

**BIEG TROJAK TRAIL - 10 KM**

Organizator: Fundacja MARATONY GÓRSKIE  
 Data: 2019-07-21  
 Miejsce: Łądek-Zdrój  
 Dystans: 10 km  
 Klasyfikacja wg czasów brutto.


**BIEG TROJAK TRAIL - 10 KM, OPEN**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
1	DOROŻYŃSKI SZYMON	7213	KALENJI BY DECATHLON	OPOLE	POL	SENIOR I M - 20	1	M 1	00:16:46	00:26:32	00:43:09.70	00:43:10.60	4:19	13.9
2	TOMASIK STANISŁAW	7404	GORLIICKA GRUPA BIEGOWA	SZYMBARK	POL	SENIOR II M - 30	1	M 2	00:18:17	00:28:33	00:45:15.25	00:45:17.50	4:31	13.3
3	BOROŃ DARIUSZ	7360	ASICS FRONTRUNNER	KRAKÓW		SENIOR I M - 20	2	M 3	00:17:26	00:27:45	00:45:23.05	00:45:24.15	4:32	13.2
4	DUTKOWSKI MIKOŁAJ	7312	UKS ARKADY RASZKÓW	RASZKÓW	POL	SENIOR I M - 20	3	M 4	00:18:16	00:28:37	00:46:41.30	00:46:43.40	4:40	12.9
5	WILK MACIEJ	7297	ZAŁOGA GÓRSKA	BYTOM	POL	SENIOR II M - 30	2	M 5	00:18:21	00:28:59	00:47:22.90	00:47:27.05	4:44	12.7
6	SKIBA ŁUKASZ	7435		BYDGOSZCZ		SENIOR II M - 30	3	M 6	00:18:28	00:29:22	00:48:42.95	00:48:44.80	4:52	12.3
7	ŻUCHOWSKI DANIEL	7332	MUAY RUNNING TEAM	KRAKÓW	POL	SENIOR II M - 30	4	M 7	00:19:26	00:30:22	00:49:09.55	00:49:11.15	4:55	12.2
8	GAJEWSKI MAREK	7172	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	SENIOR II M - 30	5	M 8	00:19:00	00:30:03	00:49:18.85	00:49:22.30	4:55	12.2
9	WRZESZCZ MARIUSZ	7437	TMTEAM	SOBÓTKA		SENIOR I M - 20	4	M 9	00:19:59	00:30:33	00:49:25.00	00:49:25.00	4:56	12.1
10	TABER KONRAD	7234	STO-NOGI MILANÓWEK/ACTIVE PROSPERIA	BRWINÓW	POL	SENIOR I M - 20	5	M 10	00:19:05	00:30:07	00:49:58.25	00:49:58.25	4:59	12
11	SOCZOMSKI GRZEGORZ	7390	CHATA BIEGACZA K34	WROCLAW		SENIOR I M - 20	6	M 11	00:19:47	00:31:02	00:50:04.90	00:50:07.20	5:00	12
12	ŁĘŻNIAK ALEKSANDER	7275	MONK SANDALS TEAM	SOBÓTKA	POL	SENIOR II M - 30	6	M 12	00:20:00	00:31:13	00:50:58.25	00:51:01.30	5:05	11.8
13	ZYCH MARCIN	7096	#SOBASTEAM	WROCLAW	POL	SENIOR II M - 30	7	M 13	00:20:27	00:32:01	00:51:42.10	00:51:42.10	5:10	11.6
14	SKROBAŁA DARIUSZ	7391		BOLECHOWO		MASTERS M - 40	1	M 14	00:20:28	00:31:41	00:51:51.00	00:51:54.25	5:11	11.6
15	KAZIMIERCZAK RAFAŁ	7286	-	BRZEZINY	POL	MASTERS M - 40	2	M 15	00:19:27	00:31:24	00:51:59.25	00:52:01.35	5:11	11.5
16	SŁOCIAK RAFAŁ	7032	RAJSPOORT ACTIVE	OPOLE	POL	SENIOR I M - 20	7	M 16	00:20:59	00:32:33	00:52:27.10	00:52:35.45	5:14	11.4
17	BRZAŁAŁSKI KRZYSIEK	7181	EAZYMYT.PL	PŁOCK	POL	SENIOR I M - 20	8	M 17	00:21:16	00:33:15	00:52:34.55	00:52:37.90	5:15	11.4
18	SOLIŃSKA KATARZYNA	7426		KRAKÓW		SENIOR I K - 20	1	K 1	00:20:30	00:32:39	00:53:10.85	00:53:13.65	5:19	11.3
19	GAWLIK SŁAWEK	7183	KRAKÓW	KRAKÓW	POL	SENIOR II M - 30	8	M 18	00:21:09	00:32:34	00:53:17.10	00:53:22.95	5:19	11.3
20	CEREMUGA MATEUSZ	7012		ORZESZE	POL	SENIOR I M - 20	9	M 19	00:20:45	00:32:41	00:53:52.70	00:53:57.05	5:23	11.1
21	BANEK KRZYSZTOF	7262	TOURSPORT RUNNING TEAM	RADZIONKÓW	POL	SENIOR II M - 30	9	M 20	00:20:45	00:33:22	00:54:01.40	00:54:03.50	5:24	11.1
22	BIELA KONRAD	7320	TEAM MOUNTAIN FUEL POLSKA / GOPR KARKONOSZE	KOWARY	POL	SENIOR I M - 20	10	M 21	00:21:06	00:33:16	00:54:04.85	00:54:07.05	5:24	11.1
23	BOCZEK LESZEK	7351	ZAŁOGA GÓRSKA	WROCLAW		SENIOR II M - 30	10	M 22	00:21:15	00:33:19	00:54:05.85	00:54:10.60	5:24	11.1
24	KURAS SZYMON	7037	NKB CHYŻY NOWY TOMYŚL	NOWY TOMYŚL	POL	SENIOR II M - 30	11	M 23	00:21:58	00:34:07	00:54:39.25	00:54:49.45	5:27	11
25	KWIATKOWSKI MICHAEL	7272		KRAKÓW	POL	SENIOR II M - 30	12	M 24	00:21:08	00:33:47	00:55:04.25	00:55:08.35	5:30	10.9
26	OLKIS RAFAŁ	7409		WROCLAW		SENIOR II M - 30	13	M 25	00:21:40	00:34:05	00:55:42.55	00:55:50.20	5:34	10.8
27	ADAMCZYK MARTYNA	7241		SZYDLÓWIEC	POL	SENIOR I K - 20	2	K 2	00:21:37	00:34:17	00:55:53.30	00:55:54.95	5:35	10.7
28	KRAUSE KUBA	7288	KLUB BUFF FAMILY TEAM	POZNAŃ	POL	SENIOR II M - 30	14	M 26	00:22:00	00:34:56	00:56:57.45	00:57:00.50	5:41	10.5
29	STANIA PAWEŁ	7420	ZAŁOGA GÓRSKA	OPOLE		SENIOR II M - 30	15	M 27	00:22:51	00:35:46	00:57:14.65	00:57:18.00	5:43	10.5
30	PIEKAJ ŁUKASZ	7370		WROCLAW		SENIOR II M - 30	16	M 28	00:23:40	00:36:42	00:58:12.75	00:58:18.40	5:49	10.3
31	KACZMARCZYK PRZEMYSŁAW	7052	MATNER RUNNING TEAM/WATAHA	KOBIERZYCE	POL	SENIOR I M - 20	11	M 29	00:23:24	00:36:40	00:58:37.50	00:58:40.25	5:51	10.2
32	PAŁYS MARCIN	7264		NOWA RUDA	POL	SENIOR II M - 30	17	M 30	00:23:20	00:36:36	00:58:48.75	00:58:50.85	5:52	10.2
33	CITKO MACIEJ	7392	ZAŁOGA GÓRSKA	OPOLE		SENIOR II M - 30	18	M 31	00:22:55	00:36:30	00:59:03.10	00:59:07.15	5:54	10.2
34	RZEWUSKI JAKUB	7236		BRWINÓW	POL	SENIOR I M - 20	12	M 32	00:24:27	00:37:52	00:59:05.35	00:59:16.65	5:54	10.2
35	OLSZEWSKI TOMEK	7282		MOSINA	POL	MASTERS M - 40	3	M 33	00:23:57	00:37:06	00:59:10.45	00:59:22.70	5:55	10.1
36	JANIUK JAROSŁAW	7372		BIAŁYSTOK		WETERAN I M - 50	1	M 34	00:23:18	00:36:41	00:59:43.75	00:59:49.30	5:58	10
37	PIOTROWSKI MICHAŁ	7389	KLUB BIEGACZA JURUND SZCZYTNO	ŚWIĘTAJNO		SENIOR II M - 30	19	M 35	00:24:08	00:37:25	00:59:51.45	00:59:54.20	5:59	10
38	POLAŃSKI BARTOSZ	7397				SENIOR II M - 30	20	M 36	00:22:28	00:36:08	00:59:50.90	00:59:59.75	5:59	10
39	FRĄCZKOWIAK PRZEMYSŁAW	7337		ŚREM	POL	SENIOR I M - 20	13	M 37	00:23:30	00:37:35	01:00:17.50	01:00:19.50	6:01	10
40	KOBRZYŃ JAN	7311	TN BIEGÓWKI WESOŁA	BYSTRZYCA KŁODZKA	POL	SENIOR I M - 20	14	M 38	00:22:21	00:36:10	01:00:34.50	01:00:37.00	6:03	9.9
41	MARCOL MATEUSZ	7338		RYBNIK	POL	SENIOR II M - 30	21	M 39	00:24:32	00:38:16	01:01:01.25	01:01:02.85	6:06	9.8
42	GAJODZIŃSKI KRZYSZTOF	7441	ŁEMKOWYNA ULTRA TRAIL	KROSNO		SENIOR II M - 30	22	M 40	00:25:17	00:38:10	01:01:14.90	01:01:25.75	6:07	9.8
43	BUDZIEWSKA KATARZYNA	7242		ŁAGIEWNIKI	POL	SENIOR II K - 30	1	K 3	00:23:53	00:37:49	01:01:24.05	01:01:28.65	6:08	9.8
44	DATA TOMASZ	7318	HRMAX ŻORY	ŻORY	POL	MASTERS M - 40	4	M 41	00:24:26	00:37:29	01:00:47.70	01:01:33.75	6:04	9.9

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
45	CHRZANOWSKI PAWEŁ	7265		ŁĄDEK-ZDRÓJ	POL	SENIOR II M - 30	23	M 42	00:25:30	00:38:34	01:01:44.85	01:01:47.25	6:10	9.7
46	ZERBST JACEK	7215	NKB CHYŻY NOWY TOMYŚL	NOWY TOMYŚL	POL	MASTERS M - 40	5	M 43	00:23:40	00:37:41	01:02:06.05	01:02:18.75	6:12	9.7
47	TOMASZKIEWICZ WOJCIECH	7235		STRONIE ŚLĄSKIE	POL	SENIOR II M - 30	24	M 44	00:25:03	00:38:46	01:02:21.15	01:02:34.65	6:14	9.6
48	WALCZAK ADRIAN	7255		GRODKÓW	POL	SENIOR I M - 20	15	M 45	00:23:52	00:38:10	01:02:27.60	01:02:37.50	6:14	9.6
49	ŚLIWIŃSKI KAROL	7277		KLUCZBORK	POL	SENIOR I M - 20	16	M 46	00:24:36	00:38:37	01:02:27.20	01:02:51.35	6:14	9.6
50	WUJDA MIROŚLAW	7054	ERNI RULEZ	DĘBNO	POL	MASTERS M - 40	6	M 47	00:23:56	00:38:47	01:03:07.05	01:03:13.45	6:18	9.5
51	PODSIADŁO ANNA	7173	PODSIADŁO TEAM	POZNAŃ	POL	SENIOR I K - 20	3	K 4	00:25:18	00:39:52	01:03:20.35	01:03:51.35	6:20	9.5
52	MOKRZYŃSKI MARCIN	7273	FENIKS	OLDRZYCHOWICE KŁODZKIE	POL	SENIOR II M - 30	25	M 48	00:25:47	00:39:09	01:03:11.05	01:03:52.95	6:19	9.5
53	BUDZIŃSKI KRZYSZTOF	7424	STOWARZYSZENIE SPORTOWE FENIKS PRZY EL. OPOLE	OPOLE		WETERAN I M - 50	2	M 49	00:25:21	00:39:40	01:03:48.60	01:03:56.45	6:22	9.4
54	CIURKA-BASTER KAROLINA	7304	SZCZYT FORMY/MARCINŚWIERCTEAM	KRAKÓW	POL	SENIOR II K - 30	2	K 5	00:24:51	00:39:13	01:03:57.55	01:04:03.20	6:23	9.4
55	PIECHOWIAK MAREK	7247		POZNAŃ	POL	SENIOR II M - 30	26	M 50	00:24:03	00:38:08	01:04:07.25	01:04:07.25	6:24	9.4
56	KOTYSZ WALDEMAR	7380				WETERAN I M - 50	3	M 51	00:26:21	00:40:27	01:03:57.20	01:04:08.50	6:23	9.4
57	BACKER MARCIN	7244	TOPOLICE TEAM	PASIKUROWICE	POL	MASTERS M - 40	7	M 52	00:25:23	00:40:03	01:03:48.20	01:04:09.00	6:22	9.4
58	ŁĄK TOMASZ	7076		WROCLAW	POL	MASTERS M - 40	8	M 53	00:24:52	00:39:03	01:04:53.60	01:04:53.60	6:29	9.2
59	PERZ EMILIA	7098		BUKOWIEC	POL	SENIOR I K - 20	4	K 6	00:25:35	00:40:24	01:04:51.00	01:04:55.45	6:29	9.3
60	KASPROWSKI ŁUKASZ	7421		KRAPKOWICE		MASTERS M - 40	9	M 54	00:26:47	00:40:58	01:04:49.50	01:05:17.45	6:29	9.3
61	RUTKOWSKA MAŁGORZATA	7442				SENIOR II K - 30	3	K 7	00:26:44	00:41:03	01:05:20.50	01:05:31.50	6:32	9.2
62	ROZMUŚ WIKTOR	7144	LUB WYBIERZ Z LISTY	GDAŃSK	POL	SENIOR II M - 30	27	M 55	00:26:43	00:41:03	01:05:47.90	01:06:04.85	6:34	9.1
63	WRANIK MIROŚLAW	7243		BYSTRA	POL	WETERAN I M - 50	4	M 56	00:26:12	00:40:50	01:06:19.55	01:06:32.25	6:38	9
64	BOCHAN LESŁAW	7344		PIŁA		MASTERS M - 40	10	M 57	00:26:34	00:41:30	01:06:23.45	01:06:36.25	6:38	9
65	KALEMBKIEWICZ PIOTR	7322	MIROTRANS	WROCLAW	POL	MASTERS M - 40	11	M 58	00:41:07		01:06:52.00	01:06:52.00	6:41	9
66	WALEŃKI MACIEJ	7319		KOWARY	POL	MASTERS M - 40	12	M 59	00:27:02	00:41:35	01:06:55.90	01:07:06.75	6:41	9
67	GŁĄB DARIA	7300	ZAŁOGA GÓRSKA	PRUDNIK	POL	SENIOR I K - 20	5	K 8	00:25:17	00:40:25	01:07:02.25	01:07:09.55	6:42	9
68	RUTKOWSKA PATRYCJA	7306		ZĄBKOWICE ŚLĄSKIE	POL	SENIOR II K - 30	4	K 9	00:25:36	00:41:22	01:06:48.75	01:07:11.05	6:40	9
69	CISZEWSKI KRZYSZTOF	7230		KROSNOWICE	POL	SENIOR II M - 30	28	M 60			01:07:25.00	01:07:25.00	6:44	8.9
70	PAZDAN NATALIA	7321		KOWARY	POL	SENIOR II K - 30	5	K 10	00:26:47	00:42:02	01:07:49.60	01:07:57.25	6:47	8.8
71	WOJNAROWICZ WERONIKA	7358		GDYNIA		SENIOR II K - 30	6	K 11	00:26:08	00:41:24	01:07:41.60	01:08:08.95	6:46	8.9
72	LECH IGOR	7163	CARVING-SKI LUBIN	LUBIN	POL	SENIOR I M - 20	17	M 61	00:27:20	00:42:52	01:07:54.40	01:08:19.65	6:47	8.8
73	FOGIEL-PAWŁOWSKA AGNIESZKA	7131		WROCLAW	POL	MASTERS K - 40	1	K 12	00:27:56	00:43:18	01:08:21.95	01:08:28.25	6:50	8.8
74	RYŁ DOMINIK	7216	DZIECI ZŁO PISZKOWICE	NOWA RUDA	POL	MASTERS M - 40	13	M 62	00:27:43	00:42:57	01:08:15.60	01:08:44.15	6:49	8.8
75	GRABIŃSKA GIZELA	7292	ZAŁOGA GÓRSKA	WARSZAWA+WESOŁA		WETERAN K - 50	1	K 13	00:26:54	00:42:26	01:08:42.50	01:08:46.85	6:52	8.7
76	ZASŁAWSKI LECH	7219		WROCLAW	POL	SENIOR II M - 30	29	M 63	00:26:46	00:41:55	01:08:04.60	01:08:49.60	6:48	8.8
77	SYSUŁA JANUSZ	7371		BIAŁYSTOK		WETERAN II M - 60	1	M 64	00:26:43	00:41:54	01:08:52.00	01:08:56.65	6:53	8.7
78	KOWALSKI ŁUKASZ	7205	KLUB BIEGOWY ODRA OPOLE	TUŁOWICE	POL	SENIOR II M - 30	30	M 65			01:09:00.50	01:09:00.50	6:54	8.7
79	GAWEŁKO JANUSZ	7440		GLIWICE		WETERAN I M - 50	5	M 66	00:28:07	00:44:00	01:08:21.45	01:09:04.30	6:50	8.8
80	URBAŃSKI MICHAŁ	7240		ZAMEĆCIN	POL	SENIOR II M - 30	31	M 67	00:27:12	00:43:33	01:09:22.95	01:09:31.00	6:56	8.6
81	SZCZĘŚNIAK SYLWIA	7220	KB HARCOWNIK JELCZ-LASKOWICE	JELCZ-LASKOWICE	POL	SENIOR II K - 30	7	K 14	00:27:15	00:42:36	01:09:15.00	01:09:33.75	6:55	8.7
82	WRANIK SABINA	7245		BYSTRA	POL	WETERAN K - 50	2	K 15	00:27:44	00:43:12	01:09:22.85	01:09:34.60	6:56	8.6
83	MAZIAREK MICHAŁ	7061		NIEMODLIN	POL	SENIOR II M - 30	32	M 68	00:25:30	00:41:35	01:09:48.45	01:10:00.55	6:58	8.6
84	WALA PATRYK	7296	ZAŁOGA GÓRSKA	ZĄBKOWICE ŚLĄSKIE	POL	SENIOR I M - 20	18	M 69	00:27:41	00:43:35	01:09:57.10	01:10:05.15	6:59	8.6
85	GALA KAMILA	7301	ZAŁOGA GÓRSKA	WARSZAWA	POL	SENIOR II K - 30	8	K 16	00:28:03	00:43:48	01:10:03.60	01:10:08.60	7:00	8.6
86	GÓRECKI BARTŁOMIEJ	7013	TRIWAWA	WARSZAWA	POL	MASTERS M - 40	14	M 70	00:27:23	00:43:25	01:09:59.55	01:10:15.65	6:59	8.6
87	BARAN JAROSŁAW	7200	TRIACTIV RIDLEY	WROCLAW	POL	MASTERS M - 40	15	M 71	00:26:32	00:41:43	01:09:51.00	01:10:21.45	6:59	8.6
88	GRZESIEWICZ PATRYCJA	7369		KRAKÓW		SENIOR II K - 30	9	K 17	00:28:03	00:44:19	01:09:53.30	01:10:22.05	6:59	8.6
89	WZOREK EWA	7330	ZAŁOGA GÓRSKA	WILKÓW	POL	SENIOR I K - 20	6	K 18	00:28:13	00:44:16	01:10:11.50	01:10:29.55	7:01	8.5
90	DOBOSZ LESZEK	7423		POZNAŃ		SENIOR II M - 30	33	M 72	00:28:03	00:44:07	01:10:22.10	01:10:33.85	7:02	8.5
91	CZARNIECKI DANIEL	7020	TIE	POLANICA-ZDRÓJ	POL	SENIOR II M - 30	34	M 73	00:26:49	00:41:54	01:10:34.20	01:10:36.75	7:03	8.5
92	WIADERNA NINA	7401		WARSZAWA		SENIOR II K - 30	10	K 19	00:28:01	00:44:05	01:10:37.15	01:10:40.95	7:03	8.5
93	TYSZER JOANNA	7193	1989	ROMANOWO	POL	SENIOR II K - 30	11	K 20	00:28:05	00:44:31	01:10:15.70	01:10:45.65	7:01	8.5
94	ULIKOWSKA MARTYNA	7310	ZAŁOGA GÓRSKA	GOŚCINO	POL	SENIOR I K - 20	7	K 21	00:29:30	00:45:41	01:11:57.75	01:12:06.90	7:11	8.3
95	KORDECKA ANNA	7428		RZENNO		SENIOR II K - 30	12	K 22	00:28:42	00:44:35	01:11:26.20	01:12:08.75	7:08	8.4
96	GRZESIAK WOJCIECH	7278		POZNAŃ	POL	SENIOR II M - 30	35	M 74	00:27:17	00:43:27	01:11:59.50	01:12:12.15	7:12	8.3
97	ŚRODA MACIEJ	7133		WROCLAW	POL	SENIOR II M - 30	36	M 75	00:27:49	00:44:31	01:12:02.00	01:12:20.35	7:12	8.3
98	ZAPAŚNIK MIŁOSZ	7158	JKS SALAMANDRA	JAWOR	POL	SENIOR II M - 30	37	M 76	00:28:11	00:44:35	01:12:26.95	01:12:56.30	7:14	8.3
99	WAWRZENIUK EMILIA	7132		WROCLAW	POL	SENIOR II K - 30	13	K 23	00:26:50	00:43:39	01:12:50.35	01:13:05.45	7:17	8.2
100	ZAJĄC MARCIN	7057	77CATS	JÓZEFOSŁAW	POL	SENIOR II M - 30	38	M 77	00:30:04	00:46:52	01:13:02.65	01:13:11.95	7:18	8.2

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scoowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
101	WESOŁOWSKA KINGA	7187	KALENIJ BY DECATHLON	WROCŁAW	POL	SENIOR I K - 20	8	K 24	00:28:01	00:45:05	01:13:02.35	01:13:13.70	7:18	8.2
102	KACZMAREK KATARZYNA	7217	PRO_RUN	KALISZ	POL	SENIOR I K - 20	9	K 25	00:28:06	00:45:29	01:13:07.20	01:13:20.55	7:18	8.2
103	LULKA MARCIN	7307		MOSINA	POL	MASTERS M - 40	16	M 78	00:30:09	00:46:25	01:13:10.40	01:13:31.25	7:19	8.2
104	PEATEK DOMINIK	7253		WROCŁAW	POL	MASTERS M - 40	17	M 79	00:27:47	00:27:52	01:13:11.25	01:13:35.75	7:19	8.2
105	SITKO GRZEGORZ	7406				SENIOR I M - 20	19	M 80	00:29:56	00:46:49	01:13:22.65	01:13:38.55	7:20	8.2
106	HOREJDA SARA	7326		ŁĄDEK ZDRÓJ	POL	SENIOR I K - 20	10	K 26	00:28:43	00:45:44	01:13:39.95	01:13:50.40	7:22	8.1
107	ŻAKOWSKI KRZYSZTOF	7291	BALLUFF RUNNING TEAM	WROCŁAW	POL	SENIOR I M - 20	20	M 81	00:28:03	00:44:30	01:13:37.00	01:14:01.75	7:21	8.2
108	LACHERA KAMILA	7050	CSC ADVENTURE ACADEMY	KATOWICE	POL	SENIOR II K - 30	14	K 27	00:29:34	00:46:55	01:14:02.20	01:14:06.60	7:24	8.1
109	KUBÓW JAREK	7313		OPOLE	POL	SENIOR II M - 30	39	M 82	00:28:43	00:46:08	01:13:33.65	01:14:09.00	7:21	8.2
110	WŁODKOWSKI DARIUSZ	7174	CORAZ BLIŻEJ METY	POZNAŃ	POL	SENIOR II M - 30	40	M 83	00:28:12	00:45:06	01:14:04.90	01:14:26.95	7:24	8.1
111	MASŁANKA ŁUKASZ	7136		WROCŁAW	POL	SENIOR II M - 30	41	M 84	00:27:41	00:44:50	01:14:17.15	01:14:45.30	7:25	8.1
112	RYBICKI PRZEMYSŁAW	7031	SBRT WARSZAWA	WARSZAWA	POL	MASTERS M - 40	18	M 85	00:29:49	00:47:21	01:14:59.70	01:15:03.80	7:29	8
113	PLAWGO MAREK	7316		WROCŁAW	POL	SENIOR II M - 30	42	M 86	00:30:44	00:47:41	01:14:56.30	01:15:24.55	7:29	8
114	KATA DAMIAN	7227		MIRKÓW	POL	SENIOR II M - 30	43	M 87	00:29:22	00:47:09	01:15:03.50	01:15:27.00	7:30	8
115	KISIEL PIOTR	7350		KŁODZKO		MASTERS M - 40	19	M 88	00:27:25	00:43:51	01:15:42.45	01:15:51.75	7:34	7.9
116	BERNADZIKOWSKI MICHAŁ	7407		WROCŁAW		SENIOR II M - 30	44	M 89	00:30:01	00:47:31	01:15:43.15	01:15:59.55	7:34	7.9
117	JANOSZ PAWEŁ	7097		WROCŁAW	POL	SENIOR I M - 20	21	M 90	00:29:04	00:46:25	01:15:31.85	01:16:03.15	7:33	7.9
118	MACIASZKIEWICZ SZYMON	7128	DESTYLATOR	BIERUTÓW	POL	SENIOR II M - 30	45	M 91	00:30:09	00:47:17	01:15:14.55	01:16:05.05	7:31	8
119	BINKOWSKI MARCIN	7308	EMERYCI I RENCISCI	MOSINA	POL	MASTERS M - 40	20	M 92	00:30:55	00:48:21	01:15:48.05	01:16:09.45	7:34	7.9
120	RUTKOWSKI KRZYSZTOF	7157	CSAIU	GŁOGOWO	POL	MASTERS M - 40	21	M 93	00:28:29	00:45:50	01:16:10.55	01:16:15.00	7:37	7.9
121	KACZMARZ KATARZYNA	7105		KOSZALIN	POL	SENIOR II K - 30	15	K 28	00:30:36	00:47:37	01:16:00.45	01:16:15.30	7:36	7.9
122	TADROWSKI TOMASZ	7103		INOWROCŁAW	POL	MASTERS M - 40	22	M 94	00:29:33	00:47:50	01:15:45.60	01:16:20.15	7:34	7.9
123	BOHDANOWICZ KRYSZTOF	7355	ATLAS RUNNING TEAM	ŁÓDŹ		SENIOR II M - 30	46	M 95	00:29:50	00:47:08	01:16:19.10	01:16:27.25	7:37	7.9
124	MICHALEC MARZENA	7415	KOBIETA W BIEGU	WAŁBRZYCH		SENIOR II K - 30	16	K 29	00:29:38	00:47:52	01:16:07.55	01:16:27.80	7:36	7.9
125	KONDRAKIEWICZ RAFAŁ	7252	KB HARCOWNIK JELCZ-LASKOWICE	MIŁOSZYCE	POL	MASTERS M - 40	23	M 96	00:30:50	00:48:09	01:16:07.80	01:16:27.95	7:36	7.9
126	IWAŃSKI JÓZEF	7140		KRAPKOWICE	POL	WETERAN II M - 60	2	M 97	00:28:40	00:45:51	01:16:14.30	01:16:28.75	7:37	7.9
127	LECH MACIEJ	7162	CARVING SKI LUBIN	LUBIN	POL	MASTERS M - 40	24	M 98	00:30:06	00:47:54	01:16:10.55	01:16:34.10	7:37	7.9
128	BIELAWA MACIEJ	7102	NKB CHYŻY NOWY TOMYŚL	NOWY TOMYŚL	POL	MASTERS M - 40	25	M 99	00:29:12	00:46:43	01:16:35.15	01:16:47.25	7:39	7.8
129	ABULEWICZ WOJCIECH	7398	TRENING STUDIO 17	WROCŁAW		WETERAN I M - 50	6	M 100	00:28:51	00:45:51	01:16:53.70	01:16:56.45	7:41	7.8
130	WÓJKOWSKI KAMIL	7356	PRO RUN WROCŁAW	ŁÓDŹ		SENIOR II M - 30	47	M 101	00:30:04	00:48:13	01:17:07.85	01:17:13.35	7:42	7.8
131	ŁOPATA MICHAŁ	7171		CHORZÓW	POL	MASTERS M - 40	26	M 102	00:30:21	00:48:00	01:16:47.70	01:17:23.15	7:40	7.8
132	ŚLIWINSKI MARCIN	7268	1983	LIPOWA	POL	SENIOR II M - 30	48	M 103	00:29:42	00:47:53	01:16:56.25	01:17:31.90	7:41	7.8
133	WOZNIAK DAMIAN	7021	26.2	LESZNO	POL	MASTERS M - 40	27	M 104	00:32:16	00:32:21	01:17:02.75	01:17:34.60	7:42	7.8
134	MARUT KATARZYNA	7374	NIGHT RUNNERS GLIWICE	GLIWICE		MASTERS K - 40	2	K 30	00:31:25	00:49:03	01:17:15.20	01:17:36.90	7:43	7.8
135	NIEWCZAS BASIA	7083		LUBARTÓW	POL	SENIOR II K - 30	17	K 31	00:29:00	00:46:32	01:17:17.65	01:17:40.15	7:43	7.8
136	MAZIAREK ADELA	7062		NIEMODLIN	POL	SENIOR II K - 30	18	K 32	00:29:21	00:46:51	01:17:35.10	01:17:47.75	7:45	7.7
137	KLUSEK MACIEJ	7185		OBORNIKI ŚLĄSKIE	POL	MASTERS M - 40	28	M 105	00:29:33	00:48:09	01:17:43.20	01:17:49.50	7:46	7.7
138	SKRZYPIC MATEUSZ	7067		WARSZAWA	POL	SENIOR II M - 30	49	M 106	00:30:03	00:47:43	01:17:10.90	01:17:50.45	7:43	7.8
139	PLINIEWICZ JOANNA	7123		STRONIE ŚLĄSKIE	POL	SENIOR II K - 30	19	K 33	00:30:27	00:48:27	01:17:42.40	01:17:56.60	7:46	7.7
140	KRYCH RAFAŁ	7184		CZMÓŃ	POL	MASTERS M - 40	29	M 107	00:29:35	00:47:43	01:18:16.20	01:18:21.55	7:49	7.7
141	KOCIMSKA KATARZYNA	7340	EUROVENT ATHLETICS OPOLE	OPOLE	POL	MASTERS K - 40	3	K 34	00:28:54	00:48:23	01:18:34.60	01:18:38.70	7:51	7.6
142	KOZŁOWSKA RENATA	7281	LADY AEROBIK NYSA	NYSA	POL	SENIOR II K - 30	20	K 35	00:30:35	00:48:53	01:18:14.05	01:18:52.10	7:49	7.7
143	POMIANOWSKA ANNA	7377	RĄCZELACZKI	WRONKI		SENIOR II K - 30	21	K 36	00:30:58	00:48:13	01:18:22.40	01:18:57.00	7:50	7.7
144	PRZYDRÓŻNA JULITA	7022	26.2	WŁOSZAKOWICE	POL	MASTERS K - 40	4	K 37	00:31:55	00:49:47	01:19:16.00	01:19:47.25	7:55	7.6
145	PUCHALSKA MAGDALENA	7180		POZNAŃ	POL	SENIOR II K - 30	22	K 38	00:31:41	00:49:48	01:19:16.55	01:19:52.75	7:55	7.6
146	SZYMONIK DOMINIKA	7209	ZAŁOGA GÓRSKA	WROCŁAW	POL	SENIOR I K - 20	11	K 39	00:31:37	00:50:18	01:19:44.65	01:20:01.20	7:58	7.5
147	PATYK JOANNA	7129	PZU SPORT TEAM	SZCZECIN	POL	SENIOR II K - 30	23	K 40	00:30:45	00:49:22	01:20:00.25	01:20:03.35	8:00	7.5
148	KOPACKA ELIZA	7029		WAŁBRZYCH	POL	SENIOR II K - 30	24	K 41	00:30:51	00:48:53	01:19:45.60	01:20:03.65	7:58	7.5
149	GŁÓWKA BARBARA	7135		WROCŁAW	POL	SENIOR II K - 30	25	K 42	00:31:19	00:49:58	01:19:41.60	01:20:11.70	7:58	7.5
150	LUBAŃSKA ALICJA	7178	SSW TEAM KROŚNICE	BUKOWICE	POL	WETERAN K - 50	3	K 43	00:30:15	00:48:51	01:20:27.90	01:20:32.80	8:02	7.5
151	WŁODKOWSKA BEATA	7170		POZNAŃ	POL	SENIOR II K - 30	26	K 44	00:31:22	00:49:33	01:20:18.50	01:20:39.70	8:01	7.5
152	SZYMAŃSKI DAMIAN	7349	STOWARZYSZENIE BIEGACZY GMINY SZYDLÓW	DOLASZEWO		WETERAN I M - 50	7	M 108	00:30:35	00:48:24	01:20:33.10	01:20:40.60	8:03	7.4
153	PASZKE MACIEJ	7315		TORUŃ	POL	SENIOR I M - 20	22	M 109	00:30:36	00:48:38	01:20:01.75	01:20:46.10	8:00	7.5
154	PASZKE JOANNA	7314		TORUŃ	POL	SENIOR I K - 20	12	K 45	00:30:38	00:48:40	01:20:02.25	01:20:46.10	8:00	7.5
155	PASŁAWSKA OLGA	7408		WROCŁAW		SENIOR II K - 30	27	K 46	00:30:51	00:49:16	01:20:32.60	01:20:49.80	8:03	7.5
156	KOLAŃSKI BARTOSZ	7153	RUN FOR JFK	POZNAŃ	POL	MASTERS M - 40	30	M 110	00:28:34	00:47:38	01:20:15.25	01:20:54.15	8:01	7.5

