

# BIEG TROJAK TRAIL - 10 KM

B4SPORT

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

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik                 | Numer | Klub                                 | Kategoria        | Mkat | C1<br>3.7km | C1<br>5.8km | Czas<br>netto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|--------------------------|-------|--------------------------------------|------------------|------|-------------|-------------|-----------------------|----------------------|-----------------|-----------------|
| 1   | PRZEDWOJEWSKI Bartłomiej | 8307  | TEAM SALOMON                         | Senior I M - 20  | 1    | 00:18:34    | 00:27:54    | 00:44:18.35           |                      | 4:25            | 13.5<br>(100%)  |
| 2   | BEDNAREK Adrian          | 8367  |                                      | Senior II M - 30 | 1    | 00:20:06    | 00:30:27    | 00:48:19.00           | +00:04:00<br>(8.3%)  | 4:49            | 12.4<br>(91.9%) |
| 3   | TARASEK Wojciech         | 8095  | #ANDRZEJDLUGOSZTEAM / ELEMENO.PL     | Senior I M - 20  | 2    | 00:20:37    | 00:31:13    | 00:49:03.35           | +00:04:45<br>(9.7%)  | 4:54            | 12.2<br>(90.4%) |
| 4   | KLIMCZAK Mikołaj         | 8283  | PRZEDWOJEWSKI MOUNTAIN TEAM          | Senior I M - 20  | 3    | 00:20:29    | 00:31:17    | 00:49:33.10           | +00:05:14<br>(10.6%) | 4:57            | 12.1<br>(89.6%) |
| 5   | WYTWER Błażej            | 8384  | PĘDZIKIEM DO METY                    | Senior II M - 30 | 2    | 00:21:49    | 00:34:23    | 00:54:50.00           | +00:10:31<br>(19.2%) | 5:29            | 10.9<br>(80.7%) |
| 6   | TABER Konrad             | 8359  | ACTIVE PROSPERIA/ STO-NOGI MILANÓWEK | Senior I M - 20  | 4    | 00:23:10    | 00:34:47    | 00:55:11.85           | +00:10:53<br>(19.7%) | 5:31            | 10.9<br>(80.7%) |
| 7   | JAROSZ Dariusz           | 8348  | U.K.S. PIAST BOLKÓW                  | Senior I M - 20  | 5    | 00:22:34    | 00:34:22    | 00:55:14.90           | +00:10:56<br>(19.8%) | 5:31            | 10.9<br>(80.7%) |
| 8   | GROMALA Krzysztof        | 8260  | #AKADEMIABIEGANIA.PL                 | Senior II M - 30 | 3    | 00:23:32    | 00:35:01    | 00:55:48.80           | +00:11:30<br>(20.6%) | 5:34            | 10.7<br>(79.3%) |
| 9   | WOLEK Szymon             | 8374  |                                      | Senior II M - 30 | 4    | 00:23:24    | 00:35:47    | 00:56:17.10           | +00:11:58<br>(21.3%) | 5:37            | 10.7<br>(79.3%) |
| 10  | TOMASIAK Dominik         | 8155  | DIE KUNST DER FUGE                   | Masters M - 40   | 1    | 00:23:51    | 00:36:02    | 00:56:42.40           | +00:12:24<br>(21.9%) | 5:40            | 10.6<br>(78.5%) |
| 11  | WRZESZCZ Mariusz         | 8176  | TMTEAM/TEAMDKMS                      | Senior I M - 20  | 6    | 00:23:34    | 00:35:51    | 00:56:50.60           | +00:12:32<br>(22.1%) | 5:41            | 10.6<br>(78.5%) |
| 12  | GAJEWSKI Marek           | 8254  | ADIDAS RUNNERS WARSAW                | Senior II M - 30 | 5    | 00:22:53    | 00:36:28    | 00:57:24.30           | +00:13:05<br>(22.8%) | 5:44            | 10.4<br>(77.0%) |
| 13  | PIENIAŻEK Patryk         | 8262  | KGHM ZG RUN                          | Senior I M - 20  | 7    | 00:24:30    | 00:37:05    | 00:58:23.75           | +00:14:05<br>(24.1%) | 5:50            | 10.3<br>(76.3%) |
| 14  | PIHIL Piotr              | 8282  | ENDORFINA WSCHOWA                    | Masters M - 40   | 2    | 00:24:02    | 00:36:51    | 00:58:49.05           | +00:14:30<br>(24.7%) | 5:52            | 10.2<br>(75.6%) |
| 15  | ŁABYS Mateusz            | 8285  | NOA                                  | Senior I M - 20  | 8    | 00:25:25    | 00:37:47    | 00:59:18.55           | +00:15:00<br>(25.3%) | 5:55            | 10.1<br>(74.8%) |

| Msc | Zawodnik               | Numer | Klub                                  | Kategoria         | Mkat | C1<br>3.7km | C1<br>5.8km | Czas<br>netto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|------------------------|-------|---------------------------------------|-------------------|------|-------------|-------------|-----------------------|----------------------|-----------------|-----------------|
| 16  | KITA Michał            | 8066  | PĘDZĄCY W MIEJSCU                     | Masters M - 40    | 3    | 00:23:52    | 00:36:49    | 00:59:19.70           | +00:15:01<br>(25.3%) | 5:56            | 10.1<br>(74.8%) |
| 17  | PIEKARSKI Jakub        | 8160  |                                       | Senior I M - 20   | 9    | 00:25:19    | 00:38:17    | 00:59:53.55           | +00:15:35<br>(26.0%) | 5:59            | 10<br>(74.1%)   |
| 18  | MĘDYGRAŁ Krystian      | 8178  | WATAHA                                | Senior I M - 20   | 10   | 00:25:22    | 00:37:56    | 01:00:01.10           | +00:15:42<br>(26.2%) | 6:00            | 10<br>(74.1%)   |
| 19  | MAZUR Mateusz          | 8317  | MULKS JUVENIA GŁUCHOŁAZY              | Senior I M - 20   | 11   | 00:24:36    | 00:37:52    | 01:00:38.75           | +00:16:20<br>(26.9%) | 6:03            | 9.9<br>(73.3%)  |
| 20  | BOCZEK Leszek          | 8350  | ZAŁOGA GÓRSKA                         | Senior II M - 30  | 6    | 00:24:42    | 00:38:14    | 01:00:43.05           | +00:16:24<br>(27.0%) | 6:04            | 9.9<br>(73.3%)  |
| 21  | KACZMARCZYK Przemysław | 8008  | 140MINUT.PL                           | Senior I M - 20   | 12   | 00:24:51    | 00:38:08    | 01:00:55.80           | +00:16:37<br>(27.3%) | 6:05            | 9.8<br>(72.6%)  |
| 22  | KLATKA Michał          | 8353  | BIEGAM BO LUBIĘ - TOMASZÓW MAZOWIECKI | Masters M - 40    | 4    | 00:26:31    | 00:40:19    | 01:02:12.80           | +00:17:54<br>(28.8%) | 6:13            | 9.6<br>(71.1%)  |
| 23  | WITULSKI Waldemar      | 8397  | TEAM PODGÓRZYN                        | Weteran II M - 60 | 1    | 00:25:21    | 00:38:45    | 01:02:15.30           | +00:17:56<br>(28.8%) | 6:13            | 9.6<br>(71.1%)  |
| 24  | PRYSTASZ Krzysztof     | 8393  |                                       | Masters M - 40    | 5    | 00:26:42    | 00:40:06    | 01:02:30.60           | +00:18:12<br>(29.1%) | 6:15            | 9.6<br>(71.1%)  |
| 25  | ROZDZYNSKA Patrycja    | 8245  | ADRIANBEDNAREK.PL                     | Senior I K - 20   | 1    | 00:26:01    | 00:40:05    | 01:02:43.40           | +00:18:25<br>(29.4%) | 6:16            | 9.6<br>(71.1%)  |
| 26  | GŁOWACKI Artur         | 8256  | KGHM ZG RUN                           | Masters M - 40    | 6    | 00:25:22    | 00:39:10    | 01:02:44.90           | +00:18:26<br>(29.4%) | 6:16            | 9.6<br>(71.1%)  |
| 27  | JAGNIĄTKOWSKI Jacek    | 8231  | KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA   | Masters M - 40    | 7    | 00:26:42    | 00:40:36    | 01:02:45.00           | +00:18:26<br>(29.4%) | 6:16            | 9.6<br>(71.1%)  |
| 28  | WĄSOWICZ Artur         | 8117  |                                       | Senior I M - 20   | 13   | 00:24:32    | 00:39:27    | 01:03:08.65           | +00:18:50<br>(29.8%) | 6:18            | 9.5<br>(70.4%)  |
| 29  | PERKA Michał           | 8412  |                                       | Senior I M - 20   | 14   | 00:25:16    | 00:39:08    | 01:03:24.20           | +00:19:05<br>(30.1%) | 6:20            | 9.5<br>(70.4%)  |
| 30  | CHLEBOWICZ Marcin      | 8329  | DOBRY-TRENER.PL                       | Senior II M - 30  | 7    | 00:25:48    | 00:40:18    | 01:03:26.60           | +00:19:08<br>(30.2%) | 6:20            | 9.5<br>(70.4%)  |
| 31  | PIŁAT Maciej           | 8313  | ORŁY WROCŁAW                          | Senior I M - 20   | 15   | 00:26:17    | 00:40:42    | 01:03:30.20           | +00:19:11<br>(30.2%) | 6:21            | 9.4<br>(69.6%)  |
| 32  | KRUPA Norbert          | 8250  | TEAM KURORT- ŁĄDEK ZDRÓJ              | Masters M - 40    | 8    | 00:26:16    | 00:40:05    | 01:03:38.05           | +00:19:19<br>(30.4%) | 6:21            | 9.4<br>(69.6%)  |
| 33  | GRUBIAK Bartosz        | 8311  | JUVENIA GŁUCHOŁAZY                    | Senior I M - 20   | 16   | 00:26:09    | 00:40:19    | 01:03:53.50           | +00:19:35<br>(30.7%) | 6:23            | 9.4<br>(69.6%)  |
| 34  | SZTURO Jan             | 8316  |                                       | Weteran I M - 50  | 1    | 00:25:41    | 00:40:05    | 01:04:05.80           | +00:19:47<br>(30.9%) | 6:24            | 9.4<br>(69.6%)  |
| 35  | NIEZGÓDKA Tomasz       | 8404  | ZAŁOGA GÓRSKA                         | Weteran I M - 50  | 2    | 00:27:44    | 00:41:51    | 01:04:10.60           | +00:19:52<br>(31.0%) | 6:25            | 9.4<br>(69.6%)  |
| 36  | GAWLIK Sławek          | 8022  | DYNAFIT TEAM POLAND                   | Senior II M - 30  | 8    | 00:26:26    | 00:39:43    | 01:04:33.35           | +00:20:15<br>(31.4%) | 6:27            | 9.3<br>(68.9%)  |
| 37  | RZEŹNIK Dacjan         | 8140  | BOHAR PALETY RUNNERS                  | Senior II M - 30  | 9    | 00:24:42    | 00:40:21    | 01:04:33.60           | +00:20:15<br>(31.4%) | 6:27            | 9.3<br>(68.9%)  |
| 38  | BUDZIEWSKA Katarzyna   | 8104  |                                       | Senior II K - 30  | 1    | 00:26:45    | 00:40:55    | 01:04:41.95           | +00:20:23<br>(31.5%) | 6:28            | 9.3<br>(68.9%)  |

