

# BIEG TROJAK TRAIL - 10 KM

B4SPORT

**Event:** Dolnośląski Festiwal Biegów Górskich  
**Organiser:** Stowarzyszenie TKKF Kompas  
**Date:** 2017-07-23  
**Place:** Łądek Zdrój  
**Distance:** 10 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Classification: OPEN

Split point: 4,0 km

| Place | Participant              | Number | Club                                                    | Category         | C1<br>4km    |
|-------|--------------------------|--------|---------------------------------------------------------|------------------|--------------|
| 1     | PRZEDWOJEWSKI Bartłomiej | 1196   |                                                         | Senior I M - 20  | 00:16:23     |
| 2     | PIEGOWSKI Adam           | 1191   | EUROVENT ATHLETICS OPOLE                                | Senior II M - 30 | 00:18:52     |
|       | KITA Michał              | 1068   | PĘDZĄCY W MIEJSCU                                       | Masters M - 40   | 00:19:10 DNF |
| 4     | GRACZYK Adrian           | 1081   | BIEGI.WLKP                                              | Senior I M - 20  | 00:19:21     |
| 5     | WILK Maciej              | 1074   | RAMBO 3                                                 | Senior II M - 30 | 00:19:35     |
| 6     | KANTOR Martyna           | 1264   | SARCO GARMIN TEAM                                       | Senior I K - 20  | 00:20:16     |
| 7     | TOMASIAK Natalia         | 1283   | SALOMON SUUNTO TEAM                                     | Senior II K - 30 | 00:20:19     |
| 8     | KOWAL Amadeusz           | 1308   |                                                         | Senior II M - 30 | 00:20:22     |
| 9     | HACZYK Jarosław          | 1235   | BIEG OPOLSKI                                            | Masters M - 40   | 00:20:28     |
| 10    | BUKAŁA Marcin            | 1184   | VEGE RUNNERS                                            | Senior I M - 20  | 00:20:53     |
| 11    | MICHALIK Adam            | 1321   |                                                         | Masters M - 40   | 00:21:11     |
| 12    | GRZELAK Adrian           | 1247   | CHATA BIEGACZA                                          | Senior I M - 20  | 00:21:15     |
| 13    | STACHOWIAK Marcin        | 1094   | BIEGI.WLKP                                              | Senior I M - 20  | 00:21:31     |
| 14    | KUJAWA Zbigniew          | 1263   |                                                         | Senior I M - 20  | 00:21:33     |
| 15    | STAWSKI Michał           | 1064   | MBANK                                                   | Senior II M - 30 | 00:21:42     |
| 16    | GAJEWSKI Marcin          | 1055   |                                                         | Masters M - 40   | 00:21:44     |
| 17    | NOWINIŁSKI Andrzej       | 1328   |                                                         | Masters M - 40   | 00:22:16     |
| 18    | SMOLEŃ Sebastian         | 1299   |                                                         | Senior II M - 30 | 00:22:17     |
| 19    | RACZKO Tomasz            | 1205   | ZAŁOGA GÓRSKA / KARKONOSZ RUNNING TEAM SZKLARSKA PORĘBA | Senior II M - 30 | 00:22:22     |
| 20    | DOMAŃSKI Patryk          | 1088   | BIEGI.WLKP                                              | Senior I M - 20  | 00:22:31     |
| 21    | BIERNACKA Katarzyna      | 1118   | TEAM LUKS ŻÓRAWINA/SOBCZYK TEAM                         | Senior I K - 20  | 00:22:35     |
| 22    | JANKOWSKI Jakub          | 1206   | ZAŁOGA GÓRSKA \ TRUCHT.COM                              | Senior I M - 20  | 00:22:47     |
| 23    | OLKIS Rafał              | 1304   | PRZEBIEGA.PL                                            | Senior II M - 30 | 00:22:48     |
| 24    | SPYCHALSKI Adam          | 1060   |                                                         | Masters M - 40   | 00:22:52     |
| 25    | WUJDA Mirosław           | 1307   | EKW RULEZ                                               | Masters M - 40   | 00:22:55     |
| 26    | ZIĘTERSKI Robert         | 1075   |                                                         | Masters M - 40   | 00:22:57     |
| 27    | MARIN Alberto            | 1107   |                                                         | Senior II M - 30 | 00:23:06     |
| 28    | KACZMARCZYK Przemysław   | 1141   | WATAHA                                                  | Senior I M - 20  | 00:23:14     |
| 29    | CHODOROWSKI Krzysztof    | 1057   | PRZEBIEGA.PL                                            | Senior II M - 30 | 00:23:41     |
| 30    | DUPLA Konrad             | 1077   | WKB PIAST WROCŁAW                                       | Senior II M - 30 | 00:23:49     |

| Place | Participant          | Number | Club                          | Category         | C1<br>4km |
|-------|----------------------|--------|-------------------------------|------------------|-----------|
| 31    | JANUSZEWSKI Maciej   | 1140   |                               | Senior II M - 30 | 00:23:50  |
