

BIEG TROJAK TRAIL - 10 KM

Organizator: Stowarzyszenie TKKF Kompas
 Data: 2017-07-23
 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	4km	6km	Netto	Brutto	min/km	km/h
1	PRZEDWOJEWSKI BARTŁOMIEJ	1196		GŁUCHOŁAZY	POL	SENIOR I M - 20	1	M 1	00:16:23	00:25:29	00:41:54.10	00:41:55.50	4:11	14.3
2	PIEGOWSKI ADAM	1191	EUROVENT ATHLETICS OPOLE	PRZYWORY	POL	SENIOR II M - 30	1	M 2	00:18:52	00:29:42	00:48:00.05	00:48:05.45	4:48	12.5
3	GRACZYK ADRIAN	1081	BIEGI.WLKP	CZARNKÓW	POL	SENIOR I M - 20	2	M 3	00:19:21	00:30:23	00:48:11.05	00:48:13.70	4:49	12.5
4	KOWAL AMADEUSZ	1308		LUBACZÓW		SENIOR II M - 30	2	M 4	00:20:22	00:31:19	00:50:31.75	00:50:35.80	5:03	11.9
5	KANTOR MARTYNA	1264	SARCO GARMIN TEAM		POL	SENIOR I K - 20	1	K 1	00:20:16	00:31:12	00:51:02.90	00:51:05.10	5:06	11.8
6	GRZELAK ADRIAN	1247	CHATA BIEGACZA	ZAKOPANE		SENIOR I M - 20	3	M 5	00:21:15	00:32:16	00:51:06.05	00:51:13.10	5:06	11.7
7	HACZYK JAROSŁAW	1235	BIEG OPOLSKI			MASTERS M - 40	1	M 6	00:20:28	00:31:54	00:51:50.95	00:51:54.00	5:11	11.6
8	TOMASIAK NATALIA	1283	SALOMON SUUNTO TEAM	KRYNICA ZDRÓJ		SENIOR II K - 30	1	K 2	00:20:19	00:31:40	00:52:27.45	00:52:30.05	5:14	11.4
9	MICHALIK ADAM	1321				MASTERS M - 40	2	M 7	00:21:11	00:33:04	00:53:13.60	00:53:16.70	5:19	11.3
10	STACHOWIAK MARCIN	1094	BIEGI.WLKP	PUSZCZYKOWO	POL	SENIOR I M - 20	4	M 8	00:21:31	00:33:52	00:54:59.40	00:55:00.65	5:29	10.9
11	GAJEWSKI MARCIN	1055		KŁODZKO	POL	MASTERS M - 40	3	M 9	00:21:44	00:34:11	00:55:20.75	00:55:22.60	5:32	10.8
12	DOMAŃSKI PATRYK	1088	BIEGI.WLKP	POZNAŃ	POL	SENIOR I M - 20	5	M 10	00:22:31	00:34:52	00:55:26.10	00:55:29.35	5:32	10.8
13	NOWINIŃSKI ANDRZEJ	1328				MASTERS M - 40	4	M 11	00:22:16	00:34:42	00:55:37.30	00:55:39.00	5:33	10.8
14	KUJAWA ZBIGNIEW	1263		JANOWIEC WIELKOPOLSKI		SENIOR I M - 20	6	M 12	00:21:33	00:34:27	00:55:57.10	00:56:02.80	5:35	10.7
15	SMOLEŃ SEBASTIAN	1299		ŁĄDEK-ZDRÓJ		SENIOR II M - 30	3	M 13	00:22:17	00:34:46	00:56:09.20	00:56:12.60	5:36	10.7
16	RACZKO TOMASZ	1205	ZAŁOGA GÓRSKA / KARKONOSZ RUNNING TEAM SZKLARSKA PORĘBA	BOLESŁAWIEC	POL	SENIOR II M - 30	4	M 14	00:22:22	00:34:28	00:56:05.30	00:56:14.25	5:36	10.7
17	ZIĘTERSKI ROBERT	1075		KŁODZKO	POL	MASTERS M - 40	5	M 15	00:22:57	00:35:47	00:57:00.80	00:57:04.55	5:42	10.5
18	SPYCHALSKI ADAM	1060		RUDA ŚLĄSKA	POL	MASTERS M - 40	6	M 16	00:22:52	00:35:39	00:57:06.50	00:57:11.70	5:42	10.5
19	BIERNACKA KATARZYNA	1118	TEAM LUKS ŻÓRAWINA/SOBCZYK TEAM	SYCÓW	POL	SENIOR I K - 20	2	K 3	00:22:35	00:35:15	00:57:17.55	00:57:18.90	5:43	10.5
20	BUKAŁA MARCIN	1184	VEGE RUNNERS	BIELSKO-BIAŁA	POL	SENIOR I M - 20	7	M 17	00:20:53	00:34:09	00:57:03.80	00:57:25.35	5:42	10.5
21	JANKOWSKI JAKUB	1206	ZAŁOGA GÓRSKA TRUCHT.COM	ŁÓDŹ	POL	SENIOR I M - 20	8	M 18	00:22:47	00:35:02	00:57:22.65	00:57:26.40	5:44	10.5
22	DUPLA KONRAD	1077	WKB PIAST WROCŁAW	WROCŁAW	POL	SENIOR II M - 30	5	M 19	00:23:49	00:36:30	00:58:04.80	00:58:09.70	5:48	10.3
23	KACZMARCZYK PRZEMYSŁAW	1141	WATAHA	KOBIERZYCE	POL	SENIOR I M - 20	9	M 20	00:23:14	00:36:34	00:58:55.35	00:58:59.20	5:53	10.2
24	BINKOWSKI MARCIN	1199		MOSINA	POL	MASTERS M - 40	7	M 21	00:24:01	00:37:06	00:59:24.55	00:59:34.70	5:56	10.1
25	OLKIS RAFAŁ	1304	PRZEBIEGA.PL	WROCŁAW		SENIOR II M - 30	6	M 22	00:22:48	00:36:14	00:59:40.70	00:59:49.35	5:58	10.1
26	MARIN ALBERTO	1107		POZNAŃ	POL	SENIOR II M - 30	7	M 23	00:23:06	00:37:00	01:00:56.15	01:01:09.30	6:05	9.8
27	KRAWCZYK KONRAD	1114	1991	WARSZAWA	POL	SENIOR I M - 20	10	M 24	00:24:47	00:38:48	01:01:41.25	01:01:56.85	6:10	9.7
28	JANUSZEWSKI MACIEJ	1140		WROCŁAW	POL	SENIOR II M - 30	8	M 25	00:23:50	00:37:41	01:02:10.35	01:02:14.70	6:13	9.7
29	GĄDALSKI BARTOSZ	1292		ŁĄDEK-ZDRÓJ		SENIOR II M - 30	9	M 26	00:24:27	00:38:36	01:02:10.30	01:02:29.90	6:13	9.7
30	SZYMAŃSKI ŁUKASZ	1290		WROCŁAW		OPEN	1	M 27	00:25:02	00:39:06	01:02:12.90	01:02:41.80	6:13	9.6
31	HRYNOWIECKI PAWEŁ	1043		ZŁOTY STOK	POL	SENIOR II M - 30	10	M 28	00:24:35	00:38:17	01:02:32.40	01:03:07.75	6:15	9.6
32	SZATKOWSKI ŁUKASZ	1173	CRAZYJUMPKEPNO	KĘPNO	POL	SENIOR I M - 20	11	M 29	00:25:52	00:39:58	01:03:08.70	01:03:17.90	6:18	9.5
33	STEMPIŃSKI DANIEL	1087	KS MARATON OSTRÓW WLKP.	OSTRÓW WIELKOPOLSKI	POL	SENIOR II M - 30	11	M 30	00:25:11	00:38:42	01:03:11.20	01:03:18.10	6:19	9.5
34	KITKOWSKI ARKADIUSZ	1279	SUPERSNOW	ŁĄDEK-ZDRÓJ	POL	MASTERS M - 40	8	M 31	00:25:18	00:38:52	01:03:14.70	01:03:19.50	6:19	9.5
35	CHRZANOWSKI PAWEŁ	1240	100 BATALION ŁĄCZNOŚCI	ŁĄDEK-ZDRÓJ		SENIOR II M - 30	12	M 32	00:25:23	00:39:09	01:03:40.80	01:03:45.60	6:22	9.4
36	PERZ EMILIA	1126	WOLSZTYŃSKA AKADEMIA BIEGOWA	BUKOWIEC	POL	SENIOR I K - 20	3	K 4	00:26:30	00:41:14	01:04:03.30	01:04:07.60	6:24	9.4
37	KULESZA AGNIESZKA	1327				SENIOR I K - 20	4	K 5	00:24:50	00:39:35	01:04:30.20	01:04:38.20	6:27	9.3
