



BIEG ULTRA TRAIL - 68 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2022-07-14
Łądek-Zdrój
68 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Punkt pomiarowy: 57,0 km

Msc	Zawodnik	Numer	Klub	Kategoria	Start Łądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km
1	MASIAREK Maciej	4270		Senior I M - 20	00:00:03	00:51:34	02:13:03	03:09:46	04:23:30	05:29:20
2	GLUSNEVS Didzis	4362		Senior II M - 30	00:00:04	00:51:37	02:14:26	03:10:40	04:30:43	05:40:57
3	PITUCH Grzegorz	4140	KS WYSOKA	Masters M - 40	00:00:03	00:56:20	02:25:08	03:23:22	04:41:32	05:58:55
4	DYBEK Paweł	4414	SALOMON SUUNTO TEAM	Masters M - 40	00:00:04	00:56:19	02:27:15	03:27:29	04:49:11	06:02:22
5	PILARSKI Tomasz	4382	IZERY BOGATYNIA	Masters M - 40	00:00:03	00:56:08	02:24:56	03:23:14	04:42:15	06:03:12
6	MAZUREK Marcin	4379	FEHLAU RUN TEAM	Masters M - 40	00:00:05	00:57:18	02:28:06	03:27:30	04:51:41	06:08:15
7	GOC Paweł	4254	RMT	Senior II M - 30	00:00:03	00:57:14	02:27:44	03:27:29	04:51:41	06:11:38
8	ŚCIESZKA Wojciech	4252	13 ELT KRAKÓW-BALICE	Masters M - 40	00:00:04	00:58:08	02:28:30	03:34:54	05:00:17	06:12:55
9	SOCHA Seweryn	4286	SII RUNNING TEAM	Senior II M - 30	00:00:29	01:00:47	02:36:18	03:40:05	05:07:52	06:25:56
10	TRULIS Modris	4399	SUPERVARONI	Senior II M - 30	00:00:05	00:58:22	02:37:45	03:41:17	05:07:50	06:26:08
11	RUDZIŃSKI Jacek	4081	KB HERMES GRYFINO	Weteran I M - 50	00:00:34	01:00:35	02:36:16	03:40:39	05:12:03	06:32:17
12	URBAŃCZYK Grzegorz	4365	FOR RUN TEAM & ADRUNALINE	Senior II M - 30	00:00:04	00:58:22	02:30:59	03:38:30	05:06:32	06:36:43
13	BAKALARZ Emil	4274		Senior II M - 30	00:00:02	01:00:27	02:37:50	03:43:06	05:17:40	06:37:24
14	WYLEŻAŁEK Alina	4327		Senior II K - 30	00:00:05	01:00:52	02:39:03	03:45:58	05:16:02	06:37:59
15	KOCOUREK Martin	4411	RUNCAT	Masters M - 40	00:00:35	01:02:46	02:41:48	03:48:55	05:17:24	06:39:59
16	OSTROWSKI Grzegorz	4317		Masters M - 40	00:00:07	00:58:12	02:36:16	03:41:16	05:15:24	06:41:02
17	RYCHTER Karol	4418	THE TYCHTERS	Masters M - 40	00:00:10	00:58:54	02:36:17	03:44:51	05:17:29	06:41:25
18	WILK Jacek	4397		Weteran I M - 50	00:00:09	01:03:14	02:50:30	03:57:28	05:27:24	06:41:29
19	JAROWICZ Jakub	4091		Senior II M - 30	00:00:05	00:56:05	02:30:46	03:37:29	05:09:32	06:42:38
20	MALICKI Grzegorz	4310	ORANGE POLSKA	Masters M - 40	00:00:03	00:59:54	02:38:27	03:45:54	05:18:43	06:43:53
21	MERKWA Wojciech	4325	ZIOMKI	Senior II M - 30	00:00:07	01:00:54	02:39:22	03:46:47	05:19:50	06:43:57
22	WARWAS Radosław	4387		Masters M - 40	00:00:05	00:59:29	02:38:43	03:46:35	05:22:04	06:46:24
23	MAJCHER Piotr	4186	BW BIEGACZE WYMIATACZE	Weteran I M - 50	00:00:04	01:00:44	02:37:26	03:44:14	05:23:39	06:47:04
24	NARWOJSZ Arkadiusz	4159		Masters M - 40	00:00:06	01:00:29	02:42:44	03:54:48	05:28:27	06:50:34
25	CIESIELSKI Michał	4328	ADIDAS RUNNERS WARSAW	Senior II M - 30	00:00:14	01:00:44	02:46:37	03:56:48	05:30:02	06:57:25
26	ŚALIGA Jan	4410	ŚALARUN	Senior II M - 30	00:00:36	01:04:34	02:48:54	03:58:05	05:35:04	07:00:25
27	MALEC Artur	4096		Masters M - 40	00:00:04	01:04:05	02:49:39	03:59:59	05:37:55	07:02:17
28	GAŁUSZKA Filip	4112	KOKOSZKA36TEAM	Senior II M - 30	00:00:35	01:03:52	02:48:45	03:59:49	05:40:17	07:02:41
29	SZYMURA Wojciech	4189	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters M - 40	00:00:05	01:00:16	02:42:43	03:55:21	05:38:38	07:07:26
30	JANKOWSKI Grzegorz	4073	KGHM ZG RUN	Weteran I M - 50	00:00:02	00:57:34	02:36:48	03:41:30	05:24:27	07:07:32

Msc	Zawodnik	Numer	Klub	Kategoria	Start Łądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km
31	SZARAPANOWSKI Marcin	4202	ULTRA DIABŁY TEAM LUBRZA	Masters M - 40	00:00:09	01:05:07	02:50:53	04:01:48	05:41:16	07:09:10
32	POPIEL Andrzej	4194	POPSMART.PL	Senior II M - 30	00:00:15	01:05:05	02:50:48	04:02:56	05:42:49	07:10:28
33	BARANOWSKI Jacek	4375	JACEKBIEGA RUNNING TEAM	Masters M - 40	00:00:10	01:09:11	02:56:32	04:06:23	05:43:53	07:13:05
34	KURACH Paweł	4298	SII RUNNING TEAM	Senior II M - 30	00:00:30	01:12:15	03:07:44	04:18:14	05:52:23	07:13:24
35	JANUSZ Jakub	4126		Senior II M - 30	00:00:17	01:13:21	03:02:49	04:13:28	05:50:17	07:14:18
36	ŁUKASIEWICZ Ewa	4111	OLAWS ZŁOTORYJA	Weteran K - 50	00:00:29	01:16:08	03:01:04	04:09:26	05:43:29	07:14:27
37	BOGUCA Emilia	4380	WLKP MOUNTAINS ULTRA	Masters K - 40	00:00:15	01:09:28	02:58:34	04:09:24	05:48:09	07:14:49
38	MOSZKOWICZ Paweł Moszkowicz	4406	NAVIGATOR	Weteran I M - 50	00:00:44	01:06:55	02:51:34	04:00:02	05:41:02	07:17:47
39	MARUCHA Tomasz	4277	DRUŻYNA Ż	Senior II M - 30	00:00:53	01:13:34	03:04:10	04:15:10	05:53:56	07:19:12
40	JAWORSKA Magdalena	4018	GB WIELKOPOLSCY BIEGACZE/TEAM KGB	Masters K - 40	00:00:18	01:11:24	03:05:23	04:16:45	05:59:26	07:21:47
41	WATROS Eryk	4212	31 BAZA LOTNICTWA TAKTYCZNEGO	Senior II M - 30	00:00:08	01:04:55	02:53:53	04:05:05	05:50:16	07:22:05
42	KUŁAGA Sebastian	4371	MIRAZ RACE TEAM	Senior II M - 30	00:00:34	01:16:33	03:06:21	04:13:32	05:51:19	07:22:58
43	JAKOWSKI Mateusz	4095		Senior I M - 20	00:00:07	00:59:04	02:40:15	03:55:50	05:37:59	07:23:38
44	CHWEDCZUK Robert	4232	ŻÓRAWSKI TEAM	Senior II M - 30	00:00:15	01:04:36	02:48:47	03:58:06	05:43:21	07:23:55
45	PARZONKA Sylwester	4165	KS GEPARD KEPNO	Weteran I M - 50	00:00:14	01:05:08	02:48:39	03:57:42	05:37:09	07:24:24
