

I Bieg "NASZA DYCHA", Gostyń

Organizatorzy: PROFARM M. FRĄCKOWIAK - Gostyń, Gostyńskie Towarzystwo Sportowe CITIUS

Data: 2014-04-27

Dystans: 10 km

Wyniki



| Miejsce | Numer | Imię | Nazwisko | Klub | Miejscowość | Rocznik | Kat. wiek. | Miejsce | | | Wynik | Czas netto |
|---------|-------|-----------|------------|---------------------------------|--------------------|---------|------------|---------|----|---|----------|------------|
| | | | | | | | | kat. | M | K | | |
| 1 | 3 | Adam | Nowicki | MKL Szczecin/UKS Jedynka Gostyń | Gostyń | 1990 | M20 | 1 | 1 | | 00:30:23 | 00:30:22 |
| 2 | 567 | Mykola | Iukhymcuk | Achilles Leszno | Luck | 1985 | M20 | 2 | 2 | | 00:30:31 | 00:30:30 |
| 3 | 563 | Sergii | Rybak | LKB Rudnik | Vinnitsa | 1986 | M20 | 3 | 3 | | 00:30:32 | 00:30:31 |
| 4 | 28 | Dawid | Klaybor | MKS Chojniczanka Chojnice | Sierosław | 1990 | M20 | 4 | 4 | | 00:31:23 | 00:31:23 |
| 5 | 572 | Volodymyr | Timashov | Achilles Leszno | Donieck | 1981 | M30 | 1 | 5 | | 00:31:48 | 00:31:47 |
| 6 | 570 | Anton | Potoskiy | Achilles Leszno | Dnepropetrovsk | 1984 | M30 | 2 | 6 | | 00:32:13 | 00:32:12 |
| 7 | 125 | Adam | Konieczny | TS Olimpia Poznań | Zaniemyśl | 1992 | M20 | 5 | 7 | | 00:33:32 | 00:33:31 |
| 8 | 441 | Damian | Glapiak | LLKS OSOWA SIEŃ | Bucz | 1980 | M30 | 3 | 8 | | 00:34:24 | 00:34:23 |
| 9 | 519 | Łukasz | Banaszak | VELUX GNIEZNO | DZIAŁYŃ | 1985 | M20 | 6 | 9 | | 00:34:39 | 00:34:38 |
| 10 | 302 | Maciej | Grembski | CSGT Głogów | Głogów | 1992 | M20 | 7 | 10 | | 00:34:47 | 00:34:46 |
| 11 | 299 | Mikołaj | Klonowski | KP PSP Gostyń | Gostyń | 1990 | M20 | 8 | 11 | | 00:35:08 | 00:35:07 |
| 12 | 595 | Bartosz | Feifer | Wolsztyński Klub Biegowy | Wolsztyn | 1988 | M20 | 9 | 12 | | 00:35:18 | 00:35:17 |
| 13 | 385 | Adrian | Graczyk | | Czarnków | 1988 | M20 | 10 | 13 | | 00:35:42 | 00:35:39 |
| 14 | 192 | Mirosław | Michalak | | Kościan | 1987 | M20 | 11 | 14 | | 00:35:46 | 00:35:44 |
| 15 | 392 | Robert | Gacki | STR Poznań | Poznań | 1984 | M30 | 4 | 15 | | 00:35:50 | 00:35:49 |
| 16 | 555 | Sławomir | Naskręt | sklepbiegacza.pl | Piaski | 1974 | M40 | 1 | 16 | | 00:36:17 | 00:36:17 |
| 17 | 235 | Marcin | Karkoszka | PWZS Kalisz | Palaty | 1993 | M20 | 12 | 17 | | 00:36:24 | 00:36:22 |
| 18 | 576 | Jerzy | Wawrzyniak | Drużyna Szpiku | Śrem | 1975 | M30 | 5 | 18 | | 00:36:43 | 00:36:42 |
| 19 | 448 | Roman | Janowicz | rozbiegany rawicz | Słupia kapitulna | 1970 | M40 | 2 | 19 | | 00:36:47 | 00:36:41 |
| 20 | 589 | Roman | Janas | Grodziski Klub Biegacza | Grodzisk Wlkp. | 1972 | M40 | 3 | 20 | | 00:37:00 | 00:36:59 |
| 21 | 261 | Rafał | Ajchelman | | KSIĄŻ WIELKOPOLSKI | 1978 | M30 | 6 | 21 | | 00:37:39 | 00:37:36 |
| 22 | 260 | Jakub | Goiński | | PLEWISKA | 1983 | M30 | 7 | 22 | | 00:37:58 | 00:37:55 |
| 23 | 242 | Arek | Jankowski | KB UE Poznań | Poznań | 1975 | M30 | 8 | 23 | | 00:38:00 | 00:37:59 |
| 24 | 568 | Snizhana | Rybak | Achilles Leszno | Leszno | 1986 | K20 | 1 | | 1 | 00:38:01 | 00:38:00 |
| 25 | 569 | Maria | Saradyniuk | Achilles Leszno | Winnica | 1992 | K20 | 2 | | 2 | 00:38:04 | 00:38:03 |
| 26 | 501 | Grzegorz | Sowa | | Poznań | 1977 | M30 | 9 | 24 | | 00:38:27 | 00:38:25 |
| 27 | 412 | Grzegorz | Wosiak | | Żelazno | 1974 | M40 | 4 | 25 | | 00:38:32 | 00:38:30 |
| 28 | 196 | Krzysztof | Kasprzak | speed zółwik | Naratów | 1971 | M40 | 5 | 26 | | 00:38:36 | 00:38:30 |
| 29 | 545 | Robert | Tarnowski | | Gola | 1981 | M30 | 10 | 27 | | 00:38:38 | 00:38:35 |

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|---------|-------|------------|---------------|--|------------------|---------|------------|---------|----|---|----------|------------|
| | | | | | | | | kat. | M | K | | |
| 30 | 591 | Aleksandra | Paisert | biegologia.pl team | Elbląg | 1986 | K20 | 3 | | 3 | 00:38:39 | 00:38:37 |
| 31 | 150 | Mariusz | Kaźmierczak | | Tarnowo Podgórne | 1979 | M30 | 11 | 28 | | 00:38:53 | 00:38:49 |
| 32 | 422 | Czesław | Sienkiewicz | KS KROTOSZ KROTOSZYN | Krotoszyn | 1958 | M50 | 1 | 29 | | 00:38:54 | 00:38:49 |
| 33 | 571 | Artur | Chudy | LLKS OSOWA SIEŃ | Ludwinowo | 1997 | M20 | 13 | 30 | | 00:39:02 | 00:39:00 |
| 34 | 251 | Marcin | Jung | | GNIEZNO | 1981 | M30 | 12 | 31 | | 00:39:07 | 00:39:05 |
| 35 | 583 | Mateusz | Kędzior | Sportowa Paczka | Poznań | 1973 | M40 | 6 | 32 | | 00:39:18 | 00:39:14 |
| 36 | 265 | Tomasz | Koebisch | | Poznań | 1978 | M30 | 13 | 33 | | 00:39:28 | 00:39:25 |
| 37 | 574 | Jędrzej | Giełda | | Legnica | 1983 | M30 | 14 | 34 | | 00:39:29 | 00:39:15 |
| 38 | 447 | Mariusz | Wira | KB Miś Borek Wlkp. | BOREK WLKP. | 1973 | M40 | 7 | 35 | | 00:39:35 | 00:39:33 |
| 39 | 4 | Robert | Malewicz | Stowarzyszenie AKTIW | Wolsztyn | 1984 | M30 | 15 | 36 | | 00:39:36 | 00:39:36 |
| 40 | 183 | Łukasz | Roth | Night Runners | poznań | 1979 | M30 | 16 | 37 | | 00:39:37 | 00:39:35 |
| 41 | 140 | Maciej | Kaminik | Runners Power | Srem | 1989 | M20 | 14 | 38 | | 00:39:38 | 00:39:34 |
| 42 | 445 | Magdalena | Kita | Kitki Team | Poznań | 1982 | K30 | 1 | | 4 | 00:39:40 | 00:39:38 |
| 43 | 267 | Łukasz | Mayer | Chod-Dróg MTB Team (www.chod-drog-mtbteam.pl) | Gostyń | 1980 | M30 | 17 | 39 | | 00:39:45 | 00:39:44 |
| 44 | 6 | Maciej | Pastwa | Poznań | Poznań | 1986 | M20 | 15 | 40 | | 00:39:47 | 00:39:45 |
| 45 | 409 | Bartłomiej | Kędzia | Osp Radomicko | Radomicko | 1977 | M30 | 18 | 41 | | 00:39:48 | 00:39:41 |
| 46 | 105 | Bartosz | Michalak | Runners Power | Śrem | 1979 | M30 | 19 | 42 | | 00:39:49 | 00:39:47 |
| 47 | 146 | Paweł | Wałkiewicz | | Bojanowo | 1982 | M30 | 20 | 43 | | 00:39:49 | 00:39:49 |
| 48 | 241 | Paweł | Matuszak | | Krzywiń | 1984 | M30 | 21 | 44 | | 00:39:50 | 00:39:48 |
| 49 | 297 | Krzysztof | Tomczuk | | Wrocław | 1982 | M30 | 22 | 45 | | 00:39:55 | 00:39:50 |
| 50 | 442 | Łukasz | Kurzawski | KP PSP Kościan | Stare Bojanowo | 1984 | M30 | 23 | 46 | | 00:40:05 | 00:40:04 |
| 51 | 590 | Hubert | Urbaniak | rozbiegany rawicz | Rawicz | 1982 | M30 | 24 | 47 | | 00:40:08 | 00:40:01 |
| 52 | 131 | Sebastian | Stokłosa | | Leszno | 1984 | M30 | 25 | 48 | | 00:40:10 | 00:40:05 |
| 53 | 120 | Krzysztof | Wojciechowski | | Gostyń | 1990 | M20 | 16 | 49 | | 00:40:13 | 00:40:00 |
| 54 | 239 | Łukasz | Przybyła | | Karpicko | 1984 | M30 | 26 | 50 | | 00:40:14 | 00:40:03 |
| 55 | 370 | Jakub | Molik | STR Poznań | Wrocław | 1989 | M20 | 17 | 51 | | 00:40:16 | 00:40:13 |
| 56 | 524 | Krzysztof | Kasprzak | KS KROTOSZ KROTOSZYN | Kobierno | 1968 | M40 | 8 | 52 | | 00:40:22 | 00:40:13 |
| 57 | 136 | Janusz | Knapp | GOSTYŃ | GOSTYŃ | 1982 | M30 | 27 | 53 | | 00:40:23 | 00:40:20 |
| 58 | 378 | Krzysztof | Matyśkiewicz | | Gostyń | 1966 | M40 | 9 | 54 | | 00:40:28 | 00:40:26 |

