

# Maraton / Półmaraton Puszczy Noteckiej



Wyniki OPEN 21,097 km Sieraków 2019-09-22

| Msc open | Nr  | Nazwisko          | Imię      | Miejscowość         | Klub   | Rok ur | Kat | Msc kat | Msc M/K | PK 10,5km     | Wynik brutto   | Tempo min/km | Czas netto |
|----------|-----|-------------------|-----------|---------------------|--|--------|-----|---------|---------|---------------|----------------|--------------|------------|
| 1.       | 378 | Grabek            | Maciej    | Wysoka              | Fabryka Formy Gorzów wlkp.                   | 1992   | M16 | gen.    | M (1.)  | 0:39:49 (2.)  | <b>1:23:19</b> | 03:56        | 1:23:17    |
| 2.       | 326 | Linka             | Kamil     | Kaczory             |  | 1995   | M16 | gen.    | M (2.)  | 0:38:21 (1.)  | <b>1:26:12</b> | 04:05        | 1:26:11    |
| 3.       | 287 | Sobczyński        | Adam      | Międzychód          | biegacze na haju                             | 1987   | M30 | gen.    | M (3.)  | 0:42:55 (3.)  | <b>1:31:52</b> | 04:21        | 1:31:51    |
| 4.       | 253 | Dąbrowski         | Dawid     | Murowana Goślina    | Czerwonak Biega                              | 1990   | M16 | 1       | M (4.)  | 0:44:23 (9.)  | <b>1:33:13</b> | 04:25        | 1:33:09    |
| 5.       | 262 | Imianowski        | Eryk      | Sieraków            | KLUB SPORTOWY KASZTELANKA MMS TRIATHLON      | 2001   | M16 | 2       | M (5.)  | 0:43:51 (6.)  | <b>1:33:56</b> | 04:27        | 1:33:55    |
| 6.       | 340 | Włodarczyk        | Paweł     | Poznań              | Budopol-Poznań                               | 1985   | M30 | 1       | M (6.)  | 0:43:25 (4.)  | <b>1:34:27</b> | 04:28        | 1:34:26    |
| 7.       | 278 | Dąbrowski         | Wiktor    | Sieraków            |  | 1985   | M30 | 2       | M (7.)  | 0:43:52 (7.)  | <b>1:35:05</b> | 04:30        | 1:35:02    |
| 8.       | 295 | Roszczyk          | Karol     | Lubasz              |  | 1976   | M40 | 1       | M (8.)  | 0:44:22 (8.)  | <b>1:35:43</b> | 04:32        | 1:35:41    |
| 9.       | 290 | Dąbek             | Kamil     | Międzychód          | biegacze na haju                             | 1994   | M16 | 3       | M (9.)  | 0:46:33 (15.) | <b>1:35:58</b> | 04:32        | 1:35:55    |
| 10.      | 337 | Szymanowski       | Łukasz    | Włoszakowice        |  | 1979   | M40 | 2       | M (10.) | 0:45:03 (11.) | <b>1:36:24</b> | 04:34        | 1:36:21    |
| 11.      | 245 | Mazurkiewicz      | Marcin    | Murowana Goślina    | KB Gepard Murowana Goślina                   | 1978   | M40 | 3       | M (11.) | 0:44:47 (10.) | <b>1:37:02</b> | 04:35        | 1:36:58    |
| 12.      | 233 | Andrzejewski      | Dominik   | Murowana Goślina    | KB Gepard Murowana Goślina                   | 1984   | M30 | 3       | M (12.) | 0:46:03 (12.) | <b>1:37:28</b> | 04:37        | 1:37:24    |
| 13.      | 212 | Łatuszyński       | Daniel    | Drezdenko           | FSD RUN DREZDENKO                            | 1977   | M40 | 4       | M (13.) | 0:46:07 (13.) | <b>1:39:19</b> | 04:42        | 1:39:16    |
| 14.      | 285 | Witczak- Flajszer | Agnieszka | Międzychód          | biegacze na haju                             | 1986   | K30 | gen.    | K (1.)  | 0:46:31 (14.) | <b>1:39:31</b> | 04:43        | 1:39:29    |
| 15.      | 325 | Chełkowski        | Bartosz   | Sieraków            | Osiedle Rozalin w Lusówku                    | 1989   | M30 | 4       | M (14.) | 0:46:38 (16.) | <b>1:39:58</b> | 04:44        | 1:39:46    |
| 16.      | 250 | Jach              | Krzysztof | Wronki              | Wroniecki Klub Biegacza                      | 1984   | M30 | 5       | M (15.) | 0:47:23 (18.) | <b>1:40:26</b> | 04:45        | 1:40:23    |
| 17.      | 261 | Imianowski        | Konrad    | Sieraków            | KLUB SPORTOWY KASZTELANKA MMS Team Triathlon | 2000   | M16 | 4       | M (16.) | 0:43:37 (5.)  | <b>1:41:41</b> | 04:49        | 1:41:40    |
| 18.      | 207 | Szukała           | Adrian    | Wronki              | Wroniecki Klub Biegacza                      | 1990   | M16 | 5       | M (17.) | 0:47:20 (17.) | <b>1:42:22</b> | 04:51        | 1:42:10    |
| 19.      | 361 | Naparty           | Zbigniew  | Oborniki            | KĘSY TEAM                                    | 1966   | M50 | 1       | M (18.) | 0:47:59 (19.) | <b>1:43:47</b> | 04:55        | 1:43:43    |
| 20.      | 344 | Strzelczyk        | Piotr     | Międzyrzecz         | Odzyskaj Cojones                             | 1976   | M40 | 5       | M (19.) | 0:50:20 (30.) | <b>1:44:01</b> | 04:55        | 1:43:45    |
