

GOLDEN MOUNTAINS TRAIL - 33 KM

Organizator: Fundacja MARATONY GÓRSKIE

Data: 2020-07-16

Miejsce: Łądek-Zdrój

Dystans: 33 km

Klasyfikacja wg czasów netto.

GOLDEN MOUNTAINS TRAIL - 33 KM, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	9km	16km	24km	Netto	min/km	km/h
1	PRZEDWOJEWSKI BARTŁOMIEJ	6314	TEAM SALOMON	WROCŁAW	POL	SENIOR I M - 20	1	M 1	00:40:30	01:10:47	01:51:07	02:26:21.00	4:26	13.5
2	RZESZÓTKO MARCIN	6237	BUFF TEAM POLAND	ZAKOPANE	POL	SENIOR II M - 30	1	M 2	00:42:49	01:14:58	01:58:07	02:34:45.20	4:41	12.8
3	ŁOBODZIŃSKI PIOTR	6279	ŁŁKS PREFBET ŚNIAADOWO ŁOMŻA	WARSZAWA	POL	SENIOR II M - 30	2	M 3	00:42:56	01:15:45	01:58:47	02:35:18.50	4:42	12.7
4	KUBICA MARCIN	6086	INOV-8 TEAM POLSKA	BIELSKO-BIAŁA	POL	SENIOR I M - 20	2	M 4	00:42:39	01:14:50	01:57:56	02:35:23.90	4:42	12.7
5	MACECEK TOMAS	6288	BUFF/SALOMON TEAM	OSTRAVA	FRA	SENIOR I M - 20	3	M 5	00:45:15	01:20:36	02:01:06	02:43:04.85	4:56	12.1
6	DOMBROWSKI MACIEJ	6337	ATTIQ TEAM	KRAKÓW	POL	SENIOR II M - 30	3	M 6	00:45:41	01:19:47	02:01:11	02:47:20.10	5:04	11.8
7	BRÝDL PAVEL	6209	SALOMON/SUUNTO - MUAY RUNNING TEAM	TRUTNOV	CZE	MASTERS M - 40	1	M 7	00:44:54	01:19:55	02:01:07	02:48:10.85	5:05	11.8
8	HÜBL RADEK	6301	RUNSPORT / SALOMON TEAM	ÚSTÍ NAD ORLICÍ	CZE	SENIOR II M - 30	4	M 8	00:46:54	01:22:17	02:01:33	02:48:20.25	5:06	11.8
9	GLAPIAK DAMIAN	6027	ADRUNALINE	BUCZ	POL	MASTERS M - 40	2	M 9	00:45:42	01:21:30	02:02:10	02:48:59.90	5:07	11.7
10	MAREK DARIUSZ	6291	MONK SANDALS TEAM	KRAKÓW	CZE	SENIOR II M - 30	5	M 10	00:46:06	01:21:54		02:49:30.95	5:08	11.7
11	KRUPICKA ROBERT	6310	SALOMON TEAM CZ	CHOCEŃ	CZE	MASTERS M - 40	3	M 11	00:45:40	01:18:42		02:51:10.80	5:11	11.6
12	BORAK MARTIN	6390	V12 TEAM	LIBINA	POL	SENIOR II M - 30	6	M 12	00:49:37	01:27:22	02:09:33	02:57:22.70	5:22	11.2
13	HLAVATIK JAN	6096	PIVOVAR KONÍČEK	FRÝDEK-MÍSTEK	CZE	SENIOR II M - 30	7	M 13	00:50:27	01:30:01	02:13:06	02:59:05.35	5:25	11.1
14	CZERNAK PAWEŁ	6079		SOSNOWKA	CZE	SENIOR II M - 30	8	M 14	00:47:47	01:25:31	02:09:03	02:59:18.00	5:26	11
15	KALNINS GVIDO	6382	SALOMON LATVIA SUUNTO LATVIA	CESIS	LAT	SENIOR I M - 20	4	M 15	00:49:17	01:27:03	02:11:13	02:59:41.35	5:26	11
16	PASIK TOMASZ	6334		WOLSZTYN	POL	MASTERS M - 40	4	M 16	00:50:01	01:28:56	02:11:56	03:00:35.25	5:28	11
17	RABIEJ PAWEŁ	6220	GRUPA PRO	WARSZAWA	POL	SENIOR II M - 30	9	M 17	00:52:28	01:29:53	02:15:41	03:01:10.90	5:29	10.9
18	ONDRUCH ADAM	6307		POLERADY	CZE	SENIOR II M - 30	10	M 18	00:49:46	01:27:22	02:11:47	03:01:59.45	5:30	10.9
19	KANTOR MARTYNA	6380	BUFF TEAM POLAND	KRAKOW	POL	SENIOR II K - 30	1	K 1	00:51:48	01:30:46	02:15:54	03:07:24.45	5:40	10.6
20	GARNIEWICZ MATEUSZ	6207	WSN POZNAŃ	POZNAN	POL	SENIOR II M - 30	11	M 19	00:54:24	01:36:21	02:20:44	03:09:39.80	5:44	10.4
21	TRACZ PAULINA	6223	SALCO GARMIN TEAM	JAROSŁAW	POL	SENIOR II K - 30	2	K 2	00:51:08	01:32:46	02:20:08	03:10:43.30	5:46	10.4
22	SOLIŃSKA KATARZYNA	6359	SALOMON SUUNTO TEAM POLAND	KRAKÓW	POL	SENIOR II K - 30	3	K 3	00:55:12	01:36:06	02:20:49	03:11:12.40	5:47	10.4
23	GAZDA VITÉZSLAV	6042		DIVIŠOV	CZE	MASTERS M - 40	5	M 20	00:52:46	01:32:56	02:21:30	03:16:23.55	5:57	10.1
24	SZPULARZ ADAM	6156	CRAZY RUNNERS	KĄTY WROCŁAWSKIE	GBR	SENIOR II M - 30	12	M 21	00:54:46	01:35:46	02:22:50	03:16:26.30	5:57	10.1
25	DZALBS EDJIS	6320	SCOTT RUNNING LATVIA SUUNTO LATVIA LATVIA TRAILRACE	CESIS	LAT	SENIOR I M - 20	5	M 22	00:52:45	01:33:23	02:18:16	03:18:34.80	6:01	10
26	KŁOSOWSKI DANIEL	6182	BBŻ WAŁBRZYCH	WAŁBRZYCH	POL	SENIOR II M - 30	13	M 23	00:54:46	01:35:04	02:22:16	03:18:38.35	6:01	10
27	KORPAŁSKI TOMASZ	6029	STAJNIA BALONA	GDAŃSK	POL	SENIOR II M - 30	14	M 24	00:57:51	01:39:34	02:25:53	03:19:25.40	6:02	9.9
28	SIERADZKI KRZYSZTOF	6244	PRZEDWOJEWSKI MOUNTAIN TEAM	WARSZAWA	POL	SENIOR II M - 30	15	M 25	00:54:31	01:37:49	02:25:21	03:19:39.80	6:03	9.9
29	GARNEK PIOTR	6166	VEGE RUNNERS	WROCŁAW	POL	MASTERS M - 40	6	M 26	00:55:08		02:25:18	03:21:06.15	6:05	9.8
30	ROSKOSZ BARTOSZ	6035	JELCZ TRIATHLON PROJECT	MŁOSZYCE	POL	SENIOR II M - 30	16	M 27	00:53:47	01:36:24	02:24:05	03:21:19.45	6:06	9.8
31	KNAP MATEUSZ	6377	DYNAFIT / TUTTU.PL	KATOWICE	POL	SENIOR I M - 20	6	M 28	00:52:46	01:34:31	02:23:50	03:23:18.55	6:09	9.7
32	SZOPA ŁUKASZ	6228	KARKONOSZ RUNNING TEAM	DOBRA	POL	MASTERS M - 40	7	M 29	00:56:04	01:39:51	02:28:10	03:23:46.45	6:10	9.7
33	MORAWA MATEUSZ	6348	LACHO TEAM	RADZISZÓW	POL	MASTERS M - 40	8	M 30	00:58:07	01:42:10	02:30:48	03:24:44.30	6:12	9.7
34	SOKOŁOWSKI MAREK	6095	ALPIN SPORT HOKA ONE ONE TEAM	MYSŁOWICE-WESOŁA	POL	WETERAN I M - 50	1	M 31	00:57:16	01:41:18	02:29:19	03:25:32.90	6:13	9.6
35	KĄŻMIERCZYK ADAM	6342		KATOWICE	POL	SENIOR II M - 30	17	M 32	00:57:51	01:40:51	02:27:52	03:26:02.80	6:14	9.6
36	IRLIK LUCJAN	6373		ŚWIERKLANIEC	POL	SENIOR I M - 20	7	M 33	00:57:12	01:40:23	02:28:26	03:26:07.65	6:14	9.6
37	BAKALARZ EMIL	6196	ULTRA ALPACAS TEAM	WROCŁAW	POL	SENIOR II M - 30	18	M 34	00:56:56	01:41:35	02:30:32	03:28:35.10	6:19	9.5
38	KOTKOWSKI PIOTR	6287	DRUŻYNA SZPIKU / MARATONYPOLSKIE TEAM	POZNAŃ	POL	MASTERS M - 40	9	M 35	00:57:12	01:38:22	02:30:14	03:34:02.00	6:29	9.3
39	MOSZKOWICZ PAWEŁ	6319	NAVIGATOR/WAWEL KRAKÓW	KARNIOWICE	POL	WETERAN I M - 50	2	M 36	00:58:10	01:42:12	02:33:18	03:34:15.60	6:29	9.2
40	ŁĘŻNIAK ALEKSANDER	6300	MONK SANDALS TEAM	SOBÓTKA	POL	SENIOR II M - 30	19	M 37	01:00:52	01:44:27	02:35:15	03:35:14.05	6:31	9.2
41	WERNER KAMIL	6055	BIEGAM NA TARCHOMINIE	WARSZAWA	POL	SENIOR II M - 30	20	M 38	00:58:44	01:42:38	02:33:26	03:36:28.10	6:33	9.1
42	KARWACKI MACIEJ	6253		KAMIENNA GÓRA	POL	SENIOR I M - 20	8	M 39	00:58:41	01:44:06	02:35:12	03:36:40.95	6:33	9.1
