

**PRZEBIEGŁY LESZY | 10 KM**

Organizator: Fundacja Ultra-Bies  
 Data: 2022-05-06  
 Miejsce: Dołżyca  
 Dystans: 10 km  
 Klasyfikacja wg czasów brutto.


**PRZEBIEGŁY LESZY | 10 KM, OPEN**

| M-ce | Nazwisko i imię        | Nr  | Klub  | M-scowość           | Kraj | Kat.               | M. kat | K/M  | Netto       | Brutto      | min/km | km/h |
|------|------------------------|-----|---|---------------------|------|--------------------|--------|------|-------------|-------------|--------|------|
| 1    | ŚWIERAD KRYSZTIAN      | 16  |   | RZEPEDŹ             | POL  | SENIOR I M 18-29   | 1      | M 1  | 00:55:59.00 | 00:56:00.00 | 5:35   | 10.7 |
| 2    | JAKUBIK MARCIN         | 53  | MKS HALICZ PSG KROŚCIENKO                   | USTRZYKI DOLNE      | POL  | SENIOR II M 30-39  | 1      | M 2  | 00:56:35.60 | 00:56:37.80 | 5:39   | 10.6 |
| 3    | BIESZCZAD MATEUSZ      | 97  | WIPMEB KROSNO                               | WOJASZÓWKA          | POL  | SENIOR II M 30-39  | 2      | M 3  | 00:56:46.65 | 00:56:48.45 | 5:40   | 10.6 |
| 4    | GURGUL SEBASTIAN       | 458 | AROMAT NÓG                                  | KRAKÓW              | POL  | MASTERS M 40-49    | 1      | M 4  | 00:58:34.65 | 00:58:36.10 | 5:51   | 10.2 |
| 5    | GRYGIEL MAREK          | 726 | JACEKBIEGA RUNNING TEAM                     | KRAKÓW              | POL  | MASTERS M 40-49    | 2      | M 5  | 01:01:24.15 | 01:01:27.00 | 6:08   | 9.8  |
| 6    | SWORSKI ROMAN          | 17  | TRENUJSKUTECZNIE.COM / VEGAN / VEGE RUNNERS | ŁÓDŹ                | POL  | SENIOR II M 30-39  | 3      | M 6  | 01:01:53.15 | 01:01:54.90 | 6:11   | 9.7  |
| 7    | ZIĘBA MATEUSZ          | 671 |   |                     | POL  | SENIOR II M 30-39  | 4      | M 7  | 01:02:29.55 | 01:02:37.80 | 6:14   | 9.6  |
| 8    | JACHIMOWSKI JAROSŁAW   | 45  | POZYTYWNE ZABIEGANI SANOK                   | SANOK               | POL  | SENIOR II M 30-39  | 5      | M 8  | 01:04:09.85 | 01:04:11.80 | 6:24   | 9.4  |
| 9    | KAPUSTA-SZYDŁAK SYLWIA | 106 |   | RZESZÓW             | POL  | MASTERS K 40-49    | 1      | K 1  | 01:04:13.40 | 01:04:15.70 | 6:25   | 9.3  |
| 10   | SABAT SEBASTIAN        | 21  |   | KOMAŃCZA            | POL  | SENIOR I M 18-29   | 2      | M 9  | 01:04:21.80 | 01:04:24.20 | 6:26   | 9.3  |
| 11   | CICHY KRZYSZTOF        | 18  | GÓRAL Z MAZUR RUNNING TEAM                  | POZNAŃ              | POL  | WETERAN I M 50-59  | 1      | M 10 | 01:07:20.80 | 01:07:24.95 | 6:44   | 8.9  |
| 12   | KAWIAK MAREK           | 30  |   | LUBLIN              | POL  | MASTERS M 40-49    | 3      | M 11 | 01:09:00.15 | 01:09:05.00 | 6:54   | 8.7  |
| 13   | GAŁUSZKA TOMASZ        | 78  | SKITUROWE BIESZCZADY                        | CISNA               | POL  | MASTERS M 40-49    | 4      | M 12 | 01:10:58.75 | 01:11:01.90 | 7:05   | 8.5  |
| 14   | HOŁOWATY RENIA         | 87  |   | RZEPEDZ             | POL  | SENIOR II K 30-39  | 1      | K 2  | 01:12:35.80 | 01:12:41.45 | 7:15   | 8.3  |
| 15   | BRODA SŁAWOMIR         | 105 |   | BIAŁOBRZEGI         | POL  | MASTERS M 40-49    | 5      | M 13 | 01:13:40.80 | 01:13:52.95 | 7:22   | 8.1  |
| 16   | JADCZAK MONIKA         | 88  | DASHRADE/ ALE TEAM                          | KROTOSZYN           | POL  | SENIOR I K 18-29   | 1      | K 3  | 01:14:19.20 | 01:14:23.70 | 7:25   | 8.1  |
| 17   | PRUS TOMASZ            | 52  |   | RAKSZAWA            | POL  | MASTERS M 40-49    | 6      | M 14 | 01:14:26.35 | 01:14:33.00 | 7:26   | 8.1  |
| 18   | WIKTOROWICZ JOANNA     | 26  |   | KRAKÓW              | POL  | SENIOR II K 30-39  | 2      | K 4  | 01:15:16.75 | 01:15:21.00 | 7:31   | 8    |
| 19   | KLAMUT NATALIA         | 626 | KS KANDAHAR                                 | KARPACZ             | POL  | SENIOR II K 30-39  | 3      | K 5  | 01:15:35.95 | 01:15:39.30 | 7:33   | 7.9  |
| 20   | WOŹNIAK JANUSZ         | 24  | PORMAT JEDLICZE BIEGA                       | SKOŁYSZYN           | POL  | WETERAN I M 50-59  | 2      | M 15 | 01:15:40.80 | 01:15:45.85 | 7:34   | 7.9  |
| 21   | GÓRNA-CICHOŃ MONIKA    | 72  | NIEPOŁOMICIE BIEGAJĄ                        | ZABIERZÓW BOCHAŃSKI | POL  | MASTERS K 40-49    | 2      | K 6  | 01:17:33.50 | 01:17:36.00 | 7:45   | 7.7  |
| 22   | DELMACZYŃSKI SEBASTIAN | 76  |   | CHEŁM               | POL  | SENIOR II M 30-39  | 6      | M 16 | 01:18:19.25 | 01:18:37.40 | 7:49   | 7.7  |
| 23   | STASZKIEWICZ SEBASTIAN | 630 |   |                     | POL  | SENIOR I M 18-29   | 3      | M 17 | 01:20:07.40 | 01:20:12.55 | 8:00   | 7.5  |
| 24   | ZIEMIŃSKI SZYMON       | 92  | ŁAPIE SARNY                                 | CISNA               | POL  | SENIOR I M 18-29   | 4      | M 18 | 01:20:11.75 | 01:20:16.40 | 8:01   | 7.5  |
| 25   | PADO MARCELO           | 61  |   | RZEPEDZ             | POL  | SENIOR I M 18-29   | 5      | M 19 | 01:20:21.75 | 01:20:28.40 | 8:02   | 7.5  |
| 26   | ZIMOCZ ŁUKASZ          | 14  |   | WARSZAWA            | POL  | MASTERS M 40-49    | 7      | M 20 | 01:20:25.45 | 01:20:33.20 | 8:02   | 7.5  |
| 27   | BIESZCZAD REGINA       | 71  | KB ATHLETIC ZRĘCIN                          | WOJASZÓWKA          | POL  | SENIOR I K 18-29   | 2      | K 7  | 01:20:57.95 | 01:21:00.85 | 8:05   | 7.4  |
| 28   | PADO MICHAŁ            | 74  | BIESZCZADZKAWATAHAMTB RZEPEDŹ               | RZEPEDZ             | POL  | SENIOR II M 30-39  | 7      | M 21 | 01:20:56.15 | 01:21:02.25 | 8:05   | 7.4  |
| 29   | MAKOWSKA MAJA          | 86  |   | WARSZAWA            | POL  | SENIOR II K 30-39  | 4      | K 8  | 01:20:57.50 | 01:21:06.55 | 8:05   | 7.4  |
| 30   | OCHYRA KRZYSZTOF       | 100 |   | LESKO               | POL  | WETERAN I M 50-59  | 3      | M 22 | 01:22:34.15 | 01:22:40.80 | 8:15   | 7.3  |
| 31   | TROJNAR DANIEL         | 49  |   | LUBLIN              | POL  | SENIOR II M 30-39  | 8      | M 23 | 01:24:20.10 | 01:24:27.35 | 8:26   | 7.1  |
| 32   | WASILEWSKI TOMASZ      | 236 | AROMAT NÓG                                  | KRAKÓW              | POL  | MASTERS M 40-49    | 8      | M 24 | 01:24:46.55 | 01:24:50.00 | 8:28   | 7.1  |
| 33   | CYPARSKI ARTUR         | 81  |   | BRZOZÓW             | POL  | MASTERS M 40-49    | 9      | M 25 | 01:25:23.80 | 01:25:30.00 | 8:32   | 7    |
| 34   | WYBRANIEC ROBERT       | 75  |   | LUBLIN              | POL  | SENIOR II M 30-39  | 9      | M 26 | 01:25:51.25 | 01:26:07.65 | 8:35   | 7    |
| 35   | DUDEK ARKADIUSZ        | 73  |   | HUMNISKA            | POL  | WETERAN I M 50-59  | 4      | M 27 | 01:26:22.85 | 01:26:28.75 | 8:38   | 6.9  |
| 36   | BALCEROWSKI RAFAŁ      | 32  |   | WARSZAWA            | POL  | MASTERS M 40-49    | 10     | M 28 | 01:26:56.90 | 01:27:08.30 | 8:41   | 6.9  |
| 37   | OCHYRA KAROLINA        | 99  |   | LESKO               | POL  | SENIOR I K 18-29   | 3      | K 9  | 01:27:19.90 | 01:27:27.00 | 8:43   | 6.9  |
| 38   | DRYL RADOŚLAW          | 79  |   | WARSZAWA            | POL  | MASTERS M 40-49    | 11     | M 29 | 01:27:23.40 | 01:27:32.05 | 8:44   | 6.9  |
| 39   | PAWLAK PATRYK          | 77  |   | PRUSZKÓW            | POL  | SENIOR II M 30-39  | 10     | M 30 | 01:28:23.35 | 01:28:38.40 | 8:50   | 6.8  |
| 40   | PODOLAK ZBIGNIEW       | 36  |   | PRZEMYŚL            | POL  | WETERAN II M 60-69 | 1      | M 31 | 01:28:47.00 | 01:28:51.35 | 8:52   | 6.8  |
| 41   | ŁAWROWSKI ADOLF        | 83  | KS HARPAGAN                                 | TARNOBRZEG          | POL  | WETERAN II M 60-69 | 2      | M 32 | 01:28:58.65 | 01:29:11.35 | 8:53   | 6.7  |
| 42   | WODYK MATEUSZ          | 82  | IRRACJONALNIE MASZERUJĄCY                   | PRUSZKÓW            | POL  | SENIOR II M 30-39  | 11     | M 33 | 01:31:27.50 | 01:31:33.40 | 9:08   | 6.6  |
| 43   | KURASADOWICZ FILIP     | 37  |   | POLE                | POL  | SENIOR I M 18-29   | 6      | M 34 | 01:31:24.55 | 01:31:35.05 | 9:08   | 6.6  |
| 44   | FOKCZYŃSKA ANNA        | 90  |   | WĘGORZEWO           | POL  | SENIOR II K 30-39  | 5      | K 10 | 01:31:35.85 | 01:31:47.75 | 9:09   | 6.6  |
| 45   | GRAL PIOTR             | 104 | WŁÓCZYMORDY                                 | GDYNIA              | POL  | SENIOR II M 30-39  | 12     | M 35 | 01:32:54.20 | 01:33:04.80 | 9:17   | 6.5  |