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|---------|-------|------------|-------------|--------------------------------------|--------------------|---------|------------|---------|----|---|----------|------------|
| | | | | | | | | kat. | M | K | | |
| 59 | 531 | Adam | Szaefer | Monkey Gone to Heaven | Borówiec | 1979 | M30 | 28 | 55 | | 00:40:40 | 00:40:37 |
| 60 | 202 | Zdzisław | Kazibut | Poznan | Poznan | 1952 | M60 | 1 | 56 | | 00:40:45 | 00:40:43 |
| 61 | 560 | Andrzej | Kostka | | Polkowice | 1966 | M40 | 10 | 57 | | 00:40:54 | 00:40:52 |
| 62 | 541 | Piotr | Pancerz | RB Kórnik | Kórnik | 1977 | M30 | 29 | 58 | | 00:41:05 | 00:41:01 |
| 63 | 599 | Maciej | Świerkowski | KB Miś Borek Wlkp. | Borek Wielkopolski | 1979 | M30 | 30 | 59 | | 00:41:08 | 00:41:06 |
| 64 | 366 | Wiesław | Chojniak | Night Runners | Poznań | 1973 | M40 | 11 | 60 | | 00:41:09 | 00:41:05 |
| 65 | 181 | Jacek | Talarczak | | Krobia | 1967 | M40 | 12 | 61 | | 00:41:15 | 00:41:12 |
| 66 | 186 | Damian | Kabała | | Gostyń | 1980 | M30 | 31 | 62 | | 00:41:19 | 00:41:16 |
| 67 | 53 | Marcin | Talma | Wielkopolscy Biegacze/Piaski | Piaski | 1991 | M20 | 18 | 63 | | 00:41:19 | 00:41:17 |
| 68 | 376 | Krzysztof | Sarbinowski | | Turew | 1983 | M30 | 32 | 64 | | 00:41:23 | 00:41:20 |
| 69 | 113 | Marcin | Rozzak | KB MIŚ | Borek Wlkp. | 1980 | M30 | 33 | 65 | | 00:41:27 | 00:41:24 |
| 70 | 225 | Andrzej | Matyja | Runners Power | Śrem | 1974 | M40 | 13 | 66 | | 00:41:38 | 00:41:34 |
| 71 | 160 | Marlena | Nowacka | JAN-MAR.PL | PIASKI | 1976 | K30 | 2 | | 5 | 00:41:44 | 00:41:43 |
| 72 | 104 | Przemysław | Stęclik | Muzeum Narodowe w Poznaniu | Poznań | 1979 | M30 | 34 | 67 | | 00:41:47 | 00:41:41 |
| 73 | 59 | Dominik | Tomaszewski | | Kórnik | 1972 | M40 | 14 | 68 | | 00:41:51 | 00:41:46 |
| 74 | 379 | Kacper | Śmichurski | | Zalasewo | 1998 | M20 | 19 | 69 | | 00:42:07 | 00:42:06 |
| 75 | 444 | Marian | Świtoń | TG SOKÓŁ BUKOWNICA | Grabów nad Prosną | 1960 | M50 | 2 | 70 | | 00:42:11 | 00:42:07 |
| 76 | 480 | Piotr | Józefczak | | Zaniemyśl | 1995 | M20 | 20 | 71 | | 00:42:15 | 00:42:13 |
| 77 | 250 | Janusz | Szymański | | Poznań | 1951 | M60 | 2 | 72 | | 00:42:19 | 00:42:15 |
| 78 | 408 | Maciej | Leman | Drużyna Szpiku / PGB Sportowa Paczka | Poznań | 1970 | M40 | 15 | 73 | | 00:42:22 | 00:42:15 |
| 79 | 42 | Konrad | Zarewicz | poznanbiega.pl | Dąbrówka | 1982 | M30 | 35 | 74 | | 00:42:24 | 00:42:21 |
| 80 | 373 | Maciej | Gerowski | | Gostyń | 1975 | M30 | 36 | 75 | | 00:42:26 | 00:42:19 |
| 81 | 219 | Miroslaw | Prętkowski | | Gostyń | 1985 | M20 | 21 | 76 | | 00:42:26 | 00:42:23 |
| 82 | 23 | Krzysztof | Ignaszewski | | Śrem | 1974 | M40 | 16 | 77 | | 00:42:44 | 00:42:38 |
| 83 | 100 | Jarosław | Kalak | PGB Szybka Paczka | Krotoszyn | 1981 | M30 | 37 | 78 | | 00:42:46 | 00:42:40 |
| 84 | 135 | Leszek | Kmieć | | Psarskie | 1977 | M30 | 38 | 79 | | 00:42:47 | 00:42:41 |
| 85 | 561 | Eugeniusz | Bokus | Night Runners | Kościan | 1963 | M50 | 3 | 80 | | 00:42:47 | 00:42:45 |
| 86 | 325 | Przemysław | Krygier | | Bojanowo | 1983 | M30 | 39 | 81 | | 00:42:48 | 00:42:42 |
| 87 | 68 | Rafał | Przybył | | Piaski | 1989 | M20 | 22 | 82 | | 00:42:48 | 00:42:38 |

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|---------|-------|------------|---------------|---------------------------------|--------------------|---------|------------|---------|-----|---|----------|------------|
| | | | | | | | | kat. | M | K | | |
| 88 | 228 | Paweł | Piotrowski | | GOSTYŃ | 1975 | M30 | 40 | 83 | | 00:42:48 | 00:42:44 |
| 89 | 263 | Krzysztof | Konopniak | Grupa Biegowa ROZBIEGANY RAWICZ | Rawicz | 1974 | M40 | 17 | 84 | | 00:42:49 | 00:42:43 |
| 90 | 116 | Marcin | Nowak | KB Miś Borek Wlkp. | borek wlkp. | 1971 | M40 | 18 | 85 | | 00:42:52 | 00:42:50 |
| 91 | 516 | Marian | Michalski | | Bruszczewo | 1963 | M50 | 4 | 86 | | 00:42:54 | 00:42:52 |
| 92 | 258 | Patryk | Wojtkowiak | UKS Borek Wielkopolski | Borek Wielkopolski | 1998 | M20 | 23 | 87 | | 00:42:56 | 00:42:53 |
| 93 | 413 | Krystian | Knaflewski | Maraton Leszno | Leszno | 1978 | M30 | 41 | 88 | | 00:42:58 | 00:42:54 |
| 94 | 103 | Maciej | Dziechciowski | Runners Power | Śrem | 1980 | M30 | 42 | 89 | | 00:43:00 | 00:42:57 |
| 95 | 276 | Piotr | Góralski | | Piaski | 1980 | M30 | 43 | 90 | | 00:43:00 | 00:42:56 |
| 96 | 458 | Filip | Idkowiak | Sporty Walki Gostyń | Gostyń | 1998 | M20 | 24 | 91 | | 00:43:01 | 00:42:39 |
| 97 | 383 | Bartosz | Szewczyk | | Śnieciska | 1988 | M20 | 25 | 92 | | 00:43:02 | 00:43:01 |
| 98 | 169 | Andrzej | Maciejewski | KS.KROTOSZ KROTOSZYN | Krotoszyn | 1959 | M50 | 5 | 93 | | 00:43:05 | 00:42:59 |
| 99 | 354 | Wiesław | Rejek | | Krobia | 1955 | M50 | 6 | 94 | | 00:43:06 | 00:43:00 |
| 100 | 485 | Aleksander | Jagodziński | GOSTYŃ | Gostyń | 1976 | M30 | 44 | 95 | | 00:43:14 | 00:43:06 |
| 101 | 597 | Dominik | Kerzia | | Czempiń | 1972 | M40 | 19 | 96 | | 00:43:15 | 00:43:09 |
| 102 | 128 | Paweł | Kotecki | Night Runners | Poznań | 1992 | M20 | 26 | 97 | | 00:43:16 | 00:43:07 |
| 103 | 244 | Bronisław | Matyla | Drużyna Szpiku | Rydzyzna | 1965 | M40 | 20 | 98 | | 00:43:22 | 00:43:11 |
| 104 | 546 | Grzegorz | Konieczny | | Gostyń | 1992 | M20 | 27 | 99 | | 00:43:23 | 00:43:02 |
| 105 | 283 | Daniel | Roszak | | Komorniki | 1978 | M30 | 45 | 100 | | 00:43:31 | 00:43:27 |
| 106 | 489 | Łukasz | Matysiak | KOBYLA GÓRA | Kobyła Góra | 1984 | M30 | 46 | 101 | | 00:43:39 | 00:43:34 |
| 107 | 461 | Mariusz | Pawlak | | Pudliszki | 1965 | M40 | 21 | 102 | | 00:43:43 | 00:43:40 |
| 108 | 31 | Bogdan | Kuliński | DRUŻYNA SZPIKU KGHM | Głogów | 1959 | M50 | 7 | 103 | | 00:43:46 | 00:43:44 |
| 109 | 326 | Dawid | Dąbrowski | | Kościan | 1981 | M30 | 47 | 104 | | 00:43:47 | 00:43:42 |
| 110 | 130 | Rafał | Przybył | Sw Gostyn | Gostyn | 1981 | M30 | 48 | 105 | | 00:43:53 | 00:43:51 |
| 111 | 139 | Maciej | Klepacki | STRAŻ POŻARNA GOSTYŃ | Pępowo | 1981 | M30 | 49 | 106 | | 00:43:57 | 00:43:53 |
| 112 | 182 | Michał | Dajewski | STRAŻ POŻARNA GOSTYŃ | GOSTYŃ | 1982 | M30 | 50 | 107 | | 00:43:58 | 00:43:52 |
| 113 | 548 | Bartosz | Maszyna | Sporty Walki Gostyń | Gostyń | 1993 | M20 | 28 | 108 | | 00:43:58 | 00:43:38 |
| 114 | 352 | Szymon | Lange | Runners Power | Śrem | 1979 | M30 | 51 | 109 | | 00:44:01 | 00:43:57 |
| 115 | 286 | Marcin | Kawka | | Poznań | 1979 | M30 | 52 | 110 | | 00:44:02 | 00:43:55 |
| 116 | 178 | Przemek | Janicki | STRAŻ POŻARNA GOSTYŃ | Gostyń | 1980 | M30 | 53 | 111 | | 00:44:04 | 00:43:59 |

