

## BIEG TROJAK TRAIL - 10 KM

Organizator: Fundacja MARATONY GÓRSKIE  
Data: 2023-07-16  
Miejsce: Łądek-Zdrój  
Dystans: 10 km  
Klasyfikacja wg czasów brutto.



## BIEG TROJAK TRAIL - 10 KM, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
1	KRÓL ADRIAN	9495	LACHO TEAM	SIEPRAW	POL	SENIOR I M - 20	1	M 1	00:23:46	00:34:18	00:52:36.85	00:52:42.20	5:15	11.4
2	KUJAWA ZBIGNIEW	9390	TKKF KOLEJARZ BYDGOSZCZ/ZAŁOGA GÓRSKA	JANOWIEC WIELKOPOLSKI	POL	SENIOR II M - 30	1	M 2	00:23:31	00:34:35	00:54:11.30	00:54:13.90	5:25	11.1
3	DYJAK ROBERT	9032		STRONIE ŚLĄSKIE	POL	MASTERS M - 40	1	M 3	00:24:16	00:35:19	00:54:50.35	00:54:53.35	5:29	10.9
4	KONIECZNY SZYMON	9514		CHOSZCZNO	POL	SENIOR II M - 30	2	M 4	00:24:15	00:35:15	00:54:51.65	00:54:56.10	5:29	10.9
5	SOKÓŁ KRZYSZTOF	9476	TEAM EAZYMUT.PL	OLSZTYN	POL	SENIOR I M - 20	2	M 5	00:23:58	00:35:40	00:55:51.05	00:55:54.45	5:35	10.7
6	PIÓRKOWSKI PRZEMYSŁAW	9378	JAZDA!!!	BĘDZIN	POL	SENIOR I M - 20	3	M 6	00:25:02	00:35:44	00:55:58.20	00:56:00.60	5:35	10.7
7	PIEKARSKI JAKUB	9436	ROO HATCH WILKÓW	KATOWICE	POL	SENIOR I M - 20	4	M 7	00:25:09	00:36:30	00:55:58.80	00:56:10.15	5:35	10.7
8	RUTKOWSKI DAMIAN	9307	ZSZ LIDZBARK WARMIŃSKI	LIDZBARK WARMIŃSKI	POL	SENIOR I M - 20	5	M 8	00:24:15	00:35:45	00:56:16.00	00:56:18.70	5:37	10.7
9	TOMASIAK DOMINIK	9544	AKUJO NO FUKA-NASAKE	OPOLE	POL	MASTERS M - 40	2	M 9	00:25:05	00:36:18	00:56:39.85	00:56:44.10	5:39	10.6
10	JĘDRYCHOWSKI PIOTR	9125	KB SOBÓTKA	SOBÓTKA	POL	MASTERS M - 40	3	M 10	00:24:38	00:35:53	00:57:42.15	00:57:45.45	5:46	10.4
11	DUTKOWSKI MIKOŁAJ	9037	CX-80 POLSKA	RASZKÓW	POL	SENIOR II M - 30	3	M 11	00:26:22	00:38:04	00:58:31.65	00:58:37.00	5:51	10.3
12	WIECZOREK NINA	9371	SBG SALCO	OLEŚNICA	POL	SENIOR I K - 20	1	K 1	00:26:31	00:38:17	00:58:51.80	00:58:55.95	5:53	10.2
13	RACZAK MACIEJ	9175	42K PRO TEAM	SIEMIANOWICE ŚLĄSKIE	POL	SENIOR II M - 30	4	M 12	00:26:36		00:58:52.80	00:59:00.10	5:53	10.2
14	SKORUPA JACEK	9568	EUFORIA BIEGACZA TEAM	KRZYŻOWA	POL	MASTERS M - 40	4	M 13	00:26:23	00:38:15	00:59:10.50	00:59:15.60	5:55	10.1
15	TOMKÓW ROBERT	9131	FAST FOOT OPOLE	KOMPRACHCICE	POL	WETERAN I M - 50	1	M 14	00:27:05	00:38:49	00:59:24.25	00:59:26.60	5:56	10.1
16	KWIATKOWSKA KINGA	9375	HOKA GARMIN TEAM	RADKÓW	POL	SENIOR II K - 30	1	K 2	00:26:56	00:38:49	00:59:57.80	01:00:02.70	5:59	10
17	PRZYZYSTARZ ARTUR	9060	OBOROGENI	OBORNIKI ŚLĄSKIE	POL	WETERAN I M - 50	2	M 15	00:26:55	00:38:52	01:00:50.00	01:00:56.80	6:05	9.9
18	FLOREK KATARZYNA	9221	AW-SZYBCIEJ-TEAM	WROCŁAW	POL	SENIOR II K - 30	2	K 3	00:27:34	00:40:04	01:01:14.70	01:01:18.40	6:07	9.8
19	GOLEC BARTŁOMIEJ	9530	KS KANDAHAR	ŻABNICA	POL	MASTERS M - 40	5	M 16	00:25:53		01:01:36.10	01:01:42.10	6:09	9.7
20	LESNICKI MAREK	9427	STRZEGOMSKA DWUNASTKA	STANOWICE	POL	WETERAN I M - 50	3	M 17	00:27:16	00:39:39	01:02:15.00	01:02:23.00	6:13	9.6
21	PODWÓJCI MICHAŁ	9298	GÓRAL Z MAZUR RUNNING TEAM	SKÓRZEWO	POL	MASTERS M - 40	6	M 18	00:27:00	00:39:43	01:02:28.30	01:02:34.70	6:14	9.6
22	JEZIERSKI TOMASZ	9217		SKARŻYSKO-KAMIENNA	POL	MASTERS M - 40	7	M 19	00:28:11	00:40:45	01:02:42.90	01:02:47.95	6:16	9.6
23	WROTECKA KATARZYNA	9309	STAJNIAKTEAM	PIŁA	POL	SENIOR II K - 30	3	K 4	00:27:39	00:40:09	01:02:47.55	01:02:51.45	6:16	9.6
24	MAZUR JAN	9018		SOSNOWIEC	POL	SENIOR I M - 20	6	M 20	00:28:43	00:41:03	01:03:03.95	01:03:12.50	6:18	9.5
25	PODGÓRNY MARIUSZ	9324	TEAM OZIMEK	DYLAKI	POL	SENIOR II M - 30	5	M 21	00:28:14	00:40:49	01:03:21.55	01:03:27.50	6:20	9.5
26	JAGNIĄTKOWSKI JACEK	9526	TEAM KURORT ŁĄDEK-ZDRÓJ	XX	POL	MASTERS M - 40	8	M 22	00:28:44	00:41:36	01:03:39.00	01:03:50.20	6:21	9.4
27	KSIĄŻKIEWICZ BARTŁOMIEJ	9478	ROCKY BALBOA	BUKOWIEC	POL	MASTERS M - 40	9	M 23	00:28:33	00:41:18	01:03:51.35	01:03:55.80	6:23	9.4
28	ROSOLSKI DAWID	9057		KOŚCIAN	POL	SENIOR II M - 30	6	M 24	00:28:45	00:41:35	01:04:07.55	01:04:12.30	6:24	9.4
29	SZCZEPAŃSKI WOJCIECH	9205	PCH SPORT TEAM	DZIERŻONIÓW	POL	SENIOR I M - 20	7	M 25	00:28:46	00:41:53	01:04:15.70	01:04:18.60	6:25	9.3
30	KOCHAŃSKI TOMASZ	9038	PARKRUN GRUDZIĄDZ	GRUDZIĄDZ	POL	SENIOR II M - 30	7	M 26	00:29:01	00:42:11	01:04:22.20	01:04:27.10	6:26	9.3
31	PAJĄK ALAN	9170	ZIELONA MANUFAKTURA TEAM	ZIĘBICE	POL	SENIOR II M - 30	8	M 27	00:28:56	00:41:39	01:04:29.90	01:04:53.00	6:26	9.3
32	KUCHARSKI ROBERT	9325	ZAKOCHAJ SIĘ W BIEGANIU	WROCŁAW	POL	MASTERS M - 40	10	M 28	00:29:10	00:42:31	01:04:46.00	01:04:54.20	6:28	9.3
33	PALIŃSKI BARTŁOMIEJ	9093	ROZBIEGANI CHOJNÓW	CHOJNÓW	POL	SENIOR I M - 20	8	M 29	00:28:40	00:41:59	01:04:43.70	01:04:55.30	6:28	9.3
34	PIENIAŻEK PATRYK	9540			POL	SENIOR II M - 30	9	M 30	00:28:31	00:41:28	01:05:02.95	01:05:06.00	6:30	9.2
35	HUBNER ANTONI	9252	TLENOWA RADOŚĆ TEAM	WARSZAWA	POL	MASTERS M - 40	11	M 31	00:28:16	00:41:07	01:05:10.35	01:05:16.10	6:31	9.2
36	PITÓŃ MATEUSZ	9271		RADKÓW	POL	SENIOR I M - 20	9	M 32	00:28:42	00:41:30	01:05:33.40	01:05:44.15	6:33	9.2
37	GRUSZKA PIOTR	9362		GŁUCHOŁAZY	POL	SENIOR I M - 20	10	M 33	00:28:08	00:41:42	01:06:09.00	01:06:13.15	6:36	9.1
38	JANUSZ DAMIAN	9028	KUDOWIANKA RUN	SZCZYTNA	POL	SENIOR II M - 30	10	M 34	00:29:18	00:42:54	01:07:00.00	01:07:02.30	6:42	9
39	CHUDY MICHAŁ	9377		WARSZAWA	POL	SENIOR II M - 30	11	M 35	00:30:22	00:43:56	01:08:07.85	01:08:14.30	6:48	8.8
40	BRANDENBURG MICHAŁ	9030	PRZYJACIELE TEAM	KĄKOLEWO	POL	MASTERS M - 40	12	M 36	00:30:26	00:44:00	01:08:21.60	01:08:27.65	6:50	8.8
41	CIECIELAG ADAM	9238	KS PEGAZ	PIASECZNO	POL	JUNIOR I M - 20	1	M 37	00:30:04	00:44:08	01:08:32.10	01:08:39.30	6:51	8.8
42	WOJDANOWSKI JAN	9428	KB HARCOWNIK JELCZ-LASKOWICE	JELCZ-LASKOWICE	POL	WETERAN II M - 60	1	M 38	00:30:15	00:43:39	01:08:31.00	01:08:47.55	6:51	8.8
43	MACIŃSKI WALDEMAR	9437		BYDGOSZCZ	POL	MASTERS M - 40	13	M 39	00:29:16	00:43:11	01:07:42.20	01:08:50.70	6:46	8.9
44	ZACHARCZUK SZCZEPAN	9147	ENDORFINA WSCHOWA	WSCHOWA	POL	WETERAN II M - 60	2	M 40	00:30:56	00:44:52	01:08:43.75	01:08:54.00	6:52	8.7
45	KŁAKOWICZ MARIUSZ	9081		NOWY ŚWIĘTÓW	POL	MASTERS M - 40	14	M 41	00:29:36	00:43:10	01:08:17.50	01:09:01.45	6:49	8.8

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
46	ROMANOWICZ ŁUKASZ	9423		ŚWIDNICA	POL	SENIOR II M - 30	12	M 42	00:28:29	00:42:28	01:09:09.40	01:09:14.80	6:54	8.7
47	PLAZIAK-KOWALSKA MAGDALENA	9194	2K	LIBERTÓW	POL	MASTERS K - 40	1	K 5	00:30:43	00:44:46	01:09:33.85	01:09:43.20	6:57	8.6
48	WIWATOWSKA DAGMARA	9570		STRASZYN	POL	MASTERS K - 40	2	K 6	00:30:19	00:44:07	01:09:30.50	01:09:55.00	6:57	8.6
49	MAŁECKI DAMIAN	9389		KRAKÓW	POL	SENIOR II M - 30	13	M 43	00:30:58	00:44:44	01:09:34.20	01:09:55.30	6:57	8.6
50	CIECIOROWSKA ALEKSANDRA	9313	OFF-ROAD RUNNERS	WROCŁAW	POL	SENIOR I K - 20	2	K 7	00:30:44	00:45:03	01:10:10.65	01:10:14.35	7:01	8.6
51	KRYSIK MARCIN	9166		WARSZAWA	POL	SENIOR II M - 30	14	M 44	00:31:21	00:45:18	01:10:31.15	01:10:47.90	7:03	8.5
52	PIETRZYK TOMASZ	9327	LANIE NA ŚLEZY	ŚWIDNICA	POL	MASTERS M - 40	15	M 45	00:31:19	00:45:45	01:11:02.80	01:11:10.50	7:06	8.4
53	BIAŁCZYK MARCIN	9255	MARATOŃCZYK POZNAŃ	ROŚCIMIN	POL	SENIOR II M - 30	15	M 46	00:30:27	00:44:50	01:11:03.15	01:11:13.10	7:06	8.4
54	LISEK PIOTR	9341	LISEK TEAM	ZBIERSK-CUKROWNIA	POL	WETERAN II M - 60	3	M 47	00:31:38	00:45:47	01:11:16.70	01:11:20.70	7:07	8.4
55	ŻMIJA LILIANA	9017	FSD RUN DREZDENKO	ZWIERZYN	POL	SENIOR II K - 30	4	K 8	00:32:30	00:46:23	01:11:11.25	01:11:25.15	7:07	8.4
56	URBAŃSKI MICHAŁ	9379	LADEK-ZDRÓJ RUNNERS	LADEK-ZDRÓJ	POL	SENIOR II M - 30	16	M 48	00:31:08	00:45:26	01:11:13.45	01:11:30.80	7:07	8.4
57	KRUK TOMASZ	9347	SPORT GENERATION	NYSA	POL	MASTERS M - 40	16	M 49	00:30:59	00:45:25	01:11:22.65	01:11:32.75	7:08	8.4