| Msc | Zawodnik                   | Numer | Klub                                | Kategoria        | Mkat | C1<br>3.7km | C1<br>5.8km | Czas<br>netto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------|-------|-------------------------------------|------------------|------|-------------|-------------|-----------------------|----------------------|-----------------|----------------|
| 39  | KUJAWA Zbigniew            | 8399  | ZAŁOGA GÓRSKA                       | Senior II M - 30 | 10   | 00:26:40    | 00:41:38    | 01:05:09.95           | +00:20:51<br>(32.0%) | 6:31            | 9.2<br>(68.1%) |
| 40  | PAPIÓR Jolanta             | 8389  | WATAHA / MKS-PARASOL WROCŁAW        | Senior I K - 20  | 2    | 00:28:14    | 00:42:31    | 01:05:53.10           | +00:21:34<br>(32.8%) | 6:35            | 9.1<br>(67.4%) |
| 41  | KURASIK Tomasz             | 8219  |                                     | Masters M - 40   | 9    | 00:27:25    | 00:42:24    | 01:06:02.65           | +00:21:44<br>(32.9%) | 6:36            | 9.1<br>(67.4%) |
| 42  | STANIA Paweł               | 8212  |                                     | Senior II M - 30 | 11   | 00:27:33    | 00:42:23    | 01:06:03.95           | +00:21:45<br>(32.9%) | 6:36            | 9.1<br>(67.4%) |
| 43  | ŚLIWIŃSKI Kamil            | 8092  |                                     | Senior I M - 20  | 17   | 00:26:16    | 00:42:17    | 01:06:25.85           | +00:22:07<br>(33.3%) | 6:38            | 9 (66.7%)      |
| 44  | BEDNARZ Marcin             | 8214  | KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA | Senior II M - 30 | 12   | 00:28:16    | 00:43:05    | 01:06:50.40           | +00:22:32<br>(33.7%) | 6:41            | 9 (66.7%)      |
| 45  | KOSZYKOWSKI Daniel         | 8270  | PIECHOTA PO SCHODACH                | Senior I M - 20  | 18   | 00:33:32    | 00:45:59    | 01:07:02.65           | +00:22:44<br>(33.9%) | 6:42            | 9 (66.7%)      |
| 46  | URBAŃSKI Michał            | 8182  | FLUNKYBALL TEAM ŁĄDEK-ZDRÓJ         | Senior II M - 30 | 13   | 00:29:14    | 00:43:46    | 01:07:26.80           | +00:23:08<br>(34.3%) | 6:44            | 8.9<br>(65.9%) |
| 47  | HOJA Joanna                | 8186  | ALPIN SPORT HOKA ONE ONE TEAM       | Senior II K - 30 | 2    | 00:27:18    | 00:42:38    | 01:07:51.60           | +00:23:33<br>(34.7%) | 6:47            | 8.8<br>(65.2%) |
| 48  | KUBIK Maciej               | 8183  |                                     | Senior I M - 20  | 19   | 00:27:45    | 00:43:26    | 01:07:56.35           | +00:23:38<br>(34.8%) | 6:47            | 8.8<br>(65.2%) |
| 49  | KOMISARCZYK Krzysztof      | 8368  |                                     | Senior I M - 20  | 20   | 00:27:07    | 00:42:28    | 01:08:06.80           | +00:23:48<br>(35.0%) | 6:48            | 8.8<br>(65.2%) |
| 50  | KUSAL Tomasz               | 8001  |                                     | Senior I M - 20  | 21   | 00:27:25    | 00:42:28    | 01:08:20.90           | +00:24:02<br>(35.2%) | 6:50            | 8.8<br>(65.2%) |
| 51  | CHROMIEC Filip             | 8403  |                                     | Senior I M - 20  | 22   | 00:27:29    | 00:42:46    | 01:08:41.75           | +00:24:23<br>(35.5%) | 6:52            | 8.7<br>(64.4%) |
| 52  | LUBAŃSKI Mateusz           | 8251  |                                     | Senior I M - 20  | 23   | 00:27:20    | 00:44:04    | 01:08:45.75           | +00:24:27<br>(35.6%) | 6:52            | 8.7<br>(64.4%) |
| 53  | JAROSŁAWSKI Marcin         | 8021  | KB-HARCOWNIK                        | Senior II M - 30 | 14   | 00:30:16    | 00:44:55    | 01:09:06.60           | +00:24:48<br>(35.9%) | 6:54            | 8.7<br>(64.4%) |
| 54  | MIELCAREK Bartłomiej       | 8161  | MATNERRUNNINGTEAM                   | Masters M - 40   | 10   | 00:27:27    | 00:43:04    | 01:09:53.80           | +00:25:35<br>(36.6%) | 6:59            | 8.6<br>(63.7%) |
| 55  | GAJDECKI Tomek             | 8084  | ACCENTURE                           | Masters M - 40   | 11   | 00:29:14    | 00:44:30    | 01:09:54.45           | +00:25:36<br>(36.6%) | 6:59            | 8.6<br>(63.7%) |
| 56  | PERENC Michał              | 8180  | CARPATHIAN RUNNERS                  | Senior I M - 20  | 24   | 00:29:48    | 00:44:45    | 01:10:03.95           | +00:25:45<br>(36.8%) | 7:00            | 8.6<br>(63.7%) |
| 57  | FOGIEL-PAWŁOWSKA Agnieszka | 8291  |                                     | Masters K - 40   | 1    | 00:29:23    | 00:44:59    | 01:10:39.95           | +00:26:21<br>(37.3%) | 7:04            | 8.5<br>(63.0%) |
| 58  | POPRAWSKI Mateusz          | 8012  | KILIŃSKIEGO TEAM                    | Senior II M - 30 | 15   | 00:29:32    | 00:45:20    | 01:11:00.40           | +00:26:42<br>(37.6%) | 7:06            | 8.4<br>(62.2%) |
| 59  | TATKA Marcin               | 8340  | ABY DO METY                         | Masters M - 40   | 12   | 00:29:49    | 00:45:06    | 01:11:13.80           | +00:26:55<br>(37.8%) | 7:07            | 8.4<br>(62.2%) |
| 60  | ROZNEBSKA Dagmara          | 8225  | KB SOBÓTKA                          | Senior II K - 30 | 3    | 00:29:37    | 00:45:07    | 01:11:49.45           | +00:27:31<br>(38.3%) | 7:11            | 8.4<br>(62.2%) |
| 61  | CZŁONKOWSKI Grzegorz       | 8247  | DZIKI Z MORASKA                     | Masters M - 40   | 13   | 00:29:06    | 00:45:04    | 01:11:54.25           | +00:27:35<br>(38.4%) | 7:11            | 8.3<br>(61.5%) |

| Msc | Zawodnik             | Numer | Klub                                | Kategoria         | Mkat | C1       |          | Czas netto 10km | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------|-------|-------------------------------------|-------------------|------|----------|----------|-----------------|-------------------|--------------|-------------|
|     |                      |       |                                     |                   |      | 3.7km    | 5.8km    |                 |                   |              |             |
| 62  | LIPA Patryk          | 8281  |                                     | Senior II M - 30  | 16   | 00:30:58 | 00:45:49 | 01:11:54.50     | +00:27:36 (38.4%) | 7:11         | 8.3 (61.5%) |
| 63  | KORCZYŃSKA Agata     | 8292  |                                     | Senior II K - 30  | 4    | 00:28:47 | 00:44:50 | 01:11:58.00     | +00:27:39 (38.4%) | 7:11         | 8.3 (61.5%) |
| 64  | BOGACKI Maciej       | 8327  | ORŁY WROCŁAW                        | Senior II M - 30  | 17   | 00:30:17 | 00:46:35 | 01:12:09.30     | +00:27:50 (38.6%) | 7:13         | 8.3 (61.5%) |
| 65  | STEC Bogumił         | 8263  | BIKE TEAM CENTROWENT                | Masters M - 40    | 14   | 00:29:39 | 00:46:13 | 01:12:35.40     | +00:28:17 (39.0%) | 7:15         | 8.3 (61.5%) |
| 66  | OLEJNIK Piotr        | 8165  |                                     | Senior I M - 20   | 25   | 00:29:18 | 00:46:17 | 01:12:50.70     | +00:28:32 (39.2%) | 7:17         | 8.2 (60.7%) |
| 67  | ZIMOŃ Norbert        | 8011  | WATAHA                              | Senior II M - 30  | 18   | 00:30:54 | 00:46:42 | 01:12:55.85     | +00:28:37 (39.2%) | 7:17         | 8.2 (60.7%) |
| 68  | SYNOWIEC Dawid       | 8369  |                                     | Senior I M - 20   | 26   | 00:27:51 | 00:45:21 | 01:12:57.75     | +00:28:39 (39.3%) | 7:17         | 8.2 (60.7%) |
| 69  | SZARSKI Jacek        | 8370  |                                     | Senior I M - 20   | 27   | 00:28:35 | 00:46:02 | 01:12:59.40     | +00:28:41 (39.3%) | 7:17         | 8.2 (60.7%) |
| 70  | ZYWER Urszula        | 8003  | WATAHA                              | Senior I K - 20   | 3    | 00:30:00 | 00:47:36 | 01:13:20.00     | +00:29:01 (39.6%) | 7:20         | 8.2 (60.7%) |
| 71  | RATAJCZAK Tomasz     | 8168  | PALETEAM                            | Masters M - 40    | 15   | 00:30:14 | 00:47:05 | 01:13:21.75     | +00:29:03 (39.6%) | 7:20         | 8.2 (60.7%) |
| 72  | PĘCZAR Aneta         | 8398  | FITNESSROAD TEAM                    | Senior I K - 20   | 4    | 00:29:59 | 00:46:33 | 01:14:20.50     | +00:30:02 (40.4%) | 7:26         | 8.1 (60.0%) |
| 73  | TABER Jerzy          | 8358  | ACTIVE PROSPERIA/STO-NOGI MILANÓWEK | Weteran I M - 50  | 3    | 00:30:52 | 00:46:57 | 01:14:28.90     | +00:30:10 (40.5%) | 7:26         | 8.1 (60.0%) |
| 74  | KOSMALA Szymon       | 8164  |                                     | Senior II M - 30  | 19   | 00:30:24 | 00:47:15 | 01:14:31.15     | +00:30:12 (40.5%) | 7:27         | 8.1 (60.0%) |
| 75  | JASIŃSKI Paweł       | 8346  | APTENEO RUNNING TEAM                | Masters M - 40    | 16   | 00:30:51 | 00:47:53 | 01:14:54.30     | +00:30:35 (40.9%) | 7:29         | 8 (59.3%)   |
| 76  | WARAKSA Tomasz       | 8162  | VEGE RUNNERS                        | Senior II M - 30  | 20   | 00:31:35 | 00:48:18 | 01:15:06.75     | +00:30:48 (41.0%) | 7:30         | 8 (59.3%)   |
| 77  | PAWŁOWSKI Mirosław   | 8361  |                                     | Senior I M - 20   | 28   | 00:28:48 | 00:48:02 | 01:15:07.75     | +00:30:49 (41.0%) | 7:30         | 8 (59.3%)   |
| 78  | PLEŚNIARSKI Zbigniew | 8396  | KLUB SPORTOWY GRAŃ W KARPACZU       | Weteran II M - 60 | 2    | 00:30:44 | 00:47:50 | 01:15:24.35     | +00:31:06 (41.2%) | 7:32         | 8 (59.3%)   |
| 79  | ALTEWĘGIER Jarosław  | 8278  |                                     | Masters M - 40    | 17   | 00:30:30 | 00:49:12 | 01:15:38.35     | +00:31:20 (41.4%) | 7:33         | 7.9 (58.5%) |
| 80  | WALCZAK Adrian       | 8061  |                                     | Senior I M - 20   | 29   | 00:29:47 | 00:47:24 | 01:15:38.75     | +00:31:20 (41.4%) | 7:33         | 7.9 (58.5%) |
| 81  | BOHAREWICZ Paweł     | 8277  | BOHAR PALETY RUNNERS                | Masters M - 40    | 18   | 00:31:55 | 00:48:24 | 01:15:42.55     | +00:31:24 (41.5%) | 7:34         | 7.9 (58.5%) |
| 82  | URBAN Alicja         | 8150  |                                     | Senior I K - 20   | 5    | 00:30:08 | 00:47:46 | 01:15:48.00     | +00:31:29 (41.5%) | 7:34         | 7.9 (58.5%) |
| 83  | TYSZER Łukasz        | 8202  |                                     | Senior II M - 30  | 21   | 00:31:26 | 00:48:48 | 01:15:58.75     | +00:31:40 (41.7%) | 7:35         | 7.9 (58.5%) |
| 84  | ULIKOWSKA Martyna    | 8352  | ZAŁOGA GÓRSKA                       | Senior I K - 20   | 6    | 00:32:01 | 00:48:54 | 01:16:09.95     | +00:31:51 (41.8%) | 7:37         | 7.9 (58.5%) |