46	WOŹNIAK Jerzy	4246	#ZALINIAMETYTEAM	Senior II M - 30	00:00:32	01:06:59	02:56:13	04:08:02	05:51:07	07:25:38
47	GRABOŚ Nina	4314		Masters K - 40	00:00:16	01:14:02	03:09:36	04:22:05	06:01:38	07:30:13
48	JEZIERSKI Tomasz	4183	SUPADUPAFLY	Masters M - 40	00:00:02	01:06:49	02:59:31	04:16:35	06:02:27	07:31:56
49	WOŹNIAK Paweł	4339	W POGONI ZA DUCHEM	Masters M - 40	00:00:50	01:16:12	03:08:19	04:18:01	06:00:23	07:32:45
50	GOLCZAK Krzysztof	4011	TEAM KGB	Masters M - 40	00:00:17	01:11:23	03:05:24	04:16:51	06:01:07	07:33:02
51	GROBOSZ Jan	4312		Senior II M - 30	00:00:21	01:15:03	03:06:51	04:14:19	05:53:21	07:33:06
52	FLAGA Iwona	4205	LOS PANTALONES ROJOS	Masters K - 40	00:00:08	01:16:43	03:14:56	04:29:34	06:07:05	07:33:33
53	ZIEBA Tomek	4386	JACEKBIEGA RUNNING TEAM	Masters M - 40	00:00:10	01:13:15	03:07:01	04:20:29	06:01:16	07:33:43
54	KOŚCIELNIAK Wioletta	4377	RUNNERS TEAM NYSA	Masters K - 40	00:00:22	01:11:54	03:02:53	04:19:32	06:04:44	07:34:17
55	JĘDRZEJKO Dominik	4054	BIEGAM SOBIE	Senior II M - 30	00:00:03	01:07:00	02:58:45	04:08:53	05:56:02	07:34:53
56	JANCZ Tomasz	4214		Weteran I M - 50	00:00:48	01:11:07	03:04:13	04:16:54	06:01:10	07:38:01
57	JASZKIEWICZ Adrian	4292	LESZNO LIMITS RUNNERS	Masters M - 40	00:00:14	01:04:53	02:54:46	04:11:12	05:58:11	07:38:12
58	KOWALCZYK Adam	4369	STS BIEGATON - SEKCJA GÓRSKA	Weteran I M - 50	00:00:27	01:10:18	03:02:46	04:16:45	06:01:15	07:38:52
59	SOLIŃSKI Olaf	4392		Senior I M - 20	00:00:43	01:07:19	02:49:01	04:04:59	05:52:18	07:42:06
60	ROZNERSKA Dagmara	4152	KB SOBÓTKA	Senior II K - 30	00:00:01	01:11:13	03:07:26	04:22:52	06:14:33	07:44:18
61	KRZEPKOWSKI Radosław	4049	ADIDAS RUNNERS WARSAW	Masters M - 40	00:01:04	01:20:05	03:15:04	04:30:15	06:15:33	07:44:47
62	WAWRZYNIAK Małgorzata	4236	#BIEGIEMWLAS	Masters K - 40	00:00:11	01:11:12	03:06:54	04:19:57	06:06:47	07:45:18
63	JOŃCZYK Rafał	4415	JACEKBIEGA RUNNING TEAM	Masters M - 40	00:00:31	01:11:36	03:01:18	04:16:31	06:06:21	07:46:13
64	ZILGALVIS Matiss	4347	SUPERVARONI	Masters M - 40	00:00:10	01:07:36	02:58:49	04:16:50	06:05:56	07:46:36
65	WITKE-ORLIKOWSKA Marta	4184		Senior II K - 30	00:00:13	01:11:47	03:07:16	04:27:22	06:15:01	07:47:21
66	VOITIUK Dmytro	4346	SUPADUPAFLY	Senior II M - 30	00:00:02	01:06:52	02:57:56	04:15:09	06:10:11	07:47:39
67	MIKOŁAJCZYK Krzysztof	4097		Masters M - 40	00:00:12	01:08:12	03:03:48	04:17:47	06:08:13	07:48:17
68	CZOSNOWSKI Krzysztof	4029	KB HERMES GRYFINO	Masters M - 40	00:00:34	01:05:33	02:56:12	04:10:57	06:04:26	07:50:35
69	WOŁKOWYCKI Paweł	4403	BIEGAM Z KAJĄ	Senior II M - 30	00:00:37	01:16:52	03:18:51	04:35:22	06:21:54	07:51:27
70	STAROŃ Norbert	4016	DZG RUNNERS	Masters M - 40	00:00:06	01:05:58	02:58:45	04:11:10	06:10:09	07:52:22
71	PIWOWOŃSKI Paweł	4132		Masters M - 40	00:00:31	01:07:05	02:57:12	04:16:23	06:14:49	07:54:12
72	POLEK Ewa	4241	BW BIEGACZE WYMIATACZE	Senior II K - 30	00:00:08	01:13:57	03:12:18	04:30:13	06:22:25	07:54:44
73	LUBAŃSKI Mateusz	4166	KS BARYCZ MILICZ	Senior II M - 30	00:00:18	01:13:06	03:09:42	04:26:26	06:16:05	07:55:10
74	BUDZOWSKI Radosław	4116	ROZBIEGANE DOBCZYCE	Senior I M - 20	00:00:20	01:12:51	03:09:31	04:26:23	06:19:52	07:56:05
75	PIKOS Patryk	4136		Senior II M - 30	00:00:14	01:12:58	03:06:45	04:25:04	06:21:22	07:56:27

Msc	Zawodnik	Numer	Klub	Kategoria	Start Łądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km
76	CIEMBOROWICZ Karol	4354	#KFD	Senior II M - 30	00:00:41	01:19:56	03:19:59	04:37:23	06:21:29	07:56:30
77	ANTKOWIAK Michał	4178	MUAY RUNNING TEAM	Senior II M - 30	00:00:33	01:19:49	03:22:51	04:40:33	06:26:12	07:57:28
78	ANTKOWIAK Monika	4177	MUAY RUNNING TEAM	Senior II K - 30	00:00:33	01:19:50	03:22:51	04:40:33	06:26:12	07:57:28
79	CHOJKA-BARTOSZKO Karolina	4084		Masters K - 40	00:00:26	01:21:55	03:23:43	04:42:26	06:30:11	07:59:16
80	KUREK Michał	4343		Senior II M - 30	00:00:27	01:16:09	03:15:21	04:31:43	06:21:26	07:59:33
81	DZIOB Grzegorz	4173	NIEPOŁOMICE BIEGAJĄ	Senior II M - 30	00:00:22	01:08:13	03:00:55	04:16:34	06:10:34	07:59:50
82	KUK Urszula	4174		Masters K - 40	00:00:58	01:18:16	03:16:07	04:33:27	06:21:08	08:00:04
83	BOROWCZYK Marcin	4340	ULTRAS	Masters M - 40	00:00:37	01:22:29	03:18:54	04:36:44	06:22:40	08:01:16
84	KRAWCZYK Karol	4373	LENIWY INACZEJ	Senior II M - 30	00:00:37	01:09:45	03:02:02	04:18:50	06:24:52	08:02:07
85	KOMAR Krystian	4192	KOMARKI	Senior II M - 30	00:00:09	01:12:07	03:07:59	04:28:00	06:29:25	08:03:42
86	PFITZENREUTER Justin	4258		Senior II M - 30	00:00:29	01:19:03	03:20:34	04:41:03	06:31:03	08:04:27
87	HAMPEL Karolina	4110	LUCKY LUKI	Senior I K - 20	00:00:32	01:09:03	03:11:14	04:28:08	06:25:10	08:06:30
88	WOJCIECHOWSKA Maria	4367	JACEKBIEGA RUNNING TEAM	Senior II K - 30	00:00:24	01:15:41	03:14:32	04:47:03	06:30:15	08:06:39
89	MAKOWSKA Olga	4368	JACEKBIEGA RUNNING TEAM	Senior II K - 30	00:00:01	01:15:44	03:14:33	04:47:13	06:30:15	08:06:40
90	HEJZNER Arkadiusz	4217		Senior II M - 30	00:00:14	01:09:27	03:06:29	04:22:05	06:13:50	08:08:18
91	SAJAK Kamil	4098	ROZBIEGANE DOBCZYCE	Senior II M - 30	00:00:19	01:12:52	03:09:32	04:26:24	06:20:31	08:09:42
92	ZIEMBA Michał	4326	ZIOMKI	Senior II M - 30	00:00:08	01:12:40	03:18:13	04:37:13	06:30:23	08:10:44
93	WYSMOLIŃSKI Rafał	4296		Masters M - 40	00:00:37	01:21:40	03:23:03	04:43:50	06:38:09	08:13:18
94	URBANIK Łukasz	4284	SZAKALE BAŁUT ŁÓDŹ	Masters M - 40	00:00:16	01:11:44	03:13:41	04:34:02	06:28:03	08:14:57
