

**3 X HON - ETAP I**

Organizator: Fundacja Bieg Rzeźnika  
 Data: 2017-06-14  
 Miejsce: Cisna  
 Dystans: 3.5 km  
 Klasyfikacja wg czasów brutto.


**3 X HON - ETAP I, OPEN**

| M-ce | Nazwisko i imię          | Nr   | Klub                          | M-sconość            | Kraj | Kat. | M. kat | K/M  | 0.03km   | Netto       | Brutto      | min/km | km/h |
|------|--------------------------|------|-------------------------------|----------------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1    | CZUBA JAREK              | 2206 | ABORE2000                     | PIOTRKÓW TRYBUNALSKI |      | M20  | 1      | M 1  | 00:00:06 | 00:23:02.75 | 00:23:02.75 | 6:34   | 9.1  |
| 2    | DOMISZEWSKI IGNACY       | 2236 | MKS HALICZ                    | USTRZYKI DOLNE       | POL  | M20  | 2      | M 2  | 00:00:06 | 00:23:03.60 | 00:23:03.60 | 6:35   | 9.1  |
| 3    | GARDENER JACEK           | 2216 | ALPIN SPORT TEAM / JBRT       | WARSZAWA             | POL  | M50  | 1      | M 3  | 00:00:06 | 00:23:45.40 | 00:23:45.40 | 6:47   | 8.8  |
| 4    | BRZĘCZEK MICHAŁ          | 2222 |                               |                      |      | M40  | 1      | M 4  | 00:00:07 | 00:24:18.85 | 00:24:18.85 | 6:56   | 8.6  |
| 5    | MATYSIAK BARTŁOMIEJ      | 2229 | JACEKBIEGA RUNNING TEAM       | CZACHÓWEK            | POL  | M30  | 1      | M 5  | 00:00:06 | 00:24:39.20 | 00:24:39.20 | 7:02   | 8.5  |
| 6    | SNARSKI BOGDAN           | 2269 | ALBATROSY                     | WARSZAWA             | POL  | M30  | 2      | M 6  | 00:00:08 | 00:25:10.05 | 00:25:10.05 | 7:11   | 8.3  |
| 7    | SZALAK PAWEŁ             | 2233 | BANDA GRUDNIA                 | LUBLIN               | POL  | M40  | 2      | M 7  | 00:00:07 | 00:25:28.00 | 00:25:28.00 | 7:16   | 8.2  |
| 8    | BONDARA SYLWIA           | 2217 | ALPIN SPORT TEAM/ JBRT        | WARSZAWA             | POL  | K30  | 1      | K 1  | 00:00:08 | 00:25:35.75 | 00:25:35.75 | 7:18   | 8.2  |
| 9    | ZĄBCZYŃSKI DOMINIK       | 2202 | ALPIN SPORT TEAM/ OTK RZEŹNIK | JASTRZĘBIE-ZDRÓJ     | POL  | M40  | 3      | M 8  | 00:00:06 | 00:25:56.30 | 00:25:56.30 | 7:24   | 8.1  |
| 10   | GRYGIEL MAREK            | 2232 |                               |                      |      | M40  | 4      | M 9  | 00:00:11 | 00:28:08.00 | 00:28:08.00 | 8:02   | 7.5  |
| 11   | LENGIEWICZ JAKUB         | 2240 | OTK RZEŹNIK                   |                      |      | M40  | 5      | M 10 | 00:00:08 | 00:28:52.35 | 00:28:52.35 | 8:14   | 7.3  |
| 12   | ZWOLIŃSKI ŁUKASZ         | 2260 | MISTRZOSTWA OTK               | GDAŃSK               | POL  | M30  | 3      | M 11 | 00:00:07 | 00:28:54.45 | 00:28:54.45 | 8:15   | 7.3  |
| 13   | KAPAON ALEKSANDER        | 2231 |                               |                      |      | M20  | 3      | M 12 | 00:00:08 | 00:28:59.55 | 00:28:59.55 | 8:16   | 7.2  |
| 14   | JACHIMEK BARTŁOMIEJ      | 2230 | JACEKBIEGA RUNNING TEAM       | WARSZAWA             | POL  | M40  | 6      | M 13 | 00:00:09 | 00:29:29.00 | 00:29:29.00 | 8:25   | 7.1  |
| 15   | DOMISZEWSKI WOJCIECH     | 2235 |                               |                      |      | M50  | 2      | M 14 | 00:00:12 | 00:29:30.30 | 00:29:30.30 | 8:25   | 7.1  |
| 16   | LEWANDOWSKI PAWEŁ        | 2213 | KLUB SZALONEGO BIEGACZA       | CZARNA               | POL  | M30  | 4      | M 15 | 00:00:08 | 00:29:31.15 | 00:29:31.15 | 8:26   | 7.1  |
| 17   | KAPAON ANDRZEJ           | 2234 |                               |                      |      | M20  | 4      | M 16 | 00:00:09 | 00:29:38.50 | 00:29:38.50 | 8:28   | 7.1  |
| 18   | KĘDZIORA TOMASZ          | 2211 | POBIEDZISKA RUNNING TEAM      | PROMNO               | POL  | M30  | 5      | M 17 | 00:00:08 | 00:30:05.10 | 00:30:05.10 | 8:35   | 7    |
| 19   | STACHURSKI PAWEŁ         | 2220 |                               |                      |      | M30  | 6      | M 18 | 00:00:07 | 00:30:11.40 | 00:30:11.40 | 8:37   | 7    |
| 20   | RAUCHFLEISZ ANTOŚ        | 2223 | CZOPKI KOLCZASTE              | GRUDZIĄDZ            | POL  | M40  | 7      | M 19 | 00:00:09 | 00:30:53.40 | 00:30:53.40 | 8:49   | 6.8  |
| 21   | MARCOL MATEUSZ           | 2299 |                               |                      |      | M20  | 5      | M 20 | 00:00:07 | 00:31:36.35 | 00:31:36.35 | 9:01   | 6.6  |
