



# GOLDEN MOUNTAINS TRAIL - 33 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2022-07-14  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 33 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Punkt pomiarowy: 14,0 km

Msc	Zawodnik	Numer	Klub	Kategoria	Start Łądek 0.01km	A1 9km	Czernica 14km
1	<b>WITEK Andrzej</b>	<b>6463</b>	140MINUT.PL	Senior II M - 30	00:00:00	00:43:17	01:15:11
2	<b>PETR Jiří</b>	<b>6448</b>	SALOMON/SUUNTO	Masters M - 40	00:00:01	00:43:56	01:16:01
3	<b>FABIAN Marcel</b>	<b>6507</b>	SOCIOS SILESIA	Senior I M - 20	00:00:00	00:45:13	01:18:23
4	<b>IVANIUTA Taras</b>	<b>6536</b>	RESTARTNISA.SK	Senior I M - 20	00:00:00	00:44:35	01:18:52
5	<b>PYSZEL Florian</b>	<b>6394</b>	PIEKIELNI WARSZAWA	Senior I M - 20	00:00:00	00:46:28	01:19:30
6	<b>CZERNIAK Paweł</b>	<b>6498</b>	KARKONOSZ RUNNING TEAM	Senior II M - 30	00:00:01	00:46:27	01:22:07
7	<b>GRÜN Vojtěch</b>	<b>6443</b>	SALOMON/SUUNTO	Senior II M - 30	00:00:01	00:46:44	01:23:03
8	<b>KARWACZYŃSKI Roger</b>	<b>6118</b>	RUNNING TEAM NASTOPY.PL	Senior II M - 30	00:00:01	00:49:13	01:26:37
9	<b>LULIS Dawid</b>	<b>6055</b>	ALTRA TEAM RED	Senior II M - 30	00:00:01	00:50:15	01:28:36
10	<b>BONIEC Radosław</b>	<b>6132</b>	NADLEŚNICTWO LIPINKI/140MINUT.PL	Senior II M - 30		00:50:12	01:28:56
11	<b>ŚWIERAD Krystian</b>	<b>6486</b>		Senior I M - 20	00:00:03	00:53:58	01:33:09
12	<b>PAZDAN Piotr</b>	<b>6076</b>	RUNNING TEAM NASTOPY.PL /140MINUT.PL	Masters M - 40	00:00:01	00:54:23	01:34:51
13	<b>DYJAK Robert</b>	<b>6099</b>	TAMWORTH ATHLETIC CLUB	Masters M - 40	00:00:05	00:54:21	01:34:56
14	<b>ŻWIRSKI Marcin</b>	<b>6164</b>		Senior II M - 30	00:00:34	00:55:33	01:35:06
15	<b>PASTOROVA Petra</b>	<b>6545</b>		Masters K - 40	00:00:01	00:54:07	01:35:52
16	<b>GAZDA Vítězslav</b>	<b>6188</b>	BENEŠOVSKÝ BĚŽECKÝ KLUB A TŘENOVANIBEHU.CZ	Masters M - 40	00:00:04	00:54:27	01:36:57
17	<b>BANIAK Marcin</b>	<b>6412</b>	G.O.A.T. TEAM MICHAŁOWICE/MŁYN TRAIL MICHAŁOWICE	Masters M - 40	00:00:01	00:54:32	01:38:38
18	<b>TOMASIAK Adam</b>	<b>6318</b>	KB HARCOWNIK	Senior I M - 20	00:00:03	00:53:56	01:39:01
19	<b>GRABEK Maciej</b>	<b>6113</b>	ŚLĘZAK TEAM	Senior II M - 30	00:00:04	00:57:23	01:39:37
20	<b>GURGUL Sebastian</b>	<b>6119</b>	AROMAT NÓG	Masters M - 40	00:00:03	00:56:27	01:39:48
21	<b>KOWALEWSKA Elżbieta</b>	<b>6332</b>	EDI TEAM ZGORZELEC	Masters K - 40		00:57:50	01:39:57
22	<b>CHŁOPEK Rafał</b>	<b>6516</b>	EDB	Weteran I M - 50	00:00:04	00:57:52	01:40:32
23	<b>DYCKOWSKI Łukasz</b>	<b>6524</b>	KARKONOSZ RUNNING TEAM	Senior I M - 20	00:00:08	00:57:43	01:42:38
24	<b>MARKOVÁ Barbora</b>	<b>6369</b>		Senior I K - 20	00:00:13	00:59:37	01:42:45
25	<b>SZUMLAŃSKI Marcin</b>	<b>6309</b>	PODHALAŃSKIE DZIKI - GORAĆY POTOK TEAM	Senior II M - 30	00:00:06	00:58:53	01:42:51
26	<b>NIWIŃSKI Maciej</b>	<b>6324</b>	VEGAN ZABIERZÓW BIEGA	Masters M - 40	00:00:07	00:58:04	01:43:07
27	<b>SZOSTEK Marek</b>	<b>6236</b>		Senior I M - 20	00:00:44	01:02:19	01:43:17
28	<b>SUDOLSKI Jacek</b>	<b>6339</b>	GUSTAW TEŻ BIEGA	Senior II M - 30	00:00:09	01:00:01	01:43:35
29	<b>LASEK Jakub</b>	<b>6090</b>	RMT TEAM	Senior II M - 30	00:00:01	00:57:19	01:43:56
30	<b>FRYDLEWICZ Zbigniew</b>	<b>6246</b>		Weteran I M - 50	00:00:02	00:57:18	01:44:22

Msc	Zawodnik	Numer	Klub	Kategoria	Start Łądek 0.01km	A1 9km	Czernica 14km
31	KAMIŃSKI Piotr	6494	RUN YOUR TRAIL	Senior II M - 30	00:00:05	00:59:19	01:45:01
32	WANOWSKI Przemysław	6467	#BIEGIEMWLAS	Senior II M - 30	00:00:14	01:00:11	01:45:21
33	SZCZEPANIAK Angelika	6499	ALPIN SPORT TEAM	Masters K - 40	00:00:03	01:00:17	01:45:39
34	KURZYŃSKI Piotr	6036	TEAM BEROTU	Masters M - 40	00:00:02	01:00:30	01:45:48
35	SABAT Kamil	6025	140MINUT.PL	Senior II M - 30	00:00:06	00:58:16	01:45:56
36	GAŚSIOROWSKI Jarosław	6199	ADDED VALUE TEAM	Senior I M - 20	00:00:11	00:58:45	01:46:10
37	ANDRUSZKÓW Aleksandra	6478	WOSIEK TEAM	Senior I K - 20	00:00:11	01:02:05	01:46:33
38	KRZYŚKÓW Piotr	6281		Senior II M - 30	00:00:07	01:00:53	01:47:03
39	ANUSZ Adam	6431	BECOMEONE	Senior II M - 30	00:00:06	00:59:56	01:47:18
40	LITKA Krzysztof	6439	PZU SPORT TEAM	Masters M - 40	00:00:03	01:01:36	01:47:56
41	CICHOWSKI Wojciech	6238	140MINUT.PL	Senior II M - 30	00:00:19	01:00:29	01:48:14
42	ŻBIK Bartosz	6384		Senior II M - 30	00:00:15	01:00:54	01:48:49
43	DUCHNOWSKI Łukasz	6504	RUN TEAM TYGRYSY ORZYSZ	Senior II M - 30	00:00:01	00:59:44	01:48:58
44	NOWACZYK Piotr	6227	MERIXSTUDIO RUNNING TEAM	Senior II M - 30	00:00:18	01:04:41	01:49:07
45	VESELÝ Pavel	6546	HSK HORNÍ ROKYTнице	Weteran I M - 50	00:00:04	01:02:47	01:49:12
46	GRYGIEREK Roman	6060	KLUB BIEGACZA FARTLEK	Masters M - 40	00:00:02	01:00:23	01:49:18
47	SEVCIK Ondrej	6489	SEVCIK.DEV	Senior II M - 30	00:00:06	01:04:53	01:49:23
48	KOŁODZIEJ Roman	6296		Masters M - 40	00:00:00	01:01:25	01:49:52
49	BARCAL Richard	6307	DOS AMIGOS	Masters M - 40	00:00:05	01:01:39	01:50:22
50	KUBLER Andrzej	6299	MKL SZCZECIN	Masters M - 40	00:00:08	01:02:07	01:50:35
51	KONRAD Artur	6466	BRACIA TEAM ZAWIERCIE	Masters M - 40	00:00:07	01:04:56	01:51:19
52	MATENKA Kamil	6197	PACMAN RUNNING TEAM	Senior II M - 30	00:00:10	01:05:05	01:52:16
53	BIAŁY Adam	6187		Masters M - 40	00:00:14	01:05:11	01:52:30
54	STELMACH Dominika	6426		Masters K - 40	00:00:01	01:11:55	01:52:34
55	GARGAS Ewa	6186	TEAM PRZEDWOJEWSKI	Senior II K - 30	00:00:22	01:04:43	01:53:01
56	TOMASZKIEWICZ Wojciech	6105	RUN FOREST	Senior II M - 30	00:00:07	01:02:27	01:53:12
