

V Bieg Zajęczka Wielkanocnego 10km



Wyniki OPEN 10 km Poznań 2019-04-20

Wyniki nieoficjalne

| Msc open | Nr start | Nazwisko i imię | Miejscowość | Klub | Rok ur | Kat | Msc kat | Msc M/K | PK 5km | Czas brutto | Tempo min/km | Wynik netto |
|----------|----------|---------------------|--------------------|--------------------------------|--------|-----|---------|---------|---------------|-------------|--------------|----------------|
| 1. | 1124 | Mwangi Mburu Dennis | Kenia | RUNPOLAND.org LEGEND TEAM | 1999 | M20 | 1. | 1. | 0:15:44 (1.) | 0:32:12 | 03:13 | 0:32:12 |
| 2. | 1111 | Jańczak Filip | Środa Wielkopolska | Polonia Środa | 1989 | M30 | 1. | 2. | 0:16:28 (3.) | 0:36:40 | 03:40 | 0:36:40 |
| 3. | 344 | Rogowski Paweł | Poznań | | 1994 | M20 | 2. | 3. | 0:16:23 (2.) | 0:37:02 | 03:42 | 0:37:01 |
| 4. | 1068 | Dąbrowski Bartosz | Wałcz | | 1983 | M30 | 2. | 4. | 0:20:03 (7.) | 0:40:17 | 04:01 | 0:40:12 |
| 5. | 290 | Orłowski Marcin | Poznań | #BIEGCZE/Dąbrowski Team | 1982 | M30 | 3. | 5. | 0:19:02 (4.) | 0:40:18 | 04:01 | 0:40:16 |
| 6. | 736 | Przybysz Maciej | Dopiewo | Brave Beavers | 2002 | M16 | 1. | 6. | 0:19:28 (5.) | 0:40:19 | 04:01 | 0:40:19 |
| 7. | 349 | Molak Dawid | Poznań | | 1981 | M30 | 4. | 7. | 0:20:24 (8.) | 0:40:49 | 04:04 | 0:40:44 |
| 8. | 417 | Wasiak Sławomir | Poznań | | 1990 | M20 | 3. | 8. | 0:20:29 (9.) | 0:41:30 | 04:08 | 0:41:27 |
| 9. | 18 | Przewoźny Piotr | Buk | | 1983 | M30 | 5. | 9. | 0:19:42 (6.) | 0:41:32 | 04:08 | 0:41:28 |
| 10. | 486 | Szymczak Marek | Brzeźno | 2000 | 2000 | M16 | 2. | 10. | 0:20:31 (10.) | 0:42:34 | 04:15 | 0:42:34 |
| 11. | 878 | Bahn Patrick | Bernburg | | 1987 | M30 | 6. | 11. | 0:21:03 (12.) | 0:42:52 | 04:17 | 0:42:51 |
| 12. | 1105 | Święcicki Arkadiusz | Kiekrz | Winter Swimming Team Poland | 1978 | M40 | 1. | 12. | 0:21:03 (13.) | 0:42:57 | 04:17 | 0:42:55 |
| 13. | 1005 | Mendyka Łukasz | Środa Wlkp. | KB Aktywni Środa Wlkp. | 1986 | M30 | 7. | 13. | 0:21:36 (18.) | 0:43:16 | 04:19 | 0:43:11 |
| 14. | 705 | Jankowski Paweł | Zbechy-Pole | RUN-POLE | 1973 | M40 | 2. | 14. | 0:21:09 (15.) | 0:43:20 | 04:19 | 0:43:18 |
| 15. | 1010 | Szczepaniak Michał | Plewiska | MUAY RUNNING TEAM | 1988 | M30 | 8. | 15. | 0:21:40 (20.) | 0:43:24 | 04:20 | 0:43:21 |
| 16. | 1007 | Przewoźny Artur | Międzychód | | 2000 | M16 | 3. | 16. | 0:21:30 (17.) | 0:43:54 | 04:23 | 0:43:52 |
| 17. | 563 | Stawicki Adam | Oborniki | Obornicki Klub Lekkoatletyczny | 1966 | M50 | 1. | 17. | 0:21:22 (16.) | 0:43:58 | 04:23 | 0:43:56 |
| 18. | 954 | Jakubowski Patryk | OPALENICA | | 1980 | M30 | 9. | 18. | 0:23:01 (35.) | 0:44:04 | 04:23 | 0:43:53 |
| 19. | 274 | Imiołek Ariel | Poznań | Maratończyk Poznań | 1981 | M30 | 10. | 19. | 0:21:01 (11.) | 0:44:08 | 04:24 | 0:44:07 |
| 20. | 953 | Grzemski Marcin | Wronki | Wroniecki Klub Biegacza | 1989 | M30 | 11. | 20. | 0:21:04 (14.) | 0:44:11 | 04:24 | 0:44:09 |
| 21. | 254 | Szymków Michał | Poznań | | 1986 | M30 | 12. | 21. | 0:21:49 (22.) | 0:44:13 | 04:24 | 0:44:08 |
| 22. | 649 | Stachowiak Marek | Rokietnica | Rokietnica Biega | 1978 | M40 | 3. | 22. | 0:21:37 (19.) | 0:44:18 | 04:25 | 0:44:15 |



| Msc open | Nr start | Nazwisko i imię | Miejscowość | Klub | Rok ur | Kat | Msc kat | Msc M/K | PK 5km | Czas brutto | Tempo min/km | Wynik netto |
|----------|----------|---------------------|------------------|-------------------------------|--------|-----|---------|---------|---------------|-------------|--------------|----------------|
| 23. | 302 | Skórnicki Leszek | Poznań | Night Runners | 1971 | M40 | 4. | 23. | 0:21:44 (21.) | 0:44:31 | 04:26 | 0:44:25 |
| 24. | 56 | Draber Piotr | Poznań | Biegacze Celebryci | 1991 | M20 | 4. | 24. | 0:22:30 (31.) | 0:45:12 | 04:30 | 0:45:08 |
| 25. | 982 | Zienkiewicz Rafal | Tczew | Biegający Tczew | 1988 | M30 | 13. | 25. | 0:22:17 (27.) | 0:45:31 | 04:32 | 0:45:22 |
| 26. | 129 | Osiewicz Przemysław | Swarzędz | | 1979 | M40 | 5. | 26. | 0:22:07 (25.) | 0:45:47 | 04:34 | 0:45:44 |
| 27. | 742 | Król Darek | Świątniki | HERNIK TEAM | 1967 | M50 | 2. | 27. | 0:22:15 (26.) | 0:45:51 | 04:35 | 0:45:50 |
| 28. | 194 | Nowak Mariusz | Poznań | Night Runners | 1988 | M30 | 14. | 28. | 0:22:25 (28.) | 0:45:52 | 04:34 | 0:45:46 |
| 29. | 1106 | Bacik Marcin | Zakrzewo | www.aplanet.pl | 1978 | M40 | 6. | 29. | 0:22:29 (30.) | 0:46:03 | 04:35 | 0:45:55 |
| 30. | 1048 | Kulwicki Waldek | Poznań | | 1984 | M30 | 15. | 30. | 0:23:12 (40.) | 0:46:12 | 04:37 | 0:46:12 |
| 31. | 930 | Jaskulski Dominik | Poznań | RTE | 1983 | M30 | 16. | 31. | 0:22:35 (32.) | 0:46:15 | 04:37 | 0:46:12 |
| 32. | 909 | Targosz Wojciech | Opalenica | | 1976 | M40 | 7. | 32. | 0:23:01 (36.) | 0:46:27 | 04:37 | 0:46:16 |
| 33. | 1126 | Piechowiak Marek | Poznań | | 1982 | M30 | 17. | 33. | 0:22:28 (29.) | 0:46:32 | 04:38 | 0:46:28 |
| 34. | 1059 | Kuczyński Piotr | Poznań | | 1956 | M60 | 1. | 34. | 0:23:29 (43.) | 0:47:19 | 04:43 | 0:47:19 |
| 35. | 156 | Mazur Robert | Mieścisko | | 1990 | M20 | 5. | 35. | 0:21:55 (24.) | 0:47:19 | 04:43 | 0:47:14 |
| 36. | 1042 | Napierała Marcin | Koziegłowy | Piątkowo na Biegowo | 1980 | M30 | 18. | 36. | 0:21:53 (23.) | 0:47:21 | 04:43 | 0:47:15 |
| 37. | 1122 | Ścigocki Michał | Poznań | Luboński Klub Biegacza | 1985 | M30 | 19. | 37. | 0:23:42 (45.) | 0:47:48 | 04:46 | 0:47:48 |
| 38. | 141 | Torchala Sebastian | Kobylnica | J&ZTORCH | 1977 | M40 | 8. | 38. | 0:22:59 (34.) | 0:47:51 | 04:46 | 0:47:44 |
| 39. | 1098 | Kaczmarek Damian | Poznań | | 1988 | M30 | 20. | 39. | 0:23:52 (49.) | 0:48:05 | 04:48 | 0:48:05 |
| 40. | 69 | Muchajer Dawid | Poznań | CSWLąd POZNAŃ | 1978 | M40 | 9. | 40. | 0:23:51 (48.) | 0:48:17 | 04:49 | 0:48:12 |
| 41. | 63 | Geisler Marek | Poznań | | 1959 | M60 | 2. | 41. | 0:23:59 (53.) | 0:48:19 | 04:49 | 0:48:19 |
| 42. | 391 | Tomelka Tomasz | Tarnowo Podgórne | | 1986 | M30 | 21. | 42. | 0:23:05 (38.) | 0:48:26 | 04:39 | 0:46:35 |
| 43. | 215 | Musielak Piotr | Poznań | PGB Sortowa Paczka P-Ń 56 | 1970 | M40 | 10. | 43. | 0:23:48 (46.) | 0:48:29 | 04:50 | 0:48:22 |
| 44. | 170 | Świątek Jacek | Rogoźno | | 1981 | M30 | 22. | 44. | 0:23:05 (37.) | 0:48:33 | 04:40 | 0:46:43 |
| 45. | 562 | Dworski Tomasz | Żagań | Spejs Club Żagań | 1980 | M30 | 23. | 45. | 0:24:16 (57.) | 0:48:35 | 04:51 | 0:48:35 |
| 46. | 178 | Semik Łukasz | Głogów | Biegam Bo Lubię Głogów/Poznań | 1991 | M20 | 6. | 46. | 0:23:33 (44.) | 0:48:38 | 04:51 | 0:48:34 |
| 47. | 379 | Jankowski Piotr | Wągrowiec | Imon | 1986 | M30 | 24. | 47. | 0:22:52 (33.) | 0:48:40 | 04:51 | 0:48:36 |