**PRZEBIEGŁY LESZY | 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię             | Nr  | Klub                        | M-scowość            | Kraj | Kat.               | M. kat | K/M  | Netto       | Brutto      | min/km | km/h |
|------|-----------------------------|-----|-----------------------------|----------------------|------|--------------------|--------|------|-------------|-------------|--------|------|
| 46   | PODOLAK AGNIESZKA           | 20  | PIĘKNE I BRODACZE           | RZESZÓW              | POL  | SENIOR II K 30-39  | 6      | K 11 | 01:33:12.65 | 01:33:17.65 | 9:19   | 6.4  |
| 47   | BRATKO-SETKOWICZ ALINA      | 39  |                             | KRAKÓW               | POL  | SENIOR II K 30-39  | 7      | K 12 | 01:33:09.00 | 01:33:19.00 | 9:18   | 6.4  |
| 48   | GILAS SZYMON                | 91  | CHEŁM BIEGA                 | CHEŁM                | POL  | MASTERS M 40-49    | 12     | M 36 | 01:33:52.40 | 01:34:09.00 | 9:23   | 6.4  |
| 49   | KOWALCZYK-BEDNARCZYK JOANNA | 96  | TEAM ONRUNNING              | WARSZAWA             | POL  | MASTERS K 40-49    | 3      | K 13 | 01:34:46.05 | 01:34:54.70 | 9:28   | 6.3  |
| 50   | PISZCZ DARIUSZ              | 102 |                             | RZESZÓW              | POL  | MASTERS M 40-49    | 13     | M 37 | 01:37:17.40 | 01:37:32.15 | 9:43   | 6.2  |
| 51   | WIERZBICKA EWA              | 10  |                             | NAGÓRZANY            | POL  | WETERAN I K 50-59  | 1      | K 14 | 01:37:29.05 | 01:37:32.95 | 9:44   | 6.2  |
| 52   | BARAŃSKI PRZEMYSŁAW         | 65  |                             | LESKO                | POL  | SENIOR II M 30-39  | 13     | M 38 | 01:38:38.50 | 01:38:45.00 | 9:51   | 6.1  |
| 53   | MAZUR GRZEGORZ MAZUR        | 101 |                             | WARSZAWA             | POL  | SENIOR II M 30-39  | 14     | M 39 | 01:38:58.00 | 01:39:20.10 | 9:53   | 6.1  |
| 54   | WIATROWICZ BARBARA          | 69  | STALOWOWOLSKI KLUB BIEGACZA | STALOWA WOLA         | POL  | WETERAN II K 60-69 | 1      | K 15 | 01:39:25.30 | 01:39:33.40 | 9:56   | 6    |
| 55   | BOBYK PAWEŁ                 | 44  |                             | SANOK                | POL  | MASTERS M 40-49    | 14     | M 40 | 01:39:27.15 | 01:39:34.70 | 9:56   | 6    |
| 56   | GAŁKA KRZYSZTOF             | 40  |                             | TARNOGRÓD            | POL  | SENIOR II M 30-39  | 15     | M 41 | 01:39:47.55 | 01:39:56.10 | 9:58   | 6    |
| 57   | GRAL KATARZYNA              | 70  | WŁÓCZYMORDY                 | GDYNIA               | POL  | WETERAN I K 50-59  | 2      | K 16 | 01:40:22.70 | 01:40:32.55 | 10:02  | 6    |
| 58   | BEMBNISTA OLA               | 103 | WŁÓCZYMORDY                 | GDANSK               | POL  | MASTERS K 40-49    | 4      | K 17 | 01:41:09.10 | 01:41:19.10 | 10:06  | 5.9  |
| 59   | WIŚNIEWSKI ROBERT           | 55  |                             | ALEKSANDRÓW KUJAWSKI | POL  | SENIOR I M 18-29   | 7      | M 42 | 01:41:30.40 | 01:41:44.85 | 10:09  | 5.9  |
| 60   | SZANIAWSKI KRYSZTIAN        | 3   |                             | SANOK                | POL  | MASTERS M 40-49    | 15     | M 43 | 01:42:03.10 | 01:42:22.05 | 10:12  | 5.9  |
| 61   | LORENC MONIKA               | 1   |                             | SANOK                | POL  | SENIOR II K 30-39  | 8      | K 18 | 01:42:03.60 | 01:42:22.55 | 10:12  | 5.9  |
| 62   | WYSOCKI MAREK               | 60  |                             | WROCŁAW              | POL  | MASTERS M 40-49    | 16     | M 44 | 01:42:09.10 | 01:42:23.00 | 10:12  | 5.9  |
| 63   | MATEJA MACIEJ               | 25  |                             | SANOK                | POL  | MASTERS M 40-49    | 17     | M 45 | 01:47:29.50 | 01:47:35.20 | 10:44  | 5.6  |
| 64   | SALA ANNA                   | 31  |                             | WARSZAWA             | POL  | SENIOR II K 30-39  | 9      | K 19 | 01:47:56.50 | 01:48:08.10 | 10:47  | 5.6  |
| 65   | WIŚNIEWSKI KONRAD           | 54  |                             | ALEKSANDRÓW KUJAWSKI | POL  | SENIOR I M 18-29   | 8      | M 46 | 01:48:23.40 | 01:48:37.30 | 10:50  | 5.5  |
| 66   | NOWOSADZKA BEATA            | 94  |                             | SZCZEPAŃCOWA         | POL  | SENIOR II K 30-39  | 10     | K 20 | 01:50:15.65 | 01:50:29.30 | 11:01  | 5.4  |
| 67   | LENAR KAMILA                | 57  |                             | KROSNO               | POL  | SENIOR I K 18-29   | 4      | K 21 | 01:50:46.35 | 01:50:57.80 | 11:04  | 5.4  |
| 68   | WOŹNIAK LIDIA               | 23  | PORMAT JEDLICZE BIEGA       | SKOŁYSZYN            | POL  | WETERAN I K 50-59  | 3      | K 22 | 01:52:36.45 | 01:52:42.15 | 11:15  | 5.3  |
| 69   | HULBOJ MARLENA              | 48  | AKTYWNA NOWA RUDA           | NOWA RUDA            | POL  | SENIOR II K 30-39  | 11     | K 23 | 01:52:39.00 | 01:52:43.65 | 11:15  | 5.3  |
| 70   | KOWSKA MONIKA               | 43  | RUNNING BLONDES TARNOBRZEG  | TARNOBRZEG           | POL  | SENIOR II K 30-39  | 12     | K 24 | 01:52:45.55 | 01:52:58.35 | 11:16  | 5.3  |
| 71   | MOCZYŃSKA JOANNA            | 95  |                             | CHMIELÓW             | POL  | SENIOR II K 30-39  | 13     | K 25 | 01:53:13.75 | 01:53:23.30 | 11:19  | 5.3  |
| 72   | DĄBROWSKA-ŚWIDER DANUTA     | 50  |                             | TRZEBOWNISKO         | POL  | WETERAN I K 50-59  | 4      | K 26 | 01:53:07.25 | 01:53:23.40 | 11:18  | 5.3  |
| 73   | WOROSZYŁO MONIKA            | 28  | RYKOWISKO TEAM              | PŁOCK                | POL  | MASTERS K 40-49    | 5      | K 27 | 01:53:30.35 | 01:53:40.05 | 11:21  | 5.3  |
| 74   | BARAŃSKA ANNA               | 66  |                             | LESKO                | POL  | SENIOR II K 30-39  | 14     | K 28 | 01:53:45.15 | 01:53:51.55 | 11:22  | 5.3  |
| 75   | KWOLEK WOJCIECH             | 38  |                             | UHERCE MINERALNE     | POL  | SENIOR II M 30-39  | 16     | M 47 | 01:53:45.45 | 01:53:52.25 | 11:22  | 5.3  |
| 76   | BUKOWSKA MAŁGORZATA         | 42  | RUNNING BLONDES             | TARNOBRZEG           | POL  | WETERAN I K 50-59  | 5      | K 29 | 01:54:54.90 | 01:55:08.10 | 11:29  | 5.2  |
| 77   | WŁODARCZYK GRZEGORZ         | 5   | GANG ŚWIETLIKÓW             | WARSZAWA             | POL  | SENIOR II M 30-39  | 17     | M 48 | 01:59:29.25 | 01:59:39.90 | 11:56  | 5    |
| 78   | GODLEWSKA ANNA              | 6   | GANG ŚWIETLIKÓW             | ŁOMIANKI             | POL  | SENIOR II K 30-39  | 15     | K 30 | 01:59:30.70 | 01:59:41.20 | 11:57  | 5    |
| 79   | GURGUL DOROTA               | 46  | AROMAT NÓG                  | KRAKÓW               | POL  | MASTERS K 40-49    | 6      | K 31 | 02:00:08.00 | 02:00:15.55 | 12:00  | 5    |
| 80   | WASILEWSKA AGNIESZKA        | 63  | AROMAT NÓG                  | KRAKÓW               | POL  | MASTERS K 40-49    | 7      | K 32 | 02:00:16.55 | 02:00:24.40 | 12:01  | 5    |
| 81   | OPALA JOANNA                | 67  | CROSSELITE                  | BRANICE              | POL  | MASTERS K 40-49    | 8      | K 33 | 02:02:33.80 | 02:02:33.80 | 12:15  | 4.9  |
| 82   | DĘBIEC PAWEŁ                | 68  | CROSSELITE                  | TARGOWISKA           | POL  | SENIOR II M 30-39  | 18     | M 49 | 02:02:34.45 | 02:02:34.45 | 12:15  | 4.9  |
| 83   | LENAR NIKOLA                | 56  |                             | RZESZÓW              | POL  | SENIOR I K 18-29   | 5      | K 34 | 02:05:21.80 | 02:05:32.95 | 12:32  | 4.8  |
| 84   | PLASKOTA PAULINA            | 80  |                             | WARSZAWA             | POL  | SENIOR II K 30-39  | 16     | K 35 | 02:07:43.90 | 02:07:55.10 | 12:46  | 4.7  |
| 85   | ŚWIDER PAWEŁ                | 51  |                             | TRZEBOWNISKO         | POL  | WETERAN I M 50-59  | 5      | M 50 | 02:22:40.20 | 02:22:55.75 | 14:16  | 4.2  |
| 86   | KASPRZYK KATARZYNA          | 85  |                             | RZESZÓW              | POL  | SENIOR I K 18-29   | 6      | K 36 | 02:28:45.80 | 02:29:03.00 | 14:52  | 4    |
| 87   | CIELEPA KRZYSZTOF           | 29  |                             | LUBLIN               | POL  | MASTERS M 40-49    | 18     | M 51 | 02:41:22.00 | 02:41:35.35 | 16:08  | 3.7  |
| 88   | OBARA MARIA                 | 12  |                             | MAJDAN KRÓLEWSKI     | POL  | SENIOR I K 18-29   | 7      | K 37 | 02:47:28.55 | 02:47:28.55 | 16:44  | 3.6  |
| 89   | MICHAŁSKI DARIUSZ           | 84  | ALFA TEAM GOSTYŃ            | PIASKI               | POL  | WETERAN I M 50-59  | 6      | M 52 | 02:48:46.30 | 02:49:06.65 | 16:52  | 3.6  |