| 32    | TOMERA Piotr         | 1343   |                               | Masters M - 40   | 00:23:54  |
| 33    | BINKOWSKI Marcin     | 1199   |                               | Masters M - 40   | 00:24:01  |
| 34    | DĘBICKI Łukasz       | 1189   |                               | Senior II M - 30 | 00:24:13  |
| 35    | GĄDALSKI Bartosz     | 1292   |                               | Senior II M - 30 | 00:24:27  |
| 36    | HRYNOWIECKI Paweł    | 1043   |                               | Senior II M - 30 | 00:24:35  |
| 37    | DZIEDZIC Krystian    | 1165   |                               | Senior II M - 30 | 00:24:47  |
| 38    | TRACZ Michał         | 1169   | OLDSCHOOL MTB GDAŃSK          | Masters M - 40   | 00:24:47  |
| 39    | KRAWCZYK Konrad      | 1114   | 1991                          | Senior I M - 20  | 00:24:47  |
| 40    | KULESZA Agnieszka    | 1327   |                               | Senior I K - 20  | 00:24:50  |
| 41    | SZYMAŃSKI Łukasz     | 1290   |                               | OPEN             | 00:25:02  |
| 42    | TOMASZEWSKI Marcin   | 1302   | GTRAT                         | Senior II M - 30 | 00:25:06  |
| 43    | STEMPNIAK Daniel     | 1087   | KS MARATON OSTRÓW WLKP.       | Senior II M - 30 | 00:25:11  |
| 44    | KITKOWSKI Arkadiusz  | 1279   | SUPERSNOW                     | Masters M - 40   | 00:25:18  |
| 45    | RUDNICKI Mateusz     | 1341   |                               | Senior II M - 30 | 00:25:19  |
| 46    | GOLDMAN Mateusz      | 1076   |                               | Senior II M - 30 | 00:25:22  |
| 47    | CHRZANOWSKI Paweł    | 1240   | 100 BATALION ŁĄCZNOŚCI        | Senior II M - 30 | 00:25:23  |
| 48    | NEUBAUER Szymon      | 1324   |                               | Senior I M - 20  | 00:25:36  |
| 49    | HACZYK Natalia       | 1234   | BIEG OPOLSKI                  | Masters K - 40   | 00:25:38  |
| 50    | ANDRASIEWICZ Konrad  | 1309   |                               | Senior II M - 30 | 00:25:39  |
| 51    | RAKOCZY Jerzy        | 1260   |                               | Masters M - 40   | 00:25:43  |
| 52    | ZWOLIŃSKI Łukasz     | 1314   |                               | Senior II M - 30 | 00:25:46  |
| 53    | SZARF Paweł          | 1200   | ZAŁOGA GÓRSKA / ANTON TEAM    | Senior I M - 20  | 00:25:47  |
| 54    | TYŚ Radek            | 1201   |                               | Senior II M - 30 | 00:25:50  |
| 55    | ABULEWICZ Wojciech   | 1294   | STP SYNERGIA                  | Masters M - 40   | 00:25:51  |
| 56    | SZATKOWSKI Łukasz    | 1173   | CRAZYJUMPKĘPNO                | Senior I M - 20  | 00:25:52  |
| 57    | POPIEL Dariusz       | 1096   | 100 BATALION ŁĄCZNOŚCI        | Masters M - 40   | 00:25:56  |
| 58    | KOTNIEWICZ Piotr     | 1323   |                               | Senior I M - 20  | 00:25:59  |
| 59    | WILK Mateusz         | 1175   | RAMBO 3                       | Senior II M - 30 | 00:26:02  |
| 60    | PAZDAN Natalia       | 1183   | KOWARY BIEGAJĄ                | Senior II K - 30 | 00:26:09  |
| 61    | ALBERT Łukasz        | 1236   |                               | Senior II M - 30 | 00:26:09  |
| 62    | NIEMIEC Tomasz       | 1265   | NOWA HUTA TEAM                | Senior I M - 20  | 00:26:14  |
| 63    | KACZMARCZYK Mateusz  | 1224   |                               | Senior I M - 20  | 00:26:14  |
| 64    | GAWRON Piotr         | 1112   | KB GOCH BYTÓW                 | Masters M - 40   | 00:26:15  |
| 65    | CHORZĘPA Adam        | 1215   |                               | Weteran I M - 50 | 00:26:21  |
| 66    | PELCZARSKI Michał    | 1329   |                               | Senior II M - 30 | 00:26:22  |
| 67    | TYSZER Łukasz        | 1333   |                               | Senior I M - 20  | 00:26:22  |
| 68    | PIOTROWSKA Magdalena | 1062   | KLUB BIEGACZA JURUND SZCZYTNO | Senior II K - 30 | 00:26:26  |
| 69    | PERZ Emilia          | 1126   | WOLSZTYŃSKA AKADEMIA BIEGOWA  | Senior I K - 20  | 00:26:30  |
| 70    | GRABIŃSKA Gizela     | 1086   | DREAM RUN/ AZS UW             | Masters K - 40   | 00:26:37  |
| 71    | BURDA Sebastian      | 1338   |                               | Masters M - 40   | 00:26:40  |
| 72    | GRUSZKA Robert       | 1151   | GRU-KO                        | Masters M - 40   | 00:26:41  |
| 73    | BUDYCH Arek          | 1193   |                               | Senior II M - 30 | 00:26:42  |
| 74    | SKELTON Sarah        | 1133   | VEGE RUNNERS                  | Senior I K - 20  | 00:26:57  |
| 75    | WIKTOR Mateusz       | 1115   |                               | Senior I M - 20  | 00:26:59  |

| Place | Participant                | Number | Club                                   | Category          | C1<br>4km |
|-------|----------------------------|--------|----------------------------------------|-------------------|-----------|
| 76    | KNAPP Janusz               | 1317   |                                        | Senior II M - 30  | 00:27:04  |
| 77    | CHWIAŁKOWSKI Wiesław       | 1025   |                                        | Weteran I M - 50  | 00:27:09  |
