

# V Bieg Powstania Wielkopolskiego

Wyniki OPEN Poznań 2019-12-27



Klasyfikacja pierwsza 50-ka zawodników na mecie wg. czasu brutto pozostali wg. czasu netto.

| Ms op | Nr   | Nazwisko       | Imię      | Miejscowość  | Klub                           | Rok ur | Kat | Msc kat | Msc M/K | Msc mu | 7,5km         | Wynik netto    | Tem min/ | Czas brutto |
|-------|------|----------------|-----------|--------------|--------------------------------|--------|-----|---------|---------|--------|---------------|----------------|----------|-------------|
| 1.    | 310  | WYKA           | BŁAŻEJ    | Chodzież     | PCH_RUN                        | 1983   | M30 | Gen.    | M (1.)  |        | 0:26:48 (2.)  | <b>0:35:54</b> | 03:35    | 0:35:56     |
| 2.    | 1060 | Jańczak        | Filip     | Środa        | Polonia Środa                  | 1989   | M30 | Gen.    | M (2.)  |        | 0:26:37 (1.)  | <b>0:36:05</b> | 03:36    | 0:36:06     |
| 3.    | 375  | Śledź          | Adam      | Babimost     | BKB Bakcyl/ I-Sport            | 1995   | M16 | Gen.    | M (3.)  |        | 0:26:50 (3.)  | <b>0:36:17</b> | 03:37    | 0:36:18     |
| 4.    | 769  | Sójka          | Kamil     | Dachowa      |                                | 1989   | M30 | 1.      | M (4.)  | 1.     | 0:27:25 (5.)  | <b>0:37:07</b> | 03:42    | 0:37:09     |
| 5.    | 965  | Zieliński      | Marcin    | Chodzież     | PCH_RUN / MISTRZOWSKI          | 1991   | M16 | 1.      | M (5.)  |        | 0:27:25 (4.)  | <b>0:37:07</b> | 03:43    | 0:37:10     |
| 6.    | 1097 | Greiveldinger  | Gilles    | Kórnik       | Świat Biegacza Fehlau Run Team | 1971   | M40 | 1.      | M (6.)  |        | 0:27:44 (8.)  | <b>0:37:26</b> | 03:44    | 0:37:29     |
| 7.    | 1078 | Orłowski       | Marcin    | Poznań       | M&M Little Team                | 1982   | M30 | 2.      | M (7.)  |        | 0:27:44 (7.)  | <b>0:37:29</b> | 03:45    | 0:37:31     |
| 8.    | 534  | Gregor         | Błażej    | Piechcin     | Szkoła Podoficerska Wojsk      | 1986   | M30 | 3.      | M (8.)  | 2.     | 0:28:00 (9.)  | <b>0:37:39</b> | 03:46    | 0:37:41     |
| 9.    | 692  | Ćwik           | Michał    | Konin        |                                | 1987   | M30 | 4.      | M (9.)  |        | 0:27:40 (6.)  | <b>0:37:43</b> | 03:46    | 0:37:46     |
| 10.   | 164  | Pluciński      | Radosław  | Swarzędz     | AdRunaLine Team                | 1989   | M30 | 5.      | M (10.) |        | 0:28:02 (10.) | <b>0:38:02</b> | 03:48    | 0:38:03     |
| 11.   | 673  | Walkowiak      | Mateusz   | Przemet      | One Team                       | 1990   | M16 | 2.      | M (11.) |        | 0:28:26 (11.) | <b>0:38:33</b> | 03:51    | 0:38:35     |
| 12.   | 962  | Brodowicz      | Jarosław  | Luboń        | Świat Biegacza Fehlau Run Team | 1977   | M40 | 2.      | M (12.) |        | 0:28:56 (12.) | <b>0:39:00</b> | 03:54    | 0:39:03     |
| 13.   | 68   | Wojtaszak      | Paweł     | Poznań       | Drużyna Szpiku                 | 1996   | M16 | 3.      | M (13.) | 3.     | 0:29:13 (15.) | <b>0:39:15</b> | 03:55    | 0:39:17     |
| 14.   | 889  | Popiołkiewicz  | Łukasz    | Łęki Wielkie |                                | 1989   | M30 | 6.      | M (14.) |        | 0:29:01 (13.) | <b>0:39:21</b> | 03:56    | 0:39:23     |
| 15.   | 270  | Kuśnierz       | Paweł     | Kaźmierz     | SPORTOWY KAŻMIERZ              | 1987   | M30 | 7.      | M (15.) |        | 0:29:05 (14.) | <b>0:39:17</b> | 03:56    | 0:39:28     |
| 16.   | 28   | Wasiek         | Łukasz    | Granowo      | # DRUŻYNA SZPIKU/KP PSP        | 1983   | M30 | 8.      | M (16.) | 4.     | 0:29:31 (16.) | <b>0:39:48</b> | 03:59    | 0:39:54     |
| 17.   | 426  | Mikołajczyk    | Przemysła | Gniezno      | Słynni Kenijczycy              | 1975   | M40 | 3.      | M (17.) |        | 0:29:32 (17.) | <b>0:39:56</b> | 03:59    | 0:39:59     |
| 18.   | 1012 | Niedziałkowski | Jan       | Poznań       |                                | 1984   | M30 | 9.      | M (18.) |        | 0:29:45 (18.) | <b>0:40:00</b> | 04:00    | 0:40:03     |
| 19.   | 229  | Naglak         | Hubert    | Szelejewo    | Runaway team                   | 1995   | M16 | 4.      | M (19.) |        | 0:29:46 (19.) | <b>0:40:29</b> | 04:03    | 0:40:31     |
| 20.   | 153  | Kamycki        | Marcin    | Poznań       |                                | 1974   | M40 | 4.      | M (20.) |        | 0:30:16 (20.) | <b>0:40:39</b> | 04:04    | 0:40:43     |
| 21.   | 1094 | Stabrowski     | Tomasz    | Poznań       |                                | 1979   | M40 | 5.      | M (21.) |        | 0:30:16 (21.) | <b>0:40:59</b> | 04:06    | 0:41:05     |
| 22.   | 868  | Perz           | Kamil     | Poznań       | Spec Kable / AZS AWF Poznań    | 1992   | M16 | 5.      | M (22.) |        | 0:30:34 (23.) | <b>0:41:18</b> | 04:08    | 0:41:21     |



| Ms<br>op | Nr   | Nazwisko     | Imię      | Miejscowość | Klub                           | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km         | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|------|--------------|-----------|-------------|--------------------------------|-----------|------|------------|------------|-----------|---------------|----------------|-------------|----------------|
| 23.      | 147  | Stabrowski   | Lech      | Poznań      |                                | 1979      | M40  | 6.         | M (23.)    |           | 0:30:23 (22.) | <b>0:41:18</b> | 04:08       | 0:41:24        |
| 24.      | 608  | Wojtkowiak   | Stefan    | Poznań      | Piątkowo na Biegowo            | 1974      | M40  | 7.         | M (24.)    |           | 0:30:50 (26.) | <b>0:41:22</b> | 04:08       | 0:41:27        |
| 25.      | 853  | Jóźwiak      | Tomasz    | Sieraków    |                                | 1993      | M16  | 6.         | M (25.)    |           | 0:30:42 (25.) | <b>0:41:44</b> | 04:10       | 0:41:49        |
| 26.      | 422  | Pawłowski    | Łukasz    | Częstochowa | Zabiegani Częstochowa          | 1979      | M40  | 8.         | M (26.)    |           | 0:31:09 (30.) | <b>0:41:49</b> | 04:11       | 0:41:52        |
| 27.      | 1093 | Błaszczyk    | Mateusz   | Poznań      | Betonowy Wojtek                | 1987      | M30  | 10.        | M (27.)    |           | 0:31:06 (29.) | <b>0:42:03</b> | 04:12       | 0:42:06        |
| 28.      | 524  | Dolata       | Andrzej   | Poznań      |                                | 1977      | M40  | 9.         | M (28.)    |           | 0:31:12 (31.) | <b>0:41:58</b> | 04:12       | 0:42:07        |
| 29.      | 17   | Wegner       | Adrian    | Poznań      |                                | 1991      | M16  | 7.         | M (29.)    |           | 0:30:42 (24.) | <b>0:41:51</b> | 04:12       | 0:42:08        |
| 30.      | 1095 | Kaczmarek    | Adam      | Poznań      |                                | 1986      | M30  | 11.        | M (30.)    |           | 0:31:25 (33.) | <b>0:41:55</b> | 04:13       | 0:42:10        |
| 31.      | 944  | Tarakankov   | Mykyta    | Poznan      |                                | 1979      | M40  | 10.        | M (31.)    | 5.        | 0:31:04 (28.) | <b>0:42:02</b> | 04:13       | 0:42:18        |
| 32.      | 708  | Bałaj        | Krzysztof | Chojnów     | Kalenji by Decathlon           | 1996      | M16  | 8.         | M (32.)    |           | 0:31:39 (40.) | <b>0:42:19</b> | 04:14       | 0:42:26        |
| 33.      | 454  | Prüfer       | Paweł     | Kosieczyn   |                                | 1972      | M40  | 11.        | M (33.)    |           | 0:31:20 (32.) | <b>0:42:28</b> | 04:15       | 0:42:34        |
| 34.      | 807  | Jaraszkiwicz | Hanna     | Poznań      | Świat Biegacza Fehlau Run Team | 1986      | K30  | Gen.       | K (1.)     |           | 0:31:25 (34.) | <b>0:42:31</b> | 04:15       | 0:42:35        |
| 35.      | 790  | JASTRZĘBSKI  | Krzysztof | Toruń       |                                | 1972      | M40  | 12.        | M (34.)    | 6.        | 0:31:31 (38.) | <b>0:42:33</b> | 04:16       | 0:42:40        |
| 36.      | 794  | Frankowski   | Jarosław  | Zagórow     |                                | 1970      | M40  | 13.        | M (35.)    |           | 0:31:27 (36.) | <b>0:42:36</b> | 04:16       | 0:42:44        |
| 37.      | 783  | Kołaczkowska | Katarzyna | Potasze     |                                | 1975      | K40  | Gen.       | K (2.)     |           | 0:31:26 (35.) | <b>0:42:40</b> | 04:16       | 0:42:45        |
| 38.      | 731  | Hamera       | Dominik   | Kaźmierz    | SMH Huzar                      | 2003      | M16  | 9.         | M (36.)    |           | 0:30:54 (27.) | <b>0:42:44</b> | 04:16       | 0:42:45        |
| 39.      | 192  | Malicki      | Przemysła | Biskupice   | WSZYTKOOBIEGANIU.PL            | 1975      | M40  | 14.        | M (37.)    |           | 0:31:37 (39.) | <b>0:42:43</b> | 04:16       | 0:42:48        |
| 40.      | 279  | Graf         | Remigiusz | Leszno      | Turbo Run Leszno               | 1969      | M50+ | 1.         | M (38.)    |           | 0:31:27 (37.) | <b>0:42:46</b> | 04:17       | 0:42:51        |
| 41.      | 1065 | Król         | Darek     | Świątniki   | HERNIK TEAM                    | 1967      | M50+ | 2.         | M (39.)    |           | 0:31:52 (42.) | <b>0:42:59</b> | 04:18       | 0:43:01        |
| 42.      | 166  | Nowak        | Grzegorz  | Poznań      | Parkrun Poznań                 | 1989      | M30  | 12.        | M (40.)    | 7.        | 0:31:50 (41.) | <b>0:43:01</b> | 04:18       | 0:43:03        |
| 43.      | 590  | Duszyński    | Dariusz   | Krzykosy    |                                | 1985      | M30  | 13.        | M (41.)    |           | 0:31:59 (44.) | <b>0:43:03</b> | 04:18       | 0:43:07        |
| 44.      | 437  | Franek       | Dawid     | Przemęt     |                                | 1981      | M30  | 14.        | M (42.)    |           | 0:32:10 (48.) | <b>0:43:10</b> | 04:19       | 0:43:14        |
| 45.      | 875  | Helsztajn    | Robert    | Żnin        | Pałuki Runing Team             | 1969      | M50+ | 3.         | M (43.)    |           | 0:31:56 (43.) | <b>0:42:50</b> | 04:19       | 0:43:18        |
| 46.      | 977  | Kaczmarek    | Fryderyk  | Poznań      | Dąbrowski Team                 | 1997      | M16  | 10.        | M (44.)    | 8.        | 0:32:58 (67.) | <b>0:43:25</b> | 04:20       | 0:43:28        |
| 47.      | 687  | Gargasiewicz | Kacper    | Nowa Sól    | Ratownicza Liga Biegowa        | 1998      | M16  | 11.        | M (45.)    |           | 0:32:15 (50.) | <b>0:43:17</b> | 04:20       | 0:43:29        |
| 48.      | 910  | MARZEC       | SŁAWEK    | Gostyń      |                                | 1986      | M30  | 15.        | M (46.)    |           | 0:32:14 (49.) | <b>0:43:28</b> | 04:21       | 0:43:31        |



| Ms<br>op | Nr  | Nazwisko         | Imię       | Miejscowość     | Klub                        | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km         | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|-----|------------------|------------|-----------------|-----------------------------|-----------|------|------------|------------|-----------|---------------|----------------|-------------|----------------|
| 49.      | 259 | Szypkowski       | Marek      | Wałcz           | Dzikie Wiepsze Chwiram      | 1977      | M40  | 15.        | M (47.)    |           | 0:32:03 (46.) | <b>0:43:31</b> | 04:21       | 0:43:35        |
| 50.      | 468 | Michnowicz       | Ewelina    | Krosno          |                             | 1992      | K16  | Gen.       | K (3.)     | 1.        | 0:32:17 (51.) | <b>0:43:35</b> | 04:21       | 0:43:37        |
| 51.      | 535 | Bednarkiewicz    | Patryk     | Poznań          |                             | 1997      | M16  | 12.        | M (48.)    |           | 0:32:27 (55.) | <b>0:43:23</b> | 04:21       | 0:43:37        |
| 52.      | 919 | Korczyk          | Mateusz    | Śródka          | Decora Running Team         | 1988      | M30  | 16.        | M (49.)    |           | 0:32:20 (52.) | <b>0:43:27</b> | 04:22       | 0:43:44        |
| 53.      | 540 | Pokrywka         | Robert     | Poznań          |                             | 2002      | M16  | 13.        | M (50.)    |           | 0:32:21 (53.) | <b>0:43:31</b> | 04:22       | 0:43:47        |
| 54.      | 901 | Chudecki         | Kamil      | Warszawa        | Vege Runners                | 1969      | M50+ | 4.         | M (51.)    | 9.        | 0:32:01 (45.) | <b>0:43:34</b> | 04:24       | 0:44:01        |
| 55.      | 650 | Molenda          | Tomasz     | Zbąszyń         |                             | 1993      | M16  | 14.        | M (52.)    |           | 0:32:34 (57.) | <b>0:43:38</b> | 04:22       | 0:43:43        |
| 56.      | 726 | Di Marino        | Massimo    | Poznań          |                             | 1973      | M40  | 16.        | M (53.)    |           | 0:32:04 (47.) | <b>0:43:41</b> | 04:22       | 0:43:43        |
| 57.      | 810 | Kaltsas          | Maciej     | Poznań          | Yugo Team                   | 1989      | M30  | 17.        | M (54.)    |           | 0:32:38 (59.) | <b>0:43:56</b> | 04:26       | 0:44:26        |
| 58.      | 122 | Kieczur          | Wojciech   | Borówiec        |                             | 1985      | M30  | 18.        | M (55.)    | 10.       | 0:32:51 (62.) | <b>0:43:57</b> | 04:26       | 0:44:24        |
| 59.      | 238 | Szymański        | Damian     | Plewiska        | Dynamo Śmiga                | 2002      | M16  | 15.        | M (56.)    |           | 0:32:29 (56.) | <b>0:43:57</b> | 04:24       | 0:44:03        |
| 60.      | 441 | Pierzyński       | Paweł      | Grodzisk        |                             | 1990      | M16  | 16.        | M (57.)    |           | 0:32:54 (64.) | <b>0:43:59</b> | 04:24       | 0:44:06        |
| 61.      | 489 | Dudziak          | Bartosz    | Stare Oborzyska | Kościan Team                | 1981      | M30  | 19.        | M (58.)    |           | 0:32:42 (60.) | <b>0:44:09</b> | 04:25       | 0:44:13        |
| 62.      | 242 | Świętek          | Wojciech   | Poznań          | gRUNwal team Poznań         | 1963      | M50+ | 5.         | M (59.)    |           | 0:32:43 (61.) | <b>0:44:09</b> | 04:25       | 0:44:11        |
| 63.      | 663 | Korczyk          | Mateusz    | Zalasewo        | Lider Swarzędz              | 1995      | M16  | 17.        | M (60.)    |           | 0:32:34 (58.) | <b>0:44:24</b> | 04:26       | 0:44:29        |
| 64.      | 347 | Tomys            | Jakub      | Siedlec         | Wolsztynski Klub Biegowy    | 1993      | M16  | 18.        | M (61.)    |           | 0:33:03 (70.) | <b>0:44:28</b> | 04:27       | 0:44:39        |
| 65.      | 83  | Frankowski       | Łukasz     | Czapury         |                             | 1982      | M30  | 20.        | M (62.)    |           | 0:33:02 (69.) | <b>0:44:37</b> | 04:29       | 0:44:50        |
| 66.      | 15  | Waszak           | Adrian     | Lubasz          |                             | 1995      | M16  | 19.        | M (63.)    | 11.       | 0:33:12 (73.) | <b>0:44:39</b> | 04:28       | 0:44:42        |
| 67.      | 550 | Błaszkiwicz      | Bogusz     | Lusowo          | Dzikie Bobry/STR Poznan     | 1981      | M30  | 21.        | M (64.)    |           | 0:33:31 (77.) | <b>0:44:40</b> | 04:30       | 0:45:03        |
| 68.      | 330 | Lupa-Marcinowski | Aneta      | Plewiska        |                             | 1976      | K40  | 1.         | K (4.)     |           | 0:32:55 (66.) | <b>0:44:42</b> | 04:28       | 0:44:49        |
| 69.      | 309 | Hedzielski       | Rafał      | Goleńczewo      |                             | 1974      | M40  | 17.        | M (65.)    |           | 0:32:55 (65.) | <b>0:44:44</b> | 04:28       | 0:44:48        |
| 70.      | 233 | Zieliński        | Maksymilia | Luboń           | Luboński Klub Biegacza      | 2000      | M16  | 20.        | M (66.)    |           | 0:32:27 (54.) | <b>0:44:47</b> | 04:31       | 0:45:19        |
| 71.      | 850 | Sroka            | Marcin     | Plewiska        | ST RUNNERS                  | 1978      | M40  | 18.        | M (67.)    |           | 0:33:04 (72.) | <b>0:44:54</b> | 04:30       | 0:45:02        |
| 72.      | 752 | Kaczmarek        | Mikołaj    | Poznań          |                             | 1995      | M16  | 21.        | M (68.)    |           | 0:33:00 (68.) | <b>0:45:04</b> | 04:30       | 0:45:09        |
| 73.      | 417 | Osiewicz         | Przemysła  | Swarzędz        | Run with WNPID UAM Poznań   | 1979      | M40  | 19.        | M (69.)    |           | 0:33:39 (81.) | <b>0:45:05</b> | 04:30       | 0:45:09        |
| 74.      | 273 | Święcicki        | Arkadiusz  | Kiekrz          | Winter Swimming Team Poland | 1978      | M40  | 20.        | M (70.)    |           | 0:33:38 (80.) | <b>0:45:05</b> | 04:30       | 0:45:08        |



| Ms<br>op | Nr   | Nazwisko      | Imię      | Miejscowość   | Klub                     | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|------|---------------|-----------|---------------|--------------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 75.      | 84   | Frankowski    | Andrzej   | Poznań        |                          | 1959      | M50+ | 6.         | M (71.)    |           | 0:33:04 (71.)  | <b>0:45:11</b> | 04:32       | 0:45:24        |
| 76.      | 303  | Ratajczak     | Jacek     | Oborniki Wlkp | Bytkowiak Bytkowo        | 1974      | M40  | 21.        | M (72.)    |           | 0:33:42 (83.)  | <b>0:45:17</b> | 04:32       | 0:45:24        |
| 77.      | 605  | majewski      | maciej    | poznań        | lub wybierz z listy      | 1966      | M50+ | 7.         | M (73.)    |           | 0:33:40 (82.)  | <b>0:45:21</b> | 04:32       | 0:45:26        |
| 78.      | 131  | Sternal       | Sebastian | Grodzisk      | Grodziski Klub Biegacza  | 1976      | M40  | 22.        | M (74.)    |           | 0:33:30 (76.)  | <b>0:45:21</b> | 04:38       | 0:46:25        |
| 79.      | 589  | Nieznalski    | Krzyszof  | Poznań        | Torpol Running Team      | 1989      | M30  | 22.        | M (75.)    |           | 0:33:34 (79.)  | <b>0:45:22</b> | 04:33       | 0:45:31        |
| 80.      | 1066 | Wiśniewska    | Anna      | Poznań        | HERNIK TEAM              | 1982      | K30  | 1.         | K (5.)     |           | 0:33:44 (84.)  | <b>0:45:30</b> | 04:33       | 0:45:33        |
| 81.      | 993  | Musiał        | Kacper    | Pniewy        |                          | 2001      | M16  | 22.        | M (76.)    |           | 0:33:28 (75.)  | <b>0:45:30</b> | 04:35       | 0:45:55        |
| 82.      | 946  | Kłosiński     | Mikołaj   | Poznań        | KłosTeam                 | 1991      | M16  | 23.        | M (77.)    |           | 0:34:06 (89.)  | <b>0:45:31</b> | 04:34       | 0:45:40        |
| 83.      | 401  | Leśniewski    | Majkel    | Rawicz        | MAM WYBIEGANE            | 1991      | M16  | 24.        | M (78.)    |           | 0:34:06 (91.)  | <b>0:45:33</b> | 04:42       | 0:47:00        |
| 84.      | 707  | Paluch        | Łukasz    | Witkowo       |                          | 1984      | M30  | 23.        | M (79.)    | 12.       | 0:33:33 (78.)  | <b>0:45:35</b> | 04:35       | 0:45:50        |
| 85.      | 52   | Piasecki      | Hubert    | Wronki        |                          | 1994      | M16  | 25.        | M (80.)    |           | 0:33:48 (86.)  | <b>0:45:38</b> | 04:34       | 0:45:48        |
| 86.      | 358  | Januć         | Wojciech  | Puszczykowo   | Arka Leśna               | 1990      | M16  | 26.        | M (81.)    |           | 0:34:32 (105.) | <b>0:45:43</b> | 04:35       | 0:45:53        |
| 87.      | 280  | Ślusarek      | Wiktor    | Puszczykowo   | Arka Leśna               | 1991      | M16  | 27.        | M (82.)    |           | 0:34:31 (103.) | <b>0:45:43</b> | 04:35       | 0:45:54        |
| 88.      | 463  | Płonka        | Sławomir  | Skórzewo      |                          | 1974      | M40  | 23.        | M (83.)    |           | 0:33:45 (85.)  | <b>0:45:43</b> | 04:35       | 0:45:56        |
| 89.      | 536  | Weber         | Paweł     | Psarskie      | Rehau Crossactive        | 1973      | M40  | 24.        | M (84.)    |           | 0:33:56 (87.)  | <b>0:45:51</b> | 04:36       | 0:46:04        |
| 90.      | 2    | Dawidowicz    | Tomasz    | Poznań        | TODA Meble               | 1987      | M30  | 24.        | M (85.)    |           | 0:32:52 (63.)  | <b>0:45:55</b> | 04:35       | 0:45:57        |
| 91.      | 723  | Korczyński    | Inez      | Poznań        |                          | 1985      | M30  | 25.        | M (86.)    |           | 0:33:26 (74.)  | <b>0:45:56</b> | 04:36       | 0:46:07        |
| 92.      | 352  | Mazurek       | Paweł     | Bytkowo       | Tri PM                   | 1968      | M50+ | 8.         | M (87.)    |           | 0:34:23 (98.)  | <b>0:45:58</b> | 04:37       | 0:46:12        |
| 93.      | 935  | Wojciechowski | Dariusz   | Krosno        | i-Sport / Krakowiak Team | 1978      | M40  | 25.        | M (88.)    |           | 0:34:17 (96.)  | <b>0:46:01</b> | 04:42       | 0:47:02        |
| 94.      | 785  | Frysiak       | Patryk    | Gniezno       |                          | 1990      | M16  | 28.        | M (89.)    |           | 0:34:06 (90.)  | <b>0:46:04</b> | 04:37       | 0:46:16        |
| 95.      | 812  | Ochotny       | Jerzy     | Gniezno       |                          | 1983      | M30  | 26.        | M (90.)    |           | 0:34:43 (108.) | <b>0:46:09</b> | 04:39       | 0:46:36        |
| 96.      | 399  | Rozmiarok     | Sebastian | Skrzynki      |                          | 1997      | M16  | 29.        | M (91.)    |           | 0:34:27 (100.) | <b>0:46:10</b> | 04:44       | 0:47:25        |
| 97.      | 462  | Niewiarczuk   | Paweł     | Międzyrzecz   |                          | 1995      | M16  | 30.        | M (92.)    |           | 0:34:15 (94.)  | <b>0:46:14</b> | 04:38       | 0:46:22        |
| 98.      | 542  | Jadczak       | Monika    | Krotoszyn     | KROTOSZYŃSKA GRUPA       | 2001      | K16  | 1.         | K (6.)     |           | 0:34:08 (92.)  | <b>0:46:16</b> | 04:38       | 0:46:29        |
| 99.      | 1089 | Piosik        | Robert    | Poznań        |                          | 1993      | M16  | 31.        | M (93.)    |           | 0:34:21 (97.)  | <b>0:46:16</b> | 04:38       | 0:46:26        |
| 100.     | 513  | Godzich       | Iwona     | Września      |                          | 1981      | K30  | 2.         | K (7.)     |           | ()             | <b>0:46:19</b> | 04:51       | 0:48:37        |



