

# I Czarnkowski Bieg Otwartych Serc 5km

## Wyniki OPEN 5km bieg Czarnków 2019-06-02



| Msc<br>ope | Nr<br>star | Nazwisko, imię       | Miejscowość | Klub              | Rok<br>ur | Kat | Msc<br>kat | Msc<br>M/K | Wynik<br>brutto | Temp<br>min/k | Czas<br>netto |
|------------|------------|----------------------|-------------|-------------------|-----------|-----|------------|------------|-----------------|---------------|---------------|
| 1.         | 224        | Roszczyk Karol       | Lubasz      |                   | 1976      | M40 | gen.       | M (1.)     | <b>0:17:51</b>  | 03:34         | 0:17:51       |
| 2.         | 237        | Zielsdorf Michał     | Śmieszkowo  | KB Gmina Czarnków | 1989      | M30 | gen.       | M (2.)     | <b>0:18:10</b>  | 03:38         | 0:18:10       |
| 3.         | 382        | Grabicki Michał      | Trzcianka   | Mg RUNNING TEAM   | 1986      | M30 | gen.       | M (3.)     | <b>0:19:07</b>  | 03:49         | 0:19:00       |
| 4.         | 287        | Siekierski Mateusz   | Piła        |                   | 1989      | M30 | 3.         | M (4.)     | <b>0:19:30</b>  | 03:54         | 0:19:28       |
| 5.         | 450        | Kasielski Rafał      | Wałcz       | Team Terminatorun | 2002      | M16 | 1.         | M (5.)     | <b>0:19:32</b>  | 03:54         | 0:19:23       |
| 6.         | 152        | Szymczak Jacek       | Śmieszkowo  | KB Gmina Czarnków | 1973      | M40 | 2.         | M (6.)     | <b>0:19:32</b>  | 03:54         | 0:19:32       |
| 7.         | 165        | Jessa Łukasz         | Lubasz      |                   | 1988      | M30 | 4.         | M (7.)     | <b>0:20:13</b>  | 04:02         | 0:20:13       |
| 8.         | 183        | Grupiński Michał     | Lubasz      |                   | 1995      | M20 | 1.         | M (8.)     | <b>0:20:22</b>  | 04:04         | 0:20:21       |
| 9.         | 341        | Kurkiewicz Jakub     | Czarnków    |                   | 1984      | M30 | 5.         | M (9.)     | <b>0:20:23</b>  | 04:04         | 0:20:21       |
| 10.        | 244        | Kamiński Daniel      | Dębe        |                   | 1976      | M40 | 3.         | M (10.)    | <b>0:20:28</b>  | 04:05         | 0:20:28       |
| 11.        | 252        | Bombelczyk Artur     | Czarnków    | KAMA Run          | 1974      | M40 | 4.         | M (11.)    | <b>0:20:51</b>  | 04:10         | 0:20:51       |
| 12.        | 290        | Berka Daniel         | Gołańcz     | Team Run Golancz  | 1976      | M40 | 5.         | M (12.)    | <b>0:20:56</b>  | 04:11         | 0:20:54       |
| 13.        | 168        | Ratajczak Adam       | Lubasz      |                   | 1973      | M40 | 6.         | M (13.)    | <b>0:21:09</b>  | 04:13         | 0:21:06       |
| 14.        | 366        | Pisowodzki Sebastian | Wieleń      | KS Debiut Wieleń  | 1976      | M40 | 7.         | M (14.)    | <b>0:21:12</b>  | 04:14         | 0:21:10       |
| 15.        | 170        | Grenadier Damian     | Lubasz      | Edukacja Lubasz   | 1987      | M30 | 6.         | M (15.)    | <b>0:21:14</b>  | 04:14         | 0:21:13       |
| 16.        | 262        | Orłowski Marek       | Czarnków    |                   | 1987      | M30 | 7.         | M (16.)    | <b>0:21:14</b>  | 04:14         | 0:21:12       |
| 17.        | 367        | Sroka Adam           | Kuźnica     |                   | 1981      | M30 | 8.         | M (17.)    | <b>0:21:24</b>  | 04:16         | 0:21:19       |
| 18.        | 325        | Chwarścianek         | Czarnków    | KB Gmina Czarnków | 1955      | M60 | 1.         | M (18.)    | <b>0:21:34</b>  | 04:18         | 0:21:33       |
| 19.        | 189        | Podlecka Agnieszka   | Piła        |                   | 1984      | K30 | gen.       | K (1.)     | <b>0:21:34</b>  | 04:18         | 0:21:33       |
