# ZIMOWY PÓŁMARATON GÓR STOŁOWYCH 31 KM

Organizator: Fundacja Maratony Górskie
Data: 2022-01-23
Miejsce: Karłów
Dystans: 31 km
Klasyfikacja wg czasów netto.

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

ZIMOWY PÓŁMARATON GÓR STOŁOWYCH

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

## ZIMOWY PÓŁMARATON GÓR STOŁOWYCH 31 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 7km | 14km | 19.7km | Netto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | RAJCA MICHAŁ | 241 | TRIMP | WROCLAW | POL | M-30 | 1 | M 1 | 00:41:10 | 01:18:42 | 02:02:06 | 03:02:31.50 | 5:53 | 10.2 |
| 2 | NORBERT MICHAŁ | 206 | KB SOBÓTKA | ŚWIDNICA | POL | M-30 | 2 | M 2 | 00:43:55 | 01:24:26 | 02:05:03 | 03:13:07.20 | 6:13 | 9.6 |
| 3 | KITA MICHAŁ | 119 | PĘDZĄCY W MIEJSCU | WROCŁAW | POL | M-40 | 1 | M 3 | 00:44:21 | 01:26:21 | 02:06:46 | 03:16:41.70 | 6:20 | 9.5 |
| 4 | WILK MACIEJ | 341 | | | POL | M-40 | 2 | M 4 | 00:45:29 | 01:28:51 | 02:09:30 | 03:18:07.75 | 6:23 | 9.4 |
| 5 | GOŚCINIEWICZ PAWEŁ | 64 | ZIEMOWIT TEAM | KATOWICE | POL | M-40 | 3 | M 5 | 00:46:54 | 01:30:01 | 02:10:34 | 03:20:13.30 | 6:27 | 9.3 |
| 6 | RUDZIŃSKI JACEK | 250 | KB HERMES GRYFINO | GRYFINO | POL | M-50 | 1 | M 6 | 00:47:16 | 01:32:16 | 02:13:30 | 03:21:23.00 | 6:29 | 9.2 |
| 7 | JUDA WITOLD | 107 | | JELENIA GÓRA | POL | M-40 | 4 | M 7 | | 01:27:35 | 02:10:48 | 03:21:25.05 | 6:29 | 9.2 |
| 8 | GARLIŃSKI ŁUKASZ | 57 | KB KROKUS KWIATKOWICE | WIELOWIEŚ | POL | M-20 | 1 | M 8 | | 01:25:21 | 02:09:56 | 03:25:44.45 | 6:38 | 9 |
| 9 | RACZAK MACIEJ | 240 | 42K PRO TEAM | SIEMIANOWICE ŚLĄSKIE | POL | M-30 | 3 | M 9 | 00:47:44 | 01:32:03 | 02:14:15 | 03:28:12.75 | 6:42 | 8.9 |
| 10 | PASTUSZKA PAWEŁ | 221 | EX TEAM | ZIĘBICE | POL | M-30 | 4 | M 10 | 00:45:31 | 01:29:44 | 02:14:41 | 03:29:27.45 | 6:45 | 8.9 |
| 11 | HOŁYST ANDRZEJ | 82 | GT RAT | NOWA RUDA | POL | M-40 | 5 | M 11 | 00:47:59 | 01:32:44 | 02:16:47 | 03:30:18.05 | 6:47 | 8.8 |
| 12 | URBAŃCZYK GRZEGORZ | 297 | FOR RUN TEAM & ADRUNALINE | POZNAŃ | POL | M-30 | 5 | M 12 | 00:46:27 | 01:28:51 | 02:11:13 | 03:31:57.70 | 6:30 | 9.2 |
| 13 | KLIMCEWICZ CEZARY | 336 | | | POL | M-40 | 6 | M 13 | 00:47:37 | | 02:18:40 | 03:31:57.75 | 6:50 | 8.8 |
| 14 | GORCZYŃSKI NORBERT | 61 | KUDOWIANKA RUN | KUDOWA ZDRÓJ | POL | M-20 | 2 | M 14 | 00:50:08 | 01:35:34 | 02:18:10 | 03:32:47.90 | 6:51 | 8.7 |
| 15 | IWAŃSKI BARTŁOMIEJ | 86 | TEAM KOLARZ POLANICA | WARSZAWA | POL | M-20 | 3 | M 15 | 00:46:48 | 01:30:18 | 02:14:21 | 03:33:44.30 | 6:53 | 8.7 |
| 16 | MACH TOMASZ | 170 | SPORTFUEL.PL MTB TEAM & PORCELANAWALBRZYCH.PL | WAŁBRZYCH | POL | M-30 | 6 | M 16 | 00:46:31 | 01:31:18 | 02:16:55 | 03:34:33.60 | 6:55 | 8.7 |
| 17 | BIENIEK GRZEGORZ | 12 | APEX.INFO | LUBAWKA | POL | M-30 | 7 | M 17 | 00:50:09 | 01:34:48 | 02:20:02 | 03:35:31.00 | 6:57 | 8.6 |
| 18 | SOCHA SEWERYN | 335 | | POZNAŃ | POL | M-30 | 8 | M 18 | 00:48:40 | 01:36:27 | 02:21:31 | 03:36:52.10 | 6:59 | 8.6 |
| 19 | KUSAL TOMASZ | 158 | | OPOLE | POL | M-20 | 4 | M 19 | 00:46:20 | 01:31:54 | 02:18:06 | 03:38:01.40 | 7:01 | 8.5 |
| 20 | NIEZGÓDKA TOMASZ | 340 | | | POL | M-50 | 2 | M 20 | 00:52:06 | 01:40:29 | 02:23:42 | 03:39:16.65 | 7:04 | 8.5 |
| 21 | DANAK PRZEMEK | 37 | | KOSTRZYN NAD ODRĄ | POL | M-40 | 7 | M 21 | 00:53:24 | 01:42:35 | 02:27:25 | 03:41:11.90 | 7:08 | 8.4 |
| 22 | KRUPA MARCIN | 147 | AKTYWNA NOWA RUDA | NOWA RUDA | POL | M-40 | 8 | M 22 | 00:50:00 | 01:37:31 | 02:25:11 | 03:42:01.40 | 7:09 | 8.4 |
| 23 | BEDNARZ SEBASTIAN | 9 | OTM.B | OTMUCHÓW | POL | M-50 | 3 | M 23 | 00:50:23 | 01:37:53 | 02:23:11 | 03:44:22.65 | 7:14 | 8.3 |
| 24 | CZOSNOWSKI KRZYSZTOF | 36 | KB HERMES GRYFINO | GRYFINO | POL | M-40 | 9 | M 24 | 00:51:42 | 01:42:41 | 02:27:15 | 03:46:00.20 | 7:17 | 8.2 |
| 25 | GRYGIEL MAREK | 72 | JACEKBIEGA RUNNING TEAM | KRAKÓW | POL | M-40 | 10 | M 25 | 00:51:41 | 01:40:50 | 02:28:27 | 03:46:45.70 | 7:18 | 8.2 |
| 26 | BIENIAS ŁUKASZ | 11 | BIELAWSKA AKADEMIA BIEGANIA | DZIERŻONIÓW | POL | M-30 | 9 | M 26 | 00:52:35 | 01:41:45 | 02:28:20 | 03:47:58.05 | 7:21 | 8.2 |
| 27 | KARPOWICZ RAFAL | 114 | | WROCLAW | POL | M-40 | 11 | M 27 | 00:48:47 | 01:35:31 | 02:23:42 | 03:48:17.70 | 7:21 | 8.1 |
| 28 | POLIŃSKI ROBERT | 231 | TRAINING LAB | WARSZAWA | POL | M-30 | 10 | M 28 | 00:53:13 | 01:44:19 | 02:30:39 | 03:51:22.15 | 7:27 | 8 |
| 29 | CIURASZKIEWICZ ANDRZEJ | 30 | | WROCŁAW | POL | M-40 | 12 | M 29 | 00:56:32 | 01:48:04 | 02:36:59 | 03:51:51.65 | 7:28 | 8 |
