

# ZIMOWY PÓLMARATON GÓR STOŁOWYCH 21 KM

Organizator: Fundacja MARATONY GÓRSKIE  
Data: 2021-03-13  
Miejsce: Karlów  
Dystans: 21 km  
Klasyfikacja wg czasów netto.



## ZIMOWY PÓLMARATON GÓR STOŁOWYCH 21 KM, OPEN

| M-ce | Nazwisko i imię        | Nr  | Klub                         | M-scowość           | Kraj | Kat. | M. kat | K/M  | Alpinista | 7km      | 14km     | Netto       | min/km | km/h |
|------|------------------------|-----|------------------------------|---------------------|------|------|--------|------|-----------|----------|----------|-------------|--------|------|
| 1    | WITEK ANDRZEJ          | 419 | 140MINUT.PL                  | MIRKÓW              | POL  | M-20 | 1      | M 1  | NIE       | 00:44:17 | 01:16:17 | 01:37:54.30 | 4:39   | 12.9 |
| 2    | JUREK MICHAŁ           | 119 | RMT TEAM PRO                 | WROCLAW             | POL  | M-30 | 1      | M 2  | NIE       | 00:40:12 | 01:16:25 | 01:40:22.40 | 4:46   | 12.6 |
| 3    | NORBERT MICHAŁ         | 285 | KB SOBÓTKA                   | ŚWIDNICA            | POL  | M-30 | 2      | M 3  | NIE       | 00:41:08 | 01:18:44 | 01:44:23.40 | 4:58   | 12.1 |
| 4    | SZPULARZ ADAM          | 474 | CRAZY RUNNERS                | KĄTY WROCLAWSKIE    | POL  | M-30 | 3      | M 4  | NIE       | 00:43:15 | 01:21:19 | 01:45:26.50 | 5:01   | 12   |
| 5    | GONCZARENKO JAREK      | 341 | RUN100LOVE                   | RADKÓW              | POL  | M-40 | 1      | M 5  | NIE       | 00:42:25 | 01:20:45 | 01:45:43.40 | 5:02   | 11.9 |
| 6    | SARNOWSKI PAWEŁ        | 145 |                              | OSTRZESZOW          | POL  | M-30 | 4      | M 6  | TAK       | 00:45:31 | 01:23:31 | 01:49:36.60 | 5:13   | 11.5 |
| 7    | RUTKOWSKI DAWID        | 333 | 140MINUT.PL / GRIZZLYTEAM    | LUBIN               | POL  | M-40 | 2      | M 7  | TAK       | 00:44:41 | 01:23:44 | 01:52:59.95 | 5:22   | 11.2 |
| 8    | SOCHA SEWERYN          | 525 |                              | POZNAŃ              | POL  | M-30 | 5      | M 8  |           | 00:45:30 | 01:27:53 | 01:55:01.50 | 5:28   | 11   |
| 9    | ŚLĘZAK PIOTR           | 439 | ŚLĘZAKTEAM                   | SIEMIANICE          | POL  | M-30 | 6      | M 9  | NIE       | 00:47:45 | 01:27:04 | 01:55:44.45 | 5:30   | 10.9 |
| 10   | SKURATKO ADRIAN        | 200 | RONAL POLSKA RUN             | WAŁBRZYCH           | POL  | M-30 | 7      | M 10 | NIE       | 00:46:49 | 01:28:31 | 01:56:27.65 | 5:32   | 10.8 |
| 11   | WASZEK SŁAWOMIR        | 164 |                              | WROCLAW             | POL  | M-40 | 3      | M 11 | NIE       | 00:48:40 | 01:32:23 | 01:59:38.40 | 5:41   | 10.5 |
| 12   | WETHACZ DARIUSZ        | 477 |                              | CISNA               | POL  | M-30 | 8      | M 12 | NIE       | 00:48:49 | 01:32:09 | 02:00:21.35 | 5:43   | 10.5 |
| 13   | MAJCHRZAK MACIEJ       | 227 |                              | WROCLAW             | POL  | M-30 | 9      | M 13 | TAK       | 00:47:43 | 01:32:23 | 02:00:28.45 | 5:44   | 10.5 |
| 14   | NOWACKI MATEUSZ        | 422 | PRZEDWOJEWSKI MOUNTAIN TEAM  | STRONIE ŚLĄSKIE     | POL  | M-30 | 10     | M 14 | NIE       | 00:45:32 | 01:30:35 | 02:01:19.70 | 5:46   | 10.4 |
| 15   | MICHALSKI PIOTREK      | 286 |                              | WROCLAW             | POL  | M-30 | 11     | M 15 | NO        | 00:47:58 | 01:30:41 | 02:01:37.55 | 5:47   | 10.4 |
| 16   | GRUND MAREK            | 239 | MAFIA TEAM LUBLINIEC         | STRZEBIŃ            | POL  | M-30 | 12     | M 16 | TAK       | 00:48:01 | 01:32:46 | 02:02:23.60 | 5:49   | 10.3 |
| 17   | DAMEC ALEKSNDER        | 298 | OCHAJORUN & FREND            | RYBNIK              | POL  | M-50 | 1      | M 17 | NIE       | 00:49:39 | 01:32:44 | 02:02:32.15 | 5:50   | 10.3 |
| 18   | WŁODARCZYK JAROSŁAW    | 235 | KARKONOSZE RUNNING TEAM      | JELENIA GÓRA        | POL  | M-40 | 4      | M 18 | NIE       | 00:46:13 | 01:31:32 | 02:02:41.60 | 5:50   | 10.3 |
| 19   | MACH TOMASZ            | 265 | SPORTFUEL.PL MTB TEAM        | WAŁBRZYCH           | POL  | M-30 | 13     | M 19 | NIE       | 00:49:19 | 01:34:16 | 02:04:07.10 | 5:54   | 10.2 |
| 20   | SŁYSZ SZYMON           | 428 | NSK RUNS                     | WAŁBRZYCH           | POL  | M-30 | 14     | M 20 | NIE       | 00:48:27 | 01:32:45 | 02:04:44.65 | 5:56   | 10.1 |
| 21   | NAWROT WOJCIECH NAWROT | 171 | CTS                          | WROCLAW             | POL  | M-30 | 15     | M 21 | NO        | 00:49:22 | 01:34:43 | 02:04:52.05 | 5:56   | 10.1 |
| 22   | OGŁAŻA KAMIL           | 530 |                              | SULEJÓW             | POL  | M-30 | 16     | M 22 |           | 00:49:14 | 01:33:22 | 02:04:58.75 | 5:57   | 10.1 |
| 23   | MÓLL MATEUSZ           | 198 | #SOBASTEAM                   | WROCLAW             | POL  | M-30 | 17     | M 23 | NIE       | 00:48:53 | 01:34:02 | 02:05:16.90 | 5:57   | 10.1 |
| 24   | FRANKIEWICZ ARTUR      | 295 |                              | GLIWICE             | POL  | M-30 | 18     | M 24 | TAK       | 00:49:01 | 01:33:44 | 02:05:45.35 | 5:59   | 10   |
| 25   | ŁUKOMSKI MACIEJ        | 520 |                              | ŁÓDŹ                | POL  | M-40 | 5      | M 25 | TAK       | 00:51:43 | 01:37:09 | 02:05:55.50 | 5:59   | 10   |
| 26   | KRAJEWSKI WOJTEK       | 516 |                              | KONSTANTYNÓW ŁÓDZKI | POL  | M-50 | 2      | M 26 | NIE       | 00:51:48 | 01:37:03 | 02:06:02.60 | 6:00   | 10   |
| 27   | ŁOPATYŃSKI IREK        | 538 | REMA SPORT TEAM              | ŁĄDEK ZDRÓJ         | POL  | M-40 | 6      | M 27 |           | 00:48:49 | 01:34:50 | 02:06:15.15 | 6:00   | 10   |
| 28   | BALIŃSKI KAROL         | 513 | ULTRASEK KAROLASEK           | DRAWSKO POMORSKIE   | POL  | M-30 | 19     | M 28 | NIE       | 00:50:29 | 01:37:41 | 02:06:42.35 | 6:02   | 9.9  |
| 29   | SZCZĘŚNIAK PIOTR       | 393 | GVT BMC                      | STRZELIN            | POL  | M-40 | 7      | M 29 | NIE       | 00:55:29 | 01:38:18 | 02:06:45.30 | 6:02   | 9.9  |
| 30   | BAŁYS KATARZYNA        | 421 | HERCOG RUNNING TEAM          | STRONIE ŚLĄSKIE     | POL  | K-30 | 1      | K 1  | NIE       | 00:51:12 | 01:36:57 | 02:07:02.80 | 6:02   | 9.9  |
| 31   | ŻMIJEWSKI TOMASZ       | 121 |                              | WROCLAW             | POL  | M-30 | 20     | M 30 | NIE       | 00:52:29 | 01:38:11 | 02:07:12.25 | 6:03   | 9.9  |
| 32   | WOJCIECH MAZIK         | 417 | KW KRAKOW                    | TARNOWSKIE GORY     | POL  | M-30 | 21     | M 31 | TAK       | 00:49:52 | 01:35:20 | 02:08:05.25 | 6:05   | 9.8  |
| 33   | RÓŻAŁSKI IRENEUSZ      | 246 | BIEGNIJ OŁAWO                | OŁAWA               | POL  | M-40 | 8      | M 32 | NIE       | 00:50:10 | 01:37:07 | 02:08:29.75 | 6:07   | 9.8  |
| 34   | WYROŚLAK JÓZEF         | 271 |                              | WROCLAW             | POL  | M-30 | 22     | M 33 | NO        | 00:51:59 | 01:37:48 | 02:08:42.70 | 6:07   | 9.8  |
| 35   | BOSAKIEWICZ TOMASZ     | 167 | OLAWS ZŁOTORYJA              | ZŁOTORYJA           | POL  | M-30 | 23     | M 34 | NIE       | 00:51:18 | 01:38:37 | 02:08:48.65 | 6:08   | 9.8  |
| 36   | ROJEWSKI PAWEŁ         | 168 | EVERRUN                      | ŁÓDŹ                | POL  | M-30 | 24     | M 35 | NIE       | 00:54:00 | 01:39:56 | 02:08:56.15 | 6:08   | 9.8  |
| 37   | LACHOWSKI ROBERT       | 113 |                              | ŁÓDŹ                | POL  | M-30 | 25     | M 36 | NIE       | 00:52:48 | 01:39:30 | 02:09:02.25 | 6:08   | 9.8  |
| 38   | RYCERSKI RAFAŁ         | 488 | DOMINIK GRZĄDZIEL TEAM       | CZAPLINEK           | POL  | M-30 | 26     | M 37 | NIE       | 00:50:01 | 01:37:34 | 02:09:22.75 | 6:09   | 9.7  |
| 39   | KRUPA MARCIN           | 408 | AKTYWNA NOWA RUDA            | NOWA RUDA           | POL  | M-40 | 9      | M 38 | NIE       | 00:48:29 | 01:36:19 | 02:09:40.20 | 6:10   | 9.7  |
| 40   | STACHOWIAK ŁUKASZ      | 115 | STR POZNAŃ / CITY TRAIL TEAM | POZNAŃ              | POL  | M-30 | 27     | M 39 | NIE       | 00:52:38 | 01:38:57 | 02:09:47.75 | 6:10   | 9.7  |
| 41   | KURZAWIAK GRZEGORZ     | 126 | KUDOWIANA RUN                | KARŁÓW              | POL  | M-30 | 28     | M 40 | NIE       | 00:51:16 | 01:39:12 | 02:10:24.05 | 6:12   | 9.7  |
| 42   | SAJEWICZ DOMINIK       | 209 | ZGÓRMYSYNY                   | WAŁBRZYCH           | POL  | M-30 | 28     | M 40 | TAK       | 00:52:30 | 01:39:19 | 02:10:24.05 | 6:12   | 9.7  |
| 43   | NOWAK MARCIN           | 523 |                              | MOSINA              | POL  | M-30 | 30     | M 42 |           | 00:52:46 | 01:39:03 | 02:10:52.60 | 6:13   | 9.6  |
| 44   | GOŁĄB MATEUSZ          | 283 | JURNE KNURY                  | POZNAŃ              | POL  | M-30 | 31     | M 43 | NIE       | 00:53:47 | 01:40:26 | 02:11:43.30 | 6:16   | 9.6  |
| 45   | ROGAŁA TOMASZ          | 506 |                              | PIESKI              | POL  | M-30 | 32     | M 44 | NIE       | 00:54:29 | 01:42:25 | 02:13:17.35 | 6:20   | 9.5  |
| 46   | JANCZ TOMASZ           | 346 |                              | JELENIA GÓRA        | POL  | M-40 | 10     | M 45 | NIE       | 00:55:49 | 01:41:57 | 02:13:52.50 | 6:22   | 9.4  |