57	KLYSZCZ Michał	6074	IZBICKO W BIEGU	Senior I M - 20	00:00:44	01:05:34	01:53:14
58	ADAMCZYK Emanuela	6500	#BIEGIEMWLAS	Senior I K - 20	00:00:09	01:05:09	01:53:18
59	GUTRAL Magdalena	6049	WKB MARATOŃCZYK WŁOCŁAWEK	Masters K - 40		01:05:07	01:53:24
60	GESS Mariusz	6085	CZUBY Z GOLENIOWA	Masters M - 40	00:00:10	01:05:11	01:54:10
61	KURKA Adam	6266		Masters M - 40	00:00:17	01:06:31	01:55:02
62	LAMEK Andrzej	6357	AKTYWNY OSTRZESZÓW	Weteran I M - 50	00:00:41	01:05:49	01:55:10
63	KOWALCZYK Rafał	6338	SIGMA TECHNOLOGY & ENERGY SOLUTIONS	Senior II M - 30	00:00:27	01:07:50	01:56:06
64	WANAT Mateusz	6382	PRZEDWOJEWSKI TEAM	Senior II M - 30	00:00:08	01:05:14	01:56:44
65	CAKAŁA Zuzanna	6301	ZĄŁOGA GÓRSKA	Senior II K - 30	00:01:03	01:07:58	01:56:48
66	STACHURSKA Ilona	6505	KUGUAR XTREME RUNNERS	Senior II K - 30		01:05:09	01:57:05
67	MICHALAK Rafał	6378		Senior I M - 20	00:00:06	01:10:09	01:57:08
68	ŻYCHSKA Anna	6512		Senior II K - 30	00:00:08	01:05:35	01:57:12
69	KSIĄŻKIEWICZ Bartłomiej	6438	ROCKY BALBOA	Masters M - 40	00:00:03	01:03:55	01:57:16
70	KRZEMIŃSKI Marcin	6452		Masters M - 40	00:00:04	01:03:53	01:57:21
71	CHODKIEWICZ Tomasz	6403	W2 RUN TEAM	Masters M - 40	00:00:03	01:05:16	01:57:46
72	JASZCZAK Bogna	6400		Senior I K - 20	00:00:15	01:07:56	01:58:19
73	BUĆKO Marcin	6411	KLUB BIEGACZA FARTLEK	Masters M - 40	00:00:03	01:05:15	01:58:24
74	SAJ Jakub	6362	DRUŻYNA Ż	Senior II M - 30	00:00:12	01:06:00	01:58:32
75	GRZYBEK Antoni	6247		Weteran I M - 50	00:00:15	01:05:20	01:58:42

Msc	Zawodnik	Numer	Klub	Kategoria	Start Łądek 0.01km	A1 9km	Czernica 14km
76	<b>BIENIEK-UGNIEWSKA Joanna</b>	<b>6217</b>	SUNFIT STUDIO	Masters K - 40	00:00:05	01:08:10	01:58:47
77	<b>KRAKOVSKA Michaela</b>	<b>6488</b>	MOLALAPRODUCTION.COM	Senior I K - 20	00:00:07	01:08:06	01:59:12
78	<b>URBAN Iwona</b>	<b>6418</b>	42K PRO TEAM	Masters K - 40	00:00:34	01:10:29	01:59:17
79	<b>MAJCHER Marcin</b>	<b>6497</b>	4T	Masters M - 40	00:00:18	01:07:54	01:59:24
80	<b>WALAS Andrzej</b>	<b>6265</b>	PRO-RUN WROCŁAW	Senior I M - 20	00:00:19	01:08:46	01:59:40
81	<b>KUDREJ Grzegorz</b>	<b>6465</b>	MOCNA GRUPA CEZARA	Senior II M - 30	00:00:21	01:06:35	02:00:45
82	<b>SENTYSZ Robert</b>	<b>6495</b>	SENLABS.PL	Masters M - 40	00:00:03	01:13:49	02:00:50
83	<b>PLEWA Katarzyna</b>	<b>6204</b>		Senior II K - 30	00:00:08	01:07:53	02:01:24
84	<b>DROBNIK Błażej</b>	<b>6294</b>	OPALENICKI KLUB BIEGACZA	Senior II M - 30	00:00:02	01:08:43	02:01:35
85	<b>MYSZKIEWICZ Paweł</b>	<b>6012</b>	MOCNA GRUPA CEZARA	Senior II M - 30	00:00:19	01:11:29	02:02:07
86	<b>TOMCZYK Rafał</b>	<b>6078</b>	PODDEBICKI KLUB BIEGACZA ZDYSZANI.PL	Senior II M - 30	00:00:10	01:10:21	02:02:12
	<b>KACZMARCZYK Przemysław</b>	<b>6095</b>	140MINUT.PL	Senior I M - 20	00:00:06 DNF	01:06:24 DNF	02:02:30 DNF
88	<b>ZĄBEK Łukasz</b>	<b>6289</b>	140MINUT.PL	Masters M - 40	00:00:05	01:05:19	02:02:32
89	<b>KOSZAREK Maciej</b>	<b>6308</b>		Weteran I M - 50	00:00:21	01:08:08	02:02:41
90	<b>GÓRNA Anita</b>	<b>6312</b>	LPP TEAM	Senior II K - 30	00:00:03	01:10:08	02:02:55
91	<b>WINNIK Ela</b>	<b>6295</b>		Senior II K - 30	00:00:09	01:10:56	02:03:00
92	<b>LEHMANN Monika</b>	<b>6016</b>		Senior I K - 20	00:00:09	01:10:30	02:03:18
93	<b>DEL BOSQUE Jorge</b>	<b>6334</b>		Senior I M - 20	00:00:05	01:13:15	02:03:29
94	<b>PACIOREK Ewa</b>	<b>6445</b>	KOBIETA BIEGA	Senior II K - 30		01:09:35	02:03:43
95	<b>BIAŁA Weronika</b>	<b>6268</b>		Senior II K - 30	00:00:22	01:10:25	02:03:54
96	<b>RUTKOWSKI Jakub</b>	<b>6260</b>		Senior II M - 30	00:00:12	01:08:23	02:04:10
97	<b>BŁASZCZAK Marek</b>	<b>6154</b>	MOCNA GRUPA CEZARA	Senior II M - 30	00:00:19	01:09:44	02:04:16
98	<b>AUGUSTYNIAK Małgorzata</b>	<b>6517</b>		Masters K - 40	00:00:05	01:10:05	02:04:24
99	<b>SZOSTAK Anna</b>	<b>6277</b>	UKS OLIMPIA ZABRZE	Senior II K - 30	00:00:06	01:12:34	02:04:29
100	<b>DUPLAGA Dawid</b>	<b>6462</b>		Senior I M - 20	00:00:47	01:08:16	02:04:40
101	<b>MORCINEK Marcin</b>	<b>6529</b>	BLUSZCZA	Masters M - 40	00:00:26	01:09:48	02:04:47
102	<b>KACZMAREK Filip</b>	<b>6391</b>		Senior I M - 20	00:00:07	01:11:00	02:04:50
103	<b>FRYCA Karolina</b>	<b>6530</b>		Senior II K - 30	00:00:05	01:10:46	02:04:54
104	<b>TEKIELI Jerzy</b>	<b>6035</b>	TEKIELI FAMILY	Masters M - 40	00:00:56	01:14:15	02:05:08
105	<b>HLAVÁČOVÁ Eva</b>	<b>6490</b>		Masters K - 40	00:00:13	01:10:44	02:05:24
106	<b>STELMACH Piotr</b>	<b>6506</b>	RK ATHLETICS	Masters M - 40	00:00:06	01:10:23	02:05:29
107	<b>TOMCZAK Dariusz</b>	<b>6487</b>		Senior II M - 30	00:00:16	01:13:07	02:05:46
108	<b>MAŁKOWSKI Tomasz</b>	<b>6371</b>	GRUPA BIEGOWA 65	Weteran I M - 50	00:00:23	01:11:36	02:05:51
109	<b>WALCZAK Adela</b>	<b>6112</b>	TRAIL IS OUR WAY TEAM	Senior II K - 30	00:00:08	01:10:06	02:05:54
110	<b>KŁODA Dariusz</b>	<b>6084</b>	DRUŻYNA SZPIKU	Masters M - 40	00:00:20	01:11:57	02:06:02
111	<b>JANOSZ Paweł</b>	<b>6185</b>		Senior I M - 20	00:00:17	01:11:34	02:06:10
112	<b>DUBOWICZ Maciej</b>	<b>6347</b>	TRITON KONIN	Senior I M - 20	00:00:32	01:12:38	02:06:16
113	<b>WOJTASIK Łukasz</b>	<b>6056</b>	AKTYWNY OSTRZESZÓW	Masters M - 40	00:00:10	01:10:07	02:06:32
114	<b>SZCZESZEK Arkadiusz</b>	<b>6133</b>		Masters M - 40	00:00:16	01:10:45	02:06:38
115	<b>KOSIERADZKI Łukasz</b>	<b>6351</b>		Senior II M - 30	00:00:06	01:12:03	02:06:57
116	<b>WALCZAK Piotr</b>	<b>6072</b>		Masters M - 40	00:00:56	01:12:39	02:07:45
