

# I Bieg Wilczym Tropem 1963m

## Wyniki OPEN Poznań 2015-03-01



| Msc open | Nr start | Nazwisko, imię        | Miejscowość | Klub                    | Rok ur | Kat | Msc kat | Msc M/K | Czas brutto    | Tempo min/km | Czas netto |
|----------|----------|-----------------------|-------------|-------------------------|--------|-----|---------|---------|----------------|--------------|------------|
| 1.       | 250      | Gulczyński, Marek     | Poznań      | UKS Gimnazjon Suchy Las | 1999   | M13 |         | 1.      | <b>0:06:32</b> | 03:19        | 0:06:29    |
| 2.       | 280      | Nowicki, Mateusz      | Poznań      | BRACHOLE                | 1988   | M20 |         | 2.      | <b>0:06:33</b> | 03:20        | 0:06:32    |
| 3.       | 154      | Padoł, Krzysztof      | Szczecinek  |                         | 1979   | M30 |         | 3.      | <b>0:06:36</b> | 03:21        | 0:06:32    |
| 4.       | 123      | Kaczmarek, Damian     | Poznań      | R4L.pl                  | 1980   | M30 | 1.      | 4.      | <b>0:06:39</b> | 03:23        | 0:06:37    |
| 5.       | 71       | Grabiński, Wojciech   | Rogoźno     |                         | 1994   | M20 | 1.      | 5.      | <b>0:06:46</b> | 03:26        | 0:06:44    |
| 6.       | 291      | Mierzejewski, Bartosz | Poznań      |                         | 1983   | M30 | 2.      | 6.      | <b>0:06:46</b> | 03:27        | 0:06:42    |
| 7.       | 180      | NOWAK, GRZEGORZ       | Olszówka    | Night Runners           | 1989   | M20 | 2.      | 7.      | <b>0:06:52</b> | 03:29        | 0:06:50    |
| 8.       | 207      | Wieczorek, Piotr      | Owińska     | FTI Poznań              | 1986   | M20 | 3.      | 8.      | <b>0:06:52</b> | 03:30        | 0:06:51    |
| 9.       | 191      | Wartel, Maciej        | Poznań      |                         | 1979   | M30 | 3.      | 9.      | <b>0:06:53</b> | 03:30        | 0:06:50    |
| 10.      | 307      | Stęclik, Przemysław   | Poznań      | MNP                     | 1979   | M30 | 4.      | 10.     | <b>0:06:56</b> | 03:32        | 0:06:53    |
| 11.      | 183      | wojtaszek, grzegorz   | poznan      |                         | 1970   | M40 | 1.      | 11.     | <b>0:07:04</b> | 03:36        | 0:06:59    |
| 12.      | 31       | Piasecki, Hubert      | Puszczykowo |                         | 1994   | M20 | 4.      | 12.     | <b>0:07:08</b> | 03:38        | 0:07:00    |
| 13.      | 292      | Cholewiński, Marcin   | Poznań      | Drużyna Jezusa          | 1984   | M30 | 5.      | 13.     | <b>0:07:11</b> | 03:39        | 0:07:08    |
| 14.      | 65       | Broniarz, Łukasz      | Śrem        | Run Controll            | 1980   | M30 | 6.      | 14.     | <b>0:07:13</b> | 03:40        | 0:07:12    |
| 15.      | 187      | Helak, Jan            | Poznan      | Drużyna Jezusa          | 1987   | M20 | 5.      | 15.     | <b>0:07:17</b> | 03:42        | 0:07:12    |
| 16.      | 284      | Knasiecki, Marcin     | Poznań      | VitaNatura.pl           | 1985   | M30 | 7.      | 16.     | <b>0:07:20</b> | 03:44        | 0:07:18    |
| 17.      | 59       | Owczarzak, Dariusz    | Poznań      | Wielkopolscy biegacze   | 1967   | M40 | 2.      | 17.     | <b>0:07:21</b> | 03:44        | 0:07:18    |
| 18.      | 163      | Jałowski, Szymon      | Poznań      | Lokomotywa              | 1976   | M30 | 8.      | 18.     | <b>0:07:25</b> | 03:47        | 0:07:19    |
| 19.      | 230      | Pabich, Michał        | Poznań      | Druzyna Szpiku          | 1988   | M20 | 6.      | 19.     | <b>0:07:29</b> | 03:48        | 0:07:24    |
| 20.      | 153      | Szpir, Maciej         | Poznań      | RRTEAM                  | 1984   | M30 | 9.      | 20.     | <b>0:07:34</b> | 03:51        | 0:07:29    |
| 21.      | 281      | Szajkowski, Michał    | Aleksandrów | Night Runners           | 1990   | M20 | 7.      | 21.     | <b>0:07:43</b> | 03:56        | 0:07:39    |
| 22.      | 314      | Piasecki, Mikołaj     | Puszczykowo |                         | 1993   | M20 | 8.      | 22.     | <b>0:07:44</b> | 03:56        | 0:07:36    |



| Msc open | Nr start | Nazwisko, imię            | Miejscowość | Klub                                    | Rok ur | Kat | Msc kat | Msc M/K | Czas brutto    | Tempo min/km | Czas netto |
|----------|----------|---------------------------|-------------|---|--------|-----|---------|---------|----------------|--------------|------------|
| 23.      | 315      | Grządzielewski, Wojciech  | Poznań      |   | 1981   | M30 | 10.     | 23.     | <b>0:07:45</b> | 03:57        | 0:07:38    |
| 24.      | 88       | Cetner, Magdalena         | Poznań      | Sakwa.org                               | 1973   | K40 |         | 1.      | <b>0:07:49</b> | 03:59        | 0:07:47    |
| 25.      | 264      | Kluczyński, Kamil         | Opalenica   |   | 1984   | M30 | 11.     | 24.     | <b>0:07:49</b> | 03:59        | 0:07:44    |
| 26.      | 221      | Mańczak, Mateusz          | Poznan      |   | 1982   | M30 | 12.     | 25.     | <b>0:07:51</b> | 03:59        | 0:07:45    |
| 27.      | 21       | Serwa, Mariusz            | Poznań      | Fundacja Rak Off                        | 1972   | M40 | 3.      | 26.     | <b>0:07:51</b> | 04:00        | 0:07:51    |
| 28.      | 84       | Gnabasik, Adrian          | Poznań      |   | 1986   | M20 | 9.      | 27.     | <b>0:07:52</b> | 04:00        | 0:07:45    |
| 29.      | 208      | Dawidzinski, Tomasz       | Poznan      | Night Runners                           | 1984   | M30 | 13.     | 28.     | <b>0:07:54</b> | 04:01        | 0:07:50    |
| 30.      | 229      | Bocheński, Waldemar       | Poznań      |   | 1958   | M50 | 1.      | 29.     | <b>0:07:57</b> | 04:03        | 0:07:52    |
| 31.      | 173      | Kryszak, Adam             | Poznan      |   | 1987   | M20 | 10.     | 30.     | <b>0:08:01</b> | 04:05        | 0:07:52    |
| 32.      | 206      | ADAMSKI, TOMASZ           | KOZIEGŁOWY  | Kibole w biegu!                         | 1986   | M20 | 11.     | 31.     | <b>0:08:02</b> | 04:05        | 0:07:56    |
| 33.      | 166      | Rusiecki, Tomasz          | Czapury     |   | 1977   | M30 | 14.     | 32.     | <b>0:08:02</b> | 04:05        | 0:07:58    |
| 34.      | 83       | Makowski, Błażej          | Żelazków    |   | 1991   | M20 | 12.     | 33.     | <b>0:08:02</b> | 04:06        | 0:07:56    |
| 35.      | 232      | Gawęda, Przemysław        | Poznań      |   | 1979   | M30 | 15.     | 34.     | <b>0:08:03</b> | 04:06        | 0:07:57    |
| 36.      | 225      | Włoch, Tomasz             | Poznań      | Chaos Poznań                            | 1992   | M20 | 13.     | 35.     | <b>0:08:03</b> | 04:06        | 0:07:59    |
| 37.      | 311      | Zgoła, Przemysław         | Tarnowo     | WUWF CLUB POZIOM WYŻEJ TARNOWO PODGÓRNE | 1971   | M40 | 4.      | 36.     | <b>0:08:04</b> | 04:06        | 0:07:57    |
| 38.      | 275      | Dolata, Wojciech          | Poznań      |   | 1993   | M20 | 14.     | 37.     | <b>0:08:04</b> | 04:06        | 0:07:50    |
| 39.      | 227      | Sawarzyński, Przemysław   | Drawsko     |   | 1987   | M20 | 15.     | 38.     | <b>0:08:05</b> | 04:07        | 0:08:00    |
| 40.      | 10       | Klupp, Paweł              | Poznań      |   | 1991   | M20 | 16.     | 39.     | <b>0:08:06</b> | 04:07        | 0:08:00    |
| 41.      | 198      | Badziński, Adrian Dariusz | Buk         | niezrzeszony                            | 1989   | M20 | 17.     | 40.     | <b>0:08:07</b> | 04:08        | 0:08:04    |
| 42.      | 70       | Smykaj, Radosław          | Poznań      |   | 1982   | M30 | 16.     | 41.     | <b>0:08:09</b> | 04:09        | 0:08:02    |
| 43.      | 285      | Mazur, Walerian           | Poznań      | FDNT Running Team                       | 1990   | M20 | 18.     | 42.     | <b>0:08:10</b> | 04:09        | 0:08:06    |
| 44.      | 68       | Geppert, Jakub            | Poznań      | Druzyna Szpiku                          | 1984   | M30 | 17.     | 43.     | <b>0:08:10</b> | 04:09        | 0:07:59    |
| 45.      | 115      | Kaczmarek, Adam           | Jarocin     |   | 1985   | M30 | 18.     | 44.     | <b>0:08:10</b> | 04:10        | 0:08:08    |
| 46.      | 98       | Tabaczka, Piotr           | Tarnowo     | Wielkopolscy biegacze                   | 1975   | M40 | 5.      | 45.     | <b>0:08:13</b> | 04:11        | 0:08:05    |
| 47.      | 12       | Kasprzyk, Piotr           | Poznań      |   | 1984   | M30 | 19.     | 46.     | <b>0:08:14</b> | 04:11        | 0:08:08    |