| 30 | MISTYGACZ JAKUB | 192 | ANTONTEAM ACTIVDIAB | KRAPKOWICE | POL | M-40 | 13 | M 30 | 00:54:56 | 01:43:48 | 02:30:25 | 03:53:13.60 | 7:31 | 8 |
| 31 | GOSTYŃSKI KRZYSZTOF | 63 | RUCZAJ ULTRA TEAM | KRAKÓW | POL | M-40 | 14 | M 31 | 00:59:28 | 01:49:46 | 02:34:44 | 03:53:36.15 | 7:32 | 8 |
| 32 | WOŁOSZYN KONRAD | 316 | ADRENALINA TEAM | STEPNICA | POL | M-40 | 15 | M 32 | 00:53:32 | 01:46:25 | 02:34:17 | 03:53:53.15 | 7:32 | 8 |
| 33 | HOTAŁA SYLWIA | 84 | KUDOWIANKA RUN | KUDOWA-ZDRÓJ | POL | K-30 | 1 | K 1 | 00:55:21 | 01:46:30 | 02:37:03 | 03:55:06.40 | 7:35 | 7.9 |
| 34 | JANCZ TOMASZ | 92 | | JELENIA GÓRA | POL | M-50 | 4 | M 33 | 00:56:57 | 01:47:04 | 02:37:14 | 03:55:51.45 | 7:36 | 7.9 |
| 35 | SZCZEPARA WOJCIECH | 274 | | WROCŁAW | POL | M-20 | 5 | M 34 | 00:54:53 | 01:45:17 | 02:33:43 | 03:56:41.40 | 7:38 | 7.9 |
| 36 | KAPŁOWSKI JERZY | 112 | | WAŁBRZYCH | POL | M-40 | 16 | M 35 | 00:57:36 | 01:49:47 | 02:37:11 | 03:58:15.75 | 7:41 | 7.8 |
| 37 | WEINERT ARTUR | 306 | RUNNER"S POWER | ŚREM | POL | M-40 | 17 | M 36 | 00:56:50 | 01:48:31 | 02:37:12 | 03:59:21.65 | 7:43 | 7.8 |
| 38 | GUSTAW ŁUKASZ | 75 | | KUDOWA-ZDRÓJ | POL | M-30 | 11 | M 37 | 00:51:28 | 01:43:04 | 02:36:59 | 04:00:28.75 | 7:45 | 7.7 |
| 39 | LUBAŃSKI MATEUSZ | 164 | KS BARYCZ MILICZ | DŁUGOŁĘKA | POL | M-30 | 12 | M 38 | 00:56:13 | 01:50:23 | 02:38:12 | 04:00:31.40 | 7:45 | 7.7 |
| 40 | TELEJKO ŁUKASZ | 290 | RUN BYDGOSZCZ | BYDGOSZCZ | POL | M-20 | 6 | M 39 | 00:57:11 | 01:50:43 | 02:37:12 | 04:00:32.90 | 7:45 | 7.7 |
| 41 | KARCZEWSKA JOANNA | 113 | FUNDACJA KIERUNEK ULTRA | SUWAŁKI | POL | K-40 | 1 | K 2 | 00:55:21 | 01:45:59 | 02:36:22 | 04:01:20.75 | 7:47 | 7.7 |
| 42 | MAJ-ROKSZ MARIA | 176 | MAJA TEAM | WEJHEROWO | POL | K-40 | 2 | K 3 | 00:57:37 | 01:52:14 | 02:40:43 | 04:02:04.85 | 7:48 | 7.7 |
| 43 | KRÓL MARCIN | 146 | | OBORNIKI ŚLĄSKIE | POL | M-40 | 18 | M 40 | 00:57:31 | 01:51:46 | 02:40:02 | 04:03:19.20 | 7:50 | 7.6 |
| 44 | MIKOŁAJCZYK TOMASZ | 189 | | KUDOWA ZDRÓJ | POL | M-40 | 19 | M 41 | 00:50:21 | 01:37:22 | 02:26:24 | 04:03:53.55 | 7:52 | 7.6 |
| 45 | ZERZUT JAROSŁAW | 323 | FARTY PUSZCZY | SZCZECIN | POL | M-50 | 5 | M 42 | 00:59:04 | 01:52:21 | 02:43:45 | 04:04:08.45 | 7:52 | 7.6 |

## ZIMOWY PÓŁMARATON GÓR STOŁOWYCH 31 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 7km | 14km | 19.7km | Netto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 46 | ABRAMOWICZ AGATA | 1 | | KRZEPTÓW | POL | K-20 | 1 | K 4 | 00:56:17 | 01:49:53 | 02:39:09 | 04:04:14.35 | 7:52 | 7.6 |
| 47 | SIKORSKI SZYMON | 262 | NOA | KIEŁCZÓW | POL | M-40 | 20 | M 43 | 00:55:08 | 01:47:34 | 02:38:26 | 04:06:22.25 | 7:56 | 7.5 |
| 48 | ROGÓRZ PIOTR | 243 | | WROCŁAW (WROCŁAW-PSIE POLE) | POL | M-40 | 21 | M 44 | 00:53:04 | 01:48:06 | 02:39:33 | 04:06:43.75 | 7:57 | 7.5 |
| 49 | KOŚCIELNIAK WIOLETTA | 134 | RUNNERS TEAM NYSA | NYSA | POL | K-40 | 3 | K 5 | 00:56:02 | 01:47:49 | 02:44:19 | 04:07:32.85 | 7:59 | 7.5 |
| 50 | TOMCZAK DARIUSZ | 294 | | GOSTYŃ | POL | M-30 | 13 | M 45 | 00:57:02 | 01:52:47 | 02:45:17 | 04:07:39.65 | 7:59 | 7.5 |
| 51 | FIEBIG STEFAN | 46 | WWW.FIEBIG.PL | PONIEC | POL | M-50 | 6 | M 46 | 00:53:12 | 01:43:28 | 02:35:37 | 04:07:41.15 | 7:59 | 7.5 |
| 52 | FOGIEL-PAWŁOWSKA AGNIESZKA | 50 | | WROCŁAW | POL | K-40 | 4 | K 6 | 00:55:36 | 01:48:55 | 02:43:20 | 04:07:49.70 | 7:59 | 7.5 |
| 53 | KURZAWIAK GRZEGORZ | 157 | KUDOWIANKARUN | KARŁÓW | POL | M-40 | 22 | M 47 | 00:53:58 | 01:46:45 | 02:38:00 | 04:08:02.90 | 8:00 | 7.5 |
| 54 | MATUSZEWSKI MAREK | 181 | RUNNER'S POWER SREM | ŚREM | POL | M-50 | 7 | M 48 | 00:56:48 | 01:50:51 | 02:41:37 | 04:08:10.25 | 8:00 | 7.5 |
| 55 | ROLICZ MARCIN | 244 | | WITNICA | POL | M-40 | 23 | M 49 | 00:55:18 | 01:47:00 | 02:37:07 | 04:08:42.85 | 8:01 | 7.5 |
| 56 | MOKRYCKI KRYSTIAN | 195 | | POLANICA-ZDRÓJ | POL | M-40 | 24 | M 50 | 01:03:27 | 01:59:12 | 02:47:57 | 04:09:16.40 | 8:02 | 7.5 |
| 57 | PIECUCH MARCIN | 225 | | KRAKÓW | POL | M-30 | 14 | M 51 | 00:57:45 | 01:49:19 | 02:37:56 | 04:09:36.20 | 8:03 | 7.5 |
| 58 | CUPRIAK DANIEL | 31 | AGROAS TEAM | GRODKÓW | POL | M-50 | 8 | M 52 | 00:56:52 | 01:53:59 | 02:46:36 | 04:11:24.15 | 8:06 | 7.4 |
| 59 | TĘCZA DARIUSZ | 291 | | JEDLINA-ZDRÓJ | POL | M-60 | 1 | M 53 | 00:58:44 | 01:53:19 | 02:43:29 | 04:11:46.60 | 8:07 | 7.4 |
| 60 | WITCZAK JACEK | 311 | | PLEWISKA | POL | M-40 | 25 | M 54 | 00:56:25 | 01:49:24 | 02:42:47 | 04:12:12.30 | 8:08 | 7.4 |
| 61 | BUDNIAK TOMASZ | 19 | RUNNERS TEAM | WŁADYSŁAWOWO | POL | M-40 | 26 | M 55 | 00:53:12 | 01:48:37 | 02:38:38 | 04:12:13.05 | 8:08 | 7.4 |
