

## DZIESIĄTKA

Organizator: Fundacja Szczyt za Szczytem  
Data: 2022-02-19  
Miejsce: Karpniki  
Dystans: 10.5 km  
Klasyfikacja wg czasów brutto.



### DZIESIĄTKA, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	Netto	Brutto	min/km	km/h
1	WITEK ANDRZEJ	950	140MINUT.PL / DYNAFIT	MIRKÓW	POL	M30	1	M 1	00:23:56	00:49:28.40	00:49:30.40	4:42	12.7
2	LULIS DAWID	1064	ALTRA TEAM RED	WROCLAW	POL	M30	2	M 2	00:27:48	00:57:47.00	00:57:48.65	5:30	10.9
3	PAZDAN PIOTR	996	140MINUT.PL	KOWARY	POL	M40	1	M 3	00:28:14	00:58:31.95	00:58:33.90	5:34	10.8
4	GÓRAK PRZEMYSŁAW	1083	KB SOBÓTKA	SOBÓTKA	POL	M40	2	M 4	00:28:13	00:59:18.85	00:59:20.50	5:38	10.6
5	KOTLAREK DAWID	961	VEGE RUNNERS / #SOBASTEAM	ZIELONA GÓRA	POL	M40	3	M 5	00:28:48	00:59:29.15	00:59:31.90	5:39	10.6
6	FRANCZAK MARIUSZ	1086	DTR BIEGA / MARIO TEAM	TRZEBNICA	POL	M40	4	M 6	00:28:49	00:59:40.20	00:59:42.45	5:40	10.6
7	PAWLIK PAWEŁ	1002		WAŁBRZYCH	POL	M30	3	M 7	00:29:56	01:01:37.60	01:01:39.90	5:52	10.2
8	BIELA KONRAD	978	GOPR KARKONOSZE	KOWARY	POL	M30	4	M 8	00:30:00	01:01:45.95	01:01:48.25	5:52	10.2
9	STĘPIEŃ PAWEŁ	957		WROCLAW	POL	M30	5	M 9	00:30:12	01:02:58.30	01:03:00.90	5:59	10
10	CIEMIEGA ROMAN	1044	KOWARY BIEGAJĄ	KOWARY	POL	M40	5	M 10	00:30:00	01:03:09.30	01:03:11.90	6:00	10
11	BIAŁOŁOCKA ALICJA	971		WROCLAW	POL	K30	1	K 1	00:30:48	01:03:22.15	01:03:25.00	6:02	9.9
12	RINK JAN	1022		BOLKÓW	POL	M40	6	M 11	00:31:30	01:05:39.90	01:05:43.20	6:15	9.6
13	WOLSKA KASIA	1057	OLEJ RUNNING TEAM	LODZ	POL	K30	2	K 2	00:32:27	01:06:14.15	01:06:17.20	6:18	9.5
14	PROKOP MATEUSZ	1051		RUHLA	GER	M30	6	M 12	00:32:04	01:06:49.40	01:06:59.00	6:21	9.4
15	STELMACH SZYMON	1074	DRÄXLMAIER	JELENIA GÓRA	POL	M30	7	M 13	00:31:41	01:06:58.70	01:07:02.55	6:22	9.4
16	SZARAPANOWSKI MARCIN	967	ULTRA DIABŁY TEAM LUBRZA	SZCZECIN	POL	M40	7	M 14	00:32:39	01:07:25.35	01:07:27.90	6:25	9.3
17	OLECHNOWICZ ROBERT	1004		WROCLAW	POL	M50	1	M 15	00:32:42	01:07:51.55	01:07:53.20	6:27	9.3
18	WOJDANOWSKI JAN	1078	KB HARCOWNIK	JELCZ-LASKOWICE	POL	M60	1	M 16	00:34:18	01:09:54.00	01:09:54.00	6:39	9