95	LANGE Paweł	4137	ALSTOM KATOWICE	Senior II M - 30	00:00:24	01:17:20	03:23:00	04:43:36	06:38:44	08:16:23
96	MELON Krzysztof	4398		Senior II M - 30	00:00:59	01:25:33	03:27:31	04:46:54	06:39:37	08:16:47
97	GRZYBEK Sławomir	4106	BARTOSZ GORCZYCA RUNNING TEAM	Senior II M - 30	00:00:03	01:14:05	03:19:58	04:43:49	06:39:40	08:18:00
98	SOWIŃSKA-JANECZEK Joanna	4013	KB MARATON TUREK	Senior II K - 30	00:00:08	01:13:56	03:18:43	04:41:27	06:33:38	08:18:05
99	WOJCIECHOWSKA Aleksandra	4297		Senior II K - 30	00:00:20	01:16:42	03:19:36	04:43:43	06:36:24	08:18:12
100	KAWIK-BARTOSIK Anna	4041		Senior II K - 30	00:00:44	01:26:37	03:30:14	04:54:20	06:47:38	08:18:21
101	SOBANIA Tomasz	4268	PIAST GLIWICE	Senior I M - 20	00:00:14	01:25:23	03:35:13	04:58:53	06:46:33	08:18:44
102	KARNICKA Iwona	4019	DZG RUNNERS	Masters K - 40	00:00:05	01:17:49	03:23:49	04:45:20	06:35:50	08:18:52
103	MIKLAS Jarek	4026	OFF ROAD RUNNERS BENEFIT SYSTEMS	Senior II M - 30	00:01:11	01:32:38	03:47:51	05:05:36	06:51:32	08:20:17
104	KOPCZYŃSKI Paweł	4329		Masters M - 40	00:01:14	01:32:55	03:42:55	05:00:49	06:51:31	08:20:23
105	SKOKOWSKI Maciej	4144		Masters M - 40	00:00:11	01:16:26	03:20:31	04:43:20	06:42:40	08:20:23
106	PAWŁOWSKI Paweł	4155		Senior II M - 30	00:01:04	01:22:36	03:23:55	04:42:13	06:30:53	08:20:40
107	TRZECIAK Andrzej	4323	PURA VIDA TEAM	Masters M - 40	00:00:32	01:17:49	03:20:34	04:43:09	06:38:55	08:21:02
108	WÓJCIK Michał	4157	GRUPA SUDECKA GOPR	Senior II M - 30	00:00:11	01:14:46	03:21:49	04:43:57	06:40:37	08:21:14
109	RUDNICKI Krzysztof	4306		Senior II M - 30	00:00:53	01:19:42	03:20:52	04:41:19	06:35:22	08:21:34
110	KARLIK Łukasz	4281	ES TEAM	Senior II M - 30	00:00:28	01:17:56	03:23:09	04:46:55	06:45:14	08:22:33
111	GAWCZYŃSKI Marcel	4257		Senior II M - 30	00:00:38	01:23:43	03:27:46	04:53:16	06:43:35	08:23:30
112	NECKAR Michał	4071	HWBC	Masters M - 40	00:00:19	01:12:11	03:09:40	04:28:03	06:31:34	08:24:31
113	SUCHODOLA Piotr	4401		Masters M - 40	00:00:39	01:26:39	03:33:06	04:54:18	06:46:57	08:24:49
114	KALETA Leszek	4074		Senior II M - 30	00:00:33	01:23:50	03:25:45	04:45:32	06:39:50	08:26:01
115	MATUSZEWSKI Łukasz	4028	BIEGOWY WARIAT RUNNING TEAM	Senior II M - 30	00:00:04	01:16:11	03:22:05	04:42:23	06:42:25	08:26:46
116	GRADZIK Inga	4370		Senior I K - 20	00:00:28	01:16:21	03:16:08	04:37:09	06:37:16	08:27:01
117	DOBROWOLSKI Krzysztof	4100	DZG RUNNERS	Senior II M - 30	00:00:06	01:07:47	03:09:25	04:36:21	06:43:06	08:27:42
118	MAZUREK Łukasz	4027	DZG RUNNERS	Masters M - 40	00:00:05	01:12:08	03:12:26	04:35:46	06:43:06	08:27:45
119	CHRAPLEWSKA Karolina	4342		Masters K - 40	00:00:18	01:18:08	03:25:53	04:53:11	06:48:04	08:28:13
120	SYPNIEWSKI Krystian	4139	ZBGB	Masters M - 40	00:00:19	01:17:34	03:25:54	04:53:14	06:49:26	08:28:19

Msc	Zawodnik	Numer	Klub	Kategoria	Start Łądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km
121	NOWAK Krzysztof	4316		Masters M - 40	00:00:16	01:13:15	03:18:02	04:36:49	06:38:38	08:28:52
122	GOŁĘBIEWSKA Katarzyna	4421	COMFORT ZONE	Masters K - 40	00:00:29	01:21:27	03:27:53	04:52:32	06:47:38	08:28:53
123	BRONCZAK Tomasz	4055		Masters M - 40	00:00:17	01:13:17	03:20:56	04:41:15	06:41:06	08:29:40
124	MENDYK Maciej	4168		Masters M - 40	00:00:19	01:13:15	03:21:46	04:43:55	06:44:41	08:30:40
125	JAKUBCZAK Konrad	4037	DEBEŚCIAK	Masters M - 40	00:00:11	01:07:29	02:59:37	04:16:07	06:26:43	08:31:16
126	JANIK Beata	4156	RUNDOMSKO	Senior II K - 30	00:00:13	01:19:43	03:26:39	04:57:07	06:53:31	08:32:12
127	SZAFRANIEC Monika	4334		Senior II K - 30	00:00:51	01:26:55	03:34:28	04:57:13	06:51:35	08:33:06
128	PIELATOWSKI Adam	4127	DIRTY SPARROWS	Senior II M - 30	00:01:00	01:24:53	03:33:19	04:54:23	06:53:43	08:33:13
129	JAMRÓZ Wojciech	4229	KW GLIWICE	Masters M - 40	00:00:22	01:16:45	03:27:14	04:52:32	06:51:58	08:34:26
130	MUS Pawel	4162	MASATEAM	Senior II M - 30	00:00:08	01:12:50	03:15:48	04:37:34	06:39:40	08:34:38
131	JÓZEFIAK Beata	4330		Senior II K - 30	00:00:32	01:17:34	03:19:46	04:43:37	06:46:49	08:34:52
132	CHMAJ Jerzy	4248		Weteran I M - 50	00:00:15	01:16:27	03:19:56	04:49:43	06:50:19	08:36:14
133	ŁAPIŃSKI Adam	4179	AIKIRUNNERS	Weteran I M - 50	00:00:40	01:21:25	03:32:42	04:57:15	06:56:22	08:37:23
134	MRÓWKA Michał	4002	OBOZY GÓRSKIE	Senior II M - 30	00:00:05	01:12:57	03:15:54	04:35:45	06:33:51	08:40:12
135	NOSKI Mariusz	4402		Masters M - 40	00:00:55	01:34:21	03:54:55	05:27:04	07:10:35	08:40:43
136	FORMA Paulina	4333		Senior II K - 30	00:00:51	01:25:37	03:34:02	04:57:25	06:52:21	08:40:51
137	HŁASKO Anna	4313		Senior I K - 20	00:00:35	01:23:08	03:28:48	04:49:49	06:47:32	08:40:54
138	URBAŃSKI Michał	4282	ŁĄDEK-ZDRÓJ RUNNERS	Senior II M - 30	00:00:06	01:17:19	03:27:36	04:51:51	06:52:57	08:42:23
139	KRYCH Paweł	4051	MARATOŃCZYK POZNAŃ	Masters M - 40	00:00:41	01:19:08	03:34:30	04:57:42	06:57:36	08:43:24
140	KARCZYŃSKA Eliza	4050	MARATOŃCZYK POZNAŃ	Senior II K - 30	00:00:41	01:19:55	03:34:29	04:57:49	06:57:38	08:43:41
141	WOJNAROWSKI Damian	4149	KS LENIWIEC	Senior I M - 20	00:00:43	01:28:21	03:40:39	05:03:42	07:02:45	08:44:17
142	SZKÓDLIŃSKI Bartosz	4118	ODDYCHAJSWOBODNIE.PL	Masters M - 40	00:00:27	01:17:36	03:23:12	04:45:36	06:51:46	08:44:30
143	CANDER Piotr	4374		Masters M - 40	00:00:14	01:16:01	03:19:01	04:40:55	06:51:02	08:45:25
