

# BIEG TROJAK TRAIL - 10 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2020-07-19  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 10 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Punkt pomiarowy: 3,7 km

| Msc | Zawodnik                        | Numer       | Klub                                 | Kategoria         | C1<br>3.7km |
|-----|---------------------------------|-------------|--------------------------------------|-------------------|-------------|
| 1   | <b>PRZEDWOJEWSKI Bartłomiej</b> | <b>8307</b> | TEAM SALOMON                         | Senior I M - 20   | 00:18:34    |
| 2   | <b>BEDNAREK Adrian</b>          | <b>8367</b> |                                      | Senior II M - 30  | 00:20:06    |
| 3   | <b>KLIMCZAK Mikołaj</b>         | <b>8283</b> | PRZEDWOJEWSKI MOUNTAIN TEAM          | Senior I M - 20   | 00:20:29    |
| 4   | <b>TARASEK Wojciech</b>         | <b>8095</b> | #ANDRZEJDLUGOSZTEAM / ELEMENO.PL     | Senior I M - 20   | 00:20:37    |
| 5   | <b>WYTWER Błażej</b>            | <b>8384</b> | PĘDZIKIEM DO METY                    | Senior II M - 30  | 00:21:49    |
| 6   | <b>JAROSZ Dariusz</b>           | <b>8348</b> | U.K.S. PIAST BOLKÓW                  | Senior I M - 20   | 00:22:34    |
| 7   | <b>GAJEWSKI Marek</b>           | <b>8254</b> | ADIDAS RUNNERS WARSAW                | Senior II M - 30  | 00:22:53    |
| 8   | <b>TABER Konrad</b>             | <b>8359</b> | ACTIVE PROSPERIA/ STO-NOGI MILANÓWEK | Senior I M - 20   | 00:23:10    |
| 9   | <b>WOLEK Szymon</b>             | <b>8374</b> |                                      | Senior II M - 30  | 00:23:24    |
| 10  | <b>GROMALA Krzysztof</b>        | <b>8260</b> | #AKADEMIABIEGANIA.PL                 | Senior II M - 30  | 00:23:32    |
| 11  | <b>WRZESZCZ Mariusz</b>         | <b>8176</b> | TMTEAM/TEAMDKMS                      | Senior I M - 20   | 00:23:34    |
| 12  | <b>TOMASIAK Dominik</b>         | <b>8155</b> | DIE KUNST DER FUGE                   | Masters M - 40    | 00:23:51    |
| 13  | <b>KITA Michał</b>              | <b>8066</b> | PĘDZĄCY W MIEJSCU                    | Masters M - 40    | 00:23:52    |
| 14  | <b>PIHIL Piotr</b>              | <b>8282</b> | ENDORFINA WSCHOWA                    | Masters M - 40    | 00:24:02    |
| 15  | <b>PIENIAŻEK Patryk</b>         | <b>8262</b> | KGHM ZG RUN                          | Senior I M - 20   | 00:24:30    |
| 16  | <b>WĄSOWICZ Artur</b>           | <b>8117</b> |                                      | Senior I M - 20   | 00:24:32    |
| 17  | <b>MAZUR Mateusz</b>            | <b>8317</b> | MULKS JUVENIA GŁUCHOŁAZY             | Senior I M - 20   | 00:24:36    |
| 18  | <b>BOCZEK Leszek</b>            | <b>8350</b> | ZĄLOGA GÓRSKA                        | Senior II M - 30  | 00:24:42    |
| 19  | <b>RZEŹNIK Dacjan</b>           | <b>8140</b> | BOHAR PALETY RUNNERS                 | Senior II M - 30  | 00:24:42    |
| 20  | <b>KACZMARCZYK Przemysław</b>   | <b>8008</b> | 140MINUT.PL                          | Senior I M - 20   | 00:24:51    |
| 21  | <b>PERKA Michał</b>             | <b>8412</b> |                                      | Senior I M - 20   | 00:25:16    |
| 22  | <b>PIEKARSKI Jakub</b>          | <b>8160</b> |                                      | Senior I M - 20   | 00:25:19    |
| 23  | <b>WITULSKI Waldemar</b>        | <b>8397</b> | TEAM PODGÓRZYN                       | Weteran II M - 60 | 00:25:21    |
| 24  | <b>GŁOWACKI Artur</b>           | <b>8256</b> | KGHM ZG RUN                          | Masters M - 40    | 00:25:22    |
| 25  | <b>MĘDYGRAŁ Krystian</b>        | <b>8178</b> | WATAHA                               | Senior I M - 20   | 00:25:22    |
| 26  | <b>ŁABYS Mateusz</b>            | <b>8285</b> | NOA                                  | Senior I M - 20   | 00:25:25    |
| 27  | <b>SZTURO Jan</b>               | <b>8316</b> |                                      | Weteran I M - 50  | 00:25:41    |
| 28  | <b>CHLEBOWICZ Marcin</b>        | <b>8329</b> | DOBRY-TRENER.PL                      | Senior II M - 30  | 00:25:48    |
| 29  | <b>ROZDZYNSKA Patrycja</b>      | <b>8245</b> | ADRIANBEDNAREK.PL                    | Senior I K - 20   | 00:26:01    |
| 30  | <b>GRUBIAK Bartosz</b>          | <b>8311</b> | JUVENIA GŁUCHOŁAZY                   | Senior I M - 20   | 00:26:09    |

| Msc | Zawodnik                          | Numer       | Klub                                  | Kategoria        | C1<br>3.7km |
|-----|-----------------------------------|-------------|---------------------------------------|------------------|-------------|
| 31  | <b>ŚLIWIŃSKI Kamil</b>            | <b>8092</b> |                                       | Senior I M - 20  | 00:26:16    |
| 32  | <b>KRUPA Norbert</b>              | <b>8250</b> | TEAM KURORT- ŁĄDEK ZDRÓJ              | Masters M - 40   | 00:26:16    |
| 33  | <b>PIŁAT Maciej</b>               | <b>8313</b> | ORŁY WROCŁAW                          | Senior I M - 20  | 00:26:17    |
| 34  | <b>GAWLIK Sławek</b>              | <b>8022</b> | DYNAFIT TEAM POLAND                   | Senior II M - 30 | 00:26:26    |
| 35  | <b>KLATKA Michał</b>              | <b>8353</b> | BIEGAM BO LUBIĘ - TOMASZÓW MAZOWIECKI | Masters M - 40   | 00:26:31    |
| 36  | <b>KUJAWA Zbigniew</b>            | <b>8399</b> | ZĄLOGA GÓRSKA                         | Senior II M - 30 | 00:26:40    |
| 37  | <b>PRYSTASZ Krzysztof</b>         | <b>8393</b> |                                       | Masters M - 40   | 00:26:42    |
| 38  | <b>JAGNIĄTKOWSKI Jacek</b>        | <b>8231</b> | KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA   | Masters M - 40   | 00:26:42    |
| 39  | <b>BUDZIEWSKA Katarzyna</b>       | <b>8104</b> |                                       | Senior II K - 30 | 00:26:45    |
| 40  | <b>KOMISARCZYK Krzysztof</b>      | <b>8368</b> |                                       | Senior I M - 20  | 00:27:07    |
| 41  | <b>HOJA Joanna</b>                | <b>8186</b> | ALPIN SPORT HOKA ONE ONE TEAM         | Senior II K - 30 | 00:27:18    |