| 21.      | 227 | Jaskólski         | Jan       | Tarnowo Podgórne    |  | 1976   | M40 | 6       | M (20.) | 0:49:07 (25.) | <b>1:44:32</b> | 04:57        | 1:44:27    |
| 22.      | 281 | Zakrzewski        | Grzegorz  | Drezdenko           | FSD RUN DREZDENKO                            | 1994   | M16 | 6       | M (21.) | 0:48:54 (22.) | <b>1:44:43</b> | 04:57        | 12:44:53   |
| 23.      | 352 | Kramer            | Rafał     | Zielona Góra        | LUG TEAM                                     | 1976   | M40 | 7       | M (22.) | 0:50:59 (34.) | <b>1:45:51</b> | 05:01        | 1:45:41    |
| 24.      | 240 | Leszczyński       | Michał    | Deszczno            | Syberian Husky Team                          | 1978   | M40 | 8       | M (23.) | 0:49:40 (28.) | <b>1:45:53</b> | 05:01        | 1:45:48    |
| 25.      | 323 | Lubik             | Jarosław  | Sieraków            |  | 1988   | M30 | 6       | M (24.) | 0:49:03 (24.) | <b>1:45:55</b> | 05:01        | 1:45:51    |
| 26.      | 317 | Chelkowski        | Tomasz    | Sieraków            | Osiedle Rozalin w Lusówku                    | 1964   | M50 | 2       | M (25.) | 0:49:51 (29.) | <b>1:46:25</b> | 05:02        | 1:46:20    |
| 27.      | 369 | Zimny             | Rafał     | Wronki              | Wroniecki Klub Biegacza                      | 1969   | M50 | 3       | M (26.) | 0:51:22 (35.) | <b>1:47:11</b> | 05:04        | 1:47:00    |
| 28.      | 339 | Garstka           | Zbigniew  | Wronki              | Wroniecki Klub Biegacza                      | 1977   | M40 | 9       | M (27.) | 0:50:49 (32.) | <b>1:47:41</b> | 05:06        | 1:47:29    |
| 29.      | 44  | Masewicz          | Grzegorz  | Gorzów Wielkopolski | KB ZOFANNA Gorzów Wielkopolski               | 1980   | M30 | 7       | M (28.) | 0:50:51 (33.) | <b>1:48:10</b> | 05:07        | 1:48:04    |
| 30.      | 219 | Niezborala        | Radosław  | Drezdenko           | FSD RUN DREZDENKO                            | 1977   | M40 | 10      | M (29.) | 0:49:31 (27.) | <b>1:48:15</b> | 05:07        | 1:48:12    |



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|----------|-----|--------------|------------|------------------|---------------------------------|--------|-----|---------|---------|---------------|----------------|--------------|------------|
| 31.      | 350 | Piechowiak   | Marek      | Poznań           |                                 | 1982   | M30 | 8       | M (30.) | 0:48:58 (23.) | <b>1:48:19</b> | 05:08        | 1:48:16    |
| 32.      | 311 | Herba        | Wiktor     | Zielona Góra     |                                 | 1963   | M50 | 4       | M (31.) | 0:49:26 (26.) | <b>1:48:38</b> | 05:08        | 1:48:34    |
| 33.      | 349 | Ugorek       | Jarosław   | Gorzów Wlkp.     |                                 | 1975   | M40 | 11      | M (32.) | 0:48:51 (21.) | <b>1:49:06</b> | 05:10        | 1:49:04    |
| 34.      | 375 | Hellwich     | Łukasz     | Międzychód       | MMA Devil Międzychód            | 1993   | M16 | 7       | M (33.) | 0:48:05 (20.) | <b>1:49:12</b> | 05:10        | 1:49:09    |
| 35.      | 338 | KASZKOWIAK   | BOGUMIŁ    | WRONKI           |                                 | 1978   | M40 | 12      | M (34.) | 0:51:51 (37.) | <b>1:49:27</b> | 05:11        | 1:49:20    |
| 36.      | 246 | Janas        | Dariusz    | Czerwonak        | Biegacze Juniora - Runners Team | 1975   | M40 | 13      | M (35.) | 0:50:26 (31.) | <b>1:53:02</b> | 05:21        | 1:53:00    |
| 37.      | 83  | Balcewicz    | Radosław   | Zakrzewo         |                                 | 1976   | M40 | 14      | M (36.) | 0:51:24 (36.) | <b>1:53:55</b> | 05:24        | 1:53:53    |
| 38.      | 368 | Wawrzyniak   | Paweł      | Gorzów Wlkp      |                                 | 1984   | M30 | 9       | M (37.) | 0:52:56 (38.) | <b>1:54:02</b> | 05:24        | 1:53:57    |
| 39.      | 373 | Wróblewski   | Krzysztof  | Międzychód       | Biegacze PMI                    | 1964   | M50 | 5       | M (38.) | 0:53:20 (41.) | <b>1:55:05</b> | 05:27        | 1:54:53    |
| 40.      | 377 | Ostrouch     | Tymon      | Gorzów Wlkp      | Parkun                          | 1987   | M30 | 10      | M (39.) | 0:53:12 (40.) | <b>1:56:07</b> | 05:30        | 1:55:58    |
| 41.      | 372 | Chęciński    | Łukasz     | Poznań           |                                 | 1982   | M30 | 11      | M (40.) | 0:55:43 (48.) | <b>1:56:19</b> | 05:30        | 1:56:11    |