**PRZEBIEGŁY LESZY | 10 KM, OPEN Kobiet**

| M-ce | Nazwisko i imię        | Nr  | Klub                | M-scowość           | Kraj | Kat.              | M. kat | K/M | Netto       | Brutto      | min/km | km/h |
|------|------------------------|-----|---------------------|---------------------|------|-------------------|--------|-----|-------------|-------------|--------|------|
| 1    | KAPUSTA-SZYDŁAK SYLWIA | 106 |                     | RZESZÓW             | POL  | MASTERS K 40-49   | 1      | K 1 | 01:04:13.40 | 01:04:15.70 | 6:25   | 9.3  |
| 2    | HOŁOWATY RENIA         | 87  |                     | RZEPEDZ             | POL  | SENIOR II K 30-39 | 1      | K 2 | 01:12:35.80 | 01:12:41.45 | 7:15   | 8.3  |
| 3    | JADCZAK MONIKA         | 88  | DASHRADE/ ALE TEAM  | KROTOSZYN           | POL  | SENIOR I K 18-29  | 1      | K 3 | 01:14:19.20 | 01:14:23.70 | 7:25   | 8.1  |
| 4    | WIKTOROWICZ JOANNA     | 26  |                     | KRAKÓW              | POL  | SENIOR II K 30-39 | 2      | K 4 | 01:15:16.75 | 01:15:21.00 | 7:31   | 8    |
| 5    | KLAMUT NATALIA         | 626 | KS KANDAHAR         | KARPACZ             | POL  | SENIOR II K 30-39 | 3      | K 5 | 01:15:35.95 | 01:15:39.30 | 7:33   | 7.9  |
| 6    | GÓRNA-CICHOŃ MONIKA    | 72  | NIEPŁOMICZE BIEGAJĄ | ZABIERZÓW BOCHAŃSKI | POL  | MASTERS K 40-49   | 2      | K 6 | 01:17:33.50 | 01:17:36.00 | 7:45   | 7.7  |
| 7    | BIESZCZAD REGINA       | 71  | KB ATHLETIC ZRĘCIN  | WOJASZÓWKA          | POL  | SENIOR I K 18-29  | 2      | K 7 | 01:20:57.95 | 01:21:00.85 | 8:05   | 7.4  |
| 8    | MAKOWSKA MAJA          | 86  |                     | WARSZAWA            | POL  | SENIOR II K 30-39 | 4      | K 8 | 01:20:57.50 | 01:21:06.55 | 8:05   | 7.4  |