**ZIMOWY PÓLMARATON GÓR STOŁOWYCH 21 KM, OPEN c.d.**

| M-ce | Nazwisko i imię     | Nr  | Klub                                  | M-scowość           | Kraj | Kat. | M. kat | K/M  | Alpinista | 7km      | 14km     | Netto       | min/km | km/h |
|------|---------------------|-----|---------------------------------------|---------------------|------|------|--------|------|-----------|----------|----------|-------------|--------|------|
| 47   | SZCZOTKA ŁUKASZ     | 327 |                                       | WROCŁAW             | POL  | M-30 | 33     | M 46 | NIE       | 00:59:35 | 01:44:06 | 02:13:59.35 | 6:22   | 9.4  |
| 48   | GULCZYŃSKI TOMASZ   | 205 |                                       | ZIELONKA            | POL  | M-30 | 34     | M 47 | NIE       | 00:53:45 | 01:41:45 | 02:14:00.30 | 6:22   | 9.4  |
| 49   | KRYSIŃSKI MACIEJ    | 362 |                                       | DĄBROWA             | POL  | M-30 | 35     | M 48 | NIE       | 00:39:42 | 01:34:19 | 02:14:00.40 | 6:22   | 9.4  |
| 50   | PRADZYŃSKI MARCIN   | 173 | AMS TRIATHLON                         | BYDGOSZCZ           | POL  | M-40 | 11     | M 49 | NIE       | 00:55:39 | 01:43:12 | 02:14:13.50 | 6:23   | 9.4  |
| 51   | ODOLAK PIOTR        | 152 |                                       | SULEJÓWEK           | POL  | M-30 | 36     | M 50 | NIE       | 00:55:19 | 01:43:14 | 02:15:14.15 | 6:26   | 9.3  |
| 52   | CHLASTA JACEK       | 125 |                                       | SZCZECIN            | POL  | M-30 | 37     | M 51 | NIE       | 00:53:27 | 01:41:28 | 02:15:18.70 | 6:26   | 9.3  |
| 53   | SIKORSKI SZYMON     | 445 | 600 968 951                           | KIEŁCZÓW            | POL  | M-30 | 38     | M 52 | NIE       | 00:54:36 | 01:42:52 | 02:15:36.50 | 6:27   | 9.3  |
| 54   | LUBAŃSKI ROBERT     | 252 |                                       | BUKOWICE            | POL  | M-50 | 3      | M 53 | NIE       | 00:55:09 | 01:43:26 | 02:15:50.35 | 6:28   | 9.3  |
| 55   | LASOCKI MARCIN      | 157 | 12TRI.PL / TEAM ZABIEGANEDNI          | WARSZAWA            | POL  | M-40 | 12     | M 54 | NIE       | 00:52:26 | 01:41:03 | 02:16:06.45 | 6:28   | 9.3  |
| 56   | SAJDUDA ADAM        | 250 |                                       | WROCŁAW             | POL  | M-20 | 2      | M 55 | NIE       | 00:51:40 | 01:39:47 | 02:16:28.90 | 6:29   | 9.2  |
| 57   | ZANDECKI MACIEJ     | 416 |                                       | SWARZEDZ            | POL  | M-50 | 4      | M 56 | NIE       | 00:54:12 | 01:43:44 | 02:16:30.85 | 6:30   | 9.2  |
| 58   | TÓŚ SEBASTIAN       | 197 |                                       | CHRZĄSTAWA WIELKA   | POL  | M-40 | 13     | M 57 | NIE       | 00:55:40 | 01:44:21 | 02:16:33.15 | 6:30   | 9.2  |
| 59   | LUBAŃSKI MATEUSZ    | 244 |                                       | DŁUGOŁĘKA           | POL  | M-30 | 39     | M 58 | NIE       | 00:54:48 | 01:43:21 | 02:16:35.15 | 6:30   | 9.2  |
| 60   | RUSOŁ TOMASZ        | 339 | TROPEM ULTRA                          | WROCŁAW             | POL  | M-30 | 40     | M 59 | NIE       |          | 01:43:12 | 02:16:39.00 | 6:30   | 9.2  |
| 61   | MATCZAK PATRYK      | 149 |                                       | GORZÓW WIELKOPOLSKI | POL  | M-20 | 3      | M 60 | NIE       | 00:54:28 | 01:44:11 | 02:16:58.65 | 6:31   | 9.2  |
| 62   | ZIMNY TOMASZ        | 388 |                                       | SZCZECIN            | POL  | M-60 | 1      | M 61 | NIE       | 00:57:09 | 01:46:14 | 02:17:43.15 | 6:33   | 9.1  |
| 63   | ZIELIŃSKI DOMINIK   | 153 |                                       | ŚREM                | POL  | M-30 | 41     | M 62 | TAK       | 00:55:22 | 01:45:08 | 02:17:46.10 | 6:33   | 9.1  |
| 64   | KŁACZYŃSKA DANUTA   | 478 |                                       | SZCZECIN            | POL  | K-40 | 1      | K 2  | NIE       | 00:57:33 | 01:46:25 | 02:18:25.00 | 6:35   | 9.1  |
| 65   | PIERZCHAŁSKI DAWID  | 144 |                                       | BIAŁE BŁOTA         | POL  | M-40 | 14     | M 63 | NO        | 00:52:35 | 01:43:21 | 02:18:36.80 | 6:36   | 9.1  |
| 66   | PIETRZYK TOMASZ     | 256 | 140MINUT.PL                           | ŚWIDNICA            | POL  | M-40 | 15     | M 64 | NIE       | 00:56:28 | 01:47:49 | 02:19:47.70 | 6:39   | 9    |
| 67   | PAPROCKI KRZYSZTOF  | 336 |                                       | POLKOWICE           | POL  | M-40 | 16     | M 65 | NIE       | 00:57:54 | 01:47:14 | 02:19:58.90 | 6:39   | 9    |
| 68   | FLORCZAK MAREK      | 536 |                                       | RATNO GÓRNE         | POL  | M-40 | 17     | M 66 | NIE       | 00:55:17 | 01:46:48 | 02:20:03.00 | 6:40   | 9    |
| 69   | HAJDA JUSTYNA       | 338 | MAFIA TEAM LUBLINIEC                  | RADZIONKÓW          | POL  | K-20 | 1      | K 3  | NIE       | 00:57:20 | 01:47:18 | 02:20:09.80 | 6:40   | 9    |
| 70   | STEC ADAM           | 123 |                                       | WYSOKA              | POL  | M-40 | 18     | M 67 | NIE       | 00:56:21 | 01:46:09 | 02:20:43.25 | 6:42   | 9    |
| 71   | ŁUKASIK MARCIN      | 180 | BIEGNIJ OŁAWO                         | OŁAWA               | POL  | M-40 | 19     | M 68 | NIE       | 00:58:43 | 01:46:57 | 02:20:46.75 | 6:42   | 9    |
| 72   | ANTOSIAK TOMASZ     | 524 | FUNTRI                                | WROCŁAW             | POL  | M-40 | 20     | M 69 | NIE       | 00:58:51 | 01:49:02 | 02:21:01.45 | 6:42   | 8.9  |
| 73   | KOŁODZIEJ ROMAN     | 486 | KOTWICA BRZEG                         | KARŁOWICE           | POL  | M-40 | 21     | M 70 | NIE       | 00:56:39 | 01:47:48 | 02:21:07.85 | 6:43   | 8.9  |
| 74   | GÓRNY ROBERT        | 128 | TIM JEST TIM                          | OZIMEK              | POL  | M-40 | 22     | M 71 | NIE       | 00:55:11 | 01:45:52 | 02:21:29.75 | 6:44   | 8.9  |
| 75   | OSICA ŁUKASZ        | 204 |                                       | ŚWIĘTOCHŁOWICE      | POL  | M-30 | 42     | M 72 | NIE       | 00:58:48 | 01:48:21 | 02:21:45.80 | 6:45   | 8.9  |
| 76   | KOLANKO SYLWIA      | 472 | NYSA BIEGA                            | NYSA                | POL  | K-30 | 2      | K 4  | NIE       | 00:57:34 | 01:47:42 | 02:22:05.30 | 6:45   | 8.9  |
| 77   | KASZYŃSKI TOMEK     | 297 |                                       | LUBOŃ               | POL  | M-40 | 23     | M 73 | NIE       | 00:58:22 | 01:48:27 | 02:22:33.45 | 6:47   | 8.8  |
| 78   | BIECUSZEK TOMASZ    | 359 | AKTYWNA NOWA RUDA                     | NOWA RUDA           | POL  | M-40 | 24     | M 74 | NIE       | 00:54:30 | 01:47:09 | 02:22:39.30 | 6:47   | 8.8  |
| 79   | ZAGROBELNY MICHAŁ   | 407 | KOWARY BIEGAJĄ                        | KOWARY              | POL  | M-30 | 43     | M 75 | NIE       | 00:54:42 | 01:45:29 | 02:23:00.05 | 6:48   | 8.8  |
| 80   | PANZ KRZYSZTOF      | 189 |                                       | KLESZCZÓW           | POL  | M-30 | 44     | M 76 | TAK       | 00:55:31 | 01:47:17 | 02:23:23.85 | 6:49   | 8.8  |
| 81   | CIEPŁY MACIEJ       | 112 |                                       | WROCŁAW             | POL  | M-30 | 45     | M 77 | NIE       | 00:53:41 | 01:46:00 | 02:23:31.25 | 6:50   | 8.8  |
| 82   | MATYBA ANNA         | 479 |                                       | POZNAŃ              | POL  | K-20 | 2      | K 5  | NIE       | 00:57:37 | 01:47:17 | 02:23:48.80 | 6:50   | 8.8  |
| 83   | BŁASZKIEWICZ BOGUSZ | 357 | STR POZNAŃ/DZIKIE BOBRY               | LUSOWO              | POL  | M-40 | 25     | M 78 | NIE       | 00:56:28 | 01:49:44 | 02:25:09.40 | 6:54   | 8.7  |
| 84   | ROŚLIKI JAROSŁAW    | 258 | UBEZPIECZENIA DLA AKTYWNYCH/OBORYGENI | OZOROWICE           | POL  | M-40 | 26     | M 79 | NIE       | 00:59:15 | 01:50:35 | 02:25:31.60 | 6:55   | 8.7  |
| 85   | BEŚKA SŁAWOMIR      | 192 | OCHAJORUN & FRIENDS                   | RYBNIK              | POL  | M-50 | 5      | M 80 | NIE       | 01:01:53 | 01:52:31 | 02:25:43.75 | 6:56   | 8.6  |
| 86   | SZNAJDER PAWEŁ      | 238 | BUBBA&GUMP                            | WAŁBRZYCH           | POL  | M-40 | 27     | M 81 | NIE       | 00:55:16 | 01:47:42 | 02:26:10.95 | 6:57   | 8.6  |
| 87   | ROSOCHACZ KRZYSZTOF | 106 |                                       | MIĘDZYRZECZ         | POL  | M-40 | 28     | M 82 | NIE       | 00:55:24 | 01:47:21 | 02:26:21.00 | 6:58   | 8.6  |
| 88   | SZYM CZYSZYŃ TOMASZ | 354 |                                       | WROCŁAW             | POL  | M-30 | 46     | M 83 | NO        | 01:04:00 | 01:54:23 | 02:26:46.50 | 6:59   | 8.6  |
| 89   | PODOLUK MAREK       | 206 |                                       | WROCŁAW             | POL  | M-40 | 29     | M 84 | NIE       | 00:57:35 | 01:49:16 | 02:27:23.05 | 7:01   | 8.5  |
| 90   | KAŁUŻNY WOJCIECH    | 315 | BIEGOWA ŚWIDNICA                      | ŚWIDNICA            | POL  | M-40 | 30     | M 85 | NIE       | 00:59:00 | 01:52:54 | 02:27:46.80 | 7:02   | 8.5  |
| 91   | SOŁTYŚIAK MARTA     | 222 |                                       | ŁÓDZ                | POL  | K-30 | 3      | K 6  | TAK       | 00:59:21 | 01:53:05 | 02:27:47.50 | 7:02   | 8.5  |
| 92   | BOŻEK RADOŚLAW      | 334 |                                       | OPOLE               | POL  | M-30 | 47     | M 86 | NIE       | 00:56:30 | 01:51:08 | 02:27:55.00 | 7:02   | 8.5  |
| 93   | RĘBIAŁKOWSKI JAKUB  | 500 |                                       | POLANICA ZDRÓJ      | POL  | M-30 | 48     | M 87 | NIE       | 00:59:34 | 01:54:22 | 02:29:07.05 | 7:06   | 8.4  |
| 94   | ROGUZ ŁUKASZ        | 374 |                                       | SZCZYTNA            | POL  | M-30 | 49     | M 88 | NIE       | 00:59:29 | 01:54:27 | 02:29:11.50 | 7:06   | 8.4  |
| 95   | BONIEC GABRIELA     | 397 |                                       | ZARY                | POL  | K-20 | 3      | K 7  | NIE       | 01:01:09 | 01:54:27 | 02:29:16.05 | 7:06   | 8.4  |
| 96   | KOZAK VLAD          | 458 |                                       | WROCLAW             | POL  | M-30 | 50     | M 89 | NO        | 01:02:35 | 01:53:48 | 02:29:17.05 | 7:06   | 8.4  |
| 97   | BREWKA WOJCIECH     | 165 | GTRAT                                 | PIERWOSZÓW          | POL  | M-40 | 31     | M 90 | NIE       | 00:59:43 | 01:53:52 | 02:29:25.50 | 7:06   | 8.4  |
| 98   | PALACZ MARCIN       | 355 |                                       | BRZEG               | POL  | M-40 | 32     | M 91 | NIE       | 00:59:48 | 01:53:01 | 02:29:44.85 | 7:07   | 8.4  |
| 99   | JURCZAK SZYMON      | 301 |                                       | POZNAŃ              | POL  | M-30 | 51     | M 92 | NIE       | 00:57:58 | 01:53:11 | 02:30:02.65 | 7:08   | 8.4  |
| 100  | PASZKIEWICZ JÓZEF   | 116 |                                       | MUROWANA GOŚLINA    | POL  | M-30 | 52     | M 93 | NIE       | 00:59:35 | 01:53:40 | 02:30:28.85 | 7:09   | 8.4  |
| 101  | KUBIAK KAROLINA     | 233 |                                       | WEJHEROWO           | POL  | K-40 | 2      | K 8  | NIE       | 01:00:38 | 01:54:23 | 02:31:04.15 | 7:11   | 8.3  |
| 102  | WITEK PAWEŁ         | 335 | KOWARY BIEGAJĄ                        | KOWARY              | POL  | M-40 | 33     | M 94 | NIE       | 00:58:15 | 01:55:28 | 02:31:15.40 | 7:12   | 8.3  |

