

## BIEG TROJAK TRAIL - 10 KM

Organizator: Fundacja MARATONY GÓRSKIE

Data: 2022-07-17

Miejsce: Łądek-Zdrój

Dystans: 10 km

**Wyniki dla punktu pomiaru: 3.7 km**

Klasyfikacja wg czasów brutto.



## BIEG TROJAK TRAIL - 10 KM, OPEN

| M-ce | Nazwisko i imię       | Nr   | Klub                                    | M-scowość             | Kraj | Kat.             | 0.01km   | 3.7km    | 5.8km    |
|------|-----------------------|------|-----------------------------------------|-----------------------|------|------------------|----------|----------|----------|
| 1    | LAGNER SEBASTIAN      | 8444 | KB SOBÓTKA/ PRZEDWOJEWSKI_TEAM          | SOBÓTKA               | POL  | SENIOR II M - 30 | 00:00:01 | 00:20:19 | 00:30:12 |
| 2    | PACHUT JERZY          | 8459 | WOT                                     | SŁOPNICE              | POL  | SENIOR I M - 20  | 00:00:01 | 00:20:26 | 00:30:54 |
| 3    | TWOREK BARTŁOMIEJ     | 8557 | 10 ŚBOT                                 | OPATÓW                | POL  | SENIOR I M - 20  | 00:00:01 | 00:20:39 | 00:30:54 |
| 4    | MONZO DAVID           | 8088 |                                         | WROCŁAW               | POL  | SENIOR II M - 30 | 00:00:02 | 00:20:40 | 00:31:36 |
| 5    | CHRZANOWSKI PATRYK    | 8302 | PCH SPORT TEAM                          | OSTROSZOWICE          | POL  | SENIOR II M - 30 | 00:00:01 | 00:20:43 | 00:31:01 |
| 6    | SIERADZKI KRZYSZTOF   | 8270 | PRZEDWOJEWSKI TEAM                      | WARSZAWA              | POL  | SENIOR II M - 30 | 00:00:02 | 00:21:27 | 00:32:25 |
| 7    | FRANCZAK MARIUSZ      | 8434 | DTR BIEGA / MARIO TEAM                  | KSIĘGINICE            | POL  | MASTERS M - 40   | 00:00:01 | 00:21:32 | 00:32:26 |
| 8    | ŻUREK JAKUB           | 8565 | BEZ ZBĘDNYCH PYTAŃ                      | SZCZECIN              | POL  | SENIOR I M - 20  | 00:00:01 | 00:21:44 | 00:33:12 |
| 9    | STASIUKIEWICZ RAFAŁ   | 8556 | 7 KLOG                                  | GDYNIA                | POL  | MASTERS M - 40   | 00:00:02 | 00:21:48 | 00:33:20 |
| 10   | DUTKOWSKI MIKOŁAJ     | 8209 | WKS ŚLĄSK WROCŁAW                       | RASZKÓW               | POL  | SENIOR II M - 30 | 00:00:01 | 00:21:54 | 00:32:25 |
| 11   | KANTOR MARTYNA        | 8575 | SALOMON SUNNTO TEAM                     | KRAKÓW                | POL  | SENIOR II K - 30 | 00:00:02 | 00:21:54 | 00:32:47 |
| 12   | KUJAWA ZBIGNIEW       | 8594 | TKKF KOLEJARZ BYDGOSZCZ / ZAŁOGA GÓRSKA | JANOWIEC WIELKOPOLSKI | POL  | SENIOR II M - 30 | 00:00:03 | 00:21:59 | 00:32:26 |
| 13   | JĘDRYCHOWSKI PIOTR    | 8467 | KB SOBÓTKA / PRZEDWOJEWSKI TEAM         | SOBÓTKA               | POL  | MASTERS M - 40   | 00:00:03 | 00:22:28 | 00:33:39 |
| 14   | GROMAŁA KRZYSZTOF     | 8360 | WOSIEKTEAM                              | ŚWIEBOZICE            | POL  | MASTERS M - 40   | 00:00:03 | 00:22:35 | 00:33:33 |
| 15   | PRZYSTARZ ARTUR       | 8173 | OBORYGENI                               | OBORNIKI ŚLĄSKIE      | POL  | WETERAN I M - 50 | 00:00:04 | 00:22:54 | 00:34:28 |
| 16   | RUTKOWSKI DAMIAN      | 8468 | LIDZBARK WARMIŃSKI                      | LIDZBARK WARMIŃSKI    | POL  | SENIOR I M - 20  | 00:00:11 | 00:22:54 | 00:34:29 |
| 17   | BUKSA TOMASZ          | 8460 | WOT                                     | RABA WYŻNA            | POL  | SENIOR II M - 30 | 00:00:04 | 00:23:05 | 00:34:31 |
| 18   | BEDNARZ KRZYSZTOF     | 8094 | PRZEDWOJEWSKI TEAM                      | LUBSZA                | POL  | MASTERS M - 40   |          | 00:23:24 | 00:35:14 |
| 19   | TARGOSZ MICHAŁ        | 8252 | #ADAMCZERWIŃSKITEAM                     | KRAKÓW                | POL  | MASTERS M - 40   | 00:00:02 | 00:23:30 | 00:35:07 |
| 20   | SZYMANOWSKI ŁUKASZ    | 8420 | LESZ NO LIMITS RUNNERS                  | WŁOSZAKOWICE          | POL  | MASTERS M - 40   | 00:00:02 | 00:23:33 | 00:36:04 |
| 21   | WOJCIECHOWSKI MATEUSZ | 8484 | NULL                                    | POZNAŃ                | POL  | SENIOR II M - 30 | 00:00:02 | 00:23:51 | 00:35:25 |
| 22   | SZNUROWSKI MARIUSZ    | 8455 | KB SOBÓTKA                              | SOBÓTKA               | POL  | SENIOR I M - 20  | 00:00:02 | 00:23:54 | 00:35:33 |
| 23   | TRZEPAK ŁUKASZ        | 8426 |                                         | WROCŁAW               | POL  | SENIOR II M - 30 | 00:01:00 | 00:24:04 | 00:35:32 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię        | Nr   | Klub                                                | M-scowość    | Kraj | Kat.             | 0.01km   | 3.7km    | 5.8km    |
|------|------------------------|------|-----------------------------------------------------|--------------|------|------------------|----------|----------|----------|
| 24   | PIEKARSKI JAKUB        | 8036 |                                                     | KATOWICE     | POL  | SENIOR I M - 20  | 00:00:10 | 00:24:08 | 00:35:52 |
| 25   | KĄŻMIERCZAK MARTA      | 8595 | ZĄŁOGA GÓRSKA                                       | WARSZAWA     | POL  | MASTERS K - 40   | 00:00:02 | 00:24:22 | 00:36:14 |
| 26   | KOŁODZIEJ ROMAN        | 8192 |                                                     | KARŁOWICE    | POL  | MASTERS M - 40   | 00:00:02 | 00:24:32 | 00:36:11 |
| 27   | SAMIEC JANUSZ          | 8424 |                                                     | KOBYŁA GÓRA  | POL  | SENIOR II M - 30 | 00:00:18 | 00:24:37 | 00:36:49 |
| 28   | KLIMCZAK PIOTR         | 8477 | GIMPAS PASŁĘK                                       | KŁODZKO      | POL  | WETERAN I M - 50 | 00:00:11 | 00:24:42 | 00:36:32 |
| 29   | LASEK JAKUB            | 8047 | RMT TEAM                                            | OPOLE        | POL  | SENIOR II M - 30 | 00:00:02 | 00:24:43 | 00:36:39 |
| 30   | ŁASKOWSKA MARZENA      | 8479 | WOT                                                 | OLECKO       | POL  | WETERAN K - 50   | 00:00:04 | 00:24:51 | 00:37:12 |
| 31   | BUKOWSKI EDWARD        | 8384 | CENTRUM KULTURY KLUCZBORK-KLUCZBORSKA GRUPA BIEGOWA | KLUCZBORK    | POL  | WETERAN I M - 50 | 00:00:09 | 00:25:00 | 00:37:25 |
| 32   | PIĘKOŚ BŁĄŻEJ          | 8480 |                                                     | HENRYKÓW     | POL  | SENIOR II M - 30 | 00:00:08 | 00:25:02 | 00:37:37 |
| 33   | STRZELCZAK ROBERT      | 8373 | EUROVENT ATHLETICS / TRAIL IS OUR WAY TEAM          | OPOLE        | POL  | MASTERS M - 40   | 00:00:05 | 00:25:10 | 00:37:14 |
| 34   | ALTEWĘGIER JAROSŁAW    | 8243 | 140MINUT.PL                                         | WROCŁAW      | AFG  | MASTERS M - 40   | 00:00:07 | 00:25:12 | 00:37:35 |
| 35   | WITEK PAWEŁ            | 8397 | KOWARY BIEGAJĄ                                      | KOWARY       | POL  | MASTERS M - 40   | 00:00:07 | 00:25:25 | 00:37:55 |
| 36   | KAMIŃSKI KAROL         | 8571 | FUNDACJA KIERUNEK ULTRA                             | SUWAŁKI      | POL  | SENIOR I M - 20  | 00:00:04 | 00:25:28 | 00:39:01 |
| 37   | TOMASZKIEWICZ WOJCIECH | 8055 | RUN FOREST                                          | STRACHOCIN   | POL  | SENIOR II M - 30 | 00:00:07 | 00:25:37 | 00:38:17 |
| 38   | MIKOŁAJCZYK MIROSŁAW   | 8070 | MIRAZ RACE TEAM                                     | ZABRZE       | POL  | MASTERS M - 40   | 00:00:03 | 00:25:39 | 00:37:52 |
| 39   | WIERZCHOWIAK KAROLINA  | 8469 | TRAIL IS OUR WAY TEAM                               | KROSNO       | POL  | SENIOR II K - 30 | 00:00:02 | 00:26:04 | 00:39:34 |
| 40   | KONRAD ARTUR           | 8333 | BRACIA TEAM ZAWIERCIE                               | ZAWIERCIE    | POL  | MASTERS M - 40   | 00:00:07 | 00:26:07 | 00:39:01 |
| 41   | KARCZEWSKA JOANNA      | 8580 | KIERUNEK ULTRA                                      | SUWAŁKI      | POL  | MASTERS K - 40   | 00:00:04 | 00:26:13 | 00:39:04 |
| 42   | CITKO MACIEJ           | 8259 | BIEG OPOLSKI                                        | OPOLE        | POL  | SENIOR II M - 30 | 00:00:05 | 00:26:50 | 00:40:24 |
| 43   | WROTECKA KATARZYNA     | 8324 | STAJNIAKTEAM                                        | PIŁA         | POL  | SENIOR II K - 30 | 00:00:03 | 00:26:56 | 00:40:43 |
| 44   | MIKOŁAJCZAK DAWID      | 8471 | SPORTOWY KĄŻMIERZ                                   | POZNAŃ       | POL  | SENIOR I M - 20  | 00:00:26 | 00:26:59 | 00:42:09 |
| 45   | BARTUŚ MONIKA          | 8408 |                                                     | KRAKÓW       | POL  | SENIOR I K - 20  | 00:00:03 | 00:27:02 | 00:40:43 |
| 46   | CICHY KRZYSZTOF        | 8436 | GÓRAL Z MAZUR RUNNING TEAM                          | POZNAŃ       | POL  | WETERAN I M - 50 | 00:00:08 | 00:27:07 | 00:40:27 |
| 47   | SIEK KAZIMIERZ         | 8470 | 10ŚBOT                                              | GRĘBÓW       | POL  | WETERAN I M - 50 | 00:00:02 | 00:27:10 | 00:41:20 |
| 48   | KOTOWICZ TOMASZ        | 8463 |                                                     | WROCŁAW      | POL  | MASTERS M - 40   | 00:00:06 | 00:27:20 | 00:40:50 |
| 49   | BEDNAREK KAROLINA      | 8179 |                                                     | RADWANICE    | POL  | SENIOR II K - 30 | 00:00:09 | 00:27:45 | 00:42:10 |
| 50   | SIKORA SYLWIA          | 8301 | PGB SPORTOWA PACZKA                                 | WARSZAWA     | POL  | SENIOR II K - 30 | 00:00:04 | 00:27:59 | 00:42:09 |
| 51   | SZYM CZAK BARTŁOMIEJ   | 8414 | ŻARY RUNNRS TEAM                                    | ŻARY         | POL  | SENIOR II M - 30 | 00:00:13 | 00:28:00 | 00:42:23 |
| 52   | GNITECKA KATARZYNA     | 8009 | KUDOWIANKA RUN                                      | KUDOWA ZDRÓJ | POL  | SENIOR II K - 30 | 00:00:04 | 00:28:05 | 00:42:20 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię              | Nr   | Klub                         | M-scowość      | Kraj | Kat.             | 0.01km   | 3.7km    | 5.8km    |
|------|------------------------------|------|------------------------------|----------------|------|------------------|----------|----------|----------|
| 53   | STYK MAREK                   | 8023 |                              | ZIELONA GÓRA   | POL  | SENIOR II M - 30 | 00:00:31 | 00:28:06 | 00:42:24 |
| 54   | PAJĄK ALAN                   | 8136 |                              | MROKOCIN       | POL  | SENIOR II M - 30 | 00:00:29 | 00:28:09 | 00:41:13 |
| 55   | BULACZ JACEK                 | 8040 | DZIEWIĘĆ SIŁ STRONIE ŚLĄSKIE | ŁĄDEK ZDRÓJ    | POL  | MASTERS M - 40   | 00:00:27 | 00:28:10 | 00:42:11 |
| 56   | SZUSTAK MATEUSZ              | 8328 | AZS UP WROCŁAW               | WROCŁAW        | POL  | SENIOR I M - 20  | 00:00:27 | 00:28:46 | 00:42:47 |
| 57   | BRANDENBURG MICHAŁ           | 8015 | PRZYJACIELE TEAM             | KĄKOLEWO       | POL  | MASTERS M - 40   | 00:00:36 | 00:28:54 | 00:42:47 |
| 58   | ULIKOWSKA MARTYNA            | 8500 | ZAŁOGA GÓRSKA                | GOŚCINO        | POL  | SENIOR II K - 30 | 00:00:04 | 00:28:59 | 00:43:05 |
| 59   | BŁASZKOWSKI DANIEL           | 8582 | ŚLEDZIKI                     | RAWICZ         | POL  | MASTERS M - 40   | 00:00:03 | 00:29:00 | 00:43:13 |
| 60   | OSICA ŁUKASZ                 | 8108 |                              | ŚWIĘTOCHŁOWICE | POL  | SENIOR II M - 30 | 00:00:15 | 00:29:03 | 00:43:43 |
| 61   | MAJKA ERYK                   | 8097 | FAMILIAMAJKA                 | SZCZECIN       | POL  | SENIOR I M - 20  | 00:00:20 | 00:29:08 | 00:44:26 |
| 62   | KAROLCZAK ALEKSANDER         | 8574 |                              | WARSZAWA       | POL  | SENIOR I M - 20  | 00:00:08 | 00:29:10 | 00:43:44 |
| 63   | FRERIKS JEROEN               | 8248 | LEIDEN ATLETIEK              | LEIDEN         |      | SENIOR II M - 30 | 00:00:11 | 00:29:13 | 00:43:51 |
| 64   | ADAMCZYK-NOWAK BEATA         | 8280 | MIECHOWICKA GRUPA BIEGOWA    | BYTOM          | POL  | MASTERS K - 40   | 00:00:09 | 00:29:15 | 00:43:30 |
| 65   | ZAWADA ZBIGNIEW              | 8196 |                              | OLEŚNICA       | POL  | MASTERS M - 40   | 00:00:19 | 00:29:17 | 00:43:39 |
| 66   | OCIEPKA-CIESIELSKA KATARZYNA | 8311 |                              | WARSZAWA       | POL  | SENIOR II K - 30 | 00:00:12 | 00:29:19 | 00:43:36 |
| 67   | HRYCAJ MARIUSZ               | 8031 | REBELLION OF FREE RUNNERS    | OPOLE          | POL  | MASTERS M - 40   | 00:00:06 | 00:29:23 | 00:43:21 |
| 68   | WIELGOSZ-MATUŁA MARIA        | 8250 |                              | LUBLIN         | POL  | SENIOR I K - 20  | 00:00:10 | 00:29:31 | 00:44:50 |
| 69   | TOMAS PAWEŁ                  | 8262 |                              | ŁĄDEK ZDRÓJ    | POL  | SENIOR I M - 20  | 00:00:11 | 00:29:36 | 00:44:03 |
| 70   | HAWRYŁAK WOJCIECH            | 8562 |                              | DŁUGOŁĘKA      | POL  | SENIOR I M - 20  | 00:00:16 | 00:29:37 | 00:44:19 |
| 71   | TRZPIOLA TYCJAN              | 8003 | KURACJUSZE                   | WROCŁAW        | POL  | SENIOR II M - 30 | 00:00:11 | 00:29:39 | 00:44:53 |
| 72   | SIERGIEJ ZBIGNIEW            | 8561 | RUN TEAM TYGRYSY ORZYSZ      | ODOJE          | POL  | WETERAN I M - 50 | 00:00:01 | 00:29:41 | 00:45:03 |
| 73   | RAKOCZY KRZYSZTOF            | 8450 |                              | ŁĄDEK-ZDRÓJ    | POL  | SENIOR I M - 20  | 00:00:34 | 00:29:43 | 00:44:21 |
| 74   | MARGRAF BARTOSZ              | 8357 |                              | RUDA ŚLĄSKA    | POL  | SENIOR I M - 20  | 00:00:10 | 00:29:57 | 00:45:44 |
| 75   | SAŁDYKA MARCIN               | 8451 |                              | ŁĄDEK-ZDRÓJ    | POL  | SENIOR II M - 30 | 00:00:34 | 00:30:03 | 00:44:33 |
| 76   | BARTKOWIAK HUBERT            | 8060 |                              | RADZIĄDZ       | POL  | WETERAN I M - 50 | 00:00:26 | 00:30:09 | 00:45:18 |
| 77   | MAZIAREK ADELA               | 8093 |                              | NIEMODLIN      | POL  | MASTERS K - 40   | 00:00:09 | 00:30:10 | 00:45:27 |
| 78   | KACPRZYCKA PAULINA           | 8482 | WOT                          | PURDA          | POL  | SENIOR II K - 30 | 00:00:04 | 00:30:11 | 00:45:45 |
| 79   | BACKER MARCIN                | 8224 | TOPOLICE TEAM                | PASIKUROWICE   | POL  | MASTERS M - 40   | 00:00:18 | 00:30:21 | 00:45:29 |
| 80   | BARANOW TOMASZ               | 8587 | LEWANDOWSCY T                | PLETERÓW       | POL  | MASTERS M - 40   | 00:00:06 | 00:30:21 | 00:45:48 |
| 81   | ZATORSKA KAROLINA            | 8497 | TREC TEAM                    | GDYNIA         | POL  | SENIOR II K - 30 | 00:00:09 | 00:30:23 | 00:45:33 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię    | Nr   | Klub                                     | M-scowość                | Kraj | Kat.               | 0.01km   | 3.7km    | 5.8km    |
|------|--------------------|------|------------------------------------------|--------------------------|------|--------------------|----------|----------|----------|
| 82   | MOKRZYŃSKI MARCIN  | 8570 | KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA      | OLDRZYCHOWICE KŁODZKIE   | POL  | MASTERS M - 40     | 00:00:12 | 00:30:31 | 00:44:24 |
| 83   | GÓRNA ANITA        | 8206 | LPP TEAM                                 | KRAKÓW                   | POL  | SENIOR II K - 30   | 00:00:20 | 00:30:32 | 00:44:41 |
| 84   | DYBYSŁAWSKI ADAM   | 8335 | KOJOTY TEAM                              | WARSZAWA                 | POL  | MASTERS M - 40     | 00:00:05 | 00:30:39 | 00:47:22 |
| 85   | PLUTA KINGA        | 8095 |                                          | DĄBROWA GÓRNICZA         | POL  | SENIOR I K - 20    | 00:00:49 | 00:30:41 | 00:45:27 |
| 86   | WOŹNIAK JANUSZ     | 8222 | PORMAT JEDLICZE BIEGA                    | SKOŁYSZYN                | POL  | WETERAN I M - 50   | 00:00:10 | 00:30:47 | 00:46:33 |
| 87   | WOJTAS ŁUKASZ      | 8198 | GRUPA OLX TEAM                           | TOMASZKOWICE             | POL  | MASTERS M - 40     | 00:00:47 | 00:30:48 | 00:46:15 |
| 88   | REGULSKA NATALIA   | 8400 | ASICS FRONTRUNNER POLAND / #ŻÓRAWSKITEAM | KRAKÓW                   | POL  | SENIOR II K - 30   | 00:00:03 | 00:30:57 | 00:45:28 |
| 89   | MAZIAREK MICHAŁ    | 8276 |                                          | NIEMODLIN                | POL  | MASTERS M - 40     | 00:00:12 | 00:31:07 | 00:47:12 |
| 90   | CHOJNACKI TOMASZ   | 8065 |                                          | BIESTRZYNNIK             | POL  | MASTERS M - 40     | 00:01:02 | 00:31:09 | 00:45:16 |
| 91   | BAKSALARY LIDIA    | 8254 | #BIEGAJLESZNO                            | LESZNO                   | POL  | MASTERS K - 40     | 00:00:03 | 00:31:11 | 00:47:15 |
| 92   | HONSZA TOMASZ      | 8139 | MOCNA GRUPA CEZARA                       | WROCŁAW                  | POL  | SENIOR II M - 30   | 00:00:33 | 00:31:12 | 00:45:49 |
| 93   | GOS SEBASTIAN      | 8449 |                                          | ŁĄDEK-ZDRÓJ              | POL  | SENIOR II M - 30   | 00:00:35 | 00:31:14 | 00:46:16 |
| 94   | PISCO TIAGO        | 8377 | LUSITANIA ARMADA                         | WROCŁAW                  | POL  | SENIOR II M - 30   | 00:01:20 | 00:31:15 | 00:45:15 |
| 95   | JARZĄBEK MAGDALENA | 8110 |                                          | WROCŁAW (WROCŁAW-KRZYKI) | POL  | SENIOR II K - 30   | 00:00:04 | 00:31:27 | 00:46:33 |
| 96   | WOŹNIAK JAKUB      | 8160 | TEAM LIDL                                | POZNAŃ                   | POL  | SENIOR II M - 30   | 00:00:45 | 00:31:28 | 00:45:56 |
| 97   | WIDUN GRZEGORZ     | 8200 | WIDUN KETTELBEEL CLUB                    | WROCŁAW                  | POL  | SENIOR II M - 30   | 00:01:33 | 00:31:41 | 00:46:23 |
| 98   | MATYSIAK MARCIN    | 8401 | T.S. IRON MAN GOGOLIN                    | GOGOLIN                  | POL  | MASTERS M - 40     | 00:00:20 | 00:31:43 | 00:48:12 |
| 99   | WUJDA MIROŚŁAW     | 8102 | ERNI RULEZ                               | DĘBNO                    | POL  | MASTERS M - 40     | 00:00:48 | 00:31:44 | 00:48:34 |
| 100  | PILONIS ELEONORA   | 8474 | BIEGOSTACJA                              | ZIELONA GÓRA             | POL  | MASTERS K - 40     | 00:00:13 | 00:31:47 | 00:47:44 |
| 101  | ZASŁAWSKI LECH     | 8087 |                                          | WROCŁAW                  | POL  | MASTERS M - 40     | 00:00:08 | 00:31:50 | 00:48:27 |
| 102  | ZIENDARA MICHALINA | 8331 | ZAŁOGA GÓRSKA                            | WARSZAWA                 | POL  | SENIOR I K - 20    | 00:00:34 | 00:31:56 | 00:47:14 |
| 103  | SZYMAŃSKI GRZEGORZ | 8297 | RNB POLANICA ZDRÓJ                       | POLANICA-ZDRÓJ           | POL  | MASTERS M - 40     | 00:00:28 | 00:32:08 | 00:48:16 |
| 104  | HAJDAMOWICZ ADAM   | 8406 |                                          | SOBÓTKA                  | POL  | SENIOR I M - 20    | 00:00:55 | 00:32:16 | 00:47:26 |
| 105  | SENIÓW JOANNA      | 8255 |                                          | POZNAŃ                   | POL  | MASTERS K - 40     | 00:00:08 | 00:32:17 | 00:49:15 |
| 106  | MAŁKOWSKI PIOTR    | 8372 | AMATOR                                   | KOŚCIAN                  | POL  | WETERAN III M - 70 | 00:00:13 | 00:32:17 | 00:47:43 |
| 107  | STAWORZYŃSKI DAWID | 8285 | PAN KORBKA                               | BĘDZIN                   | POL  | SENIOR II M - 30   | 00:00:16 | 00:32:20 | 00:48:31 |
| 108  | ZIMNY TOMASZ       | 8265 | FARTY PUSZCZY                            | SZCZECIN                 | POL  | WETERAN II M - 60  | 00:00:08 | 00:32:25 | 00:47:53 |
| 109  | BAJER MIKOŁAJ      | 8056 | TARNOWO PODGÓRNE BIEGA                   | TARNOWO PODGÓRNE         | POL  | MASTERS M - 40     | 00:00:25 | 00:32:25 | 00:48:33 |
| 110  | MALOCCO MONIKA     | 8188 |                                          | WARSZAWA                 | POL  | MASTERS K - 40     | 00:00:25 | 00:32:26 | 00:48:13 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię             | Nr   | Klub                       | M-scowość               | Kraj | Kat.               | 0.01km   | 3.7km    | 5.8km    |
|------|-----------------------------|------|----------------------------|-------------------------|------|--------------------|----------|----------|----------|
| 111  | BOSEK LESZEK                | 8286 |                            | BIAŁA NYSKA             | POL  | WETERAN II M - 60  | 00:00:29 | 00:32:28 | 00:48:02 |
| 112  | JARMUŻEK TOMASZ             | 8346 |                            | POZNAŃ                  | POL  | SENIOR II M - 30   | 00:00:58 | 00:32:30 | 00:46:59 |
| 113  | FUCHS DARIUSZ               | 8598 | TEAM KURORT ŁĄDEK-ZDRÓJ    | OLEDRZYCHOWICE KŁODZKIE | POL  | WETERAN I M - 50   | 00:01:19 | 00:32:36 | 00:47:46 |
| 114  | JANOSZ PAWEŁ                | 8288 |                            | WROCŁAW                 | POL  | SENIOR I M - 20    | 00:00:23 | 00:32:37 | 00:48:08 |
| 115  | CIEŚLAK KRZYSZTOF           | 8563 | ULTRAFAZA.PL               | ZIELONA GÓRA            | POL  | SENIOR II M - 30   | 00:00:43 | 00:32:37 | 00:48:05 |
| 116  | SMOLEŃ SEBASTIAN            | 8588 |                            | ŁĄDEK ZDRÓJ             | POL  | MASTERS M - 40     | 00:00:15 | 00:32:41 | 00:48:39 |
| 117  | BEDŁA ANNA                  | 8568 |                            | JAWORZNO                | POL  | MASTERS K - 40     | 00:00:11 | 00:32:52 | 00:49:15 |
| 118  | TYMOSZEWSKI WALDEMAR        | 8569 |                            | PRUSZCZ GDAŃSKI         | POL  | WETERAN I M - 50   | 00:00:12 | 00:32:53 | 00:49:15 |
| 119  | PAKUŁA TOMASZ               | 8111 |                            | BOJANOWO                | POL  | SENIOR II M - 30   | 00:00:51 | 00:32:56 | 00:48:17 |
| 120  | STASIAK ANTONI              | 8462 | LEŚNE DZIKI PGB            | LESZNO                  | POL  | SENIOR I M - 20    | 00:00:11 | 00:32:58 | 00:49:58 |
| 121  | SZARSKI JACEK               | 8068 | KAPCIOCHY                  | WROCŁAW                 | POL  | SENIOR I M - 20    | 00:00:23 | 00:33:08 | 00:49:08 |
| 122  | GRZYB KRZYSZTOF             | 8370 | KLUB BIEGACZA RTV EURO AGD | POZNAŃ                  | POL  | MASTERS M - 40     |          | 00:33:08 | 00:48:52 |
| 123  | BIESZCZAD REGINA            | 8202 | KB ATHLETIC ZRĘCIN         | WOJASZÓWKA              | POL  | SENIOR I K - 20    | 00:00:26 | 00:33:09 | 00:48:19 |
| 124  | MACKIEWICZ KAROL            | 8048 |                            | WASILKÓW                | POL  | SENIOR II M - 30   | 00:00:30 | 00:33:12 | 00:49:14 |
| 125  | LUBAŃSKA ALICJA             | 8318 |                            | BUKOWICE                | POL  | WETERAN K - 50     | 00:00:15 | 00:33:13 | 00:50:04 |
| 126  | KLIN ROBERT                 | 8338 | WATAHA                     | BRZEG                   | POL  | WETERAN I M - 50   | 00:01:06 | 00:33:15 | 00:49:12 |
| 127  | MAJŁOWSKI ALEKSANDER        | 8121 |                            | GORZÓW WIELKOPOLSKI     | POL  | WETERAN III M - 70 | 00:00:20 | 00:33:17 | 00:49:55 |
| 128  | BASTRZYK TOMASZ             | 8005 |                            | SKARŻYSKO-KAMIENNA      | POL  | MASTERS M - 40     | 00:00:37 | 00:33:20 | 00:47:57 |
| 129  | STASIAK ŁUKASZ              | 8461 | LEŚNE DZIKI PGB            | LESZNO                  | POL  | MASTERS M - 40     | 00:00:12 | 00:33:35 | 00:50:33 |
| 130  | NOWAKOWSKA EWELINA          | 8071 |                            | ŁĄDEK ZDRÓJ             | POL  | SENIOR I K - 20    | 00:00:13 | 00:33:36 | 00:49:14 |
| 131  | SZCZUDŁAK MICHAŁ            | 8445 |                            | POZNAŃ                  | POL  | SENIOR II M - 30   | 00:00:20 | 00:33:49 | 00:49:34 |
| 132  | CIECHOMSKA AGATA CIECHOMSKA | 8132 | HTF LUDWIK SIKORSKI        | LODZ                    | POL  | SENIOR II K - 30   | 00:00:11 | 00:33:50 | 00:49:47 |
| 133  | MUČA MĀRIS                  | 8204 | LBNB                       | FANA                    | NOR  | WETERAN I M - 50   | 00:00:06 | 00:33:57 | 00:50:03 |
| 134  | MAJKA ANNA                  | 8057 | FAMILIAMAJKA               | SZCZECIN                | POL  | MASTERS K - 40     | 00:00:22 | 00:34:00 | 00:49:31 |
| 135  | MAJKA JAREK                 | 8058 | FAMILIAMAJKA               | SZCZECIN                | POL  | MASTERS M - 40     | 00:00:22 | 00:34:07 | 00:49:31 |
| 136  | PIGŁA ALEKSANDER            | 8306 | SPORTOWY KAŻMIERZ          | KIĄCZYN                 | POL  | SENIOR I M - 20    | 00:00:42 | 00:34:08 | 00:51:29 |
| 137  | WOJTKIEWICZ ADAM            | 8344 | STAJNIAK#TEAM              | OLEŚNICA                | POL  | MASTERS M - 40     | 00:00:32 | 00:34:09 | 00:49:33 |
| 138  | KIERUL ŁUKASZ               | 8403 | MASA TEAM                  | NOWA SÓL                | POL  | SENIOR II M - 30   | 00:00:29 | 00:34:11 | 00:51:18 |
| 139  | SCHAFFARCZYK MICHAŁ         | 8326 |                            | KLUCZBORK               | POL  | SENIOR I M - 20    | 00:00:08 | 00:34:15 | 00:51:07 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię                | Nr   | Klub                                   | M-scowość            | Kraj | Kat.              | 0.01km   | 3.7km    | 5.8km    |
|------|--------------------------------|------|----------------------------------------|----------------------|------|-------------------|----------|----------|----------|
| 140  | OZIMINA HUBERT                 | 8156 | OBORYGENI                              | OBORNIKI ŚLĄSKIE     | POL  | MASTERS M - 40    | 00:00:12 | 00:34:15 | 00:51:16 |
| 141  | WIŚNIEWSKI ROBERT              | 8159 | METAL CHERRY                           | ALEKSANDRÓW KUJAWSKI | POL  | SENIOR I M - 20   | 00:00:14 | 00:34:17 | 00:50:44 |
| 142  | JANOSZ ADA                     | 8421 |                                        | WROCŁAW              | POL  | SENIOR I K - 20   | 00:00:28 | 00:34:18 | 00:51:08 |
| 143  | WÓJCIAK ŁUKASZ                 | 8073 | UMAWIANIENABIEGANIETEAM                | WROCŁAW              | POL  | SENIOR II M - 30  | 00:00:32 | 00:34:20 | 00:51:09 |
| 144  | BILICKI WOJTEK                 | 8217 |                                        | ŁOBŻENICA            | POL  | SENIOR II M - 30  | 00:00:05 | 00:34:25 | 00:50:10 |
| 145  | MADAJCZYK TOMASZ               | 8128 |                                        | WROCŁAW              | POL  | SENIOR II M - 30  | 00:00:23 | 00:34:29 | 00:51:52 |
| 146  | PEREIRA RUBEN                  | 8381 | LUSITANIA ARMADA                       | WROCLAW              | POL  | SENIOR II M - 30  | 00:01:21 | 00:34:32 | 00:50:43 |
| 147  | SKAWINA KRYSZYNA               | 8075 | TOPOLICE TEAM                          | TOPOLICE             | POL  | SENIOR II K - 30  | 00:00:17 | 00:34:37 | 00:51:59 |
| 148  | ŻUKIEWICZ KRZYSZTOF            | 8281 | TKKF MPK POZNAŃ                        | POZNAŃ               | POL  | MASTERS M - 40    | 00:00:18 | 00:34:38 | 00:52:03 |
| 149  | KOTAS PAWEŁ                    | 8233 |                                        | WROCŁAW              | POL  | SENIOR I M - 20   | 00:01:08 | 00:34:41 | 00:51:04 |
| 150  | KISIAŁA FILIP                  | 8240 |                                        | KRAKÓW               | POL  | MASTERS M - 40    | 00:00:21 | 00:34:42 | 00:52:16 |
| 151  | PALMOWSKI RAFAŁ                | 8313 |                                        | ZGIERZ               | POL  | MASTERS M - 40    | 00:00:16 | 00:34:43 | 00:52:07 |
| 152  | KOMISARCZYK KRZYSZTOF          | 8321 |                                        | MIĘDZYLESIE          | POL  | SENIOR I M - 20   | 00:00:40 | 00:34:50 | 00:52:05 |
| 153  | CICHAŃSKI MAREK                | 8199 |                                        | STRONIE ŚLĄSKIE      | POL  | SENIOR II M - 30  | 00:00:40 | 00:34:50 | 00:52:11 |
| 154  | HANSZ DONAT                    | 8464 | NETBOX BIEGA                           | PIASKI               | POL  | SENIOR I M - 20   | 00:00:28 | 00:34:51 | 00:52:19 |
| 155  | BOCIAĞA PAWEŁ                  | 8312 | RODZINNA GRUPA ROWEROWA Z MIASTA ŁODZI | ŁÓDŹ                 | POL  | MASTERS M - 40    | 00:00:16 | 00:34:51 | 00:52:02 |
| 156  | MAJŁOWSKA IRENA                | 8120 |                                        | GORZÓW WIELKOPOLSKI  | POL  | WETERAN II K - 60 | 00:00:21 | 00:34:54 | 00:52:09 |
| 157  | KARKOSZKA DAWID                | 8388 |                                        | SZCZYRK              | POL  | SENIOR I M - 20   | 00:00:30 | 00:35:00 | 00:51:32 |
| 158  | WINKOWSKI ADRIAN               | 8001 | PRZEDWOJEWSKI TEAM                     | MĘDLÓW               | AFG  | SENIOR II M - 30  | 00:00:06 | 00:35:01 | 00:52:11 |
| 159  | PIETRUCHA JAGODA               | 8175 | TARNOWO PODGÓRNE BIEGA                 | TARNOWO PODGÓRNE     | POL  | SENIOR II K - 30  | 00:00:07 | 00:35:04 | 00:53:22 |
| 160  | WITKE ELŻBIETA                 | 8109 |                                        | KARPACZ              | POL  | WETERAN II K - 60 | 00:00:10 | 00:35:06 | 00:53:16 |
| 161  | BŁACHNIO KRZYSZTOF             | 8375 |                                        | SZCZECIN             | POL  | WETERAN I M - 50  | 00:00:08 | 00:35:10 | 00:53:07 |
| 162  | GACIOCH JAROSŁAW               | 8398 | RUN TEAM TYGRYSY ORZYSZ                | ORZYSZ               | POL  | WETERAN I M - 50  | 00:00:05 | 00:35:11 | 00:53:42 |
| 163  | PRUSICKI RAFAŁ                 | 8122 |                                        | ZABRZE               | POL  | MASTERS M - 40    | 00:00:17 | 00:35:13 | 00:53:31 |
| 164  | SZCZYPczyk-PRUSICKA MAŁGORZATA | 8123 |                                        | ZABRZE               | POL  | MASTERS K - 40    | 00:00:16 | 00:35:14 | 00:53:30 |
| 165  | BURA TOMASZ                    | 8475 |                                        | KRZYCKO WIELKIE      | POL  | SENIOR II M - 30  | 00:00:09 | 00:35:15 | 00:52:20 |
| 166  | HEJNA MAŁGORZATA               | 8266 |                                        | SZCZECIN             | POL  | WETERAN K - 50    | 00:00:08 | 00:35:17 | 00:53:47 |
| 167  | SAWICKI ADRIAN                 | 8256 |                                        | WROCŁAW              | POL  | MASTERS M - 40    | 00:01:09 | 00:35:22 | 00:52:13 |
| 168  | MAKIOŁA AGNIESZKA              | 8037 |                                        | CHORZÓW              | POL  | SENIOR I K - 20   | 00:00:12 | 00:35:22 | 00:53:05 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię              | Nr   | Klub                         | M-scowość         | Kraj | Kat.              | 0.01km   | 3.7km    | 5.8km    |
|------|------------------------------|------|------------------------------|-------------------|------|-------------------|----------|----------|----------|
| 169  | PTASZYŃSKA JOANNA            | 8086 |                              | WROCŁAW           | POL  | WETERAN K - 50    | 00:00:23 | 00:35:29 | 00:53:18 |
| 170  | NAZIMEK PIOTR                | 8287 |                              | PRÓSZKÓW          | POL  | SENIOR II M - 30  | 00:00:34 | 00:35:34 | 00:52:34 |
| 171  | JURA EWELINA                 | 8473 | TOPOLICE TEAM                | DŁUGOPOLE ZDRÓJ   | POL  | SENIOR II K - 30  | 00:00:18 | 00:35:43 | 00:53:55 |
| 172  | BIENKOWSKI KAMIL             | 8282 |                              | RADWANICE         | POL  | SENIOR II M - 30  | 00:01:23 | 00:35:47 | 00:51:12 |
| 173  | SIWEK GRZEGORZ               | 8044 | LANRUNS                      | LANCKORONA        | POL  | MASTERS M - 40    | 00:00:29 | 00:35:47 | 00:52:15 |
| 174  | RZYWUCKA JOLANTA             | 8272 | 4 RUN TEAM PIŁA              | PIŁA              | POL  | MASTERS K - 40    | 00:00:14 | 00:35:51 | 00:54:34 |
| 175  | KONIECZNA ANNA               | 8155 | TARNOWO PODGÓRNE BIEGA       | TARNOWO PODGÓRNE  | POL  | MASTERS K - 40    | 00:00:06 | 00:35:54 | 00:53:57 |
| 176  | RASZKOWSKA EMILIA            | 8429 | ŚLĘZAK TEAM                  | GDANSK            | POL  | SENIOR II K - 30  | 00:00:38 | 00:35:56 | 00:53:18 |
| 177  | KRAWCZYKOWSKI JACEK          | 8135 |                              | POZNAŃ            | POL  | SENIOR II M - 30  | 00:01:27 | 00:35:59 | 00:51:45 |
| 178  | MATUSZCZYK GRAŻYNA           | 8271 | RYBNICKA GRUPA BIEGOWA       | RYBNIK            | POL  | MASTERS K - 40    | 00:00:24 | 00:36:06 | 00:54:36 |
| 179  | NOWACZYK MARTA               | 8126 |                              | POZNAŃ            | POL  | SENIOR II K - 30  | 00:01:12 | 00:36:19 | 00:53:20 |
| 180  | SZYMAŁA MARCIN               | 8465 | KLUCZBORSKA GRUPA BIEGOWA    | KLUCZBORK         | POL  | WETERAN I M - 50  | 00:00:44 | 00:36:19 | 00:53:17 |
| 181  | KRZONKALLA-BARTNIK KATARZYNA | 8169 |                              | ŁĄDEK-ZDRÓJ       | POL  | SENIOR I K - 20   | 00:00:10 | 00:36:23 | 00:54:54 |
| 182  | BARTNIK PATRYK               | 8168 |                              | ŁĄDEK-ZDRÓJ       | POL  | SENIOR I M - 20   | 00:00:11 | 00:36:23 | 00:54:54 |
| 183  | DEMBIŃSKI ARKADIUSZ          | 8409 |                              | SKOKI             | POL  | SENIOR II M - 30  | 00:00:53 | 00:36:32 | 00:53:14 |
| 184  | KRUK MATEUSZ                 | 8203 | MAXIMUS KROSNOWICE           | BYSTRZYCA KŁODZKA | POL  | SENIOR II M - 30  | 00:00:24 | 00:36:43 | 00:56:02 |
| 185  | DWORAK SABRINA               | 8419 | MAXIMUS KROSNOWICE           | KŁODZKO           | POL  | SENIOR II K - 30  | 00:00:24 | 00:36:44 | 00:54:30 |
| 186  | MRÓZ URSZULA                 | 8077 |                              | STRONIE SL        | POL  | WETERAN II K - 60 | 00:01:06 | 00:36:46 | 00:53:12 |
| 187  | BACHURSKA EWA                | 8043 | KB HARCOWNIK JELCZ LASKOWICE | MIŁOSZYCE         | POL  | MASTERS K - 40    | 00:00:18 | 00:36:46 | 00:54:57 |
| 188  | ŁASZKIEWICZ PIOTR            | 8010 | ATHLETICS TEM PRUSICE        | BRZEŹNO           | POL  | WETERAN II M - 60 | 00:00:14 | 00:36:49 | 00:54:45 |
| 189  | KOŁTON JUSTYNA               | 8284 |                              | SOSNOWIEC         | POL  | SENIOR I K - 20   | 00:00:28 | 00:36:55 | 00:54:18 |
| 190  | SAWICKI PIOTR                | 8558 | MOTOR LUBLIN                 | LUBLIN            | POL  | MASTERS M - 40    | 00:00:30 | 00:37:01 | 00:52:21 |
| 191  | DZIEGIELEWSKA DOMINIKA       | 8577 |                              | LIPA              | POL  | SENIOR II K - 30  | 00:00:11 | 00:37:01 | 00:55:05 |
| 192  | GÓRSKI BARTEK                | 8441 |                              | KATOWICE          | POL  | SENIOR I M - 20   | 00:00:14 | 00:37:02 | 00:54:08 |
| 193  | WASZAK TOMASZ                | 8314 |                              | POZNAŃ            | POL  | SENIOR I M - 20   | 00:01:25 | 00:37:07 | 00:54:07 |
| 194  | JANUS TOMASZ                 | 8351 | TEAM KURORT ŁĄDEK-ZDRÓJ      | BYSTRZYCA KŁODZKA | POL  | SENIOR II M - 30  | 00:01:14 | 00:37:13 | 00:53:43 |
| 195  | NAGLER TOMASZ                | 8147 |                              | POZNAŃ            | POL  | MASTERS M - 40    | 00:00:49 | 00:37:17 | 00:57:00 |
| 196  | MARTYN OLGA                  | 8488 | SPINKO LESZNO                | RYDZYNA           | POL  | SENIOR II K - 30  | 00:00:46 | 00:37:18 | 00:55:10 |
| 197  | GRZELIŃSKA MALWINA           | 8490 |                              | JAROCIN           | POL  | SENIOR II K - 30  | 00:00:15 | 00:37:19 | 00:55:48 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię         | Nr   | Klub                                | M-scowość              | Kraj | Kat.               | 0.01km   | 3.7km    | 5.8km    |
|------|-------------------------|------|-------------------------------------|------------------------|------|--------------------|----------|----------|----------|
| 198  | MERAK KRZYSZTOF         | 8363 | KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA | OLDRZYCHOWICE KŁODZKIE | POL  | MASTERS M - 40     | 00:01:19 | 00:37:26 | 00:54:00 |
| 199  | HOJA ILONA              | 8448 |                                     | KOBYLA GÓRA            | POL  | SENIOR II K - 30   | 00:00:17 | 00:37:30 | 00:55:50 |
| 200  | KUCHARSKA ANNA          | 8458 |                                     | KOBYLA GÓRA            | POL  | SENIOR II K - 30   | 00:00:18 | 00:37:30 | 00:55:50 |
| 201  | KOZŁOWSKI MARIUSZ       | 8045 | KB ODRA OPOLE                       | OPOLE                  | POL  | MASTERS M - 40     | 00:00:30 | 00:37:33 | 00:56:00 |
| 202  | NAPIERAŁA ANDRZEJ       | 8430 | MTS DRUŻYNA SZPIKU KGHM             | GOSTYŃ                 | POL  | WETERAN II M - 60  | 00:01:49 | 00:37:33 | 00:54:38 |
| 203  | ZADORA BORYS            | 8214 | OLDBOYS TROJAN ŁĄDEK ZDRÓJ          | ŁĄDEK ZDRÓJ            | POL  | SENIOR II M - 30   | 00:03:27 | 00:37:33 | 00:52:56 |
| 204  | MASALSKA ANNA           | 8578 |                                     | SUWAŁKI                | POL  | MASTERS K - 40     | 00:00:27 | 00:37:36 | 00:55:49 |
| 205  | KOZŁOWSKA MAŁGORZATA    | 8046 | KB ODRA OPOLE                       | OPOLE                  | POL  | MASTERS K - 40     | 00:00:30 | 00:37:39 | 00:56:01 |
| 206  | PUSZEK JACEK            | 8195 |                                     | CZĘSTOCHOWA            | POL  | SENIOR II M - 30   | 00:00:06 | 00:37:46 | 00:56:56 |
| 207  | URBAN ALICJA            | 8041 | KACZKATEAM                          | WROCŁAW                | POL  | SENIOR I K - 20    | 00:00:37 | 00:37:47 | 00:57:12 |
| 208  | KMIECIK ROMA            | 8425 | KUDOWIANKA RUN                      | ŁĘŻYCE                 | POL  | MASTERS K - 40     | 00:01:02 | 00:37:47 | 00:55:18 |
| 209  | OSUCH MARCIN            | 8345 |                                     | POZNAŃ                 | POL  | MASTERS M - 40     | 00:00:58 | 00:37:50 | 00:55:29 |
| 210  | KUTYCKA KUREK ELŻBIETA  | 8498 | CHOJRAK TEAM WROCŁAW                | WROCŁAW                | POL  | SENIOR II K - 30   | 00:00:43 | 00:37:54 | 00:56:54 |
| 211  | SZWACZKA SEBASTIAN      | 8300 | BW BIEGOWY WARIAT                   | WARSZAWA               | POL  | MASTERS M - 40     | 00:01:11 | 00:37:54 | 00:56:26 |
| 212  | SENDER JAKUB            | 8317 | BW RUNNING TEAM                     | WARSZAWA               | POL  | SENIOR II M - 30   | 00:01:11 | 00:37:55 | 00:56:28 |
| 213  | SZYMAŁA JAN             | 8125 |                                     | KLUCZBORK              | POL  | WETERAN III M - 70 | 00:00:23 | 00:37:57 | 00:57:36 |
| 214  | BUGAJSKI MARCIN         | 8187 |                                     | WARSZAWA               | POL  | MASTERS M - 40     | 00:00:25 | 00:38:01 | 00:56:46 |
| 215  | WORYTKIEWICZ MAŁGORZATA | 8319 |                                     | KRAKÓW                 | POL  | SENIOR I K - 20    | 00:00:59 | 00:38:08 | 00:55:45 |
| 216  | KIEPIEL AGATA           | 8293 | ADIDAS RUNNERS WARSAW               | WARSZAWA               | POL  | SENIOR II K - 30   | 00:00:58 | 00:38:11 | 00:56:12 |
| 217  | BRZEZIŃSKI ANDRZEJ      | 8062 | LANRUNS                             | OLKUSZ                 | POL  | WETERAN II M - 60  | 00:00:05 | 00:38:16 | 00:57:23 |
| 218  | KORNASZEWSKI WOJCIECH   | 8559 |                                     | BYDGOSZCZ              | POL  | SENIOR II M - 30   | 00:00:30 | 00:38:16 | 00:56:45 |
| 219  | IMIŃSKI CEZARY          | 8104 |                                     | ZGIERZ                 | POL  | WETERAN I M - 50   | 00:00:15 | 00:38:20 | 00:55:44 |
| 220  | POZNAR ADAM             | 8354 |                                     | WROCŁAW                | POL  | SENIOR II M - 30   | 00:01:17 | 00:38:22 | 00:55:54 |
| 221  | WILK TOMASZ             | 8038 |                                     | OPOLE                  | POL  | SENIOR II M - 30   | 00:01:01 | 00:38:23 | 00:56:48 |
| 222  | BUDA MAŁGORZATA         | 8260 |                                     | POZNAN                 | POL  | MASTERS K - 40     | 00:00:19 | 00:38:27 | 00:58:08 |
| 223  | KRZECZKOWSKI ROMAN      | 8176 | BIEGOWA ŚWIDNICA                    | ŚWIDNICA               | POL  | WETERAN I M - 50   |          | 00:38:41 | 00:56:53 |
| 224  | NAZARY PIOTR            | 8383 | OBORYGENI                           | OBORNIKI ŚLĄSKIE       | POL  | MASTERS M - 40     | 00:00:27 | 00:38:55 | 00:57:06 |
| 225  | BIENIARZ ILONA          | 8396 | MAKEMAROFITAGAIN!                   | WROCŁAW                | POL  | SENIOR II K - 30   | 00:00:15 | 00:38:57 | 00:58:55 |
| 226  | BURA KAROLINA           | 8227 | #BIEGAJLESZNO                       | LESZNO                 | POL  | SENIOR II K - 30   | 00:00:12 | 00:39:05 | 00:59:30 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię           | Nr   | Klub                          | M-scowość                    | Kraj | Kat.              | 0.01km   | 3.7km    | 5.8km    |
|------|---------------------------|------|-------------------------------|------------------------------|------|-------------------|----------|----------|----------|
| 227  | URBANIAK JÓZEF            | 8576 | ULKS CZARNA GÓRA              | STRONIE ŚLĄSKIE              | POL  | WETERAN I M - 50  | 00:01:04 | 00:39:09 | 00:57:07 |
| 228  | GALEWSKI MARIUSZ          | 8074 | KOTLIN                        | KOTLIN                       | POL  | WETERAN I M - 50  | 00:00:17 | 00:39:10 | 00:59:08 |
| 229  | SOBOLEWSKA JULITA         | 8369 |                               | ZALEWO                       | POL  | MASTERS K - 40    | 00:00:13 | 00:39:11 | 00:58:26 |
| 230  | KUZIEL MARCIN             | 8113 | BLACK RUNNING STRONIE ŚLĄSKIE | STRONIE ŚLĄSKIE              | POL  | SENIOR II M - 30  | 00:01:23 | 00:39:16 | 00:55:22 |
| 231  | GAŚIOROWSKA SARA          | 8294 |                               | ŚWIEBODZIN                   | POL  | SENIOR I K - 20   | 00:00:49 | 00:39:19 | 00:57:06 |
| 232  | WEKA KRZYSZTOF            | 8555 | BIAŁYSTOK BIEGA TEAM          | BIAŁYSTOK                    | POL  | SENIOR II M - 30  | 00:00:10 | 00:39:20 | 01:05:57 |
| 233  | BLANIK MAREK              | 8239 |                               | RADLIN                       | POL  | SENIOR II M - 30  | 00:00:31 | 00:39:25 | 00:58:30 |
| 234  | BLANIK AGNIESZKA          | 8238 |                               | RADLIN                       | POL  | MASTERS K - 40    | 00:00:31 | 00:39:25 | 00:58:36 |
| 235  | BLACHNIO DOROTA           | 8072 | RAZ SZCZECIN                  | SZCZECIN                     | POL  | WETERAN K - 50    | 00:00:08 | 00:39:27 | 00:59:33 |
| 236  | WOŹNIAK MIROSŁAW          | 8339 | TKKF MPK POZNAŃ               | KOZIEGŁOWY                   | POL  | WETERAN II M - 60 | 00:01:00 | 00:39:27 | 00:57:10 |
| 237  | STEMPIN SYLWIA            | 8358 |                               | KĘPNO                        | POL  | SENIOR II K - 30  | 00:00:11 | 00:39:29 | 00:59:16 |
| 238  | RADZIEJEWSKA MILENA       | 8355 | SZWAGRY I SZWAGIERKI          | ŚREM                         | POL  | SENIOR I K - 20   | 00:00:25 | 00:39:54 | 01:00:18 |
| 239  | REIJMERS AGNIESZKA        | 8251 | LEIDEN ATLETIEK               | OEGSTGEEST                   | NED  | MASTERS K - 40    | 00:00:39 | 00:39:57 | 00:58:36 |
| 240  | KLUSKA RAFAŁ              | 8387 | KS DŁUGOŁĘKA 2000             | OLEŚNICA                     | POL  | SENIOR I M - 20   | 00:00:16 | 00:39:58 | 01:00:32 |
| 241  | STRZYŻOWSKI NIKODEM       | 8092 |                               | BYDGOSZCZ                    | POL  | SENIOR I M - 20   | 00:00:26 | 00:40:01 | 00:59:45 |
| 242  | LEWANDOWSKA KAMILA        | 8143 | LEWANDOWSCY TEAM              | GORZÓW WLKP.                 | POL  | SENIOR II K - 30  | 00:00:59 | 00:40:04 | 00:59:57 |
| 243  | DĄBKOWSKI ADAM            | 8124 |                               | WŁOSZAKOWICE                 | POL  | MASTERS M - 40    | 00:00:42 | 00:40:07 | 00:57:13 |
| 244  | OSIKA ALEKSANDRA          | 8002 |                               | KIELCE                       | POL  | SENIOR I K - 20   | 00:00:36 | 00:40:12 | 01:00:30 |
| 245  | MAZURKIEWICZ JOANNA       | 8061 |                               | STARY WIELISŁAW              | POL  | MASTERS K - 40    | 00:00:11 | 00:40:12 | 01:02:02 |
| 246  | KUKUŁA KAROLINA           | 8443 |                               | OŁDRZYCHOWICE                | POL  | SENIOR II K - 30  | 00:00:13 | 00:40:13 | 01:00:28 |
| 247  | SZCZEPIŃSKA ANETA         | 8583 |                               | WROCŁAW                      | POL  | SENIOR II K - 30  | 00:00:27 | 00:40:13 | 00:59:45 |
| 248  | WESTPHAL MAGDALENA        | 8236 |                               | BYDGOSZCZ                    | POL  | SENIOR II K - 30  | 00:00:28 | 00:40:14 | 01:00:27 |
| 249  | SZCZEPIŃSKI KRZYSZTOF     | 8584 |                               | WROCŁAW                      | POL  | SENIOR II M - 30  | 00:00:27 | 00:40:17 | 01:01:28 |
| 250  | BIAŁEK MARCIN             | 8115 |                               | STRONIE ŚLĄSKIE              | POL  | MASTERS M - 40    | 00:01:04 | 00:40:19 | 00:58:49 |
| 251  | ŚWIĘCH ANETA              | 8427 | EAZYMUT.PL                    | WARSZAWA                     | POL  | SENIOR II K - 30  | 00:00:27 | 00:40:22 | 01:01:43 |
| 252  | PAWLUS MAREK              | 8395 | MAKEMAROFITAGAIN!             | WROCŁAW                      | POL  | SENIOR II M - 30  | 00:00:15 | 00:40:31 | 01:01:41 |
| 253  | WĘGRZYNOWSKA RENATA       | 8340 |                               | PIŁA                         | POL  | WETERAN K - 50    | 00:00:51 | 00:40:32 | 01:01:18 |
| 254  | BEDNAREK-KWIATKOWSKA ANNA | 8163 | SAMO ZDROWIE                  | POZNAŃ (POZNAŃ-STARE MIASTO) | POL  | MASTERS K - 40    | 00:00:53 | 00:40:33 | 01:00:52 |
| 255  | SZELIGA AGNIESZKA         | 8264 |                               | BYTOM                        | POL  | SENIOR II K - 30  | 00:00:34 | 00:40:35 | 01:00:39 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię              | Nr   | Klub                        | M-scowość              | Kraj | Kat.              | 0.01km   | 3.7km    | 5.8km    |
|------|------------------------------|------|-----------------------------|------------------------|------|-------------------|----------|----------|----------|
| 256  | SAMOLAK ŁUKASZ               | 8228 |                             | ŁĄDEK ZDRÓJ            | POL  | MASTERS M - 40    | 00:01:28 | 00:40:38 | 00:56:38 |
| 257  | LEŚNICZAK BARBARA            | 8457 | #WKURWTEAM                  | ZIELONKA               | POL  | MASTERS K - 40    | 00:01:12 | 00:40:40 | 01:00:01 |
| 258  | SYCZ-LANGNER HONORATA        | 8145 |                             | WROCLAW                | POL  | SENIOR II K - 30  | 00:00:36 | 00:40:45 | 01:02:35 |
| 259  | SKRZYPEK MARTA               | 8221 |                             | OBORNIKI               | POL  | SENIOR II K - 30  | 00:00:05 | 00:40:46 | 01:01:40 |
| 260  | SKARŻEŃSKA-SOKOŁOWSKA JAGODA | 8599 |                             | ŁĄDEK ZDRÓJ            | POL  | SENIOR II K - 30  |          | 00:40:46 |          |
| 261  | GRABKOWSKA PAULINA           | 8376 |                             | KŁODZKO                | POL  | SENIOR II K - 30  | 00:01:05 | 00:40:47 | 01:01:07 |
| 262  | MATAK KINGA                  | 8437 | ŁASUCH                      | RADZYMIN               | POL  | SENIOR II K - 30  | 00:01:23 | 00:40:51 | 01:00:10 |
| 263  | GURGUL DOROTA                | 8205 | AROMAT NÓG                  | KRAKÓW                 | POL  | MASTERS K - 40    | 00:00:12 | 00:40:52 | 01:04:15 |
| 264  | WASILEWSKA AGNIESZKA         | 8226 | AROMAT NÓG                  | KRAKÓW                 | POL  | MASTERS K - 40    | 00:00:12 | 00:40:53 | 01:04:16 |
| 265  | SZYMAŁA KAROLINA             | 8103 |                             | KLUCZBORK              | POL  | SENIOR I K - 20   | 00:00:44 | 00:40:55 | 01:01:15 |
| 266  | WAWER MARCIN                 | 8493 | STOWARZYSZENIE BIEG OPOLSKI | GOGOLIN                | POL  | SENIOR II M - 30  | 00:01:22 | 00:40:58 | 00:58:40 |
| 267  | RUTKOWSKA IZABELA            | 8349 | SPORTOWY KAŻMIERZ           | KAŻMIERZ               | POL  | MASTERS K - 40    | 00:01:04 | 00:41:02 | 01:00:17 |
| 268  | STROIŃSKI WOJCIECH           | 8081 | LESZ NO LIMITS RUNNERS      | WILKOWICE              | POL  | MASTERS M - 40    | 00:00:50 | 00:41:03 | 01:00:19 |
| 269  | GABOR MACIEJ                 | 8368 |                             | WARSZAWA               | POL  | MASTERS M - 40    | 00:01:20 | 00:41:04 | 01:00:29 |
| 270  | GRODZIŃSKA MAGDALENA         | 8407 |                             | JELENIA GÓRA           | POL  | SENIOR I K - 20   | 00:01:10 | 00:41:05 | 00:59:24 |
| 271  | MICHAŁSKA AGNIESZKA          | 8353 |                             | WARSZAWA               | POL  | SENIOR I K - 20   | 00:01:25 | 00:41:07 | 01:00:58 |
| 272  | IGNASZEWSKA MARTA            | 8380 |                             | RADZYNY                | POL  | MASTERS K - 40    | 00:00:42 | 00:41:23 | 01:01:10 |
| 273  | IGNASZEWSKI MICHAŁ           | 8566 |                             | RADZYNY                | POL  | MASTERS M - 40    | 00:00:51 | 00:41:24 | 01:01:10 |
| 274  | ZAJĄC AGA                    | 8379 | 77CATS                      | JÓZEFOSŁAW             | POL  | MASTERS K - 40    | 00:00:38 | 00:41:30 | 01:01:03 |
| 275  | KOWAL DAWID                  | 8025 |                             | LESZNO                 | POL  | SENIOR I M - 20   | 00:00:45 | 00:41:31 | 01:00:19 |
| 276  | TOMAKA PATRYCJA              | 8347 | TEAM KURORT ŁĄDEK-ZDRÓJ     | OŁDRZYCHOWICE KŁODZKIE | POL  | SENIOR II K - 30  | 00:01:10 | 00:41:32 | 01:00:59 |
| 277  | DULIK RADOSŁAW               | 8604 | OPOLE                       | OPOLE                  | POL  | MASTERS M - 40    | 00:00:57 | 00:41:33 | 01:00:30 |
| 278  | KOWAL IRENEUSZ               | 8024 |                             | LESZNO                 | POL  | MASTERS M - 40    | 00:00:45 | 00:41:46 | 01:01:51 |
| 279  | PACUŁT DOMINIKA              | 8101 |                             | ŚWIDNICA               | POL  | SENIOR I K - 20   | 00:00:18 | 00:41:51 | 01:03:49 |
| 280  | DZIURA KAMIL                 | 8100 |                             | ŚWIDNICA               | POL  | SENIOR I M - 20   | 00:00:19 | 00:41:51 | 01:03:49 |
| 281  | DAGIEL JANUSZ                | 8334 |                             | WARSZAWA               | POL  | SENIOR II M - 30  | 00:00:54 | 00:41:52 | 01:04:01 |
| 282  | KUCIŃSKI ANDRZEJ             | 8064 | BAZA ZDROWIA FRESCO         | WARSZAWA               | POL  | WETERAN II M - 60 | 00:00:44 | 00:41:53 | 01:01:36 |
| 283  | MACIEJEWSKI PIOTR            | 8210 | SUPERMARATON KALISZ         | KALISZ                 | POL  | WETERAN II M - 60 | 00:00:20 | 00:41:59 | 01:01:47 |
| 284  | MOŃKA-PODGÓRNA ALEKSANDRA    | 8299 | #POBIEGANI                  | DYLAKI                 | POL  | SENIOR I K - 20   | 00:00:37 | 00:41:59 | 01:03:20 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię                | Nr   | Klub                                | M-scowość         | Kraj | Kat.             | 0.01km   | 3.7km    | 5.8km    |
|------|--------------------------------|------|-------------------------------------|-------------------|------|------------------|----------|----------|----------|
| 285  | JASIEWICZ KAROLINA             | 8350 |                                     | KIEŁCZÓW          | POL  | SENIOR II K - 30 | 00:00:52 | 00:42:00 | 01:02:50 |
| 286  | POŁAWSKA EWA                   | 8454 |                                     | WARSZAWA          | POL  | SENIOR II K - 30 | 00:01:04 | 00:42:01 | 01:01:00 |
| 287  | BURNETKO MAGDALENA             | 8405 | HUTASY RUNNERS TEAM                 | KRAKÓW            | POL  | SENIOR II K - 30 | 00:00:45 | 00:42:02 | 01:02:49 |
| 288  | WIRTEK MAGDALENA               | 8305 |                                     | ZIELONA GÓRA      | POL  | SENIOR II K - 30 | 00:00:13 | 00:42:02 | 01:04:10 |
| 289  | RELIGA LILIANA                 | 8332 |                                     | WARSZAWA          | POL  | SENIOR II K - 30 | 00:00:52 | 00:42:03 | 01:04:01 |
| 290  | WOJTCZAK MATEUSZ               | 8456 |                                     | WARSZAWA          | POL  | SENIOR II M - 30 | 00:01:04 | 00:42:04 | 01:01:00 |
| 291  | SZAŁAJSKA MAGDALENA            | 8564 |                                     | LUBLIN            | POL  | SENIOR I K - 20  | 00:00:55 | 00:42:04 | 01:02:44 |
| 292  | DABKOWSKA PATRYCJA             | 8472 | SPEEDFEED'16                        | BARCLIN           | POL  | MASTERS K - 40   | 00:00:42 | 00:42:05 | 01:02:51 |
| 293  | SOJA-WAWRYSZEWICZ AGATA        | 8230 |                                     | WROCŁAW           | POL  | MASTERS K - 40   | 00:00:54 | 00:42:06 | 01:02:21 |
| 294  | CHOMĄTOWSKI DANIEL             | 8127 |                                     | WROCŁAW           | POL  | SENIOR II M - 30 | 00:00:23 | 00:42:07 | 01:02:46 |