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| | | | | | | | | kat. | M | K | | |
| 117 | 601 | Przemysław | Andrzejewski | KB im. Macieja Frankiewicza | Poznań | 1980 | M30 | 54 | 112 | | 00:44:09 | 00:43:39 |
| 118 | 20 | Hanna | Horala | | Gostyń | 1983 | K30 | 3 | | 6 | 00:44:14 | 00:44:09 |
| 119 | 566 | Sławomir | Wróblewski | | Sobiałkowo | 1979 | M30 | 55 | 113 | | 00:44:14 | 00:44:07 |
| 120 | 505 | Sebastian | Weber | Sporty Walki Gostyń | Gostyń | 1986 | M20 | 29 | 114 | | 00:44:21 | 00:44:06 |
| 121 | 587 | Dawid | Grobelny | Osieczna | Osieczna | 1980 | M30 | 56 | 115 | | 00:44:26 | 00:44:17 |
| 122 | 127 | Krzysztof | Lipski | | Paprotnia | 1991 | M20 | 30 | 116 | | 00:44:26 | 00:44:16 |
| 123 | 52 | Wojciech | Przybył | EASY RUNNERS | Pudliszki | 1987 | M20 | 31 | 117 | | 00:44:29 | 00:44:26 |
| 124 | 556 | Michał | Zygmunt | | Gostyń | 1987 | M20 | 32 | 118 | | 00:44:30 | 00:44:05 |
| 125 | 246 | Remigiusz | Bachorski | Zabiegani | Ciosaniec | 1984 | M30 | 57 | 119 | | 00:44:34 | 00:44:27 |
| 126 | 143 | Piotr | Kaźmierski | | Gostyń | 1976 | M30 | 58 | 120 | | 00:44:36 | 00:44:23 |
| 127 | 310 | Sławomir | Marzec | | Gostyń | 1986 | M20 | 33 | 121 | | 00:44:38 | 00:44:33 |
| 128 | 51 | Piotr | Przybył | EASY RUNNERS | Czachorowo | 1972 | M40 | 22 | 122 | | 00:44:45 | 00:44:41 |
| 129 | 172 | Roman | Błaszka | | Luboń | 1958 | M50 | 8 | 123 | | 00:44:45 | 00:44:41 |
| 130 | 525 | Zbigniew | Witkowski | Sporty Walki Gostyn | Gostyń | 1983 | M30 | 59 | 124 | | 00:44:50 | 00:44:29 |
| 131 | 490 | Michał | Karolczak | | Gostkowo | 1990 | M20 | 34 | 125 | | 00:44:50 | 00:44:45 |
| 132 | 355 | Mariusz | Krupa | | Poznań | 1982 | M30 | 60 | 126 | | 00:44:52 | 00:44:44 |
| 133 | 41 | Jakub | Ciesiołka | PoznanBiega.pl / Wielkopolscy Biegacze | Poznań | 1980 | M30 | 61 | 127 | | 00:44:53 | 00:44:46 |
| 134 | 247 | Jacek | Szczepaniak | Almar Transport Spedycja | Śrem | 1966 | M40 | 23 | 128 | | 00:44:54 | 00:44:37 |
| 135 | 604 | Mirosław | Gembalski | Maraton Leszno | Leszno | 1969 | M40 | 24 | 129 | | 00:44:57 | 00:44:50 |
| 136 | 133 | Krzysztof | Celka | | Gostyń | 1981 | M30 | 62 | 130 | | 00:44:59 | 00:44:52 |
| 137 | 22 | Łukasz | Lisiecki | Night Runners | Poznań | 1986 | M20 | 35 | 131 | | 00:45:01 | 00:44:52 |
| 138 | 532 | Marcin | Janiszewski | | Gostyń | 1974 | M40 | 25 | 132 | | 00:45:03 | 00:44:59 |
| 139 | 165 | Sebastian | Maroń | | Owińska | 1979 | M30 | 63 | 133 | | 00:45:04 | 00:44:34 |
| 140 | 494 | Adrian | Nolbrzyk | Osieczna | Osieczna | 1976 | M30 | 64 | 134 | | 00:45:05 | 00:44:56 |
| 141 | 482 | Damian | Janowicz | | Lipno | 1974 | M40 | 26 | 135 | | 00:45:11 | 00:45:02 |
| 142 | 533 | Michał | Jędryczkowski | | Krobia | 1975 | M30 | 65 | 136 | | 00:45:13 | 00:45:06 |
| 143 | 425 | Krzysztof | Idkowiak | Sporty Walki Gostyn | Gostyń | 1986 | M20 | 36 | 137 | | 00:45:14 | 00:44:53 |
| 144 | 101 | Magdalena | Panke | Runners Power | Śrem | 1968 | K40 | 1 | | 7 | 00:45:15 | 00:45:00 |
| 145 | 426 | Stanisław | Menzel | Runners Power Śrem | Śrem | 1965 | M40 | 27 | 138 | | 00:45:15 | 00:44:58 |

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| | | | | | | | | kat. | M | K | | |
| 146 | 443 | Dawid | Sworek | | Poznan | 1988 | M20 | 37 | 139 | | 00:45:17 | 00:45:05 |
| 147 | 224 | Przemysław | Marcinkowski | PROTON | Gostyń | 1975 | M30 | 66 | 140 | | 00:45:19 | 00:45:15 |
| 148 | 596 | Dariusz | Pietraszewski | Runners Power | Śrem | 1971 | M40 | 28 | 141 | | 00:45:19 | 00:45:00 |
| 149 | 88 | Tomasz | Węglarz | PGB Szybka Paczka | POGORZELA | 1980 | M30 | 67 | 142 | | 00:45:21 | 00:45:16 |
| 150 | 528 | Rafał | Paluszkiewicz | SPP Team | Luboń | 1976 | M30 | 68 | 143 | | 00:45:25 | 00:45:16 |
| 151 | 417 | Mariusz | Marciniak | | Piaski | 1976 | M30 | 69 | 144 | | 00:45:27 | 00:45:20 |
| 152 | 492 | Antoni | Załachowski | | Kobyła Góra | 1973 | M40 | 29 | 145 | | 00:45:28 | 00:45:22 |
| 153 | 414 | Justyna | Knaflewska | Maraton Leszno | Leszno | 1979 | K30 | 4 | | 8 | 00:45:29 | 00:45:25 |
| 154 | 472 | Bartosz | Dutkiewicz | | Kiekrz | 1980 | M30 | 70 | 146 | | 00:45:31 | 00:45:24 |
| 155 | 477 | Leszek | Nowak | E-ELEKTRYK | Jabłonna | 1972 | M40 | 30 | 147 | | 00:45:32 | 00:45:16 |
| 156 | 148 | Witold | Feledziak | | Gostyń | 1980 | M30 | 71 | 148 | | 00:45:35 | 00:45:20 |
| 157 | 603 | Łukasz | Gembalski | Maraton Leszno | Leszno | 1998 | M20 | 38 | 149 | | 00:45:39 | 00:45:37 |
| 158 | 67 | Przemysław | Tomaszewski | | Gostyń | 1969 | M40 | 31 | 150 | | 00:45:40 | 00:45:36 |
| 159 | 457 | Bernard | Ginter | | Dolsk | 1968 | M40 | 32 | 151 | | 00:45:41 | 00:45:33 |
| 160 | 138 | Jarosław | Rolnik | | Gostyń | 1971 | M40 | 33 | 152 | | 00:45:47 | 00:45:24 |
| 161 | 459 | Mikołaj | Andrzejak | Sporty Walki Gostyń | Gostyń | 1987 | M20 | 39 | 153 | | 00:45:49 | 00:45:28 |
| 162 | 73 | Grzegorz | Dudziak | Night Runners | Mosina | 1987 | M20 | 40 | 154 | | 00:45:49 | 00:45:42 |
| 163 | 107 | Rafał | Matyśkiewicz | | Gostyń | 1971 | M40 | 34 | 155 | | 00:45:52 | 00:45:38 |
| 164 | 195 | Robert | Poliński | | Poznań | 1988 | M20 | 41 | 156 | | 00:45:58 | 00:45:42 |
| 165 | 18 | Sławomir | Mróz | | Borek Wlkp. | 1979 | M30 | 72 | 157 | | 00:45:59 | 00:45:28 |
| 166 | 346 | Jędrzej | Skrzypczak | | Poznań | 1979 | M30 | 73 | 158 | | 00:46:03 | 00:45:37 |
| 167 | 11 | Szymon | Miałkas | Night Runners | Buk | 1986 | M20 | 42 | 159 | | 00:46:06 | 00:45:57 |
| 168 | 30 | Remigiusz | Krzyżański | | Kościan | 1962 | M50 | 9 | 160 | | 00:46:06 | 00:46:06 |
| 169 | 582 | Rajmund | Ratajczak | | Poznań | 1962 | M50 | 10 | 161 | | 00:46:08 | 00:46:03 |
| 170 | 470 | Maksym | Sykisz | SŁONECZNA | Boszkowo-Letnisko | 1980 | M30 | 74 | 162 | | 00:46:09 | 00:46:00 |
| 171 | 530 | Cezary | Paprocki | | Wilkowice | 1969 | M40 | 35 | 163 | | 00:46:11 | 00:45:44 |
| 172 | 298 | Radosław | Tomczyk | | Leszno | 1982 | M30 | 75 | 164 | | 00:46:21 | 00:45:57 |
| 173 | 64 | Tomasz | Stańczak | | Gostyń | 1969 | M40 | 36 | 165 | | 00:46:23 | 00:46:18 |
| 174 | 215 | Lidia | Wajszczak | | Piaski | 1992 | K20 | 4 | | 9 | 00:46:24 | 00:46:11 |

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Wyniki



| Miejsce | Numer | Imię | Nazwisko | Klub | Miejscowość | Rocznik | Kat. wiek. | Miejsce | | | Wynik | Czas netto |
|---------|-------|------------|-------------|------------------------------|-----------------|---------|------------|---------|-----|----|----------|------------|
| | | | | | | | | kat. | M | K | | |
| 175 | 342 | Michał | Dzierła | | Gostyń | 1992 | M20 | 43 | 166 | | 00:46:24 | 00:46:09 |
| 176 | 205 | Marcin | Wojtkowski | | Poznań | 1984 | M30 | 76 | 167 | | 00:46:25 | 00:46:08 |
| 177 | 60 | Marcin | Meller | Luboński Klub Biegacza | Luboń | 1983 | M30 | 77 | 168 | | 00:46:32 | 00:46:22 |
| 178 | 278 | Andrzej | Dajewski | | Stare Oborzyska | 1959 | M50 | 11 | 169 | | 00:46:33 | 00:46:28 |
| 179 | 16 | Zygmunt | Wabiński | | Gostyń | 1958 | M50 | 12 | 170 | | 00:46:34 | 00:46:04 |
| 180 | 274 | Kazimierz | Pawlak | Zielona Miła AŚ Ostrów WLKP. | Ostrów WLKP. | 1959 | M50 | 13 | 171 | | 00:46:34 | 00:46:25 |
| 181 | 93 | Wiesław | Mikołajczak | | Gostyń | 1970 | M40 | 37 | 172 | | 00:46:37 | 00:46:27 |
| 182 | 438 | Przemysław | Pankowski | | Zaniemyśl | 1975 | M30 | 78 | 173 | | 00:46:40 | 00:46:37 |
| 183 | 349 | Piotr | Cwojdziński | Night Runners | Poznań | 1978 | M30 | 79 | 174 | | 00:46:40 | 00:46:32 |
| 184 | 504 | Marcin | Kląskała | OSP CHOJNO | CHOJNO | 1992 | M20 | 44 | 175 | | 00:46:41 | 00:46:32 |
| 185 | 503 | Bartosz | Bohm | BW EKO RAWICZ TEAM | RAWICZ | 1981 | M30 | 80 | 176 | | 00:46:41 | 00:46:32 |
| 186 | 607 | Jaromir | Przybysz | Leszno | Leszno | 1966 | M40 | 38 | 177 | | 00:46:42 | 00:46:29 |
| 187 | 393 | Kinga | Haremza | Night Runners | Poznań | 1973 | K40 | 2 | | 10 | 00:46:44 | 00:46:36 |
| 188 | 418 | Dawid | Nowacki | Straż Pozarna Gostyń | Gostyń | 1982 | M30 | 81 | 178 | | 00:46:46 | 00:46:43 |
| 189 | 507 | Mikołaj | Mazurek | Pogorzela | Pogorzela | 1990 | M20 | 45 | 179 | | 00:46:48 | 00:46:28 |
| 190 | 254 | Mirosław | Garzeł | Dycha Drzymały -Rakoniewice | Rakoniewice | 1982 | M30 | 82 | 180 | | 00:46:53 | 00:46:47 |
| 191 | 497 | Robert | Barczak | | Rydzyzna | 1973 | M40 | 39 | 181 | | 00:46:54 | 00:46:54 |
| 192 | 309 | Arkadiusz | Trąbka | | Krotoszyn | 1976 | M30 | 83 | 182 | | 00:46:54 | 00:46:44 |
| 193 | 593 | Łukasz | Idowiak | | Poniec | 1983 | M30 | 84 | 183 | | 00:46:57 | 00:46:48 |
| 194 | 500 | Kamil | Ostojski | Najszybszy w mieście :) | Piaski | 1990 | M20 | 46 | 184 | | 00:46:59 | 00:46:47 |
| 195 | 173 | Beata | Mucha | | Poznań | 1973 | K40 | 3 | | 11 | 00:47:01 | 00:46:38 |
| 196 | 526 | Dariusz | Naskręt | Towarzystwo Rowerowe Piaski | Piaski | 1984 | M30 | 85 | 185 | | 00:47:04 | 00:46:59 |
| 197 | 82 | Dariusz | Fedorowicz | | Niechlów | 1985 | M20 | 47 | 186 | | 00:47:04 | 00:46:56 |
| 198 | 336 | Wiesław | Całka | Drużyna SG Komorniki | Poznan | 1973 | M40 | 40 | 187 | | 00:47:05 | 00:46:44 |
| 199 | 17 | Szymon | Wabiński | | Gostyń | 1984 | M30 | 86 | 188 | | 00:47:05 | 00:46:35 |
| 200 | 421 | Bogdan | Parysek | KS KROTOSZ KROTOSZYN | Krotoszyn | 1950 | M60 | 3 | 189 | | 00:47:05 | 00:46:55 |
| 201 | 581 | Adam | Szymański | KS KROTOSZ KROTOSZYN | Krotoszyn | 1971 | M40 | 41 | 190 | | 00:47:08 | 00:46:59 |
| 202 | 454 | Marek | Strogulski | 4jezdzczy | Rosnówko | 1972 | M40 | 42 | 191 | | 00:47:10 | 00:46:43 |
| 203 | 115 | Łukasz | Bolewski | Paczkowo | Paczkowo | 1976 | M30 | 87 | 192 | | 00:47:12 | 00:46:58 |

