

## GOLDEN MOUNTAINS TRAIL - 33 KM

Organizator: Fundacja MARATONY GÓRSKIE  
Data: 2022-07-14  
Miejsce: Łądek-Zdrój  
Dystans: 33 km  
Klasyfikacja wg czasów brutto.

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE



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## GOLDEN MOUNTAINS TRAIL - 33 KM, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.01km	9km	14km	24km	Netto	Brutto	min/km	km/h
1	WITEK ANDRZEJ	6463	140MINUT.PL	MIRKÓW	POL	SENIOR II M - 30	1	M 1	00:00:00	00:43:17	01:15:11	01:52:55	02:35:01.30	02:35:01.30	4:41	12.8
2	PYSZEL FLORIAN	6394	PIEKIELNI WARSZAWA	MIŃSK MAZOWIECKI	POL	SENIOR I M - 20	1	M 2	00:00:00	00:46:28	01:19:30	01:57:52	02:42:54.00	02:42:54.00	4:56	12.2
3	PETR JIŘÍ	6448	SALOMON/SUUNTO	KOVALOVICE	CZE	MASTERS M - 40	1	M 3	00:00:01	00:43:56	01:16:01	01:57:21	02:43:15.50	02:43:15.50	4:56	12.1
4	FABIAN MARCEL	6507	SOCIOS SILESIA	PYSKOWICE	POL	SENIOR I M - 20	2	M 4	00:00:00	00:45:13	01:18:23	01:58:53	02:46:44.60	02:46:44.60	5:03	11.9
5	RAJCA MICHAŁ	6491	TRIMP	WROCLAW	POL	SENIOR II M - 30	2	M 5	00:00:00	00:45:13		02:00:47	02:50:57.85	02:50:57.85	5:10	11.6
6	CZERNAK PAWEŁ	6498	KARKONOSZ RUNNING TEAM	SOSNÓWKA	POL	SENIOR II M - 30	3	M 6	00:00:01	00:46:27	01:22:07	02:03:34	02:53:27.60	02:53:27.60	5:15	11.4
7	IVANIUTA TARAS	6536	RESTARTNISA.SK	BRATISLAVA - RAČA	SVK	SENIOR I M - 20	3	M 7	00:00:00	00:44:35	01:18:52	02:04:12	02:55:41.05	02:55:41.05	5:19	11.3
8	GRÜN VOJTĚCH	6443	SALOMON/SUUNTO	BOSKOVICE	CZE	SENIOR II M - 30	4	M 8	00:00:01	00:46:44	01:23:03	02:07:32	02:57:41.60	02:57:41.60	5:23	11.1
9	KARWACZYŃSKI ROGER	6118	RUNNING TEAM NASTOPY.PL	JELEŃ GÓRA	POL	SENIOR II M - 30	5	M 9	00:00:01	00:49:13	01:26:37	02:10:04	02:59:14.05	02:59:14.05	5:25	11
10	LULIS DAWID	6055	ALTRA TEAM RED	WROCLAW	POL	SENIOR II M - 30	6	M 10	00:00:01	00:50:15	01:28:36	02:13:58	03:05:02.55	03:05:02.55	5:36	10.7
11	BONIEC RADOSŁAW	6132	NADLEŚNICTWO LIPINKI/140MINUT.PL	ŻARY	POL	SENIOR II M - 30	7	M 11		00:50:12	01:28:56	02:14:16	03:07:10.60	03:07:10.60	5:40	10.6
12	PAZDAN PIOTR	6076	RUNNING TEAM NASTOPY.PL /140MINUT.PL	KOWARY	POL	MASTERS M - 40	2	M 12	00:00:01	00:54:23	01:34:51	02:20:17	03:11:34.05	03:11:34.05	5:48	10.3
13	DYJAK ROBERT	6099	TAMWORTH ATHLETIC CLUB	STRONIE ŚLĄSKIE	POL	MASTERS M - 40	3	M 13	00:00:05	00:54:21	01:34:56	02:20:54	03:11:53.70	03:11:53.70	5:48	10.3
14	ŚWIERAD KRYSZTIAN	6486		TURZAŃSK	POL	SENIOR I M - 20	4	M 14	00:00:03	00:53:58	01:33:09	02:19:47	03:11:55.60	03:11:55.60	5:48	10.3
15	KOWALEWSKA ELŻBIETA	6332	EDI TEAM ZGORZELEC	ZGORZELEC	POL	MASTERS K - 40	1	K 1		00:57:50	01:39:57	02:29:55	03:22:28.70	03:22:28.70	6:08	9.8
16	GURGUL SEBASTIAN	6119	AROMAT NÓG	KRAKÓW	POL	MASTERS M - 40	4	M 15	00:00:03	00:56:27	01:39:48	02:31:03	03:27:46.40	03:27:46.40	6:17	9.5
17	SZUMLAŃSKI MARCIN	6309	PODHALAŃSKIE DZIKI - GORĄCY POTOK TEAM	TARNÓW	POL	SENIOR II M - 30	8	M 16	00:00:06	00:58:53	01:42:51	02:35:10	03:28:39.90	03:28:39.90	6:19	9.5
18	CHŁOPEK RAFAŁ	6516	EDB	JANKÓW PRZYGODZKI	POL	WETERAN I M - 50	1	M 17	00:00:04	00:57:52	01:40:32	02:30:31	03:28:45.10	03:28:45.10	6:19	9.5
19	BANIAK MARCIN	6412	G.O.A.T. TEAM MICHAŁOWICE/MLYN TRAIL MICHAŁOWICE	MICHAŁOWICE	POL	MASTERS M - 40	5	M 18	00:00:01	00:54:32	01:38:38	02:29:45	03:29:22.05	03:29:22.05	6:20	9.5
20	PASTOROVA PETRA	6545		CESKA REPUBLIKA	CZE	MASTERS K - 40	2	K 2	00:00:01	00:54:07	01:35:52	02:26:26	03:29:26.85	03:29:26.85	6:20	9.5
21	MARKOVÁ BARBORA	6369		HORNÍ ČERMNÁ	CZE	SENIOR I K - 20	1	K 3	00:00:13	00:59:37	01:42:45	02:35:26	03:30:13.00	03:30:13.00	6:22	9.4
22	SZOSTEK MAREK	6236		BARCIN	POL	SENIOR I M - 20	5	M 19	00:00:44	01:02:19	01:43:17	02:34:33	03:31:38.90	03:31:38.90	6:24	9.4
23	GAZDA VÍTĚZSLAV	6188	BENEŠOVSKÝ BĚŽECKÝ KLUB A TRENOVANIBEHU.CZ	DIVIŠOV	CZE	MASTERS M - 40	6	M 20	00:00:04	00:54:27	01:36:57	02:30:17	03:31:49.55	03:31:49.55	6:25	9.3
24	ŽWIRSKI MARCIN	6164		NYSA	POL	SENIOR II M - 30	9	M 21	00:00:34	00:55:33	01:35:06	02:29:08	03:32:12.35	03:32:12.35	6:25	9.3
25	STELMACH DOMINIKA	6426		WARSZAWA	POL	MASTERS K - 40	3	K 4	00:00:01	01:11:55	01:52:34	02:40:14	03:32:12.80	03:32:12.80	6:25	9.3
26	SUDOLSKI JACEK	6339	GUSTAW TEŻ BIEGA	OLEŚNICA	POL	SENIOR II M - 30	10	M 22	00:00:09	01:00:01	01:43:35	02:34:18	03:33:15.75	03:33:15.75	6:27	9.3
27	SZCZEPANIAK ANGELIKA	6499	ALPIN SPORT TEAM	RABIEŃ	POL	MASTERS K - 40	4	K 5	00:00:03	01:00:17	01:45:39	02:36:22	03:33:27.40	03:33:27.40	6:28	9.3
28	LASEK JAKUB	6090	RMT TEAM	OPOLE	POL	SENIOR II M - 30	11	M 23	00:00:01	00:57:19	01:43:56	02:35:17	03:38:04.90	03:38:04.90	6:36	9.1
29	NIWIŃSKI MACIEJ	6324	VEGAN ZABIERZÓW BIEGA	ZABIERZÓW	POL	MASTERS M - 40	7	M 24	00:00:07	00:58:04	01:43:07	02:37:53	03:40:42.70	03:40:42.70	6:41	9
30	ANDRUSZKÓW ALEKSANDRA	6478	WOSIEK TEAM	TRZEBNICA	POL	SENIOR I K - 20	2	K 6	00:00:11	01:02:05	01:46:33	02:41:14	03:41:18.75	03:41:18.75	6:42	8.9
31	GRABEK MACIEJ	6113	ŚLĘZAK TEAM	GORZÓW WIELKOPOLSKI	POL	SENIOR II M - 30	12	M 25	00:00:04	00:57:23	01:39:37	02:37:26	03:41:42.25	03:41:42.25	6:43	8.9
32	WANOWSKI PRZEMYSŁAW	6467	#BIEGIEMWLAS	ZIELONA GÓRA	POL	SENIOR II M - 30	13	M 26	00:00:14	01:00:11	01:45:21	02:41:09	03:43:11.65	03:43:11.65	6:45	8.9
33	SABAT KAMIL	6025	140MINUT.PL	WROCLAW	POL	SENIOR II M - 30	14	M 27	00:00:06	00:58:16	01:45:56	02:44:18	03:43:59.90	03:43:59.90	6:47	8.8
34	GAŚSIOROWSKI JAROSŁAW	6199	ADDED VALUE TEAM	ŚWIEBODZIN	POL	SENIOR I M - 20	6	M 28	00:00:11	00:58:45	01:46:10	02:44:20	03:44:30.65	03:44:30.65	6:48	8.8
35	KRZYŚKÓW PIOTR	6281		WROCLAW	POL	SENIOR II M - 30	15	M 29	00:00:07	01:00:53	01:47:03	02:43:44	03:44:36.85	03:44:36.85	6:48	8.8
36	DYCZKOWSKI ŁUKASZ	6524	KARKONOSZ RUNNING TEAM	KAMIENNA GÓRA	POL	SENIOR I M - 20	7	M 30	00:00:08	00:57:43	01:42:38	02:38:12	03:44:40.40	03:44:40.40	6:48	8.8

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.01km	9km	14km	24km	Netto	Brutto	min/km	km/h
37	MATENKA KAMIL	6197	PACMAN RUNNING TEAM	WARSZAWA	POL	SENIOR II M - 30	16	M 31	00:00:10	01:05:05	01:52:16	02:46:30	03:45:48.40	03:45:48.40	6:50	8.8
38	STOŃ WOJCIECH	6241		KORZONEK	POL	SENIOR II M - 30	17	M 32	00:00:10	01:05:05		02:46:12	03:45:49.20	03:45:49.20	6:50	8.8
39	FRYDLEWICZ ZBIGNIEW	6246		JELENIA GÓRA	POL	WETERAN I M - 50	2	M 33	00:00:02	00:57:18	01:44:22	02:40:16	03:46:34.20	03:46:34.20	6:51	8.7
40	PACEK TOMASZ	6370	FIZJOBEGACZE SZCZECIN	SZCZECIN	POL	SENIOR II M - 30	18	M 34	00:00:10	01:07:06		02:46:28	03:47:16.30	03:47:16.30	6:53	8.7
41	KURZYŃSKI PIOTR	6036	TEAM BEROTU	NOWY TOMYŚL	POL	MASTERS M - 40	8	M 35	00:00:02	01:00:30	01:45:48	02:41:22	03:48:00.00	03:48:00.00	6:54	8.7
42	DAUKSZO MACIEJ	6317		WARSZAWA	POL	SENIOR I M - 20	8	M 36	00:00:05	01:04:28		02:49:45	03:48:35.45	03:48:35.45	6:55	8.7
43	GARGAS EWA	6186	TEAM PRZEDWOJEWSKI	LONDYŃ	GBR	SENIOR II K - 30	1	K 7	00:00:22	01:04:43	01:53:01	02:46:09	03:48:36.15	03:48:36.15	6:55	8.7
44	VESELÝ PAVEL	6546	HSK HORNÍ ROKYTNICE	ROKYTNICE NAD JIZEROU	CZE	WETERAN I M - 50	3	M 37	00:00:04	01:02:47	01:49:12	02:46:55	03:49:08.90	03:49:08.90	6:56	8.6
45	TOMASIAK ADAM	6318	KB HARCOWNIK	JELCZ-LASKOWICE	POL	SENIOR I M - 20	9	M 38	00:00:03	00:53:56	01:39:01	02:45:28	03:49:26.65	03:49:26.65	6:57	8.6
46	NOWACZYK PIOTR	6227	MERIXSTUDIO RUNNING TEAM	POZNAŃ	POL	SENIOR II M - 30	19	M 39	00:00:18	01:04:41	01:49:07	02:46:56	03:50:09.30	03:50:09.30	6:58	8.6
47	SEVCIK ONDREJ	6489	SEVCIK.DEV	PETRVALD	CZE	SENIOR II M - 30	20	M 40	00:00:06	01:04:53	01:49:23	02:51:09	03:50:40.85	03:50:40.85	6:59	8.6
48	KONRAD ARTUR	6466	BRACIA TEAM ZAWIERCIE	ZAWIERCIE	POL	MASTERS M - 40	9	M 41	00:00:07	01:04:56	01:51:19	02:48:46	03:50:42.80	03:50:42.80	6:59	8.6
49	CICHOWSKI WOJCIECH	6238	140MINUT.PL	PRZYGODZICE	POL	SENIOR II M - 30	21	M 42	00:00:19	01:00:29	01:48:14	02:46:24	03:51:14.90	03:51:14.90	7:00	8.6
50	LITKA KRZYSZTOF	6439	PZU SPORT TEAM	WROCLAW	POL	MASTERS M - 40	10	M 43	00:00:03	01:01:36	01:47:56	02:44:02	03:52:04.70	03:52:04.70	7:01	8.5
51	KUBLER ANDRZEJ	6299	MKL SZCZECIN	BEZRZECZE	POL	MASTERS M - 40	11	M 44	00:00:08	01:02:07	01:50:35	02:49:01	03:52:07.90	03:52:07.90	7:02	8.5
52	KOŁODZIEJ ROMAN	6296		KARLOWICE	POL	MASTERS M - 40	12	M 45	00:00:00	01:01:25	01:49:52	02:46:55	03:53:32.85	03:53:32.85	7:04	8.5
53	WYCHOWANIEC PAWEŁ	6006		JELCZ-LASKOWICE	POL	SENIOR II M - 30	22	M 46	00:00:16	01:02:16	01:52:25	02:49:37	03:54:06.15	03:54:06.15	7:05	8.5
54	GESS MARIUSZ	6085	CZUBY Z GOLENIOWA	GOLENIÓW	POL	MASTERS M - 40	13	M 47	00:00:10	01:05:11	01:54:10	02:52:22	03:54:06.80	03:54:06.80	7:05	8.5
55	STACHURSKA ILONA	6505	KUGUAR XTREME RUNNERS	PRUSZKÓW	POL	SENIOR II K - 30	2	K 8		01:05:09	01:57:05	02:47:31	03:54:38.55	03:54:38.55	7:06	8.4