| Msc | Zawodnik               | Numer | Klub                                | Kategoria        | Mkat | C1<br>3.7km | C1<br>5.8km | Czas<br>netto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------|-------|-------------------------------------|------------------|------|-------------|-------------|-----------------------|----------------------|-----------------|----------------|
| 85  | FRYBES Agnieszka       | 8379  | FUNDACJA KIERUNEK ULTRA             | Senior II K - 30 | 5    | 00:31:47    | 00:48:56    | 01:16:13.30           | +00:31:54<br>(41.9%) | 7:37            | 7.9<br>(58.5%) |
| 86  | KUBAŚ Dawid            | 8204  | NADLEŚNICTWO ZDROJE                 | Senior II M - 30 | 22   | 00:32:31    | 00:49:20    | 01:16:52.85           | +00:32:34<br>(42.4%) | 7:41            | 7.8<br>(57.8%) |
| 87  | KLIMEK Marek           | 8139  |                                     | Senior II M - 30 | 23   | 00:31:23    | 00:48:48    | 01:16:53.80           | +00:32:35<br>(42.4%) | 7:41            | 7.8<br>(57.8%) |
| 88  | KADŁUBOWSKI Piotr      | 8335  | SRC TEAM, KOTWICA BRZEG             | Masters M - 40   | 19   | 00:32:41    | 00:50:52    | 01:17:01.40           | +00:32:43<br>(42.5%) | 7:42            | 7.8<br>(57.8%) |
| 89  | GOŚCIŃSKI Sławomir     | 8320  | ICE4B.PL                            | Senior II M - 30 | 24   | 00:32:31    | 00:48:57    | 01:17:14.95           | +00:32:56<br>(42.6%) | 7:43            | 7.8<br>(57.8%) |
| 90  | WÓJCIK Kamila          | 8364  | NIEDŹWIEDZIE POLARNE                | Masters K - 40   | 2    | 00:32:09    | 00:49:47    | 01:17:42.95           | +00:33:24<br>(43.0%) | 7:46            | 7.7<br>(57.0%) |
| 91  | TOMASZKIEWICZ Wojciech | 8298  | RUN FOREST                          | Senior II M - 30 | 25   | 00:33:25    | 00:51:05    | 01:17:54.45           | +00:33:36<br>(43.1%) | 7:47            | 7.7<br>(57.0%) |
| 92  | WZOREK Ewa             | 8410  |                                     | Senior I K - 20  | 7    | 00:32:07    | 00:49:12    | 01:17:59.95           | +00:33:41<br>(43.2%) | 7:48            | 7.7<br>(57.0%) |
| 93  | MOKRZYŃSKI Marcin      | 8255  | KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA | Senior II M - 30 | 26   | 00:38:56    | 00:53:01    | 01:18:12.15           | +00:33:53<br>(43.3%) | 7:49            | 7.7<br>(57.0%) |
| 94  | BOSEK Leszek           | 8067  |                                     | Weteran I M - 50 | 4    | 00:32:25    | 00:49:47    | 01:18:14.70           | +00:33:56<br>(43.4%) | 7:49            | 7.7<br>(57.0%) |
| 95  | TUST Kamil             | 8299  |                                     | Masters M - 40   | 20   | 00:32:53    | 00:50:36    | 01:18:15.35           | +00:33:57<br>(43.4%) | 7:49            | 7.7<br>(57.0%) |
| 96  | GŁĄB Daria             | 8416  |                                     | Senior I K - 20  | 8    | 00:29:43    | 00:48:23    | 01:18:28.50           | +00:34:10<br>(43.5%) | 7:50            | 7.6<br>(56.3%) |
| 97  | HACZYK Natalia         | 8378  | GOGGLE PAE TEAM                     | Masters K - 40   | 3    | 00:32:10    | 00:50:04    | 01:18:38.80           | +00:34:20<br>(43.7%) | 7:51            | 7.6<br>(56.3%) |
| 98  | GRZYSKOWSKA Aneta      | 8357  | ZGRUPKA TEAM                        | Masters K - 40   | 4    | 00:32:05    | 00:50:36    | 01:18:52.70           | +00:34:34<br>(43.8%) | 7:53            | 7.6<br>(56.3%) |
| 99  | BARTKOWIAK Hubert      | 8101  | KB SUKCES ŻMIGRÓD                   | Weteran I M - 50 | 5    | 00:31:23    | 00:48:51    | 01:18:55.15           | +00:34:36<br>(43.9%) | 7:53            | 7.6<br>(56.3%) |
| 100 | DUDEK Mariusz          | 8332  |                                     | Masters M - 40   | 21   | 00:31:04    | 00:50:04    | 01:18:55.70           | +00:34:37<br>(43.9%) | 7:53            | 7.6<br>(56.3%) |
| 101 | ROGÓŻ Rafał            | 8121  |                                     | Masters M - 40   | 22   | 00:30:49    | 00:48:09    | 01:19:19.50           | +00:35:01<br>(44.1%) | 7:55            | 7.6<br>(56.3%) |
| 102 | WALA Patryk            | 8417  | ZAŁOGA GÓRSKA/ BIEG OPOLSKI         | Senior I M - 20  | 30   | 00:31:55    | 00:50:43    | 01:19:22.20           | +00:35:03<br>(44.2%) | 7:56            | 7.6<br>(56.3%) |
| 103 | TOMASZEWSKA Paulina    | 8420  | STOWARZYSZENIE BIEG OPOLSKI         | Senior I K - 20  | 9    | 00:34:00    | 00:51:14    | 01:19:30.00           | +00:35:11<br>(44.3%) | 7:57            | 7.5<br>(55.6%) |
| 104 | SEMENIUK Marzena       | 8336  | KOTWICA BRZEG                       | Senior II K - 30 | 6    | 00:32:52    | 00:51:01    | 01:19:34.55           | +00:35:16<br>(44.3%) | 7:57            | 7.5<br>(55.6%) |
| 105 | LECZKOWSKA Mirella     | 8065  |                                     | Weteran K - 50   | 1    | 00:32:28    | 00:50:19    | 01:19:57.80           | +00:35:39<br>(44.6%) | 7:59            | 7.5<br>(55.6%) |
| 106 | MRÓZ Urszula           | 8151  | NIEDZWIEDZIE POLARNE                | Weteran K - 50   | 2    | 00:33:52    | 00:51:29    | 01:20:47.05           | +00:36:28<br>(45.2%) | 8:04            | 7.4<br>(54.8%) |
| 107 | JAMROSZCZYK Przemysław | 8172  | TEAM PLESZEW                        | Senior II M - 30 | 27   | 00:31:41    | 00:51:18    | 01:20:57.00           | +00:36:38<br>(45.3%) | 8:05            | 7.4<br>(54.8%) |

| Msc | Zawodnik            | Numer | Klub                              | Kategoria         | Mkat | C1<br>3.7km | C1<br>5.8km | Czas<br>netto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------|-------|-----------------------------------|-------------------|------|-------------|-------------|-----------------------|----------------------|-----------------|----------------|
| 108 | RAJZER Piotr        | 8156  |                                   | Senior II M - 30  | 28   | 00:33:01    | 00:52:05    | 01:20:57.80           | +00:36:39<br>(45.3%) | 8:05            | 7.4<br>(54.8%) |
| 109 | BESZTOCHA Jadwiga   | 8056  | ZEN RUNNING TEAM                  | Senior II K - 30  | 7    | 00:32:17    | 00:51:05    | 01:20:58.25           | +00:36:39<br>(45.3%) | 8:05            | 7.4<br>(54.8%) |
| 110 | NOWICKI Bartosz     | 8173  |                                   | Senior II M - 30  | 29   | 00:31:51    | 00:51:27    | 01:21:05.85           | +00:36:47<br>(45.4%) | 8:06            | 7.4<br>(54.8%) |
| 111 | PŁOTKA Mateusz      | 8194  |                                   | Senior I M - 20   | 31   | 00:33:02    | 00:51:25    | 01:21:12.45           | +00:36:54<br>(45.4%) | 8:07            | 7.4<br>(54.8%) |
| 112 | KOLBUS Tomek        | 8235  | BIKE TEAM CENTROWENT              | Masters M - 40    | 23   | 00:33:59    | 00:52:07    | 01:21:24.25           | +00:37:05<br>(45.6%) | 8:08            | 7.4<br>(54.8%) |
| 113 | BUDZIAK Michał      | 8171  |                                   | Senior II M - 30  | 30   | 00:33:18    | 00:52:14    | 01:21:24.80           | +00:37:06<br>(45.6%) | 8:08            | 7.4<br>(54.8%) |
| 114 | KAWALEC Krystian    | 8148  |                                   | Masters M - 40    | 24   | 00:32:43    | 00:50:59    | 01:21:33.00           | +00:37:14<br>(45.7%) | 8:09            | 7.4<br>(54.8%) |
| 115 | ZATKE Dorota        | 8226  | AKADEMIA BIEGACZA SALOS WODNAP    | Masters K - 40    | 5    | 00:30:42    | 00:50:50    | 01:21:45.65           | +00:37:27<br>(45.8%) | 8:10            | 7.3<br>(54.1%) |
| 116 | WACHOWSKA Katarzyna | 8091  | SMOK TRÓJGŁOWY                    | Senior II K - 30  | 8    | 00:34:28    | 00:52:13    | 01:21:46.05           | +00:37:27<br>(45.8%) | 8:10            | 7.3<br>(54.1%) |
| 117 | PEKAŁA Dawid        | 8318  | ŻARY RUNNERS TEAM                 | Masters M - 40    | 25   | 00:34:47    | 00:53:20    | 01:21:55.20           | +00:37:36<br>(45.9%) | 8:11            | 7.3<br>(54.1%) |
| 118 | PILARSKI Ryszard    | 8312  | IZERY BOGATYNIA                   | Weteran II M - 60 | 3    | 00:32:53    | 00:50:29    | 01:22:02.00           | +00:37:43<br>(46.0%) | 8:12            | 7.3<br>(54.1%) |
| 119 | PAŁAC Piotr         | 8068  | WIECZORNE BIEGANIE W SZCZECINIE   | Weteran I M - 50  | 6    | 00:32:53    | 00:51:57    | 01:22:09.90           | +00:37:51<br>(46.1%) | 8:13            | 7.3<br>(54.1%) |
| 120 | BRUSIŁOWICZ Dagmara | 8069  | WIECZORNE BIEGANIE W SZCZECINIE   | Masters K - 40    | 6    | 00:33:04    | 00:52:06    | 01:22:19.25           | +00:38:00<br>(46.2%) | 8:13            | 7.3<br>(54.1%) |
| 121 | KURENDA Radek       | 8304  | KLUB BIEGACZA RTVEUROAGD,KW OPOLE | Senior II M - 30  | 31   | 00:31:53    | 00:51:13    | 01:22:26.70           | +00:38:08<br>(46.3%) | 8:14            | 7.3<br>(54.1%) |
| 122 | KUZIEL Marcin       | 8085  | BLACK RUNNING STRONIE ŚLĄSKIE     | Senior II M - 30  | 32   | 00:32:33    | 00:52:51    | 01:22:30.65           | +00:38:12<br>(46.3%) | 8:15            | 7.3<br>(54.1%) |
| 123 | MIKLER Marcin       | 8127  |                                   | Masters M - 40    | 26   | 00:32:39    | 00:52:07    | 01:22:34.15           | +00:38:15<br>(46.3%) | 8:15            | 7.3<br>(54.1%) |
| 124 | WUJDA Mirosław      | 8062  | ERNI RULEZ                        | Masters M - 40    | 27   | 00:30:24    | 00:49:40    | 01:22:43.60           | +00:38:25<br>(46.4%) | 8:16            | 7.3<br>(54.1%) |
| 125 | GARNIEWICZ Weronika | 8239  |                                   | Senior I K - 20   | 10   | 00:33:18    | 00:52:03    | 01:22:44.25           | +00:38:25<br>(46.5%) | 8:16            | 7.3<br>(54.1%) |
| 126 | AMANOWICZ Lukasz    | 8395  |                                   | Senior II M - 30  | 33   | 00:34:02    | 00:51:13    | 01:23:01.30           | +00:38:42<br>(46.6%) | 8:18            | 7.2<br>(53.3%) |
| 127 | ZIÓŁKOWSKI Piotr    | 8134  |                                   | Masters M - 40    | 28   | 00:33:41    | 00:52:58    | 01:23:02.40           | +00:38:44<br>(46.6%) | 8:18            | 7.2<br>(53.3%) |
| 128 | MAZIAREK Michał     | 8057  |                                   | Senior II M - 30  | 34   | 00:32:56    | 00:52:01    | 01:23:05.35           | +00:38:47<br>(46.7%) | 8:18            | 7.2<br>(53.3%) |
| 129 | BACKER Marcin       | 8027  | TOPOLICE TEAM                     | Masters M - 40    | 29   | 00:34:45    | 00:53:51    | 01:23:09.95           | +00:38:51<br>(46.7%) | 8:18            | 7.2<br>(53.3%) |
| 130 | KLIN Robert         | 8242  | WATAHA                            | Masters M - 40    | 30   | 00:34:09    | 00:52:50    | 01:23:46.15           | +00:39:27<br>(47.1%) | 8:22            | 7.2<br>(53.3%) |