| 22   | WOSIK MAREK              | 2205 |                               |                      |      | M60  | 1      | M 21 | 00:00:08 | 00:31:49.95 | 00:31:49.95 | 9:05   | 6.6  |
| 23   | REMLEIN KATARZYNA        | 2203 | DZIŚ MAM URODZINY :)          | POZNAŃ               | POL  | K30  | 2      | K 2  | 00:00:09 | 00:33:06.15 | 00:33:06.15 | 9:27   | 6.3  |
| 24   | DAWID MIROSLAW           | 2215 |                               |                      |      | M50  | 3      | M 22 | 00:00:07 | 00:33:24.80 | 00:33:24.80 | 9:32   | 6.3  |
| 25   | USZYŃSKI GRZEGORZ        | 2243 |                               |                      |      | M40  | 8      | M 23 | 00:00:13 | 00:35:54.35 | 00:35:54.35 | 10:15  | 5.8  |
| 26   | GLAJCHER KATARZYNA       | 2204 | K8                            | POZNAŃ               | POL  | K30  | 3      | K 3  | 00:00:09 | 00:36:51.25 | 00:36:51.25 | 10:31  | 5.7  |
| 27   | PODLASZEWSKI JACEK       | 2207 | SPC                           | TORUŃ                | POL  | M40  | 9      | M 24 | 00:00:11 | 00:37:52.25 | 00:37:52.25 | 10:49  | 5.5  |
| 28   | FALKOWSKI PIOTR          | 2242 | FKS PEGAZ                     | PIASECZNO            | POL  | M40  | 10     | M 25 | 00:00:09 | 00:39:18.30 | 00:39:18.30 | 11:13  | 5.3  |
| 29   | ŻUBKOWSKA ALEKSANDRA     | 2239 |                               |                      |      | M20  | 1      | K 4  | 00:00:09 | 00:39:18.50 | 00:39:18.50 | 11:13  | 5.3  |
| 30   | LEPA-ROMAN MAGDALENA     | 2201 |                               |                      |      | K30  | 4      | K 5  | 00:00:15 | 00:39:42.75 | 00:39:42.75 | 11:20  | 5.3  |
| 31   | ŁUKASZEK IWONA           | 2214 | LUKASZEK.TEAM                 | LUBARTÓW             | POL  | K40  | 1      | K 6  | 00:00:16 | 00:39:43.55 | 00:39:43.55 | 11:20  | 5.3  |
| 32   | WŁODARCZYK TERESA        | 2209 | SPC                           | TORUŃ                |      | K50  | 1      | K 7  | 00:00:14 | 00:44:22.50 | 00:44:22.50 | 12:40  | 4.7  |
| 33   | DOBRZYŃSKA MAŁGORZATA    | 2238 | SPC                           | TORUŃ                | POL  | K50  | 2      | K 8  | 00:00:13 | 00:44:23.85 | 00:44:23.85 | 12:40  | 4.7  |
| 34   | JAWORSKI BARTŁOMIEJ      | 2244 | SPC                           | TORUŃ                | POL  | M20  | 6      | M 26 | 00:00:14 | 00:44:23.85 | 00:44:23.85 | 12:40  | 4.7  |
| 35   | BARYZA ROBERT            | 2208 | SPC                           | CIECHOCINEK          | POL  | M40  | 11     | M 27 | 00:00:15 | 00:44:33.95 | 00:44:33.95 | 12:43  | 4.7  |
| 36   | RADZIŃSKA - KAMYSZEK EWA | 2210 |                               |                      |      | K50  | 3      | K 9  | 00:00:15 | 00:53:00.55 | 00:53:00.55 | 15:08  | 4    |
| 37   | MODZELEWSKA KAROLINA     | 2241 | SPC                           | TORUŃ                | POL  | K30  | 5      | K 10 | 00:00:14 | 00:54:43.20 | 00:54:43.20 | 15:38  | 3.8  |
| 38   | JASKULSKI KACPER         | 2225 | SPC                           |                      | POL  | M20  | 7      | M 28 | 00:00:17 | 00:58:18.80 | 00:58:18.80 | 16:39  | 3.6  |
| 39   | SAMEREK DARIUSZ          | 2228 | SPC                           | TORUŃ                | POL  | M30  | 7      | M 29 | 00:00:16 | 00:58:38.85 | 00:58:38.85 | 16:45  | 3.6  |
| 40   | SAMEREK MAŁGORZATA       | 2227 |                               |                      |      | K40  | 2      | K 11 | 00:00:16 | 00:58:39.00 | 00:58:39.00 | 16:45  | 3.6  |
| 41   | JASKULSKI KAROL          | 2224 | SPC                           |                      |      | M30  | 8      | M 30 | 00:00:17 | 01:00:00.25 | 01:00:00.25 | 17:08  | 3.5  |
| 42   | MOCZADŁO MARIA           | 2237 | SPC                           | TORUŃ                | POL  | K40  | 3      | K 12 | 00:00:14 | 01:00:12.10 | 01:00:12.10 | 17:12  | 3.5  |
| DNC  | JASKULSKA IWONA          | 2221 | SPC                           |                      |      | K30  |        | DNC  | 00:00:16 | 00:59:58.35 | 00:59:58.35 | -      | -    |
|      | BAK AGNIESZKA            | 2226 | SPC                           | WROCŁAW              | POL  | K20  |        |      | 00:00:12 | DNF         | DNF         | -      | -    |
|      |                          |      |                               |                      |      |      |        |      | DNF      |             |             |        |      |