56	BIALY ADAM	6187		PIERWOSZÓW	POL	MASTERS M - 40	14	M 48	00:00:14	01:05:11	01:52:30	02:50:18	03:54:47.20	03:54:47.20	7:06	8.4
57	ANUSZ ADAM	6431	BECOMEONE	IMBRAMOWICE	POL	SENIOR II M - 30	23	M 49	00:00:06	00:59:56	01:47:18	02:46:10	03:54:48.95	03:54:48.95	7:06	8.4
58	LAMEK ANDRZEJ	6357	AKTYWNY OSTRZESZÓW	OSTRZESZÓW	POL	WETERAN I M - 50	4	M 50	00:00:41	01:05:49	01:55:10	02:50:40	03:55:28.75	03:55:28.75	7:08	8.4
59	KLYSZCZ MICHAŁ	6074	IZBICKO W BIEGU	OTMICE	POL	SENIOR I M - 20	10	M 51	00:00:44	01:05:34	01:53:14	02:48:32	03:56:20.95	03:56:20.95	7:09	8.4
60	DUCHNOWSKI ŁUKASZ	6504	RUN TEAM TYGRYSY ORZYSZ	CHRUŚCIELE	POL	SENIOR II M - 30	24	M 52	00:00:01	00:59:44	01:48:58	02:47:19	03:56:39.90	03:56:39.90	7:10	8.4
61	ADAMCZYK EMANUELA	6500	#BIEGIEMWLAS	POZNAŃ	POL	SENIOR I K - 20	3	K 9	00:00:09	01:05:09	01:53:18	02:51:59	03:56:43.55	03:56:43.55	7:10	8.4
62	KAMIŃSKI PIOTR	6494	RUN YOUR TRAIL	INOWROCLAW	POL	SENIOR II M - 30	25	M 53	00:00:05	00:59:19	01:45:01	02:44:21	03:57:24.65	03:57:24.65	7:11	8.3
63	TOMASZKIEWICZ WOJCIECH	6105	RUN FOREST	STRACHOCIN	POL	SENIOR II M - 30	26	M 54	00:00:07	01:02:27	01:53:12	02:52:28	03:58:51.10	03:58:51.10	7:14	8.3
64	GUTRAL MAGDALENA	6049	WKB MARATONCZYK WŁOCLAWEK	WŁOCLAWEK	POL	MASTERS K - 40	5	K 10		01:05:07	01:53:24	02:53:40	03:58:57.80	03:58:57.80	7:14	8.3
65	WALCZAK ADELA	6112	TRAIL IS OUR WAY TEAM	ŁÓDŹ	POL	SENIOR II K - 30	3	K 11	00:00:08	01:10:06	02:05:54	02:57:42	03:59:15.60	03:59:15.60	7:15	8.3
66	SZOSTEK JAKUB	6235		BARCIN	POL	SENIOR I M - 20	11	M 55	00:00:44	01:10:10		02:57:45	03:59:27.25	03:59:27.25	7:15	8.3
67	GRYGIEREK ROMAN	6060	KLUB BIEGACZA FARTLEK	GORZYCZKI	POL	MASTERS M - 40	15	M 56	00:00:02	01:00:23	01:49:18	02:48:50	04:00:34.30	04:00:34.30	7:17	8.2
68	ŻBIK BARTOSZ	6384		PLEWISKA	POL	SENIOR II M - 30	27	M 57	00:00:15	01:00:54	01:48:49	02:50:20	04:01:04.70	04:01:04.70	7:18	8.2
69	KAMENSKÝ ZDENĚK	6368		LANŠKROUN	CZE	SENIOR I M - 20	12	M 58	00:00:12	01:13:25		02:58:57	04:02:39.35	04:02:39.35	7:21	8.2
70	URBAN IWONA	6418	42K PRO TEAM	TYCHY	POL	MASTERS K - 40	6	K 12	00:00:34	01:10:29	01:59:17	02:56:29	04:02:47.40	04:02:47.40	7:21	8.2
71	KOWALCZYK RAFAŁ	6338	SIGMA TECHNOLOGY & ENERGY SOLUTIONS	KATOWICE	POL	SENIOR II M - 30	28	M 59	00:00:27	01:07:50	01:56:06	02:53:43	04:03:20.35	04:03:20.35	7:22	8.1
72	BIENIEK-UGNIEWSKA JOANNA	6217	SUNFIT STUDIO	NOWY DWÓR MAZOWIECKI	POL	MASTERS K - 40	7	K 13	00:00:05	01:08:10	01:58:47	02:59:18	04:05:45.50	04:05:45.50	7:26	8.1
73	DROBNIK BŁAŻEJ	6294	OPALENICKI KLUB BIEGACZA	OPALENICA	POL	SENIOR II M - 30	29	M 60	00:00:02	01:08:43	02:01:35	03:00:59	04:05:47.80	04:05:47.80	7:26	8.1
74	JASZCZAK BOGNA	6400		LESZNO	POL	SENIOR I K - 20	4	K 14	00:00:15	01:07:56	01:58:19	02:58:49	04:06:47.25	04:06:47.25	7:28	8
75	WANAT MATEUSZ	6382	PRZEDWOJEWSKI TEAM	WROCLAW	POL	SENIOR II M - 30	30	M 61	00:00:08	01:05:14	01:56:44	02:56:59	04:07:02.65	04:07:02.65	7:29	8
76	BARCAL RICHARD	6307	DOS AMIGOS	PRAGUE	CZE	MASTERS M - 40	16	M 62	00:00:05	01:01:39	01:50:22	02:49:35	04:07:25.55	04:07:25.55	7:29	8
77	RASZKOWSKI PIOTR	6335	ŚLĘZAK TEAM	GDAŃSK	POL	SENIOR II M - 30	31	M 63	00:00:05	01:10:55		02:53:22	04:08:35.15	04:08:35.15	7:31	8
78	MICHAŁAK RAFAŁ	6378		CZEPLEWOWICE	POL	SENIOR I M - 20	13	M 64	00:00:06	01:10:09	01:57:08	03:01:12	04:08:38.80	04:08:38.80	7:32	8
79	KUDREJ GRZEGORZ	6465	MOCNA GRUPA CEZARA	WROCLAW	POL	SENIOR II M - 30	32	M 65	00:00:21	01:06:35	02:00:45	03:01:34	04:09:31.45	04:09:31.45	7:33	7.9
80	KRAKOVSKA MICHAELA	6488	MOLALAPRODUCTION.COM	FRÝDLANT NAD OSTRAVICÍ	CZE	SENIOR I K - 20	5	K 15	00:00:07	01:08:06	01:59:12	03:00:03	04:09:46.45	04:09:46.45	7:34	7.9
81	CHODKIEWICZ TOMASZ	6403	W2 RUN TEAM	BYDGOSZCZ	POL	MASTERS M - 40	17	M 66	00:00:03	01:05:16	01:57:46	03:00:31	04:10:13.50	04:10:13.50	7:34	7.9
82	GÓRECKI KRZYSZTOF	6275		GRYFÓW ŚLĄSK	POL	SENIOR I M - 20	14	M 67	00:00:20	01:13:08		03:07:51	04:10:20.75	04:10:20.75	7:35	7.9
83	SZOSTAK ANNA	6277	UKS OLIMPIA ZABRZE	ZABRZE	POL	SENIOR II K - 30	4	K 16	00:00:06	01:12:34	02:04:29	03:03:00	04:11:04.70	04:11:04.70	7:36	7.9
84	GRZYBEK ANTONI	6247		PIERŚCIEC	POL	WETERAN I M - 50	5	M 68	00:00:15	01:05:20	01:58:42	03:02:11	04:11:41.55	04:11:41.55	7:37	7.9
85	MYSZKIEWICZ PAWEŁ	6012	MOCNA GRUPA CEZARA	WROCLAW	POL	SENIOR II M - 30	33	M 69	00:00:19	01:11:29	02:02:07	03:04:26	04:11:52.05	04:11:52.05	7:37	7.9

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.01km	9km	14km	24km	Netto	Brutto	min/km	km/h
86	GÓRNA ANITA	6312	LPP TEAM	KRAKÓW	POL	SENIOR II K - 30	5	K 17	00:00:03	01:10:08	02:02:55	03:08:17	04:12:01.80	04:12:01.80	7:38	7.9
87	STELMACH PIOTR	6506	RK ATHLETICS	WROCLAW	POL	MASTERS M - 40	18	M 70	00:00:06	01:10:23	02:05:29	03:05:57	04:12:25.75	04:12:25.75	7:38	7.8
88	KANIA MARIAN	6534	LEDWOZIPA	RYBNIK	POL	MASTERS M - 40	19	M 71	00:00:08	01:08:12		03:05:24	04:13:00.80	04:13:00.80	7:40	7.8
89	BUĆKO MARCIN	6411	KLUB BIEGACZA FARTLEK	JASTRZĘBIE-ZDRÓJ	POL	MASTERS M - 40	20	M 72	00:00:03	01:05:15	01:58:24	03:04:20	04:13:07.50	04:13:07.50	7:40	7.8
90	ŻYCHSKA ANNA	6512		POZNAŃ	POL	SENIOR II K - 30	6	K 18	00:00:08	01:05:35	01:57:12	03:01:19	04:13:29.15	04:13:29.15	7:40	7.8
91	SAJ JAKUB	6362	DRUŻYNA Ż	WARSZAWA	POL	SENIOR II M - 30	34	M 73	00:00:12	01:06:00	01:58:32	02:59:48	04:13:34.65	04:13:34.65	7:41	7.8
92	BIAŁA WERONIKA	6268		WROCLAW	POL	SENIOR II K - 30	7	K 19	00:00:22	01:10:25	02:03:54	03:04:41	04:14:22.95	04:14:22.95	7:42	7.8
93	PACIOREK EWA	6445	KOBIETA BIEGA	MARKI	POL	SENIOR II K - 30	8	K 20		01:09:35	02:03:43	03:07:01	04:14:25.20	04:14:25.20	7:42	7.8
94	SENTYSZ ROBERT	6495	SENLABS.PL	MYSLENICE	POL	MASTERS M - 40	21	M 74	00:00:03	01:13:49	02:00:50	03:10:09	04:14:57.65	04:14:57.65	7:43	7.8
95	KOSZAREK MACIEJ	6308		POZNAŃ	POL	WETERAN I M - 50	6	M 75	00:00:21	01:08:08	02:02:41	03:05:29	04:15:00.85	04:15:00.85	7:43	7.8
96	KURKA ADAM	6266		TARNOWO PODGÓRNE	POL	MASTERS M - 40	22	M 76	00:00:17	01:06:31	01:55:02	02:51:33	04:15:22.25	04:15:22.25	7:44	7.8
97	DUBOWICZ MACIEJ	6347	TRITON KONIN	POZNAŃ	POL	SENIOR I M - 20	15	M 77	00:00:32	01:12:38	02:06:16	03:09:17	04:15:32.05	04:15:32.05	7:44	7.7
98	PLEWA KATARZYNA	6204		STRONIE ŚLĄSKIE	POL	SENIOR II K - 30	9	K 21	00:00:08	01:07:53	02:01:24	03:05:19	04:15:46.90	04:15:46.90	7:45	7.7
99	FRYCA KAROLINA	6530		TORUŃ	POL	SENIOR II K - 30	10	K 22	00:00:05	01:10:46	02:04:54	03:09:43	04:16:56.50	04:16:56.50	7:47	7.7
100	ZĄBEK ŁUKASZ	6289	140MINUT.PL	WROCLAW	POL	MASTERS M - 40	23	M 78	00:00:05	01:05:19	02:02:32	03:06:00	04:17:06.30	04:17:06.30	7:47	7.7
101	TOMCZAK DARIUSZ	6487		GOSTYŃ	POL	SENIOR II M - 30	35	M 79	00:00:16	01:13:07	02:05:46	03:08:49	04:17:36.55	04:17:36.55	7:48	7.7
102	JACHIRA PATRYK	6464	STAJNIAKTEAM	POZNAŃ	GBR	SENIOR II M - 30	36	M 80		01:17:15	02:12:59	03:14:25	04:17:51.60	04:17:51.60	7:48	7.7
103	WALAS ANDRZEJ	6265	PRO-RUN WROCLAW	WROCLAW	POL	SENIOR I M - 20	16	M 81	00:00:19	01:08:46	01:59:40	03:00:06	04:18:33.90	04:18:33.90	7:50	7.7
104	WINNIK ELA	6295		MROWINO	POL	SENIOR II K - 30	11	K 23	00:00:09	01:10:56	02:03:00	03:08:54	04:19:11.30	04:19:11.30	7:51	7.6
105	GYMYREK JACEK	6178		PAMIĄTKOWO	POL	MASTERS M - 40	24	M 82	00:00:10	01:10:56		03:08:55	04:19:11.35	04:19:11.35	7:51	7.6
106	DEL BOSQUE JORGE	6334		KRAKÓW	ESP	SENIOR I M - 20	17	M 83	00:00:05	01:13:15	02:03:29	03:11:11	04:19:37.20	04:19:37.20	7:52	7.6
107	AUGUSTYNIAK MAŁGORZATA	6517		ŁÓDŹ	POL	MASTERS K - 40	8	K 24	00:00:05	01:10:05	02:04:24	03:08:33	04:21:08.00	04:21:08.00	7:54	7.6
108	BUDYCH AREK	6509		WRONKI	POL	MASTERS M - 40	25	M 84	00:00:42	01:14:59	02:08:38	03:11:50	04:21:22.30	04:21:22.30	7:55	7.6
109	ANDRZEJEWSKI DOMINIK	6280	KB GEPARD MUROWANA GOŚLINA	MUROWANA GOŚLINA	POL	SENIOR II M - 30	37	M 85	00:00:38	01:11:25		03:08:37	04:21:41.05	04:21:41.05	7:55	7.6
110	RUDOLFOVÁ TEREZA	6458	TEAM BLACK HILL/ LAWI /MONTURA	ČERVENÝ KOSTELEČ	CZE	SENIOR II K - 30	12	K 25	00:00:02	01:40:32	02:26:41	03:23:08	04:21:54.25	04:21:54.25	7:56	7.6
111	LEHMANN MONIKA	6016		SKOKI	POL	SENIOR I K - 20	6	K 26	00:00:09	01:10:30	02:03:18	03:09:54	04:22:41.45	04:22:41.45	7:57	7.5
112	DEMUSZ NATALIA	6122		WROCLAW	POL	SENIOR II K - 30	13	K 27	00:01:06	01:14:30		03:11:56	04:23:11.85	04:23:11.85	7:58	7.5
113	KRZEMIŃSKI MARCIN	6452		LUBLIŃ	POL	MASTERS M - 40	26	M 86	00:00:04	01:03:53	01:57:21	03:18:04	04:23:40.20	04:23:40.20	7:59	7.5
114	WÓJCIK KAROLINA	6523		KRAKÓW	POL	SENIOR II K - 30	14	K 28	00:00:08	01:12:49	02:08:19	03:11:58	04:23:40.50	04:23:40.50	7:59	7.5