43	UMAÑA DIEGO	6164	CENTRUM REHABILITACJI FUNKCJONALNEJ SOWA	BARIOLOCHE	ARG	SENIOR II M - 30	21	M 40	00:59:48		02:36:59	03:38:58.80	6:38	9

GOLDEN MOUNTAINS TRAIL - 33 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	9km	16km	24km	Netto	min/km	km/h
44	TRZECIAKIEWICZ MIECZYŚLAW	6088	MLKS RADKÓW	MYSŁOWICE	POL	WETERAN I M - 50	3	M 41	01:00:44	01:48:22	02:40:27	03:40:04.00	6:40	9
45	BALWIERCZAK PIOTR	6225	NIGHT RUNNERS WROCŁAW	WROCŁAW	POL	SENIOR II M - 30	22	M 42	01:03:08	01:48:49	02:40:52	03:41:24.45	6:42	8.9
46	LISEK ANDRZEJ	6333	LISEK	POZNAN	POL	SENIOR II M - 30	23	M 43	00:59:42	01:44:14	02:37:54	03:42:27.10	6:44	8.9
47	NOWAK MARIUSZ	6069	HRT	WROCŁAW	POL	SENIOR II M - 30	24	M 44	01:03:09		02:43:18	03:42:32.65	6:44	8.9
48	SŁOCIAK RAFAŁ	6202	RAJSPOORT ACTIVE/PRZEDWOJEWSKI MOUNTAIN TEAM	OPOLE	POL	SENIOR II M - 30	25	M 45	00:58:29	01:43:19	02:37:27	03:42:39.95	6:44	8.9
49	ZEMBIK ŁUKASZ	6305	KAMBODŻA	WARSZAWA	POL	SENIOR II M - 30	26	M 46	00:54:25	01:37:09	02:32:27	03:43:46.95	6:46	8.8
50	SOBCZAK TOMASZ	6269	140MINUT.PL	BRZEG DOLNY	POL	SENIOR II M - 30	27	M 47	00:56:32	01:41:29	02:33:29	03:43:49.40	6:46	8.8
51	SOBOTA ADAM	6260		POZNAŃ	POL	SENIOR I M - 20	9	M 48	01:01:53	01:49:06	02:42:43	03:44:25.80	6:48	8.8
52	WALCZAK PATRYK	6028		KONIN	POL	SENIOR II M - 30	28	M 49	01:00:54	01:49:44	02:41:14	03:44:25.95	6:48	8.8
53	BAŁYS KATARZYNA	6378		STRONIE ŚLĄSKIE	POL	SENIOR II K - 30	4	K 4	00:59:32	01:45:59	02:40:34	03:44:34.70	6:48	8.8
54	WALACIK ADAM	6206		WIERUSZÓW	POL	SENIOR I M - 20	10	M 50	00:58:45	01:45:45	02:38:03	03:44:39.70	6:48	8.8
55	MIERZWA SŁAWOMIR	6173	140MINUT.PL	MIRKÓW	POL	SENIOR II M - 30	29	M 51	01:01:53	01:47:38	02:43:16	03:44:58.15	6:49	8.8
56	BRZozowski JACEK	6020		OPOLE	POL	MASTERS M - 40	10	M 52	01:00:19	01:47:22	02:41:17	03:45:19.95	6:49	8.8
57	MISZTAŁ KAMIL	6284		GLIWICE	POL	SENIOR II M - 30	30	M 53	01:05:04	01:49:56	02:43:29	03:45:21.50	6:49	8.8
58	GREIVELDINGER GILLES	6261	ŚWIAT BIEGACZA FEHLAU RUN TEAM	KORNIK	POL	MASTERS M - 40	11	M 54	00:58:57	01:45:23	02:41:44	03:46:48.90	6:52	8.7
59	ŚWIERCZ SZYMON	6159	KGHM ZGRUN	GŁOGÓW	POL	SENIOR II M - 30	31	M 55	00:55:32	01:40:30	02:33:06	03:46:56.80	6:52	8.7
60	STACHOWIAK ŁUKASZ	6181	STR POZNAŃ / CITY TRAIL TEAM	POZNAŃ	POL	SENIOR II M - 30	32	M 56	00:59:45	01:46:05	02:39:57	03:47:51.80	6:54	8.7
61	WYROŚŁAK JÓZEF	6132	#SOBASTEAM	WROCŁAW	POL	SENIOR II M - 30	33	M 57	01:00:20	01:46:59	02:41:25	03:48:52.85	6:56	8.7
62	FLOREK PAWEŁ	6222	RUNADDICTS	BYDGOSZCZ	POL	SENIOR II M - 30	34	M 58	01:02:59	01:52:39	02:45:32	03:49:48.15	6:57	8.6
63	SZEWCZUK PIOTR	6308		WROCŁAW	POL	SENIOR II M - 30	35	M 59	01:05:17	01:51:09	02:45:56	03:50:01.65	6:58	8.6
64	HADRYŚ TOMASZ	6243		WROCŁAW	POL	SENIOR II M - 30	36	M 60	01:03:39	01:52:19	02:44:48	03:50:04.55	6:58	8.6
65	MOSIEK PIOTR	6072		RAWICZ	POL	SENIOR II M - 30	37	M 61	01:04:58	01:53:45	02:47:13	03:50:56.80	6:59	8.6
66	STUDZIŃSKI MATEUSZ	6109		TARNÓW	POL	SENIOR II M - 30	38	M 62	01:01:45	01:46:27	02:41:37	03:52:04.85	7:01	8.5
67	ŻAK ADAM	6376	KB LUPUS OLEŚNICA	DOBROSZYCE	POL	SENIOR II M - 30	39	M 63	01:05:47	01:51:58	02:49:03	03:52:42.00	7:03	8.5
68	LITWIN MICHAŁ	6037	LITEWIN	PASIKUROWICE	POL	SENIOR II M - 30	40	M 64	00:59:16	01:48:22	02:44:21	03:53:13.85	7:04	8.5
69	DUDEK MONIKA	6076	#PCHSPORTTEAM	ZIĘBICE	POL	SENIOR II K - 30	5	K 5	01:03:24	01:53:34	02:49:17	03:53:45.05	7:05	8.5
70	ŁASKOWSKI MATEUSZ	6219	BIEGAJ POD OKIEM TRENERA	SOKOŁÓW PODLASKI	POL	SENIOR I M - 20	11	M 65	01:03:33	01:49:00	02:46:27	03:54:42.65	7:06	8.4
71	ROGAŁSKI ANDRZEJ	6381	Q100TEAM	JEDLINA ZDRÓJ	POL	MASTERS M - 40	12	M 66	01:04:24	01:51:28	02:48:43	03:55:49.05	7:08	8.4
72	KITA MICHAŁ	6047	PĘDZĄCY W MIEJSCU	WROCŁAW	POL	MASTERS M - 40	13	M 67	00:54:34	01:43:43	02:48:07	03:57:50.60	7:12	8.3
73	BIHUN NATALIA	6349	GTRAT	SIECHNICE	POL	SENIOR II K - 30	6	K 6	01:04:35	01:53:15	02:51:04	04:00:30.30	7:17	8.2
74	CHEREDNIKOV STEPAN	6277	CITYZEN	POZNAN	POL	SENIOR II M - 30	41	M 68	01:04:03	01:53:42	02:53:31	04:00:39.55	7:17	8.2
75	PIĄTEK BEATA	6157	WWW.TRENINGFIZJOTERAPIA.PL/ULTRAŁAŃCUT	ŁAŃCUT	POL	SENIOR II K - 30	7	K 7	01:10:22	02:02:55	02:57:01	04:00:46.75	7:17	8.2
76	FOGIEL-PAWŁOWSKA AGNIESZKA	6049		WROCŁAW	POL	MASTERS K - 40	1	K 8	01:05:20	01:55:53	02:53:44	04:00:54.75	7:18	8.2
77	GIL STANISŁAW	6350	BIELAWSKA AKADEMIA BIEGANIA	DZIERŻONIÓW	POL	WETERAN II M - 60	1	M 69	01:05:41	01:55:42	02:55:53	04:01:01.30	7:18	8.2
78	PELA DARIUSZ	6221	TMT TORUŃ	ŁUBIANKA	POL	SENIOR II M - 30	42	M 70	01:04:29	01:53:05	02:51:45	04:01:38.10	7:19	8.2
79	SŁADEK PATRYK	6172	EX TEAM	BEŁK	POL	SENIOR I M - 20	12	M 71	01:01:17	01:52:31	02:48:46	04:01:47.15	7:19	8.2
80	GRYSZKIEWICZ PAWEŁ	6352	GVT	WROCŁAW	POL	SENIOR II M - 30	43	M 72	01:05:07	01:58:21	02:56:42	04:03:56.85	7:23	8.1
81	CZAPŁA SEWERYN	6174		SIEMIANOWICE ŚLĄSKIE	POL	SENIOR II M - 30	44	M 73	01:01:17		02:50:19	04:03:59.20	7:23	8.1
82	MANJURA TOMASZ	6302	CSC ADVENTURE ACADEMY	CHORZÓW	POL	SENIOR I M - 20	13	M 74	01:07:37	01:55:43	02:55:34	04:03:59.60	7:23	8.1
83	BLASZKIEWICZ BOGUSZ	6195	STR POZNAŃ/DZIKIE BOBRY	LUSOWO	POL	SENIOR II M - 30	45	M 75	01:05:11	01:56:34		04:04:35.30	7:24	8.1
84	CZAK TOMASZ	6169	MULTIFIT	KĘDZIERZYN- KOŹLE	POL	MASTERS M - 40	14	M 76	01:05:07	01:55:36	02:50:59	04:04:47.60	7:25	8.1
85	ŻYŁKA PAWEŁ	6367		OPOLE	POL	MASTERS M - 40	15	M 77	01:06:49	01:59:30	03:00:15	04:04:49.50	7:25	8.1
86	BURYŁO KRZYSZTOF	6125	OBORYGENI	OBORNIKI ŚLĄSKIE	POL	SENIOR I M - 20	14	M 78	01:02:30	01:50:23	02:48:25	04:04:56.85	7:25	8.1
87	MŁYNARSKI MATEUSZ	6140		WROCŁAW	POL	SENIOR II M - 30	46	M 79	01:05:50	01:53:13	02:51:41	04:05:34.35	7:26	8.1
88	LIPIŃSKI HUBERT	6214	KS KANAŁEK	WARSZAWA	POL	SENIOR II M - 30	47	M 80	01:07:40	01:58:44	02:58:08	04:05:46.45	7:26	8.1