| 78    | SIWA Dominik               | 1145   |                                        | Senior II M - 30  | 00:27:12  |
| 79    | WYSOCKA Magdalena          | 1228   |                                        | Senior II K - 30  | 00:27:19  |
| 80    | PODJUK Juliusz             | 1129   |                                        | Masters M - 40    | 00:27:19  |
| 81    | KORNAŚ Marcin              | 1113   | ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN  | Senior II M - 30  | 00:27:20  |
| 82    | RUTKOWSKA Małgorzata       | 1303   | GÓRSKA ZAŁOGA                          | Senior II K - 30  | 00:27:27  |
| 83    | SYSAŁA Janusz              | 1278   |                                        | Weteran II M - 60 | 00:27:27  |
| 84    | BOSIANEK Kamila            | 1049   | 4RUN TEAM PIŁA                         | Senior II K - 30  | 00:27:28  |
| 85    | LICZNERSKI Mirosław        | 1121   | LUBAWA KOCHA BIEGAĆ                    | Senior II M - 30  | 00:27:29  |
| 86    | CZEBOTAR Barbara           | 1237   |                                        | Masters K - 40    | 00:27:32  |
| 87    | TYSZER Joanna              | 1334   |                                        | Senior I K - 20   | 00:27:36  |
| 88    | WUJEK Marcin               | 1332   |                                        | Masters M - 40    | 00:27:37  |
| 89    | RYBARSKI Piotr             | 1027   |                                        | Senior II M - 30  | 00:27:42  |
| 90    | SUSMARSKA Ewa              | 1233   | NO WOMAN NO TRI                        | Senior I K - 20   | 00:27:43  |
| 91    | SZABAT Daniel              | 1063   | POLSKIEWSPINANIE.PL                    | Senior II M - 30  | 00:27:43  |
| 92    | WANTUCH Katarzyna          | 1203   | ZAŁOGA GÓRSKA                          | Senior II K - 30  | 00:27:47  |
| 93    | SZAŁĘGA Kasia              | 1131   |                                        | Senior II K - 30  | 00:27:51  |
| 94    | WOJTKOWIAK Renata          | 1132   | PIĄTKOWO NA BIEGOWO                    | Masters K - 40    | 00:27:52  |
| 95    | FOLARON Rafał              | 1138   |                                        | Senior I M - 20   | 00:28:00  |
| 96    | KARASIŃSKI Jacek           | 1983   | ZAŁOGA GÓRSKA                          | Senior II M - 30  | 00:28:02  |
| 97    | LEWANDOWSKA Patrycja       | 1040   | KURORT ŁĄDEK- ZDRÓJ LKS ISKRA JASZKOWA | Senior I K - 20   | 00:28:24  |
| 98    | MARCINKOWSKI Przemysław    | 1306   |                                        | Masters M - 40    | 00:28:29  |
| 99    | SOBCZYŃSKA Magdalena       | 1080   | BIEGI.WLKP                             | Senior I K - 20   | 00:28:31  |
| 100   | LUBAŃSKA Alicja            | 1073   | ZS BUKOWICE                            | Masters K - 40    | 00:28:36  |
| 101   | JABŁOŃSKA Emilia           | 1267   |                                        | Senior I K - 20   | 00:28:40  |
| 102   | IWIŃSKI Marcin             | 1220   | WOLNE ŚLIMAKI                          | Senior II M - 30  | 00:28:46  |
| 103   | GEROWSKI Maciej            | 1033   | NETBOX BIEGA / LESZ NO LIMITS RUNNERS  | Masters M - 40    | 00:28:47  |
| 104   | KUZIEL Marcin              | 1070   | BLACK RUNNING STRONIE ŚLĄSKIE          | Senior II M - 30  | 00:28:50  |
| 105   | FRANKIEWICZ Łukasz         | 1127   | SOSNOWIECBIEGA                         | Senior I M - 20   | 00:28:56  |
| 106   | KLOS Ania                  | 1154   |                                        | Senior II K - 30  | 00:29:05  |
| 107   | ROGOCZ Maciej              | 1083   | ROGASIE Z DOLINY ROZTOKI               | Masters M - 40    | 00:29:13  |
| 108   | GLAPIAK-PRZYTULA Agnieszka | 1125   | 1979                                   | Senior II K - 30  | 00:29:14  |
| 109   | BUSS Jakub                 | 1009   | KUDOWSCY MIŁOŚNICY BIEGANIA            | Masters M - 40    | 00:29:14  |
| 110   | URBAŃSKI Tomasz            | 1150   | FLUNKYBALLTEAM ŁĄDEK-ZDRÓJ             | Senior I M - 20   | 00:29:18  |
| 111   | PAZGAN Sandra              | 1178   |                                        | Senior I K - 20   | 00:29:24  |
| 112   | ULIKOWSKA Martyna          | 1225   | ZAŁOGA GÓRSKA                          | Senior I K - 20   | 00:29:25  |
| 113   | KRZYSZTOFIAK Aleksandra    | 1176   | KOWARY BIEGAJĄ                         | Senior II K - 30  | 00:29:26  |
| 114   | WITKOWSKA Paulina          | 1181   |                                        | Senior II K - 30  | 00:29:28  |
| 115   | MIKOŁAJEWSKA Justyna       | 1156   | RUNFORDREAMS                           | Senior I K - 20   | 00:29:29  |
| 116   | MARZYŃSKA Barbara          | 1198   |                                        | Weteran K - 50    | 00:29:30  |
| 117   | GŁĄBICA Justyna            | 1161   |                                        | Senior II K - 30  | 00:29:35  |
| 118   | PRZYBYLSKI Witek           | 1256   | OTK RZEŻNIK                            | Senior II M - 30  | 00:29:37  |