### 3 X HON - ETAP I, Kobiety

| M-ce | Nazwisko i imię          | Nr   | Klub                   | M-scowość | Kraj | Kat. | M. kat | K/M  | 0.03km   | Netto       | Brutto      | min/km | km/h |
|------|--------------------------|------|------------------------|-----------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1    | BONDARA SYLWIA           | 2217 | ALPIN SPORT TEAM/ JBRT | WARSZAWA  | POL  | K30  | 1      | K 1  | 00:00:08 | 00:25:35.75 | 00:25:35.75 | 7:18   | 8.2  |
| 2    | REMLEIN KATARZYNA        | 2203 | DZIŚ MAM URODZINY :)   | POZNAŃ    | POL  | K30  | 2      | K 2  | 00:00:09 | 00:33:06.15 | 00:33:06.15 | 9:27   | 6.3  |
| 3    | GLAJCHER KATARZYNA       | 2204 | K8                     | POZNAŃ    | POL  | K30  | 3      | K 3  | 00:00:09 | 00:36:51.25 | 00:36:51.25 | 10:31  | 5.7  |
| 4    | ŻUBKOWSKA ALEKSANDRA     | 2239 |                        | WARSZAWA  | POL  | K20  | 1      | K 4  | 00:00:09 | 00:39:18.50 | 00:39:18.50 | 11:13  | 5.3  |
| 5    | LEPA-ROMAN MAGDALENA     | 2201 |                        | BOLSZEWO  | POL  | K30  | 4      | K 5  | 00:00:15 | 00:39:42.75 | 00:39:42.75 | 11:20  | 5.3  |
| 6    | ŁUKASZEK IWONA           | 2214 | LUKASZEK.TEAM          | LUBARTÓW  | POL  | K40  | 1      | K 6  | 00:00:16 | 00:39:43.55 | 00:39:43.55 | 11:20  | 5.3  |
| 7    | WŁODARCZYK TERESA        | 2209 | SPC                    | TORUŃ     |      | K50  | 1      | K 7  | 00:00:14 | 00:44:22.50 | 00:44:22.50 | 12:40  | 4.7  |
| 8    | DOBRZYŃSKA MAŁGORZATA    | 2238 | SPC                    | TORUŃ     | POL  | K50  | 2      | K 8  | 00:00:13 | 00:44:23.85 | 00:44:23.85 | 12:40  | 4.7  |
| 9    | RADZIŃSKA - KAMYSZEK EWA | 2210 |                        | TORUŃ     | POL  | K50  | 3      | K 9  | 00:00:15 | 00:53:00.55 | 00:53:00.55 | 15:08  | 4    |
| 10   | MODZELEWSKA KAROLINA     | 2241 | SPC                    | TORUŃ     | POL  | K30  | 5      | K 10 | 00:00:14 | 00:54:43.20 | 00:54:43.20 | 15:38  | 3.8  |
| 11   | SAMEREK MAŁGORZATA       | 2227 |                        | TORUŃ     | POL  | K40  | 2      | K 11 | 00:00:16 | 00:58:39.00 | 00:58:39.00 | 16:45  | 3.6  |
| 12   | MOCZADŁO MARIA           | 2237 | SPC                    | TORUŃ     | POL  | K40  | 3      | K 12 | 00:00:14 | 01:00:12.10 | 01:00:12.10 | 17:12  | 3.5  |
| DNC  | JASKULSKA IWONA          | 2221 | SPC                    |           |      | K30  |        | DNC  | 00:00:16 | 00:59:58.35 | 00:59:58.35 | -      | -    |
|      | BAK AGNIESZKA            | 2226 | SPC                    | WROCŁAW   | POL  | K20  |        |      | 00:00:12 | DNF         | DNF         | -      | -    |
|      |                          |      |                        |           |      |      |        |      | DNF      |             |             |        |      |