89	SZARANIEC SEBASTIAN	6251	T-MOBILE SPORT TEAM	WARSZAWA	POL	MASTERS M - 40	16	M 81	01:04:39	01:53:04	02:51:48	04:06:17.90	7:27	8
90	BATOR MICHAŁ	6179	#OJCIECNAGIGANCIE	NADOLICE WIELKIE	POL	SENIOR II M - 30	48	M 82	01:03:54		02:51:23	04:07:09.15	7:29	8
91	KOŁARZYK JUSTYNA	6332		WROCŁAW	POL	SENIOR II K - 30	8	K 9	01:07:41	02:01:10	02:59:30	04:07:35.80	7:30	8
92	ORCZYKOWSKI BOGDAN	6280		NAWOJOWA	POL	SENIOR I M - 20	15	M 83	01:09:23	01:59:24	02:55:59	04:07:38.20	7:30	8
93	SZAŁAŚNY PIOTR	6170	TESTYOUTDOOROWE.PL	KOBIÓR	POL	SENIOR II M - 30	49	M 84	01:09:45	02:03:04	03:00:10	04:08:14.00	7:31	8
94	URBAŃSKI MICHAŁ	6016	FLUNKYBALL TEAM ŁĄDEK-ZDRÓJ	ŁĄDEK-ZDRÓJ	GBR	SENIOR II M - 30	50	M 85	01:08:30	01:59:49	02:59:15	04:08:18.40	7:31	8
95	PACIA SEBASTIAN	6154		ŁAŃCUT	POL	MASTERS M - 40	17	M 86	01:10:23	02:02:50	02:58:51	04:08:46.90	7:32	8
96	MĘŻYKOWSKI MICHAŁ	6388		WARSZAWA	POL	MASTERS M - 40	18	M 87	01:05:40	01:55:24	02:54:46	04:09:13.95	7:33	7.9
97	KOTYRBA TOMASZ	6036	K_T_R_B	KATOWICE	POL	SENIOR II M - 30	51	M 88	01:05:57	01:55:22	02:45:29	04:09:51.00	6:57	8.6
98	ŻAKOWSKI KAROL	6056	PORT RELAKS CREW	POZNAŃ	POL	MASTERS M - 40	19	M 89	01:07:43	01:56:53	03:04:00	04:10:27.00	7:35	7.9

GOLDEN MOUNTAINS TRAIL - 33 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	9km	16km	24km	Netto	min/km	km/h
99	STROZEK BARTEK	6264		WROCLAW	POL	MASTERS M - 40	20	M 90	01:07:37	01:55:51	02:57:19	04:11:15.00	7:36	7.9
100	MAGDA KATARZYNA	6161		RZESZÓW	POL	MASTERS K - 40	2	K 10	01:08:19	02:01:06	03:02:35	04:12:25.30	7:38	7.8
101	POLAŃSKI BARTOSZ	6192		WROCLAW	POL	SENIOR II M - 30	52	M 91	01:04:48	01:55:54	02:55:21	04:14:06.50	7:42	7.8
102	NIEKRAŚ LIDIA	6385		KŁODZKO	POL	MASTERS K - 40	3	K 11	01:01:40	01:46:03	02:37:45	04:14:09.95	7:42	7.8
103	GRABOWSKI ARTII	6394		KRAKÓW	POL	MASTERS M - 40	21	M 92	01:06:25	02:00:57	03:01:48	04:14:40.90	7:43	7.8
104	KAYSIEWICZ MACIEJ	6141	NATURAL BORN RUNNERS TEAM	POZNAŃ	POL	MASTERS M - 40	22	M 93	01:06:12	02:01:45	03:01:01	04:15:13.95	7:44	7.8
105	PONIAŁOWSKI SEWERYN	6034	TEBIA RUNNERS	WROCLAW	POL	SENIOR II M - 30	53	M 94	01:09:55	02:03:00	03:02:16	04:15:26.10	7:44	7.8
106	HACZ PAWEŁ	6386		KROSNO	POL	SENIOR II M - 30	54	M 95	01:09:15	02:01:57	03:01:26	04:15:48.35	7:45	7.7
107	RĘKOSIEWICZ JAKUB	6351	NOVITA	ZIELONA GÓRA	POL	MASTERS M - 40	23	M 96	01:06:17	02:01:31	03:05:11	04:18:01.40	7:49	7.7
108	GRZEGOREK GRZEGORZ	6327	KLUB BIEGACZA KĄTY WROCŁAWSKIE	KĄTY WROCŁAWSKIE	POL	MASTERS M - 40	24	M 97		01:58:00		04:18:06.35	7:49	7.7
109	BIEGAŃSKI MACIEJ	6242	ORTOSPOT	POZNAŃ	POL	SENIOR II M - 30	55	M 98	01:09:04	02:00:33	03:01:53	04:18:13.55	7:49	7.7
110	WANKIEWICZ KRZYSZTOF	6268		JELCZ-LASKOWICE	POL	MASTERS M - 40	25	M 99	01:10:35		03:05:02	04:18:19.65	7:49	7.7
111	MAKOCKI MICHAŁ	6162	FORMOSA BEARS	SZCZECIN	POL	MASTERS M - 40	26	M 100	01:12:41	02:08:29	03:05:41	04:18:32.20	7:50	7.7
112	MUTRYNOWSKI PIOTR	6155		WROCLAW	POL	MASTERS M - 40	27	M 101	01:14:40	02:06:46	03:11:05	04:18:52.00	7:50	7.6
113	KRZYŚKÓW PIOTR	6012		WROCLAW	POL	SENIOR II M - 30	56	M 102	01:07:12	02:00:06	03:00:58	04:19:02.65	7:50	7.6
114	KILIAN MATEUSZ	6078	JÓZEFIŃSKA TEAM	KRAKÓW	POL	SENIOR II M - 30	57	M 103	01:01:24	01:48:59	02:53:18	04:20:33.80	7:53	7.6
115	KONICA KARINA	6254		ZDZIESZOWICE	POL	SENIOR I K - 20	1	K 12	01:14:43	02:10:43	03:07:50	04:20:41.45	7:54	7.6
116	PODWOJCI MICHAŁ	6265	#BIEGAJZESLAWKIEM	SKÓRZEWO	POL	SENIOR II M - 30	58	M 104	01:08:43	01:59:40	03:08:06	04:22:11.40	7:56	7.6
117	HOFMAN JAKUB	6339		WARSZAWA	POL	MASTERS M - 40	28	M 105	01:09:50		03:08:03	04:22:11.80	7:56	7.6
118	WALCZAK ADELA	6363	CURLING ŁÓDŹ	ŁÓDŹ	POL	SENIOR II K - 30	9	K 13	01:13:59	02:09:48	03:10:25	04:22:35.80	7:57	7.5
119	MAĆKOWSKI MATEUSZ	6065	NATURAL BORN COFFEE LOVERS	POZNAŃ	POL	MASTERS M - 40	29	M 106	01:13:10	02:09:24	03:11:20	04:23:07.80	7:58	7.5
120	SOKOLOWSKI ADAM	6030		WROCLAW	POL	SENIOR II M - 30	59	M 107	01:06:26	02:00:36	03:04:40	04:25:32.90	8:02	7.5
121	CAKAŁA ZUZANNA	6343	ZAŁOGA GÓRSKA	LUBIN	POL	SENIOR I K - 20	2	K 14	01:11:21	02:05:21	03:10:40	04:26:05.15	8:03	7.4
122	SWATOWSKI TOMASZ	6326	KLUB BIEGACZA KĄTY WROCŁAWSKIE	KĄTY WROCŁAWSKIE	POL	SENIOR II M - 30	60	M 108	01:07:20	01:57:41	03:12:51	04:26:33.55	8:04	7.4
123	JÓŹWIAK MICHAŁ	6372		KÓRNIK	POL	MASTERS M - 40	30	M 109	01:12:42	02:05:45	03:07:21	04:27:28.30	8:06	7.4
124	KUBAS KRYSZTIAN	6101	PRUSZCZBIEGA/STRASZYNULTRATEAM	PRUSZCZ GDANSKI	POL	SENIOR II M - 30	61	M 110	01:12:17	02:08:00	03:03:08	04:27:39.40	8:06	7.4
125	NIKOLIN ANDRZEJ	6121		WROCLAW (WROCLAW-KRZYKI)	POL	SENIOR I M - 20	16	M 111	01:08:42	02:01:26	03:09:20	04:27:59.85	8:07	7.4
126	HOŁYST MARCIN	6379	CENTRUM FORMY 58100	MARCINOWICE	POL	SENIOR II M - 30	62	M 112	01:06:52	02:00:45	03:03:07	04:28:54.40	8:08	7.4
127	NOWAKOWSKI KAROL	6120		JEDLIŃSK	POL	SENIOR II M - 30	63	M 113	01:14:14	02:12:30	03:16:55	04:28:59.00	8:09	7.4
128	ZIELIŃSKI DOMINIK	6329		ŚREM	POL	SENIOR II M - 30	64	M 114	01:10:45	02:06:32	03:10:04	04:30:12.15	8:11	7.3
129	BYCZKOWSKI DARIUSZ	6061		LEGNICA	POL	SENIOR II M - 30	65	M 115	01:12:20	02:06:53	03:10:25	04:30:17.00	8:11	7.3
130	GROZIK MICHAŁ	6176	PORANNI BIEGACZE	GAJKÓW	POL	WETERAN I M - 50	4	M 116	01:08:29	02:03:26	03:08:30	04:30:33.55	8:11	7.3
131	MAREK GRZEGORZ	6231	KRAPKOWICE BIEGA	KRAPKOWICE	POL	MASTERS M - 40	31	M 117	01:10:11	02:05:29	03:11:10	04:30:43.30	8:12	7.3
132	ORDYNIEC SŁAWOMIR	6311	KB LEROY MERLIN	ŚWIDNICA	POL	SENIOR I M - 20	17	M 118	01:06:36	01:57:51	02:55:13	04:30:59.20	8:12	7.3
133	WOJTKOWIAK MARTA	6270		WARSZAWA	POL	SENIOR II K - 30	10	K 15	01:16:04	02:12:29	03:14:07	04:31:42.10	8:14	7.3
