



# BIEG TROJAK TRAIL - 10 KM

B4SPORT

**Event:** Dolnośląski Festiwal Biegów Górskich  
**Organiser:** Fundacja MARATONY GÓRSKIE  
**Date:** 2021-07-18  
**Place:** Łądek-Zdrój  
**Distance:** 10 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Classification: OPEN

Split point: 3,7 km

| Place | Participant                  | Number      | Club                          | Category         | C1<br>3.7km |
|-------|------------------------------|-------------|-------------------------------|------------------|-------------|
| 1     | <b>CHRZANOWSKI Patryk</b>    | <b>8571</b> | PCH SPORT COMPLEX             | Senior II M - 30 | 00:20:28    |
| 2     | <b>KOKOT Daniel</b>          | <b>8543</b> | 15                            | Senior I M - 20  | 00:21:02    |
| 3     | <b>MIESZCZAK Marcin</b>      | <b>8371</b> |                               | Senior II M - 30 | 00:21:14    |
| 4     | <b>BACHLEDA Łukasz</b>       | <b>8497</b> | GORĄCY POTOK TEAM             | Senior I M - 20  | 00:21:36    |
| 5     | <b>MIKULSKI Tomasz</b>       | <b>8017</b> | UKS FILIPIDES TERESIN         | Senior I M - 20  | 00:21:45    |
| 6     | <b>NORBERT Michał</b>        | <b>8334</b> | KB SOBÓTKA/PRZEDWOJEWSKI TEAM | Senior II M - 30 | 00:21:49    |
| 7     | <b>ŁĘŻNIAK Aleksander</b>    | <b>8480</b> | MONK SANDALS TEAM             | Senior II M - 30 | 00:21:52    |
| 8     | <b>SOLIŃSKA Katarzyna</b>    | <b>8576</b> | SALOMON SUUNTO TEAM POLSKA    | Senior II K - 30 | 00:22:05    |
| 9     | <b>KRUPIŃSKI Bogumił</b>     | <b>8455</b> |                               | Masters M - 40   | 00:22:21    |
| 10    | <b>SZYMCZAK Arkadiusz</b>    | <b>8534</b> |                               | Senior I M - 20  | 00:22:22    |
| 11    | <b>SZYMAŃSKI Paweł</b>       | <b>8181</b> | FIZJOBIEGACZE SZCZECIN        | Senior II M - 30 | 00:22:34    |
| 12    | <b>GROMAŁA Krzysztof</b>     | <b>8326</b> | SOBASTEAM                     | Masters M - 40   | 00:22:44    |
| 13    | <b>KMIECIK Tomasz</b>        | <b>8572</b> | GOPR SUDETY                   | Masters M - 40   | 00:22:59    |
| 14    | <b>SIERADZKI Krzysztof</b>   | <b>8257</b> | PRZEDWOJEWSKI TEAM            | Senior II M - 30 | 00:23:03    |
| 15    | <b>WRZESZCZ Mariusz</b>      | <b>8132</b> | PRZEDWOJEWSKI TEAM / FUNTRI   | Senior II M - 30 | 00:23:08    |
| 16    | <b>MIKOŁAJCZYK Tomasz</b>    | <b>8378</b> |                               | Masters M - 40   | 00:23:19    |
| 17    | <b>KOCANDA Alina</b>         | <b>8426</b> | RAJSPOORT ACTIVE              | Senior II K - 30 | 00:23:42    |
| 18    | <b>SZKOŁA Wojciech</b>       | <b>8143</b> | NATURAL BORN RUNNERS          | Senior II M - 30 | 00:23:43    |
| 19    | <b>MICHAŁ Targosz</b>        | <b>8324</b> | #ADAMCZERWIŃSKITEAM           | Masters M - 40   | 00:24:10    |
| 20    | <b>JĘDRZEJSKI Dawid</b>      | <b>8525</b> | OLEJ RUNNING TEAM             | Senior I M - 20  | 00:24:16    |
| 21    | <b>STREICH Tomasz</b>        | <b>8487</b> |                               | Senior I M - 20  | 00:24:28    |
| 22    | <b>KOWALIK Ewelina</b>       | <b>8182</b> | FIZJOBIEGACZE SZCZECIN        | Senior II K - 30 | 00:24:39    |
| 23    | <b>JAZ Marcin</b>            | <b>8389</b> | RNB TEAM POLANICA ZDRÓJ       | Senior II M - 30 | 00:24:48    |
| 24    | <b>SŁOBODZIAN Jerzy</b>      | <b>8273</b> | NYSA BIEGA                    | Weteran I M - 50 | 00:24:53    |
| 25    | <b>PIEKAJ Łukasz</b>         | <b>8331</b> |                               | Senior II M - 30 | 00:24:55    |
| 26    | <b>KUJAWA Zbigniew</b>       | <b>8591</b> | ZAŁOGA GÓRSKA                 | Senior II M - 30 | 00:25:02    |
| 27    | <b>CHODOROWSKI Krzysztof</b> | <b>8210</b> | PRZEDWOJEWSKI TEAM            | Senior II M - 30 | 00:25:04    |
| 28    | <b>GORCZYŃSKI Norbert</b>    | <b>8376</b> | KUDOWIANKA RUN                | Senior I M - 20  | 00:25:07    |
| 29    | <b>PAWŁOWSKI Mirosław</b>    | <b>8532</b> | FIGHT-GYM STRONIE ŚLĄSKIE     | Senior I M - 20  | 00:25:15    |
| 30    | <b>STRZELCZAK Robert</b>     | <b>8044</b> | EUROVENT ATHLETICS            | Masters M - 40   | 00:25:28    |

| Place | Participant                         | Number      | Club                                                           | Category          | C1<br>3.7km |
|-------|-------------------------------------|-------------|----------------------------------------------------------------|-------------------|-------------|
| 31    | <b>GLANOWSKI Marek</b>              | <b>8045</b> |                                                                | Senior II M - 30  | 00:25:35    |
| 32    | <b>KARCZEWSKA Joanna</b>            | <b>8581</b> | FUNDACJA KIERUNEK ULTRA                                        | Masters K - 40    | 00:25:50    |
| 33    | <b>SOBCZAK-PAŁASZEWSKA Karolina</b> | <b>8028</b> |                                                                | Senior II K - 30  | 00:25:55    |
| 34    | <b>MATUSZEWSKI Marek</b>            | <b>8010</b> | RUNNER'S POWER ŚREM                                            | Masters M - 40    | 00:26:02    |
| 35    | <b>GRZEGOREK Grzegorz</b>           | <b>8337</b> | KB KĄTY WROCŁAWSKIE                                            | Weteran I M - 50  | 00:26:03    |
| 36    | <b>NIEWCZAS Robert</b>              | <b>8586</b> | FUNDACJA KIERUNEK ULTRA                                        | Masters M - 40    | 00:26:05    |
| 37    | <b>BEDNARZ Marcin</b>               | <b>8352</b> | TEAM KURORT ŁĄDEK ZDRÓJ                                        | Senior II M - 30  | 00:26:08    |
| 38    | <b>KRUK Emilia</b>                  | <b>8360</b> | RYKOWISKO TEAM                                                 | Senior I K - 20   | 00:26:14    |
| 39    | <b>BIEL Sławomir</b>                | <b>8150</b> | WWW.42K.COM.PL                                                 | Masters M - 40    | 00:26:27    |
| 40    | <b>BUDZIEWSKA Katarzyna</b>         | <b>8174</b> | ŁAB ŁAGIEWNIKI                                                 | Senior II K - 30  | 00:26:27    |
| 41    | <b>BIERNACKA Katarzyna</b>          | <b>8161</b> | SBRT WROCŁAW                                                   | Senior II K - 30  | 00:26:37    |
| 42    | <b>MARZEC Tomasz</b>                | <b>8026</b> | RUNNERS TEAM NYSA                                              | Masters M - 40    | 00:26:40    |
| 43    | <b>CIEPŁY Maciej</b>                | <b>8119</b> |                                                                | Senior II M - 30  | 00:26:44    |
| 44    | <b>ROZDZYNSKA Patrycja</b>          | <b>8456</b> | RUNPROGRESS TEAM                                               | Senior I K - 20   | 00:26:47    |
| 45    | <b>HAWRYŁAK Wojciech</b>            | <b>8562</b> | GMINNE STOWARZYSZENIE SPORTOWE KLUBU SPORTOWEGO DŁUGOŁĘKA 2000 | Senior I M - 20   | 00:26:47    |
| 46    | <b>CZELEŃ Mateusz</b>               | <b>8221</b> |                                                                | Senior II M - 30  | 00:26:47    |
| 47    | <b>WANOWSKI Przemysław</b>          | <b>8387</b> | KRWIOBIEG(ANIE) ZIELONA GÓRA                                   | Senior II M - 30  | 00:26:57    |
| 48    | <b>OLSZEWSKI Tomek</b>              | <b>8169</b> |                                                                | Masters M - 40    | 00:26:59    |
| 49    | <b>SZTURO Jan</b>                   | <b>8507</b> | PODGÓRZYN-GMINA PRZYJAZNA Z NATURY                             | Weteran I M - 50  | 00:27:14    |
| 50    | <b>ROGÓŻ Jan</b>                    | <b>8363</b> |                                                                | Senior I M - 20   | 00:27:38    |
| 51    | <b>SZTURO Filip</b>                 | <b>8508</b> | PODGÓRZYN-GMINA PRZYJAZNA Z NATURY                             | Senior I M - 20   | 00:27:43    |
| 52    | <b>PIETRZYK Tomasz</b>              | <b>8250</b> | 140MINUT.PL                                                    | Masters M - 40    | 00:27:59    |
| 53    | <b>TOMASZKIEWICZ Wojciech</b>       | <b>8442</b> | RUN FOREST                                                     | Senior II M - 30  | 00:27:59    |
| 54    | <b>KONDRACIUK Paweł</b>             | <b>8214</b> | KONDRACIUK TEAM                                                | Senior I M - 20   | 00:28:01    |
| 55    | <b>PLEŚNIARSKI Zbigniew</b>         | <b>8325</b> | KLUB SPORTOWY GRAŃ W KARPACZU                                  | Weteran II M - 60 | 00:28:04    |
| 56    | <b>PIJANOWSKI Paweł</b>             | <b>8263</b> |                                                                | Masters M - 40    | 00:28:04    |
| 57    | <b>BUDYCH Arek</b>                  | <b>8529</b> |                                                                | Masters M - 40    | 00:28:06    |
| 58    | <b>KOŁODZIEJ Roman</b>              | <b>8289</b> |                                                                | Masters M - 40    | 00:28:20    |
| 59    | <b>ZIENDARA Michalina</b>           | <b>8597</b> | ZAŁOGA GÓRSKA                                                  | Senior I K - 20   | 00:28:23    |
| 60    | <b>MOKRZYŃSKI Marcin</b>            | <b>8069</b> | KLUB LEKKOATLETYCZNY ZIEMI KŁODZKIEJ                           | Masters M - 40    | 00:28:27    |
| 61    | <b>JAZ Joanna</b>                   | <b>8278</b> | RNB TEAM POLANICA ZDRÓJ                                        | Senior II K - 30  | 00:28:31    |
| 62    | <b>PASIK Kamila</b>                 | <b>8575</b> |                                                                | Senior II K - 30  | 00:28:44    |
| 63    | <b>CIEKAŃSKI Michał</b>             | <b>8549</b> | 35PLUS                                                         | Masters M - 40    | 00:29:04    |
| 64    | <b>POLIWOZAK Patryk</b>             | <b>8139</b> |                                                                | Senior II M - 30  | 00:29:06    |
| 65    | <b>ULIKOWSKA Martyna</b>            | <b>8481</b> | ZAŁOGA GÓRSKA                                                  | Senior II K - 30  | 00:29:21    |
| 66    | <b>BRYŃSKI Dariusz</b>              | <b>8333</b> |                                                                | Weteran I M - 50  | 00:29:21    |
| 67    | <b>KUSAL Tomasz</b>                 | <b>8018</b> |                                                                | Senior I M - 20   | 00:29:27    |
| 68    | <b>WAGNER Mateusz</b>               | <b>8568</b> |                                                                | Senior II M - 30  | 00:29:28    |
| 69    | <b>NOWICKI Mateusz</b>              | <b>8029</b> |                                                                | Senior I M - 20   | 00:29:28    |
| 70    | <b>KIELASZEWSKI Karol</b>           | <b>8479</b> | LESZNO LIMITS RUNNERS                                          | Senior II M - 30  | 00:29:31    |
| 71    | <b>ŚLADCZYK Dominik</b>             | <b>8276</b> | MKST                                                           | Senior II M - 30  | 00:29:35    |
| 72    | <b>KUCZYŃSKI Zbigniew</b>           | <b>8439</b> | CROSS STRACEŃCÓW                                               | Weteran II M - 60 | 00:29:43    |
| 73    | <b>BRZAKALA Katarzyna</b>           | <b>8379</b> | PAN JAGODA TEAM                                                | Senior II K - 30  | 00:29:51    |
| 74    | <b>WALCZAK Adrian</b>               | <b>8076</b> | WOJSKOWA AKADEMIA TECHNICZNA                                   | Senior I M - 20   | 00:29:53    |
| 75    | <b>UPTAS Tomasz</b>                 | <b>8046</b> | FITNESS & SQUASH COMPLEX                                       | Masters M - 40    | 00:30:05    |

