

# IX Półmaraton o Puchar Grupy Cichy-Zasada - 2022-07-23

## Ćwierćmaraton 10,5 km

| Msc.                         | Nr. | Imię i nazwisko      | Msc. Kat.  | Klub                             | Miejscowość         | Wyniki         | tempo       | M   | K  | okr.1   | okr.2   | kat.Pracowni | kat.Gmin |
|------------------------------|-----|----------------------|------------|----------------------------------|---------------------|----------------|-------------|-----|----|---------|---------|--------------|----------|
| <b>Ćwierćmaraton 10,5 km</b> |     |                      |            |                                  |                     |                |             |     |    |         |         |              |          |
| 1.                           | 10  | Jakub Szymankiewicz  | M30-39     |                                  | Wronki              | <b>0:34:06</b> | 3:14 min/km | 1.  |    | 0:33:59 | 0:00:06 |              |          |
| 2.                           | 188 | Marcin Fehlau        | M40-49     | Fehlau Run Team                  | Chomęcice           | <b>0:35:34</b> | 3:23 min/km | 2.  |    | 0:35:28 | 0:00:06 |              |          |
| 3.                           | 208 | Yuriy Blahodir       | M40-49     | KS FABRYKA BIEGANIA OSTRÓW       | Ostrów Wlkp         | <b>0:36:18</b> | 3:27 min/km | 3.  |    | 0:36:11 | 0:00:07 |              |          |
| 4.                           | 61  | Mateusz Agaciak      | M30-39     |                                  | Poznań              | <b>0:36:41</b> | 3:29 min/km | 4.  |    | 0:36:35 | 0:00:06 |              |          |
| 5.                           | 172 | Adam El Bah          | M30-39     | #zaliniametyteam                 | Tarnowo Podgórne    | <b>0:37:03</b> | 3:31 min/km | 5.  |    | 0:36:57 | 0:00:06 |              |          |
| 6.                           | 66  | Paweł Łączny         | 1. M30-39  | ChampionMan                      | Czempiń             | <b>0:37:08</b> | 3:32 min/km | 6.  |    | 0:37:01 | 0:00:07 |              |          |
| 7.                           | 67  | Przemysław Fornalik  | 1. M40-49  | Lwówek Wielkopolski              | Lwówek              | <b>0:37:30</b> | 3:34 min/km | 7.  |    | 0:37:22 | 0:00:07 |              |          |
| 8.                           | 213 | Artur Piaskowski     | 2. M30-39  | Opalenicki Klub Biegacza         | Szewce              | <b>0:38:36</b> | 3:40 min/km | 8.  |    | 0:38:30 | 0:00:06 |              |          |
| 9.                           | 167 | Grzegorz Jezierski   | 1. M50-59  | UNILEVER POZNAŃ                  | Koziegłowy          | <b>0:40:23</b> | 3:50 min/km | 9.  |    | 0:40:17 | 0:00:06 |              |          |
| 10.                          | 115 | Adrian Woszczyło     | 3. M30-39  | KP PSP Międzychód                | Pszczew             | <b>0:40:55</b> | 3:53 min/km | 10. |    | 0:40:48 | 0:00:06 |              |          |
| 11.                          | 194 | Patryk Sopata        | 1. M20-29  | Biegacze Józefa Noji             | Drezdenko           | <b>0:41:20</b> | 3:56 min/km | 11. |    | 0:41:14 | 0:00:05 |              |          |
| 12.                          | 127 | Wioletta Kuczyńska   | K30-39     | Baryła Team 17 WBZ               | Gorzów Wielkopolski | <b>0:41:26</b> | 3:56 min/km |     | 1. | 0:41:19 | 0:00:06 |              |          |
| 13.                          | 65  | TOMASZ OSTAJEWSKI    | 2. M40-49  | Rozbiegany Lwówek                | Lwówek              | <b>0:41:37</b> | 3:57 min/km | 12. |    | 0:41:30 | 0:00:07 |              |          |
| 14.                          | 191 | Marcin Grzemski      | 4. M30-39  | Wroniecki Klub Biegacza          | Wronki              | <b>0:42:24</b> | 4:02 min/km | 13. |    | 0:42:16 | 0:00:07 |              |          |
| 15.                          | 105 | Jacek Szymczak       | 3. M40-49  | KB Gmina Czarnków                | Śmieszkowo          | <b>0:42:32</b> | 4:03 min/km | 14. |    | 0:42:25 | 0:00:07 |              |          |
| 16.                          | 129 | Jarosław Piątek      | 2. M50-59  | Biegacze Józefa Noji             | Drawski Młyn        | <b>0:42:55</b> | 4:05 min/km | 15. |    | 0:42:48 | 0:00:07 |              |          |
| 17.                          | 95  | Adam Sroka           | 4. M40-49  | KB Gmina Czarnków                | Kuźnica Czarnkowska | <b>0:43:14</b> | 4:07 min/km | 16. |    | 0:43:06 | 0:00:07 |              |          |