115	KOSIERADZKI ŁUKASZ	6351		KRAKÓW	POL	SENIOR II M - 30	38	M 87	00:00:06	01:12:03	02:06:57	03:14:10	04:24:07.80	04:24:07.80	8:00	7.5
116	TOMCZYK RAFAŁ	6078	PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL	PODDĘBICE	POL	SENIOR II M - 30	39	M 88	00:00:10	01:10:21	02:02:12	03:10:39	04:24:15.90	04:24:15.90	8:00	7.5
117	WOJTASIK ŁUKASZ	6056	AKTYWNY OSTRZESZÓW	DORUCHÓW	POL	MASTERS M - 40	27	M 89	00:00:10	01:10:07	02:06:32	03:12:12	04:25:13.75	04:25:13.75	8:02	7.5
118	BŁASZCZAK MAREK	6154	MOCNA GRUPA CEZARA	WROCLAW	POL	SENIOR II M - 30	40	M 90	00:00:19	01:09:44	02:04:16	03:12:33	04:25:36.30	04:25:36.30	8:02	7.5
119	KŁODA DARIUSZ	6084	DRUŻYNA SZPIKU	CZAPURY	POL	MASTERS M - 40	28	M 91	00:00:20	01:11:57	02:06:02	03:10:28	04:26:05.35	04:26:05.35	8:03	7.4
120	MORCINEK MARCIN	6529	BLUSZCZA	WOJASZÓWKA	POL	MASTERS M - 40	29	M 92	00:00:26	01:09:48	02:04:47	03:13:33	04:26:19.25	04:26:19.25	8:04	7.4
121	RUTKOWSKI JAKUB	6260		POZNAŃ	POL	SENIOR II M - 30	41	M 93	00:00:12	01:08:23	02:04:10	03:12:19	04:26:26.20	04:26:26.20	8:04	7.4
122	SZCZEPANIK ŁUKASZ	6459	MOCNA GRUPA CEZARA	WROCLAW	POL	MASTERS M - 40	30	M 94	00:00:51	01:13:52	02:08:03	03:16:02	04:26:29.95	04:26:29.95	8:04	7.4
123	HARASIMOWICZ SŁAWEK	6065	GOLENIÓW	GOLENIÓW	POL	MASTERS M - 40	31	M 95	00:00:38	01:16:59	02:12:31	03:15:37	04:26:38.95	04:26:38.95	8:04	7.4
124	TEKIELI JERZY	6035	TEKIELI FAMILY	KŁODZKO	POL	MASTERS M - 40	32	M 96	00:00:56	01:14:15	02:05:08	03:09:20	04:27:35.55	04:27:35.55	8:06	7.4
125	CZYŻ LESZEK	6108	FANTASTIC TEAM	SKOCZÓW	POL	MASTERS M - 40	33	M 97	00:00:47	01:15:45		03:15:46	04:27:46.20	04:27:46.20	8:06	7.4
126	KOLAWA PIOTR	6083	TRENUJZNAМИ.PL	KOBIERZYCE	POL	MASTERS M - 40	34	M 98	00:00:35	01:13:32	02:08:34	03:14:54	04:27:58.70	04:27:58.70	8:07	7.4
127	ŚPIEWAK RADOŚLAW	6148		ZIELONA GÓRA	POL	MASTERS M - 40	35	M 99	00:00:29	01:16:55	02:10:56	03:15:11	04:28:58.15	04:28:58.15	8:09	7.4
128	FREKIS JEROEN	6373	LEIDEN ATLETIEK	LEIDEN	NED	SENIOR II M - 30	42	M 100	00:00:48	01:24:17	02:16:27	03:21:40	04:29:27.55	04:29:27.55	8:09	7.3
129	HLAVÁČOVÁ EVA	6490		KRNOV	CZE	MASTERS K - 40	9	K 29	00:00:13	01:10:44	02:05:24	03:12:47	04:29:32.55	04:29:32.55	8:10	7.3
130	KUREK TOMASZ	6348	OPALENICKI KLUB BIEGACZA	OPALENICA	POL	MASTERS M - 40	36	M 101	00:00:02	01:14:47		03:17:11	04:30:48.55	04:30:48.55	8:12	7.3
131	SZCZESZEK ARKADIUSZ	6133		ŻAGAŃ	POL	MASTERS M - 40	37	M 102	00:00:16	01:10:45	02:06:38	03:15:55	04:30:51.75	04:30:51.75	8:12	7.3
132	BUCZAK JAKUB	6001		ŁĄDEK ZDRÓJ	POL	SENIOR II M - 30	43	M 103	00:00:01	01:13:50	02:08:56	03:17:25	04:30:57.85	04:30:57.85	8:12	7.3
133	KSIĄŻKIEWICZ BARTŁOMIEJ	6438	ROCKY BALBOA	BUKOWIEC	POL	MASTERS M - 40	38	M 104	00:00:03	01:03:55	01:57:16	03:18:05	04:31:07.95	04:31:07.95	8:12	7.3
134	JANOSZ PAWEŁ	6185		WROCLAW	POL	SENIOR I M - 20	18	M 105	00:00:17	01:11:34	02:06:10	03:18:07	04:31:54.85	04:31:54.85	8:14	7.3
135	CICHY KRZYSZTOF	6326	GÓRAL Z MAZUR RUNNING TEAM	POZNAŃ	POL	WETERAN I M - 50	7	M 106	00:00:22	01:15:03	02:11:31	03:23:43	04:31:55.75	04:31:55.75	8:14	7.3
136	MAJCHER MARCIN	6497	4T	ROKIETNICA	POL	MASTERS M - 40	39	M 107	00:00:18	01:07:54	01:59:24	03:13:08	04:32:43.60	04:32:43.60	8:15	7.3
137	SAWICKI BARTOSZ	6158	DZIKIE DZIKI GORZÓW	GORZÓW WIELKOPOLSKI	POL	SENIOR II M - 30	44	M 108	00:00:10	01:12:12	02:08:15	03:19:40	04:33:34.05	04:33:34.05	8:17	7.2

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.01km	9km	14km	24km	Netto	Brutto	min/km	km/h
138	GONTKO ŁUKASZ	6417		JELENA GÓRA	POL	MASTERS M - 40	40	M 109	00:00:46	01:19:11	02:12:06	03:23:06	04:33:56.15	04:33:56.15	8:18	7.2
139	WOJCIESZYŃSKI TOMASZ	6409	BBL GORZÓW	BACZYNA	POL	MASTERS M - 40	41	M 110	00:00:10	01:12:12	02:08:23	03:19:41	04:34:03.80	04:34:03.80	8:18	7.2
140	KRAWCZYK ROBERT	6125		WOLSZTYN	POL	SENIOR II M - 30	45	M 111	00:00:12	01:13:23	02:07:51	03:16:54	04:34:06.40	04:34:06.40	8:18	7.2
141	GAJDA MICHAŁ	6221		POZNAŃ	POL	SENIOR II M - 30	46	M 112	00:00:21	01:24:27	02:24:50	03:27:02	04:34:35.65	04:34:35.65	8:19	7.2
142	ÇAKAŁA ZUZANNA	6301	ZAŁOGA GÓRSKA	LUBIN	POL	SENIOR II K - 30	15	K 30	00:01:03	01:07:58	01:56:48	03:20:15	04:34:42.00	04:34:42.00	8:19	7.2
143	PYZIK EWA	6390	MATNER RUNNING TEAM	BIELANY WROCŁAWSKIE	POL	MASTERS K - 40	10	K 31	00:01:05	01:22:32		03:26:42	04:34:47.25	04:34:47.25	8:19	7.2
144	DOMBROVSKIS JURIS	6425	SUPERVARONI	MALTA	LAT	MASTERS M - 40	42	M 113	00:00:46	01:17:18	02:12:18	03:22:08	04:35:02.85	04:35:02.85	8:20	7.2
145	JÓZWIAK RADOSŁAW	6203	ŻARY RUNNERS TEAM	ŻARY	POL	MASTERS M - 40	43	M 114	00:00:36	01:15:54	02:09:30	03:18:50	04:35:15.00	04:35:15.00	8:20	7.2
146	MAŁKOWSKI TOMASZ	6371	GRUPA BIEGOWA 65	GDAŃSK	POL	WETERAN I M - 50	8	M 115	00:00:23	01:11:36	02:05:51	03:14:25	04:35:35.45	04:35:35.45	8:21	7.2
147	ZUGAJ ROBERT	6433		RUDA ŚLĄSKA	POL	MASTERS M - 40	44	M 116	00:00:15	01:12:43	02:11:58	03:20:20	04:35:37.20	04:35:37.20	8:21	7.2
148	SZALENIEC JOANNA	6053	RUNNERS TEAM NYSA	PACZKÓW	POL	MASTERS K - 40	11	K 32	00:00:31	01:20:28	02:21:52	03:29:16	04:35:41.15	04:35:41.15	8:21	7.2
149	SZALENIEC MARCIN	6054	RUNNERS TEAM NYSA	PACZKÓW	POL	MASTERS M - 40	45	M 117	00:00:33	01:20:27	02:21:49	03:29:14	04:35:41.90	04:35:41.90	8:21	7.2
150	GUZIK JOANNA	6207	NKB CHYŻY NOWY TOMYŚL	NOWY TOMYŚL	POL	SENIOR II K - 30	16	K 33	00:00:01	01:10:36	02:09:01	03:22:40	04:37:22.35	04:37:22.35	8:24	7.1
151	GUZIK BARTOSZ	6206	NKB CHYŻY NOWY TOMYŚL	NOWY TOMYŚL	POL	MASTERS M - 40	46	M 118	00:00:02	01:13:09	02:09:05	03:22:40	04:37:23.45	04:37:23.45	8:24	7.1
152	JAKUSZEK KRZYSZTOF	6184	CEGIELNIA PIASKI	PIASKI	POL	MASTERS M - 40	47	M 119	00:00:25	01:17:40	02:13:42	03:21:50	04:37:55.85	04:37:55.85	8:25	7.1
153	JAKUSZEK PAWEŁ	6176	PGB SPORTOWA PACZKA	PIASKI	POL	MASTERS M - 40	48	M 120	00:00:26	01:17:40	02:13:37	03:21:56	04:37:56.10	04:37:56.10	8:25	7.1
154	TUREK MARCIN	6414	KĘSY TEAM	OBORNIKI	POL	SENIOR II M - 30	47	M 121	00:00:14	01:17:39	02:13:54	03:23:03	04:38:01.45	04:38:01.45	8:25	7.1
155	GLĄDECKI SEBASTIAN	6416	KĘSY TEAM	SŁONAWY	POL	MASTERS M - 40	49	M 122	00:00:14	01:17:37	02:13:58	03:23:10	04:38:01.60	04:38:01.60	8:25	7.1
156	ŁOBOS MARIUSZ	6075		WAŁBRZYCH	POL	WETERAN I M - 50	9	M 123	00:00:24	01:18:56	02:15:56	03:26:27	04:38:14.45	04:38:14.45	8:25	7.1
157	DUDA MONIKA	6484	RAZ SZCZECIN	SZCZECIN	POL	MASTERS K - 40	12	K 34	00:00:10	01:12:47	02:10:50	03:21:36	04:38:22.25	04:38:22.25	8:26	7.1
158	LISIAK BARTOSZ	6298	KB GEPARD MUROWANA GOŚLINA	MUROWANA GOŚLINA	POL	SENIOR II M - 30	48	M 124	00:00:34	01:18:47	02:14:16	03:19:44	04:38:23.25	04:38:23.25	8:26	7.1
159	KRUPIŃSKA ANDŻELIKA	6189	AKTYWNI RAZEM/ BIEGAJĄCE KREJZOLE	KOZIEGŁOWY	POL	SENIOR II K - 30	17	K 35	00:00:17	01:13:39	02:12:11	03:22:05	04:38:25.20	04:38:25.20	8:26	7.1
160	KACZMAREK FILIP	6391		WOLSZTYN	POL	SENIOR I M - 20	19	M 125	00:00:07	01:11:00	02:04:50	03:16:00	04:38:55.65	04:38:55.65	8:27	7.1
161	DĄBKIEWICZ DOMINIKA	6121	NIGHT RUNNERS	OSTRÓW WIELKOPOLSKI	POL	MASTERS K - 40	13	K 36	00:00:53	01:19:10		03:26:26	04:40:24.95	04:40:24.95	8:29	7.1
162	KARPIŃSKA BARBARA	6383	RUNNERS TEAM NYSA	OTMUCHÓW	POL	SENIOR II K - 30	18	K 37	00:00:30	01:19:32		03:26:13	04:40:32.05	04:40:32.05	8:30	7.1
163	MAJKA JAREK	6109	SYNANDOJCIEC	SZCZECIN	POL	MASTERS M - 40	50	M 126	00:00:27	01:12:41	02:08:52	03:20:00	04:40:57.40	04:40:57.40	8:30	7
164	NOWAK TOMASZ	6152	BW BIEGACZE WYMIATACZE	KRAKÓW	POL	SENIOR II M - 30	49	M 127	00:00:57	01:22:55	02:21:32	03:33:22	04:41:38.05	04:41:38.05	8:32	7
165	MAKAREWICZ WIKTOR	6276	KUDŁATE MAKARONY	WARSZAWA	POL	SENIOR II M - 30	50	M 128	00:01:05	01:23:38		03:28:05	04:41:48.65	04:41:48.65	8:32	7
166	TYL RADOSŁAW	6009		BIERZYCE	POL	MASTERS M - 40	51	M 129	00:00:41	01:15:12	02:10:32	03:21:05	04:42:32.75	04:42:32.75	8:33	7
167	GAWRON TOMASZ	6223		LUBSKO	POL	MASTERS M - 40	52	M 130	00:00:17	01:14:38	02:07:58	03:14:38	04:43:04.35	04:43:04.35	8:34	7
168	GUZERA TOMASZ	6244		WROCŁAW	POL	SENIOR II M - 30	51	M 131	00:01:08	01:17:02	02:11:39	03:27:19	04:43:25.90	04:43:25.90	8:35	7
169	WALCZAK PIOTR	6072		SULECHÓW	POL	MASTERS M - 40	53	M 132	00:00:56	01:12:39	02:07:45	03:21:29	04:43:30.85	04:43:30.85	8:35	7
170	WOJCIECHOWSKA-HRYCYK AGATA	6519		KOŁOBRZEG	POL	WETERAN K - 50	1	K 38	00:00:07	01:15:07	02:12:02	03:23:19	04:44:37.15	04:44:37.15	8:37	7
171	FILUT ŁUKASZ	6349		POZNAŃ	POL	MASTERS M - 40	54	M 133	00:00:59	01:14:55	02:11:07	03:20:47	04:44:40.85	04:44:40.85	8:37	7
172	WAŚ BARTŁOMIEJ	6454	STG WARSZAWA	WARSZAWA	POL	SENIOR II M - 30	52	M 134	00:00:14	01:14:06	02:16:16	03:24:46	04:47:34.25	04:47:34.25	8:42	6.9