| 42.      | 236 | Majewski     | Marek      | Poznań           |                                 | 1981   | M30 | 12      | M (41.) | 0:53:10 (39.) | <b>1:56:23</b> | 05:31        | 1:56:17    |
| 43.      | 9   | Andrzejewski | Przemysław | Poznań           | WK Poznań                       | 1980   | M30 | 13      | M (42.) | 0:54:59 (46.) | <b>1:56:43</b> | 05:31        | 1:56:34    |
| 44.      | 225 | Matecki      | Maciej     | Murowana Goślina | KB Gepard Murowana Goślina      | 1965   | M50 | 6       | M (43.) | 0:54:02 (43.) | <b>1:57:30</b> | 05:34        | 1:57:25    |
| 45.      | 316 | Bernacki     | Bartosz    | Grodzisk Wlkp.   | Bimber Team                     | 1986   | M30 | 14      | M (44.) | 0:57:10 (61.) | <b>1:57:55</b> | 05:35        | 1:57:38    |
| 46.      | 230 | Młyniczak    | Piotr      | Gliwice          |                                 | 1974   | M40 | 15      | M (45.) | ()            | <b>1:58:06</b> | 05:35        | 12:58:15   |
| 47.      | 313 | Berka        | Daniel     | Golańcz          | TeamRun Golańcz                 | 1976   | M40 | 16      | M (46.) | 0:55:50 (49.) | <b>1:58:28</b> | 05:36        | 1:58:13    |
| 48.      | 353 | Stachowiak   | Sławomir   | Niemczyn         | TEAM RUN GOŁAŃCZ                | 1977   | M40 | 17      | M (47.) | 0:55:53 (50.) | <b>1:58:28</b> | 05:36        | 1:58:13    |
| 49.      | 238 | Zajączkowski | Piotr      | Gorzów wlkp.     | Syberian Husky Team             | 1972   | M40 | 18      | M (48.) | 0:55:15 (47.) | <b>1:59:23</b> | 05:39        | 1:59:07    |
| 50.      | 363 | SOBKOWIAK    | SŁAWOMIR   | WRONKI           | Wroniecki Klub Biegacza         | 1973   | M40 | 19      | M (49.) | 0:56:07 (52.) | <b>1:59:29</b> | 05:39        | 1:59:17    |
| 51.      | 282 | Tonak        | Mikołaj    | Sieraków         |                                 | 1997   | M16 | 8       | M (50.) | 0:54:10 (45.) | <b>1:59:38</b> | 05:40        | 1:59:24    |
| 52.      | 237 | Wawrzyniak   | Mateusz    | Koło             |                                 | 1981   | M30 | 15      | M (51.) | 0:55:56 (51.) | <b>2:00:52</b> | 05:43        | 2:00:48    |
| 53.      | 205 | Gierszewska  | Anna       | Szamotuly        | KB Szamotuly                    | 1981   | K30 | gen.    | K (2.)  | 0:56:55 (60.) | <b>2:01:56</b> | 05:46        | 2:01:34    |
| 54.      | 364 | Bartczak     | Dariusz    | Sulechów         |                                 | 1969   | M50 | 7       | M (52.) | 0:56:45 (58.) | <b>2:02:21</b> | 05:47        | 2:02:15    |
| 55.      | 365 | Konrady      | Artur      | Krotoszyn        | KROTOSZYŃSKA GRUPA BIEGOWA      | 1987   | M30 | 16      | M (53.) | 0:56:35 (55.) | <b>2:03:03</b> | 05:49        | 2:02:41    |
| 56.      | 279 | Dekiert      | Artur      | Poznań           | coffee to GO!                   | 1969   | M50 | 8       | M (54.) | 0:56:33 (54.) | <b>2:03:18</b> | 05:50        | 2:03:04    |
| 57.      | 215 | Jóźwiak      | Mariusz    | Sieraków         | Sierakowski Klub Biegacza       | 1979   | M40 | 20      | M (55.) | 0:53:41 (42.) | <b>2:03:32</b> | 05:51        | 2:03:20    |
| 58.      | 360 | Łunkiewicz   | Jagna      | Poznań           |                                 | 1974   | K40 | gen.    | K (3.)  | 0:58:56 (69.) | <b>2:03:50</b> | 05:52        | 2:03:32    |
| 59.      | 327 | TROJANOWSKI  | TOMASZ     | dobiegniew       | ZMĘCZENIE NA STARCIE DOBIEGNIĘW | 1990   | M16 | 9       | M (56.) | 0:58:42 (66.) | <b>2:03:52</b> | 05:52        | 2:03:43    |
| 60.      | 283 | Rybarczyk    | Adam       | Sieraków         |                                 | 1997   | M16 | 10      | M (57.) | 0:54:08 (44.) | <b>2:04:18</b> | 05:53        | 2:04:05    |
| 61.      | 302 | Bąkowski     | Marcin     | Poznań           | Klub Ślimaka Torpedy            | 1980   | M30 | 17      | M (58.) | 0:56:35 (56.) | <b>2:04:20</b> | 05:53        | 2:04:03    |
| 62.      | 299 | Weyna        | Rafał      | Kicin            |                                 | 1973   | M40 | 21      | M (59.) | 0:56:39 (57.) | <b>2:04:23</b> | 05:53        | 2:04:08    |
| 63.      | 273 | Bogacka      | Kinga      | Psary            | Drużyna Szpiku                  | 1981   | K30 | 1       | K (4.)  | 0:57:44 (63.) | <b>2:05:08</b> | 05:55        | 2:05:03    |



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|----------|-----|--------------|------------|-----------------------|---------------------------------|--------|-----|---------|---------|----------------|----------------|--------------|------------|
