

## KUDOWSKA DZIESIĄTKA 10 KM

Organizator: Fundacja MARATONY GÓRSKIE  
Data: 2022-04-10  
Miejsce: Kudowa-Zdrój  
Dystans: 10 km  
Klasyfikacja wg czasów brutto.

### KUDOWSKA DZIESIĄTKA 10 KM, OPEN

| M-ce | Nazwisko i imię          | Nr   | Klub                                                 | M-scowość                   | Kraj | Kat. | M. kat | K/M  | 5.3km    | Netto       | Brutto      | min/km | km/h |
|------|--------------------------|------|------------------------------------------------------|-----------------------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1    | KOZIOŁ DAMIAN            | 5169 | MARCINSWIERTEAM                                      | ZŁOTY STOK                  | POL  | M-30 | 1      | M 1  | 00:27:24 | 00:46:10.90 | 00:46:12.20 | 4:37   | 13   |
| 2    | ZAMIELSKI PAWEŁ          | 5082 | PRZEDWOJEWSKI TEAM                                   | WAŁBRZYCH                   | POL  | M-20 | 1      | M 2  | 00:27:08 | 00:46:26.10 | 00:46:27.10 | 4:38   | 12.9 |
| 3    | BRZEZIŃSKI DARIUSZ       | 5156 | OSPG JODŁA                                           | KUDOWA-ZDRÓJ                | POL  | M-30 | 2      | M 3  | 00:28:23 | 00:48:39.05 | 00:48:41.60 | 4:51   | 12.3 |
| 4    | TOMASIAK ADAM            | 5166 | KB HARCOWNIK JELCZ-LASKOWICE                         | JELCZ-LASKOWICE             | POL  | M-20 | 2      | M 4  | 00:29:12 | 00:49:36.45 | 00:49:37.75 | 4:57   | 12.1 |
| 5    | KOTLAREK DAWID           | 5054 | SOBAS TEAM / VEGE RUNNERS                            | ZIELONA GÓRA                | POL  | M-40 | 1      | M 5  | 00:29:06 | 00:49:57.55 | 00:49:59.15 | 4:59   | 12   |
| 6    | BEDNARZ KRZYSIEK         | 5026 | PRZEDWOJEWSKITEAM                                    | LUBSZA                      | POL  | M-40 | 2      | M 6  | 00:29:30 | 00:50:03.70 | 00:50:04.85 | 5:00   | 12   |
| 7    | JAKUBCZYK DARIUSZ        | 5178 | WOŹNIAKRUNNING TEAM                                  |                             | POL  | M-40 | 3      | M 7  | 00:29:42 | 00:50:15.60 | 00:50:16.60 | 5:01   | 11.9 |
| 8    | GUSTAW ŁUKASZ            | 5177 | KUDOWIANKA RUN                                       |                             | POL  | M-30 | 3      | M 8  | 00:30:22 | 00:51:15.80 | 00:51:17.80 | 5:07   | 11.7 |
| 9    | DUL KAROLINA             | 5152 |                                                      | JELEŃ GÓRA                  | POL  | K-20 | 1      | K 1  | 00:30:17 | 00:51:43.45 | 00:51:45.25 | 5:10   | 11.6 |
| 10   | MASTYGA ANDRZEJ          | 5093 | ANDREA TEAM                                          | CHARBIELIN                  | POL  | M-40 | 4      | M 9  | 00:30:46 | 00:52:21.95 | 00:52:23.45 | 5:14   | 11.5 |
| 11   | DUDEK MONIKA             | 5151 |                                                      | ZIĘBICE                     | POL  | K-30 | 1      | K 2  | 00:30:50 | 00:52:41.60 | 00:52:43.20 | 5:16   | 11.4 |
| 12   | GRAF REMIGIUSZ           | 5059 | TURBO RUN LESZNO                                     | LESZNO                      | POL  | M-50 | 1      | M 10 | 00:31:02 | 00:53:01.60 | 00:53:03.85 | 5:18   | 11.3 |
| 13   | PRYSTASZ KRZYSZTOF       | 5117 | ROSKOSZNYTEAM                                        | OLAWA                       | POL  | M-40 | 5      | M 11 | 00:31:01 | 00:53:03.20 | 00:53:04.90 | 5:18   | 11.3 |
| 14   | CYBULSKI MARIUSZ         | 5111 | SAINT-GOBAIN SQUAD, ADRUNALINETEAM, BIEGAJ Z MANKIEM | JELCZ-LASKOWICE             | POL  | M-40 | 6      | M 12 | 00:31:27 | 00:53:08.20 | 00:53:09.65 | 5:18   | 11.3 |
| 15   | PRZYBYSZEWSKI ŁUKASZ     | 5173 |                                                      | BIELAWA                     | POL  | M-40 | 7      | M 13 | 00:32:05 | 00:53:09.40 | 00:53:11.95 | 5:18   | 11.3 |
| 16   | KARCZEWSKA JOANNA        | 5122 | FUNDACJA KIERUNEK ULTRA                              | SUWAŁKI                     | POL  | K-40 | 1      | K 3  | 00:32:33 | 00:54:51.05 | 00:54:53.10 | 5:29   | 10.9 |
| 17   | OLECHNOWICZ ROBERT       | 5055 |                                                      | WROCŁAW                     | POL  | M-50 | 2      | M 14 | 00:33:03 | 00:55:19.00 | 00:55:19.00 | 5:31   | 10.8 |