19	ŚLIWIŃSKI PAWEŁ	1082		ZIELONA GÓRA	POL	M30	8	M 17	00:32:57	01:10:10.05	01:10:13.55	6:40	9
20	RATYMIŃSKI WOJTEK	1079		WROCLAW	POL	M40	8	M 18	00:34:21	01:12:29.40	01:12:36.35	6:54	8.7
21	BIELAWSKI JAKUB	1077	DRÄXLMAIER	JELENIA GÓRA	POL	M30	9	M 19	00:35:04	01:12:46.60	01:12:48.75	6:55	8.7
22	ZDEBSKA MAGDALENA	1011		JANOWICE WIELKIE	POL	K30	3	K 3	00:34:37	01:12:50.75	01:12:53.95	6:56	8.6
23	KAWECKA MAŁGORZATA	1075	DRÄXLMAIER	JELENIA GÓRA	POL	K40	1	K 4	00:36:01	01:12:58.85	01:13:01.60	6:56	8.6
24	KUTSKO OKSANA	1089		SIECHNICE	UKR	K20	1	K 5	00:35:44	01:14:46.45	01:14:51.85	7:07	8.4
25	KRAKOWSKI MICHAŁ	1072		JELENIA GÓRA	POL	M30	10	M 20	00:35:08	01:16:27.55	01:16:30.25	7:16	8.2
26	KRYSTYNA GRZYBOWSKA	1019	PROGRESJA	LUBAWKA	POL	K40	2	K 6	00:35:46	01:16:57.85	01:17:03.45	7:19	8.2
27	ADAMSKI ANDRZEJ	976	SZYNSZYLA GNIEZNO	GOLECZEWO	POL	M20	1	M 21	00:37:27	01:17:22.60	01:17:24.85	7:22	8.1
28	SZWARC GRZEGORZ	1063	S.C. REP	POZNAŃ	POL	M30	11	M 22	00:38:17	01:17:08.55	01:17:29.45	7:20	8.2
29	PĘCZAR ANETA	979	MAD RUNNERS	ŚWIDNICA	POL	K20	2	K 7	00:37:31	01:17:38.20	01:17:41.80	7:23	8.1
30	ZDZIARSKI DAMIAN	1033		MYSŁAKOWICE	POL	M20	2	M 23	00:37:03	01:17:32.25	01:17:42.50	7:23	8.1
31	KUSAJ TOMASZ	1028		WROCLAW	POL	M20	3	M 24	00:38:31	01:18:18.90	01:18:23.00	7:27	8
32	KULICKI KACPER	1080	MONK SANDALS	WIĄZÓW	POL	M20	4	M 25	00:39:28	01:18:27.10	01:18:39.80	7:28	8
33	SITEK PIOTR	1024		GORZÓW WLKP.	POL	M40	9	M 26	00:39:05	01:19:44.60	01:19:49.60	7:35	7.9
34	KOCHMAN KATARZYNA	964	#SOBASTEAM	WROCLAW	POL	K30	4	K 8	00:38:16	01:19:54.80	01:20:00.00	7:36	7.9
35	ZBOROWSKI MARCIN	1013		ŁĄGÓW	POL	M30	12	M 27	00:39:03	01:22:18.05	01:22:22.35	7:50	7.7
36	ZIENTARA KRZYSZTOF	1032		MYSŁAKOWICE	POL	M30	13	M 28	00:38:38	01:22:23.40	01:22:34.00	7:50	7.6
37	ZIOMBKA KUBA	970	ADRIAN DANILEWICZ GROUP	SIECHNICE	POL	M40	10	M 29	00:40:40	01:23:52.00	01:23:57.15	7:59	7.5
38	ZAPOTOCZNY MARIUSZ	1046		WROCLAW	POL	M40	11	M 30	00:41:43	01:24:01.30	01:24:13.50	8:00	7.5
39	WASILEWSKA MAŁGORZATA	992		JELENIA GÓRA	POL	K20	3	K 9	00:43:53	01:24:22.40	01:24:30.45	8:02	7.5
