

# ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM

Organizator: Fundacja Maratony Górskie  
Data: 2022-01-23  
Miejsce: Karlów  
Dystans: 31 km  
Klasyfikacja wg czasów netto.



## ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM, OPEN

| M-ce | Nazwisko i imię        | Nr  | Klub  | M-scowość            | Kraj | Kat. | M. kat | K/M  | 7km      | 14km     | 19.7km   | Kar/Bon  | Netto       | min/km | km/h |
|------|------------------------|-----|---|----------------------|------|------|--------|------|----------|----------|----------|----------|-------------|--------|------|
| 1    | RAJCA MICHAŁ           | 241 | TRIMP   | WROCLAW              | POL  | M-30 | 1      | M 1  | 00:41:10 | 01:18:42 | 02:02:06 |          | 03:02:31.50 | 5:53   | 10.2 |
| 2    | NORBERT MICHAŁ         | 206 | KB SOBÓTKA                                    | ŚWIDNICA             | POL  | M-30 | 2      | M 2  | 00:43:55 | 01:24:26 | 02:05:03 |          | 03:13:07.20 | 6:13   | 9.6  |
| 3    | KITA MICHAŁ            | 119 | PĘDZĄCY W MIEJSCU                             | WROCLAW              | POL  | M-40 | 1      | M 3  | 00:44:21 | 01:26:21 | 02:06:46 |          | 03:16:41.70 | 6:20   | 9.5  |
| 4    | WILK MACIEJ            | 341 |   |                      | POL  | M-40 | 2      | M 4  | 00:45:29 | 01:28:51 | 02:09:30 |          | 03:18:07.75 | 6:23   | 9.4  |
| 5    | GOŚCINIOWICZ PAWEŁ     | 64  | ZIEMOWIT TEAM                                 | KATOWICE             | POL  | M-40 | 3      | M 5  | 00:46:54 | 01:30:01 | 02:10:34 |          | 03:20:13.30 | 6:27   | 9.3  |
| 6    | RUDZIŃSKI JACEK        | 250 | KB HERMES GRZYFINO                            | GRZYFINO             | POL  | M-50 | 1      | M 6  | 00:47:16 | 01:32:16 | 02:13:30 |          | 03:21:23.00 | 6:29   | 9.2  |
| 7    | JUDA WITOLD            | 107 |   | JELENIA GÓRA         | POL  | M-40 | 4      | M 7  |          | 01:27:35 | 02:10:48 |          | 03:21:25.05 | 6:29   | 9.2  |
| 8    | GARLIŃSKI ŁUKASZ       | 57  | KB KROKUS KWIATKOWICE                         | WIELOWIEŚ            | POL  | M-20 | 1      | M 8  |          | 01:25:21 | 02:09:56 |          | 03:25:44.45 | 6:38   | 9    |
| 9    | RACZAK MACIEJ          | 240 | 42K PRO TEAM                                  | SIEMIANOWICE ŚLĄSKIE | POL  | M-30 | 3      | M 9  | 00:47:44 | 01:32:03 | 02:14:15 |          | 03:28:12.75 | 6:42   | 8.9  |
| 10   | PASTUSZKA PAWEŁ        | 221 | EX TEAM                                       | ZIĘBICE              | POL  | M-30 | 4      | M 10 | 00:45:31 | 01:29:44 | 02:14:41 |          | 03:29:27.45 | 6:45   | 8.9  |
| 11   | HOŁYST ANDRZEJ         | 82  | GT RAT  | NOWA RUDA            | POL  | M-40 | 5      | M 11 | 00:47:59 | 01:32:44 | 02:16:47 |          | 03:30:18.05 | 6:47   | 8.8  |
| 12   | URBANCIK GRZEGORZ      | 297 | FOR RUN TEAM & ADRUNALINE                     | POZNAŃ               | POL  | M-30 | 5      | M 12 | 00:46:27 | 01:28:51 | 02:11:13 | 00:10:00 | 03:31:57.70 | 6:30   | 9.2  |
| 13   | KLIMCEWICZ CEZARY      | 336 |   |                      | POL  | M-40 | 6      | M 13 | 00:47:37 |          | 02:18:40 |          | 03:31:57.75 | 6:50   | 8.8  |
| 14   | GORCZYŃSKI NORBERT     | 61  | KUDOWIANKA RUN                                | KUDOWA ZDRÓJ         | POL  | M-20 | 2      | M 14 | 00:50:08 | 01:35:34 | 02:18:10 |          | 03:32:47.90 | 6:51   | 8.7  |
| 15   | IWAŃSKI BARTŁOMIEJ     | 86  | TEAM KOLARZ POLANICA                          | WARSZAWA             | POL  | M-20 | 3      | M 15 | 00:46:48 | 01:30:18 | 02:14:21 |          | 03:33:44.30 | 6:53   | 8.7  |
| 16   | MACH TOMASZ            | 170 | SPORTFUEL.PL MTB TEAM & PORCELANAWALBRZYCH.PL | WAŁBRZYCH            | POL  | M-30 | 6      | M 16 | 00:46:31 | 01:31:18 | 02:16:55 |          | 03:34:33.60 | 6:55   | 8.7  |
| 17   | BIENIEK GRZEGORZ       | 12  | APEX.INFO                                     | LUBAWKA              | POL  | M-30 | 7      | M 17 | 00:50:09 | 01:34:48 | 02:20:02 |          | 03:35:31.00 | 6:57   | 8.6  |
| 18   | SOCHA SEWERYN          | 335 |   | POZNAŃ               | POL  | M-30 | 8      | M 18 | 00:48:40 | 01:36:27 | 02:21:31 |          | 03:36:52.10 | 6:59   | 8.6  |
| 19   | KUSAL TOMASZ           | 158 |   | OPOLE                | POL  | M-20 | 4      | M 19 | 00:46:20 | 01:31:54 | 02:18:06 |          | 03:38:01.40 | 7:01   | 8.5  |
| 20   | NIEZGÓDKA TOMASZ       | 340 |   |                      | POL  | M-50 | 2      | M 20 | 00:52:06 | 01:40:29 | 02:23:42 |          | 03:39:16.65 | 7:04   | 8.5  |
| 21   | DANAK PRZEMEK          | 37  |   | KOSTRZYN NAD ODRĄ    | POL  | M-40 | 7      | M 21 | 00:53:24 | 01:42:35 | 02:27:25 |          | 03:41:11.90 | 7:08   | 8.4  |
| 22   | KRUPA MARCIN           | 147 | AKTYWNA NOWA RUDA                             | NOWA RUDA            | POL  | M-40 | 8      | M 22 | 00:50:00 | 01:37:31 | 02:25:11 |          | 03:42:01.40 | 7:09   | 8.4  |
| 23   | BEDNARZ SEBASTIAN      | 9   | OTM.B   | OTMUCHÓW             | POL  | M-50 | 3      | M 23 | 00:50:23 | 01:37:53 | 02:23:11 |          | 03:44:22.65 | 7:14   | 8.3  |
| 24   | CZOSNOWSKI KRZYSZTOF   | 36  | KB HERMES GRZYFINO                            | GRZYFINO             | POL  | M-40 | 9      | M 24 | 00:51:42 | 01:42:41 | 02:27:15 |          | 03:46:00.20 | 7:17   | 8.2  |
| 25   | GRYGIEL MAREK          | 72  | JACEKBIEGA RUNNING TEAM                       | KRAKÓW               | POL  | M-40 | 10     | M 25 | 00:51:41 | 01:40:50 | 02:28:27 |          | 03:46:45.70 | 7:18   | 8.2  |
| 26   | BIENIAS ŁUKASZ         | 11  | BIELAWSKA AKADEMIA BIEGANIA                   | DZIERŻONIÓW          | POL  | M-30 | 9      | M 26 | 00:52:35 | 01:41:45 | 02:28:20 |          | 03:47:58.05 | 7:21   | 8.2  |
| 27   | KARPOWICZ RAFAL        | 114 |   | WROCLAW              | POL  | M-40 | 11     | M 27 | 00:48:47 | 01:35:31 | 02:23:42 |          | 03:48:17.70 | 7:21   | 8.1  |
| 28   | POLIŃSKI ROBERT        | 231 | TRAINING LAB                                  | WARSZAWA             | POL  | M-30 | 10     | M 28 | 00:53:13 | 01:44:19 | 02:30:39 |          | 03:51:22.15 | 7:27   | 8    |
| 29   | CIURASZKIEWICZ ANDRZEJ | 30  |   | WROCLAW              | POL  | M-40 | 12     | M 29 | 00:56:32 | 01:48:04 | 02:36:59 |          | 03:51:51.65 | 7:28   | 8    |
| 30   | MISTYGACZ JAKUB        | 192 | ANTONTEAM ACTIVDIAB                           | KRAPKOWICE           | POL  | M-40 | 13     | M 30 | 00:54:56 | 01:43:48 | 02:30:25 |          | 03:53:13.60 | 7:31   | 8    |
| 31   | GOSTYŃSKI KRZYSZTOF    | 63  | RUCZAJ ULTRA TEAM                             | KRAKÓW               | POL  | M-40 | 14     | M 31 | 00:59:28 | 01:49:46 | 02:34:44 |          | 03:53:36.15 | 7:32   | 8    |
| 32   | WOŁOSZYN KONRAD        | 316 | ADRENALINA TEAM                               | STEPNICA             | POL  | M-40 | 15     | M 32 | 00:53:32 | 01:46:25 | 02:34:17 |          | 03:53:53.15 | 7:32   | 8    |
| 33   | HOTAŁA SYLWIA          | 84  | KUDOWIANKA RUN                                | KUDOWA-ZDRÓJ         | POL  | K-30 | 1      | K 1  | 00:55:21 | 01:46:30 | 02:37:03 |          | 03:55:06.40 | 7:35   | 7.9  |
| 34   | JANCZ TOMASZ           | 92  |   | JELENIA GÓRA         | POL  | M-50 | 4      | M 33 | 00:56:57 | 01:47:04 | 02:37:14 |          | 03:55:51.45 | 7:36   | 7.9  |
| 35   | SZCZEPARA WOJCIECH     | 274 |   | WROCLAW              | POL  | M-20 | 5      | M 34 | 00:54:53 | 01:45:17 | 02:33:43 |          | 03:56:41.40 | 7:38   | 7.9  |
| 36   | KAPŁOWSKI JERZY        | 112 |   | WAŁBRZYCH            | POL  | M-40 | 16     | M 35 | 00:57:36 | 01:49:47 | 02:37:11 |          | 03:58:15.75 | 7:41   | 7.8  |
| 37   | WEINERT ARTUR          | 306 | RUNNER'S POWER                                | ŚREM                 | POL  | M-40 | 17     | M 36 | 00:56:50 | 01:48:31 | 02:37:12 |          | 03:59:21.65 | 7:43   | 7.8  |
| 38   | GUSTAW ŁUKASZ          | 75  |   | KUDOWA-ZDRÓJ         | POL  | M-30 | 11     | M 37 | 00:51:28 | 01:43:04 | 02:36:59 |          | 04:00:28.75 | 7:45   | 7.7  |
| 39   | LUBAŃSKI MATEUSZ       | 164 | KS BARYCZ MILICZ                              | DŁUGOŁĘKA            | POL  | M-30 | 12     | M 38 | 00:56:13 | 01:50:23 | 02:38:12 |          | 04:00:31.40 | 7:45   | 7.7  |
| 40   | TELEJKO ŁUKASZ         | 290 | RUN BYDGOSZCZ                                 | BYDGOSZCZ            | POL  | M-20 | 6      | M 39 | 00:57:11 | 01:50:43 | 02:37:12 |          | 04:00:32.90 | 7:45   | 7.7  |
| 41   | KARCZEWSKA JOANNA      | 113 | FUNDACJA KIERUNEK ULTRA                       | SUWAŁKI              | POL  | K-40 | 1      | K 2  | 00:55:21 | 01:45:59 | 02:36:22 |          | 04:01:20.75 | 7:47   | 7.7  |
| 42   | MAJ-ROKSZ MARIA        | 176 | MAJA TEAM                                     | WEJHEROWO            | POL  | K-40 | 2      | K 3  | 00:57:37 | 01:52:14 | 02:40:43 |          | 04:02:04.85 | 7:48   | 7.7  |
| 43   | KRÓL MARCIN            | 146 |   | OBORNIKI ŚLĄSKIE     | POL  | M-40 | 18     | M 40 | 00:57:31 | 01:51:46 | 02:40:02 |          | 04:03:19.20 | 7:50   | 7.6  |
| 44   | MIKOŁAJCZYK TOMASZ     | 189 |   | KUDOWA ZDRÓJ         | POL  | M-40 | 19     | M 41 | 00:50:21 | 01:37:22 | 02:26:24 |          | 04:03:53.55 | 7:52   | 7.6  |
| 45   | ZERZUT JAROSŁAW        | 323 | FARTY PUSZCZY                                 | SZCZECIN             | POL  | M-50 | 5      | M 42 | 00:59:04 | 01:52:21 | 02:43:45 |          | 04:04:08.45 | 7:52   | 7.6  |

**ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM, OPEN c.d.**

| M-ce | Nazwisko i imię             | Nr  | Klub                          | M-scowość                   | Kraj | Kat. | M. kat | K/M  | 7km      | 14km     | 19.7km   | Kar/Bon  | Netto       | min/km | km/h |
|------|-----------------------------|-----|-------------------------------|-----------------------------|------|------|--------|------|----------|----------|----------|----------|-------------|--------|------|
| 46   | ABRAMOWICZ AGATA            | 1   |                               | KRZEPTÓW                    | POL  | K-20 | 1      | K 4  | 00:56:17 | 01:49:53 | 02:39:09 |          | 04:04:14.35 | 7:52   | 7.6  |
| 47   | SIKORSKI SZYMON             | 262 | NOA                           | KIELCZÓW                    | POL  | M-40 | 20     | M 43 | 00:55:08 | 01:47:34 | 02:38:26 |          | 04:06:22.25 | 7:56   | 7.5  |
| 48   | ROGÓRZ PIOTR                | 243 |                               | WROCŁAW (WROCŁAW-PSIE POLE) | POL  | M-40 | 21     | M 44 | 00:53:04 | 01:48:06 | 02:39:33 |          | 04:06:43.75 | 7:57   | 7.5  |
| 49   | KOŚCIELNIAK WIOLETTA        | 134 | RUNNERS TEAM NYSA             | NYSA                        | POL  | K-40 | 3      | K 5  | 00:56:02 | 01:47:49 | 02:44:19 |          | 04:07:32.85 | 7:59   | 7.5  |
| 50   | TOMCZAK DARIUSZ             | 294 |                               | GOSTYŃ                      | POL  | M-30 | 13     | M 45 | 00:57:02 | 01:52:47 | 02:45:17 |          | 04:07:39.65 | 7:59   | 7.5  |
| 51   | FIEBIG STEFAN               | 46  | WWW.FIEBIG.PL                 | PONIEC                      | POL  | M-50 | 6      | M 46 | 00:53:12 | 01:43:28 | 02:35:37 |          | 04:07:41.15 | 7:59   | 7.5  |
| 52   | FOGIEL-PAWŁOWSKA AGNIESZKA  | 50  |                               | WROCŁAW                     | POL  | K-40 | 4      | K 6  | 00:55:36 | 01:48:55 | 02:43:20 |          | 04:07:49.70 | 7:59   | 7.5  |
| 53   | KURZAWIAK GRZEGORZ          | 157 | KUDOWIANKARUN                 | KARŁÓW                      | POL  | M-40 | 22     | M 47 | 00:53:58 | 01:46:45 | 02:38:00 |          | 04:08:02.90 | 8:00   | 7.5  |
| 54   | MATUSZEWSKI MAREK           | 181 | RUNNER'S POWER SREM           | ŚREM                        | POL  | M-50 | 7      | M 48 | 00:56:48 | 01:50:51 | 02:41:37 |          | 04:08:10.25 | 8:00   | 7.5  |
| 55   | ROLICZ MARCIN               | 244 |                               | WITNICA                     | POL  | M-40 | 23     | M 49 | 00:55:18 | 01:47:00 | 02:37:07 |          | 04:08:42.85 | 8:01   | 7.5  |
| 56   | MOKRYCKI KRYSZTOF           | 195 |                               | POLANICA-ZDRÓJ              | POL  | M-40 | 24     | M 50 | 01:03:27 | 01:59:12 | 02:47:57 |          | 04:09:16.40 | 8:02   | 7.5  |
| 57   | PIECUCH MARCIN              | 225 |                               | KRAKÓW                      | POL  | M-30 | 14     | M 51 | 00:57:45 | 01:49:19 | 02:37:56 |          | 04:09:36.20 | 8:03   | 7.5  |
| 58   | CUPRIAK DANIEL              | 31  | AGROAS TEAM                   | GRODKÓW                     | POL  | M-50 | 8      | M 52 | 00:56:52 | 01:53:59 | 02:46:36 |          | 04:11:24.15 | 8:06   | 7.4  |
| 59   | TĘCZA DARIUSZ               | 291 |                               | JEDLINA-ZDRÓJ               | POL  | M-60 | 1      | M 53 | 00:58:44 | 01:53:19 | 02:43:29 |          | 04:11:46.60 | 8:07   | 7.4  |
| 60   | WITCZAK JACEK               | 311 |                               | PLEWISKA                    | POL  | M-40 | 25     | M 54 | 00:56:25 | 01:49:24 | 02:42:47 |          | 04:12:12.30 | 8:08   | 7.4  |
| 61   | BUDNIAK TOMASZ              | 19  | RUNNERS TEAM                  | WŁADYSŁAWOWO                | POL  | M-40 | 26     | M 55 | 00:53:12 | 01:48:37 | 02:38:38 |          | 04:12:13.05 | 8:08   | 7.4  |
| 62   | KOZAK WLAD                  | 140 | HUTINPUJ                      | WROCŁAW                     | POL  | M-30 | 15     | M 56 | 00:58:52 | 01:58:37 | 02:47:38 |          | 04:12:50.45 | 8:09   | 7.4  |
| 63   | NIEDZIELAK ŁUKASZ           | 200 | BHT PETRA PŁOCK               | KAMIONKI                    | POL  | M-30 | 16     | M 57 | 00:57:22 | 01:48:03 | 02:36:49 |          | 04:12:58.60 | 8:09   | 7.4  |
| 64   | CHORZĘPA JAKUB              | 25  |                               | KUDOWA ZDRÓJ                | POL  | M-40 | 27     | M 58 | 01:00:06 | 01:55:16 | 02:46:42 |          | 04:13:21.30 | 8:10   | 7.3  |
| 65   | PTASIŃSKI TOMASZ            | 237 | CZAJKERSI                     | NOWA RUDA-SŁUPIEC           | POL  | M-40 | 28     | M 59 | 00:57:06 | 01:52:31 | 02:44:26 |          | 04:14:12.90 | 8:12   | 7.3  |
| 66   | PRUCIAK KRZYSZTOF           | 234 | ADRUNALINE TEAM               | OŁAWA                       | POL  | M-30 | 17     | M 60 | 00:56:13 | 01:54:30 | 02:47:22 |          | 04:14:40.85 | 8:12   | 7.3  |
| 67   | ZARODA ZBIGNIEW             | 321 | ALOHA DZIKU!                  | KONIN                       | POL  | M-50 | 9      | M 61 | 01:01:53 | 01:57:16 | 02:48:36 |          | 04:14:56.90 | 8:13   | 7.3  |
| 68   | GŁUCHOWSKI PRZEMYSŁAW       | 59  |                               | ŻYCHLIN                     | POL  | M-40 | 29     | M 62 | 00:56:52 | 01:55:20 | 02:46:27 |          | 04:15:31.20 | 8:14   | 7.3  |
| 69   | SMOTER DAMIAN               | 265 |                               | WROCŁAW                     | POL  | M-40 | 30     | M 63 | 00:57:48 |          | 02:49:02 |          | 04:16:31.00 | 8:16   | 7.3  |
| 70   | KEPARA MARCIN               | 117 | ADVA OPTICAL NETWORKING       | GDAŃSK                      | POL  | M-30 | 18     | M 64 | 01:00:57 | 01:57:45 | 02:48:37 |          | 04:17:32.60 | 8:18   | 7.2  |
| 71   | OLSZAK ZENON                | 211 | WARSAW RUN CLUB               | WARSZAWA                    | POL  | M-50 | 10     | M 65 | 01:00:15 | 01:56:20 | 02:47:45 |          | 04:17:34.95 | 8:18   | 7.2  |
| 72   | RZEŹNICZEK ANNA             | 252 | STOWARZYSZENIE DZIAŁAMY RAZEM | KOWALEWO POMORSKIE          | POL  | K-30 | 2      | K 7  | 01:03:48 | 02:00:31 | 02:51:58 |          | 04:18:36.10 | 8:20   | 7.2  |
| 73   | JACHYMEK BARTŁOMIJ          | 88  | JACEKBIEGA RUNNING TEAM       | WARSZAWA                    | POL  | M-40 | 31     | M 66 | 01:02:02 | 01:56:30 | 02:47:22 |          | 04:18:38.75 | 8:20   | 7.2  |
| 74   | RABIEGA MARCIN              | 238 | OWOCBIEGA TEAM                | ROKIETNICA                  | POL  | M-40 | 32     | M 67 |          | 01:52:15 | 02:43:14 |          | 04:20:01.20 | 8:23   | 7.2  |
| 75   | PEKAŁA KAMILA               | 184 | #BIEGAJZESŁAWKIEM             | POZNAŃ                      | POL  | K-20 | 2      | K 8  | 01:02:02 | 02:01:44 | 02:53:05 |          | 04:20:05.40 | 8:23   | 7.2  |
| 76   | KOŁODZIEJSKI JAREK          | 126 | ZDZISŁAW I GRAŻYNKA           | POZNAŃ                      | POL  | M-40 | 33     | M 68 | 00:58:56 | 01:55:28 | 02:46:40 |          | 04:20:29.15 | 8:24   | 7.1  |
| 77   | KOTRA JACEK                 | 136 | POLA&GAJA                     | SMOLNICA                    | POL  | M-40 | 34     | M 69 | 01:01:34 | 02:02:30 | 02:53:41 |          | 04:22:05.15 | 8:27   | 7.1  |
| 78   | ZIEMKIEWICZ JAREK           | 324 | 2 KROKI DO METY               | LUBIN                       | POL  | M-40 | 35     | M 70 | 00:59:54 | 02:01:21 | 02:53:33 |          | 04:22:15.50 | 8:27   | 7.1  |
| 79   | FRIDRICH MARCIN             | 52  |                               | WARSZAWA                    | POL  | M-30 | 19     | M 71 | 00:57:39 | 01:55:38 | 02:46:39 |          | 04:22:53.35 | 8:28   | 7.1  |
| 80   | PAŻUCHA WOJCIECH            | 224 |                               | LUSÓWKO                     | POL  | M-40 | 36     | M 72 | 01:02:02 | 01:55:19 | 02:48:02 |          | 04:23:14.40 | 8:29   | 7.1  |
| 81   | ŚWIAT PAWEŁ                 | 288 | RNB TEAM POLANICA ZDRÓJ       | SZCZYTNA                    | POL  | M-30 | 20     | M 73 |          | 01:55:02 | 02:47:27 |          | 04:23:43.70 | 8:30   | 7.1  |
| 82   | JANKOWSKI RAFAŁ             | 93  |                               | SMOLEC                      | POL  | M-40 | 37     | M 74 | 00:55:49 | 01:47:55 | 02:43:37 |          | 04:23:50.75 | 8:30   | 7    |
| 83   | MICHALAK DAWID              | 183 | NIAGARA                       | DRZYMAŁOWO                  | POL  | M-30 | 21     | M 75 | 00:53:15 | 01:50:40 | 02:42:52 |          | 04:24:23.85 | 8:31   | 7    |
| 84   | CHRZANOWSKI PAWEŁ           | 26  |                               | ŁĄDEK-ZDRÓJ                 | POL  | M-40 | 38     | M 76 | 00:56:46 | 01:53:58 | 02:47:23 |          | 04:25:01.60 | 8:32   | 7    |
| 85   | SANKOWSKI JACEK             | 343 |                               |                             | POL  | M-20 | 7      | M 77 | 00:59:20 | 01:57:18 | 02:48:52 |          | 04:25:08.75 | 8:33   | 7    |
| 86   | PAPROCKI KRZYSZTOF          | 219 |                               | POLKOWICE                   | POL  | M-40 | 39     | M 78 | 01:03:02 | 02:00:29 | 02:53:44 |          | 04:26:54.75 | 8:36   | 7    |
| 87   | PAŁYSA ROBERT               | 217 | STANWEX II                    | JÓZEFÓW                     | POL  | M-20 | 8      | M 79 | 00:58:51 | 01:53:40 | 02:46:22 |          | 04:27:06.35 | 8:36   | 7    |
| 88   | JANUSZEWSKI KAROL           | 95  | BIEGAM U KOLESI               | GRODZICZNO                  | POL  | M-30 | 22     | M 80 | 01:00:47 | 01:55:50 | 02:48:06 |          | 04:27:15.20 | 8:37   | 7    |
| 89   | HAJDUGA ŁUKASZ              | 79  | WIECZORNE BIEGANIE W OPOLU    | DĘBSKA KUŹNIA               | POL  | M-40 | 40     | M 81 | 01:01:12 | 01:58:41 | 02:50:58 |          | 04:27:25.65 | 8:37   | 7    |
| 90   | MALCZEWSKI DANIEL           | 177 | WIECZORNE BIEGANIE W OPOLU    | OPOLE                       | POL  | M-30 | 23     | M 82 | 01:01:36 | 01:50:46 | 02:42:49 |          | 04:27:25.85 | 8:37   | 7    |
| 91   | KORALEWSKA EDYTA            | 130 |                               | PRUDNIK                     | POL  | K-40 | 5      | K 9  | 01:02:18 | 02:01:49 | 02:54:33 |          | 04:28:48.95 | 8:40   | 6.9  |
| 92   | PRZYBYSZEWSKI ŁUKASZ        | 235 |                               | BIELAWA                     | POL  | M-40 | 41     | M 83 | 00:52:02 | 01:43:16 | 02:32:12 | 00:30:00 | 04:29:00.15 | 7:42   | 7.8  |
| 93   | WARZECHA TERESA             | 303 | RUNNERS TEAM NYSA             | PACZKÓW                     | POL  | K-60 | 1      | K 10 | 01:01:10 | 01:58:26 | 02:52:49 |          | 04:29:01.05 | 8:40   | 6.9  |
| 94   | BLONDYŃ BEZ GRZEBIENIA ŁYSY | 125 | PERFEKTA KARŁOWICE            | KARŁOWICE                   | POL  | M-40 | 42     | M 84 | 00:58:48 | 01:58:35 | 02:53:05 |          | 04:29:02.05 | 8:40   | 6.9  |
| 95   | FIGEL MICHAŁ                | 47  | MIKI TEAM                     | GDAŃSK                      | POL  | M-40 | 43     | M 85 | 01:06:38 | 02:05:29 | 03:01:29 |          | 04:29:12.00 | 8:41   | 6.9  |
| 96   | JURDZIAK JAKUB              | 108 |                               | WROCŁAW                     | POL  | M-30 | 24     | M 86 | 01:01:39 | 01:58:22 | 02:52:14 |          | 04:29:18.80 | 8:41   | 6.9  |
| 97   | CHOMIAK KATARZYNA           | 24  | BIEGAJ W JEDLINIE             | JEDLINA-ZDRÓJ               | POL  | K-40 | 6      | K 11 | 01:02:34 | 02:01:33 | 02:54:48 |          | 04:30:01.30 | 8:42   | 6.9  |
| 98   | CYMBORSKA JOLANTA           | 32  | WARSAW RUN CLUB               | WARSZAWA                    | POL  | K-40 | 7      | K 12 | 01:02:21 | 02:05:35 | 02:57:52 |          | 04:30:08.90 | 8:42   | 6.9  |
| 99   | KONKIEWICZ ROBERT           | 128 | GRODZISKI KLUB BIEGACZA       | GRODZISK WŁKP               | POL  | M-50 | 11     | M 87 | 01:00:08 | 01:58:36 | 02:54:49 |          | 04:30:26.20 | 8:43   | 6.9  |
| 100  | SERAFIN EWELINA             | 256 |                               | RADKÓW                      | POL  | K-40 | 8      | K 13 | 01:02:47 | 02:03:38 | 02:58:00 |          | 04:31:34.75 | 8:45   | 6.8  |

**ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM, OPEN c.d.**

| M-ce | Nazwisko i imię           | Nr  | Klub                                | M-scowość              | Kraj | Kat. | M. kat | K/M   | 7km      | 14km     | 19.7km   | Kar/Bon  | Netto       | min/km | km/h |
|------|---------------------------|-----|-------------------------------------|------------------------|------|------|--------|-------|----------|----------|----------|----------|-------------|--------|------|
| 101  | KOWALCZYK PAWEŁ           | 137 | KEĆKIE HARPAGANY                    | KEŹY                   | POL  | M-40 | 44     | M 88  | 01:02:39 | 02:04:03 | 02:57:19 |          | 04:32:08.75 | 8:46   | 6.8  |
| 102  | POLKOWSKI PIOTR           | 232 |                                     | WARSZAWA               | POL  | M-30 | 25     | M 89  | 01:05:06 | 02:13:00 | 03:03:58 |          | 04:33:34.35 | 8:49   | 6.8  |
| 103  | WINIAREK LESZEK           | 310 | TEAMDKMS                            | WARSZAWA               | POL  | M-40 | 45     | M 90  | 00:56:34 | 01:54:51 | 02:51:08 |          | 04:33:41.45 | 8:49   | 6.8  |
| 104  | SZCZERBAKOWICZ KAMIL      | 275 |                                     | NADOLICE WIELKIE       | POL  | M-30 | 26     | M 91  | 01:02:58 | 02:03:53 | 02:59:25 |          | 04:33:57.25 | 8:50   | 6.8  |
| 105  | WIECZOREK KATARZYNA       | 308 | TWISTERTEAM                         | PLESZEW                | POL  | K-30 | 3      | K 14  | 01:02:43 | 02:01:45 | 02:58:16 |          | 04:34:46.30 | 8:51   | 6.8  |
| 106  | SIERŻANT PAWEŁ            | 259 |                                     | PLESZEW                | POL  | M-40 | 46     | M 92  | 01:01:37 | 02:01:44 | 02:55:54 |          | 04:35:16.05 | 8:52   | 6.8  |
| 107  | BUSS JAKUB                | 21  | KUDOWIANKA RUN                      | KUDOWA-ZDRÓJ           | POL  | M-50 | 12     | M 93  | 01:04:40 | 02:11:35 | 03:06:40 |          | 04:35:28.70 | 8:53   | 6.8  |
| 108  | KOWALSKI ANDRZEJ          | 138 |                                     | WROCŁAW                | POL  | M-60 | 2      | M 94  | 01:04:07 | 02:02:24 | 02:56:38 |          | 04:35:30.80 | 8:53   | 6.8  |
| 109  | BABIŃSKA- POPIŁKA EWELINA | 4   |                                     | RADKÓW                 | POL  | K-30 | 4      | K 15  | 01:02:04 | 02:05:31 | 03:01:16 |          | 04:36:40.55 | 8:55   | 6.7  |
| 110  | MIRSKI JERZY              | 191 | WKURW_TEAM                          | KIELCZÓW               | POL  | M-20 | 9      | M 95  | 01:02:05 | 02:07:46 | 02:59:56 |          | 04:36:47.00 | 8:55   | 6.7  |
| 111  | SZWARC GRZEGORZ           | 284 | ARVATO S.C. REP                     | POZNAŃ                 | POL  | M-30 | 27     | M 96  | 01:07:09 | 02:09:26 | 03:06:05 |          | 04:37:42.05 | 8:57   | 6.7  |
| 112  | SZNEJDER ANITA            | 281 | FUNDACJA KIERUNEK ULTRA             | SUWAŁKI                | POL  | K-40 | 9      | K 16  | 01:04:24 | 02:06:49 | 03:01:50 |          | 04:38:25.90 | 8:58   | 6.7  |
| 113  | PIOTR ODOLAK              | 226 | STANWEX II                          | SULEJÓWEK              | POL  | M-30 | 28     | M 97  | 00:57:00 | 02:00:06 | 03:00:15 |          | 04:38:51.60 | 8:59   | 6.7  |
| 114  | ZAJĄCZKOWSKI PAWEŁ        | 318 | POWER TRAINING                      | WARSZAWA               | POL  | M-30 | 29     | M 98  | 01:00:51 | 02:05:16 | 02:59:53 |          | 04:39:03.35 | 9:00   | 6.7  |
| 115  | STUZIŃSKI MATEUSZ         | 272 | **** *                              | SZCZECIN               | POL  | M-30 | 30     | M 99  | 00:59:14 | 01:57:09 | 02:47:27 |          | 04:39:31.35 | 9:01   | 6.7  |
| 116  | JONCZYK ERWIN             | 105 | STANWEX II                          | SULEJÓWEK              | POL  | M-30 | 31     | M 100 | 01:04:31 | 02:04:49 | 03:00:02 |          | 04:39:50.35 | 9:01   | 6.6  |
| 117  | BAKAŁA ŁUKASZ             | 8   |                                     | PRZEDBOROWA 98         | POL  | M-40 | 47     | M 101 | 01:01:27 | 02:00:37 | 02:52:51 |          | 04:39:59.95 | 9:01   | 6.6  |
| 118  | SIKORSKI DARIUSZ          | 260 | INSERT TEAM                         | DZIERŻONIÓW            | POL  | M-40 | 48     | M 102 | 01:02:41 | 02:07:24 | 02:57:52 | 00:10:00 | 04:41:30.15 | 8:45   | 6.9  |
| 119  | SZCZUKA LESZEK            | 337 |                                     |                        | POL  | M-50 | 13     | M 103 | 01:02:43 | 02:03:29 | 02:57:22 |          | 04:41:49.30 | 9:05   | 6.6  |
| 120  | JABŁOŃSKI BARTOSZ         | 87  |                                     | WARSAW                 | POL  | M-40 | 49     | M 104 | 01:07:52 | 02:20:10 | 03:13:13 |          | 04:42:32.60 | 9:06   | 6.6  |
| 121  | BAKAŁA MARCIN             | 7   |                                     | ZĄBKOWICE ŚLĄSKIE      | POL  | M-40 | 50     | M 105 | 01:00:39 | 02:00:43 | 02:54:35 |          | 04:42:37.55 | 9:07   | 6.6  |
| 122  | KUCHARSKI DARIUSZ         | 153 |                                     | KRZYKÓW                | POL  | M-40 | 51     | M 106 | 01:08:10 | 02:10:37 | 03:05:10 |          | 04:42:37.90 | 9:07   | 6.6  |
| 123  | JAKUBIEC BARTŁOMIEJ       | 89  | ROZPIERDOLSI                        | WROCŁAW                | POL  | M-30 | 32     | M 107 | 01:09:39 | 02:14:18 | 03:06:57 |          | 04:42:40.70 | 9:07   | 6.6  |
| 124  | KONIUSZKO MARCIN          | 127 |                                     | WROCŁAW                | POL  | M-30 | 33     | M 108 | 01:03:31 | 02:05:51 | 03:03:07 |          | 04:42:40.75 | 9:07   | 6.6  |
| 125  | SZCZUREK MARIUSZ          | 276 | AGROAS TEAM                         | GRODKÓW                | POL  | M-40 | 52     | M 109 | 01:01:25 | 02:02:20 | 02:58:54 |          | 04:42:45.75 | 9:07   | 6.6  |
| 126  | LEŚNIAK MARCIN            | 163 | STANWEX II                          | SULEJÓWEK              | POL  | M-30 | 34     | M 110 | 01:04:28 | 02:07:11 | 03:05:57 |          | 04:42:48.45 | 9:07   | 6.6  |
| 127  | NEUMANN JACEK             | 199 | CENTRUM ŁĄKOWA 1                    | RADKÓW                 | POL  | M-50 | 14     | M 111 | 01:04:46 | 02:06:57 | 03:03:10 |          | 04:43:44.00 | 9:09   | 6.6  |
| 128  | ŁUKASIEWICZ EWELINA       | 168 |                                     | SZCZECINEK             | POL  | K-20 | 3      | K 17  | 01:07:38 | 02:09:54 | 03:05:02 |          | 04:44:15.15 | 9:10   | 6.5  |
| 129  | SOBKOWIAK KAMIL           | 266 |                                     | CHODZIEŻ               | POL  | M-40 | 53     | M 112 | 01:07:27 | 02:10:04 | 03:05:00 |          | 04:44:25.00 | 9:10   | 6.5  |
| 130  | ORUBA DAWID               | 213 |                                     | WROCŁAW                | POL  | M-20 | 10     | M 113 | 01:02:46 | 02:07:00 | 03:04:23 |          | 04:44:55.25 | 9:11   | 6.5  |
| 131  | SYCHOWSKI DAWID           | 273 |                                     | TOMASZÓW BOLESŁAWIECKI | POL  | M-30 | 35     | M 114 | 01:02:16 | 02:00:53 | 03:04:54 |          | 04:45:21.40 | 9:12   | 6.5  |
| 132  | MACHALSKI MATEUSZ         | 171 | ASP WARSZAWA                        | WARSZAWA               | POL  | M-30 | 36     | M 115 | 01:26:49 |          | 03:25:44 |          | 04:45:37.00 | 9:12   | 6.5  |
| 133  | JASIAK KAROL              | 98  | NIE WIEM GDZIE JESTEM               | OSTRZESZÓW             | POL  | M-30 | 37     | M 116 | 00:58:45 | 02:06:11 | 02:58:26 |          | 04:46:18.90 | 9:14   | 6.5  |
| 134  | WESOŁEK PAWEŁ             | 307 | RUNNER'S POWER ŚREM                 | ŚREM                   | POL  | M-40 | 54     | M 117 | 01:05:11 | 02:09:01 | 03:04:02 |          | 04:46:49.10 | 9:15   | 6.5  |
| 135  | POŁOM RAFAŁ               | 233 | NOA                                 | WROCŁAW                | POL  | M-30 | 38     | M 118 | 01:01:23 | 02:05:24 | 03:02:39 |          | 04:47:30.75 | 9:16   | 6.5  |
| 136  | KÓZKA PRZEMO              | 143 | BIEGAM, BO NIE LUBIĘ                | SKÓRZEWO               | POL  | M-40 | 55     | M 119 | 01:05:53 | 02:10:46 | 03:06:27 |          | 04:47:37.40 | 9:16   | 6.5  |
| 137  | SŁOWIK GRZEGORZ           | 264 | NIE WIEM GDZIE JESTEM               | OSTRZESZÓW             | POL  | M-40 | 56     | M 120 | 00:58:43 | 02:06:13 | 02:58:27 |          | 04:47:46.70 | 9:16   | 6.5  |
| 138  | TKACZYK KATARZYNA         | 292 |                                     | STRZEGOM               | POL  | K-40 | 10     | K 18  | 01:08:06 | 02:12:28 | 03:06:48 |          | 04:48:18.70 | 9:18   | 6.5  |
| 139  | ZAWADKA DAREK             | 322 |                                     | WÓLKA MIŃSKA           | POL  | M-40 | 57     | M 121 | 01:03:27 | 02:09:04 | 03:08:24 |          | 04:48:47.55 | 9:18   | 6.4  |
| 140  | WOŹNIAK PAWEŁ             | 317 | LESZ NO LIMITS RUNNERS              | DĘBOWA ŁĘKA            | POL  | M-40 | 58     | M 122 | 01:03:04 | 02:06:49 | 03:01:46 |          | 04:48:50.10 | 9:19   | 6.4  |
| 141  | KOŁODZIEJ MARIUSZ         | 124 | FUNTRI                              | LEGNICA                | POL  | M-40 | 59     | M 123 | 01:04:36 | 02:07:03 | 03:03:49 |          | 04:49:23.35 | 9:20   | 6.4  |
| 142  | MIKSA SŁAWOMIR            | 205 |                                     | ŁÓDŹ                   | POL  | M-50 | 15     | M 124 | 01:07:54 | 02:12:00 | 03:07:24 |          | 04:49:39.55 | 9:20   | 6.4  |
| 143  | SERAFIN ROBERT            | 257 |                                     | RADKÓW                 | POL  | M-50 | 16     | M 125 | 01:08:01 | 02:12:19 | 03:08:23 |          | 04:49:54.50 | 9:21   | 6.4  |
| 144  | HACHOŁ JUSTYNA            | 76  |                                     | WROCŁAW                | POL  | K-40 | 11     | K 19  | 01:07:06 | 02:13:44 | 03:09:02 |          | 04:50:16.55 | 9:21   | 6.4  |
| 145  | KĄŻMIERCZAK KRZYSZTOF     | 116 | KB HERMES GRZYFINO                  | GRZYFINO               | POL  | M-50 | 17     | M 126 | 01:11:39 | 02:15:17 | 03:10:41 |          | 04:50:19.00 | 9:21   | 6.4  |
| 146  | HACHOŁ TOMASZ             | 77  |                                     | WROCŁAW                | POL  | M-40 | 60     | M 127 | 01:05:31 | 02:04:15 | 03:00:36 |          | 04:50:34.35 | 9:22   | 6.4  |
| 147  | ROSZYK TOMASZ             | 247 | DRUŻYNA SZPIKU                      | POZNAŃ                 | POL  | M-40 | 61     | M 128 | 01:09:35 | 02:15:20 | 03:10:01 |          | 04:51:17.80 | 9:23   | 6.4  |
| 148  | ROSZYK MAGDALENA          | 248 | DRUŻYNA SZPIKU                      | POZNAŃ                 | POL  | K-40 | 12     | K 20  | 01:09:39 | 02:15:19 | 03:10:01 |          | 04:51:18.65 | 9:23   | 6.4  |
| 149  | NIKODEM KLAUDIUSZ         | 203 | CZAJKERSI                           | NOWA RUDA-SŁUPIEC      | POL  | M-40 | 62     | M 129 | 01:05:09 | 02:07:19 | 03:05:01 |          | 04:51:59.85 | 9:25   | 6.4  |
| 150  | ANDRZEJCZAK PAWEŁ         | 3   |                                     | KALISZ                 | POL  | M-40 | 63     | M 130 | 01:02:31 | 02:10:08 | 03:06:31 |          | 04:52:44.20 | 9:26   | 6.4  |
| 151  | GAWRON BARTŁOMIEJ         | 58  |                                     | POLSKA NOWA WIEŚ       | POL  | M-40 | 64     | M 131 | 01:03:38 | 02:09:55 | 03:06:35 |          | 04:52:58.10 | 9:27   | 6.3  |
| 152  | MIŚ PIOTR                 | 193 | DIEHL CONTROLS RUNNING TEAM         | NAMYSŁÓW               | POL  | M-30 | 39     | M 132 | 01:08:51 | 02:14:16 | 03:10:51 |          | 04:53:10.60 | 9:27   | 6.3  |
| 153  | ODOLCZYK JERZY            | 210 |                                     | WARSZAWA               | POL  | M-60 | 3      | M 133 | 01:14:17 | 02:20:29 | 03:16:54 |          | 04:54:39.85 | 9:30   | 6.3  |
| 154  | KOSTRZEWSKI MACIEJ        | 132 |                                     | KŁODZKO                | POL  | M-30 | 40     | M 134 | 01:11:42 | 02:13:30 | 03:12:46 |          | 04:55:46.65 | 9:32   | 6.3  |
| 155  | DOLIWKA PAWEŁ             | 40  | LUBAWA KOCHA BIEGAĆ/BIEGAM U KOLESI | LUBAWA                 | POL  | M-40 | 65     | M 135 | 01:12:20 | 02:16:17 | 03:15:16 |          | 04:58:15.55 | 9:37   | 6.2  |
| 156  | GRABOWICZ PAWEŁ           | 67  |                                     | SEKIERKI WIELKIE       | POL  | M-40 | 66     | M 136 | 01:08:05 | 02:12:27 | 03:06:49 | 00:10:00 | 04:58:19.95 | 9:18   | 6.5  |

**ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM, OPEN c.d.**

| M-ce | Nazwisko i imię          | Nr  | Klub                                   | M-scowość           | Kraj | Kat. | M. kat | K/M   | 7km      | 14km     | 19.7km   | Kar/Bon  | Netto       | min/km | km/h |
|------|--------------------------|-----|--|---------------------|------|------|--------|-------|----------|----------|----------|----------|-------------|--------|------|
| 157  | ZIEWIEC MARCIN           | 327 |  | WROCŁAW             | POL  | M-30 | 41     | M 137 | 01:04:14 | 02:11:02 | 03:07:57 |          | 04:58:29.55 | 9:37   | 6.2  |
| 158  | TURNIAK MIŁOSZ           | 296 |  | GLIWICE             | POL  | M-30 | 42     | M 138 | 01:06:48 | 02:12:04 | 03:12:22 |          | 04:58:56.05 | 9:38   | 6.2  |
| 159  | WAJDA MACIEJ             | 301 | SPELEOCLUB WROCŁAW                     | WROCŁAW             | POL  | M-30 | 43     | M 139 | 01:01:17 | 02:04:19 | 03:03:58 |          | 04:59:05.60 | 9:38   | 6.2  |
| 160  | PTAK TOMASZ              | 236 | KLUB BIEGACZA WARTA                    | WAŚOSZ GÓRNY        | POL  | M-40 | 67     | M 140 | 00:59:30 | 02:15:52 | 03:12:15 |          | 04:59:16.10 | 9:39   | 6.2  |
| 161  | MRUSZCZYK JACEK          | 197 | KLUB BIEGACZA WARTA                    | PAJĘCZNO            | POL  | M-40 | 68     | M 141 | 01:04:26 | 02:15:54 | 03:12:16 |          | 04:59:17.10 | 9:39   | 6.2  |
| 162  | CZAPRAN MAGDALENA        | 35  |  | PYSKOWICE           | POL  | K-40 | 13     | K 21  | 01:06:37 | 02:12:05 | 03:12:20 |          | 04:59:24.10 | 9:39   | 6.2  |
| 163  | MELNYK IVAN              | 182 |  | OLOMOUC             | CZE  | M-30 | 44     | M 142 | 01:09:28 | 02:18:15 | 03:12:50 |          | 04:59:32.10 | 9:39   | 6.2  |
| 164  | DAWIDOWICZ WOJCIECH      | 38  |  | DOBROSZYCE          | POL  | M-30 | 45     | M 143 | 01:06:55 | 02:12:34 | 03:10:15 | 00:10:00 | 05:02:07.95 | 9:25   | 6.4  |
| 165  | BARANOWSKI FILIP         | 6   | PĘDZĄCE BARANKI                        | POZNAŃ              | GER  | M-40 | 69     | M 144 | 01:08:35 | 02:13:27 | 03:13:39 |          | 05:03:23.30 | 9:47   | 6.1  |
| 166  | LEDNICKI MICHAŁ          | 162 | ARVATO S.C. REP                        | SKÓRZEWO            | POL  | M-40 | 70     | M 145 | 01:10:27 | 02:16:54 | 03:14:27 |          | 05:03:23.55 | 9:47   | 6.1  |
| 167  | BŁĘDOWSKA KATARZYNA      | 344 | AGRO AS                                | OPOLE               | POL  | K-30 | 5      | K 22  | 01:08:40 | 02:17:36 | 03:18:10 |          | 05:03:52.50 | 9:48   | 6.1  |
| 168  | SZMAGIEREWSKI WOJCIECH   | 279 |  | WROCŁAW             | POL  | M-50 | 18     | M 146 | 01:10:27 | 02:15:12 | 03:17:55 |          | 05:05:18.30 | 9:50   | 6.1  |
| 169  | JASICKI KRZYSZTOF        | 99  | RUNHOGS TYCHY                          | TYCHY               | POL  | M-40 | 71     | M 147 | 01:12:18 | 02:20:27 | 03:18:43 |          | 05:05:19.30 | 9:50   | 6.1  |
| 170  | MATUSZEWSKA MAŁGORZATA   | 180 | RUNNER'S POWER SREM                    | ŚREM                | POL  | K-40 | 14     | K 23  | 01:12:54 | 02:24:47 | 03:24:19 |          | 05:05:36.35 | 9:51   | 6.1  |
| 171  | KACZMAREK MIROŚLAW       | 110 | RUNNER'S POWER ŚREM                    | ŚREM                | POL  | M-30 | 46     | M 148 | 01:12:51 | 02:24:48 | 03:24:19 |          | 05:05:36.85 | 9:51   | 6.1  |
| 172  | GRZELIŃSKI MICHAŁ        | 73  | □□                                     | JAROCIN             | POL  | M-30 | 47     | M 149 | 01:09:01 | 02:17:44 | 03:16:35 |          | 05:06:15.60 | 9:52   | 6.1  |
| 173  | SAMOLAK MACIEK           | 254 |  | BOGUSZÓW-GORCE      | POL  | M-40 | 72     | M 150 | 01:05:10 | 02:09:33 | 03:08:29 | 00:10:00 | 05:06:17.70 | 9:33   | 6.3  |
| 174  | KĄŁKA MARCIN             | 332 |  | RAWICZ              | POL  | M-30 | 48     | M 151 | 01:08:20 | 02:15:26 | 03:13:25 |          | 05:06:26.10 | 9:53   | 6.1  |
| 175  | WOJCIECHOWSKI ALEKSANDER | 314 | ROWERY MAŁGOŚKA                        | WRZEŚNIA            | POL  | M-30 | 49     | M 152 | 01:07:38 | 02:15:16 | 03:17:31 |          | 05:07:17.45 | 9:54   | 6.1  |
| 176  | GAJDOWSKI PRZEMYSŁAW     | 54  |  | WROCŁAW             | POL  | M-30 | 50     | M 153 | 01:14:43 | 02:27:03 | 03:24:19 |          | 05:07:33.80 | 9:55   | 6    |
| 177  | KUROWSKI ALEKSANDER      | 156 |  | SZCZAWNO ZDRÓJ      | POL  | M-40 | 73     | M 154 | 01:05:05 | 02:09:15 | 03:08:28 | 00:10:00 | 05:07:46.45 | 9:36   | 6.2  |
| 178  | WOJCIECHOWICZ LESZEK     | 313 | DZIECI KOTANA                          | BŁĄŻEJEWÓ           | POL  | M-30 | 51     | M 155 | 01:07:20 | 02:17:40 | 03:15:37 |          | 05:07:54.75 | 9:55   | 6    |
| 179  | POGONOWSKI TOMASZ        | 230 | BIEGACZE Z PRZYLESIA                   | KÓRNIK              | POL  | M-40 | 74     | M 156 | 01:07:19 | 02:17:43 | 03:15:36 |          | 05:07:55.25 | 9:55   | 6    |
| 180  | JANUSZEWSKA IZABELA      | 94  | BIEGAM U KOLESI                        | GRODZICZNO          | POL  | K-30 | 6      | K 24  | 01:15:07 | 02:23:47 | 03:23:38 |          | 05:08:33.05 | 9:57   | 6    |
| 181  | MACIEJOWICZ MICHAŁ       | 173 |  | WARSZAWA            | AFG  | M-30 | 52     | M 157 | 01:09:22 | 02:15:58 | 03:19:14 |          | 05:08:38.15 | 9:57   | 6    |
| 182  | ZUBRZAK JACEK            | 329 |  | ŁÓDŹ                | POL  | M-40 | 75     | M 158 | 01:05:29 | 02:11:05 | 03:12:32 |          | 05:08:58.70 | 9:58   | 6    |
| 183  | JÓZEFOWICZ SEBASTIAN     | 106 |  | ŁÓDŹ                | POL  | M-40 | 76     | M 159 | 01:05:32 | 02:11:06 | 03:12:33 |          | 05:08:59.00 | 9:58   | 6    |
| 184  | GRZYWIŃSKI WOJTEK        | 74  |  | TORUŃ               | POL  | M-30 | 53     | M 160 | 01:10:32 | 02:16:51 | 03:16:27 |          | 05:10:15.80 | 10:00  | 6    |
| 185  | SZMECHTIG-GAUDEN EWA     | 280 | PODGÓRZ TORUŃ                          | TORUŃ               | POL  | K-40 | 15     | K 25  | 01:10:27 | 02:16:49 | 03:16:26 |          | 05:10:36.25 | 10:01  | 6    |
| 186  | KUBIAK ANNA              | 152 | STRZEGOMSKA DWUNASTKA                  | STRZEGOM            | POL  | K-40 | 16     | K 26  | 01:09:57 | 02:23:05 | 03:22:12 |          | 05:12:00.60 | 10:03  | 6    |
| 187  | TOCZEWSKA ANNA           | 293 | JACEKBIEGA RUNNING TEAM                | WARSZAWA            | POL  | K-50 | 1      | K 27  | 01:16:43 | 02:26:03 | 03:30:52 |          | 05:12:06.60 | 10:04  | 6    |
| 188  | SOBOTKA MONIKA           | 267 | WARSAW RUN CLUB                        | WARSZAWA            | POL  | K-50 | 2      | K 28  | 01:10:22 | 02:28:42 | 03:25:01 |          | 05:12:20.45 | 10:04  | 6    |
| 189  | KUBIAK PRZEMYSŁAW        | 151 | STRZEGOMSKA DWUNASTKA                  | STRZEGOM            | POL  | M-40 | 77     | M 161 | 01:09:59 | 02:23:12 | 03:22:31 |          | 05:12:50.95 | 10:05  | 5.9  |
| 190  | ŁOBASIUK IWONA           | 167 | FUNDACJA KIERUNEK ULTRA                | SUWAŁKI             | POL  | K-40 | 17     | K 29  | 01:12:47 | 02:23:48 | 03:24:04 |          | 05:13:01.00 | 10:05  | 5.9  |
| 191  | RUCIŃSKI ADAM            | 249 |  | WARSZAWA            | POL  | M-50 | 19     | M 162 | 01:10:06 | 02:17:11 | 03:19:43 |          | 05:14:24.60 | 10:08  | 5.9  |
| 192  | BŁACHNO MARCIN           | 14  |  | KRAKÓW              | POL  | M-40 | 78     | M 163 | 01:13:31 | 02:23:29 | 03:24:49 |          | 05:14:27.30 | 10:08  | 5.9  |
| 193  | MIGDAL ADRIAN            | 186 |  | KŁAJ                | POL  | M-40 | 79     | M 164 | 01:13:41 | 02:20:10 | 03:22:16 |          | 05:14:27.90 | 10:08  | 5.9  |
| 194  | ROGÓRZ ANDRZEJ           | 242 |  | WROCŁAW             | POL  | M-40 | 80     | M 165 | 01:03:09 | 02:15:51 | 03:19:48 |          | 05:14:39.30 | 10:09  | 5.9  |
| 195  | ZAJĄCZKOWSKI DAMIAN      | 319 | OUTSIDERS                              | POZNAŃ              | POL  | M-40 | 81     | M 166 | 01:05:07 | 02:11:06 | 03:12:55 |          | 05:16:01.90 | 10:11  | 5.9  |
| 196  | JASIŃSKI MARCIN          | 100 | ROGOZIŃSKI KLUB BIEGACZA               | ROGOŻNO             | POL  | M-40 | 82     | M 167 | 01:26:53 | 02:33:38 | 03:30:54 |          | 05:16:41.85 | 10:12  | 5.9  |
| 197  | SIWEK GRZEGORZ           | 338 |  |                     | POL  | M-40 | 83     | M 168 | 01:11:56 | 02:21:30 | 03:20:08 |          | 05:17:25.45 | 10:14  | 5.9  |
| 198  | MAŁACHOWSKA GABRIELA     | 179 |  | KRAKÓW              | POL  | K-20 | 4      | K 30  | 01:15:05 | 02:24:23 | 03:27:48 |          | 05:17:29.45 | 10:14  | 5.9  |
| 199  | SZYM CZAK MARCIN         | 286 |  | MOSINA              | POL  | M-40 | 84     | M 169 | 01:06:20 | 02:17:46 | 03:20:58 |          | 05:17:41.00 | 10:14  | 5.9  |
| 200  | ZIENKIEWICZ JUSTYNA      | 326 |  | PIASECZNO           | POL  | K-40 | 18     | K 31  | 01:17:46 | 02:33:24 | 03:31:36 |          | 05:17:43.00 | 10:14  | 5.9  |
| 201  | ZIENKIEWICZ AGATA        | 325 | PIASECZNO RUNNING                      | PIASECZNO           | POL  | K-40 | 19     | K 32  | 01:17:38 | 02:33:26 | 03:31:32 |          | 05:17:43.05 | 10:14  | 5.9  |
| 202  | URBAŃSKI RAFAŁ           | 300 |  | WAŁBRZYCH           | POL  | M-50 | 20     | M 170 | 01:05:25 | 02:15:40 | 03:18:42 |          | 05:19:06.95 | 10:17  | 5.8  |
| 203  | SZYŃKLEWSKI MACIEJ       | 287 | QUAY POZNAŃ                            | POZNAŃ              | POL  | M-50 | 21     | M 171 | 01:19:43 | 02:32:20 | 03:31:55 |          | 05:19:16.20 | 10:17  | 5.8  |
| 204  | KUSZTELSKA LUCYNA        | 159 |  | MOSINA              | POL  | K-40 | 20     | K 33  | 01:12:31 | 02:25:22 | 03:31:31 |          | 05:19:29.35 | 10:18  | 5.8  |
| 205  | SZYDŁO KLAUDIA           | 285 |  | WROCŁAW             | POL  | K-30 | 7      | K 34  | 01:12:33 | 02:17:49 | 03:21:36 |          | 05:20:02.90 | 10:19  | 5.8  |
| 206  | PODULKA GRZEGORZ         | 229 |  | KŁODZKO             | POL  | M-40 | 85     | M 172 | 01:11:16 | 02:21:09 | 03:22:59 |          | 05:21:33.80 | 10:22  | 5.8  |
| 207  | FILIPOWICZ DOMINIK       | 48  |  | CHOJNÓW             | POL  | M-30 | 54     | M 173 | 01:16:10 | 02:28:13 | 03:31:29 |          | 05:21:50.00 | 10:22  | 5.8  |
| 208  | PIOTROWSKA ANNA          | 228 | META NADARZYN / SPARTANIE<br>DZIECIOM  | NADARZYN            | POL  | K-50 | 3      | K 35  | 01:12:46 | 02:28:37 | 03:29:14 |          | 05:22:47.65 | 10:24  | 5.8  |
| 209  | KOSTYK GRZEGORZ          | 133 |  | CHOJNÓW             | POL  | M-40 | 86     | M 174 | 01:17:44 | 02:28:15 | 03:33:30 |          | 05:23:05.40 | 10:25  | 5.8  |
| 210  | KOWALSKI SZYMON          | 139 | HTF LUDWIK SIKORSKI                    | ŁÓDŹ                | POL  | M-40 | 87     | M 175 | 01:19:03 | 02:35:39 | 03:38:39 |          | 05:24:03.90 | 10:27  | 5.7  |
| 211  | FAJNAS KATARZYNA         | 44  | DOGOŃ GRODZISK MAZOWIECKI /<br>DANFOSS | MUSULY / ŻABIA WOLA | POL  | K-40 | 21     | K 36  | 01:13:25 | 02:26:11 | 03:31:38 |          | 05:26:36.75 | 10:32  | 5.7  |

**ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM, OPEN c.d.**

| M-ce | Nazwisko i imię         | Nr  | Klub  | M-scowość            | Kraj | Kat. | M. kat | K/M   | 7km      | 14km     | 19.7km   | Kar/Bon  | Netto       | min/km | km/h |
|------|-------------------------|-----|---|----------------------|------|------|--------|-------|----------|----------|----------|----------|-------------|--------|------|
| 212  | MIKOLAJEC PIOTR         | 188 |   | WROCŁAW              | POL  | M-30 | 55     | M 176 | 01:16:46 | 02:34:00 | 03:33:42 |          | 05:29:27.60 | 10:37  | 5.6  |
| 213  | CYWIŃSKI PAWEŁ          | 33  | AKG ŁÓDŹ / HTF                                | ŁÓDŹ                 | POL  | M-40 | 88     | M 177 | 01:18:55 | 02:37:05 | 03:38:48 |          | 05:31:52.05 | 10:42  | 5.6  |
| 214  | PANEK ALEKSANDRA        | 218 |   | DĘBOGÓRA             | POL  | K-50 | 4      | K 37  | 01:16:42 | 02:35:47 | 03:39:06 |          | 05:32:38.85 | 10:43  | 5.6  |
| 215  | KOŚNIEWSKA-NOWAK JOANNA | 135 | WIECZORNE BIEGANIE W OPOLU                    | DĘBSKA KUŹNIA        | POL  | K-40 | 22     | K 38  | 01:17:30 | 02:32:54 | 03:38:30 |          | 05:33:38.05 | 10:45  | 5.6  |
| 216  | ILNICKA MONIKA          | 85  | WIECZORNE BIEGANIE W OPOLU                    | OPOLE                | POL  | K-30 | 8      | K 39  | 01:16:57 | 02:32:53 | 03:38:29 |          | 05:33:38.20 | 10:45  | 5.6  |
| 217  | NOWAK ŁUKASZ            | 207 | WIECZORNE BIEGANIE W OPOLU                    | SUCHY BÓR            | POL  | M-30 | 56     | M 178 | 01:16:49 | 02:33:01 | 03:38:34 |          | 05:33:39.65 | 10:45  | 5.6  |
| 218  | PASZKE AGNIESZKA        | 222 |   | BYTÓW                | POL  | K-20 | 5      | K 40  | 01:16:36 | 02:36:24 | 03:36:50 |          | 05:34:38.05 | 10:47  | 5.6  |
| 219  | MACIEJEWSKI WOJCIECH    | 172 |   | STRZAŁKOWO           | POL  | M-20 | 11     | M 179 | 01:16:29 | 02:36:23 | 03:36:51 |          | 05:34:38.25 | 10:47  | 5.6  |
| 220  | KRUZEL RAFAŁ            | 149 | BIEGOWE MISIE                                 | LEGNICA              | POL  | M-50 | 22     | M 180 | 01:19:26 | 02:36:08 | 03:40:14 |          | 05:34:42.70 | 10:47  | 5.6  |
| 221  | GÓRECKI MARCIN          | 65  | DZIK KOMANDO                                  | ŁÓDŹ                 | POL  | M-40 | 89     | M 181 | 01:14:32 | 02:33:48 | 03:39:12 |          | 05:34:43.95 | 10:47  | 5.6  |
| 222  | KOZAK BARTOSZ           | 141 | KOZAKI  | DŁUGOŁĘKA            | POL  | M-40 | 90     | M 182 | 01:08:09 | 02:28:01 | 03:34:40 |          | 05:37:12.65 | 10:52  | 5.5  |
| 223  | KOZAK EWA               | 142 | KOZAKI  | DŁUGOŁĘKA            | POL  | K-40 | 23     | K 41  | 01:14:41 | 02:28:26 | 03:34:59 |          | 05:37:42.40 | 10:53  | 5.5  |
| 224  | ZWIERYŃSKI ROMAN        | 333 | LECĘ BO CHCĘ                                  | LUTYNIA              | POL  | M-60 | 4      | M 183 | 01:14:33 | 02:28:11 | 03:36:20 |          | 05:41:22.95 | 11:00  | 5.4  |
| 225  | JESIOŁOWSKI ROBERT      | 103 |   | WARSZAWA             | POL  | M-50 | 23     | M 184 | 01:19:05 | 02:41:10 | 03:45:47 |          | 05:42:21.60 | 11:02  | 5.4  |
| 226  | OCHOCKI MARCIN          | 209 | DZIK KOMANDO                                  | ŁÓDŹ                 | POL  | M-40 | 91     | M 185 | 01:23:25 | 02:42:30 | 03:47:40 |          | 05:43:18.85 | 11:04  | 5.4  |
| 227  | GRĘZEL-GAWRON JOLANTA   | 70  |   | POLSKA NOWA WIEŚ     | POL  | K-40 | 24     | K 42  | 01:20:11 | 02:39:52 | 03:44:30 |          | 05:44:13.40 | 11:06  | 5.4  |
| 228  | FLORCZAK MONIKA         | 49  |   | WROCŁAW              | POL  | K-30 | 9      | K 43  | 01:23:16 | 02:41:47 | 03:46:22 |          | 05:49:15.85 | 11:15  | 5.3  |
| 229  | JEDYNAK-DOROSZ IZABELA  | 101 | KB MANIAC POZNAŃ                              | TULCE                | POL  | K-40 | 25     | K 44  | 01:27:41 | 02:49:00 | 03:54:12 |          | 05:50:33.70 | 11:18  | 5.3  |
| 230  | MACIOŁ SEBASTIAN        | 174 | TTA BIERUŃ                                    | BIERUŃ               | POL  | M-40 | 92     | M 186 | 01:12:19 | 02:33:27 | 03:43:42 |          | 05:54:05.50 | 11:25  | 5.3  |
| 231  | ŁACKI ŁUKASZ            | 165 | MUD FOXES                                     | GRÓJEC               | POL  | M-40 | 93     | M 187 | 01:16:23 | 02:38:01 | 03:47:08 |          | 05:58:51.15 | 11:34  | 5.2  |
| 232  | KRUPCZYŃSKI MARIUSZ     | 148 | KRUPOLS TEAM                                  | RASZYN               | POL  | M-60 | 5      | M 188 | 01:16:55 | 02:31:25 | 03:36:37 |          | 06:00:17.50 | 11:37  | 5.2  |
| 233  | BRZEZIŃSKI ANDRZEJ      | 339 |   | OLKUSZ               | POL  | M-60 | 6      | M 189 | 01:19:06 | 02:42:27 | 03:49:20 |          | 06:01:21.85 | 11:39  | 5.1  |
| 234  | GARBACZ MAREK           | 56  | LEŚNE ULTRA DZIADY                            | OLAWA                | POL  | M-50 | 24     | M 190 | 01:17:45 | 02:40:42 | 03:50:19 |          | 06:01:44.70 | 11:40  | 5.1  |
| 235  | STRZELECKI KRZYSZTOF    | 271 | LEŚNE ULTRA DZIADY                            | WROCŁAW              | POL  | M-50 | 25     | M 191 | 01:17:36 | 02:40:40 | 03:51:00 |          | 06:03:09.85 | 11:42  | 5.1  |
| 236  | MIELNIK KRZYSZTOF       | 185 | DC TRIATHLON TEAM                             | NAMYSŁÓW             | POL  | M-30 | 57     | M 192 | 01:34:19 | 03:07:24 | 04:19:57 |          | 06:03:25.60 | 11:43  | 5.1  |
| 237  | PAWŁOWSKA ANNA          | 334 |   | MIERZYN              | POL  | K-40 | 26     | K 45  | 01:21:05 | 02:46:04 | 03:58:25 |          | 06:20:22.35 | 12:16  | 4.9  |
| 238  | PAWŁOWSKA ANNA          | 342 |   |                      | POL  | K-40 | 27     | K 46  | 01:20:59 | 02:46:03 | 03:58:27 |          | 06:20:22.80 | 12:16  | 4.9  |
| 239  | HOFFMANN GRZEGORZ       | 81  | KOŚCIAN TEAM                                  | CZEMPIŃ              | POL  | M-40 | 94     | M 193 | 01:26:32 | 02:56:13 | 04:06:08 |          | 06:22:54.30 | 12:21  | 4.9  |
| 240  | JAKUBOWSKI WOJCIECH     | 91  | KB GEOTERMIA UNIEJÓW                          | UNIEJÓW              | POL  | M-40 | 95     | M 194 | 01:13:45 | 02:37:01 | 04:00:06 |          | 06:29:35.70 | 12:34  | 4.8  |
| 241  | KRYSZEWSKI ARTUR        | 150 |   | POZNAŃ               | POL  | M-30 | 58     | M 195 | 01:30:03 | 02:58:14 | 04:12:55 |          | 06:30:01.50 | 12:34  | 4.8  |
| 242  | KOPACKA EDYTA           | 129 | KB SOBÓTKA                                    | WROCŁAW              | POL  | K-30 | 10     | K 47  |          |          | 04:35:32 |          | 06:32:20.50 | 12:39  | 4.7  |
| 243  | JURKIEWICZ DOMINIK      | 109 |   | WROCŁAW              | POL  | M-30 | 59     | M 196 | 01:28:54 | 02:53:35 | 04:07:34 |          | 06:35:19.40 | 12:45  | 4.7  |
| 244  | SOWIŃSKA ANETTA         | 269 |   | GORZÓW WIELKOPOLSKI  | POL  | K-40 | 28     | K 48  | 01:35:55 | 03:04:47 | 04:17:32 |          | 06:36:33.55 | 12:47  | 4.7  |
| 245  | CISICKA DARIA           | 28  |   | NAMYSŁÓW             | POL  | K-30 | 11     | K 49  | 01:34:32 | 03:07:32 | 04:19:57 |          | 06:41:43.65 | 12:57  | 4.6  |
| 246  | KAWAŁKO RYSZARD         | 115 | WOLNY RYŚ 8*                                  | LEGNICA              | POL  | M-50 | 26     | M 197 | 01:24:34 | 02:56:07 | 04:12:20 |          | 06:44:01.00 | 13:01  | 4.6  |
| 247  | DONAJ ADAM              | 42  |   | KOŚCIAN              | POL  | M-40 | 96     | M 198 | 01:53:15 | 03:24:24 | 04:49:19 |          | 07:03:36.50 | 13:39  | 4.4  |
| 248  | PAŁASZYŃSKA BEATA       | 216 | MUD FOXES                                     | BYDGOSZCZ            | POL  | K-30 | 12     | K 50  | 01:41:02 | 03:18:00 | 04:41:43 |          | 07:07:21.70 | 13:47  | 4.4  |
| 249  | KOCZOROWSKA ANNA        | 122 | TEAM ZABIEGANEDNI                             | RADIÓWEK             | POL  | K-40 | 29     | K 51  |          |          | 04:02:26 |          |             | 12:18  | 4.9  |
| 250  | URBAŃSKA PAULINA        | 298 | TRAINING LAB                                  | WARSZAWA             | POL  | K-30 | 13     | K 52  | 01:18:40 |          |          |          |             | 11:14  | 5.3  |
|      | KOCIOŁEK ZBIGNIEW       | 121 |   | WOŁÓW                | POL  | M-40 |        |       | 01:18:14 | 02:42:10 | 04:00:59 |          | DNF         | -      | -    |
|      |                         |     |   |                      |      |      |        |       | DNF      | DNF      | DNF      |          |             |        |      |
| 0    | RAJCA MICHAŁ            | 241 | TRIMP   | WROCŁAW              | POL  | M-30 | 1      | M 1   | 00:41:10 | 01:18:42 | 02:02:06 |          | 03:02:31.50 | 5:53   | 10.2 |
| 1    | NORBERT MICHAŁ          | 206 | KB SOBÓTKA                                    | ŚWIDNICA             | POL  | M-30 | 2      | M 2   | 00:43:55 | 01:24:26 | 02:05:03 |          | 03:13:07.20 | 6:13   | 9.6  |
| 2    | KITA MICHAŁ             | 119 | PĘDZĄCY W MIEJSCU                             | WROCŁAW              | POL  | M-40 | 1      | M 3   | 00:44:21 | 01:26:21 | 02:06:46 |          | 03:16:41.70 | 6:20   | 9.5  |
| 3    | WILK MACIEJ             | 341 |   |                      | POL  | M-40 | 2      | M 4   | 00:45:29 | 01:28:51 | 02:09:30 |          | 03:18:07.75 | 6:23   | 9.4  |
| 4    | GOŚCINIOWICZ PAWEŁ      | 64  | ZIEMOWIT TEAM                                 | KATOWICE             | POL  | M-40 | 3      | M 5   | 00:46:54 | 01:30:01 | 02:10:34 |          | 03:20:13.30 | 6:27   | 9.3  |
| 5    | RUDZIŃSKI JACEK         | 250 | KB HERMES GRYFINO                             | GRYFINO              | POL  | M-50 | 1      | M 6   | 00:47:16 | 01:32:16 | 02:13:30 |          | 03:21:23.00 | 6:29   | 9.2  |
| 6    | JUDA WITOLD             | 107 |   | JELEŃ GÓRA           | POL  | M-40 | 4      | M 7   | 01:27:35 | 02:10:48 |          |          | 03:21:25.05 | 6:29   | 9.2  |
| 7    | GARLIŃSKI ŁUKASZ        | 57  | KB KROKUS KWIATKOWICE                         | WIELOWIEŚ            | POL  | M-20 | 1      | M 8   |          | 01:25:21 | 02:09:56 |          | 03:25:44.45 | 6:38   | 9    |
| 8    | RACZAK MACIEJ           | 240 | 42K PRO TEAM                                  | SIEMIANOWICE ŚLĄSKIE | POL  | M-30 | 3      | M 9   | 00:47:44 | 01:32:03 | 02:14:15 |          | 03:28:12.75 | 6:42   | 8.9  |
| 9    | PASTUSZKA PAWEŁ         | 221 | EX TEAM                                       | ZIĘBICE              | POL  | M-30 | 4      | M 10  | 00:45:31 | 01:29:44 | 02:14:41 |          | 03:29:27.45 | 6:45   | 8.9  |
| 10   | HOŁYST ANDRZEJ          | 82  | GT RAT  | NOWA RUDA            | POL  | M-40 | 5      | M 11  | 00:47:59 | 01:32:44 | 02:16:47 |          | 03:30:18.05 | 6:47   | 8.8  |
| 11   | URBAŃCZYK GRZEGORZ      | 297 | FOR RUN TEAM & ADRUNALINE                     | POZNAŃ               | POL  | M-30 | 5      | M 12  | 00:46:27 | 01:28:51 | 02:11:13 | 00:10:00 | 03:31:57.70 | 6:30   | 9.2  |
| 12   | KLIMCEWICZ CEZARY       | 336 |   |                      | POL  | M-40 | 6      | M 13  | 00:47:37 |          | 02:18:40 |          | 03:31:57.75 | 6:50   | 8.8  |
| 13   | GORCZYŃSKI NORBERT      | 61  | KUDOWIANKA RUN                                | KUDOWA ZDRÓJ         | POL  | M-20 | 2      | M 14  | 00:50:08 | 01:35:34 | 02:18:10 |          | 03:32:47.90 | 6:51   | 8.7  |
| 14   | IWAŃSKI BARTŁOMIEJ      | 86  | TEAM KOLARZ POLANICA                          | WARSZAWA             | POL  | M-20 | 3      | M 15  | 00:46:48 | 01:30:18 | 02:14:21 |          | 03:33:44.30 | 6:53   | 8.7  |
| 15   | MACH TOMASZ             | 170 | SPORTFUEL.PL MTB TEAM & PORCELANAWALBRZYCH.PL | WAŁBRZYCH            | POL  | M-30 | 6      | M 16  | 00:46:31 | 01:31:18 | 02:16:55 |          | 03:34:33.60 | 6:55   | 8.7  |

**ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM, OPEN c.d.**

| M-ce | Nazwisko i imię            | Nr  | Klub                          | M-scowość                   | Kraj | Kat. | M. kat | K/M  | 7km      | 14km     | 19.7km   | Kar/Bon | Netto       | min/km | km/h |
|------|----------------------------|-----|-------------------------------|-----------------------------|------|------|--------|------|----------|----------|----------|---------|-------------|--------|------|
| 16   | BIENIEK GRZEGORZ           | 12  | APEX.INFO                     | LUBAWKA                     | POL  | M-30 | 7      | M 17 | 00:50:09 | 01:34:48 | 02:20:02 |         | 03:35:31.00 | 6:57   | 8.6  |
| 17   | SOCHA SEWERYN              | 335 |                               | POZNAŃ                      | POL  | M-30 | 8      | M 18 | 00:48:40 | 01:36:27 | 02:21:31 |         | 03:36:52.10 | 6:59   | 8.6  |
| 18   | KUSAL TOMASZ               | 158 |                               | OPOLE                       | POL  | M-20 | 4      | M 19 | 00:46:20 | 01:31:54 | 02:18:06 |         | 03:38:01.40 | 7:01   | 8.5  |
| 19   | NIEZGÓDKA TOMASZ           | 340 |                               |                             | POL  | M-50 | 2      | M 20 | 00:52:06 | 01:40:29 | 02:23:42 |         | 03:39:16.65 | 7:04   | 8.5  |
| 20   | DANAK PRZEMEK              | 37  |                               | KOSTRZYN NAD ODRĄ           | POL  | M-40 | 7      | M 21 | 00:53:24 | 01:42:35 | 02:27:25 |         | 03:41:11.90 | 7:08   | 8.4  |
| 21   | KRUPA MARCIN               | 147 | AKTYWNA NOWA RUDA             | NOWA RUDA                   | POL  | M-40 | 8      | M 22 | 00:50:00 | 01:37:31 | 02:25:11 |         | 03:42:01.40 | 7:09   | 8.4  |
| 22   | BEDNARZ SEBASTIAN          | 9   | OTM.B                         | OTMUCHÓW                    | POL  | M-50 | 3      | M 23 | 00:50:23 | 01:37:53 | 02:23:11 |         | 03:44:22.65 | 7:14   | 8.3  |
| 23   | CZOSNOWSKI KRZYSZTOF       | 36  | KB HERMES GRZYFNO             | GRZYFNO                     | POL  | M-40 | 9      | M 24 | 00:51:42 | 01:42:41 | 02:27:15 |         | 03:46:00.20 | 7:17   | 8.2  |
| 24   | GRYGIEL MAREK              | 72  | JACEKBIEGA RUNNING TEAM       | KRAKÓW                      | POL  | M-40 | 10     | M 25 | 00:51:41 | 01:40:50 | 02:28:27 |         | 03:46:45.70 | 7:18   | 8.2  |
| 25   | BIENIAS ŁUKASZ             | 11  | BIELAWSKA AKADEMIA BIEGANIA   | DZIERŻONIÓW                 | POL  | M-30 | 9      | M 26 | 00:52:35 | 01:41:45 | 02:28:20 |         | 03:47:58.05 | 7:21   | 8.2  |
| 26   | KARPOWICZ RAFAL            | 114 |                               | WROCLAW                     | POL  | M-40 | 11     | M 27 | 00:48:47 | 01:35:31 | 02:23:42 |         | 03:48:17.70 | 7:21   | 8.1  |
| 27   | POLIŃSKI ROBERT            | 231 | TRAINING LAB                  | WARSZAWA                    | POL  | M-30 | 10     | M 28 | 00:53:13 | 01:44:19 | 02:30:39 |         | 03:51:22.15 | 7:27   | 8    |
| 28   | CIURASZKIEWICZ ANDRZEJ     | 30  |                               | WROCLAW                     | POL  | M-40 | 12     | M 29 | 00:56:32 | 01:48:04 | 02:36:59 |         | 03:51:51.65 | 7:28   | 8    |
| 29   | MISTYGACZ JAKUB            | 192 | ANTONTEAM ACTIVDIAB           | KRAKOWICE                   | POL  | M-40 | 13     | M 30 | 00:54:56 | 01:43:48 | 02:30:25 |         | 03:53:13.60 | 7:31   | 8    |
| 30   | GOSTYŃSKI KRZYSZTOF        | 63  | RUCZAJ ULTRA TEAM             | KRAKÓW                      | POL  | M-40 | 14     | M 31 | 00:59:28 | 01:49:46 | 02:34:44 |         | 03:53:36.15 | 7:32   | 8    |
| 31   | WOŁOSZYN KONRAD            | 316 | ADRENALINA TEAM               | STEPNICA                    | POL  | M-40 | 15     | M 32 | 00:53:32 | 01:46:25 | 02:34:17 |         | 03:53:53.15 | 7:32   | 8    |
| 32   | HOTAŁA SYLWIA              | 84  | KUDOWIANKA RUN                | KUDOWA-ZDRÓJ                | POL  | K-30 | 1      | K 1  | 00:55:21 | 01:46:30 | 02:37:03 |         | 03:55:06.40 | 7:35   | 7.9  |
| 33   | JANCZ TOMASZ               | 92  |                               | JELEŃ GÓRA                  | POL  | M-50 | 4      | M 33 | 00:56:57 | 01:47:04 | 02:37:14 |         | 03:55:51.45 | 7:36   | 7.9  |
| 34   | SZCZEPARA WOJCIECH         | 274 |                               | WROCLAW                     | POL  | M-20 | 5      | M 34 | 00:54:53 | 01:45:17 | 02:33:43 |         | 03:56:41.40 | 7:38   | 7.9  |
| 35   | KAPŁOWSKI JERZY            | 112 |                               | WAŁBRZYCH                   | POL  | M-40 | 16     | M 35 | 00:57:36 | 01:49:47 | 02:37:11 |         | 03:58:15.75 | 7:41   | 7.8  |
| 36   | WEINERT ARTUR              | 306 | RUNNER"S POWER                | ŚREM                        | POL  | M-40 | 17     | M 36 | 00:56:50 | 01:48:31 | 02:37:12 |         | 03:59:21.65 | 7:43   | 7.8  |
| 37   | GUSTAW ŁUKASZ              | 75  |                               | KUDOWA-ZDRÓJ                | POL  | M-30 | 11     | M 37 | 00:51:28 | 01:43:04 | 02:36:59 |         | 04:00:28.75 | 7:45   | 7.7  |
| 38   | LUBAŃSKI MATEUSZ           | 164 | KS BARYCZ MILICZ              | DLUGOŁĘKA                   | POL  | M-30 | 12     | M 38 | 00:56:13 | 01:50:23 | 02:38:12 |         | 04:00:31.40 | 7:45   | 7.7  |
| 39   | TELEJKO ŁUKASZ             | 290 | RUN BYDGOSZCZ                 | BYDGOSZCZ                   | POL  | M-20 | 6      | M 39 | 00:57:11 | 01:50:43 | 02:37:12 |         | 04:00:32.90 | 7:45   | 7.7  |
| 40   | KARCZEWSKA JOANNA          | 113 | FUNDACJA KIERUNEK ULTRA       | SUWAŁKI                     | POL  | K-40 | 1      | K 2  | 00:55:21 | 01:45:59 | 02:36:22 |         | 04:01:20.75 | 7:47   | 7.7  |
| 41   | MAJ-ROKSZ MARIA            | 176 | MAJA TEAM                     | WEJHEROWO                   | POL  | K-40 | 2      | K 3  | 00:57:37 | 01:52:14 | 02:40:43 |         | 04:02:04.85 | 7:48   | 7.7  |
| 42   | KRÓL MARCIN                | 146 |                               | OBORNIKI ŚLĄSKIE            | POL  | M-40 | 18     | M 40 | 00:57:31 | 01:51:46 | 02:40:02 |         | 04:03:19.20 | 7:50   | 7.6  |
| 43   | MIKOŁAJCZYK TOMASZ         | 189 |                               | KUDOWA ZDRÓJ                | POL  | M-40 | 19     | M 41 | 00:50:21 | 01:37:22 | 02:26:24 |         | 04:03:53.55 | 7:52   | 7.6  |
| 44   | ZERZUT JAROSŁAW            | 323 | FARTY PUSZCZY                 | SZCZECIN                    | POL  | M-50 | 5      | M 42 | 00:59:04 | 01:52:21 | 02:43:45 |         | 04:04:08.45 | 7:52   | 7.6  |
| 45   | ABRAMOWICZ AGATA           | 1   |                               | KRZEPTÓW                    | POL  | K-20 | 1      | K 4  | 00:56:17 | 01:49:53 | 02:39:09 |         | 04:04:14.35 | 7:52   | 7.6  |
| 46   | SIKORSKI SZYMON            | 262 | NOA                           | KIELCZÓW                    | POL  | M-40 | 20     | M 43 | 00:55:08 | 01:47:34 | 02:38:26 |         | 04:06:22.25 | 7:56   | 7.5  |
| 47   | ROGÓRZ PIOTR               | 243 |                               | WROCLAW (WROCLAW-PSIE POLE) | POL  | M-40 | 21     | M 44 | 00:53:04 | 01:48:06 | 02:39:33 |         | 04:06:43.75 | 7:57   | 7.5  |
| 48   | KOŚCIELNIAK WIOLETTA       | 134 | RUNNERS TEAM NYSA             | NYSA                        | POL  | K-40 | 3      | K 5  | 00:56:02 | 01:47:49 | 02:44:19 |         | 04:07:32.85 | 7:59   | 7.5  |
| 49   | TOMCZAK DARIUSZ            | 294 |                               | GOSTYŃ                      | POL  | M-30 | 13     | M 45 | 00:57:02 | 01:52:47 | 02:45:17 |         | 04:07:39.65 | 7:59   | 7.5  |
| 50   | FIEBIG STEFAN              | 46  | WWW.FIEBIG.PL                 | PONIEC                      | POL  | M-50 | 6      | M 46 | 00:53:12 | 01:43:28 | 02:35:37 |         | 04:07:41.15 | 7:59   | 7.5  |
| 51   | FOGIEL-PAWŁOWSKA AGNIESZKA | 50  |                               | WROCLAW                     | POL  | K-40 | 4      | K 6  | 00:55:36 | 01:48:55 | 02:43:20 |         | 04:07:49.70 | 7:59   | 7.5  |
| 52   | KURZAWIAK GRZEGORZ         | 157 | KUDOWIANKARUN                 | KARŁÓW                      | POL  | M-40 | 22     | M 47 | 00:53:58 | 01:46:45 | 02:38:00 |         | 04:08:02.90 | 8:00   | 7.5  |
| 53   | MATUSZEWSKI MAREK          | 181 | RUNNER'S POWER SREM           | ŚREM                        | POL  | M-50 | 7      | M 48 | 00:56:48 | 01:50:51 | 02:41:37 |         | 04:08:10.25 | 8:00   | 7.5  |
| 54   | ROLICZ MARCIN              | 244 |                               | WITNICA                     | POL  | M-40 | 23     | M 49 | 00:55:18 | 01:47:00 | 02:37:07 |         | 04:08:42.85 | 8:01   | 7.5  |
| 55   | MOKRYCKI KRYSZTOF          | 195 |                               | POLANICA-ZDRÓJ              | POL  | M-40 | 24     | M 50 | 01:03:27 | 01:59:12 | 02:47:57 |         | 04:09:16.40 | 8:02   | 7.5  |
| 56   | PIECUCH MARCIN             | 225 |                               | KRAKÓW                      | POL  | M-30 | 14     | M 51 | 00:57:45 | 01:49:19 | 02:37:56 |         | 04:09:36.20 | 8:03   | 7.5  |
| 57   | CUPIAK DANIEL              | 31  | AGROAS TEAM                   | GRODKÓW                     | POL  | M-50 | 8      | M 52 | 00:56:52 | 01:53:59 | 02:46:36 |         | 04:11:24.15 | 8:06   | 7.4  |
| 58   | TECZA DARIUSZ              | 291 |                               | JEDLINA-ZDRÓJ               | POL  | M-60 | 1      | M 53 | 00:58:44 | 01:53:19 | 02:43:29 |         | 04:11:46.60 | 8:07   | 7.4  |
| 59   | WITCZAK JACEK              | 311 |                               | PLEWISKA                    | POL  | M-40 | 25     | M 54 | 00:56:25 | 01:49:24 | 02:42:47 |         | 04:12:12.30 | 8:08   | 7.4  |
| 60   | BUDNIAK TOMASZ             | 19  | RUNNERS TEAM                  | WŁADYSŁAWOWO                | POL  | M-40 | 26     | M 55 | 00:53:12 | 01:48:37 | 02:38:38 |         | 04:12:13.05 | 8:08   | 7.4  |
| 61   | KOZAK VLAD                 | 140 | HUTINPUJ                      | WROCLAW                     | POL  | M-30 | 15     | M 56 | 00:58:52 | 01:58:37 | 02:47:38 |         | 04:12:50.45 | 8:09   | 7.4  |
| 62   | NIEDZIELAK ŁUKASZ          | 200 | BHT PETRA PŁOCK               | KAMIONKI                    | POL  | M-30 | 16     | M 57 | 00:57:22 | 01:48:03 | 02:36:49 |         | 04:12:58.60 | 8:09   | 7.4  |
| 63   | CHORZĘPA JAKUB             | 25  |                               | KUDOWA ZDRÓJ                | POL  | M-40 | 27     | M 58 | 01:00:06 | 01:55:16 | 02:46:42 |         | 04:13:21.30 | 8:10   | 7.3  |
| 64   | PTASIŃSKI TOMASZ           | 237 | CZAJKERSI                     | NOWA RUDA-SŁUPIEC           | POL  | M-40 | 28     | M 59 | 00:57:06 | 01:52:31 | 02:44:26 |         | 04:14:12.90 | 8:12   | 7.3  |
| 65   | PRUCIAK KRZYSZTOF          | 234 | ADRUNALINE TEAM               | OLAWA                       | POL  | M-30 | 17     | M 60 | 00:56:13 | 01:54:30 | 02:47:22 |         | 04:14:40.85 | 8:12   | 7.3  |
| 66   | ZARODA ZBIGNIEW            | 321 | ALOHA DZIKU!                  | KONIN                       | POL  | M-50 | 9      | M 61 | 01:01:53 | 01:57:16 | 02:48:36 |         | 04:14:56.90 | 8:13   | 7.3  |
| 67   | GŁUCHOWSKI PRZEMYSŁAW      | 59  |                               | ZYCHLIN                     | POL  | M-40 | 29     | M 62 | 00:56:52 | 01:55:20 | 02:46:27 |         | 04:15:31.20 | 8:14   | 7.3  |
| 68   | SMOTER DAMIAN              | 265 |                               | WROCLAW                     | POL  | M-40 | 30     | M 63 | 00:57:48 | 01:54:02 | 02:49:02 |         | 04:16:31.00 | 8:16   | 7.3  |
| 69   | KEPARA MARCIN              | 117 | ADVA OPTICAL NETWORKING       | GDAŃSK                      | POL  | M-30 | 18     | M 64 | 01:00:57 | 01:57:45 | 02:48:37 |         | 04:17:32.60 | 8:18   | 7.2  |
| 70   | OLSZAK ZENON               | 211 | WARSAW RUN CLUB               | WARSZAWA                    | POL  | M-50 | 10     | M 65 | 01:00:15 | 01:56:20 | 02:47:45 |         | 04:17:34.95 | 8:18   | 7.2  |
| 71   | RZEŃNICZEK ANNA            | 252 | STOWARZYSZENIE DZIAŁAMY RAZEM | KOWALEWO POMORSKIE          | POL  | K-30 | 2      | K 7  | 01:03:48 | 02:00:31 | 02:51:58 |         | 04:18:36.10 | 8:20   | 7.2  |

**ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM, OPEN c.d.**

| M-ce | Nazwisko i imię             | Nr  | Klub                       | M-scowość         | Kraj | Kat. | M. kat | K/M   | 7km      | 14km     | 19.7km   | Kar/Bon  | Netto       | min/km | km/h |
|------|-----------------------------|-----|----------------------------|-------------------|------|------|--------|-------|----------|----------|----------|----------|-------------|--------|------|
| 72   | JACHYMEK BARTŁOMIEJ         | 88  | JACEKBIEGA RUNNING TEAM    | WARSZAWA          | POL  | M-40 | 31     | M 66  | 01:02:02 | 01:56:30 | 02:47:22 |          | 04:18:38.75 | 8:20   | 7.2  |
| 73   | RABIEGA MARCIN              | 238 | OWOCBIEGA TEAM             | ROKIETNICA        | POL  | M-40 | 32     | M 67  |          | 01:52:15 | 02:43:14 |          | 04:20:01.20 | 8:23   | 7.2  |
| 74   | PEKAŁA KAMILA               | 184 | #BIEGAJZESŁAWKIEM          | POZNAŃ            | POL  | K-20 | 2      | K 8   | 01:02:02 | 02:01:44 | 02:53:05 |          | 04:20:05.40 | 8:23   | 7.2  |
| 75   | KOŁODZIJSKI JAREK           | 126 | ZDZISŁAW I GRAZYŃKA        | POZNAN            | POL  | M-40 | 33     | M 68  | 00:58:56 | 01:55:28 | 02:46:40 |          | 04:20:29.15 | 8:24   | 7.1  |
| 76   | KOTRA JACEK                 | 136 | POLA&GAJA                  | SMOLNICA          | POL  | M-40 | 34     | M 69  | 01:01:34 | 02:02:30 | 02:53:41 |          | 04:22:05.15 | 8:27   | 7.1  |
| 77   | ZIEMKIEWICZ JAREK           | 324 | 2 KROKI DO METY            | LUBIN             | POL  | M-40 | 35     | M 70  | 00:59:54 | 02:01:21 | 02:53:33 |          | 04:22:15.50 | 8:27   | 7.1  |
| 78   | FRIDRICH MARCIN             | 52  |                            | WARSZAWA          | POL  | M-30 | 19     | M 71  | 00:57:39 | 01:55:38 | 02:46:39 |          | 04:22:53.35 | 8:28   | 7.1  |
| 79   | PAŻUCHA WOJCIECH            | 224 |                            | LUSÓWKO           | POL  | M-40 | 36     | M 72  | 01:02:02 | 01:55:19 | 02:48:02 |          | 04:23:14.40 | 8:29   | 7.1  |
| 80   | ŚWIAT PAWEŁ                 | 288 | RNB TEAM POLANICA ZDRÓJ    | SZCZYTNA          | POL  | M-30 | 20     | M 73  |          | 01:55:02 | 02:47:27 |          | 04:23:43.70 | 8:30   | 7.1  |
| 81   | JANKOWSKI RAFAŁ             | 93  |                            | SMOLEC            | POL  | M-40 | 37     | M 74  | 00:55:49 | 01:47:55 | 02:43:37 |          | 04:23:50.75 | 8:30   | 7    |
| 82   | MICHAŁAK DAWID              | 183 | NIAGARA                    | DRZYMAŁOWO        | POL  | M-30 | 21     | M 75  | 00:53:15 | 01:50:40 | 02:42:52 |          | 04:24:23.85 | 8:31   | 7    |
| 83   | CHRZANOWSKI PAWEŁ           | 26  |                            | ŁĄDEK-ZDRÓJ       | POL  | M-40 | 38     | M 76  | 00:56:46 | 01:53:58 | 02:47:23 |          | 04:25:01.60 | 8:32   | 7    |
| 84   | SANKOWSKI JACEK             | 343 |                            |                   | POL  | M-20 | 7      | M 77  | 00:59:20 | 01:57:18 | 02:48:52 |          | 04:25:08.75 | 8:33   | 7    |
| 85   | PAPROCKI KRZYSZTOF          | 219 |                            | POLKOWICE         | POL  | M-40 | 39     | M 78  | 01:03:02 | 02:00:29 | 02:53:44 |          | 04:26:54.75 | 8:36   | 7    |
| 86   | PAŁYSA ROBERT               | 217 | STANWEX II                 | JÓZEFÓW           | POL  | M-20 | 8      | M 79  | 00:58:51 | 01:53:40 | 02:46:22 |          | 04:27:06.35 | 8:36   | 7    |
| 87   | JANUSZEWSKI KAROL           | 95  | BIEGAM U KOLESI            | GRODZICZNO        | POL  | M-30 | 22     | M 80  | 01:00:47 | 01:55:50 | 02:48:06 |          | 04:27:15.20 | 8:37   | 7    |
| 88   | HAJDUGA ŁUKASZ              | 79  | WIECZORNE BIEGANIE W OPOLU | DĘBSKA KUŹNIA     | POL  | M-40 | 40     | M 81  | 01:01:12 | 01:58:41 | 02:50:58 |          | 04:27:25.65 | 8:37   | 7    |
| 89   | MALCZEWSKI DANIEL           | 177 | WIECZORNE BIEGANIE W OPOLU | OPOLE             | POL  | M-30 | 23     | M 82  |          | 01:50:46 | 02:42:49 |          | 04:27:25.85 | 8:37   | 7    |
| 90   | KORALEWSKA EDYTA            | 130 |                            | PRUDNIK           | POL  | K-40 | 5      | K 9   | 01:02:18 | 02:01:49 | 02:54:33 |          | 04:28:48.95 | 8:40   | 6.9  |
| 91   | PRZYBYSZEWski ŁUKASZ        | 235 |                            | BIELAWA           | POL  | M-40 | 41     | M 83  | 00:52:02 | 01:43:16 | 02:32:12 | 00:30:00 | 04:29:00.15 | 7:42   | 7.8  |
| 92   | WARZECHA TERESA             | 303 | RUNNERS TEAM NYSA          | PACZKÓW           | POL  | K-60 | 1      | K 10  | 01:01:10 | 01:58:26 | 02:52:49 |          | 04:29:01.05 | 8:40   | 6.9  |
| 93   | BLONDYN BEZ GRZEBIENIA ŁYSY | 125 | PERFEKTA KARŁOWICE         | KARŁOWICE         | POL  | M-40 | 42     | M 84  | 00:58:48 | 01:58:35 | 02:53:05 |          | 04:29:02.05 | 8:40   | 6.9  |
| 94   | FIGEL MICHAŁ                | 47  | MIKI TEAM                  | GDĄSK             | POL  | M-40 | 43     | M 85  | 01:06:38 | 02:05:29 | 03:01:29 |          | 04:29:12.00 | 8:41   | 6.9  |
| 95   | JURDZIAK JAKUB              | 108 |                            | WROCŁAW           | POL  | M-30 | 24     | M 86  | 01:01:39 | 01:58:22 | 02:52:14 |          | 04:29:18.80 | 8:41   | 6.9  |
| 96   | CHOMIAK KATARZYNA           | 24  | BIEGAJ W JEDLINIE          | JEDLINA-ZDRÓJ     | POL  | K-40 | 6      | K 11  | 01:02:34 | 02:01:33 | 02:54:48 |          | 04:30:01.30 | 8:42   | 6.9  |
| 97   | CYMBORSKA JOLANTA           | 32  | WARSAW RUN CLUB            | WARSZAWA          | POL  | K-40 | 7      | K 12  | 01:02:21 | 02:05:35 | 02:57:52 |          | 04:30:08.90 | 8:42   | 6.9  |
| 98   | KONKIEWICZ ROBERT           | 128 | GRODZISKI KLUB BIEGACZA    | GRODZISK WLKP     | POL  | M-50 | 11     | M 87  | 01:00:08 | 01:58:36 | 02:54:49 |          | 04:30:26.20 | 8:43   | 6.9  |
| 99   | SERAFIN EWELINA             | 256 |                            | RADKÓW            | POL  | K-40 | 8      | K 13  | 01:02:47 | 02:03:38 | 02:58:00 |          | 04:31:34.75 | 8:45   | 6.8  |
| 100  | KOWALCZYK PAWEŁ             | 137 | KĘCKIE HARPAGANY           | KĘTY              | POL  | M-40 | 44     | M 88  | 01:02:39 | 02:04:03 | 02:57:19 |          | 04:32:08.75 | 8:46   | 6.8  |
| 101  | POLKOWSKI PIOTR             | 232 |                            | WARSZAWA          | POL  | M-30 | 25     | M 89  | 01:05:06 | 02:13:00 | 03:03:58 |          | 04:33:34.35 | 8:49   | 6.8  |
| 102  | WINIAREK LESZEK             | 310 | TEAMDKMS                   | WARSZAWA          | POL  | M-40 | 45     | M 90  | 00:56:34 | 01:54:51 | 02:51:08 |          | 04:33:41.45 | 8:49   | 6.8  |
| 103  | SZCZERBAKOWICZ KAMIL        | 275 |                            | NADOLICE WIELKIE  | POL  | M-30 | 26     | M 91  | 01:02:58 | 02:03:53 | 02:59:25 |          | 04:33:57.25 | 8:50   | 6.8  |
| 104  | WIECZOREK KATARZYNA         | 308 | TWISTERTEAM                | PLESZEW           | POL  | K-30 | 3      | K 14  | 01:02:43 | 02:01:45 | 02:58:16 |          | 04:34:46.30 | 8:51   | 6.8  |
| 105  | SIERŻANT PAWEŁ              | 259 |                            | PLESZEW           | POL  | M-40 | 46     | M 92  | 01:01:37 | 02:01:44 | 02:55:54 |          | 04:35:16.05 | 8:52   | 6.8  |
| 106  | BUSS JAKUB                  | 21  | KUDOWIANKA RUN             | KUDOWA-ZDRÓJ      | POL  | M-50 | 12     | M 93  | 01:04:40 | 02:11:35 | 03:06:40 |          | 04:35:28.70 | 8:53   | 6.8  |
| 107  | KOWALSKI ANDRZEJ            | 138 |                            | WROCŁAW           | POL  | M-60 | 2      | M 94  | 01:04:07 | 02:02:24 | 02:56:38 |          | 04:35:30.80 | 8:53   | 6.8  |
| 108  | BABIŃSKA- POPIŁKA EWELINA   | 4   |                            | RADKÓW            | POL  | K-30 | 4      | K 15  | 01:02:04 | 02:05:31 | 03:01:16 |          | 04:36:40.55 | 8:55   | 6.7  |
| 109  | MIRSKI JERZY                | 191 | WKURW_TEAM                 | KIELCZÓW          | POL  | M-20 | 9      | M 95  | 01:02:05 | 02:07:46 | 02:59:56 |          | 04:36:47.00 | 8:55   | 6.7  |
| 110  | SZWARC GRZEGORZ             | 284 | ARVATO S.C. REP            | POZNAŃ            | POL  | M-30 | 27     | M 96  | 01:07:09 | 02:09:26 | 03:06:05 |          | 04:37:42.05 | 8:57   | 6.7  |
| 111  | SZNEJDER ANITA              | 281 | FUNDACJA KIERUNEK ULTRA    | SUWAŁKI           | POL  | K-40 | 9      | K 16  | 01:04:24 | 02:06:49 | 03:01:50 |          | 04:38:25.90 | 8:58   | 6.7  |
| 112  | PIOTR ODOLAK                | 226 | STANWEX II                 | SULEJÓWEK         | POL  | M-30 | 28     | M 97  | 00:57:00 | 02:00:06 | 03:00:15 |          | 04:38:51.60 | 8:59   | 6.7  |
| 113  | ZAJĄCZKOWSKI PAWEŁ          | 318 | POWER TRAINING             | WARSZAWA          | POL  | M-30 | 29     | M 98  | 01:00:51 | 02:05:16 | 02:59:53 |          | 04:39:03.35 | 9:00   | 6.7  |
| 114  | STUDZIŃSKI MATEUSZ          | 272 | **** *                     | SZCZECIN          | POL  | M-30 | 30     | M 99  | 00:59:14 | 01:57:09 | 02:47:27 |          | 04:39:31.35 | 9:01   | 6.7  |
| 115  | JONCZYK ERWIN               | 105 | STANWEX II                 | SULEJÓWEK         | POL  | M-30 | 31     | M 100 | 01:04:31 | 02:04:49 | 03:00:02 |          | 04:39:50.35 | 9:01   | 6.6  |
| 116  | BAKAŁA ŁUKASZ               | 8   |                            | PRZEDBOROWA 98    | POL  | M-40 | 47     | M 101 | 01:01:27 | 02:00:37 | 02:52:51 |          | 04:39:59.95 | 9:01   | 6.6  |
| 117  | SIKORSKI DARIUSZ            | 260 | INSERT TEAM                | DZIERŻONIÓW       | POL  | M-40 | 48     | M 102 | 01:02:41 | 02:07:24 | 02:57:52 | 00:10:00 | 04:41:30.15 | 8:45   | 6.9  |
| 118  | SZCZUKA LESZEK              | 337 |                            |                   | POL  | M-50 | 13     | M 103 | 01:02:43 | 02:03:29 | 02:57:22 |          | 04:41:49.30 | 9:05   | 6.6  |
| 119  | JABEŃSKI BARTOSZ            | 87  |                            | WARSAW            | POL  | M-40 | 49     | M 104 | 01:07:52 | 02:20:10 | 03:13:13 |          | 04:42:32.60 | 9:06   | 6.6  |
| 120  | BAKAŁA MARCIN               | 7   |                            | ZĄBKOWICE ŚLĄSKIE | POL  | M-40 | 50     | M 105 | 01:00:39 | 02:00:43 | 02:54:35 |          | 04:42:37.55 | 9:07   | 6.6  |
| 121  | KUCHARSKI DARIUSZ           | 153 |                            | KRZYKÓW           | POL  | M-40 | 51     | M 106 | 01:08:10 | 02:10:37 | 03:05:10 |          | 04:42:37.90 | 9:07   | 6.6  |
| 122  | JAKUBIEC BARTŁOMIEJ         | 89  | ROZPIERDOLSI               | WROCŁAW           | POL  | M-30 | 32     | M 107 | 01:09:39 | 02:14:18 | 03:06:57 |          | 04:42:40.70 | 9:07   | 6.6  |
| 123  | KONIUSZKO MARCIN            | 127 |                            | WROCŁAW           | POL  | M-30 | 33     | M 108 | 01:03:31 | 02:05:51 | 03:03:07 |          | 04:42:40.75 | 9:07   | 6.6  |
| 124  | SZCZUREK MARIUSZ            | 276 | AGROAS TEAM                | GRODKÓW           | POL  | M-40 | 52     | M 109 | 01:01:25 | 02:02:20 | 02:58:54 |          | 04:42:45.75 | 9:07   | 6.6  |
| 125  | LEŚNIAK MARCIN              | 163 | STANWEX II                 | SULEJÓWEK         | POL  | M-30 | 34     | M 110 | 01:04:28 | 02:07:11 | 03:05:57 |          | 04:42:48.45 | 9:07   | 6.6  |
| 126  | NEUMANN JACEK               | 199 | CENTRUM ŁĄKOWA 1           | RADKÓW            | POL  | M-50 | 14     | M 111 | 01:04:46 | 02:06:57 | 03:03:10 |          | 04:43:44.00 | 9:09   | 6.6  |
| 127  | ŁUKASIEWICZ EWELINA         | 168 |                            | SZCZECINEK        | POL  | K-20 | 3      | K 17  | 01:07:38 | 02:09:54 | 03:05:02 |          | 04:44:15.15 | 9:10   | 6.5  |
| 128  | SOBKOWIAK KAMIL             | 266 |                            | CHODZIEŻ          | POL  | M-40 | 53     | M 112 | 01:07:27 | 02:10:04 | 03:05:00 |          | 04:44:25.00 | 9:10   | 6.5  |

**ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM, OPEN c.d.**

| M-ce | Nazwisko i imię          | Nr  | Klub                                | M-scowość              | Kraj | Kat. | M. kat | K/M   | 7km      | 14km     | 19.7km   | Kar/Bon  | Netto       | min/km | km/h |
|------|--------------------------|-----|-------------------------------------|------------------------|------|------|--------|-------|----------|----------|----------|----------|-------------|--------|------|
| 129  | ORUBA DAWID              | 213 |                                     | WROCŁAW                | POL  | M-20 | 10     | M 113 | 01:02:46 | 02:07:00 | 03:04:23 |          | 04:44:55.25 | 9:11   | 6.5  |
| 130  | SYCHOWSKI DAWID          | 273 |                                     | TOMASZÓW BOLESŁAWIECKI | POL  | M-30 | 35     | M 114 | 01:02:16 | 02:00:53 | 03:04:54 |          | 04:45:21.40 | 9:12   | 6.5  |
| 131  | MACHALSKI MATEUSZ        | 171 | ASP WARSZAWA                        | WARSZAWA               | POL  | M-30 | 36     | M 115 | 01:26:49 |          | 03:25:44 |          | 04:45:37.00 | 9:12   | 6.5  |
| 132  | JASIAK KAROL             | 98  | NIE WIEM GDZIE JESTEM               | OSTRZESZÓW             | POL  | M-30 | 37     | M 116 | 00:58:45 | 02:06:11 | 02:58:26 |          | 04:46:18.90 | 9:14   | 6.5  |
| 133  | WESOŁEK PAWEŁ            | 307 | RUNNER'S POWER ŚREM                 | ŚREM                   | POL  | M-40 | 54     | M 117 | 01:05:11 | 02:09:01 | 03:04:02 |          | 04:46:49.10 | 9:15   | 6.5  |
| 134  | POŁOM RAFAŁ              | 233 | NOA                                 | WROCŁAW                | POL  | M-30 | 38     | M 118 | 01:01:23 | 02:05:24 | 03:02:39 |          | 04:47:30.75 | 9:16   | 6.5  |
| 135  | KÓZKA PRZEMO             | 143 | BIEGAM, BO NIE LUBIĘ                | SKÓRZEWO               | POL  | M-40 | 55     | M 119 | 01:05:53 | 02:10:46 | 03:06:27 |          | 04:47:37.40 | 9:16   | 6.5  |
| 136  | SŁOWIK GRZEGORZ          | 264 | NIE WIEM GDZIE JESTEM               | OSTRZESZÓW             | POL  | M-40 | 56     | M 120 | 00:58:43 | 02:06:13 | 02:58:27 |          | 04:47:46.70 | 9:16   | 6.5  |
| 137  | TKACZYK KATARZYNA        | 292 |                                     | STRZEGOM               | POL  | K-40 | 10     | K 18  | 01:08:06 | 02:12:28 | 03:06:48 |          | 04:48:18.70 | 9:18   | 6.5  |
| 138  | ZAWADKA DAREK            | 322 |                                     | WÓLKA MIŃSKA           | POL  | M-40 | 57     | M 121 | 01:03:27 | 02:09:04 | 03:08:24 |          | 04:48:47.55 | 9:18   | 6.4  |
| 139  | WOŹNIAK PAWEŁ            | 317 | LESZ NO LIMITS RUNNERS              | DĘBOWA ŁĘKA            | POL  | M-40 | 58     | M 122 | 01:03:04 | 02:06:49 | 03:01:46 |          | 04:48:50.10 | 9:19   | 6.4  |
| 140  | KOŁODZIEJ MARIUSZ        | 124 | FUNTRI                              | LEGNICA                | POL  | M-40 | 59     | M 123 | 01:04:36 | 02:07:03 | 03:03:49 |          | 04:49:23.35 | 9:20   | 6.4  |
| 141  | MIKSA SŁAWOMIR           | 205 |                                     | ŁÓDŹ                   | POL  | M-50 | 15     | M 124 | 01:07:54 | 02:12:00 | 03:07:24 |          | 04:49:39.55 | 9:20   | 6.4  |
| 142  | SERAFIN ROBERT           | 257 |                                     | RADKÓW                 | POL  | M-50 | 16     | M 125 | 01:08:01 | 02:12:19 | 03:08:23 |          | 04:49:54.50 | 9:21   | 6.4  |
| 143  | HACHOŁ JUSTYNA           | 76  |                                     | WROCŁAW                | POL  | K-40 | 11     | K 19  | 01:07:06 | 02:13:44 | 03:09:02 |          | 04:50:16.55 | 9:21   | 6.4  |
| 144  | KĄŻMIERCZAK KRZYSZTOF    | 116 | KB HERMES GRYFINO                   | GRYFINO                | POL  | M-50 | 17     | M 126 | 01:11:39 | 02:15:17 | 03:10:41 |          | 04:50:19.00 | 9:21   | 6.4  |
| 145  | HACHOŁ TOMASZ            | 77  |                                     | WROCŁAW                | POL  | M-40 | 60     | M 127 | 01:05:31 | 02:04:15 | 03:00:36 |          | 04:50:34.35 | 9:22   | 6.4  |
| 146  | ROSZYK TOMASZ            | 247 | DRUŻYNA SZPIKU                      | POZNAŃ                 | POL  | M-40 | 61     | M 128 | 01:09:35 | 02:15:20 | 03:10:01 |          | 04:51:17.80 | 9:23   | 6.4  |
| 147  | ROSZYK MAGDALENA         | 248 | DRUŻYNA SZPIKU                      | POZNAŃ                 | POL  | K-40 | 12     | K 20  | 01:09:39 | 02:15:19 | 03:10:01 |          | 04:51:18.65 | 9:23   | 6.4  |
| 148  | NIKODEM KLAUDIUSZ        | 203 | CZAJKERSI                           | NOWA RUDA-SŁUPIEC      | POL  | M-40 | 62     | M 129 | 01:05:09 | 02:07:19 | 03:05:01 |          | 04:51:59.85 | 9:25   | 6.4  |
| 149  | ANDRZEJCZAK PAWEŁ        | 3   |                                     | KALISZ                 | POL  | M-40 | 63     | M 130 | 01:02:31 | 02:10:08 | 03:06:31 |          | 04:52:44.20 | 9:26   | 6.4  |
| 150  | GAWRON BARTŁOMIEJ        | 58  |                                     | POLSKA NOWA WIEŚ       | POL  | M-40 | 64     | M 131 | 01:03:38 | 02:09:55 | 03:06:35 |          | 04:52:58.10 | 9:27   | 6.3  |
| 151  | MIS PIOTR                | 193 | DIEHL CONTROLS RUNNING TEAM         | NAMYSŁÓW               | POL  | M-30 | 39     | M 132 | 01:08:51 | 02:14:16 | 03:10:51 |          | 04:53:10.60 | 9:27   | 6.3  |
| 152  | ODOLCZYK JERZY           | 210 |                                     | WARSZAWA               | POL  | M-60 | 3      | M 133 | 01:14:17 | 02:20:29 | 03:16:54 |          | 04:54:39.85 | 9:30   | 6.3  |
| 153  | KOSTRZEWSKI MACIEJ       | 132 |                                     | KŁODZKO                | POL  | M-30 | 40     | M 134 | 01:11:42 | 02:13:30 | 03:12:46 |          | 04:55:46.65 | 9:32   | 6.3  |
| 154  | DOLIWKA PAWEŁ            | 40  | LUBAWA KOCHA BIEGAĆ/BIEGAM U KOLESI | LUBAWA                 | POL  | M-40 | 65     | M 135 | 01:12:20 | 02:16:17 | 03:15:16 |          | 04:58:15.55 | 9:37   | 6.2  |
| 155  | GRABOWICZ PAWEŁ          | 67  |                                     | SEKIERKI WIELKIE       | POL  | M-40 | 66     | M 136 | 01:08:05 | 02:12:27 | 03:06:49 | 00:10:00 | 04:58:19.95 | 9:18   | 6.5  |
| 156  | ZIEWIEC MARCIN           | 327 |                                     | WROCŁAW                | POL  | M-30 | 41     | M 137 | 01:04:14 | 02:11:02 | 03:07:57 |          | 04:58:29.55 | 9:37   | 6.2  |
| 157  | TURNIAK MIŁOSZ           | 296 |                                     | GLIWICE                | POL  | M-30 | 42     | M 138 | 01:06:48 | 02:12:04 | 03:12:22 |          | 04:58:56.05 | 9:38   | 6.2  |
| 158  | WAJDA MACIEJ             | 301 | SPELEOCLUB WROCŁAW                  | WROCŁAW                | POL  | M-30 | 43     | M 139 | 01:01:17 | 02:04:19 | 03:03:58 |          | 04:59:05.60 | 9:38   | 6.2  |
| 159  | PTAK TOMASZ              | 236 | KLUB BIEGACZA WARTA                 | WAŚOSZ GÓRNY           | POL  | M-40 | 67     | M 140 | 00:59:30 | 02:15:52 | 03:12:15 |          | 04:59:16.10 | 9:39   | 6.2  |
| 160  | MRUSZCZYK JACEK          | 197 | KLUB BIEGACZA WARTA                 | PAJĘCZNO               | POL  | M-40 | 68     | M 141 | 01:04:26 | 02:15:54 | 03:12:16 |          | 04:59:17.10 | 9:39   | 6.2  |
| 161  | CZAPRAN MAGDALENA        | 35  |                                     | PYSKOWICE              | POL  | K-40 | 13     | K 21  | 01:06:37 | 02:12:05 | 03:12:20 |          | 04:59:24.10 | 9:39   | 6.2  |
| 162  | MELNYK IVAN              | 182 |                                     | OLOMOUČ                | CZE  | M-30 | 44     | M 142 | 01:09:28 | 02:18:15 | 03:12:50 |          | 04:59:32.10 | 9:39   | 6.2  |
| 163  | DAWIDOWICZ WOJCIECH      | 38  |                                     | DOBROSZYCE             | POL  | M-30 | 45     | M 143 | 01:06:55 | 02:12:34 | 03:10:15 | 00:10:00 | 05:02:07.95 | 9:25   | 6.4  |
| 164  | BARANOWSKI FILIP         | 6   | PĘDZĄCE BARANKI                     | POZNAŃ                 | GER  | M-40 | 69     | M 144 | 01:08:35 | 02:13:27 | 03:13:39 |          | 05:03:23.30 | 9:47   | 6.1  |
| 165  | LEDNICKI MICHAŁ          | 162 | ARVATO S.C. REP                     | SKÓRZEWO               | POL  | M-40 | 70     | M 145 | 01:10:27 | 02:16:54 | 03:14:27 |          | 05:03:23.55 | 9:47   | 6.1  |
| 166  | BŁĘDOWSKA KATARZYNA      | 344 | AGRO AS                             | OPOLE                  | POL  | K-30 | 5      | K 22  | 01:08:40 | 02:17:36 | 03:18:10 |          | 05:03:52.50 | 9:48   | 6.1  |
| 167  | SZMAGIEREWSKI WOJCIECH   | 279 |                                     | WROCŁAW                | POL  | M-50 | 18     | M 146 | 01:10:27 | 02:15:12 | 03:17:55 |          | 05:05:18.30 | 9:50   | 6.1  |
| 168  | JASICKI KRZYSZTOF        | 99  | RUNHOGS TYCHY                       | TYCHY                  | POL  | M-40 | 71     | M 147 | 01:12:18 | 02:20:27 | 03:18:43 |          | 05:05:19.30 | 9:50   | 6.1  |
| 169  | MATUSZEWSKA MAŁGORZATA   | 180 | RUNNER'S POWER SREM                 | ŚREM                   | POL  | K-40 | 14     | K 23  | 01:12:54 | 02:24:47 | 03:24:19 |          | 05:05:36.35 | 9:51   | 6.1  |
| 170  | KACZMAREK MIROSLAW       | 110 | RUNNER'S POWER ŚREM                 | ŚREM                   | POL  | M-30 | 46     | M 148 | 01:12:51 | 02:24:48 | 03:24:19 |          | 05:05:36.85 | 9:51   | 6.1  |
| 171  | GRZELIŃSKI MICHAŁ        | 73  | □□                                  | JAROCIN                | POL  | M-30 | 47     | M 149 | 01:09:01 | 02:17:44 | 03:16:35 |          | 05:06:15.60 | 9:52   | 6.1  |
| 172  | SAMOLAK MACIEK           | 254 |                                     | BOGUSZÓW-GORCE         | POL  | M-40 | 72     | M 150 | 01:05:10 | 02:09:33 | 03:08:29 | 00:10:00 | 05:06:17.70 | 9:33   | 6.3  |
| 173  | KĄŁKA MARCIN             | 332 |                                     | RAWICZ                 | POL  | M-30 | 48     | M 151 | 01:08:20 | 02:15:26 | 03:13:25 |          | 05:06:26.10 | 9:53   | 6.1  |
| 174  | WOJCIECHOWSKI ALEKSANDER | 314 | ROWERY MAŁGOŚKA                     | WRZEŚNIA               | POL  | M-30 | 49     | M 152 | 01:07:38 | 02:15:16 | 03:17:31 |          | 05:07:17.45 | 9:54   | 6.1  |
| 175  | GAJDOWSKI PRZEMYSŁAW     | 54  |                                     | WROCŁAW                | POL  | M-30 | 50     | M 153 | 01:14:43 | 02:27:03 | 03:24:19 |          | 05:07:33.80 | 9:55   | 6    |
| 176  | KUROWSKI ALEKSANDER      | 156 |                                     | SZCZAWNO ZDRÓJ         | POL  | M-40 | 73     | M 154 | 01:05:05 | 02:09:15 | 03:08:28 | 00:10:00 | 05:07:46.45 | 9:36   | 6.2  |
| 177  | WOJCIECHOWICZ LESZEK     | 313 | DZIECI KOTANA                       | BŁĄŻEJEWÓ              | POL  | M-30 | 51     | M 155 | 01:07:20 | 02:17:40 | 03:15:37 |          | 05:07:54.75 | 9:55   | 6    |
| 178  | POGONOWSKI TOMASZ        | 230 | BIEGACZE Z PRZYLESIA                | KÓRNIK                 | POL  | M-40 | 74     | M 156 | 01:07:19 | 02:17:43 | 03:15:36 |          | 05:07:55.25 | 9:55   | 6    |
| 179  | JANUSZEWSKA IZABELA      | 94  | BIEGAM U KOLESI                     | GRODZICZNO             | POL  | K-30 | 6      | K 24  | 01:15:07 | 02:23:47 | 03:23:38 |          | 05:08:33.05 | 9:57   | 6    |
| 180  | MACIEJOWICZ MICHAŁ       | 173 |                                     | WARSZAWA               | AFG  | M-30 | 52     | M 157 | 01:09:22 | 02:15:58 | 03:19:14 |          | 05:08:38.15 | 9:57   | 6    |
| 181  | ZUBRZAK JACEK            | 329 |                                     | ŁÓDŹ                   | POL  | M-40 | 75     | M 158 | 01:05:29 | 02:11:05 | 03:12:32 |          | 05:08:58.70 | 9:58   | 6    |
| 182  | JÓZEFOWICZ SEBASTIAN     | 106 |                                     | ŁÓDŹ                   | POL  | M-40 | 76     | M 159 | 01:05:32 | 02:11:06 | 03:12:33 |          | 05:08:59.00 | 9:58   | 6    |
| 183  | GRZYWIŃSKI WOJTEK        | 74  |                                     | TORUŃ                  | POL  | M-30 | 53     | M 160 | 01:10:32 | 02:16:51 | 03:16:27 |          | 05:10:15.80 | 10:00  | 6    |
| 184  | SZMECHTIG-GAUDEN EWA     | 280 | PODGÓRZ TORUŃ                       | TORUŃ                  | POL  | K-40 | 15     | K 25  | 01:10:27 | 02:16:49 | 03:16:26 |          | 05:10:36.25 | 10:01  | 6    |



**ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM, OPEN c.d.**

| M-ce | Nazwisko i imię         | Nr  | Klub                                   | M-scowość           | Kraj | Kat. | M. kat | K/M   | 7km      | 14km     | 19.7km   | Kar/Bon | Netto       | min/km | km/h |
|------|-------------------------|-----|--|---------------------|------|------|--------|-------|----------|----------|----------|---------|-------------|--------|------|
| 185  | KUBIAK ANNA             | 152 | STRZEGOMSKA DWUNASTKA                  | STRZEGOM            | POL  | K-40 | 16     | K 26  | 01:09:57 | 02:23:05 | 03:22:12 |         | 05:12:00.60 | 10:03  | 6    |
| 186  | TOCZEWSKA ANNA          | 293 | JACEKBIEGA RUNNING TEAM                | WARSZAWA            | POL  | K-50 | 1      | K 27  | 01:16:43 | 02:26:03 | 03:30:52 |         | 05:12:06.60 | 10:04  | 6    |
| 187  | SOBOTKA MONIKA          | 267 | WARSAW RUN CLUB                        | WARSZAWA            | POL  | K-50 | 2      | K 28  | 01:10:22 | 02:28:42 | 03:25:01 |         | 05:12:20.45 | 10:04  | 6    |
| 188  | KUBIAK PRZEMYSŁAW       | 151 | STRZEGOMSKA DWUNASTKA                  | STRZEGOM            | POL  | M-40 | 77     | M 161 | 01:09:59 | 02:23:12 | 03:22:31 |         | 05:12:50.95 | 10:05  | 5.9  |
| 189  | ŁOBASIUK IWONA          | 167 | FUNDACJA KIERUNEK ULTRA                | SUWAŁKI             | POL  | K-40 | 17     | K 29  | 01:12:47 | 02:23:48 | 03:24:04 |         | 05:13:01.00 | 10:05  | 5.9  |
| 190  | RUCIŃSKI ADAM           | 249 |  | WARSZAWA            | POL  | M-50 | 19     | M 162 | 01:10:06 | 02:17:11 | 03:19:43 |         | 05:14:24.60 | 10:08  | 5.9  |
| 191  | BŁACHNO MARCIN          | 14  |  | KRAKÓW              | POL  | M-40 | 78     | M 163 | 01:13:31 | 02:23:29 | 03:24:49 |         | 05:14:27.30 | 10:08  | 5.9  |
| 192  | MIGDAL ADRIAN           | 186 |  | KŁAJ                | POL  | M-40 | 79     | M 164 | 01:13:41 | 02:20:10 | 03:22:16 |         | 05:14:27.90 | 10:08  | 5.9  |
| 193  | ROGÓRZ ANDRZEJ          | 242 |  | WROCŁAW             | POL  | M-40 | 80     | M 165 | 01:03:09 | 02:15:51 | 03:19:48 |         | 05:14:39.30 | 10:09  | 5.9  |
| 194  | ZAJĄCZKOWSKI DAMIAN     | 319 | OUTSIDERS                              | POZNAŃ              | POL  | M-40 | 81     | M 166 | 01:05:07 | 02:11:06 | 03:12:55 |         | 05:16:01.90 | 10:11  | 5.9  |
| 195  | JASIŃSKI MARCIN         | 100 | ROGOZIŃSKI KLUB BIEGACZA               | ROGOŹNO             | POL  | M-40 | 82     | M 167 | 01:26:53 | 02:33:38 | 03:30:54 |         | 05:16:41.85 | 10:12  | 5.9  |
| 196  | SIWEK GRZEGORZ          | 338 |  |                     | POL  | M-40 | 83     | M 168 | 01:11:56 | 02:21:30 | 03:20:08 |         | 05:17:25.45 | 10:14  | 5.9  |
| 197  | MAŁACHOWSKA GABRIELA    | 179 |  | KRAKÓW              | POL  | K-20 | 4      | K 30  | 01:15:05 | 02:24:23 | 03:27:48 |         | 05:17:29.45 | 10:14  | 5.9  |
| 198  | SZYMCZAK MARCIN         | 286 |  | MOSINA              | POL  | M-40 | 84     | M 169 | 01:06:20 | 02:17:46 | 03:20:58 |         | 05:17:41.00 | 10:14  | 5.9  |
| 199  | ZIENKIEWICZ JUSTYNA     | 326 |  | PIASECZNO           | POL  | K-40 | 18     | K 31  | 01:17:46 | 02:33:24 | 03:31:36 |         | 05:17:43.00 | 10:14  | 5.9  |
| 200  | ZIENKIEWICZ AGATA       | 325 | PIASECZNO RUNNING                      | PIASECZNO           | POL  | K-40 | 19     | K 32  | 01:17:38 | 02:33:26 | 03:31:32 |         | 05:17:43.05 | 10:14  | 5.9  |
| 201  | URBAŃSKI RAFAŁ          | 300 |  | WAŁBRZYCH           | POL  | M-50 | 20     | M 170 | 01:05:25 | 02:15:40 | 03:18:42 |         | 05:19:06.95 | 10:17  | 5.8  |
| 202  | SZYŃKLEWSKI MACIEJ      | 287 | QUAY POZNAŃ                            | POZNAŃ              | POL  | M-50 | 21     | M 171 | 01:19:43 | 02:32:20 | 03:31:55 |         | 05:19:16.20 | 10:17  | 5.8  |
| 203  | KUSZTELSKA LUCYNA       | 159 |  | MOSINA              | POL  | K-40 | 20     | K 33  | 01:12:31 | 02:25:22 | 03:31:31 |         | 05:19:29.35 | 10:18  | 5.8  |
| 204  | SZYDŁO KLAUDIA          | 285 |  | WROCŁAW             | POL  | K-30 | 7      | K 34  | 01:12:33 | 02:17:49 | 03:21:36 |         | 05:20:02.90 | 10:19  | 5.8  |
| 205  | PODULKA GRZEGORZ        | 229 |  | KŁODZKO             | POL  | M-40 | 85     | M 172 | 01:11:16 | 02:21:09 | 03:22:59 |         | 05:21:33.80 | 10:22  | 5.8  |
| 206  | FILIPOWICZ DOMINIK      | 48  |  | CHOJNÓW             | POL  | M-30 | 54     | M 173 | 01:16:10 | 02:28:13 | 03:31:29 |         | 05:21:50.00 | 10:22  | 5.8  |
| 207  | PIOTROWSKA ANNA         | 228 | META NADARZYN / SPARTANIE<br>DZIECIOM  | NADARZYN            | POL  | K-50 | 3      | K 35  | 01:12:46 | 02:28:37 | 03:29:14 |         | 05:22:47.65 | 10:24  | 5.8  |
| 208  | KOSTYK GRZEGORZ         | 133 |  | CHOJNÓW             | POL  | M-40 | 86     | M 174 | 01:17:44 | 02:28:15 | 03:33:30 |         | 05:23:05.40 | 10:25  | 5.8  |
| 209  | KOWALSKI SZYMON         | 139 | HTF LUDWIK SIKORSKI                    | ŁÓDŹ                | POL  | M-40 | 87     | M 175 | 01:19:03 | 02:35:39 | 03:38:39 |         | 05:24:03.90 | 10:27  | 5.7  |
| 210  | FAJNAS KATARZYNA        | 44  | DOGOŃ GRODZISK MAZOWIECKI /<br>DANFOSS | MUSUŁY / ŻABIA WOLA | POL  | K-40 | 21     | K 36  | 01:13:25 | 02:26:11 | 03:31:38 |         | 05:26:36.75 | 10:32  | 5.7  |
| 211  | MIKOLAJEC PIOTR         | 188 |  | WROCŁAW             | POL  | M-30 | 55     | M 176 | 01:16:46 | 02:34:00 | 03:33:42 |         | 05:29:27.60 | 10:37  | 5.6  |
| 212  | CYWIŃSKI PAWEŁ          | 33  | AKG ŁÓDŹ / HTF                         | ŁÓDŹ                | POL  | M-40 | 88     | M 177 | 01:18:55 | 02:37:05 | 03:38:48 |         | 05:31:52.05 | 10:42  | 5.6  |
| 213  | PANEK ALEKSANDRA        | 218 |  | DĘBOGÓRA            | POL  | K-50 | 4      | K 37  | 01:16:42 | 02:35:47 | 03:39:06 |         | 05:32:38.85 | 10:43  | 5.6  |
| 214  | KOŚNIEWSKA-NOWAK JOANNA | 135 | WIECZORNE BIEGANIE W OPOLU             | DĘBSKA KUŹNIA       | POL  | K-40 | 22     | K 38  | 01:17:30 | 02:32:54 | 03:38:30 |         | 05:33:38.05 | 10:45  | 5.6  |
| 215  | ILNICKA MONIKA          | 85  | WIECZORNE BIEGANIE W OPOLU             | OPOLE               | POL  | K-30 | 8      | K 39  | 01:16:57 | 02:32:53 | 03:38:29 |         | 05:33:38.20 | 10:45  | 5.6  |
| 216  | NOWAK ŁUKASZ            | 207 | WIECZORNE BIEGANIE W OPOLU             | SUCHY BÓR           | POL  | M-30 | 56     | M 178 | 01:16:49 | 02:33:01 | 03:38:34 |         | 05:33:39.65 | 10:45  | 5.6  |
| 217  | PASZKE AGNIESZKA        | 222 |  | BYTÓW               | POL  | K-20 | 5      | K 40  | 01:16:36 | 02:36:24 | 03:36:50 |         | 05:34:38.05 | 10:47  | 5.6  |
| 218  | MACIEJEWSKI WOJCIECH    | 172 |  | STRZAŁKOWO          | POL  | M-20 | 11     | M 179 | 01:16:29 | 02:36:23 | 03:36:51 |         | 05:34:38.25 | 10:47  | 5.6  |
| 219  | KRUZEL RAFAŁ            | 149 | BIEGOWE MISIE                          | LEGNICA             | POL  | M-50 | 22     | M 180 | 01:19:26 | 02:36:08 | 03:40:14 |         | 05:34:42.70 | 10:47  | 5.6  |
| 220  | GÓRECKI MARCIN          | 65  | DZIK KOMANDO                           | ŁÓDŹ                | POL  | M-40 | 89     | M 181 | 01:14:32 | 02:33:48 | 03:39:12 |         | 05:34:43.95 | 10:47  | 5.6  |
| 221  | KOZAK BARTOSZ           | 141 | KOZAKI                                 | DŁUGOŁĘKA           | POL  | M-40 | 90     | M 182 | 01:08:09 | 02:28:01 | 03:34:40 |         | 05:37:12.65 | 10:52  | 5.5  |
| 222  | KOZAK EWA               | 142 | KOZAKI                                 | DŁUGOŁĘKA           | POL  | K-40 | 23     | K 41  | 01:14:41 | 02:28:26 | 03:34:59 |         | 05:37:42.40 | 10:53  | 5.5  |
| 223  | ZWIERZYŃSKI ROMAN       | 333 | LECĘ BO CHCĘ                           | LUTYNIA             | POL  | M-60 | 4      | M 183 | 01:14:33 | 02:28:11 | 03:36:20 |         | 05:41:22.95 | 11:00  | 5.4  |
| 224  | JESIOŁOWSKI ROBERT      | 103 |  | WARSZAWA            | POL  | M-50 | 23     | M 184 | 01:19:05 | 02:41:10 | 03:45:47 |         | 05:42:21.60 | 11:02  | 5.4  |
| 225  | OCHOCKI MARCIN          | 209 | DZIK KOMANDO                           | ŁÓDŹ                | POL  | M-40 | 91     | M 185 | 01:23:25 | 02:42:30 | 03:47:40 |         | 05:43:18.85 | 11:04  | 5.4  |
| 226  | GRĘZEL-GAWRON JOLANTA   | 70  |  | POLSKA NOWA WIEŚ    | POL  | K-40 | 24     | K 42  | 01:20:11 | 02:39:52 | 03:44:30 |         | 05:44:13.40 | 11:06  | 5.4  |
| 227  | FLORCZAK MONIKA         | 49  |  | WROCŁAW             | POL  | K-30 | 9      | K 43  | 01:23:16 | 02:41:47 | 03:46:22 |         | 05:49:15.85 | 11:15  | 5.3  |
| 228  | JEDYNAK-DOROSZ IZABELA  | 101 | KB MANIAC POZNAŃ                       | TULCE               | POL  | K-40 | 25     | K 44  | 01:27:41 | 02:49:00 | 03:54:12 |         | 05:50:33.70 | 11:18  | 5.3  |
| 229  | MACIOŁ SEBASTIAN        | 174 | TTA BIERUŃ                             | BIERUŃ              | POL  | M-40 | 92     | M 186 | 01:12:19 | 02:33:27 | 03:43:42 |         | 05:54:05.50 | 11:25  | 5.3  |
| 230  | ŁACKI ŁUKASZ            | 165 | MUD FOXES                              | GRÓJEC              | POL  | M-40 | 93     | M 187 | 01:16:23 | 02:38:01 | 03:47:08 |         | 05:58:51.15 | 11:34  | 5.2  |
| 231  | KRUPCZYŃSKI MARIUSZ     | 148 | KRUPOLS TEAM                           | RASZYN              | POL  | M-60 | 5      | M 188 | 01:16:55 | 02:31:25 | 03:36:37 |         | 06:00:17.50 | 11:37  | 5.2  |
| 232  | BRZEZIŃSKI ANDRZEJ      | 339 |  | OLKUSZ              | POL  | M-60 | 6      | M 189 | 01:19:06 | 02:42:27 | 03:49:20 |         | 06:01:21.85 | 11:39  | 5.1  |
| 233  | GARBACZ MAREK           | 56  | LEŚNE ULTRA DZIADY                     | OLAWA               | POL  | M-50 | 24     | M 190 | 01:17:45 | 02:40:42 | 03:50:19 |         | 06:01:44.70 | 11:40  | 5.1  |
| 234  | STRZELECKI KRZYSZTOF    | 271 | LEŚNE ULTRA DZIADY                     | WROCŁAW             | POL  | M-50 | 25     | M 191 | 01:17:36 | 02:40:40 | 03:51:00 |         | 06:03:09.85 | 11:42  | 5.1  |
| 235  | MIELNIK KRZYSZTOF       | 185 | DC TRIATHLON TEAM                      | NAMYSŁÓW            | POL  | M-30 | 57     | M 192 | 01:34:19 | 03:07:24 | 04:19:57 |         | 06:03:25.60 | 11:43  | 5.1  |
| 236  | PAWŁOWSKA ANNA          | 334 |  | MIERZYN             | POL  | K-40 | 26     | K 45  | 01:21:05 | 02:46:04 | 03:58:25 |         | 06:20:22.35 | 12:16  | 4.9  |
| 237  | PAWŁOWSKA ANNA          | 342 |  |                     | POL  | K-40 | 27     | K 46  | 01:20:59 | 02:46:03 | 03:58:27 |         | 06:20:22.80 | 12:16  | 4.9  |
| 238  | HOFFMANN GRZEGORZ       | 81  | KOŚCIAN TEAM                           | CZEMPIŃ             | POL  | M-40 | 94     | M 193 | 01:26:32 | 02:56:13 | 04:06:08 |         | 06:22:54.30 | 12:21  | 4.9  |
| 239  | JAKUBOWSKI WOJCIECH     | 91  | KB GEOTERMIA UNIEJÓW                   | UNIEJÓW             | POL  | M-40 | 95     | M 194 | 01:13:45 | 02:37:01 | 04:00:06 |         | 06:29:35.70 | 12:34  | 4.8  |

**ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM, OPEN c.d.**

| M-ce | Nazwisko i imię    | Nr  | Klub              | M-scowość           | Kraj | Kat. | M. kat | K/M   | 7km      | 14km     | 19.7km   | Kar/Bon | Netto       | min/km | km/h |
|------|--------------------|-----|-------------------|---------------------|------|------|--------|-------|----------|----------|----------|---------|-------------|--------|------|
| 240  | KRYSEWSKI ARTUR    | 150 |                   | POZNAŃ              | POL  | M-30 | 58     | M 195 | 01:30:03 | 02:58:14 | 04:12:55 |         | 06:30:01.50 | 12:34  | 4.8  |
| 241  | KOPACKA EDYTA      | 129 | KB SOBÓTKA        | WROCŁAW             | POL  | K-30 | 10     | K 47  |          |          | 04:35:32 |         | 06:32:20.50 | 12:39  | 4.7  |
| 242  | JURKIEWICZ DOMINIK | 109 |                   | WROCŁAW             | POL  | M-30 | 59     | M 196 | 01:28:54 | 02:53:35 | 04:07:34 |         | 06:35:19.40 | 12:45  | 4.7  |
| 243  | SOWIŃSKA ANETTA    | 269 |                   | GORZÓW WIELKOPOLSKI | POL  | K-40 | 28     | K 48  | 01:35:55 | 03:04:47 | 04:17:32 |         | 06:36:33.55 | 12:47  | 4.7  |
| 244  | CISICKA DARIA      | 28  |                   | NAMYSŁÓW            | POL  | K-30 | 11     | K 49  | 01:34:32 | 03:07:32 | 04:19:57 |         | 06:41:43.65 | 12:57  | 4.6  |
| 245  | KAWAŁKO RYSZARD    | 115 | WOLNY RYŚ 8*      | LEGNICA             | POL  | M-50 | 26     | M 197 | 01:24:34 | 02:56:07 | 04:12:20 |         | 06:44:01.00 | 13:01  | 4.6  |
| 246  | DONAJ ADAM         | 42  |                   | KOŚCIAN             | POL  | M-40 | 96     | M 198 | 01:53:15 | 03:24:24 | 04:49:19 |         | 07:03:36.50 | 13:39  | 4.4  |
| 247  | PAŁASZYŃSKA BEATA  | 216 | MUD FOXES         | BYDGOSZCZ           | POL  | K-30 | 12     | K 50  | 01:41:02 | 03:18:00 | 04:41:43 |         | 07:07:21.70 | 13:47  | 4.4  |
| 248  | KOCZOROWSKA ANNA   | 122 | TEAM ZABIEGANEDNI | RADIÓWEK            | POL  | K-40 | 29     | K 51  |          |          | 04:02:26 |         |             | 12:18  | 4.9  |
| 249  | URBAŃSKA PAULINA   | 298 | TRAINING LAB      | WARSZAWA            | POL  | K-30 | 13     | K 52  | 01:18:40 |          |          |         |             | 11:14  | 5.3  |
|      | KOCIOŁEK ZBIGNIEW  | 121 |                   | WOŁÓW               | POL  | M-40 |        |       | 01:18:14 | 02:42:10 | 04:00:59 |         | DNF         | -      | -    |
|      |                    |     |                   |                     |      |      |        |       | DNF      | DNF      | DNF      |         |             |        |      |

**ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM, OPEN KOBIEC**

| M-ce | Nazwisko i imię            | Nr  | Klub                                | M-scowość           | Kraj | Kat. | M. kat | K/M  | 7km      | 14km     | 19.7km   | Kar/Bon | Netto       | min/km | km/h |
|------|----------------------------|-----|-------------------------------------|---------------------|------|------|--------|------|----------|----------|----------|---------|-------------|--------|------|
| 1    | HOTAŁA SYLWIA              | 84  | KUDOWIANKA RUN                      | KUDOWA-ZDRÓJ        | POL  | K-30 | 1      | K 1  | 00:55:21 | 01:46:30 | 02:37:03 |         | 03:55:06.40 | 7:35   | 7.9  |
| 2    | KARCZEWSKA JOANNA          | 113 | FUNDACJA KIERUNEK ULTRA             | SUWAŁKI             | POL  | K-40 | 1      | K 2  | 00:55:21 | 01:45:59 | 02:36:22 |         | 04:01:20.75 | 7:47   | 7.7  |
| 3    | MAJ-ROK SZ MARIA           | 176 | MAJA TEAM                           | WEJHEROWO           | POL  | K-40 | 2      | K 3  | 00:57:37 | 01:52:14 | 02:40:43 |         | 04:02:04.85 | 7:48   | 7.7  |
| 4    | ABRAMOWICZ AGATA           | 1   |                                     | KRZEPTÓW            | POL  | K-20 | 1      | K 4  | 00:56:17 | 01:49:53 | 02:39:09 |         | 04:04:14.35 | 7:52   | 7.6  |
| 5    | KOŚCIELNIAK WIOLETTA       | 134 | RUNNERS TEAM NYSA                   | NYSA                | POL  | K-40 | 3      | K 5  | 00:56:02 | 01:47:49 | 02:44:19 |         | 04:07:32.85 | 7:59   | 7.5  |
| 6    | FOGIEL-PAWŁOWSKA AGNIESZKA | 50  |                                     | WROCŁAW             | POL  | K-40 | 4      | K 6  | 00:55:36 | 01:48:55 | 02:43:20 |         | 04:07:49.70 | 7:59   | 7.5  |
| 7    | RZEŹNICZEK ANNA            | 252 | STOWARZYSZENIE DZIAŁAMY RAZEM       | KOWALEWO POMORSKIE  | POL  | K-30 | 2      | K 7  | 01:03:48 | 02:00:31 | 02:51:58 |         | 04:18:36.10 | 8:20   | 7.2  |
| 8    | PEKAŁA KAMILA              | 184 | #BIEGAJZESŁAWKIEM                   | POZNAŃ              | POL  | K-20 | 2      | K 8  | 01:02:02 | 02:01:44 | 02:53:05 |         | 04:20:05.40 | 8:23   | 7.2  |
| 9    | KORALEWSKA EDYTA           | 130 |                                     | PRUDNIK             | POL  | K-40 | 5      | K 9  | 01:02:18 | 02:01:49 | 02:54:33 |         | 04:28:48.95 | 8:40   | 6.9  |
| 10   | WARZECHA TERESA            | 303 | RUNNERS TEAM NYSA                   | PACZKÓW             | POL  | K-60 | 1      | K 10 | 01:01:10 | 01:58:26 | 02:52:49 |         | 04:29:01.05 | 8:40   | 6.9  |
| 11   | CHOMIAK KATARZYNA          | 24  | BIEGAJ W JEDLINIE                   | JEDLINA-ZDRÓJ       | POL  | K-40 | 6      | K 11 | 01:02:34 | 02:01:33 | 02:54:48 |         | 04:30:01.30 | 8:42   | 6.9  |
| 12   | CYMBORSKA JOLANTA          | 32  | WARSAW RUN CLUB                     | WARSZAWA            | POL  | K-40 | 7      | K 12 | 01:02:21 | 02:05:35 | 02:57:52 |         | 04:30:08.90 | 8:42   | 6.9  |
| 13   | SERAFIN EVELINA            | 256 |                                     | RADKÓW              | POL  | K-40 | 8      | K 13 | 01:02:47 | 02:03:38 | 02:58:00 |         | 04:31:34.75 | 8:45   | 6.8  |
| 14   | WIECZOREK KATARZYNA        | 308 | TWISTERTEAM                         | PLESZEW             | POL  | K-30 | 3      | K 14 | 01:02:43 | 02:01:45 | 02:58:16 |         | 04:34:46.30 | 8:51   | 6.8  |
| 15   | BABIŃSKA- POPIŁKA EVELINA  | 4   |                                     | RADKÓW              | POL  | K-30 | 4      | K 15 | 01:02:04 | 02:05:31 | 03:01:16 |         | 04:36:40.55 | 8:55   | 6.7  |
| 16   | SZNEJDER ANITA             | 281 | FUNDACJA KIERUNEK ULTRA             | SUWAŁKI             | POL  | K-40 | 9      | K 16 | 01:04:24 | 02:06:49 | 03:01:50 |         | 04:38:25.90 | 8:58   | 6.7  |
| 17   | ŁUKASIEWICZ EVELINA        | 168 |                                     | SZCZECINEK          | POL  | K-20 | 3      | K 17 | 01:07:38 | 02:09:54 | 03:05:02 |         | 04:44:15.15 | 9:10   | 6.5  |
| 18   | TKACZYK KATARZYNA          | 292 |                                     | STRZEGOM            | POL  | K-40 | 10     | K 18 | 01:08:06 | 02:12:28 | 03:06:48 |         | 04:48:18.70 | 9:18   | 6.5  |
| 19   | HACHOŁ JUSTYNA             | 76  |                                     | WROCŁAW             | POL  | K-40 | 11     | K 19 | 01:07:06 | 02:13:44 | 03:09:02 |         | 04:50:16.55 | 9:21   | 6.4  |
| 20   | ROSZYK MAGDALENA           | 248 | DRUŻYNA SZPIKU                      | POZNAŃ              | POL  | K-40 | 12     | K 20 | 01:09:39 | 02:15:19 | 03:10:01 |         | 04:51:18.65 | 9:23   | 6.4  |
| 21   | CZAPRAN MAGDALENA          | 35  |                                     | PYSKOWICE           | POL  | K-40 | 13     | K 21 | 01:06:37 | 02:12:05 | 03:12:20 |         | 04:59:24.10 | 9:39   | 6.2  |
| 22   | BŁĘDOWSKA KATARZYNA        | 344 | AGRO AS                             | OPOLE               | POL  | K-30 | 5      | K 22 | 01:08:40 | 02:17:36 | 03:18:10 |         | 05:03:52.50 | 9:48   | 6.1  |
| 23   | MATUSZEWSKA MAŁGORZATA     | 180 | RUNNER'S POWER SREM                 | ŚREM                | POL  | K-40 | 14     | K 23 | 01:12:54 | 02:24:47 | 03:24:19 |         | 05:05:36.35 | 9:51   | 6.1  |
| 24   | JANUSZEWSKA IZABELA        | 94  | BIEGAM U KOLESI                     | GRODZICZNO          | POL  | K-30 | 6      | K 24 | 01:15:07 | 02:23:47 | 03:23:38 |         | 05:08:33.05 | 9:57   | 6.0  |
| 25   | SZMECHTIG-GAUDEN EWA       | 280 | PODGÓRZ TORUŃ                       | TORUŃ               | POL  | K-40 | 15     | K 25 | 01:10:27 | 02:16:49 | 03:16:26 |         | 05:10:36.25 | 10:01  | 6.0  |
| 26   | KUBIAK ANNA                | 152 | STRZEGOMSKA DWUNASTKA               | STRZEGOM            | POL  | K-40 | 16     | K 26 | 01:09:57 | 02:23:05 | 03:22:12 |         | 05:12:00.60 | 10:03  | 6.0  |
| 27   | TOCZEWSKA ANNA             | 293 | JACEKBIEGA RUNNING TEAM             | WARSZAWA            | POL  | K-50 | 1      | K 27 | 01:16:43 | 02:26:03 | 03:30:52 |         | 05:12:06.60 | 10:04  | 6.0  |
| 28   | SOBOTKA MONIKA             | 267 | WARSAW RUN CLUB                     | WARSZAWA            | POL  | K-50 | 2      | K 28 | 01:10:22 | 02:28:42 | 03:25:01 |         | 05:12:20.45 | 10:04  | 6.0  |
| 29   | ŁOBAŚIUK IWONA             | 167 | FUNDACJA KIERUNEK ULTRA             | SUWAŁKI             | POL  | K-40 | 17     | K 29 | 01:12:47 | 02:23:48 | 03:24:04 |         | 05:13:01.00 | 10:05  | 5.9  |
| 30   | MAŁACHOWSKA GABRIELA       | 179 |                                     | KRAKÓW              | POL  | K-20 | 4      | K 30 | 01:15:05 | 02:24:23 | 03:27:48 |         | 05:17:29.45 | 10:14  | 5.9  |
| 31   | ZIENKIEWICZ JUSTYNA        | 326 |                                     | PIASECZNO           | POL  | K-40 | 18     | K 31 | 01:17:46 | 02:33:24 | 03:31:36 |         | 05:17:43.00 | 10:14  | 5.9  |
| 32   | ZIENKIEWICZ AGATA          | 325 | PIASECZNO RUNNING                   | PIASECZNO           | POL  | K-40 | 19     | K 32 | 01:17:38 | 02:33:26 | 03:31:32 |         | 05:17:43.05 | 10:14  | 5.9  |
| 33   | KUSZTLESKA LUCYNA          | 159 |                                     | MOSINA              | POL  | K-40 | 20     | K 33 | 01:12:31 | 02:25:22 | 03:31:31 |         | 05:19:29.35 | 10:18  | 5.8  |
| 34   | SZYDŁO KLAUDIA             | 285 |                                     | WROCŁAW             | POL  | K-30 | 7      | K 34 | 01:12:33 | 02:17:49 | 03:21:36 |         | 05:20:02.90 | 10:19  | 5.8  |
| 35   | PIOTROWSKA ANNA            | 228 | META NADARZYN / SPARTANIE DZIECIOM  | NADARZYN            | POL  | K-50 | 3      | K 35 | 01:12:46 | 02:28:37 | 03:29:14 |         | 05:22:47.65 | 10:24  | 5.8  |
| 36   | FAJNAS KATARZYNA           | 44  | DOGOŃ GRODZISK MAZOWIECKI / DANFOSS | MUSUŁY / ŻABIA WOLA | POL  | K-40 | 21     | K 36 | 01:13:25 | 02:26:11 | 03:31:38 |         | 05:26:36.75 | 10:32  | 5.7  |
| 37   | PANEK ALEKSANDRA           | 218 |                                     | DĘBOGÓRA            | POL  | K-50 | 4      | K 37 | 01:16:42 | 02:35:47 | 03:39:06 |         | 05:32:38.85 | 10:43  | 5.6  |

**ZIMOWY PÓŁMARATON GÓR STOŁOWYCH 31 KM, OPEN KOBIEC c.d.**

| M-ce | Nazwisko i imię         | Nr  | Klub                       | M-scowość           | Kraj | Kat. | M. kat | K/M  | 7km      | 14km     | 19.7km   | Kar/Bon | Netto       | min/km | km/h |
|------|-------------------------|-----|----------------------------|---------------------|------|------|--------|------|----------|----------|----------|---------|-------------|--------|------|
| 38   | KOŚNIEWSKA-NOWAK JOANNA | 135 | WIECZORNE BIEGANIE W OPOLU | DĘBSKA KUŹNIA       | POL  | K-40 | 22     | K 38 | 01:17:30 | 02:32:54 | 03:38:30 |         | 05:33:38.05 | 10:45  | 5.6  |
| 39   | ILNICKA MONIKA          | 85  | WIECZORNE BIEGANIE W OPOLU | OPOLE               | POL  | K-30 | 8      | K 39 | 01:16:57 | 02:32:53 | 03:38:29 |         | 05:33:38.20 | 10:45  | 5.6  |
| 40   | PASZKE AGNIESZKA        | 222 |                            | BYTÓW               | POL  | K-20 | 5      | K 40 | 01:16:36 | 02:36:24 | 03:36:50 |         | 05:34:38.05 | 10:47  | 5.6  |
| 41   | KOZAK EWA               | 142 | KOZAKI                     | DŁUGOŁĘKA           | POL  | K-40 | 23     | K 41 | 01:14:41 | 02:28:26 | 03:34:59 |         | 05:37:42.40 | 10:53  | 5.5  |
| 42   | GRĘZEL-GAWRON JOLANTA   | 70  |                            | POLSKA NOWA WIEŚ    | POL  | K-40 | 24     | K 42 | 01:20:11 | 02:39:52 | 03:44:30 |         | 05:44:13.40 | 11:06  | 5.4  |
| 43   | FLORCZAK MONIKA         | 49  |                            | WROCŁAW             | POL  | K-30 | 9      | K 43 | 01:23:16 | 02:41:47 | 03:46:22 |         | 05:49:15.85 | 11:15  | 5.3  |
| 44   | JEDYNAK-DOROSZ IZABELA  | 101 | KB MANIAC POZNAŃ           | TULCE               | POL  | K-40 | 25     | K 44 | 01:27:41 | 02:49:00 | 03:54:12 |         | 05:50:33.70 | 11:18  | 5.3  |
| 45   | PAWŁOWSKA ANNA          | 334 |                            | MIERZYN             | POL  | K-40 | 26     | K 45 | 01:21:05 | 02:46:04 | 03:58:25 |         | 06:20:22.35 | 12:16  | 4.9  |
| 46   | PAWŁOWSKA ANNA          | 342 |                            |                     | POL  | K-40 | 27     | K 46 | 01:20:59 | 02:46:03 | 03:58:27 |         | 06:20:22.80 | 12:16  | 4.9  |
| 47   | KOPACKA EDYTA           | 129 | KB SOBÓTKA                 | WROCŁAW             | POL  | K-30 | 10     | K 47 |          |          | 04:35:32 |         | 06:32:20.50 | 12:39  | 4.7  |
| 48   | SOWIŃSKA ANETTA         | 269 |                            | GORZÓW WIELKOPOLSKI | POL  | K-40 | 28     | K 48 | 01:35:55 | 03:04:47 | 04:17:32 |         | 06:36:33.55 | 12:47  | 4.7  |
| 49   | CISICKA DARIA           | 28  |                            | NAMYŚLÓW            | POL  | K-30 | 11     | K 49 | 01:34:32 | 03:07:32 | 04:19:57 |         | 06:41:43.65 | 12:57  | 4.6  |
| 50   | PAŁASZYŃSKA BEATA       | 216 | MUD FOXES                  | BYDGOSZCZ           | POL  | K-30 | 12     | K 50 | 01:41:02 | 03:18:00 | 04:41:43 |         | 07:07:21.70 | 13:47  | 4.4  |
| 51   | KOCZOROWSKA ANNA        | 122 | TEAM ZABIEGANEDNI          | RADIÓWEK            | POL  | K-40 | 29     | K 51 |          |          | 04:02:26 |         |             | 12:18  | 4.9  |
| 52   | URBAŃSKA PAULINA        | 298 | TRAINING LAB               | WARSZAWA            | POL  | K-30 | 13     | K 52 | 01:18:40 |          |          |         |             | 11:14  | 5.3  |

**ZIMOWY PÓŁMARATON GÓR STOŁOWYCH 31 KM, K-20**

| M-ce | Nazwisko i imię      | Nr  | Klub              | M-scowość  | Kraj | Kat. | M. kat | K/M  | 7km      | 14km     | 19.7km   | Kar/Bon | Netto       | min/km | km/h |
|------|----------------------|-----|-------------------|------------|------|------|--------|------|----------|----------|----------|---------|-------------|--------|------|
| 1    | ABRAMOWICZ AGATA     | 1   |                   | KRZEPTÓW   | POL  | K-20 | 1      | K 4  | 00:56:17 | 01:49:53 | 02:39:09 |         | 04:04:14.35 | 7:52   | 7.6  |
| 2    | PEKALA KAMILA        | 184 | #BIEGAJZESŁAWKIEM | POZNAŃ     | POL  | K-20 | 2      | K 8  | 01:02:02 | 02:01:44 | 02:53:05 |         | 04:20:05.40 | 8:23   | 7.2  |
| 3    | ŁUKASIEWICZ EWELINA  | 168 |                   | SZCZECINEK | POL  | K-20 | 3      | K 17 | 01:07:38 | 02:09:54 | 03:05:02 |         | 04:44:15.15 | 9:10   | 6.5  |
| 4    | MAŁACHOWSKA GABRIELA | 179 |                   | KRAKÓW     | POL  | K-20 | 4      | K 30 | 01:15:05 | 02:24:23 | 03:27:48 |         | 05:17:29.45 | 10:14  | 5.9  |
| 5    | PASZKE AGNIESZKA     | 222 |                   | BYTÓW      | POL  | K-20 | 5      | K 40 | 01:16:36 | 02:36:24 | 03:36:50 |         | 05:34:38.05 | 10:47  | 5.6  |

**ZIMOWY PÓŁMARATON GÓR STOŁOWYCH 31 KM, M-20**

| M-ce | Nazwisko i imię      | Nr  | Klub                  | M-scowość    | Kraj | Kat. | M. kat | K/M   | 7km      | 14km     | 19.7km   | Kar/Bon | Netto       | min/km | km/h |
|------|----------------------|-----|-----------------------|--------------|------|------|--------|-------|----------|----------|----------|---------|-------------|--------|------|
| 1    | GARLIŃSKI ŁUKASZ     | 57  | KB KROKUS KWIATKOWICE | WIELOWIEŚ    | POL  | M-20 | 1      | M 8   |          | 01:25:21 | 02:09:56 |         | 03:25:44.45 | 6:38   | 9    |
| 2    | GORCZYŃSKI NORBERT   | 61  | KUDOWIANKA RUN        | KUDOWA ZDRÓJ | POL  | M-20 | 2      | M 14  | 00:50:08 | 01:35:34 | 02:18:10 |         | 03:32:47.90 | 6:51   | 8.7  |
| 3    | IWAŃSKI BARTŁOMIEJ   | 86  | TEAM KOLARZ POLANICA  | WARSZAWA     | POL  | M-20 | 3      | M 15  | 00:46:48 | 01:30:18 | 02:14:21 |         | 03:33:44.30 | 6:53   | 8.7  |
| 4    | KUSAL TOMASZ         | 158 |                       | OPOLE        | POL  | M-20 | 4      | M 19  | 00:46:20 | 01:31:54 | 02:18:06 |         | 03:38:01.40 | 7:01   | 8.5  |
| 5    | SZCZEPARA WOJCIECH   | 274 |                       | WROCŁAW      | POL  | M-20 | 5      | M 34  | 00:54:53 | 01:45:17 | 02:33:43 |         | 03:56:41.40 | 7:38   | 7.9  |
| 6    | TELEJKO ŁUKASZ       | 290 | RUN BYDGOSZCZ         | BYDGOSZCZ    | POL  | M-20 | 6      | M 39  | 00:57:11 | 01:50:43 | 02:37:12 |         | 04:00:32.90 | 7:45   | 7.7  |
| 7    | SANKOWSKI JACEK      | 343 |                       |              | POL  | M-20 | 7      | M 77  | 00:59:20 | 01:57:18 | 02:48:52 |         | 04:25:08.75 | 8:33   | 7    |
| 8    | PAŁYSA ROBERT        | 217 | STANWEX II            | JÓZEFÓW      | POL  | M-20 | 8      | M 79  | 00:58:51 | 01:53:40 | 02:46:22 |         | 04:27:06.35 | 8:36   | 7    |
| 9    | MIRSKI JERZY         | 191 | WKURW_TEAM            | KIELCZÓW     | POL  | M-20 | 9      | M 95  | 01:02:05 | 02:07:46 | 02:59:56 |         | 04:36:47.00 | 8:55   | 6.7  |
| 10   | ORUBA DAWID          | 213 |                       | WROCŁAW      | POL  | M-20 | 10     | M 113 | 01:02:46 | 02:07:00 | 03:04:23 |         | 04:44:55.25 | 9:11   | 6.5  |
| 11   | MACIEJEWSKI WOJCIECH | 172 |                       | STRZAŁKOWO   | POL  | M-20 | 11     | M 179 | 01:16:29 | 02:36:23 | 03:36:51 |         | 05:34:38.25 | 10:47  | 5.6  |

**ZIMOWY PÓŁMARATON GÓR STOŁOWYCH 31 KM, K-30**

| M-ce | Nazwisko i imię           | Nr  | Klub                          | M-scowość          | Kraj | Kat. | M. kat | K/M  | 7km      | 14km     | 19.7km   | Kar/Bon | Netto       | min/km | km/h |
|------|---------------------------|-----|-------------------------------|--------------------|------|------|--------|------|----------|----------|----------|---------|-------------|--------|------|
| 1    | HOTAŁA SYLWIA             | 84  | KUDOWIANKA RUN                | KUDOWA-ZDRÓJ       | POL  | K-30 | 1      | K 1  | 00:55:21 | 01:46:30 | 02:37:03 |         | 03:55:06.40 | 7:35   | 7.9  |
| 2    | RZEŃNICZEK ANNA           | 252 | STOWARZYSZENIE DZIAŁAMY RAZEM | KOWALEWO POMORSKIE | POL  | K-30 | 2      | K 7  | 01:03:48 | 02:00:31 | 02:51:58 |         | 04:18:36.10 | 8:20   | 7.2  |
| 3    | WIECZOREK KATARZYNA       | 308 | TWISTERTEAM                   | PLESZEW            | POL  | K-30 | 3      | K 14 | 01:02:43 | 02:01:45 | 02:58:16 |         | 04:34:46.30 | 8:51   | 6.8  |
| 4    | BABIŃSKA- POPIŁKA EWELINA | 4   |                               | RADKÓW             | POL  | K-30 | 4      | K 15 | 01:02:04 | 02:05:31 | 03:01:16 |         | 04:36:40.55 | 8:55   | 6.7  |
| 5    | BŁĘDOWSKA KATARZYNA       | 344 | AGRO AS                       | OPOLE              | POL  | K-30 | 5      | K 22 | 01:08:40 | 02:17:36 | 03:18:10 |         | 05:03:52.50 | 9:48   | 6.1  |
| 6    | JANUSZEWSKA IZABELA       | 94  | BIEGAM U KOLESI               | GRODZICZNO         | POL  | K-30 | 6      | K 24 | 01:15:07 | 02:23:47 | 03:23:38 |         | 05:08:33.05 | 9:57   | 6    |
| 7    | SZYDŁO KLAUDIA            | 285 |                               | WROCŁAW            | POL  | K-30 | 7      | K 34 | 01:12:33 | 02:17:49 | 03:21:36 |         | 05:20:02.90 | 10:19  | 5.8  |
| 8    | ILNICKA MONIKA            | 85  | WIECZORNE BIEGANIE W OPOLU    | OPOLE              | POL  | K-30 | 8      | K 39 | 01:16:57 | 02:32:53 | 03:38:29 |         | 05:33:38.20 | 10:45  | 5.6  |

**ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM, K-30 c.d.**

| M-ce | Nazwisko i imię   | Nr  | Klub         | M-scowość | Kraj | Kat. | M. kat | K/M  | 7km      | 14km     | 19.7km   | Kar/Bon | Netto       | min/km | km/h |
|------|-------------------|-----|--------------|-----------|------|------|--------|------|----------|----------|----------|---------|-------------|--------|------|
| 9    | FLORCZAK MONIKA   | 49  |              | WROCLAW   | POL  | K-30 | 9      | K 43 | 01:23:16 | 02:41:47 | 03:46:22 |         | 05:49:15.85 | 11:15  | 5.3  |
| 10   | KOPACKA EDYTA     | 129 | KB SOBÓTKA   | WROCLAW   | POL  | K-30 | 10     | K 47 |          |          | 04:35:32 |         | 06:32:20.50 | 12:39  | 4.7  |
| 11   | CISICKA DARIA     | 28  |              | NAMYSŁÓW  | POL  | K-30 | 11     | K 49 | 01:34:32 | 03:07:32 | 04:19:57 |         | 06:41:43.65 | 12:57  | 4.6  |
| 12   | PAŁASZYŃSKA BEATA | 216 | MUD FOXES    | BYDGOSZCZ | POL  | K-30 | 12     | K 50 | 01:41:02 | 03:18:00 | 04:41:43 |         | 07:07:21.70 | 13:47  | 4.4  |
| 13   | URBAŃSKA PAULINA  | 298 | TRAINING LAB | WARSZAWA  | POL  | K-30 | 13     | K 52 | 01:18:40 |          |          |         |             | 11:14  | 5.3  |

**ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM, M-30**

| M-ce | Nazwisko i imię      | Nr  | Klub  | M-scowość              | Kraj | Kat. | M. kat | K/M   | 7km      | 14km     | 19.7km   | Kar/Bon  | Netto       | min/km | km/h |
|------|----------------------|-----|---|------------------------|------|------|--------|-------|----------|----------|----------|----------|-------------|--------|------|
| 1    | RAJCA MICHAŁ         | 241 | TRIMP   | WROCLAW                | POL  | M-30 | 1      | M 1   | 00:41:10 | 01:18:42 | 02:02:06 |          | 03:02:31.50 | 5:53   | 10.2 |
| 2    | NORBERT MICHAŁ       | 206 | KB SOBÓTKA                                    | ŚWIDNICA               | POL  | M-30 | 2      | M 2   | 00:43:55 | 01:24:26 | 02:05:03 |          | 03:13:07.20 | 6:13   | 9.6  |
| 3    | RACZAK MACIEJ        | 240 | 42K PRO TEAM                                  | SIEMIANOWICE ŚLĄSKIE   | POL  | M-30 | 3      | M 9   | 00:47:44 | 01:32:03 | 02:14:15 |          | 03:28:12.75 | 6:42   | 8.9  |
| 4    | PASTUSZKA PAWEŁ      | 221 | EX TEAM                                       | ZIĘBICE                | POL  | M-30 | 4      | M 10  | 00:45:31 | 01:29:44 | 02:14:41 |          | 03:29:27.45 | 6:45   | 8.9  |
| 5    | URBAŃCZYK GRZEGORZ   | 297 | FOR RUN TEAM & ADRUNALINE                     | POZNAŃ                 | POL  | M-30 | 5      | M 12  | 00:46:27 | 01:28:51 | 02:11:13 | 00:10:00 | 03:31:57.70 | 6:30   | 9.2  |
| 6    | MACH TOMASZ          | 170 | SPORTFUEL.PL MTB TEAM & PORCELANAWALBRZYCH.PL | WAŁBRZYCH              | POL  | M-30 | 6      | M 16  | 00:46:31 | 01:31:18 | 02:16:55 |          | 03:34:33.60 | 6:55   | 8.7  |
| 7    | BIENIEK GRZEGORZ     | 12  | APEX.INFO                                     | LUBAWKA                | POL  | M-30 | 7      | M 17  | 00:50:09 | 01:34:48 | 02:20:02 |          | 03:35:31.00 | 6:57   | 8.6  |
| 8    | SOCHA SEWERYN        | 335 |   | POZNAŃ                 | POL  | M-30 | 8      | M 18  | 00:48:40 | 01:36:27 | 02:21:31 |          | 03:36:52.10 | 6:59   | 8.6  |
| 9    | BIENIAS ŁUKASZ       | 11  | BIELAWSKA AKADEMIA BIEGANIA                   | DZIERŻONIÓW            | POL  | M-30 | 9      | M 26  | 00:52:35 | 01:41:45 | 02:28:20 |          | 03:47:58.05 | 7:21   | 8.2  |
| 10   | POLIŃSKI ROBERT      | 231 | TRAINING LAB                                  | WARSZAWA               | POL  | M-30 | 10     | M 28  | 00:53:13 | 01:44:19 | 02:30:39 |          | 03:51:22.15 | 7:27   | 8    |
| 11   | GUSTAW ŁUKASZ        | 75  |   | KUDOWA-ZDRÓJ           | POL  | M-30 | 11     | M 37  | 00:51:28 | 01:43:04 | 02:36:59 |          | 04:00:28.75 | 7:45   | 7.7  |
| 12   | LUBAŃSKI MATEUSZ     | 164 | KS BARYCZ MILICZ                              | DŁUGOŁĘKA              | POL  | M-30 | 12     | M 38  | 00:56:13 | 01:50:23 | 02:38:12 |          | 04:00:31.40 | 7:45   | 7.7  |
| 13   | TOMCZAK DARIUSZ      | 294 |   | GOSTYŃ                 | POL  | M-30 | 13     | M 45  | 00:57:02 | 01:52:47 | 02:45:17 |          | 04:07:39.65 | 7:59   | 7.5  |
| 14   | PIECUCH MARCIN       | 225 |   | KRAKÓW                 | POL  | M-30 | 14     | M 51  | 00:57:45 | 01:49:19 | 02:37:56 |          | 04:09:36.20 | 8:03   | 7.5  |
| 15   | KOZAK VLAD           | 140 | HUTINPUJ                                      | WROCLAW                | POL  | M-30 | 15     | M 56  | 00:58:52 | 01:58:37 | 02:47:38 |          | 04:12:50.45 | 8:09   | 7.4  |
| 16   | NIEDZIELAK ŁUKASZ    | 200 | BHT PETRA PŁOCK                               | KAMIONKI               | POL  | M-30 | 16     | M 57  | 00:57:22 | 01:48:03 | 02:36:49 |          | 04:12:58.60 | 8:09   | 7.4  |
| 17   | PRUCIAK KRZYSZTOF    | 234 | ADRUNALINE TEAM                               | OLAWA                  | POL  | M-30 | 17     | M 60  | 00:56:13 | 01:54:30 | 02:47:22 |          | 04:14:40.85 | 8:12   | 7.3  |
| 18   | KEPARA MARCIN        | 117 | ADVA OPTICAL NETWORKING                       | GDAŃSK                 | POL  | M-30 | 18     | M 64  | 01:00:57 | 01:57:45 | 02:48:37 |          | 04:17:32.60 | 8:18   | 7.2  |
| 19   | FRIDRICH MARCIN      | 52  |   | WARSZAWA               | POL  | M-30 | 19     | M 71  | 00:57:39 | 01:55:38 | 02:46:39 |          | 04:22:53.35 | 8:28   | 7.1  |
| 20   | ŚWIAT PAWEŁ          | 288 | RNB TEAM POLANICA ZDRÓJ                       | SZCZYTNA               | POL  | M-30 | 20     | M 73  | 01:00:57 | 01:55:02 | 02:47:27 |          | 04:23:43.70 | 8:30   | 7.1  |
| 21   | MICHALAK DAWID       | 183 | NIAGARA                                       | DRZYMAŁOWO             | POL  | M-30 | 21     | M 75  | 00:53:15 | 01:50:40 | 02:42:52 |          | 04:24:23.85 | 8:31   | 7    |
| 22   | JANUSZEWSKI KAROL    | 95  | BIEGAM U KOLESI                               | GRODZICZNO             | POL  | M-30 | 22     | M 80  | 01:00:47 | 01:55:50 | 02:48:06 |          | 04:27:15.20 | 8:37   | 7    |
| 23   | MALCZEWSKI DANIEL    | 177 | WIECZORNE BIEGANIE W OPOLU                    | OPOLE                  | POL  | M-30 | 23     | M 82  | 01:00:47 | 01:50:46 | 02:42:49 |          | 04:27:25.85 | 8:37   | 7    |
| 24   | JURDZIAK JAKUB       | 108 |   | WROCLAW                | POL  | M-30 | 24     | M 86  | 01:01:39 | 01:58:22 | 02:52:14 |          | 04:29:18.80 | 8:41   | 6.9  |
| 25   | POLKOWSKI PIOTR      | 232 |   | WARSZAWA               | POL  | M-30 | 25     | M 89  | 01:05:06 | 02:13:00 | 03:03:58 |          | 04:33:34.35 | 8:49   | 6.8  |
| 26   | SZCZERBAKOWICZ KAMIL | 275 |   | NADOLICE WIELKIE       | POL  | M-30 | 26     | M 91  | 01:02:58 | 02:03:53 | 02:59:25 |          | 04:33:57.25 | 8:50   | 6.8  |
| 27   | SZWARC GRZEGORZ      | 284 | ARVATO S.C. REP                               | POZNAŃ                 | POL  | M-30 | 27     | M 96  | 01:07:09 | 02:09:26 | 03:06:05 |          | 04:37:42.05 | 8:57   | 6.7  |
| 28   | PIOTR ODOLAK         | 226 | STANWEX II                                    | SULEJÓWEK              | POL  | M-30 | 28     | M 97  | 00:57:00 | 02:00:06 | 03:00:15 |          | 04:38:51.60 | 8:59   | 6.7  |
| 29   | ZAJĄCZKOWSKI PAWEŁ   | 318 | POWER TRAINING                                | WARSZAWA               | POL  | M-30 | 29     | M 98  | 01:00:51 | 02:05:16 | 02:59:53 |          | 04:39:03.35 | 9:00   | 6.7  |
| 30   | STUZIŃSKI MATEUSZ    | 272 | *****   | SZCZECIN               | POL  | M-30 | 30     | M 99  | 00:59:14 | 01:57:09 | 02:47:27 |          | 04:39:31.35 | 9:01   | 6.7  |
| 31   | JONCZYK ERWIN        | 105 | STANWEX II                                    | SULEJÓWEK              | POL  | M-30 | 31     | M 100 | 01:04:31 | 02:04:49 | 03:00:02 |          | 04:39:50.35 | 9:01   | 6.6  |
| 32   | JAKUBIEC BARTŁOMIEJ  | 89  | ROZPIERDOLSI                                  | WROCLAW                | POL  | M-30 | 32     | M 107 | 01:09:39 | 02:14:18 | 03:06:57 |          | 04:42:40.70 | 9:07   | 6.6  |
| 33   | KONIUSZKO MARCIN     | 127 |   | WROCLAW                | POL  | M-30 | 33     | M 108 | 01:03:31 | 02:05:51 | 03:03:07 |          | 04:42:40.75 | 9:07   | 6.6  |
| 34   | LEŚNIAK MARCIN       | 163 | STANWEX II                                    | SULEJÓWEK              | POL  | M-30 | 34     | M 110 | 01:04:28 | 02:07:11 | 03:05:57 |          | 04:42:48.45 | 9:07   | 6.6  |
| 35   | SYCHOWSKI DAWID      | 273 |   | TOMASZÓW BOLESŁAWIECKI | POL  | M-30 | 35     | M 114 | 01:02:16 | 02:00:53 | 03:04:54 |          | 04:45:21.40 | 9:12   | 6.5  |
| 36   | MACHALSKI MATEUSZ    | 171 | ASP WARSZAWA                                  | WARSZAWA               | POL  | M-30 | 36     | M 115 | 01:26:49 |          | 03:25:44 |          | 04:45:37.00 | 9:12   | 6.5  |
| 37   | JASIAK KAROL         | 98  | NIE WIEM GDZIE JESTEM                         | OSTRZESZÓW             | POL  | M-30 | 37     | M 116 | 00:58:45 | 02:06:11 | 02:58:26 |          | 04:46:18.90 | 9:14   | 6.5  |
| 38   | POŁOM RAFAŁ          | 233 | NOA   | WROCLAW                | POL  | M-30 | 38     | M 118 | 01:01:23 | 02:05:24 | 03:02:39 |          | 04:47:30.75 | 9:16   | 6.5  |
| 39   | MIS PIOTR            | 193 | DIEHL CONTROLS RUNNING TEAM                   | NAMYSŁÓW               | POL  | M-30 | 39     | M 132 | 01:08:51 | 02:14:16 | 03:10:51 |          | 04:53:10.60 | 9:27   | 6.3  |
| 40   | KOSTRZEWSKI MACIEJ   | 132 |   | KŁODZKO                | POL  | M-30 | 40     | M 134 | 01:11:42 | 02:13:30 | 03:12:46 |          | 04:55:46.65 | 9:32   | 6.3  |
| 41   | ZIEWIEC MARCIN       | 327 |   | WROCLAW                | POL  | M-30 | 41     | M 137 | 01:04:14 | 02:11:02 | 03:07:57 |          | 04:58:29.55 | 9:37   | 6.2  |
| 42   | TURNIAK MIŁOSZ       | 296 |   | GLIWICE                | POL  | M-30 | 42     | M 138 | 01:06:48 | 02:12:04 | 03:12:22 |          | 04:58:56.05 | 9:38   | 6.2  |
| 43   | WAJDA MACIEJ         | 301 | SPELEOCLUB WROCLAW                            | WROCLAW                | POL  | M-30 | 43     | M 139 | 01:01:17 | 02:04:19 | 03:03:58 |          | 04:59:05.60 | 9:38   | 6.2  |
| 44   | MELNYK IVAN          | 182 |   | OLOMOUC                | CZE  | M-30 | 44     | M 142 | 01:09:28 | 02:18:15 | 03:12:50 |          | 04:59:32.10 | 9:39   | 6.2  |
| 45   | DAWIDOWICZ WOJCIECH  | 38  |   | DOBROSZYCE             | POL  | M-30 | 45     | M 143 | 01:06:55 | 02:12:34 | 03:10:15 | 00:10:00 | 05:02:07.95 | 9:25   | 6.4  |
| 46   | KACZMAREK MIROSLAW   | 110 | RUNNER'S POWER ŚREM                           | ŚREM                   | POL  | M-30 | 46     | M 148 | 01:12:51 | 02:24:48 | 03:24:19 |          | 05:05:36.85 | 9:51   | 6.1  |

**ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM, M-30 c.d.**

| M-ce | Nazwisko i imię          | Nr  | Klub                       | M-scowość | Kraj | Kat. | M. kat | K/M   | 7km      | 14km     | 19.7km   | Kar/Bon | Netto       | min/km | km/h |
|------|--------------------------|-----|----------------------------|-----------|------|------|--------|-------|----------|----------|----------|---------|-------------|--------|------|
| 47   | GRZELIŃSKI MICHAŁ        | 73  |                            | JAROCIN   | POL  | M-30 | 47     | M 149 | 01:09:01 | 02:17:44 | 03:16:35 |         | 05:06:15.60 | 9:52   | 6.1  |
| 48   | KĄŁKA MARCIN             | 332 |                            | RAWICZ    | POL  | M-30 | 48     | M 151 | 01:08:20 | 02:15:26 | 03:13:25 |         | 05:06:26.10 | 9:53   | 6.1  |
| 49   | WOJCIECHOWSKI ALEKSANDER | 314 | ROWERY MAŁGOŚKA            | WRZEŚNIA  | POL  | M-30 | 49     | M 152 | 01:07:38 | 02:15:16 | 03:17:31 |         | 05:07:17.45 | 9:54   | 6.1  |
| 50   | GAJDOWSKI PRZEMYSŁAW     | 54  |                            | WROCŁAW   | POL  | M-30 | 50     | M 153 | 01:14:43 | 02:27:03 | 03:24:19 |         | 05:07:33.80 | 9:55   | 6    |
| 51   | WOJCIECHOWICZ LESZEK     | 313 | DZIECI KOTANA              | BLĄŻEJEWÓ | POL  | M-30 | 51     | M 155 | 01:07:20 | 02:17:40 | 03:15:37 |         | 05:07:54.75 | 9:55   | 6    |
| 52   | MACIEJOWICZ MICHAŁ       | 173 |                            | WARSZAWA  | AFG  | M-30 | 52     | M 157 | 01:09:22 | 02:15:58 | 03:19:14 |         | 05:08:38.15 | 9:57   | 6    |
| 53   | GRZYWIŃSKI WOJTEK        | 74  |                            | TORUŃ     | POL  | M-30 | 53     | M 160 | 01:10:32 | 02:16:51 | 03:16:27 |         | 05:10:15.80 | 10:00  | 6    |
| 54   | FILIPOWICZ DOMINIK       | 48  |                            | CHOJNÓW   | POL  | M-30 | 54     | M 173 | 01:16:10 | 02:28:13 | 03:31:29 |         | 05:21:50.00 | 10:22  | 5.8  |
| 55   | MIKOLAJEC PIOTR          | 188 |                            | WROCŁAW   | POL  | M-30 | 55     | M 176 | 01:16:46 | 02:34:00 | 03:33:42 |         | 05:29:27.60 | 10:37  | 5.6  |
| 56   | NOWAK ŁUKASZ             | 207 | WIECZORNE BIEGANIE W OPOLU | SUCHY BÓR | POL  | M-30 | 56     | M 178 | 01:16:49 | 02:33:01 | 03:38:34 |         | 05:33:39.65 | 10:45  | 5.6  |
| 57   | MIELNIK KRZYSZTOF        | 185 | DC TRIATHLON TEAM          | NAMYSŁÓW  | POL  | M-30 | 57     | M 192 | 01:34:19 | 03:07:24 | 04:19:57 |         | 06:03:25.60 | 11:43  | 5.1  |
| 58   | KRYSZEWSKI ARTUR         | 150 |                            | POZNAŃ    | POL  | M-30 | 58     | M 195 | 01:30:03 | 02:58:14 | 04:12:55 |         | 06:30:01.50 | 12:34  | 4.8  |
| 59   | JURKIEWICZ DOMINIK       | 109 |                            | WROCŁAW   | POL  | M-30 | 59     | M 196 | 01:28:54 | 02:53:35 | 04:07:34 |         | 06:35:19.40 | 12:45  | 4.7  |

**ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM, K-40**

| M-ce | Nazwisko i imię            | Nr  | Klub                                | M-scowość           | Kraj | Kat. | M. kat | K/M  | 7km      | 14km     | 19.7km   | Kar/Bon | Netto       | min/km | km/h |
|------|----------------------------|-----|-------------------------------------|---------------------|------|------|--------|------|----------|----------|----------|---------|-------------|--------|------|
| 1    | KARCZEWSKA JOANNA          | 113 | FUNDACJA KIERUNEK ULTRA             | SUWAŁKI             | POL  | K-40 | 1      | K 2  | 00:55:21 | 01:45:59 | 02:36:22 |         | 04:01:20.75 | 7:47   | 7.7  |
| 2    | MAJ-ROK SZ MARIA           | 176 | MAJA TEAM                           | WEJHEROWO           | POL  | K-40 | 2      | K 3  | 00:57:37 | 01:52:14 | 02:40:43 |         | 04:02:04.85 | 7:48   | 7.7  |
| 3    | KOŚCIELNIAK WIOLETTA       | 134 | RUNNERS TEAM NYSA                   | NYSA                | POL  | K-40 | 3      | K 5  | 00:56:02 | 01:47:49 | 02:44:19 |         | 04:07:32.85 | 7:59   | 7.5  |
| 4    | FOGIEL-PAWŁOWSKA AGNIESZKA | 50  |                                     | WROCŁAW             | POL  | K-40 | 4      | K 6  | 00:55:36 | 01:48:55 | 02:43:20 |         | 04:07:49.70 | 7:59   | 7.5  |
| 5    | KORALEWSKA EDYTA           | 130 |                                     | PRUDNIK             | POL  | K-40 | 5      | K 9  | 01:02:18 | 02:01:49 | 02:54:33 |         | 04:28:48.95 | 8:40   | 6.9  |
| 6    | CHOMIAK KATARZYNA          | 24  | BIEGAJ W JEDLINIE                   | JEDLINA-ZDRÓJ       | POL  | K-40 | 6      | K 11 | 01:02:34 | 02:01:33 | 02:54:48 |         | 04:30:01.30 | 8:42   | 6.9  |
| 7    | CYMBORSKA JOLANTA          | 32  | WARSAW RUN CLUB                     | WARSZAWA            | POL  | K-40 | 7      | K 12 | 01:02:21 | 02:05:35 | 02:57:52 |         | 04:30:08.90 | 8:42   | 6.9  |
| 8    | SERAFIN EWELINA            | 256 |                                     | RADKÓW              | POL  | K-40 | 8      | K 13 | 01:02:47 | 02:03:38 | 02:58:00 |         | 04:31:34.75 | 8:45   | 6.8  |
| 9    | SZNEJDER ANITA             | 281 | FUNDACJA KIERUNEK ULTRA             | SUWAŁKI             | POL  | K-40 | 9      | K 16 | 01:04:24 | 02:06:49 | 03:01:50 |         | 04:38:25.90 | 8:58   | 6.7  |
| 10   | TKACZYK KATARZYNA          | 292 |                                     | STRZEGOM            | POL  | K-40 | 10     | K 18 | 01:08:06 | 02:12:28 | 03:06:48 |         | 04:48:18.70 | 9:18   | 6.5  |
| 11   | HACHOŁ JUSTYNA             | 76  |                                     | WROCŁAW             | POL  | K-40 | 11     | K 19 | 01:07:06 | 02:13:44 | 03:09:02 |         | 04:50:16.55 | 9:21   | 6.4  |
| 12   | ROSZYK MAGDALENA           | 248 | DRUŻYNA SZPIKU                      | POZNAŃ              | POL  | K-40 | 12     | K 20 | 01:09:39 | 02:15:19 | 03:10:01 |         | 04:51:18.65 | 9:23   | 6.4  |
| 13   | CZAPRAN MAGDALENA          | 35  |                                     | PYSKOWICE           | POL  | K-40 | 13     | K 21 | 01:06:37 | 02:12:05 | 03:12:20 |         | 04:59:24.10 | 9:39   | 6.2  |
| 14   | MATUSZEWSKA MAŁGORZATA     | 180 | RUNNER'S POWER SREM                 | ŚREM                | POL  | K-40 | 14     | K 23 | 01:12:54 | 02:24:47 | 03:24:19 |         | 05:05:36.35 | 9:51   | 6.1  |
| 15   | SZMECHTIG-GAUDEN EWA       | 280 | PODGÓRZ TORUŃ                       | TORUŃ               | POL  | K-40 | 15     | K 25 | 01:10:27 | 02:16:49 | 03:16:26 |         | 05:10:36.25 | 10:01  | 6    |
| 16   | KUBIAK ANNA                | 152 | STRZEGOMSKA DWUNASTKA               | STRZEGOM            | POL  | K-40 | 16     | K 26 | 01:09:57 | 02:23:05 | 03:22:12 |         | 05:12:00.60 | 10:03  | 6    |
| 17   | ŁOBASIUK IWONA             | 167 | FUNDACJA KIERUNEK ULTRA             | SUWAŁKI             | POL  | K-40 | 17     | K 29 | 01:12:47 | 02:23:48 | 03:24:04 |         | 05:13:01.00 | 10:05  | 5.9  |
| 18   | ZIENKIEWICZ JUSTYNA        | 326 |                                     | PIASECZNO           | POL  | K-40 | 18     | K 31 | 01:17:46 | 02:33:24 | 03:31:36 |         | 05:17:43.00 | 10:14  | 5.9  |
| 19   | ZIENKIEWICZ AGATA          | 325 | PIASECZNO RUNNING                   | PIASECZNO           | POL  | K-40 | 19     | K 32 | 01:17:38 | 02:33:26 | 03:31:32 |         | 05:17:43.05 | 10:14  | 5.9  |
| 20   | KUSZTELSKA LUCYNA          | 159 |                                     | MOSINA              | POL  | K-40 | 20     | K 33 | 01:12:31 | 02:25:22 | 03:31:31 |         | 05:19:29.35 | 10:18  | 5.8  |
| 21   | FAJNAS KATARZYNA           | 44  | DOGOŃ GRODZISK MAZOWIECKI / DANFOSS | MUSUŁY / ŻABIA WOLA | POL  | K-40 | 21     | K 36 | 01:13:25 | 02:26:11 | 03:31:38 |         | 05:26:36.75 | 10:32  | 5.7  |
| 22   | KOŚNIEWSKA-NOWAK JOANNA    | 135 | WIECZORNE BIEGANIE W OPOLU          | DĘBSKA KUŹNIA       | POL  | K-40 | 22     | K 38 | 01:17:30 | 02:32:54 | 03:38:30 |         | 05:33:38.05 | 10:45  | 5.6  |
| 23   | KOZAK EWA                  | 142 | KOZAKI                              | DŁUGOŁĘKA           | POL  | K-40 | 23     | K 41 | 01:14:41 | 02:28:26 | 03:34:59 |         | 05:37:42.40 | 10:53  | 5.5  |
| 24   | GRĘZEL-GAWRON JOLANTA      | 70  |                                     | POLSKA NOWA WIEŚ    | POL  | K-40 | 24     | K 42 | 01:20:11 | 02:39:52 | 03:44:30 |         | 05:44:13.40 | 11:06  | 5.4  |
| 25   | JEDYNAK-DOROSZ IZABELA     | 101 | KB MANIAC POZNAŃ                    | TULCE               | POL  | K-40 | 25     | K 44 | 01:27:41 | 02:49:00 | 03:54:12 |         | 05:50:33.70 | 11:18  | 5.3  |
| 26   | PAWŁOWSKA ANNA             | 334 |                                     | MIERZYN             | POL  | K-40 | 26     | K 45 | 01:21:05 | 02:46:04 | 03:58:25 |         | 06:20:22.35 | 12:16  | 4.9  |
| 27   | PAWŁOWSKA ANNA             | 342 |                                     |                     | POL  | K-40 | 27     | K 46 | 01:20:59 | 02:46:03 | 03:58:27 |         | 06:20:22.80 | 12:16  | 4.9  |
| 28   | SOWIŃSKA ANETTA            | 269 |                                     | GORZÓW WIELKOPOLSKI | POL  | K-40 | 28     | K 48 | 01:35:55 | 03:04:47 | 04:17:32 |         | 06:36:33.55 | 12:47  | 4.7  |
| 29   | KOCZOROWSKA ANNA           | 122 | TEAM ZABIEGANEDNI                   | RADIÓWEK            | POL  | K-40 | 29     | K 51 |          |          | 04:02:26 |         |             | 12:18  | 4.9  |

**ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM, M-40**

| M-ce | Nazwisko i imię    | Nr  | Klub              | M-scowość | Kraj | Kat. | M. kat | K/M | 7km      | 14km     | 19.7km   | Kar/Bon | Netto       | min/km | km/h |
|------|--------------------|-----|-------------------|-----------|------|------|--------|-----|----------|----------|----------|---------|-------------|--------|------|
| 1    | KITA MICHAŁ        | 119 | PĘDZĄCY W MIEJSCU | WROCŁAW   | POL  | M-40 | 1      | M 3 | 00:44:21 | 01:26:21 | 02:06:46 |         | 03:16:41.70 | 6:20   | 9.5  |
| 2    | WILK MACIEJ        | 341 |                   |           | POL  | M-40 | 2      | M 4 | 00:45:29 | 01:28:51 | 02:09:30 |         | 03:18:07.75 | 6:23   | 9.4  |
| 3    | GOŚCINIOWICZ PAWEŁ | 64  | ZIEMOWIT TEAM     | KATOWICE  | POL  | M-40 | 3      | M 5 | 00:46:54 | 01:30:01 | 02:10:34 |         | 03:20:13.30 | 6:27   | 9.3  |

**ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM, M-40 c.d.**

| M-ce | Nazwisko i imię             | Nr  | Klub                       | M-scowość                   | Kraj | Kat. | M. kat | K/M   | 7km      | 14km     | 19.7km   | Kar/Bon  | Netto       | min/km | km/h |
|------|-----------------------------|-----|----------------------------|-----------------------------|------|------|--------|-------|----------|----------|----------|----------|-------------|--------|------|
| 4    | JUDA WITOLD                 | 107 |                            | JELEŃ GÓRA                  | POL  | M-40 | 4      | M 7   |          | 01:27:35 | 02:10:48 |          | 03:21:25.05 | 6:29   | 9.2  |
| 5    | HOŁYST ANDRZEJ              | 82  | GT RAT                     | NOWA RUDA                   | POL  | M-40 | 5      | M 11  | 00:47:59 | 01:32:44 | 02:16:47 |          | 03:30:18.05 | 6:47   | 8.8  |
| 6    | KLIMCEWICZ CEZARY           | 336 |                            |                             | POL  | M-40 | 6      | M 13  | 00:47:37 |          | 02:18:40 |          | 03:31:57.75 | 6:50   | 8.8  |
| 7    | DANAK PRZEMEK               | 37  |                            | KOSTRZYŃ NAD ODRĄ           | POL  | M-40 | 7      | M 21  | 00:53:24 | 01:42:35 | 02:27:25 |          | 03:41:11.90 | 7:08   | 8.4  |
| 8    | KRUPA MARCIN                | 147 | AKTYWNA NOWA RUDA          | NOWA RUDA                   | POL  | M-40 | 8      | M 22  | 00:50:00 | 01:37:31 | 02:25:11 |          | 03:42:01.40 | 7:09   | 8.4  |
| 9    | CZOSNOWSKI KRZYSZTOF        | 36  | KB HERMES GRYFINO          | GRYFINO                     | POL  | M-40 | 9      | M 24  | 00:51:42 | 01:42:41 | 02:27:15 |          | 03:46:00.20 | 7:17   | 8.2  |
| 10   | GRYGIEL MAREK               | 72  | JACEKBIEGA RUNNING TEAM    | KRAKÓW                      | POL  | M-40 | 10     | M 25  | 00:51:41 | 01:40:50 | 02:28:27 |          | 03:46:45.70 | 7:18   | 8.2  |
| 11   | KARPOWICZ RAFAL             | 114 |                            | WROCLAW                     | POL  | M-40 | 11     | M 27  | 00:48:47 | 01:35:31 | 02:23:42 |          | 03:48:17.70 | 7:21   | 8.1  |
| 12   | CIURASZKIEWICZ ANDRZEJ      | 30  |                            | WROCLAW                     | POL  | M-40 | 12     | M 29  | 00:56:32 | 01:48:04 | 02:36:59 |          | 03:51:51.65 | 7:28   | 8    |
| 13   | MISTYGACZ JAKUB             | 192 | ANTONTEAM ACTIVDIAB        | KRAPKOWICE                  | POL  | M-40 | 13     | M 30  | 00:54:56 | 01:43:48 | 02:30:25 |          | 03:53:13.60 | 7:31   | 8    |
| 14   | GOSTYŃSKI KRZYSZTOF         | 63  | RUCCAJ ULTRA TEAM          | KRAKÓW                      | POL  | M-40 | 14     | M 31  | 00:59:28 | 01:49:46 | 02:34:44 |          | 03:53:36.15 | 7:32   | 8    |
| 15   | WOŁOSZYN KONRAD             | 316 | ADRENALINA TEAM            | STEPNICA                    | POL  | M-40 | 15     | M 32  | 00:53:32 | 01:46:25 | 02:34:17 |          | 03:53:53.15 | 7:32   | 8    |
| 16   | KAPŁOWSKI JERZY             | 112 |                            | WAŁBRZYCH                   | POL  | M-40 | 16     | M 35  | 01:49:36 | 01:49:47 | 02:37:11 |          | 03:58:15.75 | 7:41   | 7.8  |
| 17   | WEINERT ARTUR               | 306 | RUNNER'S POWER             | ŚREM                        | POL  | M-40 | 17     | M 36  | 00:56:50 | 01:48:31 | 02:37:12 |          | 03:59:21.65 | 7:43   | 7.8  |
| 18   | KRÓL MARCIN                 | 146 |                            | OBORNIKI ŚLĄSKIE            | POL  | M-40 | 18     | M 40  | 00:57:31 | 01:51:46 | 02:40:02 |          | 04:03:19.20 | 7:50   | 7.6  |
| 19   | MIKOŁAJCZYK TOMASZ          | 189 |                            | KUDOWA ZDRÓJ                | POL  | M-40 | 19     | M 41  | 00:50:21 | 01:37:22 | 02:26:24 |          | 04:03:53.55 | 7:52   | 7.6  |
| 20   | SIKORSKI SZYMON             | 262 | NOA                        | KIELCZÓW                    | POL  | M-40 | 20     | M 43  | 00:55:08 | 01:47:34 | 02:38:26 |          | 04:06:22.25 | 7:56   | 7.5  |
| 21   | ROGÓRZ PIOTR                | 243 |                            | WROCLAW (WROCLAW-PSIE POLE) | POL  | M-40 | 21     | M 44  | 00:53:04 | 01:48:06 | 02:39:33 |          | 04:06:43.75 | 7:57   | 7.5  |
| 22   | KURZAWIAK GRZEGORZ          | 157 | KUDOWIANKARUN              | KARŁÓW                      | POL  | M-40 | 22     | M 47  | 00:53:58 | 01:46:45 | 02:38:00 |          | 04:08:02.90 | 8:00   | 7.5  |
| 23   | ROLICZ MARCIN               | 244 |                            | WITNICA                     | POL  | M-40 | 23     | M 49  | 00:55:18 | 01:47:00 | 02:37:07 |          | 04:08:42.85 | 8:01   | 7.5  |
| 24   | MOKRYCKI KRYSZTIAN          | 195 |                            | POLANICA-ZDRÓJ              | POL  | M-40 | 24     | M 50  | 01:03:27 | 01:59:12 | 02:47:57 |          | 04:09:16.40 | 8:02   | 7.5  |
| 25   | WITCZAK JACEK               | 311 |                            | PLEWISKA                    | POL  | M-40 | 25     | M 54  | 00:56:25 | 01:49:24 | 02:42:47 |          | 04:12:12.30 | 8:08   | 7.4  |
| 26   | BUDNIAK TOMASZ              | 19  | RUNNERS TEAM               | WŁADYSŁAWOWO                | POL  | M-40 | 26     | M 55  | 00:53:12 | 01:48:37 | 02:38:38 |          | 04:12:13.05 | 8:08   | 7.4  |
| 27   | CHORZĘPA JAKUB              | 25  |                            | KUDOWA ZDRÓJ                | POL  | M-40 | 27     | M 58  | 01:00:06 | 01:55:16 | 02:46:42 |          | 04:13:21.30 | 8:10   | 7.3  |
| 28   | PTASIŃSKI TOMASZ            | 237 | CZAJKERSI                  | NOWA RUDA-SŁUPIEC           | POL  | M-40 | 28     | M 59  | 00:57:06 | 01:52:31 | 02:44:26 |          | 04:14:12.90 | 8:12   | 7.3  |
| 29   | GLUCHOWSKI PRZEMYSŁAW       | 59  |                            | ŻYCHLIN                     | POL  | M-40 | 29     | M 62  | 00:56:52 | 01:55:20 | 02:46:27 |          | 04:15:31.20 | 8:14   | 7.3  |
| 30   | SMOTER DAMIAN               | 265 |                            | WROCLAW                     | POL  | M-40 | 30     | M 63  | 00:57:48 |          | 02:49:02 |          | 04:16:31.00 | 8:16   | 7.3  |
| 31   | JACHYMEK BARTŁOMIEJ         | 88  | JACEKBIEGA RUNNING TEAM    | WARSZAWA                    | POL  | M-40 | 31     | M 66  | 01:02:02 | 01:56:30 | 02:47:22 |          | 04:18:38.75 | 8:20   | 7.2  |
| 32   | RABIEGA MARCIN              | 238 | OWOCBIEGA TEAM             | ROKIETNICA                  | POL  | M-40 | 32     | M 67  |          | 01:52:15 | 02:43:14 |          | 04:20:01.20 | 8:23   | 7.2  |
| 33   | KOŁODZIEJSKI JAREK          | 126 | ZDZISŁAW I GRAŻYŃKA        | POZNAN                      | POL  | M-40 | 33     | M 68  | 00:58:56 | 01:55:28 | 02:46:40 |          | 04:20:29.15 | 8:24   | 7.1  |
| 34   | KOTRA JACEK                 | 136 | POLA&GAJA                  | SMOLNICA                    | POL  | M-40 | 34     | M 69  | 01:01:34 | 02:02:30 | 02:53:41 |          | 04:22:05.15 | 8:27   | 7.1  |
| 35   | ZIEMKIEWICZ JAREK           | 324 | 2 KROKI DO METY            | LUBIN                       | POL  | M-40 | 35     | M 70  | 00:59:54 | 02:01:21 | 02:53:33 |          | 04:22:15.50 | 8:27   | 7.1  |
| 36   | PAŻUCHA WOJCIECH            | 224 |                            | LUSÓWKO                     | POL  | M-40 | 36     | M 72  | 01:02:02 | 01:55:19 | 02:48:02 |          | 04:23:14.40 | 8:29   | 7.1  |
| 37   | JANKOWSKI RAFAŁ             | 93  |                            | SMOLEC                      | POL  | M-40 | 37     | M 74  | 00:55:49 | 01:47:55 | 02:43:37 |          | 04:23:50.75 | 8:30   | 7    |
| 38   | CHRZANOWSKI PAWEŁ           | 26  |                            | ŁĄDEK-ZDRÓJ                 | POL  | M-40 | 38     | M 76  | 00:56:46 | 01:53:58 | 02:47:23 |          | 04:25:01.60 | 8:32   | 7    |
| 39   | PAPROCKI KRZYSZTOF          | 219 |                            | POLKOWICE                   | POL  | M-40 | 39     | M 78  | 01:03:02 | 02:00:29 | 02:53:44 |          | 04:26:54.75 | 8:36   | 7    |
| 40   | HAJDUGA ŁUKASZ              | 79  | WIECZORNE BIEGANIE W OPOLU | DĘBSKA KUŹNIA               | POL  | M-40 | 40     | M 81  | 01:01:12 | 01:58:41 | 02:50:58 |          | 04:27:25.65 | 8:37   | 7    |
| 41   | PRZYBYSZEWSKI ŁUKASZ        | 235 |                            | BIELAWA                     | POL  | M-40 | 41     | M 83  | 00:52:02 | 01:43:16 | 02:32:12 | 00:30:00 | 04:29:00.15 | 7:42   | 7.8  |
| 42   | BLONDYN BEZ GRZEBIENIA ŁYSY | 125 | PERFEKTA KARŁOWICE         | KARŁOWICE                   | POL  | M-40 | 42     | M 84  | 00:58:48 | 01:58:35 | 02:53:05 |          | 04:29:02.05 | 8:40   | 6.9  |
| 43   | FIGEL MICHAŁ                | 47  | MIKI TEAM                  | GDAŃSK                      | POL  | M-40 | 43     | M 85  | 01:06:38 | 02:05:29 | 03:01:29 |          | 04:29:12.00 | 8:41   | 6.9  |
| 44   | KOWALCZYK PAWEŁ             | 137 | KĘCKIE HARPAGANY           | KĘTY                        | POL  | M-40 | 44     | M 88  | 01:02:39 | 02:04:03 | 02:57:19 |          | 04:32:08.75 | 8:46   | 6.8  |
| 45   | WINIAREK LESZEK             | 310 | TEAMDKMS                   | WARSZAWA                    | POL  | M-40 | 45     | M 90  | 00:56:34 | 01:54:51 | 02:51:08 |          | 04:33:41.45 | 8:49   | 6.8  |
| 46   | SIERŻANT PAWEŁ              | 259 |                            | PLESZEW                     | POL  | M-40 | 46     | M 92  | 01:01:37 | 02:01:44 | 02:55:54 |          | 04:35:16.05 | 8:52   | 6.8  |
| 47   | BAKAŁA ŁUKASZ               | 8   |                            | PRZEDBOROWA 98              | POL  | M-40 | 47     | M 101 | 01:01:27 | 02:00:37 | 02:52:51 |          | 04:39:59.95 | 9:01   | 6.6  |
| 48   | SIKORSKI DARIUSZ            | 260 | INSERT TEAM                | DZIERŻONIÓW                 | POL  | M-40 | 48     | M 102 | 01:02:41 | 02:07:24 | 02:57:52 | 00:10:00 | 04:41:30.15 | 8:45   | 6.9  |
| 49   | JABŁOŃSKI BARTOSZ           | 87  |                            | WARSAW                      | POL  | M-40 | 49     | M 104 | 01:07:52 | 02:20:10 | 03:13:13 |          | 04:42:32.60 | 9:06   | 6.6  |
| 50   | BAKAŁA MARCIN               | 7   |                            | ZĄBKOWICE ŚLĄSKIE           | POL  | M-40 | 50     | M 105 | 01:00:39 | 02:00:43 | 02:54:35 |          | 04:42:37.55 | 9:07   | 6.6  |
| 51   | KUCHARSKI DARIUSZ           | 153 |                            | KRZYKÓW                     | POL  | M-40 | 51     | M 106 | 01:08:10 | 02:10:37 | 03:05:10 |          | 04:42:37.90 | 9:07   | 6.6  |
| 52   | SZCZUREK MARIUSZ            | 276 | AGROAS TEAM                | GRODKÓW                     | POL  | M-40 | 52     | M 109 | 01:01:25 | 02:02:20 | 02:58:54 |          | 04:42:45.75 | 9:07   | 6.6  |
| 53   | SOBKOWIAK KAMIL             | 266 |                            | CHODZIEŻ                    | POL  | M-40 | 53     | M 112 | 01:07:27 | 02:10:04 | 03:05:00 |          | 04:44:25.00 | 9:10   | 6.5  |
| 54   | WESOŁEK PAWEŁ               | 307 | RUNNER'S POWER ŚREM        | ŚREM                        | POL  | M-40 | 54     | M 117 | 01:05:11 | 02:09:01 | 03:04:02 |          | 04:46:49.10 | 9:15   | 6.5  |
| 55   | KÓZKA PRZEMO                | 143 | BIEGAM, BO NIE LUBIĘ       | SKÓRZEWO                    | POL  | M-40 | 55     | M 119 | 01:05:53 | 02:10:46 | 03:06:27 |          | 04:47:37.40 | 9:16   | 6.5  |
| 56   | SŁOWIK GRZEGORZ             | 264 | NIE WIEM GDZIE JESTEM      | OSTRZESZÓW                  | POL  | M-40 | 56     | M 120 | 00:58:43 | 02:06:13 | 02:58:27 |          | 04:47:46.70 | 9:16   | 6.5  |
| 57   | ZAWADKA DAREK               | 322 |                            | WÓLKA MIŃSKA                | POL  | M-40 | 57     | M 121 | 01:03:27 | 02:09:04 | 03:08:24 |          | 04:48:47.55 | 9:18   | 6.4  |
| 58   | WOŹNIAK PAWEŁ               | 317 | LESZ NO LIMITS RUNNERS     | DĘBOWA ŁĘKA                 | POL  | M-40 | 58     | M 122 | 01:03:04 | 02:06:49 | 03:01:46 |          | 04:48:50.10 | 9:19   | 6.4  |
| 59   | KOŁODZIEJ MARIUSZ           | 124 | FUNTRI                     | LEGNICA                     | POL  | M-40 | 59     | M 123 | 01:04:36 | 02:07:03 | 03:03:49 |          | 04:49:23.35 | 9:20   | 6.4  |

**ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM, M-40 c.d.**

| M-ce | Nazwisko i imię      | Nr  | Klub                                | M-scowość         | Kraj | Kat. | M. kat | K/M   | 7km      | 14km     | 19.7km   | Kar/Bon  | Netto       | min/km | km/h |
|------|----------------------|-----|-------------------------------------|-------------------|------|------|--------|-------|----------|----------|----------|----------|-------------|--------|------|
| 60   | HACHOŁ TOMASZ        | 77  |                                     | WROCLAW           | POL  | M-40 | 60     | M 127 | 01:05:31 | 02:04:15 | 03:00:36 |          | 04:50:34.35 | 9:22   | 6.4  |
| 61   | ROSZYK TOMASZ        | 247 | DRUŻYNA SZPIKU                      | POZNAŃ            | POL  | M-40 | 61     | M 128 | 01:09:35 | 02:15:20 | 03:10:01 |          | 04:51:17.80 | 9:23   | 6.4  |
| 62   | NIKODEM KLAUDIUSZ    | 203 | CZAJKERSI                           | NOWA RUDA-SŁUPIEC | POL  | M-40 | 62     | M 129 | 01:05:09 | 02:07:19 | 03:05:01 |          | 04:51:59.85 | 9:25   | 6.4  |
| 63   | ANDRZEJCZAK PAWEŁ    | 3   |                                     | KALISZ            | POL  | M-40 | 63     | M 130 | 01:02:31 | 02:10:08 | 03:06:31 |          | 04:52:44.20 | 9:26   | 6.4  |
| 64   | GAWRON BARTŁOMIEJ    | 58  |                                     | POLSKA NOWA WIEŚ  | POL  | M-40 | 64     | M 131 | 01:03:38 | 02:09:55 | 03:06:35 |          | 04:52:58.10 | 9:27   | 6.3  |
| 65   | DOLIWKA PAWEŁ        | 40  | LUBAWA KOCHA BIEGAĆ/BIEGAM U KOLESI | LUBAWA            | POL  | M-40 | 65     | M 135 | 01:12:20 | 02:16:17 | 03:15:16 |          | 04:58:15.55 | 9:37   | 6.2  |
| 66   | GRABOWICZ PAWEŁ      | 67  |                                     | SEKIERKI WIELKIE  | POL  | M-40 | 66     | M 136 | 01:08:05 | 02:12:27 | 03:06:49 | 00:10:00 | 04:58:19.95 | 9:18   | 6.5  |
| 67   | PTAK TOMASZ          | 236 | KLUB BIEGACZA WARTA                 | WAŚOSZ GÓRNY      | POL  | M-40 | 67     | M 140 | 00:59:30 | 02:15:52 | 03:12:15 |          | 04:59:16.10 | 9:39   | 6.2  |
| 68   | MRUSZCZYK JACEK      | 197 | KLUB BIEGACZA WARTA                 | PAJĘCZNO          | POL  | M-40 | 68     | M 141 | 01:04:26 | 02:15:54 | 03:12:16 |          | 04:59:17.10 | 9:39   | 6.2  |
| 69   | BARANOWSKI FILIP     | 6   | PĘDZĄCE BARANKI                     | POZNAŃ            | GER  | M-40 | 69     | M 144 | 01:08:35 | 02:13:27 | 03:13:39 |          | 05:03:23.30 | 9:47   | 6.1  |
| 70   | LEDNICKI MICHAŁ      | 162 | ARVATO S.C. REP                     | SKÓRZEWO          | POL  | M-40 | 70     | M 145 | 01:10:27 | 02:16:54 | 03:14:27 |          | 05:03:23.55 | 9:47   | 6.1  |
| 71   | JASICKI KRZYSZTOF    | 99  | RUNHOGS TYCHY                       | TYCHY             | POL  | M-40 | 71     | M 147 | 01:12:18 | 02:20:27 | 03:18:43 |          | 05:05:19.30 | 9:50   | 6.1  |
| 72   | SAMOLAK MACIEK       | 254 |                                     | BOGUSZÓW-GORCE    | POL  | M-40 | 72     | M 150 | 01:05:10 | 02:09:33 | 03:08:29 | 00:10:00 | 05:06:17.70 | 9:33   | 6.3  |
| 73   | KUROWSKI ALEKSANDER  | 156 |                                     | SZCZAWNO ZDRÓJ    | POL  | M-40 | 73     | M 154 | 01:05:05 | 02:09:15 | 03:08:28 | 00:10:00 | 05:07:46.45 | 9:36   | 6.2  |
| 74   | POGONOWSKI TOMASZ    | 230 | BIEGACZE Z PRZYLESIA                | KÓRNIK            | POL  | M-40 | 74     | M 156 | 01:07:19 | 02:17:43 | 03:15:36 |          | 05:07:55.25 | 9:55   | 6    |
| 75   | ZUBRZAK JACEK        | 329 |                                     | ŁÓDŹ              | POL  | M-40 | 75     | M 158 | 01:05:29 | 02:11:05 | 03:12:32 |          | 05:08:58.70 | 9:58   | 6    |
| 76   | JÓZEFOWICZ SEBASTIAN | 106 |                                     | ŁÓDŹ              | POL  | M-40 | 76     | M 159 | 01:05:32 | 02:11:06 | 03:12:33 |          | 05:08:59.00 | 9:58   | 6    |
| 77   | KUBIAK PRZEMYSŁAW    | 151 | STRZEGOMSKA DWUNASTKA               | STRZEGOM          | POL  | M-40 | 77     | M 161 | 01:09:59 | 02:23:12 | 03:22:31 |          | 05:12:50.95 | 10:05  | 5.9  |
| 78   | BŁACHNO MARCIN       | 14  |                                     | KRAKÓW            | POL  | M-40 | 78     | M 163 | 01:13:31 | 02:23:29 | 03:24:49 |          | 05:14:27.30 | 10:08  | 5.9  |
| 79   | MIGDAL ADRIAN        | 186 |                                     | KŁAJ              | POL  | M-40 | 79     | M 164 | 01:13:41 | 02:20:10 | 03:22:16 |          | 05:14:27.90 | 10:08  | 5.9  |
| 80   | ROGÓRZ ANDRZEJ       | 242 |                                     | WROCLAW           | POL  | M-40 | 80     | M 165 | 01:03:09 | 02:15:51 | 03:19:48 |          | 05:14:39.30 | 10:09  | 5.9  |
| 81   | ZAJĄCZKOWSKI DAMIAN  | 319 | OUTSIDERS                           | POZNAŃ            | POL  | M-40 | 81     | M 166 | 01:05:07 | 02:11:06 | 03:12:55 |          | 05:16:01.90 | 10:11  | 5.9  |
| 82   | JASIŃSKI MARCIN      | 100 | ROGOŹIŃSKI KLUB BIEGACZA            | ROGOŹNO           | POL  | M-40 | 82     | M 167 | 01:26:53 | 02:33:38 | 03:30:54 |          | 05:16:41.85 | 10:12  | 5.9  |
| 83   | SIWEK GRZEGORZ       | 338 |                                     |                   | POL  | M-40 | 83     | M 168 | 01:11:56 | 02:21:30 | 03:20:08 |          | 05:17:25.45 | 10:14  | 5.9  |
| 84   | SZYMCAK MARCIN       | 286 |                                     | MOSINA            | POL  | M-40 | 84     | M 169 | 01:06:20 | 02:17:46 | 03:20:58 |          | 05:17:41.00 | 10:14  | 5.9  |
| 85   | PODULKA GRZEGORZ     | 229 |                                     | KŁODZKO           | POL  | M-40 | 85     | M 172 | 01:11:16 | 02:21:09 | 03:22:59 |          | 05:21:33.80 | 10:22  | 5.8  |
| 86   | KOSTYK GRZEGORZ      | 133 |                                     | CHOJNÓW           | POL  | M-40 | 86     | M 174 | 01:17:44 | 02:28:15 | 03:33:30 |          | 05:23:05.40 | 10:25  | 5.8  |
| 87   | KOWALSKI SZYMON      | 139 | HTF LUDWIK SIKORSKI                 | ŁÓDŹ              | POL  | M-40 | 87     | M 175 | 01:19:03 | 02:35:39 | 03:38:39 |          | 05:24:03.90 | 10:27  | 5.7  |
| 88   | CYWIŃSKI PAWEŁ       | 33  | AKG ŁÓDŹ / HTF                      | ŁÓDŹ              | POL  | M-40 | 88     | M 177 | 01:18:55 | 02:37:05 | 03:38:48 |          | 05:31:52.05 | 10:42  | 5.6  |
| 89   | GÓRECKI MARCIN       | 65  | DZIK KOMANDO                        | ŁÓDŹ              | POL  | M-40 | 89     | M 181 | 01:14:32 | 02:33:48 | 03:39:12 |          | 05:34:43.95 | 10:47  | 5.6  |
| 90   | KOZAK BARTOSZ        | 141 | KOZAKI                              | DŁUGOŁĘKA         | POL  | M-40 | 90     | M 182 | 01:08:09 | 02:28:01 | 03:34:40 |          | 05:37:12.65 | 10:52  | 5.5  |
| 91   | OCHOCKI MARCIN       | 209 | DZIK KOMANDO                        | ŁÓDŹ              | POL  | M-40 | 91     | M 185 | 01:23:25 | 02:42:30 | 03:47:40 |          | 05:43:18.85 | 11:04  | 5.4  |
| 92   | MACIOŁ SEBASTIAN     | 174 | TTA BIERUŃ                          | BIERUŃ            | POL  | M-40 | 92     | M 186 | 01:12:19 | 02:33:27 | 03:43:42 |          | 05:54:05.50 | 11:25  | 5.3  |
| 93   | ŁACKI ŁUKASZ         | 165 | MUD FOXES                           | GRÓJEC            | POL  | M-40 | 93     | M 187 | 01:16:23 | 02:38:01 | 03:47:08 |          | 05:58:51.15 | 11:34  | 5.2  |
| 94   | HOFFMANN GRZEGORZ    | 81  | KOŚCIAN TEAM                        | CZEMPIŃ           | POL  | M-40 | 94     | M 193 | 01:26:32 | 02:56:13 | 04:06:08 |          | 06:22:54.30 | 12:21  | 4.9  |
| 95   | JAKUBOWSKI WOJCIECH  | 91  | KB GEOTERMIA UNIEJÓW                | UNIEJÓW           | POL  | M-40 | 95     | M 194 | 01:13:45 | 02:37:01 | 04:00:06 |          | 06:29:35.70 | 12:34  | 4.8  |
| 96   | DONAJ ADAM           | 42  |                                     | KOŚCIAN           | POL  | M-40 | 96     | M 198 | 01:53:15 | 03:24:24 | 04:49:19 |          | 07:03:36.50 | 13:39  | 4.4  |
|      | KOCIOŁEK ZBIGNIEW    | 121 |                                     | WOŁÓW             | POL  | M-40 |        |       | 01:18:14 | 02:42:10 | 04:00:59 |          | DNF         | -      | -    |
|      |                      |     |                                     |                   |      |      |        |       | DNF      | DNF      | DNF      |          |             |        |      |

**ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM, K-50**

| M-ce | Nazwisko i imię  | Nr  | Klub                               | M-scowość | Kraj | Kat. | M. kat | K/M  | 7km      | 14km     | 19.7km   | Kar/Bon | Netto       | min/km | km/h |
|------|------------------|-----|------------------------------------|-----------|------|------|--------|------|----------|----------|----------|---------|-------------|--------|------|
| 1    | TOCZEWSKA ANNA   | 293 | JACEKBIEGA RUNNING TEAM            | WARSZAWA  | POL  | K-50 | 1      | K 27 | 01:16:43 | 02:26:03 | 03:30:52 |         | 05:12:06.60 | 10:04  | 6    |
| 2    | SOBOTKA MONIKA   | 267 | WARSAW RUN CLUB                    | WARSZAWA  | POL  | K-50 | 2      | K 28 | 01:10:22 | 02:28:42 | 03:25:01 |         | 05:12:20.45 | 10:04  | 6    |
| 3    | PIOTROWSKA ANNA  | 228 | META NADARZYN / SPARTANIE DZIECIOM | NADARZYN  | POL  | K-50 | 3      | K 35 | 01:12:46 | 02:28:37 | 03:29:14 |         | 05:22:47.65 | 10:24  | 5.8  |
| 4    | PANEK ALEKSANDRA | 218 |                                    | DĘBOGÓRA  | POL  | K-50 | 4      | K 37 | 01:16:42 | 02:35:47 | 03:39:06 |         | 05:32:38.85 | 10:43  | 5.6  |

**ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM, M-50**

| M-ce | Nazwisko i imię        | Nr  | Klub                    | M-scowość     | Kraj | Kat. | M. kat | K/M   | 7km      | 14km     | 19.7km   | Kar/Bon | Netto       | min/km | km/h |
|------|------------------------|-----|-------------------------|---------------|------|------|--------|-------|----------|----------|----------|---------|-------------|--------|------|
| 1    | RUDZIŃSKI JACEK        | 250 | KB HERMES GRYFINO       | GRYFINO       | POL  | M-50 | 1      | M 6   | 00:47:16 | 01:32:16 | 02:13:30 |         | 03:21:23.00 | 6:29   | 9.2  |
| 2    | NIEZGÓDKA TOMASZ       | 340 |                         |               | POL  | M-50 | 2      | M 20  | 00:52:06 | 01:40:29 | 02:23:42 |         | 03:39:16.65 | 7:04   | 8.5  |
| 3    | BEDNARZ SEBASTIAN      | 9   | OTM.B                   | OTMUCHÓW      | POL  | M-50 | 3      | M 23  | 00:50:23 | 01:37:53 | 02:23:11 |         | 03:44:22.65 | 7:14   | 8.3  |
| 4    | JAN CZ TOMASZ          | 92  |                         | JELEŃ GÓRA    | POL  | M-50 | 4      | M 33  | 00:56:57 | 01:47:04 | 02:37:14 |         | 03:55:51.45 | 7:36   | 7.9  |
| 5    | ZERZUT JAROSŁAW        | 323 | FARTY PUSZCZY           | SZCZECIN      | POL  | M-50 | 5      | M 42  | 00:59:04 | 01:52:21 | 02:43:45 |         | 04:04:08.45 | 7:52   | 7.6  |
| 6    | FIEBIG STEFAN          | 46  | WWW.FIEBIG.PL           | PONIEC        | POL  | M-50 | 6      | M 46  | 00:53:12 | 01:43:28 | 02:35:37 |         | 04:07:41.15 | 7:59   | 7.5  |
| 7    | MATUSZEWSKI MAREK      | 181 | RUNNER'S POWER SREM     | ŚREM          | POL  | M-50 | 7      | M 48  | 00:56:48 | 01:50:51 | 02:41:37 |         | 04:08:10.25 | 8:00   | 7.5  |
| 8    | CUPRIAK DANIEL         | 31  | AGROAS TEAM             | GRODKÓW       | POL  | M-50 | 8      | M 52  | 00:56:52 | 01:53:59 | 02:46:36 |         | 04:11:24.15 | 8:06   | 7.4  |
| 9    | ZARODA ZBIGNIEW        | 321 | ALOHA DZIKU!            | KONIN         | POL  | M-50 | 9      | M 61  | 01:01:53 | 01:57:16 | 02:48:36 |         | 04:14:56.90 | 8:13   | 7.3  |
| 10   | OLSZAK ZENON           | 211 | WARSAW RUN CLUB         | WARSAWA       | POL  | M-50 | 10     | M 65  | 01:00:15 | 01:56:20 | 02:47:45 |         | 04:17:34.95 | 8:18   | 7.2  |
| 11   | KONKIEWICZ ROBERT      | 128 | GRODZISKI KLUB BIEGACZA | GRODZISK WLKP | POL  | M-50 | 11     | M 87  | 01:00:08 | 01:58:36 | 02:54:49 |         | 04:30:26.20 | 8:43   | 6.9  |
| 12   | BUSS JAKUB             | 21  | KUDOWIANKA RUN          | KUDOWA-ZDRÓJ  | POL  | M-50 | 12     | M 93  | 01:04:40 | 02:11:35 | 03:06:40 |         | 04:35:28.70 | 8:53   | 6.8  |
| 13   | SZCZUKA LESZEK         | 337 |                         |               | POL  | M-50 | 13     | M 103 | 01:02:43 | 02:03:29 | 02:57:22 |         | 04:41:49.30 | 9:05   | 6.6  |
| 14   | NEUMANN JACEK          | 199 | CENTRUM ŁĄKOWA 1        | RADKÓW        | POL  | M-50 | 14     | M 111 | 01:04:46 | 02:06:57 | 03:03:10 |         | 04:43:44.00 | 9:09   | 6.6  |
| 15   | MIKSA SŁAWOMIR         | 205 |                         | ŁÓDŹ          | POL  | M-50 | 15     | M 124 | 01:07:54 | 02:12:00 | 03:07:24 |         | 04:49:39.55 | 9:20   | 6.4  |
| 16   | SERAFIN ROBERT         | 257 |                         | RADKÓW        | POL  | M-50 | 16     | M 125 | 01:08:01 | 02:12:19 | 03:08:23 |         | 04:49:54.50 | 9:21   | 6.4  |
| 17   | KĄZMIERCZAK KRZYSZTOF  | 116 | KB HERMES GRYFINO       | GRYFINO       | POL  | M-50 | 17     | M 126 | 01:11:39 | 02:15:17 | 03:10:41 |         | 04:50:19.00 | 9:21   | 6.4  |
| 18   | SZMAGIEREWSKI WOJCIECH | 279 |                         | WROCŁAW       | POL  | M-50 | 18     | M 146 | 01:10:27 | 02:15:12 | 03:17:55 |         | 05:05:18.30 | 9:50   | 6.1  |
| 19   | RUCIŃSKI ADAM          | 249 |                         | WARSAWA       | POL  | M-50 | 19     | M 162 | 01:10:06 | 02:17:11 | 03:19:43 |         | 05:14:24.60 | 10:08  | 5.9  |
| 20   | URBAŃSKI RAFAŁ         | 300 |                         | WAŁBRZYCH     | POL  | M-50 | 20     | M 170 | 01:05:25 | 02:15:40 | 03:18:42 |         | 05:19:06.95 | 10:17  | 5.8  |
| 21   | SZYŃKLEWSKI MACIEJ     | 287 | QUAY POZNAŃ             | POZNAŃ        | POL  | M-50 | 21     | M 171 | 01:19:43 | 02:32:20 | 03:31:55 |         | 05:19:16.20 | 10:17  | 5.8  |
| 22   | KRUZEL RAFAŁ           | 149 | BIEGOWE MISIE           | LEGNICA       | POL  | M-50 | 22     | M 180 | 01:19:26 | 02:36:08 | 03:40:14 |         | 05:34:42.70 | 10:47  | 5.6  |
| 23   | JESIOŁOWSKI ROBERT     | 103 |                         | WARSAWA       | POL  | M-50 | 23     | M 184 | 01:19:05 | 02:41:10 | 03:45:47 |         | 05:42:21.60 | 11:02  | 5.4  |
| 24   | GARBACZ MAREK          | 56  | LEŚNE ULTRA DZIADY      | OŁAWA         | POL  | M-50 | 24     | M 190 | 01:17:45 | 02:40:42 | 03:50:19 |         | 06:01:44.70 | 11:40  | 5.1  |
| 25   | STRZELECKI KRZYSZTOF   | 271 | LEŚNE ULTRA DZIADY      | WROCŁAW       | POL  | M-50 | 25     | M 191 | 01:17:36 | 02:40:40 | 03:51:00 |         | 06:03:09.85 | 11:42  | 5.1  |
| 26   | KAWAŁKO RYSZARD        | 115 | WOLNY RYŚ 8*            | LEGNICA       | POL  | M-50 | 26     | M 197 | 01:24:34 | 02:56:07 | 04:12:20 |         | 06:44:01.00 | 13:01  | 4.6  |

**ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM, K-60**

| M-ce | Nazwisko i imię | Nr  | Klub              | M-scowość | Kraj | Kat. | M. kat | K/M  | 7km      | 14km     | 19.7km   | Kar/Bon | Netto       | min/km | km/h |
|------|-----------------|-----|-------------------|-----------|------|------|--------|------|----------|----------|----------|---------|-------------|--------|------|
| 1    | WARZECHA TERESA | 303 | RUNNERS TEAM NYSA | PACZKÓW   | POL  | K-60 | 1      | K 10 | 01:01:10 | 01:58:26 | 02:52:49 |         | 04:29:01.05 | 8:40   | 6.9  |

**ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM, M-60**

| M-ce | Nazwisko i imię     | Nr  | Klub         | M-scowość     | Kraj | Kat. | M. kat | K/M   | 7km      | 14km     | 19.7km   | Kar/Bon | Netto       | min/km | km/h |
|------|---------------------|-----|--------------|---------------|------|------|--------|-------|----------|----------|----------|---------|-------------|--------|------|
| 1    | TECZA DARIUSZ       | 291 |              | JEDLINA-ZDRÓJ | POL  | M-60 | 1      | M 53  | 00:58:44 | 01:53:19 | 02:43:29 |         | 04:11:46.60 | 8:07   | 7.4  |
| 2    | KOWALSKI ANDRZEJ    | 138 |              | WROCŁAW       | POL  | M-60 | 2      | M 94  | 01:04:07 | 02:02:24 | 02:56:38 |         | 04:35:30.80 | 8:53   | 6.8  |
| 3    | ODOLCZYK JERZY      | 210 |              | WARSAWA       | POL  | M-60 | 3      | M 133 | 01:14:17 | 02:20:29 | 03:16:54 |         | 04:54:39.85 | 9:30   | 6.3  |
| 4    | ZWIERZYŃSKI ROMAN   | 333 | LECĘ BO CHCĘ | LUTYNIA       | POL  | M-60 | 4      | M 183 | 01:14:33 | 02:28:11 | 03:36:20 |         | 05:41:22.95 | 11:00  | 5.4  |
| 5    | KRUPCZYŃSKI MARIUSZ | 148 | KRUPOLS TEAM | RASZYN        | POL  | M-60 | 5      | M 188 | 01:16:55 | 02:31:25 | 03:36:37 |         | 06:00:17.50 | 11:37  | 5.2  |
| 6    | BRZEZIŃSKI ANDRZEJ  | 339 |              | OLKUSZ        | POL  | M-60 | 6      | M 189 | 01:19:06 | 02:42:27 | 03:49:20 |         | 06:01:21.85 | 11:39  | 5.1  |