| 18.                          | 138 | Adam Musiał          | 1. M60-69  | Wybiegać marzenia                | Drawsko             | <b>0:43:22</b> | 4:07 min/km | 17. |    | 0:43:14 | 0:00:08 |              |          |
| 19.                          | 156 | Jakub Chudzicki      | 5. M30-39  |                                  | Rosko               | <b>0:43:36</b> | 4:09 min/km | 18. |    | 0:43:28 | 0:00:07 |              |          |
| 20.                          | 216 | Barbara Pochranowicz | K40-49     | Stowarzyszenie Maraton Dębno OSP | Dębno               | <b>0:44:01</b> | 4:11 min/km |     | 2. | 0:43:54 | 0:00:07 |              |          |
| 21.                          | 212 | Kazimierz Chwirot    | 3. M50-59  | Rozbiegany Lwówek                | Lwówek              | <b>0:44:09</b> | 4:12 min/km | 19. |    | 0:44:00 | 0:00:09 |              |          |
| 22.                          | 157 | Bartosz Kańduła      | 6. M30-39  | Bukowski Klub Biegacza           | Szewce              | <b>0:44:13</b> | 4:12 min/km | 20. |    | 0:44:04 | 0:00:08 |              |          |
| 23.                          | 78  | Robert Krawczyk      | 4. M50-59  | BOMBARDIER LUBOŃ                 | Luboń               | <b>0:44:27</b> | 4:14 min/km | 21. |    | 0:44:20 | 0:00:07 |              |          |
| 24.                          | 56  | Mariusz Wysocki      | 7. M30-39  | Reskjutim                        | Międzyrzecz         | <b>0:44:31</b> | 4:14 min/km | 22. |    | 0:44:25 | 0:00:05 |              |          |
| 25.                          | 121 | Mariusz Gojtko       | 8. M30-39  | MMA DEVIL MIEDZYCHOD             | Pszczew             | <b>0:44:45</b> | 4:15 min/km | 23. |    | 0:44:38 | 0:00:07 |              |          |
| 26.                          | 47  | Krzysztof Majorek    | 5. M40-49  | Bieganie Pod Sokolim Okiem       | Międzychód          | <b>0:44:47</b> | 4:15 min/km | 24. |    | 0:44:40 | 0:00:07 |              |          |
| 27.                          | 221 | Marcin Jerzyk        | 6. M40-49  | Formatio                         | Poznań              | <b>0:45:06</b> | 4:17 min/km | 25. |    | 0:44:59 | 0:00:07 |              |          |
| 28.                          | 147 | Piotr Roćko          | 9. M30-39  |                                  | Czapla              | <b>0:45:36</b> | 4:20 min/km | 26. |    | 0:45:28 | 0:00:08 |              |          |
| 29.                          | 118 | radosław Spychała    | 7. M40-49  |                                  | Chrzypsko Wielkie   | <b>0:45:54</b> | 4:22 min/km | 27. |    | 0:45:45 | 0:00:08 |              | 1. M     |
| 30.                          | 101 | Karol Krupa          | 10. M30-39 | Grupa Cichy-Zasada               | Plewiska            | <b>0:46:15</b> | 4:24 min/km | 28. |    | 0:46:06 | 0:00:08 | 1. M         |          |
| 31.                          | 125 | Miroslaw Kuczyński   | 8. M40-49  | 17WBZ                            | Międzyrzecz         | <b>0:46:48</b> | 4:27 min/km | 29. |    | 0:46:40 | 0:00:07 |              |          |
| 32.                          | 205 | Jacek Podolski       | 9. M40-49  |                                  | Chrzypsko Wielkie   | <b>0:47:07</b> | 4:29 min/km | 30. |    | 0:46:59 | 0:00:08 |              | 2. M     |
| 33.                          | 49  | Sebastian Nowak      | 11. M30-39 |                                  | Rosko               | <b>0:47:25</b> | 4:30 min/km | 31. |    | 0:47:17 | 0:00:07 |              |          |
| 34.                          | 71  | Krzysztof Maryniak   | 5. M50-59  |                                  | Pszczew             | <b>0:47:40</b> | 4:32 min/km | 32. |    | 0:47:33 | 0:00:07 |              |          |
| 35.                          | 193 | Grzegorz Naglacki    | 6. M50-59  | Mali Profi Szczecin              | Szczecin            | <b>0:47:47</b> | 4:33 min/km | 33. |    | 0:47:38 | 0:00:08 |              |          |
| 36.                          | 171 | Mateusz Kuczyński    | 2. M20-29  | KB Szamotuły                     | Szamotuły           | <b>0:48:00</b> | 4:34 min/km | 34. |    | 0:47:52 | 0:00:07 |              |          |
| 37.                          | 210 | Arkadiusz Ciesielski | 10. M40-49 | Nadleśnictwo Międzychód          | Międzychód          | <b>0:48:13</b> | 4:35 min/km | 35. |    | 0:48:07 | 0:00:06 |              |          |