117	<b>KRAWCZYK Robert</b>	<b>6125</b>		Senior II M - 30	00:00:12	01:13:23	02:07:51
118	<b>GAWRON Tomasz</b>	<b>6223</b>		Masters M - 40	00:00:17	01:14:38	02:07:58
119	<b>SZCZEPANIK Łukasz</b>	<b>6459</b>	MOCNA GRUPA CEZARA	Masters M - 40	00:00:51	01:13:52	02:08:03
120	<b>SAWICKI Bartosz</b>	<b>6158</b>	DZIKIE DZIKI GORZÓW	Senior II M - 30	00:00:10	01:12:12	02:08:15

Msc	Zawodnik	Numer	Klub	Kategoria	Start Łądek 0.01km	A1 9km	Czernica 14km
121	<b>WÓJCIK Karolina</b>	<b>6523</b>		Senior II K - 30	00:00:08	01:12:49	02:08:19
122	<b>WOJCIESZYŃSKI Tomasz</b>	<b>6409</b>	BBL GORZÓW	Masters M - 40	00:00:10	01:12:12	02:08:23
123	<b>KOLAWA Piotr</b>	<b>6083</b>	TRENUJZNAMI.PL	Masters M - 40	00:00:35	01:13:32	02:08:34
124	<b>BUDYCH Arek</b>	<b>6509</b>		Masters M - 40	00:00:42	01:14:59	02:08:38
125	<b>MAJKA Jarek</b>	<b>6109</b>	SYNANDOJCIEC	Masters M - 40	00:00:27	01:12:41	02:08:52
126	<b>BUCZAK Jakub</b>	<b>6001</b>		Senior II M - 30	00:00:01	01:13:50	02:08:56
127	<b>GUZIK Joanna</b>	<b>6207</b>	NKB CHYŻY NOWY TOMYŚL	Senior II K - 30	00:00:01	01:10:36	02:09:01
128	<b>GUZIK Bartosz</b>	<b>6206</b>	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	00:00:02	01:13:09	02:09:05
129	<b>LISEK Janusz</b>	<b>6066</b>	TEAM BEROTU	Masters M - 40	00:00:25	01:13:04	02:09:08
130	<b>PAPAJ Jakub</b>	<b>6340</b>		Senior II M - 30	00:00:09	01:10:50	02:09:25
131	<b>JÓŻWIAK Radosław</b>	<b>6203</b>	ŻARY RUNNERS TEAM	Masters M - 40	00:00:36	01:15:54	02:09:30
132	<b>TYL Radosław</b>	<b>6009</b>		Masters M - 40	00:00:41	01:15:12	02:10:32
133	<b>DUDA Monika</b>	<b>6484</b>	RAZ SZCZECIN	Masters K - 40	00:00:10	01:12:47	02:10:50
134	<b>ŚPIEWAK Radosław</b>	<b>6148</b>		Masters M - 40	00:00:29	01:16:55	02:10:56
135	<b>TECZA Robert</b>	<b>6405</b>		Weteran I M - 50	00:00:12	01:14:19	02:11:01
136	<b>FILUT Łukasz</b>	<b>6349</b>		Masters M - 40	00:00:59	01:14:55	02:11:07
137	<b>BUDZIAK Michał</b>	<b>6415</b>		Senior II M - 30	00:00:04	01:13:19	02:11:19
138	<b>CICHY Krzysztof</b>	<b>6326</b>	GÓRAL Z MAZUR RUNNING TEAM	Weteran I M - 50	00:00:22	01:15:03	02:11:31
139	<b>GUZERA Tomasz</b>	<b>6244</b>		Senior II M - 30	00:01:08	01:17:02	02:11:39
140	<b>ZUGAJ Robert</b>	<b>6433</b>		Masters M - 40	00:00:15	01:12:43	02:11:58
141	<b>WOJCIECHOWSKA-HRYCYK Agata</b>	<b>6519</b>		Weteran K - 50	00:00:07	01:15:07	02:12:02
142	<b>GONTKO Łukasz</b>	<b>6417</b>		Masters M - 40	00:00:46	01:19:11	02:12:06
143	<b>KRUPIŃSKA Andżelika</b>	<b>6189</b>	AKTYWNI RAZEM/ BIEGAJĄCE KREJZOLE	Senior II K - 30	00:00:17	01:13:39	02:12:11
144	<b>DOMBROVSKIS Juris</b>	<b>6425</b>	SUPERVAROŃI	Masters M - 40	00:00:46	01:17:18	02:12:18
145	<b>HARASIMOWICZ Sławek</b>	<b>6065</b>	GOLENIÓW	Masters M - 40	00:00:38	01:16:59	02:12:31
146	<b>RUŚKIEWICZ Wojciech Ruśkiewicz</b>	<b>6047</b>	DELOITTE ADVENTURE TEAM	Senior II M - 30	00:00:35	01:13:31	02:12:39
147	<b>JACHIRA Patryk</b>	<b>6464</b>	STAJNIAKTEAM	Senior II M - 30		01:17:15	02:12:59
148	<b>GRACZ Krzysztof</b>	<b>6455</b>		Masters M - 40	00:00:29	01:14:52	02:13:06
149	<b>REPCZYŃSKI Mateusz Repczyński</b>	<b>6015</b>		Senior I M - 20	00:00:01	01:13:51	02:13:26
150	<b>JAKUSZEK Paweł</b>	<b>6176</b>	PGB SPORTOWA PACZKA	Masters M - 40	00:00:26	01:17:40	02:13:37
151	<b>JAKUSZEK Krzysztof</b>	<b>6184</b>	CEGIELNIA PIASKI	Masters M - 40	00:00:25	01:17:40	02:13:42
152	<b>OLEJNIK Wojciech</b>	<b>6322</b>	TRIGYM SZCZECIN	Senior I M - 20	00:01:04	01:19:03	02:13:49
153	<b>TUREK Marcin</b>	<b>6414</b>	KĘSY TEAM	Senior II M - 30	00:00:14	01:17:39	02:13:54
154	<b>GŁADECKI Sebastian</b>	<b>6416</b>	KĘSY TEAM	Masters M - 40	00:00:14	01:17:37	02:13:58
155	<b>LISIAK Bartosz</b>	<b>6298</b>	KB GEPARD MUROWANA GOŚLINA	Senior II M - 30	00:00:34	01:18:47	02:14:16
156	<b>MIĄSKO Wojciech</b>	<b>6222</b>	12TRI.PL	Weteran I M - 50	00:00:45	01:16:15	02:15:14
157	<b>JOPA Maciej</b>	<b>6226</b>		Senior II M - 30	00:00:26	01:16:17	02:15:53
158	<b>ŁOBOS Mariusz</b>	<b>6075</b>		Weteran I M - 50	00:00:24	01:18:56	02:15:56
159	<b>WAŚ Bartłomiej</b>	<b>6454</b>	STG WARSZAWA	Senior II M - 30	00:00:14	01:14:06	02:16:16
160	<b>KMIECIK Jakub</b>	<b>6290</b>	TARNOWO PODGÓRNE BIEGA	Masters M - 40	00:00:18	01:15:52	02:16:18
161	<b>MATUSZCZYK Paweł</b>	<b>6479</b>		Masters M - 40	00:00:24	01:16:06	02:16:21
162	<b>FRERIKS Jeroen</b>	<b>6373</b>	LEIDEN ATLETIEK	Senior II M - 30	00:00:48	01:24:17	02:16:27
163	<b>KOROSTYŃSKI Damian</b>	<b>6392</b>		Masters M - 40	00:00:51	01:18:23	02:17:10
164	<b>TRZPIOLA Tycjan</b>	<b>6013</b>	KURACJUSZE	Senior II M - 30	00:00:21	01:16:11	02:17:30
165	<b>KAWA Hubert</b>	<b>6208</b>	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	00:00:02	01:17:15	02:17:36

Msc	Zawodnik	Numer	Klub	Kategoria	Start Łądek 0.01km	A1 9km	Czernica 14km
166	<b>BRASEL Marcin</b>	<b>6181</b>	TRIGYM SZCZECIN	Weteran I M - 50	00:01:04	01:20:07	02:17:51
167	<b>SZACH Andrzej</b>	<b>6485</b>	22KBPG	Masters M - 40	00:00:14	01:13:29	02:19:09
168	<b>RUDNO-RUDZINSKI Grzegorz</b>	<b>6521</b>		Masters M - 40	00:00:20	01:16:48	02:19:28
169	<b>WIŚNIEWSKI Mariusz</b>	<b>6432</b>		Masters M - 40	00:00:13	01:16:49	02:19:32
170	<b>NESTEREWICZ Ryszard</b>	<b>6518</b>	LKS ISKRA JASZKOWA	Weteran II M - 60	00:00:38	01:17:57	02:19:40
171	<b>GRĘDA Elżbieta</b>	<b>6089</b>		Masters K - 40	00:00:41	01:26:27	02:21:29
172	<b>NOWAK Tomasz</b>	<b>6152</b>	BW BIEGACZE WYMIATACZE	Senior II M - 30	00:00:57	01:22:55	02:21:32
