

| Msc open | Nr start | Nazwisko, imię | Miejscowość | Klub | Rok ur | Kat | Msc kat | Msc M/K | 5km | Czas brutto | Tempo min/km | Wynik netto |
|----------|----------|-------------------------|---------------|-------------------------|--------|-----|---------|---------|---------------|-------------|--------------|----------------|
| 1. | 1297 | messina claudio | Poznan | Plusport Poznan | 1995 | M18 | gen. | 1. | 0:17:21 (1.) | 0:35:37 | 3:33 | 0:35:36 |
| 2. | 1288 | Zdanowski Dawid | Poznań | Biegające Krejzole | 1991 | M30 | gen. | 2. | 0:19:26 (3.) | 0:39:38 | 3:57 | 0:39:36 |
| 3. | 1344 | Michalski Rafał | Wiry | | 1987 | M30 | gen. | 3. | 0:19:13 (2.) | 0:41:00 | 4:05 | 0:40:58 |
| 4. | 1489 | Adamiak Jakub | | | 1988 | M30 | 1. | 4. | 0:21:13 (4.) | 0:43:06 | 4:18 | 0:43:03 |
| 5. | 1487 | Wojcieszak Adam | Wągrowiec | | 1981 | M40 | 1. | 5. | 0:21:38 (5.) | 0:43:13 | 4:18 | 0:43:06 |
| 6. | 1325 | Broda Mateusz | Pępowo | | 1992 | M30 | 2. | 6. | 0:22:00 (7.) | 0:43:49 | 4:22 | 0:43:43 |
| 7. | 1345 | Stawowy Jakub | Błazejewo | Medicover Runners | 1989 | M30 | 3. | 7. | 0:21:44 (6.) | 0:43:55 | 4:23 | 0:43:53 |
| 8. | 1298 | Osmólski Robert | Kórnik | | 1968 | M50 | 1. | 8. | 0:22:09 (10.) | 0:44:32 | 4:27 | 0:44:30 |
| 9. | 1277 | Żak Sławomir | GNIEZNO | | 1984 | M30 | 4. | 9. | 0:22:00 (8.) | 0:44:42 | 4:27 | 0:44:35 |
| 10. | 1319 | Wiśniewski Mateusz | Poznań | | 1990 | M30 | 5. | 10. | 0:22:08 (9.) | 0:44:58 | 4:29 | 0:44:54 |
| 11. | 1246 | Miś Robert | Gniezno | MatiSer | 1980 | M40 | 2. | 11. | 0:22:28 (11.) | 0:46:11 | 4:36 | 0:46:03 |
| 12. | 1270 | Leśniewski Dominik | Krosinko | | 1986 | M30 | 6. | 12. | 0:22:34 (12.) | 0:47:35 | 4:44 | 0:47:21 |
| 13. | 1302 | DRYMEL PIOTR | Św. Katarzyna | Drumle3iPies | 1983 | M40 | 3. | 13. | 0:23:14 (14.) | 0:48:18 | 4:45 | 0:47:38 |
| 14. | 1322 | Woźniak Bartosz | Poznań | | 1980 | M40 | 4. | 14. | 0:23:01 (13.) | 0:48:18 | 4:49 | 0:48:12 |
| 15. | 1248 | Perczak Jakusz | Poznan | IN-SOFTWARE | 1990 | M30 | 7. | 15. | 0:23:39 (17.) | 0:48:38 | 4:51 | 0:48:31 |
| 16. | 1342 | Kędzierski Marcin | Poznań | Magan | 1975 | M40 | 5. | 16. | 0:23:31 (15.) | 0:49:09 | 4:54 | 0:49:04 |
| 17. | 1287 | Kasperek Kamila | Oborniki | Ruukki | 1983 | K40 | gen. | 1. | 0:23:38 (16.) | 0:49:26 | 4:56 | 0:49:23 |
| 18. | 1486 | Dobrosz Michał | Łódź | Rysioteam | 1980 | M40 | 6. | 17. | 0:24:24 (19.) | 0:49:51 | 4:58 | 0:49:40 |
| 19. | 1303 | Wiczuk-Wiczewski Marcin | Poznań | | 1976 | M40 | 7. | 18. | 0:25:03 (21.) | 0:50:28 | 5:01 | 0:50:17 |
| 20. | 1336 | Jazikowski Maciej | Poznań | | 1996 | M18 | 1. | 19. | 0:26:25 (26.) | 0:51:38 | 5:09 | 0:51:33 |
| 21. | 1333 | Sołtysiak Maciej | Rokietnica | | 1996 | M18 | 2. | 20. | 0:26:25 (27.) | 0:51:38 | 5:09 | 0:51:33 |
| 22. | 1253 | Kutkowski Rafał | Wągrowiec | Nogoobracacze Wągrowiec | 1982 | M40 | 8. | 21. | 0:24:24 (18.) | 0:51:46 | 5:09 | 0:51:39 |

| Msc open | Nr start | Nazwisko, imię | Miejscowość | Klub | Rok ur | Kat | Msc kat | Msc M/K | 5km | Czas brutto | Tempo min/km | Wynik netto |