134	KRUKOWSKI ŁUKASZ	6067	MKS SIECHNICE	GROBLICE	POL	SENIOR II M - 30	66	M 119	01:12:53	02:11:14	03:18:23	04:34:31.75	8:19	7.2
135	POLACZEK DANIEL	6127	IZBICKO W BIEGU	OTMICE	POL	SENIOR I M - 20	18	M 120	01:10:53	02:03:15	03:10:14	04:34:46.70	8:19	7.2
136	WALEŃSKI MACIEJ	6004		PIASKI	POL	SENIOR II M - 30	67	M 121	01:09:45	02:08:30	03:15:27	04:35:29.95	8:20	7.2
137	DREAS JAKUB	6263	WĘDZIKOWSKITEAM / DZIKIE BOBRY	RYBITWY	POL	SENIOR II M - 30	68	M 122	01:13:13	02:09:44	03:16:49	04:35:54.55	8:21	7.2
138	MARIN IRIGARAY ALBERTO	6075		ALMERÍA	ESP	SENIOR II M - 30	69	M 123	01:14:08	02:08:18	03:16:57	04:36:41.20	8:23	7.2
139	PAŻUCHA WOJCIECH	6330		LUSÓWKO	POL	MASTERS M - 40	32	M 124	01:08:50	02:02:45	03:19:24	04:36:58.35	8:23	7.1
140	KOŁODZIEJ MARIUSZ	6054	TMTEAM	LEGNICA	POL	MASTERS M - 40	33	M 125	01:12:10		03:17:45	04:39:18.40	8:27	7.1
141	PÓŁROLNICZAK PAWEŁ	6340		ŁUBNIAŃ	POL	SENIOR II M - 30	70	M 126	01:20:01	02:19:27	03:19:04	04:40:43.85	8:30	7.1
142	STRZELCZYK WIKTOR	6102	CARPATHIAN RUNNERS	RZESZÓW	POL	SENIOR II M - 30	71	M 127	01:15:46	02:16:47	03:22:13	04:40:50.75	8:30	7.1
143	BARTOSIEWICZ ADAM	6365		GRYFINO	POL	MASTERS M - 40	34	M 128	01:15:48	02:12:19	03:20:10	04:41:23.30	8:31	7
144	GŁÓWKA MACIEJ	6014	ISOFIT.PL	KARWIANY	POL	SENIOR II M - 30	72	M 129	01:18:05		03:25:51	04:41:56.40	8:32	7
145	TALAREK ROBERT	6335	SMT SZCZECIN	SZCZECIN	POL	MASTERS M - 40	35	M 130	01:13:58	02:11:39	03:16:44	04:42:07.35	8:32	7
146	PERENC MICHAŁ	6184	CARPATHIAN RUNNERS	JAROSŁAW	POL	SENIOR I M - 20	19	M 131	01:20:46	02:21:10	03:23:53	04:42:57.15	8:34	7
147	MISIAK ARTUR	6356		STRONIE ŚLĄSKIE	POL	WETERAN I M - 50	5	M 132	01:12:42	02:10:22	03:19:57	04:43:25.65	8:35	7
148	MACHTAŁOWICZ SZYMON	6022		ŁÓDŹ	POL	SENIOR II M - 30	73	M 133	01:16:53	02:17:43	03:25:20	04:43:45.85	8:35	7
149	KRZESZOWIEC JACEK	6077		WROCLAW	POL	MASTERS M - 40	36	M 134	01:13:03	02:11:18	03:20:33	04:43:56.15	8:36	7
150	JAŻWIŃSKI KRZYSZTOF	6098	ROZBIEGANI ŻYCHLIN	ŻYCHLIN	POL	MASTERS M - 40	37	M 135	01:17:03	02:17:47	03:25:30	04:44:12.05	8:36	7
151	ZWOLIŃSKI MARIUSZ	6165		WARSZAWA	POL	MASTERS M - 40	38	M 136	01:12:31	02:10:36	03:17:07	04:44:32.85	8:37	7
152	DUPLA KONRAD	6341		WROCLAW	POL	MASTERS M - 40	39	M 137	01:10:13	02:08:07	03:17:00	04:44:42.95	8:37	7
153	KSIĄDZ KAROL	6213		KRYRY	POL	SENIOR II M - 30	74	M 138	01:19:21	02:15:21	03:25:17	04:45:06.90	8:38	6.9
154	RYCHLEWICZ TOMASZ	6019		WROCLAW	POL	SENIOR II M - 30	75	M 139	01:10:50	02:08:55	03:22:48	04:45:11.45	8:38	6.9
155	WOJTOWICZ KAROLINA	6338		POZNAŃ	POL	SENIOR II K - 30	11	K 16	01:12:49	02:07:45	03:15:00	04:45:25.95	8:38	6.9

GOLDEN MOUNTAINS TRAIL - 33 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	9km	16km	24km	Netto	min/km	km/h
156	WOJCIECHOWSKA DOROTA	6150		OLEŚNICA	POL	MASTERS K - 40	4	K 17	01:15:35	02:12:37	03:21:09	04:46:02.20	8:40	6.9
157	KARCZ TOMASZ	6393		WROCŁAW	POL	MASTERS M - 40	40	M 140	01:10:06	02:07:59	03:14:48	04:46:14.10	8:40	6.9
158	PASZKE MACIEJ	6235	SKALPEL	TORUŃ	POL	SENIOR II M - 30	76	M 141		02:16:46	03:28:13	04:46:24.70	8:40	6.9
159	PIWKO MATEUSZ	6138		SZCZECIN	POL	SENIOR II M - 30	77	M 142	01:14:18	02:10:01	03:25:33	04:46:32.45	8:40	6.9
160	HUBKA JERZY	6306	ZABRZAŃSKIE PARKOWE BIEGANIE	ZABRZE	POL	WETERAN I M - 50	6	M 143	01:16:51	02:16:54	03:28:34	04:46:42.70	8:41	6.9
161	RESZKA MAREK	6026		LUBLIN	POL	SENIOR II M - 30	78	M 144	01:10:58	02:06:47	03:32:25	04:47:03.00	8:41	6.9
162	TYLKOWSKI FILIP	6285		WROCŁAW	POL	SENIOR I M - 20	20	M 145	01:11:42	02:05:26	03:15:54	04:47:10.15	8:42	6.9
163	PIĄTKIEWICZ ŁUKASZ	6094	TOUR DE ZBÓJ	RADZISZÓW	POL	SENIOR II M - 30	79	M 146	01:16:48	02:15:50	03:26:04	04:47:29.05	8:42	6.9
164	WALENDA MATEUSZ	6240	KS KANAŁEK	GARWOLIN	POL	SENIOR II M - 30	80	M 147	01:08:19	02:09:37	03:20:59	04:48:25.05	8:44	6.9
165	ZABŁOCKI MATEUSZ	6071		WIELUŃ	POL	SENIOR II M - 30	81	M 148	01:18:19	02:18:12	03:27:22	04:49:25.85	8:46	6.8
166	WALCZAK AGNIESZKA	6146	OLKUSZBIEGA	BOLESŁAW	POL	MASTERS K - 40	5	K 18	01:15:18	02:12:06	03:27:33	04:49:51.65	8:47	6.8
167	ŁUBIK RENATA	6199	PRO-RUN WROCŁAW	KIEŁCZÓW	POL	WETERAN K - 50	1	K 19	01:20:27		03:27:42	04:50:09.05	8:47	6.8
168	NESTEREWICZ RYSZARD	6204	LKS ISKRA JASZKOWA	KŁODZKO	POL	WETERAN II M - 60	2	M 149	01:11:18	02:07:37	03:26:05	04:51:14.50	8:49	6.8
169	KURCZEK TOMASZ	6290		GLIWICE	POL	MASTERS M - 40	41	M 150	01:16:07	02:14:35	03:26:16	04:51:40.95	8:50	6.8
170	TOMCZYK ANGELIKA	6312	ZABRZAŃSKIE PARKOWE BIEGANIE	ZABRZE	POL	SENIOR II K - 30	12	K 20	01:21:58	02:23:19	03:33:13	04:52:15.95	8:51	6.8
171	KOTKIEWICZ KAROL	6066	LOTOS RUNNING TEAM	GDAŃSK	POL	SENIOR II M - 30	82	M 151	01:12:15	02:12:27	03:26:22	04:52:27.50	8:51	6.8
172	VON OSSOWSKA ALEKSANDRA VON OSSOWSKA	6139	TJ	POZNAŃ	POL	SENIOR II K - 30	13	K 21	01:22:47	02:23:51	03:35:13	04:52:31.15	8:51	6.8
173	KNEBLOCH KASPER	6362	DZIK KOMANDO	ŁÓDŹ	POL	SENIOR II M - 30	83	M 152	01:16:03	02:13:08	03:27:55	04:53:25.85	8:53	6.7
174	JĘCZMIEN MARLENA	6097	CENTRUM FORMY 58100	ŚWIDNICA	POL	SENIOR II K - 30	14	K 22	01:19:37	02:23:02	03:33:18	04:54:08.95	8:54	6.7
175	KANTOREK PIOTR	6060		SKIERNIEWICE	POL	MASTERS M - 40	42	M 153	01:18:11	02:12:59	03:26:50	04:55:01.65	8:56	6.7
176	SZCZEPAŃSKA-BUDA ANNA	6074		WROCŁAW	POL	SENIOR II K - 30	15	K 23	01:19:07		03:32:35	04:55:09.50	8:56	6.7
177	KNEZEVIC SRDJAN	6123		LJUBLJANA	SLO	MASTERS M - 40	43	M 154	01:18:23	02:13:15	03:27:02	04:55:14.00	8:56	6.7
178	BIERNACKA KASIA	6286		WARSZAWA	POL	WETERAN K - 50	2	K 24	01:17:31	02:17:44	03:31:07	04:55:32.55	8:57	6.7
179	STASZEWSKI DARIUSZ	6198		TOMASZÓW MAZOWIECKI	POL	SENIOR II M - 30	84	M 155	01:20:38	02:22:27	03:35:09	04:56:18.65	8:58	6.7
