

GRAND PRIX DZIEWICZEJ GÓRY 2024/2025, 11.01.2025

10 000m, ETAP IV

| Miejsce | Nr startowy | Kategoria | M w kat | Płeć | M w Płeć | Zawodnik | Klub | Miasto | Wiek | po 5km | Tempo | Czas |
|---------|-------------|-----------|---------|------|----------|-----------------------|-----------------------------------|-----------------------|------|---------|-------|---------|
| 1 | 120 | M-40 | 1 | M | 1 | WALDEMAR KUKUŁA | Walka Kostrzyn/ Jańczak Team | Czerlejnko | 44 | 0:21:11 | 4:13 | 0:42:16 |
| 2 | 71 | M-20 | 1 | M | 2 | GRZEGORZ MICHALAK | SPEC KABLE | POZNAŃ | 27 | 0:21:14 | 4:19 | 0:43:14 |
| 3 | 80 | M-20 | 2 | M | 3 | KAROL ŚLOTAŁA | NARDO LOGISTICS | Buk | 28 | 0:22:00 | 4:22 | 0:43:48 |
| 4 | 88 | M-30 | 1 | M | 4 | GRZEGORZ URBAŃCZYK | Dzieciaki Chojraki / For Run Team | Poznań | 38 | 0:21:59 | 4:23 | 0:43:54 |
| 5 | 82 | M-30 | 2 | M | 5 | WOJCIECH DYBIŻBAŃSKI | Tabata&Drink Team | Poznań (Poznań-Wilda) | 36 | 0:22:17 | 4:29 | 0:44:56 |
| 6 | 33 | M-40 | 2 | M | 6 | PAWEŁ BOGUSZ | | Poznań | 42 | 0:22:16 | 4:33 | 0:45:31 |
| 7 | 98 | M-40 | 3 | M | 7 | FILIP MAŃCZAK | Aktywni Razem | Kicin | 45 | 0:22:35 | 4:39 | 0:46:30 |
| 8 | 72 | M-20 | 3 | M | 8 | PAVEL LAZARCHYK | adidas Runners Poznań | Poznań | 26 | 0:22:53 | 4:39 | 0:46:32 |
| 9 | 105 | M-40 | 4 | M | 9 | JAKUB DĄBROWICZ | | Komorniki | 41 | 0:22:40 | 4:39 | 0:46:36 |
| 10 | 70 | M-16 | 1 | M | 10 | PAWEŁ KORALEWSKI | | Swarzędz | 18 | 0:23:25 | 4:46 | 0:47:47 |
| 11 | 17 | M-20 | 4 | M | 11 | MIKOŁAJ PONIŻY | | Daszewice | 24 | 0:23:35 | 4:50 | 0:48:31 |
| 12 | 86 | M-30 | 3 | M | 12 | PIOTR MROCZKOWSKI | Maszeruj albo giń | Poznań | 34 | 0:23:46 | 4:52 | 0:48:45 |
| 13 | 151 | M-40 | 5 | M | 13 | GRZEGORZ KOGUT | | Plewiska | 46 | 0:24:10 | 4:53 | 0:48:57 |
| 14 | 27 | M-30 | 4 | M | 14 | ŁUKASZ RADZIKOWSKI | KS POSNANIA | Poznań | 35 | 0:24:19 | 4:55 | 0:49:18 |
| 15 | 92 | M-30 | 5 | M | 15 | ALBERTO MARIN | | Poznań | 37 | 0:24:24 | 4:57 | 0:49:35 |
| 16 | 74 | M-20 | 5 | M | 16 | JERZY CIESIELSKI | #1512WingedHearts | Poznań | 28 | 0:24:15 | 4:57 | 0:49:36 |
| 17 | 101 | M-40 | 6 | M | 17 | GRZEGORZ KURKOWIAK | WKS Grunwald Poznań | Poznań | 44 | 0:24:24 | 4:57 | 0:49:37 |
| 18 | 61 | K-40 | 1 | F | 1 | JOANNA WASIELAK | | Swarzędz | 40 | 0:24:12 | 4:59 | 0:49:58 |
| 19 | 146 | M-50 | 1 | M | 18 | PAWEŁ CIEŚLIK | Chateau Chalin | Poznań | 50 | 0:24:50 | 5:01 | 0:50:14 |
| 20 | 15 | K-40 | 2 | F | 2 | MAŁGORZATA WAWRZYNIAK | #biegiemwlas | Poznań | 45 | 0:25:07 | 5:02 | 0:50:26 |
