

## BIEG TROJAK TRAIL - 10 KM

Organizator: Fundacja MARATONY GÓRSKIE  
 Data: 2018-07-22  
 Miejsce: Łądek-Zdrój  
 Dystans: 10 km

### Wyniki dla punktu pomiaru: 4 km

Klasyfikacja wg czasów brutto.

### BIEG TROJAK TRAIL - 10 KM, OPEN

| M-ce | Nazwisko i imię          | Nr  | Klub                   | M-scowość            | Kraj | Kat.             | 4km      | 6km      |
|------|--------------------------|-----|------------------------|----------------------|------|------------------|----------|----------|
| 1    | PRZEDWOJEWSKI BARTŁOMIEJ | 284 | SALOMON SUUNTO TEAM    | GEUCHOŁAZY           | POL  | SENIOR I M - 20  | 00:17:16 | 00:26:26 |
| 2    | STAWSKI MICHAŁ           | 137 | TRUCHT.COM             | ŁÓDŹ                 | POL  | SENIOR II M - 30 | 00:19:10 | 00:29:31 |
| 3    | ŁĄTKA PIOTR              | 232 |                        | OBORNIKI ŚLĄSKIE     | POL  | SENIOR I M - 20  | 00:19:11 | 00:29:48 |
| 4    | WILK MACIEJ              | 259 | ZĄŁOGA GÓRSKA          | BYTOM                | POL  | SENIOR II M - 30 | 00:19:29 | 00:29:56 |
| 5    | LUTOWSKI WOJCIECH        | 403 |                        | BYDGOSZCZ            |      | SENIOR II M - 30 | 00:20:08 | 00:31:30 |
| 6    | KITA MICHAŁ              | 18  | PĘDZĄCY W MIEJSCU      | WROCŁAW              | POL  | MASTERS M - 40   | 00:20:22 | 00:31:39 |
| 7    | KANTOR MARTYNA           | 374 | BUFF TEAM POLSKA       | KRAKÓW               |      | SENIOR I K - 20  | 00:20:24 | 00:31:44 |
| 8    | ZIOMEK TOMASZ            | 198 | KALENJI BY DECATHLON   | BIELSKO-BIAŁA        | POL  | SENIOR II M - 30 | 00:20:28 | 00:32:18 |
| 9    | KRAWCZYK ARTUR           | 382 | ZĄŁOGA GÓRSKA          | JELEŃ GÓRA           |      | SENIOR I M - 20  | 00:20:33 | 00:32:27 |
| 10   | SŁOCIAK RAFAŁ            | 34  | RAJSPOORT ACTIVE       | OPOLE                | POL  | SENIOR I M - 20  | 00:20:56 | 00:33:17 |
| 11   | BOROŃ DARIUSZ            | 371 | ASICS FRONT RUNNER     |                      |      | SENIOR I M - 20  | 00:21:12 | 00:33:28 |
| 12   | HACZYK JAROSŁAW          | 369 | BIEG POLSKA            | OPOLE                |      | WETERAN I M - 50 | 00:21:10 | 00:32:39 |
| 13   | OLKIS RAFAŁ              | 395 | PRZEBIEGA.PL           | WROCŁAW              |      | SENIOR II M - 30 | 00:21:15 | 00:32:55 |
| 14   | GAJEWSKI MARCIN          | 150 | EBIEGI.PL              | KŁODZKO              | POL  | MASTERS M - 40   | 00:21:29 | 00:33:49 |
| 15   | CIEPŁY MACIEJ            | 52  | NIGHT RUNNERS WROCŁAW  | WROCŁAW              | POL  | SENIOR I M - 20  | 00:21:48 | 00:34:13 |
| 16   | KWIATKOWSKA KINGA        | 225 | ALPIN SPORT TEAM       | KRAKÓW               | POL  | SENIOR II K - 30 | 00:21:50 | 00:33:42 |
| 17   | PIETROSZEK RAFAŁ         | 381 | BRUBECK TEAM           | STRUMIEŃ             |      | SENIOR I M - 20  | 00:21:56 | 00:34:40 |
| 18   | DOMAŃSKI PATRYK          | 33  | #TEAMBIEGIWLKP         | POZNAŃ               | POL  | SENIOR I M - 20  | 00:22:21 | 00:34:22 |
| 19   | JANUSZEWSKI PIOTR        | 218 | EUROCLEAR RUNNING TEAM | KRAKOW               | POL  | SENIOR I M - 20  | 00:22:32 | 00:35:29 |
| 20   | NETOLICKÝ KAMIL          | 220 | SRTG VYŠKOV            | VYŠKOV               | CZE  | SENIOR I M - 20  | 00:22:23 | 00:34:28 |
| 21   | NOWICKI MATEUSZ          | 37  |                        | WROCŁAW              | POL  | SENIOR I M - 20  | 00:22:34 | 00:35:07 |
| 22   | KOPYCZOK MICHAŁ          | 261 | TYSŁAWA TEAM           | SIEMIANOWICE ŚLĄSKIE | POL  | SENIOR II M - 30 | 00:22:37 | 00:34:31 |
| 23   | LASEK JAKUB              | 219 | CHICS&SPORT TEAM       | OPOLE                | POL  | SENIOR I M - 20  | 00:22:41 | 00:35:25 |

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|------|------------------------|-----|--------------------------------|----------------------|------|------------------|----------|----------|
| 24   | MAZURKIEWICZ JERZY     | 367 | NIGHT RUNNERS WROCŁAW          | WROCŁAW              |      | SENIOR II M - 30 | 00:22:39 | 00:35:54 |
| 25   | PAŁETKO GRZEGORZ       | 16  | NYSA BIEGA                     | JASZENICA DOLNA      | POL  | SENIOR II M - 30 | 00:22:33 | 00:35:02 |
| 26   | BUKOWSKI EDWARD        | 280 | KLUCZBORSKA GRUPA BIEGOWA      | KLUCZBORK            | POL  | MASTERS M - 40   | 00:22:49 | 00:35:40 |
| 27   | WUJDA MIROSŁAW         | 68  | ERNI RULEZ                     | DĘBNO                | POL  | MASTERS M - 40   | 00:22:48 | 00:36:58 |
| 28   | KACZMARCZYK PRZEMYSŁAW | 152 | MATNER RUNNING TEAM/WATAHA     | KOBIERZYCE           | POL  | SENIOR I M - 20  | 00:22:58 | 00:36:18 |
| 29   | DĄBEK MIROSŁAW         | 179 |                                | ZIĘBICE              | POL  | MASTERS M - 40   | 00:22:49 | 00:38:09 |
| 30   | SOBCZAK FILIP          | 135 |                                | ŁÓDŹ                 | POL  | SENIOR I M - 20  | 00:23:00 | 00:36:35 |
| 31   | CITKO MACIEJ           | 276 | ZAŁOGA GÓRSKA                  | OPOLE                | POL  | SENIOR II M - 30 | 00:23:07 | 00:36:11 |
| 32   | JANUSZEWSKI MACIEJ     | 123 | ŚLIMAK BROWARNO-KANAPOWY       | WROCŁAW              | POL  | SENIOR II M - 30 | 00:23:03 | 00:36:29 |
| 33   | KARAMON MARCIN         | 344 | OPOLE BIEGA                    | OPOLE                |      | MASTERS M - 40   | 00:23:06 | 00:36:09 |
| 34   | SZARSKI JACEK          | 264 |                                | WROCŁAW              | POL  | SENIOR I M - 20  | 00:23:13 | 00:37:49 |
| 35   | OCHMAN PAWEŁ           | 181 | FUTURE PROCESSING RUNNING TEAM | GLIWICE              | POL  | SENIOR II M - 30 | 00:23:19 | 00:36:30 |
| 36   | CHODOROWSKI KRZYSZTOF  | 10  | PRZEDWOJEWSKI MOUNTAIN TEAM    | WROCŁAW              | POL  | SENIOR II M - 30 | 00:23:32 | 00:37:00 |
| 37   | MARGOL PAWEŁ           | 300 | WKS ŚLĄSK WROCŁAW              | WROCŁAW              | POL  | SENIOR II M - 30 | 00:23:37 | 00:36:47 |
| 38   | KYCIA PIOTR            | 389 |                                | RAWICZ               |      | MASTERS M - 40   | 00:23:52 | 00:37:01 |
| 39   | GROMADZKA ANNA         | 140 | KALENJI BY DECATHLON           | KIELCE               | POL  | SENIOR II K - 30 | 00:23:52 | 00:37:31 |
| 40   | BOBRAS ARKADIUSZ       | 251 |                                | PIOTRKÓW TRYBUNALSKI | POL  | MASTERS M - 40   | 00:23:56 | 00:37:02 |
| 41   | PRZYBYŁ PIOTR          | 391 |                                | CZACHROWO            |      | MASTERS M - 40   | 00:24:03 | 00:37:12 |
| 42   | GRAD ŁUKASZ            | 233 | FITNESS PIEKARY LEGNICA        | LEGNICA              | POL  | SENIOR II M - 30 | 00:24:05 | 00:37:14 |
| 43   | KURAŚ SZYMON           | 129 | NKB CHYŻY NOWY TOMYŚL          | NOWY TOMYŚL          | POL  | SENIOR II M - 30 | 00:24:07 | 00:37:07 |
| 44   | MAJCHRZAK MACIEJ       | 49  |                                | WROCŁAW              | POL  | SENIOR I M - 20  | 00:24:04 | 00:36:06 |
| 45   | KOLECKI DAMIAN         | 317 | KOLECTEAM ZBĄSZYNEK            | ZBĄSZYNEK            | POL  | MASTERS M - 40   | 00:24:17 | 00:38:42 |
| 46   | KOLECKA SYLWIA         | 316 | KOLECTEAM ZBĄSZYNEK            | ZBĄSZYNEK            | POL  | MASTERS K - 40   | 00:24:17 | 00:38:44 |
| 47   | MIKOŁAJCZYK PIOTR      | 139 | KALENJI BY DECATHLON           | BIAŁYSTOK            | POL  | SENIOR I M - 20  | 00:24:17 | 00:38:05 |
| 48   | NOWACKI MATEUSZ        | 196 |                                | WROCŁAW              | POL  | SENIOR II M - 30 | 00:24:30 | 00:38:39 |
| 49   | KRUPIŃSKI ZBIGNIEW     | 383 | KOŁO BIEGA                     | KOŁO                 |      | SENIOR II M - 30 | 00:24:43 | 00:38:41 |
| 50   | PERENC MICHAŁ          | 120 | HUSARIA RACE TEAM              | JAROSŁAW             | POL  | SENIOR I M - 20  | 00:24:40 | 00:38:12 |
| 51   | PERZ EMILIA            | 90  | WOLSZTYŃSKA AKADEMIA BIEGOWA   | BUKOWIEC             | POL  | SENIOR I K - 20  | 00:24:47 | 00:38:13 |
| 52   | KURIATA PAWEŁ          | 306 |                                | WROCŁAW              | POL  | SENIOR I M - 20  | 00:24:30 | 00:38:44 |

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|------|------------------------|-----|------------------------------|--------------|------|------------------|----------|----------|
| 53   | CIEŚLAK KRZYSZTOF      | 365 | ULTRAFAZA.PL                 | ZIELONA GÓRA |      | SENIOR II M - 30 | 00:24:47 | 00:38:17 |
| 54   | ŁOMNICKA BARBARA       | 375 |                              |              |      | SENIOR II K - 30 | 00:24:56 | 00:38:40 |
| 55   | MALIK AGNIESZKA        | 414 |                              |              |      | MASTERS K - 40   | 00:24:53 | 00:38:17 |
| 56   | BOREJSZO KAROL         | 250 |                              | ŻARY         | POL  | SENIOR I M - 20  | 00:24:53 | 00:38:29 |
| 57   | KACZMARCZYK MATEUSZ    | 360 | KURORT ŁĄDEK-ZDRÓJ           | ŁĄDEK-ZDRÓJ  |      | SENIOR I M - 20  | 00:25:04 | 00:39:10 |
| 58   | PAZDAN NATALIA         | 143 | KOWARY BIEGAJĄ               | KOWARY       | POL  | SENIOR II K - 30 | 00:25:27 | 00:40:19 |
| 59   | PISKUNOWICZ ALEKSANDRA | 230 |                              | BIAŁOGARD    | POL  | SENIOR II K - 30 | 00:25:23 | 00:39:55 |
| 60   | KOZANECKI PRZEMYSŁAW   | 130 | CONSTRAVIA                   | POZNAŃ       | POL  | SENIOR I M - 20  | 00:25:31 | 00:39:50 |
| 61   | BANKIEWICZ SZYMON      | 341 |                              | WARSZAWA     |      | SENIOR I M - 20  | 00:25:11 | 00:39:29 |
| 62   | GŁOMBIOWSKA ZUZANNA    | 61  | BIGYELLOWFOOT ADVENTURE TEAM | GDYNIA       | POL  | SENIOR I K - 20  | 00:25:45 | 00:39:53 |
| 63   | GAZDA MICHAŁ           | 128 | CONSTRAVIA                   | POZNAŃ       | POL  | SENIOR I M - 20  | 00:25:38 | 00:40:24 |
| 64   | BARON PRZEMO           | 127 | CONSTRAVIA                   | POZNAŃ       | POL  | SENIOR II M - 30 | 00:25:41 | 00:40:15 |
| 65   | CHRZANOWSKI PAWEŁ      | 216 |                              | ŁĄDEK-ZDRÓJ  | POL  | SENIOR II M - 30 | 00:25:50 | 00:39:58 |
| 66   | KOSTROWICKI JAKUB      | 224 |                              | SIERADZ      | POL  | SENIOR II M - 30 | 00:25:24 | 00:39:40 |
| 67   | KUŹMA PRZEMYSŁAW       | 141 | NIEZRZESZONY                 | JANOWICE     | POL  | WETERAN I M - 50 | 00:25:53 | 00:40:12 |
| 68   | WIADERNA NINA          | 388 | SBRT POWIŚLE                 | WARSZAWA     |      | SENIOR II K - 30 | 00:25:55 | 00:40:28 |
| 69   | WITEK JAKUB            | 175 | SPRINT                       | JAWORZE      | POL  | SENIOR I M - 20  | 00:25:58 | 00:40:57 |
| 70   | RYBARSKA MARTA         | 2   | LESZ NO LIMITS RUNNERS       | DOLSK        | POL  | SENIOR I K - 20  | 00:26:08 | 00:40:57 |
| 71   | BURA TOMASZ            | 101 |                              | NIECHLÓW     | POL  | SENIOR II M - 30 | 00:25:57 | 00:40:16 |
| 72   | HORWAT TOMASZ          | 299 | WKS ŚLĄSK WROCŁAW            | WROCŁAW      | POL  | SENIOR II M - 30 | 00:25:54 | 00:40:04 |
| 73   | KWASIZUR AGATA         | 260 | MUAY RUNNING TEAM            | POZNAŃ       | POL  | SENIOR II K - 30 | 00:26:30 | 00:41:17 |
| 74   | LACHERA KAMILA         | 21  | W POGONI ZA DUCHEM           | KATOWICE     | POL  | SENIOR II K - 30 | 00:26:19 | 00:40:54 |
| 75   | KLIN ROBERT            | 63  | WATAHA                       | BRZEG        | POL  | MASTERS M - 40   | 00:26:16 | 00:41:35 |
| 76   | JOŃCZYK ADA            | 293 |                              | ŁĄDEK ZDRÓJ  | POL  | SENIOR I K - 20  | 00:26:45 | 00:41:33 |
| 77   | HACZYK NATALIA         | 333 | MUAY RUNNING TEAM            | GORKI        |      | MASTERS K - 40   | 00:26:45 | 00:41:16 |
| 78   | CHORZĘPA ADAM          | 286 |                              | SZCZYTNA     | POL  | WETERAN I M - 50 | 00:26:51 | 00:41:36 |
| 79   | MITUŁA PAWEŁ           | 295 | ZIĘBICE                      | WROCŁAW      | POL  | SENIOR II M - 30 | 00:26:42 | 00:41:02 |
| 80   | DROZD PRZEMYSŁAW       | 97  | RAISPORT ACTIVE              | OPOLE        | POL  | MASTERS M - 40   | 00:27:08 | 00:41:44 |
| 81   | CIEŚLAK JAKUB          | 370 |                              | RZEPIN       |      | SENIOR II M - 30 | 00:27:04 | 00:41:42 |

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|------|----------------------|-----|-------------------------------|----------------------|------|------------------|----------|----------|
| 82   | BOCHAN LESŁAW        | 384 |                               | PIŁA                 |      | MASTERS M - 40   | 00:27:03 | 00:41:47 |
| 83   | PÓŁROLNICZAK PAWEŁ   | 357 | OPOLE PARKRUN                 | ŁUBNIAWA             |      | SENIOR II M - 30 | 00:27:16 | 00:41:46 |
| 84   | KUZIEL MARCIN        | 153 | BLACK RUNNING STRONIE ŚLĄSKIE | STRONIE ŚLĄSKIE      | POL  | SENIOR II M - 30 | 00:26:45 | 00:41:29 |
| 85   | RAKOCZY JERZY        | 329 |                               | ŁĄDEK ZDRÓJ          |      | MASTERS M - 40   | 00:27:27 | 00:42:49 |
| 86   | ŁUCZAK MACIEJ        | 237 | BANDA RYCHA                   | MROWINO              | POL  | SENIOR II M - 30 | 00:26:50 | 00:41:07 |
| 87   | STRZELCZYK WIKTOR    | 125 | HUSARIA RACE TEAM             | KOLBUSZOWA           | POL  | SENIOR II M - 30 | 00:27:23 | 00:42:27 |
| 88   | CYKLOWSKI WOJCIECH   | 379 | KM PSP OPOLE                  | TUŁOWIEC             |      | SENIOR I M - 20  | 00:27:28 | 00:42:29 |
| 89   | SAWICKI KONRAD       | 310 |                               | WARSZAWA             | POL  | MASTERS M - 40   | 00:27:24 | 00:42:06 |
| 90   | KUCHARSKA ALEKSANDRA | 178 | DREAM RUN                     | WARSZAWA             | POL  | SENIOR II K - 30 | 00:27:37 | 00:42:32 |
| 91   | REJCHAL MICHAŁ       | 347 |                               | WARSZAWA             |      | SENIOR II M - 30 | 00:27:21 | 00:42:04 |
| 92   | TOMECKA ALEKSANDRA   | 271 | ZAŁOGA GÓRSKA                 | KRAKÓW               | POL  | SENIOR II K - 30 | 00:27:45 | 00:42:55 |
| 93   | GRABIŃSKA GIZELA     | 269 | ZAŁOGA GÓRSKA                 | WARSZAWA-WESOŁA      | POL  | MASTERS K - 40   | 00:27:50 | 00:43:18 |
| 94   | SPYCHAJ MAREK        | 62  |                               | KROTOSZYN            | POL  | MASTERS M - 40   | 00:27:22 | 00:42:40 |
| 95   | HOREJDA SARA         | 320 | ZUMBA                         | ŁĄDEK ZDRÓJ          | POL  | SENIOR I K - 20  | 00:27:54 | 00:45:21 |
| 96   | PIOTROWSKA MAGDALENA | 103 | KLUB BIEGACZA JURUND SZCZYTNO | ŚWIĘTAJNO            | POL  | SENIOR II K - 30 | 00:27:56 | 00:44:44 |
| 97   | PISZCZAŁKA TOMASZ    | 418 | ABY DO METY                   | TRZEBNICA            |      | SENIOR II M - 30 | 00:27:58 | 00:42:47 |
| 98   | SZPIŁAREWICZ BASIA   | 188 | ABY DO METY                   | ZIĘBICE              | POL  | MASTERS K - 40   | 00:27:59 | 00:42:48 |
| 99   | GALA KAMILA          | 274 | ZAŁOGA GÓRSKA                 | WARSZAWA             | POL  | SENIOR II K - 30 | 00:28:04 | 00:44:43 |
| 100  | STEFANOWSKI MARIUSZ  | 82  |                               | OPOLE                | POL  | MASTERS M - 40   | 00:28:11 | 00:43:37 |
| 101  | ROLIŃSKI RADOSŁAW    | 202 |                               | OLEŚNICA             | POL  | MASTERS M - 40   | 00:28:09 | 00:43:48 |
| 102  | ŚPIEWAK RADOSŁAW     | 392 |                               | ZIELONA GÓRA         |      | SENIOR II M - 30 | 00:28:08 | 00:44:32 |
| 103  | PASTUSZAK MIROSLAW   | 352 | RUN ŁDZ                       | ŁÓDŹ                 |      | WETERAN I M - 50 | 00:28:15 | 00:43:18 |
| 104  | SERWATKA WOJCIECH    | 368 |                               | KAMIENIEC WROCŁAWSKI |      | MASTERS M - 40   | 00:27:48 | 00:42:39 |
| 105  | DŁUGOSZ MAREK        | 292 | KB GEOTERMIA UNIEJÓW          | WARTKOWICE           | POL  | WETERAN I M - 50 | 00:28:23 | 00:44:27 |
| 106  | SZTYLKA DARIUSZ      | 298 | WKS ŚLĄSK WROCŁAW             | WROCŁAW              | POL  | MASTERS M - 40   | 00:28:01 | 00:44:16 |
| 107  | WOJBACH MARCIN       | 402 |                               | STRONIE ŚLĄSKIE      |      | SENIOR II M - 30 | 00:28:20 | 00:43:33 |
| 108  | RYBA PIOTR           | 54  |                               | KROTOSZYN            | POL  | MASTERS M - 40   | 00:28:01 | 00:44:41 |
| 109  | CHOLEWA JOANNA       | 17  |                               | WROCŁAW              | POL  | SENIOR I K - 20  | 00:28:30 | 00:45:11 |
| 110  | LANG WOJTEK          | 206 | WROCŁAW MARATHON TEAM         | WROCŁAW              | POL  | SENIOR II M - 30 | 00:28:32 | 00:45:12 |

