

PÓLMARATON GÓR STOŁOWYCH 2018

Organiser: Fundacja Maratony Górskie
 Date: 2018-07-01
 Place: Karlów
 Distance: 21 km
 Klasyfikacja wg czasów brutto.



PÓLMARATON GÓR STOŁOWYCH 2018, OPEN

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	7km	14km	Netto	Brutto	min/km	km/h	
							cat.								
1	BRYDL PAVEL	493	SPA SCALIANO/XC LIFE TEAM		CZE	M-30	1	M 1	00:35:43	01:08:56	01:43:45.85	01:43:47.75	4:56	12.1	
2	NÁPRAVNÍK JAN	396		RTYNĚ V PODKRKONOŠÍ	CZE	M-30	2	M 2	00:36:30	01:10:39	01:45:57.00	01:45:57.00	5:02	11.9	
3	WŁODARKIEWICZ DOMINIK	487		POZNAŃ		M-40	1	M 3	00:37:32	01:12:10	01:47:26.65	01:47:29.30	5:07	11.7	
4	SZCZEPANIAK KAMIL	496		KARPACZ		M-20	1	M 4	00:38:40	01:14:27	01:51:18.35	01:51:21.35	5:18	11.3	
5	BALCAR MICHAŁ	405		ČERVENÝ KOSTELEČ	CZE	M-30	3	M 5	00:40:38	01:18:25	01:57:04.55	01:57:07.00	5:34	10.8	
6	GRAMACKI SZYMON	226		POZNAŃ	POL	M-20	2	M 6	00:39:35	01:18:27	01:58:00.50	01:58:03.60	5:37	10.7	
7	MALINOWSKI MATEUSZ	232		MYSŁOWICE	POL	M-30	4	M 7	00:42:15	01:20:03	01:58:34.25	01:58:42.00	5:38	10.6	
8	PYZIK KRZYSZTOF	174	VEGESLONIK TEAM / FIZJOBIEGACZE SZCZECIN	ŚWINOUJŚCIE	POL	M-30	5	M 8	00:42:21	01:20:10	02:00:12.80	02:00:16.45	5:43	10.5	
9	SMOLIS IVO	393		OPOLE	POL	M-30	6	M 9	00:43:06	01:21:27	02:00:16.40	02:00:23.50	5:43	10.5	
10	KRUPA MARCIN	211	AKTYWNA NOWA RUDA	NOWA RUDA	POL	M-40	2	M 10	00:40:50	01:20:11	02:00:19.60	02:00:24.00	5:43	10.5	
11	KOPYCZOK MICHAŁ	76	TYSLAWA TEAM	SIEMIANOWICE ŚLĄSKIE	POL	M-30	7	M 11	00:43:05	01:22:15	02:00:43.95	02:00:46.60	5:44	10.4	
12	NOWAK MARIUSZ	476		WROCLAW	POL	M-30	8	M 12	00:43:22	01:22:12	02:01:29.90	02:01:33.00	5:47	10.4	
13	JACHYMCZYK NORBERT	474	KB MCKIS JAWORZNO	JAWORZNO	POL	M-40	3	M 13	00:42:49	01:22:09	02:02:27.60	02:02:31.00	5:49	10.3	
14	KRAWCZYK ARTUR	350		JELEŃ GÓRA	POL	M-20	3	M 14	00:41:54	01:21:33	02:02:33.20	02:02:38.90	5:50	10.3	
15	PIECHA ARTUR	334	HERCOG RUNNING TEAM	WARSZAWA	POL	M-40	4	M 15	00:45:01	01:23:29	02:03:20.10	02:03:24.75	5:52	10.2	
16	NOWAK PAWEŁ	423	ROCH JASIEŃ	KALINOWO	POL	M-20	4	M 16	00:46:30	01:24:55	02:03:53.15	02:04:10.90	5:53	10.2	
17	SAWA PIOTR	280	STAY INSANE	LUBLIN	POL	M-20	5	M 17	00:44:00	01:24:33	02:06:20.00	02:06:37.15	6:00	10	
18	SOCKI PAWEŁ	222	KAUA	BYTOM	POL	M-30	9	M 18	00:45:17	01:25:00	02:08:08.75	02:08:17.25	6:06	9.8	
19	ZATOŃ CEZARY	339		WROCLAW	POL	M-30	10	M 19	00:44:30	01:25:27	02:08:06.60	02:08:29.60	6:06	9.8	
20	MAZIAR ARTUR	488		MIELEC		M-30	11	M 20	00:44:59	01:26:59	02:10:36.35	02:10:43.20	6:13	9.6	
21	BOROWIAK ADAM	291		WROCLAW	POL	M-30	12	M 21	00:46:13	01:26:55	02:10:53.70	02:11:00.35	6:14	9.6	
22	GOMOŁYSEK KINGA	147	MATNER RUNNING TEAM	GŁUCHOŁĄZY	POL	K-30	1	K 1	00:45:41	01:26:32	02:11:13.90	02:11:16.75	6:14	9.6	
23	WĄSOWICZ ARTUR	86	SZCZYTNA	SZCZYTNA	POL	M-20	6	M 22	00:46:10	01:28:05	02:12:00.60	02:12:05.30	6:17	9.5	
24	LUBAŃSKI ROBERT	436		BUKOWICE	POL	M-50	1	M 23	00:47:43	01:29:32	02:12:13.70	02:12:16.75	6:17	9.5	
25	KOLKA PIOTR	234	KB MCKIS JAWORZNO	JAWORZNO	POL	M-30	13	M 24	00:48:18	01:30:03	02:12:06.65	02:12:19.70	6:17	9.5	
26	SWORNOWSKA ANNA	454		POZNAŃ	POL	K-20	1	K 2	00:48:41	01:30:41	02:12:20.45	02:12:20.45	6:18	9.5	
27	SMUDA KRZYSZTOF	483		TYCHY		M-30	14	M 25	00:47:17	01:29:05	02:11:46.45	02:12:25.35	6:16	9.6	
28	RAKOWSKI DAVID	395	KMF	FLOWER MOUND	POL	M-40	5	M 26	00:47:12	01:29:55	02:12:59.15	02:13:10.20	6:19	9.5	
29	SZCZĘSNY MACIEJ	279	DAJ MI CIASTKO!	SZCZECIN	POL	M-30	15	M 27	00:47:29	01:29:37	02:13:02.65	02:13:11.95	6:20	9.5	
30	WOŹNIAK PIOTR	231		OBŁOTNE	POL	M-30	16	M 28	00:47:59	01:30:17	02:13:55.75	02:14:27.05	6:22	9.4	
31	KOWALIK EWELINA	172	FIZJOBIEGACZE SZCZECIN	ŚWIEBODZIN	POL	K-20	2	K 3	00:47:08	01:30:50	02:14:35.90	02:14:40.00	6:24	9.4	
32	ŁUŻNIAK WOJCIECH	471	POCO LOCO ADVENTURE / JKJ	POZNAŃ	POL	M-30	17	M 29	00:48:13	01:31:01	02:14:41.10	02:14:46.95	6:24	9.4	
33	MIKA ANDRZEJ	331		WROCLAW	POL	M-30	18	M 30	00:48:39	01:32:01	02:16:33.60	02:16:39.10	6:30	9.2	
34	DOROTA ZBYSZEK	27	RUN RUN OLESZYCE	OLESZYCE	POL	M-40	6	M 31	00:49:21	01:33:00	02:17:04.30	02:17:04.30	6:31	9.2	
35	LULEK PAWEŁ	284		POZNAŃ	POL	M-30	19	M 32	00:46:41	02:17:17.25	02:17:21.20	02:17:21.20	6:32	9.2	
36	MEZYŃSKI SZYMON	473		KUDOWA ZDRÓJ	POL	M-20	7	M 33	00:49:59	01:33:27	02:17:43.00	02:17:43.00	6:33	9.1	
37	GŁÓD MATEUSZ	96		WROCLAW	POL	M-30	20	M 34	00:45:44	01:30:56	02:17:45.20	02:17:49.10	6:33	9.1	
38	DUBIEL PIOTR	235	WILD DOGS TEAM/SUDECKI KLUB WYSOKOGÓRSKI	JELEŃ GÓRA	POL	M-30	21	M 35	00:49:01	01:33:30	02:17:51.95	02:17:57.10	6:33	9.1	
39	WIKTOROWICZ TOMASZ	227		WARSZAWA	POL	M-40	7	M 36	00:49:13	01:33:43	02:18:36.85	02:18:50.90	6:36	9.1	
40	SZCZYGIEL ŁUKASZ	461	NOGAMIDOGORY.PL	PODEGRÓDZIE	POL	M-30	22	M 37	00:50:17	01:33:19	02:18:34.00	02:19:07.70	6:35	9.1	
41	BRZAŃKALSKI KRZYSIEK	183	EAZYMUT.PL	PŁOCK	POL	M-20	8	M 38	00:48:45	01:31:57	02:19:00.10	02:19:19.30	6:37	9.1	
42	WOSZEK MARZENA	177	STOWARZYSZENIE PRZYJACIÓŁ GRUDZIC	OPOLE	POL	K-40	1	K 4	00:50:13	01:33:31	02:20:12.05	02:20:26.05	6:40	9	

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POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	7km	14km	Netto	Brutto	min/km	km/h	
							cat.								