| 295  | SUDER MACIEJ                   | 8364 | 3M RUNNING TEAM POLAND              | WROCŁAW           | POL  | SENIOR II M - 30 | 00:00:36 | 00:42:09 | 01:03:52 |
| 296  | KASPRZAK ŁUKASZ                | 8432 |                                     | WROCŁAW           | POL  | SENIOR II M - 30 | 00:01:10 | 00:42:11 | 01:01:58 |
| 297  | NOWAK - KASPRZAK ANNA          | 8431 |                                     | WROCŁAW           | POL  | SENIOR II K - 30 | 00:01:10 | 00:42:11 | 01:01:58 |
| 298  | OLEJ ROBERT                    | 8193 |                                     | KATOWICE          | POL  | SENIOR I M - 20  | 00:00:14 | 00:42:12 | 01:05:54 |
| 299  | ROBAK NATALIA                  | 8304 |                                     | ŁĄDEK-ZDRÓJ       | POL  | SENIOR I K - 20  | 00:01:04 | 00:42:12 | 01:02:32 |
| 300  | BIELEWICZ ALEKSANDRA           | 8231 | PANKORBKA - MOBILNY SERWIS ROWEROWY | SOSNOWIEC         | POL  | SENIOR I K - 20  | 00:00:31 | 00:42:12 | 01:02:58 |
| 301  | WIKŁO PAWEŁ                    | 8296 |                                     | KATOWICE          | POL  | SENIOR I M - 20  | 00:01:26 | 00:42:15 | 01:01:45 |
| 302  | JANSON MARLEEN                 | 8249 | LEIDEN ATLETIEK                     | LEIDEN            | NED  | SENIOR II K - 30 | 00:00:39 | 00:42:18 | 01:02:34 |
| 303  | KRYSKA PAWEŁ                   | 8237 |                                     | WROCŁAW           | POL  | SENIOR I M - 20  | 00:01:09 | 00:42:21 | 01:02:13 |
| 304  | KOCHANOWSKA GRAŻYNA            | 8476 |                                     | OSTRÓW MAZOWIECKA | POL  | WETERAN K - 50   | 00:00:35 | 00:42:29 | 01:03:59 |
| 305  | KALIŃSKA DOROTA                | 8486 |                                     | KOBYŁKA           | POL  | SENIOR II K - 30 | 00:01:28 | 00:42:30 | 01:01:09 |
| 306  | LESNIAK SYLWIA                 | 8320 |                                     | DUBLIN 22         | IRL  | MASTERS K - 40   | 00:00:07 | 00:42:31 | 01:04:39 |
| 307  | BINKIEWICZ-KOWALCZYK AGNIESZKA | 8189 |                                     | OSOLA             | POL  | SENIOR II K - 30 | 00:00:19 | 00:42:33 | 01:04:23 |
| 308  | KRZYWICKI LESZEK               | 8579 | KIERUNEK ULTRA                      | SUWAŁKI           | POL  | WETERAN I M - 50 | 00:00:30 | 00:42:50 | 01:05:54 |
| 309  | JAKUBOWSKA JUDYTA              | 8076 |                                     | KAMIEN POMORSKI   | POL  | MASTERS K - 40   | 00:00:25 | 00:42:51 | 01:05:01 |
| 310  | KOPYSTAŃSKA BASIA              | 8329 |                                     | LEGNICKIE POLE    | POL  | SENIOR II K - 30 | 00:01:26 | 00:42:54 | 01:03:41 |
| 311  | SZAREK SŁAWOMIR                | 8067 | K.S. OBSTAWIMY TYŁY                 | WROCŁAW           | POL  | MASTERS M - 40   | 00:00:55 | 00:42:55 | 01:01:44 |
| 312  | JOŃCZYK PAULA                  | 8422 |                                     | WROCŁAW           | POL  | SENIOR I K - 20  | 00:01:04 | 00:43:09 | 01:02:31 |
| 313  | ODIJA LESZEK                   | 8412 |                                     | WIRY              | POL  | MASTERS M - 40   | 00:01:18 | 00:43:13 | 01:02:26 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię          | Nr   | Klub                          | M-scowość           | Kraj | Kat.               | 0.01km   | 3.7km    | 5.8km    |
|------|--------------------------|------|-------------------------------|---------------------|------|--------------------|----------|----------|----------|
| 314  | WEBER AGATA              | 8581 | VELO ŁOSIE NA SZOSIE          | WARSZAWA            | POL  | MASTERS K - 40     | 00:00:30 | 00:43:14 | 01:03:56 |
| 315  | JÓŹWIAKOWSKA WERONIKA    | 8245 |                               | SOLEC KUJAWSKI      | POL  | SENIOR I K - 20    | 00:00:32 | 00:43:17 | 01:05:15 |
| 316  | HAMPEL MARIA             | 8316 | BODY POWER                    | LESZNO              | POL  | SENIOR I K - 20    | 00:00:24 | 00:43:24 | 01:05:55 |
| 317  | HOJDA AGNIESZKA          | 8572 |                               | WARSZAWA            | POL  | SENIOR II K - 30   | 00:00:23 | 00:43:25 | 01:06:37 |
| 318  | MARKIEWICZ JAGODA        | 8167 | KUŹNIA TALENTÓW KAMIENIEC     | KAMIENIEC           | POL  | SENIOR I K - 20    | 00:01:02 | 00:43:31 | 01:03:47 |
| 319  | NITSCHKE KAROL           | 8359 | TKKF MPK POZNAŃ               | POZNAŃ              | POL  | MASTERS M - 40     | 00:01:00 | 00:43:34 | 01:06:26 |
| 320  | AMANOWICZ AURELIA        | 8234 |                               | WROCŁAW             | POL  | SENIOR II K - 30   | 00:01:09 | 00:43:38 | 01:03:54 |
| 321  | CZERNICKA MAGDALENA      | 8423 |                               | RYBNIK              | POL  | MASTERS K - 40     | 00:01:08 | 00:43:43 | 01:03:36 |
| 322  | MŁYNARSKI MARIAN         | 8309 |                               | BIELSKO-BIAŁA       | POL  | WETERAN III M - 70 | 00:00:19 | 00:43:46 | 01:05:39 |
| 323  | WOJCIECHOWSKA PAULINA    | 8185 |                               | WROCŁAW             | POL  | SENIOR II K - 30   | 00:00:50 | 00:43:49 | 01:04:52 |
| 324  | WOŹNIAK LIDIA            | 8223 | PORMAT JEDLICZE BIEGA         | SKOŁYSZYN           | POL  | WETERAN K - 50     | 00:00:34 | 00:43:49 | 01:05:26 |
| 325  | NITSCHKE GRAŻYNA         | 8390 | MPK-POZNAŃ                    | POZNAŃ              | POL  | MASTERS K - 40     | 00:00:56 | 00:43:50 | 01:06:25 |
| 326  | RZYSZKIEWICZ MAŁGORZATA  | 8274 | PĘDZĄCE LENIWCE               | SOKOŁÓW PODLASKI    | POL  | MASTERS K - 40     | 00:00:53 | 00:43:58 | 01:05:39 |
| 327  | WITCZAK-SPERKA MARIOLA   | 8059 | RAZ SZCZECIN                  | SZCZECIN            | POL  | WETERAN II K - 60  | 00:00:22 | 00:44:09 | 01:07:19 |
| 328  | TÓRZ ANNA                | 8292 |                               | POZNAŃ              | POL  | MASTERS K - 40     | 00:00:53 | 00:44:19 | 01:05:40 |
| 329  | GABERT BEATA             | 8028 | RAZ SZCZECIN                  | SZCZECIN            | POL  | WETERAN K - 50     | 00:00:08 | 00:44:22 | 01:07:15 |
| 330  | KRAJEWSKA IRMINA         | 8435 |                               | POZNAŃ              | POL  | SENIOR II K - 30   | 00:00:49 | 00:44:27 | 01:04:59 |
| 331  | SROCZYŃSKI MACIEJ        | 8235 |                               | ŻERNIKI WROCŁAWSKIE | POL  | MASTERS M - 40     | 00:01:16 | 00:44:28 | 01:06:36 |
| 332  | MIECZKOWSKA NINA         | 8039 |                               | OPOLE               | POL  | SENIOR II K - 30   | 00:01:02 | 00:44:29 | 01:06:36 |
| 333  | KRYSA DOROTA             | 8322 | POMYŁKA TEAM                  | ŁĄDEK ZDRÓJ         | POL  | MASTERS K - 40     | 00:01:29 | 00:44:45 | 01:06:27 |
| 334  | KUBAŚ DAWID              | 8492 | NADLEŚNICTWO ZDROJE           | KŁODZKO             | POL  | SENIOR II M - 30   | 00:00:44 | 00:44:51 | 01:05:41 |
| 335  | ZWYDAK ANNA              | 8134 | WKURW_TEAM                    | KIEŁCZÓW            | POL  | SENIOR II K - 30   | 00:00:34 | 00:44:53 | 01:06:46 |
| 336  | KUROWSKA BIANKA          | 8341 |                               | ŚWIDNICA            | POL  | SENIOR I K - 20    | 00:01:09 | 00:45:01 | 01:06:58 |
| 337  | MORAWSKA EDYTA           | 8386 | BIEGNIJ OŁAWO                 | OŁAWA               | POL  | MASTERS K - 40     | 00:00:35 | 00:45:07 | 01:08:23 |
| 338  | STELMASZCZYK MICHALINA   | 8573 |                               | WARSZAWA            | POL  | SENIOR I K - 20    | 00:00:39 | 00:45:09 | 01:06:57 |
| 339  | DĄBROWSKA GRZYBEK JOANNA | 8131 |                               | KATOWICE            | POL  | MASTERS K - 40     | 00:00:41 | 00:45:10 | 01:05:47 |
| 340  | GRZYBEK SŁAWOMIR         | 8130 | BARTOSZ GORCZYCA RUNNING TEAM | KATOWICE            | POL  | SENIOR II M - 30   | 00:00:41 | 00:45:10 | 01:05:48 |
| 341  | MORAWSKI JAROSŁAW        | 8385 | BIEGNIJ OŁAWO                 | OŁAWA               | POL  | MASTERS M - 40     | 00:00:36 | 00:45:11 | 01:08:23 |
| 342  | BOBIN ANNA               | 8084 | ZOCHU TEAM                    | GORZÓW WIELKOPOLSKI | POL  | MASTERS K - 40     | 00:00:50 | 00:45:16 | 01:07:19 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię       | Nr   | Klub                                 | M-scowość          | Kraj | Kat.              | 0.01km   | 3.7km    | 5.8km    |
|------|-----------------------|------|--------------------------------------|--------------------|------|-------------------|----------|----------|----------|
| 343  | GRUCHALSKA MARTA      | 8494 | STOWARZYSZENIE BIEG OPOLSKI          | OPOLE              | POL  | MASTERS K - 40    | 00:01:22 | 00:45:17 | 01:05:02 |
| 344  | WAWER KASIA           | 8495 | STOWARZYSZENIE BIEG OPOLSKI          | OPOLE              | POL  | SENIOR II K - 30  | 00:01:22 | 00:45:18 | 01:05:03 |
| 345  | PRUS DOROTA           | 8052 |                                      | WARSZAWA           | POL  | MASTERS K - 40    | 00:01:27 | 00:45:18 | 01:04:57 |
| 346  | DĘBSKA MARZENA        | 8035 | PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL | PODDĘBICE          | POL  | MASTERS K - 40    | 00:00:09 | 00:45:21 | 01:06:32 |
| 347  | DYBAŁA MICHAŁ         | 8177 | NULL                                 | KRZESZOWICE        | POL  | MASTERS M - 40    | 00:00:32 | 00:45:28 | 01:08:13 |
| 348  | DYBAŁA BEATA          | 8174 | DZIKIE GRUBASY SZATANA               | KRZESZOWICE        | POL  | SENIOR II K - 30  | 00:00:31 | 00:45:28 | 01:08:18 |
| 349  | LACHOR ANNA           | 8275 |                                      | POZNAŃ             | POL  | WETERAN K - 50    | 00:01:31 | 00:45:31 | 01:06:28 |
| 350  | BOCHYŃSKA ADRIANNA    | 8146 |                                      | CHORZÓW            | POL  | SENIOR II K - 30  | 00:00:58 | 00:45:31 | 01:06:39 |
| 351  | ROSA IZABELA          | 8560 | ROXY                                 | WARSZAWA           | POL  | SENIOR II K - 30  | 00:00:59 | 00:45:31 | 01:06:30 |
| 352  | BIAŁEK WIOLETTA       | 8114 |                                      | STRONIE ŚLĄSKIE    | POL  | MASTERS K - 40    | 00:01:03 | 00:45:35 | 01:08:03 |
| 353  | BIENIEK IWONA         | 8295 |                                      | PRZYBYŚLAWICE 110A | POL  | WETERAN K - 50    | 00:00:16 | 00:45:37 | 01:09:31 |
| 354  | PLASZCZAK BOGUMIŁA    | 8162 | PIEKIELNIE ZGRANI                    | TULCE              | POL  | MASTERS K - 40    | 00:00:32 | 00:45:37 | 01:09:01 |
| 355  | WIECZOREK MIKOŁAJ     | 8567 | DZIKIE GRUBASY SZATANA               | LUBIN              | POL  | SENIOR I M - 20   | 00:00:32 | 00:45:40 | 01:08:12 |
| 356  | JURCZYK ANNA          | 8491 |                                      | WARSZAWA           | POL  | SENIOR I K - 20   | 00:01:13 | 00:45:43 | 01:06:30 |
| 357  | ŁĘKAWA MATEUSZ        | 8483 |                                      | WARSZAWA           | POL  | SENIOR II M - 30  | 00:01:13 | 00:45:44 | 01:06:30 |
| 358  | WARCHOŁ KAMIL         | 8220 |                                      | WROCŁAW            | POL  | SENIOR I M - 20   | 00:01:07 | 00:45:47 | 01:06:31 |
| 359  | JOŃCZYK PATRYK        | 8433 |                                      | WROCŁAW            | POL  | SENIOR I M - 20   | 00:01:07 | 00:45:47 | 01:06:31 |
| 360  | TOMERA DOROTA         | 8496 | TEAM KURORT ŁĄDEK-ZDRÓJ              | STARA BYSTRZYCA    | POL  | MASTERS K - 40    | 00:01:10 | 00:45:48 | 01:06:33 |
| 361  | GAWLAS ROMAN          | 8078 |                                      | WADOWICE           | POL  | MASTERS M - 40    | 00:00:39 | 00:45:49 | 01:09:05 |
| 362  | SIP SABINA            | 8157 | FSD RUN DREZDENKO                    | DREZDENKO          | POL  | MASTERS K - 40    | 00:00:22 | 00:45:50 | 01:09:16 |
| 363  | GONERA JANINA         | 8014 | KB HARCOWNIK JELCZ-LASKOWICE         | MIŁOSZYCE          | POL  | WETERAN II K - 60 | 00:00:51 | 00:45:52 | 01:07:40 |
| 364  | IWANOW MAŁGORZATA     | 8428 |                                      | RADZYMIN           | POL  | SENIOR II K - 30  | 00:01:23 | 00:45:56 | 01:08:14 |
| 365  | PLASZCZAK JAROSŁAW    | 8161 |                                      | TULCE              | POL  | MASTERS M - 40    | 00:00:32 | 00:46:03 | 01:09:07 |
| 366  | MORAWSKA-KREKORA ANNA | 8453 |                                      | KRAKÓW             | POL  | SENIOR II K - 30  | 00:01:24 | 00:46:09 | 01:09:17 |
| 367  | NAIT MANSOUR IZABELA  | 8325 |                                      | POZNAŃ             | POL  | MASTERS K - 40    | 00:00:52 | 00:46:14 | 01:11:00 |
| 368  | RADWAN MATEUSZ        | 8106 |                                      | DOPIEWO            | POL  | SENIOR II M - 30  | 00:00:45 | 00:46:33 | 01:10:29 |
| 369  | DZIUBAŁA ILONA        | 8247 |                                      | POPÓW              | POL  | WETERAN K - 50    | 00:00:24 | 00:46:39 | 01:09:56 |
| 370  | GRÖGER KAROLINA       | 8149 |                                      | ŁĄDEK-ZDRÓJ        | POL  | SENIOR I K - 20   | 00:00:39 | 00:46:43 | 01:11:00 |
| 371  | HETAK MONIKA          | 8211 |                                      | ŁĄDEK-ZDRÓJ        | POL  | MASTERS K - 40    | 00:00:40 | 00:46:44 | 01:10:59 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię        | Nr   | Klub                         | M-scowość              | Kraj | Kat.               | 0.01km   | 3.7km    | 5.8km    |
|------|------------------------|------|------------------------------|------------------------|------|--------------------|----------|----------|----------|
| 372  | BOGUSŁAWSKA ELŻBIETA   | 8215 |                              | ŁĄDEK-ZDRÓJ            | POL  | MASTERS K - 40     | 00:00:45 | 00:46:47 | 01:12:38 |
| 373  | SZAFLIK ANNA           | 8216 |                              | ŁĄDEK-ZDRÓJ            | POL  | MASTERS K - 40     | 00:00:46 | 00:46:48 | 01:12:38 |
| 374  | LEWANDOWSKA ANNA       | 8027 | BORKOŚ TEAM                  | GORZÓW WIELKOPOLSKI    | POL  | SENIOR II K - 30   | 00:01:15 | 00:46:49 | 01:09:36 |
| 375  | KOLASA ANDRZEJ         | 8129 | KLUB J.SŁOWACKIEGO           | WARSZAWA-WESOŁA        | POL  | WETERAN III M - 70 | 00:00:02 | 00:46:52 | 01:14:10 |
| 376  | SZCZERBIEN JACEK       | 8150 |                              | KŁODZKO                | POL  | MASTERS M - 40     | 00:00:51 | 00:47:09 | 01:11:00 |
| 377  | TOCZEK GRAŻYNA         | 8144 | NIGHT RUNNERS PYSKOWICE      | PYSKOWICE              | POL  | WETERAN K - 50     | 00:01:08 | 00:47:17 | 01:11:31 |
| 378  | GAWRON MONIKA          | 8481 | MIRAZ RACE TEAM              | RUDA ŚLĄSKA            | POL  | MASTERS K - 40     | 00:00:07 | 00:47:20 | 01:09:08 |
| 379  | PRZYŁUSKA MIROŚLAWA    | 8032 | RAZ SZCZECIN                 | SZCZECIN               | POL  | WETERAN III K - 70 | 00:00:24 | 00:47:21 | 01:12:53 |
| 380  | SZPUREK ANNA           | 8597 | BUKOWSKI KLUB BIEGACZA       | BUK                    | POL  | MASTERS K - 40     | 00:00:32 | 00:47:25 | 01:14:18 |
| 381  | RZESZOWSKA IWONA       | 8283 | MIRAZ RACE TEAM              | ZABRZE                 | POL  | MASTERS K - 40     | 00:00:07 | 00:47:51 | 01:13:14 |
| 382  | WYCISZKIEWICZ GABRIELA | 8371 | TEAM KURORT ŁĄDEK ZDRÓJ      | OŁDRZYCHOWICE KŁODZKIE | POL  | MASTERS K - 40     | 00:01:11 | 00:47:54 | 01:11:53 |
| 383  | JAROSZ AGNIESZKA       | 8343 | TEAM KURORT ŁĄDEK ZDRÓJ      | OŁDRZYCHOWICE KŁODZKIE | POL  | SENIOR I K - 20    | 00:01:11 | 00:47:56 | 01:11:53 |
| 384  | MODRAK MACIEJ          | 8007 | PARKRUN GRUDZIĄDZ            | GRUDZIĄDZ              | POL  | WETERAN I M - 50   | 00:00:57 | 00:47:57 | 01:08:50 |
| 385  | LIS EWELINA            | 8008 |                              | GRUDZIĄDZ              | POL  | MASTERS K - 40     | 00:00:56 | 00:47:57 | 01:09:11 |
| 386  | WASILEWSKA JOANNA      | 8361 | PARKRUN GRUDZIĄDZ            | GRUDZIĄDZ              | POL  | SENIOR II K - 30   | 00:00:57 | 00:47:58 | 01:12:17 |
| 387  | ZARZECZNY RADOŚLAW     | 8413 | JUNIOR AMATOR SUPERSTAR      | KRAKÓW                 | POL  | SENIOR II M - 30   | 00:00:49 | 00:47:59 | 01:13:30 |
| 388  | MITIS MAREK            | 8232 |                              | KRAKÓW                 | POL  | SENIOR II M - 30   | 00:00:48 | 00:48:00 | 01:13:31 |
| 389  | SOWA MARTA             | 8053 | WKURW_TEAM                   | WROCŁAW                | POL  | SENIOR II K - 30   | 00:01:24 | 00:48:01 | 01:13:17 |
| 390  | CHASZCZEWSKA JULIA     | 8066 | TOPOLICE TEAM                | WROCŁAW                | POL  | SENIOR II K - 30   | 00:00:55 | 00:48:01 | 01:12:53 |
| 391  | PILARSKI RYSZARD       | 8446 | IZERY BOGATYNIA              | BOGATYNIA              | POL  | WETERAN II M - 60  | 00:00:17 | 00:48:02 | 01:13:25 |
| 392  | PILARSKA ELŻBIETA      | 8410 | IZERY BOGATYNIA              | BOGATYNIA              | POL  | WETERAN III K - 70 | 00:00:17 | 00:48:03 | 01:13:26 |
| 393  | PARTYKA AGNIESZKA      | 8017 | KB HARCOWNIK JELCZ-LASKOWICE | JELCZ-LASKOWICE        | POL  | MASTERS K - 40     | 00:01:23 | 00:48:11 | 01:11:56 |
| 394  | KLIN ANETA             | 8402 |                              | BRZEG                  | POL  | MASTERS K - 40     | 00:01:06 | 00:48:13 | 01:13:02 |
| 395  | ROMANOWSKA ANNA        | 8586 |                              | WARSZAWA               | POL  | MASTERS K - 40     | 00:00:29 | 00:48:19 | 01:14:20 |
| 396  | ZIELIŃSKA MAGDALENA    | 8585 |                              | WARSZAWA               | POL  | SENIOR II K - 30   | 00:00:30 | 00:48:20 | 01:14:20 |
| 397  | SOWIŃSKI ROBERT        | 8117 | K.S. OBSTAWIAMY TYŁY         | WROCŁAW                | POL  | MASTERS M - 40     | 00:01:00 | 00:48:37 | 01:18:00 |
| 398  | DULIK ALEKSANDRA       | 8303 | OPOLE                        | OPOLE                  | POL  | MASTERS K - 40     | 00:00:57 | 00:48:40 | 01:13:17 |
| 399  | GÓRCZYŃSKA BARBARA     | 8229 |                              | ŁĄDEK ZDRÓJ            | POL  | MASTERS K - 40     | 00:01:29 | 00:48:47 | 01:13:23 |
| 400  | HEŁMIK KATARZYNA       | 8440 | POMYŁKA TEAM                 | WROCŁAW                | POL  | MASTERS K - 40     | 00:01:31 | 00:49:25 | 01:13:22 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię             | Nr   | Klub                   | M-scowość                 | Kraj | Kat.               | 0.01km   | 3.7km    | 5.8km    |
|------|-----------------------------|------|------------------------|---------------------------|------|--------------------|----------|----------|----------|
| 401  | WOJTKOWSKA KATARZYNA        | 8207 |                        | WARSZAWA                  | POL  | SENIOR I K - 20    | 00:01:07 | 00:49:27 | 01:13:40 |
| 402  | PŁOŃSKA KLAUDIA             | 8165 |                        | WROCŁAW                   | POL  | SENIOR I K - 20    | 00:01:07 | 00:49:28 | 01:13:43 |
| 403  | BUDZISZEWSKI JAKUB          | 8164 |                        | WROCŁAW                   | POL  | SENIOR I M - 20    | 00:01:08 | 00:49:33 | 01:14:53 |
| 404  | JOŃCZYK ELŻBIETA            | 8098 | TUP TUP                | ŁĄDEK ZDRÓJ               | POL  | WETERAN K - 50     | 00:01:08 | 00:49:33 | 01:12:22 |
| 405  | MAJCHRZYCKA AGNIESZKA       | 8374 | TKKF MPK POZNAŃ        | KIJEWO/ŚRODA WIELKOPOLSKA | POL  | SENIOR II K - 30   | 00:00:55 | 00:49:34 | 01:13:05 |
| 406  | KRÓL KAROLINA               | 8133 |                        | BIERUTÓW                  | POL  | SENIOR I K - 20    | 00:01:22 | 00:49:35 | 01:13:45 |
| 407  | MĄDRO AGNIESZKA             | 8417 |                        | KŁODZKO                   | POL  | MASTERS K - 40     | 00:01:32 | 00:49:36 | 01:12:29 |
| 408  | WIŚNIEWSKI MICHAŁ           | 8119 | K.S OBSTAWIAMY TYŁY    | WROCŁAW                   | POL  | MASTERS M - 40     | 00:00:59 | 00:49:36 | 01:18:00 |
| 409  | GLASSER MAREK               | 8478 |                        | WARSZAWA                  | POL  | WETERAN III M - 70 | 00:01:14 | 00:49:37 | 01:14:22 |
| 410  | SZCZUKA MAŁGORZATA          | 8365 |                        | WIRY                      | POL  | WETERAN K - 50     | 00:00:48 | 00:49:37 | 01:14:51 |
| 411  | MIKOŁAJCZAK MAGDALENA       | 8089 | HRMAX ŻORY             | ŻORY                      | POL  | MASTERS K - 40     | 00:01:27 | 00:49:38 | 01:13:48 |
| 412  | DATA TOMASZ                 | 8090 | HRMAX ŻORY             | ŻORY                      | POL  | WETERAN I M - 50   | 00:01:27 | 00:49:38 | 01:13:46 |
| 413  | GÓRAL AGNIESZKA             | 8082 | ALSTOM KATOWICE        | KATOWICE                  | POL  | SENIOR II K - 30   | 00:01:03 | 00:49:39 | 01:14:37 |
| 414  | SYPIEWSKA HANNA             | 8327 | ULTRA WAY TEAM         | GDYNIA                    | POL  | WETERAN II K - 60  | 00:01:25 | 00:49:39 | 01:14:04 |
| 415  | SZCZUKA PAWEŁ               | 8366 |                        | WIRY                      | POL  | WETERAN I M - 50   | 00:00:54 | 00:49:43 | 01:14:48 |
| 416  | LECHOWSKA MONIKA            | 8083 | ALSTOM KATOWICE        | MYSŁOWICE                 | POL  | MASTERS K - 40     | 00:01:03 | 00:49:49 | 01:14:37 |
| 417  | PIEKARCZYK KATARZYNA        | 8418 |                        | KŁODZKO                   | POL  | SENIOR II K - 30   | 00:01:32 | 00:50:18 | 01:13:38 |
| 418  | ROGACZ EWA                  | 8181 |                        | NOWY TOMYŚL               | POL  | SENIOR II K - 30   | 00:00:47 | 00:50:35 | 01:13:35 |
| 419  | SZYMAŃSKA ANIA              | 8225 |                        | SZCZECIN                  | POL  | WETERAN K - 50     | 00:01:01 | 00:50:39 | 01:16:41 |
| 420  | BORIS ANETA                 | 8348 |                        | ELBLĄG                    | POL  | SENIOR II K - 30   | 00:01:25 | 00:51:03 | 01:17:03 |
| 421  | SZKUTA STANISŁAW            | 8308 | ROVELLI TEORIA KWANTÓW | BIELSKO-BIAŁA             | POL  | WETERAN II M - 60  | 00:00:21 | 00:51:03 | 01:20:36 |
| 422  | ANACZKOWSKA KRYSZYNA        | 8307 | ZANTYR SZTUM           | SZTUM                     | POL  | WETERAN II K - 60  | 00:00:35 | 00:51:29 | 01:17:38 |
| 423  | ŚLEDZIK JOANNA              | 8085 | ALSTOM KATOWICE        | ZABRZE                    | POL  | MASTERS K - 40     | 00:01:15 | 00:51:32 | 01:15:32 |
| 424  | AGATA BAGROWSKA             | 8257 |                        | WROCŁAW                   | POL  | MASTERS K - 40     | 00:01:15 | 00:51:33 | 01:18:20 |
| 425  | NURKIEWICZ-KMIECIK DOMINIKA | 8186 |                        | KĄŻMIERZ                  | POL  | MASTERS K - 40     | 00:00:50 | 00:52:09 | 01:18:28 |
| 426  | MIELEC MARTA                | 8447 | #ZŁOTYNAKILOMETR       | STARGARD                  | POL  | SENIOR II K - 30   | 00:01:15 | 00:52:13 | 01:15:37 |
| 427  | KONIECZNY ROBERT            | 8021 | WKURW_TEAM             | ŻARY                      | POL  | MASTERS M - 40     | 00:01:15 | 00:52:13 | 01:15:37 |
| 428  | WALCZAK SŁAWOMIR            | 8118 |                        | GAŁĄZCZYCE                | POL  | WETERAN I M - 50   | 00:06:08 | 00:52:24 | 01:17:11 |
| 429  | DOMINIAK AGNIESZKA          | 8030 |                        | WARSZAWA                  | POL  | MASTERS K - 40     | 00:01:05 | 00:52:24 | 01:18:29 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię            | Nr   | Klub                         | M-scowość         | Kraj | Kat.              | 0.01km   | 3.7km    | 5.8km    |
|------|----------------------------|------|------------------------------|-------------------|------|-------------------|----------|----------|----------|
| 430  | SZYMCZAK KATARZYNA         | 8218 |                              | UNIEJOWICE        | POL  | SENIOR II K - 30  | 00:00:52 | 00:52:30 | 01:15:18 |
| 431  | FILIPIAK SEBASTIAN         | 8219 | EKIPA LIPA                   | LIPA              | POL  | MASTERS M - 40    | 00:00:52 | 00:52:30 | 01:15:19 |
| 432  | RYMSKA ANNA                | 8290 |                              | POZNAŃ            | POL  | MASTERS K - 40    | 00:00:52 | 00:53:06 | 01:22:37 |
| 433  | SMYCZ ANNA                 | 8291 |                              | POZNAŃ            | POL  | MASTERS K - 40    | 00:00:53 | 00:53:11 | 01:22:39 |
| 434  | WITKIEWICZ-ŁUKASZEK SANDRA | 8018 | ŁUKASZKI TEAM                | OSIELSKO          | POL  | SENIOR II K - 30  | 00:00:27 | 00:53:58 | 01:25:20 |
| 435  | STRZYŻOWSKA MONIKA         | 8091 |                              | BYDGOSZCZ         | POL  | MASTERS K - 40    | 00:00:26 | 00:53:59 | 01:25:19 |
| 436  | KARCZYŃSKA SYLWIA          | 8352 |                              | STAROGARD GDAŃSKI | POL  | MASTERS K - 40    | 00:01:04 | 00:54:20 | 01:21:44 |
| 437  | JANOSZ MARZENA             | 8099 |                              | WROCŁAW           | POL  | WETERAN K - 50    | 00:01:08 | 00:54:21 | 01:23:14 |
| 438  | GIERSEWSKI MAREK           | 8591 | HRT                          | STAROGARD GDAŃSKI | POL  | MASTERS M - 40    | 00:01:03 | 00:54:33 | 01:21:43 |
| 439  | KOCIUBA KATARZYNA          | 8170 |                              | POZNAŃ            | POL  | SENIOR II K - 30  | 00:01:00 | 00:55:45 | 01:28:22 |
| 440  | BĄCZEK KRZYSZTOF           | 8310 |                              | ZAWIERCIE         | POL  | MASTERS M - 40    | 00:01:17 | 00:55:53 | 01:22:34 |
| 441  | ŁOZIENKO ANNA              | 8411 | KB HARCOWNIK JELCZ-LASKOWICE | MIŁOSZYCE         | POL  | SENIOR II K - 30  | 00:01:24 | 00:56:06 | 01:24:38 |
| 442  | RYBKA ELŻBIETA             | 8416 |                              | KŁODZKO           | POL  | SENIOR II K - 30  | 00:01:32 | 00:56:23 | 01:27:18 |
| 443  | MAKSYMOWICZ MONIKA         | 8415 |                              | KŁODZKO           | POL  | SENIOR II K - 30  | 00:01:32 | 00:56:29 | 01:28:31 |
| 444  | SZAFRANIEC-MROWCA DOROTA   | 8438 |                              | LUBAŃ             | POL  | MASTERS K - 40    | 00:01:16 | 00:56:38 | 01:29:56 |
| 445  | MROWCA PAWEŁ               | 8439 |                              | LUBAŃ             | POL  | SENIOR II M - 30  | 00:01:17 | 00:56:38 | 01:29:35 |
| 446  | MAJCHRZAK MONIKA           | 8022 | WKURW_TEAM                   | POZNAŃ            | POL  | WETERAN K - 50    | 00:01:13 | 00:59:27 | 01:28:22 |
| 447  | KRZEMIENIEWSKI JERZY       | 8054 | KB SZAMOTUŁY                 | SZAMOTUŁY         | POL  | WETERAN II M - 60 | 00:01:16 | 01:00:08 | 01:33:22 |
| 448  | KUBIATOWICZ MAŁGORZATA     | 8006 |                              | POZNAŃ            | POL  | MASTERS K - 40    | 00:01:26 | 01:01:58 | 01:31:35 |
| 449  | SZYMAŃSKA AGNIESZKA        | 8244 |                              | POZNAŃ            | POL  | MASTERS K - 40    | 00:01:20 | 01:02:57 | 01:36:40 |
| 450  | SZYMAŃSKI PAWEŁ            | 8378 |                              | POZNAŃ            | POL  | MASTERS M - 40    | 00:01:20 | 01:02:58 | 01:36:41 |
| 451  | MICHAŁSKI DARIUSZ          | 8020 | ALFA TEAM GOSTYŃ             | PIASKI            | POL  | WETERAN I M - 50  | 00:01:18 | 01:03:24 | 01:35:55 |
| 452  | ZALESZCZAK RENATA          | 8011 | KB SZAMOTUŁY                 | SZAMOTUŁY         | POL  | WETERAN K - 50    | 00:00:52 | 01:04:02 | 01:37:19 |
| 453  | KOWAL MARZENA              | 8026 |                              | LESZNO            | POL  | MASTERS K - 40    | 00:00:45 | 01:04:41 | 01:41:21 |
| 454  | STROIŃSKA IWONA            | 8080 | LESZ NO LIMITS RUNNERS       | WILKOWICE         | POL  | MASTERS K - 40    | 00:00:47 | 01:04:42 | 01:41:22 |
| 455  | GRZELAKOWSKA IWONA         | 8442 |                              | POZNAŃ            | POL  | MASTERS K - 40    | 00:01:13 | 01:06:59 | 01:39:33 |
| 456  | ROBAK ANETA                | 8152 |                              | ŁĄDEK-ZDRÓJ       | POL  | MASTERS K - 40    | 00:00:49 | 01:10:13 |          |
| 457  | MRÓWCZYŃSKA EWA            | 8392 |                              | JAKTORÓW          | POL  | WETERAN K - 50    | 00:00:33 | 01:10:39 |          |
| 458  | MRÓZ ANNA                  | 8382 |                              | MIĘDZYLESIE       | POL  | SENIOR II K - 30  | 00:19:05 | 01:13:13 |          |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię               | Nr   | Klub                                    | M-scowość             | Kraj | Kat.             | 0.01km          | 3.7km    | 5.8km    |
|------|-------------------------------|------|-----------------------------------------|-----------------------|------|------------------|-----------------|----------|----------|
| DNC  | ŚWIRGOŃ ADAM                  | 8596 | ZAŁOGA GÓRSKA                           | WARSZAWA              | POL  | SENIOR I M - 20  | 00:00:01        |          |          |
|      | POŚWISTAŁO MARCIN             | 8452 |                                         | ŁĄDEK-ZDRÓJ           | POL  | SENIOR I M - 20  | 00:00:33<br>DNF | DNF      | DNF      |
|      | ZAKRZEWICZ-PODLECKA AGNIESZKA | 8180 | ROKIETNICA BIEGA                        | ROKIETNICA            | POL  | SENIOR II K - 30 | 00:00:04<br>DNF | DNF      | DNF      |
| 0    | LAGNER SEBASTIAN              | 8444 | KB SOBÓTKA/ PRZEDWOJEWSKI_TEAM          | SOBÓTKA               | POL  | SENIOR II M - 30 | 00:00:01        | 00:20:19 | 00:30:12 |
| 1    | PACHUT JERZY                  | 8459 | WOT                                     | SŁOPNICE              | POL  | SENIOR I M - 20  | 00:00:01        | 00:20:26 | 00:30:54 |
| 2    | TWOREK BARTŁOMIEJ             | 8557 | 10 ŚBOT                                 | OPATÓW                | POL  | SENIOR I M - 20  | 00:00:01        | 00:20:39 | 00:30:54 |
| 3    | MONZO DAVID                   | 8088 |                                         | WROCŁAW               | POL  | SENIOR II M - 30 | 00:00:02        | 00:20:40 | 00:31:36 |
| 4    | CHRZANOWSKI PATRYK            | 8302 | PCH SPORT TEAM                          | OSTROSZOWICE          | POL  | SENIOR II M - 30 | 00:00:01        | 00:20:43 | 00:31:01 |
| 5    | SIERADZKI KRZYSZTOF           | 8270 | PRZEDWOJEWSKI TEAM                      | WARSZAWA              | POL  | SENIOR II M - 30 | 00:00:02        | 00:21:27 | 00:32:25 |
| 6    | FRANCZAK MARIUSZ              | 8434 | DTR BIEGA / MARIO TEAM                  | KSIĘGINICE            | POL  | MASTERS M - 40   | 00:00:01        | 00:21:32 | 00:32:26 |
| 7    | ŻUREK JAKUB                   | 8565 | BEZ ZBĘDNYCH PYTAŃ                      | SZCZECIN              | POL  | SENIOR I M - 20  | 00:00:01        | 00:21:44 | 00:33:12 |
| 8    | STASIUKIEWICZ RAFAŁ           | 8556 | 7 KLOG                                  | GDYNIA                | POL  | MASTERS M - 40   | 00:00:02        | 00:21:48 | 00:33:20 |
| 9    | DUTKOWSKI MIKOŁAJ             | 8209 | WKS ŚLĄSK WROCŁAW                       | RASZKÓW               | POL  | SENIOR II M - 30 | 00:00:01        | 00:21:54 | 00:32:25 |
| 10   | KANTOR MARTYNA                | 8575 | SALOMON SUNNTO TEAM                     | KRAKÓW                | POL  | SENIOR II K - 30 | 00:00:02        | 00:21:54 | 00:32:47 |
| 11   | KUJAWA ZBIGNIEW               | 8594 | TKKF KOLEJARZ BYDGOSZCZ / ZAŁOGA GÓRSKA | JANOWIEC WIELKOPOLSKI | POL  | SENIOR II M - 30 | 00:00:03        | 00:21:59 | 00:32:26 |
| 12   | JĘDRYCHOWSKI PIOTR            | 8467 | KB SOBÓTKA / PRZEDWOJEWSKI TEAM         | SOBÓTKA               | POL  | MASTERS M - 40   | 00:00:03        | 00:22:28 | 00:33:39 |
| 13   | GROMAŁA KRZYSZTOF             | 8360 | WOSIEKTEAM                              | ŚWIEBOZICE            | POL  | MASTERS M - 40   | 00:00:03        | 00:22:35 | 00:33:33 |
| 14   | PRZYSTARZ ARTUR               | 8173 | OBORYGENI                               | OBORNIKI ŚLĄSKIE      | POL  | WETERAN I M - 50 | 00:00:04        | 00:22:54 | 00:34:28 |
| 15   | RUTKOWSKI DAMIAN              | 8468 | LIDZBARK WARMIŃSKI                      | LIDZBARK WARMIŃSKI    | POL  | SENIOR I M - 20  | 00:00:11        | 00:22:54 | 00:34:29 |
| 16   | BUKSA TOMASZ                  | 8460 | WOT                                     | RABA WYŻNA            | POL  | SENIOR II M - 30 | 00:00:04        | 00:23:05 | 00:34:31 |
| 17   | BEDNARZ KRZYSZTOF             | 8094 | PRZEDWOJEWSKI TEAM                      | LUBSZA                | POL  | MASTERS M - 40   |                 | 00:23:24 | 00:35:14 |
| 18   | TARGOSZ MICHAŁ                | 8252 | #ADAMCZERWIŃSKITEAM                     | KRAKÓW                | POL  | MASTERS M - 40   | 00:00:02        | 00:23:30 | 00:35:07 |
| 19   | SZYMANOWSKI ŁUKASZ            | 8420 | LESZ NO LIMITS RUNNERS                  | WŁOSZAKOWICE          | POL  | MASTERS M - 40   | 00:00:02        | 00:23:33 | 00:36:04 |
| 20   | WOJCIECHOWSKI MATEUSZ         | 8484 | NULL                                    | POZNAŃ                | POL  | SENIOR II M - 30 | 00:00:02        | 00:23:51 | 00:35:25 |
| 21   | SZNUROWSKI MARIUSZ            | 8455 | KB SOBÓTKA                              | SOBÓTKA               | POL  | SENIOR I M - 20  | 00:00:02        | 00:23:54 | 00:35:33 |
| 22   | TRZEPAK ŁUKASZ                | 8426 |                                         | WROCŁAW               | POL  | SENIOR II M - 30 | 00:01:00        | 00:24:04 | 00:35:32 |
| 23   | PIEKARSKI JAKUB               | 8036 |                                         | KATOWICE              | POL  | SENIOR I M - 20  | 00:00:10        | 00:24:08 | 00:35:52 |
| 24   | KĄŻMIERCZAK MARTA             | 8595 | ZAŁOGA GÓRSKA                           | WARSZAWA              | POL  | MASTERS K - 40   | 00:00:02        | 00:24:22 | 00:36:14 |
| 25   | KOŁODZIEJ ROMAN               | 8192 |                                         | KARŁOWICE             | POL  | MASTERS M - 40   | 00:00:02        | 00:24:32 | 00:36:11 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię        | Nr   | Klub                                                | M-scowość    | Kraj | Kat.             | 0.01km   | 3.7km    | 5.8km    |
|------|------------------------|------|-----------------------------------------------------|--------------|------|------------------|----------|----------|----------|
| 26   | SAMIEC JANUSZ          | 8424 |                                                     | KOBYLA GÓRA  | POL  | SENIOR II M - 30 | 00:00:18 | 00:24:37 | 00:36:49 |
| 27   | KLIMCZAK PIOTR         | 8477 | GIMPAS PASŁĘK                                       | KŁODZKO      | POL  | WETERAN I M - 50 | 00:00:11 | 00:24:42 | 00:36:32 |
| 28   | LASEK JAKUB            | 8047 | RMT TEAM                                            | OPOLE        | POL  | SENIOR II M - 30 | 00:00:02 | 00:24:43 | 00:36:39 |
| 29   | ŁASKOWSKA MARZENA      | 8479 | WOT                                                 | OLECKO       | POL  | WETERAN K - 50   | 00:00:04 | 00:24:51 | 00:37:12 |
| 30   | BUKOWSKI EDWARD        | 8384 | CENTRUM KULTURY KLUCZBORK-KLUCZBORSKA GRUPA BIEGOWA | KLUCZBORK    | POL  | WETERAN I M - 50 | 00:00:09 | 00:25:00 | 00:37:25 |
| 31   | PIĘKOŚ BŁAŻEJ          | 8480 |                                                     | HENRYKÓW     | POL  | SENIOR II M - 30 | 00:00:08 | 00:25:02 | 00:37:37 |
| 32   | STRZELCZAK ROBERT      | 8373 | EUROVENT ATHLETICS / TRAIL IS OUR WAY TEAM          | OPOLE        | POL  | MASTERS M - 40   | 00:00:05 | 00:25:10 | 00:37:14 |
| 33   | ALTEWĘGIER JAROSŁAW    | 8243 | 140MINUT.PL                                         | WROCŁAW      | AFG  | MASTERS M - 40   | 00:00:07 | 00:25:12 | 00:37:35 |
| 34   | WITEK PAWEŁ            | 8397 | KOWARY BIEGAJĄ                                      | KOWARY       | POL  | MASTERS M - 40   | 00:00:07 | 00:25:25 | 00:37:55 |
| 35   | KAMIŃSKI KAROL         | 8571 | FUNDACJA KIERUNEK ULTRA                             | SUWAŁKI      | POL  | SENIOR I M - 20  | 00:00:04 | 00:25:28 | 00:39:01 |
| 36   | TOMASZKIEWICZ WOJCIECH | 8055 | RUN FOREST                                          | STRACHOCIN   | POL  | SENIOR II M - 30 | 00:00:07 | 00:25:37 | 00:38:17 |
| 37   | MIKOŁAJCZYK MIROSŁAW   | 8070 | MIRAZ RACE TEAM                                     | ZABRZE       | POL  | MASTERS M - 40   | 00:00:03 | 00:25:39 | 00:37:52 |
| 38   | WIERZCHOWIAK KAROLINA  | 8469 | TRAIL IS OUR WAY TEAM                               | KROSNO       | POL  | SENIOR II K - 30 | 00:00:02 | 00:26:04 | 00:39:34 |
| 39   | KONRAD ARTUR           | 8333 | BRACIA TEAM ZAWIERCIE                               | ZAWIERCIE    | POL  | MASTERS M - 40   | 00:00:07 | 00:26:07 | 00:39:01 |
| 40   | KARCZEWSKA JOANNA      | 8580 | KIERUNEK ULTRA                                      | SUWAŁKI      | POL  | MASTERS K - 40   | 00:00:04 | 00:26:13 | 00:39:04 |
| 41   | CITKO MACIEJ           | 8259 | BIEG OPOLSKI                                        | OPOLE        | POL  | SENIOR II M - 30 | 00:00:05 | 00:26:50 | 00:40:24 |
| 42   | WROTECKA KATARZYNA     | 8324 | STAJNIAKTEAM                                        | PIŁA         | POL  | SENIOR II K - 30 | 00:00:03 | 00:26:56 | 00:40:43 |
| 43   | MIKOŁAJCZAK DAWID      | 8471 | SPORTOWY KAŻMIERZ                                   | POZNAŃ       | POL  | SENIOR I M - 20  | 00:00:26 | 00:26:59 | 00:42:09 |
| 44   | BARTUŚ MONIKA          | 8408 |                                                     | KRAKÓW       | POL  | SENIOR I K - 20  | 00:00:03 | 00:27:02 | 00:40:43 |
| 45   | CICHY KRZYSZTOF        | 8436 | GÓRAL Z MAZUR RUNNING TEAM                          | POZNAŃ       | POL  | WETERAN I M - 50 | 00:00:08 | 00:27:07 | 00:40:27 |
| 46   | SIEK KAZIMIERZ         | 8470 | 10ŚBOT                                              | GRĘBÓW       | POL  | WETERAN I M - 50 | 00:00:02 | 00:27:10 | 00:41:20 |
| 47   | KOTOWICZ TOMASZ        | 8463 |                                                     | WROCŁAW      | POL  | MASTERS M - 40   | 00:00:06 | 00:27:20 | 00:40:50 |
| 48   | BEDNAREK KAROLINA      | 8179 |                                                     | RADWANICE    | POL  | SENIOR II K - 30 | 00:00:09 | 00:27:45 | 00:42:10 |
| 49   | SIKORA SYLWIA          | 8301 | PGB SPORTOWA PACZKA                                 | WARSZAWA     | POL  | SENIOR II K - 30 | 00:00:04 | 00:27:59 | 00:42:09 |
| 50   | SZYMCAK BARTŁOMIEJ     | 8414 | ŻARY RUNNRS TEAM                                    | ŻARY         | POL  | SENIOR II M - 30 | 00:00:13 | 00:28:00 | 00:42:23 |
| 51   | GNITECKA KATARZYNA     | 8009 | KUDOWIANKA RUN                                      | KUDOWA ZDRÓJ | POL  | SENIOR II K - 30 | 00:00:04 | 00:28:05 | 00:42:20 |
| 52   | STYK MAREK             | 8023 |                                                     | ZIELONA GÓRA | POL  | SENIOR II M - 30 | 00:00:31 | 00:28:06 | 00:42:24 |
| 53   | PAJĄK ALAN             | 8136 |                                                     | MROKOCIN     | POL  | SENIOR II M - 30 | 00:00:29 | 00:28:09 | 00:41:13 |
| 54   | BUŁACZ JACEK           | 8040 | DZIEWIEĆ SIŁ STRONIE ŚLĄSKIE                        | ŁĄDEK ZDRÓJ  | POL  | MASTERS M - 40   | 00:00:27 | 00:28:10 | 00:42:11 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię              | Nr   | Klub                                | M-scowość              | Kraj | Kat.             | 0.01km   | 3.7km    | 5.8km    |
|------|------------------------------|------|-------------------------------------|------------------------|------|------------------|----------|----------|----------|
| 55   | SZUSTAK MATEUSZ              | 8328 | AZS UP WROCŁAW                      | WROCŁAW                | POL  | SENIOR I M - 20  | 00:00:27 | 00:28:46 | 00:42:47 |
| 56   | BRANDENBURG MICHAŁ           | 8015 | PRZYJACIELE TEAM                    | KĄKOLEWO               | POL  | MASTERS M - 40   | 00:00:36 | 00:28:54 | 00:42:47 |
| 57   | ULIKOWSKA MARTYNA            | 8500 | ZĄŁOGA GÓRSKA                       | GOŚCINO                | POL  | SENIOR II K - 30 | 00:00:04 | 00:28:59 | 00:43:05 |
| 58   | BŁASZKOWSKI DANIEL           | 8582 | ŚLEDZIKI                            | RAWICZ                 | POL  | MASTERS M - 40   | 00:00:03 | 00:29:00 | 00:43:13 |
| 59   | OSICA ŁUKASZ                 | 8108 |                                     | ŚWIĘTOCHŁOWICE         | POL  | SENIOR II M - 30 | 00:00:15 | 00:29:03 | 00:43:43 |
| 60   | MAJKA ERYK                   | 8097 | FAMILIAMAJKA                        | SZCZECIN               | POL  | SENIOR I M - 20  | 00:00:20 | 00:29:08 | 00:44:26 |
| 61   | KAROLCZAK ALEKSANDER         | 8574 |                                     | WARSZAWA               | POL  | SENIOR I M - 20  | 00:00:08 | 00:29:10 | 00:43:44 |
| 62   | FRERIKS JEROEN               | 8248 | LEIDEN ATLETIEK                     | LEIDEN                 |      | SENIOR II M - 30 | 00:00:11 | 00:29:13 | 00:43:51 |
| 63   | ADAMCZYK-NOWAK BEATA         | 8280 | MIECHOWICKA GRUPA BIEGOWA           | BYTOM                  | POL  | MASTERS K - 40   | 00:00:09 | 00:29:15 | 00:43:30 |
| 64   | ZAWADA ZBIGNIEW              | 8196 |                                     | OLESNICA               | POL  | MASTERS M - 40   | 00:00:19 | 00:29:17 | 00:43:39 |
| 65   | OCIEPKA-CIESIELSKA KATARZYNA | 8311 |                                     | WARSZAWA               | POL  | SENIOR II K - 30 | 00:00:12 | 00:29:19 | 00:43:36 |
| 66   | HRYCAJ MARIUSZ               | 8031 | REBELLION OF FREE RUNNERS           | OPOLE                  | POL  | MASTERS M - 40   | 00:00:06 | 00:29:23 | 00:43:21 |
| 67   | WIELGOSZ-MATUŁA MARIA        | 8250 |                                     | LUBLIN                 | POL  | SENIOR I K - 20  | 00:00:10 | 00:29:31 | 00:44:50 |
| 68   | TOMAS PAWEŁ                  | 8262 |                                     | ŁĄDEK ZDRÓJ            | POL  | SENIOR I M - 20  | 00:00:11 | 00:29:36 | 00:44:03 |
| 69   | HAWRYŁAK WOJCIECH            | 8562 |                                     | DŁUGOŁĘKA              | POL  | SENIOR I M - 20  | 00:00:16 | 00:29:37 | 00:44:19 |
| 70   | TRZPIOLA TYCJAN              | 8003 | KURACJUSZE                          | WROCŁAW                | POL  | SENIOR II M - 30 | 00:00:11 | 00:29:39 | 00:44:53 |
| 71   | SIERGIEJ ZBIGNIEW            | 8561 | RUN TEAM TYGRYSY ORZYSZ             | ODOJE                  | POL  | WETERAN I M - 50 | 00:00:01 | 00:29:41 | 00:45:03 |
| 72   | RAKOCZY KRZYSZTOF            | 8450 |                                     | ŁĄDEK-ZDRÓJ            | POL  | SENIOR I M - 20  | 00:00:34 | 00:29:43 | 00:44:21 |
| 73   | MARGRAF BARTOSZ              | 8357 |                                     | RUDA ŚLĄSKA            | POL  | SENIOR I M - 20  | 00:00:10 | 00:29:57 | 00:45:44 |
| 74   | SAŁDYKA MARCIN               | 8451 |                                     | ŁĄDEK-ZDRÓJ            | POL  | SENIOR II M - 30 | 00:00:34 | 00:30:03 | 00:44:33 |
| 75   | BARTKOWIAK HUBERT            | 8060 |                                     | RADZIĄDZ               | POL  | WETERAN I M - 50 | 00:00:26 | 00:30:09 | 00:45:18 |
| 76   | MAZIAREK ADELA               | 8093 |                                     | NIEMODLIN              | POL  | MASTERS K - 40   | 00:00:09 | 00:30:10 | 00:45:27 |
| 77   | KACPRZYCKA PAULINA           | 8482 | WOT                                 | PURDA                  | POL  | SENIOR II K - 30 | 00:00:04 | 00:30:11 | 00:45:45 |
| 78   | BACKER MARCIN                | 8224 | TOPOLICE TEAM                       | PASIKUROWICE           | POL  | MASTERS M - 40   | 00:00:18 | 00:30:21 | 00:45:29 |
| 79   | BARANOW TOMASZ               | 8587 | LEWANDOWSCY T                       | PLETERÓW               | POL  | MASTERS M - 40   | 00:00:06 | 00:30:21 | 00:45:48 |
| 80   | ZATORSKA KAROLINA            | 8497 | TREC TEAM                           | GDYNIA                 | POL  | SENIOR II K - 30 | 00:00:09 | 00:30:23 | 00:45:33 |
| 81   | MOKRZYŃSKI MARCIN            | 8570 | KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA | OŁDRZYCHOWICE KŁODZKIE | POL  | MASTERS M - 40   | 00:00:12 | 00:30:31 | 00:44:24 |
| 82   | GÓRNA ANITA                  | 8206 | LPP TEAM                            | KRAKÓW                 | POL  | SENIOR II K - 30 | 00:00:20 | 00:30:32 | 00:44:41 |
| 83   | DYBYSŁAWSKI ADAM             | 8335 | KOJOTY TEAM                         | WARSZAWA               | POL  | MASTERS M - 40   | 00:00:05 | 00:30:39 | 00:47:22 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię    | Nr   | Klub                                     | M-scowość                | Kraj | Kat.               | 0.01km   | 3.7km    | 5.8km    |
|------|--------------------|------|------------------------------------------|--------------------------|------|--------------------|----------|----------|----------|
| 84   | PLUTA KINGA        | 8095 |                                          | DĄBROWA GÓRNICZA         | POL  | SENIOR I K - 20    | 00:00:49 | 00:30:41 | 00:45:27 |
| 85   | WOŹNIAK JANUSZ     | 8222 | PORMAT JEDLICZE BIEGA                    | SKOŁYSZYN                | POL  | WETERAN I M - 50   | 00:00:10 | 00:30:47 | 00:46:33 |
| 86   | WOJTAS ŁUKASZ      | 8198 | GRUPA OLX TEAM                           | TOMASZKOWICE             | POL  | MASTERS M - 40     | 00:00:47 | 00:30:48 | 00:46:15 |
| 87   | REGULSKA NATALIA   | 8400 | ASICS FRONTRUNNER POLAND / #ŻÓRAWSKITEAM | KRAKÓW                   | POL  | SENIOR II K - 30   | 00:00:03 | 00:30:57 | 00:45:28 |
| 88   | MAZIAREK MICHAŁ    | 8276 |                                          | NIEMODLIN                | POL  | MASTERS M - 40     | 00:00:12 | 00:31:07 | 00:47:12 |
| 89   | CHOJNACKI TOMASZ   | 8065 |                                          | BIESTRZYNNIK             | POL  | MASTERS M - 40     | 00:01:02 | 00:31:09 | 00:45:16 |
| 90   | BAKSALARY LIDIA    | 8254 | #BIEGAJLESZNO                            | LESZNO                   | POL  | MASTERS K - 40     | 00:00:03 | 00:31:11 | 00:47:15 |
| 91   | HONSA TOMASZ       | 8139 | MOCNA GRUPA CEZARA                       | WROCŁAW                  | POL  | SENIOR II M - 30   | 00:00:33 | 00:31:12 | 00:45:49 |
| 92   | GOS SEBASTIAN      | 8449 |                                          | ŁĄDEK-ZDRÓJ              | POL  | SENIOR II M - 30   | 00:00:35 | 00:31:14 | 00:46:16 |
| 93   | PISCO TIAGO        | 8377 | LUSITANIA ARMADA                         | WROCŁAW                  | POL  | SENIOR II M - 30   | 00:01:20 | 00:31:15 | 00:45:15 |
| 94   | JARZĄBEK MAGDALENA | 8110 |                                          | WROCŁAW (WROCŁAW-KRZYKI) | POL  | SENIOR II K - 30   | 00:00:04 | 00:31:27 | 00:46:33 |
| 95   | WOŹNIAK JAKUB      | 8160 | TEAM LIDL                                | POZNAŃ                   | POL  | SENIOR II M - 30   | 00:00:45 | 00:31:28 | 00:45:56 |
| 96   | WIDUN GRZEGORZ     | 8200 | WIDUN KETTELBECLUB                       | WROCŁAW                  | POL  | SENIOR II M - 30   | 00:01:33 | 00:31:41 | 00:46:23 |
| 97   | MATYSIAK MARCIN    | 8401 | T.S. IRON MAN GOGOLIN                    | GOGOLIN                  | POL  | MASTERS M - 40     | 00:00:20 | 00:31:43 | 00:48:12 |
| 98   | WUJDA MIROSLAW     | 8102 | ERNI RULEZ                               | DĘBNO                    | POL  | MASTERS M - 40     | 00:00:48 | 00:31:44 | 00:48:34 |
| 99   | PILONIS ELEONORA   | 8474 | BIEGOSTACJA                              | ZIELONA GÓRA             | POL  | MASTERS K - 40     | 00:00:13 | 00:31:47 | 00:47:44 |
| 100  | ZASŁAWSKI LECH     | 8087 |                                          | WROCŁAW                  | POL  | MASTERS M - 40     | 00:00:08 | 00:31:50 | 00:48:27 |
| 101  | ZIENDARA MICHALINA | 8331 | ZAŁOGA GÓRSKA                            | WARSZAWA                 | POL  | SENIOR I K - 20    | 00:00:34 | 00:31:56 | 00:47:14 |
| 102  | SZYMAŃSKI GRZEGORZ | 8297 | RNB POLANICA ZDRÓJ                       | POLANICA-ZDRÓJ           | POL  | MASTERS M - 40     | 00:00:28 | 00:32:08 | 00:48:16 |
| 103  | HAJDAMOWICZ ADAM   | 8406 |                                          | SOBÓTKA                  | POL  | SENIOR I M - 20    | 00:00:55 | 00:32:16 | 00:47:26 |
| 104  | SENIÓW JOANNA      | 8255 |                                          | POZNAŃ                   | POL  | MASTERS K - 40     | 00:00:08 | 00:32:17 | 00:49:15 |
| 105  | MAŁKOWSKI PIOTR    | 8372 | AMATOR                                   | KOŚCIAN                  | POL  | WETERAN III M - 70 | 00:00:13 | 00:32:17 | 00:47:43 |
| 106  | STAWORZYŃSKI DAWID | 8285 | PAN KORBKA                               | BĘDZIN                   | POL  | SENIOR II M - 30   | 00:00:16 | 00:32:20 | 00:48:31 |
| 107  | ZIMNY TOMASZ       | 8265 | FARTY PUSZCZY                            | SZCZECIN                 | POL  | WETERAN II M - 60  | 00:00:08 | 00:32:25 | 00:47:53 |
| 108  | BAJER MIKOŁAJ      | 8056 | TARNOWO PODGÓRNE BIEGA                   | TARNOWO PODGÓRNE         | POL  | MASTERS M - 40     | 00:00:25 | 00:32:25 | 00:48:33 |
| 109  | MALOCCO MONIKA     | 8188 |                                          | WARSZAWA                 | POL  | MASTERS K - 40     | 00:00:25 | 00:32:26 | 00:48:13 |
| 110  | BOSEK LESZEK       | 8286 |                                          | BIAŁA NYSKA              | POL  | WETERAN II M - 60  | 00:00:29 | 00:32:28 | 00:48:02 |
| 111  | JARMUŻEK TOMASZ    | 8346 |                                          | POZNAŃ                   | POL  | SENIOR II M - 30   | 00:00:58 | 00:32:30 | 00:46:59 |
| 112  | FUCHS DARIUSZ      | 8598 | TEAM KURORT ŁĄDEK-ZDRÓJ                  | OLDRZYCHOWICE KŁODZKIE   | POL  | WETERAN I M - 50   | 00:01:19 | 00:32:36 | 00:47:46 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię             | Nr   | Klub                       | M-scowość            | Kraj | Kat.               | 0.01km   | 3.7km    | 5.8km    |
|------|-----------------------------|------|----------------------------|----------------------|------|--------------------|----------|----------|----------|
| 113  | JANOSZ PAWEŁ                | 8288 |                            | WROCŁAW              | POL  | SENIOR I M - 20    | 00:00:23 | 00:32:37 | 00:48:08 |
| 114  | CIEŚLAK KRZYSZTOF           | 8563 | ULTRAFAZA.PL               | ZIELONA GÓRA         | POL  | SENIOR II M - 30   | 00:00:43 | 00:32:37 | 00:48:05 |
| 115  | SMOLEŃ SEBASTIAN            | 8588 |                            | ŁĄDEK ZDRÓJ          | POL  | MASTERS M - 40     | 00:00:15 | 00:32:41 | 00:48:39 |
| 116  | BEDŁA ANNA                  | 8568 |                            | JAWORZNO             | POL  | MASTERS K - 40     | 00:00:11 | 00:32:52 | 00:49:15 |
| 117  | TYMOSZEWSKI WALDEMAR        | 8569 |                            | PRUSZCZ GDAŃSKI      | POL  | WETERAN I M - 50   | 00:00:12 | 00:32:53 | 00:49:15 |
| 118  | PAKUŁA TOMASZ               | 8111 |                            | BOJANOWO             | POL  | SENIOR II M - 30   | 00:00:51 | 00:32:56 | 00:48:17 |
| 119  | STASIAK ANTONI              | 8462 | LEŚNE DZIKI PGB            | LESZNO               | POL  | SENIOR I M - 20    | 00:00:11 | 00:32:58 | 00:49:58 |
| 120  | SZARSKI JACEK               | 8068 | KAPCIOCHY                  | WROCŁAW              | POL  | SENIOR I M - 20    | 00:00:23 | 00:33:08 | 00:49:08 |
| 121  | GRZYB KRZYSZTOF             | 8370 | KLUB BIEGACZA RTV EURO AGD | POZNAŃ               | POL  | MASTERS M - 40     |          | 00:33:08 | 00:48:52 |
| 122  | BIESZCZAD REGINA            | 8202 | KB ATHLETIC ZRĘCIN         | WOJASZÓWKA           | POL  | SENIOR I K - 20    | 00:00:26 | 00:33:09 | 00:48:19 |
| 123  | MACKIEWICZ KAROL            | 8048 |                            | WASILKÓW             | POL  | SENIOR II M - 30   | 00:00:30 | 00:33:12 | 00:49:14 |
| 124  | LUBAŃSKA ALICJA             | 8318 |                            | BUKOWICE             | POL  | WETERAN K - 50     | 00:00:15 | 00:33:13 | 00:50:04 |
| 125  | KLIN ROBERT                 | 8338 | WATAHA                     | BRZEG                | POL  | WETERAN I M - 50   | 00:01:06 | 00:33:15 | 00:49:12 |
| 126  | MAJŁOWSKI ALEKSANDER        | 8121 |                            | GORZÓW WIELKOPOLSKI  | POL  | WETERAN III M - 70 | 00:00:20 | 00:33:17 | 00:49:55 |
| 127  | BASTRZYK TOMASZ             | 8005 |                            | SKARŻYSKO-KAMIENNA   | POL  | MASTERS M - 40     | 00:00:37 | 00:33:20 | 00:47:57 |
| 128  | STASIAK ŁUKASZ              | 8461 | LEŚNE DZIKI PGB            | LESZNO               | POL  | MASTERS M - 40     | 00:00:12 | 00:33:35 | 00:50:33 |
| 129  | NOWAKOWSKA EWELINA          | 8071 |                            | ŁĄDEK ZDRÓJ          | POL  | SENIOR I K - 20    | 00:00:13 | 00:33:36 | 00:49:14 |
| 130  | SZCZUDŁAK MICHAŁ            | 8445 |                            | POZNAŃ               | POL  | SENIOR II M - 30   | 00:00:20 | 00:33:49 | 00:49:34 |