| 64.      | 270 | Frieske      | Antonina   | Kostrzyn nad Odrą     |                                 | 2000   | K16 | 1       | K (5.)  | 0:57:47 (64.)  | <b>2:06:36</b> | 06:00        | 2:06:26    |
| 65.      | 288 | Szygenda     | Jarosław   | Poznań                | Maratończyk Poznań              | 1972   | M40 | 22      | M (60.) | 0:57:12 (62.)  | <b>2:06:43</b> | 06:00        | 2:06:34    |
| 66.      | 300 | Tyczyński    | Krzysztof  | Czerwonak             | Czerwonak Biega                 | 1980   | M30 | 18      | M (61.) | 0:56:51 (59.)  | <b>2:06:53</b> | 06:00        | 2:06:38    |
| 67.      | 335 | Cicha        | Ania       | chodzież              | PCH RUN                         | 1986   | K30 | 2       | K (6.)  | 0:59:04 (71.)  | <b>2:06:56</b> | 06:01        | 2:06:44    |
| 68.      | 209 | Kazubowska   | Aleksandra | Gorzów Wlkp.          | SZ JAK GEPARD                   | 1978   | K40 | 1       | K (7.)  | 0:58:43 (67.)  | <b>2:07:08</b> | 06:01        | 2:06:59    |
| 69.      | 354 | Rostecki     | Tomasz     | ZŁOTNIKI              |                                 | 1968   | M50 | 9       | M (62.) | 0:56:24 (53.)  | <b>2:07:32</b> | 06:02        | 2:07:07    |
| 70.      | 293 | Piętka       | Grzegorz   | Szczecin              |                                 | 1973   | M40 | 23      | M (63.) | 0:58:05 (65.)  | <b>2:07:57</b> | 06:03        | 2:07:39    |
| 71.      | 355 | Mazana       | Justyna    | Międzychód            | Biegacze PMI                    | 1978   | K40 | 2       | K (8.)  | 0:59:04 (70.)  | <b>2:07:58</b> | 06:03        | 2:07:44    |
| 72.      | 309 | Rogalski     | Filip      | Poznań                | Extreme Trail Prestige Sharks   | 1976   | M40 | 24      | M (64.) | 1:05:13 (108.) | <b>2:09:03</b> | 06:07        | 2:08:43    |
| 73.      | 318 | Kaczmarek    | Krzysztof  | Grodzisk Wielkopolski |                                 | 1984   | M30 | 19      | M (65.) | 1:02:01 (87.)  | <b>2:09:09</b> | 06:07        | 2:08:52    |
| 74.      | 367 | Henclewska   | Dagmara    | Poznań                |                                 | 1988   | K30 | 3       | K (9.)  | 1:01:38 (84.)  | <b>2:10:03</b> | 06:09        | 2:09:58    |
| 75.      | 231 | Więzik       | Henryk     | Wałcz                 |                                 | 1945   | M60 | 1       | M (66.) | 1:01:49 (85.)  | <b>2:10:40</b> | 06:11        | 2:10:29    |
| 76.      | 284 | Donaj        | Adam       | Kościan               |                                 | 1974   | M40 | 25      | M (67.) | 1:02:26 (92.)  | <b>2:10:44</b> | 06:11        | 2:10:15    |
| 77.      | 274 | Florkiewicz  | Anna       | Szamotuły             | KB Szamotuły                    | 1979   | K40 | 3       | K (10.) | 1:02:13 (91.)  | <b>2:11:01</b> | 06:12        | 2:10:51    |
| 78.      | 329 | Kardacz      | Norbert    | Podrzewie             |                                 | 1976   | M40 | 26      | M (68.) | 0:59:41 (73.)  | <b>2:11:18</b> | 06:13        | 2:10:58    |
| 79.      | 332 | Kucza        | Maciej     | Pniewy                |                                 | 1971   | M40 | 27      | M (69.) | 1:00:02 (76.)  | <b>2:11:24</b> | 06:13        | 2:11:03    |
| 80.      | 374 | Dura         | Zofia      | Kwilcz                |                                 | 1997   | K16 | 2       | K (11.) | 1:01:05 (81.)  | <b>2:11:24</b> | 06:13        | 2:11:12    |
| 81.      | 342 | Liszka       | Jakub      | Santocko              |                                 | 1984   | M30 | 20      | M (70.) | 1:00:12 (78.)  | <b>2:11:30</b> | 06:14        | 2:11:23    |
| 82.      | 359 | Wozniak      | Lukasz     | Przytoczna            |                                 | 1981   | M30 | 21      | M (71.) | 1:00:03 (77.)  | <b>2:11:59</b> | 06:15        | 2:11:50    |
| 83.      | 259 | Bloch        | Arleta     | Wronki                | Wroniecki Klub Biegacza         | 1972   | K40 | 4       | K (12.) | 1:00:00 (74.)  | <b>2:12:01</b> | 06:15        | 2:11:50    |
| 84.      | 239 | Nowacka      | Paulina    | Luboń                 |                                 | 1976   | K40 | 5       | K (13.) | 1:00:52 (79.)  | <b>2:12:26</b> | 06:16        | 2:12:20    |
| 85.      | 383 | Szczurowski  | Marcin     | Plewiska              |                                 | 1984   | M30 | 22      | M (72.) | 1:01:53 (86.)  | <b>2:12:31</b> | 06:16        | 2:12:20    |