| 21 | 90 | M-30 | 6 | M | 19 | ŁUKASZ NIEDZIELAK | Petra Plock | Kamionki | 34 | 0:24:55 | 5:11 | 0:51:57 |
| 22 | 147 | M-50 | 2 | M | 20 | DAMIAN TARASZKA | | ZIELONA GÓRA | 50 | 0:25:32 | 5:12 | 0:52:06 |
| 23 | 94 | M-30 | 7 | M | 21 | MARIAN LEWENDA | | Dopiewiec | 32 | 0:24:57 | 5:12 | 0:52:09 |
| 24 | 6 | K-30 | 1 | F | 3 | MAŁGORZATA CICHA | | Poznań | 32 | 0:25:04 | 5:12 | 0:52:11 |
| 25 | 114 | M-40 | 7 | M | 22 | ROBERT WAWRZYNIAK | #biegiemwlas | Poznań | 45 | 0:25:59 | 5:12 | 0:52:13 |
| 26 | 36 | M-40 | 8 | M | 23 | MARCIN JASIŃSKI | Rogozińscy Pasjonaci Biegania | Rogoźno | 46 | 0:25:33 | 5:15 | 0:52:35 |
| 27 | 75 | M-20 | 6 | M | 24 | JAKUB OSINSKI | | Gniezno | 25 | 0:25:58 | 5:15 | 0:52:43 |
| 28 | 1 | K-20 | 1 | F | 4 | WERONIKA HEDZIELSKA | Natural Born Runners | Poznań | 26 | 0:26:03 | 5:16 | 0:52:46 |
| 29 | 111 | M-40 | 9 | M | 25 | PIOTR KAŹMIERCZAK | #biegiemwlas/Naramowice Biegają | Poznań | 46 | 0:25:37 | 5:17 | 0:52:57 |
| 30 | 100 | M-40 | 10 | M | 26 | PIOTR WRÓBEL | Kocury i Skrzydlate | Poznań | 44 | 0:26:04 | 5:17 | 0:53:03 |
| 31 | 106 | M-40 | 11 | M | 27 | KRZYSZTOF NAJDER | | Biedrusko | 44 | 0:25:54 | 5:18 | 0:53:09 |
| 32 | 138 | M-50 | 3 | M | 28 | PIOTR ROKICKI | | Poznań | 53 | 0:25:36 | 5:19 | 0:53:14 |
| 33 | 28 | M-30 | 8 | M | 29 | JACEK STANISŁAWSKI | DokołaŚwiata.co Team | Poznań | 39 | 0:25:47 | 5:21 | 0:53:43 |
| 34 | 65 | K-40 | 3 | F | 5 | MAGDALENA PRZESŁAWSKA | | Wągrowiec | 45 | 0:26:01 | 5:23 | 0:53:55 |
| 35 | 35 | M-40 | 12 | M | 30 | WIKTOR GÓRCZYŃSKI | Tyrell Corporation Team | Dąbrówka | 48 | 0:25:49 | 5:24 | 0:54:10 |
| 36 | 63 | K-40 | 4 | F | 6 | KAMILA KASPEREK | Ruukki | Oborniki | 41 | 0:26:21 | 5:26 | 0:54:26 |
| 37 | 124 | M-40 | 13 | M | 31 | MICHAŁ PARUCKI | mjpgdruk.pl / #bezsensu | Poznań | 47 | 0:26:27 | 5:26 | 0:54:32 |
| 38 | 20 | M-30 | 9 | M | 32 | MATEUSZ CHEŁMIKOWSKI | Go Trade Team | Węgorzewo | 32 | 0:27:32 | 5:28 | 0:54:59 |

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| Miejsce | Nr startowy | Kategoria | M w kat | Płeć | M w Płeć | Zawodnik | Klub | Miasto | Wiek | po 5km | Tempo | Czas |
|---------|-------------|-----------|---------|------|----------|-------------------------|-----------------------------|--------------------|------|---------|-------|---------|
| 39 | 140 | M-50 | 4 | M | 33 | ROBERT JAGODZIŃSKI | Jagoda Team | Owińska | 51 | 0:27:34 | 5:29 | 0:55:02 |
| 40 | 136 | M-50 | 5 | M | 34 | DARIUSZ SMÓL | | Czerwonak | 54 | 0:27:10 | 5:30 | 0:55:11 |
