

# 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**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Punkt pomiarowy: 5,8 km

Msc	Zawodnik	Numer	Klub	Kategoria	C1 3.7km	C1 5.8km
1	<b>PRZEDWOJEWSKI Bartłomiej</b>	<b>8307</b>	TEAM SALOMON	Senior I M - 20	00:18:34	00:27:54
2	<b>BEDNAREK Adrian</b>	<b>8367</b>		Senior II M - 30	00:20:06	00:30:27
3	<b>TARASEK Wojciech</b>	<b>8095</b>	#ANDRZEJDLUGOSZTEAM / ELEMENO.PL	Senior I M - 20	00:20:37	00:31:13
4	<b>KLIMCZAK Mikołaj</b>	<b>8283</b>	PRZEDWOJEWSKI MOUNTAIN TEAM	Senior I M - 20	00:20:29	00:31:17
5	<b>JAROSZ Dariusz</b>	<b>8348</b>	U.K.S. PIAST BOLKÓW	Senior I M - 20	00:22:34	00:34:22
6	<b>WYTWER Błażej</b>	<b>8384</b>	PĘDZIKIEM DO METY	Senior II M - 30	00:21:49	00:34:23
7	<b>TABER Konrad</b>	<b>8359</b>	ACTIVE PROSPERIA/ STO-NOGI MILANÓWEK	Senior I M - 20	00:23:10	00:34:47
8	<b>GROMALA Krzysztof</b>	<b>8260</b>	#AKADEMIABIEGANIA.PL	Senior II M - 30	00:23:32	00:35:01
9	<b>WOLEK Szymon</b>	<b>8374</b>		Senior II M - 30	00:23:24	00:35:47
10	<b>WRZESZCZ Mariusz</b>	<b>8176</b>	TMTEAM/TEAMDKMS	Senior I M - 20	00:23:34	00:35:51
11	<b>TOMASIAK Dominik</b>	<b>8155</b>	DIE KUNST DER FUGE	Masters M - 40	00:23:51	00:36:02
12	<b>GAJEWSKI Marek</b>	<b>8254</b>	ADIDAS RUNNERS WARSAW	Senior II M - 30	00:22:53	00:36:28
13	<b>KITA Michał</b>	<b>8066</b>	PĘDZĄCY W MIEJSCU	Masters M - 40	00:23:52	00:36:49
14	<b>PIHIL Piotr</b>	<b>8282</b>	ENDORFINA WSCHOWA	Masters M - 40	00:24:02	00:36:51
15	<b>PIENIAŻEK Patryk</b>	<b>8262</b>	KGHM ZG RUN	Senior I M - 20	00:24:30	00:37:05
16	<b>ŁABYS Mateusz</b>	<b>8285</b>	NOA	Senior I M - 20	00:25:25	00:37:47
17	<b>MAZUR Mateusz</b>	<b>8317</b>	MULKS JUVENIA GŁUCHOŁAZY	Senior I M - 20	00:24:36	00:37:52
18	<b>MĘDYGRAŁ Krystian</b>	<b>8178</b>	WATAHA	Senior I M - 20	00:25:22	00:37:56
19	<b>KACZMARCZYK Przemysław</b>	<b>8008</b>	140MINUT.PL	Senior I M - 20	00:24:51	00:38:08
20	<b>BOCZEK Leszek</b>	<b>8350</b>	ZAŁOGA GÓRSKA	Senior II M - 30	00:24:42	00:38:14
21	<b>PIEKARSKI Jakub</b>	<b>8160</b>		Senior I M - 20	00:25:19	00:38:17
22	<b>WITULSKI Waldemar</b>	<b>8397</b>	TEAM PODGÓRZYN	Weteran II M - 60	00:25:21	00:38:45
23	<b>PERKA Michał</b>	<b>8412</b>		Senior I M - 20	00:25:16	00:39:08
24	<b>GŁOWACKI Artur</b>	<b>8256</b>	KGHM ZG RUN	Masters M - 40	00:25:22	00:39:10
25	<b>WAŚOWICZ Artur</b>	<b>8117</b>		Senior I M - 20	00:24:32	00:39:27
26	<b>GAWLIK Sławek</b>	<b>8022</b>	DYNAFIT TEAM POLAND	Senior II M - 30	00:26:26	00:39:43
27	<b>ROZDZYNSKA Patrycja</b>	<b>8245</b>	ADRIANBEDNAREK.PL	Senior I K - 20	00:26:01	00:40:05
28	<b>SZTURO Jan</b>	<b>8316</b>		Weteran I M - 50	00:25:41	00:40:05
29	<b>KRUPA Norbert</b>	<b>8250</b>	TEAM KURORT- ŁĄDEK ZDRÓJ	Masters M - 40	00:26:16	00:40:05
30	<b>PRYSTASZ Krzysztof</b>	<b>8393</b>		Masters M - 40	00:26:42	00:40:06

Msc	Zawodnik	Numer	Klub	Kategoria	C1 3.7km	C1 5.8km
31	<b>CHLEBOWICZ Marcin</b>	<b>8329</b>	DOBRY-TRENER.PL	Senior II M - 30	00:25:48	00:40:18
32	<b>GRUBIAK Bartosz</b>	<b>8311</b>	JUVENIA GŁUCHOŁAZY	Senior I M - 20	00:26:09	00:40:19
33	<b>KLATKA Michał</b>	<b>8353</b>	BIEGAM BO LUBIĘ - TOMASZÓW MAZOWIECKI	Masters M - 40	00:26:31	00:40:19
34	<b>RZEŹNIK Dacjan</b>	<b>8140</b>	BOHAR PALETY RUNNERS	Senior II M - 30	00:24:42	00:40:21
35	<b>JAGNIĄTKOWSKI Jacek</b>	<b>8231</b>	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Masters M - 40	00:26:42	00:40:36
36	<b>PIŁAT Maciej</b>	<b>8313</b>	ORŁY WROCŁAW	Senior I M - 20	00:26:17	00:40:42
37	<b>BUDZIEWSKA Katarzyna</b>	<b>8104</b>		Senior II K - 30	00:26:45	00:40:55
38	<b>KUJAWA Zbigniew</b>	<b>8399</b>	ZAŁOGA GÓRSKA	Senior II M - 30	00:26:40	00:41:38
39	<b>NIEZGÓDKA Tomasz</b>	<b>8404</b>	ZAŁOGA GÓRSKA	Weteran I M - 50	00:27:44	00:41:51
40	<b>ŚLIWIŃSKI Kamil</b>	<b>8092</b>		Senior I M - 20	00:26:16	00:42:17
41	<b>STANIA Paweł</b>	<b>8212</b>		Senior II M - 30	00:27:33	00:42:23
42	<b>KURASIK Tomasz</b>	<b>8219</b>		Masters M - 40	00:27:25	00:42:24
43	<b>KUSAL Tomasz</b>	<b>8001</b>		Senior I M - 20	00:27:25	00:42:28
44	<b>KOMISARCZYK Krzysztof</b>	<b>8368</b>		Senior I M - 20	00:27:07	00:42:28
