DZIESIĄTKA

Organizator: Fundacja Szczyt za Szczytem
Data: 2023-02-18
Miejsce: Karpniki
Dystans: 10.5 km
Klasyfikacja wg czasów brutto.

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

RUDAWY Zimowy Festiwal Biegowy

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

DZIESIĄTKA, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	Netto	Brutto	min/km	km/h
1	BROJ MARCEL	1057		ŹLINICE		M20	1	M 1	00:16:25	00:25:09	00:25:28	00:56:12.05	00:56:15.00	5:21	11.2
2	PAZDAN PIOTR	1045	AW-SZYBCIEJ-TEAM	KOWARY	POL	M40	1	M 2	00:18:17	00:27:53	00:28:15	00:59:49.60	00:59:52.10	5:41	10.5
3	SKUZA KRZYSZTOF	1058		LEGNICA	POL	M40	2	M 3	00:18:36	00:29:44	00:30:04	01:03:11.60	01:03:13.90	6:01	10
4	WYRODEK JAKUB	1056		WROCŁAW	POL	M30	1	M 4	00:20:14	00:30:31	00:30:53	01:03:49.00	01:03:51.20	6:04	9.9
5	RINK JAN	1003		BOLKÓW	POL	M40	3	M 5	00:20:23	00:31:01	00:31:22	01:04:58.80	01:05:02.05	6:11	9.7
6	BIAŁOBŁOCKA ALICJA	1054		WROCŁAW	POL	K30	1	K 1	00:20:30	00:31:04	00:31:25	01:05:56.00	01:05:59.25	6:16	9.6
7	CIEMIEGA ROMAN	982	KOWARY BIEGAJA	KOWARY	POL	M40	4	M 6	00:20:14	00:31:12	00:31:32	01:08:18.95	01:08:21.55	6:30	9.2
8	STYK MAREK	959		ZIELONA GÓRA	POL	M30	2	M 7	00:20:26	00:32:02	00:32:29	01:10:13.20	01:10:15.55	6:41	9
9	KRUŻOŁEK MONIKA	1055		RADKÓW		K30	2	K 2	00:21:54	00:33:19	00:33:44	01:10:20.45	01:10:23.90	6:41	9
10	IWANOWSKI PRZEMYSŁAW	1048	TAEKWONDO CHOJNÓW	CHOCIANÓW	POL	M40	5	M 8	00:21:29	00:33:03	00:33:27	01:10:57.00	01:11:01.15	6:45	8.9
11	ZAGROBELNY MICHAL	954	KOWARY BIEGAJĄ	KOWARY	POL	M30	3	M 9	00:21:05	00:32:31	00:32:54	01:11:03.40	01:11:06.65	6:46	8.9
12	GAŁASZEWSKI ŁUKASZ	1021		BYSTRZYCA	POL	M30	4	M 10	00:21:54	00:33:36	00:33:59	01:11:24.00	01:11:28.05	6:48	8.8
13	BOROWSKA KAROLINA	1010	KGHM ZG RUN	LUBIN	POL	K30	3	K 3	00:22:11	00:33:53	00:34:19	01:11:28.20	01:11:31.10	6:48	8.8
14	ADAMSKI ANDRZEJ	977	SZYNSZYLE GNIEZNO	GNIEZNO	POL	M20	2	M 11	00:22:09	00:34:30	00:34:56	01:11:52.50	01:11:56.40	6:50	8.8
15	ONISZCZUK KAROL	953		WROCŁAW	POL	M30	5	M 12	00:22:33	00:34:22	00:34:46	01:12:09.35	01:12:12.70	6:52	8.7
16	KOSIDŁO BARTOSZ	1011	KOSA	ZIELONA GÓRA	POL	M40	6	M 13	00:22:19	00:34:05	00:34:31	01:12:39.90	01:12:45.15	6:55	8.7
17	ROZDZYNSKA PATRYCJA	1043	STAJNIAK TEAM	POZNAŃ	POL	K20	1	K 4	00:22:25	00:35:13	00:35:36	01:14:43.90	01:14:48.75	7:06	8.4
18	WOCH AGNIESZKA	1027		ZIELONA GÓRA	POL	K50	1	K 5	00:23:31	00:36:46	00:37:20	01:15:51.65	01:15:55.60	7:13	8.3
19	PŁÓCIENNIK KRZYSZTOF	1035	DZIKIE PUTKI	PABIANICE	POL	M40	7	M 14	00:23:09	00:35:25	00:35:51	01:15:55.35	01:16:04.90	7:13	8.3
20	PIĄTEK DARIUSZ	986		PSZENNO	POL	M30	6	M 15	00:22:29	00:35:02	00:35:27	01:16:54.40	01:17:00.25	7:19	8.2
21	RABIEJ-OLSZEWSKA HANNA	1047	SOBAS TEAM	CHOJNÓW	POL	K30	4	K 6	00:23:25	00:36:37	00:37:07	01:17:19.20	01:17:22.50	7:21	8.1
22	PIĄTEK IWONA	987	ŚWIDNICKA GRUPA BIEGOWA	PSZENNO	POL	K40	1	K 7	00:23:48	00:36:43	00:37:10	01:17:30.40	01:17:36.25	7:22	8.1
23	SOBEL-ADAMSKA DOROTA	997	STARA KOCIARA	PRZYSZOWICE	POL	K30	5	K 8	00:24:33	00:38:09	00:38:34	01:17:49.45	01:17:54.30	7:24	8.1
24	ZIĘTEK KRZYSZTOF	963		KĄTY WROCŁAWSKIE	POL	M40	8	M 16	00:22:36	00:34:38	00:34:57	01:18:51.75	01:18:57.90	7:30	8
25	CHRUŚCIŃSKA JOANNA	980	ADIENT RUNNING TEAM	ŚWIEBODZIN	POL	K20	2	K 9	00:24:45	00:39:05	00:39:28	01:22:37.20	01:22:43.65	7:52	7.6
26	NOWOSAD PIOTREK	1041		ZGORZELEC	POL	M30	7	M 17	00:24:49	00:38:52	00:39:16	01:22:25.65	01:22:44.05	7:50	7.6
27	TOMASIK ANDRZEJ	989		ZIELONA GÓRA	POL	M50	1	M 18	00:24:36	00:38:00	00:38:33	01:23:18.15	01:23:22.60	7:56	7.6
28	BIELAWSKI PAWEŁ	1052		LEGNICA	POL	M30	8	M 19	00:24:44	00:38:15	00:38:43	01:23:30.30	01:23:33.75	7:57	7.5
29	SZCZĘSNY PAWEŁ	1023		WROCŁAW	POL	M30	9	M 20	00:25:01	00:40:08	00:40:37	01:24:29.45	01:24:32.90	8:02	7.5
30	GRACZYK MARCIN	1026		POZNAŃ	POL	M50	2	M 21	00:24:36	00:38:06	00:38:56	01:24:11.40	01:24:38.25	8:01	7.5
31	ADAMSKA PAULINA	978	SZYNSZYLA GNIEZNO	GNIEZNO	POL	K20	3	K 10	00:27:51	00:42:35	00:43:01	01:26:32.45	01:26:44.15	8:14	7.3
32	TROSZCZYŃSKA IZABELA	956		OBORNIKI	POL	K30	6	K 11	00:28:11	00:42:25	00:42:58	01:27:46.50	01:28:00.95	8:21	7.2
33	BULAK MATEUSZ	957		OBORNIKI	POL	M30	10	M 22	00:28:10	00:42:25	00:42:58	01:27:49.35	01:28:03.30	8:21	7.2
34	KOELNER RAFAL	1015		WROCLAW	POL	M40	9	M 23	00:29:46	00:45:24	00:45:45	01:28:13.85	01:28:29.75	8:24	7.1
35	ZIELONKA AGNIESZKA	1029		NOWA WOLA	POL	K40	2	K 12		00:40:52	00:41:19	01:28:52.60	01:29:07.20	8:27	7.1
36	GOŁĘBIOWSKI MARCIN	999		JELENIA GÓRA	POL	M40	10	M 24	00:27:19	00:44:04	00:44:41	01:30:57.05	01:31:10.25	8:39	6.9
37	POSPIESZNY ROBERT	993		JAROCIN	POL	M40	11	M 25	00:29:21	00:43:48	00:44:16	01:33:27.80	01:33:32.75	8:54	6.7
38	BARTOSZAK DOROTA	979	SZYNSZYLA GNIEZNO	GNIEZNO	POL	K50	2	K 13	00:29:13	00:45:16	00:45:43	01:33:39.05	01:33:50.90	8:55	6.7
39	NAJDEK MICHAŁ	1030		ŚWIEBODZIN	POL	M30	11	M 26	00:28:09	00:45:14	00:45:43	01:34:10.90	01:34:10.90	8:58	6.7
40	DACZKOWSKA AGATA	1031		WROCŁAW	POL	K30	7	K 14	00:28:28	00:45:38	00:46:03	01:34:30.85	01:34:37.80	9:00	6.7
41	SKRAJDA PIOTR	1059		WAWRZEŃCZYCE	POL	M30	12	M 27	00:29:12	00:45:23	00:45:49	01:34:21.35	01:34:41.60	8:59	6.7
42	LEKI ADRIANA	1022		GARBY	POL	K30	8	K 15	00:28:12	00:44:15	00:44:44	01:34:41.70	01:34:49.90	9:01	6.7
43	WOCH NATALIA	1028		ZIELONA GÓRA	POL	K20	4	K 16	00:29:37	00:46:00	00:46:31	01:34:52.30	01:35:01.45	9:02	6.6
44	JEKA PIOTR	1009	JEKA TEAM	CHOJNÓW	POL	M50	3	M 28	00:29:00	00:45:15	00:45:46	01:34:59.65	01:35:07.75	9:02	6.6
45	PAWLIKOWSKA ANNA	966		WROCŁAW	POL	K40	3	K 17	00:28:55	00:46:50	00:47:20	01:35:51.75	01:36:00.60	9:07	6.6
46	HEJMOWSKI SYLWESTER	1016		MIŁKÓW	POL	M40	12	M 29	00:28:52	00:45:24	00:45:51	01:36:12.85	01:36:26.30	9:09	6.5