| 20.        | 212        | Radwański Adam       | Trzcianka   | Wolf Team         | 1989      | M30 | 9.         | M (19.)    | <b>0:21:38</b>  | 04:19         | 0:21:37       |
| 21.        | 204        | Kaniewski Cezary     | Jędrzejewo  |                   | 1995      | M20 | 2.         | M (20.)    | <b>0:21:45</b>  | 04:21         | 0:21:44       |
| 22.        | 259        | Szuta Marek          | Sarbka      | KAMA Run          | 1966      | M50 | 1.         | M (21.)    | <b>0:21:52</b>  | 04:22         | 0:21:52       |
| 23.        | 447        | Kowalczyk-Krzyścin   | Budzyń      |                   | 1981      | M30 | 10.        | M (22.)    | <b>0:21:55</b>  | 04:23         | 0:21:54       |



| Msc<br>ope | Nr<br>star | Nazwisko, imię        | Miejscowość | Klub   | Rok<br>ur | Kat | Msc<br>kat | Msc<br>M/K | Wynik<br>brutto | Temp<br>min/k | Czas<br>netto |
|------------|------------|-----------------------|-------------|--|-----------|-----|------------|------------|-----------------|---------------|---------------|
| 24.        | 349        | Jaskólski Maksymilian | Lubasz      |  | 1995      | M20 | 3.         | M (23.)    | <b>0:22:02</b>  | 04:24         | 0:22:00       |
| 25.        | 314        | Pogrzebski Hubert     | Wałcz       | TerminatoRun   | 1997      | M20 | 4.         | M (24.)    | <b>0:22:29</b>  | 04:29         | 0:22:20       |
| 26.        | 248        | Wyrwa Przemysław      | Człopa      |  | 1966      | M50 | 2.         | M (25.)    | <b>0:22:29</b>  | 04:29         | 0:22:25       |
| 27.        | 151        | Mituta Jacek          | Połajewo    | KB Gmina Czarnków Zespół Szkół Specjalnych im Kornela        | 1978      | M40 | 8.         | M (26.)    | <b>0:22:31</b>  | 04:30         | 0:22:31       |
| 28.        | 277        | Rieger Jarosław       | Czarnków    |  | 1980      | M30 | 11.        | M (27.)    | <b>0:22:31</b>  | 04:30         | 0:22:29       |
| 29.        | 362        | Helak Robert          | Czarnków    |  | 1973      | M40 | 9.         | M (28.)    | <b>0:22:35</b>  | 04:31         | 0:22:25       |
| 30.        | 312        | Wiza Adam             | Poznań      |  | 1975      | M40 | 10.        | M (29.)    | <b>0:22:35</b>  | 04:31         | 0:22:34       |
| 31.        | 257        | Szedler Sławomir      | Czarnków    | KAMA Run   | 1991      | M20 | 5.         | M (30.)    | <b>0:22:38</b>  | 04:31         | 0:22:38       |
| 32.        | 293        | Borakiewicz Andrzej   | Gołańcz     |  | 1983      | M30 | 12.        | M (31.)    | <b>0:23:07</b>  | 04:37         | 0:23:02       |
| 33.        | 309        | Wojnarowski Michał    | Poznań      | Night Runners  | 1984      | M30 | 13.        | M (32.)    | <b>0:23:14</b>  | 04:38         | 0:23:13       |
| 34.        | 187        | Pilarczyk Przemysław  | Czarnków    |  | 1978      | M40 | 11.        | M (33.)    | <b>0:23:16</b>  | 04:39         | 0:23:12       |
| 35.        | 439        | Wicenty Joanna        | Obrzycko    |  | 1994      | K20 | gen.       | K (2.)     | <b>0:23:16</b>  | 04:39         | 0:23:15       |
| 36.        | 255        | Glazer Anna           | Czarnków    | KAMA Run Zespół Szkół Specjalnych im. Kornela Makuszyńskiego | 1969      | K50 | gen.       | K (3.)     | <b>0:23:17</b>  | 04:39         | 0:23:16       |
| 37.        | 324        | Ryżek Piotr           | Czarnków    | KPP Czarnków   | 1970      | M40 | 12.        | M (34.)    | <b>0:23:18</b>  | 04:39         | 0:23:15       |
| 38.        | 296        | Borowicz Anna         | Piła        |  | 1983      | K30 | 2.         | K (4.)     | <b>0:23:19</b>  | 04:39         | 0:23:16       |
| 39.        | 281        | Wojtas Filip          | Trzcianka   |  | 1999      | M20 | 6.         | M (35.)    | <b>0:23:23</b>  | 04:40         | 0:23:23       |
| 40.        | 326        | Zakielarz Jan         | Jasowie     | Precon Polska Jastrowie                                      | 1959      | M60 | 2.         | M (36.)    | <b>0:23:23</b>  | 04:40         | 0:23:17       |