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
157	KUŹNIAK MARTYNA	7071		WARSZAWA	POL	MASTERS K - 40	5	K 47	00:30:25	00:48:35	01:20:49.65	01:20:55.45	8:05	7.4
158	WOJDASZKA KATARZYNA	7002	VEGE RUNNERS	WARSZAWA	POL	SENIOR II K - 30	28	K 48	00:32:31	00:50:38	01:20:43.55	01:21:00.65	8:04	7.4
159	MARONA MACIEJ	7038	DRUŻYNA SZPIKU	SWARZĘDZ	POL	SENIOR II M - 30	50	M 111	00:31:31	00:49:40	01:20:27.90	01:21:01.40	8:02	7.5
160	KUCHARSKA ALEKSANDRA	7006	DREAM RUN	WARSZAWA	POL	SENIOR II K - 30	29	K 49	00:33:06	00:51:07	01:20:57.30	01:21:23.60	8:05	7.4
161	SKAWINA KRYSZYNA	7059	TOPOLICE TEAM	TOPOLICE	POL	SENIOR II K - 30	30	K 50	00:31:53	00:50:00	01:21:10.30	01:21:30.65	8:07	7.4
162	GIETKA SZYMON	7323		WARSZAWA	POL	SENIOR I M - 20	23	M 112	00:32:13	00:51:27	01:20:59.20	01:21:43.60	8:05	7.4
163	BIENKOWSKI KAMIL	7439		RADWANICE		SENIOR II M - 30	51	M 113	00:31:59	00:51:36	01:19:10.30	01:21:48.85	7:55	7.6
164	JUREWICZ AGATA	7165		POZNAN	POL	SENIOR II K - 30	31	K 51	00:32:37	00:50:40	01:21:19.55	01:21:52.75	8:07	7.4
165	GÓRALCZYK KATARZYNA	7302	ZAŁOGA GÓRSKA	OPOLE	POL	SENIOR I K - 20	13	K 52	00:32:10	00:50:36	01:21:48.60	01:22:05.45	8:10	7.3
166	PENDZIAŁEK MAŁGORZATA	7334	MUAY RUNNING TEAM	JASTRZĘBIE - ZDRÓJ	POL	SENIOR I K - 20	14	K 53	00:30:55	00:49:47	01:21:50.15	01:22:09.85	8:11	7.3
167	HADAŁA TERESA	7145	KASZUBSKA PONIEWIERKA	PRUSZCZ GDAŃSKI	POL	SENIOR II K - 30	32	K 54	00:32:27	00:52:06	01:21:32.80	01:22:12.75	8:09	7.4
168	DZIEDZIŃSKA NATALIA	7229		OBORNIKI ŚLĄSKIE	POL	SENIOR II K - 30	33	K 55	00:31:38	00:50:15	01:23:08.00	01:23:15.10	8:18	7.2
169	NAGLER TOMASZ	7477		KAMIONKI		MASTERS M - 40	31	M 114	00:30:46	00:48:39	01:22:43.15	01:23:50.30	8:16	7.3
170	MUCHA OREST	7018		BUDRY	POL	SENIOR II M - 30	52	M 115	00:31:36	00:50:18	01:23:42.50	01:23:54.25	8:22	7.2
171	GAJKOWSKI ANDRZEJ	7143	ENDORFINY WAŚOSZ	WIEWIERZ	POL	MASTERS M - 40	32	M 116	00:33:19	00:53:32	01:23:24.45	01:24:00.05	8:20	7.2
172	URBAŃSKI TOMASZ	7393	PALLERO	ŁĄDEK ZDRÓJ		SENIOR I M - 20	24	M 117	00:34:00	00:54:02	01:23:47.70	01:24:07.85	8:22	7.2
173	KACZMARSKI MARTIN	7394		WROCŁAW		SENIOR I M - 20	25	M 118	00:33:59	00:54:02	01:23:48.00	01:24:08.35	8:22	7.2
174	NIEDZIELA DANUTA	7040	GOSTYŃ	GOSTYŃ	POL	MASTERS K - 40	6	K 56	00:32:03	00:50:38	01:24:11.55	01:24:21.15	8:25	7.1
175	ANTKOWIAK MIROŚLAW	7276		KROSNO ODRZAŃSKIE	POL	WETERAN I M - 50	8	M 119	00:29:21	00:48:50	01:24:29.70	01:24:40.70	8:26	7.1
176	GENDERA NARCYZ	7327		GOSTYŃ	POL	SENIOR I M - 20	26	M 120	00:33:21	00:53:14	01:24:34.15	01:24:42.40	8:27	7.1
177	BALDY JAKUB	7010	KUDOWSCY MIŁOŚNICY BIEGANIA	KDUOWA ZDRÓJ	POL	SENIOR I M - 20	27	M 121	00:32:34	00:52:21	01:24:31.80	01:24:45.30	8:27	7.1
178	ŁUCZYWEK WALDEMAR	7258		MŚCIWOJÓW	POL	MASTERS M - 40	33	M 122	00:32:56	00:52:43	01:25:12.60	01:25:16.85	8:31	7
179	WIECZOREK MONIKA	7256		BOLKÓW	POL	MASTERS K - 40	7	K 57	00:32:55	00:52:45	01:25:13.05	01:25:16.85	8:31	7
180	MRÓZ URSZULA	7121		STRONIE ŚL	POL	WETERAN K - 50	4	K 58	00:34:56	00:54:18	01:25:06.05	01:25:19.85	8:30	7.1
181	ŁYSIAK KASJA	7196		DĄBRÓWKA	POL	SENIOR II K - 30	34	K 59	00:32:56	00:53:49	01:24:48.35	01:25:20.65	8:28	7.1
182	KUTYCKA-KUREK ELŻBIETA	7336	CHOJRAK TEAM WROCŁAW	WROCŁAW	POL	SENIOR II K - 30	35	K 60	00:32:42	00:52:11	01:24:53.40	01:25:24.90	8:29	7.1
183	SITKO ADAM	7410		BOYSZOWY		SENIOR I M - 20	28	M 123	00:33:15	00:53:04	01:25:16.00	01:25:32.40	8:31	7
184	BRZEZIŃSKI ANDRZEJ	7425		OLKUSZ		WETERAN II M - 60	3	M 124	00:32:32	00:51:12	01:25:34.95	01:25:42.35	8:33	7
185	BALICKI JAKUB	7388	ASAP RUNNERS	ŁÓDŹ		MASTERS M - 40	34	M 125	00:33:12	00:53:40	01:24:53.30	01:25:45.75	8:29	7.1
186	MICHALSKA JOANNA	7138	VELLUX	GNIEZNA	POL	SENIOR II K - 30	36	K 61	00:35:44	00:55:28	01:25:39.90	01:26:01.65	8:34	7
187	PLEWA PAULINA	7120	BPK	PIŁA	POL	SENIOR I K - 20	15	K 62	00:33:15	00:54:05	01:26:15.95	01:26:15.95	8:37	7
188	NOWAK JAKUB	7169	BIEGANIE NA ŚNIADANIE ŚMIGIEL	CZACZ	POL	SENIOR II M - 30	53	M 126	00:34:15	00:54:25	01:25:53.00	01:26:21.50	8:35	7
189	KARWECKA-WIELICKA KATARZYNA	7279		DĄBROWA GÓRNICZA	POL	MASTERS K - 40	8	K 63	00:33:45	00:53:49	01:25:55.30	01:26:42.50	8:35	7
190	WILK MARIA	7385	RAMBO III	BYTOM		SENIOR II K - 30	37	K 64	00:34:21	00:54:57	01:26:31.00	01:26:49.55	8:39	6.9
191	WILK MATEUSZ	7386	ROMBO III	BYTOM		SENIOR II M - 30	54	M 127	00:34:19	00:54:56	01:26:29.80	01:26:49.65	8:39	6.9
192	CZYŻ ALEKSANDRA	7027	VEGE RUNNERS	ZIELONA GÓRA	POL	SENIOR II K - 30	38	K 65	00:33:07	00:52:39	01:26:20.65	01:26:53.55	8:38	6.9
193	WAWRZYŃNIAK MARIUSZ	7416		GORZÓW		SENIOR II M - 30	55	M 128	00:34:08	00:55:44	01:26:15.95	01:27:02.40	8:37	7
194	GALEWSKI MARIUSZ	7364		KOTLIN		WETERAN I M - 50	9	M 129	00:32:41	00:52:40	01:27:05.65	01:27:19.85	8:42	6.9
195	GAJDECKA ADRIANA	7107		WARSZAWA	POL	MASTERS K - 40	9	K 66	00:34:27	00:55:15	01:26:37.55	01:27:20.20	8:39	6.9
196	GAJDECKI TOMASZ	7383	ACCENTURE	WARSZAWA		MASTERS M - 40	35	M 130	00:34:26	00:55:14	01:26:36.45	01:27:20.65	8:39	6.9
197	MAJEWSKA SONIA	7328		GOSTYŃ	POL	SENIOR I K - 20	16	K 67	00:33:21	00:53:16	01:27:17.95	01:27:26.55	8:43	6.9
198	KOWALCZYK TADEUSZ	7094		KRAKÓW	POL	WETERAN II M - 60	4	M 131	00:31:52	00:51:08	01:27:30.30	01:27:41.00	8:45	6.9
199	BRZOZA DOROTA	7177		WROCŁAW	POL	MASTERS K - 40	10	K 68	00:34:03	00:54:19	01:27:04.60	01:27:41.90	8:42	6.9
200	FLORCZAK ZDZISŁAW	7199	MATNER RUNNING TEAM	WROCŁAW	POL	WETERAN II M - 60	5	M 132	00:33:38	00:54:00	01:27:34.55	01:27:44.65	8:45	6.9
201	PLEWA KATARZYNA	7055	NORDIC16.COM	STRONIE ŚLĄSKIE	POL	SENIOR II K - 30	39	K 69	00:33:53	00:54:28	01:27:27.55	01:27:46.50	8:44	6.9
202	KWIECIEŃ ZBIGNIEW	7412		TYCHY		WETERAN II M - 60	6	M 133	00:35:26	00:56:31	01:27:17.00	01:27:59.85	8:43	6.9
203	HAWROT MARTA	7346		MASTERS K - 40		MASTERS K - 40	11	K 70	00:35:47	00:54:55	01:27:58.55	01:28:02.00	8:47	6.8
204	PRZYBYŁEK JOANNA	7285		KÓRNIK	POL	SENIOR II K - 30	40	K 71	00:35:05	00:56:06	01:27:30.55	01:28:06.30	8:45	6.9
205	GIEDA ELŻBIETA	7142	MUKS SZOK BOJANOWO	BOJANOWO	POL	SENIOR II K - 30	41	K 72	00:33:12	00:53:32	01:27:47.60	01:28:22.65	8:46	6.8
206	WOLAK MACIEJ	7405		ZDUŃSKA WOLA		SENIOR I M - 20	29	M 134	00:35:08	00:56:35	01:27:58.10	01:28:23.60	8:47	6.8
207	JASICI JULIAN	7023	STRONSKA GRUPA ROWEROWA	ŁĄDEK-ZDRÓJ	POL	WETERAN II M - 60	7	M 135	00:32:20	00:51:29	01:28:22.00	01:28:41.75	8:50	6.8
208	MICHALSKI TOMASZ	7017	WKURW_TEAM	BOLESŁAWIEC	POL	MASTERS M - 40	36	M 136	00:33:50	00:53:33	01:28:10.00	01:28:42.25	8:49	6.8
209	JOŃCZYK JERZY	7117	BRAC	ŁĄDEK ZDRÓJ	POL	WETERAN I M - 50	10	M 137	00:33:54	00:54:29	01:28:12.60	01:28:44.55	8:49	6.8
210	ZASŁAWSKA KATARZYNA	7419	ZAKOCHAJ SIĘ W BIEGANIU	WETERAN K - 50		WETERAN K - 50	5	K 73	00:34:03	00:54:46	01:28:30.55	01:28:49.25	8:51	6.8
211	SKARŻEŃSKA JAGODA	7331		ŁĄDEK-ZDRÓJ	POL	SENIOR II K - 30	42	K 74	00:33:47	00:54:23	01:28:08.00	01:28:54.05	8:48	6.8
212	KRYCH JOANNA	7210		CZMOŃ	POL	MASTERS K - 40	12	K 75	00:34:39	00:55:08	01:28:59.60	01:29:05.90	8:53	6.7
213	LIGOCKA KAROLINA	7074	BOOTCAMP	KATOWICE	POL	SENIOR II K - 30	43	K 76	00:33:29	00:54:37	01:28:53.60	01:29:10.25	8:53	6.7

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
214	HACZKIEWICZ KAROLINA	7375		CZARNA GÓRA		SENIOR II K - 30	44	K 77	00:34:05	00:54:54	01:28:31.40	01:29:10.35	8:51	6.8
215	TOMERA DOROTA	7146	DRUŻYNA KURORT ŁĄDEK ZDRÓJ TEAM	STARA BYSTRZYCA	POL	MASTERS K - 40	13	K 78	00:35:17	00:55:45	01:28:50.05	01:29:31.75	8:53	6.8
216	KORNAŚ MARCIN	7003	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	ZĄBKOWICE ŚLĄSKIE	POL	MASTERS M - 40	37	M 138	00:32:26	00:52:22	01:29:12.00	01:29:34.00	8:55	6.7
217	WIERCIOCH SŁAWOMIR	7429		LUBIN		MASTERS M - 40	38	M 139	00:33:21	00:53:45	01:29:35.25	01:29:51.15	8:57	6.7
218	JANICKA-TOMIAK ELIZA	7271		SULECHÓW	POL	MASTERS K - 40	14	K 79	00:34:17	00:55:48	01:29:57.85	01:30:07.20	8:59	6.7
219	KRYŃ KATARZYNA	7066	BOOTCAMP	KATOWICE	POL	SENIOR II K - 30	45	K 80	00:33:36	00:54:39	01:29:52.00	01:30:07.45	8:59	6.7
220	MAJEROWSKI MATEUSZ	7161	BAUMAT TEAM	WOLSZTYN	POL	SENIOR II M - 30	56	M 140	00:33:46	00:54:32	01:29:26.35	01:30:08.85	8:56	6.7
221	MROZEK MARCIN	7033		SUCHY LAS	POL	SENIOR I M - 20	30	M 141	00:34:08	00:54:15	01:29:37.75	01:30:12.30	8:57	6.7
222	DURNOWSKA BEATA	7289		TARNOWO PODGÓRNE	POL	SENIOR II K - 30	46	K 81	00:32:28	00:54:07	01:29:29.05	01:30:13.95	8:56	6.7
223	OWSIANIK SYLWIA	7176		MILICZ	POL	MASTERS K - 40	15	K 82	00:34:39	00:55:08	01:30:08.45	01:30:14.55	9:00	6.7
224	SZAŁAJSKA MAGDALENA	7269		ROKIETNICA	POL	SENIOR I K - 20	17	K 83	00:35:09	00:57:03	01:29:56.35	01:30:30.55	8:59	6.7
225	CHRZUSZCZ ANNA	7249		GORZÓW WLKP	POL	SENIOR II K - 30	47	K 84	00:33:54	00:55:20	01:29:44.70	01:30:32.10	8:58	6.7
226	MROCZKIEWICZ KLAUDIA	7034	VEGERUNNERS	WROCŁAW	POL	MASTERS K - 40	16	K 85	00:32:34	00:53:26	01:30:30.20	01:30:40.15	9:03	6.6
227	SZYMAŁA MAŁGORZATA	7293		KLU CZBORK	POL	SENIOR II K - 30	48	K 86	00:33:59	00:54:19	01:30:23.00	01:30:51.85	9:02	6.6
228	NIEMAS ANNA	7248	OYAMA KARATE BRZESZCZE	BŁĄŻEJOWICE	POL	MASTERS K - 40	17	K 87	00:34:14	00:55:19	01:30:25.65	01:30:55.00	9:02	6.6
229	ERDMAŃSKA NATALIA	7368		STRONIE ŚLĄSKIE		SENIOR II K - 30	49	K 88	00:34:16	00:34:21	01:30:24.75	01:30:55.20	9:02	6.6
230	GIERLIK JAKUB	7261	ROADBIKE TEAM	MIJSKA GÓRKA	POL	SENIOR I M - 20	31	M 142	00:35:59	00:57:50	01:30:31.05	01:30:56.00	9:03	6.6
231	KOSZYKA WERONIKA	7041	CONSTRAVIA	POZNAŃ	POL	SENIOR I K - 20	18	K 89	00:36:11	00:57:38	01:30:44.15	01:31:01.65	9:04	6.6
232	MARCINKOWSKA KATARZYNA	7283	LADY AEROBIK NYSA	NYSA	POL	MASTERS K - 40	18	K 90	00:33:30	00:54:29	01:30:31.05	01:31:08.45	9:03	6.6
233	TOMASZEWSKI JACEK	7063		ŚWIDNICA	POL	SENIOR II M - 30	57	M 143	00:32:30	00:53:06	01:31:12.70	01:31:23.10	9:07	6.6
234	TOMASZEWSKA AGNIESZKA	7064		ŚWIDNICA	POL	SENIOR II K - 30	50	K 91	00:32:32	00:32:38	01:31:14.50	01:31:23.50	9:07	6.6
235	SOCHA EWA	7232	1987	POZNAŃ	POL	SENIOR II K - 30	51	K 92	00:33:13	00:54:22	01:30:54.05	01:31:27.80	9:05	6.6
236	BLANIK AGNIESZKA	7069	RADLIN	RADLIN	POL	SENIOR II K - 30	52	K 93	00:33:58	00:54:46	01:31:01.20	01:31:34.85	9:06	6.6
237	DZIEDZIC ANNA	7115		WROCŁAW	POL	SENIOR II K - 30	53	K 94	00:32:40	00:53:47	01:31:32.00	01:31:46.65	9:09	6.6
238	RAPACZ ARKADIUSZ	7239	SPEEDO POLSKA	KNURÓW	POL	MASTERS M - 40	39	M 144	00:33:36	00:55:18	01:31:32.10	01:31:47.40	9:09	6.6
239	PIGŁOWSKI DAWID	7432	KANIA TEAM	GORZÓW		SENIOR II M - 30	58	M 145	00:34:09	00:55:45	01:31:15.05	01:32:03.35	9:07	6.6
240	SZOPA MAREK	7433		GORZÓW		MASTERS M - 40	40	M 146	00:33:45	00:55:20	01:31:16.10	01:32:03.55	9:07	6.6
241	MARCINKIEWICZ MARTA	7228	MATNER RUNNING TEAM	WROCŁAW	POL	WETERAN K - 50	6	K 95	00:36:05	00:58:30	01:31:39.40	01:32:06.60	9:09	6.5
242	KOWALCZYK JOANNA	7095		KRAKÓW	POL	WETERAN II K - 60	1	K 96	00:34:54	00:56:34	01:32:07.80	01:32:17.90	9:12	6.5
243	SZYMAŁA KAROLINA	7192	#NIUŃKOWABIEGA	KLU CZBORK	POL	SENIOR I K - 20	19	K 97	00:34:33	00:56:09	01:31:57.35	01:32:24.70	9:11	6.5
244	HEBDA DOMINIKA	7188	ADRIAN DANILEWICZ GROUP	WROCŁAW	POL	SENIOR I K - 20	20	K 98	00:34:22	00:55:31	01:32:05.65	01:32:27.35	9:12	6.5
245	KOWALCZYK PIOTR	7222		WROCŁAW	POL	SENIOR I M - 20	32	M 147	00:35:22	00:57:26	01:32:02.75	01:32:36.80	9:12	6.5
246	HETMAŃSKA DIANA	7030	LOVELASY	BARTOSZEWO	POL	SENIOR II K - 30	54	K 99	00:34:40	00:56:10	01:32:31.30	01:32:45.05	9:15	6.5
247	PALUSIŃSKA AGNIESZKA	7317	LOVELASY	POLICE	POL	MASTERS K - 40	19	K 100	00:34:40	00:56:10	01:32:31.30	01:32:45.65	9:15	6.5
248	OSTROWSKA-NABIAŁCZYK AGNIESZKA	7287	1976	OŁAWA	POL	MASTERS K - 40	20	K 101	00:33:11	00:33:16	01:32:35.85	01:32:45.95	9:15	6.5
249	GONERA-BATOR ANNA	7345	KB HARCOWNIK			SENIOR II K - 30	55	K 102	00:35:37	00:57:15	01:32:26.60	01:32:46.30	9:14	6.5
250	CIEPLY JACEK	7400		OŁAWA		MASTERS M - 40	41	M 148	00:33:24	00:54:58	01:32:36.10	01:32:46.95	9:15	6.5
251	BUSZKA ŁUKASZ	7417	ZĄŁOGA GÓRSKA	WOŁÓW		MASTERS M - 40	42	M 149	00:35:50	00:58:19	01:32:43.60	01:33:02.30	9:16	6.5
252	CZAJA AGNIESZKA	7166		POZNAŃ	POL	SENIOR II K - 30	56	K 103	00:35:34	00:57:59	01:32:37.20	01:33:10.55	9:15	6.5
253	PAKUŁA BEATA	7353		KROSNO ODRZAŃSKIE		MASTERS K - 40	21	K 104	00:34:33	00:55:53	01:33:14.90	01:33:16.60	9:19	6.4
254	SIEDLECKI MARCIN	7387		WEJHEROWO		MASTERS M - 40	43	M 150	00:34:51	00:55:53	01:33:16.65	01:33:17.15	9:19	6.4
255	RAPACZ DANUTA	7101	ANMAR	STRONIE ŚLĄSKIE	POL	WETERAN II K - 60	2	K 105	00:34:53	00:56:43	01:33:07.65	01:33:18.05	9:18	6.4
256	WINNICKA ANNA	7414		ŻARY		MASTERS K - 40	22	K 106	00:34:34	00:55:48	01:33:10.55	01:33:21.75	9:19	6.4
257	ZIENKIEWICZ AGATA	7434		WROCŁAW		SENIOR II K - 30	57	K 107	00:34:17	00:55:41	01:32:53.70	01:33:30.75	9:17	6.5
258	HEREMZA ADAM	7367		DUBLIN		MASTERS M - 40	44	M 151	00:34:20	00:55:32	01:32:59.55	01:33:31.65	9:17	6.5
259	CHOJNACKA KAJA	7204	PURKRUN OPOLE	OPOLE	POL	SENIOR II K - 30	58	K 108	00:35:51	00:58:16	01:33:43.25	01:33:56.70	9:22	6.4
260	STRZELCZYK WIKTOR	7072		RZESZÓW	POL	SENIOR II M - 30	59	M 152	00:37:23	00:59:29	01:33:25.45	01:33:58.80	9:20	6.4
261	WOJTAS ANNA	7139		KRAKÓW	POL	SENIOR II K - 30	59	K 109	00:37:24	00:59:30	01:33:26.50	01:33:59.05	9:20	6.4
262	WAWRZYŃSKI AGNIESZKA	7151	DRUŻYNA SZPIKU	POZNAŃ	POL	SENIOR II K - 30	60	K 110	00:34:55	00:57:04	01:33:47.10	01:34:05.85	9:22	6.4
263	BURCZYK ADAM	7155		STAROGARD GDAŃSKI	POL	SENIOR I M - 20	33	M 153	00:34:59	00:57:05	01:33:46.90	01:34:06.75	9:22	6.4
264	KOWALEWSKA ANNA	7051		ŚWIDNICA	POL	SENIOR II K - 30	61	K 111	00:33:49	00:56:00	01:34:05.40	01:34:26.20	9:24	6.4
265	WYSMOLIŃSKA KAROLINA	7362		BIERNATKI		MASTERS K - 40	23	K 112	00:35:07	00:57:03	01:34:21.10	01:34:34.55	9:26	6.4
266	SOKOŁOWSKI MACIEJ	7001		ŁĄDEK ZDRÓJ	POL	MASTERS M - 40	45	M 154	00:35:45	00:58:30	01:34:37.95	01:35:24.50	9:27	6.3
267	ŻYŻA MAGDALENA	7226	MAAGNUS TEAM SKOKOWA	SKOKOWA	POL	MASTERS K - 40	24	K 113	00:36:11	00:59:09	01:34:48.85	01:35:27.80	9:28	6.3
268	FILIPOWICZ KATARZYNA	7347				SENIOR II K - 30	62	K 114	00:36:03	00:57:50	01:35:26.50	01:35:30.45	9:32	6.3



**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
326	KĘPSKI GRZEGORZ	7431				SENIOR II M - 30	68	M 174	00:42:19	01:08:06	01:49:15.60	01:49:49.40	10:55	5.5
327	MYSZYWODA MONIKA	7116		JELCZ-LASKOWICE	POL	SENIOR I K - 20	29	K 153	00:42:15	01:08:06	01:49:16.20	01:49:49.80	10:55	5.5
328	ŁUKACZ ALEKSANDRA	7202		TYCHY	POL	SENIOR I K - 20	30	K 154	00:40:06	01:05:01	01:49:55.65	01:50:01.90	10:59	5.5
329	ZAKRZEWICZ DOROTA	7384		KICIN		SENIOR II K - 30	82	K 155	00:41:58	01:07:55	01:50:00.25	01:50:06.35	11:00	5.5
330	KOPACZYŃSKA ALEKSANDRA	7149		STARA BYSTRZYCA	POL	SENIOR I K - 20	31	K 156	00:39:09	01:05:35	01:50:33.80	01:50:42.65	11:03	5.4
331	SZCZEPAŃSKA ANNA	7191		BYSTRZYCA KŁODZKA	POL	SENIOR II K - 30	83	K 157	00:39:10	01:05:37	01:50:36.35	01:50:43.20	11:03	5.4
332	PODJUK KINGA	7085		GOSTYŃ	POL	MASTERS K - 40	36	K 158	00:41:04	01:06:47	01:51:40.40	01:51:48.95	11:10	5.4
333	JAREMEK WOJTEK	7044	1981	ZAMOŚĆ	POL	SENIOR II M - 30	69	M 175	00:43:20	01:09:26	01:52:34.45	01:52:58.05	11:15	5.3
334	ZŁOMANIEC IZABELA	7046		ZAMOŚĆ	POL	SENIOR II K - 30	84	K 159	00:43:17	01:09:25	01:52:33.45	01:52:58.30	11:15	5.3
335	LITEWKA JOANNA	7014		KRAKÓW	POL	SENIOR I K - 20	32	K 160	00:42:25	01:08:26	01:54:03.95	01:54:44.75	11:24	5.3
336	STASIAK MATEUSZ	7231	BLOCKCHAIN RUNNING TEAM	ŁÓDŹ	POL	SENIOR II M - 30	70	M 176	00:44:40	01:09:31	01:54:47.35	01:54:52.25	11:28	5.2
337	KARPIŃSKA NINA	7352	REEBOKRUN CREW	WARSZAWA		SENIOR II K - 30	85	K 161	00:39:09	01:04:42	01:56:27.60	01:56:48.80	11:38	5.2
338	HACZYK GABRIELA	7382	ZAŁOGA GÓRSKA	OPOLE		WETERAN III K - 70	1	K 162	00:40:57	01:07:17	01:56:08.35	01:56:51.80	11:36	5.2
339	JANKOWSKA MAGDALENA	7342	KOŁO BIEGA	KOŁO	POL	SENIOR II K - 30	86	K 163	00:41:27	01:09:35	01:59:13.75	01:59:16.85	11:55	5
340	PASZKE TOMASZ	7357		GÓRZNO		WETERAN I M - 50	15	M 177	00:41:58	01:08:53	01:58:32.95	01:59:18.70	11:51	5.1
341	KAZUŚ-OLESIŃSKA MAŁGORZATA	7396		ZABRZE		MASTERS K - 40	37	K 164	00:45:11	01:14:16	01:59:43.50	02:00:07.70	11:58	5
342	KOPACZYŃSKA EWA	7150		STARA BYSTRZYCA	POL	WETERAN K - 50	7	K 165	00:42:48	01:11:17	02:01:35.40	02:01:42.45	12:09	4.9
343	KOPACZYŃSKI MICHAŁ	7148		STARA BYSTRZYCA	POL	SENIOR I M - 20	36	M 178	00:42:44	00:42:49	02:01:32.25	02:01:43.85	12:09	4.9
344	PRZYBYLSKA KATARZYNA	7325		OPOLE	POL	SENIOR I K - 20	33	K 166	00:46:24	01:13:37	02:01:28.55	02:02:05.10	12:08	4.9
345	PRZYBYLSKA MAGDALENA	7099		OPOLE	POL	MASTERS K - 40	38	K 167	00:46:04	01:13:39	02:01:29.15	02:02:05.30	12:08	4.9
346	KWIATKOWSKA BARBARA	7119		WOJNOWICE	POL	WETERAN II K - 60	3	K 168	00:42:45	01:10:03	02:02:53.50	02:03:37.40	12:17	4.9
347	WOŹNA ARLETA	7427		KOMORÓWKO		SENIOR I K - 20	34	K 169	00:47:30	01:15:13	02:04:27.35	02:04:42.35	12:26	4.8
348	WIERCIOCH IWONA	7430		LUBIN		MASTERS K - 40	39	K 170	00:47:29	01:15:18	02:04:38.55	02:04:53.20	12:27	4.8
349	WOLENTARSKA ALICJA	7159		BRZOZA	POL	WETERAN K - 50	8	K 171	00:44:45	01:13:33	02:04:34.40	02:05:00.85	12:27	4.8
350	KOWALCZYK ILONA	7395		WRZEŚNICA		MASTERS K - 40	40	K 172	00:44:49	01:14:13	02:05:33.10	02:05:58.60	12:33	4.8
351	CZAPSKA IZABELA	7093	SONKOTEAM	WROCŁAW	POL	MASTERS K - 40	41	K 173	00:39:29	01:10:24	02:06:53.95	02:07:08.75	12:41	4.7
352	CZAPSKI WOJCIECH	7254		WROCŁAW	POL	MASTERS M - 40	50	M 179	00:38:59	01:10:23	02:06:53.45	02:07:09.15	12:41	4.7
353	LISOWSKA AGNIESZKA	7118	DESTYLATOR	KIEŁCZÓW	POL	SENIOR II K - 30	87	K 174	00:43:35	01:12:16	02:07:26.35	02:08:15.95	12:44	4.7
354	SŁUPCZYŃSKI MIROSLAW	7091		DĘBNO	POL	WETERAN I M - 50	16	M 180	00:45:45	01:16:25	02:09:54.10	02:10:22.00	12:59	4.6
355	PAWŁOWSKA DANUTA	7359		WARSZAWA		MASTERS K - 40	42	K 175	00:46:04	01:16:19	02:13:25.00	02:13:48.05	13:20	4.5
356	WOŁCZEK JOLA	7305		SULECHÓW	POL	SENIOR II K - 30	88	K 176	00:37:08	00:59:49	02:14:28.05	02:14:51.80	13:26	4.5
357	LUDZIŃSKI ADAM	7125		ŁĄDEK ZDRÓJ	POL	SENIOR II M - 30	71	M 181	00:45:58	01:16:52	02:14:35.30	02:15:02.50	13:27	4.5
358	ROBAK ANETA	7124		ŁĄDEK ZDRÓJ	POL	SENIOR II K - 30	89	K 177	00:45:59	02:15:12	02:15:12.85	02:15:39.00	13:31	4.4
359	BOCZAR WALDEMAR	7309		WROCŁAW	POL	SENIOR II M - 30	72	M 182	00:48:31	01:18:26	02:15:49.95	02:16:28.85	13:35	4.4
360	MADERA BOGDAN	7186		ŚWIDNICA	POL	WETERAN I M - 50	17	M 183	00:51:43	01:28:11	02:25:42.95	02:26:29.10	14:34	4.1
361	STELMACH ELŻBIETA	7246		NOWA RUDA	POL	MASTERS K - 40	43	K 178	00:52:38	01:23:35	02:27:52.70	02:28:23.10	14:47	4.1
362	KOĆMIRSKA ANNA	7208		JUGÓW	POL	SENIOR II K - 30	90	K 179	00:52:33	01:20:08	02:27:54.50	02:28:24.45	14:47	4.1
363	RUNOWICZ MAGDALENA	7214		KŁODZKO	POL	SENIOR II K - 30	91	K 180	00:52:37	01:20:09	02:27:56.45	02:28:26.40	14:47	4.1
364	ROŻEK AGNIESZKA	7333	MUAY RUNNING TEAM	POZNAŃ	POL	MASTERS K - 40	44	K 181	00:56:08	01:29:22	02:28:41.95	02:29:30.40	14:52	4
365	ŁAŃANOWICZ BERNARD	7365		POZNAŃ		SENIOR II M - 30	73	M 184	00:54:24	01:32:03	02:32:01.60	02:32:40.25	15:12	3.9
366	KUŹNIAK SZYMON	7366		LESZNO		SENIOR II M - 30	74	M 185	00:54:24	01:32:03	02:32:04.05	02:32:42.00	15:12	3.9
367	SZYMAŃSKI PAWEŁ	7335	MUAY RUNNING TEAM	LESZNO	POL	SENIOR II M - 30	75	M 186	00:56:36	01:29:33	02:32:36.15	02:33:25.25	15:15	3.9
368	WINIARSKI ROBERT	7039		LEGNICA	POL	WETERAN I M - 50	18	M 187	00:46:13	01:28:31	02:42:18.50	02:42:50.30	16:13	3.7
369	DEC ZBIGNIEW	7418		DĘBNO		WETERAN II M - 60	8	M 188	00:48:26	01:29:21	02:43:39.40	02:44:06.95	16:21	3.7
370	MICHAŁKA DOMINIKA	7004		WŁOCŁAWEK	POL	SENIOR I K - 20	35	K 182	00:52:04	01:40:56	02:53:22.75	02:53:29.80	17:20	3.5
371	OLEJNIK ADAM	7263	REFERICON	WŁOCŁAWEK	POL	SENIOR II M - 30	76	M 189	00:52:06	01:40:43	02:53:25.40	02:53:32.25	17:20	3.5
372	KUROWSKI WOJCIECH	7413		WROCŁAW		SENIOR II M - 30	77	M 190						
	BAKOWSKA MARIA	7381	ZAŁOGA GÓRSKA	GNIEZNO		WETERAN II K - 60			00:55:16	DNF	DNF	DNF	-	-
0	DOROŻYŃSKI SZYMON	7213	KALENJI BY DECATHLON	OPOLE	POL	SENIOR I M - 20	1	M 1	00:16:46	00:26:32	00:43:09.70	00:43:10.60	4:19	13.9
1	TOMASIK STANISŁAW	7404	GORLICKA GRUPA BIEGOWA	SZYMBARK	POL	SENIOR II M - 30	1	M 2	00:18:17	00:28:33	00:45:15.25	00:45:17.50	4:31	13.3
2	BOROŃ DARIUSZ	7360	ASICS FRONTRUNNER	KRAKÓW		SENIOR I M - 20	2	M 3	00:17:26	00:27:45	00:45:23.05	00:45:24.15	4:32	13.2
3	DUTKOWSKI MIKOŁAJ	7312	UKS ARKADY RASZKÓW	RASZKÓW	POL	SENIOR I M - 20	3	M 4	00:18:16	00:28:37	00:46:41.30	00:46:43.40	4:40	12.9
4	WILK MACIEJ	7297	ZAŁOGA GÓRSKA	BYTOM	POL	SENIOR II M - 30	2	M 5	00:18:21	00:28:59	00:47:22.90	00:47:27.05	4:44	12.7
5	SKIBA ŁUKASZ	7435		BYDGOSZCZ		SENIOR II M - 30	3	M 6	00:18:28	00:29:22	00:48:42.95	00:48:44.80	4:52	12.3
6	ŻUCHOWSKI DANIEL	7332	MUAY RUNNING TEAM	KRAKÓW	POL	SENIOR II M - 30	4	M 7	00:19:26	00:30:22	00:49:09.55	00:49:11.15	4:55	12.2
7	GAJEWSKI MAREK	7172	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	SENIOR II M - 30	5	M 8	00:19:00	00:30:03	00:49:18.85	00:49:22.30	4:55	12.2





