

Forest Run 2020 - 12 km

Mosina 12.09.2020 | Dystans: 12,00 km | Wyniki OPEN



| Msc. | Nr | Imię i nazwisko | Nar. | Klub | Miejscowość | Rocznik | Kat. wiek. | msc. kat.wiek. | M | K | Wynik netto | Wynik brutto | śr.tempo min/km |
|------|-----|------------------------|------|-------------------------------------|------------------|---------|------------|----------------|----|----|-------------|--------------|-----------------|
| 1 | 21 | Adam El Bah | POL | #elbahadam / #zaliniametyteam | Tarnowo Podgórne | 1989 | M | 1 | 1 | | 00:45:09 | 00:45:10 | 03:46 |
| 2 | 126 | Marcin Wacko | POL | Grupa OLX Team | Poznań | 1985 | M | 2 | 2 | | 00:45:20 | 00:45:20 | 03:47 |
| 3 | 79 | Hubert Naglak | POL | Runaway Team | Szelejewo | 1995 | M | 3 | 3 | | 00:45:34 | 00:45:34 | 03:48 |
| 4 | 96 | Tomasz Ropelewski | POL | | Poznań | 1991 | M | 4 | 4 | | 00:46:35 | 00:46:35 | 03:53 |
| 5 | 71 | Grzegorz Łuczko | POL | Natural Born Runners | Poznań | 1985 | M | 5 | 5 | | 00:47:19 | 00:47:19 | 03:57 |
| 6 | 83 | Szymon Olszewski | POL | Getinge Infecteam | Poznań | 1986 | M | 6 | 6 | | 00:49:47 | 00:49:49 | 04:09 |
| 7 | 16 | Dominik Czapracki | POL | | Opalenica | 1976 | M | 7 | 7 | | 00:50:40 | 00:50:43 | 04:13 |
| 8 | 139 | Wiesław Kuśnierczak | POL | | | 1974 | M | 8 | 8 | | 00:51:29 | 00:51:29 | 04:17 |
| 9 | 46 | Tomasz Kapusta | POL | Za linią mety | Kórnik | 1980 | M | 9 | 9 | | 00:53:19 | 00:53:21 | 04:27 |
| 10 | 91 | Barbara Pochranowicz | POL | Stowarzyszenie Maraton Dębno,OSP Dę | Dębno | 1977 | K | 1 | | 1 | 00:53:24 | 00:53:26 | 04:27 |
| 11 | 130 | Zofia Wawrzyniak-Wacko | POL | Kobiety biegają / Zoffee Kawiarnia | Poznań | 1986 | K | 2 | | 2 | 00:54:17 | 00:54:19 | 04:31 |
| 12 | 81 | Krzysztof Nieznalski | POL | TORPOL RUNNING TEAM | Poznań | 1989 | M | 10 | 10 | | 00:56:12 | 00:56:13 | 04:41 |
| 13 | 1 | Mateusz Adamiak | POL | | Przybyszewo | 2000 | M | 11 | 11 | | 00:58:08 | 00:58:24 | 04:51 |
| 14 | 115 | Martyna Staśkiewicz | POL | | Gniezno | 1997 | K | 3 | | 3 | 00:58:41 | 00:58:47 | 04:53 |
| 15 | 29 | Jacek Kuśnierczak | POL | | Chomęcice | 1970 | M | 12 | 12 | | 00:59:00 | 00:59:02 | 04:55 |
| 16 | 11 | Eryk Budnik | POL | #zaliniametyteam | Rabowice | 1987 | M | 13 | 13 | | 00:59:19 | 00:59:24 | 04:57 |
| 17 | 132 | Piotr Weigt | POL | | Poznań | 1972 | M | 14 | 14 | | 00:59:20 | 00:59:59 | 04:57 |
| 18 | 55 | Mateusz Korcz | POL | Korczyki biegają | Śródka | 1988 | M | 15 | 15 | | 00:58:32 | 01:00:09 | 04:53 |
| 19 | 62 | Jakub Kurasiński | POL | Sauerland Team | Lusówko | 1977 | M | 16 | 16 | | 01:01:27 | 01:01:42 | 05:07 |
| 20 | 113 | Sebastian Sobacki | POL | | Gruszczyn | 1976 | M | 17 | 17 | | 01:01:31 | 01:02:04 | 05:08 |
