

### III Bieg Pamięci

#### Wyniki OPEN Konstaktynowo 2018-10-21



| Msc open | Nr  | Nazwisko    | Imię      | Miejscowość      | Klub                                  | Rok ur | Kat | Msc kat | Msc M/K | PK 7,5km      | Wynik brutto   | Tempo min/km | Czas netto |
|----------|-----|-------------|-----------|------------------|---------------------------------------|--------|-----|---------|---------|---------------|----------------|--------------|------------|
| 1.       | 146 | Bocian      | Julian    | Krąplewo         | AmiBelle                              | 1980   | M30 | 1.      | M (1.)  | 0:28:35 (1.)  | <b>0:55:19</b> | 03:41        | 0:55:18    |
| 2.       | 48  | Fabisiak    | Mateusz   | Krosinko         | Neopunkt Mosina / Apteka Natura       | 1996   | M20 | 1.      | M (2.)  | 0:28:35 (2.)  | <b>0:56:02</b> | 03:44        | 0:56:01    |
| 3.       | 118 | Michalski   | Arkadiusz | Śrem             | goggle pae team/ JW 4430              | 1981   | M30 | 2.      | M (3.)  | 0:28:50 (3.)  | <b>0:57:54</b> | 03:51        | 0:57:53    |
| 4.       | 106 | Stachowiak  | Marcin    | Puszczykowo      | #teambiegiwlp                         | 1991   | M20 | 2.      | M (4.)  | 0:29:41 (4.)  | <b>0:58:15</b> | 03:53        | 0:58:15    |
| 5.       | 184 | Wieczorek   | Marcin    | Mosina           |                                       | 1982   | M30 | 3.      | M (5.)  | 0:30:10 (5.)  | <b>0:59:50</b> | 03:59        | 0:59:47    |
| 6.       | 71  | Przybylski  | Łukasz    | Mosina           | Ks Idmar                              | 1979   | M30 | 4.      | M (6.)  | 0:31:04 (6.)  | <b>1:00:47</b> | 04:03        | 1:00:45    |
| 7.       | 172 | Marek       | Daniel    | Swarzędz         | Cybina Team                           | 1974   | M40 | 1.      | M (7.)  | 0:31:30 (8.)  | <b>1:01:01</b> | 04:04        | 1:00:59    |
| 8.       | 23  | Stec        | Arkadiusz | Komorniki        | KGB Grzmot Komorniki                  | 1975   | M40 | 2.      | M (8.)  | 0:31:31 (9.)  | <b>1:01:19</b> | 04:05        | 1:01:18    |
| 9.       | 201 | Szczepaniak | Michał    | Mosina           | For Run                               | 1988   | M30 | 5.      | M (9.)  | 0:31:28 (7.)  | <b>1:01:47</b> | 04:07        | 1:01:44    |
| 10.      | 19  | Krakowiak   | Rafał     | Krosno           | ADRENALINA FITNESS TEAM/              | 1989   | M20 | 3.      | M (10.) | 0:31:50 (12.) | <b>1:02:01</b> | 04:08        | 1:02:00    |
| 11.      | 69  | Król        | Sebastian | Strzępiń         | Drużyna Biegaczy Gmina Granowo        | 1993   | M20 | 4.      | M (11.) | 0:31:50 (11.) | <b>1:02:24</b> | 04:09        | 1:02:22    |
| 12.      | 141 | Kuster      | Agnieszka | Komorniki        | Lucky LUZers                          | 1973   | K40 | 1.      | K (1.)  | 0:32:02 (15.) | <b>1:02:30</b> | 04:10        | 1:02:29    |
| 13.      | 189 | Jasiak      |           | Przemysła Krosno |                                       | 1991   | M20 | 5.      | M (12.) | 0:32:31 (16.) | <b>1:02:35</b> | 04:10        | 1:02:31    |
| 14.      | 133 | Miediżak    | Adam      | Sasinowo         | Neopunkt Mosina / Apteka Natura       | 1987   | M30 | 6.      | M (13.) | 0:31:49 (10.) | <b>1:02:57</b> | 04:11        | 1:02:56    |
| 15.      | 186 | Sierota     | Marcin    | Rogalinek        | Pomóż Tosi                            | 1980   | M30 | 7.      | M (14.) | 0:31:56 (13.) | <b>1:03:11</b> | 04:12        | 1:03:03    |
| 16.      | 210 | Morawski    | Filip     | Puszczykowo      | MarcinŚwiercTeam                      | 1974   | M40 | 3.      | M (15.) | 0:32:01 (14.) | <b>1:03:21</b> | 04:13        | 1:03:20    |
| 17.      | 165 | Król        | Darek     | Świątniki        | HERNIK TEAM                           | 1967   | M50 | 1.      | M (16.) | 0:32:48 (20.) | <b>1:04:23</b> | 04:17        | 1:04:22    |
| 18.      | 115 | Komisarek   | Piotr     | Mosina           | ADRENALINA FITNESS TEAM               | 1978   | M40 | 4.      | M (17.) | 0:32:46 (19.) | <b>1:04:32</b> | 04:18        | 1:04:30    |
| 19.      | 224 | Gabryel     | Marcin    | Krosinko         | Indywidualna Praktyka Lekarska Marcin | 1985   | M30 | 8.      | M (18.) | 0:32:45 (18.) | <b>1:04:38</b> | 04:18        | 1:04:37    |
| 20.      | 55  | Sokołowski  | Marcin    | Mosina           | Neopunkt Mosina / Apteka Natura       | 1982   | M30 | 9.      | M (19.) | 0:32:54 (22.) | <b>1:05:35</b> | 04:22        | 1:05:32    |
| 21.      | 12  | Dymarski    | Robert    | Mosina           | Mosina Biega                          | 1980   | M30 | 10.     | M (20.) | 0:32:51 (21.) | <b>1:05:47</b> | 04:23        | 1:05:43    |
| 22.      | 21  | Kuciak      | Bartosz   | Krosno           |                                       | 1987   | M30 | 11.     | M (21.) | 0:33:38 (23.) | <b>1:05:52</b> | 04:23        | 1:05:48    |



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|----------|-----|--------------|------------|------------------|---------------------------------|--------|-----|---------|---------|---------------|----------------|--------------|------------|
| 23.      | 134 | Błaszczyk    | Jacek      | Mosina           | AF MOSINA TEAM                  | 1979   | M30 | 12.     | M (22.) | 0:34:03 (25.) | <b>1:06:02</b> | 04:24        | 1:05:57    |
| 24.      | 136 | Fiebig       | Stefan     | Poniec           | www.natilovesrunning.pl         | 1968   | M50 | 2.      | M (23.) | 0:33:46 (24.) | <b>1:06:16</b> | 04:25        | 1:06:10    |
| 25.      | 157 | Bednarz      | Paweł      | Mieczewo         |                                 | 1973   | M40 | 5.      | M (24.) | 0:34:21 (27.) | <b>1:06:51</b> | 04:27        | 1:06:40    |