| Msc | Zawodnik             | Numer | Klub                         | Kategoria         | Mkat | C1<br>3.7km | C1<br>5.8km | Czas<br>netto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------|-------|------------------------------|-------------------|------|-------------|-------------|-----------------------|----------------------|-----------------|----------------|
| 131 | PLINIEWICZ Krzysztof | 8143  | STROŃSKA GRUPA ROWEROWA      | Senior II M - 30  | 35   | 00:33:25    | 00:51:25    | 01:23:46.45           | +00:39:28<br>(47.1%) | 8:22            | 7.2<br>(53.3%) |
| 132 | DZIADOWICZ Anna      | 8383  | ADRIAN DANILEWICZ GROUP      | Masters K - 40    | 7    | 00:33:02    | 00:53:28    | 01:23:55.75           | +00:39:37<br>(47.2%) | 8:23            | 7.1<br>(52.6%) |
| 133 | MICHALAK Adrian      | 8094  |                              | Senior II M - 30  | 36   | 00:34:27    | 00:52:25    | 01:23:59.70           | +00:39:41<br>(47.3%) | 8:23            | 7.1<br>(52.6%) |
| 134 | WESOŁY Maciej        | 8196  | KOLO BIEGA                   | Senior II M - 30  | 37   | 00:33:49    | 00:54:23    | 01:24:12.30           | +00:39:53<br>(47.4%) | 8:25            | 7.1<br>(52.6%) |
| 135 | GREDA Mariusz        | 8099  |                              | Masters M - 40    | 31   | 00:36:08    | 00:54:15    | 01:24:14.20           | +00:39:55<br>(47.4%) | 8:25            | 7.1<br>(52.6%) |
| 136 | PALKA Natalia        | 8385  | ZABRZAŃSKIE PARKOWE BIEGANIE | Senior I K - 20   | 11   | 00:33:47    | 00:55:05    | 01:24:25.20           | +00:40:06<br>(47.5%) | 8:26            | 7.1<br>(52.6%) |
| 137 | JARUS Andrzej        | 8411  | WKURW_TEAM                   | Masters M - 40    | 32   | 00:34:42    | 00:54:04    | 01:24:30.30           | +00:40:11<br>(47.6%) | 8:27            | 7.1<br>(52.6%) |
| 138 | WENTYKIER Beata      | 8024  |                              | Masters K - 40    | 8    | 00:33:00    | 00:52:41    | 01:24:35.25           | +00:40:16<br>(47.6%) | 8:27            | 7.1<br>(52.6%) |
| 139 | SAMOLAK Maciek       | 8362  |                              | Masters M - 40    | 33   | 00:34:27    | 00:53:48    | 01:24:43.15           | +00:40:24<br>(47.7%) | 8:28            | 7.1<br>(52.6%) |
| 140 | GRĘDA Elżbieta       | 8100  | TIM JEST TIM                 | Masters K - 40    | 9    | 00:34:19    | 00:55:17    | 01:24:47.30           | +00:40:28<br>(47.7%) | 8:28            | 7.1<br>(52.6%) |
| 141 | KOSTYK Grzegorz      | 8331  |                              | Masters M - 40    | 34   | 00:32:06    | 00:51:25    | 01:25:03.95           | +00:40:45<br>(47.9%) | 8:30            | 7.1<br>(52.6%) |
| 142 | MRÓZ Marta           | 8174  |                              | Senior I K - 20   | 12   | 00:33:01    | 00:51:55    | 01:25:04.60           | +00:40:46<br>(47.9%) | 8:30            | 7.1<br>(52.6%) |
| 143 | DOLECKA Elżbieta     | 8377  | NKB CHYŻY NOWY TOMYŚL        | Masters K - 40    | 10   | 00:34:09    | 00:53:03    | 01:25:19.00           | +00:41:00<br>(48.1%) | 8:31            | 7 (51.9%)      |
| 144 | SKAWINA POŁEĆ Anna   | 8286  |                              | Senior II K - 30  | 9    | 00:35:15    | 00:54:19    | 01:25:30.20           | +00:41:11<br>(48.2%) | 8:33            | 7 (51.9%)      |
| 145 | GRĄDZKA Marianna     | 8290  |                              | Senior I K - 20   | 13   | 00:37:28    | 00:57:00    | 01:25:47.30           | +00:41:28<br>(48.4%) | 8:34            | 7 (51.9%)      |
| 146 | MAZIAREK Adela       | 8009  |                              | Senior II K - 30  | 10   | 00:35:11    | 00:54:08    | 01:25:54.60           | +00:41:36<br>(48.4%) | 8:35            | 7 (51.9%)      |
| 147 | GŁÓWKA Barbara       | 8284  |                              | Senior II K - 30  | 11   | 00:35:04    | 00:55:03    | 01:26:03.90           | +00:41:45<br>(48.5%) | 8:36            | 7 (51.9%)      |
| 148 | GŁUCHOWSKA Ewelina   | 8293  |                              | Senior II K - 30  | 12   | 00:35:03    | 00:55:09    | 01:26:09.75           | +00:41:51<br>(48.6%) | 8:37            | 7 (51.9%)      |
| 149 | CIEŚLIŃSKA Katarzyna | 8146  |                              | Senior II K - 30  | 13   | 00:33:32    | 00:53:18    | 01:26:16.85           | +00:41:58<br>(48.6%) | 8:37            | 7 (51.9%)      |
| 150 | MAŁKOWSKI Piotr      | 8159  |                              | Weteran II M - 60 | 4    | 00:34:36    | 00:54:56    | 01:26:36.90           | +00:42:18<br>(48.8%) | 8:39            | 6.9<br>(51.1%) |
| 151 | TADROWSKI Tomasz     | 8096  |                              | Masters M - 40    | 35   | 00:35:16    | 00:54:29    | 01:26:58.00           | +00:42:39<br>(49.1%) | 8:41            | 6.9<br>(51.1%) |
| 152 | MAJ Marek            | 8153  | ŚLĘZAK TEAM                  | Masters M - 40    | 36   | 00:36:26    | 00:55:26    | 01:27:12.00           | +00:42:53<br>(49.2%) | 8:43            | 6.9<br>(51.1%) |
| 153 | ABULEWICZ Wojciech   | 8044  | TRENING STUDIO 17            | Weteran I M - 50  | 7    | 00:34:02    | 00:54:16    | 01:27:12.45           | +00:42:54<br>(49.2%) | 8:43            | 6.9<br>(51.1%) |

| Msc | Zawodnik            | Numer | Klub                   | Kategoria          | Mkat | C1<br>3.7km | C1<br>5.8km | Czas<br>netto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------|-------|------------------------|--------------------|------|-------------|-------------|-----------------------|----------------------|-----------------|----------------|
| 154 | KONCA Aleksander    | 8081  | 603779236              | Senior I M - 20    | 32   | 00:37:30    | 00:56:19    | 01:27:16.30           | +00:42:57<br>(49.2%) | 8:43            | 6.9<br>(51.1%) |
| 155 | HAUSER-GIERS Monika | 8041  | KOŚCIAN TEAM           | Masters K - 40     | 11   | 00:34:02    | 00:53:53    | 01:27:16.40           | +00:42:58<br>(49.2%) | 8:43            | 6.9<br>(51.1%) |
| 156 | MICHAŁEK Jarosław   | 8363  | ONE WAY TICKET         | Weteran I M - 50   | 8    | 00:36:15    | 00:55:02    | 01:27:27.80           | +00:43:09<br>(49.3%) | 8:44            | 6.9<br>(51.1%) |
| 157 | BAGIŃSKI Marek      | 8347  | APTENEO RUNING TEAM    | Weteran I M - 50   | 9    | 00:34:21    | 00:53:25    | 01:27:56.15           | +00:43:37<br>(49.6%) | 8:47            | 6.8<br>(50.4%) |
| 158 | JASKÓŁKA Rafał      | 8029  |                        | Senior II M - 30   | 38   | 00:35:09    | 00:56:19    | 01:28:01.75           | +00:43:43<br>(49.7%) | 8:48            | 6.8<br>(50.4%) |
| 159 | OCHEJ Joanna        | 8376  | APTENEO RUNNING TEAM   | Senior II K - 30   | 14   | 00:35:03    | 00:55:36    | 01:28:10.20           | +00:43:51<br>(49.7%) | 8:49            | 6.8<br>(50.4%) |
| 160 | JASKÓŁKA Hubert     | 8078  | AMATOR                 | Weteran II M - 60  | 5    | 00:35:25    | 00:56:35    | 01:28:15.90           | +00:43:57<br>(49.8%) | 8:49            | 6.8<br>(50.4%) |
| 161 | GACH Marcin         | 8315  | TEAM TI-RIN-TIN        | Senior I M - 20    | 33   | 00:35:18    | 00:54:58    | 01:28:16.65           | +00:43:58<br>(49.8%) | 8:49            | 6.8<br>(50.4%) |
| 162 | CIEŚLAK Magdalena   | 8302  | CIEŚLAK TEAM           | Senior II K - 30   | 15   | 00:34:03    | 00:53:56    | 01:28:16.70           | +00:43:58<br>(49.8%) | 8:49            | 6.8<br>(50.4%) |
| 163 | MARTYNIAK Rafał     | 8232  |                        | Senior II M - 30   | 39   | 00:35:33    | 00:56:30    | 01:28:21.55           | +00:44:03<br>(49.9%) | 8:50            | 6.8<br>(50.4%) |
| 164 | UPTAS Tomasz        | 8258  |                        | Masters M - 40     | 37   | 00:34:32    | 00:55:34    | 01:28:28.75           | +00:44:10<br>(49.9%) | 8:50            | 6.8<br>(50.4%) |
| 165 | LEWANDOWSKI Tadeusz | 8213  | 1949 WKB PIAST WROCŁAW | Weteran III M - 70 | 1    | 00:36:06    | 00:56:25    | 01:28:44.15           | +00:44:25<br>(50.1%) | 8:52            | 6.8<br>(50.4%) |
| 166 | HUTNIK Wojciech     | 8375  | APTENEO RUNNING TEAM   | Senior II M - 30   | 40   | 00:37:39    | 00:57:37    | 01:28:45.45           | +00:44:27<br>(50.1%) | 8:52            | 6.8<br>(50.4%) |
| 167 | MODZELEWSKA Anna    | 8181  |                        | Senior I K - 20    | 14   | 00:34:57    | 00:54:12    | 01:28:53.90           | +00:44:35<br>(50.2%) | 8:53            | 6.8<br>(50.4%) |
| 168 | ROGOWSKI Robert     | 8419  |                        | Masters M - 40     | 38   | 00:35:15    | 00:56:00    | 01:29:01.60           | +00:44:43<br>(50.2%) | 8:54            | 6.7<br>(49.6%) |
| 169 | PIATEK Magdalena    | 8237  | PROGRES                | Senior II K - 30   | 16   | 00:34:11    | 00:58:37    | 01:29:08.95           | +00:44:50<br>(50.3%) | 8:54            | 6.7<br>(49.6%) |
| 170 | KUBÓW Jarek         | 8301  |                        | Senior II M - 30   | 41   | 00:34:00    | 00:55:44    | 01:29:24.60           | +00:45:06<br>(50.4%) | 8:56            | 6.7<br>(49.6%) |
| 171 | ADAMSKA Sylwia      | 8275  |                        | Senior II K - 30   | 17   | 00:36:29    | 00:56:48    | 01:29:25.50           | +00:45:07<br>(50.5%) | 8:56            | 6.7<br>(49.6%) |
| 172 | SKAWINA Krystyna    | 8026  | TOPOLICE TEAM          | Senior II K - 30   | 18   | 00:35:18    | 00:54:07    | 01:29:55.60           | +00:45:37<br>(50.7%) | 8:59            | 6.7<br>(49.6%) |
| 173 | ROGÓŻ Jan           | 8122  |                        | Senior I M - 20    | 34   | 00:41:01    | 01:00:10    | 01:30:00.05           | +00:45:41<br>(50.8%) | 9:00            | 6.7<br>(49.6%) |
| 174 | TEKIELI Ewelina     | 8018  | TEKIELI FAMILY         | Masters K - 40     | 12   | 00:35:00    | 00:55:40    | 01:30:02.40           | +00:45:44<br>(50.8%) | 9:00            | 6.7<br>(49.6%) |
| 175 | PIGUŁA Agnieszka    | 8356  |                        | Masters K - 40     | 13   | 00:36:17    | 00:57:14    | 01:30:07.85           | +00:45:49<br>(50.8%) | 9:00            | 6.7<br>(49.6%) |
| 176 | JOŃCZYK Paula       | 8106  |                        | Senior I K - 20    | 15   | 00:37:17    | 00:57:42    | 01:30:15.25           | +00:45:56<br>(50.9%) | 9:01            | 6.6<br>(48.9%) |