173	<b>PODBOROŻNY Karol</b>	<b>6251</b>		Senior II M - 30	00:01:12	01:22:21	02:21:36
174	<b>SZALENIEC Marcin</b>	<b>6054</b>	RUNNERS TEAM NYSA	Masters M - 40	00:00:33	01:20:27	02:21:49
175	<b>SZALENIEC Joanna</b>	<b>6053</b>	RUNNERS TEAM NYSA	Masters K - 40	00:00:31	01:20:28	02:21:52
176	<b>ŁATWIŃSKI Mateusz</b>	<b>6161</b>	MOCNA GRUPA CEZARA	Senior I M - 20	00:00:20	01:18:02	02:22:00
177	<b>KRÓLICKI Konrad</b>	<b>6450</b>	STG WARSZAWA	Masters M - 40	00:00:14	01:17:44	02:22:12
178	<b>LERCH Krzysztof</b>	<b>6387</b>		Masters M - 40	00:00:12	01:19:16	02:22:20
179	<b>TERPIŁOWSKI Arkadiusz</b>	<b>6046</b>		Senior I M - 20	00:00:20	01:17:54	02:22:30
180	<b>DENYSENKO Lech</b>	<b>6027</b>	BDB TEAM KATOWICE	Weteran II M - 60	00:00:32	01:23:50	02:22:34
181	<b>WANKIEWICZ Krzysztof</b>	<b>6194</b>		Masters M - 40	00:00:40	01:21:56	02:22:48
182	<b>KOWALCZYK Marcin</b>	<b>6293</b>		Senior II M - 30	00:01:00	01:26:23	02:23:00
183	<b>STEFANOWSKI Marcin</b>	<b>6436</b>	*****.***	Weteran I M - 50	00:00:32	01:19:05	02:23:10
184	<b>CHMIELOWIEC Norbert</b>	<b>6514</b>		Senior II M - 30	00:00:26	01:18:26	02:23:13
185	<b>GRACZYK Mateusz</b>	<b>6424</b>		Senior I M - 20	00:01:16	01:24:28	02:23:29
186	<b>WALCZAK Tomasz</b>	<b>6303</b>	PCH_RUN	Masters M - 40	00:00:03	01:22:13	02:23:35
187	<b>MICHALSKI Grzegorz</b>	<b>6350</b>	CAFFEDELMONDO	Masters M - 40	00:01:17	01:23:27	02:23:41
188	<b>DĄBROWSKI Michał</b>	<b>6428</b>		Senior II M - 30	00:00:15	01:19:07	02:23:56
189	<b>STĘPNOWSKI Jakub</b>	<b>6420</b>	UPACJENTA.PL	Senior II M - 30	00:01:17	01:27:41	02:23:59
190	<b>ZIEWIEC Marcin</b>	<b>6111</b>		Senior II M - 30	00:00:45	01:21:53	02:24:03
191	<b>RZESZOWSKI Tomasz</b>	<b>6323</b>	MIRAZ RACE TEAM	Masters M - 40	00:00:02	01:19:49	02:24:14
192	<b>NOWAK Ireneusz</b>	<b>6169</b>		Weteran I M - 50	00:00:56	01:22:01	02:24:18
193	<b>MAŃKOWSKI Tomasz</b>	<b>6230</b>	HOMAG RUN TEAM	Senior II M - 30	00:01:12	01:24:23	02:24:26
194	<b>ŚNIEGOCKI Paweł</b>	<b>6231</b>	4T/TARNOWO PODGÓRNE BIEGA	Masters M - 40	00:00:17	01:18:25	02:24:32
195	<b>MUČA Māris</b>	<b>6311</b>	LBNB	Weteran I M - 50	00:01:21	01:23:26	02:24:41
196	<b>GAJDA Michał</b>	<b>6221</b>		Senior II M - 30	00:00:21	01:24:27	02:24:50
197	<b>STEBEL Piotr</b>	<b>6249</b>	PRZEWODNIK	Weteran I M - 50	00:00:27	01:21:41	02:24:56
198	<b>MIEDZIŃSKI Michał</b>	<b>6314</b>	JKS SALAMANDRA	Senior II M - 30	00:00:26	01:16:15	02:25:07
199	<b>MIŚTALSKI Damian</b>	<b>6451</b>		Senior II M - 30	00:00:29	01:20:02	02:25:19
200	<b>TORZEWSKI Przemysław</b>	<b>6475</b>		Senior II M - 30	00:00:30	01:25:59	02:25:23
201	<b>MIKRUT Paweł</b>	<b>6538</b>		Masters M - 40	00:00:42	01:24:36	02:25:36
202	<b>TOMAKA Maciej</b>	<b>6476</b>	TEAM KURORT ŁĄDEK-ZDRÓJ	Senior II M - 30	00:00:50	01:20:04	02:25:39
203	<b>STĘPIEŃ Łukasz</b>	<b>6328</b>	JKS SALAMANDRA	Masters M - 40	00:00:26	01:16:12	02:25:50
204	<b>SZELAĞIEWICZ Piotr</b>	<b>6355</b>		Masters M - 40	00:00:30	01:24:14	02:25:54
205	<b>MOKRZYŃSKI Marcin</b>	<b>6421</b>	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Masters M - 40	00:00:50	01:20:04	02:26:03
206	<b>URBAŃCZYK Mateusz</b>	<b>6337</b>	KW SAKWA	Senior I M - 20	00:01:12	01:27:22	02:26:08
207	<b>SZOFER Adam</b>	<b>6245</b>	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	00:01:01	01:29:46	02:26:12
208	<b>RUDOLFOVÁ Tereza</b>	<b>6458</b>	TEAM BLACK HILL/ LAWI /MONTURA	Senior II K - 30	00:00:02	01:40:32	02:26:41
209	<b>BIEDA Bernard</b>	<b>6406</b>	BUDIPOL	Senior II M - 30	00:02:07	01:27:55	02:26:53
210	<b>BOIŃSKI Bartosz</b>	<b>6346</b>	EUROCASH	Senior II M - 30	00:01:15	01:28:44	02:27:00

Msc	Zawodnik	Numer	Klub	Kategoria	Start Łądek 0.01km	A1 9km	Czernica 14km
211	<b>LENART Jakub</b>	<b>6163</b>		Senior II M - 30	00:00:38	01:23:56	02:27:19
212	<b>CEITEL Maciej</b>	<b>6028</b>		Masters M - 40	00:00:58	01:28:12	02:27:23
213	<b>BARAN Bogdan</b>	<b>6397</b>	PRO-RUN WROCŁAW	Weteran II M - 60	00:00:39	01:27:00	02:27:33
214	<b>TOWPIK Piotr</b>	<b>6079</b>		Senior II M - 30	00:00:49	01:23:02	02:27:42
215	<b>WOJTKOWSKI Ireneusz</b>	<b>6399</b>	ASSECO ACTIVE TEAM	Weteran II M - 60	00:00:37	01:23:19	02:27:58
216	<b>LESZCZYŃSKI Paweł</b>	<b>6541</b>	LASY WAWERSKIE	Weteran II M - 60	00:00:58	01:27:16	02:28:04
217	<b>BARANOWSKI Szymon</b>	<b>6091</b>		Senior II M - 30	00:00:17	01:25:41	02:28:07
218	<b>SUSZCZYŃSKI Krzysztof</b>	<b>6096</b>	RUNNERS TEAM NYSA/ LUCEK PAZUR TEAM	Masters M - 40	00:00:44	01:24:40	02:28:18
219	<b>GMAJ Daniel</b>	<b>6250</b>		Senior II M - 30	00:00:28	01:24:26	02:28:22
220	<b>KĘPIŃSKI Michał</b>	<b>6320</b>		Senior I M - 20	00:00:53	01:26:52	02:28:30
221	<b>LEWICKI Tomasz</b>	<b>6159</b>	CAŁA OLEŚNICA BIEGA	Masters M - 40	00:00:36	01:27:20	02:28:39
222	<b>BESTRZYŃSKA Joanna</b>	<b>6496</b>	CZŁAPAK ROBAKOWO	Weteran K - 50	00:00:33	01:27:19	02:28:46
223	<b>CHILIMONIUK Mariusz</b>	<b>6240</b>		Masters M - 40	00:01:03	01:28:32	02:28:50
224	<b>STRYCZNIEWICZ Krzysztof Stryczniewicz</b>	<b>6525</b>	555	Masters M - 40	00:00:54	01:28:54	02:29:20
225	<b>HORODYSKI Marek</b>	<b>6156</b>		Senior II M - 30	00:00:45	01:23:42	02:29:24
226	<b>SYNOWIEC Katarzyna</b>	<b>6447</b>		Senior I K - 20	00:00:47	01:29:55	02:29:47
227	<b>ŻYLIŃSKA Agnieszka</b>	<b>6526</b>	555	Senior II K - 30	00:00:54	01:28:51	02:29:53
228	<b>MICHALSKI Tomasz</b>	<b>6120</b>		Masters M - 40	00:00:46	01:28:11	02:29:59
229	<b>PAMUŁA Marta</b>	<b>6177</b>		Senior I K - 20	00:00:51	01:27:15	02:31:00
