

II Bieg Ognia i Wody

Poznań 12.10.2019 | Dystans: 10,00 km | Wyniki OPEN

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



| Msc. | Nr | Imię i nazwisko | Nar. | Klub | Miejscowość | Rocznik | Kat. wiek. | msc. kat.wiek. | M | K | Wynik netto | Wynik brutto | śr.tempo min/km |
|------|-----|---|------|----------------------------|----------------|---------|------------|----------------|----|---|-------------|--------------|-----------------|
| 1 | 117 | Łukasz Świesiulski 4km: 00:13:00 8km: 00:26:05 | POL | KW PSP Warszawa | Garwolin | 1992 | M16 | 1 | 1 | | 00:32:23 | 00:32:23 | 03:14 |
| 2 | 49 | Bartłomiej Przedwojewski 4km: 00:13:00 8km: 00:26:05 | POL | KM PSP Wrocław | Wrocław | 1993 | M16 | 2 | 2 | | 00:32:27 | 00:32:27 | 03:15 |
| 3 | 33 | Damian Głapiak 4km: 00:13:00 8km: 00:26:05 | POL | KP PSP Wolsztyn | Bucz | 1980 | M30 | 1 | 3 | | 00:32:32 | 00:32:32 | 03:15 |
| 4 | 58 | Andrzej Szpunar 4km: 00:13:00 8km: 00:26:05 | POL | KW PSP RZESZÓW | Rzeszów | 1975 | M40 | 1 | 4 | | 00:32:36 | 00:32:36 | 03:16 |
| 5 | 55 | Damian Noga 4km: 00:13:00 8km: 00:26:22 | POL | KP PSP SANDOMIERZ | Kłoda | 1989 | M30 | 2 | 5 | | 00:33:19 | 00:33:19 | 03:20 |
| 6 | 423 | Przemysław Lasoń 4km: 00:13:15 8km: 00:26:43 | POL | | Poznań | 1990 | M16 | 3 | 6 | | 00:33:41 | 00:33:41 | 03:22 |
| 7 | 86 | Łukasz Banaszewski 4km: 00:13:23 8km: 00:27:04 | POL | Kw PSP Toruń | Toruń | 1991 | M16 | 4 | 7 | | 00:33:50 | 00:33:51 | 03:23 |
| 8 | 34 | Maciej Dawidziuk 4km: 00:13:23 8km: 00:27:04 | POL | KM PSP Jelenia Góra | Złotoryja | 1979 | M40 | 2 | 8 | | 00:33:52 | 00:33:52 | 03:23 |
| 9 | 366 | Tomasz Kowalczyk 4km: 00:13:15 8km: 00:26:53 | POL | | Żagań | 1978 | M40 | 3 | 9 | | 00:33:55 | 00:33:55 | 03:24 |
| 10 | 41 | Dariusz Szrama 4km: 00:13:25 8km: 00:27:13 | POL | KP PSP OBORNIKI | Dąbrówka Leśna | 1979 | M40 | 4 | 10 | | 00:34:16 | 00:34:16 | 03:26 |
| 11 | 65 | Tomasz Musiał 4km: 00:13:24 8km: 00:27:29 | POL | PSP Leszno | Rydzyzna | 1974 | M40 | 5 | 11 | | 00:34:44 | 00:34:44 | 03:28 |
| 12 | 8 | Paweł Milczarek 4km: 00:13:49 8km: 00:27:44 | POL | KP PSP PLESZEW / WOZ-TRANS | Dobrzyca | 1989 | M30 | 3 | 12 | | 00:34:45 | 00:34:47 | 03:29 |
| 13 | 110 | Damian Błaut 4km: 00:13:24 8km: 00:27:35 | POL | KP PSP Ostróda | Ostróda | 1995 | M16 | 5 | 13 | | 00:34:50 | 00:34:52 | 03:29 |
| 14 | 388 | Marcin Stokowski 4km: 00:13:19 8km: 00:27:35 | POL | Stokowski Projekt Maraton | Pobiedziska | 1996 | M16 | 6 | 14 | | 00:34:54 | 00:34:54 | 03:29 |
| 15 | 57 | Maciej Żołnowski 4km: 00:13:33 8km: 00:27:50 | POL | KM PSP Szczecin | Szczecin | 1997 | M16 | 7 | 15 | | 00:35:08 | 00:35:10 | 03:31 |
| 16 | 319 | Radosław Pluciński 4km: 00:13:52 8km: 00:28:12 | POL | AdRunaLine Team | Swarzędz | 1989 | M30 | 4 | 16 | | 00:35:25 | 00:35:25 | 03:33 |
| 17 | 52 | Gabriel Pankala 4km: 00:14:00 8km: 00:28:13 | POL | KP PSP OŁAWA | Jaczkowice | 1994 | M16 | 8 | 17 | | 00:35:35 | 00:35:37 | 03:34 |
| 18 | 120 | Daniel Chojecki 4km: 00:14:09 8km: 00:28:45 | POL | KW PSP WARSZAWA | Świniary | 1995 | M16 | 9 | 18 | | 00:36:08 | 00:36:08 | 03:37 |
| 19 | 59 | Robert Kubit 4km: 00:14:10 8km: 00:28:45 | POL | KW PSP Rzeszów | Głowienka | 1985 | M30 | 5 | 19 | | 00:36:12 | 00:36:12 | 03:37 |
| 20 | 312 | Jarosław Wawrzynkiewicz 4km: 00:14:11 8km: 00:28:46 | POL | Runner' s Power Śrem | Śrem | 1977 | M40 | 6 | 20 | | 00:36:29 | 00:36:29 | 03:39 |

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| Msc. | Nr | Imię i nazwisko | Nar. | Klub | Miejscowość | Rocznik | Kat. wiek. | msc. kat.wiek. | M | K | Wynik netto | Wynik brutto | śr.tempo min/km |
|------|-----|--|------|-------------------------------------|----------------------|---------|------------|----------------|----|---|-------------|--------------|-----------------|
| 21 | 107 | Wojciech Sowała 4km: 00:14:24 8km: 00:29:11 | POL | KW PSP ŁÓDŹ | Pabianice | 1984 | M30 | 6 | 21 | | 00:36:32 | 00:36:35 | 03:39 |
| 22 | 76 | Łukasz Krieger 4km: 00:14:26 8km: | POL | KW PSP Toruń | Chojniczki | 1990 | M16 | 10 | 22 | | 00:36:37 | 00:36:38 | 03:40 |
| 23 | 429 | Adrian Zeidler 4km: 00:14:27 8km: 00:29:13 | POL | Team Berotu | Kurowo | 1998 | M16 | 11 | 23 | | 00:36:41 | 00:36:41 | 03:40 |
| 24 | 45 | Andrzej Pasternak 4km: 00:14:25 8km: 00:29:01 | POL | Komenda Powiatowa Państwowej Straży | Skórka | 1986 | M30 | 7 | 24 | | 00:36:39 | 00:36:42 | 03:40 |
| 25 | 26 | Kamil Sójka 4km: 00:14:25 8km: 00:29:12 | POL | KM PSP Poznań / WIELKOPOLSKA | Dachowa | 1989 | M30 | 8 | 25 | | 00:36:41 | 00:36:42 | 03:40 |
| 26 | 72 | Maciej Wiśniewski 4km: 00:14:26 8km: 00:29:12 | POL | SA PSP Poznań | Poznań | 1999 | M16 | 12 | 26 | | 00:36:41 | 00:36:43 | 03:40 |
| 27 | 123 | Piotr Manikowski 4km: 00:14:27 8km: 00:29:13 | POL | KP PSP Złotów | Złotów | 1978 | M40 | 7 | 27 | | 00:36:46 | 00:36:47 | 03:41 |
| 28 | 314 | Roman Cichoń 4km: 00:14:20 8km: 00:29:20 | POL | | Miwrzędzice | 1979 | M40 | 8 | 28 | | 00:37:04 | 00:37:05 | 03:42 |
| 29 | 485 | Monika Brzozowska 4km: 00:14:34 8km: 00:29:33 | POL | Czerwonak Biega | Czerwonak | 1984 | K30 | 1 | | 1 | 00:37:08 | 00:37:09 | 03:43 |
| 30 | 43 | Grzegorz Wcisło 4km: 00:14:11 8km: 00:29:35 | POL | KM PSP WROCŁAW | Kamienice Wrocławski | 1982 | M30 | 9 | 29 | | 00:37:07 | 00:37:09 | 03:43 |
| 31 | 124 | Krystian Kalinowski 4km: 00:14:27 8km: 00:29:35 | POL | SA PSP POZNAŃ | Poznań | 1993 | M16 | 13 | 30 | | 00:37:09 | 00:37:11 | 03:43 |
| 32 | 61 | Arkadiusz Janicki 4km: 00:14:29 8km: 00:29:36 | POL | KW Rzeszów PSP | Jarosław | 1981 | M30 | 10 | 31 | | 00:37:13 | 00:37:14 | 03:43 |
| 33 | 392 | Mateusz Zając 4km: 00:14:25 8km: 00:29:35 | POL | ALBANNERS | Garzyn | 1990 | M16 | 14 | 32 | | 00:37:12 | 00:37:14 | 03:43 |
| 34 | 75 | Michał Podębski 4km: 00:14:33 8km: 00:29:43 | POL | KW PSP ŁÓDŹ | Łask | 1992 | M16 | 15 | 33 | | 00:37:13 | 00:37:14 | 03:43 |
| 35 | 376 | Marcin Orłowski 4km: 00:14:26 8km: 00:29:37 | POL | Dąbrowski Team | Poznań | 1982 | M30 | 11 | 34 | | 00:37:15 | 00:37:17 | 03:44 |
| 36 | 20 | Jędrzej Kaczmarek 4km: 00:14:47 8km: 00:29:43 | POL | KP PSP MILICZ | Kowalew | 1994 | M16 | 16 | 35 | | 00:37:19 | 00:37:22 | 03:44 |
| 37 | 35 | Piotr Dubiel 4km: 00:14:47 8km: 00:29:44 | POL | KM PSP Jelenia Góra | Jelenia Góra | 1979 | M40 | 9 | 36 | | 00:37:21 | 00:37:24 | 03:44 |
| 38 | 363 | Wojciech Pijanowski 4km: 00:14:38 8km: 00:30:09 | POL | Sowiński Team / BASE Group | Tczew | 1994 | M16 | 17 | 37 | | 00:37:31 | 00:37:31 | 03:45 |
| 39 | 40 | Przemysław Barański 4km: 00:14:29 8km: 00:30:01 | POL | KM PSP Szczecin - MLUKS Trzebiatów | Trzebiatów | 1993 | M16 | 18 | 38 | | 00:37:46 | 00:37:47 | 03:47 |
| 40 | 18 | Rafał Tomowiak 4km: 00:14:38 8km: 00:29:58 | POL | SzymanowskiTeam | Leszno | 1984 | M30 | 12 | 39 | | 00:37:48 | 00:37:50 | 03:47 |