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|------|-----------------------|-----|---------------------------------------|------------------------|------|------------------|----------|----------|
| 111  | LEWANDOWSKA PATRYCJA  | 111 | TEAM KURORT ŁĄDEK-ZDRÓJ               | OLDRZYCHOWICE KŁODZKIE | POL  | SENIOR II K - 30 | 00:28:34 | 00:44:35 |
| 112  | GAŁEK ALEKSANDER      | 359 | PRAGMATIQ.PL                          | POZNAŃ                 |      | SENIOR II M - 30 | 00:28:44 | 00:43:38 |
| 113  | KULESZA PAWEŁ         | 70  |                                       | KIELCE                 | POL  | SENIOR I M - 20  | 00:28:33 | 00:45:38 |
| 114  | WARSZCZYŃSKA ROMANA   | 107 | LUB WYBIERZ Z LISTY                   | SIEROSŁAW              | POL  | MASTERS K - 40   | 00:28:39 | 00:45:32 |
| 115  | RAPCZUK TOMASZ        | 242 |                                       | CHOCIANÓW              | POL  | WETERAN I M - 50 | 00:28:56 | 00:46:27 |
| 116  | JASICKA EWA           | 165 |                                       | TYCHY                  | POL  | SENIOR II K - 30 | 00:28:57 | 00:45:14 |
| 117  | JASICKI KRZYSZTOF     | 168 |                                       | TYCHY                  | POL  | SENIOR II M - 30 | 00:28:59 | 00:45:14 |
| 118  | BIELECKA IWONA        | 29  | PRO-RUN WROCŁAW                       | WROCŁAW                | POL  | SENIOR II K - 30 | 00:28:38 | 00:44:56 |
| 119  | JÓZWIECKI KACPER      | 364 | MUAY RUNNING TEAM                     | POZNAŃ                 |      | SENIOR I M - 20  | 00:28:54 | 00:44:27 |
| 120  | KORYCIŃSKA IZABELA    | 23  |                                       | KRAKÓW                 | POL  | SENIOR II K - 30 | 00:28:56 | 00:44:59 |
| 121  | NEUMANN JACEK         | 211 | CENTRUM ŁĄKOWA1                       | RADKÓW                 | POL  | WETERAN I M - 50 | 00:28:58 | 00:44:56 |
| 122  | LUBAŃSKA ALICJA       | 243 | DOBIEGNĘ! BUKOWICE                    | BUKOWICE               | POL  | WETERAN K - 50   | 00:29:11 | 00:45:50 |
| 123  | MAZIAREK MICHAŁ       | 166 |                                       | NIEMODLIN              | POL  | SENIOR II M - 30 | 00:28:43 | 00:44:56 |
| 124  | WARSZCZYŃSKI RAFAŁ    | 108 | LUB WYBIERZ Z LISTY                   | SIEROSŁAW              | POL  | WETERAN I M - 50 | 00:28:58 | 00:45:42 |
| 125  | CIEŚLAK MAGDALENA     | 177 | ZDROWE !                              | RZEPIN                 | POL  | SENIOR II K - 30 | 00:29:04 | 00:45:38 |
| 126  | RYBARSKI PIOTR        | 1   |                                       | DOLSK                  | POL  | SENIOR II M - 30 | 00:29:00 | 00:45:16 |
| 127  | NIETRZĘBA ROBERT      | 118 |                                       | IWINY                  | POL  | MASTERS M - 40   | 00:28:59 | 00:45:30 |
| 128  | KULAKOWSKI TOMASZ     | 156 |                                       | WARSZAWA               | POL  | MASTERS M - 40   | 00:29:20 | 00:45:40 |
| 129  | ŚWITA TOMASZ          | 30  | PRO RUN WROCŁAW                       | BIELANY WROCŁAWSKIE    | POL  | SENIOR II M - 30 | 00:28:58 | 00:45:47 |
| 130  | URBANEK ARTUR         | 277 |                                       | ODRZYKOŃ               | POL  | SENIOR I M - 20  | 00:29:16 | 00:45:49 |
| 131  | MROZIŃSKI ALBERT      | 241 |                                       | ALEKSNADRÓW ŁÓDZKI     | POL  | MASTERS M - 40   | 00:29:07 | 00:46:10 |
| 132  | SZKÓDLIŃSKI BARTOSZ   | 76  | NARAMOWICE BIEGAJĄ                    | POZNAŃ                 | POL  | SENIOR II M - 30 | 00:29:24 | 00:46:04 |
| 133  | WŁODKOWSKA BEATA      | 84  |                                       | POZNAN                 | POL  | SENIOR II K - 30 | 00:29:26 | 00:46:25 |
| 134  | KORNAŚ MARCIN         | 6   | ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN | ZĄBKOWICE ŚLĄSKIE      | POL  | MASTERS M - 40   | 00:29:54 | 00:47:14 |
| 135  | KOT TOMASZ            | 217 |                                       | WARSZAWA               | POL  | SENIOR II M - 30 | 00:30:04 | 00:46:56 |
| 136  | BUĆKO ALICJA          | 146 | TATAALI TEAM / VEGE RUNNERS           | JELEŃ GÓRA             | POL  | SENIOR I K - 20  | 00:30:00 | 00:46:46 |
| 137  | PLINIEWICZ JOANNA     | 229 |                                       | STRONIE ŚLĄSKIE        | POL  | SENIOR II K - 30 | 00:30:07 | 00:47:13 |
| 138  | MAJCHRZAK DARIUSZ     | 401 | KM UMK TORUŃ                          | TORUŃ                  |      | WETERAN I M - 50 | 00:29:41 | 00:46:30 |
| 139  | WYSTRYCHOWSKA MARZENA | 7   | BFAGENCJA.PL                          | WARSZAWA               | POL  | MASTERS K - 40   | 00:29:30 | 00:46:32 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię               | Nr  | Klub                                   | M-scowość          | Kraj | Kat.              | 4km      | 6km      |
|------|-------------------------------|-----|----------------------------------------|--------------------|------|-------------------|----------|----------|
| 140  | OLEJNICZAK PAULINA            | 176 |                                        | ŁÓDŹ               | POL  | SENIOR I K - 20   | 00:29:55 | 00:46:48 |
| 141  | RYBSKI MARIUSZ                | 246 |                                        | SZCZECIN           | POL  | SENIOR II M - 30  | 00:30:00 | 00:47:08 |
| 142  | EJSMOND MATEUSZ               | 399 |                                        | GDAŃSK             |      | SENIOR II M - 30  | 00:29:44 | 00:46:27 |
| 143  | PIECHWIAK ALEKSANDRA          | 398 |                                        | GDAŃSK             |      | SENIOR I K - 20   | 00:29:44 | 00:46:27 |
| 144  | BEDNAREK SYLWIA               | 270 | ZAŁOGA GÓRSKA                          | KRAKÓW             | POL  | SENIOR II K - 30  | 00:30:19 | 00:47:18 |
| 145  | ZAJĄC KRYSZYNA                | 27  |                                        | WAŁBRZYCH          | POL  | WETERAN II K - 60 | 00:30:02 | 00:47:21 |
| 146  | SZCZEPANIAK ADAM              | 73  | TĘPE DZIDY                             | BUGUSZÓW-GORCE     | POL  | WETERAN I M - 50  | 00:30:10 | 00:47:18 |
| 147  | GARCZYK MARZENA               | 78  |                                        | KOZIEGŁOWY         | POL  | SENIOR II K - 30  | 00:30:32 | 00:47:27 |
| 148  | FRYSIAK PATRYK                | 283 |                                        | GNIEZNO            | POL  | SENIOR I M - 20   | 00:30:20 | 00:46:45 |
| 149  | BABICA PAULINA                | 144 |                                        | POZNAŃ             | POL  | SENIOR II K - 30  | 00:30:33 | 00:48:31 |
| 150  | MICHALEC MARZENA              | 356 | KOBIETAWBIEGU                          | WAŁBRZYCH          |      | SENIOR II K - 30  | 00:30:21 | 00:47:11 |
| 151  | STACHNIK ŁUKASZ               | 281 |                                        | KRAKÓW             | POL  | SENIOR II M - 30  | 00:30:08 | 00:46:08 |
| 152  | MROZIŃSKA RENATA              | 240 |                                        | ALEKSANDRÓW ŁÓDZKI | POL  | MASTERS K - 40    | 00:30:22 | 00:47:29 |
| 153  | HETEL MICHAŁ                  | 301 | WKS ŚLĄSK WROCŁAW                      | WROCŁAW            | POL  | SENIOR I M - 20   | 00:30:25 | 00:48:24 |
| 154  | ZAJĄC MARCIN                  | 119 |                                        | JÓZEFOSŁAW         | POL  | SENIOR II M - 30  | 00:30:10 | 00:46:05 |
| 155  | GACEK MARIUSZ                 | 72  |                                        | WARSZAWA           | POL  | SENIOR I M - 20   | 00:30:35 | 00:47:12 |
| 156  | SOBCZAK MAREK                 | 239 | SZCZYTNIKI                             | SZCZYTNIKI         | POL  | MASTERS M - 40    | 00:30:40 | 00:47:17 |
| 157  | WIĄCEK MARCIN                 | 289 | SUDECKA ZYLETA                         | GŁUSZYCA           | POL  | MASTERS M - 40    | 00:30:42 | 00:49:19 |
| 158  | KOWALSKA MAŁGORZATA           | 285 | KB HARCOWNIK JELCZ-LASKOWICE           | JELCZ-LASKOWICE    | POL  | MASTERS K - 40    | 00:31:01 | 00:48:50 |
| 159  | GEROWSKA ALEKSANDRA           | 288 | STOWARZYSZENIE PRZYJACIÓŁ ZWIERZĄT NOE | GOSTYŃ             | POL  | MASTERS K - 40    | 00:30:51 | 00:47:36 |
| 160  | SZAWARA-ZIÓŁKOWSKA EWELINA    | 282 | KB HARCOWNIK JELCZ-LASKOWICE           | JELCZ-LASKOWICE    | POL  | SENIOR II K - 30  | 00:31:01 | 00:48:48 |
| 161  | CIEŚLAK ŁUKASZ                | 393 |                                        | OŚNO LUBUSKIE      |      | SENIOR II M - 30  | 00:31:02 | 00:49:18 |
| 162  | PASŁOWSKA-CHODOROWSKA JUSTYNA | 394 | PRZEBIEGA.PL                           | WROCŁAW            |      | SENIOR II K - 30  | 00:30:56 | 00:48:17 |
| 163  | HANOUSKOVÁ ESTER              | 91  |                                        | KORYČANY           | POL  | SENIOR II K - 30  | 00:30:52 | 00:48:33 |
| 164  | KWIECIEŃ SARA                 | 245 |                                        | KETTERING          | GBR  | SENIOR I K - 20   | 00:30:41 | 00:48:02 |
| 165  | GAŁUSZKA WOJCIECH             | 244 |                                        | KETTERING          | GBR  | SENIOR II M - 30  | 00:30:41 | 00:48:02 |
| 166  | BUSZKA ŁUKASZ                 | 400 |                                        | ŁÓDŹ               |      | MASTERS M - 40    | 00:31:13 | 00:48:36 |
| 167  | NIEDZIELA WOJCIECH            | 207 |                                        | CZELADŹ            | POL  | SENIOR I M - 20   | 00:31:05 | 00:48:46 |
| 168  | MARCINIAK ANNA                | 9   |                                        | LEGNICA            | POL  | MASTERS K - 40    | 00:31:04 | 00:48:19 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię      | Nr  | Klub                           | M-scowość        | Kraj | Kat.              | 4km      | 6km      |
|------|----------------------|-----|--------------------------------|------------------|------|-------------------|----------|----------|
| 169  | KOPACKA ELIZA        | 32  | FOLLOWME - ZMIENIAMYFINANSE.PL | WAŁBRZYCH        | POL  | SENIOR II K - 30  | 00:31:18 | 00:49:24 |
| 170  | FRĄCKOWIAK MARIA     | 170 | CONSTRAVIA                     | POZNAŃ           | POL  | SENIOR I K - 20   | 00:31:14 | 00:48:56 |
| 171  | WOŁCZEK MAŁGORZATA   | 338 | BIEGAM WSPIERAM MOTYWUJĘ       | SULECHÓW         |      | SENIOR II K - 30  | 00:31:27 | 00:49:35 |
| 172  | WIDŁAK JULIA         | 69  |                                | WARSZAWA         | POL  | SENIOR I K - 20   | 00:31:23 | 00:48:48 |
| 173  | PIASECKA MARTA       | 31  |                                | WARSZAWA         | POL  | SENIOR II K - 30  | 00:31:28 | 00:48:57 |
| 174  | SIUDAK ANNA          | 204 |                                | TULCE            | POL  | SENIOR II K - 30  | 00:31:38 | 00:49:54 |
| 175  | FRĄCZEK IWONA        | 142 | NOA                            | WROCŁAW          | POL  | SENIOR II K - 30  | 00:31:36 | 00:49:23 |
| 176  | JAŻWIECKI MARCIN     | 291 | MUAY RUNNING TEAM              | POZNAŃ           | POL  | MASTERS M - 40    | 00:31:50 | 00:49:56 |
| 177  | ULIKOWSKA MARTYNA    | 272 | ZĄŁOGA GÓRSKA                  | GOŚCINO          | POL  | SENIOR I K - 20   | 00:31:53 | 00:49:30 |
| 178  | BUSS JAKUB           | 25  | KUDOWSCY MIŁOŚNICE BIEGANIA    | KUDOWA ZDRÓJ     | POL  | MASTERS M - 40    | 00:31:22 | 00:48:58 |
| 179  | TAMBOR JAN           | 406 |                                | KŁODZKO          |      | WETERAN II M - 60 | 00:32:08 | 00:49:53 |
| 180  | BRZOZOWSKA KATARZYNA | 199 |                                | WARSZAWA         | POL  | SENIOR I K - 20   | 00:32:03 | 00:51:04 |
| 181  | JASICKI JULIAN       | 174 | STROŃSKA GRUPA ROWEROWA        | ŁĄDEK-ZDRÓJ      | POL  | WETERAN II M - 60 | 00:32:04 | 00:51:34 |
| 182  | DRYMEL JOANNA        | 132 | DRUMLE2PIES                    | ŚWIĘTA KATARZYNA | POL  | SENIOR II K - 30  | 00:31:38 | 00:49:38 |
| 183  | TADROWSKI TOMASZ     | 92  |                                | INOWROCŁAW       | POL  | MASTERS M - 40    | 00:31:39 | 00:48:44 |
| 184  | POHL ANNA            | 322 | SPEED FEET 16                  | ŚMIGIEL          |      | SENIOR I K - 20   | 00:31:58 | 00:50:59 |
| 185  | PLEWA KATARZYNA      | 85  | NORDIC16                       | WROCŁAW          | POL  | SENIOR II K - 30  | 00:32:16 | 00:50:12 |
| 186  | PTASZYŃSKA JOANNA    | 98  |                                | WROCŁAW          | POL  | WETERAN K - 50    | 00:32:10 | 00:49:18 |
| 187  | NIEMAS ANNA          | 64  | OYAMA KARATE BRZESZCZE         | BŁĄŻEJOWICE      | POL  | MASTERS K - 40    | 00:32:14 | 00:50:00 |
| 188  | KRZYŻEWSKI ROGER     | 60  |                                | KRAKÓW           | POL  | SENIOR II M - 30  | 00:32:24 | 00:51:50 |
| 189  | BALICKI JACEK        | 56  | BIEGACZ NOWOSOLNA              | ŁÓDŹ             | POL  | WETERAN I M - 50  | 00:32:35 | 00:50:04 |
| 190  | RYCHŁOWSKI RYSZARD   | 50  |                                | PIŁA             | POL  | MASTERS M - 40    | 00:32:29 | 00:52:10 |
| 191  | HAJOK MAGDA          | 94  | SBRT GLIWICE                   | GLIWICE          | POL  | SENIOR II K - 30  | 00:32:25 | 00:52:04 |
| 192  | DZIUBA AGNIESZKA     | 349 |                                | MIKOŁÓW          |      | SENIOR II K - 30  | 00:32:38 | 00:51:06 |
| 193  | OGRODNIK ANNA        | 163 | RUNNING ACADEMY                | WROCŁAW          | POL  | SENIOR II K - 30  | 00:32:28 | 00:51:11 |
| 194  | GADZINOWSKI IGNACY   | 182 |                                | RADOM            | POL  | WETERAN II M - 60 | 00:32:28 | 00:51:05 |
| 195  | LULA MAGDALENA       | 149 | PWPW S.A.                      | WARSZAWA         | POL  | SENIOR II K - 30  | 00:32:10 | 00:49:40 |
| 196  | PASŁOWSKA OLGA       | 396 | PRZEBIEGA.PL                   | WROCŁAW          |      | SENIOR II K - 30  | 00:32:37 | 00:50:54 |
| 197  | LANGE HANNA          | 215 |                                | ŚREM             | POL  | SENIOR II K - 30  | 00:32:37 | 00:50:50 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię        | Nr  | Klub                                     | M-scowość           | Kraj | Kat.             | 4km      | 6km      |
|------|------------------------|-----|------------------------------------------|---------------------|------|------------------|----------|----------|
| 198  | PREŚ MAGDALENA         | 203 | #WPISZCOKOLWIEK                          | SMOLEC              | POL  | SENIOR I K - 20  | 00:32:29 | 00:51:13 |
| 199  | GÓRNA ALDONA           | 214 |                                          | ŚREM                | POL  | MASTERS K - 40   | 00:32:38 | 00:50:50 |
| 200  | WITOS RAFAŁ            | 226 | NAZWA DRUŻYNY                            | BIĄŁYSTOK           | POL  | SENIOR I M - 20  | 00:32:48 | 00:50:54 |
| 201  | NIESTROJ ŁUKASZ        | 159 |                                          | RACIBÓRZ            | POL  | SENIOR II M - 30 | 00:32:26 | 00:50:51 |
| 202  | RODZIEWICZ MARTA       | 164 |                                          | WARSZAWA            | POL  | SENIOR I K - 20  | 00:32:51 | 00:51:05 |
| 203  | WIŚNIEWSKA MARLENA     | 336 | MUAY RUNNING TEAM                        | POZNAŃ              |      | SENIOR II K - 30 | 00:32:59 | 00:49:56 |
| 204  | CHADE MARIANNA         | 318 |                                          | WROCŁAW             | POL  | SENIOR II K - 30 | 00:32:52 | 00:51:28 |
| 205  | CZARNY MARZENA         | 24  | JAWORZNOŁBC                              | JAWORZNO            | POL  | SENIOR II K - 30 | 00:33:01 | 00:51:03 |
| 206  | NOWAK MACIEJ           | 189 |                                          | ŻARÓW               | POL  | SENIOR II M - 30 | 00:33:01 | 00:53:20 |
| 207  | KOPACZYŃSKI MICHAŁ     | 191 |                                          | BYSTRZYCA KŁODZKA   | POL  | SENIOR I M - 20  | 00:33:10 | 00:52:14 |
| 208  | WALA PATRYK            | 262 | ZĄŁOGA GÓRSKA                            | ZĄBKOWICE ŚLĄSKIE   | POL  | SENIOR I M - 20  | 00:33:12 | 00:53:18 |
| 209  | SZCZEPAŃSKI SEBASTIAN  | 192 |                                          | BYSTRZYCA KŁODZKA   | POL  | SENIOR II M - 30 | 00:33:14 | 00:52:17 |
| 210  | SOKOŁOWSKA JAGODA      | 353 |                                          |                     |      | SENIOR II K - 30 | 00:33:01 | 00:52:20 |
| 211  | BISOWSKA KATARZYNA     | 184 | KOZY W UCHU                              | KOBYŁKA             | POL  | MASTERS K - 40   | 00:33:00 | 00:51:18 |
| 212  | JUREWICZ AGATA         | 319 |                                          | POZNAN              | POL  | SENIOR II K - 30 | 00:33:23 | 00:52:23 |
| 213  | MRÓZ URSZULA           | 209 |                                          | STRONIE ŚLĄSKIE     | POL  | WETERAN K - 50   | 00:33:29 | 00:52:12 |
| 214  | STASZEWSKI DARIUSZ     | 36  |                                          | TOMASZÓW MAZOWIECKI | POL  | SENIOR II M - 30 | 00:33:11 | 00:50:57 |
| 215  | WILCZYŃSKI ŁUKASZ      | 19  | 1 POMORSKA BRYGADA LOGISTYCZNA           | BYDGOSZCZ           | POL  | SENIOR II M - 30 | 00:33:17 | 00:51:48 |
| 216  | STAWSKA ALICJA         | 138 |                                          | ŁÓDŹ                | POL  | SENIOR II K - 30 | 00:33:24 | 00:52:20 |
| 217  | LUCHOWSKA KAROLINA     | 404 | FIZJOTRITERAPIA                          | WROCŁAW             |      | SENIOR II K - 30 | 00:33:11 | 00:52:23 |
| 218  | FIRLEJ EWELINA         | 258 | GRUNWALD TEAM POZNAŃ                     | SULECHÓW            | POL  | SENIOR I K - 20  | 00:33:20 | 00:51:56 |
| 219  | ZASADA MAGDALENA       | 81  | FAT & FURIOUS                            | JELENIA GÓRA 14     | POL  | SENIOR II K - 30 | 00:33:31 | 00:52:48 |
| 220  | JAGUSZEWSKA AGNIESZKA  | 79  | FAT & FURIOUS                            | KARPACZ             | POL  | SENIOR I K - 20  | 00:33:31 | 00:52:47 |
| 221  | OLEKSIEWICZ BEATA      | 222 | SZAKALE BAŁUT ŁÓDŹ                       | ŁÓDŹ                | POL  | SENIOR II K - 30 | 00:33:15 | 00:51:40 |
| 222  | DUBIEL AGATA           | 126 | WILD DOGS TEAM/SUDECKI KLUB WYSOKOGÓRSKI | JELENIA GÓRA        | POL  | SENIOR II K - 30 | 00:33:36 | 00:52:37 |
| 223  | ZBOROWSKI NORBERT      | 340 | GRUNWALD TEAM POZNAŃ                     | POZNAŃ              |      | SENIOR I M - 20  | 00:33:24 | 00:51:56 |
| 224  | TWARDOWSKA KORNELIA    | 228 |                                          | ŚWIĄTNIKI GÓRNE     | POL  | SENIOR I K - 20  | 00:33:47 | 00:52:54 |
| 225  | KUTYCKA-KUREK ELŻBIETA | 314 | CHOJRAK TEAM WROCŁAW                     | WROCŁAW             | POL  | SENIOR II K - 30 | 00:33:22 | 00:52:21 |
| 226  | BALCERZAK AGNIESZKA    | 53  |                                          | KONARZEWO           | POL  | MASTERS K - 40   | 00:33:25 | 00:53:14 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię       | Nr  | Klub                | M-scowość   | Kraj | Kat.              | 4km      | 6km      |
|------|-----------------------|-----|---------------------|-------------|------|-------------------|----------|----------|
| 227  | NOWICKA ANNA          | 145 |                     | KRAKÓW      | POL  | SENIOR II K - 30  | 00:33:23 | 00:53:43 |
| 228  | JAŚKOWIAK TOMASZ      | 278 |                     | POZNAŃ      | POL  | MASTERS M - 40    | 00:33:19 | 00:53:20 |
| 229  | GŁÓWKA BARBARA        | 158 |                     | WROCŁAW     | POL  | SENIOR I K - 20   | 00:33:35 | 00:52:59 |
| 230  | GŁÓWKA MACIEJ         | 157 | BE BETTER           | WROCŁAW     | POL  | SENIOR II M - 30  | 00:33:36 | 00:52:57 |
| 231  | GAJDECKA ADRIANA      | 131 | ORANGE              | WARSZAWA    | POL  | SENIOR II K - 30  | 00:33:30 | 00:52:28 |
| 232  | GAJDECKI Tomek        | 372 | ACCENTTURE          | .WARSZAWA   |      | SENIOR II M - 30  | 00:33:31 | 00:52:27 |
| 233  | GASEK KONRAD          | 331 |                     | ŚWIDNICA    |      | MASTERS M - 40    | 00:33:25 | 00:53:14 |
| 234  | IMIŃSKI CEZARY        | 122 |                     | ZGIERZ      | POL  | WETERAN I M - 50  | 00:33:50 | 00:53:08 |
| 235  | MAJEROWSKI MATEUSZ    | 180 |                     | WOLSZTYN    | POL  | SENIOR II M - 30  | 00:33:46 | 00:53:06 |
| 236  | DOWNAR-ZAPOLSKA LAURA | 4   | @MD_RUN             | WROCŁAW     | POL  | SENIOR I K - 20   | 00:34:06 | 00:53:27 |
| 237  | SAWAŁA ANETA          | 41  | TRANCE ONLY         | POZNAŃ      | POL  | MASTERS K - 40    | 00:33:47 | 00:54:06 |
| 238  | SAWAŁA SŁAWOMIR       | 43  | TRANCE ONLY         | POZNAŃ      | POL  | MASTERS M - 40    | 00:33:51 | 00:54:06 |
| 239  | TARASZEWSKA PAULINA   | 133 | PWPW S.A.           | OSTROŁĘKA   | POL  | SENIOR I K - 20   | 00:33:47 | 00:53:07 |
| 240  | STAWSKA NATALIA       | 95  |                     | KRAKÓW      | POL  | SENIOR II K - 30  | 00:33:50 | 00:53:38 |
| 241  | LULA RADOŚŁAW         | 155 |                     | WARSZAWA    | POL  | MASTERS M - 40    | 00:34:09 | 00:56:52 |
| 242  | NEUMANN BEATA         | 212 | CENTRUM ŁĄKOWA 1    | RADKÓW      | POL  | WETERAN K - 50    | 00:34:39 | 00:54:37 |
| 243  | WILK MARIA            | 345 | RAMBO III           | BYTOM       |      | SENIOR II K - 30  | 00:34:30 | 00:52:46 |
| 244  | WILK MATEUSZ          | 346 | RAMBO III           | BYTOM       |      | SENIOR II M - 30  | 00:34:29 | 00:52:44 |
| 245  | ŁYSKAWA MICHAŁ        | 55  |                     | KROTOSZYN   | POL  | MASTERS M - 40    | 00:34:21 | 00:56:14 |
| 246  | KACZMAREK KASIA       | 187 |                     | WROCŁAW     | POL  | MASTERS K - 40    | 00:34:30 | 00:54:10 |
| 247  | JARZĘBSKA AGNIESZKA   | 48  | TU INTER POLSKA SA  | WROCŁAW     | POL  | SENIOR I K - 20   | 00:34:40 | 00:53:18 |
| 248  | PRZYBYŁ JOLANTA       | 390 |                     | CZACHROWO   |      | MASTERS K - 40    | 00:35:01 | 00:54:44 |
| 249  | NOWAK WOJCIECH        | 380 |                     | WROCŁAW     |      | MASTERS M - 40    | 00:34:55 | 00:56:22 |
| 250  | KOWALEWSKA ANNA       | 38  |                     | ŚWIDNICA    | POL  | SENIOR II K - 30  | 00:35:09 | 00:55:36 |
| 251  | KONIKOWSKI PAWEŁ      | 197 |                     | POZNAŃ      | POL  | WETERAN II M - 60 | 00:35:34 | 00:57:12 |
| 252  | SZAFRAŃSKA JOANNA     | 334 | PARKRUN ŚWINOUJŚCIE | ŚWINOUJŚCIE |      | WETERAN K - 50    | 00:35:33 | 00:57:10 |
| 253  | KUZIOMKO ANIA         | 290 | AMA TEAM            | LEGNICA     | POL  | MASTERS K - 40    | 00:35:43 | 00:55:34 |
| 254  | JURCZYK WOJCIECH      | 351 |                     | ŁĄDEK ZDRÓJ |      | SENIOR II M - 30  | 00:35:27 | 00:53:30 |
| 255  | HACZYK GABRIELA       | 328 | BIEG OPOLSKI        | OPOLE       |      | WETERAN II K - 60 | 00:35:29 | 00:55:59 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię           | Nr  | Klub                      | M-scowość       | Kraj | Kat.              | 4km      | 6km      |
|------|---------------------------|-----|---------------------------|-----------------|------|-------------------|----------|----------|
| 256  | BOROWIAK HANNA            | 104 | WOZIMYSIE.PL              | KALISZ          | POL  | SENIOR II K - 30  | 00:35:55 | 00:54:33 |
| 257  | ŚWIERCZYŃSKA BARBARA      | 86  |                           | WARSZAWA        | POL  | SENIOR I K - 20   | 00:35:46 | 00:55:42 |
| 258  | WIADEREK PIOTR            | 161 | PĘDZĄCE ŻÓŁWIE            | WARSZAWA        | POL  | SENIOR II M - 30  | 00:35:48 | 00:57:04 |
| 259  | WIADEREK SŁAWOMIR         | 162 | PĘDZĄCE ŻÓŁWIE            | WARSZAWA        | POL  | WETERAN I M - 50  | 00:35:48 | 00:57:03 |
| 260  | MICHALSKA AGNIESZKA       | 335 | PARKRUN ŚWINOUEJSCIE      | ŚWINOUEJSCIE    |      | WETERAN K - 50    | 00:35:52 | 00:57:10 |
| 261  | CZYŻ ALEKSANDRA           | 39  | VEGE RUNNERS              | ZIELONA GÓRA    | POL  | SENIOR II K - 30  | 00:36:00 | 00:57:26 |
| 262  | RAPACZ DANUTA             | 327 | SPEEDO POLSKA             | STRONIE ŚLĄSKIE |      | WETERAN II K - 60 | 00:36:15 | 00:57:33 |
| 263  | KULIK DAMIAN              | 415 | M&M&M&M                   | STRASSEN        | LUX  | SENIOR II M - 30  | 00:35:40 | 00:56:47 |
| 264  | SAPUREK ANNA              | 326 | BUKOWSKI KLUB BIEGACZA    | BUK             |      | SENIOR II K - 30  | 00:36:14 | 00:58:20 |
| 265  | WŁOSKOWICZ KINGA          | 46  |                           | WĄCHOCK         | POL  | MASTERS K - 40    | 00:36:29 | 00:57:28 |
| 266  | MUSIELAK MAREK            | 417 | M&M&M&M                   | POZNAŃ          |      | SENIOR II M - 30  | 00:35:49 | 00:56:46 |
| 267  | BAŁYS DARIUSZ             | 337 | WK GOPR                   | STRONIE ŚLĄSKIE |      | MASTERS M - 40    | 00:36:38 | 00:57:36 |
| 268  | CHWIAŁKOWSKA EWA          | 71  |                           | TORUŃ           | POL  | WETERAN K - 50    | 00:36:17 | 00:57:05 |
| 269  | MUSZELAK MAGDALENA        | 416 | M&M&M&M                   | POZNAŃ          |      | SENIOR II K - 30  | 00:36:03 | 00:56:49 |
| 270  | PLUTA MICHALINA           | 100 |                           | LESZNO          | POL  | SENIOR II K - 30  | 00:36:18 | 00:57:25 |
| 271  | ŚRÓDKA ALEKSANDRA         | 12  |                           | TRZEBNICA       | POL  | SENIOR II K - 30  | 00:36:28 | 00:57:46 |
| 272  | KSIĄŻKIEWICZ KATARZYNA    | 75  | ROCKY BALBOA RUNNING CLUB | BYTOM           | POL  | SENIOR II K - 30  | 00:36:36 | 00:56:21 |
| 273  | KLIN ANETA                | 273 |                           | BRZEG           | POL  | MASTERS K - 40    | 00:36:42 | 00:58:22 |
| 274  | PLAWIAK-MOWNA ANNA        | 223 |                           | ZIELONA GÓRA    | POL  | MASTERS K - 40    | 00:37:09 | 01:00:14 |
| 275  | WALENDA KATARZYNA         | 315 | BIEGNĘ POD PRZYMUSEM      | LESZNOWOLA      | POL  | MASTERS K - 40    | 00:37:20 | 00:58:12 |
| 276  | RIPPELOVÁ JITKA           | 221 | SRTG VYŠKOV               | BOHDALICE       | CZE  | SENIOR I K - 20   | 00:37:15 | 00:57:12 |
| 277  | KRAWCZYK MAGDALENA        | 252 |                           | ULAN-MAJORAT    | POL  | SENIOR II K - 30  | 00:37:37 | 00:57:50 |
| 278  | PACZUSKA MAŁGORZATA       | 247 | FOREVER YOUNG ŁÓDŹ        | ŁÓDŹ            | POL  | WETERAN II K - 60 | 00:37:48 | 01:00:40 |
| 279  | ADAMCZEWSKA MARIA         | 235 | FOREVER YOUNG ŁÓDŹ        | ŁÓDŹ            | POL  | MASTERS K - 40    | 00:37:50 | 01:00:40 |
| 280  | SZYMAŃSKA-ANTOSIAK MONIKA | 227 | TMTEAM                    | WROCŁAW         | POL  | SENIOR II K - 30  | 00:38:04 | 00:59:04 |
| 281  | WITCZAK ANNA              | 313 |                           | MŁYNOWIEC       | POL  | MASTERS K - 40    | 00:38:07 | 01:01:40 |
| 282  | DOWŁASZEWICZ MAŁGORZATA   | 312 |                           | WROCŁAW         | POL  | MASTERS K - 40    | 00:38:08 | 01:01:41 |
| 283  | PAKUŁA ARKADIUSZ          | 355 |                           | KROSNO          |      | MASTERS M - 40    | 00:38:21 | 00:59:38 |
| 284  | KOŁODZIEJ ALICJA          | 205 |                           | LEGNICA         | POL  | SENIOR II K - 30  | 00:38:17 | 00:59:50 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię        | Nr  | Klub                   | M-scowość         | Kraj | Kat.              | 4km      | 6km      |
|------|------------------------|-----|------------------------|-------------------|------|-------------------|----------|----------|
| 285  | TABOROWICZ MAGDALENA   | 387 |                        | WROCŁAW           |      | SENIOR II K - 30  | 00:38:33 | 01:03:24 |
| 286  | WRÓBLEWSKA ROKSANA     | 405 |                        | WAŁBRZYCH         |      | SENIOR I K - 20   | 00:38:08 | 00:59:03 |
| 287  | WIŚNIEWSKA MAGDALENA   | 323 |                        | WILCZYN           |      | SENIOR II K - 30  | 00:38:30 | 01:02:41 |
| 288  | CZAJKOWSKA MAŁGORZATA  | 113 | KOŁO BIEGA             | KOLONIA POWIERCIE | POL  | MASTERS K - 40    | 00:39:03 | 01:00:56 |
| 289  | CZAJKOWSKI KRZYSZTOF   | 115 | KOŁO BIEGA             | POWIERCIE KOLONIA | POL  | MASTERS M - 40    | 00:39:02 | 01:00:56 |
| 290  | KUTY MONIKA            | 397 | DRUŻYNA MARZEŃ         | KOŁO              |      | MASTERS K - 40    | 00:39:03 | 01:00:55 |
| 291  | WYSOCKI GRZEGORZ       | 378 | MORSY TUREK            | WŁADYSŁAWÓW       |      | MASTERS M - 40    | 00:38:49 | 01:01:21 |
| 292  | MAŁEK PIOTR            | 376 | MORSY TUREK            | TUREK             |      | MASTERS M - 40    | 00:38:51 | 01:01:23 |
| 293  | WODZIEŃ DOROTA         | 348 |                        | KOŁACZYCE         |      | MASTERS K - 40    | 00:38:53 | 01:02:59 |
| 294  | WODZIEŃ ANDRZEJ        | 419 |                        | RZESZÓW           |      | MASTERS M - 40    | 00:38:55 | 01:02:58 |
| 295  | OLEK-WYSOCKA MONIKA    | 377 | MORSY TUREK            | RYSSOCICE         |      | SENIOR II K - 30  | 00:38:57 | 01:01:23 |
| 296  | KOZERA KAMIL           | 28  | HARPAGAN SOSNOWIEC     | DĄBROWA GÓRNICZA  | POL  | SENIOR II M - 30  | 00:39:41 | 00:59:42 |
| 297  | KOŁODZIEK ANNA         | 13  | NIGHT RUNNERS          | KRAKÓW            | POL  | SENIOR I K - 20   | 00:39:45 | 01:03:07 |
| 298  | KIELASZEWSKA WERONIKA  | 99  |                        | WŁOSZAKOWICE      | POL  | SENIOR II K - 30  | 00:39:27 | 01:02:40 |
| 299  | KIELASZEWSK KAROL      | 102 | LESZ NO LIMITS RUNNERS | LESZNO            | POL  | SENIOR II M - 30  | 00:39:29 | 01:02:42 |
| 300  | KISIAŁA EDYTA          | 201 |                        | KRAKÓW            | POL  | SENIOR I K - 20   | 00:39:24 | 01:05:22 |
| 301  | KISIAŁA FILIP          | 96  | LACHO TEAM             | KRAKÓW            | POL  | SENIOR II M - 30  | 00:39:23 | 01:05:20 |
| 302  | KARWOWSKI SŁAWOMIR     | 253 |                        | CZEMIERNIKI       | POL  | MASTERS M - 40    | 00:40:00 | 01:04:21 |
| 303  | HRABAŃSKA-RACZAK BEATA | 213 |                        | KATOWICE          | POL  | SENIOR II K - 30  | 00:39:44 | 01:01:13 |
| 304  | KOŃ ALEKSANDRA         | 208 | LZS LIPA               | BOLKÓW            | POL  | SENIOR II K - 30  | 00:39:48 | 01:01:01 |
| 305  | KUROWSKA BIANKA        | 311 |                        | ŚWIDNICA          | POL  | SENIOR I K - 20   | 00:39:53 | 01:05:19 |
| 306  | BURCHARDT JULIA        | 339 |                        | BYDGOSZCZ         |      | SENIOR I K - 20   | 00:39:54 | 01:05:16 |
| 307  | BURCHARDT MIRKA        | 167 | PUDZIAN                | BYDGOSZCZ         | POL  | WETERAN II K - 60 | 00:39:56 | 01:05:16 |
| 308  | RAJCZAKOWSKA ANNA      | 172 |                        | ŁĄDEK-ZDRÓJ       | POL  | WETERAN K - 50    | 00:40:12 | 01:03:14 |
| 309  | DĄBROWSKA KAROLINA     | 248 |                        | SZCZECIN          | POL  | SENIOR II K - 30  | 00:40:20 | 01:03:32 |