180	HAŁA MARTA	6278	TARNOWO PODGÓRNE BIEGA	TARNOWO PODGÓRNE	POL	MASTERS K - 40	6	K 25	01:23:14		03:29:48	04:56:55.65	8:59	6.7
181	PILC ANNA	6267		TARNOWO PODGÓRNE	POL	SENIOR II K - 30	16	K 26	01:23:26	02:19:12	03:30:00	04:57:06.95	9:00	6.7
182	BEDNARCZYK PAWEŁ	6084	PZU SPORT TEAM	BABKI	POL	MASTERS M - 40	44	M 156	01:12:51	02:11:50	03:23:34	04:57:17.00	9:00	6.7
183	CHMURKO MICHAŁ	6246	BLACKSHEEPTeam	GLIWICE	POL	SENIOR II M - 30	85	M 157	01:17:37	02:18:43	03:32:02	04:57:19.95	9:00	6.7
184	STANIEK SŁAWOMIR	6245	BST	RYBNIK	POL	MASTERS M - 40	45	M 158	01:17:46	02:18:47	03:32:13	04:57:29.75	9:00	6.7
185	NOWAK SEBASTIAN	6357		ŚWIĘTA KATARZYNA	POL	MASTERS M - 40	46	M 159	01:19:30	02:19:55	03:34:13	04:58:08.15	9:02	6.6
186	JANCZAK PIOTR	6358		ŻERNIKI WROCŁAWSKIE	POL	MASTERS M - 40	47	M 160	01:19:23	02:19:41	03:34:04	04:58:17.40	9:02	6.6
187	FRĄCKOWIAK DARIUSZ	6168		GOSTYŃ	POL	SENIOR II M - 30	86	M 161	01:09:35	02:09:23	03:18:34	04:58:33.35	9:02	6.6
188	KRASUSKI MARCIN	6227	MARCIN KRASUSKI	WARSZAWA	POL	SENIOR II M - 30	87	M 162	01:16:19	02:15:13	03:28:02	04:58:57.00	9:03	6.6
189	WOLEK JERZY	6234		TYCHY	POL	WETERAN II M - 60	3	M 163	01:18:38		03:32:34	05:00:46.90	9:06	6.6
190	RELEWICZ MACIEJ	6021	WOLNE ŚLIMAKI	POZNAŃ	POL	MASTERS M - 40	48	M 164	01:22:02	02:22:11	03:34:40	05:01:27.80	9:08	6.6
191	SKOCZEK PRZEMYSŁAW	6233		WARSZAWA	POL	SENIOR II M - 30	88	M 165	01:12:42	02:13:46	03:32:52	05:01:42.65	9:08	6.6
192	ZALIŃSKI LESZEK	6189		WROCŁAW	POL	SENIOR II M - 30	89	M 166	01:15:26		03:29:22	05:03:02.50	9:11	6.5
193	NEUMANN JACEK	6355	CENTRUM ŁĄKOWA 1	RADKÓW	POL	WETERAN I M - 50	7	M 167	01:22:01	02:25:29	03:34:32	05:03:22.50	9:11	6.5
194	WALCZAK DARIUSZ	6144	OLKUSZBIEGA	BOLESŁAW	POL	MASTERS M - 40	49	M 168	01:18:50	02:24:24	03:39:43	05:05:07.55	9:14	6.5
195	RYSZCZYK ADAM	6354	RUN2BFREE	RYBNIK	POL	MASTERS M - 40	50	M 169	01:29:19	02:28:51	03:39:19	05:05:52.45	9:16	6.5
196	HELIOSZ ADAM	6353	RUN2BFREE	RYBNIK	POL	MASTERS M - 40	51	M 170	01:29:30	02:28:57	03:39:32	05:06:01.90	9:16	6.5
197	SZELAĞIEWICZ AREK	6175		SZCZECIN	POL	MASTERS M - 40	52	M 171	01:19:43	02:22:47	03:38:51	05:06:11.20	9:16	6.5
198	GIERASIMOWICZ SZYMON	6239	TOTALSPORT.PL	DOBRA	POL	MASTERS M - 40	53	M 172	01:22:14	02:24:09	03:37:44	05:06:11.65	9:16	6.5
199	MAJ MAREK	6151	ŚLĘZAK TEAM	WROCŁAW	POL	MASTERS M - 40	54	M 173	01:20:41	02:23:23	03:37:49	05:06:27.55	9:17	6.5
200	KRZYŻEWSKI ROGER	6136	INDYWIDUALNA PRAKTYKA LEKARSKA ROGER KRZYŻEWSKI	KRAKÓW	POL	SENIOR II M - 30	90	M 174	01:21:08	02:21:59	03:39:45	05:06:50.60	9:17	6.5
201	KAMYSZ ROBERT	6292	KLUB WYSKOGÓRSKI KRAKÓW	KRAKÓW	POL	WETERAN I M - 50	8	M 175	01:19:15	02:19:14	03:34:18	05:07:22.95	9:18	6.4
202	LEWANDOWSKI LESZEK	6323	POWSTAŃCY Z KANAPY	BRZEZINA	POL	MASTERS M - 40	55	M 176	01:24:05	02:28:56	03:44:13	05:07:44.50	9:19	6.4
203	TRZASKACZ TOMASZ	6347	OBORYGENI	TRZEBNICA	POL	MASTERS M - 40	56	M 177	01:31:50	02:30:14	03:38:28	05:08:25.45	9:20	6.4
204	ZIÓŁKOWSKI PIOTR	6105		BRUKSELA	BEL	MASTERS M - 40	57	M 178	01:21:17	02:22:20	03:37:33	05:08:28.55	9:20	6.4
205	CZERNAK TOBIASZ	6250		KRAPKOWICE	POL	SENIOR II M - 30	91	M 179	01:10:35	02:08:36	03:32:45	05:10:29.70	9:24	6.4
206	BRONOWSKA JUSTYNA	6122	TUPTAM.PL	BIELSKO-BIAŁA	POL	MASTERS K - 40	7	K 27	01:23:47	02:26:28	03:44:14	05:10:39.30	9:24	6.4
207	JOŃCZYK ANNA	6070		OZIMEK	POL	SENIOR II K - 30	17	K 28	01:24:56	02:27:05	03:40:27	05:10:54.60	9:25	6.4
208	POLAŃSKI MATEUSZ	6361		SPALICE	POL	SENIOR II M - 30	92	M 180	01:15:35	02:17:01	03:37:05	05:12:11.05	9:27	6.3
209	TOMASZEWSKI WOJCIECH	6346		KUDOWA ZDRÓJ	POL	SENIOR I M - 20	21	M 181	01:22:08	02:29:35	03:44:43	05:12:13.35	9:27	6.3
210	KURZYNIC ŁUKASZ	6197		WROCŁAW	POL	SENIOR II M - 30	93	M 182	01:33:04		03:46:31	05:16:16.05	9:35	6.3

GOLDEN MOUNTAINS TRAIL - 33 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	9km	16km	24km	Netto	min/km	km/h
211	DOBOSZ LESZEK	6133		POZNAŃ	POL	SENIOR II M - 30	94	M 183	01:23:51	02:30:18	03:41:50	05:16:52.70	9:36	6.2
212	PILARSKA MAGDALENA	6324	STR POZNAN	POZNAN	POL	SENIOR II K - 30	18	K 29	01:22:46	02:27:28	03:41:39	05:17:03.35	9:36	6.2
213	WALASZCZYK MICHALINA	6258	@HAPPYUMOF4KIDS	GNIEZNO	POL	SENIOR II K - 30	19	K 30	01:26:18	02:30:38	03:45:33	05:17:10.60	9:36	6.2
214	MATYLA ROMAN	6193		WROCLAW	POL	SENIOR II M - 30	95	M 184		02:36:15		05:17:56.00	9:38	6.2
215	GODLEWSKI ADAM	6236	SKALPEL	PŁOCK	POL	SENIOR II M - 30	96	M 185	01:18:04	02:23:06	03:37:00	05:18:26.20	9:38	6.2
216	DOMOSŁAWSKA JOANNA	6191		WROCLAW	POL	MASTERS K - 40	8	K 31	01:20:53	02:23:51	03:44:00	05:18:41.30	9:39	6.2
217	KOPACKA ELIZA	6015		WAŁBRZYCH	POL	SENIOR II K - 30	20	K 32	01:21:07	02:24:49	03:44:19	05:19:18.25	9:40	6.2
218	KRAJEWSKA AGATA	6366		OLAWA	POL	MASTERS K - 40	9	K 33	01:27:27	02:30:13	03:46:31	05:19:49.45	9:41	6.2
219	CHWALISZ PAWEŁ	6190		WROCLAW	POL	MASTERS M - 40	58	M 186	01:18:39	02:19:54	03:41:25	05:20:00.50	9:41	6.2
220	HAWRYLISZYN JAN	6194		ŁOZINA	POL	SENIOR II M - 30	97	M 187	01:26:04	02:36:59	03:50:41	05:21:42.35	9:44	6.2
221	GRUSZKA ANNA	6186		PLEWISKA	POL	MASTERS K - 40	10	K 34	01:26:13	02:36:17	03:51:05	05:21:51.05	9:45	6.2
222	KWIECIEŃ ROBERT	6085		KIELCE	POL	MASTERS M - 40	59	M 188	01:21:24	02:25:57	03:46:10	05:22:30.25	9:46	6.1
223	STEFANIAK MARCIN	6011	STR POZNAŃ/PREFAWAAB	DĄBRÓWKA	POL	MASTERS M - 40	60	M 189	01:17:55	02:23:15	03:38:39	05:22:30.35	9:46	6.1
224	RYPUŁA MARIA	6063	ZEN RUNNING TEAM	BOJSZOWY	POL	SENIOR II K - 30	21	K 35	01:22:18	02:25:24	03:50:13	05:23:27.45	9:48	6.1
225	SOBORSKA SYLWIA	6208	SAINT GOBAIN SQUAD	OLKUSZ	POL	MASTERS K - 40	11	K 36	01:27:21	02:34:56	03:48:42	05:25:09.85	9:51	6.1