DZIESIĄTKA, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	Netto	Brutto	min/km	km/h
47	GWOŹDZIK-BŁASZCZYK KAROLINA	1004		ŚWIEBODZIN	POL	K40	4	K 18	00:29:38	00:46:03	00:46:33	01:36:29.00	01:36:33.95	9:11	6.5
48	GADZINA SŁAWOMIR	1005	MASTERSERVICE	JELENIA GÓRA	POL	M40	13	M 30	00:29:04	00:43:24	00:43:50	01:37:10.90	01:37:29.25	9:15	6.5
49	SUMISŁAWSKI SEBASTIAN	1050		POZNAŃ	POL	M40	14	M 31	00:31:08	00:47:47	00:49:16	01:38:45.05	01:38:59.20	9:24	6.4
50	ZABIEREK ROLAND	1051		WARSZAWA	POL	M50	4	M 32	00:31:06	00:47:47	00:49:20	01:38:45.35	01:38:59.30	9:24	6.4
51	KOZACZUK GRZEGORZ	1014		SZCZECIN	POL	M40	15	M 33	00:29:26	00:45:56	00:46:34	01:38:54.90	01:39:05.35	9:25	6.4
52	BERNACKA KINGA	973		TOMICE	POL	K30	9	K 19	00:30:02	00:45:48	00:47:03	01:40:04.20	01:40:16.45	9:31	6.3
53	SAKRAJDA JERZY	1018		WAWRZEŃCZYCE	POL	M60	1	M 34	00:31:29	00:48:09	00:48:37	01:41:33.30	01:41:55.20	9:40	6.2
54	PAWLAK GABRIEL	1007		WROCŁAW	POL	M40	16	M 35	00:30:56	00:48:43	00:50:08	01:42:58.15	01:43:08.55	9:48	6.1
55	KRÓLAK KATARZYNA	1042	SLOW JOGGING WAŁBRZYCH	WAŁBRZYCH	POL	K30	10	K 20	00:31:55	00:49:06	00:49:46	01:43:05.15	01:43:11.80	9:49	6.1
56	KWIASOWSKA MARTYNA	1012	BE AGGRESSIVE	ŁÓDŹ	POL	K30	11	K 21	00:32:04	00:50:26	00:51:02	01:43:59.25	01:44:19.75	9:54	6.1
57	GASIOR PAWEŁ	1039	ROZBIEGANY SUSZ	SUSZ	POL	M30	13	M 36	00:32:45	00:51:10	00:52:04	01:45:18.75	01:45:25.95	10:01	6
58	KRASIŃSKI GRACJAN	968	ADIENT TEAM	MIĘDZYRZECZ	POL	M40	17	M 37	00:28:42	00:46:24	00:48:45	01:45:26.90	01:45:33.20	10:02	6
59	SZYNKAREK TOMASZ	998		BIELANY WROCŁAWSKIE	POL	M40	18	M 38	00:30:52	00:48:15	00:49:37	01:45:29.35	01:45:41.20	10:02	6
60	OLEŚ EWA	1020		JEŻÓW SUDECKI	POL	K30	12	K 22	00:32:30	00:50:48	00:51:19	01:46:06.25	01:46:25.75	10:06	5.9
61	ANIOŁEK MICHAŁ	1013	FLY OR DIE	WARSZAWA	POL	M30	14	M 39	00:33:58	00:53:39	00:54:48	01:47:58.30	01:48:14.05	10:16	5.8
62	ŁUKOWIAK KRZYSZTOF	1000	FLY OR DIE	TRZEBNICA	POL	M30	15	M 40	00:33:55	00:53:35	00:54:45	01:47:57.50	01:48:14.20	10:16	5.8
63	KLISOWSKA WERONIKA	1001	FLY OR DIE	TRZEBNICA	POL	K30	13	K 23	00:33:57	00:53:36	00:54:47	01:47:58.10	01:48:14.35	10:16	5.8
64	SŁOMKA MAGDA	988		GŁOGÓW	POL	K40	5	K 24	00:34:06	00:53:16	00:54:32	01:49:26.20	01:49:39.30	10:25	5.8
65	LESAK- JAŚKOWSKA SYLWIA	1060		LEGIONOWO	BRA	K50	3	K 25	00:33:29	00:52:24	00:53:01	01:51:10.15	01:51:16.15	10:35	5.7
66	LIS ANNA	964		WAWRÓW	POL	K40	6	K 26	00:34:39	00:53:19	00:54:56	01:51:23.40	01:51:27.25	10:36	5.7
67	ŚLIWKA ANNA	981		POZNAŃ	POL	K30	14	K 27	00:35:22	00:55:23	00:56:23	01:54:31.80	01:54:39.65	10:54	5.5
68	SLUSARCZYK TOMASZ	995		PIASEK	POL	M40	19	M 41	00:33:09	00:51:41	00:52:47	01:55:00.70	01:55:18.05	10:57	5.5
69	PRZYBYSZ PIOTR	991		KROSNO ODRZAŃSKIE	POL	M40	20	M 42	00:37:18	00:56:22	00:57:05	01:55:17.40	01:55:34.85	10:58	5.5
70	GRACZYK MAGDALENA	1025		POZNAŃ	POL	K50	4	K 28	00:36:43	00:56:18	00:57:25	01:56:53.15	01:57:21.20	11:07	5.4
71	GAJ BARTOSZ	1034	ORTHOS TEAM	WROCLAW	POL	M30	16	M 43	00:34:51	00:55:56	00:57:23	01:57:29.35	01:57:35.45	11:11	5.4
72	KMIECIK MALGORZATA	972		WAŁBRZYCH	POL	K40	7	K 29	00:36:07	00:56:17	00:57:43	01:58:22.50	01:58:34.90	11:16	5.3
73	SOBCZAK MACIEJ	969	RAZEM TRENUJEMY SPORT	FLORENTYNÓW	POL	M40	21	M 44	00:35:50	00:55:36	00:56:31	01:59:18.10	01:59:27.05	11:21	5.3
74	BRELA EWA	970	BRAK	MILICZ	POL	K30	15	K 30	00:36:28	00:56:00	00:57:23	01:59:38.55	01:59:51.30	11:23	5.3
75	KACZMAREK MARIUSZ	1006		SULECHÓW	POL	M60	2	M 45	00:35:42	00:56:15	00:57:25	01:59:34.45	01:59:57.90	11:23	5.3
76	BASTA JOANNA	950	BASTA TEAM	GORZÓW WLKP.	POL	K50	5	K 31	00:35:06	00:55:53	00:57:23	02:00:00.55	02:00:03.30	11:25	5.3
77	JANKOWSKA ROKSANA	971	KAT CROSS	WAŁBRZYCH	POL	K40	8	K 32	00:36:05	00:56:34	00:57:42	01:59:56.65	02:00:08.95	11:25	5.3
78	ŁUKASZEWSKA SYLWIA	1046		JELENIA GÓRA	POL	K40	9	K 33	00:38:51	01:00:38	01:01:14	02:06:08.10	02:06:25.75	12:00	5
79	KEREBKO YULIIA	994		KOMORNIKI	POL	K30	16	K 34	00:50:05	01:09:08	01:10:46	02:06:18.20	02:06:37.75	12:01	5
80	TRĘBACZ MARIANNA	990		ŚRODA WLKP	POL	K30	17	K 35	00:39:59	01:03:53	01:06:00	02:07:02.00	02:07:15.20	12:05	5
81	FRANKOWSKA WERONIKA	958		KRAKÓW	POL	K30	18	K 36		01:04:52	01:06:19	02:08:03.80	02:08:24.75	12:11	4.9
82	STEFANIAK JAN	1061				M60	3	M 46	00:38:21	00:59:13	01:00:59	02:08:41.75	02:09:01.50	12:15	4.9
83	SKOWROŃSKI BARTOSZ	1032		WROCŁAW	POL	M30	17	M 47	00:42:03	01:04:41	01:05:50	02:12:08.05	02:12:27.60	12:35	4.8
84	RYCHLIK TOMASZ	1033	FITNESS PIEKARY LEGNICA	LEGNICA	POL	M30	18	M 48	00:42:04	01:04:41	01:05:49	02:12:09.00	02:12:28.20	12:35	4.8
85	BARYŁA DOROTA	1002		WOLIN	POL	K50	6	K 37	00:42:17	01:06:19	01:08:13	02:18:25.95	02:18:52.55	13:10	4.6
86	SZYDŁOWSKA-JAROSZ AGNIESZKA	976	POBIEROWO BIEGA	POBIEROWO	POL	K50	7	K 38	00:43:55	01:05:09	01:07:02	02:18:28.30	02:18:53.15	13:11	4.5
87	ZBOROWSKA JOANNA	951	ADIENT RUNNING TEAM	ŁAGÓW	POL	K20	5	K 39	00:43:24	01:08:47	01:10:05	02:20:13.20	02:20:29.90	13:21	4.5
88	BIELASZEWSKA ARLETA	960	POBIEROWO BIEGA	POBIEROWO	POL	K50	8	K 40	00:45:43	01:11:21	01:12:38	02:22:03.40	02:22:10.95	13:31	4.4
89	LISON ALEKSANDRA	1053		SWARZĘDZ	POL	K30	19	K 41	00:44:45	01:10:55	01:14:12	02:24:28.30	02:24:33.70	13:45	4.4
90	JUDKIEWICZ HALINA	974		WOLIN	POL	K50	9	K 42	00:53:04	01:22:49	01:23:56	02:37:37.55	02:38:03.40	15:00	4
91	PRZYBYŁ JOLANTA	975	EASY RUNNERS	GOSTYŃ	POL	K40	10	K 43	00:54:04	01:24:07	01:25:05	02:38:30.15	02:38:46.05	15:05	4
92	GRABIŃSKA WIKTORIA	1049	FUNDACJA „DZIĘKI TOBIE”	KOMORNIKI	POL	K20	6	K 44	00:53:09	01:23:01	01:23:54	02:39:30.25	02:39:48.65	15:11	3.9
93	GRABIŃSKA ANGELIKA	996		KOMORNIKI	POL	K40	11	K 44	00:53:07	01:22:32	01:23:54	02:39:30.05	02:39:48.65	15:11	3.9
94	SZCZEPANIAK SŁAWOMIR	1017	KS LENIWIEC	KĘPNO	POL	M50	5	M 49	00:54:06	01:24:17	01:25:23	02:46:19.05	02:46:35.60	15:50	3.8
	PŁÓCIENNIK KONRAD	1036	DZIKIE PUTKI	PABIANICE	POL	M20			00:26:22	00:40:44	00:41:12	DNF	DNF	-	-
									DNF	DNF	DNF				