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| Miejsce | Numer | Imię | Nazwisko | Klub | Miejscowość | Rocznik | Kat. wiek. | Miejsce | | | Wynik | Czas netto |
|---------|-------|-----------|--------------|-----------------------------------|-----------------|---------|------------|---------|-----|----|----------|------------|
| | | | | | | | | kat. | M | K | | |
| 204 | 46 | Sławomir | Wojtkowiak | | Gostyń | 1985 | M20 | 48 | 193 | | 00:47:14 | 00:46:54 |
| 205 | 499 | Tomasz | Hapke | | Poznań | 1969 | M40 | 43 | 194 | | 00:47:19 | 00:47:04 |
| 206 | 481 | Maciej | Janowicz | | Osieczna | 1974 | M40 | 44 | 195 | | 00:47:20 | 00:47:12 |
| 207 | 97 | Zbigniew | Fiebich | Maraton Leszno | Leszno | 1976 | M30 | 88 | 196 | | 00:47:21 | 00:47:18 |
| 208 | 193 | Dawid | Michalak | | Kościan | 1989 | M20 | 49 | 197 | | 00:47:21 | 00:47:06 |
| 209 | 255 | Paweł | Typiński | | Poznań | 1992 | M20 | 50 | 198 | | 00:47:21 | 00:47:14 |
| 210 | 487 | Anna | Jarczyńska | Mosina Biega | MOSINA | 1976 | K30 | 5 | | 12 | 00:47:24 | 00:47:11 |
| 211 | 380 | Marcin | Gawrych | Spinko Leszno | Leszno | 1978 | M30 | 89 | 199 | | 00:47:24 | 00:47:18 |
| 212 | 553 | Marta | Dajewska | | Stare Oborzyska | 1990 | K20 | 5 | | 13 | 00:47:26 | 00:47:19 |
| 213 | 108 | Lucjan | Świstek | amator | Gostyń | 1972 | M40 | 45 | 200 | | 00:47:26 | 00:47:19 |
| 214 | 540 | Adam | Weryszko | | Brzezie | 1980 | M30 | 90 | 201 | | 00:47:26 | 00:47:21 |
| 215 | 552 | Mateusz | Szmytowski | | Gostyń | 1987 | M20 | 51 | 202 | | 00:47:27 | 00:47:01 |
| 216 | 137 | Sylwia | Konczewicz | KB ŻÓŁWIK Krobia | Krobia | 1977 | K30 | 6 | | 14 | 00:47:28 | 00:47:22 |
| 217 | 319 | Łukasz | Porzucek | GRUPA BIEGOWA "Rozbiegany Rawicz" | Rawicz | 1978 | M30 | 91 | 203 | | 00:47:32 | 00:47:17 |
| 218 | 429 | Marta | Mazurczak | | Gostyń | 1991 | K20 | 6 | | 15 | 00:47:39 | 00:47:15 |
| 219 | 253 | Radosław | Kurkiewicz | | Plewiska | 1969 | M40 | 46 | 204 | | 00:47:40 | 00:47:14 |
| 220 | 341 | Andrzej | Kraszkiewicz | | Poznań | 1982 | M30 | 92 | 205 | | 00:47:42 | 00:47:33 |
| 221 | 327 | Grzegorz | Raszewski | GOSTYŃ | Gostyń | 1966 | M40 | 47 | 206 | | 00:47:43 | 00:47:33 |
| 222 | 153 | Patryk | Bieniek | AFLOFARM | Poznań | 1980 | M30 | 93 | 207 | | 00:47:44 | 00:47:32 |
| 223 | 89 | Michał | Waleński | Piaski | Piaski | 1982 | M30 | 94 | 208 | | 00:47:45 | 00:47:40 |
| 224 | 252 | Mateusz | Maćkowiak | Bojanowo | Bojanowo | 1978 | M30 | 95 | 209 | | 00:47:46 | 00:47:40 |
| 225 | 70 | Mariusz | Małecki | | Gostyń | 1984 | M30 | 96 | 210 | | 00:47:48 | 00:47:22 |
| 226 | 301 | Izabela | Marciniak | | Suchy Las | 1990 | K20 | 7 | | 16 | 00:47:50 | 00:47:39 |
| 227 | 163 | Dorota | Przybylak | | Jasin | 1993 | K20 | 8 | | 17 | 00:47:50 | 00:47:37 |
| 228 | 90 | Roman | Marciniak | | Poznań | 1976 | M30 | 97 | 211 | | 00:47:54 | 00:47:38 |
| 229 | 152 | Sebastian | Franek | Wielkopolscy Biegacze | Luboń | 1977 | M30 | 98 | 212 | | 00:47:56 | 00:47:43 |
| 230 | 282 | Tomasz | Wisniewski | Maraton Leszno | Leszno | 1971 | M40 | 48 | 213 | | 00:47:58 | 00:47:32 |
| 231 | 259 | Marian | Zdanowski | | Poznań | 1956 | M50 | 14 | 214 | | 00:48:01 | 00:47:59 |
| 232 | 316 | Tomasz | Grzelka | Grawi | Śrem | 1978 | M30 | 99 | 215 | | 00:48:02 | 00:47:49 |

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Wyniki



| Miejsce | Numer | Imię | Nazwisko | Klub | Miejscowość | Rocznik | Kat. wiek. | Miejsce | | | Wynik | Czas netto |
|---------|-------|------------|---------------|------------------------|-------------------|---------|------------|---------|-----|----|----------|------------|
| | | | | | | | | kat. | M | K | | |
| 233 | 320 | Krzysztof | Jakuszek | | Piaski | 1975 | M30 | 100 | 216 | | 00:48:02 | 00:47:48 |
| 234 | 191 | Dariusz | Szymczak | | Gostyń | 1975 | M30 | 101 | 217 | | 00:48:06 | 00:47:36 |
| 235 | 291 | Marek | Filipiak | | Poznań | 1973 | M40 | 49 | 218 | | 00:48:07 | 00:47:50 |
| 236 | 322 | Piotr | Goszczyński | | Gostyń | 1973 | M40 | 50 | 219 | | 00:48:10 | 00:47:59 |
| 237 | 329 | Paweł | Chudziński | | Gostyń | 1972 | M40 | 51 | 220 | | 00:48:10 | 00:47:59 |
| 238 | 608 | Bartosz | Kita | Kitki Team | Poznań | 1979 | M30 | 102 | 221 | | 00:48:13 | 00:47:49 |
| 239 | 440 | Daniel | Bartosik | Drużyna Szpiku | Leszno | 1981 | M30 | 103 | 222 | | 00:48:14 | 00:48:01 |
| 240 | 586 | Leszak | Fleisher | AŚ Ostrów Wlkp. | Ostrów Wlkp. | 1975 | M30 | 104 | 223 | | 00:48:14 | 00:47:54 |
| 241 | 439 | Adam | Pankowski | | Zaniemyśl | 1985 | M20 | 52 | 224 | | 00:48:20 | 00:48:16 |
| 242 | 76 | Tomasz | Kasperski | | Gostyń | 1981 | M30 | 105 | 225 | | 00:48:25 | 00:48:16 |
| 243 | 469 | Zbigniew | Majewski | Krobia | Krobia | 1985 | M20 | 53 | 226 | | 00:48:30 | 00:48:22 |
| 244 | 257 | Joanna | Kniat | Night Runners | Złotniki | 1987 | K20 | 9 | | 18 | 00:48:33 | 00:48:25 |
| 245 | 296 | Tomasz | Hojny | | POZNAŃ | 1979 | M30 | 106 | 227 | | 00:48:34 | 00:48:04 |
| 246 | 584 | Magdalena | Michalska | KSA | Śrem | 1977 | K30 | 7 | | 19 | 00:48:37 | 00:48:18 |
| 247 | 294 | Jakub | Klima | | Rawicz | 1995 | M20 | 54 | 228 | | 00:48:37 | 00:48:20 |
| 248 | 238 | Ryszard | Bączkowski | Night Runners | Poznań | 1976 | M30 | 107 | 229 | | 00:48:38 | 00:48:23 |
| 249 | 156 | Marian | Skrzypczak | | KOŚCIAN | 1959 | M50 | 15 | 230 | | 00:48:39 | 00:48:28 |
| 250 | 14 | Roman | Panek | Miłośnicy Piłki Nożnej | Kozmin Wlkp | 1959 | M50 | 16 | 231 | | 00:48:39 | 00:48:26 |
| 251 | 313 | Hubert | Bartkowiak | KB SUKCES ŻMIGRÓD | Żmigród | 1968 | M40 | 52 | 232 | | 00:48:40 | 00:48:29 |
| 252 | 464 | Marek | Fier | Mosina Biega | Mosina | 1981 | M30 | 108 | 233 | | 00:48:41 | 00:48:27 |
| 253 | 318 | Leszek | Zajęc | | Wijewo | 1957 | M50 | 17 | 234 | | 00:48:43 | 00:48:22 |
| 254 | 452 | Jaromir | Pazoła | JARDOM | Leszno | 1964 | M50 | 18 | 235 | | 00:48:47 | 00:48:23 |
| 255 | 71 | Krzysztof | Konieczny | | Gostyń | 1996 | M20 | 55 | 236 | | 00:48:47 | 00:48:29 |
| 256 | 149 | Bogusław | Sobala | | Poznań | 1959 | M50 | 19 | 237 | | 00:48:50 | 00:48:18 |
| 257 | 467 | Michał | Szałek | | Kazimierz Biskupi | 1978 | M30 | 109 | 238 | | 00:48:50 | 00:48:44 |
| 258 | 50 | Janusz | Pietrzyk | Night Runners | Gostyń | 1966 | M40 | 53 | 239 | | 00:48:54 | 00:48:42 |
| 259 | 158 | Kinga | Zielińska | | OBORZYSKA STARE | 1973 | K40 | 4 | | 20 | 00:49:01 | 00:48:50 |
| 260 | 232 | Damian | Siejak | | Śrem | 1988 | M20 | 56 | 240 | | 00:49:04 | 00:48:56 |
| 261 | 49 | Małgorzata | Paluszkiewicz | | Gostyń | 1972 | K40 | 5 | | 21 | 00:49:07 | 00:48:57 |