| Place | Participant                          | Number      | Club                    | Category         | C1<br>3.7km |
|-------|--------------------------------------|-------------|-------------------------|------------------|-------------|
| 76    | <b>GRĄDZKA Marianna</b>              | <b>8178</b> | KNEIPP TEAM ŁÓDŹ        | Senior I K - 20  | 00:30:17    |
| 77    | <b>TOMAKA Maciej</b>                 | <b>8601</b> |                         | Senior II M - 30 | 00:30:27    |
| 78    | <b>ŚWIATOWY Filip</b>                | <b>8431</b> | RONAL POLSKA RUN        | Senior II M - 30 | 00:30:29    |
| 79    | <b>KADŁUBOWSKI Piotr</b>             | <b>8286</b> |                         | Masters M - 40   | 00:30:30    |
| 80    | <b>FUCHS Dariusz</b>                 | <b>8430</b> | TEAM KURORT ŁĄDEK-ZDRÓJ | Weteran I M - 50 | 00:30:35    |
| 81    | <b>MIELCZAREK Grzegorz</b>           | <b>8062</b> |                         | Weteran I M - 50 | 00:30:37    |
| 82    | <b>SZCZESZEK Arkadiusz</b>           | <b>8359</b> |                         | Masters M - 40   | 00:30:38    |
| 83    | <b>KOSMOWSKI Wiesław</b>             | <b>8077</b> |                         | Senior II M - 30 | 00:30:40    |
| 84    | <b>ZALEWSKI Karol</b>                | <b>8091</b> |                         | Senior II M - 30 | 00:30:48    |
| 85    | <b>FRYBES Agnieszka</b>              | <b>8583</b> | FUNDACJA KIERUNEK ULTRA | Senior II K - 30 | 00:30:54    |
| 86    | <b>OCIEPKA Michał</b>                | <b>8509</b> | EL GATO                 | Senior II M - 30 | 00:30:54    |
| 87    | <b>KEMPA Karolina</b>                | <b>8454</b> |                         | Senior I K - 20  | 00:30:58    |
| 88    | <b>ŚLADCZYK Seweryn</b>              | <b>8277</b> | MKST                    | Senior I M - 20  | 00:30:59    |
| 89    | <b>SZUBA Przemysław</b>              | <b>8407</b> |                         | Masters M - 40   | 00:31:01    |
| 90    | <b>WUJDA Mirosław</b>                | <b>8123</b> | ERNI RULEZ              | Masters M - 40   | 00:31:03    |
| 91    | <b>ZAKRZEWICZ-PODLECKA Agnieszka</b> | <b>8007</b> | ROKIETNICA BIEGA        | Senior II K - 30 | 00:31:03    |
| 92    | <b>BARTKOWIAK Hubert</b>             | <b>8078</b> | KB SUKCES ŻMIGRÓD       | Weteran I M - 50 | 00:31:03    |
| 93    | <b>CIECIELĄG Adam</b>                | <b>8468</b> |                         | Senior I M - 20  | 00:31:07    |
| 94    | <b>PODGÓRNY Mariusz</b>              | <b>8122</b> | TEAM OZIMEK             | Senior I M - 20  | 00:31:18    |
| 95    | <b>SZYMAŃSKI Jarosław</b>            | <b>8030</b> |                         | Senior I M - 20  | 00:31:20    |
| 96    | <b>BACKER Marcin</b>                 | <b>8368</b> | TOPOLICE TEAM           | Masters M - 40   | 00:31:21    |
| 97    | <b>PLUTA Kinga</b>                   | <b>8528</b> |                         | Senior I K - 20  | 00:31:21    |
| 98    | <b>KĘDZIOR Bartłomiej</b>            | <b>8472</b> |                         | Masters M - 40   | 00:31:25    |
| 99    | <b>MIKOŁAJCZAK Bartek</b>            | <b>8419</b> | FRIENDS GOSTYŃ          | Senior I M - 20  | 00:31:26    |
| 100   | <b>CHRZANOWSKI Paweł</b>             | <b>8423</b> |                         | Masters M - 40   | 00:31:27    |
| 101   | <b>LUBAŃSKI Mateusz</b>              | <b>8523</b> | KS BARYCZ MILICZ        | Senior II M - 30 | 00:31:31    |
| 102   | <b>BARNAŚ Maciej</b>                 | <b>8188</b> |                         | Weteran I M - 50 | 00:31:36    |
| 103   | <b>MAZIAREK Adela</b>                | <b>8034</b> |                         | Senior II K - 30 | 00:31:41    |
| 104   | <b>GOŚCIŃSKI Sławomir</b>            | <b>8570</b> | WWW.ICE4MED.PL          | Senior II M - 30 | 00:31:42    |
| 105   | <b>ZALEWSKA Agnieszka</b>            | <b>8512</b> |                         | Masters K - 40   | 00:31:57    |
| 106   | <b>MACHULA Arkadiusz</b>             | <b>8547</b> |                         | Masters M - 40   | 00:31:58    |
| 107   | <b>SAŁDYKA Marcin</b>                | <b>8519</b> |                         | Senior I M - 20  | 00:31:58    |
| 108   | <b>RAKOCZY Krzysztof</b>             | <b>8518</b> |                         | Senior I M - 20  | 00:31:59    |
| 109   | <b>DROŻYŃSKA Iwona</b>               | <b>8296</b> |                         | Senior II K - 30 | 00:32:02    |
| 110   | <b>AUGUSTYNOWICZ Andrzej</b>         | <b>8200</b> | RCI BYDGOSZCZ           | Masters M - 40   | 00:32:13    |
| 111   | <b>LIPIŃSKI Oskar</b>                | <b>8364</b> |                         | Senior II M - 30 | 00:32:13    |
| 112   | <b>MATYSIAK Maciej</b>               | <b>8440</b> | OLD SCHOOL HOOLIGANS    | Masters M - 40   | 00:32:14    |
| 113   | <b>MUCHA Orest</b>                   | <b>8191</b> |                         | Senior II M - 30 | 00:32:16    |
| 114   | <b>RATAJCZYK Katarzyna</b>           | <b>8290</b> |                         | Senior II K - 30 | 00:32:16    |
| 115   | <b>TOMZA Iwona</b>                   | <b>8566</b> | SBRT WROCŁAW            | Senior II K - 30 | 00:32:17    |
| 116   | <b>SZUMNY Nina</b>                   | <b>8558</b> |                         | Senior II K - 30 | 00:32:18    |
| 117   | <b>JARZĄBEK Magdalena</b>            | <b>8115</b> | MRUNNERS                | Senior II K - 30 | 00:32:31    |
| 118   | <b>KOSIOREK Wiesław</b>              | <b>8604</b> |                         | Weteran I M - 50 | 00:32:31    |
| 119   | <b>TEKIELI Jerzy</b>                 | <b>8170</b> | TEKIELI FAMILY          | Masters M - 40   | 00:32:32    |
| 120   | <b>SUSZCZYŃSKI Krzysztof</b>         | <b>8148</b> |                         | Masters M - 40   | 00:32:34    |