| 26.      | 45  | Tomaszewski  | Marek      | Mosina           | Neopunkt Mosina / Apteka Natura | 1978   | M40 | 6.      | M (25.) | 0:32:35 (17.) | <b>1:07:32</b> | 04:30        | 1:07:30    |
| 27.      | 178 | Skrzypczak   | Łukasz     | Gostyń           | Wataha - łączy nas bieganie     | 1983   | M30 | 13.     | M (26.) | 0:34:54 (31.) | <b>1:08:08</b> | 04:32        | 1:07:58    |
| 28.      | 54  | Tomczak      | Mariusz    | Mosina           | Neopunkt Mosina / Apteka Natura | 1972   | M40 | 7.      | M (27.) | 0:34:52 (30.) | <b>1:08:21</b> | 04:33        | 1:08:18    |
| 29.      | 10  | Pokotycki    | Denis      | Kostrzyn nad     | Otomo STP / Programa.pl         | 1990   | M20 | 6.      | M (28.) | 0:34:14 (26.) | <b>1:08:29</b> | 04:33        | 1:08:25    |
| 30.      | 44  | Skalski      | Przemysła  | Krosno           | Neopunkt Mosina / Apteka Natura | 1981   | M30 | 14.     | M (29.) | 0:34:50 (29.) | <b>1:08:29</b> | 04:33        | 1:08:25    |
| 31.      | 93  | Załużka-Lipa | Agnieszka  | Mosina           | AF MOSINA TEAM                  | 1979   | K30 | 1.      | K (2.)  | 0:34:43 (28.) | <b>1:08:54</b> | 04:35        | 1:08:50    |
| 32.      | 18  | NIŻEWSKI     | PAWEŁ      | CZAPURY          | ADRENALINA FITNESS TEAM /       | 1980   | M30 | 15.     | M (30.) | 0:35:47 (38.) | <b>1:09:01</b> | 04:36        | 1:08:57    |
| 33.      | 59  | Wróbel       | Tomasz     | Szreniawa        | Komorniki MTB Team              | 1979   | M30 | 16.     | M (31.) | 0:35:46 (37.) | <b>1:09:19</b> | 04:37        | 1:09:07    |
| 34.      | 180 | Płaczek      | Łukasz     | Leszno           |                                 | 1987   | M30 | 17.     | M (32.) | 0:35:44 (34.) | <b>1:09:20</b> | 04:37        | 1:09:06    |
| 35.      | 81  | Rozmiarok    | Paweł      | Mosina           | LOFT TEAM EXTREME               | 1987   | M30 | 18.     | M (33.) | 0:35:54 (39.) | <b>1:09:40</b> | 04:38        | 1:09:34    |
| 36.      | 151 | Strzałkowska | Katarzyna  | Luboń            | Lucky LUZers                    | 1981   | K30 | 2.      | K (3.)  | 0:35:20 (32.) | <b>1:10:19</b> | 04:41        | 1:10:18    |
| 37.      | 24  | Jędrzejczak  | Marcin     | Poznań           | EKA Z FYRTL                     | 1978   | M40 | 8.      | M (34.) | 0:35:45 (35.) | <b>1:10:26</b> | 04:41        | 1:10:22    |
| 38.      | 13  | Wojtyniak    | Krzysztof  | Poznań           | EKA Z FYRTL                     | 1983   | M30 | 19.     | M (35.) | 0:35:45 (36.) | <b>1:10:27</b> | 04:41        | 1:10:23    |
| 39.      | 202 | Karge        | Radosław   | Chrzypsko Wielki |                                 | 1983   | M30 | 20.     | M (36.) | 0:36:14 (41.) | <b>1:10:42</b> | 04:42        | 1:10:29    |
| 40.      | 61  | BOGUCA       | EMILIA     | MOSINA           |                                 | 1978   | K40 | 2.      | K (4.)  | 0:35:42 (33.) | <b>1:10:46</b> | 04:43        | 1:10:41    |
| 41.      | 31  | GRZESIK      | ŁUKASZ     | Mosina           | EOD                             | 1981   | M30 | 21.     | M (37.) | 0:36:17 (44.) | <b>1:10:47</b> | 04:43        | 1:10:37    |
| 42.      | 207 | Gabrielski   | Waldemar   | Mosina           | WPG Invest House                | 1977   | M40 | 9.      | M (38.) | 0:36:15 (42.) | <b>1:11:30</b> | 04:46        | 1:11:16    |
| 43.      | 196 | Polowiński   | Bartłomiej | Stary Gołębin    |                                 | 1988   | M30 | 22.     | M (39.) | 0:37:12 (51.) | <b>1:11:56</b> | 04:47        | 1:11:51    |
| 44.      | 101 | Dymarski     | Mariusz    | Czerwonak        | Czerwonak Biega                 | 1973   | M40 | 10.     | M (40.) | 0:36:03 (40.) | <b>1:12:02</b> | 04:48        | 1:11:57    |
| 45.      | 221 | Borowski     | Karol      | Mosina           | Nadleśnictwo Konstantynowo      | 1990   | M20 | 7.      | M (41.) | 0:37:06 (48.) | <b>1:12:16</b> | 04:49        | 1:12:09    |
| 46.      | 158 | Przybylski   | Leszek     | Luboń            | Leszek Tatry                    | 1972   | M40 | 11.     | M (42.) | 0:37:15 (53.) | <b>1:12:18</b> | 04:49        | 1:12:15    |
| 47.      | 76  | Dopierała    | Sławomir   | Iwno             | W drodze do celu -KARBUD        | 1976   | M40 | 12.     | M (43.) | 0:36:42 (45.) | <b>1:12:28</b> | 04:49        | 1:12:20    |



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|----------|-----|---------------------------|-----------|-------------|------------------------|--------|-----|---------|---------|---------------|----------------|--------------|------------|
| 48.      | 208 | Wężyk                     | Kacper    | Czempiń     |                        | 1999   | M20 | 8.      | M (44.) | 0:37:11 (50.) | <b>1:12:36</b> | 04:50        | 1:12:26    |
| 49.      | 298 | Leporowska                | Anna      | Środa       |                        | 1976   | K40 | 3.      | K (5.)  | 0:37:09 (49.) | <b>1:12:39</b> | 04:50        | 1:12:35    |
| 50.      | 279 | Przybyła                  | Marcin    | Szreniawa   | Komorniki MTB Team     | 1974   | M40 | 13.     | M (45.) | 0:36:42 (46.) | <b>1:12:43</b> | 04:50        | 1:12:31    |
| 51.      | 131 | Waliszak                  | Hubert    | Stęszew     |                        | 1994   | M20 | 9.      | M (46.) | 0:38:14 (62.) | <b>1:12:43</b> | 04:50        | 1:12:36    |
| 52.      | 5   | GRZESIK                   | Tomasz    | Mosina      | EOD                    | 1979   | M30 | 23.     | M (47.) | 0:36:16 (43.) | <b>1:13:05</b> | 04:52        | 1:12:55    |
| 53.      | 11  | Roeske                    | Tomasz    | Mosina      |                        | 1971   | M40 | 14.     | M (48.) | 0:37:20 (55.) | <b>1:13:06</b> | 04:52        | 1:13:03    |
