

Grand Prix Dziewiczej Góry w Biegach Górskich 2019/2020

Etap III dystans 10km - 14.12.2019 - Dziewicza Góra, Cross

Stowarzyszenie Biegaj z Mapą



| Miejsce | M. kat | Kategoria | Zawodnik | Klub | Miasto | Płeć | 5.0 km | Tempo | Czas |
|---------|--------|-----------|-----------------------|--|---------------|------|---------|-------|---------|
| 1 | 1 | M30 | ŁUKASZ NOWAK | Nowak Run | Skoki | M | 0:18:41 | 3:38 | 0:37:58 |
| 2 | 2 | M30 | DAWID STEFAŃSKI | www.dziewiczagorabiega.pl | POZNAŃ | M | 0:19:36 | 3:49 | 0:39:54 |
| 3 | 1 | M40 | SEBASTIAN KAPROŃ | | Rakownia | M | 0:20:52 | 4:07 | 0:43:01 |
| 4 | 3 | M30 | SEBASTIAN BOROWCZYK | KB DębIEC | Poznań | M | 0:21:34 | 4:09 | 0:43:25 |
| 5 | 4 | M30 | MACIEJ ADAMCZYK | SKS Oborniki | Oborniki | M | 0:21:15 | 4:11 | 0:43:48 |
| 6 | 1 | M20 | TOMASZ ROPELEWSKI | | Poznań | M | 0:21:36 | 4:13 | 0:44:06 |
| 7 | 5 | M30 | WALDEMAR KUKUŁA | Stah & Ala Team | Czerlejnko | M | 0:21:50 | 4:17 | 0:44:53 |
| 8 | 6 | M30 | GRZEGORZ ŁUCZKO | Natural Born Runners Team | POZNAŃ | M | 0:21:34 | 4:18 | 0:44:57 |
| 9 | 2 | M40 | RAFAŁ CZERWIŃSKI | Smashing Papkins | Suchy Las | M | 0:22:21 | 4:18 | 0:45:01 |
| 10 | 3 | M40 | SŁAWOMIR NASKRĘT | | grzebienisko | M | 0:22:21 | 4:20 | 0:45:24 |
| 11 | 7 | M30 | PIOTR STARKOWSKI | | Poznań | M | 0:21:54 | 4:20 | 0:45:25 |
| 12 | 8 | M30 | PAWEŁ ZAREMBA | Bula Team | Poznań | M | 0:22:22 | 4:23 | 0:45:53 |
| 13 | 2 | M20 | ŁUKASZ PEKAŁA | FunCLUB Racing Team | POZNAŃ | M | 0:22:47 | 4:24 | 0:46:09 |
| 14 | 3 | M20 | SZYMON ŁYŻWIŃSKI | Triathlon Serwis | Słubice | M | 0:22:52 | 4:25 | 0:46:15 |
| 15 | 9 | M30 | MIROSŁAW MASTYK | | Poznań | M | 0:22:23 | 4:25 | 0:46:16 |
| 16 | 10 | M30 | PIOTR NOWACZYK | | POZNAŃ | M | 0:22:58 | 4:25 | 0:46:18 |
| 17 | 11 | M30 | MARIUSZ KUTYBA | Wolne Ślimaki | POZNAŃ | M | 0:23:04 | 4:27 | 0:46:40 |
| 18 | 4 | M40 | SŁAWOMIR WILKOWIECKI | | Twardogóra | M | 0:22:41 | 4:28 | 0:46:51 |
| 19 | 12 | M30 | KONRAD SIOMA | Rokietnica Biega | Rokietnica | M | 0:22:27 | 4:29 | 0:46:53 |
| 20 | 13 | M30 | ŁUKASZ STACHOWIAK | STR Poznań | POZNAŃ | M | 0:22:58 | 4:29 | 0:46:56 |
| 21 | 14 | M30 | PAWEŁ WICHŁACZ | KB Maniac Poznań | Szreniawa | M | 0:23:23 | 4:29 | 0:47:02 |
| 22 | 15 | M30 | PAWEŁ BOGUSZZZ | Cybina Team | POZNAŃ | M | 0:23:06 | 4:31 | 0:47:16 |
