

**GOLDEN MOUNTAINS TRAIL - 33 KM**

Organizator: Fundacja MARATONY GÓRSKIE  
 Data: 2020-07-16  
 Miejsce: Łądek-Zdrój  
 Dystans: 33 km  
 Klasyfikacja wg czasów netto.

**GOLDEN MOUNTAINS TRAIL - 33 KM, OPEN**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	9km	16km	24km	Netto	min/km	km/h
1	PRZEDWOJEWSKI BARTŁOMIEJ	6314	TEAM SALOMON	WROCŁAW	POL	SENIOR I M - 20	1	M 1	00:40:30	01:10:47	01:51:07	02:26:21.00	4:26	13.5
2	RZESZÓTKO MARCIN	6237	BUFF TEAM POLAND	ZAKOPANE	POL	SENIOR II M - 30	1	M 2	00:42:49	01:14:58	01:58:07	02:34:45.20	4:41	12.8
3	ŁOBODZIŃSKI PIOTR	6279	ŁĘKS PREFBET ŚNIADOWO ŁOMŻA	WARSZAWA	POL	SENIOR II M - 30	2	M 3	00:42:56	01:15:45	01:58:47	02:35:18.50	4:42	12.7
4	KUBICA MARCIN	6086	INOV-8 TEAM POLSKA	BIELSKO-BIAŁA	POL	SENIOR I M - 20	2	M 4	00:42:39	01:14:50	01:57:56	02:35:23.90	4:42	12.7
5	MACCEK TOMAS	6288	BUFF/SALOMON TEAM	OSTRAVA	FRA	SENIOR I M - 20	3	M 5	00:45:15	01:20:36	02:01:06	02:43:04.85	4:56	12.1
6	DOMBROWSKI MACIEJ	6337	ATTIQ TEAM	KRAKÓW	POL	SENIOR II M - 30	3	M 6	00:45:41	01:19:47	02:01:11	02:47:20.10	5:04	11.8
7	BRÝDL PAVEL	6209	SALOMON/SUUNTO - MUAY RUNNING TEAM	TRUTNOV	CZE	MASTERS M - 40	1	M 7	00:44:54	01:19:55	02:01:07	02:48:10.85	5:05	11.8
8	HÜBL RADEK	6301	RUNSPORT / SALOMON TEAM	ÚSTÍ NAD ORLICÍ	CZE	SENIOR II M - 30	4	M 8	00:46:54	01:22:17	02:01:33	02:48:20.25	5:06	11.8
9	GLAPIAK DAMIAN	6027	ADRUNALINE	BUCZ	POL	MASTERS M - 40	2	M 9	00:45:42	01:21:30	02:02:10	02:48:59.90	5:07	11.7
10	MAREK DARIUSZ	6291	MONK SANDALS TEAM	KRAKÓW	CZE	SENIOR II M - 30	5	M 10	00:46:06	01:21:54		02:49:30.95	5:08	11.7
11	KRUPIĆKA ROBERT	6310	SALOMON TEAM CZ	CHOCEŃ	CZE	MASTERS M - 40	3	M 11	00:45:40	01:18:42		02:51:10.80	5:11	11.6
12	BORAK MARTIN	6390	V12 TEAM	LIBINA	POL	SENIOR II M - 30	6	M 12	00:49:37	01:27:22	02:09:33	02:57:22.70	5:22	11.2
13	HĽAVATÍK JAN	6096	PIVOVAR KONÍČEK	FRÝDEK-MÍSTEK	CZE	SENIOR II M - 30	7	M 13	00:50:27	01:30:01	02:13:06	02:59:05.35	5:25	11.1
14	CZERNAK PAWEŁ	6079		SOSNOWKA	CZE	SENIOR II M - 30	8	M 14	00:47:47	01:25:31	02:09:03	02:59:18.00	5:26	11
15	KALNINS GVIDO	6382	SALOMON LATVIA   SUUNTO LATVIA	CESIS	LAT	SENIOR I M - 20	4	M 15	00:49:17	01:27:03	02:11:13	02:59:41.35	5:26	11
16	PASIK TOMASZ	6334		WOLSZTYN	POL	MASTERS M - 40	4	M 16	00:50:01	01:28:56	02:11:56	03:00:35.25	5:28	11
17	RABIEJ PAWEŁ	6220	GRUPA PRO	WARSZAWA	POL	SENIOR II M - 30	9	M 17	00:52:28	01:29:53	02:15:41	03:01:10.90	5:29	10.9
18	ONDRUCH ADAM	6307		POLERADY	CZE	SENIOR II M - 30	10	M 18	00:49:46	01:27:22	02:11:47	03:01:59.45	5:30	10.9
19	KANTOR MARTYNA	6380	BUFF TEAM POLAND	KRAKOW	POL	SENIOR II K - 30	1	K 1	00:51:48	01:30:46	02:15:54	03:07:24.45	5:40	10.6
20	GARNIEWICZ MATEUSZ	6207	WSN POZNAŃ	POZNAŃ	POL	SENIOR II M - 30	11	M 19	00:54:24	01:36:21	02:20:44	03:09:39.80	5:44	10.4
21	TRACZ PAULINA	6223	SALCO GARMIN TEAM	JAROSŁAW	POL	SENIOR II K - 30	2	K 2	00:51:08	01:32:46	02:20:08	03:10:43.30	5:46	10.4
22	SOLIŃSKA KATARZYNA	6359	SALOMON SUUNTO TEAM POLAND	KRAKÓW	POL	SENIOR II K - 30	3	K 3	00:55:12	01:36:06	02:20:49	03:11:12.40	5:47	10.4