173	MIĄSKO WOJCIECH	6222	12TRI.PL	WARSZAWA	POL	WETERAN I M - 50	10	M 135	00:00:45	01:16:15	02:15:14	03:25:52	04:47:47.45	04:47:47.45	8:43	6.9
174	BIEDA BERNARD	6406	BUDIPOP	CZĘSTOCHOWA	POL	SENIOR II M - 30	53	M 136	00:02:07	01:27:55	02:26:53	03:37:25	04:47:51.80	04:47:51.80	8:43	6.9
175	TORZEWSKI PRZEMYSŁAW	6475		WĄGROWIEC	POL	SENIOR II M - 30	54	M 137	00:00:30	01:25:59	02:25:23	03:32:44	04:47:52.45	04:47:52.45	8:43	6.9
176	PITEK TOMASZ	6413	42K PRO TEAM	ŚWIERCZYNIC	POL	MASTERS M - 40	55	M 138	00:00:36	01:17:36		03:30:28	04:49:00.25	04:49:00.25	8:45	6.9
177	HRYCAJ MARIUSZ	6059	REBELLION OF FREE RUNERS	OPOLE	POL	MASTERS M - 40	56	M 139	00:00:06	01:15:16		03:30:23	04:49:38.35	04:49:38.35	8:46	6.8
178	STĘPNOWSKI JAKUB	6420	UPACJENTA.PL	LEGIONOWO	POL	SENIOR II M - 30	55	M 140	00:01:17	01:27:41	02:23:59	03:30:20	04:49:50.65	04:49:50.65	8:46	6.8
179	TECZA ROBERT	6405		ZAGAN	POL	WETERAN I M - 50	11	M 141	00:00:12	01:14:19	02:11:01	03:26:20	04:50:38.55	04:50:38.55	8:48	6.8
180	GRACZ KRZYSZTOF	6455		NADOLICE WIELKIE	POL	MASTERS M - 40	57	M 142	00:00:29	01:14:52	02:13:06	03:26:25	04:51:01.20	04:51:01.20	8:49	6.8
181	WIŚNIEWSKI MARIUSZ	6432		DĄBROWA NIEMODLIŃSKA	POL	MASTERS M - 40	58	M 143	00:00:13	01:16:49	02:19:32	03:32:47	04:51:03.60	04:51:03.60	8:49	6.8
182	TOMAKA MACIEJ	6476	TEAM KURORT ŁĄDEK-ZDRÓJ	KŁODZKO	POL	SENIOR II M - 30	56	M 144	00:00:50	01:20:04	02:25:39	03:44:58	04:51:29.00	04:51:29.00	8:49	6.8
183	KABAŁA BARTOSZ	6002	#BIEGIEMWLAS	POZNAŃ	POL	SENIOR I M - 20	20	M 145	00:00:43	01:18:45		03:29:02	04:51:37.95	04:51:37.95	8:50	6.8
184	SZOFER ADAM	6245	NKB CHYŻY NOWY TOMYŚL	SATOPY	POL	SENIOR II M - 30	57	M 146	00:01:01	01:29:46	02:26:12	03:36:29	04:51:41.10	04:51:41.10	8:50	6.8
185	KEPIŃSKI MAREK	6305		BYSTRZYCA KŁODZKA	POL	WETERAN I M - 50	12	M 147	00:00:53	01:23:37		03:35:37	04:51:44.40	04:51:44.40	8:50	6.8
186	TRZPIOLA TYCJAN	6013	KURACJUSZE	WROCŁAW	POL	SENIOR II M - 30	58	M 148	00:00:21	01:16:11	02:17:30	03:32:56	04:51:44.90	04:51:44.90	8:50	6.8
187	GAWROŃSKI SEBASTIAN	6386		WAŁBRZYCH	POL	MASTERS M - 40	59	M 149	00:00:51	01:21:45		03:32:12	04:52:06.30	04:52:06.30	8:51	6.8

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.01km	9km	14km	24km	Netto	Brutto	min/km	km/h
188	CEITEL MACIEJ	6028		POZNAŃ	POL	MASTERS M - 40	60	M 150	00:00:58	01:28:12	02:27:23	03:38:08	04:52:39.10	04:52:39.10	8:52	6.8
189	ZAŃKO LUKASZ	6286	EXPLORADOR	POZNAŃ	POL	MASTERS M - 40	61	M 151	00:00:35	01:29:22		03:37:52	04:53:15.55	04:53:15.55	8:53	6.8
190	SZACH ANDRZEJ	6485	22KBPG	ŁĄDEK ZDRÓJ	POL	MASTERS M - 40	62	M 152	00:00:14	01:13:29	02:19:09	03:35:06	04:53:17.50	04:53:17.50	8:53	6.8
191	CHOJNACKI MIKOŁAJ	6319	WARSAW RUN CLUB	WARSAWA	POL	MASTERS M - 40	63	M 153	00:01:10	01:22:17		03:39:43	04:53:36.15	04:53:36.15	8:53	6.7
192	BUDZIAK MICHAŁ	6415		RACIBÓRZ	POL	SENIOR II M - 30	59	M 154	00:00:04	01:13:19	02:11:19	03:30:54	04:53:37.50	04:53:37.50	8:53	6.7
193	DUPLAGA DAWID	6462		BYSTRZYCA KŁODZKA	POL	SENIOR I M - 20	21	M 155	00:00:47	01:08:16	02:04:40	03:22:08	04:53:48.25	04:53:48.25	8:54	6.7
194	CHILIMONIK MARIUSZ	6240		WROCŁAW	POL	MASTERS M - 40	64	M 156	00:01:03	01:28:32	02:28:50	03:41:03	04:54:52.85	04:54:52.85	8:56	6.7
195	PAPAJ JAKUB	6340		BIELSKO-BIAŁA	POL	SENIOR II M - 30	60	M 157	00:00:09	01:10:50	02:09:25	03:31:54	04:55:06.00	04:55:06.00	8:56	6.7
196	OLEJNIK WOJCIECH	6322	TRIGYM SZCZECIN	STRZELCE KRAJENSKIE	POL	SENIOR I M - 20	22	M 158	00:01:04	01:19:03	02:13:49	03:27:53	04:55:14.15	04:55:14.15	8:56	6.7
197	ZDAŃSKI PAWEŁ	6180		KATOWICE	POL	SENIOR II M - 30	61	M 159	00:00:22	01:17:49		03:35:50	04:55:23.90	04:55:23.90	8:57	6.7
198	REPCZYŃSKI MATEUSZ REPCZYŃSKI	6015		WARSAWA	POL	SENIOR I M - 20	23	M 160	00:00:01	01:13:51	02:13:26	03:29:35	04:56:09.55	04:56:09.55	8:58	6.7
199	SYNOWIEC KATARZYNA	6447		BYSTRZYCA KŁODZKA	POL	SENIOR I K - 20	7	K 39	00:00:47	01:29:55	02:29:47	03:42:38	04:56:37.15	04:56:37.15	8:59	6.7
200	LISEK JANUSZ	6066	TEAM BEROTU	NOWY TOMYŚL	POL	MASTERS M - 40	65	M 161	00:00:25	01:13:04	02:09:08	03:27:55	04:56:45.50	04:56:45.50	8:59	6.7
201	MATUSZCZYK PAWEŁ	6479		GRZYFICE	POL	MASTERS M - 40	66	M 162	00:00:24	01:16:06	02:16:21	03:39:10	04:57:00.60	04:57:00.60	9:00	6.7
202	KAWA HUBERT	6208	NKB CHYŻY NOWY TOMYŚL	NOWY TOMYŚL	POL	SENIOR II M - 30	62	M 163	00:00:02	01:17:15	02:17:36	03:33:12	04:57:06.10	04:57:06.10	9:00	6.7
203	ZAWADZIŃSKI MACIEJ	6209	NKB CHYŻY NOWY TOMYŚL	NOWY TOMYŚL	POL	MASTERS M - 40	67	M 164	00:00:02	01:15:55		03:33:10	04:57:06.25	04:57:06.25	9:00	6.7
204	KONSEK JACEK	6048		RYBNIK	POL	SENIOR II M - 30	63	M 165	00:00:04	01:18:12		03:37:53	04:57:30.15	04:57:30.15	9:00	6.7
205	GRACZYK MATEUSZ	6424		WARSAWA	POL	SENIOR I M - 20	24	M 166	00:01:16	01:24:28	02:23:29	03:38:29	04:58:22.55	04:58:22.55	9:02	6.6
206	URBAŃCZYK MATEUSZ	6337	KW SAKWA	RYBNIK	POL	SENIOR I M - 20	25	M 167	00:01:12	01:27:22	02:26:08	03:40:03	04:58:28.05	04:58:28.05	9:02	6.6
207	DENYSENKO LECH	6027	BBB TEAM KATOWICE	KATOWICE	POL	WETERAN II M - 60	1	M 168	00:00:32	01:23:50	02:22:34	03:35:31	04:58:43.15	04:58:43.15	9:03	6.6
208	MIKRUT PAWEŁ	6538		WROCŁAW	POL	MASTERS M - 40	68	M 169	00:00:42	01:24:36	02:25:36	03:41:19	04:58:45.65	04:58:45.65	9:03	6.6
209	WALKOWIAK DOMINIKA	6381	#BIEGAJLESZNO	LESZNO	POL	SENIOR II K - 30	19	K 40	00:00:56	01:26:55		03:39:22	04:58:56.75	04:58:56.75	9:03	6.6
210	MOKRZYŃSKI MARCIN	6421	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	ŁÓDRZYCHOWICE KŁODZKIE	POL	MASTERS M - 40	69	M 170	00:00:50	01:20:04	02:26:03	03:44:59	04:59:00.25	04:59:00.25	9:03	6.6
211	HATALSKI WOJCIECH	6470	EKIPA JTM	WROCŁAW	POL	SENIOR II M - 30	64	M 171	00:00:24	01:18:55		03:42:40	04:59:00.45	04:59:00.45	9:03	6.6
212	OLEŃCZUK TOMASZ	6030	TT SZCZECIN	SZCZECIN	POL	MASTERS M - 40	70	M 172	00:00:45	01:30:29		03:43:56	04:59:06.45	04:59:06.45	9:03	6.6
213	KOWALCZYK MARCIN	6293		OSOLA	POL	SENIOR II M - 30	65	M 173	00:01:00	01:26:23	02:23:00	03:41:32	04:59:46.05	04:59:46.05	9:05	6.6
214	DROŻYŃSKA IWONA	6094	LUCEK PAZUR TEAM	NYSA	POL	SENIOR II K - 30	20	K 41	00:00:44	01:25:18		03:47:21	04:59:50.30	04:59:50.30	9:05	6.6
215	ŁATWIŃSKI MATEUSZ	6161	MOCNA GRUPA CEZARA	PIETRZYKOWICE	POL	SENIOR I M - 20	26	M 174	00:00:20	01:18:02	02:22:00	03:40:18	04:59:50.80	04:59:50.80	9:05	6.6
216	JOPA MACIEJ	6226		KRAKÓW	POL	SENIOR II M - 30	66	M 175	00:00:26	01:16:17	02:15:53	03:36:37	04:59:50.90	04:59:50.90	9:05	6.6
217	KOROSTYŃSKI DAMIAN	6392		KRAKÓW	POL	MASTERS M - 40	71	M 176	00:00:51	01:18:23	02:17:10	03:30:21	05:00:23.75	05:00:23.75	9:06	6.6
218	CHMIELOWIEC NORBERT	6514		LEGNICA	POL	SENIOR II M - 30	67	M 177	00:00:26	01:18:26	02:23:13	03:43:00	05:00:53.95	05:00:53.95	9:07	6.6
219	MIEDZIŃSKI MICHAŁ	6314	JKS SALAMANDRA	JAWOR	POL	SENIOR II M - 30	68	M 178	00:00:26	01:16:15	02:25:07	03:41:08	05:01:12.95	05:01:12.95	9:07	6.6
220	LESZCZYŃSKI PAWEŁ	6541	LASY WAWERSKIE	WARSAWA	POL	WETERAN II M - 60	2	M 179	00:00:58	01:27:16	02:28:04	03:38:17	05:01:52.80	05:01:52.80	9:08	6.6
221	WANKIEWICZ KRZYSZTOF	6194		JELCZ-LASKOWICE	POL	MASTERS M - 40	72	M 180	00:00:40	01:21:56	02:22:48	03:42:42	05:01:54.20	05:01:54.20	9:08	6.6
222	GRZYB KRZYSZTOF	6195	KLUB BIEGACZA EURO	POZNAŃ	POL	MASTERS M - 40	73	M 181	00:01:15	01:31:42		03:45:56	05:01:56.35	05:01:56.35	9:08	6.6
223	RUSKIEWICZ WOJCIECH RUŚKIEWICZ	6047	DELOITTE ADVENTURE TEAM	SZCZECIN	POL	SENIOR II M - 30	69	M 182	00:00:35	01:13:31	02:12:39	03:45:26	05:02:39.35	05:02:39.35	9:10	6.5
224	WENTYKIER BEATA	6098	POMYŁKA TEAM	PIASECZNO	POL	MASTERS K - 40	14	K 42	00:00:09	01:14:49		03:40:06	05:03:13.40	05:03:13.40	9:11	6.5
225	SZYMAŃSKI MICHAŁ	6457	TENIS CENTRUM AS	KŁODZKO	POL	SENIOR I M - 20	27	M 183	00:01:07	01:28:26	02:32:14	03:49:15	05:03:30.40	05:03:30.40	9:11	6.5
226	SZAL MAŁGORZATA	6453	TENIS CENTRUM AS	POLANICA-ZDRÓJ	POL	SENIOR II K - 30	21	K 43	00:01:07	01:29:06		03:49:14	05:03:30.95	05:03:30.95	9:11	6.5
227	MARNYSZ MICHAŁ	6153		KOSTRZYŃ NAD ODRĄ	POL	SENIOR II M - 30	70	M 184	00:01:00	01:30:58	02:35:59	03:58:07	05:04:17.40	05:04:17.40	9:13	6.5
228	JAGŁA EVELINA	6141		DĘBNO	POL	SENIOR II K - 30	22	K 44	00:01:01	01:29:40		03:48:04	05:04:23.50	05:04:23.50	9:13	6.5
229	KRÓLICKI KONRAD	6450	STG WARSAWA	WARSAWA	POL	MASTERS M - 40	74	M 185	00:00:14	01:17:44	02:22:12	03:39:13	05:04:29.35	05:04:29.35	9:13	6.5
230	KORALEWSKA EDYTA	6058		PRUDNIK	POL	MASTERS K - 40	15	K 45	00:01:11	01:27:40		03:46:48	05:04:31.50	05:04:31.50	9:13	6.5
231	GRAU JOANNA	6540	KWIDZYN BIEGA	KWIDZYN	POL	MASTERS K - 40	16	K 46	00:00:42	01:27:54	02:31:19	03:47:41	05:04:40.25	05:04:40.25	9:13	6.5
