

III Bieg Podkowy

Wyniki OPEN 10km Skoki 2019-09-29



| Msc open | Nr start | Nazwisko i imię | Miejscowość | Klub | Rok ur | Kat | Msc kat | Msc M/K | 5km | Gmin Skoki | Czas brutto | Tempo min/k | Wynik netto |
|----------|----------|-----------------------|------------------|--------------------------------|--------|-----|---------|---------|---------------|------------|-------------|-------------|----------------|
| 1. | 386 | Grabiński Wojciech | Rogoźno | Drużyna Jacka | 1994 | M20 | gen. | 1. | 0:17:59 (2.) | | 0:36:17 | 03:37 | 0:36:16 |
| 2. | 307 | Poznański Martin | Gołańcz | TEAM RUN GOŁAŃCZ | 1993 | M20 | gen. | 2. | 0:17:57 (1.) | | 0:36:40 | 03:39 | 0:36:38 |
| 3. | 500 | Jezierski Grzegorz | Kozięgłowy | Unilever Poznań | 1964 | M50 | gen. | 3. | 0:18:41 (4.) | | 0:37:43 | 03:46 | 0:37:40 |
| 4. | 276 | Rojewski Paweł | Łódź | Everrun | 1987 | M30 | 1 | 4. | 0:18:27 (3.) | | 0:38:19 | 03:49 | 0:38:14 |
| 5. | 384 | Zawiślak Adam | Konin | Night Runners | 1992 | M20 | 1 | 5. | 0:18:47 (5.) | | 0:38:45 | 03:52 | 0:38:42 |
| 6. | 448 | Sznajder Krzysztof | Skoki | Nowak Run | 1987 | M30 | 2 | 6. | 0:19:06 (8.) | 1. | 0:39:01 | 03:53 | 0:38:58 |
| 7. | 404 | Piasecki Tomasz | Wągrowiec | Biegający Wągrowiec | 1988 | M30 | 3 | 7. | 0:19:29 (10.) | | 0:39:09 | 03:54 | 0:39:07 |
| 8. | 361 | Mazurkiewicz Marcin | Murowana Goślina | KB Gepard Murowana Goślina | 1978 | M40 | 1 | 8. | 0:19:22 (9.) | | 0:39:12 | 03:55 | 0:39:10 |
| 9. | 356 | Kolmer Artur | KłECKO | Lechita KłECKO | 1982 | M30 | 4 | 9. | 0:19:42 (11.) | | 0:39:33 | 03:57 | 0:39:31 |
| 10. | 399 | Mazurek Mieszko | Poznań | Maratończyk Poznań | 1997 | M20 | 2 | 10. | 0:19:02 (7.) | | 0:39:48 | 03:58 | 0:39:45 |
| 11. | 481 | Socha Seweryn | Poznań | Dzikie Bobry | 1985 | M30 | 5 | 11. | 0:19:53 (16.) | | 0:40:10 | 04:00 | 0:40:05 |
| 12. | 463 | Włodarczyk Tomasz | Witkowo | | 1977 | M40 | 2 | 12. | 0:19:46 (14.) | | 0:40:21 | 04:01 | 0:40:19 |
| 13. | 296 | Chruścicki Jarosław | Murowana Goślina | Hart Skoki | 1969 | M50 | 1 | 13. | 0:20:01 (18.) | | 0:40:22 | 04:02 | 0:40:20 |
| 14. | 449 | Sztul Łukasz | Kościan | SzymanowskiTeam | 1991 | M20 | 3 | 14. | 0:19:45 (13.) | | 0:40:36 | 04:03 | 0:40:30 |
| 15. | 351 | Smudziński Piotr | Poznań | KS Wicher | 1982 | M30 | 6 | 15. | 0:19:52 (15.) | | 0:40:48 | 04:04 | 0:40:42 |
| 16. | 445 | Włodarczyk Jan | Poznań | DA postakademickie Syjon | 1991 | M20 | 4 | 16. | 0:19:44 (12.) | | 0:41:08 | 04:06 | 0:41:04 |
| 17. | 348 | Saverin Iaroslav | Oborniki | | 1977 | M40 | 3 | 17. | 0:19:57 (17.) | | 0:41:20 | 04:07 | 0:41:17 |
| 18. | 451 | Zodrow Norbert | Chodzież | | 2001 | M16 | 1 | 18. | 0:18:54 (6.) | | 0:41:22 | 04:08 | 0:41:20 |
| 19. | 400 | Jóźwiak Daniel | Poznań | Maratończyk Poznań | 1980 | M30 | 7 | 19. | 0:20:07 (19.) | | 0:41:24 | 04:08 | 0:41:22 |
| 20. | 360 | Grzegorzek Marcin | Białężyn | KB Gepard Murowana Goślina | 1978 | M40 | 4 | 20. | 0:20:20 (22.) | | 0:41:44 | 04:10 | 0:41:40 |
| 21. | 336 | Pasternak Piotr | Margonin | | 1994 | M20 | 5 | 21. | 0:20:33 (25.) | | 0:41:46 | 04:10 | 0:41:42 |
| 22. | 304 | Stawicki Adam | Oborniki | Obornicki Klub Lekkoatletyczny | 1966 | M50 | 2 | 22. | 0:20:15 (21.) | | 0:42:04 | 04:11 | 0:41:53 |
