

**PODSUMOWANIE WYNIKÓW ZIMOWEGO GRAND PRIX  
POWIATU NOWOTOMYSKIEGO W BIEGACH NA 5KM**



Miejsce open	Nazwisko	Imię	TEAM	Płeć	Kat. Wiekowa	Bieg 1 (Opalenica) 4.12.2021	Bieg 2 (Cicha Góra) 8.01.2022	Bieg 3 (Bolewice) 22.01.2022	Bieg 4 (Nowy Tomyśl) 5.02.2022	Bieg 5 (Strzyżewo) 19.02.2022	Bieg 6 (Przyłęk) 5.03.2022	Bieg 7 (Lwówek) 19.03.2022	Bieg 8 (Kuślin) 9.04.2022	Ilość biegów	Suma z 4 wyników	Średnia
1	Feifer	Bartosz	FEIFER TEAM	M	M30				00:17:34		00:17:22	00:17:44		5	1:10:50	0:17:42
2	Mocek	Marek	DANFLOR TEAM	M	M20	00:18:25	00:17:57		00:17:49			00:17:36	00:17:41	5	1:11:03	0:17:46
3	Bielawski	Tomasz	DRUŻYNA SZPIKU GRANOWO	M	M30	00:18:37					00:18:05	00:18:25	00:18:19	4	1:13:26	0:18:22
4	Kaczmarek	Łukasz	KUŹNIA TALENTÓW KAMIENIEC	M	M30	00:19:20		00:18:27			00:18:24	00:18:32		4	1:14:43	0:18:41
5	Grabski	Rafał	TEAM BEROTU	M	M30	00:20:10	00:19:14		00:19:04		00:18:50	00:18:39	00:18:22	6	1:14:55	0:18:44
6	Skatecki	Krzystian	NKB CHYŻY NOWY TOMYŚL	M	M20	00:21:39	00:20:28	00:19:27	00:19:21		00:18:47	00:18:36	00:18:38	7	1:15:22	0:18:50
7	Końka	Tomasz	TEAM BEROTU	M	M40	00:22:48	00:19:10	00:19:28	00:18:42		00:18:35	00:18:56	00:23:48	7	1:15:23	0:18:51
8	Marchlewski	Adrian	TKKF ŁABĘDŹ ZBAŚZYŃ	M	M30		00:21:28		00:19:12		00:18:56	00:18:49	00:18:54	5	1:15:51	0:18:58
9	Wałęsa	Miłosz		M	M30	00:19:58	00:19:53	00:19:01	00:19:07		00:18:52	00:18:53	00:19:16	7	1:15:53	0:18:58
10	Nagucki	Karol		M	M20	00:19:36		00:18:51	00:18:58		00:19:17	00:19:01	00:19:34	6	1:16:07	0:19:02
11	Nowak	Przemysław	OPALENICKI KLUB BIEGACZA	M	M40	00:19:37	00:20:18	00:19:47	00:19:35		00:19:33	00:19:02	00:19:00	7	1:17:10	0:19:18
12	Kupczyński	Dawid	OPALENICKI KLUB BIEGACZA	M	M30	00:19:30	00:19:29	00:19:09	00:19:14					4	1:17:22	0:19:21
13	Odważny	Mariusz	KUŹNIA TALENTÓW KAMIENIEC	M	M30	00:19:42		00:19:23				00:19:15	00:19:02	4	1:17:22	0:19:21
14	Kukawa	Hubert	OPALENICKI KLUB BIEGACZA	M	M30	00:20:22		00:19:53	00:19:45		00:19:28	00:19:09	00:19:25	6	1:17:47	0:19:27
15	Sieroń	Kamil	TEAM BEROTU	M	M30	00:20:16	00:20:12	00:19:25	00:19:26		00:19:31		00:19:54	6	1:18:16	0:19:34
16	Ranecki	Piotr	OPALENICKI KLUB BIEGACZA	M	M40	00:20:41	00:19:55				00:19:01		00:18:49	4	1:18:26	0:19:37
17	Ziemek	Tomasz	TEAM BEROTU	M	M40		00:20:46	00:19:37	00:19:29			00:18:57		5	1:18:41	0:19:40