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## Ćwierćmaraton 10,5 km

| Msc.                         | Nr. | Imię i nazwisko       | Msc. Kat. | Klub   | Miejscowość              | Wyniki         | tempo       | M   | K  | okr.1   | okr.2   | kat.Pracowni | kat.Gmin |
|------------------------------|-----|-----------------------|-----------|--------|--------------------------|----------------|-------------|-----|----|---------|---------|--------------|----------|
| <b>Ćwierćmaraton 10,5 km</b> |     |                       |           |        |                          |                |             |     |    |         |         |              |          |
| 38.                          | 207 | Czesław Polcyn        | 11.       | M40-49 | Gajewo                   | <b>0:48:13</b> | 4:35 min/km | 36. |    | 0:48:05 | 0:00:08 |              |          |
| 39.                          | 90  | Marian Kapitańczyk    | 2.        | M60-69 | 1955 Malta Poznań        | <b>0:48:28</b> | 4:36 min/km | 37. |    | 0:48:18 | 0:00:09 |              |          |
| 40.                          | 103 | Arkadiusz Pakulski    | 12.       | M30-39 | Grupa Cichy-Zasada       | <b>0:48:31</b> | 4:37 min/km | 38. |    | 0:48:23 | 0:00:07 | 2. M         |          |
| 41.                          | 215 | Piotr Bąbelczyk       | 7.        | M50-59 | Ultramen                 | <b>0:48:56</b> | 4:39 min/km | 39. |    | 0:48:47 | 0:00:08 |              |          |
| 42.                          | 50  | Michał Suchacki       | 13.       | M30-39 |                          | <b>0:49:00</b> | 4:40 min/km | 40. |    | 0:48:52 | 0:00:07 |              |          |
| 43.                          | 53  | Zbigniew Mazurek      | 8.        | M50-59 |                          | <b>0:49:04</b> | 4:40 min/km | 41. |    | 0:48:55 | 0:00:09 |              |          |
| 44.                          | 46  | Urszula Woźniak       |           | K50-59 | -                        | <b>0:49:07</b> | 4:40 min/km |     | 3. | 0:48:59 | 0:00:08 |              |          |
| 45.                          | 88  | Mateusz Cieślik       | 3.        | M20-29 | Team APK                 | <b>0:49:10</b> | 4:40 min/km | 42. |    | 0:49:04 | 0:00:05 |              |          |
| 46.                          | 109 | Michał Skubski        | 14.       | M30-39 | Run4Fun Team Poznań      | <b>0:49:10</b> | 4:40 min/km | 43. |    | 0:49:04 | 0:00:06 |              |          |
| 47.                          | 218 | Jędrzej Hoppe         | 12.       | M40-49 |                          | <b>0:49:25</b> | 4:42 min/km | 44. |    | 0:49:18 | 0:00:07 |              |          |
| 48.                          | 54  | Łukasz Frański        | 13.       | M40-49 | NKB Chyży Nowy Tomyśl    | <b>0:49:27</b> | 4:42 min/km | 45. |    | 0:49:15 | 0:00:11 |              |          |
| 49.                          | 119 | Igor Cichocki         | 1.        | M16-19 | Grupa Cichy-Zasada       | <b>0:49:35</b> | 4:43 min/km | 46. |    | 0:49:29 | 0:00:05 | 3. M         |          |
| 50.                          | 37  | Jacek Mleczak         | 9.        | M50-59 | FAVORY GORAJ             | <b>0:49:44</b> | 4:44 min/km | 47. |    | 0:49:35 | 0:00:09 |              |          |
| 51.                          | 111 | SZYMON HELAK          | 15.       | M30-39 | Run4Fun Team Poznań      | <b>0:49:46</b> | 4:44 min/km | 48. |    | 0:49:37 | 0:00:09 |              |          |
| 52.                          | 226 | Katarzyna Gabrylewicz |           | K30-39 | Winna                    | <b>0:49:58</b> | 4:45 min/km |     | 4. | 0:49:46 | 0:00:11 |              |          |
| 53.                          | 80  | Maciej Dudarski       | 16.       | M30-39 |                          | <b>0:50:02</b> | 4:45 min/km | 49. |    | 0:49:53 | 0:00:08 |              |          |
| 54.                          | 116 | Rafał Szwedek         | 17.       | M30-39 |                          | <b>0:50:11</b> | 4:46 min/km | 50. |    | 0:50:02 | 0:00:08 |              |          |
| 55.                          | 146 | Piotr Łuczak          | 2.        | M16-19 |                          | <b>0:50:30</b> | 4:48 min/km | 51. |    | 0:50:22 | 0:00:08 |              |          |
| 56.                          | 45  | Maciej Woźniak        | 10.       | M50-59 | -                        | <b>0:51:27</b> | 4:54 min/km | 52. |    | 0:51:18 | 0:00:08 |              |          |
| 57.                          | 64  | Roman Agaciak         | 11.       | M50-59 |                          | <b>0:51:43</b> | 4:55 min/km | 53. |    | 0:51:34 | 0:00:08 |              |          |
| 58.                          | 26  | Radosław Buchowski    | 14.       | M40-49 |                          | <b>0:51:47</b> | 4:55 min/km | 54. |    | 0:51:39 | 0:00:07 |              |          |
| 59.                          | 132 | RAFAŁ LITKE           | 15.       | M40-49 | OJO TEAM                 | <b>0:51:55</b> | 4:56 min/km | 55. |    | 0:51:45 | 0:00:09 |              |          |
| 60.                          | 55  | Mateusz Pupka         | 18.       | M30-39 |                          | <b>0:51:56</b> | 4:56 min/km | 56. |    | 0:51:51 | 0:00:05 |              |          |
| 61.                          | 75  | Zuzanna Gapska        |           | K30-39 | Biegacze Józefa Noji     | <b>0:52:02</b> | 4:57 min/km |     | 5. | 0:51:54 | 0:00:08 |              |          |
| 62.                          | 204 | Marian Borowczyk      | 1.        | M70-69 | KLAS Szpot Swarzędz      | <b>0:52:16</b> | 4:58 min/km | 57. |    | 0:52:05 | 0:00:10 |              |          |
| 63.                          | 186 | Jan Łuczak            | 12.       | M50-59 |                          | <b>0:52:26</b> | 4:59 min/km | 58. |    | 0:52:16 | 0:00:09 |              |          |
| 64.                          | 68  | Leszek Łączny         | 3.        | M60-69 |                          | <b>0:52:27</b> | 4:59 min/km | 59. |    | 0:52:15 | 0:00:12 |              |          |
| 65.                          | 173 | Jakub Izdorczyk       | 4.        | M20-29 | Team APK                 | <b>0:52:33</b> | 5:00 min/km | 60. |    | 0:52:26 | 0:00:06 |              |          |
| 66.                          | 59  | Paweł Miedziak        | 19.       | M30-39 |                          | <b>0:52:35</b> | 5:00 min/km | 61. |    | 0:52:26 | 0:00:09 |              |          |
| 67.                          | 166 | Jakub Tonder          | 20.       | M30-39 | Bukowski Klub Biegacza   | <b>0:52:44</b> | 5:01 min/km | 62. |    | 0:52:36 | 0:00:08 |              |          |
| 68.                          | 76  | Bogdan Gapski         | 13.       | M50-59 | Biegacze Józefa Noji     | <b>0:52:51</b> | 5:02 min/km | 63. |    | 0:52:42 | 0:00:09 |              |          |
| 69.                          | 130 | Marta Lisek           | 1.        | K20-29 | Rozbiegany Lwówek        | <b>0:52:54</b> | 5:02 min/km |     | 6. | 0:52:45 | 0:00:08 |              |          |
| 70.                          | 142 | Honorata Janowicz     | 2.        | K20-29 | Opalenicki Klub Biegacza | <b>0:52:56</b> | 5:02 min/km |     | 7. | 0:52:48 | 0:00:07 |              |          |
| 71.                          | 202 | Stefan Dobak          | 2.        | M70-69 | KB Szamotuły             | <b>0:53:04</b> | 5:03 min/km | 64. |    | 0:52:54 | 0:00:10 |              |          |
| 72.                          | 169 | Karolina Chraplewska  | 1.        | K40-49 |                          | <b>0:53:15</b> | 5:04 min/km |     | 8. | 0:53:05 | 0:00:09 |              |          |
| 73.                          | 87  | Urszula Dymek         | 2.        | K40-49 | Biegacze Józefa Noji     | <b>0:53:25</b> | 5:05 min/km |     | 9. | 0:53:16 | 0:00:08 |              |          |
| 74.                          | 126 | Adam Dreger           | 16.       | M40-49 |                          | <b>0:53:31</b> | 5:05 min/km | 65. |    | 0:53:25 | 0:00:06 |              |          |

