GOLDEN MOUNTAINS TRAIL - 33 KM

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

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Start Lądek 0.01km	A1 9km	Czernica 14km	D1 24km
1	**TRZPIOLA Tycjan**	**6013**	KURACJUSZE	Senior II M - 30	00:00:21	01:16:11	02:17:30	03:32:56
2	**KIEŁBASIEWICZ Dawid**	**6031**	MOYA RACING TEAM	Senior I M - 20	00:00:06	01:21:19	02:45:35	04:09:50
3	**KORALEWSKA Edyta**	**6058**		Masters K - 40	00:01:11	01:27:40		03:46:48
4	**GIERADA Ryszard**	**6067**		Weteran I M - 50	00:00:09	01:26:59	02:33:22	04:08:50
5	**BALNER Sebastian**	**6069**	-	Masters M - 40	00:00:07	01:25:23	02:50:41	04:39:59
6	**ŁUŻNY Agnieszka**	**6070**		Senior II K - 30	00:00:17	01:38:22	03:00:25	04:30:28
7	**WALCZAK Piotr**	**6072**		Masters M - 40	00:00:56	01:12:39	02:07:45	03:21:29
8	**MARNYSZ Michał**	**6153**		Senior II M - 30	00:01:00	01:30:58	02:35:59	03:58:07
9	**SAWICKI Bartosz**	**6158**	DZIKIE DZIKI GORZÓW	Senior II M - 30	00:00:10	01:12:12	02:08:15	03:19:40
10	**KOZŁOWSKA Anna**	**6168**		Masters K - 40	00:00:32	01:27:56		03:58:35
11	**WANKIEWICZ Krzysztof**	**6194**		Masters M - 40	00:00:40	01:21:56	02:22:48	03:42:42
12	**GUZIK Joanna**	**6207**	NKB CHYŻY NOWY TOMYŚL	Senior II K - 30	00:00:01	01:10:36	02:09:01	03:22:40
13	**BIENIEK-UGNIEWSKA Joanna**	**6217**	SUNFIT STUDIO	Masters K - 40	00:00:05	01:08:10	01:58:47	02:59:18
14	**SŁODKIEWICZ Piotr**	**6228**	KNEIPPTEAM	Senior II M - 30	00:00:55	01:29:24	02:41:52	04:14:58
15	**SŁODKIEWICZ Dagmara**	**6229**	KNEIPPTEAM	Senior II K - 30	00:00:55	01:29:24	02:41:55	04:15:04
16	**MAŃKOWSKI Tomasz**	**6230**	HOMAG RUN TEAM	Senior II M - 30	00:01:12	01:24:23	02:24:26	03:45:09
17	**CHMIELEWSKI Mariusz**	**6234**	#STAJNIAKTEAM	Senior II M - 30	00:00:37	01:27:30		04:20:08
18	**SZOSTEK Jakub**	**6235**		Senior I M - 20	00:00:44	01:10:10		02:57:45
19	**SZOSTEK Marek**	**6236**		Senior I M - 20	00:00:44	01:02:19	01:43:17	02:34:33
20	**GMAJ Daniel**	**6250**		Senior II M - 30	00:00:28	01:24:26	02:28:22	03:49:35
21	**PODBOROŻNY Karol**	**6251**		Senior II M - 30	00:01:12	01:22:21	02:21:36	03:41:32
22	**SNOCHOWSKI Leszek**	**6263**	LESZEK TEAM	Weteran II M - 60	00:00:33	01:24:12	02:32:51	03:56:55
23	**KUBICA Paweł**	**6270**	GÓRYLASY / MKS SIECHNICE	Senior II M - 30	00:01:06	01:19:40		04:11:25
24	**ZĄBEK Łukasz**	**6289**	140MINUT.PL	Masters M - 40	00:00:05	01:05:19	02:02:32	03:06:00
25	**KWIATKOWSKA Dominika**	**6329**	MOCNA GRUPA CEZARA	Senior I K - 20	00:01:03	01:31:25	02:35:21	03:55:30
26	**KRÓLICKI Konrad**	**6450**	STG WARSZAWA	Masters M - 40	00:00:14	01:17:44	02:22:12	03:39:13
27	**WITEK Andrzej**	**6463**	140MINUT.PL	Senior II M - 30	00:00:00	00:43:17	01:15:11	01:52:55
28	**ŚWIERAD Krystian**	**6486**		Senior I M - 20	00:00:03	00:53:58	01:33:09	02:19:47
29	**TOMCZAK Dariusz**	**6487**		Senior II M - 30	00:00:16	01:13:07	02:05:46	03:08:49
30	**ADAMCZYK Emanuela**	**6500**	#BIEGIEMWLAS	Senior I K - 20	00:00:09	01:05:09	01:53:18	02:51:59

Msc	Zawodnik	Numer	Klub	Kategoria	Start Lądek 0.01km	A1 9km	Czernica 14km	D1 24km
31	**WÓJCIK Karolina**	**6523**		Senior II K - 30	00:00:08	01:12:49	02:08:19	03:11:58
32	**DYCZKOWSKI Łukasz**	**6524**	KARKONOSZ RUNNING TEAM	Senior I M - 20	00:00:08	00:57:43	01:42:38	02:38:12
33	**STRYCZNIEWICZ Krzysztof Stryczniewicz**	**6525**	555	Masters M - 40	00:00:54	01:28:54	02:29:20	03:51:05
34	**ŻYLIŃSKA Agnieszka**	**6526**	555	Senior II K - 30	00:00:54	01:28:51	02:29:53	03:51:06
35	**FRANKOWSKA Katarzyna**	**6527**	PRO366	Masters K - 40	00:01:11	01:31:51	02:36:59	03:55:35
36	**STASZEWSKI Piotr**	**6528**		Weteran I M - 50	00:01:11	01:31:52	02:37:01	03:55:34
37	**BUCZAK Jakub**	**6001**		Senior II M - 30	00:00:01	01:13:50	02:08:56	03:17:25
38	**KABAŁA Bartosz**	**6002**	#BIEGIEMWLAS	Senior I M - 20	00:00:43	01:18:45		03:29:02
39	**TARASZKIEWICZ Krzysztof**	**6004**		Masters M - 40	00:00:49	01:39:13	03:08:27	04:47:02
40	**BEKAS Paulina**	**6005**	NIGHT RUNNER	Senior II K - 30	00:01:04	01:45:06	03:06:11	04:41:55
41	**WYCHOWANIEC Paweł**	**6006**		Senior II M - 30	00:00:16	01:02:16		02:49:37
42	**SCHMIDT Jacek**	**6007**	HERNIK TEAM	Weteran I M - 50	00:00:13	01:41:58	03:04:52	04:59:10
43	**GRZESIAK Rafał**	**6008**	EMERYT	Masters M - 40	00:00:49	01:39:14	03:08:25	04:47:03
44	**TYL Radosław**	**6009**		Masters M - 40	00:00:41	01:15:12	02:10:32	03:21:05
45	**PYREK Iwona**	**6010**		Masters K - 40	00:01:11	01:36:31	02:56:28	04:22:51
46	**BEKAS Jedrzej**	**6011**	NIGHT RUNNERS	Masters M - 40	00:01:03	01:45:06	03:06:02	04:41:50
47	**MYSZKIEWICZ Paweł**	**6012**	MOCNA GRUPA CEZARA	Senior II M - 30	00:00:19	01:11:29	02:02:07	03:04:26
48	**WIZE-ZIELONKA Karolina**	**6014**	LEŚNE KUNY	Masters K - 40	00:00:58	01:50:51	03:11:17	04:54:17
49	**REPCZYŃSKI Mateusz Repczyński**	**6015**		Senior I M - 20	00:00:01	01:13:51	02:13:26	03:29:35
50	**LEHMANN Monika**	**6016**		Senior I K - 20	00:00:09	01:10:30	02:03:18	03:09:54
51	**BALCERZAK Krysia**	**6017**	DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ	Masters K - 40	00:00:22	01:33:37	02:43:08	04:20:24
52	**KNOBLOCH Ewa**	**6018**	LEŚNE KUNY	Masters K - 40	00:00:58	01:50:52	03:11:14	04:53:43
53	**MIKOŁAJEWSKA Zofia**	**6019**	ORT	Senior II K - 30	00:00:10	01:30:43	02:55:44	04:22:24
54	**MODRAK Maciej**	**6020**	PARKRUN GRUDZIĄDZ	Weteran I M - 50	00:01:09	01:40:49	02:57:50	04:25:36
55	**ŁĘKAWA Sebastian**	**6023**	140MINUT.PL	Masters M - 40	00:00:36	01:23:40	02:32:10	03:50:46
56	**CEITEL Lidia**	**6024**		Masters K - 40	00:01:00	01:50:53	03:11:20	04:53:54
57	**SABAT Kamil**	**6025**	140MINUT.PL	Senior II M - 30	00:00:06	00:58:16	01:45:56	02:44:18
58	**DENYSENKO Lech**	**6027**	BDB TEAM KATOWICE	Weteran II M - 60	00:00:32	01:23:50	02:22:34	03:35:31
