

BIEG TROJAK TRAIL - 10 KM

Organizator: Fundacja MARATONY GÓRSKIE
Data: 2024-07-21
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	4.4km	6.4km	Netto	Brutto	min/km	km/h
1	KUJAWA ZBIGNIEW	9085	TKKF KOLEJARZ BYDGOSZCZ	JANOWIEC WIELKOPOLSKI	POL	SENIOR II M - 30	1	M 1	00:21:43	00:32:12	00:46:48.75	00:46:52.25	4:40	12.8
2	RUTKOWSKI DAMIAN	9106	KS ZAMEK EXPOM KURZĘTNIK	LIDZBARK WARMINSKI	POL	SENIOR I M - 20	1	M 2	00:23:16	00:34:16	00:48:44.50	00:48:47.30	4:52	12.3
3	PERZ JAN	9453	ULTRA TRAIL ACADEMY	KOSZALIN	POL	SENIOR I M - 20	2	M 3	00:22:41	00:34:01	00:48:50.80	00:48:53.25	4:53	12.3
4	PAPROCKA URSZULA	9370		KRAKÓW	POL	SENIOR II K - 30	1	K 1	00:24:11	00:35:04	00:49:19.20	00:49:24.20	4:55	12.2
5	PYZIK KRZYSZTOF	9748	VEGE SLONIK TEAM	ŚWINOUJŚCIE	POL	SENIOR II M - 30	2	M 4	00:24:01	00:35:11	00:49:54.10	00:50:00.55	4:59	12
6	KAMIŃSKI ARTUR	9735	PRZEDWOJEWSKI TEAM	GŁUCHOŁĄZY	POL	MASTERS M - 40	1	M 5	00:23:56	00:35:21	00:50:02.95	00:50:04.95	5:00	12
7	TRZEPAK ŁUKASZ	9526		WROCŁAW	POL	SENIOR II M - 30	3	M 6	00:23:53	00:35:37	00:50:00.40	00:50:09.45	5:00	12
8	OGÓREK MONIKA	9444	SALOMON TEAM / BRYGADA BESKIDÓW	NOWY SĄCZ	POL	SENIOR I K - 20	1	K 2	00:24:15	00:35:49	00:50:46.00	00:50:51.50	5:04	11.8
9	MAJEWSKI RAFAŁ	9588	SUDECKA GRUPA GOPR	MIĘDZYLESIE	POL	MASTERS M - 40	2	M 7	00:24:26	00:35:57	00:52:08.95	00:52:11.10	5:12	11.5
10	KRASZPULSKA MAGDALENA	9573	TRAIL IS OUR WAY	WARSZAWA	POL	SENIOR II K - 30	2	K 3	00:24:36	00:36:37	00:52:11.55	00:52:16.85	5:13	11.5
11	KUŚNIERCZAK WIESŁAW	9746	AW SZYBCIEJ	SUCHY LAS	POL	WETERAN I M - 50	1	M 8	00:25:26	00:37:00	00:52:10.05	00:52:39.75	5:13	11.5
12	MCKENNA ADRIAN	9204	AMAGER TRIATLON KLUB	COPENHAGEN	DEN	SENIOR II M - 30	4	M 9	00:24:48	00:36:18	00:52:42.55	00:53:06.60	5:16	11.4
13	JACHYM CZYK NORBERT	9604	KB MCKUS JAWORZNO	JAWORZNO	POL	MASTERS M - 40	3	M 10	00:25:09	00:36:49	00:52:56.70	00:53:17.60	5:17	11.3
14	BEDNARSKI MAREK	9381	TEAM KOPEĆ	GORZÓW WIELKOPOLSKI	POL	SENIOR II M - 30	5	M 11	00:26:26	00:38:21	00:53:15.05	00:53:19.95	5:19	11.3
15	GROMALA KRZYSZTOF	9387	SOBASTEAM	ŚWIEBODZICE	POL	MASTERS M - 40	4	M 12	00:25:22	00:37:05	00:53:34.60	00:53:38.45	5:21	11.2
16	OPALIŃSKI MICHAŁ	9556	HASCO-LEK TEAM	WROCŁAW	POL	SENIOR II M - 30	6	M 13	00:25:28	00:37:04	00:53:21.55	00:53:50.45	5:20	11.2
17	PRZYSTARZ ARTUR	9069	OBORYGENI	OBORNIKI ŚLĄSKIE	POL	WETERAN I M - 50	2	M 14	00:25:28	00:37:24	00:54:01.60	00:54:09.25	5:24	11.1
18	STRZELCZAK ROBERT	9303	TRAIL IS OUR WAY TEAM	OPOLE	POL	WETERAN I M - 50	3	M 15	00:26:14	00:38:09	00:54:14.45	00:54:14.45	5:25	11.1
19	LEWANDOWSKI MICHAŁ	9472	OBSTACLE CENTER TEAM	WARSZAWA	POL	SENIOR I M - 20	3	M 16	00:25:30	00:37:48	00:54:12.00	00:54:14.85	5:25	11.1
20	BOCZEK LESZEK	9495		WROCŁAW	POL	SENIOR II M - 30	7	M 17	00:25:41	00:37:42	00:54:12.05	00:54:19.20	5:25	11.1
21	WER ANNA	9402	TOMICA COACHING CZENIECKIE MAKARONY	CIESZYN	POL	SENIOR II K - 30	3	K 4	00:25:59	00:37:48	00:54:19.15	00:54:23.20	5:25	11
22	KWAŚNIK MARIUSZ	9407		GORZÓW WIELKOPOLSKI	POL	MASTERS M - 40	5	M 18	00:26:43	00:39:05	00:54:52.40	00:54:56.85	5:29	10.9
23	GRYGIEL MAREK	9595	TEAM ULTRABIES/TEAM DFBG	KRAKÓW	POL	MASTERS M - 40	6	M 19	00:26:32	00:39:00	00:54:48.40	00:54:59.15	5:28	10.9
24	VASINSKI HLEB	9389		WROCŁAW	POL	SENIOR I M - 20	4	M 20	00:26:10	00:38:54	00:54:44.40	00:55:05.10	5:28	11
25	GAIK NATALIA	9059	BIEGAM BO LUBIĘ OSTROŁĘKA	KIELCE	POL	SENIOR I K - 20	2	K 5	00:25:48	00:38:20	00:55:05.95	00:55:09.05	5:30	10.9
26	CZELEŃ MATEUSZ	9540	ZAMIELSKI TEAM	WAŁBRZYCH	POL	SENIOR II M - 30	8	M 21	00:26:15	00:38:48	00:55:15.50	00:55:22.30	5:31	10.9
27	NOWAK PAWEŁ	9048		WROCŁAW	POL	SENIOR II M - 30	9	M 22	00:25:40	00:37:58	00:55:36.80	00:55:40.65	5:33	10.8
28	PITOŃ MATEUSZ	9603		RADKÓW	POL	SENIOR II M - 30	10	M 23	00:25:44	00:38:35	00:56:08.85	00:56:16.50	5:36	10.7
29	NAJDUK JAKUB	9045	ROZBIEGANI CHOJNÓW	CHOJNÓW	POL	JUNIOR I M - 20	1	M 24	00:26:09	00:38:39	00:56:20.95	00:56:23.75	5:38	10.7
30	WRÓBEL MICHAŁ	9445	JAN TALERZ DRUGI	POZNAN	POL	SENIOR II M - 30	11	M 25	00:26:13	00:38:54	00:56:51.65	00:56:56.90	5:41	10.6
31	ALTEWĘGIER JAROSŁAW	9172	AW SZYBCIEJ TEAM	WROCŁAW	POL	MASTERS M - 40	7	M 26	00:26:37	00:39:08	00:56:49.45	00:57:00.45	5:40	10.6
32	PODGÓRNY MARIUSZ	9466	TEAM OZIMEK / ULTRANIEPODLEGŁA	DYLAKI	POL	SENIOR II M - 30	12	M 27	00:27:12	00:40:15	00:57:06.75	00:57:10.20	5:42	10.5
33	ZAMŁYŃSKI BARTOSZ	9328		WROCŁAW	POL	SENIOR II M - 30	13	M 28	00:26:34	00:39:26	00:56:27.40	00:57:18.80	5:38	10.6
34	WANAT MATEUSZ	9298	PRZEDWOJEWSKI TEAM	WROCŁAW	POL	SENIOR II M - 30	14	M 29	00:28:05	00:40:40	00:57:12.80	00:57:21.85	5:43	10.5
35	RUBAJ KONRAD	9750	TEAM DFBG / UMKS KWIDZYN	KWIDZYN	POL	JUNIOR I M - 20	2	M 30	00:27:07	00:39:54	00:56:46.85	00:57:29.85	5:40	10.6
36	KURKA WIKTORIA	9160		KROTOSZYN	POL	JUNIOR I K - 20	1	K 6	00:26:35	00:40:23	00:58:39.35	00:58:41.90	5:51	10.2
37	PODWÓJCI MICHAŁ	9198	GÓRAL Z MAZUR	SKÓRZEWO	POL	MASTERS M - 40	8	M 31	00:27:12	00:40:02	00:57:57.05	00:58:47.60	5:47	10.4
38	KOCOWSKI-GÓRSKI KONRAD	9352	MŁYNARCZYK ENDURANCE TEAM	WROCŁAW	POL	SENIOR II M - 30	15	M 32	00:27:41	00:40:47	00:58:22.55	00:58:49.25	5:50	10.3
39	SEMENENKO LIUDMYLA	9289	PRZEDWOJEWSKI TEAM	WROCŁAW	POL	SENIOR II K - 30	4	K 7	00:27:48	00:40:52	00:58:50.00	00:58:54.35	5:53	10.2
40	SKÓRA SZYMON	9336		NYSZA	POL	MASTERS M - 40	9	M 33	00:28:03	00:41:05	00:58:11.95	00:59:04.55	5:49	10.3
41	SZUBA TOMASZ	9554	HASCO-LEK TEAM	WROCŁAW	POL	SENIOR II M - 30	16	M 34	00:28:19	00:41:21	00:58:32.25	00:59:10.10	5:51	10.3
42	BIAŁCZYK MARCIN	9060	MARATOŃCZYK POZNAŃ	ROŚCIMIN	POL	SENIOR II M - 30	17	M 35	00:27:11	00:40:42	00:59:08.50	00:59:18.30	5:54	10.1
43	KRYSIK MARCIN	9166		WUJÓWKA	POL	SENIOR II M - 30	18	M 36	00:27:47	00:40:47	00:59:04.65	00:59:19.10	5:54	10.2
44	MIKOŁAJCZYK MIROSLAW	9284	MIRAZ RACE TEAM	ZABRZE	POL	MASTERS M - 40	10	M 37	00:28:33	00:41:33	00:59:18.95	00:59:26.00	5:55	10.1

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
45	KŁAKOWICZ MARIUSZ	9159		NOWY ŚWIĘTÓW	POL	MASTERS M - 40	11	M 38	00:28:14	00:41:16	00:59:26.25	00:59:29.35	5:56	10.1
46	MAŁKIEWICZ PAWEŁ	9345		WARSZAWA	POL	MASTERS M - 40	12	M 39	00:27:29	00:40:46	00:59:14.15	00:59:59.85	5:55	10.1
47	PLAZIAK-KOWALSKA MAGDALENA	9185	2K	LIBERTOW	POL	MASTERS K - 40	1	K 8	00:28:16	00:41:34	00:59:53.10	01:00:00.45	5:59	10
48	BUKOWSKA MARTA	9460		ŁÓDŹ	POL	SENIOR II K - 30	5	K 9	00:28:00	00:41:38	01:00:04.65	01:00:09.30	6:00	10
49	ZACHARCZUK SZCZEPAN	9168	ENDORFINA WSCHOWA	WSCHOWA	POL	WETERAN II M - 60	1	M 40	00:28:38	00:42:10	01:00:09.75	01:00:16.95	6:00	10
50	JAMBOR MICHAŁ	9359	ŻÓRAWSKI TEAM	WARSZAWA	POL	MASTERS M - 40	13	M 41	00:28:33	00:41:38	00:59:57.30	01:00:23.60	5:59	10
51	BOROWIAK ŁUKASZ	9053	#BIEGAJLESZNO	LESZNO	POL	MASTERS M - 40	14	M 42	00:28:57	00:41:54	01:00:01.65	01:00:50.05	6:00	10
52	DORNIK JAROSŁAW	9135	PZU SPORT TEAM	WROCŁAW	POL	WETERAN I M - 50	4	M 43	00:29:33	00:42:59	01:00:59.30	01:01:05.55	6:05	9.8
53	PEKALA KAMILA	9219	KOBIETY BIEGAJĄ	POZNAŃ	POL	SENIOR I K - 20	3	K 10	00:29:05	00:42:45	01:01:02.15	01:01:08.70	6:06	9.8
54	JÓZEF MATEUSZ	9243	ULTRAJÓZKI	MYSŁOWICE	POL	SENIOR II M - 30	19	M 44	00:29:03	00:42:48	01:00:45.75	01:01:09.30	6:04	9.9
55	MODRZYŃSKI PAWEŁ	9496		DOMASZCZYN	POL	SENIOR II M - 30	20	M 45	00:28:49	00:42:45	01:01:11.75	01:01:30.85	6:07	9.8
56	MYDŁOWSKI PIOTR	9377		WROCŁAW	POL	MASTERS M - 40	15	M 46	00:28:54	00:42:31	01:00:57.40	01:01:44.50	6:05	9.8
57	ANANICH ANDREY	9548	BIAŁ.TM	WROCŁAW	POL	SENIOR I M - 20	5	M 47	00:28:40	00:43:05	01:01:37.25	01:01:50.40	6:09	9.7
58	KANIEWSKI PIOTR	9558		OPOLE	POL	SENIOR II M - 30	21	M 48	00:29:17	00:43:17	01:01:48.95	01:01:55.10	6:10	9.7
59	VAN DER MEIJ BART	9021	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	MASTERS M - 40	16	M 49	00:29:37	00:43:44	01:01:51.50	01:02:03.95	6:11	9.7
60	BÓRKOWSKA OLA	9301	MARATOŃCZYK POZNAŃ	POZNAŃ	POL	SENIOR II K - 30	6	K 11	00:28:57	00:43:11	01:02:05.10	01:02:10.70	6:12	9.7
61	JASICKI KRZYSZTOF	9356	RUNHOGS TYCHY	TYCHY	POL	MASTERS M - 40	17	M 50	00:30:25	00:44:05	01:02:10.90	01:02:19.25	6:13	9.7
62	WIATER TOMASZ	9029		CHORZÓW	POL	MASTERS M - 40	18	M 51	00:30:02	00:44:00	01:02:13.15	01:02:22.80	6:13	9.6
63	ZĄBECKI PRZEMYSŁAW	9736		KRYNICA ZDRÓJ	POL	MASTERS M - 40	19	M 52	00:30:31	00:44:26	01:02:18.70	01:02:26.75	6:13	9.6
64	ZIELIŃSKI SŁAWOMIR	9601	#TEAMSZÓSTABE	RZESZÓW	POL	MASTERS M - 40	20	M 53	00:30:10	00:44:49	01:02:49.75	01:02:56.55	6:16	9.6
65	FIENKO KATARZYNA	9358		PEŁCZYCE	POL	SENIOR II K - 30	7	K 12	00:29:57	00:44:06	01:02:58.45	01:03:03.05	6:17	9.5
66	JAWORSKI KONRAD	9536		BYSTRZYCA KŁODZKA	POL	SENIOR II M - 30	22	M 54	00:29:56	00:44:34	01:02:44.70	01:03:18.75	6:16	9.6
67	WIECZERZAK MAGDALENA	9594	TEAM ULTRABIES / TEAM DFBG	MIELEC	POL	SENIOR II K - 30	8	K 13	00:29:52	00:44:14	01:02:56.30	01:03:21.15	6:17	9.5
68	CIECIELĄG ADAM	9214	KS PEGAZ	PIASECZNO	POL	SENIOR I M - 20	6	M 55	00:29:14	00:43:56	01:03:31.00	01:03:48.95	6:21	9.4
69	JEDRZEJEK ŁUKASZ	9293		POBIEDZISKA	POL	MASTERS M - 40	21	M 56	00:30:59	00:43:49	01:01:01.05	01:04:15.70	6:06	9.8
70	WALCZAK ADRIAN	9138	13 ŚBOT	GRODKÓW	POL	SENIOR I M - 20	7	M 57	00:29:55	00:44:41	01:03:52.40	01:04:16.90	6:23	9.4
71	PARZNIEWSKI MACIEJ	9147	TOWARZYSTWO TURYSTYCZNE AKS POLONIA WARSZAWA	NOWY DWÓR MAZOWIECKI	POL	MASTERS M - 40	22	M 58	00:29:33	00:43:44	01:03:52.35	01:04:42.00	6:23	9.4
72	CHUDY MICHAŁ	9425		WARSZAWA	POL	SENIOR II M - 30	23	M 59	00:30:46	00:44:56	01:03:46.85	01:04:48.75	6:22	9.4
73	DUDKIEWICZ DAMIAN	9480	DOHEALTH	KRAKÓW	POL	SENIOR II M - 30	24	M 60	00:29:05	00:43:50	01:04:18.10	01:04:57.55	6:25	9.3
74	JAWORSKI BARTOSZ	9319	DOHEALTH KRAKÓW	BRODY	POL	SENIOR I M - 20	8	M 61	00:29:05	00:43:50	01:04:19.45	01:04:59.00	6:25	9.3
75	KLIŚ MARCIN	9373	TOMICA COACHING	BIELSKO-BIAŁA	POL	MASTERS M - 40	23	M 62	00:30:30	00:45:03	01:05:06.35	01:05:10.55	6:30	9.2
76	MRUGAŁA MONIKA	9304	TRAIL IS OUR WAY TEAM	WĘGRY	POL	WETERAN K - 50	1	K 14	00:30:25	00:45:20	01:05:06.80	01:05:21.80	6:30	9.2
77	KRÓL ADRIAN	9491		57-550	POL	SENIOR II M - 30	25	M 63	00:30:40	00:45:26	01:04:26.90	01:05:23.85	6:26	9.3
78	ULIKOWSKA MARTYNA	9586	TEAM DFBG	KRAKÓW	POL	SENIOR II K - 30	9	K 15	00:31:05	00:46:08	01:05:19.25	01:05:26.30	6:31	9.2
79	GRZECH RAFAŁ	9110		GIEŁCZYCE	POL	SENIOR I M - 20	9	M 64	00:30:49	00:45:31	01:04:15.55	01:05:31.80	6:25	9.3
80	PATALAS MATEUSZ	9130		PIASECZNO	POL	SENIOR I M - 20	10	M 65	00:31:38	00:46:33	01:05:13.05	01:05:34.25	6:31	9.2
81	PACEK TOMASZ	9339	FIZJOBIEGACZE SZCZECIN	SZCZECIN	POL	SENIOR II M - 30	26	M 66	00:30:59	00:44:48	01:05:00.40	01:05:48.15	6:30	9.2
82	BÓRKOWSKI MIKOŁAJ	9515	MARATOŃCZYK POZNAŃ	POZNAŃ	POL	MASTERS M - 40	24	M 67	00:31:33	00:46:17	01:05:52.90	01:05:57.85	6:35	9.1
83	KARPINSKI PIOTR	9520		BYSTRZYCA	POL	SENIOR I M - 20	11	M 68	00:30:25	00:45:09	01:04:50.20	01:05:58.60	6:29	9.3
84	FIENKO DARIUSZ	9355		PEŁCZYCE	POL	SENIOR II M - 30	27	M 69	00:31:22	00:46:13	01:05:55.60	01:06:00.85	6:35	9.1
85	JESION IRENEUSZ	9581		LUBIN	POL	WETERAN I M - 50	5	M 70	00:31:48	00:46:14	01:05:32.00	01:06:15.50	6:33	9.2
86	MAJKA ERYK	9182	FAMILIAMAJKA	SZCZECIN	POL	SENIOR I M - 20	12	M 71	00:30:17	00:45:12	01:05:25.45	01:06:16.65	6:32	9.2
87	GAŁEK ALEKSANDER	9413	PRAGMATIQ.PL	POZNAŃ	POL	MASTERS M - 40	25	M 72	00:32:34	00:46:46	01:05:52.20	01:06:21.90	6:35	9.1
88	PAULI MACIEJ	9297		WROCŁAW	POL	SENIOR I M - 20	13	M 73	00:31:21	00:46:20	01:05:45.65	01:06:23.35	6:34	9.1
89	ZAWADA PAWEŁ	9169		DRZEWICA	POL	JUNIOR I M - 20	3	M 74	00:30:44	00:45:31	01:06:12.15	01:06:40.90	6:37	9.1
90	ŚWIĘCKA JOANNA	9509	OSTATNI GASI ASFALT	WROCŁAW	POL	MASTERS K - 40	2	K 16			01:06:48.00	01:06:48.00	6:40	9
91	RYLLI DAWID	9487		BYSTRZYCA KŁODZKA	POL	SENIOR II M - 30	28	M 75	00:30:56	00:46:16	01:06:45.45	01:06:50.50	6:40	9
92	POCZĄTEK ŁUKASZ	9354	AUTOLIV RUN TEAM	JELCZ -LASKOWICE	POL	MASTERS M - 40	26	M 76	00:30:50	00:46:13	01:06:56.70	01:07:09.05	6:41	9
93	MOTYCZYŃSKI MACIEJ	9052	MOTYCZYŃSKI RUNNING	SZCZECIN	POL	WETERAN I M - 50	6	M 77	00:31:25	00:46:25	01:07:24.25	01:07:29.35	6:44	8.9
94	DĄBROWSKA KATARZYNA	9450		ŁÓDŹ	POL	SENIOR II K - 30	10	K 17	00:33:11	00:48:11	01:07:15.00	01:07:32.65	6:43	8.9
95	KOBYLIŃSKI BARTOSZ	9221	MUKS SPARTAN ROKIETNICA	POZNAŃ	POL	JUNIOR I M - 20	4	M 78	00:31:52	00:47:31	01:07:28.15	01:07:46.05	6:44	8.9
96	FLIS MIROSŁAW	9392		CHOSZCZNO	POL	WETERAN II M - 60	2	M 79	00:32:34	00:47:57	01:07:40.05	01:07:49.85	6:46	8.9
97	SIEMIŃSKA ADRIANNA	9478		KOLUSZKI	POL	JUNIOR I K - 20	2	K 18	00:30:43	00:46:43	01:07:46.10	01:07:51.65	6:46	8.9
98	KWIATKOWSKI FILIP	9740	ZEREBSKI	ŁĄDEK-ZDRÓJ	POL	JUNIOR I M - 20	5	M 80	00:32:30	00:47:50	01:07:24.70	01:07:57.50	6:44	8.9
99	SZYMAŃSKI JAROSŁAW	9024		ŁĄDEK ZDRÓJ	POL	SENIOR I M - 20	14	M 81	00:32:43	00:47:28	01:06:37.45	01:08:02.85	6:39	9
100	STĘPNIK IGA	9446		POZNAŃ	POL	SENIOR II K - 30	11	K 19	00:32:16	00:47:29	01:07:58.95	01:08:09.25	6:47	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	4.4km	6.4km	Netto	Brutto	min/km	km/h
101	ZYGOŃ ARTUR	9497	ZACHODNIOPOMORSKI URZĄD WOJEWÓDZKI	STARGARD	POL	SENIOR II M - 30	29	M 82	00:31:01	00:45:57	01:08:07.10	01:08:11.85	6:48	8.8
102	TOMCZYK RAFAŁ	9565	PODDEBICKI KLUB BIEGACZA ZDYSZANI.PL	PODDEBICE	POL	SENIOR II M - 30	30	M 83	00:31:18	00:46:17	01:07:49.45	01:08:12.60	6:46	8.8
103	SIEWKO PIOTR	9101		DĘBOWIEC	POL	WETERAN I M - 50	7	M 84	00:32:25	00:47:30	01:07:58.80	01:08:18.40	6:47	8.8
104	GRUSZKOWSKI MAREK	9249	OSP SIEDLNICA	WSCHOWA	POL	WETERAN I M - 50	8	M 85	00:31:38	00:46:47	01:08:00.70	01:08:27.85	6:48	8.8
105	PINCIUREK PAULINA	9190	SMAK RADOŚCI	ŚWIEBODZICE	POL	SENIOR II K - 30	12	K 20	00:32:14	00:47:19	01:07:58.30	01:08:36.25	6:47	8.8
106	MOMOT SŁAWOMIR	9191	SMAK RADOŚCI	ŚWIEBODZICE	POL	MASTERS M - 40	27	M 86	00:32:14	00:47:18	01:07:58.55	01:08:36.60	6:47	8.8
107	BUTSKO YANA	9252		WROCŁAW	POL	SENIOR I K - 20	4	K 21	00:32:04	00:47:46	01:08:03.65	01:08:36.60	6:48	8.8
108	PONIA TOWSKA JUSTYNA	9247	TEBIA RUNNERS	WROCŁAW	POL	SENIOR II K - 30	13	K 22	00:33:06	00:48:38	01:08:37.00	01:08:47.20	6:51	8.7
109	KOTRYSIAK AGATA	9067	ADIDAS RUNNERS POZNAŃ	POZNAŃ	POL	SENIOR II K - 30	14	K 23	00:33:04	00:48:37	01:08:42.10	01:08:48.25	6:52	8.7
110	LIS ADRIAN	9546	GALMET TEAM	GŁUBCZYCE	POL	SENIOR I M - 20	15	M 87	00:32:05	00:47:17	01:08:07.65	01:08:49.15	6:48	8.8
111	OWCZARCYK WOJCIECH	9393		LESZNO	POL	SENIOR I M - 20	16	M 88	00:32:20	00:47:25	01:08:01.50	01:08:52.15	6:48	8.8
112	TOMAS PAWEŁ	9741		ŁĄDEK ZDRÓJ	POL	SENIOR I M - 20	17	M 89	00:33:22	00:48:38	01:08:13.50	01:08:52.35	6:49	8.8
113	NIEWIADOMSKI MAREK	9096	CROSS KRAPKOWICE	KRAPKOWICE	POL	SENIOR II M - 30	31	M 90	00:31:38	00:47:07	01:08:13.60	01:08:59.95	6:49	8.8
114	ULAN NATALIA	9530		DOBRCZ	POL	SENIOR II K - 30	15	K 24	00:31:28	00:47:20	01:09:01.95	01:09:10.85	6:54	8.7
115	BRONISZ JOANNA	9374	TOMICA COACHING	POZNAŃ	POL	SENIOR I K - 20	5	K 25	00:32:35	00:48:44	01:09:21.25	01:09:25.85	6:56	8.7
116	GOETEL MAGDALENA	9743		BUKOWINA TATRZAŃSKA	POL	MASTERS K - 40	3	K 26	00:33:25	00:48:47	01:09:00.05	01:09:34.30	6:54	8.7
117	MILIŃSKA LILIANA	9335		NIEMODLIN	POL	MASTERS K - 40	4	K 27	00:32:36	00:47:47	01:08:45.15	01:09:38.55	6:52	8.7
118	JARECKI MACIEJ	9609	PARKRUN WROCŁAW	WROCŁAW	POL	SENIOR II M - 30	32	M 91	00:32:30	00:47:37	01:08:57.75	01:09:41.80	6:53	8.7
119	SIEWKO JAKUB	9062		DĘBOWIEC	POL	SENIOR I M - 20	18	M 92	00:32:36	00:48:03	01:09:21.95	01:09:42.20	6:56	8.7
120	JORDAN JAKUB	9057	TARNOWO PODGÓRNE BIEGA	GRZEBIENISKO	POL	JUNIOR I M - 20	6	M 93	00:32:09	00:47:07	01:08:00.10	01:09:56.00	6:48	8.8
121	ZIĘBA GRACJAN	9605		ŁĄDEK ZDRÓJ	POL	SENIOR II M - 30	33	M 94	00:33:06	00:48:01	01:08:23.70	01:10:02.65	6:50	8.8
122	ŻMUDA PAWEŁ	9063	TEAM JUTROSIN	JUTROSIN	POL	MASTERS M - 40	28	M 95	00:31:55	00:47:25	01:09:55.90	01:10:04.50	6:59	8.6
123	JANKOWSKA JOLANTA	9420		WROCŁAW	POL	SENIOR II K - 30	16	K 28	00:32:18	00:47:52	01:09:54.25	01:10:08.15	6:59	8.6
124	PROŃKO KAMIL	9375	LEGNICA POKONUJE PRZESZKODY	LEGNICA	POL	SENIOR II M - 30	34	M 96	00:32:46	00:48:12	01:09:41.45	01:10:24.30	6:58	8.6
125	POZHYLENKO VLADYSLAV	9512		CZESTOCHOWA	POL	SENIOR I M - 20	19	M 97	00:32:04	00:47:28	01:09:12.35	01:10:26.05	6:55	8.7
126	HLAVÁČOVÁ EVA	9580		KRNOV	CZE	WETERAN K - 50	2	K 29	00:32:34	00:48:25	01:10:07.15	01:10:30.60	7:00	8.6
127	KRZESIMOWSKI DAMIAN	9086	ENERGENT POLSKA	KIELCE	POL	MASTERS M - 40	29	M 98	00:34:14	00:49:06	01:09:55.80	01:10:31.65	6:59	8.6
128	ROSIŃSKI JAKUB	9555	HASCO-LEK TEAM	WROCŁAW	POL	SENIOR II M - 30	35	M 99	00:31:11	00:46:11	01:08:43.10	01:10:47.65	6:52	8.7
129	KASZEWIAK KAROLINA	9507	TOMICA COACHING	WARSZAWA	POL	SENIOR II K - 30	17	K 30	00:33:50	00:49:11	01:09:40.35	01:10:51.90	6:58	8.6
130	CYMBALISTA ADAM	9505		OPOLE	POL	SENIOR I M - 20	20	M 100	00:33:52	00:49:38	01:10:02.00	01:10:54.15	7:00	8.6
131	BULIKOWSKI TOMASZ	9363	KAMTEAM	SZCZECIN	POL	MASTERS M - 40	30	M 101	00:33:10	00:48:25	01:09:29.85	01:11:00.50	6:56	8.6
132	PLOCH WERONIKA	9506		WROCŁAW	POL	SENIOR I K - 20	6	K 31	00:33:52	00:49:38	01:10:17.45	01:11:09.45	7:01	8.5
133	KIERUL ŁUKASZ	9107	HASSA TEAM SPORTY WALKI	NOWA SÓL	POL	SENIOR II M - 30	36	M 102	00:32:03	00:48:08	01:11:07.75	01:11:18.85	7:06	8.4
134	IWANOW HUBERT	9432		RADZYMIN	POL	SENIOR II M - 30	37	M 103			01:11:24.55	01:11:24.55	7:08	8.4
135	CIECIOROWSKA ALEKSANDRA	9537	DYNAFIT/ SOBAS TEAM	WROCŁAW	POL	SENIOR I K - 20	7	K 32	00:33:45	00:50:01	01:11:21.70	01:11:25.45	7:08	8.4
136	MITUŁA PAWEŁ	9109		ZIĘBICE	POL	MASTERS M - 40	31	M 104	00:33:12	00:48:56	01:10:47.05	01:11:45.75	7:04	8.5
137	KĄŁAMAGA AGNIESZKA	9553	HASCO-LEK TEAM	WROCŁAW	POL	MASTERS K - 40	5	K 33	00:34:09	00:49:47	01:11:12.20	01:11:56.35	7:07	8.4
138	KABAŃSKI ADAM	9246		WROCŁAW	POL	SENIOR I M - 20	21	M 105	00:34:41	00:50:02	01:10:42.85	01:11:58.60	7:04	8.5
139	KUBISZYŃ PAWEŁ	9584		WAŁBRZYCH	POL	SENIOR II M - 30	38	M 106	00:33:07	00:49:15	01:11:22.85	01:12:03.05	7:08	8.4
140	WALCZAK ANDRZEJ	9351		GDYNIA	POL	MASTERS M - 40	32	M 107	00:32:43	00:48:30	01:11:12.95	01:12:04.75	7:07	8.4
141	DESKA ELŻBIETA	9543		GRÓJEC	POL	MASTERS K - 40	6	K 34	00:32:17	00:47:57	01:11:45.30	01:12:06.55	7:10	8.4
142	MOKRZYCKI KRZYSZTOF	9281	ŚLĘZAKTEAM	STARA ŁOMNICA	POL	MASTERS M - 40	33	M 108	00:33:17	00:49:40	01:11:32.45	01:12:07.05	7:09	8.4
143	SCHRAM ARNE	9020	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN I M - 50	9	M 109	00:34:16	00:50:36	01:11:51.55	01:12:10.70	7:11	8.4
144	MIKUŁA MACIEJ	9275		ROKIETNICA	POL	WETERAN I M - 50	10	M 110	00:32:26	00:48:15	01:11:53.10	01:12:13.30	7:11	8.3
145	NOWAK NATALIA	9192	GÓRAL Z MAZUR RUNNING TEAM	KATOWICE	POL	SENIOR II K - 30	18	K 35	00:34:11	00:50:21	01:11:44.50	01:12:29.95	7:10	8.4
146	BOGUSZ BASIA	9596	TEAM DFBG	POZNAŃ	POL	SENIOR II K - 30	19	K 36	00:35:13	00:51:18	01:11:55.80	01:12:32.20	7:11	8.3
147	BARTON ADAM	9504	GALMET TEAM	GŁOGÓWEK	POL	MASTERS M - 40	34	M 111	00:33:01	00:48:53	01:12:01.35	01:12:42.95	7:12	8.3
148	GRYZ JACEK	9324		NOWY DWÓR MAZOWIECKI	POL	MASTERS M - 40	35	M 112	00:34:38	00:50:40	01:12:20.30	01:12:52.75	7:14	8.3
149	BARTKOWIAK HUBERT	9162	KB ŻMIGRÓD	RADZIADZ	POL	WETERAN I M - 50	11	M 113	00:33:19	00:49:12	01:12:21.50	01:12:57.05	7:14	8.3
150	BAL TOMASZ	9422		KĄTY WROCŁAWSKIE	POL	MASTERS M - 40	36	M 114	00:34:15	00:50:13	01:11:37.05	01:13:29.05	7:09	8.4
151	TYL RADOŚLAŃ	9118		BIERZYCE	POL	MASTERS M - 40	37	M 115	00:33:13	00:49:12	01:11:29.60	01:13:38.45	7:08	8.4
152	JĘDRZEJEWSKI MATEUSZ	9189		POZNAŃ	POL	SENIOR II M - 30	39	M 116	00:33:13	00:49:41	01:13:01.65	01:13:45.15	7:18	8.2
153	KACZMAREK ŁUKASZ	9310		NAMYŚLÓW	POL	SENIOR II M - 30	40	M 117	00:35:53	00:52:24	01:13:19.85	01:13:51.05	7:19	8.2
154	GRZYBEK NADIA	9093		WROCŁAW	POL	SENIOR I K - 20	8	K 37	00:33:47	00:49:54	01:13:14.15	01:14:01.75	7:19	8.2
155	KRAUTFORST KAROLINA	9468		WROCŁAW	POL	SENIOR I K - 20	9	K 38	00:35:59	00:51:55	01:12:18.40	01:14:11.60	7:13	8.3