| Msc open | Nr start | Nazwisko, imię        | Miejscowość      | Klub                                | Rok ur | Kat | Msc kat | Msc M/K | Czas brutto    | Tempo min/km | Czas netto |
|----------|----------|-----------------------|------------------|-------------------------------------|--------|-----|---------|---------|----------------|--------------|------------|
| 48.      | 219      | Gałązka, Angelika     | poznań           | CSWLąd                              | 1990   | K20 |         | 2.      | <b>0:08:19</b> | 04:14        | 0:08:16    |
| 49.      | 15       | Pufał, Michał         | Rogozno          | OFICJALNI CHULIGANI JEZUSA CHRYSYTA | 1991   | M20 | 19.     | 47.     | <b>0:08:19</b> | 04:14        | 0:08:10    |
| 50.      | 156      | Bartkowiak, Tomasz    | Wągrowiec        |                                     | 1986   | M20 | 20.     | 48.     | <b>0:08:20</b> | 04:14        | 0:08:10    |
| 51.      | 93       | Nowacki, Damian       | Poznań           |                                     | 1987   | M20 | 21.     | 49.     | <b>0:08:21</b> | 04:15        | 0:08:15    |
| 52.      | 197      | Smoliński, Krzysztof  | Poznań           |                                     | 1975   | M40 | 6.      | 50.     | <b>0:08:22</b> | 04:16        | 0:08:13    |
| 53.      | 157      | Pindel, Paweł         | Janikowo         |                                     | 1992   | M20 | 22.     | 51.     | <b>0:08:24</b> | 04:17        | 0:08:05    |
| 54.      | 262      | Żurecki, Mateusz      | Ostrzeszów       |                                     | 1990   | M20 | 23.     | 52.     | <b>0:08:25</b> | 04:17        | 0:08:09    |
| 55.      | 321      | Stachowiak, Grzegorz  | Poznań           |                                     | 1989   | M20 | 24.     | 53.     | <b>0:08:28</b> | 04:19        | 0:08:22    |
| 56.      | 34       | Matuszczak, Jakub     | Puszczykowo      |                                     | 1993   | M20 | 25.     | 54.     | <b>0:08:30</b> | 04:19        | 0:08:21    |
| 57.      | 57       | Pierzchlewicz, Łukasz | Poznań           |                                     | 1981   | M30 | 20.     | 55.     | <b>0:08:31</b> | 04:20        | 0:08:27    |
| 58.      | 293      | Dąbrowski, Dawid      | Murowana Goślina |                                     | 1990   | M20 | 26.     | 56.     | <b>0:08:32</b> | 04:21        | 0:08:18    |
| 59.      | 162      | Kowalczyk, Sławomir   | Poznań           | Teatr Nowy w Poznaniu               | 1970   | M40 | 7.      | 57.     | <b>0:08:37</b> | 04:23        | 0:08:24    |
| 60.      | 266      | Żabierek, Arkadiusz   | Konin            |                                     | 1993   | M20 | 27.     | 58.     | <b>0:08:38</b> | 04:24        | 0:08:25    |
| 61.      | 195      | Smulkowski, Daniel    | Poznań           |                                     | 1993   | M20 | 28.     | 59.     | <b>0:08:42</b> | 04:26        | 0:08:24    |
| 62.      | 33       | Zieliński, Patryk     | Poznań           |                                     | 1986   | M20 | 29.     | 60.     | <b>0:08:43</b> | 04:26        | 0:08:39    |
| 63.      | 200      | krauze, szymon        | krobia           |                                     | 1999   | M13 | 1.      | 61.     | <b>0:08:43</b> | 04:26        | 0:08:40    |
| 64.      | 270      | Badziński, Damian     | Buk              | brak klubu                          | 1996   | M13 | 2.      | 62.     | <b>0:08:43</b> | 04:26        | 0:08:41    |
| 65.      | 169      | Ratajczak, Arkadiusz  | Dolsk            |                                     | 1991   | M20 | 30.     | 63.     | <b>0:08:43</b> | 04:26        | 0:08:36    |
| 66.      | 303      | Binaś, Krzysztof      | Opalenica        | Kibole w Biegu                      | 1987   | M20 | 31.     | 64.     | <b>0:08:46</b> | 04:28        | 0:08:41    |
| 67.      | 170      | Woroch, Wojciech      | Dolsk            |                                     | 1991   | M20 | 32.     | 65.     | <b>0:08:48</b> | 04:29        | 0:08:41    |
| 68.      | 313      | Dymek, Marcin         | Poznań           |                                     | 1981   | M30 | 21.     | 66.     | <b>0:08:49</b> | 04:29        | 0:08:41    |
| 69.      | 234      | Wencel, Dawid         | Grodzisk         |                                     | 1993   | M20 | 33.     | 67.     | <b>0:08:50</b> | 04:30        | 0:08:41    |
| 70.      | 257      | Napierała, Grzegorz   | Bolechówko       | Goggle Pro Active Eyewear           | 1952   | M60 | 1.      | 68.     | <b>0:08:54</b> | 04:32        | 0:08:51    |
| 71.      | 137      | 137, Nieznany         |                  |                                     | 2000   | M13 | 3.      | 69.     | <b>0:08:54</b> | 04:32        | 0:08:44    |
| 72.      | 299      | JURZA, PIOTR          | POZNAŃ           | 2 SLT                               | 1974   | M40 | 8.      | 70.     | <b>0:08:54</b> | 04:32        | 0:08:44    |