23	GAZDA VÍTĚZSLAV	6042		DIVIŠOV	CZE	MASTERS M - 40	5	M 20	00:52:46	01:32:56	02:21:30	03:16:23.55	5:57	10.1
24	SZPULARZ ADAM	6156	CRAZY RUNNERS	KĄTY WROCŁAWSKIE	GBR	SENIOR II M - 30	12	M 21	00:54:46	01:35:46	02:22:50	03:16:26.30	5:57	10.1
25	DZALBS EDJS	6320	SCOTT RUNNING LATVIA   SUUNTO LATVIA   LATVIA TRAILRACE	CĒSIS	LAT	SENIOR I M - 20	5	M 22	00:52:45	01:33:23	02:18:16	03:18:34.80	6:01	10
26	KŁOSOWSKI DANIEL	6182	BBŻ WAŁBRZYCH	WAŁBRZYCH	POL	SENIOR II M - 30	13	M 23	00:54:46	01:35:04	02:22:16	03:18:38.35	6:01	10
27	KORPAŁSKI TOMASZ	6029	STAJNIA BALONA	GDAŃSK	POL	SENIOR II M - 30	14	M 24	00:57:51	01:39:34	02:25:53	03:19:25.40	6:02	9.9
28	SIERADZKI KRZYSZTOF	6244	PRZEDWOJEWSKI MOUNTAIN TEAM	WARSZAWA	POL	SENIOR II M - 30	15	M 25	00:54:31	01:37:49	02:25:21	03:19:39.80	6:03	9.9
29	GARNEK PIOTR	6166	VEGE RUNNERS	WROCŁAW	POL	MASTERS M - 40	6	M 26	00:55:08		02:25:18	03:21:06.15	6:05	9.8
30	ROSKOSZ BARTOSZ	6035	JELCZ TRIATHLON PROJECT	MIŁOSZYCE	POL	SENIOR II M - 30	16	M 27	00:53:47	01:36:24	02:24:05	03:21:19.45	6:06	9.8
31	KNAP MATEUSZ	6377	DYNAFIT / TUTTU.PL	KATOWICE	POL	SENIOR I M - 20	6	M 28	00:52:46	01:34:31	02:23:50	03:23:18.55	6:09	9.7
32	SZOPA ŁUKASZ	6228	KARKONOSZ RUNNING TEAM	DOBRA	POL	MASTERS M - 40	7	M 29	00:56:04	01:39:51	02:28:10	03:23:46.45	6:10	9.7
33	MORAWA MATEUSZ	6348	LACHO TEAM	RADZISZÓW	POL	MASTERS M - 40	8	M 30	00:58:07	01:42:10	02:30:48	03:24:44.30	6:12	9.7
34	SOKOŁOWSKI MAREK	6095	ALPIN SPORT HOKA ONE ONE TEAM	MYSŁOWICE-WESOŁA	POL	WETERAN I M - 50	1	M 31	00:57:16	01:41:18	02:29:19	03:25:32.90	6:13	9.6
35	KAŻMIERCZYK ADAM	6342		KATOWICE	POL	SENIOR II M - 30	17	M 32	00:57:51	01:40:51	02:27:52	03:26:02.80	6:14	9.6
36	IRLIK LUCJAN	6373		ŚWIERKLANIEC	POL	SENIOR I M - 20	7	M 33	00:57:12	01:40:23	02:28:26	03:26:07.65	6:14	9.6
37	BAKALARZ EMIL	6196	ULTRA ALPACAS TEAM	WROCŁAW	POL	SENIOR II M - 30	18	M 34	00:56:56	01:41:35	02:30:32	03:28:35.10	6:19	9.5
38	KOTKOWSKI PIOTR	6287	DRUŻYNA SZPIKU / MARATONYPOLSKIE TEAM	POZNAŃ	POL	MASTERS M - 40	9	M 35	00:57:12	01:38:22	02:30:14	03:34:02.00	6:29	9.3
39	MOSZKOWICZ PAWEŁ	6319	NAVIGATOR/WAWEL KRAKÓW	KARNIOWICE	POL	WETERAN I M - 50	2	M 36	00:58:10	01:42:12	02:33:18	03:34:15.60	6:29	9.2
40	ŁĘŻNIAK ALEKSANDER	6300	MONK SANDALS TEAM	SOBÓTKA	POL	SENIOR II M - 30	19	M 37	01:00:52	01:44:27	02:35:15	03:35:14.05	6:31	9.2
41	WERNER KAMIL	6055	BIEGAM NA TARCHOMINIE	WARSZAWA	POL	SENIOR II M - 30	20	M 38	00:58:44	01:42:38	02:33:26	03:36:28.10	6:33	9.1
42	KARWACKI MACIEJ	6253		KAMIENNA GÓRA	POL	SENIOR I M - 20	8	M 39	00:58:41	01:44:06	02:35:12	03:36:40.95	6:33	9.1
43	UMAÑA DIEGO	6164	CENTRUM REHABILITACJI FUNKCJONALNEJ SOWA	BARILOCHE	ARG	SENIOR II M - 30	21	M 40	00:59:48		02:36:59	03:38:58.80	6:38	9



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M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	9km	16km	24km	Netto	min/km	km/h
99	STROZEK BARTEK	6264		WROCLAW	POL	MASTERS M - 40	20	M 90	01:07:37	01:55:51	02:57:19	04:11:15.00	7:36	7.9
100	MAGDA KATARZYNA	6161		RZESZÓW	POL	MASTERS K - 40	2	K 10	01:08:19	02:01:06	03:02:35	04:12:25.30	7:38	7.8