| 119   | KOSIELSKA Beata            | 1067   |                                        | Senior II K - 30  | 00:29:37  |
| 120   | DUDZIŃSKI Marek            | 1322   |                                        | Masters M - 40    | 00:29:38  |

| Place | Participant                    | Number | Club                                  | Category          | C1<br>4km |
|-------|--------------------------------|--------|---------------------------------------|-------------------|-----------|
| 121   | BOMBA Marek                    | 1190   |                                       | Weteran II M - 60 | 00:29:41  |
| 122   | MADEREK Barbara                | 1008   | PAKIECIARZE TEAM                      | Senior II K - 30  | 00:29:49  |
| 123   | WANTUCH Piotr                  | 1204   | ZĄŁOGA GÓRSKA                         | Masters M - 40    | 00:29:49  |
| 124   | CIEŻKOWSKA SZYMAŃSKA Katarzyna | 1289   | VEGE RUNNERS                          | OPEN KOBIET       | 00:29:50  |
| 125   | GULACZ Marta                   | 1157   | KOBIETAWBIEGU.PL                      | Senior I K - 20   | 00:29:51  |
| 126   | RAK Łukasz                     | 1325   |                                       | Senior II M - 30  | 00:29:51  |
| 127   | MICHALEC Marzena               | 1179   | KOBIETA W BIEGU                       | Senior II K - 30  | 00:29:52  |
| 128   | SZCZYGIEŁ Michał               | 1330   |                                       | Senior II M - 30  | 00:29:52  |
| 129   | DRYMEL Joanna                  | 1072   |                                       | Senior II K - 30  | 00:29:53  |
| 130   | KALETA Przemysław              | 1084   | PRO-RUN WROCŁAW                       | Masters M - 40    | 00:29:53  |
| 131   | MLAŚ Dawid                     | 1216   |                                       | Senior II M - 30  | 00:29:54  |
| 132   | ZASTAWNY Katarzyna             | 1239   |                                       | Senior II K - 30  | 00:30:04  |
| 133   | SAWALA Sławomir                | 1134   | TRANCE ONLY                           | Masters M - 40    | 00:30:06  |
| 134   | JASICKI Julian                 | 1177   |                                       | Weteran II M - 60 | 00:30:17  |
| 135   | PIELICHOWSKA Justyna           | 1254   | BIEGAJĄC Z WILKAMI                    | Senior II K - 30  | 00:30:21  |
| 136   | SKOKOWSKI Stanisław            | 1102   | AMATOR                                | Weteran II M - 60 | 00:30:23  |
| 137   | ZASADA Magdalena               | 1006   |                                       | Senior I K - 20   | 00:30:23  |
| 138   | KOWALCZYK Dawid                | 1142   |                                       | Senior I M - 20   | 00:30:23  |
| 139   | LIS Małgorzata                 | 1274   |                                       | OPEN KOBIET       | 00:30:27  |
| 140   | GLINA-KRAWCZYK Małgorzata      | 1093   | ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN | Masters K - 40    | 00:30:29  |
| 141   | WYSTRYCHOWSKA Marzena          | 1246   |                                       | Masters K - 40    | 00:30:30  |
| 142   | WOŹNIAK Waldemar               | 1273   |                                       | Senior II M - 30  | 00:30:30  |
| 143   | JAROSIŃSKI Marek               | 1097   | ŁÓDZKIE HOSPICJUM DLA DZIECI          | Senior II M - 30  | 00:30:30  |
| 144   | KULESZA Paweł                  | 1312   |                                       | Senior I M - 20   | 00:30:34  |
| 145   | MATUSZEWSKA Izabela            | 1261   |                                       | Senior II K - 30  | 00:30:36  |
| 146   | LISOWSKI Maciej                | 1241   |                                       | Senior II M - 30  | 00:30:37  |
| 147   | PASTUSZKA Mirosław             | 1174   | RUN ŁDZ                               | Weteran I M - 50  | 00:30:39  |
| 148   | TAMBIOR Jan                    | 1319   |                                       | Weteran II M - 60 | 00:30:40  |
| 149   | SHERIDAN Aion                  | 1285   | MARATHON CLUB IRELAND                 | Senior II M - 30  | 00:30:41  |
| 150   | SKOWRON Katarzyna              | 1284   | MARATHON CLUB IRELAND                 | Masters K - 40    | 00:30:44  |
| 151   | GŁOWACKI Dariusz               | 1111   |                                       | Masters M - 40    | 00:30:45  |
| 152   | KOPACKA Eliza                  | 1017   | FOLLOWME - ZMIENIAMYFINANSE.PL        | Senior II K - 30  | 00:30:46  |
| 153   | BUŁAJ Bartosz                  | 1155   | RUNFORDREAMS                          | Senior I M - 20   | 00:30:51  |
| 154   | KUŹNIAK Martyna                | 1054   |                                       | Masters K - 40    | 00:30:52  |
| 155   | TACIAK Sebastian               | 1187   | ANTONINEK POZNAŃ                      | Masters M - 40    | 00:30:53  |
| 156   | SZAŁAJSKA Monika               | 1001   |                                       | Senior I K - 20   | 00:31:01  |
| 157   | WYSTRYCHOWSKI Marcin           | 1090   | BFAGENCJA.PL                          | Senior II M - 30  | 00:31:02  |