| 42  | <b>LUBAŃSKI Mateusz</b>           | <b>8251</b> |                                       | Senior I M - 20  | 00:27:20    |
| 43  | <b>KURASIK Tomasz</b>             | <b>8219</b> |                                       | Masters M - 40   | 00:27:25    |
| 44  | <b>KUSAL Tomasz</b>               | <b>8001</b> |                                       | Senior I M - 20  | 00:27:25    |
| 45  | <b>MIELCAREK Bartłomiej</b>       | <b>8161</b> | MATNERRUNNINGTEAM                     | Masters M - 40   | 00:27:27    |
| 46  | <b>CHROMIEC Filip</b>             | <b>8403</b> |                                       | Senior I M - 20  | 00:27:29    |
| 47  | <b>STANIA Paweł</b>               | <b>8212</b> |                                       | Senior II M - 30 | 00:27:33    |
| 48  | <b>NIEZGÓDKA Tomasz</b>           | <b>8404</b> | ZĄLOGA GÓRSKA                         | Weteran I M - 50 | 00:27:44    |
| 49  | <b>KUBIK Maciej</b>               | <b>8183</b> |                                       | Senior I M - 20  | 00:27:45    |
| 50  | <b>SYNOWIEC Dawid</b>             | <b>8369</b> |                                       | Senior I M - 20  | 00:27:51    |
| 51  | <b>PAPIÓR Jolanta</b>             | <b>8389</b> | WATAHA / MKS-PARASOL WROCŁAW          | Senior I K - 20  | 00:28:14    |
| 52  | <b>BEDNARZ Marcin</b>             | <b>8214</b> | KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA   | Senior II M - 30 | 00:28:16    |
| 53  | <b>SZARSKI Jacek</b>              | <b>8370</b> |                                       | Senior I M - 20  | 00:28:35    |
| 54  | <b>KORCZYŃSKA Agata</b>           | <b>8292</b> |                                       | Senior II K - 30 | 00:28:47    |
| 55  | <b>PAWŁOWSKI Mirosław</b>         | <b>8361</b> |                                       | Senior I M - 20  | 00:28:48    |
| 56  | <b>CZŁONKOWSKI Grzegorz</b>       | <b>8247</b> | DZIKI Z MORASKA                       | Masters M - 40   | 00:29:06    |
| 57  | <b>GAJDECKI Tomek</b>             | <b>8084</b> | ACCENTURE                             | Masters M - 40   | 00:29:14    |
| 58  | <b>URBAŃSKI Michał</b>            | <b>8182</b> | FLUNKYBALL TEAM ŁĄDEK-ZDRÓJ           | Senior II M - 30 | 00:29:14    |
| 59  | <b>OLEJNIK Piotr</b>              | <b>8165</b> |                                       | Senior I M - 20  | 00:29:18    |
| 60  | <b>FOGIEL-PAWŁOWSKA Agnieszka</b> | <b>8291</b> |                                       | Masters K - 40   | 00:29:23    |
| 61  | <b>POPRAWSKI Mateusz</b>          | <b>8012</b> | KILIŃSKIEGO TEAM                      | Senior II M - 30 | 00:29:32    |
| 62  | <b>ROZNIERSKA Dagmara</b>         | <b>8225</b> | KB SOBÓTKA                            | Senior II K - 30 | 00:29:37    |
| 63  | <b>STEC Bogumił</b>               | <b>8263</b> | BIKE TEAM CENTROWENT                  | Masters M - 40   | 00:29:39    |
| 64  | <b>GŁĄB Daria</b>                 | <b>8416</b> |                                       | Senior I K - 20  | 00:29:43    |
| 65  | <b>WALCZAK Adrian</b>             | <b>8061</b> |                                       | Senior I M - 20  | 00:29:47    |
| 66  | <b>PERENC Michał</b>              | <b>8180</b> | CARPATHIAN RUNNERS                    | Senior I M - 20  | 00:29:48    |
| 67  | <b>TATKA Marcin</b>               | <b>8340</b> | ABY DO METY                           | Masters M - 40   | 00:29:49    |
| 68  | <b>PĘCZAR Aneta</b>               | <b>8398</b> | FITNESSROAD TEAM                      | Senior I K - 20  | 00:29:59    |
| 69  | <b>ZYWER Urszula</b>              | <b>8003</b> | WATAHA                                | Senior I K - 20  | 00:30:00    |
| 70  | <b>URBAN Alicja</b>               | <b>8150</b> |                                       | Senior I K - 20  | 00:30:08    |
| 71  | <b>RATAJCZAK Tomasz</b>           | <b>8168</b> | PALETEAM                              | Masters M - 40   | 00:30:14    |
| 72  | <b>JAROSŁAWSKI Marcin</b>         | <b>8021</b> | KB-HARCOWNIK                          | Senior II M - 30 | 00:30:16    |
| 73  | <b>BOGACKI Maciej</b>             | <b>8327</b> | ORŁY WROCŁAW                          | Senior II M - 30 | 00:30:17    |
| 74  | <b>WUJDA Mirosław</b>             | <b>8062</b> | ERNI RULEZ                            | Masters M - 40   | 00:30:24    |
| 75  | <b>KOSMALA Szymon</b>             | <b>8164</b> |                                       | Senior II M - 30 | 00:30:24    |

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|-----|-------------------------------|-------------|-------------------------------------|-------------------|-------------|
| 76  | <b>ALTEWĘGIER Jarosław</b>    | <b>8278</b> |                                     | Masters M - 40    | 00:30:30    |
| 77  | <b>ZATKE Dorota</b>           | <b>8226</b> | AKADEMIA BIEGACZA SALOS WODNAP      | Masters K - 40    | 00:30:42    |
| 78  | <b>PLEŚNIARSKI Zbigniew</b>   | <b>8396</b> | KLUB SPORTOWY GRAŃ W KARPACZU       | Weteran II M - 60 | 00:30:44    |
| 79  | <b>ROGÓŻ Rafał</b>            | <b>8121</b> |                                     | Masters M - 40    | 00:30:49    |
| 80  | <b>JASIŃSKI Paweł</b>         | <b>8346</b> | APTENEO RUNNING TEAM                | Masters M - 40    | 00:30:51    |
| 81  | <b>TABER Jerzy</b>            | <b>8358</b> | ACTIVE PROSPERIA/STO-NOGI MILANÓWEK | Weteran I M - 50  | 00:30:52    |
| 82  | <b>ZIMON Norbert</b>          | <b>8011</b> | WATAHA                              | Senior II M - 30  | 00:30:54    |
| 83  | <b>LIPA Patryk</b>            | <b>8281</b> |                                     | Senior II M - 30  | 00:30:58    |
| 84  | <b>DUDEK Mariusz</b>          | <b>8332</b> |                                     | Masters M - 40    | 00:31:04    |
| 85  | <b>BARTKOWIAK Hubert</b>      | <b>8101</b> | KB SUKCES ŻMIGRÓD                   | Weteran I M - 50  | 00:31:23    |
| 86  | <b>KLIMEK Marek</b>           | <b>8139</b> |                                     | Senior II M - 30  | 00:31:23    |
| 87  | <b>TYSZER Łukasz</b>          | <b>8202</b> |                                     | Senior II M - 30  | 00:31:26    |