101	POLAŃSKI BARTOSZ	6192		WROCLAW	POL	SENIOR II M - 30	52	M 91	01:04:48	01:55:54	02:55:21	04:14:06.50	7:42	7.8
102	NIKRAŚ LIDIA	6385		KŁODZKO	POL	MASTERS K - 40	3	K 11	01:01:40	01:46:03	02:37:45	04:14:09.95	7:42	7.8
103	GRABOWSKI ARTII	6394		KRAKÓW	POL	MASTERS M - 40	21	M 92	01:06:25	02:00:57	03:01:48	04:14:40.90	7:43	7.8
104	KAYSIEWICZ MACIEJ	6141	NATURAL BORN RUNNERS TEAM	POZNAŃ	POL	MASTERS M - 40	22	M 93	01:06:12	02:01:45	03:01:01	04:15:13.95	7:44	7.8
105	PONIATOWSKI SEWERYN	6034	TEBIA RUNNERS	WROCLAW	POL	SENIOR II M - 30	53	M 94	01:09:55	02:03:00	03:02:16	04:15:26.10	7:44	7.8
106	HACZ PAWEŁ	6386		KROSNO	POL	SENIOR II M - 30	54	M 95	01:09:15	02:01:57	03:01:26	04:15:48.35	7:45	7.7
107	RĘKOSIEWICZ JAKUB	6351	NOVITA	ZIELONA GÓRA	POL	MASTERS M - 40	23	M 96	01:06:17	02:01:31	03:05:11	04:18:01.40	7:49	7.7
108	GRZEGOREK GRZEGORZ	6327	KLUB BIEGACZA KĄTY WROCLAWSKIE	KĄTY WROCLAWSKIE	POL	MASTERS M - 40	24	M 97		01:58:00		04:18:06.35	7:49	7.7
109	BIEGAŃSKI MACIEJ	6242	ORTOSPOT	POZNAŃ	POL	SENIOR II M - 30	55	M 98	01:09:04	02:00:33	03:01:53	04:18:13.55	7:49	7.7
110	WANKIEWICZ KRZYSZTOF	6268		JELCZ-LASKOWICE	POL	MASTERS M - 40	25	M 99	01:10:35		03:05:02	04:18:19.65	7:49	7.7
111	MAKOCKI MICHAŁ	6162	FORMOSA BEARS	SZCZECIN	POL	MASTERS M - 40	26	M 100	01:12:41	02:08:29	03:05:41	04:18:32.20	7:50	7.7
112	MUTRYNOWSKI PIOTR	6155		WROCLAW	POL	MASTERS M - 40	27	M 101	01:14:40	02:06:46	03:11:05	04:18:52.00	7:50	7.6
113	KRZYŚKÓW PIOTR	6012		WROCLAW	POL	SENIOR II M - 30	56	M 102	01:07:12	02:00:06	03:00:58	04:19:02.65	7:50	7.6
114	KILIAN MATEUSZ	6078	JÓZEFIŃSKA TEAM	KRAKÓW	POL	SENIOR II M - 30	57	M 103	01:01:24	01:48:59	02:53:18	04:20:33.80	7:53	7.6
115	KONICA KARINA	6254		ZDZIESZOWICE	POL	SENIOR I K - 20	1	K 12	01:14:43	02:10:43	03:07:50	04:20:41.45	7:54	7.6
116	PODWOJCI MICHAŁ	6265	#BIEGAIJZESLAWKIEM	SKORZEWO	POL	SENIOR II M - 30	58	M 104	01:08:43	01:59:40	03:08:06	04:22:11.40	7:56	7.6
117	HOFMAN JAKUB	6339		WARSZAWA	POL	MASTERS M - 40	28	M 105	01:09:50		03:08:03	04:22:11.80	7:56	7.6
118	WALCZAK ADELA	6363	CURLING ŁÓDŹ	ŁÓDŹ	POL	SENIOR II K - 30	9	K 13	01:13:59	02:09:48	03:10:25	04:22:35.80	7:57	7.5
119	MAĆKOWSKI MATEUSZ	6065	NATURAL BORN COFFEE LOVERS	POZNAŃ	POL	MASTERS M - 40	29	M 106	01:13:10	02:09:24	03:11:20	04:23:07.80	7:58	7.5
120	SOKOLOWSKI ADAM	6030		WROCLAW	POL	SENIOR II M - 30	59	M 107	01:06:26	02:00:36	03:04:40	04:25:32.90	8:02	7.5
121	CAKAŁA ZUZANNA	6343	ZAŁOGA GÓRSKA	LUBIN	POL	SENIOR I K - 20	2	K 14	01:11:21	02:05:21	03:10:40	04:26:05.15	8:03	7.4
122	SWATOWSKI TOMASZ	6326	KLUB BIEGACZA KĄTY WROCLAWSKIE	KĄTY WROCLAWSKIE	POL	SENIOR II M - 30	60	M 108	01:07:20	01:57:41	03:12:51	04:26:33.55	8:04	7.4
123	JÓZWIAK MICHAŁ	6372		KÓRNIK	POL	MASTERS M - 40	30	M 109	01:12:42	02:05:45	03:07:21	04:27:28.30	8:06	7.4
124	KUBAS KRYSZTIAN	6101	PRUSZCZBIEGA/STRASZYNULTRATEAM	PRUSZCZ GDANSKI	POL	SENIOR II M - 30	61	M 110	01:12:17	02:08:00	03:03:08	04:27:39.40	8:06	7.4
125	NIKOLIN ANDRZEJ	6121		WROCLAW (WROCLAW-KRZYKI)	POL	SENIOR I M - 20	16	M 111	01:08:42	02:01:26	03:09:20	04:27:59.85	8:07	7.4