| 54.      | 1   | Grajcar                   | Magdalen  | Mosina      | LOFT TEAM EXTREME      | 1986   | K30 | 3.      | K (6.)  | 0:37:13 (52.) | <b>1:13:08</b> | 04:52        | 1:13:01    |
| 55.      | 170 | Patela                    | Maciej    | Borkowice   | MOSINA TEAM            | 1979   | M30 | 24.     | M (49.) | 0:37:42 (57.) | <b>1:13:46</b> | 04:55        | 1:13:37    |
| 56.      | 147 | Kóska                     | Sławomir  | Czempiń     | ChampionMan Team       | 1978   | M40 | 15.     | M (50.) | 0:37:15 (54.) | <b>1:13:52</b> | 04:55        | 1:13:49    |
| 57.      | 233 | Łączny                    | Leszek    | Borkowice   | Borkowice              | 1961   | M50 | 3.      | M (51.) | 0:38:08 (61.) | <b>1:13:57</b> | 04:55        | 1:13:42    |
| 58.      | 225 | Gratkowski                | Rafał     | Poznań      | PODOLANICATION         | 1967   | M50 | 4.      | M (52.) | 0:38:16 (63.) | <b>1:14:15</b> | 04:57        | 1:14:11    |
| 59.      | 28  | Walkowiak                 | Marek     | Pecna       | Pecna Biega            | 1973   | M40 | 16.     | M (53.) | 0:38:22 (67.) | <b>1:14:18</b> | 04:57        | 1:14:10    |
| 60.      | 231 | Nowicka-Błaszczuk Izabela |           | Mosina      | WojArt Team            | 1980   | K30 | 4.      | K (7.)  | 0:38:26 (71.) | <b>1:14:19</b> | 04:57        | 1:14:10    |
| 61.      | 182 | Dawidowicz                | Tomasz    | Poznań      | TODA Meble             | 1987   | M30 | 25.     | M (54.) | 0:36:59 (47.) | <b>1:14:24</b> | 04:57        | 1:14:19    |
| 62.      | 43  | Lewandowski               | Paweł     | Luboń       |                        | 1986   | M30 | 26.     | M (55.) | 0:37:24 (56.) | <b>1:14:27</b> | 04:57        | 1:14:18    |
| 63.      | 193 | Jądrzyk                   | Piotr     | Mosina      |                        | 1979   | M30 | 27.     | M (56.) | 0:37:54 (58.) | <b>1:14:30</b> | 04:58        | 1:14:17    |
| 64.      | 36  | Czeska                    | Karolina  | Mosina      | Mosina Biega           | 1990   | K20 | 1.      | K (8.)  | 0:38:26 (70.) | <b>1:14:33</b> | 04:58        | 1:14:27    |
| 65.      | 42  | Zerba                     | Agnieszka | Pecna       | Pecna Biega            | 1981   | K30 | 5.      | K (9.)  | 0:37:56 (59.) | <b>1:14:35</b> | 04:58        | 1:14:33    |
| 66.      | 181 | Krawiec                   | Piotr     | Biskupice   |                        | 1971   | M40 | 17.     | M (57.) | 0:38:29 (74.) | <b>1:14:50</b> | 04:59        | 1:14:44    |
| 67.      | 6   | FABISIAK                  | Tomasz    | Krosinko    | Krosinko Biega :-)     | 1973   | M40 | 18.     | M (58.) | 0:38:04 (60.) | <b>1:15:05</b> | 05:00        | 1:15:03    |
| 68.      | 200 | Kosiorek                  | Darek     | Poznań      |                        | 1967   | M50 | 5.      | M (59.) | 0:38:44 (76.) | <b>1:15:08</b> | 05:00        | 1:15:02    |
| 69.      | 173 | Maćkowiak                 | Krzysztof | Poznań      |                        | 1984   | M30 | 28.     | M (60.) | 0:38:20 (64.) | <b>1:15:14</b> | 05:00        | 1:14:56    |
| 70.      | 145 | Madajewski                | Krzysztof | Puszczycowo | Mosina Biega           | 1982   | M30 | 29.     | M (61.) | 0:39:07 (81.) | <b>1:15:22</b> | 05:01        | 1:15:11    |
| 71.      | 191 | Kamiński                  | Jacek     | Poznań      | Luboński Klub Biegacza | 1965   | M50 | 6.      | M (62.) | 0:38:26 (69.) | <b>1:15:27</b> | 05:01        | 1:15:15    |
| 72.      | 190 | Budziszewski              | Sławomir  | Luboń       | Luboński Klub Biegacza | 1972   | M40 | 19.     | M (63.) | 0:38:27 (72.) | <b>1:15:27</b> | 05:01        | 1:15:15    |



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|----------|-----|---------------|-----------|-------------|---------------------------------|--------|-----|---------|---------|----------------|----------------|--------------|------------|
| 73.      | 197 | Andrzejewska  | Barbara   | Mosina      | MOSINA TEAM                     | 1974   | K40 | 4.      | K (10.) | 0:38:23 (68.)  | <b>1:15:33</b> | 05:02        | 1:15:23    |
| 74.      | 30  | Biernat       | Rafał     | Krosinko    | Adrenalina Fitnes Team          | 1976   | M40 | 20.     | M (64.) | 0:39:30 (86.)  | <b>1:15:56</b> | 05:03        | 1:15:43    |
| 75.      | 218 | Rajmann       | Przemysła | Poznań      |                                 | 1982   | K30 | 6.      | K (11.) | 0:39:36 (88.)  | <b>1:15:57</b> | 05:03        | 1:15:43    |
| 76.      | 85  | Zaręba        | Paweł     | Koło        |                                 | 1987   | M30 | 30.     | M (65.) | 0:38:34 (75.)  | <b>1:16:06</b> | 05:04        | 1:16:03    |
| 77.      | 98  | Szymczak      | Marcin    | Mosina      |                                 | 1977   | M40 | 21.     | M (66.) | 0:39:12 (84.)  | <b>1:16:07</b> | 05:04        | 1:15:58    |
| 78.      | 143 | Mantaj        | Agnieszka | Wągrowiec   | PO SWOJEMU                      | 1979   | K30 | 7.      | K (12.) | 0:40:06 (95.)  | <b>1:16:14</b> | 05:04        | 1:16:11    |
| 79.      | 237 | Waneczek      | Grzegorz  | Poznań      | EXACTUS SPORT TEAM              | 1973   | M40 | 22.     | M (67.) | 0:39:46 (89.)  | <b>1:16:23</b> | 05:05        | 1:16:07    |
| 80.      | 49  | Kleiber       | Michał    | Mosina      | Neopunkt Mosina / Apteka Natura | 1978   | M40 | 23.     | M (68.) | 0:39:51 (91.)  | <b>1:16:27</b> | 05:05        | 1:16:02    |
| 81.      | 228 | Cwiertnia     | Joanna    | Krosno      |                                 | 1980   | K30 | 8.      | K (13.) | 0:39:13 (85.)  | <b>1:16:33</b> | 05:06        | 1:16:24    |
| 82.      | 187 | Polowiński    | Piotr     | Spytkówki   |                                 | 1979   | M30 | 31.     | M (69.) | 0:38:49 (77.)  | <b>1:16:50</b> | 05:07        | 1:16:45    |