| Msc open | Nr start | Nazwisko i imię | Miejscowość | Klub | Rok ur | Kat | Msc kat | Msc M/K | PK 5km | Czas brutto | Tempo min/km | Wynik netto |
|----------|----------|----------------------|---------------|-------------------------------|--------|-----|---------|---------|---------------|-------------|--------------|----------------|
| 48. | 97 | Czarnecki Rafał | Kostrzyn | | 1989 | M30 | 25. | 48. | 0:24:56 (75.) | 0:48:46 | 04:52 | 0:48:46 |
| 49. | 741 | Wiśniewska Anna | Poznań | HERNIK TEAM | 1982 | K30 | 1. | 1. | 0:23:21 (42.) | 0:48:59 | 04:53 | 0:48:56 |
| 50. | 126 | Knapik Tomasz | Krotoszyn | ks krotosz krotoszyn | 1984 | M30 | 26. | 49. | 0:23:11 (39.) | 0:49:05 | 04:43 | 0:47:13 |
| 51. | 43 | Malcher Łukasz | Leszno | www.natilovesrunning.pl | 1989 | M30 | 27. | 50. | 0:23:57 (52.) | 0:50:44 | 04:52 | 0:48:47 |
| 52. | 1092 | Malinowski Marcin | Komorniki | MY LIFE MY WAY | 1978 | M40 | 11. | 51. | 0:24:01 (55.) | 0:54:40 | 04:53 | 0:48:50 |
| 53. | 429 | Rochowiak Przemysław | Inowrocław | LOK Pogranicznik | 1984 | M30 | 28. | 52. | 0:24:54 (74.) | 0:56:34 | 04:53 | 0:48:51 |
| 54. | 82 | Gzyl Maciej | Szamotuły | | 1979 | M40 | 12. | 53. | 0:24:23 (62.) | 0:57:09 | 04:54 | 0:49:01 |
| 55. | 592 | Szygenda Jarosław | Poznań | Maratończyk Poznań | 1972 | M40 | 13. | 54. | 0:24:21 (61.) | 0:49:13 | 04:54 | 0:49:04 |
| 56. | 413 | Domań Leszek | Kiekrz | Fehlau Run Team | 1975 | M40 | 14. | 55. | 0:24:17 (59.) | 0:51:01 | 04:54 | 0:49:08 |
| 57. | 680 | Cichowlas Przemysław | Miejska Górka | ACTIVE LIFESTYLE TRANSFORMERS | 1991 | M20 | 7. | 56. | 0:23:57 (51.) | 0:49:31 | 04:56 | 0:49:21 |
| 58. | 1128 | Sawicki Krzysztof | SZCZECIN | | 1989 | M30 | 29. | 57. | 0:23:50 (47.) | 0:53:17 | 04:56 | 0:49:24 |
| 59. | 320 | Śmidowicz Sławomir | Strzałkowo | Night Runners Września | 1984 | M30 | 30. | 58. | 0:23:59 (54.) | 0:49:38 | 04:56 | 0:49:29 |
| 60. | 107 | Tomkowiak Waldemar | Jerzykowo | | 1995 | M20 | 8. | 59. | 0:24:34 (69.) | 0:49:40 | 04:57 | 0:49:39 |
| 61. | 605 | Brzeziński Grzegorz | Pszczew | | 1986 | M30 | 31. | 60. | 0:23:15 (41.) | 0:49:53 | 04:58 | 0:49:42 |
| 62. | 940 | Oldenburg Tim | Czapury | Team Zoot Europe | 1980 | M30 | 32. | 61. | 0:24:26 (65.) | 0:51:45 | 04:58 | 0:49:46 |
| 63. | 3 | Grzywaczyk Artur | Suchy Las | #BIEGACZE / parkrun Poznań | 1964 | M50 | 3. | 62. | 0:24:49 (73.) | 0:49:56 | 04:58 | 0:49:47 |
| 64. | 995 | Szczygieł Daniel | Poznań | | 1997 | M20 | 9. | 63. | 0:24:15 (56.) | 0:51:38 | 04:58 | 0:49:48 |
| 65. | 442 | Kownacki Paweł | Świebodzin | | 1984 | M30 | 33. | 64. | 0:24:31 (67.) | 0:50:03 | 04:59 | 0:49:57 |
| 66. | 976 | Pigła Michał | Kaźmierz | | 1981 | M30 | 34. | 65. | 0:25:30 (89.) | 0:52:03 | 05:00 | 0:50:01 |
| 67. | 311 | Zawadzki Waldek | Poznań | Poznań | 1977 | M40 | 15. | 66. | 0:24:25 (63.) | 0:50:09 | 05:00 | 0:50:02 |
| 68. | 75 | Kwieciński Piotr | Luboń | Luboń | 1982 | M30 | 35. | 67. | 0:24:21 (60.) | 0:52:07 | 05:00 | 0:50:09 |
| 69. | 67 | Ratajczak Rajmund | Poznań | | 1962 | M50 | 4. | 68. | 0:24:31 (68.) | 0:50:20 | 05:01 | 0:50:12 |
| 70. | 793 | Tamas Mateusz | Poznań | | 1990 | M20 | 10. | 69. | 0:24:48 (72.) | 0:58:05 | 05:02 | 0:50:23 |
| 71. | 1074 | Dembina Andrzej | Rokietnica | | 1962 | M50 | 5. | 70. | 0:24:26 (64.) | 0:50:37 | 05:02 | 0:50:29 |
| 72. | 325 | Sikora Dawid | Dęboryce | Dęborzymianie | 1976 | M40 | 16. | 71. | 0:24:16 (58.) | 0:50:39 | 05:03 | 0:50:35 |