144	SCHÜTZ Michał	4253		Masters M - 40	00:00:12	01:10:24	03:20:22	04:42:35	06:46:06	08:45:53
145	NASIADKA Michał	4249		Senior I M - 20	00:00:22	01:16:22	03:17:37	04:37:08	06:42:35	08:46:25
146	PATROŃSKI Adam	4180	ŻARŁOKI	Senior I M - 20	00:00:30	01:21:58	03:25:10	04:49:42	06:48:01	08:46:38
147	LIS Paweł	4357	CENTRUM FORMY 58-100 ŚWIDNICA	Masters M - 40	00:00:28	01:09:14	03:13:48	04:52:03	07:03:13	08:47:40
148	SZANDAŁA Jacek	4092	CAŁA OLEŚNICA BIEGA	Masters M - 40	00:00:07	01:16:07	03:23:12	04:50:43	06:56:44	08:47:49
149	STASIW Przemysław	4407	ULTRA TRAIL FANATICS	Senior II M - 30	00:00:18	01:10:16	03:27:53	04:57:26	07:03:19	08:50:02
150	BARAN Dariusz	4332	RUSZAMY DĄBROWĘ	Masters M - 40	00:00:49	01:21:54	03:29:06	04:55:01	06:58:15	08:51:09
151	BURA Krystian	4122	#BIEGAJLESZNO	Senior II M - 30	00:00:11	01:14:38	03:34:49	05:03:16	07:14:17	08:51:10
152	KWIECIŃSKA Małgorzata	4394	BRAVEHEARTS LEGIONOWO	Senior II K - 30	00:00:34	01:26:21	03:37:54	05:02:47	07:00:53	08:52:06
153	KUBECZAK Debora	4364		Senior II K - 30	00:00:41	01:25:39	03:33:26	04:57:10	06:55:33	08:52:45
154	SKŁADANOWSKA Beata	4263	EUROCASH	Senior II K - 30	00:00:04	01:19:49	03:29:50	04:57:13	07:01:55	08:52:50
155	KONDYCKI Adam	4030	DZG RUNNERS	Masters M - 40	00:00:06	01:12:59	03:12:29	04:36:11	06:54:09	08:52:51
156	GARCZYŃSKI Darek	4150		Weteran I M - 50	00:01:02	01:17:58	03:19:50	04:46:53	06:58:34	08:53:00
157	DOMAGAŁA Grażyna	4303		Senior II K - 30	00:00:15	01:16:14	03:28:58	04:57:17	06:56:34	08:53:11
158	WYSMOLIŃSKI Piotr	4302		Weteran I M - 50	00:00:26	01:19:41	03:27:11	04:51:35	06:58:18	08:53:24
159	KANIEWSKA Agnieszka	4416		Masters K - 40	00:00:13	01:21:52	03:35:38	05:05:34	07:12:15	08:54:15
160	LEWANDOWSKI Rafał	4090	SPC	Masters M - 40	00:00:48	01:21:34	03:31:13	05:00:48	07:09:36	08:54:34
161	SALAMON Pawel	4039	KOPEĆ TEAM	Masters M - 40	00:00:10	01:12:31	03:14:09	04:41:47	07:00:17	08:55:24
162	HENECZKOWSKI Łukasz	4094	BORN TO RUN	Masters M - 40	00:01:02	01:17:53	03:26:01	04:49:50	07:02:28	08:56:39
163	BŁASZCZYK Luiza	4129		Senior I K - 20	00:00:24	01:26:22	03:42:11	05:05:40	07:07:06	08:56:51
164	JODŁOWSKI Marek	4114	BBL KROSNO ODRZANSKIE	Masters M - 40	00:00:01	01:14:41	03:17:55	04:38:01	06:53:38	08:57:10
165	MRÓZ Agata	4025	AFRO FIT WATAHA	Senior II K - 30	00:00:20	01:13:50	03:20:20	04:39:00	06:56:03	08:59:02

Msc	Zawodnik	Numer	Klub	Kategoria	Start Łądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km
166	JABŁOŃSKI Jakub	4198	PRO366	Masters M - 40	00:00:41	01:23:15	03:38:29	05:03:40	07:10:47	08:59:26
167	WAWRZY尼亚K Damian	4104		Senior I M - 20	00:00:35	01:16:53	03:21:26	04:45:30	06:50:37	08:59:57
168	STASIAK Łukasz	4076	LEŚNE DZIKI PRZYJACIELSKA GRUPA BIEGOWA	Masters M - 40	00:00:09	01:16:30	03:29:42	05:03:18	07:15:57	09:01:09
169	LISIECKI Tomasz	4060		Senior II M - 30	00:00:53	01:27:29	03:33:46	04:57:12	07:05:06	09:01:16
170	HACUŚ Jacek	4059		Senior II M - 30	00:00:09	01:18:07	03:32:10	05:00:39	07:05:37	09:01:34
171	CAPUTA Wojciech	4409		Masters M - 40	00:00:12	01:10:17	03:06:06	04:21:38	06:35:40	09:02:08
172	KUDŁA Joanna	4223	KUDŁATE MAKARONY	Senior II K - 30	00:00:20	01:16:31	03:28:32	05:00:28	07:06:05	09:02:11
173	DUDA Dariusz	4080	MIRAZ RACE TEAM	Senior II M - 30	00:00:38	01:21:30	03:35:15	05:05:04	07:13:24	09:02:40
174	JOWSA Paweł	4066		Senior II M - 30	00:01:05	01:34:40	03:50:18	05:20:28	07:23:09	09:03:36
175	NAWROT Marek	4278	BIEG Z CHRYSTUSEM!	Senior II M - 30	00:00:25	01:16:03	03:27:39	04:51:02	06:59:35	09:04:17
176	PILARSKI Tomasz	4289		Masters M - 40	00:00:42	01:22:47	03:42:15	05:02:52	07:00:48	09:04:22
177	CHOCIAJ Daniel	4058	ENDORFINY WĄSOSZ	Masters M - 40	00:00:45	01:22:53	03:24:28	04:52:29	07:09:14	09:04:43
178	GŁADYKOWSKI Łukasz	4187	PGB SPORTOWA PACZKA	Masters M - 40	00:00:13	01:17:37	03:33:55	04:58:31	07:08:25	09:05:02
179	SZULC Krzysztof	4393	ALBATROSY	Weteran I M - 50	00:00:31	01:16:30	03:25:08	04:53:15	07:06:07	09:05:30
180	NIEZNAJ Beata	4056	ZABIEGANI MIELEC	Senior II K - 30	00:00:18	01:25:36	03:46:12	05:16:14	07:20:36	09:08:25
181	ZAŁUSKA-LIPA Agnieszka	4355		Masters K - 40	00:00:34	01:21:40	03:33:35	05:01:14	07:11:06	09:08:39
182	FALBA Karol	4404		Masters M - 40	00:00:20	01:21:56	03:33:31	05:03:41	07:15:54	09:09:23
183	MASEWICZ Grzegorz	4042	KB ZOFANNA GORZÓW WIELKOPOLSKI	Masters M - 40	00:01:14	01:28:51	03:43:46	05:15:22	07:17:44	09:10:41
184	KASPROWSKI Michał	4309	ZDOBYWCY GÓRSKICH SZCZYTÓW	Senior II M - 30	00:00:55	01:20:38	03:33:25	05:05:35	07:12:06	09:10:57
185	KOTRA Jacek	4383	POLA&GAJA TEAM	Masters M - 40	00:00:24	01:17:55	03:34:39	05:03:11	07:11:23	09:11:02
186	KAŻMIERCZAK Adam	4005		Senior II M - 30	00:01:01	01:29:29	03:44:54	05:11:17	07:16:28	09:11:13
187	KACZMAREK Mirosław	4372	RUNNER'S POWER ŚREM	Senior II M - 30	00:00:25	01:21:28	03:44:20	05:16:27	07:21:46	09:12:30
188	ŻUKOWSKI Karol	4321		Senior II M - 30	00:00:27	01:16:46	03:20:35	04:43:07	07:08:51	09:13:00
189	GREGROWSKI Krzysztof	4381	PODGÓRZ TORUŃ	Masters M - 40	00:00:48	01:25:58	03:38:03	05:08:52	07:14:30	09:13:32
190	RAKOWSKA Natalia	4350	FOREST GANG BYDGOSZCZ	Senior I K - 20	00:01:06	01:29:41	03:47:23	05:17:04	07:24:27	09:16:39
191	JABKOWSKI Łukasz	4007	KHG GROUP	Senior I M - 20	00:00:33	01:20:44	03:42:29	05:10:35	07:21:28	09:17:53
192	GIERADA Mateusz	4072		Senior II M - 30	00:00:36	01:25:13	03:45:07	05:14:02	07:24:37	09:18:34