230	<b>WENCEL Jarosław</b>	<b>6279</b>	EXPLORADOR	Masters M - 40	00:00:35	01:29:23	02:31:15
231	<b>GRAU Joanna</b>	<b>6540</b>	KWIDZYN BIEGA	Masters K - 40	00:00:42	01:27:54	02:31:19
232	<b>WOJSA Zdzisława</b>	<b>6542</b>	W POGONI ZA DUCHEM	Masters K - 40	00:00:15	01:25:08	02:31:22
233	<b>SZCZOTKA Katarzyna</b>	<b>6092</b>		Senior I K - 20	00:00:17	01:26:50	02:31:34
234	<b>PRUSZCZYŃSKI Piotr</b>	<b>6126</b>		Masters M - 40	00:00:33	01:22:07	02:31:39
235	<b>MATUŁA Przemysław</b>	<b>6375</b>	UMCS BIEGA	Weteran I M - 50	00:00:43	01:26:17	02:31:43
236	<b>MATUSZAK Krzysztof</b>	<b>6088</b>	TRIGYM SZCZECIN/MATUSZAK TEAM	Masters M - 40	00:01:05	01:26:36	02:31:58
237	<b>ŁĘKAWA Sebastian</b>	<b>6023</b>	140MINUT.PL	Masters M - 40	00:00:36	01:23:40	02:32:10
238	<b>SZYMAŃSKI Michał</b>	<b>6457</b>	TENIS CENTRUM AS	Senior I M - 20	00:01:07	01:28:26	02:32:14
239	<b>MATKOWSKA Martyna</b>	<b>6441</b>		Senior II K - 30	00:01:14	01:29:26	02:32:19
240	<b>ZAJKOWSKA Ewa</b>	<b>6131</b>	VEGE RUNNERS	Senior II K - 30	00:01:14	01:29:26	02:32:23
241	<b>RABIEJ Kazimierz</b>	<b>6107</b>	ROZBIEGANI CHOJNÓW	Weteran II M - 60	00:00:39	01:26:11	02:32:36
242	<b>MARIUSZ Mazurkiewicz</b>	<b>6547</b>		Weteran I M - 50	00:00:54	01:27:35	02:32:44
243	<b>SNOCHOWSKI Leszek</b>	<b>6263</b>	LESZEK TEAM	Weteran II M - 60	00:00:33	01:24:12	02:32:51
244	<b>JASKÓŁKA Rafał</b>	<b>6174</b>	VENUS - BRUK	Masters M - 40	00:00:29	01:30:29	02:33:01
245	<b>JASKÓŁKA Hubert</b>	<b>6175</b>	VENUS - BRUK	Weteran II M - 60	00:00:29	01:30:27	02:33:05
246	<b>CIENIUCH Piotr</b>	<b>6333</b>		Masters M - 40	00:01:03	01:33:05	02:33:13
247	<b>GIERADA Ryszard</b>	<b>6067</b>		Weteran I M - 50	00:00:09	01:26:59	02:33:22
248	<b>ZIMOŃ Adam</b>	<b>6325</b>	INTEGRUM BROKER	Masters M - 40	00:00:46	01:29:20	02:34:08
249	<b>KOSTYK Grzegorz</b>	<b>6115</b>		Masters M - 40	00:00:25	01:28:31	02:34:11
250	<b>KISIAŁA Filip</b>	<b>6114</b>	TATA WOJTUSIA <3	Masters M - 40	00:00:54	01:27:20	02:34:22
251	<b>JADASZ Anna</b>	<b>6297</b>	GOGOLIN BIEGA	Senior II K - 30	00:00:55	01:29:42	02:35:11
252	<b>NIEWIADOMSKI Marek</b>	<b>6082</b>	CROSS KRAPKOWICE	Senior II M - 30	00:00:56	01:29:43	02:35:14
253	<b>KWIATKOWSKA Dominika</b>	<b>6329</b>	MOCNA GRUPA CEZARA	Senior I K - 20	00:01:03	01:31:25	02:35:21
254	<b>HAMPEL Patryk</b>	<b>6440</b>	BODY POWER	Senior II M - 30	00:00:11	01:26:46	02:35:41
255	<b>MARNYSZ Michał</b>	<b>6153</b>		Senior II M - 30	00:01:00	01:30:58	02:35:59

Msc	Zawodnik	Numer	Klub	Kategoria	Start Łądek 0.01km	A1 9km	Czernica 14km
256	IWACHÓW Sławomir	6544	MXTECH KWIDZYN	Masters M - 40	00:00:42	01:30:10	02:36:03
257	SERBA Michał	6037	KB SZAMOTUŁY	Senior II M - 30	00:00:58	01:24:32	02:36:07
258	ROBAKOWSKA Joanna	6190	NIGHT RUNNERS	Senior II K - 30	00:00:51	01:31:24	02:36:15
259	KALIŃSKI Krzysztof	6127		Masters M - 40	00:00:39	01:26:07	02:36:26
260	FRANKOWSKA Katarzyna	6527	PRO366	Masters K - 40	00:01:11	01:31:51	02:36:59
261	STASZEWSKI Piotr	6528		Weteran I M - 50	00:01:11	01:31:52	02:37:01
262	SZWACZKA Sebastian	6419	BW BIEGOWY WARIAT	Masters M - 40	00:00:43	01:29:57	02:37:09
263	MISZCZAK Katarzyna	6138	MIRAZ RACE TEAM	Masters K - 40	00:00:03	01:27:09	02:37:17
264	ALEKSANDROWICZ Marlena	6193		Masters K - 40	00:01:09	01:34:51	02:37:26
265	ŁUNKIEWICZ Jagna	6192	EURO FILM FOLIE OKIENNE	Masters K - 40	00:01:09	01:34:50	02:37:45
266	KRAJCER Jolanta	6367	JOLANTA KRAJCER	Masters K - 40	00:00:12	01:27:44	02:37:51
267	LEWANDOWSKI Leszek	6354	POWSTAŃCY Z KANAPY	Masters M - 40	00:00:25	01:31:13	02:37:58
268	WÓJCIK Justyna	6219	W POGONI ZA DUCHEM	Masters K - 40	00:00:32	01:27:56	02:38:02
269	MARTYNIAK Rafał	6144		Masters M - 40	00:00:53	01:27:50	02:38:05
270	BIŃCZARSKA Monika	6039		Masters K - 40	00:00:23	01:28:17	02:38:14
271	KASPRZYK Marcin	6201		Senior I M - 20	00:00:53	01:35:50	02:38:20
272	JAKUBOWSKA Kamila	6262	KB GEPARD MUROWANA GOŚLINA	Senior II K - 30	00:00:30	01:27:28	02:38:45
273	PATELSKA Katarzyna	6422		Senior II K - 30	00:00:30	01:27:28	02:38:55
274	SZYSZKA Agnieszka	6179		Masters K - 40	00:00:24	01:31:11	02:39:05
275	ZIELEŃ-PUSZCZECKA Marta	6444		Senior II K - 30	00:00:55	01:32:36	02:39:07
276	BŁACHNIO Krzysztof	6139	RAZ SZCZECIN	Weteran I M - 50	00:00:11	01:24:30	02:39:14
277	FIKTUS Paweł	6172		Masters M - 40	00:00:49	01:30:00	02:39:29
278	STASZKO Łukasz	6537	HITACHI	Senior II M - 30	00:00:49	01:30:00	02:39:36
279	DAJCZER Jakub	6404		Senior II M - 30	00:00:47	01:29:59	02:39:40
280	LEWARTOWSKA Agnieszka	6508	KTB KUNY	Masters K - 40	00:00:59	01:29:53	02:39:45
281	SPYCHAŁA Maciej	6248	WRONIECKI KLUB BIEGACZA	Masters M - 40	00:00:29	01:32:34	02:39:49
282	KĘDZIORA Karolina	6533		Senior I K - 20	00:00:18	01:31:28	02:40:09
283	BOMBA Tomasz	6242	PRO-RUN WROCŁAW	Masters M - 40	00:00:35	01:26:29	02:40:16
284	GRĄDZKA Marianna	6171		Senior I K - 20	00:00:57	01:29:25	02:40:27
285	STAROŃSKA Magdalena	6331		Masters K - 40	00:01:11	01:34:15	02:40:36
286	ROGOŹNICKI Paweł	6086	#ZALINIAMETY	Masters M - 40	00:00:34	01:30:23	02:40:45
287	PISKORZ Jarosław	6472		Senior II M - 30	00:00:58	01:34:46	02:40:49
288	SKRZĄTEK Anna	6358		Masters K - 40	00:00:03	01:31:21	02:40:58
289	BARSZCZEWSKI Sebastian	6359		Masters M - 40	00:01:08	01:32:35	02:41:02
290	KMIECIKOWSKI Jakub	6200		Senior I M - 20	00:00:53	01:35:52	02:41:06
291	KOCZOROWSKI Jakub	6492		Senior II M - 30	00:01:14	01:33:55	02:41:22