40	BANACH TOMASZ	959		SZCZECIN	POL	M60	2	M 31	00:39:49	01:24:19.05	01:24:34.60	8:01	7.5
41	UPTAS EWA	1015	FITNESS I SQASCH	GŁOGÓW	POL	K40	3	K 10	00:44:59	01:26:07.90	01:26:15.95	8:12	7.3
42	PAWLIKOWSKA ANNA	1029		WROCLAW	POL	K40	4	K 11	00:43:54	01:27:22.15	01:27:30.25	8:19	7.2
43	MYTKOWSKA JOANNA	1087			POL	K40	5	K 12	00:42:41	01:27:38.95	01:27:50.70	8:20	7.2
44	KLIMEK WOJCIECH	990	ORTHOS TEAM	BIELANY WROCLAWSKIE	POL	M30	14	M 32	00:44:11	01:27:54.70	01:28:00.60	8:22	7.2
45	FURMANOWSKI PAWEŁ	1081		WARSZAWA	POL	M20	5	M 33	00:43:09	01:28:25.45	01:28:32.00	8:25	7.1
46	SKOWRON MAREK	1073	DRÄXLMAIER	JEŻÓW SUDECKI	POL	M40	12	M 34	00:42:20	01:28:43.20	01:28:53.15	8:26	7.1

**DZIESIĄTKA, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	Netto	Brutto	min/km	km/h
47	SOWINSKI KONRAD	956		SZCZECIN	POL	M30	15	M 35	00:44:48	01:29:08.15	01:29:23.55	8:29	7.1
48	TAMULONEK GRZEGORZ	954	FARTY PUSZCZY	SZCZECIN	POL	M40	13	M 36	00:44:56	01:29:23.50	01:29:33.75	8:30	7
49	BANACH ALEKSANDRA	955		SZCZECIN	POL	K20	4	K 13	00:44:48	01:29:19.70	01:29:34.50	8:30	7.1
50	BONIEC ALEKSANDER	1021	NADLEŚNICTWO LIPINKI	ŻARY	POL	M60	3	M 37	00:43:00	01:30:08.50	01:30:11.50	8:35	7
51	MACHNICKA WIKTORIA	975	MOCZ, ŻÓŁĆ, SOKI ŻOŁĄDKA	GOLECZEWO	POL	K20	5	K 14	00:45:09	01:30:06.90	01:30:21.05	8:34	7
52	WIRKIJOWSKA ANETA	987	NOA	WROCLAW	POL	K40	6	K 15	00:44:51	01:30:45.00	01:30:45.00	8:38	6.9
53	KORCZYŃSKA-ZDĄBŁARZ MARTA	1050		POGORZYCE	POL	K30	5	K 16	00:45:42	01:31:58.25	01:32:02.35	8:45	6.9
54	KALINOWSKA KAMILA	1058	RUN BYDGOSZCZ	BYDGOSZCZ	POL	K50	1	K 17	00:44:52	01:32:27.50	01:32:37.20	8:48	6.8
55	BEMBENEK KAROL	1043		KRAKÓW	POL	M30	16	M 38	00:45:20	01:32:42.15	01:32:58.90	8:49	6.8
56	RENCZMIŃ IZABELA	982		GLINICA	POL	K40	7	K 18	00:45:28	01:33:53.05	01:34:00.50	8:56	6.7
57	MODZELEWSKA AGNIESZKA	1012		OPALENICA	POL	K40	8	K 19	00:46:58	01:34:05.55	01:34:13.90	8:57	6.7
58	SOJKA PRZEMEK	1000		WROCLAW	POL	M40	14	M 39	00:46:59	01:36:01.75	01:36:05.90	9:08	6.6
59	LEDNICKA LIDIA	1061		SKÓRZEWO	POL	K40	9	K 20	00:48:38	01:36:17.20	01:36:35.80	9:10	6.5