| 62 | KOZAK VLAD | 140 | HUTINPUJ | WROCLAW | POL | M-30 | 15 | M 56 | 00:58:52 | 01:58:37 | 02:47:38 | 04:12:50.45 | 8:09 | 7.4 |
| 63 | NIEDZIELAK ŁUKASZ | 200 | BHT PETRA PŁOCK | KAMIONKI | POL | M-30 | 16 | M 57 | 00:57:22 | 01:48:03 | 02:36:49 | 04:12:58.60 | 8:09 | 7.4 |
| 64 | CHORZĘPA JAKUB | 25 | | KUDOWA ZDRÓJ | POL | M-40 | 27 | M 58 | 01:00:06 | 01:55:16 | 02:46:42 | 04:13:21.30 | 8:10 | 7.3 |
| 65 | PTASIŃSKI TOMASZ | 237 | CZAJKERSI | NOWA RUDA-SŁUPIEC | POL | M-40 | 28 | M 59 | 00:57:06 | 01:52:31 | 02:44:26 | 04:14:12.90 | 8:12 | 7.3 |
| 66 | PRUCIAK KRZYSZTOF | 234 | ADRUNALINE TEAM | OŁAWA | POL | M-30 | 17 | M 60 | 00:56:13 | 01:54:30 | 02:47:22 | 04:14:40.85 | 8:12 | 7.3 |
| 67 | ZARODA ZBIGNIEW | 321 | ALOHA DZIKU! | KONIN | POL | M-50 | 9 | M 61 | 01:01:53 | 01:57:16 | 02:48:36 | 04:14:56.90 | 8:13 | 7.3 |
| 68 | GŁUCHOWSKI PRZEMYSŁAW | 59 | | ŻYCHLIN | POL | M-40 | 29 | M 62 | 00:56:52 | 01:55:20 | 02:46:27 | 04:15:31.20 | 8:14 | 7.3 |
| 69 | SMOTER DAMIAN | 265 | | WROCŁAW | POL | M-40 | 30 | M 63 | 00:57:48 | | 02:49:02 | 04:16:31.00 | 8:16 | 7.3 |
| 70 | KEPARA MARCIN | 117 | ADVA OPTICAL NETWORKING | GDAŃSK | POL | M-30 | 18 | M 64 | 01:00:57 | 01:57:45 | 02:48:37 | 04:17:32.60 | 8:18 | 7.2 |
| 71 | OLSZAK ZENON | 211 | WARSAW RUN CLUB | WARSZAWA | POL | M-50 | 10 | M 65 | 01:00:15 | 01:56:20 | 02:47:45 | 04:17:34.95 | 8:18 | 7.2 |
| 72 | RZEŹNICZEK ANNA | 252 | STOWARZYSZENIE DZIAŁAMY RAZEM | KOWALEWO POMORSKIE | POL | K-30 | 2 | K 7 | 01:03:48 | 02:00:31 | 02:51:58 | 04:18:36.10 | 8:20 | 7.2 |
| 73 | JACHYMEK BARTŁOMIEJ | 88 | JACEKBIEGA RUNNING TEAM | WARSZAWA | POL | M-40 | 31 | M 66 | 01:02:02 | 01:56:30 | 02:47:22 | 04:18:38.75 | 8:20 | 7.2 |
| 74 | RABIEGA MARCIN | 238 | OWOCBIEGA TEAM | ROKIETNICA | POL | M-40 | 32 | M 67 | | 01:52:15 | 02:43:14 | 04:20:01.20 | 8:23 | 7.2 |
| 75 | PĘKALA KAMILA | 184 | #BIEGAJZESŁAWKIEM | POZNAŃ | POL | K-20 | 2 | K 8 | 01:02:02 | 02:01:44 | 02:53:05 | 04:20:05.40 | 8:23 | 7.2 |
| 76 | KOŁODZIEJSKI JAREK | 126 | ZDZISŁAW I GRAŻYNKA | POZNAN | POL | M-40 | 33 | M 68 | 00:58:56 | 01:55:28 | 02:46:40 | 04:20:29.15 | 8:24 | 7.1 |
| 77 | KOTRA JACEK | 136 | POLA&GAJA | SMOLNICA | POL | M-40 | 34 | M 69 | 01:01:34 | 02:02:30 | 02:53:41 | 04:22:05.15 | 8:27 | 7.1 |
| 78 | ZIEMKIEWICZ JAREK | 324 | 2 KROKI DO METY | LUBIN | POL | M-40 | 35 | M 70 | 00:59:54 | 02:01:21 | 02:53:33 | 04:22:15.50 | 8:27 | 7.1 |
| 79 | FRIDRICH MARCIN | 52 | | WARSZAWA | POL | M-30 | 19 | M 71 | 00:57:39 | 01:55:38 | 02:46:39 | 04:22:53.35 | 8:28 | 7.1 |
| 80 | PAŻUCHA WOJCIECH | 224 | | LUSÓWKO | POL | M-40 | 36 | M 72 | 01:02:02 | 01:55:19 | 02:48:02 | 04:23:14.40 | 8:29 | 7.1 |
| 81 | ŚWIAT PAWEŁ | 288 | RNB TEAM POLANICA ZDRÓJ | SZCZYTNA | POL | M-30 | 20 | M 73 | | 01:55:02 | 02:47:27 | 04:23:43.70 | 8:30 | 7.1 |
| 82 | JANKOWSKI RAFAŁ | 93 | | SMOLEC | POL | M-40 | 37 | M 74 | 00:55:49 | 01:47:55 | 02:43:37 | 04:23:50.75 | 8:30 | 7 |
| 83 | MICHALAK DAWID | 183 | NIAGARA | DRZYMAŁOWO | POL | M-30 | 21 | M 75 | 00:53:15 | 01:50:40 | 02:42:52 | 04:24:23.85 | 8:31 | 7 |
| 84 | CHRZANOWSKI PAWEŁ | 26 | | LĄDEK-ZDRÓJ | POL | M-40 | 38 | M 76 | 00:56:46 | 01:53:58 | 02:47:23 | 04:25:01.60 | 8:32 | 7 |
| 85 | SANKOWSKI JACEK | 343 | | | POL | M-20 | 7 | M 77 | 00:59:20 | 01:57:18 | 02:48:52 | 04:25:08.75 | 8:33 | 7 |
| 86 | PAPROCKI KRZYSZTOF | 219 | | POLKOWICE | POL | M-40 | 39 | M 78 | 01:03:02 | 02:00:29 | 02:53:44 | 04:26:54.75 | 8:36 | 7 |
| 87 | PAŁYSA ROBERT | 217 | STANWEX II | JÓZEFÓW | POL | M-20 | 8 | M 79 | 00:58:51 | 01:53:40 | 02:46:22 | 04:27:06.35 | 8:36 | 7 |
| 88 | JANUSZEWSKI KAROL | 95 | BIEGAM U KOLESI | GRODZICZNO | POL | M-30 | 22 | M 80 | 01:00:47 | 01:55:50 | 02:48:06 | 04:27:15.20 | 8:37 | 7 |
| 89 | HAJDUGA ŁUKASZ | 79 | WIECZORNE BIEGANIE W OPOLU | DĘBSKA KUŹNIA | POL | M-40 | 40 | M 81 | 01:01:12 | 01:58:41 | 02:50:58 | 04:27:25.65 | 8:37 | 7 |
| 90 | MALCZEWSKI DANIEL | 177 | WIECZORNE BIEGANIE W OPOLU | OPOLE | POL | M-30 | 23 | M 82 | | 01:50:46 | 02:42:49 | 04:27:25.85 | 8:37 | 7 |
| 91 | KORALEWSKA EDYTA | 130 | | PRUDNIK | POL | K-40 | 5 | K 9 | 01:02:18 | 02:01:49 | 02:54:33 | 04:28:48.95 | 8:40 | 6.9 |
| 92 | PRZYBYSZEWSKI ŁUKASZ | 235 | | BIELAWA | POL | M-40 | 41 | M 83 | 00:52:02 | 01:43:16 | 02:32:12 | 04:29:00.15 | 7:42 | 7.8 |
| 93 | WARZECHA TERESA | 303 | RUNNERS TEAM NYSA | PACZKÓW | POL | K-60 | 1 | K 10 | 01:01:10 | 01:58:26 | 02:52:49 | 04:29:01.05 | 8:40 | 6.9 |