59	**CEITEL Maciej**	**6028**		Masters M - 40	00:00:58	01:28:12	02:27:23	03:38:08
60	**KŁACZKIEWICZ Magdalena**	**6029**	KB SZAMOTUŁY	Senior I K - 20	00:00:57	01:37:27	02:51:26	04:27:27
61	**OLEŃCZUK Tomasz**	**6030**	TT SZCZECIN	Masters M - 40	00:00:45	01:30:29		03:43:56
62	**KORNAŚ Marcin**	**6032**	GÓRYLASY	Masters M - 40	00:01:07	01:35:43	02:54:19	04:35:35
63	**JODŁOWSKA Ewa**	**6034**	BBL KROSNO ODRZANSKIE	Masters K - 40	00:00:43	01:28:03		03:53:29
64	**TEKIELI Jerzy**	**6035**	TEKIELI FAMILY	Masters M - 40	00:00:56	01:14:15	02:05:08	03:09:20
65	**KURZYŃSKI Piotr**	**6036**	TEAM BEROTU	Masters M - 40	00:00:02	01:00:30	01:45:48	02:41:22
66	**SERBA Michał**	**6037**	KB SZAMOTUŁY	Senior II M - 30	00:00:58	01:24:32	02:36:07	04:06:53
67	**BIŃCZARSKA Monika**	**6039**		Masters K - 40	00:00:23	01:28:17	02:38:14	04:05:05
68	**BRONOWICKI Jarosław**	**6040**	DRUŻYNA SZPIKU, ŻÓŁW I ZAJĄC	Masters M - 40	00:00:49	01:37:11	02:45:04	04:36:04
69	**CIUK Bartosz**	**6041**	BP RUNNING TEAM GLIWICE	Weteran I M - 50	00:01:03	02:05:29	03:43:52	05:04:40
70	**JANKOWSKI Łukasz**	**6043**	STAN UMYSŁU LEWIN BIEGA	Senior II M - 30	00:00:47	01:27:25		03:52:02
71	**RÓLKA Mariola**	**6044**	BP RUNNING TEAM GLIWICE	Masters K - 40	00:00:52	01:22:05		03:55:32
72	**FRĄCZEK Michał**	**6045**	BRONOWICE TEZ BIEGAJĄ BTB	Masters M - 40		01:34:54	02:57:09	04:33:03
73	**TERPIŁOWSKI Arkadiusz**	**6046**		Senior I M - 20	00:00:20	01:17:54	02:22:30	03:49:18
74	**RUŚKIEWICZ Wojciech Ruśkiewicz**	**6047**	DELOITTE ADVENTURE TEAM	Senior II M - 30	00:00:35	01:13:31	02:12:39	03:45:26
75	**KONSEK Jacek**	**6048**		Senior II M - 30	00:00:04	01:18:12		03:37:53

Msc	Zawodnik	Numer	Klub	Kategoria	Start Lądek 0.01km	A1 9km	Czernica 14km	D1 24km
76	**GUTRAL Magdalena**	**6049**	WKB MARATOŃCZYK WŁOCŁAWEK	Masters K - 40		01:05:07	01:53:24	02:53:40
77	**PRZESTRZELSKA-HAAS Marta**	**6052**	BACKPACKING OKAPI TEAM	Masters K - 40	00:01:06	01:45:22	03:06:27	04:35:28
78	**SZALENIEC Joanna**	**6053**	RUNNERS TEAM NYSA	Masters K - 40	00:00:31	01:20:28	02:21:52	03:29:16
79	**SZALENIEC Marcin**	**6054**	RUNNERS TEAM NYSA	Masters M - 40	00:00:33	01:20:27	02:21:49	03:29:14
80	**LULIS Dawid**	**6055**	ALTRA TEAM RED	Senior II M - 30	00:00:01	00:50:15	01:28:36	02:13:58
81	**WOJTASIK Łukasz**	**6056**	AKTYWNY OSTRZESZÓW	Masters M - 40	00:00:10	01:10:07	02:06:32	03:12:12
Przekroczony limit czasu: 07:00:00								
82	**ZAKRZEWSKA Beata**	**6057**		Senior II K - 30	00:00:31	01:39:17	03:00:54	04:57:54
83	**HRYCAJ Mariusz**	**6059**	REBELLION OF FREE RUNERS	Masters M - 40	00:00:06	01:15:16		03:30:23
84	**GRYGIEREK Roman**	**6060**	KLUB BIEGACZA FARTLEK	Masters M - 40	00:00:02	01:00:23	01:49:18	02:48:50
85	**BOROWIK Agata**	**6061**	CAŁA OLEŚNICA BIEGA	Senior II K - 30	00:00:36	01:48:41	03:15:45	04:54:20
86	**CZERWIŃSKI Jarosław**	**6062**		Weteran II M - 60	00:00:24	01:33:13	02:43:21	04:16:10
87	**CZERWIŃSKA Arleta**	**6064**		Weteran II K - 60	00:00:24	01:33:14	02:43:28	04:16:10
88	**HARASIMOWICZ Sławek**	**6065**	GOLENIÓW	Masters M - 40	00:00:38	01:16:59	02:12:31	03:15:37
89	**LISEK Janusz**	**6066**	TEAM BEROTU	Masters M - 40	00:00:25	01:13:04	02:09:08	03:27:55
90	**KLYSZCZ Michał**	**6074**	IZBICKO W BIEGU	Senior I M - 20	00:00:44	01:05:34	01:53:14	02:48:32
91	**ŁOBOS Mariusz**	**6075**		Weteran I M - 50	00:00:24	01:18:56	02:15:56	03:26:27
92	**PAZDAN Piotr**	**6076**	RUNNING TEAM NASTOPY.PL /140MINUT.PL	Masters M - 40	00:00:01	00:54:23	01:34:51	02:20:17
93	**GESS Magdalena**	**6077**	ZABIEGANI GOLENIÓW	Masters K - 40	00:00:39	01:40:53	03:11:11	04:51:04
94	**TOMCZYK Rafał**	**6078**	PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL	Senior II M - 30	00:00:10	01:10:21	02:02:12	03:10:39
95	**TOWPIK Piotr**	**6079**		Senior II M - 30	00:00:49	01:23:02	02:27:42	03:53:09
96	**NIEWIADOMSKI Marek**	**6082**	CROSS KRAPKOWICE	Senior II M - 30	00:00:56	01:29:43	02:35:14	04:19:28
97	**KOLAWA Piotr**	**6083**	TRENUJZNAMI.PL	Masters M - 40	00:00:35	01:13:32	02:08:34	03:14:54
98	**KŁODA Dariusz**	**6084**	DRUŻYNA SZPIKU	Masters M - 40	00:00:20	01:11:57	02:06:02	03:10:28
99	**GESS Mariusz**	**6085**	CZUBY Z GOLENIOWA	Masters M - 40	00:00:10	01:05:11	01:54:10	02:52:22
100	**ROGOŹNICKI Paweł**	**6086**	#ZALINIAMETY	Masters M - 40	00:00:34	01:30:23	02:40:45	04:24:36
101	**MATUSZAK Krzysztof**	**6088**	TRIGYM SZCZECIN/MATUSZAK TEAM	Masters M - 40	00:01:05	01:26:36	02:31:58	03:54:53
102	**GRĘDA Elżbieta**	**6089**		Masters K - 40	00:00:41	01:26:27	02:21:29	03:48:57
103	**LASEK Jakub**	**6090**	RMT TEAM	Senior II M - 30	00:00:01	00:57:19	01:43:56	02:35:17
104	**BARANOWSKI Szymon**	**6091**		Senior II M - 30	00:00:17	01:25:41	02:28:07	03:52:38
105	**SZCZOTKA Katarzyna**	**6092**		Senior I K - 20	00:00:17	01:26:50	02:31:34	03:52:39
106	**DROŻYŃSKA Iwona**	**6094**	LUCEK PAZUR TEAM	Senior II K - 30	00:00:44	01:25:18		03:47:21
107	**SUSZCZYNSKI Krzysztof**	**6096**	RUNNERS TEAM NYSA/ LUCEK PAZUR TEAM	Masters M - 40	00:00:44	01:24:40	02:28:18	03:48:51
108	**RATAJCZAK Karolina**	**6097**		Senior I K - 20	00:00:33	01:36:11	02:44:49	04:09:49
109	**WENTYKIER Beata**	**6098**	POMYŁKA TEAM	Masters K - 40	00:00:09	01:14:49		03:40:06
110	**DYJAK Robert**	**6099**	TAMWORTH ATHLETIC CLUB	Masters M - 40	00:00:05	00:54:21	01:34:56	02:20:54
111	**KOŃ Aleksandra**	**6104**	EKIPA LIPA	Masters K - 40	00:00:34	01:33:47	02:46:26	04:21:22
112	**TOMASZKIEWICZ Wojciech**	**6105**	RUN FOREST	Senior II M - 30	00:00:07	01:02:27	01:53:12	02:52:28
113	**RABIEJ Kazimierz**	**6107**	ROZBIEGANI CHOJNÓW	Weteran II M - 60	00:00:39	01:26:11	02:32:36	03:52:51
114	**CZYŻ Leszek**	**6108**	FANTASTIC TEAM	Masters M - 40	00:00:47	01:15:45		03:15:46