226	SNIEGOCKI PAWEŁ	6145	TARNOWO PODGÓRNE BIEGA	TARNOWO PODGÓRNE	POL	MASTERS M - 40	61	M 190	01:26:51	02:31:17	03:54:18	05:25:13.70	9:51	6.1
227	WIŚNIEWSKI TOMASZ	6032		ALEKSANDRÓW KUJAWSKI	POL	MASTERS M - 40	62	M 191	01:21:13	02:29:06	03:51:07	05:25:53.40	9:52	6.1
228	CZARNECKI DANIEL	6171	TIE	POLANICA-ZDRÓJ	POL	SENIOR II M - 30	98	M 192	01:21:19	02:25:49	03:49:00	05:26:19.95	9:53	6.1
229	ŻMIJEWSKA DOMINIKA	6108	TSK ORZEŁ OSIEK	WYRZYSK	POL	SENIOR II K - 30	22	K 37	01:26:08	02:32:08	03:50:31	05:26:38.70	9:53	6.1
230	KOT TOMASZ	6282		WARSZAWA	POL	MASTERS M - 40	63	M 193	01:22:09	02:27:55	03:52:11	05:27:07.70	9:54	6.1
231	KISIELIŃSKI TOMASZ	6201		GDYNIA	POL	WETERAN I M - 50	9	M 194	01:17:24	02:21:56	03:47:17	05:27:25.90	9:55	6
232	GREŃ MARIA	6180	CENTRUM FORMY 58100	DZIERŻONIÓW	POL	SENIOR I K - 20	3	K 38	01:21:29	02:25:49	03:45:56	05:28:53.35	9:57	6
233	GRZESIOK WOJCIECH	6395		DĄBROWA GÓRNICZA	POL	MASTERS M - 40	64	M 195	01:17:25	02:17:31	03:43:59	05:30:32.45	10:00	6
234	PUZIO MACIEJ	6183		KRAKÓW	POL	SENIOR II M - 30	99	M 196	01:22:17	02:29:45	03:47:00	05:30:52.90	10:01	6
235	MAZUR KATARZYNA	6371	UMLAUT	KROSNO ODRZAŃSKIE	POL	MASTERS K - 40	12	K 39	01:30:55		04:00:01	05:31:53.05	10:03	6
236	GRZYBEK TOMASZ	6111	KLUB GÓRSKI ŚWISTAK BIAŁY	ZIELONA GÓRA	POL	MASTERS M - 40	65	M 197	01:19:59	02:23:11	03:45:12	05:32:12.15	10:04	6
237	KRUTULSKI MICHAŁ	6112	KLUB GÓRSKI ŚWISTAK BIAŁY	ZIELONA GÓRA	POL	MASTERS M - 40	66	M 198	01:20:08	02:23:04	03:45:18	05:32:22.85	10:04	6
238	SOSNOWKA LESZEK	6153	KLUB SOSNOWY	DZIAŁDOWO	POL	WETERAN I M - 50	10	M 199	01:22:07	02:25:14	03:47:31	05:33:30.30	10:06	5.9
239	MISZCZYK MARCIN	6389		KRAKÓW	POL	MASTERS M - 40	67	M 200	01:27:10	02:33:56	03:54:36	05:34:26.00	10:08	5.9
240	SAWICKA AGNIESZKA SAWICKA	6143	DELOITTE ADVENTURE TEAM	POZNAŃ	POL	SENIOR II K - 30	23	K 40	01:32:01	02:39:45	04:01:29	05:35:27.40	10:09	5.9
241	PIEKIELNIAK RAFAŁ	6313	BIAŁE CZY CZARNE SKARPETKI?	PYSKOWICE	POL	SENIOR II M - 30	100	M 201	01:28:35	02:32:52	03:55:51	05:35:58.15	10:10	5.9
242	JAGACKI PIOTR	6226	RYKOWISKO	PŁOCK	POL	MASTERS M - 40	68	M 202	01:21:36	02:32:01	03:55:27	05:35:59.55	10:10	5.9
243	GRUCHOT MAŁGORZATA	6256	WBO	GOGOLIN	POL	MASTERS K - 40	13	K 41	01:20:35	02:22:57	03:55:36	05:37:10.50	10:13	5.9
244	PFAJFER MAREK	6092	MARATONYPOLSKIE.PL TEAM	POZNAŃ	POL	SENIOR II M - 30	101	M 203	01:31:06	02:37:00	03:55:38	05:37:57.35	10:14	5.9
245	FLORCZAK BARTOSZ	6321	BARTOSZ FLORCZAK - DIETETYK	WROCLAW	POL	SENIOR I M - 20	22	M 204	01:35:40	02:45:13	04:04:28	05:38:36.10	10:15	5.8
246	BARANIECKI ZBIGNIEW	6203	100 MCP	POZNAŃ	POL	WETERAN II M - 60	4	M 205	01:33:11	02:40:43	04:00:35	05:38:37.60	10:15	5.8
247	FLORCZAK ZDZISŁAW	6148	SIŁA OGRA	WROCLAW	POL	WETERAN II M - 60	5	M 206	01:35:22	02:45:19	04:04:40	05:38:45.75	10:15	5.8
248	CHORAŻY IZABELA	6229	CAŁA OLEŚNICA BIEGA	OLEŚNICA	POL	SENIOR I K - 20	4	K 42	01:40:10	02:49:50	04:08:47	05:38:54.10	10:16	5.8
249	KARCZEWSKI TOMASZ	6318	10 MINUT PO PŁASKIM	PUSZCZYKOWO	POL	MASTERS M - 40	69	M 207	01:19:41	02:31:34	03:56:04	05:39:35.35	10:17	5.8
250	CZESKA KAROLINA	6083	LAMPART TRENING	MOSINA	POL	SENIOR II K - 30	24	K 43	01:30:24	02:41:07	04:00:56	05:40:08.45	10:18	5.8
251	WALCZAK ANNA	6119		WARSZAWA	POL	MASTERS K - 40	14	K 44	01:29:18	02:41:17	04:02:29	05:40:38.90	10:19	5.8
252	KRZEMIEN BARTOSZ	6128		KATOWICE	POL	MASTERS M - 40	70	M 208	01:28:02	02:34:26	04:03:34	05:41:27.55	10:20	5.8
253	PIOTROWSKI MARIUSZ	6137		CHORZÓW	POL	MASTERS M - 40	71	M 209	01:28:04	02:34:30	04:03:38	05:41:35.25	10:21	5.8
254	GRZYBEK SŁAWOMIR	6230		KATOWICE	POL	SENIOR II M - 30	102	M 210	01:26:52	02:39:56	04:06:20	05:41:35.85	10:21	5.8
255	STACHOWIAK MAGDA	6224		RYDZYNA	POL	SENIOR II K - 30	25	K 45	01:25:57	02:38:51	03:59:45	05:42:07.70	10:22	5.8
256	KORECKI MARCIN	6325	4FI16	DOBRCZYCE	POL	MASTERS M - 40	72	M 211	01:24:44	02:28:46	04:00:53	05:42:09.65	10:22	5.8
257	MADAJ PAWEŁ	6062	BIEGAM, BO NIE LUBIĘ	POZNAŃ	POL	MASTERS M - 40	73	M 212	01:27:32	02:38:39	03:56:37	05:42:21.80	10:22	5.8
258	OHŁA JUSTYNA	6031	BIEGAM BO NIE LUBIĘ	POZNAŃ	POL	MASTERS K - 40	15	K 46	01:27:43	02:39:01	03:56:48	05:42:31.75	10:22	5.8
259	ŚNIEGOCKA MAGDALENA	6215	TARNOWO PODGÓRNE BIEGA	TARNOWO PODGÓRNE	POL	MASTERS K - 40	16	K 47	01:27:21	02:39:49	04:03:01	05:43:06.85	10:23	5.8
260	BUCKO KAROLINA	6259	TARNOWO PODGÓRNE BIEGA	KIEKRZ	POL	MASTERS K - 40	17	K 48	01:27:25		04:03:11	05:43:13.40	10:24	5.8
261	SMOLARCZYK GRZEGORZ	6211		SIEMIENOWICE ŚLĄSKIE	POL	MASTERS M - 40	74	M 213	01:30:36	02:50:08	04:05:14	05:43:42.20	10:24	5.8
262	KRYSZTOFIAK DAWID	6266		WARSZAWA	POL	SENIOR I M - 20	23	M 214	01:14:43	02:23:30	03:54:29	05:44:20.75	10:26	5.7
263	NOWICKI MAREK	6177	PORANNI BIEGACZE	DOBRCZYKOWICE	POL	MASTERS M - 40	75	M 215	01:35:46	02:57:00	04:03:19	05:44:39.75	10:26	5.7
264	BAR ALEKSANDRA	6163	GINIA STRZELCE OPOLSKIE	STRZELCE OPOLSKIE	POL	MASTERS K - 40	18	K 49	01:35:49	02:51:13	04:10:55	05:44:42.95	10:26	5.7
265	SKORNIAK KATARZYNA	6387		POZNAŃ	POL	SENIOR II K - 30	26	K 50	01:32:41	02:44:28	04:06:10	05:45:23.40	10:28	5.7
266	PLACKOWSKI MARCIN	6296	GOSTYŃ	POZNAŃ	POL	SENIOR I M - 20	24	M 216	01:19:32	02:25:47	03:56:49	05:47:56.15	10:32	5.7
267	LOPATIN ILYA	6160		WROCLAW		SENIOR II M - 30	103	M 217	01:36:42	02:42:18	04:05:58	05:48:04.80	10:32	5.7

GOLDEN MOUNTAINS TRAIL - 33 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	9km	16km	24km	Netto	min/km	km/h
268	LISZKA ELA	6200	JEJKOWICE BIEGAJA	RYBNIK	POL	MASTERS K - 40	19	K 51	01:40:49	02:55:24	04:15:08	05:48:10.70	10:33	5.7
269	ŻURAWIK MARCIN	6322	SAINT GOBAIN SQUAD	KOŁO	POL	MASTERS M - 40	76	M 218	01:36:17	02:44:15	04:02:03	05:48:20.90	10:33	5.7