38	RAKOCZY JERZY	1260				MASTERS M - 40	9	M 33	00:25:43	00:39:56	01:04:40.30	01:04:44.60	6:28	9.3
39	DĘBICKI ŁUKASZ	1189		WAŁBRZYCH	POL	SENIOR II M - 30	13	M 34	00:24:13	00:38:45	01:04:15.00	01:04:53.75	6:25	9.3
40	DZIEDZIC KRYSZTIAN	1165		WROCŁAW	POL	SENIOR II M - 30	14	M 35	00:24:47	00:38:57	01:04:53.35	01:05:01.60	6:29	9.2
41	WILK MATEUSZ	1175	RAMBO 3	BYTOM	POL	SENIOR II M - 30	15	M 36	00:26:02	00:40:42	01:04:35.85	01:05:02.00	6:27	9.3
42	WILK MACIEJ	1074	RAMBO 3	BYTOM	POL	SENIOR II M - 30	16	M 37	00:19:35	00:30:27	01:04:54.95	01:05:02.15	6:29	9.2
43	ZWOLIŃSKI ŁUKASZ	1314				SENIOR II M - 30	17	M 38	00:25:46	00:39:29	01:04:59.60	01:05:03.00	6:30	9.2
44	HACZYK NATALIA	1234	BIEG OPOLSKI			MASTERS K - 40	1	K 6	00:25:38	00:39:46	01:04:57.60	01:05:07.50	6:29	9.2

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
45	KNAPP JANUSZ	1317				SENIOR II M - 30	18	M 39	00:27:04	00:42:06	01:05:03.00	01:05:23.00	6:30	9.2
46	TOMASZEWSKI MARCIN	1302	GTRAT			SENIOR II M - 30	19	M 40	00:25:06	00:39:36	01:05:26.40	01:05:36.55	6:32	9.2
47	RUDNICKI MATEUSZ	1341		TRZEBOSZOWICE		SENIOR II M - 30	20	M 41	00:25:19	00:40:21	01:05:21.55	01:05:39.60	6:32	9.2
48	WUJDA MIROSŁAW	1307	EKW RULEZ			MASTERS M - 40	10	M 42	00:22:55	00:38:33	01:05:34.35	01:05:40.85	6:33	9.2
49	ANDRASIEWICZ KONRAD	1309		DUSZNIKI-ZDRÓJ		SENIOR II M - 30	21	M 43	00:25:39	00:39:36	01:05:21.80	01:05:43.50	6:32	9.2
50	CHODOROWSKI KRZYSZTOF	1057	PRZEBIEGA.PL	WROCŁAW	POL	SENIOR II M - 30	22	M 44	00:23:41	00:39:24	01:05:48.95	01:05:58.00	6:34	9.1
51	GOLDMAN MATEUSZ	1076		LODZ	POL	SENIOR II M - 30	23	M 45	00:25:22	00:39:54	01:05:53.95	01:06:03.00	6:35	9.1
52	TYŚ RADEK	1201		NOWA RUDA	POL	SENIOR II M - 30	24	M 46	00:25:50	00:40:27	01:06:01.30	01:06:16.90	6:36	9.1
53	NEUBAUER SZYMON	1324				SENIOR I M - 20	12	M 47	00:25:36	00:40:02	01:05:53.30	01:06:21.25	6:35	9.1
54	ABULEWICZ WOJCIECH	1294	STP SYNERGIA	WROCŁAW		MASTERS M - 40	11	M 48	00:25:51	00:40:20	01:06:18.30	01:06:23.20	6:37	9
55	TRACZ MICHAŁ	1169	OLDSCHOOL MTB GDAŃSK	GDAŃSK	POL	MASTERS M - 40	12	M 49	00:24:47	00:39:43	01:06:14.25	01:06:26.80	6:37	9.1
56	POPIEL DARIUSZ	1096	100 BATALION ŁĄCZNOŚCI	WAŁCZ	POL	MASTERS M - 40	13	M 50	00:25:56	00:40:40	01:05:58.85	01:06:28.60	6:35	9.1
57	KOTNIEWICZ PIOTR	1323				SENIOR I M - 20	13	M 51	00:25:59	00:41:00	01:06:23.05	01:06:37.20	6:38	9
58	BUDYCH AREK	1193		WRONKI	POL	SENIOR II M - 30	25	M 52	00:26:42	00:41:53	01:06:08.55	01:06:40.25	6:36	9.1
59	ALBERT ŁUKASZ	1236		OPOLE		SENIOR II M - 30	26	M 53	00:26:09	00:40:50	01:06:29.25	01:06:42.60	6:38	9
60	GRABIŃSKA GIZELA	1086	DREAM RUN/ AZS UW	WARSZAWA-WESOŁA	POL	MASTERS K - 40	2	K 7	00:26:37	00:41:50	01:07:06.85	01:07:12.05	6:42	8.9
61	WUJEK MARCIN	1332				MASTERS M - 40	14	M 54	00:27:37	00:42:02	01:07:10.65	01:07:30.75	6:43	8.9
62	PAZDAN NATALIA	1183	KOWARY BIEGAJĄ	KOWARY	POL	SENIOR II K - 30	2	K 8	00:26:09	00:41:29	01:07:32.10	01:07:44.05	6:45	8.9
63	NIEMIEC TOMASZ	1265	NOWA HUTA TEAM	KRAKÓW		SENIOR I M - 20	14	M 55	00:26:14	00:41:39	01:07:49.15	01:07:57.85	6:46	8.8
64	SZARF PAWEŁ	1200	ZAŁOGA GÓRSKA / ANTON TEAM	KĘDZIERZYN-KOZŁE	POL	SENIOR I M - 20	15	M 56	00:25:47	00:40:53	01:08:05.70	01:08:08.45	6:48	8.8
65	STAWSKI MICHAŁ	1064	MBANK	ŁÓDŹ	POL	SENIOR II M - 30	27	M 57	00:21:42	00:33:48	01:08:09.95	01:08:11.60	6:49	8.8
66	GEROWSKI MACIEJ	1033	NETBOX BIEGA / LESZ NO LIMITS RUNNERS	GOSTYŃ	POL	MASTERS M - 40	15	M 58	00:28:47	00:43:24	01:07:59.20	01:08:19.15	6:48	8.8
67	WYSOCKA MAGDALENA	1228		WROCŁAW	POL	SENIOR II K - 30	3	K 9	00:27:19	00:42:15	01:08:13.80	01:08:24.40	6:49	8.8
68	KACZMARCZYK MATEUSZ	1224		ŁĄDEK-ZDRÓJ	POL	SENIOR I M - 20	16	M 59	00:26:14	00:41:40	01:08:15.70	01:08:26.70	6:49	8.8
69	PODJUK JULIUSZ	1129		GOSTYŃ	POL	MASTERS M - 40	16	M 60	00:27:19	00:42:14	01:08:10.95	01:08:33.30	6:49	8.8
70	TYSZER JOANNA	1334		ŁĄDEK ZDRÓJ		SENIOR I K - 20	5	K 10	00:27:36	00:42:45	01:08:20.65	01:08:35.70	6:50	8.8
71	SKELTON SARAH	1133	VEGE RUNNERS	WARSZAWA	POL	SENIOR I K - 20	6	K 11	00:26:57	00:42:26	01:08:17.95	01:08:38.75	6:49	8.8
72	RUTKOWSKA MAŁGORZATA	1303	GÓRSKA ZAŁOGA			SENIOR II K - 30	4	K 12	00:27:27	00:42:40	01:08:37.95	01:08:43.95	6:51	8.7
73	GAWRON PIOTR	1112	KB GOCH BYTÓW	BYTÓW	POL	MASTERS M - 40	17	M 61	00:26:15	00:41:04	01:08:43.95	01:08:53.25	6:52	8.7
74	GRUSZKA ROBERT	1151	GRU-KO	GALEWICE	POL	MASTERS M - 40	18	M 62	00:26:41	00:43:09	01:08:36.35	01:08:53.60	6:51	8.7
75	PIOTROWSKA MAGDALENA	1062	KLUB BIEGACZA JURUND SZCZYTNO	ŚWIĘTAJNO	POL	SENIOR II K - 30	5	K 13	00:26:26	00:43:38	01:09:00.10	01:09:02.60	6:54	8.7
76	WANTUCH KATARZYNA	1203	ZAŁOGA GÓRSKA	OPOLE	POL	SENIOR II K - 30	6	K 14	00:27:47	00:43:08	01:09:12.90	01:09:26.20	6:55	8.7