| Ms<br>op | Nr   | Nazwisko     | Imię      | Miejscowość  | Klub                 | Rok<br>ur | Kat | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|------|--------------|-----------|--------------|----------------------|-----------|-----|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 101.     | 514  | Godzich      | Radosław  | Września     |                      | 1979      | M40 | 26.        | M (94.)    |           | ()             | <b>0:46:19</b> | 04:51       | 0:48:38        |
| 102.     | 58   | Kłak         | Igor      | Września     |                      | 1984      | M30 | 27.        | M (95.)    |           | ()             | <b>0:46:20</b> | 04:51       | 0:48:39        |
| 103.     | 865  | Macander     | Jakub     | Skierniewice |                      | 1994      | M16 | 32.        | M (96.)    |           | 0:34:00 (88.)  | <b>0:46:20</b> | 04:38       | 0:46:27        |
| 104.     | 57   | Widz-Kłak    | Monika    | Września     |                      | 1985      | K30 | 3.         | K (8.)     |           | ()             | <b>0:46:21</b> | 04:52       | 0:48:40        |
| 105.     | 796  | Wardęga      | Adrian    | Poznań       | i-Sport              | 1986      | M30 | 28.        | M (97.)    |           | 0:35:04 (122.) | <b>0:46:23</b> | 04:41       | 0:46:58        |
| 106.     | 963  | Tadyszak     | Łukasz    | Skórzewo     | ZHR                  | 1991      | M16 | 33.        | M (98.)    |           | 0:34:17 (95.)  | <b>0:46:27</b> | 04:40       | 0:46:42        |
| 107.     | 815  | Szukała      | Dariusz   | Komorniki    | Kibolski KS          | 1980      | M30 | 29.        | M (99.)    |           | 0:34:25 (99.)  | <b>0:46:32</b> | 04:40       | 0:46:47        |
| 108.     | 623  | KUBACKI      | DAMIAN    | Poznań       | PD OPTYK PRACOWNIA   | 1983      | M30 | 30.        | M (100.)   |           | 0:34:38 (107.) | <b>0:46:37</b> | 04:41       | 0:46:51        |
| 109.     | 595  | Szymański    | Piotr     | Kleczew      | Sokół Kleczew        | 1976      | M40 | 27.        | M (101.)   |           | 0:34:31 (101.) | <b>0:46:43</b> | 04:41       | 0:46:58        |
| 110.     | 964  | Borowczyk    | Edward    | Środa        | Decora RunningTeam   | 1979      | M40 | 28.        | M (102.)   |           | 0:35:00 (120.) | <b>0:46:43</b> | 04:42       | 0:47:00        |
| 111.     | 947  | Karalus      | Sebastian | Krosinko     |                      | 1979      | M40 | 29.        | M (103.)   |           | 0:34:31 (104.) | <b>0:46:43</b> | 04:41       | 0:46:50        |
| 112.     | 470  | Śmigielska   | Danuta    | Czerwonak    | Czerwona Biega       | 1996      | K16 | 2.         | K (9.)     |           | 0:34:45 (109.) | <b>0:46:49</b> | 04:41       | 0:46:56        |
| 113.     | 1040 | Jaraszkiwicz | Wojciech  | Kaźmierz     |                      | 1984      | M30 | 31.        | M (104.)   |           | 0:34:33 (106.) | <b>0:46:49</b> | 04:43       | 0:47:12        |
| 114.     | 575  | Bogusławski  | Dominik   | Ostrów Wlkp  |                      | 1975      | M40 | 30.        | M (105.)   |           | 0:34:59 (119.) | <b>0:46:50</b> | 04:42       | 0:47:05        |
| 115.     | 629  | Utecht       | Sławomir  | Janowiec     |                      | 1987      | M30 | 32.        | M (106.)   |           | 0:35:10 (123.) | <b>0:46:57</b> | 04:48       | 0:48:09        |
| 116.     | 825  | Wachowiak    | Rafał     | Kobylin      |                      | 1977      | M40 | 31.        | M (107.)   |           | 0:34:10 (93.)  | <b>0:46:57</b> | 04:42       | 0:47:03        |
| 117.     | 874  | Kubiak       | Michał    | Gostyń       |                      | 1979      | M40 | 32.        | M (108.)   |           | 0:34:50 (112.) | <b>0:46:59</b> | 04:44       | 0:47:21        |
| 118.     | 939  | Szymański    | Krzysztof | Poznań       | TKKF MPK Poznań      | 1980      | M30 | 33.        | M (109.)   |           | 0:34:58 (117.) | <b>0:46:59</b> | 04:42       | 0:47:09        |
| 119.     | 652  | Walkowiak    | Krystian  | Poznań       |                      | 1984      | M30 | 34.        | M (110.)   |           | 0:34:45 (110.) | <b>0:47:01</b> | 04:45       | 0:47:36        |
| 120.     | 505  | Jankowski    | Marek     | Poznań       | LIPTON               | 1982      | M30 | 35.        | M (111.)   |           | 0:34:52 (113.) | <b>0:47:04</b> | 04:44       | 0:47:23        |
| 121.     | 226  | Kwieciński   | Piotr     | Luboń        | Luboń                | 1982      | M30 | 36.        | M (112.)   |           | 0:34:31 (102.) | <b>0:47:05</b> | 04:43       | 0:47:19        |
| 122.     | 30   | Wrąbel       | Tomasz    | Poznań       |                      | 1978      | M40 | 33.        | M (113.)   |           | 0:35:18 (128.) | <b>0:47:09</b> | 04:45       | 0:47:31        |
| 123.     | 23   | Frąckowiak   | Adam      | Poznań       | HERNIK TEAM          | 1978      | M40 | 34.        | M (114.)   |           | 0:34:45 (111.) | <b>0:47:09</b> | 04:43       | 0:47:13        |
| 124.     | 491  | Cichowlas    | Sylwester | Poznań       | Jeżyce Biegają       | 1975      | M40 | 35.        | M (115.)   | 13.       | 0:34:54 (114.) | <b>0:47:14</b> | 04:44       | 0:47:26        |
| 125.     | 435  | Napiontek    | Maria     | Poznań       |                      | 1986      | K30 | 4.         | K (10.)    |           | 0:35:12 (124.) | <b>0:47:17</b> | 04:44       | 0:47:28        |
| 126.     | 82   | Nawrot       | Piotr     | Poznań       | gRUNwald Team Poznań | 1976      | M40 | 36.        | M (116.)   |           | 0:35:28 (134.) | <b>0:47:20</b> | 04:56       | 0:49:25        |





| Ms<br>op | Nr   | Nazwisko     | Imię       | Miejscowość  | Klub                        | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|------|--------------|------------|--------------|-----------------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 127.     | 406  | Jankowiak    | Łukasz     | Poznań       | Pretorium                   | 1975      | M40  | 37.        | M (117.)   |           | 0:34:56 (115.) | <b>0:47:22</b> | 04:45       | 0:47:38        |
| 128.     | 774  | Kujawa       | Damian     | Poznań       |                             | 1986      | M30  | 37.        | M (118.)   |           | 0:35:27 (133.) | <b>0:47:29</b> | 04:54       | 0:49:06        |
| 129.     | 95   | Skrzypczak   | Jędrzej    | Poznań       |                             | 1979      | M40  | 38.        | M (119.)   |           | 0:35:47 (143.) | <b>0:47:32</b> | 04:48       | 0:48:05        |
| 130.     | 76   | Pyłczewska   | Renata     | Kościan      | gRUNwald Team Poznań        | 1964      | K50+ | 1.         | K (11.)    |           | ()             | <b>0:47:37</b> | 04:50       | 0:48:28        |
| 131.     | 121  | Wróbel       | Tomasz     | Szreniawa    | Komorniki MTB Team          | 1979      | M40  | 39.        | M (120.)   |           | 0:34:57 (116.) | <b>0:47:38</b> | 04:51       | 0:48:34        |
| 132.     | 1010 | Przybyła     | Marcin     | Szreniawa    | Komorniki MTB Team          | 1974      | M40  | 40.        | M (121.)   |           | 0:34:58 (118.) | <b>0:47:38</b> | 04:51       | 0:48:34        |
| 133.     | 612  | Nędza        | Rafał      | Kościan      | werner kenekel sportteam    | 1973      | M40  | 41.        | M (122.)   |           | 0:35:55 (152.) | <b>0:47:43</b> | 05:03       | 0:50:34        |
| 134.     | 703  | Baturo       | Artur      | Potasze      | FTI Racing Team             | 1968      | M50+ | 9.         | M (123.)   |           | 0:35:48 (144.) | <b>0:47:43</b> | 04:48       | 0:48:00        |
| 135.     | 511  | Rochowski    | Piotr      | Stalowa Wola | Stalowowolski Klub Biegacza | 1962      | M50+ | 10.        | M (124.)   |           | 0:35:20 (130.) | <b>0:47:47</b> | 04:49       | 0:48:12        |
| 136.     | 143  | Kasprzak     | Adam       | Pudliszki    | Biegaj z pasją              | 1990      | M16  | 34.        | M (125.)   |           | 0:36:05 (158.) | <b>0:47:50</b> | 04:56       | 0:49:27        |
| 137.     | 236  | Czub         | Łukasz     | KOMORNIKI    |                             | 1978      | M40  | 42.        | M (126.)   |           | 0:35:19 (129.) | <b>0:47:51</b> | 04:47       | 0:47:57        |
| 138.     | 1044 | Manuszak     | Przemo     | Kleczew      | Sokół Kleczew               | 1983      | M30  | 38.        | M (127.)   |           | 0:35:16 (127.) | <b>0:47:52</b> | 04:48       | 0:48:00        |
| 139.     | 203  | Kryczek      | Piotr      | Warszawa     |                             | 1963      | M50+ | 11.        | M (128.)   |           | 0:35:50 (145.) | <b>0:47:54</b> | 04:56       | 0:49:27        |
| 140.     | 494  | Misiorny     | Michał     | Wielichowo   |                             | 1995      | M16  | 35.        | M (129.)   |           | 0:36:09 (161.) | <b>0:47:57</b> | 04:54       | 0:49:02        |
| 141.     | 583  | Mika         | Józef      | Poznań       | Politechnika Poznańska      | 1960      | M50+ | 12.        | M (130.)   | 14.       | 0:35:20 (131.) | <b>0:48:00</b> | 04:48       | 0:48:08        |
| 142.     | 1102 | Kowalski     | Filip      | Mielżyn      |                             | 1996      | M16  | 36.        | M (131.)   |           | 0:35:24 (132.) | <b>0:48:01</b> | 04:51       | 0:48:37        |
| 143.     | 675  | Kaczmarek    | Maciej     | Baranowo     | POLEOHEL                    | 1985      | M30  | 39.        | M (132.)   |           | 0:35:31 (135.) | <b>0:48:02</b> | 04:49       | 0:48:11        |
| 144.     | 626  | Rzeszewski   | Tomasz     | Poznań       |                             | 1987      | M30  | 40.        | M (133.)   |           | 0:35:54 (150.) | <b>0:48:03</b> | 04:51       | 0:48:32        |
| 145.     | 622  | Rażna        | Kinga      | Koźmin       |                             | 1992      | K16  | 3.         | K (12.)    |           | 0:35:14 (125.) | <b>0:48:03</b> | 04:49       | 0:48:12        |
| 146.     | 694  | Ćwik         | Bartosz    | Konin        |                             | 1985      | M30  | 41.        | M (134.)   |           | 0:36:21 (173.) | <b>0:48:06</b> | 04:52       | 0:48:41        |
| 147.     | 40   | Przymusiński | Bartłomiej | Jarocin      |                             | 1976      | M40  | 43.        | M (135.)   |           | 0:35:42 (140.) | <b>0:48:06</b> | 04:57       | 0:49:32        |
| 148.     | 646  | Gajęcka      | Marta      | Radom        | Street Run Radom            | 1991      | K16  | 4.         | K (13.)    |           | 0:36:00 (156.) | <b>0:48:09</b> | 04:51       | 0:48:30        |
| 149.     | 700  | Paczkowska   | Katarzyna  | Kiekrz       |                             | 1983      | K30  | 5.         | K (14.)    |           | 0:35:37 (138.) | <b>0:48:10</b> | 04:49       | 0:48:18        |
| 150.     | 449  | Napiontek    | Wojciech   | Poznań       |                             | 1994      | M16  | 37.        | M (136.)   |           | 0:35:15 (126.) | <b>0:48:12</b> | 04:50       | 0:48:23        |
| 151.     | 787  | Płaczkiewicz | Robert     | Bydgoszcz    | KS Polonia Bydgoszcz        | 1980      | M30  | 42.        | M (137.)   |           | 0:35:35 (137.) | <b>0:48:15</b> | 04:50       | 0:48:23        |
| 152.     | 839  | Szymoniak    | Artur      | Poznań       |                             | 1982      | M30  | 43.        | M (138.)   |           | 0:35:34 (136.) | <b>0:48:20</b> | 04:52       | 0:48:43        |



| Ms<br>op | Nr  | Nazwisko     | Imię       | Miejscowość | Klub                             | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|-----|--------------|------------|-------------|----------------------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 153.     | 118 | Grajek       | Marek      | Mogilno     | Adidas Runners Warsaw            | 1987      | M30  | 44.        | M (139.)   |           | 0:35:44 (142.) | <b>0:48:22</b> | 06:24       | 1:04:02        |
| 154.     | 958 | Kruszona     | Daniel     | Obrzycko    | Armia Krajowa                    | 1982      | M30  | 45.        | M (140.)   |           | 0:35:44 (141.) | <b>0:48:22</b> | 04:52       | 0:48:43        |
| 155.     | 336 | Marcinkowski | Andrzej    | Poznań      |                                  | 1972      | M40  | 44.        | M (141.)   |           | 0:36:07 (159.) | <b>0:48:23</b> | 04:59       | 0:49:57        |
| 156.     | 318 | Rzepka       | Rafał      | Zakrzewice  |                                  | 1989      | M30  | 46.        | M (142.)   |           | 0:35:52 (148.) | <b>0:48:25</b> | 05:00       | 0:50:03        |
| 157.     | 126 | Tomczak      | Dariusz    | Gostyń      | Hell's gym OCR Pępowo            | 1988      | M30  | 47.        | M (143.)   |           | 0:36:25 (176.) | <b>0:48:29</b> | 04:53       | 0:48:53        |
| 158.     | 900 | Stuła        | Rafał      | Nowa Sól    |                                  | 1991      | M16  | 38.        | M (144.)   |           | 0:35:02 (121.) | <b>0:48:31</b> | 04:51       | 0:48:34        |
| 159.     | 800 | Szcześniak   | Tomasz     | Gniezno     |                                  | 1978      | M40  | 45.        | M (145.)   |           | 0:36:19 (170.) | <b>0:48:32</b> | 04:53       | 0:48:58        |
| 160.     | 184 | Leporowska   | Anna       | Środa       |                                  | 1976      | K40  | 2.         | K (15.)    |           | 0:35:51 (146.) | <b>0:48:37</b> | 04:52       | 0:48:44        |
| 161.     | 634 | Tokarski     | Karol      | Poznań      |                                  | 1979      | M40  | 46.        | M (146.)   |           | 0:36:01 (157.) | <b>0:48:39</b> | 04:55       | 0:49:14        |
| 162.     | 541 | Jadczak      | Piotr      | Krotoszyn   | KROTOSZYŃSKA GRUPA               | 1970      | M40  | 47.        | M (147.)   |           | 0:35:53 (149.) | <b>0:48:39</b> | 04:53       | 0:48:51        |
| 163.     | 51  | Mańkowski    | Andrzej    | Pobiedziska |                                  | 1965      | M50+ | 13.        | M (148.)   |           | 0:36:00 (155.) | <b>0:48:40</b> | 04:52       | 0:48:46        |
| 164.     | 1   | Malinowski   | Aleksander | Poznań      | Malinowscy Team                  | 1979      | M40  | 48.        | M (149.)   |           | 0:35:38 (139.) | <b>0:48:42</b> | 04:53       | 0:48:57        |
| 165.     | 618 | Geisler      | Marek      | Poznań      |                                  | 1959      | M50+ | 14.        | M (150.)   | 15.       | 0:36:19 (169.) | <b>0:48:43</b> | 04:55       | 0:49:16        |
| 166.     | 159 | Szymański    | Marek      | Gostyń      | Hells gym OCR Pępowo             | 1989      | M30  | 48.        | M (151.)   |           | 0:36:33 (183.) | <b>0:48:44</b> | 04:53       | 0:48:53        |
| 167.     | 367 | Piszczelak   | Mateusz    | Gostyń      | Netbox Biega                     | 1997      | M16  | 39.        | M (152.)   |           | 0:36:33 (182.) | <b>0:48:46</b> | 04:53       | 0:48:56        |
| 168.     | 348 | Matysiak     | Karol      | Poznań      | OSH / Mocarze Radości            | 1974      | M40  | 49.        | M (153.)   |           | 0:36:22 (174.) | <b>0:48:47</b> | 04:55       | 0:49:16        |
| 169.     | 405 | SZYMKOWIAK   | Mariusz    | Wronki      |                                  | 1969      | M50+ | 15.        | M (154.)   | 16.       | 0:36:31 (180.) | <b>0:48:47</b> | 04:54       | 0:49:04        |
| 170.     | 601 | Wasiakowski  | Norbert    | Pobiedziska | Orange Polska                    | 1974      | M40  | 50.        | M (155.)   |           | 0:36:12 (164.) | <b>0:48:48</b> | 05:03       | 0:50:31        |
| 171.     | 49  | Gucki        | Adam       | Chyby       | Maratończyk Poznań               | 1981      | M30  | 49.        | M (156.)   |           | 0:36:45 (193.) | <b>0:48:49</b> | 04:55       | 0:49:15        |
| 172.     | 770 | Ratajczak    | Beata      | Bolechowo   | Niezrzeszony                     | 1977      | K40  | 3.         | K (16.)    |           | 0:36:10 (162.) | <b>0:48:50</b> | 04:55       | 0:49:17        |
| 173.     | 546 | Gruszka      | Kamila     | Niepołomice | Niepołomice Biegają              | 1976      | K40  | 4.         | K (17.)    |           | 0:35:55 (151.) | <b>0:48:52</b> | 04:53       | 0:48:58        |
| 174.     | 594 | Kuczyński    | Piotr      | Poznań      |                                  | 1956      | M50+ | 16.        | M (157.)   |           | 0:35:59 (154.) | <b>0:48:52</b> | 04:54       | 0:49:04        |
| 175.     | 789 | SCHLEGEL     | MICHAŁ     | Poznań      | TreningSportowy.pl / Maratończyk | 1991      | M16  | 40.        | M (158.)   |           | 0:36:45 (194.) | <b>0:48:54</b> | 04:55       | 0:49:18        |
| 176.     | 490 | Jańczak      | Aleksandra | Zbąszyń     | Tkfk Łabędź Zbąszyń              | 1997      | K16  | 5.         | K (18.)    | 2.        | 0:36:33 (184.) | <b>0:48:56</b> | 04:54       | 0:49:08        |
| 177.     | 821 | Łęszczak     | Jarosław   | Gaj Wielki  |                                  | 1984      | M30  | 50.        | M (159.)   |           | 0:35:57 (153.) | <b>0:49:03</b> | 05:00       | 0:50:05        |
| 178.     | 79  | Ludwiczak    | Mariusz    | Poznań      | #Wkurw_Team                      | 1971      | M40  | 51.        | M (160.)   |           | 0:36:08 (160.) | <b>0:49:05</b> | 04:56       | 0:49:26        |



| Ms<br>op | Nr   | Nazwisko    | Imię       | Miejscowość | Klub                            | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|------|-------------|------------|-------------|---------------------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 179.     | 836  | GŁADYSZAK   | WOJCIEC    | POZNAŃ      | OSP Poznań-Krzesiny             | 1996      | M16  | 41.        | M (161.)   | 17.       | 0:36:11 (163.) | <b>0:49:06</b> | 04:56       | 0:49:26        |
| 180.     | 885  | Zielonka    | Witold     | Poznań      | Tup Tup Poznań                  | 1978      | M40  | 52.        | M (162.)   |           | 0:36:15 (166.) | <b>0:49:09</b> | 04:56       | 0:49:21        |
| 181.     | 678  | Swietlik    | Bartłomiej | Srem        |                                 | 1974      | M40  | 53.        | M (163.)   |           | 0:35:52 (147.) | <b>0:49:10</b> | 05:04       | 0:50:44        |
| 182.     | 431  | Kempski     | Michał     | Poznań      |                                 | 1997      | M16  | 42.        | M (164.)   |           | 0:36:25 (175.) | <b>0:49:12</b> | 04:57       | 0:49:30        |
| 183.     | 592  | Ceitel      | Maciej     | Poznań      | Kiekrz Runners                  | 1976      | M40  | 54.        | M (165.)   |           | 0:36:31 (179.) | <b>0:49:18</b> | 04:56       | 0:49:26        |
| 184.     | 90   | Paschke     | Adam       | Lwówek      |                                 | 1992      | M16  | 43.        | M (166.)   |           | 0:36:53 (198.) | <b>0:49:19</b> | 05:03       | 0:50:33        |
| 185.     | 798  | Woźniak     | Dariusz    | Gniezno     |                                 | 1981      | M30  | 51.        | M (167.)   |           | 0:36:36 (189.) | <b>0:49:19</b> | 04:58       | 0:49:46        |
| 186.     | 346  | Pindera     | Tadeusz    | Poznań      |                                 | 1981      | M30  | 52.        | M (168.)   |           | 0:36:50 (196.) | <b>0:49:21</b> | 05:03       | 0:50:30        |
| 187.     | 570  | Dudek       | Rafał      | Czapury     | POLSKA                          | 1971      | M40  | 55.        | M (169.)   |           | 0:36:49 (195.) | <b>0:49:21</b> | 04:58       | 0:49:42        |
| 188.     | 712  | Sobczyk     | Mirosław   | Jarocin     |                                 | 1984      | M30  | 53.        | M (170.)   |           | 0:36:15 (167.) | <b>0:49:21</b> | 04:56       | 0:49:29        |
| 189.     | 471  | Występski   | Janusz     | Gniezno     | # DRUŻYNA SZPIKU                | 1972      | M40  | 56.        | M (171.)   |           | 0:36:36 (187.) | <b>0:49:21</b> | 05:04       | 0:50:41        |
| 190.     | 557  | Kapciński   | Piotr      | Poznań      | OLB                             | 1984      | M30  | 54.        | M (172.)   |           | 0:36:39 (190.) | <b>0:49:21</b> | 04:57       | 0:49:35        |
| 191.     | 1082 | Ogórkiewicz | Maciej     | Poznań      |                                 | 1976      | M40  | 57.        | M (173.)   |           | 0:36:51 (197.) | <b>0:49:23</b> | 04:57       | 0:49:39        |
| 192.     | 284  | Pertek      | Maciej     | Czarnków    | FCBP                            | 1984      | M30  | 55.        | M (174.)   |           | 0:36:27 (177.) | <b>0:49:28</b> | 04:58       | 0:49:41        |
| 193.     | 976  | Konarski    | Tomasz     | Suchy Las   |                                 | 1990      | M16  | 44.        | M (175.)   |           | 0:36:34 (185.) | <b>0:49:28</b> | 04:58       | 0:49:44        |
| 194.     | 1037 | Stawiński   | Piotr      | Poznań      | Pro Patria                      | 1966      | M50+ | 17.        | M (176.)   |           | 0:36:29 (178.) | <b>0:49:31</b> | 04:59       | 0:49:54        |
| 195.     | 450  | Szczepaniak | Paweł      | Skwierzyna  |                                 | 1982      | M30  | 56.        | M (177.)   |           | 0:36:19 (171.) | <b>0:49:32</b> | 04:59       | 0:49:57        |
| 196.     | 188  | Nowicki     | Cezary     | Poznań      | Niemaleko                       | 1976      | M40  | 58.        | M (178.)   |           | 0:36:31 (181.) | <b>0:49:34</b> | 05:06       | 0:51:02        |
| 197.     | 932  | Modzelewski | Piotr      | Tarnowo     | BIEG LWA / TARNOWO              | 1969      | M50+ | 18.        | M (179.)   |           | 0:37:05 (207.) | <b>0:49:35</b> | 04:59       | 0:49:58        |
| 198.     | 451  | Szczepaniak | Tomasz     | Skwierzyna  |                                 | 1989      | M30  | 57.        | M (180.)   |           | 0:36:20 (172.) | <b>0:49:36</b> | 05:00       | 0:50:00        |
| 199.     | 533  | Kaletka     | Dariusz    | Trzcianka   | Mg RUNNING TEAM                 | 1960      | M50+ | 19.        | M (181.)   |           | 0:36:36 (188.) | <b>0:49:38</b> | 05:04       | 0:50:49        |
| 200.     | 704  | Zieliński   | Krzysztof  | Wronki      | Wroniecki Klub Biegacza         | 1963      | M50+ | 20.        | M (182.)   |           | 0:36:13 (165.) | <b>0:49:40</b> | 04:59       | 0:49:57        |
| 201.     | 562  | Wygralak    | Piotr      | Poznań      | # DRUŻYNA SZPIKU                | 1986      | M30  | 58.        | M (183.)   |           | 0:36:35 (186.) | <b>0:49:40</b> | 04:58       | 0:49:45        |
| 202.     | 960  | Nowicki     | Adam       | Dąbrówka    |                                 | 1978      | M40  | 59.        | M (184.)   |           | 0:36:42 (192.) | <b>0:49:40</b> | 05:00       | 0:50:02        |
| 203.     | 466  | Wojtas      | Filip      | Trzcianka   | Stowarzyszenie Pro Body Fitness | 1999      | M16  | 45.        | M (185.)   | 18.       | 0:36:17 (168.) | <b>0:49:41</b> | 04:58       | 0:49:43        |
| 204.     | 234  | Torzecki    | Jarosław   | Krotoszyn   | KROTOSZYŃSKA GRUPA              | 1985      | M30  | 59.        | M (186.)   | 19.       | 0:37:00 (203.) | <b>0:49:44</b> | 05:00       | 0:50:03        |





| Ms<br>op | Nr   | Nazwisko       | Imię      | Miejscowość       | Klub                         | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|------|----------------|-----------|-------------------|------------------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 205.     | 1001 | Szygenda       | Jarosław  | Poznań            | Maratończyk Poznań           | 1972      | M40  | 60.        | M (187.)   |           | 0:36:58 (201.) | <b>0:49:48</b> | 05:00       | 0:50:09        |
| 206.     | 395  | Jankowiak      | Łukasz    | Poznań            |                              | 1989      | M30  | 60.        | M (188.)   |           | 0:36:59 (202.) | <b>0:49:50</b> | 05:07       | 0:51:17        |
| 207.     | 10   | Kowalczyk      | Dariusz   | Luboń             | Lucky LUZers                 | 1974      | M40  | 61.        | M (189.)   |           | 0:36:57 (200.) | <b>0:49:51</b> | 05:07       | 0:51:12        |
| 208.     | 172  | Przybyła       | Łukasz    | Robakowo          | Fyrtel Pólnoc/Kibole w biegu | 1995      | M16  | 46.        | M (190.)   |           | 0:36:42 (191.) | <b>0:49:52</b> | 05:00       | 0:50:03        |
| 209.     | 744  | Owczarek       | Jakub     | Kępno             |                              | 1995      | M16  | 47.        | M (191.)   |           | 0:37:04 (206.) | <b>0:49:53</b> | 05:05       | 0:50:58        |
| 210.     | 739  | Wydra          | Mikołaj   | Poznań            |                              | 1988      | M30  | 61.        | M (192.)   |           | 0:37:02 (204.) | <b>0:49:58</b> | 05:00       | 0:50:07        |
| 211.     | 419  | Cichy          | Michał    | Paczkowo          |                              | 1997      | M16  | 48.        | M (193.)   |           | 0:37:17 (213.) | <b>0:49:59</b> | 05:01       | 0:50:11        |
| 212.     | 799  | Żaczek         | Jan       | Poznań            |                              | 1958      | M50+ | 21.        | M (194.)   | 20.       | 0:37:31 (228.) | <b>0:50:02</b> | 05:00       | 0:50:09        |
| 213.     | 332  | Kaźmierczak    | Marcin    | Poznań            | Oldschool Hooligans w biegu  | 1976      | M40  | 62.        | M (195.)   |           | 0:37:22 (217.) | <b>0:50:03</b> | 05:03       | 0:50:38        |
| 214.     | 934  | Ciesielczyk    | Marek     | Poznań            | TKKF MPK POZANAŃ             | 1969      | M50+ | 22.        | M (196.)   |           | 0:36:55 (199.) | <b>0:50:03</b> | 05:02       | 0:50:23        |
| 215.     | 1005 | Królak-Dublaga | Dorota    | Poznań            | #biegiwkp                    | 1990      | K16  | 6.         | K (19.)    |           | 0:37:04 (205.) | <b>0:50:04</b> | 05:02       | 0:50:22        |
| 216.     | 610  | Łukasik        | Paweł     | Grodzisk          |                              | 1983      | M30  | 62.        | M (197.)   |           | 0:37:33 (232.) | <b>0:50:05</b> | 05:07       | 0:51:19        |
| 217.     | 539  | Kolendo        | Arkadiusz | Ryczywół          | ROGOZIŃSKI KLUB BIEGACZA     | 1979      | M40  | 63.        | M (198.)   | 21.       | 0:37:36 (236.) | <b>0:50:08</b> | 05:08       | 0:51:26        |
| 218.     | 412  | Wacławek       | Przemysła | Poznań            | Alkorunners                  | 1977      | M40  | 64.        | M (199.)   |           | 0:37:32 (230.) | <b>0:50:08</b> | 05:08       | 0:51:29        |
| 219.     | 1048 | Rostecki       | Tomasz    | ZŁOTNIKI          |                              | 1968      | M50+ | 23.        | M (200.)   |           | 0:37:21 (216.) | <b>0:50:12</b> | 05:11       | 0:51:59        |
| 220.     | 411  | Wieczorek      | Piotr     | Plewiska          | Alkorunners                  | 1979      | M40  | 65.        | M (201.)   |           | 0:37:32 (229.) | <b>0:50:13</b> | 05:09       | 0:51:33        |
| 221.     | 571  | Nowak          | Józef     | Czerlejńko        | Jeżyce Biegają               | 1969      | M50+ | 24.        | M (202.)   |           | 0:37:27 (225.) | <b>0:50:16</b> | 05:08       | 0:51:22        |
| 222.     | 420  | Strzódka       | Jędrzej   | Poznań            | ADAC po godzinach            | 1985      | M30  | 63.        | M (203.)   |           | 0:37:16 (211.) | <b>0:50:21</b> | 05:04       | 0:50:44        |
| 223.     | 914  | Tomczak        | Łukasz    | Kaźmierz          |                              | 1977      | M40  | 66.        | M (204.)   |           | 0:37:17 (212.) | <b>0:50:22</b> | 05:04       | 0:50:45        |
| 224.     | 372  | Rybarczyk      | Dariusz   | Poznań            |                              | 1962      | M50+ | 25.        | M (205.)   |           | 0:37:27 (224.) | <b>0:50:22</b> | 05:04       | 0:50:47        |
| 225.     | 102  | Skrzypczak     | Krzysztof | Poznań            |                              | 1982      | M30  | 64.        | M (206.)   |           | 0:37:07 (208.) | <b>0:50:22</b> | 05:08       | 0:51:20        |
| 226.     | 991  | Henclewska     | Dagmara   | Poznań            |                              | 1988      | K30  | 6.         | K (20.)    |           | 0:37:44 (244.) | <b>0:50:23</b> | 05:04       | 0:50:41        |
| 227.     | 443  | Wesołek        | Jakub     | Manieczki         | Runners power                | 2003      | M16  | 49.        | M (207.)   |           | 0:37:35 (235.) | <b>0:50:25</b> | 05:05       | 0:50:54        |
| 228.     | 1068 | Łątkowski      | Szymon    | Mrocza            |                              | 1985      | M30  | 65.        | M (208.)   |           | 0:37:35 (234.) | <b>0:50:27</b> | 05:14       | 0:52:28        |
| 229.     | 275  | Rzepka         | Lucjan    | Siekierki Wielkie | ROMA VICTRIX                 | 1970      | M40  | 67.        | M (209.)   |           | 0:37:18 (214.) | <b>0:50:28</b> | 05:04       | 0:50:44        |
| 230.     | 674  | Stachowiak     | Kamil     | Poznań            | brak klubu                   | 1984      | M30  | 66.        | M (210.)   |           | 0:37:34 (233.) | <b>0:50:28</b> | 05:08       | 0:51:21        |