| 21 | 9 | Antoni Bogusiewicz | POL | JANOWY MŁYN | Poznań | 1983 | M | 18 | 18 | | 01:02:07 | 01:02:20 | 05:11 |
| 22 | 2 | Kinga Argalska | POL | Pędzace Leniwce | Poznań | 1985 | K | 4 | | 4 | 01:02:13 | 01:02:27 | 05:11 |
| 23 | 116 | Bartosz Stawiński | POL | | Czarnków | 1981 | M | 19 | 19 | | 01:02:39 | 01:02:46 | 05:13 |
| 24 | 39 | Rafał Jakubowski | POL | | Poznan | 1984 | M | 20 | 20 | | 01:02:59 | 01:03:06 | 05:15 |
| 25 | 23 | Martyna Figaj | POL | Getinge Infecteam | Poznań | 1988 | K | 5 | | 5 | 01:03:45 | 01:03:47 | 05:19 |
| 26 | 10 | Maciej Bruder | POL | Nadleśnictwo Przedborów | Jutrosin | 1989 | M | 21 | 21 | | 01:03:48 | 01:04:01 | 05:19 |
| 27 | 5 | Michał Bartkowiak | POL | Nadleśnictwo Przedborów | Brzeziny | 1995 | M | 22 | 22 | | 01:04:52 | 01:05:06 | 05:24 |
| 28 | 138 | Paweł Zoga | POL | Grupa OLX Team | Puszczykowo | 1983 | M | 23 | 23 | | 01:05:02 | 01:05:14 | 05:25 |
| 29 | 6 | Iwona Batóg | POL | Iwoneczka | Dębno | 1981 | K | 6 | | 6 | 01:05:42 | 01:05:47 | 05:29 |
| 30 | 32 | Maciej Górny | POL | | Poznań | 1982 | M | 24 | 24 | | 01:05:23 | 01:05:49 | 05:27 |
| 31 | 31 | Sylwia Goźlińska | POL | | Poznań | 1991 | K | 7 | | 7 | 01:05:58 | 01:06:21 | 05:30 |
| 32 | 69 | Anna Ławniczak | POL | TORPOL RUNNING TEAM | Poznań | 1990 | K | 8 | | 8 | 01:06:56 | 01:07:14 | 05:35 |
| 33 | 128 | Natalia Wałęsa | POL | | Nowy Tomyśl | 1989 | K | 9 | | 9 | 01:07:00 | 01:07:16 | 05:35 |
| 34 | 59 | Adrianna Kubiacyk | POL | | Mosina | 1990 | K | 10 | | 10 | 01:07:25 | 01:07:30 | 05:37 |
| 35 | 124 | Tomasz Urbaniak | POL | Getinge Infecteam | Poznań | 1990 | M | 25 | 25 | | 01:07:38 | 01:07:42 | 05:38 |
| 36 | 110 | Marta Smierzchała | POL | Pędzace Leniwce | Poznań | 1980 | K | 11 | | 11 | 01:07:45 | 01:08:09 | 05:39 |
| 37 | 111 | Damian Smogur | POL | 8-pak Poznań | Poznań | 1984 | M | 26 | 26 | | 01:07:51 | 01:08:23 | 05:39 |
| 38 | 99 | Andrzej Ruciński | POL | Klub Samotnego Biegacza, Sulęcinek | Sulęcinek | 1955 | M | 27 | 27 | | 01:09:00 | 01:09:04 | 05:45 |
| 39 | 42 | Adam Jesiak | POL | | Poznań | 1984 | M | 28 | 28 | | 01:09:08 | 01:09:19 | 05:46 |
| 40 | 34 | Roman Grzesiak | POL | | Poznań | 1976 | M | 29 | 29 | | 01:08:32 | 01:09:34 | 05:43 |

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|------|-----|------------------------|------|---------------------|-----------------|---------|------------|----------------|----|----|-------------|--------------|-----------------|
| 41 | 13 | Katarzyna Cebulak | POL | Klub GOGO | Poznań | 1983 | K | 12 | | 12 | 01:09:11 | 01:09:43 | 05:46 |
| 42 | 84 | Adrian Opyrchał | POL | | Kraków | 1990 | M | 30 | 30 | | 01:09:36 | 01:09:56 | 05:48 |
| 43 | 104 | Natalia Siejek | POL | Powiat Poznański | Rokietnica | 1988 | K | 13 | | 13 | 01:09:50 | 01:09:58 | 05:49 |