| 86.      | 229 | Ignaszewska  | Marta      | Poznań                | Drużyna Szpiku                  | 1980   | K30 | 4       | K (14.) | 1:02:03 (88.)  | <b>2:12:41</b> | 06:17        | 2:12:21    |
| 87.      | 370 | Francikowska | Dorota     | Dąbki                 | MTS DRUŻYNA SZPIKU KGHM         | 1966   | K50 | 1       | K (15.) | 1:01:10 (82.)  | <b>2:13:50</b> | 06:20        | 2:13:24    |
| 88.      | 204 | Matysiak     | Damian     | Gniezno               | Velux Gniezno                   | 1986   | M30 | 23      | M (73.) | 0:59:07 (72.)  | <b>2:13:55</b> | 06:20        | 2:13:50    |
| 89.      | 304 | Oszmałek     | Sebastian  | Sieraków Wlkp.        | Stado Ogierów Sieraków          | 1990   | M16 | 11      | M (74.) | 1:02:57 (97.)  | <b>2:14:08</b> | 06:21        | 2:13:52    |
| 90.      | 381 | Koszela      | Longina    | Suchy Las             |                                 | 1975   | K40 | 6       | K (16.) | 1:02:33 (93.)  | <b>2:14:25</b> | 06:22        | 2:14:17    |
| 91.      | 358 | Puzio        | Wiesław    | Suchy Las             |                                 | 1963   | M50 | 10      | M (75.) | 1:04:00 (104.) | <b>2:14:41</b> | 06:23        | 2:14:17    |
| 92.      | 269 | Ren          | Tomasz     | Przeźmierowo          |                                 | 1981   | M30 | 24      | M (76.) | 0:58:52 (68.)  | <b>2:14:54</b> | 06:23        | 2:14:41    |
| 93.      | 328 | TROJANOWSKA  | SANDRA     | Swarzedz              | ZMĘCZENIE NA STARCIE DOBIEGNIĘW | 1991   | K16 | 3       | K (17.) | 1:03:01 (98.)  | <b>2:15:39</b> | 06:25        | 2:15:31    |
| 94.      | 314 | Hojan        | Łukasz     | Grodzisk Wlkp.        |                                 | 1986   | M30 | 25      | M (77.) | 1:01:28 (83.)  | <b>2:15:54</b> | 06:26        | 2:15:38    |
| 95.      | 371 | Zieliński    | Krzysztof  | Wronki                | Wroniecki Klub Biegacza         | 1963   | M50 | 11      | M (78.) | 1:00:00 (75.)  | <b>2:16:24</b> | 06:27        | 2:16:13    |
| 96.      | 235 | SOBCZYK      | MONIKA     | GŁOGÓW                | Cross Straceńców Głogów         | 1975   | K40 | 7       | K (18.) | 1:02:08 (90.)  | <b>2:16:56</b> | 06:29        | 2:16:36    |



| Msc open | Nr  | Nazwisko      | Imię       | Miejscowość   | Klub                                  | Rok ur | Kat | Msc kat | Msc M/K  | PK 10,5km      | Wynik brutto   | Tempo min/km | Czas netto |
|----------|-----|---------------|------------|---------------|---------------------------------------|--------|-----|---------|----------|----------------|----------------|--------------|------------|
| 97.      | 280 | Fik - Kiona   | Joanna     | Szamotuły     | KB Szamotuły                          | 1978   | K40 | 8       | K (19.)  | 1:03:12 (99.)  | <b>2:17:13</b> | 06:30        | 2:16:50    |
| 98.      | 345 | Felkel        | Ewa        | Poznań        | PnB Morsy/Piątkowo na Biegowo         | 1973   | K40 | 9       | K (20.)  | 1:03:38 (101.) | <b>2:17:32</b> | 06:31        | 2:17:13    |
| 99.      | 322 | Kłósek        | Aleksander | Poznań        |                                       | 1981   | M30 | 26      | M (79.)  | 1:04:48 (107.) | <b>2:17:36</b> | 06:31        | 2:17:06    |
| 100.     | 310 | WIATR         | IWONA      | POZNAŃ        |                                       | 1987   | K30 | 5       | K (21.)  | 1:04:23 (105.) | <b>2:17:47</b> | 06:31        | 2:17:28    |
| 101.     | 221 | Cierach       | Leszek     | Wawrów        | SZ JAK GEPARD                         | 1984   | M30 | 27      | M (80.)  | 1:07:05 (117.) | <b>2:17:49</b> | 06:31        | 2:17:36    |
| 102.     | 379 | Kujawska      | Angelika   | Łobżenica     | HDR Wataha Margonin                   | 1985   | K30 | 6       | K (22.)  | 1:03:41 (103.) | <b>2:18:36</b> | 06:34        | 2:18:11    |
| 103.     | 380 | Hogbe         | Grzegorz   | Piła          | HDR Wataha Margonin                   | 1988   | M30 | 28      | M (81.)  | 1:01:02 (80.)  | <b>2:18:36</b> | 06:34        | 2:18:11    |
| 104.     | 362 | Nowacki       | Dariusz    | Warszawa      |                                       | 1972   | M40 | 28      | M (82.)  | 1:02:54 (96.)  | <b>2:19:29</b> | 06:36        | 2:18:59    |
| 105.     | 291 | Wieczorek     | Bartosz    | Pieńsk        |                                       | 1996   | M16 | 12      | M (83.)  | 1:02:49 (95.)  | <b>2:19:42</b> | 06:37        | 2:19:20    |