| 23. | 450 | Mikołajczak Arkadiusz | Jarocin | | 1990 | M20 | 6 | 23. | 0:20:11 (20.) | | 0:42:13 | 04:12 | 0:42:07 |



| Msc open | Nr start | Nazwisko i imię | Miejscowość | Klub | Rok ur | Kat | Msc kat | Msc M/K | 5km | Gmin Skoki | Czas brutto | Tempo min/k | Wynik netto |
|----------|----------|----------------------|------------------|----------------------------|--------|-----|---------|---------|---------------|------------|-------------|-------------|----------------|
| 24. | 414 | Kaźmierczak Mariusz | Popowo Kościelne | | 1986 | M30 | 8 | 24. | 0:21:00 (30.) | | 0:42:15 | 04:13 | 0:42:12 |
| 25. | 438 | Molecki Patryk | Janowiec Wlkp | | 1997 | M20 | 7 | 25. | 0:20:31 (24.) | | 0:42:44 | 04:16 | 0:42:41 |
| 26. | 343 | Kokot Natalia | Rogozno | Rogosińskie Morsy | 1991 | K20 | gen. | 1. | 0:20:43 (27.) | | 0:42:44 | 04:16 | 0:42:42 |
| 27. | 408 | Gościński Paweł | Skoki | | 1984 | M30 | 9 | 26. | 0:20:43 (26.) | 2. | 0:42:59 | 04:17 | 0:42:53 |
| 28. | 273 | Mazur Robert | Mieścisko | | 1990 | M20 | 8 | 27. | 0:20:22 (23.) | | 0:43:02 | 04:17 | 0:42:58 |
| 29. | 444 | Stęplowski Maciej | Swarzędz | | 1997 | M20 | 9 | 28. | 0:21:09 (31.) | | 0:43:03 | 04:17 | 0:42:56 |
| 30. | 418 | BOLEWSKI DAMIAN | CZERNIEJEWO | Czerniejewo Biega | 1989 | M30 | 10 | 29. | 0:21:17 (32.) | | 0:43:22 | 04:19 | 0:43:12 |
| 31. | 401 | Grabowski Krzysztof | Poznań | Maratończyk Poznań | 1989 | M30 | 11 | 30. | 0:21:29 (34.) | | 0:43:28 | 04:20 | 0:43:24 |
| 32. | 324 | Witecki Tadeusz | Poznań | | 1984 | M30 | 12 | 31. | 0:20:56 (28.) | | 0:43:30 | 04:19 | 0:43:15 |
| 33. | 447 | Kujawa Filip | Skoki | Hart Skoki | 1995 | M20 | 10 | 32. | 0:21:55 (37.) | 3. | 0:43:35 | 04:20 | 0:43:27 |
| 34. | 377 | Drozd Krzysztof | Kłęczany | Ruchu Dla Zdrowia Rzeszów | 1983 | M30 | 13 | 33. | 0:22:03 (43.) | | 0:43:55 | 04:22 | 0:43:43 |
| 35. | 442 | Polaczek Robert | Swarzędz | KB Biura Biegłego Sądowego | 1973 | M40 | 5 | 34. | 0:21:58 (39.) | | 0:44:02 | 04:23 | 0:43:55 |
| 36. | 277 | Pol Sebastian | Rakownia | | 1987 | M30 | 14 | 35. | 0:21:29 (33.) | | 0:44:10 | 04:24 | 0:44:03 |
| 37. | 311 | Kaczkowski Hubert | Promnice | | 1987 | M30 | 15 | 36. | 0:22:03 (42.) | | 0:44:22 | 04:25 | 0:44:11 |
| 38. | 474 | Steinke Dariusz | Oborniki | | 1988 | M30 | 16 | 37. | 0:22:03 (41.) | | 0:44:25 | 04:25 | 0:44:16 |
| 39. | 326 | Przybysz Grzegorz | Popowo Kościelne | | 1982 | M30 | 17 | 38. | 0:20:58 (29.) | | 0:44:26 | 04:26 | 0:44:20 |
| 40. | 465 | Szewczak Łukasz | Chodzież | | 1990 | M20 | 11 | 39. | 0:21:37 (35.) | | 0:44:28 | 04:24 | 0:44:06 |
| 41. | 358 | Lisiak Bartosz | Murowana Goślina | KB Gepard Murowana Goślina | 1983 | M30 | 18 | 40. | 0:21:56 (38.) | | 0:44:32 | 04:26 | 0:44:28 |
| 42. | 370 | kukuła wojciech | ryczywół | | 1982 | M30 | 19 | 41. | 0:22:19 (49.) | | 0:44:35 | 04:26 | 0:44:21 |
| 43. | 288 | Przybylski Robert | Poznań | Wybiegać Marzenia team | 1978 | M40 | 6 | 42. | 0:22:08 (46.) | | 0:44:39 | 04:26 | 0:44:28 |
| 44. | 458 | Pudliszak Jeremi | Murowana Goślina | | 1973 | M40 | 7 | 43. | 0:21:52 (36.) | | 0:44:42 | 04:27 | 0:44:31 |
| 45. | 391 | Skórnicki Leszek | Poznań | Night Runners | 1971 | M40 | 8 | 44. | 0:22:12 (47.) | | 0:44:46 | 04:27 | 0:44:39 |