77	BOSIANEK KAMILA	1049	4RUN TEAM PIŁA	PIŁA	POL	SENIOR II K - 30	7	K 15	00:27:28	00:42:55	01:09:20.60	01:09:27.05	6:56	8.7
78	CZEBOTAR BARBARA	1237		KŁODZKO		MASTERS K - 40	3	K 16	00:27:32	00:43:02	01:09:19.10	01:09:27.05	6:56	8.7
79	BURDA SEBASTIAN	1338				MASTERS M - 40	19	M 63	00:26:40	00:43:41	01:09:41.50	01:09:57.90	6:58	8.6
80	TYSZER ŁUKASZ	1333				SENIOR I M - 20	17	M 64	00:26:22	00:43:18	01:09:50.15	01:10:05.95	6:59	8.6
81	SZABAT DANIEL	1063	POLSKIEWSPINANIE.PL	WROCŁAW	POL	SENIOR II M - 30	28	M 65	00:27:43	00:43:32	01:09:52.85	01:10:24.20	6:59	8.6
82	SYSAŁA JANUSZ	1278		BIAŁYSTOK		WETERAN II M - 60	1	M 66	00:27:27	00:43:19	01:10:22.40	01:10:31.35	7:02	8.5
83	SUSMARSKA EWA	1233	NO WOMAN NO TRI	POZNAŃ	POL	SENIOR I K - 20	7	K 17	00:27:43	00:43:37	01:10:24.95	01:10:37.05	7:02	8.5
84	PELCZARSKI MICHAŁ	1329				SENIOR II M - 30	29	M 67	00:26:22	00:43:37	01:10:28.85	01:10:40.80	7:02	8.5
85	MARCINKOWSKI PRZEMYSŁAW	1306		GOSTYŃ		MASTERS M - 40	20	M 68	00:28:29	00:44:10	01:10:28.70	01:10:50.40	7:02	8.5
86	SOBCZYŃSKA MAGDALENA	1080	BIEGI.WLKP	POZNAŃ	POL	SENIOR I K - 20	8	K 18	00:28:31	00:43:55	01:10:31.10	01:10:53.25	7:03	8.5
87	FOLARON RAFAŁ	1138		MIŁOSZYCE	POL	SENIOR I M - 20	18	M 69	00:28:00	00:44:24	01:10:55.75	01:11:08.30	7:05	8.5
88	JABŁOŃSKA EMILIA	1267		WARSZAWA		SENIOR I K - 20	9	K 19	00:28:40	00:44:33	01:10:57.70	01:11:23.40	7:05	8.5
89	WIKTOR MATEUSZ	1115		BIELSKO-BIAŁA	POL	SENIOR I M - 20	19	M 70	00:26:59	00:43:25	01:11:23.60	01:11:33.50	7:08	8.4
90	KORNAŚ MARCIN	1113	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	ZĄBKOWICE ŚLĄSKIE	POL	SENIOR II M - 30	30	M 71	00:27:20	00:43:17	01:11:21.30	01:11:48.65	7:08	8.4
91	URBAŃSKI TOMASZ	1150	FLUNKYBALLTEAM ŁĄDEK-ZDRÓJ	ŁĄDEK-ZDRÓJ	POL	SENIOR I M - 20	20	M 72	00:29:18	00:45:28	01:11:57.75	01:12:12.00	7:11	8.3
92	CHWIAŁKOWSKI WIESŁAW	1025		TORUŃ	POL	WETERAN I M - 50	1	M 73	00:27:09	00:43:24	01:12:03.55	01:12:18.35	7:12	8.3
93	LEWANDOWSKA PATRYCJA	1040	KURORT ŁĄDEK-ZDRÓJ LKS ISKRA JASZKOWA	OŁDRZYCHOWICE KŁODZKIE	POL	SENIOR I K - 20	10	K 20	00:28:24	00:44:50	01:11:55.05	01:12:20.55	7:11	8.3
94	KLOS ANIA	1154		INOWROCŁAW	POL	SENIOR II K - 30	8	K 21	00:29:05	00:44:54	01:12:16.65	01:12:33.50	7:13	8.3
95	SIWA DOMINIK	1145		POZNAŃ	POL	SENIOR II M - 30	31	M 74	00:27:12	00:44:08	01:12:36.30	01:12:49.20	7:15	8.3
96	KUZIEL MARCIN	1070	BLACK RUNNING STRONIE ŚLĄSKIE	STRONIE ŚLĄSKIE	POL	SENIOR II M - 30	32	M 75	00:28:50	00:45:05	01:12:31.95	01:12:59.80	7:15	8.3
97	RYBARSKI PIOTR	1027		DOLSK	POL	SENIOR II M - 30	33	M 76	00:27:42	00:43:30	01:13:02.10	01:13:22.70	7:18	8.2
98	ROGOZCZ MACIEJ	1083	ROGASIE Z DOLINY ROZTOKI	GDYNIA	POL	MASTERS M - 40	21	M 77	00:29:13	00:45:41	01:13:12.70	01:13:42.65	7:19	8.2

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
99	TOMERA PIOTR	1343				MASTERS M - 40	22	M 78	00:23:54	00:37:50	01:01:40.65	01:13:49.65	6:10	9.7
100	KOSIELSKA BEATA	1067		ŁÓDŹ	POL	SENIOR II K - 30	9	K 22	00:29:37	00:46:21	01:13:26.05	01:13:50.00	7:20	8.2
101	PRZYBYLSKI WITEK	1256	OTK RZEŹNIK	GLIWICE	POL	SENIOR II M - 30	34	M 79	00:29:37	00:45:55	01:13:54.25	01:13:56.70	7:23	8.1
102	WOJTKOWIAK RENATA	1132	PIĄTKOWO NA BIEGOWO	POZNAŃ	POL	MASTERS K - 40	4	K 23	00:27:52	00:44:59	01:13:47.55	01:14:05.35	7:22	8.1
103	SZAŁĘGA KASIA	1131		ZIELONA GÓRA	POL	SENIOR II K - 30	10	K 24	00:27:51	00:44:59	01:13:48.20	01:14:06.25	7:22	8.1
104	LICZNERSKI MIROSLAW	1121	LUBAWA KOCHA BIEGAĆ	LUBAWA	POL	SENIOR II M - 30	35	M 80	00:27:29	00:44:34	01:13:42.25	01:14:06.45	7:22	8.1
105	BOMBA MAREK	1190		ZŁOTY STOK	POL	WETERAN II M - 60	2	M 81	00:29:41	00:46:21	01:13:39.35	01:14:15.50	7:21	8.1
106	CIĘŻKOWSKA SZYMAŃSKA KATARZYNA	1289	VEGE RUNNERS	WROCŁAW	POL	OPEN KOBIET	1	K 25	00:29:50	00:46:29	01:13:48.85	01:14:16.70	7:22	8.1
107	WITKOWSKA PAULINA	1181		SZAMOTUŁY	POL	SENIOR II K - 30	11	K 26	00:29:28	00:45:52	01:14:09.45	01:14:18.75	7:24	8.1
108	PASTUSZKA MIROSLAW	1174	RUN ŁDZ	ŁÓDŹ	POL	WETERAN I M - 50	2	M 82	00:30:39	00:47:52	01:14:18.30	01:14:35.15	7:25	8.1
109	GLAPIAK-PRZYTYLA AGNIESZKA	1125	1979	LESZNO	POL	SENIOR II K - 30	12	K 27	00:29:14	00:45:24	01:14:20.65	01:14:39.45	7:26	8.1
110	KRZYSZTOFIK ALEKSANDRA	1176	KOWARY BIEGAJĄ	KOWARY	POL	SENIOR II K - 30	13	K 28	00:29:26	00:45:23	01:14:33.15	01:14:44.35	7:27	8
111	LUBAŃSKA ALICJA	1073	ZS BUKOWICE	BUKOWICE	POL	MASTERS K - 40	5	K 29	00:28:36	00:45:29	01:14:45.50	01:14:47.80	7:28	8
112	BUSS JAKUB	1009	KUDOWSCY MIŁOŚNICZY BIEGANIA	KUDOWA ZDRÓJ	POL	MASTERS M - 40	23	M 83	00:29:14	00:46:13	01:14:27.80	01:14:50.75	7:26	8.1
113	FRANKIEWICZ ŁUKASZ	1127	SOSNOWIECBIEGA	SOSNOWIEC	POL	SENIOR I M - 20	21	M 84	00:28:56	00:44:58	01:14:45.70	01:14:51.70	7:28	8