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## Ćwierćmaraton 10,5 km

| Msc.                         | Nr.        | Imię i nazwisko         | Msc. Kat. | Klub   | Miejscowość                      | Wyniki                | tempo          | M           | K   | okr.1 | okr.2   | kat.Pracowni | kat.Gmin |
|------------------------------|------------|-------------------------|-----------|--------|----------------------------------|-----------------------|----------------|-------------|-----|-------|---------|--------------|----------|
| <b>Ćwierćmaraton 10,5 km</b> |            |                         |           |        |                                  |                       |                |             |     |       |         |              |          |
| 75.                          | <b>33</b>  | Radosław Kalota         | 17.       | M40-49 |                                  | Sieraków              | <b>0:53:34</b> | 5:06 min/km | 66. |       | 0:53:25 | 0:00:09      |          |
| 76.                          | <b>195</b> | Aleksander Majłowski    | 3.        | M70-69 | BBL Gorzów wkp                   | Gorzów Wielkopolski   | <b>0:53:41</b> | 5:06 min/km | 67. |       | 0:53:30 | 0:00:11      |          |
| 77.                          | <b>19</b>  | Adrianna Marszałkiewicz | 3.        | K20-29 |                                  | Chmielinko            | <b>0:53:46</b> | 5:07 min/km |     | 10.   | 0:53:38 | 0:00:08      |          |
| 78.                          | <b>217</b> | Marcin Basiński         | 21.       | M30-39 |                                  | Sieraków              | <b>0:53:55</b> | 5:08 min/km | 68. |       | 0:53:46 | 0:00:09      |          |
| 79.                          | <b>22</b>  | Andrzej plytnik         | 18.       | M40-49 |                                  | Poznań                | <b>0:53:58</b> | 5:08 min/km | 69. |       | 0:53:49 | 0:00:09      |          |
| 80.                          | <b>110</b> | TOMASZ                  | 22.       | M30-39 | Run4Fun Team Poznań              | Koziegłowy            | <b>0:54:05</b> | 5:09 min/km | 70. |       | 0:53:56 | 0:00:08      |          |
| 81.                          | <b>153</b> | Paweł Szymkowiak        | 23.       | M30-39 | Grodziski Klub Biegacza          | Grodzisk Wielkopolski | <b>0:54:19</b> | 5:10 min/km | 71. |       | 0:54:10 | 0:00:09      |          |
| 82.                          | <b>44</b>  | Kacper Kamiński         | 5.        | M20-29 |                                  | Szamocin              | <b>0:54:22</b> | 5:10 min/km | 72. |       | 0:54:16 | 0:00:06      |          |
| 83.                          | <b>122</b> | Michał Likowski         | 19.       | M40-49 |                                  | Poznań                | <b>0:54:24</b> | 5:10 min/km | 73. |       | 0:54:13 | 0:00:11      |          |
| 84.                          | <b>124</b> | Andrzej Dawidowicz      | 4.        | M60-69 | SAMSEBIEGAM                      | Bledzew               | <b>0:54:40</b> | 5:12 min/km | 74. |       | 0:54:30 | 0:00:09      |          |
| 85.                          | <b>180</b> | Sławomir Ziętek         | 5.        | M60-69 | Szamotulski Klub Biegacza        | Szamotuły             | <b>0:54:49</b> | 5:13 min/km | 75. |       | 0:54:40 | 0:00:09      |          |
| 86.                          | <b>83</b>  | Aldona Skibińska        | 1.        | K50-59 | Klub Biegowy Gmina Czarnków      | Czarnków              | <b>0:54:50</b> | 5:13 min/km |     | 11.   | 0:54:41 | 0:00:08      |          |
| 87.                          | <b>196</b> | Kazimierz Okonek        | 4.        | M70-69 | BBL Gorzów Wlkp.                 | Gorzów Wielkopolski   | <b>0:54:52</b> | 5:13 min/km | 76. |       | 0:54:41 | 0:00:10      |          |
| 88.                          | <b>384</b> | Artur Nafalski          | 24.       | M30-39 | Grupa Cichy-Zasada               | Tarnowo Podgórne      | <b>0:54:54</b> | 5:13 min/km | 77. |       | 0:54:48 | 0:00:05      | 4. M     |
| 89.                          | <b>108</b> | Bartosz Rybarski        | 6.        | M20-29 | Grupa Cichy-Zasada               | Kraplewo              | <b>0:55:45</b> | 5:18 min/km | 78. |       | 0:55:37 | 0:00:08      | 5. M     |
| 90.                          | <b>184</b> | michał Ciebielski       | 14.       | M50-59 |                                  | Pniewy                | <b>0:55:49</b> | 5:19 min/km | 79. |       | 0:55:40 | 0:00:09      |          |
| 91.                          | <b>141</b> | Marek Kakol             | 20.       | M40-49 |                                  | Sieraków              | <b>0:56:14</b> | 5:21 min/km | 80. |       | 0:56:06 | 0:00:08      |          |