| 46. | 466 | Pankowski Filip | Ryczywół | Ryczywół | 1993 | M20 | 12 | 45. | 0:22:07 (44.) | | 0:44:54 | 04:28 | 0:44:40 |
| 47. | 318 | Grzegorzewski Rafał | Niemcz | | 1974 | M40 | 9 | 46. | 0:22:48 (54.) | | 0:45:40 | 04:33 | 0:45:31 |
| 48. | 431 | KWASIŻUR AGATA | POZNAŃ | MUAY RUNNING TEAM | 1983 | K30 | gen. | 2. | 0:22:23 (51.) | | 0:45:40 | 04:33 | 0:45:38 |
| 49. | 433 | Kuraszkiewicz Błażej | Poznań | | 1976 | M40 | 10 | 47. | 0:22:07 (45.) | | 0:45:42 | 04:33 | 0:45:30 |



| Msc open | Nr start | Nazwisko i imię | Miejscowość | Klub | Rok ur | Kat | Msc kat | Msc M/K | 5km | Gmin Skoki | Czas brutto | Tempo min/k | Wynik netto |
|----------|----------|-------------------------|-----------------------|-----------------------------|--------|-----|---------|---------|---------------|------------|-------------|-------------|----------------|
| 50. | 325 | Deckert Beata | Kowanówko | Madetrans biega | 1983 | K30 | gen. | 3. | 0:22:16 (48.) | | 0:45:54 | 04:34 | 0:45:49 |
| 51. | 385 | Maćkowski Kamil | Wełna | | 1983 | M30 | 20 | 48. | 0:22:02 (40.) | | 0:45:55 | 04:34 | 0:45:43 |
| 52. | 395 | Czarnecki Mirosław | Złotów | Złoty | 1962 | M50 | 3 | 49. | 0:22:32 (53.) | | 0:46:21 | 04:36 | 0:46:08 |
| 53. | 468 | Wiśniewska Anna | Poznań | HERNIK TEAM | 1982 | K30 | 1 | 4. | 0:22:21 (50.) | | 0:46:22 | 04:37 | 0:46:14 |
| 54. | 378 | Smarsz Łukasz | Oborniki | | 1993 | M20 | 13 | 50. | 0:22:29 (52.) | | 0:46:34 | 04:38 | 0:46:25 |
| 55. | 434 | Tomczak Zbigniew | Gniezno | Altom Gniezno | 1954 | M60 | 1 | 51. | 0:22:52 (57.) | | 0:46:35 | 04:39 | 0:46:31 |
| 56. | 467 | Żaczek Jan | Poznan | | 1958 | M60 | 2 | 52. | 0:22:51 (56.) | | 0:46:56 | 04:40 | 0:46:46 |
| 57. | 300 | Rojtek Waldemar | Wągrowiec | | 1970 | M40 | 11 | 53. | 0:23:04 (59.) | | 0:47:00 | 04:41 | 0:46:51 |
| 58. | 282 | Gruchała-Furmaniuk | Poznań | SPEED FREAKS | 1981 | K30 | 2 | 5. | 0:23:06 (60.) | | 0:47:00 | 04:41 | 0:46:51 |
| 59. | 306 | Strychalska Rysz Danuta | Gołańcz | TEAM RUN GOŁAŃCZ | 1989 | K30 | 3 | 6. | 0:22:56 (58.) | | 0:47:11 | 04:41 | 0:46:55 |
| 60. | 369 | Hałas Katarzyna | Rakownia | KB Gepard Murowana Goślina | 1981 | K30 | 4 | 7. | 0:23:14 (63.) | | 0:47:26 | 04:43 | 0:47:17 |
| 61. | 405 | Malinger Waldemar | Nekla | | 1991 | M20 | 14 | 54. | 0:24:04 (76.) | | 0:47:33 | 04:44 | 0:47:25 |
| 62. | 376 | Grzegorzek Maciej | Murowana Goślina | | 1972 | M40 | 12 | 55. | 0:23:18 (66.) | | 0:47:49 | 04:45 | 0:47:33 |
| 63. | 410 | Ratajczak Joanna | Poznań | Piątkowo na Biegowo | 1977 | K40 | 1 | 8. | 0:23:27 (68.) | | 0:47:53 | 04:45 | 0:47:35 |
| 64. | 428 | Behrendt Magdalena | Chodzież | PCH_ RUN | 1977 | K40 | 2 | 9. | 0:22:51 (55.) | | 0:47:53 | 04:46 | 0:47:40 |
| 65. | 409 | Wagner Marcin | Stołężyn | WJS Rosomak | 1971 | M40 | 13 | 56. | 0:23:10 (61.) | | 0:47:50 | 04:46 | 0:47:40 |
| 66. | 415 | Gruszka Marta | Biedrusko | | 1990 | K20 | 1 | 10. | 0:24:04 (75.) | | 0:47:51 | 04:46 | 0:47:40 |
| 67. | 328 | Koralewska Ilona | Gołańcz | | 1984 | K30 | 5 | 11. | 0:23:16 (64.) | | 0:48:02 | 04:47 | 0:47:50 |
| 68. | 402 | Zielińska Dominika | Janowiec Wielkopolski | Maratończyk Poznań | 1997 | K20 | 2 | 12. | 0:23:18 (65.) | | 0:48:02 | 04:47 | 0:47:53 |