| Msc | Zawodnik               | Numer | Klub                        | Kategoria         | Mkat | C1<br>3.7km | C1<br>5.8km | Czas<br>netto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------|-------|-----------------------------|-------------------|------|-------------|-------------|-----------------------|----------------------|-----------------|----------------|
| 177 | PFAJFER Marek          | 8125  | MARATONYPOLSKIE.PL TEAM     | Senior II M - 30  | 42   | 00:38:08    | 00:58:35    | 01:30:17.75           | +00:45:59<br>(50.9%) | 9:01            | 6.6<br>(48.9%) |
| 178 | BURY Roman             | 8152  |                             | Masters M - 40    | 39   | 00:35:58    | 00:56:26    | 01:30:20.15           | +00:46:01<br>(51.0%) | 9:02            | 6.6<br>(48.9%) |
| 179 | RAPACZ-TOPILKO Anna    | 8360  |                             | Masters K - 40    | 14   | 00:36:41    | 00:57:33    | 01:30:30.40           | +00:46:12<br>(51.0%) | 9:03            | 6.6<br>(48.9%) |
| 180 | PLOK Krzysztof         | 8257  | TEAMPLOK                    | Weteran I M - 50  | 10   | 00:36:53    | 00:58:44    | 01:30:33.25           | +00:46:14<br>(51.1%) | 9:03            | 6.6<br>(48.9%) |
| 181 | STASIAK Łukasz         | 8221  | WATAHA - ŁĄCZY NAS BIEGANIE | Senior II M - 30  | 43   | 00:36:45    | 00:56:44    | 01:30:33.55           | +00:46:15<br>(51.1%) | 9:03            | 6.6<br>(48.9%) |
| 182 | LUBAŃSKA Alicja        | 8033  |                             | Weteran K - 50    | 3    | 00:36:09    | 00:56:51    | 01:30:36.15           | +00:46:17<br>(51.1%) | 9:03            | 6.6<br>(48.9%) |
| 183 | DERBICH Mariusz        | 8391  | KOWALEW                     | Masters M - 40    | 40   | 00:36:42    | 00:57:57    | 01:30:38.30           | +00:46:19<br>(51.1%) | 9:03            | 6.6<br>(48.9%) |
| 184 | MERAK Krzysztof        | 8240  | TEAM KURORT ŁĄDEK-ZDRÓJ     | Masters M - 40    | 41   | 00:37:10    | 00:58:06    | 01:30:40.15           | +00:46:21<br>(51.1%) | 9:04            | 6.6<br>(48.9%) |
| 185 | KORYTNY Tomasz         | 8355  | FRIENDS GOSTYŃ              | Masters M - 40    | 42   | 00:34:42    | 00:57:57    | 01:31:11.70           | +00:46:53<br>(51.4%) | 9:07            | 6.6<br>(48.9%) |
| 186 | PODJUK Patryk          | 8191  | FRIENDS GOSTYŃ              | Senior I M - 20   | 35   | 00:35:49    | 00:57:14    | 01:31:20.85           | +00:47:02<br>(51.5%) | 9:08            | 6.6<br>(48.9%) |
| 187 | BŁAŻKÓW Gosia          | 8388  |                             | Senior II K - 30  | 19   | 00:34:11    | 00:58:03    | 01:31:23.85           | +00:47:05<br>(51.5%) | 9:08            | 6.6<br>(48.9%) |
| 188 | HOTAŁA Marta           | 8238  |                             | Senior II K - 30  | 20   | 00:35:47    | 00:58:11    | 01:31:30.75           | +00:47:12<br>(51.6%) | 9:09            | 6.6<br>(48.9%) |
| 189 | BIŃCZARSKA Monika      | 8015  |                             | Senior II K - 30  | 21   | 00:33:59    | 00:56:48    | 01:31:31.15           | +00:47:12<br>(51.6%) | 9:09            | 6.6<br>(48.9%) |
| 190 | BRZEZIŃSKI Andrzej     | 8013  |                             | Weteran II M - 60 | 6    | 00:37:44    | 00:58:19    | 01:31:43.60           | +00:47:25<br>(51.7%) | 9:10            | 6.5<br>(48.1%) |
| 191 | CHYLIŃSKI Bartosz      | 8227  |                             | Senior II M - 30  | 44   | 00:35:59    | 00:57:40    | 01:31:56.05           | +00:47:37<br>(51.8%) | 9:11            | 6.5<br>(48.1%) |
| 192 | SŁODKIEWICZ Dagmara    | 8223  |                             | Senior II K - 30  | 22   | 00:37:21    | 00:58:57    | 01:32:05.85           | +00:47:47<br>(51.9%) | 9:12            | 6.5<br>(48.1%) |
| 193 | RĄCZKOWIAK Mateusz     | 8216  | MATNERRUNNINGTEAM           | Senior II M - 30  | 45   | 00:36:04    | 00:58:04    | 01:32:06.70           | +00:47:48<br>(51.9%) | 9:12            | 6.5<br>(48.1%) |
| 194 | TRZEŚNIEWSKI Krzysztof | 8280  | VEGE RUNNERS                | Senior II M - 30  | 46   | 00:35:22    | 00:57:47    | 01:32:10.45           | +00:47:52<br>(51.9%) | 9:13            | 6.5<br>(48.1%) |
| 195 | MIKOŁAJCZAK Rafał      | 8343  | FRIENDS GOSTYŃ              | Masters M - 40    | 43   | 00:35:46    | 00:59:40    | 01:32:22.75           | +00:48:04<br>(52.0%) | 9:14            | 6.5<br>(48.1%) |
| 196 | MIKOŁAJCZAK Agnieszka  | 8344  | FRIENDS GOSTYŃ              | Masters K - 40    | 15   | 00:35:54    | 00:59:50    | 01:32:32.05           | +00:48:13<br>(52.1%) | 9:15            | 6.5<br>(48.1%) |
| 197 | BISKUPSKI Jakub        | 8373  |                             | Masters M - 40    | 44   | 00:37:04    | 00:59:25    | 01:32:37.20           | +00:48:18<br>(52.2%) | 9:15            | 6.5<br>(48.1%) |
| 198 | HORODYNSKA Mirosława   | 8339  | KOTWICA BRZEG               | Masters K - 40    | 16   | 00:36:38    | 00:59:14    | 01:32:37.95           | +00:48:19<br>(52.2%) | 9:15            | 6.5<br>(48.1%) |
| 199 | BUTRYM Iga             | 8409  |                             | Senior I K - 20   | 16   | 00:37:21    | 00:59:39    | 01:32:48.50           | +00:48:30<br>(52.3%) | 9:16            | 6.5<br>(48.1%) |

| Msc | Zawodnik                         | Numer | Klub                              | Kategoria         | Mkat | C1<br>3.7km | C1<br>5.8km | Czas<br>netto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------------|-------|-----------------------------------|-------------------|------|-------------|-------------|-----------------------|----------------------|-----------------|----------------|
| 200 | PAINTA Ewa                       | 8402  |                                   | Senior II K - 30  | 23   | 00:36:39    | 00:59:32    | 01:32:54.10           | +00:48:35<br>(52.3%) | 9:17            | 6.5<br>(48.1%) |
| 201 | GUTOWSKI Piotr                   | 8294  |                                   | Senior II M - 30  | 47   | 00:35:49    | 00:58:24    | 01:32:59.60           | +00:48:41<br>(52.4%) | 9:18            | 6.5<br>(48.1%) |
| 202 | CIESIELCZYK Marek                | 8070  | TKKF MPK POZNAŃ                   | Weteran I M - 50  | 11   | 00:36:40    | 00:59:15    | 01:33:00.35           | +00:48:42<br>(52.4%) | 9:18            | 6.5<br>(48.1%) |
| 203 | MĘTLAK Małgorzata                | 8264  |                                   | Senior I K - 20   | 17   | 00:39:02    | 01:00:34    | 01:33:02.50           | +00:48:44<br>(52.4%) | 9:18            | 6.4<br>(47.4%) |
| 204 | SZALA Janusz                     | 8211  |                                   | Weteran II M - 60 | 7    | 00:36:35    | 00:58:12    | 01:33:05.05           | +00:48:46<br>(52.4%) | 9:18            | 6.4<br>(47.4%) |
| 205 | GALEWSKI Mariusz                 | 8040  |                                   | Weteran I M - 50  | 12   | 00:38:10    | 00:59:00    | 01:33:06.05           | +00:48:47<br>(52.4%) | 9:18            | 6.4<br>(47.4%) |
| 206 | WENTYKIER Piotr                  | 8017  |                                   | Masters M - 40    | 45   | 00:37:45    | 00:59:07    | 01:33:10.60           | +00:48:52<br>(52.4%) | 9:19            | 6.4<br>(47.4%) |
| 207 | PUCHALSKA Magdalena              | 8089  |                                   | Senior II K - 30  | 24   | 00:37:23    | 00:57:03    | 01:33:16.00           | +00:48:57<br>(52.5%) | 9:19            | 6.4<br>(47.4%) |
| 208 | MAŁECKI Kamil                    | 8274  |                                   | Senior II M - 30  | 48   | 00:34:46    | 00:59:48    | 01:33:18.65           | +00:49:00<br>(52.5%) | 9:19            | 6.4<br>(47.4%) |
| 209 | TEKIELA Łukasz                   | 8046  |                                   | Senior II M - 30  | 49   | 00:36:33    | 00:57:12    | 01:33:20.15           | +00:49:01<br>(52.5%) | 9:20            | 6.4<br>(47.4%) |
| 210 | STAŃCZAK Paweł                   | 8269  |                                   | Weteran I M - 50  | 13   | 00:38:05    | 00:58:36    | 01:33:44.70           | +00:49:26<br>(52.7%) | 9:22            | 6.4<br>(47.4%) |
| 211 | GULCZYŃSKI Dawid                 | 8400  |                                   | Senior II M - 30  | 50   | 00:36:08    | 00:57:19    | 01:33:52.45           | +00:49:34<br>(52.8%) | 9:23            | 6.4<br>(47.4%) |
| 212 | MATUKIN-SZUMLIŃSKA<br>Aleksandra | 8334  |                                   | Senior II K - 30  | 25   | 00:38:22    | 01:00:01    | 01:34:11.25           | +00:49:52<br>(53.0%) | 9:25            | 6.4<br>(47.4%) |
| 213 | ŁOBASIUK Iwona                   | 8382  | FUNDACJA KIERUNEK ULTRA           | Masters K - 40    | 17   | 00:37:58    | 00:59:31    | 01:34:17.00           | +00:49:58<br>(53.0%) | 9:25            | 6.4<br>(47.4%) |
| 214 | CELICHOWSKI Stanisław            | 8206  |                                   | Senior II M - 30  | 51   | 00:39:41    | 00:59:37    | 01:34:31.15           | +00:50:12<br>(53.1%) | 9:27            | 6.3<br>(46.7%) |
| 215 | TURAJ-KACZYŃSKA Małgorzata       | 8113  | GUSTAW TEŻ BIEGA                  | Masters K - 40    | 18   | 00:35:16    | 00:57:54    | 01:34:50.85           | +00:50:32<br>(53.3%) | 9:29            | 6.3<br>(46.7%) |
| 216 | ŁYGASŁO Paulina                  | 8421  |                                   | Senior I K - 20   | 18   | 00:37:59    | 01:01:15    | 01:34:52.00           | +00:50:33<br>(53.3%) | 9:29            | 6.3<br>(46.7%) |
| 217 | MARON Agnieszka                  | 8321  | ADIDAS RUNNERS WARSAW / JACK TEAM | Masters K - 40    | 19   | 00:37:21    | 00:59:48    | 01:34:54.15           | +00:50:35<br>(53.3%) | 9:29            | 6.3<br>(46.7%) |
| 218 | TUREK Paulina                    | 8128  | PRORUNNING PROMOTION              | Senior II K - 30  | 26   | 00:37:46    | 01:00:13    | 01:34:56.90           | +00:50:38<br>(53.3%) | 9:29            | 6.3<br>(46.7%) |
| 219 | KAWCZYŃSKA Monika                | 8279  | GUSTAW TEŻ BIEGA                  | Masters K - 40    | 20   | 00:35:20    | 00:58:01    | 01:34:58.35           | +00:50:40<br>(53.3%) | 9:29            | 6.3<br>(46.7%) |
| 220 | FRAŃSKI Łukasz                   | 8007  | NKB CHYŻY NOWY TOMYŚL             | Masters M - 40    | 46   | 00:40:19    | 01:01:54    | 01:35:26.45           | +00:51:08<br>(53.6%) | 9:32            | 6.3<br>(46.7%) |
| 221 | KWIECIEŃ Dorota                  | 8115  |                                   | Masters K - 40    | 21   | 00:39:53    | 01:01:35    | 01:35:32.05           | +00:51:13<br>(53.6%) | 9:33            | 6.3<br>(46.7%) |
| 222 | KAJDANIAK Paulina                | 8192  |                                   | Masters K - 40    | 22   | 00:39:45    | 01:02:55    | 01:35:33.70           | +00:51:15<br>(53.6%) | 9:33            | 6.3<br>(46.7%) |

| Msc | Zawodnik             | Numer | Klub                         | Kategoria        | Mkat | C1<br>3.7km | C1<br>5.8km | Czas<br>netto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------|-------|------------------------------|------------------|------|-------------|-------------|-----------------------|----------------------|-----------------|----------------|
| 223 | TABACZYŃSKA Monika   | 8288  |                              | Senior I K - 20  | 19   | 00:38:55    | 01:01:57    | 01:36:04.20           | +00:51:45<br>(53.9%) | 9:36            | 6.2<br>(45.9%) |
| 224 | KORF Tomasz          | 8059  |                              | Senior II M - 30 | 52   | 00:39:44    | 01:00:38    | 01:36:16.80           | +00:51:58<br>(54.0%) | 9:37            | 6.2<br>(45.9%) |
| 225 | KORF Weronika        | 8058  |                              | Senior II K - 30 | 27   | 00:39:44    | 01:00:55    | 01:36:24.60           | +00:52:06<br>(54.0%) | 9:38            | 6.2<br>(45.9%) |
| 226 | CYRWUS Jakub         | 8326  | RÓŻOWE LANDRYNY              | Senior I M - 20  | 36   | 00:38:40    | 01:03:29    | 01:36:29.70           | +00:52:11<br>(54.1%) | 9:39            | 6.2<br>(45.9%) |
| 227 | RATAJSKA Monika      | 8296  |                              | Senior I K - 20  | 20   | 00:38:42    | 01:03:32    | 01:36:36.80           | +00:52:18<br>(54.1%) | 9:39            | 6.2<br>(45.9%) |
| 228 | SOBCZAK Aleksander   | 8154  | BIELAWSKA AKADEMIA BIEGANIA  | Senior II M - 30 | 53   | 00:39:41    | 01:03:48    | 01:36:41.75           | +00:52:23<br>(54.2%) | 9:40            | 6.2<br>(45.9%) |
| 229 | SZCZOTKA Katarzyna   | 8002  |                              | Senior I K - 20  | 21   | 00:40:12    | 01:01:49    | 01:36:48.35           | +00:52:30<br>(54.2%) | 9:40            | 6.2<br>(45.9%) |
| 230 | SZYMAŁA Karolina     | 8351  |                              | Senior I K - 20  | 22   | 00:38:20    | 01:00:30    | 01:36:52.75           | +00:52:34<br>(54.3%) | 9:41            | 6.2<br>(45.9%) |
| 231 | KUCZYŃSKA Małgorzata | 8199  | INSULA ZAWONIA TEAM          | Masters K - 40   | 23   | 00:37:50    | 00:59:30    | 01:37:01.60           | +00:52:43<br>(54.3%) | 9:42            | 6.2<br>(45.9%) |
| 232 | GAJDA Mateusz        | 8039  | SPRÓCHNIALI HERKULESI        | Senior II M - 30 | 54   | 00:39:39    | 01:00:58    | 01:37:03.85           | +00:52:45<br>(54.4%) | 9:42            | 6.2<br>(45.9%) |
| 233 | MARCINIAK Paulina    | 8209  |                              | Senior II K - 30 | 28   | 00:38:40    | 01:02:28    | 01:37:13.20           | +00:52:54<br>(54.4%) | 9:43            | 6.2<br>(45.9%) |
| 234 | KUSTRA Klaudia       | 8207  |                              | Senior II K - 30 | 29   | 00:37:24    | 01:00:15    | 01:37:44.40           | +00:53:26<br>(54.7%) | 9:46            | 6.1<br>(45.2%) |
| 235 | SZUBA Dagmara        | 8380  |                              | Masters K - 40   | 24   | 00:40:53    | 01:03:11    | 01:38:22.45           | +00:54:04<br>(55.0%) | 9:50            | 6.1<br>(45.2%) |
| 236 | WILK Tomasz          | 8060  |                              | Senior II M - 30 | 55   | 00:38:35    | 01:02:59    | 01:38:36.80           | +00:54:18<br>(55.1%) | 9:51            | 6.1<br>(45.2%) |
| 237 | UCHEREK Kinga        | 8031  |                              | Masters K - 40   | 25   | 00:39:21    | 01:01:45    | 01:38:38.65           | +00:54:20<br>(55.1%) | 9:51            | 6.1<br>(45.2%) |
| 238 | DOMOSŁAWSKI Paweł    | 8218  |                              | Weteran I M - 50 | 14   | 00:38:28    | 01:01:14    | 01:38:51.00           | +00:54:32<br>(55.2%) | 9:53            | 6.1<br>(45.2%) |
| 239 | KRYCH Joanna         | 8215  |                              | Masters K - 40   | 26   | 00:39:02    | 01:01:56    | 01:38:56.05           | +00:54:37<br>(55.2%) | 9:53            | 6.1<br>(45.2%) |
| 240 | KĄŁKA Marcin         | 8394  |                              | Senior II M - 30 | 56   | 00:38:28    | 01:01:32    | 01:39:11.20           | +00:54:52<br>(55.3%) | 9:55            | 6 (44.4%)      |
| 241 | BĄCZKOWSKA Grażyna   | 8297  | POLACY BIEGAJĄ W NL          | Masters K - 40   | 27   | 00:37:41    | 01:00:04    | 01:39:51.30           | +00:55:32<br>(55.6%) | 9:59            | 6 (44.4%)      |
| 242 | PELCZER Agnieszka    | 8035  | KB HARCOWNIK JELCZ-LASKOWICE | Masters K - 40   | 28   | 00:39:47    | 01:03:55    | 01:39:56.45           | +00:55:38<br>(55.7%) | 9:59            | 6 (44.4%)      |
| 243 | GAJEWSKA Magdalena   | 8267  | LAFIRYNDY I GAMONIE          | Masters K - 40   | 29   | 00:39:54    | 01:03:25    | 01:39:58.40           | +00:55:40<br>(55.7%) | 9:59            | 6 (44.4%)      |
| 244 | HELMAN Filip         | 8169  |                              | Senior I M - 20  | 37   | 00:39:34    | 01:02:50    | 01:40:10.70           | +00:55:52<br>(55.8%) | 10:01           | 6 (44.4%)      |
| 244 | OLSZEWSKA Natalia    | 8179  |                              | Senior I K - 20  | 23   | 00:38:00    | 01:01:50    | 01:40:10.70           | +00:55:52<br>(55.8%) | 10:01           | 6 (44.4%)      |