**PRZEBIEGŁY LESZY | 10 KM, OPEN Kobiet c.d.**

| M-ce | Nazwisko i imię             | Nr  | Klub                        | M-scowość        | Kraj | Kat.              | M. kat | K/M  | Netto       | Brutto      | min/km | km/h |
|------|-----------------------------|-----|-----------------------------|------------------|------|-------------------|--------|------|-------------|-------------|--------|------|
| 9    | OCHYRA KAROLINA             | 99  |                             | LESKO            | POL  | SENIOR I K 18-29  | 3      | K 9  | 01:27:19.90 | 01:27:27.00 | 8:43   | 6.9  |
| 10   | FOKCZYŃSKA ANNA             | 90  |                             | WĘGORZEWO        | POL  | SENIOR II K 30-39 | 5      | K 10 | 01:31:35.85 | 01:31:47.75 | 9:09   | 6.6  |
| 11   | PODOLAK AGNIESZKA           | 20  | PIĘKNE I BRODACZE           | RZESZÓW          | POL  | SENIOR II K 30-39 | 6      | K 11 | 01:33:12.65 | 01:33:17.65 | 9:19   | 6.4  |
| 12   | BRATKO-SETKOWICZ ALINA      | 39  |                             | KRAKÓW           | POL  | SENIOR II K 30-39 | 7      | K 12 | 01:33:09.00 | 01:33:19.00 | 9:18   | 6.4  |
| 13   | KOWALCZYK-BEDNARCZYK JOANNA | 96  | TEAM ONRUNNING              | WARSZAWA         | POL  | MASTERS K 40-49   | 3      | K 13 | 01:34:46.05 | 01:34:54.70 | 9:28   | 6.3  |
| 14   | WIERZBIĆKA EWA              | 10  |                             | NAGÓRZANY        | POL  | WETERAN I K 50-59 | 1      | K 14 | 01:37:29.05 | 01:37:32.95 | 9:44   | 6.2  |
| 15   | WIATROWICZ BARBARA          | 69  | STALOWOWOLSKI KLUB BIEGACZA | STALOWA WOLA     | POL  | WETERAN I K 60-69 | 1      | K 15 | 01:39:25.30 | 01:39:33.40 | 9:56   | 6    |
| 16   | GRAL KATARZYNA              | 70  |                             | GDYNIA           | POL  | WETERAN I K 50-59 | 2      | K 16 | 01:40:22.70 | 01:40:32.55 | 10:02  | 6    |
| 17   | BEMBNISTA OLA               | 103 |                             | GDANSK           | POL  | MASTERS K 40-49   | 4      | K 17 | 01:41:09.10 | 01:41:19.10 | 10:06  | 5.9  |
| 18   | LORENC MONIKA               | 1   |                             | SANOK            | POL  | SENIOR II K 30-39 | 8      | K 18 | 01:42:03.60 | 01:42:22.55 | 10:12  | 5.9  |
| 19   | SALA ANNA                   | 31  |                             | WARSZAWA         | POL  | SENIOR II K 30-39 | 9      | K 19 | 01:47:56.50 | 01:48:08.10 | 10:47  | 5.6  |
| 20   | NOWOSADZKA BEATA            | 94  |                             | SZCZEPAŃCOWA     | POL  | SENIOR II K 30-39 | 10     | K 20 | 01:50:15.65 | 01:50:29.30 | 11:01  | 5.4  |
| 21   | LENAR KAMILA                | 57  |                             | KROSNO           | POL  | SENIOR I K 18-29  | 4      | K 21 | 01:50:46.35 | 01:50:57.80 | 11:04  | 5.4  |
| 22   | WOŹNIAK LIDIA               | 23  | PORMAT JEDLICZE BIEGA       | SKOŁYSZYN        | POL  | WETERAN I K 50-59 | 3      | K 22 | 01:52:36.45 | 01:52:42.15 | 11:15  | 5.3  |
| 23   | HULBOJ MARLENA              | 48  | AKTYWNA NOWA RUDA           | NOWA RUDA        | POL  | SENIOR II K 30-39 | 11     | K 23 | 01:52:39.00 | 01:52:43.65 | 11:15  | 5.3  |
| 24   | KOWSKA MONIKA               | 43  | RUNNING BLONDES TARNOBZEG   | TARNOBZEG        | POL  | SENIOR II K 30-39 | 12     | K 24 | 01:52:45.55 | 01:52:58.35 | 11:16  | 5.3  |
| 25   | MOCZYŃSKA JOANNA            | 95  |                             | CHMIELÓW         | POL  | SENIOR II K 30-39 | 13     | K 25 | 01:53:13.75 | 01:53:23.30 | 11:19  | 5.3  |
| 26   | DĄBROWSKA-ŚWIDER DANUTA     | 50  |                             | TRZEBOWNISKO     | POL  | WETERAN I K 50-59 | 4      | K 26 | 01:53:07.25 | 01:53:23.40 | 11:18  | 5.3  |
| 27   | WOROSZYŁO MONIKA            | 28  | RYKOWISKO TEAM              | PŁOCK            | POL  | MASTERS K 40-49   | 5      | K 27 | 01:53:30.35 | 01:53:40.05 | 11:21  | 5.3  |
| 28   | BARAŃSKA ANNA               | 66  |                             | LESKO            | POL  | SENIOR II K 30-39 | 14     | K 28 | 01:53:45.15 | 01:53:51.55 | 11:22  | 5.3  |
| 29   | BUKOWSKA MAŁGORZATA         | 42  | RUNNING BLONDES             | TARNOBZEG        | POL  | WETERAN I K 50-59 | 5      | K 29 | 01:54:54.90 | 01:55:08.10 | 11:29  | 5.2  |
| 30   | GODLEWSKA ANNA              | 6   | GANG ŚWIETLIKÓW             | ŁOMIANKI         | POL  | SENIOR II K 30-39 | 15     | K 30 | 01:59:30.70 | 01:59:41.20 | 11:57  | 5    |
| 31   | GURGUŁ DOROTA               | 46  | AROMAT NÓG                  | KRAKÓW           | POL  | MASTERS K 40-49   | 6      | K 31 | 02:00:08.00 | 02:00:15.55 | 12:00  | 5    |
| 32   | WASILEWSKA AGNIESZKA        | 63  | AROMAT NÓG                  | KRAKÓW           | POL  | MASTERS K 40-49   | 7      | K 32 | 02:00:16.55 | 02:00:24.40 | 12:01  | 5    |
| 33   | ÓPALA JOANNA                | 67  | CROSSELITE                  | BRANICE          | POL  | MASTERS K 40-49   | 8      | K 33 | 02:02:33.80 | 02:02:33.80 | 12:15  | 4.9  |
| 34   | LENAR NIKOLA                | 56  |                             | RZESZÓW          | POL  | SENIOR I K 18-29  | 5      | K 34 | 02:05:21.80 | 02:05:32.95 | 12:32  | 4.8  |
| 35   | PLASKOTA PAULINA            | 80  |                             | WARSZAWA         | POL  | SENIOR II K 30-39 | 16     | K 35 | 02:07:43.90 | 02:07:55.10 | 12:46  | 4.7  |
| 36   | KASPRZYK KATARZYNA          | 85  |                             | RZESZÓW          | POL  | SENIOR I K 18-29  | 6      | K 36 | 02:28:45.80 | 02:29:03.00 | 14:52  | 4    |
| 37   | OBARA MARIA                 | 12  |                             | MAJDAN KRÓLEWSKI | POL  | SENIOR I K 18-29  | 7      | K 37 | 02:47:28.55 | 02:47:28.55 | 16:44  | 3.6  |

**PRZEBIEGŁY LESZY | 10 KM, OPEN Mężczyzn**

| M-ce | Nazwisko i imię        | Nr  | Klub  | M-scowość     | Kraj | Kat.              | M. kat | K/M  | Netto       | Brutto      | min/km | km/h |
|------|------------------------|-----|---|---------------|------|-------------------|--------|------|-------------|-------------|--------|------|
| 1    | ŚWIERAD KRYSZTOF       | 16  |   | RZEPEDŹ       | POL  | SENIOR I M 18-29  | 1      | M 1  | 00:55:59.00 | 00:56:00.00 | 5:35   | 10.7 |
| 2    | JAKUBIK MARCIN         | 53  | MKS HALICZ PSG KROŚCIENKO                   | USTRYKI DOLNE | POL  | SENIOR II M 30-39 | 1      | M 2  | 00:56:35.60 | 00:56:37.80 | 5:39   | 10.6 |
| 3    | BIESZCZAD MATEUSZ      | 97  | WIPMEB KROSNO                               | WOJASZÓWKA    | POL  | SENIOR II M 30-39 | 2      | M 3  | 00:56:46.65 | 00:56:48.45 | 5:40   | 10.6 |
| 4    | GURGUŁ SEBASTIAN       | 458 | AROMAT NÓG                                  | KRAKÓW        | POL  | MASTERS M 40-49   | 1      | M 4  | 00:58:34.65 | 00:58:36.10 | 5:51   | 10.2 |
| 5    | GRYGIEL MAREK          | 726 | JACEKBIEGA RUNNING TEAM                     | KRAKÓW        | POL  | MASTERS M 40-49   | 2      | M 5  | 01:01:24.15 | 01:01:27.00 | 6:08   | 9.8  |
| 6    | SWORSKI ROMAN          | 17  | TRENUJSKUTECZNIE.COM / VEGAN / VEGE RUNNERS | ŁÓDŹ          | POL  | SENIOR II M 30-39 | 3      | M 6  | 01:01:53.15 | 01:01:54.90 | 6:11   | 9.7  |
| 7    | ZIĘBA MATEUSZ          | 671 |   |               | POL  | SENIOR II M 30-39 | 4      | M 7  | 01:02:29.55 | 01:02:37.80 | 6:14   | 9.6  |
| 8    | JACHIMOWSKI JAROSŁAW   | 45  | POZYTYWNE ZABIEGANI SANOK                   | SANOK         | POL  | SENIOR II M 30-39 | 5      | M 8  | 01:04:09.85 | 01:04:11.80 | 6:24   | 9.4  |
| 9    | SABAT SEBASTIAN        | 21  |   | KOMANĆZA      | POL  | SENIOR I M 18-29  | 2      | M 9  | 01:04:21.80 | 01:04:24.20 | 6:26   | 9.3  |
| 10   | CICHY KRZYSZTOF        | 18  | GÓRAL Z MAZUR RUNNING TEAM                  | POZNAŃ        | POL  | WETERAN I M 50-59 | 1      | M 10 | 01:07:20.80 | 01:07:24.95 | 6:44   | 8.9  |
| 11   | KAWIAK MAREK           | 30  |   | LUBLIN        | POL  | MASTERS M 40-49   | 3      | M 11 | 01:09:00.15 | 01:09:05.00 | 6:54   | 8.7  |
| 12   | GAŁUSZKA TOMASZ        | 78  | SKITUROWE BIESZCZADY                        | CISNA         | POL  | MASTERS M 40-49   | 4      | M 12 | 01:10:58.75 | 01:11:01.90 | 7:05   | 8.5  |
| 13   | BRODA SŁAWOMIR         | 105 |   | BIAŁOBRZEGI   | POL  | MASTERS M 40-49   | 5      | M 13 | 01:13:40.80 | 01:13:52.95 | 7:22   | 8.1  |
| 14   | PRUS TOMASZ            | 52  |   | RAKSZAWA      | POL  | MASTERS M 40-49   | 6      | M 14 | 01:14:26.35 | 01:14:33.00 | 7:26   | 8.1  |
| 15   | WOŹNIAK JANUSZ         | 24  | PORMAT JEDLICZE BIEGA                       | SKOŁYSZYN     | POL  | WETERAN I M 50-59 | 2      | M 15 | 01:15:40.80 | 01:15:45.85 | 7:34   | 7.9  |
| 16   | DELMACZYŃSKI SEBASTIAN | 76  |   | CHEŁM         | POL  | SENIOR II M 30-39 | 6      | M 16 | 01:18:19.25 | 01:18:37.40 | 7:49   | 7.7  |
| 17   | STASZKIEWICZ SEBASTIAN | 630 |   |               | POL  | SENIOR I M 18-29  | 3      | M 17 | 01:20:07.40 | 01:20:12.55 | 8:00   | 7.5  |
| 18   | ZIEMIŃSKI SZYMON       | 92  | ŁAPIE SARNY                                 | CISNA         | POL  | SENIOR I M 18-29  | 4      | M 18 | 01:20:11.75 | 01:20:16.40 | 8:01   | 7.5  |
| 19   | PADO MARCELO           | 61  |   | RZEPEDZ       | POL  | SENIOR I M 18-29  | 5      | M 19 | 01:20:21.75 | 01:20:28.40 | 8:02   | 7.5  |
| 20   | ZIMOCZ ŁUKASZ          | 14  |   | WARSZAWA      | POL  | MASTERS M 40-49   | 7      | M 20 | 01:20:25.45 | 01:20:33.20 | 8:02   | 7.5  |
| 21   | PADO MICHAŁ            | 74  | BIESZCZADZKAWATAHAMTB RZEPEDŹ               | RZEPEDZ       | POL  | SENIOR II M 30-39 | 7      | M 21 | 01:20:56.15 | 01:21:02.25 | 8:05   | 7.4  |
| 22   | OCHYRA KRZYSZTOF       | 100 |   | LESKO         | POL  | WETERAN I M 50-59 | 3      | M 22 | 01:22:34.15 | 01:22:40.80 | 8:15   | 7.3  |