| 131  | CIECHOMSKA AGATA CIECHOMSKA | 8132 | HTF LUDWIK SIKORSKI        | ŁÓDŹ                 | POL  | SENIOR II K - 30   | 00:00:11 | 00:33:50 | 00:49:47 |
| 132  | MUČA MĀRIS                  | 8204 | LBNB                       | FANA                 | NOR  | WETERAN I M - 50   | 00:00:06 | 00:33:57 | 00:50:03 |
| 133  | MAJKA ANNA                  | 8057 | FAMILIAMAJKA               | SZCZECIN             | POL  | MASTERS K - 40     | 00:00:22 | 00:34:00 | 00:49:31 |
| 134  | MAJKA JAREK                 | 8058 | FAMILIAMAJKA               | SZCZECIN             | POL  | MASTERS M - 40     | 00:00:22 | 00:34:07 | 00:49:31 |
| 135  | PIGŁA ALEKSANDER            | 8306 | SPORTOWY KĄŻMIERZ          | KIĄCZYŃ              | POL  | SENIOR I M - 20    | 00:00:42 | 00:34:08 | 00:51:29 |
| 136  | WOJTKIEWICZ ADAM            | 8344 | STAJNIAK#TEAM              | OLEŚNICA             | POL  | MASTERS M - 40     | 00:00:32 | 00:34:09 | 00:49:33 |
| 137  | KIERUŁ ŁUKASZ               | 8403 | MASA TEAM                  | NOWA SÓL             | POL  | SENIOR II M - 30   | 00:00:29 | 00:34:11 | 00:51:18 |
| 138  | SCHAFFARCZYK MICHAŁ         | 8326 |                            | KLUCZBORK            | POL  | SENIOR I M - 20    | 00:00:08 | 00:34:15 | 00:51:07 |
| 139  | OZIMINA HUBERT              | 8156 | OBORYGENI                  | OBORNIKI ŚLĄSKIE     | POL  | MASTERS M - 40     | 00:00:12 | 00:34:15 | 00:51:16 |
| 140  | WIŚNIEWSKI ROBERT           | 8159 | METAL CHERRY               | ALEKSANDRÓW KUJAWSKI | POL  | SENIOR I M - 20    | 00:00:14 | 00:34:17 | 00:50:44 |
| 141  | JANOSZ ADA                  | 8421 |                            | WROCŁAW              | POL  | SENIOR I K - 20    | 00:00:28 | 00:34:18 | 00:51:08 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię                | Nr   | Klub                                   | M-scowość           | Kraj | Kat.              | 0.01km   | 3.7km    | 5.8km    |
|------|--------------------------------|------|----------------------------------------|---------------------|------|-------------------|----------|----------|----------|
| 142  | WÓJCIAK ŁUKASZ                 | 8073 | UMAWIANIENABIEGANIETEAM                | WROCŁAW             | POL  | SENIOR II M - 30  | 00:00:32 | 00:34:20 | 00:51:09 |
| 143  | BILICKI WOJTEK                 | 8217 |                                        | ŁÓBŻENICA           | POL  | SENIOR II M - 30  | 00:00:05 | 00:34:25 | 00:50:10 |
| 144  | MADAJCZYK TOMASZ               | 8128 |                                        | WROCŁAW             | POL  | SENIOR II M - 30  | 00:00:23 | 00:34:29 | 00:51:52 |
| 145  | PEREIRA RUBEN                  | 8381 | LUSITANIA ARMADA                       | WROCLAW             | POL  | SENIOR II M - 30  | 00:01:21 | 00:34:32 | 00:50:43 |
| 146  | SKAWINA KRYSZYNA               | 8075 | TOPOLICE TEAM                          | TOPOLICE            | POL  | SENIOR II K - 30  | 00:00:17 | 00:34:37 | 00:51:59 |
| 147  | ŻUKIEWICZ KRZYSZTOF            | 8281 | TKKF MPK POZNAŃ                        | POZNAŃ              | POL  | MASTERS M - 40    | 00:00:18 | 00:34:38 | 00:52:03 |
| 148  | KOTAS PAWEŁ                    | 8233 |                                        | WROCŁAW             | POL  | SENIOR I M - 20   | 00:01:08 | 00:34:41 | 00:51:04 |
| 149  | KISIAŁA FILIP                  | 8240 |                                        | KRAKÓW              | POL  | MASTERS M - 40    | 00:00:21 | 00:34:42 | 00:52:16 |
| 150  | PALMOWSKI RAFAŁ                | 8313 |                                        | ZGIERZ              | POL  | MASTERS M - 40    | 00:00:16 | 00:34:43 | 00:52:07 |
| 151  | KOMISARCZYK KRZYSZTOF          | 8321 |                                        | MIEDZYLESIE         | POL  | SENIOR I M - 20   | 00:00:40 | 00:34:50 | 00:52:05 |
| 152  | CICHAŃSKI MAREK                | 8199 |                                        | STRONIE ŚLĄSKIE     | POL  | SENIOR II M - 30  | 00:00:40 | 00:34:50 | 00:52:11 |
| 153  | HANSZ DONAT                    | 8464 | NETBOX BIEGA                           | PIASKI              | POL  | SENIOR I M - 20   | 00:00:28 | 00:34:51 | 00:52:19 |
| 154  | BOCIĄGA PAWEŁ                  | 8312 | RODZINNA GRUPA ROWEROWA Z MIASTA ŁODZI | ŁÓDŹ                | POL  | MASTERS M - 40    | 00:00:16 | 00:34:51 | 00:52:02 |
| 155  | MAJŁOWSKA IRENA                | 8120 |                                        | GORZÓW WIELKOPOLSKI | POL  | WETERAN II K - 60 | 00:00:21 | 00:34:54 | 00:52:09 |
| 156  | KARKOSZKA DAWID                | 8388 |                                        | SZCZYRK             | POL  | SENIOR I M - 20   | 00:00:30 | 00:35:00 | 00:51:32 |
| 157  | WINKOWSKI ADRIAN               | 8001 | PRZEDWOJEWSKI TEAM                     | MĘDLÓW              | AFG  | SENIOR II M - 30  | 00:00:06 | 00:35:01 | 00:52:11 |
| 158  | PIETRUCHA JAGODA               | 8175 | TARNOWO PODGÓRNE BIEGA                 | TARNOWO PODGÓRNE    | POL  | SENIOR II K - 30  | 00:00:07 | 00:35:04 | 00:53:22 |
| 159  | WITKE ELŻBIETA                 | 8109 |                                        | KARPACZ             | POL  | WETERAN II K - 60 | 00:00:10 | 00:35:06 | 00:53:16 |
| 160  | BŁACHNIO KRZYSZTOF             | 8375 |                                        | SZCZECIN            | POL  | WETERAN I M - 50  | 00:00:08 | 00:35:10 | 00:53:07 |
| 161  | GACIOCH JAROSŁAW               | 8398 | RUN TEAM TYGRYSY ORZYSZ                | ORZYSZ              | POL  | WETERAN I M - 50  | 00:00:05 | 00:35:11 | 00:53:42 |
| 162  | PRUSICKI RAFAŁ                 | 8122 |                                        | ZABRZE              | POL  | MASTERS M - 40    | 00:00:17 | 00:35:13 | 00:53:31 |
| 163  | SZCZYPCZYK-PRUSICKA MAŁGORZATA | 8123 |                                        | ZABRZE              | POL  | MASTERS K - 40    | 00:00:16 | 00:35:14 | 00:53:30 |
| 164  | BURA TOMASZ                    | 8475 |                                        | KRZYCKO WIELKIE     | POL  | SENIOR II M - 30  | 00:00:09 | 00:35:15 | 00:52:20 |
| 165  | HEJNA MAŁGORZATA               | 8266 |                                        | SZCZECIN            | POL  | WETERAN K - 50    | 00:00:08 | 00:35:17 | 00:53:47 |
| 166  | SAWICKI ADRIAN                 | 8256 |                                        | WROCŁAW             | POL  | MASTERS M - 40    | 00:01:09 | 00:35:22 | 00:52:13 |
| 167  | MAKIOŁA AGNIESZKA              | 8037 |                                        | CHORZÓW             | POL  | SENIOR I K - 20   | 00:00:12 | 00:35:22 | 00:53:05 |
| 168  | PTASZYŃSKA JOANNA              | 8086 |                                        | WROCŁAW             | POL  | WETERAN K - 50    | 00:00:23 | 00:35:29 | 00:53:18 |
| 169  | NAZIMEK PIOTR                  | 8287 |                                        | PRÓSZKÓW            | POL  | SENIOR II M - 30  | 00:00:34 | 00:35:34 | 00:52:34 |
| 170  | JURA EWELINA                   | 8473 | TOPOLICE TEAM                          | DŁUGOPOLE ZDRÓJ     | POL  | SENIOR II K - 30  | 00:00:18 | 00:35:43 | 00:53:55 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię              | Nr   | Klub                                | M-scowość              | Kraj | Kat.              | 0.01km   | 3.7km    | 5.8km    |
|------|------------------------------|------|-------------------------------------|------------------------|------|-------------------|----------|----------|----------|
| 171  | BIENKOWSKI KAMIL             | 8282 |                                     | RADWANICE              | POL  | SENIOR II M - 30  | 00:01:23 | 00:35:47 | 00:51:12 |
| 172  | SIWEK GRZEGORZ               | 8044 | LANRUNS                             | LANCKORONA             | POL  | MASTERS M - 40    | 00:00:29 | 00:35:47 | 00:52:15 |
| 173  | RZYWUCKA JOLANTA             | 8272 | 4 RUN TEAM PIŁA                     | PIŁA                   | POL  | MASTERS K - 40    | 00:00:14 | 00:35:51 | 00:54:34 |
| 174  | KONIECZNA ANNA               | 8155 | TARNOWO PODGÓRNE BIEGA              | TARNOWO PODGÓRNE       | POL  | MASTERS K - 40    | 00:00:06 | 00:35:54 | 00:53:57 |
| 175  | RASZKOWSKA EMILIA            | 8429 | ŚLĘZAK TEAM                         | GDANSK                 | POL  | SENIOR II K - 30  | 00:00:38 | 00:35:56 | 00:53:18 |
| 176  | KRAWCZYKOWSKI JACEK          | 8135 |                                     | POZNAŃ                 | POL  | SENIOR II M - 30  | 00:01:27 | 00:35:59 | 00:51:45 |
| 177  | MATUSZCZYK GRAŻYNA           | 8271 | RYBNICKA GRUPA BIEGOWA              | RYBNIK                 | POL  | MASTERS K - 40    | 00:00:24 | 00:36:06 | 00:54:36 |
| 178  | NOWACZYK MARTA               | 8126 |                                     | POZNAŃ                 | POL  | SENIOR II K - 30  | 00:01:12 | 00:36:19 | 00:53:20 |
| 179  | SZYMAŁA MARCIN               | 8465 | KLUCZBORSKA GRUPA BIEGOWA           | KLUCZBORK              | POL  | WETERAN I M - 50  | 00:00:44 | 00:36:19 | 00:53:17 |
| 180  | KRZONKALLA-BARTNIK KATARZYNA | 8169 |                                     | ŁĄDEK-ZDRÓJ            | POL  | SENIOR I K - 20   | 00:00:10 | 00:36:23 | 00:54:54 |
| 181  | BARTNIK PATRYK               | 8168 |                                     | ŁĄDEK-ZDRÓJ            | POL  | SENIOR I M - 20   | 00:00:11 | 00:36:23 | 00:54:54 |
| 182  | DEMBIŃSKI ARKADIUSZ          | 8409 |                                     | SKOKI                  | POL  | SENIOR II M - 30  | 00:00:53 | 00:36:32 | 00:53:14 |
| 183  | KRUK MATEUSZ                 | 8203 | MAXIMUS KROSNOWICE                  | BYSTRZYCA KŁODZKA      | POL  | SENIOR II M - 30  | 00:00:24 | 00:36:43 | 00:56:02 |
| 184  | DWORAK SABRINA               | 8419 | MAXIMUS KROSNOWICE                  | KŁODZKO                | POL  | SENIOR II K - 30  | 00:00:24 | 00:36:44 | 00:54:30 |
| 185  | MRÓZ URSZULA                 | 8077 |                                     | STRONIE SL             | POL  | WETERAN II K - 60 | 00:01:06 | 00:36:46 | 00:53:12 |
| 186  | BACHURSKA EWA                | 8043 | KB HARCOWNIK JELCZ LASKOWICE        | MIŁOSZYCE              | POL  | MASTERS K - 40    | 00:00:18 | 00:36:46 | 00:54:57 |
| 187  | ŁASZKIEWICZ PIOTR            | 8010 | ATHLETICS TEM PRUSICE               | BRZEŻNO                | POL  | WETERAN II M - 60 | 00:00:14 | 00:36:49 | 00:54:45 |
| 188  | KOŁTON JUSTYNA               | 8284 |                                     | SOSNOWIEC              | POL  | SENIOR I K - 20   | 00:00:28 | 00:36:55 | 00:54:18 |
| 189  | SAWICKI PIOTR                | 8558 | MOTOR LUBLIN                        | LUBLIN                 | POL  | MASTERS M - 40    | 00:00:30 | 00:37:01 | 00:52:21 |
| 190  | DZIĘGIELEWSKA DOMINIKA       | 8577 |                                     | LIPA                   | POL  | SENIOR II K - 30  | 00:00:11 | 00:37:01 | 00:55:05 |
| 191  | GÓRSKI BARTEK                | 8441 |                                     | KATOWICE               | POL  | SENIOR I M - 20   | 00:00:14 | 00:37:02 | 00:54:08 |
| 192  | WASZAK TOMASZ                | 8314 |                                     | POZNAŃ                 | POL  | SENIOR I M - 20   | 00:01:25 | 00:37:07 | 00:54:07 |
| 193  | JANUS TOMASZ                 | 8351 | TEAM KURORT ŁĄDEK-ZDRÓJ             | BYSTRZYCA KŁODZKA      | POL  | SENIOR II M - 30  | 00:01:14 | 00:37:13 | 00:53:43 |
| 194  | NAGLER TOMASZ                | 8147 |                                     | POZNAŃ                 | POL  | MASTERS M - 40    | 00:00:49 | 00:37:17 | 00:57:00 |
| 195  | MARTYN OLGA                  | 8488 | SPINKO LESZNO                       | RYDZYNA                | POL  | SENIOR II K - 30  | 00:00:46 | 00:37:18 | 00:55:10 |
| 196  | GRZELIŃSKA MALWINA           | 8490 |                                     | JAROCIN                | POL  | SENIOR II K - 30  | 00:00:15 | 00:37:19 | 00:55:48 |
| 197  | MERAK KRZYSZTOF              | 8363 | KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA | OŁDRZYCHOWICE KŁODZKIE | POL  | MASTERS M - 40    | 00:01:19 | 00:37:26 | 00:54:00 |
| 198  | HOJA ILONA                   | 8448 |                                     | KOBYLA GÓRA            | POL  | SENIOR II K - 30  | 00:00:17 | 00:37:30 | 00:55:50 |
| 199  | KUCHARSKA ANNA               | 8458 |                                     | KOBYLA GÓRA            | POL  | SENIOR II K - 30  | 00:00:18 | 00:37:30 | 00:55:50 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię         | Nr   | Klub                       | M-scowość        | Kraj | Kat.               | 0.01km   | 3.7km    | 5.8km    |
|------|-------------------------|------|----------------------------|------------------|------|--------------------|----------|----------|----------|
| 200  | KOZŁOWSKI MARIUSZ       | 8045 | KB ODRA OPOLE              | OPOLE            | POL  | MASTERS M - 40     | 00:00:30 | 00:37:33 | 00:56:00 |
| 201  | NAPIERAŁA ANDRZEJ       | 8430 | MTS DRUŻYNA SZPIKU KGHM    | GOSTYŃ           | POL  | WETERAN II M - 60  | 00:01:49 | 00:37:33 | 00:54:38 |
| 202  | ZADORA BORYS            | 8214 | OLDBOYS TROJAN ŁĄDEK ZDRÓJ | ŁĄDEK ZDRÓJ      | POL  | SENIOR II M - 30   | 00:03:27 | 00:37:33 | 00:52:56 |
| 203  | MASALSKA ANNA           | 8578 |                            | SUWAŁKI          | POL  | MASTERS K - 40     | 00:00:27 | 00:37:36 | 00:55:49 |
| 204  | KOZŁOWSKA MAŁGORZATA    | 8046 | KB ODRA OPOLE              | OPOLE            | POL  | MASTERS K - 40     | 00:00:30 | 00:37:39 | 00:56:01 |
| 205  | PUSZEK JACEK            | 8195 |                            | CZĘSTOCHOWA      | POL  | SENIOR II M - 30   | 00:00:06 | 00:37:46 | 00:56:56 |
| 206  | URBAN ALICJA            | 8041 | KACZKATEAM                 | WROCŁAW          | POL  | SENIOR I K - 20    | 00:00:37 | 00:37:47 | 00:57:12 |
| 207  | KMIECIK ROMA            | 8425 | KUDOWIANKA RUN             | ŁĘŻYCE           | POL  | MASTERS K - 40     | 00:01:02 | 00:37:47 | 00:55:18 |
| 208  | OSUCH MARCIN            | 8345 |                            | POZNAŃ           | POL  | MASTERS M - 40     | 00:00:58 | 00:37:50 | 00:55:29 |
| 209  | KUTYCKA KUREK ELŻBIETA  | 8498 | CHOJRAK TEAM WROCŁAW       | WROCŁAW          | POL  | SENIOR II K - 30   | 00:00:43 | 00:37:54 | 00:56:54 |
| 210  | SZWACZKA SEBASTIAN      | 8300 | BW BIEGOWY WARIAT          | WARSZAWA         | POL  | MASTERS M - 40     | 00:01:11 | 00:37:54 | 00:56:26 |
| 211  | SENDER JAKUB            | 8317 | BW RUNNING TEAM            | WARSZAWA         | POL  | SENIOR II M - 30   | 00:01:11 | 00:37:55 | 00:56:28 |
| 212  | SZYMAŁA JAN             | 8125 |                            | KLUCZBORK        | POL  | WETERAN III M - 70 | 00:00:23 | 00:37:57 | 00:57:36 |
| 213  | BUGAJSKI MARCIN         | 8187 |                            | WARSZAWA         | POL  | MASTERS M - 40     | 00:00:25 | 00:38:01 | 00:56:46 |
| 214  | WORYTKIEWICZ MAŁGORZATA | 8319 |                            | KRAKÓW           | POL  | SENIOR I K - 20    | 00:00:59 | 00:38:08 | 00:55:45 |
| 215  | KIEPIEL AGATA           | 8293 | ADIDAS RUNNERS WARSAW      | WARSZAWA         | POL  | SENIOR II K - 30   | 00:00:58 | 00:38:11 | 00:56:12 |
| 216  | BRZEZIŃSKI ANDRZEJ      | 8062 | LANRUNS                    | OLKUSZ           | POL  | WETERAN II M - 60  | 00:00:05 | 00:38:16 | 00:57:23 |
| 217  | KORNASZEWSKI WOJCIECH   | 8559 |                            | BYDGOSZCZ        | POL  | SENIOR II M - 30   | 00:00:30 | 00:38:16 | 00:56:45 |
| 218  | IMIŃSKI CEZARY          | 8104 |                            | ZGIERZ           | POL  | WETERAN I M - 50   | 00:00:15 | 00:38:20 | 00:55:44 |
| 219  | POZNAR ADAM             | 8354 |                            | WROCŁAW          | POL  | SENIOR II M - 30   | 00:01:17 | 00:38:22 | 00:55:54 |
| 220  | WILK TOMASZ             | 8038 |                            | OPOLE            | POL  | SENIOR II M - 30   | 00:01:01 | 00:38:23 | 00:56:48 |
| 221  | BUDA MAŁGORZATA         | 8260 |                            | POZNAN           | POL  | MASTERS K - 40     | 00:00:19 | 00:38:27 | 00:58:08 |
| 222  | KRZECZKOWSKI ROMAN      | 8176 | BIEGOWA ŚWIDNICA           | ŚWIDNICA         | POL  | WETERAN I M - 50   |          | 00:38:41 | 00:56:53 |
| 223  | NAZARY PIOTR            | 8383 | OBORYGENI                  | OBORNIKI ŚLĄSKIE | POL  | MASTERS M - 40     | 00:00:27 | 00:38:55 | 00:57:06 |
| 224  | BIENIARZ ILONA          | 8396 | MAKEMAROFITAGAIN!          | WROCŁAW          | POL  | SENIOR II K - 30   | 00:00:15 | 00:38:57 | 00:58:55 |
| 225  | BURA KAROLINA           | 8227 | #BIEGAJLESZNO              | LESZNO           | POL  | SENIOR II K - 30   | 00:00:12 | 00:39:05 | 00:59:30 |
| 226  | URBANIAK JÓZEF          | 8576 | ULKS CZARNA GÓRA           | STRONIE ŚLĄSKIE  | POL  | WETERAN I M - 50   | 00:01:04 | 00:39:09 | 00:57:07 |
| 227  | GALEWSKI MARIUSZ        | 8074 | KOTLIN                     | KOTLIN           | POL  | WETERAN I M - 50   | 00:00:17 | 00:39:10 | 00:59:08 |
| 228  | SOBOLEWSKA JULITA       | 8369 |                            | ZALEWO           | POL  | MASTERS K - 40     | 00:00:13 | 00:39:11 | 00:58:26 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię           | Nr   | Klub                          | M-scowość                    | Kraj | Kat.              | 0.01km   | 3.7km    | 5.8km    |
|------|---------------------------|------|-------------------------------|------------------------------|------|-------------------|----------|----------|----------|
| 229  | KUZIEL MARCIN             | 8113 | BLACK RUNNING STRONIE ŚLĄSKIE | STRONIE ŚLĄSKIE              | POL  | SENIOR II M - 30  | 00:01:23 | 00:39:16 | 00:55:22 |
| 230  | GAŚIOROWSKA SARA          | 8294 |                               | ŚWIEBODZIN                   | POL  | SENIOR I K - 20   | 00:00:49 | 00:39:19 | 00:57:06 |
| 231  | WEKA KRZYSZTOF            | 8555 | BIĄŁYSTOK BIEGA TEAM          | BIĄŁYSTOK                    | POL  | SENIOR II M - 30  | 00:00:10 | 00:39:20 | 01:05:57 |
| 232  | BLANIK MAREK              | 8239 |                               | RADLIN                       | POL  | SENIOR II M - 30  | 00:00:31 | 00:39:25 | 00:58:30 |
| 233  | BLANIK AGNIESZKA          | 8238 |                               | RADLIN                       | POL  | MASTERS K - 40    | 00:00:31 | 00:39:25 | 00:58:36 |
| 234  | BŁACHNIO DOROTA           | 8072 | RAZ SZCZECIN                  | SZCZECIN                     | POL  | WETERAN K - 50    | 00:00:08 | 00:39:27 | 00:59:33 |
| 235  | WOŹNIAK MIROSŁAW          | 8339 | TKKF MPK POZNAŃ               | KOZIEGŁOWY                   | POL  | WETERAN II M - 60 | 00:01:00 | 00:39:27 | 00:57:10 |
| 236  | STEMPIN SYLWIA            | 8358 |                               | KĘPNO                        | POL  | SENIOR II K - 30  | 00:00:11 | 00:39:29 | 00:59:16 |
| 237  | RADZIEJEWSKA MILENA       | 8355 | SZWAGRY I SZWAGIERKI          | ŚREM                         | POL  | SENIOR I K - 20   | 00:00:25 | 00:39:54 | 01:00:18 |
| 238  | REIJMERS AGNIESZKA        | 8251 | LEIDEN ATLETIEK               | OEGSTGEEST                   | NED  | MASTERS K - 40    | 00:00:39 | 00:39:57 | 00:58:36 |
| 239  | KLUSKA RAFAŁ              | 8387 | KS DŁUGOŁĘKA 2000             | OLEŚNICA                     | POL  | SENIOR I M - 20   | 00:00:16 | 00:39:58 | 01:00:32 |
| 240  | STRZYŻOWSKI NIKODEM       | 8092 |                               | BYDGOSZCZ                    | POL  | SENIOR I M - 20   | 00:00:26 | 00:40:01 | 00:59:45 |
| 241  | LEWANDOWSKA KAMILA        | 8143 | LEWANDOWSCY TEAM              | GORZÓW WLKP.                 | POL  | SENIOR II K - 30  | 00:00:59 | 00:40:04 | 00:59:57 |
| 242  | DĄBKOWSKI ADAM            | 8124 |                               | WŁOSZAKOWICE                 | POL  | MASTERS M - 40    | 00:00:42 | 00:40:07 | 00:57:13 |
| 243  | OSIKA ALEKSANDRA          | 8002 |                               | KIELCE                       | POL  | SENIOR I K - 20   | 00:00:36 | 00:40:12 | 01:00:30 |
| 244  | MAZURKIEWICZ JOANNA       | 8061 |                               | STARY WIELISŁAW              | POL  | MASTERS K - 40    | 00:00:11 | 00:40:12 | 01:02:02 |
| 245  | KUKUŁA KAROLINA           | 8443 |                               | OLDRZYCHOWICE                | POL  | SENIOR II K - 30  | 00:00:13 | 00:40:13 | 01:00:28 |
| 246  | SZCZEPIŃSKA ANETA         | 8583 |                               | WROCŁAW                      | POL  | SENIOR II K - 30  | 00:00:27 | 00:40:13 | 00:59:45 |
| 247  | WESTPHAL MAGDALENA        | 8236 |                               | BYDGOSZCZ                    | POL  | SENIOR II K - 30  | 00:00:28 | 00:40:14 | 01:00:27 |
| 248  | SZCZEPIŃSKI KRZYSZTOF     | 8584 |                               | WROCŁAW                      | POL  | SENIOR II M - 30  | 00:00:27 | 00:40:17 | 01:01:28 |
| 249  | BIAŁEK MARCIN             | 8115 |                               | STRONIE ŚLĄSKIE              | POL  | MASTERS M - 40    | 00:01:04 | 00:40:19 | 00:58:49 |
| 250  | ŚWIĘCH ANETA              | 8427 | EAZYMUT.PL                    | WARSZAWA                     | POL  | SENIOR II K - 30  | 00:00:27 | 00:40:22 | 01:01:43 |
| 251  | PAWLUS MAREK              | 8395 | MAKEMAROFITAGAIN!             | WROCŁAW                      | POL  | SENIOR II M - 30  | 00:00:15 | 00:40:31 | 01:01:41 |
| 252  | WĘGRZYNOWSKA RENATA       | 8340 |                               | PIŁA                         | POL  | WETERAN K - 50    | 00:00:51 | 00:40:32 | 01:01:18 |
| 253  | BEDNAREK-KWIATKOWSKA ANNA | 8163 | SAMO ZDROWIE                  | POZNAŃ (POZNAŃ-STARE MIASTO) | POL  | MASTERS K - 40    | 00:00:53 | 00:40:33 | 01:00:52 |
| 254  | SZELIGA AGNIESZKA         | 8264 |                               | BYTOM                        | POL  | SENIOR II K - 30  | 00:00:34 | 00:40:35 | 01:00:39 |
| 255  | SAMOLAK ŁUKASZ            | 8228 |                               | ŁĄDEK ZDRÓJ                  | POL  | MASTERS M - 40    | 00:01:28 | 00:40:38 | 00:56:38 |
| 256  | LEŚNICZAK BARBARA         | 8457 | #WKURWTEAM                    | ZIELONKA                     | POL  | MASTERS K - 40    | 00:01:12 | 00:40:40 | 01:00:01 |
| 257  | SYCZ-LANGNER HONORATA     | 8145 |                               | WROCŁAW                      | POL  | SENIOR II K - 30  | 00:00:36 | 00:40:45 | 01:02:35 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię              | Nr   | Klub                        | M-scowość              | Kraj | Kat.              | 0.01km   | 3.7km    | 5.8km    |
|------|------------------------------|------|-----------------------------|------------------------|------|-------------------|----------|----------|----------|
| 258  | SKRZYPEK MARTA               | 8221 |                             | OBORNIKI               | POL  | SENIOR II K - 30  | 00:00:05 | 00:40:46 | 01:01:40 |
| 259  | SKARŻEŃSKA-SOKOŁOWSKA JAGODA | 8599 |                             | ŁĄDEK ZDRÓJ            | POL  | SENIOR II K - 30  |          | 00:40:46 |          |
| 260  | GRABKOWSKA PAULINA           | 8376 |                             | KŁODZKO                | POL  | SENIOR II K - 30  | 00:01:05 | 00:40:47 | 01:01:07 |
| 261  | MATAK KINGA                  | 8437 | ŁASUCH                      | RADZYMIN               | POL  | SENIOR II K - 30  | 00:01:23 | 00:40:51 | 01:00:10 |
| 262  | GURGUL DOROTA                | 8205 | AROMAT NÓG                  | KRAKÓW                 | POL  | MASTERS K - 40    | 00:00:12 | 00:40:52 | 01:04:15 |
| 263  | WASILEWSKA AGNIESZKA         | 8226 | AROMAT NÓG                  | KRAKÓW                 | POL  | MASTERS K - 40    | 00:00:12 | 00:40:53 | 01:04:16 |
| 264  | SZYMAŁA KAROLINA             | 8103 |                             | KLUCZBORK              | POL  | SENIOR I K - 20   | 00:00:44 | 00:40:55 | 01:01:15 |
| 265  | WAWER MARCIN                 | 8493 | STOWARZYSZENIE BIEG OPOLSKI | GOGOLIN                | POL  | SENIOR II M - 30  | 00:01:22 | 00:40:58 | 00:58:40 |
| 266  | RUTKOWSKA IZABELA            | 8349 | SPORTOWY KAŻMIERZ           | KAŻMIERZ               | POL  | MASTERS K - 40    | 00:01:04 | 00:41:02 | 01:00:17 |
| 267  | STROIŃSKI WOJCIECH           | 8081 | LESZ NO LIMITS RUNNERS      | WILKOWICE              | POL  | MASTERS M - 40    | 00:00:50 | 00:41:03 | 01:00:19 |
| 268  | GABOR MACIEJ                 | 8368 |                             | WARSZAWA               | POL  | MASTERS M - 40    | 00:01:20 | 00:41:04 | 01:00:29 |
| 269  | GRODZIŃSKA MAGDALENA         | 8407 |                             | JELENIA GÓRA           | POL  | SENIOR I K - 20   | 00:01:10 | 00:41:05 | 00:59:24 |
| 270  | MICHAŁSKA AGNIESZKA          | 8353 |                             | WARSZAWA               | POL  | SENIOR I K - 20   | 00:01:25 | 00:41:07 | 01:00:58 |
| 271  | IGNASZEWSKA MARTA            | 8380 |                             | RADZYNY                | POL  | MASTERS K - 40    | 00:00:42 | 00:41:23 | 01:01:10 |
| 272  | IGNASZEWSKI MICHAŁ           | 8566 |                             | RADZYNY                | POL  | MASTERS M - 40    | 00:00:51 | 00:41:24 | 01:01:10 |
| 273  | ZAJĄC AGA                    | 8379 | 77CATS                      | JÓZEFOSŁAW             | POL  | MASTERS K - 40    | 00:00:38 | 00:41:30 | 01:01:03 |
| 274  | KOWAL DAWID                  | 8025 |                             | LESZNO                 | POL  | SENIOR I M - 20   | 00:00:45 | 00:41:31 | 01:00:19 |
| 275  | TOMAKA PATRYCJA              | 8347 | TEAM KURORT ŁĄDEK-ZDRÓJ     | OŁDRZYCHOWICE KŁODZKIE | POL  | SENIOR II K - 30  | 00:01:10 | 00:41:32 | 01:00:59 |
| 276  | DULIK RADOSŁAW               | 8604 | OPOLE                       | OPOLE                  | POL  | MASTERS M - 40    | 00:00:57 | 00:41:33 | 01:00:30 |
| 277  | KOWAL IRENEUSZ               | 8024 |                             | LESZNO                 | POL  | MASTERS M - 40    | 00:00:45 | 00:41:46 | 01:01:51 |
| 278  | PACUŁT DOMINIKA              | 8101 |                             | ŚWIDNICA               | POL  | SENIOR I K - 20   | 00:00:18 | 00:41:51 | 01:03:49 |
| 279  | DZIURA KAMIL                 | 8100 |                             | ŚWIDNICA               | POL  | SENIOR I M - 20   | 00:00:19 | 00:41:51 | 01:03:49 |
| 280  | DAGIEL JANUSZ                | 8334 |                             | WARSZAWA               | POL  | SENIOR II M - 30  | 00:00:54 | 00:41:52 | 01:04:01 |
| 281  | KUCIŃSKI ANDRZEJ             | 8064 | BAZA ZDROWIA FRESCO         | WARSZAWA               | POL  | WETERAN II M - 60 | 00:00:44 | 00:41:53 | 01:01:36 |
| 282  | MACIEJEWSKI PIOTR            | 8210 | SUPERMARATON KALISZ         | KALISZ                 | POL  | WETERAN II M - 60 | 00:00:20 | 00:41:59 | 01:01:47 |
| 283  | MOŃKA-PODGÓRNA ALEKSANDRA    | 8299 | #POBIEGANI                  | DYLAKI                 | POL  | SENIOR I K - 20   | 00:00:37 | 00:41:59 | 01:03:20 |
| 284  | JASIEWICZ KAROLINA           | 8350 |                             | KIEŁCZÓW               | POL  | SENIOR II K - 30  | 00:00:52 | 00:42:00 | 01:02:50 |
| 285  | POŁAWSKA EWA                 | 8454 |                             | WARSZAWA               | POL  | SENIOR II K - 30  | 00:01:04 | 00:42:01 | 01:01:00 |
| 286  | BURNETKO MAGDALENA           | 8405 | HUTASY RUNNERS TEAM         | KRAKÓW                 | POL  | SENIOR II K - 30  | 00:00:45 | 00:42:02 | 01:02:49 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię                | Nr   | Klub                                | M-scowość         | Kraj | Kat.             | 0.01km   | 3.7km    | 5.8km    |
|------|--------------------------------|------|-------------------------------------|-------------------|------|------------------|----------|----------|----------|
| 287  | WIRTEK MAGDALENA               | 8305 |                                     | ZIELONA GÓRA      | POL  | SENIOR II K - 30 | 00:00:13 | 00:42:02 | 01:04:10 |
| 288  | RELIGA LILIANA                 | 8332 |                                     | WARSZAWA          | POL  | SENIOR II K - 30 | 00:00:52 | 00:42:03 | 01:04:01 |
| 289  | WOJTCZAK MATEUSZ               | 8456 |                                     | WARSZAWA          | POL  | SENIOR II M - 30 | 00:01:04 | 00:42:04 | 01:01:00 |
| 290  | SZAŁAJSKA MAGDALENA            | 8564 |                                     | LUBLIN            | POL  | SENIOR I K - 20  | 00:00:55 | 00:42:04 | 01:02:44 |
| 291  | DABKOWSKA PATRYCJA             | 8472 | SPEEDFEED'16                        | BARCZLIN          | POL  | MASTERS K - 40   | 00:00:42 | 00:42:05 | 01:02:51 |
| 292  | SOJA-WAWRYSZEWICZ AGATA        | 8230 |                                     | WROCŁAW           | POL  | MASTERS K - 40   | 00:00:54 | 00:42:06 | 01:02:21 |
| 293  | CHOMĄTOWSKI DANIEL             | 8127 |                                     | WROCŁAW           | POL  | SENIOR II M - 30 | 00:00:23 | 00:42:07 | 01:02:46 |
| 294  | SUDER MACIEJ                   | 8364 | 3M RUNNING TEAM POLAND              | WROCŁAW           | POL  | SENIOR II M - 30 | 00:00:36 | 00:42:09 | 01:03:52 |
| 295  | KASPRZAK ŁUKASZ                | 8432 |                                     | WROCŁAW           | POL  | SENIOR II M - 30 | 00:01:10 | 00:42:11 | 01:01:58 |
| 296  | NOWAK - KASPRZAK ANNA          | 8431 |                                     | WROCŁAW           | POL  | SENIOR II K - 30 | 00:01:10 | 00:42:11 | 01:01:58 |
| 297  | ROBAK NATALIA                  | 8304 |                                     | ŁĄDEK-ZDRÓJ       | POL  | SENIOR I K - 20  | 00:01:04 | 00:42:12 | 01:02:32 |
| 298  | OLEJ ROBERT                    | 8193 |                                     | KATOWICE          | POL  | SENIOR I M - 20  | 00:00:14 | 00:42:12 | 01:05:54 |
| 299  | BIELEWICZ ALEKSANDRA           | 8231 | PANKORBKA - MOBILNY SERWIS ROWEROWY | SOSNOWIEC         | POL  | SENIOR I K - 20  | 00:00:31 | 00:42:12 | 01:02:58 |
| 300  | WIKŁO PAWEŁ                    | 8296 |                                     | KATOWICE          | POL  | SENIOR I M - 20  | 00:01:26 | 00:42:15 | 01:01:45 |
| 301  | JANSON MARLEEN                 | 8249 | LEIDEN ATLETIEK                     | LEIDEN            | NED  | SENIOR II K - 30 | 00:00:39 | 00:42:18 | 01:02:34 |
| 302  | KRYSKA PAWEŁ                   | 8237 |                                     | WROCŁAW           | POL  | SENIOR I M - 20  | 00:01:09 | 00:42:21 | 01:02:13 |
| 303  | KOCHANOWSKA GRAŻYNA            | 8476 |                                     | OSTRÓW MAZOWIECKA | POL  | WETERAN K - 50   | 00:00:35 | 00:42:29 | 01:03:59 |
| 304  | KALIŃSKA DOROTA                | 8486 |                                     | KOBYŁKA           | POL  | SENIOR II K - 30 | 00:01:28 | 00:42:30 | 01:01:09 |
| 305  | LESNIAK SYLWIA                 | 8320 |                                     | DUBLIN 22         | IRL  | MASTERS K - 40   | 00:00:07 | 00:42:31 | 01:04:39 |
| 306  | BINKIEWICZ-KOWALCZYK AGNIESZKA | 8189 |                                     | OSOLA             | POL  | SENIOR II K - 30 | 00:00:19 | 00:42:33 | 01:04:23 |
| 307  | KRZYWICKI LESZEK               | 8579 | KIERUNEK ULTRA                      | SUWAŁKI           | POL  | WETERAN I M - 50 | 00:00:30 | 00:42:50 | 01:05:54 |
| 308  | JAKUBOWSKA JUDYTA              | 8076 |                                     | KAMIEŃ POMORSKI   | POL  | MASTERS K - 40   | 00:00:25 | 00:42:51 | 01:05:01 |
| 309  | KOPYSTAŃSKA BASIA              | 8329 |                                     | LEGNICKIE POLE    | POL  | SENIOR II K - 30 | 00:01:26 | 00:42:54 | 01:03:41 |
| 310  | SZAREK SŁAWOMIR                | 8067 | K.S. OBSTAWIMY TYŁY                 | WROCŁAW           | POL  | MASTERS M - 40   | 00:00:55 | 00:42:55 | 01:01:44 |
| 311  | JOŃCZYK PAULA                  | 8422 |                                     | WROCŁAW           | POL  | SENIOR I K - 20  | 00:01:04 | 00:43:09 | 01:02:31 |
| 312  | ODIJA LESZEK                   | 8412 |                                     | WIRY              | POL  | MASTERS M - 40   | 00:01:18 | 00:43:13 | 01:02:26 |
| 313  | WEBER AGATA                    | 8581 | VELO ŁOSIE NA SZOSIE                | WARSZAWA          | POL  | MASTERS K - 40   | 00:00:30 | 00:43:14 | 01:03:56 |
| 314  | JÓŹWIAKOWSKA WERONIKA          | 8245 |                                     | SOLEC KUJAWSKI    | POL  | SENIOR I K - 20  | 00:00:32 | 00:43:17 | 01:05:15 |
| 315  | HAMPEL MARIA                   | 8316 | BODY POWER                          | LESZNO            | POL  | SENIOR I K - 20  | 00:00:24 | 00:43:24 | 01:05:55 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię          | Nr   | Klub                          | M-scowość           | Kraj | Kat.               | 0.01km   | 3.7km    | 5.8km    |
|------|--------------------------|------|-------------------------------|---------------------|------|--------------------|----------|----------|----------|
| 316  | HOJDA AGNIESZKA          | 8572 |                               | WARSZAWA            | POL  | SENIOR II K - 30   | 00:00:23 | 00:43:25 | 01:06:37 |
| 317  | MARKIEWICZ JAGODA        | 8167 | KUŹNIA TALENTÓW KAMIENIEC     | KAMIENIEC           | POL  | SENIOR I K - 20    | 00:01:02 | 00:43:31 | 01:03:47 |
| 318  | NITSCHKE KAROL           | 8359 | TKKF MPK POZNAŃ               | POZNAŃ              | POL  | MASTERS M - 40     | 00:01:00 | 00:43:34 | 01:06:26 |
| 319  | AMANOWICZ AURELIA        | 8234 |                               | WROCŁAW             | POL  | SENIOR II K - 30   | 00:01:09 | 00:43:38 | 01:03:54 |
| 320  | CZERNICKA MAGDALENA      | 8423 |                               | RYBNIK              | POL  | MASTERS K - 40     | 00:01:08 | 00:43:43 | 01:03:36 |
| 321  | MŁYNARSKI MARIAN         | 8309 |                               | BIELSKO-BIAŁA       | POL  | WETERAN III M - 70 | 00:00:19 | 00:43:46 | 01:05:39 |
| 322  | WOJCIECHOWSKA PAULINA    | 8185 |                               | WROCŁAW             | POL  | SENIOR II K - 30   | 00:00:50 | 00:43:49 | 01:04:52 |
| 323  | WOŹNIAK LIDIA            | 8223 | PORMAT JEDLICZE BIEGA         | SKOŁYSZYN           | POL  | WETERAN K - 50     | 00:00:34 | 00:43:49 | 01:05:26 |
| 324  | NITSCHKE GRAŻYNA         | 8390 | MPK-POZNAŃ                    | POZNAŃ              | POL  | MASTERS K - 40     | 00:00:56 | 00:43:50 | 01:06:25 |
| 325  | RZYSZKIEWICZ MAŁGORZATA  | 8274 | PĘDZĄCE LENIWCE               | SOKOŁÓW PODLASKI    | POL  | MASTERS K - 40     | 00:00:53 | 00:43:58 | 01:05:39 |
| 326  | WITCZAK-SPERKA MARIOLA   | 8059 | RAZ SZCZECIN                  | SZCZECIN            | POL  | WETERAN II K - 60  | 00:00:22 | 00:44:09 | 01:07:19 |
| 327  | TÓRZ ANNA                | 8292 |                               | POZNAŃ              | POL  | MASTERS K - 40     | 00:00:53 | 00:44:19 | 01:05:40 |
| 328  | GABERT BEATA             | 8028 | RAZ SZCZECIN                  | SZCZECIN            | POL  | WETERAN K - 50     | 00:00:08 | 00:44:22 | 01:07:15 |
| 329  | KRAJEWSKA IRMINA         | 8435 |                               | POZNAŃ              | POL  | SENIOR II K - 30   | 00:00:49 | 00:44:27 | 01:04:59 |
| 330  | SROCZYŃSKI MACIEJ        | 8235 |                               | ŻERNIKI WROCŁAWSKIE | POL  | MASTERS M - 40     | 00:01:16 | 00:44:28 | 01:06:36 |
| 331  | MIECZKOWSKA NINA         | 8039 |                               | OPOLE               | POL  | SENIOR II K - 30   | 00:01:02 | 00:44:29 | 01:06:36 |
| 332  | KRYSA DOROTA             | 8322 | POMYŁKA TEAM                  | ŁĄDEK ZDRÓJ         | POL  | MASTERS K - 40     | 00:01:29 | 00:44:45 | 01:06:27 |
| 333  | KUBAŚ DAWID              | 8492 | NADLEŚNICTWO ZDROJE           | KŁODZKO             | POL  | SENIOR II M - 30   | 00:00:44 | 00:44:51 | 01:05:41 |
| 334  | ZWYDAK ANNA              | 8134 | WKURW_TEAM                    | KIEŁCZÓW            | POL  | SENIOR II K - 30   | 00:00:34 | 00:44:53 | 01:06:46 |
| 335  | KUROWSKA BIANKA          | 8341 |                               | ŚWIDNICA            | POL  | SENIOR I K - 20    | 00:01:09 | 00:45:01 | 01:06:58 |
| 336  | MORAWSKA EDYTA           | 8386 | BIEGNIJ OŁAWO                 | OŁAWA               | POL  | MASTERS K - 40     | 00:00:35 | 00:45:07 | 01:08:23 |
| 337  | STELMASZCZYK MICHALINA   | 8573 |                               | WARSZAWA            | POL  | SENIOR I K - 20    | 00:00:39 | 00:45:09 | 01:06:57 |
| 338  | DĄBROWSKA GRZYBEK JOANNA | 8131 |                               | KATOWICE            | POL  | MASTERS K - 40     | 00:00:41 | 00:45:10 | 01:05:47 |
| 339  | GRZYBEK SŁAWOMIR         | 8130 | BARTOSZ GORCZYCA RUNNING TEAM | KATOWICE            | POL  | SENIOR II M - 30   | 00:00:41 | 00:45:10 | 01:05:48 |
| 340  | MORAWSKI JAROSŁAW        | 8385 | BIEGNIJ OŁAWO                 | OŁAWA               | POL  | MASTERS M - 40     | 00:00:36 | 00:45:11 | 01:08:23 |
| 341  | BOBIN ANNA               | 8084 | ZOCHU TEAM                    | GORZÓW WIELKOPOLSKI | POL  | MASTERS K - 40     | 00:00:50 | 00:45:16 | 01:07:19 |
| 342  | GRUCHAŁSKA MARTA         | 8494 | STOWARZYSZENIE BIEG OPOLSKI   | OPOLE               | POL  | MASTERS K - 40     | 00:01:22 | 00:45:17 | 01:05:02 |
| 343  | WAWER KASIA              | 8495 | STOWARZYSZENIE BIEG OPOLSKI   | OPOLE               | POL  | SENIOR II K - 30   | 00:01:22 | 00:45:18 | 01:05:03 |
| 344  | PRUS DOROTA              | 8052 |                               | WARSZAWA            | POL  | MASTERS K - 40     | 00:01:27 | 00:45:18 | 01:04:57 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię       | Nr   | Klub                                 | M-scowość           | Kraj | Kat.              | 0.01km   | 3.7km    | 5.8km    |
|------|-----------------------|------|--------------------------------------|---------------------|------|-------------------|----------|----------|----------|
| 345  | DĘBSKA MARZENA        | 8035 | PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL | PODDĘBICE           | POL  | MASTERS K - 40    | 00:00:09 | 00:45:21 | 01:06:32 |
| 346  | DYBAŁA MICHAŁ         | 8177 | NULL                                 | KRZESZOWICE         | POL  | MASTERS M - 40    | 00:00:32 | 00:45:28 | 01:08:13 |
| 347  | DYBAŁA BEATA          | 8174 | DZIKIE GRUBASY SZATANA               | KRZESZOWICE         | POL  | SENIOR II K - 30  | 00:00:31 | 00:45:28 | 01:08:18 |
| 348  | LACHOR ANNA           | 8275 |                                      | POZNAŃ              | POL  | WETERAN K - 50    | 00:01:31 | 00:45:31 | 01:06:28 |
| 349  | BOCHYŃSKA ADRIANNA    | 8146 |                                      | CHORZÓW             | POL  | SENIOR II K - 30  | 00:00:58 | 00:45:31 | 01:06:39 |
| 350  | ROSA IZABELA          | 8560 | ROXY                                 | WARSZAWA            | POL  | SENIOR II K - 30  | 00:00:59 | 00:45:31 | 01:06:30 |
| 351  | BIAŁEK WIOLETTA       | 8114 |                                      | STRONIE ŚLĄSKIE     | POL  | MASTERS K - 40    | 00:01:03 | 00:45:35 | 01:08:03 |
| 352  | BIENIEK IWONA         | 8295 |                                      | PRZYBYŚLAWICE 110A  | POL  | WETERAN K - 50    | 00:00:16 | 00:45:37 | 01:09:31 |
| 353  | PLASZCZAK BOGUMIŁA    | 8162 | PIEKIELNIE ZGRANI                    | TULCE               | POL  | MASTERS K - 40    | 00:00:32 | 00:45:37 | 01:09:01 |
| 354  | WIECZOREK MIKOŁAJ     | 8567 | DZIKIE GRUBASY SZATANA               | LUBIN               | POL  | SENIOR I M - 20   | 00:00:32 | 00:45:40 | 01:08:12 |
| 355  | JURCZYK ANNA          | 8491 |                                      | WARSZAWA            | POL  | SENIOR I K - 20   | 00:01:13 | 00:45:43 | 01:06:30 |
| 356  | ŁĘKAWA MATEUSZ        | 8483 |                                      | WARSZAWA            | POL  | SENIOR II M - 30  | 00:01:13 | 00:45:44 | 01:06:30 |
| 357  | WARCHOŁ KAMIL         | 8220 |                                      | WROCŁAW             | POL  | SENIOR I M - 20   | 00:01:07 | 00:45:47 | 01:06:31 |
| 358  | JOŃCZYK PATRYK        | 8433 |                                      | WROCŁAW             | POL  | SENIOR I M - 20   | 00:01:07 | 00:45:47 | 01:06:31 |
| 359  | TOMERA DOROTA         | 8496 | TEAM KURORT ŁĄDEK-ZDRÓJ              | STARA BYSTRZYCA     | POL  | MASTERS K - 40    | 00:01:10 | 00:45:48 | 01:06:33 |
| 360  | GAWŁAS ROMAN          | 8078 |                                      | WADOWICE            | POL  | MASTERS M - 40    | 00:00:39 | 00:45:49 | 01:09:05 |
| 361  | SIP SABINA            | 8157 | FSD RUN DREZDENKO                    | DREZDENKO           | POL  | MASTERS K - 40    | 00:00:22 | 00:45:50 | 01:09:16 |
| 362  | GONERA JANINA         | 8014 | KB HARCOWNIK JELCZ-LASKOWICE         | MIŁOSZYCE           | POL  | WETERAN II K - 60 | 00:00:51 | 00:45:52 | 01:07:40 |
| 363  | IWANOW MAŁGORZATA     | 8428 |                                      | RADZYMIN            | POL  | SENIOR II K - 30  | 00:01:23 | 00:45:56 | 01:08:14 |
| 364  | PLASZCZAK JAROSŁAW    | 8161 |                                      | TULCE               | POL  | MASTERS M - 40    | 00:00:32 | 00:46:03 | 01:09:07 |
| 365  | MORAWSKA-KREKORA ANNA | 8453 |                                      | KRAKÓW              | POL  | SENIOR II K - 30  | 00:01:24 | 00:46:09 | 01:09:17 |
| 366  | NAIT MANSOUR IZABELA  | 8325 |                                      | POZNAŃ              | POL  | MASTERS K - 40    | 00:00:52 | 00:46:14 | 01:11:00 |
| 367  | RADWAN MATEUSZ        | 8106 |                                      | DOPIEWO             | POL  | SENIOR II M - 30  | 00:00:45 | 00:46:33 | 01:10:29 |
| 368  | DZIUBAŁA ILONA        | 8247 |                                      | POPÓW               | POL  | WETERAN K - 50    | 00:00:24 | 00:46:39 | 01:09:56 |
| 369  | GRÖGER KAROLINA       | 8149 |                                      | ŁĄDEK-ZDRÓJ         | POL  | SENIOR I K - 20   | 00:00:39 | 00:46:43 | 01:11:00 |
| 370  | HETAK MONIKA          | 8211 |                                      | ŁĄDEK-ZDRÓJ         | POL  | MASTERS K - 40    | 00:00:40 | 00:46:44 | 01:10:59 |
| 371  | BOGUSŁAWSKA ELŻBIETA  | 8215 |                                      | ŁĄDEK-ZDRÓJ         | POL  | MASTERS K - 40    | 00:00:45 | 00:46:47 | 01:12:38 |
| 372  | SZAFLIK ANNA          | 8216 |                                      | ŁĄDEK-ZDRÓJ         | POL  | MASTERS K - 40    | 00:00:46 | 00:46:48 | 01:12:38 |
| 373  | LEWANDOWSKA ANNA      | 8027 | BORKOŚ TEAM                          | GORZÓW WIELKOPOLSKI | POL  | SENIOR II K - 30  | 00:01:15 | 00:46:49 | 01:09:36 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię        | Nr   | Klub                         | M-scowość               | Kraj | Kat.               | 0.01km   | 3.7km    | 5.8km    |
|------|------------------------|------|------------------------------|-------------------------|------|--------------------|----------|----------|----------|
| 374  | KOLASA ANDRZEJ         | 8129 | KLUB J.SŁOWACKIEGO           | WARSZAWA-WESOŁA         | POL  | WETERAN III M - 70 | 00:00:02 | 00:46:52 | 01:14:10 |
| 375  | SZCZERBIEŃ JACEK       | 8150 |                              | KŁODZKO                 | POL  | MASTERS M - 40     | 00:00:51 | 00:47:09 | 01:11:00 |
| 376  | TOCZEK GRAŻYNA         | 8144 | NIGHT RUNNERS PYSKOWICE      | PYSKOWICE               | POL  | WETERAN K - 50     | 00:01:08 | 00:47:17 | 01:11:31 |
| 377  | GAWRON MONIKA          | 8481 | MIRAZ RACE TEAM              | RUDA ŚLĄSKA             | POL  | MASTERS K - 40     | 00:00:07 | 00:47:20 | 01:09:08 |
| 378  | PRZYŁUSKA MIROŚŁAWA    | 8032 | RAZ SZCZECIN                 | SZCZECIN                | POL  | WETERAN III K - 70 | 00:00:24 | 00:47:21 | 01:12:53 |
| 379  | SZPUREK ANNA           | 8597 | BUKOWSKI KLUB BIEGACZA       | BUK                     | POL  | MASTERS K - 40     | 00:00:32 | 00:47:25 | 01:14:18 |
| 380  | RZESZOWSKA IWONA       | 8283 | MIRAZ RACE TEAM              | ZABRZE                  | POL  | MASTERS K - 40     | 00:00:07 | 00:47:51 | 01:13:14 |
| 381  | WYCISZKIEWICZ GABRIELA | 8371 | TEAM KURORT ŁĄDEK ZDRÓJ      | OLĘDRZYCHOWICE KŁODZKIE | POL  | MASTERS K - 40     | 00:01:11 | 00:47:54 | 01:11:53 |
| 382  | JAROSZ AGNIESZKA       | 8343 | TEAM KURORT ŁĄDEK ZDRÓJ      | OLĘDRZYCHOWICE KŁODZKIE | POL  | SENIOR I K - 20    | 00:01:11 | 00:47:56 | 01:11:53 |
| 383  | MODRAK MACIEJ          | 8007 | PARKRUN GRUDZIĄDZ            | GRUDZIĄDZ               | POL  | WETERAN I M - 50   | 00:00:57 | 00:47:57 | 01:08:50 |
| 384  | LIS EWELINA            | 8008 |                              | GRUDZIĄDZ               | POL  | MASTERS K - 40     | 00:00:56 | 00:47:57 | 01:09:11 |
| 385  | WASILEWSKA JOANNA      | 8361 | PARKRUN GRUDZIĄDZ            | GRUDZIĄDZ               | POL  | SENIOR II K - 30   | 00:00:57 | 00:47:58 | 01:12:17 |
| 386  | ZARZECZNY RADOŚŁAW     | 8413 | JUNIOR AMATOR SUPERSTAR      | KRAKÓW                  | POL  | SENIOR II M - 30   | 00:00:49 | 00:47:59 | 01:13:30 |
| 387  | MITIS MAREK            | 8232 |                              | KRAKÓW                  | POL  | SENIOR II M - 30   | 00:00:48 | 00:48:00 | 01:13:31 |
| 388  | SOWA MARTA             | 8053 | WKURW_TEAM                   | WROCŁAW                 | POL  | SENIOR II K - 30   | 00:01:24 | 00:48:01 | 01:13:17 |
| 389  | CHASZCZEWSKA JULIA     | 8066 | TOPOLICE TEAM                | WROCŁAW                 | POL  | SENIOR II K - 30   | 00:00:55 | 00:48:01 | 01:12:53 |
| 390  | PILARSKI RYSZARD       | 8446 | IZERY BOGATYNIA              | BOGATYNIA               | POL  | WETERAN II M - 60  | 00:00:17 | 00:48:02 | 01:13:25 |
| 391  | PILARSKA ELŻBIETA      | 8410 | IZERY BOGATYNIA              | BOGATYNIA               | POL  | WETERAN III K - 70 | 00:00:17 | 00:48:03 | 01:13:26 |
| 392  | PARTYKA AGNIESZKA      | 8017 | KB HARCOWNIK JELCZ-LASKOWICE | JELCZ-LASKOWICE         | POL  | MASTERS K - 40     | 00:01:23 | 00:48:11 | 01:11:56 |
| 393  | KLIN ANETA             | 8402 |                              | BRZEG                   | POL  | MASTERS K - 40     | 00:01:06 | 00:48:13 | 01:13:02 |
| 394  | ROMANOWSKA ANNA        | 8586 |                              | WARSZAWA                | POL  | MASTERS K - 40     | 00:00:29 | 00:48:19 | 01:14:20 |
| 395  | ZIELIŃSKA MAGDALENA    | 8585 |                              | WARSZAWA                | POL  | SENIOR II K - 30   | 00:00:30 | 00:48:20 | 01:14:20 |
| 396  | SOWIŃSKI ROBERT        | 8117 | K.S. OBSTAWIAMY TYŁY         | WROCŁAW                 | POL  | MASTERS M - 40     | 00:01:00 | 00:48:37 | 01:18:00 |
| 397  | DULIK ALEKSANDRA       | 8303 | OPOLE                        | OPOLE                   | POL  | MASTERS K - 40     | 00:00:57 | 00:48:40 | 01:13:17 |
| 398  | GÓRCZYŃSKA BARBARA     | 8229 |                              | ŁĄDEK ZDRÓJ             | POL  | MASTERS K - 40     | 00:01:29 | 00:48:47 | 01:13:23 |
| 399  | HEŁMIK KATARZYNA       | 8440 | POMYŁKA TEAM                 | WROCŁAW                 | POL  | MASTERS K - 40     | 00:01:31 | 00:49:25 | 01:13:22 |
| 400  | WOJTKOWSKA KATARZYNA   | 8207 |                              | WARSZAWA                | POL  | SENIOR I K - 20    | 00:01:07 | 00:49:27 | 01:13:40 |
| 401  | PŁOŃSKA KLAUDIA        | 8165 |                              | WROCŁAW                 | POL  | SENIOR I K - 20    | 00:01:07 | 00:49:28 | 01:13:43 |
| 402  | BUDZISZEWSKI JAKUB     | 8164 |                              | WROCŁAW                 | POL  | SENIOR I M - 20    | 00:01:08 | 00:49:33 | 01:14:53 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię             | Nr   | Klub                   | M-scowość                 | Kraj | Kat.               | 0.01km   | 3.7km    | 5.8km    |
|------|-----------------------------|------|------------------------|---------------------------|------|--------------------|----------|----------|----------|
| 403  | JOŃCZYK ELŻBIETA            | 8098 | TUP TUP                | ŁĄDEK ZDRÓJ               | POL  | WETERAN K - 50     | 00:01:08 | 00:49:33 | 01:12:22 |
| 404  | MAJCHRZYCKA AGNIESZKA       | 8374 | TKKF MPK POZNAŃ        | KIJEWO/ŚRODA WIELKOPOLSKA | POL  | SENIOR II K - 30   | 00:00:55 | 00:49:34 | 01:13:05 |
| 405  | KRÓL KAROLINA               | 8133 |                        | BIERUTÓW                  | POL  | SENIOR I K - 20    | 00:01:22 | 00:49:35 | 01:13:45 |
| 406  | MĄDRO AGNIESZKA             | 8417 |                        | KŁODZKO                   | POL  | MASTERS K - 40     | 00:01:32 | 00:49:36 | 01:12:29 |
| 407  | WIŚNIEWSKI MICHAŁ           | 8119 | K.S OBSTAWIAMY TYŁY    | WROCŁAW                   | POL  | MASTERS M - 40     | 00:00:59 | 00:49:36 | 01:18:00 |
| 408  | GLASSER MAREK               | 8478 |                        | WARSZAWA                  | POL  | WETERAN III M - 70 | 00:01:14 | 00:49:37 | 01:14:22 |
| 409  | SZCZUKA MAŁGORZATA          | 8365 |                        | WIRY                      | POL  | WETERAN K - 50     | 00:00:48 | 00:49:37 | 01:14:51 |
| 410  | MIKOŁAJCZAK MAGDALENA       | 8089 | HRMAX ŻORY             | ŻORY                      | POL  | MASTERS K - 40     | 00:01:27 | 00:49:38 | 01:13:48 |
| 411  | DATA TOMASZ                 | 8090 | HRMAX ŻORY             | ŻORY                      | POL  | WETERAN I M - 50   | 00:01:27 | 00:49:38 | 01:13:46 |
| 412  | GÓRAL AGNIESZKA             | 8082 | ALSTOM KATOWICE        | KATOWICE                  | POL  | SENIOR II K - 30   | 00:01:03 | 00:49:39 | 01:14:37 |
| 413  | SYPNIEWSKA HANNA            | 8327 | ULTRA WAY TEAM         | GDYNIA                    | POL  | WETERAN II K - 60  | 00:01:25 | 00:49:39 | 01:14:04 |
| 414  | SZCZUKA PAWEŁ               | 8366 |                        | WIRY                      | POL  | WETERAN I M - 50   | 00:00:54 | 00:49:43 | 01:14:48 |
| 415  | LECHOWSKA MONIKA            | 8083 | ALSTOM KATOWICE        | MYSŁOWICE                 | POL  | MASTERS K - 40     | 00:01:03 | 00:49:49 | 01:14:37 |
| 416  | PIEKARCZYK KATARZYNA        | 8418 |                        | KŁODZKO                   | POL  | SENIOR II K - 30   | 00:01:32 | 00:50:18 | 01:13:38 |
| 417  | ROGACZ EWA                  | 8181 |                        | NOWY TOMYŚL               | POL  | SENIOR II K - 30   | 00:00:47 | 00:50:35 | 01:13:35 |
| 418  | SZYMAŃSKA ANIA              | 8225 |                        | SZCZECIN                  | POL  | WETERAN K - 50     | 00:01:01 | 00:50:39 | 01:16:41 |
| 419  | BORIS ANETA                 | 8348 |                        | ELBLĄG                    | POL  | SENIOR II K - 30   | 00:01:25 | 00:51:03 | 01:17:03 |
| 420  | SZKUTA STANISŁAW            | 8308 | ROVELLI TEORIA KWANTÓW | BIELSKO-BIAŁA             | POL  | WETERAN II M - 60  | 00:00:21 | 00:51:03 | 01:20:36 |
| 421  | ANACZKOWSKA KRYSZYNA        | 8307 | ZANTYR SZTUM           | SZTUM                     | POL  | WETERAN II K - 60  | 00:00:35 | 00:51:29 | 01:17:38 |
| 422  | ŚLEDZIK JOANNA              | 8085 | ALSTOM KATOWICE        | ZABRZE                    | POL  | MASTERS K - 40     | 00:01:15 | 00:51:32 | 01:15:32 |
| 423  | AGATA BAGROWSKA             | 8257 |                        | WROCŁAW                   | POL  | MASTERS K - 40     | 00:01:15 | 00:51:33 | 01:18:20 |
| 424  | NURKIEWICZ-KMIECIK DOMINIKA | 8186 |                        | KAŻMIERZ                  | POL  | MASTERS K - 40     | 00:00:50 | 00:52:09 | 01:18:28 |
| 425  | MIELEC MARTA                | 8447 | #ZŁOTYNAKILOMETR       | STARGARD                  | POL  | SENIOR II K - 30   | 00:01:15 | 00:52:13 | 01:15:37 |
| 426  | KONIECZNY ROBERT            | 8021 | WKURW_TEAM             | ŻARY                      | POL  | MASTERS M - 40     | 00:01:15 | 00:52:13 | 01:15:37 |
| 427  | WALCZAK SŁAWOMIR            | 8118 |                        | GAŁĄZCZYCE                | POL  | WETERAN I M - 50   | 00:06:08 | 00:52:24 | 01:17:11 |
| 428  | DOMINIAK AGNIESZKA          | 8030 |                        | WARSZAWA                  | POL  | MASTERS K - 40     | 00:01:05 | 00:52:24 | 01:18:29 |
| 429  | SZYMCAK KATARZYNA           | 8218 |                        | UNIEJOWICE                | POL  | SENIOR II K - 30   | 00:00:52 | 00:52:30 | 01:15:18 |
| 430  | FILIPIAK SEBASTIAN          | 8219 | EKIPA LIPA             | LIPA                      | POL  | MASTERS M - 40     | 00:00:52 | 00:52:30 | 01:15:19 |
| 431  | RYMSKA ANNA                 | 8290 |                        | POZNAŃ                    | POL  | MASTERS K - 40     | 00:00:52 | 00:53:06 | 01:22:37 |