| Msc | Zawodnik                | Numer | Klub                        | Kategoria         | Mkat | C1<br>3.7km | C1<br>5.8km | Czas<br>netto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------|-------|-----------------------------|-------------------|------|-------------|-------------|-----------------------|----------------------|-----------------|----------------|
| 246 | FILAWSKA Agata          | 8050  |                             | Senior I K - 20   | 24   | 00:38:09    | 01:02:01    | 01:40:21.25           | +00:56:02<br>(55.9%) | 10:02           | 6 (44.4%)      |
| 247 | STĘPIEŃ Małgorzata      | 8246  |                             | Senior II K - 30  | 30   | 00:38:33    | 01:01:59    | 01:40:27.15           | +00:56:08<br>(55.9%) | 10:02           | 6 (44.4%)      |
| 248 | DZIEKOŃSKA Magdalena    | 8049  | KU PRZYGODZIE               | Senior II K - 30  | 31   | 00:38:19    | 01:02:09    | 01:40:30.55           | +00:56:12<br>(55.9%) | 10:03           | 6 (44.4%)      |
| 249 | ŁUSIAK Ewa              | 8187  | KNEIPTTEAM                  | Masters K - 40    | 30   | 00:42:24    | 01:04:07    | 01:40:42.70           | +00:56:24<br>(56.0%) | 10:04           | 6 (44.4%)      |
| 250 | PACIOREK Paweł          | 8131  | PAWKO RUNNER TEAM           | Masters M - 40    | 47   | 00:39:13    | 01:03:36    | 01:40:56.35           | +00:56:38<br>(56.1%) | 10:05           | 5.9<br>(43.7%) |
| 251 | BALICKI Jacek           | 8276  | BIEGACZ NOWOSOLNA           | Weteran I M - 50  | 15   | 00:42:52    | 01:05:16    | 01:41:02.80           | +00:56:44<br>(56.2%) | 10:06           | 5.9<br>(43.7%) |
| 252 | BAJSAROWICZ Zuzanna     | 8201  |                             | Senior II K - 30  | 32   | 00:42:12    | 01:05:22    | 01:41:20.60           | +00:57:02<br>(56.3%) | 10:08           | 5.9<br>(43.7%) |
| 253 | PĘCZKOWSKA Magdalena    | 8051  |                             | Masters K - 40    | 31   | 00:40:04    | 01:03:37    | 01:41:43.85           | +00:57:25<br>(56.4%) | 10:10           | 5.9<br>(43.7%) |
| 254 | SZKUDLAREK Arkadiusz    | 8289  |                             | Masters M - 40    | 48   | 00:39:36    | 01:02:50    | 01:42:11.55           | +00:57:53<br>(56.6%) | 10:13           | 5.9<br>(43.7%) |
| 255 | ŻUKIEWICZ Krzysztof     | 8163  | TKKF MPK POZNAŃ             | Masters M - 40    | 49   | 00:41:19    | 01:05:31    | 01:42:55.70           | +00:58:37<br>(57.0%) | 10:17           | 5.8<br>(43.0%) |
| 256 | JERMAK Anna             | 8097  | BOHAR PALETY RUNNERS        | Masters K - 40    | 32   | 00:41:02    | 01:05:16    | 01:43:07.55           | +00:58:49<br>(57.0%) | 10:18           | 5.8<br>(43.0%) |
| 257 | KIELASZEWSKI Mirosław   | 8188  |                             | Weteran II M - 60 | 8    | 00:41:32    | 01:02:54    | 01:43:24.55           | +00:59:06<br>(57.2%) | 10:20           | 5.8<br>(43.0%) |
| 258 | SAMULSKA Agata          | 8324  |                             | Weteran K - 50    | 4    | 00:39:41    | 01:05:17    | 01:43:26.05           | +00:59:07<br>(57.2%) | 10:20           | 5.8<br>(43.0%) |
| 259 | NIECHAJ Anna            | 8036  | POMIDOROWA ALTERNATYWA      | Masters K - 40    | 33   | 00:41:58    | 01:07:42    | 01:43:29.45           | +00:59:11<br>(57.2%) | 10:21           | 5.8<br>(43.0%) |
| 260 | CHOJECKA Magdalena      | 8193  | ZBUCKI RUCH                 | Masters K - 40    | 34   | 00:42:15    | 01:05:38    | 01:43:35.40           | +00:59:17<br>(57.2%) | 10:21           | 5.8<br>(43.0%) |
| 261 | RASZCZUK Martyna        | 8014  | POMIDOROWA ALTERNATYWA      | Senior II K - 30  | 33   | 00:42:01    | 01:07:44    | 01:43:42.90           | +00:59:24<br>(57.3%) | 10:22           | 5.8<br>(43.0%) |
| 262 | KIELASZEWSKI Karol      | 8272  | LESZNO LIMITS RUNNERS       | Senior II M - 30  | 57   | 00:42:33    | 01:03:24    | 01:43:54.65           | +00:59:36<br>(57.4%) | 10:23           | 5.8<br>(43.0%) |
| 263 | PIASECKA Agata          | 8415  | ZAŁOGA GÓRSKA               | Senior I K - 20   | 25   | 00:40:42    | 01:04:53    | 01:44:13.15           | +00:59:54<br>(57.5%) | 10:25           | 5.8<br>(43.0%) |
| 264 | BREARD Emilie           | 8208  | TOUT CHAILLES COURT         | Senior II K - 30  | 34   | 00:39:15    | 01:05:20    | 01:44:15.80           | +00:59:57<br>(57.5%) | 10:25           | 5.8<br>(43.0%) |
| 265 | PIOTROWSKA ANCEW Joanna | 8075  |                             | Weteran K - 50    | 5    | 00:41:08    | 01:04:00    | 01:44:23.20           | +01:00:04<br>(57.6%) | 10:26           | 5.7<br>(42.2%) |
| 266 | KONIECZNA Natalia       | 8149  | CHOSZCZEŃSKA DZIESIĄTKA     | Senior I K - 20   | 26   | 00:42:43    | 01:05:29    | 01:44:36.10           | +01:00:17<br>(57.6%) | 10:27           | 5.7<br>(42.2%) |
| 267 | ROGOWSKA Izabela        | 8418  | STOWARZYSZENIE BIEG OPOLSKI | Masters K - 40    | 35   | 00:41:06    | 01:05:50    | 01:44:48.10           | +01:00:29<br>(57.7%) | 10:28           | 5.7<br>(42.2%) |
| 268 | SOWIŃSKA Magdalena      | 8413  | BOGOŃ GRODZISK MAZOWIECKI   | Masters K - 40    | 36   | 00:40:52    | 01:06:05    | 01:45:01.70           | +01:00:43<br>(57.8%) | 10:30           | 5.7<br>(42.2%) |

| Msc | Zawodnik                | Numer | Klub                     | Kategoria          | Mkat | C1       |          | Czas netto 10km | Różn              | Tempo min/km | Tempo km/h  |
|-----|-------------------------|-------|--------------------------|--------------------|------|----------|----------|-----------------|-------------------|--------------|-------------|
|     |                         |       |                          |                    |      | 3.7km    | 5.8km    |                 |                   |              |             |
| 269 | GAJEWSKA-POLAK Iwona    | 8323  |                          | Weteran K - 50     | 6    | 00:42:34 | 01:05:43 | 01:45:24.30     | +01:01:05 (58.0%) | 10:32        | 5.7 (42.2%) |
| 270 | JEDYNAK Monika          | 8252  |                          | Senior I K - 20    | 27   | 00:40:47 | 01:07:14 | 01:45:45.85     | +01:01:27 (58.1%) | 10:34        | 5.7 (42.2%) |
| 271 | LEŚNIEWSKI Tomek        | 8268  | LAFIRYNDY I GAMONIE      | Masters M - 40     | 50   | 00:42:57 | 01:06:03 | 01:45:46.65     | +01:01:28 (58.1%) | 10:34        | 5.7 (42.2%) |
| 272 | GÓRALSKI Krzysztof      | 8124  |                          | Senior II M - 30   | 58   | 00:39:32 | 01:05:02 | 01:45:48.00     | +01:01:29 (58.1%) | 10:34        | 5.7 (42.2%) |
| 273 | LEWANDOWSKA Patrycja    | 8248  | TEAM KURORT ŁĄDEK-ZDRÓJ  | Senior II K - 30   | 35   | 00:43:01 | 01:08:03 | 01:45:56.10     | +01:01:37 (58.2%) | 10:35        | 5.7 (42.2%) |
| 274 | TOMERA Dorota           | 8253  | TEAM KURORT ŁĄDEK-ZDRÓJ  | Masters K - 40     | 37   | 00:43:11 | 01:08:12 | 01:46:05.95     | +01:01:47 (58.2%) | 10:36        | 5.7 (42.2%) |
| 275 | FOLARON Julia           | 8300  |                          | Senior I K - 20    | 28   | 00:39:24 | 01:06:51 | 01:46:14.50     | +01:01:56 (58.3%) | 10:37        | 5.6 (41.5%) |
| 276 | IMIŃSKI Cezary          | 8077  |                          | Weteran I M - 50   | 16   | 00:41:27 | 01:06:01 | 01:46:58.30     | +01:02:39 (58.6%) | 10:41        | 5.6 (41.5%) |
| 277 | KUCZYŃSKA Agnieszka     | 8220  | BIĄŁYSTOK BIEGA TEAM     | Masters K - 40     | 38   | 00:40:00 | 01:08:53 | 01:47:21.45     | +01:03:03 (58.7%) | 10:44        | 5.6 (41.5%) |
| 278 | JANUR Joanna            | 8325  | RÓŻOWE LANDRYNY          | Senior I K - 20    | 29   | 00:43:34 | 01:09:01 | 01:47:28.25     | +01:03:09 (58.8%) | 10:44        | 5.6 (41.5%) |
| 279 | KIERAT Dominika         | 8306  |                          | Senior II K - 30   | 36   | 00:41:24 | 01:05:35 | 01:47:30.45     | +01:03:12 (58.8%) | 10:45        | 5.6 (41.5%) |
| 280 | CYBULA Ewa              | 8138  | X-TEAM                   | Senior II K - 30   | 37   | 00:41:47 | 01:07:36 | 01:47:52.35     | +01:03:34 (58.9%) | 10:47        | 5.6 (41.5%) |
| 281 | KOŁACZ Mariusz          | 8266  | LAFIRYNDY I GAMONIE      | Weteran I M - 50   | 17   | 00:41:58 | 01:06:39 | 01:47:54.25     | +01:03:35 (58.9%) | 10:47        | 5.6 (41.5%) |
| 282 | BUGAJSKA-JUCHA Renata   | 8200  | CARBO ASECURA/CA AKTYWNI | Masters K - 40     | 39   | 00:43:22 | 01:07:42 | 01:48:02.80     | +01:03:44 (59.0%) | 10:48        | 5.6 (41.5%) |
| 283 | KOWALCZYK Dawid         | 8108  |                          | Senior II M - 30   | 59   | 00:44:26 | 01:08:26 | 01:48:04.55     | +01:03:46 (59.0%) | 10:48        | 5.6 (41.5%) |
| 284 | WILGUS-KUBICA Katarzyna | 8210  |                          | Masters K - 40     | 40   | 00:43:35 | 01:07:50 | 01:48:10.80     | +01:03:52 (59.0%) | 10:49        | 5.5 (40.7%) |
| 285 | SZYMAŁA Jan             | 8043  | NIEZRZESZONY KO          | Weteran III M - 70 | 2    | 00:42:55 | 01:07:14 | 01:48:15.95     | +01:03:57 (59.1%) | 10:49        | 5.5 (40.7%) |
| 286 | SZPUREK Anna            | 8365  | BUKOWSKI KLUB BIEGACZA   | Senior II K - 30   | 38   | 00:44:35 | 01:10:24 | 01:48:20.60     | +01:04:02 (59.1%) | 10:50        | 5.5 (40.7%) |
| 287 | JAGUSZEWSKA Agnieszka   | 8109  |                          | Senior II K - 30   | 39   | 00:44:46 | 01:08:46 | 01:48:23.60     | +01:04:05 (59.1%) | 10:50        | 5.5 (40.7%) |
| 288 | PRASAL Konrad           | 8405  |                          | Senior I M - 20    | 38   | 00:49:28 | 01:12:27 | 01:48:34.40     | +01:04:16 (59.2%) | 10:51        | 5.5 (40.7%) |
| 289 | ŻOŁYNIAK Szymon         | 8330  |                          | Masters M - 40     | 51   | 00:49:18 | 01:11:08 | 01:48:38.85     | +01:04:20 (59.2%) | 10:51        | 5.5 (40.7%) |
| 290 | CHADZULIS Kostas        | 8195  |                          | Senior II M - 30   | 60   | 00:43:40 | 01:08:15 | 01:48:39.90     | +01:04:21 (59.2%) | 10:52        | 5.5 (40.7%) |
| 291 | WITKOWSKA Maria         | 8019  | KLUB KRÓLIKA STEFANA     | Weteran II K - 60  | 1    | 00:44:25 | 01:08:33 | 01:48:45.10     | +01:04:26 (59.3%) | 10:52        | 5.5 (40.7%) |