126	HOŁYST MARCIN	6379	CENTRUM FORMY 58100	MARCINOWICE	POL	SENIOR II M - 30	62	M 112	01:06:52	02:00:45	03:03:07	04:28:54.40	8:08	7.4
127	NOWAKOWSKI KAROL	6120		JEDLIŃSK	POL	SENIOR II M - 30	63	M 113	01:14:14	02:12:30	03:16:55	04:28:59.00	8:09	7.4
128	ZIELIŃSKI DOMINIK	6329		ŚREM	POL	SENIOR II M - 30	64	M 114	01:10:45	02:06:32	03:10:04	04:30:12.15	8:11	7.3
129	BYCZKOWSKI DARIUSZ	6061		LEGNICA	POL	SENIOR II M - 30	65	M 115	01:12:20	02:06:53	03:10:25	04:30:17.00	8:11	7.3
130	GROZIK MICHAŁ	6176	PORANNI BIEGACZE	GAJKÓW	POL	WETERAN I M - 50	4	M 116	01:08:29	02:03:26	03:08:30	04:30:33.55	8:11	7.3
131	MARECKI GRZEGORZ	6231	KRAPKOWICE BIEGA	KRAPKOWICE	POL	MASTERS M - 40	31	M 117	01:10:11	02:05:29	03:11:10	04:30:43.30	8:12	7.3
132	ORDYNIENEC SŁAWOMIR	6311	KB LEROY MERLIN	ŚWIDNICA	POL	SENIOR I M - 20	17	M 118	01:06:36	01:57:51	02:55:13	04:30:59.20	8:12	7.3
133	WOJTKOWIAK MARTA	6270		WARSZAWA	POL	SENIOR II K - 30	10	K 15	01:16:04	02:12:29	03:14:07	04:31:42.10	8:14	7.3
134	KRUKOWSKI ŁUKASZ	6067	MKS SIECHNICE	GROBLICE	POL	SENIOR II M - 30	66	M 119	01:12:53	02:11:14	03:18:23	04:34:31.75	8:19	7.2
135	POLACZEK DANIEL	6127	IZBICKO W BIEGU	OTMICE	POL	SENIOR I M - 20	18	M 120	01:10:53	02:03:15	03:10:14	04:34:46.70	8:19	7.2
136	WALEŃSKI MACIEJ	6004		PIASKI	POL	SENIOR II M - 30	67	M 121	01:09:45	02:08:30	03:15:27	04:35:29.95	8:20	7.2
137	DREAS JAKUB	6263	WĘDZIKOWSKITEAM / DZIKIE BOBRY	RYBITWY	POL	SENIOR II M - 30	68	M 122	01:13:13	02:09:44	03:16:49	04:35:54.55	8:21	7.2
138	MARIN IRIGARAY ALBERTO	6075		ALMERÍA	ESP	SENIOR II M - 30	69	M 123	01:14:08	02:08:18	03:16:57	04:36:41.20	8:23	7.2
139	PAŻUCHA WOJCIECH	6330		LUSÓWKO	POL	MASTERS M - 40	32	M 124	01:08:50	02:02:45	03:19:24	04:36:58.35	8:23	7.1
140	KOŁODZIEJ MARIUSZ	6054	TMTEAM	LEGNICA	POL	MASTERS M - 40	33	M 125	01:12:10		03:17:45	04:39:18.40	8:27	7.1
141	PÓŁROLNICZAK PAWEŁ	6340		ŁUBNIANY	POL	SENIOR II M - 30	70	M 126	01:20:01	02:19:27	03:19:04	04:40:43.85	8:30	7.1
142	STRZELCZYK WIKTOR	6102	CARPATHIAN RUNNERS	RZESZÓW	POL	SENIOR II M - 30	71	M 127	01:15:46	02:16:47	03:22:13	04:40:50.75	8:30	7.1
143	BARTOSIEWICZ ADAM	6365		GRYFINO	POL	MASTERS M - 40	34	M 128	01:15:48	02:12:19	03:20:10	04:41:23.30	8:31	7
144	GŁÓWKA MACIEJ	6014	ISOFIT.PL	KARWIANY	POL	SENIOR II M - 30	72	M 129	01:18:05		03:25:51	04:41:56.40	8:32	7
145	TALAREK ROBERT	6335	SMT SZCZECIN	SZCZECIN	POL	MASTERS M - 40	35	M 130	01:13:58	02:11:39	03:16:44	04:42:07.35	8:32	7
146	PERENC MICHAŁ	6184	CARPATHIAN RUNNERS	JAROSŁAW	POL	SENIOR I M - 20	19	M 131	01:20:46	02:21:10	03:23:53	04:42:57.15	8:34	7
147	MISIAK ARTUR	6356		STRONIE ŚLĄSKIE	POL	WETERAN I M - 50	5	M 132	01:12:42	02:10:22	03:19:57	04:43:25.65	8:35	7
148	MACHTAŁOWICZ SZYMON	6022		ŁÓDŹ	POL	SENIOR II M - 30	73	M 133	01:16:53	02:17:43	03:25:20	04:43:45.85	8:35	7
149	KRZESZOWIEC JACEK	6077		WROCLAW	POL	MASTERS M - 40	36	M 134	01:13:03	02:11:18	03:20:33	04:43:56.15	8:36	7
150	JAŻWIŃSKI KRZYSZTOF	6098	ROZBIEGANI ŻYCHLIN	ŻYCHLIN	POL	MASTERS M - 40	37	M 135	01:17:03	02:17:47	03:25:30	04:44:12.05	8:36	7