| 83.      | 194 | Adamski       | Robert    | Luboń       | # DRUŻYNA SZPIKU                | 1967   | M50 | 7.      | M (70.) | 0:38:58 (79.)  | <b>1:16:50</b> | 05:07        | 1:16:41    |
| 84.      | 135 | Fiebig        | Natalia   | Leszno      | www.natilovesrunning.pl         | 1992   | K20 | 2.      | K (14.) | 0:39:12 (83.)  | <b>1:16:50</b> | 05:07        | 1:16:43    |
| 85.      | 148 | Czeski        | Wojciech  | Mosina      | Mosina Biega                    | 1987   | M30 | 32.     | M (71.) | 0:38:50 (78.)  | <b>1:16:51</b> | 05:07        | 1:16:45    |
| 86.      | 177 | Stolpe        | Maciej    | Luboń       |                                 | 1968   | M50 | 8.      | M (72.) | 0:39:33 (87.)  | <b>1:17:01</b> | 05:08        | 1:16:42    |
| 87.      | 222 | Pawelski      | Jacek     | Krosno      | Drużyna Wilka                   | 1976   | M40 | 24.     | M (73.) | 0:40:16 (101.) | <b>1:17:03</b> | 05:08        | 1:16:48    |
| 88.      | 192 | Nowacka       | Paulina   | Luboń       | Drużyna Wilka                   | 1976   | K40 | 5.      | K (15.) | 0:40:16 (100.) | <b>1:17:03</b> | 05:08        | 1:16:49    |
| 89.      | 83  | Solarski      | Michał    | Krosinko    | Drużyna Szpiku                  | 1979   | M30 | 33.     | M (74.) | 0:40:27 (103.) | <b>1:17:19</b> | 05:09        | 1:16:55    |
| 90.      | 47  | Borowski      | Piotr     | Mosina      | Neopunkt Mosina / Apteka Natura | 1978   | M40 | 25.     | M (75.) | 0:40:10 (99.)  | <b>1:17:21</b> | 05:09        | 1:16:56    |
| 91.      | 153 | Woźny         | Rafał     | Brodnica    |                                 | 1971   | M40 | 26.     | M (76.) | 0:39:04 (80.)  | <b>1:17:22</b> | 05:09        | 1:17:21    |
| 92.      | 174 | Szefer        | Krzysztof | Mosina      |                                 | 1981   | M30 | 34.     | M (77.) | 0:38:21 (65.)  | <b>1:17:43</b> | 05:10        | 1:17:39    |
| 93.      | 300 | Bogusiewicz   | Antoni    | Poznań      | JANOWY MŁYN                     | 1983   | M30 | 35.     | M (78.) | 0:40:09 (97.)  | <b>1:18:00</b> | 05:12        | 1:17:37    |
| 94.      | 137 | Budna         | Izabela   | Głuchowo    | Lucky LUZers                    | 1973   | K40 | 6.      | K (16.) | 0:39:10 (82.)  | <b>1:18:12</b> | 05:12        | 1:18:10    |
| 95.      | 78  | Wierzbiński   | Jacek     | Puszczykowo | Shootboxer Mosina               | 1988   | M30 | 36.     | M (79.) | 0:39:48 (90.)  | <b>1:18:13</b> | 05:12        | 1:18:05    |
| 96.      | 204 | Zowczak       | Maciej    | Poznań      |                                 | 1983   | M30 | 37.     | M (80.) | 0:40:33 (105.) | <b>1:18:13</b> | 05:12        | 1:17:58    |
| 97.      | 171 | Rozzak-Patela | Justyna   | Borkowice   | SP Krosno                       | 1979   | K30 | 9.      | K (17.) | 0:40:09 (98.)  | <b>1:18:16</b> | 05:13        | 1:18:06    |



| Msc open | Nr  | Nazwisko         | Imię      | Miejscowość  | Klub                        | Rok ur | Kat | Msc kat | Msc M/K | PK 7,5km       | Wynik brutto   | Tempo min/km | Czas netto |
|----------|-----|------------------|-----------|--------------|-----------------------------|--------|-----|---------|---------|----------------|----------------|--------------|------------|
| 98.      | 17  | Śremski          | Dawid     | Nowe Borówko |                             | 1980   | M30 | 38.     | M (81.) | 0:38:22 (66.)  | <b>1:18:26</b> | 05:13        | 1:18:23    |
| 99.      | 168 | Cybul            | Marek     | Stęszew      | Team DaliDali               | 1980   | M30 | 39.     | M (82.) | 0:40:32 (104.) | <b>1:18:52</b> | 05:15        | 1:18:35    |
| 100.     | 41  | Lala             | Katarzyna | Mosina       |                             | 1979   | K30 | 10.     | K (18.) | 0:39:54 (94.)  | <b>1:18:54</b> | 05:15        | 1:18:43    |
| 101.     | 209 | Kotlinski        | Tomasz    | Obrzycko     |                             | 1968   | M50 | 9.      | M (83.) | 0:40:24 (102.) | <b>1:19:01</b> | 05:16        | 1:18:47    |
| 102.     | 211 | Szeląg           | Marcin    | Poznań       |                             | 1973   | M40 | 27.     | M (84.) | 0:40:43 (106.) | <b>1:19:21</b> | 05:17        | 1:19:03    |
| 103.     | 9   | Dehmel           | Roman     | Poznań       |                             | 1951   | M60 | 1.      | M (85.) | 0:39:54 (93.)  | <b>1:19:37</b> | 05:18        | 1:19:25    |
| 104.     | 239 | Jarczyńska       | Karolina  | Mosina       | Mosina Biega                | 1980   | K30 | 11.     | K (19.) | 0:40:06 (96.)  | <b>1:19:59</b> | 05:19        | 1:19:48    |
| 105.     | 159 | Wasielewski      | Błażej    | LUBOŃ        | Drużyna Szpiku              | 1983   | M30 | 40.     | M (86.) | 0:40:51 (107.) | <b>1:20:03</b> | 05:20        | 1:19:45    |
| 106.     | 299 | Szwacz           | Marcin    | Nowinki      |                             | 1977   | M40 | 28.     | M (87.) | 0:38:28 (73.)  | <b>1:20:19</b> | 05:21        | 1:20:09    |
| 107.     | 121 | Cichoszewski     | Daniel    | Jezierzyce   |                             | 1977   | M40 | 29.     | M (88.) | 0:40:58 (109.) | <b>1:20:34</b> | 05:22        | 1:20:29    |
| 108.     | 60  | Linke            | Józef     | Krosinko     | Krosinko Biega :-)          | 1964   | M50 | 10.     | M (89.) | 0:39:52 (92.)  | <b>1:20:41</b> | 05:22        | 1:20:36    |
| 109.     | 68  | Świątek-Twardows | Monika    | Luboń        |                             | 1978   | K40 | 7.      | K (20.) | 0:41:37 (112.) | <b>1:20:50</b> | 05:23        | 1:20:30    |