270	SKÓRA MARCIN	6276	EMES I PARTNERZY	TARNÓW	POL	MASTERS M - 40	77	M 219	01:29:19	02:31:03	04:01:59	05:48:35.35	10:33	5.7
271	NETOLICKY MARTIN	6271		BRNO	CZE	SENIOR II M - 30	104	M 220	01:37:45	02:47:29	04:07:00	05:49:10.85	10:34	5.7
272	SOKOLOWSKA KATARZYNA	6188		WARSZAWA	POL	MASTERS K - 40	20	K 52	01:31:22	02:37:42	04:06:50	05:51:27.50	10:39	5.6
273	SIELIWONIK ANITA	6130		WARSZAWA	POL	MASTERS K - 40	21	K 53	01:32:54	02:39:34	04:01:54	05:51:39.45	10:39	5.6
274	SUŁEK TOMEK	6129		WARSZAWA	POL	MASTERS M - 40	78	M 221	01:33:06		04:02:05	05:51:51.75	10:39	5.6
275	BARAN JĘDRZEJ	6283	HASAJ TO!	SZCZECIN	POL	SENIOR II M - 30	105	M 222	01:32:25	02:40:29	04:03:38	05:52:27.75	10:40	5.6
276	MROZIŃSKI ALBERT	6051		ALEKSANDRÓW ŁÓDZKI	POL	MASTERS M - 40	79	M 223	01:46:03	02:55:57	04:09:23	05:52:38.20	10:41	5.6
277	TKACZ RAFAŁ	6275	HASAJ TO!	SZCZECIN	POL	SENIOR II M - 30	106	M 224	01:32:18	02:40:51	04:03:52	05:52:43.25	10:41	5.6
278	MROZIŃSKA RENATA	6050		ALEKSANDRÓW ŁÓDZKI	POL	MASTERS K - 40	22	K 54	01:46:14	02:56:10	04:09:37	05:52:48.70	10:41	5.6
279	NOWOSAD ARTUR	6289		WOŁÓW	POL	MASTERS M - 40	80	M 225	01:25:01	02:32:32	04:04:44	05:53:50.50	10:43	5.6
280	KOWALCZYK KATARZYNA	6293		IWINY	POL	SENIOR II K - 30	27	K 55	01:40:09	02:51:20	04:18:06	05:54:35.60	10:44	5.6
281	MODRZYŃSKI PRZEMYSŁAW	6149		ELBLĄG	POL	WETERAN I M - 50	11	M 226	01:33:15	02:42:04	04:13:01	05:54:42.20	10:44	5.6
282	SOBKOWIAK SŁAWOMIR	6295	WRONIECKI KLUB BIEGACZA	WRONKI	POL	MASTERS M - 40	81	M 227	01:27:51	02:38:14	04:12:53	05:54:54.05	10:45	5.6
283	SCHLAPPA SEBASTIAN	6124	IZBICKO W BIEGU	IZBICKO	POL	MASTERS M - 40	82	M 228	01:29:37	02:46:35	04:09:09	05:55:05.05	10:45	5.6
284	TRZCINA AGATA	6057		ŚWIDNICA	POL	MASTERS K - 40	23	K 56	01:33:10	02:43:40	04:10:45	05:55:52.90	10:47	5.6
285	TOKARSKI RAFAŁ	6375		KRAKÓW	POL	MASTERS M - 40	83	M 229	01:34:54	02:49:56	04:01:50	05:56:22.55	10:47	5.6
286	TOKARSKA BOŻENA	6374	#ADAMCZERWIŃSKITEAM	KRAKÓW	POL	MASTERS K - 40	24	K 57	01:35:04	02:50:00	04:02:00	05:56:31.30	10:48	5.6
287	WYSZMOLINSKA KAROLINA	6205		BIERNATKI	POL	MASTERS K - 40	25	K 58	01:32:50	02:49:15	04:16:47	05:57:02.70	10:49	5.5
288	GONERA KAZIMIERZ	6002	KB HARCOWNIK JELCZ-LASKOWICE	MIŁOSZYCE	POL	WETERAN II M - 60	6	M 230	01:27:24	02:42:05	04:14:48	06:00:24.15	10:55	5.5
289	CZUPRYŃSKI RAFAŁ	6090		WARSZAWA	POL	SENIOR II M - 30	107	M 231	01:24:20	02:32:40	04:01:11	06:01:25.85	10:57	5.5
290	KAWĘCKA KINGA	6087	ADIDAS RUNNERS	WARSZAWA	POL	MASTERS K - 40	26	K 59	01:44:46	02:58:13	04:01:11	06:01:31.80	10:57	5.5
291	TERKA BARBARA	6068		POZNAŃ	POL	MASTERS K - 40	27	K 60	01:44:56	02:58:32	04:17:12	06:01:42.20	10:57	5.5
292	SEREDA ANDRII	6135		KRAKÓW	POL	SENIOR II M - 30	108	M 232	01:31:51	02:41:47	04:08:15	06:01:49.20	10:57	5.5
293	STASZCZUK JAROSŁAW	6210	WATAHA- ŁĄCZY NAS BIEGANIE	BRZEG	POL	MASTERS M - 40	84	M 233	01:36:00	02:53:52	04:11:26	06:02:06.40	10:58	5.5
294	CYKOWSKI WOJCIECH	6344	KOMENDA MIEJSKA PAŃSTWOWEJ STRAŻY POŻARNEJ W OPOLU	TUŁOWICE	POL	SENIOR I M - 20	25	M 234	01:29:35	02:44:35	04:03:32	06:02:52.70	10:59	5.5
295	PISULA PAULINA	6345	KLUCZBORSKA GRUPA BIEGOWA	TUŁOWICE	POL	SENIOR II K - 30	28	K 61	01:29:44	02:44:49	04:03:42	06:03:03.40	11:00	5.5
296	NEUMANN BEATA	6043	CENTRUM ŁĄKOWA 1	RADKÓW	POL	WETERAN K - 50	3	K 62	01:37:55	02:55:25	04:25:11	06:03:04.50	11:00	5.5
297	ADAMSKI BARTŁOMIEJ	6272		MODLNICA	POL	MASTERS M - 40	85	M 235	01:34:52	02:55:24	04:20:22	06:04:58.90	11:03	5.4
298	WALKER STEPHEN	6298		WARSAW	POL	SENIOR I M - 20	26	M 236	01:44:42	03:00:17	04:22:27	06:05:22.00	11:04	5.4
299	ABGAROWICZ MAJA	6299		WARSZAWA	POL	SENIOR II K - 30	29	K 63	01:44:52	03:00:28	04:05:31	06:05:31.00	11:04	5.4
300	FALENDER ANNA	6058	CENTRUM FORMY 58-100	ŚWIDNICA	POL	MASTERS K - 40	28	K 64	01:33:04	02:51:05	04:19:18	06:05:52.25	11:05	5.4
301	ŁUKASIK BARTŁOMIEJ	6107		PNIEWY	POL	SENIOR II M - 30	109	M 237	01:40:39	03:01:06	04:25:49	06:06:10.45	11:05	5.4
302	SADOWSKA JUSTYNA	6007		SULEJÓWEK	POL	MASTERS K - 40	29	K 65	01:38:30	02:49:03	04:17:28	06:06:57.15	11:07	5.4
303	KOTNIEWICZ PIOTR	6391		OPOLE	POL	SENIOR I M - 20	27	M 238	01:30:14	02:41:14	04:15:17	06:07:14.15	11:07	5.4
304	PRZYBYLSKI WITEK	6392	MUAY RUNNING TEAM	ZALASEWO	POL	MASTERS M - 40	86	M 239	01:44:37	03:12:13	04:23:21	06:09:07.90	11:11	5.4
305	CICHY ROMAN	6384	MUAY RUNNING TEAM	POZNAŃ	POL	MASTERS M - 40	87	M 240	01:44:49	03:12:16	04:23:31	06:09:17.25	11:11	5.4
306	KAPŁON ANNA	6118		WARSZAWA	POL	MASTERS K - 40	30	K 66	01:37:01	02:58:03	04:23:33	06:11:03.80	11:14	5.3
307	STOŁOWSKI ROBERT	6294	AMICA	WIELEŃ	POL	MASTERS M - 40	88	M 241	01:31:45	02:50:01	04:25:28	06:11:06.95	11:14	5.3
308	KOWALSKI IRENEUSZ	6082		WROCŁAW	POL	WETERAN I M - 50	12	M 242	01:44:43	03:08:45	04:30:36	06:11:33.55	11:15	5.3
309	NAKONECZNA ANNA	6081		WROCŁAW	POL	MASTERS K - 40	31	K 67	01:44:51	03:08:59	04:30:48	06:11:43.50	11:15	5.3
310	KUREK JAROSŁAW	6212	RAJ-D ORZESZE	ORZESZE	POL	MASTERS M - 40	89	M 243	01:30:45	02:50:23	04:21:29	06:12:21.50	11:17	5.3
311	PIÓRKOWSKA JOLANTA	6010	KOŁO BIEGA	KOŁO	POL	MASTERS K - 40	32	K 68	01:35:46	02:49:43	04:23:45	06:14:16.75	11:20	5.3
312	PAWŁAK KATARZYNA	6134	KOŁO BIEGA	KOŁO	POL	SENIOR II K - 30	30	K 69	01:35:54	02:43:48	04:12:03	06:14:24.10	11:20	5.3
313	JANKOWSKI RAFAŁ	6103	KOŁO BIEGA	KOŁO	POL	SENIOR II M - 30	110	M 244	01:36:05	02:44:02	04:12:11	06:14:35.20	11:21	5.3
314	HACHOŁ JUSTYNA	6080		WEOCŁAW	POL	SENIOR II K - 30	31	K 70	01:44:57	03:09:11	04:30:58	06:14:45.45	11:21	5.3
315	PLEWA KATARZYNA	6099		STRONIE ŚLĄSKIE	POL	SENIOR II K - 30	32	K 71	01:31:29	02:53:10	04:28:56	06:16:42.90	11:24	5.3