| Ms<br>op | Nr  | Nazwisko         | Imię       | Miejscowość  | Klub                   | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|-----|------------------|------------|--------------|------------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 231.     | 911 | Chmielewski      | Antoni     | Poznań       | Decora Running Team    | 1984      | M30  | 67.        | M (211.)   |           | 0:37:16 (210.) | <b>0:50:28</b> | 05:03       | 0:50:32        |
| 232.     | 749 | Giernas          | Aleksander | Łubnica      |                        | 1995      | M16  | 50.        | M (212.)   |           | 0:37:32 (231.) | <b>0:50:29</b> | 05:09       | 0:51:34        |
| 233.     | 572 | SZYMANSKI        | DARIUSZ    | Kleczew      | Sokół Kleczew          | 1967      | M50+ | 26.        | M (213.)   |           | 0:37:27 (226.) | <b>0:50:30</b> | 05:04       | 0:50:45        |
| 234.     | 899 | Leśniewski       | Grzegorz   | Koło         |                        | 1966      | M50+ | 27.        | M (214.)   |           | 0:37:29 (227.) | <b>0:50:31</b> | 05:04       | 0:50:43        |
| 235.     | 969 | Lepczak          | Robert     | Środa        | Decora RunningTeam     | 1993      | M16  | 51.        | M (215.)   |           | 0:37:44 (245.) | <b>0:50:32</b> | 05:05       | 0:50:51        |
| 236.     | 657 | Pucek            | Grzegorz   | Szamotoły    |                        | 1995      | M16  | 52.        | M (216.)   | 22.       | 0:37:19 (215.) | <b>0:50:36</b> | 05:05       | 0:50:59        |
| 237.     | 60  | Matuszewski      | Mateusz    | Poznań       |                        | 1980      | M30  | 68.        | M (217.)   | 23.       | 0:37:40 (239.) | <b>0:50:36</b> | 05:05       | 0:50:53        |
| 238.     | 256 | Krzemień         | Krzysztof  | Poznań       | Run Flint Run          | 1980      | M30  | 69.        | M (218.)   |           | 0:38:19 (268.) | <b>0:50:36</b> | 05:11       | 0:51:58        |
| 239.     | 278 | Cieślewicz-Galas | Katarzyna  | Poznań       | HERNIK TEAM            | 1979      | K40  | 5.         | K (21.)    |           | 0:37:24 (219.) | <b>0:50:37</b> | 05:05       | 0:50:50        |
| 240.     | 214 | Rogoziński       | Olaf       | Poznań       |                        | 1980      | M30  | 70.        | M (219.)   |           | 0:37:15 (209.) | <b>0:50:37</b> | 05:05       | 0:50:51        |
| 241.     | 923 | Majchrzycki      | Sławomir   | Kijewo/Środa | TKKF MPK Poznań        | 1983      | M30  | 71.        | M (220.)   |           | 0:37:46 (246.) | <b>0:50:37</b> | 05:12       | 0:52:05        |
| 242.     | 176 | Janowski         | Andrzej    | Plewiska     | ST RUNNERS             | 1982      | M30  | 72.        | M (221.)   |           | 0:37:25 (220.) | <b>0:50:38</b> | 05:04       | 0:50:47        |
| 243.     | 360 | Szczęśny         | Kuba       | Buk          |                        | 1995      | M16  | 53.        | M (222.)   |           | 0:37:40 (240.) | <b>0:50:39</b> | 05:06       | 0:51:07        |
| 244.     | 989 | Kozłowski        | Dariusz    | Luboń        |                        | 1968      | M50+ | 28.        | M (223.)   |           | 0:37:26 (223.) | <b>0:50:39</b> | 05:04       | 0:50:48        |
| 245.     | 552 | Osmański         | Damian     | Poznań       | Jeżyce Biegają         | 1978      | M40  | 68.        | M (224.)   |           | 0:37:42 (241.) | <b>0:50:41</b> | 05:10       | 0:51:47        |
| 246.     | 942 | Ochowiak         | Maciej     | Środa wlkp.  |                        | 1982      | M30  | 73.        | M (225.)   |           | 0:37:49 (250.) | <b>0:50:43</b> | 05:05       | 0:50:58        |
| 247.     | 553 | Bernat           | Jarek      | Poznań       | Jeżyce Biegają         | 1985      | M30  | 74.        | M (226.)   |           | 0:37:42 (243.) | <b>0:50:45</b> | 05:11       | 0:51:50        |
| 248.     | 207 | Fornalik         | Łukasz     | Tulce        | Poznań Race Team       | 1978      | M40  | 69.        | M (227.)   |           | 0:37:59 (257.) | <b>0:50:45</b> | 05:16       | 0:52:43        |
| 249.     | 755 | Sawada           | Rafał      | Oborniki     |                        | 1976      | M40  | 70.        | M (228.)   |           | 0:37:40 (238.) | <b>0:50:45</b> | 05:07       | 0:51:13        |
| 250.     | 670 | Czyżykowski      | Grzegorz   | Dąbrówka     |                        | 1984      | M30  | 75.        | M (229.)   |           | 0:37:55 (254.) | <b>0:50:50</b> | 05:11       | 0:51:50        |
| 251.     | 282 | Paluta           | Maciej     | Poznań       |                        | 1978      | M40  | 71.        | M (230.)   |           | 0:37:52 (252.) | <b>0:50:51</b> | 05:12       | 0:52:00        |
| 252.     | 936 | Szefer           | Krzysztof  | Mosina       | 1981 Mosina            | 1981      | M30  | 76.        | M (231.)   |           | 0:37:38 (237.) | <b>0:50:51</b> | 05:05       | 0:50:57        |
| 253.     | 828 | Danielewicz      | Daria      | Gniewkowo    |                        | 1998      | K16  | 7.         | K (22.)    | 3.        | 0:37:23 (218.) | <b>0:50:56</b> | 05:10       | 0:51:45        |
| 254.     | 948 | Moskal           | Izabella   | Poznań       | TKKF MPK Poznań        | 1973      | K40  | 6.         | K (23.)    |           | 0:37:42 (242.) | <b>0:51:00</b> | 05:06       | 0:51:07        |
| 255.     | 92  | Zgoliński        | Marcin     | Września     |                        | 1980      | M30  | 77.        | M (232.)   |           | 0:38:26 (272.) | <b>0:51:02</b> | 05:14       | 0:52:25        |
| 256.     | 106 | Wiatr            | Dariusz    | Września     | Night Runners Września | 1972      | M40  | 72.        | M (233.)   |           | 0:38:28 (274.) | <b>0:51:03</b> | 05:14       | 0:52:26        |



| Ms<br>op | Nr   | Nazwisko    | Imię      | Miejscowość | Klub                          | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|------|-------------|-----------|-------------|-------------------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 257.     | 689  | Ratajczak   | Rajmund   | Poznań      |                               | 1962      | M50+ | 29.        | M (234.)   |           | 0:37:26 (222.) | <b>0:51:06</b> | 05:07       | 0:51:17        |
| 258.     | 356  | HAWRYLISZYN | JAN       | Łozina      |                               | 1983      | M30  | 78.        | M (235.)   |           | 0:37:56 (255.) | <b>0:51:06</b> | 05:07       | 0:51:14        |
| 259.     | 357  | GRUSZKA     | ANNA      | Plewiska    |                               | 1974      | K40  | 7.         | K (24.)    |           | 0:37:57 (256.) | <b>0:51:06</b> | 05:07       | 0:51:14        |
| 260.     | 725  | Czajkowski  | Stefan    | Oborniki    | W imię zasad                  | 1997      | M16  | 54.        | M (236.)   |           | 0:38:28 (273.) | <b>0:51:08</b> | 05:11       | 0:51:59        |
| 261.     | 18   | Mucha       | Beata     | Poznań      |                               | 1973      | K40  | 8.         | K (25.)    |           | 0:37:54 (253.) | <b>0:51:10</b> | 05:14       | 0:52:26        |
| 262.     | 263  | Dworaczyk   | Adam      | Poznań      |                               | 1977      | M40  | 73.        | M (237.)   |           | 0:37:51 (251.) | <b>0:51:11</b> | 05:07       | 0:51:18        |
| 263.     | 921  | Baranowski  | Filip     | Poznań      |                               | 1976      | M40  | 74.        | M (238.)   |           | 0:38:00 (259.) | <b>0:51:14</b> | 05:11       | 0:51:51        |
| 264.     | 609  | Szymańska   | Anna      | Kostrzyn    |                               | 1977      | K40  | 9.         | K (26.)    |           | 0:37:59 (258.) | <b>0:51:21</b> | 05:11       | 0:51:58        |
| 265.     | 659  | Łykowski    | Paweł     | Kostrzyn    | MJDOP                         | 1983      | M30  | 79.        | M (239.)   | 24.       | 0:38:36 (279.) | <b>0:51:21</b> | 05:16       | 0:52:44        |
| 266.     | 1100 | Majewski    | Wiesław   | Komorniki   |                               | 1973      | M40  | 75.        | M (240.)   |           | 0:38:31 (275.) | <b>0:51:23</b> | 05:16       | 0:52:49        |
| 267.     | 656  | Borkowski   | Jerzy     | Radom       | Biegiem Radom!                | 1951      | M50+ | 30.        | M (241.)   |           | 0:37:47 (247.) | <b>0:51:30</b> | 05:11       | 0:51:54        |
| 268.     | 647  | Borkowski   | Sebastian | Radom       | Street Run Radom              | 1983      | M30  | 80.        | M (242.)   |           | 0:37:47 (248.) | <b>0:51:31</b> | 05:11       | 0:51:54        |
| 269.     | 721  | Korczyński  | Dawid     | Poznań      |                               | 1983      | M30  | 81.        | M (243.)   |           | ()             | <b>0:51:32</b> | 05:10       | 0:51:46        |
| 270.     | 160  | Frański     | Łukasz    | Nowy Tomyśl | NKB CHYŻY Nowy Tomyśl         | 1976      | M40  | 76.        | M (244.)   |           | 0:38:46 (285.) | <b>0:51:32</b> | 05:23       | 0:53:57        |
| 271.     | 257  | Wieczorek   | Jarosław  | Trzcianka   | Mg RUNNING TEAM               | 1976      | M40  | 77.        | M (245.)   |           | 0:38:09 (262.) | <b>0:51:34</b> | 05:16       | 0:52:46        |
| 272.     | 67   | Kosiorek    | Darek     | Poznań      |                               | 1967      | M50+ | 31.        | M (246.)   |           | 0:38:02 (260.) | <b>0:51:35</b> | 05:11       | 0:51:54        |
| 273.     | 227  | JUŚKOWIAK   | MARIUSZ   | SWARZĘDZ    |                               | 1966      | M50+ | 32.        | M (247.)   |           | 0:38:08 (261.) | <b>0:51:38</b> | 05:21       | 0:53:31        |
| 274.     | 1029 | Klonowski   | Michał    | Kórnik      |                               | 1973      | M40  | 78.        | M (248.)   |           | 0:38:24 (270.) | <b>0:51:40</b> | 05:10       | 0:51:47        |
| 275.     | 510  | Kaniewski   | Cezary    | Jędrzejewo  |                               | 1995      | M16  | 55.        | M (249.)   |           | 0:38:14 (264.) | <b>0:51:44</b> | 05:10       | 0:51:48        |
| 276.     | 1090 | Ratajczak   | Tomasz    | Poznań      |                               | 1980      | M30  | 82.        | M (250.)   |           | 0:38:16 (266.) | <b>0:51:45</b> | 05:13       | 0:52:18        |
| 277.     | 169  | Kowalczyk   | Tadeusz   | Otorowo     |                               | 1965      | M50+ | 33.        | M (251.)   |           | 0:38:21 (269.) | <b>0:51:46</b> | 05:18       | 0:53:02        |
| 278.     | 70   | Muszyński   | Paweł     | Zalasewo    | Zalasewo Zaiwania             | 1978      | M40  | 79.        | M (252.)   |           | 0:38:53 (291.) | <b>0:51:47</b> | 05:17       | 0:52:54        |
| 279.     | 576  | Grzelczak   | Damian    | Poznań      | KKS LECH POZNAŃ               | 1985      | M30  | 83.        | M (253.)   |           | 0:37:26 (221.) | <b>0:51:48</b> | 05:14       | 0:52:22        |
| 280.     | 424  | Ciesielski  | Dawid     | Poznań      |                               | 1999      | M16  | 56.        | M (254.)   | 25.       | 0:38:09 (263.) | <b>0:51:51</b> | 05:14       | 0:52:27        |
| 281.     | 474  | Dąbrowski   | Dawid     | Murowana    | Czerwonak Biega               | 1990      | M16  | 57.        | M (255.)   |           | 0:38:35 (277.) | <b>0:51:51</b> | 05:20       | 0:53:26        |
| 282.     | 12   | Majchrzak   | Wanda     | Murowana    | KB Katorżnik Murowana Goślina | 1977      | K40  | 10.        | K (27.)    |           | 0:38:37 (280.) | <b>0:51:52</b> | 05:20       | 0:53:27        |



| Ms<br>op | Nr   | Nazwisko      | Imię       | Miejscowość  | Klub                           | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|------|---------------|------------|--------------|--------------------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 283.     | 917  | Wojciechowski | Jakub      | Poznań       | TREE PHARMA                    | 1968      | M50+ | 34.        | M (256.)   |           | 0:38:14 (265.) | <b>0:51:52</b> | 05:23       | 0:53:51        |
| 284.     | 266  | Majchrzak     | Monika     | Poznań       | wkurw_team                     | 1972      | K40  | 11.        | K (28.)    |           | 0:38:43 (283.) | <b>0:51:53</b> | 05:13       | 0:52:12        |
| 285.     | 845  | Kiersztan     | Leszek     | Lwówek       | FILMOWA Lwówek                 | 1973      | M40  | 80.        | M (257.)   |           | 0:37:49 (249.) | <b>0:51:56</b> | 05:15       | 0:52:36        |
| 286.     | 6    | Prejs         | Kamil      | Przeźmierowo |                                | 1975      | M40  | 81.        | M (258.)   |           | 0:38:55 (295.) | <b>0:51:56</b> | 05:15       | 0:52:31        |
| 287.     | 928  | Roszyk        | Tomasz     | Poznań       | TKKF MPK Poznań                | 1979      | M40  | 82.        | M (259.)   |           | 0:38:59 (297.) | <b>0:51:57</b> | 05:15       | 0:52:33        |
| 288.     | 416  | Biedalak      | Krzysztof  | Swarzędz     |                                | 1984      | M30  | 84.        | M (260.)   |           | 0:39:01 (299.) | <b>0:52:00</b> | 05:21       | 0:53:37        |
| 289.     | 547  | Gawron        | Paweł      | Posada       | Posada                         | 1961      | M50+ | 35.        | M (261.)   |           | 0:39:03 (301.) | <b>0:52:03</b> | 05:22       | 0:53:46        |
| 290.     | 35   | Pipczyński    | Sławomir   | Opalenica    |                                | 1979      | M40  | 83.        | M (262.)   |           | 0:38:45 (284.) | <b>0:52:04</b> | 05:15       | 0:52:38        |
| 291.     | 297  | Maciejewski   | Piotr      | Poznan       |                                | 1976      | M40  | 84.        | M (263.)   | 26.       | 0:38:26 (271.) | <b>0:52:05</b> | 05:21       | 0:53:37        |
| 292.     | 607  | Ratajczak     | Grzegorz   | Puszczycówko | # RS Logistics                 | 1955      | M50+ | 36.        | M (264.)   |           | 0:38:55 (294.) | <b>0:52:05</b> | 05:13       | 0:52:11        |
| 293.     | 658  | Giel          | Jarosław   | Nowy Tomysl  | NKB CHYŻY Nowy Tomyśl          | 1986      | M30  | 85.        | M (265.)   |           | 0:39:20 (315.) | <b>0:52:06</b> | 05:23       | 0:53:57        |
| 294.     | 735  | Kołtuńczyk    | Tomasz     | Poznań       |                                | 1974      | M40  | 85.        | M (266.)   | 27.       | 0:38:33 (276.) | <b>0:52:07</b> | 05:16       | 0:52:41        |
| 295.     | 1041 | Knobel        | Adam       | Poznań       |                                | 1994      | M16  | 58.        | M (267.)   | 28.       | 0:39:23 (320.) | <b>0:52:09</b> | 05:16       | 0:52:42        |
| 296.     | 957  | Nowicka       | Julia      | Poznan       |                                | 1979      | K40  | 12.        | K (29.)    |           | 0:38:39 (281.) | <b>0:52:14</b> | 05:15       | 0:52:34        |
| 297.     | 37   | Woźniak       | Michał     | Wilkowyja    |                                | 1995      | M16  | 59.        | M (268.)   | 29.       | 0:38:18 (267.) | <b>0:52:16</b> | 05:17       | 0:52:59        |
| 298.     | 1087 | Czyżewski     | Filip      | Poznań       |                                | 1980      | M30  | 86.        | M (269.)   |           | 0:38:51 (286.) | <b>0:52:22</b> | 05:21       | 0:53:37        |
| 299.     | 500  | Zamelczyk     | Grzegorz   | Wierzonka    |                                | 1951      | M50+ | 37.        | M (270.)   |           | 0:38:42 (282.) | <b>0:52:22</b> | 05:18       | 0:53:01        |
| 300.     | 805  | Torba         | Damian     | Suchy Las    |                                | 1986      | M30  | 87.        | M (271.)   |           | 0:38:51 (288.) | <b>0:52:23</b> | 05:21       | 0:53:37        |
| 301.     | 1096 | Czyżewski     | Błażej     | Poznań       |                                | 1989      | M30  | 88.        | M (272.)   |           | 0:38:54 (293.) | <b>0:52:23</b> | 05:21       | 0:53:37        |
| 302.     | 849  | Putowska      | Małgorzata | Mosina       | adrenalina Fitness             | 1962      | K50+ | 2.         | K (30.)    |           | 0:38:36 (278.) | <b>0:52:24</b> | 05:16       | 0:52:46        |
| 303.     | 776  | Malewski      | Waldemar   | Kozięgłowy   | Malewski.pl                    | 1957      | M50+ | 38.        | M (273.)   |           | 0:39:09 (303.) | <b>0:52:25</b> | 05:20       | 0:53:20        |
| 304.     | 376  | Kruk          | Grzegorz   | Poznań       | Ad maiorem Dei gloriam         | 1971      | M40  | 86.        | M (274.)   |           | 0:39:01 (298.) | <b>0:52:30</b> | 05:21       | 0:53:33        |
| 305.     | 895  | Tomczak       | Artur      | Oborniki     | osp ocieszyn                   | 1984      | M30  | 89.        | M (275.)   | 30.       | 0:39:03 (300.) | <b>0:52:30</b> | 05:17       | 0:52:59        |
| 306.     | 232  | van de Burgt  | Tom        | Poznań       |                                | 1999      | M16  | 60.        | M (276.)   |           | 0:39:07 (302.) | <b>0:52:34</b> | 05:26       | 0:54:21        |
| 307.     | 341  | Kwaśny        | Tomasz     | Poznań       |                                | 1979      | M40  | 87.        | M (277.)   |           | 0:39:17 (314.) | <b>0:52:35</b> | 05:16       | 0:52:42        |
| 308.     | 741  | Kielbasinski  | Lukasz     | Poznan       | 12 Wielkopolska Brygada Obrony | 1986      | M30  | 90.        | M (278.)   | 31.       | 0:39:17 (313.) | <b>0:52:35</b> | 05:25       | 0:54:18        |



| Ms<br>op | Nr  | Nazwisko          | Imię       | Miejscowość    | Klub                   | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|-----|-------------------|------------|----------------|------------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 309.     | 826 | Nowak             | Arkadiusz  | Gorzkie Pole   | NOWAK TEAM             | 1975      | M40  | 88.        | M (279.)   |           | 0:39:10 (304.) | <b>0:52:37</b> | 05:17       | 0:52:56        |
| 310.     | 186 | Marciniak         | Joanna     | Poznań         |                        | 1989      | K30  | 7.         | K (31.)    |           | 0:38:52 (289.) | <b>0:52:37</b> | 05:17       | 0:52:56        |
| 311.     | 823 | Nowak             | Mateusz    | Swarzędz       | NOWAK TEAM             | 1979      | M40  | 89.        | M (280.)   |           | 0:39:12 (307.) | <b>0:52:37</b> | 05:17       | 0:52:56        |
| 312.     | 7   | Zastawa           | Sławomir   | Września       | Night Runners Września | 1977      | M40  | 90.        | M (281.)   |           | 0:39:23 (319.) | <b>0:52:39</b> | 05:26       | 0:54:24        |
| 313.     | 754 | Talarek           | Maciej     | Oborniki       |                        | 1975      | M40  | 91.        | M (282.)   |           | 0:39:36 (331.) | <b>0:52:46</b> | 05:19       | 0:53:15        |
| 314.     | 380 | Tonder            | Jakub      | BUK            | Bukowski Klub Biegacza | 1990      | M16  | 61.        | M (283.)   |           | 0:38:57 (296.) | <b>0:52:48</b> | 05:27       | 0:54:34        |
| 315.     | 867 | Dębowski          | Radosław   | Środa          | Orange Polska          | 1975      | M40  | 92.        | M (284.)   |           | 0:38:51 (287.) | <b>0:52:48</b> | 05:17       | 0:52:51        |
| 316.     | 772 | Budziński         | Tomasz     | Poznań         |                        | 1975      | M40  | 93.        | M (285.)   |           | 0:39:16 (312.) | <b>0:52:49</b> | 05:20       | 0:53:22        |
| 317.     | 288 | Błaszczak         | Jacek      | Plewiska       |                        | 1979      | M40  | 94.        | M (286.)   |           | 0:39:43 (334.) | <b>0:52:49</b> | 05:18       | 0:53:09        |
| 318.     | 286 | Nowicka-Błaszczak | Izabela    | Plewiska       |                        | 1980      | K30  | 8.         | K (32.)    | 4.        | 0:39:43 (335.) | <b>0:52:49</b> | 05:18       | 0:53:09        |
| 319.     | 81  | Śmidowicz         | Sławomir   | Strzałkowo     |                        | 1984      | M30  | 91.        | M (287.)   |           | 0:39:12 (308.) | <b>0:52:54</b> | 05:22       | 0:53:43        |
| 320.     | 877 | Skorwider         | Daniel     | Oborniki       | Armel Road Runner      | 2000      | M16  | 62.        | M (288.)   | 32.       | 0:38:53 (290.) | <b>0:52:55</b> | 05:19       | 0:53:16        |
| 321.     | 951 | Wewiór            | Krzysztof  | Kamionki       | Drużyna Szpiku         | 1975      | M40  | 95.        | M (289.)   |           | 0:39:10 (305.) | <b>0:52:56</b> | 05:21       | 0:53:33        |
| 322.     | 216 | Żminkowski        | Tomasz     | Zalasewo       | WSZYSTKOOBIEGANIU.PL   | 1983      | M30  | 92.        | M (290.)   |           | 0:39:33 (327.) | <b>0:52:57</b> | 05:21       | 0:53:31        |
| 323.     | 732 | Pacholski         | Remigiusz  | Ocieszyn       | Armel Road Runner      | 1980      | M30  | 93.        | M (291.)   | 33.       | 0:38:54 (292.) | <b>0:52:58</b> | 05:19       | 0:53:18        |
| 324.     | 632 | Matysiak          | Aleksandra | Grodzisk Wilkp |                        | 1995      | K16  | 8.         | K (33.)    |           | 0:39:20 (316.) | <b>0:53:01</b> | 05:26       | 0:54:22        |
| 325.     | 144 | Wojciechowski     | Jakub      | Przeźmierowo   | ST RUNNERS             | 1985      | M30  | 94.        | M (292.)   |           | 0:39:23 (322.) | <b>0:53:02</b> | 05:19       | 0:53:12        |
| 326.     | 101 | Herman            | Jacek      | Poznań         |                        | 1968      | M50+ | 39.        | M (293.)   |           | 0:39:16 (311.) | <b>0:53:03</b> | 05:24       | 0:54:02        |
| 327.     | 272 | Konieczny         | Adam       | Dąbcze         |                        | 1982      | M30  | 95.        | M (294.)   | 34.       | 0:39:32 (326.) | <b>0:53:06</b> | 05:29       | 0:54:59        |
| 328.     | 771 | Grzesiak          | Maciej     | Dąbrowa        |                        | 1975      | M40  | 96.        | M (295.)   |           | 0:39:11 (306.) | <b>0:53:09</b> | 05:22       | 0:53:46        |
| 329.     | 445 | Maciejewski       | to masz    | Poznań         | PnB/ Ejbry Team Poznań | 1976      | M40  | 97.        | M (296.)   |           | 0:39:31 (325.) | <b>0:53:09</b> | 05:28       | 0:54:40        |
| 330.     | 773 | Kaszak            | Dawid      | Koziegłowy     |                        | 1996      | M16  | 63.        | M (297.)   |           | 0:41:20 (433.) | <b>0:53:14</b> | 05:26       | 0:54:26        |
| 331.     | 924 | Łagowski          | Dariusz    | Poznań         | TKKF MPK Poznań        | 1974      | M40  | 98.        | M (298.)   |           | 0:39:41 (333.) | <b>0:53:14</b> | 05:27       | 0:54:33        |
| 332.     | 156 | Skotarczak        | Krystian   | Śrem           |                        | 2000      | M16  | 64.        | M (299.)   | 35.       | 0:39:16 (310.) | <b>0:53:16</b> | 05:21       | 0:53:35        |
| 333.     | 677 | Zoga              | Paweł      | Puszczykowo    | Grupa OLX Team         | 1983      | M30  | 96.        | M (300.)   |           | 0:39:15 (309.) | <b>0:53:16</b> | 05:24       | 0:54:09        |
| 334.     | 302 | Urbańczyk         | Ksawery    | Zimin          | For Run Team           | 1959      | M50+ | 40.        | M (301.)   |           | 0:39:34 (329.) | <b>0:53:16</b> | 05:22       | 0:53:47        |