DZIESIĄTKA, OPEN Kobiety

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	Netto	Brutto	min/km	km/h
1	BIAŁOBŁOCKA ALICJA	1054		WROCŁAW	POL	K30	1	K 1	00:20:30	00:31:04	00:31:25	01:05:56.00	01:05:59.25	6:16	9.6
2	KRUŻOŁEK MONIKA	1055		RADKÓW		K30	2	K 2	00:21:54	00:33:19	00:33:44	01:10:20.45	01:10:23.90	6:41	9

DZIESIĄTKA, OPEN Kobiety c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	Netto	Brutto	min/km	km/h
3	BOROWSKA KAROLINA	1010	KGHM ZG RUN	LUBIN	POL	K30	3	K 3	00:22:11	00:33:53	00:34:19	01:11:28.20	01:11:31.10	6:48	8.8
4	ROZDZYNSKA PATRYCJA	1043	STAJNIAK TEAM	POZNAŃ	POL	K20	1	K 4	00:22:25	00:35:13	00:35:36	01:14:43.90	01:14:48.75	7:06	8.4
5	WOCH AGNIESZKA	1027		ZIELONA GÓRA	POL	K50	1	K 5	00:23:31	00:36:46	00:37:20	01:15:51.65	01:15:55.60	7:13	8.3
6	RABIEJ-OLSZEWSKA HANNA	1047	SOBAS TEAM	CHOJNÓW	POL	K30	4	K 6	00:23:25	00:36:37	00:37:07	01:17:19.20	01:17:22.50	7:21	8.1
7	PIĄTEK IWONA	987	ŚWIDNICKA GRUPA BIEGOWA	PSZENNO	POL	K40	1	K 7	00:23:48	00:36:43	00:37:10	01:17:30.40	01:17:36.25	7:22	8.1
8	SOBEL-ADAMSKA DOROTA	997	STARA KOCIARA	PRZYSZOWICE	POL	K30	5	K 8	00:24:33	00:38:09	00:38:34	01:17:49.45	01:17:54.30	7:24	8.1
9	CHRUŚCIŃSKA JOANNA	980	ADIENT RUNNING TEAM	ŚWIEBODZIN	POL	K20	2	K 9	00:24:45	00:39:05	00:39:28	01:22:37.20	01:22:43.65	7:52	7.6
10	ADAMSKA PAULINA	978	SZYNSZYLA GNIEZNO	GNIEZNO	POL	K20	3	K 10	00:27:51	00:42:35	00:43:01	01:26:32.45	01:26:44.15	8:14	7.3
11	TROSZCZYŃSKA IZABELA	956		OBORNIKI	POL	K30	6	K 11	00:28:11	00:42:25	00:42:58	01:27:46.50	01:28:00.95	8:21	7.2
12	ZIELONKA AGNIESZKA	1029		NOWA WOLA	POL	K40	2	K 12		00:40:52	00:41:19	01:28:52.60	01:29:07.20	8:27	7.1
13	BARTOSZAK DOROTA	979	SZYNSZYLA GNIEZNO	GNIEZNO	POL	K50	2	K 13	00:29:13	00:45:16	00:45:43	01:33:39.05	01:33:50.90	8:55	6.7
14	DACZKOWSKA AGATA	1031		WROCŁAW	POL	K30	7	K 14	00:28:28	00:45:38	00:46:03	01:34:30.85	01:34:37.80	9:00	6.7
15	LEKI ADRIANA	1022		GARBY	POL	K30	8	K 15	00:28:12	00:44:15	00:44:44	01:34:41.70	01:34:49.90	9:01	6.7
16	WOCH NATALIA	1028		ZIELONA GÓRA	POL	K20	4	K 16	00:29:37	00:46:00	00:46:31	01:34:52.30	01:35:01.45	9:02	6.6
17	PAWLIKOWSKA ANNA	966		WROCŁAW	POL	K40	3	K 17	00:28:55	00:46:50	00:47:20	01:35:51.75	01:36:00.60	9:07	6.6
18	GWOŹDZIK-BŁASZCZYK KAROLINA	1004		ŚWIEBODZIN	POL	K40	4	K 18	00:29:38	00:46:03	00:46:33	01:36:29.00	01:36:33.95	9:11	6.5
19	BERNACKA KINGA	973		TOMICE	POL	K30	9	K 19	00:30:02	00:45:48	00:47:03	01:40:04.20	01:40:16.45	9:31	6.3
20	KRÓLAK KATARZYNA	1042	SLOW JOGGING WAŁBRZYCH	WAŁBRZYCH	POL	K30	10	K 20	00:31:55	00:49:06	00:49:46	01:43:05.15	01:43:11.80	9:49	6.1
21	KWIASOWSKA MARTYNA	1012	BE AGGRESSIVE	ŁÓDŹ	POL	K30	11	K 21	00:32:04	00:50:26	00:51:02	01:43:59.25	01:44:19.75	9:54	6.1
22	OLEŚ EWA	1020		JEŻÓW SUDECKI	POL	K30	12	K 22	00:32:30	00:50:48	00:51:19	01:46:06.25	01:46:25.75	10:06	5.9
23	KLISOWSKA WERONIKA	1001	FLY OR DIE	TRZEBNICA	POL	K30	13	K 23	00:33:57	00:53:36	00:54:47	01:47:58.10	01:48:14.35	10:16	5.8
24	SŁOMKA MAGDA	988		GŁOGÓW	POL	K40	5	K 24	00:34:06	00:53:16	00:54:32	01:49:26.20	01:49:39.30	10:25	5.8
25	LESAK- JAŚKOWSKA SYLWIA	1060		LEGIONOWO	BRA	K50	3	K 25	00:33:29	00:52:24	00:53:01	01:51:10.15	01:51:16.15	10:35	5.7
26	LIS ANNA	964		WAWRÓW	POL	K40	6	K 26	00:34:39	00:53:19	00:54:56	01:51:23.40	01:51:27.25	10:36	5.7
27	ŚLIWKA ANNA	981		POZNAŃ	POL	K30	14	K 27	00:35:22	00:55:23	00:56:23	01:54:31.80	01:54:39.65	10:54	5.5
28	GRACZYK MAGDALENA	1025		POZNAŃ	POL	K50	4	K 28	00:36:43	00:56:18	00:57:25	01:56:53.15	01:57:21.20	11:07	5.4
29	KMIECIK MALGORZATA	972		WAŁBRZYCH	POL	K40	7	K 29	00:36:07	00:56:17	00:57:43	01:58:22.50	01:58:34.90	11:16	5.3
30	BRELA EWA	970	BRAK	MILICZ	POL	K30	15	K 30	00:36:28	00:56:00	00:57:23	01:59:38.55	01:59:51.30	11:23	5.3
31	BASTA JOANNA	950	BASTA TEAM	GORZÓW WLKP.	POL	K50	5	K 31	00:35:06	00:55:53	00:57:23	02:00:00.55	02:00:03.30	11:25	5.3
32	JANKOWSKA ROKSANA	971	KAT CROSS	WAŁBRZYCH	POL	K40	8	K 32	00:36:05	00:56:34	00:57:42	01:59:56.65	02:00:08.95	11:25	5.3
33	ŁUKASZEWSKA SYLWIA	1046		JELENIA GÓRA	POL	K40	9	K 33	00:38:51	01:00:38	01:01:14	02:06:08.10	02:06:25.75	12:00	5
34	KEREBKO YULIIA	994		KOMORNIKI	POL	K30	16	K 34	00:50:05	01:09:08	01:10:46	02:06:18.20	02:06:37.75	12:01	5
35	TRĘBACZ MARIANNA	990		ŚRODA WLKP	POL	K30	17	K 35	00:39:59	01:03:53	01:06:00	02:07:02.00	02:07:15.20	12:05	5
36	FRANKOWSKA WERONIKA	958		KRAKÓW	POL	K30	18	K 36		01:04:52	01:06:19	02:08:03.80	02:08:24.75	12:11	4.9
37	BARYŁA DOROTA	1002		WOLIN	POL	K50	6	K 37	00:42:17	01:06:19	01:08:13	02:18:25.95	02:18:52.55	13:10	4.6
38	SZYDŁOWSKA-JAROSZ AGNIESZKA	976	POBIEROWO BIEGA	POBIEROWO	POL	K50	7	K 38	00:43:55	01:05:09	01:07:02	02:18:28.30	02:18:53.15	13:11	4.5
39	ZBOROWSKA JOANNA	951	ADIENT RUNNING TEAM	ŁAGÓW	POL	K20	5	K 39	00:43:24	01:08:47	01:10:05	02:20:13.20	02:20:29.90	13:21	4.5
40	BIELASZEWSKA ARLETA	960	POBIEROWO BIEGA	POBIEROWO	POL	K50	8	K 40	00:45:43	01:11:21	01:12:38	02:22:03.40	02:22:10.95	13:31	4.4
41	LISON ALEKSANDRA	1053		SWARZĘDZ	POL	K30	19	K 41	00:44:45	01:10:55	01:14:12	02:24:28.30	02:24:33.70	13:45	4.4
42	JUDKIEWICZ HALINA	974		WOLIN	POL	K50	9	K 42	00:53:04	01:22:49	01:23:56	02:37:37.55	02:38:03.40	15:00	4
43	PRZYBYŁ JOLANTA	975	EASY RUNNERS	GOSTYŃ	POL	K40	10	K 43	00:54:04	01:24:07	01:25:05	02:38:30.15	02:38:46.05	15:05	4
44	GRABIŃSKA WIKTORIA	1049	FUNDACJA „DZIĘKI TOBIE”	KOMORNIKI	POL	K20	6	K 44	00:53:09	01:23:01	01:23:54	02:39:30.25	02:39:48.65	15:11	3.9
45	GRABIŃSKA ANGELIKA	996		KOMORNIKI	POL	K40	11	K 44	00:53:07	01:22:32	01:23:54	02:39:30.05	02:39:48.65	15:11	3.9