| 88  | <b>WARAKSA Tomasz</b>         | <b>8162</b> | VEGE RUNNERS                        | Senior II M - 30  | 00:31:35    |
| 89  | <b>JAMROSZCZYK Przemysław</b> | <b>8172</b> | TEAM PLESZEW                        | Senior II M - 30  | 00:31:41    |
| 90  | <b>FRYBES Agnieszka</b>       | <b>8379</b> | FUNDACJA KIERUNEK ULTRA             | Senior II K - 30  | 00:31:47    |
| 91  | <b>NOWICKI Bartosz</b>        | <b>8173</b> |                                     | Senior II M - 30  | 00:31:51    |
| 92  | <b>KURENDA Radek</b>          | <b>8304</b> | KLUB BIEGACZA RTVEUROAGD,KW OPOLE   | Senior II M - 30  | 00:31:53    |
| 93  | <b>BOHAREWICZ Paweł</b>       | <b>8277</b> | BOHAR PALETY RUNNERS                | Masters M - 40    | 00:31:55    |
| 94  | <b>WALA Patryk</b>            | <b>8417</b> | ZĄŁOGA GÓRSKA/ BIEG OPOLSKI         | Senior I M - 20   | 00:31:55    |
| 95  | <b>ULIKOWSKA Martyna</b>      | <b>8352</b> | ZĄŁOGA GÓRSKA                       | Senior I K - 20   | 00:32:01    |
| 96  | <b>GRZYBOWSKA Aneta</b>       | <b>8357</b> | ZGRUPKA TEAM                        | Masters K - 40    | 00:32:05    |
| 97  | <b>KOSTYK Grzegorz</b>        | <b>8331</b> |                                     | Masters M - 40    | 00:32:06    |
| 98  | <b>WZOREK Ewa</b>             | <b>8410</b> |                                     | Senior I K - 20   | 00:32:07    |
| 99  | <b>WÓJCIK Kamila</b>          | <b>8364</b> | NIEDŹWIEDZIE POLARNE                | Masters K - 40    | 00:32:09    |
| 100 | <b>HACZYK Natalia</b>         | <b>8378</b> | GOGGLE PAE TEAM                     | Masters K - 40    | 00:32:10    |
| 101 | <b>BESZTOCHA Jadwiga</b>      | <b>8056</b> | ZEN RUNNING TEAM                    | Senior II K - 30  | 00:32:17    |
| 102 | <b>BOSEK Leszek</b>           | <b>8067</b> |                                     | Weteran I M - 50  | 00:32:25    |
| 103 | <b>LECZKOWSKA Mirella</b>     | <b>8065</b> |                                     | Weteran K - 50    | 00:32:28    |
| 104 | <b>KUBAŚ Dawid</b>            | <b>8204</b> | NADLEŚNICTWO ZDROJE                 | Senior II M - 30  | 00:32:31    |
| 105 | <b>GOŚCIŃSKI Sławomir</b>     | <b>8320</b> | ICE4B.PL                            | Senior II M - 30  | 00:32:31    |
| 106 | <b>KUZIEL Marcin</b>          | <b>8085</b> | BLACK RUNNING STRONIE ŚLĄSKIE       | Senior II M - 30  | 00:32:33    |
| 107 | <b>MIKLER Marcin</b>          | <b>8127</b> |                                     | Masters M - 40    | 00:32:39    |
| 108 | <b>KADŁUBOWSKI Piotr</b>      | <b>8335</b> | SRC TEAM, KOTWICA BRZEG             | Masters M - 40    | 00:32:41    |
| 109 | <b>KAWALEC Krystian</b>       | <b>8148</b> |                                     | Masters M - 40    | 00:32:43    |
| 110 | <b>SEMENIUK Marzena</b>       | <b>8336</b> | KOTWICA BRZEG                       | Senior II K - 30  | 00:32:52    |
| 111 | <b>TUST Kamil</b>             | <b>8299</b> |                                     | Masters M - 40    | 00:32:53    |
| 112 | <b>PILARSKI Ryszard</b>       | <b>8312</b> | IZERY BOGATYNIA                     | Weteran II M - 60 | 00:32:53    |
| 113 | <b>PAŁAC Piotr</b>            | <b>8068</b> | WIECZORNE BIEGANIE W SZCZECINIE     | Weteran I M - 50  | 00:32:53    |
| 114 | <b>MAZIAREK Michał</b>        | <b>8057</b> |                                     | Senior II M - 30  | 00:32:56    |
| 115 | <b>WENTYKIER Beata</b>        | <b>8024</b> |                                     | Masters K - 40    | 00:33:00    |
| 116 | <b>RAJZER Piotr</b>           | <b>8156</b> |                                     | Senior II M - 30  | 00:33:01    |
| 117 | <b>MRÓZ Marta</b>             | <b>8174</b> |                                     | Senior I K - 20   | 00:33:01    |
| 118 | <b>PŁOTKA Mateusz</b>         | <b>8194</b> |                                     | Senior I M - 20   | 00:33:02    |
| 119 | <b>DZIADOWICZ Anna</b>        | <b>8383</b> | ADRIAN DANILEWICZ GROUP             | Masters K - 40    | 00:33:02    |
| 120 | <b>BRUSIŁOWICZ Dagmara</b>    | <b>8069</b> | WIECZORNE BIEGANIE W SZCZECINIE     | Masters K - 40    | 00:33:04    |

| Msc | Zawodnik                          | Numer       | Klub                         | Kategoria         | C1<br>3.7km |
|-----|-----------------------------------|-------------|------------------------------|-------------------|-------------|
| 121 | <b>BUDZIAK Michał</b>             | <b>8171</b> |                              | Senior II M - 30  | 00:33:18    |
| 122 | <b>GARNIEWICZ Weronika</b>        | <b>8239</b> |                              | Senior I K - 20   | 00:33:18    |
| 123 | <b>PLINIEWICZ Krzysztof</b>       | <b>8143</b> | STROŃSKA GRUPA ROWEROWA      | Senior II M - 30  | 00:33:25    |
| 124 | <b>TOMASZKIEWICZ Wojciech</b>     | <b>8298</b> | RUN FOREST                   | Senior II M - 30  | 00:33:25    |
| 125 | <b>CIEŚLIŃSKA Katarzyna</b>       | <b>8146</b> |                              | Senior II K - 30  | 00:33:32    |
| 126 | <b>KOSZYKOWSKI Daniel</b>         | <b>8270</b> | PIECHOTA PO SCHODACH         | Senior I M - 20   | 00:33:32    |
| 127 | <b>ZIÓŁKOWSKI Piotr</b>           | <b>8134</b> |                              | Masters M - 40    | 00:33:41    |
| 128 | <b>PALKA Natalia</b>              | <b>8385</b> | ZABRZAŃSKIE PARKOWE BIEGANIE | Senior I K - 20   | 00:33:47    |
| 129 | <b>WESOŁY Maciej</b>              | <b>8196</b> | KOLO BIEGA                   | Senior II M - 30  | 00:33:49    |
| 130 | <b>MRÓZ Urszula</b>               | <b>8151</b> | NIEDZWIEDZIE POLARNE         | Weteran K - 50    | 00:33:52    |
| 131 | <b>BIŃCZARSKA Monika</b>          | <b>8015</b> |                              | Senior II K - 30  | 00:33:59    |
| 132 | <b>KOLBUS Tomek</b>               | <b>8235</b> | BIKE TEAM CENTROWENT         | Masters M - 40    | 00:33:59    |
| 133 | <b>TOMASZEWSKA Paulina</b>        | <b>8420</b> | STOWARZYSZENIE BIEG OPOLSKI  | Senior I K - 20   | 00:34:00    |
| 134 | <b>KUBÓW Jarek</b>                | <b>8301</b> |                              | Senior II M - 30  | 00:34:00    |