| 92.                          | <b>72</b>  | Richard Szymański       | 21.       | M40-49 |                                  | Wronki                | <b>0:56:21</b> | 5:22 min/km | 81. |       | 0:56:11 | 0:00:10      |          |
| 93.                          | <b>86</b>  | Sebastian Suchorski     | 22.       | M40-49 | Kostrzyński Klub Biegowy do Celu | Kostrzyn Wlkp         | <b>0:56:33</b> | 5:23 min/km | 82. |       | 0:56:23 | 0:00:09      | 6. M     |
| 94.                          | <b>13</b>  | Irena Majłowska         | 1.        | K60-69 | BBL Gorzów wkp                   | Gorzów Wielkopolski   | <b>0:56:43</b> | 5:24 min/km |     | 12.   | 0:56:31 | 0:00:11      |          |
| 95.                          | <b>183</b> | Monika Spychała         | 4.        | K20-29 | Wroniecki Klub Biegacza          | Wronki                | <b>0:56:48</b> | 5:24 min/km |     | 13.   | 0:56:39 | 0:00:09      |          |
| 96.                          | <b>24</b>  | Krzysztof Władysław     | 6.        | M60-69 |                                  | Pniewy                | <b>0:57:04</b> | 5:26 min/km | 83. |       | 0:56:54 | 0:00:10      |          |
| 97.                          | <b>145</b> | Dariusz Beszterda       | 15.       | M50-59 | Aktywnie w Pniewach              | Pniewy                | <b>0:57:10</b> | 5:26 min/km | 84. |       | 0:57:00 | 0:00:09      |          |
| 98.                          | <b>16</b>  | Ryszard Wolniewicz      | 7.        | M60-69 | Biegacze Józefa Noji             | Pniewy                | <b>0:57:16</b> | 5:27 min/km | 85. |       | 0:57:04 | 0:00:11      |          |
| 99.                          | <b>433</b> | Henryk Czerniak         | 5.        | M70-69 | KB Kosynier Września             | Borzykowo             | <b>0:57:32</b> | 5:28 min/km | 86. |       | 0:57:21 | 0:00:11      |          |
| 100.                         | <b>143</b> | Paweł Cichowlas         | 25.       | M30-39 | Opalenicki Klub Biegacza         | Opalenica             | <b>0:57:37</b> | 5:29 min/km | 87. |       | 0:57:27 | 0:00:10      |          |
| 101.                         | <b>155</b> | Wojciech Koziński       | 26.       | M30-39 |                                  | Poznań                | <b>0:57:46</b> | 5:30 min/km | 88. |       | 0:57:37 | 0:00:09      |          |
| 102.                         | <b>139</b> | Wiesław Mikołajczak     | 16.       | M50-59 | Bez klubu                        | Wronki                | <b>0:58:12</b> | 5:32 min/km | 89. |       | 0:58:01 | 0:00:11      |          |
| 103.                         | <b>175</b> | Krzysztof Wysocki       | 23.       | M40-49 |                                  | Warszawa              | <b>0:58:39</b> | 5:35 min/km | 90. |       | 0:58:28 | 0:00:11      |          |
| 104.                         | <b>220</b> | Martyna Pajor           | 5.        | K20-29 |                                  | Wronki                | <b>0:58:46</b> | 5:35 min/km |     | 14.   | 0:58:36 | 0:00:09      |          |
| 105.                         | <b>63</b>  | Stanisław Muchajer      | 8.        | M60-69 | PPK PNIEWY                       | Pniewy                | <b>0:59:07</b> | 5:37 min/km | 91. |       | 0:58:59 | 0:00:08      |          |
| 106.                         | <b>79</b>  | Magdalena Stachowiak    | 6.        | K20-29 |                                  | Wronki                | <b>0:59:16</b> | 5:38 min/km |     | 15.   | 0:59:07 | 0:00:08      |          |
| 107.                         | <b>181</b> | Roman Grzesiak          | 24.       | M40-49 |                                  | Poznań                | <b>0:59:19</b> | 5:38 min/km | 92. |       | 0:59:06 | 0:00:13      |          |
| 108.                         | <b>140</b> | Andrzej Jessa           | 17.       | M50-59 | Bigacze Józefa Noji              | Pęckowo               | <b>0:59:36</b> | 5:40 min/km | 93. |       | 0:59:26 | 0:00:09      |          |
| 109.                         | <b>77</b>  | Sławomir Antoniak       | 9.        | M60-69 | TICON                            | Skórzewo              | <b>0:59:38</b> | 5:40 min/km | 94. |       | 0:59:29 | 0:00:08      |          |
| 110.                         | <b>224</b> | Wiesława Karkowska      | 2.        | K60-69 |                                  | Baranowo              | <b>0:59:49</b> | 5:41 min/km |     | 16.   | 0:59:38 | 0:00:11      |          |
| 111.                         | <b>123</b> | Marcin Lehwark          | 25.       | M40-49 | Drużyna Szpiku                   | Koziegłowy            | <b>0:59:58</b> | 5:42 min/km | 95. |       | 0:59:50 | 0:00:08      |          |