58	PLEŚNIARSKI ZBIGNIEW	9579	KLUB SPORTOWY GRAŃ W KARPACZU	KARPACZ	POL	WETERAN II M - 60	4	M 50	00:32:13	00:46:25	01:11:50.30	01:11:54.75	7:11	8.4
59	KOTOWICZ TOMASZ	9287		WROCŁAW	POL	MASTERS M - 40	17	M 51	00:31:16	00:45:11	01:11:50.30	01:12:08.80	7:11	8.4
60	CHYLIŃSKI RADEK	9015		WŁOCŁAWEK	POL	SENIOR II M - 30	17	M 52	00:32:28	00:47:26	01:12:02.80	01:12:13.65	7:12	8.3
61	ŁUCZKA JACEK	9041	MELON TEAM	OPOLE	POL	MASTERS M - 40	18	M 53	00:31:26	00:45:53	01:11:51.90	01:12:23.70	7:11	8.4
62	JANC KACPER	9572		WOJCIESZÓW	POL	SENIOR II M - 30	18	M 54	00:30:26	00:45:06	01:10:52.20	01:12:26.70	7:05	8.5
63	WYGONOWSKI JACEK	9264	DZIKUR CREW	WARSZAWA	POL	WETERAN I M - 50	4	M 55	00:31:11	00:46:04	01:11:40.80	01:12:28.25	7:10	8.4
64	LEWICKI TOMASZ	9067	CAŁA OLEŚNICA BIEGA	DOBROSZYCE	GBR	MASTERS M - 40	19	M 56	00:31:58	00:45:59	01:12:11.95	01:12:54.00	7:13	8.3
65	SZYPKOWSKI MAREK	9516		CHWIRAM	POL	MASTERS M - 40	20	M 57	00:33:13	00:48:22	01:13:02.80	01:13:18.75	7:18	8.2
66	PAŚNIEWSKI PIOTR	9386	PRZEDWOJEWSKI TEAM	WARSZAWA	POL	SENIOR II M - 30	19	M 58	00:32:14	00:46:54	01:13:12.90	01:13:20.10	7:19	8.2
67	GIERAK WOJCIECH	9429	KB HARCOWNIK JELCZ-LASKOWICE	JELCZ-LASKOWICE	POL	WETERAN I M - 50	5	M 59	00:32:19	00:46:48	01:13:03.00	01:13:20.20	7:18	8.2
68	SZYDŁOWSKI ANDRZEJ	9402		WROCŁAW	POL	WETERAN II M - 60	5	M 60	00:32:34	00:47:21	01:13:18.25	01:13:26.65	7:19	8.2
69	SALA PAWEŁ	9574	MIZUNO TURBACZ TEAM	TĘCZYN	POL	MASTERS M - 40	21	M 61	00:33:58	00:48:11	01:13:27.60	01:13:54.45	7:20	8.2
70	WYWIĄŁ ŁUKASZ	9367	SAINT-GOBAIN SQUAD	WOJKOWICE	POL	SENIOR II M - 30	20	M 62	00:32:26	00:47:19	01:13:31.55	01:13:54.95	7:21	8.2
71	WALCZAK ADRIAN	9188	AKADEMIA WOJSK ŁADOWYCH	GRODKÓW	POL	SENIOR I M - 20	11	M 63	00:31:21	00:47:13	01:13:46.20	01:13:55.65	7:22	8.1
72	MAJER BOGUSŁAWA	9356	VEGE RUNNERS	WARSZAWA	POL	MASTERS K - 40	3	K 9	00:31:21	00:46:46	01:13:39.15	01:13:59.20	7:21	8.1
73	KUROWSKI ALEKSANDER	9492		SZCZAWNO ZDRÓJ	POL	MASTERS M - 40	22	M 64	00:33:06	00:48:09	01:13:48.25	01:14:09.20	7:22	8.1
74	OCHMAN PAWEŁ	9463	FUTURE PROCESSING RUNNING TEAM	GLIWICE	POL	SENIOR II M - 30	21	M 65	00:30:27	00:45:23	01:14:00.35	01:14:13.80	7:24	8.1
75	KONECKI DAMIAN	9556		GORZÓW	POL	SENIOR II M - 30	22	M 66	00:32:25	00:47:44	01:13:45.00	01:14:17.45	7:22	8.1
76	JAŚKOWIEC MICHAŁ	9272		PRUDNIK	POL	SENIOR I M - 20	12	M 67	00:32:54	00:47:35	01:13:44.00	01:14:34.80	7:22	8.1
77	BÓRKOWSKA OLA	9202		POZNAN	POL	SENIOR II K - 30	5	K 10	00:32:24	00:47:15	01:14:28.95	01:14:46.85	7:26	8.1
78	KOWALEWSKI KRZYSZTOF	9193		ŚWIDNICA	POL	MASTERS M - 40	23	M 68	00:33:17	00:48:07	01:14:48.35	01:14:52.25	7:28	8
79	TYLKOWSKI FILIP	9515	TEAM DFBG	WROCŁAW	POL	SENIOR I M - 20	13	M 69	00:32:44	00:47:25	01:14:24.20	01:15:07.80	7:26	8.1
80	SADOWSKI SZYMON	9519		SWINOUJSCIE	POL	SENIOR I M - 20	14	M 70	00:32:35	00:47:54	01:14:39.05	01:15:13.75	7:27	8
81	CICHOCKI DAMIAN	9479		WROCŁAW	POL	SENIOR II M - 30	23	M 71	00:33:10	00:48:11	01:14:52.45	01:15:17.70	7:29	8
82	OLESZCZUK AGNIESZKA	9537	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	KŁODZKO	POL	SENIOR II K - 30	6	K 11	00:32:30	00:47:38	01:15:22.35	01:15:33.85	7:32	8
83	SADOWSKI PIOTR	9267	SADOSZCZAKI	OSTRÓDA	POL	SENIOR II M - 30	24	M 72	00:32:54	00:48:19	01:16:01.30	01:16:19.95	7:36	7.9
84	JANIGA DOMINIK	9295		KRAKÓW	POL	SENIOR II M - 30	25	M 73	00:34:57	00:50:25	01:16:11.70	01:16:21.85	7:37	7.9
85	SMUTEK PIOTR	9258	ARCHITEKCI PLACÓW BOJU	KRAŚNIK	POL	SENIOR I M - 20	15	M 74	00:32:01	00:47:01	01:15:02.35	01:16:24.75	7:30	8
86	CYGAN PAWEŁ	9473	ROO HATCH WILKÓW	KATOWICE	POL	SENIOR II M - 30	26	M 75	00:33:35	00:48:51	01:16:13.30	01:16:25.60	7:37	7.9
87	WAWRZYŃIAK DAMIAN	9119		WARSZAWA	POL	SENIOR II M - 30	27	M 76	00:34:52	00:49:52	01:15:32.30	01:16:25.75	7:33	7.9
88	ŻUKIEWICZ KRZYSZTOF	9075	TKKF MPK POZNAŃ	POZNAŃ	POL	WETERAN I M - 50	6	M 77	00:33:46	00:49:34	01:17:05.80	01:17:11.20	7:42	7.8
89	POPADYCZ BARTOSZ	9363		CHRZAŚTAWA WIELKA	POL	SENIOR II M - 30	28	M 78	00:33:28	00:48:43	01:17:15.05	01:17:31.25	7:43	7.8
90	KRAWCZYK TOMASZ	9176		WROCŁAW	POL	SENIOR II M - 30	29	M 79	00:34:31	00:51:12	01:17:26.55	01:17:39.25	7:44	7.7
91	JASICKI KRZYSZTOF	9213	RUNHOGS TYCHY	TYCHY	POL	MASTERS M - 40	24	M 80	00:35:36	00:50:24	01:16:29.05	01:17:42.10	7:38	7.8
92	KORNIEWICZ KATARZYNA	9115	KASIA I TOMEK	KALISZ	POL	MASTERS K - 40	4	K 12	00:34:44	00:50:34	01:17:53.30	01:18:02.35	7:47	7.7
93	BAGIŃSKI ZBYSZEK	9162		MIŃSK MAZOWIECKI	POL	SENIOR II M - 30	30	M 81	00:34:59	00:50:39	01:17:32.20	01:18:04.80	7:45	7.7
94	BANIEL WIOLETA	9278	ŚLĘZAK TEAM	KOSTRZYN NAD ODRĄ	POL	SENIOR II K - 30	7	K 13	00:33:31	00:49:54	01:17:52.70	01:18:05.00	7:47	7.7
95	MAZIAREK ADELA	9103		NIEMODLIN	POL	MASTERS K - 40	5	K 14	00:34:08	00:49:44	01:18:11.30	01:18:20.00	7:49	7.7
96	STACHOWIAK KAMIL	9040	SPORT GENERATION	POZNAŃ	POL	SENIOR II M - 30	31	M 82	00:32:09	00:47:57	01:18:17.95	01:18:27.15	7:49	7.7
97	ULANOWSKI DAWID	9305	PIECHOTĄ PO SCHODACH	ŻARKI WIELKIE	POL	SENIOR II M - 30	32	M 83	00:35:14	00:51:33	01:18:44.15	01:19:03.60	7:52	7.6
98	HLAVÁČOVÁ EVA	9475		KRNOV	CZE	WETERAN K - 50	1	K 15	00:32:57	00:49:05	01:19:02.75	01:19:13.60	7:54	7.6
99	WIWATOWSKI KAROL	9571		STRASZYN	POL	MASTERS M - 40	25	M 84	00:34:16	00:49:47	01:17:57.30	01:19:15.30	7:47	7.7
100	SIEWKO JAKUB	9253		ŁÓDŹ	POL	SENIOR I M - 20	16	M 85	00:34:49	00:50:33	01:18:56.15	01:19:16.05	7:53	7.6
101	BOLISĘGA RAFAŁ	9315	KS PIAST NOWA RUDA	ŚCINAWKA ŚREDNIA	POL	SENIOR II M - 30	33	M 86	00:34:49	00:50:37	01:19:13.45	01:19:32.55	7:55	7.6

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
102	ULIKOWSKA MARTYNA	9490	ZAŁOGA GÓRSKA	KRAKÓW	POL	SENIOR II K - 30	8	K 16	00:35:04	00:51:13	01:19:25.05	01:19:34.75	7:56	7.6
103	TONDER JAKUB	9394	BUKOWSKI KLUB BIEGACZA/MKS PATRIA	WIELKA WIEŚ	POL	SENIOR II M - 30	34	M 87	00:34:29	00:50:18	01:19:38.35	01:19:48.90	7:57	7.5
104	WOŹNIAK JANUSZ	9035	PORMAT JEDLICZE BIEGA	SKOŁYSZYN	POL	WETERAN II M - 60	6	M 88	00:35:51	00:52:19	01:19:38.15	01:19:54.30	7:57	7.5
105	BRZYSKI GRZEGORZ	9328		KETY	POL	MASTERS M - 40	26	M 89	00:35:30	00:51:37	01:19:38.20	01:20:04.05	7:57	7.5
106	PONIATOWSKI SEWERYN	9244	TEBIA RUNNERS	WROCŁAW	POL	MASTERS M - 40	27	M 90	00:36:20	00:52:35	01:20:01.85	01:20:09.95	8:00	7.5
107	PONIATOWSKA JUSTYNA	9243	TEBIA RUNNERS	WROCŁAW	POL	SENIOR II K - 30	9	K 17	00:36:17	00:52:35	01:20:01.95	01:20:10.45	8:00	7.5
108	MAZIAREK MICHAŁ	9118		NIEMODLIN	POL	MASTERS M - 40	28	M 91	00:34:00	00:49:54	01:20:06.40	01:20:15.45	8:00	7.5
109	BARTKOWIAK HUBERT	9053	KB SUKCES ŻMIGRÓD	RADZIADZ	POL	WETERAN I M - 50	7	M 92	00:35:12	00:51:03	01:20:08.75	01:20:37.95	8:00	7.5
110	KAYSIEWICZ MACIEJ	9197	NATURAL BORN RUNNERS TEAM	POZNAŃ	POL	WETERAN I M - 50	8	M 93	00:35:47	00:51:33	01:20:32.10	01:20:41.95	8:03	7.5
111	JARUS JAN	9304	JAGRO	JUTROSIN	POL	SENIOR II M - 30	35	M 94	00:36:40	00:52:35	01:20:18.95	01:21:16.20	8:01	7.5
112	WUJDA MIROSŁAW	9080	ERNIRULEZ	DEBNO	POL	MASTERS M - 40	29	M 95	00:33:39	00:50:07	01:21:11.40	01:21:30.35	8:07	7.4
113	KOMAR ELIZA	9146	ZAWADOWCY	POZNAŃ	POL	SENIOR II K - 30	10	K 18	00:35:19	00:51:51	01:21:27.50	01:21:47.65	8:08	7.4
114	MIELCZAREK GRZEGORZ	9107	AM. TRENER TEAM	OPOLE	POL	WETERAN I M - 50	9	M 96	00:35:57	00:51:51	01:21:31.80	01:21:47.85	8:09	7.4
115	MARGRAF BARTOSZ	9187		RUDA ŚLĄSKA	POL	JUNIOR I M - 20	2	M 97	00:35:11	00:50:50	01:21:26.55	01:21:48.00	8:08	7.4
116	GAŚSIOROWSKA SARA	9184	ADDED VALUE	ŚWIEBODZIN	POL	SENIOR II K - 30	11	K 19	00:36:10	00:52:30	01:21:50.75	01:21:59.95	8:11	7.3
117	POCZWARDOWSKI MICHAŁ	9569		GDANSK	POL	SENIOR II M - 30	36	M 98	00:35:34	00:51:40	01:21:43.65	01:22:18.25	8:10	7.3
