

Msc. Nr	Nazwisko i imię	Klub lub miasto	200m 1800m	600m 2200m	1000m 2600m	1400m 3000m	Czas
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seria 1 - 3000m - powyżej 15 minut

1	144 Przybysz Dariusz	(Murowana Goślina)	00:52,29 02:03,97	01:48,97 02:08,32	01:57,41 02:09,40	01:58,82 02:03,37	15:02,60
2	136 Wandel Dariusz	(Poznań)	00:55,31 02:09,43	02:02,69 02:03,48	02:06,34 02:00,89	02:05,86 01:51,21	15:15,24
3	145 Frąckowiak Natalia	Noteckie dziki	00:51,72 02:13,42	02:00,16 02:15,10	02:06,67 02:15,06	02:07,40 01:55,78	15:45,35
4	142 Rogalski Przemysław	(Murowana Goślina)	00:55,04 02:13,10	01:59,68 02:15,32	02:04,59 02:15,17	02:06,96 01:55,48	15:45,37
5	134 Pawłowski Adam	Waleczne Dziczki	00:52,05 03:03,14	01:48,05 02:39,02	02:01,14 03:00,90	02:12,98 02:13,07	17:50,39

seria 2 - 3000m - 12-15 minut

1	103 Licznerski Rafał	(Murowana Goślina)	00:42,63 01:37,51	01:33,41 01:36,91	01:37,98 01:36,79	01:39,11 01:28,02	11:52,40
2	104 Hordych Jan	Maratończyk Poznań	00:45,09 01:38,29	01:34,03 01:38,70	01:35,84 01:39,74	01:35,22 01:26,95	11:53,90
3	111 Krugielka Łukasz	(Murowana Goślina)	00:46,08 01:40,06	01:36,48 01:41,10	01:38,23 01:40,83	01:39,25 01:31,94	12:13,99
4	150 Henrychowski Sławomir		00:39,03 01:43,04	01:32,52 01:43,83	01:40,22 01:40,90	01:42,01 01:38,57	12:20,15
5	112 Wiśniewski Damian	TRIGAR	00:47,25 01:41,99	01:35,67 01:44,48	01:38,62 01:43,20	01:39,32 01:33,82	12:24,38
6	105 Ogorzałek Stefan	KS Natalia	00:43,86 01:45,79	01:36,15 01:46,22	01:41,21 01:46,85	01:41,67 01:35,04	12:36,80
7	106 Kaczmarek Paweł	Echo Ziemi Kostrzyńskiej	00:46,50 01:45,56	01:35,24 01:45,59	01:40,11 01:45,47	01:42,24 01:40,41	12:41,16
8	110 Bocheński Maciej	endoholics	00:46,08 01:52,63	01:40,01 01:52,46	01:50,00 01:52,47	01:49,69 01:35,60	13:18,97
9	109 Manicka Martyna	HERNIK TEAM	00:52,18 01:51,85	01:48,40 01:51,35	01:46,12 01:48,32	01:50,39 01:33,38	13:22,03
10	107 Kluczyńska Agnieszka	(Poznań)	00:48,47 01:53,76	01:43,81 01:55,78	01:50,09 01:56,77	01:51,53 01:51,24	13:51,48
11	108 Wojciechowski Tomasz	(Poznań)	00:50,06 01:57,41	01:44,77 01:58,85	01:52,34 01:58,25	01:54,43 01:48,44	14:04,56
12	102 Klinger Damian	(Zalasewo)	00:52,12 01:55,66	01:47,17 02:00,94	01:47,31 02:02,16	01:51,84 02:01,58	14:18,82

Msc. Nr	Nazwisko i imię	Klub lub miasto	200m 1800m	600m 2200m	1000m 2600m	1400m 3000m	Czas
seria 3 - 3000m poniżej 12minut							
1	120 Pędziński Kacper	(Murowana Goślina)	00:37,53 01:24,73	01:22,02 01:27,97	01:22,24 01:28,46	01:23,21 01:23,55	10:29,74
2	132 Stawiarski Jakub	(Skoki)	00:37,20 01:32,94	01:22,24 01:32,54	01:24,17 01:32,32	01:28,07 01:22,01	10:51,51
3	124 Krzysztoń Maciej	Runners Poznań	00:41,42 01:35,17	01:30,16 01:34,10	01:32,49 01:32,25	01:32,20 01:24,25	11:22,05
4	116 Mielcarek Adrian	HERNIK TEAM	00:39,79 01:38,53	01:27,21 01:38,39	01:28,91 01:40,22	01:34,64 01:30,47	11:38,20
5	126 Kołodziej Filip	(Murowana Goślina)	00:42,19 01:37,43	01:29,51 01:39,17	01:27,45 01:39,76	01:32,89 01:29,84	11:38,26
6	117 Szary Adrian	Zabiegana Murowana	00:45,37 01:38,43	01:33,49 01:38,82	01:35,46 01:39,15	01:37,16 01:22,25	11:50,15
7	131 Nejman Adrian	(Poznań)	00:37,28 01:44,25	01:22,53 01:46,03	01:25,49 01:47,71	01:37,86 01:29,67	11:50,84
8	130 Nadolska-Bocheńska	KB GEPARD	00:44,97 01:37,82	01:33,81 01:38,03	01:35,48 01:38,56	01:36,50 01:32,81	11:58,01

seria 4 - 3000m poniżej 12minut seria 2

1	118 Żakowski Adrian	UKS ORKAN ŚRODA /	00:34,83 01:10,65	01:10,20 01:10,54	01:10,73 01:10,03	01:10,18 01:07,62	08:44,81
2	121 Kaminik Maciej	Sport Team Skoki	00:38,04 01:19,03	01:17,91 01:18,18	01:18,85 01:18,73	01:18,22 01:16,31	09:45,30
3	115 Czarnecki Szymon	(Poznań)	00:39,07 01:23,81	01:21,59 01:24,67	01:22,01 01:22,35	01:22,18 01:16,14	10:11,85
4	114 Feliksiak Łukasz	(Oborniki)	00:40,61 01:23,25	01:22,59 01:23,55	01:25,99 01:22,86	01:24,21 01:21,44	10:24,53
5	125 Jaraszkiwicz Hanna	Kobiety biegają	00:41,22 01:27,67	01:25,50 01:26,24	01:27,64 01:23,85	01:27,55 01:18,29	10:38,00
6	122 Chrzęszcz Bartosz	(Poznań)	00:38,66 01:29,34	01:24,01 01:31,77	01:27,25 01:32,54	01:27,77 01:26,83	10:58,21
7	128 Frąckowiak Krzysztof	Noteckie dziki	00:43,69 01:32,08	01:29,19 01:32,51	01:30,32 01:32,58	01:31,22 01:24,09	11:15,71
8	148 Chruścicki Jarosław	Milion Andres	00:43,00 01:32,20	01:28,50 01:34,19	01:30,99 01:34,05	01:31,24 01:22,92	11:17,13

