

BIEG SUPER TRAIL - 130 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2019-07-18
Miejsce: Łądek-Zdrój
Dystans: 130 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN

Punkt pomiarowy: 100,0 km

Msc	Zawodnik	Numer	Klub	Kategoria	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A6 100km
1	TRTEK Libor	2105		Senior II M - 30	01:00:16	03:24:39	05:18:04	07:08:36	09:08:46	11:15:17
2	POPRAWSKI Paweł	2124	HERCOG RUNNING TEAM	Senior II M - 30	01:00:15	03:28:10	05:27:53	07:24:56	09:36:39	12:05:19
3	GAŁUSZKA Rafał	2142	PAUSE	Masters M - 40	01:01:18	03:33:06	05:36:04	07:31:15	09:39:02	12:06:54
4	BORUCKI Jakub	2026	#KASZANIENAMOKA	Senior II M - 30	01:09:28	03:51:25	05:56:52	07:58:13	10:11:53	12:38:11
5	KUPIŃSKI Cezary	2008	MKS SIECHNICE/SKLEP BIEGACZA RUNNING TEAM	Weteran I M - 50	01:08:13	03:54:40	06:06:39	08:10:09	10:18:31	12:38:22
6	SOLAK Aysen	2115		Senior II K - 30	01:07:38	03:52:24	05:51:15	07:58:42	10:12:43	12:44:41
7	JĘDRZEJKO Tomasz	2134	SIDOR TEAM POLSKA AZS WST KATOWICE	Masters M - 40	01:04:12	03:50:17	06:01:23	08:06:47	10:29:42	12:49:33
8	SIKORSKI Piotr	2066	4 RUN TEAM PIŁA/GIRO DI ZAWADA	Senior II M - 30	01:01:16	03:33:06	05:40:24	07:45:32	10:09:51	12:50:14
9	WICHŁACZ Paweł	2058	KB MANIAC POZNAŃ	Senior II M - 30	01:07:47	04:03:47	05:59:15	08:04:18	10:25:29	13:01:54
10	PAPRZYCKI Rafał	2013	NATURALBORN RUNNERS	Masters M - 40	01:14:57	04:15:03	06:23:04	08:22:24	10:39:44	13:09:31
11	MICHAŁSKI Krystian	2024	#WAWRZYNTTEAM	Senior I M - 20	01:08:09	04:08:01	06:18:20	08:22:19	10:35:43	13:09:44
12	GEZELA Robert	2012	EUFORIA BIEGACZA TEAM	Masters M - 40	01:16:19	04:13:44	06:18:45	08:23:07	10:44:24	13:19:18
13	MARGASIŃSKI Jacek	2051		Senior II M - 30	01:01:30	03:34:50	05:53:17	08:14:43	10:43:13	13:22:57
14	BIADASZ Andrzej Michał	2057	POLITECHNIKA POZNAŃSKA	Masters M - 40	01:19:16	04:16:16	06:23:31	08:22:23	10:39:42	13:29:06
15	PTASZYŃSKI Wojciech	2101	SPEED FEET '16	Weteran I M - 50	01:14:43	04:03:45	06:18:04	08:29:11	10:54:57	13:33:18
16	JUSZKO Krzysztof	2028		Masters M - 40	01:14:22	04:20:14	06:37:53	08:46:38	11:10:55	13:50:17
17	BIERNACKA Edyta	2038		Masters K - 40	01:13:24	04:17:17	06:34:43	08:57:15	11:15:53	13:50:31
18	IWASZKO Paweł	2089		Senior II M - 30	01:09:13	04:07:53	06:21:23	08:37:28	11:09:38	13:52:44
19	ZIĘBORAK Szymon	2108		Senior II M - 30	01:09:07	03:55:38	06:13:50	08:20:42	10:47:30	13:54:21
20	HACZYK Jarosław	2144	MUAY RUNNING TEAM	Weteran I M - 50	01:18:19	04:08:02	06:58:46	09:13:56	11:39:39	14:05:52