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| Msc. | Nr | Imię i nazwisko | Nar. | Klub | Miejscowość | Rocznik | Kat. wiek. | msc. kat.wiek. | M | K | Wynik netto | Wynik brutto | śr.tempo min/km |
|------|-----|---|------|---|-----------------|---------|------------|----------------|----|---|-------------|--------------|-----------------|
| 41 | 50 | Piotr Burdka 4km: 00:14:42 8km: 00:30:05 | POL | KW PSP ŁÓDŹ | Brzeziny | 1976 | M40 | 10 | 40 | | 00:37:56 | 00:37:57 | 03:48 |
| 42 | 387 | Michał Leśniak 4km: 00:15:06 8km: 00:30:27 | POL | #FEIFERTRENUJE | Ceradz Dolny | 1984 | M30 | 13 | 41 | | 00:37:55 | 00:37:57 | 03:48 |
| 43 | 484 | Bartosz Feifer 4km: 00:15:04 8km: 00:30:25 | POL | Wolsztyńska Akademia Biegowa/ Asics Frontrunner | Wolsztyn | 1988 | M30 | 14 | 42 | | 00:37:55 | 00:38:00 | 03:48 |
| 44 | 38 | Przemysław Filipiak 4km: 00:15:09 8km: 00:30:23 | POL | KP PSP Września/Szymkowiak Team | Żydowo | 1981 | M30 | 15 | 43 | | 00:37:59 | 00:38:01 | 03:48 |
| 45 | 367 | Jakub Gocal 4km: 00:15:41 8km: 00:30:35 | POL | Molex Run | Sulęcín | 1983 | M30 | 16 | 44 | | 00:38:05 | 00:38:07 | 03:49 |
| 46 | 415 | Dawid Molak 4km: 00:15:15 8km: 00:30:32 | POL | | Rokietnica | 1981 | M30 | 17 | 45 | | 00:38:07 | 00:38:10 | 03:49 |
| 47 | 119 | Szymon Czartoszewski 4km: 00:15:00 8km: 00:30:22 | POL | KW PSP WARSZAWA | Włosty Olszanka | 1996 | M16 | 19 | 46 | | 00:38:09 | 00:38:12 | 03:49 |
| 48 | 66 | Paweł Wolniczak 4km: 00:15:07 8km: 00:30:33 | POL | KM PSP Leszno | Wilkowice | 1979 | M40 | 11 | 47 | | 00:38:15 | 00:38:17 | 03:50 |
| 49 | 47 | Łukasz Kotarski 4km: 00:14:58 8km: 00:30:13 | POL | KW PSP w Łodzi | Zgierz | 1986 | M30 | 18 | 48 | | 00:38:18 | 00:38:22 | 03:50 |
| 50 | 79 | Oskar Bąk 4km: 00:15:12 8km: 00:30:32 | POL | KW PSP Toruń | Mąkowarsko | 1983 | M30 | 19 | 49 | | 00:38:27 | 00:38:29 | 03:51 |
| 51 | 95 | Andrzej Mazur 4km: 00:15:37 8km: 00:31:06 | POL | KW PSP Gdańsk | Bojano | 1974 | M40 | 12 | 50 | | 00:38:31 | 00:38:34 | 03:51 |
| 52 | 303 | Jarosław Pińkowski 4km: 00:14:52 8km: 00:30:33 | POL | STOWARZYSZENIE BIEGACZY GMINY | Szydłowo | 1978 | M40 | 13 | 51 | | 00:38:33 | 00:38:35 | 03:51 |
| 53 | 328 | Patryk Jakubowski 4km: 00:15:11 8km: 00:30:45 | POL | Opalenica | Opalenica | 1980 | M30 | 20 | 52 | | 00:38:33 | 00:38:37 | 03:51 |
| 54 | 60 | Paweł Kurkiewicz 4km: 00:15:27 8km: 00:30:56 | POL | KW PSP Rzeszów | Antoniów | 1991 | M16 | 20 | 53 | | 00:38:35 | 00:38:40 | 03:52 |
| 55 | 90 | Kamil Jędrasik 4km: 00:15:26 8km: 00:31:00 | POL | KW PSP ŁÓDŹ | Białaczów | 1995 | M16 | 21 | 54 | | 00:38:35 | 00:38:38 | 03:52 |
| 56 | 102 | Adam Dettlaff 4km: 00:15:20 8km: 00:30:58 | POL | KW PSP Gdańsk | Krokowa | 1986 | M30 | 21 | 55 | | 00:38:38 | 00:38:43 | 03:52 |
| 57 | 99 | Łukasz Kowalewski 4km: 00:15:18 8km: 00:30:51 | POL | KW PSP Gdańsk | Gardeja | 1983 | M30 | 22 | 56 | | 00:38:39 | 00:38:43 | 03:52 |
| 58 | 103 | Paweł Wójcik 4km: 00:15:33 8km: 00:30:58 | POL | KW PSP Gdańsk | Dębogórze | 1991 | M16 | 22 | 57 | | 00:38:44 | 00:38:47 | 03:52 |
| 59 | 129 | Karol Szuster 4km: 00:15:39 8km: 00:31:04 | POL | CS PSP | Częstochowa | 1983 | M30 | 23 | 58 | | 00:38:48 | 00:38:55 | 03:53 |
| 60 | 313 | Grzegorz Otocki 4km: 00:15:27 8km: 00:30:59 | POL | Posnania/KWP Poznań | Poznań | 1983 | M30 | 24 | 59 | | 00:38:48 | 00:38:52 | 03:53 |