| 69. | 319 | Rakowski Bartosz | Poznań | HERNIK TEAM | 1979 | M40 | 14 | 57. | 0:23:37 (71.) | | 0:48:10 | 04:47 | 0:47:57 |
| 70. | 340 | Borucki Krystian | Gniezno | Fundacja Aktywne Trzemeszno | 1984 | M30 | 21 | 58. | 0:23:14 (62.) | | 0:48:29 | 04:47 | 0:47:59 |
| 71. | 303 | Mielcarek Sebastian | Skoki | Hart Skoki | 1988 | M30 | 22 | 59. | 0:23:24 (67.) | 4. | 0:48:17 | 04:49 | 0:48:11 |
| 72. | 293 | Kot Andrzej | Murowana Goślina | OTC Oborniki | 1948 | M60 | 3 | 60. | 0:23:35 (70.) | | 0:48:23 | 04:50 | 0:48:20 |
| 73. | 412 | Kaczmarek Michał | Piła | | 1984 | M30 | 23 | 61. | 0:24:31 (85.) | | 0:48:36 | 04:50 | 0:48:21 |
| 74. | 269 | Sierszchuła Dominik | SKOKI | Hart Skoki | 1992 | M20 | 15 | 62. | 0:24:20 (81.) | 5. | 0:48:43 | 04:50 | 0:48:23 |
| 75. | 453 | Szafran Katarzyna | Janowiec Wielkopolski | | 1972 | K40 | 3 | 13. | 0:23:38 (72.) | | 0:48:48 | 04:51 | 0:48:30 |



| Msc open | Nr start | Nazwisko i imię | Miejscowość | Klub | Rok ur | Kat | Msc kat | Msc M/K | 5km | Gmin Skoki | Czas brutto | Tempo min/k | Wynik netto |
|----------|----------|------------------------|-----------------------|----------------------------|--------|-----|---------|---------|----------------|------------|-------------|-------------|----------------|
| 76. | 429 | Utecht Sławomir | Janowiec Wielkopolski | | 1987 | M30 | 24 | 63. | 0:24:38 (90.) | | 0:48:55 | 04:51 | 0:48:31 |
| 77. | 477 | Kluczyński Paweł | Sławno | | 1985 | M30 | 25 | 64. | 0:24:09 (77.) | | 0:48:57 | 04:51 | 0:48:33 |
| 78. | 373 | Kosiór Marcin | Rąbczyn | Zabiegani PTTK Wągrowiec | 1983 | M30 | 26 | 65. | 0:24:36 (88.) | | 0:48:53 | 04:51 | 0:48:36 |
| 79. | 470 | Siedlecki Grzegorz | Margonin | WATAHA | 1980 | M30 | 27 | 66. | 0:24:14 (79.) | | 0:49:11 | 04:52 | 0:48:45 |
| 80. | 305 | Borowczyk Katarzyna | Skoki | Hart Skoki | 1983 | K30 | 6 | 14. | 0:23:34 (69.) | 1. | 0:49:00 | 04:52 | 0:48:47 |
| 81. | 342 | Wrzesiński Grzegorz | Skoki | | 1971 | M40 | 15 | 67. | 0:24:16 (80.) | 6. | 0:49:10 | 04:53 | 0:48:54 |
| 82. | 364 | Wawrzyniak Lidia | Owińska | KB Gepard Murowana Goślina | 1974 | K40 | 4 | 15. | 0:24:25 (83.) | | 0:49:14 | 04:54 | 0:49:05 |
| 83. | 436 | Genderka Tomasz | Kostrzyn | | 1973 | M40 | 16 | 68. | 0:24:35 (86.) | | 0:49:27 | 04:54 | 0:49:07 |
| 84. | 443 | Polaczek Maria | Swarzędz | | 2004 | K16 | 1 | 16. | 0:24:25 (82.) | | 0:49:24 | 04:54 | 0:49:09 |
| 85. | 446 | Kowalczyk Agnieszka | Poznań | DA postakademickie Syjon | 1988 | K30 | 7 | 17. | 0:23:41 (73.) | | 0:49:14 | 04:54 | 0:49:09 |
| 86. | 424 | Hampel Adam | Poznań | | 1985 | M30 | 28 | 69. | 0:24:26 (84.) | | 0:49:43 | 04:56 | 0:49:28 |
| 87. | 337 | Kowalski Piotr | Mogilno | | 1991 | M20 | 16 | 70. | 0:24:39 (92.) | | 0:49:58 | 04:57 | 0:49:37 |
| 88. | 393 | Szcześniak Łukasz | Poznań | Night Runners Poznań | 1981 | M30 | 29 | 71. | 0:24:36 (87.) | | 0:49:58 | 04:58 | 0:49:41 |
| 89. | 392 | Cwojdziński Piotr | Poznań | Night Runners | 1978 | M40 | 17 | 72. | 0:24:37 (89.) | | 0:49:59 | 04:58 | 0:49:41 |
| 90. | 313 | Popławski Dariusz | Murowana Goślina | KB Gepard Murowana Goślina | 1977 | M40 | 18 | 73. | 0:25:05 (99.) | | 0:49:47 | 04:58 | 0:49:41 |
| 91. | 366 | Borakiewicz Agnieszka | Gołańcz | TEAM RUN GOŁAŃCZ | 1985 | K30 | 8 | 18. | 0:23:55 (74.) | | 0:49:58 | 04:58 | 0:49:43 |