21	GRZESZCZAK Marek	2135		Weteran II M - 60	01:30:27	04:27:17	06:38:08	08:55:53	11:28:02	14:13:11
22	MYSZCZYSZYN Łukasz	2010	KUDOWIANKA RUN	Senior II M - 30	01:07:23	03:54:02	06:08:43	08:14:42	10:48:41	14:21:51
23	KIELAR Adam	2131	BIOFEMINA.PL	Senior II M - 30	01:12:31	04:22:41	06:48:08	09:00:23	11:38:01	14:22:36
24	KANDUŁA Grzegorz	2094	NEST TEAM	Senior II M - 30	01:14:40	04:14:47	06:25:39	08:54:59	11:23:34	14:26:23
25	PIECHOTA Daniel	2141	DROGA W GÓRY	Senior II M - 30	01:13:47	04:18:12	06:41:13	09:01:17	11:36:26	14:30:08
26	WALENDA Arkadiusz	2037	VEGE ULTRA RUNNER	Masters M - 40	01:13:17	04:24:14	06:47:59	09:00:50	11:36:25	14:34:49

Msc	Zawodnik	Numer	Klub	Kategoria	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A6 100km
27	WOSZCZAK Zbigniew	2023	STRZELIŃSKI KLUB BIEGACZA GRANIT	Weteran I M - 50	01:13:18	04:24:13	06:45:26	09:00:50	11:38:09	14:35:03
28	KRÓL Maciej	2082	WIRAN TEAM	Masters M - 40	01:08:21	04:08:32	06:21:49	08:37:50	11:32:54	14:42:20
29	KLARECKI Adrian	2083	WIRAN TEAM	Masters M - 40	01:08:21	04:08:32	06:21:36	08:37:49	11:32:55	14:42:23
30	KICH Marek	2119		Senior II M - 30		04:24:12	06:44:54	09:14:42	11:55:38	14:52:21
31	KOWALSKA Joanna	2078	12TRI	Masters K - 40	01:17:55	04:21:07	06:45:15	08:59:29	11:44:15	14:53:40
32	MIKOŁAJCZYK Mirosław	2127	MIRAZ RACE TEAM	Senior II M - 30	01:11:34	04:13:52	06:45:06	09:21:15	12:03:55	14:56:46
33	MICHALSKA Agnieszka	2027		Masters K - 40	01:18:26	04:30:03	06:58:40	09:24:21	11:57:58	15:07:18
34	ZAPORA Marek	2033	W POGONI ZA DUCHEM	Senior II M - 30	01:17:21	04:34:52	07:01:58	09:28:45	12:11:33	15:15:42
35	ZOWAL Ryszard	2006	W POGONI ZA DUCHEM	Masters M - 40	01:17:22	04:34:54	07:01:58	09:28:48	12:11:33	15:15:44
36	TRYBALSKI Krzysztof	2061		Masters M - 40	01:17:25	04:31:00	06:52:11	09:17:12	12:00:07	15:21:07
37	KOWAL Wiesław	2109		Masters M - 40	01:12:25	04:16:45	06:37:01	08:59:23	12:12:56	15:23:25
38	OKIENCZUK Radek	2111		Senior II M - 30	01:20:44	04:31:34	07:07:51	09:35:06	12:19:53	15:24:37
39	JAGIELSKI Jerzy	2112	JKS SALAMANDRA	Senior II M - 30	01:08:53	04:15:08	06:50:38	09:19:10	12:28:13	15:34:20
40	GROCHAŁA Tomasz	2007	GROSZEK TEAM	Senior II M - 30	01:14:53	04:30:07	07:05:10	09:35:35	12:20:42	15:39:29
41	HACZYK Natalia	2145	MUAY RUNNING TEAM	Masters K - 40	01:21:45	04:47:18	07:29:51	10:04:02	12:44:42	15:40:49
42	OLSCHIMKE-MARMUROWICZ Barbara	2015	KOLOROWA DRUŻYNA NESSI	Masters K - 40	01:23:18	04:45:41	07:21:13	09:57:15	12:38:37	15:43:46