### 3 X HON - ETAP I, Mężczyźni

| M-ce | Nazwisko i imię      | Nr   | Klub                          | M-scowość            | Kraj | Kat. | M. kat | K/M  | 0.03km   | Netto       | Brutto      | min/km | km/h |
|------|----------------------|------|-------------------------------|----------------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1    | CZUBA JAREK          | 2206 | ABORE2000                     | PIOTRKÓW TRYBUNAŁSKI |      | M20  | 1      | M 1  | 00:00:06 | 00:23:02.75 | 00:23:02.75 | 6:34   | 9.1  |
| 2    | DOMISZEWSKI IGNACY   | 2236 | MKS HALICZ                    | USTRZYKI DOLNE       | POL  | M20  | 2      | M 2  | 00:00:06 | 00:23:03.60 | 00:23:03.60 | 6:35   | 9.1  |
| 3    | GARDENER JACEK       | 2216 | ALPIN SPORT TEAM / JBRT       | WARSZAWA             | POL  | M50  | 1      | M 3  | 00:00:06 | 00:23:45.40 | 00:23:45.40 | 6:47   | 8.8  |
| 4    | BRZĘCZEK MICHAŁ      | 2222 |                               |                      |      | M40  | 1      | M 4  | 00:00:07 | 00:24:18.85 | 00:24:18.85 | 6:56   | 8.6  |
| 5    | MATYSIAK BARTŁOMIEJ  | 2229 | JACEKBIEGA RUNNING TEAM       | CZACHÓWEK            | POL  | M30  | 1      | M 5  | 00:00:06 | 00:24:39.20 | 00:24:39.20 | 7:02   | 8.5  |
| 6    | SNARSKI BOGDAN       | 2269 | ALBATROSY                     | WARSZAWA             | POL  | M30  | 2      | M 6  | 00:00:08 | 00:25:10.05 | 00:25:10.05 | 7:11   | 8.3  |
| 7    | SZALAK PAWEŁ         | 2233 | BANDA GRUDNIA                 | LUBLIN               | POL  | M40  | 2      | M 7  | 00:00:07 | 00:25:28.00 | 00:25:28.00 | 7:16   | 8.2  |
| 8    | ZĄBCZYŃSKI DOMINIK   | 2202 | ALPIN SPORT TEAM/ OTK RZEŹNIK | JASTRZĘBIE-ZDRÓJ     | POL  | M40  | 3      | M 8  | 00:00:06 | 00:25:56.30 | 00:25:56.30 | 7:24   | 8.1  |
| 9    | GRYGIEL MAREK        | 2232 |                               |                      |      | M40  | 4      | M 9  | 00:00:11 | 00:28:08.00 | 00:28:08.00 | 8:02   | 7.5  |
| 10   | LENGIEWICZ JAKUB     | 2240 | OTK RZEŹNIK                   |                      |      | M40  | 5      | M 10 | 00:00:08 | 00:28:52.35 | 00:28:52.35 | 8:14   | 7.3  |
| 11   | ZWOLIŃSKI ŁUKASZ     | 2260 | MISTRZOSTWA OTK               | GDAŃSK               | POL  | M30  | 3      | M 11 | 00:00:07 | 00:28:54.45 | 00:28:54.45 | 8:15   | 7.3  |
| 12   | KAPAON ALEKSANDER    | 2231 |                               |                      |      | M20  | 3      | M 12 | 00:00:08 | 00:28:59.55 | 00:28:59.55 | 8:16   | 7.2  |
| 13   | JACHIMEK BARTŁOMIEJ  | 2230 | JACEKBIEGA RUNNING TEAM       | WARSZAWA             | POL  | M40  | 6      | M 13 | 00:00:09 | 00:29:29.00 | 00:29:29.00 | 8:25   | 7.1  |
| 14   | DOMISZEWSKI WOJCIECH | 2235 |                               |                      |      | M50  | 2      | M 14 | 00:00:12 | 00:29:30.30 | 00:29:30.30 | 8:25   | 7.1  |