| 44 | 72 | Zuzanna Łuszczewska | POL | Grupa OLX Team | Poznań | 1989 | K | 14 | | 14 | 01:09:58 | 01:10:08 | 05:50 |
| 45 | 90 | Igor Piotrkowski | POL | | Poznań | 1974 | M | 31 | 31 | | 01:10:10 | 01:10:37 | 05:51 |
| 46 | 56 | Krzysztof Zbyszewski | POL | | Złotniki | 1974 | M | 32 | 32 | | 01:10:17 | 01:10:43 | 05:51 |
| 47 | 106 | Konrad Sierpiński | POL | Cisowianka Team | Warszawa | 1969 | M | 33 | 33 | | 01:10:17 | 01:10:43 | 05:51 |
| 48 | 105 | Tomasz Siemiątkowski | POL | Cisowianka Team | Warszawa | 1977 | M | 34 | 34 | | 01:10:18 | 01:10:43 | 05:52 |
| 49 | 40 | Paulina Jankowska | POL | | Poznań | 1990 | K | 15 | | 15 | 01:10:54 | 01:11:02 | 05:55 |
| 50 | 120 | Zuzanna Szneider | POL | | Osieczna | 1991 | K | 16 | | 16 | 01:10:50 | 01:11:04 | 05:54 |
| 51 | 131 | Agata Weigt | POL | | Poznań | 1998 | K | 17 | | 17 | 01:10:55 | 01:11:09 | 05:55 |
| 52 | 100 | Ewelina Rybczyńska | POL | | Kraków | 1995 | K | 18 | | 18 | 01:11:02 | 01:11:23 | 05:55 |
| 53 | 107 | Dominik Siwa | POL | TORPOL RUNNING TEAM | Poznań | 1979 | M | 35 | 35 | | 01:11:11 | 01:11:29 | 05:56 |
| 54 | 78 | Sławomir Mydlarz | POL | | Skórzewo | 1972 | M | 36 | 36 | | 01:11:18 | 01:11:31 | 05:57 |
| 55 | 77 | Marta Murek-Jurdzińska | POL | DEMOCO | Rogalinek | 1987 | K | 19 | | 19 | 01:11:18 | 01:11:31 | 05:57 |
| 56 | 30 | Dariusz Głogowski | POL | | Rokietnica | 1964 | M | 37 | 37 | | 01:11:04 | 01:11:31 | 05:55 |
| 57 | 137 | Maciej Ziemiński | POL | | Poznań | 1984 | M | 38 | 38 | | 01:11:17 | 01:11:38 | 05:56 |
| 58 | 143 | Anna Kłos | POL | | Poznań | 1985 | K | 20 | | 20 | 01:11:44 | 01:11:51 | 05:59 |
| 59 | 118 | Ewela Sudolska | POL | MBK Team | Poznań | 1978 | K | 21 | | 21 | 01:11:49 | 01:12:03 | 05:59 |
| 60 | 92 | Joanna Posiła | POL | Cardiac Athletes | Mosina | 1979 | K | 22 | | 22 | 01:11:39 | 01:12:08 | 05:58 |
| 61 | 114 | Mikołaj Sobkowiak | POL | | Poznań | 1981 | M | 39 | 39 | | 01:11:51 | 01:12:13 | 05:59 |
| 62 | 51 | Bartek Kilar | POL | aQuaRium | Oborniki | 1978 | M | 40 | 40 | | 01:12:18 | 01:12:25 | 06:02 |
| 63 | 122 | Luiza Trocka | POL | | Poznań | 1980 | K | 23 | | 23 | 01:12:44 | 01:12:52 | 06:04 |
| 64 | 54 | Klaudia Korcz | POL | Korczyki biegają | Śródka | 1993 | K | 24 | | 24 | 01:11:16 | 01:12:52 | 05:56 |
| 65 | 121 | Marcin Szuba | POL | SziP | Lusówko | 1975 | M | 41 | 41 | | 01:13:55 | 01:14:10 | 06:10 |
| 66 | 66 | Bartosz Lewandowski | POL | | Poznań | 1973 | M | 42 | 42 | | 01:13:46 | 01:14:13 | 06:09 |
| 67 | 38 | Jarek Jagiełło | POL | | Rawa Mazowiecka | 1977 | M | 43 | 43 | | 01:13:54 | 01:14:21 | 06:10 |
| 68 | 87 | Daniel Piąstka | POL | | Kawęczyn | 1976 | M | 44 | 44 | | 01:13:53 | 01:14:21 | 06:09 |