| 94 | BLONDYN BEZ GRZEBIENIA ŁYSY | 125 | PERFEKTA KARŁOWICE | KARŁOWICE | POL | M-40 | 42 | M 84 | 00:58:48 | 01:58:35 | 02:53:05 | 04:29:02.05 | 8:40 | 6.9 |
| 95 | FIGEL MICHAŁ | 47 | MIKI TEAM | GDAŃSK | POL | M-40 | 43 | M 85 | 01:06:38 | 02:05:29 | 03:01:29 | 04:29:12.00 | 8:41 | 6.9 |
| 96 | JURDZIAK JAKUB | 108 | | WROCŁAW | POL | M-30 | 24 | M 86 | 01:01:39 | 01:58:22 | 02:52:14 | 04:29:18.80 | 8:41 | 6.9 |
| 97 | CHOMIAK KATARZYNA | 24 | BIEGAJ W JEDLINIE | JEDLINA-ZDRÓJ | POL | K-40 | 6 | K 11 | 01:02:34 | 02:01:33 | 02:54:48 | 04:30:01.30 | 8:42 | 6.9 |
| 98 | CYMBORSKA JOLANTA | 32 | WARSAW RUN CLUB | WARSZAWA | POL | K-40 | 7 | K 12 | 01:02:21 | 02:05:35 | 02:57:52 | 04:30:08.90 | 8:42 | 6.9 |
| 99 | KONKIEWICZ ROBERT | 128 | GRODZISKI KLUB BIEGACZA | GRODZISK WLKP | POL | M-50 | 11 | M 87 | 01:00:08 | 01:58:36 | 02:54:49 | 04:30:26.20 | 8:43 | 6.9 |
| 100 | SERAFIN EWELINA | 256 | | RADKÓW | POL | K-40 | 8 | K 13 | 01:02:47 | 02:03:38 | 02:58:00 | 04:31:34.75 | 8:45 | 6.8 |
| 101 | KOWALCZYK PAWEŁ | 137 | KĘCKIE HARPAGANY | KĘTY | POL | M-40 | 44 | M 88 | 01:02:39 | 02:04:03 | 02:57:19 | 04:32:08.75 | 8:46 | 6.8 |
| 102 | POLKOWSKI PIOTR | 232 | | WARSZAWA | POL | M-30 | 25 | M 89 | 01:05:06 | 02:13:00 | 03:03:58 | 04:33:34.35 | 8:49 | 6.8 |

## ZIMOWY PÓŁMARATON GÓR STOŁOWYCH 31 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 7km | 14km | 19.7km | Netto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 103 | WINIAREK LESZEK | 310 | TEAMDKMS | WARSZAWA | POL | M-40 | 45 | M 90 | 00:56:34 | 01:54:51 | 02:51:08 | 04:33:41.45 | 8:49 | 6.8 |
| 104 | SZCZERBAKOWICZ KAMIL | 275 | | NADOLICE WIELKIE | POL | M-30 | 26 | M 91 | 01:02:58 | 02:03:53 | 02:59:25 | 04:33:57.25 | 8:50 | 6.8 |
| 105 | WIECZOREK KATARZYNA | 308 | TWISTERTEAM | PLESZEW | POL | K-30 | 3 | K 14 | 01:02:43 | 02:01:45 | 02:58:16 | 04:34:46.30 | 8:51 | 6.8 |
| 106 | SIERŻANT PAWEŁ | 259 | | PLESZEW | POL | M-40 | 46 | M 92 | 01:01:37 | 02:01:44 | 02:55:54 | 04:35:16.05 | 8:52 | 6.8 |
| 107 | BUSS JAKUB | 21 | KUDOWIANKA RUN | KUDOWA-ZDRÓJ | POL | M-50 | 12 | M 93 | 01:04:40 | 02:11:35 | 03:06:40 | 04:35:28.70 | 8:53 | 6.8 |
| 108 | KOWALSKI ANDRZEJ | 138 | | WROCŁAW | POL | M-60 | 2 | M 94 | 01:04:07 | 02:02:24 | 02:56:38 | 04:35:30.80 | 8:53 | 6.8 |
| 109 | BABIŃSKA- POPIŁKA EWELINA | 4 | | RADKÓW | POL | K-30 | 4 | K 15 | 01:02:04 | 02:05:31 | 03:01:16 | 04:36:40.55 | 8:55 | 6.7 |
| 110 | MIRSKI JERZY | 191 | WKURW_TEAM | KIEŁCZÓW | POL | M-20 | 9 | M 95 | 01:02:05 | 02:07:46 | 02:59:56 | 04:36:47.00 | 8:55 | 6.7 |
| 111 | SZWARC GRZEGORZ | 284 | ARVATO S.C. REP | POZNAŃ | POL | M-30 | 27 | M 96 | 01:07:09 | 02:09:26 | 03:06:05 | 04:37:42.05 | 8:57 | 6.7 |
| 112 | SZNEJDER ANITA | 281 | FUNDACJA KIERUNEK ULTRA | SUWAŁKI | POL | K-40 | 9 | K 16 | 01:04:24 | 02:06:49 | 03:01:50 | 04:38:25.90 | 8:58 | 6.7 |
| 113 | PIOTR ODOLAK | 226 | STANWEX II | SULEJÓWEK | POL | M-30 | 28 | M 97 | 00:57:00 | 02:00:06 | 03:00:15 | 04:38:51.60 | 8:59 | 6.7 |
| 114 | ZAJĄCZKOWSKI PAWEŁ | 318 | POWER TRAINING | WARSZAWA | POL | M-30 | 29 | M 98 | 01:00:51 | 02:05:16 | 02:59:53 | 04:39:03.35 | 9:00 | 6.7 |
| 115 | STUDZIŃSKI MATEUSZ | 272 | ***** *** | SZCZECIN | POL | M-30 | 30 | M 99 | 00:59:14 | 01:57:09 | 02:47:27 | 04:39:31.35 | 9:01 | 6.7 |
| 116 | JONCZYK ERWIN | 105 | STANWEX II | SULEJÓWEK | POL | M-30 | 31 | M 100 | 01:04:31 | 02:04:49 | 03:00:02 | 04:39:50.35 | 9:01 | 6.6 |
| 117 | BĄKAŁA ŁUKASZ | 8 | | PRZEDBOROWA 98 | POL | M-40 | 47 | M 101 | 01:01:27 | 02:00:37 | 02:52:51 | 04:39:59.95 | 9:01 | 6.6 |
| 118 | SIKORSKI DARIUSZ | 260 | INSERT TEAM | DZIERŻONIÓW | POL | M-40 | 48 | M 102 | 01:02:41 | 02:07:24 | 02:57:52 | 04:41:30.15 | 8:45 | 6.9 |
| 119 | SZCZUKA LESZEK | 337 | | | POL | M-50 | 13 | M 103 | 01:02:43 | 02:03:29 | 02:57:22 | 04:41:49.30 | 9:05 | 6.6 |
| 120 | JABŁOŃSKI BARTOSZ | 87 | | WARSAW | POL | M-40 | 49 | M 104 | 01:07:52 | 02:20:10 | 03:13:13 | 04:42:32.60 | 9:06 | 6.6 |
| 121 | BĄKAŁA MARCIN | 7 | | ZĄBKOWICE ŚLĄSKIE | POL | M-40 | 50 | M 105 | 01:00:39 | 02:00:43 | 02:54:35 | 04:42:37.55 | 9:07 | 6.6 |
| 122 | KUCHARSKI DARIUSZ | 153 | | KRZYKÓW | POL | M-40 | 51 | M 106 | 01:08:10 | 02:10:37 | 03:05:10 | 04:42:37.90 | 9:07 | 6.6 |
| 123 | JAKUBIEC BARTŁOMIEJ | 89 | ROZPIERDOLSI | WROCŁAW | POL | M-30 | 32 | M 107 | 01:09:39 | 02:14:18 | 03:06:57 | 04:42:40.70 | 9:07 | 6.6 |
| 124 | KONIUSZKO MARCIN | 127 | | WROCŁAW | POL | M-30 | 33 | M 108 | 01:03:31 | 02:05:51 | 03:03:07 | 04:42:40.75 | 9:07 | 6.6 |