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| Msc. | Nr | Imię i nazwisko | Nar. | Klub | Miejscowość | Rocznik | Kat. wiek. | msc. kat.wiek. | M | K | Wynik netto | Wynik brutto | śr.tempo min/km |
|------|-----|---|------|-----------------------------------|---------------|---------|------------|----------------|----|---|-------------|--------------|-----------------|
| 61 | 419 | Waldemar Kukuła 4km: 00:15:14 8km: 00:31:04 | POL | Stah&Ala Team | Czerlejnko | 1980 | M30 | 25 | 60 | | 00:38:55 | 00:38:56 | 03:54 |
| 62 | 98 | Mariusz Roeske 4km: 00:14:58 8km: 00:30:49 | POL | KW PSP Gdańsk | Minkowice | 1979 | M40 | 14 | 61 | | 00:39:05 | 00:39:08 | 03:55 |
| 63 | 126 | Dawid Jaroński 4km: 00:14:56 8km: 00:30:58 | POL | KP PSP Myślubórz | Myślubórz | 1978 | M40 | 15 | 62 | | 00:39:06 | 00:39:10 | 03:55 |
| 64 | 63 | Krzysztof Krawczyk 4km: 00:15:27 8km: 00:31:05 | POL | KW Rzeszów PSP | Rzeszów | 1972 | M40 | 16 | 63 | | 00:39:06 | 00:39:12 | 03:55 |
| 65 | 15 | Marek Leśnicki 4km: 00:15:22 8km: 00:31:10 | POL | KP PSP Świdnica | Stanowice | 1967 | M50 | 1 | 64 | | 00:39:10 | 00:39:13 | 03:55 |
| 66 | 32 | Rajmund Kańduła 4km: 00:15:20 8km: 00:31:12 | POL | JRG 8 BOLECHOWO | Rogoźno | 1983 | M30 | 26 | 65 | | 00:39:22 | 00:39:26 | 03:56 |
| 67 | 431 | Bogusław Wełniak 4km: 00:15:41 8km: 00:31:36 | POL | Mogilno Team | Mogilno | 1980 | M30 | 27 | 66 | | 00:39:49 | 00:39:55 | 03:59 |
| 68 | 85 | Tomasz Krajewski 4km: 00:15:40 8km: 00:31:39 | POL | | Kołuda Wielka | 1988 | M30 | 28 | 67 | | 00:39:49 | 00:39:51 | 03:59 |
| 69 | 7 | Jarosław Wozniak 4km: 00:15:55 8km: 00:32:15 | POL | CS PSP | Częstochowa | 1998 | M16 | 23 | 68 | | 00:40:03 | 00:40:06 | 04:00 |
| 70 | 116 | Kamil Krauze 4km: 00:16:17 8km: 00:32:27 | POL | KW PSP WARSZAWA | Wołomin | 1987 | M30 | 29 | 69 | | 00:40:09 | 00:40:10 | 04:01 |
| 71 | 30 | Eugeniusz Grzesik 4km: 00:15:36 8km: 00:31:45 | POL | Komenda Miejska PSP Koszalin | Koszalin | 1966 | M50 | 2 | 70 | | 00:40:10 | 00:40:11 | 04:01 |
| 72 | 133 | Mateusz Zalewski 4km: 00:15:29 8km: 00:31:59 | POL | CS PSP | Częstochowa | 1997 | M16 | 24 | 71 | | 00:40:11 | 00:40:11 | 04:01 |
| 73 | 51 | Sebastian Czaicki 4km: 00:15:46 8km: 00:32:07 | POL | KW PSP WROCŁAW | Oleśnica | 1977 | M40 | 17 | 72 | | 00:40:18 | 00:40:21 | 04:02 |
| 74 | 422 | Michał Cichy 4km: 00:16:09 8km: 00:32:16 | POL | Wolsztyńska Akademia Biegowa | Wolsztyn | 1971 | M40 | 18 | 73 | | 00:40:18 | 00:40:23 | 04:02 |
| 75 | 301 | Marcin Ciesielski 4km: 00:15:55 8km: 00:32:17 | POL | Klub Szachowy Piątka Skierniewice | Skierniewice | 1974 | M40 | 19 | 74 | | 00:40:20 | 00:40:22 | 04:02 |
| 76 | 62 | Jarosław Lula 4km: 00:16:12 8km: 00:32:27 | POL | KW PSP Rzeszów | Dobrucowa | 1974 | M40 | 20 | 75 | | 00:40:22 | 00:40:27 | 04:02 |
| 77 | 433 | Przemysław Wełniak 4km: 00:15:53 8km: 00:32:16 | POL | Mogilno Team | Swarzędz | 1981 | M30 | 30 | 76 | | 00:40:27 | 00:40:32 | 04:03 |
| 78 | 25 | Paweł Gumienny 4km: 00:16:14 8km: 00:32:26 | POL | KP PSP Środa Wielkopolska | Poznań | 1992 | M16 | 25 | 77 | | 00:40:30 | 00:40:35 | 04:03 |
| 79 | 48 | Joanna Frukacz 4km: 00:15:27 8km: 00:31:59 | POL | KM PSP BIELSKO-BIAŁA | Żywiec | 1996 | K16 | 1 | | 2 | 00:40:31 | 00:40:33 | 04:03 |
| 80 | 329 | Tomasz Niemiński 4km: 00:15:57 8km: 00:32:18 | POL | | Koziegłowy | 1993 | M16 | 26 | 78 | | 00:40:35 | 00:40:37 | 04:04 |

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|------|-----|---|------|--------------------------|-----------------------|---------|------------|----------------|----|---|-------------|--------------|-----------------|
| 81 | 67 | Michał Kokot 4km: 00:16:06 8km: 00:32:22 | POL | KM PSP we Wrocławiu | Oleśnica | 1986 | M30 | 31 | 79 | | 00:40:36 | 00:40:44 | 04:04 |
| 82 | 302 | Michał Binkowski 4km: 00:15:00 8km: 00:32:16 | POL | | Rokietnica | 1989 | M30 | 32 | 80 | | 00:40:43 | 00:40:46 | 04:04 |
| 83 | 78 | Radosław Nawrocki 4km: 00:16:11 8km: 00:32:27 | POL | | Wierzchucin Królewski | 1980 | M30 | 33 | 81 | | 00:40:48 | 00:40:53 | 04:05 |
| 84 | 321 | Łukasz Wikierski 4km: 00:15:52 8km: 00:32:21 | POL | GB Wielkopolscy Biegacze | Poznań | 1979 | M40 | 21 | 82 | | 00:40:51 | 00:40:55 | 04:05 |
| 85 | 2 | Tomasz Ceglarek 4km: 00:16:00 8km: 00:32:27 | POL | KP PSP Wolsztyn | Wolsztyn | 1977 | M40 | 22 | 83 | | 00:40:54 | 00:40:57 | 04:05 |
| 86 | 84 | Paweł Śliwiński 4km: 00:16:13 8km: 00:32:38 | POL | KW PSP TORUŃ | Lipno | 1982 | M30 | 34 | 84 | | 00:41:06 | 00:41:11 | 04:07 |
| 87 | 407 | Robert Mazur 4km: 00:15:42 8km: 00:32:38 | POL | | Mieścisko | 1990 | M16 | 27 | 85 | | 00:41:09 | 00:41:11 | 04:07 |
| 88 | 81 | Marian Łazarski 4km: 00:16:14 8km: 00:32:41 | POL | | Działowo | 1981 | M30 | 35 | 86 | | 00:41:11 | 00:41:15 | 04:07 |
| 89 | 492 | Hubert Chudański 4km: 00:16:24 8km: 00:33:03 | POL | SP PSP Bydgoszcz | Bydgoszcz | 1985 | M30 | 36 | 87 | | 00:41:22 | 00:41:28 | 04:08 |
| 90 | 71 | Piotr Bucki 4km: 00:16:05 8km: 00:32:59 | POL | KP PSP Wadowice | Klecza Dolna | 1990 | M16 | 28 | 88 | | 00:41:23 | 00:41:30 | 04:08 |
| 91 | 135 | Bogdan Czuliński 4km: 00:15:30 8km: 00:32:46 | POL | KP PSP Płońsk | Królewo | 1971 | M40 | 23 | 89 | | 00:41:24 | 00:41:25 | 04:08 |
| 92 | 96 | Bartłomiej Mollin 4km: 00:16:07 8km: 00:33:02 | POL | KW PSP Gdańsk | Strzelno | 1978 | M40 | 24 | 90 | | 00:41:29 | 00:41:32 | 04:09 |
| 93 | 434 | Jarosław Wolski 4km: 00:16:14 8km: 00:33:13 | POL | Mogilno Team | Mogilno | 1972 | M40 | 25 | 91 | | 00:41:38 | 00:41:45 | 04:10 |
| 94 | 118 | Waldemar Goczyński 4km: 00:16:17 8km: 00:33:20 | POL | KW PSP WARSZAWA | Sierpc | 1977 | M40 | 26 | 92 | | 00:41:40 | 00:41:43 | 04:10 |
| 95 | 114 | Piotr Kuston 4km: 00:16:12 8km: 00:33:07 | POL | KM PSP Poznan | Poznań | 1975 | M40 | 27 | 93 | | 00:41:42 | 00:41:47 | 04:10 |
| 96 | 27 | Mateusz Grabarek 4km: 00:16:45 8km: 00:33:36 | POL | KP PSP PLESZEW | Gołuchów | 1989 | M30 | 37 | 94 | | 00:42:01 | 00:42:07 | 04:12 |
| 97 | 430 | Kamil Sieroń 4km: 00:15:04 8km: 00:33:27 | POL | TEAM BEROTU | Nowy Tomyśl | 1991 | M16 | 29 | 95 | | 00:42:17 | 00:42:20 | 04:14 |
| 98 | 316 | Artur Fliszkiwicz 4km: 00:16:54 8km: 00:34:03 | POL | #WSZYSTKOOBIEGANIU.PL | Swarzędz | 1981 | M30 | 38 | 96 | | 00:42:17 | 00:42:17 | 04:14 |
| 99 | 428 | Tomasz Ziemek 4km: 00:16:05 8km: 00:33:27 | POL | TEAM BEROTU | Nowy Tomyśl | 1979 | M40 | 28 | 97 | | 00:42:18 | 00:42:21 | 04:14 |
| 100 | 424 | Tomasz Końka 4km: 00:15:12 8km: 00:33:28 | POL | TEAM BEROTU | Cicha Góra | 1980 | M30 | 39 | 98 | | 00:42:18 | 00:42:21 | 04:14 |