118	WŁODARCZYK PAWEŁ	9273		PRUDNIK	POL	MASTERS M - 40	30	M 99	00:35:47	00:51:47	01:21:28.35	01:22:18.65	8:08	7.4
119	MOKRZYŃSKI MARCIN	9536	KURORT ŁĄDEK-ZDRÓJ	OŁDRZYCHOWICE KŁODZKIE	POL	MASTERS M - 40	31	M 100	00:36:03	00:50:43	01:21:05.55	01:22:19.60	8:06	7.4
120	MĄDRO ADRIAN	9140		BIERKOWICE	POL	SENIOR II M - 30	37	M 101	00:34:54	00:51:18	01:21:39.75	01:22:25.55	8:09	7.3
121	KUZIEL MARCIN	9155	BLACK RUNNING STRONIE ŚLĄSKIE	STRONIE ŚLĄSKIE	POL	SENIOR II M - 30	38	M 102	00:35:33	00:50:48	01:21:03.05	01:22:27.30	8:06	7.4
122	BIAŁAS ANDRZEJ	9397	CZARNA TĘCZA	JAWORZNO	POL	MASTERS M - 40	32	M 103	00:36:53	00:52:34	01:21:13.55	01:22:31.10	8:07	7.4
123	MATLA-FINK MONIKA	9326	MORSY OŚNO LUBUSKIE	OŚNO LUBSUKIE	POL	SENIOR II K - 30	12	K 20	00:35:42	00:51:51	01:22:32.90	01:22:54.60	8:15	7.3
124	BRZOSTOWSKA KAMA	9276		WARSZAWA	POL	MASTERS K - 40	6	K 21	00:36:48	00:52:46	01:22:40.65	01:23:19.55	8:16	7.3
125	DERDA IZABELA	9122	GIRLS RUN LEIDEN	LEIDEN	NED	SENIOR II K - 30	13	K 22	00:36:45	00:53:50	01:23:15.60	01:23:20.65	8:19	7.2
126	MITULA PAWEŁ	9241		ZIĘBICE	POL	MASTERS M - 40	33	M 104	00:37:42	00:54:15	01:22:53.60	01:23:25.35	8:17	7.2
127	BŁASZKIEWICZ KLAUDIA	9384		POZNAŃ	POL	SENIOR II K - 30	14	K 23	00:36:30	00:53:22	01:23:26.95	01:23:44.90	8:20	7.2
128	GÓRECKA MILENA	9446	CHRIS TERZONI ULTRA RUNNERS TEAM	WROCŁAW	POL	SENIOR II K - 30	15	K 24	00:37:14	00:53:46	01:22:55.50	01:23:48.85	8:17	7.2
129	BIALKOWSKI PIOTR	9541		GDANSK	POL	SENIOR II M - 30	39	M 105	00:35:48	00:53:02	01:23:11.80	01:24:06.30	8:19	7.2
130	GARNCARZ ANNA	9290	ODOBENUS	WROCŁAW	POL	MASTERS K - 40	7	K 25	00:37:12	00:53:21	01:23:08.60	01:24:15.30	8:18	7.2
131	ADAMSKA MARTYNA	9413		ZĄBKI	POL	SENIOR II K - 30	16	K 26	00:36:39	00:53:32	01:23:45.00	01:24:19.40	8:22	7.2
132	ŚPIEWAK-MICHALSKA DARIA	9297		ZIELONA GÓRA	POL	MASTERS K - 40	8	K 27	00:36:44	00:53:32	01:24:11.85	01:24:27.30	8:25	7.1
133	ŚPIEWAK RADOŚLAW	9303		ZIELONA GÓRA	POL	MASTERS M - 40	34	M 106	00:36:44	00:53:32	01:24:12.40	01:24:27.85	8:25	7.1
134	MITIS MAREK	9453		KRAKÓW	POL	SENIOR II M - 30	40	M 107	00:37:12	00:54:13	01:23:39.75	01:24:30.70	8:21	7.2
135	JACHIMEK SZYMON	9575	DFBG TEAM	MOSTY	POL	MASTERS M - 40	35	M 108	00:35:29	00:51:24	01:23:27.50	01:24:36.90	8:20	7.2
136	BACKER MARCIN	9361	TOPOLICE TEAM	PASIKUROWICE	POL	MASTERS M - 40	36	M 109	00:36:03	00:52:31	01:24:41.00	01:24:48.90	8:28	7.1
137	MATECKI ARKADIUSZ	9105		DOBRZYKOWICE	POL	SENIOR II M - 30	41	M 110	00:36:21	00:53:01	01:23:41.60	01:24:50.15	8:22	7.2
138	KUTSKO OKSANA	9024		SIECHNICE	UKR	SENIOR I K - 20	3	K 28	00:37:18	00:54:51	01:24:48.45	01:25:00.55	8:28	7.1
139	KAWALEC KRYSZTIAN	9071		WARSZAWA	POL	MASTERS M - 40	37	M 111	00:36:10	00:53:28	01:24:46.60	01:25:01.45	8:28	7.1
140	SĄSIĄDEK MARCIN	9417	WILKI MIĘDZYLESIE	MIĘDZYLESIE	POL	SENIOR I M - 20	17	M 112	00:37:26	00:54:52	01:25:03.45	01:25:35.40	8:30	7.1
141	CHOJNACKI MIKOŁAJ	9366	WARSAW RUN CLUB	WARSZAWA	POL	MASTERS M - 40	38	M 113	00:37:45	00:54:44	01:24:19.70	01:25:52.50	8:25	7.1
142	ZALEWA FILIP	9448		WROCŁAW	POL	SENIOR I M - 20	18	M 114	00:36:34	00:53:19	01:25:15.05	01:26:00.15	8:31	7
143	DIBELKA JAKUB	9265	MIĘCZAKI WOLA CZTEROPAKI	DĘBNO	POL	SENIOR I M - 20	19	M 115	00:39:10	00:55:46	01:25:35.20	01:26:03.20	8:33	7
144	NOWICKA KATARZYNA	9539		JAWORZNO	POL	SENIOR II K - 30	17	K 29	00:38:57	00:55:31	01:24:54.45	01:26:10.25	8:29	7.1
145	KOTAS PAWEŁ	9229		WROCŁAW	POL	SENIOR II M - 30	42	M 116	00:37:18	00:54:53	01:25:18.90	01:26:14.60	8:31	7
146	PINCIUREK PAULINA	9282	SMAK RADOŚCI	ŚWIEBODZICE	POL	SENIOR II K - 30	18	K 30	00:37:21	00:55:02	01:25:48.80	01:26:23.20	8:34	7
147	MOMOT SŁAWOMIR	9283	SMAK RADOŚCI	ŚWIEBODZICE	POL	SENIOR II M - 30	43	M 117	00:37:17	00:55:02	01:25:48.50	01:26:23.40	8:34	7
148	CICHAŃSKI MAREK	9549		STRONIE ŚLĄSKIE	POL	SENIOR II M - 30	44	M 118	00:38:04	00:55:06	01:25:21.20	01:26:42.70	8:32	7
149	KIEŻYŃSKI TOMASZ	9426		WROCŁAW	POL	MASTERS M - 40	39	M 119	00:37:33	00:54:47	01:26:10.05	01:26:43.25	8:37	7
150	CICHAŃSKA NATALIA	9550		STRONIE ŚLĄSKIE	POL	SENIOR II K - 30	19	K 31	00:38:03	00:55:04	01:25:22.00	01:26:44.80	8:32	7
151	POPADYCZ DAMIAN	9404		CHRZAŚTAWA WIELKA	POL	SENIOR II M - 30	45	M 120	00:34:56	00:52:31	01:26:30.55	01:26:46.50	8:39	6.9
152	ELING WIKTORIA	9296		RAWICZ	POL	SENIOR I K - 20	4	K 32	00:37:26	00:54:34	01:26:03.25	01:26:51.60	8:36	7
153	KOŁODZIEJCZYK MARCIN	9266		GRODKÓW	POL	SENIOR I M - 20	20	M 121	00:38:06	00:55:15	01:25:47.00	01:26:53.85	8:34	7
154	GOZDZICKA AGNIESZKA	9020	STRZELECKA BIEGAJĄCA CZAROWNICA	STRZELCE KRAJEŃSKIE	POL	MASTERS K - 40	9	K 33	00:38:46	00:56:06	01:26:43.85	01:26:57.75	8:40	6.9
155	BAJONCZAK ADAM	9308		WROCŁAW	POL	SENIOR I M - 20	21	M 122	00:38:39	00:56:29	01:25:47.45	01:27:09.55	8:34	7

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
156	POWSZEK PAWEŁ	9289	ODOBENUS	WROCLAW	POL	WETERAN I M - 50	10	M 123	00:38:42	00:55:17	01:26:03.25	01:27:10.15	8:36	7
157	WACZKÓW KACZMAREK JUSTYNA	9288	ODOBENUS	WROCLAW	POL	MASTERS K - 40	10	K 34	00:38:41	00:55:16	01:26:03.15	01:27:10.45	8:36	7
158	LUBAŃSKA ALICJA	9152	DTR BIEGA / MARIO TEAM	BUKOWICE	POL	WETERAN K - 50	2	K 35	00:36:52	00:54:01	01:27:05.20	01:27:18.00	8:42	6.9
159	WOJCIESZAK ŁUKASZ	9385	TEAM ZABIEGANEDNI	LEGIONOWO	POL	JUNIOR I M - 20	3	M 124	00:38:11	00:55:57	01:26:53.35	01:27:19.20	8:41	6.9
160	KOTRYSIAK AGATA	9542	ADDIDAS RUNNER POZNAŃ	POZNAŃ	POL	SENIOR II K - 30	20	K 36	00:38:07	00:55:34	01:27:07.85	01:27:25.75	8:42	6.9
161	JARZĄBEK MAGDALENA	9113		WROCLAW (WROCLAW-KRZYKI)	POL	SENIOR II K - 30	21	K 37	00:38:06	00:56:03	01:27:52.50	01:28:05.20	8:47	6.8
162	RYBIŃSKI WOJCIECH	9025		WARSZAWA	POL	SENIOR II M - 30	46	M 125	00:37:13	00:54:24	01:27:39.50	01:28:05.95	8:45	6.8
163	DĄBROWSKA IWONA	9464	MATNER RUNNING TEAM	WROCLAW	POL	SENIOR II K - 30	22	K 38	00:41:20	00:57:50	01:27:17.35	01:28:13.80	8:43	6.9
164	ZARĘBA ADAM	9439	KB MANIAC POZNAŃ	POZNAŃ	POL	MASTERS M - 40	40	M 126	00:39:16	00:56:10	01:27:46.40	01:28:14.10	8:46	6.8
165	KOBIERSKI RADOSŁAW	9546	TAŃCZĄCE MUCHOMORKI	HALINÓW	POL	WETERAN I M - 50	11	M 127	00:39:53	00:57:25	01:27:21.55	01:28:47.65	8:44	6.9
166	MĄDRO ROBERT	9141		BIERKOWICE	POL	MASTERS M - 40	41	M 128	00:37:18	00:54:17	01:28:08.80	01:28:53.60	8:48	6.8
167	KUŚMIDER MICHAŁ	9547	TAŃCZĄCE MUCHOMORKI	HALINÓW	POL	MASTERS M - 40	42	M 129	00:39:43	00:57:24	01:27:29.90	01:28:55.80	8:44	6.9
168	STASZCZAK MAŁGORZATA	9339		LUBAŃ	POL	SENIOR II K - 30	23	K 39	00:39:09	00:56:51	01:28:25.80	01:29:00.20	8:50	6.8
169	NAZIMEK PIOTR	9042		PRÓSZKÓW	POL	SENIOR II M - 30	47	M 130	00:38:56	00:56:15	01:29:12.70	01:29:35.50	8:55	6.7
170	MRÓZ ANNA	9415		WARSZAWA	POL	SENIOR II K - 30	24	K 40	00:39:49	00:57:13	01:27:56.40	01:29:35.65	8:47	6.8
171	CHMIEL SYLWIA	9209		SMOLEC	POL	MASTERS K - 40	11	K 41	00:38:03	00:56:05	01:29:09.05	01:29:38.70	8:54	6.7
172	ODIJA LESZEK	9338		WIRY	POL	MASTERS M - 40	43	M 131	00:39:34	00:57:16	01:28:51.20	01:29:43.35	8:53	6.8
173	FALARZ SZYMON	9306		LWÓWEK ŚLĄSKI	POL	JUNIOR I M - 20	4	M 132	00:37:02	00:55:18	01:29:13.15	01:29:50.45	8:55	6.7
174	KIERUL ŁUKASZ	9049	MASATEAM	NOWA SÓL	POL	SENIOR II M - 30	48	M 133	00:36:37	00:54:34	01:29:49.85	01:30:05.60	8:58	6.7
175	ŻEREBECKA MARTA	9383		ŁĄDEK ZDRÓJ	POL	SENIOR II K - 30	25	K 42	00:39:48	00:57:11	01:28:33.35	01:30:07.55	8:51	6.8
176	KOC BARTŁOMIEJ	9048		WROCLAW	POL	MASTERS M - 40	44	M 134	00:38:57	00:57:16	01:29:10.55	01:30:07.90	8:55	6.7
177	SOŁTYS MAGDA	9554	SALOMON	WARSZAWA	POL	SENIOR II K - 30	26	K 43	00:40:26	00:57:46	01:29:37.45	01:30:13.70	8:57	6.7