| 18   | KRAWCZYŚYŃ PAWEŁ         | 5103 |                                                      | DUSZNIKI ZDRÓJ              | POL  | M-40 | 8      | M 15 | 00:33:06 | 00:55:27.25 | 00:55:33.90 | 5:32   | 10.8 |
| 19   | ZIĘTARSKI ROBERT         | 5187 | RNB TEAM POLANICA ZDRÓJ                              |                             | POL  | M-40 | 9      | M 16 | 00:32:52 | 00:55:36.70 | 00:55:40.15 | 5:33   | 10.8 |
| 20   | DOBRAŚ ZDZIŚŁAW          | 5186 | NOWA RUDA BIEGA                                      |                             | POL  | M-60 | 1      | M 17 | 00:33:03 | 00:55:41.85 | 00:55:43.15 | 5:34   | 10.8 |
| 21   | KURZAWIAK GRZEGORZ       | 5125 | KUDOWIANAK RUN                                       | KARŁÓW                      | POL  | M-40 | 10     | M 18 | 00:33:17 | 00:56:05.30 | 00:56:08.15 | 5:36   | 10.7 |
| 22   | HOTAŁA SYLWIA            | 5017 | KUDOWIANKA RUN                                       | KUDOWA ZDRÓJ                | POL  | K-30 | 2      | K 4  | 00:33:32 | 00:56:05.65 | 00:56:08.20 | 5:36   | 10.7 |
| 23   | SĘDZIK PIOTR             | 5154 | APPROVER ULTRA TEAM                                  | WROCŁAW (WROCŁAW-PSIE POLE) | POL  | M-20 | 3      | M 19 | 00:33:26 | 00:56:36.10 | 00:56:37.70 | 5:39   | 10.6 |
| 24   | KAMIŃSKI ARTUR           | 5092 |                                                      | NOWY ŚWIĘTÓW                | POL  | M-40 | 11     | M 20 |          | 00:56:43.00 | 00:56:43.00 | 5:40   | 10.6 |
| 25   | CICHY KRZYSZTOF          | 5037 | GÓRAL Z MAZUR RUNNING TEAM                           | POZNAŃ                      | POL  | M-50 | 3      | M 21 | 00:33:52 | 00:57:01.50 | 00:57:03.90 | 5:42   | 10.5 |
| 26   | PĘCZAR ANETA             | 5107 | MAD RUNNERS                                          | ŚWIDNICA                    | POL  | K-20 | 2      | K 5  | 00:33:38 | 00:57:05.85 | 00:57:07.95 | 5:42   | 10.5 |
| 27   | SASIN DOMINIKA           | 5118 | ŻELAZNA ŚWIDNICA                                     | ŚWIDNICA                    | POL  | K-20 | 3      | K 6  | 00:33:43 | 00:57:18.55 | 00:57:23.85 | 5:43   | 10.5 |
| 28   | PEKAŁA KAMILA            | 5109 | #BIEGAJZESŁAWKIEM                                    | POZNAŃ                      | POL  | K-20 | 4      | K 7  | 00:34:29 | 00:57:21.75 | 00:57:24.60 | 5:44   | 10.5 |
| 29   | BAHRANOWSKA-KILIAN MARIA | 5148 | AZS AWF KRAKÓW MASTERS                               | KRAKÓW                      | POL  | K-20 | 5      | K 8  | 00:34:16 | 01:00:58.50 | 01:01:00.50 | 6:05   | 9.8  |
| 30   | SZOKA KRZYSZTOF          | 5019 |                                                      | SZCZYTNA                    | POL  | M-20 | 4      | M 22 | 00:36:38 | 01:01:26.40 | 01:01:30.05 | 6:08   | 9.8  |
| 31   | MASTERNAK ŁUKASZ         | 5115 |                                                      | PRZYTOK                     | POL  | M-30 | 4      | M 23 | 00:37:01 | 01:01:37.05 | 01:01:41.50 | 6:09   | 9.7  |
| 32   | KUCZYŃSKI ZBIGNIEW       | 5168 | KGHM ZGRUN                                           | GŁOGÓW                      | POL  | M-60 | 2      | M 24 | 00:36:32 | 01:02:20.90 | 01:02:22.05 | 6:14   | 9.6  |
| 33   | MOSSAKOWSKI RAFAŁ        | 5171 | SEKCJA BIEGÓW DŁUGODYSTANSOWYCH AWL                  | PUŁTUSK                     | POL  | M-20 | 5      | M 25 | 00:37:55 | 01:02:40.35 | 01:02:45.25 | 6:16   | 9.6  |
| 34   | DULĘBA ŁUKASZ            | 5158 | DZIUBEK                                              | KUDOWA ZDRÓJ                | POL  | M-40 | 12     | M 26 | 00:37:54 | 01:03:25.70 | 01:03:30.70 | 6:20   | 9.5  |
| 35   | ZIMNY TOMASZ             | 5045 |                                                      | SZCZECIN                    | POL  | M-60 | 3      | M 27 | 00:38:10 | 01:04:25.15 | 01:04:26.45 | 6:26   | 9.3  |
| 36   | SZABŁOWSKI ARTUR         | 5001 |                                                      | KOWARY                      | POL  | M-50 | 4      | M 28 | 00:37:55 | 01:04:45.55 | 01:04:56.10 | 6:28   | 9.3  |