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| Msc. | Nr | Imię i nazwisko | Nar. | Klub | Miejscowość | Rocznik | Kat. wiek. | msc. kat.wiek. | M | K | Wynik netto | Wynik brutto | śr.tempo min/km |
|------|-----|---|------|-------------------------------------|-------------|---------|------------|----------------|-----|---|-------------|--------------|-----------------|
| 101 | 29 | Michał Nowacki 4km: 00:16:51 8km: 00:33:58 | POL | KP PSP PLESZEW | Karmin | 1987 | M30 | 40 | 99 | | 00:42:23 | 00:42:29 | 04:14 |
| 102 | 54 | Emiliusz Mazur 4km: 00:16:23 8km: 00:33:39 | POL | KM PSP Koszalin | Darłowo | 1976 | M40 | 29 | 100 | | 00:42:23 | 00:42:25 | 04:14 |
| 103 | 435 | Radosław Pięta 4km: 00:16:30 8km: 00:33:44 | POL | Mogilno Team | Padniewko | 1979 | M40 | 30 | 101 | | 00:42:24 | 00:42:29 | 04:14 |
| 104 | 432 | Paweł Nalewski 4km: 00:16:45 8km: 00:33:47 | POL | Mogilno Team | Mogilno | 1976 | M40 | 31 | 102 | | 00:42:29 | 00:42:35 | 04:15 |
| 105 | 315 | Krzysztof Mańkowski 4km: 00:16:13 8km: 00:33:41 | POL | Komisariat Wodny Policji w Poznaniu | Poznań | 1997 | M16 | 30 | 103 | | 00:42:30 | 00:42:35 | 04:15 |
| 106 | 471 | Michał Puchała 4km: 00:16:48 8km: 00:33:49 | POL | KW PSP Toruń | Plūznica | 1973 | M40 | 32 | 104 | | 00:42:34 | 00:42:37 | 04:15 |
| 107 | 397 | Marcin Pauszek 4km: 00:16:38 8km: 00:34:11 | POL | | Rogoźno | 1984 | M30 | 41 | 105 | | 00:42:50 | 00:42:55 | 04:17 |
| 108 | 399 | Krzysztof Nieznalski 4km: 00:16:48 8km: 00:34:11 | POL | OIRP Poznań | Poznań | 1989 | M30 | 42 | 106 | | 00:42:54 | 00:42:58 | 04:17 |
| 109 | 412 | Eryk Nyczke 4km: 00:16:48 8km: 00:34:17 | POL | | Barchlin | 1996 | M16 | 31 | 107 | | 00:43:03 | 00:43:08 | 04:18 |
| 110 | 405 | Krzysztof Grabowski 4km: 00:16:50 8km: 00:34:14 | POL | Maratończyk Poznań | Poznań | 1989 | M30 | 43 | 108 | | 00:43:08 | 00:43:11 | 04:19 |
| 111 | 403 | Robert Górny 4km: 00:16:49 8km: 00:34:32 | POL | Wybite jedyńki | Imielno | 1983 | M30 | 44 | 109 | | 00:43:09 | 00:43:18 | 04:19 |
| 112 | 486 | Maciej Józefowicz 4km: 00:16:53 8km: 00:34:17 | POL | #WSZYSTKOOBIEGANIU.PL | Poznań | 1970 | M40 | 33 | 110 | | 00:43:12 | 00:43:22 | 04:19 |
| 113 | 4 | Mateusz Telesz 4km: 00:17:32 8km: 00:34:34 | POL | KW PSP Rzeszów | Połomia | 1987 | M30 | 45 | 111 | | 00:43:17 | 00:43:23 | 04:20 |
| 114 | 24 | Grzegorz Pańczak 4km: 00:17:10 8km: 00:34:47 | POL | KP PSP ŚRODA WLKP. | Pięczkowo | 1977 | M40 | 34 | 112 | | 00:43:19 | 00:43:24 | 04:20 |
| 115 | 369 | Paweł Basiński 4km: 00:16:13 8km: 00:34:19 | POL | Molex Run | Sulęcín | 1982 | M30 | 46 | 113 | | 00:43:28 | 00:43:28 | 04:21 |
| 116 | 359 | Massimo Di Marino 4km: 00:16:36 8km: 00:34:19 | POL | | Poznań | 1973 | M40 | 35 | 114 | | 00:43:29 | 00:43:31 | 04:21 |
| 117 | 322 | Paweł Jazikowski 4km: 00:17:20 8km: 00:34:53 | POL | | Poznań | 1972 | M40 | 36 | 115 | | 00:43:34 | 00:43:38 | 04:21 |
| 118 | 382 | Martyna Zielińska 4km: 00:17:19 8km: 00:34:48 | POL | OSP Dąbcze | Leszno | 1988 | K30 | 2 | | 3 | 00:43:38 | 00:43:46 | 04:22 |
| 119 | 80 | Kamil Kłosowski 4km: 00:17:18 8km: 00:34:51 | POL | | Bartniczka | 1996 | M16 | 32 | 116 | | 00:43:41 | 00:43:46 | 04:22 |
| 120 | 469 | Wojtek Michalak 4km: 00:16:57 8km: 00:34:51 | POL | | Poznań | 1965 | M50 | 3 | 117 | | 00:43:42 | 00:43:48 | 04:22 |

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| Msc. | Nr | Imię i nazwisko | Nar. | Klub | Miejscowość | Rocznik | Kat. wiek. | msc. kat.wiek. | M | K | Wynik netto | Wynik brutto | śr.tempo min/km |
|------|-----|--|------|---------------------------|-------------|---------|------------|----------------|-----|---|-------------|--------------|-----------------|
| 121 | 391 | Robert Przybylski 4km: 00:17:45 8km: 00:35:06 | POL | Wybiegać Marzenia Team | Poznań | 1978 | M40 | 37 | 118 | | 00:43:50 | 00:43:58 | 04:23 |
| 122 | 5 | Mirosław Czyżowicz 4km: 00:17:31 8km: 00:35:06 | POL | KW PSP RZESZÓW | Jasło | 1982 | M30 | 47 | 119 | | 00:43:52 | 00:43:59 | 04:23 |
| 123 | 131 | Paweł Łucki 4km: 00:16:48 8km: 00:34:48 | POL | CS PSP | Częstochowa | 1997 | M16 | 33 | 120 | | 00:43:58 | 00:44:04 | 04:24 |
| 124 | 115 | Przemysław Zaradniak 4km: 00:16:43 8km: 00:35:00 | POL | SA PSP POZNAŃ | Poznan | 1976 | M40 | 38 | 121 | | 00:44:02 | 00:44:09 | 04:24 |
| 125 | 410 | Piotr Reszke 4km: 00:17:44 8km: 00:35:27 | POL | Stokowski projekt maraton | Kobylnica | 1972 | M40 | 39 | 122 | | 00:44:05 | 00:44:13 | 04:25 |
| 126 | 122 | Marcin Mirr 4km: 00:16:43 8km: 00:35:05 | POL | SA PSP Poznań | Poznań | 1979 | M40 | 40 | 123 | | 00:44:21 | 00:44:30 | 04:26 |
| 127 | 83 | Piotr Witkowski 4km: 00:17:19 8km: 00:35:25 | POL | | Wałycz | 1983 | M30 | 48 | 124 | | 00:44:22 | 00:44:26 | 04:26 |
| 128 | 6 | Mateusz Wasiaś 4km: 00:17:21 8km: 00:35:34 | POL | SA PSP POZNAŃ | Poznań | 1993 | M16 | 34 | 125 | | 00:44:30 | 00:44:37 | 04:27 |
| 129 | 455 | Michał Stachowiak 4km: 00:17:24 8km: 00:35:21 | POL | | Wojnowice | 1977 | M40 | 41 | 126 | | 00:44:30 | 00:44:37 | 04:27 |
| 130 | 340 | Przemysław Malicki 4km: 00:17:35 8km: 00:35:49 | POL | #WSZYSTKOOBIEGANIU.PL | Biskupice | 1975 | M40 | 42 | 127 | | 00:44:33 | 00:44:36 | 04:27 |
| 131 | 451 | Michał Łach 4km: 00:16:41 8km: 00:35:16 | POL | SA PSP POZNAŃ | Szamotuły | 1984 | M30 | 49 | 128 | | 00:44:36 | 00:44:42 | 04:28 |
| 132 | 447 | Jacek Czubryt 4km: 00:17:23 8km: 00:35:31 | POL | | Poznan | 1974 | M40 | 43 | 129 | | 00:44:41 | 00:44:48 | 04:28 |
| 133 | 64 | Paweł Wiatrowski 4km: 00:17:45 8km: 00:35:40 | POL | KM PSP Leszno | Leszno | 1983 | M30 | 50 | 130 | | 00:44:44 | 00:44:50 | 04:28 |
| 134 | 304 | Przemysław Mańkowski 4km: 00:16:59 8km: 00:35:19 | POL | OPP POZNAŃ | Pobiedziska | 1983 | M30 | 51 | 131 | | 00:44:51 | 00:44:57 | 04:29 |
| 135 | 19 | Zbigniew Korbanek 4km: 00:17:53 8km: 00:36:05 | POL | KP PSP Nowy Tomyśl | Nowy Tomyśl | 1970 | M40 | 44 | 132 | | 00:45:03 | 00:45:10 | 04:30 |
| 136 | 136 | Radosław Tabarkiewicz 4km: 00:17:16 8km: 00:35:46 | POL | KP PSP Płońsk | Unieck | 1988 | M30 | 52 | 133 | | 00:45:13 | 00:45:15 | 04:31 |
| 137 | 476 | Przemysław Wolny 4km: 00:17:44 8km: 00:35:57 | POL | PO_Wolny | Poznań | 1983 | M30 | 53 | 134 | | 00:45:13 | 00:45:23 | 04:31 |
| 138 | 127 | Grzegorz Banaszak 4km: 00:17:53 8km: 00:36:07 | POL | KW PSP POZNAŃ | Kostrzyn | 1978 | M40 | 45 | 135 | | 00:45:15 | 00:45:28 | 04:32 |
| 139 | 73 | Przemysław Berus 4km: 00:17:45 8km: 00:36:07 | POL | SA PSP Poznań | Poznań | 1980 | M30 | 54 | 136 | | 00:45:16 | 00:45:18 | 04:32 |
| 140 | 318 | Rafał Wachowiak 4km: 00:17:37 8km: 00:35:58 | POL | HERNIK TEAM | Poznań | 1973 | M40 | 46 | 137 | | 00:45:23 | 00:45:33 | 04:32 |