43	WOSZEK TOMASZ	176	STOWARZYSZENIE PRZYJACIÓŁ GRUDZIC	OPOLE	POL	M-40	8	M 39	00:50:24	01:33:41	02:20:19.85	02:20:33.40	6:40	9	
44	MIKUŁAN MIKOŁAJ	357	U.S NAVY SEAL	POZNAŃ	POL	M-30	23	M 40	00:47:59	01:32:07	02:21:00.05	02:21:05.15	6:42	8.9	
45	KLESZCZ TOMEK	319	NIGHT RUNNERS WROCLAW	WROCLAW	POL	M-30	24	M 41	00:50:17	01:35:21	02:20:59.55	02:21:05.50	6:42	8.9	
46	PIĄTEK MATEUSZ	462	HERCOG RUNNING TEAM	BUKOWNO	POL	M-20	9	M 42	00:53:58	01:37:16	02:20:44.65	02:21:19.30	6:42	9	
47	MIAZGA MICHAŁ	386		DZIERŻONIÓW	POL	M-40	9	M 43	00:48:58	01:32:55	02:21:27.65	02:21:45.00	6:44	8.9	
48	JANOWSKI WITEK	108		WROCLAW	POL	M-30	25	M 44	00:52:30	01:35:51	02:21:46.85	02:21:58.50	6:45	8.9	
49	DROZD MACIEJ	312	DREAM RUN	WARSZAWA	POL	M-40	10	M 45	00:49:47	01:35:23	02:22:16.80	02:22:25.60	6:46	8.9	
50	DUCZYŃSKI MACIEJ	413	VEGE RUNNERS	PRUSZKÓW	POL	M-30	26	M 46	00:55:27	01:37:32	02:21:55.85	02:22:40.85	6:45	8.9	
51	UCIEKŁAK DOMINIK	475		SKAWINA	POL	M-40	11	M 47	00:50:45	01:36:20	02:23:03.05	02:23:15.50	6:48	8.8	
52	PRZYBYŁ PIOTR	409	EASY RUNNERS	GOSTYŃ	POL	M-40	12	M 48	00:51:30	01:37:48	02:23:09.80	02:23:19.40	6:49	8.8	
53	WIĄCEK MAREK	124	TEAM LUKS ŻORAWINA-WROCLAW	WROCLAW	POL	M-50	2	M 49	00:50:21	01:33:57	02:24:14.50	02:24:20.30	6:52	8.7	
54	SZCZĘŚNIAK MIKOŁAJ	332	RANKOR	DĄBRÓWKA	POL	M-40	13	M 50	00:52:31	01:38:04	02:24:11.80	02:24:36.55	6:52	8.7	
55	STARCZYŃSKI TOMASZ	224	TEAM AKTYWNY STĘSZEWE	GOWARZEWO	POL	M-30	27	M 51	00:47:59	01:33:18	02:24:36.85	02:24:42.40	6:53	8.7	
56	KURZAWIAK GRZEGORZ	247	KARŁÓW	KARŁÓW	POL	M-30	28	M 52	00:49:05	01:36:25	02:24:44.10	02:24:47.40	6:53	8.7	
57	KŁOSOWSKI SEWERYN	272		SZCZECIN	POL	M-40	14	M 53	00:51:45	01:37:53	02:24:39.00	02:24:49.30	6:53	8.7	
58	ROSOCHACZ KRZYSZTOF	237		MIĘDZYRZECZ	POL	M-40	15	M 54	00:48:31	01:33:46	02:24:58.90	02:25:12.95	6:54	8.7	
59	MONTALVA ENRIQUE	370	WWW.MYTEAMGROUP.PL	POZNAŃ	ESP	M-40	16	M 55	00:49:59	01:36:31	02:25:08.00	02:25:13.45	6:54	8.7	
60	MELNYK IVAN	308		WROCLAW	POL	M-30	29	M 56	00:52:25	01:39:29	02:24:40.90	02:25:15.10	6:53	8.7	
61	BAZAN ANNA	91		SZCZECIN	POL	K-30	2	K 5	00:52:40	01:39:01	02:25:13.30	02:25:17.40	6:54	8.7	
62	WOŁOZYN PIOTR	310		WARSZAWA	POL	M-30	30	M 57	00:52:10	01:37:05	02:25:08.95	02:25:25.60	6:54	8.7	
63	SAWICKI BARTOSZ	430	DZIKIE DZIKI GORZÓW	GORZÓW WIELKOPOLSKI	POL	M-20	10	M 58	00:55:07		02:25:09.55	02:25:31.00	6:54	8.7	
64	SZCZEPANIK ROBERT	387		DZIERŻONIÓW	POL	M-40	17	M 59	00:50:08	01:34:41	02:25:20.55	02:25:37.60	6:55	8.7	
65	MAĆKOWSKI TOMASZ	188	IDKFA IDDQD	ZALASEWO	POL	M-30	31	M 60	00:51:40	01:39:07	02:25:39.40	02:25:46.10	6:56	8.6	
66	SZOTA WOJCIECH	497	MARATOŃCZYK.PL	WARSZAWA		M-40	18	M 61	00:49:50	01:36:03	02:26:01.65	02:26:08.75	6:57	8.6	
67	WĘGRZYŃSKI PAWEŁ	8	ITMBW KRAKÓW	KRAKÓW	POL	M-30	32	M 62	00:52:15	01:38:56	02:26:07.60	02:26:21.65	6:57	8.6	
68	MAJ MAREK	353		WROCLAW	POL	M-30	33	M 63	00:55:41	01:40:14	02:26:07.55	02:26:49.15	6:57	8.6	
69	PIECZARA KRZYSZTOF	239	KB MCKIS JAWORZNO	JAWORZNO	POL	M-30	34	M 64	00:53:27	01:39:57	02:26:23.40	02:26:52.45	6:58	8.6	
70	KALITA DAMIAN	494		KRAKÓW		M-30	35	M 65	00:53:11	01:38:28	02:26:54.95	02:27:24.25	6:59	8.6	
71	FEICHTINGER MAREK	303		ŻORY	POL	M-40	19	M 66	00:54:00	01:40:33	02:27:37.80	02:28:02.80	7:01	8.5	
72	KAPLAN-RAKOWSKI REGINA	444	KMF	FLOWER MOUND	USA	K-40	2	K 6	00:52:18	01:38:19	02:27:53.15	02:28:04.60	7:02	8.5	
73	GLUZA SEBASTIAN	478	RUN-LOG	OPOLE	POL	M-30	36	M 67	00:51:51		02:28:16.55	02:28:16.55	7:03	8.5	
74	PUCHACZ WOJCIECH	403	ZAŁOGA GÓRSKA - TA JEDYNA SŁUSZNA.	POZNAŃ	POL	M-20	11	M 68	00:52:51	01:40:34	02:28:15.35	02:28:27.90	7:03	8.5	
75	MARKIEWICZ ARTUR	374	PODDEBICKI K.B. ZDYSZANI.PL	PODDEBICE	POL	M-30	37	M 69	00:54:41	01:40:37	02:28:16.60	02:28:29.50	7:03	8.5	
76	PANEK KRZYSZTOF	343		POZNAŃ	POL	M-40	20	M 70	00:51:29	01:40:05	02:28:24.55	02:28:31.50	7:04	8.5	
77	ORDYNIEC SŁAWOMIR	122		ŚWIDNICA	POL	M-20	12	M 71	00:52:29	01:39:16	02:28:23.45	02:28:35.00	7:04	8.5	
78	CICHOCKI MARCIN	439		POZNAŃ	POL	M-30	38	M 72	00:50:08	01:36:21	02:28:29.30	02:28:49.85	7:04	8.5	
79	NAJDEREK MACIEJ	317	NAJDERKI4	POZNAŃ	POL	M-30	39	M 73	00:51:12	01:40:16	02:29:00.25	02:29:06.65	7:05	8.5	
80	MARGASIŃSKI MICHAŁ	154	ZĄBKOWICKI GRUPA BIEGOWA FRANKENSTEIN	ZĄBKOWICE ŚLĄSKIE	POL	M-20	13	M 74	00:51:39	01:40:06	02:29:29.20	02:29:36.65	7:07	8.4	
81	SĄŁEK MATEUSZ	324	ADIDAS RUNNERS WARSAW	RADOM	POL	M-20	14	M 75	00:54:18	01:41:30	02:29:43.75	02:30:04.45	7:07	8.4	
82	KONIČEK FILIP	424	SRTG RYCHNOV NAD KNĚŽNOU	RYCHNOV NAD KNĚŽNOU	CZE	M-30	40	M 76	00:47:04	01:39:12	02:30:01.85	02:30:07.80	7:08	8.4	
83	ŁĄK TOMASZ	206		WROCLAW	POL	M-40	21	M 77	00:51:48	01:39:49	02:30:17.50	02:30:27.40	7:09	8.4	
84	JANAS DARIUSZ	90		WROCLAW	POL	M-30	41	M 78	00:53:15	01:39:05	02:30:23.40	02:30:42.05	7:09	8.4	
85	SIERPIŃSKI MATEUSZ	327	TRAINING LAB	WARSZAWA	POL	M-30	42	M 79	00:56:46	01:42:35	02:30:35.90	02:31:19.35	7:10	8.4	
86	NADOLNA EWA	342		PIASKI	POL	K-30	3	K 7	00:55:35	01:43:47	02:31:23.15	02:31:29.50	7:12	8.3	
87	DAMM ZBIGNIEW	21	DAMMTEAMRUNNERS	BRZEG	POL	M-40	22	M 80	00:52:37	01:41:07	02:31:23.50	02:31:32.40	7:12	8.3	
88	KACZMAREK TOMASZ	46	STREFA PSYCHOLOGII SPORTU	POZNAŃ	POL	M-30	43	M 81	00:54:30	01:41:29	02:31:21.45	02:31:33.30	7:12	8.3	
89	NOWAKOWSKI SEBASTIAN	245	RYŚIE	ŁÓDŹ	POL	M-30	44	M 82	00:53:45	01:42:09	02:31:22.10	02:31:34.40	7:12	8.3	
90	DZIEDZIC MARCIN	298	KB MCKIS JAWORZNO	JAWORZNO	POL	M-30	45	M 83	00:53:10	01:39:26	02:31:24.75	02:31:53.10	7:12	8.3	
91	PAŚ TOMASZ	477	PASIOŁ TEAM WROCLAW	WROCLAW	POL	M-40	23	M 84	00:54:34	01:43:52	02:32:30.55	02:32:40.40	7:15	8.3	
92	BAŁA ANNA	212		OLSZTYN	POL	K-20	3	K 8	00:50:47	01:40:40	02:32:37.95	02:32:41.00	7:16	8.3	
93	BOSAKIEWICZ TOMASZ	468	MAGBOS DOMY Z DREWNA	ZŁOTORYJA	POL	M-30	46	M 85	00:53:21	01:41:06	02:32:57.90	02:33:05.45	7:17	8.2	
94	ZAWORSKI TOMASZ	68		WROCLAW	POL	M-30	47	M 86	00:53:19	01:43:04	02:33:04.30	02:33:08.85	7:17	8.2	
95	WYWROT GRZEGORZ	221		WARSZAWA	POL	M-30	48	M 87	00:54:19	01:43:14	02:32:57.65	02:33:16.90	7:17	8.2	

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96	SKRZYPIEC KAROL	492	ŻARÓW BIEGA	ŻARÓW		M-30	49	M 88	00:56:56	01:44:36	02:33:13.45	02:33:48.35	7:17	8.2