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
156	BEREST OLENA	9488		WIELICZKA	POL	SENIOR I K - 20	10	K 39	00:33:35	00:50:19	01:13:07.40	01:14:15.10	7:18	8.2
157	MARKOWSKA LIDIA	9199		WROCŁAW	POL	MASTERS K - 40	7	K 40	00:35:24	00:51:30	01:14:18.00	01:14:18.00	7:25	8.1
158	ŁUKASZEWSKI MICHAŁ	9171	#ZALINAMETYTEAM	LUBOŃ	POL	MASTERS M - 40	38	M 118	00:35:36	00:52:12	01:13:28.95	01:14:23.45	7:20	8.2
159	NESTEREWICZ RYSZARD	9382	LKS ISKRA JASZKOWA	KŁODZKO	POL	WETERAN III M - 70	1	M 119	00:33:50	00:50:09	01:13:23.95	01:14:30.80	7:20	8.2
160	JASKÓLSKA-PIETRZYK KINGA	9061	MICHALAK SANDRA TEAM	BĘDZIN	POL	MASTERS K - 40	8	K 41	00:35:33	00:51:48	01:14:19.15	01:14:36.80	7:25	8.1
161	SZYMAŃSKI GRZEGORZ	9313	RNB TEAM POLANICA ZDRÓJ	POLANICA-ZDRÓJ	POL	WETERAN I M - 50	12	M 120	00:33:38	00:50:04	01:13:55.95	01:14:47.50	7:23	8.1
162	KUZIEL MARCIN	9233	BLACK RUNNING STRONIE ŚLĄSKIE	STRONIE ŚLĄSKIE	POL	SENIOR II M - 30	41	M 121	00:34:31	00:50:10	01:12:54.05	01:15:00.95	7:17	8.2
163	WINNIK MAREK	9346	SAVAGES	SZCZECIN	GBR	MASTERS M - 40	39	M 122	00:35:33	00:51:14	01:13:26.20	01:15:08.95	7:20	8.2
164	RUSEK PIOTR	9464		MIELEC	POL	SENIOR II M - 30	42	M 123	00:34:31	00:50:46	01:12:54.35	01:15:10.85	7:17	8.2
165	WOLEK MAKŚ	9535		TYCHY	POL	JUNIOR I M - 20	7	M 124	00:36:17	00:52:51	01:13:53.35	01:15:11.00	7:23	8.1
166	MOLENDA MAŁGORZATA	9271	BBKS ŁAWECZKA WILANÓW	WARSZAWA	POL	MASTERS K - 40	9	K 42	00:36:36	00:53:10	01:15:11.90	01:15:24.05	7:31	8
167	OWCZARCZYK BOGUMIŁ	9397		LESZNO	POL	WETERAN I M - 50	13	M 125	00:33:47	00:50:42	01:14:34.65	01:15:26.05	7:27	8
168	PIOTROWIAK ANGELIKA	9479		WROCŁAW	POL	SENIOR II K - 30	20	K 43	00:35:21	00:51:45	01:14:21.20	01:15:47.25	7:26	8.1
169	BACKER MARCIN	9429	TOPOLICE TEAM	PASIKUROWICE	POL	MASTERS M - 40	40	M 126	00:35:32	00:52:20	01:14:29.85	01:15:48.90	7:26	8.1
170	WILK MATEUSZ	9574	RAMBO III	BYSTRA	POL	MASTERS M - 40	41	M 127	00:35:28	00:52:14	01:15:29.70	01:16:02.75	7:32	7.9
171	MAJKA ANNA	9183	FAMILIAMAJKA	SZCZECIN	POL	WETERAN K - 50	3	K 44	00:35:40	00:52:18	01:15:10.95	01:16:05.10	7:31	8
172	MAJKA JAREK	9181	FAMILIAMAJKA	SZCZECIN	POL	MASTERS M - 40	42	M 128	00:35:41	00:52:18	01:15:11.30	01:16:05.45	7:31	8
173	POŚWISTAJŁO MARCIN	9510		ŁĄDEK-ZDRÓJ	POL	SENIOR II M - 30	43	M 129	00:37:23	00:53:32	01:14:48.15	01:16:20.10	7:28	8
174	RYBCZYŃSKI PAWEŁ	9443	RYBA TEAM	KOBYLA GÓRA	POL	MASTERS M - 40	43	M 130	00:36:22	00:52:59	01:15:13.40	01:16:20.70	7:31	8
175	WILCZYŃSKA BEATA	9174	#ZALINAMETYTEAM	POZNAŃ	POL	SENIOR II K - 30	21	K 45	00:35:36	00:52:12	01:15:28.70	01:16:23.55	7:32	8
176	DURYŃ ALEKSANDRA	9228		KOBYLA GÓRA	POL	SENIOR I K - 20	11	K 46	00:36:19	00:53:03	01:15:31.15	01:16:38.80	7:33	7.9
177	ZIÓŁEK KAROLINA	9215		POZNAŃ	POL	SENIOR II K - 30	22	K 47	00:36:30	00:53:28	01:15:53.60	01:16:39.95	7:35	7.9
178	OLEJNICZAK LEON	9544		WARSZAWA	POL	JUNIOR I M - 20	8	M 131	00:36:51	00:53:20	01:14:25.50	01:16:41.05	7:26	8.1
179	SARNOWSKA KAROLINA	9575	PRORUNNING PROMOTION	WARSZAWA	POL	MASTERS K - 40	10	K 48	00:36:01	00:52:42	01:15:44.20	01:16:46.60	7:34	7.9
180	JÓZEF DOROTA	9244	ULTRAJÓZKI	MYSŁOWICE	POL	SENIOR II K - 30	23	K 49	00:36:36	00:53:31	01:16:08.05	01:16:47.65	7:36	7.9
181	TOMCZAK AGNIESZKA	9225		WROCŁAW	POL	SENIOR I K - 20	12	K 50	00:36:23	00:53:34	01:16:05.70	01:17:21.55	7:36	7.9
182	HORSZTYŃSKA ZOFIA	9531		WARSZAWA	POL	SENIOR II K - 30	24	K 51	00:36:14	00:52:47	01:15:59.20	01:17:23.80	7:35	7.9
183	BIEDA MATEUSZ	9484		WROCŁAW	POL	SENIOR II M - 30	44	M 132	00:36:26	00:52:51	01:15:42.70	01:17:25.20	7:34	7.9
184	CZEKAŁSKI BARTOSZ	9207	NARAMOWICE BIEGAJĄ	POZNAŃ	POL	JUNIOR I M - 20	9	M 133	00:35:47	00:53:19	01:15:41.05	01:17:33.65	7:34	7.9
185	ŁAMPIKA KINGA	9583	GOOD MOVE	SMOLEC	POL	MASTERS K - 40	11	K 52	00:35:36	00:52:19	01:16:12.40	01:17:39.60	7:37	7.9
186	RUTKOWSKA SANDRA	9051	SPORTOWY KAŻMIERZ	KAŻMIERZ	POL	SENIOR I K - 20	13	K 53	00:37:10	00:54:38	01:16:05.20	01:17:39.75	7:36	7.9
187	GÓRSKA NIKOLETTA	9525		POZNAŃ	POL	SENIOR I K - 20	14	K 54	00:36:16	00:53:01	01:16:02.35	01:17:50.60	7:36	7.9
188	BRZEZIŃSKI ANDRZEJ	9217	LANRUNS	OLKUSZ	POL	WETERAN II M - 60	3	M 134	00:37:35	00:54:57	01:17:48.30	01:17:52.30	7:46	7.7
189	KOWAL KRZYSZTOF	9256		JASZKOWA ZDOLNA	POL	WETERAN I M - 50	14	M 135	00:37:17	00:54:51	01:17:12.45	01:17:55.45	7:43	7.8
190	ZIÓŁEK BŁAŻEJ	9406		POZNAŃ	POL	SENIOR II M - 30	45	M 136	00:36:33	00:52:35	01:16:26.75	01:18:03.50	7:38	7.8
191	SIKORA EDWARD	9157		ZALEWO	POL	WETERAN I M - 50	15	M 137	00:37:29	00:54:43	01:17:06.90	01:18:09.00	7:42	7.8
192	LUBAŃSKA ALICJA	9203	DTR BIEGA / MARIO TEAM	BUKOWICE	POL	WETERAN K - 50	4	K 55	00:36:01	00:53:19	01:18:10.50	01:18:18.15	7:49	7.7
193	LEWANDOWSKI TADEUSZ	9458	WBK PIAST	KIEŁCZÓW	POL	WETERAN III M - 70	2	M 138	00:37:01	00:54:07	01:18:00.50	01:18:26.35	7:48	7.7
194	BUŁACIŃSKI FILIP	9562	WOŚ TEAM	STRONIE ŚLĄSKIE	POL	MASTERS M - 40	44	M 139	00:37:13	00:54:37	01:17:15.30	01:18:29.15	7:43	7.8
195	BARANOWSKA RENATA	9500	KB HARCOWNIK JELCZ LASKOWICE	MŁOSZYCE	POL	SENIOR II K - 30	25	K 56	00:36:56	00:53:58	01:16:49.45	01:18:30.10	7:40	7.8
196	KOTAS PAWEŁ	9417		WROCŁAW	POL	SENIOR II M - 30	46	M 140	00:37:05	00:54:50	01:17:07.15	01:18:59.85	7:42	7.8
197	DUDEK IZABELA	9483		LEONCIN	POL	SENIOR I K - 20	15	K 57	00:37:23	00:55:30	01:17:45.45	01:19:02.50	7:46	7.7
198	ZAWARTKA MAŁGORZATA	9386		KRAKÓW	POL	SENIOR II K - 30	26	K 58	00:37:46	00:54:56	01:17:36.50	01:19:06.40	7:45	7.7
199	MICHAŁSKA ALEKSANDRA	9412		WIELUŃ	POL	SENIOR I K - 20	16	K 59	00:38:18	00:55:39	01:17:55.60	01:19:08.40	7:47	7.7
200	NAGLER TOMASZ	9747	TEAM DFBG	MROWINO	POL	MASTERS M - 40	45	M 141	00:34:33	00:52:05	01:18:44.40	01:19:08.90	7:52	7.6
201	IMIŃSKI CEZARY	9116		ZGIERZ	POL	WETERAN I M - 50	16	M 142	00:39:37	00:56:35	01:18:55.10	01:19:11.10	7:53	7.6
202	RODKIEWICZ TOMASZ	9524		WROCŁAW	POL	WETERAN I M - 50	17	M 143	00:36:22	00:53:48	01:16:43.20	01:19:12.80	7:40	7.8
203	KOŁODZIEJCZYK MARCIN	9121	BIAŁEOWCE	GRODKÓW	POL	SENIOR I M - 20	22	M 144	00:38:00	00:55:14	01:18:01.30	01:19:14.40	7:48	7.7
204	CHAŁUPIŃSKI ADRIAN	9519		PILSZCZ	POL	SENIOR I M - 20	23	M 145	00:40:42	00:56:58	01:17:29.10	01:19:17.10	7:44	7.7
205	ABRAHAMEK NATALIA	9441		WARSZAWA	POL	SENIOR II K - 30	27	K 60	00:37:49	00:55:43	01:18:03.75	01:19:23.25	7:48	7.7
206	KWINTA JAKUB	9436		KALISZ	POL	SENIOR I M - 20	24	M 146	00:36:47	00:56:24	01:19:13.65	01:19:30.85	7:55	7.6
207	SZARSKI JACEK	9068		WROCŁAW	POL	SENIOR I M - 20	25	M 147	00:36:13	00:53:13	01:18:12.70	01:19:34.40	7:49	7.7
208	STOLARCZYK TERESA	9055	SĄ WOLNIEJSI	OLSZTYN	POL	WETERAN K - 50	5	K 61	00:37:22	00:54:27	01:19:06.35	01:19:41.85	7:54	7.6
209	MACIEJEWSKI MACIEJ	9317	BROWAR FORTUNA	KONIN	POL	MASTERS M - 40	46	M 148	00:36:18	00:53:32	01:18:18.10	01:19:44.65	7:49	7.7
210	WIZIMIRSKI KRZYSZTOF	9523	MATI TEAM HANIA	OPOLE	POL	MASTERS M - 40	47	M 149	00:37:47	00:56:11	01:19:57.80	01:20:09.35	7:59	7.5
211	CZERWIŃSKI RAFAŁ	9164	LOVELASY	POLICE	POL	JUNIOR I M - 20	10	M 150	00:38:09	00:55:46	01:19:40.80	01:20:19.45	7:58	7.5
212	OLSCHIMKE-MARMUROWICZ BARBARA	9143		KATOWICE	POL	WETERAN K - 50	6	K 62	00:38:03	00:55:26	01:19:26.25	01:20:22.70	7:56	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	4.4km	6.4km	Netto	Brutto	min/km	km/h
213	HOREJDA SARA	9362		ŁĄDEK ZDRÓJ	POL	SENIOR I K - 20	17	K 63	00:37:15	00:55:23	01:19:57.65	01:20:36.25	7:59	7.5
214	HUBNER ILONA	9201	TLENOWA RADOŚĆ TEAM	WARSZAWA	POL	MASTERS K - 40	12	K 64	00:38:12	00:55:50	01:19:11.70	01:20:38.75	7:55	7.6
215	JODŁOWSKI GRZEGORZ	9597	NIEZRZESZONY	NASIELSK	POL	WETERAN I M - 50	18	M 151	00:38:07	00:55:55	01:19:54.45	01:20:43.40	7:59	7.5
216	KANIA MARCIN	9451		STEBLÓW	POL	SENIOR II M - 30	47	M 152			01:20:44.00	01:20:44.00	8:04	7.4
217	KULS KAROLINA	9459		DOMASZCZYN	POL	MASTERS K - 40	13	K 65	00:37:32	00:55:36	01:20:26.05	01:20:44.40	8:02	7.5
218	MARCAK OLA	9323	KB HARCOWNIK	JELCZ-LASKOWICE	POL	SENIOR II K - 30	28	K 66	00:37:37	00:55:17	01:19:14.20	01:20:54.65	7:55	7.6
219	GÓRECKA MILENA	9404		WROCŁAW	POL	SENIOR II K - 30	29	K 67	00:37:38	00:55:23	01:19:57.25	01:21:01.50	7:59	7.5
220	IDZENGA HESSEL	9023	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN I M - 50	19	M 153	00:37:07	00:55:13	01:19:15.75	01:21:08.95	7:55	7.6
221	VAN LAERE SIBBELIEN	9017	AV ZUIDWAL, NEDERLAND	BLARICUM	POL	WETERAN II K - 60	1	K 68	00:38:40	00:56:49	01:20:55.35	01:21:09.15	8:05	7.4
222	KRUCZKOWSKI MATEUSZ	9065	AUTOLIV RUN TEAM	JELCZ-LASKOWICE	POL	SENIOR II M - 30	48	M 154	00:38:13	00:56:39	01:20:52.30	01:21:22.30	8:05	7.4
223	MULARCZYK MICHAŁ	9538	ZADYSZKA RUDNIKI	RUDNIKI	POL	SENIOR I M - 20	26	M 155	00:38:11	00:55:13	01:19:25.00	01:21:32.95	7:56	7.6
224	ŁUCIÓW IWONA	9115		WROCŁAW	POL	SENIOR II K - 30	30	K 69	00:38:35	00:56:43	01:21:01.50	01:21:34.00	8:06	7.4
225	ŻEREBECKA MARTA	9564		ŁĄDEK ZDRÓJ	POL	SENIOR II K - 30	31	K 70	00:38:55	00:56:27	01:21:04.65	01:21:39.25	8:06	7.4
226	FORENC DAMIAN	9141	OBORYGENI	PANIOWICE	POL	MASTERS M - 40	48	M 156	00:37:46	00:56:16	01:20:25.35	01:21:43.65	8:02	7.5
227	POLAŃSKA MARLENA	9119	HERAKLES	WIŚNIOWA GORA	POL	MASTERS K - 40	14	K 71	00:37:20	00:55:05	01:21:14.40	01:21:44.70	8:07	7.4
228	BAKSALARY LIDIA	9054	#BIEGAJLESZNO	LESZNO	POL	WETERAN K - 50	7	K 72	00:37:52	00:55:46	01:21:47.65	01:21:54.20	8:10	7.3
229	RAJZER RENATA	9165		KIETRZ	POL	SENIOR II K - 30	32	K 73	00:39:28	00:56:59	01:20:09.25	01:21:56.05	8:00	7.5
230	DORNIAC NATALIA	9140		WROCŁAW	POL	SENIOR I K - 20	18	K 74	00:39:21	00:57:54	01:21:38.25	01:22:00.70	8:09	7.3
231	ŁUŻNY AGNIESZKA	9285		TYCHY	POL	SENIOR II K - 30	33	K 75	00:38:55	00:56:55	01:21:17.80	01:22:01.95	8:07	7.4
232	ZAWADZKI BARTOSZ	9259		MNICHOWO	POL	SENIOR I M - 20	27	M 157	00:38:55	00:56:50	01:21:08.80	01:22:06.30	8:06	7.4
233	VAN SCHAIK MARLEEN	9015	AV ZUIDWAL, NEDERLAND	BLARICUM	POL	MASTERS K - 40	15	K 76	00:38:01	00:55:47	01:21:59.65	01:22:16.50	8:11	7.3
234	TIMMERMAN JOHAN	9013	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN I M - 50	20	M 158	00:37:16	00:55:03	01:21:15.20	01:22:16.55	8:07	7.4
235	ŁYDKA PATRYK	9559		PERZÓW	POL	SENIOR I M - 20	28	M 159	00:37:26	00:54:44	01:20:16.50	01:22:22.15	8:01	7.5
236	GAŚKA SANDRA	9561		KANIÓW	POL	SENIOR II K - 30	34	K 77	00:37:48	00:55:46	01:20:23.30	01:22:23.65	8:02	7.5
237	WOLAK JOLANTA	9179		WIŚNIOWA	POL	MASTERS K - 40	16	K 78	00:38:02	00:56:18	01:21:36.10	01:22:38.25	8:09	7.4
238	MOKRZYŃSKI MARCIN	9033		OŁDRZYCHOWICE KŁODZKIE	POL	MASTERS M - 40	49	M 160	00:36:07	00:52:34	01:20:01.30	01:22:38.60	8:00	7.5
239	WUJDA MIROSLAW	9100	ERNI RULEZ	DĘBNO	POL	MASTERS M - 40	50	M 161	00:34:27	00:52:59	01:21:57.05	01:22:44.05	8:11	7.3
240	MAKAROWSKI ANDRZEJ	9378	SZYBCY I POLICZENI, ENDORFINY WSCHOWA	WSCHOWA	POL	MASTERS M - 40	51	M 162	00:38:51	00:57:22	01:21:40.35	01:22:47.20	8:10	7.3
241	IDCZAK WOJCIECH	9430		KŁODZKO	POL	MASTERS M - 40	52	M 163	00:38:25	00:57:59	01:22:14.75	01:22:49.65	8:13	7.3
242	PAWŁĘGA WITOLD	9292		STRONIE ŚLĄSKIE	POL	SENIOR II M - 30	49	M 164	00:38:34	00:56:54	01:22:01.85	01:22:59.80	8:12	7.3
243	WŁODARSKI PRZEMYSŁAW	9282		WROCŁAW	POL	MASTERS M - 40	53	M 165	00:38:07	00:56:34	01:22:38.45	01:23:03.70	8:15	7.3
244	WYSOCZAŃSKI RAFAŁ	9424		POZNAŃ	POL	SENIOR II M - 30	50	M 166	00:38:13	00:55:40	01:21:49.40	01:23:12.75	8:10	7.3
245	MĄDRO ROBERT	9238		KŁODZKO	POL	MASTERS M - 40	54	M 167	00:38:09	00:56:17	01:21:05.55	01:23:15.80	8:06	7.4
246	MEDYŃSKA MAŁGORZATA	9031	TEAM JUTROSIN	JUTROSIN	POL	WETERAN K - 50	8	K 79	00:38:00	00:56:02	01:23:07.60	01:23:16.80	8:18	7.2
247	MEDYŃSKI ARKADIUSZ	9032	TEAM JUTROSIN	JUTROSIN	POL	WETERAN I M - 50	21	M 168	00:38:00	00:57:05	01:23:08.05	01:23:17.75	8:18	7.2
248	GRZEŚKOWIAK EDYTA	9621		JUTROSIN	POL	SENIOR II K - 30	35	K 80	00:37:55	00:55:56	01:23:05.85	01:23:20.25	8:18	7.2
249	OGIELSKA-MĄDRO PATRYCJA	9241		ROSZYCE	POL	SENIOR II K - 30	36	K 81	00:39:47	00:57:07	01:21:11.50	01:23:21.15	8:07	7.4
250	ORUBA KATARZYNA	9291		STRONIE ŚLĄSKIE	POL	SENIOR II K - 30	37	K 82	00:39:36	00:58:59	01:22:36.30	01:23:34.15	8:15	7.3
251	KĘDZIOR JOANNA	9447		JELCZ-LASKOWICE	GBR	MASTERS K - 40	17	K 83	00:39:29	00:58:09	01:22:44.50	01:23:45.65	8:16	7.3
252	JASKÓŁKA HUBERT	9343	VENUS BRUK	ŁOWKOWICE	POL	WETERAN II M - 60	4	M 169	00:39:01	00:56:45	01:22:05.75	01:23:52.55	8:12	7.3
253	JASKÓŁKA RAFAŁ	9342	VENUS	DOBRA	POL	MASTERS M - 40	55	M 170	00:39:02	00:56:45	01:22:06.30	01:23:53.15	8:12	7.3
254	REMBLEWSKA AGNIESZKA	9541		POZNAŃ	POL	SENIOR I K - 20	19	K 84	00:39:53	00:58:02	01:22:54.30	01:23:53.85	8:17	7.2
255	RUTKOWSKA KAROLINA	9153	EST	TORUŃ	POL	MASTERS K - 40	18	K 85	00:39:13	00:59:36	01:23:40.05	01:24:04.00	8:22	7.2
256	DORNIAC AGNIESZKA	9136		WROCŁAW	POL	WETERAN K - 50	9	K 86	00:39:15	00:57:37	01:23:40.65	01:24:04.60	8:22	7.2
257	DREWNIAC MARIUSZ	9280	MISIEK TEAM	JELEŃ GÓRA	POL	MASTERS M - 40	56	M 171	00:39:36	00:57:55	01:22:37.15	01:24:15.60	8:15	7.3
258	DREWNIAC KAROLINA	9364	MISIEK TEAM	JELEŃ GÓRA	POL	MASTERS K - 40	19	K 87	00:39:20	00:57:55	01:22:37.70	01:24:15.75	8:15	7.3
259	ŁĄCZYŃSKI ANDRZEJ	9361	TRUCHTAM... TUPTAM... PEŁZNE...	OPOLE	POL	MASTERS M - 40	57	M 172	00:38:05	00:56:25	01:23:09.85	01:24:16.70	8:18	7.2
260	WALA PATRYK	9589	TEAM DFBG	WROCŁAW	POL	SENIOR II M - 30	51	M 173	00:40:22	00:59:29	01:23:43.25	01:24:20.45	8:22	7.2
261	SZYMONIK DOMINIKA	9587	TEAM DFBG	WROCŁAW	POL	SENIOR II K - 30	38	K 88	00:39:17	00:58:04	01:23:43.90	01:24:20.50	8:22	7.2
262	WYSOCZAŃSKA RITA	9423		POZNAŃ	POL	SENIOR II K - 30	39	K 89	00:38:11	00:56:22	01:23:03.75	01:24:27.30	8:18	7.2
263	SOBÓL PIOTR	9517		LISZKI	POL	SENIOR I M - 20	29	M 174	00:39:25	00:57:55	01:23:56.35	01:24:37.80	8:23	7.1
264	SKIBIŃSKI PRZEMYSŁAW	9571		WROCŁAW	POL	MASTERS M - 40	58	M 175	00:37:21	00:56:00	01:24:16.80	01:24:38.75	8:25	7.1
265	PAGÓRSKA ILONA	9044	PAGÓR TEAM	PRUSZCZ GDAŃSKI	POL	SENIOR II K - 30	40	K 90	00:39:45	00:58:25	01:23:27.10	01:24:48.15	8:20	7.2
266	GRACZYK ADAM	9549		SYCÓW	POL	SENIOR II M - 30	52	M 176	00:39:57	00:57:59	01:22:44.60	01:24:50.25	8:16	7.3
267	KACZMAREK SZYMON	9231	PICTURA.SPACE	POZNAŃ	POL	MASTERS M - 40	59	M 177	00:38:23	00:56:55	01:22:29.35	01:24:51.95	8:14	7.3
268	GRUSZKOWSKA KATARZYNA	9248	OSP SIEDLNICA	WSCHOWA	POL	WETERAN K - 50	10	K 91	00:38:25	00:57:21	01:24:46.95	01:25:15.00	8:28	7.1

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
269	GOŁUCH ARKADIUSZ	9749	WYBIEGANI ŁAGIEWNIKI	ŁAGIEWNIKI	POL	MASTERS M - 40	60	M 178	00:38:29	00:57:18	01:24:28.45	01:25:53.20	8:26	7.1
270	MACIĄG-MASTERNAK MARTA	9334		ŁAZISKA GÓRNE	POL	SENIOR II K - 30	41	K 92	00:40:52	00:59:53	01:23:53.70	01:25:54.55	8:23	7.2
271	SIUDA PATRYK	9137		WROCŁAW	POL	SENIOR I M - 20	30	M 179	00:35:55	00:55:10	01:25:44.00	01:26:06.65	8:34	7
272	KIKLICA MARCIN	9469		JELCZ-LASKOWICE	POL	SENIOR II M - 30	53	M 180	00:40:19	00:59:29	01:24:12.70	01:26:11.65	8:25	7.1
273	KĄŻMIERCZAK MIKOŁAJ	9076	KĄŻMIERCZAKI	DOPIEWIEC	POL	SENIOR I M - 20	31	M 181	00:41:20	00:59:31	01:25:09.30	01:26:16.60	8:30	7
274	KĄŻMIERCZAK BRONISŁAW	9077	KĄŻMIERCZAKI	DOPIEWIEC	POL	WETERAN II M - 60	5	M 182	00:41:05	00:59:30	01:25:08.75	01:26:16.85	8:30	7
275	IDCZAK MAGDALENA	9576		KŁODZKO	POL	MASTERS K - 40	20	K 93	00:40:32	00:59:04	01:24:53.05	01:26:18.40	8:29	7.1
276	JES KAREN	9014	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN K - 50	11	K 94	00:40:14	00:58:53	01:26:01.30	01:26:19.50	8:36	7
277	DOPIERAŁA NATALIA	9315	BROWAR FORTUNA	SŁUPCA	POL	SENIOR II K - 30	42	K 95	00:38:41	00:56:55	01:24:53.40	01:26:21.55	8:29	7.1
278	POPIOŁEK AGNIESZKA	9312		KOŚCIELNA WIEŚ	POL	SENIOR II K - 30	43	K 96	00:38:22	00:57:57	01:26:21.40	01:26:29.75	8:38	6.9
279	RYCHŁOWSKA MAGDALENA	9193	W STRONĘ ULTRA	PIŁA	POL	WETERAN K - 50	12	K 97	00:38:13	00:57:35	01:26:12.90	01:26:34.20	8:37	7
280	PAŁKA PATRYCJA	9257		WROCŁAW	POL	SENIOR II K - 30	44	K 98	00:36:38	00:55:20	01:24:47.60	01:26:35.30	8:28	7.1
281	RUGERS CISKA	9003	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN K - 50	13	K 99	00:38:13	00:58:30	01:24:44.40	01:26:37.85	8:28	7.1
282	DE RAADT PETER	9026	AV ZUIDWAL, NEDERLAND	BLARICUM	POL	WETERAN I M - 50	22	M 183	00:39:29	00:58:30	01:24:45.75	01:26:37.85	8:28	7.1
283	MACIEJEWSKI MATEUSZ	9527		WARSZAWA	POL	SENIOR II M - 30	54	M 184	00:40:13	00:58:30	01:25:06.75	01:26:44.10	8:30	7.1
284	PIOTROWSKA DANUTA	9205		OPOLE	POL	WETERAN II K - 60	2	K 100	00:40:40	00:59:49	01:26:35.20	01:26:44.70	8:39	6.9
285	KAFTANOWICZ KAMIL	9528		WARSZAWA	POL	SENIOR II M - 30	55	M 185	00:40:13	00:58:31	01:25:11.95	01:26:49.60	8:31	7
286	PLUCIENNICZAK MONIKA	9501		POWIERCIE KOŁONIA	POL	SENIOR II K - 30	45	K 101	00:40:25	00:59:04	01:25:06.80	01:26:50.45	8:30	7.1
287	DRAB ADAM	9263		WIELUŃ	POL	JUNIOR I M - 20	11	M 186	00:40:35	00:58:58	01:25:40.75	01:26:51.20	8:34	7
288	RYCHŁOWSKI RYSZARD	9194	W STRONĘ ULTRA	PIŁA	POL	WETERAN I M - 50	23	M 187	00:41:15	01:00:29	01:26:31.80	01:26:54.15	8:39	6.9
289	GROMADZKA-JĘDRUSZCZAK RENATA	9539		PIASECZNO	POL	MASTERS K - 40	21	K 102	00:39:37	00:58:29	01:26:13.55	01:26:57.00	8:37	7
290	SEREJ DARIA	9383		WROCŁAW	POL	SENIOR II K - 30	46	K 103	00:40:34	00:59:22	01:25:10.70	01:27:01.90	8:31	7
291	CHRAPUSTA ELIZA	9279	FERAL CATS HUCISKO TEAM	KRAKÓW	POL	SENIOR II K - 30	47	K 104	00:40:07	00:59:29	01:25:23.50	01:27:08.70	8:32	7
292	OSTAPCZUK LIDIA	9234	KLUB BIEGACZA KĄTY WROCŁAWSKIE	KĄTY WROCŁAWSKIE	POL	SENIOR II K - 30	48	K 105	00:41:17	01:00:25	01:26:54.90	01:27:09.05	8:41	6.9
293	SAMSEL AGNIESZKA	9277		SZCZECIN	POL	SENIOR II K - 30	49	K 106	00:40:01	00:58:40	01:25:07.15	01:27:20.05	8:30	7
294	SAJA MARTYNA	9376	LEGNICA POKONUJE PRZESZKODY	CHOJNÓW	POL	SENIOR I K - 20	20	K 107	00:43:07	01:01:52	01:26:05.65	01:27:20.10	8:36	7
295	WOJCIECHOWSKI MARIUSZ	9145	KB INTREX POZNAŃ	WRZEŚNIA	POL	MASTERS M - 40	61	M 188	00:39:45	00:58:22	01:25:25.50	01:27:20.70	8:38	6.9
296	KOŁODZIEJ ADRIAN	9409		STRZEGOM	POL	SENIOR I M - 20	32	M 189	00:41:17	01:00:13	01:25:17.50	01:27:24.90	8:31	7
297	GACA MICHAŁ	9602		WROCŁAW	POL	MASTERS M - 40	62	M 190	00:41:23	01:00:50	01:26:08.45	01:27:36.05	8:36	7
298	BORKOWSKA KAROLINA	9058		SZCZECIN	POL	SENIOR II K - 30	50	K 108	00:41:33	01:00:48	01:27:33.45	01:27:46.95	8:45	6.9
299	ZAWODNIAK DOROTA	9229	TRITON KONIN	KONIN	POL	WETERAN K - 50	14	K 109	00:40:32	00:59:34	01:27:12.65	01:27:53.65	8:43	6.9
300	SZYMAŃSKA AGNIESZKA	9314	RNB TEAM POLANICA ZDRÓJ	POLANICA-ZDRÓJ	POL	WETERAN K - 50	15	K 110	00:40:55	00:59:54	01:27:01.00	01:27:54.90	8:42	6.9
301	KRUZEL RAFAŁ	9529	BIEGOWE MISIE	LEGNICA	POL	WETERAN I M - 50	24	M 191	00:40:25	00:59:49	01:27:16.15	01:27:56.90	8:43	6.9
302	NAPIERAŁA ANDRZEJ	9288	MTS DRUŻYNA SZPIKU KGHM	GOSTYŃ	POL	WETERAN II M - 60	6	M 192	00:41:37	01:00:28	01:24:59.05	01:27:57.05	8:29	7.1
303	FRANCIKOWSKA DOROTA	9399	MTS DRUŻYNA SZPIKU KGHM	DĄBKI	POL	WETERAN K - 50	16	K 111	00:41:28	01:00:58	01:26:32.80	01:27:57.05	8:39	6.9
304	KURKA KATARZYNA	9161		KROTOSZYN	POL	MASTERS K - 40	22	K 112	00:39:55	00:59:36	01:27:36.05	01:27:59.30	8:45	6.8
305	SKAWINA KRYSZYNA	9394	TOPOLICE TEAM	TOPOLICE	POL	MASTERS K - 40	23	K 113	00:41:12	01:00:33	01:26:57.90	01:28:20.15	8:41	6.9
306	RUTKOWSKI TOMASZ	9112	SPORTOWY KĄŻMIERZ	KĄŻMIERZ	POL	WETERAN I M - 50	25	M 193	00:40:46	00:59:09	01:26:45.20	01:28:22.10	8:40	6.9
307	BUDZISZ ANDRZEJ	9064	#MOUNTAINLOVERS	LUBOŃ	POL	SENIOR II M - 30	56	M 194	00:39:28	00:58:53	01:27:52.50	01:28:24.70	8:47	6.8
308	PILARSKI RYSZARD	9099	IZERY BOGATYNIA	BOGATYNIA	POL	WETERAN III M - 70	3	M 195	00:40:31	00:59:51	01:27:32.65	01:28:36.75	8:45	6.9
309	WOJNOWSKA NATALIA	9463	MIRAZ RACE TEAM	ZABRZE	POL	SENIOR II K - 30	51	K 114	00:40:47	01:00:02	01:26:34.15	01:28:41.95	8:39	6.9
310	CZERNIAK RADOŚLAW	9300		ŁĄDEK-ZDRÓJ	POL	SENIOR II M - 30	57	M 196	00:40:33	00:59:12	01:26:48.30	01:28:42.95	8:40	6.9
311	MAĆKOWIAK JOANNA	9129	TYLKO MENTAL!	WARSZAWA	POL	SENIOR I K - 20	21	K 115	00:41:13	01:01:37	01:28:17.85	01:28:48.45	8:49	6.8
312	RUTYNA JENNIFER	9492	EKO-OKNA RUNNERS	PIETROWICE WIELKIE	POL	SENIOR I K - 20	22	K 116	00:40:43	01:00:13	01:27:02.45	01:28:49.35	8:42	6.9
313	LISZCZYŃSKI ADAM	9606	FEIFER TEAM/BUDMECH GOSTYŃ	PIASKI	POL	MASTERS M - 40	63	M 197	00:40:49	01:00:33	01:28:19.45	01:29:01.70	8:49	6.8
314	BLOCH AGNIESZKA	9452	BLUE BIRDS RUN	CZERNICA	POL	SENIOR II K - 30	52	K 117	00:41:21	01:01:11	01:27:44.90	01:29:02.55	8:46	6.8
315	ROŚLAŃ ANETA	9039		SZCZECIN	POL	MASTERS K - 40	24	K 118	00:41:34	01:00:59	01:28:51.90	01:29:05.25	8:53	6.8
316	HOMA ŁUKASZ	9302		WROCŁAW	POL	MASTERS M - 40	64	M 198	00:40:19	00:59:40	01:27:27.75	01:29:29.45	8:44	6.9
317	BUDYCH MARTA	9276		MUROWANA GOŚLINA	POL	WETERAN K - 50	17	K 119	00:40:17	01:00:24	01:28:39.70	01:29:33.00	8:51	6.8
318	MĄDRO AGNIESZKA	9239		KŁODZKO	POL	MASTERS K - 40	25	K 120	00:41:49	01:00:56	01:27:25.80	01:29:35.50	8:44	6.9
319	BOROWSKA ALINA	9163		GRUDZIĄDZ	POL	MASTERS K - 40	26	K 121	00:40:46	01:01:18	01:29:16.60	01:29:41.15	8:55	6.7
320	KRAMARCZYK JOLANTA	9154	ENDORFINA WSCHOWA	WSCHOWA	POL	WETERAN II K - 60	3	K 122	00:40:34	01:00:12	01:29:10.80	01:30:06.30	8:55	6.7
321	JANICKA MARTA	9426	DZIUBANKI	KRAKÓW	POL	MASTERS K - 40	27	K 123	00:40:35	01:00:14	01:27:36.40	01:30:08.80	8:45	6.8
322	DZIUBAN ŁUKASZ	9477	GALLOPEM CZY GALLOWAYEM? GOPR BIESZCZADY	ORELEC	POL	MASTERS M - 40	65	M 199	00:40:35	01:00:13	01:27:36.20	01:30:09.20	8:45	6.8
323	NIEDZIELAK PAULINA	9213	PETRA PŁOCK	KAMIONKI	POL	SENIOR II K - 30	53	K 124	00:41:41	01:01:40	01:29:03.60	01:30:14.25	8:54	6.7
324	DZIEDZIC DOROTA	9200		WROCŁAW	POL	SENIOR II K - 30	54	K 125	00:41:53	01:01:30	01:27:35.20	01:30:15.00	8:45	6.9

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
325	KOCHANOWSKI PIOTR	9357		PRZEWORNO	POL	SENIOR II M - 30	58	M 200	00:41:52	01:01:30	01:27:35.35	01:30:15.65	8:45	6.9
326	TARACINSKA-CIFUENTES MAGDALENA	9318		WROCLAW	POL	MASTERS K - 40	28	K 126	00:42:05	01:01:29	01:28:38.90	01:30:20.85	8:51	6.8
327	JĘDRZEJEWSKI BOGDAN	9607	MIRAZ RACE TEAM	ZABRZE	POL	MASTERS M - 40	66	M 201	00:42:02	01:02:02	01:29:49.40	01:30:27.15	8:58	6.7
328	PRZYBYŁAK KASIA	9175	#ZALINIAMIETYTEAM	POZNAŃ	POL	SENIOR I K - 20	23	K 127	00:45:24	01:04:50	01:29:36.00	01:30:32.30	8:57	6.7
329	IWANEK PIOTR	9270	SPORTEM PRZEZ ŻYCIE	ŁÓDŹ	POL	MASTERS M - 40	67	M 202	00:41:17	01:00:31	01:29:48.60	01:30:39.75	8:58	6.7
330	MACHULA AMADEUSZ	9329	LEKKOATLETYCZNY KLUB SPORTOWY ZIĘBICE	ZIĘBICE	POL	JUNIOR I M - 20	12	M 203	00:42:09	01:01:56	01:30:14.35	01:31:02.05	9:01	6.6
331	KIELAR GRZEGORZ	9295		WROCLAW	POL	SENIOR II M - 30	59	M 204	00:42:09	01:02:00	01:28:44.35	01:31:05.45	8:52	6.8
332	AUGUSTYNOWICZ ANDRZEJ	9131		BYDGOSZCZ	POL	WETERAN I M - 50	26	M 205	00:43:17	01:02:48	01:28:58.40	01:31:26.10	8:53	6.7
333	STANKIEWICZ PRZEMYSŁAW	9261		SZCZECIN	POL	MASTERS M - 40	68	M 206	00:43:17	01:02:49	01:28:58.70	01:31:27.05	8:53	6.7
334	AUGUSTYNOWICZ AURELIA	9132		BYDGOSZCZ	POL	WETERAN K - 50	18	K 128	00:43:18	01:02:47	01:29:00.35	01:31:28.35	8:54	6.7
335	WALAC JACEK	9070	100 MARATHON CLUB POLSKA	GRODZISK MAZOWIECKI	POL	MASTERS M - 40	69	M 207	00:42:43	01:02:54	01:30:50.10	01:31:28.65	9:05	6.6
336	KOST MAŁGORZATA	9232		ŚWIEBODZICE	POL	WETERAN K - 50	19	K 129	00:41:23	01:01:30	01:29:12.85	01:31:35.95	8:55	6.7
337	PTASZYŃSKA JOANNA	9223		WROCLAW	POL	WETERAN K - 50	20	K 130	00:41:35	01:01:23	01:30:06.50	01:31:41.05	9:00	6.7
338	GACA MALGORZATA	9608		WROCLAW	POL	MASTERS K - 40	29	K 131	00:41:25	01:01:13	01:30:25.15	01:31:51.75	9:02	6.6
339	BIEDA EWELINA	9431	ŚWIĘTE ŚWIRY	CZĘSTOCHOWA	POL	SENIOR II K - 30	55	K 132	00:41:01	01:01:19	01:29:33.10	01:31:55.15	8:57	6.7
340	MARDAUS MARTA	9513		WROCLAW	POL	SENIOR II K - 30	56	K 133	00:42:29	01:02:38	01:30:06.60	01:32:01.65	9:00	6.7
341	SITARZ PAULINA	9408		ŁÓDŹ	POL	SENIOR II K - 30	57	K 134	00:42:37	01:02:39	01:29:55.50	01:32:06.50	8:59	6.7
342	FUDRO AGATA	9494		ŁĄDEK ZDRÓJ	POL	SENIOR II K - 30	58	K 135	00:41:44	01:02:44	01:31:21.65	01:32:18.55	9:08	6.6
343	KISIAŁA FILIP	9385	TATA WOJTUSIA	KRAKÓW	POL	MASTERS M - 40	70	M 208	00:42:27	01:01:54	01:31:09.05	01:32:24.45	9:06	6.6
344	UCHEREK KINGA	9134		ŻORY	POL	MASTERS K - 40	30	K 136	00:42:06	01:02:17	01:32:10.15	01:32:30.05	9:13	6.5
345	FIŚLAK MATEUSZ	9333		WROCLAW	POL	SENIOR II M - 30	60	M 209	00:40:41	01:01:00	01:30:09.55	01:32:30.25	9:00	6.7
346	DUTKIEWICZ-GAJOS RENATA	9514		NYSA	POL	WETERAN II K - 60	4	K 137	00:41:56	01:02:27	01:32:42.00	01:32:55.00	9:16	6.5
347	JERCZYŃSKI RADOSŁAW	9403		ŁĘKA OPATOWSKA	POL	MASTERS M - 40	71	M 210	00:42:02	01:02:43	01:31:18.90	01:33:05.80	9:07	6.6
348	SKRZĄTEK ANNA	9254	POWSINOZI	PRZYŁĘKI	POL	WETERAN K - 50	21	K 138	00:41:42	01:02:07	01:31:16.90	01:33:14.00	9:07	6.6
349	MICHAŁSKA JOANNA	9411		WIELUŃ	POL	SENIOR I K - 20	24	K 139	00:42:42	01:03:57	01:32:08.85	01:33:17.25	9:12	6.5
350	KSIĄŻKIEWICZ KATARZYNA	9533		BUKOWIEC	POL	SENIOR II K - 30	59	K 140	00:41:54	01:02:44	01:32:47.25	01:33:29.95	9:16	6.5
351	STRANZ KARINA	9208	NARAMOWICE BIEGAJĄ	POZNAŃ	POL	JUNIOR I K - 20	3	K 141	00:43:18	01:03:42	01:31:06.60	01:33:38.65	9:06	6.6
352	SZCZERBA MICHAŁ	9414		KATOWICE	POL	MASTERS M - 40	72	M 211	00:44:54	01:05:31	01:31:09.25	01:33:41.50	9:06	6.6
353	LASMANE ANNA	9542		IKSKILE	LAT	SENIOR I K - 20	25	K 142	00:42:40	01:03:49	01:32:18.40	01:33:46.25	9:13	6.5
354	SPRIEDĖJA ANNA PAULA	9582		RĪGA	LAT	SENIOR I K - 20	26	K 143	00:42:40	01:03:48	01:32:19.00	01:33:46.55	9:13	6.5
355	MAZUR MICHAŁ	9475	KB SOBÓTKA	SOBÓTKA	POL	MASTERS M - 40	73	M 212	00:46:08	01:06:37	01:32:10.55	01:34:05.95	9:13	6.5
356	DĄBROWSKA KLAUDIA	9124		WROCLAW	POL	SENIOR II K - 30	60	K 144	00:44:51	01:05:32	01:34:10.35	01:34:17.15	9:25	6.4
357	MUDRY MATEUSZ	9599		GŁUBCZYCE	POL	SENIOR I M - 20	33	M 213	00:43:03	01:04:02	01:33:26.65	01:34:20.70	9:20	6.4
358	FOGIEL KATARZYNA	9142	ROZBIEGANI CHOJNÓW	LEGNICA	POL	SENIOR II K - 30	61	K 145	00:44:32	01:05:37	01:33:15.35	01:34:21.20	9:19	6.4
359	GUŹNICZAK KINGA	9405		ZŁOTNIKI	POL	SENIOR I K - 20	27	K 146	00:45:29	01:05:37	01:33:13.65	01:34:26.45	9:19	6.4
360	KAWA MARCELINA	9220		POZNAŃ	POL	SENIOR II K - 30	62	K 147	00:42:46	01:03:00	01:33:19.25	01:34:30.10	9:19	6.4
361	PĘSIK PAULINA	9338		WARSZAWA	POL	SENIOR II K - 30	63	K 148	00:44:05	01:04:26	01:32:51.85	01:34:31.70	9:17	6.5
362	RYBIŃSKI WOJCIECH	9083		WARSZAWA	POL	SENIOR II M - 30	61	M 214	00:44:17	01:05:06	01:33:27.05	01:34:32.25	9:20	6.4
363	JADRYCH MAGDALENA	9049		STARGARD	POL	MASTERS K - 40	31	K 149	00:42:22	01:02:51	01:33:03.25	01:34:32.25	9:18	6.4
364	RYBIŃSKA DAGMARA	9082		WARSZAWA	POL	SENIOR II K - 30	64	K 150	00:44:18	01:05:06	01:33:27.75	01:34:32.35	9:20	6.4
365	GAJEWSKI BARTOSZ	9146	KB INTREX POZNAŃ	GNIEZNO	POL	SENIOR II M - 30	62	M 215	00:43:29	01:04:35	01:33:56.30	01:34:53.95	9:23	6.4
366	GÓRSKA-KOCOWSKA KATARZYNA	9353		WROCLAW	POL	SENIOR II K - 30	65	K 151	00:44:20	01:04:43	01:33:22.55	01:35:23.35	9:20	6.4
367	ZIÓŁKOWSKA MONIKA	9196		KONIECPOL	POL	MASTERS K - 40	32	K 152	00:45:48	01:06:49	01:35:15.35	01:36:00.15	9:31	6.3
368	ZIÓŁKOWSKI JAROSŁAW	9195		KONIECPOL	POL	MASTERS M - 40	74	M 216	00:45:47	01:06:47	01:35:14.60	01:36:00.65	9:31	6.3
369	IWANOWICZ ELIZA	9184		OSTROŁĘKA	POL	JUNIOR I K - 20	4	K 153	00:45:18	01:06:33	01:35:42.00	01:36:07.60	9:34	6.3
370	MARGRAF EWA	9128		RUDA ŚLĄSKA	POL	MASTERS K - 40	33	K 154	00:44:16	01:05:29	01:35:37.90	01:36:14.95	9:33	6.3
371	ŁAGOWSKI PIOTR	9268	NIGHT RUNNERS	POZNAŃ	POL	JUNIOR I M - 20	13	M 217	00:41:18	01:01:41	01:35:03.00	01:36:21.65	9:30	6.3
372	ZAKRZEWSKA-BEKIER JOANNA	9075		SZCZECIN	POL	MASTERS K - 40	34	K 155	00:43:32	01:04:21	01:34:28.10	01:36:37.75	9:26	6.4
373	BEKIER SZYMON	9258		SZCZECIN	POL	MASTERS M - 40	75	M 218	00:43:33	01:04:21	01:34:29.55	01:36:39.20	9:26	6.4
374	WALCZAK SŁAWOMIR	9139		GAŁĄCZYCE	POL	WETERAN I M - 50	27	M 219	00:45:41	01:06:44	01:35:34.90	01:36:41.10	9:33	6.3
375	OWSIANIK SYLWIA	9230	DTR BIEGA/MARIO TEAM	MILICZ	POL	WETERAN K - 50	22	K 156	00:45:00	01:06:29	01:36:16.60	01:36:43.50	9:37	6.2
376	SZYMCZAK MARCIN	9087		POZNAŃ	POL	MASTERS M - 40	76	M 220	00:42:12	01:03:07	01:36:29.30	01:37:43.90	9:38	6.2
377	KUCHCINSKA DIANA	9347		WSCHOWA	POL	MASTERS K - 40	35	K 157	00:44:28	01:07:16	01:36:53.00	01:37:53.15	9:41	6.2
378	FALUTA EWELINA	9400		WSCHOWA	POL	MASTERS K - 40	36	K 158	00:44:26	01:07:13	01:36:50.20	01:37:53.25	9:41	6.2
379	KUROWSKA ALEKSANDRA	9419		KRAKÓW	POL	SENIOR II K - 30	66	K 159	00:45:19	01:05:16	01:35:26.40	01:37:54.40	9:32	6.3
380	SZACHT IZABELA	9088		POZNAŃ	POL	MASTERS K - 40	37	K 160	00:45:26	01:07:05	01:36:44.85	01:37:59.45	9:40	6.2