| Msc open | Nr start | Nazwisko, imię         | Miejscowość        | Klub                                    | Rok ur | Kat | Msc kat | Msc M/K | Czas brutto    | Tempo min/km | Czas netto |
|----------|----------|------------------------|--------------------|---|--------|-----|---------|---------|----------------|--------------|------------|
| 73.      | 297      | Tokarz, Mariusz        | poznan             | 2 SLT                                   | 1979   | M30 | 22.     | 71.     | <b>0:08:55</b> | 04:32        | 0:08:45    |
| 74.      | 337      | Kiliańczyk, Piotr      | Złotniki Kujawskie |   | 1984   | M30 | 23.     | 72.     | <b>0:08:55</b> | 04:32        | 0:08:47    |
| 75.      | 216      | Abram, Agata           | Wągrowiec          |   | 1991   | K20 |         | 3.      | <b>0:08:55</b> | 04:33        | 0:08:45    |
| 76.      | 283      | Liberacka, Agnieszka   | Poznań             |   | 1991   | K20 | 1.      | 4.      | <b>0:08:56</b> | 04:33        | 0:08:52    |
| 77.      | 78       | BERG, PIOTR            | Poznań             |   | 1980   | M30 | 24.     | 73.     | <b>0:08:57</b> | 04:33        | 0:08:50    |
| 78.      | 150      | Trojanowski, Tomasz    | Swarzędz           | Maxi Cargo                              | 1990   | M20 | 34.     | 74.     | <b>0:08:57</b> | 04:33        | 0:08:44    |
| 79.      | 278      | Pięt, Michał           | Poznań             |   | 2001   | M13 | 4.      | 75.     | <b>0:08:57</b> | 04:34        | 0:08:45    |
| 80.      | 192      | Marciniak, Jakub       | Poznań             |   | 1981   | M30 | 25.     | 76.     | <b>0:08:58</b> | 04:34        | 0:08:58    |
| 81.      | 67       | Biernat, Rafał         | Czempiń            |   | 1976   | M30 | 26.     | 77.     | <b>0:09:00</b> | 04:35        | 0:08:56    |
| 82.      | 261      | Szajek, Marcin         | Poznań             | Programa.pl / Night Runners             | 1987   | M20 | 35.     | 78.     | <b>0:09:00</b> | 04:35        | 0:08:53    |
| 83.      | 199      | Kużaj, Sławomir        | Poznań             | brak                                    | 1986   | M20 | 36.     | 79.     | <b>0:09:01</b> | 04:35        | 0:08:39    |
| 84.      | 152      | Spachacz, Bartosz      | Owińska            |   | 1995   | M20 | 37.     | 80.     | <b>0:09:02</b> | 04:36        | 0:08:54    |
| 85.      | 175      | Kasprzak, Arkadiusz    | Poznań             |   | 1986   | M20 | 38.     | 81.     | <b>0:09:04</b> | 04:37        | 0:08:49    |
| 86.      | 35       | Sawarzyński, Krzysztof | Poznań             |   | 1980   | M30 | 27.     | 82.     | <b>0:09:04</b> | 04:37        | 0:08:59    |
| 87.      | 218      | kopacz, mirosław       | poznan             |   | 1955   | M60 | 2.      | 83.     | <b>0:09:05</b> | 04:37        | 0:08:54    |
| 88.      | 110      | Siciarz, Natalia       | Poznań             | Night Runners / gRUNwald team Poznań    | 1984   | K30 | 1.      | 5.      | <b>0:09:05</b> | 04:37        | 0:08:56    |
| 89.      | 269      | Woźniak, Szymon        | Śrem               |   | 1987   | M20 | 39.     | 84.     | <b>0:09:05</b> | 04:38        | 0:09:05    |
| 90.      | 127      | Gorączniak, Maciej     | Poznań             |   | 1978   | M30 | 28.     | 85.     | <b>0:09:07</b> | 04:38        | 0:08:44    |
| 91.      | 171      | Wojnarowska, Katarzyna | Poznań             | Wilda Biega                             | 1986   | K20 | 2.      | 6.      | <b>0:09:07</b> | 04:38        | 0:09:06    |
| 92.      | 41       | Tomczak, Dorota        | Kaźmierz           |   | 1979   | K30 | 2.      | 7.      | <b>0:09:07</b> | 04:39        | 0:09:01    |
| 93.      | 43       | Tomczak, Łukasz        | Kaźmierz           |   | 1977   | M30 | 29.     | 86.     | <b>0:09:07</b> | 04:39        | 0:09:01    |
| 94.      | 193      | Sierżant, Adrian       | Poznań             |   | 1989   | M20 | 40.     | 87.     | <b>0:09:08</b> | 04:39        | 0:08:57    |
| 95.      | 188      | Stefaniak, Sławomir    | Poznań             | Winogradzka Jednoosobowa Postać Biegowa | 1981   | M30 | 30.     | 88.     | <b>0:09:08</b> | 04:39        | 0:08:53    |
| 96.      | 16       | Kozłowski, Marcin      | Kaźmierz           |   | 1994   | M20 | 41.     | 89.     | <b>0:09:09</b> | 04:39        | 0:08:58    |
| 97.      | 69       | Nowak, Mateusz         | Poznań             | Kibole w Biegu                          | 1984   | M30 | 31.     | 90.     | <b>0:09:11</b> | 04:40        | 0:09:06    |



| Msc open | Nr start | Nazwisko, imię        | Miejscowość      | Klub                                 | Rok ur | Kat | Msc kat | Msc M/K | Czas brutto    | Tempo min/km | Czas netto |
|----------|----------|-----------------------|------------------|--------------------------------------|--------|-----|---------|---------|----------------|--------------|------------|
| 98.      | 49       | Siwiński, Maksymilian | Wronki           |                                      | 1997   | M13 | 5.      | 91.     | <b>0:09:12</b> | 04:41        | 0:08:58    |
| 99.      | 201      | Zygmaniak, Mateusz    | Murowana Goślina |                                      | 1991   | M20 | 42.     | 92.     | <b>0:09:13</b> | 04:41        | 0:09:09    |
| 100.     | 142      | Lisek, Nastazja       | Poznań           |                                      | 1988   | K20 | 3.      | 8.      | <b>0:09:13</b> | 04:42        | 0:09:09    |
| 101.     | 26       | Grajzer, Maciej       | Kaźmierz         |                                      | 1984   | M30 | 32.     | 93.     | <b>0:09:14</b> | 04:42        | 0:09:03    |
| 102.     | 259      | woźniak, monika       | poznan           |                                      | 1975   | K40 | 1.      | 9.      | <b>0:09:14</b> | 04:42        | 0:09:05    |
| 103.     | 58       | Kawka, Kamil          | Poznań           |                                      | 1993   | M20 | 43.     | 94.     | <b>0:09:14</b> | 04:42        | 0:09:09    |
| 104.     | 125      | Ratajczak, Dariusz    | Dolsk            | Night Runners / gRUNwald team Poznań | 1972   | M40 | 9.      | 95.     | <b>0:09:16</b> | 04:43        | 0:09:09    |
| 105.     | 140      | Garski, Jarosław      | Poznań           |                                      | 1978   | M30 | 33.     | 96.     | <b>0:09:17</b> | 04:43        | 0:09:12    |
| 106.     | 47       | Pośnik, Maciej        | Poznań           |                                      | 1991   | M20 | 44.     | 97.     | <b>0:09:18</b> | 04:44        | 0:09:14    |
| 107.     | 23       | Litwiejko, Tomasz     | Kaźmierz         |                                      | 1981   | M30 | 34.     | 98.     | <b>0:09:19</b> | 04:44        | 0:09:08    |
| 108.     | 4        | Wiczuk-Wiczewski,     | Poznań           | NSZ Okręg Wielkopolska               | 1976   | M30 | 35.     | 99.     | <b>0:09:19</b> | 04:45        | 0:09:09    |
| 109.     | 132      | Gorzan, Witold        | Poznań           |                                      | 2002   | M13 | 6.      | 100.    | <b>0:09:20</b> | 04:45        | 0:09:00    |
| 110.     | 126      | Falborska, Agnieszka  | Poznań           | www.kobietkibiegaja.pl               | 1994   | K20 | 4.      | 10.     | <b>0:09:21</b> | 04:46        | 0:09:12    |
| 111.     | 258      | Frohberg, Dariusz     | Poznan           |                                      | 1978   | M30 | 36.     | 101.    | <b>0:09:21</b> | 04:46        | 0:09:13    |
| 112.     | 124      | Nowicka, Marta        | Szubin           | Night Runners                        | 1988   | K20 | 5.      | 11.     | <b>0:09:21</b> | 04:46        | 0:09:12    |
| 113.     | 99       | Karolczak, Anna       | Suchy Las        |                                      | 1984   | K30 | 3.      | 12.     | <b>0:09:23</b> | 04:47        | 0:09:21    |
| 114.     | 141      | Ratajczak, Sławomir   | Poznań           | KB-UE Poznań                         | 1959   | M50 | 2.      | 102.    | <b>0:09:25</b> | 04:47        | 0:09:21    |
| 115.     | 22       | Kaźmierczak, Michał   | Poznań           |                                      | 1986   | M20 | 45.     | 103.    | <b>0:09:25</b> | 04:48        | 0:09:04    |
| 116.     | 325      | Krzyżaniak, Konrad    | Poznań           |                                      | 1994   | M20 | 46.     | 104.    | <b>0:09:28</b> | 04:49        | 0:09:21    |
| 117.     | 263      | Dehmel, Roman         | Poznań           | Goggle Pro Active Eyewear            | 1951   | M60 | 3.      | 105.    | <b>0:09:29</b> | 04:49        | 0:09:26    |
| 118.     | 72       | Grabiński, Waldemar   | Rogoźno          | Rogoziński Klub Biegacza             | 1973   | M40 | 10.     | 106.    | <b>0:09:32</b> | 04:51        | 0:09:22    |
| 119.     | 6        | Gustowski, Rafał      | Sady             | LPSK                                 | 1981   | M30 | 37.     | 107.    | <b>0:09:33</b> | 04:52        | 0:09:30    |
| 120.     | 50       | Siwiński, Rafał       | Wronki           |                                      | 1969   | M40 | 11.     | 108.    | <b>0:09:34</b> | 04:52        | 0:09:20    |
| 121.     | 9        | Krajniak, Kamil       | Wągrowiec        |                                      | 1991   | M20 | 47.     | 109.    | <b>0:09:35</b> | 04:53        | 0:09:17    |
| 122.     | 139      | Czopik, Radosław      | Murowana Goślina |                                      | 1986   | M20 | 48.     | 110.    | <b>0:09:35</b> | 04:53        | 0:09:34    |