# IX Półmaraton o Puchar Grupy Cichy-Zasada - 2022-07-23

## Ćwierćmaraton 10,5 km

| Msc.                         | Nr. | Imię i nazwisko       | Msc. Kat. | Klub   | Miejscowość             | Wyniki               | tempo   | M           | K    | okr.1   | okr.2   | kat.Pracowni | kat.Gmin |
|------------------------------|-----|-----------------------|-----------|--------|-------------------------|----------------------|---------|-------------|------|---------|---------|--------------|----------|
| <b>Ćwierćmaraton 10,5 km</b> |     |                       |           |        |                         |                      |         |             |      |         |         |              |          |
| 112.                         | 192 | Alicja Pioch          | 3.        | K40-49 | Wroniecki Klub Biegacza | Nowa Wieś            | 0:59:59 | 5:42 min/km | 17.  | 0:59:48 | 0:00:10 |              |          |
| 113.                         | 162 | Łukasz Kozłowski      | 7.        | M20-29 | JESTEŚMY MARMITE        | Bachowice            | 1:00:13 | 5:44 min/km | 96.  | 1:00:02 | 0:00:11 |              |          |
| 114.                         | 223 | Monika Owczarczak     | 1.        | K30-39 | Sportowy Kaźmierz       | Poznań               | 1:00:28 | 5:45 min/km | 18.  | 1:00:18 | 0:00:10 |              |          |
| 115.                         | 3   | Daniel Kuk            | 27.       | M30-39 | Swaddy                  | Wrocław              | 1:00:33 | 5:46 min/km | 97.  | 1:00:20 | 0:00:13 |              |          |
| 116.                         | 58  | Michał Pigła          | 26.       | M40-49 | Sportowy Kaźmierz       | Kiączyń              | 1:00:36 | 5:46 min/km | 98.  | 1:00:26 | 0:00:10 |              |          |
| 117.                         | 60  | Maja Pigła            | 4.        | K40-49 | Sportowy Kaźmierz       | Kiączyń              | 1:00:36 | 5:46 min/km | 19.  | 1:00:26 | 0:00:10 |              |          |
| 118.                         | 35  | Marcin Kłosiński      | 28.       | M30-39 | Sportowy Kaźmierz       | Pamiętkowo           | 1:00:37 | 5:46 min/km | 99.  | 1:00:26 | 0:00:10 | 7. M         |          |
| 119.                         | 228 | Lidia Kaczmarek       | 5.        | K40-49 |                         | Sieraków             | 1:00:43 | 5:46 min/km | 20.  | 1:00:31 | 0:00:11 |              |          |
| 120.                         | 84  | Grzegorz Pyta         | 10.       | M60-69 | AMATOR                  | Grodzisk Wlkp.       | 1:00:45 | 5:47 min/km | 100. | 1:00:34 | 0:00:10 |              |          |
| 121.                         | 2   | Elżbieta Basińska     | 2.        | K30-39 | Grupa Cichy-Zasada      | Sierosław            | 1:00:45 | 5:47 min/km | 21.  | 1:00:35 | 0:00:09 |              |          |
| 122.                         | 131 | Sławomir Wieczorek    | 27.       | M40-49 |                         | Wronki               | 1:00:49 | 5:47 min/km | 101. | 1:00:39 | 0:00:10 |              |          |
| 123.                         | 32  | Radosław Araszkiwicz  | 29.       | M30-39 | FIT i KROPKA PL         | Łęże                 | 1:01:07 | 5:49 min/km | 102. | 1:00:58 | 0:00:08 |              | 3. M     |
| 124.                         | 187 | Zbigniew Radzi        | 28.       | M40-49 | Orle Wielkie            | Chrzypsko Wielkie    | 1:01:10 | 5:49 min/km | 103. | 1:00:58 | 0:00:11 |              | 4. M     |
| 125.                         | 161 | Filip Gursz           | 30.       | M30-39 | JESTEŚMY MARMITE        | Bielsko              | 1:01:13 | 5:49 min/km | 104. | 1:01:04 | 0:00:08 |              |          |
| 126.                         | 21  | Magdalena Jurek       | 2.        | K50-59 |                         | Międzychód           | 1:01:21 | 5:50 min/km | 22.  | 1:01:13 | 0:00:07 |              |          |
| 127.                         | 355 | Grzegorz Ogrodowczyk  | 8.        | M20-29 |                         | Międzychód           | 1:01:46 | 5:53 min/km | 105. | 1:01:36 | 0:00:10 |              |          |
| 128.                         | 185 | Natalia Rembowska     | 6.        | K40-49 | QUAY POZNAŃ             | Poznań               | 1:01:50 | 5:53 min/km | 23.  | 1:01:42 | 0:00:08 |              |          |
| 129.                         | 152 | MACIEJ WITKOWSKI      | 29.       | M40-49 | SOF STARY KALMAR        | Plewiska             | 1:01:52 | 5:53 min/km | 106. | 1:01:43 | 0:00:08 |              |          |
| 130.                         | 82  | Hanna Michalszczak    | 7.        | K40-49 |                         | Wolsztyn             | 1:01:55 | 5:53 min/km | 24.  | 1:01:45 | 0:00:10 |              |          |
| 131.                         | 225 | Remigiusz Kaczmarczyk | 30.       | M40-49 | Night Runners           | Poznań               | 1:01:56 | 5:53 min/km | 107. | 1:01:45 | 0:00:11 |              |          |
| 132.                         | 52  | Wojciech Przybylski   | 18.       | M50-59 | QUAY POZNAŃ             | Poznań               | 1:02:00 | 5:54 min/km | 108. | 1:01:49 | 0:00:11 |              |          |
| 133.                         | 209 | Paulina Miśków        | 7.        | K20-29 | Nadleśnictwo Międzychód | Drezdenko            | 1:02:08 | 5:55 min/km | 25.  | 1:01:57 | 0:00:10 |              |          |
| 134.                         | 120 | Łukasz Rogacki        | 31.       | M30-39 | GNB                     | Poznań (poznań-stare | 1:02:20 | 5:56 min/km | 109. | 1:02:12 | 0:00:08 |              |          |
| 135.                         | 177 | Karolina Olejniczak   | 3.        | K30-39 |                         | Międzychód           | 1:02:33 | 5:57 min/km | 26.  | 1:02:24 | 0:00:08 |              |          |
| 136.                         | 57  | Jolanta Gdowska       | 8.        | K40-49 |                         | Tarnowo Podgórne     | 1:02:46 | 5:58 min/km | 27.  | 1:02:35 | 0:00:10 |              |          |
| 137.                         | 43  | Sławomir Ogrodnik     | 31.       | M40-49 |                         | Międzychód           | 1:02:49 | 5:59 min/km | 110. | 1:02:31 | 0:00:17 |              |          |
| 138.                         | 20  | Roman Bednarek        | 11.       | M60-69 | Night Runners           | Poznań               | 1:02:49 | 5:59 min/km | 111. | 1:02:39 | 0:00:10 |              |          |
| 139.                         | 69  | Edyta                 | 9.        | K40-49 |                         | Szczecin             | 1:02:53 | 5:59 min/km | 28.  | 1:02:44 | 0:00:09 |              |          |
| 140.                         | 28  | LECH SALITA           | 12.       | M60-69 | ALTOM GNIEZNO           | Gniezno              | 1:03:08 | 6:00 min/km | 112. | 1:02:57 | 0:00:11 |              |          |
| 141.                         | 214 | Jacek Górzyński       | 32.       | M30-39 |                         | Chrzypsko Wielkie    | 1:03:11 | 6:01 min/km | 113. | 1:03:00 | 0:00:11 |              | 5. M     |
| 142.                         | 128 | Paweł Opaczyk         | 13.       | M60-69 |                         | Poznań               | 1:03:18 | 6:01 min/km | 114. | 1:03:07 | 0:00:11 |              |          |
| 143.                         | 39  | Beata Dziubińska      | 4.        | K30-39 |                         | Sieraków             | 1:03:29 | 6:02 min/km | 29.  | 1:03:18 | 0:00:10 |              |          |
| 144.                         | 31  | Paulina Tomala        | 5.        | K30-39 | Lecę bo chce            | Sieraków             | 1:03:35 | 6:03 min/km | 30.  | 1:03:25 | 0:00:09 |              |          |
| 145.                         | 158 | Jakub Adamski         | 32.       | M40-49 | JESTEŚMY MARMITE        | Dąbrówka             | 1:03:40 | 6:03 min/km | 115. | 1:03:30 | 0:00:10 |              |          |
| 146.                         | 48  | Radek Balcerzak       | 33.       | M30-39 | Rożańskie Tempo         | Rosko                | 1:03:46 | 6:04 min/km | 116. | 1:03:36 | 0:00:09 |              |          |
| 147.                         | 197 | Czesław Romas         | 6.        | M70-69 |                         | Gorzów Wielkopolski  | 1:03:56 | 6:05 min/km | 117. | 1:03:43 | 0:00:12 |              |          |
| 148.                         | 81  | Kamila Sośnicka       | 6.        | K30-39 |                         | Sieraków             | 1:04:02 | 6:05 min/km | 31.  | 1:03:52 | 0:00:10 |              |          |