151	ZWOLIŃSKI MARIUSZ	6165		WARSZAWA	POL	MASTERS M - 40	38	M 136	01:12:31	02:10:36	03:17:07	04:44:32.85	8:37	7
152	DUPLA KONRAD	6341		WROCLAW	POL	MASTERS M - 40	39	M 137	01:10:13	02:08:07	03:17:00	04:44:42.95	8:37	7
153	KSIADZ KAROL	6213		KRYRY	POL	SENIOR II M - 30	74	M 138	01:19:21	02:15:21	03:25:17	04:45:06.90	8:38	6.9
154	RYCHLEWICZ TOMASZ	6019		WROCLAW	POL	SENIOR II M - 30	75	M 139	01:10:50	02:08:55	03:22:48	04:45:11.45	8:38	6.9
155	WOJTOWICZ KAROLINA	6338		POZNAŃ	POL	SENIOR II K - 30	11	K 16	01:12:49	02:07:45	03:15:00	04:45:25.95	8:38	6.9





**GOLDEN MOUNTAINS TRAIL - 33 KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	9km	16km	24km	Netto	min/km	km/h
268	LISZKA ELA	6200	JEJKOWICE BIEGAJA	RYBNIK	POL	MASTERS K - 40	19	K 51	01:40:49	02:55:24	04:15:08	05:48:10.70	10:33	5.7
269	ŻURAWIK MARCIN	6322	SAINT GOBAIN SQUAD	KOŁO	POL	MASTERS M - 40	76	M 218	01:36:17	02:44:15	04:02:03	05:48:20.90	10:33	5.7
270	SKÓRA MARCIN	6276	EMES I PARTNERZY	TARNÓW	POL	MASTERS M - 40	77	M 219	01:29:19	02:31:03	04:01:59	05:48:35.35	10:33	5.7
271	NETOLICKY MARTIN	6271		BRNO	CZE	SENIOR II M - 30	104	M 220	01:37:45	02:47:29	04:07:00	05:49:10.85	10:34	5.7
272	SOKOLOWSKA KATARZYNA	6188		WARSZAWA	POL	MASTERS K - 40	20	K 52	01:31:22	02:37:42	04:06:50	05:51:27.50	10:39	5.6
273	SIELIWONIK ANITA	6130		WARSZAWA	POL	MASTERS K - 40	21	K 53	01:32:54	02:39:34	04:01:54	05:51:39.45	10:39	5.6
274	SUŁEK TOMEK	6129		WARSZAWA	POL	MASTERS M - 40	78	M 221	01:33:06		04:02:05	05:51:51.75	10:39	5.6
275	BARAN JĘDRZEJ	6283	HASAJ TO!	SZCZECIN	POL	SENIOR II M - 30	105	M 222	01:32:25	02:40:29	04:03:38	05:52:27.75	10:40	5.6
276	MROZIŃSKI ALBERT	6051		ALEKSANDRÓW ŁÓDZKI	POL	MASTERS M - 40	79	M 223	01:46:03	02:55:57	04:09:23	05:52:38.20	10:41	5.6
277	TKACZ RAFAŁ	6275	HASAJ TO!	SZCZECIN	POL	SENIOR II M - 30	106	M 224	01:32:18	02:40:51	04:03:52	05:52:43.25	10:41	5.6
278	MROZIŃSKA RENATA	6050		ALEKSANDRÓW ŁÓDZKI	POL	MASTERS K - 40	22	K 54	01:46:14	02:56:10	04:09:37	05:52:48.70	10:41	5.6
279	NOWOSAD ARTUR	6289		WOŁÓW	POL	MASTERS M - 40	80	M 225	01:25:01	02:32:32	04:04:44	05:53:50.50	10:43	5.6
280	KOWALCZYK KATARZYNA	6293		IWINY	POL	SENIOR II K - 30	27	K 55	01:40:09	02:51:20	04:18:06	05:54:35.60	10:44	5.6
281	MODRZYŃSKI PRZEMYSŁAW	6149		ELBLĄG	POL	WETERAN I M - 50	11	M 226	01:33:15	02:42:04	04:13:01	05:54:42.20	10:44	5.6
282	SOBKOWIAK SŁAWOMIR	6295	WRONIECKI KLUB BIEGACZA	WRONKI	POL	MASTERS M - 40	81	M 227	01:27:51	02:38:14	04:12:53	05:54:54.05	10:45	5.6
283	SCHLAPPA SEBASTIAN	6124	IZBICKO W BIEGU	IZBICKO	POL	MASTERS M - 40	82	M 228	01:29:37	02:46:35	04:09:09	05:55:05.05	10:45	5.6
284	TRZCINA AGATA	6057		ŚWIDNICA	POL	MASTERS K - 40	23	K 56	01:33:10	02:43:40	04:10:45	05:55:52.90	10:47	5.6
285	TOKARSKI RAFAŁ	6375		KRAKÓW	POL	MASTERS M - 40	83	M 229	01:34:54	02:49:56	04:01:50	05:56:22.55	10:47	5.6
286	TOKARSKA BOŻENA	6374	#ADAMCZERWIŃSKITEAM	KRAKÓW	POL	MASTERS K - 40	24	K 57	01:35:04	02:50:00	04:02:00	05:56:31.30	10:48	5.6
287	WYSZKOLINSKA KAROLINA	6205		BIERNATKI	POL	MASTERS K - 40	25	K 58	01:32:50	02:49:15	04:16:47	05:57:02.70	10:49	5.5