| 158   | SOKOŁOWSKA Anna                | 1223   |                                       | Senior II K - 30  | 00:31:04  |
| 159   | JAGUSZEWSKA Agnieszka          | 1149   | STRZECHA AKADEMICKA                   | Senior I K - 20   | 00:31:09  |
| 160   | MARYNOWICZ Piotr               | 1053   | BRAK                                  | Masters M - 40    | 00:31:10  |
| 161   | NAMNI Fatih                    | 1293   |                                       | Senior II M - 30  | 00:31:11  |
| 162   | OSIKOWSKA Teresa               | 1222   |                                       | Senior II K - 30  | 00:31:12  |
| 163   | KONDRAKIEWICZ Rafał            | 1013   | KB HARCOWNIK JELCZ-LASKOWICE          | Masters M - 40    | 00:31:14  |
| 164   | NOWICKI Maciej                 | 1162   |                                       | Masters M - 40    | 00:31:14  |
| 165   | SINICA Kamila                  | 1277   |                                       | Senior II K - 30  | 00:31:18  |

| Place | Participant           | Number | Club                                   | Category         | C1<br>4km |
|-------|-----------------------|--------|----------------------------------------|------------------|-----------|
| 166   | JAKUBOWSKA Beata      | 1326   |                                        | Senior II K - 30 | 00:31:23  |
| 167   | TOMASZEWSKA Joanna    | 1301   | KB HAROWNIK                            | Senior II K - 30 | 00:31:27  |
| 168   | BUSZKA Łukasz         | 1313   |                                        | Masters M - 40   | 00:31:28  |
| 169   | KUBKA Adam            | 1098   | FUNDACJA UDARU MÓZGU                   | Weteran I M - 50 | 00:31:29  |
| 170   | MOTEL Paweł           | 1271   | AKS POLONIA WARSZAWA                   | Senior II M - 30 | 00:31:34  |
| 171   | LIS Marcin            | 1275   |                                        | Masters M - 40   | 00:31:37  |
| 172   | WASZYK Anita          | 1166   | MUAY RUNNING TEAM                      | Senior II K - 30 | 00:31:37  |
| 173   | POLUS Maciej          | 1052   |                                        | Senior I M - 20  | 00:31:39  |
| 174   | ADAMCZUK Felix        | 1091   |                                        | Masters M - 40   | 00:31:40  |
| 175   | MATEŃCZUK Paweł       | 1210   |                                        | Masters M - 40   | 00:31:42  |
| 176   | SKAWINA-POŁEĆ Anna    | 1078   |                                        | Senior II K - 30 | 00:31:45  |
| 177   | MAZUR Agnieszka       | 1105   | GTO                                    | Senior II K - 30 | 00:31:58  |
| 178   | TASZAREK Ewa          | 1029   |                                        | Masters K - 40   | 00:32:02  |
| 179   | HACZKIEWICZ Karolina  | 1186   | MILKY2017                              | Senior II K - 30 | 00:32:04  |
| 180   | GEROWSKA Aleksandra   | 1032   | STOWARZYSZENIE PRZYJACIÓŁ ZWIERZĄT NOE | Masters K - 40   | 00:32:07  |
| 181   | ŚWIDEREK Kasia        | 1268   |                                        | Masters K - 40   | 00:32:13  |
| 182   | WIADEREK Piotr        | 1069   | PĘDZĄCE ŻÓŁWIE                         | Senior II M - 30 | 00:32:18  |
| 183   | GŁĄBICA Adam          | 1160   | PRO - RUN WROCŁAW                      | Weteran I M - 50 | 00:32:19  |
| 184   | SZATKOWSKA Ewa        | 1171   | KOBIETYBIEGAJĄ                         | Weteran K - 50   | 00:32:22  |
| 185   | ŁAPACZYŃSKI Robert    | 1249   |                                        | Masters M - 40   | 00:32:23  |
| 186   | BIEGANOWSKI Krzysztof | 1041   | BIEGAN                                 | Senior II M - 30 | 00:32:25  |
| 187   | SZCZYGIEŁ Grzegorz    | 1226   | KURORT ŁĄDEK ZDRÓJ                     | Senior II M - 30 | 00:32:30  |
| 188   | ŁUCZAJ Kinga          | 1339   |                                        | Senior II K - 30 | 00:32:42  |
| 189   | SZARLEJ Anna          | 1148   | FUDU&CO. SPORT TEAM                    | Senior II K - 30 | 00:32:45  |
| 190   | JURCZYK Wojciech      | 1124   |                                        | Senior II M - 30 | 00:32:52  |
| 191   | KOLENDO Edyta         | 1163   |                                        | Masters K - 40   | 00:32:55  |
| 192   | PLEWA Katarzyna       | 1123   | NORDIC16.COM                           | Senior II K - 30 | 00:32:59  |
| 193   | KOSTERA Katarzyna     | 1259   | VEGE RUNNERS                           | Senior II K - 30 | 00:33:00  |
| 194   | BRZOZA Dorota         | 1197   |                                        | Masters K - 40   | 00:33:21  |
| 195   | GRISZCZENKO Elżbieta  | 1342   |                                        | Senior I K - 20  | 00:33:22  |
| 196   | POTYRAŁO Damian       | 1245   |                                        | Senior II M - 30 | 00:33:32  |
| 197   | PABICH Magdalena      | 1050   | 4RUN TEAM PIŁA                         | Masters K - 40   | 00:33:49  |
| 198   | TOPIŁKO Wojciech      | 1272   |                                        | Masters M - 40   | 00:33:49  |