60	LEDNICKI MICHAŁ	1060	ARVATO S.C. REP	SKÓRZEWO	POL	M40	15	M 40	00:48:37	01:36:17.95	01:36:35.85	9:10	6.5
61	SOKOLSKA MARTA	1020		BIERZGLINEK	POL	K20	6	K 21	00:47:56	01:36:28.70	01:36:39.65	9:11	6.5
62	STĘPIEŃ PATRYCJA	1042		KRAKÓW	POL	K30	6	K 22	00:49:51	01:37:28.75	01:37:45.70	9:16	6.5
63	GRYGLAK ADRIANNA	966		WĘGLINIEC	POL	K20	7	K 23	00:49:12	01:37:38.20	01:37:52.15	9:17	6.5
64	KASZEWSKA AGNIESZKA	1076	DRÄXLMAIER	JELEŃ GÓRA	POL	K40	10	K 24	00:49:25	01:38:06.35	01:38:09.90	9:20	6.4
65	MARTAN IWONA	1045		WROCLAW	POL	K40	11	K 25	00:50:33	01:38:26.55	01:38:38.10	9:22	6.4
66	SKOWRONEK TOMASZ	951		POZNAŃ	POL	M30	17	M 41	00:50:43	01:38:24.90	01:38:38.50	9:22	6.4
67	SZPERNALOWSKI GRZEGORZ	989		BYTOM	POL	M30	18	M 42	00:49:07	01:39:20.35	01:39:29.20	9:27	6.3
68	GAJEWSKA WERONIKA	1001	RYSIE	DOBROŃ	POL	K40	12	K 26	00:49:01	01:39:31.25	01:39:44.85	9:28	6.3
69	CIEKAŃSKA JOANNA	1053		LESZNO	POL	K40	13	K 27	00:50:22	01:39:37.45	01:39:48.35	9:29	6.3
70	ANTONIAK TERESA	1056	BOLESŁAWIEC	BOLESŁAWIEC	POL	K40	14	K 28	00:50:31	01:40:17.75	01:40:25.95	9:33	6.3
71	KUCHCINSKA DIANA	1052		WSCHOWA	POL	K40	15	K 29	00:50:21	01:41:06.75	01:41:17.35	9:37	6.2
72	BANACH-SKOWRONEK JOANNA	952		POZNAŃ	POL	K30	7	K 30	00:50:22	01:42:15.85	01:42:28.70	9:44	6.2
73	KUSZ JOANNA	1016	CROSS STRACEŃCÓW TEAM	GŁOGÓW	POL	K30	8	K 31	00:53:29	01:44:32.45	01:44:39.90	9:57	6
74	OLEJNICZAK URSZULA	1048	CROSS STRACEŃCÓW TEAM	GŁOGÓW	POL	K20	8	K 32	00:53:29	01:44:32.35	01:44:40.40	9:57	6
75	TAMBORSKI TOMASZ	1054	HTF	ŁÓDŹ	POL	M40	16	M 43	00:55:31	01:44:51.05	01:45:13.50	9:59	6
76	GRZĄBA SZYMON	1005		MIKOŁÓW	POL	M40	17	M 44	00:53:27	01:45:08.10	01:45:14.65	10:00	6
77	SZOTA WERONIKA	983		WROCLAW	POL	K30	9	K 33	00:53:26	01:45:13.35	01:45:25.55	10:01	6
78	ZDUNEK MAŁGORZATA	993		LUBLIN	POL	K40	16	K 34	00:52:18	01:45:59.45	01:46:02.60	10:05	5.9
79	MENZEL ZOFIA	953	ULTRA DIABŁY TEAM LUBRZA	LUBRZA	POL	K60	1	K 35	00:53:45	01:46:20.75	01:46:26.50	10:07	5.9
80	BORKOWSKI KRZYSZTOF	1007		GORZÓW WIELKOPOLSKI	POL	M40	18	M 45	00:52:15	01:46:27.30	01:46:31.20	10:08	5.9