**PRZEBIEGŁY LESZY | 10 KM, OPEN Mężczyzn c.d.**

| M-ce | Nazwisko i imię      | Nr  | Klub                      | M-scowość            | Kraj | Kat.               | M. kat | K/M  | Netto       | Brutto      | min/km | km/h |
|------|----------------------|-----|---------------------------|----------------------|------|--------------------|--------|------|-------------|-------------|--------|------|
| 23   | TROJNAR DANIEL       | 49  |                           | LUBLIN               | POL  | SENIOR II M 30-39  | 8      | M 23 | 01:24:20.10 | 01:24:27.35 | 8:26   | 7.1  |
| 24   | WASILEWSKI TOMASZ    | 236 | AROMAT NÓG                | KRAKÓW               | POL  | MASTERS M 40-49    | 8      | M 24 | 01:24:46.55 | 01:24:50.00 | 8:28   | 7.1  |
| 25   | CYPARSKI ARTUR       | 81  |                           | BRZOZÓW              | POL  | MASTERS M 40-49    | 9      | M 25 | 01:25:23.80 | 01:25:30.00 | 8:32   | 7    |
| 26   | WYBRANIEC ROBERT     | 75  |                           | LUBLIN               | POL  | SENIOR II M 30-39  | 9      | M 26 | 01:25:51.25 | 01:26:07.65 | 8:35   | 7    |
| 27   | DUDEK ARKADIUSZ      | 73  |                           | HUMNISKA             | POL  | WETERAN I M 50-59  | 4      | M 27 | 01:26:22.85 | 01:26:28.75 | 8:38   | 6.9  |
| 28   | BALCEROWSKI RAFAŁ    | 32  |                           | WARSZAWA             | POL  | MASTERS M 40-49    | 10     | M 28 | 01:26:56.90 | 01:27:08.30 | 8:41   | 6.9  |
| 29   | DRYL RADOSŁAW        | 79  |                           | WARSZAWA             | POL  | MASTERS M 40-49    | 11     | M 29 | 01:27:23.40 | 01:27:32.05 | 8:44   | 6.9  |
| 30   | PAWLAK PATRYK        | 77  |                           | PRUSZKÓW             | POL  | SENIOR II M 30-39  | 10     | M 30 | 01:28:23.35 | 01:28:38.40 | 8:50   | 6.8  |
| 31   | PODOLAK ZBIGNIEW     | 36  |                           | PRZEMYŚL             | POL  | WETERAN II M 60-69 | 1      | M 31 | 01:28:47.00 | 01:28:51.35 | 8:52   | 6.8  |
| 32   | ŁAWROWSKI ADOLF      | 83  | KS HARPAGAN               | TARNOBRZEG           | POL  | WETERAN II M 60-69 | 2      | M 32 | 01:28:58.65 | 01:29:11.35 | 8:53   | 6.7  |
| 33   | WODYK MATEUSZ        | 82  | IRRACJONALNIE MASZERUJĄCY | PRUSZKÓW             | POL  | SENIOR II M 30-39  | 11     | M 33 | 01:31:27.50 | 01:31:33.40 | 9:08   | 6.6  |
| 34   | KURASADOWICZ FILIP   | 37  |                           | OPOLE                | POL  | SENIOR I M 18-29   | 6      | M 34 | 01:31:24.55 | 01:31:35.05 | 9:08   | 6.6  |
| 35   | GRAL PIOTR           | 104 | WŁÓCZYMORDY               | GDYNIA               | POL  | SENIOR II M 30-39  | 12     | M 35 | 01:32:54.20 | 01:33:04.80 | 9:17   | 6.5  |
| 36   | GILAS SZYMON         | 91  | CHEŁM BIEGA               | CHEŁM                | POL  | MASTERS M 40-49    | 12     | M 36 | 01:33:52.40 | 01:34:09.00 | 9:23   | 6.4  |
| 37   | PISZCZ DARIUSZ       | 102 |                           | RZESZÓW              | POL  | MASTERS M 40-49    | 13     | M 37 | 01:37:17.40 | 01:37:32.15 | 9:43   | 6.2  |
| 38   | BARAŃSKI PRZEMYSŁAW  | 65  |                           | LESKO                | POL  | SENIOR II M 30-39  | 13     | M 38 | 01:38:38.50 | 01:38:45.00 | 9:51   | 6.1  |
| 39   | MAZUR GRZEGORZ MAZUR | 101 |                           | WARSZAWA             | POL  | SENIOR II M 30-39  | 14     | M 39 | 01:38:58.00 | 01:39:20.10 | 9:53   | 6.1  |
| 40   | BOBYK PAWEŁ          | 44  |                           | SANOK                | POL  | MASTERS M 40-49    | 14     | M 40 | 01:39:27.15 | 01:39:34.70 | 9:56   | 6    |
| 41   | GAŁKA KRZYSZTOF      | 40  |                           | TARNOGRÓD            | POL  | SENIOR II M 30-39  | 15     | M 41 | 01:39:47.55 | 01:39:56.10 | 9:58   | 6    |
| 42   | WIŚNIEWSKI ROBERT    | 55  |                           | ALEKSANDRÓW KUJAWSKI | POL  | SENIOR I M 18-29   | 7      | M 42 | 01:41:30.40 | 01:41:44.85 | 10:09  | 5.9  |
| 43   | SZANIAWSKI KRYSZTIAN | 3   |                           | SANOK                | POL  | MASTERS M 40-49    | 15     | M 43 | 01:42:03.10 | 01:42:22.05 | 10:12  | 5.9  |
| 44   | WYSOCKI MAREK        | 60  |                           | WROCŁAW              | POL  | MASTERS M 40-49    | 16     | M 44 | 01:42:09.10 | 01:42:23.00 | 10:12  | 5.9  |
| 45   | MATEJA MACIEJ        | 25  |                           | SANOK                | POL  | MASTERS M 40-49    | 17     | M 45 | 01:47:29.50 | 01:47:35.20 | 10:44  | 5.6  |
| 46   | WIŚNIEWSKI KONRAD    | 54  |                           | ALEKSANDRÓW KUJAWSKI | POL  | SENIOR I M 18-29   | 8      | M 46 | 01:48:23.40 | 01:48:37.30 | 10:50  | 5.5  |
| 47   | KWOLEK WOJCIECH      | 38  |                           | UHERCE MINERALNE     | POL  | SENIOR II M 30-39  | 16     | M 47 | 01:53:45.45 | 01:53:52.25 | 11:22  | 5.3  |
| 48   | WŁODARCZYK GRZEGORZ  | 5   | GANG ŚWIETLIKÓW           | WARSZAWA             | POL  | SENIOR II M 30-39  | 17     | M 48 | 01:59:29.25 | 01:59:39.90 | 11:56  | 5    |
| 49   | DĘBIEC PAWEŁ         | 68  | CROSSELITE                | TARGOWISKA           | POL  | SENIOR II M 30-39  | 18     | M 49 | 02:02:34.45 | 02:02:34.45 | 12:15  | 4.9  |
| 50   | ŚWIDER PAWEŁ         | 51  |                           | TRZEBOWNISKO         | POL  | WETERAN I M 50-59  | 5      | M 50 | 02:22:40.20 | 02:22:55.75 | 14:16  | 4.2  |
| 51   | CIELEPA KRZYSZTOF    | 29  |                           | LUBLIN               | POL  | MASTERS M 40-49    | 18     | M 51 | 02:41:22.00 | 02:41:35.35 | 16:08  | 3.7  |
| 52   | MICHAŁSKI DARIUSZ    | 84  | ALFA TEAM GOSTYŃ          | PIASKI               | POL  | WETERAN I M 50-59  | 6      | M 52 | 02:48:46.30 | 02:49:06.65 | 16:52  | 3.6  |