| 41.        | 286        | Matysiak Karol        | Poznan      | OSH / Mocarze Radości  | 1974      | M40 | 13.        | M (37.)    | <b>0:23:30</b>  | 04:42         | 0:23:21       |
| 42.        | 319        | Koczara Adam          | Trzcianka   | ZASAPANI   | 1976      | M40 | 14.        | M (38.)    | <b>0:23:37</b>  | 04:43         | 0:23:34       |
| 43.        | 318        | Kostuszyński          | Czarnków    |  | 1987      | M30 | 14.        | M (39.)    | <b>0:23:59</b>  | 04:47         | 0:23:59       |
| 44.        | 265        | Borakiewicz           | Gołańcz     | TEAM RUN GOŁAŃCZ   | 1984      | M30 | 15.        | M (40.)    | <b>0:24:00</b>  | 04:48         | 0:23:55       |
| 45.        | 285        | Kaźmierczak Marcin    | Poznań      | Oldschool Hooligans w biegu                                  | 1976      | M40 | 15.        | M (41.)    | <b>0:24:08</b>  | 04:49         | 0:23:57       |
| 46.        | 409        | Szczeciński Mariusz   | Piła        | Króliczki W Plecaku  | 1972      | M40 | 16.        | M (42.)    | <b>0:24:12</b>  | 04:50         | 0:24:11       |
| 47.        | 297        | Borowicz Marcin       | Piła        |  | 1974      | M40 | 17.        | M (43.)    | <b>0:24:13</b>  | 04:50         | 0:24:09       |
| 48.        | 239        | Baryczkowski          | Czarnków    |  | 1972      | M40 | 18.        | M (44.)    | <b>0:24:15</b>  | 04:51         | 0:24:10       |
| 49.        | 446        | Mąka Witold           | Trzcianka   | Arcan Team   | 1990      | M20 | 7.         | M (45.)    | <b>0:24:21</b>  | 04:52         | 0:24:13       |



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|------------|------------|-----------------------|----------------|-------------------------|-----------|-----|------------|------------|-----------------|---------------|---------------|
| 50.        | 379        | Skibińska Aldona      | Czarnków       | KB Gmina Czarnków       | 1972      | K40 | 1.         | K (5.)     | <b>0:24:22</b>  | 04:52         | 0:24:21       |
| 51.        | 254        | Marchlewski Tomasz    | Czarnków       | KAMA Run                | 1973      | M40 | 19.        | M (46.)    | <b>0:24:22</b>  | 04:52         | 0:24:21       |
| 52.        | 231        | Garbowska Anna        | Trzcianka      |                         | 1980      | K30 | 3.         | K (6.)     | <b>0:24:33</b>  | 04:54         | 0:24:32       |
| 53.        | 299        | Bernacki Grzegorz     | Romanowo Dolne |                         | 1979      | M40 | 20.        | M (47.)    | <b>0:24:42</b>  | 04:56         | 0:24:42       |
| 54.        | 175        | Dzięcielak Tomasz     | Czarnków       |                         | 1974      | M40 | 21.        | M (48.)    | <b>0:24:51</b>  | 04:58         | 0:24:48       |
| 55.        | 364        | Kochański Janusz      | Dębe           |                         | 1953      | M60 | 3.         | M (49.)    | <b>0:25:09</b>  | 05:01         | 0:25:04       |
| 56.        | 347        | Frymus Agnieszka      | Czarnków       |                         | 1981      | K30 | 4.         | K (7.)     | <b>0:25:23</b>  | 05:04         | 0:25:16       |
| 57.        | 278        | Kollmann Marcin       | Czarnków       |                         | 1974      | M40 | 22.        | M (50.)    | <b>0:25:28</b>  | 05:05         | 0:25:23       |
| 58.        | 247        | Urbanowski Piotr      | Czarnków       | KB Gmina Czarnków       | 1985      | M30 | 16.        | M (51.)    | <b>0:25:28</b>  | 05:05         | 0:25:22       |
| 59.        | 323        | Bednarek Natalia      | Czarnków       |                         | 1991      | K20 | 2.         | K (8.)     | <b>0:25:35</b>  | 05:07         | 0:25:28       |