| Msc<br>open | Nr<br>start | Nazwisko, imię       | Miejscowość      | Klub                   | Rok<br>ur | Kat | Msc<br>kat | Msc<br>M/K | Czas<br>brutto | Tempo<br>min/km | Czas<br>netto |
|-------------|-------------|----------------------|------------------|------------------------|-----------|-----|------------|------------|----------------|-----------------|---------------|
| 123.        | 164         | Sobkowiak, Maciej    | Poznań           |                        | 1980      | M30 | 38.        | 111.       | <b>0:09:37</b> | 04:53           | 0:09:16       |
| 124.        | 319         | Bretsznajder, Marek  | Poznań           | Kibole w Biegu         | 1976      | M30 | 39.        | 112.       | <b>0:09:37</b> | 04:54           | 0:09:17       |
| 125.        | 86          | Ciemniak, Rafał      | Poznań           |                        | 1964      | M50 | 3.         | 113.       | <b>0:09:37</b> | 04:54           | 0:09:29       |
| 126.        | 146         | Frąckowiak, Piotr    | Poznań           | Drużyna Jezusa         | 1972      | M40 | 12.        | 114.       | <b>0:09:37</b> | 04:54           | 0:09:15       |
| 127.        | 44          | Władysiak, Michał    | Kozięgłowy       |                        | 1987      | M20 | 49.        | 115.       | <b>0:09:38</b> | 04:54           | 0:09:29       |
| 128.        | 326         | Elińska, Sara        | Wągrowiec        |                        | 1991      | K20 | 6.         | 13.        | <b>0:09:38</b> | 04:54           | 0:09:29       |
| 129.        | 327         | Stępa, Łukasz        | Poznań           |                        | 1987      | M20 | 50.        | 116.       | <b>0:09:38</b> | 04:54           | 0:09:29       |
| 130.        | 328         | Grącka, Aleksandra   | Poznań           |                        | 1988      | K20 | 7.         | 14.        | <b>0:09:41</b> | 04:56           | 0:09:37       |
| 131.        | 220         | Jóźwiak, Michał      | Poznań           |                        | 1990      | M20 | 51.        | 117.       | <b>0:09:42</b> | 04:56           | 0:09:13       |
| 132.        | 182         | Rogoziński, Tomasz   | 310              | Bukowski Klub Biegacza | 1974      | M40 | 13.        | 118.       | <b>0:09:45</b> | 04:58           | 0:09:31       |
| 133.        | 53          | Dalc, Jan            | Stęszew          |                        | 1992      | M20 | 52.        | 119.       | <b>0:09:47</b> | 04:59           | 0:09:28       |
| 134.        | 105         | Kubiak, Roksana      | Golina           | Night Runners          | 1989      | K20 | 8.         | 15.        | <b>0:09:48</b> | 04:59           | 0:09:47       |
| 135.        | 103         | Chłudziński, Paweł   | Oborniki         |                        | 1989      | M20 | 53.        | 120.       | <b>0:09:48</b> | 05:00           | 0:09:47       |
| 136.        | 155         | Śmiełowska, Patrycja | Wągrowiec        |                        | 1994      | K20 | 9.         | 16.        | <b>0:09:49</b> | 05:00           | 0:09:38       |
| 137.        | 149         | Kempiński, Paweł     | Poznań           | Parkrun Poznań         | 1971      | M40 | 14.        | 121.       | <b>0:09:49</b> | 05:00           | 0:09:35       |
| 138.        | 247         | Sroczyński, Kuba     | Poznań           |                        | 1978      | M30 | 40.        | 122.       | <b>0:09:50</b> | 05:00           | 0:09:36       |
| 139.        | 97          | Ciepluch, Michał     | Poznań           | Kibole w Biegu         | 1991      | M20 | 54.        | 123.       | <b>0:09:50</b> | 05:00           | 0:09:31       |
| 140.        | 133         | Sroczyński, Łukasz   | Poznań           | Kibole w Biegu         | 1975      | M40 | 15.        | 124.       | <b>0:09:53</b> | 05:02           | 0:09:39       |
| 141.        | 306         | Chełmicki, Jan       | Poznań           |                        | 1955      | M60 | 4.         | 125.       | <b>0:09:55</b> | 05:03           | 0:09:44       |
| 142.        | 279         | Zielonka, Mariusz    | Poznań           | gRUNwald Team Poznań   | 1970      | M40 | 16.        | 126.       | <b>0:09:58</b> | 05:04           | 0:09:34       |
| 143.        | 48          | Krause, Bartłomiej   | Poznań           | Biegaj z Mapą          | 1981      | M30 | 41.        | 127.       | <b>0:10:00</b> | 05:05           | 0:09:46       |
| 144.        | 134         | Paszkwicz, Maciej    | Murowana Goślina |                        | 1962      | M50 | 4.         | 128.       | <b>0:10:00</b> | 05:05           | 0:09:36       |
| 145.        | 304         | Łuczewski, Jędrzej   | Opalenica        |                        | 1989      | M20 | 55.        | 129.       | <b>0:10:02</b> | 05:07           | 0:09:57       |
| 146.        | 241         | Lekowski, Krzysztof  | Swarzędz         |                        | 1990      | M20 | 56.        | 130.       | <b>0:10:08</b> | 05:09           | 0:09:56       |
| 147.        | 94          | Górny, Norbert       | Poznań           | Kibole w Biegu         | 1982      | M30 | 42.        | 131.       | <b>0:10:09</b> | 05:10           | 0:09:50       |





