

# zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl  
 Data: 22.03.2014 r.  
 Dystans: 5km  
 Miejscowość: Poznań

Klasyfikacja: Night Runners



| M-ce | Nr zaw. | Nazwisko Imię        | Miejscowość           | Klub                      | Kraj   | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Czas brutto | M  | K |
|------|---------|----------------------|-----------------------|---------------------------|--------|------------|-----------|------------|--------------|------------|------------|-------------|----|---|
| 1    | 1269    | MAIK MATEUSZ         | CZEMPIŃ               | AZS POZNAŃ                | POLSKA | 1992       | M16       | 1          | 2:56         | 20,4       | 00:14:41   | 00:14:41    | 1  |   |
| 2    | 1325    | KĘSY MARCIN          | POZNAŃ                | KB MANIAC POZNAŃ          | POLSKA | 1985       | M16       | 2          | 3:09         | 19,1       | 00:15:43   | 00:15:43    | 2  |   |
| 3    | 1240    | SZRAMA DARIUSZ       | DĄBRÓWKA LEŚNA        | LEŚNE LUDKI               | POLSKA | 1979       | M16       | 3          | 3:14         | 18,6       | 00:16:10   | 00:16:10    | 3  |   |
| 4    | 515     | KRAWCZYK JACEK       | POZNAŃ                | UAM TRIATHLON             | POLSKA | 1996       | M16       | 4          | 3:15         | 18,4       | 00:16:16   | 00:16:17    | 4  |   |
| 5    | 16      | PLUCIŃSKI RADOSŁAW   | SWARZĘDZ              | KB MANIAC POZNAŃ          | POLSKA | 1989       | M16       | 5          | 3:17         | 18,2       | 00:16:27   | 00:16:27    | 5  |   |
| 6    | 5       | PRZYMUSIŃSKI FILIP   | POZNAŃ                | UAM TRIATHLON             | POLSKA | 1983       | M16       | 6          | 3:19         | 18,1       | 00:16:36   | 00:16:36    | 6  |   |
| 7    | 866     | WOJTASZAK PAWEŁ      | POZNAŃ                | SKLEPBIEGACZA.PL - POZNAŃ | POLSKA | 1996       | M16       | 7          | 3:20         | 18,0       | 00:16:39   | 00:16:39    | 7  |   |
| 8    | 26      | KOWALCZYK ANDRZEJ    | ŁEKNO                 | GRAND PRIX POZNANIA TEAM  | POLSKA | 1987       | M16       | 8          | 3:21         | 17,9       | 00:16:42   | 00:16:43    | 8  |   |
| 9    | 1300    | CZYSZ ROBERT         | POZNAŃ                | AZS UAM TRIATHLON POZNAŃ  | POLSKA | 1994       | M16       | 9          | 3:22         | 17,8       | 00:16:52   | 00:16:52    | 9  |   |
| 10   | 1591    | KAROLCZAK PIOTR      |                       |                           | POLSKA | 1982       | M16       | 10         | 3:24         | 17,6       | 00:17:01   | 00:17:02    | 10 |   |
| 11   | 862     | RODEWALD MATEUSZ     | WRONKI                | KU AZS PP POZNAŃ          | POLSKA | 1993       | M16       | 11         | 3:24         | 17,6       | 00:17:01   | 00:17:02    | 11 |   |
| 12   | 7       | NASKRĘT SŁAWOMIR     | GRZEBIENISKO          | SKLEPBIEGACZA.PL POZNAŃ   | POLSKA | 1974       | M30       | 1          | 3:25         | 17,5       | 00:17:07   | 00:17:07    | 12 |   |
| 13   | 135     | LASOŃ PRZEMEK        | RADOMSKO              |                           | POLSKA | 1990       | M16       | 12         | 3:26         | 17,5       | 00:17:09   | 00:17:10    | 13 |   |
| 14   | 23      | NIEMYT ADAM          | POZNAŃ                | KB MANIAC POZNAŃ          | POLSKA | 1989       | M16       | 13         | 3:26         | 17,5       | 00:17:09   | 00:17:10    | 14 |   |
| 15   | 320     | KORYTOWSKI DANIEL    | SWARZĘDZ              | NIGHT RUNNERS             | POLSKA | 1974       | M30       | 2          | 3:27         | 17,4       | 00:17:12   | 00:17:13    | 15 |   |
| 16   | 1434    | URBAŃCZYK GRZEGORZ   | POZNAŃ                | DRUŻYNA SZPIKU            | POLSKA | 1987       | M16       | 14         | 3:27         | 17,4       | 00:17:14   | 00:17:15    | 16 |   |
| 17   | 857     | STANCZAK JANUSZ      | POZNAN                | KB KOSYNIER WRZESNIA      | POLSKA | 1960       | M50       | 1          | 3:28         | 17,3       | 00:17:17   | 00:17:18    | 17 |   |
| 18   | 33      | KOTKOWSKI PIOTR      | POZNAŃ                | DRUŻYNA SZPIKU            | POLSKA | 1975       | M30       | 3          | 3:28         | 17,3       | 00:17:19   | 00:17:19    | 18 |   |
| 19   | 203     | MAJŁOWSKI PIOTR      | POZNAŃ                | TURBO ŻÓŁWIE              | POLSKA | 1988       | M16       | 15         | 3:29         | 17,2       | 00:17:23   | 00:17:24    | 19 |   |
| 20   | 679     | GRACZYK ADRIAN       | CZARNKÓW              |                           | POLSKA | 1988       | M16       | 16         | 3:29         | 17,2       | 00:17:26   | 00:17:27    | 20 |   |
| 21   | 20      | WŁODARIEWICZ DOMINIK | POZNAŃ                | VEGE RUNNERS              | POLSKA | 1974       | M30       | 4          | 3:30         | 17,1       | 00:17:31   | 00:17:32    | 21 |   |
| 22   | 247     | WRZECIAN ADAM        | POZNAŃ                | NIGHT RUNNERS             | POLSKA | 1986       | M16       | 17         | 3:32         | 17,0       | 00:17:38   | 00:17:39    | 22 |   |
| 23   | 1431    | STEFAŃSKI RAFAŁ      | MUROWANA GOŚLINA      | UAM TRIATHLON POZNAŃ      | POLSKA | 1993       | M16       | 18         | 3:32         | 16,9       | 00:17:42   | 00:17:42    | 23 |   |
| 24   | 858     | MATUSZEWSKI MACIEJ   | ŚRODA WLKP.           | KB AKTYWNI ŚRODA WLKP.    | POLSKA | 1977       | M30       | 5          | 3:33         | 16,9       | 00:17:42   | 00:17:43    | 24 |   |
| 25   | 24      | GRABSKI RAFAŁ        | CICHA GÓRA            | GRODZISKI KLUB BIEGACZA   | POLSKA | 1992       | M16       | 19         | 3:33         | 16,9       | 00:17:43   | 00:17:44    | 25 |   |
| 26   | 1118    | DERWICH SZYMON       | POZNAŃ                |                           | POLSKA | 1984       | M16       | 20         | 3:33         | 16,9       | 00:17:46   | 00:17:47    | 26 |   |
| 27   | 180     | WOŹNIAK PIOTR        | SIERAKÓW WIELKOPOLSKI |                           | POLSKA | 1996       | M16       | 21         | 3:33         | 16,9       | 00:17:46   | 00:17:47    | 27 |   |
| 28   | 66      | ZAWIDZKI DARIUSZ     | POZNAŃ                | NIGHT RUNNERS MISIE       | POLSKA | 1984       | M16       | 22         | 3:34         | 16,8       | 00:17:48   | 00:17:50    | 28 |   |
| 29   | 861     | GAWEŁ MICHAŁ         | GNIEZNO               | KS UAM TRIATHLON POZNAŃ   | POLSKA | 1994       | M16       | 23         | 3:34         | 16,8       | 00:17:50   | 00:17:51    | 29 |   |
| 30   | 414     | PAWLAK MARCIN        | POZNAŃ                | AZS POZNAŃ                | POLSKA | 1995       | M16       | 24         | 3:34         | 16,8       | 00:17:50   | 00:17:51    | 30 |   |
| 31   | 1575    | BARTOSZAK MICHAŁ     |                       | SAUCONY                   | POLSKA | 1970       | M30       | 6          | 3:35         | 16,8       | 00:17:52   | 00:17:53    | 31 |   |
| 32   | 608     | ZAGÓRSKI TOMASZ      | DOPIEWO               | ZAGÓRSZCZAKI              | POLSKA | 1980       | M16       | 25         | 3:35         | 16,8       | 00:17:53   | 00:17:54    | 32 |   |
| 33   | 6       | GACKI ROBERT         | POZNAŃ                | STR POZNAŃ                | POLSKA | 1984       | M16       | 26         | 3:35         | 16,7       | 00:17:56   | 00:17:57    | 33 |   |
| 34   | 1002    | CIESŁAK AGNIESZKA    | SLESIN                | KS AZS AWF KATOWICE       | POLSKA | 1989       | K16       | 1          | 3:36         | 16,7       | 00:18:00   | 00:18:00    |    | 1 |
| 35   | 408     | MIERZWA WITOLD       | DARŁOWO               | DARŁOWO                   | POLSKA | 1974       | M30       | 7          | 3:37         | 16,6       | 00:18:02   | 00:18:03    | 34 |   |
| 36   | 1297    | ZABEL ROBERT         | POZNAŃ                | WKS GRUNWALD POZNAŃ       | POLSKA | 1977       | M30       | 8          | 3:37         | 16,6       | 00:18:05   | 00:18:06    | 35 |   |
| 37   | 1182    | PACH TOMASZ          | WOŁÓW                 | NIGHT RUNNERS             | POLSKA | 1990       | M16       | 27         | 3:38         | 16,5       | 00:18:06   | 00:18:08    | 36 |   |
| 38   | 714     | KASPRZAK MIKOŁAJ     | POZNAŃ                |                           | POLSKA | 1979       | M16       | 28         | 3:38         | 16,5       | 00:18:07   | 00:18:10    | 37 |   |
| 39   | 72      | ŁUCZAK MARCIN        | POZNAŃ                | NIGHT RUNNERS             | POLSKA | 1982       | M16       | 29         | 3:40         | 16,3       | 00:18:19   | 00:18:21    | 38 |   |
| 40   | 1535    | STAWIŃSKI MICHAŁ     | RAWA MAZOWIECKA       | NIGHT RUNNERS             | POLSKA | 1988       | M16       | 30         | 3:40         | 16,3       | 00:18:19   | 00:18:21    | 39 |   |
| 41   | 689     | WOLNY ZBIGNIEW       | STĘSZEW               |                           | POLSKA | 1970       | M30       | 9          | 3:40         | 16,3       | 00:18:19   | 00:18:21    | 40 |   |
| 42   | 271     | PASTWA MACIEJ        | POZNAŃ                |                           | POLSKA | 1986       | M16       | 31         | 3:41         | 16,3       | 00:18:26   | 00:18:27    | 41 |   |

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| M-ce | Nr zaw. | Nazwisko Imię         | Miejscowość | Klub                                    | Kraj   | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Czas brutto | M  | K |
|------|---------|-----------------------|-------------|---|--------|------------|-----------|------------|--------------|------------|------------|-------------|----|---|
| 43   | 798     | ANUS MILENA           | POZNAŃ      | SL OLIMPIA POZNAŃ                       | POLSKA | 1995       | K16       | 2          | 3:42         | 16,2       | 00:18:30   | 00:18:31    |    | 2 |
| 44   | 1274    | SUCHORSKI ROBERT      | MŁOSŁAW     | MŁOSŁAW FORTUNA TEAM                    | POLSKA | 1976       | M30       | 10         | 3:43         | 16,1       | 00:18:33   | 00:18:35    | 42 |   |
| 45   | 1579    | GŁOWSKI DARIUSZ       | POZNAŃ      | NIGHT RUNNERS                           | POLSKA | 1983       | M16       | 32         | 3:44         | 16,1       | 00:18:32   | 00:18:39    | 43 |   |
| 46   | 38      | SIKORA ROBERT         | POZNAŃ      | WOLNY STRZELEC, ŻARTUJĘ, NIE MA TAKIEGI | POLSKA | 1980       | M16       | 33         | 3:44         | 16,1       | 00:18:38   | 00:18:41    | 44 |   |
| 47   | 124     | WIECZOREK FILIP       | OWIŃSKA     | NIGHT RUNNERS                           | POLSKA | 1987       | M16       | 34         | 3:44         | 16,0       | 00:18:40   | 00:18:42    | 45 |   |
| 48   | 1179    | GRABIŃSKI WOJCIECH    | ROGOŹNO     | RC WIATER ROGOŹNO                       | POLSKA | 1994       | M16       | 35         | 3:45         | 16,0       | 00:18:41   | 00:18:46    | 46 |   |
| 49   | 477     | MICH SZYMON           | OLSZTYN     | BBL POZNAŃ                              | POLSKA | 1984       | M16       | 36         | 3:45         | 16,0       | 00:18:44   | 00:18:46    | 47 |   |
| 50   | 96      | KALETA WALDEMAR       | POZNAŃ      |   | POLSKA | 1972       | M30       | 11         | 3:45         | 16,0       | 00:18:45   | 00:18:47    | 48 |   |
| 51   | 468     | BALICKI ARTUR         | POZNAŃ      | SL OLIMPIA POZNAŃ                       | POLSKA | 1997       | M16       | 37         | 3:46         | 16,0       | 00:18:44   | 00:18:48    | 49 |   |
| 52   | 559     | MISZTA SŁAWOMIR       | POZNAŃ      | NIEZRZESZONY                            | POLSKA | 1960       | M50       | 2          | 3:45         | 16,0       | 00:18:45   | 00:18:47    | 50 |   |
| 53   | 519     | WYKA SZYMON           | POZNAŃ      | WEST SPORTS TEAM                        | POLSKA | 1990       | M16       | 38         | 3:46         | 15,9       | 00:18:47   | 00:18:51    | 51 |   |
| 54   | 495     | KĘDZIOR MATEUSZ       | POZNAŃ      | POCZTA POLSKA                           | POLSKA | 1973       | M30       | 12         | 3:47         | 15,9       | 00:18:49   | 00:18:53    | 52 |   |
| 55   | 102     | NAJEWSKI MARCIN       | POZNAŃ      | ORŁY FUNDACJA RAK-OFF                   | POLSKA | 1982       | M16       | 39         | 3:47         | 15,9       | 00:18:50   | 00:18:55    | 53 |   |
| 56   | 93      | MIERZEJEWSKI BARTOSZ  | POZNAŃ      | BBL POZNAŃ                              | POLSKA | 1987       | M16       | 40         | 3:47         | 15,9       | 00:18:53   | 00:18:55    | 54 |   |
| 57   | 8       | SOBAŃSKA MAŁGORZATA   | POZNAŃ      | TIME2RUN.PL                             | POLSKA | 1969       | K30       | 1          | 3:47         | 15,9       | 00:18:54   | 00:18:55    |    | 3 |
| 58   | 643     | KUSZNIEREWICZ MACIEJ  | POZNAŃ      | WWW.KUSZNIEREWICZ.EU                    | POLSKA | 1985       | M16       | 41         | 3:48         | 15,8       | 00:18:56   | 00:18:58    | 55 |   |
| 59   | 1013    | PŁOCIENICZAK JACEK    | LESZNO      | AZS UAM                                 | POLSKA | 1994       | M16       | 42         | 3:48         | 15,8       | 00:19:00   | 00:19:02    | 56 |   |
| 60   | 920     | SKOTARCZAK ŁUKASZ     | POZNAŃ      |   | POLSKA | 1984       | M16       | 43         | 3:48         | 15,8       | 00:19:00   | 00:19:02    | 57 |   |
| 61   | 378     | JANACZYK SZYMON       | KLECZEW     |   | POLSKA | 1996       | M16       | 44         | 3:49         | 15,7       | 00:19:00   | 00:19:06    | 58 |   |
| 62   | 120     | GABRYSAK ADRIAN       | POZNAŃ      | NIGHT RUNNERS                           | POLSKA | 1980       | M16       | 45         | 3:49         | 15,7       | 00:19:01   | 00:19:03    | 59 |   |
| 63   | 171     | DUDUŚ MAREK           | POZNAŃ      | KB MANIAC POZNAŃ                        | POLSKA | 1971       | M30       | 13         | 3:49         | 15,7       | 00:19:02   | 00:19:05    | 60 |   |
| 64   | 800     | BISKUPSKI PIOTR       | POZNAŃ      |   | POLSKA | 1976       | M30       | 14         | 3:50         | 15,7       | 00:19:04   | 00:19:08    | 61 |   |
| 65   | 278     | MAIK PIOTR            | DOPIEWO     | SPRINT DOPIEWO                          | POLSKA | 1978       | M30       | 15         | 3:50         | 15,7       | 00:19:04   | 00:19:08    | 62 |   |
| 66   | 1264    | NOWAK MAŁGORZATA      | POZNAŃ      | AZS UM POZNAŃ                           | POLSKA | 1990       | K16       | 3          | 3:49         | 15,7       | 00:19:05   | 00:19:05    |    | 4 |
| 67   | 964     | GRZEŚ KRZYSTYNA       | POZNAŃ      | AZS POZNAŃ                              | POLSKA | 1994       | K16       | 4          | 3:49         | 15,7       | 00:19:06   | 00:19:07    |    | 5 |
| 68   | 909     | MIELNICZAK ARTUR      | POZNAŃ      | XXXXXXXXXXXXXXXXXXXX                    | POLSKA | 1976       | M30       | 16         | 3:50         | 15,7       | 00:19:07   | 00:19:08    | 63 |   |
| 69   | 727     | BIAŁCZYK MARCIN       | WITOSŁAW    | PRESS-SERVICE MONITORING MEDIÓW         | POLSKA | 1987       | M16       | 46         | 3:50         | 15,6       | 00:19:07   | 00:19:11    | 64 |   |
| 70   | 136     | ROTH ŁUKASZ           | POZNAŃ      | NIGHT RUNNERS                           | POLSKA | 1979       | M16       | 47         | 3:51         | 15,6       | 00:19:10   | 00:19:13    | 65 |   |
| 71   | 804     | BOROWCZYK SEBASTIAN   | POZNAŃ      |   | POLSKA | 1988       | M16       | 48         | 3:51         | 15,6       | 00:19:10   | 00:19:14    | 66 |   |
| 72   | 774     | MALECKI DANIEL        | POZNAŃ      | NIGHT RUNNERS                           | POLSKA | 1988       | M16       | 49         | 3:52         | 15,5       | 00:19:14   | 00:19:18    | 67 |   |
| 73   | 107     | SZAŁKOWSKI ŁUKASZ     | SUCHY LAS   | NIGHT RUNNERS                           | POLSKA | 1981       | M16       | 50         | 3:51         | 15,6       | 00:19:15   | 00:19:17    | 68 |   |
| 74   | 481     | ZDANOWSKI TOMASZ      | POZNAN      | ENDUHUB.COM                             | POLSKA | 1972       | M30       | 17         | 3:52         | 15,5       | 00:19:17   | 00:19:20    | 69 |   |
| 75   | 1521    | SZAFRANEK RADOŚLAW    | ROKIETNICA  | SLOW RUNNERS CLUB                       | POLSKA | 1986       | M16       | 51         | 3:52         | 15,5       | 00:19:18   | 00:19:19    | 70 |   |
| 76   | 1086    | PAZDER ANTONI         | POZNAŃ      | KLUB MARATOŃCZYKA V LO POZNAŃ           | POLSKA | 1990       | M16       | 52         | 3:53         | 15,4       | 00:19:18   | 00:19:27    | 71 |   |
| 77   | 268     | SUNDBERG MARC         | BORÓWIEC    |   | POLSKA | 1979       | M16       | 53         | 3:53         | 15,5       | 00:19:20   | 00:19:24    | 72 |   |
| 78   | 881     | SADOWSKI ARKADIUSZ    | OPALENICA   | -                                       | POLSKA | 1967       | M30       | 18         | 3:54         | 15,4       | 00:19:20   | 00:19:29    | 73 |   |
| 79   | 628     | ŚMICHURSKI KRZYSZTOF  | POZNAŃ      | WEST SPORTS TEAM                        | POLSKA | 1989       | M16       | 54         | 3:53         | 15,5       | 00:19:21   | 00:19:24    | 74 |   |
| 80   | 422     | KUC JAROSŁAW          | OBORNIKI    | G 3 OBORNIKI                            | POLSKA | 1970       | M30       | 19         | 3:53         | 15,5       | 00:19:22   | 00:19:24    | 75 |   |
| 81   | 530     | ŻOŁDAK PRZEMYSŁAW     | WITKOWO     | TEAM ASA - BIEGIEM PO ZDROWIE           | POLSKA | 1977       | M30       | 20         | 3:53         | 15,4       | 00:19:24   | 00:19:27    | 76 |   |
| 82   | 283     | LEWANDOWSKA MAGDALENA | ZBERKI      | ORKAN WIELKOPOLSKA POZNAŃ               | POLSKA | 1994       | K16       | 5          | 3:54         | 15,4       | 00:19:27   | 00:19:28    |    | 6 |
| 83   | 122     | FRAK TOMASZ           | SIERAKÓW    |   | POLSKA | 1982       | M16       | 55         | 3:54         | 15,4       | 00:19:27   | 00:19:29    | 77 |   |
| 84   | 125     | WIECZOREK PAWEŁ       | OWIŃSKA     | 7DAK                                    | POLSKA | 1987       | M16       | 56         | 3:55         | 15,3       | 00:19:28   | 00:19:36    | 78 |   |