| 60.        | 283        | Rączka Pola           | Śmieszkowo     |                         | 2002      | K16 | 1.         | K (9.)     | <b>0:25:43</b>  | 05:08         | 0:25:39       |
| 61.        | 233        | DEMCZAR JACEK         | Trzcianka      | Mechanik Piła           | 1972      | M40 | 23.        | M (52.)    | <b>0:25:47</b>  | 05:09         | 0:25:43       |
| 62.        | 440        | Polaszewska           | Czarnków       | Czarnków                | 1991      | K20 | 3.         | K (10.)    | <b>0:25:51</b>  | 05:10         | 0:25:48       |
| 63.        | 442        | Rutkowski Lucjan      | Trzcianka      | Arcan Team              | 1961      | M50 | 3.         | M (53.)    | <b>0:25:51</b>  | 05:10         | 0:25:43       |
| 64.        | 327        | Zakielarz Anna        | Jasowie        | Precon Polska Jastrowie | 1981      | K30 | 5.         | K (11.)    | <b>0:25:54</b>  | 05:10         | 0:25:48       |
| 65.        | 245        | Helak Bartłomiej      | Rosko          |                         | 1989      | M30 | 17.        | M (54.)    | <b>0:26:01</b>  | 05:12         | 0:25:55       |
| 66.        | 361        | Mieczkowski Dawid     | Czarnków       |                         | 1987      | M30 | 18.        | M (55.)    | <b>0:26:10</b>  | 05:14         | 0:26:09       |
| 67.        | 184        | Kostecki Paweł        | Wałcz, Polska  |                         | 1987      | M30 | 19.        | M (56.)    | <b>0:26:16</b>  | 05:15         | 0:26:06       |
| 68.        | 311        | Wojnarowski Piotr     | Poznań         | Parkrun Poznań          | 1987      | M30 | 20.        | M (57.)    | <b>0:26:17</b>  | 05:15         | 0:26:13       |
| 69.        | 176        | MICKIEWICZ ADAM       | Trzcianka      |                         | 1969      | M50 | 4.         | M (58.)    | <b>0:26:20</b>  | 05:16         | 0:26:20       |
| 70.        | 211        | Radwańska Agnieszka   | Trzcianka      | Wolf Team               | 1991      | K20 | 4.         | K (12.)    | <b>0:26:42</b>  | 05:20         | 0:26:40       |
| 71.        | 166        | Kotecki Roman         | Kruszewo       | Kruszewo Team           | 1985      | M30 | 21.        | M (59.)    | <b>0:26:45</b>  | 05:21         | 0:26:37       |
| 72.        | 451        | Gawron Andrzej        | Trzcianka      |                         | 1979      | M40 | 24.        | M (60.)    | <b>0:26:48</b>  | 05:21         | 0:26:46       |
| 73.        | 267        | Borakiewicz Agnieszka | Gołańcz        | TEAM RUN GOŁAŃCZ        | 1985      | K30 | 6.         | K (13.)    | <b>0:26:52</b>  | 05:22         | 0:26:47       |
| 74.        | 272        | Borakiewicz Natalia   | Gołańcz        |                         | 1991      | K20 | 5.         | K (14.)    | <b>0:26:54</b>  | 05:22         | 0:26:54       |
| 75.        | 376        | Urbaniak Anna         | Trzcianka      | -                       | 1982      | K30 | 7.         | K (15.)    | <b>0:26:59</b>  | 05:23         | 0:26:54       |



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|------------|------------|-----------------------|----------------|----------------------|-----------|-----|------------|------------|-----------------|---------------|---------------|
| 76.        | 206        | Wojcieszński Jacek    | Czarnków       |                      | 1981      | M30 | 22.        | M (61.)    | <b>0:27:01</b>  | 05:24         | 0:26:51       |
| 77.        | 271        | Borakiewicz Arkadiusz | Gołańcz        | TEAM RUN GOŁAŃCZ     | 1985      | M30 | 23.        | M (62.)    | <b>0:27:03</b>  | 05:24         | 0:26:59       |
| 78.        | 172        | Garstka Paweł         | Romanowo Dolne | KB Gmina Czarnków    | 1988      | M30 | 24.        | M (63.)    | <b>0:27:04</b>  | 05:24         | 0:27:03       |
| 79.        | 289        | Grabas Agata          | Łokacz Mały    |                      | 1990      | K20 | 6.         | K (16.)    | <b>0:27:07</b>  | 05:25         | 0:27:01       |