**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
62	WRANIK MIROSLAW	7243		BYSTRA	POL	WETERAN I M - 50	4	M 56	00:26:12	00:40:50	01:06:19.55	01:06:32.25	6:38	9
63	BOCHAN LESLAW	7344		PIŁA		MASTERS M - 40	10	M 57	00:26:34	00:41:30	01:06:23.45	01:06:36.25	6:38	9
64	KALEMBKIEWICZ PIOTR	7322	MIROTRANS	WROCLAW	POL	MASTERS M - 40	11	M 58	00:41:07		01:06:52.00	01:06:52.00	6:41	9
65	WALENCI MACIEJ	7319		KOWARY	POL	MASTERS M - 40	12	M 59	00:27:02	00:41:35	01:06:55.90	01:07:06.75	6:41	9
66	GŁĄB DARIA	7300	ZAŁOGA GÓRSKA	PRUDNIK	POL	SENIOR I K - 20	5	K 8	00:25:17	00:40:25	01:07:02.25	01:07:09.55	6:42	9
67	RUTKOWSKA PATRYCJA	7306		ZĄBKOWICE ŚLĄSKIE	POL	SENIOR II K - 30	4	K 9	00:25:36	00:41:22	01:06:48.75	01:07:11.05	6:40	9
68	CISZEWSKI KRZYSZTOF	7230		KROSNOWICE	POL	SENIOR II M - 30	28	M 60			01:07:25.00	01:07:25.00	6:44	8.9
69	PAZDAN NATALIA	7321		KOWARY	POL	SENIOR II K - 30	5	K 10	00:26:47	00:42:02	01:07:49.60	01:07:57.25	6:47	8.8
70	WOJNAROWICZ WERONIKA	7358		GDYNIA		SENIOR II K - 30	6	K 11	00:26:08	00:41:24	01:07:41.60	01:08:08.95	6:46	8.9
71	LECH IGOR	7163	CARVING-SKI LUBIN	LUBIN	POL	SENIOR I M - 20	17	M 61	00:27:20	00:42:52	01:07:54.40	01:08:19.65	6:47	8.8
72	FOGIEL-PAWLÓWSKA AGNIESZKA	7131		WROCLAW	POL	MASTERS K - 40	1	K 12	00:27:56	00:43:18	01:08:21.95	01:08:28.25	6:50	8.8
73	RYŁ DOMINIK	7216	DZIECI ZŁO PISZKOWICE	NOWA RUDA	POL	MASTERS M - 40	13	M 62	00:27:43	00:42:57	01:08:15.60	01:08:44.15	6:49	8.8
74	GRABIŃSKA GIZELA	7292	ZAŁOGA GÓRSKA	WARSZAWA+WESOŁA		WETERAN K - 50	1	K 13	00:26:54	00:42:26	01:08:42.50	01:08:46.85	6:52	8.7
75	ZASŁAWSKI LECH	7219		WROCLAW	POL	SENIOR II M - 30	29	M 63	00:26:46	00:41:55	01:08:04.60	01:08:49.60	6:48	8.8
76	SYSUŁA JANUSZ	7371		BIAŁYSTOK		WETERAN II M - 60	1	M 64	00:26:43	00:41:54	01:08:52.00	01:08:56.65	6:53	8.7
77	KOWALSKI ŁUKASZ	7205	KLUB BIEGOWY ODRA OPOLE	TUŁOWICE	POL	SENIOR II M - 30	30	M 65			01:09:00.50	01:09:00.50	6:54	8.7
78	GAWEŁKO JANUSZ	7440		GLIWICE		WETERAN I M - 50	5	M 66	00:28:07	00:44:00	01:08:21.45	01:09:04.30	6:50	8.8
79	URBAŃSKI MICHAŁ	7240		ZAMĘCIN	POL	SENIOR II M - 30	31	M 67	00:27:12	00:43:33	01:09:22.95	01:09:31.00	6:56	8.6
80	SZCZĘŚNIAK SYLWIA	7220	KB HARCOWNIK JELCZ-LASKOWICE	JELCZ-LASKOWICE	POL	SENIOR II K - 30	7	K 14	00:27:15	00:42:36	01:09:15.00	01:09:33.75	6:55	8.7
81	WRANIK SABINA	7245		BYSTRA	POL	WETERAN K - 50	2	K 15	00:27:44	00:43:12	01:09:22.85	01:09:34.60	6:56	8.6
82	MAZIAREK MICHAŁ	7061		NIEMODLIN	POL	SENIOR II M - 30	32	M 68	00:25:30	00:41:35	01:09:48.45	01:10:00.55	6:58	8.6
83	WALA PATRYK	7296	ZAŁOGA GÓRSKA	ZABKOWICE SLASKIE	POL	SENIOR I M - 20	18	M 69	00:27:41	00:43:35	01:09:57.10	01:10:05.15	6:59	8.6
84	GALA KAMILA	7301	ZAŁOGA GÓRSKA	WARSZAWA	POL	SENIOR II K - 30	8	K 16	00:28:03	00:43:48	01:10:03.60	01:10:08.60	7:00	8.6
85	GÓRECKI BARTŁOMIEJ	7013	TRIWAWA	WARSZAWA	POL	MASTERS M - 40	14	M 70	00:27:23	00:43:25	01:09:59.55	01:10:15.65	6:59	8.6
86	BARAN JAROSŁAW	7200	TRIACTIV RIDLEY	WROCLAW	POL	MASTERS M - 40	15	M 71	00:26:32	00:41:43	01:09:51.00	01:10:21.45	6:59	8.6
87	GRZESIEWICZ PATRYCJA	7369		KRAKÓW		SENIOR II K - 30	9	K 17	00:28:03	00:44:19	01:09:53.30	01:10:22.05	6:59	8.6
88	WZOREK EWA	7330	ZAŁOGA GÓRSKA	WILKÓW	POL	SENIOR I K - 20	6	K 18	00:28:13	00:44:16	01:10:11.50	01:10:29.55	7:01	8.5
89	DOBOSZ LESZEK	7423		POZNAŃ		SENIOR II M - 30	33	M 72	00:28:03	00:44:07	01:10:22.10	01:10:33.85	7:02	8.5
90	CZARNIECKI DANIEL	7020	TIE	POLANICA-ZDRÓJ	POL	SENIOR II M - 30	34	M 73	00:26:49	00:41:54	01:10:34.20	01:10:36.75	7:03	8.5
91	WIADERNA NINA	7401		WARSZAWA		SENIOR II K - 30	10	K 19	00:28:01	00:44:05	01:10:37.15	01:10:40.95	7:03	8.5
92	TYSZER JOANNA	7193	1989	ROMANOWO	POL	SENIOR II K - 30	11	K 20	00:28:05	00:44:31	01:10:15.70	01:10:45.65	7:01	8.5
93	ULIKOWSKA MARTYNA	7310	ZAŁOGA GÓRSKA	GOŚCINO	POL	SENIOR I K - 20	7	K 21	00:29:30	00:45:41	01:11:57.75	01:12:06.90	7:11	8.3
94	KORDEKA ANNA	7428		RZENNO		SENIOR II K - 30	12	K 22	00:28:42	00:44:35	01:11:26.20	01:12:08.75	7:08	8.4
95	GRZESIAK WOJCIECH	7278		POZNAŃ	POL	SENIOR II M - 30	35	M 74	00:27:17	00:43:27	01:11:59.50	01:12:12.15	7:12	8.3
96	ŚRODA MACIEJ	7133		WROCLAW	POL	SENIOR II M - 30	36	M 75	00:27:49	00:44:31	01:12:02.00	01:12:20.35	7:12	8.3
97	ZAPAŚNIK MIŁOSZ	7158	JKS SALAMANDRA	JAWOR	POL	SENIOR II M - 30	37	M 76	00:28:11	00:44:35	01:12:26.95	01:12:56.30	7:14	8.3
98	WAWRZENIUK EMILIA	7132		WROCLAW	POL	SENIOR II K - 30	13	K 23	00:26:50	00:43:39	01:12:50.35	01:13:05.45	7:17	8.2
99	ZAJĄC MARCIN	7057	77CATS	JÓZEFOSŁAW	POL	SENIOR II M - 30	38	M 77	00:30:04	00:46:52	01:13:02.65	01:13:11.95	7:18	8.2
100	WESOŁOWSKA KINGA	7187	KALENIJ BY DECATHLON	WROCLAW	POL	SENIOR I K - 20	8	K 24	00:28:01	00:45:05	01:13:02.35	01:13:13.70	7:18	8.2
101	KACZMAREK KATARZYNA	7217	PRO_RUN	KALISZ	POL	SENIOR I K - 20	9	K 25	00:28:06	00:45:29	01:13:07.20	01:13:20.55	7:18	8.2
102	LULKA MARCIN	7307		MOSINA	POL	MASTERS M - 40	16	M 78	00:30:09	00:46:25	01:13:10.40	01:13:31.25	7:19	8.2
103	PLATEK DOMINIK	7253		WROCLAW	POL	MASTERS M - 40	17	M 79	00:27:47	00:27:52	01:13:11.25	01:13:35.75	7:19	8.2
104	SITKO GRZEGORZ	7406				SENIOR I M - 20	19	M 80	00:29:56	00:46:49	01:13:22.65	01:13:38.55	7:20	8.2
105	HOREJDA SARA	7326		ŁĄDEK ZDRÓJ	POL	SENIOR I K - 20	10	K 26	00:28:43	00:45:44	01:13:39.95	01:13:50.40	7:22	8.1
106	ŻAKOWSKI KRZYSZTOF	7291	BALLUFF RUNNING TEAM	WROCLAW	POL	SENIOR I M - 20	20	M 81	00:28:03	00:44:30	01:13:37.00	01:14:01.75	7:21	8.2
107	LACHERA KAMILA	7050	CSC ADVENTURE ACADEMY	KATOWICE	POL	SENIOR II K - 30	14	K 27	00:29:34	00:46:55	01:14:02.20	01:14:06.60	7:24	8.1
108	KUBÓW JAREK	7313		OPOLE	POL	SENIOR II M - 30	39	M 82	00:28:43	00:46:08	01:13:33.65	01:14:09.00	7:21	8.2
109	WŁODKOWSKI DARIUSZ	7174	CORAZ BLIŻEJ METY	POZNAŃ	POL	SENIOR II M - 30	40	M 83	00:28:12	00:45:06	01:14:04.90	01:14:26.95	7:24	8.1
110	MAŚLANKA ŁUKASZ	7136		WROCLAW	POL	SENIOR II M - 30	41	M 84	00:27:41	00:44:50	01:14:17.15	01:14:45.30	7:25	8.1
111	RYBICKI PRZEMYSŁAW	7031	SBRT WARSZAWA	WARSZAWA	POL	MASTERS M - 40	18	M 85	00:29:49	00:47:21	01:14:59.70	01:15:03.80	7:29	8
112	PLAWGO MAREK	7316		WROCLAW	POL	SENIOR II M - 30	42	M 86	00:30:44	00:47:41	01:14:56.30	01:15:24.55	7:29	8
113	KATA DAMIAN	7227		MIRKÓW	POL	SENIOR II M - 30	43	M 87	00:29:22	00:47:09	01:15:03.50	01:15:27.00	7:30	8
114	KISIEL PIOTR	7350		KŁODZKO		MASTERS M - 40	19	M 88	00:27:25	00:43:51	01:15:42.45	01:15:51.75	7:34	7.9
115	BERNADZIKOWSKI MICHAŁ	7407		WROCLAW		SENIOR II M - 30	44	M 89	00:30:01	00:47:31	01:15:43.15	01:15:59.55	7:34	7.9
116	JANOSZ PAWEŁ	7097		WROCLAW	POL	SENIOR I M - 20	21	M 90	00:29:04	00:46:25	01:15:31.85	01:16:03.15	7:33	7.9
117	MACIASZKIEWICZ SZYMON	7128	DESTYLATOR	BIERUTÓW	POL	SENIOR II M - 30	45	M 91	00:30:09	00:47:17	01:15:14.55	01:16:05.05	7:31	8
118	BINKOWSKI MARCIN	7308	EMERYCI I RENCIŚCI	MOSINA	POL	MASTERS M - 40	20	M 92	00:30:55	00:48:21	01:15:48.05	01:16:09.45	7:34	7.9

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
119	RUTKOWSKI KRZYSZTOF	7157	CSAIU	GŁOGOWO	POL	MASTERS M - 40	21	M 93	00:28:29	00:45:50	01:16:10.55	01:16:15.00	7:37	7.9
120	KACZMARZ KATARZYNA	7105		KOSZALIN	POL	SENIOR II K - 30	15	K 28	00:30:36	00:47:37	01:16:00.45	01:16:15.30	7:36	7.9
121	TADOWSKI TOMASZ	7103		INOWROCLAW	POL	MASTERS M - 40	22	M 94	00:29:33	00:47:50	01:15:45.60	01:16:20.15	7:34	7.9
122	BOHDANOWICZ KRYSZTIAN	7355	ATLAS RUNNING TEAM	ŁÓDŹ		SENIOR II M - 30	46	M 95	00:29:50	00:47:08	01:16:19.10	01:16:27.25	7:37	7.9
123	MICHALEC MARZENA	7415	KOBIETA W BIEGU	WAŁBRZYCH		SENIOR II K - 30	16	K 29	00:29:38	00:47:52	01:16:07.55	01:16:27.80	7:36	7.9
124	KONDRAKIEWICZ RAFAŁ	7252	KB HARCOWNIK JELCZ-LASKOWICE	MŁOSZYCE	POL	MASTERS M - 40	23	M 96	00:30:50	00:48:09	01:16:07.80	01:16:27.95	7:36	7.9
125	IWAŃSKI JÓZEF	7140		KRAPKOWICE	POL	WETERAN II M - 60	2	M 97	00:28:40	00:45:51	01:16:14.30	01:16:28.75	7:37	7.9
126	LECH MACIEJ	7162	CARVING SKI LUBIN	LUBIN	POL	MASTERS M - 40	24	M 98	00:30:06	00:47:54	01:16:10.55	01:16:34.10	7:37	7.9
127	BIELAWA MACIEJ	7102	NKB CHYŻY NOWY TOMYŚL	LUBIN	POL	MASTERS M - 40	25	M 99	00:29:12	00:46:43	01:16:35.15	01:16:47.25	7:39	7.8
128	ABULEWICZ WOJCIECH	7398	TRENING STUDIO 17	WROCLAW		WETERAN I M - 50	6	M 100	00:28:51	00:45:51	01:16:53.70	01:16:56.45	7:41	7.8
129	WÓJKOWSKI KAMIL	7356	PRO RUN WROCLAW	ŁÓDŹ		SENIOR II M - 30	47	M 101	00:30:04	00:48:13	01:17:07.85	01:17:13.35	7:42	7.8
130	ŁOPATA MICHAŁ	7171		CHORZÓW	POL	MASTERS M - 40	26	M 102	00:30:21	00:48:00	01:16:47.70	01:17:23.15	7:40	7.8
131	ŚLIWIŃSKI MARCIN	7268	1983	LIPOWA	POL	SENIOR II M - 30	48	M 103	00:29:42	00:47:53	01:16:56.25	01:17:31.90	7:41	7.8
132	WOZNIAK DAMIAN	7021	26.2	LESZNO	POL	MASTERS M - 40	27	M 104	00:32:16	00:32:21	01:17:02.75	01:17:34.60	7:42	7.8
133	MARUT KATARZYNA	7374	NIGHT RUNNERS GLIWICE	GLIWICE		MASTERS K - 40	2	K 30	00:31:25	00:49:03	01:17:15.20	01:17:36.90	7:43	7.8
134	NIEWCZAS BASIA	7083		LUBARTÓW	POL	SENIOR II K - 30	17	K 31	00:29:00	00:46:32	01:17:17.65	01:17:40.15	7:43	7.8
135	MAZIAREK ADELA	7062		NIEMODLIN	POL	SENIOR II K - 30	18	K 32	00:29:21	00:46:51	01:17:35.10	01:17:47.75	7:45	7.7
136	KLUSEK MACIEJ	7185		OBORNIKI ŚLĄSKIE	POL	MASTERS M - 40	28	M 105	00:29:33	00:48:09	01:17:43.20	01:17:49.50	7:46	7.7
137	SKRZYPIEC MATEUSZ	7067		WARSZAWA	POL	SENIOR II M - 30	49	M 106	00:30:03	00:47:43	01:17:10.90	01:17:50.45	7:43	7.8
138	PLINIEWICZ JOANNA	7123		STRONIE ŚLĄSKIE	POL	SENIOR II K - 30	19	K 33	00:30:27	00:48:27	01:17:42.40	01:17:56.60	7:46	7.7
139	KRYCH RAFAŁ	7184		CZMOŃ	POL	MASTERS M - 40	29	M 107	00:29:35	00:47:43	01:18:16.20	01:18:21.55	7:49	7.7
140	KOCIMSKA KATARZYNA	7340	EUROVENT ATHLETICS OPOLE	OPOLE	POL	MASTERS K - 40	3	K 34	00:28:54	00:48:23	01:18:34.60	01:18:38.70	7:51	7.6
141	KOZŁOWSKA RENATA	7281	LADY AEROBIK NYSA	NYSA	POL	SENIOR II K - 30	20	K 35	00:30:35	00:48:53	01:18:14.05	01:18:52.10	7:49	7.7
142	POMIANOWSKA ANNA	7377	RĄCZELACZKI	WRONKI		SENIOR II K - 30	21	K 36	00:30:58	00:48:13	01:18:22.40	01:18:57.00	7:50	7.7
143	PRZYDRÓŻNA JULITA	7022	26.2	WŁOSZAKOWICE	POL	MASTERS K - 40	4	K 37	00:31:55	00:49:47	01:19:16.00	01:19:47.25	7:55	7.6
144	PUCHALSKA MAGDALENA	7180		POZNAŃ	POL	SENIOR II K - 30	22	K 38	00:31:41	00:49:48	01:19:16.55	01:19:52.75	7:55	7.6
145	SZYMONIK DOMINIKA	7209	ZAŁOGA GÓRSKA	WROCLAW	POL	SENIOR I K - 20	11	K 39	00:31:37	00:50:18	01:19:44.65	01:20:01.20	7:58	7.5
146	PATYK JOANNA	7129	PZU SPORT TEAM	SZCZECIN	POL	SENIOR II K - 30	23	K 40	00:30:45	00:49:22	01:20:00.25	01:20:03.35	8:00	7.5
147	KOPACKA ELIZA	7029		WAŁBRZYCH	POL	SENIOR II K - 30	24	K 41	00:30:51	00:48:53	01:19:45.60	01:20:03.65	7:58	7.5
148	GŁÓWKA BARBARA	7135		WROCLAW	POL	SENIOR II K - 30	25	K 42	00:31:19	00:49:58	01:19:41.60	01:20:11.70	7:58	7.5
149	LUBAŃSKA ALICJA	7178	SSW TEAM KROŚNICE	BUKOWICE	POL	WETERAN K - 50	3	K 43	00:30:15	00:48:51	01:20:27.90	01:20:32.80	8:02	7.5
150	WŁODKOWSKA BEATA	7170		POZNAŃ	POL	SENIOR II K - 30	26	K 44	00:31:22	00:49:33	01:20:18.50	01:20:39.70	8:01	7.5
151	SZYMAŃSKI DAMIAN	7349	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	DOLASZEWO		WETERAN I M - 50	7	M 108	00:30:35	00:48:24	01:20:33.10	01:20:40.60	8:03	7.4
152	PASZKE JOANNA	7314		TORUŃ	POL	SENIOR I K - 20	12	K 45	00:30:38	00:48:40	01:20:02.25	01:20:46.10	8:00	7.5
153	PASZKE MACIEJ	7315		TORUŃ	POL	SENIOR I M - 20	22	M 109	00:30:36	00:48:38	01:20:01.75	01:20:46.10	8:00	7.5
154	PASŁAWSKA OLGA	7408		WROCLAW		SENIOR II K - 30	27	K 46	00:30:51	00:49:16	01:20:32.60	01:20:49.80	8:03	7.5
155	KOLAŃSKI BARTOSZ	7153	RUN FOR JFK	POZNAŃ	POL	MASTERS M - 40	30	M 110	00:28:34	00:47:38	01:20:15.25	01:20:54.15	8:01	7.5
156	KUŹNIAK MARTYNA	7071		WARSZAWA	POL	MASTERS K - 40	5	K 47	00:30:25	00:48:35	01:20:49.65	01:20:55.45	8:05	7.4
157	WOJDASZKA KATARZYNA	7002	VEGE RUNNERS	WARSZAWA	POL	SENIOR II K - 30	28	K 48	00:32:31	00:50:38	01:20:43.55	01:21:00.65	8:04	7.4
158	MARONA MACIEJ	7038	DRUŻYNA SZPIKU	SWARZĘDZ	POL	SENIOR II M - 30	50	M 111	00:31:31	00:49:40	01:20:27.90	01:21:01.40	8:02	7.5
159	KUCHARSKA ALEKSANDRA	7006	DREAM RUN	WARSZAWA	POL	SENIOR II K - 30	29	K 49	00:33:06	00:51:07	01:20:57.30	01:21:23.60	8:05	7.4
160	SKAWINA KRYSZYNA	7059	TOPOLICE TEAM	TOPOLICE	POL	SENIOR II K - 30	30	K 50	00:31:53	00:50:00	01:21:10.30	01:21:30.65	8:07	7.4
161	GIETKA SZYMON	7323		WARSZAWA	POL	SENIOR I M - 20	23	M 112	00:32:13	00:51:27	01:20:59.20	01:21:43.60	8:05	7.4
162	BIENKOWSKI KAMIL	7439		RADWANICE		SENIOR II M - 30	51	M 113	00:31:59	00:51:36	01:19:10.30	01:21:48.85	7:55	7.6
163	JUREWICZ AGATA	7165		POZNAŃ	POL	SENIOR II K - 30	31	K 51	00:32:37	00:50:40	01:21:19.55	01:21:52.75	8:07	7.4
164	GÓRALCZYK KATARZYNA	7302	ZAŁOGA GÓRSKA	OPOLE	POL	SENIOR I K - 20	13	K 52	00:32:10	00:50:36	01:21:48.60	01:22:05.45	8:10	7.3
165	PENDZIAŁEK MAŁGORZATA	7334	MUAY RUNNING TEAM	JASTRZĘBIE - ZDRÓJ	POL	SENIOR I K - 20	14	K 53	00:30:55	00:49:47	01:21:50.15	01:22:09.85	8:11	7.3
166	HADAŁA TERESA	7145	KASZUBSKA PONIEWIERKA	PRUSZCZ GDAŃSKI	POL	SENIOR II K - 30	32	K 54	00:32:27	00:52:06	01:21:32.80	01:22:12.75	8:09	7.4
167	DZIEDZIŃSKA NATALIA	7229		OBORNIKI ŚLĄSKIE	POL	SENIOR II K - 30	33	K 55	00:31:38	00:50:15	01:23:08.00	01:23:15.10	8:18	7.2
168	NAGLER TOMASZ	7477		KAMIONKI		MASTERS M - 40	31	M 114	00:30:46	00:48:39	01:22:43.15	01:23:50.30	8:16	7.3
169	MUCHA OREST	7018		BUDRY	POL	SENIOR II M - 30	52	M 115	00:31:36	00:50:18	01:23:42.50	01:23:54.25	8:22	7.2
170	GAJKOWSKI ANDRZEJ	7143	ENDORFINY WAŚOSZ	WIEWIERZ	POL	MASTERS M - 40	32	M 116	00:33:19	00:53:32	01:23:24.45	01:24:00.05	8:20	7.2
171	URBAŃSKI TOMASZ	7393	PALLERO	ŁĄDEK ZDRÓJ		SENIOR I M - 20	24	M 117	00:34:00	00:54:02	01:23:47.70	01:24:07.85	8:22	7.2
172	KACZMARSKI MARTIN	7394		WROCLAW		SENIOR I M - 20	25	M 118	00:33:59	00:54:02	01:23:48.00	01:24:08.35	8:22	7.2
173	NIEDZIELA DANUTA	7040	GOSTYŃ	GOSTYŃ	POL	MASTERS K - 40	6	K 56	00:32:03	00:50:38	01:24:11.55	01:24:21.15	8:25	7.1
174	ANTKOWIAK MIROSLAW	7276		KROSNO ODRZAŃSKIE	POL	WETERAN I M - 50	8	M 119	00:29:21	00:48:50	01:24:29.70	01:24:40.70	8:26	7.1