**ZIMOWY PÓLMARATON GÓR STOŁOWYCH 21 KM, OPEN c.d.**

| M-ce | Nazwisko i imię         | Nr  | Klub                            | M-scowość         | Kraj | Kat. | M. kat | K/M   | Alpinista | 7km      | 14km     | Netto       | min/km | km/h |
|------|-------------------------|-----|---------------------------------|-------------------|------|------|--------|-------|-----------|----------|----------|-------------|--------|------|
| 103  | RUSIN JAKUB             | 137 |                                 | IWINY             | POL  | M-30 | 53     | M 95  | NIE       | 01:00:00 | 01:55:31 | 02:31:25.10 | 7:12   | 8.3  |
| 104  | JĘDRZEJCZAK WOJCIECH    | 493 |                                 | ŁÓDŹ              | POL  | M-50 | 6      | M 96  | NIE       | 01:01:56 | 01:55:00 | 02:31:27.95 | 7:12   | 8.3  |
| 105  | KRZYWDZIŃSKI BARTŁOMIEJ | 515 |                                 | BOLESŁAWIEC       | POL  | M-40 | 34     | M 97  | NIE       | 00:59:50 | 01:54:43 | 02:31:54.10 | 7:14   | 8.3  |
| 106  | PALICKI PIOTR           | 351 |                                 | SZCZECIN          | POL  | M-40 | 35     | M 98  | NIE       | 01:00:04 | 01:55:23 | 02:31:57.30 | 7:14   | 8.3  |
| 107  | MŁYNARCZYK KRZYSZTOF    | 147 |                                 | WARSZAWA          | POL  | M-40 | 36     | M 99  | NIE       | 00:59:50 | 01:55:24 | 02:32:51.15 | 7:16   | 8.2  |
| 108  | WYTYKOWSKA JOANNA       | 454 | ŁKW/RYSIE                       | ŁÓDŹ              | POL  | K-40 | 3      | K 9   | TAK       | 01:00:55 | 01:55:46 | 02:33:01.95 | 7:17   | 8.2  |
| 109  | KACZOR MARCIN           | 418 |                                 | ŚWIĘCIECHOWA      | POL  | M-40 | 37     | M 100 | NIE       | 01:03:12 | 01:57:13 | 02:33:25.60 | 7:18   | 8.2  |
| 110  | KOTRA JACEK             | 243 | LAKOWA 1                        | SMOLNICA          | POL  | M-40 | 38     | M 101 | TAK       | 01:00:53 | 01:56:24 | 02:33:30.90 | 7:18   | 8.2  |
| 111  | KIELBASA PAWEŁ          | 207 | GT RAT                          | STRZEGOM          | POL  | M-40 | 39     | M 102 | NIE       | 01:00:14 | 01:53:56 | 02:33:31.00 | 7:18   | 8.2  |
| 112  | KADŁUBOWSKI PIOTR       | 174 | KOTWICA BRZEG / RUN100LOVE      | BRZEG             | POL  | M-40 | 40     | M 103 | NIE       | 01:00:50 | 01:56:59 | 02:34:11.55 | 7:20   | 8.2  |
| 113  | NOWOSAD ARTUR           | 491 |                                 | WOŁÓW             | POL  | M-40 | 41     | M 104 | NIE       | 00:59:52 | 01:54:24 | 02:34:23.45 | 7:21   | 8.2  |
| 114  | KAŃKI PAWEŁ             | 234 | RĄCZE RACICZKI                  | WARSZAWA          | POL  | M-40 | 42     | M 105 | NIE       | 01:02:12 | 01:58:33 | 02:34:42.15 | 7:22   | 8.1  |
| 115  | BARAN ZENON             | 201 | RĄCZE RACICZKI                  | WARSZAWA          | POL  | M-60 | 2      | M 106 | NIE       | 01:03:27 | 01:57:42 | 02:34:42.85 | 7:22   | 8.1  |
| 116  | STEFANISZYN MARCIN      | 494 | SZTUKA RUCHU PIOTR JACKOWIAK    | BRZEG             | POL  | M-30 | 54     | M 107 | NIE       | 01:01:08 | 01:56:44 | 02:34:52.35 | 7:22   | 8.1  |
| 117  | DUDEK DAWID             | 375 |                                 | STRONIE ŚLĄSKIE   | POL  | M-20 | 4      | M 108 | NIE       | 00:59:37 | 01:53:02 | 02:35:16.05 | 7:23   | 8.1  |
| 118  | MIKOŁAJCZAK PIOTR       | 216 |                                 | WROCŁAW           | POL  | M-30 | 55     | M 109 | NIE       | 01:03:05 | 01:58:43 | 02:35:16.85 | 7:23   | 8.1  |
| 119  | PILARSKA MAGDALENA      | 415 | STR POZNAŃ/WKTJ                 | POZNAŃ            | POL  | K-30 | 4      | K 10  | TAK       | 01:02:43 | 01:57:43 | 02:36:33.70 | 7:27   | 8    |
| 120  | PAŁYSA ROBERT           | 508 |                                 | JÓZEFÓW           | POL  | M-20 | 5      | M 110 | NIE       | 01:04:06 | 01:58:22 | 02:37:08.50 | 7:28   | 8    |
| 121  | FLASZEWSKI ADAM         | 507 | SPORTOWY KAŻMIERZ               | RADZYŃ            | POL  | M-30 | 56     | M 111 | NIE       | 01:04:37 | 01:59:46 | 02:37:29.65 | 7:29   | 8    |
| 122  | KRZESIMOWSKI DAMIAN     | 100 |                                 | KIELCE            | POL  | M-30 | 57     | M 112 | NIE       | 01:03:34 | 02:01:56 | 02:38:29.85 | 7:32   | 8    |
| 123  | SKOKOWSKI JACEK         | 211 |                                 | SZCZECIN          | POL  | M-50 | 7      | M 113 | NIE       | 01:04:09 | 02:02:19 | 02:38:39.60 | 7:33   | 7.9  |
| 124  | SOBKOWIAK MARCIN        | 455 |                                 | POZNAŃ            | POL  | M-30 | 58     | M 114 | NIE       | 01:03:38 | 01:58:58 | 02:38:41.45 | 7:33   | 7.9  |
| 125  | NOWAK KRZYSZTOF         | 228 | KW LUBLIN                       | DĄBROWA GÓRNICZA  | POL  | M-40 | 43     | M 115 | TAK       | 01:03:50 | 02:00:32 | 02:39:54.85 | 7:36   | 7.9  |
| 126  | TAMULONEK GRZEGORZ      | 509 |                                 | POLICE            | POL  | M-40 | 44     | M 116 | NIE       | 01:04:30 | 02:02:24 | 02:40:37.95 | 7:38   | 7.8  |
| 127  | GINTER GRZEGORZ         | 497 | AZS COLLEGIUM MEDICUM UJ        | KRAKÓW            | POL  | M-30 | 59     | M 117 | NIE       | 01:05:42 | 02:03:02 | 02:40:38.50 | 7:38   | 7.8  |
| 128  | DOBROCHOWSKI MAREK      | 300 | STRZEGOMSKA DWUNASTKA           | STRZEGOM          | POL  | M-30 | 60     | M 118 | NIE       | 01:03:32 | 02:01:27 | 02:40:52.75 | 7:39   | 7.8  |
| 129  | HOLAK TOMASZ            | 460 | 1/2 PAN KRACY ENTERTIMENT       | OLEŚNICA          | POL  | M-40 | 45     | M 119 | NIE       | 01:03:48 | 02:01:43 | 02:40:58.50 | 7:39   | 7.8  |