| Msc open | Nr start | Nazwisko, imię          | Miejscowość      | Klub                         | Rok ur | Kat | Msc kat | Msc M/K | Czas brutto    | Tempo min/km | Czas netto |
|----------|----------|-------------------------|------------------|------------------------------|--------|-----|---------|---------|----------------|--------------|------------|
| 148.     | 205      | Wostal, Angelika        | Mosina           |                              | 1988   | K20 | 10.     | 17.     | <b>0:10:10</b> | 05:10        | 0:09:59    |
| 149.     | 129      | Paszkwicz, Franciszek   | Murowana Goślina |                              | 2002   | M13 | 7.      | 132.    | <b>0:10:10</b> | 05:11        | 0:09:45    |
| 150.     | 109      | Wandel, Agnieszka       | Poznań           | Night Runners                | 1974   | K40 | 2.      | 18.     | <b>0:10:11</b> | 05:11        | 0:09:58    |
| 151.     | 106      | Szubstarska, Katarzyna  | Biskupice        |                              | 1991   | K20 | 11.     | 19.     | <b>0:10:12</b> | 05:11        | 0:09:59    |
| 152.     | 245      | Borowiak, Maciej        | Poznań           | brak                         | 1973   | M40 | 17.     | 133.    | <b>0:10:13</b> | 05:12        | 0:09:51    |
| 153.     | 243      | stempniak, bogdan       | poznan           |                              | 1962   | M50 | 5.      | 134.    | <b>0:10:15</b> | 05:13        | 0:09:48    |
| 154.     | 85       | matuszewski, szymon     | poznań           | Piątkowo na Biegowo - Poznań | 1974   | M40 | 18.     | 135.    | <b>0:10:16</b> | 05:14        | 0:10:03    |
| 155.     | 148      | Hermann, Radosław       | Plewiska         |                              | 1978   | M30 | 43.     | 136.    | <b>0:10:17</b> | 05:14        | 0:10:11    |
| 156.     | 176      | DYKSZAK, JUSTYNA        | PLEWISKA         |                              | 1974   | K40 | 3.      | 20.     | <b>0:10:17</b> | 05:14        | 0:10:04    |
| 157.     | 240      | Mikołajczyk, Agnieszka  | Rzgów            | Słynni Kenijczycy            | 1978   | K30 | 4.      | 21.     | <b>0:10:17</b> | 05:14        | 0:10:00    |
| 158.     | 228      | GRAJZER, JACEK          | POZNAN           | AMATOR POZNAN                | 1966   | M40 | 19.     | 137.    | <b>0:10:18</b> | 05:15        | 0:10:18    |
| 159.     | 222      | Kadlec, Alicja          | Poznan           |                              | 1983   | K30 | 5.      | 22.     | <b>0:10:19</b> | 05:15        | 0:10:06    |
| 160.     | 130      | Paluta, Agnieszka       | Dąbrówka         | KobietyBiegaja.pl            | 1988   | K20 | 12.     | 23.     | <b>0:10:21</b> | 05:16        | 0:10:13    |
| 161.     | 209      | Kujawska, Joanna        | Wronki           |                              | 1993   | K20 | 13.     | 24.     | <b>0:10:21</b> | 05:16        | 0:10:09    |
| 162.     | 217      | Czajka, Robert          | Śrem             |                              | 1991   | M20 | 57.     | 138.    | <b>0:10:23</b> | 05:17        | 0:10:05    |
| 163.     | 145      | Demby, Michał           | Pakość           | Mud goats                    | 1988   | M20 | 58.     | 139.    | <b>0:10:25</b> | 05:18        | 0:10:21    |
| 164.     | 113      | Stolska, Renata         | Poznań           | Mud goats                    | 1969   | K40 | 4.      | 25.     | <b>0:10:25</b> | 05:18        | 0:10:21    |
| 165.     | 17       | Pszonka, Bartosz        | Głogów           |                              | 1991   | M20 | 59.     | 140.    | <b>0:10:25</b> | 05:18        | 0:10:16    |
| 166.     | 19       | Kargulewicz, ARTUR      | Poznań           |                              | 1989   | M20 | 60.     | 141.    | <b>0:10:26</b> | 05:18        | 0:10:17    |
| 167.     | 18       | Kargulewicz, Aleksandra | Wschowa          |                              | 1991   | K20 | 14.     | 26.     | <b>0:10:26</b> | 05:19        | 0:10:16    |
| 168.     | 63       | Łęcki, Bartosz          | Poznań           |                              | 1992   | M20 | 61.     | 142.    | <b>0:10:26</b> | 05:19        | 0:10:09    |
| 169.     | 224      | RYCZAK, TOMASZ          | POZNAŃ           |                              | 1985   | M30 | 44.     | 143.    | <b>0:10:28</b> | 05:20        | 0:10:06    |
| 170.     | 189      | Rusiecka, Anna          | Czapury          |                              | 1979   | K30 | 6.      | 27.     | <b>0:10:30</b> | 05:21        | 0:10:23    |
| 171.     | 231      | Pabich, Maciej          | Poznań           |                              | 1999   | M13 | 8.      | 144.    | <b>0:10:30</b> | 05:21        | 0:10:13    |
| 172.     | 39       | Cieślak, Andrzej        | Poznań           | Ścieżki Biegowa Olimpia      | 1956   | M50 | 6.      | 145.    | <b>0:10:31</b> | 05:21        | 0:10:31    |



| Msc open | Nr start | Nazwisko, imię        | Miejscowość   | Klub                           | Rok ur | Kat | Msc kat | Msc M/K | Czas brutto    | Tempo min/km | Czas netto |
|----------|----------|-----------------------|---------------|--------------------------------|--------|-----|---------|---------|----------------|--------------|------------|
| 173.     | 255      | Brózdziński, Ryszard  | Poznan        | Goggle Pro Active Eyewear      | 1959   | M50 | 7.      | 146.    | <b>0:10:31</b> | 05:21        | 0:10:27    |
| 174.     | 60       | Ogłoszka, Aneta       | Poznań        |                                | 1994   | K20 | 15.     | 28.     | <b>0:10:32</b> | 05:22        | 0:10:26    |
| 175.     | 274      | Żuławski, Mikołaj     | Poznań        |                                | 1974   | M40 | 20.     | 147.    | <b>0:10:33</b> | 05:22        | 0:10:25    |
| 176.     | 161      | Gulczyński, Bronisław | Poznań        | Ścieżki Biegowe Olimpia Poznań | 1944   | M70 | 1.      | 148.    | <b>0:10:33</b> | 05:22        | 0:10:14    |
| 177.     | 186      | Stacewicz-Jasiak,     | Kicin         | ŚZŻAK OW Reduta                | 1997   | M13 | 9.      | 149.    | <b>0:10:33</b> | 05:22        | 0:10:17    |
| 178.     | 91       | Malicka, Kasia        | Luboń         |                                | 1982   | K30 | 7.      | 29.     | <b>0:10:34</b> | 05:23        | 0:10:16    |
| 179.     | 90       | Malicki, Piotr        | Poznań        |                                | 1979   | M30 | 45.     | 150.    | <b>0:10:35</b> | 05:23        | 0:10:17    |
| 180.     | 104      | Jóźwiak, Dariusz      | Poznań        |                                | 1964   | M50 | 8.      | 151.    | <b>0:10:35</b> | 05:23        | 0:10:04    |
| 181.     | 312      | Rutaski, Andrzej      | Swarzędz      |                                | 1995   | M20 | 62.     | 152.    | <b>0:10:36</b> | 05:24        | 0:10:18    |
| 182.     | 147      | Ciesielski, Jarosław  | Poznań        |                                | 1968   | M40 | 21.     | 153.    | <b>0:10:36</b> | 05:24        | 0:10:14    |
| 183.     | 185      | Maciaczyk, Wojciech   | Poznań        | ZHR                            | 1986   | M20 | 63.     | 154.    | <b>0:10:37</b> | 05:24        | 0:10:12    |
| 184.     | 138      | Jęch, Szymon          | Buk           | Chaos Poznań                   | 1987   | M20 | 64.     | 155.    | <b>0:10:37</b> | 05:24        | 0:10:22    |
| 185.     | 341      | Czechowski, Łukasz    |               |                                | 1983   | M30 | 46.     | 156.    | <b>0:10:38</b> | 05:25        | 0:10:23    |
| 186.     | 338      | Klupp, Michał         | Poznań        |                                | 1993   | M20 | 65.     | 157.    | <b>0:10:39</b> | 05:25        | 0:10:22    |
| 187.     | 289      | Giza, Roman           | Gniezno       | Tarahumara                     | 1973   | M40 | 22.     | 158.    | <b>0:10:39</b> | 05:25        | 0:10:25    |
| 188.     | 302      | Klak, Joanna          | Poznań        |                                | 1983   | K30 | 8.      | 30.     | <b>0:10:40</b> | 05:26        | 0:10:22    |
| 189.     | 179      | Staszak-Jakuszevska,  | Poznań        |                                | 1986   | K20 | 16.     | 31.     | <b>0:10:42</b> | 05:27        | 0:10:26    |
| 190.     | 117      | Cetner, Grzegorz      | Poznań        | Sakwa.org                      | 1970   | M40 | 23.     | 159.    | <b>0:10:42</b> | 05:27        | 0:10:42    |
| 191.     | 38       | Kłos, Jakub           | Poznań        |                                | 1993   | M20 | 66.     | 160.    | <b>0:10:43</b> | 05:27        | 0:10:23    |
| 192.     | 36       | Nurski, Mateusz       | Janikowo      |                                | 1992   | M20 | 67.     | 161.    | <b>0:10:43</b> | 05:27        | 0:10:22    |
| 193.     | 64       | Wiśniewska, Marzanna  | Poznań        |                                | 1971   | K40 | 5.      | 32.     | <b>0:10:44</b> | 05:28        | 0:10:31    |
| 194.     | 226      | Pawlicki, Patryk      | Poznań        |                                | 1977   | M30 | 47.     | 162.    | <b>0:10:44</b> | 05:28        | 0:10:32    |
| 195.     | 330      | Pretki, Grzegorz      | Sieraków wlkp |                                | 1979   | M30 | 48.     | 163.    | <b>0:10:45</b> | 05:28        | 0:10:28    |
| 196.     | 2        | Kalek, Katarzyna      | Poznań        |                                | 1993   | K20 | 17.     | 33.     | <b>0:10:46</b> | 05:29        | 0:10:42    |
| 197.     | 177      | Skowroński, Bartosz   | Poznań        |                                | 1984   | M30 | 49.     | 164.    | <b>0:10:46</b> | 05:29        | 0:10:34    |