43	MAY-ADAMEK Katarzyna	2086		Masters K - 40	01:14:53	04:40:27	07:23:21	10:00:19	12:49:45	15:44:16
44	BOTOR Szymon	2132		Senior II M - 30	01:23:21	04:44:40	07:18:39	09:53:59	12:44:18	15:46:34
45	ZUBERT Marcin	2053	PRESS GLASS-BIEGAMY I WSPIERAMY	Masters M - 40	01:18:11	04:39:48	07:05:38	09:34:18	12:46:09	15:49:07
46	DOBROŚ Tomasz	2003		Masters M - 40	01:23:35	04:47:35	07:27:17	10:02:52	12:46:35	15:56:37
47	KUCIŃSKI Tomasz	2087	MKB DREPTAK	Masters M - 40	01:24:51	04:53:32	07:12:13	09:53:46	12:45:34	16:03:18
48	BYZIA Piotr	2045		Senior II M - 30	01:24:27	04:47:36	07:27:41	10:02:48	12:58:20	16:03:54
49	ZAJĄC Marcin	2062	77CATS	Senior II M - 30	01:22:34	04:38:24	07:02:32	09:31:08	12:35:49	16:06:59
50	MARCZEWSKI Sławomir	2020	STOWARZYSZENIE LUDZI W BIEGU ŻŁOTÓW	Masters M - 40	01:25:32	04:50:08	07:19:54	09:57:50	12:58:09	16:07:22
51	KAŃDUŁA Klaudia	2093	NEST TEAM	Senior II K - 30	01:25:38	05:01:19	07:44:53	10:19:36	13:05:53	16:11:19
	WOJEWODA Michał	2122	KAZIKI TRIWAWA	Masters M - 40	01:25:01 DNF	04:50:40 DNF	07:27:16 DNF	09:59:50 DNF	12:49:22 DNF	16:12:56 DNF
53	JANAS Kacper	2079	PUSZCZYK BUKOWY	Senior II M - 30	01:14:33	04:19:31	06:42:42	09:24:23	12:36:35	16:15:23
54	JARASZEK Sanjaya	2130	WWW.JASNASTRONAMOCY.INFO	Weteran II M - 60	01:20:35	05:06:43	08:03:09	10:44:04	13:16:33	16:18:18
55	BOGDANOWICZ Beata	2123		Masters K - 40	01:22:38	04:59:49	07:38:32	10:25:44	13:11:44	16:20:38
56	CIEPLIK Łukasz	2054		Senior II M - 30	01:26:55	05:01:35	07:34:28	10:11:24	13:11:45	16:20:42
57	ROŻNIATA Iwona	2032	KS GŁÓWNO W BIEGU	Masters K - 40	01:22:40	05:03:17	07:50:51	10:34:07	13:21:27	16:22:27
58	KWIATKOWSKI Jarek	2114	FLOWERS TEAM	Masters M - 40	01:14:32	04:38:59	07:27:35	10:10:28	13:00:35	16:25:54
59	BRODEK Andrzej	2040	CERTUM	Weteran I M - 50	01:25:13	05:00:08	07:45:28	10:27:07	13:18:04	16:27:49
60	CYNIAK Marek	2069	EVERRUN	Masters M - 40	01:21:01	04:50:00	07:23:11	10:04:11	13:12:53	16:35:01
61	ŚWIATOWIEC Anna	2030	IMPERIUM SPORTU	Masters K - 40	01:31:30	05:17:42	08:00:38	10:32:58	13:38:59	16:43:09
62	JĘDRYCHA Bożena	2022		Masters K - 40	01:23:21	05:03:05	07:47:01	10:40:03	13:34:59	16:44:23
63	BRUS Marcin	2009		Masters M - 40	01:08:15	04:16:15	06:59:29	09:35:48	13:33:59	16:53:48
64	POPŁAWSKA Katarzyna	2019	CZARNE OWCE HIPOLITÓW	Masters K - 40	01:24:39	05:05:16	07:54:45	10:45:23	13:46:00	17:01:13
65	MARCINKOWSKI Przemysław	2138	PROTON LESZNOLIMITS RUNNERS	Masters M - 40	01:14:19	04:26:09	07:06:38	09:53:07	13:26:26	17:01:57