**PRZEBIEGŁY LESZY | 10 KM, Senior I K 18-29**

| M-ce | Nazwisko i imię    | Nr | Klub               | M-scowość        | Kraj | Kat.             | M. kat | K/M  | Netto       | Brutto      | min/km | km/h |
|------|--------------------|----|--------------------|------------------|------|------------------|--------|------|-------------|-------------|--------|------|
| 1    | JADCZAK MONIKA     | 88 | DASHRADE/ ALE TEAM | KROTOSZYN        | POL  | SENIOR I K 18-29 | 1      | K 3  | 01:14:19.20 | 01:14:23.70 | 7:25   | 8.1  |
| 2    | BIESZCZAD REGINA   | 71 | KB ATHLETIC ZRĘCIN | WOJASZÓWKA       | POL  | SENIOR I K 18-29 | 2      | K 7  | 01:20:57.95 | 01:21:00.85 | 8:05   | 7.4  |
| 3    | OCHYRA KAROLINA    | 99 |                    | LESKO            | POL  | SENIOR I K 18-29 | 3      | K 9  | 01:27:19.90 | 01:27:27.00 | 8:43   | 6.9  |
| 4    | LENAR KAMILA       | 57 |                    | KROSNO           | POL  | SENIOR I K 18-29 | 4      | K 21 | 01:50:46.35 | 01:50:57.80 | 11:04  | 5.4  |
| 5    | LENAR NIKOLA       | 56 |                    | RZESZÓW          | POL  | SENIOR I K 18-29 | 5      | K 34 | 02:05:21.80 | 02:05:32.95 | 12:32  | 4.8  |
| 6    | KASPRZYK KATARZYNA | 85 |                    | RZESZÓW          | POL  | SENIOR I K 18-29 | 6      | K 36 | 02:28:45.80 | 02:29:03.00 | 14:52  | 4    |
| 7    | OBARA MARIA        | 12 |                    | MAJDAN KRÓLEWSKI | POL  | SENIOR I K 18-29 | 7      | K 37 | 02:47:28.55 | 02:47:28.55 | 16:44  | 3.6  |

**PRZEBIEGŁY LESZY | 10 KM, Senior I M 18-29**

| M-ce | Nazwisko i imię        | Nr  | Klub        | M-scowość            | Kraj | Kat.             | M. kat | K/M  | Netto       | Brutto      | min/km | km/h |
|------|------------------------|-----|-------------|----------------------|------|------------------|--------|------|-------------|-------------|--------|------|
| 1    | ŚWIERAD KRYSZTIAN      | 16  |             | RZEPEDŹ              | POL  | SENIOR I M 18-29 | 1      | M 1  | 00:55:59.00 | 00:56:00.00 | 5:35   | 10.7 |
| 2    | SABAT SEBASTIAN        | 21  |             | KOMANČA              | POL  | SENIOR I M 18-29 | 2      | M 9  | 01:04:21.80 | 01:04:24.20 | 6:26   | 9.3  |
| 3    | STASZKIEWICZ SEBASTIAN | 630 |             |                      | POL  | SENIOR I M 18-29 | 3      | M 17 | 01:20:07.40 | 01:20:12.55 | 8:00   | 7.5  |
| 4    | ZIEMIŃSKI SZYMON       | 92  | ŁAPIE SARNY | CISNA                | POL  | SENIOR I M 18-29 | 4      | M 18 | 01:20:11.75 | 01:20:16.40 | 8:01   | 7.5  |
| 5    | PADO MARCELO           | 61  |             | RZEPEDZ              | POL  | SENIOR I M 18-29 | 5      | M 19 | 01:20:21.75 | 01:20:28.40 | 8:02   | 7.5  |
| 6    | KURASADOWICZ FILIP     | 37  |             | OPOLE                | POL  | SENIOR I M 18-29 | 6      | M 34 | 01:31:24.55 | 01:31:35.05 | 9:08   | 6.6  |
| 7    | WIŚNIEWSKI ROBERT      | 55  |             | ALEKSANDRÓW KUJAWSKI | POL  | SENIOR I M 18-29 | 7      | M 42 | 01:41:30.40 | 01:41:44.85 | 10:09  | 5.9  |
| 8    | WIŚNIEWSKI KONRAD      | 54  |             | ALEKSANDRÓW KUJAWSKI | POL  | SENIOR I M 18-29 | 8      | M 46 | 01:48:23.40 | 01:48:37.30 | 10:50  | 5.5  |

**PRZEBIEGŁY LESZY | 10 KM, Senior II K 30-39**

| M-ce | Nazwisko i imię        | Nr  | Klub                      | M-scowość    | Kraj | Kat.              | M. kat | K/M  | Netto       | Brutto      | min/km | km/h |
|------|------------------------|-----|---------------------------|--------------|------|-------------------|--------|------|-------------|-------------|--------|------|
| 1    | HOŁOWATY RENIA         | 87  |                           | RZEPEDZ      | POL  | SENIOR II K 30-39 | 1      | K 2  | 01:12:35.80 | 01:12:41.45 | 7:15   | 8.3  |
| 2    | WIKTOROWICZ JOANNA     | 26  |                           | KRAKÓW       | POL  | SENIOR II K 30-39 | 2      | K 4  | 01:15:16.75 | 01:15:21.00 | 7:31   | 8    |
| 3    | KLAMUT NATALIA         | 626 | KS KANDAHAR               | KARPACZ      | POL  | SENIOR II K 30-39 | 3      | K 5  | 01:15:35.95 | 01:15:39.30 | 7:33   | 7.9  |
| 4    | MAKOWSKA MAJA          | 86  |                           | WARSZAWA     | POL  | SENIOR II K 30-39 | 4      | K 8  | 01:20:57.50 | 01:21:06.55 | 8:05   | 7.4  |
| 5    | FOKCZYNSKA ANNA        | 90  |                           | WĘGORZEWO    | POL  | SENIOR II K 30-39 | 5      | K 10 | 01:31:35.85 | 01:31:47.75 | 9:09   | 6.6  |
| 6    | PODOLAK AGNIESZKA      | 20  | PIĘKNE I BRODACZE         | RZESZÓW      | POL  | SENIOR II K 30-39 | 6      | K 11 | 01:33:12.65 | 01:33:17.65 | 9:19   | 6.4  |
| 7    | BRATKO-SETKOWICZ ALINA | 39  |                           | KRAKÓW       | POL  | SENIOR II K 30-39 | 7      | K 12 | 01:33:09.00 | 01:33:19.00 | 9:18   | 6.4  |
| 8    | LORENC MONIKA          | 1   |                           | SANOK        | POL  | SENIOR II K 30-39 | 8      | K 18 | 01:42:03.60 | 01:42:22.55 | 10:12  | 5.9  |
| 9    | SALA ANNA              | 31  |                           | WARSZAWA     | POL  | SENIOR II K 30-39 | 9      | K 19 | 01:47:56.50 | 01:48:08.10 | 10:47  | 5.6  |
| 10   | NOWOSADZKA BEATA       | 94  |                           | SZCZEPAŃCOWA | POL  | SENIOR II K 30-39 | 10     | K 20 | 01:50:15.65 | 01:50:29.30 | 11:01  | 5.4  |
| 11   | HULBOJ MARLENA         | 48  | AKTYWNA NOWA RUDA         | NOWA RUDA    | POL  | SENIOR II K 30-39 | 11     | K 23 | 01:52:39.00 | 01:52:43.65 | 11:15  | 5.3  |
| 12   | KOWSKA MONIKA          | 43  | RUNNING BLONDES TARNOBZEG | TARNOBZEG    | POL  | SENIOR II K 30-39 | 12     | K 24 | 01:52:45.55 | 01:52:58.35 | 11:16  | 5.3  |
| 13   | MOCZYŃSKA JOANNA       | 95  |                           | CHMIELÓW     | POL  | SENIOR II K 30-39 | 13     | K 25 | 01:53:13.75 | 01:53:23.30 | 11:19  | 5.3  |
| 14   | BARAŃSKA ANNA          | 66  |                           | LESKO        | POL  | SENIOR II K 30-39 | 14     | K 28 | 01:53:45.15 | 01:53:51.55 | 11:22  | 5.3  |
| 15   | GODLEWSKA ANNA         | 6   | GANG ŚWIETLIKÓW           | ŁOMIANKI     | POL  | SENIOR II K 30-39 | 15     | K 30 | 01:59:30.70 | 01:59:41.20 | 11:57  | 5    |
| 16   | PLASKOTA PAULINA       | 80  |                           | WARSZAWA     | POL  | SENIOR II K 30-39 | 16     | K 35 | 02:07:43.90 | 02:07:55.10 | 12:46  | 4.7  |

