

zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl
Data: 30.11.2013 r.
Dystans: 5km
Miejscowość: Poznań



Klasyfikacja: OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Wynik | M | K |
|------|---------|-----------------------|-----------------------|-----------------------------|--------|------------|-----------|------------|--------------|------------|------------|----------|----|---|
| 1 | 34 | NOWICKI SEBASTIAN | OBORNIKI | BRAVE HEART | POLSKA | 1994 | M16 | 1 | 3:06 | 19,4 | 00:15:28 | 00:15:28 | 1 | |
| 2 | 1 | MUŚLEWSKI MACIEJ | POZNAŃ | SKLEPBIEGACZA.PL - POZNAŃ | POLSKA | 1987 | M16 | 2 | 3:11 | 18,8 | 00:15:55 | 00:15:55 | 2 | |
| 3 | 14 | LECHNIAK HUBERT | BUK | SKLEPBIEGACZA.PL-POZNAŃ | POLSKA | 1986 | M16 | 3 | 3:18 | 18,2 | 00:16:30 | 00:16:30 | 3 | |
| 4 | 515 | KRAWCZYK JACEK | POZNAŃ | UAM TRIATHLON | POLSKA | 1996 | M16 | 4 | 3:23 | 17,8 | 00:16:53 | 00:16:53 | 4 | |
| 5 | 5 | PRZYMUSIŃSKI FILIP | POZNAŃ | UAM TRIATHLON | POLSKA | 1983 | M16 | 5 | 3:24 | 17,6 | 00:17:00 | 00:17:01 | 5 | |
| 6 | 866 | WOJTASZAK PAWEŁ | POZNAŃ | SKLEPBIEGACZA.PL - POZNAŃ | POLSKA | 1996 | M16 | 6 | 3:25 | 17,5 | 00:17:07 | 00:17:07 | 6 | |
| 7 | 16 | PLUCIŃSKI RADOSŁAW | SWARZĘDZ | KB MANIACK POZNAŃ | POLSKA | 1989 | M16 | 7 | 3:27 | 17,4 | 00:17:14 | 00:17:14 | 7 | |
| 8 | 41 | GRZEŚ ANDRZEJ | ŚREM | MOS ŚREM | POLSKA | 1994 | M16 | 8 | 3:28 | 17,3 | 00:17:22 | 00:17:22 | 8 | |
| 9 | 203 | MAJŁOWSKI PIOTR | POZNAŃ | TURBO ŻÓŁWIE | POLSKA | 1988 | M16 | 9 | 3:29 | 17,2 | 00:17:23 | 00:17:24 | 9 | |
| 10 | 679 | GRACZYK ADRIAN | CZARNKÓW | | POLSKA | 1988 | M16 | 10 | 3:30 | 17,2 | 00:17:28 | 00:17:28 | 10 | |
| 11 | 224 | TOMCZAK ADAM | POZNAŃ | GOGGLE PRO ACTIVE EYEWEAR | POLSKA | 1982 | M16 | 11 | 3:31 | 17,1 | 00:17:31 | 00:17:33 | 11 | |
| 12 | 20 | WŁODARIEWICZ DOMINIK | POZNAŃ | VEGE RUNNERS | POLSKA | 1974 | M30 | 1 | 3:32 | 17,0 | 00:17:39 | 00:17:40 | 12 | |
| 13 | 7 | NASKRĘT SŁAWOMIR | GRZEBIENISKO | SKLEPBIEGACZA.PL POZNAŃ | POLSKA | 1974 | M30 | 2 | 3:33 | 16,9 | 00:17:43 | 00:17:43 | 13 | |
| 14 | 26 | KOWALCZYK ANDRZEJ | ŁEKNO | GRAND PRIX POZNANIA TEAM | POLSKA | 1987 | M16 | 12 | 3:33 | 16,9 | 00:17:43 | 00:17:44 | 14 | |
| 15 | 180 | WOŹNIAK PIOTR | SIERAKÓW WIELKOPOLSKI | | POLSKA | 1996 | M16 | 13 | 3:33 | 16,9 | 00:17:42 | 00:17:44 | 15 | |
| 16 | 320 | KORYTOWSKI DANIEL | SWARZĘDZ | NIGHT RUNNERS | POLSKA | 1974 | M30 | 3 | 3:34 | 16,8 | 00:17:50 | 00:17:51 | 16 | |
| 17 | 857 | STANCAK JANUSZ | POZNAN | KB KOSYNIER WRZESNIA | POLSKA | 1960 | M50 | 1 | 3:35 | 16,7 | 00:17:55 | 00:17:55 | 17 | |
| 18 | 861 | GAWĘŁ MICHAŁ | GNIEZNO | KS UAM TRIATHLON POZNAŃ | POLSKA | 1994 | M16 | 14 | 3:36 | 16,7 | 00:17:59 | 00:17:59 | 18 | |
| 19 | 135 | LASOŃ PRZEMEK | RADOMSKO | | POLSKA | 1990 | M16 | 15 | 3:36 | 16,7 | 00:17:58 | 00:17:59 | 19 | |
| 20 | 199 | JANKOWIAK PAWEŁ | NOWY TOMYŚL | PAPROĆ | POLSKA | 1989 | M16 | 16 | 3:36 | 16,7 | 00:17:59 | 00:18:00 | 20 | |
| 21 | 158 | POZORSKI BARTOSZ | WILCZYN | UNIwersytet Medyczny Poznań | POLSKA | 1988 | M16 | 17 | 3:37 | 16,6 | 00:18:03 | 00:18:03 | 21 | |
| 22 | 33 | KOTKOWSKI PIOTR | POZNAŃ | DRUŻYNA SZPIKU | POLSKA | 1975 | M30 | 4 | 3:37 | 16,6 | 00:18:04 | 00:18:04 | 22 | |
| 23 | 6 | GACKI ROBERT | POZNAŃ | STR POZNAŃ | POLSKA | 1984 | M16 | 18 | 3:37 | 16,6 | 00:18:07 | 00:18:07 | 23 | |
| 24 | 587 | BŁASZCZAK KRYSZTOF | NIEPRUSZEWO | BUKOWSKI KLUB BIEGACZA | POLSKA | 1983 | M16 | 19 | 3:38 | 16,5 | 00:18:10 | 00:18:12 | 24 | |
| 25 | 858 | MATUSZEWSKI MACIEJ | ŚRODA WLKP. | KB AKTYWNI ŚRODA WLKP. | POLSKA | 1977 | M30 | 5 | 3:42 | 16,2 | 00:18:30 | 00:18:32 | 25 | |
| 26 | 353 | MADAJ JACEK | MUROWANA GOŚLINA | MADAJ TEAM | POLSKA | 1991 | M16 | 20 | 3:43 | 16,2 | 00:18:34 | 00:18:34 | 26 | |
| 27 | 1118 | DERWICH SZYMON | POZNAŃ | | POLSKA | 1984 | M16 | 21 | 3:43 | 16,1 | 00:18:34 | 00:18:35 | 27 | |
| 28 | 909 | MIELNICZAK ARTUR | POZNAŃ | XXXXXXXXXXXXXXXXXXXX | POLSKA | 1976 | M30 | 6 | 3:43 | 16,1 | 00:18:35 | 00:18:36 | 28 | |
| 29 | 1062 | KOŁODZIEJCZYK BARTOSZ | CHODZIEŻ | CORRATEC TEAM | POLSKA | 1993 | M16 | 22 | 3:45 | 16,0 | 00:18:44 | 00:18:45 | 29 | |
| 30 | 96 | KALETA WALDEMAR | POZNAŃ | | POLSKA | 1972 | M30 | 7 | 3:45 | 16,0 | 00:18:44 | 00:18:47 | 30 | |
| 31 | 784 | KRÓLIKOWSKI EDWARD | PLEWISKA | KB MANIAC POZNAŃ | POLSKA | 1970 | M30 | 8 | 3:46 | 16,0 | 00:18:46 | 00:18:48 | 31 | |
| 32 | 689 | WOLNY ZBIGNIEW | STĘSZEW | | POLSKA | 1970 | M30 | 9 | 3:46 | 15,9 | 00:18:47 | 00:18:49 | 32 | |
| 33 | 930 | WIĄCZEK KAROL | POZNAŃ | VOLKSWAGEN POZNAŃ / XTRI.PL | POLSKA | 1984 | M16 | 23 | 3:47 | 15,8 | 00:18:55 | 00:18:56 | 33 | |
| 34 | 765 | WŁASZCZYK TOMASZ | SWARZĘDZ | | POLSKA | 1966 | M30 | 10 | 3:47 | 15,8 | 00:18:55 | 00:18:57 | 34 | |
| 35 | 476 | NOWAK GRZEGORZ | OLSZÓWKA | NIGHT RUNNERS | POLSKA | 1989 | M16 | 24 | 3:48 | 15,8 | 00:18:55 | 00:18:58 | 35 | |
| 36 | 1126 | WIECZOREK ŁUKASZ | POZNAŃ | | POLSKA | 1986 | M16 | 25 | 3:48 | 15,8 | 00:18:56 | 00:18:58 | 36 | |
| 37 | 608 | ZAGÓRSKI TOMASZ | DOPIEWO | ZAGÓRSZCZAKI | POLSKA | 1980 | M16 | 26 | 3:48 | 15,8 | 00:18:57 | 00:18:59 | 37 | |
| 38 | 408 | MIERZWA WITOLD | DARŁOWO | DARŁOWO | POLSKA | 1974 | M30 | 11 | 3:48 | 15,8 | 00:18:59 | 00:19:00 | 38 | |
| 39 | 144 | BŁASZAK ŁUKASZ | POZNAŃ | | POLSKA | 1976 | M30 | 12 | 3:48 | 15,8 | 00:18:58 | 00:19:02 | 39 | |
| 40 | 709 | SZPIR MACIEJ | POZNAŃ | BBL POZNAŃ | POLSKA | 1984 | M16 | 27 | 3:48 | 15,8 | 00:19:02 | 00:19:02 | 40 | |
| 41 | 66 | ZAWIDZKI DARIUSZ | POZNAŃ | NIGHT RUNNERS MISIE | POLSKA | 1984 | M16 | 28 | 3:48 | 15,8 | 00:19:01 | 00:19:02 | 41 | |
| 42 | 25 | SZCZESZEK ROBERT | POZNAŃ | SKLEPBIEGACZA.PL POZNAŃ | POLSKA | 1989 | M16 | 29 | 3:49 | 15,7 | 00:19:01 | 00:19:03 | 42 | |

zBiegiemNatury - Poznań

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Miejscowość: Poznań



Klasyfikacja: OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Wynik | M | K |
|------|---------|------------------------|---------------------|---------------------------------|---------|------------|-----------|------------|--------------|------------|------------|----------|----|---|
| 43 | 1020 | CZERSKI KRZYSZTOF | POZNAŃ | KB INTREX POZNAŃ | POLSKA | 1981 | M16 | 30 | 3:49 | 15,7 | 00:19:06 | 00:19:06 | 43 | |
| 44 | 1046 | KACZMAREK ADAM | JAROCIN | UAM TRIATHON | POLSKA | 1994 | M16 | 31 | 3:49 | 15,7 | 00:19:05 | 00:19:06 | 44 | |
| 45 | 559 | MISZTA SŁAWOMIR | POZNAŃ | NIEZRZESZONY | POLSKA | 1960 | M50 | 2 | 3:49 | 15,7 | 00:19:05 | 00:19:06 | 45 | |
| 46 | 67 | PTAK TOMASZ | LEDNOGÓRA | KU AZS POLITECHNIKA POZNAŃSKA | POLSKA | 1993 | M16 | 32 | 3:49 | 15,7 | 00:19:04 | 00:19:06 | 46 | |
| 47 | 1013 | PŁOCIENICZAK JACEK | LESZNO | | POLSKA | 1994 | M16 | 33 | 3:50 | 15,7 | 00:19:07 | 00:19:08 | 47 | |
| 48 | 804 | BOROWCZYK SEBASTIAN | POZNAŃ | | POLSKA | 1988 | M16 | 34 | 3:50 | 15,7 | 00:19:09 | 00:19:09 | 48 | |
| 49 | 1022 | HEJZA MICHAŁ | NAKŁO NAD NOTECIĄ | UAM POZNAŃ | POLSKA | 1992 | M16 | 35 | 3:50 | 15,6 | 00:19:10 | 00:19:12 | 49 | |
| 50 | 278 | MAIK PIOTR | DOPIEWO | SPRINT DOPIEWO | POLSKA | 1978 | M30 | 13 | 3:51 | 15,6 | 00:19:14 | 00:19:17 | 50 | |
| 51 | 477 | MICH SZYMON | OLSZTYN | BBL POZNAŃ | POLSKA | 1984 | M16 | 36 | 3:51 | 15,6 | 00:19:14 | 00:19:17 | 51 | |
| 52 | 792 | BŁASZYK PRZEMYSŁAW | PNIEWY | MLUKS TRIATHLON KOŁO | POLSKA | 1984 | M16 | 37 | 3:52 | 15,5 | 00:19:19 | 00:19:19 | 52 | |
| 53 | 8 | SOBAŃSKA MAŁGORZATA | SUCHY LAS | TIME2RUN.PL | POLSKA | 1969 | K30 | 1 | 3:52 | 15,5 | 00:19:19 | 00:19:20 | | 1 |
| 54 | 955 | FLUKS SZYMON | POZNAŃ | KB MANIAC POZNAŃ | POLSKA | 1983 | M16 | 38 | 3:53 | 15,5 | 00:19:24 | 00:19:25 | 53 | |
| 55 | 124 | WIECZOREK FILIP | OWIŃSKA | NIGHT RUNNERS | POLSKA | 1987 | M16 | 39 | 3:53 | 15,5 | 00:19:25 | 00:19:25 | 54 | |
| 56 | 851 | KLÓJ ŁUKASZ | POZNAŃ | NIEZRZESZONY- POZNAŃ | POLSKA | 1978 | M30 | 14 | 3:53 | 15,4 | 00:19:25 | 00:19:26 | 55 | |
| 57 | 378 | JANACZYK SZYMON | KLECZEW | | POLSKA | 1996 | M16 | 40 | 3:54 | 15,4 | 00:19:26 | 00:19:28 | 56 | |
| 58 | 23 | NIEMYT ADAM | POZNAŃ | KB MANIAC POZNAŃ | POLSKA | 1989 | M16 | 41 | 3:54 | 15,4 | 00:19:27 | 00:19:28 | 57 | |
| 59 | 1100 | RINGQVIST FREDRIK | STOCKHOLM | DJURGARDEN | SZWECJA | 1977 | M30 | 15 | 3:54 | 15,4 | 00:19:29 | 00:19:29 | 58 | |
| 60 | 1216 | KOŁDYKA MARCIN | POZNAŃ | POZNAŃBIEGA.PL | | 1980 | M16 | 42 | 3:54 | 15,4 | 00:19:29 | 00:19:31 | 59 | |
| 61 | 468 | BALICKI ARTUR | POZNAŃ | SL OLIMPIA POZNAŃ | POLSKA | 1997 | M16 | 43 | 3:55 | 15,3 | 00:19:31 | 00:19:34 | 60 | |
| 62 | 298 | GEZELA MARIUSZ | POZNAŃ | BBL POZNAŃ | POLSKA | 1980 | M16 | 44 | 3:55 | 15,3 | 00:19:33 | 00:19:35 | 61 | |
| 63 | 518 | BUCZKOWSKI DARIUSZ | POZNAŃ | NIGHT RUNNERS | POLSKA | 1977 | M30 | 16 | 3:56 | 15,3 | 00:19:36 | 00:19:38 | 62 | |
| 64 | 227 | PERZ KAMIL | POZNAŃ | DRUŻYNA SZPIKU / AZS AWF POZNAŃ | POLSKA | 1992 | M16 | 45 | 3:56 | 15,2 | 00:19:38 | 00:19:41 | 63 | |
| 65 | 1105 | LEWANDOWSKI MATEUSZ | POZNAŃ | TC-TEAM.PL | POLSKA | 1987 | M16 | 46 | 3:56 | 15,2 | 00:19:41 | 00:19:42 | 64 | |
| 66 | 908 | JANICKI JÓZEF | NOWE MIASTO N/WARTĄ | AZS POZNAŃ | POLSKA | 1963 | M50 | 3 | 3:57 | 15,2 | 00:19:44 | 00:19:44 | 65 | |
| 67 | 1156 | KAFARSKI PAWEŁ | POZNAŃ | NARTY BIEGOWE POZNAŃ | | 1960 | M50 | 4 | 3:57 | 15,2 | 00:19:43 | 00:19:47 | 66 | |
| 68 | 481 | ZDANOWSKI TOMASZ | POZNAŃ | ENDUHUB.COM | POLSKA | 1972 | M30 | 17 | 3:58 | 15,1 | 00:19:48 | 00:19:49 | 67 | |
| 69 | 487 | GÓRNY ROBERT | POZNAŃ | | POLSKA | 1972 | M30 | 18 | 3:58 | 15,1 | 00:19:52 | 00:19:52 | 68 | |
| 70 | 232 | RYSIUKIEWICZ STANISŁAW | POZNAŃ | NIGHT RUNNERS | POLSKA | 1975 | M30 | 19 | 3:59 | 15,1 | 00:19:51 | 00:19:53 | 69 | |
| 71 | 500 | WIERZBICKI MICHAŁ | ŚWIEBODZIN | KS BABOL ŚWIEBODZIN | POLSKA | 1991 | M16 | 47 | 3:59 | 15,1 | 00:19:53 | 00:19:54 | 70 | |
| 72 | 422 | KUC JAROSŁAW | OBORNIKI | G 3 OBORNIKI | POLSKA | 1970 | M30 | 20 | 3:59 | 15,1 | 00:19:53 | 00:19:55 | 71 | |
| 73 | 727 | BIAŁCZYK MARCIN | WITOSŁAW | PRESS-SERVICE MONITORING MEDIÓW | POLSKA | 1987 | M16 | 48 | 3:59 | 15,1 | 00:19:53 | 00:19:56 | 72 | |
| 74 | 316 | DANEK ŁUKASZ | GOSTYŃ | TYLKO PINK FLOYD | POLSKA | 1988 | M16 | 49 | 3:59 | 15,0 | 00:19:55 | 00:19:57 | 73 | |
| 75 | 136 | ROTH ŁUKASZ | POZNAŃ | NIGHT RUNNERS | POLSKA | 1979 | M16 | 50 | 3:59 | 15,0 | 00:19:56 | 00:19:57 | 74 | |
| 76 | 800 | BISKUPSKI PIOTR | POZNAŃ | | POLSKA | 1976 | M30 | 21 | 4:00 | 15,0 | 00:19:55 | 00:19:58 | 75 | |
| 77 | 107 | SZAŁKOWSKI ŁUKASZ | SUCHY LAS | NIGHT RUNNERS | POLSKA | 1981 | M16 | 51 | 4:00 | 15,0 | 00:19:59 | 00:19:59 | 76 | |
| 78 | 102 | NAJEWSKI MARCIN | POZNAŃ | ORŁY FUNDACJA RAK-OFF | POLSKA | 1982 | M16 | 52 | 4:00 | 15,0 | 00:19:59 | 00:20:02 | 77 | |
| 79 | 537 | URBANOWICZ TOMASZ | MIŁOŚLAW | MIŁOŚLAW FORTUNA TEAM | POLSKA | 1969 | M30 | 22 | 4:01 | 15,0 | 00:20:01 | 00:20:03 | 78 | |
| 80 | 534 | KOWALSKI MICHAŁ | POZNAŃ | STOCZNIOWIEC POZNAŃ | POLSKA | 1982 | M16 | 53 | 4:02 | 14,9 | 00:20:09 | 00:20:11 | 79 | |
| 81 | 1002 | CIESŁAK AGNIESZKA | SLESIN | KS AZS AWF KATOWICE | POLSKA | 1989 | K16 | 1 | 4:02 | 14,9 | 00:20:12 | 00:20:12 | | 2 |
| 82 | 748 | DANEK MACIEJ | POZNAŃ | | POLSKA | 1973 | M30 | 23 | 4:03 | 14,8 | 00:20:13 | 00:20:13 | 80 | |
| 83 | 171 | DUDUŚ MAREK | POZNAŃ | KB MANIAC POZNAŃ | POLSKA | 1971 | M30 | 24 | 4:03 | 14,8 | 00:20:14 | 00:20:15 | 81 | |
| 84 | 519 | WYKA SZYMON | POZNAŃ | WEST SPORTS TEAM | POLSKA | 1990 | M16 | 54 | 4:03 | 14,8 | 00:20:11 | 00:20:15 | 82 | |