DZIESIĄTKA, OPEN Mężczyźni

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	Netto	Brutto	min/km	km/h
1	BROJ MARCEL	1057		ŹLINICE		M20	1	M 1	00:16:25	00:25:09	00:25:28	00:56:12.05	00:56:15.00	5:21	11.2
2	PAZDAN PIOTR	1045	AW-SZYBCIEJ-TEAM	KOWARY	POL	M40	1	M 2	00:18:17	00:27:53	00:28:15	00:59:49.60	00:59:52.10	5:41	10.5
3	SKUZA KRZYSZTOF	1058		LEGNICA	POL	M40	2	M 3	00:18:36	00:29:44	00:30:04	01:03:11.60	01:03:13.90	6:01	10
4	WYRODEK JAKUB	1056		WROCŁAW	POL	M30	1	M 4	00:20:14	00:30:31	00:30:53	01:03:49.00	01:03:51.20	6:04	9.9
5	RINK JAN	1003		BOLKÓW	POL	M40	3	M 5	00:20:23	00:31:01	00:31:22	01:04:58.80	01:05:02.05	6:11	9.7
6	CIEMIEGA ROMAN	982	KOWARY BIEGAJA	KOWARY	POL	M40	4	M 6	00:20:14	00:31:12	00:31:32	01:08:18.95	01:08:21.55	6:30	9.2
7	STYK MAREK	959		ZIELONA GÓRA	POL	M30	2	M 7	00:20:26	00:32:02	00:32:29	01:10:13.20	01:10:15.55	6:41	9
8	IWANOWSKI PRZEMYSŁAW	1048	TAEKWONDO CHOJNÓW	CHOCIANÓW	POL	M40	5	M 8	00:21:29	00:33:03	00:33:27	01:10:57.00	01:11:01.15	6:45	8.9
9	ZAGROBELNY MICHAL	954	KOWARY BIEGAJĄ	KOWARY	POL	M30	3	M 9	00:21:05	00:32:31	00:32:54	01:11:03.40	01:11:06.65	6:46	8.9

DZIESIĄTKA, OPEN Mężczyźni c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	Netto	Brutto	min/km	km/h
10	GAŁASZEWSKI ŁUKASZ	1021		BYSTRZYCA	POL	M30	4	M 10	00:21:54	00:33:36	00:33:59	01:11:24.00	01:11:28.05	6:48	8.8
11	ADAMSKI ANDRZEJ	977	SZYNSZYLE GNIEZNO	GNIEZNO	POL	M20	2	M 11	00:22:09	00:34:30	00:34:56	01:11:52.50	01:11:56.40	6:50	8.8
12	ONISZCZUK KAROL	953		WROCŁAW	POL	M30	5	M 12	00:22:33	00:34:22	00:34:46	01:12:09.35	01:12:12.70	6:52	8.7
13	KOSIDŁO BARTOSZ	1011	KOSA	ZIELONA GÓRA	POL	M40	6	M 13	00:22:19	00:34:05	00:34:31	01:12:39.90	01:12:45.15	6:55	8.7
14	PŁÓCIENNIK KRZYSZTOF	1035	DZIKIE PUTKI	PABIANICE	POL	M40	7	M 14	00:23:09	00:35:25	00:35:51	01:15:55.35	01:16:04.90	7:13	8.3
15	PIĄTEK DARIUSZ	986		PSZENNO	POL	M30	6	M 15	00:22:29	00:35:02	00:35:27	01:16:54.40	01:17:00.25	7:19	8.2
16	ZIĘTEK KRZYSZTOF	963		KĄTY WROCŁAWSKIE	POL	M40	8	M 16	00:22:36	00:34:38	00:34:57	01:18:51.75	01:18:57.90	7:30	8
17	NOWOSAD PIOTREK	1041		ZGORZELEC	POL	M30	7	M 17	00:24:49	00:38:52	00:39:16	01:22:25.65	01:22:44.05	7:50	7.6
18	TOMASIK ANDRZEJ	989		ZIELONA GÓRA	POL	M50	1	M 18	00:24:36	00:38:00	00:38:33	01:23:18.15	01:23:22.60	7:56	7.6
19	BIELAWSKI PAWEŁ	1052		LEGNICA	POL	M30	8	M 19	00:24:44	00:38:15	00:38:43	01:23:30.30	01:23:33.75	7:57	7.5
20	SZCZĘSNY PAWEŁ	1023		WROCŁAW	POL	M30	9	M 20	00:25:01	00:40:08	00:40:37	01:24:29.45	01:24:32.90	8:02	7.5
21	GRACZYK MARCIN	1026		POZNAŃ	POL	M50	2	M 21	00:24:36	00:38:06	00:38:56	01:24:11.40	01:24:38.25	8:01	7.5
22	BULAK MATEUSZ	957		OBORNIKI	POL	M30	10	M 22	00:28:10	00:42:25	00:42:58	01:27:49.35	01:28:03.30	8:21	7.2
23	KOELNER RAFAL	1015		WROCLAW	POL	M40	9	M 23	00:29:46	00:45:24	00:45:45	01:28:13.85	01:28:29.75	8:24	7.1
24	GOŁĘBIOWSKI MARCIN	999		JELENIA GÓRA	POL	M40	10	M 24	00:27:19	00:44:04	00:44:41	01:30:57.05	01:31:10.25	8:39	6.9
25	POSPIESZNY ROBERT	993		JAROCIN	POL	M40	11	M 25	00:29:21	00:43:48	00:44:16	01:33:27.80	01:33:32.75	8:54	6.7