| 37   | ŚLADCZYK DOMINIK         | 5180 | MKST ITF                                             |                             | POL  | M-30 | 5      | M 29 | 00:41:20 | 01:04:52.35 | 01:05:05.30 | 6:29   | 9.2  |
| 38   | RESSEL JOANNA            | 5174 | RNB TEAM POLANICA ZDRÓJ                              | POLANICA ZDRÓJ              | POL  | K-30 | 3      | K 9  | 00:38:21 | 01:05:04.45 | 01:05:07.45 | 6:30   | 9.2  |
| 39   | FANAJŁO WOJCIECH         | 5114 |                                                      | ZIELONA GÓRA                | POL  | M-30 | 6      | M 30 | 00:38:49 | 01:05:54.70 | 01:05:59.10 | 6:35   | 9.1  |
| 40   | ZAJĄC ALEKSANDER         | 5183 |                                                      |                             | POL  | M-30 | 7      | M 31 | 00:40:34 | 01:07:01.05 | 01:07:13.70 | 6:42   | 9    |
| 41   | CHOMICZ-SZABŁOWSKA ANNA  | 5002 |                                                      | KOWARY                      | POL  | K-40 | 2      | K 10 | 00:39:41 | 01:07:26.25 | 01:07:35.90 | 6:44   | 8.9  |
| 42   | KRYSTOSIAK MATEUSZ       | 5160 |                                                      | ŚWIDNICA                    | POL  | M-20 | 6      | M 32 | 00:40:22 | 01:07:30.40 | 01:07:37.90 | 6:45   | 8.9  |
| 43   | HONSA TOMASZ             | 5150 | MOCNA GRUPA CEZARA                                   | WROCŁAW                     | POL  | M-30 | 8      | M 33 | 00:40:35 | 01:07:36.90 | 01:07:43.50 | 6:45   | 8.9  |
| 44   | MAZIAREK ADELA           | 5021 |                                                      | NIEMODLIN                   | POL  | K-40 | 3      | K 11 | 00:39:50 | 01:07:53.10 | 01:07:55.45 | 6:47   | 8.8  |

**KUDOWSKA DZIESIĄTKA 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię         | Nr   | Klub                                                       | M-scowość           | Kraj | Kat. | M. kat | K/M  | 5.3km    | Netto       | Brutto      | min/km | km/h |
|------|-------------------------|------|------------------------------------------------------------|---------------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 45   | PRAŻANOWSKI MARIUSZ     | 5101 | ŁÓDŹ                                                       |                     | POL  | M-50 | 5      | M 34 | 00:40:15 | 01:08:08.25 | 01:08:12.90 | 6:48   | 8.8  |
| 46   | WRÓBLEWSKI JAROSŁAW     | 5190 | RAZ SZCZECIN                                               | SZCZECIN            | POL  | M-40 | 13     | M 35 | 00:41:24 | 01:08:29.30 | 01:08:37.50 | 6:50   | 8.8  |
| 47   | GULAJSKI RAFAŁ          | 5185 | OSIEM                                                      |                     | POL  | M-40 | 14     | M 36 | 00:41:17 | 01:08:35.50 | 01:08:40.50 | 6:51   | 8.7  |
| 48   | MOSÓR MARIUSZ           | 5062 | KLUCZE                                                     |                     | POL  | M-50 | 6      | M 37 | 00:39:02 | 01:08:39.75 | 01:08:45.80 | 6:51   | 8.7  |
| 49   | PAWLIKOWSKA ANNA        | 5159 | WROCŁAW                                                    |                     | POL  | K-40 | 4      | K 12 | 00:41:09 | 01:08:45.60 | 01:08:52.60 | 6:52   | 8.7  |
| 50   | ZAPOTOCZNY MARIUSZ      | 5147 | WROCŁAW                                                    |                     | POL  | M-40 | 15     | M 38 | 00:42:06 | 01:08:52.30 | 01:09:01.90 | 6:53   | 8.7  |
| 51   | BARANIECKA JUSTYNA      | 5167 | BIEGAM BO LUBIE GŁOGÓW                                     | 67-200              | POL  | K-40 | 5      | K 13 | 00:40:11 | 01:08:57.75 | 01:09:02.50 | 6:53   | 8.7  |
| 52   | WÓJCIK KAMILA           | 5189 | STRONE BIEGA                                               |                     | POL  | K-40 | 6      | K 14 | 00:41:31 | 01:09:15.20 | 01:09:18.80 | 6:55   | 8.7  |
| 53   | PARASZCZUK DOMINIKA     | 5030 | BBL GŁOGÓW                                                 | GŁOGÓW              | POL  | K-40 | 7      | K 15 | 00:41:45 | 01:09:30.20 | 01:09:34.45 | 6:57   | 8.6  |
| 54   | PIETRZAK MACIEJ         | 5096 | WARSZAWA                                                   |                     | POL  | M-40 | 16     | M 39 | 00:42:06 | 01:10:09.45 | 01:10:20.65 | 7:00   | 8.6  |