**PRZEBIEGŁY LESZY | 10 KM, Senior II M 30-39**

| M-ce | Nazwisko i imię        | Nr  | Klub  | M-scowość        | Kraj | Kat.              | M. kat | K/M  | Netto       | Brutto      | min/km | km/h |
|------|------------------------|-----|---|------------------|------|-------------------|--------|------|-------------|-------------|--------|------|
| 1    | JAKUBIK MARCIN         | 53  | MKS HALICZ PSG KROŚCIENKO                   | USTRZYKI DOLNE   | POL  | SENIOR II M 30-39 | 1      | M 2  | 00:56:35.60 | 00:56:37.80 | 5:39   | 10.6 |
| 2    | BIESZCZAD MATEUSZ      | 97  | WIPMEB KROSNO                               | WOJASZÓWKA       | POL  | SENIOR II M 30-39 | 2      | M 3  | 00:56:46.65 | 00:56:48.45 | 5:40   | 10.6 |
| 3    | SWORSKI ROMAN          | 17  | TRENUJSKUTEKZNIE.COM / VEGAN / VEGE RUNNERS | ŁÓDŹ             | POL  | SENIOR II M 30-39 | 3      | M 6  | 01:01:53.15 | 01:01:54.90 | 6:11   | 9.7  |
| 4    | ZIĘBA MATEUSZ          | 671 |   |                  | POL  | SENIOR II M 30-39 | 4      | M 7  | 01:02:29.55 | 01:02:37.80 | 6:14   | 9.6  |
| 5    | JACHIMOWSKI JAROSŁAW   | 45  | POZYTYWNE ZABIEGANI SANOK                   | SANOK            | POL  | SENIOR II M 30-39 | 5      | M 8  | 01:04:09.85 | 01:04:11.80 | 6:24   | 9.4  |
| 6    | DELMACZYŃSKI SEBASTIAN | 76  |   | CHEŁM            | POL  | SENIOR II M 30-39 | 6      | M 16 | 01:18:19.25 | 01:18:37.40 | 7:49   | 7.7  |
| 7    | PADO MICHAŁ            | 74  | BIESZCZADZKAWATAHAMTB RZEPEDZ               | RZEPEDZ          | POL  | SENIOR II M 30-39 | 7      | M 21 | 01:20:56.15 | 01:21:02.25 | 8:05   | 7.4  |
| 8    | TROJNAR DANIEL         | 49  |   | LUBLIN           | POL  | SENIOR II M 30-39 | 8      | M 23 | 01:24:20.10 | 01:24:27.35 | 8:26   | 7.1  |
| 9    | WYBRANIEC ROBERT       | 75  |   | LUBLIN           | POL  | SENIOR II M 30-39 | 9      | M 26 | 01:25:51.25 | 01:26:07.65 | 8:35   | 7    |
| 10   | PAWŁAK PATRYK          | 77  |   | PRUSZKÓW         | POL  | SENIOR II M 30-39 | 10     | M 30 | 01:28:23.35 | 01:28:38.40 | 8:50   | 6.8  |
| 11   | WODYK MATEUSZ          | 82  | IRRACJONALNIE MASZERUJĄCY                   | PRUSZKÓW         | POL  | SENIOR II M 30-39 | 11     | M 33 | 01:31:27.50 | 01:31:33.40 | 9:08   | 6.6  |
| 12   | GRAL PIOTR             | 104 | WŁÓCZYMORDY                                 | GDYNIA           | POL  | SENIOR II M 30-39 | 12     | M 35 | 01:32:54.20 | 01:33:04.80 | 9:17   | 6.5  |
| 13   | BARAŃSKI PRZEMYSŁAW    | 65  |   | LESKO            | POL  | SENIOR II M 30-39 | 13     | M 38 | 01:38:38.50 | 01:38:45.00 | 9:51   | 6.1  |
| 14   | MAZUR GRZEGORZ MAZUR   | 101 |   | WARSZAWA         | POL  | SENIOR II M 30-39 | 14     | M 39 | 01:38:58.00 | 01:39:20.10 | 9:53   | 6.1  |
| 15   | GAŁKA KRZYSZTOF        | 40  |   | TARNOGRÓD        | POL  | SENIOR II M 30-39 | 15     | M 41 | 01:39:47.55 | 01:39:56.10 | 9:58   | 6    |
| 16   | KWOLEK WOJCIECH        | 38  |   | UHERCE MINERALNE | POL  | SENIOR II M 30-39 | 16     | M 47 | 01:53:45.45 | 01:53:52.25 | 11:22  | 5.3  |
| 17   | WŁODARCZYK GRZEGORZ    | 5   | GANG ŚWIETLIKÓW                             | WARSZAWA         | POL  | SENIOR II M 30-39 | 17     | M 48 | 01:59:29.25 | 01:59:39.90 | 11:56  | 5    |
| 18   | DĘBIEC PAWEŁ           | 68  | CROSSELITE                                  | TARGOWISKA       | POL  | SENIOR II M 30-39 | 18     | M 49 | 02:02:34.45 | 02:02:34.45 | 12:15  | 4.9  |

**PRZEBIEGŁY LESZY | 10 KM, Masters K 40-49**

| M-ce | Nazwisko i imię             | Nr  | Klub                | M-scowość           | Kraj | Kat.            | M. kat | K/M  | Netto       | Brutto      | min/km | km/h |
|------|-----------------------------|-----|---------------------|---------------------|------|-----------------|--------|------|-------------|-------------|--------|------|
| 1    | KAPUSTA-SZYDŁAK SYLWIA      | 106 |                     | RZESZÓW             | POL  | MASTERS K 40-49 | 1      | K 1  | 01:04:13.40 | 01:04:15.70 | 6:25   | 9.3  |
| 2    | GÓRNA-CICHOŃ MONIKA         | 72  | NIEPOŁOMICE BIEGAJĄ | ZABIERZÓW BOCHAŃSKI | POL  | MASTERS K 40-49 | 2      | K 6  | 01:17:33.50 | 01:17:36.00 | 7:45   | 7.7  |
| 3    | KOWALCZYK-BEDNARCZYK JOANNA | 96  | TEAM ONRUNNING      | WARSZAWA            | POL  | MASTERS K 40-49 | 3      | K 13 | 01:34:46.05 | 01:34:54.70 | 9:28   | 6.3  |
| 4    | BEMBNISTA OLA               | 103 | WŁÓCZYMORDY         | GDANSK              | POL  | MASTERS K 40-49 | 4      | K 17 | 01:41:09.10 | 01:41:19.10 | 10:06  | 5.9  |
| 5    | WOROSZYŁO MONIKA            | 28  | RYKOWISKO TEAM      | PŁOCK               | POL  | MASTERS K 40-49 | 5      | K 27 | 01:53:30.35 | 01:53:40.05 | 11:21  | 5.3  |
| 6    | GURGUL DOROTA               | 46  | AROMAT NÓG          | KRAKÓW              | POL  | MASTERS K 40-49 | 6      | K 31 | 02:00:08.00 | 02:00:15.55 | 12:00  | 5    |
| 7    | WASILEWSKA AGNIESZKA        | 63  | AROMAT NÓG          | KRAKÓW              | POL  | MASTERS K 40-49 | 7      | K 32 | 02:00:16.55 | 02:00:24.40 | 12:01  | 5    |
| 8    | ÓPALA JOANNA                | 67  | CROSSELITE          | BRANICE             | POL  | MASTERS K 40-49 | 8      | K 33 | 02:02:33.80 | 02:02:33.80 | 12:15  | 4.9  |