232	STEBEL PIOTR	6249	PRZEWODNIK	SKOCZÓW	POL	WETERAN I M - 50	13	M 186	00:00:27	01:21:41	02:24:56	03:44:00	05:05:28.80	05:05:28.80	9:15	6.5
233	DĄBROWSKI MICHAŁ	6428		OSTRÓW MAZOWIECKA	POL	SENIOR II M - 30	71	M 187	00:00:15	01:19:07	02:23:56	03:42:29	05:05:29.15	05:05:29.15	9:15	6.5
234	PAWLUK ANNA	6205	WAWRZYŃTEAM	ŻŁOBIŃNA	POL	SENIOR II K - 30	23	K 47	00:00:29	01:24:15		03:48:04	05:05:39.70	05:05:39.70	9:15	6.5
235	PODBOROŻNY KAROL	6251		POZNAŃ	POL	SENIOR II M - 30	72	M 188	00:01:12	01:22:21	02:21:36	03:41:32	05:05:44.70	05:05:44.70	9:15	6.5
236	MICHAŁSKI GRZEGORZ	6350	CAFFEDELMONDO	WROCŁAW	POL	MASTERS M - 40	75	M 189	00:01:17	01:23:27	02:23:41	03:41:13	05:05:53.65	05:05:53.65	9:16	6.5
237	MAŃKOWSKI TOMASZ	6230	HOMAG RUN TEAM	WITASZYCE	POL	SENIOR II M - 30	73	M 190	00:01:12	01:24:23	02:24:26	03:45:09	05:05:55.00	05:05:55.00	9:16	6.5
238	STEFANOWSKI MARCIN	6436	*****	ŻARÓW	POL	WETERAN I M - 50	14	M 191	00:00:32	01:19:05	02:23:10	03:41:09	05:07:34.75	05:07:34.75	9:19	6.4
239	KMIECIK JAKUB	6290	TARNOWO PODGÓRNE BIEGA	KĄMZIERZ	POL	MASTERS M - 40	76	M 192	00:00:18	01:15:52	02:16:18	03:33:04	05:08:14.65	05:08:14.65	9:20	6.4
240	NOWAK IRENEUSZ	6169		BYSTRZYCA KŁODZKA	POL	WETERAN I M - 50	15	M 193	00:00:56	01:22:01	02:24:18	03:40:54	05:08:15.90	05:08:15.90	9:20	6.4
241	BARAN BOGDAN	6397	PRO-RUN WROCŁAW	WROCŁAW	POL	WETERAN II M - 60	3	M 194	00:00:39	01:27:00	02:27:33	03:42:30	05:08:16.95	05:08:16.95	9:20	6.4

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.01km	9km	14km	24km	Netto	Brutto	min/km	km/h
242	ZYLIŃSKA AGNIESZKA	6526	555	DĄBRÓWKA	POL	SENIOR II K - 30	24	K 48	00:00:54	01:28:51	02:29:53	03:51:06	05:08:43.90	05:08:43.90	9:21	6.4
243	STRYCZNIKOWICZ KRZYSZTOF STRYCZNIKOWICZ	6525	555	WROCŁAW	POL	MASTERS M - 40	77	M 195	00:00:54	01:28:54	02:29:20	03:51:05	05:08:44.45	05:08:44.45	9:21	6.4
244	SOBAŃSKI ROMAN	6327	TARNOWO PODGÓRNE BIEGA	TARNOWO PODGÓRNE	POL	MASTERS M - 40	78	M 196	00:00:18	01:23:43		03:43:00	05:09:15.15	05:09:15.15	9:22	6.4
245	ZAJKOWSKA EWA	6131	VEGE RUNNERS	ZGORZAŁA	POL	SENIOR II K - 30	25	K 49	00:01:14	01:29:26	02:32:23	03:48:48	05:09:45.00	05:09:45.00	9:23	6.4
246	NESTEREWICZ RYSZARD	6518	LKS ISKRA JASZKOWA	KŁODZKO	POL	WETERAN II M - 60	4	M 197	00:00:38	01:17:57	02:19:40	03:40:51	05:10:08.85	05:10:08.85	9:23	6.4
247	JANKOWSKI ŁUKASZ	6043	STAN UMYSŁU LEWIN BIEGA	OLSZANKA	POL	SENIOR II M - 30	74	M 198	00:00:47	01:27:25		03:52:02	05:10:41.25	05:10:41.25	9:24	6.4
248	ZIEWIEC MARCIN	6111		RADWANICE	POL	SENIOR II M - 30	75	M 199	00:00:45	01:21:53	02:24:03	03:50:17	05:10:43.70	05:10:43.70	9:24	6.4
249	FRANKOWSKA KATARZYNA	6527	PRO366	POZNAŃ	POL	MASTERS K - 40	17	K 50	00:01:11	01:31:51	02:36:59	03:55:35	05:11:03.05	05:11:03.05	9:25	6.4
250	STASZEWSKI PIOTR	6528		POTASZE	POL	WETERAN I M - 50	16	M 200	00:01:11	01:31:52	02:37:01	03:55:34	05:11:03.25	05:11:03.25	9:25	6.4
251	GRĘDA ELŻBIETA	6089		OTAZIMEK	POL	MASTERS K - 40	18	K 51	00:00:41	01:26:27	02:21:29	03:48:57	05:11:15.15	05:11:15.15	9:25	6.4
252	BRASEL MARCIN	6181	TRIGYM SZCZECIN	SZCZECIN	POL	WETERAN I M - 50	17	M 201	00:01:04	01:20:07	02:17:51	03:40:44	05:12:10.05	05:12:10.05	9:27	6.3
253	BESTRZYŃSKA JOANNA	6496	CZŁAPAK ROBAKOWO	ROBAKOWO	POL	WETERAN K - 50	2	K 52	00:00:33	01:27:19	02:28:46	03:50:42	05:12:18.75	05:12:18.75	9:27	6.3
254	SUSZCZYŃSKI KRZYSZTOF	6096	RUNNERS TEAM NYSA/ LUCEK PAZUR TEAM	NYSA	POL	MASTERS M - 40	79	M 202	00:00:44	01:24:40	02:28:18	03:48:51	05:12:25.90	05:12:25.90	9:28	6.3
255	IWACHÓW SŁAWOMIR	6544	MXTECH KWIDZYN	KWIDZYN	POL	MASTERS M - 40	80	M 203	00:00:42	01:30:10	02:36:03	03:56:00	05:12:35.95	05:12:35.95	9:28	6.3
256	SZCZOTKA KATARZYNA	6092		POZNAŃ	POL	SENIOR I K - 20	8	K 53	00:00:17	01:26:50	02:31:34	03:52:39	05:12:53.65	05:12:53.65	9:28	6.3
257	LEWICKI TOMASZ	6159	CAŁA OLEŚNICA BIEGA	DOBROSZYCE	POL	MASTERS M - 40	81	M 204	00:00:36	01:27:20	02:28:39	03:50:02	05:12:55.75	05:12:55.75	9:28	6.3
258	WOJTKOWSKI IRENEUSZ	6399	ASSECO ACTIVE TEAM	WARSZAWA	POL	WETERAN II M - 60	5	M 205	00:00:37	01:23:19	02:27:58	03:44:54	05:13:07.80	05:13:07.80	9:29	6.3
259	BOIŃSKI BARTOSZ	6346	EUROCASH	POZNAŃ	POL	SENIOR II M - 30	76	M 206	00:01:15	01:28:44	02:27:00	03:55:37	05:13:07.85	05:13:07.85	9:29	6.3
260	CIENIUCH PIOTR	6333		POZNAŃ	POL	MASTERS M - 40	82	M 207	00:01:03	01:33:05	02:33:13	03:51:18	05:13:36.30	05:13:36.30	9:30	6.3
261	KWIATKOWSKA DOMINIKA	6329	MOCNA GRUPA CEZARA	OPOLE	POL	SENIOR I K - 20	9	K 54	00:01:03	01:31:25	02:35:21	03:55:30	05:14:05.30	05:14:05.30	9:31	6.3
262	SZWACZKA SEBASTIAN	6419	BW BIEGOWY WARIAT	WARSZAWA	POL	MASTERS M - 40	83	M 208	00:00:43	01:29:57	02:37:09	03:56:20	05:14:38.45	05:14:38.45	9:32	6.3
263	PRUSZCZYŃSKI PIOTR	6126		WROCŁAW	POL	MASTERS M - 40	84	M 209	00:00:33	01:22:07	02:31:39	03:51:13	05:14:50.20	05:14:50.20	9:32	6.3
264	ŁĘKAWA SEBASTIAN	6023	140MINUT.PL	WROCŁAW	POL	MASTERS M - 40	85	M 210	00:00:36	01:23:40	02:32:10	03:50:46	05:15:05.20	05:15:05.20	9:32	6.3
265	ALEKSANDROWICZ MARLENA	6193		POZNAN	POL	MASTERS K - 40	19	K 55	00:01:09	01:34:51	02:37:26	03:59:53	05:15:39.00	05:15:39.00	9:33	6.3
266	LENART JAKUB	6163		WROCŁAW	POL	SENIOR II M - 30	77	M 211	00:00:38	01:23:56	02:27:19	03:47:15	05:15:42.25	05:15:42.25	9:34	6.3
267	GMAJ DANIEL	6250		GRÓJEC	POL	SENIOR II M - 30	78	M 212	00:00:28	01:24:26	02:28:22	03:49:35	05:16:08.30	05:16:08.30	9:34	6.3
268	SPYCHAŁA MACIEJ	6248	WRONIECKI KLUB BIEGACZA	WRONKI	POL	MASTERS M - 40	86	M 213	00:00:29	01:32:34	02:39:49	03:56:31	05:16:12.65	05:16:12.65	9:34	6.3
269	NOBILE RICCARDO	6449		KRAKOW	POL	SENIOR II M - 30	79	M 214	00:00:25	01:21:35		03:44:08	05:16:26.20	05:16:26.20	9:35	6.3
270	ROBAKOWSKA JOANNA	6190	NIGHT RUNNERS	OSTRÓW WIELKOPOLSKI	POL	SENIOR II K - 30	26	K 56	00:00:51	01:31:24	02:36:15	03:55:31	05:16:34.35	05:16:34.35	9:35	6.3
271	ZIELEŃ-PUSZCZECKA MARTA	6444		WROCŁAW	POL	SENIOR II K - 30	27	K 57	00:00:55	01:32:36	02:39:07	03:56:29	05:16:34.45	05:16:34.45	9:35	6.3
272	KĘPIŃSKI MICHAŁ	6320		BYSTRZYCA KŁODZKA	POL	SENIOR I M - 20	28	M 215	00:00:53	01:26:52	02:28:30	03:50:41	05:16:46.95	05:16:46.95	9:35	6.3
273	RÓLKA MARIOLA	6044	BP RUNNING TEAM GLIWICE	GLIWICE	POL	MASTERS K - 40	20	K 58	00:00:52	01:22:05		03:55:32	05:17:09.65	05:17:09.65	9:36	6.2
274	MIASTAŁSKI DAMIAN	6451		BYTOM	POL	SENIOR II M - 30	80	M 216	00:00:29	01:20:02	02:25:19	03:56:15	05:17:33.60	05:17:33.60	9:37	6.2
275	OCZKOWICZ BEATA	6304	MOCNA GRUPA CEZARA	SADKÓW	POL	SENIOR II K - 30	28	K 59	00:01:03	01:34:01	02:41:38	03:57:30	05:17:38.55	05:17:38.55	9:37	6.2
276	RABIEJ KAZIMIERZ	6107	ROZBIEGANI CHOJNÓW	CHOJNÓW	POL	WETERAN II M - 60	6	M 217	00:00:39	01:26:11	02:32:36	03:52:51	05:17:51.05	05:17:51.05	9:37	6.2
277	BARANOWSKI SZYMON	6091		NOWY TOMYŚL	POL	SENIOR II M - 30	81	M 218	00:00:17	01:25:41	02:28:07	03:52:38	05:18:05.10	05:18:05.10	9:38	6.2
278	MUČA MĀRIS	6311	LBNB	FANA	NOR	WETERAN I M - 50	18	M 219	00:01:21	01:23:26	02:24:41	03:45:59	05:18:13.65	05:18:13.65	9:38	6.2
279	RZESZOWSKI TOMASZ	6323	MIRAZ RACE TEAM	ZABRZE	POL	MASTERS M - 40	87	M 220	00:00:02	01:19:49	02:24:14	03:48:06	05:18:24.85	05:18:24.85	9:38	6.2
280	PISKORZ JAROSŁAW	6472		POZNAŃ	POL	SENIOR II M - 30	82	M 221	00:00:58	01:34:46	02:40:49	04:00:00	05:18:33.55	05:18:33.55	9:39	6.2
281	KĘDZIORA ALICJA	6481		BOGDANIEC	POL	SENIOR II K - 30	29	K 60	00:00:17	01:31:28		03:57:15	05:18:37.85	05:18:37.85	9:39	6.2
282	HORODYSKI MAREK	6156		BOLESŁAWIEC	POL	SENIOR II M - 30	83	M 222	00:00:45	01:23:42	02:29:24	03:53:48	05:18:38.15	05:18:38.15	9:39	6.2
283	MICHAŁSKI TOMASZ	6120		BOLESŁAWIEC	POL	MASTERS M - 40	88	M 223	00:00:46	01:28:11	02:29:59	03:53:47	05:18:38.25	05:18:38.25	9:39	6.2
284	KACZMARCZYK BOGDAN	6267	KB GEPARD MUROWANA GOŚLINA	MUROWANA GOŚLINA	POL	MASTERS M - 40	89	M 224	00:00:37	01:27:16		03:47:36	05:18:46.85	05:18:46.85	9:39	6.2
285	WALCZAK TOMASZ	6303	PCH_RUN	CHODZIEŻ	POL	MASTERS M - 40	90	M 225	00:00:03	01:22:13	02:23:35	03:54:28	05:18:47.30	05:18:47.30	9:39	6.2
286	WALCZAK MAŁGORZATA	6302	PCH_RUN	CHODZIEŻ	POL	MASTERS K - 40	21	K 61	00:00:05	01:22:13		03:54:27	05:18:47.30	05:18:47.30	9:39	6.2
287	TOWPIK PIOTR	6079		KŁODZKO	POL	SENIOR II M - 30	84	M 226	00:00:49	01:23:02	02:27:42	03:53:09	05:18:49.55	05:18:49.55	9:39	6.2
288	SZELĄGIEWICZ PIOTR	6355		WROCŁAW	POL	MASTERS M - 40	91	M 227	00:00:30	01:24:14	02:25:54	03:50:10	05:18:55.00	05:18:55.00	9:39	6.2
289	STĘPIEŃ ŁUKASZ	6328	JKS SALAMANDRA	JAWOR	POL	MASTERS M - 40	92	M 228	00:00:26	01:16:12	02:25:50	03:58:57	05:19:06.55	05:19:06.55	9:40	6.2