| 41 | 37 | M-40 | 14 | M | 35 | MAREK LEŚNIEWSKI | Parkrun Jezioro Swarzędzkie | Swarzędz | 45 | 0:27:31 | 5:31 | 0:55:19 |
| 42 | 145 | M-50 | 6 | M | 36 | MAREK DUDUŚ | | Sława Wielkopolska | 53 | 0:27:20 | 5:31 | 0:55:25 |
| 43 | 113 | M-40 | 15 | M | 37 | WOJCIECH JARASZKIEWICZ | | Kaźmierz | 40 | 0:26:51 | 5:32 | 0:55:33 |
| 44 | 50 | M-60+ | 1 | M | 38 | MAREK PORADA | Hernik Team | Poznań | 61 | 0:27:35 | 5:33 | 0:55:40 |
| 45 | 77 | M-20 | 7 | M | 39 | JĘDRZEJ JARYCH | | Czapury | 22 | 0:28:00 | 5:33 | 0:55:42 |
| 46 | 25 | M-30 | 10 | M | 40 | BORYS OW CZARZAK | remaxexperts.pl | Poznań | 39 | 0:27:18 | 5:35 | 0:55:56 |
| 47 | 110 | M-40 | 16 | M | 41 | GRZEGORZ GNIATCZYK | Polonia Środa | Dominowo | 41 | 0:27:30 | 5:36 | 0:56:07 |
| 48 | 122 | M-40 | 17 | M | 42 | BARTOSZ BLIJ | Parkrun Jezioro Swarzędzkie | Swarzędz | 49 | 0:27:08 | 5:36 | 0:56:14 |
| 49 | 109 | M-40 | 18 | M | 43 | BARTOSZ ŁYSIAK | Lisek Team | Dąbrówka | 40 | 0:27:12 | 5:37 | 0:56:16 |
| 50 | 78 | M-20 | 8 | M | 44 | WOJCIECH HRYNIEWIECKI | | Poznań | 21 | 0:27:59 | 5:37 | 0:56:20 |
| 51 | 96 | M-30 | 11 | M | 45 | KRZYSZTOF CZARNOJAŃCZYK | No Excuses Team | Jankowo Dolne | 30 | 0:28:10 | 5:37 | 0:56:21 |
| 52 | 132 | M-40 | 19 | M | 46 | BARTOSZ SZKÓDLIŃSKI | Naramowice Biegają | Poznań | 45 | 0:27:55 | 5:38 | 0:56:29 |
| 53 | 84 | M-30 | 12 | M | 47 | ANDRII DATSKO | mjpgdruk.pl / #bezsensu | Poznan | 31 | 0:27:28 | 5:38 | 0:56:32 |
| 54 | 108 | M-40 | 20 | M | 48 | KRZYSZTOF WITKOWSKI | Maratończyk Poznań | Poznań | 41 | 0:27:50 | 5:39 | 0:56:38 |
| 55 | 144 | M-50 | 7 | M | 49 | DANIEL HADAŚ | Polonia Środa | Środa Wielkopolska | 51 | 0:27:27 | 5:41 | 0:57:02 |
| 56 | 116 | M-40 | 21 | M | 50 | RADOSŁAW WRÓBLEWSKI | Velux | Gniezno | 43 | 0:28:55 | 5:41 | 0:57:05 |
| 57 | 127 | M-40 | 22 | M | 51 | BARTŁOMIEJ CIEŚLIK | Chateau Chalin | Poznań | 46 | 0:28:11 | 5:42 | 0:57:11 |
| 58 | 139 | M-50 | 8 | M | 52 | GRZEGORZ PATYCZAK | Vege Runnes | Poznań | 54 | 0:28:08 | 5:42 | 0:57:12 |
| 59 | 76 | M-20 | 9 | M | 53 | MIKOLAJ GRUNWALD | | | 25 | 0:27:56 | 5:42 | 0:57:17 |
| 60 | 121 | M-40 | 23 | M | 54 | MACIEJ KOCIK | Kocury i Skrzydlate | Plewiska | 43 | 0:28:13 | 5:43 | 0:57:20 |
| 61 | 43 | M-50 | 9 | M | 55 | MAREK JANOWSKI | BIEGAJĄCE KREJZOLE | KOZIEGŁOWY | 50 | 0:28:27 | 5:44 | 0:57:31 |
| 62 | 148 | M-50 | 10 | M | 56 | BARTOSZ MYSZKIEWICZ | | Biechowo | 52 | 0:28:19 | 5:45 | 0:57:36 |
| 63 | 18 | M-20 | 10 | M | 57 | HUBERT SPRINGER | Dirty Sparrows | Poznań | 28 | 0:27:55 | 5:45 | 0:57:46 |