**BIEG TROJAK TRAIL - 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię               | Nr   | Klub                         | M-scowość         | Kraj | Kat.              | 0.01km          | 3.7km    | 5.8km    |
|------|-------------------------------|------|------------------------------|-------------------|------|-------------------|-----------------|----------|----------|
| 432  | SMYCZ ANNA                    | 8291 |                              | POZNAŃ            | POL  | MASTERS K - 40    | 00:00:53        | 00:53:11 | 01:22:39 |
| 433  | WITKIEWICZ-ŁUKASZEK SANDRA    | 8018 | ŁUKASZKI TEAM                | OSIELSKO          | POL  | SENIOR II K - 30  | 00:00:27        | 00:53:58 | 01:25:20 |
| 434  | STRZYŻOWSKA MONIKA            | 8091 |                              | BYDGOSZCZ         | POL  | MASTERS K - 40    | 00:00:26        | 00:53:59 | 01:25:19 |
| 435  | KARCZYŃSKA SYLWIA             | 8352 |                              | STAROGARD GDAŃSKI | POL  | MASTERS K - 40    | 00:01:04        | 00:54:20 | 01:21:44 |
| 436  | JANOSZ MARZENA                | 8099 |                              | WROCŁAW           | POL  | WETERAN K - 50    | 00:01:08        | 00:54:21 | 01:23:14 |
| 437  | GIERSEWSKI MAREK              | 8591 | HRT                          | STAROGARD GDAŃSKI | POL  | MASTERS M - 40    | 00:01:03        | 00:54:33 | 01:21:43 |
| 438  | KOCIUBA KATARZYNA             | 8170 |                              | POZNAŃ            | POL  | SENIOR II K - 30  | 00:01:00        | 00:55:45 | 01:28:22 |
| 439  | BĄCZEK KRZYSZTOF              | 8310 |                              | ZAWIERCIE         | POL  | MASTERS M - 40    | 00:01:17        | 00:55:53 | 01:22:34 |
| 440  | ŁOZIENKO ANNA                 | 8411 | KB HARCOWNIK JELCZ-LASKOWICE | MIŁOSZYCE         | POL  | SENIOR II K - 30  | 00:01:24        | 00:56:06 | 01:24:38 |
| 441  | RYBKA ELŻBIETA                | 8416 |                              | KŁODZKO           | POL  | SENIOR II K - 30  | 00:01:32        | 00:56:23 | 01:27:18 |
| 442  | MAKSYMOWICZ MONIKA            | 8415 |                              | KŁODZKO           | POL  | SENIOR II K - 30  | 00:01:32        | 00:56:29 | 01:28:31 |
| 443  | SZAFRANIEC-MROWCA DOROTA      | 8438 |                              | LUBAŃ             | POL  | MASTERS K - 40    | 00:01:16        | 00:56:38 | 01:29:56 |
| 444  | MROWCA PAWEŁ                  | 8439 |                              | LUBAŃ             | POL  | SENIOR II M - 30  | 00:01:17        | 00:56:38 | 01:29:35 |
| 445  | MAJCHRZAK MONIKA              | 8022 | WKURW_TEAM                   | POZNAŃ            | POL  | WETERAN K - 50    | 00:01:13        | 00:59:27 | 01:28:22 |
| 446  | KRZEMIENIEWSKI JERZY          | 8054 | KB SZAMOTUŁY                 | SZAMOTUŁY         | POL  | WETERAN II M - 60 | 00:01:16        | 01:00:08 | 01:33:22 |
| 447  | KUBIATOWICZ MAŁGORZATA        | 8006 |                              | POZNAŃ            | POL  | MASTERS K - 40    | 00:01:26        | 01:01:58 | 01:31:35 |
| 448  | SZYMAŃSKA AGNIESZKA           | 8244 |                              | POZNAŃ            | POL  | MASTERS K - 40    | 00:01:20        | 01:02:57 | 01:36:40 |
| 449  | SZYMAŃSKI PAWEŁ               | 8378 |                              | POZNAŃ            | POL  | MASTERS M - 40    | 00:01:20        | 01:02:58 | 01:36:41 |
| 450  | MICHAŁSKI DARIUSZ             | 8020 | ALFA TEAM GOSTYŃ             | PIASKI            | POL  | WETERAN I M - 50  | 00:01:18        | 01:03:24 | 01:35:55 |
| 451  | ZALESZCZAK RENATA             | 8011 | KB SZAMOTUŁY                 | SZAMOTUŁY         | POL  | WETERAN K - 50    | 00:00:52        | 01:04:02 | 01:37:19 |
| 452  | KOWAL MARZENA                 | 8026 |                              | LESZNO            | POL  | MASTERS K - 40    | 00:00:45        | 01:04:41 | 01:41:21 |
| 453  | STROIŃSKA IWONA               | 8080 | LESZ NO LIMITS RUNNERS       | WILKOWICE         | POL  | MASTERS K - 40    | 00:00:47        | 01:04:42 | 01:41:22 |
| 454  | GRZELAKOWSKA IWONA            | 8442 |                              | POZNAŃ            | POL  | MASTERS K - 40    | 00:01:13        | 01:06:59 | 01:39:33 |
| 455  | ROBAK ANETA                   | 8152 |                              | ŁĄDEK-ZDRÓJ       | POL  | MASTERS K - 40    | 00:00:49        | 01:10:13 |          |
| 456  | MRÓWCZYŃSKA EWA               | 8392 |                              | JAKTORÓW          | POL  | WETERAN K - 50    | 00:00:33        | 01:10:39 |          |
| 457  | MRÓZ ANNA                     | 8382 |                              | MIĘDZYLESIE       | POL  | SENIOR II K - 30  | 00:19:05        | 01:13:13 |          |
| DNC  | ŚWIRGOŃ ADAM                  | 8596 | ZALOGA GÓRSKA                | WARSZAWA          | POL  | SENIOR I M - 20   | 00:00:01        |          |          |
|      | ZAKRZEWICZ-PODLECKA AGNIESZKA | 8180 | ROKIETNICA BIEGA             | ROKIETNICA        | POL  | SENIOR II K - 30  | 00:00:04<br>DNF | DNF      | DNF      |
|      | POŚWISTAJŁO MARCIN            | 8452 |                              | ŁĄDEK-ZDRÓJ       | POL  | SENIOR I M - 20   | 00:00:33<br>DNF | DNF      | DNF      |