| 92. | 335 | Bartoszek Łukasz | Rogoźno | Rogozińskie Morsy | 1984 | M30 | 30 | 74. | 0:24:47 (93.) | | 0:50:11 | 05:00 | 0:50:02 |
| 93. | 334 | Bartoszek Katarzyna | Rogoźno | Rogozińskie Morsy | 1986 | K30 | 9 | 19. | 0:24:48 (94.) | | 0:50:10 | 05:00 | 0:50:03 |
| 94. | 362 | Knaż Władysław | Gniezno | Na Luzie | 1953 | M60 | 4 | 75. | 0:24:10 (78.) | | 0:50:15 | 05:00 | 0:50:05 |
| 95. | 365 | Borakiewicz Przemysław | Gołańcz | TEAM RUN GOŁAŃCZ | 1984 | M30 | 31 | 76. | 0:24:50 (95.) | | 0:50:42 | 05:02 | 0:50:26 |
| 96. | 475 | Nikiel Dariusz | Wągrowiec | Dirty Sparrows | 1980 | M30 | 32 | 77. | 0:25:26 (106.) | | 0:51:23 | 05:05 | 0:50:52 |
| 97. | 270 | Słapek Maria | Poznań | Luboński Klub Biegacza | 1978 | K40 | 5 | 20. | 0:24:53 (96.) | | 0:51:13 | 05:05 | 0:50:56 |
| 98. | 422 | Walczak Tomasz | Chodzież | PCH_RUN | 1974 | M40 | 19 | 78. | 0:25:14 (101.) | | 0:51:51 | 05:09 | 0:51:34 |
| 99. | 471 | Wieczorek Kamil | Chodzież | PCH_RUN | 1993 | M20 | 17 | 79. | 0:24:56 (97.) | | 0:52:08 | 05:10 | 0:51:46 |
| 100. | 346 | Zalaszewski Dawid | Wągrowiec | | 1994 | M20 | 18 | 80. | 0:25:47 (113.) | | 0:52:10 | 05:11 | 0:51:54 |
| 101. | 309 | rysz marcin | Gołańcz | TEAM RUN GOŁAŃCZ | 1980 | M30 | 33 | 81. | 0:24:38 (91.) | | 0:52:17 | 05:12 | 0:52:01 |



| Msc open | Nr start | Nazwisko i imię | Miejscowość | Klub | Rok ur | Kat | Msc kat | Msc M/K | 5km | Gmin Skoki | Czas brutto | Tempo min/k | Wynik netto |
|----------|----------|---------------------|------------------|---------------------------|--------|-----|---------|---------|----------------|------------|-------------|-------------|----------------|
| 102. | 476 | Małuszek Kamil | Skoki | | 1995 | M20 | 19 | 82. | 0:25:26 (105.) | 7. | 0:52:22 | 05:12 | 0:52:04 |
| 103. | 460 | Płowens Piotr | Margonin | | 1998 | M20 | 20 | 83. | 0:25:22 (104.) | | 0:52:25 | 05:12 | 0:52:06 |
| 104. | 299 | Reis Bartosz | Wągrowiec | | 1986 | M30 | 34 | 84. | 0:25:38 (109.) | | 0:52:29 | 05:12 | 0:52:09 |
| 105. | 432 | Skibińska Justyna | Chodzież | PCH_RUN | 1978 | K40 | 6 | 21. | 0:25:17 (103.) | | 0:52:26 | 05:13 | 0:52:12 |
| 106. | 289 | Czerwiński Jarosław | Czerwonak | | 1959 | M60 | 5 | 85. | 0:25:47 (112.) | | 0:52:40 | 05:13 | 0:52:15 |
| 107. | 349 | Zendlewicz Marek | Skoki | | 1956 | M60 | 6 | 86. | 0:24:56 (98.) | 8. | 0:52:29 | 05:13 | 0:52:15 |
| 108. | 265 | Lasak Maria | Poznań | HERNIK TEAM | 1983 | K30 | 10 | 22. | 0:25:16 (102.) | | 0:52:35 | 05:14 | 0:52:27 |
| 109. | 312 | Targoński Sławomir | Skoki | | 1980 | M30 | 35 | 87. | 0:26:17 (118.) | 9. | 0:52:56 | 05:14 | 0:52:28 |
| 110. | 279 | Sierszchuła Daniel | Rogoźno | | 1994 | M20 | 21 | 88. | 0:25:46 (111.) | | 0:52:54 | 05:15 | 0:52:33 |
| 111. | 435 | Wojtczak Aleksander | Gniezno | | 1980 | M30 | 36 | 89. | 0:25:36 (108.) | | 0:53:10 | 05:15 | 0:52:36 |
| 112. | 352 | Zieliński Piotr | Oborniki | Biegajnia Poznań | 1978 | M40 | 20 | 90. | 0:26:01 (116.) | | 0:52:55 | 05:17 | 0:52:53 |
| 113. | 478 | Szał Monika | Pobiedziska | Walka Kostrzyn | 1963 | K50 | 1 | 23. | 0:26:00 (115.) | | 0:53:11 | 05:17 | 0:52:58 |
| 114. | 462 | Zawada Adam | Gruszczyn | | 1972 | M40 | 21 | 91. | 0:25:11 (100.) | | 0:53:14 | 05:18 | 0:53:02 |