18	Skotarek	Sławomir	OPALENICKI KLUB BIEGACZA	M	M50	00:21:02	00:20:37	00:20:20	00:20:04			00:20:21	00:19:31	6	1:20:16	0:20:04
19	Kaniuk	Sławomir	GRODZISKI KLUB BIEGACZA	M	M50	00:21:27	00:21:12	00:20:22	00:20:24		00:19:46	00:20:02	00:20:07	7	1:20:17	0:20:04
20	Sternal	Sebastian	GRODZISKI KLUB BIEGACZA	M	M40		00:21:58	00:20:38	00:20:08		00:19:36	00:20:00	00:20:45	6	1:20:22	0:20:06
21	Michałowicz	Jakub	Bech Packaging Team	M	M30	00:21:07	00:21:30	00:20:15	00:20:06		00:19:51	00:20:23		6	1:20:35	0:20:09
22	Pawlak	Kamil		M	M20		00:22:45	00:21:14	00:20:53		00:20:11	00:19:53	00:19:51	6	1:20:48	0:20:12
23	Dolecki	Arkadiusz		M	M40		00:21:22	00:20:42	00:20:21		00:20:24	00:20:46	00:20:24	6	1:21:51	0:20:28
24	Żak	Marek		M	M30		00:20:43	00:20:12	00:20:39		00:20:35			4	1:22:09	0:20:32
25	Maciąg	Iwona	TEAM BEROTU	K	K30		00:21:49	00:21:36	00:21:07		00:20:51	00:19:54	00:20:23	6	1:22:15	0:20:34
26	Maciąg	Magdalena	TEAM BEROTU	K	K20		00:21:36	00:21:58	00:21:05		00:20:48	00:20:40	00:20:41	6	1:23:14	0:20:48
27	Kurek	Robert		M	M40	00:21:42	00:22:35	00:20:59	00:20:55		00:20:45	00:21:01	00:20:57	7	1:23:36	0:20:54
28	Dolecki	Wiktor		M	M20		00:22:52	00:23:43	00:22:13		00:21:28	00:21:27	00:20:21	6	1:25:29	0:21:22
29	Wachowska	Agnieszka	TKKF ŁABĘDŹ ZBAŚZYŃ	K	K30				00:21:52		00:20:59	00:21:40	00:21:44	4	1:26:15	0:21:34
30	Kańduski	Jakub	OPALENICKI KLUB BIEGACZA	M	M40	00:21:59	00:22:25				00:21:49	00:21:49	00:21:08	5	1:26:45	0:21:41
31	Jarnut	Łukasz	LB TEAM LWÓWEK	M	M30	00:23:10	00:21:45	00:21:16	00:20:45				00:24:12	5	1:26:56	0:21:44
32	Kornosz	Damian	OPALENICKI KLUB BIEGACZA	M	M30	00:21:39	00:22:23		00:21:03		00:27:19	00:22:25		5	1:27:30	0:21:52
33	Woźniak	Urszula		K	K50		00:22:30	00:22:14			00:22:15	00:22:15	00:21:54	5	1:28:38	0:22:10
34	Flak-Marcinkowski	Jacek	KB MARATON TUREK	M	M50	00:36:43	00:34:02	00:22:36	00:22:20		00:30:58	00:22:12	00:21:38	7	1:28:46	0:22:11
35	Woźniak	Maciej		M	M50		00:23:05	00:22:22			00:22:19	00:22:07	00:22:48	5	1:29:36	0:22:24
36	Feifer	Jolanta	FEIFER TEAM	K	K30		00:24:10		00:22:17		00:21:56	00:22:41	00:22:42	5	1:29:36	0:22:24
37	Nolka	Jakub	GRODZISKI WIELKOPOLSKI	M	M30	00:22:01	00:23:33		00:22:23			00:22:22	00:22:50	5	1:29:36	0:22:24
38	Cymerman	Artur	PAPROĆ	M	M40		00:22:16		00:23:50		00:22:56	00:22:02	00:22:28	5	1:29:42	0:22:26