| Ms<br>op | Nr   | Nazwisko     | Imię       | Miejscowość | Klub                | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|------|--------------|------------|-------------|---------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 335.     | 685  | Bukowski     | Krzysztof  | Gorzów      |                     | 1995      | M16  | 65.        | M (302.)   |           | 0:39:57 (343.) | <b>0:53:16</b> | 05:25       | 0:54:11        |
| 336.     | 432  | Woźniak      | Mateusz    | Poznań      | Poznań              | 1991      | M16  | 66.        | M (303.)   |           | 0:39:22 (317.) | <b>0:53:17</b> | 05:22       | 0:53:45        |
| 337.     | 684  | Bukowski     | Piotr      | Gorzów      |                     | 1963      | M50+ | 41.        | M (304.)   |           | 0:39:58 (345.) | <b>0:53:17</b> | 05:25       | 0:54:11        |
| 338.     | 104  | Kryściak     | Edward     | Kraków      | Drużyna Biegu Jońca | 1968      | M50+ | 42.        | M (305.)   |           | 0:39:23 (321.) | <b>0:53:24</b> | 05:26       | 0:54:23        |
| 339.     | 822  | Kaźmierczak  | Adam       | Poznań      |                     | 1990      | M16  | 67.        | M (306.)   |           | 0:40:20 (363.) | <b>0:53:26</b> | 05:33       | 0:55:35        |
| 340.     | 560  | Rąbczewska   | Małgorzata | Suchy Las   | Doce Pares Polska   | 1985      | K30  | 9.         | K (34.)    |           | 0:39:23 (318.) | <b>0:53:27</b> | 05:22       | 0:53:43        |
| 341.     | 69   | Pluciniczak  | Ireneusz   | Gostyń      |                     | 1970      | M40  | 99.        | M (307.)   |           | 0:40:04 (351.) | <b>0:53:28</b> | 05:27       | 0:54:32        |
| 342.     | 1009 | Żybura       | Renata     | Poznań      | NightRunners Poznań | 1977      | K40  | 13.        | K (35.)    |           | 0:40:08 (355.) | <b>0:53:30</b> | 05:27       | 0:54:33        |
| 343.     | 611  | Rybka        | Dariusz    | Krotoszyn   | KP PSP KROTOSZYN    | 1969      | M50+ | 43.        | M (308.)   | 36.       | 0:39:49 (338.) | <b>0:53:31</b> | 05:27       | 0:54:30        |
| 344.     | 734  | Manszewska   | Joanna     | Oborniki    |                     | 1987      | K30  | 10.        | K (36.)    |           | 0:39:52 (341.) | <b>0:53:32</b> | 05:28       | 0:54:43        |
| 345.     | 961  | Bober        | Sebastian  | Kaźmierz    |                     | 1994      | M16  | 68.        | M (309.)   |           | 0:39:59 (347.) | <b>0:53:42</b> | 05:33       | 0:55:30        |
| 346.     | 1032 | Garbowski    | Przemysła  | Trzcianka   |                     | 1977      | M40  | 100.       | M (310.)   |           | 0:39:23 (323.) | <b>0:53:42</b> | 05:31       | 0:55:13        |
| 347.     | 653  | Walkowiak    | Piotr      | Poznań      |                     | 1994      | M16  | 69.        | M (311.)   |           | 0:40:20 (362.) | <b>0:53:42</b> | 05:22       | 0:53:44        |
| 348.     | 1086 | Kaczmarek    | Sandra     | Baranowo    |                     | 1986      | K30  | 11.        | K (37.)    |           | 0:39:31 (324.) | <b>0:53:42</b> | 05:23       | 0:53:52        |
| 349.     | 671  | Grzelczak    | Aleksandra | Jutrosin    | DąbrowskiTeam       | 1998      | K16  | 9.         | K (38.)    | 5.        | 0:40:03 (349.) | <b>0:53:43</b> | 05:28       | 0:54:42        |
| 350.     | 878  | Piechota     | Michał     | Poznań      |                     | 1983      | M30  | 97.        | M (312.)   |           | 0:39:53 (342.) | <b>0:53:46</b> | 05:24       | 0:54:01        |
| 351.     | 660  | Grześkowiak  | Marcin     | Poznań      | OMT Center          | 1986      | M30  | 98.        | M (313.)   |           | 0:39:44 (336.) | <b>0:53:47</b> | 05:30       | 0:55:00        |
| 352.     | 906  | Marcinkowski | Robert     | Gostyń      |                     | 1976      | M40  | 101.       | M (314.)   |           | 0:40:06 (354.) | <b>0:53:49</b> | 05:26       | 0:54:28        |
| 353.     | 1017 | Czekała      | Łukasz     | Pniewy      | PNIEWY              | 1988      | M30  | 99.        | M (315.)   |           | 0:39:34 (328.) | <b>0:53:54</b> | 05:31       | 0:55:11        |
| 354.     | 210  | Mysio        | Lech       | Nowy Tomyśl | Lech Mysio          | 1956      | M50+ | 44.        | M (316.)   |           | 0:39:52 (340.) | <b>0:53:54</b> | 05:30       | 0:55:08        |
| 355.     | 313  | Wyka         | Angelika   | Chodzież    | PCH_RUN             | 1986      | K30  | 12.        | K (39.)    |           | 0:40:04 (350.) | <b>0:53:54</b> | 05:25       | 0:54:15        |
| 356.     | 1015 | Czekała      | Mieczysła  | Pniewy      | PNIEWY              | 1962      | M50+ | 45.        | M (317.)   |           | 0:39:35 (330.) | <b>0:53:55</b> | 05:31       | 0:55:11        |
| 357.     | 53   | Ból          | Rafał      | Poznań      | KB DębIEC           | 1974      | M40  | 102.       | M (318.)   |           | 0:39:41 (332.) | <b>0:53:57</b> | 05:26       | 0:54:21        |
| 358.     | 224  | Polikowski   | Patryk     | Sopot       |                     | 1978      | M40  | 103.       | M (319.)   | 37.       | 0:40:08 (356.) | <b>0:54:00</b> | 05:24       | 0:54:04        |
| 359.     | 1003 | Kolański     | Bartosz    | Poznań      | run for jfk         | 1973      | M40  | 104.       | M (320.)   |           | 0:40:28 (370.) | <b>0:54:02</b> | 05:30       | 0:55:07        |
| 360.     | 574  | Kryński      | Jędrzej    | poznań      | BODY CHIEF          | 1988      | M30  | 100.       | M (321.)   |           | 0:40:21 (366.) | <b>0:54:03</b> | 05:34       | 0:55:48        |



| Ms<br>op | Nr   | Nazwisko      | Imię      | Miejscowość | Klub                              | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|------|---------------|-----------|-------------|-----------------------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 361.     | 624  | Orłowski      | Robert    | Poznań      | Biegnę do Mordoru                 | 1988      | M30  | 101.       | M (322.)   |           | 0:40:39 (379.) | <b>0:54:04</b> | 05:34       | 0:55:49        |
| 362.     | 593  | Brodowski     | Łukasz    | Poznań      |                                   | 1979      | M40  | 105.       | M (323.)   | 38.       | 0:40:20 (364.) | <b>0:54:04</b> | 05:34       | 0:55:47        |
| 363.     | 544  | Włoszyński    | Marek     | Luboń       | Luboń                             | 1972      | M40  | 106.       | M (324.)   |           | 0:40:20 (361.) | <b>0:54:07</b> | 05:26       | 0:54:29        |
| 364.     | 138  | Sowiński      | Jarosław  | Tulce       | TERAZ TULCE MY BIEGAMY            | 1963      | M50+ | 46.        | M (325.)   |           | 0:40:06 (353.) | <b>0:54:10</b> | 05:26       | 0:54:20        |
| 365.     | 1047 | Marcinkiewicz | Łukasz    | Rokietnica  | 12 Wielkopolska Brygada Obrony    | 1989      | M30  | 102.       | M (326.)   | 39.       | 0:40:08 (357.) | <b>0:54:10</b> | 05:31       | 0:55:19        |
| 366.     | 231  | Zieliński     | Piotr     | Oborniki    | Biegajnia Poznań                  | 1978      | M40  | 107.       | M (327.)   |           | 0:40:21 (365.) | <b>0:54:10</b> | 05:25       | 0:54:16        |
| 367.     | 473  | Budzyła       | Adam      | Poznań      | Drużyna Szpiku                    | 1980      | M30  | 103.       | M (328.)   |           | 0:40:18 (360.) | <b>0:54:12</b> | 05:28       | 0:54:48        |
| 368.     | 912  | Oczkoś        | Wojciech  | Skórzewo    | Decora Running Team               | 1982      | M30  | 104.       | M (329.)   |           | 0:40:12 (359.) | <b>0:54:13</b> | 05:27       | 0:54:31        |
| 369.     | 387  | Rębeliński    | Grzegorz  | Bledzew     | Kuna Kowanówko                    | 1964      | M50+ | 47.        | M (330.)   |           | 0:40:26 (369.) | <b>0:54:15</b> | 05:28       | 0:54:42        |
| 370.     | 140  | Kasołka       | Leszek    | swarzędz    |                                   | 1972      | M40  | 108.       | M (331.)   |           | 0:40:04 (352.) | <b>0:54:18</b> | 05:34       | 0:55:42        |
| 371.     | 151  | Andre         | Anna      | Konin       |                                   | 1991      | K16  | 10.        | K (40.)    |           | 0:40:38 (378.) | <b>0:54:19</b> | 05:28       | 0:54:46        |
| 372.     | 394  | Szymczak      | Krzysztof | Poznań      | IS Racing                         | 1976      | M40  | 109.       | M (332.)   |           | 0:39:46 (337.) | <b>0:54:20</b> | 05:32       | 0:55:25        |
| 373.     | 246  | Kubicki       | Tadeusz   | Poznań      | Benders                           | 1990      | M16  | 70.        | M (333.)   |           | 0:39:52 (339.) | <b>0:54:21</b> | 05:35       | 0:55:55        |
| 374.     | 992  | Grześkowiak   | Rafał     | Polwica     | Drużyna za pisiąt groszy          | 1993      | M16  | 71.        | M (334.)   |           | 0:40:40 (381.) | <b>0:54:23</b> | 05:36       | 0:56:03        |
| 375.     | 59   | Waśkowski     | Dariusz   | Międzyrzecz |                                   | 1988      | M30  | 105.       | M (335.)   | 40.       | 0:41:04 (412.) | <b>0:54:24</b> | 05:38       | 0:56:20        |
| 376.     | 442  | Wesołek       | Paweł     | Manieczki   | Runners power                     | 1975      | M40  | 110.       | M (336.)   |           | 0:40:44 (388.) | <b>0:54:27</b> | 05:29       | 0:54:56        |
| 377.     | 177  | Galanty       | Jarosław  | Poznań      | Galuś Poznań                      | 1977      | M40  | 111.       | M (337.)   |           | 0:39:59 (346.) | <b>0:54:28</b> | 05:32       | 0:55:20        |
| 378.     | 1000 | Janowicz      | Honorata  | Opalenica   | Opalenicki Klub Biegacza / Matner | 1995      | K16  | 11.        | K (41.)    |           | 0:40:49 (395.) | <b>0:54:28</b> | 05:36       | 0:56:09        |
| 379.     | 339  | Kaczmarek     | Mariusz   | Poznań      | CTS Czaja Trening System          | 1963      | M50+ | 48.        | M (338.)   |           | 0:41:00 (410.) | <b>0:54:28</b> | 05:39       | 0:56:33        |
| 380.     | 146  | Polański      | Adam      | Nowy Tomyśl | MTKW                              | 1978      | M40  | 112.       | M (339.)   |           | 0:40:02 (348.) | <b>0:54:29</b> | 05:29       | 0:54:56        |
| 381.     | 73   | Adamczak      | Mariusz   | Opalenica   | Opalenicki Klub Biegacza          | 1982      | M30  | 106.       | M (340.)   |           | 0:40:46 (390.) | <b>0:54:30</b> | 05:36       | 0:56:09        |
| 382.     | 846  | Adamek        | Dorota    | Opalenica   | Opalenicki Klub Biegacza          | 1989      | K30  | 13.        | K (42.)    |           | 0:40:46 (392.) | <b>0:54:30</b> | 05:36       | 0:56:09        |
| 383.     | 1056 | Wierski       | Artur     | Psarskie    |                                   | 1976      | M40  | 113.       | M (341.)   |           | 0:40:41 (384.) | <b>0:54:30</b> | 05:36       | 0:56:07        |
| 384.     | 760  | Krawczyk      | Tomasz    | Kórnik      |                                   | 1976      | M40  | 114.       | M (342.)   |           | 0:40:41 (383.) | <b>0:54:31</b> | 05:36       | 0:56:07        |
| 385.     | 742  | Smolich       | Paweł     | Śrem        |                                   | 1976      | M40  | 115.       | M (343.)   |           | 0:40:42 (385.) | <b>0:54:31</b> | 05:36       | 0:56:07        |
| 386.     | 293  | Soliński      | Tomasz    | London      |                                   | 1977      | M40  | 116.       | M (344.)   |           | 0:40:29 (372.) | <b>0:54:33</b> | 05:30       | 0:55:04        |



| Ms<br>op | Nr   | Nazwisko       | Imię       | Miejscowość | Klub                      | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|------|----------------|------------|-------------|---------------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 387.     | 1061 | Adamowicz      | Mieczysła  | Wałcz       |                           | 1966      | M50+ | 49.        | M (345.)   |           | 0:39:58 (344.) | <b>0:54:37</b> | 05:30       | 0:55:03        |
| 388.     | 283  | Pertek         | Radomir    | Czarnków    | FCBP                      | 1977      | M40  | 117.       | M (346.)   |           | 0:40:48 (393.) | <b>0:54:38</b> | 05:29       | 0:54:52        |
| 389.     | 292  | Zieliński      | Paweł      | London      |                           | 1978      | M40  | 118.       | M (347.)   |           | 0:40:30 (373.) | <b>0:54:38</b> | 05:30       | 0:55:09        |
| 390.     | 43   | Andrzejak      | Rafał      | Suchy Las   | Brama W Biegu             | 1970      | M40  | 119.       | M (348.)   |           | 0:40:49 (397.) | <b>0:54:39</b> | 05:38       | 0:56:21        |
| 391.     | 135  | Kowalski       | Adam       | Mielżyn     | BARTYMAJOS                | 1964      | M50+ | 50.        | M (349.)   |           | 0:40:29 (371.) | <b>0:54:40</b> | 05:31       | 0:55:17        |
| 392.     | 672  | Śmigielski     | Robert     | Zielonka    | Lechici Zielonka          | 1974      | M40  | 120.       | M (350.)   |           | 0:40:34 (375.) | <b>0:54:40</b> | 05:38       | 0:56:21        |
| 393.     | 563  | Skibniewski    | Krzysztof  | Poznań      | Biegacze YouFit           | 1981      | M30  | 107.       | M (351.)   |           | 0:40:53 (401.) | <b>0:54:44</b> | 05:39       | 0:56:37        |
| 394.     | 87   | Korbanek       | Witold     | Poznań      | PSS POZYTYWNIEM ZAKRĘCENI | 1972      | M40  | 121.       | M (352.)   | 41.       | 0:40:51 (398.) | <b>0:54:46</b> | 05:39       | 0:56:37        |
| 395.     | 604  | Zaremba        | Aleksandra | Poznań      |                           | 1991      | K16  | 12.        | K (43.)    |           | 0:41:05 (414.) | <b>0:54:47</b> | 05:41       | 0:56:54        |
| 396.     | 567  | Jarysz         | Piotr      | Poznań      | Wataha-Łączy nas bieganie | 1984      | M30  | 108.       | M (353.)   |           | 0:41:00 (411.) | <b>0:54:48</b> | 05:31       | 0:55:12        |
| 397.     | 982  | Pazdyk         | Michał     | Kozięgłowy  |                           | 1996      | M16  | 72.        | M (354.)   |           | 0:40:10 (358.) | <b>0:54:48</b> | 05:31       | 0:55:15        |
| 398.     | 904  | Żminkowski     | Paweł      | Zalasewo    | SW                        | 1976      | M40  | 122.       | M (355.)   |           | 0:40:44 (386.) | <b>0:54:50</b> | 05:33       | 0:55:31        |
| 399.     | 548  | Anonimowy      | Zawodnik   | Poznań      |                           | 1972      | M40  | 123.       | M (356.)   |           | 0:40:54 (403.) | <b>0:54:50</b> | 05:40       | 0:56:41        |
| 400.     | 702  | Stempniewicz   | Piotr      | Skórzewo    |                           | 1987      | M30  | 109.       | M (357.)   |           | 0:41:18 (431.) | <b>0:54:52</b> | 05:30       | 0:55:04        |
| 401.     | 56   | Łączyński      | Tomasz     | Szamotoły   | FC Szamotoły              | 1983      | M30  | 110.       | M (358.)   |           | 0:40:45 (389.) | <b>0:54:53</b> | 05:38       | 0:56:26        |
| 402.     | 950  | BIENIARA       | Tomasz     | Mnichowo    | MJDOP                     | 1972      | M40  | 124.       | M (359.)   | 42.       | 0:40:24 (367.) | <b>0:54:53</b> | 05:37       | 0:56:15        |
| 403.     | 16   | Sobisiak       | Kura       | Dąbrowa     | Bez spiny                 | 1971      | K40  | 14.        | K (44.)    |           | 0:40:56 (405.) | <b>0:54:54</b> | 05:29       | 0:54:56        |
| 404.     | 193  | Banaszak       | Karolina   | Poznań      |                           | 1990      | K16  | 13.        | K (45.)    |           | 0:41:17 (428.) | <b>0:54:55</b> | 05:39       | 0:56:37        |
| 405.     | 149  | Urbańska-Dymek | Agnieszka  | Stęszew     | #Wkurw_Team               | 1986      | K30  | 14.        | K (46.)    |           | 0:40:55 (404.) | <b>0:54:59</b> | 05:36       | 0:56:04        |
| 406.     | 48   | Olejniczak     | Paweł      | Poznań      |                           | 1969      | M50+ | 51.        | M (360.)   |           | 0:40:59 (407.) | <b>0:55:01</b> | 05:37       | 0:56:18        |
| 407.     | 413  | Lura           | Dariusz    | Kiączyn     |                           | 1977      | M40  | 125.       | M (361.)   |           | 0:41:00 (409.) | <b>0:55:01</b> | 05:36       | 0:56:09        |
| 408.     | 455  | Dąbrowski      | Adam       | Poznań      | 14 WOG Poznań             | 1978      | M40  | 126.       | M (362.)   | 43.       | 0:41:39 (440.) | <b>0:55:02</b> | 05:34       | 0:55:40        |
| 409.     | 738  | Staruch        | Mariusz    | Poznań      | biegam bo lubię           | 1980      | M30  | 111.       | M (363.)   |           | 0:40:49 (396.) | <b>0:55:05</b> | 05:33       | 0:55:36        |
| 410.     | 191  | Szymański      | Paweł      | Poznań      | 1980                      | 1980      | M30  | 112.       | M (364.)   |           | 0:41:12 (423.) | <b>0:55:06</b> | 05:40       | 0:56:49        |
| 411.     | 452  | Głębowski      | Tomasz     | Czerwonak   |                           | 1971      | M40  | 127.       | M (365.)   |           | 0:42:04 (455.) | <b>0:55:09</b> | 05:42       | 0:57:06        |
| 412.     | 482  | Kubisiak       | Bartosz    | Kazimierz   | Biskupi                   | 1983      | M30  | 113.       | M (366.)   |           | 0:40:44 (387.) | <b>0:55:09</b> | 05:41       | 0:56:54        |



| Ms<br>op | Nr   | Nazwisko     | Imię      | Miejscowość | Klub                         | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|------|--------------|-----------|-------------|------------------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 413.     | 764  | Lehwark      | Marcin    | Kozięgłowy  | Drużyna Szpiku               | 1978      | M40  | 128.       | M (367.)   |           | 0:40:59 (408.) | <b>0:55:10</b> | 05:48       | 0:58:09        |
| 414.     | 294  | Dzik         | Adam      | Poznań      |                              | 1976      | M40  | 129.       | M (368.)   |           | 0:41:21 (434.) | <b>0:55:10</b> | 05:32       | 0:55:22        |
| 415.     | 905  | Grześkowiak  | MARCIN    | Poznań      |                              | 1997      | M16  | 73.        | M (369.)   |           | 0:41:51 (446.) | <b>0:55:14</b> | 05:42       | 0:57:06        |
| 416.     | 926  | Kaczmarek    | Mariusz   | Poznań      |                              | 1960      | M50+ | 52.        | M (370.)   |           | 0:40:53 (400.) | <b>0:55:16</b> | 05:35       | 0:55:51        |
| 417.     | 591  | Ceitel       | Lidia     | Poznań      | Kiekrz Runners               | 1975      | K40  | 15.        | K (47.)    |           | 0:40:38 (377.) | <b>0:55:16</b> | 05:32       | 0:55:24        |
| 418.     | 995  | Biskupska    | Ewa       | Poznań      |                              | 1977      | K40  | 16.        | K (48.)    |           | 0:40:54 (402.) | <b>0:55:17</b> | 05:33       | 0:55:33        |
| 419.     | 1099 | Moellenbrock | Krzysztof | Wiry        | Grzmot Komorniki             | 1967      | M50+ | 53.        | M (371.)   |           | 0:41:12 (425.) | <b>0:55:18</b> | 05:40       | 0:56:44        |
| 420.     | 862  | Szeszuła     | Sebastian | Poznań      | Wataha - łączy nas bieganie  | 1992      | M16  | 74.        | M (372.)   |           | 0:40:32 (374.) | <b>0:55:20</b> | 05:38       | 0:56:23        |
| 421.     | 639  | Spychała     | Damian    | Dachowa     | Inea Running Team            | 1986      | M30  | 114.       | M (373.)   |           | 0:40:46 (391.) | <b>0:55:21</b> | 05:33       | 0:55:32        |
| 422.     | 189  | Cieszkiewicz | Jarosław  | Poznań      |                              | 1972      | M40  | 130.       | M (374.)   |           | 0:41:11 (420.) | <b>0:55:22</b> | 05:38       | 0:56:28        |
| 423.     | 780  | Urban        | Katarzyna | Poznań      |                              | 1976      | K40  | 17.        | K (49.)    |           | 0:41:09 (417.) | <b>0:55:24</b> | 05:41       | 0:56:54        |
| 424.     | 858  | Nowicki      | Maciej    | Mogilno     |                              | 1989      | M30  | 115.       | M (375.)   |           | 0:40:25 (368.) | <b>0:55:24</b> | 05:33       | 0:55:34        |
| 425.     | 305  | Matysiak     | Maciej    | Poznań      | Old school Hooligans w biegu | 1978      | M40  | 131.       | M (376.)   |           | 0:40:40 (382.) | <b>0:55:24</b> | 05:35       | 0:55:59        |
| 426.     | 4    | Lisewska     | Anna      | Lusówko     |                              | 1977      | K40  | 18.        | K (50.)    |           | 0:41:10 (419.) | <b>0:55:26</b> | 05:41       | 0:56:51        |
| 427.     | 398  | Bachorz      | Milena    | Lusówko     |                              | 1984      | K30  | 15.        | K (51.)    |           | 0:41:11 (422.) | <b>0:55:27</b> | 05:41       | 0:56:51        |
| 428.     | 720  | Stępień      | Klaudia   | Poznań      |                              | 1987      | K30  | 16.        | K (52.)    | 6.        | 0:40:37 (376.) | <b>0:55:27</b> | 05:35       | 0:55:54        |
| 429.     | 565  | Galanty      | Jacek     | Świdnica/k. |                              | 1959      | M50+ | 54.        | M (377.)   |           | 0:41:17 (430.) | <b>0:55:28</b> | 05:38       | 0:56:29        |
| 430.     | 404  | Borsuk       | Damian    | Poznań      | Borsucza Osada               | 1985      | M30  | 116.       | M (378.)   |           | 0:40:48 (394.) | <b>0:55:28</b> | 05:36       | 0:56:05        |
| 431.     | 645  | Marciniak    | Piotr     | Milicz      | MAIDEN MILICZ                | 1965      | M50+ | 55.        | M (379.)   |           | 0:41:25 (436.) | <b>0:55:31</b> | 05:38       | 0:56:28        |
| 432.     | 955  | Schlegel     | Jacek     | Luboń       | Team Family Luboń            | 1968      | M50+ | 56.        | M (380.)   | 44.       | 0:40:40 (380.) | <b>0:55:32</b> | 05:40       | 0:56:47        |
| 433.     | 730  | Malis        | Andrzej   | Swarzędz    | Drużyna Szpiku               | 1971      | M40  | 132.       | M (381.)   |           | 0:41:52 (447.) | <b>0:55:35</b> | 05:41       | 0:56:54        |
| 434.     | 597  | Greberska    | Weronika  | Szczytniki  | Struś Kardio                 | 1978      | K40  | 19.        | K (53.)    |           | 0:41:47 (444.) | <b>0:55:40</b> | 05:41       | 0:56:53        |
| 435.     | 714  | Siuda        | Tomasz    | Drwęsa      | Drwęsa                       | 1975      | M40  | 133.       | M (382.)   |           | 0:41:06 (415.) | <b>0:55:42</b> | 05:40       | 0:56:44        |
| 436.     | 165  | Poncyliusz   | Artur     | Kiekrz      |                              | 1975      | M40  | 134.       | M (383.)   |           | 0:41:47 (445.) | <b>0:55:44</b> | 05:47       | 0:57:59        |
| 437.     | 78   | OGIŃSKA      | Anetta    | Poznań      |                              | 1974      | K40  | 20.        | K (54.)    |           | 0:40:58 (406.) | <b>0:55:47</b> | 05:36       | 0:56:02        |
| 438.     | 439  | Kempiński    | Paweł     | Poznań      | #BIEGACZE / parkrun Poznań   | 1971      | M40  | 135.       | M (384.)   |           | 0:41:12 (424.) | <b>0:55:50</b> | 05:46       | 0:57:42        |



| Ms<br>op | Nr   | Nazwisko     | Imię       | Miejscowość    | Klub                    | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|------|--------------|------------|----------------|-------------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 439.     | 195  | Świergiel    | Marcin     | Poznań         |                         | 1988      | M30  | 117.       | M (385.)   |           | 0:42:34 (483.) | <b>0:55:51</b> | 05:45       | 0:57:32        |
| 440.     | 255  | Wiechecz     | Sławomir   | Plewiska       | Plewiska z Kolejorzem   | 1985      | M30  | 118.       | M (386.)   |           | 0:40:52 (399.) | <b>0:55:53</b> | 05:38       | 0:56:25        |
| 441.     | 988  | ratajczak    | krzysztof  | Poznań         | 1975                    | 1975      | M40  | 136.       | M (387.)   |           | 0:41:45 (443.) | <b>0:55:53</b> | 05:47       | 0:57:54        |
| 442.     | 501  | Bryl         | Tomasz     | Toruń          |                         | 1987      | M30  | 119.       | M (388.)   |           | 0:41:43 (442.) | <b>0:55:54</b> | 05:43       | 0:57:15        |
| 443.     | 9    | Walczak      | Łukasz     | Lusowo         | OSP Lusowo              | 1983      | M30  | 120.       | M (389.)   | 45.       | 0:41:13 (426.) | <b>0:55:56</b> | 05:39       | 0:56:30        |
| 444.     | 31   | Mularczyk    | Marta      | Poznań         | wkurw_team              | 1990      | K16  | 14.        | K (55.)    |           | 0:41:23 (435.) | <b>0:55:57</b> | 05:44       | 0:57:26        |
| 445.     | 237  | Szymańska    | Anita      | Poznań         | Anita biega bo lubi     | 1998      | K16  | 15.        | K (56.)    |           | 0:42:17 (467.) | <b>0:56:01</b> | 05:48       | 0:58:03        |
| 446.     | 522  | Piechocki    | Marcin     | Poznań         |                         | 1973      | M40  | 137.       | M (390.)   |           | 0:42:17 (466.) | <b>0:56:01</b> | 05:37       | 0:56:19        |
| 447.     | 235  | Szymański    | Aleksander | Luboń          | Oleksy Biega            | 1972      | M40  | 138.       | M (391.)   |           | 0:42:16 (465.) | <b>0:56:02</b> | 05:48       | 0:58:04        |
| 448.     | 249  | Woga         | Andrzej    | Poznań         | KB DęBIEC               | 1965      | M50+ | 57.        | M (392.)   |           | 0:41:05 (413.) | <b>0:56:04</b> | 05:39       | 0:56:30        |
| 449.     | 698  | szyszka      | maciej     | poznań         | keto koty               | 1984      | M30  | 121.       | M (393.)   |           | 0:41:17 (429.) | <b>0:56:05</b> | 05:37       | 0:56:18        |
| 450.     | 701  | Nowaczyk     | Robert     | Poznań         |                         | 1983      | M30  | 122.       | M (394.)   |           | 0:41:19 (432.) | <b>0:56:05</b> | 05:37       | 0:56:18        |
| 451.     | 600  | Kucharski    | Michał     | Poznań         |                         | 1981      | M30  | 123.       | M (395.)   |           | 0:43:06 (521.) | <b>0:56:08</b> | 05:45       | 0:57:39        |
| 452.     | 478  | Malinowski   | Marcin     | Komorniki      | MY LIFE MY WAY          | 1978      | M40  | 139.       | M (396.)   |           | 0:43:08 (524.) | <b>0:56:09</b> | 05:46       | 0:57:41        |
| 453.     | 205  | Szeszuła     | Michał     | Poznań         | Night Runners           | 1975      | M40  | 140.       | M (397.)   |           | 0:41:11 (421.) | <b>0:56:09</b> | 05:43       | 0:57:12        |
| 454.     | 175  | Gaszczyński  | Roman      | Poznań         |                         | 1946      | M50+ | 58.        | M (398.)   |           | 0:41:40 (441.) | <b>0:56:12</b> | 05:39       | 0:56:34        |
| 455.     | 1030 | Pfajfer      | Marek      | Poznań         | Spójnia Białe Błota     | 1984      | M30  | 124.       | M (399.)   |           | 0:42:04 (456.) | <b>0:56:17</b> | 05:44       | 0:57:20        |
| 456.     | 421  | Jankowski    | Marek      | Luboń          |                         | 1987      | M30  | 125.       | M (400.)   |           | 0:41:26 (437.) | <b>0:56:23</b> | 05:40       | 0:56:46        |
| 457.     | 260  | Rozmiarok    | Marcin     | Poznań         |                         | 1978      | M40  | 141.       | M (401.)   |           | 0:42:05 (458.) | <b>0:56:23</b> | 05:49       | 0:58:19        |
| 458.     | 835  | Araszkiewicz | Łukasz     | Plewiska       | Kolegium Sędziów WZPN   | 1983      | M30  | 126.       | M (402.)   |           | 0:42:23 (472.) | <b>0:56:25</b> | 05:51       | 0:58:30        |
| 459.     | 820  | Adamowski    | Tomasz     | Wągrowiec      | SPEED FREAKS            | 1982      | M30  | 127.       | M (403.)   |           | 0:42:38 (486.) | <b>0:56:26</b> | 05:41       | 0:56:58        |
| 460.     | 902  | Korycki      | Szymon     | Skierniewice   | Żona mi kazała!         | 1985      | M30  | 128.       | M (404.)   |           | 0:42:24 (476.) | <b>0:56:26</b> | 05:51       | 0:58:34        |
| 461.     | 415  | Pawlak       | Robert     | Poznań         |                         | 1985      | M30  | 129.       | M (405.)   |           | 0:42:07 (459.) | <b>0:56:28</b> | 05:39       | 0:56:35        |
| 462.     | 777  | Woga         | Dawid      | Poznań         | # DRUŻYNA SZPIKU        | 1991      | M16  | 75.        | M (406.)   |           | 0:42:19 (469.) | <b>0:56:32</b> | 05:48       | 0:58:09        |
| 463.     | 253  | Kaczmarek    | Krzysztof  | Grodzisk Wilkp | Grodziski Klub Biegacza | 1970      | M40  | 142.       | M (407.)   |           | 0:42:15 (464.) | <b>0:56:33</b> | 05:46       | 0:57:41        |
| 464.     | 133  | Gadomski     | Piotr      | Czerwonak      |                         | 1970      | M40  | 143.       | M (408.)   |           | 0:41:35 (439.) | <b>0:56:35</b> | 05:41       | 0:56:51        |