| Msc open | Nr start | Nazwisko i imię | Miejscowość | Klub | Rok ur | Kat | Msc kat | Msc M/K | PK 5km | Czas brutto | Tempo min/km | Wynik netto |
|----------|----------|-----------------------|--------------------|----------------------------|--------|-----|---------|---------|----------------|-------------|--------------|----------------|
| 73. | 799 | Miler Dariusz | Poznań | Torpol Running Team | 1988 | M30 | 36. | 72. | 0:25:21 (86.) | 0:52:34 | 05:03 | 0:50:36 |
| 74. | 68 | Chojniak Wiesław | Rusinowo | Parkrun Poznań | 1973 | M40 | 17. | 73. | 0:25:01 (78.) | 0:50:43 | 05:03 | 0:50:38 |
| 75. | 643 | Wojciechowicz Bartosz | Poznań | | 1984 | M30 | 37. | 74. | 0:24:40 (70.) | 0:52:35 | 05:04 | 0:50:43 |
| 76. | 737 | Sobkowiak Bartosz | Oborniki | Banita team | 1988 | M30 | 38. | 75. | 0:25:06 (79.) | 0:50:58 | 05:04 | 0:50:46 |
| 77. | 120 | Filipiak Zbigniew | Środa Wielkopolska | | 1969 | M50 | 6. | 76. | 0:25:08 (81.) | 0:51:14 | 05:06 | 0:51:08 |
| 78. | 906 | Wygralak Piotr | Poznań | Drużyna Szpiku | 1986 | M30 | 39. | 77. | 0:24:58 (76.) | 0:51:18 | 05:07 | 0:51:12 |
| 79. | 784 | Jadczak Monika | Krotoszyn | KROTOSZYŃSKA GRUPA BIEGOWA | 2001 | K16 | 1. | 2. | 0:24:40 (71.) | 0:51:19 | 05:07 | 0:51:12 |
| 80. | 376 | Krukowski Joachim | Jarocin | FTI Racing Team | 1970 | M40 | 18. | 78. | 0:25:48 (98.) | 0:53:30 | 05:08 | 0:51:29 |
| 81. | 1134 | Bielawa Karol | Czempiń | | 1993 | M20 | 11. | 79. | 0:25:14 (82.) | 0:55:28 | 05:08 | 0:51:29 |
| 82. | 55 | Kasprowicz Marta | Poznań | Biegacze Celebryci | 1991 | K20 | 1. | 3. | 0:23:53 (50.) | 0:51:38 | 05:09 | 0:51:31 |
| 83. | 699 | Konieczny Jacek | Białośliwie | | 1977 | M40 | 19. | 80. | 0:25:08 (80.) | 0:55:35 | 05:10 | 0:51:42 |
| 84. | 589 | Krygowski Maciej | Zalasewo | Cybina Team | 1971 | M40 | 20. | 81. | 0:25:18 (83.) | 0:51:53 | 05:10 | 0:51:43 |
| 85. | 44 | SOWA ROBERT | ZALASEWO | | 1979 | M40 | 21. | 82. | 0:25:19 (84.) | 0:51:55 | 05:10 | 0:51:46 |
| 86. | 93 | Szusczyński Michał | Poznań | 2010 | 1976 | M40 | 22. | 83. | 0:27:47 (148.) | 0:53:43 | 05:11 | 0:51:52 |
| 87. | 824 | Wildaczyk Cezary | Wronki | WRONKI | 1982 | M30 | 40. | 84. | 0:25:40 (96.) | 0:56:02 | 05:12 | 0:52:00 |
| 88. | 328 | Mroszyński Wojciech | Poznań | Night Runners | 1989 | M30 | 41. | 85. | 0:25:50 (99.) | 0:54:00 | 05:12 | 0:52:01 |
| 89. | 738 | Kosiorek Darek | Poznań | | 1967 | M50 | 7. | 86. | 0:25:21 (85.) | 0:52:10 | 05:12 | 0:52:02 |
| 90. | 914 | Bociańska Iwona | Poznań | | 1994 | K20 | 2. | 4. | 0:24:28 (66.) | 0:55:56 | 05:12 | 0:52:03 |
| 91. | 101 | Brychczyński Krystian | Poznań | HERNIK TEAM | 1980 | M30 | 42. | 87. | 0:25:00 (77.) | 0:52:13 | 05:12 | 0:52:05 |
| 92. | 192 | GLISZCZYŃSKA KINGA | Luboń | | 1978 | K40 | 1. | 5. | 0:25:23 (87.) | 0:53:56 | 05:12 | 0:52:06 |
| 93. | 718 | Kurek Tomasz | Opalenica | | 1977 | M40 | 23. | 88. | 0:25:57 (100.) | 0:54:07 | 05:12 | 0:52:09 |
| 94. | 561 | Gradzik Mikołaj | Oborniki | | 1992 | M20 | 12. | 89. | 0:25:30 (90.) | 0:52:20 | 05:13 | 0:52:10 |
| 95. | 132 | Porada Marek | Poznań | Hernik Team / WTRI TEAM | 1963 | M50 | 8. | 90. | 0:26:21 (116.) | 0:54:10 | 05:13 | 0:52:12 |
| 96. | 527 | Sobkowiak Maciej | POZNAŃ | anonimowi biegacze | 1980 | M30 | 43. | 91. | 0:26:08 (110.) | 0:58:14 | 05:13 | 0:52:18 |
| 97. | 2 | Szeszuła Michał | Poznań | Night Runners | 1975 | M40 | 24. | 92. | 0:26:04 (106.) | 0:54:22 | 05:14 | 0:52:24 |



| Msc open | Nr start | Nazwisko i imię | Miejscowość | Klub | Rok ur | Kat | Msc kat | Msc M/K | PK 5km | Czas brutto | Tempo min/km | Wynik netto |
|----------|----------|------------------------|--------------|--|--------|-----|---------|---------|----------------|-------------|--------------|----------------|
| 98. | 279 | Haremza Kinga | Poznań | Night Runners | 1973 | K40 | 2. | 6. | 0:25:30 (92.) | 0:52:41 | 05:15 | 0:52:32 |
| 99. | 1119 | Grodzka Ewa | Poznań | | 1982 | K30 | 2. | 7. | 0:26:04 (105.) | 0:58:24 | 05:15 | 0:52:33 |
| 100. | 40 | Kołaczkowski Krzysztof | Kostrzyn | Gdzie ta meta | 1993 | M20 | 13. | 93. | 0:25:37 (95.) | 0:56:46 | 05:16 | 0:52:48 |
| 101. | 1053 | Borowczyk Sonia | Zalasewo | 1993 | 1993 | K20 | 3. | 8. | 0:26:35 (119.) | 0:56:46 | 05:17 | 0:52:50 |
| 102. | 473 | Tomaszewski Paweł | Kleszczewo | | 1988 | M30 | 44. | 94. | 0:26:14 (113.) | 1:00:48 | 05:17 | 0:52:54 |
| 103. | 176 | Nogowska Joanna | Piła | | 1986 | K30 | 3. | 9. | 0:26:03 (103.) | 0:53:13 | 05:18 | 0:53:03 |
| 104. | 900 | Zajdler-Sadlińska | Poznań | Pro366 | 1979 | K40 | 3. | 10. | 0:26:04 (107.) | 0:53:19 | 05:19 | 0:53:10 |
| 105. | 412 | Chraplewska Karolina | Poznan | Pro366 | 1981 | K30 | 4. | 11. | 0:26:04 (104.) | 0:53:19 | 05:19 | 0:53:10 |
| 106. | 1076 | Maćkowiak Paweł | Poznań | | 1986 | M30 | 45. | 95. | 0:26:47 (121.) | 0:57:18 | 05:20 | 0:53:23 |
| 107. | 47 | Bąk Krzysztof | Wronki | | 1971 | M40 | 25. | 96. | 0:26:20 (115.) | 0:55:30 | 05:21 | 0:53:32 |
| 108. | 596 | Deigsler Przemysław | Poznań | 1974 | 1974 | M40 | 26. | 97. | 0:25:28 (88.) | 0:53:47 | 05:22 | 0:53:42 |
| 109. | 19 | Ratajczak Paweł | Lusowo | | 1985 | M30 | 46. | 98. | 0:26:11 (112.) | 0:53:50 | 05:22 | 0:53:42 |
| 110. | 34 | Włoszyński Marek | Luboń | | 1972 | M40 | 27. | 99. | 0:27:16 (130.) | 0:59:44 | 05:22 | 0:53:48 |
| 111. | 72 | PIWECKI MACIEJ | Sady | SOSquash | 1976 | M40 | 28. | 100. | 0:27:16 (131.) | 0:59:44 | 05:22 | 0:53:48 |
| 112. | 575 | Borowiec Kinga | Daszewice | | 1982 | K30 | 5. | 12. | 0:26:10 (111.) | 0:57:52 | 05:23 | 0:53:54 |
| 113. | 324 | Chudy Arkadiusz | Gostyń | | 1980 | M30 | 47. | 101. | 0:25:43 (97.) | 0:55:55 | 05:23 | 0:53:57 |
| 114. | 267 | Rochowski Piotr | Stalowa Wola | Stalowowski Klub Biegacza | 1962 | M50 | 9. | 102. | 0:25:30 (91.) | 0:54:17 | 05:24 | 0:54:05 |
| 115. | 939 | Tomczak Zbigniew | Gniezno | Altom Gniezno | 1954 | M60 | 3. | 103. | 0:27:01 (126.) | 1:00:03 | 05:24 | 0:54:07 |
| 116. | 1013 | Zalaszewski Dawid | Wągrowiec | | 1994 | M20 | 14. | 104. | 0:25:58 (102.) | 0:56:01 | 05:25 | 0:54:12 |
| 117. | 747 | Szopińska Agnieszka | Bydgoszcz | | 1980 | K30 | 6. | 13. | 0:26:57 (123.) | 0:56:10 | 05:25 | 0:54:12 |
| 118. | 424 | Biedalak Krzysztof | Swarzędz | | 1984 | M30 | 48. | 105. | 0:27:42 (146.) | 1:01:54 | 05:25 | 0:54:13 |
| 119. | 1028 | Studzinski Jacek | Poznań | # DRUŻYNA SZPIKU | 1979 | M40 | 29. | 106. | 0:25:32 (93.) | 0:56:15 | 05:25 | 0:54:16 |
| 120. | 1015 | Nowaczyk Hanna | Poznań | | 1991 | K20 | 4. | 14. | 0:26:19 (114.) | 0:56:27 | 05:26 | 0:54:26 |
| 121. | 471 | Gumula Paulina | Poznań | Branżowa Szkoła I Stopnia nr 42 w Poznaniu | 1983 | K30 | 7. | 15. | 0:26:07 (109.) | 0:56:28 | 05:27 | 0:54:34 |
| 122. | 627 | Michalski Michał | Kościan | Kościan Team | 1987 | M30 | 49. | 107. | 0:26:05 (108.) | 0:54:54 | 05:28 | 0:54:46 |