| 64 | 23 | M-30 | 13 | M | 58 | MICHAŁ MICHAŁSKI | | Swarzędz | 39 | 0:27:33 | 5:46 | 0:57:54 |
| 65 | 130 | M-40 | 24 | M | 59 | MICHAŁ JARONIAK | | Swarzędz | 41 | 0:27:34 | 5:47 | 0:57:56 |
| 66 | 115 | M-40 | 25 | M | 60 | TOMASZ KONCZAL | | Poznań | 48 | 0:28:45 | 5:47 | 0:58:03 |
| 67 | 57 | K-40 | 5 | F | 7 | JULIA ŚWIĄTEK | GVT | Lusowo | 42 | 0:28:39 | 5:48 | 0:58:06 |
| 68 | 87 | M-30 | 14 | M | 61 | JAKUB KOLASIŃSKI | Dirty Sparrows | Poznań | 39 | 0:28:34 | 5:48 | 0:58:09 |
| 69 | 12 | K-40 | 6 | F | 8 | ANNA MAKOWSKA | | Poznań | 45 | 0:28:33 | 5:49 | 0:58:21 |
| 70 | 133 | M-40 | 26 | M | 62 | PAWEŁ SZARZYŃSKI | adidas Runners Poznań | Poznań | 40 | 0:29:27 | 5:49 | 0:58:21 |
| 71 | 99 | M-40 | 27 | M | 63 | TOMASZ RUTKOWSKI | SKS Oborniki | SZAMOTUŁY | 47 | 0:28:52 | 5:49 | 0:58:25 |
| 72 | 64 | K-40 | 7 | F | 9 | KAMILA SZWEDZIAK | Parkrun Jezioro Swarzędzkie | Paczkowo | 46 | 0:29:11 | 5:51 | 0:58:44 |
| 73 | 81 | M-20 | 11 | M | 64 | KRZYSZTOF KRAWIEC | | Gruszczyn | 29 | 0:29:45 | 5:55 | 0:59:19 |
| 74 | 69 | K-50 | 1 | F | 10 | ANETTA OGIŃSKA | | Poznań | 50 | 0:29:27 | 5:55 | 0:59:22 |
| 75 | 39 | M-40 | 28 | M | 65 | PAWEŁ POCZEKAJSKI | | Poznań | 45 | 0:30:19 | 5:56 | 0:59:35 |
| 76 | 54 | K-30 | 2 | F | 11 | MAŁGORZATA JĘDRASZAK | | Poznań | 37 | 0:29:12 | 5:57 | 0:59:38 |

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| Miejsce | Nr startowy | Kategoria | M w kat | Płeć | M w Płeć | Zawodnik | Klub | Miasto | Wiek | po 5km | Tempo | Czas |
|---------|-------------|-----------|---------|------|----------|-------------------------|--|------------------|------|---------|-------|---------|
| 77 | 3 | K-30 | 3 | F | 12 | KATARZYNA BARTOSZEK | Rogozińscy Pasjonaci Biegania | Nienawiszcz | 38 | 0:29:54 | 5:57 | 0:59:40 |
| 78 | 149 | M-60+ | 2 | M | 66 | WŁADYSŁAW WIECZORKOWSKI | | Poznań | 68 | 0:28:48 | 5:58 | 0:59:43 |
| 79 | 4 | K-30 | 4 | F | 13 | MAGDALENA BENTKOWSKA | Dirty Sparrows | Poznań | 37 | 0:29:06 | 6:00 | 1:00:08 |
| 80 | 30 | M-30 | 15 | M | 67 | BARTOSZ TASAREK | | Poznań | 31 | 0:29:53 | 6:01 | 1:00:19 |
| 81 | 56 | K-30 | 5 | F | 14 | ELA WINNIK | | Mrowino | 37 | 0:29:45 | 6:02 | 1:00:28 |
| 82 | 49 | M-60+ | 3 | M | 68 | PIOTR KUCZYŃSKI | NKB Chyży Nowy Tomyśl | Poznań | 68 | 0:30:58 | 6:01 | 1:00:29 |
| 83 | 34 | M-40 | 29 | M | 69 | KRYSTIAN BRYCHCZYŃSKI | Hernik Team | Poznań | 44 | 0:29:46 | 6:03 | 1:00:41 |
| 84 | 32 | M-40 | 30 | M | 70 | ŁUKASZ BOBROWSKI | Słynni Kenijczycy | Gniezno | 43 | 0:30:10 | 6:05 | 1:01:03 |