97	OPAŁKA DAMIAN	305	MYRACE	WARSZAWA	POL	M-30	50	M 89	00:45:52	01:39:03	02:33:45.95	02:33:50.35	7:19	8.2
98	GOLON MARLENA	217	RUN PASJA	SICIENKO	POL	K-40	3	K 9	00:54:42	01:42:12	02:33:44.15	02:33:51.40	7:19	8.2
99	PAWLICKI KAROL	417	MKS SIECHNICE	MALCZYCE	POL	M-20	15	M 90	00:56:12	01:44:28	02:33:29.65	02:33:53.00	7:18	8.2
100	JAGŁA KAMIL	244	GRUNWALD TEAM POZNAŃ	POZNAŃ	POL	M-20	16	M 91	00:50:39	01:39:52	02:34:02.45	02:34:12.15	7:20	8.2
101	FRYBEL DAMIAN	464	WOLSZTYŃSKA AKADEMIA BIEGOWA	OBRA	POL	M-40	24	M 92	00:55:52	01:44:19	02:34:03.75	02:34:13.15	7:20	8.2
102	KRAWCZYK MATEUSZ	467	K.B. PIONIER SZCZECIN/ AMBASADOR FESTIWALU BIEGOWEGO W KRYNICY ZDRÓJ	ŁABĘDZIE K. DRAWSKA POMORSKIEGO	POL	M-20	17	M 93	00:55:06	01:43:42	02:34:05.85	02:34:14.05	7:20	8.2
103	KOS ROBERT	117		BERLIN	GER	M-40	25	M 94	00:55:48	01:44:24	02:34:07.60	02:34:22.25	7:20	8.2
104	MILKA MIROSŁAW	443		JANÓW	POL	M-40	26	M 95	00:52:53	01:41:14	02:34:38.30	02:34:41.65	7:21	8.1
105	MIKRUT PAWEŁ	19		WROCŁAW	POL	M-30	51	M 96	00:55:41	01:44:20	02:34:19.80	02:34:42.95	7:20	8.2
106	GAŹKIEWICZ PAWEŁ	406	ESKADRA KRAKÓW	KRAKÓW	POL	M-40	27	M 97	00:53:29	01:41:38	02:34:56.85	02:35:05.65	7:22	8.1
107	WACHOWIAK KAROL	270		POZNAŃ	POL	M-40	28	M 98	00:56:43	01:45:12	02:34:31.40	02:35:06.50	7:21	8.2
108	SZYSZKA ANNA	389		KRAKÓW	POL	K-20	4	K 10	00:58:03	01:44:23	02:34:33.70	02:35:07.10	7:21	8.2
109	BABIARZ ANDRZEJ	311		ZIELONKA	POL	M-40	29	M 99	00:55:00	01:43:59	02:34:51.30	02:35:08.95	7:22	8.1
110	PRZYBYLSKI BARTŁOMIEJ	289		TARNOWO PODGÓRNE	POL	M-40	30	M 100	00:56:01	01:42:40	02:35:09.45	02:35:17.40	7:23	8.1
111	LEWANDOWSKI WALDEMAR	261		GORZÓW WLKP.	POL	M-30	52	M 101	00:54:27	01:43:17	02:35:42.65	02:35:49.00	7:24	8.1
112	LEŚNIEWSKA JUSTYNA	54	AKTYWNA NOWA RUDA	RADKÓW	POL	K-30	4	K 11	00:54:24	01:44:04	02:35:57.10	02:36:00.50	7:25	8.1
113	NOWICKI KAMIL	307		KRAKÓW	POL	M-20	18	M 102	00:55:09	01:44:02	02:36:00.45	02:36:16.60	7:25	8.1
114	ZAWADA MATEUSZ	168	ZARAŻENI BÓLEM	SULEJÓWEK	POL	M-20	19	M 103	01:01:29	01:50:55	02:36:11.90	02:36:18.35	7:26	8.1
115	PIEKARCZYK MICHAŁ	479	KWAŚNE ŻELKI	IZABELIN C	POL	M-20	20	M 104	00:58:46	01:49:25	02:36:04.35	02:36:34.85	7:25	8.1
116	NICPOŃ SEBASTIAN	89		PIŁA	POL	M-30	53	M 105	00:56:26	01:45:07	02:36:28.35	02:36:48.60	7:27	8.1
117	ADAM PIOTR	382	WROCLAW MARATHON TEAM	ŻERNIKI WROCŁAWSKIE	POL	M-40	31	M 106	00:55:26	01:44:06	02:36:33.55	02:37:03.65	7:27	8
118	ŁOCH HUBERT	340		WROCŁAW	POL	M-50	3	M 107	00:52:12	01:42:12	02:37:22.05	02:37:24.40	7:29	8
119	BULTROWICZ MARCIN	352	BEIERSDORF SPORT TEAM	POZNAŃ	POL	M-40	32	M 108	00:57:43	01:47:09	02:37:07.55	02:37:29.70	7:28	8
120	RADECKI PAWEŁ	208		SIECHNICE	POL	M-30	54	M 109	00:56:54	01:45:03	02:37:16.90	02:37:54.45	7:29	8
121	KUCHARSKI PIOTR	256	AMATOR - NIEZRZESZONY, CZYLI WSZYTKO MOGĘ... NIC NIE MUSZĘ...!	GLINIK GM. DESZCZNO	POL	M-40	33	M 110	00:55:52	01:47:01	02:37:46.80	02:37:55.00	7:30	8
122	HENEL MARCIN	363		GLUSZYCA	POL	M-30	55	M 111	01:01:08	01:49:56	02:38:34.90	02:38:53.50	7:33	7.9
123	KUCZKOWSKI KRZYSZTOF	325	TRAINING LAB	WARSZAWA	POL	M-30	56	M 112	00:52:20	01:41:01	02:38:11.70	02:38:54.00	7:32	8
124	MICHAŁOWICZ MAREK	164		ZALASEWO	POL	M-30	57	M 113	00:55:34	01:45:13	02:38:46.90	02:38:57.95	7:33	7.9
125	KRYSIEWICZ MARCIN	162	RUN-LOG	OPOLE	POL	M-30	58	M 114	00:55:43	01:46:01	02:38:36.25	02:38:58.25	7:33	7.9
126	WYBRANOWSKI SYLWESTER	45	DOM DEVELOPMENT ADENTURE TEAM	WARSZAWA	POL	M-40	34	M 115	00:56:23	01:47:15	02:39:03.10	02:39:06.85	7:34	7.9
127	SMARZEWSKA JUSTYNA	100	FA(S)T&FURIOUS	ZIELONA GÓRA	POL	K-40	4	K 12	00:57:49	01:46:49	02:38:41.60	02:39:13.55	7:33	7.9
128	KSIĄŻKIEWICZ JACEK	414	CITY TRAIL TEAM	WĄGROWIEC	POL	M-30	59	M 116	00:59:33	01:48:42	02:38:52.80	02:39:14.30	7:33	7.9
129	OLSZAK KUBA	404		WARSZAWA	POL	M-30	60	M 117	00:56:06	01:46:49	02:39:30.15	02:39:35.40	7:35	7.9
130	MYŚLIĆKA NATALIA	397		WROCŁAW	POL	K-30	5	K 13	00:56:10	01:46:56	02:39:30.25	02:39:35.55	7:35	7.9
131	TUCHOŁKA MARTA	369		KROBIA	POL	K-30	6	K 14	00:55:38	01:46:41	02:39:30.75	02:39:36.80	7:35	7.9
132	KOSTRUBIEC MACIEJ	364	ROKIETNICA BIEGA	MROWINO	POL	M-20	21	M 118	00:57:50	01:49:07	02:39:32.25	02:40:17.80	7:35	7.9
133	JANOWSKA KINGA	107		WROCŁAW	POL	K-30	7	K 15	00:57:12	01:44:18	02:40:09.45	02:40:21.60	7:37	7.9
134	WYTYKOWSKA JOANNA	126	RYSIE	ŁÓDŹ	POL	K-30	8	K 16	00:57:58	01:47:47	02:40:42.55	02:40:42.55	7:39	7.8
135	KADŁUBOWSKI PIOTR	49	KOTWICA BRZEG / AUTOGAZEXPERT RUNNERS TEAM	BRZEG	POL	M-40	35	M 119	00:56:24	01:47:01	02:40:33.25	02:40:44.20	7:38	7.8
136	MARZEC KAROLINA	275	DZIKIE DZIKI GORZÓW	DESZCZNO	POL	K-30	9	K 17	00:57:23	01:47:58	02:40:42.25	02:40:46.90	7:39	7.8
137	ROŹKO SEBASTIAN	137	GRYF-INO TEAM	GRYFINO	POL	M-30	61	M 120	00:58:35	01:50:29	02:40:18.60	02:40:53.55	7:38	7.9
138	KACZMARCZYK URSZULA	432	KARKONOSZ RUNNING TEAM	WROCŁAW	POL	K-30	10	K 18	00:57:43	01:47:22	02:41:06.25	02:41:27.35	7:40	7.8
139	DOBEK TOMASZ	394		PŁOCK	POL	M-40	36	M 121	00:59:16	01:48:14	02:41:15.90	02:41:30.40	7:40	7.8
140	GAWRON BARTŁOMIEJ	40		POLSKA NOWA WIEŚ	POL	M-40	37	M 122	00:55:35	01:47:35	02:41:30.40	02:41:48.25	7:41	7.8
141	MIELCZAREK GRZEGORZ	295		OPOLE	POL	M-50	4	M 123	00:56:37	01:47:00	02:41:51.25	02:41:56.80	7:42	7.8
142	DŁUGOSZ MAREK	94	KB GEOTERMIA UNIEJÓW	WARTKOWICE	POL	M-50	5	M 124	00:56:07	01:46:54	02:41:51.25	02:42:02.30	7:42	7.8
143	CAKAŁA ZUZANNA	7	VOLKSWAGEN MOTOR POLSKA	SZCZYTNO	POL	K-20	5	K 19	00:58:13	01:48:36	02:41:54.75	02:42:06.05	7:42	7.8
144	RYBARCZYK IŁONA	80	HURAGAN	KOŁO	POL	K-20	6	K 20	00:56:39	01:49:23	02:42:18.50	02:42:20.85	7:43	7.8
145	WALCZAK MACIEJ	186		POZNAŃ	POL	M-30	62	M 125	01:01:50	01:50:10	02:41:52.15	02:42:21.75	7:42	7.8
146	GALUCH AGNIESZKA	306		KUDOWA ZDRÓJ	POL	K-30	11	K 21	00:56:04	01:47:06	02:42:12.45	02:42:22.80	7:43	7.8
147	PIETRUSZKA WOJTEK	411	BIEGAJ ZAPOBIEGAJ	WAŁBRZYCHG	POL	M-40	38	M 126	01:00:00	01:49:14	02:42:56.55	02:42:56.55	7:45	7.7

PÓLMARATON GÓR STOŁOWYCH 2018, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	7km	14km	Netto	Brutto	min/km	km/h	
							cat.								