193	JASICKI Krzysztof	4378	RUNHOGS TYCHY	Masters M - 40	00:00:42	01:27:02	03:50:55	05:20:29	07:22:36	09:20:37
194	ZIĘTEK Katarzyna	4045		Senior II K - 30	00:00:52	01:34:43	04:00:10	05:31:25	07:34:02	09:21:12
195	SŁOWIK Roman	4235	ORLEN RUNNING TEAM	Weteran I M - 50	00:01:00	01:30:14	03:48:51	05:15:21	07:22:54	09:21:17
196	SOCHAJ Anna	4170	FUKUNDA	Senior II K - 30	00:00:33	01:27:34	03:47:09	05:15:48	07:27:52	09:23:19
197	BŁASZKIEWICZ Klaudia	4335	#ZALINIAMETY	Senior II K - 30	00:00:49	01:28:31	03:47:34	05:25:38	07:37:54	09:23:20
198	MOREVA Daria	4322	TRAIL RUNNING SCHOOL	Senior II K - 30	00:00:35	01:36:34	03:53:26	05:23:45	07:24:41	09:23:21
199	PRZYBYTKOWSKI Adam	4308	NIE ZRZESZONY	Weteran I M - 50	00:00:27	01:18:15	03:30:04	05:03:31	07:22:08	09:25:09
200	JANUSZEK Witold	4191	LUBIĘ BIEGAĆ	Weteran I M - 50	00:01:06	01:24:42	03:31:59	05:03:46	07:31:21	09:25:54
201	SOBCZYK Grzesiu	4167	WIELUŃ BIEGA	Senior II M - 30	00:00:09	01:19:25	03:27:08	04:59:53	07:23:52	09:26:03
202	ANSONS Karlis	4193	SUPERVARONI	Senior II M - 30	00:00:07	01:22:19	03:44:26	05:16:04	07:31:27	09:27:30
203	TURLEJ Dariusz	4204	BEZ KONDYCJI	Weteran II M - 60	00:01:05	01:34:06	04:06:39	05:35:57	07:39:44	09:27:58
204	OLCZYK Andrzej	4015		Weteran I M - 50	00:00:45	01:32:38	04:03:08	05:34:35	07:41:01	09:29:21
205	NIŻEWSKI Paweł	4405	KRAKOWIAK ULTRA TEAM	Masters M - 40	00:00:40	01:21:31	03:37:58	05:13:27	07:34:14	09:29:22
206	CZECH Dariusz	4227	W POGONI ZA DUCHEM	Weteran I M - 50	00:00:48	01:28:40	03:56:52	05:31:21	07:34:02	09:30:07
207	GIBALSKA Marzena	4221	OBORYGENI	Masters K - 40	00:01:05	01:37:12	04:03:30	05:32:44	07:38:01	09:30:34
208	FRAŃSKI Łukasz	4222	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	00:00:31	01:23:33	03:39:03	05:13:14	07:34:20	09:31:05
209	SZAJEK Arkadiusz	4385	ARVATO S.C. REP	Senior II M - 30	00:01:08	01:28:56	03:46:31	05:18:08	07:36:31	09:31:18
210	GACHOWSKI Łukasz	4078		Masters M - 40	00:00:55	01:22:51	03:45:51	05:20:27	07:34:41	09:32:31

Msc	Zawodnik	Numer	Klub	Kategoria	Start Łądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km
211	OLESIŃSKA Martyna	4220	W POGONI ZA DUCHEM	Senior II K - 30	00:00:49	01:28:51	04:07:15	05:36:02	07:41:30	09:33:07
212	CHOŁOTA Marek	4287		Masters M - 40	00:00:27	01:25:56	03:45:13	05:20:22	07:36:04	09:33:19
213	CZERWIŃSKI Łukasz	4040	RAFFLES EUROPEJSKI WARSAW	Masters M - 40	00:00:58	01:32:33	03:52:51	05:23:23	07:37:12	09:33:23
214	JASTRZĄB-STANDERSKA Joanna	4412		Masters K - 40	00:00:27	01:25:55	03:46:28	05:20:26	07:36:03	09:33:33
215	LIS Sebastian	4044	KB DĘBIEC	Senior II M - 30	00:00:35	01:19:33	03:37:25	05:08:49	07:31:25	09:33:36
216	KÓZKA Przemysław	4208	NBR TEAM	Masters M - 40	00:00:40	01:21:18	03:34:11	05:13:26	07:41:05	09:35:21
217	BUDYCH-GÓRZNA Magdalena	4396	GO! GOWARZEWO	Masters K - 40	00:00:49	01:28:18	03:49:35	05:23:22	07:37:41	09:35:33
218	WOJTAL Marcin	4280	#BIEGAJLESZNO	Masters M - 40	00:00:11	01:14:39	03:38:51	05:21:03	07:41:07	09:36:09
219	SKROBAŃSKA Katarzyna	4200	SKROBKITEAM	Masters K - 40	00:00:19	01:27:07	03:50:39	05:26:07	07:43:29	09:38:11
220	PASTERNAK Daniel	4338		Senior I M - 20	00:00:01	01:26:21	03:46:24	05:19:59	07:44:01	09:38:56
221	LEBODA Katarzyna	4315	WILD DOGS TEAM	Senior II K - 30	00:00:57	01:28:35	03:44:11	05:13:30	07:20:31	09:39:07
222	BASIAK Michał	4265		Senior II M - 30	00:00:34	01:21:27	03:38:35	05:13:30	07:21:33	09:39:09
223	POGORZELSKI Mariusz	4269	HARDCOROWE WYCHYLYLYBYMY	Masters M - 40	00:00:34	01:21:26	03:38:35	05:13:31	07:21:33	09:40:10
224	KANIEWSKI Michał	4244	ORANGE POLSKA	Masters M - 40	00:00:36	01:23:30	03:52:30	05:26:25	07:44:39	09:42:00
225	IWASZKOWSKI Andrzej	4053		Weteran I M - 50	00:00:52	01:21:13	03:24:51	05:04:54	07:38:05	09:42:05
226	KLAWIKOWSKI Mateusz	4348	JACEK BIEGA RUNNINGTEAM	Senior I M - 20	00:00:27	01:27:05	03:38:27	05:26:10	07:28:43	09:42:18
227	FARION Marzena	4061	THE FARIONS	Masters K - 40	00:00:41	01:27:29	03:53:42	05:29:17	07:44:32	09:43:52
228	BEDARCZYK Bogusław	4360	PRO-RUN WROCŁAW	Weteran I M - 50	00:01:12	01:29:47	03:50:28	05:26:08	07:44:33	09:43:52
229	FOGT Monika	4262		Masters K - 40	00:00:52	01:34:42	03:54:55	05:31:23	07:45:01	09:45:25
230	SIEROCIN Agata	4035		Senior II K - 30	00:00:51	01:34:42	03:54:56	05:31:22	07:44:59	09:45:25
231	JUNIK Łukasz	4031	MOCNA GRUPA CEZARA	Senior II M - 30	00:00:56	01:34:30	03:55:01	05:27:18	07:45:03	09:45:29
232	GERUS Wiesław	4390		Weteran I M - 50	00:00:54	01:27:20	03:47:37	05:22:27	07:39:39	09:46:36
233	MORAWSKI Maciej	4331	GULO GULO CLUB POLAND	Senior II M - 30	00:00:42	01:27:47	03:52:50	05:34:28	07:52:00	09:47:02
234	BOROWIK Łukasz	4014	CAŁA OLEŚNICA BIEGA	Masters M - 40	00:00:28	01:21:32	03:53:08	05:29:03	07:42:10	09:48:35
235	KUROWSKI Aleksander	4089		Masters M - 40	00:00:19	01:18:44	03:40:05	05:16:40	07:43:21	09:48:41
236	SZWARC Grzegorz	4196	ARVATO S.C. REP	Senior II M - 30	00:01:09	01:34:28	04:00:11	05:31:26	07:52:45	09:49:26
237	CHOMICZ Andrzej	4261	NADAKTYWNI NOWE MIASTECZKO	Senior II M - 30	00:01:00	01:36:18	04:13:22	05:46:02	07:55:52	09:50:19
238	RYŚNIK Błażej	4260		Senior II M - 30	00:00:52	01:33:24	03:58:40	05:36:56	07:54:24	09:50:20
239	KUŚ Jakub	4324		Senior II M - 30	00:00:45	01:25:40	03:46:37	05:21:58	07:40:19	09:50:47
240	MASŁOWSKI Robert	4171	ANTON TEAM	Masters M - 40	00:00:29	01:27:04	03:46:17	05:21:59	07:40:19	09:50:49