|----------|----------|----------------------|-------------|-----------------------------------|--------|-----|---------|---------|---------------|-------------|--------------|----------------|
| 23. | 1330 | Stróż Jonasz | Poznań | | 1991 | M30 | 8. | 22. | 0:25:38 (24.) | 0:52:09 | 5:11 | 0:51:51 |
| 24. | 1315 | Grzybowska Aneta | Kiekrz | Zgrupka Promobil Team | 1975 | K40 | gen. | 2. | 0:25:50 (25.) | 0:52:21 | 5:12 | 0:52:08 |
| 25. | 1259 | Galas Szymon | Dachowa | | 1987 | M30 | 9. | 23. | 0:24:54 (20.) | 0:52:34 | 5:15 | 0:52:30 |
| 26. | 1274 | Jujeczka Paweł | Rokietnica | | 1988 | M30 | 10. | 24. | 0:27:03 (28.) | 0:54:28 | 5:25 | 0:54:18 |
| 27. | 1295 | Pawliński Patryk | Poznań | IN-SOFTWARE | 1998 | M18 | 3. | 25. | 0:27:29 (32.) | 0:54:49 | 5:26 | 0:54:29 |
| 28. | 1258 | Wujek Marcin | Brodnica | | 1981 | M40 | 9. | 26. | 0:27:55 (35.) | 0:55:10 | 5:29 | 0:54:53 |
| 29. | 1324 | Pawiński Jakub | Paczkowo | Blum team | 1999 | M18 | 4. | 27. | 0:27:06 (29.) | 0:55:25 | 5:30 | 0:55:04 |
| 30. | 1334 | Kawa Michał | Poznań | | 1985 | M30 | 11. | 28. | 0:25:18 (22.) | 0:55:15 | 5:30 | 0:55:09 |
| 31. | 1307 | Kaczmarek Lidia | Sieraków | Klub Szalonego Morsa | 1974 | K40 | gen. | 3. | 0:27:24 (31.) | 0:55:47 | 5:34 | 0:55:40 |
| 32. | 1329 | Wieczorek Szymon | Poznań | OLX GROUP TEAM | 1996 | M18 | 5. | 29. | 0:28:02 (37.) | 0:55:59 | 5:34 | 0:55:45 |
| 33. | 1290 | Lisowski Maciej | Kiełczów | Destylator Running Team | 1982 | M40 | 10. | 30. | 0:29:45 (50.) | 0:57:14 | 5:40 | 0:56:48 |
| 34. | 1331 | Wołowicz Kamila | Poznan | | 1990 | K30 | 1. | 4. | 0:28:19 (38.) | 0:57:41 | 5:45 | 0:57:39 |
| 35. | 1328 | Czapliński Bartosz | Poznań | OLX GROUP TEAM | 1990 | M30 | 12. | 31. | 0:27:32 (33.) | 0:58:11 | 5:48 | 0:58:05 |
| 36. | 1276 | Graj Marianna | Poznań | Strzeszyn Biega / SUPmania.pl | 1982 | K40 | 1. | 5. | 0:28:40 (42.) | 0:58:45 | 5:49 | 0:58:18 |
| 37. | 1281 | Glinkowska Elżbieta | Poznań | | 1970 | K50 | 1. | 6. | 0:28:40 (43.) | 0:59:01 | 5:52 | 0:58:48 |
| 38. | 1316 | Kawalek Sławek | Tarnowo | IN-SOFTWARE | 1970 | M50 | 2. | 32. | 0:28:32 (40.) | 0:59:26 | 5:54 | 0:59:06 |
| 39. | 1318 | Bogucka Agnieszka | Poznań | | 2002 | K18 | 1. | 7. | 0:29:14 (45.) | 0:59:30 | 5:54 | 0:59:07 |
| 40. | 1341 | Kerebko Julia | Komorniki | | 1988 | K30 | 2. | 8. | 0:28:19 (39.) | 0:59:24 | 5:55 | 0:59:14 |
| 41. | 1293 | Andrzejak Rafał | Suchy Las | Bywaj W Bramie | 1970 | M50 | 3. | 33. | 0:27:18 (30.) | 0:59:36 | 5:55 | 0:59:16 |
| 42. | 1340 | Grabińska Angelika | Komorniki | | 1980 | K40 | 2. | 9. | 0:28:49 (44.) | 1:00:44 | 6:03 | 1:00:33 |
| 43. | 1243 | Madej Dorota | Poznań | | 1991 | K30 | 3. | 10. | 0:29:34 (48.) | 1:01:25 | 6:05 | 1:00:58 |
| 44. | 1269 | Leśniewska Anna | Krosinko | | 1986 | K30 | 4. | 11. | 0:29:30 (47.) | 1:01:13 | 6:05 | 1:00:59 |
| 45. | 1271 | SOBIENIAK Przemysław | POZNAŃ | Dowództwo Operacyjne Rodzajów Sił | 1977 | M40 | 11. | 34. | 0:28:35 (41.) | 1:01:49 | 6:09 | 1:01:37 |