| Msc open | Nr start | Nazwisko i imię | Miejscowość | Klub | Rok ur | Kat kat | Msc kat | Msc M/K | PK 5km | Czas brutto | Tempo min/km | Wynik netto |
|-------------|-------------|---------------------|--------------------|--------------------------|-----------|------------|------------|------------|----------------|----------------|-----------------|----------------|
| 123. | 439 | Wolańska Aleksandra | Świebodzin | | 1986 | K30 | 8. | 16. | 0:25:58 (101.) | 0:54:56 | 05:29 | 0:54:50 |
| 124. | 567 | Zboralski Łukasz | Poznań | | 1975 | M40 | 30. | 108. | 0:28:10 (161.) | 1:00:49 | 05:29 | 0:54:53 |
| 125. | 443 | Piechocki Marcin | Gołańcz | TEAM RUN GOŁAŃCZ | 1989 | M30 | 50. | 109. | 0:27:33 (140.) | 1:00:57 | 05:30 | 0:55:02 |
| 126. | 446 | Belter Sławomir | Gołańcz | TEAM RUN GOŁAŃCZ | 1990 | M20 | 15. | 110. | 0:27:32 (139.) | 1:00:57 | 05:30 | 0:55:02 |
| 127. | 921 | Szymoniak Artur | Poznań | | 1982 | M30 | 51. | 111. | 0:26:30 (117.) | 1:02:58 | 05:30 | 0:55:07 |
| 128. | 557 | Wielechowski Marcin | Złotniki | | 1989 | M30 | 52. | 112. | 0:26:59 (125.) | 0:57:11 | 05:31 | 0:55:15 |
| 129. | 70 | Grabny Szymon | Śrem | | 1994 | M20 | 16. | 113. | 0:27:25 (133.) | 0:59:16 | 05:32 | 0:55:22 |
| 130. | 614 | Pietrzak Dawid | Jarocin | | 1991 | M20 | 17. | 114. | 0:27:12 (129.) | 1:01:20 | 05:32 | 0:55:24 |
| 131. | 171 | Koniec Krzysztof | WIĘCIBORK | tkkf wodnik wiecibork | 1970 | M40 | 31. | 115. | 0:26:51 (122.) | 0:57:33 | 05:33 | 0:55:38 |
| 132. | 1097 | Bartkowiak Norbert | Środa Wielkopolska | Środa Wielkopolska | 1995 | M20 | 18. | 116. | 0:27:07 (127.) | 0:55:49 | 05:33 | 0:55:39 |
| 133. | 534 | Kucharczyk Beata | Poznań | 3:33 TEAM | 1989 | K30 | 9. | 17. | 0:27:25 (134.) | 1:01:32 | 05:34 | 0:55:41 |
| 134. | 206 | Zemler Marzena | Mirosławki | | 1979 | K40 | 4. | 18. | 0:27:26 (135.) | 1:03:24 | 05:34 | 0:55:47 |
| 135. | 207 | Ludwiczak Anna | Mirosławki | | 1988 | K30 | 10. | 19. | 0:27:26 (136.) | 1:03:24 | 05:34 | 0:55:48 |
| 136. | 543 | KASPRZAK ERYK | WITNICA | | 1976 | M40 | 32. | 117. | 0:28:13 (162.) | 0:57:47 | 05:35 | 0:55:51 |
| 137. | 137 | Dudziński Damian | Poznań | | 1976 | M40 | 33. | 118. | 0:28:32 (169.) | 0:59:55 | 05:35 | 0:55:55 |
| 138. | 810 | Grajewski Sławomir | Tulce | | 1970 | M40 | 34. | 119. | 0:27:09 (128.) | 1:03:31 | 05:35 | 0:55:56 |
| 139. | 996 | Szczudło Skorupska | Dachowa | | 1992 | K20 | 5. | 20. | 0:27:41 (144.) | 1:01:59 | 05:36 | 0:56:01 |
| 140. | 801 | Retkowski Adam | Poznań | Kuźnia Triathlonu | 1978 | M40 | 35. | 120. | 0:26:47 (120.) | 0:58:17 | 05:37 | 0:56:18 |
| 141. | 564 | Kwiatkowska Zuzanna | Poznań | Ciastki.pz / i-Sport | 1993 | K20 | 6. | 21. | 0:27:53 (152.) | 1:00:20 | 05:38 | 0:56:21 |
| 142. | 952 | Rzyski Tomasz | Poznań | | 1993 | M20 | 19. | 121. | 0:27:46 (147.) | 1:04:07 | 05:38 | 0:56:28 |
| 143. | 266 | Makowski Mariusz | Kalisz | | 1982 | M30 | 53. | 122. | 0:28:28 (166.) | 1:00:31 | 05:39 | 0:56:31 |
| 144. | 23 | Cieślewicz-Galas | Poznań | | 1979 | K40 | 5. | 22. | 0:27:20 (132.) | 1:00:29 | 05:39 | 0:56:36 |
| 145. | 487 | Tabaka Hubert | Brzeźno | | 1984 | M30 | 54. | 123. | 0:28:17 (163.) | 1:00:36 | 05:39 | 0:56:37 |
| 146. | 488 | Gęsikiewicz Darek | Poznań | | 1984 | M30 | 55. | 124. | 0:28:19 (164.) | 1:00:36 | 05:39 | 0:56:38 |
| 147. | 489 | Niespodziana Anna | Rogoźno | ROGOZIŃSKI KLUB BIEGACZA | 1982 | K30 | 11. | 23. | 0:28:08 (159.) | 1:02:48 | 05:41 | 0:56:54 |



| Msc open | Nr start | Nazwisko i imię | Miejscowość | Klub | Rok ur | Kat | Msc kat | Msc M/K | PK 5km | Czas brutto | Tempo min/km | Wynik netto |
|----------|----------|-----------------------|-------------|-----------------------------------|--------|-----|---------|---------|----------------|-------------|--------------|----------------|
| 148. | 182 | Chmiel Mariusz | Bądzów | Wybiegani Bądzów | 1971 | M40 | 36. | 125. | 0:26:59 (124.) | 0:57:05 | 05:41 | 0:56:55 |
| 149. | 228 | Łączyński Tomasz | Szamotuły | Szamotuły KKS | 1983 | M30 | 56. | 126. | 0:28:27 (165.) | 1:01:02 | 05:42 | 0:57:01 |
| 150. | 631 | Piechota Michał | POZNAN | | 1983 | M30 | 57. | 127. | 0:27:48 (151.) | 0:58:55 | 05:42 | 0:57:03 |
| 151. | 767 | Grochulski Przemysław | Wągrowiec | | 1990 | M20 | 20. | 128. | 0:26:34 (118.) | 1:01:07 | 05:43 | 0:57:10 |
| 152. | 22 | Czerwiński Bartłomiej | Oborniki | | 1980 | M30 | 58. | 129. | 0:27:27 (137.) | 1:03:07 | 05:43 | 0:57:13 |
| 153. | 1091 | Lohr Łukasz | Poznań | | 1984 | M30 | 59. | 130. | 0:30:17 (207.) | 1:04:54 | 05:43 | 0:57:14 |
| 154. | 604 | Durnik Krzysztof | Poznań | | 1990 | M20 | 21. | 131. | 0:28:08 (160.) | 1:01:18 | 05:44 | 0:57:22 |
| 155. | 520 | Węclik Klaudia | Wiry | | 1990 | K20 | 7. | 24. | 0:27:37 (142.) | 1:01:22 | 05:44 | 0:57:26 |
| 156. | 1019 | Szaferska Natalia | Wągrowiec | | 1980 | K30 | 12. | 25. | 0:27:47 (149.) | 0:57:44 | 05:45 | 0:57:33 |
| 157. | 390 | Matusiak Jarek | Garby | SOBIE BIEGAM | 1975 | M40 | 37. | 132. | 0:27:33 (141.) | 0:59:33 | 05:46 | 0:57:42 |
| 158. | 131 | Adamowski Tomasz | Wągrowiec | | 1982 | M30 | 60. | 133. | 0:27:54 (154.) | 1:03:38 | 05:46 | 0:57:44 |
| 159. | 164 | Duda Jadwiga | Szamotuły | | 1957 | K60 | 1. | 26. | 0:27:53 (153.) | 1:03:50 | 05:47 | 0:57:53 |
| 160. | 663 | Kaczmarek Beata | Poznań | STR POZNAŃ | 1971 | K40 | 6. | 27. | 0:28:32 (167.) | 1:01:59 | 05:47 | 0:57:59 |
| 161. | 644 | Orlicki Michał | Poznań | 1981 | 1981 | M30 | 61. | 134. | 0:28:40 (170.) | 1:06:02 | 05:47 | 0:57:59 |
| 162. | 501 | Bilski Hubert | Damaśławek | Urban Exploration PL | 1989 | M30 | 62. | 135. | 0:29:04 (176.) | 1:06:08 | 05:49 | 0:58:12 |
| 163. | 961 | majzeles estera | wrocław | | 1993 | K20 | 8. | 28. | 0:29:00 (174.) | 1:05:48 | 05:49 | 0:58:14 |
| 164. | 447 | Pol Agata | Gołańcz | Team Run Golancz | 1992 | K20 | 9. | 29. | 0:27:41 (145.) | 1:04:16 | 05:49 | 0:58:19 |
| 165. | 312 | Woga Andrzej | Poznań | KB DęBIEC | 1965 | M50 | 10. | 136. | 0:27:47 (150.) | 1:02:16 | 05:50 | 0:58:22 |
| 166. | 463 | Solecki Wojciech | Gubin | #Wkurw_Team | 1984 | M30 | 63. | 137. | 0:27:40 (143.) | 1:04:31 | 05:51 | 0:58:30 |
| 167. | 231 | Tetzlaw-Dering Marta | Słubice | | 1984 | K30 | 13. | 30. | 0:27:55 (156.) | 1:00:20 | 05:51 | 0:58:30 |
| 168. | 244 | Fornal Patryk | Dachowa | | 1983 | M30 | 64. | 138. | 0:30:29 (213.) | 1:04:33 | 05:51 | 0:58:33 |
| 169. | 359 | Gawęcka Anna | Poznań | Bukowski Klub Biegacza | 1985 | K30 | 14. | 31. | 0:29:26 (183.) | 1:06:17 | 05:51 | 0:58:39 |
| 170. | 481 | Zawadzki Klaudiusz | Pobiedziska | Wiewiór Team | 1975 | M40 | 38. | 139. | 0:28:47 (173.) | 1:02:36 | 05:52 | 0:58:40 |
| 171. | 71 | Szymendera Maciej | Fałkowo | Ludzie Borowe | 1978 | M40 | 39. | 140. | 0:29:27 (184.) | 1:06:27 | 05:52 | 0:58:43 |
| 172. | 1095 | Bocian Zbigniew | Poznań | 2. Skrzydło Lotnictwa Taktycznego | 1967 | M50 | 11. | 141. | 0:25:33 (94.) | 1:00:43 | 05:53 | 0:58:52 |