148	BIERNACKA KATARZYNA	485	SPELEO-KLUB WARSZAWSKI	WARSZAWA		K-50	1	K 22	00:56:10	01:47:59	02:42:46.60	02:42:56.60	7:45	7.7	
149	GOŁĄBOWSKI JAREK	95	BIEGACZE ŚWINOUJSCIE	ŚWINOUJSCIE	POL	M-50	6	M 127	00:59:08	01:49:28	02:42:39.55	02:43:10.80	7:44	7.7	
150	POPIELA MIROSŁAW	489	FITBULL TEAM	STRZELCE OPOLSKIE		M-40	39	M 128	00:56:46	01:47:04	02:43:05.70	02:43:16.35	7:46	7.7	
151	FIRAZA ŁUKASZ	112	NAPIERACZE	ŁÓDŹ	POL	M-30	63	M 129	01:00:32	01:51:41	02:42:38.65	02:43:24.15	7:44	7.7	
152	MALIK OLGA	415	OSTRÓW BIEGA	PODBORZE	POL	K-20	7	K 23	01:01:04	01:49:48	02:43:25.15	02:43:43.50	7:46	7.7	
153	CHRAPLEWSKA KAROLINA	243	PRO366	POZNAŃ	POL	K-30	12	K 24	00:58:14	01:50:21	02:43:32.50	02:43:44.10	7:47	7.7	
154	WOŹNICA ADRIAN	407	GRUPA NOMAX	WOŹNIKI	POL	M-30	64	M 130	00:57:08	01:47:54	02:43:37.75	02:43:56.20	7:47	7.7	
155	FRANKIEWICZ JAKUB	481		KRAKÓW		M-40	40	M 131	00:58:44	01:49:13	02:43:45.15	02:44:21.50	7:47	7.7	
156	SZAREK RAFAŁ	233	KB MCKIS JAWORZNO	JAWORZNO	POL	M-30	65	M 132	00:58:15	01:49:28	02:44:29.35	02:44:43.10	7:50	7.7	
157	CIENGIEL HANNA	297		CIESZYN	POL	K-30	13	K 25	00:58:30	01:51:41	02:44:29.50	02:44:45.60	7:49	7.7	
158	PTAK JAROSŁAW	274		LUBOŃ	POL	M-40	41	M 133	00:56:16	01:48:52	02:44:12.10	02:44:48.40	7:49	7.7	
159	LISSOTA-BUJAK MARIOLA	437	#CZELADZBIEGA	CZELADŹ	POL	K-40	5	K 26	01:00:44	01:52:02	02:44:35.70	02:44:48.75	7:50	7.7	
160	CZARNIECKI DANIEL	140	TIE-THIS IS ENGLISH	POLANICA-ZDRÓJ	POL	M-30	66	M 134	00:59:28	01:50:03	02:44:26.20	02:44:49.55	7:49	7.7	
161	DZIURLA ADAM	302	-	POZNAŃ	POL	M-60	1	M 135	00:59:19	01:52:38	02:45:22.35	02:45:43.65	7:52	7.6	
162	JAKUBCZAK KONRAD	32	DEBEŚCIAK	WARSZAWA	POL	M-30	67	M 136	00:52:52	01:43:59	02:45:31.75	02:45:46.40	7:52	7.6	
163	JASICKI HENRYK	276	POLSKA	OŁAWA	POL	M-50	7	M 137	01:01:03	01:52:35	02:45:18.35	02:45:47.20	7:52	7.6	
164	EWERT-KRZEMIEŃSKA KATARZYNA	209		WROCLAW	POL	K-30	14	K 27	00:59:42	01:51:30	02:45:59.00	02:46:12.45	7:54	7.6	
165	WAŁACH-BIŚTA ZUZA	44		KATOWICE	POL	K-30	15	K 28	01:00:09	01:52:37	02:46:14.70	02:46:24.40	7:55	7.6	
166	HABAS PAWEŁ	372		POLKOWICE	POL	M-40	42	M 138	00:57:48	01:51:46	02:45:59.20	02:46:25.30	7:54	7.6	
167	KONOPKA-LULEK AGNIESZKA	283		POZNAŃ	POL	K-30	16	K 29	00:58:25	01:51:44	02:46:16.65	02:46:25.75	7:55	7.6	
168	WĘGRZYŃCZYK PIOTR	365		MIOSZYCE	POL	M-20	22	M 139	01:03:02	01:52:47	02:45:56.20	02:46:29.30	7:54	7.6	
169	TELEGUJ MICHAŁ	290	TEZA BHP	OPOLE	POL	M-30	68	M 140	00:58:44	01:53:37	02:46:12.15	02:46:41.80	7:54	7.6	
170	BRUZI KACPER	63		DRAWNO	POL	M-20	23	M 141	01:03:45	01:55:15	02:46:00.50	02:46:43.15	7:54	7.6	
171	SEICHTER ADAM	401	PRORUNNING PROMOTION	TORUŃ	POL	M-40	43	M 142	00:58:46	01:52:35	02:47:04.60	02:47:08.50	7:57	7.5	
172	POLIŃSKI ROBERT	328	TRAINING LAB	WARSZAWA	POL	M-30	69	M 143	01:02:01	01:52:15	02:46:29.40	02:47:12.15	7:55	7.6	
173	POLITYLO-ALUWIHARE AGNIESZKA	447		CZOSNOW	POL	K-40	6	K 30	00:59:44	01:52:14	02:47:08.70	02:47:13.65	7:57	7.5	
174	TREGUB IGOR	309	KAPITOSZKA	WROCLAW	POL	M-30	70	M 144	01:03:50	01:59:19	02:46:42.10	02:47:16.65	7:56	7.6	
175	SMUDA RYSZARD	141		TYCHY	POL	M-60	2	M 145	01:02:21	01:54:48	02:46:41.25	02:47:20.15	7:56	7.6	
176	ŚWIERCZEK MARTA	458	JURA.PL	ZAWIERCIE	POL	K-30	17	K 31	01:01:46	01:53:48	02:47:17.70	02:47:29.75	7:57	7.5	
177	AUGUSTYŃSKI MAŁGORZATA	465		ŁÓDŹ	POL	K-40	7	K 32	00:54:32	01:49:28	02:47:29.30	02:47:32.90	7:58	7.5	
178	FRIDRICH MARCIN	132	TRAINING LAB	WARSZAWA	POL	M-20	24	M 146	01:01:53	01:52:34	02:46:59.30	02:47:42.40	7:57	7.5	
179	MAJEWSKI MAREK	335	TRAINING LAB	WARSZAWA	POL	M-30	71	M 147	01:01:28	01:52:21	02:46:58.25	02:47:42.85	7:57	7.5	
180	KUPCZYŃSKI IGOR	470		POZNAŃ	POL	M-30	72	M 148	01:00:01	01:52:45	02:47:27.10	02:48:05.25	7:58	7.5	
181	STROJEK GRZEGORZ	388		PRZEMKÓW	POL	M-40	44	M 149	00:53:45	01:46:52	02:48:36.85	02:48:43.55	8:01	7.5	
182	BARTKOWIAK TOMASZ	429		GORZÓW WIELKOPOLSKI	POL	M-20	25	M 150	00:58:27	01:49:41	02:48:26.20	02:48:48.75	8:01	7.5	
183	SZYMCZYNA MARCIN	258	OŁAWSKA GRUPA BIEGOWA	OŁAWA	POL	M-40	45	M 151	01:01:12	01:52:48	02:48:22.35	02:48:49.50	8:01	7.5	
184	GOŁĄB ANDRZEJ	440	CAŁA OLEŚNICA BIEGA	DOBROSZYCE	POL	M-50	8	M 152	00:59:39	01:51:39	02:48:47.30	02:48:57.80	8:02	7.5	
185	RADAJEWSKI ARKADIUSZ	304	CROSS KRAPKOWICE	KRAPKOWICE	POL	M-40	46	M 153	00:57:54	01:52:06	02:48:44.30	02:48:58.45	8:02	7.5	
186	SOBIESKI JAN	390	KWAŚNE ŻELKI	IZABELIN C	POL	M-20	26	M 154	01:02:27	01:54:30	02:48:59.40	02:49:29.90	8:02	7.5	
187	MRÓZ AGNIESZKA	197	BIAŁOSTOCKA SEKTA BIEGACZY	BIAŁYSTOK	POL	K-30	18	K 33	01:05:10	01:55:27	02:48:49.10	02:49:31.10	8:02	7.5	
188	STANKIEWICZ PIOTR	198	GRUPA SZALONYCH ROWERZYSTÓW	BIAŁYSTOK	POL	M-30	73	M 155	01:04:34	01:56:22	02:48:48.50	02:49:31.15	8:02	7.5	
189	TROCHIMCZYK MARCIN	419		GLIWICE	POL	M-30	74	M 156	01:04:31	01:57:54	02:48:48.95	02:49:32.45	8:02	7.5	
190	BISKUPSKI JAKUB	491		WROCLAW		M-40	47	M 157	01:03:08	01:56:53	02:49:19.00	02:49:40.40	8:03	7.4	
191	TOMASZYK ELŻBIETA	9		POZNAN	POL	K-30	19	K 34	01:02:08	01:57:18	02:49:27.60	02:50:00.45	8:04	7.4	
192	KUBACKA IRENA	18	BEBS SPORT CLUB	ŻERKÓW	POL	K-20	8	K 35	01:02:23	01:57:20	02:49:27.00	02:50:00.45	8:04	7.4	
193	GROMALA TOMASZ	412		GĘSZYCA	POL	M-40	48	M 158	01:03:36	01:55:38	02:51:12.80	02:51:12.80	8:09	7.4	
194	GNIĄDEK GOSIA	29	DABEX - BOLT	KRAKÓW	POL	K-40	8	K 36	01:01:56	01:57:03	02:50:53.90	02:51:13.40	8:08	7.4	
195	TOMCZAK MARCIN	79		DREZDENKO	POL	M-40	49	M 159	01:02:21	01:53:33	02:50:54.50	02:51:26.10	8:08	7.4	
196	DOMIŃCZYK RAFAŁ	129		DĄBROWA GÓRNICZA	POL	M-40	50	M 160	01:04:23	01:56:03	02:51:12.25	02:51:45.40	8:09	7.4	
197	PIĄTEK DAWID	336	TRAINING LAB	WARSZAWA	POL	M-30	75	M 161	01:02:03	01:52:58	02:51:32.70	02:52:16.50	8:10	7.3	
198	KOZANECKA MARTA	398	KLUB BIEGACZA GEOTERMIA UNIEJÓW	UNIEJÓW	POL	K-30	20	K 37	01:00:51	02:52:14.70	02:52:26.95	02:52:26.95	8:12	7.3	
199	SZMAGIEREWSKI WOJCIECH	438		WROCLAW	POL	M-50	9	M 162	01:01:12	01:53:53	02:52:11.85	02:52:32.70	8:12	7.3	
200	NEUMANN JACEK	56		RADKÓW	POL	M-50	10	M 163	01:01:32	01:56:21	02:51:55.60	02:52:34.85	8:11	7.3	
201	BUDZIŃSKI KRZYSZTOF	460	STOWARZYSZENIE SPORTOWE FENIKS	OPOLE	POL	M-50	11	M 164	00:59:53	01:51:21	02:52:22.50	02:52:53.20	8:12	7.3	
202	LIK MAREK	367	CHEŁM BIEGA	CHEŁM	POL	M-50	12	M 165	01:03:27	01:56:11	02:52:38.95	02:53:09.15	8:13	7.3	
203	HINC MARCIN	347		ZABRZE	POL	M-30	76	M 166	01:06:49	01:59:33	02:52:53.10	02:53:11.35	8:13	7.3	

PÓLMARATON GÓR STOŁOWYCH 2018, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	7km	14km	Netto	Brutto	min/km	km/h	
							cat.								