| 69 | 98 | Wojciech Rożuk | POL | Getinge Infecteam | Poznań | 1992 | M | 45 | 45 | | 01:14:30 | 01:14:33 | 06:13 |
| 70 | 57 | Krzysztof Krzemień | POL | Run Flint Run | Poznań | 1980 | M | 46 | 46 | | 01:14:56 | 01:15:15 | 06:15 |
| 71 | 129 | Adam Warzych | POL | | Poznań | 1991 | M | 47 | 47 | | 01:14:55 | 01:15:20 | 06:15 |
| 72 | 12 | Anna Burec-Kwiecien | POL | Ojos Team | Warszawa | 1980 | K | 25 | | 25 | 01:15:05 | 01:15:36 | 06:15 |
| 73 | 17 | Joanna Dąbrowska | POL | Ludzie Borowe | Łubowo | 1974 | K | 26 | | 26 | 01:15:34 | 01:16:01 | 06:18 |
| 74 | 88 | Maciej Pietrzak | POL | | Łoniewo | 1973 | M | 48 | 48 | | 01:15:54 | 01:16:11 | 06:20 |
| 75 | 75 | Barbara Mikołajczak | POL | | Poznań | 1976 | K | 27 | | 27 | 01:16:13 | 01:16:37 | 06:21 |
| 76 | 82 | Zuzanna Nosek | POL | Noski | Poznań | 1988 | K | 28 | | 28 | 01:16:28 | 01:16:42 | 06:22 |
| 77 | 35 | Hanna Horbacz-Rosa | POL | | Rabowice | 1985 | K | 29 | | 29 | 01:16:38 | 01:16:53 | 06:23 |
| 78 | 97 | Aleksander Rosa | POL | | Rabowice | 1982 | M | 49 | 49 | | 01:16:39 | 01:16:54 | 06:23 |
| 79 | 25 | Katarzyna Frankowska | POL | Pędzące Leniwce | Poznań | 1981 | K | 30 | | 30 | 01:16:39 | 01:17:03 | 06:23 |
| 80 | 102 | Lech Salita | POL | ALTOM GNIEZNO | Gniezno | 1960 | M | 50 | 50 | | 01:16:39 | 01:17:05 | 06:23 |

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|------|-----|--------------------------|------|-----------------------------------|-------------|---------|------------|----------------|----|----|-------------|--------------|-----------------|
| 81 | 48 | Grzegorz Karwatowicz | POL | | Szewce | 1983 | M | 51 | 51 | | 01:17:23 | 01:17:40 | 06:27 |
| 82 | 52 | Szymon Kofel | POL | | Komorniki | 1980 | M | 52 | 52 | | 01:17:16 | 01:17:47 | 06:26 |
| 83 | 7 | Marta Biesiada | POL | | Krzęcin | 1984 | K | 31 | | 31 | 01:17:37 | 01:17:54 | 06:28 |
| 84 | 65 | Monika Lewandowska | POL | Getinge Infecteam | Poznań | 1994 | K | 32 | | 32 | 01:18:06 | 01:18:09 | 06:31 |
| 85 | 127 | Katarzyna Walorek | POL | | Poznań | 1986 | K | 33 | | 33 | 01:18:10 | 01:18:16 | 06:31 |
| 86 | 22 | Szymon Fenikowski | POL | | Kórnik | 1976 | M | 53 | 53 | | 01:17:57 | 01:18:21 | 06:30 |
| 87 | 136 | Weronika Zaworska | POL | | Poznań | 1988 | K | 34 | | 34 | 01:18:22 | 01:18:37 | 06:32 |
| 88 | 26 | Kataazyna Fuks-Makowska | POL | | Komorniki | 1974 | K | 35 | | 35 | 01:18:22 | 01:18:41 | 06:32 |
| 89 | 123 | Monika Turska | POL | SziP | Skórzewo | 1974 | K | 36 | | 36 | 01:18:46 | 01:19:01 | 06:34 |
| 90 | 109 | Marta Skrzypek | POL | | Oborniki | 1988 | K | 37 | | 37 | 01:18:57 | 01:19:04 | 06:35 |
| 91 | 76 | Kuba Mikołajczak | POL | | Poznań | 1978 | M | 54 | 54 | | 01:19:09 | 01:19:34 | 06:36 |