| 80.        | 150        | Przybył Karolina      | Czarnków       |                      | 1987      | K30 | 8.         | K (17.)    | <b>0:27:08</b>  | 05:25         | 0:27:01       |
| 81.        | 423        | Mazur Łukasz          | ŚMIESZKOWO     | KB Gmina Czarnków    | 1984      | M30 | 25.        | M (64.)    | <b>0:27:12</b>  | 05:26         | 0:27:06       |
| 82.        | 195        | Rutkowski Damian      | Pęckowo        | Biegacze Józefa Noji | 1989      | M30 | 26.        | M (65.)    | <b>0:27:16</b>  | 05:27         | 0:27:06       |
| 83.        | 368        | Waśko Marcin          | Brzeźno        |                      | 1981      | M30 | 27.        | M (66.)    | <b>0:27:19</b>  | 05:27         | 0:27:12       |
| 84.        | 270        | Kolińska Sylwia       | Gołańcz        |                      | 1977      | K40 | 2.         | K (18.)    | <b>0:27:22</b>  | 05:28         | 0:27:18       |
| 85.        | 298        | Bernacka Katarzyna    | Romanowo Dolne |                      | 1983      | K30 | 9.         | K (19.)    | <b>0:27:25</b>  | 05:29         | 0:27:18       |
| 86.        | 387        | Lipska Małgorzata     | Czarnków       |                      | 1986      | K30 | 10.        | K (20.)    | <b>0:27:29</b>  | 05:29         | 0:27:23       |
| 87.        | 388        | Kina Mariusz          | Czarnków       |                      | 1986      | M30 | 28.        | M (67.)    | <b>0:27:29</b>  | 05:29         | 0:27:23       |
| 88.        | 276        | Michalik Joanna       | czarnków       |                      | 1988      | K30 | 11.        | K (21.)    | <b>0:27:29</b>  | 05:29         | 0:27:29       |
| 89.        | 241        | Sommerfeld Mariusz    | Czarnków       | MEHCAD TEAM          | 1977      | M40 | 25.        | M (68.)    | <b>0:27:36</b>  | 05:31         | 0:27:29       |
| 90.        | 240        | Kurzawa Krzysztof     | Czarnków       | MEHCAD TEAM          | 1985      | M30 | 29.        | M (69.)    | <b>0:27:36</b>  | 05:31         | 0:27:29       |
| 91.        | 246        | Dobiegała Grzegorz    | Rosko          |                      | 1985      | M30 | 30.        | M (70.)    | <b>0:27:39</b>  | 05:31         | 0:27:33       |
| 92.        | 181        | Nowak Anna            | Chodzież       |                      | 1976      | K40 | 3.         | K (22.)    | <b>0:27:41</b>  | 05:32         | 0:27:38       |
| 93.        | 215        | Laszuk Marta          | Trzcianka      | Wolf Team            | 1986      | K30 | 12.        | K (23.)    | <b>0:27:46</b>  | 05:33         | 0:27:44       |
| 94.        | 216        | Laszuk Radosław       | Trzcianka      | Wolf Team            | 1983      | M30 | 31.        | M (71.)    | <b>0:27:47</b>  | 05:33         | 0:27:45       |
| 95.        | 177        | Kubiak Edyta          | Trzcianka      | Wolf Team            | 1986      | K30 | 13.        | K (24.)    | <b>0:27:55</b>  | 05:35         | 0:27:51       |
| 96.        | 199        | Janowska Iwona        | Kruszewo       |                      | 1969      | K50 | 2.         | K (25.)    | <b>0:27:56</b>  | 05:35         | 0:27:52       |
| 97.        | 220        | Kołodziej Honorata    | Ludomy         | BIEGOŻERCY           | 1994      | K20 | 7.         | K (26.)    | <b>0:27:59</b>  | 05:35         | 0:27:53       |
| 98.        | 219        | Kołodziej Łukasz      | Ludomy         | BIEGOŻERCY           | 1993      | M20 | 8.         | M (72.)    | <b>0:27:59</b>  | 05:35         | 0:27:53       |
| 99.        | 234        | Demczar Aneta         | Trzcianka      |                      | 1974      | K40 | 4.         | K (27.)    | <b>0:28:16</b>  | 05:39         | 0:28:11       |
| 100.       | 340        | Wesołowski Łukasz     | Elk            | AWF Poznań           | 1997      | M20 | 9.         | M (73.)    | <b>0:28:19</b>  | 05:39         | 0:28:10       |