66	KOPACKI Grzegorz	2041		Senior II M - 30	01:21:07	04:52:54	07:41:43	10:28:36	13:38:14	17:02:17
67	ZAJĄC Leszek	2042		Senior II M - 30	01:12:25	04:36:54	08:02:55	10:44:13	13:32:49	17:13:26

Msc	Zawodnik	Numer	Klub	Kategoria	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A6 100km
68	OLEJNIK Sylwester	2091	VEGE ULTRA RUNNERS	Masters M - 40	01:22:34	05:12:51	07:49:28	10:32:02	13:33:51	17:15:01
69	ANTONIEWICZ Jacek	2065	BIEGIEM PRZEZ POLSKĘ	Masters M - 40	01:22:34	05:12:49	07:49:28	10:31:54	13:33:52	17:15:03
70	MASIULANIEC Agata	2055	BIEGOWY ŚWIAT	Senior I K - 20	01:29:49	05:24:48	08:19:52	11:19:39	14:05:11	17:27:31
71	SŁOCIAK Rafał	2043	RAJSPOORT ACTIVE	Senior I M - 20	01:25:25	05:04:01	07:21:54	10:22:39	13:54:55	17:42:26
72	FRESZEL Krzysztof	2021	BOERNEROWO BIEGA	Masters M - 40	01:28:16	05:12:54	08:16:57	11:22:26	14:19:45	17:51:42
73	SIOMA Konrad	2029	ROKIETNICA BIEGA	Senior II M - 30	01:23:55	04:38:40	07:30:03	10:41:38	14:12:26	17:54:07
74	POLAK Michalina	2001		Senior I K - 20	01:25:26	05:03:15	07:41:26	10:22:57	13:54:57	17:57:58
75	WALESIAK Wojciech	2004	REMBERTÓW TEAM	Senior II M - 30	01:27:06	05:35:24	08:21:10	11:21:39	14:35:57	18:06:16
76	BRONOWICKI Ryszard	2125	NKB CHYŻY NOWY TOMYŚL	Weteran II M - 60	01:34:57	05:30:36	08:23:30	11:14:18	14:11:39	18:06:17
77	PAWLUCZUK Tomasz	2085		Masters M - 40	01:22:46	05:09:23	08:10:53	11:14:20	14:25:44	18:10:41
78	SERKOWSKI Marcin	2068	BIEGAMYRAZEM.PL	Masters M - 40	01:22:50	05:09:21	08:10:50	11:14:19	14:25:45	18:10:43
79	OLESZCZAK Piotr	2116	BIEGAM BO SĄ TACY CO NIE MOGĄ	Masters M - 40	01:17:37	04:40:41	07:37:54	10:33:26	13:42:59	18:10:50
80	WIERZBICKI Rafał	2052		Masters M - 40	01:23:32	05:10:00	08:09:12	11:16:24	14:32:15	18:11:25
81	FILIPCZAK Łukasz	2063	OKNOPLAST RUNNING TEAM	Senior II M - 30	01:25:36	05:16:06	08:19:37	11:21:06	14:25:26	18:16:00
82	MATUSEWICZ Ireneusz	2098		Masters M - 40	01:25:54	05:31:44	08:28:49	11:20:57	14:31:32	18:19:17
83	KORDUŁA Zbigniew	2126	BIEGOWY ŚWIAT	Masters M - 40	01:26:02	05:05:38	08:07:02	11:19:26	14:41:17	18:21:45
84	CHYLIŃSKA Agnieszka	2133		Senior II K - 30	01:28:22	05:31:58	08:45:09	11:41:21	14:43:00	18:25:29
85	WIŚNIEWSKI Radosław	2067		Masters M - 40	01:28:15	05:31:57	08:45:21	11:41:18	14:43:02	18:25:33
86	SZEWCZYK Michał	2064	BBL ZDUŃSKA WOLA	Senior II M - 30	01:25:39	05:16:16	08:19:40	11:21:09	14:25:31	18:26:13
87	MARCINIAK Robert	2102	RUN@BANINO	Masters M - 40	01:17:26	05:08:58	08:16:12	11:16:48	14:30:41	18:27:48