| 15   | LEWANDOWSKI PAWEŁ    | 2213 | KLUB SZALONEGO BIEGACZA       | CZARNA               | POL  | M30  | 4      | M 15 | 00:00:08 | 00:29:31.15 | 00:29:31.15 | 8:26   | 7.1  |
| 16   | KAPAON ANDRZEJ       | 2234 |                               | WARSZAWA             | POL  | M20  | 4      | M 16 | 00:00:09 | 00:29:38.50 | 00:29:38.50 | 8:28   | 7.1  |
| 17   | KĘDZIORA TOMASZ      | 2211 | POBIEDZISKA RUNNING TEAM      | PROMNO               | POL  | M30  | 5      | M 17 | 00:00:08 | 00:30:05.10 | 00:30:05.10 | 8:35   | 7    |
| 18   | STACHURSKI PAWEŁ     | 2220 |                               | ŁAŃCUT               | POL  | M30  | 6      | M 18 | 00:00:07 | 00:30:11.40 | 00:30:11.40 | 8:37   | 7    |
| 19   | RAUCHFLEISZ ANTOŚ    | 2223 | CZOPKI KOLCZASTE              | GRUDZIĄDZ            | POL  | M40  | 7      | M 19 | 00:00:09 | 00:30:53.40 | 00:30:53.40 | 8:49   | 6.8  |
| 20   | MARCOL MATEUSZ       | 2299 |                               | RYBNIK               | POL  | M20  | 5      | M 20 | 00:00:07 | 00:31:36.35 | 00:31:36.35 | 9:01   | 6.6  |
| 21   | WOSIK MAREK          | 2205 |                               | WARSZAWA             | POL  | M60  | 1      | M 21 | 00:00:08 | 00:31:49.95 | 00:31:49.95 | 9:05   | 6.6  |
| 22   | DAWID MIROSLAW       | 2215 |                               | OPATÓW               | POL  | M50  | 3      | M 22 | 00:00:07 | 00:33:24.80 | 00:33:24.80 | 9:32   | 6.3  |
| 23   | USZYŃSKI GRZEGORZ    | 2243 |                               | GLIWICE              | POL  | M40  | 8      | M 23 | 00:00:13 | 00:35:54.35 | 00:35:54.35 | 10:15  | 5.8  |
| 24   | PODŁASZEWSKI JACEK   | 2207 | SPC                           | TORUŃ                | POL  | M40  | 9      | M 24 | 00:00:11 | 00:37:52.25 | 00:37:52.25 | 10:49  | 5.5  |
| 25   | FALKOWSKI PIOTR      | 2242 | FKS PEGAZ                     | PIASECZNO            | POL  | M40  | 10     | M 25 | 00:00:09 | 00:39:18.30 | 00:39:18.30 | 11:13  | 5.3  |
| 26   | JAWORSKI BARTŁOMIEJ  | 2244 | SPC                           | TORUŃ                | POL  | M20  | 6      | M 26 | 00:00:14 | 00:44:23.85 | 00:44:23.85 | 12:40  | 4.7  |
| 27   | BARYZA ROBERT        | 2208 | SPC                           | CIECHOCINEK          | POL  | M40  | 11     | M 27 | 00:00:15 | 00:44:33.95 | 00:44:33.95 | 12:43  | 4.7  |
| 28   | JASKULSKI KACPER     | 2225 | SPC                           |                      | POL  | M20  | 7      | M 28 | 00:00:17 | 00:58:18.80 | 00:58:18.80 | 16:39  | 3.6  |
| 29   | SAMEREK DARIUSZ      | 2228 | SPC                           | TORUŃ                | POL  | M30  | 7      | M 29 | 00:00:16 | 00:58:38.85 | 00:58:38.85 | 16:45  | 3.6  |
| 30   | JASKULSKI KAROL      | 2224 | SPC                           |                      |      | M30  | 8      | M 30 | 00:00:17 | 01:00:00.25 | 01:00:00.25 | 17:08  | 3.5  |