| 110.     | 25  | Kubacki          | Rafał     | Mosina       | JP KOMPENSATA Agencja Pracy | 1973   | M40 | 30.     | M (90.) | 0:40:51 (108.) | <b>1:20:57</b> | 05:23        | 1:20:36    |
| 111.     | 111 | Czarnecki        | Bartosz   | Poznań       | MUAY RUNNING TEAM           | 1978   | M40 | 31.     | M (91.) | 0:42:48 (129.) | <b>1:21:37</b> | 05:26        | 1:21:26    |
| 112.     | 220 | Grajewski        | Sławomir  | Tulce        |                             | 1970   | M40 | 32.     | M (92.) | 0:41:35 (111.) | <b>1:21:38</b> | 05:26        | 1:21:20    |
| 113.     | 129 | Ludwiczak        | Anna      | Stęszew      |                             | 1988   | K30 | 12.     | K (21.) | 0:41:43 (113.) | <b>1:21:50</b> | 05:27        | 1:21:41    |
| 114.     | 97  | Szóstak          | Marcin    | Mosina       |                             | 1982   | M30 | 41.     | M (93.) | 0:42:31 (123.) | <b>1:21:55</b> | 05:27        | 1:21:40    |
| 115.     | 34  | Smug             | Marcin    | Mosina       | Honey Stinger Runners       | 1989   | M20 | 10.     | M (94.) | 0:42:22 (121.) | <b>1:22:25</b> | 05:29        | 1:22:08    |
| 116.     | 203 | Zowczak          | Dorota    | Poznań       | Rawa Team                   | 1983   | K30 | 13.     | K (22.) | 0:42:38 (125.) | <b>1:22:26</b> | 05:29        | 1:22:11    |
| 117.     | 117 | Reszel           | Ireneusz  | Mosina       |                             | 1975   | M40 | 33.     | M (95.) | 0:42:34 (124.) | <b>1:22:35</b> | 05:30        | 1:22:29    |
| 118.     | 123 | Cichoszewski     | Emil      | Plewiska     |                             | 1979   | M30 | 42.     | M (96.) | 0:41:00 (110.) | <b>1:22:37</b> | 05:30        | 1:22:32    |
| 119.     | 35  | MAŁKOWSKI        | ZBIGNIE   | SZRENIAWA    | Komorniki MTB Team          | 1973   | M40 | 34.     | M (97.) | 0:42:04 (117.) | <b>1:22:40</b> | 05:30        | 1:22:28    |
| 120.     | 235 | Przerwa - Bech   | Jolanta   | Mosina       | EXACTUS SPORT TEAM          | 1978   | K40 | 8.      | K (23.) | 0:42:41 (126.) | <b>1:22:51</b> | 05:31        | 1:22:36    |
| 121.     | 37  | Proszianowski    | Adam      | Swarzędz     |                             | 1974   | M40 | 35.     | M (98.) | 0:41:53 (114.) | <b>1:22:55</b> | 05:31        | 1:22:31    |
| 122.     | 234 | Rudnicka         | Anna      | Mosina       | EXACTUS SPORT TEAM          | 1975   | K40 | 9.      | K (24.) | 0:42:42 (127.) | <b>1:23:06</b> | 05:32        | 1:22:51    |





| Msc<br>open | Nr  | Nazwisko          | Imię      | Miejscowość | Klub                                | Rok<br>ur | Kat | Msc<br>kat | Msc<br>M/K | PK<br>7,5km    | Wynik<br>brutto | Tempo<br>min/km | Czas<br>netto |
|-------------|-----|-------------------|-----------|-------------|-------------------------------------|-----------|-----|------------|------------|----------------|-----------------|-----------------|---------------|
| 123.        | 91  | Żerdziński        | Michał    | Mosina      | Mosina Biega                        | 1973      | M40 | 36.        | M (99.)    | 0:42:01 (116.) | <b>1:23:08</b>  | 05:32           | 1:22:59       |
| 124.        | 240 | Kościelniak       | Marek     | Poznań      | MUAY RUNNING TEAM                   | 1977      | M40 | 37.        | M (100.)   | 0:43:53 (138.) | <b>1:23:28</b>  | 05:33           | 1:23:08       |
| 125.        | 75  | Drajerczak        | Marlena   | Poznań      |                                     | 1978      | K40 | 10.        | K (25.)    | 0:43:37 (135.) | <b>1:23:28</b>  | 05:33           | 1:23:07       |
| 126.        | 156 | Kądziałak         | Marek     | Rogalinek   | Drużyna Szpiku                      | 1975      | M40 | 38.        | M (101.)   | 0:42:12 (118.) | <b>1:23:38</b>  | 05:34           | 1:23:25       |
| 127.        | 102 | KOLASIŃSKI        | ANDRZEJ   | Poznań      | Świerczewo Run                      | 1976      | M40 | 39.        | M (102.)   | 0:42:00 (115.) | <b>1:24:17</b>  | 05:37           | 1:23:54       |
| 128.        | 199 | Pruchniewska      | Agnieszka | Rokietnica  | Rokiet                              | 1978      | K40 | 11.        | K (26.)    | 0:42:48 (130.) | <b>1:24:40</b>  | 05:38           | 1:24:33       |
| 129.        | 57  | Binkowski         | Marcin    | Mosina      | Neopunkt Mosina / Apteka Natura     | 1973      | M40 | 40.        | M (103.)   | 0:42:29 (122.) | <b>1:24:53</b>  | 05:39           | 1:24:27       |
| 130.        | 169 | Szott             | Piotr     | Poznań      | Le-Biega                            | 1958      | M60 | 2.         | M (104.)   | 0:43:47 (137.) | <b>1:25:10</b>  | 05:40           | 1:24:53       |
| 131.        | 53  | Malecha           | Tomasz    | Mosina      | Neopunkt Mosina / Apteka Natura     | 1976      | M40 | 41.        | M (105.)   | 0:44:05 (140.) | <b>1:25:18</b>  | 05:41           | 1:24:59       |
| 132.        | 40  | Krakowiak         | Wiesław   | Mosina      | KrakowiakTeam/AdrenalinaFitnessTeam | 1964      | M50 | 11.        | M (106.)   | 0:42:44 (128.) | <b>1:25:27</b>  | 05:41           | 1:25:19       |
| 133.        | 86  | Roszczenko        | Krzysztof | Poznań      | NOGI DO GÓRY I DO PRZODU            | 1976      | M40 | 42.        | M (107.)   | 0:43:11 (131.) | <b>1:25:54</b>  | 05:43           | 1:25:31       |
| 134.        | 100 | Chrościelewski    | Kamil     | Kórnik      |                                     | 1992      | M20 | 11.        | M (108.)   | 0:44:25 (145.) | <b>1:26:00</b>  | 05:44           | 1:25:42       |
| 135.        | 232 | Trzepakowski      | Rafał     | Grudziądz   |                                     | 1987      | M30 | 43.        | M (109.)   | 0:44:42 (152.) | <b>1:26:03</b>  | 05:44           | 1:25:39       |