45	<b>PAPIÓR Jolanta</b>	<b>8389</b>	WATAHA / MKS-PARASOL WROCŁAW	Senior I K - 20	00:28:14	00:42:31
46	<b>HOJA Joanna</b>	<b>8186</b>	ALPIN SPORT HOKA ONE ONE TEAM	Senior II K - 30	00:27:18	00:42:38
47	<b>CHROMIEC Filip</b>	<b>8403</b>		Senior I M - 20	00:27:29	00:42:46
48	<b>MIELCAREK Bartłomiej</b>	<b>8161</b>	MATNERRUNNINGTEAM	Masters M - 40	00:27:27	00:43:04
49	<b>BEDNARZ Marcin</b>	<b>8214</b>	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Senior II M - 30	00:28:16	00:43:05
50	<b>KUBIK Maciej</b>	<b>8183</b>		Senior I M - 20	00:27:45	00:43:26
51	<b>URBAŃSKI Michał</b>	<b>8182</b>	FLUNKYBALL TEAM ŁĄDEK-ZDRÓJ	Senior II M - 30	00:29:14	00:43:46
52	<b>LUBAŃSKI Mateusz</b>	<b>8251</b>		Senior I M - 20	00:27:20	00:44:04
53	<b>GAJDECKI Tomek</b>	<b>8084</b>	ACCENTURE	Masters M - 40	00:29:14	00:44:30
54	<b>PERENC Michał</b>	<b>8180</b>	CARPATHIAN RUNNERS	Senior I M - 20	00:29:48	00:44:45
55	<b>KORCZYŃSKA Agata</b>	<b>8292</b>		Senior II K - 30	00:28:47	00:44:50
56	<b>JAROSŁAWSKI Marcin</b>	<b>8021</b>	KB-HARCOWNIK	Senior II M - 30	00:30:16	00:44:55
57	<b>FOGIEL-PAWŁOWSKA Agnieszka</b>	<b>8291</b>		Masters K - 40	00:29:23	00:44:59
58	<b>CZŁONKOWSKI Grzegorz</b>	<b>8247</b>	DZIKI Z MORASKA	Masters M - 40	00:29:06	00:45:04
59	<b>TATKA Marcin</b>	<b>8340</b>	ABY DO METY	Masters M - 40	00:29:49	00:45:06
60	<b>ROZNEKSKA Dagmara</b>	<b>8225</b>	KB SOBÓTKA	Senior II K - 30	00:29:37	00:45:07
61	<b>POPRAWSKI Mateusz</b>	<b>8012</b>	KILIŃSKIEGO TEAM	Senior II M - 30	00:29:32	00:45:20
62	<b>SYNOWIEC Dawid</b>	<b>8369</b>		Senior I M - 20	00:27:51	00:45:21
63	<b>LIPA Patryk</b>	<b>8281</b>		Senior II M - 30	00:30:58	00:45:49
64	<b>KOSZYKOWSKI Daniel</b>	<b>8270</b>	PIECHOTA PO SCHODACH	Senior I M - 20	00:33:32	00:45:59
65	<b>SZARSKI Jacek</b>	<b>8370</b>		Senior I M - 20	00:28:35	00:46:02
66	<b>STEC Bogumił</b>	<b>8263</b>	BIKE TEAM CENTROWENT	Masters M - 40	00:29:39	00:46:13
67	<b>OLEJNIK Piotr</b>	<b>8165</b>		Senior I M - 20	00:29:18	00:46:17
68	<b>PĘCZAR Aneta</b>	<b>8398</b>	FITNESSROAD TEAM	Senior I K - 20	00:29:59	00:46:33
69	<b>BOGACKI Maciej</b>	<b>8327</b>	ORŁY WROCŁAW	Senior II M - 30	00:30:17	00:46:35
70	<b>ZIMOŃ Norbert</b>	<b>8011</b>	WATAHA	Senior II M - 30	00:30:54	00:46:42
71	<b>TABER Jerzy</b>	<b>8358</b>	ACTIVE PROSPERIA/STO-NOGI MILANÓWEK	Weteran I M - 50	00:30:52	00:46:57
72	<b>RATAJCZAK Tomasz</b>	<b>8168</b>	PALETEAM	Masters M - 40	00:30:14	00:47:05
73	<b>KOSMALA Szymon</b>	<b>8164</b>		Senior II M - 30	00:30:24	00:47:15
74	<b>WALCZAK Adrian</b>	<b>8061</b>		Senior I M - 20	00:29:47	00:47:24
75	<b>ZYWIER Urszula</b>	<b>8003</b>	WATAHA	Senior I K - 20	00:30:00	00:47:36

Msc	Zawodnik	Numer	Klub	Kategoria	C1 3.7km	C1 5.8km
76	<b>URBAN Alicja</b>	<b>8150</b>		Senior I K - 20	00:30:08	00:47:46
77	<b>PLEŚNIARSKI Zbigniew</b>	<b>8396</b>	KLUB SPORTOWY GRAŃ W KARPACZU	Weteran II M - 60	00:30:44	00:47:50
78	<b>JASIŃSKI Paweł</b>	<b>8346</b>	APTENEO RUNNING TEAM	Masters M - 40	00:30:51	00:47:53
79	<b>PAWŁOWSKI Mirosław</b>	<b>8361</b>		Senior I M - 20	00:28:48	00:48:02
80	<b>ROGÓŻ Rafał</b>	<b>8121</b>		Masters M - 40	00:30:49	00:48:09
81	<b>WARAKSA Tomasz</b>	<b>8162</b>	VEGE RUNNERS	Senior II M - 30	00:31:35	00:48:18
82	<b>GŁĄB Daria</b>	<b>8416</b>		Senior I K - 20	00:29:43	00:48:23
83	<b>BOHAREWICZ Paweł</b>	<b>8277</b>	BOHAR PALETY RUNNERS	Masters M - 40	00:31:55	00:48:24
84	<b>KLIMEK Marek</b>	<b>8139</b>		Senior II M - 30	00:31:23	00:48:48
85	<b>TYSZER Łukasz</b>	<b>8202</b>		Senior II M - 30	00:31:26	00:48:48
86	<b>BARTKOWIAK Hubert</b>	<b>8101</b>	KB SUKCES ŻMIGRÓD	Weteran I M - 50	00:31:23	00:48:51
87	<b>ULIKOWSKA Martyna</b>	<b>8352</b>	ZAŁOGA GÓRSKA	Senior I K - 20	00:32:01	00:48:54
88	<b>FRYBES Agnieszka</b>	<b>8379</b>	FUNDACJA KIERUNEK ULTRA	Senior II K - 30	00:31:47	00:48:56
89	<b>GOŚCIŃSKI Sławomir</b>	<b>8320</b>	ICE4B.PL	Senior II M - 30	00:32:31	00:48:57
90	<b>WZOREK Ewa</b>	<b>8410</b>		Senior I K - 20	00:32:07	00:49:12
91	<b>ALTEWĘGIER Jarosław</b>	<b>8278</b>		Masters M - 40	00:30:30	00:49:12