| Msc open | Nr start | Nazwisko, imię         | Miejscowość       | Klub                  | Rok ur | Kat | Msc kat | Msc M/K | Czas brutto    | Tempo min/km | Czas netto |
|----------|----------|------------------------|-------------------|-----------------------|--------|-----|---------|---------|----------------|--------------|------------|
| 198.     | 144      | Skrzypczak, Emilia     | Nowy Tomyśl       | PTLG                  | 1990   | K20 | 18.     | 34.     | <b>0:10:49</b> | 05:31        | 0:10:33    |
| 199.     | 143      | Konieczny, Jakub       | Nowy Tomyśl       | PTLG                  | 1978   | M30 | 50.     | 165.    | <b>0:10:49</b> | 05:31        | 0:10:32    |
| 200.     | 204      | Reiniger, Paulina      | Poznań            | Teatr Nowy w Poznaniu | 1977   | K30 | 9.      | 35.     | <b>0:10:51</b> | 05:31        | 0:10:39    |
| 201.     | 202      | Chwirot, Patrycja      | Opalenica         | Teatr Nowy w Poznaniu | 1991   | K20 | 19.     | 36.     | <b>0:10:51</b> | 05:31        | 0:10:38    |
| 202.     | 89       | Samsel, Dorota         | Poznań            |                       | 1974   | K40 | 6.      | 37.     | <b>0:10:51</b> | 05:31        | 0:10:43    |
| 203.     | 28       | Wysłuzal, Elżbieta     | Poznań            | PKO Bank Polski       | 1965   | K50 | 1.      | 38.     | <b>0:10:52</b> | 05:32        | 0:10:44    |
| 204.     | 276      | Nowicki, Krzysztof     | Czarniejewo       | Drużyna Jezusa        | 1988   | M20 | 68.     | 166.    | <b>0:10:53</b> | 05:32        | 0:10:30    |
| 205.     | 342      | Włodarczak, Marlena    | Mieczewo          | Mosina biega          | 1989   | K20 | 20.     | 39.     | <b>0:10:57</b> | 05:34        | 0:10:45    |
| 206.     | 136      | Denis-Siemieniuk, Anna | Rogalin           | Mosina biega          | 1985   | K30 | 10.     | 40.     | <b>0:10:57</b> | 05:34        | 0:10:45    |
| 207.     | 107      | Czeska, Karolina       | Mosina            | Mosina biega          | 1990   | K20 | 21.     | 41.     | <b>0:10:57</b> | 05:35        | 0:10:46    |
| 208.     | 336      | Klupp, Natalia         | Poznań            |                       | 1985   | K30 | 11.     | 42.     | <b>0:10:58</b> | 05:35        | 0:10:40    |
| 209.     | 77       | Wieczorek, Krzysztof   | Poznań            | Sakwa.org             | 1977   | M30 | 51.     | 167.    | <b>0:10:59</b> | 05:35        | 0:10:37    |
| 210.     | 317      | Mucha, Natalia         | Poznań            |                       | 1995   | K20 | 22.     | 43.     | <b>0:10:59</b> | 05:35        | 0:10:41    |
| 211.     | 108      | Nowacki, Dominik       | Poznań            | ŚZŻAK OW Reduta       | 1998   | M13 | 10.     | 168.    | <b>0:10:59</b> | 05:36        | 0:10:44    |
| 212.     | 244      | Tokarski, Łukasz       | Drezdenko         |                       | 1992   | M20 | 69.     | 169.    | <b>0:11:00</b> | 05:36        | 0:10:55    |
| 213.     | 246      | Marcinkowska, Agata    | Siekierki Wielkie | UKS Krzesiny          | 1983   | K30 | 12.     | 44.     | <b>0:11:00</b> | 05:36        | 0:10:55    |
| 214.     | 324      | Ogłoszka, Joanna       | Poznań            |                       | 1993   | K20 | 23.     | 45.     | <b>0:11:01</b> | 05:37        | 0:10:55    |
| 215.     | 20       | Hendzel, Bartosz       | Poznań            |                       | 1980   | M30 | 52.     | 170.    | <b>0:11:01</b> | 05:37        | 0:10:53    |
| 216.     | 8        | Mańczak, Tomasz        | Poznań            | Kibole w Biegu        | 1990   | M20 | 70.     | 171.    | <b>0:11:02</b> | 05:37        | 0:10:45    |
| 217.     | 87       | Ciemniak, Marzena      | Poznań            |                       | 1969   | K40 | 7.      | 46.     | <b>0:11:02</b> | 05:37        | 0:10:55    |
| 218.     | 30       | Zarówny, Ewa           | śrem              |                       | 1992   | K20 | 24.     | 47.     | <b>0:11:02</b> | 05:37        | 0:10:45    |
| 219.     | 329      | Król, Agnieszka        | Mosina            | Mosina biega          | 1981   | K30 | 13.     | 48.     | <b>0:11:02</b> | 05:37        | 0:10:51    |
| 220.     | 238      | Szukała, Monika        | Poznań            | Mosina biega          | 1986   | K20 | 25.     | 49.     | <b>0:11:02</b> | 05:37        | 0:10:51    |
| 221.     | 301      | Woźniak, Mateusz       | Poznań            |                       | 1992   | M20 | 71.     | 172.    | <b>0:11:03</b> | 05:37        | 0:10:40    |
| 222.     | 237      | Anioła, Mateusz        | Rogalin           | Mosina biega          | 1987   | M20 | 72.     | 173.    | <b>0:11:03</b> | 05:37        | 0:10:52    |