204	PONIATOWSKI SEWERYN	75	RUCHOCK RUNNING TEAM	WROCLAW	POL	M-30	77	M 167	01:00:25	01:55:17	02:52:27.95	02:53:11.40	8:12	7.3	
205	MATOSZKA ARKADIUSZ	330	TRAINING LAB	WARSZAWA	POL	M-30	78	M 168	01:00:40	01:52:27	02:52:32.40	02:53:13.75	8:12	7.3	
206	PODZEREK MACIEJ	434	WAKE TEAM GNIEZNO	GNIEZNO	POL	M-30	79	M 169	01:06:24	01:58:31	02:52:32.65	02:53:14.50	8:13	7.3	
207	LESZCZYŃSKA WERONIKA	149	SYBERIAN HUSKY TEAM	DESZCZCZNO	POL	K-30	21	K 38	01:01:27	01:57:39	02:53:26.50	02:53:34.45	8:15	7.3	
208	GLINA-KRAWCZYK MAŁGORZATA	240	ZĄBKOWICKA GRYPA BIEGOWA FRANKENSTEIN	KAMIENIEC ZĄBKOWICKI	POL	K-40	9	K 39	01:03:02	01:56:56	02:53:08.55	02:53:40.60	8:14	7.3	
209	MOŚCICKI GRZEGORZ	12	NA CITO	ZDZIESZOWICE	POL	M-30	80	M 170	01:03:21	01:58:45	02:53:25.05	02:54:05.65	8:15	7.3	
210	FILIPIAK MICHAŁ	285	WIELKOPOLSKI KLUB TATERNICTWA JASKINIOWEGO	POZNAŃ	POL	M-40	51	M 171	01:02:20	01:57:11	02:53:35.05	02:54:13.00	8:16	7.3	
211	SIKORA ŁUKASZ	408	GRUPA NOMAX	BŁADNICE DOLNE	POL	M-30	81	M 172	01:00:58	01:57:06	02:54:56.20	02:55:15.40	8:19	7.2	
212	SZPAŁA JAKUB	344		ŻAGAŃ	POL	M-20	27	M 173	01:02:14	01:54:31	02:54:37.55	02:55:21.90	8:18	7.2	
213	GRUSZKA KAROL	315	TRAINING LAB	WARSZAWA	POL	M-30	82	M 174	01:03:49	01:55:12	02:55:00.10	02:55:45.00	8:20	7.2	
214	WRZOSEK PATRYK	142	#CZELADZBIEGA	CZELADŹ	POL	M-20	28	M 175	01:03:12	01:58:38	02:55:45.30	02:56:05.90	8:22	7.2	
215	AUGUSTOWSKA IZABELA	93	KB GEOTERMIA UNIEJÓW	WARTKOWICE	POL	K-40	10	K 40	01:03:10	01:58:57	02:55:55.70	02:56:07.95	8:22	7.2	
216	BUJNOWSKA ANITA	48		POLICE	POL	K-20	9	K 41	01:06:39	01:59:16	02:56:33.20	02:57:11.65	8:24	7.1	
217	SŁOBODZIAN WALDEMAR	292		NAMYSŁÓW	POL	M-50	13	M 176	00:59:30	01:55:56	02:57:05.75	02:57:33.70	8:26	7.1	
218	TOMCZAK TOMASZ	264	NARAMOWICE BIEGAJĄ	PRZEŻMIEROWO	POL	M-40	52	M 177	01:02:11	02:00:47	02:56:57.65	02:57:37.50	8:25	7.1	
219	KUJATH ELA	294		POZNAŃ	POL	K-30	22	K 42	01:07:20	02:01:04	02:57:24.75	02:57:58.30	8:26	7.1	
220	ZIMON ADAM	223	RKB BROKERZY WROCLAW	WROCLAW	POL	M-40	53	M 178	01:06:59	02:03:21	02:57:27.30	02:57:59.00	8:27	7.1	
221	KLUSKA KRZYSZTOF	355		TYCHY	POL	M-40	54	M 179	01:04:38	01:59:25	02:57:42.60	02:58:21.05	8:27	7.1	
222	RETMANIAK SYLWIA EWA	354	DRUŻYNA TVN	SKUBIANKA	POL	K-30	23	K 43	01:03:45	01:53:08	02:57:36.55	02:58:22.50	8:27	7.1	
223	SOSIŃSKI TOMASZ	293	NAPIERACZE	ŁÓDŹ	POL	M-30	83	M 180	01:03:04	01:59:49	02:57:36.40	02:58:22.80	8:27	7.1	
224	DUBIŃSKI JAROSŁAW	144	BBL ZDUŃSKA WOLA	ZDUŃSKA WOLA	POL	M-40	55	M 181	01:10:00	02:04:02	02:58:46.70	02:58:46.70	8:30	7	
225	DOBROCHOWSKI MAREK	13	STRZEGOMSKA DWUNASTKA	STRZEGOM	POL	M-30	84	M 182	01:02:38	01:58:58	02:59:36.25	02:59:42.90	8:33	7	
226	CZACHOWSKI MICHAŁ	421	ZWAWIE ZOLWIE	WARSZAWA	POL	M-40	56	M 183	01:10:42	02:05:49	03:00:11.50	03:00:11.50	8:34	7	
227	MÓL WIOLETTA	127	#CZELADZBIEGA	CZELADŹ	POL	K-40	11	K 44	01:02:54	01:59:57	02:59:56.70	03:00:12.20	8:34	7	
228	SZCZECHOWICZ MARZENA	103	JACEKBIEGA RUNNING TEAM	BRZEZINY	POL	K-40	12	K 45	01:05:54	02:03:35	03:00:20.05	03:00:20.05	8:35	7	
229	OWCZAREK MACIEJ	400	TEAM BIEGAJ POD OKIEM TRENERA	WARSZAWA	POL	M-30	85	M 184	01:05:53	02:04:36	02:59:45.95	03:00:20.60	8:33	7	
230	JODKO MAŁGORZATA	486		ZDROJSKO	POL	K-30	24	K 46	01:06:21	02:03:39	03:00:26.20	03:00:54.10	8:35	7	
231	MIZERNY MARIA	41	'PI'	POZNAŃ	POL	K-30	25	K 47	01:08:44	02:06:48	03:00:25.25	03:01:02.20	8:35	7	
232	JANKIEWICZ MICHAŁ	139	RYSIE	ŁÓDŹ	POL	M-30	86	M 185	01:06:23	02:03:43	03:01:02.95	03:01:02.95	8:37	7	
233	SKORUPSKA JULIA	282		WARSZAWA	POL	K-40	13	K 48	01:08:21	02:03:37	03:00:30.60	03:01:03.35	8:35	7	
234	KOPYCZOK JUSTYNA	158		SIEMIANOWICE ŚLĄSKIE	POL	K-20	10	K 49	01:04:50	02:00:40	03:00:56.10	03:01:15.90	8:36	7	
235	JANKIEWICZ KASIA	138	RYSIE	ŁÓDŹ	POL	K-30	26	K 50	01:06:19	02:03:41	03:01:17.05	03:01:17.05	8:37	7	
236	WITKOWSKA PAULINA	427		SZAMOTUŁY	POL	K-30	27	K 51	01:00:50	02:00:02	03:01:10.35	03:01:18.35	8:37	7	
237	ŻMUDZIŃSKI KRZYSZTOF	36	'PI'	POZNAŃ	POL	M-20	29	M 186	01:08:37	02:06:45	03:01:37.95	03:02:14.95	8:38	6.9	
238	WIŚNIEWSKA BARBARA	88	HUSARIA RACE TEAM	KAZIMIERZ BISKUPI	POL	K-20	11	K 52	01:04:30	02:01:33	03:02:17.05	03:02:19.40	8:40	6.9	
239	ŁĄŻEWSKA SYLWIA	135		CHWAŁĘCICE	POL	K-40	14	K 53	01:06:21	02:03:31	03:02:22.85	03:02:50.50	8:41	6.9	
240	HADRYSIK ADAM	113	NAPIERACZE	ŁÓDŹ	POL	M-30	87	M 187	01:05:17	02:02:54	03:02:07.75	03:02:52.45	8:40	6.9	
241	WRONA ANNA	131		BRWIŃÓW	POL	K-30	28	K 54	01:06:53	02:04:11	03:02:52.35	03:03:05.75	8:42	6.9	
242	KOSIEDOWSKA MARTA	238		WARSZAWA	POL	K-30	29	K 55	01:05:30	02:01:50	03:02:48.05	03:03:06.00	8:42	6.9	
243	HENDZELEK TOMASZ	187		WROCLAW	POL	M-20	30	M 188	00:58:23	01:59:37	03:03:13.20	03:03:22.75	8:43	6.9	
244	ULIKOWSKA MARTYNA	456	ZALOGA GORSKA	GOŚCINO	POL	K-20	12	K 56	01:03:50	02:02:07	03:02:53.15	03:03:28.90	8:42	6.9	
245	BORUTA-KOŁODZIEJ EMILIA	402	PRO-RUN WROCLAW	WROCLAW	POL	K-30	30	K 57	01:05:31	02:03:28	03:03:08.50	03:03:29.55	8:43	6.9	
246	SZYMCZAK EWELINA	1		SZCZECIN	POL	K-40	15	K 58	01:05:30	02:02:27	03:03:02.90	03:03:29.85	8:43	6.9	
247	SIWIĄSZCZYK TOMASZ	16		POZNAŃ	POL	M-40	57	M 189	01:05:24	02:00:50	03:03:19.00	03:04:03.05	8:43	6.9	
248	JAWORSKA MAGDALENA	22	GB WIELKOPOLSCY BIEGACZE	POZNAŃ	POL	K-40	16	K 59	01:05:19	02:00:45	03:03:18.85	03:04:03.45	8:43	6.9	
249	BABIŃSKA EWELINA	85		RADKÓW	POL	K-30	31	K 60	01:00:31	02:00:42	03:04:01.60	03:04:11.00	8:45	6.8	
250	KĘPKA WALDEMAR	120		SANTOCKO	POL	M-60	3	M 190	01:03:50	02:03:32	03:03:49.85	03:04:13.75	8:45	6.9	
251	DOROT MARIUSZ	42		WARSZAWA	POL	M-40	58	M 191	01:06:25	02:04:25	03:03:40.80	03:04:14.65	8:44	6.9	
252	PELCHNER MARCIN	71	KLUB BIEGAJĄCYCH LEŚNIKÓW	ROŻNOWO	POL	M-40	59	M 192	01:02:43	02:01:41	03:04:17.95	03:04:25.20	8:46	6.8	
253	KAPA TOMASZ	55	CZELADZBIEGA	CZELADŹ	POL	M-30	88	M 193	01:04:06	02:01:46	03:04:10.65	03:04:26.75	8:46	6.8	
254	NOWAK ŁUKASZ	5	#CZELADZBIEGA	CZELADŹ	POL	M-30	89	M 194	01:05:20	02:03:39	03:03:54.85	03:04:27.00	8:45	6.9	
255	JĘDRZEJAS PIOTR	253		KRAKÓW	POL	M-40	60	M 195	01:06:16	02:03:34	03:05:12.55	03:05:38.90	8:49	6.8	
256	HOLKO DANIEL	466		MROZÓW	POL	M-30	90	M 196	01:05:21	02:04:13	03:05:33.65	03:06:04.80	8:50	6.8	
257	KUCZEWSKA ELIZA	249		WARSZAWA	POL	K-30	32	K 61	01:08:28	02:08:22	03:05:47.70	03:06:05.50	8:50	6.8	

PÓLMARATON GÓR STOŁOWYCH 2018, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	7km	14km	Netto	Brutto	min/km	km/h	
							cat.								