115	**MAJKA Jarek**	**6109**	SYNANDOJCIEC	Masters M - 40	00:00:27	01:12:41	02:08:52	03:20:00
116	**ZIEWIEC Marcin**	**6111**		Senior II M - 30	00:00:45	01:21:53	02:24:03	03:50:17
117	**WALCZAK Adela**	**6112**	TRAIL IS OUR WAY TEAM	Senior II K - 30	00:00:08	01:10:06	02:05:54	02:57:42
118	**GRABEK Maciej**	**6113**	ŚLĘZAK TEAM	Senior II M - 30	00:00:04	00:57:23	01:39:37	02:37:26
119	**KISIAŁA Filip**	**6114**	TATA WOJTUSIA <3	Masters M - 40	00:00:54	01:27:20	02:34:22	04:07:08

Msc	Zawodnik	Numer	Klub	Kategoria	Start Lądek 0.01km	A1 9km	Czernica 14km	D1 24km
120	**KOSTYK Grzegorz**	**6115**		Masters M - 40	00:00:25	01:28:31	02:34:11	03:58:47
121	**MIKLER Marcin**	**6117**		Masters M - 40	00:00:22	01:36:35	02:46:36	04:18:28
122	**KARWACZYŃSKI Roger**	**6118**	RUNNING TEAM NASTOPY.PL	Senior II M - 30	00:00:01	00:49:13	01:26:37	02:10:04
123	**GURGUL Sebastian**	**6119**	AROMAT NÓG	Masters M - 40	00:00:03	00:56:27	01:39:48	02:31:03
124	**MICHALSKI Tomasz**	**6120**		Masters M - 40	00:00:46	01:28:11	02:29:59	03:53:47
125	**DĄBKIEWICZ Dominika**	**6121**	NIGHT RUNNERS	Masters K - 40	00:00:53	01:19:10		03:26:26
126	**DEMUSZ Natalia**	**6122**		Senior II K - 30	00:01:06	01:14:30		03:11:56
127	**PRAGACZ Adam**	**6123**		Senior I M - 20	00:01:15	01:35:31	02:48:25	04:20:41
128	**KRAWCZYK Robert**	**6125**		Senior II M - 30	00:00:12	01:13:23	02:07:51	03:16:54
129	**PRUSZCZYŃSKI Piotr**	**6126**		Masters M - 40	00:00:33	01:22:07	02:31:39	03:51:13
130	**KALIŃSKI Krzysztof**	**6127**		Masters M - 40	00:00:39	01:26:07	02:36:26	04:06:53
131	**CIĄPAŁA Jakub**	**6128**	DZIKIE ŚWINIE	Senior II M - 30	00:02:08	01:37:45	02:43:31	04:10:45
132	**NOWAK Filip**	**6130**	NIGHT RUNNERS	Masters M - 40	00:00:55	01:35:53	02:47:57	04:21:45
133	**ZAJKOWSKA Ewa**	**6131**	VEGE RUNNERS	Senior II K - 30	00:01:14	01:29:26	02:32:23	03:48:48
134	**BONIEC Radosław**	**6132**	NADLEŚNICTWO LIPINKI/140MINUT.PL	Senior II M - 30		00:50:12	01:28:56	02:14:16
135	**SZCZESZEK Arkadiusz**	**6133**		Masters M - 40	00:00:16	01:10:45	02:06:38	03:15:55
136	**BIAŁEK Kamila**	**6134**		Masters K - 40	00:00:22	01:33:39	02:43:35	04:20:25
137	**BASEK Damian**	**6136**	ALSTOM KATOWICE	Senior II M - 30	00:00:11	01:29:51	02:43:40	04:20:31
138	**MISZCZAK Katarzyna**	**6138**	MIRAZ RACE TEAM	Masters K - 40	00:00:03	01:27:09	02:37:17	04:06:58
139	**BŁACHNIO Krzysztof**	**6139**	RAZ SZCZECIN	Weteran I M - 50	00:00:11	01:24:30	02:39:14	04:18:52
140	**GRZELA Ilona**	**6140**	NIGHT RUNNERS	Masters K - 40	00:00:23	01:44:38	03:15:10	04:54:20
141	**JAGŁA Ewelina**	**6141**		Senior II K - 30	00:01:01	01:29:40		03:48:04
142	**MARTYNIAK Rafał**	**6144**		Masters M - 40	00:00:53	01:27:50	02:38:05	04:33:29
143	**GIDASZEWSKA Jolanta**	**6146**		Masters K - 40	00:00:54	01:42:43	02:51:03	04:10:26
144	**ŚPIEWAK Radosław**	**6148**		Masters M - 40	00:00:29	01:16:55	02:10:56	03:15:11
145	**DRYGAJŁO Tomasz**	**6151**		Senior II M - 30	00:01:00	01:30:59		03:58:09
146	**NOWAK Tomasz**	**6152**	BW BIEGACZE WYMIATACZE	Senior II M - 30	00:00:57	01:22:55	02:21:32	03:33:22
147	**BŁASZCZAK Marek**	**6154**	MOCNA GRUPA CEZARA	Senior II M - 30	00:00:19	01:09:44	02:04:16	03:12:33
148	**HORODYSKI Marek**	**6156**		Senior II M - 30	00:00:45	01:23:42	02:29:24	03:53:48
149	**ŁATWIŃSKA Marzena**	**6157**	MOCNA GRUPA CEZARA	Weteran K - 50	00:01:01	01:54:36	03:10:24	04:47:36
150	**LEWICKI Tomasz**	**6159**	CAŁA OLEŚNICA BIEGA	Masters M - 40	00:00:36	01:27:20	02:28:39	03:50:02
151	**BARTKOWSKA Anna**	**6160**	ALSTOM KATOWICE	Masters K - 40	00:00:10	01:29:51	02:43:45	04:20:33
152	**ŁATWIŃSKI Mateusz**	**6161**	MOCNA GRUPA CEZARA	Senior I M - 20	00:00:20	01:18:02	02:22:00	03:40:18
153	**KACPRZYCKI Tomasz**	**6162**		Senior II M - 30	00:01:02	01:47:17	03:04:34	04:46:16
154	**LENART Jakub**	**6163**		Senior II M - 30	00:00:38	01:23:56	02:27:19	03:47:15
155	**ŻWIRSKI Marcin**	**6164**		Senior II M - 30	00:00:34	00:55:33	01:35:06	02:29:08
156	**NOWAKOWSKI Wiesław**	**6165**	BIEGAM BO LUBIĘ	Weteran II M - 60	00:00:14	01:22:25		04:10:06
157	**PODSIADŁY Maciej**	**6166**	KS STASZEWSCY	Senior II M - 30	00:00:40	01:41:37	02:52:29	04:25:03
158	**GROCHAŁA Wojciech**	**6167**	ZG POLKOWICE-SIEROSZOWICE	Masters M - 40	00:02:20	01:33:04		03:57:32
159	**NOWAK Ireneusz**	**6169**		Weteran I M - 50	00:00:56	01:22:01	02:24:18	03:40:54
160	**GRĄDZKA Marianna**	**6171**		Senior I K - 20	00:00:57	01:29:25	02:40:27	04:15:02
161	**FIKTUS Paweł**	**6172**		Masters M - 40	00:00:49	01:30:00	02:39:29	04:32:05
162	**JASKÓŁKA Rafał**	**6174**	VENUS - BRUK	Masters M - 40	00:00:29	01:30:29	02:33:01	03:54:30
163	**JASKÓŁKA Hubert**	**6175**	VENUS - BRUK	Weteran II M - 60	00:00:29	01:30:27	02:33:05	03:54:30
164	**JAKUSZEK Paweł**	**6176**	PGB SPORTOWA PACZKA	Masters M - 40	00:00:26	01:17:40	02:13:37	03:21:56

Msc	Zawodnik	Numer	Klub	Kategoria	Start Lądek 0.01km	A1 9km	Czernica 14km	D1 24km
165	**PAMUŁA Marta**	**6177**		Senior I K - 20	00:00:51	01:27:15	02:31:00	04:19:40
166	**GMYREK Jacek**	**6178**		Masters M - 40	00:00:10	01:10:56		03:08:55
167	**SZYSZKA Agnieszka**	**6179**		Masters K - 40	00:00:24	01:31:11	02:39:05	04:04:15
168	**ZDAŃSKI Paweł**	**6180**		Senior II M - 30	00:00:22	01:17:49		03:35:50
169	**BRASEL Marcin**	**6181**	TRIGYM SZCZECIN	Weteran I M - 50	00:01:04	01:20:07	02:17:51	03:40:44
170	**ZAKRZEWSKA Anna**	**6182**		Masters K - 40	00:00:09	01:39:48	02:57:55	04:28:38
171	**ZELMANOWICZ - SZŁAPA Ewa**	**6183**	IZBICKO W BIEGU	Masters K - 40	00:01:13	01:49:08	03:05:11	04:46:16
172	**JAKUSZEK Krzysztof**	**6184**	CEGIELNIA PIASKI	Masters M - 40	00:00:25	01:17:40	02:13:42	03:21:50
173	**JANOSZ Paweł**	**6185**		Senior I M - 20	00:00:17	01:11:34	02:06:10	03:18:07