| 125 | SZCZUREK MARIUSZ | 276 | AGROAS TEAM | GRODKÓW | POL | M-40 | 52 | M 109 | 01:01:25 | 02:02:20 | 02:58:54 | 04:42:45.75 | 9:07 | 6.6 |
| 126 | LEŚNIAK MARCIN | 163 | STANWEX II | SULEJÓWEK | POL | M-30 | 34 | M 110 | 01:04:28 | 02:07:11 | 03:05:57 | 04:42:48.45 | 9:07 | 6.6 |
| 127 | NEUMANN JACEK | 199 | CENTRUM ŁĄKOWA 1 | RADKÓW | POL | M-50 | 14 | M 111 | 01:04:46 | 02:06:57 | 03:03:10 | 04:43:44.00 | 9:09 | 6.6 |
| 128 | ŁUKASIEWICZ EWELINA | 168 | | SZCZECINEK | POL | K-20 | 3 | K 17 | 01:07:38 | 02:09:54 | 03:05:02 | 04:44:15.15 | 9:10 | 6.5 |
| 129 | SOBKOWIAK KAMIL | 266 | | CHODZIEŻ | POL | M-40 | 53 | M 112 | 01:07:27 | 02:10:04 | 03:05:00 | 04:44:25.00 | 9:10 | 6.5 |
| 130 | ORUBA DAWID | 213 | | WROCŁAW | POL | M-20 | 10 | M 113 | 01:02:46 | 02:07:00 | 03:04:23 | 04:44:55.25 | 9:11 | 6.5 |
| 131 | SYCHOWSKI DAWID | 273 | | TOMASZÓW BOLESŁAWIECKI | POL | M-30 | 35 | M 114 | 01:02:16 | 02:00:53 | 03:04:54 | 04:45:21.40 | 9:12 | 6.5 |
| 132 | MACHALSKI MATEUSZ | 171 | ASP WARSZAWA | WARSZAWA | POL | M-30 | 36 | M 115 | 01:26:49 | | 03:25:44 | 04:45:37.00 | 9:12 | 6.5 |
| 133 | JASIAK KAROL | 98 | NIE WIEM GDZIE JESTEM | OSTRZESZÓW | POL | M-30 | 37 | M 116 | 00:58:45 | 02:06:11 | 02:58:26 | 04:46:18.90 | 9:14 | 6.5 |
| 134 | WESOŁEK PAWEŁ | 307 | RUNNER'S POWER ŚREM | ŚREM | POL | M-40 | 54 | M 117 | 01:05:11 | 02:09:01 | 03:04:02 | 04:46:49.10 | 9:15 | 6.5 |
| 135 | POŁOM RAFAŁ | 233 | NOA | WROCŁAW | POL | M-30 | 38 | M 118 | 01:01:23 | 02:05:24 | 03:02:39 | 04:47:30.75 | 9:16 | 6.5 |
| 136 | KÓZKA PRZEMO | 143 | BIEGAM, BO NIE LUBIĘ | SKÓRZEWO | POL | M-40 | 55 | M 119 | 01:05:53 | 02:10:46 | 03:06:27 | 04:47:37.40 | 9:16 | 6.5 |
| 137 | SŁOWIK GRZEGORZ | 264 | NIE WIEM GDZIE JESTEM | OSTRZESZÓW | POL | M-40 | 56 | M 120 | 00:58:43 | 02:06:13 | 02:58:27 | 04:47:46.70 | 9:16 | 6.5 |
| 138 | TKACZYK KATARZYNA | 292 | | STRZEGOM | POL | K-40 | 10 | K 18 | 01:08:06 | 02:12:28 | 03:06:48 | 04:48:18.70 | 9:18 | 6.5 |
| 139 | ZAWADKA DAREK | 322 | | WÓLKA MIŃSKA | POL | M-40 | 57 | M 121 | 01:03:27 | 02:09:04 | 03:08:24 | 04:48:47.55 | 9:18 | 6.4 |
| 140 | WOŹNIAK PAWEŁ | 317 | LESZ NO LIMITS RUNNERS | DĘBOWA ŁĘKA | POL | M-40 | 58 | M 122 | 01:03:04 | 02:06:49 | 03:01:46 | 04:48:50.10 | 9:19 | 6.4 |
| 141 | KOŁODZIEJ MARIUSZ | 124 | FUNTRI | LEGNICA | POL | M-40 | 59 | M 123 | 01:04:36 | 02:07:03 | 03:03:49 | 04:49:23.35 | 9:20 | 6.4 |
| 142 | MIKSA SŁAWOMIR | 205 | | ŁÓDŹ | POL | M-50 | 15 | M 124 | 01:07:54 | 02:12:00 | 03:07:24 | 04:49:39.55 | 9:20 | 6.4 |
| 143 | SERAFIN ROBERT | 257 | | RADKÓW | POL | M-50 | 16 | M 125 | 01:08:01 | 02:12:19 | 03:08:23 | 04:49:54.50 | 9:21 | 6.4 |
| 144 | HACHOŁ JUSTYNA | 76 | | WROCŁAW | POL | K-40 | 11 | K 19 | 01:07:06 | 02:13:44 | 03:09:02 | 04:50:16.55 | 9:21 | 6.4 |
| 145 | KAŹMIERCZAK KRZYSZTOF | 116 | KB HERMES GRYFINO | GRYFINO | POL | M-50 | 17 | M 126 | 01:11:39 | 02:15:17 | 03:10:41 | 04:50:19.00 | 9:21 | 6.4 |
| 146 | HACHOŁ TOMASZ | 77 | | WROCLAW | POL | M-40 | 60 | M 127 | 01:05:31 | 02:04:15 | 03:00:36 | 04:50:34.35 | 9:22 | 6.4 |
| 147 | ROSZYK TOMASZ | 247 | DRUŻYNA SZPIKU | POZNAŃ | POL | M-40 | 61 | M 128 | 01:09:35 | 02:15:20 | 03:10:01 | 04:51:17.80 | 9:23 | 6.4 |
| 148 | ROSZYK MAGDALENA | 248 | DRUŻYNA SZPIKU | POZNAŃ | POL | K-40 | 12 | K 20 | 01:09:39 | 02:15:19 | 03:10:01 | 04:51:18.65 | 9:23 | 6.4 |
| 149 | NIKODEM KLAUDIUSZ | 203 | CZAJKERSI | NOWA RUDA-SŁUPIEC | POL | M-40 | 62 | M 129 | 01:05:09 | 02:07:19 | 03:05:01 | 04:51:59.85 | 9:25 | 6.4 |
| 150 | ANDRZEJCZAK PAWEŁ | 3 | | KALISZ | POL | M-40 | 63 | M 130 | 01:02:31 | 02:10:08 | 03:06:31 | 04:52:44.20 | 9:26 | 6.4 |
| 151 | GAWRON BARTŁOMIEJ | 58 | | POLSKA NOWA WIEŚ | POL | M-40 | 64 | M 131 | 01:03:38 | 02:09:55 | 03:06:35 | 04:52:58.10 | 9:27 | 6.3 |
| 152 | MIŚ PIOTR | 193 | DIEHL CONTROLS RUNNING TEAM | NAMYSŁÓW | POL | M-30 | 39 | M 132 | 01:08:51 | 02:14:16 | 03:10:51 | 04:53:10.60 | 9:27 | 6.3 |
| 153 | ODOLCZYK JERZY | 210 | | WARSZAWA | POL | M-60 | 3 | M 133 | 01:14:17 | 02:20:29 | 03:16:54 | 04:54:39.85 | 9:30 | 6.3 |
| 154 | KOSTRZEWSKI MACIEJ | 132 | | KLODZKO | POL | M-30 | 40 | M 134 | 01:11:42 | 02:13:30 | 03:12:46 | 04:55:46.65 | 9:32 | 6.3 |
| 155 | DOLIWKA PAWEŁ | 40 | LUBAWA KOCHA BIEGAĆ/BIEGAM U KOLESI | LUBAWA | POL | M-40 | 65 | M 135 | 01:12:20 | 02:16:17 | 03:15:16 | 04:58:15.55 | 9:37 | 6.2 |
| 156 | GRABOWICZ PAWEŁ | 67 | | SIEKIERKI WIELKIE | POL | M-40 | 66 | M 136 | 01:08:05 | 02:12:27 | 03:06:49 | 04:58:19.95 | 9:18 | 6.5 |
| 157 | ZIEWIEC MARCIN | 327 | | WROCŁAW | POL | M-30 | 41 | M 137 | 01:04:14 | 02:11:02 | 03:07:57 | 04:58:29.55 | 9:37 | 6.2 |