26	NAJDEK MICHAŁ	1030		ŚWIEBODZIN	POL	M30	11	M 26	00:28:09	00:45:14	00:45:43	01:34:10.90	01:34:10.90	8:58	6.7
27	SKRAJDA PIOTR	1059		WAWRZEŃCZYCE	POL	M30	12	M 27	00:29:12	00:45:23	00:45:49	01:34:21.35	01:34:41.60	8:59	6.7
28	JEKA PIOTR	1009	JEKA TEAM	CHOJNÓW	POL	M50	3	M 28	00:29:00	00:45:15	00:45:46	01:34:59.65	01:35:07.75	9:02	6.6
29	HEJMOWSKI SYLWESTER	1016		MIŁKÓW	POL	M40	12	M 29	00:28:52	00:45:24	00:45:51	01:36:12.85	01:36:26.30	9:09	6.5
30	GADZINA SŁAWOMIR	1005	MASTERSERVICE	JELENIA GÓRA	POL	M40	13	M 30	00:29:04	00:43:24	00:43:50	01:37:10.90	01:37:29.25	9:15	6.5
31	SUMISŁAWSKI SEBASTIAN	1050		POZNAŃ	POL	M40	14	M 31	00:31:08	00:47:47	00:49:16	01:38:45.05	01:38:59.20	9:24	6.4
32	ZABIEREK ROLAND	1051		WARSZAWA	POL	M50	4	M 32	00:31:06	00:47:47	00:49:20	01:38:45.35	01:38:59.30	9:24	6.4
33	KOZACZUK GRZEGORZ	1014		SZCZECIN	POL	M40	15	M 33	00:29:26	00:45:56	00:46:34	01:38:54.90	01:39:05.35	9:25	6.4
34	SAKRAJDA JERZY	1018		WAWRZEŃCZYCE	POL	M60	1	M 34	00:31:29	00:48:09	00:48:37	01:41:33.30	01:41:55.20	9:40	6.2
35	PAWLAK GABRIEL	1007		WROCŁAW	POL	M40	16	M 35	00:30:56	00:48:43	00:50:08	01:42:58.15	01:43:08.55	9:48	6.1
36	GASIOR PAWEŁ	1039	ROZBIEGANY SUSZ	SUSZ	POL	M30	13	M 36	00:32:45	00:51:10	00:52:04	01:45:18.75	01:45:25.95	10:01	6
37	KRASIŃSKI GRACJAN	968	ADIENT TEAM	MIĘDZYRZECZ	POL	M40	17	M 37	00:28:42	00:46:24	00:48:45	01:45:26.90	01:45:33.20	10:02	6
38	SZYNKAREK TOMASZ	998		BIELANY WROCŁAWSKIE	POL	M40	18	M 38	00:30:52	00:48:15	00:49:37	01:45:29.35	01:45:41.20	10:02	6
39	ANIOŁEK MICHAŁ	1013	FLY OR DIE	WARSZAWA	POL	M30	14	M 39	00:33:58	00:53:39	00:54:48	01:47:58.30	01:48:14.05	10:16	5.8
40	ŁUKOWIAK KRZYSZTOF	1000	FLY OR DIE	TRZEBNICA	POL	M30	15	M 40	00:33:55	00:53:35	00:54:45	01:47:57.50	01:48:14.20	10:16	5.8
41	SLUSARCZYK TOMASZ	995		PIASEK	POL	M40	19	M 41	00:33:09	00:51:41	00:52:47	01:55:00.70	01:55:18.05	10:57	5.5
42	PRZYBYSZ PIOTR	991		KROSNO ODRZAŃSKIE	POL	M40	20	M 42	00:37:18	00:56:22	00:57:05	01:55:17.40	01:55:34.85	10:58	5.5
43	GAJ BARTOSZ	1034	ORTHOS TEAM	WROCLAW	POL	M30	16	M 43	00:34:51	00:55:56	00:57:23	01:57:29.35	01:57:35.45	11:11	5.4
44	SOBCZAK MACIEJ	969	RAZEM TRENUJEMY SPORT	FLORENTYNÓW	POL	M40	21	M 44	00:35:50	00:55:36	00:56:31	01:59:18.10	01:59:27.05	11:21	5.3
45	KACZMAREK MARIUSZ	1006		SULECHÓW	POL	M60	2	M 45	00:35:42	00:56:15	00:57:25	01:59:34.45	01:59:57.90	11:23	5.3
46	STEFANIAK JAN	1061				M60	3	M 46	00:38:21	00:59:13	01:00:59	02:08:41.75	02:09:01.50	12:15	4.9
47	SKOWROŃSKI BARTOSZ	1032		WROCŁAW	POL	M30	17	M 47	00:42:03	01:04:41	01:05:50	02:12:08.05	02:12:27.60	12:35	4.8
48	RYCHLIK TOMASZ	1033	FITNESS PIEKARY LEGNICA	LEGNICA	POL	M30	18	M 48	00:42:04	01:04:41	01:05:49	02:12:09.00	02:12:28.20	12:35	4.8
49	SZCZEPANIAK SŁAWOMIR	1017	KS LENIWIEC	KĘPNO	POL	M50	5	M 49	00:54:06	01:24:17	01:25:23	02:46:19.05	02:46:35.60	15:50	3.8
	PŁÓCIENNIK KONRAD	1036	DZIKIE PUTKI	PABIANICE	POL	M20			00:26:22	00:40:44	00:41:12	DNF	DNF	-	-
									DNF	DNF	DNF				