174	**GARGAS Ewa**	**6186**	TEAM PRZEDWOJEWSKI	Senior II K - 30	00:00:22	01:04:43	01:53:01	02:46:09
175	**BIAŁY Adam**	**6187**		Masters M - 40	00:00:14	01:05:11	01:52:30	02:50:18
176	**GAZDA Vítězslav**	**6188**	BENEŠOVSKÝ BĚŽECKÝ KLUB A TRENOVANIBEHU.CZ	Masters M - 40	00:00:04	00:54:27	01:36:57	02:30:17
177	**KRUPIŃSKA Andżelika**	**6189**	AKTYWNI RAZEM/ BIEGAJĄCE KREJZOLE	Senior II K - 30	00:00:17	01:13:39	02:12:11	03:22:05
178	**ROBAKOWSKA Joanna**	**6190**	NIGHT RUNNERS	Senior II K - 30	00:00:51	01:31:24	02:36:15	03:55:31
179	**NIKOLAJUK Robert**	**6191**		Masters M - 40	00:01:59	01:51:41	03:09:49	04:49:58
180	**ŁUNKIEWICZ Jagna**	**6192**	EURO FILM FOLIE OKIENNE	Masters K - 40	00:01:09	01:34:50	02:37:45	03:58:32
181	**ALEKSANDROWICZ Marlena**	**6193**		Masters K - 40	00:01:09	01:34:51	02:37:26	03:59:53
182	**GRZYB Krzysztof**	**6195**	KLUB BIEGACZA EURO	Masters M - 40	00:01:15	01:31:42		03:45:56
183	**MATENKA Kamil**	**6197**	PACMAN RUNNING TEAM	Senior II M - 30	00:00:10	01:05:05	01:52:16	02:46:30
184	**CHABŁO Daniel**	**6198**		Masters M - 40	00:00:35	01:30:57	02:51:29	04:24:56
185	**GĄSIOROWSKI Jarosław**	**6199**	ADDED VALUE TEAM	Senior I M - 20	00:00:11	00:58:45	01:46:10	02:44:20
186	**KMIECIKOWSKI Jakub**	**6200**		Senior I M - 20	00:00:53	01:35:52	02:41:06	04:06:11
187	**KASPRZYK Marcin**	**6201**		Senior I M - 20	00:00:53	01:35:50	02:38:20	03:56:41
188	**JÓŹWIAK Radoslaw**	**6203**	ŻARY RUNNERS TEAM	Masters M - 40	00:00:36	01:15:54	02:09:30	03:18:50
189	**PLEWA Katarzyna**	**6204**		Senior II K - 30	00:00:08	01:07:53	02:01:24	03:05:19
190	**PAWLUK Anna**	**6205**	WAWRZYNTEAM	Senior II K - 30	00:00:29	01:24:15		03:48:04
191	**GUZIK Bartosz**	**6206**	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	00:00:02	01:13:09	02:09:05	03:22:40
192	**KAWA Hubert**	**6208**	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	00:00:02	01:17:15	02:17:36	03:33:12
193	**ZAWADZIŃSKI Maciej**	**6209**	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	00:00:02	01:15:55		03:33:10
194	**KOSTRZYŃSKA Ewa**	**6210**	KB SZAMOTUŁY	Masters K - 40	00:00:57	01:37:28		04:27:28
195	**WALCZAK Sławomir**	**6212**		Weteran I M - 50	00:01:31	01:40:37	03:07:53	04:58:28
196	**MAGOCSY Helena**	**6213**		Masters K - 40	00:00:54	01:45:38	02:59:16	04:35:38
197	**GŁUCHOWSKA Ewelina**	**6215**		Senior II K - 30	00:01:09	01:40:57	03:30:06	
198	**MILAN Grzegorz**	**6216**		Senior II M - 30	00:01:33	01:51:40	03:10:02	04:50:03
199	**MAJERSKI Michał**	**6218**		Masters M - 40	00:00:55	01:45:39	02:59:27	04:35:39
200	**WÓJCIK Justyna**	**6219**	W POGONI ZA DUCHEM	Masters K - 40	00:00:32	01:27:56	02:38:02	03:58:37
201	**GAJDA Michał**	**6221**		Senior II M - 30	00:00:21	01:24:27	02:24:50	03:27:02
202	**MIĄSKO Wojciech**	**6222**	12TRI.PL	Weteran I M - 50	00:00:45	01:16:15	02:15:14	03:25:52
203	**GAWRON Tomasz**	**6223**		Masters M - 40	00:00:17	01:14:38	02:07:58	03:14:38
204	**JOPA Maciej**	**6226**		Senior II M - 30	00:00:26	01:16:17	02:15:53	03:36:37
205	**NOWACZYK Piotr**	**6227**	MERIXSTUDIO RUNNING TEAM	Senior II M - 30	00:00:18	01:04:41	01:49:07	02:46:56
206	**ŚNIEGOCKI Pawel**	**6231**	4T/TARNOWO PODGÓRNE BIEGA	Masters M - 40	00:00:17	01:18:25	02:24:32	03:50:59
207	**BRZOSTOWIECKA Angelika**	**6232**	MOCNA GRUPA CEZARA	Senior I K - 20	00:01:01	01:42:51	02:54:35	04:20:04
208	**WILCZEK Małgorzata**	**6233**	RAJSPORT ACTIVE	Senior II K - 30	00:00:57	01:36:19	02:44:10	04:04:47
209	**CICHOWSKI Wojciech**	**6238**	140MINUT.PL	Senior II M - 30	00:00:19	01:00:29	01:48:14	02:46:24

Msc	Zawodnik	Numer	Klub	Kategoria	Start Lądek 0.01km	A1 9km	Czernica 14km	D1 24km
210	**CHILIMONIUK Mariusz**	**6240**		Masters M - 40	00:01:03	01:28:32	02:28:50	03:41:03
211	**STOŃ Wojciech**	**6241**		Senior II M - 30	00:00:10	01:05:05		02:46:12
212	**BOMBA Tomasz**	**6242**	PRO-RUN WROCŁAW	Masters M - 40	00:00:35	01:26:29	02:40:16	04:04:50
213	**FRYDLEWICZ Zbigniew**	**6246**		Weteran I M - 50	00:00:02	00:57:18	01:44:22	02:40:16
214	**GUZERA Tomasz**	**6244**		Senior II M - 30	00:01:08	01:17:02	02:11:39	03:27:19
215	**GRZYBEK Antoni**	**6247**		Weteran I M - 50	00:00:15	01:05:20	01:58:42	03:02:11
216	**SZOFER Adam**	**6245**	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	00:01:01	01:29:46	02:26:12	03:36:29
217	**SPYCHAŁA Maciej**	**6248**	WRONIECKI KLUB BIEGACZA	Masters M - 40	00:00:29	01:32:34	02:39:49	03:56:31
218	**STEBEL Piotr**	**6249**	PRZEWODNIK	Weteran I M - 50	00:00:27	01:21:41	02:24:56	03:44:00
219	**SZYMAŃSKI Jarosław**	**6253**	1ON1 TEAM	Senior II M - 30	00:00:20	01:43:48	03:08:09	04:54:32
220	**ADAMCZAK Joanna**	**6255**	KB SZAMOTUŁY	Senior II K - 30	00:00:56	01:34:18		04:27:27
221	**JACHYMSKA Zofia**	**6256**		Senior I K - 20	00:01:15	01:56:17	03:21:27	04:54:18
222	**JĘDRZEJCZAK Artur**	**6257**		Senior II M - 30	00:00:33	01:31:38		04:13:58
223	**JASNOWSKI Paweł**	**6258**	GOGOKLUB	Senior II M - 30	00:00:13	01:31:20		04:13:19
224	**CEBULAK Katarzyna**	**6259**	GOGOKLUB	Senior II K - 30	00:00:13	01:31:20	02:46:41	04:13:19
225	**RUTKOWSKI Jakub**	**6260**		Senior II M - 30	00:00:12	01:08:23	02:04:10	03:12:19
226	**OZIMINA Hubert**	**6261**	OBORYGENI	Masters M - 40	00:01:13	01:34:17	02:44:44	04:09:14
227	**JAKUBOWSKA Kamila**	**6262**	KB GEPARD MUROWANA GOŚLINA	Senior II K - 30	00:00:30	01:27:28	02:38:45	04:01:46
228	**KLAJA Agnieszka**	**6264**		Senior II K - 30	00:01:07	02:01:29	03:22:35	04:59:27
229	**WALAS Andrzej**	**6265**	PRO-RUN WROCŁAW	Senior I M - 20	00:00:19	01:08:46	01:59:40	03:00:06
230	**KURKA Adam**	**6266**		Masters M - 40	00:00:17	01:06:31	01:55:02	02:51:33
231	**KACZMARCZYK Bogdan**	**6267**	KB GEPARD MUROWANA GOŚLINA	Masters M - 40	00:00:37	01:27:16		03:47:36