316	FRĄCZEK MICHAŁ	6091	BNW WROCŁAW	WROCŁAW	POL	MASTERS M - 40	90	M 245	01:30:30	02:50:43	04:28:30	06:18:56.60	11:29	5.2
317	FRUCZ JACEK	6005		SOSNOWIEC	POL	WETERAN I M - 50	13	M 246	01:38:52	02:59:11	04:33:00	06:23:19.35	11:36	5.2
318	PEĆKA BEATA	6106		SOSNOWIEC	POL	MASTERS K - 40	33	K 72	01:39:01	02:59:11	04:33:09	06:23:29.15	11:37	5.2
319	POSIŁA JOANNA	6370		MOSINA	POL	MASTERS K - 40	34	K 73	01:41:53	03:09:03	04:26:40	06:24:12.20	11:38	5.2
320	FEDOROWICZ JOWITA	6304	KOTWICA BRZEG	BRZEG	POL	SENIOR II K - 30	33	K 74	01:43:30	03:10:30	04:44:08	06:24:41.05	11:39	5.1
321	BEDNARSKA-KOZIOŁ DANUTA	6158	WKURW_TEAM	ZIELEŃCICE	POL	MASTERS K - 40	35	K 75	01:43:39	03:10:35	04:44:18	06:24:50.75	11:39	5.1
322	OWCZARZAK DARIA	6248		BYDGOSZCZ	POL	SENIOR II K - 30	34	K 76	01:51:29	03:03:59	04:36:25	06:26:55.80	11:43	5.1
323	ROŻKO PAWEŁ	6131	TORNADO	SZCZECIN	POL	SENIOR II M - 30	111	M 247	01:30:17	02:45:19	04:27:22	06:28:54.50	11:47	5.1

GOLDEN MOUNTAINS TRAIL - 33 KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	9km	16km	24km	Netto	min/km	km/h
324	JÓZEFIAK MAGDALENA	6064	ASSECO ACTIVE TEAM	OSIELSKO	POL	WETERAN K - 50	4	K 77	01:38:01	03:01:58	04:35:03	06:29:37.85	11:48	5.1
325	MACHTAŁOWICZ BEATA	6024		ŁÓDŹ	POL	SENIOR II K - 30	35	K 78	01:36:43	02:52:34	04:28:42	06:30:36.30	11:50	5.1
326	BARTOSIEWICZ DOROTA	6262		POZNAŃ	POL	SENIOR II K - 30	36	K 79	01:38:46	02:59:46	04:34:36	06:33:59.25	11:56	5
327	ANDRZEJEWSKI ARKADIUSZ	6396		BOGATYNIA	POL	MASTERS M - 40	91	M 248	01:24:33	02:49:13	04:23:11	06:35:12.00	11:58	5
328	IWANIUK ADAM	6238	WIECZORNE BIEGANIE W SZCZECINIE	SZCZECIN	POL	MASTERS M - 40	92	M 249	01:35:32	02:54:32	04:29:29	06:36:19.25	12:00	5
329	FRANKOWICZ MAGDALENA	6008	TJ	POZNAŃ	POL	SENIOR II K - 30	37	K 80	01:43:45	03:05:47	04:39:28	06:41:24.35	12:09	4.9
330	MARKIEWICZ JOANNA ZUZA	6009	KOBIETY BIEGAJA / TJ	POZNŃ	POL	MASTERS K - 40	36	K 81	01:43:55	03:05:52	04:40:22	06:41:33.95	12:10	4.9
331	PAKUŁA ARKADIUSZ	6059		KROSNO ODRZAŃSKIE	POL	MASTERS M - 40	93	M 250	01:42:24	03:09:55	04:51:10	06:45:48.15	12:17	4.9
332	WIŚNIEWSKA DOROTA	6033		ALEKSANDRÓW KUJAWSKI	POL	MASTERS K - 40	37	K 82	01:52:45	03:25:52	04:52:06	06:46:03.75	12:18	4.9
333	WOLEK MARCIN	6232		TYCHY	POL	MASTERS M - 40	94	M 251	01:46:00	03:02:59	04:50:32	06:46:32.00	12:19	4.9
334	SANTOS PHILLIPE	6317		LUSOWKO	POL	SENIOR II M - 30	112	M 252	01:37:03	03:18:57	04:59:51	06:48:57.90	12:23	4.8
335	GRUDNIEWSKI JAKUB	6113		WROCŁAW	POL	SENIOR II M - 30	113	M 253	01:43:41	03:00:40	04:39:37	06:48:58.70	12:23	4.8
336	PIETROWICZ MAREK	6185		TARNOWO PODGÓRNE	POL	WETERAN I M - 50	14	M 254	01:37:12	03:19:29	04:59:28	06:49:07.60	12:23	4.8
337	GWIZDAŁA DANIEL	6303		WROCŁAW	POL	MASTERS M - 40	95	M 255	01:38:11	02:53:09	04:39:37	06:54:57.25	12:34	4.8
338	TRZCIŃSKA JOLANTA	6364		WROCŁAW	POL	MASTERS K - 40	38	K 83	01:36:22	02:53:15	04:38:46	06:55:05.95	12:34	4.8
339	PIECZKA WOJCIECH	6025	WKURW_TEAM	WROCŁAW	POL	SENIOR II M - 30	114	M 256	01:41:20	03:11:20	04:52:34	06:57:31.30	12:39	4.7
340	GOŁEMBIOWSKA KATARZYNA	6018	WKURW_TEAM	WROCŁAW	POL	SENIOR II K - 30	38	K 84	01:41:27	03:11:44	04:45:39	06:59:02.50	12:41	4.7
341	KORTAS SŁAWOMIR	6331	DESTYLATOR	WROCŁAW	POL	SENIOR II M - 30	115	M 257	01:49:08	03:20:43	05:04:57	07:01:26.65	12:46	4.7
342	IDZIK ANGELIKA	6110	SPARTA RUNNERS	POZNAŃ	POL	SENIOR I K - 20	5	K 85	01:44:58	03:09:26	05:05:26	07:08:01.35	12:58	4.6
343	DRAJERCZAK MARLENA	6383	MUAY RUNNING TEAM	POZNAŃ	POL	MASTERS K - 40	39	K 86	01:51:26	03:32:42	05:08:34	07:08:56.20	12:59	4.6
344	KURDZIEL TOMASZ	6167		SZCZAWNICA	POL	MASTERS M - 40	96	M 258	01:40:08	03:15:43	05:18:18	07:13:59.00	13:09	4.6
345	BESTRZYŃSKI OLECH	6369	CZŁAPAK ROBAKOWO	GĄDKI	POL	MASTERS M - 40	97	M 259	01:54:24	03:19:08	05:05:08	07:14:42.75	13:10	4.6
346	SADOWSKI ANDRZEJ	6187	LZS DZIEWIĘTLICE	DZIEWIĘTLICE	POL	WETERAN II M - 60	7	M 260	01:51:49	03:32:05	05:15:43	07:14:49.85	13:10	4.6
347	BEREZIUK MICHAŁ	6100		DZIEWIĘTLICE	POL	MASTERS M - 40	98	M 261	01:52:01	03:32:06	05:15:53	07:15:00.80	13:10	4.6
348	JASIUL MARIOLA	6006		LEGIONOWO	POL	MASTERS K - 40	40	K 87	01:49:42	03:18:15	05:07:39	07:19:02.70	13:18	4.5
349	KOCIUBA KATARZYNA	6281		POZNAŃ	POL	SENIOR II K - 30	39	K 88	01:49:40	03:16:58	05:11:36	07:20:21.35	13:20	4.5
350	ZIELENKIEWICZ AGNIESZKA	6316	GPT	WROCŁAW	POL	SENIOR II K - 30	40	K 89	02:00:59	03:40:26	05:21:33	07:21:38.40	13:23	4.5
351	SZYMAŃSKA-ANTOSIAK MONIKA	6116	GPT	WROCŁAW	POL	SENIOR II K - 30	41	K 90	02:01:10	03:40:45	05:21:52	07:21:49.70	13:23	4.5
352	CZOCHARA ROBERT	6040		OPOLE	POL	MASTERS M - 40	99	M 262	01:53:29	03:39:30	05:01:16	07:32:44.55	13:43	4.4
353	CZOCHARA MARTA	6041		OPOLE	POL	MASTERS K - 40	41	K 91	01:56:50	03:40:28	05:25:02	07:32:53.45	13:43	4.4
354	NOWICKA IWONA	6241	BOOTCAMP	KATOWICE	POL	SENIOR II K - 30	42	K 92	02:01:24	03:51:29	05:25:57	07:36:31.25	13:50	4.3
355	PIECHACZEK MAREK	6257	BOOTCAMP	ŚWIĘTOCHŁOWICE	POL	MASTERS M - 40	100	M 263	02:01:26	03:51:45	05:25:58	07:36:33.05	13:50	4.3
356	WIŚNIEWSKA JUSTYNA	6252		WARSZAWA	POL	SENIOR II K - 30	43	K 93	02:28:36	04:15:32	05:45:29	08:34:25.95	15:35	3.8
357	SZYMAŃSKI PAWEŁ	6013	MUAY RUNNING TEAM	POZNAŃ	POL	MASTERS M - 40	101	M 264	02:11:19	03:48:32	06:09:14	09:04:10.90	16:29	3.6
	BODURKA KRZYSZTOF	6360	SALOMON SUUNTO TEAM POLAND	NIELEPICE	POL	SENIOR II M - 30			00:43:00	DNF	02:05:32	DNF	-	-
									DNF		DNF		-	-
	GAŁEK ALEKSANDER	6178		POZNAŃ	POL	SENIOR II M - 30			01:21:23	DNF	DNF	DNF	-	-
									DNF				-	-
	NAWROCKI JAROSŁAW	6115		BYDGOSZCZ	POL	WETERAN I M - 50			01:58:34	DNF	DNF	DNF	-	-
									DNF				-	-
	CAUSIDIS MAREK	6273	BUFF/SALOMON TEAM	DOBRĄ	CZE	SENIOR I M - 20			DNF	DNF	DNF	DNF	-	-