92	<b>KUBAŚ Dawid</b>	<b>8204</b>	NADLEŚNICTWO ZDROJE	Senior II M - 30	00:32:31	00:49:20
93	<b>WUJDA Mirosław</b>	<b>8062</b>	ERNI RULEZ	Masters M - 40	00:30:24	00:49:40
94	<b>BOSEK Leszek</b>	<b>8067</b>		Weteran I M - 50	00:32:25	00:49:47
95	<b>WÓJCIK Kamila</b>	<b>8364</b>	NIEDŹWIEDZIE POLARNE	Masters K - 40	00:32:09	00:49:47
96	<b>HACZYK Natalia</b>	<b>8378</b>	GOGGLE PAE TEAM	Masters K - 40	00:32:10	00:50:04
97	<b>DUDEK Mariusz</b>	<b>8332</b>		Masters M - 40	00:31:04	00:50:04
98	<b>LECZKOWSKA Mirella</b>	<b>8065</b>		Weteran K - 50	00:32:28	00:50:19
99	<b>PILARSKI Ryszard</b>	<b>8312</b>	IZERY BOGATYNIA	Weteran II M - 60	00:32:53	00:50:29
100	<b>TUST Kamil</b>	<b>8299</b>		Masters M - 40	00:32:53	00:50:36
101	<b>GRZYBOWSKA Aneta</b>	<b>8357</b>	ZGRUPKA TEAM	Masters K - 40	00:32:05	00:50:36
102	<b>WALA Patryk</b>	<b>8417</b>	ZAŁOGA GÓRSKA/ BIEG OPOLSKI	Senior I M - 20	00:31:55	00:50:43
103	<b>ZATKE Dorota</b>	<b>8226</b>	AKADEMIA BIEGACZA SALOS WODNAP	Masters K - 40	00:30:42	00:50:50
104	<b>KADŁUBOWSKI Piotr</b>	<b>8335</b>	SRC TEAM, KOTWICA BRZEG	Masters M - 40	00:32:41	00:50:52
105	<b>KAWALEC Krystian</b>	<b>8148</b>		Masters M - 40	00:32:43	00:50:59
106	<b>SEMENIUK Marzena</b>	<b>8336</b>	KOTWICA BRZEG	Senior II K - 30	00:32:52	00:51:01
107	<b>BESZTOCHA Jadwiga</b>	<b>8056</b>	ZEN RUNNING TEAM	Senior II K - 30	00:32:17	00:51:05
108	<b>TOMASZKIEWICZ Wojciech</b>	<b>8298</b>	RUN FOREST	Senior II M - 30	00:33:25	00:51:05
109	<b>AMANOWICZ Lukasz</b>	<b>8395</b>		Senior II M - 30	00:34:02	00:51:13
110	<b>KURENDA Radek</b>	<b>8304</b>	KLUB BIEGACZA RTVEUROAGD,KW OPOLE	Senior II M - 30	00:31:53	00:51:13
111	<b>TOMASZEWSKA Paulina</b>	<b>8420</b>	STOWARZYSZENIE BIEG OPOLSKI	Senior I K - 20	00:34:00	00:51:14
112	<b>JAMROSZCZYK Przemysław</b>	<b>8172</b>	TEAM PLESZEW	Senior II M - 30	00:31:41	00:51:18
113	<b>PŁOTKA Mateusz</b>	<b>8194</b>		Senior I M - 20	00:33:02	00:51:25
114	<b>KOSTYK Grzegorz</b>	<b>8331</b>		Masters M - 40	00:32:06	00:51:25
115	<b>PLINIEWICZ Krzysztof</b>	<b>8143</b>	STROŃSKA GRUPA ROWEROWA	Senior II M - 30	00:33:25	00:51:25
116	<b>NOWICKI Bartosz</b>	<b>8173</b>		Senior II M - 30	00:31:51	00:51:27
117	<b>MRÓZ Urszula</b>	<b>8151</b>	NIEDZWIEDZIE POLARNE	Weteran K - 50	00:33:52	00:51:29
118	<b>MRÓZ Marta</b>	<b>8174</b>		Senior I K - 20	00:33:01	00:51:55
119	<b>PAŁAC Piotr</b>	<b>8068</b>	WIECZORNE BIEGANIE W SZCZECINIE	Weteran I M - 50	00:32:53	00:51:57
120	<b>MAZIAREK Michał</b>	<b>8057</b>		Senior II M - 30	00:32:56	00:52:01

Msc	Zawodnik	Numer	Klub	Kategoria	C1 3.7km	C1 5.8km
121	<b>GARNIEWICZ Weronika</b>	<b>8239</b>		Senior I K - 20	00:33:18	00:52:03
122	<b>RAJZER Piotr</b>	<b>8156</b>		Senior II M - 30	00:33:01	00:52:05
123	<b>BRUSIŁOWICZ Dagmara</b>	<b>8069</b>	WIECZORNE BIEGANIE W SZCZECINIE	Masters K - 40	00:33:04	00:52:06
124	<b>MIKLER Marcin</b>	<b>8127</b>		Masters M - 40	00:32:39	00:52:07
125	<b>KOLBUS Tomek</b>	<b>8235</b>	BIKE TEAM CENTROWENT	Masters M - 40	00:33:59	00:52:07
126	<b>WACHOWSKA Katarzyna</b>	<b>8091</b>	SMOK TRÓJGŁOWY	Senior II K - 30	00:34:28	00:52:13
127	<b>BUDZIAK Michał</b>	<b>8171</b>		Senior II M - 30	00:33:18	00:52:14
128	<b>MICHALAK Adrian</b>	<b>8094</b>		Senior II M - 30	00:34:27	00:52:25
129	<b>WENTYKIER Beata</b>	<b>8024</b>		Masters K - 40	00:33:00	00:52:41
130	<b>KLIN Robert</b>	<b>8242</b>	WATAHA	Masters M - 40	00:34:09	00:52:50
131	<b>KUZIEL Marcin</b>	<b>8085</b>	BLACK RUNNING STRONIE ŚLĄSKIE	Senior II M - 30	00:32:33	00:52:51
132	<b>ZIÓŁKOWSKI Piotr</b>	<b>8134</b>		Masters M - 40	00:33:41	00:52:58
133	<b>MOKRZYŃSKI Marcin</b>	<b>8255</b>	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Senior II M - 30	00:38:56	00:53:01
134	<b>DOLECKA Elżbieta</b>	<b>8377</b>	NKB CHYŻY NOWY TOMYŚL	Masters K - 40	00:34:09	00:53:03
135	<b>CIEŚLIŃSKA Katarzyna</b>	<b>8146</b>		Senior II K - 30	00:33:32	00:53:18
136	<b>PĘKAŁA Dawid</b>	<b>8318</b>	ŻARY RUNNERS TEAM	Masters M - 40	00:34:47	00:53:20
137	<b>BAGIŃSKI Marek</b>	<b>8347</b>	APTENEO RUNING TEAM	Weteran I M - 50	00:34:21	00:53:25