| Place | Participant                     | Number      | Club                                    | Category          | C1<br>3.7km |
|-------|---------------------------------|-------------|-----------------------------------------|-------------------|-------------|
| 121   | <b>GRABIŃSKA</b> Gizela         | <b>8596</b> | ZAŁOGA GÓRSKA                           | Weteran K - 50    | 00:32:37    |
| 122   | <b>GRUNTOWSKI</b> Mateusz       | <b>8553</b> | NIEMO ADVENTURE                         | Senior II M - 30  | 00:32:38    |
| 123   | <b>WODKOWSKI</b> Bartosz        | <b>8207</b> |                                         | Senior II M - 30  | 00:32:39    |
| 124   | <b>JUNCZYK</b> Michał Junczyk   | <b>8205</b> |                                         | Senior II M - 30  | 00:32:39    |
| 125   | <b>KORBANEK</b> Witold          | <b>8275</b> | POZYTYWNIIE ZAKRĘCENI                   | Masters M - 40    | 00:32:41    |
| 126   | <b>NIEMCZAK</b> Kamil           | <b>8252</b> | FLYING HIPPOCORN                        | Senior II M - 30  | 00:32:42    |
| 127   | <b>MAZIAREK</b> Michał          | <b>8135</b> |                                         | Senior II M - 30  | 00:32:48    |
| 128   | <b>CHODÓR-KOPECKA</b> Barbara   | <b>8420</b> |                                         | Senior I K - 20   | 00:32:49    |
| 129   | <b>SZÓSTAK</b> Krzysztof        | <b>8318</b> | KLUB BIEGACZA HARCOWNIK JELCZ-LASKOWICE | Weteran II M - 60 | 00:32:49    |
| 130   | <b>MAŁYJASIAK</b> Jakub         | <b>8384</b> |                                         | Senior I M - 20   | 00:32:50    |
| 131   | <b>FRAŃCZYK</b> Sabina          | <b>8599</b> | WIECZORNE BIEGANIE W OPOLU              | Senior II K - 30  | 00:32:51    |
| 132   | <b>PLINIEWICZ</b> Krzysztof     | <b>8459</b> | STRONIE BIEGA                           | Senior II M - 30  | 00:32:54    |
| 133   | <b>LEWICKI</b> Tomasz           | <b>8438</b> | CAŁA OLEŚNICA BIEGA                     | Masters M - 40    | 00:32:56    |
| 134   | <b>MATYSIK</b> Marta            | <b>8283</b> | WYZNAWCY BRONKA LIBIĄŻ                  | Senior II K - 30  | 00:32:57    |
| 135   | <b>GAŚSIOR</b> Paweł            | <b>8391</b> | ROZBIEGANY SUSZ                         | Senior II M - 30  | 00:32:58    |
| 136   | <b>SKULIMA</b> Szymon           | <b>8022</b> |                                         | Senior I M - 20   | 00:32:59    |
| 137   | <b>KOMAR</b> Eliza              | <b>8217</b> |                                         | Senior II K - 30  | 00:33:01    |
| 138   | <b>URBAN</b> Alicja             | <b>8120</b> | KACZKATEAM                              | Senior I K - 20   | 00:33:04    |
| 139   | <b>SZARSKI</b> Jacek            | <b>8421</b> |                                         | Senior I M - 20   | 00:33:09    |
| 140   | <b>MUSIAŁ</b> Rafał             | <b>8381</b> |                                         | Senior I M - 20   | 00:33:10    |
| 141   | <b>NOWAKOWSKA</b> Ewelina       | <b>8251</b> |                                         | Senior I K - 20   | 00:33:10    |
| 142   | <b>HONSZA</b> Tomasz            | <b>8329</b> |                                         | Senior II M - 30  | 00:33:11    |
| 143   | <b>SZNEJDER</b> Anita           | <b>8582</b> |                                         | Masters K - 40    | 00:33:18    |
| 144   | <b>KĘDZIOR</b> Joanna           | <b>8321</b> | KB HARCOWNIK                            | Masters K - 40    | 00:33:19    |
| 145   | <b>RACZKOWSKI</b> Adrian        | <b>8516</b> |                                         | Senior I M - 20   | 00:33:20    |
| 146   | <b>GOS</b> Sebastian            | <b>8515</b> |                                         | Senior II M - 30  | 00:33:22    |
| 147   | <b>BOSEK</b> Leszek             | <b>8216</b> |                                         | Weteran II M - 60 | 00:33:22    |
| 148   | <b>ZIMNY</b> Tomasz             | <b>8390</b> |                                         | Weteran II M - 60 | 00:33:27    |
| 149   | <b>GÓRECKI</b> Konrad           | <b>8413</b> |                                         | Senior II M - 30  | 00:33:30    |
| 150   | <b>PILICH-ZAREMBA</b> Magdalena | <b>8190</b> |                                         | Senior II K - 30  | 00:33:32    |
| 151   | <b>PTASZYŃSKA</b> Joanna        | <b>8295</b> | JOANNA PTASZYŃSKA                       | Weteran K - 50    | 00:33:32    |
| 152   | <b>MITIS</b> Marek              | <b>8560</b> |                                         | Senior II M - 30  | 00:33:34    |
| 153   | <b>KULA</b> Sebastian           | <b>8533</b> |                                         | Masters M - 40    | 00:33:36    |
| 154   | <b>CURULO</b> Maria             | <b>8300</b> | BAKALOVE                                | Senior II K - 30  | 00:33:37    |
| 155   | <b>WALA</b> Patryk              | <b>8593</b> | ZAŁOGA GÓRSKA                           | Senior II M - 30  | 00:33:42    |
| 156   | <b>SZYMAŃSKI</b> Grzegorz       | <b>8323</b> | ZWYCIĘZCÓW 6F                           | Masters M - 40    | 00:33:46    |
| 157   | <b>GWÓZDŹ</b> Szymon            | <b>8544</b> |                                         | Senior I M - 20   | 00:33:47    |
| 158   | <b>ŻUROWSKI</b> Mikołaj         | <b>8465</b> | GVT                                     | Senior I M - 20   | 00:33:47    |
| 159   | <b>PILARSKI</b> Ryszard         | <b>8094</b> | IZERY BOGATYNIA                         | Weteran II M - 60 | 00:33:48    |
| 160   | <b>HYZYK</b> Tomasz             | <b>8545</b> |                                         | Masters M - 40    | 00:33:49    |
| 161   | <b>JANUS</b> Tomasz             | <b>8354</b> | TEAM KURORT ŁĄDEK-ZDRÓJ                 | Senior II M - 30  | 00:33:53    |
| 162   | <b>MAŁKOWSKI</b> Piotr          | <b>8294</b> |                                         | Weteran II M - 60 | 00:33:57    |
| 163   | <b>GAŚOWSKA</b> Ula             | <b>8347</b> |                                         | Senior II K - 30  | 00:33:59    |
| 164   | <b>SPOREK</b> Piotr             | <b>8410</b> |                                         | Senior II M - 30  | 00:34:00    |
| 165   | <b>PĘCZKOWSKA</b> Magdalena     | <b>8057</b> |                                         | Masters K - 40    | 00:34:04    |

