BIEG TROJAK TRAIL - 10 KM

Organizator: Fundacja MARATONY GÓRSKIE
Data: 2022-07-17
Miejsce: Lądek-Zdrój
Dystans: 10 km
Klasyfikacja wg czasów brutto.



BIEG TROJAK TRAIL - 10 KM, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.01km	3.7km	5.8km	Netto	Brutto	min/km	km/h
1	LAGNER SEBASTIAN	8444	KB SOBÓTKA/ PRZEDWOJEWSKI_TEAM	SOBÓTKA	POL	SENIOR II M - 30	1	M 1	00:00:01	00:20:19	00:30:12	00:47:54.85	00:47:54.85	4:47	12.5
2	PACHUT JERZY	8459	WOT	SŁOPNICE	POL	SENIOR I M - 20	1	M 2	00:00:01	00:20:26	00:30:54	00:48:32.40	00:48:32.40	4:51	12.4
3	CHRZANOWSKI PATRYK	8302	PCH SPORT TEAM	OSTROSZOWICE	POL	SENIOR II M - 30	2	M 3	00:00:01	00:20:43	00:31:01	00:48:36.75	00:48:36.75	4:51	12.3
4	TWOREK BARTŁOMIEJ	8557	10 ŚBOT	OPATÓW	POL	SENIOR I M - 20	2	M 4	00:00:01	00:20:39	00:30:54	00:49:14.15	00:49:14.15	4:55	12.2
5	KUJAWA ZBIGNIEW	8594	TKKF KOLEJARZ BYDGOSZCZ / ZAŁOGA GÓRSKA	JANOWIEC WIELKOPOLSKI	POL	SENIOR II M - 30	3	M 5	00:00:03	00:21:59	00:32:26	00:50:40.60	00:50:40.60	5:04	11.8
6	DUTKOWSKI MIKOŁAJ	8209	WKS ŚLĄSK WROCŁAW	RASZKÓW	POL	SENIOR II M - 30	4	M 6	00:00:01	00:21:54	00:32:25	00:50:50.40	00:50:50.40	5:05	11.8
7	MONZO DAVID	8088		WROCŁAW	POL	SENIOR II M - 30	5	M 7	00:00:02	00:20:40	00:31:36	00:50:55.15	00:50:55.15	5:05	11.8
8	SIERADZKI KRZYSZTOF	8270	PRZEDWOJEWSKI TEAM	WARSZAWA	POL	SENIOR II M - 30	6	M 8	00:00:02	00:21:27	00:32:25	00:51:28.65	00:51:28.65	5:08	11.7
9	FRANCZAK MARIUSZ	8434	DTR BIEGA / MARIO TEAM	KSIĘGINICE	POL	MASTERS M - 40	1	M 9	00:00:01	00:21:32	00:32:26	00:52:23.95	00:52:23.95	5:14	11.5
10	KANTOR MARTYNA	8575	SALOMON SUNNTO TEAM	KRAKÓW	POL	SENIOR II K - 30	1	K 1	00:00:02	00:21:54	00:32:47	00:52:50.90	00:52:50.90	5:17	11.4
11	STASIUKIEWICZ RAFAŁ	8556	7 KLOG	GDYNIA	POL	MASTERS M - 40	2	M 10	00:00:02	00:21:48	00:33:20	00:52:55.10	00:52:55.10	5:17	11.3
12	GROMALA KRZYSZTOF	8360	WOSIEKTEAM	ŚWIEBOZICE	POL	MASTERS M - 40	3	M 11	00:00:03	00:22:35	00:33:33	00:53:13.90	00:53:13.90	5:19	11.3
13	ŻUREK JAKUB	8565	BEZ ZBĘDNYCH PYTAŃ	SZCZECIN	POL	SENIOR I M - 20	3	M 12	00:00:01	00:21:44	00:33:12	00:53:25.85	00:53:25.85	5:20	11.2
14	JĘDRYCHOWSKI PIOTR	8467	KB SOBÓTKA / PRZEDWOJEWSKI TEAM	SOBÓTKA	POL	MASTERS M - 40	4	M 13	00:00:03	00:22:28	00:33:39	00:53:57.80	00:53:57.80	5:23	11.1
15	RUTKOWSKI DAMIAN	8468	LIDZBARK WARMIŃSKI	LIDZBARK WARMIŃSKI	POL	SENIOR I M - 20	4	M 14	00:00:11	00:22:54	00:34:29	00:55:43.15	00:55:43.15	5:34	10.8