| 85 | 73 | M-20 | 12 | M | 71 | BARTOSZ ĆWIK | | Poznań | 27 | 0:29:23 | 6:05 | 1:01:05 |
| 86 | 9 | K-40 | 8 | F | 15 | KATARZYNA GALAS | HERNIK TEAM | Poznań | 45 | 0:30:09 | 6:06 | 1:01:07 |
| 87 | 129 | M-40 | 31 | M | 72 | MICHAŁ OSTACH | A KOSTKA Grupa Biegowa im. św. Stanisław | Gniezno | 43 | 0:29:52 | 6:08 | 1:01:31 |
| 88 | 102 | M-40 | 32 | M | 73 | MACIEJ BOCHEŃSKI | Endoholics | Murowana Goślina | 44 | 0:30:30 | 6:08 | 1:01:43 |
| 89 | 67 | K-50 | 2 | F | 16 | SYLWIA SILSKA | Atrakcyjne Towarzystwo | Potasze | 52 | 0:30:37 | 6:11 | 1:02:04 |
| 90 | 21 | M-30 | 16 | M | 74 | LESZEK ELLMANN | | Skórzewo | 33 | 0:29:42 | 6:11 | 1:02:06 |
| 91 | 48 | M-50 | 11 | M | 75 | BARTEK LEWANDOWSKI | | Poznań | 51 | 0:30:28 | 6:11 | 1:02:10 |
| 92 | 46 | M-50 | 12 | M | 76 | MARIUSZ KRZAK | Tarnowo Podgórne Biega | Chyby | 58 | 0:30:59 | 6:13 | 1:02:20 |
| 93 | 118 | M-40 | 33 | M | 77 | ROMAN MARCINIAK | | Czerwonak | 48 | 0:31:10 | 6:13 | 1:02:25 |
| 94 | 152 | M-40 | 34 | M | 78 | PIOTR DYMEL | | Lusowo | 47 | 0:29:51 | 6:14 | 1:02:36 |
| 95 | 52 | K-20 | 2 | F | 17 | KLAUDIA KUREK | | Opalenica | 26 | 0:30:42 | 6:16 | 1:02:48 |
| 96 | 41 | M-40 | 35 | M | 79 | DAWID SWOROWSKI | | Poznań | 40 | 0:30:41 | 6:21 | 1:03:45 |
| 97 | 59 | K-40 | 9 | F | 18 | ALEKSANDRA JAGODZIŃSKA | Jagoda Team | Owińska | 49 | 0:31:27 | 6:23 | 1:03:58 |
| 98 | 104 | M-40 | 36 | M | 80 | GRZEGORZ LEŚNIAK | Dirty Sparrows | Poznań | 49 | 0:30:44 | 6:24 | 1:04:11 |
| 99 | 58 | K-40 | 10 | F | 19 | ANNA JARZĘBOWSKA | | Poznań | 45 | 0:31:47 | 6:25 | 1:04:25 |
| 100 | 47 | M-50 | 13 | M | 81 | MIROŚLAW KUBIAK | GB Wielkopolscy Biegacze | Swarzędz | 59 | 0:31:41 | 6:26 | 1:04:31 |
| 101 | 11 | K-40 | 11 | F | 20 | ANITA JADCZAK | Krotoszyńska Grupa Biegowa | Krotoszyn | 46 | 0:32:47 | 6:33 | 1:05:42 |
| 102 | 14 | K-40 | 12 | F | 21 | LUIZA TROCKA | Troccy biegają | Poznań | 44 | 0:32:33 | 6:35 | 1:06:05 |
| 103 | 26 | M-30 | 17 | M | 82 | PAWEŁ PIEPRZYK | LZS Sowy | Poznań | 37 | 0:31:56 | 6:36 | 1:06:11 |
| 104 | 66 | K-40 | 13 | F | 22 | ELA JAKUBOWSKA | Parkrun Jezioro Swarzędzkie | Swarzędz | 44 | 0:32:44 | 6:36 | 1:06:13 |
| 105 | 135 | M-50 | 14 | M | 83 | BARTŁOMIEJ ANDRZEJEWSKI | | Ługi | 52 | 0:31:42 | 6:37 | 1:06:27 |
| 106 | 125 | M-40 | 37 | M | 84 | JACEK JARZYŃSKI | | Poznań | 42 | 0:32:43 | 6:38 | 1:06:33 |
| 107 | 143 | M-50 | 15 | M | 85 | TOMASZ WAŁOWSKI | | Owińska | 50 | 0:32:17 | 6:38 | 1:06:35 |