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
381	TARKA KONRAD	9522	DFDS POLSKA RUNNING TEAM / BIEGAJĄCE KREJZOLE	POZNAŃ	POL	SENIOR II M - 30	63	M 221	00:45:11	01:04:32	01:35:32.15	01:38:13.60	9:33	6.3
382	MOSLER MARTYNA	9072		KATOWICE	POL	WETERAN K - 50	23	K 161	00:44:24	01:05:27	01:36:41.95	01:38:23.50	9:40	6.2
383	MULARCZYK MARTA	9471	WKURW_TEAM	TORUŃ	POL	SENIOR II K - 30	67	K 162	00:46:46	01:09:22	01:35:52.75	01:38:24.10	9:35	6.3
384	ZAWADA EDYTA	9170		DRZEWICA	POL	MASTERS K - 40	38	K 163	00:44:26	01:06:07	01:37:16.25	01:38:37.80	9:43	6.2
385	ROMANYUK KATERYNA	9272		KRAKÓW	POL	SENIOR I K - 20	28	K 164	00:44:40	01:06:32	01:37:11.55	01:38:54.35	9:43	6.2
386	DANENBERG LIANNE	9025	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	MASTERS K - 40	39	K 165	00:43:19	01:04:05	01:38:15.95	01:39:17.60	9:49	6.1
387	EESTERMANS ANNETTE	9117	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN K - 50	24	K 166	00:44:02	01:05:02	01:39:03.50	01:39:20.85	9:54	6.1
388	GREDEYS MARTA	9577		KŁODZKO	POL	MASTERS K - 40	40	K 167	00:46:44	01:08:22	01:37:53.25	01:39:33.75	9:47	6.1
389	ROGOZIŃSKA JOANNA	9490	GR22	BELCHATÓW	POL	SENIOR I K - 20	29	K 168	00:48:46	01:09:48	01:37:50.75	01:39:35.65	9:47	6.1
390	CUPIAŁ MICHAŁ	9467		WROCLAW	POL	SENIOR II M - 30	64	M 222	00:45:24	01:07:04	01:37:40.05	01:39:39.00	9:46	6.1
391	CZAJA AGNIESZKA	9418	VEGE RUNNERS	POZNAŃ	POL	MASTERS K - 40	41	K 169	00:47:05	01:10:00	01:38:58.60	01:40:10.15	9:53	6.1
392	BAR ALEKSANDRA	9427	GMINA STRZELCE OPOLSKIE	STRZELCE OPOLSKIE	POL	MASTERS K - 40	42	K 170	00:46:12	01:08:22	01:37:40.75	01:40:10.65	9:46	6.1
393	MATYJASZCZYK NATALIA	9598	TARNOWO PODGÓRNE BIEGA	LUSÓWKO	POL	SENIOR II K - 30	68	K 171	00:46:20	01:08:11	01:37:57.60	01:40:12.15	9:47	6.1
394	LECHOWICZ LUKASZ	9042		KOMORÓW	POL	MASTERS M - 40	77	M 223	00:44:53	01:05:58	01:38:38.35	01:40:14.45	9:51	6.1
395	ROLNIK-ŻŁOBIŃSKA PAULINA	9173		TYCHY	POL	SENIOR II K - 30	69	K 172	00:45:45	01:08:13	01:39:26.90	01:40:16.45	9:56	6
396	MIKUŁA ANNA	9274		ROKIETNICA	POL	MASTERS K - 40	43	K 173	00:44:55	01:07:31	01:39:24.25	01:40:17.20	9:56	6
397	AMANOWICZ AURELIA	9380		WROCLAW	POL	SENIOR II K - 30	70	K 174	00:46:25	01:08:04	01:38:32.30	01:40:22.55	9:51	6.1
398	CYGAN-JEŻ PATRYCJA	9050		BIELAWA	POL	SENIOR II K - 30	71	K 175	00:42:44	01:03:23	01:39:27.10	01:40:22.85	9:56	6
399	CZERNIAK ZUZANNA	9369		WROCLAW	POL	SENIOR II K - 30	71	K 175	00:45:57	01:07:09	01:38:31.40	01:40:22.85	9:51	6.1
400	KACZMAREK ROGER	9454	PARKRUN WROCLAW	WROCLAW	POL	SENIOR II M - 30	65	M 224	00:44:27	01:05:57	01:38:04.15	01:40:36.40	9:48	6.1
401	KACZMAREK MARYNA	9455	PARKRUN WROCLAW	WROCLAW	POL	SENIOR I K - 20	30	K 177	00:44:29	01:06:00	01:38:06.35	01:40:36.60	9:48	6.1
402	TOMASZEWSKA MONIKA	9350		KOWARY	POL	MASTERS K - 40	44	K 178	00:48:01	01:10:28	01:39:38.65	01:40:37.20	9:57	6
403	BASZYŃSKA ELŻBIETA	9348		JELENIA GÓRA	POL	MASTERS K - 40	45	K 179	00:48:01	01:10:28	01:39:39.40	01:40:38.00	9:57	6
404	KARCZEWSKA-RAĆCZKA JUSTYNA	9123	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	SIEMIANOWICE ŚLĄSKIE	POL	MASTERS K - 40	46	K 180	00:46:26	01:08:07	01:38:09.55	01:40:38.45	9:48	6.1
405	OPASKA KASIA	9384	GÓRSKIE BIEGUSIE	TARNOWO PODGÓRNE	POL	MASTERS K - 40	47	K 181	00:48:48	01:11:46	01:40:05.95	01:40:46.65	10:00	6
406	WIECZOREK ARTUR	9508	GÓRSKIE BIEGUSIE	POZNAŃ	POL	MASTERS M - 40	78	M 225	00:49:44	01:11:37	01:40:04.60	01:40:47.30	10:00	6
407	RYBA MONIKA	9435		RAWICZ	POL	MASTERS K - 40	48	K 182	00:45:37	01:07:25	01:40:35.15	01:40:50.20	10:03	6
408	SZYMAŃSKI MAREK	9557	HASCO-LEK TEAM	WROCLAW	POL	MASTERS M - 40	79	M 226	00:46:58	01:08:56	01:39:29.15	01:40:59.20	9:56	6
409	DRYŃKOWSKA ANNA	9552	HASCO-LEK TEAM	WROCLAW	POL	SENIOR II K - 30	73	K 183	00:46:59	01:08:55	01:39:30.50	01:40:59.35	9:57	6
410	POPIELA-KUKUŚ KATARZYNA	9551	HASCO-LEK TEAM	OLEŚNICA	POL	MASTERS K - 40	49	K 184	00:47:00	01:08:57	01:39:31.00	01:40:59.80	9:57	6
411	WOJNOWSKA WERONIKA	9473	KURDE BIEGNE	ZĄBKOWICE ŚLĄSKIE	POL	SENIOR I K - 20	31	K 185	00:47:30	01:10:10	01:40:15.05	01:41:05.50	10:01	6
412	JAROCZYŃSKI SZYMON	9332		ZĄBKOWICE ŚLĄSKIE	POL	SENIOR I M - 20	34	M 227	00:45:04	01:07:11	01:40:27.40	01:41:14.50	10:02	6
413	PĘCAK MARIOLA	9331		ZIĘBICE	POL	MASTERS K - 40	50	K 186	00:45:04	01:07:11	01:40:27.80	01:41:14.60	10:02	6
414	MACIEJEWSKA ALDONA	9216		KALISZ	POL	MASTERS K - 40	51	K 187	00:45:56	01:08:23	01:40:08.75	01:41:16.40	10:00	6
415	ŻMUDA HANNA	9066	TEAM JUTROSIN	JUTROSIN	POL	MASTERS K - 40	52	K 188	00:44:55	01:07:21	01:41:15.40	01:41:23.70	10:07	5.9
416	JAKUSZEK NATALIA	9151		PIASKI	POL	JUNIOR I K - 20	5	K 189	00:47:02	01:09:41	01:39:00.30	01:41:25.25	9:54	6.1
417	JAKUSZEK KRZYSZTOF	9152	CEGIELNIA PIASKI	PIASKI	POL	MASTERS M - 40	80	M 228	00:47:01	01:09:39	01:39:01.00	01:41:26.90	9:54	6.1
418	DE MAN ARJAN	9037	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN I M - 50	28	M 229	00:41:01	01:08:47	01:41:15.80	01:41:32.20	10:07	5.9
419	IGNASIAK MARTA	9416		POZNAŃ	POL	SENIOR II K - 30	74	K 190	00:46:21	01:08:01	01:39:53.70	01:41:39.55	9:59	6
420	KUKUCKA EDYTA	9440	DZIKIE DZIKI GORZÓW WLKP	GORZÓW WLKP	POL	WETERAN K - 50	25	K 191	00:45:35	01:07:37	01:40:26.25	01:41:41.50	10:02	6
421	KŁEPO MAŁGORZATA	9036		WROCLAW	POL	MASTERS K - 40	53	K 192	00:45:59	01:08:46	01:39:41.15	01:41:41.75	9:58	6
422	JAGODZIŃSKA BARBARA	9222		POZDRAWIAM	POL	MASTERS K - 40	54	K 193	00:46:02	01:08:54	01:40:06.65	01:41:51.60	10:00	6
423	ADAMCZYK EWA	9251	EMMA TEAM/#BIEGIEMWLAS/KSW TEAM POLICE/ LATINO POLICE	TANOWO	POL	MASTERS K - 40	55	K 194	00:47:04	01:09:31	01:41:03.70	01:41:56.35	10:06	5.9
424	SLOKKER BOOR GONNIE	9005	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN II K - 60	5	K 195	00:43:59	01:06:02	01:41:42.75	01:42:02.55	10:10	5.9
425	AUGUSTYNIAK MARCIN	9197		ŚWIDNICA	POL	SENIOR II M - 30	66	M 230	00:46:31	01:08:22	01:39:28.85	01:42:08.45	9:56	6
426	DMOCHOWSKI PAWEŁ	9486		WROCLAW	POL	MASTERS M - 40	81	M 231	00:46:43	01:09:04	01:41:37.50	01:42:14.10	10:09	5.9
427	NAWROCKA NATALIA	9114		PUSZCZYKOWO	POL	SENIOR II K - 30	75	K 196	00:45:19	01:06:55	01:39:51.30	01:42:17.05	9:59	6
428	MAZUR KATARZYNA	9438		DZIADKOWO	POL	SENIOR II K - 30	76	K 197	00:46:06	01:09:18	01:41:35.85	01:42:25.10	10:09	5.9
429	MAZUR MACIEJ	9437		DZIADKOWO	POL	SENIOR II M - 30	67	M 232	00:46:06	01:09:18	01:41:35.50	01:42:25.10	10:09	5.9
430	BIEZUNSKA MONIKA	9569	THERMO KING RUNNING CLUB	GALWAY	IRL	MASTERS K - 40	56	K 198	00:46:10	01:08:35	01:41:13.00	01:42:29.50	10:07	5.9
431	KRAKOWIAK JOANNA	9485		WROCLAW	POL	SENIOR II K - 30	77	K 199	00:46:45	01:10:25	01:41:55.20	01:42:31.80	10:11	5.9
432	REPCZYŃSKA KAROLINA	9047		WOJCIESZÓW	POL	SENIOR II K - 30	78	K 200	00:45:39	01:08:16	01:40:30.05	01:42:37.45	10:03	6
433	DANOWSKA WERONIKA	9502		MIŃSK MAZOWIECKI	POL	SENIOR II K - 30	79	K 201	00:47:19	01:11:06	01:41:25.45	01:42:38.55	10:08	5.9
434	BAK - SPALIŃSKA MAGDALENA	9265		SANOK	POL	SENIOR II K - 30	80	K 202	00:48:20	01:10:01	01:42:40.05	01:42:40.05	10:16	5.8
435	KOLAN PAWEŁ	9273	SW	POZNAŃ	POL	WETERAN I M - 50	29	M 233	00:46:24	01:08:07	01:42:14.60	01:42:41.00	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	4.4km	6.4km	Netto	Brutto	min/km	km/h
436	KLIPONIS-KULCZYCKA MARTA	9421		POZNAŃ	POL	MASTERS K - 40	57	K 203	00:48:19	01:11:23	01:41:06.00	01:42:41.60	10:06	5.9
437	WITKOWSKA MARIA	9210	TEAM DFBG	KATOWICE	POL	WETERAN III K - 70	1	K 204	00:47:22	01:10:46	01:41:00.35	01:42:55.15	10:06	5.9
438	GREINDA-WOŹNIAK PAULINA	9337	MENEON	POZNAŃ	POL	SENIOR II K - 30	81	K 205	00:47:18	01:10:29	01:41:29.55	01:43:00.75	10:08	5.9
439	MULLER EWELINA	9103		WROCLAW	POL	SENIOR II K - 30	82	K 206	00:47:04	01:10:37	01:42:32.80	01:43:05.15	10:15	5.9
440	MULLER AGATA	9104		WROCLAW	POL	SENIOR II K - 30	83	K 207	00:47:05	01:10:38	01:42:33.50	01:43:05.20	10:15	5.9
441	KUPCZAK ROBERT	9326	SPARTA ULTRA TEAM	MROCEŃ	POL	WETERAN I M - 50	30	M 234	00:47:57	01:11:06	01:42:31.90	01:43:37.40	10:15	5.9
442	MOGA KAROLINA	9296	SPARTA ULTRA TEAM	BARANÓW	POL	MASTERS K - 40	58	K 208	00:47:58	01:11:06	01:42:33.35	01:43:37.60	10:15	5.9
443	ZAWADA MACIEJ	9299	KGB	KLUCZBORK	POL	WETERAN I M - 50	31	M 235	00:47:52	01:11:44	01:41:44.90	01:43:42.40	10:10	5.9
444	DOMAGAŁA KONRAD	9178	KLUCZBORSKA GRUPA BIEGOWA	KLUCZBORK	POL	SENIOR II M - 30	68	M 236	00:47:51	01:11:47	01:41:45.05	01:43:42.60	10:10	5.9
445	KUCHARSKA KAMILA	9433		WROCLAW (WROCLAW-FABRYCZNA)	POL	MASTERS K - 40	59	K 209	00:46:36	01:09:32	01:41:41.65	01:43:53.20	10:10	5.9
446	ŻAK MARIKA	9206		WAŁBRZYCH	POL	MASTERS K - 40	60	K 210	00:46:59	01:10:17	01:42:20.50	01:43:54.15	10:14	5.9
447	WASZAK MARTYNA	9449		POZNAŃ	POL	SENIOR II K - 30	84	K 211	00:46:00	01:09:54	01:42:20.55	01:44:42.75	10:14	5.9
448	KNASIECKA KARINA	9011		PROMNICE	POL	WETERAN K - 50	26	K 212	00:46:08	01:11:01	01:44:49.15	01:45:08.45	10:28	5.7
449	KAPIJ ALEKSANDRA	9235		OPOLE	POL	SENIOR I K - 20	32	K 213	00:46:16	01:09:50	01:43:39.30	01:45:35.65	10:21	5.8
450	HONING INGRID	9010	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	SENIOR II K - 30	85	K 214	00:46:33	01:09:49	01:44:04.70	01:45:50.20	10:24	5.8
451	SĘK JULIANNIA	9149		WARSZAWA	POL	SENIOR I K - 20	33	K 215	00:47:13	01:10:58	01:43:50.90	01:46:11.45	10:23	5.8
452	WINCENCIAK JAN	9150		WARSZAWA	POL	SENIOR I M - 20	35	M 237	00:47:13	01:10:58	01:43:51.25	01:46:11.90	10:23	5.8
453	LIPA DOMINIKA	9390		KRAKÓW	POL	SENIOR I K - 20	34	K 216	00:48:46	01:11:24	01:44:37.40	01:46:22.95	10:27	5.7
454	GRZEGORZEWSKI RADOSŁAW	9398		PŁOCK	POL	SENIOR II M - 30	69	M 238	00:48:46	01:11:22	01:44:37.30	01:46:22.95	10:27	5.7
455	PLUCIENNIK WOJCIECH	9367		LEWKÓW	POL	WETERAN I M - 50	32	M 239	00:45:07	01:06:34	01:43:51.80	01:46:26.65	10:23	5.8
456	CNOTALSKA ANETA	9368		OSTRÓW WIELKOPOLSKI	POL	MASTERS K - 40	61	K 217	00:45:07	01:06:34	01:43:52.55	01:46:26.95	10:23	5.8
457	TARACIŃSKI TOMASZ	9395		BYSTRZYCA KŁODZKA	POL	MASTERS M - 40	82	M 240	00:48:32	01:13:31	01:45:08.40	01:46:46.85	10:30	5.7
458	PROSZOWSKA ANNA	9218		ŁÓDŹ	POL	SENIOR II K - 30	86	K 218	00:46:26	01:11:11	01:46:23.30	01:46:54.20	10:38	5.6
459	DATA TOMASZ	9578		ŻORY	POL	WETERAN I M - 50	33	M 241	00:50:06	01:14:16	01:44:21.75	01:47:02.30	10:26	5.7
460	KRYGOWSKI PRZEMYSŁAW	9572		STRZESZYN 323	POL	SENIOR I M - 20	36	M 242	00:46:44	01:09:32	01:44:43.05	01:47:18.05	10:28	5.7
461	GAJEWSKA KATARZYNA	9242		WROCLAW	POL	SENIOR I K - 20	35	K 219	00:50:07	01:12:50	01:45:26.05	01:47:24.70	10:32	5.7
462	ORLIŃSKA AGNIESZKA	9737		KĘDZIERZYN KOŹLE	POL	SENIOR I K - 20	36	K 220	00:48:49	01:11:47	01:45:17.65	01:47:35.55	10:31	5.7
463	SZPUREK ANNA	9366	BUKOWSKI KLUB BIEGACZA	BUK	POL	MASTERS K - 40	62	K 221	00:49:32	01:14:25	01:46:31.90	01:47:49.45	10:39	5.6
464	SARBACZEWSKA KATARZYNA	9071	KĘSY TEAM	OBORNIKI WIELKOPOLSKIE	POL	MASTERS K - 40	63	K 222	00:51:16	01:15:18	01:48:06.75	01:48:15.15	10:48	5.6
465	RAPACZ DANUTA	9579	ANMAR	STRONIE ŚLĄSKIE	POL	WETERAN II K - 60	6	K 223	00:50:24	01:14:44	01:47:21.05	01:48:18.85	10:44	5.6
466	KACZMAREK ANNA	9227		MILICZ	POL	MASTERS K - 40	64	K 224	00:53:02	01:16:42	01:47:54.60	01:48:21.50	10:47	5.6
467	KACZMAREK ANNA	9226		MILICZ	POL	MASTERS K - 40	64	K 224	00:53:18	01:16:42	01:47:53.85	01:48:21.50	10:47	5.6
468	BIELECKA KAROLA	9585	ROZGOTOVANI	KRAKÓW	POL	SENIOR II K - 30	87	K 226	00:52:44	01:15:55	01:46:01.55	01:48:23.20	10:36	5.7
469	ROZWADOWSKA-PRENETA KLAUDIA	9567		RZESZÓW	POL	SENIOR II K - 30	88	K 227	00:52:45	01:15:56	01:46:01.85	01:48:23.40	10:36	5.7
470	MAREK JOANNA	9428		WILCZYCE	POL	MASTERS K - 40	66	K 228	00:46:32	01:09:21	01:46:37.15	01:48:41.05	10:39	5.6
471	JACHIM-SZUBA MAGDALENA	9493		SZCZEWECIN	POL	MASTERS K - 40	67	K 229	00:47:09	01:11:01	01:47:14.05	01:48:43.70	10:43	5.6
472	AGUINIGA LIZATH	9269		EL PASO		SENIOR II K - 30	89	K 230	00:49:51	01:14:00	01:47:04.00	01:48:47.15	10:42	5.6
473	JANKOWSKI ADAM	9499	ULTRAWAY.PL	ZALASEWO	POL	SENIOR II M - 30	70	M 243	00:53:29	01:16:49	01:48:30.20	01:48:58.25	10:51	5.5
474	JANKOWSKA MAŁGORZATA	9498		ZALASEWO	POL	SENIOR II K - 30	90	K 231	00:53:30	01:16:49	01:48:31.00	01:48:58.85	10:51	5.5
475	DZIK MAŁGORZATA	9262		MIRSK	POL	MASTERS K - 40	68	K 232	00:48:55	01:14:51	01:46:34.65	01:49:01.60	10:39	5.6
476	ĆWIKLIŃSKA KAROLINA	9250	IZERSKA GRUPA BIEGOWA	OSŁO	NOR	SENIOR II K - 30	91	K 232	00:50:00	01:14:51	01:46:34.65	01:49:01.60	10:39	5.6
477	KĘTRZYŃSKI RYSZARD	9470		MIELEC	POL	MASTERS M - 40	83	M 244	00:48:25	01:11:45	01:46:44.55	01:49:03.95	10:40	5.6
478	GOŹDZICKI MAREK	9030	ZDYSZANI NA MECIE	STRZELCE KRAJEŃSKIE	POL	WETERAN I M - 50	34	M 245	00:48:11	01:11:09	01:47:59.75	01:49:04.90	10:47	5.6
479	BIAŁOTA PIOTR	9489		WIELICZKA	POL	SENIOR I M - 20	37	M 246	00:39:17	00:57:32	01:48:06.30	01:49:15.10	10:48	5.6
480	PEREC MARCIN	9600		HENRYKOW UROCZE	POL	MASTERS M - 40	84	M 247	00:47:26	01:10:47	01:46:59.45	01:49:19.40	10:41	5.6
481	MALIGA MARTA	9006		WROCLAW	POL	SENIOR I K - 20	37	K 234	00:49:04	01:12:35	01:46:57.05	01:49:20.95	10:41	5.6
482	FEHÉR DÁVID	9742		AARHUS	DEN	SENIOR I M - 20	38	M 248	00:49:04	01:12:36	01:46:56.10	01:49:21.10	10:41	5.6
483	PAWŁOWSKA-HAMKAŁO ANNA	9434	HOST WROCLAW	WROCLAW	POL	MASTERS K - 40	69	K 235	00:49:35	01:13:05	01:47:15.40	01:49:22.00	10:43	5.6
484	LIPIŃSKI TOMASZ	9568		ZŁOTOKŁOS	POL	SENIOR II M - 30	71	M 249	00:47:30	01:10:49	01:47:04.15	01:49:22.80	10:42	5.6
485	DREWNIAK-MATUSZEWSKA MARIA	9365	MISIEK TEAM	ROGALINEK	POL	SENIOR II K - 30	92	K 236	00:48:58	01:13:49	01:48:51.35	01:50:30.30	10:53	5.5
486	MARKOCKA MARIA	9344		LADEK-ZDROJ	POL	WETERAN III K - 70	2	K 237	00:48:50	01:12:42	01:48:49.00	01:50:43.20	10:52	5.5
487	JAROSZ AGNIESZKA	9410	TEAM KURORT LADEK ZDRÓJ	OŁDRZYCHOWICE KŁODZKIE	POL	SENIOR II K - 30	93	K 238	00:49:12	01:15:29	01:50:19.15	01:51:53.05	11:01	5.4
488	HOREMSKI ARTUR	9330		POZNAŃ	POL	SENIOR I M - 20	39	M 250	00:55:45	01:18:36	01:49:41.85	01:52:11.10	10:58	5.5
489	NOWICKA IWONA	9287	PREDATORS WAŁBRZYCH	WAŁBRZYCH	POL	WETERAN K - 50	27	K 239	00:49:01	01:13:19	01:49:48.25	01:52:11.55	10:58	5.5
490	BERNACKA PATRYCJA	9306	Q TEAM	POZNAŃ	POL	SENIOR II K - 30	94	K 240	00:55:46	01:23:05	01:49:45.60	01:52:14.70	10:58	5.5
491	CZARNECKA MARZENA	9341		MARKI	POL	SENIOR II K - 30	95	K 241	00:51:18	01:16:01	01:50:06.65	01:52:15.20	11:00	5.4

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
492	CZARNECKI MARCIN	9340	MARKOWI BIEGACZE	MARKI	POL	SENIOR II M - 30	72	M 251	00:51:14	01:16:13	01:50:05.45	01:52:16.20	11:00	5.5
493	KOLUS ZBIGNIEW	9592	BIEGACZ ŚWIĘTOKRZYSKI	KIELCE	POL	WETERAN I M - 50	35	M 252	00:52:00	01:16:53	01:51:07.20	01:52:16.75	11:06	5.4
494	KRUK MATEUSZ	9371		BYSTRZYCA KŁODZKA	POL	SENIOR II M - 30	73	M 253	00:45:57	01:12:54	01:52:17.20	01:52:59.60	11:13	5.3
495	WIATROWSKI MIŁOSZ	9591	BIEGACZ ŚWIĘTOKRZYSKI	KIELCE	POL	SENIOR I M - 20	40	M 254	00:50:43	01:15:06	01:51:56.50	01:53:06.65	11:11	5.4
496	WIATROWSKI JACEK	9590	BIEGACZ ŚWIĘTOKRZYSKI	KIELCE	POL	WETERAN I M - 50	36	M 254	00:50:42	01:15:04	01:51:55.00	01:53:06.65	11:11	5.4
497	CHASZCZEWSKA JULIA	9043		WROCŁAW	POL	MASTERS K - 40	70	K 242	00:52:30	01:17:37	01:52:15.60	01:53:41.20	11:13	5.3
498	RZEŹNIK ILONA	9253		ŁĄDEK ZDRÓJ	POL	SENIOR II K - 30	96	K 243	00:48:45	01:15:50	01:53:12.90	01:53:53.30	11:19	5.3
499	GLASSER MAREK	9391		WARSZAWA	POL	WETERAN III M - 70	4	M 256	00:49:14	01:13:35	01:51:41.85	01:54:02.10	11:10	5.4
500	SIBIELAK TOMASZ	9148	BIEGOWA KUŹNIA	BĘDZIN	POL	MASTERS M - 40	85	M 257	00:49:45	01:12:33	01:54:24.10	01:56:40.80	11:26	5.2
501	PIÓRKOWSKI MAREK	9209	BIEGOWW KUŹNIA	BĘDZIN	POL	WETERAN I M - 50	37	M 258	00:48:27	01:12:40	01:54:23.30	01:56:41.00	11:26	5.2
502	POPCZYK EWA	9308		BĘDZIN	POL	WETERAN K - 50	28	K 244	00:48:29	01:12:39	01:54:24.00	01:56:41.05	11:26	5.2
503	FORSZPANIAK AGATA	9211		TARNÓW OPOLSKI	POL	SENIOR II K - 30	97	K 245	00:55:22	01:20:43	01:56:29.75	01:58:31.35	11:38	5.2
504	SOBÓL MAŁGORZATA	9518		LISZKI	POL	MASTERS K - 40	71	K 246	00:54:37	01:19:17	01:57:50.75	01:58:32.25	11:47	5.1
505	CZYRNIA ANNA	9202		TURAWA	GBR	SENIOR II K - 30	98	K 247	00:55:23	01:20:47	01:56:44.50	01:58:46.25	11:40	5.1
506	WYSZATYCKI MATEUSZ	9245		ŁÓDŹ	POL	SENIOR II M - 30	74	M 259	00:54:42	01:20:22	01:56:25.00	01:58:51.35	11:38	5.2
507	KOZIEL KRZYSZTOF	9360		ÅLGÅRD	NOR	MASTERS M - 40	86	M 260	00:51:33	01:15:34	01:58:26.65	01:59:26.90	11:50	5.1
508	KOZIEL MONIKA	9349		ÅLGÅRD	NOR	SENIOR I K - 20	38	K 248	00:51:32	01:15:33	01:58:26.25	01:59:26.90	11:50	5.1
509	JORDAN MARZENA	9056	TARNOWO PODGÓRNE BIEGA	GRZEBIENISKO	POL	WETERAN K - 50	29	K 249	00:53:06	01:20:10	01:57:37.85	01:59:50.25	11:45	5.1
510	ULEJCZYK KAMIL	9155		WROCŁAW	POL	SENIOR I M - 20	41	M 261	00:55:32	01:20:59	01:58:38.80	02:00:01.65	11:51	5.1
511	ULEJCZYK MARTA	9156		WROCŁAW	POL	SENIOR I K - 20	39	K 250	00:55:32	01:20:59	01:58:38.80	02:00:01.80	11:51	5.1
512	MAKAROWSKA JOANNA	9177	SZYBCY I POLICZENI	WSCHOWA	POL	MASTERS K - 40	72	K 251	00:52:51	01:20:11	01:58:58.65	02:00:03.15	11:53	5
513	JANKOWIAK DOMINIKA	9176		WSCHOWA	POL	SENIOR II K - 30	99	K 252	00:53:05	01:20:09	01:59:00.10	02:00:03.40	11:54	5
514	SŁOWIŃSKA ALEKSANDRA	9739		ŁÓDŹ	POL	MASTERS K - 40	73	K 253	00:54:45	01:19:01	01:59:52.35	02:00:22.65	11:59	5
515	SŁOWIŃSKA KATARZYNA	9080		ŁÓDŹ	POL	MASTERS K - 40	74	K 254	00:54:46	01:19:01	01:59:52.60	02:00:22.70	11:59	5
516	SŁOWIŃSKI SŁAWOMIR	9084		ŁÓDŹ	POL	MASTERS M - 40	87	M 262	00:54:45	01:19:03	01:59:53.25	02:00:23.25	11:59	5
517	SŁOWIŃSKI PAWEŁ	9081		ŁÓDŹ	POL	MASTERS M - 40	88	M 263	00:54:47	01:19:21	01:59:53.95	02:00:23.95	11:59	5
518	BIERNAT MICHAŁ	9465		WROCŁAW	POL	SENIOR II M - 30	75	M 264	00:53:26	01:19:14	01:58:16.50	02:00:30.30	11:49	5.1
519	KIEŁB-SZEWCZYK TATIANA	9094		MROWINO	POL	MASTERS K - 40	75	K 255	00:53:08	01:20:03	01:58:37.60	02:00:40.65	11:51	5.1
520	KIEŁB WOJCIECH	9127	KW DZIABKA	POZNAŃ	POL	SENIOR II M - 30	76	M 265	00:53:06	01:20:03	01:58:38.45	02:00:41.85	11:51	5.1
521	JABŁOŃSKI KAZIMIERZ	9570	SPRINTER PRĄDY	PRĄDY	POL	WETERAN III M - 70	5	M 266	00:51:18	01:16:12	01:58:17.45	02:00:54.30	11:49	5.1
522	CHERNYKH ANASTASIYA	9476		WARSZAWA	POL	SENIOR I K - 20	40	K 256	00:55:20	01:19:21	01:58:52.35	02:00:58.15	11:53	5
523	MACIEJEWSKI PIOTR	9224	SUPERMARATON KALISZ	KALISZ	POL	WETERAN III M - 70	6	M 267	00:52:07	01:18:49	01:59:49.90	02:00:59.50	11:58	5
524	MAKSYMOWICZ MONIKA	9133		KŁODZKO	POL	SENIOR II K - 30	100	K 257	00:54:30	01:22:32	02:00:37.50	02:01:12.40	12:03	5
525	IGLEWSKA KAROLINA	9482		KŁODZKO	POL	SENIOR I K - 20	41	K 258	00:51:12	01:19:27	01:59:04.10	02:01:31.15	11:54	5
526	RODKIEWICZ MIKOŁAJ	9481		WROCŁAW	POL	SENIOR I M - 20	42	M 268	00:51:13	01:19:26	01:59:04.35	02:01:32.40	11:54	5
527	ŻYŁOWICZ MARCIN	9126		KRAKÓW	POL	SENIOR II M - 30	77	M 269	00:51:31	01:15:56	02:00:47.30	02:01:48.60	12:04	5
528	GEMZA ADRIANNA	9091		WROCŁAW	POL	SENIOR II K - 30	101	K 259	00:55:31	01:22:46	02:01:59.45	02:02:47.85	12:11	4.9
529	PILARSKA ELŻBIETA	9098	IZERY BOGATYNIA	BOGATYNIA	POL	WETERAN III K - 70	3	K 260	00:55:52	01:22:57	02:03:49.85	02:04:24.20	12:22	4.8
530	LENART GABRIELA	9462		ZABRZE	POL	SENIOR II K - 30	102	K 261	00:51:50	01:19:10	02:02:19.55	02:04:31.65	12:13	4.9
531	BIELECKA ALEKSANDRA	9046		KOMORÓW	POL	MASTERS K - 40	76	K 262	00:49:51	01:15:55	02:02:57.75	02:04:37.75	12:17	4.9
532	ŻACZEK JUSTYNA	9457		KIEŁCZÓW	POL	SENIOR II K - 30	103	K 263	00:55:24	01:23:36	02:03:31.00	02:05:35.35	12:21	4.9
533	SAFA HIND	9007	AV ZUIDWAL, NEDERLAND	BLARICUM	POL	WETERAN K - 50	30	K 264	00:48:11	01:13:00	02:05:44.10	02:05:57.35	12:34	4.8
534	BOROWIK AGATA	9379	CAŁA OLEŚNICA BIEGA	OLEŚNICA	POL	SENIOR II K - 30	104	K 265	00:53:52	01:22:21	02:05:51.50	02:06:28.85	12:35	4.8
535	DOLATA SYLWESTER	9396		KROSINKO	POL	WETERAN II M - 60	7	M 270	00:57:03	01:24:19	02:04:49.00	02:06:33.60	12:28	4.8
536	ŁUKACZ JAKUB	9266		TYCHY	POL	SENIOR I M - 20	43	M 271	00:58:13	01:27:16	02:05:38.50	02:08:22.10	12:33	4.8
537	WĘŻYCKA OLIVIA	9267		TYCHY	POL	SENIOR I K - 20	42	K 266	00:58:13	01:27:16	02:05:39.10	02:08:22.15	12:33	4.8
538	SPYCHAŁA MARTA	9236	WRONIECKI KLUB BIEGACZA	WRONKI	POL	WETERAN K - 50	31	K 267	00:58:48	01:26:12	02:07:08.20	02:09:19.35	12:42	4.7
539	ŁABOJEWSKA KATARZYNA	9237	WRONIECKI KLUB BIEGACZA	WRONKI	POL	MASTERS K - 40	77	K 268	00:58:48	01:26:12	02:07:09.90	02:09:21.55	12:42	4.7
540	LISOWIEC GABRIELA	9503		WROCŁAW	POL	MASTERS K - 40	78	K 269	00:58:46	01:27:45	02:07:28.40	02:09:34.45	12:44	4.7
541	VAN STEIJN WIM	9028	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN I M - 50	38	M 272	00:55:04	01:20:47	02:09:39.80	02:11:53.45	12:57	4.6
542	STEUR NATASHA	9311	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN K - 50	32	K 270	00:54:59	01:19:27	02:09:38.15	02:11:53.50	12:57	4.6
543	SZPERNA KATARZYNA	9325	MENEON	POZNAŃ	POL	SENIOR II K - 30	105	K 271	00:56:47	01:26:25	02:10:25.30	02:11:57.45	13:02	4.6
544	DRAB PAWEŁ	9264	CUKROWNIA CLUB	WIELUŃ	POL	MASTERS M - 40	89	M 273	00:56:41	01:26:25	02:11:04.30	02:12:16.30	13:06	4.6
545	ŁUCKA MAGDALENA	9307	Q TEAM	JANKÓWKO	POL	WETERAN K - 50	33	K 272	00:55:44	01:26:08	02:10:04.40	02:12:33.35	13:00	4.6
546	SIEDLECKA RENATA	9158		RUSINÓW	POL	MASTERS K - 40	79	K 273	00:58:29	01:28:25	02:11:34.55	02:13:37.25	13:09	4.6
547	BASTRZYK TOMASZ	9079		SKARŻYSKO KAMIENNA	POL	WETERAN I M - 50	39	M 274	00:58:28	01:28:25	02:11:34.90	02:13:38.55	13:09	4.6
548	KOCIOŁEK MARZENA	9566		WOŁÓW	POL	WETERAN K - 50	34	K 274	01:02:57	01:33:41	02:15:38.60	02:17:11.25	13:33	4.4

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
549	KOCIOŁEK PATRYCJA	9560		KRAKÓW	POL	SENIOR I K - 20	43	K 275	01:02:57	01:33:42	02:15:38.50	02:17:11.65	13:33	4.4
550	SZKUTA STANISŁAW	9461	ROVELLI TEORIA KWANTÓW	BIELSKO-BIAŁA	POL	WETERAN III M - 70	7	M 275	00:59:11	01:31:59	02:17:13.85	02:17:24.75	13:43	4.4
551	PACHUCKA BARBARA	9322		WARSZAWA	POL	SENIOR II K - 30	106	K 276	00:54:35	01:26:54	02:15:19.80	02:17:57.75	13:31	4.4
552	LASKOWSKA IWONA	9321		WARSZAWA	POL	WETERAN K - 50	35	K 277	00:54:33	01:26:55	02:15:20.55	02:17:58.30	13:32	4.4
553	SAMOCCI PAWEŁ	9320		WARSZAWA	POL	MASTERS M - 40	90	M 276	00:54:34	01:26:55	02:15:22.30	02:18:00.50	13:32	4.4
554	GORDZIEJEWSKA MONIKA	9401	DOLNY ŚLĄSK	KIEŁCZÓW	POL	MASTERS K - 40	80	K 278	00:58:56	01:32:02	02:16:13.15	02:18:39.90	13:37	4.4
555	NAGLIK JADWIGA	9516		BIELSKO-BIAŁA	POL	WETERAN III K - 70	4	K 279	01:00:07	01:32:34	02:18:29.40	02:18:41.75	13:50	4.3
556	VISSER INGE	9008	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN K - 50	36	K 280	00:54:55	01:23:39	02:16:22.90	02:18:42.50	13:38	4.4
557	VAN DE GEIN CARLA	9038	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN K - 50	37	K 281	00:54:57	01:23:46	02:16:24.60	02:18:43.40	13:38	4.4
558	PIEPLENBOSCH WIES	9018	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN II K - 60	7	K 282	00:56:51	01:25:48	02:18:22.90	02:18:44.00	13:50	4.3
559	TUSIEŃ ARTUR	9593	BIEGACZ ŚWIĘTOKRZYSKI	KIELCE	POL	WETERAN I M - 50	40	M 277	01:00:19	01:31:40	02:23:21.15	02:24:33.10	14:20	4.2
560	SOJKA ARLETA	9212	MIRAZ RACE TEAM	GLIWICE	POL	WETERAN K - 50	38	K 283	01:05:00	01:37:40	02:25:20.90	02:25:56.70	14:32	4.1
561	LECHOWICZ-DYL KATARZYNA	9041		WARSZAWA	POL	MASTERS K - 40	81	K 284	01:04:47	01:37:08	02:25:04.00	02:26:43.40	14:30	4.1
	PLUIM MENTZ INGEBORD	9009	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN K - 50			00:48:13	01:12:56	DNF	DNF	-	-
	MOROŃ KRZYSZTOF	9040		KATOWICE	POL	SENIOR II M - 30			DNF	DNF	DNF	DNF	-	-

BIEG TROJAK TRAIL - 10 KM, OPEN KOBIECI

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
1	PAPROCKA URSZULA	9370		KRAKÓW	POL	SENIOR II K - 30	1	K 1	00:24:11	00:35:04	00:49:19.20	00:49:24.20	4:55	12.2
2	OGÓREK MONIKA	9444	SALOMON TEAM / BRYGADA BESKIDÓW	NOWY SĄCZ	POL	SENIOR I K - 20	1	K 2	00:24:15	00:35:49	00:50:46.00	00:50:51.50	5:04	11.8
3	KRASZPULSKA MAGDALENA	9573	TRAIL IS OUR WAY	WARSZAWA	POL	SENIOR II K - 30	2	K 3	00:24:36	00:36:37	00:52:11.55	00:52:16.85	5:13	11.5
4	WER ANNA	9402	TOMICA COACHING CZENIECKIE MAKARONY	CIESZYN	POL	SENIOR II K - 30	3	K 4	00:25:59	00:37:48	00:54:19.15	00:54:23.20	5:25	11
5	GAIK NATALIA	9059	BIEGAM BO LUBIĘ OSTROŁĘKA	KIELCE	POL	SENIOR I K - 20	2	K 5	00:25:48	00:38:20	00:55:05.95	00:55:09.05	5:30	10.9
6	KURKA WIKTORIA	9160		KROTOSZYŃ	POL	JUNIOR I K - 20	1	K 6	00:26:35	00:40:23	00:58:39.35	00:58:41.90	5:51	10.2
7	SEMENENKO LIUDMYLA	9289	PRZEDWOJEWSKI TEAM	WROCLAW	POL	SENIOR II K - 30	4	K 7	00:27:48	00:40:52	00:58:50.00	00:58:54.35	5:53	10.2
8	PEŁAZIAK-KOWALSKA MAGDALENA	9185	2K	LIBERTOW	POL	MASTERS K - 40	1	K 8	00:28:16	00:41:34	00:59:53.10	01:00:00.45	5:59	10
9	BUKOWSKA MARTA	9460		ŁÓDŹ	POL	SENIOR II K - 30	5	K 9	00:28:00	00:41:38	01:00:04.65	01:00:09.30	6:00	10
10	PEKAŁA KAMILA	9219	KOBIETY BIEGAJĄ	POZNAŃ	POL	SENIOR I K - 20	3	K 10	00:29:05	00:42:45	01:01:02.15	01:01:08.70	6:06	9.8
11	BÓRKOWSKA OLA	9301	MARATOŃCZYK POZNAŃ	POZNAŃ	POL	SENIOR II K - 30	6	K 11	00:28:57	00:43:11	01:02:05.10	01:02:10.70	6:12	9.7
12	FIENKO KATARZYNA	9358		PEŁCZYCE	POL	SENIOR II K - 30	7	K 12	00:29:57	00:44:06	01:02:58.45	01:03:03.05	6:17	9.5
13	WIECZERZAK MAGDALENA	9594	TEAM ULTRABIES / TEAM DFBG	MIELEC	POL	SENIOR II K - 30	8	K 13	00:29:52	00:44:14	01:02:56.30	01:03:21.15	6:17	9.5
14	MRUGAŁA MONIKA	9304	TRAIL IS OUR WAY TEAM	WĘGRY	POL	WETERAN K - 50	1	K 14	00:30:25	00:45:20	01:05:06.80	01:05:21.80	6:30	9.2
15	ULIKOWSKA MARTYNA	9586	TEAM DFBG	KRAKÓW	POL	SENIOR II K - 30	9	K 15	00:31:05	00:46:08	01:05:19.25	01:05:26.30	6:31	9.2
16	ŚWIĘCKA JOANNA	9509	OSTATNI GASI ASFALT	WROCLAW	POL	MASTERS K - 40	2	K 16			01:06:48.00	01:06:48.00	6:40	9
17	DĄBROWSKA KATARZYNA	9450		ŁÓDŹ	POL	SENIOR II K - 30	10	K 17	00:33:11	00:48:11	01:07:15.00	01:07:32.65	6:43	8.9
18	SIEMIŃSKA ADRIANNA	9478		KOLUSZKI	POL	JUNIOR I K - 20	2	K 18	00:30:43	00:46:43	01:07:46.10	01:07:51.65	6:46	8.9
19	STĘPNIAK IGA	9446		POZNAŃ	POL	SENIOR II K - 30	11	K 19	00:32:16	00:47:29	01:07:58.95	01:08:09.25	6:47	8.8
20	PINCIUREK PAULINA	9190	SMAK RADOŚCI	ŚWIEBODZICE	POL	SENIOR II K - 30	12	K 20	00:32:14	00:47:19	01:07:58.30	01:08:36.25	6:47	8.8
21	BUTSKO YANA	9252		WROCLAW	POL	SENIOR I K - 20	4	K 21	00:32:04	00:47:46	01:08:03.65	01:08:36.60	6:48	8.8
22	PONIATOWSKA JUSTYNA	9247	TEBIA RUNNERS	WROCLAW	POL	SENIOR II K - 30	13	K 22	00:33:06	00:48:38	01:08:37.00	01:08:47.20	6:51	8.7
23	KOTRYSIAK AGATA	9067	ADIDAS RUNNERS POZNAŃ	POZNAŃ	POL	SENIOR II K - 30	14	K 23	00:33:04	00:48:37	01:08:42.10	01:08:48.25	6:52	8.7
24	ULAN NATALIA	9530		DOBRCZ	POL	SENIOR II K - 30	15	K 24	00:31:28	00:47:20	01:09:01.95	01:09:10.85	6:54	8.7
25	BRONISZ JOANNA	9374	TOMICA COACHING	POZNAŃ	POL	SENIOR I K - 20	5	K 25	00:32:35	00:48:44	01:09:21.25	01:09:25.85	6:56	8.7
26	GOETEL MAGDALENA	9743		BUKOWINA TATRZAŃSKA	POL	MASTERS K - 40	3	K 26	00:33:25	00:48:47	01:09:00.05	01:09:34.30	6:54	8.7
27	MILIŃSKA LILIANNA	9335		NIEMODLIN	POL	MASTERS K - 40	4	K 27	00:32:36	00:47:47	01:08:45.15	01:09:38.55	6:52	8.7
28	JANKOWSKA JOLANTA	9420		WROCLAW	POL	SENIOR II K - 30	16	K 28	00:32:18	00:47:52	01:09:54.25	01:10:08.15	6:59	8.6
29	HLAVÁČOVÁ EVA	9580		KRNOV	CZE	WETERAN K - 50	2	K 29	00:32:34	00:48:25	01:10:07.15	01:10:30.60	7:00	8.6
30	KASZEWIAK KAROLINA	9507	TOMICA COACHING	WARSZAWA	POL	SENIOR II K - 30	17	K 30	00:33:50	00:49:11	01:09:40.35	01:10:51.90	6:58	8.6
31	PLOCH WERONIKA	9506		WROCLAW	POL	SENIOR I K - 20	6	K 31	00:33:52	00:49:38	01:10:17.45	01:11:09.45	7:01	8.5
32	CIECIOROWSKA ALEKSANDRA	9537	DYNAFIT/ SOBAS TEAM	WROCLAW	POL	SENIOR I K - 20	7	K 32	00:33:45	00:50:01	01:11:21.70	01:11:25.45	7:08	8.4
33	KALAMAGA AGNIESZKA	9553	HASCO-LEK TEAM	WROCLAW	POL	MASTERS K - 40	5	K 33	00:34:09	00:49:47	01:11:12.20	01:11:56.35	7:07	8.4

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
34	DESKA ELŻBIETA	9543		GRÓJEC	POL	MASTERS K - 40	6	K 34	00:32:17	00:47:57	01:11:45.30	01:12:06.55	7:10	8.4
35	NOWAK NATALIA	9192	GÓRAL Z MAZUR RUNNING TEAM	KATOWICE	POL	SENIOR II K - 30	18	K 35	00:34:11	00:50:21	01:11:44.50	01:12:29.95	7:10	8.4
36	BOGUSZ BASIA	9596	TEAM DFBG	POZNAŃ	POL	SENIOR II K - 30	19	K 36	00:35:13	00:51:18	01:11:55.80	01:12:32.20	7:11	8.3
37	GRZYBEK NADIA	9093		WROCŁAW	POL	SENIOR I K - 20	8	K 37	00:33:47	00:49:54	01:13:14.15	01:14:01.75	7:19	8.2
38	KRAUTFORST KAROLINA	9468		WROCŁAW	POL	SENIOR I K - 20	9	K 38	00:35:59	00:51:55	01:12:18.40	01:14:11.60	7:13	8.3
39	BEREST OLENA	9488		WIELICZKA	POL	SENIOR I K - 20	10	K 39	00:33:35	00:50:19	01:13:07.40	01:14:15.10	7:18	8.2
40	MARKOWSKA LIDIA	9199		WROCŁAW	POL	MASTERS K - 40	7	K 40	00:35:24	00:51:30	01:14:18.00	01:14:18.00	7:25	8.1
41	JASKÓLSKA-PIETRZYK KINGA	9061	MICHALAK SANDRA TEAM	BĘDZIN	POL	MASTERS K - 40	8	K 41	00:35:33	00:51:48	01:14:19.15	01:14:36.80	7:25	8.1
42	MOLENDĄ MAŁGORZATA	9271	BBKS ŁAWECZKA WILANÓW	WARSZAWA	POL	MASTERS K - 40	9	K 42	00:36:36	00:53:10	01:15:11.90	01:15:24.05	7:31	8
43	PIOTROWIAK ANGELIKA	9479		WROCŁAW	POL	SENIOR II K - 30	20	K 43	00:35:21	00:51:45	01:14:21.20	01:15:47.25	7:26	8.1
44	MAJKA ANNA	9183	FAMILIAMAJKA	SZCZECIN	POL	WETERAN K - 50	3	K 44	00:35:40	00:52:18	01:15:10.95	01:16:05.10	7:31	8
45	WILCZYŃSKA BEATA	9174	#ZALINIAMIETYTEAM	POZNAŃ	POL	SENIOR II K - 30	21	K 45	00:35:36	00:52:12	01:15:28.70	01:16:23.55	7:32	8
46	DURYŃ ALEKSANDRA	9228		KOBYLA GÓRA	POL	SENIOR I K - 20	11	K 46	00:36:19	00:53:03	01:15:31.15	01:16:38.80	7:33	7.9
47	ZIÓŁEK KAROLINA	9215		POZNAŃ	POL	SENIOR II K - 30	22	K 47	00:36:30	00:53:28	01:15:53.60	01:16:39.95	7:35	7.9
48	SARNOWSKA KAROLINA	9575	PRORUNNING PROMOTION	WARSZAWA	POL	MASTERS K - 40	10	K 48	00:36:01	00:52:42	01:15:44.20	01:16:46.60	7:34	7.9
49	JÓZEF DOROTA	9244	ULTRAJÓZKI	MYSŁOWICE	POL	SENIOR II K - 30	23	K 49	00:36:36	00:53:31	01:16:08.05	01:16:47.65	7:36	7.9
50	TOMCZAK AGNIESZKA	9225		WROCŁAW	POL	SENIOR I K - 20	12	K 50	00:36:23	00:53:34	01:16:05.70	01:17:21.55	7:36	7.9
51	HORSZTYŃSKA ZOFIA	9531		WARSZAWA	POL	SENIOR II K - 30	24	K 51	00:36:14	00:52:47	01:15:59.20	01:17:23.80	7:35	7.9
52	ŁAMPIKA KINGA	9583	GOOD MOVE	SMOLEC	POL	MASTERS K - 40	11	K 52	00:35:36	00:52:19	01:16:12.40	01:17:39.60	7:37	7.9
53	RUTKOWSKA SANDRA	9051	SPORTOWY KAŻMIERZ	KAŻMIERZ	POL	SENIOR I K - 20	13	K 53	00:37:10	00:54:38	01:16:05.20	01:17:39.75	7:36	7.9
54	GÓRSKA NIKOLETTA	9525		POZNAŃ	POL	SENIOR I K - 20	14	K 54	00:36:16	00:53:01	01:16:02.35	01:17:50.60	7:36	7.9
55	LUBAŃSKA ALICJA	9203	DTR BIEGA / MARIO TEAM	BUKOWICE	POL	WETERAN K - 50	4	K 55	00:36:01	00:53:19	01:18:10.50	01:18:18.15	7:49	7.7
56	BARANOWSKA RENATA	9500	KB HARCOWNIK JELCZ LASKOWICE	MŁOSZYCE	POL	SENIOR II K - 30	25	K 56	00:36:56	00:53:58	01:16:49.45	01:18:30.10	7:40	7.8
57	DUDEK IZABELA	9483		LEONCIN	POL	SENIOR I K - 20	15	K 57	00:37:23	00:55:30	01:17:45.45	01:19:02.50	7:46	7.7
58	ZAWARTKA MAŁGORZATA	9386		KRAKÓW	POL	SENIOR II K - 30	26	K 58	00:37:46	00:54:56	01:17:36.50	01:19:06.40	7:45	7.7
59	MICHAŁSKA ALEKSANDRA	9412		WIELUŃ	POL	SENIOR I K - 20	16	K 59	00:38:18	00:55:39	01:17:55.60	01:19:08.40	7:47	7.7
60	ABRAHAMEK NATALIA	9441		WARSZAWA	POL	SENIOR II K - 30	27	K 60	00:37:49	00:55:43	01:18:03.75	01:19:23.25	7:48	7.7
61	STOLARCZYK TERESA	9055	SĄ WOLNIEJSI	OLSZTYN	POL	WETERAN K - 50	5	K 61	00:37:22	00:54:27	01:19:06.35	01:19:41.85	7:54	7.6
62	OLSCHIMKE-MARMUROWICZ BARBARA	9143		KATOWICE	POL	WETERAN K - 50	6	K 62	00:38:03	00:55:26	01:19:26.25	01:20:22.70	7:56	7.6
63	HOREJDA SARA	9362		ŁĄDEK ZDRÓJ	POL	SENIOR I K - 20	17	K 63	00:37:15	00:55:23	01:19:57.65	01:20:36.25	7:59	7.5
64	HUBNER ILONA	9201	TLENOWA RADOŚĆ TEAM	WARSZAWA	POL	MASTERS K - 40	12	K 64	00:38:12	00:55:50	01:19:11.70	01:20:38.75	7:55	7.6
65	KULS KAROLINA	9459		DOMASZCZYN	POL	MASTERS K - 40	13	K 65	00:37:32	00:55:36	01:20:26.05	01:20:44.40	8:02	7.5
66	MARCZAK OLA	9323	KB HARCOWNIK	JELCZ-LASKOWICE	POL	SENIOR II K - 30	28	K 66	00:37:37	00:55:17	01:19:14.20	01:20:54.65	7:55	7.6
67	GÓRECKA MILENA	9404		WROCŁAW	POL	SENIOR II K - 30	29	K 67	00:37:38	00:55:23	01:19:57.25	01:21:01.50	7:59	7.5
68	VAN LAERE SIBBELIEN	9017	AV ZUIDWAL, NEDERLAND	BLARICUM	POL	WETERAN II K - 60	1	K 68	00:38:40	00:56:49	01:20:55.35	01:21:09.15	8:05	7.4
69	ŁUCIÓW IWONA	9115		WROCŁAW	POL	SENIOR II K - 30	30	K 69	00:38:35	00:56:43	01:21:01.50	01:21:34.00	8:06	7.4
70	ŻEREBECKA MARTA	9564		ŁĄDEK ZDRÓJ	POL	SENIOR II K - 30	31	K 70	00:38:55	00:56:27	01:21:04.65	01:21:39.25	8:06	7.4
71	POLAŃSKA MARLENA	9119	HERAKLES	WIŚNIOWA GORA	POL	MASTERS K - 40	14	K 71	00:37:20	00:55:05	01:21:14.40	01:21:44.70	8:07	7.4
72	BAKSALARY LIDIA	9054	#BIEGAJLESZNO	LESZNO	POL	WETERAN K - 50	7	K 72	00:37:52	00:55:46	01:21:47.65	01:21:54.20	8:10	7.3
73	RAJZER RENATA	9165		KIETRZ	POL	SENIOR II K - 30	32	K 73	00:39:28	00:56:59	01:20:09.25	01:21:56.05	8:00	7.5
74	DORNIK NATALIA	9140		WROCŁAW	POL	SENIOR I K - 20	18	K 74	00:39:21	00:57:54	01:21:38.25	01:22:00.70	8:09	7.3
75	ŁUŻNY AGNIESZKA	9285		TYCHY	POL	SENIOR II K - 30	33	K 75	00:38:55	00:56:55	01:21:17.80	01:22:01.95	8:07	7.4
76	VAN SCHAİK MARLEEN	9015	AV ZUIDWAL, NEDERLAND	BLARICUM	POL	MASTERS K - 40	15	K 76	00:38:01	00:55:47	01:21:59.65	01:22:16.50	8:11	7.3
77	GAŚKA SANDRA	9561		KANIÓW	POL	SENIOR II K - 30	34	K 77	00:37:48	00:55:46	01:20:23.30	01:22:23.65	8:02	7.5
78	WOLAK JOLANTA	9179		WIŚNIOWA	POL	MASTERS K - 40	16	K 78	00:38:02	00:56:18	01:21:36.10	01:22:38.25	8:09	7.4
79	MEDYŃSKA MAŁGORZATA	9031	TEAM JUTROSIN	JUTROSIN	POL	WETERAN K - 50	8	K 79	00:38:00	00:56:02	01:23:07.60	01:23:16.80	8:18	7.2
80	GRZEŚKOWIAK EDYTA	9621		JUTROSIN	POL	SENIOR II K - 30	35	K 80	00:37:55	00:55:56	01:23:05.85	01:23:20.25	8:18	7.2
81	OGIEŁSKA-MĄDRO PATRYCJA	9241		ROSZYCE	POL	SENIOR II K - 30	36	K 81	00:39:47	00:57:07	01:21:11.50	01:23:21.15	8:07	7.4
82	ORUBA KATARZYNA	9291		STRONIE ŚLĄSKIE	POL	SENIOR II K - 30	37	K 82	00:39:36	00:58:59	01:22:36.30	01:23:34.15	8:15	7.3
83	KĘDZIOR JOANNA	9447		JELCZ-LASKOWICE	GBR	MASTERS K - 40	17	K 83	00:39:29	00:58:09	01:22:44.50	01:23:45.65	8:16	7.3
84	REMBLEWSKA AGNIESZKA	9541		POZNAŃ	POL	SENIOR I K - 20	19	K 84	00:39:53	00:58:02	01:22:54.30	01:23:53.85	8:17	7.2
85	RUTKOWSKA KAROLINA	9153	EST	TORUŃ	POL	MASTERS K - 40	18	K 85	00:39:13	00:59:36	01:23:40.05	01:24:04.00	8:22	7.2
86	DORNIK AGNIESZKA	9136		WROCŁAW	POL	WETERAN K - 50	9	K 86	00:39:15	00:57:37	01:23:40.65	01:24:04.60	8:22	7.2
87	DREWNIK KAROLINA	9364	MISIEK TEAM	JELEŃ GÓRA	POL	MASTERS K - 40	19	K 87	00:39:20	00:57:55	01:22:37.70	01:24:15.75	8:15	7.3
88	SZYMONIK DOMINIKA	9587	TEAM DFBG	WROCŁAW	POL	SENIOR II K - 30	38	K 88	00:39:17	00:58:04	01:23:43.90	01:24:20.50	8:22	7.2
89	WYSOCCAŃSKA RITA	9423		POZNAŃ	POL	SENIOR II K - 30	39	K 89	00:38:11	00:56:22	01:23:03.75	01:24:27.30	8:18	7.2
90	PAGÓRSKA ILONA	9044	PAGÓR TEAM	PRUSZCZ GDAŃSKI	POL	SENIOR II K - 30	40	K 90	00:39:45	00:58:25	01:23:27.10	01:24:48.15	8:20	7.2