258	MAJCHRZAK JOANNA	326	TRAINING LAB	WARSZAWA	POL	K-30	33	K 62	01:02:42	02:01:45	03:05:34.95	03:06:19.20	8:50	6.8	
259	BAK PIOTR	381	NAPIERACZE	ŁÓDŹ	POL	M-30	91	M 197	01:05:58	02:04:38	03:06:46.95	03:06:46.95	8:53	6.7	
260	SZARLIK PRZEMYSŁAW	252		DOPIEWO	POL	M-40	61	M 198	01:05:29	02:05:15	03:06:16.10	03:06:47.55	8:52	6.8	
261	WILK MAGDALENA	151		WARSZAWA	POL	K-40	17	K 63	01:02:13	02:03:11	03:06:52.20	03:07:03.10	8:53	6.7	
262	PLOK KRZYSTOF	418	TEAM PLOK	POLKOWICE	POL	M-50	14	M 199	01:04:11	02:04:16	03:06:54.10	03:07:18.50	8:54	6.7	
263	TOMCZAK MIKOŁAJ	375		KĘPNO	POL	M-30	92	M 200	01:09:23	02:08:48	03:07:37.40	03:07:37.40	8:56	6.7	
264	SZCZĘSNY MAREK	33	BBL ZIELONA GÓRA	ZIELONA GÓRA	POL	M-50	15	M 201	01:04:51	02:03:55	03:07:18.00	03:07:41.80	8:55	6.7	
265	BAJOŁEK ALEKSANDRA	449	NIGHT RUNNERS	KRAKÓW	POL	K-50	2	K 64	01:06:19	02:06:39	03:07:34.45	03:07:46.00	8:55	6.7	
266	CHMIELECKI PAWEŁ	194	TRAWA TEAM	CZERWONAK	POL	M-30	93	M 202	01:05:49	02:04:31	03:07:22.15	03:07:48.05	8:55	6.7	
267	JASIŃSKI MARCIN	371	ROGOZIŃSKI KLUB BIEGACZA	ROGOŹNO	POL	M-40	62	M 203	01:09:19	02:08:18	03:08:19.65	03:08:19.65	8:58	6.7	
268	JEŻEWSKI ADAM	391	ETISOFT RUNNING TEAM	GLIWICE	POL	M-30	94	M 204	01:02:08	02:07:02	03:08:22.45	03:08:29.70	8:58	6.7	
269	KOLEJ MONIKA	431	DZIKIE DZIKI GORZÓW	GORZÓW WLKP .	POL	K-40	18	K 65	01:05:40	02:04:13	03:08:40.75	03:09:02.60	8:59	6.7	
270	BORUTA MARCIN	6	#CZELADZBIEGA	CZELADŹ	POL	M-40	63	M 205	01:05:49	02:05:22	03:09:00.25	03:09:32.35	9:00	6.7	
271	LEŚNIAK MARCIN	166	ZARAŻENI BÓLEM	SULEJÓWEK	POL	M-30	95	M 206	01:07:22	02:13:36	03:09:27.90	03:09:32.40	9:01	6.7	
272	LEŚNIAK MAGDALENA	167	ZARAŻENI BÓLEM	SULEJÓWEK	POL	K-20	13	K 66			03:09:33.00	03:09:33.00	9:01	6.6	
273	MACHŁAJ SONIA	376		SŁAWNO	POL	K-30	34	K 67	01:09:32	02:08:52	03:09:50.05	03:09:50.05	9:02	6.6	
274	LUBAŃSKA ALICJA	435	ZS BUKOWICE	BUKOWICE	POL	K-50	3	K 68	01:07:00	02:07:44	03:09:47.15	03:10:02.85	9:02	6.6	
275	KOŚCIELNIAK SZYMON	453	CZERWONAK BIEGA	CZERWONAK	POL	M-40	64	M 207	01:08:14	02:07:56	03:09:57.70	03:10:37.55	9:02	6.6	
276	KOŚCIELAK MICHAŁ	10		KOZIEGŁOWY	POL	M-40	65	M 208	01:07:01	02:07:51	03:10:42.60	03:11:22.30	9:04	6.6	
277	ŚLUSARSKI WŁODZIMIERZ	220		WARSZAWA	POL	M-50	16	M 209	01:02:57	02:05:34	03:11:25.35	03:11:29.40	9:06	6.6	
278	HANCZAREK MICHAŁ	204	HARPAGAN	KSIEZPOL	POL	M-20	31	M 210	01:14:26	02:11:13	03:10:52.85	03:11:32.10	9:05	6.6	
279	KRZECZKOWSKI ROMAN	190	BIEGOWA ŚWIDNICA	ŚWIDNICA	POL	M-40	66	M 211	01:05:59	02:08:58	03:11:46.05	03:12:10.60	9:07	6.6	
280	KACZMAREK KAROLINA	69		WARSZAWA	POL	K-30	35	K 69	01:07:18	02:09:39	03:11:51.25	03:12:19.50	9:08	6.6	
281	CHRZUSZCZ ANNA	255		GORZÓW WIELKOPOLSKI	POL	K-30	36	K 70	01:08:46	02:11:21	03:11:53.30	03:12:20.95	9:08	6.6	
282	KORNAŚ MARCIN	433	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	ZĄBKOWICE ŚLĄSKIE	POL	M-40	67	M 212	01:06:14	02:07:13	03:11:53.85	03:12:33.95	9:08	6.6	
283	DZIARNOWSKA MAGDA	428	VEGE RUNNERS	WARSZAWA	POL	K-30	37	K 71	01:07:01	02:09:41	03:12:11.05	03:12:39.70	9:09	6.6	
284	PASŁAWSKA OLGA	241		WROCŁAW	POL	K-30	38	K 72	01:10:21	02:07:06	03:12:20.75	03:12:42.10	9:09	6.6	
285	MAJEWSKA ANNA	185	AKG ŁÓDŹ	ŁÓDŹ	POL	K-20	14	K 73	01:06:22	02:08:57	03:12:42.85	03:13:10.00	9:10	6.5	
286	BINCZYCKA ALEKSANDRA	53	NOGAMIDOGORY.PL	KRAKÓW	POL	K-30	39	K 74	01:05:40	02:07:50	03:12:59.95	03:13:33.10	9:11	6.5	
287	GWÓDŹ ELŻBIETA	115		WARSZAWA	POL	K-30	40	K 75	01:06:02	02:07:21	03:13:47.90	03:13:56.10	9:13	6.5	
288	WŁODARCZYK OLGA	392	TEAMFARFALLA	RUSZKOWICE	POL	K-20	15	K 76	01:10:13	02:10:52	03:13:31.50	03:14:01.55	9:12	6.5	
289	BAZYDLO KRZYSZTOF	482		BISKUPIEC	POL	M-40	68	M 213	01:09:05	02:16:37	03:13:34.90	03:14:03.65	9:13	6.5	
290	BITKA STANISŁAW	51	NA CITO	SUCHY BÓR	POL	M-30	96	M 214	01:08:31	02:11:31	03:13:38.80	03:14:20.15	9:13	6.5	
291	SOKOŁOWSKI ARTUR	136	TEAM ZABIEGANE DNI	OTWOCK	POL	M-40	69	M 215	01:05:29	02:09:01	03:14:26.45	03:14:39.20	9:15	6.5	
292	PACIOREK PAWEŁ	416	CORALIKI RUN CLUB	MARKI	POL	M-30	97	M 216	01:07:15	02:10:15	03:13:57.30	03:14:40.05	9:14	6.5	
293	BRZOZOWSKA ALICJA	38	PKS GALOPUJĄCA SOCZEWICA	KRASNYSTAW	POL	K-20	16	K 77	01:09:22	02:12:21	03:14:04.90	03:14:40.80	9:14	6.5	
294	STANISŁAWSKI PIOTR	278		PABIANICE	POL	M-40	70	M 217	01:09:05	02:13:09	03:14:31.40	03:14:50.65	9:15	6.5	
295	PRZYBYŁO LEONARD	161	STALOWE ŁYDKI	GORZÓW WLKP.	POL	M-40	71	M 218	01:08:37	02:11:34	03:14:35.10	03:15:02.85	9:15	6.5	
296	PAJĄK MONIKA	299	MAMY-BIEGAMY	SKÓRZEWO	POL	K-30	41	K 78	01:11:25	02:13:44	03:14:33.90	03:15:14.50	9:15	6.5	
297	LASON PAWEŁ	399		LUSZOWICE	POL	M-40	72	M 219	01:04:11	02:09:28	03:14:55.40	03:15:17.35	9:16	6.5	
298	LEMIESZKA MARTA	170	ZARAŻENI BÓLEM	SULEJÓWEK	POL	K-20	17	K 79	01:15:41	02:15:21	03:16:31.10	03:16:39.75	9:21	6.4	
299	CHLEBOWSKI KRZYSZTOF	60	BIEGACZA KOMPANIA PIWOWARSKA	GŁUSZYCA	POL	M-30	98	M 220	01:10:53	02:10:55	03:16:05.40	03:16:41.40	9:20	6.4	
300	MIKULSKA ANETA	171	#GOPATI TEAM	OKUNIEW	POL	K-30	42	K 80	01:13:52	02:15:17	03:17:10.15	03:17:17.85	9:23	6.4	
301	PIEUCH MAŁGORZATA	30	PRZEWORSKA GRUPA BIEGOWA	PRZEWORSK	POL	K-50	4	K 81	01:02:35	02:13:02	03:16:50.80	03:17:20.15	9:22	6.4	
302	FEDOROWICZ JOWITA	484	AUTOGAZEXPERT RUNNERS TEAM			K-30	43	K 82	01:12:15	02:13:58	03:17:33.20	03:17:45.55	9:24	6.4	
303	LESZCZAK KINGA	11	REIMEIKAN AIKIDO I TROMSO	POZNAŃ	POL	K-30	44	K 83	01:08:51	02:13:06	03:17:12.10	03:17:49.00	9:23	6.4	
304	SCHABEK ŁUKASZ	123	#CZELADZBIEGA	CZELADŹ	POL	M-20	32	M 221	01:10:39	02:12:08	03:17:43.20	03:17:58.00	9:24	6.4	
305	TABISZ MARLENA	446		WROCŁAW	POL	K-40	19	K 84	01:14:17	02:13:07	03:17:38.40	03:18:07.80	9:24	6.4	
306	GRĘZEL-GAWRON JOLANTA	39		POLSKA NOWA WIEŚ	POL	K-40	20	K 85	01:10:17	02:13:22	03:18:10.30	03:18:48.05	9:26	6.4	
307	JEDRZEJCZYK KATHY	202		SALT LAKE CITY	USA	K-30	45	K 86	01:11:11	02:14:47	03:19:02.30	03:19:22.25	9:28	6.3	
308	WITKOWSKA MARIA	119	KLUB KRÓLIKA STEFANA	KATOWICE	POL	K-60	1	K 87	01:15:06	02:16:17	03:19:51.70	03:20:17.00	9:31	6.3	
309	MACKIEWICZ MAGDALENA	99	FIZJOBIEGACZE SZCZECIN	SZCZECIN	POL	K-30	46	K 88	01:08:28	02:14:34	03:20:46.20	03:21:00.50	9:33	6.3	
310	CISZAK DARIA	83	KOBIETY BIEGAJĄ	POZNAŃ	POL	K-40	21	K 89	01:12:53	02:14:18	03:21:02.80	03:21:28.40	9:34	6.3	
311	KRAPIEC WALDEMAR	84		POZNAŃ	POL	M-50	17	M 222	01:12:26	02:13:56	03:21:03.60	03:21:29.10	9:34	6.3	
312	DUBIŃSKA WIOLETTA	145	BBL ZDUŃSKA WOLA	ZDUŃSKA WOLA	POL	K-40	22	K 90	01:14:48	02:16:50	03:22:22.00	03:22:22.00	9:38	6.2	

PÓLMARATON GÓR STOŁOWYCH 2018, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	7km	14km	Netto	Brutto	min/km	km/h
							cat.							
