11	<b>00:35:42.45</b>	<b>00:50:53.55</b>	+00:19:34 (54.8%)	7:08	8.4 (45.2%)
467	<b>JAKUBIAK Krzysztof</b>	<b>804</b>		OPEN Mężczyźni	291	00:14:22	<b>00:35:43.80</b>	<b>00:50:06.35</b>	+00:19:36 (54.9%)	7:08	8.4 (45.2%)
468	<b>RECKA Sandra</b>	<b>853</b>		OPEN Kobiety	177	00:14:36	<b>00:35:44.25</b>	<b>00:50:21.15</b>	+00:19:36 (54.9%)	7:08	8.4 (45.2%)
469	<b>SZUKALA Katarzyna</b>	<b>1088</b>		OPEN Kobiety	178	00:14:24	<b>00:35:47.70</b>	<b>00:50:12.20</b>	+00:19:39 (54.9%)	7:09	8.4 (45.2%)
470	<b>KOLASIŃSKA Anna</b>	<b>909</b>	POZNAŃ	OPEN Kobiety	179	00:14:19	<b>00:35:51.25</b>	<b>00:50:10.95</b>	+00:19:43 (55.0%)	7:10	8.4 (45.2%)
471	<b>NOSAL Ewa</b>	<b>1108</b>		OPEN Kobiety	180	00:14:47	<b>00:35:53.50</b>	<b>00:50:40.90</b>	+00:19:45 (55.1%)	7:10	8.4 (45.2%)
472	<b>KACZKOWSKI Leszek</b>	<b>1065</b>		OPEN Mężczyźni	292	00:15:04	<b>00:35:54.70</b>	<b>00:50:59.15</b>	+00:19:46 (55.1%)	7:10	8.4 (45.2%)
473	<b>NOSAL Bartosz</b>	<b>1137</b>		OPEN Mężczyźni	293	00:14:47	<b>00:35:54.85</b>	<b>00:50:42.70</b>	+00:19:47 (55.1%)	7:10	8.4 (45.2%)
474	<b>ROGUSZCZAK Alicja</b>	<b>1041</b>		OPEN Kobiety	181	00:15:03	<b>00:35:56.05</b>	<b>00:50:59.80</b>	+00:19:48 (55.1%)	7:11	8.3 (44.6%)
475	<b>MICHALAK Krzysztof</b>	<b>745</b>		OPEN Mężczyźni	294	00:14:23	<b>00:35:57.60</b>	<b>00:50:21.00</b>	+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	<b>ZYGMUNT Agnieszka</b>	<b>858</b>	DRUŻYNA SZPIKU	OPEN Kobiety	182	00:14:20	<b>00:35:57.90</b>	<b>00:50:18.30</b>	+00:19:50 (55.2%)	7:11	8.3 (44.6%)
477		<b>1393</b>				00:10:36	<b>00:36:10.35</b>	<b>00:46:46.60</b>	+00:20:02 (55.4%)	7:14	8.3 (44.6%)
478	<b>TACKA Magdalena</b>	<b>855</b>		OPEN Kobiety	183	00:14:41	<b>00:36:10.85</b>	<b>00:50:52.15</b>	+00:20:03 (55.4%)	7:14	8.3 (44.6%)
479	<b>KUŚ Lidia</b>	<b>927</b>		OPEN Kobiety	184	00:14:49	<b>00:36:11.40</b>	<b>00:51:01.35</b>	+00:20:03 (55.4%)	7:14	8.3 (44.6%)
480	<b>KUŚ Dawid</b>	<b>1043</b>		OPEN Mężczyźni	295	00:14:48	<b>00:36:12.65</b>	<b>00:51:01.40</b>	+00:20:04 (55.5%)	7:14	8.3 (44.6%)
481	<b>KUŚ Andrzej</b>	<b>926</b>		OPEN Mężczyźni	296	00:14:48	<b>00:36:12.85</b>	<b>00:51:01.80</b>	+00:20:05 (55.5%)	7:14	8.3 (44.6%)
482	<b>PALUSZCZAK Krzysztof</b>	<b>911</b>		OPEN Mężczyźni	297	00:14:26	<b>00:36:15.85</b>	<b>00:50:42.30</b>	+00:20:08 (55.5%)	7:15	8.3 (44.6%)