| 130  | ZATOŃ ADRIAN            | 380 |                                 | WROCŁAW           | POL  | M-40 | 46     | M 120 | TAK       | 01:04:39 | 02:01:52 | 02:41:02.90 | 7:40   | 7.8  |
| 131  | WANKIEWICZ KRZYSZTOF    | 510 |                                 | JELCZ-LASKOWICE   | POL  | M-40 | 47     | M 121 | NIE       | 01:08:12 | 02:04:40 | 02:41:32.25 | 7:41   | 7.8  |
| 132  | LUBIK ADAM              | 340 | KSE ON-SIGHT                    | POZNAŃ            | POL  | M-30 | 61     | M 122 | TAK       | 01:05:38 | 02:04:42 | 02:41:55.65 | 7:42   | 7.8  |
| 133  | DREAS JAKUB             | 195 | DZIKIE BOBRY / WĘDZIKOWSKI TEAM | RYBITWY           | POL  | M-30 | 62     | M 123 | NIE       | 01:02:30 | 02:01:03 | 02:42:00.65 | 7:42   | 7.8  |
| 134  | NARECKI JAROSŁAW        | 259 |                                 | KRUSZYN           | POL  | M-50 | 8      | M 124 | NIE       | 01:03:44 | 02:02:37 | 02:42:07.70 | 7:43   | 7.8  |
| 135  | PASZKIEWICZ MACIEJ      | 292 | DZIADEK BIEGA ULTRA             | MUROWANA GOŚLINA  | POL  | M-50 | 9      | M 125 | NO        | 01:05:42 | 02:04:04 | 02:42:15.65 | 7:43   | 7.8  |
| 136  | ŚWIATOWIEC ANNA         | 240 |                                 | KRAKÓW            | POL  | K-50 | 1      | K 11  | NIE       | 01:06:24 | 02:03:29 | 02:42:25.60 | 7:44   | 7.8  |
| 137  | NEUMANN JACEK           | 310 | CENTRUM ŁĄKOWA 1                | RADKÓW            | POL  | M-50 | 10     | M 126 | NIE       | 01:03:59 | 02:03:12 | 02:42:25.80 | 7:44   | 7.8  |
| 138  | GULINSKI ARTUR          | 210 | 218CREW                         | POZNAŃ            | POL  | M-40 | 48     | M 127 | NIE       | 01:07:38 | 02:04:45 | 02:42:53.50 | 7:45   | 7.7  |
| 139  | ROGÓRZ ANDRZEJ          | 231 | LOTNIK WROCŁAW                  | WROCŁAW           | POL  | M-40 | 49     | M 128 | NIE       | 01:01:15 | 02:02:27 | 02:43:34.15 | 7:47   | 7.7  |
| 140  | CHLIPIAŁA MAREK         | 461 |                                 | JASTRZĘBIE-ZDRÓJ  | POL  | M-30 | 63     | M 129 | NIE       | 01:01:12 | 02:00:41 | 02:43:48.20 | 7:48   | 7.7  |
| 141  | BRUNKE TOMASZ           | 277 | RUN BYDGOSZCZ                   | BYDGOSZCZ         | POL  | M-40 | 50     | M 130 | NIE       | 01:03:03 | 02:05:39 | 02:44:19.95 | 7:49   | 7.7  |
| 142  | MINDYKOWSKI ZBIGNIEW    | 120 |                                 | BYDGOSZCZ         | POL  | M-40 | 51     | M 131 | NIE       | 01:02:14 | 02:00:50 | 02:44:21.95 | 7:49   | 7.7  |
| 143  | PEŻYŃSKI PIOTR          | 349 |                                 | BYDGOSZCZ         | POL  | M-40 | 52     | M 132 | NIE       | 01:02:56 | 02:00:51 | 02:44:23.00 | 7:49   | 7.7  |
| 144  | BIECHONSKI JAROSŁAW     | 177 |                                 | POZNAŃ            | POL  | M-40 | 53     | M 133 | NIE       | 01:09:43 | 02:05:39 | 02:44:25.45 | 7:49   | 7.7  |
| 145  | WACHOWSKA KATARZYNA     | 490 | SMOK TRÓJGŁOWY                  | POZNAŃ            | POL  | K-30 | 5      | K 12  | NO        | 01:09:11 | 02:06:09 | 02:44:26.00 | 7:49   | 7.7  |
| 146  | PAŚ TOMASZ              | 264 | PASIOŁ TEAM WROCŁAW             | WROCŁAW           | POL  | M-40 | 54     | M 134 | NIE       | 01:04:42 | 02:04:34 | 02:44:34.95 | 7:50   | 7.7  |
| 147  | TARNOWSKI MACIEJ        | 163 | NIGHT RUNNERS WROCŁAW           | WROCŁAW           | POL  | M-30 | 64     | M 135 | NIE       | 01:03:28 | 02:03:26 | 02:45:16.15 | 7:52   | 7.6  |
| 148  | BREWKA WANDA            | 224 | GTRAT                           | PIERWOSZÓW        | POL  | K-30 | 6      | K 13  | NIE       | 01:08:42 | 02:05:17 | 02:45:33.70 | 7:53   | 7.6  |
| 149  | BUSS JAKUB              | 262 | KUDOWIANKARUN                   | KUDOWA-ZDRÓJ      | POL  | M-40 | 55     | M 136 | NIE       | 01:05:25 | 02:06:44 | 02:46:32.10 | 7:55   | 7.6  |
| 150  | ZYCHOWICZ PAWEŁ         | 281 | OTM.B                           | OTMUCHÓW          | POL  | M-40 | 56     | M 137 | NIE       | 01:05:58 | 02:04:03 | 02:46:32.30 | 7:55   | 7.6  |
| 151  | ZARODA ZBIGNIEW         | 282 | WQURW TEAM                      | KONIN             | POL  | M-50 | 11     | M 138 | NIE       | 01:07:13 | 02:06:46 | 02:46:34.55 | 7:55   | 7.6  |
| 152  | BEDNARZ MAŁGORZATA      | 390 | OTM.B                           | OTMUCHÓW          | POL  | K-40 | 4      | K 14  | NIE       | 01:05:59 | 02:04:08 | 02:46:35.50 | 7:55   | 7.6  |
| 153  | POCIEGIEL MICHAŁ        | 143 | SKAWINA BIEGA                   | RADZISZÓW         | POL  | M-30 | 65     | M 139 | NIE       | 01:09:52 | 02:08:34 | 02:46:37.35 | 7:56   | 7.6  |
| 154  | SUCHENIA DANIEL         | 253 |                                 | WAŁBRZYCH         | POL  | M-50 | 12     | M 140 | NIE       | 01:06:28 | 02:07:50 | 02:46:51.05 | 7:56   | 7.6  |
| 155  | PLUCIENNICZAK BARTOSZ   | 392 |                                 | KOŁO              | POL  | M-30 | 66     | M 141 | NIE       | 01:04:58 | 02:03:49 | 02:47:00.65 | 7:57   | 7.5  |
| 156  | KOŹBIELSKI SZYMON       | 469 |                                 | WROCŁAW           | POL  | M-30 | 67     | M 142 | NIE       | 02:35:35 |          | 02:47:43.60 | 7:59   | 7.5  |
| 157  | ŻAK PIOTR               | 331 |                                 | SZCZECIN          | POL  | M-30 | 68     | M 143 | NIE       | 01:08:36 | 02:07:33 | 02:48:18.55 | 8:00   | 7.5  |
| 158  | KONOPACKI GRZEGORZ      | 442 | RÓŻOWE LANDRYNY                 | BYSTRZYCA KŁODZKA | POL  | M-30 | 69     | M 144 | NIE       | 01:07:27 | 02:07:12 | 02:48:28.95 | 8:01   | 7.5  |
| 159  | SZKUDŁO OSKAR           | 324 | BEZ BALASTU                     | RADWANICE         | POL  | M-40 | 57     | M 145 | NIE       | 01:04:41 | 02:07:26 | 02:48:34.05 | 8:01   | 7.5  |