| 310  | ZAPORA AGNIESZKA       | 332 | W POGONI ZA DUCHEM     | SARNÓW            |      | SENIOR II K - 30  | 00:40:24 | 01:04:53 |
| 311  | RAJCZAKOWSKA ANETA     | 171 |                        | WROCŁAW           | GER  | SENIOR II K - 30  | 00:40:14 | 01:03:14 |
| 312  | ZAGROBELNA MAGDALENA   | 210 | DRUŻYNA SZPIKU         | WROCŁAW           | POL  | MASTERS K - 40    | 00:40:16 | 01:02:00 |
| 313  | WYSTRYCHOWSKI MARCIN   | 5   | BFAGENCJA.PL           | WARSZAWA          | POL  | SENIOR II M - 30  | 00:40:12 | 01:02:37 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię           | Nr  | Klub                    | M-scowość           | Kraj | Kat.              | 4km      | 6km      |
|------|---------------------------|-----|-------------------------|---------------------|------|-------------------|----------|----------|
| 314  | ZAJĄC AGNIESZKA           | 117 |                         | JÓZEFOSŁAW          | POL  | MASTERS K - 40    | 00:40:15 | 01:02:38 |
| 315  | PASTUSZKA JOANNA          | 200 | RUNLDZ                  | ŁÓDŹ                | POL  | WETERAN K - 50    | 00:41:00 | 01:06:22 |
| 316  | OLCZYK ANNA               | 194 | PRZEDBÓRZ               | PRZEDBÓRZ           | POL  | MASTERS K - 40    | 00:40:59 | 01:06:19 |
| 317  | SUDNICKA URSZULA          | 44  | MESONDŹI LAJF STAJL     | POZNAŃ              | POL  | SENIOR II K - 30  | 00:41:10 | 01:05:19 |
| 318  | MATUSZEWSKA PAULINA       | 106 | HUSE TEAM               | BIELSKO-BIAŁA       | POL  | MASTERS K - 40    | 00:41:02 | 01:03:23 |
| 319  | PAPIERZ-RYKAŁA ALEKSANDRA | 309 |                         | MYŚLENICE           | POL  | SENIOR II K - 30  | 00:41:07 | 01:03:16 |
| 320  | RABSCH-SURMACZ EWA        | 67  |                         | POZNAŃ              | POL  | MASTERS K - 40    | 00:41:33 | 01:05:50 |
| 321  | PARZONKA NATALIA          | 287 | KS LENIWIEC             | KĘPNO               | POL  | SENIOR I K - 20   | 00:41:23 | 01:02:39 |
| 322  | DEC ANETA                 | 89  | ERNI RULEZ              | DĘBNO               | POL  | MASTERS K - 40    | 00:41:30 | 01:05:01 |
| 323  | DEC ARTUR                 | 88  | ERNI RULEZ              | DĘBNO               | POL  | MASTERS M - 40    | 00:41:30 | 01:05:02 |
| 324  | KRYNICKA ANNA             | 173 |                         | ŁĄDEK-ZDRÓJ         | POL  | MASTERS K - 40    | 00:42:01 | 01:07:13 |
| 325  | LATANOWICZ KAROLINA       | 257 | LAQ                     | POZNAŃ              | POL  | SENIOR II K - 30  | 00:42:13 | 01:07:31 |
| 326  | SMOGORZEWSKA MARTA        | 26  | WKURW_TEAM              | WARSZAWA            | POL  | SENIOR II K - 30  | 00:42:22 | 01:07:49 |
| 327  | NIEZGÓDKA SYLWIA          | 268 | ZAŁOGA GÓRSKA           | WROCŁAW             | POL  | MASTERS K - 40    | 00:42:53 | 01:05:55 |
| 328  | WAWRZYNIAK MARIUSZ        | 385 |                         | GORZÓW WIELKOPOLSKI |      | SENIOR II M - 30  | 00:42:33 | 01:08:24 |
| 329  | PIGŁOWSKI DAWID           | 386 | S-ULTRA                 | SANOCKO             |      | SENIOR II M - 30  | 00:36:32 | 01:02:24 |
| 330  | WINIARSKI ROBERT          | 59  |                         | LEGNICA             | POL  | MASTERS M - 40    | 00:43:03 | 01:12:42 |
| 331  | KUIPERS MIES              | 324 |                         |                     |      | WETERAN II K - 60 | 00:43:36 | 01:13:34 |
| 332  | SCHELVIS WOUTER           | 325 |                         |                     |      | WETERAN II M - 60 | 00:43:40 | 01:13:34 |
| 333  | ROBAK ANETA               | 42  |                         | ŁĄDEK ZDRÓJ         | POL  | SENIOR II K - 30  | 00:44:36 | 01:15:16 |
| 334  | MATKOWSKA PAULINA         | 350 |                         | TRZEBIEL            |      | SENIOR I K - 20   | 00:44:37 | 01:15:18 |
| 335  | BOMBA JAROSŁAW            | 40  |                         | ŁĄDEK-ZDRÓJ         | POL  | MASTERS M - 40    | 00:44:37 | 01:15:16 |
| 336  | KWIATKOWSKA BARBARA       | 110 |                         | WOJNOWICE           | POL  | WETERAN II K - 60 | 00:44:22 | 01:13:47 |
| 337  | KUCZAKOWSKA ASIA          | 297 | BIEGOWE MISIE           | LEGNICA             | POL  | SENIOR II K - 30  | 00:45:34 | 01:11:56 |
| 338  | KRUZEL RAFAŁ              | 296 | BIEGOWE MISIE           | LEGNICA             | POL  | MASTERS M - 40    | 00:45:34 | 01:11:56 |
| 339  | ŚCIOCH MARTA              | 256 | NIE WIERZĘ, ŻE TO ROBIĘ | PRUSZKÓW            | POL  | WETERAN K - 50    | 00:47:05 | 01:16:24 |
| 340  | ŚCIOCH ANDRZEJ            | 255 | NIE WIERZĘ, ŻE TO ROBIĘ | PRUSZKÓW            | POL  | WETERAN I M - 50  | 00:47:06 | 01:16:24 |
| 341  | KRAWCZYK BOŻENA           | 254 | NIE WIERZĘ, ŻE TO ROBIĘ | ULAN-MAJORAT        | POL  | WETERAN II K - 60 | 00:47:08 | 01:16:22 |
| 342  | BAKOWSKA MARIA            | 279 | ZAŁOGA GÓRSKA           | GNIEZNO             | POL  | WETERAN II K - 60 | 00:47:57 | 01:17:12 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię          | Nr  | Klub                      | M-scowość         | Kraj | Kat.              | 4km      | 6km      |
|------|--------------------------|-----|---------------------------|-------------------|------|-------------------|----------|----------|
| 343  | WALENCIAK PAULINA        | 275 |                           | PACZKOWO          | POL  | SENIOR I K - 20   | 00:48:02 | 01:16:04 |
| 344  | DZICZKOWSKA MAŁGORZATA   | 373 | ABY DO METY               | ZŁOTY STOK        |      | SENIOR II K - 30  | 00:48:37 | 01:18:12 |
| 345  | DZICZKOWSKI MACIEJ       | 408 | ABY DO METY               | ZŁOTY STOK        |      | SENIOR I M - 20   | 00:48:37 | 01:18:15 |
| 346  | KLINKE-OSADNIK ANETA     | 193 | ABY DO METY               | ZĄBKOWICE ŚLĄSKIE | POL  | MASTERS K - 40    | 00:48:59 | 01:18:12 |
| 347  | STAWSKA ANNA             | 121 | WQRW_TEAM                 | LUXEMBOURG        | LUX  | SENIOR II K - 30  | 00:48:47 | 00:49:20 |
| 348  | KONOPACKI KRZYSZTOF      | 185 | ABY DO METY!              | ZĄBKOWICE ŚLĄSKIE | POL  | MASTERS M - 40    | 00:49:07 | 01:18:14 |
| 349  | ADAMIAK MARTA            | 186 |                           | ZŁOTY STOK        | POL  | SENIOR II K - 30  | 00:49:18 | 01:18:15 |
| 350  | SIECZKOWSKI ARTUR        | 15  | NATURAL BORN RUNNERS TEAM | KOSTRZYN NAD ODRĄ | POL  | MASTERS M - 40    | 00:49:12 | 01:18:31 |
| 351  | NAĆKIEWICZ JUSTYNA       | 330 |                           | BRZESKO           |      | MASTERS K - 40    | 00:49:49 | 01:18:27 |
| 352  | SOKOŁOWSKI KAZIMIERZ     | 109 |                           | GDAŃSK            | POL  | WETERAN II M - 60 | 00:57:39 | 01:30:28 |
| 353  | SOKOŁOWSKI MACIEJ        | 354 |                           | ŁĄDEK ZDRÓJ       |      | MASTERS M - 40    | 00:57:39 | 01:30:29 |
| 354  | MADERA BOGDAN            | 134 |                           | ŚWIDNICA          | POL  | WETERAN I M - 50  | 00:57:59 | 01:29:59 |
| 355  | DEMBIEC LUCYNA           | 45  | MESONDŽI LAJF STAJL       | KALISZ POMORSKI   | POL  | SENIOR II K - 30  | 01:08:53 | 01:38:56 |
| 0    | PRZEDWOJEWSKI BARTŁOMIEJ | 284 | SALOMON SUUNTO TEAM       | GLUCHOŁAZY        | POL  | SENIOR I M - 20   | 00:17:16 | 00:26:26 |
| 1    | STAWSKI MICHAŁ           | 137 | TRUCHT.COM                | ŁÓDŹ              | POL  | SENIOR II M - 30  | 00:19:10 | 00:29:31 |
| 2    | ŁĄTKA PIOTR              | 232 |                           | OBORNIKI ŚLĄSKIE  | POL  | SENIOR I M - 20   | 00:19:11 | 00:29:48 |
| 3    | WILK MACIEJ              | 259 | ZĄLOGA GÓRSKA             | BYTOM             | POL  | SENIOR II M - 30  | 00:19:29 | 00:29:56 |
| 4    | LUTOWSKI WOJCIECH        | 403 |                           | BYDGOSZCZ         |      | SENIOR II M - 30  | 00:20:08 | 00:31:30 |
| 5    | KITA MICHAŁ              | 18  | PĘDZĄCY W MIEJSCU         | WROCŁAW           | POL  | MASTERS M - 40    | 00:20:22 | 00:31:39 |
| 6    | KANTOR MARTYNA           | 374 | BUFF TEAM POLSKA          | KRAKÓW            |      | SENIOR I K - 20   | 00:20:24 | 00:31:44 |
| 7    | ZIOMEK TOMASZ            | 198 | KALENJI BY DECATHLON      | BIELSKO-BIAŁA     | POL  | SENIOR II M - 30  | 00:20:28 | 00:32:18 |
| 8    | KRAWCZYK ARTUR           | 382 | ZĄLOGA GÓRSKA             | JELEŃ GÓRA        |      | SENIOR I M - 20   | 00:20:33 | 00:32:27 |
| 9    | SŁOCIAK RAFAŁ            | 34  | RAJSPOORT ACTIVE          | OPOLE             | POL  | SENIOR I M - 20   | 00:20:56 | 00:33:17 |
| 10   | BOROŃ DARIUSZ            | 371 | ASICS FRONT RUNNER        |                   |      | SENIOR I M - 20   | 00:21:12 | 00:33:28 |
| 11   | HACZYK JAROSŁAW          | 369 | BIEG POLSKA               | OPOLE             |      | WETERAN I M - 50  | 00:21:10 | 00:32:39 |
| 12   | OLKIS RAFAŁ              | 395 | PRZEBIEGA.PL              | WROCŁAW           |      | SENIOR II M - 30  | 00:21:15 | 00:32:55 |
| 13   | GAJEWSKI MARCIN          | 150 | EBIEGI.PL                 | KŁODZKO           | POL  | MASTERS M - 40    | 00:21:29 | 00:33:49 |
| 14   | CIEPŁY MACIEJ            | 52  | NIGHT RUNNERS WROCŁAW     | WROCŁAW           | POL  | SENIOR I M - 20   | 00:21:48 | 00:34:13 |
| 15   | KWIATKOWSKA KINGA        | 225 | ALPIN SPORT TEAM          | KRAKÓW            | POL  | SENIOR II K - 30  | 00:21:50 | 00:33:42 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię        | Nr  | Klub                           | M-scowość            | Kraj | Kat.             | 4km      | 6km      |
|------|------------------------|-----|--------------------------------|----------------------|------|------------------|----------|----------|
| 16   | PIETROSZEK RAFAŁ       | 381 | BRUBECK TEAM                   | STRUMIEŃ             |      | SENIOR I M - 20  | 00:21:56 | 00:34:40 |
| 17   | DOMAŃSKI PATRYK        | 33  | #TEAMBIEGIWLKP                 | POZNAŃ               | POL  | SENIOR I M - 20  | 00:22:21 | 00:34:22 |
| 18   | JANUSZEWSKI PIOTR      | 218 | EUROCLEAR RUNNING TEAM         | KRAKOW               | POL  | SENIOR I M - 20  | 00:22:32 | 00:35:29 |
| 19   | NETOLICKÝ KAMIL        | 220 | SRTG VYŠKOV                    | VYŠKOV               | CZE  | SENIOR I M - 20  | 00:22:23 | 00:34:28 |
| 20   | NOWICKI MATEUSZ        | 37  |                                | WROCŁAW              | POL  | SENIOR I M - 20  | 00:22:34 | 00:35:07 |
| 21   | KOPYCZOK MICHAŁ        | 261 | TYSŁAWA TEAM                   | SIEMIANOWICE ŚLĄSKIE | POL  | SENIOR II M - 30 | 00:22:37 | 00:34:31 |
| 22   | LASEK JAKUB            | 219 | CHICS&SPORT TEAM               | OPOLE                | POL  | SENIOR I M - 20  | 00:22:41 | 00:35:25 |
| 23   | MAZURKIEWICZ JERZY     | 367 | NIGHT RUNNERS WROCŁAW          | WROCŁAW              |      | SENIOR II M - 30 | 00:22:39 | 00:35:54 |
| 24   | PALETKO GRZEGORZ       | 16  | NYSA BIEGA                     | JASINICA DOLNA       | POL  | SENIOR II M - 30 | 00:22:33 | 00:35:02 |
| 25   | BUKOWSKI EDWARD        | 280 | KLUCZBORSKA GRUPA BIEGOWA      | KLUCZBORK            | POL  | MASTERS M - 40   | 00:22:49 | 00:35:40 |
| 26   | WUJDA MIROŚLAW         | 68  | ERNI RULEZ                     | DĘBNO                | POL  | MASTERS M - 40   | 00:22:48 | 00:36:58 |
| 27   | KACZMARCZYK PRZEMYSŁAW | 152 | MATNER RUNNING TEAM/WATAHA     | KOBIERZYCE           | POL  | SENIOR I M - 20  | 00:22:58 | 00:36:18 |
| 28   | DĄBEK MIROŚLAW         | 179 |                                | ZIĘBICE              | POL  | MASTERS M - 40   | 00:22:49 | 00:38:09 |
| 29   | SOBCZAK FILIP          | 135 |                                | ŁÓDŹ                 | POL  | SENIOR I M - 20  | 00:23:00 | 00:36:35 |
| 30   | CITKO MACIEJ           | 276 | ZĄŁOGA GÓRSKA                  | OPOLE                | POL  | SENIOR II M - 30 | 00:23:07 | 00:36:11 |
| 31   | JANUSZEWSKI MACIEJ     | 123 | ŚLIMAK BROWARNO-KANAPOWY       | WROCŁAW              | POL  | SENIOR II M - 30 | 00:23:03 | 00:36:29 |
| 32   | KARAMON MARCIN         | 344 | OPOLE BIEGA                    | OPOLE                |      | MASTERS M - 40   | 00:23:06 | 00:36:09 |
| 33   | SZARSKI JACEK          | 264 |                                | WROCŁAW              | POL  | SENIOR I M - 20  | 00:23:13 | 00:37:49 |
| 34   | OCHMAN PAWEŁ           | 181 | FUTURE PROCESSING RUNNING TEAM | GLIWICE              | POL  | SENIOR II M - 30 | 00:23:19 | 00:36:30 |
| 35   | CHODOROWSKI KRZYSZTOF  | 10  | PRZEDWOJEWSKI MOUNTAIN TEAM    | WROCŁAW              | POL  | SENIOR II M - 30 | 00:23:32 | 00:37:00 |
| 36   | MARGOL PAWEŁ           | 300 | WKS ŚLĄSK WROCŁAW              | WROCŁAW              | POL  | SENIOR II M - 30 | 00:23:37 | 00:36:47 |
| 37   | KYCIA PIOTR            | 389 |                                | RAWICZ               |      | MASTERS M - 40   | 00:23:52 | 00:37:01 |
| 38   | GROMADZKA ANNA         | 140 | KALENJI BY DECATHLON           | KIELCE               | POL  | SENIOR II K - 30 | 00:23:52 | 00:37:31 |
| 39   | BOBRAS ARKADIUSZ       | 251 |                                | PIOTRKÓW TRYBUNALSKI | POL  | MASTERS M - 40   | 00:23:56 | 00:37:02 |
| 40   | PRZYBYŁ PIOTR          | 391 |                                | CZACHROWO            |      | MASTERS M - 40   | 00:24:03 | 00:37:12 |
| 41   | GRAD ŁUKASZ            | 233 | FITNESS PIEKARY LEGNICA        | LEGNICA              | POL  | SENIOR II M - 30 | 00:24:05 | 00:37:14 |
| 42   | KURASZ SZYMON          | 129 | NKB CHYŻY NOWY TOMYŚL          | NOWY TOMYŚL          | POL  | SENIOR II M - 30 | 00:24:07 | 00:37:07 |
| 43   | MAJCHRZAK MACIEJ       | 49  |                                | WROCŁAW              | POL  | SENIOR I M - 20  | 00:24:04 | 00:36:06 |
| 44   | KOLECKI DAMIAN         | 317 | KOLECTEAM ZBĄSZYNEK            | ZBĄSZYNEK            | POL  | MASTERS M - 40   | 00:24:17 | 00:38:42 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię        | Nr  | Klub                         | M-scowość    | Kraj | Kat.             | 4km      | 6km      |
|------|------------------------|-----|------------------------------|--------------|------|------------------|----------|----------|
| 45   | MIKOŁAJCZYK PIOTR      | 139 | KALENJI BY DECATHLON         | BIAŁYSTOK    | POL  | SENIOR I M - 20  | 00:24:17 | 00:38:05 |
| 46   | KOLECKA SYLWIA         | 316 | KOLECTEAM ZBĄSZYNEK          | ZBĄSZYNEK    | POL  | MASTERS K - 40   | 00:24:17 | 00:38:44 |
| 47   | NOWACKI MATEUSZ        | 196 |                              | WROCLAW      | POL  | SENIOR II M - 30 | 00:24:30 | 00:38:39 |
| 48   | KRUPIŃSKI ZBIGNIEW     | 383 | KOŁO BIEGA                   | KOŁO         |      | SENIOR II M - 30 | 00:24:43 | 00:38:41 |
| 49   | PERENC MICHAŁ          | 120 | HUSARIA RACE TEAM            | JAROSŁAW     | POL  | SENIOR I M - 20  | 00:24:40 | 00:38:12 |
| 50   | PERZ EMILIA            | 90  | WOLSZTYŃSKA AKADEMIA BIEGOWA | BUKOWIEC     | POL  | SENIOR I K - 20  | 00:24:47 | 00:38:13 |
| 51   | KURIATA PAWEŁ          | 306 |                              | WROCLAW      | POL  | SENIOR I M - 20  | 00:24:30 | 00:38:44 |
| 52   | CIEŚLAK KRZYSZTOF      | 365 | ULTRAFAZA.PL                 | ZIELONA GÓRA |      | SENIOR II M - 30 | 00:24:47 | 00:38:17 |
| 53   | ŁOMNICKA BARBARA       | 375 |                              |              |      | SENIOR II K - 30 | 00:24:56 | 00:38:40 |
| 54   | MALIK AGNIESZKA        | 414 |                              |              |      | MASTERS K - 40   | 00:24:53 | 00:38:17 |
| 55   | BOREJSZO KAROL         | 250 |                              | ŻARY         | POL  | SENIOR I M - 20  | 00:24:53 | 00:38:29 |
| 56   | KACZMARCZYK MATEUSZ    | 360 | KURORT ŁĄDEK-ZDRÓJ           | ŁĄDEK-ZDRÓJ  |      | SENIOR I M - 20  | 00:25:04 | 00:39:10 |
| 57   | PAZDAN NATALIA         | 143 | KOWARY BIEGAJĄ               | KOWARY       | POL  | SENIOR II K - 30 | 00:25:27 | 00:40:19 |
| 58   | PISKUNOWICZ ALEKSANDRA | 230 |                              | BIAŁOGARD    | POL  | SENIOR II K - 30 | 00:25:23 | 00:39:55 |
| 59   | KOZANECKI PRZEMYSŁAW   | 130 | CONSTRAVIA                   | POZNAŃ       | POL  | SENIOR I M - 20  | 00:25:31 | 00:39:50 |
| 60   | BANKIEWICZ SZYMON      | 341 |                              | WARSZAWA     |      | SENIOR I M - 20  | 00:25:11 | 00:39:29 |
| 61   | GŁOMBIOWSKA ZUZANNA    | 61  | BIGYELLOWFOOT ADVENTURE TEAM | GDYNIA       | POL  | SENIOR I K - 20  | 00:25:45 | 00:39:53 |
| 62   | GAZDA MICHAŁ           | 128 | CONSTRAVIA                   | POZNAŃ       | POL  | SENIOR I M - 20  | 00:25:38 | 00:40:24 |
| 63   | BARON PRZEMO           | 127 | CONSTRAVIA                   | POZNAŃ       | POL  | SENIOR II M - 30 | 00:25:41 | 00:40:15 |
| 64   | CHRZANOWSKI PAWEŁ      | 216 |                              | ŁĄDEK-ZDRÓJ  | POL  | SENIOR II M - 30 | 00:25:50 | 00:39:58 |
| 65   | KOSTROWICKI JAKUB      | 224 |                              | SIERADZ      | POL  | SENIOR II M - 30 | 00:25:24 | 00:39:40 |
| 66   | KUŻMA PRZEMYSŁAW       | 141 | NIEZRZESZONY                 | JANOWICE     | POL  | WETERAN I M - 50 | 00:25:53 | 00:40:12 |
| 67   | WIADERNA NINA          | 388 | SBRT POWIŚLE                 | WARSZAWA     |      | SENIOR II K - 30 | 00:25:55 | 00:40:28 |
| 68   | WITEK JAKUB            | 175 | SPRINT                       | JAWORZE      | POL  | SENIOR I M - 20  | 00:25:58 | 00:40:57 |
| 69   | RYBARSKA MARTA         | 2   | LESZ NO LIMITS RUNNERS       | DOLSK        | POL  | SENIOR I K - 20  | 00:26:08 | 00:40:57 |
| 70   | BURA TOMASZ            | 101 |                              | NIECHLÓW     | POL  | SENIOR II M - 30 | 00:25:57 | 00:40:16 |
| 71   | HORWAT TOMASZ          | 299 | WKS ŚLĄSK WROCLAW            | WROCLAW      | POL  | SENIOR II M - 30 | 00:25:54 | 00:40:04 |
| 72   | KWASIZUR AGATA         | 260 | MUAY RUNNING TEAM            | POZNAŃ       | POL  | SENIOR II K - 30 | 00:26:30 | 00:41:17 |
| 73   | LACHERA KAMILA         | 21  | W POGONI ZA DUCHEM           | KATOWICE     | POL  | SENIOR II K - 30 | 00:26:19 | 00:40:54 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię      | Nr  | Klub                          | M-scowość       | Kraj | Kat.             | 4km      | 6km      |
|------|----------------------|-----|-------------------------------|-----------------|------|------------------|----------|----------|
| 74   | KLIN ROBERT          | 63  | WATAHA                        | BRZEG           | POL  | MASTERS M - 40   | 00:26:16 | 00:41:35 |
| 75   | JOŃCZYK ADA          | 293 |                               | ŁĄDEK ZDRÓJ     | POL  | SENIOR I K - 20  | 00:26:45 | 00:41:33 |
| 76   | HACZYK NATALIA       | 333 | MUAY RUNNING TEAM             | GORKI           |      | MASTERS K - 40   | 00:26:45 | 00:41:16 |
| 77   | CHORZĘPA ADAM        | 286 |                               | SZCZYTNA        | POL  | WETERAN I M - 50 | 00:26:51 | 00:41:36 |
| 78   | MITUŁA PAWEŁ         | 295 | ZIĘBICE                       | WROCŁAW         | POL  | SENIOR II M - 30 | 00:26:42 | 00:41:02 |
| 79   | DROZD PRZEMYSŁAW     | 97  | RAISPORT ACTIVE               | OPOLE           | POL  | MASTERS M - 40   | 00:27:08 | 00:41:44 |
| 80   | CIEŚLAK JAKUB        | 370 |                               | RZEPIN          |      | SENIOR II M - 30 | 00:27:04 | 00:41:42 |
| 81   | BOCHAN LESŁAW        | 384 |                               | PIŁA            |      | MASTERS M - 40   | 00:27:03 | 00:41:47 |
| 82   | PÓLROLNICZAK PAWEŁ   | 357 | OPOLE PARKRUN                 | ŁUBNIAWA        |      | SENIOR II M - 30 | 00:27:16 | 00:41:46 |
| 83   | KUZIEL MARCIN        | 153 | BLACK RUNNING STRONIE ŚLĄSKIE | STRONIE ŚLĄSKIE | POL  | SENIOR II M - 30 | 00:26:45 | 00:41:29 |
| 84   | RAKOCZY JERZY        | 329 |                               | ŁĄDEK ZDRÓJ     |      | MASTERS M - 40   | 00:27:27 | 00:42:49 |
| 85   | ŁUCZAK MACIEJ        | 237 | BANDA RYCHA                   | MROWINO         | POL  | SENIOR II M - 30 | 00:26:50 | 00:41:07 |
| 86   | STRZELCZYK WIKTOR    | 125 | HUSARIA RACE TEAM             | KOLBUSZOWA      | POL  | SENIOR II M - 30 | 00:27:23 | 00:42:27 |
| 87   | CYKŁOWSKI WOJCIECH   | 379 | KM PSP OPOLE                  | TUŁOWIEC        |      | SENIOR I M - 20  | 00:27:28 | 00:42:29 |
| 88   | SAWICKI KONRAD       | 310 |                               | WARSZAWA        | POL  | MASTERS M - 40   | 00:27:24 | 00:42:06 |
| 89   | KUCHARSKA ALEKSANDRA | 178 | DREAM RUN                     | WARSZAWA        | POL  | SENIOR II K - 30 | 00:27:37 | 00:42:32 |
| 90   | REJCHAL MICHAŁ       | 347 |                               | WARSZAWA        |      | SENIOR II M - 30 | 00:27:21 | 00:42:04 |
| 91   | TOMECKA ALEKSANDRA   | 271 | ZAŁOGA GÓRSKA                 | KRAKÓW          | POL  | SENIOR II K - 30 | 00:27:45 | 00:42:55 |
| 92   | GRABIŃSKA GIZELA     | 269 | ZAŁOGA GÓRSKA                 | WARSZAWA-WESOŁA | POL  | MASTERS K - 40   | 00:27:50 | 00:43:18 |
| 93   | SPYCHAJ MAREK        | 62  |                               | KROTOSZYN       | POL  | MASTERS M - 40   | 00:27:22 | 00:42:40 |
| 94   | HOREJDA SARA         | 320 | ZUMBA                         | ŁĄDEK ZDRÓJ     | POL  | SENIOR I K - 20  | 00:27:54 | 00:45:21 |
| 95   | PIOTROWSKA MAGDALENA | 103 | KLUB BIEGACZA JURUND SZCZYTNO | ŚWIĘTAJNO       | POL  | SENIOR II K - 30 | 00:27:56 | 00:44:44 |
| 96   | PISZCZAŁKA TOMASZ    | 418 | ABY DO METY                   | TRZEBNICA       |      | SENIOR II M - 30 | 00:27:58 | 00:42:47 |
| 97   | SZPIŁAREWICZ BASIA   | 188 | ABY DO METY                   | ZIĘBICE         | POL  | MASTERS K - 40   | 00:27:59 | 00:42:48 |
| 98   | GALA KAMILA          | 274 | ZAŁOGA GÓRSKA                 | WARSZAWA        | POL  | SENIOR II K - 30 | 00:28:04 | 00:44:43 |
| 99   | STEFANOWSKI MARIUSZ  | 82  |                               | OPOLE           | POL  | MASTERS M - 40   | 00:28:11 | 00:43:37 |
| 100  | ROLIŃSKI RADOŚLAW    | 202 |                               | OLEŚNICA        | POL  | MASTERS M - 40   | 00:28:09 | 00:43:48 |
| 101  | ŚPIEWAK RADOŚLAW     | 392 |                               | ZIELONA GÓRA    |      | SENIOR II M - 30 | 00:28:08 | 00:44:32 |
| 102  | PASTUSZAK MIROŚLAW   | 352 | RUN ŁDZ                       | ŁÓDŹ            |      | WETERAN I M - 50 | 00:28:15 | 00:43:18 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię      | Nr  | Klub                    | M-scowość              | Kraj | Kat.             | 4km      | 6km      |
|------|----------------------|-----|-------------------------|------------------------|------|------------------|----------|----------|
| 103  | SERWATKA WOJCIECH    | 368 |                         | KAMIENIEC WROCŁAWSKI   |      | MASTERS M - 40   | 00:27:48 | 00:42:39 |
| 104  | DŁUGOSZ MAREK        | 292 | KB GEOTERMIA UNIEJÓW    | WARTKOWICE             | POL  | WETERAN I M - 50 | 00:28:23 | 00:44:27 |
| 105  | SZTYLKA DARIUSZ      | 298 | WKS ŚLĄSK WROCŁAW       | WROCŁAW                | POL  | MASTERS M - 40   | 00:28:01 | 00:44:16 |
| 106  | WOJBACH MARCIN       | 402 |                         | STRONIE ŚLĄSKIE        |      | SENIOR II M - 30 | 00:28:20 | 00:43:33 |
| 107  | RYBA PIOTR           | 54  |                         | KROTOSZYN              | POL  | MASTERS M - 40   | 00:28:01 | 00:44:41 |
| 108  | CHOLEWA JOANNA       | 17  |                         | WROCŁAW                | POL  | SENIOR I K - 20  | 00:28:30 | 00:45:11 |
| 109  | LANG WOJTEK          | 206 | WROCŁAW MARATHON TEAM   | WROCŁAW                | POL  | SENIOR II M - 30 | 00:28:32 | 00:45:12 |
| 110  | LEWANDOWSKA PATRYCJA | 111 | TEAM KURORT ŁĄDEK-ZDRÓJ | OLDRZYCHOWICE KŁODZKIE | POL  | SENIOR II K - 30 | 00:28:34 | 00:44:35 |
| 111  | GAŁEK ALEKSANDER     | 359 | PRAGMATIQ.PL            | POZNAŃ                 |      | SENIOR II M - 30 | 00:28:44 | 00:43:38 |
| 112  | KULESZA PAWEŁ        | 70  |                         | KIELCE                 | POL  | SENIOR I M - 20  | 00:28:33 | 00:45:38 |
| 113  | WARSZCZYŃSKA ROMANA  | 107 | LUB WYBIERZ Z LISTY     | SIEROSŁAW              | POL  | MASTERS K - 40   | 00:28:39 | 00:45:32 |
| 114  | RAPCZUK TOMASZ       | 242 |                         | CHOCIANÓW              | POL  | WETERAN I M - 50 | 00:28:56 | 00:46:27 |
| 115  | JASICKA EWA          | 165 |                         | TYCHY                  | POL  | SENIOR II K - 30 | 00:28:57 | 00:45:14 |
| 116  | JASICKI KRZYSZTOF    | 168 |                         | TYCHY                  | POL  | SENIOR II M - 30 | 00:28:59 | 00:45:14 |
| 117  | BIELECKA IWONA       | 29  | PRO-RUN WROCŁAW         | WROCŁAW                | POL  | SENIOR II K - 30 | 00:28:38 | 00:44:56 |
| 118  | JÓZWIECKI KACPER     | 364 | MUAY RUNNING TEAM       | POZNAŃ                 |      | SENIOR I M - 20  | 00:28:54 | 00:44:27 |
| 119  | KORYCIŃSKA IZABELA   | 23  |                         | KRAKÓW                 | POL  | SENIOR II K - 30 | 00:28:56 | 00:44:59 |
| 120  | NEUMANN JACEK        | 211 | CENTRUM ŁĄKOWA1         | RADKÓW                 | POL  | WETERAN I M - 50 | 00:28:58 | 00:44:56 |
| 121  | LUBAŃSKA ALICJA      | 243 | DOBIEGNĘ! BUKOWICE      | BUKOWICE               | POL  | WETERAN K - 50   | 00:29:11 | 00:45:50 |
| 122  | MAZIAREK MICHAŁ      | 166 |                         | NIEMODLIN              | POL  | SENIOR II M - 30 | 00:28:43 | 00:44:56 |
| 123  | WARSZCZYŃSKI RAFAŁ   | 108 | LUB WYBIERZ Z LISTY     | SIEROSŁAW              | POL  | WETERAN I M - 50 | 00:28:58 | 00:45:42 |
| 124  | CIEŚLAK MAGDALENA    | 177 | ZDROWE !                | RZEPIN                 | POL  | SENIOR II K - 30 | 00:29:04 | 00:45:38 |
| 125  | RYBARSKI PIOTR       | 1   |                         | DOLSK                  | POL  | SENIOR II M - 30 | 00:29:00 | 00:45:16 |
| 126  | NIETRZEBA ROBERT     | 118 |                         | IWINY                  | POL  | MASTERS M - 40   | 00:28:59 | 00:45:30 |
| 127  | KULAKOWSKI TOMASZ    | 156 |                         | WARSAW                 | POL  | MASTERS M - 40   | 00:29:20 | 00:45:40 |
| 128  | ŚWITA TOMASZ         | 30  | PRO RUN WROCŁAW         | BIELANY WROCŁAWSKIE    | POL  | SENIOR II M - 30 | 00:28:58 | 00:45:47 |
| 129  | URBANEK ARTUR        | 277 |                         | ODRZYKOŃ               | POL  | SENIOR I M - 20  | 00:29:16 | 00:45:49 |
| 130  | MROZIŃSKI ALBERT     | 241 |                         | ALEKSNA DRÓW ŁÓDZKI    | POL  | MASTERS M - 40   | 00:29:07 | 00:46:10 |
| 131  | SZKÓDLIŃSKI BARTOSZ  | 76  | NARAMOWICE BIEGAJĄ      | POZNAŃ                 | POL  | SENIOR II M - 30 | 00:29:24 | 00:46:04 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię            | Nr  | Klub                                   | M-scowość          | Kraj | Kat.              | 4km      | 6km      |
|------|----------------------------|-----|----------------------------------------|--------------------|------|-------------------|----------|----------|
| 132  | WŁODKOWSKA BEATA           | 84  |                                        | POZNAN             | POL  | SENIOR II K - 30  | 00:29:26 | 00:46:25 |
| 133  | KORNAŚ MARCIN              | 6   | ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN  | ZĄBKOWICE ŚLĄSKIE  | POL  | MASTERS M - 40    | 00:29:54 | 00:47:14 |
| 134  | KOT TOMASZ                 | 217 |                                        | WARSZAWA           | POL  | SENIOR II M - 30  | 00:30:04 | 00:46:56 |
| 135  | BUĆKO ALICJA               | 146 | TATAALI TEAM / VEGE RUNNERS            | JELEŃ GÓRA         | POL  | SENIOR I K - 20   | 00:30:00 | 00:46:46 |
| 136  | PLINIEWICZ JOANNA          | 229 |                                        | STRONIE ŚLĄSKIE    | POL  | SENIOR II K - 30  | 00:30:07 | 00:47:13 |
| 137  | MAJCHRZAK DARIUSZ          | 401 | KM UMK TORUŃ                           | TORUŃ              |      | WETERAN I M - 50  | 00:29:41 | 00:46:30 |
| 138  | WYSTRYCHOWSKA MARZENA      | 7   | BFAGENCJA.PL                           | WARSZAWA           | POL  | MASTERS K - 40    | 00:29:30 | 00:46:32 |
| 139  | RYBSKI MARIUSZ             | 246 |                                        | SZCZECIN           | POL  | SENIOR II M - 30  | 00:30:00 | 00:47:08 |
| 140  | OLEJNICZAK PAULINA         | 176 |                                        | ŁÓDŹ               | POL  | SENIOR I K - 20   | 00:29:55 | 00:46:48 |
| 141  | EJSMOND MATEUSZ            | 399 |                                        | GDAŃSK             |      | SENIOR II M - 30  | 00:29:44 | 00:46:27 |
| 142  | PIECHWIAK ALEKSANDRA       | 398 |                                        | GDAŃSK             |      | SENIOR I K - 20   | 00:29:44 | 00:46:27 |
| 143  | BEDNAREK SYLWIA            | 270 | ZAŁOGA GÓRSKA                          | KRAKÓW             | POL  | SENIOR II K - 30  | 00:30:19 | 00:47:18 |
| 144  | ZAJĄC KRYSZYNA             | 27  |                                        | WAŁBRZYCH          | POL  | WETERAN II K - 60 | 00:30:02 | 00:47:21 |
| 145  | SZCZEPANIAK ADAM           | 73  | TĘPE DZIDY                             | BUGUSZÓW-GORCE     | POL  | WETERAN I M - 50  | 00:30:10 | 00:47:18 |
| 146  | GARCZYK MARZENA            | 78  |                                        | KOZIEGŁOWY         | POL  | SENIOR II K - 30  | 00:30:32 | 00:47:27 |
| 147  | FRYSIAK PATRYK             | 283 |                                        | GNIEZNO            | POL  | SENIOR I M - 20   | 00:30:20 | 00:46:45 |
| 148  | BABICA PAULINA             | 144 |                                        | POZNAŃ             | POL  | SENIOR II K - 30  | 00:30:33 | 00:48:31 |
| 149  | MICHAŁEC MARZENA           | 356 | KOBIETAWBIEGU                          | WAŁBRZYCH          |      | SENIOR II K - 30  | 00:30:21 | 00:47:11 |
| 150  | STACHNIK ŁUKASZ            | 281 |                                        | KRAKÓW             | POL  | SENIOR II M - 30  | 00:30:08 | 00:46:08 |
| 151  | MROZIŃSKA RENATA           | 240 |                                        | ALEKSANDRÓW ŁÓDZKI | POL  | MASTERS K - 40    | 00:30:22 | 00:47:29 |
| 152  | HETEL MICHAŁ               | 301 | WKS ŚLĄSK WROCŁAW                      | WROCŁAW            | POL  | SENIOR I M - 20   | 00:30:25 | 00:48:24 |
| 153  | ZAJĄC MARCIN               | 119 |                                        | JÓZEFOSŁAW         | POL  | SENIOR II M - 30  | 00:30:10 | 00:46:05 |
| 154  | GACEK MARIUSZ              | 72  |                                        | WARSZAWA           | POL  | SENIOR I M - 20   | 00:30:35 | 00:47:12 |