### 3 X HON - ETAP I, K20

| M-ce | Nazwisko i imię      | Nr   | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.03km   | Netto       | Brutto      | min/km | km/h |
|------|----------------------|------|------|-----------|------|------|--------|-----|----------|-------------|-------------|--------|------|
| 1    | ŻUBKOWSKA ALEKSANDRA | 2239 |      | WARSZAWA  | POL  | K20  | 1      | K 4 | 00:00:09 | 00:39:18.50 | 00:39:18.50 | 11:13  | 5.3  |
|      | BAK AGNIESZKA        | 2226 | SPC  | WROCŁAW   | POL  | K20  |        |     | 00:00:12 | DNF         | DNF         | -      | -    |
|      |                      |      |      |           |      |      |        |     | DNF      |             |             |        |      |

### 3 X HON - ETAP I, M20

| M-ce | Nazwisko i imię     | Nr   | Klub       | M-scowość            | Kraj | Kat. | M. kat | K/M  | 0.03km   | Netto       | Brutto      | min/km | km/h |
|------|---------------------|------|------------|----------------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1    | CZUBA JAREK         | 2206 | ABORE2000  | PIOTRKÓW TRYBUNALSKI |      | M20  | 1      | M 1  | 00:00:06 | 00:23:02.75 | 00:23:02.75 | 6:34   | 9.1  |
| 2    | DOMISZEWSKI IGNACY  | 2236 | MKS HALICZ | USTRYKI DOLNE        | POL  | M20  | 2      | M 2  | 00:00:06 | 00:23:03.60 | 00:23:03.60 | 6:35   | 9.1  |
| 3    | KAPAON ALEKSANDER   | 2231 |            |                      |      | M20  | 3      | M 12 | 00:00:08 | 00:28:59.55 | 00:28:59.55 | 8:16   | 7.2  |
| 4    | KAPAON ANDRZEJ      | 2234 |            | WARSZAWA             | POL  | M20  | 4      | M 16 | 00:00:09 | 00:29:38.50 | 00:29:38.50 | 8:28   | 7.1  |
| 5    | MARCOL MATEUSZ      | 2299 |            | RYBNIK               | POL  | M20  | 5      | M 20 | 00:00:07 | 00:31:36.35 | 00:31:36.35 | 9:01   | 6.6  |
| 6    | JAWORSKI BARTŁOMIEJ | 2244 | SPC        | TORUŃ                | POL  | M20  | 6      | M 26 | 00:00:14 | 00:44:23.85 | 00:44:23.85 | 12:40  | 4.7  |
| 7    | JASKULSKI KACPER    | 2225 | SPC        |                      | POL  | M20  | 7      | M 28 | 00:00:17 | 00:58:18.80 | 00:58:18.80 | 16:39  | 3.6  |

### 3 X HON - ETAP I, K30

| M-ce | Nazwisko i imię      | Nr   | Klub                  | M-scowość | Kraj | Kat. | M. kat | K/M  | 0.03km   | Netto       | Brutto      | min/km | km/h |
|------|----------------------|------|-----------------------|-----------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1    | BONDARA SYLWIA       | 2217 | ALPIN SPORT TEAM/JBRT | WARSZAWA  | POL  | K30  | 1      | K 1  | 00:00:08 | 00:25:35.75 | 00:25:35.75 | 7:18   | 8.2  |
| 2    | REMLEIN KATARZYNA    | 2203 | DZIŚ MAM URODZINY :)  | POZNAŃ    | POL  | K30  | 2      | K 2  | 00:00:09 | 00:33:06.15 | 00:33:06.15 | 9:27   | 6.3  |
| 3    | GLAJCHER KATARZYNA   | 2204 | K8                    | POZNAŃ    | POL  | K30  | 3      | K 3  | 00:00:09 | 00:36:51.25 | 00:36:51.25 | 10:31  | 5.7  |
| 4    | LEPA-ROMAN MAGDALENA | 2201 |                       | BOLSZEWO  | POL  | K30  | 4      | K 5  | 00:00:15 | 00:39:42.75 | 00:39:42.75 | 11:20  | 5.3  |
| 5    | MODZELEWSKA KAROLINA | 2241 | SPC                   | TORUŃ     | POL  | K30  | 5      | K 10 | 00:00:14 | 00:54:43.20 | 00:54:43.20 | 15:38  | 3.8  |
| DNC  | JASKULSKA IWONA      | 2221 | SPC                   |           |      | K30  |        |      | 00:00:16 | 00:59:58.35 | 00:59:58.35 | -      | -    |