| 55   | TOKARSKI JOACHIM        | 5145 | KUDOWIANKA RUN                                             | KUDOWA-ZDRÓJ        | POL  | M-40 | 17     | M 40 | 00:39:18 | 01:11:06.50 | 01:11:11.70 | 7:06   | 8.4  |
| 56   | JURDZIAK KAROLINA       | 5034 | WROCŁAW                                                    |                     | POL  | K-40 | 8      | K 16 | 00:41:21 | 01:11:08.80 | 01:11:13.15 | 7:06   | 8.4  |
| 57   | MADZIA ALEKSANDRA       | 5191 | RNB TEAM POLANICA ZDRÓJ                                    |                     | POL  | K-30 | 4      | K 17 | 00:42:44 | 01:11:44.90 | 01:11:48.35 | 7:10   | 8.4  |
| 58   | APTOWICZ PAWEŁ          | 5170 | SEKCJA BIEGÓW DŁUGODYSTANSOWYCH<br>AKADEMII WOJSK ŁĄDOWYCH | IKAWA               | POL  | M-20 | 7      | M 41 | 00:41:51 | 01:11:51.20 | 01:11:56.50 | 7:11   | 8.4  |
| 59   | MARTAN IWONA            | 5146 | WROCŁAW                                                    |                     | POL  | K-40 | 9      | K 18 | 00:43:06 | 01:12:00.10 | 01:12:10.60 | 7:12   | 8.3  |
| 60   | ZAŁEWSKI RADOŚLAW       | 5075 | KARWIANY                                                   |                     | POL  | M-30 | 9      | M 42 | 00:44:33 | 01:12:01.25 | 01:12:14.65 | 7:12   | 8.3  |
| 61   | KORDOWSKI WOJCIECH      | 5157 | KIELCE                                                     |                     | POL  | M-40 | 18     | M 43 | 00:42:05 | 01:12:23.05 | 01:12:23.05 | 7:14   | 8.3  |
| 62   | MRÓZ URSZULA            | 5188 | STRONE BIEGA                                               |                     | POL  | K-60 | 1      | K 19 | 00:42:29 | 01:12:23.55 | 01:12:27.35 | 7:14   | 8.3  |
| 63   | SZYMAŃSKI GRZEGORZ      | 5104 | RNB TEAM POLANICA ZDRÓJ                                    | POLANICA-ZDRÓJ      | AFG  | M-40 | 19     | M 44 | 00:42:22 | 01:12:38.60 | 01:12:42.45 | 7:15   | 8.3  |
| 64   | SURDACKI PIOTR          | 5119 | SZCZECIN                                                   |                     | POL  | M-40 | 20     | M 45 | 00:42:36 | 01:12:39.35 | 01:12:48.75 | 7:15   | 8.3  |
| 65   | ŻYGIĘŁO MONIKA          | 5042 | CH10                                                       | CHOSZCZNO           | POL  | K-40 | 10     | K 20 | 00:42:37 | 01:12:39.55 | 01:12:48.95 | 7:15   | 8.3  |
| 66   | ZACHARA KATARZYNA       | 5192 | RNB TEAM POLANICA ZDRÓJ                                    |                     | POL  | K-40 | 11     | K 21 | 00:42:57 | 01:12:53.20 | 01:12:56.80 | 7:17   | 8.2  |
| 67   | SIKORA MAREK            | 5029 | BBL GŁOGÓW                                                 | GŁOGÓW              | POL  | M-40 | 21     | M 46 | 00:43:31 | 01:12:58.00 | 01:13:02.70 | 7:17   | 8.2  |
| 68   | BONIEC ALEKSANDER       | 5127 | NADLEŚNICTWO LIPINKI                                       | ŻARY                | POL  | M-60 | 4      | M 47 | 00:43:01 | 01:13:30.15 | 01:13:33.30 | 7:21   | 8.2  |
| 69   | ŁYCZEK RAFAŁ            | 5083 | JA I MÓJ BRZUCH                                            | DZIERŻONIÓW         | POL  | M-30 | 10     | M 48 | 00:44:23 | 01:13:23.55 | 01:13:37.25 | 7:20   | 8.2  |
| 70   | HEJNA MAŁGORZATA        | 5073 | SZCZECIN                                                   |                     | POL  | K-50 | 1      | K 22 | 00:44:17 | 01:14:20.70 | 01:14:22.50 | 7:26   | 8.1  |
| 71   | GMEREK EWELINA          | 5084 | POZNAŃ                                                     |                     | POL  | K-40 | 12     | K 23 | 00:44:33 | 01:14:58.05 | 01:15:05.60 | 7:29   | 8    |
| 72   | MAZIAREK MICHAŁ         | 5072 | NIEMODLIN                                                  |                     | POL  | M-40 | 22     | M 49 | 00:44:03 | 01:15:21.80 | 01:15:27.85 | 7:32   | 8    |
| 73   | CZARNECKI RAFAŁ         | 5163 | ŁAMBINOWICE                                                |                     | POL  | M-40 | 23     | M 50 | 00:45:35 | 01:15:35.35 | 01:15:50.20 | 7:33   | 7.9  |
| 74   | NARKUN TOMASZ           | 5149 | WIG20TUDEMUN                                               | GORZÓW WIELKOPOLSKI | POL  | M-40 | 24     | M 51 | 00:44:48 | 01:16:47.75 | 01:16:53.65 | 7:40   | 7.8  |