**BIEG TROJAK TRAIL - 10 KM, OPEN KOBIET**

| M-ce | Nazwisko i imię              | Nr   | Klub                                     | M-scowość                | Kraj | Kat.             | 0.01km   | 3.7km    | 5.8km    |
|------|------------------------------|------|------------------------------------------|--------------------------|------|------------------|----------|----------|----------|
| 1    | KANTOR MARTYNA               | 8575 | SALOMON SUNNTO TEAM                      | KRAKÓW                   | POL  | SENIOR II K - 30 | 00:00:02 | 00:21:54 | 00:32:47 |
| 2    | KĄŻMIERCZAK MARTA            | 8595 | ZAŁOGA GÓRSKA                            | WARSZAWA                 | POL  | MASTERS K - 40   | 00:00:02 | 00:24:22 | 00:36:14 |
| 3    | ŁASKOWSKA MARZENA            | 8479 | WOT                                      | OLECKO                   | POL  | WETERAN K - 50   | 00:00:04 | 00:24:51 | 00:37:12 |
| 4    | WIERZCHOWIAK KAROLINA        | 8469 | TRAIL IS OUR WAY TEAM                    | KROSNO                   | POL  | SENIOR II K - 30 | 00:00:02 | 00:26:04 | 00:39:34 |
| 5    | KARCZEWSKA JOANNA            | 8580 | KIERUNEK ULTRA                           | SUWAŁKI                  | POL  | MASTERS K - 40   | 00:00:04 | 00:26:13 | 00:39:04 |
| 6    | WROTECKA KATARZYNA           | 8324 | STAJNIAKTEAM                             | PIŁA                     | POL  | SENIOR II K - 30 | 00:00:03 | 00:26:56 | 00:40:43 |
| 7    | BARTUŚ MONIKA                | 8408 |                                          | KRAKÓW                   | POL  | SENIOR I K - 20  | 00:00:03 | 00:27:02 | 00:40:43 |
| 8    | BEDNAREK KAROLINA            | 8179 |                                          | RADWANICE                | POL  | SENIOR II K - 30 | 00:00:09 | 00:27:45 | 00:42:10 |
| 9    | SIKORA SYLWIA                | 8301 | PGB SPORTOWA PACZKA                      | WARSZAWA                 | POL  | SENIOR II K - 30 | 00:00:04 | 00:27:59 | 00:42:09 |
| 10   | GNITECKA KATARZYNA           | 8009 | KUDOWIANKA RUN                           | KUDOWA ZDRÓJ             | POL  | SENIOR II K - 30 | 00:00:04 | 00:28:05 | 00:42:20 |
| 11   | ULIKOWSKA MARTYNA            | 8500 | ZAŁOGA GÓRSKA                            | GOŚCINO                  | POL  | SENIOR II K - 30 | 00:00:04 | 00:28:59 | 00:43:05 |
| 12   | ADAMCZYK-NOWAK BEATA         | 8280 | MIECHOWICKA GRUPA BIEGOWA                | BYTOM                    | POL  | MASTERS K - 40   | 00:00:09 | 00:29:15 | 00:43:30 |
| 13   | OCIEPKA-CIESIELSKA KATARZYNA | 8311 |                                          | WARSZAWA                 | POL  | SENIOR II K - 30 | 00:00:12 | 00:29:19 | 00:43:36 |
| 14   | WIELGOSZ-MATUŁA MARIA        | 8250 |                                          | LUBLIN                   | POL  | SENIOR I K - 20  | 00:00:10 | 00:29:31 | 00:44:50 |
| 15   | MAZIAREK ADELA               | 8093 |                                          | NIEMODLIN                | POL  | MASTERS K - 40   | 00:00:09 | 00:30:10 | 00:45:27 |
| 16   | KACPRZYCKA PAULINA           | 8482 | WOT                                      | PURDA                    | POL  | SENIOR II K - 30 | 00:00:04 | 00:30:11 | 00:45:45 |
| 17   | ZATORSKA KAROLINA            | 8497 | TREC TEAM                                | GDYNIA                   | POL  | SENIOR II K - 30 | 00:00:09 | 00:30:23 | 00:45:33 |
| 18   | GÓRNA ANITA                  | 8206 | LPP TEAM                                 | KRAKÓW                   | POL  | SENIOR II K - 30 | 00:00:20 | 00:30:32 | 00:44:41 |
| 19   | PLUTA KINGA                  | 8095 |                                          | DĄBROWA GÓRNICZA         | POL  | SENIOR I K - 20  | 00:00:49 | 00:30:41 | 00:45:27 |
| 20   | REGULSKA NATALIA             | 8400 | ASICS FRONTRUNNER POLAND / #ŻÓRAWSKITEAM | KRAKÓW                   | POL  | SENIOR II K - 30 | 00:00:03 | 00:30:57 | 00:45:28 |
| 21   | BAKSALARY LIDIA              | 8254 | #BIEGAJLESZNO                            | LESZNO                   | POL  | MASTERS K - 40   | 00:00:03 | 00:31:11 | 00:47:15 |
| 22   | JARZĄBEK MAGDALENA           | 8110 |                                          | WROCŁAW (WROCŁAW-KRZYKI) | POL  | SENIOR II K - 30 | 00:00:04 | 00:31:27 | 00:46:33 |
| 23   | PILONIS ELEONORA             | 8474 | BIEGOSTACJA                              | ZIELONA GÓRA             | POL  | MASTERS K - 40   | 00:00:13 | 00:31:47 | 00:47:44 |
| 24   | ZIENDARA MICHALINA           | 8331 | ZAŁOGA GÓRSKA                            | WARSZAWA                 | POL  | SENIOR I K - 20  | 00:00:34 | 00:31:56 | 00:47:14 |
| 25   | SENIÓW JOANNA                | 8255 |                                          | POZNAŃ                   | POL  | MASTERS K - 40   | 00:00:08 | 00:32:17 | 00:49:15 |
| 26   | MALOCCO MONIKA               | 8188 |                                          | WARSZAWA                 | POL  | MASTERS K - 40   | 00:00:25 | 00:32:26 | 00:48:13 |
| 27   | BEDŁA ANNA                   | 8568 |                                          | JAWORZNO                 | POL  | MASTERS K - 40   | 00:00:11 | 00:32:52 | 00:49:15 |
| 28   | BIESZCZAD REGINA             | 8202 | KB ATHLETIC ZRĘCIN                       | WOJASZÓWKA               | POL  | SENIOR I K - 20  | 00:00:26 | 00:33:09 | 00:48:19 |
| 29   | LUBAŃSKA ALICJA              | 8318 |                                          | BUKOWICE                 | POL  | WETERAN K - 50   | 00:00:15 | 00:33:13 | 00:50:04 |

**BIEG TROJAK TRAIL - 10 KM, OPEN KOBIET c.d.**

| M-ce | Nazwisko i imię                | Nr   | Klub                         | M-scowość           | Kraj | Kat.              | 0.01km   | 3.7km    | 5.8km    |
|------|--------------------------------|------|------------------------------|---------------------|------|-------------------|----------|----------|----------|
| 30   | NOWAKOWSKA EWELINA             | 8071 |                              | ŁĄDEK ZDRÓJ         | POL  | SENIOR I K - 20   | 00:00:13 | 00:33:36 | 00:49:14 |
| 31   | CIECHOMSKA AGATA CIECHOMSKA    | 8132 | HTF LUDWIK SIKORSKI          | ŁODZ                | POL  | SENIOR II K - 30  | 00:00:11 | 00:33:50 | 00:49:47 |
| 32   | MAJKA ANNA                     | 8057 | FAMILIAMAJKA                 | SZCZECIN            | POL  | MASTERS K - 40    | 00:00:22 | 00:34:00 | 00:49:31 |
| 33   | JANOSZ ADA                     | 8421 |                              | WROCŁAW             | POL  | SENIOR I K - 20   | 00:00:28 | 00:34:18 | 00:51:08 |
| 34   | SKAWINA KRYSZYNA               | 8075 | TOPOLICE TEAM                | TOPOLICE            | POL  | SENIOR II K - 30  | 00:00:17 | 00:34:37 | 00:51:59 |
| 35   | MAJŁOWSKA IRENA                | 8120 |                              | GORZÓW WIELKOPOLSKI | POL  | WETERAN II K - 60 | 00:00:21 | 00:34:54 | 00:52:09 |
| 36   | PIETRUCHA JAGODA               | 8175 | TARNOWO PODGÓRNE BIEGA       | TARNOWO PODGÓRNE    | POL  | SENIOR II K - 30  | 00:00:07 | 00:35:04 | 00:53:22 |
| 37   | WITKE ELŻBIETA                 | 8109 |                              | KARPACZ             | POL  | WETERAN II K - 60 | 00:00:10 | 00:35:06 | 00:53:16 |
| 38   | SZCZYPczyk-PRUSICKA MAŁGORZATA | 8123 |                              | ZABRZE              | POL  | MASTERS K - 40    | 00:00:16 | 00:35:14 | 00:53:30 |
| 39   | HEJNA MAŁGORZATA               | 8266 |                              | SZCZECIN            | POL  | WETERAN K - 50    | 00:00:08 | 00:35:17 | 00:53:47 |
| 40   | MAKIOŁA AGNIESZKA              | 8037 |                              | CHORZÓW             | POL  | SENIOR I K - 20   | 00:00:12 | 00:35:22 | 00:53:05 |
| 41   | PTASZYŃSKA JOANNA              | 8086 |                              | WROCŁAW             | POL  | WETERAN K - 50    | 00:00:23 | 00:35:29 | 00:53:18 |
| 42   | JURA EWELINA                   | 8473 | TOPOLICE TEAM                | DŁUGOPOLE ZDRÓJ     | POL  | SENIOR II K - 30  | 00:00:18 | 00:35:43 | 00:53:55 |
| 43   | RZYWUCKA JOLANTA               | 8272 | 4 RUN TEAM PIŁA              | PIŁA                | POL  | MASTERS K - 40    | 00:00:14 | 00:35:51 | 00:54:34 |
| 44   | KONIECZNA ANNA                 | 8155 | TARNOWO PODGÓRNE BIEGA       | TARNOWO PODGÓRNE    | POL  | MASTERS K - 40    | 00:00:06 | 00:35:54 | 00:53:57 |
| 45   | RASZKOWSKA EMILIA              | 8429 | ŚLĘZAK TEAM                  | GDANSK              | POL  | SENIOR II K - 30  | 00:00:38 | 00:35:56 | 00:53:18 |
| 46   | MATUSZCZYK GRAŻYNA             | 8271 | RYBNICKA GRUPA BIEGOWA       | RYBNIK              | POL  | MASTERS K - 40    | 00:00:24 | 00:36:06 | 00:54:36 |
| 47   | NOWACZYK MARTA                 | 8126 |                              | POZNAŃ              | POL  | SENIOR II K - 30  | 00:01:12 | 00:36:19 | 00:53:20 |
| 48   | KRZONKALLA-BARTNIK KATARZYNA   | 8169 |                              | ŁĄDEK-ZDRÓJ         | POL  | SENIOR I K - 20   | 00:00:10 | 00:36:23 | 00:54:54 |
| 49   | DWORAK SABRINA                 | 8419 | MAXIMUS KROSNOWICE           | KŁODZKO             | POL  | SENIOR II K - 30  | 00:00:24 | 00:36:44 | 00:54:30 |
| 50   | MRÓZ URSZULA                   | 8077 |                              | STRONIE SL          | POL  | WETERAN II K - 60 | 00:01:06 | 00:36:46 | 00:53:12 |
| 51   | BACHURSKA EWA                  | 8043 | KB HARCOWNIK JELCZ LASKOWICE | MIŁOSZYCE           | POL  | MASTERS K - 40    | 00:00:18 | 00:36:46 | 00:54:57 |
| 52   | KOŁTON JUSTYNA                 | 8284 |                              | SOSNOWIEC           | POL  | SENIOR I K - 20   | 00:00:28 | 00:36:55 | 00:54:18 |
| 53   | DZIEGIELEWSKA DOMINIKA         | 8577 |                              | LIPA                | POL  | SENIOR II K - 30  | 00:00:11 | 00:37:01 | 00:55:05 |
| 54   | MARTYN OLGA                    | 8488 | SPINKO LESZNO                | RYDZYNA             | POL  | SENIOR II K - 30  | 00:00:46 | 00:37:18 | 00:55:10 |
| 55   | GRZELIŃSKA MALWINA             | 8490 |                              | JAROCIN             | POL  | SENIOR II K - 30  | 00:00:15 | 00:37:19 | 00:55:48 |
| 56   | HOJA ILONA                     | 8448 |                              | KOBYLA GÓRA         | POL  | SENIOR II K - 30  | 00:00:17 | 00:37:30 | 00:55:50 |
| 57   | KUCHARSKA ANNA                 | 8458 |                              | KOBYLA GÓRA         | POL  | SENIOR II K - 30  | 00:00:18 | 00:37:30 | 00:55:50 |
| 58   | MASALSKA ANNA                  | 8578 |                              | SUWAŁKI             | POL  | MASTERS K - 40    | 00:00:27 | 00:37:36 | 00:55:49 |

**BIEG TROJAK TRAIL - 10 KM, OPEN KOBIET c.d.**

| M-ce | Nazwisko i imię           | Nr   | Klub                  | M-scowość                    | Kraj | Kat.             | 0.01km   | 3.7km    | 5.8km    |
|------|---------------------------|------|-----------------------|------------------------------|------|------------------|----------|----------|----------|
| 59   | KOZŁOWSKA MAŁGORZATA      | 8046 | KB ODRA OPOLE         | OPOLE                        | POL  | MASTERS K - 40   | 00:00:30 | 00:37:39 | 00:56:01 |
| 60   | URBAN ALICJA              | 8041 | KACZKATEAM            | WROCŁAW                      | POL  | SENIOR I K - 20  | 00:00:37 | 00:37:47 | 00:57:12 |
| 61   | KMIECIK ROMA              | 8425 | KUDOWIANKA RUN        | ŁĘŻYCE                       | POL  | MASTERS K - 40   | 00:01:02 | 00:37:47 | 00:55:18 |
| 62   | KUTYCKA KUREK ELŻBIETA    | 8498 | CHOJRAK TEAM WROCŁAW  | WROCŁAW                      | POL  | SENIOR II K - 30 | 00:00:43 | 00:37:54 | 00:56:54 |
| 63   | WORYTKIEWICZ MAŁGORZATA   | 8319 |                       | KRAKÓW                       | POL  | SENIOR I K - 20  | 00:00:59 | 00:38:08 | 00:55:45 |
| 64   | KIEPIEL AGATA             | 8293 | ADIDAS RUNNERS WARSAW | WARSZAWA                     | POL  | SENIOR II K - 30 | 00:00:58 | 00:38:11 | 00:56:12 |
| 65   | BUDA MAŁGORZATA           | 8260 |                       | POZNAN                       | POL  | MASTERS K - 40   | 00:00:19 | 00:38:27 | 00:58:08 |
| 66   | BIENIARZ ILONA            | 8396 | MAKEMAROFITAGAIN!     | WROCŁAW                      | POL  | SENIOR II K - 30 | 00:00:15 | 00:38:57 | 00:58:55 |
| 67   | BURA KAROLINA             | 8227 | #BIEGAJLESZNO         | LESZNO                       | POL  | SENIOR II K - 30 | 00:00:12 | 00:39:05 | 00:59:30 |
| 68   | SOBOLEWSKA JULITA         | 8369 |                       | ZALEWO                       | POL  | MASTERS K - 40   | 00:00:13 | 00:39:11 | 00:58:26 |
| 69   | GAŚSIOROWSKA SARA         | 8294 |                       | ŚWIEBODZIN                   | POL  | SENIOR I K - 20  | 00:00:49 | 00:39:19 | 00:57:06 |
| 70   | BLANIK AGNIESZKA          | 8238 |                       | RADLIN                       | POL  | MASTERS K - 40   | 00:00:31 | 00:39:25 | 00:58:36 |
| 71   | BŁACHNIO DOROTA           | 8072 | RAZ SZCZECIN          | SZCZECIN                     | POL  | WETERAN K - 50   | 00:00:08 | 00:39:27 | 00:59:33 |
| 72   | STEMPIN SYLWIA            | 8358 |                       | KĘPNO                        | POL  | SENIOR II K - 30 | 00:00:11 | 00:39:29 | 00:59:16 |
| 73   | RADZIEJEWSKA MILENA       | 8355 | SZWAGRY I SZWAGIERKI  | ŚREM                         | POL  | SENIOR I K - 20  | 00:00:25 | 00:39:54 | 01:00:18 |
| 74   | REIJMERS AGNIESZKA        | 8251 | LEIDEN ATLETIEK       | OEGSTGEEST                   | NED  | MASTERS K - 40   | 00:00:39 | 00:39:57 | 00:58:36 |
| 75   | LEWANDOWSKA KAMILA        | 8143 | LEWANDOWSCY TEAM      | GORZÓW WLKP.                 | POL  | SENIOR II K - 30 | 00:00:59 | 00:40:04 | 00:59:57 |
| 76   | OSIKA ALEKSANDRA          | 8002 |                       | KIELCE                       | POL  | SENIOR I K - 20  | 00:00:36 | 00:40:12 | 01:00:30 |
| 77   | MAZURKIEWICZ JOANNA       | 8061 |                       | STARY WIELISŁAW              | POL  | MASTERS K - 40   | 00:00:11 | 00:40:12 | 01:02:02 |
| 78   | KUKUŁA KAROLINA           | 8443 |                       | OŁDRZYCHOWICE                | POL  | SENIOR II K - 30 | 00:00:13 | 00:40:13 | 01:00:28 |
| 79   | SZCZEPIŃSKA ANETA         | 8583 |                       | WROCŁAW                      | POL  | SENIOR II K - 30 | 00:00:27 | 00:40:13 | 00:59:45 |
| 80   | WESTPHAL MAGDALENA        | 8236 |                       | BYDGOSZCZ                    | POL  | SENIOR II K - 30 | 00:00:28 | 00:40:14 | 01:00:27 |
| 81   | ŚWIĘCH ANETA              | 8427 | EAZYMUT.PL            | WARSZAWA                     | POL  | SENIOR II K - 30 | 00:00:27 | 00:40:22 | 01:01:43 |
| 82   | WĘGRZYNOWSKA RENATA       | 8340 |                       | PIŁA                         | POL  | WETERAN K - 50   | 00:00:51 | 00:40:32 | 01:01:18 |
| 83   | BEDNAREK-KWIATKOWSKA ANNA | 8163 | SAMO ZDROWIE          | POZNAŃ (POZNAŃ-STARE MIASTO) | POL  | MASTERS K - 40   | 00:00:53 | 00:40:33 | 01:00:52 |
| 84   | SZELIGA AGNIESZKA         | 8264 |                       | BYTOM                        | POL  | SENIOR II K - 30 | 00:00:34 | 00:40:35 | 01:00:39 |
| 85   | LEŚNICZAK BARBARA         | 8457 | #WKURWTEAM            | ZIELONKA                     | POL  | MASTERS K - 40   | 00:01:12 | 00:40:40 | 01:00:01 |
| 86   | SYCZ-LANGNER HONORATA     | 8145 |                       | WROCŁAW                      | POL  | SENIOR II K - 30 | 00:00:36 | 00:40:45 | 01:02:35 |
| 87   | SKRZYPEK MARTA            | 8221 |                       | OBORNIKI                     | POL  | SENIOR II K - 30 | 00:00:05 | 00:40:46 | 01:01:40 |