| 155  | SOBCZAK MAREK              | 239 | SZCZYTNIKI                             | SZCZYTNIKI         | POL  | MASTERS M - 40    | 00:30:40 | 00:47:17 |
| 156  | WIĄCEK MARCIN              | 289 | SUDECKA ZYLETA                         | GŁUSZYCA           | POL  | MASTERS M - 40    | 00:30:42 | 00:49:19 |
| 157  | KOWALSKA MAŁGORZATA        | 285 | KB HARCOWNIK JELCZ-LASKOWICE           | JELCZ-LASKOWICE    | POL  | MASTERS K - 40    | 00:31:01 | 00:48:50 |
| 158  | GEROWSKA ALEKSANDRA        | 288 | STOWARZYSZENIE PRZYJACIÓŁ ZWIERZĄT NOE | GOSTYŃ             | POL  | MASTERS K - 40    | 00:30:51 | 00:47:36 |
| 159  | SZAWARA-ZIÓŁKOWSKA EWELINA | 282 | KB HARCOWNIK JELCZ-LASKOWICE           | JELCZ-LASKOWICE    | POL  | SENIOR II K - 30  | 00:31:01 | 00:48:48 |
| 160  | CIEŚLAK ŁUKASZ             | 393 |                                        | OŚNO LUBUSKIE      |      | SENIOR II M - 30  | 00:31:02 | 00:49:18 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię               | Nr  | Klub                           | M-scowość        | Kraj | Kat.              | 4km      | 6km      |
|------|-------------------------------|-----|--------------------------------|------------------|------|-------------------|----------|----------|
| 161  | PASŁOWSKA-CHODOROWSKA JUSTYNA | 394 | PRZEBIEGA.PL                   | WROCŁAW          |      | SENIOR II K - 30  | 00:30:56 | 00:48:17 |
| 162  | HANOUSKOVÁ ESTER              | 91  |                                | KORYČANY         | POL  | SENIOR II K - 30  | 00:30:52 | 00:48:33 |
| 163  | KWIECIEŃ SARA                 | 245 |                                | KETTERING        | GBR  | SENIOR I K - 20   | 00:30:41 | 00:48:02 |
| 164  | GAŁUSZKA WOJCIECH             | 244 |                                | KETTERING        | GBR  | SENIOR II M - 30  | 00:30:41 | 00:48:02 |
| 165  | BUSZKA ŁUKASZ                 | 400 |                                | ŁÓDŹ             |      | MASTERS M - 40    | 00:31:13 | 00:48:36 |
| 166  | NIEDZIELA WOJCIECH            | 207 |                                | CZELADŹ          | POL  | SENIOR I M - 20   | 00:31:05 | 00:48:46 |
| 167  | MARCINIAK ANNA                | 9   |                                | LEGNICA          | POL  | MASTERS K - 40    | 00:31:04 | 00:48:19 |
| 168  | KOPACKA ELIZA                 | 32  | FOLLOWME - ZMIENIAMYFINANSE.PL | WAŁBRZYCH        | POL  | SENIOR II K - 30  | 00:31:18 | 00:49:24 |
| 169  | FRĄCKOWIAK MARIA              | 170 | CONSTRAVIA                     | POZNAŃ           | POL  | SENIOR I K - 20   | 00:31:14 | 00:48:56 |
| 170  | WOŁCZEK MAŁGORZATA            | 338 | BIEGAM WSPIERAM MOTYWUJĘ       | SULECHÓW         |      | SENIOR II K - 30  | 00:31:27 | 00:49:35 |
| 171  | WIDŁAK JULIA                  | 69  |                                | WARSZAWA         | POL  | SENIOR I K - 20   | 00:31:23 | 00:48:48 |
| 172  | PIASECKA MARTA                | 31  |                                | WARSZAWA         | POL  | SENIOR II K - 30  | 00:31:28 | 00:48:57 |
| 173  | SIUDAK ANNA                   | 204 |                                | TULCE            | POL  | SENIOR II K - 30  | 00:31:38 | 00:49:54 |
| 174  | FRĄCZEK IWONA                 | 142 | NOA                            | WROCŁAW          | POL  | SENIOR II K - 30  | 00:31:36 | 00:49:23 |
| 175  | JAŻWIECKI MARCIN              | 291 | MUAY RUNNING TEAM              | POZNAŃ           | POL  | MASTERS M - 40    | 00:31:50 | 00:49:56 |
| 176  | ULIKOWSKA MARTYNA             | 272 | ZAŁOGA GÓRSKA                  | GOŚCINO          | POL  | SENIOR I K - 20   | 00:31:53 | 00:49:30 |
| 177  | BUSS JAKUB                    | 25  | KUDOWSCY MIŁOŚNICE BIEGANIA    | KUDOWA ZDRÓJ     | POL  | MASTERS M - 40    | 00:31:22 | 00:48:58 |
| 178  | TAMBOR JAN                    | 406 |                                | KŁODZKO          |      | WETERAN II M - 60 | 00:32:08 | 00:49:53 |
| 179  | BRZozowska KATARZYNA          | 199 |                                | WARSZAWA         | POL  | SENIOR I K - 20   | 00:32:03 | 00:51:04 |
| 180  | JASICKI JULIAN                | 174 | STROŃSKA GRUPA ROWEROWA        | ŁĄDEK-ZDRÓJ      | POL  | WETERAN II M - 60 | 00:32:04 | 00:51:34 |
| 181  | DRYMEL JOANNA                 | 132 | DRUMLE2PIES                    | ŚWIĘTA KATARZYNA | POL  | SENIOR II K - 30  | 00:31:38 | 00:49:38 |
| 182  | TADROWSKI TOMASZ              | 92  |                                | INOWROCŁAW       | POL  | MASTERS M - 40    | 00:31:39 | 00:48:44 |
| 183  | POHL ANNA                     | 322 | SPEED FEET 16                  | ŚMIGIEL          |      | SENIOR I K - 20   | 00:31:58 | 00:50:59 |
| 184  | PLEWA KATARZYNA               | 85  | NORDIC16                       | WROCŁAW          | POL  | SENIOR II K - 30  | 00:32:16 | 00:50:12 |
| 185  | PTASZYŃSKA JOANNA             | 98  |                                | WROCŁAW          | POL  | WETERAN K - 50    | 00:32:10 | 00:49:18 |
| 186  | NIEMAS ANNA                   | 64  | OYAMA KARATE BRZESZCZE         | BŁĄŻEJOWICE      | POL  | MASTERS K - 40    | 00:32:14 | 00:50:00 |
| 187  | KRZYŻEWSKI ROGER              | 60  |                                | KRAKÓW           | POL  | SENIOR II M - 30  | 00:32:24 | 00:51:50 |
| 188  | BALICKI JACEK                 | 56  | BIEGACZ NOWOSOLNA              | ŁÓDŹ             | POL  | WETERAN I M - 50  | 00:32:35 | 00:50:04 |
| 189  | RYCHŁOWSKI RYSZARD            | 50  |                                | PIŁA             | POL  | MASTERS M - 40    | 00:32:29 | 00:52:10 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię       | Nr  | Klub                           | M-scowość           | Kraj | Kat.              | 4km      | 6km      |
|------|-----------------------|-----|--------------------------------|---------------------|------|-------------------|----------|----------|
| 190  | HAJOK MAGDA           | 94  | SBRT GLIWICE                   | GLIWICE             | POL  | SENIOR II K - 30  | 00:32:25 | 00:52:04 |
| 191  | DZIUBA AGNIESZKA      | 349 |                                | MIKOŁÓW             |      | SENIOR II K - 30  | 00:32:38 | 00:51:06 |
| 192  | OGRODNIK ANNA         | 163 | RUNNING ACADEMY                | WROCŁAW             | POL  | SENIOR II K - 30  | 00:32:28 | 00:51:11 |
| 193  | GADZINOWSKI IGNACY    | 182 |                                | RADOM               | POL  | WETERAN II M - 60 | 00:32:28 | 00:51:05 |
| 194  | LULA MAGDALENA        | 149 | PWPW S.A.                      | WARSZAWA            | POL  | SENIOR II K - 30  | 00:32:10 | 00:49:40 |
| 195  | PASŁOWSKA OLGA        | 396 | PRZEBIEGA.PL                   | WROCŁAW             |      | SENIOR II K - 30  | 00:32:37 | 00:50:54 |
| 196  | LANGE HANNA           | 215 |                                | ŚREM                | POL  | SENIOR II K - 30  | 00:32:37 | 00:50:50 |
| 197  | PREŚ MAGDALENA        | 203 | #WPISZCOKOLWIEK                | SMOLEC              | POL  | SENIOR I K - 20   | 00:32:29 | 00:51:13 |
| 198  | GÓRNA ALDONA          | 214 |                                | ŚREM                | POL  | MASTERS K - 40    | 00:32:38 | 00:50:50 |
| 199  | WITOS RAFAŁ           | 226 | NAZWA DRUŻYNY                  | BIAŁYSTOK           | POL  | SENIOR I M - 20   | 00:32:48 | 00:50:54 |
| 200  | NIESTROJ ŁUKASZ       | 159 |                                | RACIBÓRZ            | POL  | SENIOR II M - 30  | 00:32:26 | 00:50:51 |
| 201  | RODZIEWICZ MARTA      | 164 |                                | WARSZAWA            | POL  | SENIOR I K - 20   | 00:32:51 | 00:51:05 |
| 202  | WIŚNIEWSKA MARLENA    | 336 | MUAY RUNNING TEAM              | POZNAŃ              |      | SENIOR II K - 30  | 00:32:59 | 00:49:56 |
| 203  | CHADE MARIANNA        | 318 |                                | WROCŁAW             | POL  | SENIOR II K - 30  | 00:32:52 | 00:51:28 |
| 204  | CZARNY MARZENA        | 24  | JAWORZNOŁBC                    | JAWORZNO            | POL  | SENIOR II K - 30  | 00:33:01 | 00:51:03 |
| 205  | NOWAK MACIEJ          | 189 |                                | ŻARÓW               | POL  | SENIOR II M - 30  | 00:33:01 | 00:53:20 |
| 206  | KOPACZYŃSKI MICHAŁ    | 191 |                                | BYSTRZYCA KŁODZKA   | POL  | SENIOR I M - 20   | 00:33:10 | 00:52:14 |
| 207  | WALA PATRYK           | 262 | ZĄŁOGA GÓRSKA                  | ZĄBKOWICE ŚLĄSKIE   | POL  | SENIOR I M - 20   | 00:33:12 | 00:53:18 |
| 208  | SZCZEPAŃSKI SEBASTIAN | 192 |                                | BYSTRZYCA KŁODZKA   | POL  | SENIOR II M - 30  | 00:33:14 | 00:52:17 |
| 209  | SOKOŁOWSKA JAGODA     | 353 |                                |                     |      | SENIOR II K - 30  | 00:33:01 | 00:52:20 |
| 210  | BISOWSKA KATARZYNA    | 184 | KOZY W UCHU                    | KOBYŁKA             | POL  | MASTERS K - 40    | 00:33:00 | 00:51:18 |
| 211  | JUREWICZ AGATA        | 319 |                                | POZNAN              | POL  | SENIOR II K - 30  | 00:33:23 | 00:52:23 |
| 212  | MRÓZ URSZULA          | 209 |                                | STRONIE ŚLĄSKIE     | POL  | WETERAN K - 50    | 00:33:29 | 00:52:12 |
| 213  | STASZEWSKI DARIUSZ    | 36  |                                | TOMASZÓW MAZOWIECKI | POL  | SENIOR II M - 30  | 00:33:11 | 00:50:57 |
| 214  | WILCZYŃSKI ŁUKASZ     | 19  | 1 POMORSKA BRYGADA LOGISTYCZNA | BYDGOSZCZ           | POL  | SENIOR II M - 30  | 00:33:17 | 00:51:48 |
| 215  | STAWSKA ALICJA        | 138 |                                | ŁÓDŹ                | POL  | SENIOR II K - 30  | 00:33:24 | 00:52:20 |
| 216  | LUCHOWSKA KAROLINA    | 404 | FIZJOTRITERAPIA                | WROCŁAW             |      | SENIOR II K - 30  | 00:33:11 | 00:52:23 |
| 217  | FIRLEJ EWELINA        | 258 | GRUNWALD TEAM POZNAŃ           | SULECHÓW            | POL  | SENIOR I K - 20   | 00:33:20 | 00:51:56 |
| 218  | ZASADA MAGDALENA      | 81  | FAT & FURIOUS                  | JELENIA GÓRA 14     | POL  | SENIOR II K - 30  | 00:33:31 | 00:52:48 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię        | Nr  | Klub                                     | M-scowość       | Kraj | Kat.             | 4km      | 6km      |
|------|------------------------|-----|------------------------------------------|-----------------|------|------------------|----------|----------|
| 219  | JAGUSZEWSKA AGNIESZKA  | 79  | FAT & FURIOUS                            | KARPACZ         | POL  | SENIOR I K - 20  | 00:33:31 | 00:52:47 |
| 220  | OLEKSIEWICZ BEATA      | 222 | SZAKALE BAŁUT ŁÓDŹ                       | ŁÓDŹ            | POL  | SENIOR II K - 30 | 00:33:15 | 00:51:40 |
| 221  | DUBIEL AGATA           | 126 | WILD DOGS TEAM/SUDECKI KLUB WYSOKOGÓRSKI | JELEŃ GÓRA      | POL  | SENIOR II K - 30 | 00:33:36 | 00:52:37 |
| 222  | ZBOROWSKI NORBERT      | 340 | GRUNWALD TEAM POZNAŃ                     | POZNAŃ          |      | SENIOR I M - 20  | 00:33:24 | 00:51:56 |
| 223  | TWARDOWSKA KORNELIA    | 228 |                                          | ŚWIĄTNIKI GÓRNE | POL  | SENIOR I K - 20  | 00:33:47 | 00:52:54 |
| 224  | KUTYCKA-KUREK ELŻBIETA | 314 | CHOJRAK TEAM WROCŁAW                     | WROCŁAW         | POL  | SENIOR II K - 30 | 00:33:22 | 00:52:21 |
| 225  | BALCERZAK AGNIESZKA    | 53  |                                          | KONARZEWO       | POL  | MASTERS K - 40   | 00:33:25 | 00:53:14 |
| 226  | NOWICKA ANNA           | 145 |                                          | KRAKÓW          | POL  | SENIOR II K - 30 | 00:33:23 | 00:53:43 |
| 227  | JAŚKOWIAK TOMASZ       | 278 |                                          | POZNAŃ          | POL  | MASTERS M - 40   | 00:33:19 | 00:53:20 |
| 228  | GŁÓWKA BARBARA         | 158 |                                          | WROCŁAW         | POL  | SENIOR I K - 20  | 00:33:35 | 00:52:59 |
| 229  | GŁÓWKA MACIEJ          | 157 | BE BETTER                                | WROCŁAW         | POL  | SENIOR II M - 30 | 00:33:36 | 00:52:57 |
| 230  | GAJDECKA ADRIANA       | 131 | ORANGE                                   | WARSZAWA        | POL  | SENIOR II K - 30 | 00:33:30 | 00:52:28 |
| 231  | GAJDECKI TOMEK         | 372 | ACCENTTURE                               | .WARSZAWA       |      | SENIOR II M - 30 | 00:33:31 | 00:52:27 |
| 232  | GASEK KONRAD           | 331 |                                          | ŚWIDNICA        |      | MASTERS M - 40   | 00:33:25 | 00:53:14 |
| 233  | IMIŃSKI CEZARY         | 122 |                                          | ZGIERZ          | POL  | WETERAN I M - 50 | 00:33:50 | 00:53:08 |
| 234  | MAJEROWSKI MATEUSZ     | 180 |                                          | WOLSZTYN        | POL  | SENIOR II M - 30 | 00:33:46 | 00:53:06 |
| 235  | DOWNAR-ZAPOLSKA LAURA  | 4   | @MD_RUN                                  | WROCŁAW         | POL  | SENIOR I K - 20  | 00:34:06 | 00:53:27 |
| 236  | SAWAŁA ANETA           | 41  | TRANCE ONLY                              | POZNAŃ          | POL  | MASTERS K - 40   | 00:33:47 | 00:54:06 |
| 237  | SAWAŁA SŁAWOMIR        | 43  | TRANCE ONLY                              | POZNAŃ          | POL  | MASTERS M - 40   | 00:33:51 | 00:54:06 |
| 238  | TARASZEWSKA PAULINA    | 133 | PWPW S.A.                                | OSTROŁĘKA       | POL  | SENIOR I K - 20  | 00:33:47 | 00:53:07 |
| 239  | STAWSKA NATALIA        | 95  |                                          | KRAKÓW          | POL  | SENIOR II K - 30 | 00:33:50 | 00:53:38 |
| 240  | LULA RADOŚŁAW          | 155 |                                          | WARSZAWA        | POL  | MASTERS M - 40   | 00:34:09 | 00:56:52 |
| 241  | NEUMANN BEATA          | 212 | CENTRUM ŁĄKOWA 1                         | RADKÓW          | POL  | WETERAN K - 50   | 00:34:39 | 00:54:37 |
| 242  | WILK MARIA             | 345 | RAMBO III                                | BYTOM           |      | SENIOR II K - 30 | 00:34:30 | 00:52:46 |
| 243  | WILK MATEUSZ           | 346 | RAMBO III                                | BYTOM           |      | SENIOR II M - 30 | 00:34:29 | 00:52:44 |
| 244  | ŁYSKAWA MICHAŁ         | 55  |                                          | KROTOSZYN       | POL  | MASTERS M - 40   | 00:34:21 | 00:56:14 |
| 245  | KACZMAREK KASIA        | 187 |                                          | WROCŁAW         | POL  | MASTERS K - 40   | 00:34:30 | 00:54:10 |
| 246  | JARZĘBSKA AGNIESZKA    | 48  | TU INTER POLSKA SA                       | WROCŁAW         | POL  | SENIOR I K - 20  | 00:34:40 | 00:53:18 |
| 247  | PRZYBYŁ JOLANTA        | 390 |                                          | CZACHROWO       |      | MASTERS K - 40   | 00:35:01 | 00:54:44 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię        | Nr  | Klub                      | M-scowość       | Kraj | Kat.              | 4km      | 6km      |
|------|------------------------|-----|---------------------------|-----------------|------|-------------------|----------|----------|
| 248  | NOWAK WOJCIECH         | 380 |                           | WROCŁAW         |      | MASTERS M - 40    | 00:34:55 | 00:56:22 |
| 249  | KOWALEWSKA ANNA        | 38  |                           | ŚWIDNICA        | POL  | SENIOR II K - 30  | 00:35:09 | 00:55:36 |
| 250  | KONIKOWSKI PAWEŁ       | 197 |                           | POZNAŃ          | POL  | WETERAN II M - 60 | 00:35:34 | 00:57:12 |
| 251  | SZAFRAŃSKA JOANNA      | 334 | PARKRUN ŚWINOUJŚCIE       | ŚWINOUJŚCIE     |      | WETERAN K - 50    | 00:35:33 | 00:57:10 |
| 252  | KUZIOMKO ANIA          | 290 | AMA TEAM                  | LEGNICA         | POL  | MASTERS K - 40    | 00:35:43 | 00:55:34 |
| 253  | JURCZYK WOJCIECH       | 351 |                           | ŁĄDEK ZDRÓJ     |      | SENIOR II M - 30  | 00:35:27 | 00:53:30 |
| 254  | HACZYK GABRIELA        | 328 | BIEG OPOLSKI              | OPOLE           |      | WETERAN II K - 60 | 00:35:29 | 00:55:59 |
| 255  | BOROWIAK HANNA         | 104 | WOZIMYSIE.PL              | KALISZ          | POL  | SENIOR II K - 30  | 00:35:55 | 00:54:33 |
| 256  | ŚWIERCZYŃSKA BARBARA   | 86  |                           | WARSZAWA        | POL  | SENIOR I K - 20   | 00:35:46 | 00:55:42 |
| 257  | WIADEREK PIOTR         | 161 | PĘDZĄCE ŻÓŁWIE            | WARSZAWA        | POL  | SENIOR II M - 30  | 00:35:48 | 00:57:04 |
| 258  | WIADEREK SŁAWOMIR      | 162 | PĘDZĄCE ŻÓŁWIE            | WARSZAWA        | POL  | WETERAN I M - 50  | 00:35:48 | 00:57:03 |
| 259  | MICHAŁSKA AGNIESZKA    | 335 | PARKRUN ŚWINOUJŚCIE       | ŚWINOUJŚCIE     |      | WETERAN K - 50    | 00:35:52 | 00:57:10 |
| 260  | CZYŻ ALEKSANDRA        | 39  | VEGE RUNNERS              | ZIELONA GÓRA    | POL  | SENIOR II K - 30  | 00:36:00 | 00:57:26 |
| 261  | RAPACZ DANUTA          | 327 | SPEEDO POLSKA             | STRONIE ŚLĄSKIE |      | WETERAN II K - 60 | 00:36:15 | 00:57:33 |
| 262  | SAPUREK ANNA           | 326 | BUKOWSKI KLUB BIEGACZA    | BUK             |      | SENIOR II K - 30  | 00:36:14 | 00:58:20 |
| 263  | KULIK DAMIAN           | 415 | M&M&M&M                   | STRASSEN        | LUX  | SENIOR II M - 30  | 00:35:40 | 00:56:47 |
| 264  | WŁOSKOWICZ KINGA       | 46  |                           | WĄCHOCK         | POL  | MASTERS K - 40    | 00:36:29 | 00:57:28 |
| 265  | MUSIELAK MAREK         | 417 | M&M&M&M                   | POZNAŃ          |      | SENIOR II M - 30  | 00:35:49 | 00:56:46 |
| 266  | BAŁYS DARIUSZ          | 337 | WK GOPR                   | STRONIE ŚLĄSKIE |      | MASTERS M - 40    | 00:36:38 | 00:57:36 |
| 267  | CHWIAŁKOWSKA EWA       | 71  |                           | TORUŃ           | POL  | WETERAN K - 50    | 00:36:17 | 00:57:05 |
| 268  | MUSZELAK MAGDALENA     | 416 | M&M&M&M                   | POZNAŃ          |      | SENIOR II K - 30  | 00:36:03 | 00:56:49 |
| 269  | PLUTA MICHALINA        | 100 |                           | LESZNO          | POL  | SENIOR II K - 30  | 00:36:18 | 00:57:25 |
| 270  | ŚRÓDKA ALEKSANDRA      | 12  |                           | TRZEBNICA       | POL  | SENIOR II K - 30  | 00:36:28 | 00:57:46 |
| 271  | KSIĄŻKIEWICZ KATARZYNA | 75  | ROCKY BALBOA RUNNING CLUB | BYTOM           | POL  | SENIOR II K - 30  | 00:36:36 | 00:56:21 |
| 272  | KLIN ANETA             | 273 |                           | BRZEG           | POL  | MASTERS K - 40    | 00:36:42 | 00:58:22 |
| 273  | PLAWIAK-MOWNA ANNA     | 223 |                           | ZIELONA GÓRA    | POL  | MASTERS K - 40    | 00:37:09 | 01:00:14 |
| 274  | WALENDA KATARZYNA      | 315 | BIEGNĘ POD PRZYMUSEM      | LESZNOWOLA      | POL  | MASTERS K - 40    | 00:37:20 | 00:58:12 |
| 275  | RIPPELOVÁ JITKA        | 221 | SRTG VYŠKOV               | BOHDALICE       | CZE  | SENIOR I K - 20   | 00:37:15 | 00:57:12 |
| 276  | KRAWCZYK MAGDALENA     | 252 |                           | ULAN-MAJORAT    | POL  | SENIOR II K - 30  | 00:37:37 | 00:57:50 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię           | Nr  | Klub                   | M-scowość         | Kraj | Kat.              | 4km      | 6km      |
|------|---------------------------|-----|------------------------|-------------------|------|-------------------|----------|----------|
| 277  | PACZUSKA MAŁGORZATA       | 247 | FOREVER YOUNG ŁÓDŹ     | ŁÓDŹ              | POL  | WETERAN II K - 60 | 00:37:48 | 01:00:40 |
| 278  | ADAMCZEWSKA MARIA         | 235 | FOREVER YOUNG ŁÓDŹ     | ŁÓDŹ              | POL  | MASTERS K - 40    | 00:37:50 | 01:00:40 |
| 279  | SZYMAŃSKA-ANTOSIAK MONIKA | 227 | TMTEAM                 | WROCŁAW           | POL  | SENIOR II K - 30  | 00:38:04 | 00:59:04 |
| 280  | WITCZAK ANNA              | 313 |                        | MŁYNOWIEC         | POL  | MASTERS K - 40    | 00:38:07 | 01:01:40 |
| 281  | DOWŁASZEWICZ MAŁGORZATA   | 312 |                        | WROCŁAW           | POL  | MASTERS K - 40    | 00:38:08 | 01:01:41 |
| 282  | PAKUŁA ARKADIUSZ          | 355 |                        | KROSNO            |      | MASTERS M - 40    | 00:38:21 | 00:59:38 |
| 283  | KOŁODZIEJ ALICJA          | 205 |                        | LEGNICA           | POL  | SENIOR II K - 30  | 00:38:17 | 00:59:50 |
| 284  | TABOROWICZ MAGDALENA      | 387 |                        | WROCŁAW           |      | SENIOR II K - 30  | 00:38:33 | 01:03:24 |
| 285  | WRÓBLEWSKA ROKSANA        | 405 |                        | WAŁBRZYCH         |      | SENIOR I K - 20   | 00:38:08 | 00:59:03 |
| 286  | WIŚNIEWSKA MAGDALENA      | 323 |                        | WILCZYN           |      | SENIOR II K - 30  | 00:38:30 | 01:02:41 |
| 287  | CZAJKOWSKA MAŁGORZATA     | 113 | KOŁO BIEGA             | KOLONIA POWIERCIE | POL  | MASTERS K - 40    | 00:39:03 | 01:00:56 |
| 288  | CZAJKOWSKI KRZYSZTOF      | 115 | KOŁO BIEGA             | POWIERCIE KOLONIA | POL  | MASTERS M - 40    | 00:39:02 | 01:00:56 |
| 289  | KUTY MONIKA               | 397 | DRUŻYNA MARZEŃ         | KOŁO              |      | MASTERS K - 40    | 00:39:03 | 01:00:55 |
| 290  | WYSOCKI GRZEGORZ          | 378 | MORSY TUREK            | WŁADYSŁAWÓW       |      | MASTERS M - 40    | 00:38:49 | 01:01:21 |
| 291  | MAŁEK PIOTR               | 376 | MORSY TUREK            | TUREK             |      | MASTERS M - 40    | 00:38:51 | 01:01:23 |
| 292  | WODZIEŃ DOROTA            | 348 |                        | KOŁACZYCE         |      | MASTERS K - 40    | 00:38:53 | 01:02:59 |
| 293  | WODZIEŃ ANDRZEJ           | 419 |                        | RZESZÓW           |      | MASTERS M - 40    | 00:38:55 | 01:02:58 |
| 294  | OLEK-WYSOCKA MONIKA       | 377 | MORSY TUREK            | RYSSOCICE         |      | SENIOR II K - 30  | 00:38:57 | 01:01:23 |
| 295  | KOZERA KAMIL              | 28  | HARPAGAN SOSNOWIEC     | DĄBROWA GÓRNICZA  | POL  | SENIOR II M - 30  | 00:39:41 | 00:59:42 |
| 296  | KOŁODZIEK ANNA            | 13  | NIGHT RUNNERS          | KRAKÓW            | POL  | SENIOR I K - 20   | 00:39:45 | 01:03:07 |
| 297  | KIELASZEWSKA WERONIKA     | 99  |                        | WŁOSZAKOWICE      | POL  | SENIOR II K - 30  | 00:39:27 | 01:02:40 |
| 298  | KIELASZEWSK KAROL         | 102 | LESZ NO LIMITS RUNNERS | LESZNO            | POL  | SENIOR II M - 30  | 00:39:29 | 01:02:42 |
| 299  | KISIAŁA EDYTA             | 201 |                        | KRAKÓW            | POL  | SENIOR I K - 20   | 00:39:24 | 01:05:22 |
| 300  | KISIAŁA FILIP             | 96  | LACHO TEAM             | KRAKÓW            | POL  | SENIOR II M - 30  | 00:39:23 | 01:05:20 |
| 301  | KARWOWSKI SŁAWOMIR        | 253 |                        | CZEMIERNIKI       | POL  | MASTERS M - 40    | 00:40:00 | 01:04:21 |
| 302  | HRABAŃSKA-RACZAK BEATA    | 213 |                        | KATOWICE          | POL  | SENIOR II K - 30  | 00:39:44 | 01:01:13 |
| 303  | KOŃ ALEKSANDRA            | 208 | LZS LIPA               | BOLKÓW            | POL  | SENIOR II K - 30  | 00:39:48 | 01:01:01 |
| 304  | KUROWSKA BIANKA           | 311 |                        | ŚWIDNICA          | POL  | SENIOR I K - 20   | 00:39:53 | 01:05:19 |
| 305  | BURCHARDT JULIA           | 339 |                        | BYDGOSZCZ         |      | SENIOR I K - 20   | 00:39:54 | 01:05:16 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię           | Nr  | Klub                | M-scowość           | Kraj | Kat.              | 4km      | 6km      |
|------|---------------------------|-----|---------------------|---------------------|------|-------------------|----------|----------|
| 306  | BURCHARDT MIRKA           | 167 | PUDZIAN             | BYDGOSZCZ           | POL  | WETERAN II K - 60 | 00:39:56 | 01:05:16 |
| 307  | RAJCZAKOWSKA ANNA         | 172 |                     | ŁĄDEK-ZDRÓJ         | POL  | WETERAN K - 50    | 00:40:12 | 01:03:14 |
| 308  | DĄBROWSKA KAROLINA        | 248 |                     | SZCZECIN            | POL  | SENIOR II K - 30  | 00:40:20 | 01:03:32 |
| 309  | ZAPORA AGNIESZKA          | 332 | W POGONI ZA DUCHEM  | SARNÓW              |      | SENIOR II K - 30  | 00:40:24 | 01:04:53 |
| 310  | RAJCZAKOWSKA ANETA        | 171 |                     | WROCLAW             | GER  | SENIOR II K - 30  | 00:40:14 | 01:03:14 |
| 311  | ZAGROBELNA MAGDALENA      | 210 | DRUŻYNA SZPIKU      | WROCLAW             | POL  | MASTERS K - 40    | 00:40:16 | 01:02:00 |
| 312  | WYSTRYCHOWSKI MARCIN      | 5   | BFAGENCJA.PL        | WARSZAWA            | POL  | SENIOR II M - 30  | 00:40:12 | 01:02:37 |
| 313  | ZAJĄC AGNIESZKA           | 117 |                     | JÓZEFOSŁAW          | POL  | MASTERS K - 40    | 00:40:15 | 01:02:38 |
| 314  | PASTUSZKA JOANNA          | 200 | RUNLDZ              | ŁÓDŹ                | POL  | WETERAN K - 50    | 00:41:00 | 01:06:22 |
| 315  | OLCZYK ANNA               | 194 | PRZEDBÓRZ           | PRZEDBÓRZ           | POL  | MASTERS K - 40    | 00:40:59 | 01:06:19 |
| 316  | SUDNICKA URSZULA          | 44  | MESONDŹI LAJF STAJL | POZNAŃ              | POL  | SENIOR II K - 30  | 00:41:10 | 01:05:19 |
| 317  | MATUSZEWSKA PAULINA       | 106 | HUSE TEAM           | BIELSKO-BIAŁA       | POL  | MASTERS K - 40    | 00:41:02 | 01:03:23 |
| 318  | PAPIERZ-RYKAŁA ALEKSANDRA | 309 |                     | MYŚLENICE           | POL  | SENIOR II K - 30  | 00:41:07 | 01:03:16 |
| 319  | RABSCH-SURMACZ EWA        | 67  |                     | POZNAŃ              | POL  | MASTERS K - 40    | 00:41:33 | 01:05:50 |
| 320  | PARZONKA NATALIA          | 287 | KS LENIWIEC         | KĘPNO               | POL  | SENIOR I K - 20   | 00:41:23 | 01:02:39 |
| 321  | DEC ANETA                 | 89  | ERNI RULEZ          | DĘBNO               | POL  | MASTERS K - 40    | 00:41:30 | 01:05:01 |
| 322  | DEC ARTUR                 | 88  | ERNI RULEZ          | DĘBNO               | POL  | MASTERS M - 40    | 00:41:30 | 01:05:02 |
| 323  | KRYNICKA ANNA             | 173 |                     | ŁĄDEK-ZDRÓJ         | POL  | MASTERS K - 40    | 00:42:01 | 01:07:13 |
| 324  | LATANOWICZ KAROLINA       | 257 | LAQ                 | POZNAŃ              | POL  | SENIOR II K - 30  | 00:42:13 | 01:07:31 |
| 325  | SMOGORZEWSKA MARTA        | 26  | WKURW_TEAM          | WARSZAWA            | POL  | SENIOR II K - 30  | 00:42:22 | 01:07:49 |
| 326  | NIEZGÓDKA SYLWIA          | 268 | ZAŁOGA GÓRSKA       | WROCLAW             | POL  | MASTERS K - 40    | 00:42:53 | 01:05:55 |
| 327  | WAWRZYNIAK MARIUSZ        | 385 |                     | GORZÓW WIELKOPOLSKI |      | SENIOR II M - 30  | 00:42:33 | 01:08:24 |
| 328  | PIGŁOWSKI DAWID           | 386 | S-ULTRA             | SANOCKO             |      | SENIOR II M - 30  | 00:36:32 | 01:02:24 |
| 329  | WINIARSKI ROBERT          | 59  |                     | LEGNICA             | POL  | MASTERS M - 40    | 00:43:03 | 01:12:42 |
| 330  | KUIPERS MIES              | 324 |                     |                     |      | WETERAN II K - 60 | 00:43:36 | 01:13:34 |
| 331  | SCHELVIS WOUTER           | 325 |                     |                     |      | WETERAN II M - 60 | 00:43:40 | 01:13:34 |
| 332  | ROBAK ANETA               | 42  |                     | ŁĄDEK ZDRÓJ         | POL  | SENIOR II K - 30  | 00:44:36 | 01:15:16 |
| 333  | MATKOWSKA PAULINA         | 350 |                     | TRZEBIEL            |      | SENIOR I K - 20   | 00:44:37 | 01:15:18 |
| 334  | BOMBA JAROSŁAW            | 40  |                     | ŁĄDEK-ZDRÓJ         | POL  | MASTERS M - 40    | 00:44:37 | 01:15:16 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię        | Nr  | Klub                      | M-scowość         | Kraj | Kat.              | 4km      | 6km      |
|------|------------------------|-----|---------------------------|-------------------|------|-------------------|----------|----------|
| 335  | KWIATKOWSKA BARBARA    | 110 |                           | WOJNOWICE         | POL  | WETERAN II K - 60 | 00:44:22 | 01:13:47 |
| 336  | KUCZAKOWSKA ASIA       | 297 | BIEGOWE MISIE             | LEGNICA           | POL  | SENIOR II K - 30  | 00:45:34 | 01:11:56 |
| 337  | KRUZEL RAFAŁ           | 296 | BIEGOWE MISIE             | LEGNICA           | POL  | MASTERS M - 40    | 00:45:34 | 01:11:56 |
| 338  | ŚCIOCH MARTA           | 256 | NIE WIERZĘ, ŻE TO ROBIĘ   | PRUSZKÓW          | POL  | WETERAN K - 50    | 00:47:05 | 01:16:24 |
| 339  | ŚCIOCH ANDRZEJ         | 255 | NIE WIERZĘ, ŻE TO ROBIĘ   | PRUSZKÓW          | POL  | WETERAN I M - 50  | 00:47:06 | 01:16:24 |
| 340  | KRAWCZYK BOŻENA        | 254 | NIE WIERZĘ, ŻE TO ROBIĘ   | ULAN-MAJORAT      | POL  | WETERAN II K - 60 | 00:47:08 | 01:16:22 |
| 341  | BAKOWSKA MARIA         | 279 | ZĄŁOGA GÓRSKA             | GNIEZNO           | POL  | WETERAN II K - 60 | 00:47:57 | 01:17:12 |
| 342  | WALENCIAK PAULINA      | 275 |                           | PACZKOWO          | POL  | SENIOR I K - 20   | 00:48:02 | 01:16:04 |
| 343  | DZICZKOWSKA MAŁGORZATA | 373 | ABY DO METY               | ZŁOTY STOK        |      | SENIOR II K - 30  | 00:48:37 | 01:18:12 |
| 344  | DZICZKOWSKI MACIEJ     | 408 | ABY DO METY               | ZŁOTY STOK        |      | SENIOR I M - 20   | 00:48:37 | 01:18:15 |
| 345  | KLINKE-OSADNIK ANETA   | 193 | ABY DO METY               | ZĄBKOWICE ŚLĄSKIE | POL  | MASTERS K - 40    | 00:48:59 | 01:18:12 |
| 346  | STAWSKA ANNA           | 121 | WQRW_TEAM                 | LUXEMBOURG        | LUX  | SENIOR II K - 30  | 00:48:47 | 00:49:20 |
| 347  | KONOPACKI KRZYSZTOF    | 185 | ABY DO METY!              | ZĄBKOWICE ŚLĄSKIE | POL  | MASTERS M - 40    | 00:49:07 | 01:18:14 |
| 348  | ADAMIAK MARTA          | 186 |                           | ZŁOTY STOK        | POL  | SENIOR II K - 30  | 00:49:18 | 01:18:15 |
| 349  | SIECZKOWSKI ARTUR      | 15  | NATURAL BORN RUNNERS TEAM | KOSTRZYN NAD ODRĄ | POL  | MASTERS M - 40    | 00:49:12 | 01:18:31 |
| 350  | NAĆKIEWICZ JUSTYNA     | 330 |                           | BRZESKO           |      | MASTERS K - 40    | 00:49:49 | 01:18:27 |
| 351  | SOKOŁOWSKI KAZIMIERZ   | 109 |                           | GDAŃSK            | POL  | WETERAN II M - 60 | 00:57:39 | 01:30:28 |
| 352  | SOKOŁOWSKI MACIEJ      | 354 |                           | ŁĄDEK ZDRÓJ       |      | MASTERS M - 40    | 00:57:39 | 01:30:29 |
| 353  | MADERA BOGDAN          | 134 |                           | ŚWIDNICA          | POL  | WETERAN I M - 50  | 00:57:59 | 01:29:59 |
| 354  | DEMBIEC LUCYNA         | 45  | MESONDŽI LAJF STAJL       | KALISZ POMORSKI   | POL  | SENIOR II K - 30  | 01:08:53 | 01:38:56 |