288	GONERA KAZIMIERZ	6002	KB HARCOWNIK JELCZ-LASKOWICE	MIŁOSZYCE	POL	WETERAN II M - 60	6	M 230	01:27:24	02:42:05	04:14:48	06:00:24.15	10:55	5.5
289	CZUPRYŃSKI RAFAŁ	6090		WARSZAWA	POL	SENIOR II M - 30	107	M 231	01:24:20	02:32:40	04:01:11	06:01:25.85	10:57	5.5
290	KAWĘCKA KINGA	6087	ADIDAS RUNNERS	WARSZAWA	POL	MASTERS K - 40	26	K 59	01:44:46	02:58:13	04:17:02	06:01:31.80	10:57	5.5
291	TERKA BARBARA	6068		POZNAŃ	POL	MASTERS K - 40	27	K 60	01:44:56	02:58:32	04:17:12	06:01:42.20	10:57	5.5
292	SEREDA ANDRII	6135		KRAKÓW	POL	SENIOR II M - 30	108	M 232	01:31:51	02:41:47	04:08:15	06:01:49.20	10:57	5.5
293	STASZCZUK JAROSŁAW	6210	WATAHA- ŁĄCZNY NAS BIEGANIE	BRZEG	POL	MASTERS M - 40	84	M 233	01:36:00	02:53:52	04:11:26	06:02:06.40	10:58	5.5
294	CYKOWSKI WOJCIECH	6344	KOMENDA MIEJSKA PAŃSTWOWEJ STRAŻY POŻARNEJ W OPOLU	TUŁOWICE	POL	SENIOR I M - 20	25	M 234	01:29:35	02:44:35	04:03:32	06:02:52.70	10:59	5.5
295	PISULA PAULINA	6345	KLUCZBORSKA GRUPA BIEGOWA	TUŁOWICE	POL	SENIOR II K - 30	28	K 61	01:29:44	02:44:49	04:03:42	06:03:03.40	11:00	5.5
296	NEUMANN BEATA	6043	CENTRUM ŁĄKOWA 1	RADKÓW	POL	WETERAN K - 50	3	K 62	01:37:55	02:55:25	04:25:11	06:03:04.50	11:00	5.5
297	ADAMSKI BARTŁOŚMIJ	6272		MODLNICA	POL	MASTERS M - 40	85	M 235	01:34:52	02:55:24	04:20:22	06:04:58.90	11:03	5.4
298	WALKER STEPHEN	6298		WARSAW	POL	SENIOR I M - 20	26	M 236	01:44:42	03:00:17	04:22:27	06:05:22.00	11:04	5.4
299	ABGAROWICZ MAJA	6299		WARSZAWA	POL	SENIOR II K - 30	29	K 63	01:44:52	03:00:28	06:05:31.00	11:04	5.4	
300	FALENDER ANNA	6058	CENTRUM FORMY 58-100	ŚWIDNICA	POL	MASTERS K - 40	28	K 64	01:33:04	02:51:05	04:19:18	06:05:52.25	11:05	5.4
301	ŁUKASIK BARTŁOŚMIJ	6107		PNIEWY	POL	SENIOR II M - 30	109	M 237	01:40:39	03:01:06	04:25:49	06:06:10.45	11:05	5.4
302	SADOWSKA JUSTYNA	6007		SULEJÓWEK	POL	MASTERS K - 40	29	K 65	01:38:30	02:49:03	04:17:28	06:06:57.15	11:07	5.4
303	KOTNIEWICZ PIOTR	6391		OPOLE	POL	SENIOR I M - 20	27	M 238	01:30:14	02:41:14	04:15:17	06:07:14.15	11:07	5.4
304	PRZYBYLSKI WITEK	6392	MUAY RUNNING TEAM	ZALASEWO	POL	MASTERS M - 40	86	M 239	01:44:37	03:12:13	04:23:21	06:09:07.90	11:11	5.4
305	CICHY ROMAN	6384	MUAY RUNNING TEAM	POZNAŃ	POL	MASTERS M - 40	87	M 240	01:44:49	03:12:16	04:23:31	06:09:17.25	11:11	5.4
306	KAPŁON ANNA	6118		WARSZAWA	POL	MASTERS K - 40	30	K 66	01:37:01	02:58:03	04:23:33	06:11:03.80	11:14	5.3
307	STOŁOWSKI ROBERT	6294	AMICA	WIELEŃ	POL	MASTERS M - 40	88	M 241	01:31:45	02:50:01	04:25:28	06:11:06.95	11:14	5.3
308	KOWALSKI IRENEUSZ	6082		WROCŁAW	POL	WETERAN I M - 50	12	M 242	01:44:43	03:08:45	04:30:36	06:11:33.55	11:15	5.3
309	NAKONECZNA ANNA	6081		WROCŁAW	POL	MASTERS K - 40	31	K 67	01:44:51	03:08:59	04:30:48	06:11:43.50	11:15	5.3
310	KUREK JAROSŁAW	6212	RAJ-D ORZESZE	ORZESZE	POL	MASTERS M - 40	89	M 243	01:30:45	02:50:23	04:21:29	06:12:21.50	11:17	5.3
311	PIÓRKOWSKA JOLANTA	6010	KOŁO BIEGA	KOŁO	POL	MASTERS K - 40	32	K 68	01:35:46	02:49:43	04:23:45	06:14:16.75	11:20	5.3