88	GAJEWSKI Paweł	2073	BEAUTY SPORT	Weteran I M - 50	01:28:25	05:32:12	08:33:18	11:32:16	14:43:12	18:27:49
89	MROZOWSKI Paweł	2129	ORANGE POSLKA/KINGRUNNER	Masters M - 40	01:33:44	05:34:24	08:23:15	11:30:55	14:47:35	18:29:34
90	JURA Mariusz	2117	ZŁOWIESZCZE ZGRZYTNIĘCIE ZWIERACZA	Senior II M - 30	01:30:35	05:42:22	08:50:29	11:48:49	14:55:19	18:32:53
91	SZYSZKO Stanisław	2092		Senior II M - 30	01:29:47	05:16:20	08:15:37	11:18:14	14:40:36	18:33:06
92	SZYMAŁA Mateusz	2070	KLUCZBORSKA GRUPA BIEGOWA	Senior II M - 30	01:29:57	05:26:10	08:28:51	11:26:26	14:48:53	18:34:16
93	ZAWADA Maciej Marcin	2075	KGB	Masters M - 40	01:29:59	05:26:09	08:28:57	11:26:27	14:48:56	18:34:20
94	KUTYŁA Stanisław	2088	ORANGE POLSKA	Masters M - 40	01:33:48	05:31:28	08:20:42	11:30:55	14:49:30	18:35:52
95	JABŁOŃSKI Michał	2128		Masters M - 40	01:33:43	05:34:28	08:23:28	11:31:22	14:52:51	18:36:37
96	RYCZYŃSKI Jacek	2025	POLSKA	Masters M - 40	01:26:52	05:31:59	08:29:17	11:32:17	14:54:59	18:42:28
97	KUGLARZ Szymon	2060		Masters M - 40	01:28:21	05:26:02	08:24:05	11:28:22	14:54:44	18:43:08
98	WAGNER Ewa	2005		Senior II K - 30	01:30:14	05:39:28	09:05:41	12:02:14	15:10:02	18:54:19
99	ADAMCZYK Piotr	2106		Senior II M - 30	01:34:52	06:33:02	09:57:27	13:05:33	15:54:27	19:06:21
100	OLESIŃSKA Martyna	2096	W POGONI ZA DUCHEM	Senior I K - 20	01:36:05	05:46:00	09:09:43	12:06:49	15:25:10	19:09:16
101	NIEMCZAK Basia	2107	IPA PAŁAC MOSTOWSKICH KSP	Senior II K - 30	01:31:55	06:00:12	09:03:16	12:35:41	15:51:48	19:15:36
102	JAWORSKI Piotr	2072	EKOBIEGI	Masters M - 40	01:32:12	05:54:32	09:12:53	12:19:40	15:22:31	19:16:21
103	WINIARSKA Izabela	2090	EKOBIEGI	Masters K - 40	01:32:10	05:54:33	09:12:55	12:19:40	15:22:30	19:16:23
	BOKSA Małgorzata	2084		Weteran K - 50	01:30:06 DNF	05:51:58 DNF	09:08:04 DNF	12:18:07 DNF	15:34:54 DNF	19:31:45 DNF
105	PLACEK Julian	2140		Senior I M - 20	01:31:14	06:06:22	09:16:55	12:39:20	15:40:01	19:42:34
	BALICKI Jakub	2113	ASAP RUNNERS	Masters M - 40	01:30:37 DNF	05:31:31 DNF	08:38:57 DNF	11:42:29 DNF	15:24:55 DNF	20:18:14 DNF
Przekroczony limit czasu: 26:00:00										
107	LEŚNIK Wojciech	2077		Weteran I M - 50	01:35:01	06:32:59	09:57:26	13:05:48	16:27:39	20:26:23

Msc	Zawodnik	Numer	Klub	Kategoria	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A6 100km
	KAWIECKI Paweł	2000	AKADEMIAMUZYCZNABIEGA	Senior I M - 20	01:02:28 DNF	03:46:46 DNF	06:20:36 DNF	DNF	DNF	DNF
	SZARF Paweł	2014	ZAŁOGA GÓRSKA	Senior II M - 30	01:19:37 DNF	05:37:58 DNF	08:31:58 DNF	11:22:12 DNF	14:58:09 DNF	DNF