292	MAKOWCZYŃSKA Agata	6493	OBORYGENI	Senior II K - 30	00:01:14	01:33:54	02:41:32
293	OCZKOWICZ Beata	6304	MOCNA GRUPA CEZARA	Senior II K - 30	00:01:03	01:34:01	02:41:38
294	JACZEWSKI Arkadiusz	6316		Masters M - 40	00:00:52	01:28:22	02:41:49
295	SŁODKIEWICZ Piotr	6228	KNEIPPTEAM	Senior II M - 30	00:00:55	01:29:24	02:41:52
296	SŁODKIEWICZ Dagmara	6229	KNEIPPTEAM	Senior II K - 30	00:00:55	01:29:24	02:41:55
297	BALCERZAK Krysia	6017	DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ	Masters K - 40	00:00:22	01:33:37	02:43:08
298	KWIATKOWSKA Beata	6306		Masters K - 40	00:00:48	01:35:31	02:43:15
299	CZERWIŃSKI Jarosław	6062		Weteran II M - 60	00:00:24	01:33:13	02:43:21
300	CZERWIŃSKA Arleta	6064		Weteran II K - 60	00:00:24	01:33:14	02:43:28

Msc	Zawodnik	Numer	Klub	Kategoria	Start Łądek 0.01km	A1 9km	Czernica 14km
301	<b>CIAPAŁA Jakub</b>	<b>6128</b>	DZIKIE ŚWINIE	Senior II M - 30	00:02:08	01:37:45	02:43:31
302	<b>BIAŁEK Kamila</b>	<b>6134</b>		Masters K - 40	00:00:22	01:33:39	02:43:35
303	<b>BASEK Damian</b>	<b>6136</b>	ALSTOM KATOWICE	Senior II M - 30	00:00:11	01:29:51	02:43:40
304	<b>BARTKOWSKA Anna</b>	<b>6160</b>	ALSTOM KATOWICE	Masters K - 40	00:00:10	01:29:51	02:43:45
305	<b>MRÓZ Dariusz</b>	<b>6408</b>	MODLITWA BIEGANIA GRYFINO	Masters M - 40	00:00:28	01:31:24	02:44:00
306	<b>ŁYSIAK Kasia</b>	<b>6282</b>		Senior II K - 30	00:00:18	01:33:52	02:44:04
307	<b>NOWACZYŃSKI Maciej</b>	<b>6423</b>		Senior I M - 20	00:01:16	01:35:30	02:44:07
308	<b>WILCZEK Małgorzata</b>	<b>6233</b>	RAJSPOORT ACTIVE	Senior II K - 30	00:00:57	01:36:19	02:44:10
309	<b>SKIBA Anna</b>	<b>6473</b>	KB HARCOWNIK	Masters K - 40	00:00:39	01:35:55	02:44:31
310	<b>STACHOWIAK Danuta</b>	<b>6274</b>	ROKIETNICA BIEGA	Masters K - 40	00:00:45	01:36:33	02:44:36
311	<b>OZIMINA Hubert</b>	<b>6261</b>	OBORYGENI	Masters M - 40	00:01:13	01:34:17	02:44:44
312	<b>RATAJCZAK Karolina</b>	<b>6097</b>		Senior I K - 20	00:00:33	01:36:11	02:44:49
313	<b>BRONOWICKI Jarosław</b>	<b>6040</b>	DRUŻYNA SZPIKU, ŻÓŁW I ZAJĄC	Masters M - 40	00:00:49	01:37:11	02:45:04
	<b>ANTKOWIAK-BRONOWICKA Agnieszka</b>	<b>6033</b>	DRUŻYNA SZPIKU, ŻÓŁW I ZAJĄC	Masters K - 40	00:00:49 DNF	01:37:12 DNF	02:45:10 DNF
315	<b>FISZ Radosław</b>	<b>6535</b>		Masters M - 40	00:01:05	01:29:36	02:45:23
316	<b>KIEŁBASIEWICZ Dawid</b>	<b>6031</b>	MOYA RACING TEAM	Senior I M - 20	00:00:06	01:21:19	02:45:35
317	<b>KOŃ Aleksandra</b>	<b>6104</b>	EKIPA LIPA	Masters K - 40	00:00:34	01:33:47	02:46:26
318	<b>MIKLER Marcin</b>	<b>6117</b>		Masters M - 40	00:00:22	01:36:35	02:46:36
319	<b>CEBULAK Katarzyna</b>	<b>6259</b>	GOGOKLUB	Senior II K - 30	00:00:13	01:31:20	02:46:41
320	<b>PIOTROWSKI Mariusz</b>	<b>6344</b>	PIEROŃSKIE HANYSY	Masters M - 40	00:00:28	01:36:26	02:47:00
321	<b>KRZEMIĘŃ Bartosz</b>	<b>6356</b>		Masters M - 40	00:00:28	01:36:37	02:47:05
322	<b>SZMATLOCH Bartłomiej</b>	<b>6345</b>	RETROBAJTEL	Senior II M - 30	00:00:29	01:36:47	02:47:10
323	<b>ZIEMKOWSKA Monika</b>	<b>6435</b>		Masters K - 40	00:00:30	01:39:08	02:47:30
324	<b>SZMATLOCH Maciek</b>	<b>6343</b>	RETROBAJTEL	Masters M - 40	00:00:29	01:36:48	02:47:35
325	<b>ŚMIECHOWSKA Małgorzata</b>	<b>6300</b>	ŚDS RECZ	Masters K - 40	00:00:24	01:36:30	02:47:50
326	<b>NOWAK Filip</b>	<b>6130</b>	NIGHT RUNNERS	Masters M - 40	00:00:55	01:35:53	02:47:57
327	<b>FOREMNIAK-SZADURA Beata</b>	<b>6501</b>		Weteran K - 50	00:01:07	01:36:14	02:48:20
328	<b>PRAGACZ Adam</b>	<b>6123</b>		Senior I M - 20	00:01:15	01:35:31	02:48:25
329	<b>NIERADKO Arkadiusz</b>	<b>6271</b>		Weteran I M - 50	00:01:05	01:38:19	02:48:43
330	<b>CHOMA Grażyna</b>	<b>6402</b>	PĘDZĄCE LENIWCE	Masters K - 40	00:00:41	01:38:40	02:48:52
331	<b>RZYSZKIEWICZ Tomasz</b>	<b>6398</b>	PĘDZĄCE LENIWCE	Masters M - 40	00:00:42	01:38:36	02:50:15
332	<b>BALNER Sebastian</b>	<b>6069</b>	-	Masters M - 40	00:00:07	01:25:23	02:50:41
333	<b>GIDASZEWSKA Jolanta</b>	<b>6146</b>		Masters K - 40	00:00:54	01:42:43	02:51:03
334	<b>KŁACZKIEWICZ Magdalena</b>	<b>6029</b>	KB SZAMOTUŁY	Senior I K - 20	00:00:57	01:37:27	02:51:26
335	<b>CHABŁO Daniel</b>	<b>6198</b>		Masters M - 40	00:00:35	01:30:57	02:51:29
336	<b>PODSIADŁY Maciej</b>	<b>6166</b>	KS STASZEWSKY	Senior II M - 30	00:00:40	01:41:37	02:52:29
337	<b>DOBOSZ Leszek</b>	<b>6520</b>		Masters M - 40	00:01:13	01:36:49	02:52:52
338	<b>JÓZEF Marek</b>	<b>6269</b>		Masters M - 40	00:00:19	01:26:57	02:53:11
339	<b>IGRAS Mieczysław</b>	<b>6396</b>	RUNNERS TEAM NYSA	Weteran II M - 60	00:00:46	01:34:00	02:53:47
340	<b>KORNAŚ Marcin</b>	<b>6032</b>	GÓRYLASY	Masters M - 40	00:01:07	01:35:43	02:54:19
341	<b>BRZOSTOWIECKA Angelika</b>	<b>6232</b>	MOCNA GRUPA CEZARA	Senior I K - 20	00:01:01	01:42:51	02:54:35
342	<b>ZASADA Michał</b>	<b>6395</b>	NULL	Masters M - 40	00:00:36	01:42:02	02:55:25
343	<b>MIKOŁAJEWSKA Zofia</b>	<b>6019</b>	ORT	Senior II K - 30	00:00:10	01:30:43	02:55:44
344	<b>PYREK Iwona</b>	<b>6010</b>		Masters K - 40	00:01:11	01:36:31	02:56:28
345	<b>FRĄCZEK Michał</b>	<b>6045</b>	BRONOWICE TEZ BIEGAJĄ BTB	Masters M - 40		01:34:54	02:57:09



Msc	Zawodnik	Numer	Klub	Kategoria	Start Łądek 0.01km	A1 9km	Czernica 14km
346	<b>JAZUKIEWICZ Ewa</b>	<b>6483</b>	EAZYMUT.PL	Masters K - 40	00:00:31	01:40:31	02:57:40
347	<b>MODRAK Maciej</b>	<b>6020</b>	PARKRUN GRUDZIĄDZ	Weteran I M - 50	00:01:09	01:40:49	02:57:50
348	<b>ZAKRZEWSKA Anna</b>	<b>6182</b>		Masters K - 40	00:00:09	01:39:48	02:57:55