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-sconość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
175	GENDERA NARCYZ	7327		GOSTYŃ	POL	SENIOR I M - 20	26	M 120	00:33:21	00:53:14	01:24:34.15	01:24:42.40	8:27	7.1
176	BALDY JAKUB	7010	KUDOWSCY MIŁOŚNICY BIEGANIA	KDUOWA ZDRÓJ	POL	SENIOR I M - 20	27	M 121	00:32:34	00:52:21	01:24:31.80	01:24:45.30	8:27	7.1
177	WIECZOREK MONIKA	7256		BOLKÓW	POL	MASTERS K - 40	7	K 57	00:32:55	00:52:45	01:25:13.05	01:25:16.85	8:31	7
178	ŁUCZYWEK WALDEMAR	7258		MŚCIWOJÓW	POL	MASTERS M - 40	33	M 122	00:32:56	00:52:43	01:25:12.60	01:25:16.85	8:31	7
179	MRÓZ URSZULA	7121		STRONIE ŚL	POL	WETERAN K - 50	4	K 58	00:34:56	00:54:18	01:25:06.05	01:25:19.85	8:30	7.1
180	ŁYSIAK KASIA	7196		DĄBRÓWKA	POL	SENIOR II K - 30	34	K 59	00:32:56	00:53:49	01:24:48.35	01:25:20.65	8:28	7.1
181	KUTYCKA-KUREK ELŻBIETA	7336	CHOJRAK TEAM WROCŁAW	WROCŁAW	POL	SENIOR II K - 30	35	K 60	00:32:42	00:52:11	01:24:53.40	01:25:24.90	8:29	7.1
182	SITKO ADAM	7410		BOYSZOWY		SENIOR I M - 20	28	M 123	00:33:15	00:53:04	01:25:16.00	01:25:32.40	8:31	7
183	BRZEZIŃSKI ANDRZEJ	7425		OLKUSZ		WETERAN II M - 60	3	M 124	00:32:32	00:51:12	01:25:34.95	01:25:42.35	8:33	7
184	BALICKI JAKUB	7388	ASAP RUNNERS	ŁÓDŹ		MASTERS M - 40	34	M 125	00:33:12	00:53:40	01:24:53.30	01:25:45.75	8:29	7.1
185	MICHALSKA JOANNA	7138	VELUX	GNIEZNA	POL	SENIOR II K - 30	36	K 61	00:35:44	00:55:28	01:25:39.90	01:26:01.65	8:34	7
186	PLEWA PAULINA	7120	BPK	PIŁA	POL	SENIOR I K - 20	15	K 62	00:33:15	00:54:05	01:26:15.95	01:26:15.95	8:37	7
187	NOWAK JAKUB	7169	BIEGANIE NA ŚNIADANIE ŚMIGIEL	CZACZ	POL	SENIOR II M - 30	53	M 126	00:34:15	00:54:25	01:25:53.00	01:26:21.50	8:35	7
188	KARWECKA-WIELICKA KATARZYNA	7279		DĄBROWA GÓRNICZA	POL	MASTERS K - 40	8	K 63	00:33:45	00:53:49	01:25:55.30	01:26:42.50	8:35	7
189	WILK MARIA	7385	RAMBO III	BYTOM		SENIOR II K - 30	37	K 64	00:34:21	00:54:57	01:26:31.00	01:26:49.55	8:39	6.9
190	WILK MATEUSZ	7386	ROMBO III	BYTOM		SENIOR II M - 30	54	M 127	00:34:19	00:54:56	01:26:29.80	01:26:49.65	8:39	6.9
191	CZYŻ ALEKSANDRA	7027	VEGE RUNNERS	ZIELONA GÓRA	POL	SENIOR II K - 30	38	K 65	00:33:07	00:52:39	01:26:20.65	01:26:53.55	8:38	6.9
192	WAWRZYNIAK MARIUSZ	7416		GORZÓW		SENIOR II M - 30	55	M 128	00:34:08	00:55:44	01:26:15.95	01:27:02.40	8:37	7
193	GALEWSKI MARIUSZ	7364		KOTLIN		WETERAN I M - 50	9	M 129	00:32:41	00:52:40	01:27:05.65	01:27:19.85	8:42	6.9
194	GAJDECKA ADRIANA	7107		WARSZAWA	POL	MASTERS K - 40	9	K 66	00:34:27	00:55:15	01:27:37.55	01:27:20.20	8:39	6.9
195	GAJDECKI TOMASZ	7383	ACCENTURE	WARSZAWA		MASTERS M - 40	35	M 130	00:34:26	00:55:14	01:26:36.45	01:27:20.65	8:39	6.9
196	MAJEWSKA SONIA	7328		GOSTYŃ	POL	SENIOR I K - 20	16	K 67	00:33:21	00:53:16	01:27:17.95	01:27:26.55	8:43	6.9
197	KOWALCZYK TADEUSZ	7094		KRAKÓW	POL	WETERAN II M - 60	4	M 131	00:31:52	00:51:08	01:27:30.30	01:27:41.00	8:45	6.9
198	BRZOZA DOROTA	7177		WROCŁAW	POL	MASTERS K - 40	10	K 68	00:34:03	00:54:19	01:27:04.60	01:27:41.90	8:42	6.9
199	FLORCZAK ZDZISŁAW	7199	MATNER RUNNING TEAM	WROCŁAW	POL	WETERAN II M - 60	5	M 132	00:33:38	00:54:00	01:27:34.55	01:27:44.65	8:45	6.9
200	PLEWA KATARZYNA	7055	NORDIC16.COM	STRONIE ŚLĄSKIE	POL	SENIOR II K - 30	39	K 69	00:33:53	00:54:28	01:27:27.55	01:27:46.50	8:44	6.9
201	KWIECIEN ZBIGNIEW	7412		TYCHY		WETERAN II M - 60	6	M 133	00:35:26	00:56:31	01:27:17.00	01:27:59.85	8:43	6.9
202	HAWROT MARTA	7346				MASTERS K - 40	11	K 70	00:35:47	00:54:55	01:27:58.55	01:28:02.00	8:47	6.8
203	PRZYBYŁEK JOANNA	7285		KÓRNIK	POL	SENIOR II K - 30	40	K 71	00:35:05	00:56:06	01:27:30.55	01:28:06.30	8:45	6.9
204	GEDA ELŻBIETA	7142	MUKS SZOK BOJANOWO	BOJANOWO	POL	SENIOR II K - 30	41	K 72	00:33:12	00:53:32	01:27:47.60	01:28:22.65	8:46	6.8
205	WOLAK MACIEJ	7405		ZDUŃSKA WOLA		SENIOR I M - 20	29	M 134	00:35:08	00:56:35	01:27:58.10	01:28:23.60	8:47	6.8
206	JASICKI JULIAN	7023	STROŃSKA GRUPA ROWEROWA	ŁĄDEK-ZDRÓJ	POL	WETERAN II M - 60	7	M 135	00:32:20	00:51:29	01:28:22.00	01:28:41.75	8:50	6.8
207	MICHALSKI TOMASZ	7017	WKURW_TEAM	BOLEŚLAWIEC	POL	MASTERS M - 40	36	M 136	00:33:50	00:53:33	01:28:10.00	01:28:42.25	8:49	6.8
208	JOŃCZYK JERZY	7117	BRAK	ŁĄDEK ZDRÓJ	POL	WETERAN I M - 50	10	M 137	00:33:54	00:54:29	01:28:12.60	01:28:44.55	8:49	6.8
209	ZASŁAWSKA KATARZYNA	7419	ZAKOCHAJ SIĘ W BIEGANIU			WETERAN K - 50	5	K 73	00:34:03	00:54:46	01:28:30.55	01:28:49.25	8:51	6.8
210	SKARŻEŃSKA JAGODA	7331		ŁĄDEK-ZDRÓJ	POL	SENIOR II K - 30	42	K 74	00:33:47	00:54:23	01:28:08.00	01:28:54.05	8:48	6.8
211	KRYCH JOANNA	7210		CZMOŃ	POL	MASTERS K - 40	12	K 75	00:34:39	00:55:08	01:28:59.60	01:29:05.90	8:53	6.7
212	LIGOCKA KAROLINA	7074	BOOTCAMP	KATOWICE	POL	SENIOR II K - 30	43	K 76	00:33:29	00:54:37	01:28:53.60	01:29:10.25	8:53	6.7
213	HACZKIEWICZ KAROLINA	7375		CZARNA GÓRA		SENIOR II K - 30	44	K 77	00:34:05	00:54:54	01:28:31.40	01:29:10.35	8:51	6.8
214	TOMERA DOROTA	7146	DRUŻYNA KURORT ŁĄDEK ZDRÓJ TEAM	STARA BYSTRZYCA	POL	MASTERS K - 40	13	K 78	00:35:17	00:55:45	01:28:50.05	01:29:31.75	8:53	6.8
215	KORNAŚ MARCIN	7003	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	ZĄBKOWICE ŚLĄSKIE	POL	MASTERS M - 40	37	M 138	00:32:26	00:52:22	01:29:12.00	01:29:34.00	8:55	6.7
216	WIERCIOCH SŁAWOMIR	7429		LUBIN		MASTERS M - 40	38	M 139	00:33:21	00:53:45	01:29:35.25	01:29:51.15	8:57	6.7
217	JANICKA-TOMIAK ELIZA	7271		SULECHÓW	POL	MASTERS K - 40	14	K 79	00:34:17	00:55:48	01:29:57.85	01:30:07.20	8:59	6.7
218	KRYŃ KATARZYNA	7066	BOOTCAMP	KATOWICE	POL	SENIOR II K - 30	45	K 80	00:33:36	00:54:39	01:29:52.00	01:30:07.45	8:59	6.7
219	MAJEROWSKI MATEUSZ	7161	BAUMAT TEAM	WOLSZTYN	POL	SENIOR II M - 30	56	M 140	00:33:46	00:54:32	01:29:26.35	01:30:08.85	8:56	6.7
220	MROZEK MARCIN	7033		SUCHY LAS	POL	SENIOR I M - 20	30	M 141	00:34:08	00:54:15	01:29:37.75	01:30:12.30	8:57	6.7
221	DURNOWSKA BEATA	7289		TARNOWO PODGÓRNE	POL	SENIOR II K - 30	46	K 81	00:32:28	00:54:07	01:29:29.05	01:30:13.95	8:56	6.7
222	OWSIANIK SYLWIA	7176		MILICZ	POL	MASTERS K - 40	15	K 82	00:34:39	00:55:08	01:30:08.45	01:30:14.55	9:00	6.7
223	SZAŁAJSKA MAGDALENA	7269		ROKIETNICA	POL	SENIOR I K - 20	17	K 83	00:35:09	00:57:03	01:29:56.35	01:30:30.55	8:59	6.7
224	CHRZUSZCZ ANNA	7249		GORZÓW WLKP	POL	SENIOR II K - 30	47	K 84	00:33:54	00:55:20	01:29:44.70	01:30:32.10	8:58	6.7
225	MROCKIEWICZ KLAUDIA	7034	VEGERUNNERS	WROCŁAW	POL	MASTERS K - 40	16	K 85	00:32:34	00:53:26	01:30:30.20	01:30:40.15	9:03	6.6
226	SZYMAŁA MAŁGORZATA	7293		KŁUCZBORK	POL	SENIOR II K - 30	48	K 86	00:33:59	00:54:19	01:30:23.00	01:30:51.85	9:02	6.6
227	NIEMAS ANNA	7248	OYAMA KARATE BRZESZCZE	BŁĄŻEJOWICE	POL	MASTERS K - 40	17	K 87	00:34:14	00:55:19	01:30:25.65	01:30:55.00	9:02	6.6
228	ERDMAŃSKA NATALIA	7368		STRONIE ŚLĄSKIE		SENIOR II K - 30	49	K 88	00:34:16	00:34:21	01:30:24.75	01:30:55.20	9:02	6.6
229	GIERLIK JAKUB	7261	ROADBIKE TEAM	MIEJSKA GÓRKA	POL	SENIOR I M - 20	31	M 142	00:35:59	00:57:50	01:30:31.05	01:30:56.00	9:03	6.6

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
230	KOSZYKA WERONIKA	7041	CONSTRAVIA	POZNAŃ	POL	SENIOR I K - 20	18	K 89	00:36:11	00:57:38	01:30:44.15	01:31:01.65	9:04	6.6
231	MARCINKOWSKA KATARZYNA	7283	LADY AEROBIK NYSA	NYSA	POL	MASTERS K - 40	18	K 90	00:33:30	00:54:29	01:30:31.05	01:31:08.45	9:03	6.6
232	TOMASZEWSKI JACEK	7063		ŚWIDNICA	POL	SENIOR II M - 30	57	M 143	00:32:30	00:53:06	01:31:12.70	01:31:23.10	9:07	6.6
233	TOMASZEWSKA AGNIESZKA	7064		ŚWIDNICA	POL	SENIOR II K - 30	50	K 91	00:32:32	00:32:38	01:31:14.50	01:31:23.50	9:07	6.6
234	SOCHA EWA	7232	1987	POZNAŃ	POL	SENIOR II K - 30	51	K 92	00:33:13	00:54:22	01:30:54.05	01:31:27.80	9:05	6.6
235	BLANIK AGNIESZKA	7069	RADLIN	RADLIN	POL	SENIOR II K - 30	52	K 93	00:33:58	00:54:46	01:31:01.20	01:31:34.85	9:06	6.6
236	DZIEDZIC ANNA	7115		WROCLAW	POL	SENIOR II K - 30	53	K 94	00:32:40	00:53:47	01:31:32.00	01:31:46.65	9:09	6.6
237	RAPACZ ARKADIUSZ	7239	SPEEDO POLSKA	KNURÓW	POL	MASTERS M - 40	39	M 144	00:33:36	00:55:18	01:31:32.10	01:31:47.40	9:09	6.6
238	PIGŁOWSKI DAWID	7432	KANIA TEAM	GORZÓW	POL	SENIOR II M - 30	58	M 145	00:34:09	00:55:45	01:31:15.05	01:32:03.35	9:07	6.6
239	SZOPA MAREK	7433		GORZÓW	POL	MASTERS M - 40	40	M 146	00:33:45	00:55:20	01:31:16.10	01:32:03.55	9:07	6.6
240	MARCINKIEWICZ MARTA	7228	MATNER RUNNING TEAM	WROCLAW	POL	WETERAN K - 50	6	K 95	00:36:05	00:58:30	01:31:39.40	01:32:06.60	9:09	6.5
241	KOWALCZYK JOANNA	7095		KRAKÓW	POL	WETERAN II K - 60	1	K 96	00:34:54	00:56:34	01:32:07.80	01:32:17.90	9:12	6.5
242	SZYMAŁA KAROLINA	7192	#NIUŃKOWABIEGA	KLUCZBORK	POL	SENIOR I K - 20	19	K 97	00:34:33	00:56:09	01:31:57.35	01:32:24.70	9:11	6.5
243	HEBDA DOMINIKA	7188	ADRIAN DANILEWICZ GROUP	WROCLAW	POL	SENIOR I K - 20	20	K 98	00:34:22	00:55:31	01:32:05.65	01:32:27.35	9:12	6.5
244	KOWALCZYK PIOTR	7222		WROCLAW	POL	SENIOR I M - 20	32	M 147	00:35:22	00:57:26	01:32:02.75	01:32:36.80	9:12	6.5
245	HETMAŃSKA DIANA	7030	LOVELASY	BARTOSZEWO	POL	SENIOR II K - 30	54	K 99	00:34:40	00:56:10	01:32:31.30	01:32:45.05	9:15	6.5
246	PALUSIŃSKA AGNIESZKA	7317	LOVELASY	POLICE	POL	MASTERS K - 40	19	K 100	00:34:40	00:56:10	01:32:31.30	01:32:45.65	9:15	6.5
247	OSTROWSKA-NABIAŁCZYK AGNIESZKA	7287	1976	OŁAWA	POL	MASTERS K - 40	20	K 101	00:33:11	00:33:16	01:32:35.85	01:32:45.95	9:15	6.5
248	GONERA-BATOR ANNA	7345	KB HARCOWNIK		POL	SENIOR II K - 30	55	K 102	00:35:37	00:57:15	01:32:26.60	01:32:46.30	9:14	6.5
249	CIEPŁY JACEK	7400		OŁAWA	POL	MASTERS M - 40	41	M 148	00:33:24	00:54:58	01:32:36.10	01:32:46.95	9:15	6.5
250	BUSZKA ŁUKASZ	7417	ZAŁOGA GÓRSKA	WOŁÓW	POL	MASTERS M - 40	42	M 149	00:35:50	00:58:19	01:32:43.60	01:33:02.30	9:16	6.5
251	CZAJA AGNIESZKA	7166		POZNAN	POL	SENIOR II K - 30	56	K 103	00:35:34	00:57:59	01:32:37.20	01:33:10.55	9:15	6.5
252	PAKUŁA BEATA	7353		KROSNO ODRZAŃSKIE	POL	MASTERS K - 40	21	K 104	00:34:33	00:55:53	01:33:14.90	01:33:16.60	9:19	6.4
253	SIEDLECKI MARCIN	7387		WEJHEROWO	POL	MASTERS M - 40	43	M 150	00:34:51	00:55:53	01:33:16.65	01:33:17.15	9:19	6.4
254	RAPACZ DANUTA	7101	ANMAR	STRONIE ŚLĄSKIE	POL	WETERAN II K - 60	2	K 105	00:34:53	00:56:43	01:33:07.65	01:33:18.05	9:18	6.4
255	WINNICKA ANNA	7414		ŻARY	POL	MASTERS K - 40	22	K 106	00:34:34	00:55:48	01:33:10.55	01:33:21.75	9:19	6.4
256	ZIENKIEWICZ AGATA	7434		WROCLAW	POL	SENIOR II K - 30	57	K 107	00:34:17	00:55:41	01:32:53.70	01:33:30.75	9:17	6.5
257	HEREMZA ADAM	7367		DUBLIN	POL	MASTERS M - 40	44	M 151	00:34:20	00:55:32	01:32:59.55	01:33:31.65	9:17	6.5
258	CHOJNACKA KAJA	7204	PURKRUN OPOLE	OPOLE	POL	SENIOR II K - 30	58	K 108	00:35:51	00:58:16	01:33:43.25	01:33:56.70	9:22	6.4
259	STRZELCZYK WIKTOR	7072		RZESZÓW	POL	SENIOR II M - 30	59	M 152	00:37:23	00:59:29	01:33:25.45	01:33:58.80	9:20	6.4
260	WOJTAS ANNA	7139		KRAKÓW	POL	SENIOR II K - 30	59	K 109	00:37:24	00:59:30	01:33:26.50	01:33:59.05	9:20	6.4
261	WAWRZYŃSKI AGNIESZKA	7151	DRUŻYNA SZPIKU	POZNAN	POL	SENIOR II K - 30	60	K 110	00:34:55	00:57:04	01:33:47.10	01:34:05.85	9:22	6.4
262	BURCZYK ADAM	7155		STAROGARD GDAŃSKI	POL	SENIOR I M - 20	33	M 153	00:34:59	00:57:05	01:33:46.90	01:34:06.75	9:22	6.4
263	KOWALEWSKA ANNA	7051		ŚWIDNICA	POL	SENIOR II K - 30	61	K 111	00:33:49	00:56:00	01:34:05.40	01:34:26.20	9:24	6.4
264	WYSOLIŃSKA KAROLINA	7362		BIERNATKI	POL	MASTERS K - 40	23	K 112	00:35:07	00:57:03	01:34:21.10	01:34:34.55	9:26	6.4
265	SOKOŁOWSKI MACIEJ	7001		ŁĄDEK ZDRÓJ	POL	MASTERS M - 40	45	M 154	00:35:45	00:58:30	01:34:37.95	01:35:24.50	9:27	6.3
266	ŻYŻA MAGDALENA	7226	MAAGNUS TEAM SKOKOWA	SKOKOWA	POL	MASTERS K - 40	24	K 113	00:36:11	00:59:09	01:34:48.85	01:35:27.80	9:28	6.3
267	FILIPOWICZ KATARZYNA	7347			POL	SENIOR II K - 30	62	K 114	00:36:03	00:57:50	01:35:26.50	01:35:30.45	9:32	6.3
268	KONIECZNA NATALIA	7084		CHOSZCZNO	POL	SENIOR I K - 20	21	K 115	00:35:27	00:57:22	01:35:16.70	01:35:33.85	9:31	6.3
269	IMIŃSKI CEZARY	7092		ZGIERZ	POL	WETERAN I M - 50	11	M 155	00:37:04	00:59:48	01:36:13.75	01:36:18.75	9:37	6.2
270	WIETECHKA-DROBIK ALEKSANDRA	7194	ATLAS RUNNING TEAM	ŁÓDŹ	POL	SENIOR II K - 30	63	K 116	00:36:25	00:59:35	01:36:40.70	01:36:49.05	9:40	6.2
271	KORDECKI BARTŁOMIJ	7403		BRZESKO	POL	SENIOR II M - 30	60	M 156	00:37:06	00:59:42	01:36:09.15	01:36:51.20	9:36	6.2
272	KACZYŃSKA EWA	7402		BRZESKO	POL	SENIOR II K - 30	64	K 117	00:37:04	00:59:41	01:36:08.55	01:36:51.55	9:36	6.2
273	HAJDA OLGA	7238		BYTOM	POL	MASTERS K - 40	25	K 118	00:36:06	00:59:10	01:36:44.30	01:36:52.55	9:40	6.2
274	GAWŁOWSKA MILENA	7237	ATLAS RUNNING TEAM	ŁÓDŹ	POL	SENIOR II K - 30	65	K 119	00:36:28	00:59:36	01:36:45.95	01:36:53.15	9:40	6.2
275	WĘGLEWSKA KAROLINA	7110		WROCLAW	POL	SENIOR I K - 20	22	K 120	00:36:44	00:58:43	01:36:22.55	01:37:00.15	9:38	6.2
276	WAŚCIŃSKA DOMINIKA	7329	BOOT CAMP POLSKA	RUDA ŚLĄSKA	POL	SENIOR II K - 30	66	K 121	00:35:11	00:57:26	01:36:47.95	01:37:04.45	9:40	6.2
277	SZPUREK ANNA	7354	BUKOWSKI KLUB BIEGACZA	BUK	POL	SENIOR II K - 30	67	K 122	00:37:14	01:00:25	01:36:39.60	01:37:06.70	9:39	6.2
278	WRÓBEL MARZENA	7179		PSZCZEW	POL	SENIOR II K - 30	68	K 123	00:36:39	00:59:04	01:36:40.90	01:37:21.75	9:40	6.2
279	PYTA GRZEGORZ	7198	NIEZRZESZONY	GRODZISK WŁKP.	POL	WETERAN I M - 50	12	M 157	00:36:35	00:59:03	01:36:41.15	01:37:23.35	9:40	6.2
280	PIORKOWSKA MONIKA	7295		POZNAN	POL	MASTERS K - 40	26	K 124	00:36:42	00:58:52	01:37:29.45	01:37:55.30	9:45	6.2
281	DOMBROWSKI MACIEJ	7197	ZAŁOGA GÓRSKA O!	PRZEMYŚL	POL	SENIOR II M - 30	61	M 158	00:37:48	01:00:29	01:37:53.15	01:38:10.60	9:47	6.1
282	SŁONINA OLGA	7122	ZAŁOGA GÓRSKA	POZNAN	POL	SENIOR I K - 20	23	K 125	00:37:47	01:00:28	01:37:53.25	01:38:10.80	9:47	6.1
283	KULCZYCKI ŁUKASZ	7195	ATLAS RUNNING TEAM	ŁÓDŹ	POL	SENIOR II M - 30	62	M 159	00:36:36	00:59:30	01:38:48.30	01:38:56.35	9:52	6.1
284	PIETRZYKOWSKA KATARZYNA	7206	PRO RUN WROCLAW	WROCLAW	POL	SENIOR II K - 30	69	K 126	00:34:50	00:58:33	01:38:43.00	01:38:56.75	9:52	6.1
285	FUCHS DARIUSZ	7379	TEAM KURORT ŁĄDEK ZDRÓJ	ŁĄDEK ZDRÓJ	POL	WETERAN I M - 50	13	M 160	00:35:53	00:57:17	01:38:22.70	01:39:03.55	9:50	6.1
286	ZAREMBA DOMINIK	7218		OPOCZNO	POL	SENIOR II M - 30	63	M 161	00:37:20	01:00:07	01:38:52.15	01:39:15.55	9:53	6.1

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scoowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
287	JAGUSZEWSKA AGNIESZKA	7221	FAT&FURIOUS	KARPACZ	POL	SENIOR II K - 30	70	K 127	00:37:34	01:00:45	01:39:11.00	01:39:49.10	9:55	6
288	KUJAWA ZBIGNIEW	7299	ZAŁOGA GÓRSKA	JANOWIEC WIELKOPOLSKI	POL	SENIOR I M - 20	34	M 162	00:38:30	01:01:57	01:39:23.95	01:40:00.65	9:56	6
289	PIECHOWIAK OLIWIA	7298	ZAŁOGA GÓRSKA	SZUBIN	POL	SENIOR I K - 20	24	K 128	00:38:30	01:01:56	01:39:24.65	01:40:00.70	9:56	6
290	WOŁCZYK SANDRA	7224	FAT & FURIOUS	STARA KAMIENICA	POL	SENIOR II K - 30	71	K 129	00:37:34	01:00:45	01:39:23.95	01:40:04.00	9:56	6
291	WRÓBLEWSKA ROKSANA	7152	PREDATORS WAŁBRZYCH	WAŁBRZYCH	POL	SENIOR I K - 20	25	K 130	00:38:58	01:00:35	01:39:29.20	01:40:04.15	9:57	6
292	WIEWCZKO KAROLINA	7438		KOPANIEC		SENIOR I K - 20	26	K 131	00:35:01	01:00:42	01:39:25.10	01:40:06.15	9:56	6
293	VOGEL KAMIL	7189	BPK	POZNAŃ	POL	SENIOR I M - 20	35	M 163	00:36:42	01:00:35	01:39:54.05	01:40:13.30	9:59	6
294	POPKO EMILIA	7422		OTWOCK		SENIOR II K - 30	72	K 132	00:38:49	01:01:53	01:40:24.05	01:40:31.10	10:02	6
295	BULSKA MARTYNA	7042		POZNAŃ	POL	SENIOR II K - 30	73	K 133	00:38:27	01:02:32	01:40:16.65	01:40:54.55	10:01	6
296	STENCEL KRZYSZTOF	7339		WARSZAWA	POL	MASTERS M - 40	46	M 164	00:38:44	01:01:09	01:40:44.15	01:41:34.65	10:04	6
297	CZARNOWSKA NATALIA	7075		GDAŃSK	POL	SENIOR II K - 30	74	K 134	00:38:22	01:01:25	01:40:55.25	01:41:42.70	10:05	5.9
298	LULA RADOŚLAW	7077		WARSZAWA	POL	MASTERS M - 40	47	M 165	00:34:51	00:58:03	01:41:11.95	01:41:50.55	10:07	5.9
299	KLIN ANETA	7043		BRZEG	POL	MASTERS K - 40	27	K 135	00:36:50	01:00:40	01:41:32.45	01:41:58.00	10:09	5.9
300	GRUSZECKA MARTA	7047		POZNAŃ	POL	SENIOR II K - 30	75	K 136	00:38:28	01:02:31	01:41:24.95	01:42:02.30	10:08	5.9
301	GÓRECKI KONRAD	7378				SENIOR II M - 30	64	M 166	00:35:25	00:58:08	01:42:16.70	01:43:01.45	10:13	5.9
302	PISAREK KAMILA	7211		ŻYRARDÓW	POL	SENIOR I K - 20	27	K 137	00:39:04	01:02:39	01:42:44.40	01:43:14.95	10:16	5.8
303	MELON ALEKSANDRA	7233		ŻYRARDÓW	POL	SENIOR I K - 20	28	K 138	00:39:03	01:02:42	01:42:44.90	01:43:15.15	10:16	5.8
304	SZYMAŁA JAN	7207		KŁUCZBORK	POL	WETERAN III M - 70	1	M 167	00:38:40	01:02:30	01:42:49.40	01:43:18.75	10:16	5.8
305	WOLEK DAGMARA	7203		TYCHY	POL	SENIOR II K - 30	76	K 139	00:39:32	01:03:04	01:43:17.65	01:43:23.15	10:19	5.8
306	KOZERA KAMIL	7073	HARPAGAN SOSNOWIEC	DĄBROWA GÓRNICZA	POL	SENIOR II M - 30	65	M 168	00:39:21	01:03:32	01:42:52.45	01:43:24.25	10:17	5.8
307	SMUG EWELINA	7257		KAZIMIERZ BISKUPI	POL	SENIOR II K - 30	77	K 140	00:37:46	01:01:25	01:43:09.50	01:43:25.55	10:18	5.8
308	PODOLSKA-SZACHEWICZ JULITA	7056	JEŻOZWIERZE GROUP	WROCŁAW	POL	MASTERS K - 40	28	K 141	00:38:52	01:02:32	01:42:48.75	01:43:29.40	10:16	5.8
309	RADUCHA-FURMAN EWELINA	7376				SENIOR II K - 30	78	K 142	00:36:23	00:59:19	01:43:01.05	01:43:31.75	10:18	5.8
310	FUKS KAROLINA	7106	GRUPA FUX	WROCŁAW	POL	SENIOR II K - 30	79	K 143	00:38:12	01:02:53	01:43:29.05	01:43:41.15	10:20	5.8
311	SIENKIEWICZ PIOTR	7201		WARSZAWA	POL	MASTERS M - 40	48	M 169	00:39:31	01:03:14	01:44:01.90	01:44:28.25	10:24	5.8
312	DEC ARTUR	7090	ERNI RULEZ	DĘBNO	POL	MASTERS M - 40	49	M 170	00:42:31	01:04:51	01:44:17.30	01:44:54.15	10:25	5.8
313	KUTNA AGNIESZKA	7114	RUDA KITA	KŁODZKO	POL	SENIOR II K - 30	80	K 144	00:40:31	01:04:28	01:44:34.85	01:45:04.25	10:27	5.7
314	MACUR AGNIESZKA	7223		PŁOSZCZYNA	POL	MASTERS K - 40	29	K 145	00:37:35	01:01:18	01:44:42.50	01:45:22.55	10:28	5.7
315	KOWALCZYK DAWID	7284		PODGORZYN	POL	SENIOR II M - 30	66	M 171	00:37:01	01:01:18	01:44:43.95	01:45:22.95	10:28	5.7
316	KAUS SŁAWOMIR	7267	AKINARI TEAM	POZNAŃ	POL	WETERAN I M - 50	14	M 172	00:38:54	01:02:31	01:45:02.55	01:45:41.05	10:30	5.7
317	TOMASZEWSKI ROBERT	7399		SIECHNICE		SENIOR II M - 30	67	M 173	00:36:39	00:59:16	01:45:02.80	01:45:51.85	10:30	5.7
318	MIKOŁAJCZAK MAGDALENA	7137		ŻORY	POL	MASTERS K - 40	30	K 146	00:40:40	01:04:33	01:45:18.00	01:46:03.15	10:31	5.7
319	DADAŚ ELŻBIETA	7048	NIGHT RUNNERS GLIWICE	GLIWICE	POL	MASTERS K - 40	31	K 147	00:37:46	01:01:23	01:45:42.85	01:46:05.45	10:34	5.7
320	BOBIN ANNA	7019		GORZÓW WLKP.	POL	MASTERS K - 40	32	K 148	00:39:36	01:03:00	01:46:02.75	01:46:11.75	10:36	5.7
321	DRYMEL JOANNA	7109	DRYMLE3IPIES	ŚWIĘTA KATARZYNA	POL	SENIOR II K - 30	81	K 149	00:43:31	01:05:43	01:45:28.55	01:46:17.60	10:32	5.7
322	OLESZCZAK AGNIESZKA	7343			NIG	MASTERS K - 40	33	K 150	00:35:58	00:59:13	01:46:15.50	01:46:39.65	10:37	5.6
323	KRUK ANNA	7280		POZNAŃ	POL	MASTERS K - 40	34	K 151	00:38:21	01:02:56	01:46:25.75	01:46:52.05	10:38	5.6
324	CHOJNOWSKA BARBRA	7016	PUSIA TEAM	IŁAWA	POL	MASTERS K - 40	35	K 152	00:39:45	01:04:16	01:48:06.00	01:48:53.55	10:48	5.6
325	KĘPSKI GRZEGORZ	7431				SENIOR II M - 30	68	M 174	00:42:19	01:08:06	01:49:15.60	01:49:49.40	10:55	5.5
326	MYSZYWODA MONIKA	7116		JELCZ-LASKOWICE	POL	SENIOR I K - 20	29	K 153	00:42:15	01:08:06	01:49:16.20	01:49:49.80	10:55	5.5
327	ŁUKACZ ALEKSANDRA	7202		TYCHY	POL	SENIOR I K - 20	30	K 154	00:40:06	01:05:01	01:49:55.65	01:50:01.90	10:59	5.5
328	ZAKRZEWICZ DOROTA	7384		KICIN		SENIOR II K - 30	82	K 155	00:41:58	01:07:55	01:50:00.25	01:50:06.35	11:00	5.5
329	KOPACZYŃSKA ALEKSANDRA	7149		STARA BYSTRZYCA	POL	SENIOR I K - 20	31	K 156	00:39:09	01:05:35	01:50:33.80	01:50:42.65	11:03	5.4
330	SZCZEPAŃSKA ANNA	7191		BYSTRZYCA KŁODZKA	POL	SENIOR II K - 30	83	K 157	00:39:10	01:05:37	01:50:36.35	01:50:43.20	11:03	5.4
331	PODJUK KINGA	7085		GOSTYŃ	POL	MASTERS K - 40	36	K 158	00:41:04	01:06:47	01:51:40.40	01:51:48.95	11:10	5.4
332	JAREMEK WOJTEK	7044	1981	ZAMOŚĆ	POL	SENIOR II M - 30	69	M 175	00:43:20	01:09:26	01:52:34.45	01:52:58.05	11:15	5.3
333	ZŁOMANIEC IZABELA	7046		ZAMOŚĆ	POL	SENIOR II K - 30	84	K 159	00:43:17	01:09:25	01:52:33.45	01:52:58.30	11:15	5.3
334	LITEWKA JOANNA	7014		KRAKÓW	POL	SENIOR I K - 20	32	K 160	00:42:25	01:08:26	01:54:03.95	01:54:44.75	11:24	5.3
335	STASIAK MATEUSZ	7231	BLOCKCHAIN RUNNING TEAM	ŁÓDŹ	POL	SENIOR II M - 30	70	M 176	00:44:40	01:09:31	01:54:47.35	01:54:52.25	11:28	5.2
336	KARPIŃSKA NINA	7352	REEBOKRUN CREW	WARSZAWA		SENIOR II K - 30	85	K 161	00:39:09	01:04:42	01:56:27.60	01:56:48.80	11:38	5.2
337	HACZYK GABRIELA	7382	ZAŁOGA GÓRSKA	OPOLE		WETERAN III K - 70	1	K 162	00:40:57	01:07:17	01:56:08.35	01:56:51.80	11:36	5.2
338	JANKOWSKA MAGDALENA	7342	KOŁO BIEGA	KOŁO	POL	SENIOR II K - 30	86	K 163	00:41:27	01:09:35	01:59:13.75	01:59:16.85	11:55	5
339	PASZKE TOMASZ	7357		GÓRZNO		WETERAN I M - 50	15	M 177	00:41:58	01:08:53	01:58:32.95	01:59:18.70	11:51	5.1
340	KAZUŚ-OLESIŃSKA MAŁGORZATA	7396		ZABRZE		MASTERS K - 40	37	K 164	00:45:11	01:14:16	01:59:43.50	02:00:07.70	11:58	5
341	KOPACZYŃSKA EWA	7150		STARA BYSTRZYCA	POL	WETERAN K - 50	7	K 165	00:42:48	01:11:17	02:01:35.40	02:01:42.45	12:09	4.9
342	KOPACZYŃSKI MICHAŁ	7148		STARA BYSTRZYCA	POL	SENIOR I M - 20	36	M 178	00:42:44	00:42:49	02:01:32.25	02:01:43.85	12:09	4.9
343	PRZYBYLSKA KATARZYNA	7325		OPOLE	POL	SENIOR I K - 20	33	K 166	00:46:24	01:13:37	02:01:28.55	02:02:05.10	12:08	4.9