| Ms<br>op | Nr   | Nazwisko        | Imię       | Miejscowość  | Klub                          | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|------|-----------------|------------|--------------|-------------------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 465.     | 520  | Nater           | Magdalena  | Luboń        | Wiecznie Słabi                | 1973      | K40  | 21.        | K (57.)    |           | 0:42:32 (480.) | <b>0:56:36</b> | 05:48       | 0:58:08        |
| 466.     | 340  | Masłowski       | Krzysztof  | Poznań       | Kibole w biegu                | 1987      | M30  | 130.       | M (409.)   |           | 0:41:16 (427.) | <b>0:56:38</b> | 05:47       | 0:57:53        |
| 467.     | 1067 | Marciniak       | Aleksander | Dolaszewo    | KLAS Szpot Swarzędz           | 1983      | M30  | 131.       | M (410.)   |           | 0:42:13 (462.) | <b>0:56:40</b> | 05:41       | 0:56:58        |
| 468.     | 27   | Schmidt         | Jacek      | Poznań       |                               | 1966      | M50+ | 59.        | M (411.)   |           | 0:42:39 (489.) | <b>0:56:41</b> | 05:45       | 0:57:32        |
| 469.     | 696  | Szpot-Marciniak | Ewa        | Zalasewo     | KLAS Szpot Swarzędz           | 1981      | K30  | 17.        | K (58.)    |           | 0:42:13 (463.) | <b>0:56:41</b> | 05:41       | 0:56:58        |
| 470.     | 856  | Moniowski       | Michał     | Olkusz       | SAINT-GOBAIN SQUAD            | 1981      | M30  | 132.       | M (412.)   |           | 0:42:25 (477.) | <b>0:56:41</b> | 05:48       | 0:58:06        |
| 471.     | 366  | Sawczuk         | Andrzej    | Lubliniec    |                               | 1978      | M40  | 144.       | M (413.)   |           | 0:41:29 (438.) | <b>0:56:46</b> | 05:43       | 0:57:11        |
| 472.     | 930  | Graj            | Ewa        | Poznań       | KB Katorznik Murowana Goślina | 1972      | K40  | 22.        | K (59.)    |           | 0:41:57 (449.) | <b>0:56:46</b> | 05:50       | 0:58:21        |
| 473.     | 956  | Giełda          | Adam       | Śrem         |                               | 1971      | M40  | 145.       | M (414.)   |           | 0:42:24 (474.) | <b>0:56:47</b> | 05:53       | 0:58:52        |
| 474.     | 959  | Giełda          | Aleksandra | Śrem         |                               | 2003      | K16  | 16.        | K (60.)    |           | 0:42:24 (475.) | <b>0:56:47</b> | 05:53       | 0:58:52        |
| 475.     | 99   | Nowińska        | Ewa        | Poznań       | Drużyna Biegu Jońca           | 1969      | K50+ | 3.         | K (61.)    |           | 0:42:03 (454.) | <b>0:56:52</b> | 05:47       | 0:57:51        |
| 476.     | 508  | Borowczyk       | Marian     | Poznań       | KLAS Szpot Swarzędz           | 1950      | M50+ | 60.        | M (415.)   |           | 0:43:05 (520.) | <b>0:56:52</b> | 05:54       | 0:59:09        |
| 477.     | 342  | Chąpinski       | Przemysła  | Tanibórz     |                               | 1992      | M16  | 76.        | M (416.)   |           | 0:42:38 (487.) | <b>0:56:57</b> | 05:49       | 0:58:18        |
| 478.     | 496  | Witkowski       | Mariusz    | Gniezno      | Mawi Gniezno                  | 1981      | M30  | 133.       | M (417.)   |           | 0:42:49 (501.) | <b>0:56:58</b> | 05:54       | 0:59:02        |
| 479.     | 802  | Wawrzyński      | Piotr      | Puszczykowo  |                               | 1976      | M40  | 146.       | M (418.)   |           | 0:42:40 (491.) | <b>0:57:00</b> | 05:50       | 0:58:28        |
| 480.     | 213  | Kuczowski       | Kamil      | Góra         | Zeus                          | 1990      | M16  | 77.        | M (419.)   |           | 0:42:59 (512.) | <b>0:57:01</b> | 05:49       | 0:58:12        |
| 481.     | 221  | Stachowiak      | Miłosz     | Góra         | Zeus                          | 1986      | M30  | 134.       | M (420.)   |           | 0:43:01 (514.) | <b>0:57:04</b> | 05:49       | 0:58:15        |
| 482.     | 929  | Sobkowiak       | Robert     | Poznań       | TKKF MPK Poznań               | 1979      | M40  | 147.       | M (421.)   |           | 0:43:03 (517.) | <b>0:57:05</b> | 05:51       | 0:58:38        |
| 483.     | 727  | Nowak           | Piotr      | Skórzewo     |                               | 1974      | M40  | 148.       | M (422.)   |           | 0:43:01 (515.) | <b>0:57:07</b> | 05:50       | 0:58:23        |
| 484.     | 813  | Mielcarek       | Adrian     | Poznan       | Minionki Dachsera             | 1991      | M16  | 78.        | M (423.)   |           | 0:41:06 (416.) | <b>0:57:07</b> | 05:43       | 0:57:18        |
| 485.     | 171  | Sękowska        | Magdalena  | Resko        |                               | 1968      | K50+ | 4.         | K (62.)    |           | 0:42:21 (471.) | <b>0:57:09</b> | 05:47       | 0:57:54        |
| 486.     | 1050 | Gajewy          | Szymon     | Oborniki     |                               | 1993      | M16  | 79.        | M (424.)   |           | 0:42:00 (451.) | <b>0:57:14</b> | 05:46       | 0:57:45        |
| 487.     | 1081 | Nowacki         | Paweł      | Poznań       |                               | 1993      | M16  | 80.        | M (425.)   |           | 0:42:00 (450.) | <b>0:57:15</b> | 05:46       | 0:57:45        |
| 488.     | 331  | Baksalary       | Dariusz    | Przeźmierowo | Seecom                        | 1977      | M40  | 149.       | M (426.)   |           | 0:43:11 (531.) | <b>0:57:15</b> | 05:53       | 0:58:55        |
| 489.     | 1011 | Koch-Zajac      | Magdalena  | Poznań       | Grupa Verbicom                | 1972      | K40  | 23.        | K (63.)    |           | 0:43:01 (516.) | <b>0:57:15</b> | 05:54       | 0:59:00        |
| 490.     | 353  | Mazurek         | Piotr      | Poznań       | 3PM                           | 1998      | M16  | 81.        | M (427.)   |           | 0:42:39 (488.) | <b>0:57:21</b> | 05:45       | 0:57:35        |



| Ms<br>op | Nr   | Nazwisko      | Imię       | Miejscowość  | Klub               | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|------|---------------|------------|--------------|--------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 491.     | 124  | Nowacki       | Michał     | Poznań       |                    | 1981      | M30  | 135.       | M (428.)   |           | 0:42:51 (505.) | <b>0:57:22</b> | 05:53       | 0:58:50        |
| 492.     | 602  | Tomaszewski   | Michał     | Poznań       | Orange Polska      | 1991      | M16  | 82.        | M (429.)   |           | 0:42:42 (492.) | <b>0:57:23</b> | 05:54       | 0:59:05        |
| 493.     | 498  | Gałęcka       | Małgorzata | Mrowino      | 1978               | 1978      | K40  | 24.        | K (64.)    |           | 0:42:28 (478.) | <b>0:57:25</b> | 05:54       | 0:59:00        |
| 494.     | 460  | Formanowicz   | Adam       | Poznań       |                    | 1986      | M30  | 136.       | M (430.)   |           | 0:42:57 (510.) | <b>0:57:25</b> | 05:56       | 0:59:22        |
| 495.     | 477  | Przeczewski   | Piotr      | Poznzn       |                    | 1982      | M30  | 137.       | M (431.)   |           | 0:41:53 (448.) | <b>0:57:25</b> | 05:46       | 0:57:45        |
| 496.     | 625  | Przybyła      | Dariusz    | Polajewo     | Poła Team          | 1991      | M16  | 83.        | M (432.)   |           | 0:43:38 (559.) | <b>0:57:26</b> | 05:56       | 0:59:23        |
| 497.     | 972  | Nowak         | Antoni     | Zakrzewo     | STN Raider         | 2003      | M16  | 84.        | M (433.)   |           | 0:44:03 (585.) | <b>0:57:27</b> | 05:48       | 0:58:05        |
| 498.     | 384  | Początek      | Błażej     | Dąbrówka     | Power Doppler Team | 1982      | M30  | 138.       | M (434.)   |           | 0:42:36 (484.) | <b>0:57:28</b> | 05:56       | 0:59:20        |
| 499.     | 854  | Torba         | Michał     | Suchy Las    |                    | 1976      | M40  | 150.       | M (435.)   |           | 0:43:07 (522.) | <b>0:57:29</b> | 05:52       | 0:58:43        |
| 500.     | 843  | Ratajczak     | Przemysła  | Suchy Las    |                    | 1980      | M30  | 139.       | M (436.)   |           | 0:43:09 (527.) | <b>0:57:29</b> | 05:52       | 0:58:44        |
| 501.     | 475  | Redlak        | Tomasz     | Witkowo      |                    | 1974      | M40  | 151.       | M (437.)   | 46.       | 0:43:10 (530.) | <b>0:57:30</b> | 05:53       | 0:58:50        |
| 502.     | 1034 | Otto          | Bartosz    | Poznań       |                    | 1986      | M30  | 140.       | M (438.)   |           | 0:41:10 (418.) | <b>0:57:32</b> | 05:54       | 0:59:01        |
| 503.     | 743  | Owsianny      | Robert     | Poznań       |                    | 1964      | M50+ | 61.        | M (439.)   |           | 0:42:54 (508.) | <b>0:57:33</b> | 05:55       | 0:59:11        |
| 504.     | 299  | Minta         | Jakub      | Gniezno      |                    | 1981      | M30  | 141.       | M (440.)   | 47.       | 0:43:08 (525.) | <b>0:57:33</b> | 05:54       | 0:59:01        |
| 505.     | 298  | PRZYSIWEK     | PIOTR      | Oleśnica     |                    | 1976      | M40  | 152.       | M (441.)   | 48.       | 0:43:09 (526.) | <b>0:57:33</b> | 05:54       | 0:59:00        |
| 506.     | 1059 | Banaszak      | Agata      | Luboń        | #Wkurw_Team        | 1964      | K50+ | 5.         | K (65.)    |           | 0:42:28 (479.) | <b>0:57:34</b> | 05:47       | 0:57:54        |
| 507.     | 824  | Koczorowski   | Janusz     | Poznań       | Canon Polska       | 1977      | M40  | 153.       | M (442.)   |           | 0:42:50 (503.) | <b>0:57:36</b> | 05:48       | 0:58:09        |
| 508.     | 1054 | Kiszka        | Sebastian  | Poznań       |                    | 1973      | M40  | 154.       | M (443.)   |           | 0:43:33 (553.) | <b>0:57:37</b> | 05:47       | 0:57:56        |
| 509.     | 220  | Iwanowska     | Justyna    | Poznań       |                    | 1985      | K30  | 18.        | K (66.)    |           | 0:42:50 (502.) | <b>0:57:38</b> | 05:54       | 0:59:08        |
| 510.     | 767  | Kierończyk    | Jakub      | Poznań       |                    | 1972      | M40  | 155.       | M (444.)   |           | 0:42:44 (495.) | <b>0:57:38</b> | 05:56       | 0:59:28        |
| 511.     | 655  | Drzymała      | Sławomir   | Oborniki     |                    | 1991      | M16  | 85.        | M (445.)   |           | 0:43:10 (529.) | <b>0:57:39</b> | 05:56       | 0:59:25        |
| 512.     | 308  | Przybylska -  | Wioletta   | POZNAŃ       | gRUNwald           | 1981      | K30  | 19.        | K (67.)    |           | 0:42:40 (490.) | <b>0:57:39</b> | 05:51       | 0:58:30        |
| 513.     | 642  | Jagielka      | Marcin     | Przeźmierowo | 1977               | 1977      | M40  | 156.       | M (446.)   |           | 0:42:33 (481.) | <b>0:57:42</b> | 05:52       | 0:58:46        |
| 514.     | 641  | Wojciechowski | Jakub      | Mogilno      |                    | 1993      | M16  | 86.        | M (447.)   |           | 0:43:21 (540.) | <b>0:57:42</b> | 05:55       | 0:59:10        |
| 515.     | 343  | Chąpinska     | Weronika   | Tanibórz     |                    | 1995      | K16  | 17.        | K (68.)    |           | 0:43:09 (528.) | <b>0:57:42</b> | 05:54       | 0:59:02        |
| 516.     | 453  | Głębowska     | Daria      | Poznań       | KB MANIAC Poznań   | 1999      | K16  | 18.        | K (69.)    |           | 0:43:25 (545.) | <b>0:57:43</b> | 05:57       | 0:59:38        |



| Ms<br>op | Nr   | Nazwisko                    | Imię      | Miejscowość | Klub                     | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|------|-----------------------------|-----------|-------------|--------------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 517.     | 269  | Mańkowski                   | Romuald   | Oborniki    | Rosbiegani               | 1966      | M50+ | 62.        | M (448.)   |           | 0:42:49 (499.) | <b>0:57:43</b> | 05:49       | 0:58:19        |
| 518.     | 323  | Felkel                      | Ewa       | Poznań      | Piątkowo na Biegowo      | 1973      | K40  | 25.        | K (70.)    |           | 0:43:24 (544.) | <b>0:57:43</b> | 05:55       | 0:59:17        |
| 519.     | 312  | Wojtkowiak                  | Renata    | Poznań      | Piątkowo na Biegowo      | 1974      | K40  | 26.        | K (71.)    |           | 0:43:26 (547.) | <b>0:57:45</b> | 05:55       | 0:59:17        |
| 520.     | 327  | Wiśniewski                  | Mariusz   | Poznań      |                          | 1972      | M40  | 157.       | M (449.)   |           | 0:42:04 (457.) | <b>0:57:45</b> | 05:49       | 0:58:19        |
| 521.     | 577  | Gizelska                    | Agnieszka | Poznań      | Piątkowo na Biegowo      | 1971      | K40  | 27.        | K (72.)    |           | 0:43:27 (550.) | <b>0:57:45</b> | 05:55       | 0:59:17        |
| 522.     | 631  | Dziubich                    | Patrycja  | Gdynia      |                          | 1994      | K16  | 19.        | K (73.)    |           | 0:43:22 (541.) | <b>0:57:46</b> | 05:55       | 0:59:16        |
| 523.     | 751  | Wysz                        | DaMiaN    | Poznań      | Running Team PIA         | 1979      | M40  | 158.       | M (450.)   |           | 0:43:21 (539.) | <b>0:57:47</b> | 05:50       | 0:58:26        |
| 524.     | 970  | Kurczyński                  | Rafał     | Poznań      | Rufa                     | 1977      | M40  | 159.       | M (451.)   |           | 0:42:23 (473.) | <b>0:57:49</b> | 05:48       | 0:58:06        |
| 525.     | 228  | Zabrocki                    | Karol     | Świnoujście |                          | 1980      | M30  | 142.       | M (452.)   | 49.       | 0:42:37 (485.) | <b>0:57:51</b> | 05:52       | 0:58:46        |
| 526.     | 42   | Sobieniak                   | Przemysła | Poznań      | Cel w zasięgu nóg.       | 1977      | M40  | 160.       | M (453.)   | 50.       | 0:42:21 (470.) | <b>0:57:53</b> | 05:49       | 0:58:15        |
| 527.     | 100  | Herman                      | Grażyna   | Poznań      |                          | 1966      | K50+ | 6.         | K (74.)    |           | 0:42:50 (504.) | <b>0:57:53</b> | 05:53       | 0:58:50        |
| 528.     | 418  | Zioło                       | Ewa       | Tarnowo     |                          | 1984      | K30  | 20.        | K (75.)    |           | 0:42:57 (511.) | <b>0:57:55</b> | 05:51       | 0:58:31        |
| 529.     | 317  | Malis                       | Artur     | Poznań      |                          | 1983      | M30  | 143.       | M (454.)   |           | 0:42:42 (493.) | <b>0:57:56</b> | 05:55       | 0:59:16        |
| 530.     | 316  | Pospieszny                  | Łukasz    | Poznań      |                          | 1983      | M30  | 144.       | M (455.)   |           | 0:42:45 (496.) | <b>0:57:56</b> | 05:55       | 0:59:15        |
| 531.     | 41   | Lepczyński                  | Piotr     | Poznań      |                          | 1987      | M30  | 145.       | M (456.)   |           | 0:42:43 (494.) | <b>0:57:57</b> | 05:51       | 0:58:34        |
| 532.     | 427  | Olszewska                   | Katarzyna | Świebodzin  |                          | 1997      | K16  | 20.        | K (76.)    |           | 0:43:24 (542.) | <b>0:57:57</b> | 05:57       | 0:59:35        |
| 533.     | 50   | Pilak                       | Jacek     | Poznań      | GB Wielkopolscy Biegacze | 1963      | M50+ | 63.        | M (457.)   |           | 0:42:53 (507.) | <b>0:57:59</b> | 05:52       | 0:58:45        |
| 534.     | 178  | Kowalski                    | Bartosz   | Poznań      | Parkrun Poznań           | 1981      | M30  | 146.       | M (458.)   |           | 0:43:16 (534.) | <b>0:58:00</b> | 05:59       | 0:59:50        |
| 535.     | 896  | Tomczak                     | Joanna    | Oborniki    | osp ocieszyn             | 1982      | K30  | 21.        | K (77.)    | 7.        | 0:42:01 (453.) | <b>0:58:03</b> | 05:51       | 0:58:31        |
| 536.     | 1025 | Kasprzyk                    | Blondyna  | Kiekrz      |                          | 1995      | K16  | 21.        | K (78.)    |           | 0:43:52 (566.) | <b>0:58:03</b> | 05:54       | 0:59:03        |
| 537.     | 429  | Olszewski                   | Jarosław  | Świebodzin  |                          | 1964      | M50+ | 64.        | M (459.)   |           | 0:43:26 (546.) | <b>0:58:03</b> | 05:58       | 0:59:40        |
| 538.     | 345  | ORZECZOWSKI GRZEGO KAŻMIERZ |           |             |                          | 1976      | M40  | 161.       | M (460.)   |           | 0:43:20 (536.) | <b>0:58:08</b> | 05:55       | 0:59:18        |
| 539.     | 506  | Nowak                       | Miłosz    | Gniezno     |                          | 1987      | M30  | 147.       | M (461.)   | 51.       | 0:43:42 (561.) | <b>0:58:09</b> | 06:00       | 1:00:01        |
| 540.     | 349  | ORZECZOWSK MAŁGORZKAŻMIERZ  |           |             |                          | 1978      | K40  | 28.        | K (79.)    |           | 0:43:21 (538.) | <b>0:58:10</b> | 05:55       | 0:59:18        |
| 541.     | 617  | Bartoszek                   | Sławomir  | Ostrów      |                          | 1979      | M40  | 162.       | M (462.)   |           | 0:42:52 (506.) | <b>0:58:12</b> | 06:00       | 1:00:01        |
| 542.     | 1083 | Pabich                      | Michał    | Poznań      |                          | 1972      | M40  | 163.       | M (463.)   |           | 0:43:53 (570.) | <b>0:58:15</b> | 05:55       | 0:59:12        |



| Ms<br>op | Nr   | Nazwisko      | Imię      | Miejscowość       | Klub                     | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|------|---------------|-----------|-------------------|--------------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 543.     | 526  | Galewski      | Mariusz   | Kotlin            | Kotlin                   | 1966      | M50+ | 65.        | M (464.)   |           | 0:43:19 (535.) | <b>0:58:16</b> | 05:55       | 0:59:10        |
| 544.     | 459  | Olejniczak    | Krzysztof | Gostyń            | AGROZIÓŁKOWO             | 1967      | M50+ | 66.        | M (465.)   |           | 0:43:12 (532.) | <b>0:58:17</b> | 06:00       | 1:00:06        |
| 545.     | 973  | Nowak         | Tomasz    | Zakrzewo          | STN Raider               | 1974      | M40  | 164.       | M (466.)   | 52.       | 0:44:03 (586.) | <b>0:58:18</b> | 05:53       | 0:58:55        |
| 546.     | 410  | Babiarczuk    | Wojciech  | Poznań            |                          | 1993      | M16  | 87.        | M (467.)   |           | 0:42:07 (460.) | <b>0:58:18</b> | 05:55       | 0:59:16        |
| 547.     | 391  | Janaszek      | Weronika  | Puszczykowo       | Goggle PAE Team          | 1981      | K30  | 22.        | K (80.)    |           | 0:42:49 (500.) | <b>0:58:19</b> | 05:53       | 0:58:57        |
| 548.     | 561  | Misiorny      | Robert    | Wielichowo - Wieś |                          | 1995      | M16  | 88.        | M (468.)   |           | 0:43:41 (560.) | <b>0:58:20</b> | 05:56       | 0:59:24        |
| 549.     | 716  | Grześkowiak   | Joanna    | Swarzędz          |                          | 1993      | K16  | 22.        | K (81.)    |           | 0:43:04 (519.) | <b>0:58:22</b> | 06:00       | 1:00:07        |
| 550.     | 1045 | Uliński       | Adam      | Konin             | Konin Run                | 1982      | M30  | 148.       | M (469.)   |           | 0:42:18 (468.) | <b>0:58:26</b> | 06:01       | 1:00:10        |
| 551.     | 784  | Cieślewicz    | Mateusz   | Poznań            | Night Runners            | 1974      | M40  | 165.       | M (470.)   |           | 0:42:45 (497.) | <b>0:58:28</b> | 05:58       | 0:59:45        |
| 552.     | 472  | Niespodziana  | Anna      | Rogoźno           | ROGOZIŃSKI KLUB BIEGACZA | 1982      | K30  | 23.        | K (82.)    |           | 0:44:03 (584.) | <b>0:58:28</b> | 05:59       | 0:59:57        |
| 553.     | 230  | Dworacka      | Natalia   | GNIEZNO           |                          | 1983      | K30  | 24.        | K (83.)    |           | 0:42:33 (482.) | <b>0:58:30</b> | 05:52       | 0:58:46        |
| 554.     | 819  | HORNIK        | MARIUSZ   | STĘSZEW           | STĘSZEW                  | 1972      | M40  | 166.       | M (471.)   |           | 0:43:58 (580.) | <b>0:58:31</b> | 05:59       | 0:59:52        |
| 555.     | 456  | Piszczysłowa  | Bernadeta | Gorzów            |                          | 1971      | K40  | 29.        | K (84.)    |           | 0:43:27 (549.) | <b>0:58:32</b> | 05:58       | 0:59:42        |
| 556.     | 103  | Bartkowiak    | Piotr     | Grodzisk          | Grodziski Klub Biegacza  | 1976      | M40  | 167.       | M (472.)   |           | 0:43:20 (537.) | <b>0:58:35</b> | 05:58       | 0:59:49        |
| 557.     | 139  | SĘCZKOWSKA    | Lidia     | Poznań            |                          | 1979      | K40  | 30.        | K (85.)    |           | 0:43:04 (518.) | <b>0:58:35</b> | 06:00       | 1:00:05        |
| 558.     | 148  | Winkel        | Szymon    | Piła              |                          | 1988      | M30  | 149.       | M (473.)   |           | 0:42:01 (452.) | <b>0:58:36</b> | 05:53       | 0:58:58        |
| 559.     | 296  | Świątek       | Marta     | Poznań            | endorfin dealers         | 1993      | K16  | 23.        | K (86.)    |           | 0:44:14 (595.) | <b>0:58:39</b> | 05:58       | 0:59:47        |
| 560.     | 792  | Wojciechowska | Renata    | Luboń             |                          | 1977      | K40  | 31.        | K (87.)    |           | 0:43:33 (554.) | <b>0:58:41</b> | 05:59       | 0:59:55        |
| 561.     | 262  | AMBROSIUS     | ALEKSAN   | Poznań            | Sisters                  | 1973      | K40  | 32.        | K (88.)    |           | 0:43:33 (552.) | <b>0:58:42</b> | 06:01       | 1:00:11        |
| 562.     | 793  | Owczarczak    | Monika    | Poznań            |                          | 1984      | K30  | 25.        | K (89.)    |           | 0:43:57 (576.) | <b>0:58:43</b> | 06:03       | 1:00:31        |
| 563.     | 163  | Pigła         | Maja      | Tarnowo           | SPORTOWY KAŻMIERZ        | 1982      | K30  | 26.        | K (90.)    | 8.        | 0:43:58 (579.) | <b>0:58:43</b> | 06:03       | 1:00:31        |
| 564.     | 1051 | Małecka       | Agnieszka | Robakowo          |                          | 1983      | K30  | 27.        | K (91.)    |           | 0:42:48 (498.) | <b>0:58:45</b> | 05:55       | 0:59:10        |
| 565.     | 13   | Fabian        | Piotr     | Trzciel           |                          | 1964      | M50+ | 67.        | M (474.)   |           | 0:43:00 (513.) | <b>0:58:48</b> | 06:05       | 1:00:55        |
| 566.     | 329  | Marcinowski   | Krzysztof | Plewiska          | RUN4FUN                  | 1977      | M40  | 168.       | M (475.)   |           | 0:43:28 (551.) | <b>0:58:48</b> | 05:56       | 0:59:25        |
| 567.     | 71   | Pigła         | Michał    | Kiączyn           | SPORTOWY KAŻMIERZ        | 1981      | M30  | 150.       | M (476.)   |           | 0:43:55 (573.) | <b>0:58:55</b> | 06:04       | 1:00:44        |
| 568.     | 206  | Górzny        | Dariusz   | Chomęcice         |                          | 1969      | M50+ | 68.        | M (477.)   |           | 0:44:10 (590.) | <b>0:58:56</b> | 06:02       | 1:00:20        |