| Place | Participant                           | Number       | Club                    | Category          | C1<br>3.7km |
|-------|---------------------------------------|--------------|-------------------------|-------------------|-------------|
| 166   | <b>BARANIAK Adam</b>                  | <b>8242</b>  |                         | Masters M - 40    | 00:34:05    |
| 167   | <b>MAZUREK Piotr</b>                  | <b>8002</b>  |                         | Senior II M - 30  | 00:34:08    |
| 168   | <b>WIŚNIEWSKI Mariusz</b>             | <b>8156</b>  |                         | Masters M - 40    | 00:34:11    |
| 169   | <b>NAGLER Tomasz</b>                  | <b>8577</b>  |                         | Masters M - 40    | 00:34:11    |
| 170   | <b>ŁUKASZEK Marek</b>                 | <b>8005</b>  |                         | Senior II M - 30  | 00:34:12    |
| 171   | <b>TYL Radosław</b>                   | <b>8486</b>  | SYSPOL                  | Masters M - 40    | 00:34:16    |
| 172   | <b>KMIECIK Jakub</b>                  | <b>8223</b>  | TARNOWO PODGÓRNE BIEGA  | Masters M - 40    | 00:34:16    |
| 173   | <b>MACIEJOWSKA Alicja</b>             | <b>8436</b>  |                         | Senior II K - 30  | 00:34:16    |
| 174   | <b>MATUSZCZYK Grażyna</b>             | <b>8166</b>  | RYBNICKA GRUPA BIEGOWA  | Masters K - 40    | 00:34:17    |
| 175   | <b>PIGŁA Aleksander</b>               | <b>8237</b>  | SPORTOWY KAŻMIERZ       | Senior I M - 20   | 00:34:20    |
| 176   | <b>PAŃCZYSZYN Mariusz</b>             | <b>8269</b>  | BRAK                    | Masters M - 40    | 00:34:23    |
| 177   | <b>SAMBORSKI Bartosz</b>              | <b>8037</b>  | ZAŁOGA GÓRSKA           | Masters M - 40    | 00:34:28    |
| 178   | <b>MALCÁNKOVÁ Kateřina</b>            | <b>8433</b>  |                         | Senior I K - 20   | 00:34:28    |
| 179   | <b>MRÓZ Urszula</b>                   | <b>8249</b>  | GORSKIE BABKI           | Weteran K - 50    | 00:34:34    |
| 180   | <b>SKAWINA Krystyna</b>               | <b>8176</b>  | TOPOLICE TEAM           | Senior II K - 30  | 00:34:37    |
| 181   | <b>CHUDAŃSKI Maciej</b>               | <b>8000</b>  |                         | Senior II M - 30  | 00:34:38    |
| 182   | <b>TEŚLAK Dawid</b>                   | <b>8209</b>  |                         | Senior II M - 30  | 00:34:40    |
| 183   | <b>JASKÓLSKA Joanna</b>               | <b>8344</b>  | JASKÓŁY                 | Masters K - 40    | 00:34:41    |
| 184   | <b>ORLIKOWSKI Jacek</b>               | <b>8246</b>  |                         | Masters M - 40    | 00:34:44    |
| 185   | <b>WITKE Elżbieta</b>                 | <b>8239</b>  |                         | Weteran II K - 60 | 00:34:45    |
| 186   | <b>MACKIEWICZ Artur</b>               | <b>8564</b>  | DŁUGOBIEGANIE           | Masters M - 40    | 00:34:49    |
| 187   | <b>DEREŃ Agata</b>                    | <b>8595</b>  |                         | Senior II K - 30  | 00:34:52    |
| 188   | <b>MATUKIN-SZUMLIŃSKA Aleksandra</b>  | <b>8567</b>  |                         | Senior II K - 30  | 00:34:52    |
| 189   | <b>GORAL Jakub</b>                    | <b>8437</b>  |                         | Senior II M - 30  | 00:34:53    |
| 190   | <b>SZABAT Daniel</b>                  | <b>8422</b>  |                         | Masters M - 40    | 00:34:54    |
| 191   | <b>BIESZCZAD Regina</b>               | <b>8233</b>  | KB ATHLETIC ZRĘCIN      | Senior I K - 20   | 00:34:58    |
| 192   | <b>ŁOBASIUK Iwona</b>                 | <b>8585</b>  | FUNDACJA KIERUNEK ULTRA | Masters K - 40    | 00:35:05    |
| 193   | <b>NAKRASZEWICZ Dawid</b>             | <b>8097</b>  |                         | Senior I M - 20   | 00:35:08    |
| 194   | <b>HUSAK Mateusz</b>                  | <b>8116</b>  |                         | Senior I M - 20   | 00:35:10    |
| 195   | <b>SIEMIENIUCH Łukasz</b>             | <b>8443</b>  |                         | Masters M - 40    | 00:35:14    |
| 196   | <b>SIEMIŃSKA Marta</b>                | <b>8623A</b> | MARTA I ADA             | Masters K - 40    | 00:35:17    |
| 197   | <b>PASTWA Katarzyna</b>               | <b>8511</b>  |                         | Senior II K - 30  | 00:35:19    |
| 198   | <b>PASTWA Maciej</b>                  | <b>8510</b>  |                         | Senior II M - 30  | 00:35:22    |
| 199   | <b>TYLKA Gosia</b>                    | <b>8458</b>  |                         | Senior II K - 30  | 00:35:27    |
| 200   | <b>OSKWAREK Bogdan</b>                | <b>8555</b>  |                         | Weteran I M - 50  | 00:35:29    |
| 201   | <b>MATYNIAK Barbara</b>               | <b>8282</b>  | WYZNAWCY BRONKA LIBIĄŻ  | Senior II K - 30  | 00:35:31    |
| 202   | <b>KOŚCIÓŁEK Jadwiga</b>              | <b>8467</b>  |                         | Senior II K - 30  | 00:35:32    |
| 203   | <b>PODJUK Patryk</b>                  | <b>8541</b>  | FRIENDS GOSTYŃ          | Senior I M - 20   | 00:35:33    |
| 204   | <b>STASZKOWIAN Magda</b>              | <b>8357</b>  | ŁAB                     | Senior II K - 30  | 00:35:34    |
| 205   | <b>BATHKE Rafał</b>                   | <b>8587</b>  | GO PATI                 | Senior II M - 30  | 00:35:35    |
| 206   | <b>PRUSICKI Rafał</b>                 | <b>8144</b>  | BP RUNNING TEAM         | Masters M - 40    | 00:35:36    |
| 207   | <b>SZCZYPCZYK-PRUSICKA Małgorzata</b> | <b>8147</b>  | BP RUNNING TEAM         | Masters K - 40    | 00:35:39    |
| 208   | <b>WIERZBICKA Natalia</b>             | <b>8243</b>  |                         | Senior I K - 20   | 00:35:40    |
| 209   | <b>KUCHARCZYK Kamil</b>               | <b>8244</b>  | TRI NOT TO DIE          | Senior II M - 30  | 00:35:40    |
| 210   | <b>CZAPSKI Wojciech</b>               | <b>8303</b>  |                         | Masters M - 40    | 00:35:45    |

| Place | Participant                    | Number      | Club                         | Category          | C1<br>3.7km |
|-------|--------------------------------|-------------|------------------------------|-------------------|-------------|
| 211   | <b>SŁOWIK Kamila</b>           | <b>8238</b> | TRITOGO                      | Senior I K - 20   | 00:35:49    |
| 212   | <b>DERBICH Mariusz</b>         | <b>8520</b> | KOWALEW RUNERS               | Masters M - 40    | 00:35:54    |
| 213   | <b>KRALIK Sylwia</b>           | <b>8403</b> |                              | Senior II K - 30  | 00:35:56    |
| 214   | <b>ZYGNER Sławomir</b>         | <b>8414</b> | LEŚNE DZIKI PGB              | Weteran I M - 50  | 00:35:59    |
| 215   | <b>NOLAS Jolanta</b>           | <b>8319</b> |                              | Weteran K - 50    | 00:36:01    |
| 216   | <b>KULAK Paulina</b>           | <b>8526</b> | OBORYGENI                    | Senior II K - 30  | 00:36:09    |
| 217   | <b>MIKOŁAJCZAK Rafał</b>       | <b>8417</b> | FRIENDS GOSTYŃ               | Masters M - 40    | 00:36:10    |
| 218   | <b>SKAWINA-POŁEĆ Anna</b>      | <b>8279</b> | TOPOLICE TEAM                | Senior II K - 30  | 00:36:13    |
| 219   | <b>MIKOŁAJCZAK Agnieszka</b>   | <b>8418</b> | FRIENDS GOSTYŃ               | Masters K - 40    | 00:36:13    |
| 220   | <b>GÓRSKI Grzegorz</b>         | <b>8345</b> | MSE FEHLAU RUN TEAM          | Masters M - 40    | 00:36:16    |
| 221   | <b>SIP Mirosław</b>            | <b>8208</b> |                              | Weteran I M - 50  | 00:36:19    |
| 222   | <b>JORDAN Robert</b>           | <b>8218</b> | TARNOWO PODGÓRNE BIEGA       | Masters M - 40    | 00:36:22    |
| 223   | <b>WALENCIAK Michał</b>        | <b>8220</b> | TARNOWO PODGÓRNE BIEGA       | Masters M - 40    | 00:36:25    |
| 224   | <b>MALESZKA-BAGIŃSKA Kinga</b> | <b>8227</b> | GRUPA BIEGOWA MELO-ŚMIACZ    | Senior II K - 30  | 00:36:28    |
| 225   | <b>MARCINKOWSKA Anita</b>      | <b>8140</b> | POMIOTY SZATANA              | Senior II K - 30  | 00:36:31    |
| 226   | <b>KAMPA Paweł</b>             | <b>8245</b> |                              | Senior II M - 30  | 00:36:32    |
| 227   | <b>WYSZYŃSKA Agnieszka</b>     | <b>8225</b> |                              | Senior II K - 30  | 00:36:32    |
| 228   | <b>PINIARSKA Magda</b>         | <b>8432</b> |                              | Senior I K - 20   | 00:36:32    |
| 229   | <b>BRZEZIŃSKI Andrzej</b>      | <b>8084</b> |                              | Weteran II M - 60 | 00:36:35    |
| 230   | <b>SPECHT Karolina</b>         | <b>8535</b> |                              | Masters K - 40    | 00:36:36    |
| 231   | <b>SIWEK Grzegorz</b>          | <b>8213</b> | LANRUNS                      | Masters M - 40    | 00:36:37    |
| 232   | <b>ŁUKASIEWICZ Marek</b>       | <b>8032</b> | ROKIETNICA BIEGA             | Masters M - 40    | 00:36:38    |
| 233   | <b>WARYSZAK Joanna</b>         | <b>8301</b> | BAKALOVE                     | Senior II K - 30  | 00:36:40    |
| 234   | <b>SAMOLAK Łukasz</b>          | <b>8538</b> |                              | Senior II M - 30  | 00:36:42    |
| 235   | <b>PLEWA Paulina</b>           | <b>8137</b> | PBK                          | Senior I K - 20   | 00:36:44    |
| 236   | <b>CHĘCIŃSKA Dorota</b>        | <b>8499</b> |                              | Senior II K - 30  | 00:36:49    |
| 237   | <b>BANKOWSKI Igor</b>          | <b>8460</b> |                              | Weteran II M - 60 | 00:36:53    |
| 238   | <b>KOŁODKO Natalia</b>         | <b>8067</b> | TARNOWO PODGÓRNE BIEGA       | Masters K - 40    | 00:36:54    |
| 239   | <b>ZAWADA Magdalena</b>        | <b>8194</b> | JJFIT RUNNING TEAM           | Masters K - 40    | 00:36:56    |
| 240   | <b>SZUSTER Kasia</b>           | <b>8048</b> | BIEGANIE NA ŚNIADANIE        | Senior II K - 30  | 00:36:56    |
| 241   | <b>KOTECKI Marcin</b>          | <b>8332</b> |                              | Masters M - 40    | 00:36:56    |
| 242   | <b>MOŻEJKO Jadwiga</b>         | <b>8130</b> |                              | Senior II K - 30  | 00:36:57    |
| 243   | <b>IMIŃSKI Cezary</b>          | <b>8117</b> |                              | Weteran I M - 50  | 00:36:59    |
| 244   | <b>JAWORSKA Izabela</b>        | <b>8064</b> |                              | Masters K - 40    | 00:37:00    |
| 245   | <b>KLIN Robert</b>             | <b>8527</b> | WATAHA                       | Weteran I M - 50  | 00:37:01    |
| 246   | <b>KONDRACIUK Mariusz</b>      | <b>8215</b> | KONDRACIUK TEAM              | Masters M - 40    | 00:37:02    |
| 247   | <b>RODZIŃSKA Anita</b>         | <b>8361</b> |                              | Weteran K - 50    | 00:37:07    |
| 248   | <b>TEKIELI Ewelina</b>         | <b>8168</b> | TEKIELI FAMILY               | Masters K - 40    | 00:37:10    |
| 249   | <b>RZYWUCKA Jolanta</b>        | <b>8256</b> | 4 RUN TEAM PIŁA              | Masters K - 40    | 00:37:12    |
| 250   | <b>DERA Izabela</b>            | <b>8392</b> |                              | Senior I K - 20   | 00:37:14    |
| 251   | <b>KUTYCKA KUREK Elżbieta</b>  | <b>8171</b> | CHOJRAK TEAM WROCŁAW         | Senior II K - 30  | 00:37:16    |
| 252   | <b>KALINA Adam</b>             | <b>8254</b> |                              | Senior II M - 30  | 00:37:18    |
| 253   | <b>FIRLEJ Anna</b>             | <b>8400</b> | KRWIOBIEG(ANIE) ZIELONA GÓRA | Senior I K - 20   | 00:37:19    |
| 254   | <b>KIECOŃ Michał</b>           | <b>8373</b> | RUN MOUNTAINS TRAVELS        | Senior II M - 30  | 00:37:19    |
| 255   | <b>CHMIELEWSKI Mariusz</b>     | <b>8023</b> | RUNPROGRESS                  | Senior II M - 30  | 00:37:20    |

