

Wyniki OPEN 5 km NW Iwno 2023-09-10

| Msc open | Nr start | Nazwisko, imię | Miejscowość | Klub | Rok ur | Kat | Msc kat | Msc M/K | Gmin | Czas brutto | Tempo min/k | Wynik netto | Czas3 |
|----------|----------|------------------------|--------------------------------|----------------------|--------|------|---------|---------|------|-------------|-------------|----------------|-------|
| 1. | 57 | Kowalak Robert | Kostrzyn | Walka Kostrzyn | 1984 | M30 | 1. | 1. | 1. | 0:34:22 | 6:52 | 0:34:22 | |
| 2. | 80 | Spychała Paweł | Poznań | Marsz Po Zdrowie | 1973 | M40 | 1. | 2. | | 0:44:40 | 8:54 | 0:44:34 | |
| 3. | 138 | Postek Danuta | Poznań | Zielone Groszki | 1963 | K50 | 1. | 1. | | 0:44:36 | 8:55 | 0:44:35 | |
| 4. | 152 | Gałkowska Elżbieta | Tuczno | | 1955 | K56+ | 1. | 2. | | 0:44:47 | 8:57 | 0:44:46 | |
| 5. | 75 | Fijałkowski Marek | Poznań (Poznań-Grunwald) | Marsz Po Zdrowie | 1959 | M56+ | 1. | 3. | | 0:44:52 | 8:57 | 0:44:49 | |
| 6. | 76 | Kruszka Arleta | Smochowice | Marsz Po Zdrowie | 1964 | K50 | 1. | 3. | | 0:44:58 | 8:59 | 0:44:56 | |
| 7. | 157 | Tarant Katarzyna | Poznań | | 1964 | K50 | 2. | 4. | | 0:45:13 | 9:01 | 0:45:07 | |
| 8. | 160 | Świtła Krzysztof | Góra | | 1969 | M46 | 1. | 4. | | 0:45:20 | 9:02 | 0:45:13 | |
| 9. | 65 | Rozczyńska Kwiryna | Poznań | Marsz Po Zdrowie | 1967 | K50 | 3. | 5. | | 0:45:37 | 9:07 | 0:45:36 | |
| 10. | 63 | Zawiśła Stanisław | Plewiska | Marsz Po Zdrowie | 1951 | M56+ | 2. | 5. | | 0:45:53 | 9:09 | 0:45:49 | |
| 11. | 78 | Maciejewska Joanna | Poznań | Marsz Po Zdrowie | 1969 | K46 | 1. | 6. | | 0:46:09 | 9:11 | 0:45:59 | |
| 12. | 77 | Szulc Marcin | Poznań (Wielkopolskie, Poznań, | Marsz Po Zdrowie | 1986 | M18 | 1. | 6. | | 0:46:13 | 9:12 | 0:46:03 | |
| 13. | 70 | Wojnarowski Błażej | Poznań | Marsz Po Zdrowie | 1956 | M56+ | 3. | 7. | | 0:46:11 | 9:13 | 0:46:06 | |
| 14. | 71 | Barczykowska Agnieszka | Poznań | Marsz Po Zdrowie | 1976 | K36 | 1. | 7. | | 0:46:33 | 9:18 | 0:46:32 | |
| 15. | 141 | Nowaczyk Tomasz | Płochocin | ŻBIKI NORDIC WALKING | 1977 | M36 | 1. | 8. | | 0:46:33 | 9:18 | 0:46:32 | |
| 16. | 74 | Sobucka Magdalena | Poznań | Marsz Po Zdrowie | 1958 | K56+ | 2. | 8. | | 0:46:44 | 9:19 | 0:46:37 | |
| 17. | 199 | Bugajska Aneta | Poznań | | 1972 | K40 | 1. | 9. | | 0:46:54 | 9:22 | 0:46:50 | |
| 18. | 139 | Tomczyk Edward | Poznań | Zielone Groszki | 1948 | M56+ | 4. | 9. | | 0:47:02 | 9:24 | 0:47:01 | |
| 19. | 54 | Cholewka Jolanta | Kostrzyn Wilk | Walka Kostrzyn | 1956 | K56+ | 3. | 10. | 1. | 0:47:16 | 9:26 | 0:47:14 | |
| 20. | 202 | Frąckowiak Justyna | Kostrzyn | | 1983 | K30 | 1. | 11. | 2. | 0:47:43 | 9:31 | 0:47:35 | |
| 21. | 114 | Meyer Małgorzata | Zalasewo | Parkrun Jezioro | 1975 | K36 | 2. | 12. | | 0:48:04 | 9:36 | 0:48:02 | |