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-sconość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
344	PRZYBYLSKA MAGDALENA	7099		OPOLE	POL	MASTERS K - 40	38	K 167	00:46:04	01:13:39	02:01:29.15	02:02:05.30	12:08	4.9
345	KWIATKOWSKA BARBARA	7119		WOJNOWICE	POL	WETERAN II K - 60	3	K 168	00:42:45	01:10:03	02:02:53.50	02:03:37.40	12:17	4.9
346	WOŻNA ARLETA	7427		KOMORÓWKO		SENIOR I K - 20	34	K 169	00:47:30	01:15:13	02:04:27.35	02:04:42.35	12:26	4.8
347	WIERCIOCH IWONA	7430		LUBIN		MASTERS K - 40	39	K 170	00:47:29	01:15:18	02:04:38.55	02:04:53.20	12:27	4.8
348	WOLENTARSKA ALICJA	7159		BRZOZA	POL	WETERAN K - 50	8	K 171	00:44:45	01:13:33	02:04:34.40	02:05:00.85	12:27	4.8
349	KOWALCZYK ILONA	7395		WRZEŚNICA		MASTERS K - 40	40	K 172	00:44:49	01:14:13	02:05:33.10	02:05:58.60	12:33	4.8
350	CZAPSKA IZABELA	7093	SONKOTEAM	WROCLAW	POL	MASTERS K - 40	41	K 173	00:39:29	01:10:24	02:06:53.95	02:07:08.75	12:41	4.7
351	CZAPSKI WOJCIECH	7254		WROCLAW	POL	MASTERS M - 40	50	M 179	00:38:59	01:10:23	02:06:53.45	02:07:09.15	12:41	4.7
352	LISOWSKA AGNIESZKA	7118	DESTYLATOR	KIELCZÓW	POL	SENIOR II K - 30	87	K 174	00:43:35	01:12:16	02:07:26.35	02:08:15.95	12:44	4.7
353	SŁUPCZYŃSKI MIROSLAW	7091		DĘBNO	POL	WETERAN I M - 50	16	M 180	00:45:45	01:16:25	02:09:54.10	02:10:22.00	12:59	4.6
354	PAWŁOWSKA DANUTA	7359		WARSZAWA		MASTERS K - 40	42	K 175	00:46:04	01:16:19	02:13:25.00	02:13:48.05	13:20	4.5
355	WOŁCZEK JOLA	7305		SULECHÓW	POL	SENIOR II K - 30	88	K 176	00:37:08	00:59:49	02:14:28.05	02:14:51.80	13:26	4.5
356	LUDZIŃSKI ADAM	7125		ŁĄDEK ZDRÓJ	POL	SENIOR II M - 30	71	M 181	00:45:58	01:16:52	02:14:35.30	02:15:02.50	13:27	4.5
357	ROBAK ANETA	7124		ŁĄDEK ZDRÓJ	POL	SENIOR II K - 30	89	K 177	00:45:59		02:15:12.85	02:15:39.00	13:31	4.4
358	BOCZAR WALDEMAR	7309		WROCLAW	POL	SENIOR II M - 30	72	M 182	00:48:31	01:18:26	02:15:49.95	02:16:28.85	13:35	4.4
359	MADERA BOGDAN	7186		ŚWIDNICA	POL	WETERAN I M - 50	17	M 183	00:51:43	01:28:11	02:25:42.95	02:26:29.10	14:34	4.1
360	STEMMACH ELŻBIETA	7246		NOWA RUDA	POL	MASTERS K - 40	43	K 178	00:52:38	01:23:35	02:27:52.70	02:28:23.10	14:47	4.1
361	KOĆMIRSKA ANNA	7208		JUGÓW	POL	SENIOR II K - 30	90	K 179	00:52:33	01:20:08	02:27:54.50	02:28:24.45	14:47	4.1
362	RUNOWICZ MAGDALENA	7214		KŁODZKO	POL	SENIOR II K - 30	91	K 180	00:52:37	01:20:09	02:27:56.45	02:28:26.40	14:47	4.1
363	ROŻEK AGNIESZKA	7333	MUAY RUNNING TEAM	POZNAŃ	POL	MASTERS K - 40	44	K 181	00:56:08	01:29:22	02:28:41.95	02:29:30.40	14:52	4
364	LATANOWICZ BERNARD	7365		POZNAŃ		SENIOR II M - 30	73	M 184	00:54:24	01:32:03	02:32:01.60	02:32:40.25	15:12	3.9
365	KUŹNIAK SZYMON	7366		LESZNO		SENIOR II M - 30	74	M 185	00:54:24	01:32:03	02:32:04.05	02:32:42.00	15:12	3.9
366	SZYMAŃSKI PAWEŁ	7335	MUAY RUNNING TEAM	LESZNO	POL	SENIOR II M - 30	75	M 186	00:56:36	01:29:33	02:32:36.15	02:33:25.25	15:15	3.9
367	WINIARSKI ROBERT	7039		LEGNICA	POL	WETERAN I M - 50	18	M 187	00:46:13	01:28:31	02:42:18.50	02:42:50.30	16:13	3.7
368	DEC ZBIGNIEW	7418		DĘBNO		WETERAN II M - 60	8	M 188	00:48:26	01:29:21	02:43:39.40	02:44:06.95	16:21	3.7
369	MICHAŁKA DOMINIKA	7004		WŁOCLAWEK	POL	SENIOR I K - 20	35	K 182	00:52:04	01:40:56	02:53:22.75	02:53:29.80	17:20	3.5
370	OLEJNIK ADAM	7263	REFERICON	WŁOCLAWEK	POL	SENIOR II M - 30	76	M 189	00:52:06	01:40:43	02:53:25.40	02:53:32.25	17:20	3.5
371	KUROWSKI WOJCIECH	7413		WROCLAW		SENIOR II M - 30	77	M 190						
	BAKOWSKA MARIA	7381	ZAŁOGA GÓRSKA	GNIEZNO		WETERAN II K - 60			00:55:16 DNF	DNF	DNF	DNF	-	-

**BIEG TROJAK TRAIL - 10 KM, OPEN KOBIET**

M-ce	Nazwisko i imię	Nr	Klub	M-sconość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
1	SOLIŃSKA KATARZYNA	7426		KRAKÓW		SENIOR I K - 20	1	K 1	00:20:30	00:32:39	00:53:10.85	00:53:13.65	5:19	11.3
2	ADAMCZYK MARTYNA	7241		SZYDLÓWIEC	POL	SENIOR I K - 20	2	K 2	00:21:37	00:34:17	00:55:53.30	00:55:54.95	5:35	10.7
3	BUDZIEWSKA KATARZYNA	7242		ŁAGIEWNIKI	POL	SENIOR II K - 30	1	K 3	00:23:53	00:37:49	01:01:24.05	01:01:28.65	6:08	9.8
4	PODSIADŁO ANNA	7173	PODSIADŁO TEAM	POZNAŃ	POL	SENIOR I K - 20	3	K 4	00:25:18	00:39:52	01:03:20.35	01:03:51.35	6:20	9.5
5	CIURKA-BASTER KAROLINA	7304	SZCZYT FORMY/MARCINŚWIERCTEAM	KRAKÓW	POL	SENIOR II K - 30	2	K 5	00:24:51	00:39:13	01:03:57.55	01:04:03.20	6:23	9.4
6	PERZ EMILIA	7098		BUKOWIEC	POL	SENIOR I K - 20	4	K 6	00:25:35	00:40:24	01:04:51.00	01:04:55.45	6:29	9.3
7	RUTKOWSKA MAŁGORZATA	7442				SENIOR II K - 30	3	K 7	00:26:44	00:41:03	01:05:20.50	01:05:31.50	6:32	9.2
8	GŁĄB DARIA	7300	ZAŁOGA GÓRSKA	PRUDNIK	POL	SENIOR I K - 20	5	K 8	00:25:17	00:40:25	01:07:02.25	01:07:09.55	6:42	9
9	RUTKOWSKA PATRYCJA	7306		ZĄBKOWICE ŚLĄSKIE	POL	SENIOR II K - 30	4	K 9	00:25:36	00:41:22	01:06:48.75	01:07:11.05	6:40	9
10	PAZDAN NATALIA	7321		KOWARY	POL	SENIOR II K - 30	5	K 10	00:26:47	00:42:02	01:07:49.60	01:07:57.25	6:47	8.8
11	WOJNAROWICZ WERONIKA	7358		GDYNIA		SENIOR II K - 30	6	K 11	00:26:08	00:41:24	01:07:41.60	01:08:08.95	6:46	8.9
12	FOGIEL-PAWŁOWSKA AGNIESZKA	7131		WROCLAW	POL	MASTERS K - 40	1	K 12	00:27:56	00:43:18	01:08:21.95	01:08:28.25	6:50	8.8
13	GRABIŃSKA GIZELA	7292	ZAŁOGA GÓRSKA	WARSZAWA+WESOŁA		WETERAN K - 50	1	K 13	00:26:54	00:42:26	01:08:42.50	01:08:46.85	6:52	8.7
14	SZCZEŚNIAK SYLWIA	7220	KB HARCOWNIK JELCZ-LASKOWICE	JELCZ-LASKOWICE	POL	SENIOR II K - 30	7	K 14	00:27:15	00:42:36	01:09:15.00	01:09:33.75	6:55	8.7
15	WRANIK SABINA	7245		BYSTRA	POL	WETERAN K - 50	2	K 15	00:27:44	00:43:12	01:09:22.85	01:09:34.60	6:56	8.6
16	GALA KAMILA	7301	ZAŁOGA GÓRSKA	WARSZAWA	POL	SENIOR II K - 30	8	K 16	00:28:03	00:43:48	01:10:03.60	01:10:08.60	7:00	8.6
17	GRZESIEWICZ PATRYCJA	7369		KRAKÓW		SENIOR II K - 30	9	K 17	00:28:03	00:44:19	01:09:53.30	01:10:22.05	6:59	8.6
18	WZOREK EWA	7330	ZAŁOGA GÓRSKA	WILKÓW	POL	SENIOR I K - 20	6	K 18	00:28:13	00:44:16	01:10:11.50	01:10:29.55	7:01	8.5
19	WIADERNA NINA	7401		WARSZAWA		SENIOR II K - 30	10	K 19	00:28:01	00:44:05	01:10:37.15	01:10:40.95	7:03	8.5
20	TYSZER JOANNA	7193	1989	ROMANOWO	POL	SENIOR II K - 30	11	K 20	00:28:05	00:44:31	01:10:15.70	01:10:45.65	7:01	8.5
21	ULIKOWSKA MARTYNA	7310	ZAŁOGA GÓRSKA	GOŚCINO	POL	SENIOR I K - 20	7	K 21	00:29:30	00:45:41	01:11:57.75	01:12:06.90	7:11	8.3
22	KORDECKA ANNA	7428		RZENNO		SENIOR II K - 30	12	K 22	00:28:42	00:44:35	01:11:26.20	01:12:08.75	7:08	8.4

**BIEG TROJAK TRAIL - 10 KM, OPEN Kobiet c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
23	WAWRZENIUK EMILIA	7132		WROCŁAW	POL	SENIOR II K - 30	13	K 23	00:26:50	00:43:39	01:12:50.35	01:13:05.45	7:17	8.2
24	WESOŁOWSKA KINGA	7187	KALENIJ BY DECATHLON	WROCŁAW	POL	SENIOR I K - 20	8	K 24	00:28:01	00:45:05	01:13:02.35	01:13:13.70	7:18	8.2
25	KACZMAREK KATARZYNA	7217	PRO_RUN	KALISZ	POL	SENIOR I K - 20	9	K 25	00:28:06	00:45:29	01:13:07.20	01:13:20.55	7:18	8.2
26	HOREJDA SARA	7326		ŁĄDEK ZDRÓJ	POL	SENIOR I K - 20	10	K 26	00:28:43	00:45:44	01:13:39.95	01:13:50.40	7:22	8.1
27	LACHERA KAMILA	7050	CSC ADVENTURE ACADEMY	KATOWICE	POL	SENIOR II K - 30	14	K 27	00:29:34	00:46:55	01:14:02.20	01:14:06.60	7:24	8.1
28	KACZMARZ KATARZYNA	7105		KOSZALIN	POL	SENIOR II K - 30	15	K 28	00:30:36	00:47:37	01:16:00.45	01:16:15.30	7:36	7.9
29	MICHALEC MARZENA	7415	KOBIETA W BIEGU	WAŁBRZYCH		SENIOR II K - 30	16	K 29	00:29:38	00:47:52	01:16:07.55	01:16:27.80	7:36	7.9
30	MARUT KATARZYNA	7374	NIGHT RUNNERS GLIWICE	GLIWICE		MASTERS K - 40	2	K 30	00:31:25	00:49:03	01:17:15.20	01:17:36.90	7:43	7.8
31	NIEWCZAS BASIA	7083		LUBARTÓW	POL	SENIOR II K - 30	17	K 31	00:29:00	00:46:32	01:17:17.65	01:17:40.15	7:43	7.8
32	MAZIAREK ADELA	7062		NIEMODLIN	POL	SENIOR II K - 30	18	K 32	00:29:21	00:46:51	01:17:35.10	01:17:47.75	7:45	7.7
33	PLINIEWICZ JOANNA	7123		STRONIE ŚLĄSKIE	POL	SENIOR II K - 30	19	K 33	00:30:27	00:48:27	01:17:42.40	01:17:56.60	7:46	7.7
34	KOCIMSKA KATARZYNA	7340	EUROVENT ATHLETICS OPOLE	OPOLE	POL	MASTERS K - 40	3	K 34	00:28:54	00:48:23	01:18:34.60	01:18:38.70	7:51	7.6
35	KOZŁOWSKA RENATA	7281	LADY AEROBIK NYSA	NYSA	POL	SENIOR II K - 30	20	K 35	00:30:35	00:48:53	01:18:14.05	01:18:52.10	7:49	7.7
36	POMIANOWSKA ANNA	7377	RĄCZELACZKI	WRONKI		SENIOR II K - 30	21	K 36	00:30:58	00:48:13	01:18:22.40	01:18:57.00	7:50	7.7
37	PRZYDRÓŻNA JULITA	7022	26,2	WŁOSZAKOWICE	POL	MASTERS K - 40	4	K 37	00:31:55	00:49:47	01:19:16.00	01:19:47.25	7:55	7.6
38	PUCHALSKA MAGDALENA	7180		POZNAŃ	POL	SENIOR II K - 30	22	K 38	00:31:41	00:49:48	01:19:16.55	01:19:52.75	7:55	7.6
39	SZYMONIK DOMINIKA	7209	ZAŁOGA GÓRSKA	WROCŁAW	POL	SENIOR I K - 20	11	K 39	00:31:37	00:50:18	01:19:44.65	01:20:01.20	7:58	7.5
40	PATYK JOANNA	7129	PZU SPORT TEAM	SZCZECIN	POL	SENIOR II K - 30	23	K 40	00:30:45	00:49:22	01:20:00.25	01:20:03.35	8:00	7.5
41	KOPACKA ELIZA	7029		WAŁBRZYCH	POL	SENIOR II K - 30	24	K 41	00:30:51	00:48:53	01:19:45.60	01:20:03.65	7:58	7.5
42	GŁÓWKA BARBARA	7135		WROCŁAW	POL	SENIOR II K - 30	25	K 42	00:31:19	00:49:58	01:19:41.60	01:20:11.70	7:58	7.5
43	LUBAŃSKA ALICJA	7178	SSW TEAM KROŃNICE	BUKOWICE	POL	WETERAN K - 50	3	K 43	00:30:15	00:48:51	01:20:27.90	01:20:32.80	8:02	7.5
44	WŁODKOWSKA BEATA	7170		POZNAŃ	POL	SENIOR II K - 30	26	K 44	00:31:22	00:49:33	01:20:18.50	01:20:39.70	8:01	7.5
45	PASZKE JOANNA	7314		TORUŃ	POL	SENIOR I K - 20	12	K 45	00:30:38	00:48:40	01:20:02.25	01:20:46.10	8:00	7.5
46	PASŁAWSKA OLGA	7408		WROCŁAW		SENIOR II K - 30	27	K 46	00:30:51	00:49:16	01:20:32.60	01:20:49.80	8:03	7.5
47	KUŹNIAK MARTYNA	7071		WARSZAWA	POL	MASTERS K - 40	5	K 47	00:30:25	00:48:35	01:20:49.65	01:20:55.45	8:05	7.4
48	WOJDASZKA KATARZYNA	7002	VEGE RUNNERS	WARSZAWA	POL	SENIOR II K - 30	28	K 48	00:32:31	00:50:38	01:20:43.55	01:21:00.65	8:04	7.4
49	KUCHARSKA ALEKSANDRA	7006	DREAM RUN	WARSZAWA	POL	SENIOR II K - 30	29	K 49	00:33:06	00:51:07	01:20:57.30	01:21:23.60	8:05	7.4
50	SKAWINA KRYSZYNA	7059	TOPOLICE TEAM	TOPOLICE	POL	SENIOR II K - 30	30	K 50	00:31:53	00:50:00	01:21:10.30	01:21:30.65	8:07	7.4
51	JUREWICZ AGATA	7165		POZNAŃ	POL	SENIOR II K - 30	31	K 51	00:32:37	00:50:40	01:21:19.55	01:21:52.75	8:07	7.4
52	GÓRALCZYK KATARZYNA	7302	ZAŁOGA GÓRSKA	OPOLE	POL	SENIOR I K - 20	13	K 52	00:32:10	00:50:36	01:21:48.60	01:22:05.45	8:10	7.3
53	PENDZIAŁEK MAŁGORZATA	7334	MUAY RUNNING TEAM	JASTRZĘBIE - ZDRÓJ	POL	SENIOR I K - 20	14	K 53	00:30:55	00:49:47	01:21:50.15	01:22:09.85	8:11	7.3
54	HADAŁA TERESA	7145	KASZUBSKA PONIEWIERKA	PRUSZCZ GDAŃSKI	POL	SENIOR II K - 30	32	K 54	00:32:27	00:52:06	01:21:32.80	01:22:12.75	8:09	7.4
55	DZIEDZIŃSKA NATALIA	7229		OBORNIKI ŚLĄSKIE	POL	SENIOR II K - 30	33	K 55	00:31:38	00:50:15	01:23:08.00	01:23:15.10	8:18	7.2
56	NIEDZIELA DANUTA	7040	GOSTYŃ	GOSTYŃ	POL	MASTERS K - 40	6	K 56	00:32:03	00:50:38	01:24:11.55	01:24:21.15	8:25	7.1
57	WIECZOREK MONIKA	7256		BOLKÓW	POL	MASTERS K - 40	7	K 57	00:32:55	00:52:45	01:25:13.05	01:25:16.85	8:31	7
58	MRÓZ URSZULA	7121		STRONIE ŚL	POL	WETERAN K - 50	4	K 58	00:34:56	00:54:18	01:25:06.05	01:25:19.85	8:30	7.1
59	ŁYSIAK KASIA	7196		DĄBRÓWKA	POL	SENIOR II K - 30	34	K 59	00:32:56	00:53:49	01:24:48.35	01:25:20.65	8:28	7.1
60	KUTYCKA-KUREK ELŻBIETA	7336	CHOJRAK TEAM WROCŁAW	WROCŁAW	POL	SENIOR II K - 30	35	K 60	00:32:42	00:52:11	01:24:53.40	01:25:24.90	8:29	7.1
61	MICHAŁSKA JOANNA	7138	VELUX	GNIEZNA	POL	SENIOR II K - 30	36	K 61	00:35:44	00:55:28	01:25:39.90	01:26:01.65	8:34	7
62	PLEWA PAULINA	7120	BPK	PIŁA	POL	SENIOR I K - 20	15	K 62	00:33:15	00:54:05	01:26:15.95	01:26:15.95	8:37	7
63	KARWECKA-WIELICKA KATARZYNA	7279		DĄBRÓWA GÓRNICZA	POL	MASTERS K - 40	8	K 63	00:33:45	00:53:49	01:25:55.30	01:26:42.50	8:35	7
64	WILK MARIA	7385	RAMBO III	BYTOM		SENIOR II K - 30	37	K 64	00:34:21	00:54:57	01:26:31.00	01:26:49.55	8:39	6.9
65	CZYŻ ALEKSANDRA	7027	VEGE RUNNERS	ZIELONA GÓRA	POL	SENIOR II K - 30	38	K 65	00:33:07	00:52:39	01:26:20.65	01:26:53.55	8:38	6.9
66	GAJDECKA ADRIANA	7107		WARSZAWA	POL	MASTERS K - 40	9	K 66	00:34:27	00:55:15	01:26:37.55	01:27:20.20	8:39	6.9
67	MAJEWSKA SONIA	7328		GOSTYŃ	POL	SENIOR I K - 20	16	K 67	00:33:21	00:53:16	01:27:17.95	01:27:26.55	8:43	6.9
68	BRZOZA DOROTA	7177		WROCŁAW	POL	MASTERS K - 40	10	K 68	00:34:03	00:54:19	01:27:04.60	01:27:41.90	8:42	6.9
69	PLEWA KATARZYNA	7055	NORDIC16.COM	STRONIE ŚLĄSKIE	POL	SENIOR II K - 30	39	K 69	00:33:53	00:54:28	01:27:27.55	01:27:46.50	8:44	6.9
70	HAWROT MARTA	7346				MASTERS K - 40	11	K 70	00:35:47	00:54:55	01:27:58.55	01:28:02.00	8:47	6.8
71	PRZYBYLEK JOANNA	7285		KÓRNIK	POL	SENIOR II K - 30	40	K 71	00:35:05	00:56:06	01:27:30.55	01:28:06.30	8:45	6.9
72	GIEDA ELŻBIETA	7142	MUKS SZOK BOJANOWO	BOJANOWO	POL	SENIOR II K - 30	41	K 72	00:33:12	00:53:32	01:27:47.60	01:28:22.65	8:46	6.8
73	ZASŁAWSKA KATARZYNA	7419	ZAKOCHAJ SIĘ W BIEGANIU			WETERAN K - 50	5	K 73	00:34:03	00:54:46	01:28:30.55	01:28:49.25	8:51	6.8
74	SKARŻEŃSKA JAGODA	7331		ŁĄDEK-ZDRÓJ	POL	SENIOR II K - 30	42	K 74	00:33:47	00:54:23	01:28:08.00	01:28:54.05	8:48	6.8
75	KRYCH JOANNA	7210		CZMOŃ	POL	MASTERS K - 40	12	K 75	00:34:39	00:55:08	01:28:59.60	01:29:05.90	8:53	6.7
76	LIGOCKA KAROLINA	7074	BOOTCAMP	KATOWICE	POL	SENIOR II K - 30	43	K 76	00:33:29	00:54:37	01:28:53.60	01:29:10.25	8:53	6.7
77	HACZKIEWICZ KAROLINA	7375		CZARNA GÓRA		SENIOR II K - 30	44	K 77	00:34:05	00:54:54	01:28:31.40	01:29:10.35	8:51	6.8
78	TOMERA DOROTA	7146	DRUŻYNA KURORT ŁĄDEK ZDRÓJ TEAM	STARA BYSTRZYCA	POL	MASTERS K - 40	13	K 78	00:35:17	00:55:45	01:28:50.05	01:29:31.75	8:53	6.8

**BIEG TROJAK TRAIL - 10 KM, OPEN KOBIEC c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
79	JANICKA-TOMIAK ELIZA	7271		SULECHÓW	POL	MASTERS K - 40	14	K 79	00:34:17	00:55:48	01:29:57.85	01:30:07.20	8:59	6.7
80	KRYŃ KATARZYNA	7066	BOOTCAMP	KATOWICE	POL	SENIOR II K - 30	45	K 80	00:33:36	00:54:39	01:29:52.00	01:30:07.45	8:59	6.7
81	DURNOWSKA BEATA	7289		TARNOWO PODGÓRNE	POL	SENIOR II K - 30	46	K 81	00:32:28	00:54:07	01:29:29.05	01:30:13.95	8:56	6.7
82	OWSIANIK SYLWIA	7176		MILICZ	POL	MASTERS K - 40	15	K 82	00:34:39	00:55:08	01:30:08.45	01:30:14.55	9:00	6.7
83	SZAŁAJSKA MAGDALENA	7269		ROKIETNICA	POL	SENIOR I K - 20	17	K 83	00:35:09	00:57:03	01:29:56.35	01:30:30.55	8:59	6.7
84	CHRZUSZCZ ANNA	7249		GORZÓW WLKP	POL	SENIOR II K - 30	47	K 84	00:33:54	00:55:20	01:29:44.70	01:30:32.10	8:58	6.7
85	MROCZKIEWICZ KLAUDIA	7034	VEGERUNNERS	WROCLAW	POL	MASTERS K - 40	16	K 85	00:32:34	00:53:26	01:30:30.20	01:30:40.15	9:03	6.6
86	SZYMAŁA MAŁGORZATA	7293		KLUCZBORK	POL	SENIOR II K - 30	48	K 86	00:33:59	00:54:19	01:30:23.00	01:30:51.85	9:02	6.6
87	NIEMAS ANNA	7248	OYAMA KARATE BRZESZCZE	BŁĄŻEJOWICE	POL	MASTERS K - 40	17	K 87	00:34:14	00:55:19	01:30:25.65	01:30:55.00	9:02	6.6
88	ERDMAŃSKA NATALIA	7368		STRONIE ŚLĄSKIE		SENIOR II K - 30	49	K 88	00:34:16	00:34:21	01:30:24.75	01:30:55.20	9:02	6.6
89	KOSZYKA WERONIKA	7041	CONSTRAVIA	POZNAŃ	POL	SENIOR I K - 20	18	K 89	00:36:11	00:57:38	01:30:44.15	01:31:01.65	9:04	6.6
90	MARCINKOWSKA KATARZYNA	7283	LADY AEROBIK NYSA	NYSA	POL	MASTERS K - 40	18	K 90	00:33:30	00:54:29	01:30:31.05	01:31:08.45	9:03	6.6
91	TOMASZEWSKA AGNIESZKA	7064		ŚWIDNICA	POL	SENIOR II K - 30	50	K 91	00:32:32	00:32:38	01:31:14.50	01:31:23.50	9:07	6.6
92	SOCHA EWA	7232	1987	POZNAŃ	POL	SENIOR II K - 30	51	K 92	00:33:13	00:54:22	01:30:54.05	01:31:27.80	9:05	6.6
93	BLANIK AGNIESZKA	7069	RADLIN	RADLIN	POL	SENIOR II K - 30	52	K 93	00:33:58	00:54:46	01:31:01.20	01:31:34.85	9:06	6.6
94	DZIEDZIC ANNA	7115		WROCLAW	POL	SENIOR II K - 30	53	K 94	00:32:40	00:53:47	01:31:32.00	01:31:46.65	9:09	6.6
95	MARCINKIEWICZ MARTA	7228	MATNER RUNNING TEAM	WROCLAW	POL	WETERAN K - 50	6	K 95	00:36:05	00:58:30	01:31:39.40	01:32:06.60	9:09	6.5
96	KOWALCZYK JOANNA	7095		KRAKÓW	POL	WETERAN II K - 60	1	K 96	00:34:54	00:56:34	01:32:07.80	01:32:17.90	9:12	6.5
97	SZYMAŁA KAROLINA	7192	#NIUŃKOWABIEGA	KLUCZBORK	POL	SENIOR I K - 20	19	K 97	00:34:33	00:56:09	01:31:57.35	01:32:24.70	9:11	6.5
98	HEBDA DOMINIKA	7188	ADRIAN DANILEWICZ GROUP	WROCLAW	POL	SENIOR I K - 20	20	K 98	00:34:22	00:55:31	01:32:05.65	01:32:27.35	9:12	6.5
99	HETMAŃSKA DIANA	7030	LOVELASY	BARTOSZEWO	POL	SENIOR II K - 30	54	K 99	00:34:40	00:56:10	01:32:31.30	01:32:45.05	9:15	6.5
100	PALUSIŃSKA AGNIESZKA	7317	LOVELASY	POLICE	POL	MASTERS K - 40	19	K 100	00:34:40	00:56:10	01:32:31.30	01:32:45.65	9:15	6.5
101	OSTROWSKA-NABIAŁCZYK AGNIESZKA	7287	1976	OŁAWA	POL	MASTERS K - 40	20	K 101	00:33:11	00:33:16	01:32:35.85	01:32:45.95	9:15	6.5
102	GONERA-BATOR ANNA	7345	KB HARCOWNIK			SENIOR II K - 30	55	K 102	00:35:37	00:57:15	01:32:26.60	01:32:46.30	9:14	6.5
103	CZAJA AGNIESZKA	7166		POZNAŃ	POL	SENIOR II K - 30	56	K 103	00:35:34	00:57:59	01:32:37.20	01:33:10.55	9:15	6.5
104	PAKUŁA BEATA	7353		KROSNO ODRZAŃSKIE		MASTERS K - 40	21	K 104	00:34:33	00:55:53	01:33:14.90	01:33:16.60	9:19	6.4
105	RAPACZ DANUTA	7101	ANMAR	STRONIE ŚLĄSKIE	POL	WETERAN II K - 60	2	K 105	00:34:53	00:56:43	01:33:07.65	01:33:18.05	9:18	6.4
106	WINNICKA ANNA	7414		ŻARY		MASTERS K - 40	22	K 106	00:34:34	00:55:48	01:33:10.55	01:33:21.75	9:19	6.4
107	ZIENKIEWICZ AGATA	7434		WROCLAW		SENIOR II K - 30	57	K 107	00:34:17	00:55:41	01:32:53.70	01:33:30.75	9:17	6.5
108	CHOJNACKA KAJA	7204	PURKRUN OPOLE	OPOLE	POL	SENIOR II K - 30	58	K 108	00:35:51	00:58:16	01:33:43.25	01:33:56.70	9:22	6.4
109	WOJTAS ANNA	7139		KRAKÓW	POL	SENIOR II K - 30	59	K 109	00:37:24	00:59:30	01:33:26.50	01:33:59.05	9:20	6.4
110	WAWRZYŃNIAK AGNIESZKA	7151	DRUŻYNA SZPIKU	POZNAŃ	POL	SENIOR II K - 30	60	K 110	00:34:55	00:57:04	01:33:47.10	01:34:05.85	9:22	6.4
111	KOWALEWSKA ANNA	7051		ŚWIDNICA	POL	SENIOR II K - 30	61	K 111	00:33:49	00:56:00	01:34:05.40	01:34:26.20	9:24	6.4
112	WYSMOLIŃSKA KAROLINA	7362		BIERNATKI		MASTERS K - 40	23	K 112	00:35:07	00:57:03	01:34:21.10	01:34:34.55	9:26	6.4
113	ŻYŻA MAGDALENA	7226	MAAGNUS TEAM SKOKOWA	SKOKOWA	POL	MASTERS K - 40	24	K 113	00:36:11	00:59:09	01:34:48.85	01:35:27.80	9:28	6.3
114	FILIPOWICZ KATARZYNA	7347				SENIOR II K - 30	62	K 114	00:36:03	00:57:50	01:35:26.50	01:35:30.45	9:32	6.3
115	KONIECZNA NATALIA	7084		CHOSZCZCZNO	POL	SENIOR I K - 20	21	K 115	00:35:27	00:57:22	01:35:16.70	01:35:33.85	9:31	6.3
116	WIETECHA-DROBIK ALEKSANDRA	7194	ATLAS RUNNING TEAM	ŁÓDŹ	POL	SENIOR II K - 30	63	K 116	00:36:25	00:59:35	01:36:40.70	01:36:49.05	9:40	6.2
117	KACZYŃSKA EWA	7402		BRZESKO		SENIOR II K - 30	64	K 117	00:37:04	00:59:41	01:36:08.55	01:36:51.55	9:36	6.2
118	HAJDA OLGA	7238		BYTOM	POL	MASTERS K - 40	25	K 118	00:36:06	00:59:10	01:36:44.30	01:36:52.55	9:40	6.2
119	GAWŁOWSKA MILENA	7237	ATLAS RUNNING TEAM	ŁÓDŹ	POL	SENIOR II K - 30	65	K 119	00:36:28	00:59:36	01:36:45.95	01:36:53.15	9:40	6.2
120	WĘGLEWSKA KAROLINA	7110		WROCLAW	POL	SENIOR I K - 20	22	K 120	00:36:44	00:58:43	01:36:22.55	01:37:00.15	9:38	6.2
121	WAŚCIŃSKA DOMINIKA	7329	BOOT CAMP POLSKA	RUDA ŚLĄSKA	POL	SENIOR II K - 30	66	K 121	00:35:11	00:57:26	01:36:47.95	01:37:04.45	9:40	6.2
122	SZPUREK ANNA	7354	BUKOWSKI KLUB BIEGACZA	BUK		SENIOR II K - 30	67	K 122	00:37:14	01:00:25	01:36:39.60	01:37:06.70	9:39	6.2
123	WRÓBEL MARZENA	7179		PSZCZEW	POL	SENIOR II K - 30	68	K 123	00:36:39	00:59:04	01:36:40.90	01:37:21.75	9:40	6.2
124	PIORKOWSKA MONIKA	7295		POZNAŃ	POL	MASTERS K - 40	26	K 124	00:36:42	00:58:52	01:37:29.45	01:37:55.30	9:45	6.2
125	SŁONINA OLGA	7122	ZAŁOGA GÓRSKA	POZNAŃ	POL	SENIOR I K - 20	23	K 125	00:37:47	01:00:28	01:37:53.25	01:38:10.80	9:47	6.1
126	PIETRZYKOWSKA KATARZYNA	7206	PRO RUN WROCLAW	WROCLAW	POL	SENIOR II K - 30	69	K 126	00:34:50	00:58:33	01:38:43.00	01:38:56.75	9:52	6.1
127	JAGUSZEWSKA AGNIESZKA	7221	FAT&FURIOUS	KARPACZ	POL	SENIOR II K - 30	70	K 127	00:37:34	01:00:45	01:39:11.00	01:39:49.10	9:55	6
128	PIECHOWIAK OLIWIA	7298	ZAŁOGA GÓRSKA	SZUBIN	POL	SENIOR I K - 20	24	K 128	00:38:30	01:01:56	01:39:24.65	01:40:00.70	9:56	6
129	WOŁCZYK SANDRA	7224	FAT & FURIOUS	STARA KAMIENICA	POL	SENIOR II K - 30	71	K 129	00:37:34	01:00:45	01:39:23.95	01:40:04.00	9:56	6
130	WRÓBLEWSKA ROKSANA	7152	PREDATORS WAŁBRZYCH	WAŁBRZYCH	POL	SENIOR I K - 20	25	K 130	00:38:58	01:00:35	01:39:29.20	01:40:04.15	9:57	6
131	WIEWCZKO KAROLINA	7438		KOPANIEC		SENIOR I K - 20	26	K 131	00:35:01	01:00:42	01:39:25.10	01:40:06.15	9:56	6
132	POPKO EMILIA	7422		OTWOCK		SENIOR II K - 30	72	K 132	00:38:49	01:01:53	01:40:24.05	01:40:31.10	10:02	6
133	BULSKA MARTYNA	7042		POZNAŃ	POL	SENIOR II K - 30	73	K 133	00:38:27	01:02:32	01:40:16.65	01:40:54.55	10:01	6
134	CZARNOWSKA NATALIA	7075		GDAŃSK	POL	SENIOR II K - 30	74	K 134	00:38:22	01:01:25	01:40:55.25	01:41:42.70	10:05	5.9
135	KLIN ANETA	7043		BRZEG	POL	MASTERS K - 40	27	K 135	00:36:50	01:00:40	01:41:32.45	01:41:58.00	10:09	5.9