| 135 | <b>AMANOWICZ Lukasz</b>           | <b>8395</b> |                              | Senior II M - 30  | 00:34:02    |
| 136 | <b>ABULEWICZ Wojciech</b>         | <b>8044</b> | TRENING STUDIO 17            | Weteran I M - 50  | 00:34:02    |
| 137 | <b>HAUSER-GIERS Monika</b>        | <b>8041</b> | KOŚCIAN TEAM                 | Masters K - 40    | 00:34:02    |
| 138 | <b>CIEŚLAK Magdalena</b>          | <b>8302</b> | CIEŚLAK TEAM                 | Senior II K - 30  | 00:34:03    |
| 139 | <b>DOLECKA Elżbieta</b>           | <b>8377</b> | NKB CHYŻY NOWY TOMYŚL        | Masters K - 40    | 00:34:09    |
| 140 | <b>KLIN Robert</b>                | <b>8242</b> | WATAHA                       | Masters M - 40    | 00:34:09    |
| 141 | <b>BŁAŻKÓW Gosia</b>              | <b>8388</b> |                              | Senior II K - 30  | 00:34:11    |
| 142 | <b>PIATEK Magdalena</b>           | <b>8237</b> | PROGRES                      | Senior II K - 30  | 00:34:11    |
| 143 | <b>GRĘDA Elżbieta</b>             | <b>8100</b> | TIM JEST TIM                 | Masters K - 40    | 00:34:19    |
| 144 | <b>BAGIŃSKI Marek</b>             | <b>8347</b> | APTENEO RUNING TEAM          | Weteran I M - 50  | 00:34:21    |
| 145 | <b>SAMOLAK Maciek</b>             | <b>8362</b> |                              | Masters M - 40    | 00:34:27    |
| 146 | <b>MICHALAK Adrian</b>            | <b>8094</b> |                              | Senior II M - 30  | 00:34:27    |
| 147 | <b>WACHOWSKA Katarzyna</b>        | <b>8091</b> | SMOK TRÓJGŁOWY               | Senior II K - 30  | 00:34:28    |
| 148 | <b>UPTAS Tomasz</b>               | <b>8258</b> |                              | Masters M - 40    | 00:34:32    |
| 149 | <b>MAŁKOWSKI Piotr</b>            | <b>8159</b> |                              | Weteran II M - 60 | 00:34:36    |
| 150 | <b>JARUS Andrzej</b>              | <b>8411</b> | WKURW_TEAM                   | Masters M - 40    | 00:34:42    |
| 151 | <b>KORYTNY Tomasz</b>             | <b>8355</b> | FRIENDS GOSTYŃ               | Masters M - 40    | 00:34:42    |
| 152 | <b>BACKER Marcin</b>              | <b>8027</b> | TOPOLICE TEAM                | Masters M - 40    | 00:34:45    |
| 153 | <b>MAŁECKI Kamil</b>              | <b>8274</b> |                              | Senior II M - 30  | 00:34:46    |
| 154 | <b>PĘKAŁA Dawid</b>               | <b>8318</b> | ŻARY RUNNERS TEAM            | Masters M - 40    | 00:34:47    |
| 155 | <b>MODZELEWSKA Anna</b>           | <b>8181</b> |                              | Senior I K - 20   | 00:34:57    |
| 156 | <b>TEKIELI Ewelina</b>            | <b>8018</b> | TEKIELI FAMILY               | Masters K - 40    | 00:35:00    |
| 157 | <b>OCHEJ Joanna</b>               | <b>8376</b> | APTENEO RUNNING TEAM         | Senior II K - 30  | 00:35:03    |
| 158 | <b>GŁUCHOWSKA Ewelina</b>         | <b>8293</b> |                              | Senior II K - 30  | 00:35:03    |
| 159 | <b>GŁÓWKA Barbara</b>             | <b>8284</b> |                              | Senior II K - 30  | 00:35:04    |
| 160 | <b>JASKÓŁKA Rafał</b>             | <b>8029</b> |                              | Senior II M - 30  | 00:35:09    |
| 161 | <b>MAZIAREK Adela</b>             | <b>8009</b> |                              | Senior II K - 30  | 00:35:11    |
| 162 | <b>ROGOWSKI Robert</b>            | <b>8419</b> |                              | Masters M - 40    | 00:35:15    |
| 163 | <b>SKAWINA POŁEĆ Anna</b>         | <b>8286</b> |                              | Senior II K - 30  | 00:35:15    |
| 164 | <b>TADROWSKI Tomasz</b>           | <b>8096</b> |                              | Masters M - 40    | 00:35:16    |
| 165 | <b>TURAJ-KACZYŃSKA Małgorzata</b> | <b>8113</b> | GUSTAW TEŻ BIEGA             | Masters K - 40    | 00:35:16    |

| Msc | Zawodnik                      | Numer       | Klub                              | Kategoria          | C1<br>3.7km |
|-----|-------------------------------|-------------|-----------------------------------|--------------------|-------------|
| 166 | <b>GACH Marcin</b>            | <b>8315</b> | TEAM TI-RIN-TIN                   | Senior I M - 20    | 00:35:18    |
| 167 | <b>SKAWINA Krystyna</b>       | <b>8026</b> | TOPOLICE TEAM                     | Senior II K - 30   | 00:35:18    |
| 168 | <b>KAWCZYŃSKA Monika</b>      | <b>8279</b> | GUSTAW TEŻ BIEGA                  | Masters K - 40     | 00:35:20    |
| 169 | <b>TRZEŚNIEWSKI Krzysztof</b> | <b>8280</b> | VEGE RUNNERS                      | Senior II M - 30   | 00:35:22    |
| 170 | <b>JASKÓŁKA Hubert</b>        | <b>8078</b> | AMATOR                            | Weteran II M - 60  | 00:35:25    |
| 171 | <b>SŁOMKA Mariusz</b>         | <b>8303</b> |                                   | Senior II M - 30   | 00:35:28    |
| 172 | <b>MARTYNIAK Rafał</b>        | <b>8232</b> |                                   | Senior II M - 30   | 00:35:33    |
| 173 | <b>MIKOŁAJCZAK Rafał</b>      | <b>8343</b> | FRIENDS GOSTYŃ                    | Masters M - 40     | 00:35:46    |
| 174 | <b>HOTAŁA Marta</b>           | <b>8238</b> |                                   | Senior II K - 30   | 00:35:47    |
| 175 | <b>GUTOWSKI Piotr</b>         | <b>8294</b> |                                   | Senior II M - 30   | 00:35:49    |
| 176 | <b>PODJUK Patryk</b>          | <b>8191</b> | FRIENDS GOSTYŃ                    | Senior I M - 20    | 00:35:49    |
| 177 | <b>MIKOŁAJCZAK Agnieszka</b>  | <b>8344</b> | FRIENDS GOSTYŃ                    | Masters K - 40     | 00:35:54    |
| 178 | <b>BURY Roman</b>             | <b>8152</b> |                                   | Masters M - 40     | 00:35:58    |
| 179 | <b>CHYLIŃSKI Bartosz</b>      | <b>8227</b> |                                   | Senior II M - 30   | 00:35:59    |
| 180 | <b>RĄCZKOWIAK Mateusz</b>     | <b>8216</b> | MATNERRUNNINGTEAM                 | Senior II M - 30   | 00:36:04    |
| 181 | <b>LEWANDOWSKI Tadeusz</b>    | <b>8213</b> | 1949 WKB PIAST WROCŁAW            | Weteran III M - 70 | 00:36:06    |
| 182 | <b>GULCZYŃSKI Dawid</b>       | <b>8400</b> |                                   | Senior II M - 30   | 00:36:08    |