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| Miejsce | Numer | Imię | Nazwisko | Klub | Miejscowość | Rocznik | Kat. wiek. | Miejsce | | | Wynik | Czas netto |
|---------|-------|------------|--------------|--------------------------|-------------------|---------|------------|---------|-----|----|----------|------------|
| | | | | | | | | kat. | M | K | | |
| 262 | 512 | Janusz | Przybylski | | Kórnik | 1982 | M30 | 110 | 241 | | 00:49:08 | 00:48:56 |
| 263 | 132 | Waldemar | Konieczny | | Zaniemyśl | 1960 | M50 | 20 | 242 | | 00:49:08 | 00:49:05 |
| 264 | 475 | Tomasz | Niedziela | śrem | śrem | 1989 | M20 | 57 | 243 | | 00:49:11 | 00:48:55 |
| 265 | 234 | Roman | Modrzejewski | KINGS OF METAL | Grabów nad Prosną | 1967 | M40 | 54 | 244 | | 00:49:15 | 00:49:11 |
| 266 | 199 | Renata | Sroka | | Piaski | 1970 | K40 | 6 | | 22 | 00:49:18 | 00:49:09 |
| 267 | 200 | Rafał | Sroka | | Piaski | 1970 | M40 | 55 | 245 | | 00:49:18 | 00:49:08 |
| 268 | 1 | Katarzyna | Mendyka | | Gostyń | 1978 | K30 | 8 | | 23 | 00:49:19 | 00:49:17 |
| 269 | 206 | Jakub | Górny | | Gostyń | 1989 | M20 | 58 | 246 | | 00:49:22 | 00:48:59 |
| 270 | 451 | Filip | Wojtkowski | | Poznań | 1989 | M20 | 59 | 247 | | 00:49:23 | 00:49:07 |
| 271 | 317 | Karol | Grzeszczak | | Gostyń | 1973 | M40 | 56 | 248 | | 00:49:24 | 00:48:58 |
| 272 | 562 | Marek | Kajetańczyk | Runners Power | Śrem | 1974 | M40 | 57 | 249 | | 00:49:24 | 00:49:08 |
| 273 | 295 | Tomasz | Jakubczak | | ŚREM | 1979 | M30 | 111 | 250 | | 00:49:28 | 00:49:07 |
| 274 | 180 | Adam | Giełda | Almar Transport Spedycja | Śrem | 1971 | M40 | 58 | 251 | | 00:49:30 | 00:49:13 |
| 275 | 518 | Piotr | Matysik | | Wiry | 1984 | M30 | 112 | 252 | | 00:49:33 | 00:49:23 |
| 276 | 284 | Piotr | Włochal | Runners Power | śrem | 1973 | M40 | 59 | 253 | | 00:49:37 | 00:49:19 |
| 277 | 449 | Michał | Masztalerz | | Zalesie | 1985 | M20 | 60 | 254 | | 00:49:39 | 00:49:32 |
| 278 | 446 | Ania | Wawiórko | Night Runners | Poznań | 1983 | K30 | 9 | | 24 | 00:49:42 | 00:49:34 |
| 279 | 328 | Krzysztof | Jankowiak | Marco team | Krosinko | 1978 | M30 | 113 | 255 | | 00:49:49 | 00:49:35 |
| 280 | 453 | Zbigniew | Masztalerz | | JERZYKOWO | 1962 | M50 | 21 | 256 | | 00:49:50 | 00:49:48 |
| 281 | 407 | Krzysztof | Hertmanowski | | Kościan | 1972 | M40 | 60 | 257 | | 00:49:51 | 00:49:46 |
| 282 | 404 | Damian | Smogur | | Oborniki | 1984 | M30 | 114 | 258 | | 00:49:52 | 00:49:44 |
| 283 | 468 | Joanna | Bestrzyńska | KB MANIAC | Gądkki | 1971 | K40 | 7 | | 25 | 00:49:52 | 00:49:41 |
| 284 | 314 | Radosław | Kaczmarek | | LESZNO | 1978 | M30 | 115 | 259 | | 00:49:53 | 00:49:51 |
| 285 | 207 | Dariusz | Tomczak | | Gostyń | 1988 | M20 | 61 | 260 | | 00:49:53 | 00:49:22 |
| 286 | 124 | Paweł | Dąbrowski | Wielkopolscy Biegacze | Poznań | 1975 | M30 | 116 | 261 | | 00:49:55 | 00:49:36 |
| 287 | 419 | Andrzej | Szczęsny | | Wschowa | 1973 | M40 | 61 | 262 | | 00:49:57 | 00:49:44 |
| 288 | 273 | Michał | Talaga | rawrun | rawicz | 1977 | M30 | 117 | 263 | | 00:50:02 | 00:49:40 |
| 289 | 339 | Mateusz | Kruczkiewicz | KRUKI | Wrocław | 1979 | M30 | 118 | 264 | | 00:50:04 | 00:49:55 |
| 290 | 498 | Aleksander | Adamiak | 1 RWT SP | Swarzędz | 1974 | M40 | 62 | 265 | | 00:50:05 | 00:49:39 |

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|---------|-------|------------|--------------|------------------|-----------------|---------|------------|---------|-----|----|----------|------------|
| | | | | | | | | kat. | M | K | | |
| 291 | 506 | Piotr | Demuth | Mosina Biega | Mosina | 1982 | M30 | 119 | 266 | | 00:50:07 | 00:49:55 |
| 292 | 7 | Lidia | Kasperska | | Grotniki | 1977 | K30 | 10 | | 26 | 00:50:08 | 00:50:01 |
| 293 | 201 | Sebastian | Dolatowski | | Gostyń | 1979 | M30 | 120 | 267 | | 00:50:08 | 00:50:04 |
| 294 | 56 | Jakub | Gałat | | Gostyń | 1974 | M40 | 63 | 268 | | 00:50:09 | 00:49:58 |
| 295 | 40 | Arleta | Utrata | poznanbiega.pl | Wolsztyn | 1977 | K30 | 11 | | 27 | 00:50:09 | 00:50:01 |
| 296 | 333 | Piotr | Bieniek | Spinko | Leszno | 1982 | M30 | 121 | 269 | | 00:50:11 | 00:49:49 |
| 297 | 66 | Wojciech | Kuflński | Night Runners | Poznań | 1981 | M30 | 122 | 270 | | 00:50:12 | 00:49:57 |
| 298 | 141 | Marcin | Gurdek | | Śrem | 1978 | M30 | 123 | 271 | | 00:50:13 | 00:49:50 |
| 299 | 209 | Mariusz | Rzepka | | Pępowo | 1971 | M40 | 64 | 272 | | 00:50:15 | 00:50:10 |
| 300 | 213 | Dariusz | Gołembiewski | Ksa Fitness Zone | Śrem | 1971 | M40 | 65 | 273 | | 00:50:16 | 00:50:08 |
| 301 | 340 | Tomasz | Dąbrówka | | Ostrów Wlkp | 1974 | M40 | 66 | 274 | | 00:50:16 | 00:50:06 |
| 302 | 176 | Kazimierz | Zdziechowski | Runners Power | Śrem | 1950 | M60 | 4 | 275 | | 00:50:18 | 00:50:00 |
| 303 | 423 | Adrian | Gadomski | | Chrzęstowo | 1995 | M20 | 62 | 276 | | 00:50:18 | 00:49:57 |
| 304 | 94 | Maciej | Sobalski | | Gostyń | 1984 | M30 | 124 | 277 | | 00:50:20 | 00:50:12 |
| 305 | 81 | Zofia | Adamska | | Złotniki | 1989 | K20 | 10 | | 28 | 00:50:23 | 00:50:12 |
| 306 | 564 | Michał | Maciejewski | | Poznań | 1977 | M30 | 125 | 278 | | 00:50:24 | 00:50:13 |
| 307 | 61 | Błażej | Wilczyński | NESTHORN | Poznań | 1978 | M30 | 126 | 279 | | 00:50:25 | 00:50:16 |
| 308 | 62 | Agnieszka | Wilczyńska | NESTHORN | POZNAŃ | 1979 | K30 | 12 | | 29 | 00:50:25 | 00:50:16 |
| 309 | 21 | Przemysław | Jankowiak | | Gostyń | 1990 | M20 | 63 | 280 | | 00:50:28 | 00:50:03 |
| 310 | 463 | Mariusz | Kniewel | | Krzycko Wielkie | 1979 | M30 | 127 | 281 | | 00:50:29 | 00:50:05 |
| 311 | 151 | Iwona | Szram | | Borówiec | 1961 | K50 | 1 | | 30 | 00:50:31 | 00:50:25 |
| 312 | 126 | Anna | Lipska | | Paprotnia | 1990 | K20 | 11 | | 31 | 00:50:31 | 00:50:21 |
| 313 | 248 | Mariusz | Matysik | | Wolsztyn | 1986 | M20 | 64 | 282 | | 00:50:32 | 00:50:20 |
| 314 | 305 | Henryk | Łączyński | amator | SZAMOTUŁY | 1951 | M60 | 5 | 283 | | 00:50:32 | 00:50:13 |
| 315 | 565 | Marcin | Misiórny | | Gostyń | 1981 | M30 | 128 | 284 | | 00:50:37 | 00:50:23 |
| 316 | 55 | Czarek | Glinka | | Gostyń | 1982 | M30 | 129 | 285 | | 00:50:37 | 00:50:13 |
| 317 | 212 | Czesław | Szymkowski | | Poznań | 1948 | M60 | 6 | 286 | | 00:50:37 | 00:50:25 |
| 318 | 211 | Artur | Nowak | | GOSTYŃ | 1976 | M30 | 130 | 287 | | 00:50:38 | 00:50:14 |
| 319 | 240 | Dominik | Chyła | GOGGLE PAE TEAM | Kąkolewo | 1996 | M20 | 65 | 288 | | 00:50:43 | 00:50:22 |

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Wyniki



| Miejsce | Numer | Imię | Nazwisko | Klub | Miejscowość | Rocznik | Kat. wiek. | Miejsce | | | Wynik | Czas netto |
|---------|-------|------------|---------------------|-----------------------|--------------|---------|------------|---------|-----|----|----------|------------|
| | | | | | | | | kat. | M | K | | |
| 320 | 306 | Jerzy | Dąbrowski | DRUŻYNA SZPIKU KGHM | Polkowice | 1953 | M60 | 7 | 289 | | 00:50:48 | 00:50:41 |
| 321 | 145 | Leszek | Tokarski | | Gostyń | 1961 | M50 | 22 | 290 | | 00:50:50 | 00:50:38 |
| 322 | 190 | Marcin | Wujek | | Gostyń | 1976 | M30 | 131 | 291 | | 00:50:52 | 00:50:40 |
| 323 | 102 | Grzegorz | Panke | Runners Power | Śrem | 1964 | M50 | 23 | 292 | | 00:50:53 | 00:50:37 |
| 324 | 324 | Agata | Byszkiewicz-Greczuk | KSA Fitness Zone Śrem | Śrem | 1983 | K30 | 13 | | 32 | 00:50:57 | 00:50:43 |
| 325 | 375 | Jolanta | Jeż | | Gostyń | 1976 | K30 | 14 | | 33 | 00:50:59 | 00:50:56 |
| 326 | 227 | Marek | Kordus | | Gostyń | 1992 | M20 | 66 | 293 | | 00:51:02 | 00:50:37 |
| 327 | 391 | Adam | Zamelczyk | | Swarzędz | 1981 | M30 | 132 | 294 | | 00:51:06 | 00:50:46 |
| 328 | 575 | Janusz | Krużyński | | Poznań | 1973 | M40 | 67 | 295 | | 00:51:09 | 00:50:52 |
| 329 | 204 | Tobiasz | Czapla | GOSTYŃ | Gostyń | 1979 | M30 | 133 | 296 | | 00:51:10 | 00:50:48 |
| 330 | 166 | Marcin | Wiczuk-Wiczewski | WIELKOPOLSCY PATRIOCI | Poznań | 1976 | M30 | 134 | 297 | | 00:51:12 | 00:50:44 |
| 331 | 58 | Marzena | Handke | KB365 Gostyń | Gostyń | 1971 | K40 | 8 | | 34 | 00:51:13 | 00:51:10 |
| 332 | 400 | Andrzej | Kucab | | lubin | 1966 | M40 | 68 | 298 | | 00:51:14 | 00:50:52 |
| 333 | 122 | Bogdan | Bilon | Zbrojownia Sulechów | Sulechów | 1951 | M60 | 8 | 299 | | 00:51:18 | 00:51:06 |
| 334 | 10 | Grzegorz | Malicki | | Nowy Kazanów | 1970 | M40 | 69 | 300 | | 00:51:19 | 00:51:04 |
| 335 | 167 | Aleksandra | Hebel | AWF Running Team | Niechlów | 1991 | K20 | 12 | | 35 | 00:51:26 | 00:51:22 |
| 336 | 210 | Witold | Szułczyński | GOSTYŃ | Gostyń | 1969 | M40 | 70 | 301 | | 00:51:30 | 00:51:27 |
| 337 | 197 | Katarzyna | Cieślewicz-Galas | | Poznań | 1979 | K30 | 15 | | 36 | 00:51:32 | 00:51:28 |
| 338 | 360 | Jacek | Klimaszewski | PLE Krzemieniewo | Oporówko | 1984 | M30 | 135 | 302 | | 00:51:34 | 00:51:07 |
| 339 | 69 | Mariusz | Rychły | | Gostyń | 1982 | M30 | 136 | 303 | | 00:51:36 | 00:51:27 |
| 340 | 75 | Bartek | Kuciak | www.4faces.com.pl | Krosno | 1987 | M20 | 67 | 304 | | 00:51:36 | 00:51:12 |
| 341 | 431 | Dominik | Ziętarski | | Śrem | 1983 | M30 | 137 | 305 | | 00:51:36 | 00:51:12 |
| 342 | 437 | Szymon | Śmigielski | | Leszno | 1980 | M30 | 138 | 306 | | 00:51:36 | 00:51:34 |
| 343 | 401 | Anna | Jachimowska | Night Runners | POZNAŃ | 1979 | K30 | 16 | | 37 | 00:51:37 | 00:51:22 |
| 344 | 83 | Marek | Matuszewski | Runners Power | Śrem | 1972 | M40 | 71 | 307 | | 00:51:55 | 00:51:39 |
| 345 | 84 | Małgorzata | Matuszewska | Runners Power | Śrem | 1975 | K30 | 17 | | 38 | 00:51:55 | 00:51:39 |
| 346 | 343 | Kuba | Woźniak | | Gostyń | 1992 | M20 | 68 | 308 | | 00:51:59 | 00:51:44 |
| 347 | 289 | Dawid | Michalak | | Mosina | 1996 | M20 | 69 | 309 | | 00:52:02 | 00:51:41 |
| 348 | 547 | Marcin | Kaliszan | | Gostyń | 1987 | M20 | 70 | 310 | | 00:52:02 | 00:51:55 |