| 101.       | 339        | Ziółkowska Martyna    | Czarnków       | AWF Poznań           | 1996      | K20 | 8.         | K (28.)    | <b>0:28:19</b>  | 05:39         | 0:28:11       |



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|------------|------------|---------------------|-------------|-------------------|-----------|-----|------------|------------|-----------------|---------------|---------------|
| 102.       | 194        | Dziuba Beata        | Chodzież    |                   | 1973      | K40 | 5.         | K (29.)    | <b>0:28:22</b>  | 05:40         | 0:28:19       |
| 103.       | 226        | JANOWIAK DOMINIK    | OBORNIKI    | X                 | 1980      | M30 | 32.        | M (74.)    | <b>0:28:22</b>  | 05:40         | 0:28:14       |
| 104.       | 221        | Wawrzyniak Rafał    | Oborniki    | Raf-Stol Biega    | 1975      | M40 | 26.        | M (75.)    | <b>0:28:23</b>  | 05:40         | 0:28:15       |
| 105.       | 223        | Panuś Marta         | Wieleń      |                   | 1991      | K20 | 9.         | K (30.)    | <b>0:28:25</b>  | 05:41         | 0:28:22       |
| 106.       | 444        | Zajda Małgorzata    | Czarnków    |                   | 1973      | K40 | 6.         | K (31.)    | <b>0:28:31</b>  | 05:42         | 0:28:26       |
| 107.       | 191        | Pryszczewski Marcin | Czarnków    |                   | 1976      | M40 | 27.        | M (76.)    | <b>0:28:42</b>  | 05:44         | 0:28:37       |
| 108.       | 292        | Ruta Damian         | Czarnków    |                   | 1981      | M30 | 33.        | M (77.)    | <b>0:28:43</b>  | 05:44         | 0:28:38       |
| 109.       | 291        | Schleiss-Ruta       | Czarnków    |                   | 1983      | K30 | 14.        | K (32.)    | <b>0:28:43</b>  | 05:44         | 0:28:39       |
| 110.       | 413        | Magdziarz Basia     | Oborniki    |                   | 1977      | K40 | 7.         | K (33.)    | <b>0:28:47</b>  | 05:45         | 0:28:44       |
| 111.       | 173        | Wicher Robert       | Czarnków    |                   | 1974      | M40 | 28.        | M (78.)    | <b>0:29:24</b>  | 05:52         | 0:29:16       |
| 112.       | 235        | Bandyszak Barbara   | Wałcz       |                   | 1973      | K40 | 8.         | K (34.)    | <b>0:29:31</b>  | 05:54         | 0:29:25       |
| 113.       | 357        | Skotarczak Marlena  | Czarnków    |                   | 1981      | K30 | 15.        | K (35.)    | <b>0:29:34</b>  | 05:54         | 0:29:31       |
| 114.       | 258        | Szuta Anna          | Czarnków    | KAMA Run          | 1994      | K20 | 10.        | K (36.)    | <b>0:29:50</b>  | 05:58         | 0:29:46       |
| 115.       | 163        | Wicher Magdalena    | Czarnków    |                   | 1975      | K40 | 9.         | K (37.)    | <b>0:29:57</b>  | 05:59         | 0:29:50       |
| 116.       | 182        | Kucharczyk Marta    | POZNAŃ      |                   | 1990      | K20 | 11.        | K (38.)    | <b>0:29:59</b>  | 05:59         | 0:29:50       |
| 117.       | 180        | Żarczyński Adam     | Luboń       |                   | 1983      | M30 | 34.        | M (79.)    | <b>0:29:59</b>  | 05:59         | 0:29:50       |
| 118.       | 373        | Grabarz Agnieszka   | Czarnków    |                   | 1981      | K30 | 16.        | K (39.)    | <b>0:30:04</b>  | 06:00         | 0:30:01       |
| 119.       | 185        | Sommerfeld Alina    | Czarnków    |                   | 1979      | K40 | 10.        | K (40.)    | <b>0:30:04</b>  | 06:00         | 0:30:02       |
| 120.       | 282        | Rączka Grzegorz     | Śmieszkowo  |                   | 1970      | M40 | 29.        | M (80.)    | <b>0:30:14</b>  | 06:02         | 0:30:09       |