**BIEG TROJAK TRAIL - 10 KM, OPEN KOBIEC c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
136	GRUSZECKA MARTA	7047		POZNAN	POL	SENIOR II K - 30	75	K 136	00:38:28	01:02:31	01:41:24.95	01:42:02.30	10:08	5.9
137	PISAREK KAMILA	7211		ŻYRARDÓW	POL	SENIOR I K - 20	27	K 137	00:39:04	01:02:39	01:42:44.40	01:43:14.95	10:16	5.8
138	MELON ALEKSANDRA	7233		ŻYRARDÓW	POL	SENIOR I K - 20	28	K 138	00:39:03	01:02:42	01:42:44.90	01:43:15.15	10:16	5.8
139	WOLEK DAGMARA	7203		TYCHY	POL	SENIOR II K - 30	76	K 139	00:39:32	01:03:04	01:43:17.65	01:43:23.15	10:19	5.8
140	SMUG EWELINA	7257		KAZIMIERZ BISKUPI	POL	SENIOR II K - 30	77	K 140	00:37:46	01:01:25	01:43:09.50	01:43:25.55	10:18	5.8
141	PODOLSKA-SZACHEWICZ JULITA	7056	JEŻOZWIERZE GROUP	WROCLAW	POL	MASTERS K - 40	28	K 141	00:38:52	01:02:32	01:42:48.75	01:43:29.40	10:16	5.8
142	RADUCHA-FURMAN EWELINA	7376				SENIOR II K - 30	78	K 142	00:36:23	00:59:19	01:43:01.05	01:43:31.75	10:18	5.8
143	FUKS KAROLINA	7106	GRUPA FUX	WROCLAW	POL	SENIOR II K - 30	79	K 143	00:38:12	01:02:53	01:43:29.05	01:43:41.15	10:20	5.8
144	KUTNA AGNIESZKA	7114	RUDA KITA	KLODZKO	POL	SENIOR II K - 30	80	K 144	00:40:31	01:04:28	01:44:34.85	01:45:04.25	10:27	5.7
145	MACUR AGNIESZKA	7223		PŁOSZCZYNA	POL	MASTERS K - 40	29	K 145	00:37:35	01:01:18	01:44:42.50	01:45:22.55	10:28	5.7
146	MIKOŁAJCZAK MAGDALENA	7137		ŻORY	POL	MASTERS K - 40	30	K 146	00:40:40	01:04:33	01:45:18.00	01:46:03.15	10:31	5.7
147	DADAŚ ELŻBIETA	7048	NIGHT RUNNERS GLIWICE	GLIWICE	POL	MASTERS K - 40	31	K 147	00:37:46	01:01:23	01:45:42.85	01:46:05.45	10:34	5.7
148	BOBIN ANNA	7019		GORZÓW WLKP.	POL	MASTERS K - 40	32	K 148	00:39:36	01:03:00	01:46:02.75	01:46:11.75	10:36	5.7
149	DRYMEL JOANNA	7109	DRYMLE3IPIES	ŚWIĘTA KATARZYNA	POL	SENIOR II K - 30	81	K 149	00:43:31	01:05:43	01:45:28.55	01:46:17.60	10:32	5.7
150	OLESZCZAK AGNIESZKA	7343			NIG	MASTERS K - 40	33	K 150	00:35:58	00:59:13	01:46:15.50	01:46:39.65	10:37	5.6
151	KRUK ANNA	7280		POZNAN	POL	MASTERS K - 40	34	K 151	00:38:21	01:02:56	01:46:25.75	01:46:52.05	10:38	5.6
152	CHOJNOWSKA BARBRA	7016	PUSIA TEAM	IŁAWA	POL	MASTERS K - 40	35	K 152	00:39:45	01:04:16	01:48:06.00	01:48:53.55	10:48	5.6
153	MYSZYWODA MONIKA	7116		JELCZ-LASKOWICE	POL	SENIOR I K - 20	29	K 153	00:42:15	01:08:06	01:49:16.20	01:49:49.80	10:55	5.5
154	ŁUKACZ ALEKSANDRA	7202		TYCHY	POL	SENIOR I K - 20	30	K 154	00:40:06	01:05:01	01:49:55.65	01:50:01.90	10:59	5.5
155	ZAKRZEWICZ DOROTA	7384		KICIN		SENIOR II K - 30	82	K 155	00:41:58	01:07:55	01:50:00.25	01:50:06.35	11:00	5.5
156	KOPACZYŃSKA ALEKSANDRA	7149		STARA BYSTRZYCA	POL	SENIOR I K - 20	31	K 156	00:39:09	01:05:35	01:50:33.80	01:50:42.65	11:03	5.4
157	SZCZEPAŃSKA ANNA	7191		BYSTRZYCA KLÓDZKA	POL	SENIOR II K - 30	83	K 157	00:39:10	01:05:37	01:50:36.35	01:50:43.20	11:03	5.4
158	PODJIUK KINGA	7085		GOSTYŃ	POL	MASTERS K - 40	36	K 158	00:41:04	01:06:47	01:51:40.40	01:51:48.95	11:10	5.4
159	ZŁOMANIEC IZABELA	7046		ZAMOŚĆ	POL	SENIOR II K - 30	84	K 159	00:43:17	01:09:25	01:52:33.45	01:52:58.30	11:15	5.3
160	LITEWKA JOANNA	7014		KRAKÓW	POL	SENIOR I K - 20	32	K 160	00:42:25	01:08:26	01:54:03.95	01:54:44.75	11:24	5.3
161	KARPIŃSKA NINA	7352	REEBOKRUN CREW	WARSZAWA		SENIOR II K - 30	85	K 161	00:39:09	01:04:42	01:56:27.60	01:56:48.80	11:38	5.2
162	HACZYK GABRIELA	7382	ZAŁOGA GÓRSKA	OPOLE		WETERAN III K - 70	1	K 162	00:40:57	01:07:17	01:56:08.35	01:56:51.80	11:36	5.2
163	JANKOWSKA MAGDALENA	7342	KOŁO BIEGA	KOŁO	POL	SENIOR II K - 30	86	K 163	00:41:27	01:09:35	01:59:13.75	01:59:16.85	11:55	5
164	KAZUŚ-OLESIŃSKA MAŁGORZATA	7396		ZABRZE		MASTERS K - 40	37	K 164	00:45:11	01:14:16	01:59:43.50	02:00:07.70	11:58	5
165	KOPACZYŃSKA EWA	7150		STARA BYSTRZYCA	POL	WETERAN K - 50	7	K 165	00:42:48	01:11:17	02:01:35.40	02:01:42.45	12:09	4.9
166	PRZYBYLSKA KATARZYNA	7325		OPOLE	POL	SENIOR I K - 20	33	K 166	00:46:24	01:13:37	02:01:28.55	02:02:05.10	12:08	4.9
167	PRZYBYLSKA MAGDALENA	7099		OPOLE	POL	MASTERS K - 40	38	K 167	00:46:04	01:13:39	02:01:29.15	02:02:05.30	12:08	4.9
168	KWIATKOWSKA BARBARA	7119		WOJNOWICE	POL	WETERAN II K - 60	3	K 168	00:42:45	01:10:03	02:02:53.50	02:03:37.40	12:17	4.9
169	WOŻNA ARLETA	7427		KOMORÓWKO		SENIOR I K - 20	34	K 169	00:47:30	01:15:13	02:04:27.35	02:04:42.35	12:26	4.8
170	WIERCIOCH IWONA	7430		LUBIN		MASTERS K - 40	39	K 170	00:47:29	01:15:18	02:04:38.55	02:04:53.20	12:27	4.8
171	WOLENTARSKA ALICJA	7159		BRZOZA	POL	WETERAN K - 50	8	K 171	00:44:45	01:13:33	02:04:34.40	02:05:00.85	12:27	4.8
172	KOWALCZYK ILONA	7395		WRZEŚNICA		MASTERS K - 40	40	K 172	00:44:49	01:14:13	02:05:33.10	02:05:58.60	12:33	4.8
173	CZAPSKA IZABELA	7093	SONKOTEAM	WROCLAW	POL	MASTERS K - 40	41	K 173	00:39:29	01:10:24	02:06:53.95	02:07:08.75	12:41	4.7
174	LISOWSKA AGNIESZKA	7118	DESTYLATOR	KIEŁCZÓW	POL	SENIOR II K - 30	87	K 174	00:43:35	01:12:16	02:07:26.35	02:08:15.95	12:44	4.7
175	PAWŁOWSKA DANUTA	7359		WARSZAWA		MASTERS K - 40	42	K 175	00:46:04	01:16:19	02:13:25.00	02:13:48.05	13:20	4.5
176	WOŁCZEK JOLA	7305		SULECHÓW	POL	SENIOR II K - 30	88	K 176	00:37:08	00:59:49	02:14:28.05	02:14:51.80	13:26	4.5
177	ROBAK ANETA	7124		ŁĄDEK ZDRÓJ	POL	SENIOR II K - 30	89	K 177	00:45:59		02:15:12.85	02:15:39.00	13:31	4.4
178	STELMACH ELŻBIETA	7246		NOWA RUDA	POL	MASTERS K - 40	43	K 178	00:52:38	01:23:35	02:27:52.70	02:28:23.10	14:47	4.1
179	KOĆMIRSKA ANNA	7208		JUGÓW	POL	SENIOR II K - 30	90	K 179	00:52:33	01:20:08	02:27:54.50	02:28:24.45	14:47	4.1
180	RUNOWICZ MAGDALENA	7214		KLÓDZKO	POL	SENIOR II K - 30	91	K 180	00:52:37	01:20:09	02:27:56.45	02:28:26.40	14:47	4.1
181	ROŻEK AGNIESZKA	7333	MUAY RUNNING TEAM	POZNAN	POL	MASTERS K - 40	44	K 181	00:56:08	01:29:22	02:28:41.95	02:29:30.40	14:52	4
182	MICHAŁKA DOMINIKA	7004		WŁOCLAWEK	POL	SENIOR I K - 20	35	K 182	00:52:04	01:40:56	02:53:22.75	02:53:29.80	17:20	3.5
	BAKOWSKA MARIA	7381	ZAŁOGA GÓRSKA	GNIEZNO		WETERAN II K - 60			00:55:16	DNF	DNF	DNF	-	-
									DNF					

**BIEG TROJAK TRAIL - 10 KM, Senior I K - 20**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
1	SOLIŃSKA KATARZYNA	7426		KRAKÓW		SENIOR I K - 20	1	K 1	00:20:30	00:32:39	00:53:10.85	00:53:13.65	5:19	11.3
2	ADAMCZYK MARTYNA	7241		SZYDŁOWIEC	POL	SENIOR I K - 20	2	K 2	00:21:37	00:34:17	00:55:53.30	00:55:54.95	5:35	10.7
3	PODSIADŁO ANNA	7173	PODSIADŁO TEAM	POZNAN	POL	SENIOR I K - 20	3	K 4	00:25:18	00:39:52	01:03:20.35	01:03:51.35	6:20	9.5

**BIEG TROJAK TRAIL - 10 KM, Senior I K - 20 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
4	PERZ EMILIA	7098		BUKOWIEC	POL	SENIOR I K - 20	4	K 6	00:25:35	00:40:24	01:04:51.00	01:04:55.45	6:29	9.3
5	GŁĄB DARIA	7300	ZAŁOGA GÓRSKA	PRUDNIK	POL	SENIOR I K - 20	5	K 8	00:25:17	00:40:25	01:07:02.25	01:07:09.55	6:42	9
6	WZOREK EWA	7330	ZAŁOGA GÓRSKA	WILKÓW	POL	SENIOR I K - 20	6	K 18	00:28:13	00:44:16	01:10:11.50	01:10:29.55	7:01	8.5
7	ULIKOWSKA MARTYNA	7310	ZAŁOGA GÓRSKA	GOŚCINO	POL	SENIOR I K - 20	7	K 21	00:29:30	00:45:41	01:11:57.75	01:12:06.90	7:11	8.3
8	WESOŁOWSKA KINGA	7187	KALENIJ BY DECATHLON	WROCŁAW	POL	SENIOR I K - 20	8	K 24	00:28:01	00:45:05	01:13:02.35	01:13:13.70	7:18	8.2
9	KACZMAREK KATARZYNA	7217	PRO_RUN	KALISZ	POL	SENIOR I K - 20	9	K 25	00:28:06	00:45:29	01:13:07.20	01:13:20.55	7:18	8.2
10	HOREJDA SARA	7326		ŁĄDEK ZDRÓJ	POL	SENIOR I K - 20	10	K 26	00:28:43	00:45:44	01:13:39.95	01:13:50.40	7:22	8.1
11	SZYMONIK DOMINIKA	7209	ZAŁOGA GÓRSKA	WROCŁAW	POL	SENIOR I K - 20	11	K 39	00:31:37	00:50:18	01:19:44.65	01:20:01.20	7:58	7.5
12	PASZKE JOANNA	7314		TORUŃ	POL	SENIOR I K - 20	12	K 45	00:30:38	00:48:40	01:20:02.25	01:20:46.10	8:00	7.5
13	GÓRALCZYK KATARZYNA	7302	ZAŁOGA GÓRSKA	OPOLE	POL	SENIOR I K - 20	13	K 52	00:32:10	00:50:36	01:21:48.60	01:22:05.45	8:10	7.3
14	PENDZIAŁEK MAŁGORZATA	7334	MUAY RUNNING TEAM	JASTRZĘBIE - ZDRÓJ	POL	SENIOR I K - 20	14	K 53	00:30:55	00:49:47	01:21:50.15	01:22:09.85	8:11	7.3
15	PLEWA PAULINA	7120	BPK	PIŁA	POL	SENIOR I K - 20	15	K 62	00:33:15	00:54:05	01:26:15.95	01:26:15.95	8:37	7
16	MAJEWSKA SONIA	7328		GOSTYŃ	POL	SENIOR I K - 20	16	K 67	00:33:21	00:53:16	01:27:17.95	01:27:26.55	8:43	6.9
17	SZAŁAJSKA MAGDALENA	7269		ROKIETNICA	POL	SENIOR I K - 20	17	K 83	00:35:09	00:57:03	01:29:56.35	01:30:30.55	8:59	6.7
18	KOSZYKA WERONIKA	7041	CONSTRAVIA	POZNAŃ	POL	SENIOR I K - 20	18	K 89	00:36:11	00:57:38	01:30:44.15	01:31:01.65	9:04	6.6
19	SZYMAŁA KAROLINA	7192	#NIUŃKOWABIEGA	KLUCZBORK	POL	SENIOR I K - 20	19	K 97	00:34:33	00:56:09	01:31:57.35	01:32:24.70	9:11	6.5
20	HEBDA DOMINIKA	7188	ADRIAN DANILEWICZ GROUP	WROCŁAW	POL	SENIOR I K - 20	20	K 98	00:34:22	00:55:31	01:32:05.65	01:32:27.35	9:12	6.5
21	KONIECZNA NATALIA	7084		CHOSZCZCZO	POL	SENIOR I K - 20	21	K 115	00:35:27	00:57:22	01:35:16.70	01:35:33.85	9:31	6.3
22	WĘGLEWSKA KAROLINA	7110		WROCŁAW	POL	SENIOR I K - 20	22	K 120	00:36:44	00:58:43	01:36:22.55	01:37:00.15	9:38	6.2
23	SŁONINA OLGA	7122	ZAŁOGA GÓRSKA	POZNAŃ	POL	SENIOR I K - 20	23	K 125	00:37:47	01:00:28	01:37:53.25	01:38:10.80	9:47	6.1
24	PIECHOWIAK OLIWIA	7298	ZAŁOGA GÓRSKA	SZUBIN	POL	SENIOR I K - 20	24	K 128	00:38:30	01:01:56	01:39:24.65	01:40:00.70	9:56	6
25	WRÓBLEWSKA ROKSANA	7152	PREDATORS WAŁBRZYCH	WAŁBRZYCH	POL	SENIOR I K - 20	25	K 130	00:38:58	01:00:35	01:39:29.20	01:40:04.15	9:57	6
26	WIEWCZKO KAROLINA	7438		KOPANIEC	POL	SENIOR I K - 20	26	K 131	00:35:01	01:00:42	01:39:25.10	01:40:06.15	9:56	6
27	PISAREK KAMILA	7211		ŻYRARDÓW	POL	SENIOR I K - 20	27	K 137	00:39:04	01:02:39	01:42:44.40	01:43:14.95	10:16	5.8
28	MELON ALEKSANDRA	7233		ŻYRARDÓW	POL	SENIOR I K - 20	28	K 138	00:39:03	01:02:42	01:42:44.90	01:43:15.15	10:16	5.8
29	MYSZYWODA MONIKA	7116		JELCZ-LASKOWICE	POL	SENIOR I K - 20	29	K 153	00:42:15	01:08:06	01:49:16.20	01:49:49.80	10:55	5.5
30	ŁUKACZ ALEKSANDRA	7202		TYCHY	POL	SENIOR I K - 20	30	K 154	00:40:06	01:05:01	01:49:55.65	01:50:01.90	10:59	5.5
31	KOPACZYŃSKA ALEKSANDRA	7149		STARA BYSTRZYCA	POL	SENIOR I K - 20	31	K 156	00:39:09	01:05:35	01:50:33.80	01:50:42.65	11:03	5.4
32	LITEWKA JOANNA	7014		KRAKÓW	POL	SENIOR I K - 20	32	K 160	00:42:25	01:08:26	01:54:03.95	01:54:44.75	11:24	5.3
33	PRZYBYLSKA KATARZYNA	7325		OPOLE	POL	SENIOR I K - 20	33	K 166	00:46:24	01:13:37	02:01:28.55	02:02:05.10	12:08	4.9
34	WOŻNA ARLETA	7427		KOMORÓWKO		SENIOR I K - 20	34	K 169	00:47:30	01:15:13	02:04:27.35	02:04:42.35	12:26	4.8
35	MICHAŁKA DOMINIKA	7004		WŁOCŁAWEK	POL	SENIOR I K - 20	35	K 182	00:52:04	01:40:56	02:53:22.75	02:53:29.80	17:20	3.5

**BIEG TROJAK TRAIL - 10 KM, Senior I M - 20**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
1	DOROŻYŃSKI SZYMON	7213	KALENIJ BY DECATHLON	OPOLE	POL	SENIOR I M - 20	1	M 1	00:16:46	00:26:32	00:43:09.70	00:43:10.60	4:19	13.9
2	BOROŃ DARIUSZ	7360	ASICS FRONTRUNNER	KRAKÓW		SENIOR I M - 20	2	M 3	00:17:26	00:27:45	00:45:23.05	00:45:24.15	4:32	13.2
3	DUTKOWSKI MIKOŁAJ	7312	UKS ARKADY RASZKÓW	RASZKÓW	POL	SENIOR I M - 20	3	M 4	00:18:16	00:28:37	00:46:41.30	00:46:43.40	4:40	12.9
4	WRZESZCZ MARIUSZ	7437	TMTEAM	SOBÓTKA		SENIOR I M - 20	4	M 9	00:19:59	00:30:33	00:49:25.00	00:49:25.00	4:56	12.1
5	TABER KONRAD	7234	STO-NOGI MILANÓWEK/ACTIVE PROSPERIA	BRWINÓW	POL	SENIOR I M - 20	5	M 10	00:19:05	00:30:07	00:49:58.25	00:49:58.25	4:59	12
6	SOCZOMSKI GRZEGORZ	7390	CHATA BIEGACZA K34	WROCŁAW		SENIOR I M - 20	6	M 11	00:19:47	00:31:02	00:50:04.90	00:50:07.20	5:00	12
7	SŁOCIAK RAFAŁ	7032	RAJSPOK ACTIVE	OPOLE	POL	SENIOR I M - 20	7	M 16	00:20:59	00:32:33	00:52:27.10	00:52:35.45	5:14	11.4
8	BRZĄKAŁSKI KRZYSIEK	7181	EAZYMYT.PL	PŁOCK	POL	SENIOR I M - 20	8	M 17	00:21:16	00:33:15	00:52:34.55	00:52:37.90	5:15	11.4
9	CEREMUGA MATEUSZ	7012		ORZESZE	POL	SENIOR I M - 20	9	M 19	00:20:45	00:32:41	00:53:52.70	00:53:57.05	5:23	11.1
10	BIELA KONRAD	7320	TEAM MOUNTAIN FUEL POLSKA / GOPR KARKONOSZE	KOWARY	POL	SENIOR I M - 20	10	M 21	00:21:06	00:33:16	00:54:04.85	00:54:07.05	5:24	11.1
11	KACZMARCZYK PRZEMYSŁAW	7052	MATNER RUNNING TEAM/WATAHA	KOBIERZYCE	POL	SENIOR I M - 20	11	M 29	00:23:24	00:36:40	00:58:37.50	00:58:40.25	5:51	10.2
12	RZEWUSKI JAKUB	7236		BRWINÓW	POL	SENIOR I M - 20	12	M 32	00:24:27	00:37:52	00:59:05.35	00:59:16.65	5:54	10.2
13	FRĄCZKOWIAK PRZEMYSŁAW	7337		ŚREM	POL	SENIOR I M - 20	13	M 37	00:23:30	00:37:35	01:00:17.50	01:00:19.50	6:01	10
14	KOBRYŃ JAN	7311	TN BIEGÓWKI WESOŁA	BYSTRZYCA KŁODZKA	POL	SENIOR I M - 20	14	M 38	00:22:21	00:36:10	01:00:34.50	01:00:37.00	6:03	9.9
15	WALCZAK ADRIAN	7255		GRODKÓW	POL	SENIOR I M - 20	15	M 45	00:23:52	00:38:10	01:02:27.60	01:02:37.50	6:14	9.6
16	ŚLIWIŃSKI KAROL	7277		KLUCZBORK	POL	SENIOR I M - 20	16	M 46	00:24:36	00:38:37	01:02:27.20	01:02:51.35	6:14	9.6
17	LECH IGOR	7163	CARVING-SKI LUBIN	LUBIN	POL	SENIOR I M - 20	17	M 61	00:27:20	00:42:52	01:07:54.40	01:08:19.65	6:47	8.8
18	WALA PATRYK	7296	ZAŁOGA GÓRSKA	ZABKOWICE SLASKIE	POL	SENIOR I M - 20	18	M 69	00:27:41	00:43:35	01:09:57.10	01:10:05.15	6:59	8.6

**BIEG TROJAK TRAIL - 10 KM, Senior I M - 20 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-sconość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
19	SITKO GRZEGORZ	7406				SENIOR I M - 20	19	M 80	00:29:56	00:46:49	01:13:22.65	01:13:38.55	7:20	8.2
20	ŻAKOWSKI KRZYSZTOF	7291	BALLUFF RUNNING TEAM	WROCŁAW	POL	SENIOR I M - 20	20	M 81	00:28:03	00:44:30	01:13:37.00	01:14:01.75	7:21	8.2
21	JANOSZ PAWEŁ	7097		WROCŁAW	POL	SENIOR I M - 20	21	M 90	00:29:04	00:46:25	01:15:31.85	01:16:03.15	7:33	7.9
22	PASZKE MACIEJ	7315		TORUŃ	POL	SENIOR I M - 20	22	M 109	00:30:36	00:48:38	01:20:01.75	01:20:46.10	8:00	7.5
23	GIETKA SZYMON	7323		WARSZAWA	POL	SENIOR I M - 20	23	M 112	00:32:13	00:51:27	01:20:59.20	01:21:43.60	8:05	7.4
24	URBAŃSKI TOMASZ	7393	PALLERO	ŁĄDEK ZDRÓJ		SENIOR I M - 20	24	M 117	00:34:00	00:54:02	01:23:47.70	01:24:07.85	8:22	7.2
25	KACZMARSKI MARTIN	7394		WROCŁAW		SENIOR I M - 20	25	M 118	00:33:59	00:54:02	01:23:48.00	01:24:08.35	8:22	7.2
26	GENDERA NARCYZ	7327		GOSTYŃ	POL	SENIOR I M - 20	26	M 120	00:33:21	00:53:14	01:24:34.15	01:24:42.40	8:27	7.1
27	BALDY JAKUB	7010	KUDOWSCY MIŁOŚNICY BIEGANIA	KDUOWA ZDRÓJ	POL	SENIOR I M - 20	27	M 121	00:32:34	00:52:21	01:24:31.80	01:24:45.30	8:27	7.1
28	SITKO ADAM	7410		BOYSZOWY		SENIOR I M - 20	28	M 123	00:33:15	00:53:04	01:25:16.00	01:25:32.40	8:31	7
29	WOLAK MACIEJ	7405		ZDUŃSKA WOLA		SENIOR I M - 20	29	M 134	00:35:08	00:56:35	01:27:58.10	01:28:23.60	8:47	6.8
30	MROZEK MARCIN	7033		SUCHY LAS	POL	SENIOR I M - 20	30	M 141	00:34:08	00:54:15	01:29:37.75	01:30:12.30	8:57	6.7
31	GIERLIK JAKUB	7261	ROADBIKE TEAM	MIEJSKA GÓRKA	POL	SENIOR I M - 20	31	M 142	00:35:59	00:57:50	01:30:31.05	01:30:56.00	9:03	6.6
32	KOWALCZYK PIOTR	7222		WROCŁAW	POL	SENIOR I M - 20	32	M 147	00:35:22	00:57:26	01:32:02.75	01:32:36.80	9:12	6.5
33	BURCZYK ADAM	7155		STAROGARD GDAŃSKI	POL	SENIOR I M - 20	33	M 153	00:34:59	00:57:05	01:33:46.90	01:34:06.75	9:22	6.4
34	KUJAWA ZBIGNIEW	7299	ZAŁOGA GÓRSKA	JANOWIEC WIELKOPOLSKI	POL	SENIOR I M - 20	34	M 162	00:38:30	01:01:57	01:39:23.95	01:40:00.65	9:56	6
35	VOGEL KAMIL	7189	BPK	POZNAŃ	POL	SENIOR I M - 20	35	M 163	00:36:42	01:00:35	01:39:54.05	01:40:13.30	9:59	6
36	KOPACZYŃSKI MICHAŁ	7148		STARA BYSTRZYCA	POL	SENIOR I M - 20	36	M 178	00:42:44	00:42:49	02:01:32.25	02:01:43.85	12:09	4.9

