

# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
1	2	Arkadiusz Gardzielewski	POL		Wilczyce	M30	1	1		01:04:18	01:04:18	03:03
		5 km: 00:14:43   8 km: 00:23:46   10,5 km: 00:31:05   15,45 km: 00:46:28   18,45 km: 00:56:01										
2	56	Boniface Wambua	KEN	Machakos	Machakos	M30	2	2		01:09:14	01:09:14	03:17
		5 km:   8 km:   10,5 km:   15,45 km:   18,45 km: 01:00:00										
3	579	Bartosz Romaniuk	POL	Endorfina Wschowa	Wschowa	M30	3	3		01:13:36	01:13:36	03:29
		5 km: 00:54:12   8 km: 00:28:09   10,5 km: 00:36:43   15,45 km:   18,45 km: 01:04:43										
4	12	Michał Orzeł	POL		Warszawa	M40	1	4		01:14:12	01:14:12	03:31
		5 km: 00:17:33   8 km: 00:28:13   10,5 km: 00:36:56   15,45 km: 00:54:38   18,45 km: 01:05:18										
5	478	Paweł Łączny	POL	ChampionMan Team	Czempiń	M40	2	5		01:14:35	01:14:35	03:32
		5 km: 00:15:23   8 km: 00:28:13   10,5 km: 00:36:56   15,45 km: 00:54:35   18,45 km: 01:05:20										
6	526	Marcin Stokowski	POL	Dąbrowski Team	Pobiedziska	M20	1	6		01:14:44	01:14:44	03:33
		5 km: 00:16:32   8 km: 00:27:09   10,5 km: 00:35:52   15,45 km: 00:53:47   18,45 km:										
7	121	Maciej Łucyk	POL	Maratończyk Poznań	Poklatki	M40	3	7		01:15:43	01:15:43	03:35
		5 km: 00:14:45   8 km: 00:27:50   10,5 km: 00:36:39   15,45 km: 00:54:56   18,45 km: 01:06:05										
8	475	Tomasz Wiatr	POL	Santander Bank Polska	Poznań	M40	4	8		01:16:48	01:16:50	03:38
		5 km: 00:18:06   8 km: 00:29:08   10,5 km: 00:38:05   15,45 km: 00:56:27   18,45 km: 01:07:33										
9	652	Maciej Grabek	POL	ŚLĘZAK TEAM	Gorzów Wielkopolski	M30	4	9		01:16:59	01:16:59	03:39
		5 km: 00:15:44   8 km: 00:28:58   10,5 km: 00:37:50   15,45 km: 00:56:08   18,45 km: 01:07:20										
10	3	Sviatlana Sanko	BLR		Grudziądz	K30	1		1	01:17:23	01:17:23	03:40
		5 km: 00:18:18   8 km: 00:29:26   10,5 km: 01:16:48   15,45 km:   18,45 km: 01:07:41										
11	808	Klaudiusz Kozłowski	POL	ALTOM GNIEZNO	Gniezno	M50	1	10		01:17:25	01:17:25	03:40
		5 km: 00:17:55   8 km: 00:28:49   10,5 km: 01:16:42   15,45 km:   18,45 km: 01:07:28										
12	403	Paweł Kluz	POL	Kuźnia Triathlonu	Warszawa	M30	5	11		01:18:09	01:18:09	03:42
		5 km: 00:16:01   8 km: 00:29:26   10,5 km: 00:38:21   15,45 km: 00:57:00   18,45 km: 01:08:26										
13	1139	Monika Brzozowska	POL	12 Wielkopolska Brygada Obrony Terytorialnej	Czerwonak	K30	2		2	01:18:10	01:18:10	03:42
		5 km:   8 km:   10,5 km:   15,45 km:   18,45 km: 01:08:26										
14	453	Jacek Szymańczuk	POL	Naramowice Biegają	Poznań	M30	6	12		01:18:45	01:18:46	03:44
		5 km: 00:18:04   8 km: 00:29:13   10,5 km: 00:38:14   15,45 km: 00:57:01   18,45 km: 01:08:45										
15	170	Waldemar Kukuła	POL	Stah&Ala Team	Czerlejnko	M40	5	13		01:18:55	01:18:56	03:44
		5 km: 00:57:59   8 km: 00:30:11   10,5 km: 00:39:20   15,45 km:   18,45 km: 01:09:17										
16	560	Adam El Bah	POL	#zaliniametyteam	Tarnowo Podgórne	M30	7	14		01:19:00	01:19:01	03:45
		5 km: 00:17:33   8 km: 00:28:12   10,5 km: 00:37:06   15,45 km: 00:55:56   18,45 km: 01:08:02										
17	50	Krzysztof Kujawa	POL	WIĘCKOWSKI TEAM	Płock	M40	6	15		01:19:41	01:19:42	03:47
		5 km: 00:58:34   8 km: 00:30:46   10,5 km: 00:40:07   15,45 km:   18,45 km: 01:10:00										
18	534	Mikołaj Szymkowiak	POL		Czempiń	M30	8	16		01:19:42	01:19:44	03:47
		5 km: 00:18:24   8 km: 00:29:48   10,5 km: 00:39:00   15,45 km: 00:57:57   18,45 km: 01:09:32										
19	906	Jakub Wawrzyniak	POL	SWEGON TEAM	Poznań	M30	9	17		01:20:09	01:20:10	03:48
		5 km: 00:18:46   8 km: 00:30:11   10,5 km: 00:39:20   15,45 km: 00:58:13   18,45 km: 01:10:06										
20	749	Marcin Giezek	POL	#ZaLiniaMety	Poznań	M40	7	18		01:20:14	01:20:15	03:48
		5 km: 00:18:28   8 km: 00:29:45   10,5 km: 00:39:00   15,45 km: 00:58:13   18,45 km: 01:10:03										

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Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
21	824	Norbert Czerbniak	POL	Tarnowo Podgórne Biega	Skórczewo	M50	2	19		01:20:33	01:20:36	03:49
		5 km: 00:19:05   8 km: 00:30:43   10,5 km: 00:40:05   15,45 km: 00:59:01   18,45 km: 01:10:37										
22	137	Konrad Kaszubiak	POL		Poznań	M40	8	20		01:21:04	01:21:04	03:51
		5 km: 00:19:17   8 km: 00:30:58   10,5 km: 00:40:22   15,45 km: 00:59:34   18,45 km: 01:11:16										
23	1162	Pierre Joulin	FRA	Maratończyk Poznań	Poznan	M20	2	21		01:21:52	01:21:53	03:53
		5 km: 00:19:12   8 km: 00:30:51   10,5 km: 00:40:21   15,45 km: 00:59:40   18,45 km: 01:11:43										
24	291	Piotr Cieszyński	POL		Poznań	M50	3	22		01:22:04	01:22:06	03:53
		5 km: 00:19:11   8 km: 00:30:50   10,5 km: 00:40:19   15,45 km: 00:59:39   18,45 km: 01:11:42										
25	1019	Dariusz Jankowski	POL	PGB Sportowa Paczka	Poznań	M30	10	23		01:22:25	01:22:28	03:54
		5 km: 00:18:05   8 km: 00:29:25   10,5 km: 00:38:47   15,45 km: 00:58:32   18,45 km: 01:11:07										
26	663	Adam Puk	POL	Maratończyk Poznań	Poznań	M40	9	24		01:22:31	01:22:31	03:55
		5 km: 00:18:18   8 km: 00:30:10   10,5 km: 01:21:53   15,45 km: 00:59:49   18,45 km: 01:12:09										
27	1074	Piotr Kurzac	POL	Antex Team	Ostrów Wielkopolski	M40	10	25		01:22:39	01:22:41	03:55
		5 km: 00:19:46   8 km: 00:31:38   10,5 km: 00:41:08   15,45 km:   18,45 km: 01:12:27										
28	861	Łukasz Domański	POL		Mosina	M40	11	26		01:22:57	01:22:57	03:56
		5 km: 00:18:21   8 km: 00:29:46   10,5 km: 00:39:17   15,45 km: 00:59:28   18,45 km: 01:12:21										
29	48	Maciej Kadziszewski	POL	GKS ZUKOWO	Poznan	M50	4	27		01:22:59	01:23:00	03:56
		5 km: 00:19:14   8 km: 00:31:06   10,5 km: 00:40:40   15,45 km:   18,45 km: 01:12:34										
30	249	Dominik Szulc	POL	Mud Goats	Lusówko	M30	11	28		01:23:10	01:23:12	03:57
		5 km: 00:19:12   8 km: 00:30:59   10,5 km: 00:40:35   15,45 km: 01:00:22   18,45 km: 01:12:41										
31	919	Marcin Kozłowski	POL	Lidl	Baranowo	M30	12	29		01:23:58	01:24:01	03:59
		5 km: 00:18:57   8 km: 00:30:50   10,5 km: 00:40:41   15,45 km: 01:01:07   18,45 km: 01:13:38										
32	173	Bogumił Krupiński	POL	CWCR	Olsztyn	M50	5	30		01:24:02	01:24:03	03:59
		5 km: 00:19:44   8 km: 00:31:52   10,5 km: 00:41:40   15,45 km: 01:01:46   18,45 km: 01:13:53										
33	1010	Błażej Przybył	POL		Przeźmierowo	M30	13	31		01:24:10	01:24:12	03:59
		5 km: 00:19:10   8 km: 00:31:16   10,5 km: 00:41:03   15,45 km: 01:01:10   18,45 km: 01:13:38										
34	773	Łukasz Jędrzejewski	POL		Strzałkowo	M30	14	32		01:24:14	01:24:16	04:00
		5 km: 00:19:13   8 km: 00:30:56   10,5 km: 00:40:32   15,45 km: 01:00:22   18,45 km: 01:12:49										
35	621	Robert Serafin	POL		Swarzędz	M30	15	33		01:24:45	01:24:48	04:01
		5 km: 00:19:50   8 km: 00:31:50   10,5 km: 00:41:32   15,45 km: 01:01:32   18,45 km: 01:13:54										
36	1025	Robert Antczak	POL	Malta Poznań	Poznań	M60	1	34		01:24:50	01:24:53	04:01
		5 km: 00:17:25   8 km: 00:32:02   10,5 km: 00:41:50   15,45 km: 01:01:54   18,45 km: 01:14:13										
37	1149	Mateusz Nochowicz	POL	Trigar.pl	Poznań	M30	16	35		01:25:04	01:25:06	04:02
		5 km: 00:20:07   8 km: 00:32:24   10,5 km: 00:42:13   15,45 km: 01:02:12   18,45 km: 01:14:24										
38	95	Sławomir Wasiak	POL		Poznań	M30	17	36		01:25:16	01:25:18	04:02
		5 km: 00:19:13   8 km: 00:31:21   10,5 km: 00:41:13   15,45 km: 01:01:44   18,45 km: 01:14:38										
39	1136	Dawid Chmiel	POL		Rabowice	M30	18	37		01:25:19	01:25:22	04:03
		5 km: 00:19:31   8 km: 00:31:37   10,5 km: 00:41:24   15,45 km: 01:01:39   18,45 km: 01:14:11										
40	810	Bartosz Burmistrz	POL	Zakładka Team/ Tarnowo Podgórne Biega	Sierosław	M30	19	38		01:25:25	01:25:29	04:03
		5 km: 00:20:24   8 km: 00:32:44   10,5 km: 00:42:39   15,45 km: 01:02:48   18,45 km: 01:15:04										

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Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
41	183	Krzysztof Czerwiński	POL	polkrys team	Ciechocinek	M20	3	39		01:25:39	01:25:42	04:04
		5 km: 00:19:44   8 km: 00:31:50   10,5 km: 00:41:37   15,45 km: 01:01:35   18,45 km: 01:14:25										
42	809	Krzysztof Skrzypczak	POL		Gniezno	M40	12	40		01:26:00	01:26:00	04:05
		5 km:   8 km: 01:15:58   10,5 km: 00:44:16   15,45 km:   18,45 km:										
43	528	Krzysztof Kielian	POL	Aktywnie w Pniewach	Pniewy	M30	20	41		01:26:18	01:26:21	04:05
		5 km: 00:19:49   8 km: 00:32:12   10,5 km: 00:42:13   15,45 km: 01:02:48   18,45 km: 01:15:23										
44	532	Damian Bolewski	POL	Czerniejewo biega/Team Said	Pakszyn	M30	21	42		01:26:22	01:26:25	04:06
		5 km: 00:20:00   8 km: 00:32:12   10,5 km: 00:42:04   15,45 km: 01:02:28   18,45 km: 01:15:12										
45	151	Tomasz Krajewski	POL		Lusowo	M40	13	43		01:26:28	01:26:32	04:06
		5 km: 00:20:12   8 km: 00:32:43   10,5 km: 00:42:39   15,45 km: 01:02:47   18,45 km: 01:15:22										
46	129	Adam Kubiak	POL		Łubowo	M20	4	44		01:26:34	01:26:37	04:06
		5 km: 00:19:26   8 km: 00:31:31   10,5 km: 00:41:17   15,45 km: 01:02:07   18,45 km: 01:15:12										
47	662	Tomasz Andrzejewski	POL	Mogilno Team	Zalasewo	M40	14	45		01:26:49	01:26:52	04:07
		5 km: 00:17:31   8 km: 00:32:24   10,5 km: 00:42:28   15,45 km: 01:03:30   18,45 km: 01:16:03										
48	436	Sławek Konieczny	POL	Kusociński Biega	Poznań	M30	22	46		01:26:50	01:26:55	04:07
		5 km: 00:20:46   8 km: 00:33:18   10,5 km: 00:43:20   15,45 km: 01:03:48   18,45 km: 01:16:12										
49	725	Radosław Kadziszewski	POL	MK - Biegaj z Markiem	Poznań	M30	23	47		01:27:20	01:27:22	04:08
		5 km: 00:19:28   8 km: 00:31:51   10,5 km: 00:41:53   15,45 km: 01:02:49   18,45 km: 01:15:54										
50	1072	Tomasz Bręczewski	POL		Czempiń	M40	15	48		01:27:30	01:27:36	04:09
		5 km: 00:19:51   8 km: 00:32:12   10,5 km: 00:42:06   15,45 km: 01:03:00   18,45 km: 01:16:04										
51	29	Tomasz Rypiński	POL	Biegam by jeść więcej ciastek	Poznań	M40	16	49		01:27:35	01:27:38	04:09
		5 km: 00:20:33   8 km: 00:33:08   10,5 km: 00:43:16   15,45 km: 01:04:05   18,45 km: 01:16:51										
52	485	Łukasz Semik	POL	HERNIK TEAM	Poznań	M30	24	50		01:27:35	01:27:39	04:09
		5 km: 00:20:31   8 km: 00:33:07   10,5 km: 00:43:02   15,45 km: 01:03:51   18,45 km: 01:16:35										
53	301	Mikołaj Głuchy	POL		Poznań	M20	5	51		01:27:46	01:27:51	04:10
		5 km: 00:19:42   8 km: 00:31:56   10,5 km: 01:26:59   15,45 km: 01:02:49   18,45 km: 01:16:03										
54	390	Stachu Wegner	POL		Poznań	M40	17	52		01:27:47	01:27:52	04:10
		5 km: 00:20:44   8 km: 00:33:28   10,5 km: 01:27:06   15,45 km: 01:04:18   18,45 km: 01:17:02										
55	346	Artur Piaskowski	POL	Opalenicki Klub Biegacza	Szewce	M30	25	53		01:28:01	01:28:07	04:10
		5 km: 00:17:40   8 km: 00:32:41   10,5 km: 00:42:51   15,45 km: 01:01:13   18,45 km: 01:16:39										
56	26	Jarosław Rosiejka	POL	Biegacze Jarocin	Mieszków	M50	6	54		01:28:11	01:28:17	04:11
		5 km: 00:20:09   8 km: 00:32:41   10,5 km: 00:42:53   15,45 km: 01:04:03   18,45 km: 01:17:00										
57	391	Tomasz Skrzypczak	POL	BioUAM Runners	Poznań	M30	26	55		01:28:14	01:28:18	04:11
		5 km: 00:20:05   8 km: 00:32:45   10,5 km: 00:43:02   15,45 km: 01:04:14   18,45 km: 01:17:14										
58	805	Marek Matysiak	POL		Śrem	M40	18	56		01:28:17	01:28:23	04:11
		5 km: 00:20:26   8 km: 00:33:05   10,5 km: 00:42:59   15,45 km: 01:03:51   18,45 km: 01:16:51										
59	150	Michał Majewski	POL	Spin Force Runners	Bierzglinek	M30	27	57		01:28:23	01:28:31	04:11
		5 km: 00:20:57   8 km: 00:33:39   10,5 km: 00:43:44   15,45 km: 01:04:33   18,45 km: 01:17:21										
60	136	Dorota Lutomska	POL	Ofix.pl Bike Team	Oborniki	K40	1		3	01:28:30	01:28:31	04:12
		5 km: 00:20:01   8 km: 00:32:35   10,5 km: 00:42:54   15,45 km: 01:04:17   18,45 km: 01:17:17										

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Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
61	519	Mirosław Wilczewski	POL		Strzałkowo	M40	19	58		01:28:47	01:28:52	04:13
		5 km: 00:21:01   8 km: 00:33:42   10,5 km: 00:43:54   15,45 km: 01:04:55   18,45 km: 01:17:49										
62	537	Wojciech Meissner	POL		Śrem	M20	6	59		01:28:52	01:28:54	04:13
		5 km: 00:19:31   8 km: 00:31:32   10,5 km: 00:41:17   15,45 km: 01:01:25   18,45 km: 01:15:00										
63	1127	Robert Kasperski	POL	Kościan Team	Kościan	M50	7	60		01:28:52	01:28:58	04:13
		5 km: 00:20:09   8 km: 00:32:42   10,5 km: 00:42:54   15,45 km:   18,45 km: 01:17:16										
64	595	Bartosz Fryske	POL	S.K	Wagrowiec	M30	28	61		01:29:05	01:29:12	04:13
		5 km: 00:21:06   8 km: 00:33:52   10,5 km: 00:44:13   15,45 km: 01:05:17   18,45 km: 01:18:04										
65	312	Robert Bernat	POL	#zaliniametyteam	Suchy Las	M40	20	62		01:29:10	01:29:18	04:14
		5 km: 00:21:01   8 km: 00:33:45   10,5 km: 00:43:53   15,45 km: 01:05:01   18,45 km: 01:18:02										
66	914	Paweł Filip	POL	Mocna Grupa Cezara	Wrocław	M30	29	63		01:29:14	01:29:21	04:14
		5 km: 00:18:27   8 km: 00:33:47   10,5 km: 00:44:11   15,45 km: 01:05:10   18,45 km: 01:18:03										
67	411	Agata Świątek	POL	OSP Opalenica	Buk	K30	3		4	01:29:15	01:29:20	04:14
		5 km: 00:21:04   8 km: 00:33:47   10,5 km: 00:43:56   15,45 km: 01:05:04   18,45 km: 01:18:05										
68	1063	Robert Mikołajczyk	POL	Drużyna Orzecha Żyrardów	Żyrardów	M50	8	64		01:29:18	01:29:30	04:14
		5 km: 00:20:59   8 km: 00:33:47   10,5 km: 00:44:07   15,45 km: 01:05:07   18,45 km:										
69	599	Paweł Studnicki	POL	AW - SZYBCIEJ - TEAM	Wrocław	M40	21	65		01:29:22	01:29:27	04:14
		5 km: 00:21:09   8 km: 00:33:57   10,5 km: 00:44:19   15,45 km: 01:05:34   18,45 km: 01:18:24										
70	430	Mirosław Gembalski	POL	LUCKY LUKI	Leszno	M50	9	66		01:29:25	01:29:32	04:14
		5 km: 00:21:04   8 km: 00:33:48   10,5 km: 00:44:11   15,45 km: 01:05:07   18,45 km: 01:18:10										
71	1173	Józef Bielecki	POL	Zasapani Hydro Trzcianka	Radolin	M40	22	67		01:29:27	01:29:31	04:14
		5 km: 00:20:42   8 km: 00:33:19   10,5 km: 00:43:34   15,45 km: 01:02:09   18,45 km: 01:18:07										
72	869	Łukasz Donaj	POL		Kościan	M30	30	68		01:29:27	01:29:33	04:14
		5 km: 00:20:10   8 km: 00:32:45   10,5 km: 00:42:57   15,45 km: 01:04:51   18,45 km: 01:18:13										
73	877	Daniel Waliszewski	POL		Ostrów Wielkopolski	M40	23	69		01:29:31	01:29:43	04:15
		5 km: 00:21:28   8 km: 00:34:28   10,5 km: 00:44:55   15,45 km: 01:05:58   18,45 km: 01:18:44										
74	490	Piotr Barański	POL	Night Runners / 231GO	Poznań	M50	10	70		01:29:31	01:29:35	04:15
		5 km: 00:20:10   8 km: 00:32:49   10,5 km: 00:43:13   15,45 km: 01:04:48   18,45 km: 01:18:14										
75	92	Marcin Długosz	POL	Night Runners Września	Września	M30	31	71		01:29:54	01:29:59	04:16
		5 km: 00:21:03   8 km: 00:33:47   10,5 km: 00:44:11   15,45 km: 01:05:11   18,45 km: 01:18:12										
76	409	Tomasz Ostajewski	POL	TEAM BEROTU	Lwówek	M40	24	72		01:29:57	01:30:00	04:16
		5 km: 00:19:45   8 km: 00:32:00   10,5 km: 00:42:10   15,45 km: 01:03:47   18,45 km: 01:17:39										
77	296	Arkadiusz Floraszek	POL	GALOPUJĄCE FLORASZKI	Dąbrówka	M50	11	73		01:29:57	01:30:06	04:16
		5 km: 01:05:13   8 km: 00:33:32   10,5 km: 01:29:17   15,45 km:   18,45 km: 01:18:26										
78	418	Robert Rewers	POL	RACIĄŻEK MISTRZEM	Raciążek	M30	32	74		01:30:06	01:30:18	04:16
		5 km: 00:20:57   8 km: 00:33:43   10,5 km: 00:44:06   15,45 km: 01:05:22   18,45 km: 01:18:42										
79	552	Sylvia Walczak	POL	Prefbet-sonarol	Ryn	K30	4		5	01:30:09	01:30:11	04:16
		5 km:   8 km: 00:33:30   10,5 km: 00:43:51   15,45 km:   18,45 km: 01:18:38										
80	1172	Jakub Barłożek	POL		Rokietnica	M20	7	75		01:30:09	01:30:41	04:16
		5 km: 00:20:54   8 km: 00:33:49   10,5 km: 00:44:20   15,45 km: 01:05:25   18,45 km: 01:18:32										

# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
81	1036	Bartosz Dyliński	POL		Strzelce Krajeńskie	M30	33	76		01:30:10	01:30:15	04:16
		5 km: 00:20:22   8 km: 00:32:58   10,5 km: 00:43:14   15,45 km: 01:04:13   18,45 km: 01:17:55										
82	120	Adam Kurka	POL		Tarnowo Podgórne	M40	25	77		01:30:17	01:30:24	04:17
		5 km: 00:21:09   8 km: 00:33:55   10,5 km: 00:44:14   15,45 km: 01:05:27   18,45 km: 01:18:43										
83	253	Michał Bubiłek	POL		Czapury	M30	34	78		01:30:37	01:30:43	04:18
		5 km: 00:21:03   8 km: 00:33:48   10,5 km: 00:44:10   15,45 km: 01:05:16   18,45 km: 01:18:59										
84	73	Agnieszka Wojtaszek	POL	Run4Life	Kościan	K30	5		6	01:30:39	01:30:45	04:18
		5 km: 00:21:06   8 km: 00:34:03   10,5 km: 00:44:25   15,45 km: 01:05:51   18,45 km: 01:19:09										
85	489	Marcin Gano	POL		Krzemieniewo	M40	26	79		01:30:49	01:30:52	04:18
		5 km: 00:18:15   8 km: 00:33:54   10,5 km: 00:44:23   15,45 km: 01:05:54   18,45 km: 01:19:12										
86	619	Patryk Kubiak	POL		Poznań	M40	27	80		01:31:00	01:31:11	04:19
		5 km: 00:21:18   8 km: 00:34:18   10,5 km: 00:44:49   15,45 km: 01:06:23   18,45 km: 01:19:46										
87	1178	Paweł Kotecki	POL	BesTeam	Poznań	M30	35	81		01:31:09	01:31:18	04:19
		5 km: 00:21:17   8 km: 00:34:18   10,5 km: 00:44:51   15,45 km: 01:06:22   18,45 km: 01:19:49										
88	1129	Stephane Gainot	FRA		Warszawa	M40	28	82		01:31:13	01:31:46	04:19
		5 km: 00:22:08   8 km: 00:35:32   10,5 km: 00:46:14   15,45 km: 01:07:51   18,45 km: 01:20:40										
89	1150	Krzysztof Marcinowski	POL	RUN4FUN	Plewiska	M40	29	83		01:31:21	01:31:35	04:20
		5 km: 00:21:52   8 km: 00:35:08   10,5 km: 00:45:48   15,45 km: 01:07:38   18,45 km: 01:20:46										
90	637	Waldemar Basiński	POL	Bracia_B	Trzemeszno	M40	30	84		01:31:23	01:31:38	04:20
		5 km: 00:21:37   8 km: 00:34:54   10,5 km: 00:45:29   15,45 km: 01:06:50   18,45 km: 01:20:01										
91	606	Michał Ćwik	POL		Konin	M30	36	85		01:31:23	01:31:29	04:20
		5 km: 00:19:42   8 km: 00:31:59   10,5 km: 00:42:13   15,45 km: 01:04:28   18,45 km: 01:18:46										
92	311	Ryszard Jędraszek	POL		Góra	M30	37	86		01:31:29	01:31:36	04:20
		5 km: 00:21:17   8 km: 00:34:15   10,5 km: 00:44:46   15,45 km: 01:06:22   18,45 km: 01:19:54										
93	573	Marcin Frankowski	POL	#RunFraneKRun	Sędzinko	M30	38	87		01:31:30	01:31:44	04:20
		5 km: 00:21:17   8 km: 00:34:21   10,5 km: 00:45:07   15,45 km: 01:06:56   18,45 km: 01:20:18										
94	1006	Marta Hała	POL	Tarnowo Podgórne Biega	Tarnowo Podgórne	K40	2		7	01:31:32	01:31:39	04:20
		5 km: 00:21:03   8 km: 00:33:48   10,5 km: 00:44:13   15,45 km: 01:06:13   18,45 km: 01:19:53										
95	167	Dariusz Stokowski	POL	LeniwyTeam	Gorzkie Pole	M40	31	88		01:31:42	01:31:45	04:21
		5 km: 00:17:27   8 km: 00:32:34   10,5 km: 00:42:54   15,45 km: 01:05:15   18,45 km: 01:19:41										
96	435	Marcin Frączek	POL	runningahead.pl	Kościan	M30	39	89		01:31:46	01:31:56	04:21
		5 km: 00:21:22   8 km: 00:34:13   10,5 km: 00:44:55   15,45 km: 01:06:45   18,45 km: 01:20:12										
97	630	Arkadiusz Matuszyn	POL		Słupsk	M30	40	90		01:31:47	01:31:53	04:21
		5 km: 00:21:16   8 km: 00:34:20   10,5 km: 00:45:07   15,45 km: 01:07:15   18,45 km: 01:20:36										
98	320	Andrzej Lisek	POL	LISEK	Poznań	M30	41	91		01:31:54	01:31:58	04:21
		5 km: 00:19:25   8 km: 00:32:06   10,5 km: 00:42:31   15,45 km: 01:04:16   18,45 km: 01:18:34										
99	727	Łukasz Zieliński	POL	Biegam, żeby móc pić dobre piwo!	Poznań	M40	32	92		01:31:56	01:32:06	04:21
		5 km: 00:21:42   8 km: 00:34:57   10,5 km: 00:45:32   15,45 km: 01:07:13   18,45 km: 01:20:34										
100	86	Marcin Bednarek	POL	Maratończyk Poznań	Poznań	M30	42	93		01:32:22	01:32:33	04:23
		5 km: 00:18:52   8 km: 00:34:14   10,5 km: 00:44:51   15,45 km: 01:06:53   18,45 km: 01:20:39										

# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
101	58	Krystian Sobczyk	POL	Kościan Team	Kościan	M30	43	94		01:32:23	01:32:33	04:23
		5 km: 00:21:40   8 km: 00:34:57   10,5 km: 00:45:40   15,45 km: 01:07:31   18,45 km: 01:21:00										
102	30	Marcin Wieczorek	POL		Dopiewo	M40	33	95		01:32:34	01:32:39	04:23
		5 km: 01:04:58   8 km: 00:32:39   10,5 km:   15,45 km:   18,45 km:										
103	24	Sławomir Kaniuk	POL	Grodziski Klub Biegacza	Grodzisk Wielkopolski	M50	12	96		01:32:38	01:33:03	04:23
		5 km: 00:22:25   8 km: 00:36:00   10,5 km: 00:46:53   15,45 km: 01:08:40   18,45 km: 01:21:50										
104	327	Tomasz Sobiech	POL		Poznań	M30	44	97		01:32:38	01:32:42	04:23
		5 km: 00:21:08   8 km: 00:34:15   10,5 km: 00:44:57   15,45 km: 01:07:21   18,45 km: 01:21:01										
105	172	Marcin Kurek	POL	e-automatyk	Gruszczyń	M40	34	98		01:32:41	01:32:51	04:24
		5 km: 00:21:20   8 km: 00:34:19   10,5 km: 00:44:51   15,45 km: 01:06:48   18,45 km: 01:20:56										
106	108	Joanna Wasielek	POL		Swarzędz	K30	6		8	01:32:46	01:33:12	04:24
		5 km: 00:21:28   8 km: 00:34:56   10,5 km: 00:45:37   15,45 km: 01:07:40   18,45 km: 01:21:16										
107	1166	Marcin Włodarczak	POL	BestTeam	Czempiń	M40	35	99		01:32:48	01:32:57	04:24
		5 km: 00:21:16   8 km: 00:34:18   10,5 km: 00:44:52   15,45 km: 01:06:47   18,45 km: 01:20:36										
108	561	Mateusz Czajka	POL	Runguru	Poznań	M30	45	100		01:32:55	01:33:06	04:24
		5 km: 00:21:03   8 km: 00:33:46   10,5 km: 00:44:16   15,45 km: 01:06:13   18,45 km: 01:20:35										
109	1053	Mikołaj Napierała	POL	TEAMOCHAL	Bydgoszcz	M30	46	101		01:33:01	01:33:09	04:25
		5 km: 00:21:22   8 km: 00:34:39   10,5 km: 00:45:24   15,45 km: 01:07:31   18,45 km: 01:21:11										
110	970	Bartosz Chrzęszcz	POL	Biofarm	Pakość	M20	8	102		01:33:02	01:33:03	04:25
		5 km: 00:19:40   8 km: 00:32:08   10,5 km: 00:42:24   15,45 km: 01:04:55   18,45 km: 01:20:03										
111	398	Piotr Hnat	POL		Wagrowiec	M40	36	103		01:33:02	01:33:18	04:25
		5 km: 00:21:41   8 km: 00:35:09   10,5 km: 00:45:47   15,45 km: 01:07:52   18,45 km: 01:21:33										
112	1013	Dariusz Łapawa	POL	Mocni w Gębie	Poznań	M40	37	104		01:33:11	01:33:18	04:25
		5 km: 00:21:02   8 km: 00:33:47   10,5 km: 00:44:28   15,45 km: 01:07:01   18,45 km: 01:21:07										
113	283	Sebastian Sternal	POL	Grodziski Klub Biegacza	Grodzisk Wlkp	M40	38	105		01:33:15	01:33:42	04:25
		5 km: 00:21:44   8 km: 00:35:00   10,5 km: 00:45:45   15,45 km: 01:07:52   18,45 km: 01:21:32										
114	51	Przemysław Dysarz	POL		Poznań	M40	39	106		01:33:24	01:33:36	04:26
		5 km: 00:21:43   8 km: 00:35:01   10,5 km: 00:45:49   15,45 km: 01:08:02   18,45 km: 01:21:50										
115	1153	Michał Durski	POL	Kuźnia Triathlonu	Warszawa	M30	47	107		01:33:32	01:33:38	04:26
		5 km: 00:18:38   8 km: 00:34:23   10,5 km: 00:45:13   15,45 km: 01:05:24   18,45 km: 01:22:10										
116	688	Jakub Szlachetko	POL		Przytoczna	M20	9	108		01:33:36	01:33:49	04:26
		5 km: 00:18:22   8 km: 00:33:44   10,5 km: 00:44:05   15,45 km: 01:05:50   18,45 km: 01:20:23										
117	1022	Patrycja Petroczko	POL		Kórnik	K40	3		9	01:33:40	01:33:51	04:26
		5 km: 00:21:20   8 km: 00:34:34   10,5 km: 00:45:21   15,45 km: 01:07:44   18,45 km: 01:21:35										
118	277	Maciej Pachowicz	POL		Długa Goślina	M40	40	109		01:33:44	01:33:58	04:27
		5 km: 00:20:57   8 km: 00:33:47   10,5 km: 00:44:23   15,45 km: 01:07:05   18,45 km: 01:21:24										
119	795	Lucjan Świsiek	POL	Netbox Biega	Gostyń	M50	13	110		01:33:47	01:33:57	04:27
		5 km: 00:21:36   8 km: 00:35:02   10,5 km: 00:45:54   15,45 km: 01:08:15   18,45 km: 01:21:57										
120	690	Maja Bultrowicz	POL	LKS SANA Kościan	Kościan	K20	1		10	01:34:02	01:34:08	04:27
		5 km: 00:21:22   8 km: 00:34:38   10,5 km: 00:45:21   15,45 km: 01:07:44   18,45 km: 01:21:46										



# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
121	747	Grzegorz Szyngiel	POL	Biegacze z Przylesia	Kórnik	M30	48	111		01:34:03	01:34:10	04:28
		5 km: 00:22:10   8 km: 00:35:43   10,5 km: 00:46:37   15,45 km: 01:08:55   18,45 km: 01:22:30										
122	1071	Jagoda Howil	POL	Stefanowicz Running Academy	Poznań	K30	7		11	01:34:05	01:34:15	04:28
		5 km: 00:21:54   8 km: 00:35:20   10,5 km: 00:46:08   15,45 km: 01:08:41   18,45 km: 01:22:27										
123	324	Krystian Krupa	POL	EITALIA.pl	Poznań	M30	49	112		01:34:05	01:34:12	04:28
		5 km: 00:19:01   8 km: 00:35:05   10,5 km: 00:46:03   15,45 km: 01:08:30   18,45 km: 01:22:25										
124	221	Rafał Bazylewicz	POL		Włoszakowice	M30	50	113		01:34:06	01:34:16	04:28
		5 km: 00:21:53   8 km: 00:35:20   10,5 km: 00:46:08   15,45 km:   18,45 km: 01:22:27										
125	753	Jarosław Kurek	POL	Endorfina Wschowa	Wschowa	M40	41	114		01:34:10	01:34:17	04:28
		5 km: 00:21:03   8 km: 00:33:56   10,5 km: 01:33:25   15,45 km: 01:07:36   18,45 km: 01:21:56										
126	94	Łukasz Frankowski	POL		Czapury	M40	42	115		01:34:12	01:34:22	04:28
		5 km: 00:21:05   8 km: 00:34:23   10,5 km: 00:45:14   15,45 km: 01:07:56   18,45 km: 01:22:02										
127	164	Jacek Frąszczak	POL	WICHROWA STOPA	Poznań	M50	14	116		01:34:24	01:34:30	04:28
		5 km: 00:18:40   8 km: 00:34:43   10,5 km: 00:45:38   15,45 km: 01:05:31   18,45 km: 01:22:20										
128	648	Artur Wasecki	POL		Kaźmierz	M40	43	117		01:34:25	01:34:39	04:29
		5 km: 00:22:09   8 km: 00:35:46   10,5 km: 00:46:48   15,45 km: 01:09:22   18,45 km: 01:23:02										
129	207	Tomasz Hoffmann	POL		Witkowo	M40	44	118		01:34:27	01:34:36	04:29
		5 km: 00:21:14   8 km: 00:34:33   10,5 km: 00:45:23   15,45 km: 01:08:09   18,45 km: 01:22:24										
130	1099	Marcin Napierała	POL	Piątkowo na Biegowo	Koziegłowy	M40	45	119		01:34:38	01:34:54	04:29
		5 km: 00:21:47   8 km: 00:35:08   10,5 km: 00:45:50   15,45 km: 01:08:11   18,45 km: 01:22:43										
131	1001	Marcin Białczyk	POL	Carlsberg Shared Services	Rościmin	M30	51	120		01:34:43	01:34:48	04:29
		5 km: 00:21:24   8 km: 00:34:48   10,5 km: 00:45:44   15,45 km: 01:08:19   18,45 km: 01:22:25										
132	159	Marcin Siberna	POL	Nekielka Premium Run Club	Nekielka	M40	46	121		01:34:44	01:34:52	04:29
		5 km: 00:21:38   8 km: 00:34:57   10,5 km: 00:45:52   15,45 km: 01:08:14   18,45 km: 01:22:24										
133	587	Bartosz Lisiakiewicz	POL		Wrocław	M40	47	122		01:34:45	01:35:02	04:29
		5 km: 00:22:41   8 km: 00:36:35   10,5 km: 00:47:42   15,45 km: 01:09:54   18,45 km: 01:23:17										
134	1112	Piotr Przewoźny	POL		Podrzewie	M40	48	123		01:34:56	01:35:08	04:30
		5 km: 00:19:27   8 km: 00:35:52   10,5 km: 00:46:48   15,45 km: 01:09:08   18,45 km: 01:22:53										
135	904	Piotr Kowalski	POL	TRIATHLONISTA.com	Poznań	M40	49	124		01:34:58	01:35:02	04:30
		5 km: 00:18:39   8 km: 00:34:46   10,5 km: 00:45:55   15,45 km: 01:09:03   18,45 km: 01:23:15										
136	510	Łukasz Kornosz	POL	Tuptańsko	Luboń	M20	10	125		01:34:59	01:35:05	04:30
		5 km: 00:17:56   8 km: 00:34:13   10,5 km: 00:45:43   15,45 km: 01:06:05   18,45 km: 01:23:16										
137	358	Adam Flaszewski	POL		Kaźmierz	M30	52	126		01:35:05	01:35:19	04:30
		5 km: 00:22:11   8 km: 00:35:45   10,5 km: 00:46:48   15,45 km: 01:09:44   18,45 km: 01:23:25										
138	894	Robert Zakrzewski	POL		Zalasewo	M30	53	127		01:35:05	01:35:42	04:30
		5 km: 00:21:30   8 km: 00:35:09   10,5 km: 00:46:26   15,45 km: 01:09:25   18,45 km: 01:23:23										
139	163	Michał Michałowski	POL	UAM	Poznań	M40	50	128		01:35:06	01:35:24	04:30
		5 km: 00:22:11   8 km: 00:35:58   10,5 km: 00:47:09   15,45 km: 01:09:49   18,45 km: 01:23:45										
140	166	Konrad Skrętkowski	POL	Sportowy Kaźmierz	Kaźmierz	M20	11	129		01:35:07	01:35:21	04:31
		5 km: 00:19:21   8 km: 00:35:45   10,5 km: 00:46:45   15,45 km: 01:09:22   18,45 km: 01:23:26										

Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
141	196	Adrian Adamczak	POL	Kęsy Team	Oborniki	M30	54	130		01:35:11	01:35:15	04:31
		5 km: 00:20:33   8 km: 00:33:48   10,5 km: 00:44:39   15,45 km: 01:07:56   18,45 km: 01:22:28										
142	179	Piotr Kaźmierczak	POL	Naramowice Biegają/#biegiemwlas	Poznań	M40	51	131		01:35:16	01:35:23	04:31
		5 km: 00:21:44   8 km: 00:35:08   10,5 km: 00:46:02   15,45 km: 01:08:46   18,45 km: 01:23:01										
143	686	Krzysztof Witkowski	POL	Maratończyk Poznań	Poznań	M40	52	132		01:35:18	01:35:30	04:31
		5 km: 00:21:02   8 km: 00:34:02   10,5 km: 00:45:08   15,45 km: 01:08:04   18,45 km: 01:22:50										
144	610	Agata Hajdziona	POL	Maratończyk Poznań	Poznań	K30	8		12	01:35:20	01:35:24	04:31
		5 km: 00:21:38   8 km: 00:35:20   10,5 km: 00:46:26   15,45 km:   18,45 km: 01:23:28										
145	774	Jan Niedziałkowski	POL		Poznań	M30	55	133		01:35:24	01:35:38	04:31
		5 km: 00:21:39   8 km: 00:35:07   10,5 km: 00:45:54   15,45 km: 01:08:29   18,45 km: 01:22:57										
146	239	Tomasz Marcin Jaroni	POL	handex	Poznań	M40	53	134		01:35:34	01:35:40	04:32
		5 km: 00:21:51   8 km: 00:35:24   10,5 km: 00:46:25   15,45 km: 01:09:18   18,45 km: 01:23:25										
147	263	Milena Pawlak	POL		Przeclaw	K30	9		13	01:35:46	01:35:53	04:32
		5 km: 00:21:55   8 km: 01:23:36   10,5 km:   15,45 km: 01:09:22   18,45 km:										
148	174	Piotr Draber	POL	Biegacze Celebryci	Poznań	M30	56	135		01:35:51	01:35:53	04:33
		5 km: 00:20:27   8 km: 00:33:13   10,5 km: 00:43:37   15,45 km:   18,45 km:										
149	79	Krzysztof Nowak	POL	MJDOP	Kamionki	M50	15	136		01:35:52	01:36:00	04:33
		5 km: 00:21:57   8 km: 00:35:26   10,5 km: 00:46:23   15,45 km: 01:09:06   18,45 km: 01:23:23										
150	745	Marcin Bartosiak	POL		Poznań	M30	57	137		01:35:54	01:36:09	04:33
		5 km: 00:22:40   8 km: 00:36:30   10,5 km: 00:47:38   15,45 km: 01:10:23   18,45 km: 01:24:12										
151	171	Sebastian Rzymyński	POL	Getbol Klub Szczecin	Szczecin	M40	54	138		01:35:54	01:36:06	04:33
		5 km: 00:22:23   8 km: 00:36:14   10,5 km: 00:47:37   15,45 km: 01:10:46   18,45 km: 01:24:24										
152	800	Michał Kaczmarek	POL		Sworzyce	M30	58	139		01:36:00	01:36:17	04:33
		5 km: 00:20:23   8 km: 00:37:12   10,5 km: 00:48:26   15,45 km: 01:10:22   18,45 km: 01:24:04										
153	607	Marcin Zwoliński	POL	Stajnia Kokoszki	Kostrzyn	M50	16	140		01:36:06	01:36:20	04:33
		5 km: 00:22:42   8 km: 00:36:25   10,5 km: 00:47:31   15,45 km: 01:10:12   18,45 km: 01:24:11										
154	457	Adam Szczerbal	POL	Kościan Team	Kościan	M60	2	141		01:36:14	01:36:24	04:34
		5 km: 00:22:12   8 km: 00:35:50   10,5 km: 00:46:51   15,45 km: 01:09:24   18,45 km: 01:23:35										
155	78	Aleksander Malinowski	POL	Maratończyk Poznań	Poznań	M40	55	142		01:36:25	01:36:36	04:34
		5 km: 00:21:22   8 km: 00:34:45   10,5 km: 00:45:33   15,45 km: 01:08:26   18,45 km: 01:23:24										
156	596	Piotr Gołka	POL		Wrocław	M40	56	143		01:36:29	01:36:46	04:34
		5 km: 00:22:41   8 km: 00:36:36   10,5 km: 00:47:47   15,45 km: 01:10:22   18,45 km: 01:24:26										
157	256	Krzysztof Szybiak	POL	Night Runners Września	Września	M30	59	144		01:36:32	01:36:47	04:35
		5 km: 00:22:37   8 km: 00:36:25   10,5 km: 00:47:31   15,45 km: 01:10:29   18,45 km: 01:24:33										
158	543	Maryna Tsynia	POL		Lusówko	K30	10		14	01:36:32	01:36:49	04:35
		5 km: 00:21:56   8 km: 00:35:37   10,5 km: 00:46:45   15,45 km: 01:10:00   18,45 km: 01:24:22										
159	271	Marek Wojciechowski	POL		Poznań	M20	12	145		01:36:32	01:36:41	04:35
		5 km: 00:22:45   8 km: 00:36:32   10,5 km: 00:47:47   15,45 km: 01:10:52   18,45 km: 01:24:57										
160	292	Robert Bajgert	POL	VOLTAIX.PL	Kołobrzeg	M50	17	146		01:36:35	01:36:45	04:35
		5 km: 00:22:02   8 km: 00:35:44   10,5 km: 00:47:00   15,45 km: 01:10:37   18,45 km: 01:24:37										



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
161	21	Sebastian Urbaniak	POL	Tuptańsko	Plewiska	M30	60	147		01:36:37	01:36:41	04:35
		5 km: 00:21:30   8 km: 00:36:13   10,5 km: 00:48:02   15,45 km: 01:11:01   18,45 km: 01:24:55										
162	125	Robert Osmólski	POL		Kórnik	M50	18	148		01:36:51	01:37:01	04:35
		5 km: 00:23:05   8 km: 00:37:09   10,5 km: 00:48:23   15,45 km: 01:11:16   18,45 km: 01:25:12										
163	342	Krzysztof Chrostek	POL		Poznań	M30	61	149		01:36:54	01:36:58	04:36
		5 km: 00:22:11   8 km: 00:35:57   10,5 km: 00:47:12   15,45 km: 01:10:25   18,45 km: 01:24:43										
164	881	Stanisław Szyszko	POL	Kimball Runners	Piła	M30	62	150		01:36:55	01:37:04	04:36
		5 km: 00:22:39   8 km: 00:36:32   10,5 km: 00:47:50   15,45 km: 01:10:49   18,45 km: 01:24:56										
165	300	Roman Minge	POL		Wielicgowo	M40	57	151		01:37:05	01:37:27	04:36
		5 km: 00:23:04   8 km: 00:36:53   10,5 km: 00:48:08   15,45 km: 01:11:11   18,45 km: 01:25:22										
166	1100	Zuzanna Taranczewska	POL	Mecenasi biegają	Środa Wlkp.	K30	11		15	01:37:11	01:37:19	04:36
		5 km: 00:22:49   8 km: 00:36:50   10,5 km: 00:48:11   15,45 km:   18,45 km: 01:25:20										
167	299	Ireneusz Bogusz	POL	Maratończyk Poznań	Poznań	M30	63	152		01:37:11	01:37:23	04:36
		5 km: 00:21:41   8 km: 00:35:13   10,5 km: 00:46:29   15,45 km: 01:09:58   18,45 km: 01:24:41										
168	1104	Jakub Staszczuk	POL	Mecenasi biegają	Środa Wielkopolska	M40	58	153		01:37:14	01:37:24	04:37
		5 km: 00:22:52   8 km: 00:36:54   10,5 km: 00:48:10   15,45 km: 01:11:12   18,45 km: 01:25:18										
169	1157	Dawid Pietrasik	POL		Szczecin	M40	59	154		01:37:16	01:37:23	04:37
		5 km: 00:21:48   8 km: 00:35:25   10,5 km: 00:46:30   15,45 km: 01:09:49   18,45 km: 01:24:30										
170	1068	Paweł Suchora	POL		Poznań	M50	19	155		01:37:17	01:37:18	04:37
		5 km:   8 km: 00:36:07   10,5 km: 00:47:27   15,45 km:   18,45 km: 01:25:06										
171	44	Roman Drzymała	POL		Ujazd	M40	60	156		01:37:18	01:37:40	04:37
		5 km: 00:23:04   8 km: 00:36:57   10,5 km: 00:48:08   15,45 km: 01:11:11   18,45 km: 01:25:22										
172	701	Marek Kierczak	POL	Świdnicka Grupa Biegowa	Świdnica	M50	20	157		01:37:23	01:37:32	04:37
		5 km: 00:21:20   8 km: 00:35:14   10,5 km: 00:46:14   15,45 km: 01:09:26   18,45 km: 01:24:16										
173	566	Bartosz Kurczewski	POL	CITYZEN	Gruszczyn	M40	61	158		01:37:26	01:37:38	04:37
		5 km: 00:21:32   8 km: 00:35:28   10,5 km: 00:47:11   15,45 km: 01:10:47   18,45 km: 01:25:12										
174	99	Robert Łopatka	POL		Lusowo	M40	62	159		01:37:27	01:37:32	04:37
		5 km: 00:21:40   8 km: 00:35:32   10,5 km: 00:46:42   15,45 km: 01:10:16   18,45 km: 01:25:08										
175	231	Robert Krawczyk	POL	Bombardier Luboń	Luboń	M50	21	160		01:37:29	01:37:43	04:37
		5 km: 00:22:09   8 km: 00:36:01   10,5 km: 00:47:24   15,45 km:   18,45 km: 01:25:16										
176	336	Mateusz Jarczyński	POL	Ruprechtice Squad	Rokietnica	M30	64	161		01:37:35	01:37:57	04:38
		5 km: 00:21:04   8 km: 00:34:33   10,5 km: 00:45:46   15,45 km:   18,45 km: 01:24:27										
177	225	Jacek Pachla	POL	KB Szamotuły	Szamotuły	M50	22	162		01:37:36	01:37:53	04:38
		5 km: 00:22:59   8 km: 00:36:55   10,5 km: 00:48:13   15,45 km: 01:11:24   18,45 km: 01:25:34										
178	626	Dominika Jurkowska	POL	Endorfina Wschowa	Wschowa	K30	12		16	01:37:43	01:37:53	04:38
		5 km: 00:22:04   8 km: 00:35:50   10,5 km: 00:47:05   15,45 km: 01:11:30   18,45 km: 01:25:55										
179	1098	Paulina Przewozniak	POL		Tarnowo Podgórne	K30	13		17	01:37:43	01:37:48	04:38
		5 km: 00:21:47   8 km: 00:35:50   10,5 km: 00:47:02   15,45 km: 01:10:07   18,45 km: 01:24:56										
180	654	Jacek Łuczak	POL	KB UE Poznań	Poznań	M50	23	163		01:37:44	01:37:55	04:38
		5 km: 00:22:08   8 km: 00:35:58   10,5 km: 00:47:12   15,45 km: 01:10:30   18,45 km: 01:25:04										

Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
181	42	Marek Olbiński	POL	Cf Kościan	Kościan	M40	63	164		01:37:50	01:38:00	04:38
		5 km: 00:22:12   8 km: 00:35:51   10,5 km: 00:46:51   15,45 km: 01:10:06   18,45 km: 01:24:42										
182	733	Łukasz Ziemba	POL		Zwola	M30	65	165		01:37:51	01:38:00	04:38
		5 km: 00:22:09   8 km: 00:35:55   10,5 km: 00:47:07   15,45 km: 01:10:40   18,45 km: 01:25:28										
183	494	Łukasz Naganowski	POL		Chrzastowo	M30	66	166		01:37:56	01:38:05	04:39
		5 km: 00:21:42   8 km: 00:35:32   10,5 km: 00:46:42   15,45 km: 01:10:04   18,45 km: 01:24:52										
184	38	Emil Witkowski	POL	Dynamic Akademia Karate Naramowice	Poznań	M30	67	167		01:37:56	01:38:09	04:39
		5 km: 00:22:44   8 km: 00:36:38   10,5 km: 00:47:53   15,45 km: 01:10:59   18,45 km: 01:25:24										
185	899	Rafał Krawczak	POL	Team Swegon	Ceradz Dolny	M40	64	168		01:38:00	01:38:21	04:39
		5 km: 00:22:09   8 km: 00:35:56   10,5 km: 00:47:02   15,45 km: 01:10:08   18,45 km: 01:24:33										
186	241	Kamila Kasperek	POL	Ruukki	Oborniki	K40	4		18	01:38:01	01:38:12	04:39
		5 km: 00:22:05   8 km: 00:35:59   10,5 km: 00:47:26   15,45 km: 01:11:02   18,45 km: 01:25:41										
187	1077	Łukasz Banaszak	POL	Polonia Środa	Środa Wielkopolska	M40	65	169		01:38:08	01:38:12	04:39
		5 km: 00:22:08   8 km: 00:36:06   10,5 km: 00:47:24   15,45 km: 01:10:45   18,45 km:										
188	433	Lucyna Staszkiwicz	POL	STASHKY TEAM	Bydgoszcz	K50	1		19	01:38:08	01:38:21	04:39
		5 km: 00:22:42   8 km: 00:36:42   10,5 km: 00:47:54   15,45 km: 01:10:59   18,45 km: 01:25:23										
189	1131	Marta Baier-Jastrząbek	POL	Obornicki Klub Lekkoatletyczny	Roznowo	K40	5		20	01:38:09	01:38:27	04:39
		5 km: 00:22:38   8 km: 00:36:29   10,5 km: 00:47:41   15,45 km: 01:11:05   18,45 km: 01:25:35										
190	467	Waldemar Janiszewski	POL	Rozbiegany Lwówek	Lwówek	M60	3	170		01:38:14	01:38:29	04:39
		5 km: 00:22:38   8 km: 00:36:43   10,5 km: 00:48:04   15,45 km: 01:11:28   18,45 km: 01:25:52										
191	507	Damian Tafelski	POL		Rokietnica	M30	68	171		01:38:16	01:38:24	04:40
		5 km: 00:21:06   8 km: 00:34:08   10,5 km: 00:45:02   15,45 km: 01:07:59   18,45 km: 01:23:38										
192	1052	Maria Wesola	POL		Lwówek	K40	6		21	01:38:20	01:38:33	04:40
		5 km: 00:22:41   8 km: 00:36:45   10,5 km: 00:48:07   15,45 km: 01:11:31   18,45 km: 01:25:55										
193	419	Dawid Palacz	POL	Nekielka Premium	Nekla	M40	66	172		01:38:22	01:38:31	04:40
		5 km: 00:22:18   8 km: 00:36:10   10,5 km: 00:47:19   15,45 km: 01:07:54   18,45 km: 01:25:41										
194	104	Jakub Geppert	POL	LAUFBOMBA	Poznań	M30	69	173		01:38:26	01:38:48	04:40
		5 km: 00:22:00   8 km: 00:36:04   10,5 km: 00:47:40   15,45 km: 01:11:34   18,45 km: 01:26:03										
195	81	Dariusz Sitek	POL	Puszczykowo/KGB Mosina	Puszczykowo	M50	24	174		01:38:26	01:38:38	04:40
		5 km: 00:22:00   8 km: 00:36:01   10,5 km: 00:47:17   15,45 km: 01:10:49   18,45 km: 01:25:38										
196	1046	Miłosz Śmiłowicz	POL		Ostr?W Wielkopolski	M30	70	175		01:38:28	01:38:32	04:40
		5 km: 00:21:39   8 km: 00:35:19   10,5 km: 00:46:26   15,45 km: 01:09:45   18,45 km: 01:24:23										
197	533	Adam Ornatowski	POL	Run_Majster	Koninko	M30	71	176		01:38:29	01:38:49	04:40
		5 km: 00:23:16   8 km: 00:37:22   10,5 km: 00:48:41   15,45 km: 01:11:45   18,45 km: 01:26:17										
198	143	Michał Osekowski	POL	MAMY MIÓD Wytomyśl	Nowy Tomyśl	M30	72	177		01:38:38	01:38:49	04:41
		5 km: 00:20:12   8 km: 00:37:43   10,5 km: 00:49:23   15,45 km: 01:12:52   18,45 km: 01:26:53										
199	152	Paweł Bartczak	POL	Drużyna Szpiku	Poznań	M40	67	178		01:38:38	01:38:53	04:41
		5 km: 00:22:53   8 km: 00:36:44   10,5 km: 00:48:02   15,45 km: 01:11:21   18,45 km: 01:25:59										
200	756	Michał Bazyli	POL		Poznań	M30	73	179		01:38:38	01:38:54	04:41
		5 km: 00:23:02   8 km: 00:36:54   10,5 km: 00:48:16   15,45 km: 01:11:38   18,45 km: 01:26:10										

Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
201	1095	Robert Cichocki	POL	BOSCH SERWIS OLSZEWSKI	Psarskie	M40	68	180		01:38:40	01:39:07	04:41
		5 km: 00:24:09   8 km: 00:38:08   10,5 km: 00:49:15   15,45 km: 01:12:36   18,45 km: 01:26:41										
202	1086	Paweł Wawrzyniak	POL	'Runner's Power'	Śrem	M40	69	181		01:38:41	01:39:08	04:41
		5 km: 00:24:09   8 km: 00:38:07   10,5 km: 00:49:15   15,45 km: 01:12:36   18,45 km: 01:26:41										
203	581	Marek Fijałkowski	POL		Warszawa	M50	25	182		01:38:41	01:39:10	04:41
		5 km: 00:23:18   8 km: 00:37:27   10,5 km: 00:48:54   15,45 km: 01:12:29   18,45 km: 01:26:40										
204	1062	Krzysztof Głogowski	POL		Gołęczewo	M50	26	183		01:38:41	01:39:19	04:41
		5 km: 00:22:10   8 km: 00:35:21   10,5 km: 00:46:01   15,45 km: 01:11:25   18,45 km: 01:26:31										
205	1014	Bartosz Guss	POL	Mocni w Gębie	Poznań	M40	70	184		01:38:43	01:38:58	04:41
		5 km: 00:23:05   8 km: 00:36:44   10,5 km: 00:48:06   15,45 km: 01:11:26   18,45 km: 01:25:53										
206	768	Mikołaj Bórkowski	POL	Maratończyk Poznań	Poznań	M40	71	185		01:38:46	01:39:01	04:41
		5 km: 00:23:11   8 km: 00:37:09   10,5 km: 00:48:31   15,45 km: 01:11:52   18,45 km: 01:26:28										
207	1108	Patryk Renc	POL	Serce Tybetu	Bydgoszcz	M30	74	186		01:38:49	01:39:09	04:41
		5 km: 00:23:33   8 km: 00:37:43   10,5 km: 00:49:11   15,45 km: 01:12:46   18,45 km: 01:27:06										
208	285	Marek Zaradny	POL		Dębsko	M40	72	187		01:38:50	01:39:07	04:41
		5 km: 00:23:07   8 km: 00:37:14   10,5 km: 00:48:37   15,45 km: 01:12:06   18,45 km: 01:26:24										
209	200	Bartosz Ruszczyk	POL	KK Dziewiątka-Amica Wronki	Wronki	M20	13	188		01:38:53	01:39:24	04:41
		5 km: 00:22:13   8 km: 00:36:13   10,5 km: 00:47:38   15,45 km: 01:11:30   18,45 km: 01:26:12										
210	54	Tomasz Jeska	POL		Łukowo	M40	73	189		01:38:53	01:39:00	04:41
		5 km: 00:20:41   8 km: 00:34:12   10,5 km: 00:45:25   15,45 km: 01:09:54   18,45 km: 01:25:38										
211	1069	Agnieszka Rachowska	POL		Tarnowo Podgórne	K40	7		22	01:38:54	01:39:17	04:41
		5 km: 00:23:22   8 km: 00:37:32   10,5 km: 00:49:07   15,45 km: 01:12:50   18,45 km: 01:26:54										
212	905	Jacek Sikora	POL		Poznań	M40	74	190		01:38:55	01:39:14	04:41
		5 km: 00:23:40   8 km: 00:37:52   10,5 km: 00:49:10   15,45 km: 01:12:46   18,45 km: 01:26:57										
213	1012	Marcelina Czajka	POL	CzajkaRunner- biegaczka bez manier	Jankowice	K20	2		23	01:39:01	01:39:12	04:42
		5 km: 00:22:46   8 km: 00:36:49   10,5 km: 00:48:09   15,45 km: 01:11:49   18,45 km: 01:26:50										
214	535	Witold Zielonka	POL	Maratończyk Poznań	Poznań	M40	75	191		01:39:02	01:39:13	04:42
		5 km: 00:22:07   8 km: 00:36:00   10,5 km: 00:47:15   15,45 km: 01:11:02   18,45 km: 01:26:18										
215	325	Krzysztof Aleksandrowicz	POL	NSZZ Solidarność Region Wielkopolska	Poznań	M40	76	192		01:39:02	01:39:26	04:42
		5 km: 00:23:24   8 km: 00:37:35   10,5 km: 00:48:57   15,45 km: 01:12:01   18,45 km: 01:26:30										
216	672	Maria Czekalska	POL		Poznań	K30	14		24	01:39:04	01:39:34	04:42
		5 km: 00:23:31   8 km: 00:37:45   10,5 km: 00:49:13   15,45 km: 01:12:53   18,45 km: 01:26:59										
217	71	Jacek Mleczak	POL		Goraj	M50	27	193		01:39:06	01:39:23	04:42
		5 km: 00:23:27   8 km: 01:26:47   10,5 km: 00:49:02   15,45 km: 01:12:32   18,45 km:										
218	699	Rafał Rozpara	POL		Zielona Góra	M40	77	194		01:39:07	01:39:25	04:42
		5 km: 00:20:34   8 km: 00:37:40   10,5 km: 00:49:12   15,45 km: 01:09:41   18,45 km: 01:27:07										
219	1084	Paweł Wesółek	POL	'Runner's Power'	Manieczki	M40	78	195		01:39:08	01:39:34	04:42
		5 km: 00:24:09   8 km: 00:38:08   10,5 km: 00:49:16   15,45 km: 01:12:37   18,45 km: 01:26:51										
220	180	Jakub Pietrzak	POL		Tarnowo Podgórne	M20	14	196		01:39:08	01:39:24	04:42
		5 km: 00:20:34   8 km: 00:37:39   10,5 km: 00:49:10   15,45 km: 01:09:43   18,45 km: 01:27:01										

# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
221	682	Taehyuk Eom	KOR	KFTP	Zory	M40	79	197		01:39:09	01:39:13	04:42
		5 km: 00:20:55   8 km: 00:34:50   10,5 km: 01:38:22   15,45 km: 01:10:44   18,45 km: 01:26:21										
222	864	Anna Czajka	POL	Schattdecor run team	Tarnowo Podgórne	K30	15		25	01:39:14	01:39:32	04:42
		5 km: 00:20:33   8 km: 00:37:39   10,5 km: 00:49:10   15,45 km: 01:09:41   18,45 km: 01:27:07										
223	364	Wojciech Targosz	POL	Opalenica	Opalenica	M40	80	198		01:39:15	01:39:35	04:42
		5 km: 00:23:25   8 km: 00:37:35   10,5 km: 00:49:06   15,45 km: 01:12:38   18,45 km: 01:26:56										
224	130	Sebastian Cieślak	POL	Nighth Runners	Śrem	M30	75	199		01:39:16	01:39:30	04:42
		5 km: 00:22:42   8 km: 00:36:44   10,5 km: 00:47:59   15,45 km: 01:11:46   18,45 km: 01:26:46										
225	93	Adam Gucki	POL	Maratończyk Poznań	Chyby	M40	81	200		01:39:19	01:39:38	04:42
		5 km: 00:23:07   8 km: 00:37:05   10,5 km: 00:48:28   15,45 km: 01:11:49   18,45 km: 01:26:46										
226	1174	Jarosław Olszewski	POL	Night Runners	Poznań	M50	28	201		01:39:19	01:39:39	04:42
		5 km: 00:23:28   8 km: 00:37:39   10,5 km: 00:49:08   15,45 km: 01:12:40   18,45 km: 01:26:51										
227	887	Jacek Jerzak	POL	Kimball Electronics Poland	Poznań	M30	76	202		01:39:20	01:39:36	04:43
		5 km: 00:23:29   8 km: 00:37:39   10,5 km: 00:49:12   15,45 km: 01:12:48   18,45 km: 01:27:07										
228	323	Maciej Gawroński	POL		Komorniki	M40	82	203		01:39:25	01:39:40	04:43
		5 km:   8 km: 00:37:34   10,5 km: 00:49:00   15,45 km:   18,45 km: 01:26:54										
229	511	Lukasz Andrzejewski	POL	FTI	Poznan	M40	83	204		01:39:26	01:39:46	04:43
		5 km: 00:23:06   8 km: 00:38:02   10,5 km: 00:49:13   15,45 km: 01:13:18   18,45 km: 01:27:44										
230	461	Paweł Weber	POL	REHAU CROSSACTIVE	Psarskie	M50	29	205		01:39:26	01:39:43	04:43
		5 km: 00:23:27   8 km: 00:37:39   10,5 km: 00:49:09   15,45 km: 01:12:47   18,45 km: 01:27:03										
231	536	Dawid Sworek	POL	OwocBiega Team	Poznań	M30	77	206		01:39:26	01:39:30	04:43
		5 km: 00:21:15   8 km: 00:34:13   10,5 km: 00:44:55   15,45 km: 01:10:00   18,45 km: 01:26:41										
232	979	Krystian Przybylski	POL		Poznań	M40	84	207		01:39:28	01:39:37	04:43
		5 km: 00:19:24   8 km: 00:36:07   10,5 km: 00:47:32   15,45 km: 01:08:21   18,45 km: 01:26:22										
233	448	Krzysztof Szymański	POL	TTKF MPK POZNAŃ	Poznań	M40	85	208		01:39:29	01:39:41	04:43
		5 km: 00:22:25   8 km: 00:36:16   10,5 km: 00:47:33   15,45 km: 01:11:16   18,45 km: 01:26:41										
234	615	Tomasz Piątkowski	POL	włkp mountains ultra	Plewiska	M40	86	209		01:39:30	01:39:56	04:43
		5 km: 00:23:32   8 km: 00:37:45   10,5 km: 00:49:06   15,45 km: 01:12:49   18,45 km: 01:27:20										
235	1017	Piotr Musielak	POL	PGB Sportowa Paczka	Poznań	M50	30	210		01:39:30	01:39:42	04:43
		5 km: 00:22:50   8 km: 00:37:05   10,5 km: 00:48:33   15,45 km: 01:12:09   18,45 km: 01:26:49										
236	1028	Daniel Szczygieł	POL		Poznań	M20	15	211		01:39:30	01:39:50	04:43
		5 km: 00:22:31   8 km: 00:36:19   10,5 km: 00:47:24   15,45 km: 01:10:43   18,45 km: 01:25:26										
237	11	Mateusz Młynarczyk	POL		Wronki	M20	16	212		01:39:31	01:39:46	04:43
		5 km: 00:23:29   8 km: 00:37:43   10,5 km: 00:49:11   15,45 km: 01:12:48   18,45 km: 01:27:09										
238	91	Jerzy Kamiński	POL	magdalena	Oborniki	M50	31	213		01:39:41	01:39:53	04:44
		5 km: 00:22:27   8 km: 00:36:26   10,5 km: 00:47:51   15,45 km: 01:11:43   18,45 km: 01:26:47										
239	1137	Marzena Chętnik	POL		Przytoczna	K50	2		26	01:39:41	01:39:49	04:44
		5 km: 00:22:08   8 km: 00:36:17   10,5 km: 00:47:51   15,45 km: 01:11:51   18,45 km: 01:26:54										
240	118	Krystian Flieger	POL		Podrzewie	M20	17	214		01:39:41	01:40:00	04:44
		5 km: 00:23:27   8 km: 00:37:38   10,5 km: 00:49:07   15,45 km: 01:12:45   18,45 km: 01:26:44										

Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
241	1059	Andrzej Mieszkowski	POL	Zmęczeni już przed biegiem	Poznań	M50	32	215		01:39:49	01:40:06	04:44
		5 km: 00:22:03   8 km: 00:36:21   10,5 km: 00:48:06   15,45 km: 01:11:58   18,45 km: 01:26:50										
242	109	Maciej Wroniak	POL		Pogorzela	M40	87	216		01:39:50	01:41:02	04:44
		5 km: 00:23:10   8 km: 00:37:38   10,5 km: 00:49:17   15,45 km: 01:12:54   18,45 km: 01:27:27										
243	1056	Bartosz Bylina	POL		Poznan	M50	33	217		01:39:50	01:40:14	04:44
		5 km: 00:23:22   8 km: 00:37:32   10,5 km: 00:49:04   15,45 km: 01:12:42   18,45 km: 01:27:15										
244	356	Anna Lisewska	POL		Lusówko	K40	8		27	01:39:51	01:40:35	04:44
		5 km: 00:23:13   8 km: 00:37:26   10,5 km: 00:48:47   15,45 km: 01:12:25   18,45 km: 01:27:20										
245	382	Paweł Sudacki	POL		Kruszewnia	M40	88	218		01:39:51	01:40:11	04:44
		5 km: 00:23:25   8 km: 00:37:36   10,5 km: 00:49:11   15,45 km: 01:12:45   18,45 km: 01:27:06										
246	556	Krzysztof Matysiak	POL		Srem	M40	89	219		01:39:53	01:40:09	04:44
		5 km: 00:22:40   8 km: 00:36:46   10,5 km: 00:48:12   15,45 km: 01:11:50   18,45 km: 01:26:51										
247	1090	Piotr Urbaniak	POL		Psarskie	M40	90	220		01:39:54	01:40:23	04:44
		5 km: 01:12:35   8 km: 01:26:55   10,5 km: 00:49:00   15,45 km:   18,45 km:										
248	608	Bartosz Lewandowski	POL	Szamotuły	Szamotuły	M30	78	221		01:39:54	01:41:07	04:44
		5 km: 00:22:39   8 km: 00:36:50   10,5 km: 00:48:15   15,45 km: 01:12:13   18,45 km: 01:27:11										
249	187	Krzysztof Hoffmann	POL		Zalasewo	M40	91	222		01:39:55	01:40:11	04:44
		5 km: 00:23:36   8 km: 00:38:00   10,5 km: 00:49:33   15,45 km: 01:13:31   18,45 km: 01:28:13										
250	76	Maria Lasak	POL	HERNIK TEAM	Poznań	K40	9		28	01:40:01	01:40:24	04:44
		5 km: 00:22:59   8 km: 00:37:08   10,5 km: 00:48:40   15,45 km: 01:12:39   18,45 km: 01:27:13										
251	243	Mariusz Szymanowicz	POL	Charty Chartowo/KB Maniac Poznań	Poznań	M40	92	223		01:40:01	01:40:33	04:44
		5 km: 00:24:50   8 km: 00:39:46   10,5 km: 00:51:39   15,45 km: 01:14:35   18,45 km: 01:28:17										
252	396	Jarosław Wojczyński	POL	HANSA-FLEX	Piaskowo	M40	93	224		01:40:02	01:40:27	04:45
		5 km: 01:11:29   8 km: 00:36:06   10,5 km: 00:47:44   15,45 km:   18,45 km: 01:26:43										
253	267	Ryszard Nowakowski	POL		Poznań	M40	94	225		01:40:05	01:40:24	04:45
		5 km: 00:23:26   8 km: 00:37:38   10,5 km: 00:49:14   15,45 km: 01:12:51   18,45 km: 01:27:45										
254	815	Żaneta Szywnelska	POL	Biegowa ŚRODA	Środa Wilkp.	K40	10		29	01:40:08	01:40:35	04:45
		5 km: 00:24:14   8 km: 00:38:27   10,5 km: 00:50:02   15,45 km: 01:13:39   18,45 km: 01:27:56										
255	144	Michał Pięła	POL	Sportowy Kazmierz	Kiączyn	M40	95	226		01:40:20	01:40:36	04:45
		5 km: 00:22:07   8 km: 00:35:44   10,5 km: 00:46:47   15,45 km: 01:11:31   18,45 km: 01:27:51										
256	123	Roman Rybarczyk	POL	#biegiemwlas	Puszczycowo	M40	96	227		01:40:21	01:40:37	04:45
		5 km: 00:20:32   8 km: 00:37:39   10,5 km: 00:49:04   15,45 km: 01:12:48   18,45 km: 01:27:49										
257	643	Piotr Lisek	POL	lisek team	Zbiersk	M60	4	228		01:40:21	01:40:40	04:45
		5 km: 00:23:23   8 km: 00:37:35   10,5 km: 00:49:06   15,45 km: 01:12:43   18,45 km: 01:27:08										
258	802	Tomasz Szywnelski	POL	Biegowa ŚRODA	Środa Wilkp.	M50	34	229		01:40:23	01:40:23	04:46
		5 km: 00:24:42   8 km: 00:38:53   10,5 km: 00:50:28   15,45 km:   18,45 km: 01:28:21										
259	612	Piotr Jarysz	POL	KrisTrans Małyszka	Poznan	M30	79	230		01:40:23	01:40:51	04:46
		5 km: 00:22:59   8 km: 00:37:22   10,5 km: 00:48:40   15,45 km: 01:12:51   18,45 km: 01:27:47										
260	1177	Danuta Błaszczuk	POL	KB MANIAC	Poznań	K30	16		30	01:40:25	01:40:55	04:46
		5 km: 00:23:18   8 km: 00:37:36   10,5 km: 00:49:01   15,45 km: 01:09:32   18,45 km: 01:27:14										

# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
261	135	Dariusz Wiatr	POL	Night Runners Września	Września	M50	35	231		01:40:30	01:40:54	04:46
		5 km: 00:20:49   8 km: 00:38:57   10,5 km: 00:50:21   15,45 km: 01:14:04   18,45 km: 01:28:23										
262	708	Paweł Budzicz	POL	Free Run	Krzyszkowo	M40	97	232		01:40:30	01:40:59	04:46
		5 km: 00:25:29   8 km: 00:41:00   10,5 km: 00:52:02   15,45 km: 01:14:50   18,45 km: 01:28:38										
263	160	Adam Smierzchała	POL	Mosina	Mosina	M50	36	233		01:40:32	01:40:54	04:46
		5 km: 00:23:25   8 km: 00:37:57   10,5 km: 00:49:35   15,45 km: 01:14:00   18,45 km: 01:28:53										
264	1107	Marcin Durzyński	POL	Bejot Team	Kościan	M30	80	234		01:40:36	01:40:47	04:46
		5 km: 00:22:32   8 km: 00:36:30   10,5 km: 00:47:57   15,45 km: 01:12:09   18,45 km: 01:27:31										
265	568	Piotr Matluch	POL	A-T	Komorniki	M40	98	235		01:40:45	01:41:02	04:47
		5 km: 00:23:28   8 km: 00:37:40   10,5 km: 00:49:14   15,45 km:   18,45 km: 01:28:23										
266	781	Wojciech Jaraszkiwicz	POL		Kaźmierz	M30	81	236		01:40:47	01:41:15	04:47
		5 km: 00:23:18   8 km: 00:37:35   10,5 km: 00:49:04   15,45 km: 01:12:57   18,45 km: 01:28:16										
267	714	Dawid Talikadze	POL	LKS SANA Kościan	Kościan	M30	82	237		01:40:47	01:41:06	04:47
		5 km: 00:23:20   8 km: 00:37:37   10,5 km: 00:49:03   15,45 km: 01:13:00   18,45 km: 01:27:57										
268	799	Jan Magnuszewski	POL	Klub Miłośników Białej	Dąbrówka	M40	99	238		01:40:54	01:41:11	04:47
		5 km: 00:23:12   8 km: 01:28:01   10,5 km: 00:48:26   15,45 km:   18,45 km:										
269	972	Sylwester Zaremba	POL	Biofarm / Zmęczeni na Starcie Dobiegiew	Poznań	M40	100	239		01:40:57	01:41:15	04:47
		5 km: 00:23:13   8 km: 00:37:18   10,5 km: 00:48:51   15,45 km: 01:12:47   18,45 km: 01:28:05										
270	825	Anna Pilc	POL		Tarnowo Podgorne	K30	17		31	01:40:57	01:41:04	04:47
		5 km: 00:22:47   8 km: 00:37:03   10,5 km: 00:48:37   15,45 km: 01:12:56   18,45 km: 01:27:48										
271	1111	Paulina Brychcy-Nowak	POL	TKKF Łabędź Zbąszyń	Strzyżewo	K40	11		32	01:41:01	01:41:19	04:47
		5 km: 00:23:33   8 km: 00:37:56   10,5 km: 00:49:30   15,45 km: 01:13:20   18,45 km: 01:28:16										
272	788	Tomasz Kotliński	POL	KB Szamotuły	Obrzycko	M50	37	240		01:41:01	01:41:22	04:47
		5 km: 00:23:39   8 km: 00:38:02   10,5 km: 00:49:34   15,45 km: 01:13:38   18,45 km: 01:28:34										
273	380	Tomasz Sibila	POL	Radziwojaki	Poznań	M40	101	241		01:41:06	01:41:33	04:48
		5 km: 00:23:33   8 km: 00:37:57   10,5 km: 00:49:32   15,45 km: 01:13:37   18,45 km: 01:28:26										
274	370	Piotr Fojud	POL	12 Wielkopolska Brygada Obrony Terytorialnej	Poznań	M50	38	242		01:41:13	01:41:30	04:48
		5 km: 00:23:28   8 km: 00:37:39   10,5 km: 00:49:10   15,45 km: 01:13:16   18,45 km: 01:28:56										
275	551	Maciek Wieczorek	POL	Saper3	Poznań	M50	39	243		01:41:15	01:41:46	04:48
		5 km: 00:23:47   8 km: 00:38:19   10,5 km: 00:50:04   15,45 km: 01:14:07   18,45 km: 01:28:50										
276	25	Katarzyna Paczkowska	POL		Kiekrz	K40	12		33	01:41:19	01:41:32	04:48
		5 km: 00:22:24   8 km: 00:37:00   10,5 km: 00:48:51   15,45 km: 01:13:09   18,45 km: 01:28:40										
277	230	Mateusz Kachel	POL		Środa Wielkopolska	M20	18	244		01:41:20	01:41:35	04:48
		5 km: 00:22:45   8 km: 00:36:39   10,5 km: 00:47:59   15,45 km: 01:13:52   18,45 km: 01:28:37										
278	83	Mirosław Kaczmarek	POL	Kościan Team	Kościan	M50	40	245		01:41:24	01:41:42	04:48
		5 km: 00:23:25   8 km: 00:37:38   10,5 km: 00:49:12   15,45 km: 01:13:27   18,45 km:										
279	968	Bartosz Olejnik	POL	Magna Seating Poznan	Przeźmierowo	M30	83	246		01:41:27	01:41:59	04:49
		5 km: 00:20:23   8 km: 00:37:43   10,5 km: 00:49:22   15,45 km: 01:13:27   18,45 km: 01:28:29										
280	248	Tomasz Ludek	POL	Dash Digital Cash	Przeźmierowo	M30	84	247		01:41:32	01:41:47	04:49
		5 km: 00:23:24   8 km: 00:37:33   10,5 km: 00:49:03   15,45 km: 01:12:46   18,45 km: 01:27:47										



# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
281	428	Przemysław Nawrot	POL		Rosko	M40	102	248		01:41:38	01:41:53	04:49
		5 km: 00:23:00   8 km: 00:37:21   10,5 km: 00:49:07   15,45 km: 01:13:25   18,45 km: 01:28:45										
282	124	Hubert Idkowiak	POL	Dolsk	Dolsk	M20	19	249		01:41:39	01:41:51	04:49
		5 km: 00:24:30   8 km: 00:39:17   10,5 km: 00:51:15   15,45 km: 01:15:13   18,45 km: 01:29:32										
283	669	Marcin Sroka	POL	włkp mountains ultra	Plewiska	M40	103	250		01:41:40	01:41:53	04:49
		5 km: 00:21:55   8 km: 00:35:57   10,5 km: 00:47:22   15,45 km: 01:11:59   18,45 km: 01:27:26										
284	354	Włodzimoerz Grocholewski	POL	Motor Lubon	Poznan	M50	41	251		01:41:42	01:41:50	04:49
		5 km: 00:22:02   8 km: 01:28:55   10,5 km: 00:48:11   15,45 km: 01:11:53   18,45 km:										
285	329	Krzysztof Dębiński	POL		Baranowo	M30	85	252		01:41:49	01:43:05	04:50
		5 km: 00:24:25   8 km: 00:38:33   10,5 km: 00:49:55   15,45 km: 01:13:34   18,45 km: 01:28:39										
286	385	Remigiusz Krzyżański	POL	Kościan Team	Kościan	M60	5	253		01:41:53	01:42:10	04:50
		5 km: 00:23:02   8 km: 00:37:21   10,5 km: 00:49:02   15,45 km: 01:13:19   18,45 km: 01:28:38										
287	470	Dariusz Pluciński	POL	Jestem od Romka	Pobiedziska	M40	104	254		01:41:54	01:42:31	04:50
		5 km: 00:24:06   8 km: 00:38:32   10,5 km: 00:50:07   15,45 km: 01:14:20   18,45 km: 01:29:27										
288	110	Tomasz Wilczek	POL		Wolsztyn	M30	86	255		01:41:55	01:42:14	04:50
		5 km: 00:23:28   8 km: 00:37:42   10,5 km: 00:49:14   15,45 km: 01:13:39   18,45 km: 01:28:52										
289	190	Paweł Urbański	POL	TEAM TERMINATORun	Wałcz	M30	87	256		01:42:04	01:42:36	04:50
		5 km: 00:21:27   8 km: 00:39:24   10,5 km: 00:51:33   15,45 km: 01:16:25   18,45 km: 01:30:29										
290	513	Agnieszka Wilczewska	POL	Pasjonaci Słupca	Strzałkowo	K30	18		34	01:42:04	01:42:27	04:50
		5 km: 00:23:42   8 km: 00:38:10   10,5 km: 00:50:10   15,45 km: 01:14:33   18,45 km: 01:29:18										
291	252	Krzysztof Mleczak	POL		Nowy Tomyśl	M20	20	257		01:42:12	01:42:30	04:51
		5 km:   8 km: 00:37:35   10,5 km: 00:49:03   15,45 km:   18,45 km: 01:28:35										
292	69	Damian Dratwa	POL	ArtFitness Kościan	Kościan	M40	105	258		01:42:16	01:42:47	04:51
		5 km: 00:23:25   8 km: 00:38:00   10,5 km: 00:49:48   15,45 km: 01:14:29   18,45 km: 01:29:37										
293	782	Mateusz Piotrowski	POL		Inowrocław	M30	88	259		01:42:19	01:42:42	04:51
		5 km: 00:22:48   8 km: 00:37:10   10,5 km: 00:49:01   15,45 km: 01:13:41   18,45 km: 01:29:20										
294	640	Zofia Koziczak	POL		Poznań	K20	3		35	01:42:31	01:43:02	04:52
		5 km: 00:23:30   8 km: 00:38:07   10,5 km: 00:49:55   15,45 km: 01:14:27   18,45 km: 01:29:40										
295	65	Piotr Szyłak	POL	31.Baza Lotnictwa Taktycznego Poznań	Pniewy	M40	106	260		01:42:35	01:43:02	04:52
		5 km: 00:23:27   8 km: 00:37:53   10,5 km: 00:49:40   15,45 km: 01:14:10   18,45 km: 01:29:13										
296	644	Krzysztof Ziętkowski	POL		Poznań	M40	107	261		01:42:41	01:42:56	04:52
		5 km: 00:23:25   8 km: 00:37:30   10,5 km: 00:48:57   15,45 km: 01:13:20   18,45 km: 01:29:12										
297	131	Jakub Cendecki	POL	Wilki Dąbrówka	Dąbrówka	M40	108	262		01:42:43	01:43:07	04:52
		5 km: 00:24:15   8 km: 00:39:05   10,5 km: 00:50:51   15,45 km: 01:15:08   18,45 km: 01:30:10										
298	785	Rafał Rzepka	POL	Rzepusie / STR Śrem	Śrem	M30	89	263		01:42:49	01:43:57	04:52
		5 km: 00:24:58   8 km: 00:40:09   10,5 km: 00:52:06   15,45 km: 01:16:32   18,45 km: 01:31:09										
299	678	Przemysław Osiewicz	POL	Run with WNPIID UAM	Kruszewnia	M40	109	264		01:42:55	01:43:03	04:53
		5 km: 00:23:30   8 km: 00:37:52   10,5 km: 00:49:30   15,45 km: 01:14:22   18,45 km: 01:29:49										
300	367	Dariusz Przewoźny	POL		Buk	M30	90	265		01:42:58	01:43:14	04:53
		5 km: 00:20:48   8 km: 00:33:41   10,5 km: 00:44:15   15,45 km: 01:07:33   18,45 km: 01:27:15										

# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat. wiek.	M	K	Wynik netto	Wynik brutto	śr. tempo min/km
301	849	Dawid Woga	POL	Drużyna Szpiku	Poznań	M30	91	266		01:43:01	01:43:33	04:53
		5 km: 00:24:34   8 km: 00:39:39   10,5 km: 00:51:37   15,45 km: 01:16:07   18,45 km: 01:30:50										
302	554	Jakub Pełczyński	POL		Głuchowo	M30	92	267		01:43:02	01:43:27	04:53
		5 km: 00:24:37   8 km: 00:39:28   10,5 km: 00:51:22   15,45 km: 01:15:58   18,45 km: 01:30:46										
303	684	Mateusz Szcześniak	POL		Poznań	M30	93	268		01:43:04	01:43:38	04:53
		5 km: 00:24:52   8 km: 00:39:31   10,5 km: 00:51:30   15,45 km: 01:16:20   18,45 km: 01:31:00										
304	709	Tomasz Niewiedział	POL	TNTri	Poznań	M50	42	269		01:43:06	01:43:24	04:53
		5 km: 00:24:08   8 km: 00:38:56   10,5 km: 00:50:56   15,45 km: 01:15:21   18,45 km: 01:30:15										
305	738	Maciej Bobkowski	POL		Plewiska	M30	94	270		01:43:09	01:44:02	04:53
		5 km: 00:23:35   8 km: 00:38:01   10,5 km: 00:49:49   15,45 km: 01:14:31   18,45 km: 01:29:57										
306	469	Piotr Reszke	POL	Stokowski Projekt Maraton	Kobylnica	M50	43	271		01:43:10	01:43:34	04:53
		5 km: 00:23:21   8 km: 00:37:34   10,5 km: 00:49:09   15,45 km: 01:13:16   18,45 km: 01:29:04										
307	10	Marek Dembiński	POL	W TRI Team	Rokietnica	M40	110	272		01:43:11	01:43:26	04:53
		5 km: 00:20:35   8 km: 00:37:40   10,5 km: 00:49:10   15,45 km: 01:09:43   18,45 km: 01:29:52										
308	624	Piotr Kuczyński	POL	NKB Chyży Nowy Tomyśl	Poznań	M60	6	273		01:43:20	01:44:07	04:54
		5 km: 00:25:00   8 km: 00:39:30   10,5 km: 00:51:21   15,45 km: 01:15:23   18,45 km: 01:30:15										
309	645	Michał Wawrzyniak	POL	Sportowy Kaźmierz	Dopiewiec	M40	111	274		01:43:21	01:43:37	04:54
		5 km: 00:22:38   8 km: 00:36:55   10,5 km: 00:48:41   15,45 km: 01:14:50   18,45 km: 01:30:11										
310	576	Rafał Grzywacz	POL	NIGHT RUNNERS Poznań	Poznań	M30	95	275		01:43:23	01:43:43	04:54
		5 km: 00:23:27   8 km: 00:37:39   10,5 km: 00:49:07   15,45 km: 01:13:40   18,45 km: 01:29:30										
311	586	Bartosz Głubisz	POL	DzikMaltański	Swarzędz	M30	96	276		01:43:23	01:43:55	04:54
		5 km: 00:24:32   8 km: 00:39:24   10,5 km: 00:51:12   15,45 km: 01:15:39   18,45 km: 01:30:32										
312	309	Rajmund Ratajczak	POL		Poznań	M60	7	277		01:43:29	01:43:43	04:54
		5 km: 00:22:58   8 km: 00:37:40   10,5 km: 00:49:43   15,45 km: 01:14:36   18,45 km: 01:30:04										
313	1030	Robert Radecki	POL	SimpliCity RUN	Poznań	M40	112	278		01:43:30	01:44:15	04:54
		5 km: 00:24:19   8 km: 00:39:13   10,5 km: 00:51:15   15,45 km: 01:15:21   18,45 km: 01:30:27										
314	147	Bartłomiej Łopatka	POL		Września	M30	97	279		01:43:30	01:43:38	04:54
		5 km: 00:23:07   8 km: 00:37:22   10,5 km: 00:48:46   15,45 km: 01:13:25   18,45 km: 01:29:34										
315	632	Tomasz Heyka	POL		Biskupice	M30	98	280		01:43:32	01:43:54	04:54
		5 km: 00:24:40   8 km: 00:39:37   10,5 km: 00:51:45   15,45 km: 01:16:36   18,45 km: 01:31:40										
316	455	Marcin Kalita	POL		Kościelisko	M40	113	281		01:43:37	01:44:32	04:55
		5 km: 00:25:03   8 km: 00:39:47   10,5 km: 00:51:42   15,45 km:   18,45 km: 01:31:02										
317	1057	Wojciech Quoos	POL		Skórzewo	M30	99	282		01:43:44	01:44:07	04:55
		5 km: 00:24:38   8 km: 00:39:34   10,5 km: 00:51:39   15,45 km: 01:15:59   18,45 km: 01:30:48										
318	668	Bartosz Czerwonka	POL		Poznań	M30	100	283		01:43:46	01:44:12	04:55
		5 km: 00:24:35   8 km: 00:39:31   10,5 km: 00:51:38   15,45 km: 01:16:32   18,45 km: 01:31:31										
319	1142	Michał Czarnyszka	POL		Poznań	M30	101	284		01:43:48	01:44:35	04:55
		5 km:   8 km: 00:37:30   10,5 km: 00:49:30   15,45 km:   18,45 km: 01:29:16										
320	105	Bartłomiej Kolber	POL	Klub Myszką Miki	Poznań	M40	114	285		01:43:52	01:44:21	04:55
		5 km: 00:24:50   8 km: 00:39:56   10,5 km: 00:52:03   15,45 km: 01:16:59   18,45 km: 01:31:41										

Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
321	445	Leszek Kiersztan	POL	FILMOWA Lwówek	Lwówek	M50	44	286		01:43:52	01:44:31	04:55
		5 km: 00:23:40   8 km: 00:37:58   10,5 km: 00:49:50   15,45 km: 01:13:58   18,45 km: 01:29:08										
322	1060	Bartosz Stefański	POL		Kaźmierz	M30	102	287		01:43:52	01:44:18	04:55
		5 km: 00:24:33   8 km: 00:39:29   10,5 km: 00:51:34   15,45 km: 01:16:31   18,45 km: 01:31:24										
323	426	Monika Jeziorecka-Borucka	POL	Aktywnie w Pniewach	Podrzewie	K30	19		36	01:43:54	01:44:11	04:55
		5 km: 00:23:40   8 km: 00:38:34   10,5 km: 00:50:36   15,45 km: 01:15:46   18,45 km: 01:31:09										
324	269	Agnieszka Pawlak	POL		Przeclaw	K30	20		37	01:43:58	01:44:22	04:56
		5 km: 00:24:36   8 km: 00:39:32   10,5 km: 00:51:39   15,45 km: 01:16:33   18,45 km: 01:31:35										
325	111	Andrzej Frankowski	POL		Poznań	M60	8	288		01:43:58	01:44:16	04:56
		5 km: 00:23:28   8 km: 00:37:47   10,5 km: 00:49:27   15,45 km: 01:14:33   18,45 km: 01:30:22										
326	378	Marcin Kopczany	POL		Gorzów Wielkopolski	M40	115	289		01:43:58	01:44:45	04:56
		5 km: 00:21:55   8 km: 00:39:57   10,5 km: 00:51:58   15,45 km: 01:16:28   18,45 km: 01:31:04										
327	1050	Mateusz Gardo	POL		Zielątkowo	M30	103	290		01:44:02	01:44:29	04:56
		5 km: 00:21:33   8 km: 00:39:31   10,5 km: 00:51:30   15,45 km: 01:16:27   18,45 km: 01:31:26										
328	216	Marcin Nowak	POL	Lost Runner	Tarnowo Podgórne	M40	116	291		01:44:04	01:44:29	04:56
		5 km: 00:21:29   8 km: 00:38:51   10,5 km: 00:50:36   15,45 km: 01:15:58   18,45 km: 01:31:02										
329	122	Krzysztof Woźny	POL	Sportowy Kaźmierz	Kaźmierz	M40	117	292		01:44:05	01:44:45	04:56
		5 km: 00:24:22   8 km: 00:39:11   10,5 km: 00:51:03   15,45 km: 01:15:32   18,45 km: 01:30:53										
330	522	Łukasz Marach	POL		Poznań	M40	118	293		01:44:06	01:44:35	04:56
		5 km: 00:24:32   8 km: 00:39:21   10,5 km: 00:51:13   15,45 km: 01:15:53   18,45 km: 01:30:52										
331	721	Agnieszka Bączyk	POL	Maratończyk Poznań	Plewiska	K40	13		38	01:44:10	01:44:32	04:56
		5 km: 00:24:17   8 km: 00:39:26   10,5 km: 00:51:41   15,45 km: 01:16:34   18,45 km: 01:31:26										
332	255	Tomasz Tomczak	POL	Naramowice Biegają	Przeźmierowo	M40	119	294		01:44:13	01:44:39	04:56
		5 km: 00:24:29   8 km: 00:39:12   10,5 km: 00:51:05   15,45 km: 01:16:02   18,45 km: 01:31:20										
333	525	Robert Uzarewicz	POL	FinMan	Plewiska	M40	120	295		01:44:13	01:44:37	04:56
		5 km: 00:24:38   8 km: 00:39:33   10,5 km: 00:51:42   15,45 km: 01:16:34   18,45 km:										
334	1078	Paweł Miedziak	POL	SPIN Partner	Tarnowo Podgórne	M30	104	296		01:44:16	01:44:40	04:57
		5 km: 00:24:36   8 km: 00:39:31   10,5 km: 00:51:36   15,45 km: 01:16:33   18,45 km: 01:31:26										
335	764	Marcin Witkowski	POL	Czarne Stopy	Poznań	M40	121	297		01:44:16	01:44:39	04:57
		5 km: 00:24:38   8 km: 00:39:37   10,5 km: 00:51:45   15,45 km: 01:16:39   18,45 km: 01:31:42										
336	1143	Wojciech Ciszewski	POL		Ceradz Kościelny	M30	105	298		01:44:17	01:44:46	04:57
		5 km: 00:24:28   8 km: 00:39:27   10,5 km: 00:51:30   15,45 km: 01:16:28   18,45 km: 01:31:31										
337	218	Artur Kubaczyk	POL		PoznańPoznań	M30	106	299		01:44:19	01:44:51	04:57
		5 km: 00:24:33   8 km: 00:39:25   10,5 km: 00:51:31   15,45 km: 01:16:27   18,45 km: 01:31:28										
338	70	Maciej Bechert	POL	Night Runners Gniezno	Gniezno	M50	45	300		01:44:19	01:44:50	04:57
		5 km: 00:24:22   8 km: 00:39:01   10,5 km: 00:51:00   15,45 km: 01:16:08   18,45 km: 01:31:29										
339	61	Marek Ratajewski	POL	ALTOM GNIEZNO	Gniezno	M50	46	301		01:44:19	01:44:50	04:57
		5 km: 00:24:23   8 km: 00:39:01   10,5 km: 00:51:00   15,45 km: 01:16:10   18,45 km: 01:31:28										
340	32	Patryk Sipa	POL	Rgilewka Powiercie	Suchy Las	M30	107	302		01:44:22	01:44:50	04:57
		5 km: 00:24:37   8 km: 00:39:38   10,5 km: 00:52:04   15,45 km: 01:16:44   18,45 km: 01:31:59										

Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
341	854	Krzysztof Binaś	POL	KB INTREX	Opalenica	M30	108	303		01:44:25	01:44:45	04:57
		5 km: 00:24:39   8 km: 00:39:49   10,5 km: 00:52:04   15,45 km: 01:17:09   18,45 km: 01:32:05										
342	771	Krzysztof Chlebowski	POL	BEST TEAM ŚREM	Śrem	M30	109	304		01:44:27	01:44:45	04:57
		5 km: 00:23:28   8 km: 00:37:37   10,5 km: 00:49:13   15,45 km: 01:14:24   18,45 km: 01:30:19										
343	1038	Łukasz Hojan	POL	Night Runners	Chomecice	M30	110	305		01:44:29	01:44:50	04:57
		5 km: 00:21:35   8 km: 00:39:34   10,5 km: 00:51:42   15,45 km: 01:16:35   18,45 km: 01:31:37										
344	1075	Mikołaj Andrzejak	POL		Gostyń	M30	111	306		01:44:31	01:44:57	04:57
		5 km: 00:24:37   8 km: 00:39:33   10,5 km: 00:51:37   15,45 km: 01:16:32   18,45 km: 01:31:35										
345	1130	Artur Mucha	POL	Czarny bez	Stare Oborzyska	M30	112	307		01:44:32	01:44:58	04:57
		5 km: 00:24:38   8 km: 00:39:35   10,5 km: 00:51:37   15,45 km: 01:16:34   18,45 km: 01:31:39										
346	209	Artur Sawicki	POL		Przeźmierowo	M50	47	308		01:44:33	01:44:59	04:57
		5 km: 00:24:42   8 km: 00:39:36   10,5 km: 00:51:42   15,45 km: 01:16:36   18,45 km: 01:31:39										
347	181	Maciej Jankowski	POL		Poznań	M40	122	309		01:44:33	01:45:06	04:57
		5 km: 00:24:11   8 km: 00:39:01   10,5 km: 00:50:59   15,45 km: 01:15:47   18,45 km: 01:31:14										
348	487	Mateusz Gubański	POL	Misiejek	Grodzewo	M30	113	310		01:44:34	01:45:20	04:57
		5 km: 00:24:30   8 km: 00:39:18   10,5 km: 00:51:14   15,45 km: 01:16:13   18,45 km: 01:31:28										
349	315	Błażej Kozirski	POL		Gniezno	M20	21	311		01:44:34	01:45:04	04:57
		5 km: 00:24:36   8 km: 00:39:33   10,5 km: 00:51:39   15,45 km: 01:16:30   18,45 km: 01:31:33										
350	117	Artur Grzywaczyk	POL	Maratończyk Poznań	Suchy Las	M50	48	312		01:44:39	01:45:01	04:58
		5 km: 00:24:16   8 km: 00:39:26   10,5 km: 00:51:42   15,45 km: 01:13:16   18,45 km: 01:31:37										
351	1076	Sławomir Mielczarek	POL	Antex Team	Ostrów Wielkopolski	M30	114	313		01:44:40	01:44:59	04:58
		5 km: 00:23:25   8 km: 00:37:35   10,5 km: 00:48:58   15,45 km: 01:14:12   18,45 km: 01:30:41										
352	902	Robert Petersburski	POL	SWEGON TEAM	Mierzyn	M40	123	314		01:44:41	01:45:04	04:58
		5 km: 00:24:37   8 km: 00:39:33   10,5 km: 00:51:41   15,45 km: 01:13:20   18,45 km: 01:31:36										
353	620	Andrzej Grupa	POL	Wilda Biega	Poznań	M40	124	315		01:44:41	01:45:04	04:58
		5 km: 00:24:32   8 km: 00:39:25   10,5 km: 00:51:33   15,45 km: 01:16:25   18,45 km: 01:31:39										
354	13	Beata Putowska	POL	Night Runners	Mosina	K30	21		39	01:44:43	01:45:05	04:58
		5 km: 00:24:38   8 km: 00:39:35   10,5 km: 00:51:41   15,45 km: 01:16:36   18,45 km: 01:31:37										
355	34	Kamil Prejs	POL		Przeźmierowo	M40	125	316		01:44:45	01:45:03	04:58
		5 km: 00:24:04   8 km: 00:39:18   10,5 km: 00:51:18   15,45 km: 01:16:33   18,45 km: 01:32:02										
356	384	Tomasz Kaczmarek	POL	Sportowy Kaźmierz	Radzyny	M50	49	317		01:44:48	01:45:03	04:58
		5 km: 00:23:11   8 km: 00:37:49   10,5 km: 00:49:53   15,45 km: 01:14:59   18,45 km: 01:30:44										
357	598	Mikołaj Rak	POL		Kalisz	M20	22	318		01:44:53	01:46:02	04:58
		5 km: 00:22:32   8 km: 00:41:18   10,5 km: 00:53:30   15,45 km: 01:18:02   18,45 km: 01:32:44										
358	1015	Tadeusz Razik	POL		Rawicz	M70+	1	319		01:44:55	01:45:15	04:58
		5 km: 00:23:27   8 km: 00:37:44   10,5 km: 00:49:13   15,45 km:   18,45 km: 01:28:18										
359	89	Marcin Zgoliński	POL		Września	M40	126	320		01:44:56	01:45:21	04:58
		5 km: 00:23:47   8 km: 00:38:42   10,5 km: 00:50:33   15,45 km: 01:15:17   18,45 km: 01:31:23										
360	456	Maciej Spychała	POL	Wroniecki Klub Biegacza	Wronki	M40	127	321		01:45:14	01:45:50	04:59
		5 km: 00:25:10   8 km: 00:40:22   10,5 km: 00:52:27   15,45 km: 01:17:14   18,45 km: 01:32:20										

# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
361	14	Łukasz Ratajczak	POL	Night Runners	Mosina	M40	128	322		01:45:17	01:45:38	04:59
		5 km: 00:24:39   8 km: 00:39:35   10,5 km: 00:51:41   15,45 km: 01:16:36   18,45 km: 01:31:39										
362	488	Paweł Baraniak	POL		Rokietnica	M40	129	323		01:45:22	01:45:45	05:00
		5 km: 00:24:00   8 km: 00:38:45   10,5 km: 00:50:53   15,45 km: 01:15:51   18,45 km: 01:31:34										
363	502	Szymon Pawelec	POL	Mgm Hornet	Pamiątkowo	M40	130	324		01:45:25	01:45:37	05:00
		5 km: 00:22:58   8 km: 00:37:36   10,5 km: 00:49:12   15,45 km: 01:14:49   18,45 km: 01:31:11										
364	601	Marta Draber	POL	Biegacze Celebryci	Poznań	K30	22		40	01:45:28	01:45:30	05:00
		5 km: 00:23:12   8 km: 00:37:30   10,5 km: 00:49:17   15,45 km: 01:11:05   18,45 km: 01:31:01										
365	279	Rafał Kukotko	POL	Lubuszanin Drezdenko	Trnowo Podgórne	M40	131	325		01:45:30	01:45:51	05:00
		5 km: 00:23:57   8 km: 00:38:47   10,5 km: 00:50:52   15,45 km: 01:16:14   18,45 km: 01:31:53										
366	591	Mariusz Manel	POL	Drużyna Szpiku	Kąkolewo	M50	50	326		01:45:31	01:46:19	05:00
		5 km: 00:23:43   8 km: 00:38:06   10,5 km: 00:49:47   15,45 km: 01:14:37   18,45 km: 01:32:11										
367	1128	Artur Szczepaniak	POL	Mecenasi biegają	Poznań	M30	115	327		01:45:34	01:45:44	05:00
		5 km: 00:23:06   8 km: 00:38:38   10,5 km: 00:50:53   15,45 km: 01:16:23   18,45 km: 01:32:20										
368	406	Piotr Rewers	POL	RACIAŹEK MISTRZEM	Poznań	M30	116	328		01:45:35	01:45:48	05:00
		5 km: 00:24:43   8 km: 00:40:02   10,5 km: 00:52:17   15,45 km: 01:17:05   18,45 km: 01:32:26										
369	896	Łukasz Oleksa	POL		Poznań	M30	117	329		01:45:38	01:46:02	05:00
		5 km: 00:23:23   8 km: 00:37:53   10,5 km: 00:49:50   15,45 km: 01:15:47   18,45 km: 01:31:53										
370	798	Paweł Kaczorek	POL		Czarnków	M20	23	330		01:45:47	01:46:26	05:01
		5 km: 00:25:04   8 km: 00:41:09   10,5 km: 00:53:43   15,45 km: 01:17:57   18,45 km: 01:33:05										
371	27	Mateusz Polarczyk	POL	POLARY	Poznań	M30	118	331		01:45:48	01:46:37	05:01
		5 km: 00:25:51   8 km: 00:41:20   10,5 km: 00:53:47   15,45 km: 01:18:50   18,45 km: 01:33:43										
372	900	Piotr Surdacki	POL	SWEGON TEAM	Szczecin	M40	132	332		01:45:50	01:46:14	05:01
		5 km: 00:24:37   8 km: 00:39:43   10,5 km: 00:52:05   15,45 km: 01:17:23   18,45 km: 01:32:49										
373	634	Sławomir Gołębiak	POL		Poznań	M30	119	333		01:45:53	01:46:45	05:01
		5 km: 00:25:16   8 km: 00:40:20   10,5 km: 00:52:28   15,45 km: 01:14:02   18,45 km: 01:32:48										
374	481	Stanisław Lisiak	POL	Szybkie Dzikizki	Poznań	M20	24	334		01:46:00	01:46:25	05:01
		5 km: 00:24:37   8 km: 00:39:34   10,5 km: 00:51:46   15,45 km: 01:17:22   18,45 km: 01:33:15										
375	40	Krzysztof Kaczmarek	POL	Kaźmierz Team	Kaźmierz	M20	25	335		01:46:04	01:46:48	05:02
		5 km: 00:24:42   8 km: 00:40:10   10,5 km: 00:52:25   15,45 km: 01:17:39   18,45 km: 01:33:06										
376	514	Piotr Rajewski	POL	Sportowy Team Żabka	Bytkowo	M30	120	336		01:46:06	01:46:32	05:02
		5 km: 00:21:35   8 km: 00:39:33   10,5 km: 00:51:37   15,45 km: 01:17:23   18,45 km: 01:33:16										
377	653	Karolina Bogusz	POL	wkurw team	Poznań	K20	4		41	01:46:08	01:46:36	05:02
		5 km: 00:24:32   8 km: 00:39:29   10,5 km: 00:51:35   15,45 km: 01:16:30   18,45 km: 01:32:20										
378	847	Edward Gołębiowski	POL	TKKF Płomień Pobiedziska	Pobiedziska	M70+	2	337		01:46:18	01:47:16	05:02
		5 km: 00:25:15   8 km: 00:40:19   10,5 km: 00:52:33   15,45 km: 01:17:58   18,45 km: 01:33:21										
379	592	Sławomir Pipczyński	POL		Opalenica	M40	133	338		01:46:20	01:46:46	05:02
		5 km: 00:24:39   8 km: 00:39:45   10,5 km: 01:45:27   15,45 km:   18,45 km: 01:32:51										
380	713	Krzysztof Juracki	POL		Wronki	M30	121	339		01:46:20	01:47:18	05:02
		5 km: 00:22:04   8 km: 00:39:56   10,5 km: 00:51:34   15,45 km: 01:15:44   18,45 km: 01:32:01										

# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
381	90	Katarzyna Frankowska	POL	PRO366/Mistrzowski Trening	Poznań	K40	14		42	01:46:25	01:46:55	05:03
		5 km: 00:25:08   8 km: 00:40:39   10,5 km: 00:52:59   15,45 km: 01:18:07   18,45 km: 01:33:33										
382	1092	Mariusz Jagodziński	POL		Śrem	M50	51	340		01:46:25	01:47:05	05:03
		5 km: 00:25:34   8 km: 00:41:17   10,5 km: 00:53:51   15,45 km: 01:19:17   18,45 km: 01:34:24										
383	87	Tomasz Krystkowiak	POL		Poznań	M20	26	341		01:46:29	01:46:52	05:03
		5 km: 00:21:35   8 km: 00:39:40   10,5 km: 00:51:50   15,45 km: 01:17:32   18,45 km: 01:33:16										
384	1045	Paweł Tomaszewski	POL		Kleszczewo	M30	122	342		01:46:30	01:47:10	05:03
		5 km: 00:25:35   8 km: 00:41:32   10,5 km: 00:53:58   15,45 km: 01:16:10   18,45 km: 01:34:07										
385	334	Zbigniew Tomczak	POL	ALTOM GNIEZNO	Gniezno	M60	9	343		01:46:32	01:47:22	05:03
		5 km: 00:25:16   8 km: 00:40:22   10,5 km: 00:52:28   15,45 km: 01:17:40   18,45 km: 01:33:22										
386	1148	Lukasz Urban	POL	Spodenki nisko opuszczone	Łubowo	M40	134	344		01:46:32	01:47:15	05:03
		5 km: 00:25:35   8 km: 00:40:59   10,5 km: 00:53:21   15,45 km: 01:18:26   18,45 km: 01:33:38										
387	438	Danuta Stachowiak	POL	OwocBiega Team / Rokietnica Biega	Rokietnica	K40	15		43	01:46:35	01:47:05	05:03
		5 km: 00:24:37   8 km: 00:39:41   10,5 km: 00:52:00   15,45 km: 01:17:09   18,45 km: 01:32:48										
388	1083	Paweł Ostrowski	POL	NET-POS	Łubowo	M40	135	345		01:46:39	01:47:21	05:03
		5 km: 00:25:35   8 km: 00:40:59   10,5 km: 00:53:23   15,45 km:   18,45 km: 01:33:39										
389	133	Marek Stachowiak	POL	Rokietnica Biega	Rokietnica	M40	136	346		01:46:46	01:47:15	05:04
		5 km: 00:24:32   8 km: 00:39:21   10,5 km: 00:51:03   15,45 km: 01:16:23   18,45 km: 01:33:14										
390	465	Tomasz Łapa	POL		Lusówko	M40	137	347		01:46:50	01:47:28	05:04
		5 km: 00:25:20   8 km: 00:40:31   10,5 km: 00:52:50   15,45 km: 01:17:58   18,45 km: 01:33:25										
391	328	Maria Kopec Marcinkowska	POL		Lusowko	K30	23		44	01:46:56	01:47:44	05:04
		5 km: 00:24:15   8 km: 00:39:19   10,5 km: 00:51:32   15,45 km: 01:17:00   18,45 km: 01:32:59										
392	1154	Kacper Meissner	POL	Grupa Meissner	Śrem	M20	27	348		01:47:04	01:47:34	05:05
		5 km: 00:24:35   8 km: 00:39:34   10,5 km: 00:51:39   15,45 km: 01:16:58   18,45 km: 01:33:24										
393	138	Hieronim Michalski	POL	Kościan Team	Kościan	M60	10	349		01:47:09	01:47:52	05:05
		5 km: 00:25:26   8 km: 00:40:30   10,5 km: 00:52:40   15,45 km: 01:17:58   18,45 km: 01:33:35										
394	208	Sławomir Kaczmarek	POL	Kościan Team	Kościan	M50	52	350		01:47:13	01:47:34	05:05
		5 km: 00:24:19   8 km: 00:39:28   10,5 km: 00:51:33   15,45 km: 01:16:50   18,45 km: 01:33:15										
395	276	Paulina Piechocka	POL		Plewiska	K30	24		45	01:47:17	01:47:59	05:05
		5 km: 00:25:35   8 km: 00:40:21   10,5 km: 00:52:39   15,45 km: 01:18:14   18,45 km: 01:33:49										
396	1021	Marcin Jasiński	POL	OSiR Crew	Kórnik	M40	138	351		01:47:18	01:47:29	05:05
		5 km: 00:20:39   8 km: 00:38:46   10,5 km: 00:50:56   15,45 km: 01:16:28   18,45 km: 01:32:41										
397	1034	Piotr Paterski	POL		Poznań, Winogrody	M40	139	352		01:47:20	01:47:32	05:05
		5 km: 00:22:43   8 km: 00:37:44   10,5 km: 00:50:01   15,45 km: 01:16:36   18,45 km: 01:33:46										
398	84	Arkadiusz Siwek	POL	FEHLAU RUN TEAM	Złotniki	M20	28	353		01:47:29	01:47:53	05:06
		5 km:   8 km: 00:39:31   10,5 km: 00:51:34   15,45 km:   18,45 km: 01:32:38										
399	126	Renata Skorupińska	POL	Good Team	Włoszakowice	K40	16		46	01:47:32	01:48:08	05:06
		5 km: 00:22:23   8 km: 00:40:56   10,5 km: 00:53:26   15,45 km: 01:15:34   18,45 km: 01:34:22										
400	286	Karol Krupa	POL	Grupa Cichy-Zasada	Plewiska	M30	123	354		01:47:33	01:47:49	05:06
		5 km: 00:20:37   8 km: 00:37:43   10,5 km: 00:49:13   15,45 km: 01:12:57   18,45 km: 01:31:33										



# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
401	245	Radosław Smykaj	POL		Poznań	M40	140	355		01:47:33	01:48:07	05:06
		5 km: 00:25:39   8 km: 00:41:24   10,5 km: 00:53:57   15,45 km: 01:19:24   18,45 km: 01:35:01										
402	641	Robert Orłowski	POL	Błyski jak szybkość	Poznań	M30	124	356		01:47:44	01:48:11	05:06
		5 km: 00:24:31   8 km: 00:39:46   10,5 km: 00:52:20   15,45 km: 01:17:54   18,45 km: 01:33:52										
403	262	Wojciech Nawrocki	POL		Poznań	M30	125	357		01:47:58	01:47:58	05:07
		5 km: 00:26:17   8 km: 00:41:02   10,5 km: 00:53:20   15,45 km: 01:18:56   18,45 km: 01:34:30										
404	878	Michał Jamroz	POL	Zeelandia	Poznań	M30	126	358		01:47:58	01:48:33	05:07
		5 km: 00:24:33   8 km: 00:39:30   10,5 km: 00:51:32   15,45 km: 01:16:26   18,45 km: 01:33:02										
405	154	Bartosz Połatyński	POL	Pasjonaci Słupca	Piotrowice	M30	127	359		01:48:00	01:48:30	05:07
		5 km: 00:24:36   8 km: 00:39:32   10,5 km: 00:51:39   15,45 km: 01:16:52   18,45 km: 01:33:09										
406	474	Przemysław Rajmann	POL		Poznań	M40	141	360		01:48:01	01:48:44	05:07
		5 km: 00:25:59   8 km: 00:41:57   10,5 km: 00:54:46   15,45 km: 01:20:03   18,45 km: 01:34:58										
407	1135	Katarzyna Wechman	POL	Opalenicki Klub Biegacza	Uścięcice	K30	25		47	01:48:02	01:48:32	05:07
		5 km: 00:25:39   8 km: 00:41:13   10,5 km: 00:53:41   15,45 km: 01:19:22   18,45 km: 01:34:54										
408	1113	Mateusz Bartoszewicz	POL		Poznań	M30	128	361		01:48:04	01:49:19	05:07
		5 km: 00:24:34   8 km: 00:39:11   10,5 km: 00:51:15   15,45 km: 01:16:27   18,45 km: 01:33:01										
409	347	Maciej Dolata	POL	#biegiemwlas	Skórzewo	M40	142	362		01:48:04	01:48:35	05:07
		5 km: 00:25:35   8 km: 00:41:24   10,5 km: 00:53:50   15,45 km: 01:19:23   18,45 km: 01:34:51										
410	740	Tomasz Ogrodnik	POL	Night Runners	Poznań	M30	129	363		01:48:06	01:48:26	05:07
		5 km: 00:23:31   8 km: 00:38:04   10,5 km: 00:49:42   15,45 km: 01:14:33   18,45 km: 01:33:29										
411	683	Bartosz Szczęch	POL		Poznań	M40	143	364		01:48:09	01:48:59	05:08
		5 km: 00:22:12   8 km: 00:40:45   10,5 km: 00:53:08   15,45 km: 01:18:43   18,45 km: 01:34:35										
412	85	Mirosław Kopacz	POL		Poznań	M60	11	365		01:48:10	01:48:46	05:08
		5 km: 00:25:38   8 km: 00:41:22   10,5 km: 00:53:56   15,45 km: 01:19:24   18,45 km:										
413	723	Damian Skrzypski	POL		Rokietnica	M40	144	366		01:48:11	01:48:57	05:08
		5 km: 00:25:44   8 km: 00:41:16   10,5 km: 00:53:54   15,45 km: 01:19:16   18,45 km: 01:34:49										
414	1018	Grzegorz Lemański	POL	PGB Sportowa Paczka	Poznań	M50	53	367		01:48:19	01:48:47	05:08
		5 km: 00:23:47   8 km: 00:38:29   10,5 km: 00:50:32   15,45 km: 01:13:14   18,45 km: 01:33:59										
415	803	Sławomir Lechna	POL		Buk	M50	54	368		01:48:19	01:48:34	05:08
		5 km: 00:21:57   8 km: 00:40:36   10,5 km: 00:53:18   15,45 km: 01:15:50   18,45 km: 01:35:00										
416	1005	Jagoda Pietrucha	POL	Tarnowo Podgórne Biega	Tarnowo Podgórne	K30	26		48	01:48:21	01:48:45	05:08
		5 km: 00:24:56   8 km: 00:40:16   10,5 km: 00:52:42   15,45 km: 01:19:26   18,45 km: 01:35:11										
417	763	Przemysław Przybył	POL		Poznań	M30	130	369		01:48:21	01:48:22	05:08
		5 km: 00:20:41   8 km: 00:35:09   10,5 km: 00:46:47   15,45 km: 01:12:00   18,45 km: 01:28:46										
418	227	Robert Stani	POL		Gniezno	M40	145	370		01:48:24	01:49:03	05:08
		5 km: 00:25:02   8 km: 00:40:19   10,5 km: 00:52:40   15,45 km: 01:18:32   18,45 km: 01:34:20										
419	983	Marcin Brzostowski	POL	Sauerland Team Tarnowo Podgorne	Lusówko	M40	146	371		01:48:25	01:49:01	05:08
		5 km: 00:25:38   8 km: 00:41:32   10,5 km: 00:54:03   15,45 km: 01:19:23   18,45 km: 01:35:09										
420	1039	Igor Grytsak	POL		Wojnowice	M30	131	372		01:48:26	01:48:52	05:08
		5 km: 00:24:58   8 km: 00:40:22   10,5 km: 00:52:51   15,45 km: 01:18:40   18,45 km: 01:34:52										

# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
421	769	Tomasz Sławek	POL	Piątkowo na Biegowo	Suchy Las	M40	147	373		01:48:31	01:49:24	05:09
		5 km: 00:25:07   8 km: 00:40:34   10,5 km: 00:53:15   15,45 km: 01:19:03   18,45 km: 01:34:41										
422	779	Liliana Żmija	POL	FSD RUN DREZDENKO	Zwierzyn	K30	27		49	01:48:33	01:49:21	05:09
		5 km: 00:26:12   8 km: 00:42:22   10,5 km: 00:55:20   15,45 km: 01:21:35   18,45 km: 01:36:25										
423	553	Krystian Brychczyński	POL	HERNIK TEAM	Poznań	M40	148	374		01:48:34	01:49:01	05:09
		5 km: 00:23:49   8 km: 00:38:31   10,5 km: 00:50:35   15,45 km:   18,45 km: 01:34:01										
424	655	Justyna Zielińska	POL	KS Posnania triathlon	Luboń	K40	17		50	01:48:36	01:49:13	05:09
		5 km: 00:22:17   8 km: 00:40:53   10,5 km: 00:53:23   15,45 km: 01:19:17   18,45 km: 01:35:00										
425	39	Waldemar Waligórski	POL	Diamant Pro Sport/Biegańce	Poznań	M40	149	375		01:48:36	01:49:06	05:09
		5 km: 00:24:39   8 km: 00:39:41   10,5 km: 00:52:40   15,45 km: 01:18:33   18,45 km: 01:34:33										
426	705	Wojciech Garczyński	POL		Szczecin	M30	132	376		01:48:45	01:49:28	05:09
		5 km: 00:25:33   8 km: 00:41:20   10,5 km: 00:53:52   15,45 km: 01:19:18   18,45 km: 01:35:08										
427	1049	Paweł Niewiarczuk	POL		Międzyrzecz	M20	29	377		01:48:49	01:48:55	05:09
		5 km: 00:23:12   8 km: 00:38:19   10,5 km: 01:47:59   15,45 km: 01:17:31   18,45 km: 01:34:08										
428	671	Marcin Buczkowski	POL		Brodnica	M40	150	378		01:48:51	01:49:21	05:10
		5 km: 00:21:14   8 km: 00:39:28   10,5 km: 00:51:41   15,45 km: 01:18:07   18,45 km: 01:34:42										
429	571	Mirosława Sznycer	POL	Bukowski Klub Biegacza	Buk	K50	3		51	01:48:51	01:49:34	05:10
		5 km: 00:21:43   8 km: 00:40:22   10,5 km: 00:52:56   15,45 km: 01:19:03   18,45 km: 01:34:59										
430	679	Krzysztof Pietrusiak	POL		Pałędzie	M40	151	379		01:48:56	01:49:27	05:10
		5 km: 00:24:51   8 km: 00:40:08   10,5 km: 00:52:21   15,45 km: 01:18:08   18,45 km: 01:34:46										
431	590	Aneta Grzybowska	POL	Zgrupka ProMobil Team	Kiekrz	K40	18		52	01:48:56	01:49:27	05:10
		5 km: 00:24:22   8 km: 00:39:27   10,5 km: 00:51:48   15,45 km: 01:17:56   18,45 km: 01:34:29										
432	650	Martyna Pajor	POL		Wronki	K20	5		53	01:48:58	01:49:41	05:10
		5 km: 00:22:18   8 km: 00:41:17   10,5 km: 00:53:55   15,45 km: 01:19:28   18,45 km: 01:35:21										
433	186	Monika Pająk	POL	HERNIK TEAM	Skórzewo	K40	19		54	01:48:59	01:49:49	05:10
		5 km: 00:25:48   8 km: 00:41:11   10,5 km: 00:53:36   15,45 km: 01:19:02   18,45 km: 01:35:02										
434	97	Lidia Wawrzyniak	POL		Owińska	K40	20		55	01:48:59	01:49:48	05:10
		5 km: 00:25:27   8 km: 00:41:07   10,5 km: 00:53:39   15,45 km: 01:19:15   18,45 km: 01:35:09										
435	313	Piotr Stamm	POL		Poznań	M40	152	380		01:49:00	01:49:42	05:10
		5 km: 00:25:11   8 km: 00:40:00   10,5 km: 00:51:59   15,45 km: 01:17:14   18,45 km: 01:34:03										
436	463	Łukasz Ginter	POL	Zgrupka Team	Poznań	M30	133	381		01:49:05	01:49:26	05:10
		5 km: 00:25:30   8 km: 00:40:44   10,5 km: 00:53:04   15,45 km: 01:18:04   18,45 km: 01:34:23										
437	875	Paweł Piechowiak	POL	KB SPOKO	Kościan	M50	55	382		01:49:10	01:49:30	05:10
		5 km: 00:23:57   8 km: 00:38:49   10,5 km: 00:50:59   15,45 km: 01:17:18   18,45 km: 01:34:27										
438	195	Kamil Palacz	POL	Dziewiątka-Amica Wronki	Wronki	M20	30	383		01:49:13	01:49:57	05:11
		5 km: 00:25:48   8 km: 00:41:30   10,5 km: 00:54:12   15,45 km: 01:20:13   18,45 km: 01:36:00										
439	772	Michał Dobrochowski	POL		Przybroda	M30	134	384		01:49:14	01:49:52	05:11
		5 km: 00:24:41   8 km: 00:39:52   10,5 km: 00:52:29   15,45 km: 01:19:01   18,45 km: 01:35:25										
440	575	Maciej Migdałek	POL		Koziegłowy	M30	135	385		01:49:15	01:49:53	05:11
		5 km: 00:25:08   8 km: 00:40:29   10,5 km: 00:52:57   15,45 km: 01:19:11   18,45 km: 01:35:06										

Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
441	780	Przemysław Kolański	POL		Poznan	M30	136	386		01:49:18	01:49:46	05:11
		5 km: 00:24:09   8 km: 00:39:24   10,5 km: 00:51:39   15,45 km: 01:17:43   18,45 km: 01:35:08										
442	1117	Bartłomiej Kocik	POL	ASTAT	Pecna	M40	153	387		01:49:20	01:50:11	05:11
		5 km: 00:24:56   8 km: 00:40:25   10,5 km: 00:52:52   15,45 km: 01:19:10   18,45 km: 01:35:38										
443	820	Jacek Trębecki	POL	Uniwersytet Ekonomiczny w Poznaniu	Poznań	M50	56	388		01:49:21	01:49:55	05:11
		5 km: 00:24:46   8 km: 00:40:09   10,5 km: 00:52:42   15,45 km: 01:19:19   18,45 km: 01:35:55										
444	996	Krzysztof Graniczny	POL		Daszewice	M40	154	389		01:49:29	01:50:18	05:11
		5 km: 00:26:22   8 km: 00:42:21   10,5 km: 00:55:09   15,45 km: 01:20:47   18,45 km: 01:36:24										
445	623	Norbert Stolpe	POL	Kb DĘBIEC	Poznań	M60	12	390		01:49:29	01:50:05	05:11
		5 km: 00:22:27   8 km: 00:41:23   10,5 km: 00:53:55   15,45 km: 01:19:25   18,45 km: 01:35:15										
446	676	Jerzy Cichocki	POL		Dąbrówka	M40	155	391		01:49:30	01:49:51	05:11
		5 km: 00:24:41   8 km: 00:39:50   10,5 km: 00:52:11   15,45 km: 01:18:41   18,45 km: 01:35:13										
447	355	Jacek Urbaniak	POL	Skórzewo	Skórzewo	M50	57	392		01:49:34	01:50:30	05:12
		5 km: 00:25:56   8 km: 00:41:27   10,5 km: 00:54:00   15,45 km: 01:19:58   18,45 km: 01:35:46										
448	505	Marcin Czerwiński	POL	I AM A RUNNER	Łokacz Mały	M30	137	393		01:49:36	01:50:13	05:12
		5 km: 00:25:37   8 km: 00:41:22   10,5 km: 00:53:52   15,45 km: 01:16:11   18,45 km: 01:35:04										
449	60	Maciej Nowak	POL	PGB Sportowa Paczka	Poznań	M40	156	394		01:49:41	01:50:07	05:12
		5 km: 00:24:24   8 km: 00:39:23   10,5 km: 00:51:30   15,45 km: 01:17:56   18,45 km: 01:35:04										
450	710	Magdalena Budzicz	POL	Free Run	Krzyszkowo	K40	21		56	01:49:43	01:50:12	05:12
		5 km: 00:25:29   8 km: 00:41:02   10,5 km: 00:53:40   15,45 km: 01:19:46   18,45 km: 01:35:59										
451	711	Agnieszka Pruchniewska	POL	Rokietnica Biega	Rokietnica	K40	22		57	01:49:48	01:50:10	05:12
		5 km: 00:24:38   8 km: 00:40:18   10,5 km: 00:52:54   15,45 km: 01:19:25   18,45 km: 01:36:11										
452	199	Łukasz Piaskowski	POL	SANTANDER RUNNERS TEAM	Plewiska	M40	157	395		01:49:48	01:50:38	05:12
		5 km: 00:26:24   8 km: 00:42:22   10,5 km: 00:55:08   15,45 km: 01:20:51   18,45 km: 01:36:33										
453	235	Damian Bogaczyk	POL	Biegowa ŚRODA	Środa Wielkopolska	M40	158	396		01:49:49	01:50:11	05:12
		5 km: 00:24:29   8 km: 00:39:34   10,5 km: 00:51:51   15,45 km: 01:18:15   18,45 km: 01:35:29										
454	1007	Waldemar Rydzak	POL	Poznan University of Economics and Business	Poznań	M50	58	397		01:49:54	01:50:28	05:13
		5 km: 00:24:46   8 km: 00:40:09   10,5 km: 00:52:47   15,45 km: 01:19:25   18,45 km: 01:35:58										
455	558	Adam Biłgorajski	POL		Poznań	M20	31	398		01:49:56	01:50:20	05:13
		5 km: 00:24:43   8 km: 00:39:56   10,5 km: 00:52:16   15,45 km: 01:18:37   18,45 km: 01:35:20										
456	707	Przemysław Skibiński	POL		Września	M40	159	399		01:49:57	01:50:12	05:13
		5 km: 00:23:30   8 km: 00:38:14   10,5 km: 00:50:44   15,45 km: 01:18:01   18,45 km: 01:35:08										
457	161	Anna Leporowska	POL		Środa Wielkopolska	K40	23		58	01:49:58	01:50:14	05:13
		5 km: 00:20:41   8 km: 00:38:22   10,5 km: 00:50:48   15,45 km: 01:17:31   18,45 km: 01:34:40										
458	33	Ewa Król	POL		Poznań	K30	28		59	01:50:02	01:50:24	05:13
		5 km: 00:24:44   8 km: 00:40:20   10,5 km: 00:53:00   15,45 km: 01:19:30   18,45 km: 01:36:11										
459	673	Nicola Majewska	POL		Poznań	K30	29		60	01:50:06	01:50:50	05:13
		5 km: 00:21:16   8 km: 00:39:40   10,5 km: 00:52:09   15,45 km: 01:18:00   18,45 km: 01:35:49										
460	417	Krzysztof Tęcza-Stec	POL		Boguszów-Gorce	M40	160	400		01:50:06	01:50:43	05:13
		5 km: 00:21:24   8 km: 00:39:13   10,5 km: 00:51:16   15,45 km: 01:17:15   18,45 km: 01:33:53										

# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
461	16	Andrzej Kaźmierczak	POL	Wójtowicz Tri Team	Szczytniki	M40	161	401		01:50:10	01:50:43	05:13
		5 km: 00:22:27   8 km: 00:41:25   10,5 km: 00:53:57   15,45 km: 01:16:15   18,45 km: 01:35:19										
462	8	Leszek Skórnicki	POL	Night Runners	Poznań	M50	59	402		01:50:10	01:50:43	05:13
		5 km: 00:22:27   8 km: 00:41:25   10,5 km: 00:53:56   15,45 km: 01:19:25   18,45 km: 01:35:19										
463	421	Norbert Bronisz	POL		Zakrzewo	M30	138	403		01:50:12	01:50:48	05:13
		5 km: 00:25:38   8 km: 00:41:22   10,5 km: 00:53:55   15,45 km: 01:16:12   18,45 km: 01:35:28										
464	169	Angelika Kujawiak	POL		Kalisz	K30	30		61	01:50:12	01:50:41	05:13
		5 km: 00:24:55   8 km: 00:40:26   10,5 km: 00:53:14   15,45 km: 01:19:34   18,45 km: 01:36:09										
465	103	Adrian Maćkowiak	POL	Anonimowi biegacze	Poznań	M30	139	404		01:50:14	01:51:13	05:14
		5 km: 00:25:18   8 km: 00:40:56   10,5 km: 00:53:11   15,45 km: 01:19:01   18,45 km: 01:36:15										
466	495	Marcin Jasiński	POL	Rogoziński Klub Biegacza	Rogoźno	M40	162	405		01:50:16	01:50:33	05:14
		5 km: 00:23:36   8 km: 00:40:11   10,5 km: 00:53:07   15,45 km: 01:20:24   18,45 km: 01:36:29										
467	735	Adrian Malej	POL	Magna	Poznań	M20	32	406		01:50:16	01:50:35	05:14
		5 km: 00:23:28   8 km: 00:37:55   10,5 km: 00:49:46   15,45 km: 01:15:53   18,45 km: 01:33:57										
468	486	Joanna Zboralska	POL		Lusówko	K40	24		62	01:50:29	01:51:12	05:14
		5 km: 00:25:33   8 km: 00:41:19   10,5 km: 00:53:58   15,45 km: 01:20:00   18,45 km: 01:36:25										
469	718	Jolanta Weber	POL	ENEA TEAM	Poznań	K30	31		63	01:50:33	01:51:39	05:14
		5 km: 00:26:12   8 km: 00:41:52   10,5 km: 00:54:29   15,45 km: 01:20:41   18,45 km: 01:36:54										
470	791	Michał Kaszubowski	POL	RF 08	Poznań	M30	140	407		01:50:38	01:51:30	05:15
		5 km: 00:26:44   8 km: 00:42:37   10,5 km: 00:55:30   15,45 km: 01:21:50   18,45 km: 01:37:49										
471	559	Łukasz Ostrowski	POL		Gniezno	M30	141	408		01:50:38	01:51:05	05:15
		5 km: 00:24:13   8 km: 00:39:37   10,5 km: 00:52:21   15,45 km: 01:19:12   18,45 km: 01:36:24										
472	865	Maciej Grześkowiak	POL	SCHATTEDECOR	Skórzewo	M30	142	409		01:50:41	01:51:07	05:15
		5 km: 00:25:49   8 km: 00:41:37   10,5 km: 00:54:16   15,45 km: 01:20:55   18,45 km: 01:36:58										
473	915	Tomasz Gardziński	POL		Poznań	M40	163	410		01:50:44	01:51:41	05:15
		5 km: 00:26:13   8 km: 00:42:01   10,5 km: 00:54:38   15,45 km:   18,45 km: 01:37:11										
474	628	Adrian Adamek	POL	Poznań	Poznań	M30	143	411		01:50:46	01:51:36	05:15
		5 km: 00:23:31   8 km: 00:42:51   10,5 km: 00:55:46   15,45 km: 01:22:03   18,45 km: 01:37:55										
475	379	Paulina Gumula	POL	Branżowa Szkoła I st. nr 42 Poznań	Poznań	K40	25		64	01:50:48	01:51:15	05:15
		5 km: 00:24:54   8 km: 00:40:47   10,5 km: 00:53:41   15,45 km: 01:20:10   18,45 km: 01:36:42										
476	282	Stefan Dobak	POL	KB Szamotuły	Szamotuły	M70+	3	412		01:50:52	01:51:32	05:15
		5 km: 00:25:36   8 km: 00:41:19   10,5 km: 00:53:56   15,45 km: 01:20:08   18,45 km: 01:36:42										
477	439	Marek Dziarski	POL	Dziarski Team	Moraczewo	M40	164	413		01:50:52	01:51:28	05:15
		5 km: 00:24:54   8 km: 00:40:56   10,5 km: 00:53:41   15,45 km: 01:19:48   18,45 km: 01:36:21										
478	512	Marek Kąkol	POL	Kraina 100 Jezior Sieraków	Sieraków Wielkopolski	M40	165	414		01:50:55	01:51:28	05:15
		5 km: 00:21:34   8 km: 00:39:31   10,5 km: 00:52:44   15,45 km: 01:19:37   18,45 km: 01:36:53										
479	767	Tomasz Wilk	POL		Koziegłowy	M30	144	415		01:51:13	01:51:56	05:16
		5 km: 00:25:16   8 km: 00:40:30   10,5 km: 00:52:55   15,45 km: 01:19:06   18,45 km: 01:35:28										
480	1116	Paweł Jakuszek	POL	PGB Sportowa Paczka	Piaski	M40	166	416		01:51:14	01:52:04	05:16
		5 km: 00:25:37   8 km: 00:41:46   10,5 km: 00:54:59   15,45 km: 01:21:42   18,45 km: 01:37:55										

# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
481	326	Daniel Wojtalak	POL	Bukowski Klub Biegacza	Buk	M30	145	417		01:51:20	01:51:49	05:17
		5 km: 00:24:01   8 km: 00:38:57   10,5 km: 00:51:23   15,45 km: 01:18:20   18,45 km: 01:35:38										
482	691	Arkadiusz Kolendo	POL		Ryczywół	M40	167	418		01:51:24	01:52:04	05:17
		5 km: 00:25:58   8 km: 00:42:02   10,5 km: 00:54:59   15,45 km: 01:21:26   18,45 km: 01:37:47										
483	817	Bartosz Baum	POL	CTS/UKS CITYZEN_BE3	Suchy Las	M30	146	419		01:51:27	01:52:00	05:17
		5 km: 00:24:44   8 km: 00:40:09   10,5 km: 00:52:41   15,45 km: 01:19:21   18,45 km: 01:36:22										
484	819	Marian Gorynia	POL	KB UE Poznań/ KU AZS UE Poznań	Suchy Las	M60	13	420		01:51:28	01:52:00	05:17
		5 km: 00:24:45   8 km: 00:40:09   10,5 km: 00:52:42   15,45 km: 01:15:49   18,45 km: 01:36:24										
485	132	Grzegorz Skiba	POL	HOMAG Run Team	Poznań	M30	147	421		01:51:28	01:51:35	05:17
		5 km: 00:21:55   8 km: 00:35:55   10,5 km: 00:47:22   15,45 km: 01:13:26   18,45 km: 01:32:56										
486	999	Miroslaw Lasota	POL		Walcz	M70+	4	422		01:51:29	01:52:17	05:17
		5 km: 00:25:50   8 km: 00:41:38   10,5 km: 00:54:40   15,45 km: 01:20:56   18,45 km: 01:37:15										
487	330	Dominika Przybyszewska	POL	Świerczewo Run	Poznań	K30	32		65	01:51:33	01:52:08	05:17
		5 km: 00:25:31   8 km: 00:41:08   10,5 km: 00:53:55   15,45 km: 01:20:13   18,45 km: 01:37:04										
488	589	Sławomir Bekala	POL		Złotkow	M40	168	423		01:51:34	01:52:11	05:17
		5 km: 00:25:40   8 km: 00:41:23   10,5 km: 00:54:04   15,45 km: 01:19:52   18,45 km: 01:36:39										
489	496	Tomasz Jąder	POL	Łęki Wielkie	Łęki Wielkie	M30	148	424		01:51:37	01:52:12	05:17
		5 km: 00:25:44   8 km: 00:41:30   10,5 km: 00:54:05   15,45 km: 01:17:14   18,45 km: 01:37:34										
490	352	Bartłomiej Bańka	POL		Poznań	M20	33	425		01:51:37	01:52:05	05:17
		5 km: 00:24:02   8 km: 00:38:57   10,5 km: 00:50:55   15,45 km: 01:18:28   18,45 km: 01:36:54										
491	6	Mateusz Kasprzak	POL		Skórczewo	M20	34	426		01:51:44	01:52:05	05:18
		5 km: 00:24:58   8 km: 00:40:36   10,5 km: 00:53:26   15,45 km: 01:19:52   18,45 km: 01:36:47										
492	646	Dariusz Niedzielski	POL	parkrun Lasek Marcelesiński	Poznań	M40	169	427		01:51:44	01:52:08	05:18
		5 km: 00:25:28   8 km: 00:41:59   10,5 km: 00:55:05   15,45 km: 01:20:55   18,45 km: 01:37:40										
493	524	Paweł Zinko	POL		Zakrzewo	M50	60	428		01:51:48	01:52:17	05:18
		5 km: 00:21:19   8 km: 00:39:48   10,5 km: 00:52:29   15,45 km: 01:15:55   18,45 km: 01:36:58										
494	1169	Karolina Kędziora	POL		Poznań	K30	33		66	01:51:50	01:52:20	05:18
		5 km: 00:24:34   8 km: 00:40:34   10,5 km: 00:53:18   15,45 km: 01:19:56   18,45 km: 01:37:33										
495	107	Jakub Olejniczak	POL		Rosnowo	M30	149	429		01:51:51	01:52:52	05:18
		5 km: 00:26:13   8 km: 00:42:23   10,5 km: 00:55:14   15,45 km: 01:21:32   18,45 km: 01:37:56										
496	46	Marcin Wujek	POL	Brodnica Biega	Brodnica	M40	170	430		01:51:56	01:52:39	05:18
		5 km: 00:26:21   8 km: 00:42:41   10,5 km: 00:55:26   15,45 km: 01:21:20   18,45 km: 01:37:41										
497	1097	Ireneusz Weymann	POL	jam	Gołęczewo	M40	171	431		01:51:59	01:52:41	05:18
		5 km: 00:22:19   8 km: 00:41:17   10,5 km: 00:53:52   15,45 km: 01:20:14   18,45 km: 01:37:37										
498	565	Marcin Rogalski	POL		Poznań	M40	172	432		01:52:01	01:53:00	05:19
		5 km: 00:25:13   8 km: 00:40:58   10,5 km: 00:53:35   15,45 km: 01:20:53   18,45 km: 01:37:51										
499	548	Przemysław Konieczny	POL		Dopiewiec	M40	173	433		01:52:05	01:52:44	05:19
		5 km: 00:26:02   8 km: 00:42:02   10,5 km: 00:55:02   15,45 km: 01:21:34   18,45 km: 01:38:18										
500	1037	Bartosz Zaliński	POL		Kostrzyn	M20	35	434		01:52:07	01:52:53	05:19
		5 km: 00:26:06   8 km: 00:41:54   10,5 km: 00:54:38   15,45 km: 01:21:11   18,45 km: 01:37:58										

# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
501	102	Przemysław Hoffmann	POL		Poznań	M40	174	435		01:52:08	01:52:36	05:19
		5 km: 00:24:08   8 km: 00:39:42   10,5 km: 00:52:32   15,45 km: 01:19:43   18,45 km: 01:37:13										
502	777	Agnieszka Goździcka	POL	Strzelecka Biegająca Czarownica	Strzelce Krajeńskie	K40	26		67	01:52:10	01:52:59	05:19
		5 km: 00:26:12   8 km: 00:42:22   10,5 km: 00:55:26   15,45 km: 01:21:35   18,45 km: 01:38:04										
503	1027	Mikołaj Szczepański	POL		Suchy Las	M20	36	436		01:52:11	01:52:50	05:19
		5 km: 00:21:54   8 km: 00:41:10   10,5 km: 00:53:58   15,45 km: 01:20:31   18,45 km: 01:37:32										
504	784	Jagoda Jędrzejewska	POL		Strzałkowo	K30	34		68	01:52:13	01:53:02	05:19
		5 km: 00:26:22   8 km: 00:42:29   10,5 km: 00:55:28   15,45 km: 01:21:59   18,45 km: 01:38:15										
505	702	Przemysław Kośmicki	POL	SIM Dopiewo	Dopiewo	M50	61	437		01:52:15	01:53:04	05:19
		5 km: 00:26:25   8 km: 00:42:25   10,5 km: 00:55:10   15,45 km: 01:21:16   18,45 km: 01:37:56										
506	797	Tomasz Nowak	POL		Oborniki	M40	175	438		01:52:16	01:52:49	05:19
		5 km: 00:25:39   8 km: 00:41:26   10,5 km: 00:54:03   15,45 km: 01:20:19   18,45 km: 01:37:24										
507	501	Anna Niespodziana	POL		Rogoźno	K40	27		69	01:52:17	01:53:03	05:19
		5 km: 01:22:01   8 km: 00:42:26   10,5 km: 00:55:30   15,45 km:   18,45 km: 01:38:17										
508	1101	Tomasz Bartkowiak	POL		Szamotuły	M30	150	439		01:52:18	01:52:48	05:19
		5 km: 00:24:32   8 km: 00:39:40   10,5 km: 00:52:13   15,45 km: 01:19:58   18,45 km: 01:37:48										
509	882	Marcin Żyła	POL	Kimball Electronics Poland	Strzałkowo	M40	176	440		01:52:36	01:53:45	05:20
		5 km: 00:28:14   8 km: 00:44:54   10,5 km: 00:58:16   15,45 km: 01:24:36   18,45 km: 01:39:58										
510	402	Łukasz Tomczak	POL		Kaźmierz	M40	177	441		01:52:39	01:53:14	05:20
		5 km: 00:25:24   8 km: 00:41:12   10,5 km: 00:53:58   15,45 km: 01:20:51   18,45 km: 01:37:55										
511	831	Anna Bajer	POL	4T Tarnowskie Termy Triathlon Team	Tarnowo Podgorne	K40	28		70	01:52:39	01:53:21	05:20
		5 km: 00:27:04   8 km: 00:43:26   10,5 km: 00:56:29   15,45 km: 01:22:44   18,45 km: 01:38:49										
512	627	Wiktoria Szczepanowska-Górczyńska	POL	Be Like Mike:)	Poznań	K40	29		71	01:52:49	01:53:50	05:21
		5 km: 00:28:06   8 km: 00:45:05   10,5 km: 00:58:25   15,45 km: 01:24:45   18,45 km: 01:40:08										
513	422	Sylwester Cichowlas	POL	AS Run Poznań	Poznań	M40	178	442		01:53:03	01:53:49	05:22
		5 km: 00:25:14   8 km: 00:40:43   10,5 km: 00:53:23   15,45 km: 01:20:20   18,45 km: 01:37:56										
514	879	Sławomir Tomkowiak	POL		Poznań	M30	151	443		01:53:10	01:53:45	05:22
		5 km: 00:25:29   8 km: 00:40:55   10,5 km: 00:53:14   15,45 km: 01:19:53   18,45 km: 01:38:16										
515	1080	Marcin Galek	POL		Poznań	M20	37	444		01:53:13	01:54:33	05:22
		5 km: 00:25:54   8 km: 00:41:59   10,5 km: 00:55:00   15,45 km: 01:22:01   18,45 km: 01:38:49										
516	480	Romuald Przybył	POL		Skórzewo	M40	179	445		01:53:16	01:53:57	05:22
		5 km: 00:26:03   8 km: 00:42:01   10,5 km: 00:55:03   15,45 km: 01:21:05   18,45 km: 01:38:01										
517	604	Grzegorz Grelecki	POL		Szczecin	M20	38	446		01:53:17	01:54:01	05:22
		5 km: 00:24:40   8 km: 00:40:23   10,5 km: 00:53:22   15,45 km: 01:20:30   18,45 km: 01:38:06										
518	1041	Jacek Banasiak	POL		Poznań	M40	180	447		01:53:18	01:54:06	05:22
		5 km: 00:25:30   8 km: 00:41:21   10,5 km: 00:53:49   15,45 km: 01:19:57   18,45 km: 01:37:08										
519	158	Natalia Grdeń	POL	Obornicki Klub Lekkoatletyczny	Wargowo	K30	35		72	01:53:28	01:53:48	05:23
		5 km: 00:24:40   8 km: 00:40:18   10,5 km: 00:53:24   15,45 km: 01:21:09   18,45 km: 01:38:31										
520	597	Sylwia Oko	POL		Warszawa	K30	36		73	01:53:31	01:54:44	05:23
		5 km: 00:26:46   8 km: 00:43:17   10,5 km: 00:56:25   15,45 km: 01:23:00   18,45 km: 01:39:29										



# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
521	98	Paweł Muszyński	POL	Zalasewo Zaiwania	Zalasewo	M40	181	448		01:53:32	01:54:10	05:23
		5 km: 00:25:13   8 km: 00:41:26   10,5 km: 00:54:34   15,45 km: 01:21:51   18,45 km: 01:39:14										
522	660	Krzysztof Krawiec	POL		Gruszczyn	M20	39	449		01:53:33	01:54:17	05:23
		5 km: 00:26:33   8 km: 00:42:46   10,5 km: 00:55:51   15,45 km: 01:22:59   18,45 km: 01:39:46										
523	400	Bartosz Polaczyk	POL		Komorniki	M40	182	450		01:53:35	01:54:12	05:23
		5 km: 01:20:09   8 km: 00:40:28   10,5 km: 00:52:56   15,45 km:   18,45 km: 01:38:11										
524	499	Marcin Kaczor	POL		Kościan	M30	152	451		01:53:36	01:54:11	05:23
		5 km: 00:25:40   8 km: 00:41:41   10,5 km: 00:54:13   15,45 km: 01:21:26   18,45 km: 01:38:41										
525	635	Monika Wildaczyk	POL		Wronki	K30	37		74	01:53:37	01:53:55	05:23
		5 km: 00:25:05   8 km: 00:41:11   10,5 km: 00:54:01   15,45 km: 01:21:32   18,45 km: 01:38:54										
526	706	Jakub Łakomy	POL		Baranowo	M20	40	452		01:53:39	01:54:16	05:23
		5 km: 00:25:21   8 km: 00:40:54   10,5 km: 01:52:41   15,45 km: 01:19:59   18,45 km: 01:37:47										
527	631	Adam Woźniak	POL	Aluplast	Poznań	M40	183	453		01:53:47	01:54:22	05:24
		5 km: 00:24:30   8 km: 00:39:18   10,5 km: 00:51:07   15,45 km: 01:17:35   18,45 km: 01:37:22										
528	716	Wojciech Kiwilsza	POL	IHUHU	Poznań	M30	153	454		01:53:50	01:54:35	05:24
		5 km: 00:25:57   8 km: 00:41:51   10,5 km: 00:54:49   15,45 km: 01:21:58   18,45 km: 01:39:02										
529	614	Piotr Baum	POL		Zalasewo	M40	184	455		01:53:51	01:54:38	05:24
		5 km: 00:26:28   8 km: 00:42:56   10,5 km: 00:56:16   15,45 km:   18,45 km: 01:39:50										
530	583	Michał Schlegel	POL	Maratończyk Poznań	Poznań	M30	154	456		01:53:51	01:54:39	05:24
		5 km: 00:26:27   8 km: 00:42:23   10,5 km: 00:55:08   15,45 km: 01:21:32   18,45 km: 01:38:46										
531	657	Monika Krawiec	POL		Kobylnica	K30	38		75	01:53:53	01:54:37	05:24
		5 km: 00:26:32   8 km: 00:42:49   10,5 km: 00:55:51   15,45 km: 01:22:59   18,45 km: 01:39:45										
532	1126	Rafał Głowacki	POL	Mocna Grupa Cezara	Wrocław	M30	155	457		01:53:54	01:54:46	05:24
		5 km: 00:25:51   8 km: 00:41:35   10,5 km: 00:54:12   15,45 km: 01:19:59   18,45 km: 01:36:16										
533	344	Robert Pieczyński	POL	PKP CARGO S.A.	Poznań	M50	62	458		01:53:56	01:54:26	05:24
		5 km: 01:22:17   8 km: 00:42:00   10,5 km: 00:55:03   15,45 km:   18,45 km: 01:39:25										
534	858	Łukasz Klimecki	POL	KB INTREX Poznań	Poznań	M30	156	459		01:53:57	01:54:35	05:24
		5 km: 00:26:13   8 km: 00:42:31   10,5 km: 00:55:44   15,45 km: 01:19:41   18,45 km: 01:40:15										
535	274	Darek Zieliński-Wronka	POL		Swarzędz	M50	63	460		01:53:57	01:54:25	05:24
		5 km: 00:25:32   8 km: 00:41:46   10,5 km: 00:55:00   15,45 km: 01:22:25   18,45 km: 01:39:31										
536	458	Jacek Stachowiak	POL	WAAB Mrowino	Przeźmierowo	M60	14	461		01:53:58	01:54:22	05:24
		5 km: 00:25:27   8 km: 00:41:32   10,5 km: 00:54:35   15,45 km: 01:22:08   18,45 km: 01:39:10										
537	712	Karol Walter	POL	Drużyna Szpiku	Kokoszczyń	M30	157	462		01:54:00	01:54:14	05:24
		5 km: 00:23:28   8 km: 00:39:30   10,5 km: 00:51:58   15,45 km: 01:19:32   18,45 km: 01:38:28										
538	1044	Adrian Iwanowski	POL		Tarnowo Podgórne	M20	41	463		01:54:03	01:54:48	05:24
		5 km: 00:25:10   8 km: 00:40:35   10,5 km: 00:53:06   15,45 km: 01:19:37   18,45 km: 01:37:30										
539	415	Krzysztof Przewoźny	POL		Buk	M50	64	464		01:54:03	01:54:57	05:24
		5 km: 00:26:57   8 km: 00:43:07   10,5 km: 00:56:13   15,45 km: 01:23:02   18,45 km: 01:39:43										
540	362	Dagmara Papierowska	POL	Kb DęBIEC	Poznan	K30	39		76	01:54:08	01:55:22	05:25
		5 km: 00:24:01   8 km: 00:43:53   10,5 km: 00:57:07   15,45 km: 01:24:07   18,45 km: 01:40:22										

# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
541	361	Sebastian Lis	POL	Kb DębIEC	Poznań	M30	158	465		01:54:09	01:55:24	05:25
		5 km: 00:27:18   8 km: 00:43:52   10,5 km: 00:57:08   15,45 km: 01:24:06   18,45 km: 01:40:21										
542	550	Piotr Hudowicz	POL		Poznań	M30	159	466		01:54:18	01:54:44	05:25
		5 km: 00:25:33   8 km: 00:41:08   10,5 km: 00:53:27   15,45 km: 01:19:08   18,45 km: 01:37:18										
543	751	Olga Czoszyk-Kawala	POL	Świerczewo Run	Poznań	K40	30		77	01:54:24	01:55:22	05:25
		5 km: 00:27:35   8 km: 00:44:09   10,5 km: 00:57:23   15,45 km: 01:24:23   18,45 km: 01:40:38										
544	927	Patryk Grzesiak	POL	Drużyna Orzecha Żyrardów	Żyrardów	M40	185	467		01:54:26	01:55:33	05:25
		5 km: 00:28:04   8 km: 00:43:37   10,5 km: 00:56:32   15,45 km: 01:24:32   18,45 km: 01:40:27										
545	319	Andrzej Fabiański	POL	Sos helkules Szamotuły	Szamotuły	M20	42	468		01:54:28	01:54:45	05:26
		5 km: 00:22:48   8 km: 00:38:04   10,5 km: 00:51:15   15,45 km: 01:19:10   18,45 km: 01:39:18										
546	976	Cezary Spiż	POL		Przeźmierowo	M40	186	469		01:54:33	01:55:24	05:26
		5 km: 00:26:28   8 km: 00:42:45   10,5 km: 00:55:53   15,45 km: 01:23:11   18,45 km: 01:39:58										
547	588	Joanna Kurczewska	POL		Gruszczyn	K40	31		78	01:54:34	01:55:20	05:26
		5 km: 00:25:57   8 km: 00:42:19   10,5 km: 00:55:32   15,45 km: 01:22:53   18,45 km: 01:39:53										
548	5	Cezary Czajka	POL	Dzepetto	Jankowice	M30	160	470		01:54:39	01:55:21	05:26
		5 km: 00:23:10   8 km: 00:42:59   10,5 km: 00:56:09   15,45 km: 01:23:14   18,45 km: 01:39:59										
549	876	Barbara Mikołajczak	POL		Poznań	K40	32		79	01:54:40	01:55:23	05:26
		5 km: 00:26:23   8 km: 00:42:45   10,5 km: 00:56:01   15,45 km: 01:23:10   18,45 km: 01:39:54										
550	265	Diana Woltmann	POL		Ujście	K30	40		80	01:54:42	01:55:26	05:26
		5 km: 00:26:35   8 km: 00:43:00   10,5 km: 00:56:21   15,45 km: 01:23:36   18,45 km: 01:40:30										
551	649	Julia Citkowska	POL		Wronki	K20	6		81	01:54:43	01:55:16	05:26
		5 km: 00:25:13   8 km: 00:40:44   10,5 km: 00:53:43   15,45 km: 01:21:19   18,45 km: 01:39:36										
552	855	Mariusz Wojciechowski	POL	KB INTREX Poznań	Września	M30	161	471		01:54:46	01:55:26	05:26
		5 km: 00:26:11   8 km: 00:42:30   10,5 km: 00:55:33   15,45 km: 01:22:30   18,45 km: 01:39:44										
553	314	Michał Chudziński	POL		Nochowo	M40	187	472		01:54:53	01:55:40	05:27
		5 km: 00:26:17   8 km: 00:43:00   10,5 km: 00:56:11   15,45 km:   18,45 km: 01:40:12										
554	778	Anna Dawiskiba	POL	FSD RUN DREZDENKO	Drezdenko	K30	41		82	01:54:54	01:55:42	05:27
		5 km: 00:27:10   8 km: 00:43:46   10,5 km: 00:57:03   15,45 km: 01:24:11   18,45 km:										
555	898	Joanna Chuda	POL		Poznań	K30	42		83	01:54:54	01:55:37	05:27
		5 km: 00:26:32   8 km: 00:43:02   10,5 km: 00:56:23   15,45 km: 01:23:38   18,45 km: 01:40:34										
556	677	Łukasz Michalski	POL	WOODRUN	Plewiska	M40	188	473		01:54:55	01:55:28	05:27
		5 km: 00:25:42   8 km: 00:41:36   10,5 km: 00:54:59   15,45 km: 01:22:42   18,45 km: 01:40:09										
557	890	Kamil Chudy	POL	Kimball Electronics Poland	Poznan	M30	162	474		01:54:56	01:55:39	05:27
		5 km: 00:26:08   8 km: 00:42:03   10,5 km: 00:54:58   15,45 km: 01:22:25   18,45 km: 01:40:12										
558	995	Szymon Słodecki	POL		Mitostaw	M30	163	475		01:55:00	01:55:49	05:27
		5 km: 00:26:22   8 km: 00:42:21   10,5 km: 00:55:11   15,45 km: 01:20:51   18,45 km: 01:39:53										
559	62	Krzysztof Adamski	POL		Wojcieszycze	M30	164	476		01:55:02	01:55:42	05:27
		5 km: 00:25:30   8 km: 00:41:22   10,5 km: 00:54:23   15,45 km: 01:22:18   18,45 km: 01:40:07										
560	440	Marcin Greczka	POL		Ostroróg	M40	189	477		01:55:04	01:55:44	05:27
		5 km: 00:26:04   8 km: 00:42:07   10,5 km: 00:55:19   15,45 km: 01:22:35   18,45 km: 01:40:07										

# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
561	1161	Paweł Smoczkiwicz	POL	Le-Biegi	Krzyszczkowo	M50	65	478		01:55:06	01:55:37	05:27
		5 km: 00:25:35   8 km: 00:41:55   10,5 km: 00:54:54   15,45 km: 01:22:24   18,45 km: 01:40:03										
562	888	Wojciech Smoczkiwicz	POL	DRT	Krzyszczkowo	M30	165	479		01:55:06	01:55:37	05:27
		5 km: 00:25:36   8 km: 00:41:55   10,5 km: 00:54:54   15,45 km: 01:22:25   18,45 km: 01:40:04										
563	454	Aleksander Majłowski	POL	TEAM Majłowski.	Gorzów Wlkp	M70+	5	480		01:55:08	01:56:08	05:27
		5 km: 00:26:30   8 km: 00:42:46   10,5 km: 00:55:51   15,45 km:   18,45 km: 01:40:16										
564	373	Mieczysław Przyborowski	POL	REMET TEAM	Poznań	M60	15	481		01:55:13	01:55:41	05:28
		5 km: 00:22:31   8 km: 00:42:05   10,5 km: 00:55:29   15,45 km: 01:22:45   18,45 km: 01:39:37										
565	545	Robert Krawiś	POL		Piła	M50	66	482		01:55:22	01:56:13	05:28
		5 km: 00:23:16   8 km: 00:42:45   10,5 km: 00:55:35   15,45 km: 01:19:29   18,45 km: 01:40:21										
566	1055	Agnieszka Kowal-Rybińska	POL		Plewiska	K40	33		84	01:55:32	01:56:10	05:29
		5 km: 00:26:29   8 km: 00:43:04   10,5 km: 00:56:26   15,45 km: 01:23:42   18,45 km: 01:41:05										
567	509	Paweł Bugajny	POL	Stajnie Łopuchowskie	Poznań	M60	16	483		01:55:33	01:56:13	05:29
		5 km: 00:22:53   8 km: 00:42:36   10,5 km: 00:55:52   15,45 km: 01:23:10   18,45 km: 01:40:25										
568	322	Piotr Cieniuch	POL		Poznań	M40	190	484		01:55:34	01:56:31	05:29
		5 km: 00:28:04   8 km: 00:44:46   10,5 km: 00:57:57   15,45 km: 01:24:47   18,45 km: 01:41:15										
569	75	Bartosz Tasarek	POL		Poznań	M30	166	485		01:55:35	01:55:42	05:29
		5 km: 00:24:05   8 km: 00:40:43   10,5 km: 00:54:34   15,45 km: 01:22:29   18,45 km: 01:40:30										
570	504	Joanna Czajka	POL		Poznań	K20	7		85	01:55:36	01:56:24	05:29
		5 km: 00:22:05   8 km: 00:40:55   10,5 km: 00:53:34   15,45 km: 01:20:03   18,45 km: 01:38:21										
571	816	Jarek Chmielewski	POL		Luboń	M50	67	486		01:55:40	01:56:15	05:29
		5 km: 00:25:30   8 km: 00:41:07   10,5 km: 00:53:54   15,45 km: 01:22:47   18,45 km: 01:40:40										
572	281	Michał Ciebielski	POL		Pniewy	M50	68	487		01:55:42	01:56:21	05:29
		5 km: 00:25:48   8 km: 00:42:04   10,5 km: 00:55:26   15,45 km: 01:23:14   18,45 km: 01:40:43										
573	602	Bartosz Przybysz	POL		Poznań	M30	167	488		01:55:51	01:56:15	05:29
		5 km: 00:25:56   8 km: 00:42:16   10,5 km: 00:55:30   15,45 km: 01:23:29   18,45 km: 01:40:56										
574	258	Bartłomiej Gąsiorowski	POL		Ceradz Kościelny	M40	191	489		01:55:57	01:56:44	05:30
		5 km: 00:26:29   8 km: 00:42:56   10,5 km: 00:56:18   15,45 km: 01:23:31   18,45 km: 01:40:50										
575	880	Dobrawa Janiuk	POL	Zeelandia	Poznań	K40	34		86	01:55:58	01:56:33	05:30
		5 km: 00:25:53   8 km: 00:41:57   10,5 km: 00:55:05   15,45 km: 01:22:37   18,45 km: 01:40:15										
576	194	Arkadiusz Nakonieczny	POL	KAGRO TEAM	Piła	M30	168	490		01:55:59	01:57:00	05:30
		5 km: 00:28:02   8 km: 00:45:16   10,5 km: 00:58:18   15,45 km: 01:24:43   18,45 km: 01:41:18										
577	162	Magdalena Drzymała	POL		Kamieniec	K40	35		87	01:56:00	01:56:46	05:30
		5 km: 00:26:27   8 km: 00:42:53   10,5 km: 00:56:09   15,45 km: 01:23:48   18,45 km: 01:41:17										
578	127	Robert Czuba	POL	Orange Polska	Puszczkowsko	M50	69	491		01:56:03	01:56:27	05:30
		5 km: 00:25:14   8 km: 00:41:44   10,5 km: 00:55:07   15,45 km: 01:23:22   18,45 km: 01:41:18										
579	224	Sebastian Bober	POL	Sportowy Kaźmierz	Kaźmierz	M20	43	492		01:56:04	01:56:20	05:30
		5 km: 00:25:11   8 km: 00:41:29   10,5 km: 00:54:43   15,45 km: 01:22:41   18,45 km: 01:40:47										
580	289	Jarosław Janicki	POL		Lusowo	M60	17	493		01:56:08	01:57:34	05:30
		5 km: 00:26:25   8 km: 00:42:27   10,5 km: 00:55:29   15,45 km: 01:22:11   18,45 km: 01:39:26										

# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
581	214	Mateusz Deleka	POL		Niezychowo	M30	169	494		01:56:11	01:56:52	05:30
		5 km: 00:26:10   8 km: 00:42:11   10,5 km: 00:55:17   15,45 km: 01:22:41   18,45 km: 01:40:46										
582	530	Łukasz Bizan	POL	BIZON'S CREW	Swarzędz	M40	192	495		01:56:14	01:57:00	05:31
		5 km: 00:23:43   8 km: 00:43:55   10,5 km: 00:57:33   15,45 km: 01:21:45   18,45 km: 01:41:58										
583	446	Filip Dorna	POL	Przestań wąpic, zacznij wierzyć	Tarnowo Podgórne	M30	170	496		01:56:14	01:57:08	05:31
		5 km: 00:27:13   8 km: 00:43:47   10,5 km: 00:56:52   15,45 km: 01:24:19   18,45 km: 01:41:32										
584	715	Sylwia Środa	POL	gruRUNwald team Poznań	Poznan	K30	43		88	01:56:14	01:56:23	05:31
		5 km: 00:25:32   8 km: 00:42:10   10,5 km: 00:55:40   15,45 km: 01:23:59   18,45 km: 01:41:28										
585	114	Jacek Ziemiański	POL		Piła	M40	193	497		01:56:15	01:57:16	05:31
		5 km: 00:28:07   8 km: 00:45:17   10,5 km: 00:58:48   15,45 km: 01:26:05   18,45 km: 01:42:42										
586	479	Barbara Zaranek	POL	Kęsy Team	Oborniki	K50	4		89	01:56:16	01:57:04	05:31
		5 km: 00:26:49   8 km: 00:43:34   10,5 km: 00:57:07   15,45 km: 01:24:25   18,45 km: 01:41:15										
587	155	Piotr Święch	POL	Biegacze z Przylesia	Błazejewo	M40	194	498		01:56:16	01:57:22	05:31
		5 km: 00:28:15   8 km: 00:46:35   10,5 km: 00:59:55   15,45 km: 01:26:03   18,45 km: 01:42:08										
588	1054	Gabriela Światała	POL		Góra	K50	5		90	01:56:17	01:57:03	05:31
		5 km: 00:26:11   8 km: 00:42:23   10,5 km: 00:55:35   15,45 km: 01:23:23   18,45 km: 01:40:56										
589	142	Jarosław Kaźmierczak	POL	Biegacze z Przylesia	Błazejewo	M40	195	499		01:56:19	01:57:23	05:31
		5 km: 00:28:16   8 km: 00:46:34   10,5 km: 00:59:56   15,45 km: 01:26:04   18,45 km: 01:42:10										
590	622	Michał Kamiński	POL		Komorniki	M30	171	500		01:56:21	01:56:49	05:31
		5 km: 00:26:55   8 km: 00:43:26   10,5 km: 00:57:07   15,45 km: 01:24:48   18,45 km: 01:41:58										
591	1	Tadeusz Czajka	POL	GTP	Jankowice	M60	18	501		01:56:24	01:57:07	05:31
		5 km: 00:26:35   8 km: 00:43:09   10,5 km: 00:56:47   15,45 km: 01:24:17   18,45 km: 01:41:31										
592	658	Bartosz Wyndrowny	POL		Poznań	M30	172	502		01:56:26	01:57:27	05:31
		5 km: 00:24:10   8 km: 00:44:01   10,5 km: 00:57:19   15,45 km: 01:24:32   18,45 km: 01:41:39										
593	885	Grzegorz Adamczyk	POL	Kimball Electronics Poland	Rokietnica	M30	173	503		01:56:27	01:57:31	05:31
		5 km: 00:28:20   8 km: 00:45:21   10,5 km: 00:58:39   15,45 km: 01:25:19   18,45 km: 01:41:58										
594	1082	Anna Dudzińska	POL	HERNIK TEAM	Rokietnica	K40	36		91	01:56:31	01:57:18	05:31
		5 km: 00:26:42   8 km: 00:42:58   10,5 km: 00:56:07   15,45 km: 01:23:40   18,45 km: 01:41:14										
595	185	Tomasz Jakubczak	POL	wybierz	Śrem	M40	196	504		01:56:31	01:57:05	05:31
		5 km: 00:25:36   8 km: 00:41:30   10,5 km: 00:54:42   15,45 km: 01:23:00   18,45 km: 01:41:10										
596	464	Mateusz Woźny	POL		Tarnowo Podgórne	M20	44	505		01:56:32	01:57:28	05:31
		5 km: 00:27:47   8 km: 00:44:47   10,5 km: 00:58:31   15,45 km: 01:25:30   18,45 km: 01:42:25										
597	1035	Anita Dopierała	POL		Poznań	K40	37		92	01:56:36	01:57:10	05:32
		5 km: 00:26:17   8 km: 00:43:04   10,5 km: 00:56:31   15,45 km: 01:24:41   18,45 km: 01:41:56										
598	977	Mikołaj Kamiński	POL	Urząd Gminy Tarnowo Podgórne	Tarnowo Podgórne	M40	197	506		01:56:41	01:57:18	05:32
		5 km: 00:25:37   8 km: 00:41:22   10,5 km: 00:53:54   15,45 km: 01:21:19   18,45 km: 01:40:21										
599	793	Robert Kowalski	POL		Tarnowo-Podgórne	M20	45	507		01:56:46	01:57:39	05:32
		5 km: 00:25:23   8 km: 00:41:01   10,5 km: 00:53:43   15,45 km:   18,45 km: 01:40:08										
600	794	Robert Kowalski	POL		Tarnowo-Podgórne	M40	198	508		01:56:48	01:57:41	05:32
		5 km: 00:25:23   8 km: 00:41:01   10,5 km: 00:53:44   15,45 km: 01:21:29   18,45 km: 01:40:07										

# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
601	786	Michał Szymański	POL	Max	Poznań	M60	19	509		01:56:48	01:58:00	05:32
		5 km: 00:26:05   8 km: 00:42:23   10,5 km: 00:55:39   15,45 km: 01:23:28   18,45 km: 01:41:36										
602	201	Patryk Lisiak	POL	PZU SPORT TEAM	Poznań	M40	199	510		01:56:51	01:57:25	05:32
		5 km: 00:25:40   8 km: 00:41:26   10,5 km: 00:54:19   15,45 km: 01:23:07   18,45 km: 01:41:22										
603	498	Marcin Koza	POL		Ceradz Koscielny	M30	174	511		01:56:54	01:57:34	05:32
		5 km: 00:22:50   8 km: 00:42:18   10,5 km: 00:55:38   15,45 km: 01:20:19   18,45 km: 01:41:37										
604	482	Mirosław Kozłowski	POL	X	Dąbrowa	M60	20	512		01:56:57	01:57:42	05:33
		5 km: 00:26:38   8 km: 00:42:54   10,5 km: 00:56:00   15,45 km: 01:23:51   18,45 km: 01:41:48										
605	399	Marek Wojciechowski	POL	Night Runners Gniezno	Gniezno	M60	21	513		01:56:58	01:58:00	05:33
		5 km: 00:22:42   8 km: 00:42:07   10,5 km: 00:55:19   15,45 km: 01:23:25   18,45 km: 01:42:14										
606	237	Przemysław Woźny	POL		Międzychód	M30	175	514		01:57:01	01:57:56	05:33
		5 km: 00:26:08   8 km: 00:42:37   10,5 km: 00:55:59   15,45 km: 01:23:36   18,45 km: 01:41:45										
607	343	Dawid Guzenda	POL	Aktywny Ostrzeszów	Poznań	M40	200	515		01:57:02	01:58:00	05:33
		5 km: 00:27:14   8 km: 00:44:11   10,5 km: 00:57:25   15,45 km: 01:24:37   18,45 km: 01:42:03										
608	22	Jan Litwiniuk	POL		Wrocław	M40	201	516		01:57:03	01:57:57	05:33
		5 km: 00:25:04   8 km: 00:39:57   10,5 km: 00:52:40   15,45 km: 01:20:58   18,45 km: 01:40:13										
609	700	Karolina Rozpara	POL		Zielona Góra	K40	38		93	01:57:05	01:57:45	05:33
		5 km: 00:26:31   8 km: 00:42:58   10,5 km: 00:56:10   15,45 km: 01:23:55   18,45 km: 01:41:38										
610	145	Aleksandra Dutkowiak	POL	Piątkowo na Biegowo	Poznań	K40	39		94	01:57:06	01:57:53	05:33
		5 km: 00:25:44   8 km: 00:41:57   10,5 km: 00:55:22   15,45 km: 01:23:57   18,45 km: 01:42:03										
611	659	Bartosz Klejdzinski	POL	Introvert_cat_runner	Poznań	M40	202	517		01:57:09	01:58:11	05:33
		5 km: 00:27:29   8 km: 00:44:00   10,5 km: 00:57:18   15,45 km: 01:24:38   18,45 km: 01:42:02										
612	670	Krzysztof Ławicki	POL		Poznań	M40	203	518		01:57:14	01:58:00	05:33
		5 km: 00:26:29   8 km: 00:42:58   10,5 km: 00:56:26   15,45 km: 01:24:23   18,45 km: 01:42:03										
613	55	Dorota Zowczak	POL	Rawa Team	Komorniki	K40	40		95	01:57:15	01:57:59	05:33
		5 km: 00:26:08   8 km: 00:43:08   10,5 km: 00:56:47   15,45 km: 01:24:49   18,45 km: 01:42:18										
614	806	Michał Ignaszewski	POL		Radzyny	M40	204	519		01:57:17	01:57:58	05:34
		5 km: 00:26:30   8 km: 00:43:10   10,5 km: 00:56:50   15,45 km: 01:24:51   18,45 km: 01:42:19										
615	636	Jarek Krupski	POL		Mierzyn	M50	70	520		01:57:18	01:58:27	05:34
		5 km: 00:28:01   8 km: 00:45:08   10,5 km: 00:59:00   15,45 km: 01:23:53   18,45 km: 01:44:02										
616	308	Wojciech Pigla	POL		Poznań	M30	176	521		01:57:21	01:57:49	05:34
		5 km: 00:26:29   8 km: 00:43:21   10,5 km: 00:56:59   15,45 km: 01:25:05   18,45 km: 01:42:17										
617	280	Paulina Jankowiak	POL	BeautyArt Włoszakowice	Włoszakowice	K40	41		96	01:57:25	01:57:59	05:34
		5 km: 00:26:03   8 km: 00:42:45   10,5 km: 00:56:26   15,45 km: 01:24:34   18,45 km: 01:42:26										
618	45	Katarzyna Rybarczyk	POL	ALTOM GNIEZNO	Klecko	K30	44		97	01:57:26	01:58:11	05:34
		5 km: 00:25:56   8 km: 00:42:32   10,5 km: 00:55:55   15,45 km: 01:23:48   18,45 km: 01:42:00										
619	43	Maciej Kuske	POL	ALTOM GNIEZNO	Gniezno	M30	177	522		01:57:26	01:58:12	05:34
		5 km: 00:25:56   8 km: 00:42:32   10,5 km: 00:55:55   15,45 km: 01:23:48   18,45 km: 01:41:59										
620	724	Jakub Jurek	POL		Międzychód	M20	46	523		01:57:26	01:58:25	05:34
		5 km: 00:24:24   8 km: 00:45:00   10,5 km: 00:58:53   15,45 km: 01:23:39   18,45 km: 01:44:00										

# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
621	801	Joanna Stachlewska	POL		Tarnowo Podgórne	K30	45		98	01:57:28	01:57:55	05:34
		5 km: 00:25:39   8 km: 00:42:16   10,5 km: 00:55:51   15,45 km: 01:24:07   18,45 km: 01:42:11										
622	695	Tomasz Mróz	POL		Poznań	M30	178	524		01:57:35	01:58:30	05:34
		5 km: 00:27:48   8 km: 00:44:50   10,5 km: 00:58:27   15,45 km: 01:26:08   18,45 km: 01:43:16										
623	736	Bartosz Zięta	POL		Śrem	M40	205	525		01:57:43	01:58:35	05:35
		5 km: 00:27:04   8 km: 00:43:16   10,5 km: 00:56:19   15,45 km: 01:23:19   18,45 km: 01:41:58										
624	184	Aleksandra Grześkowiak	POL		Polwica	K20	8		99	01:57:45	01:58:37	05:35
		5 km: 00:26:54   8 km: 00:43:43   10,5 km: 00:57:30   15,45 km: 01:25:43   18,45 km: 01:43:11										
625	202	Anna Balczyńska	POL	Piątkowo na Biegowo	Poznań	K30	46		100	01:57:46	01:58:35	05:35
		5 km: 00:26:42   8 km: 00:43:43   10,5 km: 00:57:38   15,45 km: 01:25:59   18,45 km: 01:43:10										
626	88	Andrzej Tomaszewski	POL		Lusówko	M40	206	526		01:57:48	01:58:53	05:35
		5 km: 00:26:43   8 km: 00:42:53   10,5 km: 00:56:14   15,45 km: 01:23:53   18,45 km: 01:41:44										
627	856	Marta Dylańska	POL	KB INTREX Poznań	Szamotoły	K20	9		101	01:57:49	01:58:28	05:35
		5 km: 00:26:12   8 km: 00:42:30   10,5 km: 00:55:43   15,45 km: 01:23:09   18,45 km: 01:40:40										
628	811	Paweł Horbacz	POL		Poznań	M20	47	527		01:57:50	01:58:44	05:35
		5 km: 00:27:39   8 km: 00:43:54   10,5 km: 00:57:27   15,45 km: 01:25:53   18,45 km: 01:43:29										
629	667	Bartosz Lewandowski	POL		Poznań	M50	71	528		01:57:55	01:58:51	05:35
		5 km: 00:27:26   8 km: 00:44:31   10,5 km: 00:58:16   15,45 km: 01:26:11   18,45 km: 01:43:43										
630	177	Przemysław Sobkowiak	POL		Poznań	M40	207	529		01:57:59	01:58:59	05:36
		5 km: 00:27:42   8 km: 00:44:45   10,5 km: 00:58:35   15,45 km: 01:23:36   18,45 km: 01:44:10										
631	295	Natalia Walkowiak	POL	Sokół Włoszakowice	Włoszakowice	K30	47		102	01:57:59	01:58:54	05:36
		5 km: 00:27:50   8 km: 00:44:54   10,5 km: 00:58:19   15,45 km: 01:26:07   18,45 km: 01:43:27										
632	233	Joanna Fik-Kiona	POL	KB Szamotoły	Śmitowo	K40	42		103	01:58:02	01:58:53	05:36
		5 km: 00:28:12   8 km: 00:45:23   10,5 km: 00:58:59   15,45 km: 01:26:59   18,45 km: 01:43:55										
633	674	Łukasz Ostrowski	POL	Antex Team	Brodowo	M40	208	530		01:58:09	01:59:13	05:36
		5 km: 00:28:33   8 km: 00:45:50   10,5 km: 00:59:31   15,45 km: 01:26:57   18,45 km: 01:43:46										
634	472	Michał Lekarczyk	POL	NTT Data	Luboń	M40	209	531		01:58:12	01:59:12	05:36
		5 km: 00:27:41   8 km: 00:44:43   10,5 km: 00:58:39   15,45 km: 01:27:02   18,45 km: 01:44:10										
635	387	Katarzyna Liberek-Grajewska	POL	NTT Data	Tarnowo Podgórne	K40	43		104	01:58:13	01:59:13	05:36
		5 km: 00:27:43   8 km: 00:44:45   10,5 km: 00:58:41   15,45 km: 01:27:03   18,45 km: 01:44:14										
636	413	Tomasz Rowiński	POL	Costa Blanca	Promnice	M40	210	532		01:58:14	01:59:00	05:36
		5 km: 00:27:24   8 km: 00:44:01   10,5 km: 00:57:13   15,45 km: 01:24:39   18,45 km: 01:43:20										
637	867	Artur Nafalski	POL		Tarnowo Podgórne	M30	179	533		01:58:25	01:58:59	05:37
		5 km: 00:26:33   8 km: 00:42:46   10,5 km: 00:56:00   15,45 km: 01:24:10   18,45 km: 01:42:29										
638	119	Bartosz Waclaw	POL		Rabowice	M30	180	534		01:58:25	01:59:10	05:37
		5 km: 00:25:31   8 km: 00:41:16   10,5 km: 00:53:49   15,45 km: 01:21:43   18,45 km: 01:41:00										
639	77	Lech Przywecki	POL	ULTRA TRAIL Kościan	Kościan	M50	72	535		01:58:28	01:59:36	05:37
		5 km: 01:26:29   8 km: 00:44:51   10,5 km: 00:58:26   15,45 km:   18,45 km: 01:43:45										
640	178	Marta Skoczylas	POL		Poznań	K40	44		105	01:58:29	01:59:07	05:37
		5 km: 00:26:56   8 km: 00:44:00   10,5 km: 00:57:48   15,45 km: 01:26:14   18,45 km: 01:43:45										



# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
641	984	Waldek Wiśniewski	POL	Sauerland Team Tarnowo Podgórne	Lusówko	M40	211	536		01:58:30	01:59:05	05:37
		5 km: 00:25:44   8 km: 00:42:46   10,5 km: 00:56:43   15,45 km: 01:26:07   18,45 km: 01:43:58										
642	605	Barbara Cieślicka	POL		Poznań	K30	48		106	01:58:42	01:59:22	05:38
		5 km: 00:27:12   8 km: 00:44:15   10,5 km: 00:57:52   15,45 km: 01:26:22   18,45 km: 01:43:42										
643	916	Paulina Ignaczak	POL		Plewiska	K30	49		107	01:58:45	01:59:35	05:38
		5 km: 00:23:49   8 km: 00:44:02   10,5 km: 00:57:40   15,45 km: 01:26:11   18,45 km: 01:43:49										
644	15	Piotr Bukowski	POL		Gorzów Wlkp.	M60	22	537		01:58:45	01:59:22	05:38
		5 km: 00:26:55   8 km: 00:43:40   10,5 km: 00:57:11   15,45 km: 01:25:53   18,45 km: 01:43:37										
645	846	Andrzej Kasprzyk	POL	Biegający emeryt	Ślupca	M70+	6	538		01:58:45	01:59:35	05:38
		5 km: 00:26:42   8 km: 00:43:29   10,5 km: 00:57:18   15,45 km: 01:26:02   18,45 km: 01:43:39										
646	870	Marcin Kosiński	POL	KB SPOKO	Poznań	M30	181	539		01:58:45	01:59:19	05:38
		5 km: 00:27:46   8 km: 00:44:52   10,5 km: 00:58:28   15,45 km: 01:26:12   18,45 km: 01:43:29										
647	395	Irena Majłowska	POL		Gorzów Wielkopolski	K70+	1		108	01:58:48	01:59:40	05:38
		5 km: 00:26:11   8 km: 00:42:41   10,5 km: 00:56:07   15,45 km: 01:24:31   18,45 km: 01:42:49										
648	1094	Wojciech Sikorski	POL		Witnica	M40	212	540		01:58:48	01:59:36	05:38
		5 km: 01:27:09   8 km: 00:45:21   10,5 km: 00:59:01   15,45 km:   18,45 km: 01:44:06										
649	1043	Marcin Dorosz	POL		Kobylniki	M30	182	541		01:58:49	01:59:37	05:38
		5 km: 00:25:15   8 km: 00:41:13   10,5 km: 00:54:23   15,45 km: 01:22:37   18,45 km: 01:41:27										
650	197	Maciej Marczak	POL	MTB Komorniki Team	Komorniki	M40	213	542		01:58:50	01:59:31	05:38
		5 km: 00:26:45   8 km: 00:43:44   10,5 km: 00:57:35   15,45 km:   18,45 km: 01:43:58										
651	442	Krzysztof Kroma	POL	Opalenicki Klub Biegacza	Opalenica	M40	214	543		01:58:51	01:59:32	05:38
		5 km: 00:26:37   8 km: 00:42:49   10,5 km: 00:56:09   15,45 km: 01:25:01   18,45 km: 01:43:24										
652	1070	Elżbieta Salm	POL		Grodziski	K30	50		109	01:58:54	01:59:47	05:38
		5 km: 00:27:19   8 km: 00:44:24   10,5 km: 00:58:11   15,45 km: 01:26:21   18,45 km: 01:43:46										
653	1140	Maciej Kucza	POL		Pniewy	M50	73	544		01:58:55	01:59:16	05:38
		5 km: 00:26:49   8 km: 00:43:46   10,5 km: 00:57:55   15,45 km: 01:27:07   18,45 km: 01:44:35										
654	759	Ireneusz Buliczak	POL		Sieraków	M60	23	545		01:58:57	01:59:58	05:38
		5 km: 00:27:04   8 km: 00:43:42   10,5 km: 00:57:15   15,45 km: 01:25:40   18,45 km: 01:43:39										
655	787	Magdalena Krokowska	POL	NIGHT RUNNERS Poznań	Poznań	K30	51		110	01:58:59	01:59:56	05:38
		5 km: 00:27:24   8 km: 00:43:54   10,5 km: 00:57:12   15,45 km: 01:24:57   18,45 km: 01:43:37										
656	625	Marek Jankowski	POL	Białe Rataje	Poznań	M40	215	546		01:58:59	01:59:52	05:38
		5 km: 00:23:17   8 km: 00:42:37   10,5 km: 00:55:30   15,45 km: 01:19:08   18,45 km: 01:40:35										
657	1096	Ewa Zalewska	POL	Mocna Grupa Cezara	Wrocław	K30	52		111	01:59:00	01:59:54	05:38
		5 km: 00:28:00   8 km: 00:44:55   10,5 km: 00:58:32   15,45 km: 01:26:55   18,45 km: 01:44:20										
658	969	Arkadiusz Zwirblis	POL		Poznań	M30	183	547		01:59:01	01:59:55	05:39
		5 km: 00:28:07   8 km: 00:45:14   10,5 km: 00:58:37   15,45 km: 01:26:28   18,45 km: 01:43:54										
659	368	Cezary Kupiński	POL	MKS Siechnice/Sklep Biegacza Running Team	Wrocław	M50	74	548		01:59:02	01:59:55	05:39
		5 km: 00:28:01   8 km: 00:44:56   10,5 km: 00:58:33   15,45 km: 01:26:57   18,45 km: 01:44:21										
660	251	Damian Milek	POL		Lusówko	M30	184	549		01:59:02	02:00:00	05:39
		5 km: 00:24:40   8 km: 00:45:19   10,5 km: 00:59:12   15,45 km: 01:27:38   18,45 km: 01:44:54										

# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
661	1106	Wojciech Koziński	POL		Poznań	M30	185	550		01:59:04	02:00:07	05:39
		5 km: 00:28:11   8 km: 00:45:25   10,5 km: 00:59:21   15,45 km: 01:27:48   18,45 km: 01:45:04										
662	517	Bogusław Fryszkowski	POL		Szczecin	M30	186	551		01:59:08	02:00:16	05:39
		5 km: 00:28:02   8 km: 00:45:09   10,5 km: 00:59:03   15,45 km: 01:27:28   18,45 km: 01:44:39										
663	434	Marcin Wajdziak	POL		Szczecin	M50	75	552		01:59:09	02:00:17	05:39
		5 km: 00:28:01   8 km: 00:45:08   10,5 km: 00:59:03   15,45 km: 01:27:27   18,45 km: 01:44:39										
664	848	Wiesław Fidecki	POL		Poznań	M70+	7	553		01:59:10	02:00:20	05:39
		5 km: 00:28:05   8 km: 00:45:10   10,5 km: 00:59:24   15,45 km: 01:27:28   18,45 km: 01:44:40										
665	116	Adrianna Marszałkiewicz	POL	Rozbiegany Lwówek	Chmielinko	K20	10		112	01:59:13	02:00:13	05:39
		5 km: 00:28:08   8 km: 00:45:15   10,5 km: 00:59:07   15,45 km: 01:24:03   18,45 km: 01:44:44										
666	37	Michał Lisiecki	POL		Śrem	M20	48	554		01:59:13	02:00:24	05:39
		5 km: 00:28:16   8 km: 00:45:24   10,5 km: 00:59:15   15,45 km: 01:27:41   18,45 km: 01:44:52										
667	423	Andrzej Chudy	POL	Kocham każdy kilometr	Rokietnica	M60	24	555		01:59:14	02:00:03	05:39
		5 km: 00:26:37   8 km: 00:43:36   10,5 km: 00:57:42   15,45 km: 01:26:07   18,45 km: 01:43:46										
668	967	Rafał Kubiak	POL	Magna Seating Poznan	Poznan	M40	216	556		01:59:14	02:00:07	05:39
		5 km: 00:28:16   8 km: 00:45:22   10,5 km: 00:59:13   15,45 km: 01:27:37   18,45 km: 01:44:40										
669	294	Bartosz Rakowski	POL		Poznań	M40	217	557		01:59:15	01:59:40	05:39
		5 km: 00:26:21   8 km: 00:43:47   10,5 km: 00:57:59   15,45 km: 01:27:14   18,45 km: 01:44:57										
670	600	Robert Stachowicz	POL	Ejbry	Poznań	M40	218	558		01:59:18	01:59:58	05:39
		5 km: 00:26:31   8 km: 00:43:42   10,5 km: 00:57:40   15,45 km: 01:26:21   18,45 km: 01:44:04										
671	574	Paweł Nowicki	POL	Ejbry	Poznań	M30	187	559		01:59:19	01:59:58	05:39
		5 km: 00:26:31   8 km: 00:43:41   10,5 km: 00:57:40   15,45 km: 01:26:21   18,45 km: 01:44:03										
672	112	Piotr Bijas	POL	NSZZ SOLIDARNOŚĆ WIELKOPOLSKA POZNAŃ	Swarzędz	M40	219	560		01:59:19	02:00:18	05:39
		5 km: 00:28:08   8 km: 00:45:15   10,5 km: 00:58:52   15,45 km: 01:23:39   18,45 km: 01:44:38										
673	377	Przemysław Ruks	POL		Plewiska	M30	188	561		01:59:23	02:00:08	05:40
		5 km: 00:27:01   8 km: 00:43:26   10,5 km: 01:58:21   15,45 km:   18,45 km: 01:40:52										
674	1003	Oktawia Michalska	POL	Carlsberg Shared Services	Poznań	K40	45		113	01:59:24	02:00:25	05:40
		5 km: 00:28:07   8 km: 00:45:20   10,5 km: 00:59:12   15,45 km: 01:27:34   18,45 km: 01:44:50										
675	860	Zdzisław Urbańczyk	POL	SZS "WIELKOPOLSKA"	Poznań	M60	25	562		01:59:25	02:00:10	05:40
		5 km: 00:26:53   8 km: 00:43:28   10,5 km: 00:56:54   15,45 km: 01:25:01   18,45 km: 01:43:14										
676	689	Jacek Danecki	POL	Dziki z Naramowic	Poznań	M50	76	563		01:59:28	01:59:59	05:40
		5 km: 00:25:43   8 km: 00:42:43   10,5 km: 00:56:41   15,45 km: 01:26:07   18,45 km: 01:44:25										
677	913	Wojciech Chudek	POL	Lidl	Jabłonna	M30	189	564		01:59:28	02:00:31	05:40
		5 km: 00:27:56   8 km: 00:44:45   10,5 km: 00:58:11   15,45 km: 01:22:29   18,45 km: 01:44:00										
678	1103	Tomasz Ratajczak	POL	Rataj Killaz Boss	Poznań	M40	220	565		01:59:32	02:00:20	05:40
		5 km: 00:28:20   8 km: 00:45:32   10,5 km: 00:59:21   15,45 km: 01:27:35   18,45 km: 01:44:40										
679	697	Elżbieta Nawrot	POL		Pałędzie	K40	46		114	01:59:33	02:00:10	05:40
		5 km: 00:25:44   8 km: 00:42:27   10,5 km: 00:56:07   15,45 km: 01:25:10   18,45 km: 01:43:47										
680	912	Karolina Chmielewska	POL	Lidl	Luboń	K40	47		115	01:59:34	02:00:18	05:40
		5 km: 00:27:49   8 km: 00:45:13   10,5 km: 00:59:22   15,45 km: 01:27:35   18,45 km: 01:45:02										

# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
681	1089	Łukasz Kozikowski	POL		Rokietnica	M20	49	566		01:59:35	02:00:38	05:40
		5 km: 00:24:38   8 km: 00:45:16   10,5 km:   15,45 km: 01:27:34   18,45 km: 01:44:52										
682	1093	Patryk Klita	POL		Wolsztyn	M20	50	567		01:59:36	02:00:39	05:40
		5 km: 00:28:06   8 km: 00:45:13   10,5 km: 00:59:04   15,45 km: 01:27:34   18,45 km: 01:44:47										
683	557	Julia Wasiela	POL		Poznań	K20	11		116	01:59:40	02:00:28	05:40
		5 km: 00:28:05   8 km: 00:45:21   10,5 km: 00:59:10   15,45 km: 01:27:31   18,45 km: 01:44:44										
684	220	Maciej Grzegorzek	POL	Kęsy Team	Białężyn	M50	77	568		01:59:41	02:00:30	05:40
		5 km: 00:26:32   8 km: 00:43:30   10,5 km: 00:56:59   15,45 km: 01:26:03   18,45 km: 01:44:25										
685	872	Marcin Chrzanowski	POL		Tarnowo Podgórne	M40	221	569		01:59:42	02:00:50	05:40
		5 km: 00:28:01   8 km: 00:45:10   10,5 km: 00:59:00   15,45 km: 01:27:14   18,45 km: 01:44:39										
686	198	Anna Wencka	POL	Kęsy Team	Kowan?Wko	K30	53		117	01:59:42	02:00:29	05:40
		5 km: 00:26:34   8 km: 00:43:30   10,5 km: 00:57:00   15,45 km: 01:26:04   18,45 km: 01:44:26										
687	687	Agnieszka Wodecka	POL	OLX	Poznań	K30	54		118	01:59:44	02:00:47	05:41
		5 km: 00:26:58   8 km: 00:43:32   10,5 km: 00:57:10   15,45 km: 01:27:07   18,45 km: 01:44:20										
688	345	Sebastian Sadurski	POL		Poznań	M30	190	570		01:59:45	02:00:45	05:41
		5 km: 00:28:09   8 km: 00:45:23   10,5 km: 00:59:15   15,45 km: 01:27:41   18,45 km: 01:45:16										
689	67	Stanisław Kuranowski	POL		Grzebienisko	M60	26	571		01:59:50	02:00:50	05:41
		5 km: 00:28:49   8 km: 00:46:16   10,5 km: 00:59:54   15,45 km: 01:27:50   18,45 km: 01:45:12										
690	766	Tomasz Ryczak	POL	Michałek & Marta Team	Poznań	M30	191	572		01:59:50	02:01:09	05:41
		5 km: 00:27:51   8 km: 00:44:57   10,5 km: 00:58:50   15,45 km: 01:27:16   18,45 km: 01:44:58										
691	366	Maciej Witkowski	POL	CHMIELARZ TEAM	Poznań	M40	222	573		01:59:51	02:00:45	05:41
		5 km: 00:28:19   8 km: 00:45:28   10,5 km: 00:59:15   15,45 km: 01:27:44   18,45 km: 01:44:58										
692	789	Maciej Dutkiewicz	POL		Poznań	M40	223	574		01:59:54	02:00:56	05:41
		5 km: 00:28:09   8 km: 00:45:17   10,5 km: 00:59:09   15,45 km: 01:27:35   18,45 km: 01:44:57										
693	790	Monika Dutkiewicz	POL		Poznań	K40	48		119	01:59:54	02:00:56	05:41
		5 km: 00:28:09   8 km: 00:45:17   10,5 km: 00:59:07   15,45 km: 01:24:03   18,45 km: 01:44:58										
694	693	Wiktoria Słupska	POL		Skórzewo	K20	12		120	01:59:59	02:00:33	05:41
		5 km: 00:26:59   8 km: 00:44:20   10,5 km: 00:58:00   15,45 km: 01:26:51   18,45 km: 01:45:08										
695	74	Szymon Bagiński	POL		Poznań	M20	51	575		02:00:02	02:00:39	05:41
		5 km: 00:26:06   8 km: 00:42:57   10,5 km: 00:56:40   15,45 km: 01:26:26   18,45 km: 01:45:13										
696	115	Krzysztof Krzysztofiak	POL		Poznań	M30	192	576		02:00:05	02:01:03	05:42
		5 km: 00:28:09   8 km: 00:45:17   10,5 km: 00:59:09   15,45 km: 01:27:38   18,45 km: 01:45:06										
697	425	Oliwia Kościelniak	POL	Prusak Team	Czerniejewo	K20	13		121	02:00:06	02:00:53	05:42
		5 km: 00:26:44   8 km: 00:43:32   10,5 km: 00:57:21   15,45 km: 01:26:34   18,45 km: 01:44:57										
698	348	Janusz Zieliński	POL		Lusowo	M60	27	577		02:00:07	02:00:48	05:42
		5 km: 00:26:02   8 km: 00:42:50   10,5 km: 00:56:28   15,45 km: 01:25:05   18,45 km: 01:43:52										
699	18	Jędrzej Bekas	POL	RebelNatureGym	Poznań	M40	224	578		02:00:11	02:01:09	05:42
		5 km: 00:28:09   8 km: 00:45:17   10,5 km: 00:59:08   15,45 km: 01:24:05   18,45 km: 01:44:52										
700	1163	Julita Kazimierzczak	POL	Po Zdrowie z Julitą	Poznań	K40	49		122	02:00:11	02:00:49	05:42
		5 km: 00:26:09   8 km: 00:43:01   10,5 km: 00:56:41   15,45 km: 01:27:25   18,45 km: 01:45:13										

# Półmaraton Bieg Lwa

Tarnowo Podgórze 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
701	618	Szymon Jabczyński	POL		Poznań	M30	193	579		02:00:14	02:01:17	05:42
		5 km: 00:24:40   8 km: 00:45:18   10,5 km: 00:59:05   15,45 km: 01:27:34   18,45 km: 01:44:57										
702	17	Łukasz Huderek	POL	Night Runners	Poznań	M40	225	580		02:00:15	02:01:12	05:42
		5 km: 00:28:11   8 km: 00:45:18   10,5 km: 00:59:10   15,45 km: 01:27:38   18,45 km: 01:44:53										
703	762	Tomasz Rajewicz	POL		Kobylnica	M40	226	581		02:00:18	02:01:17	05:42
		5 km: 00:28:08   8 km: 00:45:16   10,5 km: 00:59:08   15,45 km: 01:27:37   18,45 km: 01:45:42										
704	613	Daniel Staszewski	POL		Poznań	M30	194	582		02:00:20	02:00:20	05:42
		5 km:   8 km: 00:49:03   10,5 km: 01:02:08   15,45 km:   18,45 km: 01:45:59										
705	664	Wiktoria May	POL		Poznań	K20	14		123	02:00:35	02:01:10	05:43
		5 km: 00:25:58   8 km: 00:42:53   10,5 km: 01:59:35   15,45 km: 01:27:27   18,45 km: 01:45:14										
706	297	Adam Rychlewski	POL		Zakrzewo	M30	195	583		02:00:39	02:01:06	05:43
		5 km: 00:23:29   8 km: 00:39:18   10,5 km: 00:53:01   15,45 km: 01:22:58   18,45 km: 01:41:08										
707	1175	Weronika Telenga	POL		Kaźmierz	K20	15		124	02:00:45	02:01:37	05:43
		5 km: 00:24:04   8 km: 00:44:47   10,5 km: 00:58:32   15,45 km: 01:23:13   18,45 km: 01:45:13										
708	134	Bartosz Dziurła	POL	Grodziski Klub Biegacza	Grodzisk Wielkopolski	M20	52	584		02:00:58	02:02:02	05:44
		5 km: 00:28:53   8 km: 00:46:49   10,5 km: 01:00:25   15,45 km: 01:28:27   18,45 km: 01:45:47										
709	306	Radosław Tarasewicz	POL	KU AZS UAM Poznań	Zalasewo	M40	227	585		02:01:01	02:02:05	05:44
		5 km: 00:27:56   8 km: 00:44:49   10,5 km: 00:58:46   15,45 km: 01:27:32   18,45 km: 01:45:41										
710	873	Sebastian Juś	POL		Brodziszewo	M20	53	586		02:01:02	02:01:36	05:44
		5 km: 00:27:35   8 km: 00:44:47   10,5 km: 00:58:35   15,45 km: 01:27:20   18,45 km: 01:45:18										
711	471	Batosz Teresiak	POL		Tarnowo Podgórze	M30	196	587		02:01:06	02:01:58	05:44
		5 km: 00:26:48   8 km: 00:43:51   10,5 km: 00:57:37   15,45 km: 01:26:51   18,45 km: 01:45:05										
712	685	Dawid Fabiś	POL	OLX	Poznań	M40	228	588		02:01:16	02:02:20	05:45
		5 km: 00:26:56   8 km: 00:43:31   10,5 km: 00:57:06   15,45 km: 01:27:05   18,45 km: 01:45:35										
713	758	Marek Sobczak	POL	GB Gęsiorze Zagórów	Szczytniki	M50	78	589		02:01:19	02:01:57	05:45
		5 km: 00:27:46   8 km: 00:45:15   10,5 km: 00:59:08   15,45 km: 01:24:09   18,45 km: 01:45:26										
714	113	Marta Smierzchała	POL	PRO366	Poznań	K40	50		125	02:01:19	02:02:19	05:45
		5 km: 00:28:09   8 km: 00:45:16   10,5 km: 00:59:00   15,45 km: 01:27:19   18,45 km: 01:44:44										
715	578	Konrad Wojciechowski	POL		Poznań	M40	229	590		02:01:21	02:01:58	05:45
		5 km: 00:26:05   8 km: 00:43:12   10,5 km: 00:56:55   15,45 km: 01:26:20   18,45 km: 01:45:10										
716	420	Agata Akuszewska	POL	TEAM Kościan	Puszczykowo	K50	6		126	02:01:21	02:02:08	05:45
		5 km: 00:27:19   8 km: 00:44:35   10,5 km: 00:58:43   15,45 km: 01:27:41   18,45 km: 01:45:41										
717	206	Darek Kosiorek	POL		Poznań	M50	79	591		02:01:26	02:02:03	05:45
		5 km: 00:26:36   8 km: 00:43:04   10,5 km: 00:56:41   15,45 km: 01:26:09   18,45 km: 01:44:48										
718	954	Jerzy Łoza	POL	Lidl Team	Poznań	M40	230	592		02:01:39	02:02:44	05:46
		5 km: 00:28:07   8 km: 00:45:10   10,5 km: 00:58:58   15,45 km: 01:27:03   18,45 km: 01:45:23										
719	189	Robert Jarzabek	POL		Strzałkowo	M50	80	593		02:01:46	02:02:33	05:46
		5 km: 00:25:28   8 km: 00:41:28   10,5 km: 00:56:51   15,45 km: 01:23:33   18,45 km: 01:45:51										
720	521	Rafał Wachowiak	POL	Kościan Team	Kościan	M50	81	594		02:01:49	02:02:57	05:46
		5 km: 00:28:06   8 km: 00:45:13   10,5 km: 00:59:07   15,45 km: 01:27:23   18,45 km: 01:45:07										

# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
721	728	Jakub Strugała	POL	RTE - LP	Poznań	M30	197	595		02:01:49	02:04:54	05:46
		5 km: 00:27:53   8 km: 00:45:27   10,5 km: 00:59:59   15,45 km: 01:29:05   18,45 km: 01:47:00										
722	410	Piotr Sajna	POL		Poznań	M30	198	596		02:01:52	02:02:51	05:47
		5 km: 00:28:09   8 km: 00:45:16   10,5 km: 00:59:04   15,45 km: 01:27:34   18,45 km: 01:45:51										
723	450	Tadeusz Flens	POL	KB Wojtuś	Międzychód	M60	28	597		02:01:54	02:02:53	05:47
		5 km: 00:28:05   8 km: 00:45:05   10,5 km: 00:58:39   15,45 km: 01:26:51   18,45 km: 01:45:09										
724	974	Ryszard Wesołowski	POL	Fizjo4Family	Poznań	M60	29	598		02:02:00	02:02:33	05:47
		5 km: 00:25:44   8 km: 00:42:06   10,5 km: 00:55:27   15,45 km: 01:23:34   18,45 km: 01:43:52										
725	651	Piotr Banaszczyk	POL	Sportowy Kaźmierz/Santander Runners Team	Kaźmierz	M40	231	599		02:02:00	02:02:42	05:47
		5 km: 01:27:52   8 km: 00:45:17   10,5 km: 00:59:00   15,45 km:   18,45 km: 01:45:55										
726	240	Beata Foremniak Szadura	POL		Wrocław	K50	7		127	02:02:09	02:02:58	05:47
		5 km: 00:28:15   8 km: 00:45:38   10,5 km: 00:59:40   15,45 km: 01:27:56   18,45 km: 01:46:10										
727	254	Maria Piechnik	POL		Trzemeszno	K40	51		128	02:02:14	02:03:14	05:48
		5 km: 00:27:56   8 km: 00:45:02   10,5 km: 00:59:11   15,45 km: 01:28:13   18,45 km: 01:46:39										
728	973	Łukasz Stolaś	POL	Biofarm	Mutowo	M40	232	600		02:02:15	02:03:10	05:48
		5 km: 00:28:12   8 km: 00:45:20   10,5 km: 00:59:11   15,45 km: 01:27:40   18,45 km: 01:45:00										
729	66	Janina Deryło	POL		Grzebienisko	K50	8		129	02:02:18	02:03:18	05:48
		5 km: 00:28:09   8 km: 00:45:18   10,5 km: 00:59:15   15,45 km: 01:27:51   18,45 km: 01:46:18										
730	153	Patrycja Górna	POL	Tuptańsko	Poznań	K30	55		130	02:02:19	02:03:21	05:48
		5 km: 00:28:07   8 km: 00:45:17   10,5 km: 00:59:08   15,45 km: 01:28:18   18,45 km: 01:46:49										
731	527	Arkadiusz Pieszyk	POL	HOMAG Run Team	Oborniki	M40	233	601		02:02:22	02:02:48	05:48
		5 km: 00:25:15   8 km: 00:42:18   10,5 km: 00:56:38   15,45 km: 01:26:23   18,45 km: 01:46:03										
732	629	Bartosz Spruta	POL		Poznań	M30	199	602		02:02:24	02:03:19	05:48
		5 km: 00:24:50   8 km: 00:45:42   10,5 km: 00:59:45   15,45 km: 01:28:49   18,45 km: 01:47:57										
733	731	Justyna Zielińska	POL		Poznań	K30	56		131	02:02:24	02:03:17	05:48
		5 km: 00:25:42   8 km: 00:42:44   10,5 km: 00:56:28   15,45 km: 01:25:46   18,45 km: 01:45:20										
734	757	Marzena Kołodziej	POL	#biegiemwlas	Murwana Goślina	K40	52		132	02:02:33	02:03:18	05:49
		5 km: 00:27:25   8 km: 00:44:25   10,5 km: 00:58:09   15,45 km: 01:27:16   18,45 km: 01:46:11										
735	427	Bartosz Kościelniak	POL		Czarniejewo	M20	54	603		02:02:34	02:03:21	05:49
		5 km: 00:26:42   8 km: 00:43:31   10,5 km: 00:57:20   15,45 km: 01:26:34   18,45 km: 01:45:26										
736	101	Radosław Sobkowiak	POL	NTT Data	Tarnowo Podgórne	M40	234	604		02:02:38	02:03:39	05:49
		5 km: 00:24:17   8 km: 00:44:44   10,5 km: 00:58:40   15,45 km: 01:23:36   18,45 km: 01:45:09										
737	52	Elżbieta Czerniak	POL	KB Kosynier Września	Borzykowo	K60	1		133	02:02:42	02:03:43	05:49
		5 km: 00:28:13   8 km: 00:45:32   10,5 km: 00:59:35   15,45 km: 01:28:27   18,45 km: 01:46:41										
738	1133	Arkadiusz Parus	POL	Skórzewo	Skórzewo	M40	235	605		02:02:46	02:03:17	05:49
		5 km: 00:25:52   8 km: 00:42:15   10,5 km: 00:55:46   15,45 km: 01:29:12   18,45 km: 01:46:54										
739	1176	Krzysztof Tadeusz	POL		Wolsztyn	M30	200	606		02:02:59	02:04:00	05:50
		5 km: 00:28:19   8 km: 00:45:32   10,5 km: 00:59:21   15,45 km: 01:27:54   18,45 km: 01:46:30										
740	726	Agnieszka Zakrzewicz-Podlecka	POL	Rokietnica Biega	Rokietnica	K30	57		134	02:03:00	02:03:20	05:50
		5 km: 00:25:55   8 km: 00:43:01   10,5 km: 00:57:03   15,45 km: 01:27:11   18,45 km: 01:46:10										

Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
741	247	Martyna Kuske	POL	ALTOM GNIEZNO	Gniezno	K30	58		135	02:03:01	02:03:47	05:50
		5 km: 00:26:27   8 km: 00:43:06   10,5 km: 00:56:50   15,45 km: 01:26:13   18,45 km: 01:45:43										
742	871	Krzysztof Pajor	POL	KB SPOKO / Imperial Tobacco Polska	Swarzędz	M40	236	607		02:03:05	02:04:37	05:50
		5 km: 00:32:28   8 km: 00:50:51   10,5 km: 01:04:51   15,45 km: 01:32:18   18,45 km: 01:48:47										
743	570	Monika Paszkiewicz-Żak	POL		Poznań	K30	59		136	02:03:06	02:03:40	05:50
		5 km: 00:26:23   8 km: 00:44:40   10,5 km: 00:58:45   15,45 km: 01:27:36   18,45 km: 01:47:32										
744	1088	Vadym Malko	POL		Kraków	M20	55	608		02:03:24	02:04:38	05:51
		5 km: 00:28:00   8 km: 00:45:44   10,5 km: 00:59:40   15,45 km: 01:29:11   18,45 km: 01:47:34										
745	1102	Marcelina May	POL		Poznań	K30	60		137	02:03:24	02:04:34	05:51
		5 km: 00:28:14   8 km: 00:46:33   10,5 km: 01:00:40   15,45 km: 01:30:21   18,45 km: 01:48:24										
746	955	Paulina Paterek	POL		Poznań	K30	61		138	02:03:26	02:04:36	05:51
		5 km: 00:28:13   8 km: 00:46:34   10,5 km: 01:00:41   15,45 km: 01:30:20   18,45 km: 01:48:25										
747	437	Henryka Urbaniak	POL		Wolsztyn	K50	9		139	02:03:28	02:04:16	05:51
		5 km: 00:27:39   8 km: 00:45:01   10,5 km: 00:59:28   15,45 km: 01:28:57   18,45 km: 01:47:31										
748	429	Emilia Gogońkiewicz-Kołecka	POL		Duszniki	K40	53		140	02:03:28	02:03:45	05:51
		5 km: 00:28:23   8 km: 00:46:04   10,5 km: 01:00:05   15,45 km: 01:29:04   18,45 km: 01:47:30										
749	862	Waldemar Sówka	POL	SCHATTDECOR	Stajkowo	M50	82	609		02:03:28	02:04:20	05:51
		5 km: 00:27:39   8 km: 00:45:24   10,5 km: 00:59:27   15,45 km: 01:29:01   18,45 km: 01:47:30										
750	335	Iwona Plewińska	POL		Tarnowo Podgórze	K40	54		141	02:03:28	02:04:21	05:51
		5 km: 00:27:38   8 km: 00:45:24   10,5 km: 00:59:27   15,45 km: 01:29:04   18,45 km: 01:47:31										
751	1168	Agnieszka Walińska	POL	BBL Słupsk	Słupsk	K50	10		142	02:03:42	02:04:45	05:52
		5 km: 00:28:53   8 km: 00:46:36   10,5 km: 01:00:47   15,45 km: 01:29:51   18,45 km: 01:48:01										
752	1033	Ewelina Rutkowska	POL	Dziki z Cytadeli	Plewiska	K40	55		143	02:03:45	02:04:55	05:52
		5 km: 00:27:26   8 km: 00:44:34   10,5 km: 00:58:42   15,45 km: 01:28:14   18,45 km: 01:47:35										
753	903	Tomasz Przepióra	POL	Przepiórki	Poznań	M40	237	610		02:03:48	02:04:25	05:52
		5 km: 00:26:19   8 km: 00:42:59   10,5 km: 00:56:49   15,45 km: 01:26:28   18,45 km: 01:46:14										
754	562	Leszek Szopka	POL		Poznań	M30	201	611		02:03:54	02:04:23	05:52
		5 km: 00:27:11   8 km: 00:44:20   10,5 km: 00:58:18   15,45 km: 01:27:27   18,45 km: 01:46:58										
755	386	Marta Kaczmarek	POL	Sportowy Kazmierz	Radzyny	K40	56		144	02:03:54	02:04:27	05:52
		5 km: 00:26:56   8 km: 00:44:41   10,5 km: 00:59:00   15,45 km: 01:28:19   18,45 km: 01:47:31										
756	275	Marcin Cegielski	POL		Poznań	M40	238	612		02:04:02	02:04:42	05:53
		5 km: 00:28:01   8 km: 00:45:10   10,5 km: 00:59:03   15,45 km: 01:27:31   18,45 km: 01:46:20										
757	1029	Monika Bacik	POL		Oborniki	K40	57		145	02:04:14	02:05:16	05:53
		5 km: 00:24:50   8 km: 00:45:51   10,5 km: 01:00:08   15,45 km: 01:30:00   18,45 km: 01:48:38										
758	886	Artur Luty	POL	Kimball Electronics Poland	Poznań	M40	239	613		02:04:22	02:05:31	05:54
		5 km: 00:28:28   8 km: 00:45:49   10,5 km: 01:00:00   15,45 km: 01:29:39   18,45 km: 01:48:09										
759	692	Jakub Kliks	POL	Zmęczeni już przed biegiem	Poznań	M20	56	614		02:04:28	02:05:51	05:54
		5 km: 00:27:56   8 km: 00:45:15   10,5 km: 00:59:01   15,45 km: 01:28:04   18,45 km: 01:47:33										
760	305	Judyta Waligóra	POL	Sokół Włoszakowice	Włoszakowice	K30	62		146	02:04:29	02:05:26	05:54
		5 km: 00:28:01   8 km: 00:45:03   10,5 km: 00:58:50   15,45 km: 01:28:49   18,45 km: 01:48:39										



# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
761	741	Radosław Grabowski	POL		Poznań	M30	202	615		02:04:30	02:05:12	05:54
		5 km: 00:27:30   8 km: 00:44:01   10,5 km: 00:57:11   15,45 km: 01:24:03   18,45 km: 01:44:09										
762	909	Dorota Bartkowiak	POL		Poznań	K40	58		147	02:04:35	02:05:46	05:54
		5 km: 00:29:55   8 km: 00:48:07   10,5 km: 01:02:50   15,45 km: 01:32:08   18,45 km: 01:49:44										
763	1091	Łukasz Łatwiński	POL	Mocna Grupa Cezara	Pietrzykowice	M30	203	616		02:04:51	02:05:45	05:55
		5 km: 00:28:15   8 km: 00:45:32   10,5 km: 01:00:13   15,45 km: 01:30:12   18,45 km: 01:49:14										
764	416	Marzena Łatwińska	POL	Mocna Grupa Cezara	Pietrzykowice	K50	11		148	02:04:51	02:05:46	05:55
		5 km: 00:28:15   8 km: 00:45:33   10,5 km: 01:00:12   15,45 km: 01:30:12   18,45 km:										
765	1151	Justyna Rybczonek	POL	Łukasz Rybczonek	Lusówko	K40	59		149	02:04:51	02:05:36	05:55
		5 km: 00:28:54   8 km: 00:45:55   10,5 km: 01:00:47   15,45 km: 01:31:03   18,45 km: 01:49:40										
766	193	Anna Nakonieczna	POL	KAGRO TEAM	Piła	K30	63		150	02:04:54	02:05:57	05:55
		5 km: 00:28:00   8 km: 00:45:48   10,5 km: 01:00:19   15,45 km: 01:29:42   18,45 km: 01:49:20										
767	266	Wojciech Mysior	POL		Skórzewo	M40	240	617		02:04:56	02:05:39	05:55
		5 km: 00:22:53   8 km: 00:43:06   10,5 km: 00:56:21   15,45 km: 01:21:56   18,45 km: 01:47:00										
768	542	Rafał Szczap	POL		Poznań	M30	204	618		02:04:56	02:05:54	05:55
		5 km: 00:28:11   8 km: 00:45:17   10,5 km: 00:59:21   15,45 km: 01:28:57   18,45 km: 01:48:34										
769	7	Jerzy Sobiegraj	POL	Klub Biegacza im. Macieja Frankiewicza	Poznań	M70+	8	619		02:04:59	02:05:26	05:55
		5 km: 00:26:39   8 km: 00:43:32   10,5 km: 00:57:21   15,45 km: 01:27:27   18,45 km: 01:47:00										
770	1079	Marcin Błoch	POL		Zalasewo	M40	241	620		02:05:06	02:06:07	05:56
		5 km: 00:28:37   8 km: 00:46:08   10,5 km: 01:00:26   15,45 km: 01:29:59   18,45 km: 01:49:05										
771	273	Barbara Jankowska	POL		Poznań	K40	60		151	02:05:07	02:06:09	05:56
		5 km: 00:28:20   8 km: 00:45:32   10,5 km: 00:59:53   15,45 km: 01:29:44   18,45 km: 01:48:26										
772	666	Piotr Olek	POL		Czarnków	M30	205	621		02:05:10	02:06:24	05:56
		5 km: 00:28:37   8 km: 00:45:59   10,5 km: 01:00:10   15,45 km: 01:29:37   18,45 km: 01:48:48										
773	1024	Joanna Marczak	POL	MTB Komorniki Team	Komorniki	K40	61		152	02:05:11	02:05:52	05:56
		5 km: 00:27:44   8 km: 00:45:33   10,5 km: 01:00:02   15,45 km: 01:30:11   18,45 km: 01:49:21										
774	737	Barbara Krzyżanowska	POL		Nawodna	K40	62		153	02:05:12	02:06:05	05:56
		5 km: 00:28:10   8 km: 00:45:47   10,5 km: 01:00:35   15,45 km: 01:30:23   18,45 km: 01:49:09										
775	564	Grzegorz Kucharczyk	POL		Murowana Goślina	M60	30	622		02:05:16	02:05:56	05:56
		5 km: 00:26:12   8 km: 00:42:42   10,5 km: 00:56:36   15,45 km: 01:26:21   18,45 km: 01:48:33										
776	1004	Jarosław Kasperek	POL	Carlsberg	Rokietnica	M40	242	623		02:05:19	02:05:55	05:56
		5 km: 00:26:38   8 km: 00:43:30   10,5 km: 00:57:01   15,45 km: 01:25:30   18,45 km: 01:46:49										
777	1145	Mateusz Barzyk	POL	Kuźnia Triathlonu	Piotrków Trybunalski	M40	243	624		02:05:19	02:06:14	05:56
		5 km: 00:29:28   8 km: 00:47:18   10,5 km: 01:01:51   15,45 km: 01:31:54   18,45 km: 01:50:07										
778	1073	Jacek Krogulecki	POL	Binino	Ostroróg	M30	206	625		02:05:20	02:05:33	05:56
		5 km: 00:26:05   8 km: 00:43:13   10,5 km: 00:57:10   15,45 km:   18,45 km: 01:47:40										
779	257	Paweł Skornowicz	POL	Sportowy Kazmierz	Kazmierz	M50	83	626		02:05:21	02:06:21	05:57
		5 km: 00:29:57   8 km: 00:47:45   10,5 km: 01:02:11   15,45 km: 01:32:01   18,45 km: 01:50:09										
780	1147	Julia Banaszak	POL	Polonia Środa	Środa Wielkopolska	K30	64		154	02:05:24	02:05:59	05:57
		5 km: 00:27:00   8 km: 00:44:14   10,5 km: 00:58:20   15,45 km: 01:29:03   18,45 km: 01:48:48										

# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
781	1167	Wojciech Drozd	POL	Tarnovia Basket Tarnowo Podgórne	Góra	M30	207	627		02:05:33	02:06:38	05:57
		5 km: 00:28:06   8 km: 00:45:19   10,5 km: 00:59:07   15,45 km: 01:28:04   18,45 km: 01:47:57										
782	41	Tomasz Walkowiak	POL	GB Wielkopolscy Biegacze	Luboń	M30	208	628		02:05:34	02:06:39	05:57
		5 km: 00:28:16   8 km: 00:45:40   10,5 km: 00:59:57   15,45 km: 01:29:56   18,45 km: 01:49:07										
783	1085	Łukasz Telenga	POL		Grodzisk Wielkopolski	M30	209	629		02:05:39	02:06:33	05:57
		5 km: 00:27:28   8 km: 00:44:45   10,5 km: 02:04:22   15,45 km: 01:27:04   18,45 km: 01:47:52										
784	1081	Magdalena Kowalczyńska	POL		Bydgoszcz	K20	16		155	02:06:12	02:07:04	05:59
		5 km: 00:27:04   8 km: 00:44:35   10,5 km: 00:58:52   15,45 km: 01:28:29   18,45 km: 01:48:24										
785	371	Joanna Chopkowicz	POL		Poznań	K30	65		156	02:06:16	02:07:15	05:59
		5 km: 00:28:11   8 km: 00:45:30   10,5 km: 00:59:37   15,45 km: 01:29:53   18,45 km: 01:49:43										
786	823	Zbigniew Wróbel	POL	Tarnowo Podgórne Biega	Swadzim	M50	84	630		02:06:23	02:07:29	05:59
		5 km: 00:28:14   8 km: 00:45:28   10,5 km: 00:59:58   15,45 km: 01:30:18   18,45 km: 01:50:00										
787	1002	Filip Grzebalski	POL	Carlsberg Shared Service	Puszczkowo	M20	57	631		02:06:29	02:07:52	06:00
		5 km: 00:29:44   8 km: 00:47:51   10,5 km: 01:02:35   15,45 km: 01:32:32   18,45 km: 01:51:17										
788	376	Sławomir Kaźmierczak	POL		Poznań	M30	210	632		02:06:31	02:07:49	06:00
		5 km: 00:29:59   8 km: 00:48:11   10,5 km: 01:02:45   15,45 km: 01:32:11   18,45 km: 01:50:26										
789	1065	Jakub Borkowski	POL	TKKF Łabędź Zbąszyń	Zbąszyń	M30	211	633		02:06:38	02:07:30	06:00
		5 km: 00:28:15   8 km: 00:45:55   10,5 km: 01:00:17   15,45 km: 01:26:56   18,45 km: 01:49:49										
790	1066	Krzysztof Halasz	POL	Płomień Przyprostynia	Zbąszyń	M30	212	634		02:06:39	02:07:30	06:00
		5 km: 00:28:15   8 km: 00:45:56   10,5 km: 01:00:18   15,45 km: 01:30:48   18,45 km: 01:49:50										
791	895	Piotr Dymel	POL	Good Food Products	Poznań	M40	244	635		02:07:03	02:08:23	06:01
		5 km: 00:30:15   8 km: 00:47:51   10,5 km: 01:01:43   15,45 km: 01:30:50   18,45 km: 01:49:56										
792	303	Jarosław Żabko	POL	Zabkoteam	Dąbrowa	M50	85	636		02:07:06	02:07:57	06:01
		5 km: 00:27:30   8 km: 00:44:57   10,5 km: 00:59:19   15,45 km: 01:29:16   18,45 km: 01:49:28										
793	204	Krzysztof Olejniczak	POL	AGROZIÓŁKOWO	Gostyń	M50	86	637		02:07:13	02:08:32	06:02
		5 km: 00:28:03   8 km: 00:45:50   10,5 km: 01:00:27   15,45 km: 01:31:38   18,45 km: 01:50:53										
794	250	Maciej Chwirot	POL		Kwilcz	M20	58	638		02:07:15	02:08:30	06:02
		5 km: 00:30:02   8 km: 00:48:32   10,5 km: 01:03:46   15,45 km: 01:33:42   18,45 km: 01:52:07										
795	998	Irena Lasota	POL		Wałcz	K70+	2		157	02:07:18	02:08:05	06:02
		5 km: 00:28:06   8 km: 00:45:33   10,5 km: 00:59:55   15,45 km: 01:30:10   18,45 km: 01:49:37										
796	957	Konrad Żukiewicz	POL	Lidl	Lublin	M40	245	639		02:07:23	02:08:26	06:02
		5 km: 00:28:10   8 km: 00:46:50   10,5 km: 01:01:02   15,45 km: 01:31:31   18,45 km: 01:51:42										
797	746	Agnieszka Kowalczyk	POL		Poznań	K30	66		158	02:07:25	02:08:30	06:02
		5 km: 00:28:59   8 km: 00:46:32   10,5 km: 01:00:44   15,45 km: 01:30:56   18,45 km: 01:50:58										
798	580	Wiktor Górczyński	POL	Be Like Mike:)	Dąbrówka	M40	246	640		02:07:28	02:08:29	06:03
		5 km: 00:28:10   8 km: 00:45:20   10,5 km: 00:59:18   15,45 km: 01:27:57   18,45 km: 01:49:24										
799	958	Bartosz Sztaba	POL	Lidl	Siekierki Wielkie	M20	59	641		02:07:41	02:08:48	06:03
		5 km: 00:24:35   8 km: 00:43:37   10,5 km: 00:56:32   15,45 km: 01:26:09   18,45 km: 01:47:14										
800	476	Wojciech Majchrzak	POL		Lusówko	M30	213	642		02:07:42	02:08:46	06:03
		5 km: 00:27:58   8 km: 00:45:11   10,5 km: 00:59:01   15,45 km: 01:29:21   18,45 km: 01:50:03										

# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
801	1067	Dariusz Szymalak	POL	Spodenki nisko opuszczone	Łubowo	M40	247	643		02:07:52	02:08:35	06:04
		5 km: 00:28:15   8 km: 00:45:30   10,5 km: 01:00:00   15,45 km: 01:30:13   18,45 km: 01:49:41										
802	1171	Daniel Urban	POL	Spodenki nisko opuszczone	Łubowo	M20	60	644		02:07:52	02:08:35	06:04
		5 km: 00:28:15   8 km: 00:45:30   10,5 km: 01:00:00   15,45 km: 01:30:14   18,45 km: 01:49:41										
803	290	Marcin Żerko	POL		Oborniki	M40	248	645		02:07:54	02:09:15	06:04
		5 km: 00:25:42   8 km: 00:46:58   10,5 km: 01:01:05   15,45 km: 01:30:42   18,45 km: 01:49:40										
804	531	Małgorzata Skowrońska-Bizan	POL	BIZON'S CREW	Swarzędz	K40	63		159	02:07:55	02:09:00	06:04
		5 km: 00:28:44   8 km: 00:46:52   10,5 km: 01:01:34   15,45 km: 01:32:04   18,45 km: 01:51:18										
805	392	Konrad Leszczyński	POL	energetyczny jak tokamak	Tarnowo Podgórne	M30	214	646		02:08:03	02:09:06	06:04
		5 km: 00:24:39   8 km: 00:45:21   10,5 km: 00:59:09   15,45 km: 01:29:56   18,45 km: 01:50:36										
806	1042	Piotr Nowak	POL	wkurw team	Poznań	M30	215	647		02:08:05	02:08:46	06:04
		5 km: 00:27:33   8 km: 00:44:45   10,5 km: 00:58:30   15,45 km: 01:28:32   18,45 km: 01:49:19										
807	518	Łukasz Zaworski	POL		Szczecin	M30	216	648		02:08:06	02:09:14	06:04
		5 km: 00:28:02   8 km: 00:45:17   10,5 km: 00:59:20   15,45 km: 01:29:51   18,45 km: 01:50:01										
808	397	Barbara Guzek	POL		Lusówko	K40	64		160	02:08:12	02:08:57	06:05
		5 km: 00:30:12   8 km: 00:48:33   10,5 km: 01:03:22   15,45 km: 01:33:24   18,45 km: 01:52:06										
809	350	Milena Bachorz	POL		Lusówko	K30	67		161	02:08:13	02:08:57	06:05
		5 km: 00:30:12   8 km: 00:48:33   10,5 km: 01:03:23   15,45 km: 01:33:23   18,45 km: 01:52:05										
810	139	Waldemar Szewczyński	POL		Ludomy	M30	217	649		02:08:15	02:09:10	06:05
		5 km: 00:26:34   8 km: 00:43:00   10,5 km: 00:56:49   15,45 km: 01:27:45   18,45 km: 01:49:56										
811	310	Emilia Sarnowska	POL		Poznań	K20	17		162	02:08:15	02:09:08	06:05
		5 km: 00:27:55   8 km: 00:46:04   10,5 km: 01:00:37   15,45 km: 01:31:06   18,45 km: 01:51:35										
812	424	Krzysztof Urbaniak	POL		Skórzewo (Powiat Poznański)	M20	61	650		02:08:20	02:09:29	06:05
		5 km: 00:28:07   8 km: 00:45:20   10,5 km: 00:59:29   15,45 km: 01:30:17   18,45 km: 01:51:39										
813	796	Stanisław Hyjek	POL		Suchy Las	M20	62	651		02:08:28	02:09:47	06:05
		5 km: 00:29:19   8 km: 00:47:32   10,5 km: 01:02:34   15,45 km: 01:34:04   18,45 km: 01:53:43										
814	732	Mateusz Cieślewicz	POL	Night Runners	Poznań	M40	249	652		02:08:33	02:09:30	06:06
		5 km: 00:28:12   8 km: 00:45:18   10,5 km: 00:58:58   15,45 km: 01:28:38   18,45 km: 01:50:39										
815	331	Tomasz Chmielewski	POL	TRAWA TEAM	Kalisz	M40	250	653		02:08:33	02:10:03	06:06
		5 km: 00:29:55   8 km: 00:48:45   10,5 km: 01:03:27   15,45 km: 01:33:41   18,45 km: 01:52:30										
816	523	Dariusz Beszterda	POL	Aktywnie w Pniewach	Pniewy	M50	87	654		02:08:46	02:09:44	06:06
		5 km: 00:24:44   8 km: 00:45:39   10,5 km: 01:00:03   15,45 km: 01:30:47   18,45 km: 01:51:03										
817	165	Daniel Wolszon	POL	TreningBiegacza.pl	Poznań	M30	218	655		02:08:49	02:09:55	06:06
		5 km: 00:28:13   8 km: 00:45:41   10,5 km: 01:00:22   15,45 km: 01:32:09   18,45 km: 01:52:14										
818	729	Piotr Job	POL		Złotniki	M40	251	656		02:08:52	02:09:24	06:07
		5 km: 00:30:36   8 km: 00:49:12   10,5 km: 01:03:54   15,45 km: 01:34:22   18,45 km: 01:53:13										
819	730	Małgorzata Job	POL		Złotniki	K40	65		163	02:08:53	02:09:24	06:07
		5 km: 00:30:36   8 km: 00:49:12   10,5 km: 01:03:55   15,45 km: 01:34:23   18,45 km: 01:53:13										
820	365	Julia Kopeć	POL		Poznań	K20	18		164	02:08:54	02:09:43	06:07
		5 km: 00:27:21   8 km: 00:45:12   10,5 km: 00:59:35   15,45 km: 01:31:04   18,45 km: 01:51:46										

# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
821	64	Magdalena Grzegorzewska	POL	Madzia	Szamotuły	K40	66		165	02:08:56	02:09:28	06:07
		5 km: 00:28:39   8 km: 00:46:06   10,5 km: 01:00:13   15,45 km: 01:31:48   18,45 km: 01:52:03										
822	432	Michał Urbaniak	POL	Skórzewo	Skórzewo	M20	63	657		02:09:05	02:10:14	06:07
		5 km: 00:28:06   8 km: 00:45:49   10,5 km: 01:00:22   15,45 km: 01:30:56   18,45 km: 01:51:44										
823	603	Maciej Waszak	POL		Dąbrówka	M40	252	658		02:09:09	02:10:25	06:07
		5 km: 00:28:35   8 km: 00:45:55   10,5 km: 00:59:51   15,45 km: 01:28:53   18,45 km: 01:51:30										
824	1064	Przemysław Walaszczyk	POL		Kórnik	M30	219	659		02:09:09	02:09:45	06:07
		5 km: 00:25:41   8 km: 00:43:24   10,5 km: 00:58:12   15,45 km: 01:32:24   18,45 km: 01:52:40										
825	1170	Monika Komadowska	POL		Poznań	K30	68		166	02:09:12	02:09:47	06:07
		5 km: 00:25:02   8 km: 00:47:26   10,5 km: 01:01:54   15,45 km: 01:32:58   18,45 km: 01:52:22										
826	357	Bartosz Jankowiak	POL	ZSO Włoszakowice / Sokół Włoszakowice	Włoszakowice	M40	253	660		02:09:14	02:10:12	06:08
		5 km: 00:24:35   8 km: 00:45:21   10,5 km: 00:59:34   15,45 km: 01:31:39   18,45 km: 01:52:17										
827	953	Maria Migdał	POL		Poznań	K20	19		167	02:09:16	02:10:33	06:08
		5 km: 00:30:55   8 km: 00:50:03   10,5 km: 01:05:25   15,45 km: 01:35:04   18,45 km: 01:53:39										
828	760	Maciej Rzadkowski	POL		Poznań	M20	64	661		02:09:17	02:10:35	06:08
		5 km: 00:30:54   8 km: 00:50:03   10,5 km: 01:05:25   15,45 km: 01:35:05   18,45 km: 01:53:39										
829	866	Joanna Misiun	POL	SCHATTDECOR	Olsztyn	K30	69		168	02:09:22	02:10:22	06:08
		5 km: 00:24:39   8 km: 00:45:15   10,5 km: 00:59:08   15,45 km: 01:27:50   18,45 km: 01:48:45										
830	891	Maciej Łęcki	POL		Tarnowo Podgórne	M40	254	662		02:09:25	02:10:43	06:08
		5 km: 00:28:09   8 km: 00:45:30   10,5 km: 00:59:52   15,45 km: 01:30:28   18,45 km: 01:51:22										
831	57	Łukasz Duda	POL		Tarnowo Podgórne	M20	65	663		02:09:26	02:10:36	06:08
		5 km: 00:24:35   8 km: 00:45:03   10,5 km: 00:58:35   15,45 km: 01:23:42   18,45 km: 01:48:43										
832	414	Krzysztof Rygusiński	POL		Przeźmierowo	M40	255	664		02:09:26	02:10:29	06:08
		5 km: 00:28:09   8 km: 00:45:28   10,5 km: 00:59:20   15,45 km: 01:28:45   18,45 km: 01:50:32										
833	219	Mirosława Treszczyńska	POL		Poznań	K40	67		169	02:09:32	02:10:18	06:08
		5 km: 00:27:39   8 km: 00:45:09   10,5 km: 00:59:42   15,45 km: 01:31:24   18,45 km: 01:52:04										
834	288	Artur Piechocki	POL		Przeźmierowo	M30	220	665		02:09:38	02:10:21	06:09
		5 km: 00:26:51   8 km: 00:43:39   10,5 km: 00:57:29   15,45 km: 01:28:03   18,45 km: 01:49:47										
835	1048	Iwa Niewiarczuk	POL		Poznań	K30	70		170	02:09:46	02:09:51	06:09
		5 km: 00:26:11   8 km: 00:44:28   10,5 km: 02:08:47   15,45 km: 01:31:05   18,45 km: 01:52:21										
836	72	Darek Gocyla	POL	DARZYBÓRUNNER-ska	Poznań	M50	88	666		02:09:51	02:10:53	06:09
		5 km: 00:28:31   8 km: 00:46:52   10,5 km: 01:01:53   15,45 km: 01:32:22   18,45 km: 01:51:49										
837	222	Michał Pajchrowski	POL	Czas się ogarnąć	Zaniemyśl	M30	221	667		02:10:01	02:10:56	06:10
		5 km: 00:24:39   8 km: 00:46:30   10,5 km: 01:01:23   15,45 km: 01:33:53   18,45 km: 01:54:04										
838	755	Łukasz Dobrowolski	POL		Poznań	M30	222	668		02:10:07	02:11:17	06:10
		5 km: 00:27:17   8 km: 00:44:57   10,5 km: 00:59:12   15,45 km: 01:30:46   18,45 km: 01:51:57										
839	1058	Wojciech Oczkoś	POL	Rakieta Poznań	Skórzewo	M40	256	669		02:10:24	02:10:56	06:11
		5 km: 00:27:20   8 km: 00:44:56   10,5 km: 00:59:31   15,45 km: 01:31:31   18,45 km: 01:52:55										
840	544	Sandra Kowalska	POL		Poznań	K20	20		171	02:10:26	02:11:24	06:11
		5 km: 00:31:03   8 km: 00:49:42   10,5 km: 01:04:43   15,45 km: 01:35:33   18,45 km: 01:54:12										

# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
841	541	Milena Banasiak	POL		Poznań	K20	21		172	02:10:26	02:11:24	06:11
		5 km: 00:27:17   8 km: 00:49:42   10,5 km: 01:04:43   15,45 km: 01:35:33   18,45 km: 01:54:11										
842	182	Mieczysław Klupś	POL		Suchy Las	M60	31	670		02:10:38	02:11:46	06:12
		5 km: 00:30:34   8 km: 00:49:20   10,5 km: 01:04:20   15,45 km: 01:35:23   18,45 km: 01:54:02										
843	23	Karolina Kozłowska	POL	Nordic Walking Kiekrz Poland	Poznań	K40	68		173	02:10:59	02:11:57	06:13
		5 km: 00:29:33   8 km: 00:47:24   10,5 km: 01:02:45   15,45 km: 01:34:21   18,45 km: 01:54:15										
844	754	Robert Kłosin	POL	Świwrczewo Run	Poznań	M50	89	671		02:11:00	02:12:00	06:13
		5 km: 00:28:36   8 km: 00:47:02   10,5 km: 01:01:31   15,45 km: 01:32:33   18,45 km: 01:51:57										
845	447	Maciej Przewozniak	POL	TEAM Kościan	Kiełczewo	M40	257	672		02:11:03	02:12:18	06:13
		5 km: 00:27:53   8 km: 00:44:32   10,5 km: 00:57:58   15,45 km: 01:27:09   18,45 km: 01:47:39										
846	213	Ewa Kostrzyńska	POL	KB Szamotuły	Szamotuły	K40	69		174	02:11:05	02:11:56	06:13
		5 km: 00:29:02   8 km: 00:47:51   10,5 km: 01:03:06   15,45 km: 01:34:27   18,45 km: 01:53:58										
847	750	Justyna Kuźniak	POL	KB Szamotuły	Szamotuły	K40	70		175	02:11:05	02:11:57	06:13
		5 km: 00:29:08   8 km: 00:47:52   10,5 km: 01:03:08   15,45 km: 01:34:28   18,45 km: 01:53:55										
848	141	Radosław Misiorny	POL		Poznań	M50	90	673		02:11:13	02:12:27	06:13
		5 km: 00:29:00   8 km: 00:46:59   10,5 km: 01:01:36   15,45 km: 01:33:03   18,45 km: 01:52:42										
849	28	Marcin Kozłowski	POL	UKS Diament Godów	Poznań	M40	258	674		02:11:17	02:12:15	06:13
		5 km: 00:29:34   8 km: 00:47:37   10,5 km: 01:02:48   15,45 km: 01:34:27   18,45 km: 01:54:35										
850	1132	Kasia Dudziak	POL		Stęszew	K40	71		176	02:11:19	02:12:01	06:13
		5 km: 00:28:42   8 km: 00:47:09   10,5 km: 01:02:21   15,45 km: 01:34:00   18,45 km: 01:54:13										
851	908	Anna Andrzejewska	POL	Lidl	Poznań	K30	71		177	02:11:34	02:12:38	06:14
		5 km: 00:29:26   8 km: 00:47:50   10,5 km: 01:02:49   15,45 km: 01:34:14   18,45 km: 01:54:37										
852	444	Karolina Mądrzak	POL	POWIAT POZNAŃSKI	Poznań	K40	72		178	02:11:36	02:12:04	06:14
		5 km: 00:30:08   8 km:   10,5 km: 02:10:27   15,45 km: 01:35:09   18,45 km:										
853	270	Jarosław Cieszkiewicz	POL		Poznań	M50	91	675		02:11:36	02:12:52	06:14
		5 km: 00:30:20   8 km: 00:49:04   10,5 km: 01:04:04   15,45 km: 01:35:09   18,45 km: 01:54:47										
854	462	Dawid Jopek	POL		Nowy Tomyśl	M40	259	676		02:11:41	02:12:45	06:15
		5 km: 00:24:51   8 km: 00:46:27   10,5 km: 01:01:16   15,45 km: 01:32:45   18,45 km: 01:54:04										
855	703	Katarzyna Mantyk	POL	SKS Oborniki	Oborniki	K40	73		179	02:11:47	02:12:42	06:15
		5 km: 00:29:02   8 km: 00:47:27   10,5 km: 01:02:40   15,45 km: 01:33:59   18,45 km: 01:54:09										
856	223	Krzysztof Szumski	POL	Czas się ogarnąć	Siekierki Wielkie	M40	260	677		02:11:53	02:12:48	06:15
		5 km: 00:28:05   8 km: 00:46:30   10,5 km: 01:01:23   15,45 km: 01:33:52   18,45 km: 01:54:04										
857	1020	Maciej Leman	POL	PGB Sportowa Paczka	Poznań	M50	92	678		02:12:18	02:12:18	06:16
		5 km: 00:33:19   8 km: 00:52:47   10,5 km:   15,45 km: 01:36:36   18,45 km: 01:55:09										
858	633	Rafał Splisteser	POL		Śmigiel	M40	261	679		02:12:26	02:13:48	06:17
		5 km: 00:28:39   8 km: 00:46:25   10,5 km: 01:01:00   15,45 km: 01:33:01   18,45 km: 01:54:16										
859	359	Mariusz Szczotka	POL		Mrowino	M40	262	680		02:12:27	02:13:48	06:17
		5 km: 00:27:56   8 km: 00:45:18   10,5 km: 01:00:02   15,45 km: 01:32:15   18,45 km: 01:53:53										
860	175	Katarzyna Ćwiklińska	POL		Poznań	K40	74		180	02:12:33	02:13:15	06:17
		5 km: 00:29:13   8 km: 00:47:36   10,5 km: 01:02:45   15,45 km: 01:34:37   18,45 km: 01:54:58										

# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
861	515	Michał Sobkowiak	POL	TKKF MPK POZNAŃ	Poznań	M40	263	681		02:12:34	02:13:30	06:17
		5 km: 00:24:42   8 km: 00:45:20   10,5 km: 00:59:18   15,45 km: 01:28:53   18,45 km: 01:51:25										
862	47	Jadwiga Duda	POL	#BIEGACZE	Szamotuły	K60	2		181	02:12:42	02:13:33	06:17
		5 km: 00:29:23   8 km: 00:47:59   10,5 km: 01:03:09   15,45 km: 01:34:47   18,45 km: 01:54:45										
863	236	Adam Mickiewicz	POL	Wolff	Trzcianka	M50	93	682		02:12:45	02:14:01	06:18
		5 km: 00:31:06   8 km: 00:50:16   10,5 km: 01:05:45   15,45 km: 01:37:39   18,45 km: 01:56:51										
864	369	Michał Wierzbowski	POL		Suchy Las	M30	223	683		02:12:52	02:14:12	06:18
		5 km: 00:29:49   8 km: 00:48:03   10,5 km: 01:02:50   15,45 km: 01:33:34   18,45 km: 01:53:36										
865	459	Miłosz Pokrzywniak	POL		Poznań	M20	66	684		02:12:59	02:13:23	06:18
		5 km: 00:21:36   8 km: 00:40:50   10,5 km: 00:54:06   15,45 km: 01:22:38   18,45 km: 01:53:21										
866	617	Paweł Jarzyniewski	POL		Poznań	M40	264	685		02:13:21	02:14:33	06:19
		5 km: 00:28:10   8 km: 00:48:48   10,5 km: 01:04:28   15,45 km: 01:36:23   18,45 km: 01:55:52										
867	639	Agnieszka Sobkowiak	POL	Cross Wronki	Wronki	K50	12		182	02:13:22	02:14:44	06:19
		5 km: 00:30:50   8 km: 00:49:39   10,5 km: 01:05:14   15,45 km: 01:36:51   18,45 km: 01:56:44										
868	4	Michał Marcin Tomkowiak	POL		Tarnowo Podgórne	M50	94	686		02:13:36	02:14:56	06:20
		5 km: 00:31:36   8 km: 00:49:50   10,5 km: 01:04:57   15,45 km: 01:36:41   18,45 km: 01:56:41										
869	907	Michał Adamski	POL	For Run Team	Poznań	M30	224	687		02:13:45	02:14:57	06:20
		5 km: 00:30:19   8 km: 00:48:55   10,5 km: 01:04:13   15,45 km:   18,45 km: 01:55:58										
870	1152	Magdalena Jurek	POL		Międzychód	K50	13		183	02:13:50	02:15:05	06:21
		5 km: 00:30:58   8 km: 00:50:12   10,5 km: 01:05:27   15,45 km: 01:37:09   18,45 km: 01:56:49										
871	503	Dominik Apolinarski	POL		Poznan	M30	225	688		02:13:50	02:14:57	06:21
		5 km: 00:29:59   8 km: 00:47:57   10,5 km: 01:03:02   15,45 km: 01:34:15   18,45 km: 01:55:53										
872	884	Bartosz Rygusiński	POL	Kimball Electronics Poland	Przeźmierowo	M20	67	689		02:13:52	02:15:10	06:21
		5 km: 00:27:03   8 km: 00:50:15   10,5 km: 01:05:45   15,45 km: 01:37:44   18,45 km: 01:57:44										
873	1016	Paweł Małyszczak	POL	PGB Sportowa Paczka	Kiekrz	M50	95	690		02:14:01	02:15:12	06:21
		5 km: 00:29:51   8 km: 00:48:09   10,5 km: 01:03:12   15,45 km:   18,45 km: 01:56:26										
874	529	Łukasz Dudziak	POL		Leszno	M30	226	691		02:14:11	02:15:06	06:22
		5 km: 00:27:05   8 km: 00:44:46   10,5 km: 00:59:21   15,45 km: 01:33:23   18,45 km: 01:54:54										
875	36	Wiesław Lehnhardt	POL		Poznan	M50	96	692		02:14:20	02:15:34	06:22
		5 km: 00:30:58   8 km: 00:50:16   10,5 km: 01:05:47   15,45 km: 01:37:47   18,45 km: 01:57:43										
876	156	Andrzej Hryszkiewicz	POL		Poznań	M30	227	693		02:14:24	02:15:34	06:22
		5 km: 00:29:26   8 km: 00:47:39   10,5 km: 01:02:42   15,45 km: 01:34:00   18,45 km: 01:55:19										
877	1105	Kinga Dziadas	POL		Gorzów Wlkp	K30	72		184	02:14:28	02:15:15	06:22
		5 km: 00:28:53   8 km: 00:47:42   10,5 km: 01:03:12   15,45 km: 01:35:56   18,45 km: 01:57:04										
878	192	Marek Rybski	POL	T.P.Z.O Obrzycko	Obrzycko	M60	32	694		02:14:56	02:16:14	06:24
		5 km: 00:30:28   8 km: 00:49:07   10,5 km: 01:04:19   15,45 km: 01:36:39   18,45 km: 01:57:07										
879	9	Anita Nowaczewska	POL	NIGHT RUNNERS Poznań	Poznań	K40	75		185	02:15:00	02:16:15	06:24
		5 km: 00:30:56   8 km: 00:50:16   10,5 km: 01:05:45   15,45 km: 01:37:46   18,45 km: 01:57:42										
880	20	Krzysztof Czarnowski	POL	Fabryka Dobrej Zabawy.pl	Reda	M40	265	695		02:15:01	02:16:16	06:24
		5 km: 00:27:02   8 km: 00:50:59   10,5 km: 01:05:45   15,45 km: 01:37:46   18,45 km: 01:57:42										



# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
881	372	Jaromir Mikołajczak	POL	Night Runners	Potasze	M50	97	696		02:15:02	02:15:37	06:24
		5 km: 00:28:33   8 km: 00:48:04   10,5 km: 01:04:34   15,45 km: 01:37:40   18,45 km: 01:58:13										
882	734	Bartłomiej Nagalewski	POL	Napalp Death	Witnica	M40	266	697		02:15:07	02:16:26	06:24
		5 km: 00:31:44   8 km: 00:51:18   10,5 km: 01:06:53   15,45 km: 01:38:56   18,45 km: 01:58:30										
883	63	Anna Musiał	POL	DBL	Poznań	K30	73		186	02:15:10	02:16:22	06:24
		5 km: 00:27:58   8 km: 00:47:30   10,5 km: 01:04:17   15,45 km: 01:36:35   18,45 km: 01:57:57										
884	616	Dawid Dzierła	POL		Grodzisk Wielkopolski	M30	228	698		02:15:14	02:16:36	06:25
		5 km: 00:30:51   8 km: 00:49:57   10,5 km: 01:05:10   15,45 km:   18,45 km: 01:57:35										
885	176	Grzegorz Kozłowski	POL	Krispol Active Team	Tarnowo Podgórne	M60	33	699		02:15:17	02:15:57	06:25
		5 km: 00:28:37   8 km: 00:47:21   10,5 km: 02:14:07   15,45 km: 01:35:01   18,45 km: 01:57:03										
886	859	Maciej Stefanowicz	POL	KB INTREX Poznań	Tarnowo Podgórne	M30	229	700		02:15:27	02:16:24	06:25
		5 km: 00:31:01   8 km: 00:50:33   10,5 km: 01:06:32   15,45 km: 01:39:21   18,45 km: 01:58:53										
887	539	Patrycja Starosta-Trela	POL	Aktywnie w Pniewach	Pniewy	K30	74		187	02:15:30	02:16:44	06:25
		5 km: 00:30:56   8 km: 00:50:13   10,5 km: 01:05:26   15,45 km: 01:37:18   18,45 km: 01:57:37										
888	770	Wiktoria Celer	POL		Poznań	K30	75		188	02:15:36	02:15:52	06:26
		5 km: 00:29:01   8 km: 00:47:52   10,5 km: 01:03:35   15,45 km: 01:36:31   18,45 km: 01:57:58										
889	31	Marcin Polarczyk	POL	POLARY	Poznań	M30	230	701		02:16:54	02:17:44	06:29
		5 km:   8 km: 00:50:04   10,5 km: 01:05:30   15,45 km:   18,45 km: 01:58:10										
890	229	Dariusz Żurawski	POL	Biegające Po##by	Mosina	M40	267	702		02:16:58	02:18:18	06:30
		5 km: 00:30:46   8 km: 00:50:50   10,5 km: 01:06:57   15,45 km: 01:38:55   18,45 km: 02:00:49										
891	401	Mariusz Raźniak	POL	LOKATOR NIERUCHOMOŚCI PIŁA	Piła	M50	98	703		02:16:59	02:18:33	06:30
		5 km: 00:32:15   8 km: 00:51:39   10,5 km: 01:07:06   15,45 km: 01:39:02   18,45 km: 01:59:14										
892	850	Miroslaw Szulc	POL	LUBOŃSKI KLUB BIEGACZA	Luboń	M70+	9	704		02:17:36	02:18:57	06:31
		5 km: 00:30:18   8 km: 00:50:14   10,5 km: 01:06:16   15,45 km: 01:39:52   18,45 km: 02:00:42										
893	1114	Barbara Włocławska	POL		Gołęczewo	K40	76		189	02:17:42	02:19:00	06:32
		5 km: 00:31:06   8 km: 00:50:35   10,5 km: 01:06:05   15,45 km: 01:39:10   18,45 km: 01:59:50										
894	80	Wiesława Sitek	POL	Puszczycowo	Puszczycowo	K40	77		190	02:17:42	02:18:05	06:32
		5 km: 00:29:40   8 km: 00:48:37   10,5 km: 01:04:02   15,45 km: 01:37:27   18,45 km: 01:58:55										
895	698	Monika Szał	POL	WalkaKostrzyn	Pobiedziska	K50	14		191	02:17:42	02:18:53	06:32
		5 km: 00:32:04   8 km: 00:51:53   10,5 km: 01:07:27   15,45 km: 01:39:58   18,45 km: 02:00:33										
896	375	Łukasz Łukaszewski	POL		Psarskie	M40	268	705		02:17:58	02:19:18	06:32
		5 km: 00:31:02   8 km: 00:50:10   10,5 km: 01:05:31   15,45 km: 01:38:20   18,45 km: 01:59:56										
897	538	Mariusz Cybulka	POL	STAŚ BIEGA	Grodzisk Wielkopolski	M40	269	706		02:18:00	02:19:02	06:33
		5 km: 00:29:09   8 km: 00:47:52   10,5 km: 01:03:15   15,45 km: 01:35:53   18,45 km: 01:58:53										
898	722	Gregor Talkowski	POL		Komorniki	M40	270	707		02:18:05	02:18:50	06:33
		5 km: 00:25:29   8 km: 00:41:23   10,5 km: 00:54:39   15,45 km: 01:22:32   18,45 km: 01:55:20										
899	540	Damian Sieradzon	POL	Kefalumpy	Sławienko	M40	271	708		02:18:23	02:19:33	06:34
		5 km: 00:31:04   8 km: 00:50:26   10,5 km: 01:06:04   15,45 km: 01:38:56   18,45 km: 01:59:59										
900	244	Robert Grypczyński	POL	Kuna Kowanówko	Swarzędz	M50	99	709		02:18:50	02:20:13	06:35
		5 km: 00:31:06   8 km: 00:50:10   10,5 km: 01:05:41   15,45 km: 01:38:49   18,45 km: 02:00:06										

# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
901	1023	Renata Żak	POL		Poznań	K50	15		192	02:18:55	02:20:07	06:35
		5 km: 00:32:03   8 km: 00:51:45   10,5 km: 01:07:34   15,45 km: 01:40:24   18,45 km: 02:00:41										
902	792	Piotr Jagielski	POL		Świdnica	M50	100	710		02:19:03	02:20:27	06:35
		5 km: 00:30:19   8 km: 00:49:06   10,5 km: 01:04:33   15,45 km: 01:38:34   18,45 km: 02:00:29										
903	694	Dariusz Kliks	POL	Zmęczeni już przed biegiem	Poznań	M50	101	711		02:19:26	02:20:53	06:37
		5 km: 00:31:34   8 km: 00:50:23   10,5 km: 01:05:57   15,45 km: 01:38:26   18,45 km: 01:59:44										
904	961	Michał Wiśniewski	POL	SuperWiśnie	Kaźmierz	M30	231	712		02:19:30	02:20:26	06:37
		5 km: 00:27:35   8 km: 00:45:22   10,5 km: 01:00:31   15,45 km: 01:34:49   18,45 km: 01:58:56										
905	577	Krzysztof Koniec	POL		Więcbork	M50	102	713		02:19:42	02:20:47	06:37
		5 km: 00:24:31   8 km: 00:47:12   10,5 km: 01:03:33   15,45 km: 01:36:43   18,45 km: 02:01:00										
906	696	Roman Michalski	POL	KB Carasco	Poznań	M50	103	714		02:19:57	02:20:26	06:38
		5 km: 00:27:20   8 km: 00:45:25   10,5 km: 01:00:33   15,45 km: 01:35:18   18,45 km: 01:59:45										
907	719	Beata Bukowczan-Piniarska	POL		Dachowa	K30	76		193	02:20:04	02:20:42	06:38
		5 km: 00:31:05   8 km: 00:50:38   10,5 km: 01:06:55   15,45 km: 01:40:57   18,45 km: 02:01:38										
908	264	Michał Bugajny	POL		Siekierki Wielkie	M40	272	715		02:20:23	02:21:27	06:39
		5 km: 00:28:55   8 km: 00:48:18   10,5 km: 01:04:10   15,45 km: 01:36:49   18,45 km: 02:00:32										
909	259	Agata Konieczna	POL		Siekierki Wielkie	K30	77		194	02:20:23	02:21:26	06:39
		5 km: 00:28:56   8 km: 00:48:18   10,5 km: 01:04:10   15,45 km: 01:36:50   18,45 km: 02:00:32										
910	215	Jacek Szymański	POL	Pozytywni Biegacze	Skórka	M50	104	716		02:20:29	02:21:46	06:40
		5 km: 00:31:04   8 km: 00:50:35   10,5 km: 01:06:18   15,45 km: 01:39:54   18,45 km: 02:01:35										
911	211	Hanna Szymańska	POL		Skórka	K40	78		195	02:20:32	02:21:49	06:40
		5 km: 00:30:55   8 km: 00:50:16   10,5 km: 01:06:00   15,45 km: 01:39:43   18,45 km: 02:01:35										
912	53	Piotr Maćkowiak	POL		Tarnowo Podgórne	M30	232	717		02:20:36	02:21:46	06:40
		5 km: 00:29:38   8 km: 00:48:03   10,5 km: 01:03:42   15,45 km: 01:36:58   18,45 km: 02:00:52										
913	404	Przemysław Pyżalski	POL		Przeźmierowo	M50	105	718		02:20:45	02:22:10	06:40
		5 km: 00:27:58   8 km: 00:46:05   10,5 km: 01:01:53   15,45 km: 01:36:02   18,45 km: 02:01:07										
914	408	Julia Żurawska	POL	Biegające Po##by	Mosina	K20	22		196	02:20:51	02:22:08	06:41
		5 km: 00:27:00   8 km: 00:50:10   10,5 km: 01:05:52   15,45 km: 01:38:58   18,45 km: 02:02:23										
915	360	Katarzyna Elias	POL		Poznań	K50	16		197	02:20:52	02:22:06	06:41
		5 km: 00:31:59   8 km: 00:51:56   10,5 km: 01:07:56   15,45 km: 01:41:12   18,45 km: 02:02:31										
916	100	Piotr Lisewski	POL		Poznań	M40	273	719		02:20:54	02:22:05	06:41
		5 km: 00:30:25   8 km: 00:49:34   10,5 km: 01:05:25   15,45 km: 01:39:31   18,45 km: 02:02:08										
917	210	Artur Żmizniński	POL		Poznań	M50	106	720		02:21:03	02:22:13	06:41
		5 km: 00:30:27   8 km: 00:49:35   10,5 km: 01:05:26   15,45 km: 01:39:33   18,45 km: 02:02:09										
918	680	Jarek Swiatek	POL		Chyby	M40	274	721		02:21:19	02:22:17	06:42
		5 km: 00:29:14   8 km: 00:50:30   10,5 km: 01:06:35   15,45 km: 01:40:19   18,45 km: 02:02:06										
919	168	Sylwia Stokowska	POL	LeniwyTeam	Gorzkie Pole	K40	79		198	02:22:08	02:23:21	06:44
		5 km: 00:30:58   8 km: 00:50:29   10,5 km: 01:07:43   15,45 km: 01:42:08   18,45 km: 02:03:40										
920	857	Michał Biegański	POL	KB INTREX Poznań	Poznań	M30	233	722		02:22:16	02:23:11	06:45
		5 km: 00:27:05   8 km: 00:50:35   10,5 km: 01:06:33   15,45 km: 01:40:35   18,45 km: 02:02:56										

# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
921	317	Anna Jarczyńska	POL		Rokietnica	K50	17		199	02:22:22	02:23:13	06:45
		5 km: 00:31:18   8 km: 00:50:32   10,5 km: 01:06:27   15,45 km: 01:40:51   18,45 km: 02:02:39										
922	704	Magdalena Grabowska	POL		Poznań	K40	80		200	02:22:36	02:24:06	06:46
		5 km: 00:27:46   8 km: 00:51:28   10,5 km: 01:07:37   15,45 km: 01:37:38   18,45 km: 02:04:15										
923	148	Hanna Kajdan	POL	Kobiety w biegu	Września	K50	18		201	02:22:40	02:22:48	06:46
		5 km: 00:28:35   8 km: 00:46:57   10,5 km: 01:02:52   15,45 km: 01:38:06   18,45 km: 02:02:30										
924	883	Aleksandra Banaszak	POL	Kimball Electronics Poland	Poznań	K30	78		202	02:22:44	02:23:59	06:46
		5 km: 00:30:58   8 km: 00:50:18   10,5 km: 01:05:50   15,45 km: 01:40:58   18,45 km: 02:04:10										
925	483	Magdalena Wójcik	POL		Rokietnica	K40	81		203	02:22:48	02:24:06	06:46
		5 km: 00:31:05   8 km: 00:51:26   10,5 km: 01:08:58   15,45 km: 01:43:02   18,45 km: 02:04:17										
926	563	Setha Long-Kucharczyk	CAM		Murowana Goślina	K50	19		204	02:23:08	02:24:27	06:47
		5 km: 00:32:08   8 km: 00:52:09   10,5 km: 01:08:27   15,45 km: 01:42:13   18,45 km: 02:03:55										
927	965	Bartłomiej Zieliński	POL		Wrocław	M20	68	723		02:23:18	02:24:26	06:48
		5 km: 00:28:28   8 km: 00:46:39   10,5 km: 01:01:52   15,45 km: 01:36:44   18,45 km: 02:02:15										
928	546	Mateusz Noji	POL	I AM A RUNNER	Chojnice	M30	234	724		02:23:26	02:24:34	06:48
		5 km: 00:32:08   8 km: 00:51:42   10,5 km: 01:07:27   15,45 km: 01:40:50   18,45 km: 02:03:16										
929	508	Justyna Zbierska	POL	I AM A RUNNER	Poznań	K20	23		205	02:23:26	02:24:33	06:48
		5 km: 00:32:10   8 km: 00:51:45   10,5 km: 01:07:30   15,45 km: 01:40:53   18,45 km: 02:03:19										
930	497	Adam Matuszewski	POL	I AM A RUNER	Krzyż	M30	235	725		02:23:27	02:24:35	06:48
		5 km: 00:32:09   8 km: 00:51:43   10,5 km: 01:07:28   15,45 km: 01:40:51   18,45 km: 02:03:18										
931	493	Arkadiusz Pawlak	POL	Kiribati Club	Poznań	M50	107	726		02:23:52	02:25:10	06:49
		5 km: 00:31:17   8 km: 00:50:39   10,5 km: 01:06:41   15,45 km: 01:41:12   18,45 km: 02:03:52										
932	140	Weronika Stokowska	POL	LeniwyTeam	Gorzkie Pole	K20	24		206	02:23:56	02:25:10	06:49
		5 km: 00:32:58   8 km: 00:53:33   10,5 km: 01:10:24   15,45 km: 01:45:36   18,45 km: 02:06:58										
933	585	Matylda Pieczynska	POL		Góra	K40	82		207	02:24:23	02:25:36	06:51
		5 km: 00:30:25   8 km: 00:49:54   10,5 km: 01:06:11   15,45 km: 01:40:54   18,45 km: 02:03:55										
934	1159	Michał Abakanowicz	POL	Walka Kostrzyn	Słupsk	M40	275	727		02:24:35	02:25:47	06:51
		5 km: 00:32:11   8 km: 00:52:31   10,5 km: 01:08:42   15,45 km: 01:42:20   18,45 km: 02:04:09										
935	1115	Agnieszka Staszak	POL		Zakrzewo	K40	83		208	02:24:38	02:25:55	06:51
		5 km: 00:31:58   8 km: 00:52:12   10,5 km: 01:08:47   15,45 km: 01:43:59   18,45 km: 02:05:53										
936	460	Grzegorz Bandur	POL	KB MANIAC POZNAŃ	Poznań	M30	236	728		02:24:42	02:25:49	06:52
		5 km: 00:31:05   8 km: 00:50:12   10,5 km: 01:05:23   15,45 km: 01:37:37   18,45 km: 02:00:17										
937	234	Doroła Zdrojewska	POL	Poznań	Poznań	K40	84		209	02:24:50	02:26:08	06:52
		5 km: 00:27:09   8 km: 00:51:26   10,5 km: 01:08:51   15,45 km: 01:38:53   18,45 km: 02:05:23										
938	246	Izabela Stryzyk	POL		Nowe Oborzyska	K30	79		210	02:25:03	02:26:13	06:53
		5 km: 00:30:24   8 km: 00:50:08   10,5 km: 01:06:36   15,45 km: 01:42:06   18,45 km: 02:05:24										
939	1141	Małgorzata Wronka	POL		Swarzędz	K50	20		211	02:25:05	02:25:29	06:53
		5 km: 00:31:09   8 km: 00:51:18   10,5 km: 01:08:01   15,45 km: 01:44:03   18,45 km: 02:06:43										
940	212	Jerzy Jankowski	POL		Piła	M60	34	729		02:25:08	02:26:26	06:53
		5 km: 00:31:07   8 km: 00:51:06   10,5 km: 02:23:59   15,45 km: 01:43:14   18,45 km: 02:05:36										

# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
941	68	Karol Czarnota	POL		Gorzów	M30	237	730		02:25:20	02:26:07	06:53
		5 km: 01:41:51   8 km: 00:48:53   10,5 km: 01:06:01   15,45 km:   18,45 km: 02:04:36										
942	1138	Żaneta Kępa	POL		Skórzewo	K30	80		212	02:25:32	02:26:56	06:54
		5 km: 00:33:56   8 km: 00:54:33   10,5 km: 01:10:59   15,45 km: 01:45:04   18,45 km: 02:06:27										
943	775	Wojciech Świątek	POL	gRUNwald Team Poznań	Poznań	M60	35	731		02:25:54	02:27:17	06:55
		5 km: 00:32:11   8 km: 00:52:54   10,5 km: 01:09:02   15,45 km: 01:42:59   18,45 km: 02:07:23										
944	647	Przemysław Szalata	POL		Ostroróg	M20	69	732		02:26:26	02:27:46	06:56
		5 km: 00:33:35   8 km: 00:54:37   10,5 km: 01:11:29   15,45 km: 01:46:28   18,45 km: 02:08:42										
945	35	Karolina Winkowska	POL	Karolina Winkowska	Komorniki	K40	85		213	02:26:31	02:27:47	06:57
		5 km: 00:32:12   8 km: 00:52:16   10,5 km: 01:08:34   15,45 km: 01:43:21   18,45 km: 02:06:54										
946	962	Klaudia Zawół	POL	Lidl	Poznań	K20	25		214	02:27:01	02:28:08	06:58
		5 km: 00:30:20   8 km: 00:51:29   10,5 km: 01:08:24   15,45 km: 01:43:52   18,45 km: 02:07:51										
947	506	Zbigniew Taborek	POL		Zalasewo	M40	276	733		02:27:12	02:28:24	06:59
		5 km: 00:29:22   8 km: 00:54:44   10,5 km: 01:11:35   15,45 km: 01:46:34   18,45 km: 02:08:47										
948	203	Renata Węglarek	POL		Swarzędz	K40	86		215	02:27:19	02:28:31	06:59
		5 km: 00:33:41   8 km: 00:54:43   10,5 km: 01:11:35   15,45 km: 01:46:34   18,45 km: 02:08:51										
949	431	Marta Tobała	POL		Rumianek	K40	87		216	02:27:24	02:28:35	06:59
		5 km: 00:33:41   8 km: 00:54:43   10,5 km: 01:11:35   15,45 km: 01:46:35   18,45 km: 02:08:48										
950	966	Marta Zienkiewicz	POL	Lidl	Milanówek	K40	88		217	02:27:26	02:28:26	06:59
		5 km: 00:30:39   8 km: 00:50:34   10,5 km: 01:07:18   15,45 km: 01:43:25   18,45 km: 02:06:53										
951	783	Paulina Mrówka	POL		Rumianek	K40	89		218	02:27:28	02:28:41	06:59
		5 km: 00:33:40   8 km: 00:54:41   10,5 km: 01:11:34   15,45 km: 01:46:33   18,45 km: 02:08:46										
952	917	Anna Kasztelan	POL		Rumianek	K30	81		219	02:27:28	02:28:41	06:59
		5 km: 00:33:40   8 km: 00:54:42   10,5 km: 01:11:34   15,45 km: 01:46:33   18,45 km: 02:08:47										
953	567	Krzysztof Zakościelny	POL		Więcbork	M50	108	734		02:28:11	02:29:17	07:01
		5 km: 00:25:32   8 km: 00:48:57   10,5 km: 01:05:27   15,45 km: 01:41:37   18,45 km: 02:06:24										
954	661	Marek Starosta	POL		Galowo	M40	277	735		02:28:15	02:29:13	07:02
		5 km: 00:29:11   8 km: 00:49:58   10,5 km: 01:06:58   15,45 km: 01:43:38   18,45 km: 02:07:42										
955	332	Janusz Tyrpin	POL		Rokietnica	M30	238	736		02:28:24	02:29:18	07:02
		5 km: 00:24:41   8 km: 00:47:36   10,5 km: 01:04:20   15,45 km: 01:41:09   18,45 km: 02:05:21										
956	393	Andrzej Paziewski	POL	Kuna Kowanówko	Kowanówko	M50	109	737		02:29:33	02:31:03	07:05
		5 km: 00:31:13   8 km: 00:52:44   10,5 km: 01:09:49   15,45 km: 01:45:22   18,45 km: 02:08:42										
957	638	Marian Zdanowski	POL		Poznań	M60	36	738		02:29:45	02:30:45	07:06
		5 km: 00:30:43   8 km: 00:51:01   10,5 km: 01:08:26   15,45 km: 01:45:42   18,45 km: 02:09:33										
958	1031	Wojciech Radecki	POL	Dziki z Cytadeli	Pobiedziska	M40	278	739		02:30:35	02:31:44	07:08
		5 km: 00:31:32   8 km: 00:51:49   10,5 km: 01:09:46   15,45 km: 01:46:58   18,45 km: 02:10:27										
959	394	Zbigniew Kupka	POL		Śmigiel	M60	37	740		02:30:41	02:32:03	07:09
		5 km: 00:32:51   8 km: 00:53:05   10,5 km: 01:09:15   15,45 km: 01:45:57   18,45 km: 02:10:46										
960	242	Maciej Olęderek	POL	Kuna Kowanówko	Poznań	M50	110	741		02:31:42	02:33:07	07:11
		5 km: 00:31:40   8 km: 00:51:31   10,5 km: 01:08:45   15,45 km: 01:46:53   18,45 km: 02:11:01										

# Półmaraton Bieg Lwa

Tarnowo Podgórze 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
961	572	Adriana Tulska-Bogacka	POL		Grabik	K20	26		220	02:32:55	02:33:00	07:15
		5 km: 00:30:58   8 km: 00:52:02   10,5 km: 01:09:35   15,45 km: 01:46:59   18,45 km: 02:11:07										
962	388	Maria Stępien	POL	Opalenicki Klub Biegacza	Pniewy	K60	3		221	02:34:11	02:35:25	07:19
		5 km: 00:32:05   8 km: 00:53:00   10,5 km: 01:10:51   15,45 km: 01:48:46   18,45 km: 02:13:03										
963	477	Rafał Pluta	POL		Skórzewo	M40	279	742		02:36:04	02:37:24	07:24
		5 km: 00:34:04   8 km: 00:56:24   10,5 km: 01:13:47   15,45 km: 01:51:17   18,45 km: 02:15:22										
964	441	Łukasz Krystkiewicz	POL	Minionki Dachsera	Tulce	M40	280	743		02:36:30	02:37:45	07:25
		5 km: 00:34:15   8 km: 00:57:06   10,5 km: 01:14:28   15,45 km: 01:51:51   18,45 km: 02:16:44										
965	897	Paweł Speina	POL	Good Food Products	Rokietnica	M30	239	744		02:38:01	02:39:22	07:29
		5 km: 00:32:08   8 km: 00:53:42   10,5 km: 01:12:02   15,45 km: 01:50:22   18,45 km: 02:16:35										
966	843	Józef Zawadzki	POL		Poznań	M70+	10	745		02:38:09	02:39:16	07:30
		5 km: 00:33:09   8 km: 00:55:08   10,5 km: 01:13:32   15,45 km: 01:52:17   18,45 km: 02:16:44										
967	228	Joanna Żurawska	POL	Biegające Po##by	Mosina	K40	90		222	02:40:04	02:41:24	07:35
		5 km: 00:30:48   8 km: 00:50:51   10,5 km: 01:08:56   15,45 km: 01:52:24   18,45 km: 02:18:34										
968	226	Jacek Piechalak	POL	Kuna Kowanówko	Rokietnica	M50	111	746		02:40:22	02:41:51	07:36
		5 km: 00:33:04   8 km: 00:55:30   10,5 km: 01:13:58   15,45 km: 01:52:21   18,45 km: 02:17:44										
969	96	Andrzej Nowak	POL	Kęsy Team	Parkowo	M50	112	747		02:40:47	02:41:59	07:37
		5 km: 00:31:54   8 km: 00:53:10   10,5 km: 01:11:09   15,45 km: 01:50:50   18,45 km: 02:17:27										
970	449	Stefan Komorowski	POL		Lusówko	M70+	11	748		02:42:08	02:43:23	07:41
		5 km: 00:29:41   8 km: 00:49:20   10,5 km: 02:20:29   15,45 km: 01:39:28   18,45 km: 02:02:36										
971	468	Kamil Wołoszyn	POL		Tarnowo Podgórze	M30	240	749		02:42:10	02:43:23	07:41
		5 km: 00:33:13   8 km: 00:54:38   10,5 km: 01:12:34   15,45 km: 01:52:24   18,45 km: 02:19:07										
972	128	Magdalena Patalas	POL		Poznań	K20	27		223	02:42:48	02:44:06	07:43
		5 km: 00:34:05   8 km: 00:57:22   10,5 km: 01:17:08   15,45 km: 01:55:33   18,45 km: 02:21:50										
973	1032	Michał Srebro	POL	Dziki z Cytadeli	Poznań	M50	113	750		02:42:59	02:44:08	07:44
		5 km: 00:32:32   8 km: 00:56:55   10,5 km: 01:16:55   15,45 km: 01:56:36   18,45 km: 02:22:54										
974	841	Ewa Katarzyna Kasierska	POL	WKB META LUBLINIEC	Poznań	K70+	3		224	02:48:11	02:49:35	07:58
		5 km: 00:36:39   8 km: 01:00:14   10,5 km: 01:19:45   15,45 km: 02:00:48   18,45 km: 02:26:27										
975	845	Wacław Wanat	POL	PRO-RUN WROCŁAW	Wrocław	M70+	12	751		02:51:41	02:53:00	08:08
		5 km: 00:36:39   8 km: 01:00:28   10,5 km: 01:20:10   15,45 km: 02:01:14   18,45 km: 02:27:45										
DNF	238	Krzysztof Śmichurski	POL	Fizjoterapia Biegacza/WLKP Mountains Ultra	Cerekwica	M30						04:01
		5 km: 00:19:57   8 km: 00:32:14   10,5 km: 00:42:10   15,45 km:   18,45 km:										
DNF	157	Magdalena Lewicka	POL	Obornicki Klub Lekkoatletyczny	Oborniki	K40						05:05
		5 km: 00:24:40   8 km: 00:40:18   10,5 km: 00:53:25   15,45 km:   18,45 km:										
DNF	1026	Filip Tomaszewski	POL		Skorzewo	M30						05:08
		5 km: 00:25:40   8 km: 00:41:25   10,5 km: 00:53:56   15,45 km:   18,45 km:										
DNF	971	Patryk Pańczak	POL	Biofarm	Poznań	M30						05:40
		5 km: 00:28:12   8 km: 00:45:21   10,5 km: 00:59:25   15,45 km:   18,45 km:										
DNF	318	Sławomir Jarczyński	POL	Rokietnica Biega	Rokietnica	M50						10:48
		5 km: 00:26:39   8 km: 01:39:43   10,5 km: 01:53:21   15,45 km:   18,45 km:										

# Półmaraton Bieg Lwa

Tarnowo Podgórne 20.05.2023 | Dystans: 21.097 km | Wyniki OPEN | wyniki nieoficjalne

Klasyfikacja według czasów netto (z wyjątkiem pierwszych 50 zawodników OPEN)



Msc.	Nr	Imię i nazwisko	Kraj	Klub	Miejscowość	Kat. wiek.	msc. kat.wiek.	M	K	Wynik netto	Wynik brutto	śr.tempo min/km
DNF	1146	Michał Bzdawka	POL		Plewiska	M40						07:35
		5 km: 00:37:53   8 km: 01:00:36   10,5 km:   15,45 km:   18,45 km:										
DNF	609	Andrzej Smul	POL	Ultra Banda	Lusowko	M60						04:56
		5 km: 00:24:42   8 km:   10,5 km:   15,45 km:   18,45 km:										
DNF	302	Piotr Nowak	POL	Alior Running Team	Lusówko	M40						06:14
		5 km: 00:31:09   8 km:   10,5 km:   15,45 km:   18,45 km:										