| 75   | SĘDZIK MIKOŁAJ          | 5193 |                                                            |                     | POL  | M-20 | 8      | M 52 | 00:46:38 | 01:17:07.40 | 01:17:18.00 | 7:42   | 7.8  |
| 76   | CHORAŹYCZEWSKI MICHAŁ   | 5050 | OBORNICKI KLUB LEKKOATLETYCZNY                             | OBORNIKI            | POL  | M-40 | 25     | M 53 | 00:44:02 | 01:17:26.35 | 01:17:30.00 | 7:44   | 7.7  |
| 77   | JAŚTRZĄBEK MAREK        | 5124 | OBORNICKI KLUB LEKKOATLETYCZNY                             | ROŻNOWO             | POL  | M-40 | 26     | M 54 | 00:44:02 | 01:17:26.70 | 01:17:30.05 | 7:44   | 7.7  |
| 78   | SĘDZIK JACEK            | 5155 | VILLA MEDICA                                               | WROCŁAW             | POL  | M-50 | 7      | M 55 | 00:45:58 | 01:17:36.05 | 01:17:46.25 | 7:45   | 7.7  |
| 79   | -----                   | 5043 | KB ZDYSZAAANI CHOCIANÓW                                    | CHOCIANÓW           | POL  | K-40 | 13     | K 24 | 00:46:53 | 01:17:44.85 | 01:17:53.90 | 7:46   | 7.7  |
| 80   | CIEKAŃSKA JOANNA        | 5098 | LESZNO                                                     |                     | POL  | K-40 | 14     | K 25 | 00:45:47 | 01:18:13.35 | 01:18:19.55 | 7:49   | 7.7  |
| 81   | MROCZKOWSKI DOMINIK     | 5039 | KATOWICE                                                   |                     | POL  | M-20 | 9      | M 56 | 00:46:48 | 01:18:20.85 | 01:18:29.35 | 7:50   | 7.7  |
| 82   | SZYCH KATARZYNA         | 5013 | RAZ SZCZECIN                                               | SZCZECIN            | POL  | K-50 | 2      | K 26 | 00:47:02 | 01:18:20.80 | 01:18:29.65 | 7:50   | 7.7  |
| 83   | LATOS JOANNA            | 5172 | ZIELONA GÓRA                                               |                     | POL  | K-40 | 15     | K 27 | 00:47:01 | 01:18:58.65 | 01:19:04.25 | 7:53   | 7.6  |
| 84   | MARCINKOWSKI MARCIN     | 5165 | KALY                                                       |                     | POL  | M-30 | 11     | M 57 | 00:47:18 | 01:18:56.25 | 01:19:07.35 | 7:53   | 7.6  |
| 85   | BROŻYNA MAGDA           | 5014 | WARSZAWA                                                   |                     | POL  | K-40 | 16     | K 28 | 00:47:34 | 01:19:20.90 | 01:19:28.05 | 7:56   | 7.6  |
| 86   | SZPIŁA JAROSŁAW         | 5162 | KUDOWA-ZDRÓJ                                               |                     | POL  | M-50 | 8      | M 58 | 00:47:14 | 01:20:44.40 | 01:20:57.40 | 8:04   | 7.4  |
| 87   | MISIAK URSZULA          | 5052 | WROCŁAW                                                    |                     | POL  | K-30 | 5      | K 29 | 00:47:30 | 01:21:09.95 | 01:21:18.75 | 8:06   | 7.4  |
| 88   | FRĄCZKOWIAK ELŻBIETA    | 5181 | ŚREM                                                       |                     | POL  | K-40 | 17     | K 30 | 00:48:24 | 01:21:47.65 | 01:21:59.25 | 8:10   | 7.3  |
| 89   | LESZCZUK PATRYCJA       | 5139 | WARSZAWA                                                   |                     | POL  | K-30 | 6      | K 31 | 00:48:24 | 01:21:51.95 | 01:22:02.75 | 8:11   | 7.3  |
| 90   | MAJCHRAK GALADYK HELENA | 5123 | LEWIN KŁODZKI                                              |                     | POL  | K-40 | 18     | K 32 | 00:49:27 | 01:21:56.95 | 01:22:04.70 | 8:11   | 7.3  |
| 91   | URBANIAK IZABELA        | 5136 | UKS ARKADY                                                 | RASZKÓW             | POL  | K-40 | 19     | K 33 | 00:48:53 | 01:22:07.55 | 01:22:16.60 | 8:12   | 7.3  |
| 92   | PIETRASIK ANDRZEJ       | 5041 | STAROGARD GDAŃSKI                                          |                     | POL  | M-30 | 12     | M 59 | 00:48:38 | 01:22:17.65 | 01:22:25.25 | 8:13   | 7.3  |
| 93   | LIŚKIEWICZ MARZENA      | 5047 | PŁOCHOCIN                                                  |                     | POL  | K-40 | 20     | K 34 | 00:49:24 | 01:22:32.80 | 01:22:41.60 | 8:15   | 7.3  |
| 94   | KUCHCIŃSKA DIANA        | 5097 | WSCHOWA                                                    |                     | POL  | K-40 | 21     | K 35 | 00:48:32 | 01:22:50.95 | 01:22:57.45 | 8:17   | 7.2  |