| 183 | <b>GREDA Mariusz</b>          | <b>8099</b> |                                   | Masters M - 40     | 00:36:08    |
| 184 | <b>LUBAŃSKA Alicja</b>        | <b>8033</b> |                                   | Weteran K - 50     | 00:36:09    |
| 185 | <b>MICHAŁEK Jarosław</b>      | <b>8363</b> | ONE WAY TICKET                    | Weteran I M - 50   | 00:36:15    |
| 186 | <b>PIGUŁA Agnieszka</b>       | <b>8356</b> |                                   | Masters K - 40     | 00:36:17    |
| 187 | <b>MAJ Marek</b>              | <b>8153</b> | ŚLĘZAK TEAM                       | Masters M - 40     | 00:36:26    |
| 188 | <b>ADAMSKA Sylwia</b>         | <b>8275</b> |                                   | Senior II K - 30   | 00:36:29    |
| 189 | <b>TEKIELA Łukasz</b>         | <b>8046</b> |                                   | Senior II M - 30   | 00:36:33    |
| 190 | <b>SZALA Janusz</b>           | <b>8211</b> |                                   | Weteran II M - 60  | 00:36:35    |
| 191 | <b>HORODYNSKA Mirosława</b>   | <b>8339</b> | KOTWICA BRZEG                     | Masters K - 40     | 00:36:38    |
| 192 | <b>PAINTA Ewa</b>             | <b>8402</b> |                                   | Senior II K - 30   | 00:36:39    |
| 193 | <b>CIESIELCZYK Marek</b>      | <b>8070</b> | TKKF MPK POZNAŃ                   | Weteran I M - 50   | 00:36:40    |
| 194 | <b>RAPACZ-TOPIŁKO Anna</b>    | <b>8360</b> |                                   | Masters K - 40     | 00:36:41    |
| 195 | <b>DERBICH Mariusz</b>        | <b>8391</b> | KOWALEW                           | Masters M - 40     | 00:36:42    |
| 196 | <b>STASIAK Łukasz</b>         | <b>8221</b> | WATAHA - ŁĄCZY NAS BIEGANIE       | Senior II M - 30   | 00:36:45    |
| 197 | <b>PLOK Krzysztof</b>         | <b>8257</b> | TEAMPLOK                          | Weteran I M - 50   | 00:36:53    |
| 198 | <b>BISKUPSKI Jakub</b>        | <b>8373</b> |                                   | Masters M - 40     | 00:37:04    |
| 199 | <b>MERAK Krzysztof</b>        | <b>8240</b> | TEAM KURORT ŁĄDEK-ZDRÓJ           | Masters M - 40     | 00:37:10    |
| 200 | <b>JOŃCZYK Paula</b>          | <b>8106</b> |                                   | Senior I K - 20    | 00:37:17    |
| 201 | <b>SŁODKIEWICZ Dagmara</b>    | <b>8223</b> |                                   | Senior II K - 30   | 00:37:21    |
| 202 | <b>BUTRYM Iga</b>             | <b>8409</b> |                                   | Senior I K - 20    | 00:37:21    |
| 203 | <b>MARON Agnieszka</b>        | <b>8321</b> | ADIDAS RUNNERS WARSAW / JACK TEAM | Masters K - 40     | 00:37:21    |
| 204 | <b>PUCHALSKA Magdalena</b>    | <b>8089</b> |                                   | Senior II K - 30   | 00:37:23    |
| 205 | <b>KUSTRA Klaudia</b>         | <b>8207</b> |                                   | Senior II K - 30   | 00:37:24    |
| 206 | <b>GRĄDZKA Marianna</b>       | <b>8290</b> |                                   | Senior I K - 20    | 00:37:28    |
| 207 | <b>KONCA Aleksander</b>       | <b>8081</b> | 603779236                         | Senior I M - 20    | 00:37:30    |
| 208 | <b>HUTNIK Wojciech</b>        | <b>8375</b> | APTENEO RUNNING TEAM              | Senior II M - 30   | 00:37:39    |
| 209 | <b>BĄCZKOWSKA Grażyna</b>     | <b>8297</b> | POLACY BIEGAJĄ W NL               | Masters K - 40     | 00:37:41    |
| 210 | <b>BRZEZIŃSKI Andrzej</b>     | <b>8013</b> |                                   | Weteran II M - 60  | 00:37:44    |

| Msc | Zawodnik                      | Numer | Klub                                | Kategoria        | C1<br>3.7km |
|-----|-------------------------------|-------|-------------------------------------|------------------|-------------|
| 211 | WENTYKIER Piotr               | 8017  |                                     | Masters M - 40   | 00:37:45    |
| 212 | TUREK Paulina                 | 8128  | PRORUNNING PROMOTION                | Senior II K - 30 | 00:37:46    |
| 213 | KUCZYŃSKA Małgorzata          | 8199  | INSULA ZAWONIA TEAM                 | Masters K - 40   | 00:37:50    |
| 214 | ŁOBASIUK Iwona                | 8382  | FUNDACJA KIERUNEK ULTRA             | Masters K - 40   | 00:37:58    |
| 215 | ŁYGASŁO Paulina               | 8421  |                                     | Senior I K - 20  | 00:37:59    |
| 216 | OLSZEWSKA Natalia             | 8179  |                                     | Senior I K - 20  | 00:38:00    |
| 217 | STAŃCZAK Paweł                | 8269  |                                     | Weteran I M - 50 | 00:38:05    |
| 218 | PFAJFER Marek                 | 8125  | MARATONYPOLSKIE.PL TEAM             | Senior II M - 30 | 00:38:08    |
| 219 | FILAWSKA Agata                | 8050  |                                     | Senior I K - 20  | 00:38:09    |
| 220 | GALEWSKI Mariusz              | 8040  |                                     | Weteran I M - 50 | 00:38:10    |
| 221 | DZIEKOŃSKA Magdalena          | 8049  | KU PRZYGODZIE                       | Senior II K - 30 | 00:38:19    |
| 222 | SZYMAŁA Karolina              | 8351  |                                     | Senior I K - 20  | 00:38:20    |
| 223 | MATUKIN-SZUMLIŃSKA Aleksandra | 8334  |                                     | Senior II K - 30 | 00:38:22    |
| 224 | DOMOSŁAWSKI Paweł             | 8218  |                                     | Weteran I M - 50 | 00:38:28    |
| 225 | KAŁKA Marcin                  | 8394  |                                     | Senior II M - 30 | 00:38:28    |
| 226 | STĘPIEŃ Małgorzata            | 8246  |                                     | Senior II K - 30 | 00:38:33    |
| 227 | WILK Tomasz                   | 8060  |                                     | Senior II M - 30 | 00:38:35    |
| 228 | MARCINIAK Paulina             | 8209  |                                     | Senior II K - 30 | 00:38:40    |
| 229 | CYRWUS Jakub                  | 8326  | RÓŻOWE LANDRYNY                     | Senior I M - 20  | 00:38:40    |
| 230 | RATAJSKA Monika               | 8296  |                                     | Senior I K - 20  | 00:38:42    |