16	PRZYSTARZ ARTUR	8173	OBORYGENI	OBORNIKI ŚLĄSKIE	POL	WETERAN I M - 50	1	M 15	00:00:04	00:22:54	00:34:28	00:55:46.30	00:55:46.30	5:34	10.8
17	BUKSA TOMASZ	8460	WOT	RABA WYŻNA	POL	SENIOR II M - 30	7	M 16	00:00:04	00:23:05	00:34:31	00:55:55.65	00:55:55.65	5:35	10.7
18	PIEKARSKI JAKUB	8036		KATOWICE	POL	SENIOR I M - 20	5	M 17	00:00:10	00:24:08	00:35:52	00:55:57.35	00:55:57.35	5:35	10.7
19	BEDNARZ KRZYSZTOF	8094	PRZEDWOJEWSKI TEAM	LUBSZA	POL	MASTERS M - 40	5	M 18		00:23:24	00:35:14	00:56:04.65	00:56:04.65	5:36	10.7
20	SZNUROWSKI MARIUSZ	8455	KB SOBÓTKA	SOBÓTKA	POL	SENIOR I M - 20	6	M 19	00:00:02	00:23:54	00:35:33	00:56:09.05	00:56:09.05	5:36	10.7
21	WOJCIECHOWSKI MATEUSZ	8484	NULL	POZNAŃ	POL	SENIOR II M - 30	8	M 20	00:00:02	00:23:51	00:35:25	00:56:16.70	00:56:16.70	5:37	10.7
22	TARGOSZ MICHAŁ	8252	#ADAMCZERWIŃSKITEAM	KRAKÓW	POL	MASTERS M - 40	6	M 21	00:00:02	00:23:30	00:35:07	00:56:21.15	00:56:21.15	5:38	10.6
23	TRZEPAK ŁUKASZ	8426		WROCŁAW	POL	SENIOR II M - 30	9	M 22	00:01:00	00:24:04	00:35:32	00:56:27.70	00:56:27.70	5:38	10.6
24	KAŹMIERCZAK MARTA	8595	ZAŁOGA GÓRSKA	WARSZAWA	POL	MASTERS K - 40	1	K 2	00:00:02	00:24:22	00:36:14	00:56:31.75	00:56:31.75	5:39	10.6
25	KOŁODZIEJ ROMAN	8192		KARŁOWICE	POL	MASTERS M - 40	7	M 23	00:00:02	00:24:32	00:36:11	00:56:54.45	00:56:54.45	5:41	10.5
26	LASEK JAKUB	8047	RMT TEAM	OPOLE	POL	SENIOR II M - 30	10	M 24	00:00:02	00:24:43	00:36:39	00:56:54.75	00:56:54.75	5:41	10.5
27	KLIMCZAK PIOTR	8477	GIMPAS PASŁĘK	KŁODZKO	POL	WETERAN I M - 50	2	M 25	00:00:11	00:24:42	00:36:32	00:57:23.90	00:57:23.90	5:44	10.5
28	SZYMANOWSKI ŁUKASZ	8420	LESZ NO LIMITS RUNNERS	WŁOSZAKOWICE	POL	MASTERS M - 40	8	M 26	00:00:02	00:23:33	00:36:04	00:58:05.20	00:58:05.20	5:48	10.3
29	SAMIEC JANUSZ	8424		KOBYLA GÓRA	POL	SENIOR II M - 30	11	M 27	00:00:18	00:24:37	00:36:49	00:58:25.75	00:58:25.75	5:50	10.3
30	STRZELCZAK ROBERT	8373	EUROVENT ATHLETICS / TRAIL IS OUR WAY TEAM	OPOLE	POL	MASTERS M - 40	9	M 28	00:00:05	00:25:10	00:37:14	00:58:32.60	00:58:32.60	5:51	10.3
31	ŁASKOWSKA MARZENA	8479	WOT	OLECKO	POL	WETERAN K - 50	1	K 3	00:00:04	00:24:51	00:37:12	00:58:41.55	00:58:41.55	5:52	10.2
32	BUKOWSKI EDWARD	8384	CENTRUM KULTURY KLUCZBORK-KLUCZBORSKA GRUPA BIEGOWA	KLUCZBORK	POL	WETERAN I M - 50	3	M 29	00:00:09	00:25:00	00:37:25	00:59:15.60	00:59:15.60	5:55	10.1
33	MIKOŁAJCZYK MIROSŁAW	8070	MIRAZ RACE TEAM	ZABRZE	POL	MASTERS M - 40	10	M 30	00:00:03	00:25:39	00:37:52	00:59:16.75	00:59:16.75	5:55	10.1