| 115. | 398 | Chyćko Paulina | Poznań | Maratończyk Poznań | 1993 | K20 | 3 | 24. | 0:26:37 (123.) | | 0:53:20 | 05:18 | 0:53:03 |
| 116. | 430 | Ratajczak Jacek | Swarzędz | Swarzędz Biega | 1978 | M40 | 22 | 92. | 0:26:41 (125.) | | 0:53:48 | 05:20 | 0:53:22 |
| 117. | 354 | Mączyński Jakub | Margonin | Wataha-Łączy nas bieganie | 2004 | M16 | 2 | 93. | 0:26:52 (131.) | | 0:53:40 | 05:21 | 0:53:34 |
| 118. | 454 | Łochowicz Kamil | Stołężyn | | 1997 | M20 | 22 | 94. | 0:26:10 (117.) | | 0:54:22 | 05:23 | 0:53:50 |
| 119. | 338 | BOGUSZ MAREK | Kostrzyn | Walka Kostrzyn | 1959 | M60 | 7 | 95. | 0:26:45 (129.) | | 0:54:19 | 05:23 | 0:53:58 |
| 120. | 419 | Tobera Mateusz | Zasutowo | | 1993 | M20 | 23 | 96. | 0:25:40 (110.) | | 0:54:05 | 05:24 | 0:54:00 |
| 121. | 407 | Kluza Tomasz | Mogilno | 1982 | 1982 | M30 | 37 | 97. | 0:26:44 (127.) | | 0:54:41 | 05:25 | 0:54:19 |
| 122. | 397 | Żabko Aleksandra | Poznań | Night Runners | 1992 | K20 | 4 | 25. | 0:26:44 (128.) | | 0:54:41 | 05:26 | 0:54:20 |
| 123. | 379 | Błoszyk Robert | Murowana Goślina | | 1982 | M30 | 38 | 98. | 0:25:55 (114.) | | 0:54:40 | 05:26 | 0:54:21 |
| 124. | 271 | Woźnicki Mikołaj | Wągrowiec | | 1987 | M30 | 39 | 99. | 0:27:01 (135.) | | 0:54:48 | 05:26 | 0:54:25 |
| 125. | 469 | Walkowiak Sebastian | Rogoźno | | 1975 | M40 | 23 | 100. | 0:26:41 (124.) | | 0:54:39 | 05:26 | 0:54:26 |
| 126. | 426 | Mielcarek Adrian | Poznań | Minionki Dachsera | 1991 | M20 | 24 | 101. | 0:25:29 (107.) | | 0:54:54 | 05:27 | 0:54:34 |
| 127. | 472 | Początek Michał | Piła | | 1955 | M60 | 8 | 102. | 0:26:55 (132.) | | 0:54:52 | 05:28 | 0:54:41 |



| Msc open | Nr start | Nazwisko i imię | Miejscowość | Klub | Rok ur | Kat | Msc kat | Msc M/K | 5km | Gmin Skoki | Czas brutto | Tempo min/k | Wynik netto |
|----------|----------|-----------------------|-------------|----------------------|--------|-----|---------|---------|----------------|------------|-------------|-------------|----------------|
| 128. | 427 | Grabowski Adam | Wągrowiec | | 1979 | M40 | 24 | 103. | 0:26:57 (134.) | | 0:55:32 | 05:30 | 0:55:08 |
| 129. | 333 | Gałowska Agnieszka | Wągrowiec | InPower Jacek Najder | 1979 | K40 | 7 | 26. | 0:26:19 (119.) | | 0:55:27 | 05:31 | 0:55:15 |
| 130. | 461 | Brodziszewski Wiesław | Swarzędz | BRODEX TEAM SWARZĘDZ | 1959 | M60 | 9 | 104. | 0:26:21 (120.) | | 0:55:27 | 05:31 | 0:55:15 |
| 131. | 382 | Danielewicz Izabela | Poznań | | 1969 | K50 | 2 | 27. | 0:26:45 (130.) | | 0:55:36 | 05:32 | 0:55:22 |
| 132. | 308 | Nowak Łukasz | Kcynia | #BIEGACZE | 1982 | M30 | 40 | 105. | 0:27:07 (137.) | | 0:55:43 | 05:32 | 0:55:23 |
| 133. | 323 | SALITA LECH | GNIĘZNO | Altom Gniezno | 1960 | M50 | 4 | 106. | 0:27:52 (141.) | | 0:56:09 | 05:33 | 0:55:37 |
| 134. | 331 | Waraczewski Andrzej | Gniezno | Harpagan Gniezno | 1962 | M50 | 5 | 107. | 0:27:52 (140.) | | 0:56:12 | 05:34 | 0:55:40 |
| 135. | 290 | Czerwińska Arleta | Czerwonak | | 1959 | K60 | 1 | 28. | 0:26:27 (121.) | | 0:56:11 | 05:34 | 0:55:46 |
| 136. | 275 | Matecka Barbara | Koziegłowy | Czerwonak Biega | 1977 | K40 | 8 | 29. | 0:27:36 (139.) | | 0:56:22 | 05:35 | 0:55:56 |
| 137. | 284 | Furmaniuk Tomasz | Poznań | SPEED FREAKS | 1984 | M30 | 41 | 108. | 0:26:37 (122.) | | 0:56:15 | 05:35 | 0:55:57 |