290	MATKOWSKA MARTYNA	6441		POLCZYN-ZDROJ	POL	SENIOR II K - 30	30	K 62	00:01:14	01:29:26	02:32:19	03:48:49	05:19:21.20	05:19:21.20	9:40	6.2
291	KĘDZIORA KAROLINA	6533		POZNAŃ	POL	SENIOR I K - 20	10	K 63	00:00:18	01:31:28	02:40:09	03:57:16	05:19:57.60	05:19:57.60	9:41	6.2
292	LERCH KRZYSZTOF	6387		OBROWO	POL	MASTERS M - 40	93	M 229	00:00:12	01:19:16	02:22:20	03:49:03	05:20:04.75	05:20:04.75	9:41	6.2

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.01km	9km	14km	24km	Netto	Brutto	min/km	km/h
293	LEWANDOWSKI LESZEK	6354	POWSTAŃCY Z KANAPY	BRZEZINA	POL	MASTERS M - 40	94	M 230	00:00:25	01:31:13	02:37:58	03:55:45	05:20:10.15	05:20:10.15	9:42	6.2
294	STAROŃSKA MAGDALENA	6331		WARSZAWA	POL	MASTERS K - 40	22	K 64	00:01:11	01:34:15	02:40:36	03:58:16	05:20:33.40	05:20:33.40	9:42	6.2
295	KOZŁOWSKA ANNA	6168		DĄBROWA GÓRNICZA	POL	MASTERS K - 40	23	K 65	00:00:32	01:27:56		03:58:35	05:21:24.15	05:21:24.15	9:44	6.2
296	WÓJCIK JUSTYNA	6219	W POGONI ZA DUCHEM	DOBROWA GÓRNICZA	POL	MASTERS K - 40	24	K 66	00:00:32	01:27:56	02:38:02	03:58:37	05:21:24.45	05:21:24.45	9:44	6.2
297	MROZIŃSKI MARCIN	6407	SPORT GENERATION TEAM	BIENIEWICE	POL	MASTERS M - 40	95	M 231	00:00:20	01:26:38		03:53:30	05:21:33.45	05:21:33.45	9:44	6.2
298	KASPRZYK MARCIN	6201		POZNAŃ	POL	SENIOR I M - 20	29	M 232	00:00:53	01:35:50	02:38:20	03:56:41	05:21:39.10	05:21:39.10	9:44	6.2
299	WOJSA ZDZIŚŁAWA	6542	W POGONI ZA DUCHEM	DĄBROWA GÓRNICZA	POL	MASTERS K - 40	25	K 67	00:00:15	01:25:08	02:31:22	03:52:41	05:22:27.10	05:22:27.10	9:46	6.1
300	ŁUNKIEWICZ JAGNA	6192	EURO FILM FOLIE OKIENNE	POZNAŃ	POL	MASTERS K - 40	26	K 68	00:01:09	01:34:50	02:37:45	03:58:32	05:22:55.65	05:22:55.65	9:47	6.1
301	GROCHAŁA WOJCIECH	6167	ZG	GRĘBOCICE	POL	MASTERS M - 40	96	M 233	00:02:20	01:33:04		03:57:32	05:24:02.85	05:24:02.85	9:49	6.1
302	MATUSZAK KRZYSZTOF	6088	POLKOWICE-SIEROSZOWICE TRIGYM	SZCZECIN	POL	MASTERS M - 40	97	M 234	00:01:05	01:26:36	02:31:58	03:54:53	05:24:07.05	05:24:07.05	9:49	6.1
303	JODŁOWSKA EWA	6034	BBL KROSNO ODRZAŃSKIE	KROSNO ODRZ	POL	MASTERS K - 40	27	K 69	00:00:43	01:28:03		03:53:29	05:24:08.60	05:24:08.60	9:49	6.1
304	ŚNIEGOCKI PAWEŁ	6231	4T/TARNOWO PODGÓRNE BIEGA	TARNOWO PODGORNE	POL	MASTERS M - 40	98	M 235	00:00:17	01:18:25	02:24:32	03:50:59	05:24:31.65	05:24:31.65	9:50	6.1
305	BUŁAŃCZYŃSKI FILIP	6543		STRONIE ŚLĄSKIE	POL	MASTERS M - 40	99	M 236	00:00:31	01:27:10		03:58:03	05:24:42.25	05:24:42.25	9:50	6.1
306	JASKÓŁKA RAFAŁ	6174	VENUS - BRUK	DOBRA	POL	MASTERS M - 40	100	M 237	00:00:29	01:30:29	02:33:01	03:54:30	05:25:27.85	05:25:27.85	9:51	6.1
307	JASKÓŁKA HUBERT	6175	VENUS - BRUK	ŁOWKOWICE	POL	WETERAN II M - 60	7	M 238	00:00:29	01:30:27	02:33:05	03:54:30	05:25:29.75	05:25:29.75	9:51	6.1
308	NOWACZYŃSKI MACIEJ	6423		WARSZAWA	POL	SENIOR I M - 20	30	M 239	00:01:16	01:35:30	02:44:07	04:02:30	05:25:32.95	05:25:32.95	9:51	6.1
309	KRAJCER JOLANTA	6367	JOLANTA KRAJCER	GOLEŃÓW	POL	MASTERS K - 40	28	K 70	00:00:12	01:27:44	02:37:51	04:02:08	05:25:58.95	05:25:58.95	9:52	6.1
310	KOSTYK GRZEGORZ	6115		CHOJŃÓW	POL	MASTERS M - 40	101	M 240	00:00:25	01:28:31	02:34:11	03:58:47	05:26:44.50	05:26:44.50	9:54	6.1
311	ZIMON ADAM	6325	INTEGRUM BROKER	WROCŁAW	POL	MASTERS M - 40	102	M 241	00:00:46	01:29:20	02:34:08	03:57:03	05:27:51.45	05:27:51.45	9:56	6
312	MAKOWCZYŃSKA AGATA	6493	OBORYGENI	WILCZYŃ	POL	SENIOR II K - 30	31	K 71	00:01:14	01:33:54	02:41:32	04:01:33	05:28:16.05	05:28:16.05	9:56	6
313	KOCZOROWSKI JAKUB	6492		LIGOTA PIĘKNA	POL	SENIOR II M - 30	85	M 242	00:01:14	01:33:55	02:41:22	04:01:33	05:28:19.25	05:28:19.25	9:56	6
314	DRYGAJŁO TOMASZ	6151		BARAŃÓWKA	POL	SENIOR II M - 30	86	M 243	00:01:00	01:30:59		03:58:09	05:29:27.85	05:29:27.85	9:59	6
315	MATUŁA PRZEMYSŁAW	6375	UMCS BIEGA	LUBLIN	POL	WETERAN I M - 50	19	M 244	00:00:43	01:26:17	02:31:43	03:53:00	05:29:53.10	05:29:53.10	9:59	6
316	STACHOWIAK DANUTA	6274	ROKIETNICA BIEGA	ROKIETNICA	POL	MASTERS K - 40	29	K 72	00:00:45	01:36:33	02:44:36	04:06:20	05:30:33.25	05:30:33.25	10:01	6
317	WILCZEK MAŁGORZATA	6233	RAJSPORT ACTIVE	PABIANICE	POL	SENIOR II K - 30	32	K 73	00:00:57	01:36:19	02:44:10	04:04:47	05:30:34.05	05:30:34.05	10:01	6
318	LEWARTOWSKA AGNIESZKA	6508	KTU KUNY	POZNAŃ	POL	MASTERS K - 40	30	K 74	00:00:59	01:29:53	02:39:45	04:04:59	05:30:45.85	05:30:45.85	10:01	6
319	SKIBA ANNA	6473	KB HARCOWNIK	MIŁOZYCE	POL	MASTERS K - 40	31	K 75	00:00:39	01:35:55	02:44:31	04:03:45	05:30:50.75	05:30:50.75	10:01	6
320	MISZCZAK KATARZYNA	6138	MIRAZ RACE TEAM	RUDA ŚLĄSKA	POL	MASTERS K - 40	32	K 76	00:00:03	01:27:09	02:37:17	04:06:58	05:31:03.60	05:31:03.60	10:01	6
321	SNOCHOWSKI LESZEK	6263	LESZEK TEAM	LGOTA WIELKA	POL	WETERAN II M - 60	8	M 245	00:00:33	01:24:12	02:32:51	03:56:55	05:31:13.00	05:31:13.00	10:02	6
322	SZYSZKA AGNIESZKA	6179		OSTRÓW WIELKOPOLSKI	POL	MASTERS K - 40	33	K 77	00:00:24	01:31:11	02:39:05	04:04:15	05:31:37.60	05:31:37.60	10:02	6
323	BEDNARZ PATRYK	6502	GRZDYLNIA B1 TEAM	WARSZAWA	POL	SENIOR II M - 30	87	M 246	00:00:21	01:21:34		04:03:29	05:31:53.20	05:31:53.20	10:03	6
324	ŚWIĘCHOWICZ MICHAŁ	6503		BYDGOSZCZ	POL	SENIOR II M - 30	88	M 247	00:00:21	01:21:37		04:03:30	05:31:53.85	05:31:53.85	10:03	6
325	ANUSZ ROKSANA	6430		IMBRAMOWICE	POL	SENIOR II K - 30	33	K 78	00:00:30	01:31:01		04:01:46	05:31:57.20	05:31:57.20	10:03	6
326	BIŃCZARSKA MONIKA	6039		WŁOCLAWEK	POL	MASTERS K - 40	34	K 79	00:00:23	01:28:17	02:38:14	04:05:05	05:33:29.10	05:33:29.10	10:06	5.9
327	BOMBA TOMASZ	6242	PRO-RUN WROCŁAW	WROCŁAW	POL	MASTERS M - 40	103	M 248	00:00:35	01:26:29	02:40:16	04:04:50	05:33:29.65	05:33:29.65	10:06	5.9
328	RATAJCZAK KAROLINA	6097		ZIELONA GÓRA	POL	SENIOR I K - 20	11	K 80	00:00:33	01:36:11	02:44:49	04:09:49	05:33:59.30	05:33:59.30	10:07	5.9
329	KIELBASIEWICZ DAWID	6031	MOYA RACING TEAM	ZIELONA GÓRA	POL	SENIOR I M - 20	31	M 249	00:00:06	01:21:19	02:45:35	04:09:50	05:33:59.60	05:33:59.60	10:07	5.9
330	SERBA MICHAŁ	6037	KB SZAMOTUŁY	SZAMOTUŁY	POL	SENIOR II M - 30	89	M 250	00:00:58	01:24:32	02:36:07	04:06:53	05:34:17.50	05:34:17.50	10:07	5.9
331	SZMATLOCH BARTŁOMIEJ	6345	RETROBAJTEL	KATOWICE	POL	SENIOR II M - 30	90	M 251	00:00:29	01:36:47	02:47:10	04:10:59	05:35:04.60	05:35:04.60	10:09	5.9
332	SZMATLOCH MACIEK	6343	RETROBAJTEL	KATOWICE	POL	MASTERS M - 40	104	M 252	00:00:29	01:36:48	02:47:35	04:11:03	05:35:08.00	05:35:08.00	10:09	5.9
333	PIOTROWSKI MARIUSZ	6344	PIEROŃSKIE HANYSY	CHORZÓW	POL	MASTERS M - 40	105	M 253	00:00:28	01:36:26	02:47:00	04:10:56	05:35:10.75	05:35:10.75	10:09	5.9
334	JAKUBOWSKA KAMILA	6262	KB GEPARD MUROWANA GOŚLINA	RAKOWNIA	POL	SENIOR II K - 30	34	K 81	00:00:30	01:27:28	02:38:45	04:01:46	05:35:23.85	05:35:23.85	10:09	5.9
335	KMIECIKOWSKI JAKUB	6200		GNIEZNO	POL	SENIOR I M - 20	32	M 254	00:00:53	01:35:52	02:41:06	04:06:11	05:35:24.65	05:35:24.65	10:09	5.9
336	PATELSKA KATARZYNA	6422		ŁOSINIEC	POL	SENIOR II K - 30	35	K 82	00:00:30	01:27:28	02:38:55	04:01:51	05:35:31.95	05:35:31.95	10:10	5.9
337	BASEK DAMIAN	6136	ALSTOM KATOWICE	SIEMIANOWICE ŚLĄSKIE	POL	SENIOR II M - 30	91	M 255	00:00:11	01:29:51	02:43:40	04:20:31	05:36:23.65	05:36:23.65	10:11	5.9
338	KOŃ ALEKSANDRA	6104	EKIPA LIPA	LIPA	POL	MASTERS K - 40	35	K 83	00:00:34	01:33:47	02:46:26	04:21:22	05:37:21.00	05:37:21.00	10:13	5.9
339	KUBICA PAWEŁ	6270	GÓRYLASY / MKS SIECHNICE	SIECHNICE	POL	SENIOR II M - 30	92	M 256	00:01:06	01:19:40		04:11:25	05:37:51.80	05:37:51.80	10:14	5.9
340	JĘDRZEJCZAK ARTUR	6257		KAMIONKI	POL	SENIOR II M - 30	93	M 257	00:00:33	01:31:38		04:13:58	05:38:31.45	05:38:31.45	10:15	5.8
341	GRĄDZKA MARIANNA	6171		ŁÓDŹ	POL	SENIOR I K - 20	12	K 84	00:00:57	01:29:25	02:40:27	04:15:02	05:38:54.50	05:38:54.50	10:16	5.8
342	HAMPEL PATRYK	6440	BODY POWER	LESZNO	POL	SENIOR II M - 30	94	M 258	00:00:11	01:26:46	02:35:41	04:08:38	05:38:56.70	05:38:56.70	10:16	5.8
343	KRZEMIEŃ BARTOSZ	6356		KATOWICE	POL	MASTERS M - 40	106	M 259	00:00:28	01:36:37	02:47:05	04:10:59	05:39:26.40	05:39:26.40	10:17	5.8

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.01km	9km	14km	24km	Netto	Brutto	min/km	km/h
344	GIDASZEWSKA JOLANTA	6146		LESZNO	POL	MASTERS K - 40	36	K 85	00:00:54	01:42:43	02:51:03	04:10:26	05:40:36.75	05:40:36.75	10:19	5.8
345	BARSZCZEWSKI SEBASTIAN	6359		BYDGOSZCZ	POL	MASTERS M - 40	107	M 260	00:01:08	01:32:35	02:41:02	04:10:40	05:43:12.85	05:43:12.85	10:24	5.8
346	KWIATKOWSKA BEATA	6306		CHOJNICE	POL	MASTERS K - 40	37	K 86	00:00:48	01:35:31	02:43:15	04:12:49	05:43:28.25	05:43:28.25	10:24	5.8
347	KALIŃSKI KRZYSZTOF	6127		GRODKÓW	POL	MASTERS M - 40	108	M 261	00:00:39	01:26:07	02:36:26	04:06:53	05:43:44.85	05:43:44.85	10:24	5.8