39	Szymkowiak	Andrzej		M	M60		00:22:33	00:22:30	00:22:31		00:22:13		00:23:03	5	1:29:47	0:22:27
40	Brychcy-Nowak	Paulina	TKKF ŁABĘDŹ ZBAŚZYŃ	K	K40	00:24:05	00:23:40	00:22:40	00:21:55				00:21:58	5	1:30:13	0:22:33
41	Popowicz	Katarzyna	POPKI TEAM	K	K20		00:22:55	00:22:38	00:22:36			00:22:38	00:22:37	5	1:30:29	0:22:37
42	Mądrzak	Krzystian	TKKF ŁABĘDŹ ZBAŚZYŃ	M	M30				00:21:54		00:21:46	00:23:51	00:23:09	4	1:30:40	0:22:40
43	Krajewska	Jolanta		K	K40	00:23:34		00:23:15	00:23:10			00:22:21	00:23:01	5	1:31:47	0:22:57
44	Janowicz	Honorata	OPALENICKI KLUB BIEGACZA	K	K20	00:23:30	00:24:29	00:23:30				00:23:11	00:23:32	5	1:33:43	0:23:26
45	Migdał	Jan	TKKF ŁABĘDŹ ZBAŚZYŃ	M	M60	00:23:11	00:23:11		00:23:17				00:24:04	4	1:33:43	0:23:26
46	Wojciechowski	Marek		M	M30	00:24:14		00:23:08	00:24:14		00:23:30	00:24:03		5	1:34:55	0:23:44
47	Grobelny	Sebastian	TEAM BEROTU	M	M40	00:25:53	00:26:24		00:23:08			00:22:30	00:23:24	5	1:34:55	0:23:44
48	Wituła	Łukasz	TKKF ŁABĘDŹ ZBAŚZYŃ	M	M30	00:23:46	00:24:08	00:23:03	00:24:43		00:24:19	00:26:45	00:26:47	7	1:35:16	0:23:49
49	Walentowski	Paweł	TKKF ŁABĘDŹ ZBAŚZYŃ	M	M40	00:25:42	00:24:16	00:23:48			00:24:06		00:23:11	5	1:35:21	0:23:50
50	Sobieraj	Aneta		K	K30		00:25:47		00:24:38		00:23:50	00:23:21	00:23:35	5	1:35:24	0:23:51
51	Jarnut	Paweł	LB TEAM LWÓWEK	M	M30	00:24:20	00:24:39	00:23:20	00:23:15				00:24:53	5	1:35:34	0:23:53
52	Woźny	Dezyderiusz		M	M20	00:24:45	00:24:24	00:24:25	00:24:20		00:23:25	wach	00:25:48	7	1:36:34	0:24:08
53	Walentowska	Kinga	TKKF ŁABĘDŹ ZBAŚZYŃ	K	K40	00:25:43	00:24:48	00:24:00	00:24:01		00:24:01			5	1:36:50	0:24:13
54	Końka	Magdalena	TEAM BEROTU	K	K30		00:25:07	00:24:32	00:24:11				00:23:47	4	1:37:37	0:24:24
55	Nagucki	Mateusz	OPALENICKI	M	M30	00:24:51		00:24:08	00:25:01			00:24:25	00:24:52	5	1:38:16	0:24:34
56	Kwiatkowski	Tadeusz	WOLSZTYŃSKI KLUB BIEGOWY	M	M60	00:24:37	00:24:53	00:24:33	00:24:35		00:24:57		00:24:57	6	1:38:38	0:24:39
57	Kroma	Krzysztof		M	M40	00:25:00	00:24:42		00:24:26				00:35:20	5	1:38:50	0:24:43
58	Woźniczka	Anna	AKTYWNI W PNIEWACH	K	K30		00:26:10	00:24:55	00:24:48		00:24:45	00:24:49		5	1:39:17	0:24:49

**PODSUMOWANIE WYNIKÓW ZIMOWEGO GRAND PRIX  
POWIATU NOWOTOMYSKIEGO W BIEGACH NA 5KM**



POWIATOWE CENTRUM SPORTU  
w Nowym Tomyslu