114	ULIKOWSKA MARTYNA	1225	ZAŁOGA GÓRSKA	GOŚCINO	POL	SENIOR I K - 20	11	K 30	00:29:25	00:46:21	01:14:53.55	01:15:01.20	7:29	8
115	MARZYŃSKA BARBARA	1198		GNIEZNO	POL	WETERAN K - 50	1	K 31	00:29:30	00:46:46	01:15:37.15	01:15:45.45	7:33	7.9
116	KOWALCZYK DAWID	1142		PODGÓRZYN	POL	SENIOR I M - 20	22	M 85	00:30:23	00:47:23	01:15:30.50	01:15:45.80	7:33	7.9
117	ZASADA MAGDALENA	1006		DZIWISZÓW	POL	SENIOR I K - 20	12	K 32	00:30:23	00:47:24	01:15:31.65	01:15:46.30	7:33	7.9
118	GULACZ MARTA	1157	KOBIETA WBIEGU.PL	WAŁBRZYCH	POL	SENIOR I K - 20	13	K 33	00:29:51	00:47:33	01:15:39.95	01:15:48.60	7:34	7.9
119	KALETA PRZEMYSŁAW	1084	PRO-RUN WROCŁAW	WROCŁAW	POL	MASTERS M - 40	24	M 86	00:29:53	00:46:48	01:15:30.80	01:15:56.60	7:33	7.9
120	SKOWRON KATARZYNA	1284	MARATHON CLUB IRELAND			MASTERS K - 40	6	K 34	00:30:44	00:47:46	01:16:01.05	01:16:02.95	7:36	7.9
121	SHERIDAN AION	1285	MARATHON CLUB IRELAND			SENIOR II M - 30	36	M 87	00:30:41	00:47:43	01:16:00.05	01:16:03.10	7:36	7.9
122	LISIEWICZ KALETA AGATA	1085	PRO-RUN WROCŁAW	WROCŁAW	POL	MASTERS K - 40	7	K 35			01:16:10.90	01:16:10.90	7:37	7.9
123	GŁĄBICA JUSTYNA	1161		KAMIENIEC WROCŁAWSKI	POL	SENIOR II K - 30	14	K 36	00:29:35	00:46:49	01:15:53.25	01:16:15.45	7:35	7.9
124	MOTEL PAWEŁ	1271	AKS POLONIA WARSZAWA			SENIOR II M - 30	37	M 88	00:31:34	00:49:09	01:16:03.80	01:16:23.70	7:36	7.9
125	RAK ŁUKASZ	1325				SENIOR II M - 30	38	M 89	00:29:51	00:47:03	01:16:13.75	01:16:30.60	7:37	7.9
126	PAZGAN SANDRA	1178		STARA KAMIENICA	POL	SENIOR I K - 20	14	K 37	00:29:24	00:46:25	01:16:20.40	01:16:30.90	7:38	7.9
127	WOŹNIAK WALDEMAR	1273				SENIOR II M - 30	39	M 90	00:30:30	00:47:38	01:16:13.65	01:16:35.20	7:37	7.9
128	MIKOŁAJEWSKA JUSTYNA	1156	RUNFORDREAMS	WROCŁAW	POL	SENIOR I K - 20	15	K 38	00:29:29	00:46:59	01:16:10.50	01:16:49.05	7:37	7.9
129	SZCZYGIEL MICHAŁ	1330				SENIOR II M - 30	40	M 91	00:29:52	00:47:04	01:16:45.05	01:17:01.95	7:40	7.8
130	MICHAŁEC MARZENA	1179	KOBIETA W BIEGU	WAŁBRZYCH	POL	SENIOR II K - 30	15	K 39	00:29:52	00:47:34	01:16:57.95	01:17:05.95	7:41	7.8
131	MLAŚ DAWID	1216		TYCHY	POL	SENIOR II M - 30	41	M 92	00:29:54	00:47:20	01:16:50.60	01:17:07.60	7:41	7.8
132	MATUSZEWSKA IZABELA	1261		GÓRZE		SENIOR II K - 30	16	K 40	00:30:36	00:47:38	01:16:44.75	01:17:13.40	7:40	7.8
133	DUDZIŃSKI MAREK	1322				MASTERS M - 40	25	M 93	00:29:38	00:46:39	01:16:52.90	01:17:19.30	7:41	7.8
134	ZASTAWNY KATARZYNA	1239				SENIOR II K - 30	17	K 41	00:30:04	00:47:04	01:17:04.70	01:17:34.50	7:42	7.8
135	IWIŃSKI MARCIN	1220	WOLNE ŚLIMAKI	POZNAŃ	POL	SENIOR II M - 30	42	M 94	00:28:46	00:45:33	01:17:23.20	01:17:34.60	7:44	7.8
136	LIS MAŁGORZATA	1274		WIOSKA		OPEN KOBIET	2	K 42	00:30:27	00:47:19	01:17:28.75	01:17:53.10	7:44	7.7
137	MAĐEREK BARBARA	1008	PAKIECIARZE TEAM	KÓRNIK	POL	SENIOR II K - 30	18	K 43	00:29:49	00:46:56	01:17:42.45	01:17:58.75	7:46	7.7
138	GLINA-KRAWCZYK MAŁGORZATA	1093	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	KAMIENIEC ZĄBKOWICKI	POL	MASTERS K - 40	8	K 44	00:30:29	00:48:08	01:17:41.85	01:18:15.70	7:46	7.7
139	GŁOWACKI DARIUSZ	1111		PIOTRKÓW TRYBUNALSKI	POL	MASTERS M - 40	26	M 95	00:30:45	00:48:33	01:18:08.05	01:18:16.00	7:48	7.7
140	WANTUCH PIOTR	1204	ZAŁOGA GÓRSKA	OPOLE	POL	MASTERS M - 40	27	M 96	00:29:49	00:46:32	01:17:37.40	01:18:16.55	7:45	7.7
141	TACIAK SEBASTIAN	1187	ANTONINEK POZNAŃ	POZNAŃ	POL	MASTERS M - 40	28	M 97	00:30:53	00:48:16	01:18:09.00	01:18:21.40	7:48	7.7
142	CHORZĘPA ADAM	1215		SZCZYTNA	POL	WETERAN I M - 50	3	M 98	00:26:21	00:41:18	01:08:38.00	01:18:22.00	6:51	8.7
143	KARASIŃSKI JACEK	1983	ZAŁOGA GÓRSKA			SENIOR II M - 30	43	M 99	00:28:02	00:44:46	01:18:23.80	01:18:30.25	7:50	7.7
144	KULESZA PAWEŁ	1312		KIELCE		SENIOR I M - 20	23	M 100	00:30:34	00:48:06	01:19:03.55	01:19:14.70	7:54	7.6
145	DRYMEL JOANNA	1072		ŚWIĘTA KATARZYNA	POL	SENIOR II K - 30	19	K 45	00:29:53	00:47:41	01:18:59.55	01:19:21.90	7:53	7.6
146	KUŹNIAK MARTYNA	1054		WARSZAWA	POL	MASTERS K - 40	9	K 46	00:30:52	00:48:16	01:19:22.95	01:19:47.40	7:56	7.6
147	SAWALA SŁAWOMIR	1134	TRANCE ONLY	POZNAŃ	POL	MASTERS M - 40	29	M 101	00:30:06	00:47:52	01:19:18.50	01:19:48.45	7:55	7.6
148	MAZUR AGNIESZKA	1105	GTO	OŁAWA	POL	SENIOR II K - 30	20	K 47	00:31:58	00:49:54	01:19:26.30	01:19:51.10	7:56	7.6
149	JAROSIŃSKI MAREK	1097	ŁÓDZKIE HOSPIJUM DLA DZIECI	ŁÓDŹ	POL	SENIOR II M - 30	44	M 102	00:30:30	00:48:53	01:19:35.15	01:19:59.80	7:57	7.5
150	ADAMCZUK FELIX	1091		SZCZECIN	POL	MASTERS M - 40	30	M 103	00:31:40	00:49:28	01:19:58.85	01:20:05.90	7:59	7.5
151	TAMBIOR JAN	1319				WETERAN II M - 60	3	M 104	00:30:40	00:48:41	01:20:11.65	01:20:13.55	8:01	7.5
152	SKOKOWSKI STANISŁAW	1102	AMATOR	KATOWICE	POL	WETERAN II M - 60	4	M 105	00:30:23	00:48:02	01:20:09.90	01:20:15.40	8:01	7.5