348	SKRZĄTEK ANNA	6358		PRZYŁĘKI	POL	MASTERS K - 40	38	K 87	00:00:03	01:31:21	02:40:58	04:10:41	05:43:55.35	05:43:55.35	10:25	5.8
349	ŁYSIAK KASIA	6282		DĄBRÓWKA	POL	SENIOR II K - 30	36	K 88	00:00:18	01:33:52	02:44:04	04:11:20	05:44:33.75	05:44:33.75	10:26	5.7
350	MARIUSZ MAZURKIEWICZ	6547		KĘDZIERZYN KOŹLE	POL	WETERAN I M - 50	20	M 262	00:00:54	01:27:35	02:32:44	04:10:17	05:46:37.40	05:46:37.40	10:30	5.7
351	NIERADKO ARKADIUSZ	6271		BYDGOSZCZ	POL	WETERAN I M - 50	21	M 263	00:01:05	01:38:19	02:48:43	04:19:26	05:46:45.80	05:46:45.80	10:30	5.7
352	RZYSZKIEWICZ TOMASZ	6398	PEŁDZĄCE LENIWCE	SOKOŁÓW PODLASKI	POL	MASTERS M - 40	109	M 264	00:00:42	01:38:36	02:50:15	04:29:29	05:47:42.55	05:47:42.55	10:32	5.7
353	JACZEWSKI ARKADIUSZ	6316		ZABRZE	POL	MASTERS M - 40	110	M 265	00:00:52	01:28:22	02:41:49	04:13:32	05:47:47.70	05:47:47.70	10:32	5.7
354	WENCEL JAROSŁAW	6279	EXPLORADOR	DOPIEWIEC	POL	MASTERS M - 40	111	M 266	00:00:35	01:29:23	02:31:15	04:09:51	05:48:30.10	05:48:30.10	10:33	5.7
355	ZASADA MICHAŁ	6395	NULL	DOMASŁAW	POL	MASTERS M - 40	112	M 267	00:00:36	01:42:02	02:55:25	04:16:58	05:48:38.20	05:48:38.20	10:33	5.7
356	GIERADA RYSZARD	6067		GLIWICE	POL	WETERAN I M - 50	22	M 268	00:00:09	01:26:59	02:33:22	04:08:50	05:48:38.75	05:48:38.75	10:33	5.7
357	OZIMINA HUBERT	6261	OBORYGENI	OBORNIKI ŚLĄSKIE	POL	MASTERS M - 40	113	M 269	00:01:13	01:34:17	02:44:44	04:09:14	05:49:05.90	05:49:05.90	10:34	5.7
358	BRONOWICKI JAROSŁAW	6040	DRUŻYNA SZPIKU, ŻÓŁW I ZAJĄC	LESZNO	POL	MASTERS M - 40	114	M 270	00:00:49	01:37:11	02:45:04	04:36:04	05:49:27.45	05:49:27.45	10:35	5.7
359	CEBULAK KATARZYNA	6259	GOGOKLUB	POZNAŃ	POL	SENIOR II K - 30	37	K 89	00:00:13	01:31:20	02:46:41	04:13:19	05:49:35.80	05:49:35.80	10:35	5.7
360	JASNOWSKI PAWEŁ	6258	GOGOKLUB	POZNAŃ	POL	SENIOR II M - 30	95	M 271	00:00:13	01:31:20		04:13:19	05:49:37.65	05:49:37.65	10:35	5.7
361	KISIAŁA FILIP	6114	TATA WOJTUSIA	KRAKÓW	POL	MASTERS M - 40	115	M 272	00:00:54	01:27:20	02:34:22	04:07:08	05:49:44.45	05:49:44.45	10:35	5.7
362	CIĄPAŁA JAKUB	6128	DZIKIE ŚWINIE	MOSINA	POL	SENIOR II M - 30	96	M 273	00:02:08	01:37:45	02:43:31	04:10:45	05:50:07.00	05:50:07.00	10:36	5.7
363	BRZOSTOWIECKA ANGELIKA	6232	MOCNA GRUPA CEZARA	WROCŁAW	POL	SENIOR I K - 20	13	K 90	00:01:01	01:42:51	02:54:35	04:20:04	05:50:10.80	05:50:10.80	10:36	5.7
364	CIEŚLA-NIECHWIADOWICZ ANETA	6456		WROCŁAW	POL	SENIOR II K - 30	38	K 91	00:01:00	01:42:48		04:20:04	05:50:10.95	05:50:10.95	10:36	5.7
365	PAMUŁA MARTA	6177		KATOWICE	POL	SENIOR I K - 20	14	K 92	00:00:51	01:27:15	02:31:00	04:10:40	05:50:28.40	05:50:28.40	10:37	5.6
366	CZERWIŃSKA ARLETA	6064		CZERWONAK	POL	WETERAN II K - 60	1	K 93	00:00:24	01:33:14	02:43:28	04:16:10	05:51:18.00	05:51:18.00	10:38	5.6
367	CZERWIŃSKI JAROSŁAW	6062		CZERWONAK	POL	WETERAN II M - 60	9	M 274	00:00:24	01:33:13	02:43:21	04:16:10	05:51:18.35	05:51:18.35	10:38	5.6
368	BIAŁEK KAMILA	6134		ŁÓDŹ	POL	MASTERS K - 40	39	K 94	00:00:22	01:33:39	02:43:35	04:20:25	05:52:33.25	05:52:33.25	10:41	5.6
369	BALCERZAK KRYSIA	6017	DRUGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ	ŁÓDŹ	POL	MASTERS K - 40	40	K 95	00:00:22	01:33:37	02:43:08	04:20:24	05:52:33.40	05:52:33.40	10:41	5.6
370	ŚMIECHOWSKA MALGORZATA	6300	ŚDS RECZ	RECZ	POL	MASTERS K - 40	41	K 96	00:00:24	01:36:30	02:47:50	04:13:47	05:52:35.10	05:52:35.10	10:41	5.6
371	DOBOSZ LESZEK	6520		POZNAŃ	POL	MASTERS M - 40	116	M 275	00:01:13	01:36:49	02:52:52	04:21:37	05:52:46.40	05:52:46.40	10:41	5.6
372	JADASZ ANNA	6297	GOGOLIN BIEGA	GOGOLIN	POL	SENIOR II K - 30	39	K 97	00:00:55	01:29:42	02:35:11	04:19:27	05:53:00.90	05:53:00.90	10:41	5.6
373	NIEWIADOMSKI MAREK	6082	CROSS KRĄPKOWICE	KRĄPKOWICE	POL	SENIOR II M - 30	97	M 276	00:00:56	01:29:43	02:35:14	04:19:28	05:53:01.50	05:53:01.50	10:41	5.6
374	KOS PAWEŁ	6482	EAZYMUT.PL	WARSZAWA	POL	WETERAN I M - 50	23	M 277	00:00:31	01:40:35	02:58:18	04:18:40	05:53:08.60	05:53:08.60	10:42	5.6
375	JAZUKIEWICZ EWA	6483	EAZYMUT.PL	WARSZAWA	POL	MASTERS K - 40	42	K 98	00:00:31	01:40:31	02:57:40	04:18:51	05:53:09.35	05:53:09.35	10:42	5.6
376	MIKLER MARCIN	6117		PRUDNIK	POL	MASTERS M - 40	117	M 278	00:00:22	01:36:35	02:46:36	04:18:28	05:53:12.70	05:53:12.70	10:42	5.6
377	ZIEMKOWSKA MONIKA	6435		ŻARÓW	POL	MASTERS K - 40	43	K 99	00:00:30	01:39:08	02:47:30	04:23:00	05:53:20.60	05:53:20.60	10:42	5.6
378	SŁODKIEWICZ PIOTR	6228	KNEIPTEAM	ŁÓDŹ	POL	SENIOR II M - 30	98	M 279	00:00:55	01:29:24	02:41:52	04:14:58	05:53:44.30	05:53:44.30	10:43	5.6
379	SŁODKIEWICZ DAGMARA	6229	KNEIPTEAM	ŁÓDŹ	POL	SENIOR II K - 30	40	K 100	00:00:55	01:29:24	02:41:55	04:15:04	05:53:44.35	05:53:44.35	10:43	5.6
380	NOWAK FILIP	6130	NIGHT RUNNERS	KALISZ	POL	MASTERS M - 40	118	M 280	00:00:55	01:35:53	02:47:57	04:21:45	05:53:57.75	05:53:57.75	10:43	5.6
381	PYREK IWONA	6010		WAŁCZ	POL	MASTERS K - 40	44	K 101	00:01:11	01:36:31	02:56:28	04:22:51	05:54:48.50	05:54:48.50	10:45	5.6
382	HAMROL MAŁGORZATA	6363	SPORTOWY KAŻMIERZ	KAŻMIERZ	POL	WETERAN K - 50	3	K 102	00:00:26	01:43:45		04:21:20	05:55:01.15	05:55:01.15	10:45	5.6
383	MIKOŁAJEWSKA ZOFIA	6019	ORT	WARSZAWA	POL	SENIOR II K - 30	41	K 103	00:00:10	01:30:43	02:55:44	04:22:24	05:55:32.10	05:55:32.10	10:46	5.6
384	IGRAS MIECZYŚLAW	6396	RUNNERS TEAM NYSA	NYSA	POL	WETERAN II M - 60	10	M 281	00:00:46	01:34:00	02:53:47	04:24:10	05:55:53.65	05:55:53.65	10:47	5.6
385	PRAGACZ ADAM	6123		WARSZAWA	POL	SENIOR I M - 20	33	M 282	00:01:15	01:35:31	02:48:25	04:20:41	05:56:19.60	05:56:19.60	10:47	5.6
386	ZAKRZEWSKA ANNA	6182		JÓZEFOSŁAW	POL	MASTERS K - 40	45	K 104	00:00:09	01:39:48	02:57:55	04:28:38	05:57:25.15	05:57:25.15	10:49	5.5
387	FOREMNIAK-SZADURA BEATA	6501		WROCŁAW	POL	WETERAN K - 50	4	K 105	00:01:07	01:36:14	02:48:20	04:23:40	05:57:37.75	05:57:37.75	10:50	5.5
388	KACZMAREK ŁUKASZ	6315		KATOWICE	POL	SENIOR I M - 20	34	M 283	00:00:52	01:27:17		04:19:39	05:57:50.70	05:57:50.70	10:50	5.5
389	WĄSIK KRZYSZTOF	6285		KATOWICE	POL	MASTERS M - 40	119	M 284	00:00:23	01:27:23		04:11:41	05:58:05.05	05:58:05.05	10:51	5.5
390	NOWAKOWSKI WIESŁAW	6165	BIEGAM BO LUBIĘ	PRZEMYSŁ	POL	WETERAN II M - 60	11	M 285	00:00:14	01:22:25		04:10:06	05:59:36.05	05:59:36.05	10:53	5.5
391	CHABŁO DANIEL	6198		ZAWIERCIE	POL	MASTERS M - 40	120	M 286	00:00:35	01:30:57	02:51:29	04:24:56	05:59:47.35	05:59:47.35	10:54	5.5
392	CHMIELEWSKI MARIUSZ	6234	#STAJNIAKTEAM	CHRÓŚCICE	POL	SENIOR II M - 30	99	M 287	00:00:37	01:27:30		04:20:08	06:00:30.10	06:00:30.10	10:55	5.5
393	JÓZEF MAREK	6269		KATOWICE	POL	MASTERS M - 40	121	M 288	00:00:19	01:26:57	02:53:11	04:28:17	06:00:47.15	06:00:47.15	10:55	5.5
394	PODSIADŁY MACIEJ	6166	KS STASZEWSZY	WARSZAWA	POL	SENIOR II M - 30	100	M 289	00:00:40	01:41:37	02:52:29	04:25:03	06:01:06.05	06:01:06.05	10:56	5.5
395	MODRAK MACIEJ	6020	PARKRUN GRUDZIĄDZ	GRUDZIĄDZ	POL	WETERAN I M - 50	24	M 290	00:01:09	01:40:49	02:57:50	04:25:36	06:01:58.60	06:01:58.60	10:58	5.5
396	BŁACHNIO KRZYSZTOF	6139	RAZ SZCZECIN	SZCZECIN	POL	WETERAN I M - 50	25	M 291	00:00:11	01:24:30	02:39:14	04:18:52	06:03:07.45	06:03:07.45	11:00	5.5
397	BARTKOWSKA ANNA	6160	ALSTOM KATOWICE	KATOWICE	POL	MASTERS K - 40	46	K 106	00:00:10	01:29:51	02:43:45	04:20:33	06:06:02.65	06:06:02.65	11:05	5.4
398	MRÓZ DARIUSZ	6408	MODLITWA BIEGANIA GRYFINO	GRYFINO	POL	MASTERS M - 40	122	M 292	00:00:28	01:31:24	02:44:00	04:17:53	06:06:26.70	06:06:26.70	11:06	5.4



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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.01km	9km	14km	24km	Netto	Brutto	min/km	km/h
399	NOWAK MONIKA	6511	KW POZNAŃ	POZNAŃ	POL	MASTERS K - 40	47	K 107	00:00:41	01:42:10	02:59:48	04:28:51	06:06:28.85	06:06:28.85	11:06	5.4
400	FISZ RADOSŁAW	6535		GDAŃSK	POL	MASTERS M - 40	123	M 293	00:01:05	01:29:36	02:45:23	04:27:48	06:06:41.70	06:06:41.70	11:06	5.4
401	CHOMA GRAŻYNA	6402	PĘDZĄCE LENIWCE	REPKI	POL	MASTERS K - 40	48	K 108	00:00:41	01:38:40	02:48:52	04:29:30	06:07:14.15	06:07:14.15	11:07	5.4
402	MAJERSKI MICHAŁ	6218		KRAKÓW	POL	MASTERS M - 40	124	M 294	00:00:55	01:45:39	02:59:27	04:35:39	06:07:48.00	06:07:48.00	11:08	5.4
403	MAGOCZY HELENA	6213		KRAKÓW	POL	MASTERS K - 40	49	K 109	00:00:54	01:45:38	02:59:16	04:35:38	06:07:48.00	06:07:48.00	11:08	5.4
404	FRĄCZEK MICHAŁ	6045	BRONOWICE TEZ BIEGAJĄ BTB	KRAKÓW	POL	MASTERS M - 40	125	M 295		01:34:54	02:57:09	04:33:03	06:08:14.00	06:08:14.00	11:09	5.4
405	ADAMCZAK JOANNA	6255	KB SZAMOTUŁY	ŚMIŁOWO	POL	SENIOR II K - 30	42	K 110	00:00:56	01:34:18		04:27:27	06:08:49.75	06:08:49.75	11:10	5.4