| 95   | PLUCIENNICZAK BARBARA   | 5132 | LATCHORZEW                                                 |                     | POL  | K-40 | 22     | K 36 | 00:49:24 | 01:23:06.70 | 01:23:11.20 | 8:18   | 7.2  |
| 96   | GOLEBIEWSKA MAŁGORZATA  | 5028 | RUN TEAM RYDZYNA                                           | KŁODA               | POL  | K-40 | 23     | K 37 | 00:47:29 | 01:23:12.70 | 01:23:18.05 | 8:19   | 7.2  |
| 97   | NADOLNA KARINA          | 5179 | RUN TEAM RYDZYNA                                           |                     | POL  | K-40 | 24     | K 38 | 00:47:31 | 01:23:12.50 | 01:23:18.10 | 8:19   | 7.2  |
| 98   | SZERMENT MAGDALENA      | 5061 | GORZÓW WIELKOPOLSKI                                        |                     | POL  | K-40 | 25     | K 39 | 00:50:37 | 01:23:24.45 | 01:23:31.90 | 8:20   | 7.2  |
| 99   | LESZCZYNA MAGDALENA     | 5066 | ZRYW                                                       | PARZYMICHY          | POL  | K-40 | 26     | K 40 | 00:48:49 | 01:23:41.35 | 01:23:44.50 | 8:22   | 7.2  |
| 100  | BOKSZA ROBERT           | 5070 | TOMASZÓW MAZOWIECKI                                        |                     | POL  | M-40 | 27     | M 60 | 00:49:32 | 01:24:13.00 | 01:24:13.00 | 8:25   | 7.1  |

**KUDOWSKA DZIESIĄTKA 10 KM, OPEN c.d.**

| M-ce | Nazwisko i imię         | Nr   | Klub                                       | M-scowość       | Kraj | Kat. | M. kat | K/M  | 5.3km    | Netto       | Brutto      | min/km | km/h |
|------|-------------------------|------|--------------------------------------------|-----------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 101  | SZYMAŃSKA AGNIESZKA     | 5105 | RNB TEAM POLANICA ZDRÓJ                    | POLANICA-ZDRÓJ  | AFG  | K-50 | 3      | K 41 | 00:49:51 | 01:24:49.45 | 01:24:53.50 | 8:28   | 7.1  |
| 102  | PIEPRZYCKA AGATA        | 5046 | #BIEGAJLESZNO                              | RYDZYNA         | POL  | K-40 | 27     | K 42 | 00:48:55 | 01:25:18.45 | 01:25:18.45 | 8:31   | 7    |
| 103  | KUBUJ KAROLINA          | 5116 |                                            | LEWIN KŁODZKI   | POL  | K-20 | 6      | K 43 | 00:49:16 | 01:25:23.15 | 01:25:33.35 | 8:32   | 7    |
| 104  | KRYSZEWSKI ARTUR        | 5110 |                                            | POZNAŃ          | POL  | M-30 | 13     | M 61 | 00:50:20 | 01:25:38.05 | 01:25:42.85 | 8:33   | 7    |
| 105  | KORSAK AGATA            | 5113 |                                            | BEZRZECZE       | POL  | K-30 | 7      | K 44 | 00:50:23 | 01:25:55.75 | 01:26:05.95 | 8:35   | 7    |
| 106  | BUDZISZEWSKA MONIKA     | 5067 | ZRYW                                       | PARZYMIECHY     | POL  | K-40 | 28     | K 45 | 00:50:57 | 01:27:00.70 | 01:27:03.55 | 8:42   | 6.9  |
| 107  | JANIK EWA               | 5140 |                                            | LESZNO          | POL  | K-40 | 29     | K 46 | 00:50:13 | 01:26:57.75 | 01:27:04.15 | 8:41   | 6.9  |
| 108  | KACZMAREK ANNA          | 5120 |                                            | ŚWIEBODZIN      | POL  | K-30 | 8      | K 47 | 00:51:23 | 01:27:08.95 | 01:27:14.70 | 8:42   | 6.9  |
| 109  | ADAMIAK PIOTR           | 5141 | BIEGAM Z IDEA KUCHNI                       | WARSZAWA        | POL  | M-40 | 28     | M 62 | 00:49:46 | 01:27:39.35 | 01:27:48.20 | 8:45   | 6.8  |
| 110  | ŚMIEJCZAK DAMIAN        | 5135 |                                            | WROCŁAW         | POL  | M-30 | 14     | M 63 | 00:51:49 | 01:27:44.05 | 01:27:54.75 | 8:46   | 6.8  |
| 111  | KOBUS-DUNAJ LIDIA       | 5137 |                                            | ZĄBKI           | POL  | K-30 | 9      | K 48 | 00:50:16 | 01:27:54.90 | 01:28:02.05 | 8:47   | 6.8  |
| 112  | HULBOJ MARLENA          | 5044 | AKTYWNA NOWA RUDA                          | NOWA RUDA       | POL  | K-30 | 10     | K 49 | 00:49:52 | 01:28:08.00 | 01:28:13.60 | 8:48   | 6.8  |
| 113  | PARADA MAGDALENA        | 5078 |                                            | WOLANY          | POL  | K-40 | 30     | K 50 | 00:53:13 | 01:28:17.10 | 01:28:29.60 | 8:49   | 6.8  |