zBiegiemNatury - Poznań

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Miejscowość: Poznań



Klasyfikacja: OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Wynik | M | K |
|------|---------|-------------------------|-------------|---------------------------------------|--------|------------|-----------|------------|--------------|------------|------------|----------|-----|---|
| 85 | 530 | ŻOŁDAK PRZEMYSŁAW | WITKOWO | | POLSKA | 1977 | M30 | 25 | 4:04 | 14,8 | 00:20:18 | 00:20:18 | 83 | |
| 86 | 93 | MIERZEJEWSKI BARTOSZ | POZNAŃ | BBL POZNAŃ | POLSKA | 1987 | M16 | 55 | 4:04 | 14,8 | 00:20:17 | 00:20:20 | 84 | |
| 87 | 293 | WIECZORKOWSKI WŁADYSŁAW | POZNAŃ | | POLSKA | 1956 | M50 | 5 | 4:04 | 14,8 | 00:20:17 | 00:20:20 | 85 | |
| 88 | 122 | FRAK TOMASZ | SIERAKÓW | | POLSKA | 1982 | M16 | 56 | 4:04 | 14,7 | 00:20:21 | 00:20:21 | 86 | |
| 89 | 919 | CHOJAN SŁAWOMIR | POZNAŃ | | POLSKA | 1980 | M16 | 57 | 4:04 | 14,7 | 00:20:20 | 00:20:22 | 87 | |
| 90 | 920 | SKOTARCZAK ŁUKASZ | POZNAŃ | | POLSKA | 1984 | M16 | 58 | 4:04 | 14,7 | 00:20:20 | 00:20:22 | 88 | |
| 91 | 668 | ZIELIŃSKI PATRYK | POZNAŃ | | POLSKA | 1987 | M16 | 59 | 4:05 | 14,7 | 00:20:22 | 00:20:24 | 89 | |
| 92 | 268 | SUNDBERG MARC | BORÓWIEC | | POLSKA | 1979 | M16 | 60 | 4:06 | 14,6 | 00:20:29 | 00:20:29 | 90 | |
| 93 | 583 | SZLENK LESZEK | KOMORNIKI | DRUŻYNA ZBÓJA | POLSKA | 1981 | M16 | 61 | 4:06 | 14,6 | 00:20:29 | 00:20:32 | 91 | |
| 94 | 669 | EKERT MICHAŁ | POZNAŃ | SL OLIMPIA POZNAŃ | POLSKA | 1997 | M16 | 62 | 4:07 | 14,6 | 00:20:31 | 00:20:33 | 92 | |
| 95 | 376 | KUBIAK MICHAŁ | POZNAŃ | NIGHT RUNNERS | POLSKA | 1981 | M16 | 63 | 4:07 | 14,6 | 00:20:29 | 00:20:33 | 93 | |
| 96 | 597 | GALICKI ROBERT | POZNAŃ | R-RUN | POLSKA | 1972 | M30 | 26 | 4:07 | 14,6 | 00:20:33 | 00:20:35 | 94 | |
| 97 | 149 | KRAŚNIEWSKI JAKUB | POZNAŃ | DZIECIOROBY | POLSKA | 1978 | M30 | 27 | 4:08 | 14,5 | 00:20:37 | 00:20:39 | 95 | |
| 98 | 261 | ŁAWNICZAK TOMASZ | POZNAŃ | KB MANIAC POZNAŃ | POLSKA | 1982 | M16 | 64 | 4:09 | 14,5 | 00:20:39 | 00:20:44 | 96 | |
| 99 | 70 | GAŁKA OSKAR | POZNAŃ | ORŁY FUNDACJA RAK-OFF | POLSKA | 1984 | M16 | 65 | 4:09 | 14,5 | 00:20:42 | 00:20:45 | 97 | |
| 100 | 1034 | MATYSIAK MARCIN | KLESZCZEWO | BRAK | POLSKA | 1989 | M16 | 66 | 4:09 | 14,5 | 00:20:43 | 00:20:45 | 98 | |
| 101 | 65 | LIGĘZA PATRYK | ZBĄSZYŃ | TKKF ŁABĘDŹ ZBĄSZYŃ | POLSKA | 1993 | M16 | 67 | 4:09 | 14,4 | 00:20:47 | 00:20:47 | 99 | |
| 102 | 774 | MALECKI DANIEL | POZNAŃ | NIGHT RUNNERS | POLSKA | 1988 | M16 | 68 | 4:09 | 14,4 | 00:20:37 | 00:20:47 | 100 | |
| 103 | 19 | CHABROS KAROLINA | POZNAŃ | SKLEPBIEGACZA.PL POZNAŃ/DRUŻYNA SZPIK | POLSKA | 1982 | K16 | 2 | 4:10 | 14,4 | 00:20:45 | 00:20:48 | | 3 |
| 104 | 21 | JOB PIOTR | POZNAŃ | ROLL4LIFE.PL ROLLERBLADE | POLSKA | 1975 | M30 | 28 | 4:10 | 14,4 | 00:20:44 | 00:20:48 | 101 | |
| 105 | 441 | CWOJDZIŃSKI PIOTR | POZNAŃ | NIGHT RUNNERS | POLSKA | 1978 | M30 | 29 | 4:10 | 14,4 | 00:20:45 | 00:20:49 | 102 | |
| 106 | 444 | NIEMIR TOMASZ | POZNAŃ | | POLSKA | 1993 | M16 | 69 | 4:10 | 14,4 | 00:20:47 | 00:20:49 | 103 | |
| 107 | 125 | WIECZOREK PAWEŁ | OWIŃSKA | 7DAK | POLSKA | 1987 | M16 | 70 | 4:10 | 14,4 | 00:20:44 | 00:20:49 | 104 | |
| 108 | 1176 | CZAJA PAULINA | TORUŃ | AZS UAM/ KM TRUCHCIK ŁUBIANKA | | 1994 | K16 | 3 | 4:10 | 14,4 | 00:20:47 | 00:20:50 | | 4 |
| 109 | 632 | BIELERZEWSKI KRZYSZTOF | POZNAŃ | WIELKOPOLSCY BIEGACZE/AWF POZNAŃ | POLSKA | 1991 | M16 | 71 | 4:10 | 14,4 | 00:20:49 | 00:20:51 | 105 | |
| 110 | 450 | KOCJAN PAWEŁ | POZNAŃ | NIGHT RUNNERS | POLSKA | 1979 | M16 | 72 | 4:10 | 14,4 | 00:20:48 | 00:20:51 | 106 | |
| 111 | 1085 | WOŹNIAK BŁAŻEJ | CZERWONAK | | POLSKA | 1992 | M16 | 73 | 4:10 | 14,4 | 00:20:50 | 00:20:51 | 107 | |
| 112 | 413 | PACZKOWSKI GERARD | POZNAŃ | DRUŻYNA SZPIKU | POLSKA | 1976 | M30 | 30 | 4:10 | 14,4 | 00:20:46 | 00:20:52 | 108 | |
| 113 | 881 | SADOWSKI ARKADIUSZ | OPALENICA | - | POLSKA | 1967 | M30 | 31 | 4:10 | 14,4 | 00:20:48 | 00:20:52 | 109 | |
| 114 | 1189 | HENECKOWSKA ANNA | - | UAM TRIATHLON POZNAŃ | | 1993 | K16 | 4 | 4:11 | 14,4 | 00:20:53 | 00:20:53 | | 5 |
| 115 | 698 | KOEBSCZ TOMASZ | POZNAŃ | | POLSKA | 1978 | M30 | 32 | 4:11 | 14,4 | 00:20:49 | 00:20:53 | 110 | |
| 116 | 253 | STEMPNIEWICZ MATEUSZ | POZNAŃ | ŚRODA RACING TEAM | POLSKA | 1992 | M16 | 74 | 4:11 | 14,3 | 00:20:50 | 00:20:55 | 111 | |
| 117 | 100 | PAGNANI ROBERT | POZNAŃ | | POLSKA | 1975 | M30 | 33 | 4:12 | 14,3 | 00:20:53 | 00:20:59 | 112 | |
| 118 | 9 | ŻUBEREK PIOTR | POZNAŃ | KB MANIAC POZNAŃ | POLSKA | 1971 | M30 | 34 | 4:12 | 14,3 | 00:20:55 | 00:20:59 | 113 | |
| 119 | 343 | DOMAŃSKI ŁUKASZ | PLEWISKA | VITALIA.PL | POLSKA | 1981 | M16 | 75 | 4:12 | 14,3 | 00:20:56 | 00:21:00 | 114 | |
| 120 | 769 | CICHORACKI PATRYK | GRUDZIĄDZ | | POLSKA | 1984 | M16 | 76 | 4:12 | 14,3 | 00:20:53 | 00:21:02 | 115 | |
| 121 | 263 | PASTWA KATARZYNA | POZNAŃ | POZNAŃBIEGA.PL | POLSKA | 1985 | K16 | 5 | 4:13 | 14,3 | 00:21:00 | 00:21:03 | | 6 |
| 122 | 267 | SUNDBERG MARIA | BORÓWIEC | | POLSKA | 1979 | K16 | 6 | 4:13 | 14,3 | 00:21:00 | 00:21:03 | | 7 |
| 123 | 789 | PECYNA AGATA | KOŁO | MLUKS TRIATHLON KOŁO | POLSKA | 1990 | K16 | 7 | 4:13 | 14,2 | 00:21:05 | 00:21:05 | | 8 |
| 124 | 443 | NIEMIR ALEKSANDER | POZNAŃ | KB MANIAC POZNAŃ | POLSKA | 1965 | M30 | 35 | 4:13 | 14,2 | 00:21:05 | 00:21:06 | 116 | |
| 125 | 944 | RUCKI MARCIN | POZNAŃ | TRENERTRIATHLONU.PL | POLSKA | 1978 | M30 | 36 | 4:13 | 14,2 | 00:21:02 | 00:21:06 | 117 | |
| 126 | 363 | RODZIEWICZ MARCIN | POZNAŃ | | POLSKA | 1985 | M16 | 77 | 4:13 | 14,2 | 00:21:02 | 00:21:07 | 118 | |

zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl
 Data: 30.11.2013 r.
 Dystans: 5km
 Miejscowość: Poznań



Klasyfikacja: OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Wynik | M | K |
|------|---------|--------------------------|------------------|-----------------------------|--------|------------|-----------|------------|--------------|------------|------------|----------|-----|----|
| 127 | 733 | WŁODARCZYK ŁUKASZ | POZNAŃ | NIGHT RUNNERS | POLSKA | 1980 | M16 | 78 | 4:14 | 14,2 | 00:21:01 | 00:21:08 | 119 | |
| 128 | 494 | PETZA MACIEJ | POZNAŃ | NIGHT RUNNERS | POLSKA | 1966 | M30 | 37 | 4:14 | 14,2 | 00:20:57 | 00:21:09 | 120 | |
| 129 | 640 | RATAJCZAK KRZYSZTOF | POZNAŃ | | POLSKA | 1980 | M16 | 79 | 4:14 | 14,2 | 00:21:02 | 00:21:09 | 121 | |
| 130 | 1172 | WEIGT PIOTR | PUSZCZYKOWO | DUM SPIRO SPERO | | 1972 | M30 | 38 | 4:14 | 14,2 | 00:21:01 | 00:21:09 | 122 | |
| 131 | 532 | BUDYCH BARTOSZ | BUK | BUKOWSKI KLUB BIEGACZA | POLSKA | 1979 | M16 | 80 | 4:14 | 14,2 | 00:21:07 | 00:21:10 | 123 | |
| 132 | 1193 | ŁUKASZEWSKI TOMASZ | POZNAŃ | KB MANIAC POZNAŃ | | 1959 | M50 | 6 | 4:14 | 14,2 | 00:21:06 | 00:21:10 | 124 | |
| 133 | 1027 | TOMIAK DOMINIK | KOMORNIKI | | POLSKA | 1980 | M16 | 81 | 4:14 | 14,2 | 00:21:02 | 00:21:11 | 125 | |
| 134 | 1102 | OLEJNICZAK MARCIN | WRZEŚNIA | | POLSKA | 1990 | M16 | 82 | 4:15 | 14,1 | 00:21:13 | 00:21:14 | 126 | |
| 135 | 811 | DOPIERAŁA TOMASZ | POZNAŃ | ZKOŁA | POLSKA | 1971 | M30 | 39 | 4:15 | 14,1 | 00:21:03 | 00:21:15 | 127 | |
| 136 | 157 | GLISZCZYŃSKI MIKOŁAJ | PNIEWY | NIGHT RUNNERS | POLSKA | 1980 | M16 | 83 | 4:15 | 14,1 | 00:21:02 | 00:21:15 | 128 | |
| 137 | 602 | JĘDRASZCZAK MAREK | POZNAŃ | | POLSKA | 1960 | M50 | 7 | 4:16 | 14,1 | 00:21:17 | 00:21:19 | 129 | |
| 138 | 965 | OKSZA STRZELECKI NORBERT | POZNAŃ | TRINERGIA | POLSKA | 1976 | M30 | 40 | 4:16 | 14,1 | 00:21:15 | 00:21:20 | 130 | |
| 139 | 615 | PAWLIK PIOTR | FRANKOWO | ENERGOBUD ODDZIAŁ POZNAŃ | POLSKA | 1987 | M16 | 84 | 4:16 | 14,1 | 00:21:13 | 00:21:20 | 131 | |
| 140 | 358 | ZOZULIŃSKI JAN | POZNAŃ | TARIS PUSZCZYKOWO | POLSKA | 1958 | M50 | 8 | 4:16 | 14,1 | 00:21:19 | 00:21:20 | 132 | |
| 141 | 1097 | KOCEŁO WOJCIECH | CYBINKA | CYBINKA | POLSKA | 1984 | M16 | 85 | 4:16 | 14,1 | 00:21:14 | 00:21:21 | 133 | |
| 142 | 524 | DEMBNA ALICJA | POZNAŃ | TOTAL RUNNERS | POLSKA | 1986 | K16 | 8 | 4:16 | 14,0 | 00:21:20 | 00:21:22 | | 9 |
| 143 | 277 | KANONICZAK KRZYSZTOF | POZNAŃ | JAKPOL SYSTEMY ALARMOWE | POLSKA | 1963 | M50 | 9 | 4:17 | 14,0 | 00:21:07 | 00:21:24 | 134 | |
| 144 | 928 | NIEDZIELSKI DARIUSZ | POZNAŃ | DRUŻYNA SZPIKU | POLSKA | 1980 | M16 | 86 | 4:17 | 14,0 | 00:21:24 | 00:21:27 | 135 | |
| 145 | 151 | WOJTKOWIAK ŁUKASZ | POZNAŃ | BIEGACZAMATOR | POLSKA | 1975 | M30 | 41 | 4:18 | 14,0 | 00:21:20 | 00:21:28 | 136 | |
| 146 | 755 | OCHOCKI KRZYSZTOF | KRZYSZKOWO | | POLSKA | 1975 | M30 | 42 | 4:18 | 14,0 | 00:21:26 | 00:21:29 | 137 | |
| 147 | 1070 | SIWIK MACIEJ | POZNAŃ | TOTAL RUNNERS | POLSKA | 1977 | M30 | 43 | 4:18 | 14,0 | 00:21:24 | 00:21:29 | 138 | |
| 148 | 1031 | KRAJEWSKI TOMASZ | POZNAŃ | | POLSKA | 1981 | M16 | 87 | 4:19 | 13,9 | 00:21:28 | 00:21:33 | 139 | |
| 149 | 1017 | KWIATKOWSKI AREK | SUCHY LAS | BBL POZNAŃ | POLSKA | 1978 | M30 | 44 | 4:19 | 13,9 | 00:21:27 | 00:21:33 | 140 | |
| 150 | 1203 | RUTKOWSKI TOMASZ | POZNAŃ | - | | 1985 | M16 | 88 | 4:19 | 13,9 | 00:21:24 | 00:21:33 | 141 | |
| 151 | 169 | KORBIK MARCIN | KOZIEGŁOWY | | POLSKA | 1987 | M16 | 89 | 4:19 | 13,9 | 00:21:26 | 00:21:34 | 142 | |
| 152 | 863 | JAŁOWSKI SZYMON | POZNAŃ | | POLSKA | 1976 | M30 | 45 | 4:20 | 13,9 | 00:21:32 | 00:21:38 | 143 | |
| 153 | 563 | PRZYBYŁAK MACIEJ | PRZEŹMIEROWO | NIGHT RUNNERS | POLSKA | 1985 | M16 | 90 | 4:20 | 13,8 | 00:21:38 | 00:21:41 | 144 | |
| 154 | 823 | ŁOSIAK MIKOŁAJ | POZNAŃ | MORSOWANIE.PL | POLSKA | 1985 | M16 | 91 | 4:20 | 13,8 | 00:21:38 | 00:21:42 | 145 | |
| 155 | 904 | NOWAK BARTŁOMIEJ | WYSOGÓTOWO | BIKEWORLD | POLSKA | 1976 | M30 | 46 | 4:20 | 13,8 | 00:21:40 | 00:21:42 | 146 | |
| 156 | 129 | WOJTYSIAK MICHAŁ | POZNAŃ | NIGHT RUNNERS | POLSKA | 1989 | M16 | 92 | 4:21 | 13,8 | 00:21:26 | 00:21:43 | 147 | |
| 157 | 829 | DUTKIEWICZ MICHAŁ | POZNAŃ | | POLSKA | 1984 | M16 | 93 | 4:21 | 13,8 | 00:21:35 | 00:21:44 | 148 | |
| 158 | 548 | KACZMAREK KRZYSZTOF | POZNAŃ | | POLSKA | 1982 | M16 | 94 | 4:21 | 13,8 | 00:21:36 | 00:21:44 | 149 | |
| 159 | 214 | HOJAN ŁUKASZ | POZNAŃ | NIGHT RUNNERS | POLSKA | 1985 | M16 | 95 | 4:21 | 13,8 | 00:21:42 | 00:21:45 | 150 | |
| 160 | 73 | MILANOWSKA KAJA | POZNAŃ | VITAINSILICA, NIGHT RUNNERS | POLSKA | 1984 | K16 | 9 | 4:21 | 13,8 | 00:21:42 | 00:21:45 | | 10 |
| 161 | 113 | DOMAGAŁA MARCIN | POZNAŃ | NIGHT RUNNERS | POLSKA | 1985 | M16 | 96 | 4:21 | 13,8 | 00:21:43 | 00:21:46 | 151 | |
| 162 | 629 | KUNERT ŁUKASZ | POZNAN | WEST SPORTS TEAM | POLSKA | 1989 | M16 | 97 | 4:21 | 13,8 | 00:21:40 | 00:21:46 | 152 | |
| 163 | 547 | IŁOWIECKI DOMINIK | POZNAŃ | NIGHT RUNNERS MISIE | POLSKA | 1979 | M16 | 98 | 4:22 | 13,8 | 00:21:43 | 00:21:49 | 153 | |
| 164 | 405 | MADAJ ZUZANNA | MUROWANA GOŚLINA | MADAJ TEAM | POLSKA | 1991 | K16 | 10 | 4:22 | 13,7 | 00:21:45 | 00:21:50 | | 11 |
| 165 | 177 | FRĄCKOWIAK JACEK | SUCHY LAS | | POLSKA | 1984 | M16 | 99 | 4:22 | 13,7 | 00:21:31 | 00:21:51 | 154 | |
| 166 | 1003 | SOWA MARCIN | POZNAŃ | NIGHT RUNNERS | POLSKA | 1986 | M16 | 100 | 4:22 | 13,7 | 00:21:41 | 00:21:52 | 155 | |
| 167 | 390 | STARKOWSKI SZYMON | POZNAN | | POLSKA | 1979 | M16 | 101 | 4:22 | 13,7 | 00:21:44 | 00:21:52 | 156 | |
| 168 | 210 | ŚNIEGOWSKI PIOTR | POZNAŃ | | POLSKA | 1966 | M30 | 47 | 4:23 | 13,7 | 00:21:45 | 00:21:53 | 157 | |

zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl
Data: 30.11.2013 r.
Dystans: 5km
Miejscowość: Poznań



Klasyfikacja: OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Wynik | M | K |
|------|---------|---------------------|------------------|------------------------------|--------|------------|-----------|------------|--------------|------------|------------|----------|-----|----|
| 169 | 372 | KOZUBSKI MACIEJ | POZNAŃ | APLAUZ DĄBRÓWKA | POLSKA | 1987 | M16 | 102 | 4:23 | 13,7 | 00:21:47 | 00:21:55 | 158 | |
| 170 | 824 | NICPOŃ PAWEŁ | POLANÓW | | POLSKA | 1987 | M16 | 103 | 4:24 | 13,7 | 00:21:54 | 00:21:58 | 159 | |
| 171 | 325 | JERZYKIEWICZ ROMAN | MIŁOSŁAW | MIŁOSŁAW FORTUNA TEAM | POLSKA | 1972 | M30 | 48 | 4:24 | 13,6 | 00:21:54 | 00:22:00 | 160 | |
| 172 | 97 | ZIĘBA MACIEJ | POZNAŃ | BBL POZNAŃ | POLSKA | 1982 | M16 | 104 | 4:24 | 13,6 | 00:21:56 | 00:22:00 | 161 | |
| 173 | 272 | GRZEŁKA TOMASZ | KAŻMIERZ | BRYGADA RUMCAJSA ROJBERA | POLSKA | 1983 | M16 | 105 | 4:24 | 13,6 | 00:21:54 | 00:22:01 | 162 | |
| 174 | 382 | OLSZEWSKI MARCIN | POZNAŃ | BIKETOP TEAM | POLSKA | 1976 | M30 | 49 | 4:24 | 13,6 | 00:21:52 | 00:22:01 | 163 | |
| 175 | 883 | JAZIKOWSKI PAWEŁ | POZNAŃ | - | POLSKA | 1972 | M30 | 50 | 4:24 | 13,6 | 00:21:56 | 00:22:02 | 164 | |
| 176 | 222 | ARGASIŃSKI MATEUSZ | POZNAŃ | DRUŻYNA ZBÓJA | POLSKA | 1983 | M16 | 106 | 4:25 | 13,6 | 00:21:51 | 00:22:03 | 165 | |
| 177 | 49 | BEDNARZ MATEUSZ | POZNAŃ | TOTAL RUNNERS | POLSKA | 1996 | M16 | 107 | 4:25 | 13,6 | 00:21:55 | 00:22:04 | 166 | |
| 178 | 758 | JURASZ WOJCIECH | POZNAŃ | | POLSKA | 1966 | M30 | 51 | 4:25 | 13,6 | 00:21:45 | 00:22:04 | 167 | |
| 179 | 925 | KACZMAREK MATEUSZ | LUBOŃ | SPP TEAM | POLSKA | 1982 | M16 | 108 | 4:25 | 13,6 | 00:21:52 | 00:22:05 | 168 | |
| 180 | 219 | MATUSIAK JAREK | POZNAŃ | RUNNERSPROJECT | POLSKA | 1975 | M30 | 52 | 4:25 | 13,6 | 00:21:55 | 00:22:05 | 169 | |
| 181 | 448 | NOWAK MARCIN | POZNAŃ | NIGHT RUNNERS | POLSKA | 1976 | M30 | 53 | 4:25 | 13,6 | 00:21:51 | 00:22:05 | 170 | |
| 182 | 1019 | RUTKOWSKI DAWID | SWARZĘDZ | DRUŻYNA SZPIKU | POLSKA | 1983 | M16 | 109 | 4:25 | 13,6 | 00:22:00 | 00:22:05 | 171 | |
| 183 | 555 | KAFTAŃSKI MICHAŁ | POZNAŃ | | POLSKA | 1982 | M16 | 110 | 4:25 | 13,6 | 00:21:56 | 00:22:07 | 172 | |
| 184 | 525 | ROSZAK DANIEL | KOMORNIKI | | POLSKA | 1978 | M30 | 54 | 4:25 | 13,6 | 00:22:00 | 00:22:07 | 173 | |
| 185 | 641 | OTOCKA KINGA | POZNAŃ | NIGHT RUNNERS | POLSKA | 1987 | K16 | 11 | 4:26 | 13,6 | 00:21:58 | 00:22:08 | | 12 |
| 186 | 946 | JANKOWIAK ADAM | LUBOŃ | SPP TEAM | POLSKA | 1983 | M16 | 111 | 4:26 | 13,5 | 00:22:01 | 00:22:12 | 174 | |
| 187 | 957 | PALUSZKIEWICZ RAFAŁ | LUBOŃ | SPP TEAM | POLSKA | 1976 | M30 | 55 | 4:27 | 13,5 | 00:22:03 | 00:22:14 | 175 | |
| 188 | 839 | BEDNAREK ARTUR | POBIEDZISKA | POBIEDZISKA | POLSKA | 1983 | M16 | 112 | 4:27 | 13,5 | 00:22:03 | 00:22:15 | 176 | |
| 189 | 1058 | KIEDROWSKI BARTOSZ | CHOJNICE | | POLSKA | 1987 | M16 | 113 | 4:27 | 13,5 | 00:22:02 | 00:22:16 | 177 | |
| 190 | 650 | RATAJCZAK RAJMUND | POZNAŃ | | POLSKA | 1962 | M50 | 10 | 4:27 | 13,5 | 00:22:03 | 00:22:16 | 178 | |
| 191 | 729 | SZULC RAFAŁ | POZNAŃ | | POLSKA | 1974 | M30 | 56 | 4:27 | 13,5 | 00:22:06 | 00:22:16 | 179 | |
| 192 | 341 | NAJDEREK MACIEJ | POZNAŃ | NIGHT RUNNERS | POLSKA | 1982 | M16 | 114 | 4:28 | 13,5 | 00:22:13 | 00:22:18 | 180 | |
| 193 | 492 | KAWKA MARCIN | POZNAŃ | NIGHT RUNNERS | POLSKA | 1979 | M16 | 115 | 4:28 | 13,4 | 00:22:13 | 00:22:20 | 181 | |
| 194 | 430 | WARCZYĞŁOWA ADAM | MIŁOSŁAW | MIŁOSŁAW FORTUNA TEAM | POLSKA | 1978 | M30 | 57 | 4:28 | 13,4 | 00:22:14 | 00:22:20 | 182 | |
| 195 | 815 | ĆWIETNIA RAFAŁ | SIERAKÓW | | | 1979 | M16 | 116 | 4:28 | 13,4 | 00:22:13 | 00:22:21 | 183 | |
| 196 | 86 | POLKOWSKI MARCIN | SKÓRZEWO | BYLEDALEJ.PL | POLSKA | 1976 | M30 | 58 | 4:28 | 13,4 | 00:22:04 | 00:22:21 | 184 | |
| 197 | 499 | SAJEWSKI MARCIN | POZNAŃ | HARCERZE | POLSKA | 1989 | M16 | 117 | 4:28 | 13,4 | 00:22:18 | 00:22:21 | 185 | |
| 198 | 1074 | POROWSKI ADAM | POZNAŃ | | POLSKA | 1984 | M16 | 118 | 4:28 | 13,4 | 00:22:14 | 00:22:22 | 186 | |
| 199 | 216 | STRAŻYŃSKI MACIEJ | POZNAŃ | M AUTO SERWIS | POLSKA | 1965 | M30 | 59 | 4:28 | 13,4 | 00:22:13 | 00:22:22 | 187 | |
| 200 | 452 | MIEŚCICKI ŁUKASZ | POZNAŃ | TRENERTRIATHLONU.PL | POLSKA | 1980 | M16 | 119 | 4:29 | 13,4 | 00:22:19 | 00:22:23 | 188 | |
| 201 | 248 | BUILDING TEDDY | POZNAŃ | BEBO | POLSKA | 1982 | M16 | 120 | 4:29 | 13,4 | 00:22:08 | 00:22:24 | 189 | |
| 202 | 59 | SIWIŃSKI MACIEJ | POZNAŃ | HARCERZE / NIGHT RUNNERS | POLSKA | 1978 | M30 | 60 | 4:29 | 13,4 | 00:22:14 | 00:22:25 | 190 | |
| 203 | 188 | KOŁODZIEJSKI JAREK | POZNAŃ | ORŁY FUNDACJA RAK-OFF | POLSKA | 1976 | M30 | 61 | 4:29 | 13,4 | 00:22:16 | 00:22:26 | 191 | |
| 204 | 176 | CHMIELEWSKI MICHAŁ | POZNAŃ | ENDUHUB.COM | POLSKA | 1982 | M16 | 121 | 4:30 | 13,4 | 00:22:22 | 00:22:28 | 192 | |
| 205 | 505 | MAJEWSKI MACIEJ | POZNAŃ | | POLSKA | 1966 | M30 | 62 | 4:30 | 13,3 | 00:22:23 | 00:22:29 | 193 | |
| 206 | 945 | BOCHEŃSKI MACIEJ | POZNAŃ | ENDOHOLICS | POLSKA | 1980 | M16 | 122 | 4:30 | 13,3 | 00:22:11 | 00:22:30 | 194 | |
| 207 | 985 | MOROS LUCJAN | POZNAŃ | DRUŻYNA ZBÓJA | POLSKA | 1982 | M16 | 123 | 4:30 | 13,3 | 00:22:18 | 00:22:31 | 195 | |
| 208 | 451 | MASŁOWSKA MAGDALENA | POZNAŃ | TRENERTRIATHLONU.PL | POLSKA | 1980 | K16 | 12 | 4:30 | 13,3 | 00:22:28 | 00:22:32 | | 13 |
| 209 | 4 | MODZELEWSKI PIOTR | TARNOWO PODGÓRNE | POZIOM WYŻEJ - TARNOWO BIEGA | POLSKA | 1969 | M30 | 63 | 4:31 | 13,3 | 00:22:26 | 00:22:33 | 196 | |
| 210 | 84 | MELCER KATARZYNA | POZNAŃ | NIGHT RUNNERS | POLSKA | 1988 | K16 | 13 | 4:31 | 13,3 | 00:22:24 | 00:22:34 | | 14 |

zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl
Data: 30.11.2013 r.
Dystans: 5km
Miejscowość: Poznań