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Klasyfikacja: Night Runners



| M-ce | Nr zaw. | Nazwisko Imię           | Miejscowość         | Klub                                  | Kraj   | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Czas brutto | M   | K |
|------|---------|-------------------------|---------------------|---------------------------------------|--------|------------|-----------|------------|--------------|------------|------------|-------------|-----|---|
| 85   | 70      | GAŁKA OSKAR             | POZNAŃ              | ORŁY FUNDACJA RAK-OFF                 | POLSKA | 1984       | M16       | 57         | 3:55         | 15,3       | 00:19:31   | 00:19:37    | 79  |   |
| 86   | 851     | KLÓJ ŁUKASZ             | POZNAŃ              | NIEZRZESZONY- POZNAŃ                  | POLSKA | 1978       | M30       | 21         | 3:55         | 15,3       | 00:19:32   | 00:19:34    | 80  |   |
| 87   | 487     | GÓRNY ROBERT            | POZNAŃ              |                                       | POLSKA | 1972       | M30       | 22         | 3:55         | 15,3       | 00:19:33   | 00:19:35    | 81  |   |
| 88   | 151     | WOJTKOWIAK ŁUKASZ       | POZNAŃ              | BIEGACZAMATOR                         | POLSKA | 1975       | M30       | 23         | 3:55         | 15,3       | 00:19:33   | 00:19:36    | 82  |   |
| 89   | 1556    | SZYGENDA MACIEJ         | WRZEŚNIA            | WWW.POMAGAMAKTYWNIIE.PL               | POLSKA | 1979       | M16       | 58         | 3:56         | 15,2       | 00:19:36   | 00:19:42    | 83  |   |
| 90   | 1299    | ORDZA TOMASZ            | DĄBRÓWKA            |                                       | POLSKA | 1988       | M16       | 59         | 3:57         | 15,2       | 00:19:37   | 00:19:43    | 84  |   |
| 91   | 534     | KOWALSKI MICHAŁ         | POZNAŃ              | STOCZNIOWIEC POZNAŃ                   | POLSKA | 1982       | M16       | 60         | 3:57         | 15,2       | 00:19:43   | 00:19:47    | 85  |   |
| 92   | 413     | PACZKOWSKI GERARD       | POZNAŃ              | DRUŻYNA SZPIKU                        | POLSKA | 1976       | M30       | 24         | 3:58         | 15,1       | 00:19:44   | 00:19:49    | 86  |   |
| 93   | 1458    | POŁOMKA RAFAŁ           | POZNAŃ              |                                       | POLSKA | 1989       | M16       | 61         | 3:58         | 15,1       | 00:19:44   | 00:19:52    | 87  |   |
| 94   | 1197    | RUPNIEWSKI TOMASZ       | SWARZĘDZ            |                                       | POLSKA | 1974       | M30       | 25         | 3:58         | 15,1       | 00:19:45   | 00:19:51    | 88  |   |
| 95   | 19      | CHABROS KAROLINA        | POZNAŃ              | SKLEPBIEGACZA.PL POZNAŃ/DRUŻYNA SZPIK | POLSKA | 1982       | K16       | 6          | 3:58         | 15,1       | 00:19:47   | 00:19:49    |     | 7 |
| 96   | 743     | TOMCZAK PRZEMEK         | POZNAŃ              | NIGHT RUNNERS                         | POLSKA | 1987       | M16       | 62         | 3:59         | 15,1       | 00:19:50   | 00:19:55    | 89  |   |
| 97   | 476     | NOWAK GRZEGORZ          | OLSZÓWKA            | NIGHT RUNNERS                         | POLSKA | 1989       | M16       | 63         | 3:59         | 15,1       | 00:19:51   | 00:19:55    | 90  |   |
| 98   | 1557    | KOWAL DAGMAR            | DĄBRÓWKA            | ŚMIGAJĄCE ŚLIMAKI                     | POLSKA | 1976       | M30       | 26         | 4:00         | 15,0       | 00:19:52   | 00:20:02    | 91  |   |
| 99   | 76      | KAŹMIERCZAK MARCIN      | POZNAŃ              | BBL POZNAŃ                            | POLSKA | 1984       | M16       | 64         | 3:59         | 15,0       | 00:19:53   | 00:19:57    | 92  |   |
| 100  | 537     | URBANOWICZ TOMASZ       | MIŁOSŁAW            | MIŁOSŁAW FORTUNA TEAM                 | POLSKA | 1969       | M30       | 27         | 3:59         | 15,1       | 00:19:53   | 00:19:55    | 93  |   |
| 101  | 73      | MILANOWSKA KAJA         | POZNAŃ              | VITAINSILICA, NIGHT RUNNERS           | POLSKA | 1984       | K16       | 7          | 4:00         | 15,0       | 00:19:56   | 00:20:01    |     | 8 |
| 102  | 363     | RODZIEWICZ MARCIN       | POZNAŃ              |                                       | POLSKA | 1985       | M16       | 65         | 4:00         | 15,0       | 00:19:57   | 00:20:02    | 94  |   |
| 103  | 441     | CWOJDZIŃSKI PIOTR       | POZNAŃ              | NIGHT RUNNERS                         | POLSKA | 1978       | M30       | 28         | 4:01         | 15,0       | 00:19:58   | 00:20:03    | 95  |   |
| 104  | 157     | GLISZCZYŃSKI MIKOŁAJ    | PNIEWY              | NIGHT RUNNERS                         | POLSKA | 1980       | M16       | 66         | 4:01         | 14,9       | 00:20:00   | 00:20:06    | 96  |   |
| 105  | 494     | PETZA MACIEJ            | POZNAŃ              | NIGHT RUNNERS                         | POLSKA | 1966       | M30       | 29         | 4:01         | 14,9       | 00:20:01   | 00:20:05    | 97  |   |
| 106  | 177     | FRAĆKOWIAK JACEK        | SUCHY LAS           |                                       | POLSKA | 1984       | M16       | 67         | 4:01         | 14,9       | 00:20:01   | 00:20:06    | 98  |   |
| 107  | 759     | HORNIK ALEKSANDRA       | KOZIEGŁOWY          | WKS GRUNWALD POZNAŃ                   | POLSKA | 1996       | K16       | 8          | 4:01         | 14,9       | 00:20:03   | 00:20:06    |     | 9 |
| 108  | 293     | WIECZORKOWSKI WŁADYSŁAW | POZNAŃ              |                                       | POLSKA | 1956       | M50       | 3          | 4:01         | 14,9       | 00:20:04   | 00:20:05    | 99  |   |
| 109  | 551     | JANUSZEWSKI ALEKSANER   | SUCHY LAS           |                                       | POLSKA | 1973       | M30       | 30         | 4:03         | 14,8       | 00:20:04   | 00:20:13    | 100 |   |
| 110  | 376     | KUBIAK MICHAŁ           | POZNAŃ              | NIGHT RUNNERS                         | POLSKA | 1981       | M16       | 68         | 4:02         | 14,9       | 00:20:05   | 00:20:09    | 101 |   |
| 111  | 831     | GEPPERT JAKUB           | POZNAŃ              | NIGHT RUNNERS                         | POLSKA | 1984       | M16       | 69         | 4:03         | 14,8       | 00:20:05   | 00:20:16    | 102 |   |
| 112  | 1473    | PANCERZ PIOTR           | KÓRNIK              | RB KÓRNIK                             | POLSKA | 1977       | M30       | 31         | 4:02         | 14,9       | 00:20:06   | 00:20:08    | 103 |   |
| 113  | 908     | JANICKI JÓZEF           | NOWE MIASTO N/WARTĄ | AZS POZNAŃ                            | POLSKA | 1963       | M50       | 4          | 4:01         | 14,9       | 00:20:06   | 00:20:07    | 104 |   |
| 114  | 9       | ŻUBEREK PIOTR           | POZNAŃ              | KB MANIAC POZNAŃ                      | POLSKA | 1971       | M30       | 32         | 4:02         | 14,9       | 00:20:06   | 00:20:10    | 105 |   |
| 115  | 491     | FRAĆCZYK MARIUSZ        | POZNAŃ              |                                       | POLSKA | 1983       | M16       | 70         | 4:02         | 14,9       | 00:20:06   | 00:20:11    | 106 |   |
| 116  | 1469    | RYBIŃSKI WALDEMAR       | ROKIETNICA          |                                       | POLSKA | 1971       | M30       | 33         | 4:03         | 14,8       | 00:20:08   | 00:20:13    | 107 |   |
| 117  | 733     | WŁODARCZYK ŁUKASZ       | POZNAŃ              | NIGHT RUNNERS                         | POLSKA | 1980       | M16       | 71         | 4:03         | 14,8       | 00:20:08   | 00:20:14    | 108 |   |
| 118  | 1003    | SOWA MARCIN             | POZNAŃ              | NIGHT RUNNERS                         | POLSKA | 1986       | M16       | 72         | 4:03         | 14,8       | 00:20:09   | 00:20:15    | 109 |   |
| 119  | 290     | SZYMAŃSKI MARIAN        | BUK                 | BUKOWSKI KLUB BIEGACZA                | POLSKA | 1965       | M30       | 34         | 4:03         | 14,8       | 00:20:10   | 00:20:13    | 110 |   |
| 120  | 48      | FOLTYN MARCIN           | POZNAŃ              | TOTAL RUNNERS                         | POLSKA | 1995       | M16       | 73         | 4:04         | 14,8       | 00:20:10   | 00:20:18    | 111 |   |
| 121  | 532     | BUDYCH BARTOSZ          | BUK                 | BUKOWSKI KLUB BIEGACZA                | POLSKA | 1979       | M16       | 74         | 4:03         | 14,8       | 00:20:10   | 00:20:17    | 112 |   |
| 122  | 1027    | TOMIAK DOMINIK          | KOMORNIKI           |                                       | POLSKA | 1980       | M16       | 75         | 4:03         | 14,8       | 00:20:10   | 00:20:17    | 113 |   |
| 123  | 82      | WIECZOREK PIOTR         | OWIŃSKA             | 7DAK                                  | POLSKA | 1986       | M16       | 76         | 4:04         | 14,8       | 00:20:12   | 00:20:20    | 114 |   |
| 124  | 71      | SZCZESZEK ŁUKASZ        | POZNAŃ              | BBL POZNAŃ/ POZNAŃ I LOVE YOU TEAM    | POLSKA | 1980       | M16       | 77         | 4:05         | 14,7       | 00:20:13   | 00:20:24    | 115 |   |
| 125  | 277     | KANONICZAK KRZYSZTOF    | POZNAŃ              | JAKPOL SYSTEMY ALARMOWE               | POLSKA | 1963       | M50       | 5          | 4:05         | 14,7       | 00:20:17   | 00:20:23    | 116 |   |
| 126  | 188     | KOŁODZIEJSKI JAREK      | POZNAŃ              | ORŁY FUNDACJA RAK-OFF                 | POLSKA | 1976       | M30       | 35         | 4:05         | 14,7       | 00:20:18   | 00:20:24    | 117 |   |

# zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl  
 Data: 22.03.2014 r.  
 Dystans: 5km  
 Miejscowość: Poznań

Klasyfikacja: Night Runners



| M-ce | Nr zaw. | Nazwisko Imię          | Miejscowość | Klub                             | Kraj   | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Czas brutto | M   | K  |
|------|---------|------------------------|-------------|----------------------------------|--------|------------|-----------|------------|--------------|------------|------------|-------------|-----|----|
| 127  | 1460    | KNASIECKI MARCIN       | POZNAŃ      |                                  | POLSKA | 1985       | M16       | 78         | 4:06         | 14,7       | 00:20:18   | 00:20:28    | 118 |    |
| 128  | 1019    | RUTKOWSKI DAWID        | SWARZĘDZ    | DRUŻYNA SZPIKU                   | POLSKA | 1983       | M16       | 79         | 4:05         | 14,7       | 00:20:23   | 00:20:26    | 119 |    |
| 129  | 632     | BIELERZEWSKI KRZYSZTOF | POZNAŃ      | WIELKOPOLSCY BIEGACZE/AWF POZNAŃ | POLSKA | 1991       | M16       | 80         | 4:06         | 14,7       | 00:20:25   | 00:20:28    | 120 |    |
| 130  | 174     | FOJUD ARTUR            | GOWARZEWO   | DRUŻYNA SZPIKU / IBERICA 2014    | POLSKA | 1972       | M30       | 36         | 4:06         | 14,6       | 00:20:25   | 00:20:30    | 121 |    |
| 131  | 755     | OCHOCKI KRZYSZTOF      | KRZYSZKOWO  |                                  | POLSKA | 1975       | M30       | 37         | 4:06         | 14,6       | 00:20:27   | 00:20:31    | 122 |    |
| 132  | 1345    | PFAJFER MAREK          | LEGBĄD      | MARATONYPOLSKIE.PL TEAM          | POLSKA | 1984       | M16       | 81         | 4:07         | 14,6       | 00:20:27   | 00:20:34    | 123 |    |
| 133  | 444     | NIEMIR TOMASZ          | POZNAŃ      |                                  | POLSKA | 1993       | M16       | 82         | 4:07         | 14,6       | 00:20:30   | 00:20:33    | 124 |    |
| 134  | 1590    | TOMASZ SZWAJKOWSKI     | POZNAŃ      |                                  | POLSKA | 1979       | M16       | 83         | 4:08         | 14,5       | 00:20:31   | 00:20:41    | 125 |    |
| 135  | 267     | SUNDBERG MARIA         | BORÓWIEC    |                                  | POLSKA | 1979       | K16       | 9          | 4:08         | 14,5       | 00:20:34   | 00:20:38    |     | 10 |
| 136  | 492     | KAWKA MARCIN           | POZNAN      | NIGHT RUNNERS                    | POLSKA | 1979       | M16       | 84         | 4:09         | 14,5       | 00:20:35   | 00:20:45    | 126 |    |
| 137  | 1432    | DURZYŃSKI MICHAŁ       | POZNAŃ      |                                  | POLSKA | 1983       | M16       | 85         | 4:09         | 14,5       | 00:20:36   | 00:20:43    | 127 |    |
| 138  | 1368    | KUBIAK KAMIL           | POZNAŃ      | BRAK                             | POLSKA | 1990       | M16       | 86         | 4:16         | 14,0       | 00:20:38   | 00:21:22    | 128 |    |
| 139  | 58      | MAKOWSKI TOMASZ        | POZNAŃ      | NIGHT RUNNERS                    | POLSKA | 1985       | M16       | 87         | 4:10         | 14,4       | 00:20:39   | 00:20:49    | 129 |    |
| 140  | 51      | NOCULAK MICHAŁ         | LUBOŃ       | ANGLOPROJEKT.PL                  | POLSKA | 1979       | M16       | 88         | 4:09         | 14,4       | 00:20:40   | 00:20:47    | 130 |    |
| 141  | 602     | JĘDRASZCZAK MAREK      | POZNAŃ      |                                  | POLSKA | 1960       | M50       | 6          | 4:09         | 14,4       | 00:20:41   | 00:20:47    | 131 |    |
| 142  | 944     | RUCKI MARCIN           | POZNAŃ      | TRENERTRIATHLONU.PL              | POLSKA | 1978       | M30       | 38         | 4:09         | 14,4       | 00:20:41   | 00:20:47    | 132 |    |
| 143  | 548     | KACZMAREK KRZYSZTOF    | POZNAŃ      |                                  | POLSKA | 1982       | M16       | 89         | 4:10         | 14,4       | 00:20:41   | 00:20:48    | 133 |    |
| 144  | 1097    | KOCEŁO WOJCIECH        | CYBINKA     | CYBINKA                          | POLSKA | 1984       | M16       | 90         | 4:10         | 14,4       | 00:20:42   | 00:20:49    | 134 |    |
| 145  | 815     | ĆWIETNIA RAFAŁ         | SIERAKÓW    |                                  |        | 1979       | M16       | 91         | 4:10         | 14,4       | 00:20:42   | 00:20:51    | 135 |    |
| 146  | 525     | ROSZAK DANIEL          | KOMORNIKI   |                                  | POLSKA | 1978       | M30       | 39         | 4:10         | 14,4       | 00:20:43   | 00:20:50    | 136 |    |
| 147  | 216     | STRAŻYŃSKI MACIEJ      | POZNAŃ      | M AUTO SERWIS                    | POLSKA | 1965       | M30       | 40         | 4:11         | 14,4       | 00:20:43   | 00:20:54    | 137 |    |
| 148  | 227     | PERZ KAMIL             | POZNAŃ      | DRUŻYNA SZPIKU / AZS AWF POZNAŃ  | POLSKA | 1992       | M16       | 92         | 4:09         | 14,4       | 00:20:43   | 00:20:47    | 138 |    |
| 149  | 248     | BUILDING TEDDY         | POZNAŃ      | 4BADBOYS                         | POLSKA | 1982       | M16       | 93         | 4:10         | 14,4       | 00:20:43   | 00:20:51    | 139 |    |
| 150  | 65      | LIGĘZA PATRYK          | ZBĄSZYŃ     | TKKF ŁABĘDŹ ZBĄSZYŃ              | POLSKA | 1993       | M16       | 94         | 4:10         | 14,4       | 00:20:48   | 00:20:52    | 140 |    |
| 151  | 1250    | KOWALCZYK TOMASZ ALAN  | NEKLA       |                                  | POLSKA | 1985       | M16       | 95         | 4:11         | 14,3       | 00:20:49   | 00:20:55    | 141 |    |
| 152  | 379     | SIKORA PRZEMYSŁAW      | POZNAŃ      |                                  | POLSKA | 1981       | M16       | 96         | 4:11         | 14,3       | 00:20:49   | 00:20:56    | 142 |    |
| 153  | 1567    | STEBIŃSKI DANIEL       | POZNAŃ      |                                  | POLSKA | 1975       | M30       | 41         | 4:11         | 14,3       | 00:20:49   | 00:20:57    | 143 |    |
| 154  | 372     | KOZUBSKI MACIEJ        | POZNAŃ      | APLAUZ DĄBRÓWKA                  | POLSKA | 1987       | M16       | 97         | 4:12         | 14,3       | 00:20:50   | 00:21:01    | 144 |    |
| 155  | 443     | NIEMIR ALEKSANDER      | POZNAŃ      | KB MANIAC POZNAŃ                 | POLSKA | 1965       | M30       | 42         | 4:11         | 14,4       | 00:20:50   | 00:20:53    | 145 |    |
| 156  | 289     | CHODKIEWICZ GRAŻYNA    | PUSZCZYKOWO |                                  | POLSKA | 1976       | K30       | 2          | 4:12         | 14,3       | 00:20:50   | 00:21:02    |     | 11 |
| 157  | 684     | GORCZYCA JACEK         | KOBYLNICA   | DRUŻYNA SZPIKU                   | POLSKA | 1971       | M30       | 43         | 4:12         | 14,3       | 00:20:51   | 00:21:00    | 146 |    |
| 158  | 263     | PASTWA KATARZYNA       | POZNAŃ      | POZNANBIEGA.PL                   | POLSKA | 1985       | K16       | 10         | 4:13         | 14,3       | 00:20:53   | 00:21:03    |     | 12 |
| 159  | 536     | KAMIŃSKA BEATA         | POZNAŃ      | NIGHT RUNNERS                    | POLSKA | 1986       | K16       | 11         | 4:13         | 14,2       | 00:20:53   | 00:21:05    |     | 13 |
| 160  | 599     | STANIEWSKI ADAM        | POZNAŃ      | BAMBOOCO                         | POLSKA | 1975       | M30       | 44         | 5:16         | 11,4       | 00:20:53   | 00:26:18    | 147 |    |
| 161  | 113     | DOMAGAŁA MARCIN        | POZNAŃ      | NIGHT RUNNERS                    | POLSKA | 1985       | M16       | 98         | 4:13         | 14,2       | 00:20:54   | 00:21:04    | 148 |    |
| 162  | 1272    | REMBACZ JAROSŁAW       | MIĘDZYCHÓD  |                                  | POLSKA | 1980       | M16       | 99         | 4:12         | 14,3       | 00:20:54   | 00:21:02    | 149 |    |
| 163  | 222     | ARGASIŃSKI MATEUSZ     | POZNAŃ      | DRUŻYNA ZBÓJA                    | POLSKA | 1983       | M16       | 100        | 4:14         | 14,2       | 00:20:55   | 00:21:08    | 150 |    |
| 164  | 427     | HĘŚ TOMASZ             | TRZEMESZNO  | DRUŻYNA SZPIKU                   | POLSKA | 1972       | M30       | 45         | 4:11         | 14,3       | 00:20:56   | 00:20:56    | 151 |    |
| 165  | 84      | MELCER KATARZYNA       | POZNAŃ      | NIGHT RUNNERS                    | POLSKA | 1988       | K16       | 12         | 4:12         | 14,3       | 00:20:56   | 00:21:02    |     | 14 |
| 166  | 1573    | MELCER WOJCIECH        | PSZCZEW     | NIGHT RUNNERS                    | POLSKA | 1989       | M16       | 101        | 4:12         | 14,3       | 00:20:56   | 00:21:02    | 152 |    |
| 167  | 614     | SZYMKOWIAK DARIUSZ     | POBIEDZISKA | NIGHT RUNNERS                    | POLSKA | 1973       | M30       | 46         | 4:12         | 14,3       | 00:20:56   | 00:21:02    | 153 |    |
| 168  | 272     | GRZELKA TOMASZ         | KAŻMIERZ    | BRYGADA RUMCAJSA ROJBERA         | POLSKA | 1983       | M16       | 102        | 4:13         | 14,2       | 00:20:56   | 00:21:07    | 154 |    |

# zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl  
 Data: 22.03.2014 r.  
 Dystans: 5km  
 Miejscowość: Poznań

Klasyfikacja: Night Runners



| M-ce | Nr zaw. | Nazwisko Imię               | Miejscowość      | Klub                                 | Kraj   | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Czas brutto | M   | K  |
|------|---------|-----------------------------|------------------|--------------------------------------|--------|------------|-----------|------------|--------------|------------|------------|-------------|-----|----|
| 169  | 985     | MOROS LUCJAN                | POZNAŃ           | DRUŻYNA ZBÓJA                        | POLSKA | 1982       | M16       | 103        | 4:14         | 14,2       | 00:20:56   | 00:21:08    | 155 |    |
| 170  | 325     | JERZYKIEWICZ ROMAN          | MŁOSŁAW          | MŁOSŁAW FORTUNA TEAM                 | POLSKA | 1972       | M30       | 47         | 4:13         | 14,2       | 00:20:58   | 00:21:06    | 156 |    |
| 171  | 946     | JANKOWIAK ADAM              | LUBOŃ            | SPP TEAM                             | POLSKA | 1983       | M16       | 104        | 4:14         | 14,2       | 00:20:59   | 00:21:09    | 157 |    |
| 172  | 729     | SZULC RAFAŁ                 | POZNAŃ           |                                      | POLSKA | 1974       | M30       | 48         | 4:14         | 14,2       | 00:21:00   | 00:21:12    | 158 |    |
| 173  | 681     | KAFTAŃSKA KATARZYNA         | POZNAŃ           |                                      | POLSKA | 1983       | K16       | 13         | 4:15         | 14,1       | 00:21:00   | 00:21:14    |     | 15 |
| 174  | 140     | OLSZEWSKI TOMASZ            | MOSINA           | CHEMADEX                             | POLSKA | 1979       | M16       | 105        | 4:14         | 14,2       | 00:21:01   | 00:21:11    | 159 |    |
| 175  | 430     | WARCZYĞŁOWA ADAM            | MŁOSŁAW          | MŁOSŁAW FORTUNA TEAM                 | POLSKA | 1978       | M30       | 49         | 4:13         | 14,3       | 00:21:03   | 00:21:03    | 160 |    |
| 176  | 219     | MATUSIAK JAREK              | POZNAŃ           | RUNNERSPROJECT                       | POLSKA | 1975       | M30       | 50         | 4:14         | 14,2       | 00:21:03   | 00:21:10    | 161 |    |
| 177  | 685     | GORCZYCA MARIA              | KOBYLNICA        | SL OLIMPIA                           | POLSKA | 1997       | K16       | 14         | 4:13         | 14,2       | 00:21:04   | 00:21:06    |     | 16 |
| 178  | 1403    | KĘSY DARIUSZ                | SWARZĘDZ         | KB MANIAC POZNAŃ                     | POLSKA | 1983       | M16       | 106        | 4:14         | 14,2       | 00:21:06   | 00:21:11    | 162 |    |
| 179  | 1238    | WAŚOWSKI MACIEJ             | SZAMOTUŁY        | NIEZRZESZONY SZAMOTUŁY               | POLSKA | 1982       | M16       | 107        | 4:15         | 14,1       | 00:21:06   | 00:21:15    | 163 |    |
| 180  | 380     | POLCYN WŁADYSŁAW            | POZNAŃ           | CONFUSE-A-CAT LTD                    | POLSKA | 1964       | M30       | 51         | 4:16         | 14,1       | 00:21:07   | 00:21:20    | 164 |    |
| 181  | 1237    | BUDZICZ ŁUKASZ              | POZNAŃ           | POZNAŃ FOREVER                       | POLSKA | 1985       | M16       | 108        | 4:15         | 14,1       | 00:21:10   | 00:21:13    | 165 |    |
| 182  | 452     | MIEŚCICKI ŁUKASZ            | POZNAŃ           | TRENERTRIATHLONU.PL                  | POLSKA | 1980       | M16       | 109        | 4:16         | 14,1       | 00:21:11   | 00:21:18    | 166 |    |
| 183  | 300     | CZERWIŃSKI ŁUKASZ           | TARNOWO PODGÓRNE | POZIOM WYŻEJ - TARNOWO BIEGA         | POLSKA | 1981       | M16       | 110        | 4:16         | 14,1       | 00:21:12   | 00:21:20    | 167 |    |
| 184  | 182     | BRONOWICKI RYSZARD          | NOWY TOMYŚL      | NKB CHYŻY NOWY TOMYŚL                | POLSKA | 1949       | M50       | 7          | 4:16         | 14,0       | 00:21:12   | 00:21:22    | 168 |    |
| 185  | 1520    | RZYHA HUBERT                | ŚREM             | RUNNER&#039;S POWER                  | POLSKA | 1984       | M16       | 111        | 4:17         | 14,0       | 00:21:13   | 00:21:26    | 169 |    |
| 186  | 223     | SZCZEPAŃSKI MACIEJ          | POZNAŃ           | DRUŻYNA ZBÓJA                        | POLSKA | 1982       | M16       | 112        | 4:17         | 14,0       | 00:21:13   | 00:21:25    | 170 |    |
| 187  | 462     | NOWAK MICHAŁ                | NOWY TOMYŚL      | NIGHT RUNNERS                        | POLSKA | 1989       | M16       | 113        | 4:17         | 14,0       | 00:21:14   | 00:21:27    | 171 |    |
| 188  | 22      | KOTKOWSKA KAROLINA          | POZNAŃ           | DRUŻYNA SZPIKU                       | POLSKA | 1975       | K30       | 3          | 4:16         | 14,0       | 00:21:15   | 00:21:22    |     | 17 |
| 189  | 1387    | RUTKOWSKI KAZIMIERZ         | ŚLIWNO           | KUSY I SPÓŁKA                        | POLSKA | 1959       | M50       | 8          | 4:16         | 14,1       | 00:21:15   | 00:21:18    | 172 |    |
| 190  | 1263    | MARCINEK TOMASZ             | POZNAŃ           | DRUŻYNA ZBÓJA                        | POLSKA | 1984       | M16       | 114        | 4:18         | 14,0       | 00:21:16   | 00:21:28    | 173 |    |
| 191  | 1176    | CZAJA PAULINA               | TORUŃ            | AZS UAM POZNAŃ/ KM TRUCHCIK ŁUBIANKA | POLSKA | 1994       | K16       | 15         | 4:18         | 14,0       | 00:21:18   | 00:21:29    |     | 18 |
| 192  | 1542    | LISIECKI ŁUKASZ             | POZNAŃ           | NIGHT RUNNERS                        | POLSKA | 1986       | M16       | 115        | 4:18         | 14,0       | 00:21:18   | 00:21:29    | 174 |    |
| 193  | 1537    | HENDRZYK-MAJEWSKA KATARZYNA | POZNAŃ           |                                      | POLSKA | 1987       | K16       | 16         | 4:18         | 14,0       | 00:21:19   | 00:21:30    |     | 19 |
| 194  | 756     | TRZEPACZ GABRIELA           | KAWĘCZYN         | NIGHT RUNNERS                        | POLSKA | 1993       | K16       | 17         | 4:18         | 14,0       | 00:21:20   | 00:21:30    |     | 20 |
| 195  | 673     | CIEŚLIK MACIEJ              | POZNAŃ           | KSG DIRETA                           | POLSKA | 1977       | M30       | 52         | 4:18         | 14,0       | 00:21:23   | 00:21:30    | 175 |    |
| 196  | 1334    | RUSKOWIAK ALEKSANDER        | SKÓRZEWO         | NIGHT RUNNERS                        | POLSKA | 1985       | M16       | 116        | 4:19         | 13,9       | 00:21:23   | 00:21:35    | 176 |    |
| 197  | 1259    | MARKOWSKI MICHAŁ            | POZNAŃ           |                                      | POLSKA | 1978       | M30       | 53         | 4:19         | 13,9       | 00:21:23   | 00:21:37    | 177 |    |
| 198  | 945     | BOCHEŃSKI MACIEJ            | POZNAŃ           | ENDOHOLICS                           | POLSKA | 1980       | M16       | 117        | 4:20         | 13,8       | 00:21:25   | 00:21:41    | 178 |    |
| 199  | 555     | KAFTAŃSKI MICHAŁ            | POZNAŃ           |                                      | POLSKA | 1982       | M16       | 118        | 4:20         | 13,8       | 00:21:26   | 00:21:41    | 179 |    |
| 200  | 451     | MASŁOWSKA MAGDALENA         | POZNAŃ           | TRENERTRIATHLONU.PL                  | POLSKA | 1980       | K16       | 18         | 4:19         | 13,9       | 00:21:26   | 00:21:33    |     | 21 |
| 201  | 903     | REMBACZ ANDRZEJ             | SUCHY ŁĄS        |                                      | POLSKA | 1979       | M16       | 119        | 4:22         | 13,8       | 00:21:29   | 00:21:48    | 180 |    |
| 202  | 55      | KOROŃSKI TADEUSZ            | POZNAŃ           |                                      | POLSKA | 1970       | M30       | 54         | 4:21         | 13,8       | 00:21:30   | 00:21:46    | 181 |    |
| 203  | 957     | PALUSZKIEWICZ RAFAŁ         | LUBOŃ            | SPP TEAM                             | POLSKA | 1976       | M30       | 55         | 4:20         | 13,8       | 00:21:31   | 00:21:40    | 182 |    |
| 204  | 1168    | NAJDER KRZYSZTOF            | POZNAŃ           |                                      | POLSKA | 1980       | M16       | 120        | 4:20         | 13,8       | 00:21:32   | 00:21:42    | 183 |    |
| 205  | 883     | JAZIKOWSKI PAWEŁ            | POZNAŃ           | -                                    | POLSKA | 1972       | M30       | 56         | 4:43         | 12,7       | 00:21:32   | 00:23:34    | 184 |    |
| 206  | 4       | MODZELEWSKI PIOTR           | TARNOWO PODGÓRNE | POZIOM WYŻEJ - TARNOWO BIEGA         | POLSKA | 1969       | M30       | 57         | 4:21         | 13,8       | 00:21:35   | 00:21:44    | 185 |    |
| 207  | 1580    | KASICA RENATA               | DASZEWICE        |                                      | POLSKA | 1978       | K30       | 4          | 4:21         | 13,8       | 00:21:35   | 00:21:46    |     | 22 |
| 208  | 169     | KORBIK MARCIN               | KOZIEĞŁOWY       |                                      | POLSKA | 1987       | M16       | 121        | 4:21         | 13,8       | 00:21:35   | 00:21:47    | 186 |    |
| 209  | 522     | KAMYCKI KRZYSZTOF           | PLEWISKA         | YUPPI SQUAD                          | POLSKA | 1982       | M16       | 122        | 4:22         | 13,7       | 00:21:36   | 00:21:52    | 187 |    |
| 210  | 191     | PANKOWSKI ARKADIUSZ         | NOWY TOMYŚL      |                                      | POLSKA | 1970       | M30       | 58         | 4:22         | 13,8       | 00:21:38   | 00:21:48    | 188 |    |



# zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl  
 Data: 22.03.2014 r.  
 Dystans: 5km  
 Miejscowość: Poznań

Klasyfikacja: Night Runners



| M-ce | Nr zaw. | Nazwisko Imię          | Miejscowość      | Klub                         | Kraj   | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Czas brutto | M   | K  |
|------|---------|------------------------|------------------|------------------------------|--------|------------|-----------|------------|--------------|------------|------------|-------------|-----|----|
| 211  | 547     | ŁOWIECKI DOMINIK       | POZNAŃ           | NIGHT RUNNERS                | POLSKA | 1979       | M16       | 123        | 4:21         | 13,8       | 00:21:39   | 00:21:45    | 189 |    |
| 212  | 969     | MIKOŁAJCZAK BARTŁOMIEJ | ŚRODA WLKP.      |                              | POLSKA | 1979       | M16       | 124        | 4:22         | 13,8       | 00:21:39   | 00:21:48    | 190 |    |
| 213  | 418     | WACHOWIAK MARIUSZ      | POZNAŃ           | DRUŻYNA SZPIKU               | POLSKA | 1978       | M30       | 59         | 4:22         | 13,7       | 00:21:39   | 00:21:52    | 191 |    |
| 214  | 797     | KULUS JAKUB            | TARNOWO PODGÓRNE | POZIOM WYŻEJ - TARNOWO BIEGA | POLSKA | 1983       | M16       | 125        | 4:22         | 13,7       | 00:21:41   | 00:21:50    | 192 |    |
| 215  | 103     | JASICZAK JAKUB         | DĄBRÓWKA         |                              | POLSKA | 1983       | M16       | 126        | 4:23         | 13,7       | 00:21:42   | 00:21:55    | 193 |    |
| 216  | 762     | JEZIERSKI BARTOSZ      | PNIEWY           | DRUŻYNA SZPIKU               | POLSKA | 1994       | M16       | 127        | 4:22         | 13,7       | 00:21:43   | 00:21:50    | 194 |    |
| 217  | 744     | STACHOWIAK MAREK       | ROKIETNICA       | NIGHT RUNNERS                | POLSKA | 1978       | M30       | 60         | 4:23         | 13,7       | 00:21:44   | 00:21:57    | 195 |    |
| 218  | 350     | CIEŚLAK RADEK          | POZNAŃ           | DRUŻYNA SZPIKU               | POLSKA | 1977       | M30       | 61         | 4:23         | 13,7       | 00:21:45   | 00:21:55    | 196 |    |
| 219  | 173     | KORBIK MIKOŁAJ         | KOZIEGŁOWY       | DRUŻYNA SZPIKU               | POLSKA | 1992       | M16       | 128        | 4:23         | 13,7       | 00:21:45   | 00:21:57    | 197 |    |
| 220  | 327     | MRÓZ CEZARY            | DĄBRÓWKA         |                              | POLSKA | 1975       | M30       | 62         | 4:23         | 13,7       | 00:21:48   | 00:21:54    | 198 |    |
| 221  | 1522    | WZIĘTEK KAMILA         | MIĘDZYCHÓD       | .                            | POLSKA | 1990       | K16       | 19         | 4:23         | 13,7       | 00:21:49   | 00:21:53    |     | 23 |
| 222  | 97      | ZIĘBA MACIEJ           | POZNAŃ           | BBL POZNAŃ                   | POLSKA | 1982       | M16       | 129        | 4:24         | 13,6       | 00:21:51   | 00:22:02    | 199 |    |
| 223  | 1552    | CHOJNACKI MACIEJ       | BISKUPICE        | NIGHT RUNNERS                | POLSKA | 1976       | M30       | 63         | 4:25         | 13,6       | 00:21:51   | 00:22:03    | 200 |    |
| 224  | 661     | RAFLIK SŁAWOMIR        | POZNAŃ           | KS KOZIOŁEK POZNAŃ           | POLSKA | 1978       | M30       | 64         | 4:24         | 13,6       | 00:21:52   | 00:22:01    | 201 |    |
| 225  | 1156    | DZIUBAŁKA AGATA        | POZNAŃ           | BBL POZNAŃ                   | POLSKA | 1979       | K16       | 20         | 4:25         | 13,6       | 00:21:53   | 00:22:03    |     | 24 |
| 226  | 493     | TELICKI ANDRZEJ        | POZNAŃ           | NIGHT RUNNERS                | POLSKA | 1982       | M16       | 130        | 4:25         | 13,6       | 00:21:54   | 00:22:05    | 202 |    |
| 227  | 758     | JURASZ WOJCIECH        | POZNAŃ           |                              | POLSKA | 1966       | M30       | 65         | 4:26         | 13,5       | 00:21:54   | 00:22:12    | 203 |    |
| 228  | 1518    | FABIS JAKUB            | STRYKOWO         |                              | POLSKA | 1986       | M16       | 131        | 4:26         | 13,5       | 00:21:55   | 00:22:09    | 204 |    |
| 229  | 1587    | WARDAK MIKOŁAJ         | POZNAŃ           | NIGHT RUNNERS                | POLSKA | 1985       | M16       | 132        | 4:27         | 13,5       | 00:21:55   | 00:22:14    | 205 |    |
| 230  | 390     | STARKOWSKI SZYMON      | POZNAŃ           | BLADE RUNNER                 | POLSKA | 1979       | M16       | 133        | 4:26         | 13,5       | 00:21:56   | 00:22:09    | 206 |    |
| 231  | 977     | SZAŁKOWSKI TOMASZ      | POZNAŃ           |                              | POLSKA | 1982       | M16       | 134        | 4:24         | 13,6       | 00:21:58   | 00:22:01    | 207 |    |
| 232  | 505     | MAJEWSKI MACIEJ        | POZNAŃ           | TEAM ASA =BIEGIEM PO ZDROWIE | POLSKA | 1966       | M30       | 66         | 4:25         | 13,6       | 00:21:58   | 00:22:07    | 208 |    |
| 233  | 1386    | MONCZYŃSKI SEBASTIAN   | POZNAŃ           | VEGE RUNNERS                 | POLSKA | 1990       | M16       | 135        | 4:27         | 13,5       | 00:21:59   | 00:22:13    | 209 |    |
| 234  | 936     | TREŚCIŃSKI MARIUSZ     | CZARNKÓW         |                              | POLSKA | 1986       | M16       | 136        | 4:24         | 13,6       | 00:21:59   | 00:21:59    | 210 |    |
| 235  | 970     | OBUCHOWICZ DAREK       | POZNAŃ           |                              | POLSKA | 1973       | M30       | 67         | 4:26         | 13,5       | 00:21:59   | 00:22:11    | 211 |    |
| 236  | 1071    | KACZMAREK ŁUKASZ       | POZNAŃ           |                              | POLSKA | 1988       | M16       | 137        | 4:27         | 13,5       | 00:22:02   | 00:22:16    | 212 |    |
| 237  | 1347    | GAJEWSKI JACEK         | POZNAŃ           |                              | POLSKA | 1988       | M16       | 138        | 4:28         | 13,5       | 00:22:03   | 00:22:18    | 213 |    |
| 238  | 980     | JAKUBOWSKI TOMASZ      | TARNOWO PODGORNE |                              | POLSKA | 1976       | M30       | 68         | 4:28         | 13,4       | 00:22:06   | 00:22:20    | 214 |    |
| 239  | 1225    | ZAKRZEWSKI ROBERT      | TARNOWO PODGÓRNE |                              | POLSKA | 1977       | M30       | 69         | 4:27         | 13,5       | 00:22:06   | 00:22:13    | 215 |    |
| 240  | 839     | BEDNAREK ARTUR         | POBIEDZISKA      | POBIEDZISKA                  | POLSKA | 1983       | M16       | 139        | 4:28         | 13,4       | 00:22:08   | 00:22:22    | 216 |    |
| 241  | 518     | BUCZKOWSKI DARIUSZ     | POZNAŃ           | NIGHT RUNNERS                | POLSKA | 1977       | M30       | 70         | 4:27         | 13,5       | 00:22:08   | 00:22:14    | 217 |    |
| 242  | 406     | MALUJDY MICHAŁ         | POZNAŃ           |                              | POLSKA | 1991       | M16       | 140        | 5:14         | 11,5       | 00:22:09   | 00:26:12    | 218 |    |
| 243  | 17      | JAKUBOWSKA ANNA-MARIA  | POZNAŃ           | UAM TRIATHLON                | POLSKA | 1994       | K16       | 21         | 4:26         | 13,5       | 00:22:10   | 00:22:12    |     | 25 |
| 244  | 1564    | DZITKOWSKI WITOLD      | GOWARZEWO        |                              | POLSKA | 1985       | M16       | 141        | 4:30         | 13,3       | 00:22:10   | 00:22:31    | 219 |    |
| 245  | 1588    | BORCIUCH DAWID         | SZCZECIN         | NIGHT RUNNERS                | POLSKA | 1981       | M16       | 142        | 4:30         | 13,3       | 00:22:11   | 00:22:30    | 220 |    |
| 246  | 309     | MALUŚKIEWICZ GRZEGORZ  | ZALASEWO         |                              | POLSKA | 1988       | M16       | 143        | 4:29         | 13,4       | 00:22:11   | 00:22:25    | 221 |    |
| 247  | 1128    | MELLER MARCIN          | ŚRODA WLKP.      | DWUOSOBOWY KLUB SPORTOWY     | POLSKA | 1980       | M16       | 144        | 4:29         | 13,4       | 00:22:11   | 00:22:26    | 222 |    |
| 248  | 913     | FILIPOWSKI ZENON       | WSCHOWA          | SCIM                         | POLSKA | 1973       | M30       | 71         | 4:38         | 12,9       | 00:22:15   | 00:23:10    | 223 |    |
| 249  | 356     | ILASZ MICHAŁ           | POZNAŃ           |                              | POLSKA | 1978       | M30       | 72         | 4:31         | 13,3       | 00:22:19   | 00:22:36    | 224 |    |
| 250  | 783     | MELLER ŁUKASZ          | LUBOŃ            | DWUOSOBOWY KLUB SPORTOWY     | POLSKA | 1978       | M30       | 73         | 4:31         | 13,3       | 00:22:19   | 00:22:34    | 225 |    |
| 251  | 137     | PTAK KRZYSZTOF         | POZNAŃ           |                              | POLSKA | 1971       | M30       | 74         | 4:32         | 13,2       | 00:22:20   | 00:22:39    | 226 |    |
| 252  | 269     | MATUSZEWSKI SZYMON     | POZNAŃ           | PYRUN                        | POLSKA | 1974       | M30       | 75         | 4:32         | 13,2       | 00:22:21   | 00:22:42    | 227 |    |

# zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl  
 Data: 22.03.2014 r.  
 Dystans: 5km  
 Miejscowość: Poznań

Klasyfikacja: Night Runners



| M-ce | Nr zaw. | Nazwisko Imię             | Miejscowość        | Klub                            | Kraj   | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Czas brutto | M   | K  |
|------|---------|---------------------------|--------------------|---------------------------------|--------|------------|-----------|------------|--------------|------------|------------|-------------|-----|----|
| 253  | 808     | KOZŁOWSKA KORNELIA        | POZNAŃ             | NIGHT RUNNERS                   | POLSKA | 1987       | K16       | 22         | 4:34         | 13,2       | 00:22:21   | 00:22:48    |     | 26 |
| 254  | 1254    | OWCZARZAK DARIUSZ         | POZNAŃ             | NORDIC DREAM TEAM               | POLSKA | 1967       | M30       | 76         | 4:34         | 13,1       | 00:22:21   | 00:22:49    | 228 |    |
| 255  | 162     | PABICH MICHAŁ             | POZNAŃ             |                                 | POLSKA | 1988       | M16       | 145        | 4:31         | 13,3       | 00:22:23   | 00:22:36    | 229 |    |
| 256  | 190     | DUPLAGA-PANKOWSKA IZABELA | NOWY TOMYŚL        |                                 | POLSKA | 1972       | K30       | 5          | 4:32         | 13,2       | 00:22:24   | 00:22:42    |     | 27 |
| 257  | 720     | GRUPA HUBERT              | KOŚCIAN            | PRESS-SERVICE MONITORING MEDIÓW | POLSKA | 1990       | M16       | 146        | 4:33         | 13,2       | 00:22:26   | 00:22:43    | 230 |    |
| 258  | 368     | SZCZODRZYŃSKI PIOTR       | POZNAŃ             | NETPROFI.PL                     | POLSKA | 1974       | M30       | 77         | 4:33         | 13,2       | 00:22:26   | 00:22:43    | 231 |    |
| 259  | 153     | KNIAT JOANNA              | ZŁOTNIKI           | NIGHT RUNNERS                   | POLSKA | 1987       | K16       | 23         | 4:30         | 13,3       | 00:22:26   | 00:22:31    |     | 28 |
| 260  | 541     | SZARLIK PRZEMYSŁAW        | POZNAŃ             |                                 | POLSKA | 1970       | M30       | 78         | 4:31         | 13,3       | 00:22:26   | 00:22:34    | 232 |    |
| 261  | 1548    | KOWALSKI MACIEJ           | POZNAŃ             | NIGHT RUNNERS                   | POLSKA | 1970       | M30       | 79         | 4:32         | 13,3       | 00:22:27   | 00:22:38    | 233 |    |
| 262  | 545     | SŁOMA KRYSZTIAN           | POZNAŃ             | NIGHT RUNNERS                   | POLSKA | 1992       | M16       | 147        | 4:32         | 13,2       | 00:22:27   | 00:22:40    | 234 |    |
| 263  | 337     | URBAŃCZYK KSAWERY         | ZIMIN              | DRUŻYNA SZPIKU                  | POLSKA | 1959       | M50       | 9          | 4:31         | 13,3       | 00:22:28   | 00:22:36    | 235 |    |
| 264  | 1267    | PIĘTOWSKI ARTUR           | POZNAŃ             |                                 | POLSKA | 1979       | M16       | 148        | 4:34         | 13,1       | 00:22:29   | 00:22:50    | 236 |    |
| 265  | 189     | WALCZAK ROBERT            | POZNAŃ             | LEXPREMIUM.PL                   | POLSKA | 1980       | M16       | 149        | 4:32         | 13,3       | 00:22:33   | 00:22:38    | 237 |    |
| 266  | 308     | BOGACZYK DAMIAN           | ŚRODA WIELKOPOLSKA | KB AKTYWNI ŚRODA WLKP.          | POLSKA | 1980       | M16       | 150        | 4:33         | 13,2       | 00:22:33   | 00:22:47    | 238 |    |
| 267  | 311     | ZYWAR MICHAŁ              | POZNAŃ             |                                 | POLSKA | 1985       | M16       | 151        | 4:35         | 13,1       | 00:22:35   | 00:22:55    | 239 |    |
| 268  | 375     | JASIŃSKI MARCIN           | KÓRNIK             |                                 | POLSKA | 1982       | M16       | 152        | 4:34         | 13,1       | 00:22:36   | 00:22:52    | 240 |    |
| 269  | 1220    | GRZEŚKOWIAK WOJCIECH      | POZNAŃ             |                                 | POLSKA | 1978       | M30       | 80         | 4:36         | 13,0       | 00:22:37   | 00:23:01    | 241 |    |
| 270  | 57      | KUBAS ŁUKASZ              | POZNAŃ             | NIGHT RUNNERS                   | POLSKA | 1979       | M16       | 153        | 4:37         | 13,0       | 00:22:37   | 00:23:04    | 242 |    |
| 271  | 245     | WYGRALAK PIOTR            | POZNAŃ             | TEAM ASA - BIEGIEM PO ZDROWIE   | POLSKA | 1986       | M16       | 154        | 4:33         | 13,2       | 00:22:38   | 00:22:47    | 243 |    |
| 272  | 1420    | FILIPIAK MATEUSZ          | POZNAŃ             |                                 | POLSKA | 1997       | M16       | 155        | 4:36         | 13,1       | 00:22:38   | 00:22:59    | 244 |    |
| 273  | 564     | URBANOWICZ JAGODA         | MIŁOŚLAW           | MIŁOŚLAW FORTUNA TEAM           | POLSKA | 1996       | K16       | 24         | 4:35         | 13,1       | 00:22:39   | 00:22:57    |     | 29 |
| 274  | 856     | OSMAŃSKI DAMIAN           | POZNAŃ             |                                 |        | 1978       | M30       | 81         | 4:39         | 12,9       | 00:22:40   | 00:23:14    | 245 |    |
| 275  | 1317    | JASINIAK PIOTR            | POZNAŃ             |                                 |        | 1968       | M30       | 82         | 4:35         | 13,1       | 00:22:42   | 00:22:53    | 246 |    |
| 276  | 1239    | PACZKOWSKI WITOLD         | POZNAŃ             |                                 | POLSKA | 1975       | M30       | 83         | 4:35         | 13,1       | 00:22:42   | 00:22:54    | 247 |    |
| 277  | 74      | WAWIÓRKO ANIA             | POZNAŃ             | NIGHT RUNNERS                   | POLSKA | 1983       | K16       | 25         | 4:34         | 13,1       | 00:22:42   | 00:22:51    |     | 30 |
| 278  | 593     | PRYŁ MICHAŁ               | SKÓRZEWO / POZNAŃ  | BBL                             | POLSKA | 1979       | M16       | 156        | 4:36         | 13,0       | 00:22:43   | 00:23:00    | 248 |    |
| 279  | 479     | MISIORNY RADOSŁAW         | POZNAŃ             |                                 | POLSKA | 1973       | M30       | 84         | 4:37         | 13,0       | 00:22:45   | 00:23:05    | 249 |    |
| 280  | 1056    | SZPYRKA MARIUSZ           | POZNAŃ             | BIEGNĘ DLA JEZUSA               | POLSKA | 1975       | M30       | 85         | 4:38         | 12,9       | 00:22:46   | 00:23:12    | 250 |    |
| 281  | 1234    | PALUSZKIEWICZ MARIA       | POZNAŃ             |                                 | POLSKA | 1991       | K16       | 26         | 4:36         | 13,1       | 00:22:46   | 00:22:59    |     | 31 |
| 282  | 1283    | CEMPEL MARCIN             | POZNAŃ             | NIGHT RUNNERS                   | POLSKA | 1986       | M16       | 157        | 4:36         | 13,0       | 00:22:46   | 00:23:02    | 251 |    |
| 283  | 1169    | ŁAŻNIAK AGATA             | POZNAŃ             | CARDIO RUNNERS                  | POLSKA | 1986       | K16       | 27         | 4:37         | 13,0       | 00:22:46   | 00:23:03    |     | 32 |
| 284  | 91      | PONIEDZIAŁEK FILIP        | PLEWISKA           | YUPPI SQUAD                     | POLSKA | 1984       | M16       | 158        | 4:49         | 12,5       | 00:22:47   | 00:24:03    | 252 |    |
| 285  | 282     | NOWAK-LEWANDOWSKA BARBARA | ZBERKI             | KB KOSYNIER WRZEŚNIA            | POLSKA | 1957       | K50       | 1          | 4:36         | 13,0       | 00:22:48   | 00:23:01    |     | 33 |
| 286  | 826     | ANIOŁ HUBERT              | POZNAŃ             | NIGHT RUNNERS                   | POLSKA | 1979       | M16       | 159        | 4:39         | 12,9       | 00:22:49   | 00:23:16    | 253 |    |
| 287  | 696     | KRZYMIŃSKI PIOTR          | KOBYLNICA          |                                 | POLSKA | 1982       | M16       | 160        | 4:38         | 12,9       | 00:22:50   | 00:23:10    | 254 |    |
| 288  | 1262    | FILIPIAK MAREK            | POZNAŃ             |                                 | POLSKA | 1973       | M30       | 86         | 4:39         | 12,9       | 00:22:53   | 00:23:13    | 255 |    |
| 289  | 1279    | SOBALA BOGUSŁAW           | POZNAŃ             |                                 | POLSKA | 1959       | M50       | 10         | 4:40         | 12,9       | 00:22:53   | 00:23:18    | 256 |    |
| 290  | 565     | TABACZKA PIOTR            | TARNOWO PODGÓRNE   | PIOTRRUN                        | POLSKA | 1975       | M30       | 87         | 4:39         | 12,9       | 00:22:53   | 00:23:15    | 257 |    |
| 291  | 464     | LIPIECKA ALDONA           | SWARZĘDZ           | BBL                             | POLSKA | 1967       | K30       | 6          | 4:37         | 13,0       | 00:22:54   | 00:23:06    |     | 34 |
| 292  | 585     | KOZUBSKI MARCIN           | DĄBRÓWKA           | APLAUZ DĄBRÓWKA                 | POLSKA | 1979       | M16       | 161        | 4:38         | 12,9       | 00:22:54   | 00:23:10    | 258 |    |
| 293  | 265     | MYSZKOWSKI MICHAŁ         | POZNAŃ             | FCB                             | POLSKA | 1983       | M16       | 162        | 4:39         | 12,9       | 00:22:55   | 00:23:16    | 259 |    |
| 294  | 1219    | CZERNIGA DARIUSZ          | POZNAŃ             | NIGHT RUNNERS                   | POLSKA | 1985       | M16       | 163        | 4:36         | 13,0       | 00:22:56   | 00:23:00    | 260 |    |

# zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl  
 Data: 22.03.2014 r.  
 Dystans: 5km  
 Miejscowość: Poznań

Klasyfikacja: Night Runners



| M-ce | Nr zaw. | Nazwisko Imię          | Miejscowość  | Klub                      | Kraj   | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Czas brutto | M   | K  |
|------|---------|------------------------|--------------|---------------------------|--------|------------|-----------|------------|--------------|------------|------------|-------------|-----|----|
| 295  | 306     | CZERNICKI JAKUB        | SUCHY LAS    |                           | POLSKA | 1983       | M16       | 164        | 4:50         | 12,4       | 00:23:01   | 00:24:10    | 261 |    |
| 296  | 772     | JĘDRZEJCZAK PIOTR      | SKÓRZEWO     | BBL POZNAŃ                | POLSKA | 1978       | M30       | 88         | 4:41         | 12,8       | 00:23:02   | 00:23:24    | 262 |    |
| 297  | 438     | WOJCIECHOWSKI MIKOŁAJ  | POZNAŃ       |                           | POLSKA | 1997       | M16       | 165        | 4:41         | 12,8       | 00:23:02   | 00:23:24    | 263 |    |
| 298  | 1280    | GADOMSKI WŁADYSŁAW     | OLSZTYN      | MUD GOATS                 | POLSKA | 1984       | M16       | 166        | 4:42         | 12,8       | 00:23:02   | 00:23:30    | 264 |    |
| 299  | 183     | SKURAT MAŁGORZATA      | POZNAŃ       | THE DREAM SEQUENCER       | POLSKA | 1978       | K30       | 7          | 4:40         | 12,8       | 00:23:03   | 00:23:21    |     | 35 |
| 300  | 163     | AKWARSKI JACEK         | KOSTRZYN     |                           | POLSKA | 1996       | M16       | 167        | 4:41         | 12,8       | 00:23:03   | 00:23:25    | 265 |    |
| 301  | 204     | DUDZIAK RAJMUND        | POZNAŃ       | ZIOŁOLEK TEAM POZNAŃ      | POLSKA | 1983       | M16       | 168        | 4:41         | 12,8       | 00:23:05   | 00:23:23    | 266 |    |
| 302  | 1467    | BEDNARZ MAREK          | POZNAŃ       |                           | POLSKA | 1983       | M16       | 169        | 4:40         | 12,8       | 00:23:06   | 00:23:21    | 267 |    |
| 303  | 738     | GACA TADEUSZ           | POZNAŃ       |                           | POLSKA | 1963       | M50       | 11         | 4:42         | 12,8       | 00:23:07   | 00:23:31    | 268 |    |
| 304  | 741     | PODSKOK DOMINIK        | KOŚCIAN      | BBL POZNAŃ                | POLSKA | 1978       | M30       | 89         | 4:42         | 12,8       | 00:23:08   | 00:23:31    | 269 |    |
| 305  | 288     | HAREMZA KINGA          | POZNAN       | NIGHT RUNNERS             | POLSKA | 1973       | K30       | 8          | 4:40         | 12,9       | 00:23:09   | 00:23:20    |     | 36 |
| 306  | 1504    | BAUMGART JACEK         | OSIELSKO     |                           | POLSKA | 1962       | M50       | 12         | 4:44         | 12,7       | 00:23:09   | 00:23:38    | 270 |    |
| 307  | 12      | CZUBAK PAWEŁ           | KALISZ       | WSNHID                    |        | 1988       | M16       | 170        | 4:46         | 12,6       | 00:23:10   | 00:23:48    | 271 |    |
| 308  | 747     | NASKRĘT RYSZARD        | POZNAŃ       |                           | POLSKA | 1980       | M16       | 171        | 4:42         | 12,8       | 00:23:11   | 00:23:28    | 272 |    |
| 309  | 11      | NUCHNOWSKI RAFAŁ       | LUBOŃ        | WSNHID                    |        | 1974       | M30       | 90         | 4:46         | 12,6       | 00:23:12   | 00:23:50    | 273 |    |
| 310  | 1495    | LUDEK TOMASZ           | PRZEŹMIEROWO |                           | POLSKA | 1984       | M16       | 172        | 4:41         | 12,8       | 00:23:12   | 00:23:26    | 274 |    |
| 311  | 461     | KULPIŃSKI MATEUSZ      | POZNAŃ       |                           | POLSKA | 1989       | M16       | 173        | 4:42         | 12,8       | 00:23:13   | 00:23:31    | 275 |    |
| 312  | 873     | BIEDALAK KRZYSZTOF     | SWARZĘDZ     |                           |        | 1984       | M16       | 174        | 4:41         | 12,8       | 00:23:15   | 00:23:27    | 276 |    |
| 313  | 384     | BARTOCHOWSKI ŁUKASZ    | POZNAŃ       |                           | POLSKA | 1981       | M16       | 175        | 4:43         | 12,7       | 00:23:16   | 00:23:37    | 277 |    |
| 314  | 134     | ŚWIDERSKA JOANNA       | BORUSZYN     | KLUB BIEGACZA UEP         | POLSKA | 1989       | K16       | 28         | 4:43         | 12,7       | 00:23:17   | 00:23:35    |     | 37 |
| 315  | 161     | BUDYNEK DARIUSZ        | POZNAŃ       |                           | POLSKA | 1975       | M30       | 91         | 4:42         | 12,8       | 00:23:17   | 00:23:29    | 278 |    |
| 316  | 892     | WĄGROWSKI BARTOSZ      | POZNAŃ       | ROLNA PANIE               | POLSKA | 1982       | M16       | 176        | 4:44         | 12,7       | 00:23:17   | 00:23:38    | 279 |    |
| 317  | 393     | ŚLUSAREK GRZEGORZ      | GOŁUSKI      | POKONACSIEBIE.PL          | POLSKA | 1981       | M16       | 177        | 4:44         | 12,7       | 00:23:18   | 00:23:39    | 280 |    |
| 318  | 1249    | MIKOŁAJCZAK MIECZYSLAW | WRZEŚNIA     | NORDIC DREAM TEAM         | POLSKA | 1967       | M30       | 92         | 4:45         | 12,6       | 00:23:18   | 00:23:47    | 281 |    |
| 319  | 1511    | ROTKIEWICZ DARIA       | CZARNE       |                           | POLSKA | 1991       | K16       | 29         | 4:44         | 12,7       | 00:23:18   | 00:23:41    |     | 38 |
| 320  | 473     | FICHTNER ERNEST        | LUBOŃ        | GEBS                      | POLSKA | 1989       | M16       | 178        | 4:54         | 12,3       | 00:23:20   | 00:24:29    | 282 |    |
| 321  | 63      | BĄCZKOWSKI RYSZARD     | POZNAŃ       | NIGHT RUNNERS MISIE       | POLSKA | 1976       | M30       | 93         | 4:42         | 12,7       | 00:23:21   | 00:23:32    | 283 |    |
| 322  | 61      | WIECZOREK KRZYSZTOF    | POZNAŃ       | NIGHT RUNNERS             | POLSKA | 1977       | M30       | 94         | 4:45         | 12,6       | 00:23:22   | 00:23:46    | 284 |    |
| 323  | 129     | WOJTYSIAK MICHAŁ       | POZNAŃ       | NIGHT RUNNERS             | POLSKA | 1989       | M16       | 179        | 4:53         | 12,3       | 00:23:22   | 00:24:26    | 285 |    |
| 324  | 115     | ŚWIERZOWSKA MAGDALENA  | POZNAŃ       | -                         | POLSKA | 1978       | K30       | 9          | 4:45         | 12,6       | 00:23:23   | 00:23:45    |     | 39 |
| 325  | 581     | SOKOŁOWSKI MICHAŁ      | POZNAŃ       | MUD GOATS                 | POLSKA | 1980       | M16       | 180        | 4:47         | 12,6       | 00:23:25   | 00:23:53    | 286 |    |
| 326  | 1555    | WOLNIEWICZ JAKUB       | KOSTRZYN     |                           | POLSKA | 1990       | M16       | 181        | 4:53         | 12,3       | 00:23:26   | 00:24:23    | 287 |    |
| 327  | 1186    | WYPYCHOWSKI PIOTR      | SWARZĘDZ     |                           |        | 1955       | M50       | 13         | 4:44         | 12,7       | 00:23:26   | 00:23:41    | 288 |    |
| 328  | 899     | SKRZYPCZAK MIŁOSZ      | OBORNIKI     | G 3 OBORNIKI              | POLSKA | 1997       | M16       | 182        | 4:48         | 12,5       | 00:23:29   | 00:23:58    | 289 |    |
| 329  | 471     | JĘDRZEJCZAK AGNIESZKA  | SWARZĘDZ     | TURBO ŻÓŁWIE              | POLSKA | 1988       | K16       | 30         | 4:46         | 12,6       | 00:23:30   | 00:23:50    |     | 40 |
| 330  | 202     | KĄKLEWSKA AGNIESZKA    | GORZÓW WLKP. | TURBO ŻÓŁWIE              | POLSKA | 1987       | K16       | 31         | 4:46         | 12,6       | 00:23:31   | 00:23:51    |     | 41 |
| 331  | 89      | DOBROWOLSKI PIOTR      | POZNAŃ       | NIGHT RUNNERS             | POLSKA | 1978       | M30       | 95         | 4:46         | 12,6       | 00:23:33   | 00:23:48    | 290 |    |
| 332  | 198     | BEDNARSKI JÓZEF        | POZNAŃ       | NIGHT RUNNERS             | POLSKA | 1946       | M50       | 14         | 4:45         | 12,6       | 00:23:35   | 00:23:46    | 291 |    |
| 333  | 1346    | SZYMCZAK TOMASZ        | POZNAN       | XXX                       | POLSKA | 1959       | M50       | 15         | 4:46         | 12,6       | 00:23:35   | 00:23:50    | 292 |    |
| 334  | 1484    | HOZAKOWSKI MAREK       | POZNAŃ       |                           | POLSKA | 1973       | M30       | 96         | 4:48         | 12,5       | 00:23:35   | 00:24:00    | 293 |    |
| 335  | 3       | WIŚNIEWSKI MATEUSZ     | PROMIENKO    |                           | POLSKA | 1987       | M16       | 183        | 4:49         | 12,4       | 00:23:36   | 00:24:07    | 294 |    |
| 336  | 251     | JESZKA MAREK           | POZNAŃ       | GOGGLE PRO ACTIVE EYEWEAR | POLSKA | 1983       | M16       | 184        | 4:46         | 12,6       | 00:23:36   | 00:23:52    | 295 |    |



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Organizator: zBiegiemNatury.pl  
 Data: 22.03.2014 r.  
 Dystans: 5km  
 Miejscowość: Poznań