| 121.       | 304        | Grzegorek Mariusz   | Biała       | KB Gmina Czarnków | 1986      | M30 | 35.        | M (81.)    | <b>0:30:37</b>  | 06:07         | 0:30:29       |
| 122.       | 305        | Rakowicz Aleksander | Czarnków    | LO Czarnków       | 1975      | M40 | 30.        | M (82.)    | <b>0:30:37</b>  | 06:07         | 0:30:28       |
| 123.       | 288        | Migas Krystyna      | Drezdenko   |                   | 1980      | K30 | 17.        | K (41.)    | <b>0:31:03</b>  | 06:12         | 0:30:57       |
| 124.       | 261        | Wiśniewska Marta    | Dębe        | KAMA Run          | 1982      | K30 | 18.        | K (42.)    | <b>0:31:04</b>  | 06:12         | 0:31:01       |
| 125.       | 186        | Wyrwich Krystian    | Ciszkowo    |                   | 2001      | M16 | 2.         | M (83.)    | <b>0:31:15</b>  | 06:15         | 0:31:06       |
| 126.       | 452        | Gawron Urszula      | Trzcianka   |                   | 1983      | K30 | 19.        | K (43.)    | <b>0:31:15</b>  | 06:15         | 0:31:13       |
| 127.       | 217        | Wojnarowska-Filoda  | Gębice      |                   | 1978      | K40 | 11.        | K (44.)    | <b>0:31:19</b>  | 06:15         | 0:31:16       |



| Msc<br>ope | Nr<br>star | Nazwisko, imię       | Miejscowość | Klub  | Rok<br>ur | Kat | Msc<br>kat | Msc<br>M/K | Wynik<br>brutto | Temp<br>min/k | Czas<br>netto |
|------------|------------|----------------------|-------------|---|-----------|-----|------------|------------|-----------------|---------------|---------------|
| 128.       | 369        | Waśko Dominika       | Brzeźno     |   | 1984      | K30 | 20.        | K (45.)    | <b>0:31:22</b>  | 06:16         | 0:31:15       |
| 129.       | 156        | Lisewski Mateusz     | Krzyż       |   | 1983      | M30 | 36.        | M (84.)    | <b>0:31:27</b>  | 06:17         | 0:31:25       |
| 130.       | 303        | Fąka Łukasz          | Gębice      | KAMA Run  | 1975      | M40 | 31.        | M (85.)    | <b>0:31:39</b>  | 06:19         | 0:31:30       |
| 131.       | 253        | Ceglarz Magdalena    | Czarnków    | KAMA Run  | 1983      | K30 | 21.        | K (46.)    | <b>0:31:40</b>  | 06:20         | 0:31:32       |
| 132.       | 346        | Fąferek Katarzyna    | Czarnków    |   | 1977      | K40 | 12.        | K (47.)    | <b>0:32:22</b>  | 06:28         | 0:32:16       |
| 133.       | 162        | Schwerkołt Karolina  | Trzcianka   |   | 1992      | K20 | 12.        | K (48.)    | <b>0:32:25</b>  | 06:29         | 0:32:22       |
| 134.       | 256        | Matecka-Świętek      | Czarnków    | KAMA Run  | 1975      | K40 | 13.        | K (49.)    | <b>0:32:52</b>  | 06:34         | 0:32:45       |
| 135.       | 242        | KORDY TOMASZ         | CZARNKÓW    | KLUB WESOŁYCH TETRYKÓW                                      | 1975      | M40 | 32.        | M (86.)    | <b>0:32:52</b>  | 06:34         | 0:32:47       |
| 136.       | 171        | Wiśnik Asia          | Jastrowie   | Rozbiegane JASTROWIE  | 1975      | K40 | 14.        | K (50.)    | <b>0:34:03</b>  | 06:48         | 0:34:00       |
| 137.       | 222        | Wawrzyniak Ewa       | Oborniki    | Raf-Stol Biega  | 1979      | K40 | 15.        | K (51.)    | <b>0:34:05</b>  | 06:49         | 0:33:57       |
| 138.       | 225        | JANOWIAK Agnieszka   | OBORNIKI    |   | 1979      | K40 | 16.        | K (52.)    | <b>0:34:05</b>  | 06:49         | 0:33:56       |
| 139.       | 322        | Roszak Agnieszka     | Gębice      | KAMA Run Zespół Szkół Specjalnych im Kornela Makuszyńskiego | 1978      | K40 | 17.        | K (53.)    | <b>0:34:15</b>  | 06:51         | 0:34:09       |
| 140.       | 329        | Kazrath Ewa          | Czarnków    |   | 1992      | K20 | 13.        | K (54.)    | <b>0:34:23</b>  | 06:52         | 0:34:16       |