| 231 | TABACZYŃSKA Monika            | 8288  |                                     | Senior I K - 20  | 00:38:55    |
| 232 | MOKRZYŃSKI Marcin             | 8255  | KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA | Senior II M - 30 | 00:38:56    |
| 233 | MĘTLAK Małgorzata             | 8264  |                                     | Senior I K - 20  | 00:39:02    |
| 234 | KRYCH Joanna                  | 8215  |                                     | Masters K - 40   | 00:39:02    |
| 235 | PACIOREK Paweł                | 8131  | PAWKO RUNNER TEAM                   | Masters M - 40   | 00:39:13    |
| 236 | BREARD Emilie                 | 8208  | TOUT CHAILLES COURT                 | Senior II K - 30 | 00:39:15    |
| 237 | ŁUKASIK Natalia               | 8309  |                                     | Senior II K - 30 | 00:39:18    |
| 238 | UCHEREK Kinga                 | 8031  |                                     | Masters K - 40   | 00:39:21    |
| 239 | FOLARON Julia                 | 8300  |                                     | Senior I K - 20  | 00:39:24    |
| 240 | GÓRALSKI Krzysztof            | 8124  |                                     | Senior II M - 30 | 00:39:32    |
| 241 | HELMAN Filip                  | 8169  |                                     | Senior I M - 20  | 00:39:34    |
| 242 | SZKUDLAREK Arkadiusz          | 8289  |                                     | Masters M - 40   | 00:39:36    |
| 243 | GAJDA Mateusz                 | 8039  | SPRÓCHNIALI HERKULESI               | Senior II M - 30 | 00:39:39    |
| 244 | SAMULSKA Agata                | 8324  |                                     | Weteran K - 50   | 00:39:41    |
| 245 | SOBCZAK Aleksander            | 8154  | BIELAWSKA AKADEMIA BIEGANIA         | Senior II M - 30 | 00:39:41    |
| 246 | CELICHOWSKI Stanisław         | 8206  |                                     | Senior II M - 30 | 00:39:41    |
| 247 | KORF Weronika                 | 8058  |                                     | Senior II K - 30 | 00:39:44    |
| 248 | KORF Tomasz                   | 8059  |                                     | Senior II M - 30 | 00:39:44    |
| 249 | KAJDANIAK Paulina             | 8192  |                                     | Masters K - 40   | 00:39:45    |
| 250 | PELCZER Agnieszka             | 8035  | KB HARCOWNIK JELCZ-LASKOWICE        | Masters K - 40   | 00:39:47    |
| 251 | KWIECIEŃ Dorota               | 8115  |                                     | Masters K - 40   | 00:39:53    |
| 252 | GAJEWSKA Magdalena            | 8267  | LAFIRYNDY I GAMONIE                 | Masters K - 40   | 00:39:54    |
| 253 | KUCZYŃSKA Agnieszka           | 8220  | BIAŁYSTOK BIEGA TEAM                | Masters K - 40   | 00:40:00    |
| 254 | PĘCZKOWSKA Magdalena          | 8051  |                                     | Masters K - 40   | 00:40:04    |
| 255 | SZCZOTKA Katarzyna            | 8002  |                                     | Senior I K - 20  | 00:40:12    |

| Msc | Zawodnik                            | Numer       | Klub                        | Kategoria          | C1<br>3.7km |
|-----|-------------------------------------|-------------|-----------------------------|--------------------|-------------|
| 256 | <b>KRÓL</b> Mieczysław              | <b>8422</b> |                             | Masters M - 40     | 00:40:17    |
| 257 | <b>FRAŃSKI</b> Łukasz               | <b>8007</b> | NKB CHYŻY NOWY TOMYŚL       | Masters M - 40     | 00:40:19    |
| 258 | <b>PIASECKA</b> Agata               | <b>8415</b> | ZĄLOGA GÓRSKA               | Senior I K - 20    | 00:40:42    |
| 259 | <b>JEDYNAK</b> Monika               | <b>8252</b> |                             | Senior I K - 20    | 00:40:47    |
| 260 | <b>SOWIŃSKA</b> Magdalena           | <b>8413</b> | BOGOŃ GRODZISK MAZOWIECKI   | Masters K - 40     | 00:40:52    |
| 261 | <b>SZUBA</b> Dagmara                | <b>8380</b> |                             | Masters K - 40     | 00:40:53    |
| 262 | <b>NIESTERUK</b> Paulina            | <b>8249</b> |                             | Senior II K - 30   | 00:41:00    |
| 263 | <b>ROGÓŻ</b> Jan                    | <b>8122</b> |                             | Senior I M - 20    | 00:41:01    |
| 264 | <b>JERMAK</b> Anna                  | <b>8097</b> | BOHAR PALETY RUNNERS        | Masters K - 40     | 00:41:02    |
| 265 | <b>ROGOWSKA</b> Izabela             | <b>8418</b> | STOWARZYSZENIE BIEG OPOLSKI | Masters K - 40     | 00:41:06    |
| 266 | <b>PIOTROWSKA ANCEW</b> Joanna      | <b>8075</b> |                             | Weteran K - 50     | 00:41:08    |
| 267 | <b>ŻUKIEWICZ</b> Krzysztof          | <b>8163</b> | TKKF MPK POZNAŃ             | Masters M - 40     | 00:41:19    |
| 268 | <b>KIERAT</b> Dominika              | <b>8306</b> |                             | Senior II K - 30   | 00:41:24    |
| 269 | <b>IMIŃSKI</b> Cezary               | <b>8077</b> |                             | Weteran I M - 50   | 00:41:27    |
| 270 | <b>KIELASZEWSKI</b> Mirosław        | <b>8188</b> |                             | Weteran II M - 60  | 00:41:32    |
| 271 | <b>STRZELCZYK</b> Ilona             | <b>8047</b> | KĘSY TEAM                   | Weteran K - 50     | 00:41:44    |
| 272 | <b>CYBULA</b> Ewa                   | <b>8138</b> | X-TEAM                      | Senior II K - 30   | 00:41:47    |
| 273 | <b>PLUTA</b> Michalina              | <b>8189</b> |                             | Senior II K - 30   | 00:41:57    |
| 274 | <b>KOŁACZ</b> Mariusz               | <b>8266</b> | LAFIRYNDY I GAMONIE         | Weteran I M - 50   | 00:41:58    |
| 275 | <b>NIECHAJ</b> Anna                 | <b>8036</b> | POMIDOROWA ALTERNATYWA      | Masters K - 40     | 00:41:58    |
| 276 | <b>RASZCZUK</b> Martyna             | <b>8014</b> | POMIDOROWA ALTERNATYWA      | Senior II K - 30   | 00:42:01    |
| 277 | <b>BAJSAROWICZ</b> Zuzanna          | <b>8201</b> |                             | Senior II K - 30   | 00:42:12    |
| 278 | <b>CHOJECKA</b> Magdalena           | <b>8193</b> | ZBUCKI RUCH                 | Masters K - 40     | 00:42:15    |