| 23 | 16 | M30 | BARTOSZ MAJCHRZAK | PKO BANK POLSKI | POZNAŃ | M | 0:23:11 | 4:34 | 0:47:46 |
| 24 | 5 | M40 | PRZEMYSŁAW POCHYLSKI | Zgrupka Team | LUBOŃ | M | 0:23:06 | 4:34 | 0:47:49 |
| 25 | 1 | K30 | JOANNA WASIELAK | | Swarzedz | F | 0:23:37 | 4:34 | 0:47:53 |
| 26 | 6 | M40 | PRZEMO KOCAN | | Poznań | M | 0:23:40 | 4:35 | 0:48:04 |
| 27 | 17 | M30 | MARCIN GABRYEL | | Krosinko | M | 0:23:30 | 4:36 | 0:48:09 |
| 28 | 7 | M40 | TOMASZ JAŁOCHA | | Gutowo Małe | M | 0:23:35 | 4:36 | 0:48:15 |
| 29 | 18 | M30 | MARCIN DUDA | 31 Baza Lotnictwa Taktycznego / Ofix Bike Team | Poznań | M | 0:24:10 | 4:38 | 0:48:29 |
| 30 | 19 | M30 | MARCIN JAKUBOWSKI | gRUNwald Team Poznań | GOLINA WIELKA | M | 0:23:59 | 4:42 | 0:49:17 |
| 31 | 8 | M40 | MARCIN MROSKOWIAK | -- | Garby | M | 0:23:58 | 4:43 | 0:49:20 |
| 32 | 4 | M20 | PIOTR LEWANDOWSKI | | Jelenia Góra | M | 0:24:19 | 4:43 | 0:49:21 |
| 33 | 2 | K30 | EWELINA KASPRZAK | | Gruszczyń | F | 0:24:08 | 4:43 | 0:49:22 |
| 34 | 20 | M30 | BARTOSZ NAPIERAŁA | AKB Team | Rokietnica | M | 0:24:03 | 4:45 | 0:49:49 |
| 35 | 21 | M30 | JAN NIEDZIAŁKOWSKI | | Poznań | M | 0:23:30 | 4:47 | 0:50:01 |
| 36 | 3 | K30 | LUCYNA WALASZCZYK | Natural Born Runners Team | Poznań | F | 0:24:26 | 4:47 | 0:50:04 |
| 37 | 9 | M40 | TOMASZ LISIECKI | Peaky Blinders | Luboń | M | 0:24:27 | 4:47 | 0:50:09 |
| 38 | 5 | M20 | TOMASZ NIEMIR | | KOZIEGŁOWY | M | 0:24:29 | 4:48 | 0:50:16 |
| 39 | 10 | M40 | ADAM PTAK | Piątkowo na Biegowo | Poznań | M | 0:25:24 | 4:49 | 0:50:37 |
| 40 | 1 | K40 | MAŁGORZATA WAWRZYŃIAK | #teambiegowlkp | POZNAŃ | F | 0:25:21 | 4:51 | 0:50:44 |
| 41 | 22 | M30 | KRZYSZTOF CZERSKI | KB INTREX | POZNAŃ | M | 0:24:28 | 4:51 | 0:50:50 |
| 42 | 11 | M40 | DARIUSZ JANAS | | Czerwonak | M | 0:24:10 | 4:53 | 0:51:10 |
| 43 | 23 | M30 | MACIEJ BIEGAŃSKI | ORTOspot | Poznań | M | 0:24:18 | 4:59 | 0:52:09 |
| 44 | 12 | M40 | SEBASTIAN KARALUS | | Krosinko | M | 0:24:57 | 4:59 | 0:52:15 |

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Stowarzyszenie Biegaj z Mapą



| Miejsce | M. kat | Kategoria | Zawodnik | Klub | Miasto | Płeć | 5.0 km | Tempo | Czas |
|---------|--------|-----------|-------------------------|---------------------------|--------------------|------|---------|-------|---------|