**BIEG TROJAK TRAIL - 10 KM, ZĄŁOGA GÓRSKA**

| M-ce | Nazwisko i imię   | Nr  | Klub          | M-scowość         | Kraj | Kat.             | 4km      | 6km      |
|------|-------------------|-----|---------------|-------------------|------|------------------|----------|----------|
| 1    | WILK MACIEJ       | 259 | ZĄŁOGA GÓRSKA | BYTOM             | POL  | SENIOR II M - 30 | 00:19:29 | 00:29:56 |
| 2    | KRAWCZYK ARTUR    | 382 | ZĄŁOGA GÓRSKA | JELENIA GÓRA      |      | SENIOR I M - 20  | 00:20:33 | 00:32:27 |
| 3    | CITKO MACIEJ      | 276 | ZĄŁOGA GÓRSKA | OPOLE             | POL  | SENIOR II M - 30 | 00:23:07 | 00:36:11 |
| 4    | GRABIŃSKA GIZELA  | 269 | ZĄŁOGA GÓRSKA | WARSZAWA-WESOŁA   | POL  | MASTERS K - 40   | 00:27:50 | 00:43:18 |
| 5    | ULIKOWSKA MARTYNA | 272 | ZĄŁOGA GÓRSKA | GOŚCINO           | POL  | SENIOR I K - 20  | 00:31:53 | 00:49:30 |
| 6    | WALA PATRYK       | 262 | ZĄŁOGA GÓRSKA | ZĄBKOWICE ŚLĄSKIE | POL  | SENIOR I M - 20  | 00:33:12 | 00:53:18 |

**BIEG TROJAK TRAIL - 10 KM, ZAŁOGA GÓRSKA c.d.**

| M-ce | Nazwisko i imię  | Nr  | Klub          | M-scowość | Kraj | Kat.              | 4km      | 6km      |
|------|------------------|-----|---------------|-----------|------|-------------------|----------|----------|
| 7    | NIEZGÓDKA SYLWIA | 268 | ZAŁOGA GÓRSKA | WROCŁAW   | POL  | MASTERS K - 40    | 00:42:53 | 01:05:55 |
| 8    | BAKOWSKA MARIA   | 279 | ZAŁOGA GÓRSKA | GNIEZNO   | POL  | VETERAN II K - 60 | 00:47:57 | 01:17:12 |

**BIEG TROJAK TRAIL - 10 KM, OPEN KOBIEC**

| M-ce | Nazwisko i imię        | Nr  | Klub                          | M-scowość       | Kraj | Kat.             | 4km      | 6km      |
|------|------------------------|-----|-------------------------------|-----------------|------|------------------|----------|----------|
| 1    | KANTOR MARTYNA         | 374 | BUFF TEAM POLSKA              | KRAKÓW          |      | SENIOR I K - 20  | 00:20:24 | 00:31:44 |
| 2    | KWIATKOWSKA KINGA      | 225 | ALPIN SPORT TEAM              | KRAKÓW          | POL  | SENIOR II K - 30 | 00:21:50 | 00:33:42 |
| 3    | GROMADZKA ANNA         | 140 | KALENJI BY DECATHLON          | KIELCE          | POL  | SENIOR II K - 30 | 00:23:52 | 00:37:31 |
| 4    | KOLECKA SYLWIA         | 316 | KOLECTEAM ZBĄSZYNEK           | ZBĄSZYNEK       | POL  | MASTERS K - 40   | 00:24:17 | 00:38:44 |
| 5    | PERZ EMILIA            | 90  | WOLSZTYŃSKA AKADEMIA BIEGOWA  | BUKOWIEC        | POL  | SENIOR I K - 20  | 00:24:47 | 00:38:13 |
| 6    | ŁOMNICKA BARBARA       | 375 |                               |                 |      | SENIOR II K - 30 | 00:24:56 | 00:38:40 |
| 7    | MALIK AGNIESZKA        | 414 |                               |                 |      | MASTERS K - 40   | 00:24:53 | 00:38:17 |
| 8    | PAZDAN NATALIA         | 143 | KOWARY BIEGAJĄ                | KOWARY          | POL  | SENIOR II K - 30 | 00:25:27 | 00:40:19 |
| 9    | PISKUNOWICZ ALEKSANDRA | 230 |                               | BIAŁOGARD       | POL  | SENIOR II K - 30 | 00:25:23 | 00:39:55 |
| 10   | GŁOMBIOWSKA ZUZANNA    | 61  | BIGYELLOWFOOT ADVENTURE TEAM  | GDYNIA          | POL  | SENIOR I K - 20  | 00:25:45 | 00:39:53 |
| 11   | WIADERNA NINA          | 388 | SBRT POWIŚLE                  | WARSZAWA        |      | SENIOR II K - 30 | 00:25:55 | 00:40:28 |
| 12   | RYBARSKA MARTA         | 2   | LESZ NO LIMITS RUNNERS        | DOLSK           | POL  | SENIOR I K - 20  | 00:26:08 | 00:40:57 |
| 13   | KWASIZUR AGATA         | 260 | MUAY RUNNING TEAM             | POZNAŃ          | POL  | SENIOR II K - 30 | 00:26:30 | 00:41:17 |
| 14   | LACHERA KAMILA         | 21  | W POGONI ZA DUCHEM            | KATOWICE        | POL  | SENIOR II K - 30 | 00:26:19 | 00:40:54 |
| 15   | JOŃCZYK ADA            | 293 |                               | ŁĄDEK ZDRÓJ     | POL  | SENIOR I K - 20  | 00:26:45 | 00:41:33 |
| 16   | HACZYK NATALIA         | 333 | MUAY RUNNING TEAM             | GORKI           |      | MASTERS K - 40   | 00:26:45 | 00:41:16 |
| 17   | KUCHARSKA ALEKSANDRA   | 178 | DREAM RUN                     | WARSZAWA        | POL  | SENIOR II K - 30 | 00:27:37 | 00:42:32 |
| 18   | TOMECKA ALEKSANDRA     | 271 | ZAŁOGA GÓRSKA                 | KRAKÓW          | POL  | SENIOR II K - 30 | 00:27:45 | 00:42:55 |
| 19   | GRABIŃSKA GIZELA       | 269 | ZAŁOGA GÓRSKA                 | WARSZAWA-WESOŁA | POL  | MASTERS K - 40   | 00:27:50 | 00:43:18 |
| 20   | HOREJDA SARA           | 320 | ZUMBA                         | ŁĄDEK ZDRÓJ     | POL  | SENIOR I K - 20  | 00:27:54 | 00:45:21 |
| 21   | PIOTROWSKA MAGDALENA   | 103 | KLUB BIEGACZA JURUND SZCZYTNO | ŚWIĘTAJNO       | POL  | SENIOR II K - 30 | 00:27:56 | 00:44:44 |
| 22   | SZPIŁAREWICZ BASIA     | 188 | ABY DO METY                   | ZIĘBICE         | POL  | MASTERS K - 40   | 00:27:59 | 00:42:48 |
| 23   | GALA KAMILA            | 274 | ZAŁOGA GÓRSKA                 | WARSZAWA        | POL  | SENIOR II K - 30 | 00:28:04 | 00:44:43 |
| 24   | CHOLEWA JOANNA         | 17  |                               | WROCŁAW         | POL  | SENIOR I K - 20  | 00:28:30 | 00:45:11 |

**BIEG TROJAK TRAIL - 10 KM, OPEN KOBIET c.d.**

| M-ce | Nazwisko i imię               | Nr  | Klub                                   | M-scowość              | Kraj | Kat.              | 4km      | 6km      |
|------|-------------------------------|-----|----------------------------------------|------------------------|------|-------------------|----------|----------|
| 25   | LEWANDOWSKA PATRYCJA          | 111 | TEAM KURORT ŁĄDEK-ZDRÓJ                | OLDRZYCHOWICE KŁODZKIE | POL  | SENIOR II K - 30  | 00:28:34 | 00:44:35 |
| 26   | WARSZCZYŃSKA ROMANA           | 107 | LUB WYBIERZ Z LISTY                    | SIEROŚŁAW              | POL  | MASTERS K - 40    | 00:28:39 | 00:45:32 |
| 27   | JASICKA EWA                   | 165 |                                        | TYCHY                  | POL  | SENIOR II K - 30  | 00:28:57 | 00:45:14 |
| 28   | BIELECKA IWONA                | 29  | PRO-RUN WROCŁAW                        | WROCŁAW                | POL  | SENIOR II K - 30  | 00:28:38 | 00:44:56 |
| 29   | KORYCIŃSKA IZABELA            | 23  |                                        | KRAKÓW                 | POL  | SENIOR II K - 30  | 00:28:56 | 00:44:59 |
| 30   | LUBAŃSKA ALICJA               | 243 | DOBIEGNĘ! BUKOWICE                     | BUKOWICE               | POL  | WETERAN K - 50    | 00:29:11 | 00:45:50 |
| 31   | CIEŚLAK MAGDALENA             | 177 | ZDROWIE !                              | RZEPIN                 | POL  | SENIOR II K - 30  | 00:29:04 | 00:45:38 |
| 32   | WŁODKOWSKA BEATA              | 84  |                                        | POZNAN                 | POL  | SENIOR II K - 30  | 00:29:26 | 00:46:25 |
| 33   | BUĆKO ALICJA                  | 146 | TATAALI TEAM / VEGE RUNNERS            | JELEŃ GÓRA             | POL  | SENIOR I K - 20   | 00:30:00 | 00:46:46 |
| 34   | PLINIEWICZ JOANNA             | 229 |                                        | STRONIE ŚLĄSKIE        | POL  | SENIOR II K - 30  | 00:30:07 | 00:47:13 |
| 35   | WYSTRYCHOWSKA MARZENA         | 7   | BFAGENCJA.PL                           | WARSZAWA               | POL  | MASTERS K - 40    | 00:29:30 | 00:46:32 |
| 36   | OLEJNICZAK PAULINA            | 176 |                                        | ŁÓDŹ                   | POL  | SENIOR I K - 20   | 00:29:55 | 00:46:48 |
| 37   | PIECHWIAK ALEKSANDRA          | 398 |                                        | GDAŃSK                 |      | SENIOR I K - 20   | 00:29:44 | 00:46:27 |
| 38   | BEDNAREK SYLWIA               | 270 | ZAŁOGA GÓRSKA                          | KRAKÓW                 | POL  | SENIOR II K - 30  | 00:30:19 | 00:47:18 |
| 39   | ZAJĄC KRYSZYNA                | 27  |                                        | WAŁBRZYCH              | POL  | WETERAN II K - 60 | 00:30:02 | 00:47:21 |
| 40   | GARCZYK MARZENA               | 78  |                                        | KOZIEGŁOWY             | POL  | SENIOR II K - 30  | 00:30:32 | 00:47:27 |
| 41   | BABICA PAULINA                | 144 |                                        | POZNAŃ                 | POL  | SENIOR II K - 30  | 00:30:33 | 00:48:31 |
| 42   | MICHALEC MARZENA              | 356 | KOBIETAWBIEGU                          | WAŁBRZYCH              |      | SENIOR II K - 30  | 00:30:21 | 00:47:11 |
| 43   | MROZIŃSKA RENATA              | 240 |                                        | ALEKSANDRÓW ŁÓDZKI     | POL  | MASTERS K - 40    | 00:30:22 | 00:47:29 |
| 44   | KOWALSKA MAŁGORZATA           | 285 | KB HARCOWNIK JELCZ-LASKOWICE           | JELCZ-LASKOWICE        | POL  | MASTERS K - 40    | 00:31:01 | 00:48:50 |
| 45   | GEROWSKA ALEKSANDRA           | 288 | STOWARZYSZENIE PRZYJACIÓŁ ZWIERZĄT NOE | GOSTYŃ                 | POL  | MASTERS K - 40    | 00:30:51 | 00:47:36 |
| 46   | SZAWARA-ZIÓŁKOWSKA EWELINA    | 282 | KB HARCOWNIK JELCZ-LASKOWICE           | JELCZ-LASKOWICE        | POL  | SENIOR II K - 30  | 00:31:01 | 00:48:48 |
| 47   | PASŁOWSKA-CHODOROWSKA JUSTYNA | 394 | PRZEBIEGA.PL                           | WROCŁAW                |      | SENIOR II K - 30  | 00:30:56 | 00:48:17 |
| 48   | HANOUSKOVÁ ESTER              | 91  |                                        | KORYČANY               | POL  | SENIOR II K - 30  | 00:30:52 | 00:48:33 |
| 49   | KWIECIEŃ SARA                 | 245 |                                        | KETTERING              | GBR  | SENIOR I K - 20   | 00:30:41 | 00:48:02 |
| 50   | MARCINIAK ANNA                | 9   |                                        | LEGNICA                | POL  | MASTERS K - 40    | 00:31:04 | 00:48:19 |
| 51   | KOPACKA ELIZA                 | 32  | FOLLOWME - ZMIENIAMYFINANSE.PL         | WAŁBRZYCH              | POL  | SENIOR II K - 30  | 00:31:18 | 00:49:24 |
| 52   | FRĄCKOWIAK MARIA              | 170 | CONSTRAVIA                             | POZNAŃ                 | POL  | SENIOR I K - 20   | 00:31:14 | 00:48:56 |
| 53   | WOŁCZEK MAŁGORZATA            | 338 | BIEGAM WSPIERAM MOTYWUJĘ               | SULECHÓW               |      | SENIOR II K - 30  | 00:31:27 | 00:49:35 |

**BIEG TROJAK TRAIL - 10 KM, OPEN KOBIET c.d.**

| M-ce | Nazwisko i imię      | Nr  | Klub                   | M-scowość        | Kraj | Kat.             | 4km      | 6km      |
|------|----------------------|-----|------------------------|------------------|------|------------------|----------|----------|
| 54   | WIDŁAK JULIA         | 69  |                        | WARSZAWA         | POL  | SENIOR I K - 20  | 00:31:23 | 00:48:48 |
| 55   | PIASECKA MARTA       | 31  |                        | WARSZAWA         | POL  | SENIOR II K - 30 | 00:31:28 | 00:48:57 |
| 56   | SIUDAK ANNA          | 204 |                        | TULCE            | POL  | SENIOR II K - 30 | 00:31:38 | 00:49:54 |
| 57   | FRĄCZEK IWONA        | 142 | NOA                    | WROCŁAW          | POL  | SENIOR II K - 30 | 00:31:36 | 00:49:23 |
| 58   | ULIKOWSKA MARTYNA    | 272 | ZAŁOGA GÓRSKA          | GOŚCINO          | POL  | SENIOR I K - 20  | 00:31:53 | 00:49:30 |
| 59   | BRZozowska KATARZYNA | 199 |                        | WARSZAWA         | POL  | SENIOR I K - 20  | 00:32:03 | 00:51:04 |
| 60   | DRYMEL JOANNA        | 132 | DRUMLE2PIES            | ŚWIĘTA KATARZYNA | POL  | SENIOR II K - 30 | 00:31:38 | 00:49:38 |
| 61   | POHL ANNA            | 322 | SPEED FEET 16          | ŚMIGIEL          |      | SENIOR I K - 20  | 00:31:58 | 00:50:59 |
| 62   | PLEWA KATARZYNA      | 85  | NORDIC16               | WROCŁAW          | POL  | SENIOR II K - 30 | 00:32:16 | 00:50:12 |
| 63   | PTASZYŃSKA JOANNA    | 98  |                        | WROCŁAW          | POL  | WETERAN K - 50   | 00:32:10 | 00:49:18 |
| 64   | NIEMAS ANNA          | 64  | OYAMA KARATE BRZESZCZE | BŁĄŻEJOWICE      | POL  | MASTERS K - 40   | 00:32:14 | 00:50:00 |
| 65   | HAJOK MAGDA          | 94  | SBRT GLIWICE           | GLIWICE          | POL  | SENIOR II K - 30 | 00:32:25 | 00:52:04 |
| 66   | DZIUBA AGNIESZKA     | 349 |                        | MIKOŁÓW          |      | SENIOR II K - 30 | 00:32:38 | 00:51:06 |
| 67   | OGRODNIK ANNA        | 163 | RUNNING ACADEMY        | WROCŁAW          | POL  | SENIOR II K - 30 | 00:32:28 | 00:51:11 |
| 68   | LULA MAGDALENA       | 149 | PWPW S.A.              | WARSZAWA         | POL  | SENIOR II K - 30 | 00:32:10 | 00:49:40 |
| 69   | PASŁOWSKA OLGA       | 396 | PRZEBIEGA.PL           | WROCŁAW          |      | SENIOR II K - 30 | 00:32:37 | 00:50:54 |
| 70   | LANGE HANNA          | 215 |                        | ŚREM             | POL  | SENIOR II K - 30 | 00:32:37 | 00:50:50 |
| 71   | PREŚ MAGDALENA       | 203 | #WPISZCOKOLWIEK        | SMOLEC           | POL  | SENIOR I K - 20  | 00:32:29 | 00:51:13 |
| 72   | GÓRNA ALDONA         | 214 |                        | ŚREM             | POL  | MASTERS K - 40   | 00:32:38 | 00:50:50 |
| 73   | RODZIEWICZ MARTA     | 164 |                        | WARSZAWA         | POL  | SENIOR I K - 20  | 00:32:51 | 00:51:05 |
| 74   | WIŚNIEWSKA MARLENA   | 336 | MUAY RUNNING TEAM      | POZNAŃ           |      | SENIOR II K - 30 | 00:32:59 | 00:49:56 |
| 75   | CHADE MARIANNA       | 318 |                        | WROCŁAW          | POL  | SENIOR II K - 30 | 00:32:52 | 00:51:28 |
| 76   | CZARNY MARZENA       | 24  | JAWORZNOŁBC            | JAWORZNO         | POL  | SENIOR II K - 30 | 00:33:01 | 00:51:03 |
| 77   | SOKOŁOWSKA JAGODA    | 353 |                        |                  |      | SENIOR II K - 30 | 00:33:01 | 00:52:20 |
| 78   | BISOWSKA KATARZYNA   | 184 | KOZY W UCHU            | KOBYŁKA          | POL  | MASTERS K - 40   | 00:33:00 | 00:51:18 |
| 79   | JUREWICZ AGATA       | 319 |                        | POZNAN           | POL  | SENIOR II K - 30 | 00:33:23 | 00:52:23 |
| 80   | MRÓZ URSZULA         | 209 |                        | STRONIE ŚLĄSKIE  | POL  | WETERAN K - 50   | 00:33:29 | 00:52:12 |
| 81   | STAWSKA ALICJA       | 138 |                        | ŁÓDŹ             | POL  | SENIOR II K - 30 | 00:33:24 | 00:52:20 |
| 82   | LUCHOWSKA KAROLINA   | 404 | FIZJOTRITERAPIA        | WROCŁAW          |      | SENIOR II K - 30 | 00:33:11 | 00:52:23 |