232	**BIAŁA Weronika**	**6268**		Senior II K - 30	00:00:22	01:10:25	02:03:54	03:04:41
233	**JÓZEF Marek**	**6269**		Masters M - 40	00:00:19	01:26:57	02:53:11	04:28:17
234	**NIERADKO Arkadiusz**	**6271**		Weteran I M - 50	00:01:05	01:38:19	02:48:43	04:19:26
235	**ŚCIUBA Anita**	**6272**	AMATORUNKA	Senior II K - 30	00:01:11	01:52:20	03:12:41	04:54:06
236	**STACHOWIAK Danuta**	**6274**	ROKIETNICA BIEGA	Masters K - 40	00:00:45	01:36:33	02:44:36	04:06:20
237	**GÓRECKI Krzysztof**	**6275**		Senior I M - 20	00:00:20	01:13:08		03:07:51
238	**MAKAREWICZ Wiktor**	**6276**	KUDŁATE MAKARONY	Senior II M - 30	00:01:05	01:23:38		03:28:05
239	**SZOSTAK Anna**	**6277**	UKS OLIMPIA ZABRZE	Senior II K - 30	00:00:06	01:12:34	02:04:29	03:03:00
240	**WENCEL Jaroslaw**	**6279**	EXPLORADOR	Masters M - 40	00:00:35	01:29:23	02:31:15	04:09:51
241	**ANDRZEJEWSKI Dominik**	**6280**	KB GEPARD MUROWANA GOŚLINA	Senior II M - 30	00:00:38	01:11:25		03:08:37
242	**KRZYŚKÓW Piotr**	**6281**		Senior II M - 30	00:00:07	01:00:53	01:47:03	02:43:44
243	**ŁYSIAK Kasia**	**6282**		Senior II K - 30	00:00:18	01:33:52	02:44:04	04:11:20
244	**TCHÓRZEWSKA-PIETRZYK Anna**	**6283**	MOCNA GRUPA CEZARA	Masters K - 40	00:01:01	01:54:36	03:10:07	04:47:35
245	**GŁÓWKA Barbara**	**6284**		Senior II K - 30	00:01:09	01:40:55	03:30:13	
246	**WĄSIK Krzysztof**	**6285**		Masters M - 40	00:00:23	01:27:23		04:11:41
247	**ZAŃKO Łukasz**	**6286**	EXPLORADOR	Masters M - 40	00:00:35	01:29:22		03:37:52
248	**KMIECIK Jakub**	**6290**	TARNOWO PODGÓRNE BIEGA	Masters M - 40	00:00:18	01:15:52	02:16:18	03:33:04
249	**KOWALCZYK Marcin**	**6293**		Senior II M - 30	00:01:00	01:26:23	02:23:00	03:41:32
250	**DROBNIK Błażej**	**6294**	OPALENICKI KLUB BIEGACZA	Senior II M - 30	00:00:02	01:08:43	02:01:35	03:00:59
251	**WINNIK Ela**	**6295**		Senior II K - 30	00:00:09	01:10:56	02:03:00	03:08:54
252	**KOŁODZIEJ Roman**	**6296**		Masters M - 40	00:00:00	01:01:25	01:49:52	02:46:55
253	**JADASZ Anna**	**6297**	GOGOLIN BIEGA	Senior II K - 30	00:00:55	01:29:42	02:35:11	04:19:27
254	**LISIAK Bartosz**	**6298**	KB GEPARD MUROWANA GOŚLINA	Senior II M - 30	00:00:34	01:18:47	02:14:16	03:19:44

Msc	Zawodnik	Numer	Klub	Kategoria	Start Lądek 0.01km	A1 9km	Czernica 14km	D1 24km
255	**KUBLER Andrzej**	**6299**	MKL SZCZECIN	Masters M - 40	00:00:08	01:02:07	01:50:35	02:49:01
256	**ŚMIECHOWSKA Malgorzata**	**6300**	ŚDS RECZ	Masters K - 40	00:00:24	01:36:30	02:47:50	04:13:47
257	**CĄKAŁA Zuzanna**	**6301**	ZAŁOGA GÓRSKA	Senior II K - 30	00:01:03	01:07:58	01:56:48	03:20:15
258	**WALCZAK Małgorzata**	**6302**	PCH_RUN	Masters K - 40	00:00:05	01:22:13		03:54:27
258	**WALCZAK Tomasz**	**6303**	PCH_RUN	Masters M - 40	00:00:03	01:22:13	02:23:35	03:54:28
260	**OCZKOWICZ Beata**	**6304**	MOCNA GRUPA CEZARA	Senior II K - 30	00:01:03	01:34:01	02:41:38	03:57:30
261	**KĘPIŃSKI Marek**	**6305**		Weteran I M - 50	00:00:53	01:23:37		03:35:37
262	**KWIATKOWSKA Beata**	**6306**		Masters K - 40	00:00:48	01:35:31	02:43:15	04:12:49
263	**BARCAL Richard**	**6307**	DOS AMIGOS	Masters M - 40	00:00:05	01:01:39	01:50:22	02:49:35
264	**KOSZAREK Maciej**	**6308**		Weteran I M - 50	00:00:21	01:08:08	02:02:41	03:05:29
265	**SZUMLAŃSKI Marcin**	**6309**	PODHALAŃSKIE DZIKI - GORĄCY POTOK TEAM	Senior II M - 30	00:00:06	00:58:53	01:42:51	02:35:10
266	**MUČA Māris**	**6311**	LBNB	Weteran I M - 50	00:01:21	01:23:26	02:24:41	03:45:59
267	**GÓRNA Anita**	**6312**	LPP TEAM	Senior II K - 30	00:00:03	01:10:08	02:02:55	03:08:17
268	**MIEDZIŃSKI Michał**	**6314**	JKS SALAMANDRA	Senior II M - 30	00:00:26	01:16:15	02:25:07	03:41:08
269	**KACZMAREK Łukasz**	**6315**		Senior I M - 20	00:00:52	01:27:17		04:19:39
270	**JACZEWSKI Arkadiusz**	**6316**		Masters M - 40	00:00:52	01:28:22	02:41:49	04:13:32
271	**DAUKSZO Maciej**	**6317**		Senior I M - 20	00:00:05	01:04:28		02:49:45
272	**TOMASIAK Adam**	**6318**	KB HARCOWNIK	Senior I M - 20	00:00:03	00:53:56	01:39:01	02:45:28
273	**CHOJNACKI Mikołaj**	**6319**	WARSAW RUN CLUB	Masters M - 40	00:01:10	01:22:17		03:39:43
274	**KĘPIŃSKI Michał**	**6320**		Senior I M - 20	00:00:53	01:26:52	02:28:30	03:50:41
275	**OLEJNIK Wojciech**	**6322**	TRIGYM SZCZECIN	Senior I M - 20	00:01:04	01:19:03	02:13:49	03:27:53
276	**RZESZOWSKI Tomasz**	**6323**	MIRAZ RACE TEAM	Masters M - 40	00:00:02	01:19:49	02:24:14	03:48:06
277	**NIWIŃSKI Maciej**	**6324**	VEGAN ZABIERZÓW BIEGA	Masters M - 40	00:00:07	00:58:04	01:43:07	02:37:53
278	**ZIMOŃ Adam**	**6325**	INTEGRUM BROKER	Masters M - 40	00:00:46	01:29:20	02:34:08	03:57:03
279	**CICHY Krzysztof**	**6326**	GÓRAL Z MAZUR RUNNING TEAM	Weteran I M - 50	00:00:22	01:15:03	02:11:31	03:23:43
280	**SOBAŃSKI Roman**	**6327**	TARNOWO PODGÓRNE BIEGA	Masters M - 40	00:00:18	01:23:43		03:43:00
281	**STĘPIEŃ Łukasz**	**6328**	JKS SALAMANDRA	Masters M - 40	00:00:26	01:16:12	02:25:50	03:58:57
282	**STAROŃSKA Magdalena**	**6331**		Masters K - 40	00:01:11	01:34:15	02:40:36	03:58:16
283	**KOWALEWSKA Elżbieta**	**6332**	EDI TEAM ZGORZELEC	Masters K - 40		00:57:50	01:39:57	02:29:55
284	**CIENIUCH Piotr**	**6333**		Masters M - 40	00:01:03	01:33:05	02:33:13	03:51:18
285	**DEL BOSQUE Jorge**	**6334**		Senior I M - 20	00:00:05	01:13:15	02:03:29	03:11:11
286	**RASZKOWSKI Piotr**	**6335**	ŚLĘZAK TEAM	Senior II M - 30	00:00:05	01:10:55		02:53:22
287	**URBAŃCZYK Mateusz**	**6337**	KW SAKWA	Senior I M - 20	00:01:12	01:27:22	02:26:08	03:40:03
288	**KOWALCZYK Rafał**	**6338**	SIGMA TECHNOLOGY & ENERGY SOLUTIONS	Senior II M - 30	00:00:27	01:07:50	01:56:06	02:53:43
289	**SUDOLSKI Jacek**	**6339**	GUSTAW TEŻ BIEGA	Senior II M - 30	00:00:09	01:00:01	01:43:35	02:34:18
290	**PAPAJ Jakub**	**6340**		Senior II M - 30	00:00:09	01:10:50	02:09:25	03:31:54