Klasyfikacja: OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Wynik | M | K |
|------|---------|---------------------------|-------------------|-------------------------------|--------|------------|-----------|------------|--------------|------------|------------|----------|-----|----|
| 211 | 245 | WYGRALAK PIOTR | POZNAŃ | TEAM ASA - BIEGIEM PO ZDROWIE | POLSKA | 1986 | M16 | 124 | 4:31 | 13,3 | 00:22:26 | 00:22:34 | 197 | |
| 212 | 464 | LIPIECKA ALDONA | SWARZĘDZ | BBL | POLSKA | 1967 | K30 | 2 | 4:31 | 13,3 | 00:22:30 | 00:22:36 | | 15 |
| 213 | 598 | SZPAKOWSKI MARCIN | POZNAN | MUD GOATS | POLSKA | 1982 | M16 | 125 | 4:31 | 13,3 | 00:22:26 | 00:22:36 | 198 | |
| 214 | 1051 | ŁASTOWSKI DOMINIK | POZNAŃ | LUBUSZANIN | POLSKA | 1974 | M30 | 64 | 4:31 | 13,3 | 00:22:28 | 00:22:37 | 199 | |
| 215 | 194 | GULCZYŃSKI MICHAŁ | POZNAŃ | | POLSKA | 1979 | M16 | 126 | 4:32 | 13,3 | 00:22:30 | 00:22:38 | 200 | |
| 216 | 337 | URBAŃCZYK KSAWERY | ZIMIN | DRUŻYNA SZPIKU | POLSKA | 1959 | M50 | 11 | 4:32 | 13,3 | 00:22:32 | 00:22:38 | 201 | |
| 217 | 493 | TELICKI ANDRZEJ | POZNAŃ | NIGHT RUNNERS | POLSKA | 1982 | M16 | 127 | 4:32 | 13,2 | 00:22:32 | 00:22:39 | 202 | |
| 218 | 173 | KORBIK MIKOŁAJ | KOZIEGŁOWY | DRUŻYNA SZPIKU | POLSKA | 1992 | M16 | 128 | 4:32 | 13,2 | 00:22:32 | 00:22:40 | 203 | |
| 219 | 551 | JANUSZEWSKI ALEKSANER | SUCHY LAS | | POLSKA | 1973 | M30 | 65 | 4:32 | 13,2 | 00:22:18 | 00:22:41 | 204 | |
| 220 | 661 | RAFLIK SŁAWOMIR | POZNAŃ | KS KOZIOŁEK POZNAŃ | POLSKA | 1978 | M30 | 66 | 4:32 | 13,2 | 00:22:33 | 00:22:41 | 205 | |
| 221 | 745 | ZIMNIAK LESZEK | POZNAŃ | | POLSKA | 1984 | M16 | 129 | 4:32 | 13,2 | 00:22:28 | 00:22:41 | 206 | |
| 222 | 541 | SZARLIK PRZEMYSŁAW | POZNAŃ | | POLSKA | 1970 | M30 | 67 | 4:32 | 13,2 | 00:22:35 | 00:22:42 | 207 | |
| 223 | 1219 | CZERNICA DARIUSZ | POZNAŃ | NIGHT RUNNERS | | 1985 | M16 | 130 | 4:33 | 13,2 | 00:22:33 | 00:22:44 | 208 | |
| 224 | 282 | NOWAK-LEWANDOWSKA BARBARA | ZBERKI | KB KOSYNIER WRZEŚNIA | POLSKA | 1957 | K50 | 1 | 4:33 | 13,2 | 00:22:34 | 00:22:45 | | 16 |
| 225 | 191 | PANKOWSKI ARKADIUSZ | NOWY TOMYŚL | | POLSKA | 1970 | M30 | 68 | 4:33 | 13,2 | 00:22:37 | 00:22:46 | 209 | |
| 226 | 62 | PIECHOCKI PATRYK | ROKIETNICA | BBL POZNAŃ | POLSKA | 1981 | M16 | 131 | 4:33 | 13,2 | 00:22:30 | 00:22:46 | 210 | |
| 227 | 523 | GOLAK PAWEŁ | SZRENIAWA. | | POLSKA | 1960 | M50 | 12 | 4:33 | 13,2 | 00:22:42 | 00:22:47 | 211 | |
| 228 | 697 | MARCINKOWSKI MIKOŁAJ | DĄBRÓWKA | | POLSKA | 1975 | M30 | 69 | 4:33 | 13,2 | 00:22:39 | 00:22:47 | 212 | |
| 229 | 756 | TRZEPACZ GABRIELA | KAWĘCZYN | NIGHT RUNNERS | POLSKA | 1993 | K16 | 14 | 4:34 | 13,2 | 00:22:37 | 00:22:48 | | 17 |
| 230 | 1035 | ŁUKA JAKUB | POZNAŃ | DRUŻYNA SZPIKU | POLSKA | 1983 | M16 | 132 | 4:34 | 13,1 | 00:22:00 | 00:22:49 | 213 | |
| 231 | 710 | DEHMEL ALEKSANDER | ZŁOTORYJSKO | GOGGLE PRO ACTIVE EYEWEAR | POLSKA | 1948 | M50 | 13 | 4:34 | 13,1 | 00:22:45 | 00:22:51 | 214 | |
| 232 | 288 | HAREMZA KINGA | POZNAN | NIGHT RUNNERS | POLSKA | 1973 | K30 | 3 | 4:35 | 13,1 | 00:22:43 | 00:22:54 | | 18 |
| 233 | 995 | SZCZYGIEŁ ŁUKASZ | POZNAŃ | ORŁY FUNDACJA RAK-OFF | POLSKA | 1980 | M16 | 133 | 4:35 | 13,1 | 00:22:44 | 00:22:54 | 215 | |
| 234 | 251 | JESZKA MAREK | POZNAŃ | GOGGLE PRO ACTIVE EYEWEAR | POLSKA | 1983 | M16 | 134 | 4:35 | 13,1 | 00:22:41 | 00:22:55 | 216 | |
| 235 | 153 | KNIAT JOANNA | ZŁOTNIKI | NIGHT RUNNERS | POLSKA | 1987 | K16 | 15 | 4:35 | 13,1 | 00:22:45 | 00:22:55 | | 19 |
| 236 | 899 | SKRZYPCZAK MIŁOSZ | OBORNIKI | G 3 OBORNIKI | POLSKA | 1997 | M16 | 135 | 4:35 | 13,1 | 00:22:50 | 00:22:55 | 217 | |
| 237 | 419 | RUDZIŃSKI PIOTR | POZNAŃ | | POLSKA | 1991 | M16 | 136 | 4:35 | 13,1 | 00:22:44 | 00:22:56 | 218 | |
| 238 | 479 | MISIORNY RADOSŁAW | POZNAŃ | | POLSKA | 1973 | M30 | 70 | 4:36 | 13,1 | 00:22:41 | 00:22:58 | 219 | |
| 239 | 109 | PAWŁOWSKI PRZEMYSŁAW | SIEKIERKI WIELKIE | | POLSKA | 1977 | M30 | 71 | 4:36 | 13,1 | 00:22:44 | 00:22:58 | 220 | |
| 240 | 948 | ZIMNY PAWEŁ | LUBOŃ | NIEZRZESZONY | POLSKA | 1974 | M30 | 72 | 4:36 | 13,1 | 00:22:43 | 00:22:59 | 221 | |
| 241 | 383 | WACHOWSKA KATARZYNA | POZNAŃ | SMOK TRÓJGŁOWY | POLSKA | 1986 | K16 | 16 | 4:36 | 13,0 | 00:22:54 | 00:23:02 | | 20 |
| 242 | 855 | JAŁOWSKA MAGDALENA | POZNAŃ | | POLSKA | 1977 | K30 | 4 | 4:37 | 13,0 | 00:22:46 | 00:23:03 | | 21 |
| 243 | 522 | KAMYCKI KRZYSZTOF | PLEWISKA | YUPPI SQUAD | POLSKA | 1982 | M16 | 137 | 4:37 | 13,0 | 00:22:44 | 00:23:03 | 222 | |
| 244 | 465 | MĘCZYŃSKI WALDEMAR | POZNAŃ | WWW.MATRYMONIALNE24.PL | POLSKA | 1974 | M30 | 73 | 4:37 | 13,0 | 00:22:56 | 00:23:03 | 223 | |
| 245 | 1161 | BIEGAŃSKI MACIEJ | POZNAŃ | - | | 1985 | M16 | 138 | 4:37 | 13,0 | 00:22:51 | 00:23:05 | 224 | |
| 246 | 681 | KAFTAŃSKA KATARZYNA | POZNAŃ | | POLSKA | 1983 | K16 | 17 | 4:37 | 13,0 | 00:22:55 | 00:23:06 | | 22 |
| 247 | 1190 | URBANIAK ANGELIKA | POZNAŃ | UAM TRIATHLON POZNAŃ | | 1997 | K16 | 18 | 4:38 | 13,0 | 00:23:07 | 00:23:08 | | 23 |
| 248 | 309 | MALUŚKIEWICZ GRZEGORZ | ZALASEWO | | POLSKA | 1988 | M16 | 139 | 4:38 | 13,0 | 00:22:54 | 00:23:09 | 225 | |
| 249 | 462 | NOWAK MICHAŁ | NOWY TOMYŚL | NIGHT RUNNERS | POLSKA | 1989 | M16 | 140 | 4:38 | 13,0 | 00:22:51 | 00:23:09 | 226 | |
| 250 | 244 | ZBROSZCZYK MICHAŁ | POZNAŃ | PYRCYK POZNAŃ | POLSKA | 1978 | M30 | 74 | 4:38 | 12,9 | 00:22:45 | 00:23:10 | 227 | |
| 251 | 103 | JASICZAK JAKUB | DĄBRÓWKA | | POLSKA | 1983 | M16 | 141 | 4:38 | 12,9 | 00:22:59 | 00:23:11 | 228 | |
| 252 | 1157 | OLEJNICZAK DAMIAN | POZNAŃ | SPP TEAM | | 1981 | M16 | 142 | 4:38 | 12,9 | 00:22:59 | 00:23:11 | 229 | |

zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl
Data: 30.11.2013 r.
Dystans: 5km
Miejscowość: Poznań



Klasyfikacja: OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Wynik | M | K |
|------|---------|-----------------------|------------------|-------------------------------|--------|------------|-----------|------------|--------------|------------|------------|----------|-----|----|
| 253 | 581 | SOKOŁOWSKI MICHAŁ | POZNAŃ | MUD GOATS | POLSKA | 1980 | M16 | 143 | 4:38 | 12,9 | 00:23:01 | 00:23:11 | 230 | |
| 254 | 705 | SKOWROŃSKI KRZYSZTOF | POZNAŃ | SIUPAKABRA / FUNDACJA RAK OFF | POLSKA | 1983 | M16 | 144 | 4:38 | 12,9 | 00:22:48 | 00:23:12 | 231 | |
| 255 | 797 | KULUS JAKUB | TARNOWO PODGÓRNE | POZIOM WYŻEJ - TARNOWO BIEGA | POLSKA | 1983 | M16 | 145 | 4:39 | 12,9 | 00:22:52 | 00:23:13 | 232 | |
| 256 | 569 | ZAGOZDA TOMASZ | LUBOŃ | | POLSKA | 1991 | M16 | 146 | 4:39 | 12,9 | 00:22:59 | 00:23:13 | 233 | |
| 257 | 980 | JAKUBOWSKI TOMASZ | TARNOWO PODGORNE | | POLSKA | 1976 | M30 | 75 | 4:39 | 12,9 | 00:22:58 | 00:23:15 | 234 | |
| 258 | 58 | MAKOWSKI TOMASZ | POZNAŃ | NIGHT RUNNERS | POLSKA | 1985 | M16 | 147 | 4:39 | 12,9 | 00:23:04 | 00:23:16 | 235 | |
| 259 | 856 | OSMAŃSKI DAMIAN | POZNAŃ | | | 1978 | M30 | 76 | 4:39 | 12,9 | 00:22:53 | 00:23:16 | 236 | |
| 260 | 330 | STACHOWIAK BARTOSZ | LUBOŃ | . | POLSKA | 1982 | M16 | 148 | 4:39 | 12,9 | 00:23:03 | 00:23:16 | 237 | |
| 261 | 1043 | KOMPIEL DAWID | ŁOPUCHOWO | PYRCYK POZNAŃ | POLSKA | 1980 | M16 | 149 | 4:39 | 12,9 | 00:22:51 | 00:23:17 | 238 | |
| 262 | 814 | NOWAK MAGDALENA | SKOKI | UKS "SKOCZEK" SKOKI | POLSKA | 1991 | K16 | 19 | 4:40 | 12,9 | 00:23:13 | 00:23:18 | | 24 |
| 263 | 1038 | GOLAK ŁUKASZ | POZNAŃ | GOGGLE PRO AKTIVE EYEWEAR | POLSKA | 1983 | M16 | 150 | 4:40 | 12,9 | 00:23:11 | 00:23:19 | 239 | |
| 264 | 827 | SADOWSKI GRZEGORZ | POZNAŃ | | POLSKA | 1981 | M16 | 151 | 4:40 | 12,9 | 00:23:08 | 00:23:20 | 240 | |
| 265 | 651 | TONDER FILIP | POZNAŃ | NIGHT RUNNERS | POLSKA | 1981 | M16 | 152 | 4:40 | 12,8 | 00:23:00 | 00:23:21 | 241 | |
| 266 | 630 | SZALA ŁUKASZ | POZNAŃ | WEST SPORTS TEAM | POLSKA | 1991 | M16 | 153 | 4:41 | 12,8 | 00:23:18 | 00:23:25 | 242 | |
| 267 | 936 | TREŚCIŃSKI MARIUSZ | CZARNKÓW | | POLSKA | 1986 | M16 | 154 | 4:41 | 12,8 | 00:22:57 | 00:23:25 | 243 | |
| 268 | 375 | JASIŃSKI MARCIN | KÓRNIK | | POLSKA | 1982 | M16 | 155 | 4:41 | 12,8 | 00:23:13 | 00:23:27 | 244 | |
| 269 | 137 | PTAK KRZYSZTOF | POZNAŃ | | POLSKA | 1971 | M30 | 77 | 4:42 | 12,8 | 00:22:58 | 00:23:28 | 245 | |
| 270 | 513 | STRABEL JACEK | KOMORNIKI | KB INTREX POZNAŃ | POLSKA | 1980 | M16 | 156 | 4:42 | 12,8 | 00:23:15 | 00:23:28 | 246 | |
| 271 | 314 | FALENSKA ANITA | POZNAŃ | NIGHT RUNNERS | POLSKA | 1985 | K16 | 20 | 4:42 | 12,8 | 00:23:26 | 00:23:29 | | 25 |
| 272 | 1199 | DZUĘCIĄTKOWSKA JOANNA | POZNAŃ | - | | 1968 | K30 | 5 | 4:42 | 12,8 | 00:23:17 | 00:23:30 | | 26 |
| 273 | 48 | FOLTYN MARCIN | POZNAŃ | TOTAL RUNNERS | POLSKA | 1995 | M16 | 157 | 4:42 | 12,8 | 00:23:21 | 00:23:30 | 247 | |
| 274 | 963 | KAWECKI SŁAWOMIR | KOMORNIKI | | POLSKA | 1981 | M16 | 158 | 4:42 | 12,8 | 00:23:08 | 00:23:30 | 248 | |
| 275 | 163 | AKWARSKI JACEK | KOSTRZYŃ | | POLSKA | 1996 | M16 | 159 | 4:42 | 12,7 | 00:23:19 | 00:23:32 | 249 | |
| 276 | 826 | ANIOŁ HUBERT | POZNAŃ | NIGHT RUNNERS | POLSKA | 1979 | M16 | 160 | 4:42 | 12,7 | 00:22:59 | 00:23:32 | 250 | |
| 277 | 1200 | KAFARSKA URSZULA | POZNAŃ | - | | 1993 | K16 | 21 | 4:42 | 12,7 | 00:22:48 | 00:23:32 | | 27 |
| 278 | 787 | KACZMAREK PAWEŁ | POZNAŃ | NIEZRZESZONY | POLSKA | 1976 | M30 | 78 | 4:43 | 12,7 | 00:23:13 | 00:23:34 | 251 | |
| 279 | 1123 | KAMIŃSKA OLGA | POZNAŃ | | POLSKA | 1992 | K16 | 22 | 4:43 | 12,7 | 00:23:26 | 00:23:34 | | 28 |
| 280 | 140 | OLSZEWSKI TOMASZ | MOSINA | CHEMADEX | POLSKA | 1979 | M16 | 161 | 4:43 | 12,7 | 00:23:14 | 00:23:35 | 252 | |
| 281 | 162 | PABICH MICHAŁ | POZNAŃ | | POLSKA | 1988 | M16 | 162 | 4:43 | 12,7 | 00:23:22 | 00:23:35 | 253 | |
| 282 | 636 | PIĄTEK TOMASZ | POZNAŃ | | POLSKA | 1981 | M16 | 163 | 4:43 | 12,7 | 00:23:17 | 00:23:35 | 254 | |
| 283 | 744 | STACHOWIAK MAREK | ROKIETNICA | NIGHT RUNNERS | POLSKA | 1978 | M30 | 79 | 4:43 | 12,7 | 00:23:20 | 00:23:35 | 255 | |
| 284 | 1191 | LULKA MARCIN | MOSINA | - | | 1974 | M30 | 80 | 4:43 | 12,7 | 00:23:15 | 00:23:36 | 256 | |
| 285 | 741 | PODSKOK DOMINIK | KOŚCIAN | BBL POZNAŃ | POLSKA | 1978 | M30 | 81 | 4:44 | 12,7 | 00:23:25 | 00:23:40 | 257 | |
| 286 | 688 | WAWRZYN EMILIA | POZNAŃ | NIGHT RUNNERS | POLSKA | 1984 | K16 | 23 | 4:44 | 12,7 | 00:23:29 | 00:23:41 | | 29 |
| 287 | 831 | GEPPERT JAKUB | POZNAŃ | NIGHT RUNNERS | POLSKA | 1984 | M16 | 164 | 4:45 | 12,6 | 00:23:01 | 00:23:43 | 258 | |
| 288 | 395 | MADAJ AGATA | POZNAŃ | MADAJ TEAM | POLSKA | 1987 | K16 | 24 | 4:45 | 12,6 | 00:23:29 | 00:23:43 | | 30 |
| 289 | 115 | ŚWIERZOWSKA MAGDALENA | POZNAŃ | PIĘKNA TEAM | POLSKA | 1978 | K30 | 6 | 4:45 | 12,6 | 00:23:31 | 00:23:43 | | 31 |
| 290 | 1041 | JAGIELSKA MAGDALENA | POZNAŃ | PWM TEAM | POLSKA | 1989 | K16 | 25 | 4:45 | 12,6 | 00:23:16 | 00:23:44 | | 32 |
| 291 | 43 | RZEPKA JAN | POZNAŃ | TOTAL RUNNERS | POLSKA | 1995 | M16 | 165 | 4:45 | 12,6 | 00:23:35 | 00:23:44 | 259 | |
| 292 | 92 | ORYWAŁ PIOTR | POZNAŃ | KANCELARIA ORYWAŁ | POLSKA | 1968 | M30 | 82 | 4:45 | 12,6 | 00:23:40 | 00:23:45 | 260 | |
| 293 | 466 | STEFAŃSKI DAWID | POZNAŃ | ASA TEAM - BIEGIEM PO ZDROWIE | POLSKA | 1987 | M16 | 166 | 4:46 | 12,6 | 00:23:39 | 00:23:48 | 261 | |
| 294 | 696 | KRZYMIŃSKI PIOTR | KOBYLNICZA | | POLSKA | 1982 | M16 | 167 | 4:46 | 12,6 | 00:23:32 | 00:23:52 | 262 | |

zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl
Data: 30.11.2013 r.
Dystans: 5km
Miejscowość: Poznań