| Msc open | Nr start | Nazwisko i imię | Miejscowość | Klub | Rok ur | Kat | Msc kat | Msc M/K | PK 5km | Czas brutto | Tempo min/km | Wynik netto |
|----------|----------|----------------------|------------------|------------------------|--------|-----|---------|---------|----------------|-------------|--------------|----------------|
| 173. | 706 | Kłapiński Arkadiusz | Mrowino | Rokietnica Biega | 1978 | M40 | 40. | 142. | 0:30:39 (219.) | 1:06:59 | 05:55 | 0:59:18 |
| 174. | 184 | Doerschutz Przemek | Gniezno | Ludzie Borowe | 1968 | M50 | 12. | 143. | 0:29:25 (182.) | 1:07:02 | 05:55 | 0:59:18 |
| 175. | 639 | Górski Grzegorz | Suchy Las | MY SWEET EVENT | 1976 | M40 | 41. | 144. | 0:29:28 (185.) | 1:01:18 | 05:55 | 0:59:18 |
| 176. | 679 | Kostrzyńska Jolanta | Poznań | | 1969 | K50 | 1. | 32. | 0:28:04 (158.) | 0:59:35 | 05:56 | 0:59:24 |
| 177. | 479 | Kaczmarek Bartosz | Poznań | | 1983 | M30 | 65. | 145. | 0:29:39 (188.) | 1:05:21 | 05:56 | 0:59:26 |
| 178. | 975 | Piğła Maja | Tarnowo Podgórne | | 1982 | K30 | 15. | 33. | 0:29:18 (179.) | 1:07:03 | 05:56 | 0:59:27 |
| 179. | 873 | Gładysiak Przemysław | Komorniki | Gładko biegamy :-) | 1977 | M40 | 42. | 146. | 0:30:09 (205.) | 1:07:52 | 05:57 | 0:59:34 |
| 180. | 338 | Filut Tomasz | Poznań | | 1978 | M40 | 43. | 147. | 0:28:32 (168.) | 1:07:32 | 05:58 | 0:59:41 |
| 181. | 1038 | Gryniuk Maciej | Lubin | Krav Maga Be Safe | 1998 | M20 | 22. | 148. | 0:27:28 (138.) | 1:01:38 | 05:58 | 0:59:41 |
| 182. | 1114 | Jałowska Julia | Poznań | | 2003 | K16 | 2. | 34. | 0:29:01 (175.) | 1:07:46 | 05:59 | 0:59:50 |
| 183. | 826 | Wawrzyniak Łukasz | Dopiewo | Drużyna W! | 1988 | M30 | 66. | 149. | 0:30:37 (217.) | 1:08:09 | 05:59 | 0:59:50 |
| 184. | 74 | Oporowski Sebastian | Środa Wlkp. | | 1973 | M40 | 44. | 150. | 0:30:44 (222.) | 1:08:16 | 05:59 | 0:59:56 |
| 185. | 586 | Kamiński Jarosław | Poznań | Havana Club | 1969 | M50 | 13. | 151. | 0:28:45 (172.) | 1:08:10 | 06:00 | 1:00:06 |
| 186. | 1075 | KUDLIŃSKA MARLENA | Przyborowo | Bukowski Klub Biegacza | 1987 | K30 | 16. | 35. | 0:30:22 (210.) | 1:07:55 | 06:01 | 1:00:16 |
| 187. | 91 | Jarmuda Justyna | Poznań | Jarmudki | 1982 | K30 | 17. | 36. | 0:29:22 (180.) | 1:06:15 | 06:01 | 1:00:16 |
| 188. | 183 | Zwolińska Agnieszka | Poznań | Poznań | 1982 | K30 | 18. | 37. | 0:27:56 (157.) | 1:04:15 | 06:01 | 1:00:18 |
| 189. | 299 | Kodur Anita | Przeźmierwo | Grażynki OCR | 1983 | K30 | 19. | 38. | 0:29:43 (192.) | 1:04:23 | 06:02 | 1:00:22 |
| 190. | 257 | Galas Agata | Poznań | Grażynki OCR | 1983 | K30 | 20. | 39. | 0:29:43 (190.) | 1:04:26 | 06:02 | 1:00:24 |
| 191. | 1121 | Kostka Filip | Poznań | | 1980 | M30 | 67. | 152. | 0:29:14 (178.) | 1:02:25 | 06:03 | 1:00:30 |
| 192. | 243 | Stachowiak Agnieszka | Swarzędz | | 1975 | K40 | 7. | 40. | 0:29:45 (194.) | 1:08:11 | 06:03 | 1:00:36 |
| 193. | 1052 | Głyda Maciej | Poznań | 1962 | 1962 | M50 | 14. | 153. | 0:27:55 (155.) | 1:06:36 | 06:04 | 1:00:41 |
| 194. | 459 | Grębicka Marta | Poznań | | 1991 | K20 | 10. | 41. | 0:29:13 (177.) | 1:04:45 | 06:05 | 1:00:52 |
| 195. | 59 | Egler Michał | Poznań | Maratoczyk Poznań | 1965 | M50 | 15. | 154. | 0:29:38 (187.) | 1:04:53 | 06:05 | 1:00:56 |
| 196. | 142 | Mikołajczak Roman | Czempiń | | 1967 | M50 | 16. | 155. | 0:29:24 (181.) | 1:07:04 | 06:06 | 1:01:03 |
| 197. | 523 | Rutkowska Katarzyna | Oborniki | | 1979 | K40 | 8. | 42. | 0:29:45 (195.) | 1:05:01 | 06:06 | 1:01:07 |