| 106.     | 254 | Małucki       | Ryszard    | Święciechowa  | Stowarzyszenie Rozwiń Z Nami Skrzydła | 1960   | M50 | 12      | M (84.)  | 1:03:41 (102.) | <b>2:20:27</b> | 06:39        | 2:20:06    |
| 107.     | 226 | BUŁDAK        | GRZEGORZ   | Sieraków      |                                       | 1974   | M40 | 29      | M (85.)  | 1:06:58 (116.) | <b>2:21:35</b> | 06:42        | 2:21:10    |
| 108.     | 357 | Jaroszczak    | Paweł      | Poznań        |                                       | 1994   | M16 | 13      | M (86.)  | 1:09:27 (130.) | <b>2:22:37</b> | 06:45        | 2:22:09    |
| 109.     | 298 | Ratajczak     | Grzegorz   | Gorzów Wlkp   |                                       | 1965   | M50 | 13      | M (87.)  | 1:10:53 (132.) | <b>2:22:47</b> | 06:46        | 2:22:24    |
| 110.     | 305 | Woga          | Dawid      | Poznań        | # DRUŻYNA SZPIKU                      | 1991   | M16 | 14      | M (88.)  | 1:06:14 (111.) | <b>2:22:47</b> | 06:46        | 2:22:27    |
| 111.     | 248 | Sabeł         | Andrzej    | dębno         |                                       | 1976   | M40 | 30      | M (89.)  | 1:02:05 (89.)  | <b>2:24:16</b> | 06:50        | 2:24:06    |
| 112.     | 331 | Czarnecka     | Danuta     | Chodzież      | PCH RUN                               | 1967   | K50 | 2       | K (23.)  | 1:06:57 (113.) | <b>2:25:15</b> | 06:53        | 2:25:03    |
| 113.     | 320 | Andrzejak     | Rafał      | Suchy Las     | Jadaj w Bramie                        | 1970   | M40 | 31      | M (90.)  | 1:07:49 (124.) | <b>2:25:20</b> | 06:53        | 2:24:58    |
| 114.     | 222 | Kokocińska    | Halina     | Kościan       | Kościan Team                          | 1961   | K50 | 3       | K (24.)  | 1:08:03 (125.) | <b>2:25:40</b> | 06:54        | 2:25:15    |
| 115.     | 366 | Molski        | Andrzej    | Warszawa      |                                       | 1968   | M50 | 14      | M (91.)  | 1:05:28 (109.) | <b>2:26:40</b> | 06:57        | 2:26:23    |
| 116.     | 312 | TATARYNOWICZ  | MARIAN     | ZIELONA GÓRA  | Niezrzeszony                          | 1948   | K60 | 1       | K (25.)  | 1:07:22 (119.) | <b>2:26:45</b> | 06:57        | 2:26:27    |
| 117.     | 100 | Kaliszewicz   | Piotr      | Boleszkowice  |                                       | 1982   | M30 | 29      | M (92.)  | 1:07:26 (120.) | <b>2:27:41</b> | 07:00        | 2:27:20    |
| 118.     | 307 | Sobczak       | Katarzyna  | Garby         |                                       | 1968   | K50 | 4       | K (26.)  | 1:06:56 (112.) | <b>2:28:04</b> | 07:01        | 2:27:45    |
| 119.     | 208 | Trejda        | Maciej     | Plewiska      |                                       | 1977   | M40 | 32      | M (93.)  | 1:06:57 (114.) | <b>2:28:14</b> | 07:01        | 2:27:56    |
| 120.     | 351 | Kosmala       | Sławomir   | Zieleona Góra |                                       | 1973   | M40 | 33      | M (94.)  | 1:11:41 (138.) | <b>2:29:10</b> | 07:04        | 2:28:46    |
| 121.     | 266 | Sylwestrzak   | Łukasz     | Łódź          | Lekcja środowiska dla klas 1-3        | 1982   | M30 | 30      | M (95.)  | 1:07:19 (118.) | <b>2:29:47</b> | 07:06        | 2:29:16    |
| 122.     | 218 | Straburzyński | Grzegorz   | Poznań        |                                       | 1977   | M40 | 34      | M (96.)  | 1:10:43 (131.) | <b>2:30:14</b> | 07:07        | 2:29:42    |
| 123.     | 53  | Ludwa         | Witold     | Poznań        | -                                     | 1961   | M50 | 15      | M (97.)  | 1:08:44 (127.) | <b>2:31:01</b> | 07:09        | 2:30:36    |
| 124.     | 206 | lewandowicz   | marcin     | czerwonak     |                                       | 1973   | M40 | 35      | M (98.)  | 1:03:19 (100.) | <b>2:31:18</b> | 07:10        | 2:31:09    |
| 125.     | 321 | Andrzejak     | Bogumiła   | Suchy Las     | Ruukki                                | 1969   | K50 | 5       | K (27.)  | 1:08:29 (126.) | <b>2:32:08</b> | 07:12        | 2:31:46    |
| 126.     | 330 | Brzezinski    | Tomasz     | Poznań        |                                       | 1976   | M40 | 36      | M (99.)  | 1:11:29 (136.) | <b>2:33:08</b> | 07:15        | 2:32:49    |
| 127.     | 210 | Członka       | Joanna     | Łódź          | MCM RUNNERS                           | 1989   | K30 | 7       | K (28.)  | 1:09:05 (128.) | <b>2:33:42</b> | 07:17        | 2:33:26    |