34	ALTEWĘGIER JAROSŁAW	8243	140MINUT.PL	WROCŁAW	AFG	MASTERS M - 40	11	M 31	00:00:07	00:25:12	00:37:35	00:59:45.05	00:59:45.05	5:58	10
35	PIĘKOŚ BŁAŻEJ	8480		HENRYKÓW	POL	SENIOR II M - 30	12	M 32	00:00:08	00:25:02	00:37:37	01:00:00.50	01:00:00.50	6:00	10
36	WITEK PAWEŁ	8397	KOWARY BIEGAJĄ	KOWARY	POL	MASTERS M - 40	12	M 33	00:00:07	00:25:25	00:37:55	01:00:13.65	01:00:13.65	6:01	10
37	TOMASZKIEWICZ WOJCIECH	8055	RUN FOREST	STRACHOCIN	POL	SENIOR II M - 30	13	M 34	00:00:07	00:25:37	00:38:17	01:01:01.45	01:01:01.45	6:06	9.8
38	KONRAD ARTUR	8333	BRACIA TEAM ZAWIERCIE	ZAWIERCIE	POL	MASTERS M - 40	13	M 35	00:00:07	00:26:07	00:39:01	01:01:22.10	01:01:22.10	6:08	9.8
39	KAMIŃSKI KAROL	8571	FUNDACJA KIERUNEK ULTRA	SUWAŁKI	POL	SENIOR I M - 20	7	M 36	00:00:04	00:25:28	00:39:01	01:01:23.85	01:01:23.85	6:08	9.8
40	KARCZEWSKA JOANNA	8580	KIERUNEK ULTRA	SUWAŁKI	POL	MASTERS K - 40	2	K 4	00:00:04	00:26:13	00:39:04	01:01:41.05	01:01:41.05	6:10	9.7

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.01km	3.7km	5.8km	Netto	Brutto	min/km	km/h
41	WIERZCHOWIAK KAROLINA	8469	TRAIL IS OUR WAY TEAM	KROSNO	POL	SENIOR II K - 30	2	K 5	00:00:02	00:26:04	00:39:34	01:02:36.45	01:02:36.45	6:15	9.6
42	CITKO MACIEJ	8259	BIEG OPOLSKI	OPOLE	POL	SENIOR II M - 30	14	M 37	00:00:05	00:26:50	00:40:24	01:03:11.75	01:03:11.75	6:19	9.5
43	CICHY KRZYSZTOF	8436	GÓRAL Z MAZUR RUNNING TEAM	POZNAŃ	POL	WETERAN I M - 50	4	M 38	00:00:08	00:27:07	00:40:27	01:03:24.60	01:03:24.60	6:20	9.5
44	PAJĄK ALAN	8136		MROKOCIN	POL	SENIOR II M - 30	15	M 39	00:00:29	00:28:09	00:41:13	01:04:02.25	01:04:02.25	6:24	9.4
45	KOTOWICZ TOMASZ	8463		WROCŁAW	POL	MASTERS M - 40	14	M 40	00:00:06	00:27:20	00:40:50	01:04:05.90	01:04:05.90	6:24	9.4
46	WROTECKA KATARZYNA	8324	STAJNIAKTEAM	PIŁA	POL	SENIOR II K - 30	3	K 6	00:00:03	00:26:56	00:40:43	01:04:24.80	01:04:24.80	6:26	9.3
47	BARTUŚ MONIKA	8408		KRAKÓW	POL	SENIOR I K - 20	1	K 7	00:00:03	00:27:02	00:40:43	01:04:41.75	01:04:41.75	6:28	9.3
48	SIEK KAZIMIERZ	8470	10ŚBOT	GRĘBÓW	POL	WETERAN I M - 50	5	M 41	00:00:02	00:27:10	00:41:20	01:05:22.65	01:05:22.65	6:32	9.2
49	SIKORA SYLWIA	8301	PGB SPORTOWA PACZKA	WARSZAWA	POL	SENIOR II K - 30	4	K 8	00:00:04	00:27:59	00:42:09	01:05:44.25	01:05:44.25	6:34	9.1
50	KAROLCZAK ALEKSANDER	8574		WARSZAWA	POL	SENIOR I M - 20	8	M 42	00:00:08	00:29:10	00:43:44	01:05:59.65	01:05:59.65	6:35	9.1