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Wyniki



| Miejsce | Numer | Imię | Nazwisko | Klub | Miejscowość | Rocznik | Kat. wiek. | Miejsce | | | Wynik | Czas netto |
|---------|-------|------------|-------------|-------------------|--------------------------|---------|------------|---------|-----|----|----------|------------|
| | | | | | | | | kat. | M | K | | |
| 349 | 109 | Mariusz | Czajczyński | as bruk | gostyń | 1978 | M30 | 139 | 311 | | 00:52:05 | 00:51:44 |
| 350 | 479 | Rafał | Wolny | | Siedlec | 1970 | M40 | 72 | 312 | | 00:52:05 | 00:51:43 |
| 351 | 609 | Marcin | Liebner | nauczsieplywac.pl | Poznań | 1978 | M30 | 140 | 313 | | 00:52:06 | 00:52:00 |
| 352 | 558 | Marek | Karasowski | | Brzeg | 1960 | M50 | 24 | 314 | | 00:52:07 | 00:51:44 |
| 353 | 387 | Rafał | Helak | | Swarzędz | 1976 | M30 | 141 | 315 | | 00:52:07 | 00:51:47 |
| 354 | 43 | Leszek | Nadolny | Drużyna Szpiku | Leszno | 1957 | M50 | 25 | 316 | | 00:52:08 | 00:51:56 |
| 355 | 54 | Mateusz | Talma | | Piaski | 1994 | M20 | 71 | 317 | | 00:52:13 | 00:52:02 |
| 356 | 521 | Kacper | Walkowiak | | Pogorzela | 1996 | M20 | 72 | 318 | | 00:52:14 | 00:51:50 |
| 357 | 270 | Paweł | Błoch | Runners Power | Śrem | 1983 | M30 | 142 | 319 | | 00:52:14 | 00:51:56 |
| 358 | 85 | Ryszard | Mitmański | Runners Power | Śrem | 1959 | M50 | 26 | 320 | | 00:52:14 | 00:51:56 |
| 359 | 47 | Błażej | Bębel | | Poznań | 1984 | M30 | 143 | 321 | | 00:52:17 | 00:51:46 |
| 360 | 493 | Ewa | Sobkowiak | Brylant Kórnik | Poznań | 1963 | K50 | 2 | | 39 | 00:52:26 | 00:52:01 |
| 361 | 486 | Zbigniew | Baraniecki | Brylant Kórnik | Poznań | 1958 | M50 | 27 | 322 | | 00:52:26 | 00:52:01 |
| 362 | 367 | Marcin | Hebel | | Niechlów | 1982 | M30 | 144 | 323 | | 00:52:27 | 00:52:23 |
| 363 | 578 | Magdalena | Turek | | Czempiń | 1981 | K30 | 18 | | 40 | 00:52:35 | 00:52:22 |
| 364 | 577 | Jarek | Turek | | Czempiń | 1980 | M30 | 145 | 324 | | 00:52:35 | 00:52:22 |
| 365 | 275 | Iza | Banaszczak | | Kościan | 1984 | K30 | 19 | | 41 | 00:52:35 | 00:52:15 |
| 366 | 405 | Mariusz | Manel | | Kąkolewo | 1973 | M40 | 73 | 325 | | 00:52:40 | 00:52:29 |
| 367 | 434 | Mikołaj | Kosowicz | | GOSTYŃ | 1996 | M20 | 73 | 326 | | 00:52:45 | 00:52:27 |
| 368 | 488 | Tomasz | Jaroni | Handex | Poznań | 1977 | M30 | 146 | 327 | | 00:52:46 | 00:52:19 |
| 369 | 450 | Michał | Janiak | Gwiazdowo | Kostrzyn (wielkopolskie) | 1978 | M30 | 147 | 328 | | 00:52:47 | 00:52:31 |
| 370 | 356 | Łukasz | Prałat | Spinko | Leszno | 1977 | M30 | 148 | 329 | | 00:52:50 | 00:52:30 |
| 371 | 510 | Witold | Spisz | | 64-100 Leszno | 1963 | M50 | 28 | 330 | | 00:52:50 | 00:52:25 |
| 372 | 92 | Łukasz | Piasecki | | Śrem | 1988 | M20 | 74 | 331 | | 00:52:50 | 00:52:41 |
| 373 | 231 | Marek | Grześ | Runners Power | Śrem | 1958 | M50 | 29 | 332 | | 00:52:53 | 00:52:36 |
| 374 | 389 | Rafał | Kajewski | | Śrem | 1974 | M40 | 74 | 333 | | 00:52:56 | 00:52:35 |
| 375 | 462 | Małgorzata | Przybylska | | Śrem | 1963 | K50 | 3 | | 42 | 00:52:58 | 00:52:40 |
| 376 | 230 | Łukasz | Zamorski | | Wągrowiec | 1985 | M20 | 75 | 334 | | 00:52:59 | 00:52:33 |
| 377 | 381 | Przemysław | Śmichurski | | Zalasewo | 1969 | M40 | 75 | 335 | | 00:53:00 | 00:52:37 |

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Wyniki



| Miejsce | Numer | Imię | Nazwisko | Klub | Miejscowość | Rocznik | Kat. wiek. | Miejsce | | | Wynik | Czas netto |
|---------|-------|-----------|------------------|--------------------------|-----------------------|---------|------------|---------|-----|----|----------|------------|
| | | | | | | | | kat. | M | K | | |
| 378 | 384 | Krzysztof | Jeziński | | Śrem | 1974 | M40 | 76 | 336 | | 00:53:04 | 00:52:49 |
| 379 | 245 | Dariusz | Zieliński-Wronka | | Swarzędz | 1970 | M40 | 77 | 337 | | 00:53:06 | 00:52:52 |
| 380 | 424 | Damian | Kuszyński | | Śrem | 1988 | M20 | 76 | 338 | | 00:53:07 | 00:52:48 |
| 381 | 534 | Maria | Pawlak | | Piaski | 1983 | K30 | 20 | | 43 | 00:53:08 | 00:52:45 |
| 382 | 226 | Wioleta | Matyja | Biegam bo lubię | Śrem | 1976 | K30 | 21 | | 44 | 00:53:16 | 00:52:57 |
| 383 | 402 | Tomasz | Banaszak | STRAŻ POZARNA w GOSTYNIU | Gostyń | 1975 | M30 | 149 | 339 | | 00:53:30 | 00:53:09 |
| 384 | 580 | Leszek | Grześkowiak | Grodziski Klub Biegacza | Grodzisk Wielkopolski | 1956 | M50 | 30 | 340 | | 00:53:31 | 00:53:26 |
| 385 | 579 | Danuta | Kusiak | Grodziski Klub Biegacza | Grodzisk Wielkopolski | 1960 | K50 | 4 | | 45 | 00:53:31 | 00:53:26 |
| 386 | 96 | Adam | Roszczak | OSWRiS Poznań Krzesiny | Poznań | 1975 | M30 | 150 | 341 | | 00:53:43 | 00:53:26 |
| 387 | 307 | Michał | Szymański | Prowincjusze | Mosina | 1968 | M40 | 78 | 342 | | 00:53:46 | 00:53:34 |
| 388 | 35 | Robert | Frąckowiak | PROFARM | Skórzewo | 1979 | M30 | 151 | 343 | | 00:53:48 | 00:53:33 |
| 389 | 256 | Marcin | Niewiada | | Poznań | 1982 | M30 | 152 | 344 | | 00:53:48 | 00:53:30 |
| 390 | 415 | Łukasz | Dudek | Night Runners | Zduny | 1980 | M30 | 153 | 345 | | 00:53:50 | 00:53:34 |
| 391 | 290 | Mateusz | Filipiak | | Poznań | 1998 | M20 | 77 | 346 | | 00:53:52 | 00:53:36 |
| 392 | 277 | Joanna | Trąbka | | STARY LUBOSZ | 1976 | K30 | 22 | | 46 | 00:53:54 | 00:53:42 |
| 393 | 430 | Zeyad | Ballour | KB SUKCES ŻMIGRÓD | Oborniki Śląskie | 1967 | M40 | 79 | 347 | | 00:53:58 | 00:53:50 |
| 394 | 362 | Piotr | Radola | | Kunowo | 1986 | M20 | 78 | 348 | | 00:54:10 | 00:53:52 |
| 395 | 80 | Łukasz | Kubiak | | Krobia | 1982 | M30 | 154 | 349 | | 00:54:11 | 00:54:01 |
| 396 | 217 | Mirosław | Waluś | | KROBIA | 1956 | M50 | 31 | 350 | | 00:54:17 | 00:53:57 |
| 397 | 304 | Bartosz | Genderka | | Gostyń | 1988 | M20 | 79 | 351 | | 00:54:19 | 00:53:51 |
| 398 | 249 | Monika | Pieczyńska | | Śrem | 1988 | K20 | 13 | | 47 | 00:54:21 | 00:54:04 |
| 399 | 78 | Karol | Szymański | Topfarm | Poznań | 1976 | M30 | 155 | 352 | | 00:54:24 | 00:53:58 |
| 400 | 432 | Rafał | Konopka | | Wolsztyn | 1963 | M50 | 32 | 353 | | 00:54:25 | 00:54:07 |
| 401 | 427 | Mateusz | Bartkowiak | | Śrem | 1991 | M20 | 80 | 354 | | 00:54:32 | 00:54:13 |
| 402 | 605 | Anna | Pawlak | | Krobia | 1985 | K20 | 14 | | 48 | 00:54:33 | 00:54:18 |
| 403 | 118 | Aleksy | Łopński | 4Run Team Piła | Piła | 1948 | M60 | 9 | 355 | | 00:54:34 | 00:54:19 |
| 404 | 351 | Anna | Rogala | Decathlon Franowo | Gostyń | 1990 | K20 | 15 | | 49 | 00:54:39 | 00:54:20 |
| 405 | 460 | Maciej | Kołodziejski | Maciek TEAM | Krotoszyn | 1976 | M30 | 156 | 356 | | 00:54:39 | 00:54:17 |
| 406 | 12 | Krzysztof | Parzy | | Leszno | 1974 | M40 | 80 | 357 | | 00:54:42 | 00:54:36 |