| 45 | 13 | M40 | ARTUR RATAJ | | Trzcianka | M | 0:26:54 | 5:01 | 0:52:34 |
| 46 | 6 | M20 | KACPER MICHON | Night Runners | KONIN | M | 0:26:05 | 5:02 | 0:52:51 |
| 47 | 14 | M40 | MICHAŁ WYLEGAŁA | PCH_RUN | CHODZIEŻ | M | 0:25:38 | 5:04 | 0:53:02 |
| 48 | 15 | M40 | ROBERT PAWŁOWSKI | Vege Runners | Rataje | M | 0:25:38 | 5:04 | 0:53:02 |
| 49 | 24 | M30 | MACIEJ WRONIAK | | Pogorzela | M | 0:25:50 | 5:04 | 0:53:06 |
| 50 | 25 | M30 | ANDRZEJEWSKI PRZEMYSŁAW | WK Poznań | POZNAŃ | M | 0:26:18 | 5:05 | 0:53:22 |
| 51 | 26 | M30 | JAKUB SUCHOROWSKI | PRO366 | Kobylnica | M | 0:26:08 | 5:06 | 0:53:28 |
| 52 | 27 | M30 | WALDEK KULWICKI | | Poznań | M | 0:26:11 | 5:06 | 0:53:35 |
| 53 | 7 | M20 | JÓZEF PASZKIEWICZ | | Murowana Goślina | M | 0:26:22 | 5:08 | 0:53:46 |
| 54 | 28 | M30 | JAN AMBROZIAK | | Poznań | M | 0:27:10 | 5:07 | 0:53:49 |
| 55 | 16 | M40 | MACIEJ WĘGŁOWSKI | | Środa Wielkopolska | M | 0:26:22 | 5:09 | 0:53:54 |
| 56 | 29 | M30 | MARCIN PIESZAK | Kanapowe pampry | Góra | M | 0:26:39 | 5:10 | 0:54:14 |
| 57 | 8 | M20 | BARTOSZ KABAŁA | | GOSTYŃ | M | 0:26:39 | 5:11 | 0:54:19 |
| 58 | 17 | M40 | MICHAŁ ZBORALSKI | | POZNAŃ | M | 0:26:24 | 5:13 | 0:54:35 |
| 59 | 30 | M30 | ADAM BŁĘDZKI | Dirty Sparrows | POZNAŃ | M | 0:26:45 | 5:13 | 0:54:38 |
| 60 | 31 | M30 | PIOTR MĘDRYGAŁ | | Poznań | M | 0:26:42 | 5:12 | 0:54:38 |
| 61 | 32 | M30 | MATEUSZ MICHLSKI | Projekt Mateusz Michalski | Poznań | M | 0:27:23 | 5:13 | 0:54:54 |
| 62 | 18 | M40 | RAFAŁ KOROLKIEWICZ | | Poznań | M | 0:27:27 | 5:14 | 0:54:56 |
| 63 | 4 | K30 | KAMILA KASPEREK | RUUKKI | Oborniki | F | 0:26:40 | 5:15 | 0:54:58 |
| 64 | 1 | M50 | MACIEJ PETZA | Montemoro | POZNAŃ | M | 0:26:28 | 5:15 | 0:55:01 |
| 65 | 33 | M30 | LESZEK WOJCIECHOWICZ | | Poznań | M | 0:27:14 | 5:15 | 0:55:07 |
| 66 | 34 | M30 | ŁUKASZ RADZIKOWSKI | Borysek | Poznań | M | 0:28:45 | 5:17 | 0:55:20 |
| 67 | 19 | M40 | PIOTR KOŁTOWSKI | | SKÓRZEWO | M | 0:27:03 | 5:17 | 0:55:26 |
| 68 | 2 | M50 | WIESŁAW WŁASZCZYK | | POBIEDZISKA | M | 0:26:23 | 5:18 | 0:55:34 |
| 69 | 2 | K40 | MONIKA DRYJA | Obozybiegowe.pl | Warszaws | F | 0:27:29 | 5:18 | 0:55:39 |
| 70 | 35 | M30 | MAKSYMILIAN TUTKA | KS JANUSZE | Poznań | M | 0:26:46 | 5:20 | 0:55:51 |
| 71 | 9 | M20 | KAROL WASILEWSKI | SPARTA RUNNERS | Poznań | M | 0:27:08 | 5:21 | 0:56:04 |