| Msc open | Nr start | Nazwisko, imię          | Miejscowość | Klub  | Rok ur | Kat | Msc kat | Msc M/K | Czas brutto    | Tempo min/km | Czas netto |
|----------|----------|-------------------------|-------------|---|--------|-----|---------|---------|----------------|--------------|------------|
| 223.     | 181      | Skrzypczak, Dariusz     | Wągrowiec   |   | 1985   | M30 | 53.     | 174.    | <b>0:11:03</b> | 05:38        | 0:10:52    |
| 224.     | 260      | Wróblewska, Marzena     | Poznań      | Programa.pl / Night Runners                   | 1990   | K20 | 26.     | 50.     | <b>0:11:04</b> | 05:38        | 0:10:57    |
| 225.     | 290      | Andrzejczak, Norbert    | Luboń       | BRACHOLE                                      | 1979   | M30 | 54.     | 175.    | <b>0:11:05</b> | 05:38        | 0:10:44    |
| 226.     | 24       | Kulski, Szymon          | Poznań      |   | 1986   | M20 | 73.     | 176.    | <b>0:11:06</b> | 05:39        | 0:10:55    |
| 227.     | 114      | Wencel, Łukasz          | Swarzędz    | ŚZŻAK OW Reduta                               | 1995   | M20 | 74.     | 177.    | <b>0:11:07</b> | 05:39        | 0:10:51    |
| 228.     | 74       | Kubiak, Krzysztof       | Poznań      | TEAM ASA-BIEGIEM PO ZDROWIE/KB MARATOŃCZYKA V | 1989   | M20 | 75.     | 178.    | <b>0:11:07</b> | 05:40        | 0:10:53    |
| 229.     | 323      | Krause, Agnieszka       | Poznań      |   | 1995   | K20 | 27.     | 51.     | <b>0:11:08</b> | 05:40        | 0:10:50    |
| 230.     | 66       | Przybył, Jacek          | Poznań      |   | 1973   | M40 | 24.     | 179.    | <b>0:11:09</b> | 05:41        | 0:11:09    |
| 231.     | 116      | Olczyk, Anna            | Poznań      | KobietyBiegaja.pl                             | 1990   | K20 | 28.     | 52.     | <b>0:11:10</b> | 05:41        | 0:10:47    |
| 232.     | 211      | Trojanowska, Małgorzata | Poznań      |   | 1994   | K20 | 29.     | 53.     | <b>0:11:12</b> | 05:42        | 0:10:52    |
| 233.     | 300      | Brussy, Arkadiusz       | Pobiedziska |   | 1993   | M20 | 76.     | 180.    | <b>0:11:12</b> | 05:42        | 0:10:49    |
| 234.     | 61       | Wilczyńska, Beata       | Poznań      |   | 1992   | K20 | 30.     | 54.     | <b>0:11:12</b> | 05:42        | 0:10:52    |
| 235.     | 128      | Szymkowiak, Ewa         | Poznań      | Chaos Poznań                                  | 1982   | K30 | 14.     | 55.     | <b>0:11:13</b> | 05:43        | 0:10:58    |
| 236.     | 339      | Strzelczyk, Norbert     | Skwierzyna  |   | 1976   | M30 | 55.     | 181.    | <b>0:11:14</b> | 05:43        | 0:10:57    |
| 237.     | 305      | Mikołajczyk, Robert     | Poznań      | Grupa   | 1994   | M20 | 77.     | 182.    | <b>0:11:14</b> | 05:43        | 0:10:54    |
| 238.     | 92       | Wielicka, Małgorzata    | Poznań      | Kibole w Biegu                                | 1986   | K20 | 31.     | 56.     | <b>0:11:15</b> | 05:43        | 0:10:56    |
| 239.     | 310      | SZMATUŁA, KRYSTIAN      | OPALENICA   |   | 1977   | M30 | 56.     | 183.    | <b>0:11:15</b> | 05:44        | 0:11:13    |
| 240.     | 309      | SZMATUŁA, SYLWIA        | OPALENICA   |   | 1977   | K30 | 15.     | 57.     | <b>0:11:15</b> | 05:44        | 0:11:13    |
| 241.     | 102      | Dura, Jagoda            | Rakownia    |   | 1993   | K20 | 32.     | 58.     | <b>0:11:16</b> | 05:44        | 0:11:14    |
| 242.     | 1        | Wiśniewski, Dariusz     | Poznań      | Kibole w Biegu                                | 1990   | M20 | 78.     | 184.    | <b>0:11:16</b> | 05:44        | 0:11:14    |
| 243.     | 318      | Nowak, Wojciech         | Kiekrz      |   | 1994   | M20 | 79.     | 185.    | <b>0:11:16</b> | 05:44        | 0:10:53    |
| 244.     | 45       | Aleksandrowicz, Bartosz | Poznań      | Kibole w Biegu                                | 1987   | M20 | 80.     | 186.    | <b>0:11:17</b> | 05:45        | 0:11:01    |
| 245.     | 332      | Łukaszewicz, Łukasz     | Poznań      | Mosina biega                                  | 1982   | M30 | 57.     | 187.    | <b>0:11:17</b> | 05:45        | 0:11:05    |
| 246.     | 282      | Żymirski, Michał        | Poznań      | BRACHOLE                                      | 1986   | M20 | 81.     | 188.    | <b>0:11:21</b> | 05:47        | 0:11:00    |
| 247.     | 168      | Mądry, Łukasz           | Swarzędz    | Chaos Poznań                                  | 1986   | M20 | 82.     | 189.    | <b>0:11:21</b> | 05:47        | 0:11:05    |



| Msc open | Nr start | Nazwisko, imię       | Miejscowość | Klub                        | Rok ur | Kat | Msc kat | Msc M/K | Czas brutto    | Tempo min/km | Czas netto |
|----------|----------|----------------------|-------------|-----------------------------|--------|-----|---------|---------|----------------|--------------|------------|
| 248.     | 101      | Gendera, Ewa         | Poznań      | Pink Team                   | 1971   | K40 | 8.      | 59.     | <b>0:11:24</b> | 05:48        | 0:11:24    |
| 249.     | 214      | Rosiński, Łukasz     | Poznań      |                             | 1987   | M20 | 83.     | 190.    | <b>0:11:25</b> | 05:49        | 0:11:02    |
| 250.     | 215      | Ogórek, Małgorzata   | Poznań      |                             | 1989   | K20 | 33.     | 60.     | <b>0:11:25</b> | 05:49        | 0:11:02    |
| 251.     | 151      | Grzesiak, Marek      | Poznań      | Parkrun Poznań              | 1974   | M40 | 25.     | 191.    | <b>0:11:25</b> | 05:49        | 0:11:11    |
| 252.     | 3        | Twarowska, Paulina   | Poznań      |                             | 1988   | K20 | 34.     | 61.     | <b>0:11:27</b> | 05:50        | 0:11:12    |
| 253.     | 267      | WOJTASZEK,           | poznan      |                             | 1972   | K40 | 9.      | 62.     | <b>0:11:32</b> | 05:52        | 0:11:26    |
| 254.     | 268      | Frohberg, Łukasz     | Biskupice   |                             | 1995   | M20 | 84.     | 192.    | <b>0:11:35</b> | 05:54        | 0:11:35    |
| 255.     | 286      | Szymczyk, Beata      | Koziegłowy  |                             | 1980   | K30 | 16.     | 63.     | <b>0:11:35</b> | 05:54        | 0:11:16    |
| 256.     | 100      | Łagowska, Dorota     | Poznań      | Programa.pl / Night Runners | 1977   | K30 | 17.     | 64.     | <b>0:11:35</b> | 05:54        | 0:11:16    |
| 257.     | 121      | Kucharski, Wiktor    | Poznań      |                             | 1995   | M20 | 85.     | 193.    | <b>0:11:39</b> | 05:56        | 0:11:22    |
| 258.     | 79       | Dura, Maciej         | Poznań      |                             | 1991   | M20 | 86.     | 194.    | <b>0:11:42</b> | 05:58        | 0:11:40    |
| 259.     | 81       | Pukańska, Karolina   | Poznań      |                             | 1991   | K20 | 35.     | 65.     | <b>0:11:42</b> | 05:58        | 0:11:41    |
| 260.     | 210      | Bogusz, Mirosław     | Puszczykowo |                             | 1967   | M40 | 26.     | 195.    | <b>0:11:43</b> | 05:58        | 0:11:28    |
| 261.     | 131      | Gorzan, Paulina      | Poznań      |                             | 1980   | K30 | 18.     | 66.     | <b>0:11:43</b> | 05:58        | 0:11:23    |
| 262.     | 76       | Kurkowska, Anna      | Poznań      | Sakwa.org                   | 1980   | K30 | 19.     | 67.     | <b>0:11:45</b> | 05:59        | 0:11:24    |
| 263.     | 119      | Bogusz, Karolina     | Poznań      |                             | 1992   | K20 | 36.     | 68.     | <b>0:11:45</b> | 05:59        | 0:11:30    |
| 264.     | 350      | Panfil, Anna         | Pobiedziska | KKS Sporty Walki Poznań     | 1990   | K20 | 37.     | 69.     | <b>0:11:46</b> | 06:00        | 0:11:30    |
| 265.     | 294      | Rędzioch, Maria      | Poznań      | KKS Sporty Walki Poznań     | 1990   | K20 | 38.     | 70.     | <b>0:11:47</b> | 06:00        | 0:11:31    |
| 266.     | 265      | Kuśnierkiewicz,      | Poznań      |                             | 1990   | K20 | 39.     | 71.     | <b>0:11:47</b> | 06:00        | 0:11:32    |
| 267.     | 249      | Gulczyńska, Grażyna  | Poznań      | Drużyna Biegu Jońca         | 1969   | K40 | 10.     | 72.     | <b>0:11:48</b> | 06:00        | 0:11:43    |
| 268.     | 242      | Przybylski, Konrad   | Bukowiec    | Drużyna Szpiku              | 1991   | M20 | 87.     | 196.    | <b>0:11:50</b> | 06:01        | 0:11:27    |
| 269.     | 251      | Ziętarski, Bogusław  | Nowy Tomyśl | Drużyna Szpiku              | 1972   | M40 | 27.     | 197.    | <b>0:11:50</b> | 06:01        | 0:11:26    |
| 270.     | 252      | Krajewska, Edyta     | Poznań      | Drużyna Szpiku              | 1995   | K20 | 40.     | 73.     | <b>0:11:50</b> | 06:01        | 0:11:26    |
| 271.     | 27       | Wysłużał, Lena       | Poznań      |                             | 1990   | K20 | 41.     | 74.     | <b>0:11:56</b> | 06:04        | 0:11:47    |
| 272.     | 52       | Szydłowska, Bogumiła | Krzywiń     |                             | 1991   | K20 | 42.     | 75.     | <b>0:11:59</b> | 06:06        | 0:11:38    |