DZIESIĄTKA, K20

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	Netto	Brutto	min/km	km/h
1	ROZDZYNSKA PATRYCJA	1043	STAJNIAK TEAM	POZNAŃ	POL	K20	1	K 4	00:22:25	00:35:13	00:35:36	01:14:43.90	01:14:48.75	7:06	8.4
2	CHRUŚCIŃSKA JOANNA	980	ADIENT RUNNING TEAM	ŚWIEBODZIN	POL	K20	2	K 9	00:24:45	00:39:05	00:39:28	01:22:37.20	01:22:43.65	7:52	7.6
3	ADAMSKA PAULINA	978	SZYNSZYLA GNIEZNO	GNIEZNO	POL	K20	3	K 10	00:27:51	00:42:35	00:43:01	01:26:32.45	01:26:44.15	8:14	7.3
4	WOCH NATALIA	1028		ZIELONA GÓRA	POL	K20	4	K 16	00:29:37	00:46:00	00:46:31	01:34:52.30	01:35:01.45	9:02	6.6
5	ZBOROWSKA JOANNA	951	ADIENT RUNNING TEAM	ŁAGÓW	POL	K20	5	K 39	00:43:24	01:08:47	01:10:05	02:20:13.20	02:20:29.90	13:21	4.5
6	GRABIŃSKA WIKTORIA	1049	FUNDACJA „DZIĘKI TOBIE”	KOMORNIKI	POL	K20	6	K 44	00:53:09	01:23:01	01:23:54	02:39:30.25	02:39:48.65	15:11	3.9

DZIESIĄTKA, M20

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	Netto	Brutto	min/km	km/h
1	BROJ MARCEL	1057		ŹLINICE		M20	1	M 1	00:16:25	00:25:09	00:25:28	00:56:12.05	00:56:15.00	5:21	11.2
2	ADAMSKI ANDRZEJ	977	SZYNSZYLE GNIEZNO	GNIEZNO	POL	M20	2	M 11	00:22:09	00:34:30	00:34:56	01:11:52.50	01:11:56.40	6:50	8.8
	PŁÓCIENNIK KONRAD	1036	DZIKIE PUTKI	PABIANICE	POL	M20			00:26:22	00:40:44	00:41:12	DNF	DNF	-	-
									DNF	DNF	DNF				

DZIESIĄTKA, K30

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	Netto	Brutto	min/km	km/h
1	BIAŁOBŁOCKA ALICJA	1054		WROCŁAW	POL	K30	1	K 1	00:20:30	00:31:04	00:31:25	01:05:56.00	01:05:59.25	6:16	9.6
2	KRUŻOŁEK MONIKA	1055		RADKÓW		K30	2	K 2	00:21:54	00:33:19	00:33:44	01:10:20.45	01:10:23.90	6:41	9
3	BOROWSKA KAROLINA	1010	KGHM ZG RUN	LUBIN	POL	K30	3	K 3	00:22:11	00:33:53	00:34:19	01:11:28.20	01:11:31.10	6:48	8.8
4	RABIEJ-OLSZEWSKA HANNA	1047	SOBAS TEAM	CHOJNÓW	POL	K30	4	K 6	00:23:25	00:36:37	00:37:07	01:17:19.20	01:17:22.50	7:21	8.1
5	SOBEL-ADAMSKA DOROTA	997	STARA KOCIARA	PRZYSZOWICE	POL	K30	5	K 8	00:24:33	00:38:09	00:38:34	01:17:49.45	01:17:54.30	7:24	8.1
6	TROSZCZYŃSKA IZABELA	956		OBORNIKI	POL	K30	6	K 11	00:28:11	00:42:25	00:42:58	01:27:46.50	01:28:00.95	8:21	7.2
7	DACZKOWSKA AGATA	1031		WROCŁAW	POL	K30	7	K 14	00:28:28	00:45:38	00:46:03	01:34:30.85	01:34:37.80	9:00	6.7
8	LEKI ADRIANA	1022		GARBY	POL	K30	8	K 15	00:28:12	00:44:15	00:44:44	01:34:41.70	01:34:49.90	9:01	6.7
9	BERNACKA KINGA	973		TOMICE	POL	K30	9	K 19	00:30:02	00:45:48	00:47:03	01:40:04.20	01:40:16.45	9:31	6.3
10	KRÓLAK KATARZYNA	1042	SLOW JOGGING WAŁBRZYCH	WAŁBRZYCH	POL	K30	10	K 20	00:31:55	00:49:06	00:49:46	01:43:05.15	01:43:11.80	9:49	6.1
11	KWIASOWSKA MARTYNA	1012	BE AGGRESSIVE	ŁÓDŹ	POL	K30	11	K 21	00:32:04	00:50:26	00:51:02	01:43:59.25	01:44:19.75	9:54	6.1
12	OLEŚ EWA	1020		JEŻÓW SUDECKI	POL	K30	12	K 22	00:32:30	00:50:48	00:51:19	01:46:06.25	01:46:25.75	10:06	5.9
13	KLISOWSKA WERONIKA	1001	FLY OR DIE	TRZEBNICA	POL	K30	13	K 23	00:33:57	00:53:36	00:54:47	01:47:58.10	01:48:14.35	10:16	5.8
14	ŚLIWKA ANNA	981		POZNAŃ	POL	K30	14	K 27	00:35:22	00:55:23	00:56:23	01:54:31.80	01:54:39.65	10:54	5.5
15	BRELA EWA	970	BRAK	MILICZ	POL	K30	15	K 30	00:36:28	00:56:00	00:57:23	01:59:38.55	01:59:51.30	11:23	5.3
16	KEREBKO YULIIA	994		KOMORNIKI	POL	K30	16	K 34	00:50:05	01:09:08	01:10:46	02:06:18.20	02:06:37.75	12:01	5
17	TRĘBACZ MARIANNA	990		ŚRODA WLKP	POL	K30	17	K 35	00:39:59	01:03:53	01:06:00	02:07:02.00	02:07:15.20	12:05	5
18	FRANKOWSKA WERONIKA	958		KRAKÓW	POL	K30	18	K 36		01:04:52	01:06:19	02:08:03.80	02:08:24.75	12:11	4.9
19	LISON ALEKSANDRA	1053		SWARZĘDZ	POL	K30	19	K 41	00:44:45	01:10:55	01:14:12	02:24:28.30	02:24:33.70	13:45	4.4