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
91	GRUSZKOWSKA KATARZYNA	9248	OSP SIEDLNICA	WSCHOWA	POL	WETERAN K - 50	10	K 91	00:38:25	00:57:21	01:24:46.95	01:25:15.00	8:28	7.1
92	MACIĄG-MASTERNAK MARTA	9334		ŁAZISKA GÓRNE	POL	SENIOR II K - 30	41	K 92	00:40:52	00:59:53	01:23:53.70	01:25:54.55	8:23	7.2
93	IDCZAK MAGDALENA	9576		KŁODZKO	POL	MASTERS K - 40	20	K 93	00:40:32	00:59:04	01:24:53.05	01:26:18.40	8:29	7.1
94	JES KAREN	9014	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN K - 50	11	K 94	00:40:14	00:58:53	01:26:01.30	01:26:19.50	8:36	7
95	DOPIERAŁA NATALIA	9315	BROWAR FORTUNA	SŁUPCA	POL	SENIOR II K - 30	42	K 95	00:38:41	00:56:55	01:24:53.40	01:26:21.55	8:29	7.1
96	POPIOŁEK AGNIESZKA	9312		KOŚCIELNA WIEŚ	POL	SENIOR II K - 30	43	K 96	00:38:22	00:57:57	01:26:21.40	01:26:29.75	8:38	6.9
97	RYCHŁOWSKA MAGDALENA	9193	W STRONĘ ULTRA	PIŁA	POL	WETERAN K - 50	12	K 97	00:38:13	00:57:35	01:26:12.90	01:26:34.20	8:37	7
98	PAŁKA PATRYCJA	9257		WROCŁAW	POL	SENIOR II K - 30	44	K 98	00:36:38	00:55:20	01:24:47.60	01:26:35.30	8:28	7.1
99	RUGERS CISKA	9003	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN K - 50	13	K 99	00:38:13	00:58:30	01:24:44.40	01:26:37.85	8:28	7.1
100	PIOTROWSKA DANUTA	9205		OPOLE	POL	WETERAN II K - 60	2	K 100	00:40:40	00:59:49	01:26:35.20	01:26:44.70	8:39	6.9
101	PLUCIENNICZAK MONIKA	9501		POWIERCIE KOLONIA	POL	SENIOR II K - 30	45	K 101	00:40:25	00:59:04	01:25:06.80	01:26:50.45	8:30	7.1
102	GROMADZKA-JĘDRUSZCZAK RENATA	9539		PIASECZNO	POL	MASTERS K - 40	21	K 102	00:39:37	00:58:29	01:26:13.55	01:26:57.00	8:37	7
103	SEREJ DARIA	9383		WROCŁAW	POL	SENIOR II K - 30	46	K 103	00:40:34	00:59:22	01:25:10.70	01:27:01.90	8:31	7
104	CHRAPUSTA ELIZA	9279	FERAL CATS HUCISKO TEAM	KRAKOW	POL	SENIOR II K - 30	47	K 104	00:40:07	00:59:29	01:25:23.50	01:27:08.70	8:32	7
105	OSTAPCZUK LIDIA	9234	KLUB BIEGACZA KĄTY WROCŁAWSKIE	KĄTY WROCŁAWSKIE	POL	SENIOR II K - 30	48	K 105	00:41:17	01:00:25	01:26:54.90	01:27:09.05	8:41	6.9
106	SAMSEL AGNIESZKA	9277		SZCZECIN	POL	SENIOR II K - 30	49	K 106	00:40:01	00:58:40	01:25:07.15	01:27:20.05	8:30	7
107	SAJA MARTYNA	9376	LEGNICA POKONUJE PRZESZKODY	CHOJNÓW	POL	SENIOR I K - 20	20	K 107	00:43:07	01:01:52	01:26:05.65	01:27:20.10	8:36	7
108	BORKOWSKA KAROLINA	9058		SZCZECIN	POL	SENIOR II K - 30	50	K 108	00:41:33	01:00:48	01:27:33.45	01:27:46.95	8:45	6.9
109	ZAWODNIAK DOROTA	9229	TRITON KONIN	KONIN	POL	WETERAN K - 50	14	K 109	00:40:32	00:59:34	01:27:12.65	01:27:53.65	8:43	6.9
110	SZYMAŃSKA AGNIESZKA	9314	RNB TEAM POLANICA ZDRÓJ	POLANICA-ZDRÓJ	POL	WETERAN K - 50	15	K 110	00:40:55	00:59:54	01:27:01.00	01:27:54.90	8:42	6.9
111	FRANCIKOWSKA DOROTA	9399	MTS DRUŻYNA SZPIKU KGHM	DĄBKI	POL	WETERAN K - 50	16	K 111	00:41:28	01:00:58	01:26:32.80	01:27:57.05	8:39	6.9
112	KURKA KATARZYNA	9161		KROTOSZYN	POL	MASTERS K - 40	22	K 112	00:39:55	00:59:36	01:27:36.05	01:27:59.30	8:45	6.8
113	SKAWINA KRZYSTYNA	9394	TOPOLICE TEAM	TOPOLICE	POL	MASTERS K - 40	23	K 113	00:41:12	01:00:33	01:26:57.90	01:28:20.15	8:41	6.9
114	WOJNOWSKA NATALIA	9463	MIRAZ RACE TEAM	ZABRZE	POL	SENIOR II K - 30	51	K 114	00:40:47	01:00:02	01:26:34.15	01:28:41.95	8:39	6.9
115	MACKOWIAK JOANNA	9129	TYLKO MENTAL!	WARSZAWA	POL	SENIOR I K - 20	21	K 115	00:41:13	01:01:37	01:28:17.85	01:28:48.45	8:49	6.8
116	RUTYNA JENNIFER	9492	EKO-OKNA RUNNERS	PIETROWICE WIELKIE	POL	SENIOR I K - 20	22	K 116	00:40:43	01:00:13	01:27:02.45	01:28:49.35	8:42	6.9
117	BLOCH AGNIESZKA	9452	BLUE BIRDS RUN	CZERNICA	POL	SENIOR II K - 30	52	K 117	00:41:21	01:01:11	01:27:44.90	01:29:02.55	8:46	6.8
118	ROŚLAŃ ANETA	9039		SZCZECIN	POL	MASTERS K - 40	24	K 118	00:41:34	01:00:59	01:28:51.90	01:29:05.25	8:53	6.8
119	BUDYCH MARTA	9276		MUROWANA GOŚLINA	POL	WETERAN K - 50	17	K 119	00:40:17	01:00:24	01:28:39.70	01:29:33.00	8:51	6.8
120	MĄDRO AGNIESZKA	9239		KŁODZKO	POL	MASTERS K - 40	25	K 120	00:41:49	01:00:56	01:27:25.80	01:29:35.50	8:44	6.9
121	BOROWSKA ALINA	9163		GRUDZIĄDZ	POL	MASTERS K - 40	26	K 121	00:40:46	01:01:18	01:29:16.60	01:29:41.15	8:55	6.7
122	KRAMARCZYK JOLANTA	9154	ENDORFINA WSCHOWA	WSCHOWA	POL	WETERAN II K - 60	3	K 122	00:40:34	01:00:12	01:29:10.80	01:30:06.30	8:55	6.7
123	JANICKA MARTA	9426	DZIUBANKI	KRAKÓW	POL	MASTERS K - 40	27	K 123	00:40:35	01:00:14	01:27:36.40	01:30:08.80	8:45	6.8
124	NIEDZIELAK PAULINA	9213	PETRA PŁOCK	KAMIONKI	POL	SENIOR II K - 30	53	K 124	00:41:41	01:01:40	01:29:03.60	01:30:14.25	8:54	6.7
125	DZIEDZIC DOROTA	9200		WROCŁAW	POL	SENIOR II K - 30	54	K 125	00:41:53	01:01:30	01:27:35.20	01:30:15.00	8:45	6.9
126	TARACINSKA-CIFUENTES MAGDALENA	9318		WROCŁAW	POL	MASTERS K - 40	28	K 126	00:42:05	01:01:29	01:28:38.90	01:30:20.85	8:51	6.8
127	PRZYBYŁAK KASIA	9175	#ZALINIAMIETYTEAM	POZNAŃ	POL	SENIOR I K - 20	23	K 127	00:45:24	01:04:50	01:29:36.00	01:30:32.30	8:57	6.7
128	AUGUSTYNOWICZ AURELIA	9132		BYDGOSZCZ	POL	WETERAN K - 50	18	K 128	00:43:18	01:02:47	01:29:00.35	01:31:28.35	8:54	6.7
129	KOST MAŁGORZATA	9232		ŚWIEBODZICE	POL	WETERAN K - 50	19	K 129	00:41:23	01:01:30	01:29:12.85	01:31:35.95	8:55	6.7
130	PTASZYŃSKA JOANNA	9223		WROCŁAW	POL	WETERAN K - 50	20	K 130	00:41:35	01:01:23	01:30:06.50	01:31:41.05	9:00	6.7
131	GACA MAŁGORZATA	9608		WROCŁAW	POL	MASTERS K - 40	29	K 131	00:41:25	01:01:13	01:30:25.15	01:31:51.75	9:02	6.6
132	BIEDA EWELINA	9431	ŚWIĘTE ŚWIRY	CZĘSTOCHOWA	POL	SENIOR II K - 30	55	K 132	00:41:01	01:01:19	01:29:33.10	01:31:55.15	8:57	6.7
133	MARDAUS MARTA	9513		WROCŁAW	POL	SENIOR II K - 30	56	K 133	00:42:29	01:02:38	01:30:06.60	01:32:01.65	9:00	6.7
134	SITARZ PAULINA	9408		ŁÓDŹ	POL	SENIOR II K - 30	57	K 134	00:42:37	01:02:39	01:29:55.50	01:32:06.50	8:59	6.7
135	FUDRO AGATA	9494		ŁĄDEK ZDRÓJ	POL	SENIOR II K - 30	58	K 135	00:41:44	01:02:44	01:31:21.65	01:32:18.55	9:08	6.6
136	UCHEREK KINGA	9134		ŻORY	POL	MASTERS K - 40	30	K 136	00:42:06	01:02:17	01:32:10.15	01:32:30.05	9:13	6.5
137	DUTKIEWICZ-GAJOS RENATA	9514		NYSA	POL	WETERAN II K - 60	4	K 137	00:41:56	01:02:27	01:32:42.00	01:32:55.00	9:16	6.5
138	SKRZĄTEK ANNA	9254	POWSINOZI	PRZYŁĘKI	POL	WETERAN K - 50	21	K 138	00:41:42	01:02:07	01:31:16.90	01:33:14.00	9:07	6.6
139	MICHAŁSKA JOANNA	9411		WIELUŃ	POL	SENIOR I K - 20	24	K 139	00:42:42	01:03:57	01:32:08.85	01:33:17.25	9:12	6.5
140	KSIĄŻKIEWICZ KATARZYNA	9533		BUKOWIEC	POL	SENIOR II K - 30	59	K 140	00:41:54	01:02:44	01:32:47.25	01:33:29.95	9:16	6.5
141	STRANZ KARINA	9208	NARAMOWICE BIEGAJĄ	POZNAŃ	POL	JUNIOR I K - 20	3	K 141	00:43:18	01:03:42	01:31:06.60	01:33:38.65	9:06	6.6
142	LASMANE ANNA	9542		IKSKILE	LAT	SENIOR I K - 20	25	K 142	00:42:40	01:03:49	01:32:18.40	01:33:46.25	9:13	6.5
143	SPRIEDĚJA ANNA PAULA	9582		RIGA	LAT	SENIOR I K - 20	26	K 143	00:42:40	01:03:48	01:32:19.00	01:33:46.55	9:13	6.5
144	DĄBROWSKA KLAUDIA	9124		WROCŁAW	POL	SENIOR II K - 30	60	K 144	00:44:51	01:05:32	01:34:10.35	01:34:17.15	9:25	6.4
145	FOGIEL KATARZYNA	9142	ROZBIEGANI CHOJNÓW	LEGNICA	POL	SENIOR II K - 30	61	K 145	00:44:32	01:05:37	01:33:15.35	01:34:21.20	9:19	6.4
146	GUŻNICZAK KINGA	9405		ZŁOTNIKI	POL	SENIOR I K - 20	27	K 146	00:45:29	01:05:37	01:33:13.65	01:34:26.45	9:19	6.4
147	KAWA MARCELINA	9220		POZNAŃ	POL	SENIOR II K - 30	62	K 147	00:42:46	01:03:00	01:33:19.25	01:34:30.10	9:19	6.4

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
148	PEŚIK PAULINA	9338		WARSZAWA	POL	SENIOR II K - 30	63	K 148	00:44:05	01:04:26	01:32:51.85	01:34:31.70	9:17	6.5
149	JADRYCH MAGDALENA	9049		STARGARD	POL	MASTERS K - 40	31	K 149	00:42:22	01:02:51	01:33:03.25	01:34:32.25	9:18	6.4
150	RYBIŃSKA DAGMARA	9082		WARSZAWA	POL	SENIOR II K - 30	64	K 150	00:44:18	01:05:06	01:33:27.75	01:34:32.35	9:20	6.4
151	GÓRSKA-KOCOWSKA KATARZYNA	9353		WROCŁAW	POL	SENIOR II K - 30	65	K 151	00:44:20	01:04:43	01:33:22.55	01:35:23.35	9:20	6.4
152	ZIÓŁKOWSKA MONIKA	9196		KONIECPOL	POL	MASTERS K - 40	32	K 152	00:45:48	01:06:49	01:35:15.35	01:36:00.15	9:31	6.3
153	IWANOWICZ ELIZA	9184		OSTROŁĘKA	POL	JUNIOR I K - 20	4	K 153	00:45:18	01:06:33	01:35:42.00	01:36:07.60	9:34	6.3
154	MARGRAF EWA	9128		RUDA ŚLĄSKA	POL	MASTERS K - 40	33	K 154	00:44:16	01:05:29	01:35:37.90	01:36:14.95	9:33	6.3
155	ZAKRZEWSKA-BEKIER JOANNA	9075		SZCZECIN	POL	MASTERS K - 40	34	K 155	00:43:32	01:04:21	01:34:28.10	01:36:37.75	9:26	6.4
156	OWSIANIK SYLWIA	9230	DTR BIEGA/MARIO TEAM	MILICZ	POL	WETERAN K - 50	22	K 156	00:45:00	01:06:29	01:36:16.60	01:36:43.50	9:37	6.2
157	KUCHCINSKA DIANA	9347		WSCHOWA	POL	MASTERS K - 40	35	K 157	00:44:28	01:07:16	01:36:53.00	01:37:53.15	9:41	6.2
158	FALUTA EWELINA	9400		WSCHOWA	POL	MASTERS K - 40	36	K 158	00:44:26	01:07:13	01:36:50.20	01:37:53.25	9:41	6.2
159	KUROWSKA ALEKSANDRA	9419		KRAKÓW	POL	SENIOR II K - 30	66	K 159	00:45:19	01:05:16	01:35:26.40	01:37:54.40	9:32	6.3
160	SZACHT IZABELA	9088		POZNAŃ	POL	MASTERS K - 40	37	K 160	00:45:26	01:07:05	01:36:44.85	01:37:59.45	9:40	6.2
161	MOSLER MARTYNA	9072		KATOWICE	POL	WETERAN K - 50	23	K 161	00:44:24	01:05:27	01:36:41.95	01:38:23.50	9:40	6.2
162	MULARCZYK MARTA	9471	WKURW_TEAM	TORUŃ	POL	SENIOR II K - 30	67	K 162	00:46:46	01:09:22	01:35:52.75	01:38:24.10	9:35	6.3
163	ZAWADA EDYTA	9170		DRZEWICA	POL	MASTERS K - 40	38	K 163	00:44:26	01:06:07	01:37:16.25	01:38:37.80	9:43	6.2
164	ROMANYUK KATERYNA	9272		KRAKÓW	POL	SENIOR I K - 20	28	K 164	00:44:40	01:06:32	01:37:11.55	01:38:54.35	9:43	6.2
165	DANENBERG LIANNE	9025	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	MASTERS K - 40	39	K 165	00:43:19	01:04:05	01:38:15.95	01:39:17.60	9:49	6.1
166	EESTERMANS ANNETTE	9117	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN K - 50	24	K 166	00:44:02	01:05:02	01:39:03.50	01:39:20.85	9:54	6.1
167	GREDEYS MARTA	9577		KŁODZKO	POL	MASTERS K - 40	40	K 167	00:46:44	01:08:22	01:37:53.25	01:39:33.75	9:47	6.1
168	ROGOZIŃSKA JOANNA	9490	GR22	BELCHATÓW	POL	SENIOR I K - 20	29	K 168	00:48:46	01:09:48	01:37:50.75	01:39:35.65	9:47	6.1
169	CZAJA AGNIESZKA	9418	VEGE RUNNERS	POZNAŃ	POL	MASTERS K - 40	41	K 169	00:47:05	01:10:00	01:38:58.60	01:40:10.15	9:53	6.1
170	BAR ALEKSANDRA	9427	GMINA STRZELCE OPOLSKIE	STRZELCE OPOLSKIE	POL	MASTERS K - 40	42	K 170	00:46:12	01:08:22	01:37:40.75	01:40:10.65	9:46	6.1
171	MATYJASZCZYK NATALIA	9598	TARNOWO PODGÓRNE BIEGA	LUSÓWKO	POL	SENIOR II K - 30	68	K 171	00:46:20	01:08:11	01:37:57.60	01:40:12.15	9:47	6.1
172	ROLNIK-ŻŁOBIŃSKA PAULINA	9173		TYCHY	POL	SENIOR II K - 30	69	K 172	00:45:45	01:08:13	01:39:26.90	01:40:16.45	9:56	6
173	MIKUŁA ANNA	9274		ROKIETNICA	POL	MASTERS K - 40	43	K 173	00:44:55	01:07:31	01:39:24.25	01:40:17.20	9:56	6
174	AMANOWICZ AURELIA	9380		WROCŁAW	POL	SENIOR II K - 30	70	K 174	00:46:25	01:08:04	01:38:32.30	01:40:22.55	9:51	6.1
175	CYGAN-JEŻ PATRYCJA	9050		BIELAWA	POL	SENIOR II K - 30	71	K 175	00:42:44	01:03:23	01:39:27.10	01:40:22.85	9:56	6
176	CZERNIAK ZUZANNA	9369		WROCŁAW	POL	SENIOR II K - 30	71	K 175	00:45:57	01:07:09	01:38:31.40	01:40:22.85	9:51	6.1
177	KACZMAREK MARYNA	9455	PARKRUN WROCŁAW	WROCŁAW	POL	SENIOR I K - 20	30	K 177	00:44:29	01:06:00	01:38:06.35	01:40:36.60	9:48	6.1
178	TOMASZEWSKA MONIKA	9350		KOWARY	POL	MASTERS K - 40	44	K 178	00:48:01	01:10:28	01:39:38.65	01:40:37.20	9:57	6
179	BASZYŃSKA ELŻBIETA	9348		JELEŃ GÓRA	POL	MASTERS K - 40	45	K 179	00:48:01	01:10:28	01:39:39.40	01:40:38.00	9:57	6
180	KARCZEWSKA-RĄCZKA JUSTYNA	9123	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	SIEMIANOWICE ŚLĄSKIE	POL	MASTERS K - 40	46	K 180	00:46:26	01:08:07	01:38:09.55	01:40:38.45	9:48	6.1
181	OPASKA KASIA	9384	GÓRSKIE BIEGUSIE	TARNOWO PODGÓRNE	POL	MASTERS K - 40	47	K 181	00:48:48	01:11:46	01:40:05.95	01:40:46.65	10:00	6
182	RYBA MONIKA	9435		RAWICZ	POL	MASTERS K - 40	48	K 182	00:45:37	01:07:25	01:40:35.15	01:40:50.20	10:03	6
183	DRYŃKOWSKA ANNA	9552	HASKO-LEK TEAM	WROCŁAW	POL	SENIOR II K - 30	73	K 183	00:46:59	01:08:55	01:39:30.50	01:40:59.35	9:57	6
184	POPIELA-KUKUŚ KATARZYNA	9551	HASCO-LEK TEAM	OLEŚNICA	POL	MASTERS K - 40	49	K 184	00:47:00	01:08:57	01:39:31.00	01:40:59.80	9:57	6
185	WOJNOWSKA WERONIKA	9473	KURDE BIEGNE	ZĄBKOWICE ŚLĄSKIE	POL	SENIOR I K - 20	31	K 185	00:47:30	01:10:10	01:40:15.05	01:41:05.50	10:01	6
186	PEĆAK MARIOLA	9331		ZIĘBICE	POL	MASTERS K - 40	50	K 186	00:45:04	01:07:11	01:40:27.80	01:41:14.60	10:02	6
187	MACIEJEWSKA ALDONA	9216		KALISZ	POL	MASTERS K - 40	51	K 187	00:45:56	01:08:23	01:40:08.75	01:41:16.40	10:00	6
188	ŻMUDA HANNA	9066	TEAM JUTROSIN	JUTROSIN	POL	MASTERS K - 40	52	K 188	00:44:55	01:07:21	01:41:15.40	01:41:23.70	10:07	5.9
189	JAKUSZEK NATALIA	9151		PIASKI	POL	JUNIOR I K - 20	5	K 189	00:47:02	01:09:41	01:39:00.30	01:41:25.25	9:54	6.1
190	IGNASIAK MARTA	9416		POZNAŃ	POL	SENIOR II K - 30	74	K 190	00:46:21	01:08:01	01:39:53.70	01:41:39.55	9:59	6
191	KUKUCKA EDYTA	9440	DZIKIE DZIKI GORZÓW WLKP	GORZÓW WLKP	POL	WETERAN K - 50	25	K 191	00:45:35	01:07:37	01:40:26.25	01:41:41.50	10:02	6
192	KLEPO MAŁGORZATA	9036		WROCŁAW	POL	MASTERS K - 40	53	K 192	00:45:59	01:08:46	01:39:41.15	01:41:41.75	9:58	6
193	JAGODZIŃSKA BARBARA	9222		POZDRAWIAM	POL	MASTERS K - 40	54	K 193	00:46:02	01:08:54	01:40:06.65	01:41:51.60	10:00	6
194	ADAMCZYK EWA	9251	EMMA TEAM/#BIEGIEMWLAS/KSW TEAM POLICE/ LATINO POLICE	TANOWO	POL	MASTERS K - 40	55	K 194	00:47:04	01:09:31	01:41:03.70	01:41:56.35	10:06	5.9
195	SLOKKER BOOR GONNIE	9005	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN II K - 60	5	K 195	00:43:59	01:06:02	01:41:42.75	01:42:02.55	10:10	5.9
196	NAWROCKA NATALIA	9114		PUSZCZYKOWO	POL	SENIOR II K - 30	75	K 196	00:45:19	01:06:55	01:39:51.30	01:42:17.05	9:59	6
197	MAZUR KATARZYNA	9438		DZIADKOWO	POL	SENIOR II K - 30	76	K 197	00:46:06	01:09:18	01:41:35.85	01:42:25.10	10:09	5.9
198	BIEZUNSKA MONIKA	9569	THERMO KING RUNNING CLUB	GALWAY	IRL	MASTERS K - 40	56	K 198	00:46:10	01:08:35	01:41:13.00	01:42:29.50	10:07	5.9
199	KRAKOWIAK JOANNA	9485		WROCŁAW	POL	SENIOR II K - 30	77	K 199	00:46:45	01:10:25	01:41:55.20	01:42:31.80	10:11	5.9
200	REPCZYŃSKA KAROLINA	9047		WOJCIESZÓW	POL	SENIOR II K - 30	78	K 200	00:45:39	01:08:16	01:40:30.05	01:42:37.45	10:03	6
201	DANOWSKA WERONIKA	9502		MIŃSK MAZOWIECKI	POL	SENIOR II K - 30	79	K 201	00:47:19	01:11:06	01:41:25.45	01:42:38.55	10:08	5.9
202	BAK - SPALIŃSKA MAGDALENA	9265		SANOK	POL	SENIOR II K - 30	80	K 202	00:48:20	01:10:01	01:42:40.05	01:42:40.05	10:16	5.8
203	KLIPONIS-KULCZYCKA MARTA	9421		POZNAŃ	POL	MASTERS K - 40	57	K 203	00:48:19	01:11:23	01:41:06.00	01:42:41.60	10:06	5.9

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
204	WITKOWSKA MARIA	9210	TEAM DFGB	KATOWICE	POL	WETERAN III K - 70	1	K 204	00:47:22	01:10:46	01:41:00.35	01:42:55.15	10:06	5.9
205	GRENDA-WOŹNIAK PAULINA	9337	MENEON	POZNAŃ	POL	SENIOR II K - 30	81	K 205	00:47:18	01:10:29	01:41:29.55	01:43:00.75	10:08	5.9
206	MULLER EWELINA	9103		WROCŁAW	POL	SENIOR II K - 30	82	K 206	00:47:04	01:10:37	01:42:32.80	01:43:05.15	10:15	5.9
207	MULLER AGATA	9104		WROCŁAW	POL	SENIOR II K - 30	83	K 207	00:47:05	01:10:38	01:42:33.50	01:43:05.20	10:15	5.9
208	MOGA KAROLINA	9296	SPARTA ULTRA TEAM	BARANÓW	POL	MASTERS K - 40	58	K 208	00:47:58	01:11:06	01:42:33.35	01:43:37.60	10:15	5.9
209	KUCHARSKA KAMILA	9433		WROCŁAW (WROCŁAW-FABRYCZNA)	POL	MASTERS K - 40	59	K 209	00:46:36	01:09:32	01:41:41.65	01:43:53.20	10:10	5.9
210	ŻAK MARIKA	9206		WAŁBRZYCH	POL	MASTERS K - 40	60	K 210	00:46:59	01:10:17	01:42:20.50	01:43:54.15	10:14	5.9
211	WASZAK MARTYNA	9449		POZNAŃ	POL	SENIOR II K - 30	84	K 211	00:46:00	01:09:54	01:42:20.55	01:44:42.75	10:14	5.9
212	KNASIECKA KARINA	9011		PROMNICE	POL	WETERAN K - 50	26	K 212	00:46:08	01:11:01	01:44:49.15	01:45:08.45	10:28	5.7
213	KAPIJ ALEKSANDRA	9235		OPOLE	POL	SENIOR I K - 20	32	K 213	00:46:16	01:09:50	01:43:39.30	01:45:35.65	10:21	5.8
214	HONING INGRID	9010	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	SENIOR II K - 30	85	K 214	00:46:33	01:09:49	01:44:04.70	01:45:50.20	10:24	5.8
215	SĘK JULIANNA	9149		WARSZAWA	POL	SENIOR I K - 20	33	K 215	00:47:13	01:10:58	01:43:50.90	01:46:11.45	10:23	5.8
216	LIPA DOMINIKA	9390		KRAKÓW	POL	SENIOR I K - 20	34	K 216	00:48:46	01:11:24	01:44:37.40	01:46:22.95	10:27	5.7
217	CNOTALSKA ANETA	9368		OSTRÓW WIELKOPOLSKI	POL	MASTERS K - 40	61	K 217	00:45:07	01:06:34	01:43:52.55	01:46:26.95	10:23	5.8
218	PROSZOWSKA ANNA	9218		ŁÓDŹ	POL	SENIOR II K - 30	86	K 218	00:46:26	01:11:11	01:46:23.30	01:46:54.20	10:38	5.6
219	GAJEWSKA KATARZYNA	9242		WROCŁAW	POL	SENIOR I K - 20	35	K 219	00:50:07	01:12:50	01:45:26.05	01:47:24.70	10:32	5.7
220	ORLIŃSKA AGNIESZKA	9737		KĘDZIERZYN KOŹLE	POL	SENIOR I K - 20	36	K 220	00:48:49	01:11:47	01:45:17.65	01:47:35.55	10:31	5.7
221	SZPUREK ANNA	9366	BUKOWSKI KLUB BIEGACZA	BUK	POL	MASTERS K - 40	62	K 221	00:49:32	01:14:25	01:46:31.90	01:47:49.45	10:39	5.6
222	SARBACZEWSKA KATARZYNA	9071	KĘSY TEAM	OBORNIKI WIELKOPOLSKIE	POL	MASTERS K - 40	63	K 222	00:51:16	01:15:18	01:48:06.75	01:48:15.15	10:48	5.6
223	RAPACZ DANUTA	9579	ANMAR	STRONIE ŚLĄSKIE	POL	WETERAN II K - 60	6	K 223	00:50:24	01:14:44	01:47:21.05	01:48:18.85	10:44	5.6
224	KACZMAREK ANNA	9227		MILICZ	POL	MASTERS K - 40	64	K 224	00:53:02	01:16:42	01:47:54.60	01:48:21.50	10:47	5.6
225	KACZMAREK ANNA	9226		MILICZ	POL	MASTERS K - 40	64	K 224	00:53:18	01:16:42	01:47:53.85	01:48:21.50	10:47	5.6
226	BIELECKA KAROLA	9585	ROZGOTOVANI	KRAKÓW	POL	SENIOR II K - 30	87	K 226	00:52:44	01:15:55	01:46:01.55	01:48:23.20	10:36	5.7
227	ROZWADOWSKA-PRENETA KLAUDIA	9567		RZESZÓW	POL	SENIOR II K - 30	88	K 227	00:52:45	01:15:56	01:46:01.85	01:48:23.40	10:36	5.7
228	MAREK JOANNA	9428		WILCZYCE	POL	MASTERS K - 40	66	K 228	00:46:32	01:09:21	01:46:37.15	01:48:41.05	10:39	5.6
229	JACHIM-SZUBA MAGDALENA	9493		SZCZEWECIN	POL	MASTERS K - 40	67	K 229	00:47:09	01:11:01	01:47:14.05	01:48:43.70	10:43	5.6
230	AGUINIGA LIZATH	9269		EL PASO		SENIOR II K - 30	89	K 230	00:49:51	01:14:00	01:47:04.00	01:48:47.15	10:42	5.6
231	JANKOWSKA MAŁGORZATA	9498		ZALASEWO	POL	SENIOR II K - 30	90	K 231	00:53:30	01:16:49	01:48:31.00	01:48:58.85	10:51	5.5
232	ĆWIKLIŃSKA KAROLINA	9250	IZERSKA GRUPA BIEGOWA	OSLO	NOR	SENIOR II K - 30	91	K 232	00:50:00	01:14:51	01:46:34.65	01:49:01.60	10:39	5.6
233	DZIK MAŁGORZATA	9262		MIRSK	POL	MASTERS K - 40	68	K 232	00:48:55	01:14:51	01:46:34.65	01:49:01.60	10:39	5.6
234	MALIGA MARTA	9006		WROCŁAW	POL	SENIOR I K - 20	37	K 234	00:49:04	01:12:35	01:46:57.05	01:49:20.95	10:41	5.6
235	PAWŁOWSKA-HAMKAŁO ANNA	9434	HOST WROCŁAW	WROCŁAW	POL	MASTERS K - 40	69	K 235	00:49:35	01:13:05	01:47:15.40	01:49:22.00	10:43	5.6
236	DREWNIAK-MATUSZEWSKA MARIA	9365	MISIEK TEAM	ROGALINEK	POL	SENIOR II K - 30	92	K 236	00:48:58	01:13:49	01:48:51.35	01:50:30.30	10:53	5.5
237	MARKOCKA MARIA	9344		LADEK-ZDROJ	POL	WETERAN III K - 70	2	K 237	00:48:50	01:12:42	01:48:49.00	01:50:43.20	10:52	5.5
238	JAROSZ AGNIESZKA	9410	TEAM KURORT LADEK ZDRÓJ	OŁDRZYCHOWICE KŁODZKIE	POL	SENIOR II K - 30	93	K 238	00:49:12	01:15:29	01:50:19.15	01:51:53.05	11:01	5.4
239	NOWICKA IWONA	9287	PREDATORS WAŁBRZYCH	WAŁBRZYCH	POL	WETERAN K - 50	27	K 239	00:49:01	01:13:19	01:49:48.25	01:52:11.55	10:58	5.5
240	BERNACKA PATRYCJA	9306	Q TEAM	POZNAŃ	POL	SENIOR II K - 30	94	K 240	00:55:46	01:23:05	01:49:45.60	01:52:14.70	10:58	5.5
241	CZARNECKA MARZENA	9341		MARKI	POL	SENIOR II K - 30	95	K 241	00:51:18	01:16:01	01:50:06.65	01:52:15.20	11:00	5.4
242	CHASZCZEWSKA JULIA	9043		WROCŁAW	POL	MASTERS K - 40	70	K 242	00:52:30	01:17:37	01:52:15.60	01:53:41.20	11:13	5.3
243	RZEŹNIK ILONA	9253		LADEK ZDRÓJ	POL	SENIOR II K - 30	96	K 243	00:48:45	01:15:50	01:53:12.90	01:53:53.30	11:19	5.3
244	POPCZYK EWA	9308		BĘDZIN	POL	WETERAN K - 50	28	K 244	00:48:29	01:12:39	01:54:24.00	01:56:41.05	11:26	5.2
245	FORSZPANIAK AGATA	9211		TARNÓW OPOLSKI	POL	SENIOR II K - 30	97	K 245	00:55:22	01:20:43	01:56:29.75	01:58:31.35	11:38	5.2
246	SOBÓL MAŁGORZATA	9518		LISZKI	POL	MASTERS K - 40	71	K 246	00:54:37	01:19:17	01:57:50.75	01:58:32.25	11:47	5.1
247	CZYRNIA ANNA	9202		TURAWA	GBR	SENIOR II K - 30	98	K 247	00:55:23	01:20:47	01:56:44.50	01:58:46.25	11:40	5.1
248	KOZIEL MONIKA	9349		ÅLGÅRD	NOR	SENIOR I K - 20	38	K 248	00:51:32	01:15:33	01:58:26.25	01:59:26.90	11:50	5.1
249	JORDAN MARZENA	9056	TARNOWO PODGÓRNE BIEGA	GRZEBIENISKO	POL	WETERAN K - 50	29	K 249	00:53:06	01:20:10	01:57:37.85	01:59:50.25	11:45	5.1
250	ULEJCZYK MARTA	9156	TUPTUP	WROCŁAW	POL	SENIOR I K - 20	39	K 250	00:55:32	01:20:59	01:58:38.80	02:00:01.80	11:51	5.1
251	MAKAROWSKA JOANNA	9177	SZYBCY I POLICZENI	WSCHOWA	POL	MASTERS K - 40	72	K 251	00:52:51	01:20:11	01:58:58.65	02:00:03.15	11:53	5
252	JANKOWIAK DOMINIKA	9176		WSCHOWA	POL	SENIOR II K - 30	99	K 252	00:53:05	01:20:09	01:59:00.10	02:00:03.40	11:54	5
253	SŁOWIŃSKA ALEKSANDRA	9739		ŁÓDŹ	POL	MASTERS K - 40	73	K 253	00:54:45	01:19:01	01:59:52.35	02:00:22.65	11:59	5
254	SŁOWIŃSKA KATARZYNA	9080		ŁÓDŹ	POL	MASTERS K - 40	74	K 254	00:54:46	01:19:01	01:59:52.60	02:00:22.70	11:59	5
255	KIEŁB-SZEWCZYK TATIANA	9094		MROWINO	POL	MASTERS K - 40	75	K 255	00:53:08	01:20:03	01:58:37.60	02:00:40.65	11:51	5.1
256	CHERNYKH ANASTASIYA	9476		WARSZAWA	POL	SENIOR I K - 20	40	K 256	00:55:20	01:19:21	01:58:52.35	02:00:58.15	11:53	5
257	MAKSYMOWICZ MONIKA	9133		KŁODZKO	POL	SENIOR II K - 30	100	K 257	00:54:30	01:22:32	02:00:37.50	02:01:12.40	12:03	5
258	IGLEWSKA KAROLINA	9482		KŁODZKO	POL	SENIOR I K - 20	41	K 258	00:51:12	01:19:27	01:59:04.10	02:01:31.15	11:54	5
259	GEMZA ADRIANNA	9091		WROCŁAW	POL	SENIOR II K - 30	101	K 259	00:55:31	01:22:46	02:01:59.45	02:02:47.85	12:11	4.9

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
260	PILARSKA ELŻBIETA	9098	IZERY BOGATYNIA	BOGATYNIA	POL	WETERAN III K - 70	3	K 260	00:55:52	01:22:57	02:03:49.85	02:04:24.20	12:22	4.8
261	LENART GABRIELA	9462	ZABRZE	ZABRZE	POL	SENIOR II K - 30	102	K 261	00:51:50	01:19:10	02:02:19.55	02:04:31.65	12:13	4.9
262	BIELECKA ALEKSANDRA	9046	KOMORÓW	KOMORÓW	POL	MASTERS K - 40	76	K 262	00:49:51	01:15:55	02:02:57.75	02:04:37.75	12:17	4.9
263	ŻACZEK JUSTYNA	9457	KIEŁCZÓW	KIEŁCZÓW	POL	SENIOR II K - 30	103	K 263	00:55:24	01:23:36	02:03:31.00	02:05:35.35	12:21	4.9
264	SAFA HIND	9007	AV ZUIDWAL, NEDERLAND	BLARICUM	POL	WETERAN K - 50	30	K 264	00:48:11	01:13:00	02:05:44.10	02:05:57.35	12:34	4.8
265	BOROWIK AGATA	9379	CAŁA OLEŚNICA BIEGA	OLEŚNICA	POL	SENIOR II K - 30	104	K 265	00:53:52	01:22:21	02:05:51.50	02:06:28.85	12:35	4.8
266	WĘZYCKA OLIWIA	9267	TYCHY	TYCHY	POL	SENIOR I K - 20	42	K 266	00:58:13	01:27:16	02:05:39.10	02:08:22.15	12:33	4.8
267	SPYCHAŁA MARTA	9236	WRONIECKI KLUB BIEGACZA	WRONKI	POL	WETERAN K - 50	31	K 267	00:58:48	01:26:12	02:07:08.20	02:09:19.35	12:42	4.7
268	ŁABOJEWSKA KATARZYNA	9237	WRONIECKI KLUB BIEGACZA	WRONKI	POL	MASTERS K - 40	77	K 268	00:58:48	01:26:12	02:07:09.90	02:09:21.55	12:42	4.7
269	LISOWIEC GABRIELA	9503	WROCLAW	WROCLAW	POL	MASTERS K - 40	78	K 269	00:58:46	01:27:45	02:07:28.40	02:09:34.45	12:44	4.7
270	STEUR NATASHA	9311	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN K - 50	32	K 270	00:54:59	01:19:27	02:09:38.15	02:11:53.50	12:57	4.6
271	SZPERNA KATARZYNA	9325	MENEON	POZNAŃ	POL	SENIOR II K - 30	105	K 271	00:56:47	01:26:25	02:10:25.30	02:11:57.45	13:02	4.6
272	ŁUCKA MAGDALENA	9307	Q TEAM	JANKÓWKO	POL	WETERAN K - 50	33	K 272	00:55:44	01:26:08	02:10:04.40	02:12:33.35	13:00	4.6
273	SIEDLECKA RENATA	9158	RUSINÓW	RUSINÓW	POL	MASTERS K - 40	79	K 273	00:58:29	01:28:25	02:11:34.55	02:13:37.25	13:09	4.6
274	KOCIOŁEK MARZENA	9566	WOŁÓW	WOŁÓW	POL	WETERAN K - 50	34	K 274	01:02:57	01:33:41	02:15:38.60	02:17:11.25	13:33	4.4
275	KOCIOŁEK PATRYCJA	9560	KRAKÓW	KRAKÓW	POL	SENIOR I K - 20	43	K 275	01:02:57	01:33:42	02:15:38.50	02:17:11.65	13:33	4.4
276	PACHUCKA BARBARA	9322	WARSZAWA	WARSZAWA	POL	SENIOR II K - 30	106	K 276	00:54:35	01:26:54	02:15:19.80	02:17:57.75	13:31	4.4
277	LASKOWSKA IWONA	9321	WARSZAWA	WARSZAWA	POL	WETERAN K - 50	35	K 277	00:54:33	01:26:55	02:15:20.55	02:17:58.30	13:32	4.4
278	GORDZIEJEWSKA MONIKA	9401	DOLNY ŚLĄSK	KIEŁCZÓW	POL	MASTERS K - 40	80	K 278	00:58:56	01:32:02	02:16:13.15	02:18:39.90	13:37	4.4
279	NAGLIK JADWIGA	9516	BIELSKO-BIAŁA	BIELSKO-BIAŁA	POL	WETERAN III K - 70	4	K 279	01:00:07	01:33:34	02:18:29.40	02:18:41.75	13:50	4.3
280	VISSER INGE	9008	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN K - 50	36	K 280	00:54:55	01:23:39	02:16:22.90	02:18:42.50	13:38	4.4
281	VAN DE GEIN CARLA	9038	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN K - 50	37	K 281	00:54:57	01:23:46	02:16:24.60	02:18:43.40	13:38	4.4
282	PIEPLENBOSCH WIES	9018	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN II K - 60	7	K 282	00:56:51	01:25:48	02:18:22.90	02:18:44.00	13:50	4.3
283	SOJKA ARLETA	9212	MIRAZ RACE TEAM	GLIWICE	POL	WETERAN K - 50	38	K 283	01:05:00	01:37:40	02:25:20.90	02:25:56.70	14:32	4.1
284	LECHOWICZ-DYL KATARZYNA	9041	WARSZAWA	WARSZAWA	POL	MASTERS K - 40	81	K 284	01:04:47	01:37:08	02:25:04.00	02:26:43.40	14:30	4.1
	PLUIM TENTZ INGEBORD	9009	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN K - 50			00:48:13	01:12:56	DNF	DNF	-	-
									DNF	DNF				