| Msc open | Nr start | Nazwisko, imię         | Miejscowość | Klub                           | Rok ur | Kat | Msc kat | Msc M/K | Czas brutto    | Tempo min/km | Czas netto |
|----------|----------|------------------------|-------------|--------------------------------|--------|-----|---------|---------|----------------|--------------|------------|
| 273.     | 236      | Maj, Monika            | Poznań      |                                | 1992   | K20 | 43.     | 76.     | <b>0:11:59</b> | 06:06        | 0:11:43    |
| 274.     | 46       | Klimecki, Łukasz       | Poznań      |                                | 1989   | M20 | 88.     | 198.    | <b>0:12:00</b> | 06:06        | 0:11:38    |
| 275.     | 80       | Przybylak, Stanisław   | Poznań      | MSICS - POZNAŃ                 | 1946   | M60 | 5.      | 199.    | <b>0:12:03</b> | 06:08        | 0:11:50    |
| 276.     | 82       | Palińska, Alicja       | Poznań      |                                | 1971   | K40 | 11.     | 77.     | <b>0:12:04</b> | 06:09        | 0:11:55    |
| 277.     | 288      | Ratajczak, Karolina    | Dolsk       |                                | 1997   | K13 | 1.      | 78.     | <b>0:12:06</b> | 06:10        | 0:11:48    |
| 278.     | 178      | Walczak, Danuta        | Poznań      |                                | 1981   | K30 | 20.     | 79.     | <b>0:12:08</b> | 06:11        | 0:11:58    |
| 279.     | 118      | Kucharska, Natalia     | Poznań      |                                | 1991   | K20 | 44.     | 80.     | <b>0:12:15</b> | 06:14        | 0:11:59    |
| 280.     | 172      | Ryakaczewska, Adrianna | Poznań      | Drużyna Jezusa                 | 1993   | K20 | 45.     | 81.     | <b>0:12:15</b> | 06:14        | 0:11:52    |
| 281.     | 111      | Seydlewicz, Maciej     | Poznań      | gRUNwald Team Poznań           | 1982   | M30 | 58.     | 200.    | <b>0:12:16</b> | 06:14        | 0:11:54    |
| 282.     | 277      | Kaniewska, Agnieszka   | Pobiedziska | Drużyna Jezusa                 | 1986   | K20 | 46.     | 82.     | <b>0:12:16</b> | 06:15        | 0:12:12    |
| 283.     | 287      | Ratajczak, Anna        | Dolsk       |                                | 1976   | K30 | 21.     | 83.     | <b>0:12:17</b> | 06:15        | 0:11:58    |
| 284.     | 184      | Andrzejak, Katarzyna   | Poznań      |                                | 1975   | K40 | 12.     | 84.     | <b>0:12:18</b> | 06:16        | 0:12:09    |
| 285.     | 272      | Kaźmierczyk, Ula       | Poznań      | Beagle Runners Team            | 1979   | K30 | 22.     | 85.     | <b>0:12:19</b> | 06:16        | 0:12:00    |
| 286.     | 271      | Krygier, Przemo        | Poznań      | Beagle Runners Team            | 1971   | M40 | 28.     | 201.    | <b>0:12:20</b> | 06:17        | 0:12:00    |
| 287.     | 174      | Wiecki, Wojciech       | Poznań      |                                | 1960   | M50 | 9.      | 202.    | <b>0:12:22</b> | 06:18        | 0:12:22    |
| 288.     | 239      | Tonder, Wojciech       | Poznań      | Ścieżki Biegowe Olimpia Poznań | 1968   | M40 | 29.     | 203.    | <b>0:12:22</b> | 06:18        | 0:12:03    |
| 289.     | 122      | Kucharska, Antonina    | Poznań      |                                | 1998   | K13 | 2.      | 86.     | <b>0:12:30</b> | 06:22        | 0:12:13    |
| 290.     | 96       | Jerzykiewicz, Jagoda   | Stęszew     |                                | 1992   | K20 | 47.     | 87.     | <b>0:12:36</b> | 06:25        | 0:12:16    |
| 291.     | 29       | Stróżyk, Konrad        | Poznań      |                                | 1994   | M20 | 89.     | 204.    | <b>0:12:40</b> | 06:27        | 0:12:22    |
| 292.     | 331      | Maciejowski, Wiktor    | Poznań      | Mosina biega                   | 1955   | M60 | 6.      | 205.    | <b>0:12:50</b> | 06:32        | 0:12:37    |
| 293.     | 333      | Maciejowski, Łukasz    | Poznań      | Mosina biega                   | 1983   | M30 | 59.     | 206.    | <b>0:12:50</b> | 06:32        | 0:12:37    |
| 294.     | 95       | Rekawek, Izabela       | poznan      |                                | 1973   | K40 | 13.     | 88.     | <b>0:12:53</b> | 06:34        | 0:12:50    |
| 295.     | 5        | Jakubowski, Tomasz     | Poznań      |                                | 1987   | M20 | 90.     | 207.    | <b>0:12:54</b> | 06:34        | 0:12:29    |
| 296.     | 190      | Kodym, Łukasz          | Poznań      | Kibolski K. S.                 | 1983   | M30 | 60.     | 208.    | <b>0:12:54</b> | 06:34        | 0:12:30    |
| 297.     | 11       | Stankowski, Jakub      | Poznań      |                                | 1989   | M20 | 91.     | 209.    | <b>0:12:54</b> | 06:34        | 0:12:29    |



| Msc<br>open | Nr<br>start | Nazwisko, imię     | Miejscowość | Klub           | Rok<br>ur | Kat | Msc<br>kat | Msc<br>M/K | Czas<br>brutto | Tempo<br>min/km | Czas<br>netto |
|-------------|-------------|--------------------|-------------|----------------|-----------|-----|------------|------------|----------------|-----------------|---------------|
| 298.        | 7           | Tyliński, Tomasz   | Poznań      | Kibole w Biegu | 1988      | M20 | 92.        | 210.       | <b>0:12:55</b> | 06:34           | 0:12:30       |
| 299.        | 322         | PASZEK, KAROLINA   | Swarzędz    |                | 1979      | K30 | 23.        | 89.        | <b>0:13:01</b> | 06:38           | 0:12:42       |
| 300.        | 158         | Paliński, Tomasz   | Poznań      |                | 2001      | M13 | 11.        | 211.       | <b>0:13:05</b> | 06:40           | 0:12:55       |
| 301.        | 160         | Paliński, Jacek    | Poznań      |                | 1967      | M40 | 30.        | 212.       | <b>0:13:06</b> | 06:40           | 0:12:57       |
| 302.        | 203         | Stróżyk, Anita     | Luboń       |                | 1982      | K30 | 24.        | 90.        | <b>0:13:20</b> | 06:47           | 0:13:09       |
| 303.        | 335         | Maciejowska, Hanna | Poznań      | Mosina biega   | 1985      | K30 | 25.        | 91.        | <b>0:13:40</b> | 06:57           | 0:13:28       |
| 304.        | 334         | Maciejowski, Artur | Poznań      | Mosina biega   | 1983      | M30 | 61.        | 213.       | <b>0:13:40</b> | 06:57           | 0:13:28       |
| 305.        | 295         | Tomczak, Klaudia   | Poznań      | Kibole w Biegu | 1995      | K20 | 48.        | 92.        | <b>0:13:40</b> | 06:57           | 0:13:27       |

Liczba zawodników: 305