59	Pawlak	Jeremiasz	TEAM BEROTU	M	M40	00:27:20	00:25:32	00:25:22	00:24:52		00:25:06		00:24:17	6	<b>1:39:37</b>	0:24:54
60	Jekiel	Sylvia	GRODZISKI KLUB BIEGACZA	K	K40	00:25:47		00:25:12	00:25:02		00:24:37	00:25:07	00:25:04	6	<b>1:39:50</b>	0:24:58
61	Gassem	Monika	TKKF ŁABĘDŹ ZBĄSZYŃ	K	K40	00:25:42	00:26:05		00:24:39			00:24:55	00:25:18	5	<b>1:40:34</b>	0:25:09
62	Nowak	Andrzej	KĄKOLEWO BIEGA	M	M40	00:25:30	00:26:14	00:25:24	00:25:26		00:25:13	00:25:05	00:25:16	7	<b>1:40:58</b>	0:25:14
63	Wesoły	Piotr		M	M50		00:26:37	00:25:26	00:25:09		00:25:54	00:25:26	00:25:21	6	<b>1:41:22</b>	0:25:20
64	Pawelec	Dawid		M	M30	00:26:49	00:26:00		00:25:37		00:25:23	00:25:32		5	<b>1:42:32</b>	0:25:38
65	Jakubowski	Patryk		M	M30	00:28:42	00:27:08				00:26:47		00:20:11	4	<b>1:42:48</b>	0:25:42
66	Wałęsa	Natalia		K	K30			00:27:37	00:24:58		00:26:06	00:24:45		4	<b>1:43:26</b>	0:25:52
67	Waberska	Lidia	TEAM BEROTU	K	K40	00:27:21	00:26:42	00:25:10	00:26:24			00:25:36	00:26:17	6	<b>1:43:27</b>	0:25:52
68	Pukacki	Jarosław	PRZYŁĘK RUNNING TEAM	M	M40	00:26:57	00:27:05	00:25:53	00:26:18		00:26:22	00:25:58	00:27:29	7	<b>1:44:31</b>	0:26:08
69	Królik	Emilia	TEAM BEROTU	K	K30	00:27:01	00:26:29	00:25:30	00:25:39					4	<b>1:44:39</b>	0:26:10
70	Galas	Wojciech		M	M30	00:26:29	00:27:18	00:26:22	00:26:39		00:25:44			5	<b>1:45:14</b>	0:26:18
71	Janowicz	Zbigniew	OPALENICKI KLUB BIEGACZA	M	M60		00:28:40	00:25:49				00:25:34	00:25:24	4	<b>1:45:27</b>	0:26:22
72	Pierzyński	Paweł	GRODZISKI KLUB BIEGACZA	M	M30	00:27:37			00:26:44			00:25:52	00:26:06	4	<b>1:46:19</b>	0:26:35
73	Kornosz	Anna	OPALENICKI KLUB BIEGACZA	K	K30	00:25:46	00:28:01		00:26:11		00:27:16	00:27:40	00:30:11	6	<b>1:46:53</b>	0:26:43
74	Bartkowiak	Piotr	GRODZISKI KLUB BIEGACZA	M	M40	00:28:17	00:28:01	00:27:24			00:26:35	00:27:12	00:27:03	6	<b>1:48:14</b>	0:27:03
75	Szymański	Aleksander	PRZYŁĘK RUNNING TEAM	M	M40	00:29:00		00:27:27	00:27:43		00:27:24	00:26:14	00:27:27	6	<b>1:48:32</b>	0:27:08
76	Kardziś	Daniel		M	M40	00:27:40	00:27:24	00:27:02	00:27:14				00:27:23	5	<b>1:49:03</b>	0:27:16
77	Modzelewska	Agnieszka		K	K40	00:29:04	00:26:56				00:27:31	00:27:22	00:27:35	5	<b>1:49:24</b>	0:27:21
78	Kiersztan	Leszek	ROZBIEGANI LWÓWEK	M	M40		00:28:44		00:28:09			00:29:00	00:24:13	4	<b>1:50:06</b>	0:27:32