81	DRELINKIEWICZ MICHAŁ	968	BIEGUSY CZAPLE	CZAPLE	POL	M40	19	M 46	00:54:06	01:46:32.10	01:46:49.80	10:08	5.9
82	SOBKÓW KATARZYNA	1039		ZAGRODNO	POL	K30	10	K 36	00:54:04	01:46:33.20	01:46:49.85	10:08	5.9
83	ZAZULA MARLENA	1055		BOLESŁAWIEC	POL	K60	2	K 37	00:54:25	01:47:03.05	01:47:11.55	10:11	5.9
84	POL BARTOSZ	1036	WANIEWSKI COACHING	RAWICZ	POL	M40	20	M 47	00:53:00	01:47:34.40	01:47:40.30	10:14	5.9
85	SZCZURASZEK IZABELA	1035		WROCLAW	POL	K30	11	K 38	00:53:00	01:47:34.40	01:47:40.45	10:14	5.9
86	MRÓWKA MARIUSZ	1003		KAMIENNA GÓRA	POL	M30	19	M 48	00:52:19	01:49:17.80	01:49:24.05	10:24	5.8
87	SYNDER-TAMBORSKA KATARZYNA	1009	HTF LUDWIK SIKORSKI	ŁÓDŹ	POL	K40	17	K 39	00:53:19	01:49:12.60	01:49:32.30	10:24	5.8
88	GRZĄBA JOANNA	1006		MIKOŁÓW	POL	K40	18	K 40	00:53:22	01:50:32.65	01:50:39.35	10:31	5.7
89	ADAMCZAK SYLWIA	1067		ZIELONA GÓRA	POL	K40	19	K 41	00:55:21	01:50:31.65	01:50:47.85	10:31	5.7
90	WIESZCZEK DOMINIK	1010		ŁÓDŹ	POL	M40	21	M 49	00:55:33	01:51:13.60	01:51:34.95	10:35	5.7
91	ADAMCZAK MACIEJ	1066		ZIELONA GÓRA	POL	M40	22	M 50	00:55:21	01:52:51.85	01:53:08.65	10:44	5.6
92	BURY ROMAN	1034		KARSKI	POL	M50	2	M 51	00:58:44	01:53:44.60	01:54:04.50	10:49	5.5
93	BALCERZAK AGNIESZKA	981		KONARZEWO	POL	K40	20	K 42	00:55:11	01:54:30.25	01:54:41.15	10:54	5.5
94	KRZECZKOWSKI ROMAN	963	BIEGOWA ŚWIDNICA	ŚWIDNICA	POL	M50	3	M 52	01:03:46	01:58:28.40	01:58:28.40	11:16	5.3
95	BASTA GRZEGORZ	1008		GORZÓW WIELKOPOLSKI	POL	M40	23	M 53	00:55:18	01:59:10.10	01:59:15.10	11:20	5.3
96	SOBIERAJSKA PAULINA	1017		BOLESŁAWIEC	POL	K40	21	K 43	01:01:27	02:00:56.95	02:01:04.10	11:31	5.2
97	KWIOTEK GRZEGORZ	1068		STRZELIN	POL	M30	20	M 54	01:00:37	02:01:13.20	02:01:31.75	11:32	5.2
98	KRZYWICKI KRZYSZTOF	1065		WROCLAW	POL	M50	4	M 55	01:00:36	02:01:13.30	02:01:31.95	11:32	5.2
99	BŁACHUT NATALIA	1026		WROCLAW	POL	K30	12	K 44	01:01:25	02:02:17.35	02:02:37.40	11:38	5.2
100	MACIEJEWSKI MACIEJ	1027		WROCLAW	POL	M40	24	M 56	00:59:30	02:02:17.50	02:02:37.90	11:38	5.2
101	SOBOCIŃSKI KAROL	778	PIĘKNI I BESTIE	DZIERZGOŃ	POL	M30	21	M 57	01:03:35	02:03:38.20	02:03:51.80	11:46	5.1