Klasyfikacja: OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Wynik | M | K |
|------|---------|--------------------------|-------------|-----------------------------|--------|------------|-----------|------------|--------------|------------|------------|----------|-----|----|
| 295 | 718 | PARCHIMOWICZ MARIUSZ | KOBYLNICZA | | POLSKA | 1990 | M16 | 168 | 4:46 | 12,6 | 00:23:11 | 00:23:52 | 263 | |
| 296 | 664 | CHRUSZCZEWSKI BARTŁOMIEJ | KOMORNIKI | | POLSKA | 1976 | M30 | 83 | 4:47 | 12,6 | 00:23:31 | 00:23:54 | 264 | |
| 297 | 467 | MAJEK ANNA | DĄBRÓWKA | KS POSNANIA RBW | POLSKA | 1996 | K16 | 26 | 4:47 | 12,6 | 00:23:33 | 00:23:54 | | 33 |
| 298 | 599 | STANIEWSKI ADAM | POZNAŃ | BAMBOOCO | POLSKA | 1975 | M30 | 84 | 4:47 | 12,6 | 00:21:24 | 00:23:54 | 265 | |
| 299 | 379 | SIKORA PRZEMYSŁAW | POZNAŃ | | POLSKA | 1981 | M16 | 169 | 4:47 | 12,5 | 00:23:39 | 00:23:56 | 266 | |
| 300 | 865 | BEDNAREK RAFAŁ | POZNAŃ | | | 1966 | M30 | 85 | 4:47 | 12,5 | 00:23:50 | 00:23:57 | 267 | |
| 301 | 296 | JODKO PAWEŁ | POZNAŃ | JODKO BROTHERS RUNNING TEAM | POLSKA | 1979 | M16 | 170 | 4:47 | 12,5 | 00:23:31 | 00:23:57 | 268 | |
| 302 | 1186 | WYPYCHOWSKI PIOTR | SWARZĘDZ | - | | 1955 | M50 | 14 | 4:47 | 12,5 | 00:23:37 | 00:23:57 | 269 | |
| 303 | 619 | DUDKIEWICZ WOJCIECH | BUK | BUKOWSKI KLUB BIEGACZA | POLSKA | 1989 | M16 | 171 | 4:48 | 12,5 | 00:23:40 | 00:23:58 | 270 | |
| 304 | 308 | BOGACZYK DAMIAN | KRZYŻOWNIKI | | POLSKA | 1980 | M16 | 172 | 4:48 | 12,5 | 00:23:53 | 00:24:00 | 271 | |
| 305 | 1094 | OKO MACIEJ | POZNAŃ | | POLSKA | 1985 | M16 | 173 | 4:48 | 12,5 | 00:23:43 | 00:24:00 | 272 | |
| 306 | 854 | FRĄSZCZAK MIKOŁAJ | SKÓRZEWO | PYRCYK POZNAŃ | POLSKA | 1974 | M30 | 86 | 4:48 | 12,5 | 00:23:37 | 00:24:01 | 273 | |
| 307 | 738 | GACA TADEUSZ | POZNAŃ | | POLSKA | 1963 | M50 | 15 | 4:48 | 12,5 | 00:23:37 | 00:24:01 | 274 | |
| 308 | 752 | KACHNIARZ KATARZYNA | CZERNIEJEWO | NIGHT RUNNERS | POLSKA | 1984 | K16 | 27 | 4:48 | 12,5 | 00:23:49 | 00:24:01 | | 34 |
| 309 | 972 | KORYCKI BOGUSŁAW | POZNAN | | POLSKA | 1963 | M50 | 16 | 4:48 | 12,5 | 00:23:37 | 00:24:01 | 275 | |
| 310 | 514 | MĄDRY TYMOTEUSZ | POZNAŃ | | POLSKA | 1992 | M16 | 174 | 4:48 | 12,5 | 00:23:38 | 00:24:02 | 276 | |
| 311 | 923 | BIEŃ MAGDALENA | POZNAŃ | FUNDACJA DLACZEGO | POLSKA | 1979 | K16 | 28 | 4:49 | 12,5 | 00:23:47 | 00:24:03 | | 35 |
| 312 | 439 | LIRSZ JUSTYNA | BIEDRUSKO | | POLSKA | 1976 | K30 | 7 | 4:49 | 12,5 | 00:23:54 | 00:24:04 | | 36 |
| 313 | 1197 | PRUPNIEWSKI TOMASZ | SWARZĘDZ | - | | 1974 | M30 | 87 | 4:49 | 12,5 | 00:22:27 | 00:24:04 | 277 | |
| 314 | 269 | MATUSZEWSKI SZYMON | POZNAŃ | PYRUN | POLSKA | 1974 | M30 | 88 | 4:50 | 12,4 | 00:23:48 | 00:24:08 | 278 | |
| 315 | 546 | KURCZYŃSKI RAFAŁ | POZNAŃ | | POLSKA | 1977 | M30 | 89 | 4:50 | 12,4 | 00:23:43 | 00:24:10 | 279 | |
| 316 | 977 | SZAŁKOWSKI TOMASZ | POZNAŃ | | POLSKA | 1982 | M16 | 175 | 4:50 | 12,4 | 00:23:59 | 00:24:10 | 280 | |
| 317 | 659 | NAPIERAŁA GRZEGORZ | BOLECHÓWKO | RYBCZYŃSKI CITYZEN MTB TEAM | POLSKA | 1952 | M50 | 17 | 4:50 | 12,4 | 00:24:04 | 00:24:11 | 281 | |
| 318 | 566 | DEMBIŃSKI MAREK | POZNAŃ | BBL POZNAŃ CGS TEAM | POLSKA | 1974 | M30 | 90 | 4:50 | 12,4 | 00:23:49 | 00:24:12 | 282 | |
| 319 | 187 | OHŁA JUSTYNA | POZNAŃ | DRUŻYNA SZPIKU | POLSKA | 1979 | K16 | 29 | 4:50 | 12,4 | 00:24:06 | 00:24:12 | | 37 |
| 320 | 340 | OLEJNIK MIŁKA | POZNAŃ | DRUŻYNA SZPIKU | POLSKA | 1978 | K30 | 8 | 4:50 | 12,4 | 00:23:46 | 00:24:12 | | 38 |
| 321 | 478 | TOMCZAK BEATA | POZNAŃ | PORANNE BĄKI PREZESA | POLSKA | 1989 | K16 | 30 | 4:50 | 12,4 | 00:23:57 | 00:24:12 | | 39 |
| 322 | 1009 | JÓZEFOWICZ DAMIAN | POZNAŃ | | POLSKA | 1988 | M16 | 176 | 4:51 | 12,4 | 00:23:32 | 00:24:16 | 283 | |
| 323 | 130 | DUDZIAK GRZEGORZ | MOSINA | NIGHT RUNNERS | POLSKA | 1987 | M16 | 177 | 4:52 | 12,3 | 00:23:08 | 00:24:18 | 284 | |
| 324 | 762 | JEZIERSKI BARTOSZ | PNIEWY | | POLSKA | 1994 | M16 | 178 | 4:52 | 12,3 | 00:24:04 | 00:24:18 | 285 | |
| 325 | 890 | KUPIŃSKA WERONIKA | SZCZYTNIKI | UAM TRIATHLON | POLSKA | 1997 | K16 | 31 | 4:52 | 12,3 | 00:24:16 | 00:24:18 | | 40 |
| 326 | 649 | ROMANOWSKI JACEK | KICIN | | POLSKA | 1963 | M50 | 18 | 4:52 | 12,3 | 00:23:59 | 00:24:18 | 286 | |
| 327 | 473 | FICHTNER ERNEST | LUBOŃ | GEBS | POLSKA | 1989 | M16 | 179 | 4:52 | 12,3 | 00:23:57 | 00:24:19 | 287 | |
| 328 | 542 | KELAR ŁUKASZ | SKÓRZEWO | | POLSKA | 1974 | M30 | 91 | 4:52 | 12,3 | 00:23:58 | 00:24:20 | 288 | |
| 329 | 1056 | SZPYRKA MARIUSZ | POZNAŃ | BIEGNĘ DLA JEZUSA | POLSKA | 1975 | M30 | 92 | 4:52 | 12,3 | 00:23:42 | 00:24:20 | 289 | |
| 330 | 1160 | BARANIECKI ZBIGNIEW | POZNAŃ | BRYLANT KÓRNIK | | 1958 | M50 | 19 | 4:52 | 12,3 | 00:24:03 | 00:24:21 | 290 | |
| 331 | 1165 | SOBKOWIAK EWA | POZNAŃ | - | | 1963 | K50 | 2 | 4:52 | 12,3 | 00:24:04 | 00:24:21 | | 41 |
| 332 | 161 | BUDYNEK DARIUSZ | POZNAŃ | | POLSKA | 1975 | M30 | 93 | 4:52 | 12,3 | 00:24:06 | 00:24:22 | 291 | |
| 333 | 1130 | KASPERCZAK ROMANA | LUBOŃ | - | | | | | 4:52 | 12,3 | 00:24:03 | 00:24:22 | | 42 |
| 334 | 970 | OBUCHOWICZ DAREK | POZNAŃ | | POLSKA | 1973 | M30 | 94 | 4:53 | 12,3 | 00:23:55 | 00:24:23 | 292 | |
| 335 | 807 | TCHÓRZEWSKA PAULINA | POZNAŃ | ROLNA PANIE | POLSKA | 1980 | K16 | 32 | 4:53 | 12,3 | 00:23:56 | 00:24:23 | | 43 |
| 336 | 1083 | KIERZEK MAGDALENA | POZNAŃ | | POLSKA | 1993 | K16 | 33 | 4:53 | 12,3 | 00:24:02 | 00:24:25 | | 44 |

zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl
 Data: 30.11.2013 r.
 Dystans: 5km
 Miejscowość: Poznań



Klasyfikacja: OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Wynik | M | K |
|------|---------|------------------------|------------------|----------------------------------|--------|------------|-----------|------------|--------------|------------|------------|----------|-----|----|
| 337 | 1084 | JANOWICZ ZBIGNIEW | OPALENICA | OPALENICKI KLUB BIEGACZA | POLSKA | 1958 | M50 | 20 | 4:53 | 12,3 | 00:24:03 | 00:24:27 | 293 | |
| 338 | 777 | JANECKI TOMASZ | POZNAN | OLB | POLSKA | 1984 | M16 | 180 | 4:54 | 12,3 | 00:24:15 | 00:24:29 | 294 | |
| 339 | 1196 | KOTARSKA EWA | KIEKRZ | - | | 1978 | K30 | 9 | 4:54 | 12,3 | 00:24:21 | 00:24:29 | | 45 |
| 340 | 306 | CZERNICKI JAKUB | SUCHY LAS | | POLSKA | 1983 | M16 | 181 | 4:54 | 12,2 | 00:24:10 | 00:24:30 | 295 | |
| 341 | 323 | MAJCHRZAK ŁUKASZ | POZNAŃ | | POLSKA | 1986 | M16 | 182 | 4:54 | 12,2 | 00:24:09 | 00:24:30 | 296 | |
| 342 | 193 | KOZŁOWSKI MARCIN | POZNAŃ | NKL TEAM | POLSKA | 1976 | M30 | 95 | 4:54 | 12,2 | 00:24:16 | 00:24:31 | 297 | |
| 343 | 198 | BEDNARSKI JÓZEF | POZNAŃ | | POLSKA | 1946 | M50 | 21 | 4:55 | 12,2 | 00:24:23 | 00:24:33 | 298 | |
| 344 | 258 | ANDRZEJEWSKA PAULA | POZNAŃ | NIGHT RUNNERS | POLSKA | 1988 | K16 | 34 | 4:55 | 12,2 | 00:24:22 | 00:24:34 | | 46 |
| 345 | 228 | DEHMEL ROMAN | POZNAŃ | TEAM TRUST POZNAŃ | POLSKA | 1951 | M50 | 22 | 4:55 | 12,2 | 00:24:27 | 00:24:34 | 299 | |
| 346 | 77 | SŁOWIŃSKI DAMIAN | POZNAŃ | NIGHT RUNNERS | POLSKA | 1980 | M16 | 183 | 4:55 | 12,2 | 00:24:19 | 00:24:34 | 300 | |
| 347 | 159 | WIŚNIEWSKI ARKADIUSZ | POZNAŃ | NIEZRZESZONY | POLSKA | 1970 | M30 | 96 | 4:55 | 12,2 | 00:24:19 | 00:24:34 | 301 | |
| 348 | 1175 | KALAMAT MAŁGORZATA | POZNAŃ | ROLNA PANIE | | 1971 | K30 | 10 | 4:55 | 12,2 | 00:24:10 | 00:24:36 | | 47 |
| 349 | 74 | WAWIÓRKO ANIA | POZNAŃ | NIGHT RUNNERS | POLSKA | 1983 | K16 | 35 | 4:55 | 12,2 | 00:24:27 | 00:24:37 | | 48 |
| 350 | 907 | BIADAŁA-GLAPKA PAULINA | POZNAŃ | | POLSKA | 1981 | K16 | 36 | 4:56 | 12,2 | 00:24:20 | 00:24:38 | | 49 |
| 351 | 1024 | ŻACZEK JAN | POZNAŃ | - | POLSKA | 1958 | M50 | 23 | 4:56 | 12,2 | 00:24:22 | 00:24:40 | 302 | |
| 352 | 1121 | KUHNERT PIOTR | PUSZCZYKOWO | | POLSKA | 1976 | M30 | 97 | 4:56 | 12,1 | 00:24:16 | 00:24:42 | 303 | |
| 353 | 725 | MAJCHRZYCKI WOJCIECH | KOZIEGŁOWY | PRESS-SERVICE MONITORING MEDIÓW | POLSKA | 1985 | M16 | 184 | 4:57 | 12,1 | 00:24:16 | 00:24:43 | 304 | |
| 354 | 819 | NOWAK WIESŁAW | SKOKI | UKS "SKOCZEK" SKOKI | POLSKA | 1962 | M50 | 24 | 4:57 | 12,1 | 00:24:17 | 00:24:44 | 305 | |
| 355 | 1075 | MAĆKOWSKI MATEUSZ | ZŁOTNIKI | | POLSKA | 1975 | M30 | 98 | 4:57 | 12,1 | 00:24:16 | 00:24:45 | 306 | |
| 356 | 652 | OLEJNIK DANIEL | POZNAŃ | OLZAMEX | POLSKA | 1974 | M30 | 99 | 4:57 | 12,1 | 00:24:33 | 00:24:45 | 307 | |
| 357 | 319 | MAJEWSKA MONIKA | POZNAŃ | | POLSKA | 1994 | K16 | 37 | 4:57 | 12,1 | 00:24:30 | 00:24:47 | | 50 |
| 358 | 417 | MAJEK PIOTR | DĄBRÓWKA | KLUB WIOŚLARSKI Z R. 1904 POZNAŃ | POLSKA | 1992 | M16 | 185 | 4:58 | 12,1 | 00:24:27 | 00:24:48 | 308 | |
| 359 | 331 | DOLATA WOJCIECH | POZNAŃ | | POLSKA | 1993 | M16 | 186 | 4:58 | 12,1 | 00:24:24 | 00:24:49 | 309 | |
| 360 | 969 | MIKOŁAJCZAK BARTŁOMIEJ | ŚRODA WLKP. | | POLSKA | 1979 | M16 | 187 | 4:58 | 12,1 | 00:24:19 | 00:24:50 | 310 | |
| 361 | 116 | HEBEL ALEKSANDRA | NIECHLÓW | | POLSKA | 1991 | K16 | 38 | 4:58 | 12,1 | 00:24:36 | 00:24:51 | | 51 |
| 362 | 242 | ŁUCZYŃSKI FELIKS | POZNAŃ | EXTREAM | POLSKA | 1985 | M16 | 188 | 4:58 | 12,1 | 00:24:37 | 00:24:52 | 311 | |
| 363 | 354 | MADAJ PAWEŁ | MUROWANA GOŚLINA | MADAJ TEAM | POLSKA | 1964 | M30 | 100 | 4:59 | 12,0 | 00:24:38 | 00:24:55 | 312 | |
| 364 | 1000 | GRZECHULSKI SZYMON | POZNAŃ | | POLSKA | 1981 | M16 | 189 | 4:59 | 12,0 | 00:24:36 | 00:24:56 | 313 | |
| 365 | 55 | KOROŃSKI TADEUSZ | POZNAŃ | | POLSKA | 1970 | M30 | 101 | 4:59 | 12,0 | 00:23:53 | 00:24:57 | 314 | |
| 366 | 716 | PABJANIAK WOJCIECH | KOBYLNICA | SPORCIMY.PL | POLSKA | 1992 | M16 | 190 | 5:00 | 12,0 | 00:24:17 | 00:24:58 | 315 | |
| 367 | 134 | ŚWIDERSKA JOANNA | BORUSZYN | KLUB BIEGACZA UEP | POLSKA | 1989 | K16 | 39 | 5:00 | 12,0 | 00:24:38 | 00:24:58 | | 52 |
| 368 | 338 | MARCINIAK MACIEJ | SZRENIAWA | | POLSKA | 1973 | M30 | 102 | 5:00 | 12,0 | 00:24:13 | 00:24:59 | 316 | |
| 369 | 778 | RUGA MIKOŁAJ | POZNAŃ | TOTAL RUNNERS | POLSKA | 1992 | M16 | 191 | 5:00 | 12,0 | 00:24:29 | 00:24:59 | 317 | |
| 370 | 564 | URBANOWICZ JAGODA | MIŁOSŁAW | MIŁOSŁAW FORTUNA TEAM | POLSKA | 1996 | K16 | 40 | 5:00 | 12,0 | 00:24:43 | 00:24:59 | | 53 |
| 371 | 275 | KANIEWSKI GRZEGORZ | MIŁOSŁAW | MIŁOSŁAW FORTUNA TEAM | POLSKA | 1972 | M30 | 103 | 5:00 | 12,0 | 00:24:45 | 00:25:00 | 318 | |
| 372 | 336 | STANIEWSKI GRZEGORZ | BOGUSZYN | | POLSKA | 1978 | M30 | 104 | 5:00 | 12,0 | 00:24:34 | 00:25:00 | 319 | |
| 373 | 584 | ŻARNECKI MICHAŁ | POZNAŃ | PROGRAMA.PL | POLSKA | 1988 | M16 | 192 | 5:00 | 12,0 | 00:24:44 | 00:25:00 | 320 | |
| 374 | 911 | BŁAJET MAREK | SUCHY LAS | AMATOR | POLSKA | 1957 | M50 | 25 | 5:00 | 12,0 | 00:24:25 | 00:25:02 | 321 | |
| 375 | 489 | ŁUCYK ANIA | POZNAŃ | W RYTMIE BIEGU | POLSKA | 1985 | K16 | 41 | 5:00 | 12,0 | 00:24:45 | 00:25:02 | | 54 |
| 376 | 189 | WALCZAK ROBERT | POZNAŃ | LEXPREMIIUM.PL | POLSKA | 1980 | M16 | 193 | 5:00 | 12,0 | 00:22:07 | 00:25:02 | 322 | |
| 377 | 204 | DUDZIAK RAJMUND | POZNAŃ | ZIOŁOLEK TEAM POZNAŃ | POLSKA | 1983 | M16 | 194 | 5:01 | 12,0 | 00:24:43 | 00:25:03 | 323 | |
| 378 | 990 | DYKSAK DAMIAN | POZNAŃ | NIGHT RUNNERS | POLSKA | 1974 | M30 | 105 | 5:01 | 12,0 | 00:24:28 | 00:25:03 | 324 | |

zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl
 Data: 30.11.2013 r.
 Dystans: 5km
 Miejscowość: Poznań