138	<b>DZIADOWICZ Anna</b>	<b>8383</b>	ADRIAN DANILEWICZ GROUP	Masters K - 40	00:33:02	00:53:28
139	<b>SAMOLAK Maciek</b>	<b>8362</b>		Masters M - 40	00:34:27	00:53:48
140	<b>BACKER Marcin</b>	<b>8027</b>	TOPOLICE TEAM	Masters M - 40	00:34:45	00:53:51
141	<b>HAUSER-GIERS Monika</b>	<b>8041</b>	KOŚCIAN TEAM	Masters K - 40	00:34:02	00:53:53
142	<b>CIEŚLAK Magdalena</b>	<b>8302</b>	CIEŚLAK TEAM	Senior II K - 30	00:34:03	00:53:56
143	<b>JARUS Andrzej</b>	<b>8411</b>	WKURW_TEAM	Masters M - 40	00:34:42	00:54:04
144	<b>SKAWINA Krystyna</b>	<b>8026</b>	TOPOLICE TEAM	Senior II K - 30	00:35:18	00:54:07
145	<b>MAZIAREK Adela</b>	<b>8009</b>		Senior II K - 30	00:35:11	00:54:08
146	<b>MODZELEWSKA Anna</b>	<b>8181</b>		Senior I K - 20	00:34:57	00:54:12
147	<b>GREDA Mariusz</b>	<b>8099</b>		Masters M - 40	00:36:08	00:54:15
148	<b>ABULEWICZ Wojciech</b>	<b>8044</b>	TRENING STUDIO 17	Weteran I M - 50	00:34:02	00:54:16
149	<b>SKAWINA POŁEĆ Anna</b>	<b>8286</b>		Senior II K - 30	00:35:15	00:54:19
150	<b>WESOŁY Maciej</b>	<b>8196</b>	KOLO BIEGA	Senior II M - 30	00:33:49	00:54:23
151	<b>TADROWSKI Tomasz</b>	<b>8096</b>		Masters M - 40	00:35:16	00:54:29
152	<b>MAŁKOWSKI Piotr</b>	<b>8159</b>		Weteran II M - 60	00:34:36	00:54:56
153	<b>GACH Marcin</b>	<b>8315</b>	TEAM TI-RIN-TIN	Senior I M - 20	00:35:18	00:54:58
154	<b>MICHAŁEK Jarosław</b>	<b>8363</b>	ONE WAY TICKET	Weteran I M - 50	00:36:15	00:55:02
155	<b>GŁÓWKA Barbara</b>	<b>8284</b>		Senior II K - 30	00:35:04	00:55:03
156	<b>PALKA Natalia</b>	<b>8385</b>	ZABRZAŃSKIE PARKOWE BIEGANIE	Senior I K - 20	00:33:47	00:55:05
157	<b>GŁUCHOWSKA Ewelina</b>	<b>8293</b>		Senior II K - 30	00:35:03	00:55:09
158	<b>GRĘDA Elżbieta</b>	<b>8100</b>	TIM JEST TIM	Masters K - 40	00:34:19	00:55:17
159	<b>MAJ Marek</b>	<b>8153</b>	ŚLĘZAK TEAM	Masters M - 40	00:36:26	00:55:26
160	<b>UPTAS Tomasz</b>	<b>8258</b>		Masters M - 40	00:34:32	00:55:34
161	<b>OCHEJ Joanna</b>	<b>8376</b>	APTENEO RUNNING TEAM	Senior II K - 30	00:35:03	00:55:36
162	<b>TEKIELI Ewelina</b>	<b>8018</b>	TEKIELI FAMILY	Masters K - 40	00:35:00	00:55:40
163	<b>KUBÓW Jarek</b>	<b>8301</b>		Senior II M - 30	00:34:00	00:55:44
164	<b>ROGOWSKI Robert</b>	<b>8419</b>		Masters M - 40	00:35:15	00:56:00
165	<b>KONCA Aleksander</b>	<b>8081</b>	603779236	Senior I M - 20	00:37:30	00:56:19

Msc	Zawodnik	Numer	Klub	Kategoria	C1 3.7km	C1 5.8km
166	<b>JASKÓŁKA Rafał</b>	<b>8029</b>		Senior II M - 30	00:35:09	00:56:19
167	<b>LEWANDOWSKI Tadeusz</b>	<b>8213</b>	1949 WKB PIAST WROCŁAW	Weteran III M - 70	00:36:06	00:56:25
168	<b>BURY Roman</b>	<b>8152</b>		Masters M - 40	00:35:58	00:56:26
169	<b>MARTYNIAK Rafał</b>	<b>8232</b>		Senior II M - 30	00:35:33	00:56:30
170	<b>JASKÓŁKA Hubert</b>	<b>8078</b>	AMATOR	Weteran II M - 60	00:35:25	00:56:35
171	<b>STASIAK Łukasz</b>	<b>8221</b>	WATAHA - ŁĄCZY NAS BIEGANIE	Senior II M - 30	00:36:45	00:56:44
172	<b>ADAMSKA Sylwia</b>	<b>8275</b>		Senior II K - 30	00:36:29	00:56:48
173	<b>BIŃCZARSKA Monika</b>	<b>8015</b>		Senior II K - 30	00:33:59	00:56:48
174	<b>LUBAŃSKA Alicja</b>	<b>8033</b>		Weteran K - 50	00:36:09	00:56:51
175	<b>GRĄDZKA Marianna</b>	<b>8290</b>		Senior I K - 20	00:37:28	00:57:00
176	<b>PUCHALSKA Magdalena</b>	<b>8089</b>		Senior II K - 30	00:37:23	00:57:03
177	<b>TEKIELA Łukasz</b>	<b>8046</b>		Senior II M - 30	00:36:33	00:57:12
178	<b>PIGUŁA Agnieszka</b>	<b>8356</b>		Masters K - 40	00:36:17	00:57:14
179	<b>PODJUK Patryk</b>	<b>8191</b>	FRIENDS GOSTYŃ	Senior I M - 20	00:35:49	00:57:14
180	<b>GULCZYŃSKI Dawid</b>	<b>8400</b>		Senior II M - 30	00:36:08	00:57:19
181	<b>RAPACZ-TOPIŁKO Anna</b>	<b>8360</b>		Masters K - 40	00:36:41	00:57:33
182	<b>HUTNIK Wojciech</b>	<b>8375</b>	APTENEO RUNNING TEAM	Senior II M - 30	00:37:39	00:57:37
183	<b>CHYLIŃSKI Bartosz</b>	<b>8227</b>		Senior II M - 30	00:35:59	00:57:40
184	<b>JOŃCZYK Paula</b>	<b>8106</b>		Senior I K - 20	00:37:17	00:57:42
185	<b>TRZEŚNIEWSKI Krzysztof</b>	<b>8280</b>	VEGE RUNNERS	Senior II M - 30	00:35:22	00:57:47