153	NAMNI FATIH	1293				SENIOR II M - 30	45	M 106	00:31:11	00:50:04	01:19:59.15	01:20:21.20	7:59	7.5
154	SINICA KAMILA	1277				SENIOR II K - 30	21	K 48	00:31:18	00:49:25	01:20:22.25	01:20:26.60	8:02	7.5

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
155	NOWICKI MACIEJ	1162		WROCŁAW	POL	MASTERS M - 40	31	M 107	00:31:14	00:49:33	01:20:09.60	01:20:47.35	8:01	7.5
156	SZARLEJ ANNA	1148	FUDU&CO. SPORT TEAM	PIOTRKÓW TRYBUNALSKI	POL	SENIOR II K - 30	22	K 49	00:32:45	00:50:12	01:20:47.35	01:20:55.00	8:04	7.4
157	KOPACKA ELIZA	1017	FOLLOWME - ZMIENIAMYFINANSE.PL	WAŁBRZYCH	POL	SENIOR II K - 30	23	K 50	00:30:46	00:49:10	01:20:31.55	01:20:57.85	8:03	7.5
158	BUSZKA ŁUKASZ	1313				MASTERS M - 40	32	M 108	00:31:28	00:48:54	01:20:39.35	01:20:58.05	8:04	7.4
159	JAKUBOWSKA BEATA	1326				SENIOR II K - 30	24	K 51	00:31:23	00:49:34	01:20:33.05	01:20:59.20	8:03	7.4
160	OSIKOWSKA TERESA	1222		ZAKOPANE	POL	SENIOR II K - 30	25	K 52	00:31:12	00:49:32	01:20:54.65	01:21:12.10	8:05	7.4
161	JASICKI JULIAN	1177		ŁĄDEK-ZDRÓJ	POL	WETERAN II M - 60	5	M 109	00:30:17	00:48:13	01:21:16.35	01:21:28.90	8:07	7.4
162	BUŁAJ BARTOSZ	1155	RUNFORDREAMS	WROCŁAW	POL	SENIOR I M - 20	24	M 110	00:30:51	00:49:28	01:20:59.25	01:21:37.80	8:05	7.4
163	ŁUCZAJ KINGA	1339				SENIOR II K - 30	26	K 53	00:32:42	00:49:46	01:21:28.45	01:21:57.50	8:08	7.4
164	SOKOŁOWSKA ANNA	1223		ŁĄDEK ZDRÓJ	POL	SENIOR II K - 30	27	K 54	00:31:04	00:49:21	01:21:53.05	01:21:59.15	8:11	7.3
165	SKAWINA-POLEĆ ANNA	1078		TOPOLICE	POL	SENIOR II K - 30	28	K 55	00:31:45	00:50:33	01:22:04.15	01:22:14.60	8:12	7.3
166	POLUS MACIEJ	1052		GNIEZNO	POL	SENIOR I M - 20	25	M 111	00:31:39	00:49:45	01:21:54.55	01:22:21.30	8:11	7.3
167	GEROWSKA ALEKSANDRA	1032	STOWARZYSZENIE PRZYJACIÓŁ ZWIERZĄT NOE	GOSTYŃ	POL	MASTERS K - 40	10	K 56	00:32:07	00:49:51	01:22:00.80	01:22:21.30	8:12	7.3
168	KONDRAKIEWICZ RAFAŁ	1013	KB HARCOWNIK JELCZ-LASKOWICE	MIŁOSZYCE	POL	MASTERS M - 40	33	M 112	00:31:14	00:49:37	01:22:07.20	01:22:23.30	8:12	7.3
169	TOMASZEWSKA JOANNA	1301	KB HAROWNIK			SENIOR II K - 30	29	K 57	00:31:27	00:49:42	01:22:07.15	01:22:23.35	8:12	7.3
170	SZAŁAJSKA MONIKA	1001		SŁUBICE	POL	SENIOR I K - 20	16	K 58	00:31:01	00:49:33	01:21:52.00	01:22:24.10	8:11	7.3
171	WYSTRYCHOWSKA MARZENA	1246				MASTERS K - 40	11	K 59	00:30:30	00:49:50	01:22:38.20	01:22:41.40	8:15	7.3
172	WYSTRYCHOWSKI MARCIN	1090	BFAGENCJA.PL	WARSZAWA	POL	SENIOR II M - 30	46	M 113	00:31:02	00:50:06	01:22:37.85	01:22:41.70	8:15	7.3
173	LIS MARCIN	1275		WIOSKA		MASTERS M - 40	34	M 114	00:31:37	00:49:53	01:22:22.50	01:22:47.90	8:14	7.3
174	JAGUSZEWSKA AGNIESZKA	1149	STRZECHA AKADEMICKA	KARPACZ	POL	SENIOR I K - 20	17	K 60	00:31:09	00:49:47	01:22:42.80	01:22:58.00	8:16	7.3
175	MARYNOWICZ PIOTR	1053	BRAK	ZGIERZ	POL	MASTERS M - 40	35	M 115	00:31:10	00:50:19	01:22:44.55	01:23:00.90	8:16	7.3
176	WASZYK ANITA	1166	MUAY RUNNING TEAM	ZALASEWO	POL	SENIOR II K - 30	30	K 61	00:31:37	00:49:59	01:22:40.15	01:23:08.20	8:16	7.3
177	POTYRAŁO DAMIAN	1245		ŁĄDEK ZDRÓJ		SENIOR II M - 30	47	M 116	00:33:32	00:51:45	01:22:45.25	01:23:15.75	8:16	7.3
178	ŚWIDEREK KASIA	1268				MASTERS K - 40	12	K 62	00:32:13	00:50:06	01:23:25.05	01:23:28.15	8:20	7.2
179	SZATKOWSKA EWA	1171	KOBIETYBIEGAJĄ	KĘPNO	POL	WETERAN K - 50	2	K 63	00:32:22	00:50:28	01:23:22.40	01:23:29.50	8:20	7.2
180	GŁĄBICA ADAM	1160	PRO - RUN WROCŁAW	KAMIENIEC WROCŁAWSKI	POL	WETERAN I M - 50	4	M 117	00:32:19	00:50:51	01:23:00.95	01:23:32.85	8:18	7.2
181	PLEWA KATARZYNA	1123	NORDIC16.COM	STRONIE ŚLĄSKIE	POL	SENIOR II K - 30	31	K 64	00:32:59	00:52:00	01:23:38.15	01:23:41.40	8:21	7.2
182	BRZOZA DOROTA	1197		WROCŁAW	POL	MASTERS K - 40	13	K 65	00:33:21	00:51:05	01:23:18.25	01:23:51.90	8:19	7.2
183	TOPIŁKO WOJCIECH	1272		ŁODYGOWICE		MASTERS M - 40	36	M 118	00:33:49	00:52:00	01:23:42.05	01:23:53.35	8:22	7.2
184	KOSTERA KATARZYNA	1259	VEGE RUNNERS	WARSZAWA		SENIOR II K - 30	32	K 66	00:33:00	00:50:28	01:23:26.90	01:23:57.00	8:20	7.2
185	GRISZCZENKO ELŻBIETA	1342				SENIOR I K - 20	18	K 67	00:33:22	00:51:46	01:23:27.35	01:23:58.85	8:20	7.2
186	MATEŃCZUK PAWEŁ	1210		RACIBÓRZ	POL	MASTERS M - 40	37	M 119	00:31:42	00:50:47	01:24:08.05	01:24:13.25	8:24	7.1
187	PIELICHOWSKA JUSTYNA	1254	BIEGAJĄC Z WILKAMI	GOZDNICA		SENIOR II K - 30	33	K 68	00:30:21	00:49:05	01:23:53.25	01:24:16.55	8:23	7.2
188	LISOWSKI MACIEJ	1241		KIEŁCZÓW		SENIOR II M - 30	48	M 120	00:30:37	00:48:20	01:23:53.60	01:24:17.35	8:23	7.2
189	LEWANDOWSKA MARIA	1038	BIEGAM BO NIE LUBIE	KONIN	POL	SENIOR II K - 30	34	K 69	00:33:56	00:52:35	01:23:43.35	01:24:17.50	8:22	7.2
190	LEWANDOWSKI RAFAŁ	1037	BIEGAM BO NIE LUBIE	KONIN	POL	SENIOR II M - 30	49	M 121	00:33:55	00:52:35	01:23:43.40	01:24:17.55	8:22	7.2