BIEG TROJAK TRAIL - 10 KM, OPEN MĘŻCZYZN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
1	KUJAWA ZBIGNIEW	9085	TKKF KOLEJARZ BYDGOSZCZ	JANOWIEC WIELKOPOLSKI	POL	SENIOR II M - 30	1	M 1	00:21:43	00:32:12	00:46:48.75	00:46:52.25	4:40	12.8
2	RUTKOWSKI DAMIAN	9106	KS ZAMEK EXPOM KURZĘTNIK	LIDZBARK WARMINSKI	POL	SENIOR I M - 20	1	M 2	00:23:16	00:34:16	00:48:44.50	00:48:47.30	4:52	12.3
3	PERZ JAN	9453	ULTRA TRAIL ACADEMY	KOSZALIN	POL	SENIOR I M - 20	2	M 3	00:22:41	00:34:01	00:48:50.80	00:48:53.25	4:53	12.3
4	PYZIK KRZYSZTOF	9748	VEGE SŁONIK TEAM	ŚWINOUJŚCIE	POL	SENIOR II M - 30	2	M 4	00:24:01	00:35:11	00:49:54.10	00:50:00.55	4:59	12
5	KAMIŃSKI ARTUR	9735	PRZEDWOJEWSKI TEAM	GLUCHOŁĄZY	POL	MASTERS M - 40	1	M 5	00:23:56	00:35:21	00:50:02.95	00:50:04.95	5:00	12
6	TRZEPAK ŁUKASZ	9526	WROCLAW	WROCLAW	POL	SENIOR II M - 30	3	M 6	00:23:53	00:35:37	00:50:00.40	00:50:09.45	5:00	12
7	MAJEWSKI RAFAŁ	9588	SUDECKA GRUPA GOPR	MIĘDZYLESIE	POL	MASTERS M - 40	2	M 7	00:24:26	00:35:57	00:52:08.95	00:52:11.10	5:12	11.5
8	KUŚNIERCZAK WIESŁAW	9746	AW SZYBCIEJ	SUCHY LAS	POL	WETERAN I M - 50	1	M 8	00:25:26	00:37:00	00:52:10.05	00:52:39.75	5:13	11.5
9	MCKENNA ADRIAN	9204	AMAGER TRIATLON KLUB	COPENHAGEN	DEN	SENIOR II M - 30	4	M 9	00:24:48	00:36:18	00:52:42.55	00:53:06.60	5:16	11.4
10	JACHYMCZYK NORBERT	9604	KB MCKUS JAWORZNO	JAWORZNO	POL	MASTERS M - 40	3	M 10	00:25:09	00:36:49	00:52:56.70	00:53:17.60	5:17	11.3
11	BEDNARSKI MAREK	9381	TEAM KOPEĆ	GORZÓW WIELKOPOLSKI	POL	SENIOR II M - 30	5	M 11	00:26:26	00:38:21	00:53:15.05	00:53:19.95	5:19	11.3
12	GROMALA KRZYSZTOF	9387	SOBASTEAM	ŚWIEBODZICE	POL	MASTERS M - 40	4	M 12	00:25:22	00:37:05	00:53:34.60	00:53:38.45	5:21	11.2
13	OPALIŃSKI MICHAŁ	9556	HASCO-LEK TEAM	WROCLAW	POL	SENIOR II M - 30	6	M 13	00:25:28	00:37:04	00:53:21.55	00:53:50.45	5:20	11.2
14	PRZYZYSTARZ ARTUR	9069	OBORYGENI	OBORNIKI ŚLĄSKIE	POL	WETERAN I M - 50	2	M 14	00:25:28	00:37:24	00:54:01.60	00:54:09.25	5:24	11.1
15	STRZELCZAK ROBERT	9303	TRAIL IS OUR WAY TEAM	OPOLE	POL	WETERAN I M - 50	3	M 15	00:26:14	00:38:09	00:54:14.45	00:54:14.45	5:25	11.1
16	LEWANDOWSKI MICHAŁ	9472	OBSTACLE CENTER TEAM	WARSZAWA	POL	SENIOR I M - 20	3	M 16	00:25:30	00:37:48	00:54:12.00	00:54:14.85	5:25	11.1
17	BOCZEK LESZEK	9495	WROCLAW	WROCLAW	POL	SENIOR II M - 30	7	M 17	00:25:41	00:37:42	00:54:12.05	00:54:19.20	5:25	11.1
18	KWAŚNIK MARIUSZ	9407	GORZÓW WIELKOPOLSKI	GORZÓW WIELKOPOLSKI	POL	MASTERS M - 40	5	M 18	00:26:43	00:39:05	00:54:52.40	00:54:56.85	5:29	10.9
19	GRYGIEL MAREK	9595	TEAM ULTRABIES/TEAM DFBG	KRAKÓW	POL	MASTERS M - 40	6	M 19	00:26:32	00:39:00	00:54:48.40	00:54:59.15	5:28	10.9
20	VASINSKI HLEB	9389	WROCLAW	WROCLAW	POL	SENIOR I M - 20	4	M 20	00:26:10	00:38:54	00:54:44.40	00:55:05.10	5:28	11
21	CZELEN MATEUSZ	9540	ZAMIELSKI TEAM	WAŁBRZYCH	POL	SENIOR II M - 30	8	M 21	00:26:15	00:38:48	00:55:15.50	00:55:22.30	5:31	10.9
22	NOWAK PAWEŁ	9048	WROCLAW	WROCLAW	POL	SENIOR II M - 30	9	M 22	00:25:40	00:37:58	00:55:36.80	00:55:40.65	5:33	10.8
23	PITOŃ MATEUSZ	9603	RADKÓW	RADKÓW	POL	SENIOR II M - 30	10	M 23	00:25:44	00:38:35	00:56:08.85	00:56:16.50	5:36	10.7
24	NAJDUK JAKUB	9045	ROZBIEGANI CHOJNÓW	CHOJNÓW	POL	JUNIOR I M - 20	1	M 24	00:26:09	00:38:39	00:56:20.95	00:56:23.75	5:38	10.7
25	WRÓBEL MICHAŁ	9445	JAN TALERZ DRUGI	POZNAŃ	POL	SENIOR II M - 30	11	M 25	00:26:13	00:38:54	00:56:51.65	00:56:56.90	5:41	10.6

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
26	ALTEWĘGIER JAROSŁAW	9172	AW SZYBCEJ TEAM	WROCŁAW	POL	MASTERS M - 40	7	M 26	00:26:37	00:39:08	00:56:49.45	00:57:00.45	5:40	10.6
27	PODGÓRNY MARIUSZ	9466	TEAM OZIMEK / ULTRANIEPODLEGŁA	DYLAKI	POL	SENIOR II M - 30	12	M 27	00:27:12	00:40:15	00:57:06.75	00:57:10.20	5:42	10.5
28	ZAMŁYŃSKI BARTOSZ	9328		WROCŁAW	POL	SENIOR II M - 30	13	M 28	00:26:34	00:39:26	00:56:27.40	00:57:18.80	5:38	10.6
29	WANAT MATEUSZ	9298	PRZEDWOJEWSKI TEAM	WROCŁAW	POL	SENIOR II M - 30	14	M 29	00:28:05	00:40:40	00:57:12.80	00:57:21.85	5:43	10.5
30	RUBAJ KONRAD	9750	TEAM DFBG / UMKS KWIDZYN	KWIDZYN	POL	JUNIOR I M - 20	2	M 30	00:27:07	00:39:54	00:56:46.85	00:57:29.85	5:40	10.6
31	PODWÓJCI MICHAŁ	9198	GÓRAL Z MAZUR	SKÓRZEWO	POL	MASTERS M - 40	8	M 31	00:27:12	00:40:02	00:57:57.05	00:58:47.60	5:47	10.4
32	KOCOWSKI-GÓRSKI KONRAD	9352	MŁYNARCZYK ENDURANCE TEAM	WROCŁAW	POL	SENIOR II M - 30	15	M 32	00:27:41	00:40:47	00:58:22.55	00:58:49.25	5:50	10.3
33	SKÓRA SZYMON	9336		NYSA	POL	MASTERS M - 40	9	M 33	00:28:03	00:41:05	00:58:11.95	00:59:04.55	5:49	10.3
34	SZUBA TOMASZ	9554	HASCO-LEK TEAM	WROCŁAW	POL	SENIOR II M - 30	16	M 34	00:28:19	00:41:21	00:58:32.25	00:59:10.10	5:51	10.3
35	BIAŁCZYK MARCIN	9060	MARATOŃCZYK POZNAŃ	ROŚCIMIN	POL	SENIOR II M - 30	17	M 35	00:27:11	00:40:42	00:59:08.50	00:59:18.30	5:54	10.1
36	KRYSIK MARCIN	9166		WUJÓWKA	POL	SENIOR II M - 30	18	M 36	00:27:47	00:40:47	00:59:04.65	00:59:19.10	5:54	10.2
37	MIKOŁAJCZYK MIROSŁAW	9284	MIRAZ RACE TEAM	ZABRZE	POL	MASTERS M - 40	10	M 37	00:28:33	00:41:33	00:59:18.95	00:59:26.00	5:55	10.1
38	KŁAKOWICZ MARIUSZ	9159		NOWY ŚWIĘTÓW	POL	MASTERS M - 40	11	M 38	00:28:14	00:41:16	00:59:26.25	00:59:29.35	5:56	10.1
39	MALKIEWICZ PAWEŁ	9345		WARSZAWA	POL	MASTERS M - 40	12	M 39	00:27:29	00:40:46	00:59:14.15	00:59:59.85	5:55	10.1
40	ZACHARCZUK SZCZEPAN	9168	ENDORFINA WSCHOWA	WSCHOWA	POL	WETERAN II M - 60	1	M 40	00:28:38	00:42:10	01:00:09.75	01:00:16.95	6:00	10
41	JAMBOR MICHAŁ	9359	ŻÓRAWSKI TEAM	WARSZAWA	POL	MASTERS M - 40	13	M 41	00:28:33	00:41:38	00:59:57.30	01:00:23.60	5:59	10
42	BOROWIAK ŁUKASZ	9053	#BIEGAJLESZNO	LESZNO	POL	MASTERS M - 40	14	M 42	00:28:57	00:41:54	01:00:01.65	01:00:50.05	6:00	10
43	DORNIAN JAROSŁAW	9135	PZU SPORT TEAM	WROCŁAW	POL	WETERAN I M - 50	4	M 43	00:29:33	00:42:59	01:00:59.30	01:01:05.55	6:05	9.8
44	JÓZEF MATEUSZ	9243	ULTRAJÓZKI	MYSŁOWICE	POL	SENIOR II M - 30	19	M 44	00:29:03	00:42:48	01:00:45.75	01:01:09.30	6:04	9.9
45	MODRZYŃSKI PAWEŁ	9496		DOMASZCZYN	POL	SENIOR II M - 30	20	M 45	00:28:49	00:42:45	01:01:11.75	01:01:30.85	6:07	9.8
46	MYDŁOWSKI PIOTR	9377		WROCŁAW	POL	MASTERS M - 40	15	M 46	00:28:54	00:42:31	01:00:57.40	01:01:44.50	6:05	9.8
47	ANANICH ANDREY	9548	BIAŁ.TM	WROCŁAW	POL	SENIOR I M - 20	5	M 47	00:28:40	00:43:05	01:01:37.25	01:01:50.40	6:09	9.7
48	KANIEWSKI PIOTR	9558		OPOLE	POL	SENIOR II M - 30	21	M 48	00:29:17	00:43:17	01:01:48.95	01:01:55.10	6:10	9.7
49	VAN DER MEIJ BART	9021	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	MASTERS M - 40	16	M 49	00:29:37	00:43:44	01:01:51.50	01:02:03.95	6:11	9.7
50	JASICKI KRZYSZTOF	9356	RUNHOGS TYCHY	TYCHY	POL	MASTERS M - 40	17	M 50	00:30:25	00:44:05	01:02:10.90	01:02:19.25	6:13	9.7
51	WIATER TOMASZ	9029		CHORZÓW	POL	MASTERS M - 40	18	M 51	00:30:02	00:44:00	01:02:13.15	01:02:22.80	6:13	9.6
52	ZĄBECKI PRZEMYSŁAW	9736		KRYNICA ZDRÓJ	POL	MASTERS M - 40	19	M 52	00:30:31	00:44:26	01:02:18.70	01:02:26.75	6:13	9.6
53	ZIELIŃSKI SŁAWOMIR	9601	#TEAMSZÓSTABE	RZESZÓW	POL	MASTERS M - 40	20	M 53	00:30:10	00:44:49	01:02:49.75	01:02:56.55	6:16	9.6
54	JAWORSKI KONRAD	9536		BYSTRZYCA KŁODZKA	POL	SENIOR II M - 30	22	M 54	00:29:56	00:44:34	01:02:44.70	01:03:18.75	6:16	9.6
55	CIECIELĄG ADAM	9214	KS PEGAZ	PIASECZNO	POL	SENIOR I M - 20	6	M 55	00:29:14	00:43:56	01:03:31.00	01:03:48.95	6:21	9.4
56	JEDRZEJEK ŁUKASZ	9293		POBIEDZISKA	POL	MASTERS M - 40	21	M 56	00:30:59	00:43:49	01:01:01.05	01:04:15.70	6:06	9.8
57	WALCZAK ADRIAN	9138	13 ŚBOT	GRODKÓW	POL	SENIOR I M - 20	7	M 57	00:29:55	00:44:41	01:03:52.40	01:04:16.90	6:23	9.4
58	PARZNIEWSKI MACIEJ	9147	TOWARZYSTWO TURYSTYCZNE AKS POLONIA WARSZAWA	NOWY DWÓR MAZOWIECKI	POL	MASTERS M - 40	22	M 58	00:29:33	00:43:44	01:03:52.35	01:04:42.00	6:23	9.4
59	CHUDY MICHAŁ	9425		WARSZAWA	POL	SENIOR II M - 30	23	M 59	00:30:46	00:44:56	01:03:46.85	01:04:48.75	6:22	9.4
60	DUDKIEWICZ DAMIAN	9480	DOHEALTH	KRAKÓW	POL	SENIOR II M - 30	24	M 60	00:29:05	00:43:50	01:04:18.10	01:04:57.55	6:25	9.3
61	JAWORSKI BARTOSZ	9319	DOHEALTH KRAKÓW	BRODY	POL	SENIOR II M - 20	8	M 61	00:29:05	00:43:50	01:04:19.45	01:04:59.00	6:25	9.3
62	KLIŚ MARCIN	9373	TOMICA COACHING	BIELSKO-BIAŁA	POL	MASTERS M - 40	23	M 62	00:30:30	00:45:03	01:05:06.35	01:05:10.55	6:30	9.2
63	KRÓL ADRIAN	9491		57-550	POL	SENIOR II M - 30	25	M 63	00:30:40	00:45:26	01:04:26.90	01:05:23.85	6:26	9.3
64	GRZECH RAFAŁ	9110		GIEŁCZYCE	POL	SENIOR I M - 20	9	M 64	00:30:49	00:45:31	01:04:15.55	01:05:31.80	6:25	9.3
65	PATALAS MATEUSZ	9130		PIASECZNO	POL	SENIOR I M - 20	10	M 65	00:31:38	00:46:33	01:05:13.05	01:05:34.25	6:31	9.2
66	PACEK TOMASZ	9339	FIZJOBIEGACZE SZCZECIN	SZCZECIN	POL	SENIOR II M - 30	26	M 66	00:30:59	00:44:48	01:05:00.40	01:05:48.15	6:30	9.2
67	BÓRKOWSKI MIKOŁAJ	9515	MARATOŃCZYK POZNAŃ	POZNAŃ	POL	MASTERS M - 40	24	M 67	00:31:33	00:46:17	01:05:52.90	01:05:57.85	6:35	9.1
68	KARPINSKI PIOTR	9520		BYSTRZYCA	POL	SENIOR I M - 20	11	M 68	00:30:25	00:45:09	01:04:50.20	01:05:58.60	6:29	9.3
69	FIENKO DARIUSZ	9355		PEŁCZYCE	POL	SENIOR II M - 30	27	M 69	00:31:22	00:46:13	01:05:55.60	01:06:00.85	6:35	9.1
70	JESION IRENEUSZ	9581		LUBIN	POL	WETERAN I M - 50	5	M 70	00:31:48	00:46:14	01:05:32.00	01:06:15.50	6:33	9.2
71	MAJKA ERYK	9182	FAMILIAMAJKA	SZCZECIN	POL	SENIOR I M - 20	12	M 71	00:30:17	00:45:12	01:05:25.45	01:06:16.65	6:32	9.2
72	GAŁEK ALEKSANDER	9413	PRAGMATIQ.PL	POZNAŃ	POL	MASTERS M - 40	25	M 72	00:32:34	00:46:46	01:05:52.20	01:06:21.90	6:35	9.1
73	PAULI MACIEJ	9297		WROCŁAW	POL	SENIOR I M - 20	13	M 73	00:31:21	00:46:20	01:05:45.65	01:06:23.35	6:34	9.1
74	ZAWADA PAWEŁ	9169		DRZEWICA	POL	JUNIOR I M - 20	3	M 74	00:30:44	00:45:31	01:06:12.15	01:06:40.90	6:37	9.1
75	RYLLI DAWID	9487		BYSTRZYCA KŁODZKA	POL	SENIOR II M - 30	28	M 75	00:30:56	00:46:16	01:06:45.45	01:06:50.50	6:40	9
76	POCZĄTEK ŁUKASZ	9354	AUTOLIV RUN TEAM	JELCZ -LASKOWICE	POL	MASTERS M - 40	26	M 76	00:30:50	00:46:13	01:06:56.70	01:07:09.05	6:41	9
77	MOTYCZYŃSKI MACIEJ	9052	MOTYCZYŃSKI RUNNING	SZCZECIN	POL	WETERAN I M - 50	6	M 77	00:31:25	00:46:25	01:07:24.25	01:07:29.35	6:44	8.9
78	KOBYLIŃSKI BARTOSZ	9221	MUKS SPARTAN ROKIETNICA	POZNAŃ	POL	JUNIOR I M - 20	4	M 78	00:31:52	00:47:31	01:07:28.15	01:07:46.05	6:44	8.9
79	FLIS MIROSŁAW	9392		CHOSZCZCZNO	POL	WETERAN II M - 60	2	M 79	00:32:34	00:47:57	01:07:40.05	01:07:49.85	6:46	8.9
80	KWIATKOWSKI FILIP	9740	ZEREBSKI	ŁĄDEK-ZDRÓJ	POL	JUNIOR I M - 20	5	M 80	00:32:30	00:47:50	01:07:24.70	01:07:57.50	6:44	8.9
81	SZYMAŃSKI JAROSŁAW	9024		ŁĄDEK ZDRÓJ	POL	SENIOR I M - 20	14	M 81	00:32:43	00:47:28	01:06:37.45	01:08:02.85	6:39	9

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
82	ZYGON ARTUR	9497	ZACHODNIOPOMORSKI URZĄD WOJEWÓDZKI	STARGARD	POL	SENIOR II M - 30	29	M 82	00:31:01	00:45:57	01:08:07.10	01:08:11.85	6:48	8.8
83	TOMCZYK RAFAŁ	9565	PODDEBICKI KLUB BIEGACZA ZDYSZANI.PL	PODDEBICE	POL	SENIOR II M - 30	30	M 83	00:31:18	00:46:17	01:07:49.45	01:08:12.60	6:46	8.8
84	SIEWKO PIOTR	9101		DĘBOWIEC	POL	WETERAN I M - 50	7	M 84	00:32:25	00:47:30	01:07:58.80	01:08:18.40	6:47	8.8
85	GRUSZKOWSKI MAREK	9249	OSP SIEDLNICA	WSCHOWA	POL	WETERAN I M - 50	8	M 85	00:31:38	00:46:47	01:08:00.70	01:08:27.85	6:48	8.8
86	MOMOT SŁAWOMIR	9191	SMAK RADOŚCI	ŚWIEBODZICE	POL	MASTERS M - 40	27	M 86	00:32:14	00:47:18	01:07:58.55	01:08:36.60	6:47	8.8
87	LIS ADRIAN	9546	GALMET TEAM	GŁUBCZYCE	POL	SENIOR I M - 20	15	M 87	00:32:05	00:47:17	01:08:07.65	01:08:49.15	6:48	8.8
88	OWCZARCZYK WOJCIECH	9393		LESZNO	POL	SENIOR I M - 20	16	M 88	00:32:20	00:47:25	01:08:01.50	01:08:52.15	6:48	8.8
89	TOMAS PAWEŁ	9741		ŁĄDEK ZDRÓJ	POL	SENIOR I M - 20	17	M 89	00:33:22	00:48:38	01:08:13.50	01:08:52.35	6:49	8.8
90	NIEWIADOMSKI MAREK	9096	CROSS KRAPKOWICE	KRAPKOWICE	POL	SENIOR II M - 30	31	M 90	00:31:38	00:47:07	01:08:13.60	01:08:59.95	6:49	8.8
91	JARECKI MACIEJ	9609	PARKRUN WROCŁAW	WROCŁAW	POL	SENIOR II M - 30	32	M 91	00:32:30	00:47:37	01:08:57.75	01:09:41.80	6:53	8.7
92	SIEWKO JAKUB	9062		DĘBOWIEC	POL	SENIOR I M - 20	18	M 92	00:32:36	00:48:03	01:09:21.95	01:09:42.20	6:56	8.7
93	JORDAN JAKUB	9057	TARNOWO PODGÓRNE BIEGA	GRZEBIENISKO	POL	JUNIOR I M - 20	6	M 93	00:32:09	00:47:07	01:08:00.10	01:09:56.00	6:48	8.8
94	ZIĘBA GRACJAN	9605		ŁĄDEK ZDRÓJ	POL	SENIOR II M - 30	33	M 94	00:33:06	00:48:01	01:08:23.70	01:10:02.65	6:50	8.8
95	ŻMUDA PAWEŁ	9063	TEAM JUTROSIN	JUTROSIN	POL	MASTERS M - 40	28	M 95	00:31:55	00:47:25	01:09:55.90	01:10:04.50	6:59	8.6
96	PROŃKO KAMIL	9375	LEGNICA POKONUJE PRZESZKODY	LEGNICA	POL	SENIOR II M - 30	34	M 96	00:32:46	00:48:12	01:09:41.45	01:10:24.30	6:58	8.6
97	POZHYLENKO VLADYSLAV	9512		CZESTOCHOWA		SENIOR I M - 20	19	M 97	00:32:04	00:47:28	01:09:12.35	01:10:26.05	6:55	8.7
98	KRZESIMOWSKI DAMIAN	9086	ENERGENT POLSKA	KIELCE	POL	MASTERS M - 40	29	M 98	00:34:14	00:49:06	01:09:55.80	01:10:31.65	6:59	8.6
99	ROSIŃSKI JAKUB	9555	HASCO-LEK TEAM	WROCŁAW	POL	SENIOR II M - 30	35	M 99	00:31:11	00:46:11	01:08:43.10	01:10:47.65	6:52	8.7
100	CYMBALISTA ADAM	9505		OPOLE	POL	SENIOR I M - 20	20	M 100	00:33:52	00:49:38	01:10:02.00	01:10:54.15	7:00	8.6
101	BULKOWSKI TOMASZ	9363	KAMTEAM	SZCZECIN	POL	MASTERS M - 40	30	M 101	00:33:10	00:48:25	01:09:29.85	01:11:00.50	6:56	8.6
102	KIERUL ŁUKASZ	9107	HASSA TEAM SPORTY WALKI	NOWA SÓL	POL	SENIOR II M - 30	36	M 102	00:32:03	00:48:08	01:11:07.75	01:11:18.85	7:06	8.4
103	IWANOW HUBERT	9432		RADZYMIN	POL	SENIOR II M - 30	37	M 103			01:11:24.55	01:11:24.55	7:08	8.4
104	MITUŁA PAWEŁ	9109		ZIĘBICE	POL	MASTERS M - 40	31	M 104	00:33:12	00:48:56	01:10:47.05	01:11:45.75	7:04	8.5
105	KABAŃSKI ADAM	9246		WROCŁAW	POL	SENIOR I M - 20	21	M 105	00:34:41	00:50:02	01:10:42.85	01:11:58.60	7:04	8.5
106	KUBISZYŃ PAWEŁ	9584		WAŁBRZYCH	POL	SENIOR II M - 30	38	M 106	00:33:07	00:49:15	01:11:22.85	01:12:03.05	7:08	8.4
107	WALCZAK ANDRZEJ	9351		GDYNIA	POL	MASTERS M - 40	32	M 107	00:32:43	00:48:30	01:11:12.95	01:12:04.75	7:07	8.4
108	MOKRZYCKI KRZYSZTOF	9281	ŚLĘZAKTEAM	STARA ŁOMNICA	POL	MASTERS M - 40	33	M 108	00:33:17	00:49:40	01:11:32.45	01:12:07.05	7:09	8.4
109	SCHRAM ARNE	9020	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN I M - 50	9	M 109	00:34:16	00:50:36	01:11:51.55	01:12:10.70	7:11	8.4
110	MIKUŁA MACIEJ	9275		ROKIETNICA	POL	WETERAN I M - 50	10	M 110	00:32:26	00:48:15	01:11:53.10	01:12:13.30	7:11	8.3
111	BARTON ADAM	9504	GALMET TEAM	GŁOGÓWEK	POL	MASTERS M - 40	34	M 111	00:33:01	00:48:53	01:12:01.35	01:12:42.95	7:12	8.3
112	GRYZ JACEK	9324		NOWY DWÓR MAZOWIECKI	POL	MASTERS M - 40	35	M 112	00:34:38	00:50:40	01:12:20.30	01:12:52.75	7:14	8.3
113	BARTKOWIAK HUBERT	9162	KB ŻMIGRÓD	RADZIĄDZ	POL	WETERAN I M - 50	11	M 113	00:33:19	00:49:12	01:12:21.50	01:12:57.05	7:14	8.3
114	BAL TOMASZ	9422		KĄTY WROCŁAWSKIE	POL	MASTERS M - 40	36	M 114	00:34:15	00:50:13	01:11:37.05	01:13:29.05	7:09	8.4
115	TYL RADOSŁAW	9118		BIERZYCE	POL	MASTERS M - 40	37	M 115	00:33:13	00:49:12	01:11:29.60	01:13:38.45	7:08	8.4
116	JĘDRZEJEWSKI MATEUSZ	9189		POZNAŃ	POL	SENIOR II M - 30	39	M 116	00:33:13	00:49:41	01:13:01.65	01:13:45.15	7:18	8.2
117	KACZMAREK ŁUKASZ	9310		NAMYSŁÓW	POL	SENIOR II M - 30	40	M 117	00:35:53	00:52:24	01:13:19.85	01:13:51.05	7:19	8.2
118	ŁUKASZEWSKI MICHAŁ	9171	#ZALINAMETYTEAM	LUBOŃ	POL	MASTERS M - 40	38	M 118	00:35:36	00:52:12	01:13:28.95	01:14:23.45	7:20	8.2
119	NESTEREWICZ RYSZARD	9382	LKS ISKRA JASZKOWA	KŁODZKO	POL	WETERAN III M - 70	1	M 119	00:33:50	00:50:09	01:13:23.95	01:14:30.80	7:20	8.2
120	SZYMAŃSKI GRZEGORZ	9313	RNB TEAM POLANICA ZDRÓJ	POLANICA-ZDRÓJ	POL	WETERAN I M - 50	12	M 120	00:33:38	00:50:04	01:13:55.95	01:14:47.50	7:23	8.1
121	KUZIEL MARGIN	9233	BLACK RUNNING STRONIE ŚLĄSKIE	STRONIE ŚLĄSKIE	POL	SENIOR II M - 30	41	M 121	00:34:31	00:50:10	01:12:54.05	01:15:00.95	7:17	8.2
122	WINNIK MAREK	9346	SAVAGES	SZCZECIN	GBR	MASTERS M - 40	39	M 122	00:35:33	00:51:14	01:13:26.20	01:15:08.95	7:20	8.2
123	RUSEK PIOTR	9464		MIELEC	POL	SENIOR II M - 30	42	M 123	00:34:31	00:50:46	01:12:54.35	01:15:10.85	7:17	8.2
124	WOLEK MAK	9535		TYCHY	POL	JUNIOR I M - 20	7	M 124	00:36:17	00:52:51	01:13:53.35	01:15:11.00	7:23	8.1
125	OWCZARCZYK BOGUMIŁ	9397		LESZNO	POL	WETERAN I M - 50	13	M 125	00:33:47	00:50:42	01:14:34.65	01:15:26.05	7:27	8
126	BACKER MARCIN	9429	TOPOLICE TEAM	PASIKUROWICE	POL	MASTERS M - 40	40	M 126	00:35:32	00:52:20	01:14:29.85	01:15:48.90	7:26	8.1
127	WILK MATEUSZ	9574	RAMBO III	BYSTRA	POL	MASTERS M - 40	41	M 127	00:35:28	00:52:14	01:15:29.70	01:16:02.75	7:32	7.9
128	MAJKA JAREK	9181	FAMILIAMAJKA	SZCZECIN	POL	MASTERS M - 40	42	M 128	00:35:41	00:52:18	01:15:11.30	01:16:05.45	7:31	8
129	POŚWISTAJŁO MARCIN	9510		ŁĄDEK-ZDRÓJ	POL	SENIOR II M - 30	43	M 129	00:37:23	00:53:32	01:14:48.15	01:16:20.10	7:28	8
130	RYBCZYŃSKI PAWEŁ	9443	RYBA TEAM	KOBYLA GÓRA	POL	MASTERS M - 40	43	M 130	00:36:22	00:52:59	01:15:13.40	01:16:20.70	7:31	8
131	OLEJNICZAK LEON	9544		WARSZAWA	POL	JUNIOR I M - 20	8	M 131	00:36:51	00:53:20	01:14:25.50	01:16:41.05	7:26	8.1
132	BIEDA MATEUSZ	9484		WROCŁAW	POL	SENIOR II M - 30	44	M 132	00:36:26	00:52:51	01:15:42.70	01:17:25.20	7:34	7.9
133	CZEKAŃSKI BARTOSZ	9207	NARAMOWICE BIEGAJĄ	POZNAŃ	POL	JUNIOR I M - 20	9	M 133	00:35:47	00:53:19	01:15:41.05	01:17:33.65	7:34	7.9
134	BRZEZIŃSKI ANDRZEJ	9217	LANRUNS	OLKUSZ	POL	WETERAN II M - 60	3	M 134	00:37:35	00:54:57	01:17:48.30	01:17:52.30	7:46	7.7
135	KOWAL KRZYSZTOF	9256		JASZKOWA ZDOLNA	POL	WETERAN I M - 50	14	M 135	00:37:17	00:54:51	01:17:12.45	01:17:55.45	7:43	7.8
136	ZIÓŁEK BŁAŻEJ	9406		POZNAŃ	POL	SENIOR II M - 30	45	M 136	00:36:33	00:52:35	01:16:26.75	01:18:03.50	7:38	7.8

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

M-ce	Nazwisko i imię	Nr	Klub	M-sconość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
137	SIKORA EDWARD	9157		ZALEWO	POL	WETERAN I M - 50	15	M 137	00:37:29	00:54:43	01:17:06.90	01:18:09.00	7:42	7.8
138	LEWANDOWSKI TADEUSZ	9458	WBK PIAST	KIEŁCZÓW	POL	WETERAN III M - 70	2	M 138	00:37:01	00:54:07	01:18:00.50	01:18:26.35	7:48	7.7
139	BUŁAĆIŃSKI FILIP	9562	WOŚ TEAM	STRONIE ŚLĄSKIE	POL	MASTERS M - 40	44	M 139	00:37:13	00:54:37	01:17:15.30	01:18:29.15	7:43	7.8
140	KOTAS PAWEŁ	9417		WROCŁAW	POL	SENIOR II M - 30	46	M 140	00:37:05	00:54:50	01:17:07.15	01:18:59.85	7:42	7.8
141	NAGLER TOMASZ	9747	TEAM DFBG	MROWINO	POL	MASTERS M - 40	45	M 141	00:34:33	00:52:05	01:18:44.40	01:19:08.90	7:52	7.6
142	IMIŃSKI CEZARY	9116		ZGIERZ	POL	WETERAN I M - 50	16	M 142	00:39:37	00:56:35	01:18:55.10	01:19:11.10	7:53	7.6
143	RODKIEWICZ TOMASZ	9524		WROCŁAW	POL	WETERAN I M - 50	17	M 143	00:36:22	00:53:48	01:16:43.20	01:19:12.80	7:40	7.8
144	KOŁODZIEJCZYK MARCIN	9121	BIAŁEOWCE	GRODKÓW	POL	SENIOR I M - 20	22	M 144	00:38:00	00:55:14	01:18:01.30	01:19:14.40	7:48	7.7
145	CHAŁUPIŃSKI ADRIAN	9519		PILSZCZ	POL	SENIOR I M - 20	23	M 145	00:40:42	00:56:58	01:17:29.10	01:19:17.10	7:44	7.7
146	KWINTA JAKUB	9436		KALISZ	POL	SENIOR I M - 20	24	M 146	00:36:47	00:56:24	01:19:13.65	01:19:30.85	7:55	7.6
147	SZARSKI JACEK	9068		WROCŁAW	POL	SENIOR I M - 20	25	M 147	00:36:13	00:53:13	01:18:12.70	01:19:34.40	7:49	7.7
148	MACIEJEWSKI MACIEJ	9317	BROWAR FORTUNA	KONIN	POL	MASTERS M - 40	46	M 148	00:36:18	00:53:32	01:18:18.10	01:19:44.65	7:49	7.7
149	WIZIMIRSKI KRZYSZTOF	9523	MATI TEAM HANIA	OPOLE	POL	MASTERS M - 40	47	M 149	00:37:47	00:56:11	01:19:57.80	01:20:09.35	7:59	7.5
150	CZERWIŃSKI RAFAŁ	9164	LOVELASY	POLICE	POL	JUNIOR I M - 20	10	M 150	00:38:09	00:55:46	01:19:40.80	01:20:19.45	7:58	7.5
151	JODŁOWSKI GRZEGORZ	9597	NIEZRZESZONY	NASIELSK	POL	WETERAN I M - 50	18	M 151	00:38:07	00:55:55	01:19:54.45	01:20:43.40	7:59	7.5
152	KANIA MARCIN	9451		STEBLÓW	POL	SENIOR II M - 30	47	M 152	01:20:44.00		01:20:44.00	01:20:44.00	8:04	7.4
153	IDZENGA HESSEL	9023	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN I M - 50	19	M 153	00:37:07	00:55:13	01:19:15.75	01:21:08.95	7:55	7.6
154	KRUCZKOWSKI MATEUSZ	9065	AUTOLIV RUN TEAM	JELCZ-LASKOWICE	POL	SENIOR II M - 30	48	M 154	00:38:13	00:56:39	01:20:52.30	01:21:22.30	8:05	7.4
155	MULARCZYK MICHAŁ	9538	ZADYSZKA RUDNIKI	RUDNIKI	POL	SENIOR I M - 20	26	M 155	00:38:11	00:55:13	01:19:25.00	01:21:32.95	7:56	7.6
156	FORENC DAMIAN	9141	OBORYGENI	PANIOWICE	POL	MASTERS M - 40	48	M 156	00:37:46	00:56:16	01:20:25.35	01:21:43.65	8:02	7.5
157	ZAWADZKI BARTOSZ	9259		MNICHOWO	POL	SENIOR I M - 20	27	M 157	00:38:55	00:56:50	01:21:08.80	01:22:06.30	8:06	7.4
158	TIMMERMAN JOHAN	9013	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN I M - 50	20	M 158	00:37:16	00:55:03	01:21:15.20	01:22:16.55	8:07	7.4
159	LYDKA PATRYK	9559		PERZÓW	POL	SENIOR I M - 20	28	M 159	00:37:26	00:54:44	01:20:16.50	01:22:22.15	8:01	7.5
160	MOKRZYŃSKI MARCIN	9033		OŁDRZYCHOWICE KŁODZKIE	POL	MASTERS M - 40	49	M 160	00:36:07	00:52:34	01:20:01.30	01:22:38.60	8:00	7.5
161	WUJDA MIROSŁAW	9100	ERNI RULEZ	DĘBNO	POL	MASTERS M - 40	50	M 161	00:34:27	00:52:59	01:21:57.05	01:22:44.05	8:11	7.3
162	MAKAROWSKI ANDRZEJ	9378	SZYBYCY I POLICZENI, ENDORFINY WSCHOWA	WSCHOWA	POL	MASTERS M - 40	51	M 162	00:38:51	00:57:22	01:21:40.35	01:22:47.20	8:10	7.3
163	IDCZAK WOJCIECH	9430		KŁODZKO	POL	MASTERS M - 40	52	M 163	00:38:25	00:57:59	01:22:14.75	01:22:49.65	8:13	7.3
164	PAWLĘGA WITOLD	9292		STRONIE ŚLĄSKIE	POL	SENIOR II M - 30	49	M 164	00:38:34	00:56:54	01:22:01.85	01:22:59.80	8:12	7.3
165	WŁODARSKI PRZEMYSŁAW	9282		WROCŁAW	POL	MASTERS M - 40	53	M 165	00:38:07	00:56:34	01:22:38.45	01:23:03.70	8:15	7.3
166	WYSOCZAŃSKI RAFAŁ	9424		POZNAŃ	POL	SENIOR II M - 30	50	M 166	00:38:13	00:55:40	01:21:49.40	01:23:12.75	8:10	7.3
167	MĄDRO ROBERT	9238		KŁODZKO	POL	MASTERS M - 40	54	M 167	00:38:09	00:56:17	01:21:05.55	01:23:15.80	8:06	7.4
168	MEDYŃSKI ARKADIUSZ	9032	TEAM JUTROSIN	JUTROSIN	POL	WETERAN I M - 50	21	M 168	00:38:00	00:57:05	01:23:08.05	01:23:17.75	8:18	7.2
169	JASKÓŁKA HUBERT	9343	VENUS BRUK	ŁOWKOWICE	POL	WETERAN II M - 60	4	M 169	00:39:01	00:56:45	01:22:05.75	01:23:52.55	8:12	7.3
170	JASKÓŁKA RAFAŁ	9342	VENUS	DOBRA	POL	MASTERS M - 40	55	M 170	00:39:02	00:56:45	01:22:06.30	01:23:53.15	8:12	7.3
171	DREWNIAK MARIUSZ	9280	MISIEK TEAM	JELENIA GÓRA	POL	MASTERS M - 40	56	M 171	00:39:36	00:57:55	01:22:37.15	01:24:15.60	8:15	7.3
172	ŁĄCZYŃSKI ANDRZEJ	9361	TRUCHTAM... TUPTAM... PEŁZNĘ...	OPOLE	POL	MASTERS M - 40	57	M 172	00:38:05	00:56:25	01:23:09.85	01:24:16.70	8:18	7.2
173	WALA PATRYK	9589	TEAM DFBG	WROCŁAW	POL	SENIOR II M - 30	51	M 173	00:40:22	00:59:29	01:23:43.25	01:24:20.45	8:22	7.2
174	SOBÓL PIOTR	9517		LISZKI	POL	SENIOR I M - 20	29	M 174	00:39:25	00:57:55	01:23:56.35	01:24:37.80	8:23	7.1
175	SKIBIŃSKI PRZEMYSŁAW	9571		WROCŁAW	POL	MASTERS M - 40	58	M 175	00:37:21	00:56:00	01:24:16.80	01:24:38.75	8:25	7.1
176	GRACZYK ADAM	9549		SYCÓW	POL	SENIOR II M - 30	52	M 176	00:39:57	00:57:59	01:22:44.60	01:24:50.25	8:16	7.3
177	KACZMAREK SZYMON	9231	PICTURA.SPACE	POZNAŃ	POL	MASTERS M - 40	59	M 177	00:38:23	00:56:55	01:22:29.35	01:24:51.95	8:14	7.3
178	GOŁUCH ARKADIUSZ	9749	WYBIEGANI ŁAGIEWNIKI	ŁAGIEWNIKI	POL	MASTERS M - 40	60	M 178	00:38:29	00:57:18	01:24:28.45	01:25:53.20	8:26	7.1
179	SIUDA PATRYK	9137		WROCŁAW	POL	SENIOR I M - 20	30	M 179	00:35:55	00:55:10	01:25:44.00	01:26:06.65	8:34	7
180	KIKLICA MARCIN	9469		JELCZ-LASKOWICE	POL	SENIOR II M - 30	53	M 180	00:40:19	00:59:29	01:24:12.70	01:26:11.65	8:25	7.1
181	KĄŻMIERCZAK MIKOŁAJ	9076	KĄŻMIERCZAKI	DOPIEWIEC	POL	SENIOR I M - 20	31	M 181	00:41:20	00:59:31	01:25:09.30	01:26:16.60	8:30	7
182	KĄŻMIERCZAK BRONISŁAW	9077	KĄŻMIERCZAKI	DOPIEWIEC	POL	WETERAN II M - 60	5	M 182	00:41:05	00:59:30	01:25:08.75	01:26:16.85	8:30	7
183	DE RAADT PETER	9026	AV ZUIDWAL, NEDERLAND	BLARICUM	POL	WETERAN I M - 50	22	M 183	00:39:29	00:58:30	01:24:45.75	01:26:37.85	8:28	7.1
184	MACIEJEWSKI MATEUSZ	9527		WARSZAWA	POL	SENIOR II M - 30	54	M 184	00:40:13	00:58:30	01:25:06.75	01:26:44.10	8:30	7.1
185	KAFTANOWICZ KAMIL	9528		WARSZAWA	POL	SENIOR II M - 30	55	M 185	00:40:13	00:58:31	01:25:11.95	01:26:49.60	8:31	7
186	DRAB ADAM	9263		WIELUŃ	POL	JUNIOR I M - 20	11	M 186	00:40:35	00:58:58	01:25:40.75	01:26:51.20	8:34	7
187	RYCHŁOWSKI RYSZARD	9194	W STRONĘ ULTRA	PIŁA	POL	WETERAN I M - 50	23	M 187	00:41:15	01:00:29	01:26:31.80	01:26:54.15	8:39	6.9
188	WOJCIECHOWSKI MARIUSZ	9145	KB INTREX POZNAŃ	WRZEŚNIA	POL	MASTERS M - 40	61	M 188	00:39:45	00:58:22	01:26:25.50	01:27:20.70	8:38	6.9
189	KOŁODZIEJ ADRIAN	9409		STRZEGOM	POL	SENIOR I M - 20	32	M 189	00:41:17	01:00:13	01:25:17.50	01:27:24.90	8:31	7
190	GACA MICHAŁ	9602		WROCŁAW	POL	MASTERS M - 40	62	M 190	00:41:23	01:00:50	01:26:08.45	01:27:36.05	8:36	7
191	KRUZEL RAFAŁ	9529	BIEGOWE MISIE	LEGNICA	POL	WETERAN I M - 50	24	M 191	00:40:25	00:59:49	01:27:16.15	01:27:56.90	8:43	6.9
192	NAPIERAŁA ANDRZEJ	9288	MTS DRUŻYNA SZPIKU KGHM	GOSTYŃ	POL	WETERAN II M - 60	6	M 192	00:41:37	01:00:28	01:24:59.05	01:27:57.05	8:29	7.1