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| Msc. | Nr | Imię i nazwisko | Nar. | Klub | Miejscowość | Rocznik | Kat. wiek. | msc. kat.wiek. | M | K | Wynik netto | Wynik brutto | śr.tempo min/km |
|------|-----|--|------|-----------------------------|--------------------|---------|------------|----------------|-----|---|-------------|--------------|-----------------|
| 141 | 354 | Marcin Skorliński 4km: 00:17:25 8km: 00:36:00 | POL | Echo Ziemi Kostrzyńskiej | Kostrzyn | 1971 | M40 | 47 | 138 | | 00:45:26 | 00:45:32 | 04:33 |
| 142 | 440 | Paweł Gruszczyński 4km: 00:18:03 8km: 00:36:22 | POL | Gruchy dają Czadu !!! | Gruszczyn | 1980 | M30 | 55 | 139 | | 00:45:31 | 00:45:35 | 04:33 |
| 143 | 446 | Łukasz Czaczyk 4km: 00:18:27 8km: 00:36:28 | POL | | Poznań | 1988 | M30 | 56 | 140 | | 00:45:35 | 00:45:45 | 04:34 |
| 144 | 23 | Arkadiusz Stachowiak 4km: 00:17:52 8km: 00:36:24 | POL | Kp PSP Wolsztyn | Siedlec | 1970 | M40 | 48 | 141 | | 00:45:45 | 00:45:54 | 04:35 |
| 145 | 39 | Joanna Cichoń 4km: 00:17:59 8km: 00:36:26 | POL | KP PSP w Tarnowskich Górach | Mierzęcice | 1983 | K30 | 3 | | 4 | 00:45:56 | 00:46:03 | 04:36 |
| 146 | 104 | Piotr Figat 4km: 00:18:19 8km: 00:36:40 | POL | KP PSP Płońsk | Płońsk | 1993 | M16 | 35 | 142 | | 00:45:57 | 00:46:09 | 04:36 |
| 147 | 438 | Łukasz Bartkowiak 4km: 00:18:28 8km: 00:36:48 | POL | OMMŁ TEAM / R-TEAM | Rydzyzna | 1978 | M40 | 49 | 143 | | 00:45:58 | 00:46:02 | 04:36 |
| 148 | 370 | Przemysław Prymas 4km: 00:18:33 8km: 00:36:36 | POL | | Swarzędz | 1979 | M40 | 50 | 144 | | 00:46:09 | 00:46:16 | 04:37 |
| 149 | 466 | Filip Gołembiewski 4km: 00:18:31 8km: 00:37:23 | POL | Wataha-Łączy nas bieganie | Mosina | 1981 | M30 | 57 | 145 | | 00:46:11 | 00:46:21 | 04:37 |
| 150 | 365 | Michał Krupecki 4km: 00:18:36 8km: 00:36:51 | POL | | Zalasewo | 1981 | M30 | 58 | 146 | | 00:46:15 | 00:46:22 | 04:38 |
| 151 | 88 | Rafał Golik 4km: 00:18:17 8km: 00:36:47 | POL | KM PSP Wrocław | Wrocław | 1984 | M30 | 59 | 147 | | 00:46:33 | 00:46:42 | 04:39 |
| 152 | 470 | Katarzyna Besz-Malinowska 4km: 00:18:01 8km: 00:36:58 | POL | | Poznań | 1973 | K40 | 1 | | 5 | 00:46:43 | 00:46:48 | 04:40 |
| 153 | 108 | Łukasz Kurzawski 4km: 00:18:40 8km: 00:37:41 | POL | KP PSP Kościan | Stare Bojanowo | 1984 | M30 | 60 | 148 | | 00:46:47 | 00:46:59 | 04:41 |
| 154 | 125 | Mateusz Bućko 4km: 00:17:32 8km: 00:37:46 | POL | SA PSP POZNAŃ | Poznań | 1998 | M16 | 36 | 149 | | 00:46:53 | 00:46:59 | 04:41 |
| 155 | 3 | Mirosław Kaźmierski 4km: 00:17:45 8km: 00:37:02 | POL | JanikowoNaSportowo | Janikowo | 1969 | M50 | 4 | 150 | | 00:46:53 | 00:46:57 | 04:41 |
| 156 | 37 | Sławomir Koch 4km: 00:18:42 8km: 00:37:58 | POL | | Środa Wielkopolska | 1985 | M30 | 61 | 151 | | 00:46:59 | 00:47:03 | 04:42 |
| 157 | 28 | Tomasz Kołtuńczyk 4km: 00:18:38 8km: 00:37:59 | POL | JRG-8 Bolechowo | Poznań | 1974 | M40 | 51 | 152 | | 00:46:59 | 00:47:03 | 04:42 |
| 158 | 356 | Aldona Gruchała-Furmaniuk 4km: 00:18:34 8km: 00:37:26 | POL | SPEED FREAKS | Poznań | 1981 | K30 | 4 | | 6 | 00:47:08 | 00:47:15 | 04:43 |
| 159 | 21 | Paweł Zaręba 4km: 00:18:32 8km: 00:37:41 | POL | KM PSP Poznań | Koło | 1987 | M30 | 62 | 153 | | 00:47:14 | 00:47:21 | 04:43 |
| 160 | 420 | Krzysztof Skorliński 4km: 00:18:02 8km: 00:37:31 | POL | Echo Ziemi Kostrzyńskiej | Kostrzyn | 1972 | M40 | 52 | 154 | | 00:47:26 | 00:47:29 | 04:45 |

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|------|-----|---|------|--------------------------|-------------|---------|------------|----------------|-----|---|-------------|--------------|-----------------|
| 161 | 358 | Michał Turek 4km: 00:18:39 8km: 00:37:40 | POL | KP PSP Szamotuły | Oborniki | 1993 | M16 | 37 | 155 | | 00:47:27 | 00:47:40 | 04:45 |
| 162 | 91 | Kamil Kujawa 4km: 00:18:45 8km: 00:38:11 | POL | KP PSP PŁOŃSK | Zaluski | 1989 | M30 | 63 | 156 | | 00:47:36 | 00:47:48 | 04:46 |
| 163 | 22 | Arkadiusz Lepa 4km: 00:18:50 8km: 00:38:12 | POL | KP PSP Wolsztyn | Nowy Widzim | 1983 | M30 | 64 | 157 | | 00:47:40 | 00:47:53 | 04:46 |
| 164 | 473 | Przemysław Muszyński 4km: 00:19:12 8km: 00:38:51 | POL | | Poznań | 1996 | M16 | 38 | 158 | | 00:47:41 | 00:47:51 | 04:46 |
| 165 | 408 | Roman Chudy 4km: 00:18:27 8km: 00:37:58 | POL | R-Team Rydzyna | Rydzyna | 1958 | M60+ | 1 | 159 | | 00:47:49 | 00:47:54 | 04:47 |
| 166 | 344 | Filip Blandziński 4km: 00:16:29 8km: 00:38:35 | POL | INVICTUS | Poznań | 1998 | M16 | 39 | 160 | | 00:48:06 | 00:48:10 | 04:49 |
| 167 | 330 | Roman Rosół 4km: 00:18:21 8km: 00:38:09 | POL | HERNIK TEAM | Poznań | 1970 | M40 | 53 | 161 | | 00:48:12 | 00:48:17 | 04:49 |
| 168 | 14 | Marek Geisler 4km: 00:19:18 8km: 00:38:33 | POL | | Poznań | 1959 | M60+ | 2 | 162 | | 00:48:14 | 00:48:21 | 04:49 |
| 169 | 130 | Maciej Kuptz 4km: 00:18:42 8km: 00:38:12 | POL | CS PSP | Częstochowa | 1999 | M16 | 40 | 163 | | 00:48:15 | 00:48:28 | 04:50 |
| 170 | 101 | Aleksandra Dettlaff 4km: 00:18:27 8km: 00:38:19 | POL | KW PSP Gdańsk | Strzelno | 1994 | K16 | 2 | | 7 | 00:48:20 | 00:48:27 | 04:50 |
| 171 | 336 | Adrian Sierzant 4km: 00:19:29 8km: 00:39:02 | POL | S-BROTHERS | Poznan | 1989 | M30 | 65 | 164 | | 00:48:29 | 00:48:37 | 04:51 |
| 172 | 44 | Emilia Gawrych 4km: 00:18:44 8km: 00:38:28 | POL | KW PSP w Łodzi | Zgierz | 1983 | K30 | 5 | | 8 | 00:48:32 | 00:48:41 | 04:51 |
| 173 | 425 | Magdalena Końska 4km: 00:19:15 8km: 00:38:52 | POL | TEAM BEROTU | Cicha Góra | 1985 | K30 | 6 | | 9 | 00:48:38 | 00:48:48 | 04:52 |
| 174 | 417 | Zbigniew Kruszona 4km: 00:18:52 8km: 00:38:51 | POL | Echo Ziemi Kostrzyńskiej | Kostrzyn | 1976 | M40 | 54 | 165 | | 00:48:39 | 00:48:48 | 04:52 |
| 175 | 426 | Janusz Lisek 4km: 00:19:15 8km: 00:38:52 | POL | TEAM BEROTU | Nowy Tomyśl | 1979 | M40 | 55 | 166 | | 00:48:40 | 00:48:49 | 04:52 |
| 176 | 306 | Krzysztof Delekt 4km: 00:19:04 8km: 00:39:09 | POL | | Pleszew | 1982 | M30 | 66 | 167 | | 00:48:40 | 00:48:53 | 04:52 |
| 177 | 436 | Michał Owczarek 4km: 00:18:58 8km: 00:39:07 | POL | | Poznań | 1990 | M16 | 41 | 168 | | 00:48:55 | 00:48:57 | 04:54 |
| 178 | 112 | Marek Mikołajczak 4km: 00:20:05 8km: 00:39:36 | POL | KP PSP Września | Września | 1975 | M40 | 56 | 169 | | 00:48:59 | 00:49:10 | 04:54 |
| 179 | 458 | Tomasz Pach 4km: 00:19:32 8km: 00:39:30 | POL | Organic Fitness Team | Kamionki | 1990 | M16 | 42 | 170 | | 00:49:08 | 00:49:15 | 04:55 |
| 180 | 56 | Jan Kamiński 4km: 00:19:03 8km: 00:39:03 | POL | KW PSP ŁÓDŹ | Łódź | 1968 | M50 | 5 | 171 | | 00:49:09 | 00:49:17 | 04:55 |