178	ROKITA MARIOLA	9505		ĆMIELÓW	POL	MASTERS K - 40	12	K 43	00:40:09	00:57:45	01:29:36.75	01:30:13.70	8:57	6.7
179	KOWALCZYK PIOTR	9491	WOODHOUSE	GOGOLIN	POL	WETERAN I M - 50	12	M 135	00:36:37	00:54:32	01:29:38.05	01:30:19.35	8:57	6.7
180	AMANOWICZ ŁUKASZ	9520		ŁĄDEK-ZDRÓJ	POL	MASTERS M - 40	45	M 136	00:38:39	00:57:29	01:29:44.20	01:30:28.85	8:58	6.7
181	MYSZKIEWICZ BARTOSZ	9279		MIŁOŚLAW	POL	WETERAN I M - 50	13	M 137	00:39:47	00:57:47	01:29:45.05	01:30:31.25	8:58	6.7
182	CIECIOROWSKA ALICJA	9249	OFF-ROAD RUNNERS	KOŃSKIE	POL	MASTERS K - 40	13	K 45	00:38:29	00:56:40	01:30:24.80	01:30:37.00	9:02	6.6
183	BOCHAN-JACHIMEK MAGDALENA	9576	DFBG TEAM	MOSTY	POL	MASTERS K - 40	14	K 46	00:40:59	00:58:03	01:29:29.75	01:30:39.10	8:56	6.7
184	PLOCH WERONIKA	9223		WROCLAW	POL	SENIOR I K - 20	5	K 47	00:40:47	00:59:26	01:29:41.25	01:31:01.60	8:58	6.7
185	WOŹNIAK AGNIESZKA	9497		KRAKÓW	POL	MASTERS K - 40	15	K 48	00:39:02	00:57:01	01:29:56.75	01:31:12.85	8:59	6.7
186	NAPIERAŁA ANDRZEJ	9256	MTS DRUŻYNA SZPIKU KGHM	GOSTYŃ	POL	WETERAN II M - 60	7	M 138	00:41:07	00:59:37	01:29:21.45	01:31:17.20	8:56	6.7
187	JELEŃ JULIA	9387	EUFORIA BIEGACZA TEAM	STAROGARD GDAŃSKI	POL	SENIOR I K - 20	6	K 49	00:40:40	00:59:10	01:30:51.00	01:31:27.25	9:05	6.6
188	PUDŁO MAGDALENA	9395		SZCZECIN	POL	SENIOR I K - 20	7	K 50	00:40:28	00:58:34	01:31:04.00	01:31:29.25	9:06	6.6
189	OSZMAŁEK SEBASTIAN	9280		SIERAKÓW WLKP.	POL	SENIOR II M - 30	49	M 139	00:39:59	00:57:49	01:31:39.75	01:31:39.75	9:09	6.5
190	PIENIAŻEK PATRYK	9316		KŁOBUCZYN	POL	SENIOR II M - 30	50	M 140	00:39:34	00:57:46	01:31:24.90	01:31:55.40	9:08	6.6
191	ŻYWICA STANISŁAW	9340		WROCLAW	POL	SENIOR I M - 20	22	M 141	00:39:11	00:56:34	01:31:18.15	01:32:02.40	9:07	6.6
192	JOŃCZYK PAULA	9150	TUPTUP	WROCLAW	POL	SENIOR II K - 30	27	K 51	00:40:46	00:58:35	01:31:32.25	01:32:06.05	9:09	6.6
193	SZAREK SŁAWOMIR	9201		SOŚNICA	POL	MASTERS M - 40	46	M 142	00:39:46	00:58:02	01:31:36.30	01:32:07.65	9:09	6.6
194	TARNAWA-KACZOR ANETA	9430		BUCZKOWICE	POL	MASTERS K - 40	16	K 52	00:40:35	00:58:10	01:31:28.50	01:32:32.40	9:08	6.6
195	STEFANIAK MARCIN	9509	GUMIGUTAPAJHIWO	DĄBRÓWKA	POL	MASTERS M - 40	47	M 143	00:40:37	00:58:45	01:32:17.45	01:32:36.10	9:13	6.5
196	GRZEGORZEWSKI MACIEJ	9518		IŁAWA	POL	SENIOR II M - 30	51	M 144	00:39:28	00:57:39	01:32:04.80	01:32:40.60	9:12	6.5
197	ŁOŚ TOMASZ	9406		WRÓBLOWICE	POL	SENIOR II M - 30	52	M 145	00:42:54	01:01:36	01:32:27.40	01:32:44.40	9:14	6.5
198	KUGLER KAMILA	9467		JAWORZNO	POL	SENIOR II K - 30	28	K 53	00:40:14	00:59:24	01:31:32.55	01:32:49.30	9:09	6.6
199	PAULI MACIEJ	9354		WROCLAW	POL	SENIOR I M - 20	23	M 146	00:40:21	00:58:43	01:31:54.40	01:32:59.40	9:11	6.5
200	WOJCIECH ZAWODNIK	9294	TRITON KONIN	KONIN	POL	WETERAN I M - 50	14	M 147	00:42:14	00:59:43	01:32:11.15	01:33:03.20	9:13	6.5
201	SZYMAŃSKI KAMIL	9114		CHORZÓW	POL	SENIOR II M - 30	53	M 148	00:33:28	00:50:09	01:32:53.90	01:33:05.70	9:17	6.5
202	LEWANDOWSKI TADEUSZ	9360	WKB PIAST	KIEŁCZÓW	POL	WETERAN III M - 70	1	M 149	00:39:47	00:57:54	01:32:38.90	01:33:09.70	9:15	6.5
203	GEZELA MARIA	9333	EUFORIA BIEGACZA TEAM	GÓRA	POL	SENIOR I K - 20	8	K 54	00:40:41	00:59:10	01:32:44.40	01:33:20.65	9:16	6.5
204	MARZEC ALEKSANDRA	9236		POZNAŃ	POL	SENIOR I K - 20	9	K 55	00:39:12	00:57:33	01:32:47.25	01:33:35.10	9:16	6.5
205	RASZKOWSKI PIOTR	9409	ŚLĘZAK TEAM	GDAŃSK	POL	SENIOR II M - 30	54	M 150	00:42:18	01:01:04	01:33:08.30	01:33:46.60	9:18	6.4
206	RASZKOWSKA EMILIA	9410	ŚLĘZAK TEAM	GDAŃSK	POL	SENIOR II K - 30	29	K 56	00:42:19	01:01:04	01:33:09.10	01:33:47.00	9:18	6.4
207	MAKSYMOWICZ RAFAŁ	9130		KŁODZKO	POL	MASTERS M - 40	48	M 151			01:33:47.00	01:33:47.00	9:22	6.4
208	KORCZYŃSKA PAULINA	9392		TARNOWSKIE GÓRY	POL	MASTERS K - 40	17	K 57	00:39:54	00:57:51	01:32:35.45	01:33:53.35	9:15	6.5
209	RAPACZ-TOPIŁKO ANNA	9500		ŁODYGOWICE	POL	MASTERS K - 40	18	K 58	00:41:22	00:59:56	01:33:24.20	01:34:13.00	9:20	6.4
210	OLEJNICZAK PAULINA	9321		ŁÓDŹ	POL	SENIOR II K - 30	30	K 59	00:42:15	01:01:08	01:33:27.30	01:34:17.60	9:20	6.4
211	TOMAKA PATRYCJA	9335	TEAM KURORT ŁĄDEK ZDRÓJ	OLDRZYCHOWICE KŁODZKIE	POL	SENIOR II K - 30	31	K 60	00:39:51	00:58:12	01:33:12.40	01:34:19.65	9:19	6.4
212	ŁUCIÓW IWONA	9062		WROCLAW	POL	SENIOR II K - 30	32	K 61	00:42:18	01:01:35	01:33:42.50	01:34:33.75	9:22	6.4

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
213	LEONARSKA MAŁGORZATA	9348	BIEGAJĄCE KREJZOLE	POZNAŃ	POL	SENIOR II K - 30	33	K 62	00:41:15	01:01:06	01:33:43.15	01:34:48.25	9:22	6.4
214	KACZMAREK MIROSLAW	9388	RUNNER'S POWER ŚREM	ŚREM	POL	SENIOR II M - 30	55	M 152	00:42:24	01:01:12	01:34:24.55	01:34:58.15	9:26	6.4
215	DUDZIAK KATARZYNA	9399		LESZNO	POL	SENIOR I K - 20	10	K 63	00:42:24	01:01:12	01:34:24.40	01:34:58.50	9:26	6.4
216	STRONCIWILK KAROLINA	9274		WYSOKA	POL	SENIOR II K - 30	34	K 63	00:40:38	00:59:06	01:34:40.55	01:34:58.50	9:28	6.3
217	SEREJ DARIA	9365		WROCŁAW	POL	SENIOR II K - 30	35	K 65	00:42:00	01:00:45	01:34:19.50	01:35:22.10	9:25	6.4
218	JAGIEŁŁO ALEKSANDER	9317		OSJAKÓW	POL	SENIOR I M - 20	24	M 153	00:48:27	01:06:42	01:34:03.45	01:35:43.30	9:24	6.4
219	BAGIŃSKI MAREK	9457	APTENEO TEAM	BORÓW	POL	WETERAN I M - 50	15	M 154	00:42:02	01:01:24	01:35:07.55	01:36:27.90	9:30	6.3
220	GÓRA IWONA	9380	PARA FIT	WROCŁAW	POL	SENIOR II K - 30	36	K 66	00:41:20	01:00:21	01:35:23.75	01:36:37.00	9:32	6.3
221	KRAWCZYK JACEK	9254		BYSTRZYCA KŁODZKA	POL	MASTERS M - 40	49	M 155	00:40:25	00:59:40	01:36:56.60	01:36:56.60	9:41	6.2
222	LUBAŃSKA MONIKA	9481		DŁUGOŁĘKA	POL	SENIOR II K - 30	37	K 67	00:42:01	01:01:41	01:36:09.50	01:37:01.15	9:36	6.2
223	SZOPA MAREK	9513	ULTRA WAY TEAM	GDYNIA	POL	WETERAN I M - 50	16	M 156	00:42:16	01:00:50	01:35:52.05	01:37:04.70	9:35	6.3
224	DARŁAK JOANNA	9336	NAPRZÓD MŁOCINY	LUBACZÓW	POL	SENIOR II K - 30	38	K 68	00:42:58	01:01:49	01:35:39.70	01:37:14.35	9:33	6.3
225	STOLARCZYK EWELINA	9480		ŚWIDNICA	POL	SENIOR II K - 30	39	K 69	00:42:25	01:02:00	01:36:48.20	01:37:21.30	9:40	6.2
226	KLIMOWICZ TOMASZ	9529		MESZNA	POL	SENIOR II M - 30	56	M 157	00:41:36	01:01:04	01:36:40.50	01:37:30.65	9:40	6.2
227	JAROSIŃSKI ŁUKASZ	9545	TAŃCZĄCE MUCHOMORKI	KRZEWINA	POL	MASTERS M - 40	50	M 158	00:43:47	01:02:37	01:36:06.05	01:37:32.95	9:36	6.2
228	SUCHOJAD MAŁGORZATA	9508	GUMIGUTAPAJHIWO	LONDYN	POL	MASTERS K - 40	19	K 70	00:42:55	01:02:48	01:37:30.05	01:37:43.20	9:45	6.2
229	BRZEZIŃSKI ANDRZEJ	9376	LANRUNS	OLKUSZ	POL	WETERAN II M - 60	8	M 159	00:42:28	01:02:15	01:37:40.65	01:37:55.25	9:46	6.1
230	JACKOWSKA ROKSANA	9504		SZCZYTNA	POL	SENIOR II K - 30	40	K 71	00:42:40	01:02:04	01:37:16.45	01:37:57.10	9:43	6.2
231	DORNIK AGNIESZKA	9374		WROCŁAW	POL	WETERAN K - 50	3	K 72	00:43:29	01:02:35	01:37:48.40	01:37:58.95	9:46	6.1
232	MATKOWSKA MARTYNA	9087	VEGE RUNNERS	POLCZYN-ZDROJ	POL	SENIOR II K - 30	41	K 73	00:43:34	01:03:19	01:37:41.80	01:38:04.60	9:46	6.1
233	SKAWINA KRYSZYNA	9092	TOPOLICE TEAM	TOPOLICE	POL	MASTERS K - 40	20	K 74	00:42:03	01:00:42	01:38:12.50	01:38:19.80	9:49	6.1
234	GALEJA RYSIEK	9066		USTRON	POL	MASTERS M - 40	51	M 160	00:42:17	01:01:48	01:37:28.10	01:38:20.60	9:44	6.2
235	KOPCZYŃSKA DOMINIKA	9263	DZIKUR CREW	WARSZAWA	POL	WETERAN K - 50	4	K 75	00:41:55	01:01:48	01:37:38.65	01:38:25.80	9:45	6.1
236	HAUSMAN MAGDALENA	9002		GRUDZIĄDZ	POL	MASTERS K - 40	21	K 76	00:43:48	01:03:31	01:38:34.45	01:38:49.45	9:51	6.1
237	WOŹNIAK MIROSLAW	9337	TKKF MPK POZNAŃ	KOZIEGŁOWY	POL	WETERAN II M - 60	9	M 161	00:44:48	01:04:36	01:37:55.55	01:38:54.95	9:47	6.1
238	SKORUPA ADAM	9319	RUN AWAY TEAM	ZABRZE	POL	MASTERS M - 40	52	M 162	00:46:22	01:05:31	01:38:34.40	01:39:15.60	9:51	6.1