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
193	RUTKOWSKI TOMASZ	9112	SPORTOWY KAŻMIERZ	KAŻMIERZ	POL	WETERAN I M - 50	25	M 193	00:40:46	00:59:09	01:26:45.20	01:28:22.10	8:40	6.9
194	BUDZISZ ANDRZEJ	9064	#MOUNTAINLOVERS	LUBOŃ	POL	SENIOR II M - 30	56	M 194	00:39:28	00:58:53	01:27:52.50	01:28:24.70	8:47	6.8
195	PILARSKI RYSZARD	9099	IZERY BOGATYNIA	BOGATYNIA	POL	WETERAN III M - 70	3	M 195	00:40:31	00:59:51	01:27:32.65	01:28:36.75	8:45	6.9
196	CZERNAK RADOSŁAW	9300		ŁADEK-ZDRÓJ	POL	SENIOR II M - 30	57	M 196	00:40:33	00:59:12	01:26:48.30	01:28:42.95	8:40	6.9
197	LISZCZYŃSKI ADAM	9606	FEIFER TEAM/BUDMECH GOSTYŃ	PIASKI	POL	MASTERS M - 40	63	M 197	00:40:49	01:00:33	01:28:19.45	01:29:01.70	8:49	6.8
198	HOMA ŁUKASZ	9302		WROCŁAW	POL	MASTERS M - 40	64	M 198	00:40:19	00:59:40	01:27:27.75	01:29:29.45	8:44	6.9
199	DZIUBAN ŁUKASZ	9477	GALLOPEM CZY GALLOWAYEM? GOPR BIESZCZADY	ORELEC	POL	MASTERS M - 40	65	M 199	00:40:35	01:00:13	01:27:36.20	01:30:09.20	8:45	6.8
200	KOCHANOWSKI PIOTR	9357		PRZEWORNO	POL	SENIOR II M - 30	58	M 200	00:41:52	01:01:30	01:27:35.35	01:30:15.65	8:45	6.9
201	JĘDRZEJEWSKI BOGDAN	9607	MIRAZ RACE TEAM	ZABRZE	POL	MASTERS M - 40	66	M 201	00:42:02	01:02:02	01:29:49.40	01:30:27.15	8:58	6.7
202	IWANEK PIOTR	9270	SPORTEM PRZEZ ŻYCIE	ŁÓDŹ	POL	MASTERS M - 40	67	M 202	00:41:17	01:00:31	01:29:48.60	01:30:39.75	8:58	6.7
203	MACHULA AMADEUSZ	9329	LEKKOATLETYCZNY KLUB SPORTOWY ZIĘBICE	ZIĘBICE	POL	JUNIOR I M - 20	12	M 203	00:42:09	01:01:56	01:30:14.35	01:31:02.05	9:01	6.6
204	KIELAR GRZEGORZ	9295		WROCŁAW	POL	SENIOR II M - 30	59	M 204	00:42:09	01:02:00	01:28:44.35	01:31:05.45	8:52	6.8
205	AUGUSTYNOWICZ ANDRZEJ	9131		BYDGOSZCZ	POL	WETERAN I M - 50	26	M 205	00:43:17	01:02:48	01:28:58.40	01:31:26.10	8:53	6.7
206	STANKIEWICZ PRZEMYSŁAW	9261		SZCZECIN	POL	MASTERS M - 40	68	M 206	00:43:17	01:02:49	01:28:58.70	01:31:27.05	8:53	6.7
207	WALAC JACEK	9070	100 MARATHON CLUB POLSKA	GRODZISK MAZOWIECKI	POL	MASTERS M - 40	69	M 207	00:42:43	01:02:54	01:30:50.10	01:31:28.65	9:05	6.6
208	KISIAŁA FILIP	9385	TATA WOJTUSIA	KRAKÓW	POL	MASTERS M - 40	70	M 208	00:42:27	01:01:54	01:31:09.05	01:32:24.45	9:06	6.6
209	FIŚLAK MATEUSZ	9333		WROCŁAW	POL	SENIOR II M - 30	60	M 209	00:40:41	01:01:00	01:30:09.55	01:32:30.25	9:00	6.7
210	JERCZYŃSKI RADOSŁAW	9403		ŁĘKA OPATOWSKA	POL	MASTERS M - 40	71	M 210	00:42:02	01:02:43	01:31:18.90	01:33:05.80	9:07	6.6
211	SZCZERBA MICHAŁ	9414		KATOWICE	POL	MASTERS M - 40	72	M 211	00:44:54	01:05:31	01:31:09.25	01:33:41.50	9:06	6.6
212	MAZUR MICHAŁ	9475	KB SOBÓTKA	SOBÓTKA	POL	MASTERS M - 40	73	M 212	00:46:08	01:06:37	01:32:10.55	01:34:05.95	9:13	6.5
213	MUDRY MATEUSZ	9599		GLUBCZYCE	POL	SENIOR I M - 20	33	M 213	00:43:03	01:04:02	01:33:26.65	01:34:20.70	9:20	6.4
214	RYBIŃSKI WOJCIECH	9083		WARSZAWA	POL	SENIOR II M - 30	61	M 214	00:44:17	01:05:06	01:33:27.05	01:34:32.25	9:20	6.4
215	GAJEWSKI BARTOSZ	9146	KB INTREX POZNAŃ	GNIEZNO	POL	SENIOR II M - 30	62	M 215	00:43:29	01:04:35	01:33:56.30	01:34:53.95	9:23	6.4
216	ZIÓLKOWSKI JAROSŁAW	9195		KONIECPOL	POL	MASTERS M - 40	74	M 216	00:45:47	01:06:47	01:35:14.60	01:36:00.65	9:31	6.3
217	ŁAGOWSKI PIOTR	9268	NIGHT RUNNERS	POZNAŃ	POL	JUNIOR I M - 20	13	M 217	00:41:18	01:01:41	01:35:03.00	01:36:21.65	9:30	6.3
218	BEKIER SZYMON	9258		SZCZECIN	POL	MASTERS M - 40	75	M 218	00:43:33	01:04:21	01:34:29.55	01:36:39.20	9:26	6.4
219	WALCZAK SŁAWOMIR	9139		GAŁĄCZYCE	POL	WETERAN I M - 50	27	M 219	00:45:41	01:06:44	01:35:34.90	01:36:41.10	9:33	6.3
220	SZYMCZAK MARCIN	9087		POZNAŃ	POL	MASTERS M - 40	76	M 220	00:42:12	01:03:07	01:36:29.30	01:37:43.90	9:38	6.2
221	TARKA KONRAD	9522	DFDS POLSKA RUNNING TEAM / BIEGAJĄCE KREJZOLE	POZNAŃ	POL	SENIOR II M - 30	63	M 221	00:45:11	01:04:32	01:35:32.15	01:38:13.60	9:33	6.3
222	CUPIAŁ MICHAŁ	9467		WROCŁAW	POL	SENIOR II M - 30	64	M 222	00:45:24	01:07:04	01:37:40.05	01:39:39.00	9:46	6.1
223	LECHOWICZ ŁUKASZ	9042		KOMOROW	POL	MASTERS M - 40	77	M 223	00:44:53	01:05:58	01:38:38.35	01:40:14.45	9:51	6.1
224	KACZMAREK ROGER	9454	PARKRUN WROCŁAW	WROCŁAW	POL	SENIOR II M - 30	65	M 224	00:44:27	01:05:57	01:38:04.15	01:40:36.40	9:48	6.1
225	WIECZOREK ARTUR	9508	GÓRSKIE BIEGUSIE	POZNAŃ	POL	MASTERS M - 40	78	M 225	00:49:44	01:11:37	01:40:04.60	01:40:47.30	10:00	6
226	SZYMAŃSKI MAREK	9557	HASCO-LEK TEAM	WROCŁAW	POL	MASTERS M - 40	79	M 226	00:46:58	01:08:56	01:39:29.15	01:40:59.20	9:56	6
227	JAROCZYŃSKI SZYMON	9332		ZĄBKOWICE ŚLĄSKIE	POL	SENIOR I M - 20	34	M 227	00:45:04	01:07:11	01:40:27.40	01:41:14.50	10:02	6
228	JAKUSZEK KRZYSZTOF	9152	CEGIELNIA PIASKI	PIASKI	POL	MASTERS M - 40	80	M 228	00:47:01	01:09:39	01:39:01.00	01:41:26.90	9:54	6.1
229	DE MAN ARJAN	9037	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN I M - 50	28	M 229	00:41:01	01:08:47	01:41:15.80	01:41:32.20	10:07	5.9
230	AUGUSTYŃSKI MARCIN	9197		ŚWIDNICA	POL	SENIOR II M - 30	66	M 230	00:46:31	01:08:22	01:39:28.85	01:42:08.45	9:56	6
231	DMOCHOWSKI PAWEŁ	9486		WROCŁAW	POL	MASTERS M - 40	81	M 231	00:46:43	01:09:04	01:41:37.50	01:42:14.10	10:09	5.9
232	MAZUR MACIEJ	9437		DZIADKOWO	POL	SENIOR II M - 30	67	M 232	00:46:06	01:09:18	01:41:35.50	01:42:25.10	10:09	5.9
233	KOLAN PAWEŁ	9273	SW	POZNAŃ	POL	WETERAN I M - 50	29	M 233	00:46:24	01:08:07	01:42:14.60	01:42:41.00	10:13	5.9
234	KUPCZAK ROBERT	9326	SPARTA ULTRA TEAM	MROCEŃ	POL	WETERAN I M - 50	30	M 234	00:47:57	01:11:06	01:42:31.90	01:43:37.40	10:15	5.9
235	ZAWADA MACIEJ	9299	KGB	KLUCZBORK	POL	WETERAN I M - 50	31	M 235	00:47:52	01:11:44	01:41:44.90	01:43:42.40	10:10	5.9
236	DOMAGAŁA KONRAD	9178	KLUCZBORSKA GRUPA BIEGOWA	KLUCZBORK	POL	SENIOR II M - 30	68	M 236	00:47:51	01:11:47	01:41:45.05	01:43:42.60	10:10	5.9
237	WINCENCIAK JAN	9150		WARSZAWA	POL	SENIOR I M - 20	35	M 237	00:47:13	01:10:58	01:43:51.25	01:46:11.90	10:23	5.8
238	GRZEGORZEWSKI RADOSŁAW	9398		PŁOCK	POL	SENIOR II M - 30	69	M 238	00:48:46	01:11:22	01:44:37.30	01:46:22.95	10:27	5.7
239	PLUCIENNIK WOJCIECH	9367		LEWKÓW	POL	WETERAN I M - 50	32	M 239	00:45:07	01:06:34	01:43:51.80	01:46:26.65	10:23	5.8
240	TARACIŃSKI TOMASZ	9395		BYSTRZYCA KŁODZKA	POL	MASTERS M - 40	82	M 240	00:48:32	01:13:31	01:45:08.40	01:46:46.85	10:30	5.7
241	DATA TOMASZ	9578		ŻORY	POL	WETERAN I M - 50	33	M 241	00:50:06	01:14:16	01:44:21.75	01:47:02.30	10:26	5.7
242	KRYGOWSKI PRZEMYSŁAW	9572		STRZESZYN 323	POL	SENIOR I M - 20	36	M 242	00:46:44	01:09:32	01:44:43.05	01:47:18.05	10:28	5.7
243	JANKOWSKI ADAM	9499	ULTRAWAY.PL	ZALASEWO	POL	SENIOR II M - 30	70	M 243	00:53:29	01:16:49	01:48:30.20	01:48:58.25	10:51	5.5
244	KĘTRZYŃSKI RYSZARD	9470		MIELEC	POL	MASTERS M - 40	83	M 244	00:48:25	01:11:45	01:46:44.55	01:49:03.95	10:40	5.6
245	GOŹDZICKI MAREK	9030	ZDYSZANI NA MECIE	STRZELCE KRAJEŃSKIE	POL	WETERAN I M - 50	34	M 245	00:48:11	01:11:09	01:47:59.75	01:49:04.90	10:47	5.6
246	BIAŁOTA PIOTR	9489		WIELICZKA	POL	SENIOR I M - 20	37	M 246	00:39:17	00:57:32	01:48:06.30	01:49:15.10	10:48	5.6

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
247	PEREC MARCIN	9600		HENRYKOW UROCZE	POL	MASTERS M - 40	84	M 247	00:47:26	01:10:47	01:46:59.45	01:49:19.40	10:41	5.6
248	FEHÉR DÁVID	9742		AARHUS	DEN	SENIOR I M - 20	38	M 248	00:49:04	01:12:36	01:46:56.10	01:49:21.10	10:41	5.6
249	LIPIŃSKI TOMASZ	9568		ZŁOTOKŁOS	POL	SENIOR II M - 30	71	M 249	00:47:30	01:10:49	01:47:04.15	01:49:22.80	10:42	5.6
250	HOREMSKI ARTUR	9330		POZNAŃ	POL	SENIOR I M - 20	39	M 250	00:55:45	01:18:36	01:49:41.85	01:52:11.10	10:58	5.5
251	CZARNECKI MARCIN	9340	MARKOWI BIEGACZE	MARKI	POL	SENIOR II M - 30	72	M 251	00:51:14	01:16:13	01:50:05.45	01:52:16.20	11:00	5.5
252	KOLUS ZBIGNIEW	9592	BIEGACZ ŚWIĘTOKRZYSKI	KIELCE	POL	WETERAN I M - 50	35	M 252	00:52:00	01:16:53	01:51:07.20	01:52:16.75	11:06	5.4
253	KRUK MATEUSZ	9371		BYSTRZYCA KŁODZKA	POL	SENIOR II M - 30	73	M 253	00:45:57	01:12:54	01:52:17.20	01:52:59.60	11:13	5.3
254	WIATROWSKI JACEK	9590	BIEGACZ ŚWIĘTOKRZYSKI	KIELCE	POL	WETERAN I M - 50	36	M 254	00:50:42	01:15:04	01:51:55.00	01:53:06.65	11:11	5.4
255	WIATROWSKI MIŁOSZ	9591	BIEGACZ ŚWIĘTOKRZYSKI	KIELCE	POL	SENIOR I M - 20	40	M 254	00:50:43	01:15:06	01:51:56.50	01:53:06.65	11:11	5.4
256	GLASSER MAREK	9391		WARSZAWA	POL	WETERAN III M - 70	4	M 256	00:49:14	01:13:35	01:51:41.85	01:54:02.10	11:10	5.4
257	SIBIELAK TOMASZ	9148	BIEGOWA KUŹNIA	BĘDZIN	POL	MASTERS M - 40	85	M 257	00:49:45	01:12:33	01:54:24.10	01:56:40.80	11:26	5.2
258	PIÓRKOWSKI MAREK	9209	BIEGOWW KUŹNIA	BĘDZIN	POL	WETERAN I M - 50	37	M 258	00:48:27	01:12:40	01:54:23.30	01:56:41.00	11:26	5.2
259	WYSZATYCKI MATEUSZ	9245		ŁÓDŹ	POL	SENIOR II M - 30	74	M 259	00:54:42	01:20:22	01:56:25.00	01:58:51.35	11:38	5.2
260	KOZIEL KRZYSZTOF	9360		ÅLGÅRD	NOR	MASTERS M - 40	86	M 260	00:51:33	01:15:34	01:58:26.65	01:59:26.90	11:50	5.1
261	ULEJCZYK KAMIL	9155	TUPTUP	WROCŁAW	POL	SENIOR I M - 20	41	M 261	00:55:32	01:20:59	01:58:38.80	02:00:01.65	11:51	5.1
262	SŁOWIŃSKI SŁAWOMIR	9084		ŁÓDŹ	POL	MASTERS M - 40	87	M 262	00:54:45	01:19:03	01:59:53.25	02:00:23.25	11:59	5
263	SŁOWIŃSKI PAWEŁ	9081		ŁÓDŹ	POL	MASTERS M - 40	88	M 263	00:54:47	01:19:21	01:59:53.95	02:00:23.95	11:59	5
264	BIERNAT MICHAŁ	9465		WROCŁAW	POL	SENIOR II M - 30	75	M 264	00:53:26	01:19:14	01:58:16.50	02:00:30.30	11:49	5.1
265	KIEŁB WOJCIECH	9127	KW DZIABKA	POZNAŃ	POL	SENIOR II M - 30	76	M 265	00:53:06	01:20:03	01:58:38.45	02:00:41.85	11:51	5.1
266	JABŁOŃSKI KAZIMIERZ	9570	SPRINTER PRĄDY	PRĄDY	POL	WETERAN III M - 70	5	M 266	00:51:18	01:16:12	01:58:17.45	02:00:54.30	11:49	5.1
267	MACIEJEWSKI PIOTR	9224	SUPERMARATON KALISZ	KALISZ	POL	WETERAN III M - 70	6	M 267	00:52:07	01:18:49	01:59:49.90	02:00:59.50	11:58	5
268	RODKIEWICZ MIKOŁAJ	9481		WROCŁAW	POL	SENIOR I M - 20	42	M 268	00:51:13	01:19:26	01:59:04.35	02:01:32.40	11:54	5
269	ŻYŁOWICZ MARCIN	9126		KRAKÓW	POL	SENIOR II M - 30	77	M 269	00:51:31	01:15:56	02:00:47.30	02:01:48.60	12:04	5
270	DOLATA SYLWESTER	9396		KROSINKO	POL	WETERAN II M - 60	7	M 270	00:57:03	01:24:19	02:04:49.00	02:06:33.60	12:28	4.8
271	ŁUKACZ JAKUB	9266		TYCHY	POL	SENIOR I M - 20	43	M 271	00:58:13	01:27:16	02:05:38.50	02:08:22.10	12:33	4.8
272	VAN STEIJN WIM	9028	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN I M - 50	38	M 272	00:55:04	01:20:47	02:09:39.80	02:11:53.45	12:57	4.6
273	DRAB PAWEŁ	9264	CUKROWNIA CLUB	WIELUŃ	POL	MASTERS M - 40	89	M 273	00:56:41	01:26:25	02:11:04.30	02:12:16.30	13:06	4.6
274	BASTRZYK TOMASZ	9079		SKARŻYSKO KAMIENNA	POL	WETERAN I M - 50	39	M 274	00:58:28	01:28:25	02:11:34.90	02:13:38.55	13:09	4.6
275	SZKUTA STANISŁAW	9461	ROVELLI TEORIA KWANTÓW	BIELSKO-BIAŁA	POL	WETERAN III M - 70	7	M 275	00:59:11	01:31:59	02:17:13.85	02:17:24.75	13:43	4.4
276	SAMOCCI PAWEŁ	9320		WARSZAWA	POL	MASTERS M - 40	90	M 276	00:54:34	01:26:55	02:15:22.30	02:18:00.50	13:32	4.4
277	TUSIEŃ ARTUR	9593	BIEGACZ ŚWIĘTOKRZYSKI	KIELCE	POL	WETERAN I M - 50	40	M 277	01:00:19	01:31:40	02:23:21.15	02:24:33.10	14:20	4.2
	MOROŃ KRZYSZTOF	9040		KATOWICE	POL	SENIOR II M - 30			01:13:30	02:00:31	DNF	DNF	-	-
									DNF	DNF				

BIEG TROJAK TRAIL - 10 KM, Junior I K - 20

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
1	KURKA WIKTORIA	9160		KROTOSZYN	POL	JUNIOR I K - 20	1	K 6	00:26:35	00:40:23	00:58:39.35	00:58:41.90	5:51	10.2
2	SIEMIŃSKA ADRIANNA	9478		KOLUSZKI	POL	JUNIOR I K - 20	2	K 18	00:30:43	00:46:43	01:07:46.10	01:07:51.65	6:46	8.9
3	STRANZ KARINA	9208	NARAMOWICE BIEGAJĄ	POZNAŃ	POL	JUNIOR I K - 20	3	K 141	00:43:18	01:03:42	01:31:06.60	01:33:38.65	9:06	6.6
4	IWANOWICZ ELIZA	9184		OSTROŁĘKA	POL	JUNIOR I K - 20	4	K 153	00:45:18	01:06:33	01:35:42.00	01:36:07.60	9:34	6.3
5	JAKUSZEK NATALIA	9151		PIASKI	POL	JUNIOR I K - 20	5	K 189	00:47:02	01:09:41	01:39:00.30	01:41:25.25	9:54	6.1

BIEG TROJAK TRAIL - 10 KM, Junior I M - 20

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
1	NAJDUK JAKUB	9045	ROZBIEGANI CHOJNÓW	CHOJNÓW	POL	JUNIOR I M - 20	1	M 24	00:26:09	00:38:39	00:56:20.95	00:56:23.75	5:38	10.7
2	RUBAJ KONRAD	9750	TEAM DFBG / UMKS KWIDZYN	KWIDZYN	POL	JUNIOR I M - 20	2	M 30	00:27:07	00:39:54	00:56:46.85	00:57:29.85	5:40	10.6
3	ZAWADA PAWEŁ	9169		DRZEWICA	POL	JUNIOR I M - 20	3	M 74	00:30:44	00:45:31	01:06:12.15	01:06:40.90	6:37	9.1
4	KOBYLIŃSKI BARTOSZ	9221	MUKS SPARTAN ROKIETNICA	POZNAŃ	POL	JUNIOR I M - 20	4	M 78	00:31:52	00:47:31	01:07:28.15	01:07:46.05	6:44	8.9
5	KWIATKOWSKI FILIP	9740	ZEREBSKI	ŁĄDEK-ZDRÓJ	POL	JUNIOR I M - 20	5	M 80	00:32:30	00:47:50	01:07:24.70	01:07:57.50	6:44	8.9
6	JORDAN JAKUB	9057	TARNOWO PODGÓRNE BIEGA	GRZEBIENISKO	POL	JUNIOR I M - 20	6	M 93	00:32:09	00:47:07	01:08:00.10	01:09:56.00	6:48	8.8
7	WOLEK MAKS	9535		TYCHY	POL	JUNIOR I M - 20	7	M 124	00:36:17	00:52:51	01:13:53.35	01:15:11.00	7:23	8.1
8	OLEJNICZAK LEON	9544		WARSZAWA	POL	JUNIOR I M - 20	8	M 131	00:36:51	00:53:20	01:14:25.50	01:16:41.05	7:26	8.1

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
9	CZEKALSKI BARTOSZ	9207	NARAMOWICE BIEGAJA	POZNAŃ	POL	JUNIOR I M - 20	9	M 133	00:35:47	00:53:19	01:15:41.05	01:17:33.65	7:34	7.9
10	CZERWIŃSKI RAFAŁ	9164	LOVELASY	POLICE	POL	JUNIOR I M - 20	10	M 150	00:38:09	00:55:46	01:19:40.80	01:20:19.45	7:58	7.5
11	DRAB ADAM	9263		WIELUŃ	POL	JUNIOR I M - 20	11	M 186	00:40:35	00:58:58	01:25:40.75	01:26:51.20	8:34	7
12	MACHULA AMADEUSZ	9329	LEKKOATLETYCZNY KLUB SPORTOWY ZIĘBICE	ZIĘBICE	POL	JUNIOR I M - 20	12	M 203	00:42:09	01:01:56	01:30:14.35	01:31:02.05	9:01	6.6
13	ŁAGOWSKI PIOTR	9268	NIGHT RUNNERS	POZNAŃ	POL	JUNIOR I M - 20	13	M 217	00:41:18	01:01:41	01:35:03.00	01:36:21.65	9:30	6.3

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
1	OGÓREK MONIKA	9444	SALOMON TEAM / BRYGADA BESKIDÓW	NOWY SĄCZ	POL	SENIOR I K - 20	1	K 2	00:24:15	00:35:49	00:50:46.00	00:50:51.50	5:04	11.8
2	GAIK NATALIA	9059	BIEGAM BO LUBIĘ OSTROŁĘKA	KIELCE	POL	SENIOR I K - 20	2	K 5	00:25:48	00:38:20	00:55:05.95	00:55:09.05	5:30	10.9
3	PEKALA KAMILA	9219	KOBIETY BIEGAJA	POZNAŃ	POL	SENIOR I K - 20	3	K 10	00:29:05	00:42:45	01:01:02.15	01:01:08.70	6:06	9.8
4	BUTSKO YANA	9252		WROCŁAW	POL	SENIOR I K - 20	4	K 21	00:32:04	00:47:46	01:08:03.65	01:08:36.60	6:48	8.8
5	BRONISZ JOANNA	9374	TOMICA COACHING	POZNAŃ	POL	SENIOR I K - 20	5	K 25	00:32:35	00:48:44	01:09:21.25	01:09:25.85	6:56	8.7
6	PLOCH WERONIKA	9506		WROCŁAW	POL	SENIOR I K - 20	6	K 31	00:33:52	00:49:38	01:10:17.45	01:11:09.45	7:01	8.5
7	CIECIOROWSKA ALEKSANDRA	9537	DYNAFIT/ SOBAS TEAM	WROCŁAW	POL	SENIOR I K - 20	7	K 32	00:33:45	00:50:01	01:11:21.70	01:11:25.45	7:08	8.4
8	GRZYBEK NADIA	9093		WROCŁAW	POL	SENIOR I K - 20	8	K 37	00:33:47	00:49:54	01:13:14.15	01:14:01.75	7:19	8.2
9	KRAUTFORST KAROLINA	9468		WROCŁAW	POL	SENIOR I K - 20	9	K 38	00:35:59	00:51:55	01:12:18.40	01:14:11.60	7:13	8.3
10	BEREST OLENA	9488		WIELICZKA	POL	SENIOR I K - 20	10	K 39	00:33:35	00:50:19	01:13:07.40	01:14:15.10	7:18	8.2
11	DURYŃ ALEKSANDRA	9228		KOBYLA GÓRA	POL	SENIOR I K - 20	11	K 46	00:36:19	00:53:03	01:15:31.15	01:16:38.80	7:33	7.9
12	TOMCZAK AGNIESZKA	9225		WROCŁAW	POL	SENIOR I K - 20	12	K 50	00:36:23	00:53:34	01:16:05.70	01:17:21.55	7:36	7.9
13	RUTKOWSKA SANDRA	9051	SPORTOWY KAŻMIERZ	KAŻMIERZ	POL	SENIOR I K - 20	13	K 53	00:37:10	00:54:38	01:16:05.20	01:17:39.75	7:36	7.9
14	GÓRSKA NIKOLETTA	9525		POZNAŃ	POL	SENIOR I K - 20	14	K 54	00:36:16	00:53:01	01:16:02.35	01:17:50.60	7:36	7.9
15	DUDEK IZABELA	9483		LEONCIN	POL	SENIOR I K - 20	15	K 57	00:37:23	00:55:30	01:17:45.45	01:19:02.50	7:46	7.7
16	MICHALSKA ALEKSANDRA	9412		WIELUŃ	POL	SENIOR I K - 20	16	K 59	00:38:18	00:55:39	01:17:55.60	01:19:08.40	7:47	7.7
17	HOREJDA SARA	9362		ŁĄDEK ZDRÓJ	POL	SENIOR I K - 20	17	K 63	00:37:15	00:55:23	01:19:57.65	01:20:36.25	7:59	7.5
18	DORNIAN NATALIA	9140		WROCŁAW	POL	SENIOR I K - 20	18	K 74	00:39:21	00:57:54	01:21:38.25	01:22:00.70	8:09	7.3
19	REMBLEWSKA AGNIESZKA	9541		POZNAŃ	POL	SENIOR I K - 20	19	K 84	00:39:53	00:58:02	01:22:54.30	01:23:53.85	8:17	7.2
20	SAJA MARTYNA	9376	LEGNICA POKONUJE PRZESZKODY	CHOJNÓW	POL	SENIOR I K - 20	20	K 107	00:43:07	01:01:52	01:26:05.65	01:27:20.10	8:36	7
21	MAĆKOWIAK JOANNA	9129	TYLKO MENTAL!	WARSZAWA	POL	SENIOR I K - 20	21	K 115	00:41:13	01:01:37	01:28:17.85	01:28:48.45	8:49	6.8
22	RUTYNA JENNIFER	9492	EKO-OKNA RUNNERS	PIETROWICE WIELKIE	POL	SENIOR I K - 20	22	K 116	00:40:43	01:00:13	01:27:02.45	01:28:49.35	8:42	6.9
23	PRZYBYLAK KASIA	9175	#ZALINIAMIETYTEAM	POZNAŃ	POL	SENIOR I K - 20	23	K 127	00:45:24	01:04:50	01:29:36.00	01:30:32.30	8:57	6.7
24	MICHALSKA JOANNA	9411		WIELUŃ	POL	SENIOR I K - 20	24	K 139	00:42:42	01:03:57	01:32:08.85	01:33:17.25	9:12	6.5
25	LASMANE ANNA	9542		IKSKILE	LAT	SENIOR I K - 20	25	K 142	00:42:40	01:03:49	01:32:18.40	01:33:46.25	9:13	6.5
26	SPRIEDÉJA ANNA PAULA	9582		RİGA	LAT	SENIOR I K - 20	26	K 143	00:42:40	01:03:48	01:32:19.00	01:33:46.55	9:13	6.5
27	GUŻNICZAK KINGA	9405		ZŁOTNIKI	POL	SENIOR I K - 20	27	K 146	00:45:29	01:05:37	01:33:13.65	01:34:26.45	9:19	6.4
28	ROMANYUK KATERYNA	9272		KRAKÓW	POL	SENIOR I K - 20	28	K 164	00:44:40	01:06:32	01:37:11.55	01:38:54.35	9:43	6.2
29	ROGOZIŃSKA JOANNA	9490	GR22	BELCHATÓW	POL	SENIOR I K - 20	29	K 168	00:48:46	01:09:48	01:37:50.75	01:39:35.65	9:47	6.1
30	KACZMAREK MARYNA	9455	PARKRUN WROCŁAW	WROCŁAW	POL	SENIOR I K - 20	30	K 177	00:44:29	01:06:00	01:38:06.35	01:40:36.60	9:48	6.1
31	WOJNOWSKA WERONIKA	9473	KURDE BIEGNE	ZĄBKOWICE ŚLĄSKIE	POL	SENIOR I K - 20	31	K 185	00:47:30	01:10:10	01:40:15.05	01:41:05.50	10:01	6
32	KAPIJ ALEKSANDRA	9235		OPOLE	POL	SENIOR I K - 20	32	K 213	00:46:16	01:09:50	01:43:39.30	01:45:35.65	10:21	5.8
33	SEK JULIANN	9149		WARSZAWA	POL	SENIOR I K - 20	33	K 215	00:47:13	01:10:58	01:43:50.90	01:46:11.45	10:23	5.8
34	LIPA DOMINIKA	9390		KRAKÓW	POL	SENIOR I K - 20	34	K 216	00:48:46	01:11:24	01:44:37.40	01:46:22.95	10:27	5.7
35	GAJEWSKA KATARZYNA	9242		WROCŁAW	POL	SENIOR I K - 20	35	K 219	00:50:07	01:12:50	01:45:26.05	01:47:24.70	10:32	5.7
36	ORLIŃSKA AGNIESZKA	9737		KĘDZIERZYN KOŹLE	POL	SENIOR I K - 20	36	K 220	00:48:49	01:11:47	01:45:17.65	01:47:35.55	10:31	5.7
37	MALIGA MARTA	9006		WROCŁAW	POL	SENIOR I K - 20	37	K 234	00:49:04	01:12:35	01:46:57.05	01:49:20.95	10:41	5.6
38	KOZIEL MONIKA	9349		ÅLGÅRD	NOR	SENIOR I K - 20	38	K 248	00:51:32	01:15:33	01:58:26.25	01:59:26.90	11:50	5.1
39	ULEJCZYK MARTA	9156	TUPTUP	WROCŁAW	POL	SENIOR I K - 20	39	K 250	00:55:32	01:20:59	01:58:38.80	02:00:01.80	11:51	5.1
40	CHERNYKH ANASTASIYA	9476		WARSZAWA	POL	SENIOR I K - 20	40	K 256	00:55:20	01:19:21	01:58:52.35	02:00:58.15	11:53	5
41	IGLEWSKA KAROLINA	9482		KŁODZKO	POL	SENIOR I K - 20	41	K 258	00:51:12	01:19:27	01:59:04.10	02:01:31.15	11:54	5
42	WĘŻYCKA OLIVIA	9267		TYCHY	POL	SENIOR I K - 20	42	K 266	00:58:13	01:27:16	02:05:39.10	02:08:22.15	12:33	4.8
43	KOCIOŁEK PATRYCJA	9560		KRAKÓW	POL	SENIOR I K - 20	43	K 275	01:02:57	01:33:42	02:15:38.50	02:17:11.65	13:33	4.4

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
1	RUTKOWSKI DAMIAN	9106	KS ZAMEK EXPOM KURZEŃNIK	LIDZBARK WARMINSKI	POL	SENIOR I M - 20	1	M 2	00:23:16	00:34:16	00:48:44.50	00:48:47.30	4:52	12.3
2	PERZ JAN	9453	ULTRA TRAIL ACADEMY	KOSZALIN	POL	SENIOR I M - 20	2	M 3	00:22:41	00:34:01	00:48:50.80	00:48:53.25	4:53	12.3
3	LEWANDOWSKI MICHAŁ	9472	OBSTACLE CENTER TEAM	WARSZAWA	POL	SENIOR I M - 20	3	M 16	00:25:30	00:37:48	00:54:12.00	00:54:14.85	5:25	11.1
4	VASINSKI HLEB	9389		WROCŁAW	POL	SENIOR I M - 20	4	M 20	00:26:10	00:38:54	00:54:44.40	00:55:05.10	5:28	11.1
5	ANANICH ANDREY	9548	BIAŁ.TM	WROCŁAW	POL	SENIOR I M - 20	5	M 47	00:28:40	00:43:05	01:01:37.25	01:01:50.40	6:09	9.7
6	CIECIELĄG ADAM	9214	KS PEGAZ	PIASECZNO	POL	SENIOR I M - 20	6	M 55	00:29:14	00:43:56	01:03:31.00	01:03:48.95	6:21	9.4
7	WALCZAK ADRIAN	9138	13 ŚBOT	GRODKÓW	POL	SENIOR I M - 20	7	M 57	00:29:55	00:44:41	01:03:52.40	01:04:16.90	6:23	9.4
8	JAWORSKI BARTOSZ	9319	DOHEALTH KRAKÓW	BRODY	POL	SENIOR I M - 20	8	M 61	00:29:05	00:43:50	01:04:19.45	01:04:59.00	6:25	9.3
9	GRZECH RAFAŁ	9110		GIEŁCZYCE	POL	SENIOR I M - 20	9	M 64	00:30:49	00:45:31	01:04:15.55	01:05:31.80	6:25	9.3
10	PATALAS MATEUSZ	9130		PIASECZNO	POL	SENIOR I M - 20	10	M 65	00:31:38	00:46:33	01:05:13.05	01:05:34.25	6:31	9.2
11	KARPINSKI PIOTR	9520		BYSTRZYCA	POL	SENIOR I M - 20	11	M 68	00:30:25	00:45:09	01:04:50.20	01:05:58.60	6:29	9.3
12	MAJKA ERYK	9182	FAMILIAMAJKA	SZCZECIN	POL	SENIOR I M - 20	12	M 71	00:30:17	00:45:12	01:05:25.45	01:06:16.65	6:32	9.2
13	PAULI MACIEJ	9297		WROCŁAW	POL	SENIOR I M - 20	13	M 73	00:31:21	00:46:20	01:05:45.65	01:06:23.35	6:34	9.1
14	SZYMAŃSKI JAROSŁAW	9024		ŁĄDEK ZDRÓJ	POL	SENIOR I M - 20	14	M 81	00:32:43	00:47:28	01:06:37.45	01:08:02.85	6:39	9
15	LIS ADRIAN	9546	GALMET TEAM	GŁUBCZYCE	POL	SENIOR I M - 20	15	M 87	00:32:05	00:47:17	01:08:07.65	01:08:49.15	6:48	8.8
16	OWCZARCZYK WOJCIECH	9393		LESZNO	POL	SENIOR I M - 20	16	M 88	00:32:20	00:47:25	01:08:01.50	01:08:52.15	6:48	8.8
17	TOMAS PAWEŁ	9741		ŁĄDEK ZDRÓJ	POL	SENIOR I M - 20	17	M 89	00:33:22	00:48:38	01:08:13.50	01:08:52.35	6:49	8.8
18	SIEWKO JAKUB	9062		DĘBOWIEC	POL	SENIOR I M - 20	18	M 92	00:32:36	00:48:03	01:09:21.95	01:09:42.20	6:56	8.7
19	POZHYLENKO VLADYSLAV	9512		CZESTOCHOWA		SENIOR I M - 20	19	M 97	00:32:04	00:47:28	01:09:12.35	01:10:26.05	6:55	8.7
20	CYMBALISTA ADAM	9505		OPOLE	POL	SENIOR I M - 20	20	M 100	00:33:52	00:49:38	01:10:02.00	01:10:54.15	7:00	8.6
21	KABAŃSKI ADAM	9246		WROCŁAW	POL	SENIOR I M - 20	21	M 105	00:34:41	00:50:02	01:10:42.85	01:11:58.60	7:04	8.5
22	KOŁODZIEJCZYK MARCIN	9121	BIAŁEOWCE	GRODKÓW	POL	SENIOR I M - 20	22	M 144	00:38:00	00:55:14	01:18:01.30	01:19:14.40	7:48	7.7
23	CHAŁUPIŃSKI ADRIAN	9519		PILSZCZ	POL	SENIOR I M - 20	23	M 145	00:40:42	00:56:58	01:17:29.10	01:19:17.10	7:44	7.7
24	KWINTA JAKUB	9436		KALISZ	POL	SENIOR I M - 20	24	M 146	00:36:47	00:56:24	01:19:13.65	01:19:30.85	7:55	7.6
25	SZARSKI JACEK	9068		WROCŁAW	POL	SENIOR I M - 20	25	M 147	00:36:13	00:53:13	01:18:12.70	01:19:34.40	7:49	7.7
26	MULARCZYK MICHAŁ	9538	ZADYSZKA RUDNIKI	RUDNIKI	POL	SENIOR I M - 20	26	M 155	00:38:11	00:55:13	01:19:25.00	01:21:32.95	7:56	7.6
27	ZAWADZKI BARTOSZ	9259		MNICHOWO	POL	SENIOR I M - 20	27	M 157	00:38:55	00:56:50	01:21:08.80	01:22:06.30	8:06	7.4
28	ŁYDKA PATRYK	9559		PERZÓW	POL	SENIOR I M - 20	28	M 159	00:37:26	00:54:44	01:20:16.50	01:22:22.15	8:01	7.5
29	SOBÓL PIOTR	9517		LISZKI	POL	SENIOR I M - 20	29	M 174	00:39:25	00:57:55	01:23:56.35	01:24:37.80	8:23	7.1
30	SIUDA PATRYK	9137		WROCŁAW	POL	SENIOR I M - 20	30	M 179	00:35:55	00:55:10	01:25:44.00	01:26:06.65	8:34	7
31	KĄZMIERCZAK MIKOŁAJ	9076	KĄZMIERCZAKI	DOPIEWIEC	POL	SENIOR I M - 20	31	M 181	00:41:20	00:59:31	01:25:09.30	01:26:16.60	8:30	7
32	KOŁODZIEJ ADRIAN	9409		STRZEGOM	POL	SENIOR I M - 20	32	M 189	00:41:17	01:00:13	01:25:17.50	01:27:24.90	8:31	7
33	MUDRY MATEUSZ	9599		GŁUBCZYCE	POL	SENIOR I M - 20	33	M 213	00:43:03	01:04:02	01:33:26.65	01:34:20.70	9:20	6.4
34	JAROCZYŃSKI SZYMON	9332		ZĄBKOWICE ŚLĄSKIE	POL	SENIOR I M - 20	34	M 227	00:45:04	01:07:11	01:40:27.40	01:41:14.50	10:02	6
35	WINCENCIAK JAN	9150		WARSZAWA	POL	SENIOR I M - 20	35	M 237	00:47:13	01:10:58	01:43:51.25	01:46:11.90	10:23	5.8
36	KRYGOWSKI PRZEMYSŁAW	9572		STRZESZYŃ 323	POL	SENIOR I M - 20	36	M 242	00:46:44	01:09:32	01:44:43.05	01:47:18.05	10:28	5.7
37	BIAŁOTA PIOTR	9489		WIELICZKA	POL	SENIOR I M - 20	37	M 246	00:39:17	00:57:32	01:48:06.30	01:49:15.10	10:48	5.6
38	FEHÉR DÁVID	9742		AARHUS	DEN	SENIOR I M - 20	38	M 248	00:49:04	01:12:36	01:46:56.10	01:49:21.10	10:41	5.6
39	HOREMSKI ARTUR	9330		POZNAŃ	POL	SENIOR I M - 20	39	M 250	00:55:45	01:18:36	01:49:41.85	01:52:11.10	10:58	5.5
40	WIATROWSKI MIŁOSZ	9591	BIEGACZ ŚWIĘTOKRZYSKI	KIELCE	POL	SENIOR I M - 20	40	M 254	00:50:43	01:15:06	01:51:56.50	01:53:06.65	11:11	5.4
41	ULEJCZYK KAMIL	9155	TUPTUP	WROCŁAW	POL	SENIOR I M - 20	41	M 261	00:55:32	01:20:59	01:58:38.80	02:00:01.65	11:51	5.1
42	RODKIEWICZ MIKOŁAJ	9481		WROCŁAW	POL	SENIOR I M - 20	42	M 268	00:51:13	01:19:26	01:59:04.35	02:01:32.40	11:54	5
43	ŁUKACZ JAKUB	9266		TYCHY	POL	SENIOR I M - 20	43	M 271	00:58:13	01:27:16	02:05:38.50	02:08:22.10	12:33	4.8

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
1	PAPROCKA URSZULA	9370		KRAKÓW	POL	SENIOR II K - 30	1	K 1	00:24:11	00:35:04	00:49:19.20	00:49:24.20	4:55	12.2
2	KRASZPULSKA MAGDALENA	9573	TRAIL IS OUR WAY	WARSZAWA	POL	SENIOR II K - 30	2	K 3	00:24:36	00:36:37	00:52:11.55	00:52:16.85	5:13	11.5
3	WER ANNA	9402	TOMICA COACHING CZENIECKIE MAKARONY	CIESZYN	POL	SENIOR II K - 30	3	K 4	00:25:59	00:37:48	00:54:19.15	00:54:23.20	5:25	11
4	SEMENENKO LIUDMYLA	9289	PRZEDWOJEWSKI TEAM	WROCŁAW	POL	SENIOR II K - 30	4	K 7	00:27:48	00:40:52	00:58:50.00	00:58:54.35	5:53	10.2
5	BUKOWSKA MARTA	9460		ŁÓDŹ	POL	SENIOR II K - 30	5	K 9	00:28:00	00:41:38	01:00:04.65	01:00:09.30	6:00	10
6	BÓRKOWSKA OLA	9301	MARATOŃCZYK POZNAŃ	POZNAŃ	POL	SENIOR II K - 30	6	K 11	00:28:57	00:43:11	01:02:05.10	01:02:10.70	6:12	9.7
7	FIENKO KATARZYNA	9358		PEŁCZYCE	POL	SENIOR II K - 30	7	K 12	00:29:57	00:44:06	01:02:58.45	01:03:03.05	6:17	9.5
8	WIECZERZAK MAGDALENA	9594	TEAM ULTRABIES / TEAM DFBG	MIELEC	POL	SENIOR II K - 30	8	K 13	00:29:52	00:44:14	01:02:56.30	01:03:21.15	6:17	9.5

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
9	ULIKOWSKA MARTYNA	9586	TEAM DFBG	KRAKÓW	POL	SENIOR II K - 30	9	K 15	00:31:05	00:46:08	01:05:19.25	01:05:26.30	6:31	9.2
10	DĄBROWSKA KATARZYNA	9450		ŁÓDŹ	POL	SENIOR II K - 30	10	K 17	00:33:11	00:48:11	01:07:15.00	01:07:32.65	6:43	8.9
11	STĘPNIAK IGA	9446		POZNAŃ	POL	SENIOR II K - 30	11	K 19	00:32:16	00:47:29	01:07:58.95	01:08:09.25	6:47	8.8
12	PINCJUREK PAULINA	9190	SMAK RADOŚCI	ŚWIEBODZICE	POL	SENIOR II K - 30	12	K 20	00:32:14	00:47:19	01:07:58.30	01:08:36.25	6:47	8.8
13	PONIATOWSKA JUSTYNA	9247	TEBIA RUNNERS	WROCŁAW	POL	SENIOR II K - 30	13	K 22	00:33:06	00:48:38	01:08:37.00	01:08:47.20	6:51	8.7
14	KOTRYSIAK AGATA	9067	ADIDAS RUNNERS POZNAŃ	POZNAŃ	POL	SENIOR II K - 30	14	K 23	00:33:04	00:48:37	01:08:42.10	01:08:48.25	6:52	8.7
15	ULAN NATALIA	9530		DOBRCZ	POL	SENIOR II K - 30	15	K 24	00:31:28	00:47:20	01:09:01.95	01:09:10.85	6:54	8.7
16	JANKOWSKA JOLANTA	9420		WROCŁAW	POL	SENIOR II K - 30	16	K 28	00:32:18	00:47:52	01:09:54.25	01:10:08.15	6:59	8.6
17	KASZEWIAK KAROLINA	9507	TOMICA COACHING	WARSZAWA	POL	SENIOR II K - 30	17	K 30	00:33:50	00:49:11	01:09:40.35	01:10:51.90	6:58	8.6
18	NOWAK NATALIA	9192	GÓRAL Z MAZUR RUNNING TEAM	KATOWICE	POL	SENIOR II K - 30	18	K 35	00:34:11	00:50:21	01:11:44.50	01:12:29.95	7:10	8.4
19	BOGUSZ BASIA	9596	TEAM DFBG	POZNAŃ	POL	SENIOR II K - 30	19	K 36	00:35:13	00:51:18	01:11:55.80	01:12:32.20	7:11	8.3
20	PIOTROWIAK ANGELIKA	9479		WROCŁAW	POL	SENIOR II K - 30	20	K 43	00:35:21	00:51:45	01:14:21.20	01:15:47.25	7:26	8.1
21	WILCZYŃSKA BEATA	9174	#ZALINIAMIETYTEAM	POZNAŃ	POL	SENIOR II K - 30	21	K 45	00:35:36	00:52:12	01:15:28.70	01:16:23.55	7:32	8
22	ZIÓŁEK KAROLINA	9215		POZNAŃ	POL	SENIOR II K - 30	22	K 47	00:36:30	00:53:28	01:15:53.60	01:16:39.95	7:35	7.9
23	JÓZEF DOROTA	9244	ULTRAJÓZKI	MYSŁOWICE	POL	SENIOR II K - 30	23	K 49	00:36:36	00:53:31	01:16:08.05	01:16:47.65	7:36	7.9
24	HORSZTYŃSKA ZOFIA	9531		WARSZAWA	POL	SENIOR II K - 30	24	K 51	00:36:14	00:52:47	01:15:59.20	01:17:23.80	7:35	7.9
25	BARANOWSKA RENATA	9500	KB HARCOWNIK JELCZ LASKOWICE	MIŁOSZYCE	POL	SENIOR II K - 30	25	K 56	00:36:56	00:53:58	01:16:49.45	01:18:30.10	7:40	7.8
26	ZAWARTKA MAŁGORZATA	9386		KRAKÓW	POL	SENIOR II K - 30	26	K 58	00:37:46	00:54:56	01:17:36.50	01:19:06.40	7:45	7.7
27	ABRAHAMEK NATALIA	9441		WARSZAWA	POL	SENIOR II K - 30	27	K 60	00:37:49	00:55:43	01:18:03.75	01:19:23.25	7:48	7.7
28	MARCZAK OLA	9323	KB HARCOWNIK	JELCZ-LASKOWICE	POL	SENIOR II K - 30	28	K 66	00:37:37	00:55:17	01:19:14.20	01:20:54.65	7:55	7.6
29	GÓRECKA MILENA	9404		WROCŁAW	POL	SENIOR II K - 30	29	K 67	00:37:38	00:55:23	01:19:57.25	01:21:01.50	7:59	7.5
30	ŁUCIÓW IWONA	9115		WROCŁAW	POL	SENIOR II K - 30	30	K 69	00:38:35	00:56:43	01:21:01.50	01:21:34.00	8:06	7.4
31	ZEREBECKA MARTA	9564		ŁĄDEK ZDRÓJ	POL	SENIOR II K - 30	31	K 70	00:38:55	00:56:27	01:21:04.65	01:21:39.25	8:06	7.4
32	RAJZER RENATA	9165		KIETRZ	POL	SENIOR II K - 30	32	K 73	00:39:28	00:56:59	01:20:09.25	01:21:56.05	8:00	7.5
33	ŁUŻNY AGNIESZKA	9285		TYCHY	POL	SENIOR II K - 30	33	K 75	00:38:55	00:56:55	01:21:17.80	01:22:01.95	8:07	7.4
34	GAŚKA SANDRA	9561		KANIÓW	POL	SENIOR II K - 30	34	K 77	00:37:48	00:55:46	01:20:23.30	01:22:23.65	8:02	7.5
35	GRZEŚKOWIAK EDYTA	9621		JUTROSIN	POL	SENIOR II K - 30	35	K 80	00:37:55	00:55:56	01:23:05.85	01:23:20.25	8:18	7.2
36	OGIELSKA-MĄDRO PATRYCJA	9241		ROSZYCE	POL	SENIOR II K - 30	36	K 81	00:39:47	00:57:07	01:21:11.50	01:23:21.15	8:07	7.4
37	ORUBA KATARZYNA	9291		STRONIE ŚLĄSKIE	POL	SENIOR II K - 30	37	K 82	00:39:36	00:58:59	01:22:36.30	01:23:34.15	8:15	7.3
38	SZYMONIK DOMINIKA	9587	TEAM DFBG	WROCŁAW	POL	SENIOR II K - 30	38	K 88	00:39:17	00:58:04	01:23:43.90	01:24:20.50	8:22	7.2
39	WYSOCZAŃSKA RITA	9423		POZNAŃ	POL	SENIOR II K - 30	39	K 89	00:38:11	00:56:22	01:23:03.75	01:24:27.30	8:18	7.2
40	PAGÓRSKA ILONA	9044	PAGÓR TEAM	PRUSZCZ GDAŃSKI	POL	SENIOR II K - 30	40	K 90	00:39:45	00:58:25	01:23:27.10	01:24:48.15	8:20	7.2
41	MACIĄG-MASTERNAK MARTA	9334		ŁAZISKA GÓRNE	POL	SENIOR II K - 30	41	K 92	00:40:52	00:59:53	01:23:53.70	01:25:54.55	8:23	7.2
42	DOPIERAŁA NATALIA	9315	BROWAR FORTUNA	SŁUPCA	POL	SENIOR II K - 30	42	K 95	00:38:41	00:56:55	01:24:53.40	01:26:21.55	8:29	7.1
43	POPIOŁEK AGNIESZKA	9312		KOŚCIELNA WIEŚ	POL	SENIOR II K - 30	43	K 96	00:38:22	00:57:57	01:26:21.40	01:26:29.75	8:38	6.9
44	PAŁKA PATRYCJA	9257		WROCŁAW	POL	SENIOR II K - 30	44	K 98	00:36:38	00:55:20	01:24:47.60	01:26:35.30	8:28	7.1
45	PLUCIENNICZAK MONIKA	9501		POWIERCIE KOŁONIA	POL	SENIOR II K - 30	45	K 101	00:40:25	00:59:04	01:25:06.80	01:26:50.45	8:30	7.1
46	SEREJ DARIA	9383		WROCŁAW	POL	SENIOR II K - 30	46	K 103	00:40:34	00:59:22	01:25:10.70	01:27:01.90	8:31	7
47	CHRAPUSTA ELIZA	9279	FERAL CATS HUCISKO TEAM	KRAKOW	POL	SENIOR II K - 30	47	K 104	00:40:07	00:59:29	01:25:23.50	01:27:08.70	8:32	7
48	OSTAPCZUK LIDIA	9234	KLUB BIEGACZA KĄTY WROCŁAWSKIE	KĄTY WROCŁAWSKIE	POL	SENIOR II K - 30	48	K 105	00:41:17	01:00:25	01:26:54.90	01:27:09.05	8:41	6.9
49	SAMSEL AGNIESZKA	9277		SZCZECIN	POL	SENIOR II K - 30	49	K 106	00:40:01	00:58:40	01:25:07.15	01:27:20.05	8:30	7
50	BORKOWSKA KAROLINA	9058		SZCZECIN	POL	SENIOR II K - 30	50	K 108	00:41:33	01:00:48	01:27:33.45	01:27:46.95	8:45	6.9
51	WOJNOWSKA NATALIA	9463	MIRAZ RACE TEAM	ZABRZE	POL	SENIOR II K - 30	51	K 114	00:40:47	01:00:02	01:26:34.15	01:28:41.95	8:39	6.9
52	BLOCH AGNIESZKA	9452	BLUE BIRDS RUN	CZERNICA	POL	SENIOR II K - 30	52	K 117	00:41:21	01:01:11	01:27:44.90	01:29:02.55	8:46	6.8
53	NIEDZIELAK PAULINA	9213	PETRA PŁOCK	KAMIONKI	POL	SENIOR II K - 30	53	K 124	00:41:41	01:01:40	01:29:03.60	01:30:14.25	8:54	6.7
54	DZIEDZIC DOROTA	9200		WROCŁAW	POL	SENIOR II K - 30	54	K 125	00:41:53	01:01:30	01:27:35.20	01:30:15.00	8:45	6.9
55	BIEDA EWELINA	9431	ŚWIĘTE ŚWIRY	CZĘSTOCHOWA	POL	SENIOR II K - 30	55	K 132	00:41:01	01:01:19	01:29:33.10	01:31:55.15	8:57	6.7
56	MARDAUS MARTA	9513		WROCŁAW	POL	SENIOR II K - 30	56	K 133	00:42:29	01:02:38	01:30:06.60	01:32:01.65	9:00	6.7
57	SITARZ PAULINA	9408		ŁÓDŹ	POL	SENIOR II K - 30	57	K 134	00:42:37	01:02:39	01:29:55.50	01:32:06.50	8:59	6.7
58	FUDRO AGATA	9494		ŁĄDEK ZDRÓJ	POL	SENIOR II K - 30	58	K 135	00:41:44	01:02:44	01:31:21.65	01:32:18.55	9:08	6.6
59	KSIĄŻKIEWICZ KATARZYNA	9533		BUKOWIEC	POL	SENIOR II K - 30	59	K 140	00:41:54	01:02:44	01:32:47.25	01:33:29.95	9:16	6.5
60	DĄBROWSKA KLAUDIA	9124		WROCŁAW	POL	SENIOR II K - 30	60	K 144	00:44:51	01:05:32	01:34:10.35	01:34:17.15	9:25	6.4
61	FOGIEL KATARZYNA	9142	ROZBIEGANI CHOJNÓW	LEGNICA	POL	SENIOR II K - 30	61	K 145	00:44:32	01:05:37	01:33:15.35	01:34:21.20	9:19	6.4
62	KAWA MARCELINA	9220		POZNAŃ	POL	SENIOR II K - 30	62	K 147	00:42:46	01:03:00	01:33:19.25	01:34:30.10	9:19	6.4
63	PĘSIK PAULINA	9338		WARSZAWA	POL	SENIOR II K - 30	63	K 148	00:44:05	01:04:26	01:32:51.85	01:34:31.70	9:17	6.5
64	RYBIŃSKA DAGMARA	9082		WARSZAWA	POL	SENIOR II K - 30	64	K 150	00:44:18	01:05:06	01:33:27.75	01:34:32.35	9:20	6.4
65	GÓRSKA-KOCOWSKA KATARZYNA	9353		WROCŁAW	POL	SENIOR II K - 30	65	K 151	00:44:20	01:04:43	01:33:22.55	01:35:23.35	9:20	6.4