483	<b>BRESSA Dominik</b>	<b>1019</b>		OPEN Mężczyźni	298	00:14:43	<b>00:36:16.60</b>	<b>00:50:59.80</b>	+00:20:08 (55.5%)	7:15	8.3 (44.6%)
484	<b>WOŹNIAK Natalia</b>	<b>704</b>		OPEN Kobiety	185	00:14:42	<b>00:36:16.80</b>	<b>00:50:59.70</b>	+00:20:09 (55.5%)	7:15	8.3 (44.6%)
485	<b>MEDIGER Małgorzata</b>	<b>976</b>	NIEZALEŻNA	OPEN Kobiety	186	00:14:21	<b>00:36:23.50</b>	<b>00:50:45.30</b>	+00:20:15 (55.7%)	7:16	8.2 (44.1%)
486	<b>WALCZAK Marcin</b>	<b>1025</b>		OPEN Mężczyźni	299	00:14:36	<b>00:36:26.00</b>	<b>00:51:02.75</b>	+00:20:18 (55.7%)	7:17	8.2 (44.1%)
487	<b>PŁONKA Wiktoria</b>	<b>854</b>		OPEN Kobiety	187	00:14:42	<b>00:36:27.50</b>	<b>00:51:09.60</b>	+00:20:19 (55.8%)	7:17	8.2 (44.1%)
488	<b>MOKRAS Bartosz</b>	<b>1181</b>		OPEN Mężczyźni	300	00:14:42	<b>00:36:35.20</b>	<b>00:51:17.25</b>	+00:20:27 (55.9%)	7:19	8.2 (44.1%)
489	<b>PRZYBECKA Sandra</b>	<b>841</b>		OPEN Kobiety	188	00:14:48	<b>00:36:44.60</b>	<b>00:51:32.75</b>	+00:20:36 (56.1%)	7:20	8.2 (44.1%)
489	<b>PRZYBYLSKI Jakub</b>	<b>1267</b>	RANDOM TEAM	OPEN Mężczyźni	301	00:14:53	<b>00:36:44.60</b>	<b>00:51:37.70</b>	+00:20:36 (56.1%)	7:20	8.2 (44.1%)
491	<b>WOJCIECHOWSKA Adrianna</b>	<b>778</b>		OPEN Kobiety	189	00:14:32	<b>00:36:50.00</b>	<b>00:51:22.60</b>	+00:20:42 (56.2%)	7:22	8.1 (43.5%)
492	<b>WOJCIECHOWSKI Konrad</b>	<b>1026</b>		OPEN Mężczyźni	302	00:14:32	<b>00:36:50.75</b>	<b>00:51:23.50</b>	+00:20:42 (56.2%)	7:22	8.1 (43.5%)
493	<b>GŁUCHOWSKA Maja</b>	<b>1157</b>		OPEN Kobiety	190	00:14:23	<b>00:36:53.75</b>	<b>00:51:17.00</b>	+00:20:45 (56.3%)	7:22	8.1 (43.5%)
494	<b>CHOLEWA Jerzy</b>	<b>903</b>		OPEN Mężczyźni	303	00:10:48	<b>00:36:56.95</b>	<b>00:47:45.45</b>	+00:20:49 (56.3%)	7:23	8.1 (43.5%)
495	<b>GEPPERT Grzegorz</b>	<b>716</b>		OPEN Mężczyźni	304	00:14:58	<b>00:36:57.60</b>	<b>00:51:55.60</b>	+00:20:49 (56.4%)	7:23	8.1 (43.5%)
496	<b>STOJEK Joanna</b>	<b>717</b>		OPEN Kobiety	191	00:14:57	<b>00:36:57.80</b>	<b>00:51:55.50</b>	+00:20:50 (56.4%)	7:23	8.1 (43.5%)
497	<b>TECLAW Michalina</b>	<b>852</b>		OPEN Kobiety	192	00:14:41	<b>00:36:58.55</b>	<b>00:51:39.55</b>	+00:20:50 (56.4%)	7:23	8.1 (43.5%)