**BIEG TROJAK TRAIL - 10 KM, OPEN KOBIET c.d.**

| M-ce | Nazwisko i imię              | Nr   | Klub                                | M-scowość              | Kraj | Kat.             | 0.01km   | 3.7km    | 5.8km    |
|------|------------------------------|------|-------------------------------------|------------------------|------|------------------|----------|----------|----------|
| 88   | SKARŻEŃSKA-SOKOŁOWSKA JAGODA | 8599 |                                     | ŁĄDEK ZDRÓJ            | POL  | SENIOR II K - 30 |          | 00:40:46 |          |
| 89   | GRABKOWSKA PAULINA           | 8376 |                                     | KŁODZKO                | POL  | SENIOR II K - 30 | 00:01:05 | 00:40:47 | 01:01:07 |
| 90   | MATAK KINGA                  | 8437 | ŁASUCH                              | RADZYMIN               | POL  | SENIOR II K - 30 | 00:01:23 | 00:40:51 | 01:00:10 |
| 91   | GURGUL DOROTA                | 8205 | AROMAT NÓG                          | KRAKÓW                 | POL  | MASTERS K - 40   | 00:00:12 | 00:40:52 | 01:04:15 |
| 92   | WASILEWSKA AGNIESZKA         | 8226 | AROMAT NÓG                          | KRAKÓW                 | POL  | MASTERS K - 40   | 00:00:12 | 00:40:53 | 01:04:16 |
| 93   | SZYMAŁA KAROLINA             | 8103 |                                     | KLUCZBORK              | POL  | SENIOR I K - 20  | 00:00:44 | 00:40:55 | 01:01:15 |
| 94   | RUTKOWSKA IZABELA            | 8349 | SPORTOWY KAŻMIERZ                   | KAŻMIERZ               | POL  | MASTERS K - 40   | 00:01:04 | 00:41:02 | 01:00:17 |
| 95   | GRODZIŃSKA MAGDALENA         | 8407 |                                     | JELENIA GÓRA           | POL  | SENIOR I K - 20  | 00:01:10 | 00:41:05 | 00:59:24 |
| 96   | MICHALSKA AGNIESZKA          | 8353 |                                     | WARSZAWA               | POL  | SENIOR I K - 20  | 00:01:25 | 00:41:07 | 01:00:58 |
| 97   | IGNASZEWSKA MARTA            | 8380 |                                     | RADZYNY                | POL  | MASTERS K - 40   | 00:00:42 | 00:41:23 | 01:01:10 |
| 98   | ZAJĄC AGA                    | 8379 | 77CATS                              | JÓZEFOSŁAW             | POL  | MASTERS K - 40   | 00:00:38 | 00:41:30 | 01:01:03 |
| 99   | TOMAKA PATRYCJA              | 8347 | TEAM KURORT ŁĄDEK-ZDRÓJ             | OŁDRZYCHOWICE KŁODZKIE | POL  | SENIOR II K - 30 | 00:01:10 | 00:41:32 | 01:00:59 |
| 100  | PACUŁT DOMINIKA              | 8101 |                                     | ŚWIDNICA               | POL  | SENIOR I K - 20  | 00:00:18 | 00:41:51 | 01:03:49 |
| 101  | MOŃKA-PODGÓRNA ALEKSANDRA    | 8299 | #POBIEGANI                          | DYŁAKI                 | POL  | SENIOR I K - 20  | 00:00:37 | 00:41:59 | 01:03:20 |
| 102  | JASIEWICZ KAROLINA           | 8350 |                                     | KIEŁCZÓW               | POL  | SENIOR II K - 30 | 00:00:52 | 00:42:00 | 01:02:50 |
| 103  | POŁAWSKA EWA                 | 8454 |                                     | WARSZAWA               | POL  | SENIOR II K - 30 | 00:01:04 | 00:42:01 | 01:01:00 |
| 104  | BURNETKO MAGDALENA           | 8405 | HUTASY RUNNERS TEAM                 | KRAKÓW                 | POL  | SENIOR II K - 30 | 00:00:45 | 00:42:02 | 01:02:49 |
| 105  | WIRTEK MAGDALENA             | 8305 |                                     | ZIELONA GÓRA           | POL  | SENIOR II K - 30 | 00:00:13 | 00:42:02 | 01:04:10 |
| 106  | RELIGA LILIANA               | 8332 |                                     | WARSZAWA               | POL  | SENIOR II K - 30 | 00:00:52 | 00:42:03 | 01:04:01 |
| 107  | SZAŁĄJSKA MAGDALENA          | 8564 |                                     | LUBLIN                 | POL  | SENIOR I K - 20  | 00:00:55 | 00:42:04 | 01:02:44 |
| 108  | DABKOWSKA PATRYCJA           | 8472 | SPEEDFEED'16                        | BARCLIN                | POL  | MASTERS K - 40   | 00:00:42 | 00:42:05 | 01:02:51 |
| 109  | SOJA-WAWRYSZEWICZ AGATA      | 8230 |                                     | WROCŁAW                | POL  | MASTERS K - 40   | 00:00:54 | 00:42:06 | 01:02:21 |
| 110  | NOWAK - KASPRZAK ANNA        | 8431 |                                     | WROCŁAW                | POL  | SENIOR II K - 30 | 00:01:10 | 00:42:11 | 01:01:58 |
| 111  | ROBAK NATALIA                | 8304 |                                     | ŁĄDEK-ZDRÓJ            | POL  | SENIOR I K - 20  | 00:01:04 | 00:42:12 | 01:02:32 |
| 112  | BIELEWICZ ALEKSANDRA         | 8231 | PANKORBKA - MOBILNY SERWIS ROWEROWY | SOSNOWIEC              | POL  | SENIOR I K - 20  | 00:00:31 | 00:42:12 | 01:02:58 |
| 113  | JANSON MARLEEN               | 8249 | LEIDEN ATLETIEK                     | LEIDEN                 | NED  | SENIOR II K - 30 | 00:00:39 | 00:42:18 | 01:02:34 |
| 114  | KOCHANOWSKA GRAŻYNA          | 8476 |                                     | OSTRÓW MAZOWIECKA      | POL  | WETERAN K - 50   | 00:00:35 | 00:42:29 | 01:03:59 |
| 115  | KALIŃSKA DOROTA              | 8486 |                                     | KOBYŁKA                | POL  | SENIOR II K - 30 | 00:01:28 | 00:42:30 | 01:01:09 |
| 116  | LESNIAK SYLWIA               | 8320 |                                     | DUBLIN 22              | IRL  | MASTERS K - 40   | 00:00:07 | 00:42:31 | 01:04:39 |

**BIEG TROJAK TRAIL - 10 KM, OPEN KOBIET c.d.**

| M-ce | Nazwisko i imię                | Nr   | Klub                        | M-scowość           | Kraj | Kat.              | 0.01km   | 3.7km    | 5.8km    |
|------|--------------------------------|------|-----------------------------|---------------------|------|-------------------|----------|----------|----------|
| 117  | BINKIEWICZ-KOWALCZYK AGNIESZKA | 8189 |                             | OSOLA               | POL  | SENIOR II K - 30  | 00:00:19 | 00:42:33 | 01:04:23 |
| 118  | JAKUBOWSKA JUDYTA              | 8076 |                             | KAMIEŃ POMORSKI     | POL  | MASTERS K - 40    | 00:00:25 | 00:42:51 | 01:05:01 |
| 119  | KOPISTAŃSKA BASIA              | 8329 |                             | LEGNICKIE POLE      | POL  | SENIOR II K - 30  | 00:01:26 | 00:42:54 | 01:03:41 |
| 120  | JOŃCZYK PAULA                  | 8422 |                             | WROCŁAW             | POL  | SENIOR I K - 20   | 00:01:04 | 00:43:09 | 01:02:31 |
| 121  | WEBER AGATA                    | 8581 | VELO ŁOSIE NA SZOSIE        | WARSZAWA            | POL  | MASTERS K - 40    | 00:00:30 | 00:43:14 | 01:03:56 |
| 122  | JÓŹWIAKOWSKA WERONIKA          | 8245 |                             | SOLEC KUJAWSKI      | POL  | SENIOR I K - 20   | 00:00:32 | 00:43:17 | 01:05:15 |
| 123  | HAMPEL MARIA                   | 8316 | BODY POWER                  | LESZNO              | POL  | SENIOR I K - 20   | 00:00:24 | 00:43:24 | 01:05:55 |
| 124  | HOJDA AGNIESZKA                | 8572 |                             | WARSZAWA            | POL  | SENIOR II K - 30  | 00:00:23 | 00:43:25 | 01:06:37 |
| 125  | MARKIEWICZ JAGODA              | 8167 | KUŹNIA TALENTÓW KAMIENIEC   | KAMIENIEC           | POL  | SENIOR I K - 20   | 00:01:02 | 00:43:31 | 01:03:47 |
| 126  | AMANOWICZ AURELIA              | 8234 |                             | WROCŁAW             | POL  | SENIOR II K - 30  | 00:01:09 | 00:43:38 | 01:03:54 |
| 127  | CZERNICKA MAGDALENA            | 8423 |                             | RYBNIK              | POL  | MASTERS K - 40    | 00:01:08 | 00:43:43 | 01:03:36 |
| 128  | WOJCIECHOWSKA PAULINA          | 8185 |                             | WROCŁAW             | POL  | SENIOR II K - 30  | 00:00:50 | 00:43:49 | 01:04:52 |
| 129  | WOŹNIAK LIDIA                  | 8223 | PORMAT JEDLICZE BIEGA       | SKOŁYSZYN           | POL  | WETERAN K - 50    | 00:00:34 | 00:43:49 | 01:05:26 |
| 130  | NITSCHKE GRAŻYNA               | 8390 | MPK-POZNAŃ                  | POZNAŃ              | POL  | MASTERS K - 40    | 00:00:56 | 00:43:50 | 01:06:25 |
| 131  | RZYSZKIEWICZ MAŁGORZATA        | 8274 | PĘDZĄCE LENIWCE             | SOKOŁÓW PODLASKI    | POL  | MASTERS K - 40    | 00:00:53 | 00:43:58 | 01:05:39 |
| 132  | WITCZAK-SPERKA MARIOLA         | 8059 | RAZ SZCZECIN                | SZCZECIN            | POL  | WETERAN II K - 60 | 00:00:22 | 00:44:09 | 01:07:19 |
| 133  | TÓRZ ANNA                      | 8292 |                             | POZNAŃ              | POL  | MASTERS K - 40    | 00:00:53 | 00:44:19 | 01:05:40 |
| 134  | GABERT BEATA                   | 8028 | RAZ SZCZECIN                | SZCZECIN            | POL  | WETERAN K - 50    | 00:00:08 | 00:44:22 | 01:07:15 |
| 135  | KRAJEWSKA IRMINA               | 8435 |                             | POZNAŃ              | POL  | SENIOR II K - 30  | 00:00:49 | 00:44:27 | 01:04:59 |
| 136  | MIECZKOWSKA NINA               | 8039 |                             | OPOLE               | POL  | SENIOR II K - 30  | 00:01:02 | 00:44:29 | 01:06:36 |
| 137  | KRYSA DOROTA                   | 8322 | POMYŁKA TEAM                | ŁĄDEK ZDRÓJ         | POL  | MASTERS K - 40    | 00:01:29 | 00:44:45 | 01:06:27 |
| 138  | ZWYDAK ANNA                    | 8134 | WKURW_TEAM                  | KIEŁCZÓW            | POL  | SENIOR II K - 30  | 00:00:34 | 00:44:53 | 01:06:46 |
| 139  | KUROWSKA BIANKA                | 8341 |                             | ŚWIDNICA            | POL  | SENIOR I K - 20   | 00:01:09 | 00:45:01 | 01:06:58 |
| 140  | MORAWSKA EDYTA                 | 8386 | BIEGNIJ OŁAWO               | OŁAWA               | POL  | MASTERS K - 40    | 00:00:35 | 00:45:07 | 01:08:23 |
| 141  | STELMASZCZYK MICHALINA         | 8573 |                             | WARSZAWA            | POL  | SENIOR I K - 20   | 00:00:39 | 00:45:09 | 01:06:57 |
| 142  | DĄBROWSKA GRZYBEK JOANNA       | 8131 |                             | KATOWICE            | POL  | MASTERS K - 40    | 00:00:41 | 00:45:10 | 01:05:47 |
| 143  | BOBIN ANNA                     | 8084 | ZOCHU TEAM                  | GORZÓW WIELKOPOLSKI | POL  | MASTERS K - 40    | 00:00:50 | 00:45:16 | 01:07:19 |
| 144  | GRUCHALSKA MARTA               | 8494 | STOWARZYSZENIE BIEG OPOLSKI | OPOLE               | POL  | MASTERS K - 40    | 00:01:22 | 00:45:17 | 01:05:02 |
| 145  | WAWER KASIA                    | 8495 | STOWARZYSZENIE BIEG OPOLSKI | OPOLE               | POL  | SENIOR II K - 30  | 00:01:22 | 00:45:18 | 01:05:03 |

**BIEG TROJAK TRAIL - 10 KM, OPEN KOBIET c.d.**

| M-ce | Nazwisko i imię        | Nr   | Klub                                 | M-scowość              | Kraj | Kat.               | 0.01km   | 3.7km    | 5.8km    |
|------|------------------------|------|--------------------------------------|------------------------|------|--------------------|----------|----------|----------|
| 146  | PRUS DOROTA            | 8052 |                                      | WARSZAWA               | POL  | MASTERS K - 40     | 00:01:27 | 00:45:18 | 01:04:57 |
| 147  | DĘBSKA MARZENA         | 8035 | PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL | PODDĘBICE              | POL  | MASTERS K - 40     | 00:00:09 | 00:45:21 | 01:06:32 |
| 148  | DYBAŁA BEATA           | 8174 | DZIKIE GRUBASY SZATANA               | KRZESZOWICE            | POL  | SENIOR II K - 30   | 00:00:31 | 00:45:28 | 01:08:18 |
| 149  | LACHOR ANNA            | 8275 |                                      | POZNAŃ                 | POL  | WETERAN K - 50     | 00:01:31 | 00:45:31 | 01:06:28 |
| 150  | BOCHYŃSKA ADRIANNA     | 8146 |                                      | CHORZÓW                | POL  | SENIOR II K - 30   | 00:00:58 | 00:45:31 | 01:06:39 |
| 151  | ROSA IZABELA           | 8560 | ROXY                                 | WARSZAWA               | POL  | SENIOR II K - 30   | 00:00:59 | 00:45:31 | 01:06:30 |
| 152  | BIAŁEK WIOLETTA        | 8114 |                                      | STRONIE ŚLĄSKIE        | POL  | MASTERS K - 40     | 00:01:03 | 00:45:35 | 01:08:03 |
| 153  | BIENIEK IWONA          | 8295 |                                      | PRZYBYŚLAWICE 110A     | POL  | WETERAN K - 50     | 00:00:16 | 00:45:37 | 01:09:31 |
| 154  | PLASZCZAK BOGUMIŁA     | 8162 | PIEKIELNIE ZGRANI                    | TULCE                  | POL  | MASTERS K - 40     | 00:00:32 | 00:45:37 | 01:09:01 |
| 155  | JURCZYK ANNA           | 8491 |                                      | WARSZAWA               | POL  | SENIOR I K - 20    | 00:01:13 | 00:45:43 | 01:06:30 |
| 156  | TOMERA DOROTA          | 8496 | TEAM KURORT ŁĄDEK-ZDRÓJ              | STARA BYSTRZYCA        | POL  | MASTERS K - 40     | 00:01:10 | 00:45:48 | 01:06:33 |
| 157  | SIP SABINA             | 8157 | FSD RUN DREZDENKO                    | DREZDENKO              | POL  | MASTERS K - 40     | 00:00:22 | 00:45:50 | 01:09:16 |
| 158  | GONERA JANINA          | 8014 | KB HARCOWNIK JELCZ-LASKOWICE         | MIŁOSZYCE              | POL  | WETERAN II K - 60  | 00:00:51 | 00:45:52 | 01:07:40 |
| 159  | IWANOW MAŁGORZATA      | 8428 |                                      | RADZYMIN               | POL  | SENIOR II K - 30   | 00:01:23 | 00:45:56 | 01:08:14 |
| 160  | MORAWSKA-KREKORA ANNA  | 8453 |                                      | KRAKÓW                 | POL  | SENIOR II K - 30   | 00:01:24 | 00:46:09 | 01:09:17 |
| 161  | NAIT MANSOUR IZABELA   | 8325 |                                      | POZNAŃ                 | POL  | MASTERS K - 40     | 00:00:52 | 00:46:14 | 01:11:00 |
| 162  | DZIUBAŁA ILONA         | 8247 |                                      | POPÓW                  | POL  | WETERAN K - 50     | 00:00:24 | 00:46:39 | 01:09:56 |
| 163  | GRÖGER KAROLINA        | 8149 |                                      | ŁĄDEK-ZDRÓJ            | POL  | SENIOR I K - 20    | 00:00:39 | 00:46:43 | 01:11:00 |
| 164  | HETAK MONIKA           | 8211 |                                      | ŁĄDEK-ZDRÓJ            | POL  | MASTERS K - 40     | 00:00:40 | 00:46:44 | 01:10:59 |
| 165  | BOGUSŁAWSKA ELŻBIETA   | 8215 |                                      | ŁĄDEK-ZDRÓJ            | POL  | MASTERS K - 40     | 00:00:45 | 00:46:47 | 01:12:38 |
| 166  | SZAFLIK ANNA           | 8216 |                                      | ŁĄDEK-ZDRÓJ            | POL  | MASTERS K - 40     | 00:00:46 | 00:46:48 | 01:12:38 |
| 167  | LEWANDOWSKA ANNA       | 8027 | BORKOŚ TEAM                          | GORZÓW WIELKOPOLSKI    | POL  | SENIOR II K - 30   | 00:01:15 | 00:46:49 | 01:09:36 |
| 168  | TOCZEK GRAŻYNA         | 8144 | NIGHT RUNNERS PYSKOWICE              | PYSKOWICE              | POL  | WETERAN K - 50     | 00:01:08 | 00:47:17 | 01:11:31 |
| 169  | GAWRON MONIKA          | 8481 | MIRAZ RACE TEAM                      | RUDA ŚLĄSKA            | POL  | MASTERS K - 40     | 00:00:07 | 00:47:20 | 01:09:08 |
| 170  | PRZYŁUSKA MIROSLAWA    | 8032 | RAZ SZCZECIN                         | SZCZECIN               | POL  | WETERAN III K - 70 | 00:00:24 | 00:47:21 | 01:12:53 |
| 171  | SZPUREK ANNA           | 8597 | BUKOWSKI KLUB BIEGACZA               | BUK                    | POL  | MASTERS K - 40     | 00:00:32 | 00:47:25 | 01:14:18 |
| 172  | RZESZOWSKA IWONA       | 8283 | MIRAZ RACE TEAM                      | ZABRZE                 | POL  | MASTERS K - 40     | 00:00:07 | 00:47:51 | 01:13:14 |
| 173  | WYCISZKIEWICZ GABRIELA | 8371 | TEAM KURORT ŁĄDEK ZDRÓJ              | OŁDRZYCHOWICE KŁODZKIE | POL  | MASTERS K - 40     | 00:01:11 | 00:47:54 | 01:11:53 |
| 174  | JAROSZ AGNIESZKA       | 8343 | TEAM KURORT ŁĄDEK ZDRÓJ              | OŁDRZYCHOWICE KŁODZKIE | POL  | SENIOR I K - 20    | 00:01:11 | 00:47:56 | 01:11:53 |

**BIEG TROJAK TRAIL - 10 KM, OPEN KOBIET c.d.**

| M-ce | Nazwisko i imię       | Nr   | Klub                         | M-scowość                 | Kraj | Kat.               | 0.01km   | 3.7km    | 5.8km    |
|------|-----------------------|------|------------------------------|---------------------------|------|--------------------|----------|----------|----------|
| 175  | LIS EWELINA           | 8008 |                              | GRUDZIĄDZ                 | POL  | MASTERS K - 40     | 00:00:56 | 00:47:57 | 01:09:11 |
| 176  | WASILEWSKA JOANNA     | 8361 | PARKRUN GRUDZIĄDZ            | GRUDZIĄDZ                 | POL  | SENIOR II K - 30   | 00:00:57 | 00:47:58 | 01:12:17 |
| 177  | SOWA MARTA            | 8053 | WKURW_TEAM                   | WROCŁAW                   | POL  | SENIOR II K - 30   | 00:01:24 | 00:48:01 | 01:13:17 |
| 178  | CHASZCZEWSKA JULIA    | 8066 | TOPOLICE TEAM                | WROCŁAW                   | POL  | SENIOR II K - 30   | 00:00:55 | 00:48:01 | 01:12:53 |
| 179  | PILARSKA ELŻBIETA     | 8410 | IZERY BOGATYNIA              | BOGATYNIA                 | POL  | WETERAN III K - 70 | 00:00:17 | 00:48:03 | 01:13:26 |
| 180  | PARTYKA AGNIESZKA     | 8017 | KB HARCOWNIK JELCZ-LASKOWICE | JELCZ-LASKOWICE           | POL  | MASTERS K - 40     | 00:01:23 | 00:48:11 | 01:11:56 |
| 181  | KLIN ANETA            | 8402 |                              | BRZEG                     | POL  | MASTERS K - 40     | 00:01:06 | 00:48:13 | 01:13:02 |
| 182  | ROMANOWSKA ANNA       | 8586 |                              | WARSZAWA                  | POL  | MASTERS K - 40     | 00:00:29 | 00:48:19 | 01:14:20 |
| 183  | ZIELIŃSKA MAGDALENA   | 8585 |                              | WARSZAWA                  | POL  | SENIOR II K - 30   | 00:00:30 | 00:48:20 | 01:14:20 |
| 184  | DULIK ALEKSANDRA      | 8303 | OPOLE                        | OPOLE                     | POL  | MASTERS K - 40     | 00:00:57 | 00:48:40 | 01:13:17 |
| 185  | GÓRCZYŃSKA BARBARA    | 8229 |                              | ŁĄDEK ZDRÓJ               | POL  | MASTERS K - 40     | 00:01:29 | 00:48:47 | 01:13:23 |
| 186  | HEŁMIK KATARZYNA      | 8440 | POMYŁKA TEAM                 | WROCŁAW                   | POL  | MASTERS K - 40     | 00:01:31 | 00:49:25 | 01:13:22 |
| 187  | WOJTKOWSKA KATARZYNA  | 8207 |                              | WARSZAWA                  | POL  | SENIOR I K - 20    | 00:01:07 | 00:49:27 | 01:13:40 |
| 188  | PŁOŃSKA KLAUDIA       | 8165 |                              | WROCŁAW                   | POL  | SENIOR I K - 20    | 00:01:07 | 00:49:28 | 01:13:43 |
| 189  | JOŃCZYK ELŻBIETA      | 8098 | TUP TUP                      | ŁĄDEK ZDRÓJ               | POL  | WETERAN K - 50     | 00:01:08 | 00:49:33 | 01:12:22 |
| 190  | MAJCHRZYCKA AGNIESZKA | 8374 | TKKF MPK POZNAŃ              | KIJEWO/ŚRODA WIELKOPOLSKA | POL  | SENIOR II K - 30   | 00:00:55 | 00:49:34 | 01:13:05 |
| 191  | KRÓL KAROLINA         | 8133 |                              | BIERUTÓW                  | POL  | SENIOR I K - 20    | 00:01:22 | 00:49:35 | 01:13:45 |
| 192  | MĄDRO AGNIESZKA       | 8417 |                              | KŁODZKO                   | POL  | MASTERS K - 40     | 00:01:32 | 00:49:36 | 01:12:29 |
| 193  | SZCZUKA MAŁGORZATA    | 8365 |                              | WIRY                      | POL  | WETERAN K - 50     | 00:00:48 | 00:49:37 | 01:14:51 |
| 194  | MIKOŁAJCZAK MAGDALENA | 8089 | HRMAX ŻORY                   | ŻORY                      | POL  | MASTERS K - 40     | 00:01:27 | 00:49:38 | 01:13:48 |
| 195  | GÓRAL AGNIESZKA       | 8082 | ALSTOM KATOWICE              | KATOWICE                  | POL  | SENIOR II K - 30   | 00:01:03 | 00:49:39 | 01:14:37 |
| 196  | SYPNIEWSKA HANNA      | 8327 | ULTRA WAY TEAM               | GDYNIA                    | POL  | WETERAN II K - 60  | 00:01:25 | 00:49:39 | 01:14:04 |
| 197  | LECHOWSKA MONIKA      | 8083 | ALSTOM KATOWICE              | MYSŁOWICE                 | POL  | MASTERS K - 40     | 00:01:03 | 00:49:49 | 01:14:37 |
| 198  | PIEKARCZYK KATARZYNA  | 8418 |                              | KŁODZKO                   | POL  | SENIOR II K - 30   | 00:01:32 | 00:50:18 | 01:13:38 |
| 199  | ROGACZ EWA            | 8181 |                              | NOWY TOMYŚL               | POL  | SENIOR II K - 30   | 00:00:47 | 00:50:35 | 01:13:35 |
| 200  | SZYMAŃSKA ANIA        | 8225 |                              | SZCZECIN                  | POL  | WETERAN K - 50     | 00:01:01 | 00:50:39 | 01:16:41 |
| 201  | BORIS ANETA           | 8348 |                              | ELBLĄG                    | POL  | SENIOR II K - 30   | 00:01:25 | 00:51:03 | 01:17:03 |
| 202  | ANACZKOWSKA KRYSZYNA  | 8307 | ZANTYR SZTUM                 | SZTUM                     | POL  | WETERAN II K - 60  | 00:00:35 | 00:51:29 | 01:17:38 |
| 203  | ŚLEDZIK JOANNA        | 8085 | ALSTOM KATOWICE              | ZABRZE                    | POL  | MASTERS K - 40     | 00:01:15 | 00:51:32 | 01:15:32 |

**BIEG TROJAK TRAIL - 10 KM, OPEN KOBIET c.d.**

| M-ce | Nazwisko i imię               | Nr   | Klub                         | M-scowość         | Kraj | Kat.             | 0.01km          | 3.7km    | 5.8km    |
|------|-------------------------------|------|------------------------------|-------------------|------|------------------|-----------------|----------|----------|
| 204  | AGATA BAGROWSKA               | 8257 |                              | WROCŁAW           | POL  | MASTERS K - 40   | 00:01:15        | 00:51:33 | 01:18:20 |
| 205  | NURKIEWICZ-KMIECIK DOMINIKA   | 8186 |                              | KAŻMIERZ          | POL  | MASTERS K - 40   | 00:00:50        | 00:52:09 | 01:18:28 |
| 206  | MIELEC MARTA                  | 8447 | #ZŁOTYNAKILOMETR             | STARGARD          | POL  | SENIOR II K - 30 | 00:01:15        | 00:52:13 | 01:15:37 |
| 207  | DOMINIAK AGNIESZKA            | 8030 |                              | WARSZAWA          | POL  | MASTERS K - 40   | 00:01:05        | 00:52:24 | 01:18:29 |
| 208  | SZYMCZAK KATARZYNA            | 8218 |                              | UNIEJOWICE        | POL  | SENIOR II K - 30 | 00:00:52        | 00:52:30 | 01:15:18 |
| 209  | RYMSKA ANNA                   | 8290 |                              | POZNAŃ            | POL  | MASTERS K - 40   | 00:00:52        | 00:53:06 | 01:22:37 |
| 210  | SMYCZ ANNA                    | 8291 |                              | POZNAŃ            | POL  | MASTERS K - 40   | 00:00:53        | 00:53:11 | 01:22:39 |
| 211  | WITKIEWICZ-ŁUKASZEK SANDRA    | 8018 | ŁUKASZKI TEAM                | OSIELSKO          | POL  | SENIOR II K - 30 | 00:00:27        | 00:53:58 | 01:25:20 |
| 212  | STRZYŻOWSKA MONIKA            | 8091 |                              | BYDGOSZCZ         | POL  | MASTERS K - 40   | 00:00:26        | 00:53:59 | 01:25:19 |
| 213  | KARCZYŃSKA SYLWIA             | 8352 |                              | STAROGARD GDAŃSKI | POL  | MASTERS K - 40   | 00:01:04        | 00:54:20 | 01:21:44 |
| 214  | JANOSZ MARZENA                | 8099 |                              | WROCŁAW           | POL  | WETERAN K - 50   | 00:01:08        | 00:54:21 | 01:23:14 |
| 215  | KOCIUBA KATARZYNA             | 8170 |                              | POZNAŃ            | POL  | SENIOR II K - 30 | 00:01:00        | 00:55:45 | 01:28:22 |
| 216  | ŁOZIENKO ANNA                 | 8411 | KB HARCOWNIK JELCZ-LASKOWICE | MIŁOSZYCE         | POL  | SENIOR II K - 30 | 00:01:24        | 00:56:06 | 01:24:38 |
| 217  | RYBKA ELŻBIETA                | 8416 |                              | KŁODZKO           | POL  | SENIOR II K - 30 | 00:01:32        | 00:56:23 | 01:27:18 |
| 218  | MAKSYMOWICZ MONIKA            | 8415 |                              | KŁODZKO           | POL  | SENIOR II K - 30 | 00:01:32        | 00:56:29 | 01:28:31 |
| 219  | SZAFRANIEC-MROWCA DOROTA      | 8438 |                              | LUBAŃ             | POL  | MASTERS K - 40   | 00:01:16        | 00:56:38 | 01:29:56 |
| 220  | MAJCHRZAK MONIKA              | 8022 | WKURW_TEAM                   | POZNAŃ            | POL  | WETERAN K - 50   | 00:01:13        | 00:59:27 | 01:28:22 |
| 221  | KUBIATOWICZ MAŁGORZATA        | 8006 |                              | POZNAŃ            | POL  | MASTERS K - 40   | 00:01:26        | 01:01:58 | 01:31:35 |
| 222  | SZYMAŃSKA AGNIESZKA           | 8244 |                              | POZNAŃ            | POL  | MASTERS K - 40   | 00:01:20        | 01:02:57 | 01:36:40 |
| 223  | ZALESZCZAK RENATA             | 8011 | KB SZAMOTUŁY                 | SZAMOTUŁY         | POL  | WETERAN K - 50   | 00:00:52        | 01:04:02 | 01:37:19 |
| 224  | KOWAL MARZENA                 | 8026 |                              | LESZNO            | POL  | MASTERS K - 40   | 00:00:45        | 01:04:41 | 01:41:21 |
| 225  | STROIŃSKA IWONA               | 8080 | LESZ NO LIMITS RUNNERS       | WILKOWICE         | POL  | MASTERS K - 40   | 00:00:47        | 01:04:42 | 01:41:22 |
| 226  | GRZELAKOWSKA IWONA            | 8442 |                              | POZNAŃ            | POL  | MASTERS K - 40   | 00:01:13        | 01:06:59 | 01:39:33 |
| 227  | ROBAK ANETA                   | 8152 |                              | ŁĄDEK-ZDRÓJ       | POL  | MASTERS K - 40   | 00:00:49        | 01:10:13 |          |
| 228  | MRÓWCZYŃSKA EWA               | 8392 |                              | JAKTORÓW          | POL  | WETERAN K - 50   | 00:00:33        | 01:10:39 |          |
| 229  | MRÓZ ANNA                     | 8382 |                              | MIĘDZYLESIE       | POL  | SENIOR II K - 30 | 00:19:05        | 01:13:13 |          |
|      | ZAKRZEWICZ-PODLECKA AGNIESZKA | 8180 | ROKIETNICA BIEGA             | ROKIETNICA        | POL  | SENIOR II K - 30 | 00:00:04<br>DNF | DNF      | DNF      |

**BIEG TROJAK TRAIL - 10 KM, Senior I K - 20**

| M-ce | Nazwisko i imię              | Nr   | Klub                                | M-scowość        | Kraj | Kat.            | 0.01km   | 3.7km    | 5.8km    |
|------|------------------------------|------|-------------------------------------|------------------|------|-----------------|----------|----------|----------|
| 1    | BARTUŚ MONIKA                | 8408 |                                     | KRAKÓW           | POL  | SENIOR I K - 20 | 00:00:03 | 00:27:02 | 00:40:43 |
| 2    | WIELGOSZ-MATUŁA MARIA        | 8250 |                                     | LUBLIN           | POL  | SENIOR I K - 20 | 00:00:10 | 00:29:31 | 00:44:50 |
| 3    | PLUTA KINGA                  | 8095 |                                     | DĄBROWA GÓRNICZA | POL  | SENIOR I K - 20 | 00:00:49 | 00:30:41 | 00:45:27 |
| 4    | ZIENDARA MICHALINA           | 8331 | ZAŁOGA GÓRSKA                       | WARSZAWA         | POL  | SENIOR I K - 20 | 00:00:34 | 00:31:56 | 00:47:14 |
| 5    | BIESZCZAD REGINA             | 8202 | KB ATHLETIC ZRĘCIN                  | WOJASZÓWKA       | POL  | SENIOR I K - 20 | 00:00:26 | 00:33:09 | 00:48:19 |
| 6    | NOWAKOWSKA EWELINA           | 8071 |                                     | ŁĄDEK ZDRÓJ      | POL  | SENIOR I K - 20 | 00:00:13 | 00:33:36 | 00:49:14 |
| 7    | JANOSZ ADA                   | 8421 |                                     | WROCŁAW          | POL  | SENIOR I K - 20 | 00:00:28 | 00:34:18 | 00:51:08 |
| 8    | MAKIOŁA AGNIESZKA            | 8037 |                                     | CHORZÓW          | POL  | SENIOR I K - 20 | 00:00:12 | 00:35:22 | 00:53:05 |
| 9    | KRZONKALLA-BARTNIK KATARZYNA | 8169 |                                     | ŁĄDEK-ZDRÓJ      | POL  | SENIOR I K - 20 | 00:00:10 | 00:36:23 | 00:54:54 |
| 10   | KOŁTON JUSTYNA               | 8284 |                                     | SOSNOWIEC        | POL  | SENIOR I K - 20 | 00:00:28 | 00:36:55 | 00:54:18 |
| 11   | URBAN ALICJA                 | 8041 | KACZKATEAM                          | WROCŁAW          | POL  | SENIOR I K - 20 | 00:00:37 | 00:37:47 | 00:57:12 |
| 12   | WORYTKIEWICZ MAŁGORZATA      | 8319 |                                     | KRAKÓW           | POL  | SENIOR I K - 20 | 00:00:59 | 00:38:08 | 00:55:45 |
| 13   | GAŚIOROWSKA SARA             | 8294 |                                     | ŚWIEBODZIN       | POL  | SENIOR I K - 20 | 00:00:49 | 00:39:19 | 00:57:06 |
| 14   | RADZIEJEWSKA MILENA          | 8355 | SZWAGRY I SZWAGIERKI                | ŚREM             | POL  | SENIOR I K - 20 | 00:00:25 | 00:39:54 | 01:00:18 |
| 15   | OSIKA ALEKSANDRA             | 8002 |                                     | KIELCE           | POL  | SENIOR I K - 20 | 00:00:36 | 00:40:12 | 01:00:30 |
| 16   | SZYMAŁA KAROLINA             | 8103 |                                     | KLUCZBORK        | POL  | SENIOR I K - 20 | 00:00:44 | 00:40:55 | 01:01:15 |
| 17   | GRODZIŃSKA MAGDALENA         | 8407 |                                     | JELENIA GÓRA     | POL  | SENIOR I K - 20 | 00:01:10 | 00:41:05 | 00:59:24 |
| 18   | MICHALSKA AGNIESZKA          | 8353 |                                     | WARSZAWA         | POL  | SENIOR I K - 20 | 00:01:25 | 00:41:07 | 01:00:58 |
| 19   | PACUŁT DOMINIKA              | 8101 |                                     | ŚWIDNICA         | POL  | SENIOR I K - 20 | 00:00:18 | 00:41:51 | 01:03:49 |
| 20   | MOŃKA-PODGÓRNA ALEKSANDRA    | 8299 | #POBIEGANI                          | DYLAKI           | POL  | SENIOR I K - 20 | 00:00:37 | 00:41:59 | 01:03:20 |
| 21   | SZAŁAJSKA MAGDALENA          | 8564 |                                     | LUBLIN           | POL  | SENIOR I K - 20 | 00:00:55 | 00:42:04 | 01:02:44 |
| 22   | ROBAK NATALIA                | 8304 |                                     | ŁĄDEK-ZDRÓJ      | POL  | SENIOR I K - 20 | 00:01:04 | 00:42:12 | 01:02:32 |
| 23   | BIELEWICZ ALEKSANDRA         | 8231 | PANKORBKA - MOBILNY SERWIS ROWEROWY | SOSNOWIEC        | POL  | SENIOR I K - 20 | 00:00:31 | 00:42:12 | 01:02:58 |
| 24   | JOŃCZYK PAULA                | 8422 |                                     | WROCŁAW          | POL  | SENIOR I K - 20 | 00:01:04 | 00:43:09 | 01:02:31 |
| 25   | JÓŻWIAKOWSKA WERONIKA        | 8245 |                                     | SOLEC KUJAWSKI   | POL  | SENIOR I K - 20 | 00:00:32 | 00:43:17 | 01:05:15 |
| 26   | HAMPEL MARIA                 | 8316 | BODY POWER                          | LESZNO           | POL  | SENIOR I K - 20 | 00:00:24 | 00:43:24 | 01:05:55 |
| 27   | MARKIEWICZ JAGODA            | 8167 | KUŹNIA TALENTÓW KAMIENIEC           | KAMIENIEC        | POL  | SENIOR I K - 20 | 00:01:02 | 00:43:31 | 01:03:47 |
| 28   | KUROWSKA BIANKA              | 8341 |                                     | ŚWIDNICA         | POL  | SENIOR I K - 20 | 00:01:09 | 00:45:01 | 01:06:58 |
| 29   | STELMASZCZYK MICHALINA       | 8573 |                                     | WARSZAWA         | POL  | SENIOR I K - 20 | 00:00:39 | 00:45:09 | 01:06:57 |

**BIEG TROJAK TRAIL - 10 KM, Senior I K - 20 c.d.**

| M-ce | Nazwisko i imię      | Nr   | Klub                    | M-scowość               | Kraj | Kat.            | 0.01km   | 3.7km    | 5.8km    |
|------|----------------------|------|-------------------------|-------------------------|------|-----------------|----------|----------|----------|
| 30   | JURCZYK ANNA         | 8491 |                         | WARSZAWA                | POL  | SENIOR I K - 20 | 00:01:13 | 00:45:43 | 01:06:30 |
| 31   | GRÖGER KAROLINA      | 8149 |                         | ŁĄDEK-ZDRÓJ             | POL  | SENIOR I K - 20 | 00:00:39 | 00:46:43 | 01:11:00 |
| 32   | JAROSZ AGNIESZKA     | 8343 | TEAM KURORT ŁĄDEK ZDRÓJ | OLEDRZYCHOWICE KŁODZKIE | POL  | SENIOR I K - 20 | 00:01:11 | 00:47:56 | 01:11:53 |
| 33   | WOJTKOWSKA KATARZYNA | 8207 |                         | WARSZAWA                | POL  | SENIOR I K - 20 | 00:01:07 | 00:49:27 | 01:13:40 |
| 34   | PŁOŃSKA KLAUDIA      | 8165 |                         | WROCŁAW                 | POL  | SENIOR I K - 20 | 00:01:07 | 00:49:28 | 01:13:43 |
| 35   | KRÓL KAROLINA        | 8133 |                         | BIERUTÓW                | POL  | SENIOR I K - 20 | 00:01:22 | 00:49:35 | 01:13:45 |

**BIEG TROJAK TRAIL - 10 KM, Senior I M - 20**

| M-ce | Nazwisko i imię      | Nr   | Klub                    | M-scowość          | Kraj | Kat.            | 0.01km   | 3.7km    | 5.8km    |
|------|----------------------|------|-------------------------|--------------------|------|-----------------|----------|----------|----------|
| 1    | PACHUT JERZY         | 8459 | WOT                     | SŁOPNICE           | POL  | SENIOR I M - 20 | 00:00:01 | 00:20:26 | 00:30:54 |
| 2    | TWOREK BARTŁOMIEJ    | 8557 | 10 ŚBOT                 | OPATÓW             | POL  | SENIOR I M - 20 | 00:00:01 | 00:20:39 | 00:30:54 |
| 3    | ŻUREK JAKUB          | 8565 | BEZ ZBĘDNYCH PYTAŃ      | SZCZECIN           | POL  | SENIOR I M - 20 | 00:00:01 | 00:21:44 | 00:33:12 |
| 4    | RUTKOWSKI DAMIAN     | 8468 | LIDZBARK WARMIŃSKI      | LIDZBARK WARMIŃSKI | POL  | SENIOR I M - 20 | 00:00:11 | 00:22:54 | 00:34:29 |
| 5    | SZNUROWSKI MARIUSZ   | 8455 | KB SOBÓTKA              | SOBÓTKA            | POL  | SENIOR I M - 20 | 00:00:02 | 00:23:54 | 00:35:33 |
| 6    | PIEKARSKI JAKUB      | 8036 |                         | KATOWICE           | POL  | SENIOR I M - 20 | 00:00:10 | 00:24:08 | 00:35:52 |
| 7    | KAMIŃSKI KAROL       | 8571 | FUNDACJA KIERUNEK ULTRA | SUWAŁKI            | POL  | SENIOR I M - 20 | 00:00:04 | 00:25:28 | 00:39:01 |
| 8    | MIKOŁAJCZAK DAWID    | 8471 | SPORTOWY KAŻMIERZ       | POZNAŃ             | POL  | SENIOR I M - 20 | 00:00:26 | 00:26:59 | 00:42:09 |
| 9    | SZUSTAK MATEUSZ      | 8328 | AZS UP WROCŁAW          | WROCŁAW            | POL  | SENIOR I M - 20 | 00:00:27 | 00:28:46 | 00:42:47 |
| 10   | MAJKA ERYK           | 8097 | FAMILIAMAJKA            | SZCZECIN           | POL  | SENIOR I M - 20 | 00:00:20 | 00:29:08 | 00:44:26 |
| 11   | KAROLCZAK ALEKSANDER | 8574 |                         | WARSZAWA           | POL  | SENIOR I M - 20 | 00:00:08 | 00:29:10 | 00:43:44 |
| 12   | TOMAS PAWEŁ          | 8262 |                         | ŁĄDEK ZDRÓJ        | POL  | SENIOR I M - 20 | 00:00:11 | 00:29:36 | 00:44:03 |
| 13   | HAWRYŁAK WOJCIECH    | 8562 |                         | DŁUGOŁĘKA          | POL  | SENIOR I M - 20 | 00:00:16 | 00:29:37 | 00:44:19 |
| 14   | RAKOCZY KRZYSZTOF    | 8450 |                         | ŁĄDEK-ZDRÓJ        | POL  | SENIOR I M - 20 | 00:00:34 | 00:29:43 | 00:44:21 |
| 15   | MARGRAF BARTOSZ      | 8357 |                         | RUDA ŚLĄSKA        | POL  | SENIOR I M - 20 | 00:00:10 | 00:29:57 | 00:45:44 |
| 16   | HAJDAMOWICZ ADAM     | 8406 |                         | SOBÓTKA            | POL  | SENIOR I M - 20 | 00:00:55 | 00:32:16 | 00:47:26 |
| 17   | JANOSZ PAWEŁ         | 8288 |                         | WROCŁAW            | POL  | SENIOR I M - 20 | 00:00:23 | 00:32:37 | 00:48:08 |
| 18   | STASIAK ANTONI       | 8462 | LEŚNE DZIKI PGB         | LESZNO             | POL  | SENIOR I M - 20 | 00:00:11 | 00:32:58 | 00:49:58 |
| 19   | SZARSKI JACEK        | 8068 | KAPCIOCHY               | WROCŁAW            | POL  | SENIOR I M - 20 | 00:00:23 | 00:33:08 | 00:49:08 |
| 20   | PIGŁA ALEKSANDER     | 8306 | SPORTOWY KAŻMIERZ       | KIĄCZYN            | POL  | SENIOR I M - 20 | 00:00:42 | 00:34:08 | 00:51:29 |

**BIEG TROJAK TRAIL - 10 KM, Senior I M - 20 c.d.**

| M-ce | Nazwisko i imię       | Nr   | Klub                   | M-scowość            | Kraj | Kat.            | 0.01km          | 3.7km    | 5.8km    |
|------|-----------------------|------|------------------------|----------------------|------|-----------------|-----------------|----------|----------|
| 21   | SCHAFFARCZYK MICHAŁ   | 8326 |                        | KLUCZBORK            | POL  | SENIOR I M - 20 | 00:00:08        | 00:34:15 | 00:51:07 |
| 22   | WIŚNIEWSKI ROBERT     | 8159 | METAL CHERRY           | ALEKSANDRÓW KUJAWSKI | POL  | SENIOR I M - 20 | 00:00:14        | 00:34:17 | 00:50:44 |
| 23   | KOTAS PAWEŁ           | 8233 |                        | WROCŁAW              | POL  | SENIOR I M - 20 | 00:01:08        | 00:34:41 | 00:51:04 |
| 24   | KOMISARCZYK KRZYSZTOF | 8321 |                        | MIĘDZYLESIE          | POL  | SENIOR I M - 20 | 00:00:40        | 00:34:50 | 00:52:05 |
| 25   | HANSZ DONAT           | 8464 | NETBOX BIEGA           | PIASKI               | POL  | SENIOR I M - 20 | 00:00:28        | 00:34:51 | 00:52:19 |
| 26   | KARKOSZKA DAWID       | 8388 |                        | SZCZYRK              | POL  | SENIOR I M - 20 | 00:00:30        | 00:35:00 | 00:51:32 |
| 27   | BARTNIK PATRYK        | 8168 |                        | ŁĄDEK-ZDRÓJ          | POL  | SENIOR I M - 20 | 00:00:11        | 00:36:23 | 00:54:54 |
| 28   | GÓRSKI BARTEK         | 8441 |                        | KATOWICE             | POL  | SENIOR I M - 20 | 00:00:14        | 00:37:02 | 00:54:08 |
| 29   | WASZAK TOMASZ         | 8314 |                        | POZNAŃ               | POL  | SENIOR I M - 20 | 00:01:25        | 00:37:07 | 00:54:07 |
| 30   | KLUSKA RAFAŁ          | 8387 | KS DŁUGOŁĘKA 2000      | OLEŚNICA             | POL  | SENIOR I M - 20 | 00:00:16        | 00:39:58 | 01:00:32 |
| 31   | STRZYŻOWSKI NIKODEM   | 8092 |                        | BYDGOSZCZ            | POL  | SENIOR I M - 20 | 00:00:26        | 00:40:01 | 00:59:45 |
| 32   | KOWAL DAWID           | 8025 |                        | LESZNO               | POL  | SENIOR I M - 20 | 00:00:45        | 00:41:31 | 01:00:19 |
| 33   | DZIURA KAMIL          | 8100 |                        | ŚWIDNICA             | POL  | SENIOR I M - 20 | 00:00:19        | 00:41:51 | 01:03:49 |
| 34   | OLEJ ROBERT           | 8193 |                        | KATOWICE             | POL  | SENIOR I M - 20 | 00:00:14        | 00:42:12 | 01:05:54 |
| 35   | WIKŁO PAWEŁ           | 8296 |                        | KATOWICE             | POL  | SENIOR I M - 20 | 00:01:26        | 00:42:15 | 01:01:45 |
| 36   | KRYSKA PAWEŁ          | 8237 |                        | WROCŁAW              | POL  | SENIOR I M - 20 | 00:01:09        | 00:42:21 | 01:02:13 |
| 37   | WIECZOREK MIKOŁAJ     | 8567 | DZIKIE GRUBASY SZATANA | LUBIN                | POL  | SENIOR I M - 20 | 00:00:32        | 00:45:40 | 01:08:12 |
| 38   | WARCHOŁ KAMIL         | 8220 |                        | WROCŁAW              | POL  | SENIOR I M - 20 | 00:01:07        | 00:45:47 | 01:06:31 |
| 39   | JONCZYK PATRYK        | 8433 |                        | WROCŁAW              | POL  | SENIOR I M - 20 | 00:01:07        | 00:45:47 | 01:06:31 |
| 40   | BUDZISZEWSKI JAKUB    | 8164 |                        | WROCŁAW              | POL  | SENIOR I M - 20 | 00:01:08        | 00:49:33 | 01:14:53 |
| DNC  | ŚWIRGOŃ ADAM          | 8596 | ZAŁOGA GÓRSKA          | WARSZAWA             | POL  | SENIOR I M - 20 | 00:00:01        |          |          |
|      | POŚWISTAJŁO MARCIN    | 8452 |                        | ŁĄDEK-ZDRÓJ          | POL  | SENIOR I M - 20 | 00:00:33<br>DNF | DNF      | DNF      |