Klasyfikacja: OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Wynik | M | K |
|------|---------|----------------------|--------------|-------------------------------|------------|------------|-----------|------------|--------------|------------|------------|----------|-----|----|
| 379 | 731 | ŚLEDŹ SANDRA | POZNAŃ | TOTAL RUNNERS | POLSKA | 1992 | K16 | 42 | 5:01 | 12,0 | 00:24:36 | 00:25:03 | | 55 |
| 380 | 273 | NOWAKOWSKI ROBERT | POZNAŃ | | POLSKA | 1973 | M30 | 106 | 5:01 | 12,0 | 00:24:35 | 00:25:06 | 325 | |
| 381 | 231 | WEGNER BEATA | ŁĘBORK | | POLSKA | 1991 | K16 | 43 | 5:02 | 11,9 | 00:24:41 | 00:25:08 | | 56 |
| 382 | 57 | KUBAS ŁUKASZ | POZNAŃ | NIGHT RUNNERS | POLSKA | 1979 | M16 | 195 | 5:03 | 11,9 | 00:25:05 | 00:25:13 | 326 | |
| 383 | 968 | DUBER RAFAŁ | ŚRODA WLKP. | AG-AU DUBER | POLSKA | 1987 | M16 | 196 | 5:03 | 11,9 | 00:24:49 | 00:25:14 | 327 | |
| 384 | 707 | MELLER BŁAŻEJ | POBIEDZISKA | KS HADES TECH-RACE | POLSKA | 1984 | M16 | 197 | 5:03 | 11,9 | 00:24:43 | 00:25:14 | 328 | |
| 385 | 1098 | JANOWICZ HONORATA | OPALENICA | OPALENICKI KLUB BIEGACZA | POLSKA | 1995 | K16 | 44 | 5:03 | 11,9 | 00:24:51 | 00:25:15 | | 57 |
| 386 | 88 | MICHALAK ALEKSANDRA | POZNAŃ | NIGHT RUNNERS MISIE | POLSKA | 1981 | K16 | 45 | 5:03 | 11,9 | 00:24:29 | 00:25:16 | | 58 |
| 387 | 973 | KMIECIK JAKUB | DOLNE POLE | | POLSKA | 1979 | M16 | 198 | 5:04 | 11,9 | 00:24:51 | 00:25:18 | 329 | |
| 388 | 1064 | LEŚNIK TOMASZ | KOZIEGŁOWY | | POLSKA | 1985 | M16 | 199 | 5:04 | 11,8 | 00:24:48 | 00:25:19 | 330 | |
| 389 | 711 | MAĆKOWIAK STANISŁAW | SZRENIAWA | ACTIVUS | POLSKA | 1958 | M50 | 26 | 5:04 | 11,8 | 00:24:54 | 00:25:19 | 331 | |
| 390 | 311 | ZYWAR MICHAŁ | POZNAŃ | | POLSKA | 1985 | M16 | 200 | 5:04 | 11,8 | 00:24:55 | 00:25:20 | 332 | |
| 391 | 318 | ADAMCZYK JAKUB | POZNAŃ | | POLSKA | 1982 | M16 | 201 | 5:05 | 11,8 | 00:25:06 | 00:25:24 | 333 | |
| 392 | 259 | PIEPRZYK DOROTA | POZNAŃ | | POLSKA | 1986 | K16 | 46 | 5:05 | 11,8 | 00:25:01 | 00:25:24 | | 59 |
| 393 | 1071 | KACZMAREK ŁUKASZ | POZNAŃ | | POLSKA | 1988 | M16 | 202 | 5:05 | 11,8 | 00:24:41 | 00:25:25 | 334 | |
| 394 | 1151 | KAMIŃSKA KAJETANA | POZNAŃ | NIGHT RUNNERS MISIE | | 1989 | K16 | 47 | 5:05 | 11,8 | 00:24:37 | 00:25:25 | | 60 |
| 395 | 335 | TERETYKA DOROTA | KAMIONKI | | POLSKA | 1974 | K30 | 11 | 5:05 | 11,8 | 00:24:38 | 00:25:27 | | 61 |
| 396 | 951 | MIZERSKI ŁUKASZ | POZNAŃ | SOŁACZ TEAM | POLSKA | 1990 | M16 | 203 | 5:06 | 11,8 | 00:24:46 | 00:25:30 | 335 | |
| 397 | 1045 | PIETRZAK MICHAŁ | RABA WYŻNA | | POLSKA | 1985 | M16 | 204 | 5:06 | 11,8 | 00:25:26 | 00:25:30 | 336 | |
| 398 | 1052 | SIMINIAK MIKOŁAJ | PNIEWY | | POLSKA | 1992 | M16 | 205 | 5:06 | 11,8 | 00:25:16 | 00:25:30 | 337 | |
| 399 | 510 | FAJER IRENEUSZ | POZNAŃ | TOROSPORT | POLSKA | 1966 | M30 | 107 | 5:06 | 11,8 | 00:25:07 | 00:25:31 | 338 | |
| 400 | 554 | KUBIAK KRZYSZTOF | POZNAŃ | BIEGIEM PO ZDROWIE - TEAM ASA | POLSKA | 1989 | M16 | 206 | 5:06 | 11,8 | 00:25:06 | 00:25:31 | 339 | |
| 401 | 966 | WOŹNY JAROSŁAW | POZNAŃ | GRODZISKA KOLEJ DREZYNOWA | POLSKA | 1976 | M30 | 108 | 5:07 | 11,7 | 00:22:45 | 00:25:33 | 340 | |
| 402 | 406 | MALUJDY MICHAŁ | POZNAŃ | | POLSKA | 1991 | M16 | 207 | 5:07 | 11,7 | 00:25:16 | 00:25:34 | 341 | |
| 403 | 1068 | ARNDT PAWEŁ | POZNAŃ | ZYCIEWBIEGU.PL | POLSKA | 1968 | M30 | 109 | 5:07 | 11,7 | 00:25:21 | 00:25:37 | 342 | |
| 404 | 202 | KĄKLEWSKA AGNIESZKA | GORZÓW WLKP. | TURBO ŻÓŁWIE | POLSKA | 1987 | K16 | 48 | 5:08 | 11,7 | 00:25:13 | 00:25:40 | | 62 |
| 405 | 1174 | SOKOŁOWSKI PIOTR | POZNAŃ | - | | 1983 | M16 | 208 | 5:08 | 11,7 | 00:25:24 | 00:25:42 | 343 | |
| 406 | 873 | BIEDALAK KRZYSZTOF | SWARZĘDZ | | | 1984 | M16 | 209 | 5:09 | 11,7 | 00:25:30 | 00:25:43 | 344 | |
| 407 | 1018 | BRYL ŁUKASZ | POZNAŃ | POZNAŃ FC | POLSKA | 1986 | M16 | 210 | 5:09 | 11,7 | 00:24:30 | 00:25:43 | 345 | |
| 408 | 818 | NOWAK IRENA | SKOKI | UKS "SKOCZEK";SKOKI | POLSKA | 1966 | K30 | 12 | 5:09 | 11,7 | 00:25:18 | 00:25:45 | | 63 |
| 409 | 501 | OSTROWSKA ALONA | KÓRNIK | RB | KAZACHSTAN | 1979 | K16 | 49 | 5:10 | 11,6 | 00:25:32 | 00:25:48 | | 64 |
| 410 | 932 | PULAWSKI BOGUMIŁ | POZNAŃ | BBL POZNAŃ | POLSKA | 1965 | M30 | 110 | 5:10 | 11,6 | 00:25:20 | 00:25:48 | 346 | |
| 411 | 183 | SKURAT MAŁGORZATA | POZNAŃ | | POLSKA | 1978 | K30 | 13 | 5:10 | 11,6 | 00:25:25 | 00:25:49 | | 65 |
| 412 | 165 | GORZELANY ADAM | GNIEZNO | | POLSKA | 1976 | M30 | 111 | 5:10 | 11,6 | 00:25:22 | 00:25:50 | 347 | |
| 413 | 254 | ROSZCZKA FILIP | POZNAŃ | BIKETOP TEAM | POLSKA | 1975 | M30 | 112 | 5:10 | 11,6 | 00:25:19 | 00:25:50 | 348 | |
| 414 | 235 | JACEK PIOTR | POZNAŃ | | POLSKA | 1985 | M16 | 211 | 5:10 | 11,6 | 00:25:33 | 00:25:51 | 349 | |
| 415 | 1040 | JAGIELSKI BARTŁOMIEJ | POZNAŃ | PWM TEAM | POLSKA | 1986 | M16 | 212 | 5:10 | 11,6 | 00:25:24 | 00:25:51 | 350 | |
| 416 | 927 | LESZCZAK DARIUSZ | POZNAŃ | BRĄK | POLSKA | 1983 | M16 | 213 | 5:10 | 11,6 | 00:25:20 | 00:25:51 | 351 | |
| 417 | 429 | BŁOŃSKI RAFAŁ | PUSZCZYKOWO | YUPPI SQUAD | POLSKA | 1982 | M16 | 214 | 5:11 | 11,6 | 00:25:34 | 00:25:55 | 352 | |
| 418 | 285 | GRACZYK DARIA | PLEWISKA | YUPPI SQUAD | POLSKA | 1984 | K16 | 50 | 5:11 | 11,6 | 00:25:35 | 00:25:55 | | 66 |
| 419 | 763 | JEZIERSKI PATRYK | PNIEWY | | POLSKA | 1997 | M16 | 215 | 5:11 | 11,6 | 00:25:41 | 00:25:55 | 353 | |
| 420 | 35 | PRĘTKOWSKI MICHAŁ | POZNAŃ | | POLSKA | 1986 | M16 | 216 | 5:11 | 11,6 | 00:25:36 | 00:25:55 | 354 | |

zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl
 Data: 30.11.2013 r.
 Dystans: 5km
 Miejscowość: Poznań



Klasyfikacja: OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Wynik | M | K |
|------|---------|------------------------|--------------------|-------------------------------|--------|------------|-----------|------------|--------------|------------|------------|----------|-----|----|
| 421 | 1207 | SZYDZIS BŁAŻEJ | POZNAŃ | POZNAŃ I LOVE YOU | | 1981 | M16 | 217 | 5:11 | 11,6 | 00:25:26 | 00:25:55 | 355 | |
| 422 | 85 | SMURAWA ALEKSANDRA | MOSINA | FLEXLINK RUNNING TEAM | POLSKA | 1981 | K16 | 51 | 5:12 | 11,5 | 00:25:33 | 00:25:59 | | 67 |
| 423 | 303 | BARON-CZERWIŃSKA MAGDA | TARNOWO PODGÓRNE | POZIOM WYŻEJ - TARNOWO BIEGA | POLSKA | 1980 | K16 | 52 | 5:12 | 11,5 | 00:25:33 | 00:26:00 | | 68 |
| 424 | 469 | NAPIERAŁA KATARZYNA | SUCHY LAS | | POLSKA | 1976 | K30 | 14 | 5:12 | 11,5 | 00:25:42 | 00:26:00 | | 69 |
| 425 | 1047 | DOROBIAŁA BARTOSZ | POZNAŃ | | POLSKA | 1985 | M16 | 218 | 5:12 | 11,5 | 00:24:30 | 00:26:01 | 356 | |
| 426 | 63 | BĄCZKOWSKI RYSZARD | POZNAŃ | NIGHT RUNNERS MISIE | POLSKA | 1976 | M30 | 113 | 5:13 | 11,5 | 00:25:31 | 00:26:03 | 357 | |
| 427 | 95 | JACHIMOWSKA ANNA | POZNAŃ | NIGHT RUNNERS | POLSKA | 1979 | K16 | 53 | 5:13 | 11,5 | 00:25:30 | 00:26:03 | | 70 |
| 428 | 983 | KAMIŃSKI TOMASZ | POZNAŃ | NIEZRZESZONY | POLSKA | 1968 | M30 | 114 | 5:13 | 11,5 | 00:25:46 | 00:26:04 | 358 | |
| 429 | 750 | KAPŁON MAGDALENA | SWADZIM | TOTAL RUNNERS | POLSKA | 1991 | K16 | 54 | 5:13 | 11,5 | 00:25:37 | 00:26:04 | | 71 |
| 430 | 471 | JĘDRZEJCZAK AGNIESZKA | SWARZĘDZ | TURBO ŻÓŁWIE | POLSKA | 1988 | K16 | 55 | 5:13 | 11,5 | 00:25:39 | 00:26:05 | | 72 |
| 431 | 879 | LIKSA ARTUR | POZNAŃ | - | POLSKA | 1981 | M16 | 219 | 5:13 | 11,5 | 00:25:26 | 00:26:05 | 359 | |
| 432 | 416 | IGNASIAK KAROL | POZNAŃ | | POLSKA | 1961 | M50 | 27 | 5:13 | 11,5 | 00:25:26 | 00:26:06 | 360 | |
| 433 | 947 | PECZYŃSKI DARIUSZ | LUBOŃ | DRUŻYNA ZBÓJA | POLSKA | 1986 | M16 | 220 | 5:13 | 11,5 | 00:25:54 | 00:26:07 | 361 | |
| 434 | 386 | MATYSIAK SEBASTIAN | STĘSZEW | MADZIA&SEBA TEAM | POLSKA | 1982 | M16 | 221 | 5:14 | 11,5 | 00:25:31 | 00:26:10 | 362 | |
| 435 | 761 | SOBKOWSKI PRZEMYSŁAW | MIĘDZYCHÓD | MUKS JEDYNKA MIĘDZYCHÓD | POLSKA | 1960 | M50 | 28 | 5:14 | 11,5 | 00:25:34 | 00:26:11 | 363 | |
| 436 | 545 | SŁOMA KRYSZTIAN | POZNAŃ | BIEGNĘ DLA FIOLETU! | POLSKA | 1992 | M16 | 222 | 5:14 | 11,5 | 00:25:34 | 00:26:12 | 364 | |
| 437 | 764 | BOJARCZUK KRZYSZTOF | KOZIEGŁOWY | 90SEKUND.PL | POLSKA | 1987 | M16 | 223 | 5:15 | 11,4 | 00:25:48 | 00:26:13 | 365 | |
| 438 | 264 | ROGOZIŃSKI HENRYK | BUK | BUKOWSKI KLUB BIEGACZA | POLSKA | 1976 | M30 | 115 | 5:15 | 11,4 | 00:25:21 | 00:26:13 | 366 | |
| 439 | 402 | WACHOWSKA ALINA | POZNAŃ | SMOK TRÓJGŁOWY | POLSKA | 1958 | K50 | 3 | 5:15 | 11,4 | 00:25:52 | 00:26:14 | | 73 |
| 440 | 913 | FILIPOWSKI ZENON | WSCHOWA | SCIM | POLSKA | 1973 | M30 | 116 | 5:15 | 11,4 | 00:25:37 | 00:26:15 | 367 | |
| 441 | 52 | WRÓBLEWSKI PAWEŁ | POZNAŃ | KB MANIAC POZNAŃ | POLSKA | 1976 | M30 | 117 | 5:15 | 11,4 | 00:25:46 | 00:26:16 | 368 | |
| 442 | 620 | SZAJDAK ADA | SZAMOTUŁY | BUKOWSKI KLUB BIEGACZA | POLSKA | 1989 | K16 | 56 | 5:15 | 11,4 | 00:25:48 | 00:26:17 | | 74 |
| 443 | 940 | KRZAN ARKADIUSZ | MOSINA | | POLSKA | 1981 | M16 | 224 | 5:16 | 11,4 | 00:25:25 | 00:26:20 | 369 | |
| 444 | 770 | MYDLARZ SŁAWOMIR | SKÓRZEWO | | POLSKA | 1972 | M30 | 118 | 5:16 | 11,4 | 00:25:45 | 00:26:21 | 370 | |
| 445 | 1065 | WAWRZYŃSKI ZOFIA | POZNAŃ | WWW.KOBIETYBIEGAJA.PL | POLSKA | 1986 | K16 | 57 | 5:16 | 11,4 | 00:25:52 | 00:26:21 | | 75 |
| 446 | 722 | KNOBŁOCH JAKUB | POZNAŃ | MOTIV HOME TEAM | POLSKA | 1977 | M30 | 119 | 5:16 | 11,4 | 00:25:23 | 00:26:22 | 371 | |
| 447 | 809 | DOPIERAŁA KAROLINA | POZNAŃ | 2KOŁA | POLSKA | 1972 | K30 | 15 | 5:18 | 11,3 | 00:25:58 | 00:26:28 | | 76 |
| 448 | 1185 | KĘPIŃSKI MARCIN | POZNAŃ | - | POLSKA | 1978 | M30 | 120 | 5:18 | 11,3 | 00:25:31 | 00:26:28 | 372 | |
| 449 | 656 | MISZCZUK RAFAŁ | POZNAŃ | KREW Z NOSA | POLSKA | 1981 | M16 | 225 | 5:18 | 11,3 | 00:25:45 | 00:26:29 | 373 | |
| 450 | 593 | PRYŁ MICHAŁ | SKÓRZEWO / POZNAŃ | BBL | POLSKA | 1979 | M16 | 226 | 5:18 | 11,3 | 00:25:44 | 00:26:29 | 374 | |
| 451 | 639 | WACHOWIAK ARTUR | POZNAŃ | PROGRAMA.PL | POLSKA | 1987 | M16 | 227 | 5:18 | 11,3 | 00:26:14 | 00:26:30 | 375 | |
| 452 | 446 | HOFFMANN PRZEMYSŁAW | ZŁOTKOWO | | POLSKA | 1976 | M30 | 121 | 5:18 | 11,3 | 00:26:05 | 00:26:31 | 376 | |
| 453 | 1086 | PAZDER ANTONI | POZNAŃ | KLUB MARATOŃCZYKA V LO POZNAŃ | POLSKA | 1990 | M16 | 228 | 5:18 | 11,3 | 00:25:08 | 00:26:31 | 377 | |
| 454 | 878 | MALICKI MATEUSZ | POZNAŃ | DRUŻYNA SZPIKU | POLSKA | 1981 | M16 | 229 | 5:19 | 11,3 | 00:25:47 | 00:26:33 | 378 | |
| 455 | 1214 | LITEWKA FILIP | POZNAŃ | - | | 1978 | M30 | 122 | 5:19 | 11,3 | 00:25:38 | 00:26:34 | 379 | |
| 456 | 431 | WARCZYĞŁOWA ALEKSANDRA | MIŁOSŁAW | MIŁOSŁAW FORTUNA TEAM | POLSKA | 1981 | K16 | 58 | 5:19 | 11,3 | 00:26:18 | 00:26:34 | | 77 |
| 457 | 370 | BUCZKOWSKA MAGDALENA | ŚRODA WIELKOPOLSKA | NIGHT RUNNERS | POLSKA | 1985 | K16 | 59 | 5:19 | 11,3 | 00:25:50 | 00:26:37 | | 78 |
| 458 | 694 | KORYTOWSKI SEBASTIAN | SWARZĘDZ | NIGHT RUNNERS | POLSKA | 1977 | M30 | 123 | 5:19 | 11,3 | 00:26:15 | 00:26:37 | 380 | |
| 459 | 72 | ŁUCZAK MARCIN | POZNAŃ | NIGHT RUNNERS | POLSKA | 1982 | M16 | 230 | 5:20 | 11,3 | 00:25:50 | 00:26:38 | 381 | |
| 460 | 1096 | GNIECIAK ARTUR | NIELEDEW | | POLSKA | 1988 | M16 | 231 | 5:20 | 11,3 | 00:26:07 | 00:26:39 | 382 | |
| 461 | 1125 | DANEK MAGDALENA | POZNAŃ | | POLSKA | 1974 | K30 | 16 | 5:20 | 11,3 | 00:26:07 | 00:26:40 | | 79 |
| 462 | 90 | OTTO MARCIN | KAMIONKI | | POLSKA | 1975 | M30 | 124 | 5:20 | 11,3 | 00:26:07 | 00:26:40 | 383 | |

zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl
 Data: 30.11.2013 r.
 Dystans: 5km
 Miejscowość: Poznań



Klasyfikacja: OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Wynik | M | K |
|------|---------|-------------------------|-------------|-----------------------------|--------|------------|-----------|------------|--------------|------------|------------|----------|-----|----|
| 463 | 384 | BARTOCHOWSKI ŁUKASZ | POZNAŃ | | POLSKA | 1981 | M16 | 232 | 5:20 | 11,2 | 00:25:22 | 00:26:41 | 384 | |
| 464 | 280 | GADOMSKI PIOTR | CZERWONAK | | POLSKA | 1970 | M30 | 125 | 5:20 | 11,2 | 00:26:20 | 00:26:42 | 385 | |
| 465 | 1163 | PACZYŃSKI TOMASZ | DĄBRÓWKA | - | | 1981 | M16 | 233 | 5:21 | 11,2 | 00:26:14 | 00:26:43 | 386 | |
| 466 | 568 | LIGĘZA BARTOSZ | ZBĄSZYŃ | | POLSKA | 1990 | M16 | 234 | 5:21 | 11,2 | 00:26:20 | 00:26:44 | 387 | |
| 467 | 1103 | JAŻWICKI WIESŁAW | POZNAŃ | | POLSKA | 1978 | M30 | 126 | 5:21 | 11,2 | 00:26:15 | 00:26:45 | 388 | |
| 468 | 675 | BRZEZIŃSKA-KAPŁON EDYTA | POZNAŃ | NIEZRZESZONA | POLSKA | 1968 | K30 | 17 | 5:21 | 11,2 | 00:26:26 | 00:26:46 | | 80 |
| 469 | 230 | GMUR KINGA | DĄBRÓWKA | | POLSKA | 1979 | K16 | 60 | 5:22 | 11,2 | 00:26:22 | 00:26:48 | | 81 |
| 470 | 81 | KOŁACIŃSKA MARTA | POZNAŃ | NIGHT RUNNERS | POLSKA | 1982 | K16 | 61 | 5:22 | 11,2 | 00:26:16 | 00:26:49 | | 82 |
| 471 | 924 | WĘCŁAWIAK DAMIAN | LUBOŃ | TOTAL RUNNERS | POLSKA | 1996 | M16 | 235 | 5:22 | 11,2 | 00:26:25 | 00:26:50 | 389 | |
| 472 | 1208 | MATYSIAK BARTOSZ | RAKONIEWICE | - | | 1985 | M16 | 236 | 5:22 | 11,2 | 00:26:11 | 00:26:51 | 390 | |
| 473 | 46 | JAKUBOWSKI MACIEJ | LUBOŃ | TOTAL RUNNERS | POLSKA | 1996 | M16 | 237 | 5:22 | 11,2 | 00:26:27 | 00:26:52 | 391 | |
| 474 | 496 | KLEWICZ ANNA | | | POLSKA | 1967 | K30 | 18 | 5:22 | 11,2 | 00:26:25 | 00:26:52 | | 83 |
| 475 | 902 | MAĆKOWIAK KASIA | KROSNO | ACTIVUS | POLSKA | 1980 | K16 | 62 | 5:22 | 11,2 | 00:26:47 | 00:26:52 | | 84 |
| 476 | 68 | MAKOWSKI JANUSZ | POZNAŃ | NIGHT RUNNERS | POLSKA | 1953 | M50 | 29 | 5:22 | 11,2 | 00:26:21 | 00:26:52 | 392 | |
| 477 | 410 | ŚWIĄTEK ARKADIUSZ | POZNAŃ | WOJOWNIK | POLSKA | 1982 | M16 | 238 | 5:23 | 11,2 | 00:26:37 | 00:26:54 | 393 | |
| 478 | 295 | BIGUS LECH | SWARZĘDZ | | POLSKA | 1983 | M16 | 239 | 5:23 | 11,1 | 00:25:13 | 00:26:55 | 394 | |
| 479 | 145 | LANGE MAREK | POZNAŃ | BBL | POLSKA | 1980 | M16 | 240 | 5:23 | 11,1 | 00:26:10 | 00:26:55 | 395 | |
| 480 | 832 | OSTROWSKI RADEK | PUSZCZYKOWO | | POLSKA | 1980 | M16 | 241 | 5:23 | 11,1 | 00:26:10 | 00:26:55 | 396 | |
| 481 | 1173 | JAKUBCZAK ŁUKASZ | POZNAŃ | - | | 1984 | M16 | 242 | 5:23 | 11,1 | 00:25:40 | 00:26:56 | 397 | |
| 482 | 274 | KANIEWSKA BEATA | MIŁOSŁAW | MIŁOSŁAW FORTUNA TEAM | POLSKA | 1977 | K30 | 19 | 5:23 | 11,1 | 00:26:37 | 00:26:57 | | 85 |
| 483 | 512 | TALBIERZ PAWEŁ | POZNAŃ | | POLSKA | 1986 | M16 | 243 | 5:24 | 11,1 | 00:26:16 | 00:26:58 | 398 | |
| 484 | 1091 | D ESPAGNAC FABIAN | POZNAŃ | | POLSKA | 1972 | M30 | 127 | 5:24 | 11,1 | 00:26:19 | 00:26:59 | 399 | |
| 485 | 517 | ANDRZEJAK MARTA | POZNAŃ | | POLSKA | 1985 | K16 | 63 | 5:24 | 11,1 | 00:26:25 | 00:27:00 | | 86 |
| 486 | 721 | PUK MARTA | POZNAŃ | | POLSKA | 1988 | K16 | 64 | 5:24 | 11,1 | 00:26:38 | 00:27:01 | | 87 |
| 487 | 440 | ŻNIŃSKI ALEKSANDER | POZNAŃ | | POLSKA | 1987 | M16 | 244 | 5:24 | 11,1 | 00:26:37 | 00:27:01 | 400 | |
| 488 | 816 | KSIĄŻKIEWICZ JACEK | WĄGROWIEC | CUKIERNIA KRÓLEWSKA KILIAN | POLSKA | 1979 | M16 | 245 | 5:24 | 11,1 | 00:25:44 | 00:27:02 | 401 | |
| 489 | 362 | BRODNICKI DAMIAN | POZNAŃ | KB MANIAC POZNAŃ | POLSKA | 1983 | M16 | 246 | 5:25 | 11,1 | 00:26:20 | 00:27:03 | 402 | |
| 490 | 791 | BAUZA MACIEJ | POZNAŃ | | POLSKA | 1983 | M16 | 247 | 5:25 | 11,1 | 00:26:34 | 00:27:05 | 403 | |
| 491 | 348 | JODKO PIOTR | BATOROWO | JODKO BROTHERS RUNNING TEAM | POLSKA | 1979 | M16 | 248 | 5:26 | 11,1 | 00:26:18 | 00:27:08 | 404 | |
| 492 | 1042 | NOWACKA NATALIA | ŻABNO | KB MANIAC POZNAŃ | POLSKA | 1987 | K16 | 65 | 5:26 | 11,1 | 00:26:20 | 00:27:08 | | 88 |
| 493 | 78 | SKRZYPEK PIOTR | SKÓRZEWO | APLAUZ DĄBRÓWKA | POLSKA | 1979 | M16 | 249 | 5:26 | 11,1 | 00:26:20 | 00:27:08 | 405 | |
| 494 | 472 | BAJBAK EWA | POZNAŃ | | POLSKA | 1985 | K16 | 66 | 5:26 | 11,0 | 00:26:20 | 00:27:09 | | 89 |
| 495 | 381 | POLCYN MACIEJ | POZNAŃ | PAN TROLOLOLO | POLSKA | 1996 | M16 | 250 | 5:26 | 11,0 | 00:26:06 | 00:27:09 | 406 | |
| 496 | 783 | MELLER ŁUKASZ | LUBOŃ | DWUOSOBOWY KLUB SPORTOWY | POLSKA | 1978 | M30 | 128 | 5:26 | 11,0 | 00:26:50 | 00:27:11 | 407 | |
| 497 | 506 | SZKUDLAREK MARIAN | SWARZĘDZ | | POLSKA | 1960 | M50 | 30 | 5:26 | 11,0 | 00:26:54 | 00:27:12 | 408 | |
| 498 | 589 | NATER MAGDALENA | LUBOŃ | WIECZNE SŁABI | POLSKA | 1973 | K30 | 20 | 5:27 | 11,0 | 00:26:45 | 00:27:13 | | 90 |
| 499 | 550 | GŁOWACKA ANNA | MIŁOSŁAW | MIŁOSŁAW FORTUNATEAM | POLSKA | 1968 | K30 | 21 | 5:27 | 11,0 | 00:26:52 | 00:27:14 | | 91 |
| 500 | 549 | SKRZYPCZAK HANNA | MIŁOSŁAW | MIŁOSŁAW FORTUNA TEAM | POLSKA | 1967 | K30 | 22 | 5:27 | 11,0 | 00:26:52 | 00:27:14 | | 92 |
| 501 | 371 | JAŚKOWIAK PIOTR | POZNAŃ | BRAK | POLSKA | 1972 | M30 | 129 | 5:27 | 11,0 | 00:26:44 | 00:27:15 | 409 | |
| 502 | 1072 | OLEJNIK JAKUB | POZNAŃ | | POLSKA | 1997 | M16 | 251 | 5:27 | 11,0 | 00:26:50 | 00:27:15 | 410 | |
| 503 | 991 | UZNANSKA WERONIKA | MIERZYN | | POLSKA | 1985 | K16 | 67 | 5:27 | 11,0 | 00:26:51 | 00:27:16 | | 93 |
| 504 | 1095 | ŻYCHSKA ANNA | CZŁUCHÓW | DRUŻYNA SZPIKU | POLSKA | 1989 | K16 | 68 | 5:27 | 11,0 | 00:26:45 | 00:27:17 | | 94 |

zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl
 Data: 30.11.2013 r.
 Dystans: 5km
 Miejscowość: Poznań