| Ms<br>op | Nr   | Nazwisko       | Imię      | Miejscowość | Klub                      | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|------|----------------|-----------|-------------|---------------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 569.     | 274  | Nowakowski     | Marcin    | Poznań      |                           | 1985      | M30  | 151.       | M (478.)   |           | 0:43:38 (557.) | <b>0:58:57</b> | 06:04       | 1:00:43        |
| 570.     | 531  | Miernicki      | Mariusz   | Dzierżoniów |                           | 1959      | M50+ | 69.        | M (479.)   |           | 0:43:54 (572.) | <b>0:58:57</b> | 06:06       | 1:01:04        |
| 571.     | 779  | Socha          | Arkadiusz | Poznań      | GARBUSY                   | 1974      | M40  | 169.       | M (480.)   |           | 0:43:16 (533.) | <b>0:58:58</b> | 06:02       | 1:00:27        |
| 572.     | 844  | Paluszkiewicz  | Anna      | Poznań      |                           | 1969      | K50+ | 7.         | K (92.)    |           | 0:43:55 (574.) | <b>0:59:01</b> | 06:05       | 1:00:53        |
| 573.     | 788  | Basiński       | Michał    | Gortatowo   |                           | 1971      | M40  | 170.       | M (481.)   |           | 0:43:07 (523.) | <b>0:59:01</b> | 06:00       | 1:00:00        |
| 574.     | 1035 | Skarżyński     | Mateusz   | Poznań      |                           | 1993      | M16  | 89.        | M (482.)   |           | 0:44:20 (599.) | <b>0:59:03</b> | 06:05       | 1:00:54        |
| 575.     | 271  | HAMROL         | MALGORZA  | Kaźmierz    | SPORTOWY KAŻMIERZ         | 1972      | K40  | 33.        | K (93.)    |           | 0:44:15 (596.) | <b>0:59:07</b> | 06:05       | 1:00:52        |
| 576.     | 996  | Lesińska       | Paula     | Kościan     |                           | 1976      | K40  | 34.        | K (94.)    |           | 0:43:36 (556.) | <b>0:59:07</b> | 05:59       | 0:59:58        |
| 577.     | 111  | Kubiak         | Henryka   | Kaźmierz    | SPORTOWY KAŻMIERZ         | 1973      | K40  | 35.        | K (95.)    |           | 0:44:16 (597.) | <b>0:59:08</b> | 06:05       | 1:00:53        |
| 578.     | 667  | Tomicki        | Jarosław  | Poznań      |                           | 1965      | M50+ | 70.        | M (483.)   |           | 0:43:24 (543.) | <b>0:59:08</b> | 06:04       | 1:00:44        |
| 579.     | 1101 | Kuszyk         | Marzena   | Poznań      |                           | 1981      | K30  | 28.        | K (96.)    |           | 0:43:38 (558.) | <b>0:59:08</b> | 05:59       | 0:59:58        |
| 580.     | 1079 | Andrzejewski   | Wojciech  | Kamionki    |                           | 1991      | M16  | 90.        | M (484.)   |           | 0:46:18 (675.) | <b>0:59:11</b> | 06:05       | 1:00:52        |
| 581.     | 838  | Basiński       | Jacek     | Poznań      |                           | 1957      | M50+ | 71.        | M (485.)   |           | 0:43:56 (575.) | <b>0:59:13</b> | 05:57       | 0:59:35        |
| 582.     | 3    | Piątek         | Kamila    | Dąbrówka    |                           | 1989      | K30  | 29.        | K (97.)    |           | 0:44:12 (593.) | <b>0:59:13</b> | 05:59       | 0:59:52        |
| 583.     | 811  | Furmaniuk      | Tomasz    | Poznań      | SPEED FREAKS              | 1984      | M30  | 152.       | M (486.)   |           | 0:44:28 (603.) | <b>0:59:16</b> | 06:00       | 1:00:01        |
| 584.     | 537  | Magdziarek     | Bogumiła  | Kaźmierz    | SPORTOWY KAŻMIERZ         | 1970      | K40  | 36.        | K (98.)    |           | 0:44:18 (598.) | <b>0:59:16</b> | 06:06       | 1:01:02        |
| 585.     | 814  | LIJEWSKI       | TOMASZ    | SWARZĘDZ    | AMATORSKA LIGA CHULIGANKA | 1978      | M40  | 171.       | M (487.)   |           | 0:43:53 (569.) | <b>0:59:20</b> | 06:00       | 1:00:00        |
| 586.     | 1057 | Zygmunt        | Agnieszka | Wielichowo  |                           | 1982      | K30  | 30.        | K (99.)    |           | 0:43:57 (577.) | <b>0:59:21</b> | 05:58       | 0:59:42        |
| 587.     | 373  | Wincenty-Cicha | Grażyna   | Poznan      |                           | 1963      | K50+ | 8.         | K (100.)   |           | 0:43:52 (567.) | <b>0:59:22</b> | 06:06       | 1:01:00        |
| 588.     | 915  | Tomczak        | Dorota    | Kaźmierz    |                           | 1979      | K40  | 37.        | K (101.)   |           | 0:44:01 (582.) | <b>0:59:22</b> | 05:58       | 0:59:44        |
| 589.     | 829  | SZLANDROWIC    | JACEK     | POZNAŃ      |                           | 1984      | M30  | 153.       | M (488.)   |           | 0:44:51 (624.) | <b>0:59:23</b> | 06:05       | 1:00:58        |
| 590.     | 320  | Maćkowiak      | Paweł     | Ujście      | Friends of Glass          | 1961      | M50+ | 72.        | M (489.)   |           | 0:43:47 (562.) | <b>0:59:24</b> | 06:02       | 1:00:26        |
| 591.     | 46   | Andrzejak      | Bogumiła  | Suchy Las   | Ruukki                    | 1969      | K50+ | 9.         | K (102.)   |           | 0:43:36 (555.) | <b>0:59:24</b> | 06:06       | 1:01:06        |
| 592.     | 1038 | Frątczak       | Artur     | Ujście      | Friends of Glass          | 1987      | M30  | 154.       | M (490.)   |           | 0:43:50 (564.) | <b>0:59:28</b> | 06:02       | 1:00:26        |
| 593.     | 137  | Białek         | Mariusz   | Poznań      | Świerczewo Run            | 1969      | M50+ | 73.        | M (491.)   |           | 0:43:57 (578.) | <b>0:59:29</b> | 06:04       | 1:00:45        |
| 594.     | 223  | Krzywda        | Szymon    | Poznań      |                           | 1966      | M50+ | 74.        | M (492.)   |           | 0:42:12 (461.) | <b>0:59:30</b> | 06:04       | 1:00:41        |



| Ms<br>op | Nr   | Nazwisko        | Imię       | Miejscowość   | Klub                 | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|------|-----------------|------------|---------------|----------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 595.     | 430  | Piotrowska      | Monika     | Oleśnica      |                      | 1978      | K40  | 38.        | K (103.)   |           | 0:44:30 (606.) | <b>0:59:35</b> | 06:05       | 1:00:54        |
| 596.     | 1063 | Chłysta         | Joanna     | Poznań        |                      | 1970      | K40  | 39.        | K (104.)   |           | 0:44:12 (592.) | <b>0:59:36</b> | 06:03       | 1:00:33        |
| 597.     | 127  | Graczyk         | Damian     | Owińska       | Czerwonak Biega      | 1982      | M30  | 155.       | M (493.)   |           | 0:44:01 (581.) | <b>0:59:38</b> | 06:07       | 1:01:11        |
| 598.     | 134  | Paszkievicz-Żak | Monika     | Poznań        | Kobiety Biegają      | 1992      | K16  | 24.        | K (105.)   |           | 0:45:27 (655.) | <b>0:59:39</b> | 06:08       | 1:01:23        |
| 599.     | 85   | Kozanecki       | Adam       | Jasin         | KLAS Swarzędz        | 1976      | M40  | 172.       | M (494.)   |           | 0:44:54 (628.) | <b>0:59:40</b> | 06:04       | 1:00:44        |
| 600.     | 243  | Konieczny       | Andrzej    | Gostyń        | Konieczny Team       | 1970      | M40  | 173.       | M (495.)   |           | 0:44:52 (625.) | <b>0:59:43</b> | 06:09       | 1:01:35        |
| 601.     | 682  | Skrzypczal      | Michał     | Grodzisk Wlkp | NIAGARA FITNESS KLUB | 1974      | M40  | 174.       | M (496.)   |           | 0:44:59 (631.) | <b>0:59:43</b> | 06:09       | 1:01:30        |
| 602.     | 683  | Skrzypczak      | Anna       | Grodzisk Wlkp | NIAGARA FITNESS KLUB | 1975      | K40  | 40.        | K (106.)   |           | 0:45:02 (636.) | <b>0:59:44</b> | 06:09       | 1:01:30        |
| 603.     | 953  | RENAUD          | Agnieszka  | Alès          | AATAC                | 1977      | K40  | 41.        | K (107.)   |           | 0:43:54 (571.) | <b>0:59:45</b> | 06:02       | 1:00:22        |
| 604.     | 952  | RENAUD          | Davy       | Alès          | AATAC                | 1975      | M40  | 175.       | M (497.)   |           | 0:43:53 (568.) | <b>0:59:45</b> | 06:02       | 1:00:22        |
| 605.     | 848  | Łukanowski      | Mikołaj    | Poznań        |                      | 1983      | M30  | 156.       | M (498.)   |           | 0:44:37 (612.) | <b>0:59:45</b> | 06:08       | 1:01:28        |
| 606.     | 75   | Kąkolewska      | Elżbieta   | Młodasko      |                      | 1973      | K40  | 42.        | K (108.)   |           | 0:44:08 (588.) | <b>0:59:47</b> | 06:04       | 1:00:43        |
| 607.     | 781  | Rubczyński      | Wojciech   | Rakoniewice   | NIAGARA FITNESS KLUB | 1994      | M16  | 91.        | M (499.)   | 53.       | 0:45:02 (635.) | <b>0:59:47</b> | 06:09       | 1:01:34        |
| 608.     | 782  | Waligóra        | Aleksandra | Rakoniewice   | NIAGARA FITNESS KLUB | 1991      | K16  | 25.        | K (109.)   |           | 0:45:01 (633.) | <b>0:59:48</b> | 06:09       | 1:01:34        |
| 609.     | 745  | Majewska        | Aleksandra | Poznań        |                      | 1992      | K16  | 26.        | K (110.)   |           | 0:43:27 (548.) | <b>0:59:50</b> | 06:03       | 1:00:37        |
| 610.     | 325  | Matysek         | Ireneusz   | Wałcz         | KOMANDOS WAŁECKI     | 1956      | M50+ | 75.        | M (500.)   |           | 0:44:02 (583.) | <b>0:59:51</b> | 06:01       | 1:00:17        |
| 611.     | 493  | Piaskowski      | Paweł      | Siedlec       | Amator               | 1972      | M40  | 176.       | M (501.)   |           | 0:44:44 (616.) | <b>0:59:51</b> | 06:09       | 1:01:39        |
| 612.     | 89   | Komiński        | Dominik    | Swarzędz      |                      | 1999      | M16  | 92.        | M (502.)   |           | 0:42:55 (509.) | <b>0:59:53</b> | 06:00       | 1:00:04        |
| 613.     | 64   | Krysiak         | Łukasz     | Poznań        | Piątkowo na Biegowo  | 1977      | M40  | 177.       | M (503.)   |           | 0:45:21 (649.) | <b>0:59:54</b> | 06:07       | 1:01:18        |
| 614.     | 93   | Bajerski        | Piotr      | Kiekrz        |                      | 1971      | M40  | 178.       | M (504.)   |           | 0:44:22 (600.) | <b>0:59:56</b> | 06:11       | 1:01:57        |
| 615.     | 97   | Stachowski      | Mateusz    | Poznań        | Pro Patria           | 1975      | M40  | 179.       | M (505.)   |           | 0:44:24 (601.) | <b>0:59:57</b> | 06:11       | 1:01:57        |
| 616.     | 525  | Kozłowski       | Artur      | Swarzedz      | Niezrzeszony         | 1981      | M30  | 157.       | M (506.)   |           | 0:45:03 (638.) | <b>0:59:59</b> | 06:08       | 1:01:21        |
| 617.     | 573  | Mikołajczak     | Wiesław    | WRONKI        |                      | 1968      | M50+ | 76.        | M (507.)   |           | 0:45:31 (659.) | <b>1:00:02</b> | 06:11       | 1:01:51        |
| 618.     | 644  | Adamczak        | Jolanta    | Pawłowice     | OD PONIEDZIAŁKU      | 1972      | K40  | 43.        | K (111.)   |           | 0:44:34 (608.) | <b>1:00:02</b> | 06:11       | 1:01:52        |
| 619.     | 651  | Adamczak        | Martyna    | Pawlowice     | OD PONIEDZIAŁKU      | 1992      | K16  | 27.        | K (112.)   |           | 0:44:37 (611.) | <b>1:00:03</b> | 06:11       | 1:01:51        |
| 620.     | 492  | Kamycki         | Kacper     | Poznań        |                      | 2000      | M16  | 93.        | M (508.)   |           | 0:43:51 (565.) | <b>1:00:03</b> | 06:00       | 1:00:08        |



| Ms<br>op | Nr   | Nazwisko        | Imię      | Miejscowość  | Klub                           | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|------|-----------------|-----------|--------------|--------------------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 621.     | 886  | Janiszewska     | Jolanta   | Poznań       |                                | 1991      | K16  | 28.        | K (113.)   |           | 0:45:03 (637.) | <b>1:00:04</b> | 06:08       | 1:01:29        |
| 622.     | 379  | Ziętek          | Sławomir  | Szamotuły    | 1961                           | 1961      | M50+ | 77.        | M (509.)   |           | 0:45:41 (664.) | <b>1:00:11</b> | 06:10       | 1:01:48        |
| 623.     | 888  | Janiszewska     | Joanna    | Poznań       |                                | 1980      | K30  | 31.        | K (114.)   |           | 0:45:04 (639.) | <b>1:00:12</b> | 06:09       | 1:01:35        |
| 624.     | 1088 | Szulc           | Mirosław  | Luboń        | Luboński Klub Biegacza         | 1951      | M50+ | 78.        | M (510.)   |           | 0:44:45 (618.) | <b>1:00:12</b> | 06:13       | 1:02:15        |
| 625.     | 1080 | Klausa Wartacz  | Joanna    | Poznań       | KB DęBIEC                      | 1981      | K30  | 32.        | K (115.)   |           | 0:44:10 (591.) | <b>1:00:13</b> | 06:09       | 1:01:37        |
| 626.     | 628  | Gucińska        | Sonia     | Wągrowiec    |                                | 1990      | K16  | 29.        | K (116.)   |           | 0:45:08 (643.) | <b>1:00:19</b> | 06:09       | 1:01:31        |
| 627.     | 1033 | Bednarz         | Katarzyna | Wągrowiec    |                                | 1990      | K16  | 30.        | K (117.)   |           | 0:45:09 (644.) | <b>1:00:21</b> | 06:09       | 1:01:32        |
| 628.     | 154  | Wieczorkiewicz- | Kinga     | Poznań       |                                | 1983      | K30  | 33.        | K (118.)   |           | 0:44:47 (620.) | <b>1:00:23</b> | 06:03       | 1:00:32        |
| 629.     | 887  | Kawalka         | Waldemar  | Łęki Wielkie |                                | 1987      | M30  | 158.       | M (511.)   |           | 0:44:14 (594.) | <b>1:00:24</b> | 06:04       | 1:00:44        |
| 630.     | 74   | Rożkowski       | Roman     | ŚREM         | Runner's Power Śrem            | 1958      | M50+ | 79.        | M (512.)   |           | 0:44:43 (614.) | <b>1:00:24</b> | 06:14       | 1:02:21        |
| 631.     | 183  | Rożkowski       | Tomasz    | ŚREM         |                                | 1987      | M30  | 159.       | M (513.)   |           | 0:44:45 (617.) | <b>1:00:25</b> | 06:14       | 1:02:21        |
| 632.     | 613  | Kurzawa         | Natalia   | Swarzędz     |                                | 1984      | K30  | 34.        | K (119.)   |           | 0:44:39 (613.) | <b>1:00:26</b> | 06:03       | 1:00:35        |
| 633.     | 529  | Łukomski        | Michał    | Gułtowy      | Kozi Team                      | 1986      | M30  | 160.       | M (514.)   |           | 0:45:25 (653.) | <b>1:00:27</b> | 06:12       | 1:02:06        |
| 634.     | 32   | Bręk            | Anna      | Kórnik       |                                | 1986      | K30  | 35.        | K (120.)   | 9.        | 0:44:53 (626.) | <b>1:00:27</b> | 06:12       | 1:02:07        |
| 635.     | 38   | Solarz          | Angelika  | Kórnik       |                                | 1980      | K30  | 36.        | K (121.)   | 10.       | 0:44:54 (627.) | <b>1:00:28</b> | 06:12       | 1:02:08        |
| 636.     | 882  | Owczarzak       | Edyta     | Poznań       |                                | 1976      | K40  | 44.        | K (122.)   |           | 0:45:10 (645.) | <b>1:00:31</b> | 06:05       | 1:00:57        |
| 637.     | 909  | Krok            | Krzysztof | Muszyna      | niezrzeszony - amator          | 1963      | M50+ | 80.        | M (515.)   |           | 0:44:46 (619.) | <b>1:00:31</b> | 06:05       | 1:00:53        |
| 638.     | 499  | Komorowski      | Remigiusz | Poznań       |                                | 1973      | M40  | 180.       | M (516.)   |           | 0:44:08 (589.) | <b>1:00:35</b> | 06:13       | 1:02:19        |
| 639.     | 715  | Stan            | Adrian    | Poznań       | Parkrun Poznań                 | 1974      | M40  | 181.       | M (517.)   |           | 0:45:08 (641.) | <b>1:00:36</b> | 06:13       | 1:02:11        |
| 640.     | 1016 | Grajzer         | Maciej    | Kaźmierz     |                                | 1984      | M30  | 161.       | M (518.)   |           | 0:44:28 (602.) | <b>1:00:37</b> | 06:06       | 1:01:07        |
| 641.     | 1028 | Kozłowski       | Marcin    | Kaźmierz     | Kibole w Biegu Sekcja Kaźmierz | 1994      | M16  | 94.        | M (519.)   |           | 0:44:28 (604.) | <b>1:00:38</b> | 06:06       | 1:01:07        |
| 642.     | 649  | Szwarc          | Marcin    | Lusówko      | Sierostawskie Dziki            | 1981      | M30  | 162.       | M (520.)   |           | 0:43:48 (563.) | <b>1:00:38</b> | 06:09       | 1:01:36        |
| 643.     | 1046 | Framski         | Łukasz    | Międzyrzecz  | 17WBZ                          | 1978      | M40  | 182.       | M (521.)   | 54.       | 0:44:56 (629.) | <b>1:00:39</b> | 06:15       | 1:02:33        |
| 644.     | 158  | Szajek          | Krzysztof | Poznań       | ST RUNNERS                     | 1984      | M30  | 163.       | M (522.)   | 55.       | 0:44:07 (587.) | <b>1:00:40</b> | 06:05       | 1:00:50        |
| 645.     | 530  | Nowak           | Grzegorz  | Poznań       | Kozi Team                      | 1991      | M16  | 95.        | M (523.)   |           | 0:45:26 (654.) | <b>1:00:42</b> | 06:14       | 1:02:20        |
| 646.     | 606  | Kaczmarek       | Agata     | Poznań       | TKD Szakal Jeżyce              | 1973      | K40  | 45.        | K (123.)   |           | 0:45:22 (650.) | <b>1:00:43</b> | 06:12       | 1:02:01        |



| Ms<br>op | Nr   | Nazwisko    | Imię      | Miejscowość       | Klub                       | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|------|-------------|-----------|-------------------|----------------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 647.     | 997  | Galanty     | Grzegorz  | Lauda-Königshofe  |                            | 1983      | M30  | 164.       | M (524.)   |           | 0:44:31 (607.) | <b>1:00:44</b> | 06:12       | 1:02:02        |
| 648.     | 1023 | Wełniak     | Marysia   | Tarnowo           |                            | 1981      | K30  | 37.        | K (124.)   |           | 0:45:00 (632.) | <b>1:00:50</b> | 06:11       | 1:01:50        |
| 649.     | 554  | Woźniak     | Joanna    | Poznań            |                            | 1971      | K40  | 46.        | K (125.)   |           | 0:44:37 (610.) | <b>1:00:50</b> | 06:11       | 1:01:56        |
| 650.     | 374  | Cichy       | Jacek     | Poznan            |                            | 1963      | M50+ | 81.        | M (525.)   |           | 0:44:58 (630.) | <b>1:00:51</b> | 06:15       | 1:02:30        |
| 651.     | 748  | Rutkowska   | Anna      | Wałcz             | Wataha Wałcz               | 1969      | K50+ | 10.        | K (126.)   |           | 0:44:50 (622.) | <b>1:00:55</b> | 06:13       | 1:02:13        |
| 652.     | 423  | Cieślak     | Katarzyna | Poznań            |                            | 1994      | K16  | 31.        | K (127.)   |           | 0:44:51 (623.) | <b>1:00:55</b> | 06:11       | 1:01:53        |
| 653.     | 747  | Zadrozny    | Szymon    | Wałcz             | Wataha Wałcz               | 1978      | M40  | 183.       | M (526.)   | 56.       | 0:44:50 (621.) | <b>1:00:56</b> | 06:13       | 1:02:14        |
| 654.     | 579  | Przybylak   | Sylwia    | Kazimierz biskupi | Franuś Team                | 1996      | K16  | 32.        | K (128.)   |           | 0:45:11 (647.) | <b>1:00:58</b> | 06:13       | 1:02:10        |
| 655.     | 578  | Przybylak   | Mikołaj   | Kazimierz biskupi | Franuś Team                | 1990      | M16  | 96.        | M (527.)   |           | 0:45:11 (648.) | <b>1:00:58</b> | 06:12       | 1:02:09        |
| 656.     | 859  | Michalska   | Katarzyna | Poznań            |                            | 1982      | K30  | 38.        | K (129.)   |           | 0:45:30 (658.) | <b>1:00:59</b> | 06:16       | 1:02:42        |
| 657.     | 1004 | Kucińska    | Natalia   | Poznań            | 1992                       | 1992      | K16  | 33.        | K (130.)   |           | 0:45:28 (656.) | <b>1:01:04</b> | 06:12       | 1:02:01        |
| 658.     | 903  | Mądrzak     | Karolina  | Poznań            | Powiat Poznański           | 1979      | K40  | 47.        | K (131.)   |           | 0:44:35 (609.) | <b>1:01:05</b> | 06:12       | 1:02:03        |
| 659.     | 14   | Żurawski    | Jakub     | Poznań            | # DRUŻYNA SZPIKU           | 1974      | M40  | 184.       | M (528.)   |           | 0:46:12 (673.) | <b>1:01:08</b> | 06:15       | 1:02:36        |
| 660.     | 319  | Rzepka      | Marta     | Śrem              |                            | 1994      | K16  | 34.        | K (132.)   |           | 0:45:44 (666.) | <b>1:01:08</b> | 06:16       | 1:02:45        |
| 661.     | 890  | Wierzbiński | Paweł     | Rogoźno           |                            | 1993      | M16  | 97.        | M (529.)   |           | 0:46:02 (672.) | <b>1:01:08</b> | 06:20       | 1:03:25        |
| 662.     | 873  | Polaczek    | Robert    | Swarzędz          | KB Biura Bieglego Sądowego | 1973      | M40  | 185.       | M (530.)   |           | 0:45:08 (642.) | <b>1:01:10</b> | 06:13       | 1:02:19        |
| 663.     | 872  | Polaczek    | Lidia     | Swarzędz          |                            | 1966      | K50+ | 11.        | K (133.)   |           | 0:45:10 (646.) | <b>1:01:11</b> | 06:13       | 1:02:19        |
| 664.     | 863  | Dobiegała   | Monika    | Rosko             |                            | 1998      | K16  | 35.        | K (134.)   |           | 0:45:29 (657.) | <b>1:01:14</b> | 06:14       | 1:02:27        |
| 665.     | 465  | Kozłowski   | Mirosław  | Dąbrowa           | X                          | 1962      | M50+ | 82.        | M (531.)   |           | 0:44:28 (605.) | <b>1:01:17</b> | 06:13       | 1:02:17        |
| 666.     | 523  | Kanarek     | Tomek     | Ryżyn             |                            | 1984      | M30  | 165.       | M (532.)   |           | 0:45:41 (665.) | <b>1:01:28</b> | 06:17       | 1:02:57        |
| 667.     | 114  | Fajfer      | Jacek     | Gruszczyn         |                            | 1960      | M50+ | 83.        | M (533.)   |           | 0:45:02 (634.) | <b>1:01:29</b> | 06:15       | 1:02:34        |
| 668.     | 1008 | Kubala      | Maciej    | Luboń             |                            | 1971      | M40  | 186.       | M (534.)   |           | 0:45:05 (640.) | <b>1:01:30</b> | 06:19       | 1:03:12        |
| 669.     | 33   | Kaczmarek   | Krzysztof | Szamotuły         | Wroniecki Klub Biegacza    | 1968      | M50+ | 84.        | M (535.)   | 57.       | 0:45:22 (651.) | <b>1:01:31</b> | 06:16       | 1:02:41        |
| 670.     | 994  | Musiał      | Anna      | Poznań            | DBL                        | 1991      | K16  | 36.        | K (135.)   |           | 0:46:23 (681.) | <b>1:01:35</b> | 06:22       | 1:03:42        |
| 671.     | 857  | Moniowska   | Marta     | Olkusz            |                            | 1981      | K30  | 39.        | K (136.)   |           | 0:45:33 (660.) | <b>1:01:35</b> | 06:18       | 1:03:00        |
| 672.     | 402  | Wysłuzal    | Elżbieta  | Poznań            | PKO BANK POLSKI            | 1965      | K50+ | 12.        | K (137.)   |           | 0:45:33 (661.) | <b>1:01:36</b> | 06:16       | 1:02:43        |



| Ms<br>op | Nr   | Nazwisko         | Imię       | Miejscowość | Klub                       | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|------|------------------|------------|-------------|----------------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 673.     | 434  | Kempska          | Katarzyna  | Poznań      |                            | 1985      | K30  | 40.        | K (138.)   |           | 0:45:38 (663.) | <b>1:01:37</b> | 06:12       | 1:02:09        |
| 674.     | 586  | Kropidłowski     | Tomasz     | Gniezno     |                            | 1971      | M40  | 187.       | M (536.)   |           | 0:45:59 (670.) | <b>1:01:39</b> | 06:17       | 1:02:53        |
| 675.     | 150  | Kuczyński        | Mariusz    | Poznań      |                            | 1977      | M40  | 188.       | M (537.)   |           | 0:46:38 (689.) | <b>1:01:44</b> | 06:21       | 1:03:39        |
| 676.     | 26   | Kaczmarek        | Adrian     | Września    | Night Runners Września     | 1981      | M30  | 166.       | M (538.)   |           | 0:46:22 (677.) | <b>1:01:46</b> | 06:19       | 1:03:14        |
| 677.     | 633  | Satkiewicz       | Krzysztof  | Mrowino     |                            | 1977      | M40  | 189.       | M (539.)   |           | 0:45:24 (652.) | <b>1:01:52</b> | 06:28       | 1:04:47        |
| 678.     | 1013 | Kozieł           | Marta      | Poznań      | Pro366                     | 1991      | K16  | 37.        | K (139.)   |           | 0:46:01 (671.) | <b>1:01:53</b> | 06:14       | 1:02:25        |
| 679.     | 457  | Wierzbiński      | Krzysztof  | Rogoźno     |                            | 1986      | M30  | 167.       | M (540.)   |           | 0:45:56 (669.) | <b>1:02:00</b> | 06:26       | 1:04:21        |
| 680.     | 699  | Marcinowski      | Piotr      | Poznań      | brak                       | 1971      | M40  | 190.       | M (541.)   |           | 0:47:36 (709.) | <b>1:02:01</b> | 06:24       | 1:04:09        |
| 681.     | 679  | Szafраниak       | Maciej     | Gostyń      |                            | 1999      | M16  | 98.        | M (542.)   |           | 0:46:42 (691.) | <b>1:02:06</b> | 06:24       | 1:04:03        |
| 682.     | 599  | Marciniak - Henc | Aneta      | Poznań      | Night Runners              | 1974      | K40  | 48.        | K (140.)   |           | 0:46:22 (678.) | <b>1:02:10</b> | 06:23       | 1:03:51        |
| 683.     | 371  | Mielcarek        | Anna       | Poznań      | No Excuses Team            | 1983      | K30  | 41.        | K (141.)   |           | 0:46:23 (680.) | <b>1:02:10</b> | 06:23       | 1:03:51        |
| 684.     | 833  | Czechlewska      | Iwona      | Gdańsk      |                            | 1983      | K30  | 42.        | K (142.)   |           | 0:46:21 (676.) | <b>1:02:14</b> | 06:23       | 1:03:55        |
| 685.     | 265  | Żak              | Renata     | Poznań      |                            | 1973      | K40  | 49.        | K (143.)   |           | 0:46:22 (679.) | <b>1:02:19</b> | 06:24       | 1:04:01        |
| 686.     | 786  | Wiese            | Aleksandra | Poznań      |                            | 1987      | K30  | 43.        | K (144.)   |           | 0:47:34 (708.) | <b>1:02:28</b> | 06:27       | 1:04:36        |
| 687.     | 918  | Wieteki          | Jerzy      | Poznań      | Poznań                     | 1956      | M50+ | 85.        | M (543.)   |           | 0:46:14 (674.) | <b>1:02:35</b> | 06:23       | 1:03:54        |
| 688.     | 943  | Michalak         | Krzysztof  | Poznań      | TKKF MPK POZANAŃ           | 1982      | M30  | 168.       | M (544.)   |           | 0:46:33 (685.) | <b>1:02:40</b> | 06:19       | 1:03:17        |
| 689.     | 762  | Banaszak         | Hubert     | Poznań      |                            | 1988      | M30  | 169.       | M (545.)   |           | 0:48:06 (723.) | <b>1:02:44</b> | 06:31       | 1:05:10        |
| 690.     | 941  | Wozniak          | Magda      | Poznan      | TKKF MPK POZANAŃ           | 1982      | K30  | 44.        | K (145.)   |           | 0:46:24 (683.) | <b>1:02:48</b> | 06:25       | 1:04:15        |
| 691.     | 938  | Woźniak          | Mirosław   | Koziegłowy  | TKKF MPK Poznań            | 1960      | M50+ | 86.        | M (546.)   |           | 0:46:24 (682.) | <b>1:02:48</b> | 06:25       | 1:04:14        |
| 692.     | 927  | Walkowiak        | Krzysztof  | Charzewo    |                            | 1990      | M16  | 99.        | M (547.)   |           | 0:47:12 (696.) | <b>1:02:51</b> | 06:19       | 1:03:17        |
| 693.     | 198  | Mandziak         | Rafał      | Poznań      |                            | 1979      | M40  | 191.       | M (548.)   |           | 0:45:54 (668.) | <b>1:02:53</b> | 06:24       | 1:04:04        |
| 694.     | 194  | Zarzczańska-Ja   | Blanka     | Pecna       |                            | 1982      | K30  | 45.        | K (146.)   |           | 0:44:44 (615.) | <b>1:03:07</b> | 06:21       | 1:03:35        |
| 695.     | 400  | Irzyk            | Grzegorz   | Poznań      | #BIEGACZE / parkrun Poznań | 1956      | M50+ | 87.        | M (549.)   |           | 0:46:34 (688.) | <b>1:03:13</b> | 06:32       | 1:05:24        |
| 696.     | 1103 | Koczewski        | Paweł      | Poznań      |                            | 1965      | M50+ | 88.        | M (550.)   |           | 0:45:45 (667.) | <b>1:03:16</b> | 06:30       | 1:05:03        |
| 697.     | 377  | Olczak           | Bogumił    | Poznań      |                            | 1984      | M30  | 170.       | M (551.)   |           | 0:45:37 (662.) | <b>1:03:22</b> | 06:27       | 1:04:31        |
| 698.     | 713  | Czajko           | Justyna    | Poznań      | Parkrun Poznań             | 1982      | K30  | 46.        | K (147.)   |           | 0:47:30 (704.) | <b>1:03:35</b> | 06:30       | 1:05:09        |