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|------|-----|---|------|-----------------------|------------------------------|---------|------------|----------------|-----|----|-------------|--------------|-----------------|
| 181 | 462 | Izabela Zawitowska 4km: 00:19:01 8km: 00:39:02 | POL | | Wrocław | 1989 | K30 | 7 | | 10 | 00:49:11 | 00:49:21 | 04:55 |
| 182 | 360 | Artur Tomczak 4km: 00:18:57 8km: 00:39:15 | POL | OSP Ocieszyn | Bogdanowo | 1984 | M30 | 67 | 172 | | 00:49:12 | 00:49:24 | 04:55 |
| 183 | 479 | Rafał Nowakowski 4km: 00:20:05 8km: 00:39:48 | POL | | Poznań | 1980 | M30 | 68 | 173 | | 00:49:14 | 00:49:24 | 04:55 |
| 184 | 309 | Bartosz Nowicki 4km: 00:19:06 8km: 00:39:25 | POL | Pleszew | Pleszew | 1981 | M30 | 69 | 174 | | 00:49:15 | 00:49:28 | 04:56 |
| 185 | 1 | Mikołaj Wydra 4km: 00:18:49 8km: 00:39:04 | POL | | Poznań | 1988 | M30 | 70 | 175 | | 00:49:18 | 00:49:18 | 04:56 |
| 186 | 456 | Tadeusz Kowalczyk 4km: 00:19:51 8km: 00:39:59 | POL | | Otorowo (Woj. Wielkopolskie) | 1965 | M50 | 6 | 176 | | 00:49:23 | 00:49:34 | 04:56 |
| 187 | 311 | Aleksandra Jańczak 4km: 00:19:38 8km: 00:39:29 | POL | | Zbąszyń | 1997 | K16 | 3 | | 11 | 00:49:27 | 00:49:40 | 04:57 |
| 188 | 17 | Michał Geisler 4km: 00:20:49 8km: 00:40:06 | POL | KW PSP Poznań | Poznań | 1980 | M30 | 71 | 177 | | 00:49:28 | 00:49:36 | 04:57 |
| 189 | 389 | Mikołaj Geisler 4km: 00:20:30 8km: 00:40:08 | POL | | Poznań | 1985 | M30 | 72 | 178 | | 00:49:28 | 00:49:36 | 04:57 |
| 190 | 97 | Anna Fojuth 4km: 00:19:13 8km: 00:39:10 | POL | KW PSP Gdańsk | Reda | 1988 | K30 | 8 | | 12 | 00:49:37 | 00:49:46 | 04:58 |
| 191 | 477 | Karol Stoiński 4km: 00:19:07 8km: 00:39:22 | POL | | Poznań | 1970 | M40 | 57 | 179 | | 00:49:54 | 00:50:02 | 04:59 |
| 192 | 113 | Ireneusz Sawicki 4km: 00:19:10 8km: 00:39:36 | POL | KP PSP Brzeg | Zwanowice | 1973 | M40 | 58 | 180 | | 00:49:56 | 00:50:04 | 05:00 |
| 193 | 68 | Tomasz Kubiak 4km: 00:20:12 8km: 00:40:04 | POL | KW PSP Szczecin | Szczecin | 1981 | M30 | 73 | 181 | | 00:50:00 | 00:50:15 | 05:00 |
| 194 | 109 | Piotr Serwaczak 4km: 00:19:00 8km: 00:39:36 | POL | KP PSP Brzeg | Lubsza | 1972 | M40 | 59 | 182 | | 00:50:07 | 00:50:15 | 05:01 |
| 195 | 325 | Błażej Wasielewski 4km: 00:19:39 8km: 00:40:07 | POL | DRUŻYNA SZPIKU | Luboń | 1983 | M30 | 74 | 183 | | 00:50:09 | 00:50:21 | 05:01 |
| 196 | 92 | Arkadiusz Cytawa 4km: 00:20:15 8km: 00:40:20 | POL | | Wrocław | 1971 | M40 | 60 | 184 | | 00:50:30 | 00:50:39 | 05:03 |
| 197 | 409 | Paweł Stachowiak 4km: 00:19:54 8km: 00:40:08 | POL | | Wolsztyn | 1985 | M30 | 75 | 185 | | 00:50:31 | 00:50:38 | 05:03 |
| 198 | 77 | Ewa Czapiewska-Siekierka 4km: 00:19:40 8km: 00:40:19 | POL | KW PSP Toruń | Sępólno Krajeńskie | 1978 | K40 | 2 | | 13 | 00:51:00 | 00:51:07 | 05:06 |
| 199 | 448 | Anna Rutkowska 4km: 00:19:38 8km: 00:40:43 | POL | Wataha Wałcz | Wałcz | 1969 | K50 | 1 | | 14 | 00:51:08 | 00:51:16 | 05:07 |
| 200 | 134 | Łukasz Kubel 4km: 00:20:56 8km: 00:41:23 | POL | KP PSP GRODZISK WLKP. | Granowo | 1985 | M30 | 76 | 186 | | 00:51:09 | 00:51:22 | 05:07 |