| 136.        | 152 | Kusztelska        | Lucyna    | Mosina      | Wataha - łączy nas bieganie         | 1978      | K40 | 12.        | K (27.)    | 0:42:14 (119.) | <b>1:26:11</b>  | 05:44           | 1:26:01       |
| 137.        | 77  | Zieliński         | Remigiusz | Mosina      | Shootboxer Mosina                   | 1986      | M30 | 44.        | M (110.)   | 0:43:35 (133.) | <b>1:26:32</b>  | 05:46           | 1:26:21       |
| 138.        | 166 | Mrowińska         | Marta     | Mosina      |                                     | 1974      | K40 | 13.        | K (28.)    | 0:43:37 (134.) | <b>1:26:42</b>  | 05:46           | 1:26:29       |
| 139.        | 20  | Mrowiński         | Sebastian | Mosina      | ADRENALINA FITNESS TEAM / Mrówy     | 1975      | M40 | 43.        | M (111.)   | 0:43:33 (132.) | <b>1:26:42</b>  | 05:46           | 1:26:29       |
| 140.        | 8   | Grajcar           | Łukasz    | Mosina      | LOFT TEAM EXTREME                   | 1983      | M30 | 45.        | M (112.)   | 0:43:39 (136.) | <b>1:26:42</b>  | 05:46           | 1:26:35       |
| 141.        | 66  | kujawa-marcinczak | anita     | poznan      | brak klubu                          | 1976      | K40 | 14.        | K (29.)    | 0:42:21 (120.) | <b>1:26:48</b>  | 05:47           | 1:26:40       |
| 142.        | 125 | Janiszewski       | Przemysła | Mosina      |                                     | 1975      | M40 | 44.        | M (113.)   | 0:44:00 (139.) | <b>1:26:56</b>  | 05:47           | 1:26:32       |
| 143.        | 150 | Dziubałka         | Jarosław  | Czapury     | #bedechudyja                        | 1975      | M40 | 45.        | M (114.)   | 0:47:01 (175.) | <b>1:26:59</b>  | 05:47           | 1:26:40       |
| 144.        | 67  | Wilczyński        | Lukasz    | Mosina      | Kia Delik Team                      | 1980      | M30 | 46.        | M (115.)   | 0:44:28 (147.) | <b>1:27:06</b>  | 05:48           | 1:26:58       |
| 145.        | 95  | Michalczyk        | Marcin    | Mosina      |                                     | 1978      | M40 | 46.        | M (116.)   | 0:44:29 (148.) | <b>1:27:06</b>  | 05:48           | 1:27:06       |
| 146.        | 216 | Pelant            | Katarzyna | Rosnówko    | RS Architektura Team                | 1975      | K40 | 15.        | K (30.)    | 0:44:14 (142.) | <b>1:27:14</b>  | 05:48           | 1:27:03       |
| 147.        | 74  | Ludwiczak         | Krzysztof | Poznań      | AZ TEAM                             | 1980      | M30 | 47.        | M (117.)   | 0:45:38 (159.) | <b>1:27:29</b>  | 05:49           | 1:27:08       |



| Msc open | Nr  | Nazwisko        | Imię      | Miejscowość | Klub                             | Rok ur | Kat | Msc kat | Msc M/K  | PK 7,5km       | Wynik brutto   | Tempo min/km | Czas netto |
|----------|-----|-----------------|-----------|-------------|----------------------------------|--------|-----|---------|----------|----------------|----------------|--------------|------------|
| 148.     | 72  | Majchrzak       | Beata     | Poznań      | Mamy-Biegamy                     | 1975   | K40 | 16.     | K (31.)  | 0:45:24 (157.) | <b>1:27:33</b> | 05:50        | 1:27:12    |
| 149.     | 114 | Pelowska        | Małgorzat | Mosina      | EXACTUS                          | 1968   | K50 | 1.      | K (32.)  | 0:44:38 (151.) | <b>1:27:35</b> | 05:50        | 1:27:20    |
| 150.     | 64  | Kłoda           | Dariusz   | Czapury     |                                  | 1975   | M40 | 47.     | M (118.) | 0:44:27 (146.) | <b>1:27:36</b> | 05:50        | 1:27:20    |
| 151.     | 65  | Krajewska-Kłoda | Katarzyna | Czapury     | Adrenalina Fitnes Team           | 1974   | K40 | 17.     | K (33.)  | 0:44:38 (150.) | <b>1:27:37</b> | 05:50        | 1:27:20    |
| 152.     | 142 | Baraniak        | Piotr     | Czapury     |                                  | 1982   | M30 | 48.     | M (119.) | 0:44:37 (149.) | <b>1:27:51</b> | 05:51        | 1:27:33    |
| 153.     | 87  | Karaś           | Jacek     | Poznań      | DRUŻYNA SZPIKU / Patrioci Poznań | 1979   | M30 | 49.     | M (120.) | 0:45:01 (154.) | <b>1:28:05</b> | 05:52        | 1:27:39    |
| 154.     | 122 | Cichoszewska    | Dagmara   | Plewiska    |                                  | 1981   | K30 | 14.     | K (34.)  | 0:44:44 (153.) | <b>1:28:07</b> | 05:52        | 1:28:02    |
| 155.     | 84  | Manicka         | Magdalen  | Zielątkowo  | Running Vegan                    | 1965   | K50 | 2.      | K (35.)  | 0:44:18 (143.) | <b>1:28:26</b> | 05:53        | 1:28:24    |
| 156.     | 185 | Dzięcielska     | Agnieszka | Poznań      |                                  | 1976   | K40 | 18.     | K (36.)  | 0:45:58 (163.) | <b>1:28:37</b> | 05:54        | 1:28:14    |
| 157.     | 155 | SALITA          | LECH      | GNIEZNO     | Altom Gniezno                    | 1960   | M50 | 12.     | M (121.) | 0:46:50 (172.) | <b>1:29:05</b> | 05:56        | 1:28:51    |
| 158.     | 52  | Malecha         | Karolina  | Mosina      | Neopunkt Mosina / Apteka Natura  | 1978   | K40 | 19.     | K (37.)  | 0:45:06 (155.) | <b>1:29:16</b> | 05:57        | 1:28:55    |
| 159.     | 149 | Mikołajczyk     | Grzegorz  | Krosno      | Rosary Run                       | 1978   | M40 | 48.     | M (122.) | 0:45:09 (156.) | <b>1:29:16</b> | 05:57        | 1:28:54    |
| 160.     | 238 | Czoszyk-Kawala  | Olga      | Poznań      |                                  | 1980   | K30 | 15.     | K (38.)  | 0:45:59 (164.) | <b>1:29:17</b> | 05:57        | 1:28:55    |
| 161.     | 206 | Maćkowiak       | Alicja    | Mosina      | LOFT TEAM EXTRAME                | 1991   | K20 | 3.      | K (39.)  | 0:44:22 (144.) | <b>1:29:26</b> | 05:57        | 1:29:19    |