| 72 | 3 | K40 | EWELINA KOWALCZYK | Lucky LUZers | Luboń | F | 0:27:33 | 5:22 | 0:56:08 |
| 73 | 36 | M30 | KRZYSZTOF ŁUKOMSKI | | Gniezno | M | 0:28:26 | 5:21 | 0:56:13 |
| 74 | 20 | M40 | MARCIN CEGLEWSKI | Harpagany Running Team | Poznan | M | 0:28:01 | 5:23 | 0:56:18 |
| 75 | 21 | M40 | PAWEŁ BEDNARCZYK | | Babki | M | 0:27:40 | 5:23 | 0:56:24 |
| 76 | 37 | M30 | KAROL WOLANSKI | | Poznań | M | 0:28:25 | 5:23 | 0:56:28 |
| 77 | 22 | M40 | TOMASZ BOGUŚ | KB Szamotuły | SZAMOTUŁY | M | 0:27:26 | 5:24 | 0:56:30 |
| 78 | 5 | K30 | ZOSIA PIESZAK | Kanapowe pampry | Góra | F | 0:27:28 | 5:24 | 0:56:39 |
| 79 | 10 | M20 | OSKAR DOLNY | | POZNAŃ | M | 0:27:00 | 5:25 | 0:56:44 |
| 80 | 11 | M20 | KRZYSZTOF KOŁOCH | Night Runners | Poznań | M | 0:28:14 | 5:25 | 0:56:47 |
| 81 | 12 | M20 | LESZEK ELLMANN | Dirty Sparrows | POZNAŃ | M | 0:27:31 | 5:26 | 0:56:57 |
| 82 | 3 | M50 | TOMASZ KOTLIŃSKI | Klub Biegacza Szamotuły | Obrzycko | M | 0:27:34 | 5:27 | 0:57:03 |
| 83 | 23 | M40 | ANDRZEJ BIELECKI | | Trzcianka | M | 0:27:23 | 5:27 | 0:57:06 |
| 84 | 24 | M40 | TOMASZ PRZYBYLSKI | | Borówiec | M | 0:27:53 | 5:27 | 0:57:10 |
| 85 | 38 | M30 | MICHAŁ PAJCHROWSKI | | Zaniemyśl | M | 0:29:11 | 5:29 | 0:57:30 |
| 86 | 39 | M30 | DARIUSZ CYBULSKI | KB INTREX | POZNAŃ | M | 0:27:57 | 5:29 | 0:57:30 |
| 87 | 40 | M30 | MACIEJ GÓRNY | | POZNAŃ | M | 0:28:02 | 5:30 | 0:57:42 |
| 88 | 1 | K16 | ALEKSANDRA HAMROL | | Złotniki | F | 0:27:35 | 5:31 | 0:57:44 |

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|---------|--------|-----------|---------------------------|---|------------------|------|---------|-------|---------|
| 89 | 25 | M40 | KRZYSZTOF BRUSS | Drużyna Szpiku | ZALASEWO | M | 0:28:16 | 5:31 | 0:57:49 |
| 90 | 6 | K30 | ANITA MARCINKOWSKA | | Luboń | F | 0:28:40 | 5:31 | 0:57:54 |
| 91 | 41 | M30 | DANIEL MATYSIAK | KS Fabryka Biegania Ostrów Wielkopolski | Bugaj | M | 0:29:51 | 5:32 | 0:58:02 |
| 92 | 26 | M40 | RAFAL PAPRZYCKI | Natural Born Runners | POZNAŃ | M | 0:28:21 | 5:32 | 0:58:06 |
| 93 | 27 | M40 | MATEUSZ POTERSKI | MJP DRUK / I LOVE ZIEMEK | POZNAŃ | M | 0:28:21 | 5:32 | 0:58:06 |
| 94 | 42 | M30 | ANTONI BOGUSIEWICZ | JANOWY MŁYN | POZNAŃ | M | 0:28:07 | 5:33 | 0:58:13 |
| 95 | 43 | M30 | MARIUSZ NOWAK | Night Runners | Poznań | M | 0:28:43 | 5:33 | 0:58:13 |