| Msc open | Nr start | Nazwisko i imię | Miejscowość | Klub | Rok ur | Kat | Msc kat | Msc M/K | PK 5km | Czas brutto | Tempo min/km | Wynik netto |
|-------------|-------------|----------------------|-------------|--------------------------------|-----------|-----|------------|------------|----------------|----------------|-----------------|----------------|
| 198. | 980 | Rażniak Krzysztof | Bachorzew | | 1990 | M20 | 23. | 156. | 0:29:46 (196.) | 1:09:09 | 06:07 | 1:01:10 |
| 199. | 666 | Grzegorzewska Madzia | Szamotuły | Madzus | 1983 | K30 | 21. | 43. | 0:29:34 (186.) | 1:03:08 | 06:07 | 1:01:11 |
| 200. | 542 | KASPRZAK JOANNA | WITNICA | | 1980 | K30 | 22. | 44. | 0:29:42 (189.) | 1:03:23 | 06:08 | 1:01:27 |
| 201. | 1009 | olszewska anna | mosina | Chemadex | 1984 | K30 | 23. | 45. | 0:32:09 (250.) | 1:09:18 | 06:09 | 1:01:35 |
| 202. | 1008 | olszewski jacek | mosina | Chemadex | 1981 | M30 | 68. | 157. | 0:32:10 (251.) | 1:09:18 | 06:09 | 1:01:36 |
| 203. | 532 | Kozłowska Malwina | Widziszewo | Dirty Sparrows | 1995 | K20 | 11. | 46. | 0:30:59 (226.) | 1:10:11 | 06:11 | 1:01:55 |
| 204. | 20 | Elias Katarzyna | Poznań | | 1965 | K50 | 2. | 47. | 0:29:52 (200.) | 1:09:35 | 06:12 | 1:02:00 |
| 205. | 455 | Pol Piotr | Gołańcz | TEAM RUN GOŁAŃCZ | 1983 | M30 | 69. | 158. | 0:28:42 (171.) | 1:08:05 | 06:13 | 1:02:10 |
| 206. | 637 | Lis Maciej | Poznań | | 1971 | M40 | 45. | 159. | 0:31:51 (243.) | 1:09:58 | 06:13 | 1:02:13 |
| 207. | 394 | Kontor Aleksandra | Swarzędz | | 1990 | K20 | 12. | 48. | 0:29:51 (199.) | 1:08:06 | 06:13 | 1:02:14 |
| 208. | 262 | Lenkiewicz Andrzej | Bądky | Piękny | 1956 | M60 | 4. | 160. | 0:30:07 (204.) | 1:10:03 | 06:14 | 1:02:28 |
| 209. | 222 | Schulz Radek | Lusówko | 3:33 TEAM | 1971 | M40 | 46. | 161. | 0:32:02 (246.) | 1:10:44 | 06:15 | 1:02:33 |
| 210. | 223 | Schulz Beata | Lusówko | 3:33 TEAM | 1969 | K50 | 3. | 49. | 0:32:02 (247.) | 1:10:44 | 06:15 | 1:02:33 |
| 211. | 1029 | Ciesielski Paweł | Nowa Sól | | 1979 | M40 | 47. | 162. | 0:30:31 (214.) | 1:08:31 | 06:16 | 1:02:41 |
| 212. | 654 | Śron Gabriela | Złotniki | | 1983 | K30 | 24. | 50. | 0:30:34 (215.) | 1:10:35 | 06:16 | 1:02:43 |
| 213. | 208 | Waliszak Mariola | Skrzynki | | 1967 | K50 | 4. | 51. | 0:31:04 (227.) | 1:10:24 | 06:16 | 1:02:45 |
| 214. | 1070 | Bogdanowicz Piotr | Złotów | Lill Sport | 1997 | M20 | 24. | 163. | 0:30:45 (223.) | 1:06:39 | 06:16 | 1:02:46 |
| 215. | 200 | Tyszkiewicz Małgosia | Złotów | Lill-Sport | 1981 | K30 | 25. | 52. | 0:30:44 (220.) | 1:06:39 | 06:16 | 1:02:46 |
| 216. | 352 | Nowak Michał | Poznań | | 1988 | M30 | 70. | 164. | 0:30:18 (208.) | 1:10:23 | 06:16 | 1:02:46 |
| 217. | 350 | Południak Przemysław | Poznań | SUNDOM NIERUCHOMOŚCI KRZYSZTOF | 1995 | M20 | 25. | 165. | 0:30:27 (211.) | 1:06:56 | 06:17 | 1:02:54 |
| 218. | 351 | Południak Elżbieta | Poznań | SUNDOM NIERUCHOMOŚCI KRZYSZTOF | 1964 | K50 | 5. | 53. | 0:30:27 (212.) | 1:06:57 | 06:17 | 1:02:54 |
| 219. | 1016 | Sommer Michał | Szreniawa | | 1989 | M30 | 71. | 166. | 0:29:43 (191.) | 1:04:56 | 06:17 | 1:02:55 |
| 220. | 505 | Grabiński Waldemar | Rogoźno | ROGOZIŃSKI KLUB BIEGACZA | 1973 | M40 | 48. | 167. | 0:30:07 (203.) | 1:08:52 | 06:17 | 1:02:59 |
| 221. | 618 | Stańczyk Józef | Dachowa | | 1956 | M60 | 5. | 168. | 0:30:20 (209.) | 1:10:38 | 06:18 | 1:03:04 |
| 222. | 958 | Āboliņa Tatjana | Talsi | Maratona klubs | 1976 | K40 | 9. | 54. | 0:30:44 (221.) | 1:07:07 | 06:18 | 1:03:07 |



| Msc open | Nr start | Nazwisko i imię | Miejscowość | Klub | Rok ur | Kat | Msc kat | Msc M/K | PK 5km | Czas brutto | Tempo min/km | Wynik netto |
|----------|----------|------------------------|-----------------|----------------------|--------|-----|---------|---------|----------------|-------------|--------------|----------------|
| 223. | 866 | Woga Dawid | Poznań | # DRUŻYNA SZPIKU | 1991 | M20 | 26. | 169. | 0:31:27 (238.) | 1:09:11 | 06:19 | 1:03:10 |
| 224. | 1041 | Polikowski Patryk | Sopot | | 1978 | M40 | 49. | 170. | 0:32:39 (259.) | 1:11:31 | 06:19 | 1:03:18 |
| 225. | 15 | Łowiński Łukasz | Komorniki | Inteligentnafarma.pl | 1981 | M30 | 72. | 171. | 0:30:57 (225.) | 1:07:26 | 06:20 | 1:03:27 |
| 226. | 239 | Przybylska - Kaczmarek | POZNAŃ | | 1981 | K30 | 26. | 55. | 0:30:38 (218.) | 1:07:24 | 06:20 | 1:03:29 |
| 227. | 445 | Dolata Wojciech | Poznań | Byle do lata | 1982 | M30 | 73. | 172. | 0:29:52 (201.) | 1:11:57 | 06:20 | 1:03:29 |
| 228. | 269 | Skrzypczak Natalia | Poznań | . | 1992 | K20 | 13. | 56. | 0:34:43 (295.) | 1:11:31 | 06:21 | 1:03:37 |
| 229. | 890 | Windirsch Luisa | Bernburg | | 1992 | K20 | 14. | 57. | 0:30:34 (216.) | 1:07:33 | 06:21 | 1:03:37 |
| 230. | 1137 | Krysztofiak Agnieszka | Cielimowo | | 1987 | K30 | 27. | 58. | 0:31:09 (230.) | 1:09:32 | 06:22 | 1:03:43 |
| 231. | 946 | Buchwald Magdalena | Gniezno | | 1987 | K30 | 28. | 59. | 0:31:08 (229.) | 1:09:32 | 06:22 | 1:03:43 |
| 232. | 259 | Dzięcielska Agnieszka | Poznań | | 1976 | K40 | 10. | 60. | 0:31:15 (232.) | 1:09:49 | 06:22 | 1:03:47 |
| 233. | 98 | Czarnecka Agnieszka | Kostrzyn | | 1989 | K30 | 29. | 61. | 0:29:56 (202.) | 1:05:46 | 06:22 | 1:03:48 |
| 234. | 1138 | Świątek Wojciech | Poznań | | 1963 | M50 | 17. | 173. | 0:31:32 (240.) | 1:11:42 | 06:22 | 1:03:49 |
| 235. | 354 | Szybiak Sebastian | Poznań | | 1990 | M20 | 27. | 174. | 0:38:15 (324.) | 1:11:51 | 06:22 | 1:03:49 |
| 236. | 796 | Gałczyński Tomasz | Poznań | | 1983 | M30 | 74. | 175. | 0:34:45 (298.) | 1:12:12 | 06:23 | 1:03:54 |
| 237. | 92 | Godlewski Tomasz | Skórzewo | Słynni Kenijczycy | 1980 | M30 | 75. | 176. | 0:29:48 (197.) | 1:05:57 | 06:23 | 1:03:58 |
| 238. | 641 | Czekatowski Łukasz | Rokietnica | | 1982 | M30 | 76. | 177. | 0:29:45 (193.) | 1:05:54 | 06:24 | 1:04:01 |
| 239. | 1093 | Pohl Karolina | Poznań | | 1997 | K20 | 15. | 62. | 0:30:13 (206.) | 1:06:06 | 06:25 | 1:04:15 |
| 240. | 268 | Waśko Krzysztof | Bugaj | | 1989 | M30 | 77. | 178. | 0:31:27 (237.) | 1:12:13 | 06:25 | 1:04:18 |
| 241. | 283 | Marciniak Monika | Puszczkowo | | 1992 | K20 | 16. | 63. | 0:32:08 (249.) | 1:12:14 | 06:26 | 1:04:20 |
| 242. | 544 | Masztalerz Joanna | Buk | | 1989 | K30 | 30. | 64. | 0:31:08 (228.) | 1:04:25 | 06:26 | 1:04:23 |
| 243. | 1021 | Dworczak Jakub | Leszno | | 1988 | M30 | 78. | 179. | 0:30:49 (224.) | 1:10:31 | 06:27 | 1:04:34 |
| 244. | 187 | Tomkowiak Sławomir | Poznań | 3:33 TEAM | 1978 | M40 | 50. | 180. | 0:33:36 (277.) | 1:12:46 | 06:27 | 1:04:35 |
| 245. | 683 | Trojnar Jarosław | Kalisz Pomorski | Banda Łysego | 1989 | M30 | 79. | 181. | 0:29:49 (198.) | 1:12:52 | 06:27 | 1:04:38 |
| 246. | 774 | Andrzejczak Maciej | Szczecin | | 1963 | M50 | 18. | 182. | 0:31:10 (231.) | 1:11:14 | 06:31 | 1:05:13 |
| 247. | 619 | Kukurenda Natalia | Dachowa | | 1976 | K40 | 11. | 65. | 0:31:53 (244.) | 1:11:17 | 06:31 | 1:05:15 |