| 46. | 1250 | Sobisiak Agnieszka | Dąbrowa | Zakręcone Plewiska | 1971 | K50 | 2. | 12. | 0:30:08 (52.) | 1:01:46 | 6:10 | 1:01:44 |
| 47. | 1314 | Lewandowski Kornel | Poznań | | 1990 | M30 | 13. | 35. | 0:29:43 (49.) | 1:02:59 | 6:15 | 1:02:33 |



| Msc open | Nr start | Nazwisko, imię | Miejscowość | Klub | Rok ur | Kat | Msc kat | Msc M/K | 5km | Czas brutto | Tempo min/km | Wynik netto |
|----------|----------|---------------------|-------------|-----------------------------|--------|------|---------|---------|---------------|-------------|--------------|----------------|
| 48. | 1278 | Dwóźnik Robert | Wronki | dam radę | 1968 | M50 | 4. | 36. | 0:29:19 (46.) | 1:03:13 | 6:17 | 1:02:52 |
| 49. | 1338 | Kątek Jagoda | Opalenica | Dirty Sparrows | 1994 | K18 | 2. | 13. | 0:31:12 (54.) | 1:03:31 | 6:19 | 1:03:10 |
| 50. | 1289 | Synowiec Patryk | Poznań | Destylator Running Team | 1984 | M30 | 14. | 37. | 0:30:25 (53.) | 1:04:37 | 6:25 | 1:04:11 |
| 51. | 1256 | FLANK Paweł | Siechnice | Władek Team | 1974 | M40 | 12. | 38. | 0:31:56 (58.) | 1:04:49 | 6:26 | 1:04:23 |
| 52. | 1320 | CZYŻ KATARZYNA | Luboń | Lubońskie KIJanki | 1979 | K40 | 3. | 14. | 0:32:03 (59.) | 1:05:01 | 6:28 | 1:04:45 |
| 53. | 1306 | Walczak Agnieszka | Sieraków | Klub Szalonego Morsa | 1970 | K50 | 3. | 15. | 0:32:06 (60.) | 1:05:34 | 6:32 | 1:05:27 |
| 54. | 1445 | Jackowiak Jarek | Poznań | gRUNwal team Poznań | 1961 | M60+ | 1. | 39. | 0:32:09 (61.) | 1:06:06 | 6:33 | 1:05:37 |
| 55. | 1327 | Augustyn Aleksander | Kaźmierz | SPORTOWY KAŻMIERZ | 1969 | M50 | 5. | 40. | 0:31:54 (57.) | 1:06:08 | 6:35 | 1:05:55 |
| 56. | 1308 | Kaczmarek Andrzej | Sieraków | Klub Szalonego Morsa | 1971 | M50 | 6. | 41. | 0:31:54 (56.) | 1:06:08 | 6:36 | 1:06:01 |
| 57. | 1299 | Mierzejewski Rafał | Poznań | IN-SOFTWARE | 1972 | M50 | 7. | 42. | 0:32:34 (65.) | 1:06:46 | 6:38 | 1:06:23 |
| 58. | 1255 | Duda Krzemieniowska | Szamotuły | KB Szamotuły | 1957 | K60+ | 1. | 16. | 0:32:26 (63.) | 1:07:53 | 6:44 | 1:07:28 |
| 59. | 1275 | Karaś Jacek | Poznań | DRUŻYNA SZPIKU / Red Runner | 1979 | M40 | 13. | 43. | 0:32:23 (62.) | 1:07:59 | 6:45 | 1:07:36 |
| 60. | 1283 | Kozdrowska Monika | Poznań | | 1974 | K40 | 4. | 17. | 0:33:10 (67.) | 1:09:04 | 6:53 | 1:08:59 |
| 61. | 1339 | Grześkowiak Adam | Opalenica | Dirty Sparrows | 1960 | M60+ | 2. | 44. | 0:32:29 (64.) | 1:10:04 | 6:58 | 1:09:43 |
| 62. | 1272 | Zych Krystian | Poznań | | 1976 | M40 | 14. | 45. | 0:33:10 (68.) | 1:10:12 | 6:58 | 1:09:47 |
| 63. | 1317 | Nowaczyk Maciej | Plewiska | | 1983 | M40 | 15. | 46. | 0:34:39 (69.) | 1:13:21 | 7:20 | 1:13:21 |
| 64. | 1282 | Litwiniec Tomasz | Poznań | | 1975 | M40 | 16. | 47. | 0:36:58 (71.) | 1:16:56 | 7:40 | 1:16:48 |
| 65. | 1279 | Jankowski Łukasz | Wrocław | | 1976 | M40 | 17. | 48. | 0:36:59 (72.) | 1:16:57 | 7:41 | 1:16:50 |
| 66. | 1292 | Gryska Rafał | Pałędzie | | 1977 | M40 | 18. | 49. | 0:36:48 (70.) | 1:17:45 | 7:44 | 1:17:21 |