| 96 | 44 | M30 | ADAM GUCKI | Maratończyk Poznań | CHYBY | M | 0:28:24 | 5:34 | 0:58:19 |
| 97 | 7 | K30 | EWA PIETRUSZKA | | Poznań | F | 0:28:37 | 5:34 | 0:58:22 |
| 98 | 4 | M50 | MACIEJ PASZKIEWICZ | Park Dzieje | MUROWANA GOŚLINA | M | 0:29:04 | 5:35 | 0:58:27 |
| 99 | 5 | M50 | JAROSŁAW OLSZEWSKI | Night Runners | Poznań | M | 0:29:02 | 5:36 | 0:58:42 |
| 100 | 28 | M40 | LUCJAN JANKOWIAK | | Śrem | M | 0:28:24 | 5:36 | 0:58:42 |
| 101 | 4 | K40 | JOANNA RATAJCZAK | RUUKKI | Poznań | F | 0:29:29 | 5:32 | 0:58:47 |
| 102 | 45 | M30 | PAWEŁ POCHYLSKI | Deloitte Adventure Team | Poznań | M | 0:28:58 | 5:37 | 0:58:49 |
| 103 | 1 | K20 | MAGDALENA SOBCZYŃSKA | | Poznań | F | 0:29:16 | 5:33 | 0:58:51 |
| 104 | 29 | M40 | PRZEMEK BIENIEK | DĄBROWA | DĄBROWA | M | 0:29:14 | 5:36 | 0:58:53 |
| 105 | 30 | M40 | KRZYSZTOF ZAKRZEWSKI | 3:33 TEAM | Pałędzie | M | 0:28:42 | 5:38 | 0:58:59 |
| 106 | 46 | M30 | PIOTR JĘDRZEJAK | WieloOsobowy Klub Sportowy | Kórnik | M | 0:29:16 | 5:38 | 0:59:06 |
| 107 | 1 | M60+ | MIECZYSLAW PRZYBOROWSKI | REMET TEAM | Poznań | M | 0:28:54 | 5:38 | 0:59:07 |
| 108 | 8 | K30 | MARIA WIECZOREK | Przedwojewski Mountain Team | DĄBRÓWKA | F | 0:29:13 | 5:38 | 0:59:08 |
| 109 | 31 | M40 | FILIP BARANOWSKI | | POZNAŃ | M | 0:28:50 | 5:39 | 0:59:11 |
| 110 | 5 | K40 | ANETTA OGIŃSKA | Towarzystwo Wioślarzy Master Poznań | Poznań | F | 0:29:02 | 5:39 | 0:59:12 |
| 111 | 9 | K30 | ANIA CICHA | PCH_RUN | Chodzież | F | 0:29:17 | 5:39 | 0:59:16 |
| 112 | 47 | M30 | MATEUSZ KUJAWA | | POZNAŃ | M | 0:30:02 | 5:40 | 0:59:30 |
| 113 | 10 | K30 | KATARZYNA HAŁAS | KB Gepard Murowana Goślina | Rakownia | F | 0:28:38 | 5:41 | 0:59:31 |
| 114 | 11 | K30 | DAGMARA PIETRASZ | | Poznań | F | 0:29:09 | 5:41 | 0:59:37 |
| 115 | 32 | M40 | MAREK OZDOBA | KB INTREX | POZNAŃ | M | 0:28:36 | 5:42 | 0:59:40 |
| 116 | 12 | K30 | DOROTA WSZĘDYBYŁ | | Koninko | F | 0:29:49 | 5:41 | 0:59:41 |
| 117 | 6 | M50 | MACIEJ MATECKI | KB GEPARD MUROWANA GOŚLINA | Murowana Goślina | M | 0:28:59 | 5:42 | 0:59:42 |
| 118 | 2 | M60+ | WALDEMAR ŁAKOMY | | Buk | M | 0:28:56 | 5:42 | 0:59:45 |
| 119 | 13 | M20 | SZYMON FAJOK | SKS Oborniki | Oborniki | M | 0:29:40 | 5:41 | 0:59:46 |
| 120 | 33 | M40 | PIOTR KRAWIEC | | Biskupice | M | 0:28:23 | 5:43 | 0:59:49 |