| 128.     | 211 | Osowski       | Grzegorz   | Łódź          |                                       | 1988   | M30 | 31      | M (100.) | 1:07:36 (121.) | <b>2:33:42</b> | 07:17        | 2:33:27    |
| 129.     | 294 | Mielcarek     | Aleksandra | Ściborze      | Ściborze Biega:)                      | 1991   | K16 | 4       | K (29.)  | 1:07:42 (122.) | <b>2:34:34</b> | 07:19        | 2:34:19    |



| Msc<br>open | Nr  | Nazwisko          | Imię               | Miejscowość         | Klub   | Rok<br>ur | Kat | Msc<br>kat | Msc<br>M/K | PK<br>10,5km   | Wynik<br>brutto | Tempo<br>min/km | Czas<br>netto |
|-------------|-----|-------------------|--------------------|---------------------|--|-----------|-----|------------|------------|----------------|-----------------|-----------------|---------------|
| 130.        | 258 | Stróżyńska        | Zdziabek Magdalena | Piła                |  | 1966      | K50 | 6          | K (30.)    | 1:12:05 (139.) | <b>2:35:12</b>  | 07:21           | 2:34:48       |
| 131.        | 251 | Woźniak           | Mikołaj            | Szamotoły           |  | 1987      | M30 | 32         | M (101.)   | 1:02:45 (94.)  | <b>2:35:17</b>  | 07:21           | 2:35:05       |
| 132.        | 306 | Ratajczak         | Karolina           | Gorzów Wlkp         |  | 1993      | K16 | 5          | K (31.)    | 1:11:05 (134.) | <b>2:35:59</b>  | 07:23           | 2:35:37       |
| 133.        | 260 | Krupińska         | Anna               | Poznań              |  | 1984      | K30 | 8          | K (32.)    | 1:13:19 (145.) | <b>2:37:27</b>  | 07:27           | 2:37:08       |
| 134.        | 303 | Jurek             | Magdalena          | Międzychód          |  | 1971      | K40 | 10         | K (33.)    | 1:09:09 (129.) | <b>2:37:54</b>  | 07:29           | 2:37:39       |
| 135.        | 348 | Fijak             | Karolina           | Murowana Goślina    | Grażynki OCR                                   | 1984      | K30 | 9          | K (34.)    | 1:10:56 (133.) | <b>2:38:49</b>  | 07:31           | 2:38:26       |
| 136.        | 347 | Maj               | Magdalena          | Rokietnica          | Grażynki OCR                                   | 1984      | K30 | 10         | K (35.)    | 1:13:31 (146.) | <b>2:38:50</b>  | 07:31           | 2:38:27       |
| 137.        | 224 | Tomkowiak         | Sławomir           | Poznań              | 3:33 TEAM                                      | 1978      | M40 | 37         | M (102.)   | 1:11:11 (135.) | <b>2:39:00</b>  | 07:32           | 2:38:33       |
| 138.        | 241 | Wielński          | Lech               | Gniezno             | ZDROWA KOSTKA Grupa Biegowa im. św. Stanisława | 1966      | M50 | 16         | M (103.)   | 1:16:13 (153.) | <b>2:40:44</b>  | 07:37           | 2:40:27       |
| 139.        | 242 | Woźniak           | Grzegorz           | Gniezno             | ZDROWA KOSTKA Grupa Biegowa im. św. Stanisława | 1985      | M30 | 33         | M (104.)   | 1:16:14 (154.) | <b>2:40:48</b>  | 07:37           | 2:40:31       |
| 140.        | 89  | Szymański         | Paweł              | POZNAŃ              | MUAY RUNNING TEAM                              | 1980      | M30 | 34         | M (105.)   | 1:13:06 (143.) | <b>2:40:49</b>  | 07:37           | 2:40:14       |
| 141.        | 277 | Wielgosz          | Włodzimierz        | Drezdenko           | FSD RUN DREZDENKO                              | 1963      | M50 | 17         | M (106.)   | 1:11:39 (137.) | <b>2:41:38</b>  | 07:39           | 2:41:24       |
| 142.        | 243 | Półczyńska        | Ewelina            | Wągrowiec           | HDR Wataha Margonin                            | 1988      | K30 | 11         | K (36.)    | 1:12:56 (141.) | <b>2:41:41</b>  | 07:39           | 2:41:15       |
| 143.        | 244 | Iwanicki          | Marcin             | Wągrowiec           | HDR Wataha Margonin                            | 1988      | M30 | 35         | M (107.)   | 1:13:08 (144.) | <b>2:41:42</b>  | 07:39           | 2:41:16       |
| 144.        | 333 | Cieślík-Borkowska | Izabela            | Chodzież            |  | 1981      | K30 | 12         | K (37.)    | 1:06:58 (115.) | <b>2:42:50</b>  | 07:43           | 2:42:37       |
| 145.        | 336 | Pasternak         | Ryszard            | Warzymice           |  | 1967      | M50 | 18         | M (108.)   | 1:04:43 (106.) | <b>2:43:23</b>  | 07:44           | 2:42:59       |
| 146.        | 228 | PIETROWSKA        | HALLIK             | POZNAŃ              |  | 1965      | K50 | 7          | K (38.)    | 1:17:39 (156.) | <b>2:46:55</b>  | 07:54           | 2:46:28       |