| Place | Participant                           | Number      | Club                         | Category          | C1<br>3.7km |
|-------|---------------------------------------|-------------|------------------------------|-------------------|-------------|
| 256   | <b>JESIONKOWSKI Paweł</b>             | <b>8388</b> |                              | Senior I M - 20   | 00:37:20    |
| 257   | <b>LIMANÓWKA Paweł</b>                | <b>8482</b> |                              | Masters M - 40    | 00:37:21    |
| 258   | <b>KUGLER Kamila</b>                  | <b>8474</b> |                              | Senior II K - 30  | 00:37:27    |
| 259   | <b>MOMOT Anna</b>                     | <b>8340</b> | ŁAB                          | Masters K - 40    | 00:37:28    |
| 260   | <b>SKIBA Anna</b>                     | <b>8557</b> | HARCOWNIK                    | Masters K - 40    | 00:37:32    |
| 261   | <b>MENDAK Magdalena</b>               | <b>8536</b> |                              | Masters K - 40    | 00:37:40    |
| 262   | <b>SZYMAŁA Karolina</b>               | <b>8405</b> |                              | Senior I K - 20   | 00:37:41    |
| 263   | <b>BEM Jolanta</b>                    | <b>8072</b> |                              | Senior II K - 30  | 00:37:47    |
| 264   | <b>BELTER Agnieszka</b>               | <b>8159</b> |                              | Senior II K - 30  | 00:37:53    |
| 265   | <b>WOLSKI Teodor</b>                  | <b>8476</b> |                              | Senior I M - 20   | 00:37:54    |
| 266   | <b>CIEKAŃSKA Joanna</b>               | <b>8051</b> | 35PLUD                       | Masters K - 40    | 00:37:55    |
| 267   | <b>CISWICKI Jarosław</b>              | <b>8399</b> |                              | Masters M - 40    | 00:37:56    |
| 268   | <b>ZADORA Borys</b>                   | <b>8517</b> |                              | Senior II M - 30  | 00:38:01    |
| 269   | <b>KUCHCINSKA Diana</b>               | <b>8052</b> |                              | Masters K - 40    | 00:38:02    |
| 270   | <b>ANTKOWIAK-BRONOWICKA Agnieszka</b> | <b>8453</b> | DRUŻYNA SZPIKU, ŻÓŁW I ZAJĄC | Senior II K - 30  | 00:38:06    |
| 271   | <b>KULA Damian</b>                    | <b>8177</b> |                              | Senior II M - 30  | 00:38:07    |
| 272   | <b>SOBCZAK Megi</b>                   | <b>8441</b> |                              | Senior II K - 30  | 00:38:08    |
| 273   | <b>WRÓBEL Zbigniew</b>                | <b>8042</b> | TARNOWO PODGÓRNE BIEGA       | Weteran I M - 50  | 00:38:08    |
| 274   | <b>WRÓBEL Marzena</b>                 | <b>8088</b> | TARNOWO PODGÓRNE BIEGA       | Masters K - 40    | 00:38:08    |
| 275   | <b>KUBAŚ Dawid</b>                    | <b>8366</b> | NADLEŚNICTWO ZDROJE          | Senior II M - 30  | 00:38:12    |
| 276   | <b>ŁASZKIEWICZ Piotr</b>              | <b>8165</b> |                              | Weteran II M - 60 | 00:38:14    |
| 277   | <b>MICHALIK Kamila</b>                | <b>8446</b> | TRUPOSZE                     | Senior I K - 20   | 00:38:17    |
| 278   | <b>KUKUŁA Karolina</b>                | <b>8550</b> |                              | Senior II K - 30  | 00:38:17    |
| 279   | <b>KACZMAREK Michał</b>               | <b>8445</b> | TRUPOSZE                     | Senior I M - 20   | 00:38:18    |
| 280   | <b>NOGA Olga</b>                      | <b>8264</b> |                              | Senior II K - 30  | 00:38:20    |
| 281   | <b>ZARZECZNY Radosław</b>             | <b>8559</b> | JUNIOR AMATOR SUPERSTAR      | Senior II M - 30  | 00:38:22    |
| 282   | <b>GALEWSKI Mariusz</b>               | <b>8203</b> |                              | Weteran I M - 50  | 00:38:23    |
| 283   | <b>MAZUR Agnieszka</b>                | <b>8312</b> |                              | Senior II K - 30  | 00:38:27    |
| 284   | <b>BUBICZ Krzysztof</b>               | <b>8031</b> | BIEGAJĄCY ŚWIDNIK            | Masters M - 40    | 00:38:32    |
| 285   | <b>DWORZAŃSKA - GUL Anna</b>          | <b>8285</b> |                              | Senior II K - 30  | 00:38:32    |
| 286   | <b>JURKIEWICZ Dominika</b>            | <b>8196</b> | PROGRES                      | Senior II K - 30  | 00:38:34    |
| 287   | <b>GUL Paweł</b>                      | <b>8284</b> |                              | Senior II M - 30  | 00:38:34    |
| 288   | <b>SZCZEPANIAK Małgorzata</b>         | <b>8152</b> | RKS PIŁA PODLASIE            | Weteran K - 50    | 00:38:36    |
| 289   | <b>RZAŚA Marta</b>                    | <b>8411</b> |                              | Senior II K - 30  | 00:38:40    |
| 290   | <b>IDASZAK Patryk</b>                 | <b>8434</b> |                              | Senior II M - 30  | 00:38:44    |
| 291   | <b>STRZYŻOWSKI Paweł</b>              | <b>8008</b> |                              | Masters M - 40    | 00:38:47    |
| 292   | <b>RZEPKA Joanna</b>                  | <b>8015</b> |                              | Senior II K - 30  | 00:38:50    |
| 293   | <b>KWIECIEŃ Dorota</b>                | <b>8199</b> |                              | Masters K - 40    | 00:38:53    |
| 294   | <b>AUGUSTYNOWICZ Aurelia</b>          | <b>8201</b> | RCI BYDGOSZCZ                | Masters K - 40    | 00:38:56    |
| 295   | <b>ROSZYK Tomasz</b>                  | <b>8350</b> | TKKF MPK POZNAŃ              | Masters M - 40    | 00:38:59    |
| 296   | <b>MOŚ Dorota</b>                     | <b>8193</b> |                              | Masters K - 40    | 00:39:00    |
| 297   | <b>MOŚ Dariusz</b>                    | <b>8192</b> |                              | Masters M - 40    | 00:39:00    |
| 298   | <b>KACZMAREK Mariusz</b>              | <b>8336</b> | 7822885258                   | Weteran II M - 60 | 00:39:00    |
| 299   | <b>ORDYNIEC Alicja</b>                | <b>8425</b> | KĘSY TEAM                    | Masters K - 40    | 00:39:04    |
| 300   | <b>BLANIK Agnieszka</b>               | <b>8308</b> |                              | Masters K - 40    | 00:39:04    |