239	PILARSKI RYSZARD	9260	IZERY BOGATYNIA	BOGATYNIA	POL	WETERAN III M - 70	2	M 163	00:41:07	01:00:45	01:39:10.30	01:39:21.95	9:55	6.1
240	ŁOZOWSKI PAWEŁ	9117		SULĘCIN	POL	SENIOR II M - 30	57	M 164	00:42:20	01:02:08	01:38:37.50	01:39:31.80	9:51	6.1
241	KASPEROWICZ MATEUSZ	9116		POZNAŃ	POL	SENIOR II M - 30	57	M 164	00:42:25	01:02:07	01:38:36.60	01:39:31.80	9:51	6.1
242	KOŚNY DAMIAN	9009	GIT	OPOLE	POL	MASTERS M - 40	53	M 166	00:39:56	00:58:57	01:39:08.00	01:39:40.40	9:54	6.1
243	ROŚŁON KATARZYNA	9291		RADZYMIN	POL	SENIOR II K - 30	42	K 77	00:43:05	01:03:01	01:39:12.15	01:39:40.90	9:55	6
244	MATAK KINGA	9314	ŁASUCH	RADZYMIN	POL	SENIOR II K - 30	42	K 77	00:43:05	01:03:02	01:39:12.40	01:39:40.90	9:55	6
245	KOZANECKA WERONIKA	9047	WYBIEGAĆ MARZENIA TEAM	SŁUBICE	POL	SENIOR II K - 30	44	K 79	00:42:39	01:01:50	01:38:43.40	01:39:44.10	9:52	6.1
246	KRAMARCZYK JOLANTA	9148	ENDORFINA WSCHOWA	WSCHOWA	POL	WETERAN II K - 60	1	K 80	00:42:33	01:02:08	01:39:08.80	01:39:44.25	9:54	6.1
247	KOWALSKI KRZYSZTOF	9444	STS BIEGATON	MIKOŁÓW	POL	WETERAN I M - 50	17	M 167	00:43:10	01:02:43	01:39:02.70	01:40:13.10	9:54	6.1
248	HYBA MAGDALENA	9445	FORMA FITNESS&GYM	ŁAZISKA GÓRNE	POL	MASTERS K - 40	22	K 81	00:43:13	01:02:44	01:39:03.90	01:40:13.60	9:54	6.1
249	BURA TOMASZ	9134		KRZYCKO WIELKIE	POL	SENIOR II M - 30	59	M 168	00:44:15	01:04:21	01:40:11.00	01:40:16.95	10:01	6
250	NAGLER TOMASZ	9580	DFBG TEAM	MROWINO	POL	MASTERS M - 40	54	M 169	00:41:14	01:01:02	01:40:10.80	01:40:22.60	10:01	6
251	OSSOWSKA MAŁGORZATA	9070	KASZUBI LUZINO	LUZINO	POL	WETERAN K - 50	5	K 82	00:45:25	01:04:04	01:39:35.45	01:40:41.20	9:57	6
252	ZAKRZEWSKA BEATA	9051		ZIELONA GÓRA	POL	SENIOR II K - 30	45	K 83	00:41:59	01:01:44	01:39:32.00	01:40:52.00	9:57	6
253	RATYŃIAK MACIEJ	9052		ZIELONA GÓRA	POL	SENIOR II M - 30	60	M 170	00:41:59	01:01:44	01:39:31.85	01:40:52.30	9:57	6
254	IMIŃSKI CEZARY	9089		ZGIERZ	POL	WETERAN I M - 50	18	M 171	00:45:30	01:05:29	01:40:41.25	01:40:55.25	10:04	6
255	BOBER SEBASTIAN	9010	SPORTOWY KAŻMIERZ	KAŻMIERZ	POL	SENIOR I M - 20	25	M 172	00:42:15	01:03:20	01:40:23.40	01:40:57.00	10:02	6
256	MRÓZ RADEK	9414		WARSZAWA	POL	MASTERS M - 40	55	M 173	00:43:43	01:02:55	01:39:20.35	01:40:58.35	9:56	6
257	IDCZAK WOJCIECH	9215		KŁODZKO	POL	MASTERS M - 40	56	M 174	00:42:54	01:03:10	01:39:47.80	01:41:21.85	9:58	6
258	DRYMEL PIOTR	9164	DESTYLATOR	ŚW. KATARZYNA	POL	MASTERS M - 40	57	M 175	00:41:05	01:00:42	01:40:29.55	01:41:28.20	10:02	6
259	MASALSKA ANNA	9543		SUWAŁKI	POL	MASTERS K - 40	23	K 84	00:44:35	01:04:28	01:41:14.90	01:41:38.80	10:07	5.9
260	BUDYCH MARTA	9465		MUROWANA GOŚLINA	POL	WETERAN K - 50	6	K 85	00:44:50	01:04:56	01:41:18.95	01:41:41.15	10:07	5.9
261	GONTKO MARTA	9178		JELENIA GÓRA	POL	MASTERS K - 40	24	K 86	00:44:28	01:05:09	01:41:33.90	01:41:55.20	10:09	5.9
262	WÓJCIK PAULINA	9127		ŁĄDEK-ZDRÓJ	POL	SENIOR II K - 30	46	K 87	00:43:29	01:04:02	01:41:04.35	01:41:57.10	10:06	5.9
263	PAKUŁA KONRAD	9165		WROCŁAW	POL	SENIOR II M - 30	61	M 176	00:51:36	01:08:55	01:41:04.00	01:42:00.50	10:06	5.9
264	SMUGA ŁUKASZ	9357	BIEGAJĄCE KREJZOLE	POZNAŃ	POL	SENIOR II M - 30	62	M 177	00:41:35	01:01:05	01:41:23.00	01:42:28.90	10:08	5.9
265	WAWRZYNEK SEBASTIAN	9434	RUN AWAY TEAM	ŚWIĘTOCHŁOWICE	POL	JUNIOR I M - 20	5	M 178	00:46:21	01:05:30	01:41:58.30	01:42:38.95	10:11	5.9
266	CEBO AGNIESZKA	9351	RUN AWAY TEAM	BYTOM	POL	SENIOR II K - 30	47	K 88	00:46:21	01:05:31	01:42:03.10	01:42:43.70	10:12	5.9
267	PUDEŁKO JAKUB	9411		GDYNIA	POL	SENIOR I M - 20	26	M 179	00:43:36	01:03:42	01:42:08.25	01:42:48.15	10:12	5.9
268	SZARSKI JACEK	9153	KAPCIOCHY	WROCŁAW	POL	SENIOR I M - 20	27	M 180	00:43:01	01:02:27	01:42:06.45	01:42:55.45	10:12	5.9
269	OBSTARCZYK DARIA	9435		SZCZYTNA	POL	SENIOR I K - 20	11	K 89	00:43:48	01:04:04	01:42:16.95	01:42:56.55	10:13	5.9

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
270	SMOLAK KATARZYNA	9403		WARSZAWA	POL	SENIOR II K - 30	48	K 90	00:44:26	01:04:35	01:41:42.20	01:43:06.75	10:10	5.9
271	WALCZAK MACIEJ	9097		BYDGOSZCZ	POL	WETERAN I M - 50	19	M 181	00:43:54	01:04:09	01:42:00.40	01:43:06.75	10:12	5.9
272	KRUK MATEUSZ	9422		BYSTRZYCA KŁODZKA	POL	SENIOR II M - 30	63	M 182	00:41:20	01:02:56	01:42:53.00	01:43:08.15	10:17	5.8
273	ZAWODNIK DOROTA	9293	TRITON KONIN	KONIN	POL	WETERAN K - 50	7	K 91	00:44:05	01:04:17	01:42:37.20	01:43:29.10	10:15	5.8
274	RÓŻAŃSKA MAGDALENA	9163		WROCŁAW	POL	MASTERS K - 40	25	K 92	00:49:06	01:08:37	01:43:13.00	01:43:39.80	10:19	5.8
275	BAKOWSKA MAGDALENA	9472	JESTEM LOCO!	POZNAŃ	POL	MASTERS K - 40	26	K 93	00:45:41	01:05:43	01:43:00.75	01:44:00.85	10:18	5.8
276	NITSCHKE GRAŻYNA	9433	TKKF MPK POZNAŃ	POZNAŃ	POL	MASTERS K - 40	27	K 94	00:45:21	01:05:47	01:43:03.25	01:44:03.45	10:18	5.8
277	TARKA KONRAD	9226	BIEGAJĄCE KREJZOLE	POZNAŃ	POL	SENIOR II M - 30	64	M 183	00:47:06	01:07:30	01:42:37.50	01:44:05.75	10:15	5.8
278	DWORZAŃSKA ANNA	9228	MARATOŃCZYK POZNAŃ	POZNAŃ	POL	SENIOR II K - 30	49	K 95	00:47:03	01:07:29	01:42:37.25	01:44:05.95	10:15	5.8
279	NOWAK NATALIA	9407	GÓRAL Z MAZUR RUNNING TEAM	KATOWICE	POL	SENIOR II K - 30	50	K 96	00:42:36	01:02:58	01:42:56.90	01:44:08.80	10:17	5.8
280	ZIARKO AGNIESZKA	9370	SDG	JAWORZNO	POL	MASTERS K - 40	28	K 97	00:42:36	01:02:57	01:42:57.00	01:44:09.00	10:17	5.8
281	GALEWSKI MARIUSZ	9045		KOTLIN	POL	WETERAN I M - 50	20	M 184	00:44:17	01:05:16	01:43:57.45	01:44:17.85	10:23	5.8
282	MAJCHRZYCKA AGNIESZKA	9372	TKKF MPK POZNAŃ	KIJEWO/ŚRODA WIELKOPOLSKA	POL	SENIOR II K - 30	51	K 98	00:47:24	01:06:33	01:43:33.65	01:44:33.95	10:21	5.8
283	KRYPA ALEKSANDRA	9269		POZNAŃ	POL	MASTERS K - 40	29	K 99	00:45:03	01:04:40	01:43:14.50	01:44:42.00	10:19	5.8
284	MĄDRO AGNIESZKA	9142		BIERKOWICE	POL	MASTERS K - 40	30	K 100	00:44:43	01:04:53	01:44:13.60	01:44:56.40	10:25	5.8
285	SOBOLEWSKA JULITA	9074		ZALEWO	POL	MASTERS K - 40	31	K 101	00:44:50	01:05:09	01:44:34.00	01:44:59.30	10:27	5.7
286	SZPAK MICHAŁ	9424		WROCŁAW	POL	SENIOR II M - 30	65	M 185	00:45:17	01:05:10	01:44:47.45	01:45:03.80	10:28	5.7
287	SŁABEŃKA MARTYNA	9198		GDYNIA	POL	SENIOR II K - 30	52	K 102	00:48:00	01:08:18	01:44:11.25	01:45:18.80	10:25	5.8
288	SKOCZYŁAS PIOTR	9527		CHORZÓW	POL	MASTERS M - 40	58	M 186	00:46:16	01:05:35	01:44:54.10	01:45:38.30	10:29	5.7
289	BŁĄŻKÓW KLAUDIA	9432	KOCHANA CÓRCIA	DĘBNO	POL	SENIOR I K - 20	12	K 103	00:43:49	01:03:05	01:44:46.75	01:46:05.00	10:28	5.7
290	BŁĄŻKÓW STANISŁAW	9431		DĘBNO	POL	WETERAN I M - 50	21	M 187	00:43:48	01:03:03	01:44:47.40	01:46:06.20	10:28	5.7
291	THOMAS KATARZYNA	9285		POBIEDZIKSA	POL	SENIOR II K - 30	53	K 104	00:45:46	01:06:30	01:44:41.00	01:46:08.30	10:28	5.7
292	DOSKOCZ ELŻBIETA	9503		SZCZYRNA	POL	MASTERS K - 40	32	K 105	00:45:15	01:05:45	01:45:40.05	01:46:21.20	10:34	5.7
293	AUTH KARI	9462		BIERUTÓW	POL	SENIOR II K - 30	54	K 106	00:45:45	01:07:36	01:46:02.90	01:46:21.85	10:36	5.7
294	ŁUKASZEWSKA SYLWIA	9468		JELENIA GÓRA	POL	MASTERS K - 40	33	K 107	00:46:04	01:06:08	01:45:45.85	01:46:27.15	10:34	5.7
295	SZOPA MAŁGORZATA	9512	ULTRA WAY TEAM	GDYNIA	POL	MASTERS K - 40	34	K 108	00:47:07	01:07:30	01:45:20.85	01:46:32.35	10:32	5.7
296	LORANC KATARZYNA	9470		KOZY	POL	MASTERS K - 40	35	K 109	00:43:27	01:04:36	01:45:28.60	01:46:32.50	10:32	5.7
297	NADOBNIK BEATA	9099		KAZMIERZ	POL	WETERAN K - 50	8	K 110	00:48:16	01:08:59	01:46:01.70	01:46:35.30	10:36	5.7
298	SZPAK MICHAŁ	9563		WROCŁAW	POL	SENIOR II M - 30	66	M 188	00:47:03	01:07:32	01:45:30.10	01:46:49.75	10:33	5.7
299	DĘBSKA MARZENA	9007	PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL	PODDĘBICE	POL	MASTERS K - 40	36	K 111	00:47:22	01:08:55	01:46:56.80	01:47:02.75	10:41	5.6