| 147.        | 382 | PIETROWSKI        | MARIUSZ            | POZNAŃ              |  | 1962      | M50 | 19         | M (109.)   | 1:16:25 (155.) | <b>2:46:56</b>  | 07:54           | 2:46:28       |
| 148.        | 267 | Kazubowska        | Małgorzata         | Gorzów Wlkp.        |  | 1980      | K30 | 13         | K (39.)    | 1:16:08 (151.) | <b>2:47:56</b>  | 07:57           | 2:47:26       |
| 149.        | 334 | Elias             | Marcin             | Poznań              |  | 1975      | M40 | 38         | M (110.)   | 1:13:36 (147.) | <b>2:47:59</b>  | 07:57           | 2:47:57       |
| 150.        | 376 | Woszczyzna        | Marcin             | Stanowice           |  | 1988      | M30 | 36         | M (111.)   | 1:12:15 (140.) | <b>2:48:02</b>  | 07:57           | 2:47:42       |
| 151.        | 308 | Rejmisz           | Rafał              | Garby               |  | 1964      | M50 | 20         | M (112.)   | 1:14:12 (148.) | <b>2:49:45</b>  | 08:02           | 2:49:27       |
| 152.        | 232 | Frąckowiak        | Jarosław           | Sieraków            |  | 1972      | M40 | 39         | M (113.)   | 1:14:36 (149.) | <b>2:49:45</b>  | 08:02           | 2:49:22       |
| 153.        | 356 | Stefańska         | Beata              | Poznań              |  | 1982      | K30 | 14         | K (40.)    | 1:15:28 (150.) | <b>2:50:19</b>  | 08:04           | 2:50:11       |
| 154.        | 296 | Kowalski          | Maciej             | Kruszwica           | Ściborze Biega:)                               | 1997      | M16 | 15         | M (114.)   | 1:07:47 (123.) | <b>2:50:46</b>  | 08:05           | 2:50:30       |
| 155.        | 289 | Gierłowski        | Mikołaj            | Strzelce Krajeńskie | FSD RUN DREZDENKO                              | 1981      | M30 | 37         | M (115.)   | 1:12:59 (142.) | <b>2:51:15</b>  | 08:07           | 2:51:02       |
| 156.        | 217 | Chwiałkowska      | Elżbieta           | Sierosław/Poznań    |  | 1964      | K50 | 8          | K (41.)    | 1:18:16 (157.) | <b>2:52:01</b>  | 08:09           | 2:51:54       |
| 157.        | 301 | Bąkowska          | Anna               | Poznań              | Klub Ślimaka Torpedy                           | 1980      | K30 | 15         | K (42.)    | 1:18:35 (158.) | <b>2:58:49</b>  | 08:28           | 2:58:31       |
| 158.        | 265 | Wagner            | Daniel             | Łódź                | Lekcja środowiska dla klas 1-3                 | 1983      | M30 | 38         | M (116.)   | 1:21:18 (162.) | <b>2:58:51</b>  | 08:28           | 2:58:20       |
| 159.        | 341 | Łopińska          | Monika             | Gorzów Wielkopolski |  | 1983      | K30 | 16         | K (43.)    | 1:16:11 (152.) | <b>3:02:17</b>  | 08:38           | 3:01:48       |
| 160.        | 292 | Kohut             | Rafał              | Gorzów Wielkopolski |  | 1969      | M50 | 21         | M (117.)   | 1:19:34 (159.) | <b>3:03:29</b>  | 08:41           | 3:02:57       |
| 161.        | 263 | Szczepański       | Adam               | Łódź                | Lekcja środowiska dla klas 1-3                 | 1981      | M30 | 39         | M (118.)   | 1:20:46 (160.) | <b>3:09:42</b>  | 08:59           | 3:09:11       |
| 162.        | 257 | Zdziabek          | Jarosław           | Piła                |  | 1966      | M50 | 22         | M (119.)   | 1:20:50 (161.) | <b>3:15:16</b>  | 09:15           | 3:14:54       |



| Msc<br>open | Nr  | Nazwisko  | Imię       | Miejscowość  | Klub      | Rok<br>ur | Kat | Msc<br>kat | Msc<br>M/K | PK<br>10,5km   | Wynik<br>brutto | Tempo<br>min/km | Czas<br>netto |
|-------------|-----|-----------|------------|--------------|-----------|-----------|-----|------------|------------|----------------|-----------------|-----------------|---------------|
| 163.        | 223 | Tomkowiak | Aleksandra | Poznań       | 3:33 TEAM | 1975      | K40 | 11         | K (44.)    | 1:26:03 (163.) | <b>3:15:21</b>  | 09:15           | 3:14:53       |
| 164.        | 202 | Zukowski  | Arkadiusz  | Święciechowa |           | 1974      | M40 | 40         | M (120.)   | 1:29:14 (164.) | <b>3:16:15</b>  | 09:18           | 3:16:07       |
| 165.        | 18  | Rękawek   | Izabela    | POZNAŃ       |           | 1973      | K40 | 12         | K (45.)    | 1:29:51 (165.) | <b>3:28:22</b>  | 09:52           | 3:27:55       |

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