| 138. | 329 | Gadomski Piotr | Czerwonak | | 1970 | M40 | 25 | 109. | 0:26:55 (133.) | | 0:56:24 | 05:36 | 0:56:04 |
| 139. | 274 | Braciszewski Andrzej | Kłecko | | 1965 | M50 | 6 | 110. | 0:28:36 (147.) | | 0:56:30 | 05:36 | 0:56:05 |
| 140. | 321 | Seidler Bartosz | Skoki | Hart Skoki | 1977 | M40 | 26 | 111. | 0:28:37 (149.) | 10. | 0:56:40 | 05:36 | 0:56:08 |
| 141. | 452 | Fajfer Jacek | Gruszczyn | | 1960 | M50 | 7 | 112. | 0:28:00 (142.) | | 0:56:34 | 05:37 | 0:56:10 |
| 142. | 267 | Skalski Michał | Wągrowiec | | 1988 | M30 | 42 | 113. | 0:27:01 (136.) | | 0:56:57 | 05:39 | 0:56:36 |
| 143. | 371 | gac danuta | ryczywół | | 1979 | K40 | 9 | 30. | 0:28:15 (144.) | | 0:57:39 | 05:43 | 0:57:19 |
| 144. | 406 | Sobkowiak Maciej | Poznań | anonimowi biegacze | 1980 | M30 | 43 | 114. | 0:26:44 (126.) | | 0:57:59 | 05:45 | 0:57:36 |
| 145. | 499 | Walczak Gosia | Chodzież | PCH_RUN | 1978 | K40 | 10 | 31. | 0:28:35 (146.) | | 0:58:44 | 05:50 | 0:58:28 |
| 146. | 456 | Lehmann Krzysztof | Chodzież | PCH_RUN | 1978 | M40 | 27 | 115. | 0:28:36 (148.) | | 0:58:44 | 05:50 | 0:58:29 |
| 147. | 413 | Witkowski Mariusz | Gniezno | Mawi Gniezno | 1981 | M30 | 44 | 116. | 0:29:48 (166.) | | 0:59:16 | 05:52 | 0:58:47 |
| 148. | 455 | Nowak Karolina | Wągrowiec | | 1991 | K20 | 5 | 32. | 0:28:14 (143.) | | 0:59:20 | 05:54 | 0:59:02 |
| 149. | 425 | Matecki Mariusz | POZNAŃ | Minionki Dachsera | 1973 | M40 | 28 | 117. | 0:27:30 (138.) | | 0:59:24 | 05:54 | 0:59:03 |
| 150. | 281 | Wyśłużal Elżbieta | Poznań | | 1965 | K50 | 3 | 33. | 0:28:48 (152.) | | 0:59:35 | 05:55 | 0:59:12 |
| 151. | 268 | Jaškowiak Adrianna | Wągrowiec | | 1990 | K20 | 6 | 34. | 0:28:48 (151.) | | 0:59:41 | 05:55 | 0:59:19 |
| 152. | 316 | Czarnecki Hubert | Skoki | | 1982 | M30 | 45 | 118. | 0:29:37 (163.) | 11. | 0:59:52 | 05:56 | 0:59:21 |
| 153. | 396 | Fiałkowski Janek | Kórnik | Night Runners | 1969 | M50 | 8 | 119. | 0:29:36 (161.) | | 0:59:57 | 05:56 | 0:59:26 |



| Msc open | Nr start | Nazwisko i imię | Miejscowość | Klub | Rok ur | Kat | Msc kat | Msc M/K | 5km | Gmin Skoki | Czas brutto | Tempo min/k | Wynik netto |
|----------|----------|------------------------|-----------------------|----------------------------|--------|-----|---------|---------|----------------|------------|-------------|-------------|----------------|
| 154. | 479 | Głapa Marta | Poznań | Night Runners | 1991 | K20 | 7 | 35. | 0:29:33 (159.) | | 0:59:57 | 05:56 | 0:59:26 |
| 155. | 480 | Mazur Danuta | Skoki | Beiersdorf Sport Team | 1969 | K50 | 4 | 36. | 0:28:51 (153.) | 2. | 0:59:44 | 05:58 | 0:59:40 |
| 156. | 347 | Rożkowski Roman | ŚREM | Runner's Power Śrem | 1958 | M60 | 10 | 120. | 0:28:31 (145.) | | 0:59:57 | 05:58 | 0:59:42 |
| 157. | 292 | Czerwińska Agnieszka | Krotoszyn | | 1982 | K30 | 11 | 37. | 0:28:43 (150.) | | 1:00:15 | 05:59 | 0:59:53 |
| 158. | 363 | Hnat Tomasz | Międzyrzecz | Sam dla siebie 6 | 1981 | M30 | 46 | 121. | 0:29:09 (157.) | | 1:00:52 | 06:02 | 1:00:23 |
| 159. | 327 | Małysz Tadeusz | Murowana Goślina | KB Katorżnik Murowana | 1959 | M60 | 11 | 122. | 0:29:34 (160.) | | 1:00:58 | 06:03 | 1:00:33 |