51	GNITECKA KATARZYNA	8009	KUDOWIANKA RUN	KUDOWA ZDRÓJ	POL	SENIOR II K - 30	5	K 9	00:00:04	00:28:05	00:42:20	01:06:06.60	01:06:06.60	6:36	9.1
52	MIKOŁAJCZAK DAWID	8471	SPORTOWY KAŹMIERZ	POZNAŃ	POL	SENIOR I M - 20	9	M 43	00:00:26	00:26:59	00:42:09	01:06:36.00	01:06:36.00	6:39	9
53	BRANDENBURG MICHAŁ	8015	PRZYJACIELE TEAM	KĄKOLEWO	POL	MASTERS M - 40	15	M 44	00:00:36	00:28:54	00:42:47	01:07:07.15	01:07:07.15	6:42	8.9
54	ULIKOWSKA MARTYNA	8500	ZAŁOGA GÓRSKA	GOŚCINO	POL	SENIOR II K - 30	6	K 10	00:00:04	00:28:59	00:43:05	01:07:13.85	01:07:13.85	6:43	8.9
55	SZUSTAK MATEUSZ	8328	AZS UP WROCŁAW	WROCŁAW	POL	SENIOR I M - 20	10	M 45	00:00:27	00:28:46	00:42:47	01:07:22.80	01:07:22.80	6:44	8.9
56	SZYMCZAK BARTŁOMIEJ	8414	ŻARY RUNNRS TEAM	ŻARY	POL	SENIOR II M - 30	16	M 46	00:00:13	00:28:00	00:42:23	01:07:30.10	01:07:30.10	6:45	8.9
57	BEDNAREK KAROLINA	8179		RADWANICE	POL	SENIOR II K - 30	7	K 11	00:00:09	00:27:45	00:42:10	01:07:33.45	01:07:33.45	6:45	8.9
58	ADAMCZYK-NOWAK BEATA	8280	MIECHOWICKA GRUPA BIEGOWA	BYTOM	POL	MASTERS K - 40	3	K 12	00:00:09	00:29:15	00:43:30	01:07:40.55	01:07:40.55	6:46	8.9
59	HRYCAJ MARIUSZ	8031	REBELLION OF FREE RUNNERS	OPOLE	POL	MASTERS M - 40	16	M 47	00:00:06	00:29:23	00:43:21	01:07:51.40	01:07:51.40	6:47	8.8
60	BUŁACZ JACEK	8040	DZIEWIĘĆ SIŁ STRONIE ŚLĄSKIE	LĄDEK ZDRÓJ	POL	MASTERS M - 40	17	M 48	00:00:27	00:28:10	00:42:11	01:07:54.80	01:07:54.80	6:47	8.8
61	HAWRYLAK WOJCIECH	8562		DŁUGOŁĘKA	POL	SENIOR I M - 20	11	M 49	00:00:16	00:29:37	00:44:19	01:08:06.70	01:08:06.70	6:48	8.8
62	ZAWADA ZBIGNIEW	8196		OLESNICA	POL	MASTERS M - 40	18	M 50	00:00:19	00:29:17	00:43:39	01:08:07.00	01:08:07.00	6:48	8.8
63	STYK MAREK	8023		ZIELONA GÓRA	POL	SENIOR II M - 30	17	M 51	00:00:31	00:28:06	00:42:24	01:08:11.65	01:08:11.65	6:49	8.8
64	OSICA ŁUKASZ	8108		ŚWIĘTOCHŁOWICE	POL	SENIOR II M - 30	18	M 52	00:00:15	00:29:03	00:43:43	01:08:28.25	01:08:28.25	6:50	8.8
65	BŁASZKOWSKI DANIEL	8582	ŚLEDZIKI	RAWICZ	POL	MASTERS M - 40	19	M 53	00:00:03	00:29:00	00:43:13	01:09:04.65	01:09:04.65	6:54	8.7
66	OCIEPKA-CIESIELSKA KATARZYNA	8311		WARSZAWA	POL	SENIOR II K - 30	8	K 13	00:00:12	00:29:19	00:43:36	01:09:06.05	01:09:06.05	6:54	8.7
67	MOKRZYŃSKI MARCIN	8570	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	OŁDRZYCHOWICE KŁODZKIE	POL	MASTERS M - 40	20	M 54	00:00:12	00:30:31	00:44:24	01:09:10.90	01:09:10.90	6:55	8.7
68	FRERIKS JEROEN	8248	LEIDEN ATLETIEK	LEIDEN		SENIOR II M - 30	19	M 55	00:00:11	00:29:13	00:43:51	01:09:12.10	01:09:12.10	6:55	8.7