| 279 | <b>ŁUSIAK</b> Ewa                   | <b>8187</b> | KNEIPPTEAM                  | Masters K - 40     | 00:42:24    |
| 280 | <b>NOWAK</b> Teresa                 | <b>8386</b> |                             | Weteran II K - 60  | 00:42:33    |
| 281 | <b>KIELASZEWSKI</b> Karol           | <b>8272</b> | LESZNO LIMITS RUNNERS       | Senior II M - 30   | 00:42:33    |
| 282 | <b>GAJEWSKA-POLAK</b> Iwona         | <b>8323</b> |                             | Weteran K - 50     | 00:42:34    |
| 283 | <b>KIEPURA</b> Olga                 | <b>8328</b> |                             | Senior I K - 20    | 00:42:35    |
| 284 | <b>ZIELIŃSKA - KASZAM</b> Magdalena | <b>8408</b> |                             | Masters K - 40     | 00:42:40    |
| 285 | <b>KONIECZNA</b> Natalia            | <b>8149</b> | CHOSZCZEŃSKA DZIESIĄTKA     | Senior I K - 20    | 00:42:43    |
| 286 | <b>BUCHALIK</b> Patrycja            | <b>8366</b> |                             | Senior I K - 20    | 00:42:43    |
| 287 | <b>KMONK</b> Magdalena              | <b>8052</b> |                             | Masters K - 40     | 00:42:47    |
| 288 | <b>BALICKI</b> Jacek                | <b>8276</b> | BIEGACZ NOWOSOLNA           | Weteran I M - 50   | 00:42:52    |
| 289 | <b>SZYMAŁA</b> Jan                  | <b>8043</b> | NIEZRZESZONY KO             | Weteran III M - 70 | 00:42:55    |
| 290 | <b>LEŚNIEWSKI</b> Tomek             | <b>8268</b> | LAFIRYNDY I GAMONIE         | Masters M - 40     | 00:42:57    |
| 291 | <b>LEWANDOWSKA</b> Patrycja         | <b>8248</b> | TEAM KURORT ŁĄDEK-ZDRÓJ     | Senior II K - 30   | 00:43:01    |
| 292 | <b>RAJCZAK</b> Monika               | <b>8166</b> |                             | Senior II K - 30   | 00:43:04    |
| 293 | <b>TOMERA</b> Dorota                | <b>8253</b> | TEAM KURORT ŁĄDEK-ZDRÓJ     | Masters K - 40     | 00:43:11    |
| 294 | <b>BUGAJSKA-JUCHA</b> Renata        | <b>8200</b> | CARBO ASECURA/CA AKTYWNI    | Masters K - 40     | 00:43:22    |
| 295 | <b>FIKSA</b> Piotr                  | <b>8185</b> | WOJART TEAM                 | Masters M - 40     | 00:43:28    |
| 296 | <b>JANUR</b> Joanna                 | <b>8325</b> | RÓŻOWE LANDRYNY             | Senior I K - 20    | 00:43:34    |
| 297 | <b>WILGUS-KUBICA</b> Katarzyna      | <b>8210</b> |                             | Masters K - 40     | 00:43:35    |
| 298 | <b>MARIN IRIGARAY</b> Alberto       | <b>8158</b> |                             | Senior II M - 30   | 00:43:36    |
| 299 | <b>KUŻNIAK</b> Justyna              | <b>8142</b> | KB SZAMOTUŁY                | Masters K - 40     | 00:43:38    |
| 300 | <b>CHADZULIS</b> Kostas             | <b>8195</b> |                             | Senior II M - 30   | 00:43:40    |

| Msc | Zawodnik                          | Numer       | Klub                                       | Kategoria         | C1<br>3.7km |
|-----|-----------------------------------|-------------|--|-------------------|-------------|
| 301 | <b>JAKUBOWSKA</b> Judyta          | <b>8038</b> |  | Masters K - 40    | 00:43:42    |
| 302 | <b>GÓRNA</b> Małgorzata           | <b>8103</b> |  | Senior II K - 30  | 00:43:42    |
| 303 | <b>MALISZ</b> Agnieszka           | <b>8322</b> |  | Senior II K - 30  | 00:44:00    |
| 304 | <b>MAJ</b> Magdalena              | <b>8004</b> | GRAŻYŃKI OCR                               | Senior II K - 30  | 00:44:03    |
| 305 | <b>GAGAS</b> Aleksandra           | <b>8372</b> |  | Masters K - 40    | 00:44:10    |
| 306 | <b>DORDZIK</b> Małgorzata         | <b>8337</b> |  | Weteran II K - 60 | 00:44:12    |
| 307 | <b>WINIARSKA</b> Monika           | <b>8042</b> | DXTREEM RUNNING                            | Masters K - 40    | 00:44:20    |
| 308 | <b>WITKOWSKA</b> Maria            | <b>8019</b> | KLUB KRÓLIKA STEFANA                       | Weteran II K - 60 | 00:44:25    |
| 309 | <b>MRÓZ</b> Radosław              | <b>8342</b> |  | Senior II M - 30  | 00:44:25    |
| 310 | <b>KOWALCZYK</b> Dawid            | <b>8108</b> |  | Senior II M - 30  | 00:44:26    |
| 311 | <b>MATEJCZUK</b> Julia            | <b>8401</b> | BIAŁYSTOK BIEGA TEAM                       | Senior I K - 20   | 00:44:30    |
| 312 | <b>LASEK</b> Karina               | <b>8184</b> |  | Senior II K - 30  | 00:44:34    |
| 313 | <b>SZPUREK</b> Anna               | <b>8365</b> | BUKOWSKI KLUB BIEGACZA                     | Senior II K - 30  | 00:44:35    |
| 314 | <b>ENGEL-ABULEWICZ</b> Elżbieta   | <b>8261</b> | TRENING STUDIO 17                          | Weteran K - 50    | 00:44:38    |
| 315 | <b>MADAJ-LEJA</b> Jagoda          | <b>8087</b> | LEJOWIE                                    | Senior I K - 20   | 00:44:45    |
| 316 | <b>JAGUSZEWSKA</b> Agnieszka      | <b>8109</b> |  | Senior II K - 30  | 00:44:46    |
| 317 | <b>KOLBUS</b> Julita              | <b>8236</b> |  | Senior II K - 30  | 00:44:46    |
| 318 | <b>GAJDZIŃSKA</b> Magdalena       | <b>8230</b> | BIAŁYSTOK BIEGA TEAM                       | Masters K - 40    | 00:44:51    |
| 319 | <b>KOŁACZ</b> Wiola               | <b>8265</b> | LAFIRYNDY I GAMONIE                        | Masters K - 40    | 00:45:00    |
| 320 | <b>ADACH</b> Magdalena            | <b>8116</b> | ENDORFINA WSCHOWA                          | Senior I K - 20   | 00:45:34    |
| 321 | <b>TALAREK</b> Robert             | <b>8233</b> | TELERANEK                                  | Masters M - 40    | 00:45:41    |
| 322 | <b>WYSMOLINSKA</b> Karolina       | <b>8319</b> |  | Masters K - 40    | 00:45:48    |
| 323 | <b>STAWSKA-KISIAŁA</b> Natalia    | <b>8083</b> |  | Senior II K - 30  | 00:46:06    |
| 324 | <b>DANYLOVA</b> Alina             | <b>8271</b> |  | Senior II K - 30  | 00:46:10    |
| 325 | <b>SZWARGOT</b> Marta             | <b>8119</b> | TARNOWO PODGÓRNE BIEGA / SPORTOWY KAŻMIERZ | Senior II K - 30  | 00:46:14    |
| 326 | <b>KISIAŁA</b> Filip              | <b>8079</b> | LACHO TEAM                                 | Masters M - 40    | 00:46:16    |
| 327 | <b>OGRODNIK</b> Anna              | <b>8102</b> | ZAKOCHAJ SIE W BIEGANIU                    | Senior II K - 30  | 00:46:21    |