191	JURCZYK WOJCIECH	1124		ŁADEK ZDROJ	POL	SENIOR II M - 30	50	M 122	00:32:52	00:51:19	01:23:45.95	01:24:23.90	8:22	7.2
192	ŁAPACZYŃSKI ROBERT	1249		ŁĄDEK-ZDRÓJ		MASTERS M - 40	38	M 123	00:32:23	00:51:05	01:24:22.45	01:24:27.55	8:26	7.1
193	WITECKA MILENA	1336				SENIOR II K - 30	35	K 70	00:34:28	00:53:16	01:24:28.10	01:24:31.60	8:26	7.1
194	PABICH MAGDALENA	1050	4RUN TEAM PIŁA	PIŁA	POL	MASTERS K - 40	14	K 71	00:33:49	00:53:06	01:25:02.05	01:25:08.00	8:30	7.1
195	HACZKIEWICZ KAROLINA	1186	MILKY2017	STARA MORAWA	POL	SENIOR II K - 30	36	K 72	00:32:04	00:51:41	01:25:09.40	01:25:28.15	8:31	7
196	LACHOWICZ ANNA	1243		ESKILSTUNA		MASTERS K - 40	15	K 73	00:33:59	00:52:50	01:25:14.60	01:25:33.25	8:31	7
197	WŁOSKOWICZ KINGA	1135		WACHOCK	POL	MASTERS K - 40	16	K 74	00:34:12	00:53:49	01:26:03.15	01:26:06.05	8:36	7
198	KOLENDO EDYTA	1163		ŁĄDEK-ZDRÓJ	POL	MASTERS K - 40	17	K 75	00:32:55	00:51:48	01:25:56.65	01:26:13.50	8:35	7
199	JAROSZ-DANIEL JOANNA	1214		BIELSKO-BIAŁA	POL	SENIOR II K - 30	37	K 76	00:34:22	00:53:33	01:26:04.85	01:26:17.90	8:36	7
200	DANIEL JAREK	1286		BIELSKO BIAŁA		MASTERS M - 40	39	M 124	00:34:26	00:53:23	01:26:05.50	01:26:18.35	8:36	7
201	SKORNIAK KATARZYNA	1221	WOLNE ŚLIMAKI	POZNAŃ	POL	SENIOR I K - 20	19	K 77	00:34:22	00:53:42	01:26:12.50	01:26:23.40	8:37	7
202	WALACIK MAŁGORZATA	1122		WIERUSZÓW	POL	WETERAN K - 50	3	K 78	00:34:10	00:53:11	01:26:08.90	01:26:25.30	8:36	7
203	WIADEREK PIOTR	1069	PĘDZĄCE ŻÓŁWIE	WARSZAWA	POL	SENIOR II M - 30	51	M 125	00:32:18	00:52:22	01:26:16.65	01:26:30.30	8:37	7
204	KAYSIEWICZ JOANNA	1003		POZNAŃ	POL	MASTERS K - 40	18	K 79	00:34:14	00:53:17	01:26:14.95	01:26:49.20	8:37	7
205	BIEGANOWSKI KRZYSZTOF	1041	BIEGAN	WROCŁAW	POL	SENIOR II M - 30	52	M 126	00:32:25	00:51:16	01:26:18.30	01:26:53.45	8:37	7
206	SKAWINA KRYSZYNA	1079		TOPOLICE	POL	SENIOR II K - 30	38	K 80	00:34:02	00:52:56	01:26:57.80	01:27:09.10	8:41	6.9
207	BALICKI JAKUB	1182	ASAP RUNNERS	ŁÓDŹ	POL	MASTERS M - 40	40	M 127	00:34:07	00:52:56	01:26:45.15	01:27:21.85	8:40	6.9
208	OLCZYK JOANNA	1144		ŁÓDŹ	POL	SENIOR I K - 20	20	K 81	00:35:20	00:54:49	01:26:56.95	01:27:22.70	8:41	6.9
209	BALCERZAK AGNIESZKA	1015	MARATOŃCZYK POZNAŃ	KONARZEWO	POL	MASTERS K - 40	19	K 82	00:34:25	00:53:46	01:26:53.50	01:27:24.40	8:41	6.9
210	KUBKA ADAM	1098	FUNDACJA UDARU MÓZGU	ŁÓDŹ	POL	WETERAN I M - 50	5	M 128	00:31:29	00:52:37	01:26:53.40	01:27:24.90	8:41	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	4km	6km	Netto	Brutto	min/km	km/h
211	OLEWICZ DAGMARA	1202	ZĄŁOGA GÓRSKA	ZĄBKOWICE ŚLĄSKIE	POL	SENIOR I K - 20	21	K 83	00:34:33	00:53:37	01:27:20.00	01:27:29.80	8:44	6.9
212	NIEWIADOMSKA AGNIESZKA	1021		WARSZAWA	POL	MASTERS K - 40	20	K 84	00:35:36	00:55:27	01:27:05.10	01:27:37.30	8:42	6.9
213	LEŚNIEWSKA JUSTYNA	1262		ŁÓDŹ		MASTERS K - 40	21	K 85	00:35:06	00:54:41	01:28:45.50	01:29:04.80	8:52	6.8
214	STEFANOWSKI MARIUSZ	1119		OPOLE	POL	MASTERS M - 40	41	M 129	00:35:11	00:54:28	01:29:08.05	01:29:08.05	8:54	6.7
215	SZPUREK ANNA	1238	BUKOWSKI KLUB BIEGACZA	BUK		SENIOR II K - 30	39	K 86	00:33:59	00:54:27	01:29:11.10	01:29:31.70	8:55	6.7
216	BANDURKA PIOTR	1146	TRUCHT.COM	BUKOWIEC	POL	SENIOR II M - 20	26	M 130	00:35:21	00:55:43	01:29:09.15	01:29:34.65	8:54	6.7
217	KOWAL EWA	1310		ZIĘBICE		MASTERS K - 40	22	K 87	00:35:25	00:54:45	01:29:21.60	01:29:35.40	8:56	6.7
218	TASZAREK EWA	1029		MROWINO	POL	MASTERS K - 40	23	K 88	00:32:02	00:51:59	01:29:25.85	01:29:36.30	8:56	6.7
219	SZCZYGIEL GRZEGORZ	1226	KURORT ŁĄDEK ZDRÓJ	ŁĄDEK-ZDRÓJ	POL	SENIOR II M - 30	53	M 131	00:32:30	00:53:03	01:29:31.45	01:29:37.40	8:57	6.7
220	DEMBNA ANIA	1288		SYCÓW		SENIOR II K - 30	40	K 89	00:34:17	00:54:10	01:29:25.90	01:29:50.70	8:56	6.7
221	SIANO ŁUKASZ	1305				SENIOR II M - 30	54	M 132	00:35:54	00:55:52	01:29:33.30	01:30:03.90	8:57	6.7
222	FLIS PIOTR	1250				SENIOR II M - 30	55	M 133	00:34:01	00:53:34	01:30:11.25	01:30:29.30	9:01	6.7
223	SZAREK DAWID	1282		WROCŁAW		OPEN	2	M 134	00:34:34	00:55:02	01:30:20.30	01:30:33.50	9:02	6.6
224	SZAREK PAWEŁ	1281				OPEN	3	M 135	00:34:32	00:55:02	01:30:20.40	01:30:34.45	9:02	6.6
225	SZYMALA JAN	1315				WETERAN II M - 60	6	M 136	00:35:00	00:55:24	01:30:34.35	01:30:38.85	9:03	6.6
226	KACUGA MARIA	1287		BĘDZIN	POL	OPEN KOBIET	3	K 90	00:35:09	00:55:03	01:30:50.35	01:31:23.70	9:05	6.6
227	BLECHARCZYK OLA	1207	ZĄŁOGA GÓRSKA	WROCŁAW	POL	SENIOR I K - 20	22	K 91	00:36:56	00:56:47	01:31:15.20	01:31:26.05	9:07	6.6
228	NOWACZYK GRZEGORZ	1335				SENIOR II M - 30	56	M 137	00:37:10	00:56:57	01:31:27.15	01:31:27.15	9:08	6.6
229	PAWLAK BARTOSZ	1337				SENIOR II M - 30	57	M 138	00:36:59	00:56:51	01:31:19.30	01:31:27.25	9:08	6.6
230	MOLONG URSZULA	1066	NIGHT RUNNERS	KRAKÓW	POL	SENIOR II K - 30	41	K 92	00:35:44	00:56:08	01:31:16.25	01:31:43.00	9:07	6.6