| Ms<br>op | Nr   | Nazwisko      | Imię       | Miejscowość | Klub                      | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|------|---------------|------------|-------------|---------------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 699.     | 945  | Jaskuła       | Łukasz     | Borówiec    |                           | 1987      | M30  | 171.       | M (552.)   |           | 0:48:45 (755.) | <b>1:03:35</b> | 06:31       | 1:05:15        |
| 700.     | 170  | Świstak       | Grzegorz   | Szczecin    |                           | 1963      | M50+ | 89.        | M (553.)   |           | 0:46:33 (686.) | <b>1:03:37</b> | 06:26       | 1:04:23        |
| 701.     | 503  | Soska         | Joanna     | Biedrusko   | angiodiabetica.pl         | 1979      | K40  | 50.        | K (148.)   |           | 0:47:05 (695.) | <b>1:03:38</b> | 06:28       | 1:04:42        |
| 702.     | 281  | Kąkolewska    | Katarzyna  | Poznań      |                           | 1991      | K16  | 38.        | K (149.)   |           | 0:46:30 (684.) | <b>1:03:40</b> | 06:24       | 1:04:01        |
| 703.     | 664  | Weiher        | Adelina    | Poznań      | Rebellion Of Free Runners | 1980      | K30  | 47.        | K (150.)   |           | 0:46:39 (690.) | <b>1:03:42</b> | 06:31       | 1:05:17        |
| 704.     | 502  | Soska         | Jacek      | Biedrusko   | angiodiabetica.pl         | 1979      | M40  | 192.       | M (554.)   |           | 0:48:08 (727.) | <b>1:03:54</b> | 06:31       | 1:05:18        |
| 705.     | 39   | Malinowski    | Bartek     | Poznan      |                           | 1977      | M40  | 193.       | M (555.)   |           | 0:47:59 (719.) | <b>1:03:55</b> | 06:36       | 1:06:05        |
| 706.     | 827  | Dutkiewicz    | Małgorzata | Mrowino     | Night Runners             | 1971      | K40  | 51.        | K (151.)   |           | 0:47:53 (716.) | <b>1:03:58</b> | 06:33       | 1:05:31        |
| 707.     | 200  | Marcinkowski  | Hubert     | Śrem        |                           | 2000      | M16  | 100.       | M (556.)   |           | 0:47:31 (706.) | <b>1:03:58</b> | 06:33       | 1:05:38        |
| 708.     | 758  | Karaś         | Andrzej    | kiekrz      | PnB Morsy                 | 1976      | M40  | 194.       | M (557.)   |           | 0:47:54 (717.) | <b>1:03:58</b> | 06:33       | 1:05:31        |
| 709.     | 757  | Karaś         | Katarzyna  | kiekrz      | PnB Morsy                 | 1978      | K40  | 52.        | K (152.)   |           | 0:47:56 (718.) | <b>1:03:58</b> | 06:33       | 1:05:31        |
| 710.     | 705  | Schwarz       | Krzysztof  | Koscian     |                           | 1974      | M40  | 195.       | M (558.)   |           | 0:47:13 (697.) | <b>1:03:59</b> | 06:35       | 1:05:58        |
| 711.     | 706  | Schwarz       | Beata      | Kościan     |                           | 1976      | K40  | 53.        | K (153.)   |           | 0:47:13 (698.) | <b>1:03:59</b> | 06:35       | 1:05:58        |
| 712.     | 931  | Piechowiak    | Piotr      | Miękowo     |                           | 1990      | M16  | 101.       | M (559.)   |           | 0:48:46 (756.) | <b>1:04:11</b> | 06:32       | 1:05:21        |
| 713.     | 264  | Krumplewski   | Witold     | Gorzów      |                           | 1972      | M40  | 196.       | M (560.)   | 58.       | 0:46:54 (693.) | <b>1:04:11</b> | 06:31       | 1:05:18        |
| 714.     | 363  | Szcześniak    | Antoni     | Puszczykowo |                           | 1994      | M16  | 102.       | M (561.)   |           | 0:49:14 (766.) | <b>1:04:12</b> | 06:27       | 1:04:39        |
| 715.     | 556  | Biernacki     | Wojciech   | Poznań      | -                         | 1990      | M16  | 103.       | M (562.)   | 59.       | 0:47:04 (694.) | <b>1:04:17</b> | 06:33       | 1:05:32        |
| 716.     | 1022 | Jura          | Piotr      | Gniezno     | Energieko biega           | 1984      | M30  | 172.       | M (563.)   |           | 0:47:20 (700.) | <b>1:04:18</b> | 06:34       | 1:05:41        |
| 717.     | 1024 | Meesters      | Ellen      | Gniezno     | Energieko biega           | 1992      | K16  | 39.        | K (154.)   |           | 0:47:20 (701.) | <b>1:04:19</b> | 06:34       | 1:05:43        |
| 718.     | 710  | Fuks-Makowska | Katarzyna  | Komorniki   |                           | 1974      | K40  | 54.        | K (155.)   |           | 0:47:30 (703.) | <b>1:04:22</b> | 06:37       | 1:06:13        |
| 719.     | 486  | Cyprian       | Tomasz     | Gostyń      |                           | 1975      | M40  | 197.       | M (564.)   |           | 0:48:14 (732.) | <b>1:04:22</b> | 06:37       | 1:06:14        |
| 720.     | 709  | Makowski      | Mikołaj    | Komorniki   |                           | 1974      | M40  | 198.       | M (565.)   |           | 0:47:31 (705.) | <b>1:04:22</b> | 06:37       | 1:06:14        |
| 721.     | 1020 | Fąferek       | Łukasz     | Szamotuły   | ULANI BOXING TEAM         | 1994      | M16  | 104.       | M (566.)   |           | 0:46:34 (687.) | <b>1:04:37</b> | 06:32       | 1:05:24        |
| 722.     | 733  | PIECHALAK     | JACEK      | ROKIETNICA  | Kuna Kowanówko            | 1969      | M50+ | 90.        | M (567.)   |           | 0:48:07 (724.) | <b>1:04:39</b> | 06:41       | 1:06:54        |
| 723.     | 551  | PALUSZKIEWIC  | JAKUB      | Poznań      |                           | 1977      | M40  | 199.       | M (568.)   |           | 0:48:41 (753.) | <b>1:04:40</b> | 06:41       | 1:06:50        |
| 724.     | 1039 | Kaczmarek     | Jacek      | Poznań      | Grupa OLX Team            | 1989      | M30  | 173.       | M (569.)   |           | 0:47:39 (710.) | <b>1:04:40</b> | 06:37       | 1:06:18        |





| Ms<br>op | Nr  | Nazwisko      | Imię      | Miejscowość | Klub                   | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|-----|---------------|-----------|-------------|------------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 725.     | 276 | Dopierała     | Stanisław | Gostyń      |                        | 1988      | M30  | 174.       | M (570.)   |           | 0:48:24 (743.) | <b>1:04:45</b> | 06:39       | 1:06:38        |
| 726.     | 864 | Tomczak       | Krzysztof | Poznań      |                        | 1989      | M30  | 175.       | M (571.)   |           | 0:48:26 (745.) | <b>1:04:46</b> | 06:34       | 1:05:44        |
| 727.     | 603 | Śmiechowska   | Ewelina   | Poznań      |                        | 1992      | K16  | 40.        | K (156.)   |           | 0:48:25 (744.) | <b>1:04:46</b> | 06:34       | 1:05:44        |
| 728.     | 922 | Pela          | Jakub     | Środa       | Decora Running Team    | 1987      | M30  | 176.       | M (572.)   |           | 0:46:44 (692.) | <b>1:04:47</b> | 06:30       | 1:05:05        |
| 729.     | 980 | Gacka         | Kacper    | Poznań      | KONESERZY              | 1993      | M16  | 105.       | M (573.)   |           | 0:48:37 (749.) | <b>1:04:50</b> | 06:42       | 1:07:07        |
| 730.     | 979 | Ignaszewski   | Maciej    | Śrem        | KONESERZY              | 1993      | M16  | 106.       | M (574.)   |           | 0:48:38 (750.) | <b>1:04:50</b> | 06:42       | 1:07:07        |
| 731.     | 986 | Tomczyk       | Klaudia   | Śrem        |                        | 1999      | K16  | 41.        | K (157.)   |           | 0:48:19 (740.) | <b>1:04:52</b> | 06:40       | 1:06:48        |
| 732.     | 209 | Tomczyk       | Anna      | Śrem        |                        | 1978      | K40  | 55.        | K (158.)   |           | 0:48:19 (739.) | <b>1:04:52</b> | 06:40       | 1:06:48        |
| 733.     | 167 | Marciniak     | Rafał     | Śrem        |                        | 1975      | M40  | 200.       | M (575.)   | 60.       | 0:48:19 (738.) | <b>1:04:52</b> | 06:40       | 1:06:48        |
| 734.     | 987 | Kuna          | Robert    | Zaniemysl   | Klub Wesołego Szampana | 1972      | M40  | 201.       | M (576.)   |           | 0:48:06 (722.) | <b>1:05:01</b> | 06:33       | 1:05:33        |
| 735.     | 983 | Kuna          | Danka     | Zaniemyśl   |                        | 1972      | K40  | 56.        | K (159.)   |           | 0:48:05 (721.) | <b>1:05:02</b> | 06:33       | 1:05:33        |
| 736.     | 409 | Olęderek      | Maciej    | Poznań      | Poznań                 | 1969      | M50+ | 91.        | M (577.)   | 61.       | 0:48:21 (741.) | <b>1:05:02</b> | 06:42       | 1:07:02        |
| 737.     | 324 | Kegel         | Zbigniew  | Poznań      | Piątkowo na Biegowo    | 1962      | M50+ | 92.        | M (578.)   |           | 0:48:11 (729.) | <b>1:05:05</b> | 06:39       | 1:06:39        |
| 738.     | 637 | Siennicki     | Mikołaj   | Poznań      |                        | 1974      | M40  | 202.       | M (579.)   |           | 0:49:18 (771.) | <b>1:05:08</b> | 06:30       | 1:05:08        |
| 739.     | 483 | Sajewska      | Beata     | Wągrowiec   | 1976                   | 1976      | K40  | 57.        | K (160.)   |           | 0:47:16 (699.) | <b>1:05:08</b> | 06:38       | 1:06:21        |
| 740.     | 389 | Danielewski   | Henryk    | Dąbrowa     |                        | 1989      | M30  | 177.       | M (580.)   |           | 0:48:51 (758.) | <b>1:05:10</b> | 06:39       | 1:06:33        |
| 741.     | 566 | Buniak        | Joanna    | Swarzedz    |                        | 1976      | K40  | 58.        | K (161.)   |           | 0:47:21 (702.) | <b>1:05:10</b> | 06:38       | 1:06:23        |
| 742.     | 390 | Klessa        | Anna      | Poznań      | fitness24seven         | 1989      | K30  | 48.        | K (162.)   |           | 0:48:10 (728.) | <b>1:05:13</b> | 06:33       | 1:05:35        |
| 743.     | 479 | Rzeszut       | Jacek     | Poznań      | Jak Po Sznurku         | 1966      | M50+ | 93.        | M (581.)   |           | 0:47:52 (714.) | <b>1:05:23</b> | 06:39       | 1:06:30        |
| 744.     | 635 | Kołodziejczak | Artur     | Nekla       | Night Runners Nekla    | 1974      | M40  | 203.       | M (582.)   |           | 0:47:41 (711.) | <b>1:05:23</b> | 06:34       | 1:05:40        |
| 745.     | 481 | Rzeszut       | Hanna     | Poznań      |                        | 1995      | K16  | 42.        | K (163.)   |           | 0:47:52 (715.) | <b>1:05:23</b> | 06:39       | 1:06:30        |
| 746.     | 669 | Bartkowiak    | Monika    | Poznań      | 1999                   | 1999      | K16  | 43.        | K (164.)   |           | 0:48:44 (754.) | <b>1:05:24</b> | 06:41       | 1:06:55        |
| 747.     | 364 | Nyckowski     | Bartosz   | Poznań      | 1976                   | 1976      | M40  | 204.       | M (583.)   |           | 0:49:17 (770.) | <b>1:05:25</b> | 06:42       | 1:07:01        |
| 748.     | 362 | Nyckowska     | Karolina  | Poznań      |                        | 1973      | K40  | 59.        | K (165.)   |           | 0:49:16 (768.) | <b>1:05:25</b> | 06:42       | 1:07:01        |
| 749.     | 480 | Rzeszut       | Jakub     | Poznań      | Jak Po Sznurku         | 2000      | M16  | 107.       | M (584.)   |           | 0:49:07 (764.) | <b>1:05:26</b> | 06:39       | 1:06:33        |
| 750.     | 152 | Markiewicz    | Joanna    | Poznań      | Kobiety Biegają        | 1976      | K40  | 60.        | K (166.)   |           | 0:48:33 (748.) | <b>1:05:27</b> | 06:36       | 1:06:06        |



| Ms<br>op | Nr   | Nazwisko         | Imię      | Miejscowość     | Klub                   | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|------|------------------|-----------|-----------------|------------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 751.     | 1026 | Haise            | Sebastian | Poznan          |                        | 1975      | M40  | 205.       | M (585.)   |           | 0:48:15 (734.) | <b>1:05:29</b> | 06:42       | 1:07:00        |
| 752.     | 528  | Staszewski       | Piotr     | Potasze         |                        | 1971      | M40  | 206.       | M (586.)   |           | 0:48:16 (735.) | <b>1:05:30</b> | 06:41       | 1:06:52        |
| 753.     | 321  | Kapitan-Judka    | Katarzyna | Warszawa        |                        | 1979      | K40  | 61.        | K (167.)   |           | 0:48:16 (736.) | <b>1:05:30</b> | 06:41       | 1:06:52        |
| 754.     | 182  | Kujath           | Dominika  | Poznań          | Altom Gniezno          | 1984      | K30  | 49.        | K (168.)   |           | 0:48:15 (733.) | <b>1:05:35</b> | 06:39       | 1:06:36        |
| 755.     | 884  | Jaskierski       | Michał    | Gostyń          |                        | 1975      | M40  | 207.       | M (587.)   |           | 0:48:32 (746.) | <b>1:05:45</b> | 06:45       | 1:07:36        |
| 756.     | 883  | Brycka-Jaskiersk | Aldona    | Gostyń          | Parkrun GOSTYŃ         | 1975      | K40  | 62.        | K (169.)   |           | 0:48:32 (747.) | <b>1:05:45</b> | 06:45       | 1:07:36        |
| 757.     | 289  | Malec            | Jarosław  | Lubartów        |                        | 1987      | M30  | 178.       | M (588.)   |           | 0:48:13 (730.) | <b>1:05:46</b> | 06:44       | 1:07:28        |
| 758.     | 290  | Szmit            | Paulina   | Poznań          |                        | 1983      | K30  | 50.        | K (170.)   |           | 0:48:14 (731.) | <b>1:05:46</b> | 06:44       | 1:07:28        |
| 759.     | 436  | Stangret         | Wiktoria  | Ostrów          |                        | 1995      | K16  | 44.        | K (171.)   |           | 0:47:48 (713.) | <b>1:05:48</b> | 06:43       | 1:07:18        |
| 760.     | 545  | Lizik            | Magdalena | Poznań          |                        | 1977      | K40  | 63.        | K (172.)   |           | 0:48:40 (752.) | <b>1:05:53</b> | 06:36       | 1:06:03        |
| 761.     | 268  | Kurkowiak        | Agnieszka | Poznań          |                        | 1974      | K40  | 64.        | K (173.)   |           | 0:48:02 (720.) | <b>1:06:01</b> | 06:46       | 1:07:43        |
| 762.     | 197  | Urbańska         | Jolanta   | Krobia          | Biegaj z Krobią Women  | 1962      | K50+ | 13.        | K (174.)   |           | 0:48:39 (751.) | <b>1:06:01</b> | 06:45       | 1:07:39        |
| 763.     | 691  | Sobalski         | Stanisław | Gostyń          | Herkules               | 1957      | M50+ | 94.        | M (589.)   | 62.       | ( )            | <b>1:06:06</b> | 06:42       | 1:07:06        |
| 764.     | 661  | Janiszewska      | Natalia   | Poznań          |                        | 1980      | K30  | 51.        | K (175.)   |           | 0:48:07 (725.) | <b>1:06:09</b> | 06:38       | 1:06:28        |
| 765.     | 750  | Budajczak        | Krzysztof | Koźmin          |                        | 1974      | M40  | 208.       | M (590.)   |           | 0:49:02 (762.) | <b>1:06:09</b> | 06:48       | 1:08:00        |
| 766.     | 662  | Ceglowska        | Anna      | Poznań          |                        | 1979      | K40  | 65.        | K (176.)   |           | 0:48:08 (726.) | <b>1:06:10</b> | 06:38       | 1:06:28        |
| 767.     | 448  | Mielcarzewicz    | Paweł     | Poznań          |                        | 1982      | M30  | 179.       | M (591.)   |           | 0:49:25 (774.) | <b>1:06:16</b> | 06:46       | 1:07:47        |
| 768.     | 241  | Konieczny        | Michał    | Rydzyzna        | Konieczny Team         | 1985      | M30  | 180.       | M (592.)   |           | 0:49:46 (782.) | <b>1:06:28</b> | 06:52       | 1:08:44        |
| 769.     | 615  | Trzcińska        | Marta     | Książ Wlkp      |                        | 1974      | K40  | 66.        | K (177.)   |           | 0:49:02 (763.) | <b>1:06:29</b> | 06:48       | 1:08:03        |
| 770.     | 145  | Szafczyk         | Anita     | Września        | Night Runners Września | 1979      | K40  | 67.        | K (178.)   |           | 0:49:29 (775.) | <b>1:06:33</b> | 06:49       | 1:08:17        |
| 771.     | 1085 | Micomream Tras   | Francois  | Le Point Connet |                        | 1960      | M50+ | 95.        | M (593.)   |           | 0:50:04 (786.) | <b>1:06:35</b> | 06:52       | 1:08:42        |
| 772.     | 351  | Kubacki          | Marek     | Poznań          |                        | 1970      | M40  | 209.       | M (594.)   |           | 0:50:05 (787.) | <b>1:06:36</b> | 06:52       | 1:08:42        |
| 773.     | 355  | Szymańska        | Karolina  | Konin           |                        | 1993      | K16  | 45.        | K (179.)   |           | 0:48:18 (737.) | <b>1:06:36</b> | 06:42       | 1:07:04        |
| 774.     | 966  | Rocławski        | Sławomir  | Poznań          | PARKOWE BRACHTWO       | 1972      | M40  | 210.       | M (595.)   |           | 0:50:17 (789.) | <b>1:06:39</b> | 06:51       | 1:08:33        |
| 775.     | 1006 | Konarzewska      | Anna      | Poznań          |                        | 1982      | K30  | 52.        | K (180.)   |           | 0:50:18 (790.) | <b>1:06:40</b> | 06:51       | 1:08:33        |
| 776.     | 80   | Nawrot           | Anna      | Poznań          | gRUNwald Team Poznań   | 1978      | K40  | 68.        | K (181.)   |           | 0:49:00 (759.) | <b>1:06:40</b> | 06:48       | 1:08:03        |



| Ms<br>op | Nr   | Nazwisko             | Imię      | Miejscowość | Klub                            | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|------|----------------------|-----------|-------------|---------------------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 777.     | 361  | Karczyńska           | Angelika  | Puszczkowo  |                                 | 1994      | K16  | 46.        | K (182.)   |           | 0:49:17 (769.) | <b>1:06:43</b> | 06:42       | 1:07:08        |
| 778.     | 1053 | Zakrzewski           | Andrzej   | Toruń       |                                 | 1986      | M30  | 181.       | M (596.)   |           | 0:49:36 (778.) | <b>1:06:43</b> | 06:50       | 1:08:29        |
| 779.     | 627  | Zakrzewski           | Tomasz    | Poznań      | Rypin                           | 1984      | M30  | 182.       | M (597.)   |           | 0:49:37 (779.) | <b>1:06:43</b> | 06:50       | 1:08:29        |
| 780.     | 518  | Kruszona             | Daniel    | Biskupice   |                                 | 1971      | M40  | 211.       | M (598.)   |           | 0:49:19 (772.) | <b>1:06:44</b> | 06:52       | 1:08:43        |
| 781.     | 711  | Kopyt                | Daria     | Poznań      |                                 | 1993      | K16  | 47.        | K (183.)   |           | 0:49:16 (767.) | <b>1:06:44</b> | 06:43       | 1:07:10        |
| 782.     | 532  | MUSUR                | ADAM      | OLESNICA    | KB Szerszeń Oleśnica            | 1953      | M50+ | 96.        | M (599.)   | 63.       | 0:47:44 (712.) | <b>1:06:50</b> | 06:48       | 1:08:09        |
| 783.     | 968  | van de Burgt         | Nina      | Poznań      |                                 | 1999      | K16  | 48.        | K (184.)   |           | 0:49:01 (761.) | <b>1:06:58</b> | 06:52       | 1:08:45        |
| 784.     | 1084 | Pieprzyk             | Wiesław   | Poznań      |                                 | 1954      | M50+ | 97.        | M (600.)   |           | 0:49:48 (783.) | <b>1:06:58</b> | 06:49       | 1:08:18        |
| 785.     | 94   | Hložek               | Joanna    | Skoki       | 12. Wielkopolska Brygada Obrony | 1979      | K40  | 69.        | K (185.)   | 11.       | 0:47:32 (707.) | <b>1:07:01</b> | 06:56       | 1:09:21        |
| 786.     | 495  | Szott                | Piotr     | Poznań      | Le-Biega                        | 1958      | M50+ | 98.        | M (601.)   |           | 0:49:13 (765.) | <b>1:07:05</b> | 06:50       | 1:08:27        |
| 787.     | 949  | Błociszewska-StaAnna |           | Poznań      | 1978                            | 1978      | K40  | 70.        | K (186.)   |           | 0:50:32 (794.) | <b>1:07:08</b> | 06:47       | 1:07:59        |
| 788.     | 1058 | GENDERA              | EWA       | Poznań      | Night Runners                   | 1971      | K40  | 71.        | K (187.)   |           | 0:49:30 (776.) | <b>1:07:09</b> | 06:50       | 1:08:26        |
| 789.     | 469  | Dolicher             | Robert    | Poznań      | RODO                            | 1972      | M40  | 212.       | M (602.)   |           | 0:48:24 (742.) | <b>1:07:11</b> | 06:51       | 1:08:31        |
| 790.     | 881  | Paniączyk            | Magdalena | Poznań      |                                 | 1969      | K50+ | 14.        | K (188.)   |           | 0:49:01 (760.) | <b>1:07:12</b> | 06:45       | 1:07:37        |
| 791.     | 25   | Szelerski            | Krzysztof | Radzyny     |                                 | 1982      | M30  | 183.       | M (603.)   |           | 0:49:24 (773.) | <b>1:07:16</b> | 06:49       | 1:08:16        |
| 792.     | 834  | Kubiak               | Anna      | Poznań      |                                 | 1985      | K30  | 53.        | K (189.)   |           | 0:50:21 (792.) | <b>1:07:20</b> | 06:55       | 1:09:14        |
| 793.     | 311  | Niewczas-Stefan      | Agnieszka | Murowana    | Ciastki.pz                      | 1971      | K40  | 72.        | K (190.)   |           | 0:49:32 (777.) | <b>1:07:21</b> | 06:56       | 1:09:27        |
| 794.     | 1064 | Konieczny            | Robert    | Robakowo    |                                 | 1975      | M40  | 213.       | M (604.)   |           | 0:48:50 (757.) | <b>1:07:24</b> | 06:56       | 1:09:27        |
| 795.     | 458  | Wielgosz             | Grzegorz  | Rogoźno     |                                 | 1964      | M50+ | 99.        | M (605.)   |           | 0:50:04 (785.) | <b>1:07:39</b> | 06:59       | 1:09:52        |
| 796.     | 808  | Wrocinski            | Wojciech  | Poznan      | ReklamowyGadzet.pl              | 1983      | M30  | 184.       | M (606.)   |           | 0:50:21 (793.) | <b>1:07:43</b> | 06:56       | 1:09:27        |
| 797.     | 1049 | Tondel               | Grażyna   | Poznań      |                                 | 1976      | K40  | 73.        | K (191.)   |           | 0:49:44 (780.) | <b>1:07:44</b> | 06:55       | 1:09:10        |
| 798.     | 370  | Nowak                | Mateusz   | Sompolno    |                                 | 1990      | M16  | 108.       | M (607.)   |           | 0:49:49 (784.) | <b>1:07:49</b> | 06:56       | 1:09:22        |
| 799.     | 251  | Seydlewicz           | Maciej    | Poznań      |                                 | 1982      | M30  | 185.       | M (608.)   |           | 0:51:14 (806.) | <b>1:08:00</b> | 06:53       | 1:08:56        |
| 800.     | 202  | Pernet               | Leonard   | Poznań      |                                 | 1956      | M50+ | 100.       | M (609.)   |           | 0:50:08 (788.) | <b>1:08:18</b> | 06:58       | 1:09:40        |
| 801.     | 488  | Lala                 | Katarzyna | Mosina      | WATAHA                          | 1979      | K40  | 74.        | K (192.)   |           | 0:50:59 (798.) | <b>1:08:32</b> | 06:54       | 1:09:04        |
| 802.     | 509  | Nowak                | Katarzyna | Mosina      | WATAHA                          | 1983      | K30  | 54.        | K (193.)   |           | 0:50:59 (799.) | <b>1:08:33</b> | 06:54       | 1:09:05        |