| Msc open | Nr start | Nazwisko i imię | Miejscowość | Klub | Rok ur | Kat | Msc kat | Msc M/K | PK 5km | Czas brutto | Tempo min/km | Wynik netto |
|----------|----------|---------------------|-----------------|-------------------------------|--------|-----|---------|---------|----------------|-------------|--------------|----------------|
| 248. | 249 | Steczko Łukasz | Poznań | | 1990 | M20 | 28. | 183. | 0:34:44 (297.) | 1:13:43 | 06:33 | 1:05:30 |
| 249. | 229 | Rydzewska Marta | Kleczew | Ohana | 1986 | K30 | 31. | 66. | 0:33:31 (273.) | 1:14:01 | 06:34 | 1:05:47 |
| 250. | 797 | Pilarczyk Radosław | Pobiedziska | | 1993 | M20 | 29. | 184. | 0:31:40 (241.) | 1:11:49 | 06:35 | 1:05:50 |
| 251. | 620 | DON ROBERT | PACZKOWO | KLASSZPOT/WSZYSTKO O BIEGANIU | 1974 | M40 | 51. | 185. | 0:35:28 (305.) | 1:13:54 | 06:36 | 1:06:00 |
| 252. | 986 | Zięciak Karolina | Kamionki | | 1986 | K30 | 32. | 67. | 0:32:57 (261.) | 1:14:03 | 06:36 | 1:06:01 |
| 253. | 373 | Borda Agnieszka | Poznań | 1982 | 1982 | K30 | 33. | 68. | 0:32:01 (245.) | 1:07:53 | 06:36 | 1:06:02 |
| 254. | 1047 | Piętka Daria | Poznań | | 1987 | K30 | 34. | 69. | 0:31:42 (242.) | 1:12:00 | 06:36 | 1:06:03 |
| 255. | 688 | Mozal Maciej | Kalisz Pomorski | Banda Łysego | 1990 | M20 | 30. | 186. | 0:31:28 (239.) | 1:14:24 | 06:36 | 1:06:09 |
| 256. | 694 | Ruszytk Mariusz | Rokietnica | | 1968 | M50 | 19. | 187. | 0:31:22 (235.) | 1:08:02 | 06:36 | 1:06:09 |
| 257. | 1006 | Karłak Małgorzata | Śrem | | 1974 | K40 | 12. | 70. | 0:31:24 (236.) | 1:10:27 | 06:38 | 1:06:27 |
| 258. | 102 | Piątek Kamila | Dąbrówka | | 1989 | K30 | 35. | 71. | 0:33:18 (270.) | 1:14:17 | 06:39 | 1:06:30 |
| 259. | 553 | Klimaszyk Leszek | Złotniki | Ferrod Computer | 1962 | M50 | 20. | 188. | 0:31:22 (234.) | 1:08:28 | 06:39 | 1:06:32 |
| 260. | 685 | Trojnar Karolcia | Kalisz Pomorski | Banda Łysego | 1990 | K20 | 17. | 72. | 0:33:36 (276.) | 1:14:54 | 06:39 | 1:06:38 |
| 261. | 707 | brzóstowicz ewelina | Duszniki | | 1991 | K20 | 18. | 73. | 0:32:30 (255.) | 1:14:20 | 06:39 | 1:06:39 |
| 262. | 928 | Kaczmarek Joanna | Koziegłowy | | 1986 | K30 | 36. | 74. | 0:34:14 (287.) | 1:15:03 | 06:40 | 1:06:43 |
| 263. | 733 | Klaja Katarzyna | Czerwonak | SCIM | 1958 | K60 | 2. | 75. | 0:33:07 (264.) | 1:14:30 | 06:40 | 1:06:49 |
| 264. | 297 | Gucka Anna | Chyby | Anna Gucka | 1982 | K30 | 37. | 76. | 0:34:16 (288.) | 1:14:57 | 06:41 | 1:06:51 |
| 265. | 512 | Nizielski Bartosz | Poznań | | 1985 | M30 | 80. | 189. | 0:31:17 (233.) | 1:12:58 | 06:41 | 1:06:58 |
| 266. | 371 | Borys Pamcia | Poznań | | 1994 | K20 | 19. | 77. | 0:32:33 (257.) | 1:12:56 | 06:41 | 1:06:58 |
| 267. | 965 | Koch Antoni | Śrem | | 1961 | M50 | 21. | 190. | 0:32:32 (256.) | 1:14:51 | 06:43 | 1:07:12 |
| 268. | 1064 | Klaja Agnieszka | Poznań | | 1986 | K30 | 38. | 78. | 0:33:13 (266.) | 1:15:06 | 06:44 | 1:07:26 |
| 269. | 180 | Kubiak Henryka | Kaźmierz | | 1973 | K40 | 13. | 79. | 0:34:22 (290.) | 1:15:36 | 06:45 | 1:07:30 |
| 270. | 484 | Magdziarek Bogumiła | Kaźmierz | | 1970 | K40 | 14. | 80. | 0:34:22 (292.) | 1:15:36 | 06:45 | 1:07:30 |
| 271. | 90 | Mańczak Magdalena | Poznan | | 1979 | K40 | 15. | 81. | 0:33:07 (263.) | 1:13:43 | 06:46 | 1:07:45 |
| 272. | 942 | Matysek Ireneusz | Wałcz | | 1958 | M60 | 6. | 191. | 0:32:06 (248.) | 1:15:34 | 06:47 | 1:07:59 |



| Msc open | Nr start | Nazwisko i imię | Miejscowość | Klub | Rok ur | Kat | Msc kat | Msc M/K | PK 5km | Czas brutto | Tempo min/km | Wynik netto |
|----------|----------|----------------------|------------------|---------------|--------|-----|---------|---------|----------------|-------------|--------------|----------------|
| 273. | 1017 | Zajac Krzysztof | Poznań | DRUŻYNA | 1977 | M40 | 52. | 192. | 0:32:20 (252.) | 1:16:08 | 06:48 | 1:08:02 |
| 274. | 514 | Kolendo Filip | Poznan | Yanosik Team | 1976 | M40 | 53. | 193. | 0:37:24 (320.) | 1:16:46 | 06:50 | 1:08:22 |
| 275. | 672 | Siwczak Monika | Przeclaw | | 1985 | K30 | 39. | 82. | 0:33:50 (281.) | 1:16:16 | 06:50 | 1:08:24 |
| 276. | 293 | Kaca Jaroslaw | Morzyczyn | | 1990 | M20 | 31. | 194. | 0:33:48 (280.) | 1:17:09 | 06:52 | 1:08:42 |
| 277. | 88 | Kakolewska Elzbieta | Młodasko | 1973 | 1973 | K40 | 16. | 83. | 0:33:57 (284.) | 1:16:49 | 06:52 | 1:08:43 |
| 278. | 256 | Kakolewska Iga | Młodasko | 1996 | 1996 | K20 | 20. | 84. | 0:33:57 (285.) | 1:16:49 | 06:52 | 1:08:43 |
| 279. | 294 | Michalczyk KATARZYNA | Police | | 1982 | K30 | 40. | 85. | 0:33:48 (279.) | 1:17:10 | 06:52 | 1:08:43 |
| 280. | 341 | Psik Marzena | Murowana Goślina | HERNIK TEAM | 1969 | K50 | 6. | 86. | 0:33:53 (282.) | 1:16:37 | 06:52 | 1:08:49 |
| 281. | 686 | Trojnar Krzysiu | Kalisz Pomorski | Banda Łysego | 1959 | M60 | 7. | 195. | 0:32:36 (258.) | 1:17:13 | 06:53 | 1:08:59 |
| 282. | 11 | Owczarkowski Maciej | Poznan | | 1962 | M50 | 22. | 196. | 0:33:15 (267.) | 1:10:59 | 06:54 | 1:09:06 |
| 283. | 10 | Duda Paula | Poznan | | 1988 | K30 | 41. | 87. | 0:33:17 (268.) | 1:10:59 | 06:54 | 1:09:06 |
| 284. | 181 | Bartoszewska Joanna | Spytkowki | | 1981 | K30 | 42. | 88. | 0:33:12 (265.) | 1:15:11 | 06:54 | 1:09:08 |
| 285. | 755 | Tomaszewski Mateusz | Poznań | | 1979 | M40 | 54. | 197. | 0:32:47 (260.) | 1:17:19 | 06:55 | 1:09:18 |
| 286. | 1037 | Targosz-Kasierska | Poznań | | 1987 | K30 | 43. | 89. | 0:35:59 (313.) | 1:17:06 | 06:56 | 1:09:26 |
| 287. | 969 | Mikusek Marzena | Nowy Dwór | | 1994 | K20 | 21. | 90. | 0:33:25 (272.) | 1:17:35 | 06:58 | 1:09:41 |
| 288. | 972 | Latowska Magdalena | poznań | | 1967 | K50 | 7. | 91. | 0:34:50 (300.) | 1:18:09 | 06:58 | 1:09:44 |
| 289. | 790 | Michalski Łukasz | Włociejewice | | 1995 | M20 | 32. | 198. | 0:34:21 (289.) | 1:17:22 | 06:58 | 1:09:49 |
| 290. | 962 | Nadskakuła Łukasz | Poznań | | 1982 | M30 | 81. | 199. | 0:33:55 (283.) | 1:18:16 | 06:59 | 1:09:52 |
| 291. | 1067 | Nadobnik Magdalena | Gruszczyn | | 1979 | K40 | 17. | 92. | 0:35:32 (306.) | 1:14:01 | 06:59 | 1:09:58 |
| 292. | 960 | dobosz tomasz | żórawina | | 1980 | M30 | 82. | 200. | 0:33:43 (278.) | 1:17:34 | 07:00 | 1:10:01 |
| 293. | 61 | Kujath Dominika | Poznań | Altom Gniezno | 1984 | K30 | 44. | 93. | 0:33:34 (274.) | 1:16:06 | 07:00 | 1:10:07 |
| 294. | 660 | Kujath Mateusz | Poznań | | 1985 | M30 | 83. | 201. | 0:33:34 (275.) | 1:16:06 | 07:00 | 1:10:07 |
| 295. | 708 | Brzóstowicz Paweł | Duszniki | | 1988 | M30 | 84. | 202. | 0:33:03 (262.) | 1:17:49 | 07:00 | 1:10:08 |
| 296. | 386 | Stachowiak Magdalena | Wronki | | 1994 | K20 | 22. | 94. | 0:35:34 (307.) | 1:18:37 | 07:04 | 1:10:45 |
| 297. | 693 | Ruszyk Dennis | Rokietnica | | 1993 | M20 | 33. | 203. | 0:32:26 (254.) | 1:12:54 | 07:06 | 1:11:01 |