| Msc | Zawodnik                     | Numer | Klub                    | Kategoria         | Mkat | C1<br>3.7km | C1<br>5.8km | Czas<br>netto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------------|-------|-------------------------|-------------------|------|-------------|-------------|-----------------------|----------------------|-----------------|----------------|
| 292 | ZIELIŃSKA - KASZAM Magdalena | 8408  |                         | Masters K - 40    | 41   | 00:42:40    | 01:05:08    | 01:48:54.75           | +01:04:36<br>(59.3%) | 10:53           | 5.5<br>(40.7%) |
| 293 | KRÓL Mieczysław              | 8422  |                         | Masters M - 40    | 52   | 00:40:17    | 01:00:37    | 01:49:05.60           | +01:04:47<br>(59.4%) | 10:54           | 5.5<br>(40.7%) |
| 294 | STRZELCZYK Ilona             | 8047  | KĘSY TEAM               | Weteran K - 50    | 7    | 00:41:44    | 01:08:47    | 01:49:07.30           | +01:04:48<br>(59.4%) | 10:54           | 5.5<br>(40.7%) |
| 295 | NIESTERUK Paulina            | 8249  |                         | Senior II K - 30  | 40   | 00:41:00    | 01:08:08    | 01:49:52.85           | +01:05:34<br>(59.7%) | 10:59           | 5.5<br>(40.7%) |
| 296 | KOŁACZ Wiola                 | 8265  | LAFIRYNDY I GAMONIE     | Masters K - 40    | 42   | 00:45:00    | 01:10:23    | 01:50:27.50           | +01:06:09<br>(59.9%) | 11:02           | 5.4<br>(40.0%) |
| 297 | MALISZ Agnieszka             | 8322  |                         | Senior II K - 30  | 41   | 00:44:00    | 01:07:11    | 01:50:40.35           | +01:06:22<br>(60.0%) | 11:04           | 5.4<br>(40.0%) |
| 298 | SŁOMKA Mariusz               | 8303  |                         | Senior II M - 30  | 61   | 00:35:28    | 01:01:38    | 01:50:43.85           | +01:06:25<br>(60.0%) | 11:04           | 5.4<br>(40.0%) |
| 299 | NOWAK Teresa                 | 8386  |                         | Weteran II K - 60 | 2    | 00:42:33    | 01:10:02    | 01:50:44.95           | +01:06:26<br>(60.0%) | 11:04           | 5.4<br>(40.0%) |
| 300 | MAJ Magdalena                | 8004  | GRAŻYNKI OCR            | Senior II K - 30  | 42   | 00:44:03    | 01:11:57    | 01:50:52.60           | +01:06:34<br>(60.0%) | 11:05           | 5.4<br>(40.0%) |
| 301 | RAJCZAK Monika               | 8166  |                         | Senior II K - 30  | 43   | 00:43:04    | 01:09:22    | 01:50:58.60           | +01:06:40<br>(60.1%) | 11:05           | 5.4<br>(40.0%) |
| 302 | KUŻNIAK Justyna              | 8142  | KB SZAMOTUŁY            | Masters K - 40    | 43   | 00:43:38    | 01:12:07    | 01:51:13.90           | +01:06:55<br>(60.2%) | 11:07           | 5.4<br>(40.0%) |
| 303 | MARIN IRIGARAY Alberto       | 8158  |                         | Senior II M - 30  | 62   | 00:43:36    | 01:09:45    | 01:51:21.05           | +01:07:02<br>(60.2%) | 11:08           | 5.4<br>(40.0%) |
| 304 | GÓRNA Małgorzata             | 8103  |                         | Senior II K - 30  | 44   | 00:43:42    | 01:10:01    | 01:51:29.55           | +01:07:11<br>(60.3%) | 11:08           | 5.4<br>(40.0%) |
| 305 | KOLBUS Julita                | 8236  |                         | Senior II K - 30  | 45   | 00:44:46    | 01:12:35    | 01:51:33.05           | +01:07:14<br>(60.3%) | 11:09           | 5.4<br>(40.0%) |
| 306 | DORDZIK Małgorzata           | 8337  |                         | Weteran II K - 60 | 3    | 00:44:12    | 01:09:35    | 01:51:46.35           | +01:07:28<br>(60.4%) | 11:10           | 5.4<br>(40.0%) |
| 307 | PLUTA Michalina              | 8189  |                         | Senior II K - 30  | 46   | 00:41:57    | 01:10:35    | 01:51:48.30           | +01:07:29<br>(60.4%) | 11:10           | 5.4<br>(40.0%) |
| 308 | JAKUBOWSKA Judyta            | 8038  |                         | Masters K - 40    | 44   | 00:43:42    | 01:10:36    | 01:52:31.95           | +01:08:13<br>(60.6%) | 11:15           | 5.3<br>(39.3%) |
| 309 | DANYLOVA Alina               | 8271  |                         | Senior II K - 30  | 47   | 00:46:10    | 01:12:01    | 01:53:35.70           | +01:09:17<br>(61.0%) | 11:21           | 5.3<br>(39.3%) |
| 310 | KMONK Magdalena              | 8052  |                         | Masters K - 40    | 45   | 00:42:47    | 01:11:20    | 01:53:36.35           | +01:09:18<br>(61.0%) | 11:21           | 5.3<br>(39.3%) |
| 311 | FIKSA Piotr                  | 8185  | WOJART TEAM             | Masters M - 40    | 53   | 00:43:28    | 01:09:56    | 01:53:49.95           | +01:09:31<br>(61.1%) | 11:23           | 5.3<br>(39.3%) |
| 312 | OGRODNIK Anna                | 8102  | ZAKOCHAJ SIE W BIEGANIU | Senior II K - 30  | 48   | 00:46:21    | 01:12:41    | 01:54:03.85           | +01:09:45<br>(61.2%) | 11:24           | 5.3<br>(39.3%) |
| 313 | MATEJCZUK Julia              | 8401  | BIAŁYSTOK BIEGA TEAM    | Senior I K - 20   | 30   | 00:44:30    | 01:11:32    | 01:54:32.50           | +01:10:14<br>(61.3%) | 11:27           | 5.2<br>(38.5%) |
| 314 | GAJDZIŃSKA Magdalena         | 8230  | BIAŁYSTOK BIEGA TEAM    | Masters K - 40    | 46   | 00:44:51    | 01:11:52    | 01:54:53.40           | +01:10:35<br>(61.4%) | 11:29           | 5.2<br>(38.5%) |

| Msc | Zawodnik                   | Numer | Klub                                       | Kategoria        | Mkat | C1<br>3.7km | C1<br>5.8km | Czas<br>netto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------|-------|--------------------------------------------|------------------|------|-------------|-------------|-----------------------|----------------------|-----------------|----------------|
| 315 | KIEPURA Olga               | 8328  |                                            | Senior I K - 20  | 31   | 00:42:35    | 01:13:12    | 01:55:02.20           | +01:10:43<br>(61.5%) | 11:30           | 5.2<br>(38.5%) |
| 316 | JANKOWSKI Rafał            | 8345  | KOŁO BIEGA                                 | Senior II M - 30 | 63   | 00:49:45    | 01:16:26    | 01:55:11.15           | +01:10:52<br>(61.5%) | 11:31           | 5.2<br>(38.5%) |
| 317 | BUCHALIK Patrycja          | 8366  |                                            | Senior I K - 20  | 32   | 00:42:43    | 01:13:22    | 01:55:12.25           | +01:10:53<br>(61.5%) | 11:31           | 5.2<br>(38.5%) |
| 318 | TALAREK Robert             | 8233  | TELERANEK                                  | Masters M - 40   | 54   | 00:45:41    | 01:13:21    | 01:55:20.10           | +01:11:01<br>(61.6%) | 11:32           | 5.2<br>(38.5%) |
| 319 | WYSMOLINSKA Karolina       | 8319  |                                            | Masters K - 40   | 47   | 00:45:48    | 01:13:29    | 01:55:25.05           | +01:11:06<br>(61.6%) | 11:32           | 5.2<br>(38.5%) |
| 320 | MRÓZ Radosław              | 8342  |                                            | Senior II M - 30 | 64   | 00:44:25    | 01:14:38    | 01:55:26.55           | +01:11:08<br>(61.6%) | 11:32           | 5.2<br>(38.5%) |
| 321 | NADOBNIK Bartek            | 8120  | TARNOWO PODGÓRNE BIEGA / SPORTOWY KAŻMIERZ | Senior I M - 20  | 39   | 00:46:25    | 01:13:25    | 01:55:39.60           | +01:11:21<br>(61.7%) | 11:33           | 5.2<br>(38.5%) |
| 322 | MRÓZ Anna                  | 8341  |                                            | Senior II K - 30 | 49   | 00:54:48    | 01:17:27    | 01:55:39.95           | +01:11:21<br>(61.7%) | 11:34           | 5.2<br>(38.5%) |
| 323 | MADAJ-LEJA Jagoda          | 8087  | LEJOWIE                                    | Senior I K - 20  | 33   | 00:44:45    | 01:10:19    | 01:55:45.85           | +01:11:27<br>(61.7%) | 11:34           | 5.2<br>(38.5%) |
| 324 | ŁUKASIK Natalia            | 8309  |                                            | Senior II K - 30 | 50   | 00:39:18    | 01:15:01    | 01:55:50.10           | +01:11:31<br>(61.8%) | 11:35           | 5.2<br>(38.5%) |
| 325 | KRUPIŃSKA Wiola            | 8197  | TRUCHT TARCHOMIN TEAM                      | Senior I K - 20  | 34   | 00:52:54    | 01:17:32    | 01:55:51.80           | +01:11:33<br>(61.8%) | 11:35           | 5.2<br>(38.5%) |
| 326 | SZWARGOT Marta             | 8119  | TARNOWO PODGÓRNE BIEGA / SPORTOWY KAŻMIERZ | Senior II K - 30 | 51   | 00:46:14    | 01:13:15    | 01:55:59.65           | +01:11:41<br>(61.8%) | 11:35           | 5.2<br>(38.5%) |
| 327 | ENGEL-ABULEWICZ Elżbieta   | 8261  | TRENING STUDIO 17                          | Weteran K - 50   | 8    | 00:44:38    | 01:12:22    | 01:56:12.70           | +01:11:54<br>(61.9%) | 11:37           | 5.2<br>(38.5%) |
| 328 | GAGAS Aleksandra           | 8372  |                                            | Masters K - 40   | 48   | 00:44:10    | 01:13:45    | 01:56:23.80           | +01:12:05<br>(61.9%) | 11:38           | 5.2<br>(38.5%) |
| 329 | LASEK Karina               | 8184  |                                            | Senior II K - 30 | 52   | 00:44:34    | 01:13:55    | 01:56:33.45           | +01:12:15<br>(62.0%) | 11:39           | 5.1<br>(37.8%) |
| 330 | WIELADEK Lukasz            | 8132  |                                            | Senior II M - 30 | 65   | 00:46:35    | 01:16:33    | 01:57:59.40           | +01:13:41<br>(62.4%) | 11:47           | 5.1<br>(37.8%) |
| 331 | STAWSKA-KISIAŁA Natalia    | 8083  |                                            | Senior II K - 30 | 53   | 00:46:06    | 01:14:37    | 01:58:03.90           | +01:13:45<br>(62.5%) | 11:48           | 5.1<br>(37.8%) |
| 332 | KISIAŁA Filip              | 8079  | LACHO TEAM                                 | Masters M - 40   | 55   | 00:46:16    | 01:14:27    | 01:58:13.05           | +01:13:54<br>(62.5%) | 11:49           | 5.1<br>(37.8%) |
| 333 | SŁONINA-TAMUL Olga         | 8295  | ZAŁOGA GÓRSKA                              | Senior I K - 20  | 35   | 00:49:15    | 01:15:59    | 01:58:16.65           | +01:13:58<br>(62.5%) | 11:49           | 5.1<br>(37.8%) |
| 334 | DOMBROWSKI Maciej          | 8371  | ATTIQ TEAM                                 | Senior II M - 30 | 66   | 00:49:58    | 01:16:10    | 01:58:26.60           | +01:14:08<br>(62.6%) | 11:50           | 5.1<br>(37.8%) |
| 335 | WIELĄDEK Piotr             | 8130  |                                            | Senior II M - 30 | 67   | 00:48:54    | 01:17:53    | 01:58:34.80           | +01:14:16<br>(62.6%) | 11:51           | 5.1<br>(37.8%) |
| 336 | BŁĄDEK-GRZELCZAK Katarzyna | 8198  |                                            | Weteran K - 50   | 9    | 00:46:46    | 01:14:05    | 01:59:55.90           | +01:15:37<br>(63.1%) | 11:59           | 5 (37.0%)      |
| 337 | WINIARSKA Monika           | 8042  | DXTREEM RUNNING                            | Masters K - 40   | 49   | 00:44:20    | 01:13:05    | 02:01:35.95           | +01:17:17<br>(63.6%) | 12:09           | 4.9<br>(36.3%) |