241	ZAŁUSKI Piotr	4175	PECNA TEAM	Masters M - 40	00:00:37	01:29:25	03:46:51	05:22:31	07:48:07	09:51:29
242	BAR Aleksandra	4376	GMINA STRZELCE OPOLSKIE	Masters K - 40	00:00:30	01:31:31	04:02:46	05:39:18	07:59:41	09:52:23
243	CHORAŻY Izabela	4209		Senior II K - 30	00:00:46	01:30:35	04:07:19	05:41:02	08:02:29	09:55:04
244	WOJTYCZKA Katarzyna	4228	GÓRAL Z MAZUR RUNNIG TEAM	Senior II K - 30	00:00:20	01:26:01	03:53:30	05:29:18	07:48:39	09:55:08
245	GÓRECKI Marcin	4250	WIR	Masters M - 40	00:01:07	01:27:03	03:54:51	05:33:54	07:48:38	09:55:09
246	WACHNIENKO Błażej	4021	ŚLĘZAK TEAM	Senior II M - 30	00:00:32	01:27:33	03:49:01	05:22:58	07:43:32	09:55:19
247	KROCZYŃSKA Kinga	4320		Masters K - 40	00:00:15	01:25:36	03:56:00	05:33:23	07:49:56	09:56:03
248	PODBIELSKA Gosia	4161	OSPRO OCR TEAM	Senior II K - 30	00:01:16	01:35:29	04:07:30	05:43:00	07:55:08	09:58:07
249	KOLEJ Monika	4120	DZIKIE DZIKI GORZÓW	Masters K - 40	00:00:20	01:28:47	03:58:29	05:39:56	07:58:38	09:59:18
250	MROZIK Mariusz	4146		Masters M - 40	00:00:21	01:28:48	03:58:29	05:40:01	07:58:38	09:59:19
251	RADWAŃSKI Tomasz	4267	PIECHOTĄ PO SCHODACH	Masters M - 40	00:01:08	01:27:06	03:54:53	05:33:54	07:51:32	09:59:55
252	BOMBA Alina	4363		Senior II K - 30	00:00:15	01:23:46	03:51:04	05:30:22	07:55:15	10:01:13
253	TOMCZAK Rafał	4169		Masters M - 40	00:00:25	01:27:32	03:59:27	05:37:14	08:00:54	10:02:43
254	JAKUBIAK Anna	4070	RAZ SZCZECIN	Weteran K - 50	00:00:39	01:34:51	04:09:48	05:46:48	08:05:43	10:03:43
255	DEMBY Michał	4290		Senior II M - 30	00:00:20	01:22:34	03:50:15	05:30:23	07:58:02	10:04:14

Msc	Zawodnik	Numer	Klub	Kategoria	Start Łądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km
256	JERCZYŃSKI Tomasz	4240	NOWOCZESNA	Masters M - 40	00:00:40	01:37:34	04:10:30	05:40:02	08:00:53	10:04:53
257	KRECHOWIEC Marcin	4131		Masters M - 40	00:00:50	01:27:37	03:51:18	05:30:20	07:55:27	10:04:56
258	BOSY Hubert	4417	DRUŻYNA SZPIKU	Masters M - 40	00:00:09	01:16:18	03:56:07	05:34:06	08:00:33	10:04:56
259	GLINA-KRAWCZYK Małgorzata	4213	GÓRYLASZ	Masters K - 40	00:00:57	01:34:33	04:07:49	05:48:20	08:05:49	10:05:56
260	DĄBROWSKI Artur	4400		Senior II M - 30	00:00:47	01:47:45	04:20:48	05:55:12	08:13:38	10:08:24
261	CHYLIŃSKI Łukasz	4004	CLOCKWORK DRUID	Senior II M - 30	00:00:21	01:25:20	04:01:25	05:37:56	08:03:24	10:08:56
262	DWORNIK Małgorzata	4188	WARCZĄCE SZPRYCHY	Senior II K - 30	00:00:23	01:27:00	03:50:29	05:26:05	07:57:19	10:09:04
263	CZESNY Bartosz	4043	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	Senior I M - 20	00:00:18	01:22:49	03:46:20	05:16:44	07:55:24	10:09:05
264	CHOMISZCZAK Bogdan	4147	POZYTYWNIIE ZABIEGANI SANOK	Weteran I M - 50	00:00:36	01:28:45	03:57:02	05:34:33	08:01:14	10:09:51
265	ZAŁUSKI Dominik	4176	PECNA TEAM	Senior I M - 20	00:00:38	01:29:59	04:00:07	05:34:35	08:06:45	10:09:55
266	POPRAWA Przemysław	4391	PIOMAT TEAM	Masters M - 40	00:00:31	01:21:53	03:41:46	05:21:04	07:59:23	10:11:24
267	DANOWSKI Jakub	4273		Senior II M - 30	00:00:45	01:37:24	04:14:57	05:48:53	08:10:52	10:12:25
268	IWANEK Przemysław	4001	BHU	Senior II M - 30	00:00:42	01:25:32	03:42:29	05:17:03	07:51:21	10:12:54
269	KRAWIEC Dominik	4123		Senior II M - 30	00:00:35	01:27:28	03:54:53	05:30:26	07:46:08	10:13:04
270	ROZNERSKI Łukasz	4153	KB SOBÓTKA	Senior II M - 30	00:00:30	01:34:04	04:08:01	05:45:02	08:08:18	10:13:54
271	ANACZKOWSKI Mirosław	4295	ZANTYR SZTUM	Weteran II M - 60	00:00:26	01:32:22	04:06:47	05:44:11	08:10:58	10:15:46
272	DOMINIAK Bartosz	4012		Masters M - 40	00:00:53	01:30:48	03:57:22	05:32:41	08:01:35	10:17:14
273	CISZEWSKI Maciej	4307	SAINT-GOBAIN SQUAD	Weteran I M - 50	00:00:29	01:25:10	03:58:50	05:39:06	08:08:19	10:18:42
274	MURASOVAITE Viktorija	4300		Senior II K - 30	00:01:10	01:41:30	04:22:45	05:58:45	08:16:28	10:18:51
275	DA COSTA Kamila	4299		Senior I K - 20	00:01:10	01:41:31	04:22:46	05:58:47	08:16:29	10:18:51
276	ANTKOWICZ Marcin	4088	PROZAC TEAM NYSA	Masters M - 40	00:00:13	01:25:51	03:57:16	05:36:49	08:00:34	10:19:07
277	KUSTRA Klaudia	4119		Senior II K - 30	00:00:13	01:25:50	03:57:17	05:36:50	08:00:34	10:19:07
278	HELWICH Agnieszka	4085		Masters K - 40	00:00:26	01:28:16	04:12:37	05:55:26	08:20:12	10:19:43
279	RUTKOWSKI Mateusz	4022	WAKACYJNA DEMOLKA	Senior II M - 30	00:00:55	01:22:52	03:45:52	05:30:21	08:18:19	10:19:50
280	SYNOWIEC Dawid	4218		Senior I M - 20	00:00:47	01:26:19	03:46:24	05:20:21	08:09:11	10:20:57
281	WIŚNIEWSKI Tomasz	4211	METAL CHERRY	Masters M - 40	00:00:50	01:35:48	04:20:37	06:02:12	08:18:54	10:21:22
282	LEDNICKI Michał	4384	ARVATO S.C. REP	Masters M - 40	00:01:09	01:34:09	04:06:34	05:44:59	08:08:45	10:22:31
283	SERAFIN Michał	4087	HWBC	Masters M - 40	00:00:19	01:30:18	04:05:30	05:45:24	08:20:48	10:24:02
284	BUSS Jakub	4069	KUDOWIANKA RUN	Weteran I M - 50	00:01:11	01:38:50	04:16:40	05:55:36	08:32:10	10:25:22
285	SKWIERCZYŃSKI Sylwester	4224		Senior I M - 20	00:00:46	01:36:38	04:09:41	05:47:00	08:14:30	10:25:56
286	ZDUNEK Mariusz	4283	ROXY	Masters M - 40	00:00:58	01:34:40	04:07:06	05:41:51	08:13:13	10:26:33
287	JANKOWSKI Tom	4083	QCE	Masters M - 40	00:00:46	01:41:56	04:21:04	05:59:04	08:23:59	10:26:48
288	STONOGA Tomasz	4349	KITE TEAM	Masters M - 40	00:00:44	01:28:50	04:13:24	05:55:30	08:31:59	10:26:56