| 162.     | 214 | Obidziński      | Mariusz   | Mosina      | RS Architektura                  | 1974   | M40 | 49.     | M (123.) | 0:44:07 (141.) | <b>1:29:51</b> | 05:59        | 1:29:31    |
| 163.     | 4   | Grajcar         | Anna      | Śrem        | LOFT TEAM EXTREME                | 1984   | K30 | 16.     | K (40.)  | 0:45:55 (162.) | <b>1:30:53</b> | 06:03        | 1:30:46    |
| 164.     | 80  | Różycki         | Dominik   | Manieczki   | LOFT TEAM EXTREME                | 1983   | M30 | 50.     | M (124.) | 0:46:10 (166.) | <b>1:30:53</b> | 06:03        | 1:30:47    |
| 165.     | 16  | Szłapka         | Weronika  | Mosina      | Landryna Team                    | 1987   | K30 | 17.     | K (41.)  | 0:46:04 (165.) | <b>1:31:12</b> | 06:04        | 1:30:56    |
| 166.     | 230 | Wawrzyński      | Anna      | Stęszew     | 3:33 TEAM                        | 1980   | K30 | 18.     | K (42.)  | 0:46:58 (173.) | <b>1:31:27</b> | 06:05        | 1:31:11    |
| 167.     | 132 | Zemler          | Marzena   | Stęszew     |                                  | 1979   | K30 | 19.     | K (43.)  | 0:47:37 (181.) | <b>1:31:29</b> | 06:05        | 1:31:19    |
| 168.     | 110 | Czarnecka       | Barbara   | Poznań      | MUAY RUNNING TEAM                | 1976   | K40 | 20.     | K (44.)  | 0:47:25 (179.) | <b>1:31:57</b> | 06:07        | 1:31:46    |
| 169.     | 90  | Żerdzińska      | Agnieszka | Mosina      | Mosina Biega                     | 1973   | K40 | 21.     | K (45.)  | 0:47:10 (176.) | <b>1:32:10</b> | 06:08        | 1:32:01    |
| 170.     | 144 | Rożkowski       | Roman     | ŚREM        | Runner's Power Śrem              | 1958   | M60 | 3.      | M (125.) | 0:45:42 (160.) | <b>1:32:15</b> | 06:09        | 1:32:02    |
| 171.     | 38  | piechowiak      | małgorzat | mosina      | Adrenalina Fitnes Team           | 1966   | K50 | 3.      | K (46.)  | 0:48:16 (190.) | <b>1:32:17</b> | 06:09        | 1:31:55    |
| 172.     | 89  | Wojciechowska   | Agnieszka | Puszczykowo | ADRENALINA FITNESS TEAM          | 1978   | K40 | 22.     | K (47.)  | 0:46:31 (168.) | <b>1:32:25</b> | 06:09        | 1:32:04    |



| Msc open | Nr  | Nazwisko         | Imię       | Miejscowość | Klub                            | Rok ur | Kat | Msc kat | Msc M/K  | PK 7,5km       | Wynik brutto   | Tempo min/km | Czas netto |
|----------|-----|------------------|------------|-------------|---------------------------------|--------|-----|---------|----------|----------------|----------------|--------------|------------|
| 173.     | 227 | Braun            | Tomasz     | Strykowo    | Biegający WojArt TEAM           | 1975   | M40 | 50.     | M (126.) | 0:46:36 (170.) | <b>1:32:25</b> | 06:09        | 1:32:14    |
| 174.     | 226 | Fiksa            | Kasia      | Krosno      | Biegający WojArt TEAM           | 1979   | K30 | 20.     | K (48.)  | 0:46:38 (171.) | <b>1:32:25</b> | 06:09        | 1:32:14    |
| 175.     | 175 | Rosół            | Anna       | Krosno      | ADRENALINA FITNESS TEAM         | 1969   | K40 | 23.     | K (49.)  | 0:48:00 (189.) | <b>1:33:00</b> | 06:12        | 1:32:47    |
| 176.     | 108 | Stawska          | Emilia     | Poznań      |                                 | 1987   | K30 | 21.     | K (50.)  | 0:47:01 (174.) | <b>1:33:03</b> | 06:12        | 1:32:45    |
| 177.     | 219 | Chudziński       | Bartosz    | Mosina      | LOFT TEAM EXTRAME               | 1984   | M30 | 51.     | M (127.) | 0:47:37 (182.) | <b>1:33:04</b> | 06:12        | 1:32:50    |
| 178.     | 205 | Frankowska       | Anna       | Mosina      |                                 | 1976   | K40 | 24.     | K (51.)  | 0:46:33 (169.) | <b>1:33:22</b> | 06:13        | 1:33:14    |
| 179.     | 130 | Waliszak         | Mariola    | Stęszew     |                                 | 1967   | K50 | 4.      | K (52.)  | 0:47:38 (183.) | <b>1:34:17</b> | 06:17        | 1:34:07    |
| 180.     | 229 | Wawrzyński       | Przemysła  | Stęszew     | 3:33 TEAM                       | 1967   | M50 | 13.     | M (128.) | 0:47:40 (184.) | <b>1:34:24</b> | 06:17        | 1:34:07    |
| 181.     | 56  | Kleiber          | Barbara    | Mosina      | Neopunkt Mosina / Apteka Natura | 1981   | K30 | 22.     | K (53.)  | 0:49:25 (193.) | <b>1:34:55</b> | 06:19        | 1:34:30    |
| 182.     | 73  | Binkowska        | Magdalen   | Poznań      |                                 | 1984   | K30 | 23.     | K (54.)  | 0:47:22 (178.) | <b>1:35:07</b> | 06:20        | 1:34:47    |
| 183.     | 154 | Woźna            | Dorota     | Brodnica    |                                 | 1972   | K40 | 25.     | K (55.)  | 0:47:27 (180.) | <b>1:35:12</b> | 06:20        | 1:35:11    |
| 184.     | 126 | Nowak            | Dariusz    | Mosina      | LOFT TEAM EXTREME               | 1996   | M20 | 12.     | M (129.) | 0:47:50 (186.) | <b>1:35:13</b> | 06:20        | 1:35:05    |
| 185.     | 164 | Gapski           | Piotr      | Rogalin     | LOFT TEAM EXTRAME               | 1981   | M30 | 52.     | M (130.) | 0:47:56 (188.) | <b>1:35:13</b> | 06:20        | 1:35:05    |
| 186.     | 39  | Sprenger         | Krzysztof  | Mosina      | LOFT TEAM EXTREME               | 1980   | M30 | 53.     | M (131.) | 0:47:55 (187.) | <b>1:35:13</b> | 06:20        | 1:35:05    |
| 187.     | 124 | Janiszewska      | Dominika   | Mosina      |                                 | 1976   | K40 | 26.     | K (56.)  | 0:49:26 (194.) | <b>1:35:17</b> | 06:21        | 1:34:56    |
| 188.     | 212 | Zyffert          | Anna       | Poznań      |                                 | 1984   | K30 | 24.     | K (57.)  | 0:47:17 (177.) | <b>1:35:20</b> | 06:21        | 1:35:00    |