**ZIMOWY PÓLMARATON GÓR STOŁOWYCH 21 KM, OPEN c.d.**

| M-ce | Nazwisko i imię               | Nr  | Klub                             | M-scowość        | Kraj | Kat. | M. kat | K/M   | Alpinista | 7km      | 14km     | Netto       | min/km | km/h |
|------|-------------------------------|-----|----------------------------------|------------------|------|------|--------|-------|-----------|----------|----------|-------------|--------|------|
| 160  | JASIŃSKI MARCIN               | 443 |                                  | ROGOŹNO          | POL  | M-40 | 58     | M 146 | NIE       | 01:08:35 | 02:06:58 | 02:49:07.90 | 8:03   | 7.5  |
| 161  | MADETKO ARKADIUSZ             | 533 |                                  | KSIĄŻ WIELKI     | POL  | M-30 | 70     | M 147 |           | 01:04:30 | 02:02:20 | 02:49:31.45 | 8:04   | 7.4  |
| 162  | SUDÓŁ ROBERT                  | 412 | KOTWICA BRZEG                    | BRZEG            | POL  | M-40 | 59     | M 148 | NIE       | 01:04:59 | 02:08:45 | 02:49:54.20 | 8:05   | 7.4  |
| 163  | URBANOWICZ CEZARY             | 414 |                                  | POZNAŃ           | POL  | M-30 | 71     | M 149 | NIE       | 01:09:50 | 02:09:35 | 02:49:58.60 | 8:05   | 7.4  |
| 164  | JACKOWIAK SZYMON              | 142 | RUNNER'S POWER                   | ŚREM             | POL  | M-40 | 60     | M 150 | NIE       | 01:12:38 | 02:11:30 | 02:50:35.15 | 8:07   | 7.4  |
| 165  | JACKOWIAK AGNIESZKA           | 229 | RUNNER'S POWER                   | ŚREM             | POL  | K-30 | 7      | K 15  | NIE       | 01:12:40 | 02:11:36 | 02:50:38.00 | 8:07   | 7.4  |
| 166  | GRUHN ANNA                    | 379 |                                  | WROCŁAW          | POL  | K-30 | 8      | K 16  | NO        | 01:07:45 | 02:09:08 | 02:51:15.00 | 8:09   | 7.4  |
| 167  | GRUDZIEN-JURKOWSKA MALGORZATA | 272 |                                  | WROCŁAW          | POL  | K-30 | 9      | K 17  | NIE       | 01:08:27 | 02:09:50 | 02:51:53.70 | 8:11   | 7.3  |
| 168  | SZEWS MAREK                   | 260 | AMS BYDGOSZCZ                    | KORONOWO         | POL  | M-40 | 61     | M 151 | NIE       | 01:09:20 | 02:11:19 | 02:52:17.05 | 8:12   | 7.3  |
| 169  | NIKOLAJUK ROBERT              | 188 |                                  | OLSZTYN          | POL  | M-30 | 72     | M 152 | NIE       | 01:10:22 | 02:15:08 | 02:53:03.50 | 8:14   | 7.3  |
| 170  | HANGIEL BOLESŁAW              | 503 |                                  | WROCŁAW          | POL  | M-30 | 73     | M 153 | NIE       | 01:06:39 | 02:07:24 | 02:53:05.75 | 8:14   | 7.3  |
| 171  | SIEPIELSKI DAMIAN             | 396 | SOLETANCHE POLSKA                | NOWA WOLA        | POL  | M-30 | 74     | M 154 | NIE       | 01:05:28 | 02:09:07 | 02:53:20.20 | 8:15   | 7.3  |
| 172  | PIDANTY GRZEGORZ              | 435 | ZHR STRZEGOM                     | STRZEGOM         | POL  | M-40 | 62     | M 155 |           | 01:11:08 | 02:14:41 | 02:53:40.60 | 8:16   | 7.3  |
| 173  | ZDYB GRZEGORZ                 | 245 |                                  | LEŚNIOŹ WIELKI   | POL  | M-40 | 63     | M 156 | NIE       | 01:06:38 | 02:11:47 | 02:53:54.75 | 8:16   | 7.2  |
| 174  | LECHOWSKI GRZEGORZ            | 111 | BIEGNIJ OŁAWO                    | OŁAWA            | POL  | M-30 | 75     | M 157 | NIE       | 01:03:59 | 02:06:55 | 02:53:58.70 | 8:17   | 7.2  |
| 175  | RZEŹNIK MARIUSZ               | 312 | ROZBIEGANY RAWICZ                | RAWICZ           | POL  | M-40 | 64     | M 158 | NIE       | 01:11:32 | 02:13:32 | 02:54:00.55 | 8:17   | 7.2  |
| 176  | JANOTA MICHAŁ                 | 122 | BIEGNIJ OŁAWO                    | OŁAWA            | POL  | M-40 | 65     | M 159 | NIE       | 01:08:51 | 02:13:05 | 02:54:05.35 | 8:17   | 7.2  |
| 177  | KACZMAREK KAROL               | 251 | ROZBIEGANY RAWICZ AKUNA RUN      | RAWICZ           | POL  | M-40 | 66     | M 160 | NIE       | 01:10:13 | 02:13:38 | 02:54:09.35 | 8:17   | 7.2  |
| 178  | WIANECKI MIECZYSLAW           | 512 | NIEZRZESZONY                     | SZCZYTNA         | POL  | M-50 | 13     | M 161 | NIE       | 01:06:16 | 02:08:30 | 02:54:10.85 | 8:17   | 7.2  |
| 179  | ANDROS AGATA                  | 170 | BIEGNIJ OŁAWO                    | OŁAWA            | POL  | K-30 | 10     | K 18  | NIE       | 01:08:51 | 02:13:10 | 02:54:13.50 | 8:17   | 7.2  |
| 180  | BUŁAJEWSKA-OZGA KINGA         | 321 | BIEGNIJ OŁAWO                    | OŁAWA            | POL  | K-30 | 11     | K 19  | NIE       | 01:09:59 | 02:13:27 | 02:54:26.45 | 8:18   | 7.2  |
| 181  | ŻAK DOMINIKA                  | 308 |                                  | SZCZECIN         | POL  | K-30 | 12     | K 20  | NIE       | 01:09:22 | 02:13:22 | 02:55:00.35 | 8:20   | 7.2  |
| 182  | KWIATKOWSKI PRZEMYSŁAW        | 534 |                                  | GNIEZNO          | POL  | M-40 | 67     | M 162 |           | 01:09:24 | 02:12:01 | 02:55:18.15 | 8:20   | 7.2  |
| 183  | SZYGENDA SEBASTIAN            | 348 |                                  | WRZEŚNIA         | POL  | M-40 | 68     | M 163 | NIE       | 01:09:17 | 02:12:07 | 02:55:23.45 | 8:21   | 7.2  |
| 184  | WRÓBLEWSKI WITEK              | 496 |                                  | ZŁOTORYJA        | POL  | M-30 | 76     | M 164 | NIE       | 01:04:53 | 02:06:07 | 02:55:24.75 | 8:21   | 7.2  |
| 185  | KRZYSZTOFIAK ALEKSANDRA       | 275 | KOWARY BIEGAJĄ                   | KOWARY           | POL  | K-30 | 13     | K 21  | NIE       | 01:08:52 | 02:10:19 | 02:56:16.75 | 8:23   | 7.1  |
| 186  | SOWIŃSKI ROBERT               | 400 | GVT                              | BORÓW            | POL  | M-40 | 69     | M 165 | NIE       | 01:08:13 | 02:12:54 | 02:56:30.30 | 8:24   | 7.1  |
| 187  | SZŁUFIK MARTA                 | 294 | BIEGNIJ OŁAWO                    | OŁAWA            | POL  | K-30 | 14     | K 22  | NIE       | 01:10:14 | 02:14:06 | 02:56:42.80 | 8:24   | 7.1  |
| 188  | BARAŃSKI PIOTR                | 377 |                                  | JÓZEFOSŁAW       | POL  | M-40 | 70     | M 166 | NIE       | 01:09:28 | 02:13:03 | 02:57:02.65 | 8:25   | 7.1  |
| 189  | PISOWŁODZKA DAGMARA           | 214 |                                  | DĄBROWA GÓRNICZA | POL  | K-40 | 5      | K 23  | NIE       | 01:11:42 | 02:13:55 | 02:57:25.45 | 8:26   | 7.1  |
| 190  | FEICHTINGER MAREK             | 270 |                                  | ZORY             | POL  | M-40 | 71     | M 167 | NIE       | 01:31:33 | 02:24:26 | 02:57:39.10 | 8:27   | 7.1  |
| 191  | DULĘBA TOMASZ                 | 269 |                                  | RZESZÓW          | POL  | M-50 | 14     | M 168 | NIE       | 01:12:55 | 02:15:56 | 02:57:41.70 | 8:27   | 7.1  |
| 192  | KACZMAREK MIROSŁAW            | 358 | RUNNER'S POWER                   | ŚREM             | POL  | M-30 | 77     | M 169 | NIE       | 01:15:02 | 02:18:02 | 02:57:53.45 | 8:28   | 7.1  |
| 193  | MATUSZEWSKI MAREK             | 532 | RUNNERS POWER                    | ŚREM             | POL  | M-40 | 72     | M 170 |           | 01:15:00 | 02:18:01 | 02:57:57.55 | 8:28   | 7.1  |
| 194  | MATUSZEWSKA MALGORZATA        | 131 | RUNNER'S POWER ŚREM              | ŚREM             | POL  | K-40 | 6      | K 24  | NIE       | 01:15:04 | 02:18:05 | 02:57:59.10 | 8:28   | 7.1  |
| 195  | DZIDECZEK MARCIN              | 406 | TEAM ZABIEGANEDNI                | WARSZAWA         | POL  | M-40 | 73     | M 171 | NIE       | 01:13:21 | 02:16:58 | 02:58:12.70 | 8:29   | 7.1  |
| 196  | SERAFIN ROBERT                | 172 |                                  | RADKÓW           | POL  | M-50 | 15     | M 172 | NIE       | 01:11:06 | 02:17:26 | 02:59:29.00 | 8:32   | 7    |
| 197  | SERAFIN EWELINA               | 261 |                                  | RADKÓW           | POL  | K-40 | 7      | K 25  | NIE       | 01:11:06 | 02:17:33 | 02:59:38.55 | 8:33   | 7    |
| 198  | HACUŚ JACEK                   | 501 |                                  | DUSZNIKI ZDRÓJ   | POL  | M-30 | 78     | M 173 | NIE       | 01:07:03 | 02:11:38 | 02:59:48.00 | 8:33   | 7    |
| 199  | WOJCIECHOWSKI DARIUSZ         | 133 | KRAKOWIAK ULTRA TEAM             | KROSNO           | POL  | M-40 | 74     | M 174 | NIE       | 01:35:05 | 02:26:21 | 03:00:24.05 | 8:35   | 7    |
| 200  | CZUBACKI KACPER               | 482 |                                  | WARSZAWA         | POL  | M-30 | 79     | M 175 | TAK       | 01:18:24 | 02:18:14 | 03:00:29.70 | 8:35   | 7    |
| 201  | MITIS MAREK                   | 220 |                                  | KRAKÓW           | POL  | M-30 | 80     | M 176 | NO        | 01:13:19 | 02:15:19 | 03:00:39.00 | 8:36   | 7    |
| 202  | FARION MARZENA                | 101 | THE FARIONS                      | STRZEGOM         | POL  | K-40 | 8      | K 26  | NIE       | 01:07:06 | 02:11:36 | 03:00:48.95 | 8:36   | 7    |
| 203  | RADECKI ADAM                  | 103 |                                  | STRZEGOM         | POL  | M-40 | 75     | M 177 | NIE       | 01:07:05 | 02:11:37 | 03:00:49.80 | 8:36   | 7    |
| 204  | KOMADA WOJCIECH               | 179 |                                  | ŚWIDNICA         | POL  | M-40 | 76     | M 178 | NIE       | 01:09:45 | 02:16:45 | 03:00:50.15 | 8:36   | 7    |
| 205  | BĄKOWSKI TOMASZ               | 424 | CAMP - RUN                       | OŁAWA            | POL  | M-40 | 77     | M 179 | NIE       | 01:13:05 | 02:15:40 | 03:01:00.95 | 8:37   | 7    |
| 206  | FIGUŁA SŁAWOMIR               | 169 |                                  | KRZĘCIN          | POL  | M-30 | 81     | M 180 | NIE       | 01:09:29 | 02:14:45 | 03:01:29.10 | 8:38   | 6.9  |
| 207  | MILAN GRZEGORZ                | 306 |                                  | OLSZTYN          | POL  | M-20 | 6      | M 181 | NIE       | 01:12:15 | 02:15:02 | 03:01:36.65 | 8:38   | 6.9  |
| 208  | SZUKAŁA PIOTR                 | 203 |                                  | POZNAŃ           | POL  | M-30 | 82     | M 182 | NIE       | 01:40:10 | 02:27:59 | 03:01:38.90 | 8:38   | 6.9  |
| 209  | TYŚ RADEK                     | 266 | NOWA RUDA BIEGA                  | NOWA RUDA        | POL  | M-30 | 83     | M 183 | NIE       | 01:31:38 | 02:24:48 | 03:01:56.20 | 8:39   | 6.9  |
| 210  | GOŁĄBOWSKI JAREK              | 466 | BIEGACZE SWINOUJSCIE             | WALENDOW         | POL  | M-50 | 16     | M 184 | NIE       | 01:14:17 | 02:18:44 | 03:02:16.30 | 8:40   | 6.9  |
| 211  | MICHAŁSKA BOGNA               | 531 |                                  | GLIWICE          | POL  | K-30 | 15     | K 27  |           | 01:11:46 | 02:14:49 | 03:02:35.75 | 8:41   | 6.9  |
| 212  | WOSZCZAK ZBIGNIEW             | 480 | STRZELIŃSKI KLUB BIEGACZA GRANIT | STRZELIN         | POL  | M-50 | 17     | M 185 | NIE       | 01:11:45 | 02:17:41 | 03:02:38.25 | 8:41   | 6.9  |
| 213  | BOCHNIARZ ANNA                | 372 | BIEGNIJ OŁAWO                    | OŁAWA            | POL  | K-30 | 16     | K 28  | NIE       | 01:14:18 | 02:20:03 | 03:03:10.75 | 8:43   | 6.9  |
| 214  | CZACHOWSKI MICHAŁ             | 505 |                                  | WARSZAWA         | POL  | M-50 | 18     | M 186 | NIE       | 01:16:33 | 02:18:33 | 03:03:42.15 | 8:44   | 6.9  |
| 215  | PAWLAK MATEUSZ                | 194 | BIEGNIJ OŁAWO                    | OŁAWA            | POL  | M-30 | 84     | M 187 | NIE       | 01:11:02 | 02:17:36 | 03:03:52.85 | 8:45   | 6.9  |