291	**SZMATLOCH Maciek**	**6343**	RETROBAJTEL	Masters M - 40	00:00:29	01:36:48	02:47:35	04:11:03
292	**PIOTROWSKI Mariusz**	**6344**	PIERONSKIE HANYSY	Masters M - 40	00:00:28	01:36:26	02:47:00	04:10:56
293	**SZMATLOCH Bartłomiej**	**6345**	RETROBAJTEL	Senior II M - 30	00:00:29	01:36:47	02:47:10	04:10:59
294	**BOIŃSKI Bartosz**	**6346**	EUROCASH	Senior II M - 30	00:01:15	01:28:44	02:27:00	03:55:37
295	**DUBOWICZ Maciej**	**6347**	TRITON KONIN	Senior I M - 20	00:00:32	01:12:38	02:06:16	03:09:17
296	**KUREK Tomasz**	**6348**	OPALENICKI KLUB BIEGACZA	Masters M - 40	00:00:02	01:14:47		03:17:11
297	**FILUT Łukasz**	**6349**		Masters M - 40	00:00:59	01:14:55	02:11:07	03:20:47
298	**MICHALSKI Grzegorz**	**6350**	CAFFEDELMONDO	Masters M - 40	00:01:17	01:23:27	02:23:41	03:41:13
299	**KOSIERADZKI Łukasz**	**6351**		Senior II M - 30	00:00:06	01:12:03	02:06:57	03:14:10

Msc	Zawodnik	Numer	Klub	Kategoria	Start Lądek 0.01km	A1 9km	Czernica 14km	D1 24km
300	**LEWANDOWSKI Leszek**	**6354**	POWSTAŃCY Z KANAPY	Masters M - 40	00:00:25	01:31:13	02:37:58	03:55:45
301	**SZELĄGIEWICZ Piotr**	**6355**		Masters M - 40	00:00:30	01:24:14	02:25:54	03:50:10
302	**KRZEMIEŃ Bartosz**	**6356**		Masters M - 40	00:00:28	01:36:37	02:47:05	04:10:59
303	**LAMEK Andrzej**	**6357**	AKTYWNY OSTRZESZÓW	Weteran I M - 50	00:00:41	01:05:49	01:55:10	02:50:40
304	**SKRZĄTEK Anna**	**6358**		Masters K - 40	00:00:03	01:31:21	02:40:58	04:10:41
305	**BARSZCZEWSKI Sebastian**	**6359**		Masters M - 40	00:01:08	01:32:35	02:41:02	04:10:40
306	**FIKSA Halina**	**6360**		Weteran K - 50	00:00:26	01:44:41	03:09:06	04:50:22
307	**FIKSA Radosław**	**6361**		Masters M - 40	00:00:27	01:44:42	03:08:58	04:50:22
308	**SAJ Jakub**	**6362**	DRUŻYNA Ż	Senior II M - 30	00:00:12	01:06:00	01:58:32	02:59:48
309	**HAMROL Małgorzata**	**6363**	SPORTOWY KAŹMIERZ	Weteran K - 50	00:00:26	01:43:45		04:21:20
310	**KRAJCER Jolanta**	**6367**	JOLANTA KRAJCER	Masters K - 40	00:00:12	01:27:44	02:37:51	04:02:08
311	**KAMENSKÝ Zdeněk**	**6368**		Senior I M - 20	00:00:12	01:13:25		02:58:57
312	**MARKOVÁ Barbora**	**6369**		Senior I K - 20	00:00:13	00:59:37	01:42:45	02:35:26
313	**PACEK Tomasz**	**6370**	FIZJOBJEGACZE SZCZECIN	Senior II M - 30	00:00:10	01:07:06		02:46:28
314	**MAŁKOWSKI Tomasz**	**6371**	GRUPA BIEGOWA 65	Weteran I M - 50	00:00:23	01:11:36	02:05:51	03:14:25
315	**FRERIKS Jeroen**	**6373**	LEIDEN ATLETIEK	Senior II M - 30	00:00:48	01:24:17	02:16:27	03:21:40
316	**JANSON Marleen**	**6374**	LEIDEN ATLETIEK	Senior II K - 30	00:00:49	01:49:53	03:01:42	04:31:00
317	**MATUŁA Przemysław**	**6375**	UMCS BIEGA	Weteran I M - 50	00:00:43	01:26:17	02:31:43	03:53:00
318	**REIJMERS Agnieszka**	**6376**	LEIDEN ATLETIEK	Masters K - 40	00:00:48	01:49:52	03:01:18	04:30:58
319	**MICHALAK Rafał**	**6378**		Senior I M - 20	00:00:06	01:10:09	01:57:08	03:01:12
320	**WALKOWIAK Dominika**	**6381**	#BIEGAJLESZNO	Senior II K - 30	00:00:56	01:26:55		03:39:22
321	**WANAT Mateusz**	**6382**	PRZEDWOJEWSKI TEAM	Senior II M - 30	00:00:08	01:05:14	01:56:44	02:56:59
322	**KARPIŃSKA Barbara**	**6383**	RUNNERS TEAM NYSA	Senior II K - 30	00:00:30	01:19:32		03:26:13
323	**ŻBIK Bartosz**	**6384**		Senior II M - 30	00:00:15	01:00:54	01:48:49	02:50:20
324	**GAWROŃSKI Sebastian**	**6386**		Masters M - 40	00:00:51	01:21:45		03:32:12
325	**LERCH Krzysztof**	**6387**		Masters M - 40	00:00:12	01:19:16	02:22:20	03:49:03
326	**PYZIK Ewa**	**6390**	MATNER RUNNING TEAM	Masters K - 40	00:01:05	01:22:32		03:26:42
327	**KACZMAREK Filip**	**6391**		Senior I M - 20	00:00:07	01:11:00	02:04:50	03:16:00
328	**KOROSTYŃSKI Damian**	**6392**		Masters M - 40	00:00:51	01:18:23	02:17:10	03:30:21
329	**PYSZEL Florian**	**6394**	PIEKIELNI WARSZAWA	Senior I M - 20	00:00:00	00:46:28	01:19:30	01:57:52
330	**ZASADA Michał**	**6395**	NULL	Masters M - 40	00:00:36	01:42:02	02:55:25	04:16:58
331	**IGRAS Mieczysław**	**6396**	RUNNERS TEAM NYSA	Weteran II M - 60	00:00:46	01:34:00	02:53:47	04:24:10
332	**BARAN Bogdan**	**6397**	PRO-RUN WROCŁAW	Weteran II M - 60	00:00:39	01:27:00	02:27:33	03:42:30
333	**RZYSZKIEWICZ Tomasz**	**6398**	PĘDZĄCE LENIWCE	Masters M - 40	00:00:42	01:38:36	02:50:15	04:29:29
334	**WOJTKOWSKI Ireneusz**	**6399**	ASSECO ACTIVE TEAM	Weteran II M - 60	00:00:37	01:23:19	02:27:58	03:44:54
335	**JASZCZAK Bogna**	**6400**		Senior I K - 20	00:00:15	01:07:56	01:58:19	02:58:49
336	**CHOMA Grażyna**	**6402**	PĘDZĄCE LENIWCE	Masters K - 40	00:00:41	01:38:40	02:48:52	04:29:30
337	**CHODKIEWICZ Tomasz**	**6403**	W2 RUN TEAM	Masters M - 40	00:00:03	01:05:16	01:57:46	03:00:31
338	**DAJCZER Jakub**	**6404**		Senior II M - 30	00:00:47	01:29:59	02:39:40	04:32:06
339	**TECZA Robert**	**6405**		Weteran I M - 50	00:00:12	01:14:19	02:11:01	03:26:20
340	**BIEDA Bernard**	**6406**	BUDIPOL	Senior II M - 30	00:02:07	01:27:55	02:26:53	03:37:25
341	**MROZIŃSKI Marcin**	**6407**	SPORT GENERATION TEAM	Masters M - 40	00:00:20	01:26:38		03:53:30
342	**MRÓZ Dariusz**	**6408**	MODLITWA BIEGANIA GRYFINO	Masters M - 40	00:00:28	01:31:24	02:44:00	04:17:53
343	**WOJCIESZYŃSKI Tomasz**	**6409**	BBL GORZÓW	Masters M - 40	00:00:10	01:12:12	02:08:23	03:19:41
344	**BUĆKO Marcin**	**6411**	KLUB BIEGACZA FARTLEK	Masters M - 40	00:00:03	01:05:15	01:58:24	03:04:20

Msc	Zawodnik	Numer	Klub	Kategoria	Start Lądek 0.01km	A1 9km	Czernica 14km	D1 24km
345	**BANIAK Marcin**	**6412**	G.O.A.T. TEAM MICHAŁOWICE/MŁYN TRAIL MICHAŁOWICE	Masters M - 40	00:00:01	00:54:32	01:38:38	02:29:45
346	**PITEK Tomasz**	**6413**	42K PRO TEAM	Masters M - 40	00:00:36	01:17:36		03:30:28
347	**TUREK Marcin**	**6414**	KĘSY TEAM	Senior II M - 30	00:00:14	01:17:39	02:13:54	03:23:03
348	**BUDZIAK Michał**	**6415**		Senior II M - 30	00:00:04	01:13:19	02:11:19	03:30:54