| 141.       | 343        | Swadzyniak Piotr     | Czarnków    |   | 1964      | M50 | 5.         | M (87.)    | <b>0:34:44</b>  | 06:56         | 0:34:39       |
| 142.       | 375        | Górska Alicja        | Śmieszkowo  | KAMA Run  | 1982      | K30 | 22.        | K (55.)    | <b>0:34:44</b>  | 06:56         | 0:34:41       |
| 143.       | 363        | Ruta-Kochańska Marta | Dębe        |   | 1983      | K30 | 23.        | K (56.)    | <b>0:34:44</b>  | 06:56         | 0:34:40       |
| 144.       | 229        | Piotr Agnieszka      | Wronki      |   | 1975      | K40 | 18.        | K (57.)    | <b>0:35:09</b>  | 07:01         | 0:35:04       |
| 145.       | 422        | Mazur Joanna         | ŚMIESZKOWO  | KB Gmina Czarnków   | 1988      | K30 | 24.        | K (58.)    | <b>0:35:51</b>  | 07:10         | 0:35:44       |
| 146.       | 295        | Bednarek Karolina    | Czarnków    | KB Gmina Czarnków   | 1986      | K30 | 25.        | K (59.)    | <b>0:35:51</b>  | 07:10         | 0:35:44       |
| 147.       | 169        | Mazur Anna           | Jastrowie   | Rozbiegane JASTROWIE  | 1979      | K40 | 19.        | K (60.)    | <b>0:36:06</b>  | 07:13         | 0:36:02       |
| 148.       | 317        | Bolczyk Jolanta      | Śmieszkowo  |   | 1977      | K40 | 20.        | K (61.)    | <b>0:36:44</b>  | 07:20         | 0:36:40       |
| 149.       | 243        | Kowalska Agnieszka   | Trzcianka   |   | 1988      | K30 | 26.        | K (62.)    | <b>0:37:05</b>  | 07:25         | 0:36:56       |
| 150.       | 345        | Widawska Justyna     | Walcz       |   | 1986      | K30 | 27.        | K (63.)    | <b>0:37:11</b>  | 07:26         | 0:37:08       |
| 151.       | 396        | Szcześniak Danką     | Gębice      |   | 1975      | K40 | 21.        | K (64.)    | <b>0:38:08</b>  | 07:37         | 0:38:02       |
| 152.       | 196        | Pachciarz Małgorzata | Walcz       |   | 1986      | K30 | 28.        | K (65.)    | <b>0:38:25</b>  | 07:41         | 0:38:22       |
| 153.       | 167        | Kotecka Magdalena    | Kruszewo    | Kruszewo Team   | 1983      | K30 | 29.        | K (66.)    | <b>0:38:26</b>  | 07:41         | 0:38:17       |



| Msc<br>ope | Nr<br>star | Nazwisko, imię      | Miejscowość | Klub  | Rok<br>ur | Kat | Msc<br>kat | Msc<br>M/K | Wynik<br>brutto | Temp<br>min/k | Czas<br>netto |
|------------|------------|---------------------|-------------|---|-----------|-----|------------|------------|-----------------|---------------|---------------|
| 154.       | 310        | Sikorska Anna       | Poznań      |   | 1989      | K30 | 30.        | K (67.)    | <b>0:39:34</b>  | 07:54         | 0:39:27       |
| 155.       | 445        | Andronikus Beata    | Krzyż Wlkp. |   | 1979      | K40 | 22.        | K (68.)    | <b>0:39:34</b>  | 07:54         | 0:39:27       |
| 156.       | 275        | Małecki Szymon      | Czarnków    | ZSS Gębice  | 1971      | M40 | 33.        | M (88.)    | <b>0:39:36</b>  | 07:55         | 0:39:27       |
| 157.       | 280        | Małecka Magdalena   | Czarnków    |   | 1972      | K40 | 23.        | K (69.)    | <b>0:39:36</b>  | 07:55         | 0:39:27       |
| 158.       | 355        | Galicka Beata       | piła        | amator - niezrzeszona   | 1975      | K40 | 24.        | K (70.)    | <b>0:41:19</b>  | 08:15         | 0:41:09       |
| 159.       | 274        | Bals Ewa            | Gębice      | Zespół Szkół Specjalnych im Kornela Makuszyńskiego w Gębicach | 1981      | K30 | 31.        | K (71.)    | <b>0:45:50</b>  | 09:10         | 0:45:33       |
| 160.       | 284        | Szyc Katarzyna      | Czarnków    | ZSS Gębice  | 1977      | K40 | 25.        | K (72.)    | <b>0:45:50</b>  | 09:10         | 0:45:30       |
| 161.       | 269        | Lewkowicz Agnieszka | Zelichowo   |   | 1981      | K30 | 32.        | K (73.)    | <b>0:45:50</b>  | 09:10         | 0:45:31       |

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