**ZIMOWY PÓLMARATON GÓR STOŁOWYCH 21 KM, OPEN c.d.**

| M-ce | Nazwisko i imię              | Nr  | Klub                                   | M-scowość        | Kraj | Kat. | M. kat | K/M   | Alpinista | 7km      | 14km     | Netto       | min/km | km/h |
|------|------------------------------|-----|--|------------------|------|------|--------|-------|-----------|----------|----------|-------------|--------|------|
| 216  | KRAWIEC PIOTR                | 208 | KOTWICA BRZEG                          | ŻŁOBIZNA         | POL  | M-40 | 78     | M 188 | NIE       | 01:13:04 | 02:20:07 | 03:04:05.80 | 8:45   | 6.8  |
| 217  | WOSZCZAK JOLANTA             | 481 | STRZELIŃSKI KLUB BIEGACZA GRANIT       | STRZELIN         | POL  | K-50 | 2      | K 29  | NIE       | 01:13:33 | 02:17:51 | 03:04:06.65 | 8:46   | 6.8  |
| 218  | BRYNIARSKI BARTOSZ           | 383 |  | JELEŃ GÓRA       | POL  | M-40 | 79     | M 189 | NIE       | 01:08:43 | 02:18:05 | 03:04:10.65 | 8:46   | 6.8  |
| 219  | SZCZUKA JOANNA               | 134 |  | WIRY             | POL  | K-20 | 4      | K 30  | NIE       | 01:13:36 | 02:19:32 | 03:04:53.45 | 8:48   | 6.8  |
| 220  | PARKITNY ALEKSANDER          | 464 |  | WROCŁAW          | POL  | M-40 | 80     | M 190 | NIE       | 01:08:36 | 02:13:57 | 03:05:19.65 | 8:49   | 6.8  |
| 221  | GAŁASZKIEWICZ GRZEGORZ       | 467 | LINDON TEAM                            | ZŁOTNO           | POL  | M-40 | 81     | M 191 | NIE       | 01:14:22 | 02:20:26 | 03:06:43.25 | 8:53   | 6.7  |
| 222  | DIUWE MARZENA                | 237 |  | ŚWIDNICA         | POL  | K-30 | 17     | K 31  | NIE       | 01:13:32 | 02:21:25 | 03:07:15.05 | 8:55   | 6.7  |
| 223  | KRZECZKOWSKI ROMAN           | 219 | BIEGOWA ŚWIDNICA                       | ŚWIDNICA         | POL  | M-40 | 82     | M 192 | NIE       | 01:12:49 | 02:21:26 | 03:07:38.05 | 8:56   | 6.7  |
| 224  | KASZYŃSKA DOROTA             | 413 |  | POZNAŃ           | POL  | K-50 | 3      | K 32  | NIE       | 01:17:25 | 02:24:37 | 03:07:40.55 | 8:56   | 6.7  |
| 225  | MORAWSKI MARCIN              | 161 | RANGER SURVIVAL CLUB                   | OBORNIKI ŚLĄSKIE | POL  | M-40 | 83     | M 193 | NIE       | 01:13:42 | 02:23:16 | 03:08:11.00 | 8:57   | 6.7  |
| 226  | RUSIN SZYMON                 | 225 |  | IWINY            | POL  | M-30 | 85     | M 194 | TAK       | 01:14:31 | 02:20:57 | 03:08:58.60 | 8:59   | 6.7  |
| 227  | KULA PIOTR                   | 127 | ZDEZORIENTOWANI                        | WARSZAWA         | POL  | M-40 | 84     | M 195 | NIE       | 01:11:07 | 02:20:34 | 03:09:06.20 | 9:00   | 6.7  |
| 228  | KASPRZAK ANDRZEJ             | 519 |  | KOBIERZYCE       | POL  | M-30 | 86     | M 196 | NIE       | 01:16:24 | 02:23:58 | 03:09:36.75 | 9:01   | 6.6  |
| 229  | CIERCZEK RAFAŁ               | 517 |  | ROGÓW SOBÓCKI    | POL  | M-30 | 87     | M 197 | NIE       | 01:16:16 | 02:23:55 | 03:09:38.35 | 9:01   | 6.6  |
| 230  | SKIBIŃSKI PIOTR              | 287 | BIEGNIJ OŁAWO                          | OŁAWA            | POL  | M-30 | 88     | M 198 | NIE       | 01:17:15 | 02:26:02 | 03:09:41.70 | 9:01   | 6.6  |
| 231  | SOSZYŃSKA-PSTROKOŃSKA JOANNA | 151 | GAZELE NA STARCIE                      | WARSZAWA         | POL  | K-30 | 18     | K 33  | NIE       | 01:18:24 | 02:24:16 | 03:09:49.20 | 9:02   | 6.6  |
| 232  | SOSZYŃSKI PIOTR              | 499 | GAZELE NA STARCIE                      | WARSZAWA         | POL  | M-40 | 85     | M 199 | NIE       | 01:18:15 | 02:24:30 | 03:09:52.25 | 9:02   | 6.6  |
| 233  | PIECUCH MAŁGORZATA           | 162 |  | PRZEWORSK        | POL  | K-60 | 1      | K 34  | NIE       | 01:17:43 | 02:25:53 | 03:10:14.90 | 9:03   | 6.6  |
| 234  | ROSOLSKI PAWEŁ               | 160 |  | PAKOŚLAW         | POL  | M-40 | 86     | M 200 | NIE       | 01:10:03 | 02:18:35 | 03:10:21.90 | 9:03   | 6.6  |
| 235  | REMISZ WOJCIECH              | 495 | CANNABIS SATIVA                        | BIAŁA            | POL  | M-30 | 89     | M 201 | NIE       | 01:08:59 | 02:16:52 | 03:11:41.90 | 9:07   | 6.6  |
| 236  | NIMSZ BARTOSZ                | 483 |  | KOŚCIERZYCE      | POL  | M-40 | 87     | M 202 | NIE       | 01:15:05 | 02:24:46 | 03:12:24.75 | 9:09   | 6.5  |
| 237  | KOMENDZIŃSKI WOJCIECH        | 484 |  | GRODKÓW          | POL  | M-40 | 88     | M 203 | NIE       | 01:14:57 | 02:24:40 | 03:12:34.00 | 9:10   | 6.5  |
| 238  | HACHOŁ JUSTYNA               | 325 |  | WROCŁAW          | POL  | K-40 | 9      | K 35  | NIE       | 01:12:09 | 02:23:05 | 03:12:46.30 | 9:10   | 6.5  |
| 239  | SZPETECKA MARCELINA          | 311 |  | WROCŁAW          | POL  | K-30 | 19     | K 36  | NIE       | 01:12:13 | 02:23:20 | 03:12:52.35 | 9:11   | 6.5  |
| 240  | CICHOMSKA MARZENA            | 248 |  | OLSZTYN          | POL  | K-40 | 10     | K 37  | NIE       | 01:16:28 | 02:29:22 | 03:13:35.00 | 9:13   | 6.5  |
| 241  | KUBICKI MARIUSZ              | 429 | KOZŁOWICKI CROSS SIS FABRYKA ZMIAN     | KLUCZBORK        | POL  | M-40 | 89     | M 204 |           | 01:17:29 | 02:24:23 | 03:13:48.60 | 9:13   | 6.5  |
| 242  | SYPKO-KUBICKA KATARZYNA      | 430 | KOZŁOWICKI CROSS FABRYKA ZMIAN         | KLUCZBORK        | POL  | K-40 | 11     | K 38  |           | 01:17:33 | 02:24:26 | 03:13:50.85 | 9:13   | 6.5  |
| 243  | PIASKOWSKI ARTUR             | 489 |  | JAWOR            | POL  | M-40 | 90     | M 205 |           | 01:18:59 | 02:29:16 | 03:13:54.50 | 9:14   | 6.5  |
| 244  | DZIĘGIELEWSKA DOMINIKA       | 193 | EKIPA LIPA                             | LIPA             | POL  | K-30 | 20     | K 39  | NIE       | 01:19:34 | 02:29:24 | 03:13:58.90 | 9:14   | 6.5  |
| 245  | SERWATKIEWICZ GRZEGORZ       | 159 |  | TŁUMACZÓW        | POL  | M-30 | 90     | M 206 | NIE       | 01:12:23 | 02:23:39 | 03:14:06.00 | 9:14   | 6.5  |
| 246  | TRZPIOŁA TYCJAN              | 110 | KURACJUSZE                             | WROCŁAW          | POL  | M-30 | 91     | M 207 | NIE       | 01:15:12 | 02:27:23 | 03:14:20.90 | 9:15   | 6.5  |
| 247  | STEFANIAK MARCIN             | 425 | STR POZNAŃ/PREFAWAAB                   | DĄBRÓWKA         | POL  | M-40 | 91     | M 208 |           | 01:16:11 | 02:24:36 | 03:14:27.55 | 9:15   | 6.5  |
| 248  | ODOLCZYK JOANNA              | 378 |  | WARSZAWA         | POL  | K-50 | 4      | K 40  | NIE       | 01:17:35 | 02:25:11 | 03:15:01.55 | 9:17   | 6.5  |
| 249  | KRÓL-PIDANTY MARZENA         | 434 |  | STRZEGOM         | POL  | K-40 | 12     | K 41  |           | 01:15:54 | 02:24:20 | 03:15:25.30 | 9:18   | 6.4  |
| 250  | MAJ MAREK                    | 185 |  | WROCŁAW          | POL  | M-40 | 92     | M 209 | NIE       | 01:13:47 | 02:26:29 | 03:15:37.55 | 9:18   | 6.4  |
| 251  | NOWAK KATARZYNA              | 313 | TIM JEST TIM                           | OZIMEK           | POL  | K-30 | 21     | K 42  | NIE       | 01:16:11 | 02:29:03 | 03:15:45.40 | 9:19   | 6.4  |
| 252  | STANISZEWSKA-DUDA KATARZYNA  | 475 | TIM JEST TIM                           | OZIMEK           | POL  | K-40 | 13     | K 43  | NIE       | 01:15:52 | 02:29:13 | 03:15:55.85 | 9:19   | 6.4  |
| 253  | NOWAK MARCIN                 | 319 | TIM JEST TIM                           | OZIMEK           | POL  | M-30 | 92     | M 210 | TAK       | 01:16:31 | 02:29:33 | 03:16:04.30 | 9:20   | 6.4  |
| 254  | WALCZAK AGNIESZKA            | 399 | KOWARY BIEGAJĄ                         | KOWARY           | POL  | K-30 | 22     | K 44  | NIE       | 01:17:44 | 02:26:49 | 03:16:15.30 | 9:20   | 6.4  |
| 255  | ŻMUDKA BARTEK                | 276 | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM   | RYBNIK           | POL  | M-40 | 93     | M 211 | NIE       | 01:16:43 | 02:25:33 | 03:16:39.05 | 9:21   | 6.4  |
| 256  | BARAN PAULINA                | 255 | NIE W SZCZEPIONKĘ TEAM                 | PIASECZNO        | POL  | K-30 | 23     | K 45  | NIE       | 01:21:34 | 02:33:32 | 03:16:39.40 | 9:21   | 6.4  |
| 257  | WYSOCKI TOMASZ               | 371 | OCHAJORUN & FRIENDS                    | OCHOJEC          | POL  | M-40 | 94     | M 212 | NIE       | 01:18:06 | 02:25:44 | 03:16:50.40 | 9:22   | 6.4  |
| 258  | KOSIOROWSKI LESZEK           | 395 | TEAM BIEG PIASTÓW                      | JELEŃ GÓRA       | POL  | M-50 | 19     | M 213 | NIE       | 01:19:19 | 02:31:19 | 03:16:53.55 | 9:22   | 6.4  |
| 259  | MACIONCZYK JULITA            | 135 | RYBNICKA GRUPA BIEGOWA "PĘDZIMY RAZEM" | RYBNIK           | POL  | K-30 | 24     | K 46  | NIE       | 01:18:37 | 02:26:09 | 03:17:04.95 | 9:23   | 6.4  |
| 260  | WITA MATEUSZ                 | 527 |  | GOSTYŃ           | POL  | M-30 | 93     | M 214 |           | 01:18:17 | 02:26:24 | 03:17:14.75 | 9:23   | 6.4  |
| 261  | BIENIEK BEATA                | 366 |  | KNURÓW           | POL  | K-30 | 25     | K 47  | NIE       | 01:18:15 | 02:26:31 | 03:17:20.60 | 9:23   | 6.4  |
| 262  | FRĄCZKOWIAK DOMINIK          | 291 |  | ŚMIGIEL          | POL  | M-30 | 94     | M 215 | NIE       | 01:12:34 | 02:20:49 | 03:17:21.25 | 9:23   | 6.4  |
| 263  | SZUKAŁA IZABELA              | 314 |  | POZNAŃ           | GBR  | K-30 | 26     | K 48  | NIE       | 01:19:07 | 02:27:52 | 03:18:23.15 | 9:26   | 6.4  |
| 264  | HAREMZA JOANNA               | 273 | WKTJ POZNAŃ                            | POZNAŃ           | POL  | K-30 | 27     | K 49  | TAK       | 01:18:54 | 02:27:53 | 03:18:23.95 | 9:26   | 6.4  |
| 265  | HAŁA MARTA                   | 451 | TARNOWO PODGÓRNE BIEGA                 | TARNOWO PODGÓRNE | POL  | K-40 | 14     | K 50  | NIE       | 01:22:15 | 02:30:21 | 03:19:39.55 | 9:30   | 6.3  |
| 266  | NYSARZ JAN                   | 529 |  | ROKIETNICA       | POL  | M-30 | 95     | M 216 |           | 01:23:10 | 02:30:37 | 03:19:55.35 | 9:31   | 6.3  |
| 267  | POSADZY -PALICKA NATALIA     | 433 |  | POZNAŃ           | POL  | K-40 | 15     | K 51  |           | 01:19:53 | 02:30:55 | 03:20:34.00 | 9:33   | 6.3  |
| 268  | ZWIERZYŃSKI ROMAN            | 485 | LECĘ BO CHCĘ                           | LUTYNIA          | POL  | M-60 | 3      | M 217 | NIE       | 01:21:39 | 02:33:25 | 03:20:35.75 | 9:33   | 6.3  |
| 269  | ANDRZEJCZAK PAWEŁ            | 105 |  | KALISZ           | POL  | M-40 | 95     | M 218 | NIE       | 01:22:59 | 02:33:31 | 03:21:01.95 | 9:34   | 6.3  |