**PRZEBIEGŁY LESZY | 10 KM, Masters M 40-49**

| M-ce | Nazwisko i imię      | Nr  | Klub                    | M-scowość   | Kraj | Kat.            | M. kat | K/M  | Netto       | Brutto      | min/km | km/h |
|------|----------------------|-----|-------------------------|-------------|------|-----------------|--------|------|-------------|-------------|--------|------|
| 1    | GURGUL SEBASTIAN     | 458 | AROMAT NÓG              | KRAKÓW      | POL  | MASTERS M 40-49 | 1      | M 4  | 00:58:34.65 | 00:58:36.10 | 5:51   | 10.2 |
| 2    | GRYGIEL MAREK        | 726 | JACEKBIEGA RUNNING TEAM | KRAKÓW      | POL  | MASTERS M 40-49 | 2      | M 5  | 01:01:24.15 | 01:01:27.00 | 6:08   | 9.8  |
| 3    | KAWIAK MAREK         | 30  |                         | LUBLIN      | POL  | MASTERS M 40-49 | 3      | M 11 | 01:09:00.15 | 01:09:05.00 | 6:54   | 8.7  |
| 4    | GAŁUSZKA TOMASZ      | 78  | SKITUROWE BIESZCZADY    | CISNA       | POL  | MASTERS M 40-49 | 4      | M 12 | 01:10:58.75 | 01:11:01.90 | 7:05   | 8.5  |
| 5    | BRODA SŁAWOMIR       | 105 |                         | BIAŁOBRZEGI | POL  | MASTERS M 40-49 | 5      | M 13 | 01:13:40.80 | 01:13:52.95 | 7:22   | 8.1  |
| 6    | PRUS TOMASZ          | 52  |                         | RAKSZAWA    | POL  | MASTERS M 40-49 | 6      | M 14 | 01:14:26.35 | 01:14:33.00 | 7:26   | 8.1  |
| 7    | ZIMOCH ŁUKASZ        | 14  |                         | WARSZAWA    | POL  | MASTERS M 40-49 | 7      | M 20 | 01:20:25.45 | 01:20:33.20 | 8:02   | 7.5  |
| 8    | WASILEWSKI TOMASZ    | 236 | AROMAT NÓG              | KRAKÓW      | POL  | MASTERS M 40-49 | 8      | M 24 | 01:24:46.55 | 01:24:50.00 | 8:28   | 7.1  |
| 9    | CYPARSKI ARTUR       | 81  |                         | BRZOZÓW     | POL  | MASTERS M 40-49 | 9      | M 25 | 01:25:23.80 | 01:25:30.00 | 8:32   | 7    |
| 10   | BALCEROWSKI RAFAŁ    | 32  |                         | WARSZAWA    | POL  | MASTERS M 40-49 | 10     | M 28 | 01:26:56.90 | 01:27:08.30 | 8:41   | 6.9  |
| 11   | DRYL RADOŚLAW        | 79  |                         | WARSZAWA    | POL  | MASTERS M 40-49 | 11     | M 29 | 01:27:23.40 | 01:27:32.05 | 8:44   | 6.9  |
| 12   | GILAS SZYMON         | 91  | CHEŁM BIEGA             | CHEŁM       | POL  | MASTERS M 40-49 | 12     | M 36 | 01:33:52.40 | 01:34:09.00 | 9:23   | 6.4  |
| 13   | PISZCZ DARIUSZ       | 102 |                         | RZESZÓW     | POL  | MASTERS M 40-49 | 13     | M 37 | 01:37:17.40 | 01:37:32.15 | 9:43   | 6.2  |
| 14   | BOBYK PAWEŁ          | 44  |                         | SANOK       | POL  | MASTERS M 40-49 | 14     | M 40 | 01:39:27.15 | 01:39:34.70 | 9:56   | 6    |
| 15   | SZANIAWSKI KRYSZTIAN | 3   |                         | SANOK       | POL  | MASTERS M 40-49 | 15     | M 43 | 01:42:03.10 | 01:42:22.05 | 10:12  | 5.9  |
| 16   | WYSOCKI MAREK        | 60  |                         | WROCŁAW     | POL  | MASTERS M 40-49 | 16     | M 44 | 01:42:09.10 | 01:42:23.00 | 10:12  | 5.9  |
| 17   | MATEJA MACIEJ        | 25  |                         | SANOK       | POL  | MASTERS M 40-49 | 17     | M 45 | 01:47:29.50 | 01:47:35.20 | 10:44  | 5.6  |
| 18   | CIELEPA KRZYSZTOF    | 29  |                         | LUBLIN      | POL  | MASTERS M 40-49 | 18     | M 51 | 02:41:22.00 | 02:41:35.35 | 16:08  | 3.7  |

**PRZEBIEGŁY LESZY | 10 KM, Weteran I K 50-59**

| M-ce | Nazwisko i imię         | Nr | Klub                  | M-scowość    | Kraj | Kat.              | M. kat | K/M  | Netto       | Brutto      | min/km | km/h |
|------|-------------------------|----|-----------------------|--------------|------|-------------------|--------|------|-------------|-------------|--------|------|
| 1    | WIERZBICKA EWA          | 10 |                       | NAGÓRZANY    | POL  | WETERAN I K 50-59 | 1      | K 14 | 01:37:29.05 | 01:37:32.95 | 9:44   | 6.2  |
| 2    | GRAL KATARZYNA          | 70 | WŁÓCZYMORDY           | GDYNIA       | POL  | WETERAN I K 50-59 | 2      | K 16 | 01:40:22.70 | 01:40:32.55 | 10:02  | 6    |
| 3    | WOŹNIAK LIDIA           | 23 | PORMAT JEDLICZE BIEGA | SKOŁYSZYN    | POL  | WETERAN I K 50-59 | 3      | K 22 | 01:52:36.45 | 01:52:42.15 | 11:15  | 5.3  |
| 4    | DĄBROWSKA-ŚWIDER DANUTA | 50 |                       | TRZEBOWNISKO | POL  | WETERAN I K 50-59 | 4      | K 26 | 01:53:07.25 | 01:53:23.40 | 11:18  | 5.3  |
| 5    | BUKOWSKA MAŁGORZATA     | 42 | RUNNING BLONDES       | TARNOBRZEG   | POL  | WETERAN I K 50-59 | 5      | K 29 | 01:54:54.90 | 01:55:08.10 | 11:29  | 5.2  |

**PRZEBIEGŁY LESZY | 10 KM, Weteran I M 50-59**

| M-ce | Nazwisko i imię   | Nr  | Klub                       | M-scowość    | Kraj | Kat.              | M. kat | K/M  | Netto       | Brutto      | min/km | km/h |
|------|-------------------|-----|----------------------------|--------------|------|-------------------|--------|------|-------------|-------------|--------|------|
| 1    | CICHY KRZYSZTOF   | 18  | GÓRAL Z MAZUR RUNNING TEAM | POZNAŃ       | POL  | WETERAN I M 50-59 | 1      | M 10 | 01:07:20.80 | 01:07:24.95 | 6:44   | 8.9  |
| 2    | WOŹNIAK JANUSZ    | 24  | PORMAT JEDLICZE BIEGA      | SKOŁYSZYN    | POL  | WETERAN I M 50-59 | 2      | M 15 | 01:15:40.80 | 01:15:45.85 | 7:34   | 7.9  |
| 3    | OCHYRA KRZYSZTOF  | 100 |                            | LESKO        | POL  | WETERAN I M 50-59 | 3      | M 22 | 01:22:34.15 | 01:22:40.80 | 8:15   | 7.3  |
| 4    | DUDEK ARKADIUSZ   | 73  |                            | HUMNISKA     | POL  | WETERAN I M 50-59 | 4      | M 27 | 01:26:22.85 | 01:26:28.75 | 8:38   | 6.9  |
| 5    | ŚWIDER PAWEŁ      | 51  |                            | TRZEBOWNISKO | POL  | WETERAN I M 50-59 | 5      | M 50 | 02:22:40.20 | 02:22:55.75 | 14:16  | 4.2  |
| 6    | MICHAŁSKI DARIUSZ | 84  | ALFA TEAM GOSTYŃ           | PIASKI       | POL  | WETERAN I M 50-59 | 6      | M 52 | 02:48:46.30 | 02:49:06.65 | 16:52  | 3.6  |

**PRZEBIEGŁY LESZY | 10 KM, Weteran II K 60-69**

| M-ce | Nazwisko i imię    | Nr | Klub                        | M-scowość    | Kraj | Kat.               | M. kat | K/M  | Netto       | Brutto      | min/km | km/h |
|------|--------------------|----|-----------------------------|--------------|------|--------------------|--------|------|-------------|-------------|--------|------|
| 1    | WIATROWICZ BARBARA | 69 | STALOWOWOLSKI KLUB BIEGACZA | STALOWA WOLA | POL  | WETERAN II K 60-69 | 1      | K 15 | 01:39:25.30 | 01:39:33.40 | 9:56   | 6    |

**PRZEBIEGŁY LESZY | 10 KM, Weteran II M 60-69**

| M-ce | Nazwisko i imię  | Nr | Klub        | M-scowość  | Kraj | Kat.               | M. kat | K/M  | Netto       | Brutto      | min/km | km/h |
|------|------------------|----|-------------|------------|------|--------------------|--------|------|-------------|-------------|--------|------|
| 1    | PODOLAK ZBIGNIEW | 36 |             | PRZEMYSŁ   | POL  | WETERAN II M 60-69 | 1      | M 31 | 01:28:47.00 | 01:28:51.35 | 8:52   | 6.8  |
| 2    | ŁAWROWSKI ADOLF  | 83 | KS HARPAGAN | TARNOBRZEG | POL  | WETERAN II M 60-69 | 2      | M 32 | 01:28:58.65 | 01:29:11.35 | 8:53   | 6.7  |