### 3 X HON - ETAP I, M30

| M-ce | Nazwisko i imię     | Nr   | Klub                     | M-scowość | Kraj | Kat. | M. kat | K/M  | 0.03km   | Netto       | Brutto      | min/km | km/h |
|------|---------------------|------|--------------------------|-----------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1    | MATYSIAK BARTŁOMIEJ | 2229 | JACEKBIEGA RUNNING TEAM  | CZACHÓWEK | POL  | M30  | 1      | M 5  | 00:00:06 | 00:24:39.20 | 00:24:39.20 | 7:02   | 8.5  |
| 2    | SNARSKI BOGDAN      | 2269 | ALBATROSY                | WARSZAWA  | POL  | M30  | 2      | M 6  | 00:00:08 | 00:25:10.05 | 00:25:10.05 | 7:11   | 8.3  |
| 3    | ZWOLIŃSKI ŁUKASZ    | 2260 | MISTRZOSTWA OTK          | GDAŃSK    | POL  | M30  | 3      | M 11 | 00:00:07 | 00:28:54.45 | 00:28:54.45 | 8:15   | 7.3  |
| 4    | LEWANDOWSKI PAWEŁ   | 2213 | KLUB SZALONEGO BIEGACZA  | CZARNA    | POL  | M30  | 4      | M 15 | 00:00:08 | 00:29:31.15 | 00:29:31.15 | 8:26   | 7.1  |
| 5    | KĘDZIORA TOMASZ     | 2211 | POBIEDZISKA RUNNING TEAM | PROMNO    | POL  | M30  | 5      | M 17 | 00:00:08 | 00:30:05.10 | 00:30:05.10 | 8:35   | 7    |
| 6    | STACHURSKI PAWEŁ    | 2220 |                          | ŁAŃCUT    | POL  | M30  | 6      | M 18 | 00:00:07 | 00:30:11.40 | 00:30:11.40 | 8:37   | 7    |
| 7    | SAMEREK DARIUSZ     | 2228 | SPC                      | TORUŃ     | POL  | M30  | 7      | M 29 | 00:00:16 | 00:58:38.85 | 00:58:38.85 | 16:45  | 3.6  |
| 8    | JASKULSKI KAROL     | 2224 | SPC                      |           |      | M30  | 8      | M 30 | 00:00:17 | 01:00:00.25 | 01:00:00.25 | 17:08  | 3.5  |

### 3 X HON - ETAP I, K40

| M-ce | Nazwisko i imię    | Nr   | Klub          | M-scowość | Kraj | Kat. | M. kat | K/M  | 0.03km   | Netto       | Brutto      | min/km | km/h |
|------|--------------------|------|---------------|-----------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1    | ŁUKASZEK IWONA     | 2214 | LUKASZEK.TEAM | LUBARTÓW  | POL  | K40  | 1      | K 6  | 00:00:16 | 00:39:43.55 | 00:39:43.55 | 11:20  | 5.3  |
| 2    | SAMEREK MAŁGORZATA | 2227 |               | TORUŃ     | POL  | K40  | 2      | K 11 | 00:00:16 | 00:58:39.00 | 00:58:39.00 | 16:45  | 3.6  |
| 3    | MOCZADŁO MARIA     | 2237 | SPC           | TORUŃ     | POL  | K40  | 3      | K 12 | 00:00:14 | 01:00:12.10 | 01:00:12.10 | 17:12  | 3.5  |

### 3 X HON - ETAP I, M40

| M-ce | Nazwisko i imię | Nr   | Klub          | M-scowość | Kraj | Kat. | M. kat | K/M | 0.03km   | Netto       | Brutto      | min/km | km/h |
|------|-----------------|------|---------------|-----------|------|------|--------|-----|----------|-------------|-------------|--------|------|
| 1    | BRZĘCZEK MICHAŁ | 2222 |               |           |      | M40  | 1      | M 4 | 00:00:07 | 00:24:18.85 | 00:24:18.85 | 6:56   | 8.6  |
| 2    | SZALAK PAWEŁ    | 2233 | BANDA GRUDNIA | LUBLIN    | POL  | M40  | 2      | M 7 | 00:00:07 | 00:25:28.00 | 00:25:28.00 | 7:16   | 8.2  |