Klasyfikacja: Night Runners



| M-ce | Nr zaw. | Nazwisko Imię            | Miejscowość | Klub                        | Kraj   | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Czas brutto | M   | K  |
|------|---------|--------------------------|-------------|-----------------------------|--------|------------|-----------|------------|--------------|------------|------------|-------------|-----|----|
| 337  | 739     | STRYJAK PAWEŁ            | POZNAŃ      | NIGHT RUNNERS               | POLSKA | 1990       | M16       | 185        | 4:46         | 12,6       | 00:23:36   | 00:23:52    | 296 |    |
| 338  | 816     | KSIĄŻKIEWICZ JACEK       | WĄGROWIEC   | CUKIERNIA KRÓLEWSKA KILIAN  | POLSKA | 1979       | M16       | 186        | 4:47         | 12,5       | 00:23:36   | 00:23:56    | 297 |    |
| 339  | 213     | WOŹNIAK MARIUSZ          | POZNAŃ      |                             | POLSKA | 1973       | M30       | 97         | 4:47         | 12,5       | 00:23:36   | 00:23:57    | 298 |    |
| 340  | 1338    | DZIECIAŃKOWSKI PIOTR     | POZNAŃ      |                             |        | 1967       | M30       | 98         | 4:49         | 12,5       | 00:23:37   | 00:24:03    | 299 |    |
| 341  | 1435    | CHODKIEWICZ GRZEGORZ     | ŚWIEBODZIN  | CHODAK TEAM                 |        | 1978       | M30       | 99         | 4:52         | 12,3       | 00:23:37   | 00:24:22    | 300 |    |
| 342  | 752     | KACHNIARZ KATARZYNA      | CZERNIEJEWO | NIGHT RUNNERS               | POLSKA | 1984       | K16       | 32         | 4:49         | 12,5       | 00:23:38   | 00:24:05    |     | 42 |
| 343  | 104     | NATKANIEC KRYSZTIAN      | POZNAŃ      | JANJUL                      | POLSKA | 1973       | M30       | 100        | 4:49         | 12,4       | 00:23:38   | 00:24:06    | 301 |    |
| 344  | 296     | JODKO PAWEŁ              | POZNAŃ      | JODKO BROTHERS RUNNING TEAM | POLSKA | 1979       | M16       | 187        | 4:49         | 12,4       | 00:23:41   | 00:24:07    | 302 |    |
| 345  | 732     | URBANIAK ANGELIKA        | POZNAŃ      | UAM TRIATHLON POZNAŃ        | POLSKA | 1997       | K16       | 33         | 4:46         | 12,6       | 00:23:42   | 00:23:48    |     | 43 |
| 346  | 147     | KONIECZNY JACEK          | MOSINA      | DRUŻYNA SZPIKU              | POLSKA | 1975       | M30       | 101        | 4:49         | 12,5       | 00:23:42   | 00:24:04    | 303 |    |
| 347  | 465     | MĘCZYŃSKI WALDEMAR       | POZNAŃ      | WWW.MATRYMONIALNE24.PL      | POLSKA | 1974       | M30       | 102        | 4:46         | 12,6       | 00:23:42   | 00:23:51    | 304 |    |
| 348  | 803     | TOMCZYK STANISŁAW        | POZNAŃ      | -                           | POLSKA | 1962       | M50       | 16         | 4:50         | 12,4       | 00:23:43   | 00:24:11    | 305 |    |
| 349  | 1536    | MATUSZCZAK WOJCIECH      | POZNAŃ      |                             | POLSKA | 1981       | M16       | 188        | 4:49         | 12,5       | 00:23:45   | 00:24:05    | 306 |    |
| 350  | 295     | BIGUS LECH               | SWARZĘDZ    |                             | POLSKA | 1983       | M16       | 189        | 4:50         | 12,4       | 00:23:46   | 00:24:11    | 307 |    |
| 351  | 1241    | WOJDYLAK JAKUB           | POZNAŃ      |                             | POLSKA | 1987       | M16       | 190        | 4:54         | 12,3       | 00:23:46   | 00:24:28    | 308 |    |
| 352  | 514     | MĄDRY TYMOTEUSZ          | POZNAŃ      |                             | POLSKA | 1992       | M16       | 191        | 5:01         | 12,0       | 00:23:46   | 00:25:05    | 309 |    |
| 353  | 1148    | WIĄCEK WIESŁAW           | SKOKI       |                             | POLSKA | 1948       | M50       | 17         | 4:48         | 12,5       | 00:23:49   | 00:24:00    | 310 |    |
| 354  | 664     | CHRUSZCZEWSKI BARTŁOMIEJ | KOMORNIKI   |                             | POLSKA | 1976       | M30       | 103        | 4:51         | 12,4       | 00:23:50   | 00:24:16    | 311 |    |
| 355  | 407     | KOLSKI JACEK             | POZNAŃ      | NIGHT RUNNERS               | POLSKA | 1978       | M30       | 104        | 4:50         | 12,4       | 00:23:50   | 00:24:10    | 312 |    |
| 356  | 1064    | LEŚNIK TOMASZ            | KOZIEGŁOWY  |                             | POLSKA | 1985       | M16       | 192        | 4:50         | 12,4       | 00:23:52   | 00:24:10    | 313 |    |
| 357  | 340     | OLEJNIK MIŁKA            | POZNAŃ      | DRUŻYNA SZPIKU              | POLSKA | 1978       | K30       | 10         | 4:51         | 12,4       | 00:23:52   | 00:24:15    |     | 44 |
| 358  | 1533    | KACZMAREK PAWEŁ          | KOSTRZYN    | LECHIA KOSTRZYN             | POLSKA | 1977       | M30       | 105        | 4:58         | 12,1       | 00:23:52   | 00:24:51    | 314 |    |
| 359  | 516     | POLICHNOWSKI PIOTR       | POZNAŃ      |                             | POLSKA | 1967       | M30       | 106        | 4:50         | 12,4       | 00:23:54   | 00:24:10    | 315 |    |
| 360  | 645     | STRÓŻNIAK MIKOŁAJ        | POZNAŃ      | DRUŻYNA SZPIKU              | POLSKA | 1986       | M16       | 193        | 4:54         | 12,2       | 00:23:55   | 00:24:32    | 316 |    |
| 361  | 524     | DEMBNA ALICJA            | POZNAŃ      | TOTAL RUNNERS               | POLSKA | 1986       | K16       | 34         | 4:51         | 12,4       | 00:23:56   | 00:24:14    |     | 45 |
| 362  | 750     | KAPŁON MAGDALENA         | SWADZIM     | TOTAL RUNNERS               | POLSKA | 1991       | K16       | 35         | 4:51         | 12,4       | 00:23:56   | 00:24:14    |     | 46 |
| 363  | 176     | CHMIELEWSKI MICHAŁ       | POZNAŃ      | ENDUHUB.COM                 | POLSKA | 1982       | M16       | 194        | 4:55         | 12,2       | 00:23:56   | 00:24:33    | 317 |    |
| 364  | 449     | GOTOWSKI MARIUSZ         | SWARZĘDZ    |                             | POLSKA | 1978       | M30       | 107        | 4:53         | 12,3       | 00:24:01   | 00:24:27    | 318 |    |
| 365  | 1146    | OSSES ADAM               | POZNAŃ      |                             | POLSKA | 1977       | M30       | 108        | 5:09         | 11,7       | 00:24:01   | 00:25:43    | 319 |    |
| 366  | 1244    | RUTKOWSKI JAKUB          | POZNAŃ      |                             | POLSKA | 1977       | M30       | 109        | 5:09         | 11,7       | 00:24:01   | 00:25:43    | 320 |    |
| 367  | 187     | OHŁA JUSTYNA             | POZNAŃ      | DRUŻYNA SZPIKU              | POLSKA | 1979       | K16       | 36         | 5:20         | 11,3       | 00:24:01   | 00:26:39    |     | 47 |
| 368  | 807     | TCHÓRZEWSKA PAULINA      | POZNAŃ      | ROLNA PANIE                 | POLSKA | 1980       | K16       | 37         | 4:54         | 12,2       | 00:24:03   | 00:24:30    |     | 48 |
| 369  | 383     | WACHOWSKA KATARZYNA      | POZNAŃ      | SMOK TRÓJGŁOWY              | POLSKA | 1986       | K16       | 38         | 4:51         | 12,4       | 00:24:03   | 00:24:13    |     | 49 |
| 370  | 386     | MATYSIAK SEBASTIAN       | STĘSZEW     | MADZIA&AMP;SEBA TEAM        | POLSKA | 1982       | M16       | 195        | 4:57         | 12,1       | 00:24:05   | 00:24:43    | 321 |    |
| 371  | 1583    | BINKOWSKI MIKOŁAJ        | OBORNIKI    | G8 OBORNIKI                 | POLSKA | 1999       | M0        |            | 4:55         | 12,2       | 00:24:05   | 00:24:35    | 322 |    |
| 372  | 258     | ANDRZEJEWSKA PAULA       | POZNAŃ      | NIGHT RUNNERS               | POLSKA | 1988       | K16       | 39         | 4:52         | 12,3       | 00:24:05   | 00:24:22    |     | 50 |
| 373  | 1519    | OLCZYK MARCIN            | SKÓRZEWO    |                             | POLSKA | 1978       | M30       | 110        | 4:57         | 12,1       | 00:24:06   | 00:24:43    | 323 |    |
| 374  | 90      | OTTO MARCIN              | KAMIONKI    |                             | POLSKA | 1975       | M30       | 111        | 4:51         | 12,4       | 00:24:07   | 00:24:14    | 324 |    |
| 375  | 940     | KRZAN ARKADIUSZ          | MOSINA      |                             | POLSKA | 1981       | M16       | 196        | 4:55         | 12,2       | 00:24:07   | 00:24:36    | 325 |    |
| 376  | 1497    | JAŃCZAK ŁUKASZ           | POZNAŃ      |                             |        | 1985       | M16       | 197        | 5:03         | 11,9       | 00:24:12   | 00:25:15    | 326 |    |
| 377  | 990     | DYKSZAK DAMIAN           | POZNAŃ      | NIGHT RUNNERS               | POLSKA | 1974       | M30       | 112        | 4:56         | 12,2       | 00:24:14   | 00:24:40    | 327 |    |
| 378  | 569     | ZAGOZDA TOMASZ           | LUBOŃ       |                             | POLSKA | 1991       | M16       | 198        | 4:55         | 12,2       | 00:24:16   | 00:24:35    | 328 |    |

# zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl  
 Data: 22.03.2014 r.  
 Dystans: 5km  
 Miejscowość: Poznań

Klasyfikacja: Night Runners



| M-ce | Nr zaw. | Nazwisko Imię             | Miejscowość | Klub                          | Kraj   | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Czas brutto | M   | K  |
|------|---------|---------------------------|-------------|-------------------------------|--------|------------|-----------|------------|--------------|------------|------------|-------------|-----|----|
| 379  | 466     | STEFAŃSKI DAWID           | POZNAŃ      | TEAM ASA - BIEGIEM PO ZDROWIE | POLSKA | 1987       | M16       | 199        | 4:57         | 12,1       | 00:24:16   | 00:24:44    | 329 |    |
| 380  | 431     | WARCZYĞŁOWA ALEKSANDRA    | MIŁOSŁAW    | MIŁOSŁAW FORTUNA TEAM         | POLSKA | 1981       | K16       | 40         | 4:55         | 12,2       | 00:24:18   | 00:24:36    |     | 51 |
| 381  | 1553    | BARTKOWIAK IRENEUSZ       | POZNAŃ      |                               | POLSKA | 1973       | M30       | 113        | 4:56         | 12,2       | 00:24:19   | 00:24:40    | 330 |    |
| 382  | 95      | JACHIMOWSKA ANNA          | POZNAŃ      | NIGHT RUNNERS                 | POLSKA | 1979       | K16       | 41         | 4:55         | 12,2       | 00:24:20   | 00:24:37    |     | 52 |
| 383  | 592     | DUDEK ŁUKASZ              | POZNAŃ      | NIGHT RUNNERS                 | POLSKA | 1980       | M16       | 200        | 4:58         | 12,1       | 00:24:22   | 00:24:48    | 331 |    |
| 384  | 402     | WACHOWSKA ALINA           | POZNAŃ      | SMOK TRÓJGŁOWY                | POLSKA | 1958       | K50       | 2          | 4:58         | 12,1       | 00:24:25   | 00:24:49    |     | 53 |
| 385  | 381     | POLCYN MACIEJ             | POZNAŃ      | PAN TROLOLOLO                 | POLSKA | 1996       | M16       | 201        | 5:01         | 12,0       | 00:24:26   | 00:25:04    | 332 |    |
| 386  | 1524    | ROCHOWIAK WOJCIECH        | POZNAŃ      | NIGHT RUNNERS                 | POLSKA | 1994       | M16       | 202        | 4:58         | 12,1       | 00:24:27   | 00:24:51    | 333 |    |
| 387  | 419     | RUDZIŃSKI PIOTR           | POZNAŃ      |                               | POLSKA | 1991       | M16       | 203        | 4:57         | 12,1       | 00:24:28   | 00:24:46    | 334 |    |
| 388  | 722     | KNOBLOCH JAKUB            | POZNAŃ      | MOTIV HOME TEAM               | POLSKA | 1977       | M30       | 114        | 4:58         | 12,1       | 00:24:28   | 00:24:48    | 335 |    |
| 389  | 1530    | TALARCZYK MARTA           | POZNAŃ      | NIGHT RUNNERS                 | POLSKA | 1995       | K16       | 42         | 4:58         | 12,1       | 00:24:28   | 00:24:51    |     | 54 |
| 390  | 649     | ROMANOWSKI JACEK          | KICIN       |                               | POLSKA | 1963       | M50       | 18         | 4:58         | 12,1       | 00:24:30   | 00:24:50    | 336 |    |
| 391  | 234     | KORBIK MICHAŁ             | KOZIEGŁOWY  |                               | POLSKA | 1984       | M16       | 204        | 5:01         | 12,0       | 00:24:30   | 00:25:04    | 337 |    |
| 392  | 763     | JEZIERSKI PATRYK          | PNIEWY      |                               | POLSKA | 1997       | M16       | 205        | 4:59         | 12,0       | 00:24:32   | 00:24:55    | 338 |    |
| 393  | 1541    | SZAFER ANDRZEJ            | POZNAŃ      |                               | POLSKA | 1977       | M30       | 115        | 5:00         | 12,0       | 00:24:32   | 00:25:02    | 339 |    |
| 394  | 304     | KRAUWICKA MAGDALENA       | POZNAŃ      |                               | POLSKA | 1976       | K30       | 11         | 4:59         | 12,1       | 00:24:33   | 00:24:53    |     | 55 |
| 395  | 68      | MAKOWSKI JANUSZ           | POZNAŃ      | NIGHT RUNNERS                 | POLSKA | 1953       | M50       | 19         | 5:01         | 12,0       | 00:24:38   | 00:25:06    | 340 |    |
| 396  | 52      | WRÓBLEWSKI PAWEŁ          | POZNAŃ      | KB MANIAC POZNAŃ              | POLSKA | 1976       | M30       | 116        | 5:00         | 12,0       | 00:24:40   | 00:24:59    | 341 |    |
| 397  | 652     | OLEJNIK DANIEL            | POZNAŃ      | OLZAMEX                       | POLSKA | 1974       | M30       | 117        | 5:00         | 12,0       | 00:24:42   | 00:25:02    | 342 |    |
| 398  | 228     | DEHMEL ROMAN              | POZNAŃ      | TEAM TRUST POZNAŃ             | POLSKA | 1951       | M50       | 20         | 5:03         | 11,9       | 00:24:43   | 00:25:14    | 343 |    |
| 399  | 880     | ZATOR PIOTR               | POZNAŃ      | KB MANIAC POZNAŃ              | POLSKA | 1983       | M16       | 206        | 5:01         | 11,9       | 00:24:44   | 00:25:07    | 344 |    |
| 400  | 275     | KANIEWSKI GRZEGORZ        | MIŁOSŁAW    | MIŁOSŁAW FORTUNA TEAM         | POLSKA | 1972       | M30       | 118        | 5:01         | 12,0       | 00:24:45   | 00:25:03    | 345 |    |
| 401  | 818     | NOWAK IRENA               | SKOKI       | UKS &QUOT;SKOCZEK&QUOT;SKOKI  | POLSKA | 1966       | K30       | 12         | 5:02         | 11,9       | 00:24:48   | 00:25:12    |     | 56 |
| 402  | 446     | HOFFMANN PRZEMYSŁAW       | ZŁOTKOWO    |                               | POLSKA | 1976       | M30       | 119        | 5:04         | 11,8       | 00:24:50   | 00:25:21    | 346 |    |
| 403  | 1068    | ARNDT PAWEŁ               | POZNAŃ      | RRTEAM, ŻYCIEWBIEGU.PL        | POLSKA | 1968       | M30       | 120        | 5:03         | 11,9       | 00:24:52   | 00:25:15    | 347 |    |
| 404  | 59      | SIWIŃSKI MACIEJ           | POZNAŃ      | HARCERZE / NIGHT RUNNERS      | POLSKA | 1978       | M30       | 121        | 5:07         | 11,7       | 00:24:52   | 00:25:33    | 348 |    |
| 405  | 923     | BIEŃ MAGDALENA            | POZNAŃ      | FUNDACJA DLACZEGO             | POLSKA | 1979       | K16       | 43         | 5:03         | 11,9       | 00:24:53   | 00:25:15    |     | 57 |
| 406  | 855     | JAŁOWSKA MAGDALENA        | POZNAŃ      | RRTEAM, ŻYCIEWBIEGU           | POLSKA | 1977       | K30       | 13         | 5:03         | 11,9       | 00:24:53   | 00:25:15    |     | 58 |
| 407  | 371     | JAŚKOWIAK PIOTR           | POZNAŃ      | BRAK                          | POLSKA | 1972       | M30       | 122        | 5:05         | 11,8       | 00:24:53   | 00:25:23    | 349 |    |
| 408  | 165     | GORZELANY ADAM            | GNIEZNO     |                               | POLSKA | 1976       | M30       | 123        | 5:05         | 11,8       | 00:24:54   | 00:25:26    | 350 |    |
| 409  | 210     | ŚNIEGOWSKI PIOTR          | POZNAŃ      |                               | POLSKA | 1966       | M30       | 124        | 5:03         | 11,9       | 00:24:54   | 00:25:15    | 351 |    |
| 410  | 656     | MISZCZUK RAFAŁ            | POZNAŃ      | KREW Z NOSA                   | POLSKA | 1981       | M16       | 207        | 5:04         | 11,8       | 00:24:54   | 00:25:21    | 352 |    |
| 411  | 911     | BŁAJET MAREK              | SUCHY LAS   | AMATOR                        | POLSKA | 1957       | M50       | 21         | 5:05         | 11,8       | 00:24:55   | 00:25:26    | 353 |    |
| 412  | 1319    | OLSZEWSKI JACEK           | MOSINA      | CHEMADEX                      | POLSKA | 1981       | M16       | 208        | 5:06         | 11,8       | 00:24:55   | 00:25:30    | 354 |    |
| 413  | 1546    | SEREK GRZEGORZ            | POZNAŃ      | BARCELONA CASUAL ROAD RUNNERS | POLSKA | 1975       | M30       | 125        | 5:09         | 11,6       | 00:24:56   | 00:25:46    | 355 |    |
| 414  | 336     | STANIEWSKI GRZEGORZ       | BOGUSZYN    |                               | POLSKA | 1978       | M30       | 126        | 5:06         | 11,8       | 00:24:58   | 00:25:29    | 356 |    |
| 415  | 469     | NAPIERAŁA KATARZYNA       | SUCHY LAS   |                               | POLSKA | 1976       | K30       | 14         | 5:03         | 11,9       | 00:24:58   | 00:25:15    |     | 59 |
| 416  | 338     | MARCINIAK MACIEJ          | SZRENIAWA   |                               | POLSKA | 1973       | M30       | 127        | 5:05         | 11,8       | 00:25:01   | 00:25:25    | 357 |    |
| 417  | 207     | HORNIK NATALIA            | POZNAŃ      |                               | POLSKA | 1988       | K16       | 44         | 5:13         | 11,5       | 00:25:01   | 00:26:06    |     | 60 |
| 418  | 359     | SZYNKOWSKI VEL SĘK SZYMON | POZNAŃ      |                               | POLSKA | 1982       | M16       | 209        | 5:29         | 10,9       | 00:25:03   | 00:27:24    | 358 |    |
| 419  | 225     | RATAJCZAK JOANNA          | POZNAŃ      |                               | POLSKA | 1977       | K30       | 15         | 5:08         | 11,7       | 00:25:04   | 00:25:40    |     | 61 |
| 420  | 549     | SKRZYPCZAK HANNA          | MIŁOSŁAW    | MIŁOSŁAW FORTUNA TEAM         | POLSKA | 1967       | K30       | 16         | 5:08         | 11,7       | 00:25:04   | 00:25:40    |     | 62 |

# zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl  
 Data: 22.03.2014 r.  
 Dystans: 5km  
 Miejscowość: Poznań

Klasyfikacja: Night Runners



| M-ce | Nr zaw. | Nazwisko Imię           | Miejscowość | Klub                          | Kraj       | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Czas brutto | M   | K   |
|------|---------|-------------------------|-------------|-------------------------------|------------|------------|-----------|------------|--------------|------------|------------|-------------|-----|-----|
| 421  | 501     | OSTROWSKA ALONA         | KÓRNIK      | RB                            | KAZACHSTAN | 1979       | K16       | 45         | 5:08         | 11,7       | 00:25:05   | 00:25:38    |     | 63  |
| 422  | 435     | WINIECKI PAWEŁ          | SKÓRZEWO    |                               | POLSKA     | 1988       | M16       | 210        | 5:11         | 11,6       | 00:25:05   | 00:25:55    | 359 |     |
| 423  | 770     | MYDLARZ SŁAWOMIR        | SKÓRZEWO    |                               | POLSKA     | 1972       | M30       | 128        | 5:06         | 11,8       | 00:25:06   | 00:25:30    | 360 |     |
| 424  | 553     | MARTYŁA PIOTR           | POZNAŃ      | ORŁY FUNDACJA RAK-OFF         | POLSKA     | 1982       | M16       | 211        | 5:05         | 11,8       | 00:25:07   | 00:25:27    | 361 |     |
| 425  | 863     | JAŁOWSKI SZYMON         | POZNAŃ      |                               | POLSKA     | 1976       | M30       | 129        | 5:03         | 11,9       | 00:25:07   | 00:25:15    | 362 |     |
| 426  | 1224    | RADUŁA WOJCIECH         | POZNAŃ      |                               | POLSKA     | 1980       | M16       | 212        | 5:06         | 11,8       | 00:25:08   | 00:25:31    | 363 |     |
| 427  | 328     | JUNG KAROLINA           | POZNAŃ      |                               | POLSKA     | 1974       | K30       | 17         | 5:09         | 11,7       | 00:25:10   | 00:25:44    |     | 64  |
| 428  | 554     | KUBIAK KRZYSZTOF        | POZNAŃ      | TEAM ASA - BIEGIEM PO ZDROWIE | POLSKA     | 1989       | M16       | 213        | 5:08         | 11,7       | 00:25:11   | 00:25:39    | 364 |     |
| 429  | 786     | MICHAŁOWICZ TOMASZ      | POZNAŃ      | NIEZNISZCZALNI                | POLSKA     | 1972       | M30       | 130        | 5:07         | 11,7       | 00:25:16   | 00:25:33    | 365 |     |
| 430  | 324     | JERZYKIEWICZ MAGDA      | MIŁOSŁAW    | MIŁOSŁAW FORTUNA TEAM         | POLSKA     | 1974       | K30       | 18         | 5:07         | 11,7       | 00:25:18   | 00:25:37    |     | 65  |
| 431  | 512     | TALBIERZ PAWEŁ          | POZNAŃ      |                               | POLSKA     | 1986       | M16       | 214        | 5:10         | 11,6       | 00:25:18   | 00:25:51    | 366 |     |
| 432  | 686     | WOLNA ELŻBIETA          | STRYKOWO    |                               | POLSKA     | 1973       | K30       | 19         | 5:11         | 11,6       | 00:25:19   | 00:25:54    |     | 66  |
| 433  | 506     | SZKUDLAREK MARIAN       | SWARZĘDZ    |                               | POLSKA     | 1960       | M50       | 22         | 5:08         | 11,7       | 00:25:21   | 00:25:38    | 367 |     |
| 434  | 1303    | CERAŃSKA ANNA           | POZNAŃ      | NIGHT RUNNERS                 |            | 1967       | K30       | 20         | 5:10         | 11,6       | 00:25:22   | 00:25:50    |     | 67  |
| 435  | 675     | BRZEZIŃSKA-KAPŁON EDYTA | POZNAŃ      | NIEZRZESZONA                  | POLSKA     | 1968       | K30       | 21         | 5:10         | 11,6       | 00:25:22   | 00:25:52    |     | 68  |
| 436  | 146     | SADOWSKA PAULINA        | CZARNKÓW    |                               | POLSKA     | 1993       | K16       | 46         | 5:14         | 11,5       | 00:25:24   | 00:26:09    |     | 69  |
| 437  | 1531    | DOJS ALEKSANDRA         | POZNAŃ      | NIGHT RUNNERS                 | POLSKA     | 1980       | K16       | 47         | 5:15         | 11,4       | 00:25:25   | 00:26:14    |     | 70  |
| 438  | 1187    | OCHOCKA KINGA           | KIEKRZ      |                               | POLSKA     | 1977       | K30       | 22         | 5:09         | 11,7       | 00:25:26   | 00:25:43    |     | 71  |
| 439  | 362     | BRODNICKI DAMIAN        | POZNAŃ      | KB MANIAC POZNAŃ              | POLSKA     | 1983       | M16       | 215        | 5:10         | 11,6       | 00:25:28   | 00:25:51    | 368 |     |
| 440  | 403     | WACHOWSKA MARTA         | POZNAŃ      | SMOK TRÓJGŁOWY                | POLSKA     | 1990       | K16       | 48         | 5:11         | 11,6       | 00:25:29   | 00:25:54    |     | 72  |
| 441  | 1131    | MELLER ROMAN            | POZNAŃ      | DWUOSOBOWY KLUB SPORTOWY      | POLSKA     | 1950       | M50       | 23         | 5:09         | 11,6       | 00:25:33   | 00:25:47    | 369 |     |
| 442  | 235     | JACEK PIOTR             | POZNAŃ      |                               | POLSKA     | 1985       | M16       | 216        | 5:12         | 11,5       | 00:25:34   | 00:25:59    |     | 370 |
| 443  | 416     | IGNASIAK KAROL          | POZNAŃ      |                               | POLSKA     | 1961       | M50       | 24         | 5:13         | 11,5       | 00:25:35   | 00:26:06    |     | 371 |
| 444  | 78      | SKRZYPEK PIOTR          | SKÓRZEWO    | APLAUZ DĄBRÓWKA               | POLSKA     | 1979       | M16       | 217        | 5:13         | 11,5       | 00:25:35   | 00:26:07    |     | 372 |
| 445  | 1195    | BARTOSIK NATALIA        | POZNAŃ      |                               | POLSKA     | 1987       | K16       | 49         | 5:18         | 11,3       | 00:25:35   | 00:26:31    |     | 73  |
| 446  | 429     | BŁOŃSKI RAFAŁ           | PUSZCZYKOWO | YUPPI SQUAD                   | POLSKA     | 1982       | M16       | 218        | 5:15         | 11,4       | 00:25:36   | 00:26:17    |     | 373 |
| 447  | 588     | KOSIAK NATALIA          | POZNAŃ      | BUKOWSKI KLUB BIEGACZA        | POLSKA     | 1987       | K16       | 50         | 5:10         | 11,6       | 00:25:37   | 00:25:50    |     | 74  |
| 448  | 404     | ZIOLKOWSKA GRAZYNA      | POZNAŃ      | YUPPI SQUAD                   | POLSKA     | 1983       | K16       | 51         | 5:16         | 11,4       | 00:25:37   | 00:26:18    |     | 75  |
| 449  | 108     | ZIĘBA MAREK             | POZNAŃ      | BBL POZNAŃ                    | POLSKA     | 1982       | M16       | 219        | 5:15         | 11,4       | 00:25:38   | 00:26:14    | 374 |     |
| 450  | 285     | GRACZYK DARIA           | PLEWISKA    | YUPPI SQUAD                   | POLSKA     | 1984       | K16       | 52         | 5:15         | 11,4       | 00:25:42   | 00:26:13    |     | 76  |
| 451  | 567     | SZMAJDA REMIGIUSZ       | POZNAŃ      | SULMOWIANKA SULMÓW            | POLSKA     | 1983       | M16       | 220        | 5:16         | 11,4       | 00:25:42   | 00:26:18    |     | 375 |
| 452  | 1586    | MUŁKOWSKI WOJCIECH      | OBORNIKI    |                               | POLSKA     | 2000       | M0        |            | 5:15         | 11,4       | 00:25:45   | 00:26:16    |     | 376 |
| 453  | 1310    | MACHURZ ROBERT          | POZNAŃ      | RED FITNESS                   |            | 1979       | M16       | 221        | 5:19         | 11,3       | 00:25:45   | 00:26:35    |     | 377 |
| 454  | 1584    | JENCZYK MIKOŁAJ         |             |                               | POLSKA     | 2000       | M0        |            | 5:15         | 11,4       | 00:25:45   | 00:26:15    |     | 378 |
| 455  | 627     | PŁÓCIENNIK MARYSIA      | POZNAŃ      |                               | POLSKA     | 1987       | K16       | 53         | 5:20         | 11,2       | 00:25:45   | 00:26:42    |     | 77  |
| 456  | 711     | MAĆKOWIAK STANISŁAW     | SZRENIAWA   | ACTIVUS                       | POLSKA     | 1958       | M50       | 25         | 5:13         | 11,5       | 00:25:46   | 00:26:07    |     | 379 |
| 457  | 1578    | WALKOWSKA EWA           | PSZCZEW     | NIGHT RUNNERS                 | POLSKA     | 1981       | K16       | 54         | 5:16         | 11,4       | 00:25:46   | 00:26:18    |     | 78  |
| 458  | 791     | BAUZA MACIEJ            | POZNAŃ      |                               | POLSKA     | 1983       | M16       | 222        | 5:14         | 11,5       | 00:25:49   | 00:26:08    |     | 380 |
| 459  | 1574    | MELCER ZUZANNA          | PSZCZEW     | NIGHT RUNNERS                 | POLSKA     | 1996       | K16       | 55         | 5:16         | 11,4       | 00:25:49   | 00:26:21    |     | 79  |
| 460  | 489     | GAWRON MICHAŁ           | POZNAŃ      | PSIA BRAĆ                     | POLSKA     | 1985       | M16       | 223        | 6:21         | 9,4        | 00:25:53   | 00:31:45    |     | 381 |
| 461  | 533     | ANTKOWIAK DAGMARA       | POZNAŃ      | PSIA BRAĆ                     | POLSKA     | 1984       | K16       | 56         | 5:29         | 10,9       | 00:25:58   | 00:27:25    |     | 80  |
| 462  | 1523    | ANTCZAK MICHAŁ          | POZNAŃ      |                               | POLSKA     | 1990       | M16       | 224        | 5:21         | 11,2       | 00:25:59   | 00:26:46    |     | 382 |

# zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl  
 Data: 22.03.2014 r.  
 Dystans: 5km  
 Miejscowość: Poznań

Klasyfikacja: Night Runners



| M-ce | Nr zaw. | Nazwisko Imię         | Miejscowość      | Klub                                   | Kraj   | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Czas brutto | M   | K  |
|------|---------|-----------------------|------------------|--|--------|------------|-----------|------------|--------------|------------|------------|-------------|-----|----|
| 463  | 1581    | CZAJKA MAGDA          | POZNAŃ           |  | POLSKA | 1976       | K30       | 23         | 5:19         | 11,3       | 00:25:59   | 00:26:36    |     | 81 |
| 464  | 264     | ROGOZIŃSKI HENRYK     | BUK              | BUKOWSKI KLUB BIEGACZA                 | POLSKA | 1976       | M30       | 131        | 5:20         | 11,3       | 00:26:00   | 00:26:40    | 383 |    |
| 465  | 355     | TOMASZEWSKI BARTOSZ   | POZNAŃ           | SMOK TRÓJGŁOWY                         | POLSKA | 1989       | M16       | 225        | 5:17         | 11,3       | 00:26:01   | 00:26:27    | 384 |    |
| 466  | 18      | CHABROS ALEKSANDRA    | POZNAŃ           | SKLEPBIEGACZA.PL POZNAŃ / DRUŻYNA SZPI | POLSKA | 1985       | K16       | 57         | 5:44         | 10,5       | 00:26:01   | 00:28:38    |     | 82 |
| 467  | 1252    | ŚNIEGOCKI PAWEŁ       | TARNOWO PODGÓRNE |  | POLSKA | 1978       | M30       | 132        | 5:23         | 11,2       | 00:26:02   | 00:26:53    | 385 |    |
| 468  | 81      | KOŁACIŃSKA MARTA      | POZNAŃ           | NIGHT RUNNERS                          | POLSKA | 1982       | K16       | 58         | 5:16         | 11,4       | 00:26:03   | 00:26:19    |     | 83 |
| 469  | 1539    | KRUSZCZYŃSKI PIOTR    | BARANOWO         | TEATR NOWY W POZNANIU                  | POLSKA | 1967       | M30       | 133        | 5:21         | 11,2       | 00:26:03   | 00:26:44    | 386 |    |
| 470  | 160     | KUKLA-KOWALSKA ALICJA | SKÓRZEWO         | KOBIETYBIEGAJA.PL                      | POLSKA | 1978       | K30       | 24         | 5:20         | 11,3       | 00:26:05   | 00:26:38    |     | 84 |
| 471  | 1407    | CHODKIEWICZ KATARZYNA | ŚWIEBODZIN       | CHODAK TEAM                            | POLSKA | 1983       | K16       | 59         | 5:23         | 11,2       | 00:26:05   | 00:26:53    |     | 85 |
| 472  | 579     | HARKIEWICZ WIOLETTA   | POZNAŃ           | PSIA BRAĆ                              | POLSKA | 1987       | K16       | 60         | 5:30         | 10,9       | 00:26:05   | 00:27:32    |     | 86 |
| 473  | 869     | JARNÓT AGNIESZKA      | NOWY TOMYŚL      | NKB CHYŻY NOWY TOMYŚL                  | POLSKA | 1977       | K30       | 25         | 5:18         | 11,3       | 00:26:06   | 00:26:30    |     | 87 |
| 474  | 1265    | TROJANEK ADAM         | SWARZĘDZ         |  | POLSKA | 1975       | M30       | 134        | 5:25         | 11,1       | 00:26:08   | 00:27:05    | 387 |    |
| 475  | 208     | SZUBARGA TOMEK        | POZNAŃ           |  | POLSKA | 1987       | M16       | 226        | 5:20         | 11,3       | 00:26:09   | 00:26:39    | 388 |    |
| 476  | 1001    | FILIPOWSKI ŁUKASZ     | KAŻMIERZ         |  | POLSKA | 1976       | M30       | 135        | 5:20         | 11,3       | 00:26:09   | 00:26:40    | 389 |    |
| 477  | 333     | KOWALSKA ANNA         | GUŁTOWY          |  | POLSKA | 1973       | K30       | 26         | 5:18         | 11,3       | 00:26:10   | 00:26:28    |     | 88 |
| 478  | 846     | SUSZKA MICHAŁ         | POZNAŃ           | NIGHT RUNNERS                          | POLSKA | 1972       | M30       | 136        | 5:24         | 11,1       | 00:26:10   | 00:26:58    | 390 |    |
| 479  | 274     | KANIEWSKA BEATA       | MIŁOSŁAW         | MIŁOSŁAW FORTUNA TEAM                  | POLSKA | 1977       | K30       | 27         | 5:18         | 11,3       | 00:26:11   | 00:26:30    |     | 89 |
| 480  | 148     | ROSA MACIEJ           | POZNAŃ           |  | POLSKA | 1964       | M30       | 137        | 5:19         | 11,3       | 00:26:11   | 00:26:35    | 391 |    |
| 481  | 332     | LIS-ŁUCZAK MAŁGORZATA | POZNAŃ           |  | POLSKA | 1979       | K16       | 61         | 5:21         | 11,2       | 00:26:11   | 00:26:46    |     | 90 |
| 482  | 154     | JAŁKIEWICZ GRZEGORZ   | MUROWANA GOŚLINA |  | POLSKA | 1968       | M30       | 138        | 5:18         | 11,3       | 00:26:13   | 00:26:28    | 392 |    |
| 483  | 618     | MLECZAK HUBERT        | POZNAŃ           | NIGHT RUNNERS                          | POLSKA | 1975       | M30       | 139        | 5:23         | 11,2       | 00:26:13   | 00:26:54    | 393 |    |
| 484  | 987     | TOMASZEWSKI MACIEJ    | POZNAŃ           |  | POLSKA | 1978       | M30       | 140        | 5:21         | 11,2       | 00:26:14   | 00:26:43    | 394 |    |
| 485  | 848     | SĘCZKOWSKI JAKUB      | POZNAŃ           |  | POLSKA | 1985       | M16       | 227        | 5:23         | 11,1       | 00:26:14   | 00:26:56    | 395 |    |
| 486  | 170     | WIĘCKOWSKA PAULINA    | POZNAŃ           |  | POLSKA | 1978       | K30       | 28         | 6:25         | 9,3        | 00:26:14   | 00:32:06    |     | 91 |
| 487  | 1593    | PŁAZA KAROLINA        |                  |  | POLSKA | 2001       | K0        |            | 5:24         | 11,1       | 00:26:15   | 00:27:00    |     | 92 |
| 488  | 1011    | OGÓRKIEWICZ KRZYSZTOF | SKÓRZEWO         |  | POLSKA | 1975       | M30       | 141        | 5:25         | 11,1       | 00:26:24   | 00:27:04    | 396 |    |
| 489  | 1052    | SIMINIAK MIKOŁAJ      | PNIEWY           | HARCERZE                               | POLSKA | 1992       | M16       | 228        | 5:22         | 11,2       | 00:26:26   | 00:26:49    | 397 |    |
| 490  | 1394    | KUCHARSKI MATEUSZ     | ŚWIEBODZIN       | CHODAK TEAM                            | POLSKA | 1985       | M16       | 229        | 5:26         | 11,0       | 00:26:26   | 00:27:12    | 398 |    |
| 491  | 601     | RUPIETA MAKSYM        | POZNAŃ           |  | POLSKA | 1978       | M30       | 142        | 5:24         | 11,1       | 00:26:28   | 00:27:01    | 399 |    |
| 492  | 780     | SARBAK PAULINA        | MIĘDZYCHÓD       | MUKS JEDYNKA MIĘDZYCHÓD                | POLSKA | 1997       | K16       | 62         | 5:23         | 11,1       | 00:26:28   | 00:26:57    |     | 93 |
| 493  | 1455    | ODWAŻNY KRZYSZTOF     | POZNAŃ           |  | POLSKA | 1965       | M30       | 143        | 5:26         | 11,0       | 00:26:28   | 00:27:10    | 400 |    |
| 494  | 1015    | SOBKOWSKA KAROLINA    | MIĘDZYCHÓD       | MUKS1MIĘDZYCHÓD                        | POLSKA | 1997       | K16       | 63         | 5:23         | 11,1       | 00:26:29   | 00:26:57    |     | 94 |
| 495  | 1572    | OPIARA PIOTR          | PSZCZEW          | NIGHT RUNNERS                          | POLSKA | 1976       | M30       | 144        | 5:24         | 11,1       | 00:26:30   | 00:27:02    | 401 |    |
| 496  | 1028    | URBANIAK PIOTR        | ROSZKÓW          |  | POLSKA | 1992       | M16       | 230        | 5:27         | 11,0       | 00:26:30   | 00:27:14    | 402 |    |
| 497  | 392     | FLORASZEK ARKADIUSZ   | KÓRNIK           |  | POLSKA | 1972       | M30       | 145        | 5:31         | 10,9       | 00:26:33   | 00:27:36    | 403 |    |
| 498  | 391     | FLORASZEK MAŁGORZATA  | KÓRNIK           |  | POLSKA | 1973       | K30       | 29         | 5:31         | 10,9       | 00:26:33   | 00:27:36    |     | 95 |
| 499  | 1571    | SOBIAK ALEKSANDRA     | PSZCZEW          | NIGHT RUNNERS                          | POLSKA | 1988       | K16       | 64         | 5:26         | 11,1       | 00:26:35   | 00:27:08    | 96  |    |
| 500  | 1418    | GIERLIŃSKA IZABELA    | POZNAŃ           |  | POLSKA | 1976       | K30       | 30         | 5:26         | 11,0       | 00:26:35   | 00:27:11    | 97  |    |
| 501  | 266     | FRĘŚKO ELIZA          | LUBASZ           | MALTA - KATOWICKA                      | POLSKA | 1988       | K16       | 65         | 5:22         | 11,2       | 00:26:38   | 00:26:52    |     | 98 |
| 502  | 853     | ALTMANN ZBYSZEK       | SKÓRZEWO         | PYRCYK POZNAN                          | POLSKA | 1964       | M30       | 146        | 5:26         | 11,0       | 00:26:39   | 00:27:10    | 404 |    |
| 503  | 250     | TOMCZYK MAGDALENA     | POZNAŃ           | KB IM. MACIEJA FRANKIEWICZA            | POLSKA | 1959       | K50       | 3          | 5:26         | 11,0       | 00:26:39   | 00:27:12    |     | 99 |
| 504  | 1054    | KALUBA JULIAN         | POZNAŃ           | NIGHT RUNNERS                          | POLSKA | 1959       | M50       | 26         | 5:27         | 11,0       | 00:26:43   | 00:27:13    | 405 |    |

# zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl  
 Data: 22.03.2014 r.  
 Dystans: 5km  
 Miejscowość: Poznań

Klasyfikacja: Night Runners



| M-ce | Nr zaw. | Nazwisko Imię           | Miejscowość        | Klub                          | Kraj   | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Czas brutto | M   | K   |
|------|---------|-------------------------|--------------------|-------------------------------|--------|------------|-----------|------------|--------------|------------|------------|-------------|-----|-----|
| 505  | 367     | SZCZODRZYŃSKA KATARZYNA | POZNAŃ             |                               | POLSKA | 1979       | K16       | 66         | 5:28         | 11,0       | 00:26:43   | 00:27:19    |     | 100 |
| 506  | 642     | ZAJĄC KRZYSZTOF         | POZNAŃ             | ZP SZPIKI                     | POLSKA | 1977       | M30       | 147        | 5:28         | 11,0       | 00:26:44   | 00:27:18    | 406 |     |
| 507  | 145     | LANGE MAREK             | POZNAŃ             | BBL                           | POLSKA | 1980       | M16       | 231        | 5:29         | 10,9       | 00:26:46   | 00:27:26    | 407 |     |
| 508  | 1465    | KOCHOWICZ FILIP         | POZNAŃ             | NIEZRZESZONY                  | POLSKA | 1988       | M16       | 232        | 5:31         | 10,9       | 00:26:46   | 00:27:35    | 408 |     |
| 509  | 54      | BIELSKI JERZY           | POZNAŃ             |                               | POLSKA | 1957       | M50       | 27         | 5:27         | 11,0       | 00:26:48   | 00:27:13    | 409 |     |
| 510  | 30      | MALUJDY WŁODZIMIERZ     | POZNAŃ             |                               | POLSKA | 1958       | M50       | 28         | 5:27         | 11,0       | 00:26:49   | 00:27:13    | 410 |     |
| 511  | 683     | KAŁUŻNY JANUSZ          | TARNOWO PODGÓRNE   |                               | POLSKA | 1978       | M30       | 148        | 5:29         | 11,0       | 00:26:49   | 00:27:23    | 411 |     |
| 512  | 950     | CHYŁA MARCIN            | POZNAŃ             |                               | POLSKA | 1986       | M16       | 233        | 5:28         | 11,0       | 00:26:50   | 00:27:22    | 412 |     |
| 513  | 212     | JANASIAK KRZYSZTOF      | SZAMOTUŁY          | TATA KUBY I PIOTRUSIA         | POLSKA | 1976       | M30       | 149        | 5:30         | 10,9       | 00:26:51   | 00:27:30    | 413 |     |
| 514  | 692     | SERAFIŃSKI MIROŚLAW     | POZNAŃ             |                               | POLSKA | 1976       | M30       | 150        | 5:31         | 10,9       | 00:26:51   | 00:27:36    | 414 |     |
| 515  | 635     | BŁASZAK PRZEMYSŁAW      | POZNAŃ             |                               | POLSKA | 1961       | M50       | 29         | 5:28         | 11,0       | 00:26:52   | 00:27:20    | 415 |     |
| 516  | 570     | ZAGOZDA TOMASZ          | LUBOŃ              |                               | POLSKA | 1961       | M50       | 30         | 5:30         | 10,9       | 00:26:55   | 00:27:32    | 416 |     |
| 517  | 707     | MELLER BŁAŻEJ           | POBIEDZISKA        | KS HADES TECH-RACE            | POLSKA | 1984       | M16       | 234        | 5:48         | 10,3       | 00:26:55   | 00:29:01    | 417 |     |
| 518  | 1490    | KUPAJ OLA               | POZNAŃ             |                               | POLSKA | 1988       | K16       | 67         | 5:35         | 10,7       | 00:26:58   | 00:27:57    |     | 101 |
| 519  | 297     | WOLNA MONIKA            | POZNAŃ             | NIGHT RUNNERS                 | POLSKA | 1976       | K30       | 31         | 5:27         | 11,0       | 00:26:58   | 00:27:15    |     | 102 |
| 520  | 971     | SZYJA PAWEŁ             | POZNAŃ             | OKAPI TEAM                    | POLSKA | 1971       | M30       | 151        | 5:31         | 10,9       | 00:26:59   | 00:27:36    | 418 |     |
| 521  | 317     | SÓLKOWSKA HANNELORE     | POZNAŃ             | SAMA BIEGAM                   | POLSKA | 1958       | K50       | 4          | 5:29         | 10,9       | 00:27:00   | 00:27:26    |     | 103 |
| 522  | 801     | KOBYLIŃSKI PIOTR        | KOBYLNICZA         | WIECZNIIE SŁABI               | POLSKA | 1952       | M50       | 31         | 5:28         | 11,0       | 00:27:02   | 00:27:18    | 419 |     |
| 523  | 1079    | BANASZAK RAFAŁ          | OBORNKI            |                               | POLSKA | 1974       | M30       | 152        | 5:30         | 10,9       | 00:27:02   | 00:27:32    | 420 |     |
| 524  | 80      | SKRZYPEK KATARZYNA      | DĄBRÓWKA           | APLAUZ DĄBRÓWKA               | POLSKA | 1980       | K16       | 68         | 5:37         | 10,7       | 00:27:02   | 00:28:06    |     | 104 |
| 525  | 1491    | DZIURLA AGNIESZKA       | POZNAŃ             |                               | POLSKA | 1983       | K16       | 69         | 5:29         | 10,9       | 00:27:04   | 00:27:26    |     | 105 |
| 526  | 1570    | JĘCHOREK DARIUSZ        | POZNAŃ             |                               | POLSKA | 1964       | M30       | 153        | 5:29         | 10,9       | 00:27:04   | 00:27:27    | 421 |     |
| 527  | 319     | MAJEWSKA MONIKA         | POZNAŃ             |                               | POLSKA | 1994       | K16       | 70         | 5:34         | 10,8       | 00:27:05   | 00:27:51    |     | 106 |
| 528  | 1059    | KUBERKA MALWINA         | CZERWONAK          |                               | POLSKA | 1991       | K16       | 71         | 5:32         | 10,8       | 00:27:06   | 00:27:41    |     | 107 |
| 529  | 424     | KACZMAREK MICHAŁ        | POZNAŃ             | FUNDACJA RAK OFF              | POLSKA | 1979       | M16       | 235        | 5:32         | 10,9       | 00:27:07   | 00:27:38    | 422 |     |
| 530  | 1072    | OLEJNIK JAKUB           | POZNAŃ             |                               | POLSKA | 1997       | M16       | 236        | 5:30         | 10,9       | 00:27:08   | 00:27:31    | 423 |     |
| 531  | 1104    | KOWALSKI MARCIN         | POZNAŃ             |                               | POLSKA | 1973       | M30       | 154        | 5:32         | 10,8       | 00:27:09   | 00:27:41    | 424 |     |
| 532  | 453     | KOZŁOWSKI RADOŚLAW      | POZNAŃ             |                               | POLSKA | 1975       | M30       | 155        | 5:36         | 10,7       | 00:27:12   | 00:27:58    | 425 |     |
| 533  | 425     | MŁODKOWSKA ANNA         | POZNAŃ             | FUNDACJA RAK OFF              | POLSKA | 1979       | K16       | 72         | 5:32         | 10,8       | 00:27:12   | 00:27:42    |     | 108 |
| 534  | 520     | GRABARKIEWICZ PATRYK    | POZNAŃ             | TEAM ASA - BIEGIEM PO ZDROWIE | POLSKA | 1984       | M16       | 237        | 5:33         | 10,8       | 00:27:15   | 00:27:44    | 426 |     |
| 535  | 888     | SADOWSKA IWONA          | OPALENICA          | -                             | POLSKA | 1973       | K30       | 32         | 5:35         | 10,8       | 00:27:17   | 00:27:54    |     | 109 |
| 536  | 1196    | WYPYCHOWSKI MICHAŁ      | LUBOŃ              |                               | POLSKA | 1983       | M16       | 238        | 5:52         | 10,2       | 00:27:17   | 00:29:21    | 427 |     |
| 537  | 1406    | MIKOŁAJCZYK PATRYCJA    | POZNAŃ             |                               | POLSKA | 1988       | K16       | 73         | 5:36         | 10,7       | 00:27:22   | 00:27:58    |     | 110 |
| 538  | 713     | ZBĄSZYŃIAK JADWIGA      | POZNAŃ             |                               | POLSKA | 1987       | K16       | 74         | 5:36         | 10,7       | 00:27:22   | 00:27:58    |     | 111 |
| 539  | 1294    | KWIECIŃSKA ANNA         | POZNAŃ             |                               | POLSKA | 1979       | K16       | 75         | 5:35         | 10,7       | 00:27:24   | 00:27:55    |     | 112 |
| 540  | 345     | MEDYCKI ANDRZEJ         | SUCHY LAS          |                               | POLSKA | 1957       | M50       | 32         | 5:38         | 10,7       | 00:27:24   | 00:28:09    | 428 |     |
| 541  | 185     | BABOROWSKA KATARZYNA    | POZNAŃ             | DZIECIOROBY                   | POLSKA | 1980       | K16       | 76         | 5:36         | 10,7       | 00:27:24   | 00:27:59    |     | 113 |
| 542  | 693     | HORNIK ALICJA           | KOZIEGŁOWY         | WKS GRUNWALD POZNAŃ           | POLSKA | 1963       | K50       | 5          | 5:35         | 10,7       | 00:27:25   | 00:27:56    |     | 114 |
| 543  | 921     | TOMCZAK ANNA            | TARNOWO PODGÓRNE   | TOTAL RUNNERS                 | POLSKA | 1996       | K16       | 77         | 5:34         | 10,8       | 00:27:27   | 00:27:52    |     | 115 |
| 544  | 226     | FRANEK SEBASTIAN        | LUBOŃ              | WIELKOPOLSCY BIEGACZE         | POLSKA | 1977       | M30       | 156        | 5:38         | 10,7       | 00:27:28   | 00:28:08    | 429 |     |
| 545  | 370     | BUCZKOWSKA MAGDALENA    | ŚRODA WIELKOPOLSKA | NIGHT RUNNERS                 | POLSKA | 1985       | K16       | 78         | 5:38         | 10,6       | 00:27:29   | 00:28:12    |     | 116 |
| 546  | 1026    | GREDCZYSZYN KATARZYNA   | POZNAŃ             |                               | POLSKA | 1984       | K16       | 79         | 5:41         | 10,5       | 00:27:29   | 00:28:27    |     | 117 |



# zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl  
 Data: 22.03.2014 r.  
 Dystans: 5km  
 Miejscowość: Poznań

Klasyfikacja: Night Runners



| M-ce | Nr zaw. | Nazwisko Imię         | Miejscowość  | Klub                  | Kraj   | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Czas brutto | M   | K   |
|------|---------|-----------------------|--------------|-----------------------|--------|------------|-----------|------------|--------------|------------|------------|-------------|-----|-----|
| 547  | 496     | KLEWICZ ANNA          |              |                       | POLSKA | 1967       | K30       | 33         | 5:36         | 10,7       | 00:27:30   | 00:28:01    |     | 118 |
| 548  | 644     | JAROCKA SANDRA        | POZNAŃ       | NIGHT RUNNERS         | POLSKA | 1989       | K16       | 80         | 5:38         | 10,6       | 00:27:30   | 00:28:11    |     | 119 |
| 549  | 1326    | RZEPKA JACEK          | POZNAŃ       |                       |        | 1966       | M30       | 157        | 5:39         | 10,6       | 00:27:35   | 00:28:16    | 430 |     |
| 550  | 94      | JURGA CELINA          | WĄGROWIEC    |                       | POLSKA | 1981       | K16       | 81         | 5:44         | 10,5       | 00:27:39   | 00:28:38    |     | 120 |
| 551  | 1328    | ZBOROWSKI PAWEŁ       | PLEWISKA     |                       |        | 1969       | M30       | 158        | 5:40         | 10,6       | 00:27:39   | 00:28:21    | 431 |     |
| 552  | 126     | MIS ROMAN             | POZNAŃ       | DRUŻYNA SZPIKU        | POLSKA | 1953       | M50       | 33         | 5:38         | 10,7       | 00:27:40   | 00:28:08    | 432 |     |
| 553  | 607     | MAŃKOWSKA AGNIESZKA   | POZNAŃ       | NIEZSZERZONA          | POLSKA | 1974       | K30       | 34         | 5:42         | 10,5       | 00:27:43   | 00:28:31    |     | 121 |
| 554  | 653     | BERGER MATEUSZ        | POZNAŃ       | ZABIESZCZADUJ.PL      | POLSKA | 1988       | M16       | 239        | 5:44         | 10,5       | 00:27:45   | 00:28:40    | 433 |     |
| 555  | 1549    | SCHEIBINGER MACIEJ    | POZNAŃ       |                       | POLSKA | 1986       | M16       | 240        | 5:40         | 10,6       | 00:27:48   | 00:28:21    | 434 |     |
| 556  | 83      | STILLER ANNA          | POZNAŃ       | NIGHT RUNNERS         | POLSKA | 1986       | K16       | 82         | 5:40         | 10,6       | 00:27:51   | 00:28:20    |     | 122 |
| 557  | 260     | PIEPRZYK WIESŁAW      | POZNAŃ       |                       | POLSKA | 1954       | M50       | 34         | 5:41         | 10,6       | 00:27:52   | 00:28:25    | 435 |     |
| 558  | 589     | NATER MAGDALENA       | LUBOŃ        | WIECZNIE SŁABI        | POLSKA | 1973       | K30       | 35         | 5:39         | 10,6       | 00:27:57   | 00:28:13    |     | 123 |
| 559  | 802     | OSTROWSKA MONIKA      | LUBOŃ        | WIECZNIE SŁABI        | POLSKA | 1997       | K16       | 83         | 5:39         | 10,6       | 00:27:58   | 00:28:14    |     | 124 |
| 560  | 590     | NATER URSZULA         | LUBOŃ        | WIECZNIE SŁABI        | POLSKA | 1950       | K50       | 6          | 5:39         | 10,6       | 00:27:59   | 00:28:13    |     | 125 |
| 561  | 1528    | LUDEK WERONIKA        | PRZEŹMIEROWO |                       | POLSKA | 1987       | K16       | 84         | 5:43         | 10,5       | 00:27:59   | 00:28:33    |     | 126 |
| 562  | 254     | ROSZCZKA FILIP        | POZNAŃ       | BIKETOP TEAM          | POLSKA | 1975       | M30       | 159        | 5:48         | 10,3       | 00:28:00   | 00:29:02    | 436 |     |
| 563  | 428     | WINIECKA JUSTYNA      | SKÓRZEWO     | NIEZRZESZONY          | POLSKA | 1987       | K16       | 85         | 5:47         | 10,4       | 00:28:06   | 00:28:57    |     | 127 |
| 564  | 426     | HĘŚ ANNA              | TRZEMESZNO   | DRUŻYNA SZPIKU        | POLSKA | 1978       | K30       | 36         | 5:41         | 10,5       | 00:28:08   | 00:28:27    |     | 128 |
| 565  | 810     | MAJEWSKA BEATA        | POZNAŃ       | NIGHT RUNNERS         | POLSKA | 1976       | K30       | 37         | 5:44         | 10,5       | 00:28:11   | 00:28:39    |     | 129 |
| 566  | 1563    | MARCZAK AGNIESZKA     | POZNAŃ       | NIGHT RUNNERS         | POLSKA | 1976       | K30       | 38         | 5:46         | 10,4       | 00:28:13   | 00:28:52    |     | 130 |
| 567  | 1226    | TURZAŃSKA-OLEKSYN EWA | POZNAŃ       |                       | POLSKA | 1979       | K16       | 86         | 5:45         | 10,4       | 00:28:14   | 00:28:45    |     | 131 |
| 568  | 347     | OLZACKA AGATA         | POZNAŃ       |                       | POLSKA | 1982       | K16       | 87         | 5:49         | 10,3       | 00:28:14   | 00:29:03    |     | 132 |
| 569  | 100     | PAGNANI ROBERT        | POZNAŃ       |                       | POLSKA | 1975       | M30       | 160        | 5:47         | 10,4       | 00:28:16   | 00:28:54    | 437 |     |
| 570  | 233     | GRUSZCZYŃSKA GRAŻYNA  | MIŁOŚLAW     | MIŁOŚLAW FORTUNA TEAM | POLSKA | 1982       | K16       | 88         | 5:46         | 10,4       | 00:28:16   | 00:28:52    |     | 133 |
| 571  | 988     | RUSINEK EWA           | SZAMOTUŁY    | DRUŻYNA SZPIKU        | POLSKA | 1984       | K16       | 89         | 5:47         | 10,4       | 00:28:16   | 00:28:55    |     | 134 |
| 572  | 1526    | DRZEWIECKI PAWEŁ      | LUSOWO       |                       | POLSKA | 1996       | M16       | 241        | 5:46         | 10,4       | 00:28:18   | 00:28:52    | 438 |     |
| 573  | 27      | ILLMANN ROBERT        | POZNAŃ       |                       | POLSKA | 1972       | M30       | 161        | 5:48         | 10,4       | 00:28:18   | 00:28:59    | 439 |     |
| 574  | 87      | OWCZARZAK PIOTR       | GNIEZNO      |                       | POLSKA | 1957       | M50       | 35         | 5:46         | 10,4       | 00:28:19   | 00:28:51    | 440 |     |
| 575  | 1029    | PLUTA KINGA           | GOLINA       |                       | POLSKA | 1992       | K16       | 90         | 5:49         | 10,3       | 00:28:20   | 00:29:05    |     | 135 |
| 576  | 60      | KURKOWSKA ANNA        | POZNAŃ       | NIGHT RUNNERS         | POLSKA | 1980       | K16       | 91         | 5:50         | 10,3       | 00:28:25   | 00:29:11    |     | 136 |
| 577  | 1066    | WÓJKIEWICZ PATRYCJA   | POZNAŃ       |                       | POLSKA | 1977       | K30       | 39         | 5:46         | 10,4       | 00:28:26   | 00:28:51    |     | 137 |
| 578  | 209     | KOKOCIŃSKI JAROSŁAW   | POZNAŃ       |                       | POLSKA | 1972       | M30       | 162        | 5:49         | 10,3       | 00:28:26   | 00:29:07    | 441 |     |
| 579  | 916     | KUKA MICHAŁ           | DĘBNO        |                       | POLSKA | 1986       | M16       | 242        | 5:51         | 10,3       | 00:28:26   | 00:29:14    | 442 |     |
| 580  | 623     | GREGORCZYK ANNA       | POZNAŃ       | KS SZARŻUJĄCE BOBRY   | POLSKA | 1982       | K16       | 92         | 5:49         | 10,3       | 00:28:27   | 00:29:05    |     | 138 |
| 581  | 958     | SZAMAŁEK ŁUKASZ       | POZNAŃ       |                       | POLSKA | 1981       | M16       | 243        | 5:49         | 10,3       | 00:28:27   | 00:29:06    | 443 |     |
| 582  | 1327    | GOLCZAK MACIEJ        | PLEWISKA     |                       |        | 1969       | M30       | 163        | 5:51         | 10,3       | 00:28:28   | 00:29:13    | 444 |     |
| 583  | 64      | KAMYCKA DOMINIKA      | PLEWISKA     | YUPPI SQUAD           | POLSKA | 1981       | K16       | 93         | 5:58         | 10,0       | 00:28:31   | 00:29:52    |     | 139 |
| 584  | 1476    | NOWAK AGNIESZKA       | POZNAŃ       |                       | POLSKA | 1979       | K16       | 94         | 5:52         | 10,2       | 00:28:31   | 00:29:22    |     | 140 |
| 585  | 637     | PIĄTEK PAULINA        | POZNAŃ       |                       | POLSKA | 1984       | K16       | 95         | 5:52         | 10,2       | 00:28:32   | 00:29:19    |     | 141 |
| 586  | 672     | GŁOWACKI JERZY        | POZNAŃ       |                       | POLSKA | 1951       | M50       | 36         | 5:48         | 10,3       | 00:28:34   | 00:29:00    | 445 |     |
| 587  | 117     | NOWACZYK MICHAŁ       | POZNAŃ       |                       | POLSKA | 1979       | M16       | 244        | 5:51         | 10,3       | 00:28:35   | 00:29:13    | 446 |     |
| 588  | 1424    | STARCZEWSKA PATRYCJA  | POZNAŃ       |                       | POLSKA | 1987       | K16       | 96         | 5:52         | 10,2       | 00:28:36   | 00:29:19    |     | 142 |

# zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl  
 Data: 22.03.2014 r.  
 Dystans: 5km  
 Miejscowość: Poznań

Klasyfikacja: Night Runners



| M-ce | Nr zaw. | Nazwisko Imię             | Miejscowość      | Klub                         | Kraj   | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Czas brutto | M   | K   |
|------|---------|---------------------------|------------------|------------------------------|--------|------------|-----------|------------|--------------|------------|------------|-------------|-----|-----|
| 589  | 517     | ANDRZEJAK MARTA           | POZNAŃ           |                              | POLSKA | 1985       | K16       | 97         | 5:54         | 10,2       | 00:28:38   | 00:29:30    |     | 143 |
| 590  | 1485    | FRAK EWA                  | SIERAKÓW         | CROSS SIERAKOWSKI            | POLSKA | 1984       | K16       | 98         | 5:50         | 10,3       | 00:28:40   | 00:29:09    |     | 144 |
| 591  | 507     | PILAK BOŻENA              | POZNAŃ           |                              | POLSKA | 1968       | K30       | 40         | 5:55         | 10,1       | 00:28:40   | 00:29:34    |     | 145 |
| 592  | 508     | PILAK JACEK               | POZNAŃ           | WIELKOPOLSCY BIEGACZE        | POLSKA | 1963       | M50       | 37         | 5:55         | 10,2       | 00:28:41   | 00:29:33    | 447 |     |
| 593  | 1221    | KĘPIŃSKA JUSTYNA          | POZNAŃ           |                              | POLSKA | 1977       | K30       | 41         | 5:53         | 10,2       | 00:28:42   | 00:29:24    |     | 146 |
| 594  | 616     | MICHALSKI TOMASZ          | KOSTRZYŃ         | BBL POZNAŃ                   | POLSKA | 1975       | M30       | 164        | 6:02         | 9,9        | 00:28:42   | 00:30:12    | 448 |     |
| 595  | 535     | KLEDZIK MARCIN            | POZNAŃ           |                              | POLSKA | 1976       | M30       | 165        | 5:50         | 10,3       | 00:28:43   | 00:29:10    | 449 |     |
| 596  | 833     | MŁOTKOWSKI WALDEMAR       | POZNAŃ           |                              | POLSKA | 1960       | M50       | 38         | 5:49         | 10,3       | 00:28:47   | 00:29:07    | 450 |     |
| 597  | 1538    | ANTCZAK ARKADIUSZ         | DOPIEWO          |                              | POLSKA | 1980       | M16       | 245        | 5:52         | 10,2       | 00:28:48   | 00:29:18    | 451 |     |
| 598  | 40      | SYNOWIEC GRZEGORZ         | PRZEŹMIEROWO     |                              | POLSKA | 1979       | M16       | 246        | 5:53         | 10,2       | 00:28:50   | 00:29:24    | 452 |     |
| 599  | 580     | MALUŚKA KASIA             | GRODZISK WLKP.   | YUPPI SQUAD                  | POLSKA | 1979       | K16       | 99         | 5:54         | 10,2       | 00:28:50   | 00:29:31    |     | 147 |
| 600  | 1585    | LESZCZYŃSKI TOMASZ        | ŁĄKI ZAMKOWE     |                              | POLSKA | 1981       | M16       | 247        | 5:55         | 10,1       | 00:28:50   | 00:29:36    | 453 |     |
| 601  | 105     | RYDZEWSKA ELZBIETA        | POZNAN           |                              | POLSKA | 1980       | K16       | 100        | 5:56         | 10,1       | 00:28:50   | 00:29:39    |     | 148 |
| 602  | 687     | GORCZYCA MAGDALENA        | KOBYLNICIA       |                              | POLSKA | 1971       | K30       | 42         | 5:54         | 10,2       | 00:28:53   | 00:29:30    |     | 149 |
| 603  | 1566    | SIUBA ROZALIA             | KŁODAWA          | NKB CHYŻY                    | POLSKA | 1987       | K16       | 101        | 5:53         | 10,2       | 00:28:54   | 00:29:27    |     | 150 |
| 604  | 568     | LIGĘZA BARTOSZ            | ZBĄSZYŃ          |                              | POLSKA | 1990       | M16       | 248        | 5:55         | 10,1       | 00:28:54   | 00:29:37    | 454 |     |
| 605  | 1367    | ZAGÓRNA ANNA              | POZNAŃ           | NIGHT RUNNERS                | POLSKA | 1982       | K16       | 102        | 5:53         | 10,2       | 00:28:56   | 00:29:23    |     | 151 |
| 606  | 79      | KACZMAREK TOMASZ          | POZNAŃ           |                              | POLSKA | 1982       | M16       | 249        | 5:57         | 10,1       | 00:29:02   | 00:29:43    | 455 |     |
| 607  | 749     | SIKORSKA-MAJ SYLWIA       | POZNAŃ           |                              | POLSKA | 1978       | K30       | 43         | 5:59         | 10,0       | 00:29:02   | 00:29:55    |     | 152 |
| 608  | 409     | RETELEWSKI MICHAŁ         | POZNAŃ           | CREAKTIVE.PL                 | POLSKA | 1978       | M30       | 166        | 5:54         | 10,2       | 00:29:04   | 00:29:30    | 456 |     |
| 609  | 775     | KOSICKI DARIUSZ           | ROKIETNICA       |                              | POLSKA | 1966       | M30       | 167        | 5:56         | 10,1       | 00:29:05   | 00:29:38    | 457 |     |
| 610  | 694     | KORYTOWSKI SEBASTIAN      | SWARZĘDZ         | NIGHT RUNNERS                | POLSKA | 1977       | M30       | 168        | 5:54         | 10,2       | 00:29:12   | 00:29:32    | 458 |     |
| 611  | 981     | JAŚKIEWICZ TOMASZ         | POZNAN           | NIGHT RUNNERS                | POLSKA | 1988       | M16       | 250        | 6:00         | 10,0       | 00:29:12   | 00:30:02    | 459 |     |
| 612  | 131     | ŻMUDA-TRZEBIATOWSKA IWONA | POZNAŃ           |                              | POLSKA | 1973       | K30       | 44         | 5:56         | 10,1       | 00:29:12   | 00:29:41    |     | 153 |
| 613  | 286     | KULAS ROMAN               | POZNAŃ           | GIMP TEAM                    | POLSKA | 1958       | M50       | 39         | 5:59         | 10,0       | 00:29:12   | 00:29:56    | 460 |     |
| 614  | 538     | PORADA GRAŻYNA            | POZNAŃ           | SCIM                         | POLSKA | 1963       | K50       | 7          | 6:02         | 10,0       | 00:29:12   | 00:30:08    |     | 154 |
| 615  | 539     | PORADA MAREK              | POZNAŃ           | SCIM                         | POLSKA | 1963       | M50       | 40         | 6:02         | 10,0       | 00:29:12   | 00:30:08    | 461 |     |
| 616  | 44      | PORWICH KAROLINA          | TARNOWO PODGÓRNE | POZIOM WYŻEJ - TARNOWO BIEGA | POLSKA | 1977       | K30       | 45         | 5:58         | 10,0       | 00:29:17   | 00:29:52    |     | 155 |
| 617  | 1355    | CHOJNACKI ARKADIUSZ       | BYDGOSZCZ        |                              | POLSKA | 1991       | M16       | 251        | 5:59         | 10,0       | 00:29:20   | 00:29:57    | 462 |     |
| 618  | 1561    | KRUK DARIA                | POZNAŃ           |                              | POLSKA | 1975       | K30       | 46         | 6:00         | 10,0       | 00:29:28   | 00:30:02    |     | 156 |
| 619  | 1532    | GALUS KAROLINA            | TULCE            |                              | POLSKA | 1978       | K30       | 47         | 6:02         | 10,0       | 00:29:34   | 00:30:09    |     | 157 |
| 620  | 1412    | KARŁOWSKA OLGA            | POZNAŃ           |                              | POLSKA | 1979       | K16       | 103        | 6:03         | 9,9        | 00:29:38   | 00:30:16    |     | 158 |
| 621  | 1215    | KUCIEWICZ MAGDALENA       | POZNAŃ           |                              |        | 1974       | K30       | 48         | 6:05         | 9,9        | 00:29:40   | 00:30:26    |     | 159 |
| 622  | 1453    | RADAJEWSKI RAFAL          | POZNAŃ           | RAFI                         | POLSKA | 1980       | M16       | 252        | 6:06         | 9,8        | 00:29:41   | 00:30:28    | 463 |     |
| 623  | 1030    | SZTUREMSKA DOROTA         | POZNAŃ           |                              | POLSKA | 1987       | K16       | 104        | 6:05         | 9,9        | 00:29:44   | 00:30:27    |     | 160 |
| 624  | 305     | CZERNICKA MONIKA          | SUCHY LAS        |                              | POLSKA | 1983       | K16       | 105        | 6:06         | 9,8        | 00:29:46   | 00:30:30    |     | 161 |
| 625  | 1565    | GORWA JOANNA              | POZNAŃ           |                              | POLSKA | 1978       | K30       | 49         | 6:06         | 9,8        | 00:29:54   | 00:30:29    |     | 162 |
| 626  | 526     | BRÓDZIŃSKI RYSZARD        | POZNAŃ           | GOGGLE PRO ACTIVE EYEWEAR    | POLSKA | 1959       | M50       | 41         | 6:05         | 9,9        | 00:29:57   | 00:30:27    | 464 |     |
| 627  | 1369    | STOLSKA RENATA            | POZNAN           | NIGHT RUNNERS                | POLSKA | 1969       | K30       | 50         | 6:09         | 9,8        | 00:30:02   | 00:30:46    |     | 163 |
| 628  | 1108    | JĄDRZYK MONIKA            | POZNAŃ           |                              | POLSKA | 1977       | K30       | 51         | 6:07         | 9,8        | 00:30:08   | 00:30:33    |     | 164 |
| 629  | 1359    | KOLAŃCZYK KRYSZYNA        |                  |                              |        | 1946       | K50       | 8          | 6:09         | 9,8        | 00:30:08   | 00:30:45    |     | 165 |
| 630  | 1107    | SZEWczyk MARTA            | BUK              |                              | POLSKA | 1987       | K16       | 106        | 6:13         | 9,7        | 00:30:08   | 00:31:05    |     | 166 |

# zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl  
 Data: 22.03.2014 r.  
 Dystans: 5km  
 Miejscowość: Poznań

Klasyfikacja: Night Runners



| M-ce | Nr zaw. | Nazwisko Imię                   | Miejscowość       | Klub                            | Kraj   | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Czas brutto | M   | K   |
|------|---------|---------------------------------|-------------------|---------------------------------|--------|------------|-----------|------------|--------------|------------|------------|-------------|-----|-----|
| 631  | 196     | LESZCZYŃSKA DOROTA              | LUBOŃ             |                                 | POLSKA | 1973       | K30       | 52         | 6:10         | 9,7        | 00:30:08   | 00:30:49    |     | 167 |
| 632  | 926     | JANKOWIAK ANNA                  | KIĄCZYN           | KS CZERWONY SMOK                | POLSKA | 1977       | K30       | 53         | 6:11         | 9,7        | 00:30:13   | 00:30:57    |     | 168 |
| 633  | 1477    | PRZYBYŁ ADAM                    | DASZEWICE         | PRESS-SERVICE MONITORING MEDIÓW | POLSKA | 1984       | M16       | 253        | 6:13         | 9,7        | 00:30:15   | 00:31:04    | 465 |     |
| 634  | 708     | MELLER ALEKSANDRA               | POBIEDZISKA       | TECH-RACE                       | POLSKA | 1983       | K16       | 107        | 6:26         | 9,3        | 00:30:16   | 00:32:10    |     | 169 |
| 635  | 724     | ZIELIŃSKI JAROSŁAW              | SKÓRZEWO          | PRESS-SERVICE MONITORING MEDIÓW | POLSKA | 1981       | M16       | 254        | 6:14         | 9,6        | 00:30:21   | 00:31:11    | 466 |     |
| 636  | 959     | ZIEMBIEWICZ BARTOSZ             | POZNAŃ            |                                 | POLSKA | 1977       | M30       | 169        | 6:12         | 9,7        | 00:30:23   | 00:31:01    | 467 |     |
| 637  | 1073    | PELCER MARZENA                  | MIĘKOWO           |                                 | POLSKA | 1964       | K30       | 54         | 6:14         | 9,6        | 00:30:24   | 00:31:11    |     | 170 |
| 638  | 206     | HERWART MARIA                   | POZNAŃ            |                                 | POLSKA | 1964       | K30       | 55         | 6:16         | 9,6        | 00:30:24   | 00:31:21    |     | 171 |
| 639  | 434     | WASAK ALEKSANDRA                | POZNAŃ            |                                 | POLSKA | 1983       | K16       | 108        | 6:14         | 9,6        | 00:30:25   | 00:31:12    |     | 172 |
| 640  | 111     | RYDZEWSKA MARTA                 | KLECZEW           |                                 | POLSKA | 1986       | K16       | 109        | 6:15         | 9,6        | 00:30:25   | 00:31:14    |     | 173 |
| 641  | 486     | KLAJA KATARZYNA                 | CZERWONAK         |                                 | POLSKA | 1958       | K50       | 9          | 6:16         | 9,6        | 00:30:25   | 00:31:20    |     | 174 |
| 642  | 558     | BIAŁCZYK MARLENA                | SZMOTUŁY          | BUKOWSKI KLUB BIEGACZA          | POLSKA | 1987       | K16       | 110        | 6:17         | 9,6        | 00:30:45   | 00:31:23    |     | 175 |
| 643  | 868     | MATYSIAK MARCIN                 | RUCHOCICE         | XXX                             | POLSKA | 1980       | M16       | 255        | 6:18         | 9,5        | 00:30:48   | 00:31:30    | 468 |     |
| 644  | 360     | CZAPLICKI PAWEŁ                 | POZNAŃ            | SLOW RUNNERS CLUB               | POLSKA | 1968       | M30       | 170        | 6:19         | 9,5        | 00:30:57   | 00:31:33    | 469 |     |
| 645  | 1582    | GULOWATY JAROSŁAW               | DĄBROWA           |                                 | POLSKA | 1968       | M30       | 171        | 6:22         | 9,4        | 00:31:02   | 00:31:51    | 470 |     |
| 646  | 255     | DZIEDZIC MAGDALENA              | POZNAŃ            |                                 | POLSKA | 1986       | K16       | 111        | 6:19         | 9,5        | 00:31:06   | 00:31:33    |     | 176 |
| 647  | 1308    | DĄBROWSKA JOLANTA               | POZNAŃ            | RRTEAM                          | POLSKA | 1973       | K30       | 56         | 6:22         | 9,4        | 00:31:08   | 00:31:48    |     | 177 |
| 648  | 709     | SZPIR MACIEJ                    | POZNAŃ            | BBL POZNAŃ                      | POLSKA | 1984       | M16       | 256        | 6:22         | 9,4        | 00:31:08   | 00:31:48    | 471 |     |
| 649  | 256     | PISKORZ KATARZYNA               | POZNAŃ            | TURBO ŻÓŁWIE                    | POLSKA | 1970       | K30       | 57         | 6:23         | 9,4        | 00:31:09   | 00:31:56    |     | 178 |
| 650  | 181     | NOWAKOWSKI BŁAŻEJ               | POZNAŃ            |                                 | POLSKA | 1979       | M16       | 257        | 6:26         | 9,3        | 00:31:12   | 00:32:09    | 472 |     |
| 651  | 527     | BRÓDZIŃSKA AGATA                | POZNAŃ            | GOGGLE PRO ACTIVE EYEWEAR       | POLSKA | 1987       | K16       | 112        | 6:22         | 9,4        | 00:31:22   | 00:31:52    |     | 179 |
| 652  | 1321    | BŁASZCZYK BARTOSZ               | POZNAŃ            |                                 | POLSKA | 1989       | M16       | 258        | 6:24         | 9,4        | 00:31:23   | 00:31:58    | 473 |     |
| 653  | 1527    | REINIGER PAULINA                | POZNAŃ            | TEATR NOWY                      | POLSKA | 1977       | K30       | 58         | 6:25         | 9,3        | 00:31:25   | 00:32:07    |     | 180 |
| 654  | 573     | GAWĘCKA ANNA                    | POZNAŃ            | BUKOWSKI KLUB BIEGACZA          | POLSKA | 1985       | K16       | 113        | 6:27         | 9,3        | 00:31:34   | 00:32:13    |     | 181 |
| 655  | 575     | RYBACKI GRZEŚ                   | POZNAŃ            | BUKOWSKI KLUB BIEGACZA          | POLSKA | 1979       | M16       | 259        | 6:27         | 9,3        | 00:31:34   | 00:32:14    | 474 |     |
| 656  | 929     | WITKOWSKA JUSTYNA               | POZNAŃ            |                                 | POLSKA | 1987       | K16       | 114        | 6:29         | 9,3        | 00:31:44   | 00:32:24    |     | 182 |
| 657  | 1560    | ISZCZAK HANNA                   | POZNAŃ            |                                 | POLSKA | 1983       | K16       | 115        | 6:31         | 9,2        | 00:31:58   | 00:32:33    |     | 183 |
| 658  | 351     | SZYMAŃSKA ANNA                  | POZNAŃ            |                                 | POLSKA | 1993       | K16       | 116        | 6:38         | 9,0        | 00:32:03   | 00:33:12    |     | 184 |
| 659  | 106     | JANUSZEWSKA-NATKANIEC KATARZYNA | POZNAŃ            | JANJUL                          | POLSKA | 1976       | K30       | 59         | 6:37         | 9,1        | 00:32:11   | 00:33:03    |     | 185 |
| 660  | 361     | BARAN MAGDALENA                 | TORUŃ             | SLOW RUNNERS CLUB               | POLSKA | 1979       | K16       | 117        | 6:34         | 9,1        | 00:32:14   | 00:32:50    |     | 186 |
| 661  | 591     | ZAMARLICKA MONIKA               | POZNAŃ            |                                 | POLSKA | 1989       | K16       | 118        | 6:37         | 9,1        | 00:32:16   | 00:33:07    |     | 187 |
| 662  | 156     | URBANIAK MICHAŁ                 | POZNAŃ            | BMI&GT;30 RUNNING TEAM          | POLSKA | 1984       | M16       | 260        | 6:40         | 9,0        | 00:32:21   | 00:33:18    | 475 |     |
| 663  | 109     | PAWŁOWSKI PRZEMYSŁAW            | SIEKIERKI WIELKIE |                                 | POLSKA | 1977       | M30       | 172        | 6:41         | 9,0        | 00:32:22   | 00:33:24    | 476 |     |
| 664  | 112     | PAWŁOWSKA EWA                   | SIEKIERKI WIELKIE |                                 | POLSKA | 1977       | K30       | 60         | 6:41         | 9,0        | 00:32:23   | 00:33:24    |     | 188 |
| 665  | 1472    | BŁASZKIEWICZ JADWIGA            | GRUSZCZYN         | 45 PDH &QUOT;BÓR&QUOT;          | POLSKA | 1989       | K16       | 119        | 6:39         | 9,0        | 00:32:34   | 00:33:13    |     | 189 |
| 666  | 757     | JURKIEWICZ KATARZYNA            | POZNAŃ            |                                 | POLSKA | 1978       | K30       | 61         | 6:36         | 9,1        | 00:32:39   | 00:33:02    |     | 190 |
| 667  | 1493    | MACHURA ANNA                    | POZNAŃ            | RED FITNESS                     |        | 1979       | K16       | 120        | 6:46         | 8,9        | 00:32:41   | 00:33:50    |     | 191 |
| 668  | 1122    | RYBA WOJCIECH                   | KROTOSZYN         | KS KROTOSZ                      | POLSKA | 1985       | M16       | 261        | 7:00         | 8,6        | 00:32:57   | 00:35:02    | 477 |     |
| 669  | 1119    | SOBCZAK AGATA                   | JAROCIN           |                                 | POLSKA | 1985       | K16       | 121        | 7:00         | 8,6        | 00:32:57   | 00:35:02    |     | 192 |
| 670  | 29      | MALUJDY ALDONA                  | POZNAŃ            |                                 | POLSKA | 1959       | K50       | 10         | 6:40         | 9,0        | 00:32:59   | 00:33:22    |     | 193 |
| 671  | 845     | KUHN KAROLINA                   | SOPOT             | ROLNA PANIE                     | POLSKA | 1974       | K30       | 62         | 6:46         | 8,9        | 00:33:00   | 00:33:52    |     | 194 |
| 672  | 1067    | SERAFIŃSKA ANNA                 | POZNAŃ            |                                 | POLSKA | 1983       | K16       | 122        | 6:48         | 8,8        | 00:33:11   | 00:33:58    |     | 195 |

# zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl  
 Data: 22.03.2014 r.  
 Dystans: 5km  
 Miejscowość: Poznań

Klasyfikacja: Night Runners



| M-ce | Nr zaw. | Nazwisko Imię        | Miejscowość      | Klub                   | Kraj   | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Czas brutto | M   | K   |
|------|---------|----------------------|------------------|------------------------|--------|------------|-----------|------------|--------------|------------|------------|-------------|-----|-----|
| 673  | 974     | PTAK KATARZYNA       | POZNAŃ           | DRUŻYNA ORZEŁKA        | POLSKA | 1988       | K16       | 123        | 6:48         | 8,8        | 00:33:21   | 00:33:59    |     | 196 |
| 674  | 369     | SZCZODRZYŃSKI JERZY  | POZNAŃ           |                        | POLSKA | 1943       | M50       | 42         | 6:54         | 8,7        | 00:33:25   | 00:34:32    | 478 |     |
| 675  | 620     | SZAJDAK ADA          | SZAMOTUŁY        | BUKOWSKI KLUB BIEGACZA | POLSKA | 1989       | K16       | 124        | 6:52         | 8,7        | 00:33:32   | 00:34:21    |     | 197 |
| 676  | 239     | ADAMOWICZ BARBARA    | POZNAŃ           |                        | POLSKA | 1984       | K16       | 125        | 6:52         | 8,7        | 00:33:37   | 00:34:22    |     | 198 |
| 677  | 634     | BLASZAK ZUZANNA      | POZNAŃ           |                        | POLSKA | 1992       | K16       | 126        | 6:51         | 8,8        | 00:33:37   | 00:34:14    |     | 199 |
| 678  | 344     | STEMPNIAK BOGDAN     | POZNAŃ           | NIEZRZESZONY           | POLSKA | 1962       | M50       | 43         | 6:59         | 8,6        | 00:33:58   | 00:34:57    | 479 |     |
| 679  | 1544    | HANKE ILONA          | ŚREM             |                        | POLSKA | 1976       | K30       | 63         | 6:57         | 8,6        | 00:34:04   | 00:34:43    |     | 200 |
| 680  | 1599    | HANKE ANDŻELINA      | POZNAŃ           |                        | POLSKA | 1973       | K30       | 64         | 6:58         | 8,6        | 00:34:13   | 00:34:52    |     | 201 |
| 681  | 1255    | ŚNIEGOCKA MAGDALENA  | TARNOWO PODGÓRNE |                        | POLSKA | 1979       | K16       | 127        | 7:01         | 8,6        | 00:34:14   | 00:35:05    |     | 202 |
| 682  | 822     | BARTOSIK EWA         | POZNAŃ           |                        | POLSKA | 1959       | K50       | 11         | 7:05         | 8,5        | 00:34:29   | 00:35:25    |     | 203 |
| 683  | 821     | BARTOSIK GRZEGORZ    | POZNAŃ           |                        | POLSKA | 1988       | M16       | 262        | 7:05         | 8,5        | 00:34:29   | 00:35:25    | 480 |     |
| 684  | 626     | OLEJNIK IZABELA      | PLEWISKA         |                        | POLSKA | 1973       | K30       | 65         | 7:06         | 8,4        | 00:34:39   | 00:35:32    |     | 204 |
| 685  | 1117    | SYNOWIEC JOANNA      | POZNAŃ           |                        | POLSKA | 1980       | K16       | 128        | 7:03         | 8,5        | 00:34:40   | 00:35:14    |     | 205 |
| 686  | 1053    | PELCER JEREMI        | MIĘKOWO          |                        | POLSKA | 1962       | M50       | 44         | 7:07         | 8,4        | 00:34:46   | 00:35:34    | 481 |     |
| 687  | 1592    | PŁAZA DOROTA         |                  |                        | POLSKA | 1968       | K30       | 66         | 7:09         | 8,4        | 00:34:59   | 00:35:45    |     | 206 |
| 688  | 1082    | GORZELANA ALICJA     | GNIEZNO          |                        | POLSKA | 1977       | K30       | 67         | 7:11         | 8,4        | 00:35:00   | 00:35:53    |     | 207 |
| 689  | 847     | FILODA-HŁADKI JOANNA | POZNAŃ           | ROLNA PANIE            | POLSKA | 1970       | K30       | 68         | 7:26         | 8,1        | 00:36:16   | 00:37:08    |     | 208 |
| 690  | 432     | WIKIERSKA PATRYCJA   | POZNAŃ           |                        | POLSKA | 1979       | K16       | 129        | 7:33         | 8,0        | 00:36:46   | 00:37:43    |     | 209 |
| 691  | 1149    | PLUĆNICKA MARTA      | POZNAŃ           |                        | POLSKA | 1994       | K16       | 130        | 7:29         | 8,0        | 00:36:46   | 00:37:23    |     | 210 |
| 692  | 1379    | PAWELEC JADWIGA      | SŁUPCA           | NORDIC DREAM TEAM      | POLSKA | 1960       | K50       | 12         | 7:33         | 7,9        | 00:36:49   | 00:37:45    |     | 211 |
| 693  | 1512    | MICHALAK RENATA      | KOŹMIN WŁKP      | DEBIUT :D              | POLSKA | 1983       | K16       | 131        | 7:28         | 8,0        | 00:37:08   | 00:37:19    |     | 212 |
| 694  | 813     | RĘKAWEK IZABELA      | POZNAŃ           |                        | POLSKA | 1973       | K30       | 69         | 7:37         | 7,9        | 00:37:29   | 00:38:03    |     | 213 |
| 695  | 1378    | PAWELEC GRZEGORZ     | SŁUPCA           | NORDIC DREAM TEAM      | POLSKA | 1960       | M50       | 45         | 7:45         | 7,7        | 00:37:37   | 00:38:44    | 482 |     |
| 696  | 1277    | OWCZARZAK MAŁGORZATA | POZNAŃ           | NORDIC DREAM TEAM      | POLSKA | 1969       | K30       | 70         | 8:20         | 7,2        | 00:40:30   | 00:41:38    |     | 214 |
| 697  | 886     | PAŃCZAK MARIA        | POZNAŃ           | "KOALICJA POLSKA";     | POLSKA | 1939       | K50       | 13         | 8:54         | 6,7        | 00:44:27   | 00:44:32    |     | 215 |
| 698  | 1422    | BLASZKA MICHAŁ       | KIEKRZ           | NORDIC WALKING         |        | 1978       | M30       | 173        | 9:15         | 6,5        | 00:45:13   | 00:46:16    | 483 |     |
| 699  | 1322    | KOSICKA BEATA        | ROKIETNICA       |                        |        | 1968       | K30       | 71         | 9:16         | 6,5        | 00:45:15   | 00:46:18    |     | 216 |
| 700  | 1204    | ŁOMŻYŃSKA JOANNA     | POZNAŃ           | TURBO - ŻÓŁWIE         |        | 1959       | K50       | 14         | 9:29         | 6,3        | 00:46:18   | 00:47:23    |     | 217 |
| 701  | 1351    | SZPAK MIROSŁAWA      | POZNAŃ           |                        |        | 1959       | K50       | 15         | 9:29         | 6,3        | 00:46:18   | 00:47:23    |     | 218 |