| Msc | Zawodnik               | Numer | Klub                         | Kategoria         | Mkat | C1<br>3.7km | C1<br>5.8km | Czas<br>netto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------|-------|------------------------------|-------------------|------|-------------|-------------|-----------------------|----------------------|-----------------|----------------|
| 338 | RYDZYŃSKI Jacek        | 8310  | KNEIPPTEAM                   | Senior II M - 30  | 68   | 00:47:13    | 01:14:01    | 02:02:30.85           | +01:18:12<br>(63.8%) | 12:15           | 4.9<br>(36.3%) |
| 339 | LOJOWSKI Bartosz       | 8082  |                              | Senior II M - 30  | 69   | 00:47:00    | 01:16:31    | 02:03:34.05           | +01:19:15<br>(64.1%) | 12:21           | 4.9<br>(36.3%) |
| 340 | PAWŁOWICZ Julia        | 8406  |                              | Senior I K - 20   | 36   | 00:49:37    | 01:18:42    | 02:03:42.95           | +01:19:24<br>(64.2%) | 12:22           | 4.8<br>(35.6%) |
| 341 | RAKUS Justyna          | 8006  |                              | Masters K - 40    | 50   | 00:48:54    | 01:18:20    | 02:03:45.35           | +01:19:27<br>(64.2%) | 12:22           | 4.8<br>(35.6%) |
| 342 | BOBIN Anna             | 8055  | ZOCHU TEAM                   | Masters K - 40    | 51   | 00:47:23    | 01:19:08    | 02:03:50.85           | +01:19:32<br>(64.2%) | 12:23           | 4.8<br>(35.6%) |
| 343 | MACUR Agnieszka        | 8088  |                              | Masters K - 40    | 52   | 00:47:19    | 01:16:48    | 02:03:53.85           | +01:19:35<br>(64.2%) | 12:23           | 4.8<br>(35.6%) |
| 344 | GONERA Janina          | 8010  | KB HARCOWNIK JELCZ-LASKOWICE | Weteran II K - 60 | 4    | 00:50:20    | 01:19:33    | 02:04:26.60           | +01:20:08<br>(64.4%) | 12:26           | 4.8<br>(35.6%) |
| 345 | MRÓZ Izabela           | 8338  | WOLNE ŚLIMAKI                | Senior II K - 30  | 54   | 00:50:16    | 01:20:31    | 02:05:52.80           | +01:21:34<br>(64.8%) | 12:35           | 4.8<br>(35.6%) |
| 346 | FRAĆKOWIAK Anna        | 8034  | KB HARCOWNIK JELCZ-LASKOWICE | Weteran K - 50    | 10   | 00:50:06    | 01:19:24    | 02:06:20.30           | +01:22:01<br>(64.9%) | 12:38           | 4.7<br>(34.8%) |
| 347 | LASEK Jakub            | 8141  | KW OPOLE                     | Senior II M - 30  | 70   | 00:51:46    | 01:22:17    | 02:06:24.50           | +01:22:06<br>(65.0%) | 12:38           | 4.7<br>(34.8%) |
| 348 | POSPIESZNA Anna        | 8224  |                              | Senior II K - 30  | 55   | 00:51:18    | 01:22:25    | 02:06:28.15           | +01:22:09<br>(65.0%) | 12:38           | 4.7<br>(34.8%) |
| 349 | WINIARSKI Andrzej      | 8129  | DXTREEM RUNNING              | Masters M - 40    | 56   | 00:49:10    | 01:19:38    | 02:07:21.45           | +01:23:03<br>(65.2%) | 12:44           | 4.7<br>(34.8%) |
| 350 | PSZCZOLIŃSKA Alicja    | 8086  |                              | Weteran K - 50    | 11   | 00:47:59    | 01:19:47    | 02:07:22.40           | +01:23:04<br>(65.2%) | 12:44           | 4.7<br>(34.8%) |
| 351 | PIECHOWIAK Oliwia      | 8414  | ZAŁOGA GÓRSKA                | Senior I K - 20   | 37   | 00:48:57    | 01:14:26    | 02:07:55.50           | +01:23:37<br>(65.4%) | 12:47           | 4.7<br>(34.8%) |
| 352 | KOWALEWSKA Katarzyna   | 8023  |                              | Masters K - 40    | 53   | 00:47:21    | 01:17:03    | 02:09:07.00           | +01:24:48<br>(65.7%) | 12:54           | 4.6<br>(34.1%) |
| 353 | JACHIM-SZUBA Magdalena | 8390  |                              | Masters K - 40    | 54   | 00:47:38    | 01:18:37    | 02:10:03.10           | +01:25:44<br>(65.9%) | 13:00           | 4.6<br>(34.1%) |
| 354 | CHMIELEWSKI Marcin     | 8387  | BIEGAM BEZ SPINY             | Masters M - 40    | 57   | 00:51:54    | 01:23:40    | 02:11:40.80           | +01:27:22<br>(66.4%) | 13:10           | 4.6<br>(34.1%) |
| 355 | MIELCZAREK Grzegorz    | 8305  |                              | Weteran I M - 50  | 18   | 00:50:26    | 01:25:00    | 02:12:05.85           | +01:27:47<br>(66.5%) | 13:12           | 4.5<br>(33.3%) |
| 356 | MIELCZAREK Halina      | 8020  |                              | Weteran K - 50    | 12   | 00:50:34    | 01:25:10    | 02:12:15.60           | +01:27:57<br>(66.5%) | 13:13           | 4.5<br>(33.3%) |
| 357 | ADACH Magdalena        | 8116  | ENDORFINA WSCHOWA            | Senior I K - 20   | 38   | 00:45:34    | 01:16:39    | 02:13:01.95           | +01:28:43<br>(66.7%) | 13:18           | 4.5<br>(33.3%) |
| 358 | ROŻKO Ela              | 8203  | 4ROŻKI                       | Masters K - 40    | 55   | 00:47:17    | 01:17:02    | 02:13:14.10           | +01:28:55<br>(66.7%) | 13:19           | 4.5<br>(33.3%) |
| 359 | KASPRZAK Tomasz        | 8273  |                              | Masters M - 40    | 58   | 00:50:55    | 01:21:32    | 02:13:14.85           | +01:28:56<br>(66.7%) | 13:19           | 4.5<br>(33.3%) |
| 360 | FRAŤCZAK Ireneusz      | 8259  | GMINA GRĘBOCICE              | Masters M - 40    | 59   | 00:51:03    | 01:21:40    | 02:13:24.75           | +01:29:06<br>(66.8%) | 13:20           | 4.5<br>(33.3%) |



| Msc | Zawodnik                   | Numer | Klub                   | Kategoria          | Mkat | C1<br>3.7km | C1<br>5.8km | Czas<br>netto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------|-------|------------------------|--------------------|------|-------------|-------------|-----------------------|----------------------|-----------------|----------------|
| 361 | OLMA Katarzyna             | 8228  |                        | Masters K - 40     | 56   | 00:55:56    | 01:24:17    | 02:15:54.50           | +01:31:36<br>(67.4%) | 13:35           | 4.4<br>(32.6%) |
| 362 | WOLEK Dagmara              | 8229  |                        | Senior II K - 30   | 56   | 00:49:53    | 01:21:56    | 02:17:00.50           | +01:32:42<br>(67.7%) | 13:42           | 4.4<br>(32.6%) |
| 363 | CZUBA Jadwiga              | 8314  |                        | Senior II K - 30   | 57   | 00:54:40    | 01:29:23    | 02:20:57.60           | +01:36:39<br>(68.6%) | 14:05           | 4.3<br>(31.9%) |
| 364 | TUREK Monika               | 8381  |                        | Senior II K - 30   | 58   | 00:54:50    | 01:29:35    | 02:21:08.55           | +01:36:50<br>(68.6%) | 14:06           | 4.3<br>(31.9%) |
| 365 | HACZYK Gabriela            | 8407  |                        | Weteran III K - 70 | 1    | 00:51:46    | 01:29:42    | 02:22:21.60           | +01:38:03<br>(68.9%) | 14:14           | 4.2<br>(31.1%) |
| 366 | PODJUK Kinga               | 8190  | FRIENDS GOSTYŃ         | Masters K - 40     | 57   | 00:54:06    | 01:30:32    | 02:30:02.15           | +01:45:43<br>(70.5%) | 15:00           | 4 (29.6%)      |
| 367 | MICHALSKI Dariusz          | 8114  | ALFA TEAM GOSTYŃ       | Weteran I M - 50   | 19   | 01:10:45    | 01:52:51    | 02:54:26.70           | +02:10:08<br>(74.6%) | 17:26           | 3.4<br>(25.2%) |
| 368 | WINIARSKI Robert           | 8048  |                        | Weteran I M - 50   | 20   | 00:58:46    | 01:48:44    | 02:55:39.00           | +02:11:20<br>(74.8%) | 17:33           | 3.4<br>(25.2%) |
| 369 | GADZINOWSKI Ignacy         | 8028  |                        | Weteran III M - 70 | 3    | 01:13:56    | 02:01:32    | 03:06:03.75           | +02:21:45<br>(76.2%) | 18:36           | 3.2<br>(23.7%) |
| 370 | GADZINOWSKA Małgorzata     | 8053  |                        | Weteran II K - 60  | 5    | 01:14:02    | 02:01:41    | 03:06:13.55           | +02:21:55<br>(76.2%) | 18:37           | 3.2<br>(23.7%) |
| 371 | SZYMAŃSKI Paweł            | 8137  | MUAY RUNING TEAM       | Masters M - 40     | 60   | 01:19:13    | 02:01:15    | 03:07:08.80           | +02:22:50<br>(76.3%) | 18:42           | 3.2<br>(23.7%) |
| 372 | SZYMAŃSKA Agnieszka        | 8074  | MUAY RUNNING TEAM      | Masters K - 40     | 58   | 01:19:22    | 02:01:24    | 03:07:19.15           | +02:23:00<br>(76.3%) | 18:43           | 3.2<br>(23.7%) |
| 373 | NIZIOŁ Marcin              | 8037  |                        | Masters M - 40     | 61   | 01:18:18    | 02:03:08    | 03:12:22.00           | +02:28:03<br>(77.0%) | 19:14           | 3.1<br>(23.0%) |
| 374 | JAWORSKA-NIZIOŁ Magdalena  | 8093  |                        | Senior II K - 30   | 59   | 01:18:33    | 02:03:18    | 03:12:32.10           | +02:28:13<br>(77.0%) | 19:15           | 3.1<br>(23.0%) |
| 375 | TALAREK JĘDRULAK Katarzyna | 8234  | TELERANEK              | Senior II K - 30   | 60   | 01:14:06    | 02:04:06    | 03:30:48.30           | +02:46:29<br>(79.0%) | 21:04           | 2.8<br>(20.7%) |
| 376 | BAHRANOWSKA-KILIAN Maria   | 8110  | AZS AWF KRAKÓW MASTERS | Senior I K - 20    | 39   |             |             |                       |                      |                 | (0.0%)         |

Znaleziono 376 wynik(ów)