102	PLUSKOTA EWA	1071		POZNAŃ	POL	K30	13	K 45	01:03:37	02:03:38.65	02:03:51.90	11:46	5.1
103	JARMUŁO AGNIESZKA	1014		BOLESŁAWIEC	POL	K40	22	K 46	01:01:28	02:06:09.65	02:06:17.45	12:00	5

**DZIESIĄTKA, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	Netto	Brutto	min/km	km/h
104	KACZMAREK ANNA	1018		ŚWIEBODZIN	POL	K30	14	K 47	01:02:43	02:07:07.25	02:07:14.55	12:06	5
105	POKORNY JOANNA	999		WROCŁAW	POL	K50	2	K 48	01:00:19	02:08:11.55	02:08:16.25	12:12	4.9
106	STEFANIAK JAN	1040		JELENIA GÓRA	POL	M60	4	M 58	01:02:46	02:09:36.00	02:09:47.50	12:20	4.9
107	DZIERGAS-KARCZMIT PAULINA	994		WROCŁAW	POL	K30	15	K 49	01:07:08	02:10:45.05	02:10:54.35	12:27	4.8
108	PODSIEDLIK VIOLA	1037		LEGNICA	POL	K40	23	K 50	01:04:57	02:13:05.85	02:13:19.25	12:40	4.7
109	PARTYKA AGNIESZKA	1090	KB HARCOWNIK	JELCZ-LASKOWICE	POL	K40	24	K 51	01:06:39	02:13:55.60	02:14:07.40	12:45	4.7
110	KOZIEŁ NATALIA	1049	TOUR DE RUN	GOŁĘCZEWO	POL	K40	25	K 52	01:12:53	02:17:53.60	02:18:06.75	13:07	4.6
111	LAKWA KARINA	1062	ORTHOS TEAM	WROCŁAW	POL	K40	26	K 53	01:13:26	02:28:11.80	02:28:35.90	14:06	4.3
112	GÓRSKA-KRZESŁOWSKA SYLWIA	1059	ORTHOS TEAM	KOBIERZYCE	POL	K40	27	K 54	01:13:27	02:28:18.30	02:28:42.05	14:07	4.2
113	PODSIEDLIK ALICJA	1038		LEGNICA	POL	K20	9	K 55	01:16:15	02:29:36.80	02:29:50.70	14:14	4.2
114	BIELASZEWSKA ARLETA	958	POBIEROWO BIEGA	ŚWIERZNO	POL	K50	3	K 56	01:25:17	02:34:47.90	02:35:03.80	14:44	4.1
115	BARYŁA DOROTA	972		WOLIN	POL	K50	4	K 57	01:17:34	02:36:01.90	02:36:18.55	14:51	4
116	SZYDŁOWSKA-JAROSZ AGNIESZKA	965	POBIEROWO BIEGA	POBIEROWO	POL	K50	5	K 58	01:25:47	02:39:24.90	02:39:40.40	15:10	4
117	TAŃSKA KATARZYNA	997		WARSZAWA	POL	K30	16	K 59	01:35:02	02:56:41.60	02:56:51.80	16:49	3.6
118	MIKSA EMILIA	998		WARSZAWA	POL	K30	17	K 60	01:35:05	02:57:26.45	02:57:36.65	16:53	3.6
119	JUDKIEWICZ HALINA	986		WOLIN	POL	K50	6	K 61	01:31:34	03:05:12.20	03:05:28.55	17:38	3.4
120	BARYŁA PIOTR	973		WOLIN	POL	M50	5	M 59	01:42:12	03:22:53.65	03:23:07.95	19:19	3.1
	BOROŃ-KOSIK MAGDA	969		KIEŁCZÓW	POL	K40			DNF	DNF	DNF	-	-