| 189.     | 3   | Gostomska        | Małgorzat  | Czempiń     | Rebellion Of Free Runners       | 1980   | K30 | 25.     | K (58.)  | 0:48:24 (191.) | <b>1:35:36</b> | 06:22        | 1:35:28    |
| 190.     | 33  | Nowicki          | Michał     | Szczytniki  |                                 | 1977   | M40 | 51.     | M (132.) | 0:49:30 (195.) | <b>1:37:13</b> | 06:28        | 1:36:56    |
| 191.     | 160 | Chmielewska      | Karolina   | Luboń       | Luboński Klub Biegacza          | 1975   | K40 | 27.     | K (59.)  | 0:52:01 (199.) | <b>1:38:00</b> | 06:32        | 1:37:56    |
| 192.     | 198 | Gostomski        | Michał     | Czempiń     |                                 | 1982   | M30 | 54.     | M (133.) | 0:46:28 (167.) | <b>1:39:37</b> | 06:38        | 1:39:12    |
| 193.     | 113 | Sander           | Renata     | Poznań      |                                 | 1982   | K30 | 26.     | K (60.)  | 0:45:50 (161.) | <b>1:39:37</b> | 06:38        | 1:39:12    |
| 194.     | 99  | Tomporowska      | Sylwia     | Luboń       |                                 | 1987   | K30 | 27.     | K (61.)  | 0:49:01 (192.) | <b>1:40:02</b> | 06:40        | 1:39:43    |
| 195.     | 217 | Szymańska-Obidzi | Renata     | Mosina      | RS Architektura Team            | 1976   | K40 | 28.     | K (62.)  | 0:50:47 (196.) | <b>1:40:03</b> | 06:40        | 1:39:47    |
| 196.     | 139 | Rosińska         | Agnieszka  | Poznań      | Świerczewo Run                  | 1982   | K30 | 28.     | K (63.)  | 0:51:47 (197.) | <b>1:42:05</b> | 06:48        | 1:41:42    |
| 197.     | 167 | Karolewicz       | Bartłomiej | GOŁĘCZEWO   |                                 | 1980   | M30 | 55.     | M (134.) | 0:47:41 (185.) | <b>1:42:46</b> | 06:51        | 1:42:39    |





| Msc<br>open | Nr  | Nazwisko           | Imię      | Miejscowość | Klub                   | Rok<br>ur | Kat | Msc<br>kat | Msc<br>M/K | PK<br>7,5km    | Wynik<br>brutto | Tempo<br>min/km | Czas<br>netto |
|-------------|-----|--------------------|-----------|-------------|------------------------|-----------|-----|------------|------------|----------------|-----------------|-----------------|---------------|
| 198.        | 236 | Kordylewska        | Paulina   | Mosina      | EXACTUS SPORT TEAM     | 1980      | K30 | 29.        | K (64.)    | 0:52:27 (201.) | <b>1:43:42</b>  | 06:54           | 1:43:27       |
| 199.        | 70  | Kubiak             | Dorota    | Pecna       |                        | 1975      | K40 | 29.        | K (65.)    | 0:52:53 (202.) | <b>1:43:44</b>  | 06:54           | 1:43:22       |
| 200.        | 7   | FABISIAK           | Marzena   | Krosinko    | Krosinko Biega :-)     | 1974      | K40 | 30.        | K (66.)    | 0:45:29 (158.) | <b>1:44:05</b>  | 06:56           | 1:44:00       |
| 201.        | 63  | Tatarynowicz       | Arleta    | Mosina      | Landryna Team          | 1972      | K40 | 31.        | K (67.)    | 0:53:11 (205.) | <b>1:45:14</b>  | 07:00           | 1:44:58       |
| 202.        | 127 | Kuligowska         | Hanna     | Poznań      | HERNIK TEAM            | 1990      | K20 | 4.         | K (68.)    | 0:53:34 (208.) | <b>1:45:19</b>  | 07:01           | 1:44:55       |
| 203.        | 128 | Gaca               | Tadeusz   | Poznań      |                        | 1963      | M50 | 14.        | M (135.)   | 0:53:16 (207.) | <b>1:45:19</b>  | 07:01           | 1:44:55       |
| 204.        | 120 | Cichoszewska       | Dominika  | Jezierzyce  |                        | 1979      | K30 | 30.        | K (69.)    | 0:52:16 (200.) | <b>1:45:28</b>  | 07:01           | 1:45:23       |
| 205.        | 58  | Tomaszewska        | Monika    | Komorniki   |                        | 1978      | K40 | 32.        | K (70.)    | 0:52:55 (203.) | <b>1:46:26</b>  | 07:05           | 1:46:11       |
| 206.        | 2   | Ziółkowska-Strzelc | Monika    | Mosina      | RS Architektura        | 1976      | K40 | 33.        | K (71.)    | 0:53:13 (206.) | <b>1:47:40</b>  | 07:10           | 1:47:24       |
| 207.        | 82  | Solarska           | Ewa       | Krosinko    | SP1 Mosina             | 1982      | K30 | 31.        | K (72.)    | 0:54:11 (209.) | <b>1:48:00</b>  | 07:12           | 1:47:37       |
| 208.        | 223 | Stasiński          | Stanisław | Poznań      | KB MANIAC Poznań       | 1944      | M70 | 1.         | M (136.)   | 0:54:42 (210.) | <b>1:48:03</b>  | 07:12           | 1:47:47       |
| 209.        | 26  | Woźniak            | Marcin    | Krosno      |                        | 1987      | M30 | 56.        | M (137.)   | 0:51:54 (198.) | <b>1:50:01</b>  | 07:20           | 1:49:43       |
| 210.        | 162 | Paprzycka          | Marta     | Poznań      | Night Runners          | 1982      | K30 | 32.        | K (73.)    | 0:52:59 (204.) | <b>1:52:28</b>  | 07:29           | 1:52:04       |
| 211.        | 176 | Matelska           | Karolina  | Poznań      |                        | 1980      | K30 | 33.        | K (74.)    | 0:55:35 (211.) | <b>1:55:10</b>  | 07:40           | 1:54:47       |
| 212.        | 163 | burzyński          | jarosław  | mosina      |                        | 1961      | M50 | 15.        | M (138.)   | 0:57:31 (212.) | <b>1:59:31</b>  | 07:58           | 1:59:03       |
| 213.        | 161 | Mielcarek          | Michał    | Luboń       | Luboński Klub Biegacza | 1989      | M20 | 13.        | M (139.)   | 1:01:59 (214.) | <b>2:03:48</b>  | 08:15           | 2:03:35       |
| 214.        | 15  | Kulińska           | Joanna    | Puszczykowo | Landryna Team          | 1987      | K30 | 34.        | K (75.)    | 0:59:36 (213.) | <b>2:04:59</b>  | 08:19           | 2:04:43       |

Liczba zawodników: 214