300	WARZECHA PRZEMYSŁAW	9021		OLEŚNICA	POL	MASTERS M - 40	59	M 189	00:43:54	01:05:17	01:45:56.90	01:47:03.20	10:35	5.7
301	BARCZAK EWELINA	9233		NOWY DWÓR MAZOWIECKI	POL	SENIOR I K - 20	13	K 112	00:46:30	01:07:06	01:45:46.50	01:47:05.85	10:34	5.7
302	GRZEŠKOWIAK EDYTA	9137	JUTROSIŃSKI KLUB BIEGACZY	JUTROSIN	POL	SENIOR II K - 30	55	K 113	00:48:09	01:08:27	01:47:00.60	01:47:14.95	10:42	5.6
303	CZERNIAK RADOŚLAW	9268		ŁĄDEK-ZDRÓJ	POL	SENIOR II M - 30	67	M 190	00:45:57	01:07:02	01:46:19.90	01:47:16.35	10:37	5.6
304	KARAŚ BARBARA	9138		JUTROSIN	POL	SENIOR II K - 30	56	K 114	00:48:08	01:08:29	01:47:02.80	01:47:16.85	10:42	5.6
305	GOLIŃSKI PRZEMYSŁAW	9192		LUBOŃ	POL	MASTERS M - 40	60	M 191	00:48:18	01:08:36	01:46:03.60	01:47:17.95	10:36	5.7
306	SZURKOWSKI MICHAŁ	9573		POZNAŃ	POL	MASTERS M - 40	61	M 192	00:47:54	01:09:35	01:45:54.90	01:47:27.25	10:35	5.7
307	DOBOSZ LESZEK	9522		POZNAŃ	POL	MASTERS M - 40	62	M 193	00:47:54	01:09:35	01:45:56.15	01:47:28.95	10:35	5.7
308	GOLIŃSKA BARBARA	9172	EUROCASH	LUBOŃ	POL	SENIOR II K - 30	57	K 115	00:48:17	01:08:35	01:46:15.45	01:47:29.80	10:37	5.6
309	PURWIN KAROLINA	9063		GRUDZIĄDZ	POL	SENIOR I K - 20	14	K 116	00:46:32	01:07:06	01:46:18.55	01:47:37.65	10:37	5.6
310	ŚWIĄTEK AGNIESZKA	9064		GRUDZIĄDZ	POL	SENIOR II K - 30	58	K 117	00:46:31	01:07:06	01:46:18.65	01:47:38.15	10:37	5.6
311	PIETRUCHA MARCIN	9207		TARNOWO PODGÓRNE	POL	MASTERS M - 40	63	M 194	00:46:00	01:07:46	01:46:46.45	01:47:40.80	10:40	5.6
312	KAZMIERCZAK ŁUKASZ	9270		WARSZAWA	POL	MASTERS M - 40	64	M 195	00:44:43	01:05:44	01:46:26.55	01:47:55.70	10:38	5.6
313	JAROCZYŃSKI SZYMON	9364		ZĄBKOWICE ŚLĄSKIE	POL	SENIOR I M - 20	28	M 196	00:46:44	01:07:42	01:47:12.85	01:48:00.40	10:43	5.6
314	JASIÓWKA ADRIAN	9450		ŁĄDEK ZDRÓJ	POL	SENIOR II M - 30	68	M 197	00:42:55	01:04:45	01:46:43.70	01:48:00.70	10:40	5.6
315	WENTYKIER TOMASZ	9466	POMYŁKA TEAM	PIASECZNO	POL	JUNIOR I M - 20	6	M 198	00:46:52	01:07:23	01:46:30.65	01:48:04.10	10:39	5.6
316	GONERA-BATOR ANNA	9501		NADOLICE WIELKIE	POL	SENIOR II K - 30	59	K 118	00:48:23	01:09:23	01:48:09.70	01:48:57.25	10:48	5.5
317	KOLAN PAWEŁ	9239	PĘDZĄCE LENIWCE	POZNAŃ	POL	WETERAN I M - 50	22	M 199	00:46:13	01:07:12	01:48:02.05	01:49:05.25	10:48	5.6
318	WILK MATEUSZ	9517	RAMBO III	BYSTRA	POL	MASTERS M - 40	65	M 200	00:49:30	01:11:49	01:48:25.00	01:49:13.45	10:50	5.5
319	WILK MARIA	9350		BYSTRA	POL	SENIOR II K - 30	60	K 119	00:49:42	01:11:48	01:48:25.30	01:49:13.90	10:50	5.5
320	TKACZUK ANNA	9022		OPOLE	POL	MASTERS K - 40	37	K 120	00:47:19	01:08:06	01:48:45.75	01:49:15.90	10:52	5.5
321	KOWALSKA-BARWIŃSKA KLAUDIA	9485	UMAWIANIENABIEGANIE	WROCŁAW	POL	MASTERS K - 40	38	K 121	00:47:56	01:09:56	01:49:00.55	01:49:36.20	10:54	5.5
322	JANECZEK TOMASZ	9230	TOM	TUREK	POL	SENIOR II M - 30	69	M 201	00:48:26	01:09:53	01:48:34.30	01:49:42.35	10:51	5.5
323	MAGOCZY JUSTYNA	9521		KRAKÓW	POL	SENIOR II K - 30	61	K 122	00:48:51	01:10:31	01:48:41.65	01:49:45.10	10:52	5.5
324	OPASKA KASIA	9311		TARNOWO PODGÓRNE	POL	MASTERS K - 40	39	K 123	00:49:08	01:10:13	01:49:25.30	01:49:51.35	10:56	5.5
325	WIECZOREK ARTUR	9312	BIEGACZE Z PRZYLESIA.	POZNAŃ	POL	MASTERS M - 40	66	M 202	00:49:08	01:10:11	01:49:24.90	01:49:52.25	10:56	5.5

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
326	NOWAK BEATA	9185	NIGHT RUNNERS	KALISZ	POL	MASTERS K - 40	40	K 124	00:49:01	01:09:50	01:49:22.15	01:50:21.70	10:56	5.5
327	GIL DARIA	9004		POZNAŃ	POL	SENIOR II K - 30	62	K 125	00:49:29	01:10:08	01:48:50.45	01:50:29.15	10:53	5.5
328	FRAŃSKI ŁUKASZ	9058	NKB CHYŻY NOWY TOMYŚL	NOWY TOMYŚL	POL	MASTERS M - 40	67	M 203	00:48:50	01:10:26	01:49:08.70	01:50:30.90	10:54	5.5
329	FRAŃSKA KAROLINA	9059		NOWY TOMYŚL	POL	MASTERS K - 40	41	K 126	00:48:49	01:10:27	01:49:18.55	01:50:40.55	10:55	5.5
330	PRZYBYLSKA MONIKA	9286	TRI TOMAJ	BORÓWIEC	POL	MASTERS K - 40	42	K 127	00:44:33	01:05:33	01:50:31.45	01:50:46.10	11:03	5.4
331	WALENSKA KLAUDIA	9412		DOLSK	POL	SENIOR II K - 30	63	K 128	00:47:15	01:09:52	01:50:10.55	01:50:47.60	11:01	5.4
332	DUDA ŁUKASZ	9523		CHORZÓW	POL	SENIOR II M - 30	70	M 204	00:47:10	01:09:41	01:50:21.20	01:50:51.95	11:02	5.4
333	BONA ANNA	9331		WROCŁAW	POL	SENIOR II K - 30	64	K 129	00:47:41	01:08:36	01:49:40.60	01:50:52.15	10:58	5.5
334	SZEWC KATARZYNA	9373		ŻERKÓW	POL	WETERAN K - 50	9	K 130	00:46:07	01:07:49	01:50:55.10	01:51:05.65	11:05	5.4
335	NOWICKA KAROLINA	9085		POŁCZYN ZDRÓJ	POL	SENIOR I K - 20	15	K 131	00:47:52	01:10:21	01:51:04.50	01:51:27.70	11:06	5.4
336	SZYMAŃSKA ADRIANNA	9343		CHORZÓW	POL	SENIOR II K - 30	65	K 132	00:48:08	01:10:12	01:50:59.85	01:51:31.50	11:05	5.4
337	SZYSZKA AGNIESZKA	9421	NIGHT RUNNERS	OSTRÓW WIELKOPOLSKI	POL	MASTERS K - 40	43	K 133	00:46:25	01:08:21	01:51:00.30	01:51:47.25	11:06	5.4
338	BOGUS PATRYCJA	9318		PĄTNÓW	POL	SENIOR I K - 20	16	K 134	00:48:29	01:09:35	01:50:19.80	01:51:59.40	11:01	5.4
339	BORKOWSKI ARKADIUSZ	9400		WARSZAWA	POL	SENIOR II M - 30	71	M 205	00:44:27	01:03:45	01:50:42.90	01:52:07.75	11:04	5.4
340	RYCKO MAJA	9161		POLICE	POL	SENIOR II K - 30	66	K 135	00:49:37	01:11:04	01:52:00.30	01:52:24.60	11:12	5.4
341	DOMAŃSKA SYLWIA	9149		ŁÓDŹ	POL	SENIOR I K - 20	17	K 136	00:46:29	01:09:08	01:51:45.75	01:52:48.35	11:10	5.4
342	KALISZ RENATA	9023		GORLICE	POL	MASTERS K - 40	44	K 137	00:48:13	01:10:03	01:52:05.15	01:53:04.65	11:12	5.4
343	KISIAŁA FILIP	9128	TATA WOJTUSIA	KRAKÓW	POL	MASTERS M - 40	68	M 206	00:40:45	00:58:13	01:28:55.25	01:53:13.10	8:53	6.7
344	WESTFAL AGATA	9391	HTF LUDWIK SIKORSKI	ŁÓDŹ	POL	MASTERS K - 40	45	K 138	00:49:42	01:11:16	01:51:44.55	01:53:18.95	11:10	5.4
345	STEGLIŃSKA ANNA	9102		ŁÓDŹ	POL	SENIOR I K - 20	18	K 139	00:46:30	01:09:08	01:52:19.10	01:53:21.85	11:13	5.3
346	GAŚKA SANDRA	9438		KANIÓW	POL	SENIOR II K - 30	67	K 140	00:47:13	01:09:37	01:52:48.80	01:53:36.70	11:16	5.3
347	GABERT BEATA	9008	RAZ SZCZECIN	SZCZECIN	POL	WETERAN K - 50	10	K 141	00:50:28	01:12:52	01:53:44.40	01:54:23.40	11:22	5.3
348	KUŹNIAK MARTYNA	9056		WARSZAWA	POL	WETERAN K - 50	11	K 142	00:51:37	01:13:45	01:53:07.55	01:54:38.65	11:18	5.3
349	KLIMOWICZ ANNA	9528		MESZNA	POL	SENIOR II K - 30	68	K 143	00:49:02	01:11:46	01:54:26.35	01:55:16.05	11:26	5.2
350	DUTKIEWICZ-GAJOS RENATA	9557	HUNTRUN	NYSA	POL	WETERAN II K - 60	2	K 144	00:49:09	01:12:22	01:54:53.65	01:55:26.05	11:29	5.2
351	ZYCH KRYSZTYAN	9108	KB DĘBIEC POZNAŃ	POZNAŃ	POL	MASTERS M - 40	69	M 207	00:45:53	01:08:39	01:54:25.75	01:55:50.65	11:26	5.2
352	FRYSIAK AGATA	9019		POBIEDZISKA	POL	SENIOR II K - 30	69	K 145	00:48:11	01:10:07	01:54:21.10	01:55:55.80	11:26	5.2
353	OLBRICH BARBARA	9353	RUN AWAY TEAM	ŚWIĘTOCHŁOWICE	POL	MASTERS K - 40	46	K 146	00:48:05	01:11:26	01:55:18.30	01:55:59.80	11:31	5.2
354	JACHYMSKA ZOFIA	9525		ŁÓDŹ	POL	SENIOR II K - 30	70	K 147	00:50:51	01:13:18	01:55:33.05	01:56:14.35	11:33	5.2
355	RADŁAK IDA	9083		WROCŁAW	POL	MASTERS K - 40	47	K 148	00:51:59	01:14:25	01:54:46.65	01:56:19.85	11:28	5.2
356	RADŁAK MARCIN	9084		WROCŁAW	POL	MASTERS M - 40	70	M 208	00:51:59	01:14:26	01:54:46.90	01:56:20.00	11:28	5.2
357	PARTYKA AGNIESZKA	9474	KB HARCOWNIK JELCZ-LASKOWICE	JELCZ-LASKOWICE	POL	MASTERS K - 40	48	K 149	00:50:15	01:12:36	01:55:06.60	01:56:25.05	11:30	5.2
358	MAJCHRZAK KONIECZNA JOANNA	9174	KOŚCIAN TEAM ULTRA	KOŚCIAN	POL	MASTERS K - 40	49	K 150	00:49:53	01:13:39	01:55:33.65	01:56:29.45	11:33	5.2
359	KUJAWA SYLWIA	9368		WARZYMICE	POL	SENIOR II K - 30	71	K 151	00:50:04	01:14:43	01:56:13.60	01:56:40.85	11:37	5.2
360	STASIAK-BALAS PAULINA	9120		KŁOBUCK	POL	SENIOR II K - 30	72	K 152	00:51:53	01:16:06	01:56:07.15	01:56:52.90	11:36	5.2