69	TOMAS PAWEŁ	8262		LĄDEK ZDRÓJ	POL	SENIOR I M - 20	12	M 56	00:00:11	00:29:36	00:44:03	01:09:12.85	01:09:12.85	6:55	8.7
70	GÓRNA ANITA	8206	LPP TEAM	KRAKÓW	POL	SENIOR II K - 30	9	K 14	00:00:20	00:30:32	00:44:41	01:09:32.80	01:09:32.80	6:57	8.6
71	CHOJNACKI TOMASZ	8065		BIESTRZYNNIK	POL	MASTERS M - 40	21	M 57	00:01:02	00:31:09	00:45:16	01:09:53.40	01:09:53.40	6:59	8.6
72	MAJKA ERYK	8097	FAMILIAMAJKA	SZCZECIN	POL	SENIOR I M - 20	13	M 58	00:00:20	00:29:08	00:44:26	01:10:16.15	01:10:16.15	7:01	8.5
73	SAŁDYKA MARCIN	8451		LĄDEK-ZDRÓJ	POL	SENIOR II M - 30	20	M 59	00:00:34	00:30:03	00:44:33	01:10:21.65	01:10:21.65	7:02	8.5
74	HONSZA TOMASZ	8139	MOCNA GRUPA CEZARA	WROCŁAW	POL	SENIOR II M - 30	20	M 59	00:00:33	00:31:12	00:45:49	01:10:21.65	01:10:21.65	7:02	8.5
75	RAKOCZY KRZYSZTOF	8450		LĄDEK-ZDRÓJ	POL	SENIOR I M - 20	14	M 61	00:00:34	00:29:43	00:44:21	01:10:22.85	01:10:22.85	7:02	8.5
76	REGULSKA NATALIA	8400	ASICS FRONTRUNNER POLAND / #ŻÓRAWSKITEAM	KRAKÓW	POL	SENIOR II K - 30	10	K 15	00:00:03	00:30:57	00:45:28	01:10:24.35	01:10:24.35	7:02	8.5
77	BACKER MARCIN	8224	TOPOLICE TEAM	PASIKUROWICE	POL	MASTERS M - 40	22	M 62	00:00:18	00:30:21	00:45:29	01:10:28.60	01:10:28.60	7:02	8.5
78	PISCO TIAGO	8377	LUSITANIA ARMADA	WROCLAW	POL	SENIOR II M - 30	22	M 63	00:01:20	00:31:15	00:45:15	01:11:08.70	01:11:08.70	7:06	8.4
79	ZATORSKA KAROLINA	8497	TREC TEAM	GDYNIA	POL	SENIOR II K - 30	11	K 16	00:00:09	00:30:23	00:45:33	01:11:28.75	01:11:28.75	7:08	8.4
80	PLUTA KINGA	8095		DĄBROWA GÓRNICZA	POL	SENIOR I K - 20	2	K 17	00:00:49	00:30:41	00:45:27	01:11:30.55	01:11:30.55	7:09	8.4
81	TRZPIOLA TYCJAN	8003	KURACJUSZE	WROCŁAW	POL	SENIOR II M - 30	23	M 64	00:00:11	00:29:39	00:44:53	01:11:31.50	01:11:31.50	7:09	8.4
82	JARMUŻEK TOMASZ	8346		POZNAŃ	POL	SENIOR II M - 30	24	M 65	00:00:58	00:32:30	00:46:59	01:11:38.65	01:11:38.65	7:09	8.4
83	BARTKOWIAK HUBERT	8060		RADZIĄDZ	POL	WETERAN I M - 50	6	M 66	00:00:26	00:30:09	00:45:18	01:11:48.30	01:11:48.30	7:10	8.4
84	SIERGIEJ ZBIGNIEW	8561	RUN TEAM TYGRYSY ORZYSZ	ODOJE	POL	WETERAN I M - 50	7	M 67	00:00:01	00:29:41	00:45:03	01:11:54.30	01:11:54.30	7:11	8.3
85	KACPRZYCKA PAULINA	8482	WOT	PURDA	POL	SENIOR II K - 30	12	K 18	00:00:04	00:30:11	00:45:45	01:12:08.95	01:12:08.95	7:12	8.3
86	WIDUN GRZEGORZ	8200	WIDUN KETTELBELL CLUB	WROCŁAW	POL	SENIOR II M - 30	25	M 68	00:01:33	00:31:41	00:46:23	01:12:20.15	01:12:20.15	7:14	8.3