**BIEG TROJAK TRAIL - 10 KM, Senior II K - 30**

| M-ce | Nazwisko i imię       | Nr   | Klub                  | M-scowość | Kraj | Kat.             | 0.01km   | 3.7km    | 5.8km    |
|------|-----------------------|------|-----------------------|-----------|------|------------------|----------|----------|----------|
| 1    | KANTOR MARTYNA        | 8575 | SALOMON SUNNTO TEAM   | KRAKÓW    | POL  | SENIOR II K - 30 | 00:00:02 | 00:21:54 | 00:32:47 |
| 2    | WIERZCHOWIAK KAROLINA | 8469 | TRAIL IS OUR WAY TEAM | KROSNO    | POL  | SENIOR II K - 30 | 00:00:02 | 00:26:04 | 00:39:34 |
| 3    | WROTECKA KATARZYNA    | 8324 | STAJNIAKTEAM          | PIŁA      | POL  | SENIOR II K - 30 | 00:00:03 | 00:26:56 | 00:40:43 |
| 4    | BEDNAREK KAROLINA     | 8179 |                       | RADWANICE | POL  | SENIOR II K - 30 | 00:00:09 | 00:27:45 | 00:42:10 |

**BIEG TROJAK TRAIL - 10 KM, Senior II K - 30 c.d.**

| M-ce | Nazwisko i imię              | Nr   | Klub                                     | M-scowość                | Kraj | Kat.             | 0.01km   | 3.7km    | 5.8km    |
|------|------------------------------|------|------------------------------------------|--------------------------|------|------------------|----------|----------|----------|
| 5    | SIKORA SYLWIA                | 8301 | PGB SPORTOWA PACZKA                      | WARSZAWA                 | POL  | SENIOR II K - 30 | 00:00:04 | 00:27:59 | 00:42:09 |
| 6    | GNITECKA KATARZYNA           | 8009 | KUDOWIANKA RUN                           | KUDOWA ZDRÓJ             | POL  | SENIOR II K - 30 | 00:00:04 | 00:28:05 | 00:42:20 |
| 7    | ULIKOWSKA MARTYNA            | 8500 | ZAŁOGA GÓRSKA                            | GOŚCINO                  | POL  | SENIOR II K - 30 | 00:00:04 | 00:28:59 | 00:43:05 |
| 8    | OCIEPKA-CIESIELSKA KATARZYNA | 8311 |                                          | WARSZAWA                 | POL  | SENIOR II K - 30 | 00:00:12 | 00:29:19 | 00:43:36 |
| 9    | KACPRZYCKA PAULINA           | 8482 | WOT                                      | PURDA                    | POL  | SENIOR II K - 30 | 00:00:04 | 00:30:11 | 00:45:45 |
| 10   | ZATORSKA KAROLINA            | 8497 | TREC TEAM                                | GDYNIA                   | POL  | SENIOR II K - 30 | 00:00:09 | 00:30:23 | 00:45:33 |
| 11   | GÓRNA ANITA                  | 8206 | LPP TEAM                                 | KRAKÓW                   | POL  | SENIOR II K - 30 | 00:00:20 | 00:30:32 | 00:44:41 |
| 12   | REGULSKA NATALIA             | 8400 | ASICS FRONTRUNNER POLAND / #ŻÓRAWSKITEAM | KRAKÓW                   | POL  | SENIOR II K - 30 | 00:00:03 | 00:30:57 | 00:45:28 |
| 13   | JARZĄBEK MAGDALENA           | 8110 |                                          | WROCŁAW (WROCŁAW-KRZYKI) | POL  | SENIOR II K - 30 | 00:00:04 | 00:31:27 | 00:46:33 |
| 14   | CIECHOMSKA AGATA CIECHOMSKA  | 8132 | HTF LUDWIK SIKORSKI                      | LODZ                     | POL  | SENIOR II K - 30 | 00:00:11 | 00:33:50 | 00:49:47 |
| 15   | SKAWINA KRYSZYNA             | 8075 | TOPOLICE TEAM                            | TOPOLICE                 | POL  | SENIOR II K - 30 | 00:00:17 | 00:34:37 | 00:51:59 |
| 16   | PIETRUCHA JAGODA             | 8175 | TARNOWO PODGÓRNE BIEGA                   | TARNOWO PODGÓRNE         | POL  | SENIOR II K - 30 | 00:00:07 | 00:35:04 | 00:53:22 |
| 17   | JURA EWELINA                 | 8473 | TOPOLICE TEAM                            | DŁUGOPOLE ZDRÓJ          | POL  | SENIOR II K - 30 | 00:00:18 | 00:35:43 | 00:53:55 |
| 18   | RASZKOWSKA EMILIA            | 8429 | ŚLĘZAK TEAM                              | GDANSK                   | POL  | SENIOR II K - 30 | 00:00:38 | 00:35:56 | 00:53:18 |
| 19   | NOWACZYK MARTA               | 8126 |                                          | POZNAŃ                   | POL  | SENIOR II K - 30 | 00:01:12 | 00:36:19 | 00:53:20 |
| 20   | DWORAK SABRINA               | 8419 | MAXIMUS KROSNOWICE                       | KŁODZKO                  | POL  | SENIOR II K - 30 | 00:00:24 | 00:36:44 | 00:54:30 |
| 21   | DZIĘGIELEWSKA DOMINIKA       | 8577 |                                          | LIPA                     | POL  | SENIOR II K - 30 | 00:00:11 | 00:37:01 | 00:55:05 |
| 22   | MARTYN OLGA                  | 8488 | SPINKO LESZNO                            | RYDZYNA                  | POL  | SENIOR II K - 30 | 00:00:46 | 00:37:18 | 00:55:10 |
| 23   | GRZELIŃSKA MALWINA           | 8490 |                                          | JAROCIN                  | POL  | SENIOR II K - 30 | 00:00:15 | 00:37:19 | 00:55:48 |
| 24   | HOJA ILONA                   | 8448 |                                          | KOBYLA GÓRA              | POL  | SENIOR II K - 30 | 00:00:17 | 00:37:30 | 00:55:50 |
| 25   | KUCHARSKA ANNA               | 8458 |                                          | KOBYLA GÓRA              | POL  | SENIOR II K - 30 | 00:00:18 | 00:37:30 | 00:55:50 |
| 26   | KUTYCKA KUREK ELŻBIETA       | 8498 | CHOJRAK TEAM WROCŁAW                     | WROCŁAW                  | POL  | SENIOR II K - 30 | 00:00:43 | 00:37:54 | 00:56:54 |
| 27   | KIEPIEL AGATA                | 8293 | ADIDAS RUNNERS WARSAW                    | WARSZAWA                 | POL  | SENIOR II K - 30 | 00:00:58 | 00:38:11 | 00:56:12 |
| 28   | BIENIARZ ILONA               | 8396 | MAKEMAROFITAGAIN!                        | WROCŁAW                  | POL  | SENIOR II K - 30 | 00:00:15 | 00:38:57 | 00:58:55 |
| 29   | BURA KAROLINA                | 8227 | #BIEGAJLESZNO                            | LESZNO                   | POL  | SENIOR II K - 30 | 00:00:12 | 00:39:05 | 00:59:30 |
| 30   | STEMPIN SYLWIA               | 8358 |                                          | KĘPNO                    | POL  | SENIOR II K - 30 | 00:00:11 | 00:39:29 | 00:59:16 |
| 31   | LEWANDOWSKA KAMILA           | 8143 | LEWANDOWSCY TEAM                         | GORZÓW WLKP.             | POL  | SENIOR II K - 30 | 00:00:59 | 00:40:04 | 00:59:57 |
| 32   | KUKUŁA KAROLINA              | 8443 |                                          | OŁDRZYCHOWICE            | POL  | SENIOR II K - 30 | 00:00:13 | 00:40:13 | 01:00:28 |
| 33   | SZCZEPIŃSKA ANETA            | 8583 |                                          | WROCŁAW                  | POL  | SENIOR II K - 30 | 00:00:27 | 00:40:13 | 00:59:45 |

**BIEG TROJAK TRAIL - 10 KM, Senior II K - 30 c.d.**

| M-ce | Nazwisko i imię                | Nr   | Klub                        | M-scowość               | Kraj | Kat.             | 0.01km   | 3.7km    | 5.8km    |
|------|--------------------------------|------|-----------------------------|-------------------------|------|------------------|----------|----------|----------|
| 34   | WESTPHAL MAGDALENA             | 8236 |                             | BYDGOSZCZ               | POL  | SENIOR II K - 30 | 00:00:28 | 00:40:14 | 01:00:27 |
| 35   | ŚWIĘCH ANETA                   | 8427 | EAZYMUT.PL                  | WARSZAWA                | POL  | SENIOR II K - 30 | 00:00:27 | 00:40:22 | 01:01:43 |
| 36   | SZELIGA AGNIESZKA              | 8264 |                             | BYTOM                   | POL  | SENIOR II K - 30 | 00:00:34 | 00:40:35 | 01:00:39 |
| 37   | SYCZ-LANGNER HONORATA          | 8145 |                             | WROCŁAW                 | POL  | SENIOR II K - 30 | 00:00:36 | 00:40:45 | 01:02:35 |
| 38   | SKRZYPEK MARTA                 | 8221 |                             | OBORNIKI                | POL  | SENIOR II K - 30 | 00:00:05 | 00:40:46 | 01:01:40 |
| 39   | SKARŻEŃSKA-SOKOŁOWSKA JAGODA   | 8599 |                             | ŁĄDEK ZDRÓJ             | POL  | SENIOR II K - 30 |          | 00:40:46 |          |
| 40   | GRABKOWSKA PAULINA             | 8376 |                             | KŁODZKO                 | POL  | SENIOR II K - 30 | 00:01:05 | 00:40:47 | 01:01:07 |
| 41   | MATAK KINGA                    | 8437 | ŁASUCH                      | RADZYMIN                | POL  | SENIOR II K - 30 | 00:01:23 | 00:40:51 | 01:00:10 |
| 42   | TOMAKA PATRYCJA                | 8347 | TEAM KURORT ŁĄDEK-ZDRÓJ     | OLĘDRZYCHOWICE KŁODZKIE | POL  | SENIOR II K - 30 | 00:01:10 | 00:41:32 | 01:00:59 |
| 43   | JASIEWICZ KAROLINA             | 8350 |                             | KIEŁCZÓW                | POL  | SENIOR II K - 30 | 00:00:52 | 00:42:00 | 01:02:50 |
| 44   | POŁAWSKA EWA                   | 8454 |                             | WARSZAWA                | POL  | SENIOR II K - 30 | 00:01:04 | 00:42:01 | 01:01:00 |
| 45   | BURNETKO MAGDALENA             | 8405 | HUTASY RUNNERS TEAM         | KRAKÓW                  | POL  | SENIOR II K - 30 | 00:00:45 | 00:42:02 | 01:02:49 |
| 46   | WIRTEK MAGDALENA               | 8305 |                             | ZIELONA GÓRA            | POL  | SENIOR II K - 30 | 00:00:13 | 00:42:02 | 01:04:10 |
| 47   | RELIGA LILIANA                 | 8332 |                             | WARSZAWA                | POL  | SENIOR II K - 30 | 00:00:52 | 00:42:03 | 01:04:01 |
| 48   | NOWAK - KASPRZAK ANNA          | 8431 |                             | WROCŁAW                 | POL  | SENIOR II K - 30 | 00:01:10 | 00:42:11 | 01:01:58 |
| 49   | JANSON MARLEEN                 | 8249 | LEIDEN ATLETIEK             | LEIDEN                  | NED  | SENIOR II K - 30 | 00:00:39 | 00:42:18 | 01:02:34 |
| 50   | KALIŃSKA DOROTA                | 8486 |                             | KOBYŁKA                 | POL  | SENIOR II K - 30 | 00:01:28 | 00:42:30 | 01:01:09 |
| 51   | BINKIEWICZ-KOWALCZYK AGNIESZKA | 8189 |                             | OSOLA                   | POL  | SENIOR II K - 30 | 00:00:19 | 00:42:33 | 01:04:23 |
| 52   | KOPYSTAŃSKA BASIA              | 8329 |                             | LEGNICKIE POLE          | POL  | SENIOR II K - 30 | 00:01:26 | 00:42:54 | 01:03:41 |
| 53   | HOJDA AGNIESZKA                | 8572 |                             | WARSZAWA                | POL  | SENIOR II K - 30 | 00:00:23 | 00:43:25 | 01:06:37 |
| 54   | AMANOWICZ AURELIA              | 8234 |                             | WROCŁAW                 | POL  | SENIOR II K - 30 | 00:01:09 | 00:43:38 | 01:03:54 |
| 55   | WOJCIECHOWSKA PAULINA          | 8185 |                             | WROCŁAW                 | POL  | SENIOR II K - 30 | 00:00:50 | 00:43:49 | 01:04:52 |
| 56   | KRAJEWSKA IRMINA               | 8435 |                             | POZNAŃ                  | POL  | SENIOR II K - 30 | 00:00:49 | 00:44:27 | 01:04:59 |
| 57   | MIECZKOWSKA NINA               | 8039 |                             | OPOLE                   | POL  | SENIOR II K - 30 | 00:01:02 | 00:44:29 | 01:06:36 |
| 58   | ZWYDAK ANNA                    | 8134 | WKURW_TEAM                  | KIEŁCZÓW                | POL  | SENIOR II K - 30 | 00:00:34 | 00:44:53 | 01:06:46 |
| 59   | WAWER KASIA                    | 8495 | STOWARZYSZENIE BIEG OPOLSKI | OPOLE                   | POL  | SENIOR II K - 30 | 00:01:22 | 00:45:18 | 01:05:03 |
| 60   | DYBAŁA BEATA                   | 8174 | DZIKIE GRUBASY SZATANA      | KRZESZOWICE             | POL  | SENIOR II K - 30 | 00:00:31 | 00:45:28 | 01:08:18 |
| 61   | BOCHYŃSKA ADRIANNA             | 8146 |                             | CHORZÓW                 | POL  | SENIOR II K - 30 | 00:00:58 | 00:45:31 | 01:06:39 |
| 62   | ROSA IZABELA                   | 8560 | ROXY                        | WARSZAWA                | POL  | SENIOR II K - 30 | 00:00:59 | 00:45:31 | 01:06:30 |

**BIEG TROJAK TRAIL - 10 KM, Senior II K - 30 c.d.**

| M-ce | Nazwisko i imię               | Nr   | Klub                         | M-scowość                 | Kraj | Kat.             | 0.01km          | 3.7km    | 5.8km    |
|------|-------------------------------|------|------------------------------|---------------------------|------|------------------|-----------------|----------|----------|
| 63   | IWANOW MAŁGORZATA             | 8428 |                              | RADZYMIN                  | POL  | SENIOR II K - 30 | 00:01:23        | 00:45:56 | 01:08:14 |
| 64   | MORAWSKA-KREKORA ANNA         | 8453 |                              | KRAKÓW                    | POL  | SENIOR II K - 30 | 00:01:24        | 00:46:09 | 01:09:17 |
| 65   | LEWANDOWSKA ANNA              | 8027 | BORKOŚ TEAM                  | GORZÓW WIELKOPOLSKI       | POL  | SENIOR II K - 30 | 00:01:15        | 00:46:49 | 01:09:36 |
| 66   | WASILEWSKA JOANNA             | 8361 | PARKRUN GRUDZIĄDZ            | GRUDZIĄDZ                 | POL  | SENIOR II K - 30 | 00:00:57        | 00:47:58 | 01:12:17 |
| 67   | SOWA MARTA                    | 8053 | WKURW_TEAM                   | WROCŁAW                   | POL  | SENIOR II K - 30 | 00:01:24        | 00:48:01 | 01:13:17 |
| 68   | CHASZCZEWSKA JULIA            | 8066 | TOPOLICE TEAM                | WROCŁAW                   | POL  | SENIOR II K - 30 | 00:00:55        | 00:48:01 | 01:12:53 |
| 69   | ZIELIŃSKA MAGDALENA           | 8585 |                              | WARSZAWA                  | POL  | SENIOR II K - 30 | 00:00:30        | 00:48:20 | 01:14:20 |
| 70   | MAJCHRZYCKA AGNIESZKA         | 8374 | TKKF MPK POZNAŃ              | KIJEWO/ŚRODA WIELKOPOLSKA | POL  | SENIOR II K - 30 | 00:00:55        | 00:49:34 | 01:13:05 |
| 71   | GÓRAL AGNIESZKA               | 8082 | ALSTOM KATOWICE              | KATOWICE                  | POL  | SENIOR II K - 30 | 00:01:03        | 00:49:39 | 01:14:37 |
| 72   | PIEKARCYK KATARZYNA           | 8418 |                              | KŁODZKO                   | POL  | SENIOR II K - 30 | 00:01:32        | 00:50:18 | 01:13:38 |
| 73   | ROGACZ EWA                    | 8181 |                              | NOWY TOMYŚL               | POL  | SENIOR II K - 30 | 00:00:47        | 00:50:35 | 01:13:35 |
| 74   | BORIS ANETA                   | 8348 |                              | ELBLĄG                    | POL  | SENIOR II K - 30 | 00:01:25        | 00:51:03 | 01:17:03 |
| 75   | MIELEC MARTA                  | 8447 | #ZŁOTYNAKILOMETR             | STARGARD                  | POL  | SENIOR II K - 30 | 00:01:15        | 00:52:13 | 01:15:37 |
| 76   | SZYMCAK KATARZYNA             | 8218 |                              | UNIEJOWICE                | POL  | SENIOR II K - 30 | 00:00:52        | 00:52:30 | 01:15:18 |
| 77   | WITKIEWICZ-ŁUKASZEK SANDRA    | 8018 | ŁUKASZKI TEAM                | OSIELSKO                  | POL  | SENIOR II K - 30 | 00:00:27        | 00:53:58 | 01:25:20 |
| 78   | KOCIUBA KATARZYNA             | 8170 |                              | POZNAŃ                    | POL  | SENIOR II K - 30 | 00:01:00        | 00:55:45 | 01:28:22 |
| 79   | ŁOZIENKO ANNA                 | 8411 | KB HARCOWNIK JELCZ-LASKOWICE | MIŁOSZYCE                 | POL  | SENIOR II K - 30 | 00:01:24        | 00:56:06 | 01:24:38 |
| 80   | RYBKA ELŻBIETA                | 8416 |                              | KŁODZKO                   | POL  | SENIOR II K - 30 | 00:01:32        | 00:56:23 | 01:27:18 |
| 81   | MAKSYMOWICZ MONIKA            | 8415 |                              | KŁODZKO                   | POL  | SENIOR II K - 30 | 00:01:32        | 00:56:29 | 01:28:31 |
| 82   | MRÓZ ANNA                     | 8382 |                              | MIĘDZYLESIE               | POL  | SENIOR II K - 30 | 00:19:05        | 01:13:13 |          |
|      | ZAKRZEWICZ-PODLECKA AGNIESZKA | 8180 | ROKIETNICA BIEGA             | ROKIETNICA                | POL  | SENIOR II K - 30 | 00:00:04<br>DNF | DNF      | DNF      |

**BIEG TROJAK TRAIL - 10 KM, Senior II M - 30**

| M-ce | Nazwisko i imię     | Nr   | Klub                           | M-scowość    | Kraj | Kat.             | 0.01km   | 3.7km    | 5.8km    |
|------|---------------------|------|--------------------------------|--------------|------|------------------|----------|----------|----------|
| 1    | LAGNER SEBASTIAN    | 8444 | KB SOBÓTKA/ PRZEDWOJEWSKI_TEAM | SOBÓTKA      | POL  | SENIOR II M - 30 | 00:00:01 | 00:20:19 | 00:30:12 |
| 2    | MONZO DAVID         | 8088 |                                | WROCŁAW      | POL  | SENIOR II M - 30 | 00:00:02 | 00:20:40 | 00:31:36 |
| 3    | CHRZANOWSKI PATRYK  | 8302 | PCH SPORT TEAM                 | OSTROSZOWICE | POL  | SENIOR II M - 30 | 00:00:01 | 00:20:43 | 00:31:01 |
| 4    | SIERADZKI KRZYSZTOF | 8270 | PRZEDWOJEWSKI TEAM             | WARSZAWA     | POL  | SENIOR II M - 30 | 00:00:02 | 00:21:27 | 00:32:25 |
| 5    | DUTKOWSKI MIKOŁAJ   | 8209 | WKS ŚLĄSK WROCŁAW              | RASZKÓW      | POL  | SENIOR II M - 30 | 00:00:01 | 00:21:54 | 00:32:25 |

**BIEG TROJAK TRAIL - 10 KM, Senior II M - 30 c.d.**

| M-ce | Nazwisko i imię        | Nr   | Klub                                    | M-scowość             | Kraj | Kat.             | 0.01km   | 3.7km    | 5.8km    |
|------|------------------------|------|-----------------------------------------|-----------------------|------|------------------|----------|----------|----------|
| 6    | KUJAWA ZBIGNIEW        | 8594 | TKKF KOLEJARZ BYDGOSZCZ / ZAŁOGA GÓRSKA | JANOWIEC WIELKOPOLSKI | POL  | SENIOR II M - 30 | 00:00:03 | 00:21:59 | 00:32:26 |
| 7    | BUKSA TOMASZ           | 8460 | WOT                                     | RABA WYŻNA            | POL  | SENIOR II M - 30 | 00:00:04 | 00:23:05 | 00:34:31 |
| 8    | WOJCIECHOWSKI MATEUSZ  | 8484 | NULL                                    | POZNAŃ                | POL  | SENIOR II M - 30 | 00:00:02 | 00:23:51 | 00:35:25 |
| 9    | TRZEPAK ŁUKASZ         | 8426 |                                         | WROCŁAW               | POL  | SENIOR II M - 30 | 00:01:00 | 00:24:04 | 00:35:32 |
| 10   | SAMIEC JANUSZ          | 8424 |                                         | KOBYLA GÓRA           | POL  | SENIOR II M - 30 | 00:00:18 | 00:24:37 | 00:36:49 |
| 11   | LASEK JAKUB            | 8047 | RMT TEAM                                | OPOLE                 | POL  | SENIOR II M - 30 | 00:00:02 | 00:24:43 | 00:36:39 |
| 12   | PIĘKOŚ BŁAŻEJ          | 8480 |                                         | HENRYKÓW              | POL  | SENIOR II M - 30 | 00:00:08 | 00:25:02 | 00:37:37 |
| 13   | TOMASZKIEWICZ WOJCIECH | 8055 | RUN FOREST                              | STRACHOCIN            | POL  | SENIOR II M - 30 | 00:00:07 | 00:25:37 | 00:38:17 |
| 14   | CITKO MACIEJ           | 8259 | BIEG OPOLSKI                            | OPOLE                 | POL  | SENIOR II M - 30 | 00:00:05 | 00:26:50 | 00:40:24 |
| 15   | SZYMCAK BARTŁOMIEJ     | 8414 | ŻARY RUNNRS TEAM                        | ŻARY                  | POL  | SENIOR II M - 30 | 00:00:13 | 00:28:00 | 00:42:23 |
| 16   | STYK MAREK             | 8023 |                                         | ZIELONA GÓRA          | POL  | SENIOR II M - 30 | 00:00:31 | 00:28:06 | 00:42:24 |
| 17   | PAJĄK ALAN             | 8136 |                                         | MROKOCIN              | POL  | SENIOR II M - 30 | 00:00:29 | 00:28:09 | 00:41:13 |
| 18   | OSICA ŁUKASZ           | 8108 |                                         | ŚWIĘTOCHŁOWICE        | POL  | SENIOR II M - 30 | 00:00:15 | 00:29:03 | 00:43:43 |
| 19   | FRERIKS JEROEN         | 8248 | LEIDEN ATLETIEK                         | LEIDEN                |      | SENIOR II M - 30 | 00:00:11 | 00:29:13 | 00:43:51 |
| 20   | TRZPIOLA TYCJAN        | 8003 | KURACJUSZE                              | WROCŁAW               | POL  | SENIOR II M - 30 | 00:00:11 | 00:29:39 | 00:44:53 |
| 21   | SĄLDYKA MARCIN         | 8451 |                                         | ŁĄDEK-ZDRÓJ           | POL  | SENIOR II M - 30 | 00:00:34 | 00:30:03 | 00:44:33 |
| 22   | HONSA TOMASZ           | 8139 | MOCNA GRUPA CEZARA                      | WROCŁAW               | POL  | SENIOR II M - 30 | 00:00:33 | 00:31:12 | 00:45:49 |
| 23   | GOS SEBASTIAN          | 8449 |                                         | ŁĄDEK-ZDRÓJ           | POL  | SENIOR II M - 30 | 00:00:35 | 00:31:14 | 00:46:16 |
| 24   | PISCO TIAGO            | 8377 | LUSITANIA ARMADA                        | WROCŁAW               | POL  | SENIOR II M - 30 | 00:01:20 | 00:31:15 | 00:45:15 |
| 25   | WOŹNIAK JAKUB          | 8160 | TEAM LIDL                               | POZNAŃ                | POL  | SENIOR II M - 30 | 00:00:45 | 00:31:28 | 00:45:56 |
| 26   | WIDUN GRZEGORZ         | 8200 | WIDUN KETTELBEEL CLUB                   | WROCŁAW               | POL  | SENIOR II M - 30 | 00:01:33 | 00:31:41 | 00:46:23 |
| 27   | STAWORZYŃSKI DAWID     | 8285 | PAN KORBKA                              | BĘDZIN                | POL  | SENIOR II M - 30 | 00:00:16 | 00:32:20 | 00:48:31 |
| 28   | JARMUŻEK TOMASZ        | 8346 |                                         | POZNAŃ                | POL  | SENIOR II M - 30 | 00:00:58 | 00:32:30 | 00:46:59 |
| 29   | CIEŚLAK KRZYSZTOF      | 8563 | ULTRAFaza.PL                            | ZIELONA GÓRA          | POL  | SENIOR II M - 30 | 00:00:43 | 00:32:37 | 00:48:05 |
| 30   | PAKUŁA TOMASZ          | 8111 |                                         | BOJANOWO              | POL  | SENIOR II M - 30 | 00:00:51 | 00:32:56 | 00:48:17 |
| 31   | MACKIEWICZ KAROL       | 8048 |                                         | WASILKÓW              | POL  | SENIOR II M - 30 | 00:00:30 | 00:33:12 | 00:49:14 |
| 32   | SZCZUDŁAK MICHAŁ       | 8445 |                                         | POZNAŃ                | POL  | SENIOR II M - 30 | 00:00:20 | 00:33:49 | 00:49:34 |
| 33   | KIERUL ŁUKASZ          | 8403 | MASA TEAM                               | NOWA SÓL              | POL  | SENIOR II M - 30 | 00:00:29 | 00:34:11 | 00:51:18 |
| 34   | WÓJCIAK ŁUKASZ         | 8073 | UMAWIANIENABIEGANIETEAM                 | WROCŁAW               | POL  | SENIOR II M - 30 | 00:00:32 | 00:34:20 | 00:51:09 |

**BIEG TROJAK TRAIL - 10 KM, Senior II M - 30 c.d.**

| M-ce | Nazwisko i imię       | Nr   | Klub                          | M-scowość         | Kraj | Kat.             | 0.01km   | 3.7km    | 5.8km    |
|------|-----------------------|------|-------------------------------|-------------------|------|------------------|----------|----------|----------|
| 35   | BILICKI WOJTEK        | 8217 |                               | ŁÓBŻENICA         | POL  | SENIOR II M - 30 | 00:00:05 | 00:34:25 | 00:50:10 |
| 36   | MADAJCZYK TOMASZ      | 8128 |                               | WROCŁAW           | POL  | SENIOR II M - 30 | 00:00:23 | 00:34:29 | 00:51:52 |
| 37   | PEREIRA RUBEN         | 8381 | LUSITANIA ARMADA              | WROCŁAW           | POL  | SENIOR II M - 30 | 00:01:21 | 00:34:32 | 00:50:43 |
| 38   | CICHAŃSKI MAREK       | 8199 |                               | STRONIE ŚLĄSKIE   | POL  | SENIOR II M - 30 | 00:00:40 | 00:34:50 | 00:52:11 |
| 39   | WINKOWSKI ADRIAN      | 8001 | PRZEDWOJEWSKI TEAM            | MĘDLÓW            | AFG  | SENIOR II M - 30 | 00:00:06 | 00:35:01 | 00:52:11 |
| 40   | BURA TOMASZ           | 8475 |                               | KRZYCKO WIELKIE   | POL  | SENIOR II M - 30 | 00:00:09 | 00:35:15 | 00:52:20 |
| 41   | NAZIMEK PIOTR         | 8287 |                               | PRÓSZKÓW          | POL  | SENIOR II M - 30 | 00:00:34 | 00:35:34 | 00:52:34 |
| 42   | BIENKOWSKI KAMIL      | 8282 |                               | RADWANICE         | POL  | SENIOR II M - 30 | 00:01:23 | 00:35:47 | 00:51:12 |
| 43   | KRAWCZYKOWSKI JACEK   | 8135 |                               | POZNAŃ            | POL  | SENIOR II M - 30 | 00:01:27 | 00:35:59 | 00:51:45 |
| 44   | DEMBIŃSKI ARKADIUSZ   | 8409 |                               | SKOKI             | POL  | SENIOR II M - 30 | 00:00:53 | 00:36:32 | 00:53:14 |
| 45   | KRUK MATEUSZ          | 8203 | MAXIMUS KROSNOWICE            | BYSTRZYCA KŁODZKA | POL  | SENIOR II M - 30 | 00:00:24 | 00:36:43 | 00:56:02 |
| 46   | JANUS TOMASZ          | 8351 | TEAM KURORT ŁĄDEK-ZDRÓJ       | BYSTRZYCA KŁODZKA | POL  | SENIOR II M - 30 | 00:01:14 | 00:37:13 | 00:53:43 |
| 47   | ZADORA BORYS          | 8214 | OLDBOYS TROJAN ŁĄDEK ZDRÓJ    | ŁĄDEK ZDRÓJ       | POL  | SENIOR II M - 30 | 00:03:27 | 00:37:33 | 00:52:56 |
| 48   | PUSZEK JACEK          | 8195 |                               | CZĘSTOCHOWA       | POL  | SENIOR II M - 30 | 00:00:06 | 00:37:46 | 00:56:56 |
| 49   | SENDER JAKUB          | 8317 | BW RUNNING TEAM               | WARSZAWA          | POL  | SENIOR II M - 30 | 00:01:11 | 00:37:55 | 00:56:28 |
| 50   | KORNASZEWSKI WOJCIECH | 8559 |                               | BYDGOSZCZ         | POL  | SENIOR II M - 30 | 00:00:30 | 00:38:16 | 00:56:45 |
| 51   | POZNAR ADAM           | 8354 |                               | WROCŁAW           | POL  | SENIOR II M - 30 | 00:01:17 | 00:38:22 | 00:55:54 |
| 52   | WILK TOMASZ           | 8038 |                               | OPOLE             | POL  | SENIOR II M - 30 | 00:01:01 | 00:38:23 | 00:56:48 |
| 53   | KUZIEL MARCIN         | 8113 | BLACK RUNNING STRONIE ŚLĄSKIE | STRONIE ŚLĄSKIE   | POL  | SENIOR II M - 30 | 00:01:23 | 00:39:16 | 00:55:22 |
| 54   | WEKA KRZYSZTOF        | 8555 | BIALYSTOK BIEGA TEAM          | BIALYSTOK         | POL  | SENIOR II M - 30 | 00:00:10 | 00:39:20 | 01:05:57 |
| 55   | BLANIK MAREK          | 8239 |                               | RADLIN            | POL  | SENIOR II M - 30 | 00:00:31 | 00:39:25 | 00:58:30 |
| 56   | SZCZEPIŃSKI KRZYSZTOF | 8584 |                               | WROCŁAW           | POL  | SENIOR II M - 30 | 00:00:27 | 00:40:17 | 01:01:28 |
| 57   | PAWLUS MAREK          | 8395 | MAKEMAROFITAGAIN!             | WROCŁAW           | POL  | SENIOR II M - 30 | 00:00:15 | 00:40:31 | 01:01:41 |
| 58   | WAWER MARCIN          | 8493 | STOWARZYSZENIE BIEG OPOLSKI   | GOGOLIN           | POL  | SENIOR II M - 30 | 00:01:22 | 00:40:58 | 00:58:40 |
| 59   | DAGIEL JANUSZ         | 8334 |                               | WARSZAWA          | POL  | SENIOR II M - 30 | 00:00:54 | 00:41:52 | 01:04:01 |
| 60   | WOJTCAK MATEUSZ       | 8456 |                               | WARSZAWA          | POL  | SENIOR II M - 30 | 00:01:04 | 00:42:04 | 01:01:00 |
| 61   | CHOMĄTOWSKI DANIEL    | 8127 |                               | WROCŁAW           | POL  | SENIOR II M - 30 | 00:00:23 | 00:42:07 | 01:02:46 |
| 62   | SUDER MACIEJ          | 8364 | 3M RUNNING TEAM POLAND        | WROCŁAW           | POL  | SENIOR II M - 30 | 00:00:36 | 00:42:09 | 01:03:52 |
| 63   | KASPRZAK ŁUKASZ       | 8432 |                               | WROCŁAW           | POL  | SENIOR II M - 30 | 00:01:10 | 00:42:11 | 01:01:58 |

**BIEG TROJAK TRAIL - 10 KM, Senior II M - 30 c.d.**

| M-ce | Nazwisko i imię    | Nr   | Klub                          | M-scowość | Kraj | Kat.             | 0.01km   | 3.7km    | 5.8km    |
|------|--------------------|------|-------------------------------|-----------|------|------------------|----------|----------|----------|
| 64   | KUBAŚ DAWID        | 8492 | NADLEŚNICTWO ZDROJE           | KŁODZKO   | POL  | SENIOR II M - 30 | 00:00:44 | 00:44:51 | 01:05:41 |
| 65   | GRZYBEK SŁAWOMIR   | 8130 | BARTOSZ GORCZYCA RUNNING TEAM | KATOWICE  | POL  | SENIOR II M - 30 | 00:00:41 | 00:45:10 | 01:05:48 |
| 66   | ŁĘKAWA MATEUSZ     | 8483 |                               | WARSZAWA  | POL  | SENIOR II M - 30 | 00:01:13 | 00:45:44 | 01:06:30 |
| 67   | RADWAN MATEUSZ     | 8106 |                               | DOPIEWO   | POL  | SENIOR II M - 30 | 00:00:45 | 00:46:33 | 01:10:29 |
| 68   | ZARZECZNY RADOŚŁAW | 8413 | JUNIOR AMATOR SUPERSTAR       | KRAKÓW    | POL  | SENIOR II M - 30 | 00:00:49 | 00:47:59 | 01:13:30 |
| 69   | MITIS MAREK        | 8232 |                               | KRAKÓW    | POL  | SENIOR II M - 30 | 00:00:48 | 00:48:00 | 01:13:31 |
| 70   | MROWCA PAWEŁ       | 8439 |                               | LUBAŃ     | POL  | SENIOR II M - 30 | 00:01:17 | 00:56:38 | 01:29:35 |

**BIEG TROJAK TRAIL - 10 KM, Masters K - 40**

| M-ce | Nazwisko i imię                | Nr   | Klub                         | M-scowość        | Kraj | Kat.           | 0.01km   | 3.7km    | 5.8km    |
|------|--------------------------------|------|------------------------------|------------------|------|----------------|----------|----------|----------|
| 1    | KĄŻMIERCZAK MARTA              | 8595 | ZAŁOGA GÓRSKA                | WARSZAWA         | POL  | MASTERS K - 40 | 00:00:02 | 00:24:22 | 00:36:14 |
| 2    | KARCZEWSKA JOANNA              | 8580 | KIERUNEK ULTRA               | SUWAŁKI          | POL  | MASTERS K - 40 | 00:00:04 | 00:26:13 | 00:39:04 |
| 3    | ADAMCZYK-NOWAK BEATA           | 8280 | MIECHOWICKA GRUPA BIEGOWA    | BYTOM            | POL  | MASTERS K - 40 | 00:00:09 | 00:29:15 | 00:43:30 |
| 4    | MAZIAREK ADELA                 | 8093 |                              | NIEMODLIN        | POL  | MASTERS K - 40 | 00:00:09 | 00:30:10 | 00:45:27 |
| 5    | BAKSALARY LIDIA                | 8254 | #BIEGAJLESZNO                | LESZNO           | POL  | MASTERS K - 40 | 00:00:03 | 00:31:11 | 00:47:15 |
| 6    | PILONIS ELEONORA               | 8474 | BIEGOSTACJA                  | ZIELONA GÓRA     | POL  | MASTERS K - 40 | 00:00:13 | 00:31:47 | 00:47:44 |
| 7    | SENIÓW JOANNA                  | 8255 |                              | POZNAŃ           | POL  | MASTERS K - 40 | 00:00:08 | 00:32:17 | 00:49:15 |
| 8    | MAŁOCCO MONIKA                 | 8188 |                              | WARSZAWA         | POL  | MASTERS K - 40 | 00:00:25 | 00:32:26 | 00:48:13 |
| 9    | BEDLA ANNA                     | 8568 |                              | JAWORZNO         | POL  | MASTERS K - 40 | 00:00:11 | 00:32:52 | 00:49:15 |
| 10   | MAJKA ANNA                     | 8057 | FAMILIAMAJKA                 | SZCZECIN         | POL  | MASTERS K - 40 | 00:00:22 | 00:34:00 | 00:49:31 |
| 11   | SZCZYPczyk-PRUSICKA MAŁGORZATA | 8123 |                              | ZABRZE           | POL  | MASTERS K - 40 | 00:00:16 | 00:35:14 | 00:53:30 |
| 12   | RZYWUCKA JOLANTA               | 8272 | 4 RUN TEAM PIŁA              | PIŁA             | POL  | MASTERS K - 40 | 00:00:14 | 00:35:51 | 00:54:34 |
| 13   | KONIECZNA ANNA                 | 8155 | TARNOWO PODGÓRNE BIEGA       | TARNOWO PODGÓRNE | POL  | MASTERS K - 40 | 00:00:06 | 00:35:54 | 00:53:57 |
| 14   | MATUSZCZYK GRAŻYNA             | 8271 | RYBNICKA GRUPA BIEGOWA       | RYBNIK           | POL  | MASTERS K - 40 | 00:00:24 | 00:36:06 | 00:54:36 |
| 15   | BACHURSKA EWA                  | 8043 | KB HARCOWNIK JELCZ LASKOWICE | MIEOSZYCE        | POL  | MASTERS K - 40 | 00:00:18 | 00:36:46 | 00:54:57 |
| 16   | MASALSKA ANNA                  | 8578 |                              | SUWAŁKI          | POL  | MASTERS K - 40 | 00:00:27 | 00:37:36 | 00:55:49 |
| 17   | KOZŁOWSKA MAŁGORZATA           | 8046 | KB ODRA OPOLE                | OPOLE            | POL  | MASTERS K - 40 | 00:00:30 | 00:37:39 | 00:56:01 |
| 18   | KMIECIK ROMA                   | 8425 | KUDOWIANKA RUN               | ŁĘŻYCE           | POL  | MASTERS K - 40 | 00:01:02 | 00:37:47 | 00:55:18 |
| 19   | BUDA MAŁGORZATA                | 8260 |                              | POZNAN           | POL  | MASTERS K - 40 | 00:00:19 | 00:38:27 | 00:58:08 |

**BIEG TROJAK TRAIL - 10 KM, Masters K - 40 c.d.**

| M-ce | Nazwisko i imię           | Nr   | Klub                                 | M-scowość                    | Kraj | Kat.           | 0.01km   | 3.7km    | 5.8km    |
|------|---------------------------|------|--------------------------------------|------------------------------|------|----------------|----------|----------|----------|
| 20   | SOBOLEWSKA JULITA         | 8369 |                                      | ZALEWO                       | POL  | MASTERS K - 40 | 00:00:13 | 00:39:11 | 00:58:26 |
| 21   | BLANIK AGNIESZKA          | 8238 |                                      | RADLIN                       | POL  | MASTERS K - 40 | 00:00:31 | 00:39:25 | 00:58:36 |
| 22   | REIJMERS AGNIESZKA        | 8251 | LEIDEN ATLETIEK                      | OEGSTGEEST                   | NED  | MASTERS K - 40 | 00:00:39 | 00:39:57 | 00:58:36 |
| 23   | MAZURKIEWICZ JOANNA       | 8061 |                                      | STARY WIELISŁAW              | POL  | MASTERS K - 40 | 00:00:11 | 00:40:12 | 01:02:02 |
| 24   | BEDNAREK-KWIATKOWSKA ANNA | 8163 | SAMO ZDROWIE                         | POZNAŃ (POZNAŃ-STARE MIASTO) | POL  | MASTERS K - 40 | 00:00:53 | 00:40:33 | 01:00:52 |
| 25   | LEŚNICZAK BARBARA         | 8457 | #WKURWTEAM                           | ZIELONKA                     | POL  | MASTERS K - 40 | 00:01:12 | 00:40:40 | 01:00:01 |
| 26   | GURGUL DOROTA             | 8205 | AROMAT NÓG                           | KRAKÓW                       | POL  | MASTERS K - 40 | 00:00:12 | 00:40:52 | 01:04:15 |
| 27   | WASILEWSKA AGNIESZKA      | 8226 | AROMAT NÓG                           | KRAKÓW                       | POL  | MASTERS K - 40 | 00:00:12 | 00:40:53 | 01:04:16 |
| 28   | RUTKOWSKA IZABELA         | 8349 | SPORTOWY KAŻMIERZ                    | KAŻMIERZ                     | POL  | MASTERS K - 40 | 00:01:04 | 00:41:02 | 01:00:17 |
| 29   | IGNASZEWSKA MARTA         | 8380 |                                      | RADZYNY                      | POL  | MASTERS K - 40 | 00:00:42 | 00:41:23 | 01:01:10 |
| 30   | ZAJĄC AGA                 | 8379 | 77CATS                               | JÓZEFOSŁAW                   | POL  | MASTERS K - 40 | 00:00:38 | 00:41:30 | 01:01:03 |
| 31   | DABKOWSKA PATRYCJA        | 8472 | SPEEDFEED'16                         | BARCLIN                      | POL  | MASTERS K - 40 | 00:00:42 | 00:42:05 | 01:02:51 |
| 32   | SOJA-WAWRYSZEWICZ AGATA   | 8230 |                                      | WROCŁAW                      | POL  | MASTERS K - 40 | 00:00:54 | 00:42:06 | 01:02:21 |
| 33   | LESNIAK SYLWIA            | 8320 |                                      | DUBLIN 22                    | IRL  | MASTERS K - 40 | 00:00:07 | 00:42:31 | 01:04:39 |
| 34   | JAKUBOWSKA JUDYTA         | 8076 |                                      | KAMIEŃ POMORSKI              | POL  | MASTERS K - 40 | 00:00:25 | 00:42:51 | 01:05:01 |
| 35   | WEBER AGATA               | 8581 | VELO ŁOSIE NA SZOSIE                 | WARSZAWA                     | POL  | MASTERS K - 40 | 00:00:30 | 00:43:14 | 01:03:56 |
| 36   | CZERNICKA MAGDALENA       | 8423 |                                      | RYBNIK                       | POL  | MASTERS K - 40 | 00:01:08 | 00:43:43 | 01:03:36 |
| 37   | NITSCHKE GRAŻYNA          | 8390 | MPK-POZNAŃ                           | POZNAŃ                       | POL  | MASTERS K - 40 | 00:00:56 | 00:43:50 | 01:06:25 |
| 38   | RZYSZKIEWICZ MAŁGORZATA   | 8274 | PĘDZĄCE LENIWCE                      | SOKOŁÓW PODLASKI             | POL  | MASTERS K - 40 | 00:00:53 | 00:43:58 | 01:05:39 |
| 39   | TÓRZ ANNA                 | 8292 |                                      | POZNAŃ                       | POL  | MASTERS K - 40 | 00:00:53 | 00:44:19 | 01:05:40 |
| 40   | KRYSA DOROTA              | 8322 | POMYŁKA TEAM                         | ŁĄDEK ZDRÓJ                  | POL  | MASTERS K - 40 | 00:01:29 | 00:44:45 | 01:06:27 |
| 41   | MORAWSKA EDYTA            | 8386 | BIEGNIJ OŁAWO                        | OŁAWA                        | POL  | MASTERS K - 40 | 00:00:35 | 00:45:07 | 01:08:23 |
| 42   | DĄBROWSKA GRZYBEK JOANNA  | 8131 |                                      | KATOWICE                     | POL  | MASTERS K - 40 | 00:00:41 | 00:45:10 | 01:05:47 |
| 43   | BOBIN ANNA                | 8084 | ZOCHU TEAM                           | GORZÓW WIELKOPOLSKI          | POL  | MASTERS K - 40 | 00:00:50 | 00:45:16 | 01:07:19 |
| 44   | GRUCHALSKA MARTA          | 8494 | STOWARZYSZENIE BIEG OPOLSKI          | OPOLE                        | POL  | MASTERS K - 40 | 00:01:22 | 00:45:17 | 01:05:02 |
| 45   | PRUS DOROTA               | 8052 |                                      | WARSZAWA                     | POL  | MASTERS K - 40 | 00:01:27 | 00:45:18 | 01:04:57 |
| 46   | DĘBSKA MARZENA            | 8035 | PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL | PODDĘBICE                    | POL  | MASTERS K - 40 | 00:00:09 | 00:45:21 | 01:06:32 |
| 47   | BIAŁEK WIOLETTA           | 8114 |                                      | STRONIE ŚLĄSKIE              | POL  | MASTERS K - 40 | 00:01:03 | 00:45:35 | 01:08:03 |
| 48   | PLASZCZAK BOGUMIŁA        | 8162 | PIEKIELNIE ZGRANI                    | TULCE                        | POL  | MASTERS K - 40 | 00:00:32 | 00:45:37 | 01:09:01 |