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
66	KUROWSKA ALEKSANDRA	9419		KRAKÓW	POL	SENIOR II K - 30	66	K 159	00:45:19	01:05:16	01:35:26.40	01:37:54.40	9:32	6.3
67	MULARCZYK MARTA	9471	WKURW_TEAM	TORUŃ	POL	SENIOR II K - 30	67	K 162	00:46:46	01:09:22	01:35:52.75	01:38:24.10	9:35	6.3
68	MATYJASZCZYK NATALIA	9598	TARNOWO PODGÓRNE BIEGA	LUSÓWKO	POL	SENIOR II K - 30	68	K 171	00:46:20	01:08:11	01:37:57.60	01:40:12.15	9:47	6.1
69	ROLNIK-ŻŁOBINSKA PAULINA	9173		TYCHY	POL	SENIOR II K - 30	69	K 172	00:45:45	01:08:13	01:39:26.90	01:40:16.45	9:56	6
70	AMANOWICZ AURELIA	9380		WROCŁAW	POL	SENIOR II K - 30	70	K 174	00:46:25	01:08:04	01:38:32.30	01:40:22.55	9:51	6.1
71	CYGAN-JEŻ PATRYCJA	9050		BIELAWA	POL	SENIOR II K - 30	71	K 175	00:42:44	01:03:23	01:39:27.10	01:40:22.85	9:56	6
72	CZERNIAK ZUZANNA	9369		WROCŁAW	POL	SENIOR II K - 30	71	K 175	00:45:57	01:07:09	01:38:31.40	01:40:22.85	9:51	6.1
73	DRYŃKOWSKA ANNA	9552	HASKO-LEK TEAM	WROCŁAW	POL	SENIOR II K - 30	73	K 183	00:46:59	01:08:55	01:39:30.50	01:40:59.35	9:57	6
74	IGNASIAK MARTA	9416		POZNAŃ	POL	SENIOR II K - 30	74	K 190	00:46:21	01:08:01	01:39:53.70	01:41:39.55	9:59	6
75	NAWROCKA NATALIA	9114		PUSZCZYKOWO	POL	SENIOR II K - 30	75	K 196	00:45:19	01:06:55	01:39:51.30	01:42:17.05	9:59	6
76	MAZUR KATARZYNA	9438		DZIADKOWO	POL	SENIOR II K - 30	76	K 197	00:46:06	01:09:18	01:41:35.85	01:42:25.10	10:09	5.9
77	KRAKOWIAK JOANNA	9485		WROCŁAW	POL	SENIOR II K - 30	77	K 199	00:46:45	01:10:25	01:41:55.20	01:42:31.80	10:11	5.9
78	REPCZYŃSKA KAROLINA	9047		WOJCIESZÓW	POL	SENIOR II K - 30	78	K 200	00:45:39	01:08:16	01:40:30.05	01:42:37.45	10:03	6
79	DANOWSKA WERONIKA	9502		MIŃSK MAZOWIECKI	POL	SENIOR II K - 30	79	K 201	00:47:19	01:11:06	01:41:25.45	01:42:38.55	10:08	5.9
80	BAK - SPALIŃSKA MAGDALENA	9265		SANOK	POL	SENIOR II K - 30	80	K 202	00:48:20	01:10:01	01:42:40.05	01:42:40.05	10:16	5.8
81	GREŃDA-WOŹNIAK PAULINA	9337	MENEON	POZNAŃ	POL	SENIOR II K - 30	81	K 205	00:47:18	01:10:29	01:41:29.55	01:43:00.75	10:08	5.9
82	MULLER EWELINA	9103		WROCŁAW	POL	SENIOR II K - 30	82	K 206	00:47:04	01:10:37	01:42:32.80	01:43:05.15	10:15	5.9
83	MULLER AGATA	9104		WROCŁAW	POL	SENIOR II K - 30	83	K 207	00:47:05	01:10:38	01:42:33.50	01:43:05.20	10:15	5.9
84	WASZAK MARTYNA	9449		POZNAŃ	POL	SENIOR II K - 30	84	K 211	00:46:00	01:09:54	01:42:20.55	01:44:42.75	10:14	5.9
85	HONING INGRID	9010	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	SENIOR II K - 30	85	K 214	00:46:33	01:09:49	01:44:04.70	01:45:50.20	10:24	5.8
86	PROSZOWSKA ANNA	9218		ŁÓDŹ	POL	SENIOR II K - 30	86	K 218	00:46:26	01:11:11	01:46:23.30	01:46:54.20	10:38	5.6
87	BIELECKA KAROLA	9585	ROZGOTOVANI	KRAKÓW	POL	SENIOR II K - 30	87	K 226	00:52:44	01:15:55	01:46:01.55	01:48:23.20	10:36	5.7
88	ROZWADOWSKA-PRENETA KLAUDIA	9567		RZESZÓW	POL	SENIOR II K - 30	88	K 227	00:52:45	01:15:56	01:46:01.85	01:48:23.40	10:36	5.7
89	AGUINIGA LIZATH	9269		EL PASO		SENIOR II K - 30	89	K 230	00:49:51	01:14:00	01:47:04.00	01:48:47.15	10:42	5.6
90	JANKOWSKA MAŁGORZATA	9498		ZALASEWO	POL	SENIOR II K - 30	90	K 231	00:53:30	01:16:49	01:48:31.00	01:48:58.85	10:51	5.5
91	ĆWIKLIŃSKA KAROLINA	9250	IZERSKA GRUPA BIEGOWA	OSLO	NOR	SENIOR II K - 30	91	K 232	00:50:00	01:14:51	01:46:34.65	01:49:01.60	10:39	5.6
92	DREWŃNIAK-MATUSZEWSKA MARIA	9365	MISIEK TEAM	ROGALINEK	POL	SENIOR II K - 30	92	K 236	00:48:58	01:13:49	01:48:51.35	01:50:30.30	10:53	5.5
93	JAROSZ AGNIESZKA	9410	TEAM KURORT ŁĄDEK ZDRÓJ	OLĘCZÓW	POL	SENIOR II K - 30	93	K 238	00:49:12	01:15:29	01:50:19.15	01:51:53.05	11:01	5.4
94	BERNACKA PATRYCJA	9306	Q TEAM	POZNAŃ	POL	SENIOR II K - 30	94	K 240	00:55:46	01:23:05	01:49:45.60	01:52:14.70	10:58	5.5
95	CZARNECKA MARZENA	9341		MARKI	POL	SENIOR II K - 30	95	K 241	00:51:18	01:16:01	01:50:06.65	01:52:15.20	11:00	5.4
96	RZEŃNIK ILONA	9253		ŁĄDEK ZDRÓJ	POL	SENIOR II K - 30	96	K 243	00:48:45	01:15:50	01:53:12.90	01:53:53.30	11:19	5.3
97	FORSZPANIAK AGATA	9211		TARNOŃ OPOLSKI	POL	SENIOR II K - 30	97	K 245	00:55:22	01:20:43	01:56:29.75	01:58:31.35	11:38	5.2
98	CZYRNA ANNA	9202		TURAWA	GBR	SENIOR II K - 30	98	K 247	00:55:23	01:20:47	01:56:44.50	01:58:46.25	11:40	5.1
99	JANKOWIAK DOMINIKA	9176		WSCHOWA	POL	SENIOR II K - 30	99	K 252	00:53:05	01:20:09	01:59:00.10	02:00:03.40	11:54	5
100	MAKSYMOWICZ MONIKA	9133		KŁODZKO	POL	SENIOR II K - 30	100	K 257	00:54:30	01:22:32	02:00:37.50	02:01:12.40	12:03	5
101	GEMZA ADRIANNA	9091		WROCŁAW	POL	SENIOR II K - 30	101	K 259	00:55:31	01:22:46	02:01:59.45	02:02:47.85	12:11	4.9
102	LENART GABRIELA	9462		ZABRZE	POL	SENIOR II K - 30	102	K 261	00:51:50	01:19:10	02:02:19.55	02:04:31.65	12:13	4.9
103	ŻACZEK JUSTYNA	9457		KIEŁCZÓW	POL	SENIOR II K - 30	103	K 263	00:55:24	01:23:36	02:03:31.00	02:05:35.35	12:21	4.9
104	BOROWIK AGATA	9379	CAŁA OLEŚNICA BIEGA	OLEŚNICA	POL	SENIOR II K - 30	104	K 265	00:53:52	01:22:21	02:05:51.50	02:06:28.85	12:35	4.8
105	SZPERNA KATARZYNA	9325	MENEON	POZNAŃ	POL	SENIOR II K - 30	105	K 271	00:56:47	01:26:25	02:10:25.30	02:11:57.45	13:02	4.6
106	PACHUCKA BARBARA	9322		WARSZAWA	POL	SENIOR II K - 30	106	K 276	00:54:35	01:26:54	02:15:19.80	02:17:57.75	13:31	4.4

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
1	KUJAWA ZBIGNIEW	9085	TKKF KOLEJARZ BYDGOSZCZ	JANOWIEC WIELKOPOLSKI	POL	SENIOR II M - 30	1	M 1	00:21:43	00:32:12	00:46:48.75	00:46:52.25	4:40	12.8
2	PYZIK KRZYSZTOF	9748	VEGE SŁONIK TEAM	ŚWINOUJŚCIE	POL	SENIOR II M - 30	2	M 4	00:24:01	00:35:11	00:49:54.10	00:50:00.55	4:59	12
3	TRZEPAK ŁUKASZ	9526		WROCŁAW	POL	SENIOR II M - 30	3	M 6	00:23:53	00:35:37	00:50:00.40	00:50:09.45	5:00	12
4	MCKENNA ADRIAN	9204	AMAGER TRIATLON KLUB	COPENHAGEN	DEN	SENIOR II M - 30	4	M 9	00:24:48	00:36:18	00:52:42.55	00:53:06.60	5:16	11.4
5	BEDNARSKI MAREK	9381	TEAM KOPEĆ	GORZÓW WIELKOPOLSKI	POL	SENIOR II M - 30	5	M 11	00:26:26	00:38:21	00:53:15.05	00:53:19.95	5:19	11.3
6	OPALIŃSKI MICHAŁ	9556	HASCO-LEK TEAM	WROCŁAW	POL	SENIOR II M - 30	6	M 13	00:25:28	00:37:04	00:53:21.55	00:53:50.45	5:20	11.2
7	BOCZEK LESZEK	9495		WROCŁAW	POL	SENIOR II M - 30	7	M 17	00:25:41	00:37:42	00:54:12.05	00:54:19.20	5:25	11.1
8	CZELEŃ MATEUSZ	9540	ZAMIELSKI TEAM	WAŁBRZYCH	POL	SENIOR II M - 30	8	M 21	00:26:15	00:38:48	00:55:15.50	00:55:22.30	5:31	10.9
9	NOWAK PAWEŁ	9048		WROCŁAW	POL	SENIOR II M - 30	9	M 22	00:25:40	00:37:58	00:55:36.80	00:55:40.65	5:33	10.8
10	PITON MATEUSZ	9603		RADKÓW	POL	SENIOR II M - 30	10	M 23	00:25:44	00:38:35	00:56:08.85	00:56:16.50	5:36	10.7
11	WRÓBEL MICHAŁ	9445	JAN TALERZ DRUGI	POZNAŃ	POL	SENIOR II M - 30	11	M 25	00:26:13	00:38:54	00:56:51.65	00:56:56.90	5:41	10.6

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
12	PODGÓRNY MARIUSZ	9466	TEAM OZIMEK / ULTRANIEPODLEGŁA	DYLAKI	POL	SENIOR II M - 30	12	M 27	00:27:12	00:40:15	00:57:06.75	00:57:10.20	5:42	10.5
13	ZAMĘYŃSKI BARTOSZ	9328		WROCLAW	POL	SENIOR II M - 30	13	M 28	00:26:34	00:39:26	00:56:27.40	00:57:18.80	5:38	10.6
14	WANAT MATEUSZ	9298	PRZEDWOJEWSKI TEAM	WROCLAW	POL	SENIOR II M - 30	14	M 29	00:28:05	00:40:40	00:57:12.80	00:57:21.85	5:43	10.5
15	KOCOWSKI-GÓRSKI KONRAD	9352	MŁYNARCZYK ENDURANCE TEAM	WROCLAW	POL	SENIOR II M - 30	15	M 32	00:27:41	00:40:47	00:58:22.55	00:58:49.25	5:50	10.3
16	SZUBA TOMASZ	9554	HASCO-LEK TEAM	WROCLAW	POL	SENIOR II M - 30	16	M 34	00:28:19	00:41:21	00:58:32.25	00:59:10.10	5:51	10.3
17	BIAŁCZYK MARCIN	9060	MARATOŃCZYK POZNAŃ	ROŚCIMIN	POL	SENIOR II M - 30	17	M 35	00:27:11	00:40:42	00:59:08.50	00:59:18.30	5:54	10.1
18	KRYSIK MARCIN	9166		WUJÓWKA	POL	SENIOR II M - 30	18	M 36	00:27:47	00:40:47	00:59:04.65	00:59:19.10	5:54	10.2
19	JÓZEF MATEUSZ	9243	ULTRAJÓZKI	MYSŁOWICE	POL	SENIOR II M - 30	19	M 44	00:29:03	00:42:48	01:00:45.75	01:01:09.30	6:04	9.9
20	MODRZYŃSKI PAWEŁ	9496		DOMASZCZYN	POL	SENIOR II M - 30	20	M 45	00:28:49	00:42:45	01:01:11.75	01:01:30.85	6:07	9.8
21	KANIEWSKI PIOTR	9558		OPOLE	POL	SENIOR II M - 30	21	M 48	00:29:17	00:43:17	01:01:48.95	01:01:55.10	6:10	9.7
22	JAWORSKI KONRAD	9536		BYSTRZYCA KŁODZKA	POL	SENIOR II M - 30	22	M 54	00:29:56	00:44:34	01:02:44.70	01:03:18.75	6:16	9.6
23	CHUDY MICHAŁ	9425		WARSZAWA	POL	SENIOR II M - 30	23	M 59	00:30:46	00:44:56	01:03:46.85	01:04:48.75	6:22	9.4
24	DUDKIEWICZ DAMIAN	9480	DOHEALTH	KRAKÓW	POL	SENIOR II M - 30	24	M 60	00:29:05	00:43:50	01:04:18.10	01:04:57.55	6:25	9.3
25	KRÓL ADRIAN	9491		57-550	POL	SENIOR II M - 30	25	M 63	00:30:40	00:45:26	01:04:26.90	01:05:23.85	6:26	9.3
26	PACEK TOMASZ	9339	FIZJOBIEGACZE SZCZECIN	SZCZECIN	POL	SENIOR II M - 30	26	M 66	00:30:59	00:44:48	01:05:00.40	01:05:48.15	6:30	9.2
27	FIENKO DARIUSZ	9355		PEŁCZYCE	POL	SENIOR II M - 30	27	M 69	00:31:22	00:46:13	01:05:55.60	01:06:00.85	6:35	9.1
28	RYLLI DAWID	9487		BYSTRZYCA KŁODZKA	POL	SENIOR II M - 30	28	M 75	00:30:56	00:46:16	01:06:45.45	01:06:50.50	6:40	9
29	ZYGOŃ ARTUR	9497	ZACHODNIOPOMORSKI URZĄD WOJEWÓDZKI	STARGARD	POL	SENIOR II M - 30	29	M 82	00:31:01	00:45:57	01:08:07.10	01:08:11.85	6:48	8.8
30	TOMCZYK RAFAŁ	9565	PODDEBICKI KLUB BIEGACZA ZDYSZANI.PL	PODDEBICE	POL	SENIOR II M - 30	30	M 83	00:31:18	00:46:17	01:07:49.45	01:08:12.60	6:46	8.8
31	NIEWIADOMSKI MAREK	9096	CROSS KRAPKOWICE	KRAPKOWICE	POL	SENIOR II M - 30	31	M 90	00:31:38	00:47:07	01:08:13.60	01:08:59.95	6:49	8.8
32	JARECKI MACIEJ	9609	PARKRUN WROCLAW	WROCLAW	POL	SENIOR II M - 30	32	M 91	00:32:30	00:47:37	01:08:57.75	01:09:41.80	6:53	8.7
33	ZIĘBA GRACJAN	9605		ŁĄDEK ZDRÓJ	POL	SENIOR II M - 30	33	M 94	00:33:06	00:48:01	01:08:23.70	01:10:02.65	6:50	8.8
34	PROŃKO KAMIL	9375	LEGNICA POKONUJE PRZESZKODY	LEGNICA	POL	SENIOR II M - 30	34	M 96	00:32:46	00:48:12	01:09:41.45	01:10:24.30	6:58	8.6
35	ROSIŃSKI JAKUB	9555	HASCO-LEK TEAM	WROCLAW	POL	SENIOR II M - 30	35	M 99	00:31:11	00:46:11	01:08:43.10	01:10:47.65	6:52	8.7
36	KIERUL ŁUKASZ	9107	HASSA TEAM SPORTY WALKI	NOWA SÓL	POL	SENIOR II M - 30	36	M 102	00:32:03	00:48:08	01:11:07.75	01:11:18.85	7:06	8.4
37	IWANOW HUBERT	9432		RADZYMIN	POL	SENIOR II M - 30	37	M 103			01:11:24.55	01:11:24.55	7:08	8.4
38	KUBISZYN PAWEŁ	9584		WAŁBRZYCH	POL	SENIOR II M - 30	38	M 106	00:33:07	00:49:15	01:11:22.85	01:12:03.05	7:08	8.4
39	JĘDRZEJEWSKI MATEUSZ	9189		POZNAŃ	POL	SENIOR II M - 30	39	M 116	00:33:13	00:49:41	01:13:01.65	01:13:45.15	7:18	8.2
40	KACZMAREK ŁUKASZ	9310		NAMYSŁÓW	POL	SENIOR II M - 30	40	M 117	00:35:53	00:52:24	01:13:19.85	01:13:51.05	7:19	8.2
41	KUZIEL MARCIN	9233	BLACK RUNNING STRONIE ŚLĄSKIE	STRONIE ŚLĄSKIE	POL	SENIOR II M - 30	41	M 121	00:34:31	00:50:10	01:12:54.05	01:15:00.95	7:17	8.2
42	RUSEK PIOTR	9464		MIELEC	POL	SENIOR II M - 30	42	M 123	00:34:31	00:50:46	01:12:54.35	01:15:10.85	7:17	8.2
43	POŚWISTAJŁO MARCIN	9510		ŁĄDEK-ZDRÓJ	POL	SENIOR II M - 30	43	M 129	00:37:23	00:53:32	01:14:48.15	01:16:20.10	7:28	8
44	BIEDA MATEUSZ	9484		WROCLAW	POL	SENIOR II M - 30	44	M 132	00:36:26	00:52:51	01:15:42.70	01:17:25.20	7:34	7.9
45	ZIÓŁEK BŁAŻEJ	9406		POZNAŃ	POL	SENIOR II M - 30	45	M 136	00:36:33	00:52:35	01:16:26.75	01:18:03.50	7:38	7.8
46	KOTAS PAWEŁ	9417		WROCLAW	POL	SENIOR II M - 30	46	M 140	00:37:05	00:54:50	01:17:07.15	01:18:59.85	7:42	7.8
47	KANIA MARCIN	9451		STEBLÓW	POL	SENIOR II M - 30	47	M 152			01:20:44.00	01:20:44.00	8:04	7.4
48	KRUCZKOWSKI MATEUSZ	9065	AUTOLIV RUN TEAM	JELCZ-LASKOWICE	POL	SENIOR II M - 30	48	M 154	00:38:13	00:56:39	01:20:52.30	01:21:22.30	8:05	7.4
49	PAWŁĘGA WITOLD	9292		STRONIE ŚLĄSKIE	POL	SENIOR II M - 30	49	M 164	00:38:34	00:56:54	01:22:01.85	01:22:59.80	8:12	7.3
50	WYSOCZAŃSKI RAFAŁ	9424		POZNAŃ	POL	SENIOR II M - 30	50	M 166	00:38:13	00:55:40	01:21:49.40	01:23:12.75	8:10	7.3
51	WALA PATRYK	9589	TEAM DFBG	WROCLAW	POL	SENIOR II M - 30	51	M 173	00:40:22	00:59:29	01:23:43.25	01:24:20.45	8:22	7.2
52	GRACZYK ADAM	9549		SYCÓW	POL	SENIOR II M - 30	52	M 176	00:39:57	00:57:59	01:22:44.60	01:24:50.25	8:16	7.3
53	KIKLICA MARCIN	9469		JELCZ-LASKOWICE	POL	SENIOR II M - 30	53	M 180	00:40:19	00:59:29	01:24:12.70	01:26:11.65	8:25	7.1
54	MACIEJEWSKI MATEUSZ	9527		WARSZAWA	POL	SENIOR II M - 30	54	M 184	00:40:13	00:58:30	01:25:06.75	01:26:44.10	8:30	7.1
55	KAFTANOWICZ KAMIL	9528		WARSZAWA	POL	SENIOR II M - 30	55	M 185	00:40:13	00:58:31	01:25:11.95	01:26:49.60	8:31	7
56	BUDZISZ ANDRZEJ	9064	#MOUNTAINLOVERS	LUBOŃ	POL	SENIOR II M - 30	56	M 194	00:39:28	00:58:53	01:27:52.50	01:28:24.70	8:47	6.8
57	CZERŃNIAK RADOŚLAW	9300		ŁĄDEK-ZDRÓJ	POL	SENIOR II M - 30	57	M 196	00:40:33	00:59:12	01:26:48.30	01:28:42.95	8:40	6.9
58	KOCHANOWSKI PIOTR	9357		PRZEWORNO	POL	SENIOR II M - 30	58	M 200	00:41:52	01:01:30	01:27:35.35	01:30:15.65	8:45	6.9
59	KIELAR GRZEGORZ	9295		WROCLAW	POL	SENIOR II M - 30	59	M 204	00:42:09	01:02:00	01:28:44.35	01:31:05.45	8:52	6.8
60	FIŚLAK MATEUSZ	9333		WROCLAW	POL	SENIOR II M - 30	60	M 209	00:40:41	01:01:00	01:30:09.55	01:32:30.25	9:00	6.7
61	RYBIŃSKI WOJCIECH	9083		WARSZAWA	POL	SENIOR II M - 30	61	M 214	00:44:17	01:05:06	01:33:27.05	01:34:32.25	9:20	6.4
62	GAJEWSKI BARTOSZ	9146	KB INTREX POZNAŃ	GNIEZNO	POL	SENIOR II M - 30	62	M 215	00:43:29	01:04:35	01:33:56.30	01:34:53.95	9:23	6.4
63	TARKA KONRAD	9522	DFDS POLSKA RUNNING TEAM / BIEGAJĄCE KREJZOLE	POZNAŃ	POL	SENIOR II M - 30	63	M 221	00:45:11	01:04:32	01:35:32.15	01:38:13.60	9:33	6.3
64	CUPIAŁ MICHAŁ	9467		WROCLAW	POL	SENIOR II M - 30	64	M 222	00:45:24	01:07:04	01:37:40.05	01:39:39.00	9:46	6.1
65	KACZMAREK ROGER	9454	PARKRUN WROCLAW	WROCLAW	POL	SENIOR II M - 30	65	M 224	00:44:27	01:05:57	01:38:04.15	01:40:36.40	9:48	6.1

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

M-ce	Nazwisko i imię	Nr	Klub	M-sconość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
66	AUGUSTYNIAK MARCIN	9197		ŚWIDNICA	POL	SENIOR II M - 30	66	M 230	00:46:31	01:08:22	01:39:28.85	01:42:08.45	9:56	6
67	MAZUR MACIEJ	9437		DZIADKOWO	POL	SENIOR II M - 30	67	M 232	00:46:06	01:09:18	01:41:35.50	01:42:25.10	10:09	5.9
68	DOMAGAŁA KONRAD	9178	KLUCZBORSKA GRUPA BIEGOWA	KLUCZBORK	POL	SENIOR II M - 30	68	M 236	00:47:51	01:11:47	01:41:45.05	01:43:42.60	10:10	5.9
69	GRZEGORZEWSKI RADOŚLAW	9398		PŁOCK	POL	SENIOR II M - 30	69	M 238	00:48:46	01:11:22	01:44:37.30	01:46:22.95	10:27	5.7
70	JANKOWSKI ADAM	9499	ULTRAWAY.PL	ZALASEWO	POL	SENIOR II M - 30	70	M 243	00:53:29	01:16:49	01:48:30.20	01:48:58.25	10:51	5.5
71	LIPIŃSKI TOMASZ	9568		ZŁOTOKŁOS	POL	SENIOR II M - 30	71	M 249	00:47:30	01:10:49	01:47:04.15	01:49:22.80	10:42	5.6
72	CZARNECKI MARCIN	9340	MARKOWI BIEGACZE	MARKI	POL	SENIOR II M - 30	72	M 251	00:51:14	01:16:13	01:50:05.45	01:52:16.20	11:00	5.5
73	KRUK MATEUSZ	9371		BYSTRZYCA KŁODZKA	POL	SENIOR II M - 30	73	M 253	00:45:57	01:12:54	01:52:17.20	01:52:59.60	11:13	5.3
74	WYSZATYCKI MATEUSZ	9245		ŁÓDŹ	POL	SENIOR II M - 30	74	M 259	00:54:42	01:20:22	01:56:25.00	01:58:51.35	11:38	5.2
75	BIERNAT MICHAŁ	9465		WROCŁAW	POL	SENIOR II M - 30	75	M 264	00:53:26	01:19:14	01:58:16.50	02:00:30.30	11:49	5.1
76	KIEŁB WOJCIECH	9127	KW DZIABKA	POZNAŃ	POL	SENIOR II M - 30	76	M 265	00:53:06	01:20:03	01:58:38.45	02:00:41.85	11:51	5.1
77	ŻYŁOWICZ MARCIN	9126		KRAKÓW	POL	SENIOR II M - 30	77	M 269	00:51:31	01:15:56	02:00:47.30	02:01:48.60	12:04	5
	MORON KRZYSZTOF	9040		KATOWICE	POL	SENIOR II M - 30			01:13:30	02:00:31	DNF	DNF	-	-
									DNF	DNF				

BIEG TROJAK TRAIL - 10 KM, Masters K - 40

M-ce	Nazwisko i imię	Nr	Klub	M-sconość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
1	PLAZIAK-KOWALSKA MAGDALENA	9185	2K	LIBERTOW	POL	MASTERS K - 40	1	K 8	00:28:16	00:41:34	00:59:53.10	01:00:00.45	5:59	10
2	ŚWIĘCKA JOANNA	9509	OSTATNI GASI ASFALT	WROCŁAW	POL	MASTERS K - 40	2	K 16	01:06:48.00	01:06:48.00	01:06:48.00	01:06:48.00	6:40	9
3	GOETEL MAGDALENA	9743		BUKOWINA TATRZAŃSKA	POL	MASTERS K - 40	3	K 26	00:33:25	00:48:47	01:09:00.05	01:09:34.30	6:54	8.7
4	MILIŃSKA LILIANA	9335		NIEMODLIN	POL	MASTERS K - 40	4	K 27	00:32:36	00:47:47	01:08:45.15	01:09:38.55	6:52	8.7
5	KALAMAGA AGNIESZKA	9553	HASCO-LEK TEAM	WROCŁAW	POL	MASTERS K - 40	5	K 33	00:34:09	00:49:47	01:11:12.20	01:11:56.35	7:07	8.4
6	DESKA ELŻBIETA	9543		GRÓJEC	POL	MASTERS K - 40	6	K 34	00:32:17	00:47:57	01:11:45.30	01:12:06.55	7:10	8.4
7	MARKOWSKA LIDIA	9199		WROCŁAW	POL	MASTERS K - 40	7	K 40	00:35:24	00:51:30	01:14:18.00	01:14:18.00	7:25	8.1
8	JASKÓLSKA-PIETRZYK KINGA	9061	MICHALAK SANDRA TEAM	BĘDZIN	POL	MASTERS K - 40	8	K 41	00:35:33	00:51:48	01:14:19.15	01:14:36.80	7:25	8.1
9	MOLENDA MAŁGORZATA	9271	BBKS ŁAWECZKA WILANÓW	WARSZAWA	POL	MASTERS K - 40	9	K 42	00:36:36	00:53:10	01:15:11.90	01:15:24.05	7:31	8
10	SARNOWSKA KAROLINA	9575	PRORUNNING PROMOTION	WARSZAWA	POL	MASTERS K - 40	10	K 48	00:36:01	00:52:42	01:15:44.20	01:16:46.60	7:34	7.9
11	ŁAMPIKA KINGA	9583	GOOD MOVE	SMOLEC	POL	MASTERS K - 40	11	K 52	00:35:36	00:52:19	01:16:12.40	01:17:39.60	7:37	7.9
12	HUBNER ILONA	9201	TLENOWA RADOŚĆ TEAM	WARSZAWA	POL	MASTERS K - 40	12	K 64	00:38:12	00:55:50	01:19:11.70	01:20:38.75	7:55	7.6
13	KULS KAROLINA	9459		DOMASZCZYN	POL	MASTERS K - 40	13	K 65	00:37:32	00:55:36	01:20:26.05	01:20:44.40	8:02	7.5
14	POLAŃSKA MARLENA	9119	HERAKLES	WIŚNIOWA GORA	POL	MASTERS K - 40	14	K 71	00:37:20	00:55:05	01:21:14.40	01:21:44.70	8:07	7.4
15	VAN SCHAİK MARLEEN	9015	AV ZUIDWAL, NEDERLAND	BLARICUM	POL	MASTERS K - 40	15	K 76	00:38:01	00:55:47	01:21:59.65	01:22:16.50	8:11	7.3
16	WOLAK JOLANTA	9179		WIŚNIOWA	POL	MASTERS K - 40	16	K 78	00:38:02	00:56:18	01:21:36.10	01:22:38.25	8:09	7.4
17	KĘDZIOR JOANNA	9447		JELCZ-LASKOWICE	GBR	MASTERS K - 40	17	K 83	00:39:29	00:58:09	01:22:44.50	01:23:45.65	8:16	7.3
18	RUTKOWSKA KAROLINA	9153	EST	TORUŃ	POL	MASTERS K - 40	18	K 85	00:39:13	00:59:36	01:23:40.05	01:24:04.00	8:22	7.2
19	DREWNIAK KAROLINA	9364	MISIEK TEAM	JELEŃSKA GÓRA	POL	MASTERS K - 40	19	K 87	00:39:20	00:57:55	01:22:37.70	01:24:15.75	8:15	7.3
20	IDCZAK MAGDALENA	9576		KŁODZKO	POL	MASTERS K - 40	20	K 93	00:40:32	00:59:04	01:24:53.05	01:26:18.40	8:29	7.1
21	GROMADZKA-JĘDRUSZCZAK RENATA	9539		PIASECZNO	POL	MASTERS K - 40	21	K 102	00:39:37	00:58:29	01:26:13.55	01:26:57.00	8:37	7
22	KURKA KATARZYNA	9161		KROTOSZYN	POL	MASTERS K - 40	22	K 112	00:39:55	00:59:36	01:27:36.05	01:27:59.30	8:45	6.8
23	SKAWINA KRYSZYNA	9394	TOPOLICE TEAM	TOPOLICE	POL	MASTERS K - 40	23	K 113	00:41:12	01:00:33	01:26:57.90	01:28:20.15	8:41	6.9
24	ROŚLAŃ ANETA	9039		SZCZECIN	POL	MASTERS K - 40	24	K 118	00:41:34	01:00:59	01:28:51.90	01:29:05.25	8:53	6.8
25	MĄDRO AGNIESZKA	9239		KŁODZKO	POL	MASTERS K - 40	25	K 120	00:41:49	01:00:56	01:27:25.80	01:29:35.50	8:44	6.9
26	BOROWSKA ALINA	9163		GRUDZIĄDZ	POL	MASTERS K - 40	26	K 121	00:40:46	01:01:18	01:29:16.60	01:29:41.15	8:55	6.7
27	JANICKA MARTA	9426	DZIUBANKI	KRAKÓW	POL	MASTERS K - 40	27	K 123	00:40:35	01:00:14	01:27:36.40	01:30:08.80	8:45	6.8
28	TARACIŃSKA-CIFUENTES MAGDALENA	9318		WROCŁAW	POL	MASTERS K - 40	28	K 126	00:42:05	01:01:29	01:28:38.90	01:30:20.85	8:51	6.8
29	GACA MALGORZATA	9608		WROCŁAW	POL	MASTERS K - 40	29	K 131	00:41:25	01:01:13	01:30:25.15	01:31:51.75	9:02	6.6
30	UCHEREK KINGA	9134		ŻORY	POL	MASTERS K - 40	30	K 136	00:42:06	01:02:17	01:32:10.15	01:32:30.05	9:13	6.5
31	JADRYCH MAGDALENA	9049		STARGARD	POL	MASTERS K - 40	31	K 149	00:42:22	01:02:51	01:33:03.25	01:34:32.25	9:18	6.4
32	ZIÓŁKOWSKA MONIKA	9196		KONIECPOL	POL	MASTERS K - 40	32	K 152	00:45:48	01:06:49	01:35:15.35	01:36:00.15	9:31	6.3
33	MARGRAF EWA	9128		RUDA ŚLĄSKA	POL	MASTERS K - 40	33	K 154	00:44:16	01:05:29	01:35:37.90	01:36:14.95	9:33	6.3
34	ZAKRZEWSKA-BEKIER JOANNA	9075		SZCZECIN	POL	MASTERS K - 40	34	K 155	00:43:32	01:04:21	01:34:28.10	01:36:37.75	9:26	6.4
35	KUCHCIŃSKA DIANA	9347		WSCHOWA	POL	MASTERS K - 40	35	K 157	00:44:28	01:07:16	01:36:53.00	01:37:53.15	9:41	6.2
36	FALUTA EWELINA	9400		WSCHOWA	POL	MASTERS K - 40	36	K 158	00:44:26	01:07:13	01:36:50.20	01:37:53.25	9:41	6.2
37	SZACHT IZABELA	9088		POZNAŃ	POL	MASTERS K - 40	37	K 160	00:45:26	01:07:05	01:36:44.85	01:37:59.45	9:40	6.2
38	ZAWADA EDYTA	9170		DRZEWICA	POL	MASTERS K - 40	38	K 163	00:44:26	01:06:07	01:37:16.25	01:38:37.80	9:43	6.2

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
39	DANENBERG LIANNE	9025	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	MASTERS K - 40	39	K 165	00:43:19	01:04:05	01:38:15.95	01:39:17.60	9:49	6.1
40	GREDYS MARTA	9577		KŁODZKO	POL	MASTERS K - 40	40	K 167	00:46:44	01:08:22	01:37:53.25	01:39:33.75	9:47	6.1
41	CZAJA AGNIESZKA	9418	VEGE RUNNERS	POZNAN	POL	MASTERS K - 40	41	K 169	00:47:05	01:10:00	01:38:58.60	01:40:10.15	9:53	6.1
42	BAR ALEKSANDRA	9427	GMINA STRZELCE OPOLSKIE	STRZELCE OPOLSKIE	POL	MASTERS K - 40	42	K 170	00:46:12	01:08:22	01:37:40.75	01:40:10.65	9:46	6.1
43	MIKUŁA ANNA	9274		ROKIETNICA	POL	MASTERS K - 40	43	K 173	00:44:55	01:07:31	01:39:24.25	01:40:17.20	9:56	6
44	TOMASZEWSKA MONIKA	9350		KOWARY	POL	MASTERS K - 40	44	K 178	00:48:01	01:10:28	01:39:38.65	01:40:37.20	9:57	6
45	BASZYŃSKA ELŻBIETA	9348		JELENIA GÓRA	POL	MASTERS K - 40	45	K 179	00:48:01	01:10:28	01:39:39.40	01:40:38.00	9:57	6
46	KARCZEWSKA-RĄCZKA JUSTYNA	9123	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	SIEMIANOWICE ŚLĄSKIE	POL	MASTERS K - 40	46	K 180	00:46:26	01:08:07	01:38:09.55	01:40:38.45	9:48	6.1
47	OPASKA KASIA	9384	GÓRSKIE BIEGUSIE	TARNOWO PODGÓRNE	POL	MASTERS K - 40	47	K 181	00:48:48	01:11:46	01:40:05.95	01:40:46.65	10:00	6
48	RYBA MONIKA	9435		RAWICZ	POL	MASTERS K - 40	48	K 182	00:45:37	01:07:25	01:40:35.15	01:40:50.20	10:03	6
49	POPIELA-KUKUŚ KATARZYNA	9551	HASCO-LEK TEAM	OLEŚNICA	POL	MASTERS K - 40	49	K 184	00:47:00	01:08:57	01:39:31.00	01:40:59.80	9:57	6
50	PĘCAK MARIOLA	9331		ZIĘBICE	POL	MASTERS K - 40	50	K 186	00:45:04	01:07:11	01:40:27.80	01:41:14.60	10:02	6
51	MACIEJEWSKA ALDONA	9216		KALISZ	POL	MASTERS K - 40	51	K 187	00:45:56	01:08:23	01:40:08.75	01:41:16.40	10:00	6
52	ŻMUDA HANNA	9066	TEAM JUTROSIN	JUTROSIN	POL	MASTERS K - 40	52	K 188	00:44:55	01:07:21	01:41:15.40	01:41:23.70	10:07	5.9
53	KŁEPO MAŁGORZATA	9036		WROCŁAW	POL	MASTERS K - 40	53	K 192	00:45:59	01:08:46	01:39:41.15	01:41:41.75	9:58	6
54	JĄGODZIŃSKA BARBARA	9222		POZDRAWIAM	POL	MASTERS K - 40	54	K 193	00:46:02	01:08:54	01:40:06.65	01:41:51.60	10:00	6
55	ADAMCZYK EWA	9251	EMMA TEAM/#BIEGIEMWLAS/KSW TEAM POLICE/ LATINO POLICE	TANOWO	POL	MASTERS K - 40	55	K 194	00:47:04	01:09:31	01:41:03.70	01:41:56.35	10:06	5.9
56	BIEZUNSKA MONIKA	9569	THERMO KING RUNNING CLUB	GALWAY	IRL	MASTERS K - 40	56	K 198	00:46:10	01:08:35	01:41:13.00	01:42:29.50	10:07	5.9
57	KLIPONIS-KULCZYCKA MARTA	9421		POZNAN	POL	MASTERS K - 40	57	K 203	00:48:19	01:11:23	01:41:06.00	01:42:41.60	10:06	5.9
58	MOGA KAROLINA	9296	SPARTA ULTRA TEAM	BARANÓW	POL	MASTERS K - 40	58	K 208	00:47:58	01:11:06	01:42:33.35	01:43:37.60	10:15	5.9
59	KUCHARSKA KAMILA	9433		WROCŁAW (WROCŁAW-FABRYCZNA)	POL	MASTERS K - 40	59	K 209	00:46:36	01:09:32	01:41:41.65	01:43:53.20	10:10	5.9
60	ŻAK MARIKA	9206		WAŁBRZYCH	POL	MASTERS K - 40	60	K 210	00:46:59	01:10:17	01:42:20.50	01:43:54.15	10:14	5.9
61	CNOTALSKA ANETA	9368		OSTRÓW WIELKOPOLSKI	POL	MASTERS K - 40	61	K 217	00:45:07	01:06:34	01:43:52.55	01:46:26.95	10:23	5.8
62	SZPUREK ANNA	9366	BUKOWSKI KLUB BIEGACZA	BUK	POL	MASTERS K - 40	62	K 221	00:49:32	01:14:25	01:46:31.90	01:47:49.45	10:39	5.6
63	SARBACZEWSKA KATARZYNA	9071	KĘSY TEAM	OBORNIKI WIELKOPOLSKIE	POL	MASTERS K - 40	63	K 222	00:51:16	01:15:18	01:48:06.75	01:48:15.15	10:48	5.6
64	KACZMAREK ANNA	9227		MILICZ	POL	MASTERS K - 40	64	K 224	00:53:02	01:16:42	01:47:54.60	01:48:21.50	10:47	5.6
65	KACZMAREK ANNA	9226		MILICZ	POL	MASTERS K - 40	64	K 224	00:53:18	01:16:42	01:47:53.85	01:48:21.50	10:47	5.6
66	MAREK JOANNA	9428		WILCZYCE	POL	MASTERS K - 40	66	K 228	00:46:32	01:09:21	01:46:37.15	01:48:41.05	10:39	5.6
67	JACHIM-SZUBA MAGDALENA	9493		SZCZEWECIN	POL	MASTERS K - 40	67	K 229	00:47:09	01:11:01	01:47:14.05	01:48:43.70	10:43	5.6
68	DZIK MAŁGORZATA	9262		MIRSK	POL	MASTERS K - 40	68	K 232	00:48:55	01:14:51	01:46:34.65	01:49:01.60	10:39	5.6
69	PAWŁOWSKA-HAMKAŁO ANNA	9434	HOST WROCŁAW	WROCŁAW	POL	MASTERS K - 40	69	K 235	00:49:35	01:13:05	01:47:15.40	01:49:22.00	10:43	5.6
70	CHASZCZEWSKA JULIA	9043		WROCŁAW	POL	MASTERS K - 40	70	K 242	00:52:30	01:17:37	01:52:15.60	01:53:41.20	11:13	5.3
71	SOBÓL MAŁGORZATA	9518		LISZKI	POL	MASTERS K - 40	71	K 246	00:54:37	01:19:17	01:57:50.75	01:58:32.25	11:47	5.1
72	MAKAROWSKA JOANNA	9177	SZYBYCY I POLICZENI	WSCHOWA	POL	MASTERS K - 40	72	K 251	00:52:51	01:20:11	01:58:58.65	02:00:03.15	11:53	5
73	SŁOWIŃSKA ALEKSANDRA	9739		ŁÓDŹ	POL	MASTERS K - 40	73	K 253	00:54:45	01:19:01	01:59:52.35	02:00:22.65	11:59	5
74	SŁOWIŃSKA KATARZYNA	9080		ŁÓDŹ	POL	MASTERS K - 40	74	K 254	00:54:46	01:19:01	01:59:52.60	02:00:22.70	11:59	5
75	KIEŁB-SZEWczyk TATIANA	9094		MROWINO	POL	MASTERS K - 40	75	K 255	00:53:08	01:20:03	01:58:37.60	02:00:40.65	11:51	5.1
76	BIELECKA ALEKSANDRA	9046		KOMORÓW	POL	MASTERS K - 40	76	K 262	00:49:51	01:15:55	02:02:57.75	02:04:37.75	12:17	4.9
77	ŁABOJEWSKA KATARZYNA	9237	WRONIECKI KLUB BIEGACZA	WRONKI	POL	MASTERS K - 40	77	K 268	00:58:48	01:26:12	02:07:09.90	02:09:21.55	12:42	4.7
78	LISOWIEC GABRIELA	9503		WROCŁAW	POL	MASTERS K - 40	78	K 269	00:58:46	01:27:45	02:07:28.40	02:09:34.45	12:44	4.7
79	SIEDLECKA RENATA	9158		RUSINÓW	POL	MASTERS K - 40	79	K 273	00:58:29	01:28:25	02:11:34.55	02:13:37.25	13:09	4.6
80	GORDZIEJEWSKA MONIKA	9401	DOLNY ŚLĄSK	KIEŁCZÓW	POL	MASTERS K - 40	80	K 278	00:58:56	01:32:02	02:16:13.15	02:18:39.90	13:37	4.4
81	LECHOWICZ-DYL KATARZYNA	9041		WARSZAWA	POL	MASTERS K - 40	81	K 284	01:04:47	01:37:08	02:25:04.00	02:26:43.40	14:30	4.1