361	LEMAŃSKA-CHYLIŃSKA MARTA	9452		GRUDZIĄDZ	POL	SENIOR II K - 30	73	K 153	00:50:07	01:13:52	01:56:19.55	01:57:00.40	11:37	5.2
362	SOBOLEWSKI MARIAN	9310		SOBÓTKA	POL	WETERAN I M - 50	23	M 209	00:51:26	01:14:23	01:55:47.10	01:57:03.40	11:34	5.2
363	WALCZAK SŁAWOMIR	9090		GAŁĄCZYCE	POL	WETERAN I M - 50	24	M 210	00:50:13	01:13:06	01:55:54.80	01:57:15.50	11:35	5.2
364	AMANOWICZ AURELIA	9206		WROCŁAW	POL	SENIOR II K - 30	74	K 154	00:54:47	01:16:30	01:56:57.05	01:57:59.80	11:41	5.1
365	SŁOWIŃSKA KATARZYNA	9034		ŁÓDŹ	POL	MASTERS K - 40	50	K 155	00:50:19	01:12:28	01:57:17.85	01:58:04.55	11:43	5.1
366	SŁOWIŃSKA ALEKSANDRA	9033		ŁÓDŹ	POL	MASTERS K - 40	51	K 156	00:50:19	01:12:28	01:57:18.05	01:58:04.60	11:43	5.1
367	BUJAŁA STANISŁAW	9072		LIGOTA MAŁA	POL	WETERAN II M - 60	10	M 211	00:51:24	01:14:07	01:56:58.70	01:58:33.65	11:41	5.1
368	GAŚCZCZAK IWONA	9158	KS LENIWIEC	KĘPNO	POL	MASTERS K - 40	52	K 157	00:49:47	01:12:51	01:57:24.80	01:58:35.05	11:44	5.1
369	DĄBROWSKA MAŁGORZATA	9003		WROCŁAW	POL	MASTERS K - 40	52	K 157	00:50:21	01:13:34	01:57:54.20	01:58:35.05	11:47	5.1
370	TVERDUN IVAN	9259	KS LENIWIEC	KĘPNO	UKR	SENIOR II M - 30	72	M 212	01:14:40		01:58:35.70	01:58:35.70	11:51	5.1
371	VOLODYMYR YATSENKO	9449	KS LENIWIEC	KĘPNO	POL	SENIOR I M - 20	29	M 213	00:51:03	01:13:59	01:58:36.40	01:58:36.40	11:51	5.1
372	SKUBISZ KATARZYNA	9482	BIEGACZE SPECJALNEJ TEOSKI	WARSZAWA	POL	MASTERS K - 40	54	K 159	00:50:35	01:13:52	01:57:28.65	01:58:51.85	11:44	5.1
373	SŁOWIŃSKA MAŁGORZATA	9551		WARSZAWA	POL	MASTERS K - 40	55	K 160	00:50:36	01:13:53	01:57:29.95	01:58:53.00	11:44	5.1
374	SŁOWIŃSKI MARCIN	9552	DREAM RUN	WARSZAWA	POL	MASTERS M - 40	71	M 214	00:50:37	01:13:53	01:57:30.55	01:58:53.75	11:45	5.1
375	NURKIEWICZ-KMIECIK DOMINIKA	9079		KĄŻMIERZ	POL	MASTERS K - 40	56	K 161	00:52:20	01:15:54	01:58:12.10	01:58:54.90	11:49	5.1
376	WOLANIN JACEK	9245		WROCŁAW	POL	MASTERS M - 40	72	M 215	00:52:55	01:16:25	01:58:10.40	01:58:59.20	11:49	5.1
377	KUCHARSKA KAMILA	9369		WROCŁAW (WROCŁAW-FABRYCZNA)	POL	MASTERS K - 40	57	K 162	00:49:44	01:12:32	01:58:26.50	01:59:11.50	11:50	5.1
378	GAWORSKI FILIP	9212	EUROCASH	POZNAŃ	POL	SENIOR II M - 30	73	M 216	00:48:07	01:11:23	01:58:11.70	01:59:26.95	11:49	5.1
379	MIKUŁA ANNA	9204		ROKIETNICA	POL	MASTERS K - 40	58	K 163	00:50:46	01:15:36	01:59:05.95	01:59:28.65	11:54	5
380	CZERNIAK ZUZANNA	9227		WROCŁAW	POL	SENIOR II K - 30	75	K 164	00:53:06	01:17:39	01:59:00.30	02:00:02.85	11:54	5
381	SZPUREK ANNA	9494	BUKOWSKI KLUB BIEGACZA	BUK	POL	MASTERS K - 40	59	K 165	00:51:12	01:15:45	01:59:39.40	02:00:32.05	11:57	5

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
382	KĘSICKA KATARZYNA	9189		WARSZAWA	POL	MASTERS K - 40	60	K 166	00:51:38	01:15:01	01:59:49.70	02:01:04.90	11:58	5
383	JOHN MILENA	9251		POZNAŃ	POL	MASTERS K - 40	61	K 167	00:53:42	01:16:16	01:59:53.90	02:01:20.65	11:59	5
384	JANUSZ TOMASZ	9250		KRAKÓW	POL	MASTERS M - 40	73	M 217	00:53:42	01:16:16	01:59:55.00	02:01:21.10	11:59	5
385	KUPCZYK MAŁGORZATA	9220		BYTKOWO	POL	MASTERS K - 40	62	K 168	00:50:36	01:16:48	02:00:32.25	02:01:27.90	12:03	5
386	KUPCZYK SYLWIA	9218		POZNAŃ	POL	MASTERS K - 40	63	K 169	00:51:42	01:16:48	02:00:31.95	02:01:28.20	12:03	5
387	KACZMAREK ANNA	9301		MILICZ	POL	SENIOR II K - 30	76	K 170	00:55:34	01:20:57	02:01:15.70	02:01:28.30	12:07	4.9
388	KACZMAREK ADAM	9302		MILICZ	POL	MASTERS M - 40	74	M 218	00:55:07	01:20:56	02:01:15.00	02:01:28.45	12:07	4.9
389	KURDYŚ MAŁGORZATA	9342		SOSNOWIEC	POL	SENIOR I K - 20	19	K 171	00:51:17	01:14:44	02:00:36.30	02:01:29.70	12:03	5
390	RYCKO KAROL	9160		POLICE	POL	SENIOR II M - 30	74	M 219	00:53:18	01:17:11	02:01:21.55	02:01:46.35	12:08	4.9
391	CZYRANIA EMIL	9502		TURAWA	POL	WETERAN II M - 60	11	M 220	00:52:00	01:15:04	02:00:24.05	02:01:47.45	12:02	5
392	ROŚLANIEC MARIUSZ	9577		SUWAŁKI	POL	WETERAN I M - 50	25	M 221	00:50:22	01:14:34	02:01:45.90	02:02:03.30	12:10	4.9
393	KRZYWICKI LESZEK	9578		SUWAŁKI	POL	WETERAN I M - 50	26	M 222	00:49:38	01:15:01	02:01:46.95	02:02:02.45	12:10	4.9
394	KACZMAREK ANIA	9046	PARTYZANCI KONIN	KONIN	POL	MASTERS K - 40	64	K 172	00:52:28	01:16:08	02:01:32.00	02:02:24.75	12:09	4.9
395	KACZMAREK JK82	9121	PARTYZANCI KONIN/JK82	KONIN	POL	MASTERS M - 40	75	M 223	00:52:28	01:16:11	02:01:31.80	02:02:25.55	12:09	4.9
396	DUDKIEWICZ ANNA	9471	EKO-OKNA RUNNERS	KATOWICE	POL	MASTERS K - 40	65	K 173	00:51:04	01:14:09	02:02:21.60	02:02:46.55	12:14	4.9
397	JAROSZ AGNIESZKA	9183	TEAM KURORT ŁĄDEK ZDRÓJ	OLEDRZYCHOWICE KŁODZKIE	POL	SENIOR II K - 30	77	K 174	00:51:50	01:17:27	02:01:45.65	02:02:53.90	12:10	4.9
398	JAROSZ KATARZYNA	9489	TEAM KURORT ŁĄDEK ZDRÓJ	OLEDRZYCHOWICE KŁODZKIE	POL	SENIOR I K - 20	20	K 175	00:51:51	01:17:28	02:01:45.90	02:02:54.10	12:10	4.9
399	SOBOŃ MARTA	9094		WARSZAWA	POL	SENIOR II K - 30	78	K 176	00:49:44	01:13:17	02:01:46.80	02:03:04.20	12:10	4.9
400	WOŹNIAK LIDIA	9036	PORMAT JEDLICZE BIEGA	SKOŁYSZYN	POL	WETERAN K - 50	12	K 177	00:52:10	01:16:56	02:02:48.80	02:03:17.30	12:16	4.9
401	STOPNICKI IGNACY	9382	TUPOŃ USTKA	USTKA	POL	WETERAN III M - 70	3	M 224	00:49:27	01:13:18	02:02:38.75	02:03:24.20	12:15	4.9
402	PTASZYŃSKA ANNA	9496	SPEED FIT '16	KOŚCIAN	POL	WETERAN K - 50	13	K 178	00:47:53	01:14:27	02:02:56.60	02:04:10.00	12:17	4.9
403	JUSKOWIAK MIKOŁAJ	9123		LESZNO	POL	SENIOR II M - 30	75	M 225	00:53:24	01:17:42	02:03:22.40	02:04:25.90	12:20	4.9
404	JONCZYK ELŻBIETA	9109	TUPTUP	ŁĄDEK-ZDRÓJ	POL	WETERAN K - 50	14	K 179	00:51:50	01:16:29	02:04:15.10	02:04:49.00	12:25	4.8
405	CHASZCZEWSKA JULIA	9013	TOPOLICE TEAM	WROCŁAW	POL	SENIOR II K - 30	79	K 180	00:52:59	01:18:10	02:04:24.50	02:04:55.55	12:26	4.8
406	MARGRAF EWA	9186		RUDA ŚLĄSKA	POL	MASTERS K - 40	66	K 181	00:52:34	01:17:42	02:03:42.30	02:04:56.05	12:22	4.9
407	KUZIOMKO ANNA	9124		LEGNICA	POL	MASTERS K - 40	67	K 182	00:53:02	01:16:07	02:05:10.15	02:05:34.25	12:31	4.8
408	DOMAŃSKA ANNA	9169	AKTYWNI RAZEM	KICIN	POL	SENIOR II K - 30	80	K 183	00:57:47	01:21:22	02:04:34.95	02:05:35.35	12:27	4.8
409	TYCZYŃSKA JOANNA	9167	AKTYWNI RAZEM	CZERWONAK	POL	MASTERS K - 40	68	K 184	00:57:47	01:21:24	02:04:35.20	02:05:35.80	12:27	4.8
410	WINIARSKA IZABELA	9562	GÓRAL Z MAZUR	WARSZAWA	POL	MASTERS K - 40	69	K 185	00:56:14	01:20:31	02:04:31.55	02:05:39.90	12:27	4.8
411	KACZMARCZYK DOMINIKA	9532		JELENIA GÓRA	POL	SENIOR I K - 20	21	K 186	00:51:19	01:16:55	02:04:24.65	02:05:48.60	12:26	4.8
412	SIEJKA EWELINA	9262		WARSZAWA	POL	SENIOR II K - 30	81	K 187	00:54:35	01:19:51	02:05:19.45	02:05:48.95	12:31	4.8
413	KUBICZ BARTŁOMIEJ	9560		WROCŁAW	POL	SENIOR II M - 30	76	M 226	00:51:03	01:16:55	02:04:27.00	02:05:50.95	12:26	4.8
414	JÓŹWIAKOWSKA WERONIKA	9441		SOLEC KUJAWSKI	POL	SENIOR I K - 20	22	K 188	00:51:53	01:20:36	02:04:57.70	02:05:53.20	12:29	4.8
415	SZUBIERAJSKA EDYTA	9292		RAFZYMIN	POL	SENIOR II K - 30	82	K 189	00:54:38	01:19:32	02:05:33.80	02:06:03.20	12:33	4.8
416	SYPNIEWSKA HANNA	9510	ULTRAWAY TEAM	GDYNIA	POL	WETERAN II K - 60	3	K 190	00:53:19	01:18:42	02:04:59.30	02:06:04.80	12:29	4.8
417	JASICKI JULIAN	9284	STRONSKA GRUPA ROWEROWA	ŁĄDEK-ZDRÓJ	POL	WETERAN III M - 70	4	M 227	00:50:19	01:14:51	02:04:52.25	02:06:09.30	12:29	4.8
418	RYBA MONIKA	9154		RAWICZ	POL	MASTERS K - 40	70	K 191	00:51:55	01:16:29	02:05:57.00	02:06:10.90	12:35	4.8
419	WOROCH-MALCHRZYCKA KAMILA	9110	JUTROSIŃSKI KLUB BIEGACZA	JUTROSIN	POL	SENIOR II K - 30	83	K 192	00:51:56	01:16:30	02:05:57.70	02:06:11.10	12:35	4.8
420	SZCZUKA PAWEŁ	9442		WIRY	POL	WETERAN I M - 50	27	M 228	00:54:22	01:20:20	02:05:36.50	02:06:43.20	12:33	4.8