| Msc open | Nr start | Nazwisko, imię | Miejscowość | Klub | Rok ur | Kat | Msc kat | Msc M/K | Gmin | Czas brutto | Tempo min/k | Wynik netto | Czas3 |
|-------------|-------------|------------------------|--------------------------------|------------------|-----------|------|------------|------------|------|----------------|----------------|----------------|-------|
| 22. | 94 | Jankowska Katarzyna | Kostrzyn | DZIKA EKIPA | 1984 | K30 | 2. | 13. | 3. | 0:49:32 | 9:52 | 0:49:21 | |
| 23. | 151 | Angielczyk Małgorzata | Poznań | | 1951 | K56+ | 4. | 14. | | 0:49:28 | 9:53 | 0:49:25 | |
| 24. | 68 | Sowińska Grażyna | Poznań- Skórzewo | Marsz Po Zdrowie | 1957 | K56+ | 5. | 15. | | 0:49:28 | 9:53 | 0:49:26 | |
| 25. | 88 | Wrąbel Felicja | Swarzędz | Marsz Po Zdrowie | 1955 | K60 | 1. | 16. | | 0:49:59 | 9:59 | 0:49:57 | |
| 26. | 66 | Wawrzyniak Waldemar | Plewiska | Marsz Po Zdrowie | 1969 | M46 | 2. | 10. | | 0:51:29 | 10:16 | 0:51:23 | |
| 27. | 64 | Czyż Izabela | Poznań | Marsz Po Zdrowie | 1965 | K46 | 2. | 17. | | 0:52:20 | 10:26 | 0:52:11 | |
| 28. | 90 | Bukowska Danuta | Poznań | Marsz Po Zdrowie | 1959 | K56+ | 6. | 18. | | 0:52:43 | 10:31 | 0:52:37 | |
| 29. | 81 | Graczyk Mirosława | Poznan | Marsz Po Zdrowie | 1954 | K60 | 2. | 19. | | 0:52:44 | 10:31 | 0:52:39 | |
| 30. | 185 | Goździak Beata | Kostrzyn | | 1982 | K30 | 3. | 20. | 4. | 0:53:41 | 10:43 | 0:53:37 | |
| 31. | 85 | Choryńska Danuta | Swarzędz | Marsz Po Zdrowie | 1948 | K56+ | 7. | 21. | | 0:53:43 | 10:44 | 0:53:43 | |
| 32. | 208 | Maciejewska Małgorzata | Swarzędz | | 1962 | K50 | 2. | 22. | | 0:54:13 | 10:49 | 0:54:09 | |
| 33. | 121 | Manikowska Anna | Swarzędz | Parkrun Jezioro | 1958 | K56+ | 8. | 23. | | 0:54:14 | 10:50 | 0:54:10 | |
| 34. | 144 | Losiak Natalia | Poznań | | 1975 | K36 | 3. | 24. | | 0:54:28 | 10:52 | 0:54:22 | |
| 35. | 140 | Owczarek Henryka | Poznań | Zielone Groszki | 1946 | K70+ | 1. | 25. | | 0:56:03 | 11:11 | 0:55:55 | |
| 36. | 177 | Bat Teresa | Kostrzyn | | 1959 | K56+ | 9. | 26. | 5. | 0:58:36 | 11:40 | 0:58:24 | |
| 37. | 188 | Wierbińska Renata | Kruszewnia | | 1971 | K50 | 4. | 27. | | 0:58:35 | 11:40 | 0:58:24 | |
| 38. | 182 | Strańczyk Agnieszka | Kleszczewo | | 1973 | K40 | 1. | 28. | | 0:58:36 | 11:41 | 0:58:26 | |
| 39. | 170 | Urbaniak Julita | Trzek | | 1977 | K40 | 2. | 29. | 6. | 0:58:34 | 11:41 | 0:58:26 | |
| 40. | 183 | Wierucka Magdalena | Czerlejno | | 1978 | K36 | 4. | 30. | 7. | 0:58:34 | 11:41 | 0:58:26 | |
| 41. | 186 | Cicha Aldona | Kleszczewo | | 1969 | K50 | 5. | 31. | | 0:58:38 | 11:41 | 0:58:29 | |
| 42. | 67 | Wawrzyniak Barbara | Plewiska | Marsz Po Zdrowie | 1971 | K40 | 2. | 32. | | 1:00:26 | 12:04 | 1:00:20 | |
| 43. | 82 | Pęksa Lidia | Poznań (Wielkopolskie, Poznań, | Marsz Po Zdrowie | 1956 | K56+ | 10. | 33. | | 1:03:31 | 12:41 | 1:03:28 | |
| 44. | 87 | Trojanowska Ewa | Poznań | Marsz Po Zdrowie | 1955 | K56+ | 11. | 34. | | 1:03:36 | 12:41 | 1:03:29 | |