406	KŁACZKIEWICZ MAGDALENA	6029	KB SZAMOTUŁY	SZAMOTUŁY	POL	SENIOR I K - 20	15	K 111	00:00:57	01:37:27	02:51:26	04:27:27	06:08:50.10	06:08:50.10	11:10	5.4
407	KOSTRZYŃSKA EWA	6210	KB SZAMOTUŁY	SZAMOTUŁY	POL	MASTERS K - 40	50	K 112	00:00:57	01:37:28		04:27:28	06:08:50.20	06:08:50.20	11:10	5.4
408	REIJMERS AGNIESZKA	6376	LEIDEN ATLETIEK	OEGSTGEEST	NED	MASTERS K - 40	51	K 113	00:00:48	01:49:52	03:01:18	04:30:58	06:09:04.50	06:09:04.50	11:11	5.4
409	JANSON MARLEEN	6374	LEIDEN ATLETIEK	LEIDEN	NED	SENIOR II K - 30	43	K 114	00:00:49	01:49:53	03:01:42	04:31:00	06:09:04.80	06:09:04.80	11:11	5.4
410	ROGOŹNICKI PAWEŁ	6086	#ZALINIAMIETY	LUBIN	POL	MASTERS M - 40	126	M 296	00:00:34	01:30:23	02:40:45	04:24:36	06:10:00.85	06:10:00.85	11:12	5.4
411	ŁUŻNY AGNIESZKA	6070		TYCHY	POL	SENIOR II K - 30	44	K 115	00:00:17	01:38:22	03:00:25	04:30:28	06:11:39.80	06:11:39.80	11:15	5.3
412	NIKOLAJUK ROBERT	6191		OLSZTYN	POL	MASTERS M - 40	127	M 297	00:01:59	01:51:41	03:09:49	04:49:58	06:15:03.65	06:15:03.65	11:21	5.3
413	RUDNO-RUDZIŃSKI GRZEGORZ	6521		WROCŁAW	POL	MASTERS M - 40	128	M 298	00:00:20	01:16:48	02:19:28	03:49:18	06:15:24.95	06:15:24.95	11:22	5.3
414	TERPIŁOWSKI ARKADIUSZ	6046		WROCŁAW	POL	SENIOR I M - 20	35	M 299	00:00:20	01:17:54	02:22:30	03:49:18	06:15:25.05	06:15:25.05	11:22	5.3
415	KORNAŚ MARCIN	6032	GÓRYLASY	LASKÓWKA	POL	MASTERS M - 40	129	M 300	00:01:07	01:35:43	02:54:19	04:35:35	06:16:39.65	06:16:39.65	11:24	5.3
416	STASZKO ŁUKASZ	6537	HITACHI	ŁÓDŹ	POL	SENIOR II M - 30	101	M 301	00:00:49	01:30:00	02:39:36	04:32:06	06:17:33.45	06:17:33.45	11:26	5.2
417	FIKTUS PAWEŁ	6172		ŁÓDŹ	POL	MASTERS M - 40	130	M 302	00:00:49	01:30:00	02:39:29	04:32:05	06:17:33.65	06:17:33.65	11:26	5.2
418	DAJCZER JAKUB	6404		ŁÓDŹ	POL	SENIOR II M - 30	102	M 303	00:00:47	01:29:59	02:39:40	04:32:06	06:18:04.10	06:18:04.10	11:27	5.2
419	MARTYNIAK RAFAŁ	6144		KĘTY	POL	MASTERS M - 40	131	M 304	00:00:53	01:27:50	02:38:05	04:33:29	06:18:08.90	06:18:08.90	11:27	5.2
420	DUBOWIK ANNA	6532		GOSTYŃ	POL	MASTERS K - 40	52	K 116	00:00:38	01:45:53	03:02:40	04:41:51	06:18:18.70	06:18:18.70	11:27	5.2
421	ZELMANOWICZ - SZŁAPA EWA	6183	IZBICKO W BIEGU	IZBICKO	POL	MASTERS K - 40	53	K 117	00:01:13	01:49:08	03:05:11	04:46:16	06:22:25.10	06:22:25.10	11:35	5.2
422	BEKAS JEDRZEJ	6011	NIGHT RUNNERS	POZNAŃ	POL	MASTERS M - 40	132	M 305	00:01:03	01:45:06	03:06:02	04:41:50	06:25:38.90	06:25:38.90	11:41	5.1
423	BEKAS PAULINA	6005	NIGHT RUNNER	POZNAŃ	POL	SENIOR II K - 30	45	K 118	00:01:04	01:45:06	03:06:11	04:41:55	06:25:38.90	06:25:38.90	11:41	5.1
424	PRZESTRZEJSKA-HAAS MARTA	6052	BACKPACKING OKAPI TEAM	WROCŁAW	POL	MASTERS K - 40	54	K 119	00:01:06	01:45:22	03:06:27	04:35:28	06:27:57.65	06:27:57.65	11:45	5.1
425	TCHÓRZEWSKA-PIETRZYK ANNA	6283	MOCNA GRUPA CEZARA	KŁODZKO	POL	MASTERS K - 40	55	K 120	00:01:01	01:54:36	03:10:07	04:47:35	06:28:54.55	06:28:54.55	11:47	5.1
426	ŁATWIŃSKA MARZENA	6157	MOCNA GRUPA CEZARA	PIETRZYKOWICE	POL	WETERAN K - 50	5	K 121	00:01:01	01:54:36	03:10:24	04:47:36	06:28:54.80	06:28:54.80	11:47	5.1
427	KACPRZYCKI TOMASZ	6162		POZNAŃ	POL	SENIOR II M - 30	103	M 306	00:01:02	01:47:17	03:04:34	04:46:16	06:29:01.25	06:29:01.25	11:47	5.1
428	JACHYMSKA ZOFIA	6256		ŁÓDŹ	POL	SENIOR I K - 20	16	K 122	00:01:15	01:56:17	03:21:27	04:54:18	06:29:03.70	06:29:03.70	11:47	5.1
429	SZYMAŃSKI JAROSŁAW	6253	ION1 TEAM	ŁÓDŹ	POL	SENIOR II M - 30	104	M 307	00:00:20	01:43:48	03:08:09	04:54:32	06:31:30.15	06:31:30.15	11:51	5.1
430	BALNER SEBASTIAN	6069	-	JAWORZNO	POL	MASTERS M - 40	133	M 308	00:00:07	01:25:23	02:50:41	04:39:59	06:33:25.10	06:33:25.10	11:55	5
431	TARASZKIEWICZ KRZYSZTOF	6004		KWIELICE	POL	MASTERS M - 40	134	M 309	00:00:49	01:39:13	03:08:27	04:47:02	06:34:16.30	06:34:16.30	11:56	5
432	GRZESIAK RAFAŁ	6008	EMERYT	GLOGÓW	POL	MASTERS M - 40	135	M 310	00:00:49	01:39:14	03:08:25	04:47:03	06:34:16.70	06:34:16.70	11:56	5
433	KRUPIŃSKA PAULINA	6461		GOLENIÓW	POL	SENIOR II K - 30	46	K 123	00:00:39	01:40:56	03:11:08	04:51:05	06:37:06.10	06:37:06.10	12:02	5
434	GESS MAGDALENA	6077	ZABIEGANI GOLENIÓW	GOLENIÓW	POL	MASTERS K - 40	56	K 124	00:00:39	01:40:53	03:11:11	04:51:04	06:37:06.35	06:37:06.35	12:02	5
435	ŚCIUBA ANITA	6272	AMATORUNKA	PIŁA	POL	SENIOR II K - 30	47	K 125	00:01:11	01:52:20	03:12:41	04:54:06	06:42:41.25	06:42:41.25	12:12	4.9
436	WIZE-ZIELONKA KAROLINA	6014	LEŚNE KUNY	POZNAŃ	POL	MASTERS K - 40	57	K 126	00:00:58	01:50:51	03:11:17	04:54:17	06:43:13.10	06:43:13.10	12:13	4.9
437	KNOBLOCH EWA	6018	LEŚNE KUNY	WARSZAWA	POL	MASTERS K - 40	58	K 127	00:00:58	01:50:52	03:11:14	04:53:43	06:43:13.20	06:43:13.20	12:13	4.9
438	CEITEL LIDIA	6024		POZNAŃ	POL	MASTERS K - 40	59	K 128	00:01:00	01:50:53	03:11:20	04:53:54	06:43:13.25	06:43:13.25	12:13	4.9
439	GAWŁOWSKI ARKADIUSZ	6471	CZMOŃ NIGHT RUNNERS	CZMOŃ	POL	WETERAN I M - 50	26	M 311	00:00:19	01:41:05	03:11:39	04:54:27	06:43:13.85	06:43:13.85	12:13	4.9
440	GŁÓWKA BARBARA	6284		KARWIANY	POL	SENIOR II K - 30	48	K 129	00:01:09	01:40:55	03:30:13		06:45:02.10	06:45:02.10	12:16	4.9
441	GLUCHOWSKA EWELINA	6215		SŁĘZA	POL	SENIOR II K - 30	49	K 130	00:01:09	01:40:57	03:30:06		06:45:02.35	06:45:02.35	12:16	4.9
442	KLAJA AGNIESZKA	6264		POZNAŃ	POL	SENIOR II K - 30	50	K 131	00:01:07	02:01:29	03:22:35	04:59:27	06:45:04.90	06:45:04.90	12:16	4.9
443	GRZELA ILONA	6140	NIGHT RUNNERS	OSTRÓW WLKP	POL	MASTERS K - 40	60	K 132	00:00:23	01:44:38	03:15:10	04:54:20	06:47:14.10	06:47:14.10	12:20	4.9
444	BESTRZYŃSKI OLECH	6515	CZŁAPAK ROBAKOWO	GADKI	POL	WETERAN I M - 50	27	M 312	00:00:37	01:53:04	03:16:15	04:57:42	06:49:47.45	06:49:47.45	12:25	4.8
445	SCHMIDT JACEK	6007	HERNIK TEAM	POZNAŃ	POL	WETERAN I M - 50	28	M 313	00:00:13	01:41:58	03:04:52	04:59:10	06:51:28.55	06:51:28.55	12:28	4.8
446	BOROWIK AGATA	6061	CAŁA OLEŚNICA BIEGA	OLEŚNICA	POL	SENIOR II K - 30	51	K 133	00:00:36	01:48:41	03:15:45	04:54:20	06:51:53.35	06:51:53.35	12:28	4.8
447	MILAN GRZEGORZ	6216		OLSZTYN	POL	SENIOR II M - 30	105	M 314	00:01:33	01:51:40	03:10:02	04:50:03	06:53:53.15	06:53:53.15	12:32	4.8
448	FIKSA HALINA	6360		KĄŻMIERZ	POL	WETERAN K - 50	6	K 134	00:00:26	01:44:41	03:09:06	04:50:22	06:56:59.85	06:56:59.85	12:38	4.7
449	FIKSA RADOSŁAW	6361		KĄŻMIERZ	POL	MASTERS M - 40	136	M 315	00:00:27	01:44:42	03:08:58	04:50:22	06:57:00.30	06:57:00.30	12:38	4.7
450	CIUK BARTOSZ	6041	BP RUNNING TEAM GLIWICE	GLIWICE	POL	WETERAN I M - 50	29	M 316	00:01:03	02:05:29	03:43:52	05:04:40	06:57:02.85	06:57:02.85	12:38	4.7
451	MAZUR EWELINA	6460		GLIWICE	POL	MASTERS K - 40	61	K 135	00:01:01	02:05:30		05:07:48	06:57:05.90	06:57:05.90	12:38	4.7
452	ZAKRZEWSKA BEATA	6057		ZIELONA GÓRA	POL	SENIOR II K - 30	52	K 136	00:00:31	01:39:17	03:00:54	04:57:54	07:27:03.95	07:27:03.95	13:32	4.4
453	WALCZAK SŁAWOMIR	6212		GAŁĄZCZYCE	POL	WETERAN I M - 50	30	M 317	00:01:31	01:40:37	03:07:53	04:58:28	07:27:06.30	07:27:06.30	13:32	4.4
	BEDLA ANNA	6385		JAWORZNO	POL	MASTERS K - 40			00:00:16	01:36:32	02:58:56	04:58:04	DNF	DNF	-	-

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.01km	9km	14km	24km	Netto	Brutto	min/km	km/h
	KACZMARCZYK PRZEMYSŁAW	6095	140MINUT.PL	WROCŁAW	POL	SENIOR I M - 20			00:00:06 DNF	01:06:24 DNF	02:02:30 DNF	DNF	DNF	DNF	-	-
	ANTKOWIAK-BRONOWICKA AGNIESZKA	6033	DRUŻYNA SZPIKU, ŻÓŁW I ZAJĄC	LESZNO	POL	MASTERS K - 40			00:00:49 DNF	01:37:12 DNF	02:45:10 DNF	DNF	DNF	DNF	-	-
	PINIARSKA MAGDA	6429	:(	WROCŁAW	POL	SENIOR I K - 20			00:01:15 DNF	01:57:40 DNF	03:29:20 DNF	DNF	DNF	DNF	-	-
	SZCZEPANIAK SŁAWOMIR	6510	KS LENIWIEC	KĘPNO	POL	WETERAN I M - 50			00:00:39 DNF	02:11:56 DNF	03:55:38 DNF	DNF	DNF	DNF	-	-
	BIELA KONRAD	6106	GOPR KARKONOSZE	KOWARY	POL	SENIOR II M - 30			00:00:04 DNF	01:01:01 DNF	DNF	DNF	DNF	DNF	-	-
	PIECHOWIAK BARTOSZ	6531	PIECHOWIAK-KROLIKOWSKI. PL	WROCŁAW	POL	SENIOR I M - 20			00:00:17 DNF	01:02:52 DNF	DNF	DNF	DNF	DNF	-	-
	PRZYŁUSKA MIROŚLAWA	6068	RAZ SZCZECIN	SZCZECIN	POL	WETERAN II K - 60			00:00:12 DNF	02:24:29 DNF	DNF	DNF	DNF	DNF	-	-
	MOCZEK TOMASZ	6366	CROSS STRACEŃCÓW TEAM	GŁOGÓW	POL	MASTERS M - 40			00:00:03 DNF	DNF	DNF	DNF	DNF	DNF	-	-
	NARKUN EWA	6513		IŁOWA	POL	SENIOR II K - 30			00:00:37 DNF	DNF	DNF	DNF	DNF	DNF	-	-
	WRÓBLEWSKA ROKSANA	6080	WAWRZYTEAM	WAŁBRZYCH	POL	SENIOR I K - 20			00:00:46 DNF	DNF	DNF	DNF	DNF	DNF	-	-
	JAWORSKA AGNIESZKA	6389		WARSZAWA	POL	MASTERS K - 40			00:00:46 DNF	DNF	DNF	DNF	DNF	DNF	-	-
	KNOBLOCH TOMASZ	6022	THE PINDOLS	WARSZAWA	POL	MASTERS M - 40			00:00:58 DNF	DNF	DNF	DNF	DNF	DNF	-	-
	ZIELONKA MAREK	6021		POZNAŃ	POL	WETERAN I M - 50			00:00:59 DNF	DNF	DNF	DNF	DNF	DNF	-	-