497	<b>MATYSIAK Tomasz</b>	<b>1033</b>		OPEN Mężczyźni	305	00:14:52	<b>00:36:58.55</b>	<b>00:51:50.85</b>	+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	<b>TOMCZAK Remiś</b>	<b>1109</b>	FURMANEK TEAM	OPEN Mężczyźni	306	00:14:19	<b>00:37:05.10</b>	<b>00:51:24.20</b>	+00:20:57 (56.5%)	7:25	8.1 (43.5%)
500	<b>MALCHEREK Magdalena</b>	<b>1001</b>		OPEN Kobiety	193	00:14:52	<b>00:37:17.25</b>	<b>00:52:09.85</b>	+00:21:09 (56.7%)	7:27	8 (43.0%)
501	<b>WALAS-GWIZDALA Barbara</b>	<b>773</b>	NIGHT RUNNERS POZNAŃ	OPEN Kobiety	194	00:14:29	<b>00:37:23.85</b>	<b>00:51:53.55</b>	+00:21:16 (56.9%)	7:28	8 (43.0%)
502	<b>MĄKA Magdalena</b>	<b>1073</b>		OPEN Kobiety	195	00:15:09	<b>00:37:24.25</b>	<b>00:52:33.50</b>	+00:21:16 (56.9%)	7:28	8 (43.0%)
503	<b>SOBKOWIAK Krzysztof</b>	<b>1072</b>		OPEN Mężczyźni	307	00:15:09	<b>00:37:24.75</b>	<b>00:52:34.20</b>	+00:21:16 (56.9%)	7:28	8 (43.0%)
504	<b>NETTMANN ROSZKOWSKA Marta</b>	<b>1291</b>		OPEN Kobiety	196	00:14:33	<b>00:37:29.50</b>	<b>00:52:02.55</b>	+00:21:21 (57.0%)	7:29	8 (43.0%)
505	<b>MALINGER Lucjusz</b>	<b>1178</b>		OPEN Mężczyźni	308	00:15:08	<b>00:37:34.70</b>	<b>00:52:42.75</b>	+00:21:26 (57.1%)	7:30	8 (43.0%)
506	<b>RZEŹNIK Weronika</b>	<b>951</b>		OPEN Kobiety	197	00:14:43	<b>00:37:39.20</b>	<b>00:52:22.35</b>	+00:21:31 (57.2%)	7:31	8 (43.0%)
507	<b>DRGAS Rafał</b>	<b>944</b>	DLA POWSTAŃCÓW	OPEN Mężczyźni	309	00:14:54	<b>00:37:45.80</b>	<b>00:52:40.55</b>	+00:21:38 (57.3%)	7:33	7.9 (42.5%)
508	<b>ZAREMBA Bożena</b>	<b>1036</b>		OPEN Kobiety	198	00:14:19	<b>00:38:16.60</b>	<b>00:52:36.05</b>	+00:22:08 (57.9%)	7:39	7.8 (41.9%)
509	<b>DROBNIK Ewa</b>	<b>939</b>		OPEN Kobiety	199	00:14:33	<b>00:38:19.75</b>	<b>00:52:53.40</b>	+00:22:11 (57.9%)	7:39	7.8 (41.9%)
510	<b>MICHALAK-MAKOWSKA Joanna</b>	<b>1126</b>	MOLDY UNICORNS	OPEN Kobiety	200	00:14:40	<b>00:38:44.05</b>	<b>00:53:24.55</b>	+00:22:36 (58.4%)	7:44	7.7 (41.4%)
511	<b>KRZYMIŃSKA Maria Jolanta</b>	<b>761</b>	BABCIE BIEGAJĄ	OPEN Kobiety	201	00:14:36	<b>00:38:53.75</b>	<b>00:53:30.15</b>	+00:22:45 (58.5%)	7:46	7.7 (41.4%)
512	<b>BRODA Weronika</b>	<b>1159</b>		OPEN Kobiety	202	00:14:22	<b>00:39:19.40</b>	<b>00:53:42.10</b>	+00:23:11 (59.0%)	7:51	7.6 (40.9%)
513	<b>KAZIMIREK Małgorzata</b>	<b>895</b>		OPEN Kobiety	203	00:14:43	<b>00:39:24.95</b>	<b>00:54:08.70</b>	+00:23:17 (59.1%)	7:52	7.6 (40.9%)