Klasyfikacja: OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Wynik | M | K |
|------|---------|-------------------------|------------------|-------------------------|--------|------------|-----------|------------|--------------|------------|------------|----------|-----|-----|
| 505 | 702 | MYTYCH-BEM ADELINA | POZNAŃ | NIGHT RUNNERS | POLSKA | 1973 | K30 | 23 | 5:28 | 11,0 | 00:26:45 | 00:27:19 | | 95 |
| 506 | 87 | OWCZARZAK PIOTR | GNIEZNO | | POLSKA | 1957 | M50 | 31 | 5:28 | 11,0 | 00:26:45 | 00:27:19 | 411 | |
| 507 | 211 | WOŹNIAK DARIUSZ | RYCZYWÓŁ | | POLSKA | 1971 | M30 | 130 | 5:28 | 11,0 | 00:26:18 | 00:27:21 | 412 | |
| 508 | 830 | ROHNKA KRZYSZTOF | POZNAŃ | | POLSKA | 1960 | M50 | 32 | 5:29 | 10,9 | 00:26:47 | 00:27:24 | 413 | |
| 509 | 185 | BABOROWSKA KATARZYNA | POZNAŃ | DZIECIOROBY | POLSKA | 1980 | K16 | 69 | 5:29 | 10,9 | 00:26:50 | 00:27:25 | | 96 |
| 510 | 1037 | IMIŁKOWSKA JOANNA | POZNAŃ | KB INTREX POZNAŃ | POLSKA | 1976 | K30 | 24 | 5:29 | 10,9 | 00:26:21 | 00:27:26 | | 97 |
| 511 | 1089 | LUBKA-KOMOSIŃSKI DANIEL | POZNAŃ | VEGE RUNNERS | POLSKA | 1978 | M30 | 131 | 5:29 | 10,9 | 00:26:14 | 00:27:27 | 414 | |
| 512 | 986 | DZIWIŚZ MIKOŁAJ | POZNAŃ | NIGHT RUNNERS | POLSKA | 1986 | M16 | 252 | 5:30 | 10,9 | 00:26:30 | 00:27:29 | 415 | |
| 513 | 618 | MLECZAK HUBERT | POZNAŃ | NIGHT RUNNERS | POLSKA | 1975 | M30 | 132 | 5:30 | 10,9 | 00:26:32 | 00:27:30 | 416 | |
| 514 | 754 | JANIK MIROSLAW | POZNAŃ | | POLSKA | 1971 | M30 | 133 | 5:30 | 10,9 | 00:26:34 | 00:27:31 | 417 | |
| 515 | 1184 | JASKÓLSKI KRYSZTIAN | POZNAŃ | - | | 1975 | M30 | 134 | 5:30 | 10,9 | 00:26:34 | 00:27:31 | 418 | |
| 516 | 1218 | WOSIOK ANGELIKA | POZNAŃ | - | | 1987 | K16 | 70 | 5:31 | 10,9 | 00:27:16 | 00:27:33 | | 98 |
| 517 | 1159 | KOŚCIŃSKI TMOASZ | POZNAŃ | - | | 1952 | M50 | 33 | 5:31 | 10,9 | 00:26:41 | 00:27:35 | 419 | |
| 518 | 1213 | BARSZCZEWSKI PAWEŁ | FALENTY | - | | 1980 | M16 | 253 | 5:31 | 10,9 | 00:26:53 | 00:27:36 | 420 | |
| 519 | 328 | JUNG KAROLINA | POZNAŃ | | POLSKA | 1974 | K30 | 25 | 5:31 | 10,9 | 00:26:45 | 00:27:36 | | 99 |
| 520 | 175 | POLKOWSKA MONIKA | SKÓRZEWO | BYLEDALEJ | POLSKA | 1978 | K30 | 26 | 5:31 | 10,9 | 00:26:55 | 00:27:36 | | 100 |
| 521 | 853 | ALTMANN ZBYSZEK | SKÓRZEWO | PYRCYK POZNAN | POLSKA | 1964 | M30 | 135 | 5:31 | 10,9 | 00:27:10 | 00:27:37 | 421 | |
| 522 | 971 | SZYJA PAWEŁ | POZNAŃ | OKAPI TEAM | POLSKA | 1971 | M30 | 136 | 5:32 | 10,8 | 00:27:24 | 00:27:39 | 422 | |
| 523 | 976 | KARASKIEWICZ MIROSLAW | TULCE | | POLSKA | 1965 | M30 | 137 | 5:32 | 10,8 | 00:26:44 | 00:27:42 | 423 | |
| 524 | 570 | ZAGOZDA TOMASZ | LUBOŃ | | POLSKA | 1961 | M50 | 34 | 5:32 | 10,8 | 00:27:02 | 00:27:42 | 424 | |
| 525 | 1087 | WIŚNIEWSKI MARCIN | POZNAŃ | | POLSKA | 1984 | M16 | 254 | 5:33 | 10,8 | 00:27:10 | 00:27:43 | 425 | |
| 526 | 846 | SUSZKA MICHAŁ | POZNAŃ | | POLSKA | 1972 | M30 | 138 | 5:33 | 10,8 | 00:27:12 | 00:27:44 | 426 | |
| 527 | 226 | FRANEK SEBASTIAN | LUBOŃ | NIEZRZESZONY | POLSKA | 1977 | M30 | 139 | 5:33 | 10,8 | 00:26:31 | 00:27:45 | 427 | |
| 528 | 234 | KORBIK MICHAŁ | KOZIEGŁOWY | | POLSKA | 1984 | M16 | 255 | 5:33 | 10,8 | 00:26:40 | 00:27:45 | 428 | |
| 529 | 225 | RATAJCZAK JOANNA | POZNAŃ | | POLSKA | 1977 | K30 | 27 | 5:33 | 10,8 | 00:27:01 | 00:27:46 | | 101 |
| 530 | 294 | WEINSTOK ROBERT | POZNAN | BBL | POLSKA | 1972 | M30 | 140 | 5:33 | 10,8 | 00:26:56 | 00:27:47 | 429 | |
| 531 | 373 | ZBROSZCZYK JOANNA | POZNAŃ | PYRCYK POZNAŃ | POLSKA | 1977 | K30 | 28 | 5:33 | 10,8 | 00:27:21 | 00:27:47 | | 102 |
| 532 | 981 | JAŚKIEWICZ TOMASZ | POZNAN | NIGHT RUNNERS | POLSKA | 1988 | M16 | 256 | 5:34 | 10,8 | 00:26:55 | 00:27:50 | 430 | |
| 533 | 409 | RETELEWSKI MICHAŁ | POZNAŃ | CREAKTIVE.PL | POLSKA | 1978 | M30 | 141 | 5:34 | 10,8 | 00:26:24 | 00:27:50 | 431 | |
| 534 | 635 | BŁASZAK PRZEMYSŁAW | POZNAŃ | | POLSKA | 1961 | M50 | 35 | 5:35 | 10,8 | 00:27:10 | 00:27:54 | 432 | |
| 535 | 1015 | SOBKOWSKA KAROLINA | MIĘDZYCHÓD | MUKS1MIĘDZYCHÓD | POLSKA | 1997 | K16 | 71 | 5:35 | 10,8 | 00:27:19 | 00:27:54 | | 103 |
| 536 | 54 | BIELSKI JERZY | POZNAŃ | | POLSKA | 1957 | M50 | 36 | 5:35 | 10,7 | 00:27:36 | 00:27:55 | 433 | |
| 537 | 1181 | ROBOWSKI RYSZARD | ROGOŹNO | RC WATER ROGOŹNO | | 1973 | M30 | 142 | 5:35 | 10,7 | 00:27:16 | 00:27:55 | 434 | |
| 538 | 780 | SARBAK PAULINA | MIĘDZYCHÓD | MUKS JEDYNKA MIĘDZYCHÓD | POLSKA | 1997 | K16 | 72 | 5:35 | 10,7 | 00:27:20 | 00:27:55 | | 104 |
| 539 | 935 | LONG-KUCHARCZYK SETHA | MUROWANA GOŚLINA | BIĘG Z PANEM BOGIEM | POLSKA | 1970 | K30 | 29 | 5:35 | 10,7 | 00:27:23 | 00:27:56 | | 105 |
| 540 | 449 | GOTOWSKI MARIUSZ | SWARZĘDZ | | POLSKA | 1978 | M30 | 143 | 5:35 | 10,7 | 00:26:51 | 00:27:57 | 435 | |
| 541 | 407 | KOLSKI JACEK | POZNAŃ | NIGHT RUNNERS | POLSKA | 1978 | M30 | 144 | 5:36 | 10,7 | 00:27:23 | 00:27:59 | 436 | |
| 542 | 435 | WINIECKI PAWEŁ | SKÓRZEWO | | POLSKA | 1988 | M16 | 257 | 5:36 | 10,7 | 00:26:43 | 00:27:59 | 437 | |
| 543 | 592 | DUDEK ŁUKASZ | POZNAŃ | NIGHT RUNNERS | POLSKA | 1980 | M16 | 258 | 5:36 | 10,7 | 00:27:25 | 00:28:00 | 438 | |
| 544 | 1054 | KALUBA JULIAN | POZNAŃ | NIGHT RUNNERS | POLSKA | 1959 | M50 | 37 | 5:36 | 10,7 | 00:27:30 | 00:28:02 | 439 | |
| 545 | 645 | STRÓŻNIAK MIKOŁAJ | POZNAŃ | DRUŻYNA SZPIKU | POLSKA | 1986 | M16 | 259 | 5:37 | 10,7 | 00:27:36 | 00:28:03 | 440 | |
| 546 | 577 | CZERNIEWSKI STEFAN | SUCHY LAS | BIEGANIEZWIEDZANIE.PL | POLSKA | 1981 | M16 | 260 | 5:37 | 10,7 | 00:27:34 | 00:28:04 | 441 | |

zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl
 Data: 30.11.2013 r.
 Dystans: 5km
 Miejscowość: Poznań



Klasyfikacja: OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Wynik | M | K |
|------|---------|-------------------------|------------------|-----------------------|--------|------------|-----------|------------|--------------|------------|------------|----------|-----|-----|
| 547 | 45 | KMIECIAK KAROL | POZNAŃ | TOTAL RUNNERS | POLSKA | 1995 | M16 | 261 | 5:37 | 10,7 | 00:27:27 | 00:28:04 | 442 | |
| 548 | 1069 | LANG JACEK | POZNAŃ | | POLSKA | 1964 | M30 | 145 | 5:37 | 10,7 | 00:26:41 | 00:28:04 | 443 | |
| 549 | 582 | CZERNIEWSKA DOMINIKA | SUCHY LAS | ZABIEGANAKUCHNIA.PL | POLSKA | 1983 | K16 | 73 | 5:37 | 10,7 | 00:27:35 | 00:28:05 | | 106 |
| 550 | 260 | PIEPRZYK WIESŁAW | POZNAŃ | | POLSKA | 1954 | M50 | 38 | 5:37 | 10,7 | 00:27:35 | 00:28:05 | 444 | |
| 551 | 642 | ZAJĄC KRZYSZTOF | POZNAŃ | ZP SZPIKI | POLSKA | 1977 | M30 | 146 | 5:37 | 10,7 | 00:27:11 | 00:28:06 | 445 | |
| 552 | 771 | MARCINKOWSKA MICHALINA | DĄBRÓWKA | | POLSKA | 1976 | K30 | 30 | 5:37 | 10,7 | 00:27:36 | 00:28:07 | | 107 |
| 553 | 445 | NIEMIR DOROTA | POZNAŃ | | POLSKA | 1965 | K30 | 31 | 5:37 | 10,7 | 00:27:20 | 00:28:07 | | 108 |
| 554 | 209 | KOKOCIŃSKI JAROSŁAW | POZNAŃ | | POLSKA | 1972 | M30 | 147 | 5:38 | 10,7 | 00:27:25 | 00:28:08 | 446 | |
| 555 | 1039 | OTOCKI WOJCIECH ANTONI | POZNAŃ | | POLSKA | 1979 | M16 | 262 | 5:38 | 10,7 | 00:27:58 | 00:28:08 | 447 | |
| 556 | 997 | ZAWADA EWA | ZABRZE | | POLSKA | 1988 | K16 | 74 | 5:38 | 10,6 | 00:27:41 | 00:28:12 | | 109 |
| 557 | 108 | ZIĘBA MAREK | POZNAŃ | BBL POZNAŃ | POLSKA | 1982 | M16 | 263 | 5:39 | 10,6 | 00:27:28 | 00:28:13 | 448 | |
| 558 | 998 | FIAŁKOWSKI JAN | POZNAŃ | NIGHT RUNNERS | POLSKA | 1969 | M30 | 148 | 5:39 | 10,6 | 00:27:39 | 00:28:14 | 449 | |
| 559 | 1049 | RYBKA DANIEL | BYDGOSZCZ | | POLSKA | 1992 | M16 | 264 | 5:39 | 10,6 | 00:27:26 | 00:28:15 | 450 | |
| 560 | 1211 | GRONOWSKA AGNIESZKA | | RF | | 1988 | K16 | 75 | 5:39 | 10,6 | 00:27:44 | 00:28:16 | | 110 |
| 561 | 692 | SERAFIŃSKI MIROŚLAW | POZNAŃ | | POLSKA | 1976 | M30 | 149 | 5:39 | 10,6 | 00:25:28 | 00:28:17 | 451 | |
| 562 | 207 | HORNIK NATALIA | POZNAŃ | | POLSKA | 1988 | K16 | 76 | 5:40 | 10,6 | 00:27:55 | 00:28:18 | | 111 |
| 563 | 833 | MŁOTKOWSKI WALDEMAR | POZNAŃ | | POLSKA | 1960 | M50 | 39 | 5:40 | 10,6 | 00:27:48 | 00:28:18 | 452 | |
| 564 | 606 | RADOMSKI WOJCIECH | POZNAŃ | PROGRAMA.PL | POLSKA | 1987 | M16 | 265 | 5:40 | 10,6 | 00:26:56 | 00:28:18 | 453 | |
| 565 | 1153 | STRUGAREK WOJCIECH | SUCHY LAS | - | | 1964 | M30 | 150 | 5:40 | 10,6 | 00:27:43 | 00:28:20 | 454 | |
| 566 | 987 | TOMASZEWSKI MACIEJ | POZNAŃ | | POLSKA | 1978 | M30 | 151 | 5:40 | 10,6 | 00:27:18 | 00:28:21 | 455 | |
| 567 | 213 | WOŹNIAK MARIUSZ | POZNAŃ | | POLSKA | 1973 | M30 | 152 | 5:40 | 10,6 | 00:27:18 | 00:28:21 | 456 | |
| 568 | 670 | NIEMCZEWSKI BARTOSZ | POZNAŃ | KREW Z NOSA | POLSKA | 1982 | M16 | 266 | 5:41 | 10,6 | 00:27:38 | 00:28:24 | 457 | |
| 569 | 1202 | JACYGRAD ALEKSANDER | POZNAŃ | DRUŻYNA SZPIKU | POLSKA | 1992 | M16 | 267 | 5:41 | 10,6 | 00:27:43 | 00:28:25 | 458 | |
| 570 | 1113 | MŁODAK ZUZANNA | WYRZEKA | | POLSKA | 1992 | K16 | 77 | 5:41 | 10,6 | 00:27:43 | 00:28:25 | | 112 |
| 571 | 30 | MALUJDY WŁODZIMIERZ | POZNAŃ | | POLSKA | 1958 | M50 | 40 | 5:41 | 10,5 | 00:28:09 | 00:28:27 | 459 | |
| 572 | 574 | GOGOLEWSKI SEBASTIAN | DOPIEWO | STAJNIA RUSIN | POLSKA | 1978 | M30 | 153 | 5:42 | 10,5 | 00:27:49 | 00:28:28 | 460 | |
| 573 | 262 | PELEC-ŁAWNICZAK TERESA | POZNAŃ | KB MANIAC POZNAŃ | POLSKA | 1965 | K30 | 32 | 5:42 | 10,5 | 00:27:50 | 00:28:30 | | 113 |
| 574 | 1079 | BANASZAK RAFAŁ | OBORNIKI | | POLSKA | 1974 | M30 | 154 | 5:42 | 10,5 | 00:28:16 | 00:28:31 | 461 | |
| 575 | 1177 | NOWICKI ZBIGNIEW | OBORNIKI | - | | 1972 | M30 | 155 | 5:42 | 10,5 | 00:28:17 | 00:28:31 | 462 | |
| 576 | 367 | SZCZODRZYŃSKA KATARZYNA | POZNAŃ | | POLSKA | 1979 | K16 | 78 | 5:42 | 10,5 | 00:27:42 | 00:28:31 | | 114 |
| 577 | 368 | SZCZODRZYŃSKI PIOTR | POZNAŃ | NETPROFI.PL | POLSKA | 1974 | M30 | 156 | 5:42 | 10,5 | 00:27:42 | 00:28:31 | 463 | |
| 578 | 154 | JAŁKIEWICZ GRZEGORZ | MUROWANA GOŚLINA | | POLSKA | 1968 | M30 | 157 | 5:42 | 10,5 | 00:28:21 | 00:28:32 | 464 | |
| 579 | 914 | KOTLARSKI KRZYSZTOF | KĘBŁOWO | | POLSKA | 1985 | M16 | 268 | 5:43 | 10,5 | 00:27:51 | 00:28:33 | 465 | |
| 580 | 437 | GRUSZCZYŃSKI HUBERT | MIŁOSŁAW | MIŁOSŁAW FORTUNA TEAM | POLSKA | 1980 | M16 | 269 | 5:43 | 10,5 | 00:28:19 | 00:28:35 | 466 | |
| 581 | 1090 | PIETEK ROBERT | MUROWANA GOŚLINA | BIKETOP TEAM | POLSKA | 1972 | M30 | 158 | 5:43 | 10,5 | 00:28:03 | 00:28:37 | 467 | |
| 582 | 208 | SZUBARGA TOMEK | POZNAŃ | | POLSKA | 1987 | M16 | 270 | 5:43 | 10,5 | 00:27:47 | 00:28:37 | 468 | |
| 583 | 1106 | KINDZIÓREK MARCIN | MUROWANA GOŚLINA | PYRCYK POZNAŃ | POLSKA | 1982 | M16 | 271 | 5:44 | 10,5 | 00:28:14 | 00:28:40 | 469 | |
| 584 | 956 | KOWALEWSKA DARIA | GDAŃSK | SOPOCIANKI | POLSKA | 1984 | K16 | 79 | 5:44 | 10,5 | 00:28:01 | 00:28:42 | | 115 |
| 585 | 1158 | ŻABKO JAROSŁAW | POZNAŃ | ŻABKO TEAM | | 1960 | M50 | 41 | 5:44 | 10,5 | 00:27:47 | 00:28:42 | 470 | |
| 586 | 989 | DONIGIEWICZ ALEKSANDRA | KOSZALIN | | POLSKA | 1989 | K16 | 80 | 5:45 | 10,4 | 00:27:52 | 00:28:44 | | 116 |
| 587 | 141 | ZARZYŃSKA MARIA | POZNAŃ | NIGHT RUNNERS | POLSKA | 1982 | K16 | 81 | 5:45 | 10,4 | 00:27:58 | 00:28:47 | | 117 |
| 588 | 735 | BŁAŻEJCZYK AGNIESZKA | KOZIEGŁOWY | | POLSKA | 1987 | K16 | 82 | 5:46 | 10,4 | 00:28:16 | 00:28:49 | | 118 |

zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl
 Data: 30.11.2013 r.
 Dystans: 5km
 Miejscowość: Poznań