| 92 | 50 | Jakub Kierończyk | POL | | Poznań | 1972 | M | 55 | 55 | | 01:19:23 | 01:19:43 | 06:37 |
| 93 | 64 | Dariusz Leszczak-Phong | POL | Getinge Infecteam | Poznań | 1983 | M | 56 | 56 | | 01:19:43 | 01:19:46 | 06:39 |
| 94 | 86 | Iskrzak Paweł | POL | Pozabastiony | Wiry | 1978 | M | 57 | 57 | | 01:19:28 | 01:19:52 | 06:37 |
| 95 | 134 | Paulina Wojciechowska | POL | | Wrocław | 1991 | K | 38 | | 38 | 01:19:46 | 01:19:52 | 06:39 |
| 96 | 27 | Agnieszka Galus | POL | | Mierzyn | 1975 | K | 39 | | 39 | 01:19:24 | 01:19:53 | 06:37 |
| 97 | 15 | Agnieszka Czaja | POL | Vege Runners | Poznań | 1984 | K | 40 | | 40 | 01:20:04 | 01:20:11 | 06:40 |
| 98 | 112 | Katarzyna Smolińska | POL | | Dąbrowa | 1988 | K | 41 | | 41 | 01:20:07 | 01:20:23 | 06:41 |
| 99 | 67 | Anna Lichnowska | POL | | Jaworzno | 1976 | K | 42 | | 42 | 01:20:23 | 01:20:50 | 06:42 |
| 100 | 61 | Ewa Kuklewska | POL | | Witobel | 1953 | K | 43 | | 43 | 01:20:22 | 01:20:50 | 06:42 |
| 101 | 44 | Anna Jędrozkowiak | POL | | Łoniewo | 1987 | K | 44 | | 44 | 01:20:37 | 01:20:53 | 06:43 |
| 102 | 19 | Adam Dudczak | POL | | Poznań | 1983 | M | 58 | 58 | | 01:20:55 | 01:21:10 | 06:45 |
| 103 | 4 | Emilia Balcarczyk | POL | Dębnowskie Człapaki | Dębno | 1986 | K | 45 | | 45 | 01:20:59 | 01:21:21 | 06:45 |
| 104 | 63 | Sylwia Kutyla | POL | | Dąbrówka | 1976 | K | 46 | | 46 | 01:21:15 | 01:21:32 | 06:46 |
| 105 | 43 | Tomasz Jeżewski | POL | | Dąbrówka | 1972 | M | 59 | 59 | | 01:21:13 | 01:21:33 | 06:46 |
| 106 | 119 | Katarzyna Szlępka | POL | Torpol Running Team / Hernik Team | Kościan | 1981 | K | 47 | | 47 | 01:21:18 | 01:21:37 | 06:47 |
| 107 | 101 | Rafał Sadło | POL | ARS Tulce | Tulce | 1974 | M | 60 | 60 | | 01:21:31 | 01:21:43 | 06:48 |
| 108 | 108 | Agata Siwczyńska-Sadło | POL | ARS Tulce | Tulce | 1977 | K | 48 | | 48 | 01:21:31 | 01:21:44 | 06:48 |
| 109 | 8 | Anna Błażków | POL | Netto Grupa Biegowa 42,195 | Dębno | 1978 | K | 49 | | 49 | 01:21:32 | 01:21:54 | 06:48 |
| 110 | 95 | Karolina Rakowska | POL | Grupa OLX Team | Poznan | 1984 | K | 50 | | 50 | 01:21:42 | 01:21:55 | 06:49 |
| 111 | 49 | Agata Kierończyk | POL | | Poznań | 1974 | K | 51 | | 51 | 01:21:48 | 01:22:08 | 06:49 |
| 112 | 45 | Jacek Kaczmarek | POL | Grupa OLX Team | Poznań | 1989 | M | 61 | 61 | | 01:25:53 | 01:26:02 | 07:09 |
| 113 | 135 | Weronika Wyrwicka-Cytawa | POL | | Poznań | 1986 | K | 52 | | 52 | 01:30:08 | 01:30:24 | 07:31 |
| 114 | 36 | Joanna Michoń | POL | | Zielatkowo | 1975 | K | 53 | | 53 | 01:31:05 | 01:31:28 | 07:35 |
| 115 | 140 | Klaudia Ochowiak | POL | Organic Race Team | Swarzędz | 1985 | K | 54 | | 54 | 01:36:10 | 01:36:40 | 08:01 |
| 116 | 141 | Filip Kantarski | POL | Organic Race Team | Kruszewica | 1981 | M | 62 | 62 | | 01:36:29 | 01:37:05 | 08:02 |