186	<b>TURAJ-KACZYŃSKA Małgorzata</b>	<b>8113</b>	GUSTAW TEŻ BIEGA	Masters K - 40	00:35:16	00:57:54
187	<b>DERBICH Mariusz</b>	<b>8391</b>	KOWALEW	Masters M - 40	00:36:42	00:57:57
188	<b>KORYTNY Tomasz</b>	<b>8355</b>	FRIENDS GOSTYŃ	Masters M - 40	00:34:42	00:57:57
189	<b>KAWCZYŃSKA Monika</b>	<b>8279</b>	GUSTAW TEŻ BIEGA	Masters K - 40	00:35:20	00:58:01
190	<b>BŁAŻKÓW Gosia</b>	<b>8388</b>		Senior II K - 30	00:34:11	00:58:03
191	<b>RĄCZKOWIAK Mateusz</b>	<b>8216</b>	MATNERRUNNINGTEAM	Senior II M - 30	00:36:04	00:58:04
192	<b>MERAK Krzysztof</b>	<b>8240</b>	TEAM KURORT ŁĄDEK-ZDRÓJ	Masters M - 40	00:37:10	00:58:06
193	<b>HOTAŁA Marta</b>	<b>8238</b>		Senior II K - 30	00:35:47	00:58:11
194	<b>SZALA Janusz</b>	<b>8211</b>		Weteran II M - 60	00:36:35	00:58:12
195	<b>BRZEZIŃSKI Andrzej</b>	<b>8013</b>		Weteran II M - 60	00:37:44	00:58:19
196	<b>GUTOWSKI Piotr</b>	<b>8294</b>		Senior II M - 30	00:35:49	00:58:24
197	<b>PFAJFER Marek</b>	<b>8125</b>	MARATONYPOLSKIE.PL TEAM	Senior II M - 30	00:38:08	00:58:35
198	<b>STAŃCZAK Paweł</b>	<b>8269</b>		Weteran I M - 50	00:38:05	00:58:36
199	<b>PIATEK Magdalena</b>	<b>8237</b>	PROGRES	Senior II K - 30	00:34:11	00:58:37
200	<b>PLOK Krzysztof</b>	<b>8257</b>	TEAMPLOK	Weteran I M - 50	00:36:53	00:58:44
201	<b>SŁODKIEWICZ Dagmara</b>	<b>8223</b>		Senior II K - 30	00:37:21	00:58:57
202	<b>GALEWSKI Mariusz</b>	<b>8040</b>		Weteran I M - 50	00:38:10	00:59:00
203	<b>WENTYKIER Piotr</b>	<b>8017</b>		Masters M - 40	00:37:45	00:59:07
204	<b>HORODYŃSKA Mirosława</b>	<b>8339</b>	KOTWICA BRZEG	Masters K - 40	00:36:38	00:59:14
205	<b>CIESIELCZYK Marek</b>	<b>8070</b>	TKKF MPK POZNAŃ	Weteran I M - 50	00:36:40	00:59:15
206	<b>BISKUPSKI Jakub</b>	<b>8373</b>		Masters M - 40	00:37:04	00:59:25
207	<b>KUCZYŃSKA Małgorzata</b>	<b>8199</b>	INSULA ZAWONIA TEAM	Masters K - 40	00:37:50	00:59:30
208	<b>ŁOBASIUK Iwona</b>	<b>8382</b>	FUNDACJA KIERUNEK ULTRA	Masters K - 40	00:37:58	00:59:31
209	<b>PAINTA Ewa</b>	<b>8402</b>		Senior II K - 30	00:36:39	00:59:32
210	<b>CELICHOWSKI Stanisław</b>	<b>8206</b>		Senior II M - 30	00:39:41	00:59:37

Msc	Zawodnik	Numer	Klub	Kategoria	C1 3.7km	C1 5.8km
211	<b>BUTRYM Iga</b>	<b>8409</b>		Senior I K - 20	00:37:21	00:59:39
212	<b>MIKOŁAJCZAK Rafał</b>	<b>8343</b>	FRIENDS GOSTYŃ	Masters M - 40	00:35:46	00:59:40
213	<b>MARON Agnieszka</b>	<b>8321</b>	ADIDAS RUNNERS WARSAW / JACK TEAM	Masters K - 40	00:37:21	00:59:48
214	<b>MAŁECKI Kamil</b>	<b>8274</b>		Senior II M - 30	00:34:46	00:59:48
215	<b>MIKOŁAJCZAK Agnieszka</b>	<b>8344</b>	FRIENDS GOSTYŃ	Masters K - 40	00:35:54	00:59:50
216	<b>MATUKIN-SZUMLIŃSKA Aleksandra</b>	<b>8334</b>		Senior II K - 30	00:38:22	01:00:01
217	<b>BĄCZKOWSKA Grażyna</b>	<b>8297</b>	POLACY BIEGAJĄ W NL	Masters K - 40	00:37:41	01:00:04
218	<b>ROGÓŻ Jan</b>	<b>8122</b>		Senior I M - 20	00:41:01	01:00:10
219	<b>TUREK Paulina</b>	<b>8128</b>	PRORUNNING PROMOTION	Senior II K - 30	00:37:46	01:00:13
220	<b>KUSTRA Klaudia</b>	<b>8207</b>		Senior II K - 30	00:37:24	01:00:15
221	<b>SZYMAŁA Karolina</b>	<b>8351</b>		Senior I K - 20	00:38:20	01:00:30
222	<b>MĘTLAK Małgorzata</b>	<b>8264</b>		Senior I K - 20	00:39:02	01:00:34
223	<b>KRÓL Mieczysław</b>	<b>8422</b>		Masters M - 40	00:40:17	01:00:37
224	<b>KORF Tomasz</b>	<b>8059</b>		Senior II M - 30	00:39:44	01:00:38
225	<b>KORF Weronika</b>	<b>8058</b>		Senior II K - 30	00:39:44	01:00:55
226	<b>GAJDA Mateusz</b>	<b>8039</b>	SPRÓCHNIALI HERKULESI	Senior II M - 30	00:39:39	01:00:58
227	<b>DOMOSŁAWSKI Paweł</b>	<b>8218</b>		Weteran I M - 50	00:38:28	01:01:14
228	<b>ŁYGASŁO Paulina</b>	<b>8421</b>		Senior I K - 20	00:37:59	01:01:15
229	<b>KAŁKA Marcin</b>	<b>8394</b>		Senior II M - 30	00:38:28	01:01:32
230	<b>KWIECIEŃ Dorota</b>	<b>8115</b>		Masters K - 40	00:39:53	01:01:35
231	<b>SŁOMKA Mariusz</b>	<b>8303</b>		Senior II M - 30	00:35:28	01:01:38
232	<b>UCHEREK Kinga</b>	<b>8031</b>		Masters K - 40	00:39:21	01:01:45
233	<b>SZCZOTKA Katarzyna</b>	<b>8002</b>		Senior I K - 20	00:40:12	01:01:49
234	<b>OLSZEWSKA Natalia</b>	<b>8179</b>		Senior I K - 20	00:38:00	01:01:50