349	**GŁADECKI Sebastian**	**6416**	KĘSY TEAM	Masters M - 40	00:00:14	01:17:37	02:13:58	03:23:10
350	**GONTKO Łukasz**	**6417**		Masters M - 40	00:00:46	01:19:11	02:12:06	03:23:06
351	**URBAN Iwona**	**6418**	42K PRO TEAM	Masters K - 40	00:00:34	01:10:29	01:59:17	02:56:29
352	**SZWACZKA Sebastian**	**6419**	BW BIEGOWY WARIAT	Masters M - 40	00:00:43	01:29:57	02:37:09	03:56:20
353	**STĘPNOWSKI Jakub**	**6420**	UPACJENTA.PL	Senior II M - 30	00:01:17	01:27:41	02:23:59	03:30:20
354	**MOKRZYŃSKI Marcin**	**6421**	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Masters M - 40	00:00:50	01:20:04	02:26:03	03:44:59
355	**PATELSKA Katarzyna**	**6422**		Senior II K - 30	00:00:30	01:27:28	02:38:55	04:01:51
356	**NOWACZYŃSKI Maciej**	**6423**		Senior I M - 20	00:01:16	01:35:30	02:44:07	04:02:30
357	**GRACZYK Mateusz**	**6424**		Senior I M - 20	00:01:16	01:24:28	02:23:29	03:38:29
358	**DOMBROVSKIS Juris**	**6425**	SUPERVAROŅI	Masters M - 40	00:00:46	01:17:18	02:12:18	03:22:08
359	**STELMACH Dominika**	**6426**		Masters K - 40	00:00:01	01:11:55	01:52:34	02:40:14
360	**DĄBROWSKI Michal**	**6428**		Senior II M - 30	00:00:15	01:19:07	02:23:56	03:42:29
361	**ANUSZ Roksana**	**6430**		Senior II K - 30	00:00:30	01:31:01		04:01:46
362	**ANUSZ Adam**	**6431**	BECOMEONE	Senior II M - 30	00:00:06	00:59:56	01:47:18	02:46:10
363	**WIŚNIEWSKI Mariusz**	**6432**		Masters M - 40	00:00:13	01:16:49	02:19:32	03:32:47
364	**ZUGAJ Robert**	**6433**		Masters M - 40	00:00:15	01:12:43	02:11:58	03:20:20
365	**ZIEMKOWSKA Monika**	**6435**		Masters K - 40	00:00:30	01:39:08	02:47:30	04:23:00
366	**STEFANOWSKI Marcin**	**6436**	*****.***	Weteran I M - 50	00:00:32	01:19:05	02:23:10	03:41:09
367	**KSIĄŻKIEWICZ Bartłomiej**	**6438**	ROCKY BALBOA	Masters M - 40	00:00:03	01:03:55	01:57:16	03:18:05
368	**LITKA Krzysztof**	**6439**	PZU SPORT TEAM	Masters M - 40	00:00:03	01:01:36	01:47:56	02:44:02
369	**HAMPEL Patryk**	**6440**	BODY POWER	Senior II M - 30	00:00:11	01:26:46	02:35:41	04:08:38
370	**MATKOWSKA Martyna**	**6441**		Senior II K - 30	00:01:14	01:29:26	02:32:19	03:48:49
371	**GRÜN Vojtěch**	**6443**	SALOMON/SUUNTO	Senior II M - 30	00:00:01	00:46:44	01:23:03	02:07:32
372	**ZIELEŃ-PUSZCZECKA Marta**	**6444**		Senior II K - 30	00:00:55	01:32:36	02:39:07	03:56:29
373	**PACIOREK Ewa**	**6445**	KOBIETA BIEGA	Senior II K - 30		01:09:35	02:03:43	03:07:01
374	**SYNOWIEC Katarzyna**	**6447**		Senior I K - 20	00:00:47	01:29:55	02:29:47	03:42:38
375	**PETR Jiří**	**6448**	SALOMON/SUUNTO	Masters M - 40	00:00:01	00:43:56	01:16:01	01:57:21
376	**NOBILE Riccardo**	**6449**		Senior II M - 30	00:00:25	01:21:35		03:44:08
377	**MIŚTALSKI Damian**	**6451**		Senior II M - 30	00:00:29	01:20:02	02:25:19	03:56:15
378	**KRZEMIŃSKI Marcin**	**6452**		Masters M - 40	00:00:04	01:03:53	01:57:21	03:18:04
379	**SZAL Małgorzata**	**6453**	TENIS CENTRUM AS	Senior II K - 30	00:01:07	01:29:06		03:49:14
380	**WAŚ Bartłomiej**	**6454**	STG WARSZAWA	Senior II M - 30	00:00:14	01:14:06	02:16:16	03:24:46
381	**GRACZ Krzysztof**	**6455**		Masters M - 40	00:00:29	01:14:52	02:13:06	03:26:25
382	**CIEŚLA-NIECHWIADOWICZ Aneta**	**6456**		Senior II K - 30	00:01:00	01:42:48		04:20:04
383	**SZYMAŃSKI Michał**	**6457**	TENIS CENTRUM AS	Senior I M - 20	00:01:07	01:28:26	02:32:14	03:49:15
384	**RUDOLFOVÁ Tereza**	**6458**	TEAM BLACK HILL/ LAWI /MONTURA	Senior II K - 30	00:00:02	01:40:32	02:26:41	03:23:08
385	**SZCZEPANIK Łukasz**	**6459**	MOCNA GRUPA CEZARA	Masters M - 40	00:00:51	01:13:52	02:08:03	03:16:02
386	**MAZUR Ewelina**	**6460**		Masters K - 40	00:01:01	02:05:30		05:07:48
387	**KRUPIŃSKA Paulina**	**6461**		Senior II K - 30	00:00:39	01:40:56	03:11:08	04:51:05
388	**DUPLAGA Dawid**	**6462**		Senior I M - 20	00:00:47	01:08:16	02:04:40	03:22:08
389	**JACHIRA Patryk**	**6464**	STAJNIAKTEAM	Senior II M - 30		01:17:15	02:12:59	03:14:25

Msc	Zawodnik	Numer	Klub	Kategoria	Start Lądek 0.01km	A1 9km	Czernica 14km	D1 24km
390	**KUDREJ Grzegorz**	**6465**	MOCNA GRUPA CEZARA	Senior II M - 30	00:00:21	01:06:35	02:00:45	03:01:34
391	**KONRAD Artur**	**6466**	BRACIA TEAM ZAWIERCIE	Masters M - 40	00:00:07	01:04:56	01:51:19	02:48:46
392	**WANOWSKI Przemysław**	**6467**	#BIEGIEMWLAS	Senior II M - 30	00:00:14	01:00:11	01:45:21	02:41:09
393	**HATALSKI Wojciech**	**6470**	EKIPA JTM	Senior II M - 30	00:00:24	01:18:55		03:42:40
394	**GAWŁOWSKI Arkadiusz**	**6471**	CZMOŃ NIGHT RUNNERS	Weteran I M - 50	00:00:19	01:41:05	03:11:39	04:54:27
395	**PISKORZ Jarosław**	**6472**		Senior II M - 30	00:00:58	01:34:46	02:40:49	04:00:00
396	**SKIBA Anna**	**6473**	KB HARCOWNIK	Masters K - 40	00:00:39	01:35:55	02:44:31	04:03:45
397	**TORZEWSKI Przemysław**	**6475**		Senior II M - 30	00:00:30	01:25:59	02:25:23	03:32:44
398	**TOMAKA Maciej**	**6476**	TEAM KURORT LĄDEK-ZDRÓJ	Senior II M - 30	00:00:50	01:20:04	02:25:39	03:44:58
399	**ANDRUSZKÓW Aleksandra**	**6478**	WOSIEK TEAM	Senior I K - 20	00:00:11	01:02:05	01:46:33	02:41:14
400	**MATUSZCZYK Paweł**	**6479**		Masters M - 40	00:00:24	01:16:06	02:16:21	03:39:10
401	**KĘDZIORA Alicja**	**6481**		Senior II K - 30	00:00:17	01:31:28		03:57:15
402	**KOS Paweł**	**6482**	EAZYMUT.PL	Weteran I M - 50	00:00:31	01:40:35	02:58:18	04:18:40
403	**JAZUKIEWICZ Ewa**	**6483**	EAZYMUT.PL	Masters K - 40	00:00:31	01:40:31	02:57:40	04:18:51
404	**DUDA Monika**	**6484**	RAZ SZCZECIN	Masters K - 40	00:00:10	01:12:47	02:10:50	03:21:36
405	**SZACH Andrzej**	**6485**	22KBPG	Masters M - 40	00:00:14	01:13:29	02:19:09	03:35:06
406	**KRAKOVSKA Michaela**	**6488**	MOLALAPRODUCTION.COM	Senior I K - 20	00:00:07	01:08:06	01:59:12	03:00:03
407	**SEVCIK Ondrej**	**6489**	SEVCIK.DEV	Senior II M - 30	00:00:06	01:04:53	01:49:23	02:51:09