349	<b>KOS Paweł</b>	<b>6482</b>	EAZYMUT.PL	Weteran I M - 50	00:00:31	01:40:35	02:58:18
	<b>BEDLA Anna</b>	<b>6385</b>		Masters K - 40	00:00:16 DNF	01:36:32 DNF	02:58:56 DNF
351	<b>MAGOCZY Helena</b>	<b>6213</b>		Masters K - 40	00:00:54	01:45:38	02:59:16
351	<b>MAJERSKI Michał</b>	<b>6218</b>		Masters M - 40	00:00:55	01:45:39	02:59:27
353	<b>NOWAK Monika</b>	<b>6511</b>	KW POZNAŃ	Masters K - 40	00:00:41	01:42:10	02:59:48
354	<b>ŁUŻNY Agnieszka</b>	<b>6070</b>		Senior II K - 30	00:00:17	01:38:22	03:00:25
<b>Przekroczony limit czasu: 07:00:00</b>							
355	<b>ZAKRZEWSKA Beata</b>	<b>6057</b>		Senior II K - 30	00:00:31	01:39:17	03:00:54
356	<b>REIJMERS Agnieszka</b>	<b>6376</b>	LEIDEN ATLETIEK	Masters K - 40	00:00:48	01:49:52	03:01:18
357	<b>JANSON Marleen</b>	<b>6374</b>	LEIDEN ATLETIEK	Senior II K - 30	00:00:49	01:49:53	03:01:42
358	<b>DUBOWIK Anna</b>	<b>6532</b>		Masters K - 40	00:00:38	01:45:53	03:02:40
359	<b>KACPRZYCKI Tomasz</b>	<b>6162</b>		Senior II M - 30	00:01:02	01:47:17	03:04:34
360	<b>SCHMIDT Jacek</b>	<b>6007</b>	HERNIK TEAM	Weteran I M - 50	00:00:13	01:41:58	03:04:52
361	<b>ZELMANOWICZ - SZŁAPA Ewa</b>	<b>6183</b>	IZBICKO W BIEGU	Masters K - 40	00:01:13	01:49:08	03:05:11
362	<b>BEKAS Jędrzej</b>	<b>6011</b>	NIGHT RUNNERS	Masters M - 40	00:01:03	01:45:06	03:06:02
362	<b>BEKAS Paulina</b>	<b>6005</b>	NIGHT RUNNER	Senior II K - 30	00:01:04	01:45:06	03:06:11
364	<b>PRZESTRZELSKA-HAAS Marta</b>	<b>6052</b>	BACKPACKING OKAPI TEAM	Masters K - 40	00:01:06	01:45:22	03:06:27
365	<b>WALCZAK Sławomir</b>	<b>6212</b>		Weteran I M - 50	00:01:31	01:40:37	03:07:53
366	<b>SZYMAŃSKI Jarosław</b>	<b>6253</b>	ION1 TEAM	Senior II M - 30	00:00:20	01:43:48	03:08:09
367	<b>GRZESIAK Rafał</b>	<b>6008</b>	EMERYT	Masters M - 40	00:00:49	01:39:14	03:08:25
368	<b>TARASZKIEWICZ Krzysztof</b>	<b>6004</b>		Masters M - 40	00:00:49	01:39:13	03:08:27
369	<b>FIKSA Radosław</b>	<b>6361</b>		Masters M - 40	00:00:27	01:44:42	03:08:58
370	<b>FIKSA Halina</b>	<b>6360</b>		Weteran K - 50	00:00:26	01:44:41	03:09:06
371	<b>NIKOLAJUK Robert</b>	<b>6191</b>		Masters M - 40	00:01:59	01:51:41	03:09:49
372	<b>MILAN Grzegorz</b>	<b>6216</b>		Senior II M - 30	00:01:33	01:51:40	03:10:02
373	<b>TCHÓRZEWSKA-PIETRZYK Anna</b>	<b>6283</b>	MOCNA GRUPA CEZARA	Masters K - 40	00:01:01	01:54:36	03:10:07
374	<b>ŁATWIŃSKA Marzena</b>	<b>6157</b>	MOCNA GRUPA CEZARA	Weteran K - 50	00:01:01	01:54:36	03:10:24
375	<b>KRUPIŃSKA Paulina</b>	<b>6461</b>		Senior II K - 30	00:00:39	01:40:56	03:11:08
376	<b>GESS Magdalena</b>	<b>6077</b>	ZABIEGANI GOLENIÓW	Masters K - 40	00:00:39	01:40:53	03:11:11
377	<b>KNOBLOCH Ewa</b>	<b>6018</b>	LEŚNE KUNY	Masters K - 40	00:00:58	01:50:52	03:11:14
378	<b>WIZE-ZIELONKA Karolina</b>	<b>6014</b>	LEŚNE KUNY	Masters K - 40	00:00:58	01:50:51	03:11:17
379	<b>CEITEL Lidia</b>	<b>6024</b>		Masters K - 40	00:01:00	01:50:53	03:11:20
380	<b>GAWŁOWSKI Arkadiusz</b>	<b>6471</b>	CZMOŃ NIGHT RUNNERS	Weteran I M - 50	00:00:19	01:41:05	03:11:39
381	<b>ŚCIUBA Anita</b>	<b>6272</b>	AMATORUNKA	Senior II K - 30	00:01:11	01:52:20	03:12:41
382	<b>GRZELA Ilona</b>	<b>6140</b>	NIGHT RUNNERS	Masters K - 40	00:00:23	01:44:38	03:15:10
383	<b>BOROWIK Agata</b>	<b>6061</b>	CAŁA OLEŚNICA BIEGA	Senior II K - 30	00:00:36	01:48:41	03:15:45
384	<b>BESTRZYŃSKI Olech</b>	<b>6515</b>	CZŁAPAK ROBAKOWO	Weteran I M - 50	00:00:37	01:53:04	03:16:15
385	<b>JACHYMSKA Zofia</b>	<b>6256</b>		Senior I K - 20	00:01:15	01:56:17	03:21:27
386	<b>KLAJA Agnieszka</b>	<b>6264</b>		Senior II K - 30	00:01:07	02:01:29	03:22:35
	<b>PINIARSKA Magda</b>	<b>6429</b>	:(	Senior I K - 20	00:01:15 DNF	01:57:40 DNF	03:29:20 DNF
388	<b>GŁUCHOWSKA Ewelina</b>	<b>6215</b>		Senior II K - 30	00:01:09	01:40:57	03:30:06
389	<b>GŁÓWKA Barbara</b>	<b>6284</b>		Senior II K - 30	00:01:09	01:40:55	03:30:13

Msc	Zawodnik	Numer	Klub	Kategoria	Start Łądek 0.01km	A1 9km	Czernica 14km
390	<b>CIUK Bartosz</b>	<b>6041</b>	BP RUNNING TEAM GLIWICE	Weteran I M - 50	00:01:03	02:05:29	03:43:52
	<b>SZCZEPANIAK Sławomir</b>	<b>6510</b>	KS LENIWIEC	Weteran I M - 50	00:00:39 DNF	02:11:56 DNF	03:55:38 DNF
392	<b>KORALEWSKA Edyta</b>	<b>6058</b>		Masters K - 40	00:01:11	01:27:40	
393	<b>KOZŁOWSKA Anna</b>	<b>6168</b>		Masters K - 40	00:00:32	01:27:56	
394	<b>CHMIELEWSKI Mariusz</b>	<b>6234</b>	#STAJNIAKTEAM	Senior II M - 30	00:00:37	01:27:30	
395	<b>SZOSTEK Jakub</b>	<b>6235</b>		Senior I M - 20	00:00:44	01:10:10	
396	<b>KUBICA Paweł</b>	<b>6270</b>	GÓRYLASY / MKS SIECHNICE	Senior II M - 30	00:01:06	01:19:40	
397	<b>KABAŁA Bartosz</b>	<b>6002</b>	#BIEGIEMWLAS	Senior I M - 20	00:00:43	01:18:45	
398	<b>WYCHOWANIEC Paweł</b>	<b>6006</b>		Senior II M - 30	00:00:16	01:02:16	
399	<b>OLEŃCZUK Tomasz</b>	<b>6030</b>	TT SZCZECIN	Masters M - 40	00:00:45	01:30:29	
400	<b>JODŁOWSKA Ewa</b>	<b>6034</b>	BBL KROSNO ODRZANSKIE	Masters K - 40	00:00:43	01:28:03	
401	<b>JANKOWSKI Łukasz</b>	<b>6043</b>	STAN UMYSŁU LEWIN BIEGA	Senior II M - 30	00:00:47	01:27:25	
402	<b>RÓLKA Mariola</b>	<b>6044</b>	BP RUNNING TEAM GLIWICE	Masters K - 40	00:00:52	01:22:05	
403	<b>KONSEK Jacek</b>	<b>6048</b>		Senior II M - 30	00:00:04	01:18:12	
404	<b>HRYCAJ Mariusz</b>	<b>6059</b>	REBELLION OF FREE RUNERS	Masters M - 40	00:00:06	01:15:16	
405	<b>DROŻYŃSKA Iwona</b>	<b>6094</b>	LUCEK PAZUR TEAM	Senior II K - 30	00:00:44	01:25:18	
406	<b>WENTYKIER Beata</b>	<b>6098</b>	POMYŁKA TEAM	Masters K - 40	00:00:09	01:14:49	