| 121 | 48 | M30 | KAROL CISZAK | Deloitte Adventure Team | POZNAŃ | M | 0:29:01 | 5:42 | 0:59:50 |
| 122 | 2 | K20 | ALEKSANDRA KOŚKA | SPARTA RUNNERS | Poznań | F | 0:29:08 | 5:43 | 0:59:56 |
| 123 | 13 | K30 | MARIA KAMIENIARZ-MĘDRYGAŁ | | Poznań | F | 0:29:55 | 5:46 | 1:00:27 |
| 124 | 49 | M30 | TOMASZ KOWALIK | Trio Z Matejki | Poznań | M | 0:29:23 | 5:47 | 1:00:44 |
| 125 | 6 | K40 | ANETA GRZYBOWSKA | Zgrupka Team | POZNAŃ | F | 0:29:45 | 5:49 | 1:00:54 |
| 126 | 50 | M30 | PAWEŁ OLIŃSKI | | POZNAŃ | M | 0:29:41 | 5:50 | 1:01:08 |
| 127 | 34 | M40 | ŁUKASZ FORMALIK | Poznań Race Team | Tulce | M | 0:29:50 | 5:51 | 1:01:19 |
| 128 | 51 | M30 | KONSTANTYN DORONOWICZ | | POZNAŃ | M | 0:29:36 | 5:52 | 1:01:24 |
| 129 | 52 | M30 | SZYMON NAPIERAŁA | | POZNAŃ | M | 0:29:43 | 5:51 | 1:01:30 |
| 130 | 35 | M40 | TOMASZ WALCZAK | PCH_RUN | Chodzież | M | 0:30:02 | 5:54 | 1:01:50 |
| 131 | 36 | M40 | TADEUSZ KORONSKI | parkrun Poznań | POZNAŃ | M | 0:30:59 | 5:55 | 1:02:09 |
| 132 | 53 | M30 | ARTUR SZCZEPANIAK | Deloitte Adventure Team | Poznań | M | 0:29:32 | 5:57 | 1:02:22 |

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|---------|--------|-----------|------------------------|-------------------------------|------------------|------|---------|-------|---------|
| 133 | 14 | K30 | AGNIESZKA WEBER | | Koziegłowy | F | 0:31:05 | 6:00 | 1:02:52 |
| 134 | 37 | M40 | KRZYSZTOF PAJOR | | SWARZĘDZ | M | 0:30:29 | 6:02 | 1:03:09 |
| 135 | 38 | M40 | GRZEGORZ PLUCIŃSKI | | Luboń | M | 0:31:00 | 6:01 | 1:03:10 |
| 136 | 7 | K40 | JOANNA ZBORALSKA | | POZNAŃ | F | 0:31:09 | 6:02 | 1:03:16 |
| 137 | 54 | M30 | PETRO FISHCHUK | | Poznan | M | 0:31:38 | 6:02 | 1:03:19 |
| 138 | 55 | M30 | ŁUKASZ KLIMECKI | KB INTREX | POZNAŃ | M | 0:30:37 | 6:08 | 1:04:24 |
| 139 | 7 | M50 | WALDEMAR KOZŁOWSKI | KB DeBIEC | Poznań | M | 0:31:07 | 6:09 | 1:04:28 |
| 140 | 8 | K40 | AGNIESZKA MARCZAK | Night Runners | POZNAŃ | F | 0:32:03 | 6:10 | 1:04:39 |
| 141 | 39 | M40 | PRZEMYSŁAW DEIGSLER | 1974 | Poznań | M | 0:30:41 | 6:12 | 1:05:01 |
| 142 | 14 | M20 | KRZYSZTOF PIŁAT | KB INTREX | POZNAŃ | M | 0:32:02 | 6:14 | 1:05:21 |
| 143 | 3 | M60+ | MAREK BOGUSZ | lub wybierz z listy | Kostrzyn | M | 0:31:18 | 6:15 | 1:05:27 |
| 144 | 15 | K30 | ALEKSANDRA SOCHA | Komorniki MTB Team | Plewiska | F | 0:32:10 | 6:15 | 1:05:33 |