# IX Półmaraton o Puchar Grupy Cichy-Zasada - 2022-07-23

## Ćwierćmaraton 10,5 km

| Msc.                         | Nr. | Imię i nazwisko      | Msc. Kat. | Klub   | Miejscowość                        | Wyniki            | tempo          | M           | K    | okr.1   | okr.2   | kat.Pracowni | kat.Gmin |
|------------------------------|-----|----------------------|-----------|--------|------------------------------------|-------------------|----------------|-------------|------|---------|---------|--------------|----------|
| <b>Ćwierćmaraton 10,5 km</b> |     |                      |           |        |                                    |                   |                |             |      |         |         |              |          |
| 149.                         | 150 | Tomasz Zagozda       | 14.       | M60-69 |                                    | Luboń             | <b>1:04:19</b> | 6:07 min/km | 118. | 1:04:09 | 0:00:09 |              |          |
| 150.                         | 36  | Ania Weber           | 7.        | K30-39 |                                    | Sieraków          | <b>1:04:23</b> | 6:07 min/km | 32.  | 1:04:13 | 0:00:10 |              |          |
| 151.                         | 5   | Jadzka Jaworek       | 8.        | K30-39 | MMA DEVIL MIEDZYCHOD               | Chrzypsko Wielkie | <b>1:04:24</b> | 6:08 min/km | 33.  | 1:04:14 | 0:00:10 |              | 1. K     |
| 152.                         | 189 | Jacek Jaworek        | 19.       | M50-59 |                                    | Sieraków          | <b>1:04:25</b> | 6:08 min/km | 119. | 1:04:14 | 0:00:10 |              |          |
| 153.                         | 11  | Alicja Błaszczyk     | 10.       | K40-49 | Pogoń za króliczkiem               | Komorniki         | <b>1:04:25</b> | 6:08 min/km | 34.  | 1:04:14 | 0:00:10 |              |          |
| 154.                         | 62  | Daria Spicker        | 8.        | K20-29 |                                    | Kruszewo          | <b>1:04:31</b> | 6:08 min/km | 35.  | 1:04:21 | 0:00:09 |              |          |
| 155.                         | 174 | Małgorzata           | 11.       | K40-49 |                                    | Warszawa          | <b>1:04:33</b> | 6:08 min/km | 36.  | 1:04:23 | 0:00:10 |              |          |
| 156.                         | 229 | Krzysztof Nawrot     | 3.        | M16-19 | Grom Plewiska                      | Plewiska          | <b>1:04:35</b> | 6:09 min/km | 120. | 1:04:26 | 0:00:08 |              |          |
| 157.                         | 114 | Paweł Kolan          | 20.       | M50-59 | Pędzące Leniwce                    | Poznań            | <b>1:04:40</b> | 6:09 min/km | 121. | 1:04:30 | 0:00:10 |              |          |
| 158.                         | 219 | Adam Wargin          | 21.       | M50-59 |                                    | Wronki            | <b>1:04:48</b> | 6:10 min/km | 122. | 1:04:36 | 0:00:11 |              |          |
| 159.                         | 117 | Agata Krystek        | 9.        | K30-39 |                                    | Drawsko           | <b>1:04:51</b> | 6:10 min/km | 37.  | 1:04:43 | 0:00:08 |              |          |
| 160.                         | 25  | Anna Nawrot          | 12.       | K40-49 |                                    | Plewiska          | <b>1:05:01</b> | 6:11 min/km | 38.  | 1:04:50 | 0:00:11 |              |          |
| 161.                         | 154 | Milena Szkudlarek    | 10.       | K30-39 | Sportowy Kaźmierz                  | Kaźmierz          | <b>1:05:08</b> | 6:12 min/km | 39.  | 1:04:57 | 0:00:10 |              |          |
| 162.                         | 104 | Tomasz Stankowski    | 34.       | M30-39 |                                    | Poznań            | <b>1:05:20</b> | 6:13 min/km | 123. | 1:04:42 | 0:00:38 |              |          |
| 163.                         | 135 | Mateusz Włodarczyk   | 33.       | M40-49 |                                    | Szamotuły         | <b>1:06:14</b> | 6:18 min/km | 124. | 1:06:03 | 0:00:11 |              |          |
| 164.                         | 148 | Jacek Ozimek         | 15.       | M60-69 | Sportowy Kaźmierz , Wataha - Łączy | Kaźmierz          | <b>1:06:39</b> | 6:20 min/km | 125. | 1:06:26 | 0:00:12 |              |          |
| 165.                         | 85  | Krzysztof            | 35.       | M30-39 | Unilever Poznań                    | Poznań            | <b>1:07:17</b> | 6:24 min/km | 126. | 1:07:06 | 0:00:11 |              |          |
| 166.                         | 179 | Julia Jałowska       | 1.        | K16-19 |                                    | Poznan            | <b>1:07:32</b> | 6:25 min/km | 40.  | 1:07:21 | 0:00:11 |              |          |
| 167.                         | 29  | Wiesława Sitek       | 13.       | K40-49 | KGB Mosina/Puszczykowo             | Puszczykowo       | <b>1:07:33</b> | 6:26 min/km | 41.  | 1:07:24 | 0:00:09 |              |          |
| 168.                         | 9   | Krzysztof Wróblewski | 22.       | M50-59 | Biegacze PMI                       | Międzychód        | <b>1:08:00</b> | 6:28 min/km | 127. | 1:07:50 | 0:00:09 |              |          |
| 169.                         | 40  | Mariusz Sikora       | 34.       | M40-49 | Sołectwo Piłka                     | Piłka             | <b>1:08:15</b> | 6:30 min/km | 128. | 1:08:05 | 0:00:10 |              |          |
| 170.                         | 51  | Sandra Wylegała      | 9.        | K20-29 |                                    | Sieraków          | <b>1:08:18</b> | 6:30 min/km | 42.  | 1:08:08 | 0:00:10 |              |          |
| 171.                         | 201 | Edward Rotarski      | 7.        | M70-69 | 1954                               | Kozuchów          | <b>1:08:21</b> | 6:30 min/km | 129. | 1:08:10 | 0:00:10 |              |          |
| 172.                         | 168 | Wiktoria Pyśk        | 10.       | K20-29 |                                    | Międzyrzecz       | <b>1:08:21</b> | 6:30 min/km | 43.  | 1:08:12 | 0:00:09 |              |          |
| 173.                         | 170 | Małgorzata Wronka    | 3.        | K50-59 |                                    | Swarzędz          | <b>1:08:47</b> | 6:33 min/km | 44.  | 1:08:33 | 0:00:13 |              |          |
| 174.                         | 98  | Zuzanna Jankowiak    | 11.       | K20-29 | Grupa Cichy-Zasada                 | Przeźmierowo      | <b>1:08:50</b> | 6:33 min/km | 45.  | 1:08:37 | 0:00:13 |              | 1. K     |
| 175.                         | 93  | Karolina             | 11.       | K30-39 | Grupa Cichy-Zasada                 | Kobylanka         | <b>1:09:10</b> | 6:35 min/km | 46.  | 1:09:00 | 0:00:10 |              | 2. K     |
| 176.                         | 42  | Emilia Ogrodnik      | 14.       | K40-49 |                                    | Międzychód        | <b>1:10:45</b> | 6:44 min/km | 47.  | 1:10:31 | 0:00:14 |              |          |
| 177.                         | 96  | Zbigniew Pertek      | 9.        | M20-29 | Niedzielny Biegacz                 | Czarnków          | <b>1:10:46</b> | 6:44 min/km | 130. | 1:10:36 | 0:00:10 |              |          |
| 178.                         | 91  | Agnieszka CZEKURŁAN  | 15.       | K40-49 | Grupa Cichy-Zasada                 | Szczecin          | <b>1:11:03</b> | 6:46 min/km | 48.  | 1:10:51 | 0:00:12 |              | 3. K     |
| 179.                         | 27  | Agata Kaczmarzyk     | 16.       | K40-49 |                                    | Wrocław           | <b>1:11:27</b> | 6:48 min/km | 49.  | 1:11:15 | 0:00:12 |              |          |
| 180.                         | 34  | Milena Kłosińska     | 12.       | K30-39 | Sportowy Kaźmierz                  | Kiączyn           | <b>1:11:47</b> | 6:50 min/km | 50.  | 1:11:37 | 0:00:09 |              |          |
| 181.                         | 41  | Ewa Kramer-Dwóźnik   | 4.        | K50-59 |                                    | Wronki            | <b>1:12:42</b> | 6:55 min/km | 51.  | 1:12:29 | 0:00:12 |              |          |
| 182.                         | 227 | Andrzej Kaczmarek    | 23.       | M50-59 |                                    | Sieraków          | <b>1:12:49</b> | 6:56 min/km | 131. | 1:12:35 | 0:00:13 |              |          |
| 183.                         | 107 | Magdalena Orlik      | 17.       | K40-49 | Grupa Cichy-Zasada                 | Kozłowo           | <b>1:17:29</b> | 7:22 min/km | 52.  | 1:17:17 | 0:00:12 |              | 4. K     |
| 184.                         | 92  | Zbigniew Grzegorz    | 24.       | M50-59 | Grupa Cichy-Zasasa                 | Poznań            | <b>1:17:31</b> | 7:22 min/km | 132. | 1:17:18 | 0:00:12 |              | 8. M     |
| 185.                         | 383 | MARIAN ZDANOWSKI     | 16.       | M60-69 |                                    | Poznań            | <b>1:17:51</b> | 7:24 min/km | 133. | 1:17:35 | 0:00:15 |              |          |