**BIEG TROJAK TRAIL - 10 KM, OPEN KOBIET c.d.**

| M-ce | Nazwisko i imię        | Nr  | Klub                                     | M-scowość       | Kraj | Kat.              | 4km      | 6km      |
|------|------------------------|-----|------------------------------------------|-----------------|------|-------------------|----------|----------|
| 83   | FIRLEJ EVELINA         | 258 | GRUNWALD TEAM POZNAŃ                     | SULECHÓW        | POL  | SENIOR I K - 20   | 00:33:20 | 00:51:56 |
| 84   | ZASADA MAGDALENA       | 81  | FAT & FURIOUS                            | JELENIA GÓRA 14 | POL  | SENIOR II K - 30  | 00:33:31 | 00:52:48 |
| 85   | JAGUSZEWSKA AGNIESZKA  | 79  | FAT & FURIOUS                            | KARPACZ         | POL  | SENIOR I K - 20   | 00:33:31 | 00:52:47 |
| 86   | OLEKSIEWICZ BEATA      | 222 | SZAKALE BAŁUT ŁÓDŹ                       | ŁÓDŹ            | POL  | SENIOR II K - 30  | 00:33:15 | 00:51:40 |
| 87   | DUBIEL AGATA           | 126 | WILD DOGS TEAM/SUDECKI KLUB WYSOKOGÓRSKI | JELENIA GÓRA    | POL  | SENIOR II K - 30  | 00:33:36 | 00:52:37 |
| 88   | TWARDOWSKA KORNELIA    | 228 |                                          | ŚWIĄTNIKI GÓRNE | POL  | SENIOR I K - 20   | 00:33:47 | 00:52:54 |
| 89   | KUTYCKA-KUREK ELŻBIETA | 314 | CHOJRAK TEAM WROCŁAW                     | WROCŁAW         | POL  | SENIOR II K - 30  | 00:33:22 | 00:52:21 |
| 90   | BALCERZAK AGNIESZKA    | 53  |                                          | KONARZEWO       | POL  | MASTERS K - 40    | 00:33:25 | 00:53:14 |
| 91   | NOWICKA ANNA           | 145 |                                          | KRAKÓW          | POL  | SENIOR II K - 30  | 00:33:23 | 00:53:43 |
| 92   | GŁÓWKA BARBARA         | 158 |                                          | WROCŁAW         | POL  | SENIOR I K - 20   | 00:33:35 | 00:52:59 |
| 93   | GAJDECKA ADRIANA       | 131 | ORANGE                                   | WARSZAWA        | POL  | SENIOR II K - 30  | 00:33:30 | 00:52:28 |
| 94   | DOWNAR-ZAPOLSKA LAURA  | 4   | @MD_RUN                                  | WROCŁAW         | POL  | SENIOR I K - 20   | 00:34:06 | 00:53:27 |
| 95   | SAWAŁA ANETA           | 41  | TRANCE ONLY                              | POZNAŃ          | POL  | MASTERS K - 40    | 00:33:47 | 00:54:06 |
| 96   | TARASZEWSKA PAULINA    | 133 | PWPW S.A.                                | OSTROŁĘKA       | POL  | SENIOR I K - 20   | 00:33:47 | 00:53:07 |
| 97   | STAWSKA NATALIA        | 95  |                                          | KRAKÓW          | POL  | SENIOR II K - 30  | 00:33:50 | 00:53:38 |
| 98   | NEUMANN BEATA          | 212 | CENTRUM ŁĄKOWA 1                         | RADKÓW          | POL  | WETERAN K - 50    | 00:34:39 | 00:54:37 |
| 99   | WILK MARIA             | 345 | RAMBO III                                | BYTOM           |      | SENIOR II K - 30  | 00:34:30 | 00:52:46 |
| 100  | KACZMAREK KASIA        | 187 |                                          | WROCŁAW         | POL  | MASTERS K - 40    | 00:34:30 | 00:54:10 |
| 101  | JARZĘBSKA AGNIESZKA    | 48  | TU INTER POLSKA SA                       | WROCŁAW         | POL  | SENIOR I K - 20   | 00:34:40 | 00:53:18 |
| 102  | PRZYBYŁ JOLANTA        | 390 |                                          | CZACHROWO       |      | MASTERS K - 40    | 00:35:01 | 00:54:44 |
| 103  | KOWALEWSKA ANNA        | 38  |                                          | ŚWIDNICA        | POL  | SENIOR II K - 30  | 00:35:09 | 00:55:36 |
| 104  | SZAFRAŃSKA JOANNA      | 334 | PARKRUN ŚWINOUJŚCIE                      | ŚWINOUJŚCIE     |      | WETERAN K - 50    | 00:35:33 | 00:57:10 |
| 105  | KUZIOMKO ANIA          | 290 | AMA TEAM                                 | LEGNICA         | POL  | MASTERS K - 40    | 00:35:43 | 00:55:34 |
| 106  | HACZYK GABRIELA        | 328 | BIEG OPOLSKI                             | OPOLE           |      | WETERAN II K - 60 | 00:35:29 | 00:55:59 |
| 107  | BOROWIAK HANNA         | 104 | WOZIMYSIE.PL                             | KALISZ          | POL  | SENIOR II K - 30  | 00:35:55 | 00:54:33 |
| 108  | ŚWIERCZYŃSKA BARBARA   | 86  |                                          | WARSZAWA        | POL  | SENIOR I K - 20   | 00:35:46 | 00:55:42 |
| 109  | MICHAŁSKA AGNIESZKA    | 335 | PARKRUN ŚWINOUJŚCIE                      | ŚWINOUJŚCIE     |      | WETERAN K - 50    | 00:35:52 | 00:57:10 |
| 110  | CZYŻ ALEKSANDRA        | 39  | VEGE RUNNERS                             | ZIELONA GÓRA    | POL  | SENIOR II K - 30  | 00:36:00 | 00:57:26 |
| 111  | RAPACZ DANUTA          | 327 | SPEEDO POLSKA                            | STRONIE ŚLĄSKIE |      | WETERAN II K - 60 | 00:36:15 | 00:57:33 |

**BIEG TROJAK TRAIL - 10 KM, OPEN KOBIET c.d.**

| M-ce | Nazwisko i imię           | Nr  | Klub                      | M-scowość         | Kraj | Kat.              | 4km      | 6km      |
|------|---------------------------|-----|---------------------------|-------------------|------|-------------------|----------|----------|
| 112  | SAPUREK ANNA              | 326 | BUKOWSKI KLUB BIEGACZA    | BUK               |      | SENIOR II K - 30  | 00:36:14 | 00:58:20 |
| 113  | WŁOSKOWICZ KINGA          | 46  |                           | WĄCHOCK           | POL  | MASTERS K - 40    | 00:36:29 | 00:57:28 |
| 114  | CHWIAŁKOWSKA EWA          | 71  |                           | TORUŃ             | POL  | WETERAN K - 50    | 00:36:17 | 00:57:05 |
| 115  | MUSZELAK MAGDALENA        | 416 | M&M&M&M                   | POZNAŃ            |      | SENIOR II K - 30  | 00:36:03 | 00:56:49 |
| 116  | PLUTA MICHALINA           | 100 |                           | LESZNO            | POL  | SENIOR II K - 30  | 00:36:18 | 00:57:25 |
| 117  | ŚRÓDKA ALEKSANDRA         | 12  |                           | TRZEBNICA         | POL  | SENIOR II K - 30  | 00:36:28 | 00:57:46 |
| 118  | KSIĄŻKIEWICZ KATARZYNA    | 75  | ROCKY BALBOA RUNNING CLUB | BYTOM             | POL  | SENIOR II K - 30  | 00:36:36 | 00:56:21 |
| 119  | KLIN ANETA                | 273 |                           | BRZEG             | POL  | MASTERS K - 40    | 00:36:42 | 00:58:22 |
| 120  | PLAWIAK-MOWNA ANNA        | 223 |                           | ZIELONA GÓRA      | POL  | MASTERS K - 40    | 00:37:09 | 01:00:14 |
| 121  | WALENDA KATARZYNA         | 315 | BIEGNĘ POD PRZYMUSEM      | LESZNOWOLA        | POL  | MASTERS K - 40    | 00:37:20 | 00:58:12 |
| 122  | RIPPELOVÁ JITKA           | 221 | SRTG VYŠKOV               | BOHDALICE         | CZE  | SENIOR I K - 20   | 00:37:15 | 00:57:12 |
| 123  | KRAWCZYK MAGDALENA        | 252 |                           | ULAN-MAJORAT      | POL  | SENIOR II K - 30  | 00:37:37 | 00:57:50 |
| 124  | PACZUSKA MAŁGORZATA       | 247 | FOREVER YOUNG ŁÓDŹ        | ŁÓDŹ              | POL  | WETERAN II K - 60 | 00:37:48 | 01:00:40 |
| 125  | ADAMCZEWSKA MARIA         | 235 | FOREVER YOUNG ŁÓDŹ        | ŁÓDŹ              | POL  | MASTERS K - 40    | 00:37:50 | 01:00:40 |
| 126  | SZYMAŃSKA-ANTOSIAK MONIKA | 227 | TMTEAM                    | WROCŁAW           | POL  | SENIOR II K - 30  | 00:38:04 | 00:59:04 |
| 127  | WITCZAK ANNA              | 313 |                           | MŁYNOWIEC         | POL  | MASTERS K - 40    | 00:38:07 | 01:01:40 |
| 128  | DOWLASZEWICZ MAŁGORZATA   | 312 |                           | WROCŁAW           | POL  | MASTERS K - 40    | 00:38:08 | 01:01:41 |
| 129  | KOŁODZIEJ ALICJA          | 205 |                           | LEGNICA           | POL  | SENIOR II K - 30  | 00:38:17 | 00:59:50 |
| 130  | TABOROWICZ MAGDALENA      | 387 |                           | WROCŁAW           |      | SENIOR II K - 30  | 00:38:33 | 01:03:24 |
| 131  | WRÓBLEWSKA ROKSANA        | 405 |                           | WAŁBRZYCH         |      | SENIOR I K - 20   | 00:38:08 | 00:59:03 |
| 132  | WIŚNIEWSKA MAGDALENA      | 323 |                           | WILCZYN           |      | SENIOR II K - 30  | 00:38:30 | 01:02:41 |
| 133  | CZAJKOWSKA MAŁGORZATA     | 113 | KOŁO BIEGA                | KOLONIA POWIERCIE | POL  | MASTERS K - 40    | 00:39:03 | 01:00:56 |
| 134  | KUTY MONIKA               | 397 | DRUŻYNA MARZEŃ            | KOŁO              |      | MASTERS K - 40    | 00:39:03 | 01:00:55 |
| 135  | WODZIEŃ DOROTA            | 348 |                           | KOŁACZYCE         |      | MASTERS K - 40    | 00:38:53 | 01:02:59 |
| 136  | OLEK-WYSOCKA MONIKA       | 377 | MORSY TUREK               | RYSSOCICE         |      | SENIOR II K - 30  | 00:38:57 | 01:01:23 |
| 137  | KOŁODZIEK ANNA            | 13  | NIGHT RUNNERS             | KRAKÓW            | POL  | SENIOR I K - 20   | 00:39:45 | 01:03:07 |
| 138  | KIELASZEWSKA WERONIKA     | 99  |                           | WŁOSZAKOWICE      | POL  | SENIOR II K - 30  | 00:39:27 | 01:02:40 |
| 139  | KISIAŁA EDYTA             | 201 |                           | KRAKÓW            | POL  | SENIOR I K - 20   | 00:39:24 | 01:05:22 |
| 140  | HRABAŃSKA-RACZAK BEATA    | 213 |                           | KATOWICE          | POL  | SENIOR II K - 30  | 00:39:44 | 01:01:13 |

**BIEG TROJAK TRAIL - 10 KM, OPEN KOBIET c.d.**

| M-ce | Nazwisko i imię           | Nr  | Klub                    | M-scowość     | Kraj | Kat.              | 4km      | 6km      |
|------|---------------------------|-----|-------------------------|---------------|------|-------------------|----------|----------|
| 141  | KON ALEKSANDRA            | 208 | LZS LIPA                | BOLKÓW        | POL  | SENIOR II K - 30  | 00:39:48 | 01:01:01 |
| 142  | KUROWSKA BIANKA           | 311 |                         | ŚWIDNICA      | POL  | SENIOR I K - 20   | 00:39:53 | 01:05:19 |
| 143  | BURCHARDT JULIA           | 339 |                         | BYDGOSZCZ     |      | SENIOR I K - 20   | 00:39:54 | 01:05:16 |
| 144  | BURCHARDT MIRKA           | 167 | PUDZIAN                 | BYDGOSZCZ     | POL  | WETERAN II K - 60 | 00:39:56 | 01:05:16 |
| 145  | RAJCAKOWSKA ANNA          | 172 |                         | ŁĄDEK-ZDRÓJ   | POL  | WETERAN K - 50    | 00:40:12 | 01:03:14 |
| 146  | DĄBROWSKA KAROLINA        | 248 |                         | SZCZECIN      | POL  | SENIOR II K - 30  | 00:40:20 | 01:03:32 |
| 147  | ZAPORA AGNIESZKA          | 332 | W POGONI ZA DUCHEM      | SARNÓW        |      | SENIOR II K - 30  | 00:40:24 | 01:04:53 |
| 148  | RAJCAKOWSKA ANETA         | 171 |                         | WROCLAW       | GER  | SENIOR II K - 30  | 00:40:14 | 01:03:14 |
| 149  | ZAGROBELNA MAGDALENA      | 210 | DRUŻYNA SZPIKU          | WROCLAW       | POL  | MASTERS K - 40    | 00:40:16 | 01:02:00 |
| 150  | ZAJĄC AGNIESZKA           | 117 |                         | JÓZEFOSŁAW    | POL  | MASTERS K - 40    | 00:40:15 | 01:02:38 |
| 151  | PASTUSZKA JOANNA          | 200 | RUNLDZ                  | ŁÓDŹ          | POL  | WETERAN K - 50    | 00:41:00 | 01:06:22 |
| 152  | OLCZYK ANNA               | 194 | PRZEDBÓRZ               | PRZEDBÓRZ     | POL  | MASTERS K - 40    | 00:40:59 | 01:06:19 |
| 153  | SUDNICKA URSZULA          | 44  | MESONDŹI LAJF STAJL     | POZNAŃ        | POL  | SENIOR II K - 30  | 00:41:10 | 01:05:19 |
| 154  | MATUSZEWSKA PAULINA       | 106 | HUSE TEAM               | BIELSKO-BIAŁA | POL  | MASTERS K - 40    | 00:41:02 | 01:03:23 |
| 155  | PAPIERZ-RYKAŁA ALEKSANDRA | 309 |                         | MYŚLENICE     | POL  | SENIOR II K - 30  | 00:41:07 | 01:03:16 |
| 156  | RABSCH-SURMACZ EWA        | 67  |                         | POZNAŃ        | POL  | MASTERS K - 40    | 00:41:33 | 01:05:50 |
| 157  | PARZONKA NATALIA          | 287 | KS LENIWIEC             | KĘPNO         | POL  | SENIOR I K - 20   | 00:41:23 | 01:02:39 |
| 158  | DEC ANETA                 | 89  | ERNI RULEZ              | DĘBNO         | POL  | MASTERS K - 40    | 00:41:30 | 01:05:01 |
| 159  | KRYNICKA ANNA             | 173 |                         | ŁĄDEK-ZDRÓJ   | POL  | MASTERS K - 40    | 00:42:01 | 01:07:13 |
| 160  | LATANOWICZ KAROLINA       | 257 | LAQ                     | POZNAŃ        | POL  | SENIOR II K - 30  | 00:42:13 | 01:07:31 |
| 161  | SMOGORZEWSKA MARTA        | 26  | WKURW_TEAM              | WARSZAWA      | POL  | SENIOR II K - 30  | 00:42:22 | 01:07:49 |
| 162  | NIEZGÓDKA SYLWIA          | 268 | ZALOGA GÓRSKA           | WROCLAW       | POL  | MASTERS K - 40    | 00:42:53 | 01:05:55 |
| 163  | KUIPERS MIES              | 324 |                         |               |      | WETERAN II K - 60 | 00:43:36 | 01:13:34 |
| 164  | ROBAK ANETA               | 42  |                         | ŁĄDEK ZDRÓJ   | POL  | SENIOR II K - 30  | 00:44:36 | 01:15:16 |
| 165  | MATKOWSKA PAULINA         | 350 |                         | TRZEBIEL      |      | SENIOR I K - 20   | 00:44:37 | 01:15:18 |
| 166  | KWIATKOWSKA BARBARA       | 110 |                         | WOJNOWICE     | POL  | WETERAN II K - 60 | 00:44:22 | 01:13:47 |
| 167  | KUCZAKOWSKA ASIA          | 297 | BIEGOWE MISIE           | LEGNICA       | POL  | SENIOR II K - 30  | 00:45:34 | 01:11:56 |
| 168  | ŚCIOCH MARTA              | 256 | NIE WIERZĘ, ŻE TO ROBIĘ | PRUSZKÓW      | POL  | WETERAN K - 50    | 00:47:05 | 01:16:24 |
| 169  | KRAWCZYK BOŻENA           | 254 | NIE WIERZĘ, ŻE TO ROBIĘ | ULAN-MAJORAT  | POL  | WETERAN II K - 60 | 00:47:08 | 01:16:22 |

**BIEG TROJAK TRAIL - 10 KM, OPEN KOBIET c.d.**

| M-ce | Nazwisko i imię        | Nr  | Klub                | M-scowość         | Kraj | Kat.              | 4km      | 6km      |
|------|------------------------|-----|---------------------|-------------------|------|-------------------|----------|----------|
| 170  | BAKOWSKA MARIA         | 279 | ZAŁOGA GÓRSKA       | GNIEZNO           | POL  | WETERAN II K - 60 | 00:47:57 | 01:17:12 |
| 171  | WALENCIAK PAULINA      | 275 |                     | PACZKOWO          | POL  | SENIOR I K - 20   | 00:48:02 | 01:16:04 |
| 172  | DZICZKOWSKA MAŁGORZATA | 373 | ABY DO METY         | ZŁOTY STOK        |      | SENIOR II K - 30  | 00:48:37 | 01:18:12 |
| 173  | KLINKE-OSADNIK ANETA   | 193 | ABY DO METY         | ZĄBKOWICE ŚLĄSKIE | POL  | MASTERS K - 40    | 00:48:59 | 01:18:12 |
| 174  | STAWSKA ANNA           | 121 | WQRW_TEAM           | LUXEMBOURG        | LUX  | SENIOR II K - 30  | 00:48:47 | 00:49:20 |
| 175  | ADAMIAK MARTA          | 186 |                     | ZŁOTY STOK        | POL  | SENIOR II K - 30  | 00:49:18 | 01:18:15 |
| 176  | NAĆKIEWICZ JUSTYNA     | 330 |                     | BRZESKO           |      | MASTERS K - 40    | 00:49:49 | 01:18:27 |
| 177  | DEMBIEC LUCYNA         | 45  | MESONDŽI LAJF STAJL | KALISZ POMORSKI   | POL  | SENIOR II K - 30  | 01:08:53 | 01:38:56 |

**BIEG TROJAK TRAIL - 10 KM, Senior I K - 20**

| M-ce | Nazwisko i imię       | Nr  | Klub                         | M-scowość   | Kraj | Kat.            | 4km      | 6km      |
|------|-----------------------|-----|------------------------------|-------------|------|-----------------|----------|----------|
| 1    | KANTOR MARTYNA        | 374 | BUFF TEAM POLSKA             | KRAKÓW      |      | SENIOR I K - 20 | 00:20:24 | 00:31:44 |
| 2    | PERZ EMILIA           | 90  | WOLSZTYŃSKA AKADEMIA BIEGOWA | BUKOWIEC    | POL  | SENIOR I K - 20 | 00:24:47 | 00:38:13 |
| 3    | GŁOMBIOWSKA ZUZANNA   | 61  | BIGYELLOWFOOT ADVENTURE TEAM | GDYNIA      | POL  | SENIOR I K - 20 | 00:25:45 | 00:39:53 |
| 4    | RYBARSKA MARTA        | 2   | LESZ NO LIMITS RUNNERS       | DOLSK       | POL  | SENIOR I K - 20 | 00:26:08 | 00:40:57 |
| 5    | JOŃCZYK ADA           | 293 |                              | ŁĄDEK ZDRÓJ | POL  | SENIOR I K - 20 | 00:26:45 | 00:41:33 |
| 6    | HOREJDA SARA          | 320 | ZUMBA                        | ŁĄDEK ZDRÓJ | POL  | SENIOR I K - 20 | 00:27:54 | 00:45:21 |
| 7    | CHOLEWA JOANNA        | 17  |                              | WROCŁAW     | POL  | SENIOR I K - 20 | 00:28:30 | 00:45:11 |
| 8    | BUĆKO ALICJA          | 146 | TATAALI TEAM / VEGE RUNNERS  | JELEŃ GÓRA  | POL  | SENIOR I K - 20 | 00:30:00 | 00:46:46 |
| 9    | OLEJNICZAK PAULINA    | 176 |                              | ŁÓDŹ        | POL  | SENIOR I K - 20 | 00:29:55 | 00:46:48 |
| 10   | PIECHWIAK ALEKSANDRA  | 398 |                              | GDAŃSK      |      | SENIOR I K - 20 | 00:29:44 | 00:46:27 |
| 11   | KWIECIEŃ SARA         | 245 |                              | KETTERING   | GBR  | SENIOR I K - 20 | 00:30:41 | 00:48:02 |
| 12   | FRĄCKOWIAK MARIA      | 170 | CONSTRAVIA                   | POZNAŃ      | POL  | SENIOR I K - 20 | 00:31:14 | 00:48:56 |
| 13   | WIDŁAK JULIA          | 69  |                              | WARSZAWA    | POL  | SENIOR I K - 20 | 00:31:23 | 00:48:48 |
| 14   | ULIKOWSKA MARTYNA     | 272 | ZAŁOGA GÓRSKA                | GOŚCINO     | POL  | SENIOR I K - 20 | 00:31:53 | 00:49:30 |
| 15   | BRZOSZOWSKA KATARZYNA | 199 |                              | WARSZAWA    | POL  | SENIOR I K - 20 | 00:32:03 | 00:51:04 |
| 16   | POHL ANNA             | 322 | SPEED FEET 16                | ŚMIGIEL     |      | SENIOR I K - 20 | 00:31:58 | 00:50:59 |
| 17   | PREŚ MAGDALENA        | 203 | #WPISZCOKOLWIEK              | SMOLEC      | POL  | SENIOR I K - 20 | 00:32:29 | 00:51:13 |
| 18   | RODZIEWICZ MARTA      | 164 |                              | WARSZAWA    | POL  | SENIOR I K - 20 | 00:32:51 | 00:51:05 |

**BIEG TROJAK TRAIL - 10 KM, Senior I K - 20 c.d.**

| M-ce | Nazwisko i imię       | Nr  | Klub                 | M-scowość       | Kraj | Kat.            | 4km      | 6km      |
|------|-----------------------|-----|----------------------|-----------------|------|-----------------|----------|----------|
| 19   | FIRLEJ EWELINA        | 258 | GRUNWALD TEAM POZNAŃ | SULECHÓW        | POL  | SENIOR I K - 20 | 00:33:20 | 00:51:56 |
| 20   | JAGUSZEWSKA AGNIESZKA | 79  | FAT & FURIOUS        | KARPACZ         | POL  | SENIOR I K - 20 | 00:33:31 | 00:52:47 |
| 21   | TWARDOWSKA KORNELIA   | 228 |                      | ŚWIĄTNIKI GÓRNE | POL  | SENIOR I K - 20 | 00:33:47 | 00:52:54 |
| 22   | GŁÓWKA BARBARA        | 158 |                      | WROCŁAW         | POL  | SENIOR I K - 20 | 00:33:35 | 00:52:59 |
| 23   | DOWNAR-ZAPOLSKA LAURA | 4   | @MD_RUN              | WROCŁAW         | POL  | SENIOR I K - 20 | 00:34:06 | 00:53:27 |
| 24   | TARASZEWSKA PAULINA   | 133 | PWPW S.A.            | OSTROŁĘKA       | POL  | SENIOR I K - 20 | 00:33:47 | 00:53:07 |
| 25   | JARZĘBSKA AGNIESZKA   | 48  | TU INTER POLSKA SA   | WROCŁAW         | POL  | SENIOR I K - 20 | 00:34:40 | 00:53:18 |
| 26   | ŚWIERCZYŃSKA BARBARA  | 86  |                      | WARSZAWA        | POL  | SENIOR I K - 20 | 00:35:46 | 00:55:42 |
| 27   | RIPELOVÁ JITKA        | 221 | SRTG VÝŠKOV          | BOHDALICE       | CZE  | SENIOR I K - 20 | 00:37:15 | 00:57:12 |
| 28   | WRÓBLEWSKA ROKSANA    | 405 |                      | WAŁBRZYCH       |      | SENIOR I K - 20 | 00:38:08 | 00:59:03 |
| 29   | KOŁODZIEK ANNA        | 13  | NIGHT RUNNERS        | KRAKÓW          | POL  | SENIOR I K - 20 | 00:39:45 | 01:03:07 |
| 30   | KISIAŁA EDYTA         | 201 |                      | KRAKÓW          | POL  | SENIOR I K - 20 | 00:39:24 | 01:05:22 |
| 31   | KUROWSKA BIANKA       | 311 |                      | ŚWIDNICA        | POL  | SENIOR I K - 20 | 00:39:53 | 01:05:19 |
| 32   | BURCHARDT JULIA       | 339 |                      | BYDGOSZCZ       |      | SENIOR I K - 20 | 00:39:54 | 01:05:16 |
| 33   | PARZONKA NATALIA      | 287 | KS LENIWIEC          | KĘPNO           | POL  | SENIOR I K - 20 | 00:41:23 | 01:02:39 |
| 34   | MATKOWSKA PAULINA     | 350 |                      | TRZEBIEL        |      | SENIOR I K - 20 | 00:44:37 | 01:15:18 |
| 35   | WALENCIAK PAULINA     | 275 |                      | PACZKOWO        | POL  | SENIOR I K - 20 | 00:48:02 | 01:16:04 |

**BIEG TROJAK TRAIL - 10 KM, Senior I M - 20**

| M-ce | Nazwisko i imię          | Nr  | Klub                   | M-scowość        | Kraj | Kat.            | 4km      | 6km      |
|------|--------------------------|-----|------------------------|------------------|------|-----------------|----------|----------|
| 1    | PRZEDWOJEWSKI BARTŁOMIEJ | 284 | SALOMON SUUNTO TEAM    | GLEUCHOŁAZY      | POL  | SENIOR I M - 20 | 00:17:16 | 00:26:26 |
| 2    | ŁĄTKA PIOTR              | 232 |                        | OBORNIKI ŚLĄSKIE | POL  | SENIOR I M - 20 | 00:19:11 | 00:29:48 |
| 3    | KRAWCZYK ARTUR           | 382 | ZAŁOGA GÓRSKA          | JELEŃ GÓRA       |      | SENIOR I M - 20 | 00:20:33 | 00:32:27 |
| 4    | SŁOCIAK RAFAŁ            | 34  | RAJSPOORT ACTIVE       | OPOLE            | POL  | SENIOR I M - 20 | 00:20:56 | 00:33:17 |
| 5    | BOROŃ DARIUSZ            | 371 | ASICS FRONT RUNNER     |                  |      | SENIOR I M - 20 | 00:21:12 | 00:33:28 |
| 6    | CIEPŁY MACIEJ            | 52  | NIGHT RUNNERS WROCŁAW  | WROCŁAW          | POL  | SENIOR I M - 20 | 00:21:48 | 00:34:13 |
| 7    | PIETROSZEK RAFAŁ         | 381 | BRUBECK TEAM           | STRUMIEŃ         |      | SENIOR I M - 20 | 00:21:56 | 00:34:40 |
| 8    | DOMAŃSKI PATRYK          | 33  | #TEAMBIEGIWLKP         | POZNAŃ           | POL  | SENIOR I M - 20 | 00:22:21 | 00:34:22 |
| 9    | JANUSZEWSKI PIOTR        | 218 | EUROCLEAR RUNNING TEAM | KRAKOW           | POL  | SENIOR I M - 20 | 00:22:32 | 00:35:29 |