407	<b>CZYŻ Leszek</b>	<b>6108</b>	FANTASTIC TEAM	Masters M - 40	00:00:47	01:15:45	
408	<b>DĄBKIEWICZ Dominika</b>	<b>6121</b>	NIGHT RUNNERS	Masters K - 40	00:00:53	01:19:10	
409	<b>DEMUSZ Natalia</b>	<b>6122</b>		Senior II K - 30	00:01:06	01:14:30	
410	<b>JAGŁA Ewelina</b>	<b>6141</b>		Senior II K - 30	00:01:01	01:29:40	
411	<b>DRYGAJŁO Tomasz</b>	<b>6151</b>		Senior II M - 30	00:01:00	01:30:59	
412	<b>NOWAKOWSKI Wiesław</b>	<b>6165</b>	BIEGAM BO LUBIĘ	Weteran II M - 60	00:00:14	01:22:25	
413	<b>GROCHAŁA Wojciech</b>	<b>6167</b>	ZG POLKOWICE-SIEROSZOWICE	Masters M - 40	00:02:20	01:33:04	
414	<b>GMYREK Jacek</b>	<b>6178</b>		Masters M - 40	00:00:10	01:10:56	
415	<b>ZDAŃSKI Paweł</b>	<b>6180</b>		Senior II M - 30	00:00:22	01:17:49	
416	<b>GRZYB Krzysztof</b>	<b>6195</b>	KLUB BIEGACZA EURO	Masters M - 40	00:01:15	01:31:42	
417	<b>PAWLUK Anna</b>	<b>6205</b>	WAWRZYNTTEAM	Senior II K - 30	00:00:29	01:24:15	
418	<b>ZAWADZIŃSKI Maciej</b>	<b>6209</b>	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	00:00:02	01:15:55	
419	<b>KOSTRZYŃSKA Ewa</b>	<b>6210</b>	KB SZAMOTUŁY	Masters K - 40	00:00:57	01:37:28	
420	<b>STOŃ Wojciech</b>	<b>6241</b>		Senior II M - 30	00:00:10	01:05:05	
421	<b>ADAMCZAK Joanna</b>	<b>6255</b>	KB SZAMOTUŁY	Senior II K - 30	00:00:56	01:34:18	
422	<b>JĘDRZEJCZAK Artur</b>	<b>6257</b>		Senior II M - 30	00:00:33	01:31:38	
423	<b>JASNOWSKI Paweł</b>	<b>6258</b>	GOGOKLUB	Senior II M - 30	00:00:13	01:31:20	
424	<b>KACZMARCZYK Bogdan</b>	<b>6267</b>	KB GEPARD MUROWANA GOŚLINA	Masters M - 40	00:00:37	01:27:16	
425	<b>GÓRECKI Krzysztof</b>	<b>6275</b>		Senior I M - 20	00:00:20	01:13:08	
426	<b>MAKAREWICZ Wiktor</b>	<b>6276</b>	KUDŁATE MAKARONY	Senior II M - 30	00:01:05	01:23:38	
427	<b>ANDRZEJEWSKI Dominik</b>	<b>6280</b>	KB GEPARD MUROWANA GOŚLINA	Senior II M - 30	00:00:38	01:11:25	
428	<b>WĄSIK Krzysztof</b>	<b>6285</b>		Masters M - 40	00:00:23	01:27:23	
429	<b>ZAŃKO Łukasz</b>	<b>6286</b>	EXPLORADOR	Masters M - 40	00:00:35	01:29:22	
430	<b>WALCZAK Małgorzata</b>	<b>6302</b>	PCH_RUN	Masters K - 40	00:00:05	01:22:13	
431	<b>KĘPIŃSKI Marek</b>	<b>6305</b>		Weteran I M - 50	00:00:53	01:23:37	
432	<b>KACZMAREK Łukasz</b>	<b>6315</b>		Senior I M - 20	00:00:52	01:27:17	
433	<b>DAUKSZO Maciej</b>	<b>6317</b>		Senior I M - 20	00:00:05	01:04:28	
434	<b>CHOJNACKI Mikołaj</b>	<b>6319</b>	WARSAW RUN CLUB	Masters M - 40	00:01:10	01:22:17	

Msc	Zawodnik	Numer	Klub	Kategoria	Start Łądek 0.01km	A1 9km	Czernica 14km
435	<b>SOBAŃSKI Roman</b>	<b>6327</b>	TARNOWO PODGÓRNE BIEGA	Masters M - 40	00:00:18	01:23:43	
436	<b>RASZKOWSKI Piotr</b>	<b>6335</b>	ŚLĘZAK TEAM	Senior II M - 30	00:00:05	01:10:55	
437	<b>KUREK Tomasz</b>	<b>6348</b>	OPALENICKI KLUB BIEGACZA	Masters M - 40	00:00:02	01:14:47	
438	<b>HAMROL Małgorzata</b>	<b>6363</b>	SPORTOWY KAŻMIERZ	Weteran K - 50	00:00:26	01:43:45	
439	<b>KAMENSKÝ Zdeněk</b>	<b>6368</b>		Senior I M - 20	00:00:12	01:13:25	
440	<b>PACEK Tomasz</b>	<b>6370</b>	FIZJOBJEGACZE SZCZECIN	Senior II M - 30	00:00:10	01:07:06	
441	<b>WALKOWIAK Dominika</b>	<b>6381</b>	#BIEGAJLESZNO	Senior II K - 30	00:00:56	01:26:55	
442	<b>KARPIŃSKA Barbara</b>	<b>6383</b>	RUNNERS TEAM NYSA	Senior II K - 30	00:00:30	01:19:32	
443	<b>GAWROŃSKI Sebastian</b>	<b>6386</b>		Masters M - 40	00:00:51	01:21:45	
444	<b>PYZIK Ewa</b>	<b>6390</b>	MATNER RUNNING TEAM	Masters K - 40	00:01:05	01:22:32	
445	<b>MROZIŃSKI Marcin</b>	<b>6407</b>	SPORT GENERATION TEAM	Masters M - 40	00:00:20	01:26:38	
446	<b>PITEK Tomasz</b>	<b>6413</b>	42K PRO TEAM	Masters M - 40	00:00:36	01:17:36	
447	<b>ANUSZ Roksana</b>	<b>6430</b>		Senior II K - 30	00:00:30	01:31:01	
448	<b>NOBILE Riccardo</b>	<b>6449</b>		Senior II M - 30	00:00:25	01:21:35	
449	<b>SZAL Małgorzata</b>	<b>6453</b>	TENIS CENTRUM AS	Senior II K - 30	00:01:07	01:29:06	
450	<b>CIEŚLA-NIECHWIADOWICZ Aneta</b>	<b>6456</b>		Senior II K - 30	00:01:00	01:42:48	
451	<b>MAZUR Ewelina</b>	<b>6460</b>		Masters K - 40	00:01:01	02:05:30	
452	<b>HATAŁSKI Wojciech</b>	<b>6470</b>	EKIPA JTM	Senior II M - 30	00:00:24	01:18:55	
453	<b>KĘDZIORA Alicja</b>	<b>6481</b>		Senior II K - 30	00:00:17	01:31:28	
454	<b>RAJCA Michał</b>	<b>6491</b>	TRIMP	Senior II M - 30	00:00:00	00:45:13	
455	<b>BEDNARZ Patryk</b>	<b>6502</b>	GRZDYLNIA B1 TEAM	Senior II M - 30	00:00:21	01:21:34	
456	<b>ŚWIĘCHOWICZ Michał</b>	<b>6503</b>		Senior II M - 30	00:00:21	01:21:37	
457	<b>KANIA Marian</b>	<b>6534</b>	LEDWOZIPIA	Masters M - 40	00:00:08	01:08:12	
458	<b>BUŁANCIŃSKI Filip</b>	<b>6543</b>		Masters M - 40	00:00:31	01:27:10	
	<b>ZIELONKA Marek</b>	<b>6021</b>		Weteran I M - 50	00:00:59 DNF	DNF	DNF
	<b>KNOBLOCH Tomasz</b>	<b>6022</b>	THE PINDOLS	Masters M - 40	00:00:58 DNF	DNF	DNF
	<b>PRZYŁUSKA Mirosława</b>	<b>6068</b>	RAZ SZCZECIN	Weteran II K - 60	00:00:12 DNF	02:24:29 DNF	DNF
	<b>WRÓBLEWSKA Roksana</b>	<b>6080</b>	WAWRZYNTTEAM	Senior I K - 20	00:00:46 DNF	DNF	DNF
	<b>BIELA Konrad</b>	<b>6106</b>	GOPR KARKONOSZE	Senior II M - 30	00:00:04 DNF	01:01:01 DNF	DNF
	<b>MOCZEK Tomasz</b>	<b>6366</b>	CROSS STRACENÓW TEAM	Masters M - 40	00:00:03 DNF	DNF	DNF
	<b>JAWORSKA Agnieszka</b>	<b>6389</b>		Masters K - 40	00:00:46 DNF	DNF	DNF
	<b>NARKUN Ewa</b>	<b>6513</b>		Senior II K - 30	00:00:37 DNF	DNF	DNF
	<b>PIECHOWIAK Bartosz</b>	<b>6531</b>	PIECHOWIAK-KROLIKOWSKI.PL	Senior I M - 20	00:00:17 DNF	01:02:52 DNF	DNF

Znaleziono 467 wynik(ów)