**3 X HON - ETAP I, M40 c.d.**

| M-ce | Nazwisko i imię     | Nr   | Klub                          | M-scowość        | Kraj | Kat. | M. kat | K/M  | 0.03km   | Netto       | Brutto      | min/km | km/h |
|------|---------------------|------|-------------------------------|------------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 3    | ZĄBCZYŃSKI DOMINIK  | 2202 | ALPIN SPORT TEAM/ OTK RZEŹNIK | JASTRZĘBIE-ZDRÓJ | POL  | M40  | 3      | M 8  | 00:00:06 | 00:25:56.30 | 00:25:56.30 | 7:24   | 8.1  |
| 4    | GRYGIEL MAREK       | 2232 |                               |                  |      | M40  | 4      | M 9  | 00:00:11 | 00:28:08.00 | 00:28:08.00 | 8:02   | 7.5  |
| 5    | LENGIEWICZ JAKUB    | 2240 | OTK RZEŹNIK                   |                  |      | M40  | 5      | M 10 | 00:00:08 | 00:28:52.35 | 00:28:52.35 | 8:14   | 7.3  |
| 6    | JACHIMEK BARTŁOMIEJ | 2230 | JACEKBIEGA RUNNING TEAM       | WARSZAWA         | POL  | M40  | 6      | M 13 | 00:00:09 | 00:29:29.00 | 00:29:29.00 | 8:25   | 7.1  |
| 7    | RAUCHFLEISZ ANTOŚ   | 2223 | CZOPKI KOLCZASTE              | GRUDZIĄDZ        | POL  | M40  | 7      | M 19 | 00:00:09 | 00:30:53.40 | 00:30:53.40 | 8:49   | 6.8  |
| 8    | USZYŃSKI GRZEGORZ   | 2243 |                               | GLIWICE          | POL  | M40  | 8      | M 23 | 00:00:13 | 00:35:54.35 | 00:35:54.35 | 10:15  | 5.8  |
| 9    | PODŁASZEWSKI JACEK  | 2207 | SPC                           | TORUŃ            | POL  | M40  | 9      | M 24 | 00:00:11 | 00:37:52.25 | 00:37:52.25 | 10:49  | 5.5  |
| 10   | FALKOWSKI PIOTR     | 2242 | FKS PEGAZ                     | PIASECZNO        | POL  | M40  | 10     | M 25 | 00:00:09 | 00:39:18.30 | 00:39:18.30 | 11:13  | 5.3  |
| 11   | BARYZA ROBERT       | 2208 | SPC                           | CIECHOCINEK      | POL  | M40  | 11     | M 27 | 00:00:15 | 00:44:33.95 | 00:44:33.95 | 12:43  | 4.7  |

**3 X HON - ETAP I, K50**

| M-ce | Nazwisko i imię          | Nr   | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 0.03km   | Netto       | Brutto      | min/km | km/h |
|------|--------------------------|------|------|-----------|------|------|--------|-----|----------|-------------|-------------|--------|------|
| 1    | WŁODARCZYK TERESA        | 2209 | SPC  | TORUŃ     |      | K50  | 1      | K 7 | 00:00:14 | 00:44:22.50 | 00:44:22.50 | 12:40  | 4.7  |
| 2    | DOBRZYŃSKA MAŁGORZATA    | 2238 | SPC  | TORUŃ     | POL  | K50  | 2      | K 8 | 00:00:13 | 00:44:23.85 | 00:44:23.85 | 12:40  | 4.7  |
| 3    | RADZIŃSKA - KAMYSZEK EWA | 2210 |      | TORUŃ     | POL  | K50  | 3      | K 9 | 00:00:15 | 00:53:00.55 | 00:53:00.55 | 15:08  | 4    |

**3 X HON - ETAP I, M50**

| M-ce | Nazwisko i imię      | Nr   | Klub                    | M-scowość | Kraj | Kat. | M. kat | K/M  | 0.03km   | Netto       | Brutto      | min/km | km/h |
|------|----------------------|------|-------------------------|-----------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1    | GARDENER JACEK       | 2216 | ALPIN SPORT TEAM / JBRT | WARSZAWA  | POL  | M50  | 1      | M 3  | 00:00:06 | 00:23:45.40 | 00:23:45.40 | 6:47   | 8.8  |
| 2    | DOMISZEWSKI WOJCIECH | 2235 |                         |           |      | M50  | 2      | M 14 | 00:00:12 | 00:29:30.30 | 00:29:30.30 | 8:25   | 7.1  |
| 3    | DAWID MIROSLAW       | 2215 |                         | OPATÓW    | POL  | M50  | 3      | M 22 | 00:00:07 | 00:33:24.80 | 00:33:24.80 | 9:32   | 6.3  |

**3 X HON - ETAP I, M60**

| M-ce | Nazwisko i imię | Nr   | Klub | M-scowość | Kraj | Kat. | M. kat | K/M  | 0.03km   | Netto       | Brutto      | min/km | km/h |
|------|-----------------|------|------|-----------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1    | WOSIK MAREK     | 2205 |      | WARSZAWA  | POL  | M60  | 1      | M 21 | 00:00:08 | 00:31:49.95 | 00:31:49.95 | 9:05   | 6.6  |