**BIEG TROJAK TRAIL - 10 KM, Senior I M - 20 c.d.**

| M-ce | Nazwisko i imię        | Nr  | Klub                       | M-scowość         | Kraj | Kat.            | 4km      | 6km      |
|------|------------------------|-----|----------------------------|-------------------|------|-----------------|----------|----------|
| 10   | NETOLICKÝ KAMIL        | 220 | SRTG VYŠKOV                | VYŠKOV            | CZE  | SENIOR I M - 20 | 00:22:23 | 00:34:28 |
| 11   | NOWICKI MATEUSZ        | 37  |                            | WROCŁAW           | POL  | SENIOR I M - 20 | 00:22:34 | 00:35:07 |
| 12   | LASEK JAKUB            | 219 | CHICS&SPORT TEAM           | OPOLE             | POL  | SENIOR I M - 20 | 00:22:41 | 00:35:25 |
| 13   | KACZMARCZYK PRZEMYSŁAW | 152 | MATNER RUNNING TEAM/WATAHA | KOBIERZYCE        | POL  | SENIOR I M - 20 | 00:22:58 | 00:36:18 |
| 14   | SOBCZAK FILIP          | 135 |                            | ŁÓDŹ              | POL  | SENIOR I M - 20 | 00:23:00 | 00:36:35 |
| 15   | SZARSKI JACEK          | 264 |                            | WROCŁAW           | POL  | SENIOR I M - 20 | 00:23:13 | 00:37:49 |
| 16   | MAJCHRZAK MACIEJ       | 49  |                            | WROCŁAW           | POL  | SENIOR I M - 20 | 00:24:04 | 00:36:06 |
| 17   | MIKOŁAJCZYK PIOTR      | 139 | KALENJI BY DECATHLON       | BIAŁYSTOK         | POL  | SENIOR I M - 20 | 00:24:17 | 00:38:05 |
| 18   | PERENC MICHAŁ          | 120 | HUSARIA RACE TEAM          | JAROSŁAW          | POL  | SENIOR I M - 20 | 00:24:40 | 00:38:12 |
| 19   | KURIATA PAWEŁ          | 306 |                            | WROCŁAW           | POL  | SENIOR I M - 20 | 00:24:30 | 00:38:44 |
| 20   | BOREJSZO KAROL         | 250 |                            | ŻARY              | POL  | SENIOR I M - 20 | 00:24:53 | 00:38:29 |
| 21   | KACZMARCZYK MATEUSZ    | 360 | KURORT ŁĄDEK-ZDRÓJ         | ŁĄDEK-ZDRÓJ       |      | SENIOR I M - 20 | 00:25:04 | 00:39:10 |
| 22   | KOZANECKI PRZEMYSŁAW   | 130 | CONSTRAVIA                 | POZNAŃ            | POL  | SENIOR I M - 20 | 00:25:31 | 00:39:50 |
| 23   | BANKIEWICZ SZYMON      | 341 |                            | WARSZAWA          |      | SENIOR I M - 20 | 00:25:11 | 00:39:29 |
| 24   | GAZDA MICHAŁ           | 128 | CONSTRAVIA                 | POZNAŃ            | POL  | SENIOR I M - 20 | 00:25:38 | 00:40:24 |
| 25   | WITEK JAKUB            | 175 | SPRINT                     | JAWORZE           | POL  | SENIOR I M - 20 | 00:25:58 | 00:40:57 |
| 26   | CYKLOWSKI WOJCIECH     | 379 | KM PSP OPOLE               | TUŁOWIEC          |      | SENIOR I M - 20 | 00:27:28 | 00:42:29 |
| 27   | KULESZA PAWEŁ          | 70  |                            | KIELCE            | POL  | SENIOR I M - 20 | 00:28:33 | 00:45:38 |
| 28   | JÓZWIECKI KACPER       | 364 | MUAY RUNNING TEAM          | POZNAŃ            |      | SENIOR I M - 20 | 00:28:54 | 00:44:27 |
| 29   | URBANEK ARTUR          | 277 |                            | ODRZYKÓŃ          | POL  | SENIOR I M - 20 | 00:29:16 | 00:45:49 |
| 30   | FRYSIAK PATRYK         | 283 |                            | GNIEZNO           | POL  | SENIOR I M - 20 | 00:30:20 | 00:46:45 |
| 31   | HETEL MICHAŁ           | 301 | WKS ŚLĄSK WROCŁAW          | WROCŁAW           | POL  | SENIOR I M - 20 | 00:30:25 | 00:48:24 |
| 32   | GACEK MARIUSZ          | 72  |                            | WARSZAWA          | POL  | SENIOR I M - 20 | 00:30:35 | 00:47:12 |
| 33   | NIEDZIELA WOJCIECH     | 207 |                            | CZELADŹ           | POL  | SENIOR I M - 20 | 00:31:05 | 00:48:46 |
| 34   | WITOS RAFAŁ            | 226 | NAZWA DRUŻYNY              | BIAŁYSTOK         | POL  | SENIOR I M - 20 | 00:32:48 | 00:50:54 |
| 35   | KOPACZYŃSKI MICHAŁ     | 191 |                            | BYSTRZYCA KŁODZKA | POL  | SENIOR I M - 20 | 00:33:10 | 00:52:14 |
| 36   | WAŁA PATRYK            | 262 | ZĄŁOGA GÓRSKA              | ZĄBKOWICE ŚLĄSKIE | POL  | SENIOR I M - 20 | 00:33:12 | 00:53:18 |
| 37   | ZBOROWSKI NORBERT      | 340 | GRUNWALD TEAM POZNAŃ       | POZNAŃ            |      | SENIOR I M - 20 | 00:33:24 | 00:51:56 |
| 38   | DZICZKOWSKI MACIEJ     | 408 | ABY DO METY                | ZŁOTY STOK        |      | SENIOR I M - 20 | 00:48:37 | 01:18:15 |

**BIEG TROJAK TRAIL - 10 KM, Senior II K - 30**

| M-ce | Nazwisko i imię               | Nr  | Klub                           | M-scowość              | Kraj | Kat.             | 4km      | 6km      |
|------|-------------------------------|-----|--------------------------------|------------------------|------|------------------|----------|----------|
| 1    | KWIATKOWSKA KINGA             | 225 | ALPIN SPORT TEAM               | KRAKÓW                 | POL  | SENIOR II K - 30 | 00:21:50 | 00:33:42 |
| 2    | GROMADZKA ANNA                | 140 | KALENJI BY DECATHLON           | KIELCE                 | POL  | SENIOR II K - 30 | 00:23:52 | 00:37:31 |
| 3    | ŁOMNICKA BARBARA              | 375 |                                |                        |      | SENIOR II K - 30 | 00:24:56 | 00:38:40 |
| 4    | PAZDAN NATALIA                | 143 | KOWARY BIEGAJĄ                 | KOWARY                 | POL  | SENIOR II K - 30 | 00:25:27 | 00:40:19 |
| 5    | PISKUNOWICZ ALEKSANDRA        | 230 |                                | BIAŁOGARD              | POL  | SENIOR II K - 30 | 00:25:23 | 00:39:55 |
| 6    | WIADERNA NINA                 | 388 | SBRT POWIŚLE                   | WARSZAWA               |      | SENIOR II K - 30 | 00:25:55 | 00:40:28 |
| 7    | KWASIZUR AGATA                | 260 | MUAY RUNNING TEAM              | POZNAŃ                 | POL  | SENIOR II K - 30 | 00:26:30 | 00:41:17 |
| 8    | LACHERA KAMILA                | 21  | W POGONI ZA DUCHEM             | KATOWICE               | POL  | SENIOR II K - 30 | 00:26:19 | 00:40:54 |
| 9    | KUCHARSKA ALEKSANDRA          | 178 | DREAM RUN                      | WARSZAWA               | POL  | SENIOR II K - 30 | 00:27:37 | 00:42:32 |
| 10   | TOMECKA ALEKSANDRA            | 271 | ZAŁOGA GÓRSKA                  | KRAKÓW                 | POL  | SENIOR II K - 30 | 00:27:45 | 00:42:55 |
| 11   | PIOTROWSKA MAGDALENA          | 103 | KLUB BIEGACZA JURUND SZCZYTNO  | ŚWIĘTAJNO              | POL  | SENIOR II K - 30 | 00:27:56 | 00:44:44 |
| 12   | GALA KAMILA                   | 274 | ZAŁOGA GÓRSKA                  | WARSZAWA               | POL  | SENIOR II K - 30 | 00:28:04 | 00:44:43 |
| 13   | LEWANDOWSKA PATRYCJA          | 111 | TEAM KURORT ŁĄDEK-ZDRÓJ        | OLDRZYCHOWICE KŁODZKIE | POL  | SENIOR II K - 30 | 00:28:34 | 00:44:35 |
| 14   | JASICKA EWA                   | 165 |                                | TYCHY                  | POL  | SENIOR II K - 30 | 00:28:57 | 00:45:14 |
| 15   | BIELECKA IWONA                | 29  | PRO-RUN WROCŁAW                | WROCŁAW                | POL  | SENIOR II K - 30 | 00:28:38 | 00:44:56 |
| 16   | KORYCIŃSKA IZABELA            | 23  |                                | KRAKÓW                 | POL  | SENIOR II K - 30 | 00:28:56 | 00:44:59 |
| 17   | CIEŚLAK MAGDALENA             | 177 | ZDROWE !                       | RZEPIN                 | POL  | SENIOR II K - 30 | 00:29:04 | 00:45:38 |
| 18   | WŁODKOWSKA BEATA              | 84  |                                | POZNAN                 | POL  | SENIOR II K - 30 | 00:29:26 | 00:46:25 |
| 19   | PLINIEWICZ JOANNA             | 229 |                                | STRONIE ŚLĄSKIE        | POL  | SENIOR II K - 30 | 00:30:07 | 00:47:13 |
| 20   | BEDNAREK SYLWIA               | 270 | ZAŁOGA GÓRSKA                  | KRAKÓW                 | POL  | SENIOR II K - 30 | 00:30:19 | 00:47:18 |
| 21   | GARCZYK MARZENA               | 78  |                                | KOZIEGŁOWY             | POL  | SENIOR II K - 30 | 00:30:32 | 00:47:27 |
| 22   | BABICA PAULINA                | 144 |                                | POZNAŃ                 | POL  | SENIOR II K - 30 | 00:30:33 | 00:48:31 |
| 23   | MICHALEC MARZENA              | 356 | KOBIETAWBIEGU                  | WAŁBRZYCH              |      | SENIOR II K - 30 | 00:30:21 | 00:47:11 |
| 24   | SZAWARA-ZIÓŁKOWSKA EWELINA    | 282 | KB HARCOWNIK JELCZ-LASKOWICE   | JELCZ-LASKOWICE        | POL  | SENIOR II K - 30 | 00:31:01 | 00:48:48 |
| 25   | PASŁOWSKA-CHODOROWSKA JUSTYNA | 394 | PRZEBIEGA.PL                   | WROCŁAW                |      | SENIOR II K - 30 | 00:30:56 | 00:48:17 |
| 26   | HANOUSKOVÁ ESTER              | 91  |                                | KORYČANY               | POL  | SENIOR II K - 30 | 00:30:52 | 00:48:33 |
| 27   | KOPACKA ELIZA                 | 32  | FOLLOWME - ZMIENIAMYFINANSE.PL | WAŁBRZYCH              | POL  | SENIOR II K - 30 | 00:31:18 | 00:49:24 |
| 28   | WOŁCZEK MAŁGORZATA            | 338 | BIEGAM WSPIERAM MOTYWUJĘ       | SULECHÓW               |      | SENIOR II K - 30 | 00:31:27 | 00:49:35 |
| 29   | PIASECKA MARTA                | 31  |                                | WARSZAWA               | POL  | SENIOR II K - 30 | 00:31:28 | 00:48:57 |

**BIEG TROJAK TRAIL - 10 KM, Senior II K - 30 c.d.**

| M-ce | Nazwisko i imię        | Nr  | Klub                                     | M-scowość        | Kraj | Kat.             | 4km      | 6km      |
|------|------------------------|-----|------------------------------------------|------------------|------|------------------|----------|----------|
| 30   | SIUDAK ANNA            | 204 |                                          | TULCE            | POL  | SENIOR II K - 30 | 00:31:38 | 00:49:54 |
| 31   | FRĄCZEK IWONA          | 142 | NOA                                      | WROCŁAW          | POL  | SENIOR II K - 30 | 00:31:36 | 00:49:23 |
| 32   | DRYMEL JOANNA          | 132 | DRUMLE2PIES                              | ŚWIĘTA KATARZYNA | POL  | SENIOR II K - 30 | 00:31:38 | 00:49:38 |
| 33   | PLEWA KATARZYNA        | 85  | NORDIC16                                 | WROCŁAW          | POL  | SENIOR II K - 30 | 00:32:16 | 00:50:12 |
| 34   | HAJOK MAGDA            | 94  | SBRT GLIWICE                             | GLIWICE          | POL  | SENIOR II K - 30 | 00:32:25 | 00:52:04 |
| 35   | DZIUBA AGNIESZKA       | 349 |                                          | MIKOŁÓW          |      | SENIOR II K - 30 | 00:32:38 | 00:51:06 |
| 36   | OGRODNIK ANNA          | 163 | RUNNING ACADEMY                          | WROCŁAW          | POL  | SENIOR II K - 30 | 00:32:28 | 00:51:11 |
| 37   | LULA MAGDALENA         | 149 | PWPW S.A.                                | WARSZAWA         | POL  | SENIOR II K - 30 | 00:32:10 | 00:49:40 |
| 38   | PASŁOWSKA OLGA         | 396 | PRZEBIEGA.PL                             | WROCŁAW          |      | SENIOR II K - 30 | 00:32:37 | 00:50:54 |
| 39   | LANGE HANNA            | 215 |                                          | ŚREM             | POL  | SENIOR II K - 30 | 00:32:37 | 00:50:50 |
| 40   | WIŚNIEWSKA MARLENA     | 336 | MUAY RUNNING TEAM                        | POZNAŃ           |      | SENIOR II K - 30 | 00:32:59 | 00:49:56 |
| 41   | CHADE MARIANNA         | 318 |                                          | WROCŁAW          | POL  | SENIOR II K - 30 | 00:32:52 | 00:51:28 |
| 42   | CZARNY MARZENA         | 24  | JAWORZNOŁBC                              | JAWORZNO         | POL  | SENIOR II K - 30 | 00:33:01 | 00:51:03 |
| 43   | SOKOŁOWSKA JAGODA      | 353 |                                          |                  |      | SENIOR II K - 30 | 00:33:01 | 00:52:20 |
| 44   | JUREWICZ AGATA         | 319 |                                          | POZNAN           | POL  | SENIOR II K - 30 | 00:33:23 | 00:52:23 |
| 45   | STAWSKA ALICJA         | 138 |                                          | ŁÓDŹ             | POL  | SENIOR II K - 30 | 00:33:24 | 00:52:20 |
| 46   | LUCHOWSKA KAROLINA     | 404 | FIZJOTRITERAPIA                          | WROCŁAW          |      | SENIOR II K - 30 | 00:33:11 | 00:52:23 |
| 47   | ZASADA MAGDALENA       | 81  | FAT & FURIOUS                            | JELENIA GÓRA 14  | POL  | SENIOR II K - 30 | 00:33:31 | 00:52:48 |
| 48   | OLEKSIEWICZ BEATA      | 222 | SZAKALE BAŁUT ŁÓDŹ                       | ŁÓDŹ             | POL  | SENIOR II K - 30 | 00:33:15 | 00:51:40 |
| 49   | DUBIEL AGATA           | 126 | WILD DOGS TEAM/SUDECKI KLUB WYSOKOGÓRSKI | JELENIA GÓRA     | POL  | SENIOR II K - 30 | 00:33:36 | 00:52:37 |
| 50   | KUTYCKA-KUREK ELŻBIETA | 314 | CHOJRAK TEAM WROCŁAW                     | WROCŁAW          | POL  | SENIOR II K - 30 | 00:33:22 | 00:52:21 |
| 51   | NOWICKA ANNA           | 145 |                                          | KRAKÓW           | POL  | SENIOR II K - 30 | 00:33:23 | 00:53:43 |
| 52   | GAJDECKA ADRIANA       | 131 | ORANGE                                   | WARSZAWA         | POL  | SENIOR II K - 30 | 00:33:30 | 00:52:28 |
| 53   | STAWSKA NATALIA        | 95  |                                          | KRAKÓW           | POL  | SENIOR II K - 30 | 00:33:50 | 00:53:38 |
| 54   | WILK MARIA             | 345 | RAMBO III                                | BYTOM            |      | SENIOR II K - 30 | 00:34:30 | 00:52:46 |
| 55   | KOWALEWSKA ANNA        | 38  |                                          | ŚWIDNICA         | POL  | SENIOR II K - 30 | 00:35:09 | 00:55:36 |
| 56   | BOROWIAK HANNA         | 104 | WOZIMYSIE.PL                             | KALISZ           | POL  | SENIOR II K - 30 | 00:35:55 | 00:54:33 |
| 57   | CZYŻ ALEKSANDRA        | 39  | VEGE RUNNERS                             | ZIELONA GÓRA     | POL  | SENIOR II K - 30 | 00:36:00 | 00:57:26 |
| 58   | SAPUREK ANNA           | 326 | BUKOWSKI KLUB BIEGACZA                   | BUK              |      | SENIOR II K - 30 | 00:36:14 | 00:58:20 |

**BIEG TROJAK TRAIL - 10 KM, Senior II K - 30 c.d.**

| M-ce | Nazwisko i imię           | Nr  | Klub                      | M-scowość       | Kraj | Kat.             | 4km      | 6km      |
|------|---------------------------|-----|---------------------------|-----------------|------|------------------|----------|----------|
| 59   | MUSZELAK MAGDALENA        | 416 | M&M&M&M                   | POZNAŃ          |      | SENIOR II K - 30 | 00:36:03 | 00:56:49 |
| 60   | PLUTA MICHALINA           | 100 |                           | LESZNO          | POL  | SENIOR II K - 30 | 00:36:18 | 00:57:25 |
| 61   | ŚRÓDKA ALEKSANDRA         | 12  |                           | TRZEBNICA       | POL  | SENIOR II K - 30 | 00:36:28 | 00:57:46 |
| 62   | KSIĄŻKIEWICZ KATARZYNA    | 75  | ROCKY BALBOA RUNNING CLUB | BYTOM           | POL  | SENIOR II K - 30 | 00:36:36 | 00:56:21 |
| 63   | KRAWCZYK MAGDALENA        | 252 |                           | ULAN-MAJORAT    | POL  | SENIOR II K - 30 | 00:37:37 | 00:57:50 |
| 64   | SZYMAŃSKA-ANTOSIAK MONIKA | 227 | TMTEAM                    | WROCŁAW         | POL  | SENIOR II K - 30 | 00:38:04 | 00:59:04 |
| 65   | KOŁODZIEJ ALICJA          | 205 |                           | LEGNICA         | POL  | SENIOR II K - 30 | 00:38:17 | 00:59:50 |
| 66   | TABOROWICZ MAGDALENA      | 387 |                           | WROCŁAW         |      | SENIOR II K - 30 | 00:38:33 | 01:03:24 |
| 67   | WIŚNIEWSKA MAGDALENA      | 323 |                           | WILCZYN         |      | SENIOR II K - 30 | 00:38:30 | 01:02:41 |
| 68   | OLEK-WYSOCKA MONIKA       | 377 | MORSY TUREK               | RYSSOCICE       |      | SENIOR II K - 30 | 00:38:57 | 01:01:23 |
| 69   | KIELASZEWSKA WERONIKA     | 99  |                           | WŁOSZAKOWICE    | POL  | SENIOR II K - 30 | 00:39:27 | 01:02:40 |
| 70   | HRABAŃSKA-RACZAK BEATA    | 213 |                           | KATOWICE        | POL  | SENIOR II K - 30 | 00:39:44 | 01:01:13 |
| 71   | KOŃ ALEKSANDRA            | 208 | LZS LIPA                  | BOLKÓW          | POL  | SENIOR II K - 30 | 00:39:48 | 01:01:01 |
| 72   | DĄBROWSKA KAROLINA        | 248 |                           | SZCZECIN        | POL  | SENIOR II K - 30 | 00:40:20 | 01:03:32 |
| 73   | ZAPORA AGNIESZKA          | 332 | W POGONI ZA DUCHEM        | SARNÓW          |      | SENIOR II K - 30 | 00:40:24 | 01:04:53 |
| 74   | RAJCAKOWSKA ANETA         | 171 |                           | WROCŁAW         | GER  | SENIOR II K - 30 | 00:40:14 | 01:03:14 |
| 75   | SUDNICKA URSZULA          | 44  | MESONDŽI LAJF STAJL       | POZNAŃ          | POL  | SENIOR II K - 30 | 00:41:10 | 01:05:19 |
| 76   | PAPIERZ-RYKAŁA ALEKSANDRA | 309 |                           | MYŚLENICE       | POL  | SENIOR II K - 30 | 00:41:07 | 01:03:16 |
| 77   | LATANOWICZ KAROLINA       | 257 | LAQ                       | POZNAŃ          | POL  | SENIOR II K - 30 | 00:42:13 | 01:07:31 |
| 78   | SMOGORZEWSKA MARTA        | 26  | WKURW_TEAM                | WARSZAWA        | POL  | SENIOR II K - 30 | 00:42:22 | 01:07:49 |
| 79   | ROBAK ANETA               | 42  |                           | ŁĄDEK ZDRÓJ     | POL  | SENIOR II K - 30 | 00:44:36 | 01:15:16 |
| 80   | KUCZAKOWSKA ASIA          | 297 | BIEGOWE MISIE             | LEGNICA         | POL  | SENIOR II K - 30 | 00:45:34 | 01:11:56 |
| 81   | DZICZKOWSKA MAŁGORZATA    | 373 | ABY DO METY               | ZŁOTY STOK      |      | SENIOR II K - 30 | 00:48:37 | 01:18:12 |
| 82   | STAWSKA ANNA              | 121 | WQRW_TEAM                 | LUXEMBOURG      | LUX  | SENIOR II K - 30 | 00:48:47 | 00:49:20 |
| 83   | ADAMIAK MARTA             | 186 |                           | ZŁOTY STOK      | POL  | SENIOR II K - 30 | 00:49:18 | 01:18:15 |
| 84   | DEMBIEC LUCYNA            | 45  | MESONDŽI LAJF STAJL       | KALISZ POMORSKI | POL  | SENIOR II K - 30 | 01:08:53 | 01:38:56 |

**BIEG TROJAK TRAIL - 10 KM, Senior II M - 30**

| M-ce | Nazwisko i imię       | Nr  | Klub                           | M-scowość            | Kraj | Kat.             | 4km      | 6km      |
|------|-----------------------|-----|--------------------------------|----------------------|------|------------------|----------|----------|
| 1    | STAWSKI MICHAŁ        | 137 | TRUCHT.COM                     | ŁÓDŹ                 | POL  | SENIOR II M - 30 | 00:19:10 | 00:29:31 |
| 2    | WILK MACIEJ           | 259 | ZAŁOGA GÓRSKA                  | BYTOM                | POL  | SENIOR II M - 30 | 00:19:29 | 00:29:56 |
| 3    | LUTOWSKI WOJCIECH     | 403 |                                | BYDGOSZCZ            |      | SENIOR II M - 30 | 00:20:08 | 00:31:30 |
| 4    | ZIOMEK TOMASZ         | 198 | KALENJI BY DECATHLON           | BIELSKO-BIAŁA        | POL  | SENIOR II M - 30 | 00:20:28 | 00:32:18 |
| 5    | OLKIS RAFAŁ           | 395 | PRZEBIEGA.PL                   | WROCŁAW              |      | SENIOR II M - 30 | 00:21:15 | 00:32:55 |
| 6    | KOPYCZOK MICHAŁ       | 261 | TYSŁAWA TEAM                   | SIEMIANOWICE ŚLĄSKIE | POL  | SENIOR II M - 30 | 00:22:37 | 00:34:31 |
| 7    | MAZURKIEWICZ JERZY    | 367 | NIGHT RUNNERS WROCŁAW          | WROCŁAW              |      | SENIOR II M - 30 | 00:22:39 | 00:35:54 |
| 8    | PAŁETKO GRZEGORZ      | 16  | NYSZA BIEGA                    | JASZENICA DOLNA      | POL  | SENIOR II M - 30 | 00:22:33 | 00:35:02 |
| 9    | CITKO MACIEJ          | 276 | ZAŁOGA GÓRSKA                  | OPOLE                | POL  | SENIOR II M - 30 | 00:23:07 | 00:36:11 |
| 10   | JANUSZEWSKI MACIEJ    | 123 | ŚLIMAK BROWARNO-KANAPOWY       | WROCŁAW              | POL  | SENIOR II M - 30 | 00:23:03 | 00:36:29 |
| 11   | OCHMAN PAWEŁ          | 181 | FUTURE PROCESSING RUNNING TEAM | GLIWICE              | POL  | SENIOR II M - 30 | 00:23:19 | 00:36:30 |
| 12   | CHODOROWSKI KRZYSZTOF | 10  | PRZEDWOJEWSKI MOUNTAIN TEAM    | WROCŁAW              | POL  | SENIOR II M - 30 | 00:23:32 | 00:37:00 |
| 13   | MARGOL PAWEŁ          | 300 | WKS ŚLĄSK WROCŁAW              | WROCŁAW              | POL  | SENIOR II M - 30 | 00:23:37 | 00:36:47 |
| 14   | GRAD ŁUKASZ           | 233 | FITNESS PIEKARY LEGNICA        | LEGNICA              | POL  | SENIOR II M - 30 | 00:24:05 | 00:37:14 |
| 15   | KURAŚ SZYMON          | 129 | NKB CHYŻY NOWY TOMYŚL          | NOWY TOMYŚL          | POL  | SENIOR II M - 30 | 00:24:07 | 00:37:07 |
| 16   | NOWACKI MATEUSZ       | 196 |                                | WROCŁAW              | POL  | SENIOR II M - 30 | 00:24:30 | 00:38:39 |
| 17   | KRUPIŃSKI ZBIGNIEW    | 383 | KOŁO BIEGA                     | KOŁO                 |      | SENIOR II M - 30 | 00:24:43 | 00:38:41 |
| 18   | CIEŚLAK KRZYSZTOF     | 365 | ULTRAFAZA.PL                   | ZIELONA GÓRA         |      | SENIOR II M - 30 | 00:24:47 | 00:38:17 |
| 19   | BARON PRZEMO          | 127 | CONSTRAVIA                     | POZNAŃ               | POL  | SENIOR II M - 30 | 00:25:41 | 00:40:15 |
| 20   | CHRZANOWSKI PAWEŁ     | 216 |                                | ŁĄDEK-ZDRÓJ          | POL  | SENIOR II M - 30 | 00:25:50 | 00:39:58 |
| 21   | KOSTROWICKI JAKUB     | 224 |                                | SIERADZ              | POL  | SENIOR II M - 30 | 00:25:24 | 00:39:40 |
| 22   | BURA TOMASZ           | 101 |                                | NIECHLÓW             | POL  | SENIOR II M - 30 | 00:25:57 | 00:40:16 |
| 23   | HORWAT TOMASZ         | 299 | WKS ŚLĄSK WROCŁAW              | WROCŁAW              | POL  | SENIOR II M - 30 | 00:25:54 | 00:40:04 |
| 24   | MITUŁA PAWEŁ          | 295 | ZIĘBICE                        | WROCŁAW              | POL  | SENIOR II M - 30 | 00:26:42 | 00:41:02 |
| 25   | CIEŚLAK JAKUB         | 370 |                                | RZEPIN               |      | SENIOR II M - 30 | 00:27:04 | 00:41:42 |
| 26   | PÓŁROLNICZAK PAWEŁ    | 357 | OPOLE PARKRUN                  | ŁUBNIAWA             |      | SENIOR II M - 30 | 00:27:16 | 00:41:46 |
| 27   | KUZIEL MARCIN         | 153 | BLACK RUNNING STRONIE ŚLĄSKIE  | STRONIE ŚLĄSKIE      | POL  | SENIOR II M - 30 | 00:26:45 | 00:41:29 |
| 28   | ŁUCZAK MACIEJ         | 237 | BANDA RYCHA                    | MROWINO              | POL  | SENIOR II M - 30 | 00:26:50 | 00:41:07 |
| 29   | STRZELCZYK WIKTOR     | 125 | HUSARIA RACE TEAM              | KOLBUSZOWA           | POL  | SENIOR II M - 30 | 00:27:23 | 00:42:27 |

**BIEG TROJAK TRAIL - 10 KM, Senior II M - 30 c.d.**

| M-ce | Nazwisko i imię       | Nr  | Klub                           | M-scowość           | Kraj | Kat.             | 4km      | 6km      |
|------|-----------------------|-----|--------------------------------|---------------------|------|------------------|----------|----------|
| 30   | REJCHAL MICHAŁ        | 347 |                                | WARSZAWA            |      | SENIOR II M - 30 | 00:27:21 | 00:42:04 |
| 31   | PISZCZAŁKA TOMASZ     | 418 | ABY DO METY                    | TRZEBNICA           |      | SENIOR II M - 30 | 00:27:58 | 00:42:47 |
| 32   | ŚPIEWAK RADOŚŁAW      | 392 |                                | ZIELONA GÓRA        |      | SENIOR II M - 30 | 00:28:08 | 00:44:32 |
| 33   | WOJBACH MARCIN        | 402 |                                | STRONIE ŚLĄSKIE     |      | SENIOR II M - 30 | 00:28:20 | 00:43:33 |
| 34   | LANG WOJTEK           | 206 | WROCLAW MARATHON TEAM          | WROCLAW             | POL  | SENIOR II M - 30 | 00:28:32 | 00:45:12 |
| 35   | GAŁEK ALEKSANDER      | 359 | PRAGMATIQ.PL                   | POZNAŃ              |      | SENIOR II M - 30 | 00:28:44 | 00:43:38 |
| 36   | JASICKI KRZYSZTOF     | 168 |                                | TYCHY               | POL  | SENIOR II M - 30 | 00:28:59 | 00:45:14 |
| 37   | MAZIAREK MICHAŁ       | 166 |                                | NIEMODLIN           | POL  | SENIOR II M - 30 | 00:28:43 | 00:44:56 |
| 38   | RYBARSKI PIOTR        | 1   |                                | DOLSK               | POL  | SENIOR II M - 30 | 00:29:00 | 00:45:16 |
| 39   | ŚWITA TOMASZ          | 30  | PRO RUN WROCLAW                | BIELANY WROCLAWSKIE | POL  | SENIOR II M - 30 | 00:28:58 | 00:45:47 |
| 40   | SZKÓDLIŃSKI BARTOSZ   | 76  | NARAMOWICE BIEGAJĄ             | POZNAŃ              | POL  | SENIOR II M - 30 | 00:29:24 | 00:46:04 |
| 41   | KOT TOMASZ            | 217 |                                | WARSZAWA            | POL  | SENIOR II M - 30 | 00:30:04 | 00:46:56 |
| 42   | RYBSKI MARIUSZ        | 246 |                                | SZCZECIN            | POL  | SENIOR II M - 30 | 00:30:00 | 00:47:08 |
| 43   | EJSMOND MATEUSZ       | 399 |                                | GDAŃSK              |      | SENIOR II M - 30 | 00:29:44 | 00:46:27 |
| 44   | STACHNIK ŁUKASZ       | 281 |                                | KRAKÓW              | POL  | SENIOR II M - 30 | 00:30:08 | 00:46:08 |
| 45   | ZAJĄC MARCIN          | 119 |                                | JÓZEFOSŁAW          | POL  | SENIOR II M - 30 | 00:30:10 | 00:46:05 |
| 46   | CIEŚLAK ŁUKASZ        | 393 |                                | OŚNO LUBUSKIE       |      | SENIOR II M - 30 | 00:31:02 | 00:49:18 |
| 47   | GAŁUSZKA WOJCIECH     | 244 |                                | KETTERING           | GBR  | SENIOR II M - 30 | 00:30:41 | 00:48:02 |
| 48   | KRZYŻEWSKI ROGER      | 60  |                                | KRAKÓW              | POL  | SENIOR II M - 30 | 00:32:24 | 00:51:50 |
| 49   | NIESTROJ ŁUKASZ       | 159 |                                | RACIBÓRZ            | POL  | SENIOR II M - 30 | 00:32:26 | 00:50:51 |
| 50   | NOWAK MACIEJ          | 189 |                                | ŻARÓW               | POL  | SENIOR II M - 30 | 00:33:01 | 00:53:20 |
| 51   | SZCZEPAŃSKI SEBASTIAN | 192 |                                | BYSTRZYCA KŁODZKA   | POL  | SENIOR II M - 30 | 00:33:14 | 00:52:17 |
| 52   | STASZEWSKI DARIUSZ    | 36  |                                | TOMASZÓW MAZOWIECKI | POL  | SENIOR II M - 30 | 00:33:11 | 00:50:57 |
| 53   | WILCZYŃSKI ŁUKASZ     | 19  | 1 POMORSKA BRYGADA LOGISTYCZNA | BYDGOSZCZ           | POL  | SENIOR II M - 30 | 00:33:17 | 00:51:48 |
| 54   | GŁÓWKA MACIEJ         | 157 | BE BETTER                      | WROCLAW             | POL  | SENIOR II M - 30 | 00:33:36 | 00:52:57 |
| 55   | GAJDECKI TOMEK        | 372 | ACCENTTURE                     | .WARSZAWA           |      | SENIOR II M - 30 | 00:33:31 | 00:52:27 |
| 56   | MAJEROWSKI MATEUSZ    | 180 |                                | WOLSZTYN            | POL  | SENIOR II M - 30 | 00:33:46 | 00:53:06 |
| 57   | WILK MATEUSZ          | 346 | RAMBO III                      | BYTOM               |      | SENIOR II M - 30 | 00:34:29 | 00:52:44 |
| 58   | JURCZYK WOJCIECH      | 351 |                                | ŁĄDEK ZDRÓJ         |      | SENIOR II M - 30 | 00:35:27 | 00:53:30 |