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| Msc. | Nr | Imię i nazwisko | Nar. | Klub | Miejscowość | Rocznik | Kat. wiek. | msc. kat.wiek. | M | K | Wynik netto | Wynik brutto | śr.tempo min/km |
|------|-----|--|------|---|-----------------------|---------|------------|----------------|-----|----|-------------|--------------|-----------------|
| 201 | 398 | Michał Tomaszewski 4km: 00:19:13 8km: 00:40:25 | POL | Orange Polska | Poznań | 1991 | M16 | 43 | 187 | | 00:51:25 | 00:51:31 | 05:09 |
| 202 | 324 | Kamil Prejs 4km: 00:20:14 8km: 00:41:19 | POL | | Przeźmierowo | 1975 | M40 | 61 | 188 | | 00:51:33 | 00:51:44 | 05:09 |
| 203 | 355 | Krzysztof Brychczyński 4km: 00:20:04 8km: 00:40:59 | POL | HERNIK TEAM | Poznań | 1980 | M30 | 77 | 189 | | 00:51:38 | 00:51:44 | 05:10 |
| 204 | 352 | Maria Lasak 4km: 00:20:08 8km: 00:41:18 | POL | HERNIK TEAM | Poznań | 1983 | K30 | 9 | | 15 | 00:51:44 | 00:51:51 | 05:10 |
| 205 | 474 | Wojciech Prysiażny 4km: 00:20:39 8km: 00:41:36 | POL | KEBAB FC | Luboń | 1981 | M30 | 78 | 190 | | 00:51:47 | 00:52:04 | 05:11 |
| 206 | 394 | Krzysztof Bąk 4km: 00:20:08 8km: 00:41:17 | POL | | Wronki | 1971 | M40 | 62 | 191 | | 00:51:57 | 00:52:10 | 05:12 |
| 207 | 483 | Marta Gloger 4km: 00:20:20 8km: 00:41:26 | POL | Strzeszyńska SZKOŁA GARNKA | Poznań | 1977 | K40 | 3 | | 16 | 00:52:11 | 00:52:23 | 05:13 |
| 208 | 105 | Tomasz Mieszala 4km: 00:20:37 8km: 00:42:11 | POL | KW PSP Wrocław | Gajków | 1984 | M30 | 79 | 192 | | 00:52:38 | 00:52:52 | 05:16 |
| 209 | 69 | Marcin Piechota 4km: 00:20:46 8km: 00:42:26 | POL | KP PSP Grodzisk Wielkopolski/Drużyna Szpiku Grodzisk Wielkopolski (Powiat | Grodzisk Wielkopolski | 1982 | M30 | 80 | 193 | | 00:52:43 | 00:52:55 | 05:16 |
| 210 | 459 | Krzysztof Szymczak 4km: 00:20:20 8km: 00:42:03 | POL | Organic fitness team | Swarzędz | 1983 | M30 | 81 | 194 | | 00:52:46 | 00:52:50 | 05:17 |
| 211 | 46 | Rafał Hnat 4km: 00:19:57 8km: 00:41:25 | POL | Decathlon Piła | Wałcz | 1972 | M40 | 63 | 195 | | 00:52:52 | 00:53:00 | 05:17 |
| 212 | 457 | Sylwia Jabour - Pach 4km: 00:20:20 8km: 00:42:12 | POL | Organic Fitness Team | Kamionki | 1993 | K16 | 4 | | 17 | 00:52:53 | 00:52:56 | 05:17 |
| 213 | 461 | Mirosław Kubiak 4km: 00:20:22 8km: 00:42:02 | POL | Organic Fitness Team | Swarzędz | 1965 | M50 | 7 | 196 | | 00:53:02 | 00:53:07 | 05:18 |
| 214 | 384 | Wojciech Zmudziński 4km: 00:21:30 8km: 00:42:47 | POL | KB UEP | Poznań | 1969 | M50 | 8 | 197 | | 00:53:14 | 00:53:26 | 05:19 |
| 215 | 437 | Alina Wierzelewska 4km: 00:19:31 8km: 00:41:52 | POL | Drużyna Szpiku | Gniezno | 1992 | K16 | 5 | | 18 | 00:53:51 | 00:53:58 | 05:23 |
| 216 | 42 | Dawid Schulz 4km: 00:21:07 8km: 00:43:05 | POL | KM PSP Bytom | Katowice | 1979 | M40 | 64 | 198 | | 00:53:56 | 00:54:01 | 05:24 |
| 217 | 334 | Mieszko Piśmienny 4km: 00:20:36 8km: 00:42:35 | POL | WOJTEK TEAM | Rabowice/swarzędz | 1987 | M30 | 82 | 199 | | 00:53:59 | 00:54:18 | 05:24 |
| 218 | 305 | Jarosław Pecolt 4km: 00:21:02 8km: 00:43:32 | POL | OSP KSRG KOSOWO/ KPP Gostyń | Gostyń | 1990 | M16 | 44 | 200 | | 00:54:00 | 00:54:13 | 05:24 |
| 219 | 385 | Katarzyna Cieśliewicz-Galas 4km: 00:20:00 8km: 00:42:27 | POL | | Poznań | 1979 | K40 | 4 | | 19 | 00:54:03 | 00:54:10 | 05:24 |
| 220 | 12 | Przemysław Krzysztoń 4km: 00:20:48 8km: 00:42:53 | POL | SA PSP POZNAŃ | Poznań | 1981 | M30 | 83 | 201 | | 00:54:20 | 00:54:31 | 05:26 |

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Poznań 12.10.2019 | Dystans: 10,00 km | Wyniki OPEN

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



| Msc. | Nr | Imię i nazwisko | Nar. | Klub | Miejscowość | Rocznik | Kat. wiek. | msc. kat.wiek. | M | K | Wynik netto | Wynik brutto | śr.tempo min/km |
|------|-----|---|------|----------------------------------|--------------|---------|------------|----------------|-----|----|-------------|--------------|-----------------|
| 221 | 401 | Łukasz Krysiak 4km: 00:20:30 8km: 00:43:04 | POL | Piątkowo na Biegowo | Poznań | 1977 | M40 | 65 | 202 | | 00:54:24 | 00:54:32 | 05:26 |
| 222 | 357 | Tomasz Furmaniuk 4km: 00:20:57 8km: 00:43:29 | POL | SPEED FREAKS | Poznań | 1984 | M30 | 84 | 203 | | 00:54:26 | 00:54:33 | 05:27 |
| 223 | 132 | Anna Miodek 4km: 00:20:58 8km: 00:43:03 | POL | CS PSP | Częstochowa | 1996 | K16 | 6 | | 20 | 00:54:30 | 00:54:31 | 05:27 |
| 224 | 13 | Marta Kacprzycka 4km: 00:20:31 8km: 00:43:19 | POL | KW PSP Poznań | Gniezno | 1986 | K30 | 10 | | 21 | 00:54:32 | 00:54:43 | 05:27 |
| 225 | 339 | Jolanta Marchwicka 4km: 00:21:02 8km: 00:43:29 | POL | Lucky Luki | Leszno | 1977 | K40 | 5 | | 22 | 00:54:40 | 00:54:48 | 05:28 |
| 226 | 9 | Tomasz Wiśniewski 4km: 00:20:52 8km: 00:43:15 | POL | SA PSP POZNAŃ | Poznań | 1974 | M40 | 66 | 204 | | 00:54:45 | 00:54:56 | 05:29 |
| 227 | 449 | Małgorzata Kapecka 4km: 00:20:19 8km: 00:43:43 | POL | Wataha Wałcz | Wałcz | 1983 | K30 | 11 | | 23 | 00:54:56 | 00:55:04 | 05:30 |
| 228 | 404 | Szymon Kasprowicz 4km: 00:20:49 8km: 00:43:30 | POL | Puszczkowo | Puszczkowo | 1970 | M40 | 67 | 205 | | 00:54:59 | 00:55:13 | 05:30 |
| 229 | 467 | Bartosz Miklas 4km: 00:24:11 8km: 00:44:59 | POL | ISKRA | Września | 1992 | M16 | 45 | 206 | | 00:55:14 | 00:55:31 | 05:31 |
| 230 | 361 | Joanna Tomczak 4km: 00:20:53 8km: 00:43:35 | POL | OSP Ocieszyn | Bogdanowo | 1982 | K30 | 12 | | 24 | 00:55:22 | 00:55:34 | 05:32 |
| 231 | 452 | Tomasz Głowacki 4km: 00:21:38 8km: 00:44:04 | POL | KEBAB FC | Poznań | 1980 | M30 | 85 | 207 | | 00:55:23 | 00:55:40 | 05:32 |
| 232 | 460 | Dariusz Przybylak 4km: 00:22:29 8km: 00:44:23 | POL | | Swarzędz | 1977 | M40 | 68 | 208 | | 00:55:31 | 00:55:39 | 05:33 |
| 233 | 482 | Mariusz Steczkiewicz 4km: 00:21:34 8km: 00:44:09 | POL | Zespół Ratowniczo Gaśniczy 31BLT | Poznań | 1979 | M40 | 69 | 209 | | 00:55:58 | 00:55:58 | 05:36 |
| 234 | 128 | Dominika Barańska 4km: 00:21:00 8km: 00:44:24 | POL | CS PSP | Częstochowa | 1995 | K16 | 7 | | 25 | 00:56:05 | 00:56:05 | 05:37 |
| 235 | 320 | Magdalena Bocian 4km: 00:21:12 8km: 00:44:29 | POL | | Sady | 1975 | K40 | 6 | | 26 | 00:56:11 | 00:56:19 | 05:37 |
| 236 | 441 | Hanna Markowska-Gruszczyńska 4km: 00:22:01 8km: 00:44:46 | POL | Gruchy dają Czadu !!! | Gruszczyń | 1980 | K30 | 13 | | 27 | 00:56:27 | 00:56:36 | 05:39 |
| 237 | 36 | Tomasz Kowalski 4km: 00:22:02 8km: 00:44:45 | POL | ZEiR PSP Książ Wielki | Książ Wielki | 1948 | M60+ | 3 | 210 | | 00:56:36 | 00:56:45 | 05:40 |
| 238 | 87 | Ireneusz Taraszka 4km: 00:21:26 8km: 00:44:41 | POL | | Gniewkowo | 1966 | M50 | 9 | 211 | | 00:56:42 | 00:56:50 | 05:40 |
| 239 | 413 | Ewelina Biała 4km: 00:21:41 8km: 00:45:03 | POL | JW Śrem | Dachowa | 1994 | K16 | 8 | | 28 | 00:56:50 | 00:57:00 | 05:41 |
| 240 | 341 | Bartosz Dubas 4km: 00:24:02 8km: 00:46:33 | POL | Otchłań Hadesu | Poznań | 1987 | M30 | 86 | 212 | | 00:56:52 | 00:57:10 | 05:41 |