| Place | Participant                 | Number      | Club                          | Category         | C1<br>3.7km |
|-------|-----------------------------|-------------|-------------------------------|------------------|-------------|
| 301   | <b>NAPARTY Zbigniew</b>     | <b>8424</b> | KĘSY TEAM                     | Weteran I M - 50 | 00:39:05    |
| 302   | <b>NASALSKA Anna</b>        | <b>8584</b> | FUNDACJA KIERUNEK ULTRA       | Masters K - 40   | 00:39:06    |
| 303   | <b>POLNIK Klaudia</b>       | <b>8314</b> |                               | Senior II K - 30 | 00:39:06    |
| 304   | <b>PASIEKA Agnieszka</b>    | <b>8579</b> |                               | Masters K - 40   | 00:39:07    |
| 304   | <b>KANDEFER Beata</b>       | <b>8580</b> | KLUB BIEGACZA ATHLETIC ZRĘCIN | Weteran K - 50   | 00:39:07    |
| 306   | <b>KANDEFER Kacper</b>      | <b>8578</b> |                               | Senior I M - 20  | 00:39:08    |
| 307   | <b>NADOBNIK Bartek</b>      | <b>8059</b> | SPORTOWY KAŻMIERZ             | Senior I M - 20  | 00:39:08    |
| 308   | <b>SZCZERBIEŃ Jacek</b>     | <b>8271</b> |                               | Masters M - 40   | 00:39:08    |
| 309   | <b>LUDZIŃSKI Adam</b>       | <b>8260</b> |                               | Masters M - 40   | 00:39:09    |
| 310   | <b>SERWACKA Dominika</b>    | <b>8500</b> | STALOWOWOLSKI KLUB BIEGACZA   | Senior II K - 30 | 00:39:10    |
| 311   | <b>SADOWSKI Michał</b>      | <b>8129</b> |                               | Senior II M - 30 | 00:39:12    |
| 312   | <b>KUS Andrzej</b>          | <b>8229</b> |                               | Masters M - 40   | 00:39:16    |
| 313   | <b>SERAFIN Michał</b>       | <b>8230</b> | HWBC                          | Masters M - 40   | 00:39:16    |
| 314   | <b>CHOJECKA Magdalena</b>   | <b>8006</b> | ZBUCKI RUCH                   | Masters K - 40   | 00:39:24    |
| 315   | <b>BACHURSKA Ewa</b>        | <b>8322</b> | KB HARCOWNIK JELCZ LASKOWICE  | Masters K - 40   | 00:39:24    |
| 316   | <b>NOWAKOWSKA Karolina</b>  | <b>8530</b> |                               | Masters K - 40   | 00:39:27    |
| 317   | <b>MATAK Kinga</b>          | <b>8111</b> | MAMERO                        | Senior II K - 30 | 00:39:37    |
| 318   | <b>KONONIUK Łukasz</b>      | <b>8592</b> | FUNDACJA KIERUNEK ULTRA       | Senior II M - 30 | 00:39:38    |
| 319   | <b>LEHMANN Artur</b>        | <b>8444</b> |                               | Senior II M - 30 | 00:39:39    |
| 320   | <b>BARANIAK Jarosław</b>    | <b>8234</b> |                               | Senior II M - 30 | 00:39:41    |
| 321   | <b>GAWRECKA Beata</b>       | <b>8164</b> | JUTROSIŃSKI KLUB BIEGACZY     | Senior II K - 30 | 00:39:42    |
| 322   | <b>BIECHOWIAK Artur</b>     | <b>8386</b> |                               | Senior II M - 30 | 00:39:42    |
| 323   | <b>KORYTNY Tomasz</b>       | <b>8183</b> | FRIENDS GOSTYŃ                | Masters M - 40   | 00:39:48    |
| 324   | <b>KORYTNA Romana</b>       | <b>8184</b> | FRIENDS GOSTYŃ                | Masters K - 40   | 00:39:48    |
| 325   | <b>DZIERGWA Agnieszka</b>   | <b>8561</b> | PRZEDWOJEWSKI TEAM            | Senior II K - 30 | 00:39:49    |
| 326   | <b>LUBAŃSKA Alicja</b>      | <b>8501</b> |                               | Weteran K - 50   | 00:39:50    |
| 327   | <b>TOPOLEWSKA Agnieszka</b> | <b>8330</b> |                               | Senior II K - 30 | 00:39:53    |
| 328   | <b>ŁATWIŃSKI Mateusz</b>    | <b>8338</b> |                               | Senior I M - 20  | 00:39:57    |
| 329   | <b>BUJAK Dagmara</b>        | <b>8348</b> |                               | Senior II K - 30 | 00:39:58    |
| 330   | <b>STEPUCH Włodzimierz</b>  | <b>8204</b> |                               | Masters M - 40   | 00:39:59    |
| 331   | <b>AUTH Kari</b>            | <b>8429</b> |                               | Senior I K - 20  | 00:40:01    |
| 332   | <b>URBAŃCZYK Krzysztof</b>  | <b>8058</b> | IZBICKO W BIEGU               | Senior I M - 20  | 00:40:04    |
| 333   | <b>ALEXEENKOVA Tatyana</b>  | <b>8484</b> |                               | Senior II K - 30 | 00:40:06    |
| 334   | <b>WEJCHAN Jagoda</b>       | <b>8398</b> |                               | Senior I K - 20  | 00:40:10    |
| 335   | <b>SŁOWIKOWSKI Tomasz</b>   | <b>8600</b> |                               | Masters M - 40   | 00:40:11    |
| 336   | <b>BECHTA Damian</b>        | <b>8298</b> |                               | Senior I M - 20  | 00:40:11    |
| 337   | <b>BECHTA Katarzyna</b>     | <b>8297</b> | BRACTWO BIEGOWE BGK           | Senior I K - 20  | 00:40:12    |
| 338   | <b>GARBACZ Kamila</b>       | <b>8464</b> |                               | Masters K - 40   | 00:40:19    |
| 339   | <b>ROGOWSKI Robert</b>      | <b>8598</b> | BIEG OPOLSKI                  | Masters M - 40   | 00:40:20    |
| 340   | <b>MAZURKIEWICZ Joanna</b>  | <b>8021</b> |                               | Masters K - 40   | 00:40:21    |
| 341   | <b>HYLIŃSKA Hanna</b>       | <b>8020</b> | KOMU CZEMU                    | Senior II K - 30 | 00:40:23    |
| 342   | <b>PIGŁA Maja</b>           | <b>8236</b> | SPORTOWY KAŻMIERZ             | Senior II K - 30 | 00:40:23    |
| 343   | <b>MAKOWCZYŃSKA Agata</b>   | <b>8109</b> | OBORYGENI                     | Senior II K - 30 | 00:40:28    |
| 344   | <b>KACZMAREK Anna</b>       | <b>8451</b> |                               | Senior II K - 30 | 00:40:29    |
| 345   | <b>KACZMAREK Adam</b>       | <b>8452</b> |                               | Masters M - 40   | 00:40:29    |