231	PEĆKA BEATA	1242		SOSNOWIEC		SENIOR II K - 30	42	K 93	00:35:40	00:56:51	01:31:30.40	01:32:07.30	9:09	6.6
232	JAŃCZAK KAROLINA	1255				SENIOR I K - 20	23	K 94	00:35:49	00:55:43	01:32:07.25	01:32:31.15	9:12	6.5
233	HAWROT MARTA	1276				MASTERS K - 40	24	K 95	00:36:32	00:57:32	01:32:39.85	01:32:45.80	9:16	6.5
234	ŚRÓDKA ALEKSANDRA	1099		TRZEBNICA	POL	SENIOR II K - 30	43	K 96	00:35:39	00:57:03	01:32:38.95	01:33:05.70	9:15	6.5
235	OLCZYK ANDRZEJ	1195	RUN LODZ	PRZEDBÓRZ	POL	WETERAN I M - 50	6	M 139	00:36:49	00:59:44	01:32:56.90	01:33:20.35	9:17	6.5
236	CHWIAŁKOWSKA EWA	1026		TORUŃ	POL	WETERAN K - 50	4	K 97	00:36:47	00:57:39	01:33:03.50	01:33:25.00	9:18	6.4
237	GÓRNA MAŁGORZATA	1108		POZNAŃ	POL	SENIOR II K - 30	44	K 98	00:35:04	00:56:26	01:33:14.25	01:33:25.55	9:19	6.4
238	TOMICZEK EDYTA	1071	ZDYSKWALIFIKOWANI	WROCŁAW	POL	SENIOR I K - 20	24	K 99	00:38:33	01:00:23	01:32:53.90	01:33:26.15	9:17	6.5
239	PTASZEK ADAM	1297		LEMONT, LLINOIS	USA	OPEN	4	M 140	00:37:03	00:58:12	01:33:09.45	01:33:48.65	9:18	6.4
240	PTASZEK SŁAWOMIR	1296		MIZERNA	POL	MASTERS M - 40	42	M 141	00:37:01	00:58:11	01:33:09.35	01:33:49.10	9:19	6.4
241	KRUZEL RAFAŁ	1219	BIEGOWE MISIE	LEGNICA	POL	MASTERS M - 40	43	M 142	00:35:24	00:55:29	01:33:27.00	01:33:50.30	9:20	6.4
242	KUCZAKOWSKA JOANNA	1218	BIEGOWE MISIE	LEGNICA	POL	SENIOR II K - 30	45	K 100	00:35:25	00:55:29	01:33:27.15	01:33:50.40	9:20	6.4
243	WITKOWSKA JUSTYNA	1028		CHUDÓW	POL	SENIOR II K - 30	46	K 101	00:34:42	00:56:47	01:34:19.85	01:34:31.00	9:26	6.4
244	STAWSKA EMILIA	1095	GRUNWALD TEAM POZNAŃ	POZNAŃ	POL	SENIOR II K - 30	47	K 102	00:36:46	00:59:25	01:35:08.25	01:35:30.90	9:30	6.3
245	CIASTOWICZ-TOMCZAK INGA	1024	FIGHTERS MOSINA	MOSINA	POL	MASTERS K - 40	25	K 103	00:36:47	00:57:46	01:35:20.00	01:35:35.90	9:32	6.3
246	SIWEK KRZYSZTOF	1269		ZŁOTY STOK		WETERAN I M - 50	7	M 143	00:34:31	00:57:07	01:35:12.40	01:35:42.40	9:31	6.3
247	KOLENDO SYLWIA	1164		ŁĄDEK-ZDRÓJ	POL	SENIOR I K - 20	25	K 104	00:35:51	00:57:54	01:35:31.90	01:35:44.75	9:33	6.3
248	DRZYŻGA DOMINIKA	1170	KOBIETYBIEGAJĄ	KĘPNO	POL	SENIOR I K - 20	26	K 105	00:36:57	00:59:32	01:35:39.50	01:35:49.35	9:34	6.3
249	PAPIERZ-RYKAŁA ALEKSANDRA	1212		MYSLENICE	POL	SENIOR II K - 30	48	K 106	00:38:38	00:59:40	01:35:39.85	01:36:15.20	9:34	6.3
250	ROGOWSKA MAŁGORZATA	1116	TRIATHLON MIETKÓW TEAM	KŁODZKO	POL	SENIOR II K - 30	49	K 107	00:35:38	00:57:57	01:36:09.30	01:36:28.15	9:37	6.2
251	SYPER BERNARD	1320				WETERAN I M - 50	8	M 144	00:35:53	00:57:20	01:36:28.70	01:36:35.15	9:38	6.2
252	SIGER ADAM	1213	FUNDACJA UDARU MÓZGU	ŁÓDŹ	POL	MASTERS M - 40	44	M 145	00:35:33	00:57:40	01:35:58.05	01:36:38.00	9:35	6.3
253	DZIDEK KATARZYNA	1031		JAWORZYNA ŚLĄSKA	POL	MASTERS K - 40	26	K 108	00:36:42	00:59:31	01:36:29.45	01:36:57.05	9:39	6.2
254	ERDMAŃSKA NATALIA	1229		STRONIE ŚLĄSKIE	POL	SENIOR II K - 30	50	K 109	00:36:41	00:58:08	01:36:28.75	01:36:58.00	9:38	6.2
255	NIEMAS ANNA	1042	OYAMA KARATE BRZESZCZE	RAJSKO	POL	MASTERS K - 40	27	K 110	00:36:41	00:58:09	01:36:31.85	01:37:00.00	9:39	6.2
256	REMBIELAK-TACIAK ANNA	1188	ANTONINEK POZNAŃ	POZNAŃ	POL	MASTERS K - 40	28	K 111	00:36:53	00:59:50	01:37:15.45	01:37:27.40	9:43	6.2
257	MRUGALSKA LILIANA	1316				SENIOR I K - 20	27	K 112	00:38:55	00:59:58	01:38:01.40	01:38:21.30	9:48	6.1
258	PIETRASZEWSKI WITOLD	1318				SENIOR II M - 30	58	M 146	00:38:53	00:59:56	01:38:00.95	01:38:22.05	9:48	6.1
259	NICZEJDOLNY TOMASZ	1300		WROCŁAW		MASTERS M - 40	45	M 147	00:39:52	00:55:25	01:38:30.90	01:38:41.90	9:51	6.1
260	NIEZGÓDKA SYLWIA	1270		WROCŁAW		MASTERS K - 40	29	K 113	00:39:42	01:00:23	01:38:32.20	01:38:42.00	9:51	6.1
261	WALISZEWSKA-PLEWA IZABELLA	1036		KIELCE	POL	MASTERS K - 40	30	K 114	00:37:11	00:59:30	01:38:33.30	01:38:51.40	9:51	6.1
262	OLCZYK ANNA	1194	RUN LODZ	PRZEDBÓRZ	POL	MASTERS K - 40	31	K 115	00:36:46	00:59:45	01:38:54.35	01:39:17.75	9:53	6.1
263	PASTUSZKA JOANNA	1172	RUN ŁDZ	ŁÓDŹ	POL	WETERAN K - 50	5	K 116	00:39:30	01:02:26	01:38:53.20	01:39:18.05	9:53	6.1
264	BUDNIOK BARBARA	1048	ŻONY MĘŻÓW UZALEŻNIONYCH OD BIEGANIA	PIŁA	POL	MASTERS K - 40	32	K 117	00:36:40	00:59:29	01:39:27.65	01:39:35.20	9:56	6
265	KUTNIEWSKA MARIA	1252	FACE NORDIC WALKING TEAM	ŻUKOWO		WETERAN K - 50	6	K 118	00:39:20	01:01:40	01:39:20.70	01:39:35.70	9:56	6
266	MUCHA ANNA	1046		POZNAŃ	POL	SENIOR I K - 20	28	K 119	00:38:02	01:00:26	01:39:50.25	01:40:24.65	9:59	6

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4km	6km	Netto	Brutto	min/km	km/h
267	WALENDA KATARZYNA	1136	VEGE ULTRA RUNNERS	LESZNOWOLA	POL	MASTERS K - 40	33	K 120	00:41:34	01:03:27	01:40:54.90	01:41:16.40	10:05	5.9
268	KASJAN ALICJA	1100		WARSZAWA	POL	SENIOR I K - 20	29	K 121	00:37:19	01:01:13	01:41:15.55	01:41:35.25	10:07	5.9