79	Nahaczewski	Grzegorz		M	M40		00:32:43	00:25:32			00:26:02	00:28:57	00:29:57	5	<b>1:50:28</b>	0:27:37
80	Roszkowska	Małgorzata	TEAM BEROTU	K	K20		00:29:01	00:26:36			00:27:44		00:27:39	4	<b>1:51:00</b>	0:27:45
81	Lisek	Sylvia		K	K40	00:28:09	00:27:51	00:27:34	00:27:47		00:28:27	00:27:53		6	<b>1:51:05</b>	0:27:46
82	Maciejewski	Hubert	TEAM BEROTU	M	M30			00:28:41	00:26:48		00:27:56		00:28:28	4	<b>1:51:53</b>	0:27:58
83	Czekafa	Monika	KĄKOLEWO BIEGA	K	K40	00:29:54	00:28:39	00:27:42	00:27:58		00:28:22	00:29:19	00:29:06	7	<b>1:52:41</b>	0:28:10
84	Pąpka	Aldona		K	K50	00:29:38	00:29:07	00:27:31				00:28:13	00:28:59	5	<b>1:53:50</b>	0:28:28
85	Górczak	Wojciech	BUKOWSKI KLUB MORSA	M	M50	00:29:31	00:29:00	00:28:12	00:28:18				00:28:53	5	<b>1:54:23</b>	0:28:36
86	Świergiel	Paulina		K	K30	00:28:41	00:28:43				00:28:48	00:28:23		4	<b>1:54:35</b>	0:28:39
87	Kurek	Sylvia		K	K40	00:29:21	00:29:06	00:29:38	00:29:54		00:28:58	00:29:57	00:29:23	7	<b>1:56:48</b>	0:29:12
88	Galas-Kaczmarek	Patrycja		K	K30		00:31:02		00:29:52		00:29:46	00:29:12	00:28:54	5	<b>1:57:44</b>	0:29:26
89	Korytowski	Krzysztof	NKB CHYŻY NOWY TOMYŚL	M	M40	00:29:10	00:28:51				00:29:38	00:30:11		4	<b>1:57:50</b>	0:29:28
90	Starosta-Trela	Patrycja	AKTYWNI W PNIEWACH	K	K30	00:30:18			00:30:23		00:29:20	00:29:22	00:29:36	5	<b>1:58:36</b>	0:29:39
91	Stępień	Maria	AKTYWNI W PNIEWACH	K	K50	00:31:14	00:31:01	00:30:47	00:30:29		00:29:54	00:29:41	00:30:07	7	<b>2:00:11</b>	0:30:03
92	Szypura	Robert	OPALENICKI KLUB BIEGACZA	M	M50	00:31:33	00:30:20	00:30:19	00:30:41		00:30:14	00:29:49	00:30:52	7	<b>2:00:42</b>	0:30:11
93	Szypura	Katarzyna	OPALENICKI KLUB BIEGACZA	K	K50	00:31:33	00:31:40	00:30:21	00:30:40		00:30:00	00:29:47	00:30:55	7	<b>2:00:48</b>	0:30:12
94	Jarnót	Agnieszka	NKB CHYŻY NOWY TOMYŚL	K	K40		00:32:42	00:31:40			00:30:30	00:28:56	00:29:55	5	<b>2:01:01</b>	0:30:15
95	Nowak	Ewa	KĄKOLEWO BIEGA	K	K40		00:32:02	00:30:43	00:30:44		00:29:32	00:31:15	00:30:54	6	<b>2:01:53</b>	0:30:28
96	Kurek	Justyna	OPALENICKI KLUB BIEGACZA	K	K40	00:31:34	00:30:44		00:31:50			00:29:21		4	<b>2:03:29</b>	0:30:52
97	Łojaszczyk	Izabela		K	K30	00:32:15	00:33:29		00:30:53			00:33:06		4	<b>2:09:43</b>	0:32:26
98	Kroma	Natalia		K	K40	00:35:47	00:34:57		00:35:24			00:36:21	00:35:18	5	<b>2:21:26</b>	0:35:22