| 199   | LEWANDOWSKI Rafał     | 1037   | BIEGAM BO NIE LUBIE                    | Senior II M - 30 | 00:33:55  |
| 200   | LEWANDOWSKA Maria     | 1038   | BIEGAM BO NIE LUBIE                    | Senior II K - 30 | 00:33:56  |
| 201   | LACHOWICZ Anna        | 1243   |                                        | Masters K - 40   | 00:33:59  |
| 202   | SZPUREK Anna          | 1238   | BUKOWSKI KLUB BIEGACZA                 | Senior II K - 30 | 00:33:59  |
| 203   | FLIS Piotr            | 1250   |                                        | Senior II M - 30 | 00:34:01  |
| 204   | SKAWINA Krystyna      | 1079   |                                        | Senior II K - 30 | 00:34:02  |
| 205   | BALICKI Jakub         | 1182   | ASAP RUNNERS                           | Masters M - 40   | 00:34:07  |
| 206   | WALACIK Małgorzata    | 1122   |                                        | Weteran K - 50   | 00:34:10  |
| 207   | WŁOSKOWICZ Kinga      | 1135   |                                        | Masters K - 40   | 00:34:12  |
| 208   | KAYSIEWICZ Joanna     | 1003   |                                        | Masters K - 40   | 00:34:14  |
| 209   | DŁUGOSZ Marek         | 1232   | KB GEOTERMIA UNIEJÓW                   | Weteran I M - 50 | 00:34:15  |
| 210   | DEMBNA Ania           | 1288   |                                        | Senior II K - 30 | 00:34:17  |

| Place | Participant             | Number | Club                                 | Category          | C1<br>4km |
|-------|-------------------------|--------|--------------------------------------|-------------------|-----------|
| 211   | SKORNIAK Katarzyna      | 1221   | WOLNE ŚLIMAKI                        | Senior I K - 20   | 00:34:22  |
| 212   | JAROSZ-DANIEL Joanna    | 1214   |                                      | Senior II K - 30  | 00:34:22  |
| 213   | BALCERZAK Agnieszka     | 1015   | MARATOŃCZYK POZNAŃ                   | Masters K - 40    | 00:34:25  |
| 214   | DANIEL Jarek            | 1286   |                                      | Masters M - 40    | 00:34:26  |
| 215   | WITECKA Milena          | 1336   |                                      | Senior II K - 30  | 00:34:28  |
| 216   | SIWEK Krzysztof         | 1269   |                                      | Weteran I M - 50  | 00:34:31  |
| 217   | SZAREK Paweł            | 1281   |                                      | OPEN              | 00:34:32  |
| 218   | OLEWICZ Dagmara         | 1202   | ZAŁOGA GÓRSKA                        | Senior I K - 20   | 00:34:33  |
| 219   | SZAREK Dawid            | 1282   |                                      | OPEN              | 00:34:34  |
| 220   | WITKOWSKA Justyna       | 1028   |                                      | Senior II K - 30  | 00:34:42  |
| 221   | SZYMALA Jan             | 1315   |                                      | Weteran II M - 60 | 00:35:00  |
| 222   | GÓRNA Małgorzata        | 1108   |                                      | Senior II K - 30  | 00:35:04  |
| 223   | LEŚNIEWSKA Justyna      | 1262   |                                      | Masters K - 40    | 00:35:06  |
| 224   | KACUGA Maria            | 1287   |                                      | OPEN KOBIET       | 00:35:09  |
| 225   | STEFANOWSKI Mariusz     | 1119   |                                      | Masters M - 40    | 00:35:11  |
| 226   | OLCZYK Joanna           | 1144   |                                      | Senior I K - 20   | 00:35:20  |
| 227   | BANDURKA Piotr          | 1146   | TRUCHT.COM                           | Senior I M - 20   | 00:35:21  |
| 228   | KRUZEL Rafał            | 1219   | BIEGOWE MISIE                        | Masters M - 40    | 00:35:24  |
| 229   | KOWAL Ewa               | 1310   |                                      | Masters K - 40    | 00:35:25  |
| 230   | KUCZAKOWSKA Joanna      | 1218   | BIEGOWE MISIE                        | Senior II K - 30  | 00:35:25  |
| 231   | SIGER Adam              | 1213   | FUNDACJA UDARU MÓZGU                 | Masters M - 40    | 00:35:33  |
| 232   | NIEWIADOMSKA Agnieszka  | 1021   |                                      | Masters K - 40    | 00:35:36  |
| 233   | ROGOWSKA Małgorzata     | 1116   | TRIATHLON MIETKÓW TEAM               | Senior II K - 30  | 00:35:38  |
| 234   | ŚRÓDKA Aleksandra       | 1099   |                                      | Senior II K - 30  | 00:35:39  |
| 235   | PĘCKA Beata             | 1242   |                                      | Senior II K - 30  | 00:35:40  |
| 236   | MOLONG Urszula          | 1066   | NIGHT RUNNERS                        | Senior II K - 30  | 00:35:44  |
| 237   | JAŃCZAK Karolina        | 1255   |                                      | Senior I K - 20   | 00:35:49  |
| 238   | KOLENDO Sylwia          | 1164   |                                      | Senior I K - 20   | 00:35:51  |
| 239   | SYPER Bernard           | 1320   |                                      | Weteran I M - 50  | 00:35:53  |