| 328 | <b>NADOBNIK</b> Bartek            | <b>8120</b> | TARNOWO PODGÓRNE BIEGA / SPORTOWY KAŻMIERZ | Senior I M - 20   | 00:46:25    |
| 329 | <b>WIELADEK</b> Lukasz            | <b>8132</b> |  | Senior II M - 30  | 00:46:35    |
| 330 | <b>BŁĄDEK-GRZELCZAK</b> Katarzyna | <b>8198</b> |  | Weteran K - 50    | 00:46:46    |
| 331 | <b>LOJOWSKI</b> Bartosz           | <b>8082</b> |  | Senior II M - 30  | 00:47:00    |
| 332 | <b>RYDZYŃSKI</b> Jacek            | <b>8310</b> | KNEIPPTEAM                                 | Senior II M - 30  | 00:47:13    |
| 333 | <b>ROŻKO</b> Ela                  | <b>8203</b> | 4ROŻKI                                     | Masters K - 40    | 00:47:17    |
| 334 | <b>MACUR</b> Agnieszka            | <b>8088</b> |  | Masters K - 40    | 00:47:19    |
| 335 | <b>KOWALEWSKA</b> Katarzyna       | <b>8023</b> |  | Masters K - 40    | 00:47:21    |
| 336 | <b>BOBIN</b> Anna                 | <b>8055</b> | ZOCHU TEAM                                 | Masters K - 40    | 00:47:23    |
| 337 | <b>JACHIM-SZUBA</b> Magdalena     | <b>8390</b> |  | Masters K - 40    | 00:47:38    |
| 338 | <b>PSZCZOLIŃSKA</b> Alicja        | <b>8086</b> |  | Weteran K - 50    | 00:47:59    |
| 339 | <b>RAKUS</b> Justyna              | <b>8006</b> |  | Masters K - 40    | 00:48:54    |
| 340 | <b>WIELĄDEK</b> Piotr             | <b>8130</b> |  | Senior II M - 30  | 00:48:54    |
| 341 | <b>PIECHOWIAK</b> Oliwia          | <b>8414</b> | ZĄŁOGA GÓRSKA                              | Senior I K - 20   | 00:48:57    |
| 342 | <b>WINIARSKI</b> Andrzej          | <b>8129</b> | DXTREEM RUNNING                            | Masters M - 40    | 00:49:10    |
| 343 | <b>SŁONINA-TAMUL</b> Olga         | <b>8295</b> | ZĄŁOGA GÓRSKA                              | Senior I K - 20   | 00:49:15    |
| 344 | <b>ŻOŁYŃIAK</b> Szymon            | <b>8330</b> |  | Masters M - 40    | 00:49:18    |
| 345 | <b>PRASAL</b> Konrad              | <b>8405</b> |  | Senior I M - 20   | 00:49:28    |



| Msc | Zawodnik                          | Numer       | Klub                         | Kategoria          | C1<br>3.7km |
|-----|-----------------------------------|-------------|------------------------------|--------------------|-------------|
| 346 | <b>PAWŁOWICZ Julia</b>            | <b>8406</b> |                              | Senior I K - 20    | 00:49:37    |
| 347 | <b>JANKOWSKI Rafał</b>            | <b>8345</b> | KOŁO BIEGA                   | Senior II M - 30   | 00:49:45    |
| 348 | <b>WOLEK Dagmara</b>              | <b>8229</b> |                              | Senior II K - 30   | 00:49:53    |
| 349 | <b>DOMBROWSKI Maciej</b>          | <b>8371</b> | ATTIQ TEAM                   | Senior II M - 30   | 00:49:58    |
| 350 | <b>FRĄCKOWIAK Anna</b>            | <b>8034</b> | KB HARCOWNIK JELCZ-LASKOWICE | Weteran K - 50     | 00:50:06    |
| 351 | <b>MRÓZ Izabela</b>               | <b>8338</b> | WOLNE ŚLIMAKI                | Senior II K - 30   | 00:50:16    |
| 352 | <b>GONERA Janina</b>              | <b>8010</b> | KB HARCOWNIK JELCZ-LASKOWICE | Weteran II K - 60  | 00:50:20    |
| 353 | <b>MIELCZAREK Grzegorz</b>        | <b>8305</b> |                              | Weteran I M - 50   | 00:50:26    |
| 354 | <b>MIELCZAREK Halina</b>          | <b>8020</b> |                              | Weteran K - 50     | 00:50:34    |
| 355 | <b>KASPRZAK Tomasz</b>            | <b>8273</b> |                              | Masters M - 40     | 00:50:55    |
| 356 | <b>FRĄTCZAK Ireneusz</b>          | <b>8259</b> | GMINA GRĘBOCICE              | Masters M - 40     | 00:51:03    |
| 357 | <b>POSPIESZNA Anna</b>            | <b>8224</b> |                              | Senior II K - 30   | 00:51:18    |
| 358 | <b>HACZYK Gabriela</b>            | <b>8407</b> |                              | Weteran III K - 70 | 00:51:46    |
| 359 | <b>LASEK Jakub</b>                | <b>8141</b> | KW OPOLE                     | Senior II M - 30   | 00:51:46    |
| 360 | <b>CHMIELEWSKI Marcin</b>         | <b>8387</b> | BIEGAM BEZ SPINY             | Masters M - 40     | 00:51:54    |
| 361 | <b>KRUPIŃSKA Wiola</b>            | <b>8197</b> | TRUCHT TARCHOMIN TEAM        | Senior I K - 20    | 00:52:54    |
| 362 | <b>PODJUK Kinga</b>               | <b>8190</b> | FRIENDS GOSTYŃ               | Masters K - 40     | 00:54:06    |
| 363 | <b>CZUBA Jadwiga</b>              | <b>8314</b> |                              | Senior II K - 30   | 00:54:40    |
| 364 | <b>MRÓZ Anna</b>                  | <b>8341</b> |                              | Senior II K - 30   | 00:54:48    |
| 365 | <b>TUREK Monika</b>               | <b>8381</b> |                              | Senior II K - 30   | 00:54:50    |
| 366 | <b>OLMA Katarzyna</b>             | <b>8228</b> |                              | Masters K - 40     | 00:55:56    |
| 367 | <b>WINIARSKI Robert</b>           | <b>8048</b> |                              | Weteran I M - 50   | 00:58:46    |
| 368 | <b>MICHALSKI Dariusz</b>          | <b>8114</b> | ALFA TEAM GOSTYŃ             | Weteran I M - 50   | 01:10:45    |
| 369 | <b>GADZINOWSKI Ignacy</b>         | <b>8028</b> |                              | Weteran III M - 70 | 01:13:56    |
| 370 | <b>GADZINOWSKA Małgorzata</b>     | <b>8053</b> |                              | Weteran II K - 60  | 01:14:02    |
| 371 | <b>TALAREK JĘDRULAK Katarzyna</b> | <b>8234</b> | TELERANEK                    | Senior II K - 30   | 01:14:06    |
| 372 | <b>NIZIOŁ Marcin</b>              | <b>8037</b> |                              | Masters M - 40     | 01:18:18    |
| 373 | <b>JAWORSKA-NIZIOŁ Magdalena</b>  | <b>8093</b> |                              | Senior II K - 30   | 01:18:33    |
| 374 | <b>SZYMAŃSKI Paweł</b>            | <b>8137</b> | MUAY RUNING TEAM             | Masters M - 40     | 01:19:13    |
| 375 | <b>SZYMAŃSKA Agnieszka</b>        | <b>8074</b> | MUAY RUNNING TEAM            | Masters K - 40     | 01:19:22    |
| 376 | <b>BAHRANOWSKA-KILIAN Maria</b>   | <b>8110</b> | AZS AWF KRAKÓW MASTERS       | Senior I K - 20    |             |

Znaleziono 376 wynik(ów)