235	<b>FRAŃSKI Łukasz</b>	<b>8007</b>	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	00:40:19	01:01:54
236	<b>KRYCH Joanna</b>	<b>8215</b>		Masters K - 40	00:39:02	01:01:56
237	<b>TABACZYŃSKA Monika</b>	<b>8288</b>		Senior I K - 20	00:38:55	01:01:57
238	<b>STĘPIEŃ Małgorzata</b>	<b>8246</b>		Senior II K - 30	00:38:33	01:01:59
239	<b>FILAWSKA Agata</b>	<b>8050</b>		Senior I K - 20	00:38:09	01:02:01
240	<b>DZIEKOŃSKA Magdalena</b>	<b>8049</b>	KU PRZYGODZIE	Senior II K - 30	00:38:19	01:02:09
241	<b>MARCINIAK Paulina</b>	<b>8209</b>		Senior II K - 30	00:38:40	01:02:28
242	<b>SZKUDLAREK Arkadiusz</b>	<b>8289</b>		Masters M - 40	00:39:36	01:02:50
243	<b>HELMAN Filip</b>	<b>8169</b>		Senior I M - 20	00:39:34	01:02:50
244	<b>KIELASZEWSKI Mirosław</b>	<b>8188</b>		Weteran II M - 60	00:41:32	01:02:54
245	<b>KAJDANIAK Paulina</b>	<b>8192</b>		Masters K - 40	00:39:45	01:02:55
246	<b>WILK Tomasz</b>	<b>8060</b>		Senior II M - 30	00:38:35	01:02:59
247	<b>SZUBA Dagmara</b>	<b>8380</b>		Masters K - 40	00:40:53	01:03:11
248	<b>KIELASZEWSKI Karol</b>	<b>8272</b>	LESZNO LIMITS RUNNERS	Senior II M - 30	00:42:33	01:03:24
249	<b>GAJEWSKA Magdalena</b>	<b>8267</b>	LAFIRYNDY I GAMONIE	Masters K - 40	00:39:54	01:03:25
250	<b>CYRWUS Jakub</b>	<b>8326</b>	RÓŻOWE LANDRYNY	Senior I M - 20	00:38:40	01:03:29
251	<b>RATAJSKA Monika</b>	<b>8296</b>		Senior I K - 20	00:38:42	01:03:32
252	<b>PACIOREK Paweł</b>	<b>8131</b>	PAWKO RUNNER TEAM	Masters M - 40	00:39:13	01:03:36
253	<b>PĘCZKOWSKA Magdalena</b>	<b>8051</b>		Masters K - 40	00:40:04	01:03:37
254	<b>SOBCZAK Aleksander</b>	<b>8154</b>	BIELAWSKA AKADEMIA BIEGANIA	Senior II M - 30	00:39:41	01:03:48
255	<b>PELCZER Agnieszka</b>	<b>8035</b>	KB HARCOWNIK JELCZ-LASKOWICE	Masters K - 40	00:39:47	01:03:55

Msc	Zawodnik	Numer	Klub	Kategoria	C1 3.7km	C1 5.8km
256	<b>PIOTROWSKA ANCEW Joanna</b>	<b>8075</b>		Weteran K - 50	00:41:08	01:04:00
257	<b>ŁUSIAK Ewa</b>	<b>8187</b>	KNEIPPTEAM	Masters K - 40	00:42:24	01:04:07
258	<b>PIASECKA Agata</b>	<b>8415</b>	ZAŁOGA GÓRSKA	Senior I K - 20	00:40:42	01:04:53
259	<b>GÓRALSKI Krzysztof</b>	<b>8124</b>		Senior II M - 30	00:39:32	01:05:02
260	<b>ZIELIŃSKA - KASZAM Magdalena</b>	<b>8408</b>		Masters K - 40	00:42:40	01:05:08
261	<b>BALICKI Jacek</b>	<b>8276</b>	BIEGACZ NOWOSOLNA	Weteran I M - 50	00:42:52	01:05:16
262	<b>JERMAK Anna</b>	<b>8097</b>	BOHAR PALETY RUNNERS	Masters K - 40	00:41:02	01:05:16
263	<b>SAMULSKA Agata</b>	<b>8324</b>		Weteran K - 50	00:39:41	01:05:17
264	<b>BREARD Emilie</b>	<b>8208</b>	TOUT CHAILLES COURT	Senior II K - 30	00:39:15	01:05:20
265	<b>BAJSAROWICZ Zuzanna</b>	<b>8201</b>		Senior II K - 30	00:42:12	01:05:22
266	<b>KONIECZNA Natalia</b>	<b>8149</b>	CHOSZCZEŃSKA DZIESIĄTKA	Senior I K - 20	00:42:43	01:05:29
267	<b>ŻUKIEWICZ Krzysztof</b>	<b>8163</b>	TKKF MPK POZNAŃ	Masters M - 40	00:41:19	01:05:31
268	<b>KIERAT Dominika</b>	<b>8306</b>		Senior II K - 30	00:41:24	01:05:35
269	<b>CHOJECKA Magdalena</b>	<b>8193</b>	ZBUCKI RUCH	Masters K - 40	00:42:15	01:05:38
270	<b>GAJEWSKA-POLAK Iwona</b>	<b>8323</b>		Weteran K - 50	00:42:34	01:05:43
271	<b>ROGOWSKA Izabela</b>	<b>8418</b>	STOWARZYSZENIE BIEG OPOLSKI	Masters K - 40	00:41:06	01:05:50
272	<b>IMIŃSKI Cezary</b>	<b>8077</b>		Weteran I M - 50	00:41:27	01:06:01
273	<b>LEŚNIEWSKI Tomek</b>	<b>8268</b>	LAFIRYNDY I GAMONIE	Masters M - 40	00:42:57	01:06:03
274	<b>SOWIŃSKA Magdalena</b>	<b>8413</b>	BOGOŃ GRODZISK MAZOWIECKI	Masters K - 40	00:40:52	01:06:05
275	<b>KOŁACZ Mariusz</b>	<b>8266</b>	LAFIRYNDY I GAMONIE	Weteran I M - 50	00:41:58	01:06:39
276	<b>FOLARON Julia</b>	<b>8300</b>		Senior I K - 20	00:39:24	01:06:51
277	<b>MALISZ Agnieszka</b>	<b>8322</b>		Senior II K - 30	00:44:00	01:07:11
278	<b>JEDYNAK Monika</b>	<b>8252</b>		Senior I K - 20	00:40:47	01:07:14
279	<b>SZYMAŁA Jan</b>	<b>8043</b>	NIEZRZESZONY KO	Weteran III M - 70	00:42:55	01:07:14
280	<b>CYBULA Ewa</b>	<b>8138</b>	X-TEAM	Senior II K - 30	00:41:47	01:07:36
281	<b>BUGAJSKA-JUCHA Renata</b>	<b>8200</b>	CARBO ASECURA/CA AKTYWNI	Masters K - 40	00:43:22	01:07:42