313	SZKUTNIK KAROL	175		KALISZ	POL	M-50	18	M 223	01:10:55	02:14:49	03:22:35.45	03:23:02.30	9:38	6.2
314	BABICKI ADAM	323		WARSZAWA	POL	M-30	99	M 224	01:14:38	02:16:35	03:22:25.65	03:23:07.00	9:38	6.2
315	ŁAGOWSKI HUBERT	320		SULEJÓWEK	POL	M-30	100	M 225	01:14:42	02:16:52	03:22:30.50	03:23:10.35	9:38	6.2
316	GEŁEJ MARCIN	287	DOM PACHNĄCY ŻYWICĄ	NAMYŚLÓW	POL	M-30	101	M 226	01:14:36	02:16:49	03:23:24.05	03:24:10.05	9:41	6.2
317	KOSTERKIEWICZ RYSZARD	262		PRZEMYŚL	POL	M-60	4	M 227	01:13:33	02:16:50	03:24:11.25	03:24:43.70	9:43	6.2
318	KWAPISZEWSKI MARCIN	442	BRIDGESTONE	GNIEZNO	POL	M-30	102	M 228	01:11:31	02:19:42	03:24:25.30	03:25:06.20	9:44	6.2
319	STUDZIŃSKA JOANNA	70		WARSZAWA	POL	K-20	18	K 91	01:10:49	02:16:39	03:24:53.30	03:25:22.05	9:45	6.1
320	KRAWCZYK KAMILA	366		POZNAŃ	POL	K-20	19	K 92	01:13:31	02:18:30	03:25:17.30	03:25:51.30	9:46	6.1
321	MATCZUK-PISAREK MARTA	361		ŁOZINA	POL	K-30	47	K 93	01:13:16	02:20:17	03:26:05.40	03:26:15.80	9:48	6.1
322	KWIATKOWSKA MARTA	455		WROCLAW	POL	K-30	48	K 94	01:14:32	02:16:42	03:25:54.20	03:26:37.55	9:48	6.1
323	LOBO EVA	426	TAIWAN BEAST RUNNERS	PULI	TPE	K-30	49	K 95	01:09:15	02:16:41	03:27:01.80	03:27:23.75	9:51	6.1
324	GOLON LESZEK	216	RUN PASJA	SICIENKO	POL	M-30	103	M 229	01:14:27	02:22:34	03:27:06.40	03:27:28.15	9:51	6.1
325	KALMARCZYK PIOTR	377	KLUB SPORTOWY FABRYKA BIEGANIA W OSTROWIE WIELKOPOLSKIM	OSTRÓW WIELKOPOLSKI	POL	M-40	73	M 230	01:11:12	02:18:23	03:27:20.90	03:27:31.80	9:52	6.1
326	PODZEREK IWONA	441	BRIDGESTONE	GNIEZNO	POL	K-40	23	K 96	01:14:01	02:19:57	03:26:56.90	03:27:38.50	9:51	6.1
327	SZNABEL ALINA	121	4 RUN TEAM	PIŁA	POL	K-60	2	K 97	01:15:00	02:21:35	03:27:05.10	03:27:40.00	9:51	6.1
328	KASPRZYK-KUŹNIAK MICHALINA	229		KATOWICE	POL	K-40	24	K 98	01:15:15	02:20:13	03:28:01.00	03:28:20.50	9:54	6.1
329	DUDEK MARIOLA	35	STRZEGOMSKA DWUNASTKA	UDANIN	POL	K-40	25	K 99	01:17:54	02:22:06	03:28:23.55	03:28:23.55	9:55	6
330	MAJCHRZYK DOROTA	52	#CZELADZBIEGA	CZELADŹ	POL	K-40	26	K 100	01:14:36	02:18:19	03:28:27.15	03:28:58.05	9:55	6
331	NAJBOR RAFAŁ	199	#CZELADZBIEGA	CZELADŹ	POL	M-40	74	M 231	01:14:27	02:18:19	03:28:26.00	03:28:58.40	9:55	6
332	DOROTA JOLA	25	RUN RUN OLESZYCE	OLESZYCE	POL	K-40	27	K 101	01:14:30	02:18:07	03:28:45.00	03:29:00.35	9:56	6
333	BUCZKO MAREK	23	RUN RUN OLESZYCE	OLESZYCE	POL	M-50	19	M 232	01:14:47	02:18:13	03:28:46.00	03:29:01.30	9:56	6
334	JAMRÓZ ROBERT	218	JAMERKI	MUROWANIEC	POL	M-40	75	M 233	01:14:28	02:22:48	03:28:40.00	03:29:02.25	9:56	6
335	DUBIK KAMIL	480	HUSARIA RACE TEAM KRAKOW	KRAKÓW	POL	M-20	33	M 234	01:12:04	02:17:17	03:28:48.40	03:29:12.80	9:56	6
336	SZADURSKA AGNIESZKA	351		WARSZAWA	POL	K-40	28	K 102	01:14:12	02:19:21	03:29:51.95	03:30:31.10	9:59	6
337	SKÓRA ALEKSANDRA	346		SOSNOWIEC	POL	K-30	50	K 103	01:18:24	02:22:24	03:30:15.30	03:30:33.10	10:00	6
338	RAZIM AGNIESZKA	157		STARY UJAZD	POL	K-20	20	K 104	01:14:39	02:20:44	03:30:25.30	03:31:02.95	10:01	6
339	TRZPIOLA TYCJAN	189	KURACJUSZE	LEGNICA	POL	M-30	104	M 235	01:11:45	02:20:31	03:30:43.70	03:31:11.05	10:02	6
340	SCHULZE NATALIA	314		LUCKENWALDE	GER	K-60	3	K 105	01:11:08	02:19:48	03:32:18.85	03:32:34.50	10:06	5.9
341	SCHULZE JÖRG	313	DAV ZITTAU	LUCKENWALDE	GER	M-60	5	M 236	01:11:10	02:19:50	03:32:18.65	03:32:35.15	10:06	5.9
342	MATYSEK PRZEMYSŁAW	333		WARSZAWA	POL	M-30	105	M 237	01:08:03	02:14:20	03:31:54.55	03:32:36.55	10:05	5.9
343	CIBORSKA DOROTA	451	CROSSFIT POLNA	TORUŃ	POL	K-20	21	K 106	01:13:28	02:22:12	03:32:22.60	03:32:39.70	10:06	5.9
344	STRAMEK LUKASZ	318	CROSSFIT TROJMIASTO	TORUN	POL	M-30	106	M 238	01:11:45	02:22:28	03:32:22.80	03:32:39.85	10:06	5.9
345	TATARATA PAWEŁ	348	TRAINING LAB	WARSZAWA	POL	M-30	107	M 239	01:10:37	02:16:36	03:32:03.55	03:32:48.30	10:05	5.9
346	CHOLEWIŃSKA LONGINA	192	HERNIK TEAM	MUROWANA GOŚLINA	POL	K-50	5	K 107	01:13:42	02:23:22	03:32:41.80	03:33:17.70	10:07	5.9
347	BOMBAŁA TOMASZ	179	TATUSIOWIE	PŁOCK	POL	M-40	76	M 240	01:16:29	02:24:52	03:33:06.65	03:33:45.20	10:08	5.9
348	MISIOR OLGA	180	TATUSIOWIE	PŁOCK	POL	K-30	51	K 108	01:16:51	02:24:57	03:33:07.45	03:33:45.90	10:08	5.9
349	TKACZYK ELŻBIETA	169	KB SZERSZEŃ OLEŚNICA	OLEŚNICA	POL	K-30	52	K 109	01:17:42	02:26:55	03:34:20.60	03:34:20.60	10:12	5.9
350	SETA WIKTORIA	125	PADŁ NA RYJ TEAM	GDYNIA	POL	K-30	53	K 110	01:15:44	02:22:49	03:33:35.30	03:34:21.45	10:10	5.9
351	SOBIK PAULINA	288	PRO366	ŚRODA WIELKOPOLSKA	POL	K-30	54	K 111	01:14:17	02:22:29	03:33:47.65	03:34:23.50	10:10	5.9
352	ALBRECHT DARIUSZ	490		ARENDAL		OPEN	1	M 241	01:18:21	02:23:33	03:34:34.90	03:34:47.95	10:13	5.9
353	BOREK JADWIGA	152	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	KĘDZIERZYN-KOŹLE	POL	K-30	55	K 112	01:18:23	02:23:36	03:34:35.15	03:34:48.20	10:13	5.9
354	KAPLER-TEGOWSKA KARINA	203	CZERWONAK BIEGA	KOZIEGŁOWY	POL	K-40	29	K 113	01:17:18	02:27:35	03:34:23.80	03:35:00.30	10:12	5.9
355	CHOLEWIŃSKI WOJCIECH	191	HERNIK TEAM	MUROWANA GOŚLINA	POL	M-50	20	M 242	01:14:36	02:23:34	03:34:45.50	03:35:20.30	10:13	5.9
356	SZCZĘŚNIAK MAŁGORZATA	195	#CZELADZBIEGA	CZELADŹ	POL	K-40	30	K 114	01:17:36	02:24:01	03:35:01.90	03:35:20.35	10:14	5.9
357	ROSZYK SYLWIA	24	PARKRUN POZNAŃ/ ALBIONE	KOZIEGŁOWY	POL	K-40	31	K 115	01:14:38	02:23:35	03:34:47.00	03:35:23.60	10:13	5.9
358	FUDAŁA ANNA	213		TRZEBINIA	POL	K-40	32	K 116	01:17:41	02:23:22	03:35:06.65	03:35:25.05	10:14	5.9
359	KRUPA-SZCZĘŚNY IZABELA	4	#CZELADZBIEGA	CZELADŹ	POL	K-40	33	K 117	01:17:12	02:28:55	03:34:54.65	03:35:25.45	10:14	5.9
360	JUREK JAROMIR	379		POZNAŃ	POL	M-30	108	M 243	01:17:34	02:26:48	03:35:27.65	03:35:53.30	10:15	5.8
361	BIAŁASIK MONIKA	380		POZNAŃ	POL	K-30	56	K 118	01:17:42	02:26:32	03:35:27.65	03:35:53.65	10:15	5.8
362	HANGIEL URSZULA	422	ŻWAWIE ŻÓŁWIE	WARSZAWA	POL	K-30	57	K 119	01:16:27	02:26:52	03:35:54.15	03:35:54.15	10:16	5.8
363	BEDNAREK JACEK	498		KRAKÓW		M-50	21	M 244	01:16:28	02:27:08	03:35:54.25	03:35:54.25	10:16	5.8
364	JELENIĘWSKA BARBARA	266		GORZÓW WLKP	POL	K-30	58	K 120	01:14:18	02:21:24	03:35:28.85	03:35:55.50	10:15	5.8
365	GAŃSKI FILIP	368		ŚWIDNIK	POL	M-30	109	M 245	01:10:42	02:19:45	03:35:52.90	03:36:00.65	10:16	5.8
366	GAĆIARSKI KRYSZTIAN	201	FIZJOBIEGACZE SZCZECIN	SZCZECIN	POL	M-20	34	M 246	01:12:13	02:24:47	03:36:38.65	03:36:53.85	10:18	5.8
367	JAMRÓZ JOANNA	219	JAMERKI	MUROWANIEC	POL	K-40	34	K 121	01:15:26	02:23:32	03:37:29.60	03:37:52.35	10:21	5.8

PÓLMARATON GÓR STOŁOWYCH 2018, OPEN c.d.