| 158 | TURNIAK MIŁOSZ | 296 | | GLIWICE | POL | M-30 | 42 | M 138 | 01:06:48 | 02:12:04 | 03:12:22 | 04:58:56.05 | 9:38 | 6.2 |

## ZIMOWY PÓŁMARATON GÓR STOŁOWYCH 31 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 7km | 14km | 19.7km | Netto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 159 | WAJDA MACIEJ | 301 | SPELEOCLUB WROCŁAW | WROCŁAW | POL | M-30 | 43 | M 139 | 01:01:17 | 02:04:19 | 03:03:58 | 04:59:05.60 | 9:38 | 6.2 |
| 160 | PTAK TOMASZ | 236 | KLUB BIEGACZA WARTA | WĄSOSZ GÓRNY | POL | M-40 | 67 | M 140 | 00:59:30 | 02:15:52 | 03:12:15 | 04:59:16.10 | 9:39 | 6.2 |
| 161 | MRUSZCZYK JACEK | 197 | KLUB BIEGACZA WARTA | PAJĘCZNO | POL | M-40 | 68 | M 141 | 01:04:26 | 02:15:54 | 03:12:16 | 04:59:17.10 | 9:39 | 6.2 |
| 162 | CZAPRAN MAGDALENA | 35 | | PYSKOWICE | POL | K-40 | 13 | K 21 | 01:06:37 | 02:12:05 | 03:12:20 | 04:59:24.10 | 9:39 | 6.2 |
| 163 | MELNYK IVAN | 182 | | OLOMOUC | CZE | M-30 | 44 | M 142 | 01:09:28 | 02:18:15 | 03:12:50 | 04:59:32.10 | 9:39 | 6.2 |
| 164 | DAWIDOWICZ WOJCIECH | 38 | | DOBROSZYCE | POL | M-30 | 45 | M 143 | 01:06:55 | 02:12:34 | 03:10:15 | 05:02:07.95 | 9:25 | 6.4 |
| 165 | BARANOWSKI FILIP | 6 | PĘDZĄCE BARANKI | POZNAŃ | GER | M-40 | 69 | M 144 | 01:08:35 | 02:13:27 | 03:13:39 | 05:03:23.30 | 9:47 | 6.1 |
| 166 | LEDNICKI MICHAŁ | 162 | ARVATO S.C. REP | SKÓRZEWO | POL | M-40 | 70 | M 145 | 01:10:27 | 02:16:54 | 03:14:27 | 05:03:23.55 | 9:47 | 6.1 |
| 167 | BŁĘDOWSKA KATARZYNA | 344 | AGRO AS | OPOLE | POL | K-30 | 5 | K 22 | 01:08:40 | 02:17:36 | 03:18:10 | 05:03:52.50 | 9:48 | 6.1 |
| 168 | SZMAGIEREWSKI WOJCIECH | 279 | | WROCŁAW | POL | M-50 | 18 | M 146 | 01:10:27 | 02:15:12 | 03:17:55 | 05:05:18.30 | 9:50 | 6.1 |
| 169 | JASICKI KRZYSZTOF | 99 | RUNHOGS TYCHY | TYCHY | POL | M-40 | 71 | M 147 | 01:12:18 | 02:20:27 | 03:18:43 | 05:05:19.30 | 9:50 | 6.1 |
| 170 | MATUSZEWSKA MAŁGORZATA | 180 | RUNNER'S POWER SREM | ŚREM | POL | K-40 | 14 | K 23 | 01:12:54 | 02:24:47 | 03:24:19 | 05:05:36.35 | 9:51 | 6.1 |
| 171 | KACZMAREK MIROSŁAW | 110 | RUNNER'S POWER ŚREM | ŚREM | POL | M-30 | 46 | M 148 | 01:12:51 | 02:24:48 | 03:24:19 | 05:05:36.85 | 9:51 | 6.1 |
| 172 | GRZELIŃSKI MICHAŁ | 73 | □□ | JAROCIN | POL | M-30 | 47 | M 149 | 01:09:01 | 02:17:44 | 03:16:35 | 05:06:15.60 | 9:52 | 6.1 |
| 173 | SAMOLAK MACIEK | 254 | | BOGUSZÓW-GORCE | POL | M-40 | 72 | M 150 | 01:05:10 | 02:09:33 | 03:08:29 | 05:06:17.70 | 9:33 | 6.3 |
| 174 | KAŁKA MARCIN | 332 | | RAWICZ | POL | M-30 | 48 | M 151 | 01:08:20 | 02:15:26 | 03:13:25 | 05:06:26.10 | 9:53 | 6.1 |
| 175 | WOJCIECHOWSKI ALEKSANDER | 314 | ROWERY MAŁGOŚKA | WRZEŚNIA | POL | M-30 | 49 | M 152 | 01:07:38 | 02:15:16 | 03:17:31 | 05:07:17.45 | 9:54 | 6.1 |
| 176 | GAJDOWSKI PRZEMYSLAW | 54 | | WROCŁAW | POL | M-30 | 50 | M 153 | 01:14:43 | 02:27:03 | 03:24:19 | 05:07:33.80 | 9:55 | 6 |
| 177 | KUROWSKI ALEKSANDER | 156 | | SZCZAWNO ZDRÓJ | POL | M-40 | 73 | M 154 | 01:05:05 | 02:09:15 | 03:08:28 | 05:07:46.45 | 9:36 | 6.2 |
| 178 | WOJCIECHOWICZ LESZEK | 313 | DZIECI KOTANA | BŁAŻEJEWO | POL | M-30 | 51 | M 155 | 01:07:20 | 02:17:40 | 03:15:37 | 05:07:54.75 | 9:55 | 6 |
| 179 | POGONOWSKI TOMASZ | 230 | BIEGACZE Z PRZYLESIA | KÓRNIK | POL | M-40 | 74 | M 156 | 01:07:19 | 02:17:43 | 03:15:36 | 05:07:55.25 | 9:55 | 6 |
| 180 | JANUSZEWSKA IZABELA | 94 | BIEGAM U KOLESI | GRODZICZNO | POL | K-30 | 6 | K 24 | 01:15:07 | 02:23:47 | 03:23:38 | 05:08:33.05 | 9:57 | 6 |
| 181 | MACIEJOWICZ MICHAŁ | 173 | | WARSZAWA | AFG | M-30 | 52 | M 157 | 01:09:22 | 02:15:58 | 03:19:14 | 05:08:38.15 | 9:57 | 6 |
| 182 | ZUBRZAK JACEK | 329 | | ŁÓDZ | POL | M-40 | 75 | M 158 | 01:05:29 | 02:11:05 | 03:12:32 | 05:08:58.70 | 9:58 | 6 |
| 183 | JÓZEFOWICZ SEBASTIAN | 106 | | ŁÓDŹ | POL | M-40 | 76 | M 159 | 01:05:32 | 02:11:06 | 03:12:33 | 05:08:59.00 | 9:58 | 6 |
| 184 | GRZYWIŃSKI WOJTEK | 74 | | TORUŃ | POL | M-30 | 53 | M 160 | 01:10:32 | 02:16:51 | 03:16:27 | 05:10:15.80 | 10:00 | 6 |
| 185 | SZMECHTIG-GAUDEN EWA | 280 | PODGÓRZ TORUŃ | TORUŃ | POL | K-40 | 15 | K 25 | 01:10:27 | 02:16:49 | 03:16:26 | 05:10:36.25 | 10:01 | 6 |
| 186 | KUBIAK ANNA | 152 | STRZEGOMSKA DWUNASTKA | STRZEGOM | POL | K-40 | 16 | K 26 | 01:09:57 | 02:23:05 | 03:22:12 | 05:12:00.60 | 10:03 | 6 |
| 187 | TOCZEWSKA ANNA | 293 | JACEKBIEGA RUNNING TEAM | WARSZAWA | POL | K-50 | 1 | K 27 | 01:16:43 | 02:26:03 | 03:30:52 | 05:12:06.60 | 10:04 | 6 |