DZIESIĄTKA, M30

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	Netto	Brutto	min/km	km/h
1	WYRODEK JAKUB	1056		WROCŁAW	POL	M30	1	M 4	00:20:14	00:30:31	00:30:53	01:03:49.00	01:03:51.20	6:04	9.9
2	STYK MAREK	959		ZIELONA GÓRA	POL	M30	2	M 7	00:20:26	00:32:02	00:32:29	01:10:13.20	01:10:15.55	6:41	9
3	ZAGROBELNY MICHAL	954	KOWARY BIEGAJĄ	KOWARY	POL	M30	3	M 9	00:21:05	00:32:31	00:32:54	01:11:03.40	01:11:06.65	6:46	8.9
4	GAŁASZEWSKI ŁUKASZ	1021		BYSTRZYCA	POL	M30	4	M 10	00:21:54	00:33:36	00:33:59	01:11:24.00	01:11:28.05	6:48	8.8
5	ONISZCZUK KAROL	953		WROCŁAW	POL	M30	5	M 12	00:22:33	00:34:22	00:34:46	01:12:09.35	01:12:12.70	6:52	8.7
6	PIĄTEK DARIUSZ	986		PSZENNO	POL	M30	6	M 15	00:22:29	00:35:02	00:35:27	01:16:54.40	01:17:00.25	7:19	8.2
7	NOWOSAD PIOTREK	1041		ZGORZELEC	POL	M30	7	M 17	00:24:49	00:38:52	00:39:16	01:22:25.65	01:22:44.05	7:50	7.6
8	BIELAWSKI PAWEŁ	1052		LEGNICA	POL	M30	8	M 19	00:24:44	00:38:15	00:38:43	01:23:30.30	01:23:33.75	7:57	7.5
9	SZCZĘSNY PAWEŁ	1023		WROCŁAW	POL	M30	9	M 20	00:25:01	00:40:08	00:40:37	01:24:29.45	01:24:32.90	8:02	7.5
10	BULAK MATEUSZ	957		OBORNIKI	POL	M30	10	M 22	00:28:10	00:42:25	00:42:58	01:27:49.35	01:28:03.30	8:21	7.2
11	NAJDEK MICHAŁ	1030		ŚWIEBODZIN	POL	M30	11	M 26	00:28:09	00:45:14	00:45:43	01:34:10.90	01:34:10.90	8:58	6.7
12	SKRAJDA PIOTR	1059		WAWRZEŃCZYCE	POL	M30	12	M 27	00:29:12	00:45:23	00:45:49	01:34:21.35	01:34:41.60	8:59	6.7
13	GASIOR PAWEŁ	1039	ROZBIEGANY SUSZ	SUSZ	POL	M30	13	M 36	00:32:45	00:51:10	00:52:04	01:45:18.75	01:45:25.95	10:01	6
14	ANIOŁEK MICHAŁ	1013	FLY OR DIE	WARSZAWA	POL	M30	14	M 39	00:33:58	00:53:39	00:54:48	01:47:58.30	01:48:14.05	10:16	5.8
15	ŁUKOWIAK KRZYSZTOF	1000	FLY OR DIE	TRZEBNICA	POL	M30	15	M 40	00:33:55	00:53:35	00:54:45	01:47:57.50	01:48:14.20	10:16	5.8
16	GAJ BARTOSZ	1034	ORTHOS TEAM	WROCLAW	POL	M30	16	M 43	00:34:51	00:55:56	00:57:23	01:57:29.35	01:57:35.45	11:11	5.4
17	SKOWROŃSKI BARTOSZ	1032		WROCŁAW	POL	M30	17	M 47	00:42:03	01:04:41	01:05:50	02:12:08.05	02:12:27.60	12:35	4.8
18	RYCHLIK TOMASZ	1033	FITNESS PIEKARY LEGNICA	LEGNICA	POL	M30	18	M 48	00:42:04	01:04:41	01:05:49	02:12:09.00	02:12:28.20	12:35	4.8

DZIESIĄTKA, K40

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	Netto	Brutto	min/km	km/h
1	PIĄTEK IWONA	987	ŚWIDNICKA GRUPA BIEGOWA	PSZENNO	POL	K40	1	K 7	00:23:48	00:36:43	00:37:10	01:17:30.40	01:17:36.25	7:22	8.1
2	ZIELONKA AGNIESZKA	1029		NOWA WOLA	POL	K40	2	K 12		00:40:52	00:41:19	01:28:52.60	01:29:07.20	8:27	7.1
3	PAWLIKOWSKA ANNA	966		WROCŁAW	POL	K40	3	K 17	00:28:55	00:46:50	00:47:20	01:35:51.75	01:36:00.60	9:07	6.6
4	GWOŹDZIK-BŁASZCZYK KAROLINA	1004		ŚWIEBODZIN	POL	K40	4	K 18	00:29:38	00:46:03	00:46:33	01:36:29.00	01:36:33.95	9:11	6.5
5	SŁOMKA MAGDA	988		GŁOGÓW	POL	K40	5	K 24	00:34:06	00:53:16	00:54:32	01:49:26.20	01:49:39.30	10:25	5.8
6	LIS ANNA	964		WAWRÓW	POL	K40	6	K 26	00:34:39	00:53:19	00:54:56	01:51:23.40	01:51:27.25	10:36	5.7
7	KMIECIK MALGORZATA	972		WAŁBRZYCH	POL	K40	7	K 29	00:36:07	00:56:17	00:57:43	01:58:22.50	01:58:34.90	11:16	5.3
8	JANKOWSKA ROKSANA	971	KAT CROSS	WAŁBRZYCH	POL	K40	8	K 32	00:36:05	00:56:34	00:57:42	01:59:56.65	02:00:08.95	11:25	5.3
9	ŁUKASZEWSKA SYLWIA	1046		JELENIA GÓRA	POL	K40	9	K 33	00:38:51	01:00:38	01:01:14	02:06:08.10	02:06:25.75	12:00	5
10	PRZYBYŁ JOLANTA	975	EASY RUNNERS	GOSTYŃ	POL	K40	10	K 43	00:54:04	01:24:07	01:25:05	02:38:30.15	02:38:46.05	15:05	4
11	GRABIŃSKA ANGELIKA	996		KOMORNIKI	POL	K40	11	K 44	00:53:07	01:22:32	01:23:54	02:39:30.05	02:39:48.65	15:11	3.9

