

## 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 |                                       | 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 |
| 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   | MĄKIEWICZ 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   | DORNIAC 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   | PARZNIIEWSKI MACIEJ        | 9147 | TOWARZYSTWO TURYSTYCZNE AKS<br>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 |   | CHOSZCZCZO           | 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  | 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  |

**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<br>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<br>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  | 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  |
| 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  | 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  |
| 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 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  |
| 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 | 01:14:18.50 | 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  | 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  |
| 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 | BIĄŁEOWCE                     | 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  | MARZAK 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  | 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  |
| 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  | 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  |
| 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  | 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  |
| 257  | DREWNIK 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  | 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  |
| 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  | PRZYBYLAK KASIA                | 9175 | #ZALINIAMETYTEAM                      | 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  | KSIAŻKIEWICZ 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 |   | 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  |
| 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 |   | 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  |
| 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  | CZERNAK 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  |
| 400  | 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  |
| 401  | 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  |
| 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 |   | 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    |
| 404  | 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  |
| 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  | 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    |
| 409  | DRYŃKOWSKA ANNA           | 9552 | HASCO-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    |
| 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 |   | 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    |
| 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 |   | 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  |
| 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 |   | 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  |
| 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  | GREND-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<br>(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 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  |
| 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 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  |
| 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 | 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  |
| 511  | 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  |
| 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-SZEW CZYK 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  | 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  |
| 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         | -      | -    |
|      |                         |      |                        |               |      |                    |        |       | DNF      | DNF      |             |             |        |      |