| 145 | 56 | M30 | PAWEŁ DAWIDZIAK | KB I Love Ziemek | POZNAŃ | M | 0:31:02 | 6:15 | 1:05:44 |
| 146 | 3 | K20 | ADRIANNA BARTOSIAK | | Swarzędz | F | 0:31:37 | 6:17 | 1:05:49 |
| 147 | 9 | K40 | AGNIESZKA PIGUŁA | | POZNAŃ | F | 0:32:08 | 6:17 | 1:05:54 |
| 148 | 1 | K50 | DANUTA CZARNECKA | PCH_RUN | Chodzież | F | 0:32:10 | 6:19 | 1:06:11 |
| 149 | 10 | K40 | AGNIESZKA PRUCHNIEWSKA | | ROKIETNICA | F | 0:32:19 | 6:19 | 1:06:13 |
| 150 | 11 | K40 | KATARZYNA NAPIERAŁA | | Suchy Las | F | 0:32:55 | 6:19 | 1:06:14 |
| 151 | 40 | M40 | MACIEJ TOMASZEWSKI | Night Runners | Poznań | M | 0:32:20 | 6:19 | 1:06:16 |
| 152 | 12 | K40 | BEATA KACZMAREK | STR POZNAŃ | Poznań | F | 0:32:34 | 6:19 | 1:06:18 |
| 153 | 41 | M40 | ŁUKASZ DUDKOWIAK | ATLAS RUNNING TEAM | Rogoźno wkp | M | 0:31:37 | 6:20 | 1:06:27 |
| 154 | 42 | M40 | KRZYSZTOF NOWAK | ATLAS RUNNING TEAM | Rogoźno wkp | M | 0:31:37 | 6:20 | 1:06:27 |
| 155 | 13 | K40 | WANDA SZCZEPANIAK | KB Katorżnik Murowana Goślina | Murowana Goślina | F | 0:32:20 | 6:20 | 1:06:32 |
| 156 | 4 | M60+ | WOJCIECH MAKALOWSKI | IoB | Murowana Goślina | M | 0:31:57 | 6:25 | 1:07:15 |
| 157 | 43 | M40 | JACEK KUCHARSKI | | Garby | M | 0:32:23 | 6:30 | 1:08:11 |
| 158 | 14 | K40 | DOROTA PTAK | Piątkowo na Biegowo | Poznań | F | 0:33:44 | 6:28 | 1:08:31 |
| 159 | 44 | M40 | JAROSŁAW ROSA | Natural Born Runners | POZNAŃ | M | 0:32:49 | 6:35 | 1:09:06 |
| 160 | 16 | K30 | ALEKSANDRA DOJS | Night Runners | Poznań | F | 0:34:21 | 6:36 | 1:09:13 |
| 161 | 17 | K30 | MAGDALENA KROKOWSKA | Night Runners | Poznań | F | 0:33:53 | 6:38 | 1:09:32 |
| 162 | 18 | K30 | IZABELA WYLEGAŁA | PCH_RUN | CHODZIEŻ | F | 0:34:42 | 6:40 | 1:09:52 |
| 163 | 45 | M40 | ADAM WĘGROWSKI | Parkrun Dąbrówka | Dąbrowa | M | 0:31:33 | 6:50 | 1:11:32 |
| 164 | 15 | K40 | ELŻBIETA KĄKOLEWSKA | | MŁODASKO | F | 0:35:12 | 7:01 | 1:13:36 |
| 165 | 46 | M40 | ARTUR KĄKOL | | DUSZNIKI | M | 0:35:12 | 7:01 | 1:13:36 |
| 166 | 57 | M30 | KUBA POTERSKI | MJP DRUK / I LOVE ZIEMEK | POZNAŃ | M | 0:36:11 | 7:07 | 1:14:39 |
| 167 | 5 | M60+ | PIOTR MLECZAK | KB DeBIEC | Poznań | M | 0:38:45 | 7:39 | 1:20:11 |
| 168 | 19 | K30 | EWELINA ROSSA | | Poznań | F | 0:38:47 | 7:51 | 1:22:14 |
| 169 | 20 | K30 | AGNIESZKA KLAJA | | POZNAŃ | F | 0:38:47 | 7:51 | 1:22:15 |