421	SZCZUKA MAŁGORZATA	9443		WIRY	POL	WETERAN K - 50	15	K 193	00:54:31	01:20:23	02:05:37.75	02:06:43.75	12:33	4.8
422	KŁEPO MAŁGORZATA	9001	ŁUCZNIK TEAM	WROCŁAW	POL	MASTERS K - 40	71	K 194	00:53:26	01:21:03	02:06:05.30	02:06:44.90	12:36	4.8
423	REGULSKA ANETA	9456	DRUŻYNA SZPIKU	WROCŁAW	POL	MASTERS K - 40	72	K 195	00:52:13	01:17:07	02:06:01.80	02:07:38.95	12:36	4.8
424	SKOLIMOWSKA KATARZYNA	9222	YRTS	ŻABOKLIKI	POL	MASTERS K - 40	73	K 196	00:55:32	01:20:00	02:08:01.30	02:08:12.15	12:48	4.7
425	MAJOS MAŁGORZATA	9073	RAZ SZCZECIN	SZCZECIN	POL	WETERAN K - 50	16	K 197	00:52:01	01:19:40	02:07:39.55	02:08:18.55	12:45	4.7
426	BORKOWSKA - KOCIOŁEK MARZENA	9100		WOŁÓW	POL	WETERAN K - 50	17	K 198	00:57:02	01:22:47	02:07:58.20	02:08:43.45	12:47	4.7
427	ŻYŁOWICZ MARCIN	9225		KRAKÓW	POL	SENIOR II M - 30	77	M 229	00:53:40	01:21:06	02:07:58.75	02:09:00.25	12:47	4.7
428	STRZAŚKA KATARZYNA	9555		ŁĄDEK ZDRÓJ	POL	MASTERS K - 40	74	K 199	00:54:08	01:20:10	02:07:48.75	02:09:19.20	12:46	4.7
429	AGUINIGA LIZATH	9246		EL PASO	POL	SENIOR II K - 30	84	K 200	00:56:01	01:20:55	02:08:09.90	02:09:41.90	12:48	4.7
430	GROCHAŁA EWA	9405		SZCZAWNO-ZDRÓJ	POL	WETERAN K - 50	18	K 201	00:54:01	01:19:41	02:08:22.15	02:09:54.85	12:50	4.7
431	ŁUCZAK HALINA	9506		TUREK	POL	MASTERS K - 40	75	K 202	00:54:00	01:17:39	02:09:06.80	02:10:05.25	12:54	4.6
432	MICHAŁSKA AGNIESZKA	9561		TUREK	POL	MASTERS K - 40	76	K 203	00:54:01	01:17:40	02:09:07.10	02:10:05.40	12:54	4.6
433	MILLER PAWEŁ	9232	BIEGAM BO LUBIĘ LASY BOGDANIEC	BOGDANIEC	POL	SENIOR II M - 30	78	M 230	00:55:38	01:21:25	02:09:20.95	02:10:37.05	12:56	4.6
434	PILARSKA ELŻBIETA	9261	IZERY BOGATYNIA	BOGATYNIA	POL	WETERAN III K - 70	1	K 204	00:55:12	01:20:40	02:10:48.20	02:10:57.95	13:04	4.6
435	ŁABOJEWSKA KATARZYNA	9111		WRONKI	POL	MASTERS K - 40	77	K 205	00:55:23	01:20:51	02:10:46.15	02:11:07.60	13:04	4.6
436	SPYCHAŁA MARTA	9112		WRONKI	POL	MASTERS K - 40	78	K 206	00:55:21	01:20:57	02:10:47.20	02:11:08.00	13:04	4.6
437	BĄCZEK KRZYSZTOF	9447		ZAWIERCIE	POL	MASTERS M - 40	76	M 231	00:54:42	01:20:56	02:10:16.80	02:11:09.10	13:01	4.6
438	RAPACZ DANUTA	9499	ANMAR	STRONIE ŚLĄSKIE	POL	WETERAN II K - 60	4	K 207	00:54:21	01:22:25	02:11:26.90	02:12:16.10	13:08	4.6



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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	5.8km	Netto	Brutto	min/km	km/h
439	MAKSYMOWICZ MONIKA	9129		KŁODZKO	POL	SENIOR II K - 30	85	K 208			02:12:22.00	02:12:22.00	13:14	4.5
440	RYBKA PATRYCJA	9145		BIERKOWICE	POL	JUNIOR I K - 20	1	K 209	00:55:44	01:22:16	02:11:40.70	02:12:24.30	13:10	4.6
441	ESSI-EZINH ALEKSANDR	9486	SFORA BMK	WARSZAWA	POL	SENIOR II M - 30	79	M 232	00:54:09	01:26:31	02:11:50.40	02:12:55.60	13:11	4.6
442	FUDALA MARTA	9487	SFORA BMK	USTKA	POL	SENIOR I K - 20	23	K 210	00:54:09	01:26:31	02:11:51.30	02:12:55.65	13:11	4.6
443	PLEWIŃSKA SYLWIA	9346	RUN AWAY TEAM	ŚWIĘTOCHŁOWICE	POL	MASTERS K - 40	79	K 211	00:56:09	01:21:17	02:12:34.40	02:13:13.85	13:15	4.5
444	KOTARBA KATARZYNA	9330	RUN AWAY TEAM	SOSNOWIEC	POL	SENIOR II K - 30	86	K 212	00:56:10	01:21:16	02:12:34.65	02:13:14.05	13:15	4.5
445	KOCIOŁEK PATRYCJA	9101		KRAKÓW	POL	SENIOR I K - 20	24	K 213	00:57:02	01:23:38	02:12:54.25	02:13:40.45	13:17	4.5
446	GALUS IZABELA	9300		WARSZAWA	POL	MASTERS K - 40	80	K 214	00:55:11	01:20:45	02:13:41.20	02:14:01.55	13:22	4.5
447	BERNACKA PATRYCJA	9419		BERLIN	GER	SENIOR II K - 30	87	K 215	00:54:00	01:21:03	02:14:06.60	02:15:19.30	13:24	4.5
448	ŁUCKA MAGDALENA	9420		GNIEZNO	POL	WETERAN K - 50	19	K 216	00:53:22	01:21:04	02:14:06.90	02:15:19.35	13:24	4.5
449	RÓŻAŃSKI ROBERT	9567		WROCŁAW	POL	WETERAN I M - 50	28	M 233	00:57:24	01:24:45	02:15:01.85	02:15:28.80	13:30	4.4
450	POKORNY EWA	9323		WROCŁAW	POL	MASTERS K - 40	81	K 217	00:57:36	01:24:38	02:16:54.30	02:18:10.75	13:41	4.4
451	POKORNY TOMASZ	9322		WROCŁAW	POL	WETERAN I M - 50	29	M 234	00:57:37	01:24:38	02:16:56.15	02:18:11.40	13:41	4.4
452	DOBROWOLSKI ROBERT	9199	SPORTOWI EMERYCI JELENIA GORA	JELENIA GORA	POL	WETERAN II M - 60	12	M 235	00:55:54	01:23:00	02:17:21.95	02:18:19.60	13:44	4.4
453	DOBROWOLSKA BOŻENA	9200	SPORTOWI EMERYCI JELENIA GORA	JELENIA GORA	POL	WETERAN III K - 70	2	K 218	00:55:55	01:23:15	02:17:22.75	02:18:20.00	13:44	4.4
454	WYSZATYCKI MATEUSZ	9524		ŁÓDŹ	POL	SENIOR II M - 30	80	M 236	00:57:20	01:26:09	02:18:46.25	02:19:28.30	13:52	4.3
455	GLASSER MAREK	9352		WARSZAWA	POL	WETERAN III M - 70	5	M 237	00:53:58	01:25:14	02:20:05.65	02:21:19.05	14:00	4.3
456	RYBKA ELŻBIETA	9144		BIERKOWICE	POL	MASTERS K - 40	82	K 219	01:00:25	01:30:35	02:22:42.50	02:23:26.20	14:16	4.2
457	WITCZAK-SPERKA MARIOLA	9214	RAZ SZCZECIN	SZCZECIN	POL	WETERAN II K - 60	5	K 220	00:55:14	01:25:11	02:24:14.75	02:24:53.25	14:25	4.2
458	KARPIŃSKA AGNIESZKA	9168		BRZOZÓWKA	POL	WETERAN K - 50	20	K 221	01:00:59	01:30:28	02:24:42.15	02:25:43.50	14:28	4.1
459	KARPIŃSKI ADAM	9159		BRZOZÓWKA	POL	WETERAN I M - 50	30	M 238	01:00:57	01:30:23	02:24:42.60	02:25:44.00	14:28	4.1
460	SZUMLAS ANNA	9511	ULTRA WAY TEAM	POŁCHOWO	POL	MASTERS K - 40	83	K 222	00:58:06	01:27:50	02:25:58.70	02:27:09.95	14:35	4.1
461	KUPCZYK WOJCIECH	9157		BYTKOWO	POL	SENIOR I M - 20	30	M 239	00:58:26	01:30:13	02:26:28.60	02:27:23.70	14:38	4.1
462	KUPCZYK JACEK	9156		BYTKOWO	POL	WETERAN I M - 50	31	M 240	00:59:01	01:30:14	02:26:29.35	02:27:24.00	14:38	4.1
463	OWSIANIK ELWIRA	9460	MD_RUN	WROCŁAW	POL	MASTERS K - 40	84	K 223	01:01:28	01:30:01	02:30:46.75	02:31:24.70	15:04	4
464	DOWNAR-ZAPOLSKA RITA	9455	MD_RUN	WROCŁAW	POL	WETERAN K - 50	21	K 224	01:01:18	01:30:01	02:30:47.60	02:31:24.90	15:04	4
465	DOWNAR-ZAPOLSKA LAURA	9454	MD_RUN	WROCŁAW	POL	SENIOR II K - 30	88	K 225	01:01:23	01:29:14	02:30:46.60	02:31:25.00	15:04	4
466	OWSIANIK ALEKSANDRA	9461	MD_RUN	WROCŁAW	POL	SENIOR I K - 20	25	K 226	01:01:31	01:29:16	02:30:47.85	02:31:25.20	15:04	4
467	KYC EWA	9345		ŚWIDNICA	POL	WETERAN K - 50	22	K 227	01:01:12	01:31:29	02:31:25.65	02:32:38.05	15:08	4
468	KYC PAULINA	9344		ŚWIDNICA	POL	SENIOR I K - 20	26	K 228	01:01:11	01:31:28	02:31:25.80	02:32:38.45	15:08	4
469	BARTKIEWICZ KATARZYNA	9011		ZAGOŚCINIEC	POL	MASTERS K - 40	85	K 229	01:04:22	01:36:35	02:36:05.45	02:36:34.15	15:36	3.8
470	KRÓL MARTA	9451		RADZYMIN	POL	MASTERS K - 40	86	K 230	01:04:22	01:36:34	02:36:09.75	02:36:39.95	15:36	3.8
471	ŁOJEWSKA MAŁGORZATA	9055	10 WOJSKOWY SZPITAL Z POLIKLINIKOM	SOLEC KUJAWSKI	POL	MASTERS K - 40	87	K 231	01:07:20	01:40:13	02:40:02.50	02:40:42.80	16:00	3.7
472	SIERPIŃSKA MAŁGORZATA	9216	AKTYWNI RAZEM	POZNAŃ	POL	WETERAN K - 50	23	K 232	01:10:27	01:45:19	02:44:08.30	02:45:08.40	16:24	3.7
473	KRZEMIEŃSKI JERZY	9332	KB SZAMOTUŁY	SZAMOTUŁY	POL	WETERAN II M - 60	13	M 241	01:08:50	01:44:56	02:47:40.65	02:49:04.60	16:46	3.6
474	KĘSKA-PLĄSEK MAŁGORZATA	9095	LOVELASY	POLICE	POL	MASTERS K - 40	88	K 233	01:12:23	01:47:50	02:50:16.65	02:50:41.60	17:01	3.5
475	KONIECZNY ROBERT	9077	#ZŁOTYNAKILOMETR	ZŁOTNIK	POL	MASTERS M - 40	77	M 242	01:05:30	01:38:01	02:49:34.95	02:50:48.50	16:57	3.5
476	SOKOŁOWSKI IWO	9076		ŁĄDEK-ZDRÓJ	POL	JUNIOR I M - 20	7	M 243	01:16:40	01:54:28	02:57:27.40	02:58:25.25	17:44	3.4
477	SOKOŁOWSKI KAZIMIERZ	9061		GDAŃSK	POL	WETERAN III M - 70	6	M 244	01:16:43	01:54:26	02:57:28.95	02:58:28.25	17:44	3.4
	BODURKA KRZYSZTOF	9493	SALOMON TEAM	NIELEPICE	POL	SENIOR II M - 30			00:25:56	DNF	DNF	DNF	-	-
	KACZOR JAN	9488		WAŁBRZYCH	POL	SENIOR I M - 20			00:26:18	DNF	DNF	DNF	-	-
	KUROWSKA BIANKA	9416		ŚWIDNICA	POL	SENIOR I K - 20			DNF	DNF	DNF	DNF	-	-
	KOZŁOWICZ TOMASZ	9355	OBORYGENI	WIELKA LIPA	POL	SENIOR II M - 30			DNF	DNF	DNF	DNF	-	-