| 240   | SIANO Łukasz            | 1305   |                                      | Senior II M - 30  | 00:35:54  |
| 241   | NOWAK Teresa            | 1192   | TERESA NOWAK                         | Weteran II K - 60 | 00:36:16  |
| 242   | HAWROT Marta            | 1276   |                                      | Masters K - 40    | 00:36:32  |
| 243   | BUDNIOK Barbara         | 1048   | ŻONY MĘŻÓW UZALEŻNIONYCH OD BIEGANIA | Masters K - 40    | 00:36:40  |
| 244   | NIEMAS Anna             | 1042   | OYAMA KARATE BRZESZCZE               | Masters K - 40    | 00:36:41  |
| 245   | ERDMAŃSKA Natalia       | 1229   |                                      | Senior II K - 30  | 00:36:41  |
| 246   | DZIDEK Katarzyna        | 1031   |                                      | Masters K - 40    | 00:36:42  |
| 247   | STAWSKA Emilia          | 1095   | GRUNWALD TEAM POZNAŃ                 | Senior II K - 30  | 00:36:46  |
| 248   | OLCZYK Anna             | 1194   | RUN LODZ                             | Masters K - 40    | 00:36:46  |
| 249   | CIASTOWICZ-TOMCZAK Inga | 1024   | FIGHTERS MOSINA                      | Masters K - 40    | 00:36:47  |
| 250   | CHWIAŁKOWSKA Ewa        | 1026   |                                      | Weteran K - 50    | 00:36:47  |
| 251   | OLCZYK Andrzej          | 1195   | RUN LODZ                             | Weteran I M - 50  | 00:36:49  |
| 252   | REMBIELAK-TACIAK Anna   | 1188   | ANTONINEK POZNAŃ                     | Masters K - 40    | 00:36:53  |
| 253   | BLECHARCZYK Ola         | 1207   | ZAŁOGA GÓRSKA                        | Senior I K - 20   | 00:36:56  |
| 254   | DRZYZGA Dominika        | 1170   | KOBIETYBIEGAJĄ                       | Senior I K - 20   | 00:36:57  |
| 255   | PAWLAK Bartosz          | 1337   |                                      | Senior II M - 30  | 00:36:59  |

| Place | Participant                | Number | Club                                                                           | Category         | C1<br>4km |
|-------|----------------------------|--------|--------------------------------------------------------------------------------|------------------|-----------|
| 256   | PTASZEK Sławomir           | 1296   |                                                                                | Masters M - 40   | 00:37:01  |
| 257   | PTASZEK Adam               | 1297   |                                                                                | OPEN             | 00:37:03  |
| 258   | NOWACZYK Grzegorz          | 1335   |                                                                                | Senior II M - 30 | 00:37:10  |
| 259   | WALISZEWSKA-PLEWA Izabella | 1036   |                                                                                | Masters K - 40   | 00:37:11  |
| 260   | KASJAN Alicja              | 1100   |                                                                                | Senior I K - 20  | 00:37:19  |
| 261   | STACHURA Mikołaj           | 1101   |                                                                                | Senior II M - 30 | 00:37:24  |
| 262   | MUCHA Anna                 | 1046   |                                                                                | Senior I K - 20  | 00:38:02  |
| 263   | PODSIADŁY Robert           | 1291   | CHATA BIEGACZA K34                                                             | Weteran I M - 50 | 00:38:05  |
| 264   | AUGUSTOWSKA Izabela        | 1231   | KB GEOTERMIA UNIEJÓW                                                           | Masters K - 40   | 00:38:21  |
| 265   | DOJKA Dorota               | 1152   |                                                                                | Masters K - 40   | 00:38:21  |
| 266   | TOMICZEK Edyta             | 1071   | ZDYSKWALIFIKOWANI                                                              | Senior I K - 20  | 00:38:33  |
| 267   | PAPIERZ-RYKAŁA Aleksandra  | 1212   |                                                                                | Senior II K - 30 | 00:38:38  |
| 268   | PIETRASZEWSKI Witold       | 1318   |                                                                                | Senior II M - 30 | 00:38:53  |
| 269   | MRUGALSKA Liliana          | 1316   |                                                                                | Senior I K - 20  | 00:38:55  |
| 270   | STAWSKA Alicja             | 1298   |                                                                                | OPEN KOBIET      | 00:39:00  |
| 271   | KUTNIEWSKA Maria           | 1252   | FACE NORDIC WALKING TEAM                                                       | Weteran K - 50   | 00:39:20  |
| 272   | KOWALCZYK Olka             | 1110   |                                                                                | Senior II K - 30 | 00:39:21  |
| 273   | NĄCKIEWICZ Justyna         | 1251   |                                                                                | Masters K - 40   | 00:39:21  |