| Ms<br>op | Nr  | Nazwisko      | Imię      | Miejscowość | Klub                        | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|-----|---------------|-----------|-------------|-----------------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 803.     | 396 | Grzeszczyk    | Jakub     | Wągrowiec   | wkurw_team                  | 1991      | M16  | 109.       | M (610.)   |           | 0:52:01 (822.) | <b>1:08:38</b> | 07:03       | 1:10:36        |
| 804.     | 837 | Sławnikowski  | Radek     | Lusówko     | Zabiegani Lusówko           | 1981      | M30  | 186.       | M (611.)   |           | 0:52:18 (825.) | <b>1:08:39</b> | 07:03       | 1:10:39        |
| 805.     | 842 | Sławnikowska  | Agnieszka | Lusówko     | Zabiegani Lusówko           | 1981      | K30  | 55.        | K (194.)   |           | 0:52:19 (826.) | <b>1:08:40</b> | 07:03       | 1:10:39        |
| 806.     | 258 | Ratajczak     | Hubert    | Bytkowo     | Bytkowiak Bytkowo           | 1977      | M40  | 214.       | M (612.)   |           | 0:51:22 (809.) | <b>1:08:46</b> | 06:58       | 1:09:42        |
| 807.     | 736 | Smuszkiewicz  | Kasia     | Poznań      | Słowik Team                 | 1985      | K30  | 56.        | K (195.)   |           | 0:51:12 (805.) | <b>1:08:50</b> | 07:03       | 1:10:32        |
| 808.     | 737 | Wojciechowski | Tomasz    | Poznań      | Słowik Team                 | 1976      | M40  | 215.       | M (613.)   |           | 0:51:10 (804.) | <b>1:08:50</b> | 07:03       | 1:10:31        |
| 809.     | 847 | Kownacki      | Arkadiusz | Witkowo     | Watha - Łączy Nas Bieganie/ | 1967      | M50+ | 101.       | M (614.)   |           | 0:51:08 (803.) | <b>1:08:53</b> | 06:58       | 1:09:46        |
| 810.     | 621 | Nater         | Urszula   | Luboń       |                             | 1950      | K50+ | 15.        | K (196.)   |           | 0:51:16 (807.) | <b>1:09:00</b> | 07:03       | 1:10:34        |
| 811.     | 668 | Buczkowski    | Jerzy     | Żnin        |                             | 1950      | M50+ | 102.       | M (615.)   |           | 0:51:45 (814.) | <b>1:09:09</b> | 07:07       | 1:11:13        |
| 812.     | 433 | Borda         | Agnieszka | Poznań      | Motyłki                     | 1982      | K30  | 57.        | K (197.)   |           | 0:51:04 (802.) | <b>1:09:10</b> | 06:57       | 1:09:37        |
| 813.     | 803 | WALCZAK       | MONIKA    | POZNAŃ      |                             | 1984      | K30  | 58.        | K (198.)   |           | 0:51:03 (801.) | <b>1:09:26</b> | 07:04       | 1:10:48        |
| 814.     | 894 | Głuch         | Kazimierz | Szczytniki  |                             | 1968      | M50+ | 103.       | M (616.)   |           | 0:50:39 (795.) | <b>1:09:28</b> | 07:02       | 1:10:26        |
| 815.     | 893 | Głuch         | Dorota    | Szczytniki  |                             | 1972      | K40  | 75.        | K (199.)   |           | 0:50:44 (796.) | <b>1:09:28</b> | 07:02       | 1:10:26        |
| 816.     | 187 | Błaszkiwicz   | Filip     | Poznań      |                             | 1994      | M16  | 110.       | M (617.)   |           | 0:51:53 (818.) | <b>1:09:43</b> | 07:10       | 1:11:49        |
| 817.     | 897 | Kabzińska     | Katarzyna | Poznań      |                             | 1995      | K16  | 49.        | K (200.)   |           | 0:51:58 (820.) | <b>1:09:44</b> | 07:10       | 1:11:49        |
| 818.     | 778 | Cicha         | Astrida   | Zielątkowo  | 1973                        | 1973      | K40  | 76.        | K (201.)   |           | 0:52:00 (821.) | <b>1:09:47</b> | 07:09       | 1:11:38        |
| 819.     | 580 | Pogiel        | Artur     | Swarzędz    | Tessent Runners             | 1977      | M40  | 216.       | M (618.)   |           | 0:51:00 (800.) | <b>1:09:49</b> | 07:14       | 1:12:25        |
| 820.     | 925 | Batura        | Magdalena | Poznań      | TKKF MPK Poznań             | 1988      | K30  | 59.        | K (202.)   | 12.       | 0:50:18 (791.) | <b>1:10:03</b> | 07:09       | 1:11:32        |
| 821.     | 870 | Drgas         | Dominika  | Poznań      |                             | 1981      | K30  | 60.        | K (203.)   |           | 0:51:32 (810.) | <b>1:10:06</b> | 07:06       | 1:11:07        |
| 822.     | 871 | Frąckowiak    | Mateusz   | Poznań      |                             | 1982      | M30  | 187.       | M (619.)   |           | 0:51:34 (811.) | <b>1:10:06</b> | 07:06       | 1:11:07        |
| 823.     | 990 | Kasperski     | Piotr     | Kostrzyn    |                             | 1979      | M40  | 217.       | M (620.)   |           | 0:51:52 (817.) | <b>1:10:12</b> | 07:09       | 1:11:31        |
| 824.     | 643 | Bukowska      | Alina     | Poznań      | Orki z ...                  | 1972      | K40  | 77.        | K (204.)   |           | 0:52:10 (823.) | <b>1:10:22</b> | 07:14       | 1:12:26        |
| 825.     | 438 | Witoń         | Artur     | OSTRÓW      | SZWAGROVIA                  | 1991      | M16  | 111.       | M (621.)   |           | 0:51:56 (819.) | <b>1:10:32</b> | 07:12       | 1:12:01        |
| 826.     | 516 | MARCINIAK     | ŁUKASZ    | KAMIONKI    |                             | 2003      | M16  | 112.       | M (622.)   |           | 0:51:48 (816.) | <b>1:10:37</b> | 07:16       | 1:12:42        |
| 827.     | 5   | Skoczylas     | Radosław  | Poznań      |                             | 1978      | M40  | 218.       | M (623.)   |           | 0:52:11 (824.) | <b>1:10:37</b> | 07:16       | 1:12:41        |
| 828.     | 515 | MARCINIAK     | ARTUR     | KAMIONKI    |                             | 1971      | M40  | 219.       | M (624.)   |           | 0:51:47 (815.) | <b>1:10:39</b> | 07:16       | 1:12:44        |



| Ms<br>op | Nr   | Nazwisko            | Imię       | Miejscowość  | Klub                       | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|------|---------------------|------------|--------------|----------------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 829.     | 185  | Bryza               | Beata      | Poznań       |                            | 1976      | K40  | 78.        | K (205.)   |           | 0:51:44 (812.) | <b>1:10:52</b> | 07:13       | 1:12:12        |
| 830.     | 763  | Tonn                | Aneta      | Swarzędz     |                            | 1983      | K30  | 61.        | K (206.)   |           | 0:51:20 (808.) | <b>1:10:53</b> | 07:09       | 1:11:32        |
| 831.     | 840  | Abramowicz          | Damian     | Kalisz       | REKSIO TEAM                | 1971      | M40  | 220.       | M (625.)   |           | 0:50:59 (797.) | <b>1:11:06</b> | 07:12       | 1:12:00        |
| 832.     | 830  | Knopp               | Krzysztof  | Poznań       | Knopp Krzysztof            | 1994      | M16  | 113.       | M (626.)   |           | 0:53:22 (831.) | <b>1:11:49</b> | 07:16       | 1:12:41        |
| 833.     | 690  | Przybylski          | Jakub      | Poznań       | AZS Politechnika Poznańska | 1995      | M16  | 114.       | M (627.)   |           | 0:49:45 (781.) | <b>1:11:54</b> | 07:24       | 1:14:04        |
| 834.     | 898  | Sadek               | Rafał      | Poznań       |                            | 1976      | M40  | 221.       | M (628.)   |           | 0:51:44 (813.) | <b>1:12:02</b> | 07:20       | 1:13:21        |
| 835.     | 254  | Fielestak           | Aleksandra | Poznań       |                            | 1999      | K16  | 50.        | K (207.)   |           | 0:53:34 (832.) | <b>1:12:23</b> | 07:26       | 1:14:20        |
| 836.     | 686  | Metelski            | Jonasz     | Leszno       |                            | 1996      | M16  | 115.       | M (629.)   |           | 0:53:01 (828.) | <b>1:12:28</b> | 07:23       | 1:13:56        |
| 837.     | 338  | Metelski            | Janusz     | Leszno       |                            | 1967      | M50+ | 104.       | M (630.)   |           | 0:53:07 (829.) | <b>1:12:28</b> | 07:23       | 1:13:56        |
| 838.     | 414  | Krych               | Katarzyna  | Poznań       |                            | 1993      | K16  | 51.        | K (208.)   |           | 0:53:09 (830.) | <b>1:12:42</b> | 07:24       | 1:14:08        |
| 839.     | 333  | Sadowska            | Ewa        | Poznań       |                            | 1967      | K50+ | 16.        | K (209.)   |           | 0:54:49 (840.) | <b>1:12:51</b> | 07:27       | 1:14:32        |
| 840.     | 765  | Konieczek           | Tomasz     | Zielona Góra |                            | 1978      | M40  | 222.       | M (631.)   |           | 0:54:04 (834.) | <b>1:13:11</b> | 07:26       | 1:14:27        |
| 841.     | 766  | Mostowik-Koniec     | Agnieszka  | Zielona Góra |                            | 1978      | K40  | 79.        | K (210.)   |           | 0:54:04 (835.) | <b>1:13:11</b> | 07:26       | 1:14:27        |
| 842.     | 72   | Krystkiewicz        | Łukasz     | Tulce        | Minionki Dachsera          | 1981      | M30  | 188.       | M (632.)   |           | 0:53:59 (833.) | <b>1:13:31</b> | 07:33       | 1:15:33        |
| 843.     | 1098 | Sikorski            | Maciej     | Tulce        | Tulce Biegają              | 1978      | M40  | 223.       | M (633.)   |           | 0:54:12 (837.) | <b>1:13:45</b> | 07:33       | 1:15:33        |
| 844.     | 461  | Maćkowska           | Iwa        | Gradowice    |                            | 1992      | K16  | 52.        | K (211.)   |           | ()             | <b>1:13:50</b> | 07:23       | 1:13:56        |
| 845.     | 350  | Skrzypczak          | Agnieszka  | Poznań       |                            | 1970      | K40  | 80.        | K (212.)   |           | 0:55:21 (841.) | <b>1:14:40</b> | 07:34       | 1:15:45        |
| 846.     | 937  | Łagowska            | Dorota     | Poznań       | Night Runners              | 1977      | K40  | 81.        | K (213.)   |           | 0:54:35 (838.) | <b>1:14:47</b> | 07:36       | 1:16:05        |
| 847.     | 261  | SKOCZYLAS           | ANITA      | POZNAŃ       | MUAY RUNNING TEAM          | 1973      | K40  | 82.        | K (214.)   |           | 0:52:50 (827.) | <b>1:15:02</b> | 07:42       | 1:17:01        |
| 848.     | 804  | KULCZEWSKA          | DARIA      | Wronki       | WRONKI                     | 1984      | K30  | 62.        | K (215.)   |           | 0:54:44 (839.) | <b>1:15:04</b> | 07:38       | 1:16:26        |
| 849.     | 831  | Mielcarek           | Michał     | Luboń        | Lucky LUZers               | 1989      | M30  | 189.       | M (634.)   |           | 0:56:15 (849.) | <b>1:15:29</b> | 07:40       | 1:16:49        |
| 850.     | 20   | Kasprzyk            | Rafał      | Kaźmierz     | SPORTOWY KAŻMIERZ          | 1974      | M40  | 224.       | M (635.)   | 64.       | 0:55:39 (842.) | <b>1:15:36</b> | 07:44       | 1:17:25        |
| 851.     | 722  | Nawrot              | Justyna    | Młodasko     | SPORTOWY KAŻMIERZ          | 1976      | K40  | 83.        | K (216.)   |           | 0:55:41 (844.) | <b>1:15:36</b> | 07:44       | 1:17:25        |
| 852.     | 22   | Nawrot              | Krzysztof  | Młodasko     | SPORTOWY KAŻMIERZ          | 1973      | M40  | 225.       | M (636.)   |           | 0:55:40 (843.) | <b>1:15:36</b> | 07:44       | 1:17:25        |
| 853.     | 161  | WALAS-GWIZDABARBARA | POZNAŃ     |              | nie posiada                | 1953      | K50+ | 17.        | K (217.)   |           | 0:54:07 (836.) | <b>1:15:43</b> | 07:36       | 1:16:08        |
| 854.     | 954  | Schlegel            | Piotr      | Luboń        | Team Family Luboń          | 1978      | M40  | 226.       | M (637.)   |           | 0:55:49 (845.) | <b>1:15:58</b> | 07:43       | 1:17:15        |



| Ms<br>op | Nr   | Nazwisko        | Imię      | Miejscowość  | Klub                     | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|------|-----------------|-----------|--------------|--------------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 855.     | 619  | Kwiatkowska     | Julita    | Stargard     |                          | 1988      | K30  | 63.        | K (218.)   |           | 0:56:06 (848.) | <b>1:16:04</b> | 07:38       | 1:16:28        |
| 856.     | 616  | Stańczyk        | Sławomir  | STARGARD     |                          | 1988      | M30  | 190.       | M (638.)   |           | 0:56:05 (847.) | <b>1:16:04</b> | 07:38       | 1:16:28        |
| 857.     | 444  | Grabiński       | Waldemar  | Rogoźno      | ROGOZIŃSKI KLUB BIEGACZA | 1973      | M40  | 227.       | M (639.)   |           | 0:55:58 (846.) | <b>1:16:36</b> | 07:48       | 1:18:05        |
| 858.     | 891  | Zięta           | Katarzyna | Poznań       | Orki z ...               | 1967      | K50+ | 18.        | K (219.)   |           | 0:56:55 (857.) | <b>1:16:47</b> | 07:54       | 1:19:00        |
| 859.     | 717  | Wroński-Tusik   | Mateusz   | Limanowa     | MKS LIMANOVIA            | 1973      | M40  | 228.       | M (640.)   |           | 0:57:27 (861.) | <b>1:16:59</b> | 07:46       | 1:17:47        |
| 860.     | 584  | Krause          | Maja      | Złotniki     | On The Move              | 1983      | K30  | 64.        | K (220.)   |           | 0:56:27 (851.) | <b>1:17:06</b> | 07:48       | 1:18:05        |
| 861.     | 654  | KWIATECKA       | IWONA     | POZNAN       | Orki z...                | 1972      | K40  | 84.        | K (221.)   |           | 0:57:09 (858.) | <b>1:17:06</b> | 07:56       | 1:19:21        |
| 862.     | 585  | Korek           | Ewa       | Złotniki     | On The Move              | 1983      | K30  | 65.        | K (222.)   |           | 0:56:29 (852.) | <b>1:17:06</b> | 07:48       | 1:18:05        |
| 863.     | 337  | Wojtkowiak      | Agnieszka | Wroniawy     |                          | 1993      | K16  | 53.        | K (223.)   |           | 0:56:54 (856.) | <b>1:17:07</b> | 07:54       | 1:19:05        |
| 864.     | 564  | Kaczmarek       | Danuta    | Złotniki     | 1960                     | 1960      | K50+ | 19.        | K (224.)   |           | 0:56:22 (850.) | <b>1:17:08</b> | 07:48       | 1:18:07        |
| 865.     | 300  | Nowak           | Dariusz   | Czapury      |                          | 1975      | M40  | 229.       | M (641.)   |           | 0:56:49 (855.) | <b>1:17:46</b> | 08:00       | 1:20:04        |
| 866.     | 1091 | Małczyńska      | Magdalena | Poznań       |                          | 1984      | K30  | 66.        | K (225.)   |           | 0:56:45 (853.) | <b>1:17:47</b> | 08:00       | 1:20:06        |
| 867.     | 306  | Wróblewski      | Adam      | Poznań       |                          | 1948      | M50+ | 105.       | M (642.)   |           | 0:57:51 (867.) | <b>1:17:50</b> | 07:57       | 1:19:30        |
| 868.     | 1092 | Małczyński      | Mikołaj   | Poznań       |                          | 1986      | M30  | 191.       | M (643.)   |           | 0:56:49 (854.) | <b>1:17:50</b> | 08:00       | 1:20:09        |
| 869.     | 797  | Słowiński       | Szymon    | Swarzędz     | Saturn Poznań            | 1971      | M40  | 230.       | M (644.)   |           | 0:57:50 (866.) | <b>1:18:01</b> | 07:59       | 1:19:50        |
| 870.     | 382  | wojtyniak       | agnieszka | poznan       |                          | 1990      | K16  | 54.        | K (226.)   |           | 0:57:27 (862.) | <b>1:18:07</b> | 08:00       | 1:20:02        |
| 871.     | 428  | Szwal           | Anna      | Małomice     |                          | 1997      | K16  | 55.        | K (227.)   |           | 0:58:01 (871.) | <b>1:18:10</b> | 07:53       | 1:18:59        |
| 872.     | 588  | Borowski        | Marcin    | Poznań       |                          | 1983      | M30  | 192.       | M (645.)   |           | 0:57:33 (864.) | <b>1:18:12</b> | 08:00       | 1:20:06        |
| 873.     | 181  | NASKRĘT         | Mariusz   | RACOT        |                          | 1975      | M40  | 231.       | M (646.)   |           | 0:57:42 (865.) | <b>1:18:18</b> | 08:00       | 1:20:02        |
| 874.     | 519  | Lewandowski     | Marcin    | Poznań       | gRUNwald Team Poznań     | 1975      | M40  | 232.       | M (647.)   |           | 0:57:29 (863.) | <b>1:18:25</b> | 08:00       | 1:20:02        |
| 875.     | 383  | Stempniak-Lecho | Lidia     | Szamocin     |                          | 1983      | K30  | 67.        | K (228.)   |           | 0:57:24 (860.) | <b>1:18:40</b> | 08:00       | 1:20:04        |
| 876.     | 335  | Wróblewska      | Karolina  | Poznań       |                          | 1973      | K40  | 85.        | K (229.)   |           | 0:57:59 (870.) | <b>1:18:40</b> | 08:01       | 1:20:19        |
| 877.     | 98   | Stempniak       | Ewa       | Szamocin     |                          | 1984      | K30  | 68.        | K (230.)   |           | 0:57:21 (859.) | <b>1:18:41</b> | 08:00       | 1:20:06        |
| 878.     | 614  | Mróz            | Bartosz   | Przeźmierowo | Wracam z urlopu          | 1991      | M16  | 116.       | M (648.)   |           | 0:57:57 (869.) | <b>1:18:58</b> | 08:00       | 1:20:01        |
| 879.     | 63   | Kościelniak     | Marek     | Poznań       | MUAY RUNNING TEAM        | 1977      | M40  | 233.       | M (649.)   | 65.       | 0:57:56 (868.) | <b>1:18:59</b> | 07:58       | 1:19:49        |
| 880.     | 123  | Dąbrowska       | Iza       | Poznań       |                          | 1977      | K40  | 86.        | K (231.)   |           | 0:58:01 (872.) | <b>1:19:02</b> | 07:59       | 1:19:53        |



| Ms<br>op | Nr   | Nazwisko       | Imię      | Miejscowość | Klub                        | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|------|----------------|-----------|-------------|-----------------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 881.     | 62   | Drajerczak     | Marlena   | Poznań      | MUAY RUNNING TEAM           | 1978      | K40  | 87.        | K (232.)   |           | 0:58:08 (875.) | <b>1:19:04</b> | 07:59       | 1:19:53        |
| 882.     | 88   | Bartosiewicz   | Natalia   | Poznań      | Wielkopolski Klub Pływania  | 1984      | K30  | 69.        | K (233.)   |           | 0:58:13 (892.) | <b>1:19:05</b> | 07:59       | 1:19:53        |
| 883.     | 558  | Adamski        | Karol     | Dolsk       | ZAWISZA DOLSK               | 1971      | M40  | 234.       | M (650.)   |           | 0:58:10 (879.) | <b>1:19:07</b> | 08:00       | 1:20:00        |
| 884.     | 108  | LOBA           | SYLWIA    | POZNAŃ      | MUAY RUNNING TEAM           | 1971      | K40  | 88.        | K (234.)   |           | 0:58:11 (885.) | <b>1:19:07</b> | 07:59       | 1:19:52        |
| 885.     | 107  | Rosińska       | Agnieszka | Poznań      | Świerczewo Run              | 1982      | K30  | 70.        | K (235.)   |           | 0:58:08 (874.) | <b>1:19:07</b> | 07:59       | 1:19:58        |
| 886.     | 54   | Ratajczak      | Anna      | Dolsk       | HERNIK TEAM                 | 1976      | K40  | 89.        | K (236.)   |           | 0:58:10 (882.) | <b>1:19:07</b> | 08:00       | 1:20:00        |
| 887.     | 1042 | Kaus           | Sławomir  | Poznań      |                             | 1962      | M50+ | 106.       | M (651.)   |           | 0:58:12 (890.) | <b>1:19:08</b> | 08:00       | 1:20:01        |
| 888.     | 967  | Leśniewski     | Marek     | Swarzędz    | Nie Ma Lipy Swarzędz Team   | 1979      | M40  | 235.       | M (652.)   |           | 0:58:09 (876.) | <b>1:19:08</b> | 08:00       | 1:20:03        |
| 889.     | 86   | Korbanek       | Emilia    | Poznań      | gRUNwald Team Poznań        | 1975      | K40  | 90.        | K (237.)   | 13.       | 0:58:09 (877.) | <b>1:19:08</b> | 08:00       | 1:20:00        |
| 890.     | 322  | Banach         | Karolina  | Wągrowiec   |                             | 1980      | K30  | 71.        | K (238.)   |           | 0:58:14 (895.) | <b>1:19:08</b> | 07:59       | 1:19:58        |
| 891.     | 596  | Brodziszewski  | Wiesław   | Swarzędz    | BRODEX TEAM SWARZĘDZ        | 1959      | M50+ | 107.       | M (653.)   |           | 0:58:14 (898.) | <b>1:19:09</b> | 08:00       | 1:20:03        |
| 892.     | 753  | Andrzejewski   | Jarosław  | Swarzędz    | KP5M                        | 1964      | M50+ | 108.       | M (654.)   |           | 0:58:10 (884.) | <b>1:19:09</b> | 07:59       | 1:19:58        |
| 893.     | 96   | Jóźwiak        | Dariusz   | Poznań      |                             | 1964      | M50+ | 109.       | M (655.)   |           | 0:58:11 (886.) | <b>1:19:09</b> | 07:59       | 1:19:53        |
| 894.     | 447  | Kośmider       | Magda     | Poznań      | WATAHA                      | 1979      | K40  | 91.        | K (239.)   |           | 0:58:10 (881.) | <b>1:19:10</b> | 07:59       | 1:19:58        |
| 895.     | 24   | Dzięcielska    | Agnieszka | Poznań      |                             | 1976      | K40  | 92.        | K (240.)   |           | 0:58:10 (878.) | <b>1:19:10</b> | 07:59       | 1:19:56        |
| 896.     | 746  | Czoszyk-Kawala | Olga      | Poznań      |                             | 1980      | K30  | 72.        | K (241.)   |           | 0:58:10 (880.) | <b>1:19:10</b> | 07:59       | 1:19:59        |
| 897.     | 244  | Mrugalska      | Iwona     | Poznań      | Wielkopolski Klub Pływania  | 1981      | K30  | 73.        | K (242.)   |           | 0:58:10 (883.) | <b>1:19:10</b> | 07:59       | 1:19:59        |
| 898.     | 1062 | Jóźwiak        | Jarosław  | Kobylnica   | Parkrun Jezioro Swarzędzkie | 1976      | M40  | 236.       | M (656.)   |           | 0:58:13 (891.) | <b>1:19:11</b> | 07:59       | 1:19:58        |
| 899.     | 136  | Maciejewski    | Grzegorz  | Poznań      | ZbiegiZgłówniej             | 1961      | M50+ | 110.       | M (657.)   |           | 0:58:24 (899.) | <b>1:19:11</b> | 07:59       | 1:19:57        |
| 900.     | 446  | Michalak       | Marcin    | Poznań      | 1986                        | 1986      | M30  | 193.       | M (658.)   |           | 0:58:03 (873.) | <b>1:19:11</b> | 07:59       | 1:19:58        |
| 901.     | 128  | Mańka          | Otylia    | Swarzędz    | Ciastki.pz                  | 1987      | K30  | 74.        | K (243.)   |           | 0:58:11 (888.) | <b>1:19:11</b> | 07:59       | 1:19:57        |
| 902.     | 155  | Rau            | Justyna   | Poznań      | Ciastki.pz                  | 1977      | K40  | 93.        | K (244.)   |           | 0:58:13 (894.) | <b>1:19:12</b> | 07:59       | 1:19:56        |
| 903.     | 47   | HULEWICZ       | WIOLA     | WRZEŚNIA    | HERNIK TEAM                 | 1975      | K40  | 94.        | K (245.)   |           | 0:58:11 (887.) | <b>1:19:12</b> | 07:59       | 1:19:56        |
| 904.     | 109  | Loba           | Damian    | Poznań      | MUAY Runnig Team            | 1969      | M50+ | 111.       | M (659.)   |           | 0:58:12 (889.) | <b>1:19:12</b> | 07:59       | 1:19:57        |
| 905.     | 8    | Buszkowski     | Filip     | Gaj Wielki  | Gaj Jest Wielki             | 1974      | M40  | 237.       | M (660.)   |           | 0:58:14 (896.) | <b>1:19:13</b> | 07:59       | 1:19:55        |
| 906.     | 239  | Fałtyńska      | Edyta     | Poznań      | Ciastki.pz                  | 1972      | K40  | 95.        | K (246.)   |           | 0:58:13 (893.) | <b>1:19:13</b> | 07:59       | 1:19:56        |



| Ms<br>op | Nr  | Nazwisko   | Imię      | Miejscowość | Klub                   | Rok<br>ur | Kat  | Msc<br>kat | Msc<br>M/K | Msc<br>mu | 7,5km          | Wynik<br>netto | Tem<br>min/ | Czas<br>brutto |
|----------|-----|------------|-----------|-------------|------------------------|-----------|------|------------|------------|-----------|----------------|----------------|-------------|----------------|
| 907.     | 112 | Skubiszak  | Andrzej   | Poznań      | BRODEX TEAM SWARZĘDZ / | 1966      | M50+ | 112.       | M (661.)   |           | 0:58:14 (897.) | <b>1:19:13</b> | 07:59       | 1:19:54        |
| 908.     | 11  | Ratajczak  | Dariusz   | Dolsk       | HERNIK TEAM            | 1972      | M40  | 238.       | M (662.)   |           | 0:59:01 (902.) | <b>1:19:59</b> | 07:59       | 1:19:59        |
| 909.     | 129 | Olejniczak | Sławka    | Poznań      | Ciastki.pz             | 1977      | K40  | 96.        | K (247.)   |           | 0:58:46 (901.) | <b>1:20:03</b> | 08:04       | 1:20:46        |
| 910.     | 29  | Pawlak     | Katarzyna | Luboń       | Mamy-Biegamy           | 1980      | K30  | 75.        | K (248.)   |           | 0:59:14 (903.) | <b>1:20:12</b> | 08:14       | 1:22:25        |
| 911.     | 719 | Kalecki    | Janusz    | Poznań      | Dragon Ball Z          | 1948      | M50+ | 113.       | M (663.)   | 66.       | ()             | <b>1:20:19</b> | 08:02       | 1:20:24        |
| 912.     | 157 | Redziak    | Janusz    | Międzychód  |                        | 1970      | M40  | 239.       | M (664.)   | 67.       | 0:58:37 (900.) | <b>1:20:55</b> | 08:17       | 1:22:50        |
| 913.     | 775 | Pewiński   | Jacek     | Poznań      |                        | 1961      | M50+ | 114.       | M (665.)   |           | 1:00:54 (906.) | <b>1:23:59</b> | 08:32       | 1:25:25        |
| 914.     | 120 | Pajor      | Edyta     | Poznań      | Rugby                  | 1983      | K30  | 76.        | K (249.)   |           | 1:00:05 (904.) | <b>1:24:26</b> | 08:40       | 1:26:41        |
| 915.     | 115 | Bedyński   | Hubert    | Poznań      | Rugby                  | 1985      | M30  | 194.       | M (666.)   |           | 1:00:07 (905.) | <b>1:24:27</b> | 08:40       | 1:26:41        |
| 916.     | 328 | Furtacz    | Marek     | Piła        |                        | 1948      | M50+ | 115.       | M (667.)   |           | 1:02:08 (907.) | <b>1:25:33</b> | 08:43       | 1:27:19        |

Liczba zawodników: 916