| Msc open | Nr start | Nazwisko i imię | Miejscowość | Klub | Rok ur | Kat | Msc kat | Msc M/K | PK 5km | Czas brutto | Tempo min/km | Wynik netto |
|-------------|-------------|------------------------|-------------|------------------------|-----------|-----|------------|------------|----------------|----------------|-----------------|----------------|
| 298. | 1069 | NASKRĘT MARIUSZ | RACOT | | 1975 | M40 | 55. | 204. | 0:34:44 (296.) | 1:19:13 | 07:08 | 1:11:28 |
| 299. | 844 | Jagiełło Albert | Golina | Decathlon Team Swadzim | 1990 | M20 | 34. | 205. | 0:33:24 (271.) | 1:19:30 | 07:09 | 1:11:30 |
| 300. | 838 | Kryzan Irma | Poznań | | 1990 | K20 | 23. | 95. | 0:34:22 (291.) | 1:19:30 | 07:09 | 1:11:32 |
| 301. | 230 | Rydzewska Ela | Poznań | Ohana | 1980 | K30 | 45. | 96. | 0:36:00 (314.) | 1:19:47 | 07:09 | 1:11:34 |
| 302. | 1118 | Skurzyńska Magdalena | Poznań | | 1988 | K30 | 46. | 97. | 0:34:32 (293.) | 1:19:24 | 07:09 | 1:11:39 |
| 303. | 307 | Małecka Katarzyna | Poznań | | 1992 | K20 | 24. | 98. | 0:35:24 (302.) | 1:19:53 | 07:10 | 1:11:40 |
| 304. | 458 | Urbańczyk Łukasz | Września | | 1987 | M30 | 85. | 206. | 0:35:24 (303.) | 1:19:54 | 07:10 | 1:11:40 |
| 305. | 853 | Sroczyński Jakub | Poznań | Mielone Srocзки | 1976 | M40 | 56. | 207. | 0:35:37 (309.) | 1:19:36 | 07:11 | 1:11:50 |
| 306. | 919 | Ogrodnik Adrianna | Poznań | | 1991 | K20 | 25. | 99. | 0:34:46 (299.) | 1:20:21 | 07:12 | 1:12:01 |
| 307. | 640 | Wasył-Górska Anna | Suchy Las | MY SWEET EVENT | 1987 | K30 | 47. | 100. | 0:35:19 (301.) | 1:17:55 | 07:12 | 1:12:02 |
| 308. | 507 | Iwan Jagoda | Mieszkowice | | 2001 | K16 | 3. | 101. | 0:33:57 (286.) | 1:18:04 | 07:13 | 1:12:11 |
| 309. | 881 | Marczyńska Marta Łucja | Mosina | Urząd Miasta Luboń | 1988 | K30 | 48. | 102. | 0:32:23 (253.) | 1:14:11 | 07:13 | 1:12:18 |
| 310. | 759 | Komorowska Kinga | Manieczki | Auto-Gaz Manieczki | 1987 | K30 | 49. | 103. | 0:33:18 (269.) | 1:14:11 | 07:13 | 1:12:18 |
| 311. | 1083 | Gręda Dorita | Dąbrówka | Kret Okodeusz | 1994 | K20 | 26. | 104. | 0:35:25 (304.) | 1:20:36 | 07:14 | 1:12:20 |
| 312. | 410 | Gut Sylwia | Zalasewo | | 1989 | K30 | 50. | 105. | 0:35:42 (310.) | 1:18:36 | 07:15 | 1:12:39 |
| 313. | 411 | Narożna Paulina | Kobylnica | | 1990 | K20 | 27. | 106. | 0:35:42 (311.) | 1:18:36 | 07:16 | 1:12:40 |
| 314. | 877 | Iwan Adrianna | Mieszkowice | | 1996 | K20 | 28. | 107. | 0:34:34 (294.) | 1:20:33 | 07:18 | 1:13:00 |
| 315. | 282 | Muras Kinga | Chomęcice | | 1979 | K40 | 18. | 108. | 0:35:36 (308.) | 1:21:26 | 07:21 | 1:13:33 |
| 316. | 159 | Andruszczak Krzysztof | Poznań | Pepa biega | 1988 | M30 | 86. | 208. | 0:36:02 (315.) | 1:23:13 | 07:31 | 1:15:11 |
| 317. | 114 | Widomska Gochaa | Śrem | Pepa biega | 1988 | K30 | 51. | 109. | 0:36:03 (317.) | 1:23:13 | 07:31 | 1:15:12 |
| 318. | 621 | Prokop Marietta | Suchy Las | SUCHY LAS | 1973 | K40 | 19. | 110. | 0:35:54 (312.) | 1:23:49 | 07:35 | 1:15:55 |
| 319. | 35 | Nadolińska Monika | Poznań | | 1982 | K30 | 52. | 111. | 0:36:31 (318.) | 1:24:28 | 07:36 | 1:16:08 |
| 320. | 513 | Kolendo Justyna | Poznan | Yanosik Team | 1977 | K40 | 20. | 112. | 0:37:26 (321.) | 1:24:46 | 07:38 | 1:16:22 |
| 321. | 809 | Tomkowiak Aleksandra | Poznań | 3:33 TEAM | 1975 | K40 | 21. | 113. | 0:37:29 (322.) | 1:24:56 | 07:40 | 1:16:46 |
| 322. | 310 | Stopka Michalina | Góra | | 1988 | K30 | 53. | 114. | 0:36:42 (319.) | 1:23:09 | 07:42 | 1:17:07 |



| Msc open | Nr start | Nazwisko i imię | Miejscowość | Klub | Rok ur | Kat | Msc kat | Msc M/K | PK 5km | Czas brutto | Tempo min/km | Wynik netto |
|-------------|-------------|--------------------|--------------|-------------------|-----------|-----|------------|------------|----------------|----------------|-----------------|----------------|
| 323. | 833 | Szymańska Roksana | Poznań | | 1978 | K40 | 22. | 115. | 0:36:03 (316.) | 1:25:34 | 07:43 | 1:17:10 |
| 324. | 908 | Dolna Małgorzata | Koźmin Wlkp. | | 1992 | K20 | 29. | 116. | 0:38:16 (325.) | 1:26:20 | 07:50 | 1:18:25 |
| 325. | 907 | Majchrzak Wojciech | Jarocin | | 1986 | M30 | 87. | 209. | 0:38:08 (323.) | 1:26:21 | 07:50 | 1:18:26 |
| 326. | 1039 | Szymański PAWEŁ | Leszno | MUAY RUNNING TEAM | 1980 | M30 | 88. | 210. | 0:39:51 (326.) | 1:30:11 | 08:11 | 1:21:58 |
| 327. | 1081 | Rożek Agnieszka | Poznań | MUAY RUNNING TEAM | 1978 | K40 | 23. | 117. | 0:39:52 (327.) | 1:30:11 | 08:11 | 1:21:59 |