**ZIMOWY PÓLMARATON GÓR STOŁOWYCH 21 KM, OPEN c.d.**

| M-ce | Nazwisko i imię                | Nr  | Klub                         | M-scowość          | Kraj | Kat. | M. kat | K/M   | Alpinista | 7km      | 14km     | Netto       | min/km | km/h |
|------|--------------------------------|-----|------------------------------|--------------------|------|------|--------|-------|-----------|----------|----------|-------------|--------|------|
| 270  | GRABOWICZ PAWEŁ                | 518 |                              | SIEKIERKI WIELKIE  | POL  | M-40 | 96     | M 219 | NIE       | 01:44:06 | 02:44:20 | 03:21:36.15 | 9:36   | 6.3  |
| 271  | SOBAŃSKI ROMAN                 | 140 | TARNOWO PODGÓRNE BIEGA       | TARNOWO PODGÓRNE   | POL  | M-40 | 97     | M 220 | NIE       | 01:22:04 | 02:32:56 | 03:21:37.50 | 9:36   | 6.2  |
| 272  | SOBAŃSKA PAULINA               | 139 | TARNOWO PODGÓRNE BIEGA       | TARNOWO PODGÓRNE   | POL  | K-30 | 28     | K 52  | NIE       | 01:22:27 | 02:33:32 | 03:21:54.95 | 9:36   | 6.2  |
| 273  | SZYMCZAK ŁUKASZ                | 337 |                              | SZCZECIN           | POL  | M-40 | 98     | M 221 | NIE       | 01:17:07 | 02:30:57 | 03:22:43.40 | 9:39   | 6.2  |
| 274  | NEUMANN BEATA                  | 318 | CENTRUM ŁĄKOWA               | RADKÓW             | POL  | K-50 | 5      | K 53  | NIE       | 01:20:30 | 02:36:22 | 03:23:26.00 | 9:41   | 6.2  |
| 275  | WASILEWSKA-MICHALAK AGATA      | 141 | AKADEMIA MISTRZÓW SPORTU     | OSÓWIEC            | POL  | K-40 | 16     | K 54  | NIE       | 01:19:58 | 02:35:51 | 03:25:54.50 | 9:48   | 6.1  |
| 276  | STEFAŃSKA BEATA                | 537 |                              | POZNAŃ             | POL  | K-30 | 29     | K 55  |           | 01:25:31 | 02:37:35 | 03:25:57.45 | 9:48   | 6.1  |
| 277  | BRZEZIŃSKI ANDRZEJ             | 436 |                              | OLKUSZ             | POL  | M-60 | 4      | M 222 |           | 01:19:21 | 02:31:26 | 03:27:14.50 | 9:52   | 6.1  |
| 278  | GONERA KAZIMIERZ               | 136 | KB HARCOWNIK JELCZ-LASKOWICE | MŁOSZYCE           | POL  | M-60 | 5      | M 223 | NIE       | 01:24:01 | 02:37:55 | 03:27:39.30 | 9:53   | 6.1  |
| 279  | CHOŁUJ MAŁGORZATA              | 368 |                              | SZCZODRE           | POL  | K-50 | 6      | K 56  | NIE       | 01:22:32 | 02:34:37 | 03:28:52.95 | 9:56   | 6    |
| 280  | CZECH DOROTA                   | 288 | AFR POLAND                   | KIEŁCZÓW           | POL  | K-40 | 17     | K 57  | NIE       | 01:22:35 | 02:34:41 | 03:28:58.45 | 9:57   | 6    |
| 281  | MAKLES WIOLETTA                | 290 | EUROPA UBEZPIECZENIA / NOA   | WROCŁAW            | POL  | K-40 | 18     | K 58  | NIE       | 01:22:10 | 02:34:50 | 03:29:04.45 | 9:57   | 6    |
| 282  | CHUDAŃSKI JAKUB                | 528 |                              | KNURÓW             | POL  | M-30 | 96     | M 224 |           | 01:15:17 | 02:30:46 | 03:29:32.85 | 9:58   | 6    |
| 283  | MAZURKIEWICZ ANNA              | 299 | ZGÓRMYSYNY                   | WAŁBRZYCH          | POL  | K-30 | 30     | K 59  | NIE       | 01:19:23 | 02:35:16 | 03:29:38.55 | 9:58   | 6    |
| 284  | KURZAWIAK WOJCIECH             | 181 | ZGÓRMYSYNY                   | KARŁÓW             | POL  | M-40 | 99     | M 225 | TAK       | 01:17:14 | 02:35:19 | 03:29:39.25 | 9:59   | 6    |
| 285  | WASILEWSKA MARTYNA             | 138 | AMS BYDGOSZCZ                | BYDGOSZCZ          | POL  | K-30 | 31     | K 60  | NIE       | 01:20:13 | 02:36:04 | 03:29:50.90 | 9:59   | 6    |
| 286  | FEDOROWICZ JOWITA              | 456 | KOTWICA BRZEG                | BRZEG              | POL  | K-30 | 32     | K 61  | NIE       | 01:27:34 | 02:39:23 | 03:30:01.95 | 10:00  | 6    |
| 287  | OLESZEK MAGDALENA              | 441 | BIEGOWA KUZNIA               | CZELADŹ            | POL  | K-30 | 33     | K 62  | TAK       | 01:18:55 | 02:37:31 | 03:30:10.55 | 10:00  | 6    |
| 288  | KUBICA AGNIESZKA               | 411 | KOTWICA BRZEG                | BRZEG              | POL  | K-40 | 19     | K 63  | NIE       | 01:28:05 | 02:40:02 | 03:30:52.00 | 10:02  | 6    |
| 289  | PAJĄK KRZYSZTOF                | 535 | KW GLIWICE                   | BĘDZIN             | POL  | M-50 | 20     | M 226 | TAK       | 01:19:24 | 02:37:45 | 03:31:09.15 | 10:03  | 6    |
| 290  | ŚLADCZYK DOMINIK               | 465 | MKST                         | KUDOWA ZDRÓJ       | POL  | M-30 | 97     | M 227 | TAK       | 01:01:48 | 02:19:41 | 03:31:33.35 | 10:04  | 6    |
| 291  | STASZEWSKI DARIUSZ             | 213 | 7.BKPOW.                     | TOMASZÓW MAZ.      | POL  | M-30 | 98     | M 228 | NIE       | 01:20:06 | 02:36:14 | 03:33:11.30 | 10:09  | 5.9  |
| 292  | TERESHCHENKO GANNA             | 459 | HUTINPUJ                     | WROCŁAW            | POL  | K-30 | 34     | K 64  | NO        | 01:21:14 | 02:34:54 | 03:33:22.15 | 10:09  | 5.9  |
| 293  | KACIUPA AGNIESZKA              | 274 |                              | SZCZECIN           | POL  | K-40 | 20     | K 65  | NIE       | 01:29:44 | 02:46:40 | 03:34:52.70 | 10:13  | 5.9  |
| 294  | FINKOWIAT - SZYMCZAK KATARZYNA | 332 |                              | SZCZECIN           | POL  | K-30 | 35     | K 66  | NIE       | 01:29:45 | 02:46:40 | 03:34:52.85 | 10:13  | 5.9  |
| 295  | PACZKOWSKI BARTOSZ             | 178 | BLACK RIDER                  | SZAMOTUŁY          | POL  | M-50 | 21     | M 229 | NIE       | 01:25:47 | 02:42:25 | 03:35:55.10 | 10:16  | 5.8  |
| 296  | WESOŁEK DANIEL                 | 447 |                              | POZNAŃ             | POL  | M-30 | 99     | M 230 | NIE       | 01:27:30 | 02:39:57 | 03:36:17.20 | 10:17  | 5.8  |
| 297  | BAGIŃSKA PAULA                 | 386 |                              | POZNAŃ             | POL  | K-30 | 36     | K 67  | NIE       | 01:27:45 | 02:40:07 | 03:36:22.20 | 10:18  | 5.8  |
| 298  | MORAWSKA ANNA                  | 323 |                              | WARSZAWA           | POL  | K-60 | 2      | K 68  | NIE       | 01:27:52 | 02:44:44 | 03:36:58.65 | 10:19  | 5.8  |
| 299  | BORODYN ANDRZEJ                | 402 | FARTY PUSZCZY                | SZCZECIN           | POL  | M-40 | 100    | M 231 | NIE       | 01:15:27 | 02:38:32 | 03:37:22.15 | 10:21  | 5.8  |
| 300  | KWIT ANN                       | 328 | BEZ KLUBU                    | SIECHNICE          | POL  | K-40 | 21     | K 69  | NIE       | 01:26:02 | 02:40:27 | 03:37:57.95 | 10:22  | 5.8  |
| 301  | ROZWADOWSKI RAFAŁ              | 403 | DRUŻYNA SZPIKU               | POZNAŃ             | POL  | M-40 | 101    | M 232 | NIE       | 01:24:26 | 02:41:15 | 03:38:06.85 | 10:23  | 5.8  |
| 302  | ROZWADOWSKI ROBERT             | 398 | DRUŻYNA SZPIKU               | SUCHY LAS          | POL  | M-40 | 102    | M 233 | NIE       | 01:24:48 | 02:41:26 | 03:38:15.05 | 10:23  | 5.8  |
| 303  | MISIAK ANNA                    | 426 | TEAM ZABIEGANEDNI            | WARSZAWA           | POL  | K-30 | 37     | K 70  |           | 01:27:58 | 02:44:29 | 03:38:17.70 | 10:23  | 5.8  |
| 304  | GOSK URSZULA                   | 293 |                              | OPOLE              | POL  | K-30 | 38     | K 71  | NIE       | 01:24:16 | 02:42:10 | 03:38:35.80 | 10:24  | 5.8  |
| 305  | CHWASTYK EWA                   | 150 |                              | CHRZĄSZCZYCE/OPOLE | POL  | K-30 | 39     | K 72  | NIE       | 01:24:42 | 02:42:36 | 03:39:01.40 | 10:25  | 5.8  |
| 306  | ŁADOŃSKA AGATA                 | 326 |                              | WROCŁAW            | POL  | K-30 | 40     | K 73  | NIE       | 01:22:03 | 02:40:40 | 03:39:07.95 | 10:26  | 5.8  |
| 307  | WRÓBLEWSKI WOJCIECH            | 124 |                              | WROCŁAW            | POL  | M-30 | 100    | M 234 | NIE       | 01:20:27 | 02:40:27 | 03:39:08.65 | 10:26  | 5.7  |
| 308  | GOGOLA MATEUSZ                 | 257 | BIEGNIJ OŁAWO                | OŁAWA              | POL  | M-30 | 101    | M 235 | NIE       | 01:21:47 | 02:48:42 | 03:40:51.15 | 10:31  | 5.7  |
| 309  | MALISZAK AGNIESZKA             | 502 |                              | LEGNICA            | POL  | K-30 | 41     | K 74  | NIE       | 01:24:50 | 02:48:34 | 03:41:15.35 | 10:32  | 5.7  |
| 310  | ŁASKAWSKA JUSTYNA              | 498 |                              | WARSZAWA           | POL  | K-40 | 22     | K 75  | NIE       | 01:24:12 | 02:41:28 | 03:41:38.10 | 10:33  | 5.7  |
| 311  | HANGIEL URSZULA                | 504 | ŻWAWĘ ŻÓŁWIE                 | WARSZAWA           | POL  | K-30 | 42     | K 76  | NIE       | 01:24:07 | 02:44:41 | 03:41:53.75 | 10:33  | 5.7  |
| 312  | BULARZ MATEUSZ                 | 385 | BIEGNIJ OŁAWO                | OŁAWA              | POL  | M-20 | 7      | M 236 | NIE       | 01:22:41 | 02:45:25 | 03:42:34.90 | 10:35  | 5.7  |
| 313  | SIKORSKA KAROLINA              | 446 | NOA                          | KIEŁCZÓW           | POL  | K-30 | 43     | K 77  | NIE       | 01:24:21 | 02:46:19 | 03:43:45.90 | 10:39  | 5.6  |
| 314  | BORKOWSKI MARCEL               | 146 |                              | LEGNICA            | POL  | M-30 | 102    | M 237 | NIE       | 01:29:43 | 02:54:23 | 03:43:46.00 | 10:39  | 5.6  |
| 315  | SKOWRONEK TOMASZ               | 155 |                              | POZNAŃ             | POL  | M-30 | 103    | M 238 | NIE       | 01:19:14 | 02:46:22 | 03:44:51.00 | 10:42  | 5.6  |
| 316  | GÓRSKA TATIANA                 | 511 | AGB TORFY                    | ALEKSANDRÓW ŁÓDZKI | POL  | K-50 | 7      | K 78  | NIE       | 01:27:14 | 02:46:09 | 03:45:01.70 | 10:42  | 5.6  |
| 317  | KRAJEWSKA MAGDALENA            | 148 |                              | ŁÓDŹ               | POL  | K-50 | 8      | K 79  | NIE       | 01:25:03 | 02:46:16 | 03:45:07.25 | 10:43  | 5.6  |
| 318  | HOFFMANN GRZEGORZ              | 132 |                              | PIOTROWO PIERWSZE  | POL  | M-40 | 103    | M 239 | NIE       | 01:19:09 | 02:39:36 | 03:45:29.00 | 10:44  | 5.6  |
| 319  | SOKOŁOWSKI ARTUR               | 409 | TEAM ZABIEGANEDNI            | OTWOCK             | POL  | M-40 | 104    | M 240 | NIE       | 01:24:21 | 02:46:09 | 03:45:42.15 | 10:44  | 5.6  |
| 320  | ZARZECZNY RADOŚLAW             | 156 | JUNIOR AMATOR SUPERSTAR      | KRAKÓW             | POL  | M-30 | 104    | M 241 | NIE       | 01:49:41 | 02:55:20 | 03:45:45.20 | 10:45  | 5.6  |
| 321  | BOROŃ IZABELA                  | 370 |                              | NOWA IWICZNA       | POL  | K-40 | 23     | K 80  | NIE       | 01:29:58 | 02:47:59 | 03:47:10.50 | 10:49  | 5.5  |
| 322  | BOROŃ RYSZARD                  | 175 |                              | NOWA IWICZNA       | POL  | M-60 | 6      | M 242 | NIE       | 01:23:34 | 02:48:08 | 03:47:10.95 | 10:49  | 5.5  |
| 323  | CZERWONKA ZBIGNIEW             | 322 |                              | ŁÓDŹ               | POL  | M-30 | 105    | M 243 | NO        | 01:20:41 | 02:45:47 | 03:47:36.45 | 10:50  | 5.5  |
| 324  | KRUZEL RAFAŁ                   | 432 | BIEGOWE MISIE                | LEGNICA            | POL  | M-50 | 22     | M 244 | NIE       | 01:25:01 | 02:51:10 | 03:49:38.75 | 10:56  | 5.5  |
| 325  | KRUZEL JOANNA                  | 431 | BIEGOWE MISIE                | LEGNICA            | POL  | K-30 | 44     | K 81  |           | 01:24:52 | 02:51:16 | 03:49:46.00 | 10:56  | 5.5  |
| 326  | CZECH MARCIN                   | 384 |                              | RYBNIK             | POL  | M-40 | 105    | M 245 | NIE       | 01:36:52 | 02:54:00 | 03:50:03.70 | 10:57  | 5.5  |