312	PAWLAK KATARZYNA	6134	KOŁO BIEGA	KOŁO	POL	SENIOR II K - 30	30	K 69	01:35:54	02:43:48	04:12:03	06:14:24.10	11:20	5.3
313	JANKOWSKI RAFAŁ	6103	KOŁO BIEGA	KOŁO	POL	SENIOR II M - 30	110	M 244	01:36:05	02:44:02	04:12:11	06:14:35.20	11:21	5.3
314	HACHOŁ JUSTYNA	6080		WEOCŁAW	POL	SENIOR II K - 30	31	K 70	01:44:57	03:09:11	04:30:58	06:14:45.45	11:21	5.3
315	PLEWA KATARZYNA	6099		STRONIE ŚLĄSKIE	POL	SENIOR II K - 30	32	K 71	01:31:29	02:53:10	04:28:56	06:16:42.90	11:24	5.3
316	FRAŃCZEK MICHAŁ	6091	BNW WROCŁAW	WROCŁAW	POL	MASTERS M - 40	90	M 245	01:30:30	02:50:43	04:28:30	06:18:56.60	11:29	5.2
317	FRUCZ JACEK	6005		SOSNOWIEC	POL	WETERAN I M - 50	13	M 246	01:38:52	02:59:11	04:33:00	06:23:19.35	11:36	5.2
318	PEĆKA BEATA	6106		SOSNOWIEC	POL	MASTERS K - 40	33	K 72	01:39:01	02:59:11	04:33:09	06:23:29.15	11:37	5.2
319	POSIŁA JOANNA	6370		MOSINA	POL	MASTERS K - 40	34	K 73	01:41:53	03:09:03	04:26:40	06:24:12.20	11:38	5.2
320	FEDOROWICZ JOWITA	6304	KOTWICA BRZEG	BRZEG	POL	SENIOR II K - 30	33	K 74	01:43:30	03:10:30	04:44:08	06:24:41.05	11:39	5.1
321	BEDNARSKA-KOZIOŁ DANUTA	6158	WKURW_TEAM	ZIELEŃCICE	POL	MASTERS K - 40	35	K 75	01:43:39	03:10:35	04:44:18	06:24:50.75	11:39	5.1
322	OWCZARZAK DARIA	6248		BYDGOSZCZ	POL	SENIOR II K - 30	34	K 76	01:51:29	03:03:59	04:36:25	06:26:55.80	11:43	5.1
323	ROŻKO PAWEŁ	6131	TORNADO	SZCZECIN	POL	SENIOR II M - 30	111	M 247	01:30:17	02:45:19	04:27:22	06:28:54.50	11:47	5.1

**GOLDEN MOUNTAINS TRAIL - 33 KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	9km	16km	24km	Netto	min/km	km/h
324	JÓZEFIAK MAGDALENA	6064	ASSECO ACTIVE TEAM	OSIELSKO	POL	WETERAN K - 50	4	K 77	01:38:01	03:01:58	04:35:03	06:29:37.85	11:48	5.1
325	MACHTAŁOWICZ BEATA	6024		ŁÓDŹ	POL	SENIOR II K - 30	35	K 78	01:36:43	02:52:34	04:28:42	06:30:36.30	11:50	5.1
326	BARTOSIEWICZ DOROTA	6262		POZNAŃ	POL	SENIOR II K - 30	36	K 79	01:38:46	02:59:46	04:34:36	06:33:59.25	11:56	5
327	ANDRZEJEWSKI ARKADIUSZ	6396		BOGATYNIA	POL	MASTERS M - 40	91	M 248	01:24:33	02:49:13	04:23:11	06:35:12.00	11:58	5
328	IWANIAK ADAM	6238	WIECZORNE BIEGANIE W SZCZECINIE	SZCZECIN	POL	MASTERS M - 40	92	M 249	01:35:32	02:54:32	04:29:29	06:36:19.25	12:00	5
329	FRANKOWICZ MAGDALENA	6008	TJ	POZNAŃ	POL	SENIOR II K - 30	37	K 80	01:43:45	03:05:47	04:39:28	06:41:24.35	12:09	4.9
330	MARKIEWICZ JOANNA ZUZA	6009	KOBIETY BIEGAJA / TJ	POZNAŃ	POL	MASTERS K - 40	36	K 81	01:43:55	03:05:52	04:40:22	06:41:33.95	12:10	4.9
331	PAKUŁA ARKADIUSZ	6059		KROSNO ODRZAŃSKIE	POL	MASTERS M - 40	93	M 250	01:42:24	03:09:55	04:51:10	06:45:48.15	12:17	4.9
332	WIŚNIEWSKA DOROTA	6033		ALEKSANDRÓW KUJAWSKI	POL	MASTERS K - 40	37	K 82	01:52:45	03:25:52	04:52:06	06:46:03.75	12:18	4.9
333	WOLEK MARCIN	6232		TYCHY	POL	MASTERS M - 40	94	M 251	01:46:00	03:02:59	04:50:32	06:46:32.00	12:19	4.9
334	SANTOS PHILLIPE	6317		LUSOWKO	POL	SENIOR II M - 30	112	M 252	01:37:03	03:18:57	04:59:51	06:48:57.90	12:23	4.8
335	GRUDNIEWSKI JAKUB	6113		WROCŁAW	POL	SENIOR II M - 30	113	M 253	01:43:41	03:00:40	04:39:37	06:48:58.70	12:23	4.8
336	PIETROWICZ MAREK	6185		TARNOWO PODGÓRNE	POL	WETERAN I M - 50	14	M 254	01:37:12	03:19:29	04:59:28	06:49:07.60	12:23	4.8