Klasyfikacja: OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Wynik | M | K |
|------|---------|-----------------------|------------------|----------------------------------|--------|------------|-----------|------------|--------------|------------|------------|----------|-----|-----|
| 589 | 486 | KLAJA KATARZYNA | CZERWONAK | | POLSKA | 1958 | K50 | 4 | 5:46 | 10,4 | 00:27:52 | 00:28:49 | | 119 |
| 590 | 143 | WIECZOREK KRZYSZTOF | POZNAŃ | | POLSKA | 1962 | M50 | 42 | 5:46 | 10,4 | 00:27:52 | 00:28:49 | 471 | |
| 591 | 484 | ZADARKO JOANNA | POZNAŃ | NIGHT RUNNERS | POLSKA | 1986 | K16 | 83 | 5:46 | 10,4 | 00:28:17 | 00:28:49 | | 120 |
| 592 | 850 | ŚWIETLIcki HUBERT | POZNAŃ | KOLOROWE KREDKI | POLSKA | 1983 | M16 | 272 | 5:46 | 10,4 | 00:27:47 | 00:28:51 | 472 | |
| 593 | 28 | DOLATA AGNIESZKA | POZNAŃ | | POLSKA | 1983 | K16 | 84 | 5:46 | 10,4 | 00:28:11 | 00:28:52 | | 121 |
| 594 | 801 | KOBYLIŃSKI PIOTR | KOBYLNICA | WIECZNIIE SŁABI | POLSKA | 1952 | M50 | 43 | 5:46 | 10,4 | 00:28:22 | 00:28:52 | 473 | |
| 595 | 504 | MICHALAK SŁAWO | ROGALINEK | | POLSKA | 1976 | M30 | 159 | 5:46 | 10,4 | 00:27:33 | 00:28:52 | 474 | |
| 596 | 868 | MATYSIAK MARCIN | RUCHOCICE | XXX | POLSKA | 1980 | M16 | 273 | 5:47 | 10,4 | 00:28:13 | 00:28:54 | 475 | |
| 597 | 954 | STYZA ADAM | PLEWISKA | | POLSKA | 1975 | M30 | 160 | 5:47 | 10,4 | 00:28:02 | 00:28:54 | 476 | |
| 598 | 488 | GAWRON MICHAŁ | POZNAŃ | PSIA BRAĆ | POLSKA | 1985 | M16 | 274 | 5:47 | 10,4 | 00:26:30 | 00:28:55 | 477 | |
| 599 | 497 | RUDZIŃSKI MACIEJ | POZNAN | | POLSKA | 1976 | M30 | 161 | 5:47 | 10,4 | 00:28:17 | 00:28:55 | 478 | |
| 600 | 1004 | KOWALEWSKA EWELINA | GDAŃSK | SOPOCIANKI | POLSKA | 1991 | K16 | 85 | 5:48 | 10,4 | 00:28:18 | 00:28:59 | | 122 |
| 601 | 880 | ZATOR PIOTR | POZNAŃ | | POLSKA | 1983 | M16 | 275 | 5:48 | 10,4 | 00:27:48 | 00:28:59 | 479 | |
| 602 | 1183 | KUBIAK PIOTR | POZNAŃ | - | | 1980 | M16 | 276 | 5:49 | 10,3 | 00:28:12 | 00:29:04 | 480 | |
| 603 | 538 | PORADA GRAŻYNA | POZNAŃ | SCIM | POLSKA | 1963 | K50 | 5 | 5:49 | 10,3 | 00:28:27 | 00:29:06 | | 123 |
| 604 | 539 | PORADA MAREK | POZNAŃ | SCIM | POLSKA | 1963 | M50 | 44 | 5:49 | 10,3 | 00:28:28 | 00:29:06 | 481 | |
| 605 | 1198 | CZAJKA OLIWIA | POZNAŃ | - | | 1987 | K16 | 86 | 5:50 | 10,3 | 00:27:42 | 00:29:08 | | 124 |
| 606 | 1059 | KUBERKA MALWINA | CZERWONAK | | POLSKA | 1991 | K16 | 87 | 5:50 | 10,3 | 00:28:38 | 00:29:08 | | 125 |
| 607 | 458 | SCHNECK MICHAŁ | BOJANOWO | | POLSKA | 1986 | M16 | 277 | 5:50 | 10,3 | 00:28:26 | 00:29:08 | 482 | |
| 608 | 1011 | OGÓRKIEWICZ KRZYSZTOF | SKÓRZEWO | | POLSKA | 1975 | M30 | 162 | 5:50 | 10,3 | 00:28:15 | 00:29:10 | 483 | |
| 609 | 871 | SOBOŃ WIOLETTA | SUCHY LAS | | POLSKA | 1973 | K30 | 33 | 5:50 | 10,3 | 00:28:53 | 00:29:12 | | 126 |
| 610 | 841 | ZAJĄCZKOWSKA JOANNA | POZNAŃ | KANCELARIA ADWOKATÓW DUDKOWIAK&A | POLSKA | 1985 | K16 | 88 | 5:51 | 10,3 | 00:28:47 | 00:29:15 | | 127 |
| 611 | 346 | OSSOWSKA SYLWIA | POZNAŃ | | POLSKA | 1977 | K30 | 34 | 5:51 | 10,3 | 00:28:10 | 00:29:16 | | 128 |
| 612 | 218 | MANOCH ARTUR | POZNAŃ | | POLSKA | 1974 | M30 | 163 | 5:51 | 10,2 | 00:27:59 | 00:29:17 | 484 | |
| 613 | 1167 | MAZURCZAK MACIEJ | POZNAŃ | - | | 1971 | M30 | 164 | 5:51 | 10,2 | 00:28:06 | 00:29:17 | 485 | |
| 614 | 347 | OLZACKA AGATA | POZNAŃ | | POLSKA | 1982 | K16 | 89 | 5:51 | 10,2 | 00:28:10 | 00:29:17 | | 129 |
| 615 | 345 | MEDYCKI ANDRZEJ | SUCHY LAS | | POLSKA | 1957 | M50 | 45 | 5:52 | 10,2 | 00:28:28 | 00:29:18 | 486 | |
| 616 | 644 | JAROCKA SANDRA | POZNAN | | POLSKA | 1989 | K16 | 90 | 5:52 | 10,2 | 00:28:39 | 00:29:19 | | 130 |
| 617 | 1081 | JANOWICZ MARCIN | OPALENICA | OPALENICKI KLUB BIEGACZA | POLSKA | 1994 | M16 | 278 | 5:52 | 10,2 | 00:28:21 | 00:29:20 | 487 | |
| 618 | 943 | STYZA ANITA | PLEWISKA | | POLSKA | 1975 | K30 | 35 | 5:52 | 10,2 | 00:28:27 | 00:29:20 | | 131 |
| 619 | 212 | JANASIAK KRZYSZTOF | SZAMOTUŁY | TATA KUBY I PIOTRUSIA | POLSKA | 1976 | M30 | 165 | 5:52 | 10,2 | 00:28:35 | 00:29:22 | 488 | |
| 620 | 1061 | GAWĘŁ TOMASZ | PIŁA | | POLSKA | 1985 | M16 | 279 | 5:53 | 10,2 | 00:28:14 | 00:29:23 | 489 | |
| 621 | 1026 | GREDCZYŚYŃ KATARZYNA | POZNAŃ | | POLSKA | 1984 | K16 | 91 | 5:53 | 10,2 | 00:28:14 | 00:29:23 | | 132 |
| 622 | 324 | JERZYKIEWICZ MAGDA | MIŁOSŁAW | MIŁOSŁAW FORTUNA TEAM | POLSKA | 1974 | K30 | 36 | 5:53 | 10,2 | 00:29:01 | 00:29:23 | | 133 |
| 623 | 527 | BRÓDZIŃSKA AGATA | POZNAŃ | GOGGLE PRO ACTIVE EYEWEAR | POLSKA | 1987 | K16 | 92 | 5:53 | 10,2 | 00:28:49 | 00:29:25 | | 134 |
| 624 | 526 | BRÓDZIŃSKI RYSZARD | POZNAŃ | GOGGLE PRO ACTIVE EYEWEAR | POLSKA | 1959 | M50 | 46 | 5:53 | 10,2 | 00:28:48 | 00:29:25 | 490 | |
| 625 | 352 | MADAJ RENATA | MUROWANA GOŚLINA | MADAJ TEAM | POLSKA | 1965 | K30 | 37 | 5:53 | 10,2 | 00:28:51 | 00:29:25 | | 135 |
| 626 | 802 | OSTROWSKA MONIKA | LUBOŃ | WIECZNIIE SŁABI | POLSKA | 1997 | K16 | 93 | 5:53 | 10,2 | 00:28:42 | 00:29:25 | | 136 |
| 627 | 1001 | FILIPOWSKI ŁUKASZ | KAŻMIERZ | | POLSKA | 1976 | M30 | 166 | 5:53 | 10,2 | 00:28:37 | 00:29:26 | 491 | |
| 628 | 590 | NATER URSZULA | LUBOŃ | WIECZNIIE SŁABI | POLSKA | 1950 | K50 | 6 | 5:53 | 10,2 | 00:29:00 | 00:29:26 | | 137 |
| 629 | 931 | KNOBLOCH MACIEJ | POZNAŃ | | POLSKA | 1969 | M30 | 167 | 5:54 | 10,2 | 00:28:24 | 00:29:31 | 492 | |
| 630 | 810 | MAJEWSKA BEATA | POZNAŃ | NIGHT RUNNERS | POLSKA | 1976 | K30 | 38 | 5:54 | 10,2 | 00:28:56 | 00:29:31 | | 138 |

zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl
 Data: 30.11.2013 r.
 Dystans: 5km
 Miejscowość: Poznań



Klasyfikacja: OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Wynik | M | K |
|------|---------|---------------------------|------------------|--|--------|------------|-----------|------------|--------------|------------|------------|----------|-----|-----|
| 631 | 672 | GŁOWACKI JERZY | POZNAŃ | | POLSKA | 1951 | M50 | 47 | 5:54 | 10,2 | 00:29:13 | 00:29:32 | 493 | |
| 632 | 132 | ŻMUDA-TRZEBIATOWSKI PAWEŁ | POZNAŃ | | POLSKA | 1973 | M30 | 168 | 5:55 | 10,1 | 00:28:33 | 00:29:35 | 494 | |
| 633 | 131 | ŻMUDA-TRZEBIATOWSKA IWONA | POZNAŃ | | POLSKA | 1973 | K30 | 39 | 5:55 | 10,1 | 00:28:33 | 00:29:36 | | 139 |
| 634 | 785 | ROMANOWSKI MICHAŁ | POZNAŃ | | POLSKA | 1981 | M16 | 280 | 5:55 | 10,1 | 00:28:39 | 00:29:37 | 495 | |
| 635 | 425 | MŁODKOWSKA ANNA | POZNAŃ | FUNDACJA RAK OFF | POLSKA | 1979 | K16 | 94 | 5:56 | 10,1 | 00:29:14 | 00:29:39 | | 140 |
| 636 | 266 | FRĘŚKO ELIZA | LUBASZ | MALTA - KATOWICKA | POLSKA | 1988 | K16 | 95 | 5:56 | 10,1 | 00:29:25 | 00:29:41 | | 141 |
| 637 | 94 | JURGA CELINA | WĄGROWIEC | | POLSKA | 1981 | K16 | 96 | 5:56 | 10,1 | 00:28:08 | 00:29:41 | | 142 |
| 638 | 921 | TOMCZAK ANNA | TARNOWO PODGÓRNE | TOTAL RUNNERS | POLSKA | 1996 | K16 | 97 | 5:56 | 10,1 | 00:29:07 | 00:29:41 | | 143 |
| 639 | 999 | SZEWCUK LESZEK | LUBOŃ | | POLSKA | 1981 | M16 | 281 | 5:57 | 10,1 | 00:28:39 | 00:29:43 | 496 | |
| 640 | 1073 | PELCER MARZENA | MIĘKOWO | | POLSKA | 1964 | K30 | 40 | 5:57 | 10,1 | 00:29:07 | 00:29:45 | | 144 |
| 641 | 627 | PŁÓCIENNIK MARYSIA | POZNAŃ | | POLSKA | 1987 | K16 | 98 | 5:57 | 10,1 | 00:28:54 | 00:29:45 | | 145 |
| 642 | 463 | JANISZEWSKI ARKADY | POZNAŃ | TFA | POLSKA | 1989 | M16 | 282 | 5:57 | 10,1 | 00:29:23 | 00:29:46 | 497 | |
| 643 | 1066 | WÓJKIEWICZ PATRYCJA | POZNAŃ | | POLSKA | 1977 | K30 | 41 | 5:57 | 10,1 | 00:29:07 | 00:29:46 | | 146 |
| 644 | 50 | CZAJEWICZ SONIA | POZNAŃ | TOTAL RUNNERS | POLSKA | 1995 | K16 | 99 | 5:57 | 10,1 | 00:29:00 | 00:29:47 | | 147 |
| 645 | 503 | ETZEL JERZY | POZNAN | KB.MANIAC POZNAN | POLSKA | 1944 | M50 | 48 | 5:57 | 10,1 | 00:29:12 | 00:29:47 | 498 | |
| 646 | 1107 | SZEWczyk MARTA | BUK | | POLSKA | 1987 | K16 | 100 | 5:57 | 10,1 | 00:29:01 | 00:29:47 | | 148 |
| 647 | 1188 | WIŚNIEWSKI MAREK | POZNAŃ | AZS AWF POZNAŃ | | 1957 | M50 | 49 | 5:57 | 10,1 | 00:29:10 | 00:29:47 | 499 | |
| 648 | 401 | BRATKOWSKI ŁUKASZ | POZNAŃ | | POLSKA | 1982 | M16 | 283 | 5:58 | 10,1 | 00:28:44 | 00:29:48 | 500 | |
| 649 | 433 | JANKOWSKI MACIEJ | POZNAŃ | | POLSKA | 1991 | M16 | 284 | 5:58 | 10,1 | 00:28:21 | 00:29:48 | 501 | |
| 650 | 988 | RUSINEK EWA | SZAMOTUŁY | DRUŻYNA SZPIKU | POLSKA | 1984 | K16 | 101 | 5:58 | 10,1 | 00:29:04 | 00:29:48 | | 149 |
| 651 | 426 | HĘŚ ANNA | TRZEMESZNO | DRUŻYNA SZPIKU | POLSKA | 1978 | K30 | 42 | 5:58 | 10,1 | 00:29:23 | 00:29:49 | | 150 |
| 652 | 1060 | LEC NATALIA | POZNAŃ | NIGHT RUNNERS | POLSKA | 1980 | K16 | 102 | 5:58 | 10,1 | 00:28:43 | 00:29:50 | | 151 |
| 653 | 1055 | PAWLUŚ ALEKSANDRA | POZNAŃ | | POLSKA | 1988 | K16 | 103 | 5:58 | 10,1 | 00:28:20 | 00:29:51 | | 152 |
| 654 | 994 | BUT MARCIN | TULCE | | POLSKA | 1976 | M30 | 169 | 5:58 | 10,0 | 00:28:47 | 00:29:52 | 502 | |
| 655 | 926 | JANKOWIAK ANNA | KIĄCZYN | KS CZERWONY SMOK | POLSKA | 1977 | K30 | 43 | 5:59 | 10,0 | 00:29:21 | 00:29:53 | | 153 |
| 656 | 507 | PILAK BOŻENA | POZNAŃ | | POLSKA | 1968 | K30 | 44 | 5:59 | 10,0 | 00:28:43 | 00:29:53 | | 154 |
| 657 | 79 | KACZMAREK TOMASZ | POZNAŃ | | POLSKA | 1982 | M16 | 285 | 5:59 | 10,0 | 00:29:02 | 00:29:54 | 503 | |
| 658 | 996 | TOMAS DAMIAN | GRZYBOWO | | POLSKA | 1990 | M16 | 286 | 5:59 | 10,0 | 00:28:29 | 00:29:56 | 504 | |
| 659 | 580 | MALUŚKA KASIA | GRODZISK WLKP. | YUPPI SQUAD | POLSKA | 1979 | K16 | 104 | 6:00 | 10,0 | 00:29:06 | 00:29:58 | | 155 |
| 660 | 456 | SCHNECK DĄBRÓWKA | RYDZYNA | | POLSKA | 1986 | K16 | 105 | 6:00 | 10,0 | 00:29:17 | 00:29:59 | | 156 |
| 661 | 1187 | HĘŚ TOMASZ | TRZEMESZNO | DRUZYNA SZPIKU | POLSKA | 1972 | M30 | 170 | 6:00 | 10,0 | 00:28:43 | 00:30:00 | 505 | |
| 662 | 1057 | KOKOCIŃSKA AGATA | KOŁO | TRENERTRIATHLONU/ASA | POLSKA | 1986 | K16 | 106 | 6:00 | 10,0 | 00:29:04 | 00:30:00 | | 157 |
| 663 | 888 | SADOWSKA IWONA | OPALENICA | - | POLSKA | 1973 | K30 | 45 | 6:00 | 10,0 | 00:29:21 | 00:30:02 | | 158 |
| 664 | 80 | SKRZYPEK KATARZYNA | DĄBRÓWKA | APLAUZ DĄBRÓWKA | POLSKA | 1980 | K16 | 107 | 6:01 | 10,0 | 00:29:14 | 00:30:03 | | 159 |
| 665 | 1044 | SOKOLNICKA MAGDALENA | TULCE | | POLSKA | 1989 | K16 | 108 | 6:01 | 10,0 | 00:28:37 | 00:30:03 | | 160 |
| 666 | 18 | CHABROS ALEKSANDRA | POZNAŃ | SKLEPBIEGACZA.PL POZNAŃ / DRUŻYNA SZPI | POLSKA | 1985 | K16 | 109 | 6:01 | 10,0 | 00:28:32 | 00:30:04 | | 161 |
| 667 | 453 | KOZŁOWSKI RADOŚLAW | POZNAŃ | | POLSKA | 1975 | M30 | 171 | 6:01 | 10,0 | 00:28:41 | 00:30:04 | 506 | |
| 668 | 1006 | STANISŁAWSKA AGNIESZKA | POZNAŃ | | POLSKA | 1985 | K16 | 110 | 6:01 | 10,0 | 00:28:40 | 00:30:05 | | 162 |
| 669 | 982 | STANISŁAWSKI JACEK | POZNAŃ | | POLSKA | 1985 | M16 | 287 | 6:01 | 10,0 | 00:28:40 | 00:30:05 | 507 | |
| 670 | 1092 | BAUCZ ASIA | WITKOWO | | POLSKA | 1991 | K16 | 111 | 6:01 | 10,0 | 00:29:03 | 00:30:07 | | 163 |
| 671 | 895 | KRAL WERONIKA | WITKOWO | | POLSKA | 1991 | K16 | 112 | 6:01 | 10,0 | 00:29:03 | 00:30:07 | | 164 |
| 672 | 757 | JURKIEWICZ KATARZYNA | POZNAŃ | | POLSKA | 1978 | K30 | 46 | 6:02 | 10,0 | 00:29:36 | 00:30:09 | | 165 |

zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl
 Data: 30.11.2013 r.
 Dystans: 5km
 Miejscowość: Poznań



Klasyfikacja: OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Wynik | M | K |
|------|---------|---------------------------|-------------|------------------------|--------|------------|-----------|------------|--------------|------------|------------|----------|-----|-----|
| 673 | 160 | KUKLA-KOWALSKA ALICJA | SKÓRZEWO | | POLSKA | 1978 | K30 | 47 | 6:02 | 9,9 | 00:28:41 | 00:30:11 | | 166 |
| 674 | 412 | KULECZKA DOROTA | LUBOŃ | BIKETOP TEAM | POLSKA | 1978 | K30 | 48 | 6:02 | 9,9 | 00:29:38 | 00:30:12 | | 167 |
| 675 | 1201 | INAME PEDRO | LISBON | - | | 1993 | M16 | 288 | 6:03 | 9,9 | 00:28:47 | 00:30:13 | 508 | |
| 676 | 749 | SIKORSKA-MAJ SYLWIA | POZNAŃ | | POLSKA | 1978 | K30 | 49 | 6:03 | 9,9 | 00:29:19 | 00:30:15 | | 168 |
| 677 | 796 | CIECHANOWSKA ANNA | POZNAN | MUD GOATS | POLSKA | 1987 | K16 | 113 | 6:03 | 9,9 | 00:29:50 | 00:30:16 | | 169 |
| 678 | 1025 | WOŹNIAK BEATA | KOZIEGŁOWY | | POLSKA | 1977 | K30 | 50 | 6:03 | 9,9 | 00:29:38 | 00:30:17 | | 170 |
| 679 | 631 | RYDLEWSKI MIŁOSZ | POZNAŃ | | POLSKA | 1991 | M16 | 289 | 6:04 | 9,9 | 00:29:42 | 00:30:20 | 509 | |
| 680 | 317 | SÓŁKOWSKA HANNELORE | POZNAŃ | SAMA BIEGAM | POLSKA | 1958 | K50 | 7 | 6:04 | 9,9 | 00:29:42 | 00:30:21 | | 171 |
| 681 | 1063 | NOWAK PIOTR | LUSÓWKO | ALIOR RUNNING TEAM | POLSKA | 1981 | M16 | 290 | 6:05 | 9,9 | 00:29:19 | 00:30:24 | 510 | |
| 682 | 64 | KAMYCKA DOMINIKA | PLEWISKA | YUPPI SQUAD | POLSKA | 1981 | K16 | 114 | 6:05 | 9,9 | 00:29:36 | 00:30:25 | | 172 |
| 683 | 502 | KAŹMIERCZAK SANDRA | POZNAŃ | | POLSKA | 1994 | K16 | 115 | 6:05 | 9,9 | 00:29:33 | 00:30:26 | | 173 |
| 684 | 164 | ADAMSKA IZABELA | POZNAŃ | | POLSKA | 1971 | K30 | 51 | 6:06 | 9,8 | 00:29:45 | 00:30:28 | | 174 |
| 685 | 1124 | MICHALIK MICHAŁ | POZNAŃ | | POLSKA | 1978 | M30 | 172 | 6:06 | 9,8 | 00:29:09 | 00:30:28 | 511 | |
| 686 | 529 | BRĘCZEWSKA KATARZYNA | POZNAŃ | | POLSKA | 1991 | K16 | 116 | 6:06 | 9,8 | 00:29:36 | 00:30:29 | | 175 |
| 687 | 638 | HAŁASZYN JOANNA | POZNAŃ | | POLSKA | 1991 | K16 | 117 | 6:06 | 9,8 | 00:29:35 | 00:30:29 | | 176 |
| 688 | 1050 | RAJMANN BARTOSZ | BYDGOSZCZ | | POLSKA | 1992 | M16 | 291 | 6:06 | 9,8 | 00:29:54 | 00:30:30 | 512 | |
| 689 | 508 | PILAK JACEK | POZNAŃ | | POLSKA | 1963 | M50 | 50 | 6:06 | 9,8 | 00:29:21 | 00:30:31 | 513 | |
| 690 | 616 | MICHALSKI TOMASZ | KOSTRZYN | BBL POZNAŃ | POLSKA | 1975 | M30 | 173 | 6:07 | 9,8 | 00:29:02 | 00:30:35 | 514 | |
| 691 | 637 | PIĄTEK PAULINA | POZNAŃ | | POLSKA | 1984 | K16 | 118 | 6:07 | 9,8 | 00:29:36 | 00:30:35 | | 177 |
| 692 | 190 | DUPLAGA-PANKOWSKA IZABELA | NOWY TOMYŚL | | POLSKA | 1972 | K30 | 52 | 6:07 | 9,8 | 00:29:45 | 00:30:36 | | 178 |
| 693 | 1048 | PORADA ARTUR | POZNAŃ | SCIM | POLSKA | 1990 | M16 | 292 | 6:08 | 9,8 | 00:29:58 | 00:30:38 | 515 | |
| 694 | 726 | DANIELCZAK JOANNA | POZNAŃ | | POLSKA | 1982 | K16 | 119 | 6:08 | 9,8 | 00:30:39 | 00:30:39 | | 179 |
| 695 | 252 | DANILEWICZ KRZYSZTOF | POZNAŃ | SII POWER PEOPLE | POLSKA | 1973 | M30 | 174 | 6:08 | 9,8 | 00:29:33 | 00:30:40 | 516 | |
| 696 | 29 | MALUJDY ALDONA | POZNAŃ | | POLSKA | 1959 | K50 | 8 | 6:08 | 9,8 | 00:30:21 | 00:30:40 | | 180 |
| 697 | 291 | KOWAL KRZYSZTOF | POZNAŃ | START | POLSKA | 1976 | M30 | 175 | 6:09 | 9,8 | 00:29:47 | 00:30:43 | 517 | |
| 698 | 105 | RYDZEWSKA ELZBIETA | POZNAN | | POLSKA | 1980 | K16 | 120 | 6:09 | 9,8 | 00:30:09 | 00:30:43 | | 181 |
| 699 | 111 | RYDZEWSKA MARTA | KLECZEWO | | POLSKA | 1986 | K16 | 121 | 6:09 | 9,8 | 00:30:09 | 00:30:43 | | 182 |
| 700 | 428 | WINIECKA JUSTYNA | SKÓRZEWO | NIEZRZESZONY | POLSKA | 1987 | K16 | 122 | 6:09 | 9,8 | 00:29:30 | 00:30:44 | | 183 |
| 701 | 1108 | JĄDRZYK MONIKA | POZNAŃ | | POLSKA | 1977 | K30 | 53 | 6:09 | 9,7 | 00:30:09 | 00:30:47 | | 184 |
| 702 | 1215 | KUCIEWICZ MAGDA | POZNAŃ | | | 1974 | K30 | 54 | 6:10 | 9,7 | 00:30:06 | 00:30:51 | | 185 |
| 703 | 1212 | KURPIŃSKA IZABELA | WARSZAWA | 12 TRI.PL | | 1983 | K16 | 123 | 6:11 | 9,7 | 00:30:10 | 00:30:53 | | 186 |
| 704 | 126 | MIS ROMAN | POZNAŃ | DRUŻYNA SZPIKU | POLSKA | 1953 | M50 | 51 | 6:11 | 9,7 | 00:30:05 | 00:30:53 | 518 | |
| 705 | 594 | BRAMBOR MAŁGORZATA | POZNAŃ | | POLSKA | 1967 | K30 | 55 | 6:11 | 9,7 | 00:29:35 | 00:30:54 | | 187 |
| 706 | 60 | KURKOWSKA ANNA | POZNAŃ | NIGHT RUNNERS | POLSKA | 1980 | K16 | 124 | 6:12 | 9,7 | 00:29:24 | 00:31:00 | | 188 |
| 707 | 61 | WIECZOREK KRZYSZTOF | POZNAŃ | NIGHT RUNNERS | POLSKA | 1977 | M30 | 176 | 6:12 | 9,7 | 00:29:25 | 00:31:01 | 519 | |
| 708 | 663 | STAŃDO JUSTYNA | POZNAŃ | | POLSKA | 1988 | K16 | 125 | 6:13 | 9,7 | 00:29:59 | 00:31:04 | | 189 |
| 709 | 573 | GAWĘCKA ANNA | POZNAŃ | BUKOWSKI KLUB BIEGACZA | POLSKA | 1985 | K16 | 126 | 6:13 | 9,6 | 00:30:06 | 00:31:06 | | 190 |
| 710 | 1010 | MRÓZ MARTA | WĄGROWIEC | | POLSKA | 1990 | K16 | 127 | 6:13 | 9,6 | 00:30:31 | 00:31:06 | | 191 |
| 711 | 1029 | PLUTA KINGA | GOLINA | | POLSKA | 1992 | K16 | 128 | 6:13 | 9,6 | 00:30:31 | 00:31:06 | | 192 |
| 712 | 575 | RYBACKI GRZEŚ | POZNAŃ | BUKOWSKI KLUB BIEGACZA | POLSKA | 1979 | M16 | 293 | 6:13 | 9,6 | 00:30:06 | 00:31:06 | 520 | |
| 713 | 1028 | URBANIAK PIOTR | ROSZKÓW | | POLSKA | 1992 | M16 | 294 | 6:13 | 9,6 | 00:30:30 | 00:31:06 | 521 | |
| 714 | 623 | GREGORCZYK ANNA | POZNAŃ | KS SZARŻUJĄCE BOBRY | POLSKA | 1982 | K16 | 129 | 6:13 | 9,6 | 00:30:26 | 00:31:07 | | 193 |

zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl
 Data: 30.11.2013 r.
 Dystans: 5km
 Miejscowość: Poznań