| 114  | LIPSKA AGATA            | 5143 |                                            | KARGOWA         | POL  | K-50 | 4      | K 51 | 00:52:29 | 01:28:24.15 | 01:28:37.30 | 8:50   | 6.8  |
| 115  | WASYLUK AGNIESZKA       | 5142 |                                            | NOWA SÓL        | POL  | K-50 | 5      | K 52 | 00:52:32 | 01:28:26.00 | 01:28:37.85 | 8:50   | 6.8  |
| 116  | WOREK SYLWIA            | 5074 |                                            | LIPIE           | POL  | K-40 | 31     | K 53 | 00:50:47 | 01:28:37.35 | 01:28:40.20 | 8:51   | 6.8  |
| 117  | KOZŁOWSKA MAGDALENA     | 5064 |                                            | KONIN           | POL  | K-40 | 32     | K 54 | 00:53:12 | 01:30:00.45 | 01:30:08.20 | 9:00   | 6.7  |
| 118  | CZARNECKA AGNIESZKA     | 5164 |                                            | ŁAMBINOWICE     | POL  | K-40 | 33     | K 55 | 00:52:58 | 01:30:31.10 | 01:30:40.05 | 9:03   | 6.6  |
| 119  | ANTKOWIAK JOANNA        | 5036 | BIEGAJ LESZNO                              | LESZNO          | POL  | K-40 | 34     | K 56 | 00:54:36 | 01:30:53.85 | 01:30:57.90 | 9:05   | 6.6  |
| 120  | ANTKOWIAK JOACHIM       | 5088 | #BIEGAJLESZNO                              | LESZNO          | POL  | M-40 | 29     | M 64 | 00:54:31 | 01:30:54.30 | 01:30:59.00 | 9:05   | 6.6  |
| 121  | ZIÓŁEK TERESA           | 5121 | STAY INSANE                                | MEŁGIEW         | POL  | K-60 | 2      | K 57 | 00:54:19 | 01:30:58.75 | 01:31:09.05 | 9:05   | 6.6  |
| 122  | DOMOSŁAWSKI PAWEŁ       | 5057 |                                            | WROCŁAW         | POL  | M-60 | 5      | M 65 | 00:53:12 | 01:31:11.35 | 01:31:19.10 | 9:07   | 6.6  |
| 123  | WASYLUK TOMASZ          | 5144 |                                            | NOWA SÓL        | POL  | M-50 | 9      | M 66 | 00:54:27 | 01:31:25.30 | 01:31:37.00 | 9:08   | 6.6  |
| 124  | CISICKA DARIA           | 5071 |                                            | NAMYSŁÓW        | POL  | K-30 | 11     | K 58 | 00:54:37 | 01:31:32.05 | 01:31:40.40 | 9:09   | 6.6  |
| 125  | MOSÓR LILLA             | 5063 | LISY PUSTYNI                               | KLUCZE          | POL  | K-50 | 6      | K 59 | 00:53:10 | 01:31:40.10 | 01:31:45.90 | 9:10   | 6.5  |
| 126  | STOBIŃSKA KAMILA        | 5049 |                                            | WARSZAWA        | POL  | K-40 | 35     | K 60 | 00:52:39 | 01:33:14.10 | 01:33:22.65 | 9:19   | 6.4  |
| 127  | MIKOŁAJEWICZ BEATA      | 5080 | FZCJ                                       | LESZNO          | POL  | K-40 | 36     | K 61 | 00:53:21 | 01:33:28.65 | 01:33:40.05 | 9:20   | 6.4  |
| 128  | SOJA-WAWRYSZEWICZ AGATA | 5051 |                                            | WROCŁAW         | POL  | K-40 | 37     | K 62 | 00:54:05 | 01:34:25.50 | 01:34:32.95 | 9:26   | 6.4  |
| 129  | DAMEK MARIOLA           | 5069 |                                            | WROCŁAW         | POL  | K-50 | 7      | K 63 | 00:55:31 | 01:34:46.40 | 01:34:46.40 | 9:28   | 6.3  |
| 130  | JOACHIMIAK ANNA         | 5112 |                                            | WARSZAWA        | POL  | K-30 | 12     | K 64 | 00:54:27 | 01:35:13.40 | 01:35:18.50 | 9:31   | 6.3  |
| 131  | KLINOWSKI MIROSLAW      | 5106 |                                            | ŚREM            | POL  | M-40 | 30     | M 67 | 00:54:35 | 01:35:15.60 | 01:35:28.10 | 9:31   | 6.3  |
| 132  | FRĄCKOWIAK JACEK        | 5182 | WSK                                        | ŚREM            | POL  | M-40 | 31     | M 68 | 00:56:21 | 01:37:37.05 | 01:37:48.90 | 9:45   | 6.1  |
| 133  | BIENIEK IWONA           | 5133 | UKS ARKADY                                 | RASZKÓW         | POL  | K-50 | 8      | K 65 | 00:56:38 | 01:37:39.90 | 01:37:49.55 | 9:45   | 6.1  |
| 134  | SZÓSTAK MARZENA         | 5027 | KLUB BIEGACZA HARCOWNIK<br>JELCZ-LASKOWICE | MIŁOSZYCE       | POL  | K-60 | 3      | K 66 | 00:57:53 | 01:37:40.45 | 01:37:50.65 | 9:46   | 6.1  |
| 135  | BŁACHNIO DOROTA         | 5010 | RAZ SZCZECIN                               | SZCZECIN        | POL  | K-50 | 9      | K 67 | 00:56:54 | 01:37:48.10 | 01:37:54.80 | 9:46   | 6.1  |