**BIEG TROJAK TRAIL - 10 KM, Senior II K - 30**

M-ce	Nazwisko i imię	Nr	Klub	M-sconość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
1	BUDZIEWSKA KATARZYNA	7242		ŁAGIEWNIKI	POL	SENIOR II K - 30	1	K 3	00:23:53	00:37:49	01:01:24.05	01:01:28.65	6:08	9.8
2	CIURKA-BASTER KAROLINA	7304	SZCZYT FORMY/MARCINŚWIERCTEAM	KRAKÓW	POL	SENIOR II K - 30	2	K 5	00:24:51	00:39:13	01:03:57.55	01:04:03.20	6:23	9.4
3	RUTKOWSKA MAŁGORZATA	7442				SENIOR II K - 30	3	K 7	00:26:44	00:41:03	01:05:20.50	01:05:31.50	6:32	9.2
4	RUTKOWSKA PATRYCJA	7306		ZĄBKOWICE ŚLĄSKIE	POL	SENIOR II K - 30	4	K 9	00:25:36	00:41:22	01:06:48.75	01:07:11.05	6:40	9
5	PAZDAN NATALIA	7321		KOWARY	POL	SENIOR II K - 30	5	K 10	00:26:47	00:42:02	01:07:49.60	01:07:57.25	6:47	8.8
6	WOJNAROWICZ WERONIKA	7358		GDYNIA		SENIOR II K - 30	6	K 11	00:26:08	00:41:24	01:07:41.60	01:08:08.95	6:46	8.9
7	SZCZĘŚNIAK SYLWIA	7220	KB HARCOWNIK JELCZ-LASKOWICE	JELCZ-LASKOWICE	POL	SENIOR II K - 30	7	K 14	00:27:15	00:42:36	01:09:15.00	01:09:33.75	6:55	8.7
8	GALA KAMILA	7301	ZAŁOGA GÓRSKA	WARSZAWA	POL	SENIOR II K - 30	8	K 16	00:28:03	00:43:48	01:10:03.60	01:10:08.60	7:00	8.6
9	GRZESIEWICZ PATRYCJA	7369		KRAKÓW		SENIOR II K - 30	9	K 17	00:28:03	00:44:19	01:09:53.30	01:10:22.05	6:59	8.6
10	WIADERNA NINA	7401		WARSZAWA		SENIOR II K - 30	10	K 19	00:28:01	00:44:05	01:10:37.15	01:10:40.95	7:03	8.5
11	TYSZER JOANNA	7193	1989	ROMANOWO	POL	SENIOR II K - 30	11	K 20	00:28:05	00:44:31	01:10:15.70	01:10:45.65	7:01	8.5
12	KORDECKA ANNA	7428		RZENNO		SENIOR II K - 30	12	K 22	00:28:42	00:44:35	01:11:26.20	01:12:08.75	7:08	8.4
13	WAWRZENIUK EMILIA	7132		WROCŁAW	POL	SENIOR II K - 30	13	K 23	00:26:50	00:43:39	01:12:50.35	01:13:05.45	7:17	8.2
14	LACHERA KAMILA	7050	CSC ADVENTURE ACADEMY	KATOWICE	POL	SENIOR II K - 30	14	K 27	00:29:34	00:46:55	01:14:02.20	01:14:06.60	7:24	8.1
15	KACZMARZ KATARZYNA	7105		KOSZALIN	POL	SENIOR II K - 30	15	K 28	00:30:36	00:47:37	01:16:00.45	01:16:15.30	7:36	7.9
16	MICHALEC MARZENA	7415	KOBIETA W BIEGU	WAŁBRZYCH		SENIOR II K - 30	16	K 29	00:29:38	00:47:52	01:16:07.55	01:16:27.80	7:36	7.9
17	NIEWCZAS BASIA	7083		LUBARTÓW	POL	SENIOR II K - 30	17	K 31	00:29:00	00:46:32	01:17:17.65	01:17:40.15	7:43	7.8
18	MAZIAREK ADELA	7062		NIEMODLIN	POL	SENIOR II K - 30	18	K 32	00:29:21	00:46:51	01:17:35.10	01:17:47.75	7:45	7.7
19	PLINIEWICZ JOANNA	7123		STRONIE ŚLĄSKIE	POL	SENIOR II K - 30	19	K 33	00:30:27	00:47:42	01:17:42.40	01:17:56.60	7:46	7.7
20	KOZŁOWSKA RENATA	7281	LADY AEROBIK NYSA	NYSA	POL	SENIOR II K - 30	20	K 35	00:30:35	00:48:53	01:18:14.05	01:18:52.10	7:49	7.7
21	POMIANOWSKA ANNA	7377	RĄCZELACZKI	WRONKI		SENIOR II K - 30	21	K 36	00:30:58	00:48:13	01:18:22.40	01:18:57.00	7:50	7.7
22	PUCHALSKA MAGDALENA	7180		POZNAŃ	POL	SENIOR II K - 30	22	K 38	00:31:41	00:49:48	01:19:16.55	01:19:52.75	7:55	7.6
23	PATYK JOANNA	7129	PZU SPORT TEAM	SZCZECIN	POL	SENIOR II K - 30	23	K 40	00:30:45	00:49:22	01:20:00.25	01:20:03.35	8:00	7.5
24	KOPACKA ELIZA	7029		WAŁBRZYCH	POL	SENIOR II K - 30	24	K 41	00:30:51	00:48:53	01:19:45.60	01:20:03.65	7:58	7.5
25	GŁÓWKA BARBARA	7135		WROCŁAW	POL	SENIOR II K - 30	25	K 42	00:31:19	00:49:58	01:19:41.60	01:20:11.70	7:58	7.5
26	WŁODKOWSKA BEATA	7170		POZNAŃ	POL	SENIOR II K - 30	26	K 44	00:31:22	00:49:33	01:20:18.50	01:20:39.70	8:01	7.5
27	PASŁAWSKA OLGA	7408		WROCŁAW		SENIOR II K - 30	27	K 46	00:30:51	00:49:16	01:20:32.60	01:20:49.80	8:03	7.5
28	WOJDASZKA KATARZYNA	7002	VEGE RUNNERS	WARSZAWA	POL	SENIOR II K - 30	28	K 48	00:32:31	00:50:38	01:20:43.55	01:21:00.65	8:04	7.4
29	KUCHARSKA ALEKSANDRA	7006	DREAM RUN	WARSZAWA	POL	SENIOR II K - 30	29	K 49	00:33:06	00:51:07	01:20:57.30	01:21:23.60	8:05	7.4
30	SKAWINA KRZYSTYNA	7059	TOPOLICE TEAM	TOPOLICE	POL	SENIOR II K - 30	30	K 50	00:31:53	00:50:00	01:21:10.30	01:21:30.65	8:07	7.4
31	JUREWICZ AGATA	7165		POZNAŃ	POL	SENIOR II K - 30	31	K 51	00:32:37	00:50:40	01:21:19.55	01:21:52.75	8:07	7.4
32	HADAŁA TERESA	7145	KASZUBSKA PONIEWIERKA	PRUSZCZ GDAŃSKI	POL	SENIOR II K - 30	32	K 54	00:32:27	00:52:06	01:21:32.80	01:22:12.75	8:09	7.4
33	DZIEDZIŃSKA NATALIA	7229		OBORNIKI ŚLĄSKIE	POL	SENIOR II K - 30	33	K 55	00:31:38	00:50:15	01:23:08.00	01:23:15.10	8:18	7.2
34	ŁYSIAK KASIA	7196		DĄBRÓWKA	POL	SENIOR II K - 30	34	K 59	00:32:56	00:53:49	01:24:48.35	01:25:20.65	8:28	7.1

**BIEG TROJAK TRAIL - 10 KM, Senior II K - 30 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
35	KUTYCKA-KUREK ELŻBIETA	7336	CHOJRAK TEAM WROCLAW	WROCLAW	POL	SENIOR II K - 30	35	K 60	00:32:42	00:52:11	01:24:53.40	01:25:24.90	8:29	7.1
36	MICHALSKA JOANNA	7138	VELLUX	GNIEZNA	POL	SENIOR II K - 30	36	K 61	00:35:44	00:55:28	01:25:39.90	01:26:01.65	8:34	7
37	WILK MARIA	7385	RAMBO III	BYTOM		SENIOR II K - 30	37	K 64	00:34:21	00:54:57	01:26:31.00	01:26:49.55	8:39	6.9
38	CZYŻ ALEKSANDRA	7027	VEGE RUNNERS	ZIELONA GÓRA	POL	SENIOR II K - 30	38	K 65	00:33:07	00:52:39	01:26:20.65	01:26:53.55	8:38	6.9
39	PLEWA KATARZYNA	7055	NORDIC16.COM	STRONIE ŚLĄSKIE	POL	SENIOR II K - 30	39	K 69	00:33:53	00:54:28	01:27:27.55	01:27:46.50	8:44	6.9
40	PRZYBYŁEK JOANNA	7285		KÓRNIK	POL	SENIOR II K - 30	40	K 71	00:35:05	00:56:06	01:27:30.55	01:28:06.30	8:45	6.9
41	GEDA ELŻBIETA	7142	MUKS SZOK BOJANOWO	BOJANOWO	POL	SENIOR II K - 30	41	K 72	00:33:12	00:53:32	01:27:47.60	01:28:22.65	8:46	6.8
42	SKARŻEŃSKA JAGODA	7331		ŁĄDEK-ZDRÓJ	POL	SENIOR II K - 30	42	K 74	00:33:47	00:54:23	01:28:08.00	01:28:54.05	8:48	6.8
43	LIGOCKA KAROLINA	7074	BOOTCAMP	KATOWICE	POL	SENIOR II K - 30	43	K 76	00:33:29	00:54:37	01:28:53.60	01:29:10.25	8:53	6.7
44	HACZKIEWICZ KAROLINA	7375		CZARNA GÓRA		SENIOR II K - 30	44	K 77	00:34:05	00:54:54	01:28:31.40	01:29:10.35	8:51	6.8
45	KRYŃ KATARZYNA	7066	BOOTCAMP	KATOWICE	POL	SENIOR II K - 30	45	K 80	00:33:36	00:54:39	01:29:52.00	01:30:07.45	8:59	6.7
46	DURNOWSKA BEATA	7289		TARNOWO PODGÓRNE	POL	SENIOR II K - 30	46	K 81	00:32:28	00:54:07	01:29:29.05	01:30:13.95	8:56	6.7
47	CHRZUSZCZ ANNA	7249		GORZÓW WLKP	POL	SENIOR II K - 30	47	K 84	00:33:54	00:55:20	01:29:44.70	01:30:32.10	8:58	6.7
48	SZYMAŁA MAŁGORZATA	7293		KLUCZBORK	POL	SENIOR II K - 30	48	K 86	00:33:59	00:54:19	01:30:23.00	01:30:51.85	9:02	6.6
49	ERDMAŃSKA NATALIA	7368		STRONIE ŚLĄSKIE		SENIOR II K - 30	49	K 88	00:34:16	00:34:21	01:30:24.75	01:30:55.20	9:02	6.6
50	TOMASZEWSKA AGNIESZKA	7064		ŚWIDNICA	POL	SENIOR II K - 30	50	K 91	00:32:32	00:32:38	01:31:14.50	01:31:23.50	9:07	6.6
51	SOCHA EWA	7232	1987	POZNAŃ	POL	SENIOR II K - 30	51	K 92	00:33:13	00:54:22	01:30:54.05	01:31:27.80	9:05	6.6
52	BLANIK AGNIESZKA	7069	RADLIN	RADLIN	POL	SENIOR II K - 30	52	K 93	00:33:58	00:54:46	01:31:01.20	01:31:34.85	9:06	6.6
53	DZIEDZIC ANNA	7115		WROCLAW	POL	SENIOR II K - 30	53	K 94	00:32:40	00:53:47	01:31:32.00	01:31:46.65	9:09	6.6
54	HETMAŃSKA DIANA	7030	LOVELASY	BARTOSZEWO	POL	SENIOR II K - 30	54	K 99	00:34:40	00:56:10	01:32:31.30	01:32:45.05	9:15	6.5
55	GONERA-BATOR ANNA	7345	KB HARCOWNIK			SENIOR II K - 30	55	K 102	00:35:37	00:57:15	01:32:26.60	01:32:46.30	9:14	6.5
56	CZAJA AGNIESZKA	7166		POZNAN	POL	SENIOR II K - 30	56	K 103	00:35:34	00:57:59	01:32:37.20	01:33:10.55	9:15	6.5
57	ZIENKIEWICZ AGATA	7434		WROCLAW		SENIOR II K - 30	57	K 107	00:34:17	00:55:41	01:32:53.70	01:33:30.75	9:17	6.5
58	CHOJNACKA KAJA	7204	PURKRUN OPOLE	OPOLE	POL	SENIOR II K - 30	58	K 108	00:35:51	00:58:16	01:33:43.25	01:33:56.70	9:22	6.4
59	WOJTAS ANNA	7139		KRAKÓW	POL	SENIOR II K - 30	59	K 109	00:37:24	00:59:30	01:33:26.50	01:33:59.05	9:20	6.4
60	WAWRZYNIAK AGNIESZKA	7151	DRUŻYNA SZPIKU	POZNAŃ	POL	SENIOR II K - 30	60	K 110	00:34:55	00:57:04	01:33:47.10	01:34:05.85	9:22	6.4
61	KOWALEWSKA ANNA	7051		ŚWIDNICA	POL	SENIOR II K - 30	61	K 111	00:33:49	00:56:00	01:34:05.40	01:34:26.20	9:24	6.4
62	FILIPOWICZ KATARZYNA	7347				SENIOR II K - 30	62	K 114	00:36:03	00:57:50	01:35:26.50	01:35:30.45	9:32	6.3
63	WIETECHA-DROBIK ALEKSANDRA	7194	ATLAS RUNNING TEAM	ŁÓDŹ	POL	SENIOR II K - 30	63	K 116	00:36:25	00:59:35	01:36:40.70	01:36:49.05	9:40	6.2
64	KACZYŃSKA EWA	7402		BRZESKO		SENIOR II K - 30	64	K 117	00:37:04	00:59:41	01:36:08.55	01:36:51.55	9:36	6.2
65	GAWŁOWSKA MILENA	7237	ATLAS RUNNING TEAM	ŁÓDŹ	POL	SENIOR II K - 30	65	K 119	00:36:28	00:59:36	01:36:45.95	01:36:53.15	9:40	6.2
66	WAŚCIŃSKA DOMINIKA	7329	BOOT CAMP POLSKA	RUDA ŚLĄSKA	POL	SENIOR II K - 30	66	K 121	00:35:11	00:57:26	01:36:47.95	01:37:04.45	9:40	6.2
67	SZPUREK ANNA	7354	BUKOWSKI KLUB BIEGACZA	BUK		SENIOR II K - 30	67	K 122	00:37:14	01:00:25	01:36:39.60	01:37:06.70	9:39	6.2
68	WRÓBEL MARZENA	7179		PSZCZEW	POL	SENIOR II K - 30	68	K 123	00:36:39	00:59:04	01:36:40.90	01:37:21.75	9:40	6.2
69	PIETRZYKOWSKA KATARZYNA	7206	PRO RUN WROCLAW	WROCLAW	POL	SENIOR II K - 30	69	K 126	00:34:50	00:58:33	01:38:43.00	01:38:56.75	9:52	6.1
70	JAGUSZEWSKA AGNIESZKA	7221	FAT&FURIOUS	KARPACZ	POL	SENIOR II K - 30	70	K 127	00:37:34	01:00:45	01:39:11.00	01:39:49.10	9:55	6
71	WOŁCZYK SANDRA	7224	FAT & FURIOUS	STARA KAMIENICA	POL	SENIOR II K - 30	71	K 129	00:37:34	01:00:45	01:39:23.95	01:40:04.00	9:56	6
72	POPKO EMILIA	7422		OTWOCK		SENIOR II K - 30	72	K 132	00:38:49	01:01:53	01:40:24.05	01:40:31.10	10:02	6
73	BULSKA MARTYNA	7042		POZNAN	POL	SENIOR II K - 30	73	K 133	00:38:27	01:02:32	01:40:16.65	01:40:54.55	10:01	6
74	CZARNOWSKA NATALIA	7075		GDAŃSK	POL	SENIOR II K - 30	74	K 134	00:38:22	01:01:25	01:40:55.25	01:41:42.70	10:05	5.9
75	GRUSZECKA MARTA	7047		POZNAN	POL	SENIOR II K - 30	75	K 136	00:38:28	01:02:31	01:41:24.95	01:42:02.30	10:08	5.9
76	WOLEK DAGMARA	7203		TYCHY	POL	SENIOR II K - 30	76	K 139	00:39:32	01:03:04	01:43:17.65	01:43:23.15	10:19	5.8
77	SMUG EWELINA	7257		KAZIMIERZ BISKUPI	POL	SENIOR II K - 30	77	K 140	00:37:46	01:01:25	01:43:09.50	01:43:25.55	10:18	5.8
78	RADUCHA-FURMAN EWELINA	7376				SENIOR II K - 30	78	K 142	00:36:23	00:59:19	01:43:01.05	01:43:31.75	10:18	5.8
79	FUKS KAROLINA	7106	GRUPA FUX	WROCLAW	POL	SENIOR II K - 30	79	K 143	00:38:12	01:02:53	01:43:29.05	01:43:41.15	10:20	5.8
80	KUTNA AGNIESZKA	7114	RUDA KITA	KLÓDZKO	POL	SENIOR II K - 30	80	K 144	00:40:31	01:04:28	01:44:34.85	01:45:04.25	10:27	5.7
81	DRYMEL JOANNA	7109	DRYMLE3IPIES	ŚWIĘTA KATARZYNA	POL	SENIOR II K - 30	81	K 149	00:43:31	01:05:43	01:45:28.55	01:46:17.60	10:32	5.7
82	ZAKRZEWICZ DOROTA	7384		KICIN		SENIOR II K - 30	82	K 155	00:41:58	01:07:55	01:50:00.25	01:50:06.35	11:00	5.5
83	SZCZEPAŃSKA ANNA	7191		BYSTRZYCA KLÓDZKA	POL	SENIOR II K - 30	83	K 157	00:39:10	01:05:37	01:50:36.35	01:50:43.20	11:03	5.4
84	ZŁOMANIEC IZABELA	7046		ZAMOŚĆ	POL	SENIOR II K - 30	84	K 159	00:43:17	01:09:25	01:52:33.45	01:52:58.30	11:15	5.3
85	KARPIŃSKA NINA	7352	REEBOKRUN CREW	WARSZAWA		SENIOR II K - 30	85	K 161	00:39:09	01:04:42	01:56:27.60	01:56:48.80	11:38	5.2
86	JANKOWSKA MAGDALENA	7342	KOŁO BIEGA	KOŁO	POL	SENIOR II K - 30	86	K 163	00:41:27	01:09:35	01:59:13.75	01:59:16.85	11:55	5
87	LISOWSKA AGNIESZKA	7118	DESTYLATOR	KIEŁCZÓW	POL	SENIOR II K - 30	87	K 174	00:43:35	01:12:16	02:07:26.35	02:08:15.95	12:44	4.7
88	WOŁCZEK JOLA	7305		SULECHÓW	POL	SENIOR II K - 30	88	K 176	00:37:08	00:59:49	02:14:28.05	02:14:51.80	13:26	4.5
89	ROBAK ANETA	7124		ŁĄDEK ZDRÓJ	POL	SENIOR II K - 30	89	K 177	00:45:59	02:15:12.85	02:15:39.00		13:31	4.4
90	KOĆMIRSKA ANNA	7208		JUGÓW	POL	SENIOR II K - 30	90	K 179	00:52:33	01:20:08	02:27:54.50	02:28:24.45	14:47	4.1
91	RUNOWICZ MAGDALENA	7214		KŁÓDZKO	POL	SENIOR II K - 30	91	K 180	00:52:37	01:20:09	02:27:56.45	02:28:26.40	14:47	4.1

**BIEG TROJAK TRAIL - 10 KM, Senior II M - 30**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
1	TOMASIK STANISŁAW	7404	GORLICKA GRUPA BIEGOWA	SZYMBARK	POL	SENIOR II M - 30	1	M 2	00:18:17	00:28:33	00:45:15.25	00:45:17.50	4:31	13.3
2	WILK MACIEJ	7297	ZAŁOGA GÓRSKA	BYTOM	POL	SENIOR II M - 30	2	M 5	00:18:21	00:28:59	00:47:22.90	00:47:27.05	4:44	12.7
3	SKIBA ŁUKASZ	7435		BYDGOSZCZ		SENIOR II M - 30	3	M 6	00:18:28	00:29:22	00:48:42.95	00:48:44.80	4:52	12.3
4	ŻUCHOWSKI DANIEL	7332	MUAY RUNNING TEAM	KRAKÓW	POL	SENIOR II M - 30	4	M 7	00:19:26	00:30:22	00:49:09.55	00:49:11.15	4:55	12.2
5	GAJEWSKI MAREK	7172	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	SENIOR II M - 30	5	M 8	00:19:00	00:30:03	00:49:18.85	00:49:22.30	4:55	12.2
6	ŁĘŻNIAK ALEKSANDER	7275	MONK SANDALS TEAM	SOBÓTKA	POL	SENIOR II M - 30	6	M 12	00:20:00	00:31:13	00:50:58.25	00:51:01.30	5:05	11.8
7	ZYCH MARCIN	7096	#SOBASTEAM	WROCŁAW	POL	SENIOR II M - 30	7	M 13	00:20:27	00:32:01	00:51:42.10	00:51:42.10	5:10	11.6
8	GAWLIK SŁAWEK	7183	KRAKÓW	KRAKÓW	POL	SENIOR II M - 30	8	M 18	00:21:09	00:32:34	00:53:17.10	00:53:22.95	5:19	11.3
9	BANEK KRZYSZTOF	7262	TOURSPORT RUNNING TEAM	RADZIONKÓW	POL	SENIOR II M - 30	9	M 20	00:20:45	00:33:22	00:54:01.40	00:54:03.50	5:24	11.1
10	BOCZEK LESZEK	7351	ZAŁOGA GÓRSKA	WROCŁAW		SENIOR II M - 30	10	M 22	00:21:15	00:33:19	00:54:05.85	00:54:10.60	5:24	11.1
11	KURAS SZYMON	7037	NKB CHYŻY NOWY TOMYŚL	NOWY TOMYŚL	POL	SENIOR II M - 30	11	M 23	00:21:58	00:34:07	00:54:39.25	00:54:49.45	5:27	11
12	KWIATKOWSKI MICHAEL	7272		KRAKÓW	POL	SENIOR II M - 30	12	M 24	00:21:08	00:33:47	00:55:04.25	00:55:08.35	5:30	10.9
13	OLKIS RAFAŁ	7409		WROCŁAW		SENIOR II M - 30	13	M 25	00:21:40	00:34:05	00:55:42.55	00:55:50.20	5:34	10.8
14	KRAUSE KUBA	7288	KLUB BUFF FAMILY TEAM	POZNAŃ	POL	SENIOR II M - 30	14	M 26	00:22:00	00:34:56	00:56:57.45	00:57:00.50	5:41	10.5
15	STANIA PAWEŁ	7420	ZAŁOGA GÓRSKA	OPOLE		SENIOR II M - 30	15	M 27	00:22:51	00:35:46	00:57:14.65	00:57:18.00	5:43	10.5
16	PIEKAJ ŁUKASZ	7370		WROCŁAW		SENIOR II M - 30	16	M 28	00:23:40	00:36:42	00:58:12.75	00:58:18.40	5:49	10.3
17	PAŁYS MARCIN	7264		NOWA RUDA	POL	SENIOR II M - 30	17	M 30	00:23:20	00:36:36	00:58:48.75	00:58:50.85	5:52	10.2
18	CITKO MACIEJ	7392	ZAŁOGA GÓRSKA	OPOLE		SENIOR II M - 30	18	M 31	00:22:55	00:36:30	00:59:03.10	00:59:07.15	5:54	10.2
19	PIOTROWSKI MICHAŁ	7389	KLUB BIEGACZA JURUND SZCZYTNO	ŚWIĘTAJNO		SENIOR II M - 30	19	M 35	00:24:08	00:37:25	00:59:51.45	00:59:54.20	5:59	10
20	POLAŃSKI BARTOSZ	7397				SENIOR II M - 30	20	M 36	00:22:28	00:36:08	00:59:59.90	00:59:59.75	5:59	10
21	MARCOL MATEUSZ	7338		RYBNIK	POL	SENIOR II M - 30	21	M 39	00:24:32	00:38:16	01:01:01.25	01:01:02.85	6:06	9.8
22	GAJODZIŃSKI KRZYSZTOF	7441	ŁEMKOWYNA ULTRA TRAIL	KROSNO		SENIOR II M - 30	22	M 40	00:25:17	00:38:10	01:01:14.90	01:01:25.75	6:07	9.8
23	CHRZANOWSKI PAWEŁ	7265		ŁĄDEK-ZDRÓJ	POL	SENIOR II M - 30	23	M 42	00:25:30	00:38:34	01:01:44.85	01:01:47.25	6:10	9.7
24	TOMASZKIEWICZ WOJCIECH	7235		STRONIE ŚLĄSKIE	POL	SENIOR II M - 30	24	M 44	00:25:03	00:38:46	01:02:21.15	01:02:34.65	6:14	9.6
25	MOKRZYŃSKI MARCIN	7273	FENIKS	OLDRZYCHOWICE KŁODZKIE	POL	SENIOR II M - 30	25	M 48	00:25:47	00:39:09	01:03:11.05	01:03:52.95	6:19	9.5
26	PIECHOWIAK MAREK	7247		POZNAŃ	POL	SENIOR II M - 30	26	M 50	00:24:03	00:38:08	01:04:07.25	01:04:07.25	6:24	9.4
27	ROZMUS WIKTOR	7144	LUB WYBIERZ Z LISTY	GDAŃSK	POL	SENIOR II M - 30	27	M 55	00:26:43	00:41:03	01:05:47.90	01:06:04.85	6:34	9.1
28	CISZEWSKI KRZYSZTOF	7230		KROSNOWICE	POL	SENIOR II M - 30	28	M 60			01:07:25.00	01:07:25.00	6:44	8.9
29	ZASŁAWSKI LECH	7219		WROCŁAW	POL	SENIOR II M - 30	29	M 63	00:26:46	00:41:55	01:08:04.60	01:08:49.60	6:48	8.8
30	KOWALSKI ŁUKASZ	7205	KLUB BIEGOWY ODRA OPOLE	TUŁOWICE	POL	SENIOR II M - 30	30	M 65			01:09:00.50	01:09:00.50	6:54	8.7
31	URBAŃSKI MICHAŁ	7240		ZAMĘCIN	POL	SENIOR II M - 30	31	M 67	00:27:12	00:43:33	01:09:22.95	01:09:31.00	6:56	8.6
32	MAZIAREK MICHAŁ	7061		NIEMODLIN	POL	SENIOR II M - 30	32	M 68	00:25:30	00:41:35	01:09:48.45	01:10:00.55	6:58	8.6
33	DOBOSZ LESZEK	7423		POZNAŃ		SENIOR II M - 30	33	M 72	00:28:03	00:44:07	01:10:22.10	01:10:33.85	7:02	8.5
34	CZARNIECKI DANIEL	7020	TIE	POLANICA-ZDRÓJ	POL	SENIOR II M - 30	34	M 73	00:26:49	00:41:54	01:10:34.20	01:10:36.75	7:03	8.5
35	GRZESIĄK WOJCIECH	7278		POZNAŃ	POL	SENIOR II M - 30	35	M 74	00:27:17	00:43:27	01:11:59.50	01:12:12.15	7:12	8.3
36	ŚRODA MACIEJ	7133		WROCŁAW	POL	SENIOR II M - 30	36	M 75	00:27:49	00:44:31	01:12:02.00	01:12:20.35	7:12	8.3
37	ZAPAŚNIK MIŁOSZ	7158	JKS SALAMANDRA	JAWOR	POL	SENIOR II M - 30	37	M 76	00:28:11	00:44:35	01:12:26.95	01:12:56.30	7:14	8.3
38	ZAJĄC MARCIN	7057	77CATS	JÓZEFOSŁAW	POL	SENIOR II M - 30	38	M 77	00:30:04	00:46:52	01:13:02.65	01:13:11.95	7:18	8.2
39	KUBÓW JAREK	7313		OPOLE	POL	SENIOR II M - 30	39	M 82	00:28:43	00:46:08	01:13:33.65	01:14:09.00	7:21	8.2
40	WŁODKOWSKI DARIUSZ	7174	CORAZ BLIŻEJ METY	POZNAŃ	POL	SENIOR II M - 30	40	M 83	00:28:12	00:45:06	01:14:04.90	01:14:26.95	7:24	8.1
41	MAŚLANKA ŁUKASZ	7136		WROCŁAW	POL	SENIOR II M - 30	41	M 84	00:27:41	00:44:50	01:14:17.15	01:14:45.30	7:25	8.1
42	PLAWGO MAREK	7316		WROCŁAW	POL	SENIOR II M - 30	42	M 86	00:30:44	00:47:41	01:14:56.30	01:15:24.55	7:29	8
43	KATA DAMIAN	7227		MIRKÓW	POL	SENIOR II M - 30	43	M 87	00:29:22	00:47:09	01:15:03.50	01:15:27.00	7:30	8
44	BERNADZIKOWSKI MICHAŁ	7407		WROCŁAW		SENIOR II M - 30	44	M 89	00:30:01	00:47:31	01:15:43.15	01:15:59.55	7:34	7.9
45	MACIASZKIEWICZ SZYMON	7128	DESTYLATOR	BIERUTÓW	POL	SENIOR II M - 30	45	M 91	00:30:09	00:47:17	01:15:14.55	01:16:05.05	7:31	8
46	BOHDANOWICZ KRYSZTOF	7355	ATLAS RUNNING TEAM	ŁÓDŹ		SENIOR II M - 30	46	M 95	00:29:50	00:47:08	01:16:19.10	01:16:27.25	7:37	7.9
47	WÓJKOWSKI KAMIL	7356	PRO RUN WROCŁAW	ŁÓDŹ		SENIOR II M - 30	47	M 101	00:30:04	00:48:13	01:17:07.85	01:17:13.35	7:42	7.8
48	ŚLIWIŃSKI MARCIN	7268	1983	LIPOWA	POL	SENIOR II M - 30	48	M 103	00:29:42	00:47:53	01:16:56.25	01:17:31.90	7:41	7.8
49	SKRZYPIEC MATEUSZ	7067		WARSZAWA	POL	SENIOR II M - 30	49	M 106	00:30:03	00:47:43	01:17:10.90	01:17:50.45	7:43	7.8
50	MARONA MACIEJ	7038	DRUŻYNA SZPIKU	SWARZĘDZ	POL	SENIOR II M - 30	50	M 111	00:31:31	00:49:40	01:20:27.90	01:21:01.40	8:02	7.5
51	BIENKOWSKI KAMIL	7439		RADWANICE		SENIOR II M - 30	51	M 113	00:31:59	00:51:36	01:19:10.30	01:21:48.85	7:55	7.6
52	MUCHA OREST	7018		BUDRY	POL	SENIOR II M - 30	52	M 115	00:31:36	00:50:18	01:23:42.50	01:23:54.25	8:22	7.2
53	NOWAK JAKUB	7169	BIEGANIE NA ŚNIADANIE ŚMIGIEL	CZACZ	POL	SENIOR II M - 30	53	M 126	00:34:15	00:54:25	01:25:53.00	01:26:21.50	8:35	7
54	WILK MATEUSZ	7386	ROMBO III	BYTOM		SENIOR II M - 30	54	M 127	00:34:19	00:54:56	01:26:29.80	01:26:49.65	8:39	6.9
55	WAWRZYŃSKI MARIUSZ	7416		GORZÓW		SENIOR II M - 30	55	M 128	00:34:08	00:55:44	01:26:15.95	01:27:02.40	8:37	7
56	MAJEROWSKI MATEUSZ	7161	BAUMAT TEAM	WOLSZTYN	POL	SENIOR II M - 30	56	M 140	00:33:46	00:54:32	01:29:26.35	01:30:08.85	8:56	6.7
57	TOMASZEWSKI JACEK	7063		ŚWIDNICA	POL	SENIOR II M - 30	57	M 143	00:32:30	00:53:06	01:31:12.70	01:31:23.10	9:07	6.6