**BIEG TROJAK TRAIL - 10 KM, Senior II M - 30 c.d.**

| M-ce | Nazwisko i imię      | Nr  | Klub                   | M-scowość           | Kraj | Kat.             | 4km      | 6km      |
|------|----------------------|-----|------------------------|---------------------|------|------------------|----------|----------|
| 59   | WIADEREK PIOTR       | 161 | PĘDZĄCE ŻÓŁWIE         | WARSZAWA            | POL  | SENIOR II M - 30 | 00:35:48 | 00:57:04 |
| 60   | KULIK DAMIAN         | 415 | M&M&M&M                | STRASSEN            | LUX  | SENIOR II M - 30 | 00:35:40 | 00:56:47 |
| 61   | MUSIELAK MAREK       | 417 | M&M&M&M                | POZNAŃ              |      | SENIOR II M - 30 | 00:35:49 | 00:56:46 |
| 62   | KOZERA KAMIL         | 28  | HARPAGAN SOSNOWIEC     | DĄBROWA GÓRNICZA    | POL  | SENIOR II M - 30 | 00:39:41 | 00:59:42 |
| 63   | KIELASZEWSK KAROL    | 102 | LESZ NO LIMITS RUNNERS | LESZNO              | POL  | SENIOR II M - 30 | 00:39:29 | 01:02:42 |
| 64   | KISIAŁA FILIP        | 96  | LACHO TEAM             | KRAKÓW              | POL  | SENIOR II M - 30 | 00:39:23 | 01:05:20 |
| 65   | WYSTRYCHOWSKI MARCIN | 5   | BFAGENCJA.PL           | WARSZAWA            | POL  | SENIOR II M - 30 | 00:40:12 | 01:02:37 |
| 66   | WAWRZYNIAK MARIUSZ   | 385 |                        | GORZÓW WIELKOPOLSKI |      | SENIOR II M - 30 | 00:42:33 | 01:08:24 |
| 67   | PIGŁOWSKI DAWID      | 386 | S-ULTRA                | SANOCKO             |      | SENIOR II M - 30 | 00:36:32 | 01:02:24 |

**BIEG TROJAK TRAIL - 10 KM, Masters K - 40**

| M-ce | Nazwisko i imię       | Nr  | Klub                                   | M-scowość         | Kraj | Kat.           | 4km      | 6km      |
|------|-----------------------|-----|----------------------------------------|-------------------|------|----------------|----------|----------|
| 1    | KOLECKA SYLWIA        | 316 | KOLECTEAM ZBĄSZYNEK                    | ZBĄSZYNEK         | POL  | MASTERS K - 40 | 00:24:17 | 00:38:44 |
| 2    | MALIK AGNIESZKA       | 414 |                                        |                   |      | MASTERS K - 40 | 00:24:53 | 00:38:17 |
| 3    | HACZYK NATALIA        | 333 | MUAY RUNNING TEAM                      | GORKI             |      | MASTERS K - 40 | 00:26:45 | 00:41:16 |
| 4    | GRABIŃSKA GIZELA      | 269 | ZAŁOGA GÓRSKA                          | WARSZAWA-WESOŁA   | POL  | MASTERS K - 40 | 00:27:50 | 00:43:18 |
| 5    | SZPILAREWICZ BASIA    | 188 | ABY DO METY                            | ZIĘBICE           | POL  | MASTERS K - 40 | 00:27:59 | 00:42:48 |
| 6    | WARSZCZYŃSKA ROMANA   | 107 | LUB WYBIERZ Z LISTY                    | SIEROŚŁAW         | POL  | MASTERS K - 40 | 00:28:39 | 00:45:32 |
| 7    | WYSTRYCHOWSKA MARZENA | 7   | BFAGENCJA.PL                           | WARSZAWA          | POL  | MASTERS K - 40 | 00:29:30 | 00:46:32 |
| 8    | MROZIŃSKA RENATA      | 240 |                                        | ALEKSADRÓW ŁÓDZKI | POL  | MASTERS K - 40 | 00:30:22 | 00:47:29 |
| 9    | KOWALSKA MAŁGORZATA   | 285 | KB HARCOWNIK JELCZ-LASKOWICE           | JELCZ-LASKOWICE   | POL  | MASTERS K - 40 | 00:31:01 | 00:48:50 |
| 10   | GEROWSKA ALEKSANDRA   | 288 | STOWARZYSZENIE PRZYJACIÓŁ ZWIERZĄT NOE | GOSTYŃ            | POL  | MASTERS K - 40 | 00:30:51 | 00:47:36 |
| 11   | MARCINIAK ANNA        | 9   |                                        | LEGNICA           | POL  | MASTERS K - 40 | 00:31:04 | 00:48:19 |
| 12   | NIEMAS ANNA           | 64  | OYAMA KARATE BRZESZCZE                 | BŁĄŻEJOWICE       | POL  | MASTERS K - 40 | 00:32:14 | 00:50:00 |
| 13   | GÓRNA ALDONA          | 214 |                                        | ŚREM              | POL  | MASTERS K - 40 | 00:32:38 | 00:50:50 |
| 14   | BISOWSKA KATARZYNA    | 184 | KOZY W UCHU                            | KOBYŁKA           | POL  | MASTERS K - 40 | 00:33:00 | 00:51:18 |
| 15   | BALCERZAK AGNIESZKA   | 53  |                                        | KONARZEWO         | POL  | MASTERS K - 40 | 00:33:25 | 00:53:14 |
| 16   | SAWAŁA ANETA          | 41  | TRANCE ONLY                            | POZNAŃ            | POL  | MASTERS K - 40 | 00:33:47 | 00:54:06 |
| 17   | KACZMAREK KASIA       | 187 |                                        | WROCŁAW           | POL  | MASTERS K - 40 | 00:34:30 | 00:54:10 |

**BIEG TROJAK TRAIL - 10 KM, Masters K - 40 c.d.**

| M-ce | Nazwisko i imię         | Nr  | Klub                 | M-scowość         | Kraj | Kat.           | 4km      | 6km      |
|------|-------------------------|-----|----------------------|-------------------|------|----------------|----------|----------|
| 18   | PRZYBYŁ JOLANTA         | 390 |                      | CZACHROWO         |      | MASTERS K - 40 | 00:35:01 | 00:54:44 |
| 19   | KUZIOMKO ANIA           | 290 | AMA TEAM             | LEGNICA           | POL  | MASTERS K - 40 | 00:35:43 | 00:55:34 |
| 20   | WŁOSKOWICZ KINGA        | 46  |                      | WĄCHOCK           | POL  | MASTERS K - 40 | 00:36:29 | 00:57:28 |
| 21   | KLIN ANETA              | 273 |                      | BRZEG             | POL  | MASTERS K - 40 | 00:36:42 | 00:58:22 |
| 22   | PLAWIAK-MOWNA ANNA      | 223 |                      | ZIELONA GÓRA      | POL  | MASTERS K - 40 | 00:37:09 | 01:00:14 |
| 23   | WALENDA KATARZYNA       | 315 | BIEGNĘ POD PRZYMUSEM | LESZNOWOLA        | POL  | MASTERS K - 40 | 00:37:20 | 00:58:12 |
| 24   | ADAMCZEWSKA MARIA       | 235 | FOREVER YOUNG ŁÓDŹ   | ŁÓDŹ              | POL  | MASTERS K - 40 | 00:37:50 | 01:00:40 |
| 25   | WITCZAK ANNA            | 313 |                      | MŁYNOWIEC         | POL  | MASTERS K - 40 | 00:38:07 | 01:01:40 |
| 26   | DOWLASZEWICZ MAŁGORZATA | 312 |                      | WROCŁAW           | POL  | MASTERS K - 40 | 00:38:08 | 01:01:41 |
| 27   | CZAJKOWSKA MAŁGORZATA   | 113 | KOŁO BIEGA           | KOLONIA POWIERCIE | POL  | MASTERS K - 40 | 00:39:03 | 01:00:56 |
| 28   | KUTY MONIKA             | 397 | DRUŻYNA MARZEŃ       | KOŁO              |      | MASTERS K - 40 | 00:39:03 | 01:00:55 |
| 29   | WODZIEŃ DOROTA          | 348 |                      | KOŁACZYCE         |      | MASTERS K - 40 | 00:38:53 | 01:02:59 |
| 30   | ZAGROBELNA MAGDALENA    | 210 | DRUŻYNA SZPIKU       | WROCŁAW           | POL  | MASTERS K - 40 | 00:40:16 | 01:02:00 |
| 31   | ZAJĄC AGNIESZKA         | 117 |                      | JÓZEFOSŁAW        | POL  | MASTERS K - 40 | 00:40:15 | 01:02:38 |
| 32   | OLCZYK ANNA             | 194 | PRZEDBÓRZ            | PRZEDBÓRZ         | POL  | MASTERS K - 40 | 00:40:59 | 01:06:19 |
| 33   | MATUSZEWSKA PAULINA     | 106 | HUSE TEAM            | BIELSKO-BIAŁA     | POL  | MASTERS K - 40 | 00:41:02 | 01:03:23 |
| 34   | RABSCH-SURMACZ EWA      | 67  |                      | POZNAŃ            | POL  | MASTERS K - 40 | 00:41:33 | 01:05:50 |
| 35   | DEC ANETA               | 89  | ERNI RULEZ           | DĘBNO             | POL  | MASTERS K - 40 | 00:41:30 | 01:05:01 |
| 36   | KRYNICKA ANNA           | 173 |                      | ŁĄDEK-ZDRÓJ       | POL  | MASTERS K - 40 | 00:42:01 | 01:07:13 |
| 37   | NIEZGÓDKA SYLWIA        | 268 | ZAŁOGA GÓRSKA        | WROCŁAW           | POL  | MASTERS K - 40 | 00:42:53 | 01:05:55 |
| 38   | KLINKE-OSADNIK ANETA    | 193 | ABY DO METY          | ZĄBKOWICE ŚLĄSKIE | POL  | MASTERS K - 40 | 00:48:59 | 01:18:12 |
| 39   | NAĆKIEWICZ JUSTYNA      | 330 |                      | BRZESKO           |      | MASTERS K - 40 | 00:49:49 | 01:18:27 |

**BIEG TROJAK TRAIL - 10 KM, Masters M - 40**

| M-ce | Nazwisko i imię | Nr  | Klub                      | M-scowość | Kraj | Kat.           | 4km      | 6km      |
|------|-----------------|-----|---------------------------|-----------|------|----------------|----------|----------|
| 1    | KITA MICHAŁ     | 18  | PĘDZĄCY W MIEJSCU         | WROCŁAW   | POL  | MASTERS M - 40 | 00:20:22 | 00:31:39 |
| 2    | GAJEWSKI MARCIN | 150 | EBIEGI.PL                 | KŁODZKO   | POL  | MASTERS M - 40 | 00:21:29 | 00:33:49 |
| 3    | BUKOWSKI EDWARD | 280 | KLUCZBORSKA GRUPA BIEGOWA | KLUCZBORK | POL  | MASTERS M - 40 | 00:22:49 | 00:35:40 |
| 4    | WUJDA MIROSLAW  | 68  | ERNI RULEZ                | DĘBNO     | POL  | MASTERS M - 40 | 00:22:48 | 00:36:58 |

**BIEG TROJAK TRAIL - 10 KM, Masters M - 40 c.d.**

| M-ce | Nazwisko i imię     | Nr  | Klub                                  | M-scowość            | Kraj | Kat.           | 4km      | 6km      |
|------|---------------------|-----|---------------------------------------|----------------------|------|----------------|----------|----------|
| 5    | DĄBEK MIROSŁAW      | 179 |                                       | ZIĘBICE              | POL  | MASTERS M - 40 | 00:22:49 | 00:38:09 |
| 6    | KARAMON MARCIN      | 344 | OPOLE BIEGA                           | OPOLE                |      | MASTERS M - 40 | 00:23:06 | 00:36:09 |
| 7    | KYCIA PIOTR         | 389 |                                       | RAWICZ               |      | MASTERS M - 40 | 00:23:52 | 00:37:01 |
| 8    | BOBRAS ARKADIUSZ    | 251 |                                       | PIOTRKÓW TRYBUNALSKI | POL  | MASTERS M - 40 | 00:23:56 | 00:37:02 |
| 9    | PRZYBYŁ PIOTR       | 391 |                                       | CZACHROWO            |      | MASTERS M - 40 | 00:24:03 | 00:37:12 |
| 10   | KOLECKI DAMIAN      | 317 | KOLECTEAM ZBĄSZYNEK                   | ZBĄSZYNEK            | POL  | MASTERS M - 40 | 00:24:17 | 00:38:42 |
| 11   | KLIN ROBERT         | 63  | WATAHA                                | BRZEG                | POL  | MASTERS M - 40 | 00:26:16 | 00:41:35 |
| 12   | DROZD PRZEMYSŁAW    | 97  | RAISPORT ACTIVE                       | OPOLE                | POL  | MASTERS M - 40 | 00:27:08 | 00:41:44 |
| 13   | BOCHAN LEŚLAW       | 384 |                                       | PIŁA                 |      | MASTERS M - 40 | 00:27:03 | 00:41:47 |
| 14   | RAKOCZY JERZY       | 329 |                                       | ŁĄDEK ZDRÓJ          |      | MASTERS M - 40 | 00:27:27 | 00:42:49 |
| 15   | SAWICKI KONRAD      | 310 |                                       | WARSZAWA             | POL  | MASTERS M - 40 | 00:27:24 | 00:42:06 |
| 16   | SPYCHAJ MAREK       | 62  |                                       | KROTOSZYN            | POL  | MASTERS M - 40 | 00:27:22 | 00:42:40 |
| 17   | STEFANOWSKI MARIUSZ | 82  |                                       | OPOLE                | POL  | MASTERS M - 40 | 00:28:11 | 00:43:37 |
| 18   | ROLIŃSKI RADOŚLAW   | 202 |                                       | OLEŚNICA             | POL  | MASTERS M - 40 | 00:28:09 | 00:43:48 |
| 19   | SERWATKA WOJCIECH   | 368 |                                       | KAMIENIEC WROCŁAWSKI |      | MASTERS M - 40 | 00:27:48 | 00:42:39 |
| 20   | SZTYLKA DARIUSZ     | 298 | WKS ŚLĄSK WROCŁAW                     | WROCŁAW              | POL  | MASTERS M - 40 | 00:28:01 | 00:44:16 |
| 21   | RYBA PIOTR          | 54  |                                       | KROTOSZYN            | POL  | MASTERS M - 40 | 00:28:01 | 00:44:41 |
| 22   | NIETRZĘBA ROBERT    | 118 |                                       | IWINY                | POL  | MASTERS M - 40 | 00:28:59 | 00:45:30 |
| 23   | KULAKOWSKI TOMASZ   | 156 |                                       | WARSZAWA             | POL  | MASTERS M - 40 | 00:29:20 | 00:45:40 |
| 24   | MROZIŃSKI ALBERT    | 241 |                                       | ALEKSANDRÓW ŁÓDZKI   | POL  | MASTERS M - 40 | 00:29:07 | 00:46:10 |
| 25   | KORNAŚ MARCIN       | 6   | ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN | ZĄBKOWICE ŚLĄSKIE    | POL  | MASTERS M - 40 | 00:29:54 | 00:47:14 |
| 26   | SOBCZAK MAREK       | 239 | SZCZYTNIKI                            | SZCZYTNIKI           | POL  | MASTERS M - 40 | 00:30:40 | 00:47:17 |
| 27   | WIĄCEK MARCIN       | 289 | SUDECKA ZYLETA                        | GŁUSZYCA             | POL  | MASTERS M - 40 | 00:30:42 | 00:49:19 |
| 28   | BUSZKA ŁUKASZ       | 400 |                                       | ŁÓDŹ                 |      | MASTERS M - 40 | 00:31:13 | 00:48:36 |
| 29   | JAŻWIECKI MARCIN    | 291 | MUAY RUNNING TEAM                     | POZNAŃ               | POL  | MASTERS M - 40 | 00:31:50 | 00:49:56 |
| 30   | BUSS JAKUB          | 25  | KUDOWSCY MIŁOŚNICE BIEGANIA           | KUDOWA ZDRÓJ         | POL  | MASTERS M - 40 | 00:31:22 | 00:48:58 |
| 31   | TADROWSKI TOMASZ    | 92  |                                       | INOWROCŁAW           | POL  | MASTERS M - 40 | 00:31:39 | 00:48:44 |
| 32   | RYCHŁOWSKI RYSZARD  | 50  |                                       | PIŁA                 | POL  | MASTERS M - 40 | 00:32:29 | 00:52:10 |
| 33   | JAŚKOWIAK TOMASZ    | 278 |                                       | POZNAŃ               | POL  | MASTERS M - 40 | 00:33:19 | 00:53:20 |

**BIEG TROJAK TRAIL - 10 KM, Masters M - 40 c.d.**

| M-ce | Nazwisko i imię      | Nr  | Klub                      | M-scowość         | Kraj | Kat.           | 4km      | 6km      |
|------|----------------------|-----|---------------------------|-------------------|------|----------------|----------|----------|
| 34   | GASEK KONRAD         | 331 |                           | ŚWIDNICA          |      | MASTERS M - 40 | 00:33:25 | 00:53:14 |
| 35   | SAWAŁA SŁAWOMIR      | 43  | TRANCE ONLY               | POZNAŃ            | POL  | MASTERS M - 40 | 00:33:51 | 00:54:06 |
| 36   | LULA RADOŚŁAW        | 155 |                           | WARSZAWA          | POL  | MASTERS M - 40 | 00:34:09 | 00:56:52 |
| 37   | ŁYSKAWA MICHAŁ       | 55  |                           | KROTOSZYN         | POL  | MASTERS M - 40 | 00:34:21 | 00:56:14 |
| 38   | NOWAK WOJCIECH       | 380 |                           | WROCŁAW           |      | MASTERS M - 40 | 00:34:55 | 00:56:22 |
| 39   | BAŁYS DARIUSZ        | 337 | WK GOPR                   | STRONIE ŚLĄSKIE   |      | MASTERS M - 40 | 00:36:38 | 00:57:36 |
| 40   | PAKUŁA ARKADIUSZ     | 355 |                           | KROSNO            |      | MASTERS M - 40 | 00:38:21 | 00:59:38 |
| 41   | CZAJKOWSKI KRZYSZTOF | 115 | KOŁO BIEGA                | POWIERCIE KOLONIA | POL  | MASTERS M - 40 | 00:39:02 | 01:00:56 |
| 42   | WYSOCKI GRZEGORZ     | 378 | MORSY TUREK               | WŁADYSŁAWÓW       |      | MASTERS M - 40 | 00:38:49 | 01:01:21 |
| 43   | MAŁEK PIOTR          | 376 | MORSY TUREK               | TUREK             |      | MASTERS M - 40 | 00:38:51 | 01:01:23 |
| 44   | WODZIEŃ ANDRZEJ      | 419 |                           | RZESZÓW           |      | MASTERS M - 40 | 00:38:55 | 01:02:58 |
| 45   | KARWOWSKI SŁAWOMIR   | 253 |                           | CZEMIERNIKI       | POL  | MASTERS M - 40 | 00:40:00 | 01:04:21 |
| 46   | DEC ARTUR            | 88  | ERNI RULEZ                | DĘBNO             | POL  | MASTERS M - 40 | 00:41:30 | 01:05:02 |
| 47   | WINIARSKI ROBERT     | 59  |                           | LEGNICA           | POL  | MASTERS M - 40 | 00:43:03 | 01:12:42 |
| 48   | BOMBA JAROSŁAW       | 40  |                           | ŁĄDEK-ZDRÓJ       | POL  | MASTERS M - 40 | 00:44:37 | 01:15:16 |
| 49   | KRUZEL RAFAŁ         | 296 | BIEGOWE MISIE             | LEGNICA           | POL  | MASTERS M - 40 | 00:45:34 | 01:11:56 |
| 50   | KONOPACKI KRZYSZTOF  | 185 | ABY DO METY!              | ZĄBKOWICE ŚLĄSKIE | POL  | MASTERS M - 40 | 00:49:07 | 01:18:14 |
| 51   | SIECZKOWSKI ARTUR    | 15  | NATURAL BORN RUNNERS TEAM | KOSTRZYN NAD ODRĄ | POL  | MASTERS M - 40 | 00:49:12 | 01:18:31 |
| 52   | SOKOŁOWSKI MACIEJ    | 354 |                           | ŁĄDEK ZDRÓJ       |      | MASTERS M - 40 | 00:57:39 | 01:30:29 |

**BIEG TROJAK TRAIL - 10 KM, Weteran K - 50**

| M-ce | Nazwisko i imię     | Nr  | Klub                | M-scowość       | Kraj | Kat.           | 4km      | 6km      |
|------|---------------------|-----|---------------------|-----------------|------|----------------|----------|----------|
| 1    | LUBAŃSKA ALICJA     | 243 | DOBIEGNĘ! BUKOWICE  | BUKOWICE        | POL  | WETERAN K - 50 | 00:29:11 | 00:45:50 |
| 2    | PTASZYŃSKA JOANNA   | 98  |                     | WROCŁAW         | POL  | WETERAN K - 50 | 00:32:10 | 00:49:18 |
| 3    | MRÓZ URSZULA        | 209 |                     | STRONIE ŚLĄSKIE | POL  | WETERAN K - 50 | 00:33:29 | 00:52:12 |
| 4    | NEUMANN BEATA       | 212 | CENTRUM ŁĄKOWA 1    | RADKÓW          | POL  | WETERAN K - 50 | 00:34:39 | 00:54:37 |
| 5    | SZAFRAŃSKA JOANNA   | 334 | PARKRUN ŚWINOUJŚCIE | ŚWINOUJŚCIE     |      | WETERAN K - 50 | 00:35:33 | 00:57:10 |
| 6    | MICHALSKA AGNIESZKA | 335 | PARKRUN ŚWINOUJŚCIE | ŚWINOUJŚCIE     |      | WETERAN K - 50 | 00:35:52 | 00:57:10 |
| 7    | CHWIAŁKOWSKA EWA    | 71  |                     | TORUŃ           | POL  | WETERAN K - 50 | 00:36:17 | 00:57:05 |

**BIEG TROJAK TRAIL - 10 KM, Weteran K - 50 c.d.**

| M-ce | Nazwisko i imię  | Nr  | Klub                    | M-scowość   | Kraj | Kat.           | 4km      | 6km      |
|------|------------------|-----|-------------------------|-------------|------|----------------|----------|----------|
| 8    | RAJCAKOWSKA ANNA | 172 |                         | ŁĄDEK-ZDRÓJ | POL  | WETERAN K - 50 | 00:40:12 | 01:03:14 |
| 9    | PASTUSZKA JOANNA | 200 | RUNLDZ                  | ŁÓDŹ        | POL  | WETERAN K - 50 | 00:41:00 | 01:06:22 |
| 10   | ŚCIOCH MARTA     | 256 | NIE WIERZĘ, ŻE TO ROBIĘ | PRUSZKÓW    | POL  | WETERAN K - 50 | 00:47:05 | 01:16:24 |

**BIEG TROJAK TRAIL - 10 KM, Weteran I M - 50**

| M-ce | Nazwisko i imię    | Nr  | Klub                    | M-scowość      | Kraj | Kat.             | 4km      | 6km      |
|------|--------------------|-----|-------------------------|----------------|------|------------------|----------|----------|
| 1    | HACZYK JAROSŁAW    | 369 | BIEG POLSKA             | OPOLE          |      | WETERAN I M - 50 | 00:21:10 | 00:32:39 |
| 2    | KUŹMA PRZEMYSŁAW   | 141 | NIEZRZESZONY            | JANOWICE       | POL  | WETERAN I M - 50 | 00:25:53 | 00:40:12 |
| 3    | CHORZĘPA ADAM      | 286 |                         | SZCZYTNA       | POL  | WETERAN I M - 50 | 00:26:51 | 00:41:36 |
| 4    | PASTUSZAK MIROSLAW | 352 | RUN ŁDZ                 | ŁÓDŹ           |      | WETERAN I M - 50 | 00:28:15 | 00:43:18 |
| 5    | DŁUGOSZ MAREK      | 292 | KB GEOTERMIA UNIEJÓW    | WARTKOWICE     | POL  | WETERAN I M - 50 | 00:28:23 | 00:44:27 |
| 6    | RAPCZUK TOMASZ     | 242 |                         | CHOCIANÓW      | POL  | WETERAN I M - 50 | 00:28:56 | 00:46:27 |
| 7    | NEUMANN JACEK      | 211 | CENTRUM ŁĄKOWA1         | RADKÓW         | POL  | WETERAN I M - 50 | 00:28:58 | 00:44:56 |
| 8    | WARSZCZYŃSKI RAFAŁ | 108 | LUB WYBIERZ Z LISTY     | SIEROSŁAW      | POL  | WETERAN I M - 50 | 00:28:58 | 00:45:42 |
| 9    | MAJCHRZAK DARIUSZ  | 401 | KM UMK TORUŃ            | TORUŃ          |      | WETERAN I M - 50 | 00:29:41 | 00:46:30 |
| 10   | SZCZEPANIAK ADAM   | 73  | TĘPE DZIDY              | BUGUSZÓW-GORCE | POL  | WETERAN I M - 50 | 00:30:10 | 00:47:18 |
| 11   | BALICKI JACEK      | 56  | BIEGACZ NOWOSOLNA       | ŁÓDŹ           | POL  | WETERAN I M - 50 | 00:32:35 | 00:50:04 |
| 12   | IMIŃSKI CEZARY     | 122 |                         | ZGIERZ         | POL  | WETERAN I M - 50 | 00:33:50 | 00:53:08 |
| 13   | WIADEREK SŁAWOMIR  | 162 | PĘDZĄCE ŻÓŁWIE          | WARSZAWA       | POL  | WETERAN I M - 50 | 00:35:48 | 00:57:03 |
| 14   | ŚCIOCH ANDRZEJ     | 255 | NIE WIERZĘ, ŻE TO ROBIĘ | PRUSZKÓW       | POL  | WETERAN I M - 50 | 00:47:06 | 01:16:24 |
| 15   | MADERA BOGDAN      | 134 |                         | ŚWIDNICA       | POL  | WETERAN I M - 50 | 00:57:59 | 01:29:59 |

**BIEG TROJAK TRAIL - 10 KM, Weteran II K - 60**

| M-ce | Nazwisko i imię     | Nr  | Klub               | M-scowość       | Kraj | Kat.              | 4km      | 6km      |
|------|---------------------|-----|--------------------|-----------------|------|-------------------|----------|----------|
| 1    | ZAJĄC KRYSZYNA      | 27  |                    | WAŁBRZYCH       | POL  | WETERAN II K - 60 | 00:30:02 | 00:47:21 |
| 2    | HACZYK GABRIELA     | 328 | BIEG OPOLSKI       | OPOLE           |      | WETERAN II K - 60 | 00:35:29 | 00:55:59 |
| 3    | RAPACZ DANUTA       | 327 | SPEEDO POLSKA      | STRONIE ŚLĄSKIE |      | WETERAN II K - 60 | 00:36:15 | 00:57:33 |
| 4    | PACZUSKA MAŁGORZATA | 247 | FOREVER YOUNG ŁÓDŹ | ŁÓDŹ            | POL  | WETERAN II K - 60 | 00:37:48 | 01:00:40 |
| 5    | BURCHARDT MIRKA     | 167 | PUDZIAN            | BYDGOSZCZ       | POL  | WETERAN II K - 60 | 00:39:56 | 01:05:16 |

**BIEG TROJAK TRAIL - 10 KM, Weteran II K - 60 c.d.**

| M-ce | Nazwisko i imię     | Nr  | Klub                    | M-scowość    | Kraj | Kat.                 | 4km      | 6km      |
|------|---------------------|-----|-------------------------|--------------|------|----------------------|----------|----------|
| 6    | KUIPERS MIES        | 324 |                         |              |      | WETERAN II<br>K - 60 | 00:43:36 | 01:13:34 |
| 7    | KWIATKOWSKA BARBARA | 110 |                         | WOJNOWICE    | POL  | WETERAN II<br>K - 60 | 00:44:22 | 01:13:47 |
| 8    | KRAWCZYK BOŻENA     | 254 | NIE WIERZĘ, ŻE TO ROBIĘ | ULAN-MAJORAT | POL  | WETERAN II<br>K - 60 | 00:47:08 | 01:16:22 |
| 9    | BĄKOWSKA MARIA      | 279 | ZAŁOGA GÓRSKA           | GNIEZNO      | POL  | WETERAN II<br>K - 60 | 00:47:57 | 01:17:12 |

**BIEG TROJAK TRAIL - 10 KM, Weteran II M - 60**

| M-ce | Nazwisko i imię      | Nr  | Klub                    | M-scowość   | Kraj | Kat.                 | 4km      | 6km      |
|------|----------------------|-----|-------------------------|-------------|------|----------------------|----------|----------|
| 1    | TAMBOR JAN           | 406 |                         | KŁODZKO     |      | WETERAN II<br>M - 60 | 00:32:08 | 00:49:53 |
| 2    | JASICKI JULIAN       | 174 | STROŃSKA GRUPA ROWEROWA | ŁĄDEK-ZDRÓJ | POL  | WETERAN II<br>M - 60 | 00:32:04 | 00:51:34 |
| 3    | GADZINOWSKI IGNACY   | 182 |                         | RADOM       | POL  | WETERAN II<br>M - 60 | 00:32:28 | 00:51:05 |
| 4    | KONIKOWSKI PAWEŁ     | 197 |                         | POZNAŃ      | POL  | WETERAN II<br>M - 60 | 00:35:34 | 00:57:12 |
| 5    | SCHELVIS WOUTER      | 325 |                         |             |      | WETERAN II<br>M - 60 | 00:43:40 | 01:13:34 |
| 6    | SOKOŁOWSKI KAZIMIERZ | 109 |                         | GDAŃSK      | POL  | WETERAN II<br>M - 60 | 00:57:39 | 01:30:28 |