408	**HLAVÁČOVÁ Eva**	**6490**		Masters K - 40	00:00:13	01:10:44	02:05:24	03:12:47
409	**RAJCA Michał**	**6491**	TRIMP	Senior II M - 30	00:00:00	00:45:13		02:00:47
410	**KOCZOROWSKI Jakub**	**6492**		Senior II M - 30	00:01:14	01:33:55	02:41:22	04:01:33
411	**MAKOWCZYNSKA Agata**	**6493**	OBORYGENI	Senior II K - 30	00:01:14	01:33:54	02:41:32	04:01:33
412	**KAMIŃSKI Piotr**	**6494**	RUN YOUR TRAIL	Senior II M - 30	00:00:05	00:59:19	01:45:01	02:44:21
413	**SENTYSZ Robert**	**6495**	SENLABS.PL	Masters M - 40	00:00:03	01:13:49	02:00:50	03:10:09
414	**BESTRZYŃSKA Joanna**	**6496**	CZŁAPAK ROBAKOWO	Weteran K - 50	00:00:33	01:27:19	02:28:46	03:50:42
415	**MAJCHER Marcin**	**6497**	4T	Masters M - 40	00:00:18	01:07:54	01:59:24	03:13:08
416	**CZERNIAK Paweł**	**6498**	KARKONOSZ RUNNING TEAM	Senior II M - 30	00:00:01	00:46:27	01:22:07	02:03:34
417	**SZCZEPANIAK Angelika**	**6499**	ALPIN SPORT TEAM	Masters K - 40	00:00:03	01:00:17	01:45:39	02:36:22
418	**FOREMNIAK-SZADURA Beata**	**6501**		Weteran K - 50	00:01:07	01:36:14	02:48:20	04:23:40
419	**BEDNARZ Patryk**	**6502**	GRZDYLNIA B1 TEAM	Senior II M - 30	00:00:21	01:21:34		04:03:29
420	**ŚWIĘCHOWICZ Michał**	**6503**		Senior II M - 30	00:00:21	01:21:37		04:03:30
421	**DUCHNOWSKI Łukasz**	**6504**	RUN TEAM TYGRYSY ORZYSZ	Senior II M - 30	00:00:01	00:59:44	01:48:58	02:47:19
422	**STACHURSKA Ilona**	**6505**	KUGUAR XTREME RUNNERS	Senior II K - 30		01:05:09	01:57:05	02:47:31
423	**STELMACH Piotr**	**6506**	RK ATHLETICS	Masters M - 40	00:00:06	01:10:23	02:05:29	03:05:57
424	**FABIAN Marcel**	**6507**	SOCIOS SILESIA	Senior I M - 20	00:00:00	00:45:13	01:18:23	01:58:53
425	**LEWARTOWSKA Agnieszka**	**6508**	KTB KUNY	Masters K - 40	00:00:59	01:29:53	02:39:45	04:04:59
426	**BUDYCH Arek**	**6509**		Masters M - 40	00:00:42	01:14:59	02:08:38	03:11:50
427	**NOWAK Monika**	**6511**	KW POZNAŃ	Masters K - 40	00:00:41	01:42:10	02:59:48	04:28:51
428	**ŻYCHSKA Anna**	**6512**		Senior II K - 30	00:00:08	01:05:35	01:57:12	03:01:19
429	**CHMIELOWIEC Norbert**	**6514**		Senior II M - 30	00:00:26	01:18:26	02:23:13	03:43:00
430	**BESTRZYNSKI Olech**	**6515**	CZŁAPAK ROBAKOWO	Weteran I M - 50	00:00:37	01:53:04	03:16:15	04:57:42
431	**CHŁOPEK Rafał**	**6516**	EDB	Weteran I M - 50	00:00:04	00:57:52	01:40:32	02:30:31
432	**AUGUSTYNIAK Małgorzata**	**6517**		Masters K - 40	00:00:05	01:10:05	02:04:24	03:08:33
433	**NESTEREWICZ Ryszard**	**6518**	LKS ISKRA JASZKOWA	Weteran II M - 60	00:00:38	01:17:57	02:19:40	03:40:51
434	**WOJCIECHOWSKA-HRYCYK Agata**	**6519**		Weteran K - 50	00:00:07	01:15:07	02:12:02	03:23:19

Msc	Zawodnik	Numer	Klub	Kategoria	Start Lądek 0.01km	A1 9km	Czernica 14km	D1 24km
435	**DOBOSZ Leszek**	**6520**		Masters M - 40	00:01:13	01:36:49	02:52:52	04:21:37
436	**RUDNO-RUDZINSKI Grzegorz**	**6521**		Masters M - 40	00:00:20	01:16:48	02:19:28	03:49:18
437	**MORCINEK Marcin**	**6529**	BLUSZCZA	Masters M - 40	00:00:26	01:09:48	02:04:47	03:13:33
438	**FRYCA Karolina**	**6530**		Senior II K - 30	00:00:05	01:10:46	02:04:54	03:09:43
439	**DUBOWIK Anna**	**6532**		Masters K - 40	00:00:38	01:45:53	03:02:40	04:41:51
440	**KĘDZIORA Karolina**	**6533**		Senior I K - 20	00:00:18	01:31:28	02:40:09	03:57:16
441	**KANIA Marian**	**6534**	LEDWOZIPA	Masters M - 40	00:00:08	01:08:12		03:05:24
442	**FISZ Radosław**	**6535**		Masters M - 40	00:01:05	01:29:36	02:45:23	04:27:48
443	**IVANIUTA Taras**	**6536**	RESTARTNISA.SK	Senior I M - 20	00:00:00	00:44:35	01:18:52	02:04:12
444	**STASZKO Łukasz**	**6537**	HITACHI	Senior II M - 30	00:00:49	01:30:00	02:39:36	04:32:06
445	**MIKRUT Paweł**	**6538**		Masters M - 40	00:00:42	01:24:36	02:25:36	03:41:19
446	**GRAU Joanna**	**6540**	KWIDZYN BIEGA	Masters K - 40	00:00:42	01:27:54	02:31:19	03:47:41
447	**LESZCZYŃSKI Paweł**	**6541**	LASY WAWERSKIE	Weteran II M - 60	00:00:58	01:27:16	02:28:04	03:38:17
448	**WOJSA Zdzisława**	**6542**	W POGONI ZA DUCHEM	Masters K - 40	00:00:15	01:25:08	02:31:22	03:52:41
449	**BUŁANCIŃSKI Filip**	**6543**		Masters M - 40	00:00:31	01:27:10		03:58:03
450	**IWACHÓW Sławomir**	**6544**	MXTECH KWIDZYN	Masters M - 40	00:00:42	01:30:10	02:36:03	03:56:00
451	**VESELÝ Pavel**	**6546**	HSK HORNÍ ROKYTNICE	Weteran I M - 50	00:00:04	01:02:47	01:49:12	02:46:55
452	**MARIUSZ Mazurkiewicz**	**6547**		Weteran I M - 50	00:00:54	01:27:35	02:32:44	04:10:17
453	**PASTOROVA Petra**	**6545**		Masters K - 40	00:00:01	00:54:07	01:35:52	02:26:26
	ZIELONKA Marek	**6021**		Weteran I M - 50	00:00:59 DNF	DNF	DNF	DNF
	KNOBLOCH Tomasz	**6022**	THE PINDOLS	Masters M - 40	00:00:58 DNF	DNF	DNF	DNF
	ANTKOWIAK-BRONOWICKA Agnieszka	**6033**	DRUŻYNA SZPIKU, ŻÓŁW I ZAJĄC	Masters K - 40	00:00:49 DNF	01:37:12 DNF	02:45:10 DNF	DNF
	PRZYŁUSKA Mirosława	**6068**	RAZ SZCZECIN	Weteran II K - 60	00:00:12 DNF	02:24:29 DNF	DNF	DNF
	WRÓBLEWSKA Roksana	**6080**	WAWRZYNTEAM	Senior I K - 20	00:00:46 DNF	DNF	DNF	DNF
	KACZMARCZYK Przemysław	**6095**	140MINUT.PL	Senior I M - 20	00:00:06 DNF	01:06:24 DNF	02:02:30 DNF	DNF
	BIELA Konrad	**6106**	GOPR KARKONOSZE	Senior II M - 30	00:00:04 DNF	01:01:01 DNF	DNF	DNF
	MOCZEK Tomasz	**6366**	CROSS STRACEŃCÓW TEAM	Masters M - 40	00:00:03 DNF	DNF	DNF	DNF
	BEDLA Anna	**6385**		Masters K - 40	00:00:16 DNF	01:36:32 DNF	02:58:56 DNF	04:58:04 DNF
	JAWORSKA Agnieszka	**6389**		Masters K - 40	00:00:46 DNF	DNF	DNF	DNF
	PINIARSKA Magda	**6429**	:(	Senior I K - 20	00:01:15 DNF	01:57:40 DNF	03:29:20 DNF	DNF
	SZCZEPANIAK Sławomir	**6510**	KS LENIWIEC	Weteran I M - 50	00:00:39 DNF	02:11:56 DNF	03:55:38 DNF	DNF
	NARKUN Ewa	**6513**		Senior II K - 30	00:00:37 DNF	DNF	DNF	DNF
	PIECHOWIAK Bartosz	**6531**	PIECHOWIAK-KROLIKOWSKI.PL	Senior I M - 20	00:00:17 DNF	01:02:52 DNF	DNF	DNF

Znaleziono 467 wynik(ów)