Klasyfikacja: OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Wynik | M | K |
|------|---------|----------------------------|---------------|--------------------------|--------|------------|-----------|------------|--------------|------------|------------|----------|-----|-----|
| 715 | 270 | LICZBAŃSKA MICHALINA | LWÓWEK | | POLSKA | 1984 | K16 | 130 | 6:14 | 9,6 | 00:30:22 | 00:31:09 | | 194 |
| 716 | 958 | SZAMAŁEK ŁUKASZ | POZNAŃ | | POLSKA | 1981 | M16 | 295 | 6:14 | 9,6 | 00:30:30 | 00:31:11 | 522 | |
| 717 | 1132 | KASPERCZAK DARIUSZ | - | - | | | | | 6:14 | 9,6 | 00:30:22 | 00:31:12 | 523 | |
| 718 | 39 | KOKOCIŃSKI ŁUKASZ | POZNAŃ | | POLSKA | 1978 | M30 | 177 | 6:15 | 9,6 | 00:30:30 | 00:31:13 | 524 | |
| 719 | 127 | PRUSS PATRYCJA | POZNAŃ | | POLSKA | 1986 | K16 | 131 | 6:15 | 9,6 | 00:30:00 | 00:31:14 | | 195 |
| 720 | 196 | LESZCZYŃSKA DOROTA | LUBOŃ | | POLSKA | 1973 | K30 | 56 | 6:16 | 9,6 | 00:30:35 | 00:31:18 | | 196 |
| 721 | 686 | WOLNA ELŻBIETA | STRYKOWO | | POLSKA | 1973 | K30 | 57 | 6:16 | 9,6 | 00:30:44 | 00:31:19 | | 197 |
| 722 | 897 | WYSŁUŻAL ELŻBIETA | POZNAŃ | PKOBP | POLSKA | 1965 | K30 | 58 | 6:16 | 9,6 | 00:30:42 | 00:31:19 | | 198 |
| 723 | 195 | WOJTCZAK JUSTYNA | POZNAŃ | | POLSKA | 1984 | K16 | 132 | 6:16 | 9,6 | 00:30:06 | 00:31:22 | | 199 |
| 724 | 1005 | FIAŁKOWSKA KAROLINA | POZNAŃ | | POLSKA | 1994 | K16 | 133 | 6:17 | 9,6 | 00:30:49 | 00:31:24 | | 200 |
| 725 | 964 | SAWICKA MARTA | POZNAŃ | | POLSKA | 1979 | K16 | 134 | 6:17 | 9,5 | 00:30:19 | 00:31:26 | | 201 |
| 726 | 916 | KUKA MICHAŁ | DĘBNO | | POLSKA | 1986 | M16 | 296 | 6:18 | 9,5 | 00:30:27 | 00:31:31 | 525 | |
| 727 | 1195 | BARTOSIK NATALIA | POZNAŃ | - | | 1987 | K16 | 135 | 6:18 | 9,5 | 00:30:22 | 00:31:32 | | 202 |
| 728 | 1164 | SZWACZYK ANDRZEJ | POZNAŃ | - | | 1981 | M16 | 297 | 6:18 | 9,5 | 00:30:21 | 00:31:32 | 526 | |
| 729 | 1104 | KOWALSKI MARCIN | POZNAŃ | | POLSKA | 1973 | M30 | 178 | 6:19 | 9,5 | 00:30:24 | 00:31:34 | 527 | |
| 730 | 628 | ŚMICHURSKI KRZYSZTOF | POZNAŃ | WEST SPORTS TEAM | POLSKA | 1989 | M16 | 298 | 6:19 | 9,5 | 00:31:29 | 00:31:35 | 528 | |
| 731 | 1036 | ŁASTOWSKA SONIA | POZNAŃ | | POLSKA | 1973 | K30 | 59 | 6:19 | 9,5 | 00:30:51 | 00:31:37 | | 203 |
| 732 | 279 | PAWŁOWSKA JAGODA | KOBYLNICZA | | POLSKA | 1993 | K16 | 136 | 6:20 | 9,5 | 00:30:57 | 00:31:38 | | 204 |
| 733 | 950 | CHYŁA MARCIN | POZNAŃ | | POLSKA | 1986 | M16 | 299 | 6:20 | 9,5 | 00:30:27 | 00:31:39 | 529 | |
| 734 | 388 | BIELEWICZ JAKUB | POZNAŃ | HARCERZE | POLSKA | 1994 | M16 | 300 | 6:21 | 9,4 | 00:30:52 | 00:31:45 | 530 | |
| 735 | 949 | WIERZBICKA ANNA | WITKOWO | | POLSKA | 1987 | K16 | 137 | 6:21 | 9,4 | 00:31:07 | 00:31:46 | | 205 |
| 736 | 305 | CZERNICKA MONIKA | SUCHY LAS | | POLSKA | 1983 | K16 | 138 | 6:22 | 9,4 | 00:31:10 | 00:31:49 | | 206 |
| 737 | 342 | OWCZAREK KAROLINA | POZNAŃ | NIGHT RUNNERS | POLSKA | 1984 | K16 | 139 | 6:25 | 9,3 | 00:31:11 | 00:32:07 | | 207 |
| 738 | 1030 | SZTUREMSKA DOROTA | POZNAŃ | | POLSKA | 1987 | K16 | 140 | 6:27 | 9,3 | 00:31:05 | 00:32:13 | | 208 |
| 739 | 1099 | CICHOWLAS WERONIKA | OPALENICA | OPALENICKI KLUB BIEGACZA | POLSKA | 1987 | K16 | 141 | 6:27 | 9,3 | 00:31:14 | 00:32:14 | | 209 |
| 740 | 929 | WITKOWSKA JUSTYNA | POZNAŃ | | POLSKA | 1987 | K16 | 142 | 6:27 | 9,3 | 00:31:06 | 00:32:14 | | 210 |
| 741 | 40 | SYNOWIEC GRZEGORZ | PRZEŹMIEROWO | | POLSKA | 1979 | M16 | 301 | 6:27 | 9,3 | 00:31:05 | 00:32:15 | 531 | |
| 742 | 53 | WOŹNIAK RAFAŁ | POZNAŃ | INGRESS PLAYER | POLSKA | 1977 | M30 | 179 | 6:28 | 9,3 | 00:31:04 | 00:32:19 | 532 | |
| 743 | 1117 | SYNOWIEC JOANNA | POZNAŃ | | POLSKA | 1980 | K16 | 143 | 6:28 | 9,3 | 00:31:11 | 00:32:21 | | 211 |
| 744 | 1206 | BALCERZAK IWONA | POZNAŃ | TEAM NUTRILITE | | 1975 | K30 | 60 | 6:29 | 9,3 | 00:31:08 | 00:32:24 | | 212 |
| 745 | 1114 | TONDER ANGELIKA | NIEPRUSZEWO | | POLSKA | 1989 | K16 | 144 | 6:29 | 9,3 | 00:31:33 | 00:32:24 | | 213 |
| 746 | 1053 | PELCER JEREMI | MIĘKOWO | | POLSKA | 1962 | M50 | 52 | 6:29 | 9,2 | 00:31:40 | 00:32:27 | 533 | |
| 747 | 812 | SOBCZAK BARBARA | OBORNIKI WLKP | | POLSKA | 1971 | K30 | 61 | 6:30 | 9,2 | 00:32:03 | 00:32:32 | | 214 |
| 748 | 297 | WOLNA MONIKA | POZNAŃ | NIGHT RUNNERS | POLSKA | 1976 | K30 | 62 | 6:30 | 9,2 | 00:31:58 | 00:32:32 | | 215 |
| 749 | 434 | WASAK ALEKSANDRA | POZNAŃ | ASGO | POLSKA | 1983 | K16 | 145 | 6:33 | 9,2 | 00:31:45 | 00:32:43 | | 216 |
| 750 | 339 | KARDASZ PRZEMYSŁAW | CZAPURY | | POLSKA | 1982 | M16 | 302 | 6:33 | 9,2 | 00:31:47 | 00:32:44 | 534 | |
| 751 | 867 | BEDNAREK ELŻBIETA | ZIELONAGÓRA | | | 1969 | K30 | 63 | 6:33 | 9,2 | 00:32:09 | 00:32:46 | | 217 |
| 752 | 1166 | LUBKA-KOMOSIŃSKA AGNIESZKA | POZNAŃ | - | | 1978 | K30 | 64 | 6:33 | 9,2 | 00:31:34 | 00:32:47 | | 218 |
| 753 | 974 | PTAK KATARZYNA | POZNAŃ | DRUŻYNA ORZEŁKA | POLSKA | 1988 | K16 | 146 | 6:34 | 9,1 | 00:31:56 | 00:32:49 | | 219 |
| 754 | 961 | MIELCAREK MICHAŁ | LUBOŃ | SPP TEAM | POLSKA | 1989 | M16 | 303 | 6:38 | 9,0 | 00:32:59 | 00:33:12 | 535 | |
| 755 | 344 | STEMPNIAK BOGDAN | POZNAŃ | NIEZRZESZONY | POLSKA | 1962 | M50 | 53 | 6:40 | 9,0 | 00:31:50 | 00:33:18 | 536 | |
| 756 | 1067 | SERAFIŃSKA ANNA | POZNAŃ | | POLSKA | 1983 | K16 | 147 | 6:41 | 9,0 | 00:32:05 | 00:33:27 | | 220 |

zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl
 Data: 30.11.2013 r.
 Dystans: 5km
 Miejscowość: Poznań



Klasyfikacja: OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Wynik | M | K |
|------|---------|-----------------------|-------------|-------------------------------------|--------|------------|-----------|------------|--------------|------------|------------|----------|-----|-----|
| 757 | 586 | KOZUBSKA KAROLINA | DABROWKA | APLAUZ DĄBRÓWKA | POLSKA | 1980 | K16 | 148 | 6:42 | 9,0 | 00:32:19 | 00:33:28 | | 221 |
| 758 | 585 | KOZUBSKI MARCIN | DĄBRÓWKA | APLAUZ DĄBRÓWKA | POLSKA | 1979 | M16 | 304 | 6:42 | 9,0 | 00:32:19 | 00:33:28 | 537 | |
| 759 | 256 | PISKORZ KATARZYNA | POZNAŃ | TURBO ŻÓŁWIE | POLSKA | 1970 | K30 | 65 | 6:42 | 9,0 | 00:32:22 | 00:33:30 | | 222 |
| 760 | 992 | KORALEWSKI ARKADIUSZ | POZNAŃ | | POLSKA | 1970 | M30 | 180 | 6:43 | 8,9 | 00:32:40 | 00:33:34 | 538 | |
| 761 | 1007 | KORALEWSKA WERONIKA | POZNAŃ | KORALE TEAM / WIELKOPOLSCY BIEGACZE | POLSKA | 1989 | K16 | 149 | 6:43 | 8,9 | 00:32:42 | 00:33:35 | | 223 |
| 762 | 239 | ADAMOWICZ BARBARA | POZNAŃ | | POLSKA | 1984 | K16 | 150 | 6:44 | 8,9 | 00:32:58 | 00:33:39 | | 224 |
| 763 | 591 | ZAMARLICKA MONIKA | POZNAŃ | | POLSKA | 1989 | K16 | 151 | 6:44 | 8,9 | 00:32:27 | 00:33:41 | | 225 |
| 764 | 959 | ZIEMBIEWICZ BARTOSZ | POZNAN | | POLSKA | 1977 | M30 | 181 | 6:45 | 8,9 | 00:32:26 | 00:33:46 | 539 | |
| 765 | 613 | MAKSIMCZYK MAŁGORZATA | POZNAŃ | | POLSKA | 1980 | K16 | 152 | 6:49 | 8,8 | 00:32:35 | 00:34:05 | | 226 |
| 766 | 460 | JAKUBOWSKA EWA | POZNAŃ | NIEZRZESZONA | POLSKA | 1972 | K30 | 66 | 6:50 | 8,8 | 00:33:21 | 00:34:09 | | 227 |
| 767 | 329 | KAJETAŃCZYK RYSZARD | POZNAŃ | | POLSKA | 1973 | M30 | 182 | 6:50 | 8,8 | 00:33:12 | 00:34:10 | 540 | |
| 768 | 351 | SZYMAŃSKA ANNA | POZNAŃ | | POLSKA | 1993 | K16 | 153 | 6:52 | 8,7 | 00:33:00 | 00:34:20 | | 228 |
| 769 | 369 | SZCZODRZYŃSKI JERZY | POZNAŃ | | POLSKA | 1943 | M50 | 54 | 6:52 | 8,7 | 00:33:32 | 00:34:21 | 541 | |
| 770 | 321 | HORBULEWICZ MAJA | PUSZCZYKOWO | | POLSKA | 1988 | K16 | 154 | 6:54 | 8,7 | 00:33:22 | 00:34:28 | | 229 |
| 771 | 1192 | HORBULEWICZ ELŻBIETA | PUSZCZYKOWO | | POLSKA | 1959 | K50 | 9 | 6:54 | 8,7 | 00:33:23 | 00:34:29 | | 230 |
| 772 | 1127 | ŚWIRKOWICZ ANNA | SUCHY LAS | | POLSKA | 1989 | K16 | 155 | 7:01 | 8,6 | 00:33:44 | 00:35:03 | | 231 |
| 773 | 255 | DZIEDZIC MAGDALENA | POZNAŃ | | POLSKA | 1986 | K16 | 156 | 7:02 | 8,5 | 00:34:02 | 00:35:11 | | 232 |
| 774 | 1008 | BICZAK DOROTA | ODOLANÓW | | POLSKA | 1991 | K16 | 157 | 7:05 | 8,5 | 00:34:01 | 00:35:23 | | 233 |
| 775 | 1023 | DRAB JAKUB | POZNAŃ | | POLSKA | 1989 | M16 | 305 | 7:05 | 8,5 | 00:34:01 | 00:35:23 | 542 | |
| 776 | 610 | JARCZYŃSKA ZUZANNA | POZNAN | MUD GOATS | POLSKA | 1982 | K16 | 158 | 7:06 | 8,4 | 00:34:01 | 00:35:32 | | 234 |
| 777 | 706 | RU JULIU | POZNAŃ | MUD GOATS | POLSKA | 1981 | K16 | 159 | 7:06 | 8,4 | 00:34:02 | 00:35:32 | | 235 |
| 778 | 1180 | GRABIŃSKA HANNA | ROGOŹNO | RC WATER ROGOŹNO | | 1995 | K16 | 160 | 7:11 | 8,4 | 00:34:46 | 00:35:55 | | 236 |
| 779 | 1182 | KOSMOWSKA EMILIA | POZNAŃ | - | | 1978 | K30 | 67 | 7:11 | 8,3 | 00:34:43 | 00:35:56 | | 237 |
| 780 | 1122 | RYBA WOJCIECH | KROTOSZYN | KS KROTOSZ | POLSKA | 1985 | M16 | 306 | 7:11 | 8,3 | 00:33:41 | 00:35:56 | 543 | |
| 781 | 1119 | SOBCZAK AGATA | JAROCIN | | POLSKA | 1985 | K16 | 161 | 7:11 | 8,3 | 00:33:41 | 00:35:56 | | 238 |
| 782 | 544 | KRASUCKI ARKADIUSZ | POZNAŃ | | POLSKA | 1978 | M30 | 183 | 7:12 | 8,3 | 00:34:19 | 00:36:02 | 544 | |
| 783 | 558 | BIAŁCZYK MARLENA | SZMOTUŁY | BUKOWSKI KLUB BIEGACZA | POLSKA | 1987 | K16 | 162 | 7:22 | 8,2 | 00:35:48 | 00:36:48 | | 239 |
| 784 | 1209 | ŻYŁA MARIUSZ | POZNAŃ | BUKOWSKI KLUB BIEGACZA | | 1977 | M30 | 184 | 7:22 | 8,2 | 00:35:48 | 00:36:48 | 545 | |
| 785 | 847 | FILODA-HŁADKI JOANNA | POZNAŃ | ROLNA PANIE | POLSKA | 1970 | K30 | 68 | 7:23 | 8,1 | 00:36:01 | 00:36:55 | | 240 |
| 786 | 822 | BARTOSIK EWA | POZNAŃ | | | 1959 | K50 | 10 | 7:27 | 8,1 | 00:36:03 | 00:37:16 | | 241 |
| 787 | 821 | BARTOSIK GRZEGORZ | POZNAŃ | | | 1988 | M16 | 307 | 7:27 | 8,1 | 00:36:03 | 00:37:16 | 546 | |
| 788 | 808 | KOZŁOWSKA KORNELIA | POZNAŃ | NIGHT RUNNERS | POLSKA | 1987 | K16 | 163 | 7:28 | 8,0 | 00:36:11 | 00:37:22 | | 242 |
| 789 | 83 | STILLER ANNA | POZNAŃ | NIGHT RUNNERS | POLSKA | 1986 | K16 | 164 | 7:28 | 8,0 | 00:36:11 | 00:37:22 | | 243 |
| 790 | 397 | SZAJEK MARCIN | POZNAŃ | PROGRAMA.PL | POLSKA | 1987 | M16 | 308 | 7:29 | 8,0 | 00:36:41 | 00:37:26 | 547 | |
| 791 | 1194 | STANISŁAWSKI JAN | POZNAŃ | - | | 1958 | M50 | 55 | 7:31 | 8,0 | 00:36:03 | 00:37:37 | | 548 |
| 792 | 626 | OLEJNIK IZABELA | PLEWISKA | | POLSKA | 1973 | K30 | 69 | 7:32 | 8,0 | 00:36:45 | 00:37:41 | | 244 |
| 793 | 1154 | WOJNOWSKI WALDEMAR | ZAKRZEWO | - | | 1959 | M50 | 56 | 7:38 | 7,9 | 00:37:07 | 00:38:08 | | 549 |
| 794 | 1155 | WESTNER MIKAEL | JOHANNESHOF | VINGAKERS OK. | | 1958 | M50 | 57 | 7:38 | 7,9 | 00:37:08 | 00:38:09 | | 550 |
| 795 | 1012 | KUCEMBA MICHALINA | LUSOWO | | POLSKA | 1993 | K16 | 165 | 7:38 | 7,9 | 00:37:33 | 00:38:11 | | 245 |
| 796 | 206 | HERWART MARIA | POZNAŃ | | POLSKA | 1964 | K30 | 70 | 7:39 | 7,8 | 00:37:12 | 00:38:14 | | 246 |
| 797 | 217 | KRAHEL ANNA | ROKIETNICA | | POLSKA | 1968 | K30 | 71 | 7:41 | 7,8 | 00:37:35 | 00:38:23 | | 247 |
| 798 | 1082 | GORZELANA ALICJA | GNIEZNO | | POLSKA | 1977 | K30 | 72 | 7:51 | 7,6 | 00:37:57 | 00:39:14 | | 248 |

zBiegiemNatury - Poznań

Organizator: zBiegiemNatury.pl
Data: 30.11.2013 r.
Dystans: 5km
Miejscowość: Poznań



Klasyfikacja: OPEN

| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | tempo km/h | Czas netto | Wynik | M | K |
|------|---------|---------------------|-------------|-----------------------------|--------|------------|-----------|------------|--------------|------------|------------|----------|-----|-----|
| 799 | 813 | RĘKAWEK IZABELA | POZNAŃ | | POLSKA | 1973 | K30 | 73 | 7:55 | 7,6 | 00:39:04 | 00:39:33 | | 249 |
| 800 | 139 | OLKIEWICZ JOANNA | LUBOŃ | | POLSKA | 1982 | K16 | 166 | 7:56 | 7,6 | 00:38:29 | 00:39:42 | | 250 |
| 801 | 751 | ZIMNIAK KRYSZYNA | POZNAŃ | | POLSKA | 1957 | K50 | 11 | 7:58 | 7,5 | 00:38:22 | 00:39:48 | | 251 |
| 802 | 845 | KUHN KAROLINA | SOPOT | ROLNA PANIE | POLSKA | 1974 | K30 | 74 | 8:09 | 7,4 | 00:39:08 | 00:40:43 | | 252 |
| 803 | 903 | REMBACZ ANDRZEJ | SUCHY LAS | | POLSKA | 1979 | M16 | 309 | 8:09 | 7,4 | 00:39:08 | 00:40:44 | 551 | |
| 804 | 432 | WIKIERSKA PATRYCJA | POZNAŃ | | POLSKA | 1979 | K16 | 167 | 8:39 | 6,9 | 00:42:00 | 00:43:13 | | 253 |
| 805 | 1152 | ROHNKA IRENA | POZNAŃ | - | | 1960 | K50 | 12 | 8:42 | 6,9 | 00:42:00 | 00:43:32 | | 254 |
| 806 | 1204 | ŁOMŻYŃSKA JANINA | POZNAŃ | TURBO - ŻÓŁWIE | | 1959 | K50 | 13 | 8:49 | 6,8 | 00:42:34 | 00:44:07 | | 255 |
| 807 | 922 | ZYGMAŃSKA ZUZANNA | GÓRA | TOTAL RUNNERS | POLSKA | 1995 | K16 | 168 | 9:22 | 6,4 | 00:46:16 | 00:46:50 | | 256 |
| 808 | 886 | PAŃCZAK MARIA | POZNAŃ | "KOALICJA POLSKA" | POLSKA | 1939 | K50 | 14 | 9:27 | 6,4 | 00:46:23 | 00:47:13 | | 257 |
| 809 | 1205 | GRZEŚKOWIAK EUGENIA | POZNAŃ | TEAM NUTRILITE | | 1950 | K50 | 15 | 9:27 | 6,3 | 00:45:42 | 00:47:17 | | 258 |