282	<b>NIECHAJ Anna</b>	<b>8036</b>	POMIDOROWA ALTERNATYWA	Masters K - 40	00:41:58	01:07:42
283	<b>RASZCZUK Martyna</b>	<b>8014</b>	POMIDOROWA ALTERNATYWA	Senior II K - 30	00:42:01	01:07:44
284	<b>WILGUS-KUBICA Katarzyna</b>	<b>8210</b>		Masters K - 40	00:43:35	01:07:50
285	<b>LEWANDOWSKA Patrycja</b>	<b>8248</b>	TEAM KURORT ŁĄDEK-ZDRÓJ	Senior II K - 30	00:43:01	01:08:03
286	<b>NIESTERUK Paulina</b>	<b>8249</b>		Senior II K - 30	00:41:00	01:08:08
287	<b>TOMERA Dorota</b>	<b>8253</b>	TEAM KURORT ŁĄDEK-ZDRÓJ	Masters K - 40	00:43:11	01:08:12
288	<b>CHADZULIS Kostas</b>	<b>8195</b>		Senior II M - 30	00:43:40	01:08:15
289	<b>KOWALCZYK Dawid</b>	<b>8108</b>		Senior II M - 30	00:44:26	01:08:26
290	<b>WITKOWSKA Maria</b>	<b>8019</b>	KLUB KRÓLIKA STEFANA	Weteran II K - 60	00:44:25	01:08:33
291	<b>JAGUSZEWSKA Agnieszka</b>	<b>8109</b>		Senior II K - 30	00:44:46	01:08:46
292	<b>STRZELCZYK Ilona</b>	<b>8047</b>	KĘSY TEAM	Weteran K - 50	00:41:44	01:08:47
293	<b>KUCZYŃSKA Agnieszka</b>	<b>8220</b>	BIĄŁYSTOK BIEGA TEAM	Masters K - 40	00:40:00	01:08:53
294	<b>JANUR Joanna</b>	<b>8325</b>	RÓŻOWE LANDRYNY	Senior I K - 20	00:43:34	01:09:01
295	<b>RAJCZAK Monika</b>	<b>8166</b>		Senior II K - 30	00:43:04	01:09:22
296	<b>DORDZIK Małgorzata</b>	<b>8337</b>		Weteran II K - 60	00:44:12	01:09:35
297	<b>MARIN IRIGARAY Alberto</b>	<b>8158</b>		Senior II M - 30	00:43:36	01:09:45
298	<b>FIKSA Piotr</b>	<b>8185</b>	WOJART TEAM	Masters M - 40	00:43:28	01:09:56
299	<b>GÓRNA Małgorzata</b>	<b>8103</b>		Senior II K - 30	00:43:42	01:10:01
300	<b>NOWAK Teresa</b>	<b>8386</b>		Weteran II K - 60	00:42:33	01:10:02

Msc	Zawodnik	Numer	Klub	Kategoria	C1	C1
					3.7km	5.8km
301	<b>MADAJ-LEJA Jagoda</b>	<b>8087</b>	LEJOWIE	Senior I K - 20	00:44:45	01:10:19
302	<b>KOŁACZ Wiola</b>	<b>8265</b>	LAFIRYNDY I GAMONIE	Masters K - 40	00:45:00	01:10:23
303	<b>SZPUREK Anna</b>	<b>8365</b>	BUKOWSKI KLUB BIEGACZA	Senior II K - 30	00:44:35	01:10:24
304	<b>PLUTA Michalina</b>	<b>8189</b>		Senior II K - 30	00:41:57	01:10:35
305	<b>JAKUBOWSKA Judyta</b>	<b>8038</b>		Masters K - 40	00:43:42	01:10:36
306	<b>ŻOŁYNIAK Szymon</b>	<b>8330</b>		Masters M - 40	00:49:18	01:11:08
307	<b>KMONK Magdalena</b>	<b>8052</b>		Masters K - 40	00:42:47	01:11:20
308	<b>MATEJCZUK Julia</b>	<b>8401</b>	BIAŁYSTOK BIEGA TEAM	Senior I K - 20	00:44:30	01:11:32
309	<b>GAJDZIŃSKA Magdalena</b>	<b>8230</b>	BIAŁYSTOK BIEGA TEAM	Masters K - 40	00:44:51	01:11:52
310	<b>MAJ Magdalena</b>	<b>8004</b>	GRAŻYNKI OCR	Senior II K - 30	00:44:03	01:11:57
311	<b>DANYLOVA Alina</b>	<b>8271</b>		Senior II K - 30	00:46:10	01:12:01
312	<b>KUŻNIAK Justyna</b>	<b>8142</b>	KB SZAMOTUŁY	Masters K - 40	00:43:38	01:12:07
313	<b>ENGEL-ABULEWICZ Elżbieta</b>	<b>8261</b>	TRENING STUDIO 17	Weteran K - 50	00:44:38	01:12:22
314	<b>PRASAL Konrad</b>	<b>8405</b>		Senior I M - 20	00:49:28	01:12:27
315	<b>KOLBUS Julita</b>	<b>8236</b>		Senior II K - 30	00:44:46	01:12:35
316	<b>OGRODNIK Anna</b>	<b>8102</b>	ZAKOCHAJ SIE W BIEGANIU	Senior II K - 30	00:46:21	01:12:41
317	<b>WINIARSKA Monika</b>	<b>8042</b>	DXTREEM RUNNING	Masters K - 40	00:44:20	01:13:05
318	<b>KIEPURA Olga</b>	<b>8328</b>		Senior I K - 20	00:42:35	01:13:12
319	<b>SZWARGOT Marta</b>	<b>8119</b>	TARNOWO PODGÓRNE BIEGA / SPORTOWY KAŻMIERZ	Senior II K - 30	00:46:14	01:13:15
320	<b>TALAREK Robert</b>	<b>8233</b>	TELERANEK	Masters M - 40	00:45:41	01:13:21
321	<b>BUCHALIK Patrycja</b>	<b>8366</b>		Senior I K - 20	00:42:43	01:13:22
322	<b>NADOBNIK Bartek</b>	<b>8120</b>	TARNOWO PODGÓRNE BIEGA / SPORTOWY KAŻMIERZ	Senior I M - 20	00:46:25	01:13:25
323	<b>WYSMOLINSKA Karolina</b>	<b>8319</b>		Masters K - 40	00:45:48	01:13:29
324	<b>GAGAS Aleksandra</b>	<b>8372</b>		Masters K - 40	00:44:10	01:13:45
325	<b>LASEK Karina</b>	<b>8184</b>		Senior II K - 30	00:44:34	01:13:55
326	<b>RYDZYŃSKI Jacek</b>	<b>8310</b>	KNEIPPTEAM	Senior II M - 30	00:47:13	01:14:01
327	<b>BŁĄDEK-GRZELCZAK Katarzyna</b>	<b>8198</b>		Weteran K - 50	00:46:46	01:14:05
328	<b>PIECHOWIAK Oliwia</b>	<b>8414</b>	ZAŁOGA GÓRSKA	Senior I K - 20	00:48:57	01:14:26