| Place | Participant                      | Number | Club                          | Category         | C1<br>3.7km |
|-------|----------------------------------|--------|-------------------------------|------------------|-------------|
| 346   | ADACH Magdalena                  | 8186   | ENDORFINA WSCHOWA             | Senior I K - 20  | 00:40:29    |
| 347   | KORGÓL Anna                      | 8195   | RUN WISZNIA RUN               | Senior II K - 30 | 00:40:30    |
| 348   | KORGÓL Mariusz                   | 8198   | RUN WISZNIA RUN               | Senior II M - 30 | 00:40:37    |
| 349   | KRAWCZAK Karolina                | 8053   |                               | Senior II K - 30 | 00:40:38    |
| 350   | STRZELEC Weronika                | 8012   |                               | Senior I K - 20  | 00:40:40    |
| 351   | STACHAŃCZYK Wojciech Stachanczyk | 8563   | MATNER RUNNING TEAM           | Masters M - 40   | 00:40:41    |
| 352   | SZUMIGALSKI Radosław             | 8524   | RADOSŁAW SZUMIGALSKI PRIV     | Masters M - 40   | 00:40:42    |
| 353   | WROZYNA Agnieszka                | 8341   | ŁAB ŁAGIEWNIKI                | Masters K - 40   | 00:40:43    |
| 354   | SZURKOWSKI Michał                | 8462   | GRUNWALD TEAM POZNAŃ          | Senior II M - 30 | 00:40:50    |
| 355   | KULESZA Dagmara                  | 8079   |                               | Senior II K - 30 | 00:40:51    |
| 356   | ROKICKI Łukasz                   | 8450   | MIŁOŚNIKÓW WIŚNIOŹKI :).      | Masters M - 40   | 00:41:01    |
| 357   | WYROBIEC-LIPIŃSKA Joanna         | 8365   |                               | Senior I K - 20  | 00:41:06    |
| 358   | KUMASZKA Anna                    | 8449   | DOLNY ŚLĄSK                   | Senior II K - 30 | 00:41:08    |
| 359   | GRZELKA-ZEMBATY Katarzyna        | 8175   |                               | Senior II K - 30 | 00:41:14    |
| 360   | PIWOWARCZYK Kamila               | 8397   | DZIABONG TEAM                 | Senior II K - 30 | 00:41:14    |
| 361   | ŚMICHURSKA Malwina               | 8385   | FIZJOTERAPIA BIEGACZA         | Senior II K - 30 | 00:41:14    |
| 362   | GÓRALSKI Krzysztof               | 8313   |                               | Masters M - 40   | 00:41:15    |
| 363   | GRYDZIUSZKO Aneta                | 8179   |                               | Masters K - 40   | 00:41:15    |
| 364   | SZPUREK Anna                     | 8133   | BUKOWSKI KLUB BIEGACZA        | Masters K - 40   | 00:41:15    |
| 365   | JASIŃSKA Marzena                 | 8172   |                               | Senior II K - 30 | 00:41:22    |
| 366   | KRYSA Łukasz                     | 8025   | POMYŁKA TEAM                  | Masters M - 40   | 00:41:22    |
| 367   | BURZYŃSKA Emilia                 | 8222   | MAMY-BIEGAMY                  | Senior II K - 30 | 00:41:26    |
| 368   | ŁATWIŃSKA Marzena                | 8343   | WYBIERZ...                    | Masters K - 40   | 00:41:30    |
| 369   | LEŚNIAK Wiktor                   | 8409   |                               | Senior II M - 30 | 00:41:31    |
| 370   | BALNER Sebastian                 | 8477   |                               | Masters M - 40   | 00:41:32    |
| 371   | IGNASIAK Marta                   | 8272   |                               | Senior II K - 30 | 00:41:33    |
| 372   | CZAJA Agnieszka                  | 8266   |                               | Senior II K - 30 | 00:41:36    |
| 373   | JUREWICZ Agata                   | 8267   | VEGE RUNNERS                  | Senior II K - 30 | 00:41:37    |
| 374   | SOŁTYS Ewelina                   | 8342   |                               | Senior II K - 30 | 00:41:39    |
| 375   | MĘTLAK Małgorzata                | 8552   |                               | Senior I K - 20  | 00:41:41    |
| 376   | PRYSTASZ Krzysztof               | 8394   |                               | Masters M - 40   | 00:41:47    |
| 377   | RADWAN Anna                      | 8103   | TARNOWO PODGÓRNE BIEGA        | Senior II K - 30 | 00:41:53    |
| 378   | NIZIO Kamil                      | 8070   |                               | Masters M - 40   | 00:41:54    |
| 379   | LACHOR Anna                      | 8358   | ANRO SC ANNA ROBERT LACHOR    | Weteran K - 50   | 00:41:55    |
| 380   | DZIADOWICZ Andrzej               | 8328   |                               | Masters M - 40   | 00:41:56    |
| 381   | RASZKOWSKI Piotr                 | 8396   | ŚLĘZAK TEAM   PIOTRBIEGACZ.PL | Senior II M - 30 | 00:42:00    |
| 382   | MRÓZ Radek                       | 8287   |                               | Senior II M - 30 | 00:42:01    |
| 383   | RASZKOWSKA Emilia                | 8395   | ŚLĘZAK TEAM                   | Senior II K - 30 | 00:42:05    |
| 384   | GRADEK Agnieszka                 | 8306   |                               | Senior I K - 20  | 00:42:06    |
| 385   | KAYSIEWICZ Joanna                | 8505   |                               | Masters K - 40   | 00:42:08    |
| 386   | KUZIOMKO Anna                    | 8261   |                               | Masters K - 40   | 00:42:30    |
| 387   | KLECHA Katarzyna                 | 8162   |                               | Masters K - 40   | 00:42:39    |
| 388   | WINIARSKA Monika                 | 8307   | DXTREEM RUNNING               | Masters K - 40   | 00:42:39    |
| 389   | LEMBICZ Paweł                    | 8163   |                               | Masters M - 40   | 00:42:43    |
| 390   | RYTYCH Justyna                   | 8235   |                               | Masters K - 40   | 00:42:49    |

| Place | Participant                       | Number      | Club                         | Category           | C1<br>3.7km |
|-------|-----------------------------------|-------------|------------------------------|--------------------|-------------|
| 391   | <b>CHODERA Ewelina</b>            | <b>8160</b> |                              | Senior II K - 30   | 00:42:49    |
| 392   | <b>WITKOWSKA Katarzyna</b>        | <b>8393</b> |                              | Masters K - 40     | 00:42:54    |
| 393   | <b>WALCZAK Sławomir</b>           | <b>8485</b> |                              | Weteran I M - 50   | 00:43:09    |
| 394   | <b>KIECON Zuzanna</b>             | <b>8372</b> |                              | Senior I K - 20    | 00:43:10    |
| 395   | <b>KIECOŃ Maria</b>               | <b>8374</b> |                              | Senior II K - 30   | 00:43:11    |
| 396   | <b>CZERNIAK Zuzanna</b>           | <b>8556</b> |                              | Senior I K - 20    | 00:43:22    |
| 397   | <b>GARDZIEJCZYK Aldona</b>        | <b>8311</b> |                              | Masters K - 40     | 00:43:24    |
| 398   | <b>LUGOWSKI Karol</b>             | <b>8504</b> |                              | Masters M - 40     | 00:43:25    |
| 399   | <b>AMANOWICZ Aurelia</b>          | <b>8554</b> |                              | Senior I K - 20    | 00:43:26    |
| 400   | <b>MIKICKA Monika</b>             | <b>8346</b> |                              | Senior II K - 30   | 00:43:29    |
| 401   | <b>JAROSZ Agnieszka</b>           | <b>8355</b> | TEAM KURORT ŁĄDEK-ZDRÓJ      | Senior I K - 20    | 00:43:34    |
| 402   | <b>TOMERA Dorota</b>              | <b>8356</b> | TEAM KURORT ŁĄDEK- ZDRÓJ     | Masters K - 40     | 00:43:35    |
| 403   | <b>KRZUŚ Michał</b>               | <b>8305</b> |                              | Senior I M - 20    | 00:43:36    |
| 404   | <b>KOCHAN Piotr</b>               | <b>8375</b> | NIEMANIE                     | Masters M - 40     | 00:43:37    |
| 405   | <b>MYSLOWSKA Agnieszka</b>        | <b>8408</b> |                              | Senior II K - 30   | 00:43:37    |
| 406   | <b>VOGEL Kamil</b>                | <b>8153</b> | NOWY TOMYŚL                  | Senior I M - 20    | 00:43:39    |
| 407   | <b>JOŃCZYK Beata</b>              | <b>8602</b> | BIEG OPOLSKI                 | Senior II K - 30   | 00:43:39    |
| 408   | <b>KAMIONOWSKI Mariusz-Jacek</b>  | <b>8448</b> |                              | Weteran I M - 50   | 00:43:47    |
| 409   | <b>ŁOKAJ Marcin</b>               | <b>8187</b> |                              | Senior II M - 30   | 00:43:51    |
| 410   | <b>MIKOŁAJCZAK Magdalena</b>      | <b>8435</b> |                              | Masters K - 40     | 00:44:00    |
| 411   | <b>BARYSKA Basia</b>              | <b>8370</b> |                              | Senior II K - 30   | 00:44:03    |
| 412   | <b>AUGUSTYN Monika</b>            | <b>8211</b> | SPORTOWY KAŻMIERZ            | Masters K - 40     | 00:44:05    |
| 413   | <b>SOŁYGA Magdalena</b>           | <b>8212</b> |                              | Senior II K - 30   | 00:44:09    |
| 414   | <b>LEMBICZ Agnieszka</b>          | <b>8415</b> | FLEXLINK RUNNING TEAM        | Senior II K - 30   | 00:44:41    |
| 415   | <b>DWORNICKA Magda</b>            | <b>7862</b> | RGB                          | Masters K - 40     | 00:44:48    |
| 416   | <b>ŚWITALSKA Edyta</b>            | <b>8265</b> |                              | Masters K - 40     | 00:44:53    |
| 417   | <b>KRYSA Dorota</b>               | <b>8027</b> | POMYŁKA TEAM                 | Masters K - 40     | 00:45:18    |
| 418   | <b>OSZCZEDA Marzena</b>           | <b>8428</b> |                              | Masters K - 40     | 00:45:21    |
| 419   | <b>GÓRCZYŃSKA Barbara</b>         | <b>8537</b> |                              | Masters K - 40     | 00:45:22    |
| 420   | <b>DZIUBAŁA Iлона</b>             | <b>8362</b> |                              | Weteran K - 50     | 00:45:25    |
| 421   | <b>SZÓSTAK Marzena</b>            | <b>8320</b> | KB HARCOWNIK JELCZ-LASKOWICE | Weteran II K - 60  | 00:45:28    |
| 422   | <b>MATYLLA-HEJZA Gracja-Maria</b> | <b>8108</b> |                              | Senior I K - 20    | 00:45:32    |
| 423   | <b>SZYMAŃSKI Łukasz</b>           | <b>8158</b> |                              | Senior II M - 30   | 00:45:36    |
| 424   | <b>SZYMAŃSKA Katarzyna</b>        | <b>8157</b> |                              | Senior II K - 30   | 00:45:37    |
| 425   | <b>ZAJĄC Paulina</b>              | <b>8085</b> |                              | Senior II K - 30   | 00:45:40    |
| 426   | <b>ŁUKWIŃSKI Bogusław</b>         | <b>8488</b> | UKS SZUWAREK                 | Weteran I M - 50   | 00:45:43    |
| 427   | <b>SMORAWSKA Lidia</b>            | <b>8189</b> | TARNOWO PODGÓRNE BIEGA       | Senior II K - 30   | 00:45:55    |
| 428   | <b>GADZINOWSKI Ignacy</b>         | <b>8248</b> |                              | Weteran III M - 70 | 00:46:16    |
| 429   | <b>KICZKA Maria</b>               | <b>8036</b> | ROKIETNICA BIEGA             | Senior II K - 30   | 00:46:23    |
| 430   | <b>KRZECZKOWSKI Roman</b>         | <b>8304</b> | BIEGOWA ŚWIDNICA             | Masters M - 40     | 00:46:31    |
| 431   | <b>BOROŃ-KOSIK Magda</b>          | <b>8302</b> |                              | Masters K - 40     | 00:46:33    |
| 432   | <b>CZYŻAK Błażej</b>              | <b>8573</b> |                              | Masters M - 40     | 00:46:48    |
| 433   | <b>PRASAL Konrad</b>              | <b>8594</b> |                              | Senior I M - 20    | 00:46:59    |
| 434   | <b>WĄSOWICZ Patryk</b>            | <b>8232</b> | CHIVAS TEAM                  | Senior II M - 30   | 00:47:05    |
| 435   | <b>BLICHERT Anna</b>              | <b>8335</b> | I DON'T KURWA CARE           | Senior II K - 30   | 00:47:06    |