514	<b>ĆWIKŁA Alicja</b>	<b>756</b>		OPEN Kobiety	204	00:14:58	<b>00:39:25.05</b>	<b>00:54:23.25</b>	+00:23:17 (59.1%)	7:53	7.6 (40.9%)
515	<b>BOBAK Andrzej</b>	<b>790</b>		OPEN Mężczyźni	310	00:14:55	<b>00:39:33.95</b>	<b>00:54:29.10</b>	+00:23:26 (59.2%)	7:54	7.6 (40.9%)
516	<b>PEWIŃSKI Jacek</b>	<b>1115</b>	POZNAŃ	OPEN Mężczyźni	311	00:14:45	<b>00:39:39.15</b>	<b>00:54:25.05</b>	+00:23:31 (59.3%)	7:55	7.6 (40.9%)
<b>Przekroczony limit czasu: 00:40:00</b>											
517	<b>MALICKA Joanna</b>	<b>904</b>	UNIKAD TEAM	OPEN Kobiety	205	00:14:27	<b>00:40:12.30</b>	<b>00:54:39.75</b>	+00:24:04 (59.9%)	8:02	7.5 (40.3%)
518	<b>MUCHA Rita</b>	<b>1176</b>		OPEN Kobiety	206	00:15:16	<b>00:40:26.45</b>	<b>00:55:43.05</b>	+00:24:18 (60.1%)	8:05	7.4 (39.8%)
519	<b>RZEŹNIK Bożena</b>	<b>914</b>		OPEN Kobiety	207	00:14:43	<b>00:40:33.35</b>	<b>00:55:16.85</b>	+00:24:25 (60.2%)	8:06	7.4 (39.8%)
520	<b>ŻENOWSKA Kinga</b>	<b>1054</b>		OPEN Kobiety	208	00:14:54	<b>00:40:38.55</b>	<b>00:55:32.70</b>	+00:24:30 (60.3%)	8:07	7.4 (39.8%)
521	<b>IDZIKOWSKI Mariusz</b>	<b>890</b>		OPEN Mężczyźni	312	00:15:19	<b>00:41:37.15</b>	<b>00:56:56.35</b>	+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	<b>KACPEROWSKA Katarzyna</b>	<b>889</b>		OPEN Kobiety	209	00:15:19	<b>00:41:37.20</b>	<b>00:56:56.25</b>	+00:25:29 (61.2%)	8:19	7.2 (38.7%)
523	<b>SKOWYRA Piotr</b>	<b>785</b>	NIEZRZESZONY	OPEN Mężczyźni	313	00:10:37	<b>00:41:39.15</b>	<b>00:52:16.25</b>	+00:25:31 (61.3%)	8:19	7.2 (38.7%)
524	<b>FISIAK Jadwiga</b>	<b>730</b>		OPEN Kobiety	210	00:14:55	<b>00:44:37.40</b>	<b>00:59:32.75</b>	+00:28:29 (63.9%)	8:55	6.7 (36.0%)
525	<b>KOŃCZAL Karolina</b>	<b>1104</b>		OPEN Kobiety	211	00:14:34	<b>00:54:01.20</b>	<b>01:08:36.15</b>	+00:37:53 (70.1%)	10:48	5.6 (30.1%)
526	<b>FRANKIEWICZ Szymon</b>	<b>1262</b>	EMS PARTNER	OPEN Mężczyźni	314	00:14:34	<b>00:54:01.95</b>	<b>01:08:36.35</b>	+00:37:54 (70.1%)	10:48	5.6 (30.1%)
527	<b>POLICHNOWSKI Stanisław</b>	<b>595</b>		OPEN Mężczyźni	315	00:11:07	<b>01:03:16.00</b>	<b>01:14:23.20</b>	+00:47:08 (74.5%)	6:19	9.5 (51.1%)
528	<b>WOJCIECHOWSKA Aneta</b>	<b>763</b>		OPEN Kobiety	212	00:14:36					(0.0%)
529	<b>ANDRZEJEWSKI Jakub</b>	<b>1268</b>		OPEN Mężczyźni	316	00:15:02					(0.0%)
530	<b>STANIECKI Bartosz</b>	<b>1011</b>		OPEN Mężczyźni	317	00:42:46					(0.0%)

Znaleziono 530 wynik(ów)