**BIEG TROJAK TRAIL - 10 KM, Masters K - 40 c.d.**

| M-ce | Nazwisko i imię             | Nr   | Klub                         | M-scowość              | Kraj | Kat.           | 0.01km   | 3.7km    | 5.8km    |
|------|-----------------------------|------|------------------------------|------------------------|------|----------------|----------|----------|----------|
| 49   | TOMERA DOROTA               | 8496 | TEAM KURORT ŁĄDEK-ZDRÓJ      | STARA BYSTRZYCA        | POL  | MASTERS K - 40 | 00:01:10 | 00:45:48 | 01:06:33 |
| 50   | SIP SABINA                  | 8157 | FSD RUN DREZDENKO            | DREZDENKO              | POL  | MASTERS K - 40 | 00:00:22 | 00:45:50 | 01:09:16 |
| 51   | NAIT MANSOUR IZABELA        | 8325 |                              | POZNAŃ                 | POL  | MASTERS K - 40 | 00:00:52 | 00:46:14 | 01:11:00 |
| 52   | HETAK MONIKA                | 8211 |                              | ŁĄDEK-ZDRÓJ            | POL  | MASTERS K - 40 | 00:00:40 | 00:46:44 | 01:10:59 |
| 53   | BOGUSŁAWSKA ELŻBIETA        | 8215 |                              | ŁĄDEK-ZDRÓJ            | POL  | MASTERS K - 40 | 00:00:45 | 00:46:47 | 01:12:38 |
| 54   | SZAFLIK ANNA                | 8216 |                              | ŁĄDEK-ZDRÓJ            | POL  | MASTERS K - 40 | 00:00:46 | 00:46:48 | 01:12:38 |
| 55   | GAWRON MONIKA               | 8481 | MIRAZ RACE TEAM              | RUDA ŚLĄSKA            | POL  | MASTERS K - 40 | 00:00:07 | 00:47:20 | 01:09:08 |
| 56   | SZPUREK ANNA                | 8597 | BUKOWSKI KLUB BIEGACZA       | BUK                    | POL  | MASTERS K - 40 | 00:00:32 | 00:47:25 | 01:14:18 |
| 57   | RZESZOWSKA IWONA            | 8283 | MIRAZ RACE TEAM              | ZABRZE                 | POL  | MASTERS K - 40 | 00:00:07 | 00:47:51 | 01:13:14 |
| 58   | WYCISZKIEWICZ GABRIELA      | 8371 | TEAM KURORT ŁĄDEK ZDRÓJ      | OŁDRZYCHOWICE KŁODZKIE | POL  | MASTERS K - 40 | 00:01:11 | 00:47:54 | 01:11:53 |
| 59   | LIS EWELINA                 | 8008 |                              | GRUDZIĄDZ              | POL  | MASTERS K - 40 | 00:00:56 | 00:47:57 | 01:09:11 |
| 60   | PARTYKA AGNIESZKA           | 8017 | KB HARCOWNIK JELCZ-LASKOWICE | JELCZ-LASKOWICE        | POL  | MASTERS K - 40 | 00:01:23 | 00:48:11 | 01:11:56 |
| 61   | KLIN ANETA                  | 8402 |                              | BRZEG                  | POL  | MASTERS K - 40 | 00:01:06 | 00:48:13 | 01:13:02 |
| 62   | ROMANOWSKA ANNA             | 8586 |                              | WARSZAWA               | POL  | MASTERS K - 40 | 00:00:29 | 00:48:19 | 01:14:20 |
| 63   | DULIK ALEKSANDRA            | 8303 | OPOLE                        | OPOLE                  | POL  | MASTERS K - 40 | 00:00:57 | 00:48:40 | 01:13:17 |
| 64   | GÓRCZYŃSKA BARBARA          | 8229 |                              | ŁĄDEK ZDRÓJ            | POL  | MASTERS K - 40 | 00:01:29 | 00:48:47 | 01:13:23 |
| 65   | HEŁMIK KATARZYNA            | 8440 | POMYŁKA TEAM                 | WROCŁAW                | POL  | MASTERS K - 40 | 00:01:31 | 00:49:25 | 01:13:22 |
| 66   | MĄDRO AGNIESZKA             | 8417 |                              | KŁODZKO                | POL  | MASTERS K - 40 | 00:01:32 | 00:49:36 | 01:12:29 |
| 67   | MIKOŁAJCZAK MAGDALENA       | 8089 | HMAX ŻORY                    | ŻORY                   | POL  | MASTERS K - 40 | 00:01:27 | 00:49:38 | 01:13:48 |
| 68   | LECHOWSKA MONIKA            | 8083 | ALSTOM KATOWICE              | MYSŁOWICE              | POL  | MASTERS K - 40 | 00:01:03 | 00:49:49 | 01:14:37 |
| 69   | ŚLEDZIK JOANNA              | 8085 | ALSTOM KATOWICE              | ZABRZE                 | POL  | MASTERS K - 40 | 00:01:15 | 00:51:32 | 01:15:32 |
| 70   | AGATA BAGROWSKA             | 8257 |                              | WROCŁAW                | POL  | MASTERS K - 40 | 00:01:15 | 00:51:33 | 01:18:20 |
| 71   | NURKIEWICZ-KMIECIK DOMINIKA | 8186 |                              | KĄŻMIERZ               | POL  | MASTERS K - 40 | 00:00:50 | 00:52:09 | 01:18:28 |
| 72   | DOMINIAK AGNIESZKA          | 8030 |                              | WARSZAWA               | POL  | MASTERS K - 40 | 00:01:05 | 00:52:24 | 01:18:29 |
| 73   | RYMSKA ANNA                 | 8290 |                              | POZNAŃ                 | POL  | MASTERS K - 40 | 00:00:52 | 00:53:06 | 01:22:37 |
| 74   | SMYCZ ANNA                  | 8291 |                              | POZNAŃ                 | POL  | MASTERS K - 40 | 00:00:53 | 00:53:11 | 01:22:39 |
| 75   | STRZYŻOWSKA MONIKA          | 8091 |                              | BYDGOSZCZ              | POL  | MASTERS K - 40 | 00:00:26 | 00:53:59 | 01:25:19 |
| 76   | KARCZYŃSKA SYLWIA           | 8352 |                              | STAROGARD GDAŃSKI      | POL  | MASTERS K - 40 | 00:01:04 | 00:54:20 | 01:21:44 |
| 77   | SZAFRANIEC-MROWCA DOROTA    | 8438 |                              | LUBAŃ                  | POL  | MASTERS K - 40 | 00:01:16 | 00:56:38 | 01:29:56 |

**BIEG TROJAK TRAIL - 10 KM, Masters K - 40 c.d.**

| M-ce | Nazwisko i imię        | Nr   | Klub                   | M-scowość   | Kraj | Kat.           | 0.01km   | 3.7km    | 5.8km    |
|------|------------------------|------|------------------------|-------------|------|----------------|----------|----------|----------|
| 78   | KUBIATOWICZ MAŁGORZATA | 8006 |                        | POZNAŃ      | POL  | MASTERS K - 40 | 00:01:26 | 01:01:58 | 01:31:35 |
| 79   | SZYMAŃSKA AGNIESZKA    | 8244 |                        | POZNAŃ      | POL  | MASTERS K - 40 | 00:01:20 | 01:02:57 | 01:36:40 |
| 80   | KOWAL MARZENA          | 8026 |                        | LESZNO      | POL  | MASTERS K - 40 | 00:00:45 | 01:04:41 | 01:41:21 |
| 81   | STROIŃSKA IWONA        | 8080 | LESZ NO LIMITS RUNNERS | WILKOWICE   | POL  | MASTERS K - 40 | 00:00:47 | 01:04:42 | 01:41:22 |
| 82   | GRZELAKOWSKA IWONA     | 8442 |                        | POZNAŃ      | POL  | MASTERS K - 40 | 00:01:13 | 01:06:59 | 01:39:33 |
| 83   | ROBAK ANETA            | 8152 |                        | ŁĄDEK-ZDRÓJ | POL  | MASTERS K - 40 | 00:00:49 | 01:10:13 |          |

**BIEG TROJAK TRAIL - 10 KM, Masters M - 40**

| M-ce | Nazwisko i imię      | Nr   | Klub                                       | M-scowość    | Kraj | Kat.           | 0.01km   | 3.7km    | 5.8km    |
|------|----------------------|------|--------------------------------------------|--------------|------|----------------|----------|----------|----------|
| 1    | FRANCZAK MARIUSZ     | 8434 | DTR BIEGA / MARIO TEAM                     | KSIĘGINICE   | POL  | MASTERS M - 40 | 00:00:01 | 00:21:32 | 00:32:26 |
| 2    | STASIUKIEWICZ RAFAŁ  | 8556 | 7 KLOG                                     | GDYNIA       | POL  | MASTERS M - 40 | 00:00:02 | 00:21:48 | 00:33:20 |
| 3    | JĘDRYCHOWSKI PIOTR   | 8467 | KB SOBÓTKA / PRZEDWOJEWSKI TEAM            | SOBÓTKA      | POL  | MASTERS M - 40 | 00:00:03 | 00:22:28 | 00:33:39 |
| 4    | GROMAŁA KRZYSZTOF    | 8360 | WOSIEKTEAM                                 | ŚWIEBOZICE   | POL  | MASTERS M - 40 | 00:00:03 | 00:22:35 | 00:33:33 |
| 5    | BEDNARZ KRZYSZTOF    | 8094 | PRZEDWOJEWSKI TEAM                         | LUBSZA       | POL  | MASTERS M - 40 |          | 00:23:24 | 00:35:14 |
| 6    | TARGOSZ MICHAŁ       | 8252 | #ADAMCZERWIŃSKITEAM                        | KRAKÓW       | POL  | MASTERS M - 40 | 00:00:02 | 00:23:30 | 00:35:07 |
| 7    | SZYMANOWSKI ŁUKASZ   | 8420 | LESZ NO LIMITS RUNNERS                     | WŁOSZAKOWICE | POL  | MASTERS M - 40 | 00:00:02 | 00:23:33 | 00:36:04 |
| 8    | KOŁODZIEJ ROMAN      | 8192 |                                            | KARŁOWICE    | POL  | MASTERS M - 40 | 00:00:02 | 00:24:32 | 00:36:11 |
| 9    | STRZELCZAK ROBERT    | 8373 | EUROVENT ATHLETICS / TRAIL IS OUR WAY TEAM | OPOLE        | POL  | MASTERS M - 40 | 00:00:05 | 00:25:10 | 00:37:14 |
| 10   | ALTEWĘGIER JAROSŁAW  | 8243 | 140MINUT.PL                                | WROCŁAW      | AFG  | MASTERS M - 40 | 00:00:07 | 00:25:12 | 00:37:35 |
| 11   | WITEK PAWEŁ          | 8397 | KOWARY BIEGAJĄ                             | KOWARY       | POL  | MASTERS M - 40 | 00:00:07 | 00:25:25 | 00:37:55 |
| 12   | MIKOŁAJCZYK MIROSLAW | 8070 | MIRAZ RACE TEAM                            | ZABRZE       | POL  | MASTERS M - 40 | 00:00:03 | 00:25:39 | 00:37:52 |
| 13   | KONRAD ARTUR         | 8333 | BRACIA TEAM ZAWIERCIE                      | ZAWIERCIE    | POL  | MASTERS M - 40 | 00:00:07 | 00:26:07 | 00:39:01 |
| 14   | KOTOWICZ TOMASZ      | 8463 |                                            | WROCŁAW      | POL  | MASTERS M - 40 | 00:00:06 | 00:27:20 | 00:40:50 |
| 15   | BUŁACZ JACEK         | 8040 | DZIEWIEĆ SIŁ STRONIE ŚLĄSKIE               | ŁĄDEK ZDRÓJ  | POL  | MASTERS M - 40 | 00:00:27 | 00:28:10 | 00:42:11 |
| 16   | BRANDENBURG MICHAŁ   | 8015 | PRZYJACIELE TEAM                           | KĄKOLEWO     | POL  | MASTERS M - 40 | 00:00:36 | 00:28:54 | 00:42:47 |
| 17   | BŁASZKOWSKI DANIEL   | 8582 | ŚLEDZIKI                                   | RAWICZ       | POL  | MASTERS M - 40 | 00:00:03 | 00:29:00 | 00:43:13 |
| 18   | ZAWADA ZBIGNIEW      | 8196 |                                            | OLESNICA     | POL  | MASTERS M - 40 | 00:00:19 | 00:29:17 | 00:43:39 |
| 19   | HRYCAJ MARIUSZ       | 8031 | REBELLION OF FREE RUNNERS                  | OPOLE        | POL  | MASTERS M - 40 | 00:00:06 | 00:29:23 | 00:43:21 |
| 20   | BACKER MARCIN        | 8224 | TOPOLICE TEAM                              | PASIKUROWICE | POL  | MASTERS M - 40 | 00:00:18 | 00:30:21 | 00:45:29 |

**BIEG TROJAK TRAIL - 10 KM, Masters M - 40 c.d.**

| M-ce | Nazwisko i imię     | Nr   | Klub                                   | M-scowość               | Kraj | Kat.           | 0.01km   | 3.7km    | 5.8km    |
|------|---------------------|------|----------------------------------------|-------------------------|------|----------------|----------|----------|----------|
| 21   | BARANOW TOMASZ      | 8587 | LEWANDOWSCY T                          | PLETERÓW                | POL  | MASTERS M - 40 | 00:00:06 | 00:30:21 | 00:45:48 |
| 22   | MOKRZYŃSKI MARCIN   | 8570 | KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA    | OLEDRZYCHOWICE KŁODZKIE | POL  | MASTERS M - 40 | 00:00:12 | 00:30:31 | 00:44:24 |
| 23   | DYBYSŁAWSKI ADAM    | 8335 | KOJOTY TEAM                            | WARSZAWA                | POL  | MASTERS M - 40 | 00:00:05 | 00:30:39 | 00:47:22 |
| 24   | WOJTAS ŁUKASZ       | 8198 | GRUPA OLX TEAM                         | TOMASZKOWICE            | POL  | MASTERS M - 40 | 00:00:47 | 00:30:48 | 00:46:15 |
| 25   | MAZIAREK MICHAŁ     | 8276 |                                        | NIEMODLIN               | POL  | MASTERS M - 40 | 00:00:12 | 00:31:07 | 00:47:12 |
| 26   | CHOJNACKI TOMASZ    | 8065 |                                        | BIESTRZYNNIK            | POL  | MASTERS M - 40 | 00:01:02 | 00:31:09 | 00:45:16 |
| 27   | MATYSIAK MARCIN     | 8401 | T.S. IRON MAN GOGOLIN                  | GOGOLIN                 | POL  | MASTERS M - 40 | 00:00:20 | 00:31:43 | 00:48:12 |
| 28   | WUJDA MIROSŁAW      | 8102 | ERNI RULEZ                             | DĘBNO                   | POL  | MASTERS M - 40 | 00:00:48 | 00:31:44 | 00:48:34 |
| 29   | ZASŁAWSKI LECH      | 8087 |                                        | WROCŁAW                 | POL  | MASTERS M - 40 | 00:00:08 | 00:31:50 | 00:48:27 |
| 30   | SZYMAŃSKI GRZEGORZ  | 8297 | RNB POLANICA ZDRÓJ                     | POLANICA-ZDRÓJ          | POL  | MASTERS M - 40 | 00:00:28 | 00:32:08 | 00:48:16 |
| 31   | BAJER MIKOŁAJ       | 8056 | TARNOWO PODGÓRNE BIEGA                 | TARNOWO PODGÓRNE        | POL  | MASTERS M - 40 | 00:00:25 | 00:32:25 | 00:48:33 |
| 32   | SMOLEŃ SEBASTIAN    | 8588 |                                        | ŁĄDEK ZDRÓJ             | POL  | MASTERS M - 40 | 00:00:15 | 00:32:41 | 00:48:39 |
| 33   | GRZYB KRZYSZTOF     | 8370 | KLUB BIEGACZA RTV EURO AGD             | POZNAŃ                  | POL  | MASTERS M - 40 |          | 00:33:08 | 00:48:52 |
| 34   | BASTRZYK TOMASZ     | 8005 |                                        | SKARŻYSKO-KAMIENNA      | POL  | MASTERS M - 40 | 00:00:37 | 00:33:20 | 00:47:57 |
| 35   | STASIAK ŁUKASZ      | 8461 | LEŚNE DZIKI PGB                        | LESZNO                  | POL  | MASTERS M - 40 | 00:00:12 | 00:33:35 | 00:50:33 |
| 36   | MAJKA JAREK         | 8058 | FAMILIAMAJKA                           | SZCZECIN                | POL  | MASTERS M - 40 | 00:00:22 | 00:34:07 | 00:49:31 |
| 37   | WOJTKIEWICZ ADAM    | 8344 | STAJNIAK#TEAM                          | OLEŚNICA                | POL  | MASTERS M - 40 | 00:00:32 | 00:34:09 | 00:49:33 |
| 38   | OZIMINA HUBERT      | 8156 | OBORYGENI                              | OBORNIKI ŚLĄSKIE        | POL  | MASTERS M - 40 | 00:00:12 | 00:34:15 | 00:51:16 |
| 39   | ŻUKIEWICZ KRZYSZTOF | 8281 | TKKF MPK POZNAŃ                        | POZNAŃ                  | POL  | MASTERS M - 40 | 00:00:18 | 00:34:38 | 00:52:03 |
| 40   | KISIAŁA FILIP       | 8240 |                                        | KRAKÓW                  | POL  | MASTERS M - 40 | 00:00:21 | 00:34:42 | 00:52:16 |
| 41   | PALMOWSKI RAFAŁ     | 8313 |                                        | ZGIERZ                  | POL  | MASTERS M - 40 | 00:00:16 | 00:34:43 | 00:52:07 |
| 42   | BOCIĄGA PAWEŁ       | 8312 | RODZINNA GRUPA ROWEROWA Z MIASTA ŁODZI | ŁÓDŹ                    | POL  | MASTERS M - 40 | 00:00:16 | 00:34:51 | 00:52:02 |
| 43   | PRUSICKI RAFAŁ      | 8122 |                                        | ZABRZE                  | POL  | MASTERS M - 40 | 00:00:17 | 00:35:13 | 00:53:31 |
| 44   | SAWICKI ADRIAN      | 8256 |                                        | WROCŁAW                 | POL  | MASTERS M - 40 | 00:01:09 | 00:35:22 | 00:52:13 |
| 45   | SIWEK GRZEGORZ      | 8044 | LANRUNS                                | LANCKORONA              | POL  | MASTERS M - 40 | 00:00:29 | 00:35:47 | 00:52:15 |
| 46   | SAWICKI PIOTR       | 8558 | MOTOR LUBLIN                           | LUBLIN                  | POL  | MASTERS M - 40 | 00:00:30 | 00:37:01 | 00:52:21 |
| 47   | NAGLER TOMASZ       | 8147 |                                        | POZNAŃ                  | POL  | MASTERS M - 40 | 00:00:49 | 00:37:17 | 00:57:00 |
| 48   | MERAK KRZYSZTOF     | 8363 | KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA    | OLEDRZYCHOWICE KŁODZKIE | POL  | MASTERS M - 40 | 00:01:19 | 00:37:26 | 00:54:00 |
| 49   | KOZŁOWSKI MARIUSZ   | 8045 | KB ODRA OPOLE                          | OPOLE                   | POL  | MASTERS M - 40 | 00:00:30 | 00:37:33 | 00:56:00 |

**BIEG TROJAK TRAIL - 10 KM, Masters M - 40 c.d.**

| M-ce | Nazwisko i imię    | Nr   | Klub                   | M-scowość           | Kraj | Kat.           | 0.01km   | 3.7km    | 5.8km    |
|------|--------------------|------|------------------------|---------------------|------|----------------|----------|----------|----------|
| 50   | OSUCH MARCIN       | 8345 |                        | POZNAŃ              | POL  | MASTERS M - 40 | 00:00:58 | 00:37:50 | 00:55:29 |
| 51   | SZWACZKA SEBASTIAN | 8300 | BW BIEGOWY WARIAT      | WARSZAWA            | POL  | MASTERS M - 40 | 00:01:11 | 00:37:54 | 00:56:26 |
| 52   | BUGAJSKI MARCIN    | 8187 |                        | WARSZAWA            | POL  | MASTERS M - 40 | 00:00:25 | 00:38:01 | 00:56:46 |
| 53   | NAZARY PIOTR       | 8383 | OBORYGENI              | OBORNIKI ŚLĄSKIE    | POL  | MASTERS M - 40 | 00:00:27 | 00:38:55 | 00:57:06 |
| 54   | DĄBKOWSKI ADAM     | 8124 |                        | WŁOSZAKOWICE        | POL  | MASTERS M - 40 | 00:00:42 | 00:40:07 | 00:57:13 |
| 55   | BIAŁEK MARCIN      | 8115 |                        | STRONIE ŚLĄSKIE     | POL  | MASTERS M - 40 | 00:01:04 | 00:40:19 | 00:58:49 |
| 56   | SAMOLAK ŁUKASZ     | 8228 |                        | ŁĄDEK ZDRÓJ         | POL  | MASTERS M - 40 | 00:01:28 | 00:40:38 | 00:56:38 |
| 57   | STROIŃSKI WOJCIECH | 8081 | LESZ NO LIMITS RUNNERS | WILKOWICE           | POL  | MASTERS M - 40 | 00:00:50 | 00:41:03 | 01:00:19 |
| 58   | GABOR MACIEJ       | 8368 |                        | WARSZAWA            | POL  | MASTERS M - 40 | 00:01:20 | 00:41:04 | 01:00:29 |
| 59   | IGNASZEWSKI MICHAŁ | 8566 |                        | RADZYNY             | POL  | MASTERS M - 40 | 00:00:51 | 00:41:24 | 01:01:10 |
| 60   | DULIK RADOSŁAW     | 8604 | OPOLE                  | OPOLE               | POL  | MASTERS M - 40 | 00:00:57 | 00:41:33 | 01:00:30 |
| 61   | KOWAL IRENEUSZ     | 8024 |                        | LESZNO              | POL  | MASTERS M - 40 | 00:00:45 | 00:41:46 | 01:01:51 |
| 62   | SZAREK SŁAWOMIR    | 8067 | K.S. OBSTAWIMY TYŁY    | WROCŁAW             | POL  | MASTERS M - 40 | 00:00:55 | 00:42:55 | 01:01:44 |
| 63   | ODIJA LESZEK       | 8412 |                        | WIRY                | POL  | MASTERS M - 40 | 00:01:18 | 00:43:13 | 01:02:26 |
| 64   | NITSCHKE KAROL     | 8359 | TKKF MPK POZNAŃ        | POZNAŃ              | POL  | MASTERS M - 40 | 00:01:00 | 00:43:34 | 01:06:26 |
| 65   | SROCZYŃSKI MACIEJ  | 8235 |                        | ŻERNIKI WROCŁAWSKIE | POL  | MASTERS M - 40 | 00:01:16 | 00:44:28 | 01:06:36 |
| 66   | MORAWSKI JAROSŁAW  | 8385 | BIEGNIJ OŁAWO          | OŁAWA               | POL  | MASTERS M - 40 | 00:00:36 | 00:45:11 | 01:08:23 |
| 67   | DYBAŁA MICHAŁ      | 8177 | NULL                   | KRZESZOWICE         | POL  | MASTERS M - 40 | 00:00:32 | 00:45:28 | 01:08:13 |
| 68   | GAWŁAS ROMAN       | 8078 |                        | WADOWICE            | POL  | MASTERS M - 40 | 00:00:39 | 00:45:49 | 01:09:05 |
| 69   | PLASZCZAK JAROSŁAW | 8161 |                        | TULCE               | POL  | MASTERS M - 40 | 00:00:32 | 00:46:03 | 01:09:07 |
| 70   | SZCZERBIEŃ JACEK   | 8150 |                        | KŁODZKO             | POL  | MASTERS M - 40 | 00:00:51 | 00:47:09 | 01:11:00 |
| 71   | SOWIŃSKI ROBERT    | 8117 | K.S. OBSTAWIAMY TYŁY   | WROCŁAW             | POL  | MASTERS M - 40 | 00:01:00 | 00:48:37 | 01:18:00 |
| 72   | WIŚNIEWSKI MICHAŁ  | 8119 | K.S. OBSTAWIAMY TYŁY   | WROCŁAW             | POL  | MASTERS M - 40 | 00:00:59 | 00:49:36 | 01:18:00 |
| 73   | KONIECZNY ROBERT   | 8021 | WKURW_TEAM             | ŻARY                | POL  | MASTERS M - 40 | 00:01:15 | 00:52:13 | 01:15:37 |
| 74   | FILIPIAK SEBASTIAN | 8219 | EKIPA LIPA             | LIPA                | POL  | MASTERS M - 40 | 00:00:52 | 00:52:30 | 01:15:19 |
| 75   | GIERSZEWSKI MAREK  | 8591 | HRT                    | STAROGARD GDAŃSKI   | POL  | MASTERS M - 40 | 00:01:03 | 00:54:33 | 01:21:43 |
| 76   | BĄCZEK KRZYSZTOF   | 8310 |                        | ZAWIERCIE           | POL  | MASTERS M - 40 | 00:01:17 | 00:55:53 | 01:22:34 |
| 77   | SZYMAŃSKI PAWEŁ    | 8378 |                        | POZNAŃ              | POL  | MASTERS M - 40 | 00:01:20 | 01:02:58 | 01:36:41 |

**BIEG TROJAK TRAIL - 10 KM, Weteran K - 50**

| M-ce | Nazwisko i imię     | Nr   | Klub                    | M-scowość          | Kraj | Kat.           | 0.01km   | 3.7km    | 5.8km    |
|------|---------------------|------|-------------------------|--------------------|------|----------------|----------|----------|----------|
| 1    | ŁASKOWSKA MARZENA   | 8479 | WOT                     | OLECKO             | POL  | WETERAN K - 50 | 00:00:04 | 00:24:51 | 00:37:12 |
| 2    | LUBAŃSKA ALICJA     | 8318 |                         | BUKOWICE           | POL  | WETERAN K - 50 | 00:00:15 | 00:33:13 | 00:50:04 |
| 3    | HEJNA MAŁGORZATA    | 8266 |                         | SZCZECIN           | POL  | WETERAN K - 50 | 00:00:08 | 00:35:17 | 00:53:47 |
| 4    | PTASZYŃSKA JOANNA   | 8086 |                         | WROCŁAW            | POL  | WETERAN K - 50 | 00:00:23 | 00:35:29 | 00:53:18 |
| 5    | BŁACHNIO DOROTA     | 8072 | RAZ SZCZECIN            | SZCZECIN           | POL  | WETERAN K - 50 | 00:00:08 | 00:39:27 | 00:59:33 |
| 6    | WĘGRZYNOWSKA RENATA | 8340 |                         | PIŁA               | POL  | WETERAN K - 50 | 00:00:51 | 00:40:32 | 01:01:18 |
| 7    | KOCHANOWSKA GRAŻYNA | 8476 |                         | OSTRÓW MAZOWIECKA  | POL  | WETERAN K - 50 | 00:00:35 | 00:42:29 | 01:03:59 |
| 8    | WOŹNIAK LIDIA       | 8223 | PORMAT JEDLICZE BIEGA   | SKOŁYSZYN          | POL  | WETERAN K - 50 | 00:00:34 | 00:43:49 | 01:05:26 |
| 9    | GABERT BEATA        | 8028 | RAZ SZCZECIN            | SZCZECIN           | POL  | WETERAN K - 50 | 00:00:08 | 00:44:22 | 01:07:15 |
| 10   | LACHOR ANNA         | 8275 |                         | POZNAŃ             | POL  | WETERAN K - 50 | 00:01:31 | 00:45:31 | 01:06:28 |
| 11   | BIENIEK IWONA       | 8295 |                         | PRZYBYŚLAWICE 110A | POL  | WETERAN K - 50 | 00:00:16 | 00:45:37 | 01:09:31 |
| 12   | DZIUBAŁA ILONA      | 8247 |                         | POPÓW              | POL  | WETERAN K - 50 | 00:00:24 | 00:46:39 | 01:09:56 |
| 13   | TOCZEK GRAŻYNA      | 8144 | NIGHT RUNNERS PYSKOWICE | PYSKOWICE          | POL  | WETERAN K - 50 | 00:01:08 | 00:47:17 | 01:11:31 |
| 14   | JOŃCZYK ELŻBIETA    | 8098 | TUP TUP                 | ŁĄDEK ZDRÓJ        | POL  | WETERAN K - 50 | 00:01:08 | 00:49:33 | 01:12:22 |
| 15   | SZCZUKA MAŁGORZATA  | 8365 |                         | WIRY               | POL  | WETERAN K - 50 | 00:00:48 | 00:49:37 | 01:14:51 |
| 16   | SZYMAŃSKA ANIA      | 8225 |                         | SZCZECIN           | POL  | WETERAN K - 50 | 00:01:01 | 00:50:39 | 01:16:41 |
| 17   | JANOSZ MARZENA      | 8099 |                         | WROCŁAW            | POL  | WETERAN K - 50 | 00:01:08 | 00:54:21 | 01:23:14 |
| 18   | MAJCHRZAK MONIKA    | 8022 | WKURW_TEAM              | POZNAŃ             | POL  | WETERAN K - 50 | 00:01:13 | 00:59:27 | 01:28:22 |
| 19   | ZALESZCZAK RENATA   | 8011 | KB SZAMOTUŁY            | SZAMOTUŁY          | POL  | WETERAN K - 50 | 00:00:52 | 01:04:02 | 01:37:19 |
| 20   | MRÓWCZYŃSKA EWA     | 8392 |                         | JAKTORÓW           | POL  | WETERAN K - 50 | 00:00:33 | 01:10:39 |          |

**BIEG TROJAK TRAIL - 10 KM, Weteran I M - 50**

| M-ce | Nazwisko i imię   | Nr   | Klub                                                | M-scowość        | Kraj | Kat.             | 0.01km   | 3.7km    | 5.8km    |
|------|-------------------|------|-----------------------------------------------------|------------------|------|------------------|----------|----------|----------|
| 1    | PRZYSTARZ ARTUR   | 8173 | OBORYGENI                                           | OBORNIKI ŚLĄSKIE | POL  | WETERAN I M - 50 | 00:00:04 | 00:22:54 | 00:34:28 |
| 2    | KLIMCZAK PIOTR    | 8477 | GIMPAS PASŁĘK                                       | KŁODZKO          | POL  | WETERAN I M - 50 | 00:00:11 | 00:24:42 | 00:36:32 |
| 3    | BUKOWSKI EDWARD   | 8384 | CENTRUM KULTURY KLUCZBORK-KLUCZBORSKA GRUPA BIEGOWA | KLUCZBORK        | POL  | WETERAN I M - 50 | 00:00:09 | 00:25:00 | 00:37:25 |
| 4    | CICHY KRZYSZTOF   | 8436 | GÓRAL Z MAZUR RUNNING TEAM                          | POZNAŃ           | POL  | WETERAN I M - 50 | 00:00:08 | 00:27:07 | 00:40:27 |
| 5    | SEK KAZIMIERZ     | 8470 | 10ŚBOT                                              | GRĘBÓW           | POL  | WETERAN I M - 50 | 00:00:02 | 00:27:10 | 00:41:20 |
| 6    | SIERGIEJ ZBIGNIEW | 8561 | RUN TEAM TYGRYSY ORZYSZ                             | ODOJE            | POL  | WETERAN I M - 50 | 00:00:01 | 00:29:41 | 00:45:03 |

**BIEG TROJAK TRAIL - 10 KM, Weteran I M - 50 c.d.**

| M-ce | Nazwisko i imię      | Nr   | Klub                      | M-scowość               | Kraj | Kat.             | 0.01km   | 3.7km    | 5.8km    |
|------|----------------------|------|---------------------------|-------------------------|------|------------------|----------|----------|----------|
| 7    | BARTKOWIAK HUBERT    | 8060 |                           | RADZIĄDZ                | POL  | WETERAN I M - 50 | 00:00:26 | 00:30:09 | 00:45:18 |
| 8    | WOŹNIAK JANUSZ       | 8222 | PORMAT JEDLICZE BIEGA     | SKOŁYSZYN               | POL  | WETERAN I M - 50 | 00:00:10 | 00:30:47 | 00:46:33 |
| 9    | FUCHS DARIUSZ        | 8598 | TEAM KURORT ŁĄDEK-ZDRÓJ   | OLĘDRZYCHOWICE KŁODZKIE | POL  | WETERAN I M - 50 | 00:01:19 | 00:32:36 | 00:47:46 |
| 10   | TYMOSZEWSKI WALDEMAR | 8569 |                           | PRUSZCZ GDAŃSKI         | POL  | WETERAN I M - 50 | 00:00:12 | 00:32:53 | 00:49:15 |
| 11   | KLIN ROBERT          | 8338 | WATAHA                    | BRZEG                   | POL  | WETERAN I M - 50 | 00:01:06 | 00:33:15 | 00:49:12 |
| 12   | MUČA MĀRIS           | 8204 | LBNB                      | FANA                    | NOR  | WETERAN I M - 50 | 00:00:06 | 00:33:57 | 00:50:03 |
| 13   | BŁACHNIO KRZYSZTOF   | 8375 |                           | SZCZECIN                | POL  | WETERAN I M - 50 | 00:00:08 | 00:35:10 | 00:53:07 |
| 14   | GACIOCH JAROSŁAW     | 8398 | RUN TEAM TYGRYSY ORZYSZ   | ORZYSZ                  | POL  | WETERAN I M - 50 | 00:00:05 | 00:35:11 | 00:53:42 |
| 15   | SZYMAŁA MARCIN       | 8465 | KLUCZBORSKA GRUPA BIEGOWA | KLUCZBORK               | POL  | WETERAN I M - 50 | 00:00:44 | 00:36:19 | 00:53:17 |
| 16   | IMIŃSKI CEZARY       | 8104 |                           | ZGIERZ                  | POL  | WETERAN I M - 50 | 00:00:15 | 00:38:20 | 00:55:44 |
| 17   | KRZECZKOWSKI ROMAN   | 8176 | BIEGOWA ŚWIDNICA          | ŚWIDNICA                | POL  | WETERAN I M - 50 |          | 00:38:41 | 00:56:53 |
| 18   | URBANIAK JÓZEF       | 8576 | ULKS CZARNA GÓRA          | STRONIE ŚLĄSKIE         | POL  | WETERAN I M - 50 | 00:01:04 | 00:39:09 | 00:57:07 |
| 19   | GALEWSKI MARIUSZ     | 8074 | KOTLIN                    | KOTLIN                  | POL  | WETERAN I M - 50 | 00:00:17 | 00:39:10 | 00:59:08 |
| 20   | KRZYWICKI LESZEK     | 8579 | KIERUNEK ULTRA            | SUWAŁKI                 | POL  | WETERAN I M - 50 | 00:00:30 | 00:42:50 | 01:05:54 |
| 21   | MODRAK MACIEJ        | 8007 | PARKRUN GRUDZIĄDZ         | GRUDZIĄDZ               | POL  | WETERAN I M - 50 | 00:00:57 | 00:47:57 | 01:08:50 |
| 22   | DATA TOMASZ          | 8090 | HRMAX ŻORY                | ŻORY                    | POL  | WETERAN I M - 50 | 00:01:27 | 00:49:38 | 01:13:46 |
| 23   | SZCZUKA PAWEŁ        | 8366 |                           | WIRY                    | POL  | WETERAN I M - 50 | 00:00:54 | 00:49:43 | 01:14:48 |
| 24   | WALCZAK SŁAWOMIR     | 8118 |                           | GAŁĄZCZYCE              | POL  | WETERAN I M - 50 | 00:06:08 | 00:52:24 | 01:17:11 |
| 25   | MICHAŁSKI DARIUSZ    | 8020 | ALFA TEAM GOSTYŃ          | PIASKI                  | POL  | WETERAN I M - 50 | 00:01:18 | 01:03:24 | 01:35:55 |

**BIEG TROJAK TRAIL - 10 KM, Weteran II K - 60**

| M-ce | Nazwisko i imię        | Nr   | Klub                         | M-scowość           | Kraj | Kat.              | 0.01km   | 3.7km    | 5.8km    |
|------|------------------------|------|------------------------------|---------------------|------|-------------------|----------|----------|----------|
| 1    | MAJŁOWSKA IRENA        | 8120 |                              | GORZÓW WIELKOPOLSKI | POL  | WETERAN II K - 60 | 00:00:21 | 00:34:54 | 00:52:09 |
| 2    | WITKE ELŻBIETA         | 8109 |                              | KARPACZ             | POL  | WETERAN II K - 60 | 00:00:10 | 00:35:06 | 00:53:16 |
| 3    | MRÓZ URSZULA           | 8077 |                              | STRONIE SL          | POL  | WETERAN II K - 60 | 00:01:06 | 00:36:46 | 00:53:12 |
| 4    | WITCZAK-SPERKA MARIOLA | 8059 | RAZ SZCZECIN                 | SZCZECIN            | POL  | WETERAN II K - 60 | 00:00:22 | 00:44:09 | 01:07:19 |
| 5    | GONERA JANINA          | 8014 | KB HARCOWNIK JELCZ-LASKOWICE | MIŁOSZYCE           | POL  | WETERAN II K - 60 | 00:00:51 | 00:45:52 | 01:07:40 |
| 6    | SYPNIEWSKA HANNA       | 8327 | ULTRA WAY TEAM               | GDYNIA              | POL  | WETERAN II K - 60 | 00:01:25 | 00:49:39 | 01:14:04 |
| 7    | ANACZKOWSKA KRYSZYNA   | 8307 | ZANTYR SZTUM                 | SZTUM               | POL  | WETERAN II K - 60 | 00:00:35 | 00:51:29 | 01:17:38 |

**BIEG TROJAK TRAIL - 10 KM, Weteran II M - 60**

| M-ce | Nazwisko i imię      | Nr   | Klub                    | M-scowość     | Kraj | Kat.                 | 0.01km   | 3.7km    | 5.8km    |
|------|----------------------|------|-------------------------|---------------|------|----------------------|----------|----------|----------|
| 1    | ZIMNY TOMASZ         | 8265 | FARTY PUSZCZY           | SZCZECIN      | POL  | WETERAN II<br>M - 60 | 00:00:08 | 00:32:25 | 00:47:53 |
| 2    | BOSEK LESZEK         | 8286 |                         | BIAŁA NYSKA   | POL  | WETERAN II<br>M - 60 | 00:00:29 | 00:32:28 | 00:48:02 |
| 3    | ŁASZKIEWICZ PIOTR    | 8010 | ATHLETICS TEM PRUSICE   | BRZEŻNO       | POL  | WETERAN II<br>M - 60 | 00:00:14 | 00:36:49 | 00:54:45 |
| 4    | NAPIERAŁA ANDRZEJ    | 8430 | MTS DRUŻYNA SZPIKU KGHM | GOSTYŃ        | POL  | WETERAN II<br>M - 60 | 00:01:49 | 00:37:33 | 00:54:38 |
| 5    | BRZEZIŃSKI ANDRZEJ   | 8062 | LANRUNS                 | OLKUSZ        | POL  | WETERAN II<br>M - 60 | 00:00:05 | 00:38:16 | 00:57:23 |
| 6    | WOŹNIAK MIROSŁAW     | 8339 | TKKF MPK POZNAŃ         | KOZIEGŁOWY    | POL  | WETERAN II<br>M - 60 | 00:01:00 | 00:39:27 | 00:57:10 |
| 7    | KUCIŃSKI ANDRZEJ     | 8064 | BAZA ZDROWIA FRESCO     | WARSZAWA      | POL  | WETERAN II<br>M - 60 | 00:00:44 | 00:41:53 | 01:01:36 |
| 8    | MACIEJEWSKI PIOTR    | 8210 | SUPERMARATON KALISZ     | KALISZ        | POL  | WETERAN II<br>M - 60 | 00:00:20 | 00:41:59 | 01:01:47 |
| 9    | PILARSKI RYSZARD     | 8446 | IZERY BOGATYNIA         | BOGATYNIA     | POL  | WETERAN II<br>M - 60 | 00:00:17 | 00:48:02 | 01:13:25 |
| 10   | SZKUTA STANISŁAW     | 8308 | ROVELLI TEORIA KWANTÓW  | BIELSKO-BIAŁA | POL  | WETERAN II<br>M - 60 | 00:00:21 | 00:51:03 | 01:20:36 |
| 11   | KRZEMIENIEWSKI JERZY | 8054 | KB SZAMOTUŁY            | SZAMOTUŁY     | POL  | WETERAN II<br>M - 60 | 00:01:16 | 01:00:08 | 01:33:22 |

**BIEG TROJAK TRAIL - 10 KM, Weteran III K - 70**

| M-ce | Nazwisko i imię     | Nr   | Klub            | M-scowość | Kraj | Kat.                  | 0.01km   | 3.7km    | 5.8km    |
|------|---------------------|------|-----------------|-----------|------|-----------------------|----------|----------|----------|
| 1    | PRZYŁUSKA MIROSŁAWA | 8032 | RAZ SZCZECIN    | SZCZECIN  | POL  | WETERAN III<br>K - 70 | 00:00:24 | 00:47:21 | 01:12:53 |
| 2    | PILARSKA ELŻBIETA   | 8410 | IZERY BOGATYNIA | BOGATYNIA | POL  | WETERAN III<br>K - 70 | 00:00:17 | 00:48:03 | 01:13:26 |

**BIEG TROJAK TRAIL - 10 KM, Weteran III M - 70**

| M-ce | Nazwisko i imię      | Nr   | Klub               | M-scowość           | Kraj | Kat.                  | 0.01km   | 3.7km    | 5.8km    |
|------|----------------------|------|--------------------|---------------------|------|-----------------------|----------|----------|----------|
| 1    | MAŁKOWSKI PIOTR      | 8372 | AMATOR             | KOŚCIAN             | POL  | WETERAN III<br>M - 70 | 00:00:13 | 00:32:17 | 00:47:43 |
| 2    | MAJŁOWSKI ALEKSANDER | 8121 |                    | GORZÓW WIELKOPOLSKI | POL  | WETERAN III<br>M - 70 | 00:00:20 | 00:33:17 | 00:49:55 |
| 3    | SZYMAŁA JAN          | 8125 |                    | KLUCZBORK           | POL  | WETERAN III<br>M - 70 | 00:00:23 | 00:37:57 | 00:57:36 |
| 4    | MŁYNARSKI MARIAN     | 8309 |                    | BIELSKO-BIAŁA       | POL  | WETERAN III<br>M - 70 | 00:00:19 | 00:43:46 | 01:05:39 |
| 5    | KOLASA ANDRZEJ       | 8129 | KLUB J.SŁOWACKIEGO | WARSZAWA-WESOŁA     | POL  | WETERAN III<br>M - 70 | 00:00:02 | 00:46:52 | 01:14:10 |
| 6    | GLASSER MAREK        | 8478 |                    | WARSZAWA            | POL  | WETERAN III<br>M - 70 | 00:01:14 | 00:49:37 | 01:14:22 |