**ZIMOWY PÓLMARATON GÓR STOŁOWYCH 21 KM, OPEN c.d.**

| M-ce | Nazwisko i imię               | Nr  | Klub                         | M-scowość         | Kraj | Kat. | M. kat | K/M   | Alpinista | 7km      | 14km     | Netto       | min/km | km/h |
|------|-------------------------------|-----|------------------------------|-------------------|------|------|--------|-------|-----------|----------|----------|-------------|--------|------|
| 327  | CZECH BOŻENA                  | 389 |                              | RYBNIK            | POL  | K-40 | 24     | K 82  | NIE       | 01:37:00 | 02:54:08 | 03:50:10.50 | 10:57  | 5.5  |
| 328  | DUDEK KRZYSZTOF               | 279 | STRZEGOMSKA DWUNASTKA        | UDANIN            | POL  | M-40 | 106    | M 246 | NIE       | 01:28:55 | 02:52:13 | 03:51:03.50 | 11:00  | 5.5  |
| 329  | DUDEK MARIOLA                 | 317 | STRZEGOMSKA DWUNASTKA        | UDANIN            | POL  | K-40 | 25     | K 83  | NIE       | 01:29:44 | 02:52:38 | 03:51:09.15 | 11:00  | 5.5  |
| 330  | LUBAŃSKA ALICJA               | 302 |                              | BUKOWICE          | POL  | K-50 | 9      | K 84  | NIE       | 01:29:53 | 02:53:02 | 03:52:40.60 | 11:04  | 5.4  |
| 331  | FRĄCZAK IRENEUSZ              | 382 |                              | KWIELICE          | POL  | M-40 | 107    | M 247 | NIE       | 01:47:06 | 02:59:50 | 03:53:21.45 | 11:06  | 5.4  |
| 332  | TARASZKIEWICZ KRZYSZTOF       | 196 | DZIKDGL                      | KWIELICE          | POL  | M-40 | 108    | M 248 | NIE       | 01:47:03 | 02:59:57 | 03:53:26.25 | 11:06  | 5.4  |
| 333  | GRZESIAK RAFAŁ                | 247 | EMERYT                       | GŁOGÓW            | POL  | M-40 | 109    | M 249 | NIE       | 01:47:30 | 03:00:05 | 03:53:33.95 | 11:07  | 5.4  |
| 334  | FURMAN AGNIESZKA              | 118 | OCHAJORUN & FRIENDS          | KRAKÓW            | POL  | K-30 | 45     | K 85  | NIE       | 01:40:28 | 03:04:43 | 03:55:26.70 | 11:12  | 5.4  |
| 335  | WYRWICKA SYLWIA               | 387 |                              | PABIANICE         | POL  | K-40 | 26     | K 86  | NIE       | 01:30:46 | 02:55:40 | 03:55:33.50 | 11:13  | 5.3  |
| 336  | ANTECKI JACEK                 | 367 |                              | ŁÓDŹ              | POL  | M-40 | 110    | M 250 | NIE       | 01:31:12 | 02:55:42 | 03:55:34.30 | 11:13  | 5.3  |
| 337  | BACHANOWSKI PAWEL             | 191 |                              | KONIN             | POL  | M-40 | 111    | M 251 | NIE       | 01:33:26 | 03:00:11 | 04:05:49.35 | 11:42  | 5.1  |
| 338  | JOL MONIKA                    | 526 | MAFIA TEAM LUBLINIEC         | LUBLINIEC         | POL  | K-30 | 46     | K 87  |           | 02:07:10 | 03:19:11 | 04:05:56.00 | 11:42  | 5.1  |
| 339  | TOL KAMIL                     | 129 | MAFIA TEAM LUBLINIEC         | TANINA            | POL  | M-30 | 106    | M 252 | NIE       | 02:07:09 | 03:19:10 | 04:06:02.15 | 11:42  | 5.1  |
| 340  | ZAJĄCZKOWSKI DAMIAN           | 521 |                              | POZNAŃ            | POL  | M-40 | 112    | M 253 | NIE       | 01:29:30 | 03:00:27 | 04:06:04.25 | 11:43  | 5.1  |
| 341  | GOLEC TOMASZ                  | 470 | BARİ TEAM                    | GDAŃSK            | POL  | M-40 | 113    | M 254 | NIE       | 01:33:53 | 03:07:15 | 04:10:59.50 | 11:57  | 5    |
| 342  | GOLEC IWONA                   | 471 | BARİ TEAM                    | GDAŃSK            | POL  | K-40 | 27     | K 88  | NIE       | 01:39:46 | 03:08:06 | 04:11:04.30 | 11:57  | 5    |
| 343  | JEZIERSKA KARINA              | 280 | 12TRI.PL / TEAM ZABIEGANEDNI | WARSZAWA          | POL  | K-40 | 28     | K 89  | NIE       | 01:35:06 | 03:10:38 | 04:14:06.60 | 12:06  | 5    |
| 344  | KOZŁOWSKA-WOYCIECHOWSKA HANNA | 487 |                              | WARSZAWA          | POL  | K-30 | 47     | K 90  | NIE       | 01:35:46 | 03:10:46 | 04:14:15.00 | 12:06  | 5    |
| 345  | DOLATA MACIEJ                 | 330 |                              | SKÓRZEWO          | POL  | M-40 | 114    | M 255 | NIE       | 02:13:07 | 03:23:36 | 04:14:45.80 | 12:07  | 4.9  |
| 346  | BLICHERT ANNA                 | 437 | I DON'T KURWA CARE           | WROCŁAW           | POL  | K-30 | 48     | K 91  | NIE       | 01:40:01 | 03:14:32 | 04:19:06.25 | 12:20  | 4.9  |
| 347  | BEDNARSKA-KOZIOŁ DANUTA       | 217 | WKURW_TEAM                   | ZIELEĆICE         | POL  | K-40 | 29     | K 92  | NIE       | 01:42:50 | 03:14:33 | 04:19:06.60 | 12:20  | 4.9  |
| 348  | FURMAN MICHAŁ                 | 199 | OCHAJORUN & FRIENDS          | KRAKÓW            | POL  | M-30 | 107    | M 256 | NIE       | 01:40:24 | 03:15:56 | 04:24:20.65 | 12:35  | 4.8  |
| 349  | DRZEWIECKI-ZARZECZNY GRZEGORZ | 316 | BIALYSTOK BIEGA TEAM         | BIALYSTOK         | POL  | M-60 | 7      | M 257 | NIE       | 01:48:58 | 03:20:49 | 04:27:54.60 | 12:45  | 4.7  |
| 350  | KURCZYNA-GŁUSZCZAK MAGDALENA  | 438 |                              | ZĄBKOWICE ŚLĄSKIE | POL  | K-30 | 49     | K 93  | NIE       | 01:42:15 | 03:20:54 | 04:29:26.40 | 12:49  | 4.7  |
| 351  | PEPŁOWSKA SYLWIA              | 361 |                              | WARSZAWA          | POL  | K-40 | 30     | K 94  | NO        | 02:05:46 | 04:02:08 | 05:20:59.40 | 15:17  | 3.9  |
| 352  | CISŁAK ANNA                   | 182 |                              | STARA IWICZNA     | POL  | K-30 | 50     | K 95  | NIE       | 02:05:35 | 04:02:06 | 05:21:00.35 | 15:17  | 3.9  |
|      | OPAŁKA DAMIAN                 | 183 | MYRACE                       | WARSZAWA          | POL  | M-30 |        |       | NIE       | 00:52:39 | DNF      | DNF         | -      | -    |
|      | STANKOWSKA DOROTA             | 452 | BIEGAJZESLAWKIEM             | POZNAŃ            | POL  | K-40 |        |       | NIE       | 01:39:44 | DNF      | DNF         | -      | -    |
|      | STANKOWSKI PRZEMYSŁAW         | 176 |                              | POZNAŃ            | POL  | M-40 |        |       | NIE       | 01:39:45 | DNF      | DNF         | -      | -    |
|      | KASPRZAK TOMASZ               | 345 |                              | RUSZOWICE         | POL  | M-40 |        |       | NIE       | 01:47:59 | DNF      | DNF         | -      | -    |
|      | LIS MIROSLAW                  | 364 |                              | CEREKWICA         | POL  | M-40 |        |       | NIE       | DNF      | DNF      | DNF         | -      | -    |