| 136  | MAJOS MAŁGORZATA        | 5007 | RAZ SZCZECIN                               | SZCZECIN        | POL  | K-50 | 10     | K 68 | 00:56:54 | 01:37:47.85 | 01:37:55.05 | 9:46   | 6.1  |
| 137  | GABERT BEATA            | 5009 | RAZ SZCZECIN                               | SZCZECIN        | POL  | K-50 | 11     | K 69 | 00:56:53 | 01:37:47.25 | 01:37:55.20 | 9:46   | 6.1  |
| 138  | GONERA JANINA           | 5016 | KB HARCOWNIK JELCZ-LASKOWICE               | MIŁOSZYCE       | POL  | K-60 | 4      | K 70 | 00:56:59 | 01:37:45.45 | 01:37:55.65 | 9:46   | 6.1  |
| 139  | MICHNOWSKA MILENA       | 5184 |                                            |                 | POL  | K-40 | 38     | K 71 | 00:57:30 | 01:38:57.55 | 01:39:04.25 | 9:53   | 6.1  |
| 140  | BIENIEK MARTA           | 5134 |                                            | RASZKÓW         | POL  | K-30 | 13     | K 72 | 00:58:59 | 01:39:04.65 | 01:39:15.15 | 9:54   | 6.1  |
| 141  | KOZAK KRYSZYNA          | 5020 | LOB                                        | LESZNO          | POL  | K-50 | 12     | K 73 | 00:58:14 | 01:39:22.15 | 01:39:22.15 | 9:56   | 6    |
| 142  | PISULA MAJA             | 5015 |                                            | KUDOWA-ZDRÓJ    | POL  | K-40 | 39     | K 73 | 00:57:54 | 01:39:09.20 | 01:39:22.15 | 9:54   | 6.1  |
| 143  | DUBIAŁ HALINA           | 5022 | BABCIE BIEGAJĄ                             | LESZNO          | POL  | K-60 | 5      | K 73 | 00:58:00 | 01:39:10.15 | 01:39:22.15 | 9:55   | 6.1  |
| 144  | GAŁEK ANITA             | 5056 |                                            | SZCZECIN        | POL  | K-40 | 40     | K 76 | 00:56:56 | 01:39:23.90 | 01:39:31.65 | 9:56   | 6    |
| 145  | KOWALIK ALEKSANDRA      | 5038 |                                            | KATOWICE        | POL  | K-20 | 7      | K 77 | 00:55:44 | 01:39:26.90 | 01:39:35.00 | 9:56   | 6    |
| 146  | LIS AGNIESZKA           | 5040 |                                            | CEREKWICA       | POL  | K-40 | 41     | K 78 | 00:57:05 | 01:39:36.85 | 01:39:36.85 | 9:57   | 6    |
| 147  | PRZYŁUSKA MIROSLAWA     | 5006 | RAZ SZCZECIN                               | SZCZECIN        | POL  | K-60 | 6      | K 79 | 00:57:29 | 01:40:25.05 | 01:40:31.55 | 10:02  | 6    |
| 148  | PARTYKA AGNIESZKA       | 5000 | KLUB BIEGACZA HARCOWNIK<br>JELCZ-LASKOWICE | JELCZ-LASKOWICE | POL  | K-40 | 42     | K 80 | 00:58:32 | 01:41:04.05 | 01:41:13.60 | 10:06  | 5.9  |
| 149  | MIELNIK SYLWESTER       | 5128 |                                            | KUDOWA-ZDRÓJ    | POL  | M-30 | 15     | M 69 | 00:58:59 | 01:42:50.75 | 01:43:03.10 | 10:17  | 5.8  |
| 150  | MIELNIK NATALIA         | 5018 |                                            | KUDOWA-ZDRÓJ    | POL  | K-30 | 14     | K 81 | 00:59:00 | 01:42:51.30 | 01:43:03.20 | 10:17  | 5.8  |
| 151  | TOKARSKA IWONKA         | 5129 |                                            | KUDOWA-ZDRÓJ    | POL  | K-40 | 43     | K 81 | 00:59:00 | 01:42:51.50 | 01:43:03.20 | 10:17  | 5.8  |
| 152  | WITCZAK-SPERKA MARIOLA  | 5008 | RAZ SZCZECIN                               | SZCZECIN        | POL  | K-60 | 7      | K 83 | 00:58:36 | 01:43:05.35 | 01:43:12.25 | 10:18  | 5.8  |
| 153  | TRĘBACZ MARIANNA        | 5091 |                                            | DĄBRÓWKA        | POL  | K-30 | 15     | K 84 | 00:57:51 | 01:43:17.40 | 01:43:23.20 | 10:19  | 5.8  |
| 154  | ADAMSKI MARZENA         | 5090 |                                            | ŚRODA WLKP      | POL  | K-40 | 44     | K 85 | 00:57:36 | 01:43:17.20 | 01:43:23.40 | 10:19  | 5.8  |
| 155  | BOROWSKA-TOMCZYK ANNA   | 5032 |                                            | WARSZAWA        | POL  | K-60 | 8      | K 86 | 01:16:00 | 02:19:03.75 | 02:19:06.50 | 13:54  | 4.3  |

KUDOWSKA DZIESIĄTKA 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr   | Klub  | M-scowość | Kraj | Kat. | M. kat | K/M  | 5.3km    | Netto       | Brutto      | min/km | km/h |
|------|-----------------|------|-------|-----------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 156  | WOŹNIAK ANNA    | 5086 | BYTOM |           | POL  | K-40 | 45     | K 87 | 01:19:51 | 02:24:10.30 | 02:24:23.75 | 14:25  | 4.2  |