| Place | Participant                | Number | Club               | Category           | C1<br>3.7km |
|-------|----------------------------|--------|--------------------|--------------------|-------------|
| 436   | ZJAWIN Katarzyna           | 8107   |                    | Senior II K - 30   | 00:47:07    |
| 437   | MIELCZAREK Halina          | 8063   |                    | Weteran K - 50     | 00:47:19    |
| 438   | HRYCZYŃSKA Kamila          | 8603   |                    | Senior I K - 20    | 00:47:26    |
| 439   | JANICKA Danuta             | 8494   | SZYBKIE I WŚCIEKŁY | Senior II K - 30   | 00:47:34    |
| 440   | PIEKARCZYK Katarzyna       | 8490   | SZYBKIE I WŚCIEKŁY | Senior II K - 30   | 00:47:38    |
| 441   | PRZYŁUSKA Mirosława        | 8503   | RAZ SZCZECIN       | Weteran II K - 60  | 00:47:40    |
| 442   | WESOŁOWSKI Damian          | 8104   |                    | Masters M - 40     | 00:47:42    |
| 443   | KWIATKOWSKA Honorata       | 8105   | TOMASZÓW MAZ.      | Masters K - 40     | 00:47:43    |
| 444   | JANIK Piotr                | 8141   |                    | Masters M - 40     | 00:47:52    |
| 445   | DUBIŃSKA Magdalena         | 8142   |                    | Senior II K - 30   | 00:47:55    |
| 446   | PODJUK Kinga               | 8540   | FRIENDS GOSTYŃ     | Masters K - 40     | 00:48:12    |
| 447   | WOJCIECH Stańczuk          | 8457   |                    | Weteran I M - 50   | 00:48:22    |
| 448   | NOSKO Justyna              | 8151   |                    | Masters K - 40     | 00:48:39    |
| 449   | PRZEPIÓRKA Jolanta         | 8149   |                    | Masters K - 40     | 00:48:40    |
| 450   | KUTNA Agnieszka            | 8565   | ALUSIAKI           | Senior II K - 30   | 00:48:48    |
| 451   | HACZYK Gabriela            | 8590   | BIEG OPOLSKI       | Weteran III K - 70 | 00:48:57    |
| 452   | CHYBICKI Wojciech          | 8506   |                    | Senior II M - 30   | 00:48:58    |
| 453   | CZYŻAK Justyna             | 8574   |                    | Senior II K - 30   | 00:49:07    |
| 454   | CHYBICKA Magdalena         | 8367   |                    | Senior II K - 30   | 00:49:08    |
| 455   | MOCYDLARZ Agata            | 8280   |                    | Senior I K - 20    | 00:49:30    |
| 456   | TALAR Marek                | 8281   | KĘSY TEAM          | Senior II M - 30   | 00:49:30    |
| 457   | RAJZAKOWSKA Kamila         | 8299   |                    | Senior II K - 30   | 00:49:39    |
| 458   | PILARSKA Elżbieta          | 8095   |                    | Weteran III K - 70 | 00:49:41    |
| 459   | RAJZAKOWSKA Anna           | 8546   |                    | Weteran K - 50     | 00:49:42    |
| 460   | REGULSKA Aneta Regulska    | 8551   | DRUŻYNA SZPIKU     | Senior II K - 30   | 00:49:45    |
| 461   | GODLEWSKA Agnieszka        | 8473   |                    | Masters K - 40     | 00:49:58    |
| 462   | PYTEL Anna                 | 8136   | IZBICKO W BIEGU    | Masters K - 40     | 00:50:15    |
| 463   | SZYPULSKA Katarzyna        | 8138   | SKS CHMIELOWICE    | Masters K - 40     | 00:50:15    |
| 464   | JANECZEK Tomasz            | 8258   |                    | Senior II M - 30   | 00:50:50    |
| 465   | ZABROCKA Jolanta           | 8011   | PODLASIAKI TEAM    | Weteran K - 50     | 00:50:53    |
| 466   | ZABROCKI Andrzej           | 8014   | PODLASIAKI TEAM    | Weteran I M - 50   | 00:50:54    |
| 467   | WOŁOSIEWICZ Teresa         | 8066   | PODLASIAKI TEAM    | Weteran II K - 60  | 00:51:11    |
| 468   | KOWALEWSKA Katarzyna       | 8112   |                    | Masters K - 40     | 00:51:19    |
| 469   | LASEK Karina               | 8039   |                    | Senior II K - 30   | 00:51:29    |
| 470   | GARCZYK Marzena            | 8406   |                    | Masters K - 40     | 00:51:30    |
| 471   | KARCZMARCZYK Beata         | 8588   |                    | Weteran K - 50     | 00:51:52    |
| 472   | BERNACKA Anna              | 8489   |                    | Senior II K - 30   | 00:51:53    |
| 473   | KACZMARCZYK Roman          | 8589   |                    | Weteran I M - 50   | 00:51:55    |
| 474   | IWASZKIEWICZ Dominika      | 8466   |                    | Senior II K - 30   | 00:51:59    |
| 475   | BATURA Magdalena           | 8349   | TKKF MPK POZNAŃ    | Senior II K - 30   | 00:51:59    |
| 476   | MAJCHRZYCKA Agnieszka      | 8498   | TKKF MPK POZNAŃ    | Senior II K - 30   | 00:52:00    |
| 477   | SZYMAŁA Jan                | 8309   | SAM GNAM OD 1949   | Weteran III M - 70 | 00:52:22    |
| 478   | STRZYŻOWSKA Monika         | 8003   |                    | Masters K - 40     | 00:52:37    |
| 479   | CZECH Dominika             | 8009   |                    | Senior I K - 20    | 00:52:38    |
| 479   | WITKIEWICZ-ŁUKASZEK Sandra | 8001   |                    | Senior II K - 30   | 00:52:54    |

| Place | Participant                       | Number      | Club                  | Category          | C1<br>3.7km |
|-------|-----------------------------------|-------------|-----------------------|-------------------|-------------|
| 481   | <b>BARGIEL-DYGA Monika</b>        | <b>8470</b> | NIEPOŁOMICE BIEGAJĄ   | Weteran K - 50    | 00:52:55    |
| 482   | <b>MORAWSKA Edyta</b>             | <b>8522</b> | BIEGNIJ OŁAWO         | Masters K - 40    | 00:54:12    |
| 483   | <b>MORAWSKI Jarosław</b>          | <b>8521</b> | BIEGNIJ OŁAWO         | Masters M - 40    | 00:54:13    |
| 484   | <b>RYBKA Elżbieta</b>             | <b>8495</b> | SZYBKIE I WŚCIEKŁY    | Senior II K - 30  | 00:54:18    |
| 485   | <b>SZPERNA Katarzyna</b>          | <b>8126</b> | JAROCIN               | Senior I K - 20   | 00:54:40    |
| 486   | <b>PIETRUCHA Marta</b>            | <b>8087</b> |                       | Senior II K - 30  | 00:54:43    |
| 487   | <b>KAYSIEWICZ Maciej</b>          | <b>8125</b> | NATURAL BORN RUNNERS  | Weteran I M - 50  | 00:54:54    |
| 488   | <b>KAYSIEWICZ Agata</b>           | <b>8124</b> |                       | Senior I K - 20   | 00:54:54    |
| 489   | <b>DATA Tomasz</b>                | <b>8542</b> | HRMAX ŻORY            | Masters M - 40    | 00:55:39    |
| 490   | <b>SZYMAŃSKA Agnieszka</b>        | <b>8089</b> |                       | Masters K - 40    | 01:02:33    |
| 491   | <b>SZYMAŃSKI Paweł</b>            | <b>8083</b> |                       | Masters M - 40    | 01:02:34    |
| 492   | <b>MRÓZ Anna</b>                  | <b>8288</b> |                       | Senior II K - 30  | 01:04:09    |
| 493   | <b>MICHALSKI Dariusz</b>          | <b>8380</b> | ALFA TEAM GOSTYŃ      | Weteran I M - 50  | 01:04:13    |
| 494   | <b>LIMAN Andrzej</b>              | <b>8080</b> | PODLASIAKI TEAM       | Masters M - 40    | 01:06:13    |
| 495   | <b>LIMAN Dorota</b>               | <b>8081</b> | PODLASIAKI TEAM       | Masters K - 40    | 01:06:15    |
| 496   | <b>WOŁOSIEWICZ Jarosław</b>       | <b>8060</b> | PODLASIAKI TEAM       | Weteran II M - 60 | 01:06:15    |
| 497   | <b>BOCZAR Waldemar</b>            | <b>8228</b> |                       | Senior II M - 30  | 01:06:42    |
| 498   | <b>MAKSYMOWICZ Monika</b>         | <b>8496</b> | SZYBKIE I WŚCIEKŁY    | Senior II K - 30  | 01:07:52    |
| 499   | <b>KATARYŃCZUK-BOROWIK Dorota</b> | <b>8180</b> | CAŁA OLEŚNICA BIEGA   | Masters K - 40    | 01:07:56    |
| 500   | <b>GROGER Karolina</b>            | <b>8270</b> |                       | Senior I K - 20   | 01:09:02    |
| 501   | <b>ROBAK Aneta</b>                | <b>8259</b> |                       | Senior II K - 30  | 01:09:07    |
| 502   | <b>PLAZIŃSKA Agnieszka</b>        | <b>8416</b> | FLEXLINK RUNNING TEAM | Senior II K - 30  | 01:11:03    |
| 503   | <b>WINIARSKI Robert</b>           | <b>8024</b> |                       | Weteran I M - 50  | 01:39:58    |

Total 503 results.