| 188 | SOBOTKA MONIKA | 267 | WARSAW RUN CLUB | WARSZAWA | POL | K-50 | 2 | K 28 | 01:10:22 | 02:28:42 | 03:25:01 | 05:12:20.45 | 10:04 | 6 |
| 189 | KUBIAK PRZEMYSŁAW | 151 | STRZEGOMSKA DWUNASTKA | STRZEGOM | POL | M-40 | 77 | M 161 | 01:09:59 | 02:23:12 | 03:22:31 | 05:12:50.95 | 10:05 | 5.9 |
| 190 | ŁOBASIUK IWONA | 167 | FUNDACJA KIERUNEK ULTRA | SUWAŁKI | POL | K-40 | 17 | K 29 | 01:12:47 | 02:23:48 | 03:24:04 | 05:13:01.00 | 10:05 | 5.9 |
| 191 | RUCIŃSKI ADAM | 249 | | WARSZAWA | POL | M-50 | 19 | M 162 | 01:10:06 | 02:17:11 | 03:19:43 | 05:14:24.60 | 10:08 | 5.9 |
| 192 | BŁACHNO MARCIN | 14 | | KRAKÓW | POL | M-40 | 78 | M 163 | 01:13:31 | 02:23:29 | 03:24:49 | 05:14:27.30 | 10:08 | 5.9 |
| 193 | MIGDAL ADRIAN | 186 | | KŁAJ | POL | M-40 | 79 | M 164 | 01:13:41 | 02:20:10 | 03:22:16 | 05:14:27.90 | 10:08 | 5.9 |
| 194 | ROGÓRZ ANDRZEJ | 242 | | WROCŁAW | POL | M-40 | 80 | M 165 | 01:03:09 | 02:15:51 | 03:19:48 | 05:14:39.30 | 10:09 | 5.9 |
| 195 | ZAJĄCZKOWSKI DAMIAN | 319 | OUTSIDERS | POZNAŃ | POL | M-40 | 81 | M 166 | 01:05:07 | 02:11:06 | 03:12:55 | 05:16:01.90 | 10:11 | 5.9 |
| 196 | JASIŃSKI MARCIN | 100 | ROGOŻIŃSKI KLUB BIEGACZA | ROGOŹNO | POL | M-40 | 82 | M 167 | 01:26:53 | 02:33:38 | 03:30:54 | 05:16:41.85 | 10:12 | 5.9 |
| 197 | SIWEK GRZEGORZ | 338 | | | POL | M-40 | 83 | M 168 | 01:11:56 | 02:21:30 | 03:20:08 | 05:17:25.45 | 10:14 | 5.9 |
| 198 | MAŁACHOWSKA GABRIELA | 179 | | KRAKÓW | POL | K-20 | 4 | K 30 | 01:15:05 | 02:24:23 | 03:27:48 | 05:17:29.45 | 10:14 | 5.9 |
| 199 | SZYMCZAK MARCIN | 286 | | MOSINA | POL | M-40 | 84 | M 169 | 01:06:20 | 02:17:46 | 03:20:58 | 05:17:41.00 | 10:14 | 5.9 |
| 200 | ZIENKIEWICZ JUSTYNA | 326 | | PIASECZNO | POL | K-40 | 18 | K 31 | 01:17:46 | 02:33:24 | 03:31:36 | 05:17:43.00 | 10:14 | 5.9 |
| 201 | ZIENKIEWICZ AGATA | 325 | PIASECZNO RUNNING | PIASECZNO | POL | K-40 | 19 | K 32 | 01:17:38 | 02:33:26 | 03:31:32 | 05:17:43.05 | 10:14 | 5.9 |
| 202 | URBAŃSKI RAFAŁ | 300 | | WAŁBRZYCH | POL | M-50 | 20 | M 170 | 01:05:25 | 02:15:40 | 03:18:42 | 05:19:06.95 | 10:17 | 5.8 |
| 203 | SZYNKLEWSKI MACIEJ | 287 | QUAY POZNAŃ | POZNAŃ | POL | M-50 | 21 | M 171 | 01:19:43 | 02:32:20 | 03:31:55 | 05:19:16.20 | 10:17 | 5.8 |
| 204 | KUSZTELSKA LUCYNA | 159 | | MOSINA | POL | K-40 | 20 | K 33 | 01:12:31 | 02:25:22 | 03:31:31 | 05:19:29.35 | 10:18 | 5.8 |
| 205 | SZYDŁO KLAUDIA | 285 | | WROCŁAW | POL | K-30 | 7 | K 34 | 01:12:33 | 02:17:49 | 03:21:36 | 05:20:02.90 | 10:19 | 5.8 |
| 206 | PODULKA GRZEGORZ | 229 | | KŁODZKO | POL | M-40 | 85 | M 172 | 01:11:16 | 02:21:09 | 03:22:59 | 05:21:33.80 | 10:22 | 5.8 |
| 207 | FILIPOWICZ DOMINIK | 48 | | CHOJNÓW | POL | M-30 | 54 | M 173 | 01:16:10 | 02:28:13 | 03:31:29 | 05:21:50.00 | 10:22 | 5.8 |
| 208 | PIOTROWSKA ANNA | 228 | META NADARZYN / SPARTANIE DZIECIOM | NADARZYN | POL | K-50 | 3 | K 35 | 01:12:46 | 02:28:37 | 03:29:14 | 05:22:47.65 | 10:24 | 5.8 |
| 209 | KOSTYK GRZEGORZ | 133 | | CHOJNÓW | POL | M-40 | 86 | M 174 | 01:17:44 | 02:28:15 | 03:33:30 | 05:23:05.40 | 10:25 | 5.8 |
| 210 | KOWALSKI SZYMON | 139 | HTF LUDWIK SIKORSKI | ŁÓDŹ | POL | M-40 | 87 | M 175 | 01:19:03 | 02:35:39 | 03:38:39 | 05:24:03.90 | 10:27 | 5.7 |
| 211 | FAJNAS KATARZYNA | 44 | DOGOŃ GRODZISK MAZOWIECKI / DANFOSS | MUSUŁY / ŻABIA WOLA | POL | K-40 | 21 | K 36 | 01:13:25 | 02:26:11 | 03:31:38 | 05:26:36.75 | 10:32 | 5.7 |
| 212 | MIKOLAJEC PIOTR | 188 | | WROCŁAW | POL | M-30 | 55 | M 176 | 01:16:46 | 02:34:00 | 03:33:42 | 05:29:27.60 | 10:37 | 5.6 |
| 213 | CYWIŃSKI PAWEŁ | 33 | AKG ŁÓDŹ / HTF | ŁÓDŹ | POL | M-40 | 88 | M 177 | 01:18:55 | 02:37:05 | 03:38:48 | 05:31:52.05 | 10:42 | 5.6 |

## ZIMOWY PÓŁMARATON GÓR STOŁOWYCH 31 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 7km | 14km | 19.7km | Netto | min/km | km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 214 | PANEK ALEKSANDRA | 218 | | DĘBOGÓRA | POL | K-50 | 4 | K 37 | 01:16:42 | 02:35:47 | 03:39:06 | 05:32:38.85 | 10:43 | 5.6 |
| 215 | KOŚNIEWSKA-NOWAK JOANNA | 135 | WIECZORNE BIEGANIE W OPOLU | DĘBSKA KUŹNIA | POL | K-40 | 22 | K 38 | 01:17:30 | 02:32:54 | 03:38:30 | 05:33:38.05 | 10:45 | 5.6 |
| 216 | ILNICKA MONIKA | 85 | WIECZORNE BIEGANIE W OPOLU | OPOLE | POL | K-30 | 8 | K 39 | 01:16:57 | 02:32:53 | 03:38:29 | 05:33:38.20 | 10:45 | 5.6 |
| 217 | NOWAK ŁUKASZ | 207 | WIECZORNE BIEGANIE W OPOLU | SUCHY BÓR | POL | M-30 | 56 | M 178 | 01:16:49 | 02:33:01 | 03:38:34 | 05:33:39.65 | 10:45 | 5.6 |
| 218 | PASZKE AGNIESZKA | 222 | | BYTÓW | POL | K-20 | 5 | K 40 | 01:16:36 | 02:36:24 | 03:36:50 | 05:34:38.05 | 10:47 | 5.6 |