289	PAKUŁA Włodzimierz	4151		Masters M - 40	00:00:33	01:27:59	04:07:48	05:34:34	07:56:44	10:27:12
290	KOCHAŃSKI Tomasz	4033	PARKRUN GRUDZIĄDZ	Senior II M - 30	00:00:11	01:32:12	04:16:41	06:02:15	08:26:36	10:27:28
291	HAUSMAN Magdalena	4009	PARKRUN GRUDZIĄDZ	Masters K - 40	00:00:11	01:32:13	04:14:21	06:02:14	08:28:26	10:27:29
292	KACZMAREK Magdalena	4062		Masters K - 40	00:00:54	01:34:07	04:13:38	06:00:13	08:36:17	10:27:34
293	DELSLEY Stephen	4305		Weteran I M - 50	00:01:10	01:42:30	04:20:45	06:04:13	08:28:43	10:27:41
294	KURZACZ Orfeusz	4304	4RUN TEAM PIŁA	Weteran I M - 50	00:00:25	01:25:37	03:49:59	05:30:17	08:12:01	10:27:45
295	PLEWA Piotr	4356	4 RUN TEAM PIŁA	Masters M - 40	00:00:25	01:25:23	03:55:08	05:33:56	08:14:30	10:27:50
296	SOSZYŃSKA Katarzyna	4301	ULTRA WAY TEAM	Masters K - 40	00:00:04	01:29:56	04:04:37	05:50:38	08:19:44	10:27:52
297	ZAWADA Maciej	4251	KLUCZBORSKA GRUPA BIEGOWA	Masters M - 40	00:00:54	01:34:23	04:06:59	05:48:41	08:26:15	10:28:10
298	SOLAREWICZ Andrzej	4216	KGB KLUCZBORK	Masters M - 40	00:00:56	01:34:41	04:06:58	05:48:40	08:26:14	10:28:13
299	KOŚCIELNIAK Marek	4163	MUAY RUNNING TEAM	Masters M - 40	00:00:53	01:39:43	04:27:00	06:09:52	08:34:51	10:28:28
300	MISTUR Szymon	4023		Senior II M - 30	00:00:23	01:30:28	04:06:53	05:51:04	08:22:18	10:28:28

Msc	Zawodnik	Numer	Klub	Kategoria	Start Łądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km
301	WIELICZKO Rafał	4067	ZONE RUNNERS	Senior II M - 30	00:00:55	01:42:01	04:27:16	06:13:58	08:37:47	10:28:50
302	CYMBORSKA Jolanta	4134		Masters K - 40	00:00:17	01:34:21	04:16:39	05:53:41	08:19:49	10:28:51
303	MUSIAŁ Paweł	4133	BIEGAJĄCY WARIACI BEZ GACI	Masters M - 40	00:00:01	01:34:20	04:16:37	05:53:42	08:19:50	10:28:52
304	FROŃ Kamila	4008		Senior II K - 30	00:00:28	01:34:32	04:17:29	06:04:11	08:32:49	10:29:06
305	HEJNA Łukasz	4389		Masters M - 40	00:00:38	01:37:15	04:26:29	06:11:27	08:32:10	10:29:12
306	DUDA Marcin	4420		Masters M - 40	00:00:56	01:27:40	04:01:08	05:34:12	08:06:46	10:29:12
307	KOS Wojciech	4124	PARKRUN KALISZ	Weteran I M - 50	00:00:58	01:39:53	04:16:53	06:02:23	08:37:49	10:29:13
308	WIELICZKO Dagmara	4068	ZONE RUNNERS	Senior II K - 30	00:00:55	01:42:09	04:27:18	06:13:58	08:37:49	10:29:18
309	BURLIGA Mariusz	4099	STALLENTIS ACTIVE TEAM	Masters M - 40	00:00:12	01:35:46	04:27:57	06:11:22	08:47:14	10:30:32
310	BURLIGA Marzena	4038	BP RUNNING TEAM GLIWICE	Masters K - 40	00:00:12	01:35:45	04:27:59	06:11:22	08:47:15	10:30:33
311	ALBIGOWSKA Magdalena	4388	POZYTYWNE_ROZBIEGANA	Senior II K - 30	00:00:17	01:27:27	03:59:59	05:48:16	08:26:10	10:31:15
312	GORCZYCA Łukasz	4239	NADAKTYWNI NOWE MIASTECZKO	Masters M - 40	00:00:59	01:36:18	04:13:21	05:46:04	08:21:55	10:32:11
313	WOŹNIAK Andrzej	4010		Weteran I M - 50	00:00:42	01:29:21	04:04:22	05:44:50	08:19:44	10:33:28
314	SEREK Roman	4109	SUPADUPAFLY	Masters M - 40	00:00:44	01:28:29	04:10:40	05:55:25	08:43:30	10:34:32
315	GOSPODAREK Łukasz	4102	DRUŻYNA STASIA	Masters M - 40	00:01:03	01:37:56	04:20:58	06:04:47	08:38:45	10:35:09
316	PODHAJNY Piotr	4160	ROZBIEGANI CHOJNÓW	Masters M - 40	00:00:38	01:29:10	04:12:20	05:53:10	08:32:04	10:35:21
317	OCIEPA Dariusz	4142		Masters M - 40	00:01:10	01:41:19	04:18:03	05:58:40	08:27:46	10:37:09
318	HOJDA Mariusz	4419	COOL GUYS CAPITAL	Masters M - 40	00:01:15	01:39:51	04:17:48	06:05:39	08:44:00	10:38:17
319	STRONIKOWSKI Wojciech	4190	DRUŻYNA STASIA	Senior II M - 30	00:01:03	01:38:22	04:21:35	06:04:48	08:35:48	10:38:51
320	KOSTRZEWSKI Maciej	4003	AAM RUNNING TEAM	Senior II M - 30	00:00:47	01:32:37	04:15:32	06:02:21	08:27:47	10:39:30
321	ŁESKE Jan	4017	ZA LINIĄ METY	Masters M - 40	00:00:08	01:22:28	03:50:29	05:39:53	08:29:04	10:39:30
322	MITEK Dorota	4293	KBSUKCES ŻMIGRÓD	Weteran K - 50	00:00:31	01:34:38	04:16:59	06:01:18	08:36:09	10:40:12
323	MITEK Andrzej	4247	KB SUKCES ŻMIGRÓD	Weteran I M - 50	00:00:31	01:34:39	04:17:00	06:01:19	08:36:10	10:40:13
324	SKORNIAK Katarzyna	4413	WOLNE ŚLIMAKI	Senior II K - 30	00:00:52	01:33:39	04:26:56	06:18:57	08:46:28	10:40:26
325	DOMAGAŁA Konrad	4219	KLUCZBORSKA GRUPA BIEGOWA	Senior II M - 30	00:00:57	01:37:40	04:17:31	05:54:44	08:26:28	10:40:33
326	RYNG Jakub	4195	KLUCZBORSKA GRUPA BIEGOWA	Masters M - 40	00:00:56	01:34:26	04:12:13	06:02:11	08:36:07	10:40:39
327	LAJTER Jerzy	4172	4 RUN TEAM PIŁA	Weteran II M - 60	00:01:04	01:41:30	04:20:58	06:07:58	08:36:18	10:41:39
328	NEUMANN Beata	4115	CENTRUM ŁĄKOWA 1	Weteran K - 50	00:00:23	01:35:12	04:23:07	06:12:07	08:44:11	10:43:54
329	CHOLEWIŃSKI Rafał	4182	SUPADUPAFLY	Senior II M - 30	00:00:43	01:31:37	04:10:44	05:55:28	08:43:36	10:43:57
330	NAJDUK Daniel	4034	ROZBIEGANI CHOJNÓW	Senior II M - 30	00:00:39	01:29:11	04:12:18	05:53:11	08:32:04	10:45:54
331	KOLASA Andrzej	4154	KLUB J.ŚŁOWACKIEGO	Weteran II M - 60	00:00:03	01:29:01	04:14:07	06:04:06	08:40:38	10:49:00
332	CZOSZYK-KAWALA Olga	4201	ŚWIERCZEWO RUN	Masters K - 40	00:00:51	01:40:42	04:26:59	06:16:21	08:50:22	10:49:26
333	PALUSZKIEWICZ Rafał	4141	SPP TEAM / ŚWIERCZEWO RUN	Masters M - 40	00:00:51	01:40:43	04:27:29	06:15:57	08:50:22	10:49:43
334	PRZYBYSZEWSKA Dominika	4199	ŚWIERCZEWO RUN	Senior II K - 30	00:00:52	01:40:42	04:27:30	06:16:45	08:50:23	10:49:48
335	SADOWSKI Marek	4181	MUKS SZOK BOJANOWO	Weteran I M - 50	00:01:01	01:28:07	03:56:08	05:40:52	08:32:41	10:50:05