II Bieg Ognia i Wody

Poznań 12.10.2019 | Dystans: 10,00 km | Wyniki OPEN

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



| Msc. | Nr | Imię i nazwisko | Nar. | Klub | Miejscowość | Rocznik | Kat. wiek. | msc. kat.wiek. | M | K | Wynik netto | Wynik brutto | śr.tempo min/km |
|------|-----|---|------|-------------------------------------|-------------|---------|------------|----------------|-----|----|-------------|--------------|-----------------|
| 241 | 491 | Tomasz Nitka 4km: 00:22:23 8km: 00:45:25 | POL | TRIGAR.PL | Poznań | 1992 | M16 | 46 | 213 | | 00:57:00 | 00:57:16 | 05:42 |
| 242 | 335 | Michał Orlicki 4km: 00:21:44 8km: 00:45:15 | POL | Ramirent | Poznań | 1981 | M30 | 87 | 214 | | 00:57:26 | 00:57:36 | 05:45 |
| 243 | 418 | Maria Danielczyk 4km: 00:22:05 8km: 00:45:29 | POL | Run Baby/ Kobiety w biegu | Piaski | 1991 | K16 | 9 | | 29 | 00:57:28 | 00:57:39 | 05:45 |
| 244 | 478 | Agnieszka Stoińska 4km: 00:22:48 8km: 00:46:02 | POL | | Poznań | 1970 | K40 | 7 | | 30 | 00:57:41 | 00:57:50 | 05:46 |
| 245 | 11 | Żaneta Pasławska 4km: 00:21:11 8km: 00:45:25 | POL | KWPSP Poznań | Poznań | 1992 | K16 | 10 | | 31 | 00:57:46 | 00:57:57 | 05:47 |
| 246 | 414 | Lech Salita 4km: 00:23:08 8km: 00:46:32 | POL | ALTOM GNIEZNO | Gniezno | 1960 | M50 | 10 | 215 | | 00:58:26 | 00:58:36 | 05:51 |
| 247 | 465 | Justyna Krukowska 4km: 00:23:12 8km: 00:46:48 | POL | | Chodzież | 1983 | K30 | 14 | | 32 | 00:58:56 | 00:59:15 | 05:54 |
| 248 | 74 | Cezary Krukowski 4km: 00:23:12 8km: 00:46:49 | POL | | Chodzież | 1981 | M30 | 88 | 216 | | 00:58:57 | 00:59:16 | 05:54 |
| 249 | 500 | SZTAFETA ISKRA 4km: 00:25:21 8km: 00:49:23 | POL | ISKRA | Poznań | 2017 | | 0 | 217 | | 00:59:03 | 00:59:17 | 05:54 |
| 250 | 16 | Przemysław Lamperski 4km: 00:22:30 8km: 00:46:27 | POL | SA PSP Poznań | Poznań | 1968 | M50 | 11 | 218 | | 00:59:12 | 00:59:20 | 05:55 |
| 251 | 427 | Emilia Królik 4km: 00:23:10 8km: 00:47:26 | POL | TEAM BEROTU | Sątopy | 1989 | K30 | 15 | | 33 | 00:59:32 | 00:59:42 | 05:57 |
| 252 | 89 | Robert Klonowski 4km: 00:23:00 8km: 00:47:28 | POL | Komenda Wojewódzka Państwowej Stra: | Poznań | 1971 | M40 | 70 | 219 | | 01:00:20 | 01:00:32 | 06:02 |
| 253 | 490 | Łukasz Kołodziej 4km: 00:23:09 8km: 00:48:00 | POL | TRIGAR.PL | Poznań | 1986 | M30 | 89 | 220 | | 01:00:33 | 01:00:48 | 06:03 |
| 254 | 31 | Dorota Marszałkowska 4km: 00:23:00 8km: 00:47:54 | POL | Komenda Miejska PSP Koszalin | Koszalin | 1964 | K50 | 2 | | 34 | 01:00:50 | 01:00:58 | 06:05 |
| 255 | 442 | Agnieszka Warkocka 4km: 00:23:34 8km: 00:48:21 | POL | | Złotniki | 1979 | K40 | 8 | | 35 | 01:01:27 | 01:01:33 | 06:09 |
| 256 | 443 | Mariusz Warkocki 4km: 00:21:57 8km: 00:47:03 | POL | | Złotniki | 1979 | M40 | 71 | 221 | | 01:01:29 | 01:01:33 | 06:09 |
| 257 | 94 | Katarzyna Ławecka 4km: 00:24:35 8km: 00:49:44 | POL | KG PSP Warszawa | Warszawa | 1987 | K30 | 16 | | 36 | 01:01:53 | 01:02:07 | 06:11 |
| 258 | 93 | Szymon Ławecki 4km: 00:24:34 8km: 00:49:43 | POL | KG PSP Warszawa | Zielonka | 1978 | M40 | 72 | 222 | | 01:01:54 | 01:02:07 | 06:11 |
| 259 | 390 | Łukasz Rudawski 4km: 00:22:59 8km: 00:49:00 | POL | | Poznań | 1982 | M30 | 90 | 223 | | 01:01:59 | 01:02:14 | 06:12 |
| 260 | 439 | Monika Bartkowiak 4km: 00:24:41 8km: 00:49:49 | POL | OMML TEAM / R-TEAM | Rydzyzna | 1979 | K40 | 9 | | 37 | 01:02:18 | 01:02:31 | 06:14 |

II Bieg Ognia i Wody

Poznań 12.10.2019 | Dystans: 10,00 km | Wyniki OPEN

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



| Msc. | Nr | Imię i nazwisko | Nar. | Klub | Miejscowość | Rocznik | Kat. wiek. | msc. kat.wiek. | M | K | Wynik netto | Wynik brutto | śr.tempo min/km |
|------|-----|--|------|------------------------------|-------------|---------|------------|----------------|-----|----|-------------|--------------|-----------------|
| 261 | 317 | Joanna Buniak 4km: 00:23:30 8km: 00:50:55 | POL | | Swarzędz | 1976 | K40 | 10 | | 38 | 01:04:26 | 01:04:36 | 06:27 |
| 262 | 454 | Jarosław Andrzejewski 4km: 00:25:09 8km: 00:51:03 | POL | KP5M | Poznań | 1964 | M50 | 12 | 224 | | 01:04:33 | 01:04:48 | 06:27 |
| 263 | 453 | Filip Kantorski 4km: 00:25:12 8km: 00:51:05 | POL | #WSZYSTKOOBIEGANIU.PL / KP5M | Swarzędz | 1981 | M30 | 91 | 225 | | 01:04:35 | 01:04:48 | 06:28 |
| 264 | 489 | Filip Machnicki 4km: 00:26:12 8km: 00:51:49 | POL | TRIGAR.PL | Puszczykowo | 1972 | M40 | 73 | 226 | | 01:04:38 | 01:04:53 | 06:28 |
| 265 | 496 | Jagoda Piwowarska 4km: 00:27:29 8km: 00:52:49 | POL | ISKRA | Poznań | 1988 | K30 | 17 | | 39 | 01:05:44 | 01:05:59 | 06:34 |
| 266 | 450 | Dominika Niemir 4km: 00:25:56 8km: 00:53:20 | POL | ALBANNERS | Gostyń | 1992 | K16 | 11 | | 40 | 01:07:09 | 01:07:12 | 06:43 |
| 267 | 475 | Dariusz Józwiak 4km: 00:27:46 8km: 00:54:26 | POL | 1964 | Poznań | 1964 | M50 | 13 | 227 | | 01:07:42 | 01:07:57 | 06:46 |
| 268 | 480 | Andrzej Smyk 4km: 00:26:38 8km: 00:54:43 | POL | bukowski klub biegacza | Opalenica | 1969 | M50 | 14 | 228 | | 01:09:29 | 01:09:42 | 06:57 |
| 269 | 378 | Ewa Wiśniewska 4km: 00:26:54 8km: 00:55:10 | POL | 1968 | Mrocza | 1968 | K50 | 3 | | 41 | 01:10:00 | 01:10:15 | 07:00 |
| 270 | 377 | Adam Kucharski 4km: 00:26:53 8km: 00:55:07 | POL | 1965 | Budzyń | 1965 | M50 | 15 | 229 | | 01:10:01 | 01:10:17 | 07:00 |
| 271 | 373 | Anita Skoczylas 4km: 00:26:14 8km: 00:56:25 | POL | MUAY Running Team | Poznań | 1973 | K40 | 11 | | 42 | 01:12:02 | 01:12:14 | 07:12 |
| 272 | 362 | Patrycja Wikierska 4km: 00:28:03 8km: 00:57:42 | POL | UKS CITYZEN_BE3 | Poznań | 1979 | K40 | 12 | | 43 | 01:13:24 | 01:13:42 | 07:20 |
| 273 | 400 | Anna Krysiak 4km: 00:29:31 8km: 01:00:33 | POL | 1977 | Poznań | 1977 | K40 | 13 | | 44 | 01:15:44 | 01:15:49 | 07:34 |