| 219 | MACIEJEWSKI WOJCIECH | 172 | | STRZAŁKOWO | POL | M-20 | 11 | M 179 | 01:16:29 | 02:36:23 | 03:36:51 | 05:34:38.25 | 10:47 | 5.6 |
| 220 | KRUZEL RAFAŁ | 149 | BIEGOWE MISIE | LEGNICA | POL | M-50 | 22 | M 180 | 01:19:26 | 02:36:08 | 03:40:14 | 05:34:42.70 | 10:47 | 5.6 |
| 221 | GÓRECKI MARCIN | 65 | DZIK KOMANDO | ŁÓDŹ | POL | M-40 | 89 | M 181 | 01:14:32 | 02:33:48 | 03:39:12 | 05:34:43.95 | 10:47 | 5.6 |
| 222 | KOZAK BARTOSZ | 141 | KOZAKI | DŁUGOŁĘKA | POL | M-40 | 90 | M 182 | 01:08:09 | 02:28:01 | 03:34:40 | 05:37:12.65 | 10:52 | 5.5 |
| 223 | KOZAK EWA | 142 | KOZAKI | DŁUGOŁĘKA | POL | K-40 | 23 | K 41 | 01:14:41 | 02:28:26 | 03:34:59 | 05:37:42.40 | 10:53 | 5.5 |
| 224 | ZWIERZYŃSKI ROMAN | 333 | LECĘ BO CHCĘ | LUTYNIA | POL | M-60 | 4 | M 183 | 01:14:33 | 02:28:11 | 03:36:20 | 05:41:22.95 | 11:00 | 5.4 |
| 225 | JESIOŁOWSKI ROBERT | 103 | | WARSZAWA | POL | M-50 | 23 | M 184 | 01:19:05 | 02:41:10 | 03:45:47 | 05:42:21.60 | 11:02 | 5.4 |
| 226 | OCHOCKI MARCIN | 209 | DZIK KOMANDO | ŁÓDŹ | POL | M-40 | 91 | M 185 | 01:23:25 | 02:42:30 | 03:47:40 | 05:43:18.85 | 11:04 | 5.4 |
| 227 | GRĘZEL-GAWRON JOLANTA | 70 | | POLSKA NOWA WIEŚ | POL | K-40 | 24 | K 42 | 01:20:11 | 02:39:52 | 03:44:30 | 05:44:13.40 | 11:06 | 5.4 |
| 228 | FLORCZAK MONIKA | 49 | | WROCŁAW | POL | K-30 | 9 | K 43 | 01:23:16 | 02:41:47 | 03:46:22 | 05:49:15.85 | 11:15 | 5.3 |
| 229 | JEDYNAK-DOROSZ IZABELA | 101 | KB MANIAC POZNAŃ | TULCE | POL | K-40 | 25 | K 44 | 01:27:41 | 02:49:00 | 03:54:12 | 05:50:33.70 | 11:18 | 5.3 |
| 230 | MACIOŁ SEBASTIAN | 174 | TTA BIERUŃ | BIERUŃ | POL | M-40 | 92 | M 186 | 01:12:19 | 02:33:27 | 03:43:42 | 05:54:05.50 | 11:25 | 5.3 |
| 231 | ŁACKI ŁUKASZ | 165 | MUD FOXES | GRÓJEC | POL | M-40 | 93 | M 187 | 01:16:23 | 02:38:01 | 03:47:08 | 05:58:51.15 | 11:34 | 5.2 |
| 232 | KRUPCZYŃSKI MARIUSZ | 148 | KRUPOLS TEAM | RASZYN | POL | M-60 | 5 | M 188 | 01:16:55 | 02:31:25 | 03:36:37 | 06:00:17.50 | 11:37 | 5.2 |
| 233 | BRZEZIŃSKI ANDRZEJ | 339 | | OLKUSZ | POL | M-60 | 6 | M 189 | 01:19:06 | 02:42:27 | 03:49:20 | 06:01:21.85 | 11:39 | 5.1 |
| 234 | GARBACZ MAREK | 56 | LEŚNE ULTRA DZIADY | OŁAWA | POL | M-50 | 24 | M 190 | 01:17:45 | 02:40:42 | 03:50:19 | 06:01:44.70 | 11:40 | 5.1 |
| 235 | STRZELECKI KRZYSZTOF | 271 | LEŚNE ULTRA DZIADY | WROCŁAW | POL | M-50 | 25 | M 191 | 01:17:36 | 02:40:40 | 03:51:00 | 06:03:09.85 | 11:42 | 5.1 |
| 236 | MIELNIK KRZYSZTOF | 185 | DC TRIATHLON TEAM | NAMYSŁÓW | POL | M-30 | 57 | M 192 | 01:34:19 | 03:07:24 | 04:19:57 | 06:03:25.60 | 11:43 | 5.1 |
| 237 | PAWŁOWSKA ANNA | 334 | | MIERZYN | POL | K-40 | 26 | K 45 | 01:21:05 | 02:46:04 | 03:58:25 | 06:20:22.35 | 12:16 | 4.9 |
| 238 | PAWŁOWSKA ANNA | 342 | | | POL | K-40 | 27 | K 46 | 01:20:59 | 02:46:03 | 03:58:27 | 06:20:22.80 | 12:16 | 4.9 |
| 239 | HOFFMANN GRZEGORZ | 81 | KOŚCIAN TEAM | CZEMPIŃ | POL | M-40 | 94 | M 193 | 01:26:32 | 02:56:13 | 04:06:08 | 06:22:54.30 | 12:21 | 4.9 |
| 240 | JAKUBOWSKI WOJCIECH | 91 | KB GEOTERMIA UNIEJÓW | UNIEJÓW | POL | M-40 | 95 | M 194 | 01:13:45 | 02:37:01 | 04:00:06 | 06:29:35.70 | 12:34 | 4.8 |
| 241 | KRYSZEWSKI ARTUR | 150 | | POZNAŃ | POL | M-30 | 58 | M 195 | 01:30:03 | 02:58:14 | 04:12:55 | 06:30:01.50 | 12:34 | 4.8 |
| 242 | KOPACKA EDYTA | 129 | KB SOBÓTKA | WROCŁAW | POL | K-30 | 10 | K 47 | | | 04:35:32 | 06:32:20.50 | 12:39 | 4.7 |
| 243 | JURKIEWICZ DOMINIK | 109 | | WROCŁAW | POL | M-30 | 59 | M 196 | 01:28:54 | 02:53:35 | 04:07:34 | 06:35:19.40 | 12:45 | 4.7 |
| 244 | SOWIŃSKA ANETTA | 269 | | GORZÓW WIELKOPOLSKI | POL | K-40 | 28 | K 48 | 01:35:55 | 03:04:47 | 04:17:32 | 06:36:33.55 | 12:47 | 4.7 |
| 245 | CISICKA DARIA | 28 | | NAMYSŁÓW | POL | K-30 | 11 | K 49 | 01:34:32 | 03:07:32 | 04:19:57 | 06:41:43.65 | 12:57 | 4.6 |
| 246 | KAWAŁKO RYSZARD | 115 | WOLNY RYŚ 8* | LEGNICA | POL | M-50 | 26 | M 197 | 01:24:34 | 02:56:07 | 04:12:20 | 06:44:01.00 | 13:01 | 4.6 |
| 247 | DONAJ ADAM | 42 | | KOŚCIAN | POL | M-40 | 96 | M 198 | 01:53:15 | 03:24:24 | 04:49:19 | 07:03:36.50 | 13:39 | 4.4 |
| 248 | PAŁASZYŃSKA BEATA | 216 | MUD FOXES | BYDGOSZCZ | POL | K-30 | 12 | K 50 | 01:41:02 | 03:18:00 | 04:41:43 | 07:07:21.70 | 13:47 | 4.4 |
| 249 | KOCZOROWSKA ANNA | 122 | TEAM ZABIEGANEDNI | RADIÓWEK | POL | K-40 | 29 | K 51 | | | 04:02:26 | | 12:18 | 4.9 |
| 250 | URBAŃSKA PAULINA | 298 | TRAINING LAB | WARSZAWA | POL | K-30 | 13 | K 52 | 01:18:40 | | | | 11:14 | 5.3 |
| | KOCIOŁEK ZBIGNIEW | 121 | | WOŁÓW | POL | M-40 | | | 01:18:14 DNF | 02:42:10 DNF | 04:00:59 DNF | DNF | - | - |