BIEG TROJAK TRAIL - 10 KM, Masters M - 40

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
1	KAMIŃSKI ARTUR	9735	PRZEDWOJEWSKI TEAM	GLUCHOŁĄZY	POL	MASTERS M - 40	1	M 5	00:23:56	00:35:21	00:50:02.95	00:50:04.95	5:00	12
2	MAJEWSKI RAFAŁ	9588	SUDECKA GRUPA GOPR	MIĘDZYLISIE	POL	MASTERS M - 40	2	M 7	00:24:26	00:35:57	00:52:08.95	00:52:11.10	5:12	11.5
3	JACHYMCZYK NORBERT	9604	KB MCKUS JAWORZNO	JAWORZNO	POL	MASTERS M - 40	3	M 10	00:25:09	00:36:49	00:52:56.70	00:53:17.60	5:17	11.3
4	GROMALA KRZYSZTOF	9387	SOBASTEAM	ŚWIEBODZICE	POL	MASTERS M - 40	4	M 12	00:25:22	00:37:05	00:53:34.60	00:53:38.45	5:21	11.2
5	KWAŚNIEL MARIUSZ	9407		GORZÓW WIELKOPOLSKI	POL	MASTERS M - 40	5	M 18	00:26:43	00:39:05	00:54:52.40	00:54:56.85	5:29	10.9
6	GRYGIEL MAREK	9595	TEAM ULTRABIES/TEAM DFBG	KRAKÓW	POL	MASTERS M - 40	6	M 19	00:26:32	00:39:00	00:54:48.40	00:54:59.15	5:28	10.9
7	ALTEWĘGIER JAROSŁAW	9172	AW SZYBCEJ TEAM	WROCŁAW	POL	MASTERS M - 40	7	M 26	00:26:37	00:39:08	00:56:49.45	00:57:00.45	5:40	10.6

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
8	PODWÓJCI MICHAŁ	9198	GÓRAL Z MAZUR	SKÓRZEWO	POL	MASTERS M - 40	8	M 31	00:27:12	00:40:02	00:57:57.05	00:58:47.60	5:47	10.4
9	SKÓRA SZYMON	9336		NYSA	POL	MASTERS M - 40	9	M 33	00:28:03	00:41:05	00:58:11.95	00:59:04.55	5:49	10.3
10	MIKOŁAJCZYK MIROSLAW	9284	MIRAZ RACE TEAM	ZABRZE	POL	MASTERS M - 40	10	M 37	00:28:33	00:41:33	00:59:18.95	00:59:26.00	5:55	10.1
11	KŁAKOWICZ MARIUSZ	9159		NOWY ŚWIĘTÓW	POL	MASTERS M - 40	11	M 38	00:28:14	00:41:16	00:59:26.25	00:59:29.35	5:56	10.1
12	MAŁKIEWICZ PAWEŁ	9345		WARSZAWA	POL	MASTERS M - 40	12	M 39	00:27:29	00:40:46	00:59:14.15	00:59:59.85	5:55	10.1
13	JAMBOR MICHAŁ	9359	ŻÓRAWSKI TEAM	WARSZAWA	POL	MASTERS M - 40	13	M 41	00:28:33	00:41:38	00:59:57.30	01:00:23.60	5:59	10
14	BOROWIAK ŁUKASZ	9053	#BIEGAJLESZNO	LESZNO	POL	MASTERS M - 40	14	M 42	00:28:57	00:41:54	01:00:01.65	01:00:50.05	6:00	10
15	MYDŁOWSKI PIOTR	9377		WROCŁAW	POL	MASTERS M - 40	15	M 46	00:28:54	00:42:31	01:00:57.40	01:01:44.50	6:05	9.8
16	VAN DER MEIJ BART	9021	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	MASTERS M - 40	16	M 49	00:29:37	00:43:44	01:01:51.50	01:02:03.95	6:11	9.7
17	JASICKI KRZYSZTOF	9356	RUNHOGS TYCHY	TYCHY	POL	MASTERS M - 40	17	M 50	00:30:25	00:44:05	01:02:10.90	01:02:19.25	6:13	9.7
18	WIATER TOMASZ	9029		CHORZÓW	POL	MASTERS M - 40	18	M 51	00:30:02	00:44:00	01:02:13.15	01:02:22.80	6:13	9.6
19	ZĄBECKI PRZEMYSŁAW	9736		KRYNICA ZDRÓJ	POL	MASTERS M - 40	19	M 52	00:30:31	00:44:26	01:02:18.70	01:02:26.75	6:13	9.6
20	ZIELIŃSKI SŁAWOMIR	9601	#TEAMSZÓSTABE	RZESZÓW	POL	MASTERS M - 40	20	M 53	00:30:10	00:44:49	01:02:49.75	01:02:56.55	6:16	9.6
21	JEDRZEJEK ŁUKASZ	9293		POBIEDZISKA	POL	MASTERS M - 40	21	M 56	00:30:59	00:43:49	01:01:01.05	01:04:15.70	6:06	9.8
22	PARZNIEWSKI MACIEJ	9147	TOWARZYSTWO TURYSTYCZNE AKS POLONIA WARSZAWA	NOWY DWÓR MAZOWIECKI	POL	MASTERS M - 40	22	M 58	00:29:33	00:43:44	01:03:52.35	01:04:42.00	6:23	9.4
23	KLIŚ MARCIN	9373	TOMICA COACHING	BIELSKO-BIAŁA	POL	MASTERS M - 40	23	M 62	00:30:30	00:45:03	01:05:06.35	01:05:10.55	6:30	9.2
24	BÓRKOWSKI MIKOŁAJ	9515	MARATONCZYK POZNAŃ	POZNAŃ	POL	MASTERS M - 40	24	M 67	00:31:33	00:46:17	01:05:52.90	01:05:57.85	6:35	9.1
25	GAŁEK ALEKSANDER	9413	PRAGMATIO.PL	POZNAŃ	POL	MASTERS M - 40	25	M 72	00:32:34	00:46:46	01:05:52.20	01:06:21.90	6:35	9.1
26	POCZĄTEK ŁUKASZ	9354	AUTOLIV RUN TEAM	JELCZ -LASKOWICE	POL	MASTERS M - 40	26	M 76	00:30:50	00:46:13	01:06:56.70	01:07:09.05	6:41	9
27	MOMOT SŁAWOMIR	9191	SMAK RADOŚCI	ŚWIEBODZICE	POL	MASTERS M - 40	27	M 86	00:32:14	00:47:18	01:07:58.55	01:08:36.60	6:47	8.8
28	ŻMUDA PAWEŁ	9063	TEAM JUTROSIN	JUTROSIN	POL	MASTERS M - 40	28	M 95	00:31:55	00:47:25	01:09:55.90	01:10:04.50	6:59	8.6
29	KRZESIMOWSKI DAMIAN	9086	ENERGENT POLSKA	KIELCE	POL	MASTERS M - 40	29	M 98	00:34:14	00:49:06	01:09:55.80	01:10:31.65	6:59	8.6
30	BULIKOWSKI TOMASZ	9363	KAMTEAM	SZCZECIN	POL	MASTERS M - 40	30	M 101	00:33:10	00:48:25	01:09:29.85	01:11:00.50	6:56	8.6
31	MITUŁA PAWEŁ	9109		ZIĘBICE	POL	MASTERS M - 40	31	M 104	00:33:12	00:48:56	01:10:47.05	01:11:45.75	7:04	8.5
32	WALCZAK ANDRZEJ	9351		GDYNIA	POL	MASTERS M - 40	32	M 107	00:32:43	00:48:30	01:11:12.95	01:12:04.75	7:07	8.4
33	MOKRZYCKI KRZYSZTOF	9281	ŚLĘZAKTEAM	STARA ŁOMNICA	POL	MASTERS M - 40	33	M 108	00:33:17	00:49:40	01:11:32.45	01:12:07.05	7:09	8.4
34	BARTON ADAM	9504	GALMET TEAM	GŁOGÓWEK	POL	MASTERS M - 40	34	M 111	00:33:01	00:48:53	01:12:01.35	01:12:42.95	7:12	8.3
35	GRYZ JACEK	9324		NOWY DWÓR MAZOWIECKI	POL	MASTERS M - 40	35	M 112	00:34:38	00:50:40	01:12:20.30	01:12:52.75	7:14	8.3
36	BAL TOMASZ	9422		KĄTY WROCŁAWSKIE	POL	MASTERS M - 40	36	M 114	00:34:15	00:50:13	01:11:37.05	01:13:29.05	7:09	8.4
37	TYL RADOŚLAW	9118		BIERZYCE	POL	MASTERS M - 40	37	M 115	00:33:13	00:49:12	01:11:29.60	01:13:38.45	7:08	8.4
38	ŁUKASZEWSKI MICHAŁ	9171	#ZALINAMETYTEAM	LUBOŃ	POL	MASTERS M - 40	38	M 118	00:35:36	00:52:12	01:13:28.95	01:14:23.45	7:20	8.2
39	WINNIK MAREK	9346	SAVAGES	SZCZECIN	GBR	MASTERS M - 40	39	M 122	00:35:33	00:51:14	01:13:26.20	01:15:08.95	7:20	8.2
40	BACKER MARCIN	9429	TOPOLICE TEAM	PASIKUROWICE	POL	MASTERS M - 40	40	M 126	00:35:32	00:52:20	01:14:29.85	01:15:48.90	7:26	8.1
41	WILK MATEUSZ	9574	RAMBO III	BYSTRA	POL	MASTERS M - 40	41	M 127	00:35:28	00:52:14	01:15:29.70	01:16:02.75	7:32	7.9
42	MAJKA JAREK	9181	FAMILIAMAJKA	SZCZECIN	POL	MASTERS M - 40	42	M 128	00:35:41	00:52:18	01:15:11.30	01:16:05.45	7:31	8
43	RYBCZYŃSKI PAWEŁ	9443	RYBA TEAM	KOBYLA GÓRA	POL	MASTERS M - 40	43	M 130	00:36:22	00:52:59	01:15:13.40	01:16:20.70	7:31	8
44	BULACIŃSKI FILIP	9562	WOŚ TEAM	STRONIE ŚLĄSKIE	POL	MASTERS M - 40	44	M 139	00:37:13	00:54:37	01:17:15.30	01:18:29.15	7:43	7.8
45	NAGLER TOMASZ	9747	TEAM DFBG	MROWINO	POL	MASTERS M - 40	45	M 141	00:34:33	00:52:05	01:18:44.40	01:19:08.90	7:52	7.6
46	MACIEJEWSKI MACIEJ	9317	BROWAR FORTUNA	KONIN	POL	MASTERS M - 40	46	M 148	00:36:18	00:53:32	01:18:18.10	01:19:44.65	7:49	7.7
47	WIZIMIRSKI KRZYSZTOF	9523	MATI TEAM HANIA	OPOLE	POL	MASTERS M - 40	47	M 149	00:37:47	00:56:11	01:19:57.80	01:20:09.35	7:59	7.5
48	FORENC DAMIAN	9141	OBORYGENI	PANIOWICE	POL	MASTERS M - 40	48	M 156	00:37:46	00:56:16	01:20:25.35	01:21:43.65	8:02	7.5
49	MOKRZYŃSKI MARCIN	9033		OŁDRZYCHOWICE KŁODZKIE	POL	MASTERS M - 40	49	M 160	00:36:07	00:52:34	01:20:01.30	01:22:38.60	8:00	7.5
50	WUJDA MIROSLAW	9100	ERNI RULEZ	DĘBNO	POL	MASTERS M - 40	50	M 161	00:34:27	00:52:59	01:21:57.05	01:22:44.05	8:11	7.3
51	MAKAROWSKI ANDRZEJ	9378	SZYBCY I POLICZENI, ENDORFINY WSCHOWA	WSCHOWA	POL	MASTERS M - 40	51	M 162	00:38:51	00:57:22	01:21:40.35	01:22:47.20	8:10	7.3
52	IDCZAK WOJCIECH	9430		KŁODZKO	POL	MASTERS M - 40	52	M 163	00:38:25	00:57:59	01:22:14.75	01:22:49.65	8:13	7.3
53	WŁODARSKI PRZEMYSŁAW	9282		WROCŁAW	POL	MASTERS M - 40	53	M 165	00:38:07	00:56:34	01:22:38.45	01:23:03.70	8:15	7.3
54	MĄDRO ROBERT	9238		KŁODZKO	POL	MASTERS M - 40	54	M 167	00:38:09	00:56:17	01:21:05.55	01:23:15.80	8:06	7.4
55	JASKÓŁKA RAFAŁ	9342	VENUS	DOBRA	POL	MASTERS M - 40	55	M 170	00:39:02	00:56:45	01:22:06.30	01:23:53.15	8:12	7.3
56	DREWNIAK MARIUSZ	9280	MISIEK TEAM	JELENIA GÓRA	POL	MASTERS M - 40	56	M 171	00:39:36	00:57:55	01:22:37.15	01:24:15.60	8:15	7.3
57	ŁĄCZYŃSKI ANDRZEJ	9361	TRUCHTAM... TUPTAM... PEŁZNE...	OPOLE	POL	MASTERS M - 40	57	M 172	00:38:05	00:56:25	01:23:09.85	01:24:16.70	8:18	7.2
58	SKIBIŃSKI PRZEMYSŁAW	9571		WROCŁAW	POL	MASTERS M - 40	58	M 175	00:37:21	00:56:00	01:24:16.80	01:24:38.75	8:25	7.1
59	KACZMAREK SZYMON	9231	PICTURA.SPAC	POZNAŃ	POL	MASTERS M - 40	59	M 177	00:38:23	00:56:55	01:22:29.35	01:24:51.95	8:14	7.3
60	GÓLUCH ARKADIUSZ	9749	WYBIEGANI ŁAGIEWNIKI	ŁAGIEWNIKI	POL	MASTERS M - 40	60	M 178	00:38:29	00:57:18	01:24:28.45	01:25:53.20	8:26	7.1
61	WOJCIECHOWSKI MARIUSZ	9145	KB INTREX POZNAŃ	WRZEŚNIA	POL	MASTERS M - 40	61	M 188	00:39:45	00:58:22	01:26:25.50	01:27:20.70	8:38	6.9
62	GACA MICHAŁ	9602		WROCŁAW	POL	MASTERS M - 40	62	M 190	00:41:23	01:00:50	01:26:08.45	01:27:36.05	8:36	7

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

M-ce	Nazwisko i imię	Nr	Klub	M-sconość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
63	LISZCZYŃSKI ADAM	9606	FEIFER TEAM/BUDMECH GOSTYŃ	PIASKI	POL	MASTERS M - 40	63	M 197	00:40:49	01:00:33	01:28:19.45	01:29:01.70	8:49	6.8
64	HOMA ŁUKASZ	9302		WROCŁAW	POL	MASTERS M - 40	64	M 198	00:40:19	00:59:40	01:27:27.75	01:29:29.45	8:44	6.9
65	DZIUBAN ŁUKASZ	9477	GALLOPEM CZY GALLOWAYEM? GOPR BIESZCZADY	ORELEC	POL	MASTERS M - 40	65	M 199	00:40:35	01:00:13	01:27:36.20	01:30:09.20	8:45	6.8
66	JĘDRZEJEWSKI BOGDAN	9607	MIRAZ RACE TEAM	ZABRZE	POL	MASTERS M - 40	66	M 201	00:42:02	01:02:02	01:29:49.40	01:30:27.15	8:58	6.7
67	IWANEK PIOTR	9270	SPORTEM PRZEZ ŻYCIE	ŁÓDŹ	POL	MASTERS M - 40	67	M 202	00:41:17	01:00:31	01:29:48.60	01:30:39.75	8:58	6.7
68	STANKIEWICZ PRZEMYSŁAW	9261		SZCZECIN	POL	MASTERS M - 40	68	M 206	00:43:17	01:02:49	01:28:58.70	01:31:27.05	8:53	6.7
69	WALAC JACEK	9070	100 MARATHON CLUB POLSKA	GRODZISK MAZOWIECKI	POL	MASTERS M - 40	69	M 207	00:42:43	01:02:54	01:30:50.10	01:31:28.65	9:05	6.6
70	KISIAŁA FILIP	9385	TATA WOJTUSIA	KRAKÓW	POL	MASTERS M - 40	70	M 208	00:42:27	01:01:54	01:31:09.05	01:32:24.45	9:06	6.6
71	JERCZYŃSKI RADOSŁAW	9403		ŁĘKA OPATOWSKA	POL	MASTERS M - 40	71	M 210	00:42:02	01:02:43	01:31:18.90	01:33:05.80	9:07	6.6
72	SZCZERBA MICHAŁ	9414		KATOWICE	POL	MASTERS M - 40	72	M 211	00:44:54	01:05:31	01:31:09.25	01:33:41.50	9:06	6.6
73	MAZUR MICHAŁ	9475	KB SOBÓTKA	SOBÓTKA	POL	MASTERS M - 40	73	M 212	00:46:08	01:06:37	01:32:10.55	01:34:05.95	9:13	6.5
74	ZIÓŁKOWSKI JAROSŁAW	9195		KONIECPOL	POL	MASTERS M - 40	74	M 216	00:45:47	01:06:47	01:35:14.60	01:36:00.65	9:31	6.3
75	BEKIER SZYMON	9258		SZCZECIN	POL	MASTERS M - 40	75	M 218	00:43:33	01:04:21	01:34:29.55	01:36:39.20	9:26	6.4
76	SZYMCAK MARCIN	9087		POZNAŃ	POL	MASTERS M - 40	76	M 220	00:42:12	01:03:07	01:36:29.30	01:37:43.90	9:38	6.2
77	LECHOWICZ LUKASZ	9042		KOMOROW	POL	MASTERS M - 40	77	M 223	00:44:53	01:05:58	01:38:38.35	01:40:14.45	9:51	6.1
78	WIECZOREK ARTUR	9508	GÓRSKIE BIEGUSIE	POZNAŃ	POL	MASTERS M - 40	78	M 225	00:49:44	01:11:37	01:40:04.60	01:40:47.30	10:00	6
79	SZYMAŃSKI MAREK	9557	HASCO-LEK TEAM	WROCŁAW	POL	MASTERS M - 40	79	M 226	00:46:58	01:08:56	01:39:29.15	01:40:59.20	9:56	6
80	JAKUSZEK KRZYSZTOF	9152	CEGIELNIA PIASKI	PIASKI	POL	MASTERS M - 40	80	M 228	00:47:01	01:09:39	01:39:01.00	01:41:26.90	9:54	6.1
81	DMOCHOWSKI PAWEŁ	9486		WROCŁAW	POL	MASTERS M - 40	81	M 231	00:46:43	01:09:04	01:41:37.50	01:42:14.10	10:09	5.9
82	TARACIŃSKI TOMASZ	9395		BYSTRZYCA KŁODZKA	POL	MASTERS M - 40	82	M 240	00:48:32	01:13:31	01:45:08.40	01:46:46.85	10:30	5.7
83	KĘTRZYŃSKI RYSZARD	9470		MIELEC	POL	MASTERS M - 40	83	M 244	00:48:25	01:11:45	01:46:44.55	01:49:03.95	10:40	5.6
84	PEREC MARCIN	9600		HENRYKOW UROCZE	POL	MASTERS M - 40	84	M 247	00:47:26	01:10:47	01:46:59.45	01:49:19.40	10:41	5.6
85	SIBIELAK TOMASZ	9148	BIEGOWA KUŹNIA	BĘDZIN	POL	MASTERS M - 40	85	M 257	00:49:45	01:12:33	01:54:24.10	01:56:40.80	11:26	5.2
86	KOZIEL KRZYSZTOF	9360		ÅLGÅRD	NOR	MASTERS M - 40	86	M 260	00:51:33	01:15:34	01:58:26.65	01:59:26.90	11:50	5.1
87	SŁOWIŃSKI SŁAWOMIR	9084		ŁÓDŹ	POL	MASTERS M - 40	87	M 262	00:54:45	01:19:03	01:59:53.25	02:00:23.25	11:59	5
88	SŁOWIŃSKI PAWEŁ	9081		ŁÓDŹ	POL	MASTERS M - 40	88	M 263	00:54:47	01:19:21	01:59:53.95	02:00:23.95	11:59	5
89	DRAB PAWEŁ	9264	CUKROWNIA CLUB	WIELUŃ	POL	MASTERS M - 40	89	M 273	00:56:41	01:26:25	02:11:04.30	02:12:16.30	13:06	4.6
90	SAMOCKI PAWEŁ	9320		WARSZAWA	POL	MASTERS M - 40	90	M 276	00:54:34	01:26:55	02:15:22.30	02:18:00.50	13:32	4.4

BIEG TROJAK TRAIL - 10 KM, Weteran K - 50

M-ce	Nazwisko i imię	Nr	Klub	M-sconość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
1	MRUGAŁA MONIKA	9304	TRAIL IS OUR WAY TEAM	WĘGRY	POL	WETERAN K - 50	1	K 14	00:30:25	00:45:20	01:05:06.80	01:05:21.80	6:30	9.2
2	HLAVÁČOVÁ EVA	9580		KRNOV	CZE	WETERAN K - 50	2	K 29	00:32:34	00:48:25	01:10:07.15	01:10:30.60	7:00	8.6
3	MAJKA ANNA	9183	FAMILIAMAJKA	SZCZECIN	POL	WETERAN K - 50	3	K 44	00:35:40	00:52:18	01:15:10.95	01:16:05.10	7:31	8
4	LUBAŃSKA ALICJA	9203	DTR BIEGA / MARIO TEAM	BUKOWICE	POL	WETERAN K - 50	4	K 55	00:36:01	00:53:19	01:18:10.50	01:18:18.15	7:49	7.7
5	STOLARCZYK TERESA	9055	SĄ WOLNIEJSI	OLSZTYN	POL	WETERAN K - 50	5	K 61	00:37:22	00:54:27	01:19:06.35	01:19:41.85	7:54	7.6
6	OLSCHIMKE-MARUROWICZ BARBARA	9143		KATOWICE	POL	WETERAN K - 50	6	K 62	00:38:03	00:55:26	01:19:26.25	01:20:22.70	7:56	7.6
7	BAKSALARY LIDIA	9054	#BIEGAJESZNO	LESZNO	POL	WETERAN K - 50	7	K 72	00:37:52	00:55:46	01:21:47.65	01:21:54.20	8:10	7.3
8	MEDYŃSKA MAŁGORZATA	9031	TEAM JUTROSIN	JUTROSIN	POL	WETERAN K - 50	8	K 79	00:38:00	00:56:02	01:23:07.60	01:23:16.80	8:18	7.2
9	DORNIK AGNIESZKA	9136		WROCŁAW	POL	WETERAN K - 50	9	K 86	00:39:15	00:57:37	01:23:40.65	01:24:04.60	8:22	7.2
10	GRUSZKOWSKA KATARZYNA	9248	OSP SIEDLNICA	WSCHOWA	POL	WETERAN K - 50	10	K 91	00:38:25	00:57:21	01:24:46.95	01:25:15.00	8:28	7.1
11	JES KAREN	9014	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN K - 50	11	K 94	00:40:14	00:58:53	01:26:01.30	01:26:19.50	8:36	7
12	RYCHŁOWSKA MAGDALENA	9193	W STRONĘ ULTRA	PIŁA	POL	WETERAN K - 50	12	K 97	00:38:13	00:57:35	01:26:12.90	01:26:34.20	8:37	7
13	RUGERS CISKA	9003	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN K - 50	13	K 99	00:38:13	00:58:30	01:24:44.40	01:26:37.85	8:28	7.1
14	ZAWODNIAK DOROTA	9229	TRITON KONIN	KONIN	POL	WETERAN K - 50	14	K 109	00:40:32	00:59:34	01:27:12.65	01:27:53.65	8:43	6.9
15	SZYMAŃSKA AGNIESZKA	9314	RNB TEAM POLANICA ZDRÓJ	POLANICA-ZDRÓJ	POL	WETERAN K - 50	15	K 110	00:40:55	00:59:54	01:27:01.00	01:27:54.90	8:42	6.9
16	FRANCIKOWSKA DOROTA	9399	MTS DRUŻYNA SZPIKI KGHM	DĄBKI	POL	WETERAN K - 50	16	K 111	00:41:28	01:00:58	01:26:32.80	01:27:57.05	8:39	6.9
17	BUDYCH MARTA	9276		MUROWANA GOŚLINA	POL	WETERAN K - 50	17	K 119	00:40:17	01:00:24	01:28:39.70	01:29:33.00	8:51	6.8
18	AUGUSTYNOWICZ AURELIA	9132		BYDGOSZCZ	POL	WETERAN K - 50	18	K 128	00:43:18	01:02:47	01:29:00.35	01:31:28.35	8:54	6.7
19	KOST MAŁGORZATA	9232		ŚWIEBODZICE	POL	WETERAN K - 50	19	K 129	00:41:23	01:01:30	01:29:12.85	01:31:35.95	8:55	6.7
20	PTASZYŃSKA JOANNA	9223		WROCŁAW	POL	WETERAN K - 50	20	K 130	00:41:35	01:01:23	01:30:06.50	01:31:41.05	9:00	6.7
21	SKRZĄTEK ANNA	9254	POWSINOZI	PRZYŁĘKI	POL	WETERAN K - 50	21	K 138	00:41:42	01:02:07	01:31:16.90	01:33:14.00	9:07	6.6
22	OWSIANIK SYLWIA	9230	DTR BIEGA/MARIO TEAM	MILICZ	POL	WETERAN K - 50	22	K 156	00:45:00	01:06:29	01:36:16.60	01:36:43.50	9:37	6.2
23	MOSLER MARTYNA	9072		KATOWICE	POL	WETERAN K - 50	23	K 161	00:44:24	01:05:27	01:36:41.95	01:38:23.50	9:40	6.2

BIEG TROJAK TRAIL - 10 KM, Weteran K - 50 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
24	EESTERMANS ANNETTE	9117	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN K - 50	24	K 166	00:44:02	01:05:02	01:39:03.50	01:39:20.85	9:54	6.1
25	KUKUCKA EDYTA	9440	DZIKIE DZIKI GORZÓW WLKP	GORZÓW WLKP	POL	WETERAN K - 50	25	K 191	00:45:35	01:07:37	01:40:26.25	01:41:41.50	10:02	6
26	KNASIECKA KARINA	9011		PROMNICE	POL	WETERAN K - 50	26	K 212	00:46:08	01:11:01	01:44:49.15	01:45:08.45	10:28	5.7
27	NOWICKA IWONA	9287	PREDATORS WAŁBRZYCH	WAŁBRZYCH	POL	WETERAN K - 50	27	K 239	00:49:01	01:13:19	01:49:48.25	01:52:11.55	10:58	5.5
28	POPCZYK EWA	9308		BĘDZIN	POL	WETERAN K - 50	28	K 244	00:48:29	01:12:39	01:54:24.00	01:56:41.05	11:26	5.2
29	JORDAN MARZENA	9056	TARNOWO PODGÓRNE BIEGA	GRZEBIENISKO	POL	WETERAN K - 50	29	K 249	00:53:06	01:20:10	01:57:37.85	01:59:50.25	11:45	5.1
30	SAFA HIND	9007	AV ZUIDWAL, NEDERLAND	BLARICUM	POL	WETERAN K - 50	30	K 264	00:48:11	01:13:00	02:05:44.10	02:05:57.35	12:34	4.8
31	SPYCHAŁA MARTA	9236	WRONIECKI KLUB BIEGACZA	WRONKI	POL	WETERAN K - 50	31	K 267	00:58:48	01:26:12	02:07:08.20	02:09:19.35	12:42	4.7
32	STEUR NATASHA	9311	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN K - 50	32	K 270	00:54:59	01:19:27	02:09:38.15	02:11:53.50	12:57	4.6
33	ŁUCKA MAGDALENA	9307	Q TEAM	JANKÓWKO	POL	WETERAN K - 50	33	K 272	00:55:44	01:26:08	02:10:04.40	02:12:33.35	13:00	4.6
34	KOCIOŁEK MARZENA	9566		WOŁÓW	POL	WETERAN K - 50	34	K 274	01:02:57	01:33:41	02:15:38.60	02:17:11.25	13:33	4.4
35	LASKOWSKA IWONA	9321		WARSZAWA	POL	WETERAN K - 50	35	K 277	00:54:33	01:26:55	02:15:20.55	02:17:58.30	13:32	4.4
36	VISSER INGE	9008	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN K - 50	36	K 280	00:54:55	01:23:39	02:16:22.90	02:18:42.50	13:38	4.4
37	VAN DE GEIN CARLA	9038	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN K - 50	37	K 281	00:54:57	01:23:46	02:16:24.60	02:18:43.40	13:38	4.4
38	SOJKA ARLETA	9212	MIRAZ RACE TEAM	GLIWICE	POL	WETERAN K - 50	38	K 283	01:05:00	01:37:40	02:25:20.90	02:25:56.70	14:32	4.1
	PLUIM MENTZ INGEBORD	9009	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN K - 50			00:48:13	01:12:56	DNF	DNF	-	-
									DNF	DNF				

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
1	KUŚNIERCZAK WIESŁAW	9746	AW SZYBCIEJ	SUCHY LAS	POL	WETERAN I M - 50	1	M 8	00:25:26	00:37:00	00:52:10.05	00:52:39.75	5:13	11.5
2	PRZYSTARZ ARTUR	9069	OBORYGENI	OBORNKI ŚLĄSKIE	POL	WETERAN I M - 50	2	M 14	00:25:28	00:37:24	00:54:01.60	00:54:09.25	5:24	11.1
3	STRZELCZAK ROBERT	9303	TRAIL IS OUR WAY TEAM	OPOLE	POL	WETERAN I M - 50	3	M 15	00:26:14	00:38:09	00:54:14.45	00:54:14.45	5:25	11.1
4	DORNIK JAROSŁAW	9135	PZU SPORT TEAM	WROCŁAW	POL	WETERAN I M - 50	4	M 43	00:29:33	00:42:59	01:00:59.30	01:01:05.55	6:05	9.8
5	JESION IRENEUSZ	9581		LUBIN	POL	WETERAN I M - 50	5	M 70	00:31:48	00:46:14	01:05:32.00	01:06:15.50	6:33	9.2
6	MOTYCZYŃSKI MACIEJ	9052	MOTYCZYŃSKI RUNNING	SZCZECIN	POL	WETERAN I M - 50	6	M 77	00:31:25	00:46:25	01:07:24.25	01:07:29.35	6:44	8.9
7	SIEWKO PIOTR	9101		DĘBOWIEC	POL	WETERAN I M - 50	7	M 84	00:32:25	00:47:30	01:07:58.80	01:08:18.40	6:47	8.8
8	GRUSZKOWSKI MAREK	9249	OSP SIEDLNICA	WSCHOWA	POL	WETERAN I M - 50	8	M 85	00:31:38	00:46:47	01:08:00.70	01:08:27.85	6:48	8.8
9	SCHRAM ARNE	9020	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN I M - 50	9	M 109	00:34:16	00:50:36	01:11:51.55	01:12:10.70	7:11	8.4
10	MIKUŁA MACIEJ	9275		ROKIETNICA	POL	WETERAN I M - 50	10	M 110	00:32:26	00:48:15	01:11:53.10	01:12:13.30	7:11	8.3
11	BARTKOWIAK HUBERT	9162	KB ŻMIGRÓD	RADZIĄDZ	POL	WETERAN I M - 50	11	M 113	00:33:19	00:49:12	01:12:21.50	01:12:57.05	7:14	8.3
12	SZYMAŃSKI GRZEGORZ	9313	RNB TEAM POLANICA ZDRÓJ	POLANICA-ZDRÓJ	POL	WETERAN I M - 50	12	M 120	00:33:38	00:50:04	01:13:55.95	01:14:47.50	7:23	8.1
13	OWCZARCZYK BOGUMIŁ	9397		LESZNO	POL	WETERAN I M - 50	13	M 125	00:33:47	00:50:42	01:14:34.65	01:15:26.05	7:27	8
14	KOWAL KRZYSZTOF	9256		JASZZKOWA ZDOLNA	POL	WETERAN I M - 50	14	M 135	00:37:17	00:54:51	01:17:12.45	01:17:55.45	7:43	7.8
15	SIKORA EDWARD	9157		ZALEWO	POL	WETERAN I M - 50	15	M 137	00:37:29	00:54:43	01:17:06.90	01:18:09.00	7:42	7.8
16	IMIŃSKI CEZARY	9116		ZGIERZ	POL	WETERAN I M - 50	16	M 142	00:39:37	00:56:35	01:18:55.10	01:19:11.10	7:53	7.6
17	RODKIEWICZ TOMASZ	9524		WROCŁAW	POL	WETERAN I M - 50	17	M 143	00:36:22	00:53:48	01:16:43.20	01:19:12.80	7:40	7.8
18	JODŁOWSKI GRZEGORZ	9597	NIEZRZESZONY	NASIELSK	POL	WETERAN I M - 50	18	M 151	00:38:07	00:55:55	01:19:54.45	01:20:43.40	7:59	7.5
19	IDZENGA HESSEL	9023	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN I M - 50	19	M 153	00:37:07	00:55:13	01:19:15.75	01:21:08.95	7:55	7.6
20	TIMMERMAN JOHAN	9013	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN I M - 50	20	M 158	00:37:16	00:55:03	01:21:15.20	01:22:16.55	8:07	7.4
21	MEDYŃSKI ARKADIUSZ	9032	TEAM JUTROSIN	JUTROSIN	POL	WETERAN I M - 50	21	M 168	00:38:00	00:57:05	01:23:08.05	01:23:17.75	8:18	7.2
22	DE RAADT PETER	9026	AV ZUIDWAL, NEDERLAND	BLARICUM	POL	WETERAN I M - 50	22	M 183	00:39:29	00:58:30	01:24:45.75	01:26:37.85	8:28	7.1
23	RYCHŁOWSKI RYSZARD	9194	W STRONĘ ULTRA	PIŁA	POL	WETERAN I M - 50	23	M 187	00:41:15	01:00:29	01:26:31.80	01:26:54.15	8:39	6.9
24	KRUZEL RAFAŁ	9529	BIEGOWE MISIE	LEGNICA	POL	WETERAN I M - 50	24	M 191	00:40:25	00:59:49	01:27:16.15	01:27:56.90	8:43	6.9
25	RUTKOWSKI TOMASZ	9112	SPORTOWY KAZMIERZ	KAZMIERZ	POL	WETERAN I M - 50	25	M 193	00:40:46	00:59:09	01:26:45.20	01:28:22.10	8:40	6.9
26	AUGUSTYNOWICZ ANDRZEJ	9131		BYDGOSZCZ	POL	WETERAN I M - 50	26	M 205	00:43:17	01:02:48	01:28:58.40	01:31:26.10	8:53	6.7
27	WALCZAK SŁAWOMIR	9139		GAŁĄZCZYCE	POL	WETERAN I M - 50	27	M 219	00:45:41	01:06:44	01:35:34.90	01:36:41.10	9:33	6.3
28	DE MAN ARJAN	9037	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN I M - 50	28	M 229	00:41:01	01:08:47	01:41:15.80	01:41:32.20	10:07	5.9
29	KOLAN PAWEŁ	9273	SW	POZNAŃ	POL	WETERAN I M - 50	29	M 233	00:46:24	01:08:07	01:42:14.60	01:42:41.00	10:13	5.9
30	KUPCZAK ROBERT	9326	SPARTA ULTRA TEAM	MROCZEŃ	POL	WETERAN I M - 50	30	M 234	00:47:57	01:11:06	01:42:31.90	01:43:37.40	10:15	5.9
31	ZAWADA MACIEJ	9299	KGB	KLUZBORK	POL	WETERAN I M - 50	31	M 235	00:47:52	01:11:44	01:41:44.90	01:43:42.40	10:10	5.9
32	PLUCIENNIK WOJCIECH	9367		LEWKÓW	POL	WETERAN I M - 50	32	M 239	00:45:07	01:06:34	01:43:51.80	01:46:26.65	10:23	5.8
33	DATA TOMASZ	9578		ŻORY	POL	WETERAN I M - 50	33	M 241	00:50:06	01:14:16	01:44:21.75	01:47:02.30	10:26	5.7
34	GOŹDZICKI MAREK	9030	ZDYSZANI NA MECIE	STRZELCE KRAJEŃSKIE	POL	WETERAN I M - 50	34	M 245	00:48:11	01:11:09	01:47:59.75	01:49:04.90	10:47	5.6
35	KOLUS ZBIGNIEW	9592	BIEGACZ ŚWIĘTOKRZYSKI	KIELCE	POL	WETERAN I M - 50	35	M 252	00:52:00	01:16:53	01:51:07.20	01:52:16.75	11:06	5.4

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
36	WIATROWSKI JACEK	9590	BIEGACZ ŚWIĘTOKRZYSKI	KIELCE	POL	WETERAN I M - 50	36	M 254	00:50:42	01:15:04	01:51:55.00	01:53:06.65	11:11	5.4
37	PIÓRKOWSKI MAREK	9209	BIEGOWW KUŹNIA	BĘDZIN	POL	WETERAN I M - 50	37	M 258	00:48:27	01:12:40	01:54:23.30	01:56:41.00	11:26	5.2
38	VAN STEIJN WIM	9028	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN I M - 50	38	M 272	00:55:04	01:20:47	02:09:39.80	02:11:53.45	12:57	4.6
39	BASTRZYK TOMASZ	9079		SKARŻYSKO KAMIENNA	POL	WETERAN I M - 50	39	M 274	00:58:28	01:28:25	02:11:34.90	02:13:38.55	13:09	4.6
40	TUSIEŃ ARTUR	9593	BIEGACZ ŚWIĘTOKRZYSKI	KIELCE	POL	WETERAN I M - 50	40	M 277	01:00:19	01:31:40	02:23:21.15	02:24:33.10	14:20	4.2

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
1	VAN LAERE SIBBELIEN	9017	AV ZUIDWAL, NEDERLAND	BLARICUM	POL	WETERAN II K - 60	1	K 68	00:38:40	00:56:49	01:20:55.35	01:21:09.15	8:05	7.4
2	PIOTROWSKA DANUTA	9205		OPOLE	POL	WETERAN II K - 60	2	K 100	00:40:40	00:59:49	01:26:35.20	01:26:44.70	8:39	6.9
3	KRAMARCZYK JOLANTA	9154	ENDORFINA WSCHOWA	WSCHOWA	POL	WETERAN II K - 60	3	K 122	00:40:34	01:00:12	01:29:10.80	01:30:06.30	8:55	6.7
4	DUTKIEWICZ-GAJOS RENATA	9514		NYSA	POL	WETERAN II K - 60	4	K 137	00:41:56	01:02:27	01:32:42.00	01:32:55.00	9:16	6.5
5	SLOKKER BOOR GONNIE	9005	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN II K - 60	5	K 195	00:43:59	01:06:02	01:41:42.75	01:42:02.55	10:10	5.9
6	RAPACZ DANUTA	9579	ANMAR	STRONIE ŚLĄSKIE	POL	WETERAN II K - 60	6	K 223	00:50:24	01:14:44	01:47:21.05	01:48:18.85	10:44	5.6
7	PIELENBOSCH WIES	9018	AV ZUIDWAL, NEDERLAND	BLARICUM	NED	WETERAN II K - 60	7	K 282	00:56:51	01:25:48	02:18:22.90	02:18:44.00	13:50	4.3

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
1	ZACHARCZUK SZCZEPAN	9168	ENDORFINA WSCHOWA	WSCHOWA	POL	WETERAN II M - 60	1	M 40	00:28:38	00:42:10	01:00:09.75	01:00:16.95	6:00	10
2	FLIS MIROSLAW	9392		CHOSZCZNO	POL	WETERAN II M - 60	2	M 79	00:32:34	00:47:57	01:07:40.05	01:07:49.85	6:46	8.9
3	BRZEZIŃSKI ANDRZEJ	9217	LANRUNS	OLKUSZ	POL	WETERAN II M - 60	3	M 134	00:37:35	00:54:57	01:17:48.30	01:17:52.30	7:46	7.7
4	JASKÓŁKA HUBERT	9343	VENUS BRUK	ŁOWKOWICE	POL	WETERAN II M - 60	4	M 169	00:39:01	00:56:45	01:22:05.75	01:23:52.55	8:12	7.3
5	KĄŻMIERCZAK BRONISŁAW	9077	KĄŻMIERCZAKI	DOPIEWIEC	POL	WETERAN II M - 60	5	M 182	00:41:05	00:59:30	01:25:08.75	01:26:16.85	8:30	7
6	NAPIERAŁA ANDRZEJ	9288	MTS DRUŻYNA SZPIKU KGHM	GOSTYŃ	POL	WETERAN II M - 60	6	M 192	00:41:37	01:00:28	01:24:59.05	01:27:57.05	8:29	7.1
7	DOLATA SYLWESTER	9396		KROSINKO	POL	WETERAN II M - 60	7	M 270	00:57:03	01:24:19	02:04:49.00	02:06:33.60	12:28	4.8

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
1	WITKOWSKA MARIA	9210	TEAM DFBG	KATOWICE	POL	WETERAN III K - 70	1	K 204	00:47:22	01:10:46	01:41:00.35	01:42:55.15	10:06	5.9
2	MARKOCKA MARIA	9344		LADEK-ZDROJ	POL	WETERAN III K - 70	2	K 237	00:48:50	01:12:42	01:48:49.00	01:50:43.20	10:52	5.5
3	PILARSKA ELŻBIETA	9098	IZERY BOGATYNIA	BOGATYNIA	POL	WETERAN III K - 70	3	K 260	00:55:52	01:22:57	02:03:49.85	02:04:24.20	12:22	4.8
4	NAGLIK JADWIGA	9516		BIELSKO-BIAŁA	POL	WETERAN III K - 70	4	K 279	01:00:07	01:32:34	02:18:29.40	02:18:41.75	13:50	4.3

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.4km	6.4km	Netto	Brutto	min/km	km/h
1	NESTEREWICZ RYSZARD	9382	LKS ISKRA JASZKOWA	KŁODZKO	POL	WETERAN III M - 70	1	M 119	00:33:50	00:50:09	01:13:23.95	01:14:30.80	7:20	8.2
2	LEWANDOWSKI TADEUSZ	9458	WBK PIAST	KIEŁCZÓW	POL	WETERAN III M - 70	2	M 138	00:37:01	00:54:07	01:18:00.50	01:18:26.35	7:48	7.7
3	PILARSKI RYSZARD	9099	IZERY BOGATYNIA	BOGATYNIA	POL	WETERAN III M - 70	3	M 195	00:40:31	00:59:51	01:27:32.65	01:28:36.75	8:45	6.9
4	GLASSER MAREK	9391		WARSZAWA	POL	WETERAN III M - 70	4	M 256	00:49:14	01:13:35	01:51:41.85	01:54:02.10	11:10	5.4
5	JABŁOŃSKI KAZIMIERZ	9570	SPRINTER PRĄDY	PRĄDY	POL	WETERAN III M - 70	5	M 266	00:51:18	01:16:12	01:58:17.45	02:00:54.30	11:49	5.1
6	MACIEJEWSKI PIOTR	9224	SUPERMARATON KALISZ	KALISZ	POL	WETERAN III M - 70	6	M 267	00:52:07	01:18:49	01:59:49.90	02:00:59.50	11:58	5
7	SZKUTA STANISŁAW	9461	ROVELLI TEORIA KWANTÓW	BIELSKO-BIAŁA	POL	WETERAN III M - 70	7	M 275	00:59:11	01:31:59	02:17:13.85	02:17:24.75	13:43	4.4