| 108 | 91 | M-30 | 18 | M | 86 | PIOTR MALCZEWSKI | | Poznań | 30 | 0:31:45 | 6:39 | 1:06:40 |
| 109 | 19 | M-30 | 19 | M | 87 | KAMIL AST | | Poznań | 36 | 0:32:41 | 6:39 | 1:06:40 |
| 110 | 55 | K-30 | 6 | F | 23 | MONIKA FLAJSZER | Obornicki Klub Lekkoatletyczny | Oborniki | 34 | 0:32:36 | 6:39 | 1:06:51 |
| 111 | 107 | M-40 | 38 | M | 88 | PAWEŁ MISZTAŁ | Mistrzowski Trening | Poznań | 42 | 0:31:55 | 6:42 | 1:07:11 |
| 112 | 85 | M-30 | 20 | M | 89 | RADOŚLAW ŁOSIN | | Poznań | 35 | 0:34:13 | 6:43 | 1:07:26 |
| 113 | 103 | M-40 | 39 | M | 90 | PIOTR HAŃCZAK | Strzeszyn Biega | Poznań | 47 | 0:32:40 | 6:46 | 1:07:55 |
| 114 | 142 | M-50 | 16 | M | 91 | DARIUSZ GOCYLA | | Poznań | 58 | 0:33:21 | 6:49 | 1:08:24 |

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| Miejsce | Nr startowy | Kategoria | M w kat | Płeć | M w Płeć | Zawodnik | Klub | Miasto | Wiek | po 5km | Tempo | Czas |
|---------|-------------|-----------|---------|------|----------|-----------------------|----------------------------|--------------------|------|---------|-------|---------|
| 115 | 126 | M-40 | 40 | M | 92 | MARCIN SZYMCZAK | | Poznań | 46 | 0:33:34 | 6:51 | 1:08:43 |
| 116 | 53 | K-20 | 3 | F | 24 | AGNIESZKA KWITA | | Kopanina | 22 | 0:33:59 | 6:55 | 1:09:19 |
| 117 | 5 | K-30 | 7 | F | 25 | EWA BOCHĘSKA | | Miękowo | 36 | 0:33:24 | 7:02 | 1:10:27 |
| 118 | 134 | M-40 | 41 | M | 93 | JAKUB POTERSKI | mjpdruk.pl / #bezsensu | Poznań | 44 | 0:33:59 | 7:03 | 1:10:42 |
| 119 | 117 | M-40 | 42 | M | 94 | PIOTR KURZAWSKI | | Poznań | 43 | 0:34:10 | 7:05 | 1:11:07 |
| 120 | 51 | K-16 | 1 | F | 26 | ANIELA KURZAWSKA | | Poznań | 16 | 0:34:15 | 7:05 | 1:11:07 |
| 121 | 42 | M-50 | 17 | M | 95 | PIOTR JADCZAK | Krotoszyńska Grupa Biegowa | Krotoszyn | 54 | 0:34:16 | 7:06 | 1:11:13 |
| 122 | 150 | M-60+ | 4 | M | 96 | MAREK BOGUSZ | Wałka Kostrzyn | Kostrzyn | 65 | 0:34:42 | 7:17 | 1:13:10 |
| 123 | 22 | M-30 | 21 | M | 97 | ZBIGNIEW MAKOSZ | | Poznań | 31 | 0:36:40 | 7:27 | 1:14:50 |
| 124 | 13 | K-40 | 14 | F | 27 | HONORATA SŁAWECKA | | Poznań | 41 | 0:36:08 | 7:29 | 1:15:06 |
| 125 | 68 | K-50 | 3 | F | 28 | MAŁGORZATA CHLEBOWSKA | | Środa Wielkopolska | 52 | 0:37:13 | 7:32 | 1:15:36 |
| 126 | 60 | K-40 | 15 | F | 29 | ANNA MICHALSKA | | Środa Wielkopolska | 47 | 0:37:12 | 7:32 | 1:15:36 |
| 127 | 123 | M-40 | 43 | M | 98 | WOJTEK WYSOCKI | Ks Drzyż zelowy | Poznań | 41 | 0:36:44 | 7:36 | 1:16:11 |
| 128 | 141 | M-50 | 18 | M | 99 | MARCIN HERWICHOWSKI | Tarnowo Podgórne Biega | Luboń | 51 | 0:37:03 | 7:42 | 1:17:14 |