| 160. | 381 | Nowak Tomasz | Janowiec Wielkopolski | Rodzina.pl | 1981 | M30 | 47 | 123. | 0:29:42 (164.) | | 1:00:58 | 06:03 | 1:00:34 |
| 161. | 459 | Tarnowski Mateusz | Janowiec Wielkopolski | Rodzina PL | 1987 | M30 | 48 | 124. | 0:29:43 (165.) | | 1:00:58 | 06:03 | 1:00:34 |
| 162. | 278 | Graczyk Damian | Owińska | Czerwonak Biega | 1982 | M30 | 49 | 125. | 0:28:58 (154.) | | 1:01:16 | 06:04 | 1:00:48 |
| 163. | 315 | Ołęderek Maciej | Poznań | Poznań | 1969 | M50 | 9 | 126. | 0:29:37 (162.) | | 1:01:44 | 06:07 | 1:01:13 |
| 164. | 359 | Czarnecka Agnieszka | Kostrzyn Wielkopolski | Walka Kostrzyn | 1989 | K30 | 12 | 38. | 0:29:04 (155.) | | 1:01:59 | 06:09 | 1:01:39 |
| 165. | 374 | Pernet-Szóstak Ewelina | Poznań | Szóstaki | 1981 | K30 | 13 | 39. | 0:29:05 (156.) | | 1:01:59 | 06:10 | 1:01:42 |
| 166. | 441 | Polaczek Lidia | Swarzędz | | 1966 | K50 | 5 | 40. | 0:30:12 (168.) | | 1:02:13 | 06:10 | 1:01:47 |
| 167. | 272 | Matecki Tomasz | Koziegłowy | Czerwonak Biega | 1976 | M40 | 29 | 127. | 0:29:23 (158.) | | 1:02:39 | 06:13 | 1:02:11 |
| 168. | 387 | Jóźwiak Dariusz | Poznań | | 1964 | M50 | 10 | 128. | 0:31:02 (172.) | | 1:02:49 | 06:13 | 1:02:19 |
| 169. | 294 | Skibińska-Kot Danuta | Murowana Goślina | | 1958 | K60 | 2 | 41. | 0:31:19 (174.) | | 1:03:05 | 06:16 | 1:02:45 |
| 170. | 437 | Hoffmann Alicja | Biedrusko | Drużyna Jacka | 1986 | K30 | 14 | 42. | 0:30:27 (169.) | | 1:04:51 | 06:28 | 1:04:40 |
| 171. | 283 | Wysłuzal Monika | Poznań | | 1989 | K30 | 15 | 43. | 0:30:00 (167.) | | 1:05:12 | 06:28 | 1:04:48 |
| 172. | 394 | Czarnecka Małgorzata | Złotów | Złoty | 1968 | K50 | 6 | 44. | 0:31:02 (173.) | | 1:05:37 | 06:31 | 1:05:17 |
| 173. | 423 | Jankowski Tomasz | Poznań | | 1982 | M30 | 50 | 129. | 0:30:29 (170.) | | 1:05:37 | 06:32 | 1:05:22 |
| 174. | 388 | Bednarek Arkadiusz | Poznań | Drużyna Jacka | 1977 | M40 | 30 | 130. | 0:31:53 (177.) | | 1:06:10 | 06:34 | 1:05:40 |
| 175. | 389 | Endler Jacek | Murowana Goślina | Drużyna Jacka | 1957 | M60 | 12 | 131. | 0:31:53 (178.) | | 1:06:10 | 06:34 | 1:05:41 |
| 176. | 297 | Mączyński Grzegorz | Margonin | Wataha- łączy nas bieganie | 1968 | M50 | 11 | 132. | 0:31:49 (176.) | | 1:06:57 | 06:41 | 1:06:50 |
| 177. | 411 | Szymańska Joanna | Skoki | | 1995 | K20 | 8 | 45. | 0:32:04 (179.) | 3. | 1:07:10 | 06:42 | 1:07:06 |
| 178. | 457 | Ciesielska Agnieszka | Tulce | | 1968 | K50 | 7 | 46. | 0:30:43 (171.) | | 1:07:32 | 06:43 | 1:07:18 |
| 179. | 302 | Ludzkowski Krzysztof | Murowana Goślina | KB Katorżnik Murowana | 1991 | M20 | 25 | 133. | 0:35:31 (180.) | | 1:08:00 | 06:44 | 1:07:27 |



| Msc open | Nr start | Nazwisko i imię | Miejscowość | Klub | Rok ur | Kat | Msc kat | Msc M/K | 5km | Gmin Skoki | Czas brutto | Tempo min/k | Wynik netto |
|-------------|-------------|-----------------|------------------|---------------|-----------|-----|------------|------------|----------------|---------------|----------------|----------------|----------------|
| 180. | 295 | Remisz Izabella | Murowana Goślina | Wolny Wybieg | 1990 | K20 | 9 | 47. | 0:31:45 (175.) | | 1:08:14 | 06:47 | 1:07:58 |
| 181. | 390 | Kramer Hanna | Murowana Goślina | Drużyna Jacka | 1964 | K50 | 8 | 48. | 0:37:25 (181.) | | 1:18:14 | 07:46 | 1:17:44 |

Liczba zawodników: 181