329	<b>KISIAŁA Filip</b>	<b>8079</b>	LACHO TEAM	Masters M - 40	00:46:16	01:14:27
330	<b>STAWSKA-KISIAŁA Natalia</b>	<b>8083</b>		Senior II K - 30	00:46:06	01:14:37
331	<b>MRÓZ Radosław</b>	<b>8342</b>		Senior II M - 30	00:44:25	01:14:38
332	<b>ŁUKASIK Natalia</b>	<b>8309</b>		Senior II K - 30	00:39:18	01:15:01
333	<b>SŁONINA-TAMUL Olga</b>	<b>8295</b>	ZAŁOGA GÓRSKA	Senior I K - 20	00:49:15	01:15:59
334	<b>DOMBROWSKI Maciej</b>	<b>8371</b>	ATTIQ TEAM	Senior II M - 30	00:49:58	01:16:10
335	<b>JANKOWSKI Rafał</b>	<b>8345</b>	KOŁO BIEGA	Senior II M - 30	00:49:45	01:16:26
336	<b>LOJOWSKI Bartosz</b>	<b>8082</b>		Senior II M - 30	00:47:00	01:16:31
337	<b>WIELADEK Lukasz</b>	<b>8132</b>		Senior II M - 30	00:46:35	01:16:33
338	<b>ADACH Magdalena</b>	<b>8116</b>	ENDORFINA WSCHOWA	Senior I K - 20	00:45:34	01:16:39
339	<b>MACUR Agnieszka</b>	<b>8088</b>		Masters K - 40	00:47:19	01:16:48
340	<b>ROŻKO Ela</b>	<b>8203</b>	4ROŻKI	Masters K - 40	00:47:17	01:17:02
341	<b>KOWALEWSKA Katarzyna</b>	<b>8023</b>		Masters K - 40	00:47:21	01:17:03
342	<b>MRÓZ Anna</b>	<b>8341</b>		Senior II K - 30	00:54:48	01:17:27
343	<b>KRUPIŃSKA Wiola</b>	<b>8197</b>	TRUCHT TARCHOMIN TEAM	Senior I K - 20	00:52:54	01:17:32
344	<b>WIELADEK Piotr</b>	<b>8130</b>		Senior II M - 30	00:48:54	01:17:53
345	<b>RAKUS Justyna</b>	<b>8006</b>		Masters K - 40	00:48:54	01:18:20



Msc	Zawodnik	Numer	Klub	Kategoria	C1 3.7km	C1 5.8km
346	<b>JACHIM-SZUBA Magdalena</b>	<b>8390</b>		Masters K - 40	00:47:38	01:18:37
347	<b>PAWŁOWICZ Julia</b>	<b>8406</b>		Senior I K - 20	00:49:37	01:18:42
348	<b>BOBIN Anna</b>	<b>8055</b>	ZOCHU TEAM	Masters K - 40	00:47:23	01:19:08
349	<b>FRĄCOWIAK Anna</b>	<b>8034</b>	KB HARCOWNIK JELCZ-LASKOWICE	Weteran K - 50	00:50:06	01:19:24
350	<b>GONERA Janina</b>	<b>8010</b>	KB HARCOWNIK JELCZ-LASKOWICE	Weteran II K - 60	00:50:20	01:19:33
351	<b>WINIARSKI Andrzej</b>	<b>8129</b>	DXTREEM RUNNING	Masters M - 40	00:49:10	01:19:38
352	<b>PSZCZOLIŃSKA Alicja</b>	<b>8086</b>		Weteran K - 50	00:47:59	01:19:47
353	<b>MRÓZ Izabela</b>	<b>8338</b>	WOLNE ŚLIMAKI	Senior II K - 30	00:50:16	01:20:31
354	<b>KASPRZAK Tomasz</b>	<b>8273</b>		Masters M - 40	00:50:55	01:21:32
355	<b>FRĄTCZAK Ireneusz</b>	<b>8259</b>	GMINA GRĘBOCICE	Masters M - 40	00:51:03	01:21:40
356	<b>WOLEK Dagmara</b>	<b>8229</b>		Senior II K - 30	00:49:53	01:21:56
357	<b>LASEK Jakub</b>	<b>8141</b>	KW OPOLE	Senior II M - 30	00:51:46	01:22:17
358	<b>POSPIESZNA Anna</b>	<b>8224</b>		Senior II K - 30	00:51:18	01:22:25
359	<b>CHMIELEWSKI Marcin</b>	<b>8387</b>	BIEGAM BEZ SPINY	Masters M - 40	00:51:54	01:23:40
360	<b>OLMA Katarzyna</b>	<b>8228</b>		Masters K - 40	00:55:56	01:24:17
361	<b>MIELCZAREK Grzegorz</b>	<b>8305</b>		Weteran I M - 50	00:50:26	01:25:00
362	<b>MIELCZAREK Halina</b>	<b>8020</b>		Weteran K - 50	00:50:34	01:25:10
363	<b>CZUBA Jadwiga</b>	<b>8314</b>		Senior II K - 30	00:54:40	01:29:23
364	<b>TUREK Monika</b>	<b>8381</b>		Senior II K - 30	00:54:50	01:29:35
365	<b>HACZYK Gabriela</b>	<b>8407</b>		Weteran III K - 70	00:51:46	01:29:42
366	<b>PODJUK Kinga</b>	<b>8190</b>	FRIENDS GOSTYŃ	Masters K - 40	00:54:06	01:30:32
367	<b>WINIARSKI Robert</b>	<b>8048</b>		Weteran I M - 50	00:58:46	01:48:44
368	<b>MICHALSKI Dariusz</b>	<b>8114</b>	ALFA TEAM GOSTYŃ	Weteran I M - 50	01:10:45	01:52:51
369	<b>SZYMAŃSKI Paweł</b>	<b>8137</b>	MUAY RUNING TEAM	Masters M - 40	01:19:13	02:01:15
370	<b>SZYMAŃSKA Agnieszka</b>	<b>8074</b>	MUAY RUNNING TEAM	Masters K - 40	01:19:22	02:01:24
371	<b>GADZINOWSKI Ignacy</b>	<b>8028</b>		Weteran III M - 70	01:13:56	02:01:32
372	<b>GADZINOWSKA Małgorzata</b>	<b>8053</b>		Weteran II K - 60	01:14:02	02:01:41
373	<b>NIZIOŁ Marcin</b>	<b>8037</b>		Masters M - 40	01:18:18	02:03:08
374	<b>JAWORSKA-NIZIOŁ Magdalena</b>	<b>8093</b>		Senior II K - 30	01:18:33	02:03:18
375	<b>TALAREK JĘDRULAK Katarzyna</b>	<b>8234</b>	TELERANEK	Senior II K - 30	01:14:06	02:04:06
376	<b>BAHRANOWSKA-KILIAN Maria</b>	<b>8110</b>	AZS AWF KRAKÓW MASTERS	Senior I K - 20		

Znaleziono 376 wynik(ów)