	ASZENDORF Filip	2016	AXA RUNNING TEAM	Senior II M - 30	01:26:06 DNF	05:04:53 DNF	08:15:30 DNF	11:19:43 DNF	DNF	DNF
	FRUCZ Jacek	2017		Weteran I M - 50	01:34:49 DNF	06:17:15 DNF	10:02:04 DNF	13:41:13 DNF	DNF	DNF
	WRĘCZYCKI Łukasz	2018	5 PUŁK CHEMICZNY TARNOWSKIE GÓRY	Senior II M - 30	01:27:02 DNF	DNF	DNF	DNF	DNF	DNF
	GRYCMAN Marek	2031		Masters M - 40	01:04:55 DNF	03:49:53 DNF	06:03:08 DNF	08:21:14 DNF	DNF	DNF
	PIWOŃSKA Agnieszka	2035		Masters K - 40	01:29:54 DNF	05:31:48 DNF	08:28:33 DNF	11:42:44 DNF	DNF	DNF
	DMUCH Jakub	2044	NEXTREME	Senior I M - 20	01:01:13 DNF	03:40:07 DNF	06:15:03 DNF	DNF	DNF	DNF
	WESOŁEK Marek	2047	SENTE	Senior II M - 30	01:14:55 DNF	04:15:59 DNF	06:42:43 DNF	09:17:44 DNF	12:22:35 DNF	DNF
	MICHALSKI Marek	2048	KB CZARNE WILKI	Masters M - 40	01:31:07 DNF	05:43:19 DNF	DNF	DNF	DNF	DNF
	TASZAREK Jakub	2049		Masters M - 40	01:14:52 DNF	04:29:15 DNF	06:59:20 DNF	09:09:00 DNF	12:47:57 DNF	DNF
	SPRENGER Mirosław	2059	SKRA PATEREK	Senior II M - 30	01:04:05 DNF	03:46:24 DNF	05:59:39 DNF	08:14:36 DNF	DNF	DNF
	BARTOSZEK Dawid	2081		Senior I M - 20	01:26:57 DNF	DNF	DNF	DNF	DNF	DNF
	MACHALICA Agnieszka	2095		Masters K - 40	01:26:56 DNF	05:08:41 DNF	08:15:36 DNF	11:19:41 DNF	DNF	DNF
	TRZEBSKI Adam	2097		Senior I M - 20	01:26:56 DNF	DNF	DNF	DNF	DNF	DNF
	JAGIELA Rafał	2099	KUBUŚ TEAM	Senior II M - 30	01:09:19 DNF	04:08:50 DNF	DNF	DNF	DNF	DNF
	SOLNÝ Michal	2103		Senior II M - 30	01:21:13 DNF	04:46:28 DNF	07:29:44 DNF	10:20:56 DNF	DNF	DNF
	PRZYTULSKA Justyna	2104		Masters K - 40	01:25:28 DNF	05:19:28 DNF	08:24:03 DNF	11:30:28 DNF	DNF	DNF
	POCHYLSKI Dominik	2110	LUBOŃSKI KLUB BIEGACZA	Masters M - 40	01:40:52 DNF	06:58:11 DNF	10:30:40 DNF	13:52:56 DNF	17:58:33 DNF	DNF
	PAWŁOWSKI Jacek	2120		Masters M - 40	01:18:46 DNF	05:23:31 DNF	DNF	DNF	DNF	DNF
	CHYLEWSKI Paweł	2121		Senior II M - 30	01:20:46 DNF	04:51:31 DNF	DNF	DNF	DNF	DNF
	TRELA Bartłomiej	2136	BUFF FAMILY TEAM	Senior II M - 30	01:22:09 DNF	05:02:27 DNF	DNF	DNF	DNF	DNF
	LATANOWICZ Bernard	2137		Senior II M - 30	01:18:18 DNF	04:56:22 DNF	DNF	DNF	DNF	DNF
	FRANEK Sebastian	2139	MUAY RUNNING TEAM	Masters M - 40	01:34:51 DNF	06:00:23 DNF	09:16:27 DNF	13:02:45 DNF	DNF	DNF

Msc	Zawodnik	Numer	Klub	Kategoria	A1 10km	A2 32km	A3 47km	A4 64km	A5 81km	A6 100km
	COP Anna	2143	SILESIA ULTRA MOUNTAIN TEAM	Senior II K - 30	01:32:08 DNF	06:10:13 DNF	09:44:30 DNF	13:23:53 DNF	DNF	DNF

Znaleziono 132 wynik(ów)