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Wyniki



| Miejsce | Numer | Imię | Nazwisko | Klub | Miejscowość | Rocznik | Kat. wiek. | Miejsce | | | Wynik | Czas netto |
|---------|-------|------------|-------------------|-----------------------------|----------------|---------|------------|---------|-----|----|----------|------------|
| | | | | | | | | kat. | M | K | | |
| 407 | 189 | Grzegorz | Pyta | | Grodzisk Wlkp. | 1960 | M50 | 33 | 358 | | 00:54:44 | 00:54:32 |
| 408 | 63 | Kamilla | Ciekańska | | Gostyń | 1974 | K40 | 9 | | 50 | 00:54:52 | 00:54:45 |
| 409 | 535 | Mieczysław | Pawlak | | Piaski | 1953 | M60 | 10 | 359 | | 00:54:54 | 00:54:31 |
| 410 | 396 | Aleksandra | Giezek-Burkiewicz | | Pudliszki | 1974 | K40 | 10 | | 51 | 00:54:57 | 00:54:35 |
| 411 | 114 | Leonard | Wojnowski | metal-studio | Poznań | 1960 | M50 | 34 | 360 | | 00:54:57 | 00:54:34 |
| 412 | 395 | Łukasz | Burkiewicz | | Pudliszki | 1973 | M40 | 81 | 361 | | 00:54:58 | 00:54:35 |
| 413 | 364 | Alicja | Łocman | Luboń | Luboń | 1980 | K30 | 23 | | 52 | 00:55:03 | 00:54:38 |
| 414 | 164 | Tomasz | Jankowski | | poznan | 1976 | M30 | 157 | 362 | | 00:55:06 | 00:54:38 |
| 415 | 588 | Agnieszka | Słoma | Fitnesscook Madame | Zalasewo | 1988 | K20 | 16 | | 53 | 00:55:16 | 00:54:56 |
| 416 | 397 | Agnieszka | Turla | | gostyń | 1982 | K30 | 24 | | 54 | 00:55:19 | 00:54:58 |
| 417 | 344 | Bartosz | Denisewicz | | Kościan | 1980 | M30 | 158 | 363 | | 00:55:21 | 00:54:51 |
| 418 | 177 | Hannelore | Sólkowska | Sama biegam | Poznań | 1958 | K50 | 5 | | 55 | 00:55:23 | 00:55:11 |
| 419 | 435 | Ewelina | Wnuk | Night Runners | boleslawiec | 1987 | K20 | 17 | | 56 | 00:55:28 | 00:55:08 |
| 420 | 303 | Tomasz | Michałowicz | NIEZNISZCZALNI | Poznań | 1972 | M40 | 82 | 364 | | 00:55:32 | 00:55:22 |
| 421 | 174 | Dorota | Gronawska | | Poznań | 1967 | K40 | 11 | | 57 | 00:55:35 | 00:55:28 |
| 422 | 218 | Witold | Woźniak | | Gostyń | 1988 | M20 | 81 | 365 | | 00:55:38 | 00:55:06 |
| 423 | 428 | Magdalena | Blochowiak | | Miejska Gorka | 1982 | K30 | 25 | | 58 | 00:55:48 | 00:55:44 |
| 424 | 110 | Tomasz | Woźniak | | Poznań | 1957 | M50 | 35 | 366 | | 00:55:50 | 00:55:19 |
| 425 | 77 | Sławomir | Przybylak | UKS Biskupianka, GTS Citius | Gostyń | 1979 | M30 | 159 | 367 | | 00:55:50 | 00:55:27 |
| 426 | 542 | Błażej | Szablikowski | | Poznań | 1978 | M30 | 160 | 368 | | 00:55:51 | 00:55:22 |
| 427 | 538 | Karol | Polaszek | | Gostyń | 1984 | M30 | 161 | 369 | | 00:55:54 | 00:55:45 |
| 428 | 539 | Marcin | Konieczny | | Brzezie | 1979 | M30 | 162 | 370 | | 00:55:54 | 00:55:45 |
| 429 | 433 | Leszek | Tatara | | Wolsztyn | 1955 | M50 | 36 | 371 | | 00:56:03 | 00:55:46 |
| 430 | 57 | Marcin | Przybył | | Gostyń | 1982 | M30 | 163 | 372 | | 00:56:03 | 00:55:59 |
| 431 | 491 | Jolanta | Załachowska | | Kobyła Góra | 1979 | K30 | 26 | | 59 | 00:56:15 | 00:56:08 |
| 432 | 511 | Marcin | Mazurek | | Pogorzela | 1988 | M20 | 82 | 373 | | 00:56:17 | 00:55:54 |
| 433 | 134 | Krzysztof | Górkiewicz | | Gostyń | 1957 | M50 | 37 | 374 | | 00:56:23 | 00:55:57 |
| 434 | 515 | Tomasz | Pięta | Topfarm | Luboń | 1977 | M30 | 164 | 375 | | 00:56:24 | 00:55:56 |
| 435 | 300 | Mateusz | Gendera | | Gostyń | 1986 | M20 | 83 | 376 | | 00:56:26 | 00:56:00 |

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| Miejsce | Numer | Imię | Nazwisko | Klub | Miejscowość | Rocznik | Kat. wiek. | Miejsce | | | Wynik | Czas netto |
|---------|-------|------------|-----------------------|---------------------------------|-----------------------|---------|------------|---------|-----|----|----------|------------|
| | | | | | | | | kat. | M | K | | |
| 436 | 233 | Jolanta | Sękowska | Runners Power | Śrem | 1962 | K50 | 6 | | 60 | 00:56:26 | 00:56:09 |
| 437 | 410 | Joanna | Konieczna | Sporty Walki Gostyń | Gostyń | 1982 | K30 | 27 | | 61 | 00:56:29 | 00:56:09 |
| 438 | 99 | Lech | Król | PGB Szybka Paczka | Krotoszyn | 1981 | M30 | 165 | 377 | | 00:56:40 | 00:56:35 |
| 439 | 311 | Krzysztof | Olejniczak | | Gostyń | 1967 | M40 | 83 | 378 | | 00:56:44 | 00:56:22 |
| 440 | 382 | Hanna | Lange | | Śrem | 1978 | K30 | 28 | | 62 | 00:56:49 | 00:56:35 |
| 441 | 39 | Agnieszka | Janowicz-Orzałkiewicz | | Leszno | 1976 | K30 | 29 | | 63 | 00:56:52 | 00:56:41 |
| 442 | 280 | Edyta | Chwaliszewska | | Śrem | 1991 | K20 | 18 | | 64 | 00:56:53 | 00:56:34 |
| 443 | 9 | Hanna | Kaźmierczak | | Czempiń | 1976 | K30 | 30 | | 65 | 00:56:54 | 00:56:36 |
| 444 | 32 | Justyna | Majewska | | Wilkowice | 1972 | K40 | 12 | | 66 | 00:56:57 | 00:56:33 |
| 445 | 229 | Anna | Bednarska | | Luboń | 1986 | K20 | 19 | | 67 | 00:57:02 | 00:56:36 |
| 446 | 338 | Marta | Trosiak | | Kościan | 1986 | K20 | 20 | | 68 | 00:57:05 | 00:56:49 |
| 447 | 554 | Izabela | Brzęczek | | Wilkowice | 1971 | K40 | 13 | | 69 | 00:57:07 | 00:56:52 |
| 448 | 168 | Marek | Kaleta | Piast Jabłonna | Jabłonna | 1979 | M30 | 166 | 379 | | 00:57:08 | 00:56:44 |
| 449 | 321 | Jakub | Krawiec | | Grodzisk Wielkopolski | 1983 | M30 | 167 | 380 | | 00:57:09 | 00:56:45 |
| 450 | 266 | Bernadeta | Kowalczyk - Król | | Ostrów Wlkp | 1971 | K40 | 14 | | 70 | 00:57:12 | 00:56:57 |
| 451 | 271 | Daniel | Musiał | | Poznań | 1984 | M30 | 168 | 381 | | 00:57:16 | 00:57:06 |
| 452 | 517 | Piotr | Karman | | Śrem | 1981 | M30 | 169 | 382 | | 00:57:25 | 00:57:06 |
| 453 | 65 | Tomasz | Twardowski | Night Runners | Gostyń | 1985 | M20 | 84 | 383 | | 00:57:33 | 00:57:15 |
| 454 | 216 | Magdalena | Kędziora | Strong & Fit Women | Boguszyn | 1993 | K20 | 21 | | 71 | 00:57:34 | 00:57:28 |
| 455 | 264 | Marzena | Marciniak | | Śrem | 1977 | K30 | 31 | | 72 | 00:57:39 | 00:57:19 |
| 456 | 411 | Beata | Mielcarek | KSKK | Leszno | 1975 | K30 | 32 | | 73 | 00:57:59 | 00:57:30 |
| 457 | 513 | Emilia | Machowiak | | Góra | 1987 | K20 | 22 | | 74 | 00:58:01 | 00:57:33 |
| 458 | 368 | Radosław | Stolarczyk | | Góra | 1980 | M30 | 170 | 384 | | 00:58:02 | 00:57:35 |
| 459 | 315 | Błażej | Misiórny | SW gostyń | gostyń | 1984 | M30 | 171 | 385 | | 00:58:04 | 00:57:50 |
| 460 | 262 | Izabela | Konopniak | Grupa Biegowa ROZBIEGANY RAWICZ | Rawicz | 1973 | K40 | 15 | | 75 | 00:58:13 | 00:57:59 |
| 461 | 269 | Żaneta | Kramer | GOSTYŃ | Gostyń | 1987 | K20 | 23 | | 76 | 00:58:24 | 00:57:56 |
| 462 | 268 | Przemysław | Biderman | GOSTYŃ | Gostyń | 1987 | M20 | 85 | 386 | | 00:58:24 | 00:57:56 |
| 463 | 536 | Nina | Szczepaniak | | Krajewice | 1979 | K30 | 33 | | 77 | 00:58:45 | 00:58:45 |
| 464 | 537 | Arkadiusz | Szczepaniak | | Krajewice | 1976 | M30 | 172 | 387 | | 00:58:45 | 00:58:31 |