336	MASZKOWSKI Piotr	4215	OBORYGENI	Masters M - 40	00:01:05	01:36:00	04:17:16	05:58:43	08:37:47	10:51:22
337	JERCZYŃSKA Beata	4225		Masters K - 40	00:00:40	01:38:51	04:30:34	06:25:23	08:54:23	10:52:38
338	JERCZYŃSKI Radosław	4226		Masters M - 40	00:00:41	01:38:55	04:30:35	06:25:26	08:54:24	10:52:38
339	GWOŹDZIEWICZ Tomasz	4337		Masters M - 40	00:00:23	01:28:31	04:15:40	06:02:03	08:37:14	10:53:46
340	GIŻEWSKI Grzegorz	4158		Masters M - 40	00:00:32	01:34:48	04:26:18	06:11:40	08:46:39	10:54:27
341	SUCHOCKI Grzegorz	4238	NADAKTYWNI NOWE MIASTECZKO	Weteran I M - 50	00:01:01	01:36:19	04:13:21	06:00:03	08:55:09	10:56:09
342	KRAWCZYK Mirosław	4101	MJ METAL OŚWIĘCIM	Weteran II M - 60	00:01:04	01:39:59	04:16:27	06:13:53	08:53:16	10:57:21
343	BOKSA Małgorzata	4351	NIEZRZESZONA	Weteran II K - 60	00:00:24	01:36:06	04:23:36	06:20:24	08:54:47	11:02:00
344	HERDZINA Wojciech	4057	MIRAZ RACE TEAM	Masters M - 40	00:00:41	01:35:06	04:30:23	06:21:36	08:53:36	11:02:12
345	CEBO Agnieszka	4077	MIRAZ RACE TEAM	Senior II K - 30	00:00:40	01:36:13	04:28:11	06:18:56	08:53:36	11:02:12

Msc	Zawodnik	Numer	Klub	Kategoria	Start Łądek 0.01km	A1 10km	D1 24km	B1 34km	B2 46km	A15 57km
346	PIOTROWSKA Anna	4108		Masters K - 40	00:00:56	01:40:03	04:16:24	06:13:52	08:51:11	11:08:08
346	MILEWSKI Andrzej	4107	#TEAMKALDUN/#SRO-BIKE-TEAM	Senior II M - 30	00:00:57	01:40:02	04:16:24	06:13:54	08:51:11	11:08:09
348	ŻRÓDLEWSKA Anna	4271		Senior II K - 30	00:00:59	01:55:51	04:48:32	06:36:44	09:14:04	11:39:13
349	SZCZERBICKI Bartłomiej	4197		Masters M - 40	00:01:00	01:55:51	04:48:32	06:36:45	09:14:07	11:39:13
350	MAŁEK Paweł	4148	PGB SPORTOWAPACZKA	Weteran I M - 50	00:00:51	01:34:14	04:25:02	06:11:07	09:05:11	12:05:07
351	PIETRAKOWSKI Grzegorz	4352		Masters M - 40	00:01:02	01:38:21	04:21:18	06:35:18		
DNC	CZACHOWSKI Michal	4353	SEGMENT 25 M5	Weteran I M - 50	05:03:06			06:55:59		
DNC	HANGIEL Urszula	4336	ŻWAWĘ ŻÓŁWIE	Senior II K - 30	05:03:06			06:59:39		
354	CHYLIŃSKI Sławomir	4237	NADAKTYWNI NOWE MIASTECZKO	Weteran I M - 50	00:00:01				08:55:37	
	BRZAŃKALSKI Krzysiek	4052	PRZEDWOJEWSKI TEAM	Senior II M - 30	DNF	00:57:28 DNF	02:33:27 DNF	03:54:52 DNF	DNF	DNF
	HRYCAJ Mariusz	4065	REBELLION OF FREE RUNNERS	Masters M - 40	00:00:47 DNF	01:35:02 DNF	04:17:58 DNF	DNF	DNF	DNF
	JERMAK Kamil	4105		Masters M - 40	00:00:07 DNF	01:09:25 DNF	03:05:03 DNF	04:28:18 DNF	DNF	DNF
	PELC Tomasz	4145	DTR BIEGA / MARIO TEAM	Senior II M - 30	00:00:47 DNF	01:31:10 DNF	04:31:29 DNF	DNF	DNF	DNF
	PODLECKI Wojciech	4143	ROKIETNICA BIEGA	Senior II M - 30	00:00:46 DNF	01:26:02 DNF	04:29:51 DNF	DNF	DNF	DNF
	TERZONI Christian	4117	PRZEDWOJEWSKI TEAM	Masters M - 40	00:00:02 DNF	00:57:00 DNF	02:27:47 DNF	03:32:18 DNF	05:14:39 DNF	DNF
	GARUS Łukasz	4264	EUROCASH	Masters M - 40	00:00:04 DNF	01:16:12 DNF	03:25:47 DNF	04:57:26 DNF	DNF	DNF
	WIERZBIŃSKA Karolina	4366	JACEKBIEGA RUNNING TEAM	Senior II K - 30	00:00:23 DNF	01:15:45 DNF	03:14:34 DNF	05:39:32 DNF	DNF	DNF
	GRUSZKA Aleksandra	4291		Senior II K - 30	00:00:07 DNF	01:08:59 DNF	02:57:00 DNF	04:10:55 DNF	06:05:51 DNF	DNF
	PODSADNY Bartosz	4203		Senior II M - 30	00:00:33 DNF	01:30:25 DNF	04:23:54 DNF	06:18:09 DNF	DNF	DNF
	KLEINSCHMIDT Łukasz	4086	KRIS TRANS MAŁYSZKA	Masters M - 40	00:00:06 DNF	01:04:29 DNF	02:56:26 DNF	04:09:39 DNF	06:35:40 DNF	DNF
	SZAŁAJSKA Monika	4006		Senior I K - 20	00:01:03 DNF	01:54:10 DNF	04:57:30 DNF	07:06:52 DNF	DNF	DNF
	PROSZAK Sebastian	4245	TEAM KURORT ŁĄDEK-ZDRÓJ	Weteran I M - 50	00:00:06 DNF	01:10:15 DNF	03:07:59 DNF	04:25:16 DNF	07:08:39 DNF	DNF
	KARAŚ Marek	4242	PODGÓRZ TORUŃ	Weteran II M - 60	00:00:48 DNF	01:26:41 DNF	03:38:07 DNF	05:15:14 DNF	07:56:56 DNF	DNF
	RYCHŁOWSKI Ryszard	4020		Weteran I M - 50	00:00:25 DNF	01:29:24 DNF	04:29:09 DNF	06:23:41 DNF	08:58:51 DNF	DNF
	JAGODZIŃSKA Paulina	4036	ZABIEGANI MIELEC/ WKURW_TEAM	Masters K - 40	00:00:18 DNF	01:38:32 DNF	04:20:40 DNF	06:16:46 DNF	09:11:24 DNF	DNF
	OWCZARZAK Daria	4311		Senior II K - 30	00:01:06 DNF	01:42:19 DNF	04:42:08 DNF	06:29:34 DNF	09:11:29 DNF	DNF
	MAŁGORZATA Modelska	4341	AZS AWF MASTERS	Senior II K - 30	00:00:21 DNF	01:51:01 DNF	04:44:14 DNF	06:43:05 DNF	09:26:41 DNF	DNF
	CHOJNOWSKA Dominika	4047		Senior I K - 20	00:01:09 DNF	01:41:21 DNF	04:41:26 DNF	06:39:13 DNF	09:29:43 DNF	DNF
	GILEWSKI Bartłomiej	4079		Senior II M - 30	00:01:13 DNF	01:41:21 DNF	04:41:24 DNF	06:39:10 DNF	09:25:59 DNF	DNF
	GAJ-JURCZYK Renata	4046	STAN UMYSŁU LEWIN BIEGA	Masters K - 40	00:01:03 DNF	01:48:43 DNF	04:52:38 DNF	06:39:29 DNF	09:32:53 DNF	DNF
	PIETRZAK Anna	4233		Masters K - 40	00:00:39 DNF	01:41:20 DNF	04:38:23 DNF	06:39:18 DNF	09:35:01 DNF	DNF
	CHOJNOWSKA Barbara	4075		Weteran K - 50	00:01:09 DNF	01:53:14 DNF	05:01:50 DNF	07:00:50 DNF	DNF	DNF
	KOZERA Kamil	4103	HARPAGAN SOSNOWIEC	Senior II M - 30	00:00:56 DNF	01:41:43 DNF	04:43:21 DNF	06:46:07 DNF	DNF	DNF
	RZECZYŃSKA Anna	4121	BBL GORZÓW WIELKOPOLSKI	Masters K - 40	00:00:09 DNF	02:06:46 DNF	DNF	DNF	DNF	DNF
	WASILKOWSKI Jerzy	4135	CYSTIC FIBROSIS RUNNING TEAM	Weteran I M - 50	00:00:16 DNF	01:54:07 DNF	04:58:10 DNF	DNF	DNF	DNF
	RURKA Grzegorz	4138	SAMBIEGAM	Weteran I M - 50	00:01:07 DNF	02:04:02 DNF	DNF	DNF	DNF	DNF
	KLINOWSKI Mirosław	4259		Masters M - 40	00:01:01 DNF	02:06:46 DNF	DNF	DNF	DNF	DNF
	TOMASZEWSKI Mariusz	4210		Masters M - 40	00:00:01 DNF	02:06:45 DNF	DNF	DNF	DNF	DNF