| 274   | ERENBERG Małgorzata        | 1153   | FUDU&CO SPORT TEAM                                                             | Senior II K - 30 | 00:39:27  |
| 275   | PASTUSZKA Joanna           | 1172   | RUN ŁDZ                                                                        | Weteran K - 50   | 00:39:30  |
| 276   | RAJKOWSKA Anna             | 1230   |                                                                                | Masters K - 40   | 00:39:31  |
| 277   | CHMIELEWSKI Marcin         | 1034   | BIEGAM BEZ SPINY                                                               | Masters M - 40   | 00:39:38  |
| 278   | LECHNA Mirella             | 1061   |                                                                                | Masters K - 40   | 00:39:39  |
| 279   | PAWLIK-NIEDZIELA Sandra    | 1016   | W POGONI ZA DUCHEM                                                             | Senior I K - 20  | 00:39:39  |
| 280   | KISIAŁA Filip              | 1002   | LACHO TEAM                                                                     | Senior II M - 30 | 00:39:39  |
| 281   | SIECZKOWSKI Artur          | 1244   | NATURAL BORN RUMIA                                                             | Masters M - 40   | 00:39:40  |
| 282   | NIEZGÓDKA Sylwia           | 1270   |                                                                                | Masters K - 40   | 00:39:42  |
| 283   | STAWSKA Natalia            | 1005   |                                                                                | Senior II K - 30 | 00:39:43  |
| 284   | NICZEJDOLNY Tomasz         | 1300   |                                                                                | Masters M - 40   | 00:39:52  |
| 285   | JĘDRZEJEWSKA Ula           | 1253   | WATAHA                                                                         | Masters K - 40   | 00:39:58  |
| 286   | BOCZAR Waldek              | 1117   |                                                                                | Senior II M - 30 | 00:40:07  |
| 287   | HRABAŃSKA-RACZAK Beata     | 1168   |                                                                                | Senior II K - 30 | 00:40:26  |
| 288   | RACZAK Maciej              | 1167   |                                                                                | Senior II M - 30 | 00:40:27  |
| 289   | MAZURCZAK Ewa              | 1158   | KOBIETAWBIEGU.PL                                                               | Masters K - 40   | 00:40:36  |
| 290   | ZWYDAK Anna                | 1159   | KOBIETAWBIEGU.PL                                                               | Senior I K - 20  | 00:40:37  |
| 291   | BLISKA-MROCZKA Henryka     | 1311   |                                                                                | Masters K - 40   | 00:40:46  |
| 292   | KUŻNIAK Marcin             | 1258   |                                                                                | Masters M - 40   | 00:41:06  |
| 293   | KRAWCZYK Magdalena         | 1139   | BIEGAJĄCY PALACZE                                                              | Senior II K - 30 | 00:41:33  |
| 294   | WALENDA Katarzyna          | 1136   | VEGE ULTRA RUNNERS                                                             | Masters K - 40   | 00:41:34  |
| 295   | KARNOWSKI Sławomir         | 1280   |                                                                                | Masters M - 40   | 00:41:35  |
| 296   | MELSON Maciej              | 1295   | BIZON TEAM                                                                     | Senior I M - 20  | 00:41:43  |
| 297   | MELSON Andrzej             | 1128   | BIZON TEAM                                                                     | Weteran I M - 50 | 00:41:44  |
| 298   | MADERA Bogdan              | 1059   | RUNWALKRUN                                                                     | Weteran I M - 50 | 00:41:47  |
| 299   | JÓZEFOWICZ Magdalena       | 1011   | FUNDACJA DZIECIOM 'ZDĄŻYĆ Z POMOCĄ' KORNEŁ MAŚLIŃSKI 28449 BIEGAM DLA KORNEŁKA | Senior II K - 30 | 00:42:33  |
| 300   | NOWICKI Amdrzej            | 1104   | ZJEDNOCZENI ZWYCIĘŻAMY                                                         | Masters M - 40   | 00:42:37  |

| Place | Participant                   | Number      | Club            | Category          | C1<br>4km |
|-------|-------------------------------|-------------|-----------------|-------------------|-----------|
| 301   | <b>BĄKOWSKA Maria</b>         | <b>1211</b> | ZAŁOGA GÓRSKA   | Weteran II K - 60 | 00:44:08  |
| 302   | <b>KOSZYK Marian</b>          | <b>1340</b> |                 | Weteran I M - 50  | 00:48:06  |
| 303   | <b>SOKOŁOWSKI Kazimierz</b>   | <b>1012</b> |                 | Weteran II M - 60 | 00:49:38  |
| 304   | <b>CHYBICKA Alicja</b>        | <b>1180</b> |                 | Weteran II K - 60 | 00:56:50  |
| 305   | <b>LISIEWICZ KALETA Agata</b> | <b>1085</b> | PRO-RUN WROCŁAW | Masters K - 40    |           |

Total 305 results.