DZIESIĄTKA, M40

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	Netto	Brutto	min/km	km/h
1	PAZDAN PIOTR	1045	AW-SZYBCIEJ-TEAM	KOWARY	POL	M40	1	M 2	00:18:17	00:27:53	00:28:15	00:59:49.60	00:59:52.10	5:41	10.5
2	SKUZA KRZYSZTOF	1058		LEGNICA	POL	M40	2	M 3	00:18:36	00:29:44	00:30:04	01:03:11.60	01:03:13.90	6:01	10
3	RINK JAN	1003		BOLKÓW	POL	M40	3	M 5	00:20:23	00:31:01	00:31:22	01:04:58.80	01:05:02.05	6:11	9.7
4	CIEMIEGA ROMAN	982	KOWARY BIEGAJA	KOWARY	POL	M40	4	M 6	00:20:14	00:31:12	00:31:32	01:08:18.95	01:08:21.55	6:30	9.2
5	IWANOWSKI PRZEMYSŁAW	1048	TAEKWONDO CHOJNÓW	CHOCIANÓW	POL	M40	5	M 8	00:21:29	00:33:03	00:33:27	01:10:57.00	01:11:01.15	6:45	8.9
6	KOSIDŁO BARTOSZ	1011	KOSA	ZIELONA GÓRA	POL	M40	6	M 13	00:22:19	00:34:05	00:34:31	01:12:39.90	01:12:45.15	6:55	8.7
7	PŁÓCIENNIK KRZYSZTOF	1035	DZIKIE PUTKI	PABIANICE	POL	M40	7	M 14	00:23:09	00:35:25	00:35:51	01:15:55.35	01:16:04.90	7:13	8.3
8	ZIĘTEK KRZYSZTOF	963		KĄTY WROCŁAWSKIE	POL	M40	8	M 16	00:22:36	00:34:38	00:34:57	01:18:51.75	01:18:57.90	7:30	8
9	KOELNER RAFAL	1015		WROCLAW	POL	M40	9	M 23	00:29:46	00:45:24	00:45:45	01:28:13.85	01:28:29.75	8:24	7.1
10	GOŁĘBIOWSKI MARCIN	999		JELENIA GÓRA	POL	M40	10	M 24	00:27:19	00:44:04	00:44:41	01:30:57.05	01:31:10.25	8:39	6.9
11	POSPIESZNY ROBERT	993		JAROCIN	POL	M40	11	M 25	00:29:21	00:43:48	00:44:16	01:33:27.80	01:33:32.75	8:54	6.7
12	HEJMOWSKI SYLWESTER	1016		MIŁKÓW	POL	M40	12	M 29	00:28:52	00:45:24	00:45:51	01:36:12.85	01:36:26.30	9:09	6.5
13	GADZINA SŁAWOMIR	1005	MASTERSERVICE	JELENIA GÓRA	POL	M40	13	M 30	00:29:04	00:43:24	00:43:50	01:37:10.90	01:37:29.25	9:15	6.5
14	SUMISŁAWSKI SEBASTIAN	1050		POZNAŃ	POL	M40	14	M 31	00:31:08	00:47:47	00:49:16	01:38:45.05	01:38:59.20	9:24	6.4
15	KOZACZUK GRZEGORZ	1014		SZCZECIN	POL	M40	15	M 33	00:29:26	00:45:56	00:46:34	01:38:54.90	01:39:05.35	9:25	6.4
16	PAWLAK GABRIEL	1007		WROCŁAW	POL	M40	16	M 35	00:30:56	00:48:43	00:50:08	01:42:58.15	01:43:08.55	9:48	6.1
17	KRASIŃSKI GRACJAN	968	ADIENT TEAM	MIĘDZYRZECZ	POL	M40	17	M 37	00:28:42	00:46:24	00:48:45	01:45:26.90	01:45:33.20	10:02	6
18	SZYNKAREK TOMASZ	998		BIELANY WROCŁAWSKIE	POL	M40	18	M 38	00:30:52	00:48:15	00:49:37	01:45:29.35	01:45:41.20	10:02	6
19	SLUSARCZYK TOMASZ	995		PIASEK	POL	M40	19	M 41	00:33:09	00:51:41	00:52:47	01:55:00.70	01:55:18.05	10:57	5.5
20	PRZYBYSZ PIOTR	991		KROSNO ODRZAŃSKIE	POL	M40	20	M 42	00:37:18	00:56:22	00:57:05	01:55:17.40	01:55:34.85	10:58	5.5
21	SOBCZAK MACIEJ	969	RAZEM TRENUJEMY SPORT	FLORENTYNÓW	POL	M40	21	M 44	00:35:50	00:55:36	00:56:31	01:59:18.10	01:59:27.05	11:21	5.3

DZIESIĄTKA, K50

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	Netto	Brutto	min/km	km/h
1	WOCH AGNIESZKA	1027		ZIELONA GÓRA	POL	K50	1	K 5	00:23:31	00:36:46	00:37:20	01:15:51.65	01:15:55.60	7:13	8.3
2	BARTOSZAK DOROTA	979	SZYNSZYLA GNIEZNO	GNIEZNO	POL	K50	2	K 13	00:29:13	00:45:16	00:45:43	01:33:39.05	01:33:50.90	8:55	6.7
3	LESAK- JAŚKOWSKA SYLWIA	1060		LEGIONOWO	BRA	K50	3	K 25	00:33:29	00:52:24	00:53:01	01:51:10.15	01:51:16.15	10:35	5.7
4	GRACZYK MAGDALENA	1025		POZNAŃ	POL	K50	4	K 28	00:36:43	00:56:18	00:57:25	01:56:53.15	01:57:21.20	11:07	5.4
5	BASTA JOANNA	950	BASTA TEAM	GORZÓW WLKP.	POL	K50	5	K 31	00:35:06	00:55:53	00:57:23	02:00:00.55	02:00:03.30	11:25	5.3
6	BARYŁA DOROTA	1002		WOLIN	POL	K50	6	K 37	00:42:17	01:06:19	01:08:13	02:18:25.95	02:18:52.55	13:10	4.6
7	SZYDŁOWSKA-JAROSZ AGNIESZKA	976	POBIEROWO BIEGA	POBIEROWO	POL	K50	7	K 38	00:43:55	01:05:09	01:07:02	02:18:28.30	02:18:53.15	13:11	4.5
8	BIELASZEWSKA ARLETA	960	POBIEROWO BIEGA	POBIEROWO	POL	K50	8	K 40	00:45:43	01:11:21	01:12:38	02:22:03.40	02:22:10.95	13:31	4.4
9	JUDKIEWICZ HALINA	974		WOLIN	POL	K50	9	K 42	00:53:04	01:22:49	01:23:56	02:37:37.55	02:38:03.40	15:00	4

DZIESIĄTKA, M50

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	Netto	Brutto	min/km	km/h
1	TOMASIK ANDRZEJ	989		ZIELONA GÓRA	POL	M50	1	M 18	00:24:36	00:38:00	00:38:33	01:23:18.15	01:23:22.60	7:56	7.6
2	GRACZYK MARCIN	1026		POZNAŃ	POL	M50	2	M 21	00:24:36	00:38:06	00:38:56	01:24:11.40	01:24:38.25	8:01	7.5
3	JEKA PIOTR	1009	JEKA TEAM	CHOJNÓW	POL	M50	3	M 28	00:29:00	00:45:15	00:45:46	01:34:59.65	01:35:07.75	9:02	6.6
4	ZABIEREK ROLAND	1051		WARSZAWA	POL	M50	4	M 32	00:31:06	00:47:47	00:49:20	01:38:45.35	01:38:59.30	9:24	6.4
5	SZCZEPANIAK SŁAWOMIR	1017	KS LENIWIEC	KĘPNO	POL	M50	5	M 49	00:54:06	01:24:17	01:25:23	02:46:19.05	02:46:35.60	15:50	3.8

DZIESIĄTKA, M60

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.5km	4.4km	4.5km	Netto	Brutto	min/km	km/h
1	SAKRAJDA JERZY	1018		WAWRZEŃCZYCE	POL	M60	1	M 34	00:31:29	00:48:09	00:48:37	01:41:33.30	01:41:55.20	9:40	6.2
2	KACZMAREK MARIUSZ	1006		SULECHÓW	POL	M60	2	M 45	00:35:42	00:56:15	00:57:25	01:59:34.45	01:59:57.90	11:23	5.3
3	STEFANIAK JAN	1061				M60	3	M 46	00:38:21	00:59:13	01:00:59	02:08:41.75	02:09:01.50	12:15	4.9