POS	Name and surname	No.	Club	City	NAT	Cat.	M.	F/M	7km	14km	Netto	Brutto	min/km	km/h
							cat.							
368	WOŹNIAK BEATA	111		KOZIEGŁOWY	POL	K-40	35	K 122	01:15:01	02:26:48	03:37:37.60	03:38:15.15	10:21	5.8
369	RZEPKA ALICJA	143	GREENBUD	MIKOŁÓW	POL	K-20	22	K 123	01:14:21	02:26:44	03:38:59.25	03:39:19.35	10:25	5.8
370	WARA-WAŚOWSKI MACIEJ	82		ŁÓDŹ	POL	M-40	77	M 247	01:15:59	02:24:32	03:38:59.80	03:39:26.40	10:25	5.8
371	BOCZAR BEATA	384	GREEN TEAM	ZIELONA GÓRA	POL	K-50	6	K 124	01:16:39	02:27:32	03:39:36.40	03:40:00.35	10:27	5.7
372	ŁUKASZEWICZ JOANNA	385	GREEN TEAM ZIELONA GÓRA	ZIELONA GÓRA	POL	K-40	36	K 125	01:16:02	02:27:28	03:39:36.30	03:40:00.40	10:27	5.7
373	PAWLĘGA KATARZYNA	450	WARSAW RUN CLUB	WARSZAWA	POL	K-40	37	K 126	01:15:44	02:28:55	03:39:58.30	03:40:04.85	10:28	5.7
374	KURIATA ANDZELIKA	62		WROCLAW	POL	K-30	59	K 127	01:15:46	02:28:02	03:40:02.30	03:40:10.15	10:28	5.7
375	RAJZER DOMINIKA	156	BODYKINETIC	WARSZAWA	POL	K-30	60	K 128	01:15:50	02:26:47	03:40:25.75	03:40:29.05	10:29	5.7
376	CIEPLY ROMAN	360		POZNAŃ	POL	M-50	22	M 248	01:19:00	02:27:19	03:40:46.65	03:40:46.65	10:30	5.7
377	CIEPLY PATRYK	359		POZNAŃ	POL	M-20	35	M 249	01:19:10	02:27:22	03:40:46.65	03:40:46.65	10:30	5.7
378	WACHOWIAK AGATA	250		POZNAŃ	POL	K-50	7	K 129	01:14:25	02:31:04	03:42:54.45	03:43:09.10	10:36	5.7
379	KOZŁOWSKA ANNA	251		POZNAŃ	POL	K-20	23	K 130	01:14:29	02:31:08	03:42:55.35	03:43:10.15	10:36	5.7
380	CIRKO BRYGIDA	65	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	LUBIN	POL	K-40	38	K 131	01:19:52	02:33:36	03:44:37.35	03:45:02.95	10:41	5.6
381	RODZEŃ KATARZYNA	28	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	LUBIN	POL	K-30	61	K 132	01:19:38	02:33:34	03:46:14.70	03:46:40.60	10:46	5.6
382	OWCZAREK MAGDALENA	118	DARO TEAM	LUBIN	POL	K-30	62	K 133	01:19:52	02:33:39	03:46:16.15	03:46:41.35	10:46	5.6
383	SYK BARTOSZ	106		KÓRNIK	POL	M-30	110	M 250	01:17:10	02:35:40	03:46:47.80	03:46:47.80	10:47	5.6
384	ŁAGOWSKA AGNIESZKA	321		SULEJÓWEK	POL	K-30	63	K 134	01:19:44	02:31:37	03:46:08.95	03:46:49.40	10:46	5.6
385	KOŚCIELNIAK DAGMARA	105	CZERWONAK BIEGA	CZERWONAK	POL	K-40	39	K 135	01:17:15	02:30:10	03:46:14.25	03:46:51.20	10:46	5.6
386	ŚPICA DOROTA	34	RECEPTA NA ZDROWIE	BYDGOSZCZ	POL	K-50	8	K 136	01:17:41	02:31:39	03:47:33.20	03:47:38.60	10:50	5.5
387	PRZYBYŁ JOLANTA	410	EASY RUNNERS	GOSTYŃ	POL	K-40	40	K 137	01:21:02	02:34:14	03:48:54.55	03:49:04.25	10:54	5.5
388	BAJAK MIROSLAW	128		KRAKÓW	POL	M-40	78	M 251	01:22:40	02:35:40	03:51:11.10	03:51:27.90	11:00	5.5
389	MATUSZCZAK-SZULC IWONA	184		KAMIONKI	POL	K-40	41	K 138	01:22:01	02:33:31	03:51:36.65	03:52:13.90	11:01	5.4
390	KOSMALA MONIKA	2	ROWEROWA NORKA	DĄBROWA GÓRNICZA	POL	K-40	42	K 139	01:22:16	02:34:36	03:51:46.70	03:52:15.20	11:02	5.4
391	MAZURKIEWICZ MICHAŁ	495		AUGUSTÓW		M-40	79	M 252	01:17:48	02:36:26	03:52:07.05	03:52:16.20	11:03	5.4
392	TWARDOWSKA EWA	66	KB GEOTERMIA UNIEJÓW	UNIEJÓW	POL	K-30	64	K 140	01:25:34	02:47:50	04:00:55.30	04:01:08.55	11:28	5.2
393	DULIASZ CEZARY	457	NIGHT RUNNERS KRAKOW	WIELICZKA	POL	M-50	23	M 253	01:15:22	02:40:16	04:05:14.05	04:05:27.75	11:40	5.1
394	SZALKOWSKA DOMINIKA	472	ROZBIEGANY RAWICZ	MIEJSKA GÓRKA	POL	K-30	65	K 141	01:22:39	02:42:18	04:06:18.35	04:06:34.60	11:43	5.1
395	WRZOSEK KAROLINA	57	#CZELADZBIEGA	CZELADŹ	POL	K-20	24	K 142	01:29:40	02:49:15	04:07:37.05	04:07:56.40	11:47	5.1
396	BUJAK-KAPA DOROTA	58	#CZELADZBIEGA	CZELADŹ	POL	K-30	66	K 143	01:29:44	02:49:17	04:07:37.80	04:07:56.85	11:47	5.1
397	GÓRNIK JOANNA	114		STYRZYNIC	POL	K-40	43	K 144	01:30:43	02:52:17	04:20:19.95	04:20:40.40	12:23	4.8
398	REKAWEK IZABELA	200		POZNAŃ	POL	K-40	44	K 145	01:26:31	02:43:47	04:20:03.00	04:20:41.75	12:23	4.8
399	KAMIŃSKA MAŁGORZATA	67		OTWOCK	POL	K-30	67	K 146	01:30:37	02:50:56	04:20:00.45	04:20:42.65	12:22	4.8
400	ŚCISŁY DAREK	116	ZWIERZAKI	PŁAWNO	POL	M-40	80	M 254	01:26:35	02:45:11	04:21:16.45	04:21:41.15	12:26	4.8
401	ŚCISŁY OLA	110	ZWIERZAKI	PŁAWNO	POL	K-40	45	K 147	01:33:11	02:58:13	04:26:25.90	04:26:50.35	12:41	4.7
402	SKUPIN AGATA	15	KOBIETYBIEGAJA.PL	POZNAŃ	POL	K-30	68	K 148	01:35:42	03:00:15	04:34:46.15	04:34:46.15	13:05	4.6
403	NOJSZEWSKA-ZAJĄC JUSTYNA	259	ZP SZPIKI DRUŻYNA SZPIKU/WKURW_TEAM	POZNAŃ	POL	K-30	69	K 149	01:51:49	03:33:45	05:23:01.00	05:23:01.00	15:22	3.9
404	ZAPŁATA MONIKA	269	ZP SZPIKI DRUŻYNA SZPIKU/WKURW_TEAM	KAMIEŃ POMORSKI	POL	K-30	70	K 150	01:51:49	03:33:51	05:23:05.00	05:23:05.00	15:23	3.9
DQ	ZBYRYT MAREK	254	AKTYWNA NOWA RUDA	NOWA RUDA	POL	M-50	DQ	DQ	00:48:17 DQ	01:30:57 DQ	02:16:57.80 DQ	DQ	-	-