**BIEG TROJAK TRAIL - 10 KM, Senior II M - 30 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
58	PIGŁOWSKI DAWID	7432	KANIA TEAM	GORZÓW		SENIOR II M - 30	58	M 145	00:34:09	00:55:45	01:31:15.05	01:32:03.35	9:07	6.6
59	STRZELCZYK WIKTOR	7072		RZESZÓW	POL	SENIOR II M - 30	59	M 152	00:37:23	00:59:29	01:33:25.45	01:33:58.80	9:20	6.4
60	KORDECKI BARTŁOMIEJ	7403		BRZESKO		SENIOR II M - 30	60	M 156	00:37:06	00:59:42	01:36:09.15	01:36:51.20	9:36	6.2
61	DOMBROWSKI MACIEJ	7197	ZAŁOGA GÓRSKA O!	PRZEMYŚL	POL	SENIOR II M - 30	61	M 158	00:37:48	01:00:29	01:37:53.15	01:38:10.60	9:47	6.1
62	KULCZYCKI ŁUKASZ	7195	ATLAS RUNNING TEAM	ŁÓDŹ	POL	SENIOR II M - 30	62	M 159	00:36:36	00:59:30	01:38:48.30	01:38:56.35	9:52	6.1
63	ZAREMBA DOMINIK	7218		OPOCZNO	POL	SENIOR II M - 30	63	M 161	00:37:20	01:00:07	01:38:52.15	01:39:15.55	9:53	6.1
64	GÓRECKI KONRAD	7378				SENIOR II M - 30	64	M 166	00:35:25	00:58:08	01:42:16.70	01:43:01.45	10:13	5.9
65	KOZERA KAMIL	7073	HARPAGAN SOSNOWIEC	DĄBROWA GÓRNICZA	POL	SENIOR II M - 30	65	M 168	00:39:21	01:03:32	01:42:52.45	01:43:24.25	10:17	5.8
66	KOWALCZYK DAWID	7284		PODGORZYN	POL	SENIOR II M - 30	66	M 171	00:37:01	01:01:18	01:44:43.95	01:45:22.95	10:28	5.7
67	TOMASZEWSKI ROBERT	7399		SIECHNICE		SENIOR II M - 30	67	M 173	00:36:39	00:59:16	01:45:02.80	01:45:51.85	10:30	5.7
68	KĘPSKI GRZEGORZ	7431				SENIOR II M - 30	68	M 174	00:42:19	01:08:06	01:49:15.60	01:49:49.40	10:55	5.5
69	JAREMEK WOJTEK	7044	1981	ZAMOŚĆ	POL	SENIOR II M - 30	69	M 175	00:43:20	01:09:26	01:52:34.45	01:52:58.05	11:15	5.3
70	STASIAK MATEUSZ	7231	BLOCKCHAIN RUNNING TEAM	ŁÓDŹ	POL	SENIOR II M - 30	70	M 176	00:44:40	01:09:31	01:54:47.35	01:54:52.25	11:28	5.2
71	LUDZIŃSKI ADAM	7125		ŁĄDEK ZDRÓJ	POL	SENIOR II M - 30	71	M 181	00:45:58	01:16:52	02:14:35.30	02:15:02.50	13:27	4.5
72	BOCZAR WALDEMAR	7309		WROCŁAW	POL	SENIOR II M - 30	72	M 182	00:48:31	01:18:26	02:15:49.95	02:16:28.85	13:35	4.4
73	LATANOWICZ BERNARD	7365		POZNAŃ		SENIOR II M - 30	73	M 184	00:54:24	01:32:03	02:32:01.60	02:32:40.25	15:12	3.9
74	KUŹNIAK SZYMON	7366		LESZNO		SENIOR II M - 30	74	M 185	00:54:24	01:32:03	02:32:04.05	02:32:42.00	15:12	3.9
75	SZYMAŃSKI PAWEŁ	7335	MUAY RUNNING TEAM	LESZNO	POL	SENIOR II M - 30	75	M 186	00:56:36	01:29:33	02:32:36.15	02:33:25.25	15:15	3.9
76	OLEJNIK ADAM	7263	REFERICON	WŁOCLĄWEK	POL	SENIOR II M - 30	76	M 189	00:52:06	01:40:43	02:53:25.40	02:53:32.25	17:20	3.5
77	KUROWSKI WOJCIECH	7413		WROCŁAW		SENIOR II M - 30	77	M 190						

**BIEG TROJAK TRAIL - 10 KM, Masters K - 40**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
1	FOGIEL-PAWŁOWSKA AGNIESZKA	7131		WROCŁAW	POL	MASTERS K - 40	1	K 12	00:27:56	00:43:18	01:08:21.95	01:08:28.25	6:50	8.8
2	MARUT KATARZYNA	7374	NIGHT RUNNERS GLIWICE	GLIWICE		MASTERS K - 40	2	K 30	00:31:25	00:49:03	01:17:15.20	01:17:36.90	7:43	7.8
3	KOCIMSKA KATARZYNA	7340	EUROVENT ATHLETICS OPOLE	OPOLE	POL	MASTERS K - 40	3	K 34	00:28:54	00:48:23	01:18:34.60	01:18:38.70	7:51	7.6
4	PRZYDRÓŻNA JULITA	7022	26,2	WŁOSZAKOWICE	POL	MASTERS K - 40	4	K 37	00:31:55	00:49:47	01:19:16.00	01:19:47.25	7:55	7.6
5	KUŹNIAK MARTYNA	7071		WARSZAWA	POL	MASTERS K - 40	5	K 47	00:30:25	00:48:35	01:20:49.65	01:20:55.45	8:05	7.4
6	NIEDZIELA DANUTA	7040	GOSTYŃ	GOSTYŃ	POL	MASTERS K - 40	6	K 56	00:32:03	00:50:38	01:24:11.55	01:24:21.15	8:25	7.1
7	WIECZOREK MONIKA	7256		BOLKÓW	POL	MASTERS K - 40	7	K 57	00:32:55	00:52:45	01:25:13.05	01:25:16.85	8:31	7
8	KARWECKA-WIELICKA KATARZYNA	7279		DĄBROWA GÓRNICZA	POL	MASTERS K - 40	8	K 63	00:33:45	00:53:49	01:25:55.30	01:26:42.50	8:35	7
9	GAJDECKA ADRIANA	7107		WARSZAWA	POL	MASTERS K - 40	9	K 66	00:34:27	00:55:15	01:26:37.55	01:27:20.20	8:39	6.9
10	BRZOZA DOROTA	7177		WROCŁAW	POL	MASTERS K - 40	10	K 68	00:34:03	00:54:19	01:27:04.60	01:27:41.90	8:42	6.9
11	HAWROT MARTA	7346				MASTERS K - 40	11	K 70	00:35:47	00:54:55	01:27:58.55	01:28:02.00	8:47	6.8
12	KRYCH JOANNA	7210		CZMOŃ	POL	MASTERS K - 40	12	K 75	00:34:39	00:55:08	01:28:59.60	01:29:05.90	8:53	6.7
13	TOMERA DOROTA	7146	DRUŻYNA KURORT ŁĄDEK ZDRÓJ TEAM	STARA BYSTRZYCA	POL	MASTERS K - 40	13	K 78	00:35:17	00:55:45	01:28:50.05	01:29:31.75	8:53	6.8
14	JANICKA-TOMIAK ELIZA	7271		SULECHÓW	POL	MASTERS K - 40	14	K 79	00:34:17	00:55:48	01:29:57.85	01:30:07.20	8:59	6.7
15	OWSIANIK SYLWIA	7176		MILICZ	POL	MASTERS K - 40	15	K 82	00:34:39	00:55:08	01:30:08.45	01:30:14.55	9:00	6.7
16	MROCZKIEWICZ KLAUDIA	7034	VEGERUNNERS	WROCŁAW	POL	MASTERS K - 40	16	K 85	00:32:34	00:53:26	01:30:30.20	01:30:40.15	9:03	6.6
17	NIEMAS ANNA	7248	OYAMA KARATE BRZESZCZE	BŁĄŻEJOWICE	POL	MASTERS K - 40	17	K 87	00:34:14	00:55:19	01:30:25.65	01:30:55.00	9:02	6.6
18	MARCINKOWSKA KATARZYNA	7283	LADY AEROBIK NYSA	NYSA	POL	MASTERS K - 40	18	K 90	00:33:30	00:54:29	01:30:31.05	01:31:08.45	9:03	6.6
19	PALUSIŃSKA AGNIESZKA	7317	LOVELASY	POLICE	POL	MASTERS K - 40	19	K 100	00:34:40	00:56:10	01:32:31.30	01:32:45.65	9:15	6.5
20	OSTROWSKA-NABIAŁCZYK AGNIESZKA	7287	1976	OŁAWA	POL	MASTERS K - 40	20	K 101	00:33:11	00:53:16	01:32:35.85	01:32:45.95	9:15	6.5
21	PAKUŁA BEATA	7353		KROSNO ODRZAŃSKIE		MASTERS K - 40	21	K 104	00:34:33	00:55:53	01:33:14.90	01:33:16.60	9:19	6.4
22	WINNICKA ANNA	7414		ŻARY		MASTERS K - 40	22	K 106	00:34:34	00:55:48	01:33:10.55	01:33:21.75	9:19	6.4
23	WYSMOLIŃSKA KAROLINA	7362		BIERNATKI		MASTERS K - 40	23	K 112	00:35:07	00:57:03	01:34:21.10	01:34:34.55	9:26	6.4
24	ŻYŻA MAGDALENA	7226	MAAGNUS TEAM SKOKOWA	SKOKOWA	POL	MASTERS K - 40	24	K 113	00:36:11	00:59:09	01:34:48.85	01:35:27.80	9:28	6.3
25	HAJDA OLGA	7238		BYTOM	POL	MASTERS K - 40	25	K 118	00:36:06	00:59:10	01:36:44.30	01:36:52.55	9:40	6.2
26	PIORKOWSKA MONIKA	7295		POZNAŃ	POL	MASTERS K - 40	26	K 124	00:36:42	00:58:52	01:37:29.45	01:37:55.30	9:45	6.2
27	KLIN ANETA	7043		BRZEG	POL	MASTERS K - 40	27	K 135	00:36:50	01:00:40	01:41:32.45	01:41:58.00	10:09	5.9
28	PODOLSKA-SZACHEWICZ JULITA	7056	JEŻOZWIERZE GROUP	WROCŁAW	POL	MASTERS K - 40	28	K 141	00:38:52	01:02:32	01:42:48.75	01:43:29.40	10:16	5.8
29	MACUR AGNIESZKA	7223		PŁOSZCZYNA	POL	MASTERS K - 40	29	K 145	00:37:35	01:01:18	01:44:42.50	01:45:22.55	10:28	5.7
30	MIKOŁAJCZAK MAGDALENA	7137		ŻORY	POL	MASTERS K - 40	30	K 146	00:40:40	01:04:33	01:45:18.00	01:46:03.15	10:31	5.7
31	DADAŚ ELŻBIETA	7048	NIGHT RUNNERS GLIWICE	GLIWICE	POL	MASTERS K - 40	31	K 147	00:37:46	01:01:23	01:45:42.85	01:46:05.45	10:34	5.7

**BIEG TROJAK TRAIL - 10 KM, Masters K - 40 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
32	BOBIN ANNA	7019		GORZÓW WLKP.	POL	MASTERS K - 40	32	K 148	00:39:36	01:03:00	01:46:02.75	01:46:11.75	10:36	5.7
33	OLESZCZAK AGNIESZKA	7343			NIG	MASTERS K - 40	33	K 150	00:35:58	00:59:13	01:46:15.50	01:46:39.65	10:37	5.6
34	KRUK ANNA	7280		POZNAŃ	POL	MASTERS K - 40	34	K 151	00:38:21	01:02:56	01:46:25.75	01:46:52.05	10:38	5.6
35	CHOJNOWSKA BARBRA	7016	PUSIA TEAM	ŁAWA	POL	MASTERS K - 40	35	K 152	00:39:45	01:04:16	01:48:06.00	01:48:53.55	10:48	5.6
36	PODJUK KINGA	7085		GOSTYŃ	POL	MASTERS K - 40	36	K 158	00:41:04	01:06:47	01:51:40.40	01:51:48.95	11:10	5.4
37	KAZUŚ-OLESIŃSKA MAŁGORZATA	7396		ZABRZE		MASTERS K - 40	37	K 164	00:45:11	01:14:16	01:59:43.50	02:00:07.70	11:58	5
38	PRZYBYLSKA MAGDALENA	7099		OPOLE	POL	MASTERS K - 40	38	K 167	00:46:04	01:13:39	02:01:29.15	02:02:05.30	12:08	4.9
39	WIERCIOCH IWONA	7430		LUBIN		MASTERS K - 40	39	K 170	00:47:29	01:15:18	02:04:38.55	02:04:53.20	12:27	4.8
40	KOWALCZYK ILONA	7395		WRZEŚNICA		MASTERS K - 40	40	K 172	00:44:49	01:14:13	02:05:33.10	02:05:58.60	12:33	4.8
41	CZAPSKA IZABELA	7093	SONKOTEAM	WROCLAW	POL	MASTERS K - 40	41	K 173	00:39:29	01:10:24	02:06:53.95	02:07:08.75	12:41	4.7
42	PAWŁOWSKA DANUTA	7359		WARSZAWA		MASTERS K - 40	42	K 175	00:46:04	01:16:19	02:13:25.00	02:13:48.05	13:20	4.5
43	STELMACH ELŻBIETA	7246		NOWA RUDA	POL	MASTERS K - 40	43	K 178	00:52:38	01:23:35	02:27:52.70	02:28:23.10	14:47	4.1
44	RÓZEK AGNIESZKA	7333	MUAY RUNNING TEAM	POZNAŃ	POL	MASTERS K - 40	44	K 181	00:56:08	01:29:22	02:28:41.95	02:29:30.40	14:52	4

**BIEG TROJAK TRAIL - 10 KM, Masters M - 40**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
1	SKROBAŁA DARIUSZ	7391		BOLECHOWO		MASTERS M - 40	1	M 14	00:20:28	00:31:41	00:51:51.00	00:51:54.25	5:11	11.6
2	KAZIMIERCZAK RAFAŁ	7286	-	BRZEZINY	POL	MASTERS M - 40	2	M 15	00:19:27	00:31:24	00:51:59.25	00:52:01.35	5:11	11.5
3	OLSZEWSKI TOMEK	7282		MOSINA	POL	MASTERS M - 40	3	M 33	00:23:57	00:37:06	00:59:10.45	00:59:22.70	5:55	10.1
4	DATA TOMASZ	7318	HRMAX ŻORY	ŻORY	POL	MASTERS M - 40	4	M 41	00:24:26	00:37:29	01:00:47.70	01:01:33.75	6:04	9.9
5	ZERBST JACEK	7215	NKB CHYŻY NOWY TOMYŚL	NOWY TOMYŚL	POL	MASTERS M - 40	5	M 43	00:23:40	00:37:41	01:02:06.05	01:02:18.75	6:12	9.7
6	WUJDA MIROSLAW	7054	ERNI RULEZ	DĘBNO	POL	MASTERS M - 40	6	M 47	00:23:56	00:38:47	01:03:07.05	01:03:13.45	6:18	9.5
7	BACKER MARCIN	7244	TOPOLICE TEAM	PASIKUROWICE	POL	MASTERS M - 40	7	M 52	00:25:23	00:40:03	01:03:48.20	01:04:09.00	6:22	9.4
8	ŁĄK TOMASZ	7076		WROCLAW	POL	MASTERS M - 40	8	M 53	00:24:52	00:39:03	01:04:53.60	01:04:53.60	6:29	9.2
9	KASPROWSKI ŁUKASZ	7421		KRAPKOWICE		MASTERS M - 40	9	M 54	00:26:47	00:40:58	01:04:49.50	01:05:17.45	6:29	9.3
10	BOCHAN LESŁAW	7344		PIŁA		MASTERS M - 40	10	M 57	00:26:34	00:41:30	01:06:23.45	01:06:36.25	6:38	9
11	KALEMBKIEWICZ PIOTR	7322	MIROTRANS	WROCLAW	POL	MASTERS M - 40	11	M 58	00:41:07		01:06:52.00	01:06:52.00	6:41	9
12	WALENCI MACIEJ	7319		KOWARY	POL	MASTERS M - 40	12	M 59	00:27:02	00:41:35	01:06:55.90	01:07:06.75	6:41	9
13	RYŁ DOMINIK	7216	DZIECI ZŁO PISZKOWICE	NOWA RUDA	POL	MASTERS M - 40	13	M 62	00:27:43	00:42:57	01:08:15.60	01:08:44.15	6:49	8.8
14	GÓRECKI BARTŁOMIEJ	7013	TRIWAWA	WARSZAWA	POL	MASTERS M - 40	14	M 70	00:27:23	00:43:25	01:09:59.55	01:10:15.65	6:59	8.6
15	BARAN JAROSŁAW	7200	TRIACTIV RIDLEY	WROCLAW	POL	MASTERS M - 40	15	M 71	00:26:32	00:41:43	01:09:51.00	01:10:21.45	6:59	8.6
16	LULKA MARCIN	7307		MOSINA	POL	MASTERS M - 40	16	M 78	00:30:09	00:46:25	01:13:10.40	01:13:31.25	7:19	8.2
17	PLATEK DOMINIK	7253		WROCLAW	POL	MASTERS M - 40	17	M 79	00:27:47	00:42:52	01:13:11.25	01:13:35.75	7:19	8.2
18	RYBICKI PRZEMYSŁAW	7031	SBRT WARSZAWA	WARSZAWA	POL	MASTERS M - 40	18	M 85	00:29:49	00:47:21	01:14:59.70	01:15:03.80	7:29	8
19	KISIEL PIOTR	7350		KŁODZKO		MASTERS M - 40	19	M 88	00:27:25	00:43:51	01:15:42.45	01:15:51.75	7:34	7.9
20	BINKOWSKI MARCIN	7308	EMERYCI I RENCISCI	MOSINA	POL	MASTERS M - 40	20	M 92	00:30:55	00:48:21	01:15:48.05	01:16:09.45	7:34	7.9
21	RUTKOWSKI KRZYSZTOF	7157	CSAIU	GŁOGOWO	POL	MASTERS M - 40	21	M 93	00:28:29	00:45:50	01:16:10.55	01:16:15.00	7:37	7.9
22	TADROWSKI TOMASZ	7103		INOWROCLAW	POL	MASTERS M - 40	22	M 94	00:29:33	00:47:50	01:15:45.60	01:16:20.15	7:34	7.9
23	KONDRAKIEWICZ RAFAŁ	7252	KB HARCOWNIK JELCZ-LASKOWICE	MIŁOSZYCE	POL	MASTERS M - 40	23	M 96	00:30:50	00:48:09	01:16:07.80	01:16:27.95	7:36	7.9
24	LECH MACIEJ	7162	CARVING SKI LUBIN	LUBIN	POL	MASTERS M - 40	24	M 98	00:30:06	00:47:54	01:16:10.55	01:16:34.10	7:37	7.9
25	BIELAWA MACIEJ	7102	NKB CHYŻY NOWY TOMYŚL	NOWY TOMYŚL	POL	MASTERS M - 40	25	M 99	00:29:12	00:46:43	01:16:35.15	01:16:47.25	7:39	7.8
26	ŁOPATA MICHAŁ	7171		CHORZÓW	POL	MASTERS M - 40	26	M 102	00:30:21	00:48:00	01:16:47.70	01:17:23.15	7:40	7.8
27	WOZNAK DAMIAN	7021	26.2	LESZNO	POL	MASTERS M - 40	27	M 104	00:32:16	00:32:21	01:17:02.75	01:17:34.60	7:42	7.8
28	KLUSEK MACIEJ	7185		OBORNIKI ŚLĄSKIE	POL	MASTERS M - 40	28	M 105	00:29:33	00:48:09	01:17:43.20	01:17:49.50	7:46	7.7
29	KRYCH RAFAŁ	7184		CZMOŃ	POL	MASTERS M - 40	29	M 107	00:29:35	00:47:43	01:18:16.20	01:18:21.55	7:49	7.7
30	KOLAŃSKI BARTOSZ	7153	RUN FOR JFK	POZNAŃ	POL	MASTERS M - 40	30	M 110	00:28:34	00:47:38	01:20:15.25	01:20:54.15	8:01	7.5
31	NAGLER TOMASZ	7477		KAMIONKI		MASTERS M - 40	31	M 114	00:30:46	00:48:39	01:22:43.15	01:23:50.30	8:16	7.3
32	GAJKOWSKI ANDRZEJ	7143	ENDORFINY WĄSOSZ	WIEWIERZ	POL	MASTERS M - 40	32	M 116	00:33:19	00:53:32	01:23:24.45	01:24:00.05	8:20	7.2
33	ŁUCZYWEK WALDEMAR	7258		MŚCIWOJÓW	POL	MASTERS M - 40	33	M 122	00:32:56	00:52:43	01:25:12.60	01:25:16.85	8:31	7
34	BALICKI JAKUB	7388	ASAP RUNNERS	ŁÓDŹ		MASTERS M - 40	34	M 125	00:33:12	00:53:40	01:24:53.30	01:25:45.75	8:29	7.1
35	GAJDECKI TOMASZ	7383	ACCENTURE	WARSZAWA		MASTERS M - 40	35	M 130	00:34:26	00:55:14	01:26:36.45	01:27:20.65	8:39	6.9
36	MICHALSKI TOMASZ	7017	WKURW_TEAM	BOLESŁAWIEC	POL	MASTERS M - 40	36	M 136	00:33:50	00:53:33	01:28:10.00	01:28:42.25	8:49	6.8
37	KORNAŚ MARCIN	7003	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	ZĄBKOWICE ŚLĄSKIE	POL	MASTERS M - 40	37	M 138	00:32:26	00:52:22	01:29:12.00	01:29:34.00	8:55	6.7
38	WIERCIOCH SŁAWOMIR	7429		LUBIN		MASTERS M - 40	38	M 139	00:33:21	00:53:45	01:29:35.25	01:29:51.15	8:57	6.7

**BIEG TROJAK TRAIL - 10 KM, Masters M - 40 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
39	RAPACZ ARKADIUSZ	7239	SPEEDO POLSKA	KNURÓW	POL	MASTERS M - 40	39	M 144	00:33:36	00:55:18	01:31:32.10	01:31:47.40	9:09	6.6
40	SZOPA MAREK	7433		GORZÓW		MASTERS M - 40	40	M 146	00:33:45	00:55:20	01:31:16.10	01:32:03.55	9:07	6.6
41	CIEPLY JACEK	7400		OŁAWA		MASTERS M - 40	41	M 148	00:33:24	00:54:58	01:32:36.10	01:32:46.95	9:15	6.5
42	BUSZKA ŁUKASZ	7417	ZAŁOGA GÓRSKA	WOŁÓW		MASTERS M - 40	42	M 149	00:35:50	00:58:19	01:32:43.60	01:33:02.30	9:16	6.5
43	SIEDLECKI MARCIN	7387		WEJHEROWO		MASTERS M - 40	43	M 150	00:34:51	00:55:53	01:33:16.65	01:33:17.15	9:19	6.4
44	HEREMZA ADAM	7367		DUBLIN		MASTERS M - 40	44	M 151	00:34:20	00:55:32	01:32:59.55	01:33:31.65	9:17	6.5
45	SOKOŁOWSKI MACIEJ	7001		ŁĄDEK ZDRÓJ	POL	MASTERS M - 40	45	M 154	00:35:45	00:58:30	01:34:37.95	01:35:24.50	9:27	6.3
46	STENCEL KRZYSZTOF	7339		WARSZAWA	POL	MASTERS M - 40	46	M 164	00:38:44	01:01:09	01:40:44.15	01:41:34.65	10:04	6
47	LULA RADOSŁAW	7077		WARSZAWA	POL	MASTERS M - 40	47	M 165	00:34:51	00:58:03	01:41:11.95	01:41:50.55	10:07	5.9
48	SIENKIEWICZ PIOTR	7201		WARSZAWA	POL	MASTERS M - 40	48	M 169	00:39:31	01:03:14	01:44:01.90	01:44:28.25	10:24	5.8
49	DEC ARTUR	7090	ERNI RULEZ	DĘBNO	POL	MASTERS M - 40	49	M 170	00:42:31	01:04:51	01:44:17.30	01:44:54.15	10:25	5.8
50	CZAPSKI WOJCIECH	7254		WROCŁAW	POL	MASTERS M - 40	50	M 179	00:38:59	01:10:23	02:06:53.45	02:07:09.15	12:41	4.7

**BIEG TROJAK TRAIL - 10 KM, Weteran K - 50**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
1	GRABIŃSKA GIZELA	7292	ZAŁOGA GÓRSKA	WARSZAWA+WESOŁA		WETERAN K - 50	1	K 13	00:26:54	00:42:26	01:08:42.50	01:08:46.85	6:52	8.7
2	WRANIK SABINA	7245		BYSTRA	POL	WETERAN K - 50	2	K 15	00:27:44	00:43:12	01:09:22.85	01:09:34.60	6:56	8.6
3	LUBAŃSKA ALICJA	7178	SSW TEAM KROŚNICE	BUKOWICE	POL	WETERAN K - 50	3	K 43	00:30:15	00:48:51	01:20:27.90	01:20:32.80	8:02	7.5
4	MRÓZ URSZULA	7121		STRONIE ŚL	POL	WETERAN K - 50	4	K 58	00:34:56	00:54:18	01:25:06.05	01:25:19.85	8:30	7.1
5	ZASŁAWSKA KATARZYNA	7419	ZAKOCHAJ SIĘ W BIEGANIU			WETERAN K - 50	5	K 73	00:34:03	00:54:46	01:28:30.55	01:28:49.25	8:51	6.8
6	MARCINKIEWICZ MARTA	7228	MATNER RUNNING TEAM	WROCŁAW	POL	WETERAN K - 50	6	K 95	00:36:05	00:58:30	01:31:39.40	01:32:06.60	9:09	6.5
7	KOPACZYŃSKA EWA	7150		STARA BYSTRZYCA	POL	WETERAN K - 50	7	K 165	00:42:48	01:11:17	02:01:35.40	02:01:42.45	12:09	4.9
8	WOLENTARSKA ALICJA	7159		BRZOZA	POL	WETERAN K - 50	8	K 171	00:44:45	01:13:33	02:04:34.40	02:05:00.85	12:27	4.8

**BIEG TROJAK TRAIL - 10 KM, Weteran I M - 50**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
1	JANIUK JAROSŁAW	7372		BIĄŁYSTOK		WETERAN I M - 50	1	M 34	00:23:18	00:36:41	00:59:43.75	00:59:49.30	5:58	10
2	BUDZIŃSKI KRZYSZTOF	7424	STOWARZYSZENIE SPORTOWE FENIKS PRZY EL. OPOLE	OPOLE		WETERAN I M - 50	2	M 49	00:25:21	00:39:40	01:03:48.60	01:03:56.45	6:22	9.4
3	KOTYSZ WALDEMAR	7380				WETERAN I M - 50	3	M 51	00:26:21	00:40:27	01:03:57.20	01:04:08.50	6:23	9.4
4	WRANIK MIROŚLAW	7243		BYSTRA	POL	WETERAN I M - 50	4	M 56	00:26:12	00:40:50	01:06:19.55	01:06:32.25	6:38	9
5	GAWĘŁKO JANUSZ	7440		GLIWICE		WETERAN I M - 50	5	M 66	00:28:07	00:44:00	01:08:21.45	01:09:04.30	6:50	8.8
6	ABULEWICZ WOJCIECH	7398	TRENING STUDIO 17	WROCŁAW		WETERAN I M - 50	6	M 100	00:28:51	00:45:51	01:16:53.70	01:16:56.45	7:41	7.8
7	SZYMAŃSKI DAMIAN	7349	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	DOLASZEWO		WETERAN I M - 50	7	M 108	00:30:35	00:48:24	01:20:33.10	01:20:40.60	8:03	7.4
8	ANTKOWIAK MIROŚLAW	7276		KROSNO ODRZAŃSKIE	POL	WETERAN I M - 50	8	M 119	00:29:21	00:48:50	01:24:29.70	01:24:40.70	8:26	7.1
9	GALEWSKI MARIUSZ	7364		KOTLIN		WETERAN I M - 50	9	M 129	00:32:41	00:52:40	01:27:05.65	01:27:19.85	8:42	6.9
10	JOŃCZYK JERZY	7117	BRAK	ŁĄDEK ZDRÓJ	POL	WETERAN I M - 50	10	M 137	00:33:54	00:54:29	01:28:12.60	01:28:44.55	8:49	6.8
11	IMIŃSKI CEZARY	7092		ZGIERZ	POL	WETERAN I M - 50	11	M 155	00:37:04	00:59:48	01:36:13.75	01:36:18.75	9:37	6.2
12	PYTA GRZEGORZ	7198	NIEZRZESZONY	GRODZISK WLKP.	POL	WETERAN I M - 50	12	M 157	00:36:35	00:59:03	01:36:41.15	01:37:23.35	9:40	6.2
13	FUCHS DARIUSZ	7379	TEAM KURORT ŁĄDEK ZDRÓJ	ŁĄDEK ZDRÓJ		WETERAN I M - 50	13	M 160	00:35:53	00:57:17	01:38:22.70	01:39:03.55	9:50	6.1
14	KAUS SŁAWOMIR	7267	AKINARI TEAM	POZNAŃ	POL	WETERAN I M - 50	14	M 172	00:38:54	01:02:31	01:45:02.55	01:45:41.05	10:30	5.7
15	PASZKE TOMASZ	7357		GÓRZNO		WETERAN I M - 50	15	M 177	00:41:58	01:08:53	01:58:32.95	01:59:18.70	11:51	5.1
16	SŁUPCZYŃSKI MIROŚLAW	7091		DĘBNO	POL	WETERAN I M - 50	16	M 180	00:45:45	01:16:25	02:09:54.10	02:10:22.00	12:59	4.6
17	MADERA BOGDAN	7186		ŚWIDNICA	POL	WETERAN I M - 50	17	M 183	00:51:43	01:28:11	02:25:42.95	02:26:29.10	14:34	4.1
18	WINIARSKI ROBERT	7039		LEGNICA	POL	WETERAN I M - 50	18	M 187	00:46:13	01:28:31	02:42:18.50	02:42:50.30	16:13	3.7



**BIEG TROJAK TRAIL - 10 KM, Weteran II K - 60**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
1	KOWALCZYK JOANNA	7095		KRAKÓW	POL	WETERAN II K - 60	1	K 96	00:34:54	00:56:34	01:32:07.80	01:32:17.90	9:12	6.5
2	RAPACZ DANUTA	7101	ANMAR	STRONIE ŚLĄSKIE	POL	WETERAN II K - 60	2	K 105	00:34:53	00:56:43	01:33:07.65	01:33:18.05	9:18	6.4
3	KWIATKOWSKA BARBARA	7119		WOJNOWICE	POL	WETERAN II K - 60	3	K 168	00:42:45	01:10:03	02:02:53.50	02:03:37.40	12:17	4.9
	BAKOWSKA MARIA	7381	ZAŁOGA GÓRSKA	GNIEZNO		WETERAN II K - 60			00:55:16	DNF	DNF	DNF	-	-
									DNF					

**BIEG TROJAK TRAIL - 10 KM, Weteran II M - 60**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
1	SYSUŁA JANUSZ	7371		BIAŁYSTOK		WETERAN II M - 60	1	M 64	00:26:43	00:41:54	01:08:52.00	01:08:56.65	6:53	8.7
2	IWAŃSKI JÓZEF	7140		KRAPKOWICE	POL	WETERAN II M - 60	2	M 97	00:28:40	00:45:51	01:16:14.30	01:16:28.75	7:37	7.9
3	BRZEZIŃSKI ANDRZEJ	7425		OLKUSZ		WETERAN II M - 60	3	M 124	00:32:32	00:51:12	01:25:34.95	01:25:42.35	8:33	7
4	KOWALCZYK TADEUSZ	7094		KRAKÓW	POL	WETERAN II M - 60	4	M 131	00:31:52	00:51:08	01:27:30.30	01:27:41.00	8:45	6.9
5	FLORCZAK ZDZISŁAW	7199	MATNER RUNNING TEAM	WROCŁAW	POL	WETERAN II M - 60	5	M 132	00:33:38	00:54:00	01:27:34.55	01:27:44.65	8:45	6.9
6	KWIECIEŃ ZBIGNIEW	7412		TYCHY		WETERAN II M - 60	6	M 133	00:35:26	00:56:31	01:27:17.00	01:27:59.85	8:43	6.9
7	JASICKI JULIAN	7023	STROŃSKA GRUPA ROWEROWA	ŁĄDEK-ZDRÓJ	POL	WETERAN II M - 60	7	M 135	00:32:20	00:51:29	01:28:22.00	01:28:41.75	8:50	6.8
8	DEC ZBIGNIEW	7418		DĘBNO		WETERAN II M - 60	8	M 188	00:48:26	01:29:21	02:43:39.40	02:44:06.95	16:21	3.7

**BIEG TROJAK TRAIL - 10 KM, Weteran III K - 70**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
1	HACZYK GABRIELA	7382	ZAŁOGA GÓRSKA	OPOLE		WETERAN III K - 70	1	K 162	00:40:57	01:07:17	01:56:08.35	01:56:51.80	11:36	5.2

**BIEG TROJAK TRAIL - 10 KM, Weteran III M - 70**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
1	SZYMAŁA JAN	7207		KLUCZBORK	POL	WETERAN III M - 70	1	M 167	00:38:40	01:02:30	01:42:49.40	01:43:18.75	10:16	5.8