337	GWIZDAŁA DANIEL	6303		WROCŁAW	POL	MASTERS M - 40	95	M 255	01:38:11	02:53:09	04:39:37	06:54:57.25	12:34	4.8
338	TRZCIŃSKA JOLANTA	6364		WROCŁAW	POL	MASTERS K - 40	38	K 83	01:36:22	02:53:15	04:38:46	06:55:05.95	12:34	4.8
339	PIECZKA WOJCIECH	6025	WKURW_TEAM	WROCŁAW	POL	SENIOR II M - 30	114	M 256	01:41:20	03:11:20	04:52:34	06:57:31.30	12:39	4.7
340	GOŁEMBIOWSKA KATARZYNA	6018	WKURW_TEAM	WROCŁAW	POL	SENIOR II K - 30	38	K 84	01:41:27	03:11:44	04:45:39	06:59:02.50	12:41	4.7
341	KORTAS SŁAWOMIR	6331	DESTYLATOR	WROCŁAW	POL	SENIOR II M - 30	115	M 257	01:49:08	03:20:43	05:04:57	07:01:26.65	12:46	4.7
342	IDZIK ANGELIKA	6110	SPARTA RUNNERS	POZNAŃ	POL	SENIOR I K - 20	5	K 85	01:44:58	03:09:26	05:05:26	07:08:01.35	12:58	4.6
343	DRAJERCZAK MARLENA	6383	MUAY RUNNING TEAM	POZNAŃ	POL	MASTERS K - 40	39	K 86	01:51:26	03:32:42	05:08:34	07:08:56.20	12:59	4.6
344	KURDZIEL TOMASZ	6167		SZCZAWNICA	POL	MASTERS M - 40	96	M 258	01:40:08	03:15:43	05:18:18	07:13:59.00	13:09	4.6
345	BESTRZYŃSKI OLECH	6369	CZŁAPAK ROBAKOWO	GĄDKI	POL	MASTERS M - 40	97	M 259	01:54:24	03:19:08	05:05:08	07:14:42.75	13:10	4.6
346	SADOWSKI ANDRZEJ	6187	LZS DZIEWIĘTLICE	DZIEWIĘTLICE	POL	WETERAN II M - 60	7	M 260	01:51:49	03:32:05	05:15:43	07:14:49.85	13:10	4.6
347	BEREZIUK MICHAŁ	6100		DZIEWIĘTLICE	POL	MASTERS M - 40	98	M 261	01:52:01	03:32:06	05:15:53	07:15:00.80	13:10	4.6
348	JASIUL MARIOLA	6006		LEGIONOWO	POL	MASTERS K - 40	40	K 87	01:49:42	03:18:15	05:07:39	07:19:02.70	13:18	4.5
349	KOCIUBA KATARZYNA	6281		POZNAŃ	POL	SENIOR II K - 30	39	K 88	01:49:40	03:16:58	05:11:36	07:20:21.35	13:20	4.5
350	ZIELENKIEWICZ AGNIESZKA	6316	GPT	WROCŁAW	POL	SENIOR II K - 30	40	K 89	02:00:59	03:40:26	05:21:33	07:21:38.40	13:23	4.5
351	SZYMAŃSKA-ANTOSIAK MONIKA	6116	GPT	WROCŁAW	POL	SENIOR II K - 30	41	K 90	02:01:10	03:40:45	05:21:52	07:21:49.70	13:23	4.5
352	CZOCHARA ROBERT	6040		OPOLE	POL	MASTERS M - 40	99	M 262	01:53:29	03:39:30	05:01:16	07:32:44.55	13:43	4.4
353	CZOCHARA MARTA	6041		OPOLE	POL	MASTERS K - 40	41	K 91	01:56:50	03:40:28	05:25:02	07:32:53.45	13:43	4.4
354	NOWICKA IWONA	6241	BOOTCAMP	KATOWICE	POL	SENIOR II K - 30	42	K 92	02:01:24	03:51:29	05:25:57	07:36:31.25	13:50	4.3
355	PIECHACZEK MAREK	6257	BOOTCAMP	ŚWIĘTOCHŁOWICE	POL	MASTERS M - 40	100	M 263	02:01:26	03:51:45	05:25:58	07:36:33.05	13:50	4.3
356	WIŚNIEWSKA JUSTYNA	6252		WARSZAWA	POL	SENIOR II K - 30	43	K 93	02:28:36	04:15:32	05:45:29	08:34:25.95	15:35	3.8
357	SZYMAŃSKI PAWEŁ	6013	MUAY RUNNING TEAM	POZNAŃ	POL	MASTERS M - 40	101	M 264	02:11:19	03:48:32	06:09:14	09:04:10.90	16:29	3.6
	BODURKA KRZYSZTOF	6360	SALOMON SUUNTO TEAM POLAND	NIELEPICE	POL	SENIOR II M - 30			00:43:00	DNF	02:05:32	DNF	-	-
									DNF		DNF		-	-
	GAŁEK ALEKSANDER	6178		POZNAŃ	POL	SENIOR II M - 30			01:21:23	DNF	DNF	DNF	-	-
									DNF				-	-
	NAWROCKI JAROSŁAW	6115		BYDGOSZCZ	POL	WETERAN I M - 50			01:58:34	DNF	DNF	DNF	-	-
									DNF				-	-
	CAUSIDIS MAREK	6273	BUFF/SALOMON TEAM	DOBRÁ	CZE	SENIOR I M - 20			DNF	DNF	DNF	DNF	-	-