269	STACHURA MIKOŁAJ	1101		WARSZAWA	POL	SENIOR II M - 30	59	M 148	00:37:24	01:01:13	01:41:15.20	01:41:35.90	10:07	5.9
270	PAWLIK-NIEDZIELA SANDRA	1016	W POGONI ZA DUCHEM	SOSNOWIEC	POL	SENIOR I K - 20	30	K 122	00:39:39	01:00:45	01:41:08.00	01:41:37.50	10:06	5.9
271	KRAWCZYK MAGDALENA	1139	BIEGAJĄCY PALACZE	ULAN-MAJORAT	POL	SENIOR II K - 30	51	K 123	00:41:33	01:04:54	01:41:16.80	01:41:38.65	10:07	5.9
272	ZWYDAK ANNA	1159	KOBIETAWBIEGU.PL	KIEŁCZÓW	POL	SENIOR I K - 20	31	K 124	00:40:37	01:02:52	01:41:23.45	01:41:46.10	10:08	5.9
273	MAZURCZAK EWA	1158	KOBIETAWBIEGU.PL	KIEŁCZÓWEK	POL	MASTERS K - 40	34	K 125	00:40:36	01:02:52	01:41:24.25	01:41:46.40	10:08	5.9
274	PODSIADŁY ROBERT	1291	CHATA BIEGACZA K34			WETERAN I M - 50	9	M 149	00:38:05	01:00:34	01:41:47.10	01:42:20.15	10:10	5.9
275	AUGUSTOWSKA IZABELA	1231	KB GEOTERMIA UNIEJÓW	WARTKOWICE	POL	MASTERS K - 40	35	K 126	00:38:21	01:00:32	01:42:09.05	01:42:23.85	10:12	5.9
276	DOJKA DOROTA	1152		WROCLAW	POL	MASTERS K - 40	36	K 127	00:38:21	01:00:24	01:42:08.85	01:42:24.20	10:12	5.9
277	HRABAŃSKA-RACZAK BEATA	1168		KATOWICE	POL	SENIOR II K - 30	52	K 128	00:40:26	01:02:55	01:42:16.55	01:42:45.60	10:13	5.9
278	RACZAK MACIEJ	1167		KATOWICE	POL	SENIOR II M - 30	60	M 150	00:40:27	01:02:56	01:42:16.65	01:42:45.70	10:13	5.9
279	STAWSKA ALICJA	1298		ŁÓDŹ	POL	OPEN KOBIET	4	K 129	00:39:00	01:02:45	01:42:25.45	01:42:53.30	10:14	5.9
280	ERENBERG MAŁGORZATA	1153	FUDU&CO SPORT TEAM	PIOTRKÓW TRYB.	POL	SENIOR II K - 30	53	K 130	00:39:27	01:03:06	01:43:08.75	01:43:16.10	10:18	5.8
281	RAJKOWSKA ANNA	1230		PIOTRKÓW TRYBUNALSKI	POL	MASTERS K - 40	37	K 131	00:39:31	01:03:06	01:43:08.95	01:43:16.30	10:18	5.8
282	NOWAK TERESA	1192	TERESA NOWAK	ZIĘBICE	POL	WETERAN II K - 60	1	K 132	00:36:16	01:00:00	01:42:58.55	01:43:32.40	10:17	5.8
283	JĘDRZEJEWSKA ULA	1253	WATAHA			MASTERS K - 40	38	K 133	00:39:58	01:03:02	01:43:20.50	01:43:44.55	10:20	5.8
284	CHMIELEWSKI MARCIN	1034	BIEGAM BEZ SPINY	ŚCINAWA	POL	MASTERS M - 40	46	M 151	00:39:38	01:03:14	01:44:11.75	01:44:43.35	10:25	5.8
285	LECHNA MIRELLA	1061		MIRKÓW	POL	MASTERS K - 40	39	K 134	00:39:39	01:04:17	01:44:59.25	01:45:04.15	10:30	5.7
286	KISIAŁA FILIP	1002	LACHO TEAM	KRAKÓW	POL	SENIOR II M - 30	61	M 152	00:39:39	01:03:53	01:45:08.35	01:45:50.35	10:30	5.7
287	STAWSKA NATALIA	1005		KRAKÓW	POL	SENIOR II K - 30	54	K 135	00:39:43	01:04:29	01:45:14.70	01:45:50.60	10:31	5.7
288	KUŹNIAK MARCIN	1258			POL	MASTERS M - 40	47	M 153	00:41:06	01:03:54	01:46:01.20	01:46:38.00	10:36	5.7
289	SIECZKOWSKI ARTUR	1244	NATURAL BORN RUMIA			MASTERS M - 40	48	M 154	00:39:40	01:05:24	01:46:51.85	01:47:26.90	10:41	5.6
290	NAĆKIEWICZ JUSTYNA	1251		BRZESKO		MASTERS K - 40	40	K 136	00:39:21	01:05:23	01:46:51.80	01:47:27.10	10:41	5.6
291	KOWALCZYK OLKA	1110		ALEKSANDRÓW ŁÓDZKI	POL	SENIOR II K - 30	55	K 137	00:39:21	01:05:24	01:46:52.60	01:47:27.80	10:41	5.6
292	KARNOWSKI SŁAWOMIR	1280				MASTERS M - 40	49	M 155	00:41:35	01:06:16	01:48:06.20	01:48:27.60	10:48	5.6
293	JÓZEFOWICZ MAGDALENA	1011	FUNDACJA DZIECIOM 'ZDAŻYĆ Z POMOCA' KORNEL MAŚLIŃSKI 28449 BIEGAM DLA KORNELKA	SMARDZÓW	POL	SENIOR II K - 30	56	K 138	00:42:33	01:07:32	01:49:50.00	01:50:09.10	10:59	5.5
294	MADERA BOGDAN	1059	RUNWALKRUN	ŚWIDNICA	POL	WETERAN I M - 50	10	M 156	00:41:47	01:06:27	01:50:48.20	01:50:53.20	11:04	5.4
295	BLISKA-MROCZKA HENRYKA	1311		ZIĘBICE		MASTERS K - 40	41	K 139	00:40:46	01:07:51	01:52:01.50	01:52:15.65	11:12	5.4
296	MELSON ANDRZEJ	1128	BIZON TEAM	ŁÓDŹ	POL	WETERAN I M - 50	11	M 157	00:41:44	01:07:37	01:55:07.95	01:55:40.80	11:30	5.2
297	MELSON MACIEJ	1295	BIZON TEAM	ŁÓDŹ	POL	SENIOR I M - 20	27	M 158	00:41:43	01:07:37	01:55:09.05	01:55:42.45	11:30	5.2
298	BOCZAR WALDEK	1117		WROCLAW	POL	SENIOR II M - 30	62	M 159	00:40:07	01:02:44	01:55:56.65	01:56:14.40	11:35	5.2
299	DŁUGOSZ MAREK	1232	KB GEOTERMIA UNIEJÓW	NARTKOWICE	POL	WETERAN I M - 50	12	M 160	00:34:15	01:01:16	01:58:57.55	01:59:12.25	11:53	5
300	NOWICKI AMDRZEJ	1104	ZJEDNOCZENI ZWYCIĘZAMY	WROCLAW	POL	MASTERS M - 40	50	M 161	00:42:37	01:09:45	01:59:06.20	01:59:39.05	11:54	5
301	KOSZYK MARIAN	1340				WETERAN I M - 50	13	M 162	00:48:06	01:13:11	02:03:05.00	02:03:31.90	12:18	4.9
302	BAKOWSKA MARIA	1211	ZALOGA GÓRSKA	GNIEZNO	POL	WETERAN II K - 60	2	K 140	00:44:08	01:14:49	02:08:04.35	02:08:18.45	12:48	4.7
303	SOKOLOWSKI KAZIMIERZ	1012		GDANSK	POL	WETERAN II M - 60	7	M 163	00:49:38	01:19:49	02:18:19.40	02:18:47.55	13:49	4.3
304	CHYBICKA ALICJA	1180		WROCLAW	POL	WETERAN II K - 60	3	K 141	00:56:50	01:36:08	02:45:45.80	02:46:04.30	16:34	3.6
	KITA MICHAŁ	1068	PĘDZĄCY W MIEJSCU	WROCLAW	POL	MASTERS M - 40			00:19:10	00:30:16	DNF	DNF	-	-
									DNF	DNF				