# IX Półmaraton o Puchar Grupy Cichy-Zasada - 2022-07-23

## Ćwierćmaraton 10,5 km

| Msc.                         | Nr.        | Imię i nazwisko     | Msc. Kat.  | Klub                       | Miejscowość       | Wyniki         | tempo       | M    | K   | okr.1   | okr.2   | kat.Pracowni | kat.Gmin |
|------------------------------|------------|---------------------|------------|----------------------------|-------------------|----------------|-------------|------|-----|---------|---------|--------------|----------|
| <b>Ćwierćmaraton 10,5 km</b> |            |                     |            |                            |                   |                |             |      |     |         |         |              |          |
| 186.                         | <b>206</b> | Józef Wrona         | 1. M80+    | Zw. Dzieci Wojny Myślibórz | Wieleń            | <b>1:25:17</b> | 8:07 min/km | 134. |     | 1:25:01 | 0:00:16 |              |          |
| 187.                         | <b>198</b> | Stanisław Przybylak | 8. M70-69  | Przybylak Team             | Poznań            | <b>1:25:33</b> | 8:08 min/km | 135. |     | 1:25:18 | 0:00:15 |              |          |
| 188.                         | <b>164</b> | Mirosława Ilkiewicz | 13. K30-39 |                            | Chrzypsko Wielkie | <b>1:29:46</b> | 8:33 min/km |      | 53. | 1:29:29 | 0:00:17 |              | 2. K     |
| 189.                         | <b>165</b> | Tomek Kanarek       | 36. M30-39 |                            | Chrzypsko Wielkie | <b>1:29:48</b> | 8:33 min/km | 136. |     | 1:29:25 | 0:00:22 |              | 6. M     |
| 190.                         | <b>70</b>  | Barbara Maryniak    | 5. K50-59  |                            | Pszczew           | <b>DNS</b>     | 4:05 min/km |      | 54. |         |         |              |          |

Liczba zawodników: 190