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Dystans: 10 km

Wyniki



| Miejsce | Numer | Imię | Nazwisko | Klub | Miejscowość | Rocznik | Kat. wiek. | Miejsce | | | Wynik | Czas netto |
|---------|-------|------------|-----------------|-----------------------------|--------------|---------|------------|---------|-----|----|----------|------------|
| | | | | | | | | kat. | M | K | | |
| 465 | 121 | Arkadiusz | Bilon | Zbrojownia Sulechów | Sulechów | 1974 | M40 | 84 | 388 | | 00:58:58 | 00:58:35 |
| 466 | 323 | Kasia | Bieniek | incognito | leszno | 1982 | K30 | 34 | | 78 | 00:59:12 | 00:58:50 |
| 467 | 48 | Piotr | Orzałekiewicz | | Leszno | 1979 | M30 | 173 | 389 | | 00:59:14 | 00:59:02 |
| 468 | 365 | Monika | Wolna | Night Runners | Poznań | 1976 | K30 | 35 | | 79 | 00:59:14 | 00:58:54 |
| 469 | 363 | Marcin | Krawiec | | Gostyń | 1982 | M30 | 174 | 390 | | 00:59:18 | 00:58:53 |
| 470 | 550 | Waldemar | Wojciechowski | | Gostyń | 1965 | M40 | 85 | 391 | | 00:59:22 | 00:59:03 |
| 471 | 606 | Tomasz | Sławiński | | Krobia | 1982 | M30 | 175 | 392 | | 00:59:24 | 00:59:09 |
| 472 | 345 | Joanna | Graf-Denisewicz | | Kościan | 1983 | K30 | 36 | | 80 | 00:59:27 | 00:58:57 |
| 473 | 598 | Estera | Wekwert | Mosina Biega | Mosina | 1986 | K20 | 24 | | 81 | 00:59:29 | 00:59:16 |
| 474 | 74 | Katarzyna | Burdajewicz | amator | dolsk | 1971 | K40 | 16 | | 82 | 00:59:34 | 00:59:25 |
| 475 | 527 | Andrzej | Grzyski | | Krotoszyn | 1974 | M40 | 86 | 393 | | 00:59:43 | 00:59:25 |
| 476 | 529 | Zbigniew | Furmaniak | | Poznań | 1972 | M40 | 87 | 394 | | 00:59:45 | 00:59:27 |
| 477 | 585 | Przemysław | Pieterski | Areszt Śledczy Ostrów Wlkp. | Ostrów Wlkp. | 1986 | M20 | 86 | 395 | | 00:59:49 | 00:59:28 |
| 478 | 142 | Ewelina | Kaźmierska | | Gostyń | 1977 | K30 | 37 | | 83 | 00:59:50 | 00:59:35 |
| 479 | 95 | Stanisław | Sobalski | | Gostyń | 1957 | M50 | 38 | 396 | | 00:59:56 | 00:59:31 |
| 480 | 456 | Jarosław | Furmann | GOSTYŃ | GOSTYŃ | 1966 | M40 | 88 | 397 | | 01:00:01 | 00:59:33 |
| 481 | 455 | Renata | Furmann | GOSTYŃ | GOSTYŃ | 1964 | K50 | 7 | | 84 | 01:00:02 | 00:59:33 |
| 482 | 600 | Karolina | Chraplewska | | Poznań | 1981 | K30 | 38 | | 85 | 01:00:08 | 00:59:48 |
| 483 | 357 | Barbara | Guźniczak | | Głogów | 1979 | K30 | 39 | | 86 | 01:00:16 | 01:00:07 |
| 484 | 466 | Magdalena | Opiela | Zabiegani | SŁAWA | 1978 | K30 | 40 | | 87 | 01:00:17 | 01:00:09 |
| 485 | 474 | Magdalena | Burdajewicz | | mosina | 1980 | K30 | 41 | | 88 | 01:00:18 | 01:00:01 |
| 486 | 473 | Marcin | Binkowski | | mosina | 1973 | M40 | 89 | 398 | | 01:00:18 | 01:00:01 |
| 487 | 592 | Marcin | Idowiak | | Poniec | 1975 | M30 | 176 | 399 | | 01:00:27 | 01:00:19 |
| 488 | 188 | Paulina | Bartkowiak | | Śrem | 1988 | K20 | 25 | | 89 | 01:00:28 | 01:00:10 |
| 489 | 543 | Jakub | Molinus | | Gostyń | 1978 | M30 | 177 | 400 | | 01:00:28 | 00:59:58 |
| 490 | 223 | Stanisława | Pańczyszyn | | Poznań | 1958 | K50 | 8 | | 90 | 01:00:28 | 01:00:08 |
| 491 | 44 | Bartłomiej | Grubich | Night Runners | Poznań | 1985 | M20 | 87 | 401 | | 01:00:42 | 01:00:29 |
| 492 | 420 | Valery | Maćkowiak | KS KROTOSZ KROTOSZYN | Krotoszyn | 1954 | M60 | 11 | 402 | | 01:01:06 | 01:00:48 |
| 493 | 208 | Jolka | Janicka | amator | Gostyń | 1980 | K30 | 42 | | 91 | 01:01:16 | 01:00:52 |

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Wyniki



| Miejsce | Numer | Imię | Nazwisko | Klub | Miejscowość | Rocznik | Kat. wiek. | Miejsce | | | Wynik | Czas netto |
|---------|-------|-----------|---------------|----------------|------------------|---------|------------|---------|-----|-----|----------|------------|
| | | | | | | | | kat. | M | K | | |
| 494 | 544 | Rafał | Burdajewicz | | Małachowo | 1968 | M40 | 90 | 403 | | 01:01:19 | 01:01:10 |
| 495 | 476 | Klaudia | Kołodziejczak | Mosina Biega | Mosina | 1992 | K20 | 26 | | 92 | 01:01:29 | 01:01:16 |
| 496 | 484 | Grzegorz | Bieniek | | Leszno | 1957 | M50 | 39 | 404 | | 01:01:49 | 01:01:26 |
| 497 | 86 | Grażyna | Kramm | | Śrem | 1972 | K40 | 17 | | 93 | 01:02:01 | 01:01:36 |
| 498 | 602 | Marcin | Cieślak | | Gostyń | 1980 | M30 | 178 | 405 | | 01:02:01 | 01:01:57 |
| 499 | 117 | Tomasz | Fischer | MORSY POZNAŃ | Mosina | 1982 | M30 | 179 | 406 | | 01:02:04 | 01:02:03 |
| 500 | 359 | Magdalena | Kolasińska | | Krobia | 1992 | K20 | 27 | | 94 | 01:02:29 | 01:02:12 |
| 501 | 285 | Arkadiusz | Nowicki | | Kościan | 1974 | M40 | 91 | 407 | | 01:02:29 | 01:02:04 |
| 502 | 159 | Michał | Szkudlarek | | PRZYSIEKA POLSKA | 1933 | M70+ | 1 | 408 | | 01:02:56 | 01:02:37 |
| 503 | 45 | Izabela | Milisiewicz | Night Runners | Poniec | 1987 | K20 | 28 | | 95 | 01:03:07 | 01:02:55 |
| 504 | 478 | Izabela | Bedła | E-ELEKTRYK | Boruja | 1981 | K30 | 43 | | 96 | 01:03:14 | 01:02:57 |
| 505 | 495 | Monika | Olejniczak | SPEEDEX | Wolsztyn | 1986 | K20 | 29 | | 97 | 01:03:28 | 01:03:11 |
| 506 | 549 | Krzysztof | Fillmann | | Gostyń | 1987 | M20 | 88 | 409 | | 01:03:45 | 01:03:32 |
| 507 | 523 | Marita | Kosobucka | | Rawicz | 1986 | K20 | 30 | | 98 | 01:03:46 | 01:03:35 |
| 508 | 514 | Marta | Wojciechowska | | Pudliszki | 1982 | K30 | 44 | | 99 | 01:03:57 | 01:03:46 |
| 509 | 119 | Damian | Chybki | | Śrem | 1991 | M20 | 89 | 410 | | 01:04:31 | 01:04:09 |
| 510 | 106 | Jagoda | Talarczyk | Drużyna Szpiku | srem | 1983 | K30 | 45 | | 100 | 01:04:31 | 01:04:09 |
| 511 | 147 | Joanna | Feledziak | | Gostyń | 1981 | K30 | 46 | | 101 | 01:04:40 | 01:04:25 |
| 512 | 36 | Wiktoria | Czajczewska | as bruk | Gostyń | 1998 | K20 | 31 | | 102 | 01:04:58 | 01:04:39 |
| 513 | 185 | Karol | Sierżant | GOSTYŃ | Gostyń | 1976 | M30 | 180 | 411 | | 01:05:39 | 01:05:25 |
| 514 | 184 | Joanna | Sierżant | GOSTYŃ | Gostyń | 1980 | K30 | 47 | | 103 | 01:05:39 | 01:05:25 |
| 515 | 496 | Damian | Olejniczak | SPEEDEX | Wolsztyn | 1980 | M30 | 181 | 412 | | 01:06:02 | 01:05:47 |
| 516 | 243 | Ilona | Suchanecka | | Leszno | 1969 | K40 | 18 | | 104 | 01:06:10 | 01:05:41 |
| 517 | 91 | Ireneusz | Wechman | amator | Gostyń | 1953 | M60 | 12 | 413 | | 01:06:19 | 01:05:53 |
| 518 | 15 | Dagmara | Seń | | Leszno | 1982 | K30 | 48 | | 105 | 01:06:32 | 01:06:09 |
| 519 | 350 | Leszek | Nowak | SG Komorniki | Swarzędz | 1970 | M40 | 92 | 414 | | 01:06:38 | 01:06:18 |
| 520 | 34 | Olech | Besztrzyński | | Poznań | 1971 | M40 | 93 | 415 | | 01:07:11 | 01:06:43 |
| 521 | 557 | Roland | Brzęczek | | Wilkowice | 1971 | M40 | 94 | 416 | | 01:08:06 | 01:07:46 |
| 522 | 371 | Joanna | Czopik | amatorka | Gostyń | 1976 | K30 | 49 | | 106 | 01:08:56 | 01:08:33 |

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Wyniki

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|---------|-------|------------|--------------------|------------------------|---------------------|---------|------------|---------|-----|-----|----------|------------|
| | | | | | | | | kat. | M | K | | |
| 523 | 272 | Maciej | Burzyński | | Poznań | 1981 | M30 | 182 | 417 | | 01:08:56 | 01:08:43 |
| 524 | 279 | Adrian | Wolny | | Gostyń | 1987 | M20 | 90 | 418 | | 01:10:54 | 01:10:28 |
| 525 | 312 | Ewa | Dutkiewicz | | Gostyń | 1980 | K30 | 50 | | 107 | 01:11:16 | 01:11:07 |
| 526 | 179 | Martyna | Lewandowska | | Śrem | 1987 | K20 | 32 | | 108 | 01:11:16 | 01:10:59 |
| 527 | 19 | Karolina | Furmańczyk | Topfarm | Lusówko | 1976 | K30 | 51 | | 109 | 01:12:33 | 01:12:05 |
| 528 | 522 | Marta | Frąckowiak-Pięta | Topfarm | Luboń | 1977 | K30 | 52 | | 110 | 01:12:33 | 01:12:06 |
| 529 | 334 | Katarzyna | Zielona | | Leszno | 1984 | K30 | 53 | | 111 | 01:12:55 | 01:12:39 |
| 530 | 331 | Michał | Mielcarek | Luboński Klub Biegacza | Luboń | 1989 | M20 | 91 | 419 | | 01:13:56 | 01:13:45 |
| 531 | 573 | Natalia | Furmańczyk | | Hersztupowo | 1988 | K20 | 33 | | 112 | 01:15:31 | 01:15:05 |
| 532 | 551 | Monika | Poświatowska-Gałat | | Gostyń | 1974 | K40 | 19 | | 113 | 01:16:34 | 01:16:21 |
| 533 | 308 | Małgorzata | Hofman | UKS Junior Nietążkowo | Rąbiń | 1994 | K20 | 34 | | 114 | 01:18:39 | 01:18:29 |
| 534 | 203 | Marta | Plucińska | Drużyna Szpiku | Poznań | 1994 | K20 | 35 | | 115 | 01:19:10 | 01:18:58 |
| 535 | 594 | Alicja | Panek | | Koźmin Wielkopolski | 1963 | K50 | 9 | | 116 | 01:19:48 | 01:19:24 |

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