87	HAJDAMOWICZ ADAM	8406		SOBÓTKA	POL	SENIOR I M - 20	15	M 69	00:00:55	00:32:16	00:47:26	01:12:20.75	01:12:20.75	7:14	8.3
88	MAZIAREK ADELA	8093		NIEMODLIN	POL	MASTERS K - 40	4	K 19	00:00:09	00:30:10	00:45:27	01:12:22.65	01:12:22.65	7:14	8.3
89	BARANOW TOMASZ	8587	LEWANDOWSCY T	PLETERÓW	POL	MASTERS M - 40	23	M 70	00:00:06	00:30:21	00:45:48	01:12:34.75	01:12:34.75	7:15	8.3
90	JARZĄBEK MAGDALENA	8110		WROCŁAW (WROCŁAW-KRZYKI)	POL	SENIOR II K - 30	13	K 20	00:00:04	00:31:27	00:46:33	01:12:47.60	01:12:47.60	7:16	8.2
91	WOŹNIAK JAKUB	8160	TEAM LIDL	POZNAŃ	POL	SENIOR II M - 30	26	M 71	00:00:45	00:31:28	00:45:56	01:12:56.45	01:12:56.45	7:17	8.2
92	GOS SEBASTIAN	8449		LĄDEK-ZDRÓJ	POL	SENIOR II M - 30	26	M 71	00:00:35	00:31:14	00:46:16	01:12:56.45	01:12:56.45	7:17	8.2
93	MARGRAF BARTOSZ	8357		RUDA ŚLĄSKA	POL	SENIOR I M - 20	16	M 73	00:00:10	00:29:57	00:45:44	01:13:08.75	01:13:08.75	7:18	8.2
94	ZIMNY TOMASZ	8265	FARTY PUSZCZY	SZCZECIN	POL	WETERAN II M - 60	1	M 74	00:00:08	00:32:25	00:47:53	01:13:25.70	01:13:25.70	7:20	8.2

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.01km	3.7km	5.8km	Netto	Brutto	min/km	km/h
95	FUCHS DARIUSZ	8598	TEAM KURORT LĄDEK-ZDRÓJ	OŁDRZYCHOWICE KŁODZKIE	POL	WETERAN I M - 50	8	M 75	00:01:19	00:32:36	00:47:46	01:13:38.75	01:13:38.75	7:21	8.1
96	WIELGOSZ-MATUŁA MARIA	8250		LUBLIN	POL	SENIOR I K - 20	3	K 21	00:00:10	00:29:31	00:44:50	01:13:40.55	01:13:40.55	7:22	8.1
97	WOJTAS ŁUKASZ	8198	GRUPA OLX TEAM	TOMASZKOWICE	POL	MASTERS M - 40	24	M 76	00:00:47	00:30:48	00:46:15	01:13:43.40	01:13:43.40	7:22	8.1
98	CIEŚLAK KRZYSZTOF	8563	ULTRAFAZA.PL	ZIELONA GÓRA	POL	SENIOR II M - 30	28	M 77	00:00:43	00:32:37	00:48:05	01:13:44.75	01:13:44.75	7:22	8.1
99	WOŹNIAK JANUSZ	8222	PORMAT JEDLICZE BIEGA	SKOŁYSZYN	POL	WETERAN I M - 50	9	M 78	00:00:10	00:30:47	00:46:33	01:13:54.45	01:13:54.45	7:23	8.1
100	ZIENDARA MICHALINA	8331	ZAŁOGA GÓRSKA	WARSZAWA	POL	SENIOR I K - 20	4	K 22	00:00:34	00:31:56	00:47:14	01:14:16.90	01:14:16.90	7:25	8.1
101	BIESZCZAD REGINA	8202	KB ATHLETIC ZRĘCIN	WOJASZÓWKA	POL	SENIOR I K - 20	5	K 23	00:00:26	00:33:09	00:48:19	01:14:48.45	01:14:48.45	7:28	8
102	BOSEK LESZEK	8286		BIAŁA NYSKA	POL	WETERAN II M - 60	2	M 79	00:00:29	00:32:28	00:48:02	01:14:53.90	01:14:53.90	7:29	8
103	MAZIAREK MICHAŁ	8276		NIEMODLIN	POL	MASTERS M - 40	25	M 80	00:00:12	00:31:07	00:47:12	01:14:59.20	01:14:59.20	7:29	8
104	GRZYB KRZYSZTOF	8370	KLUB BIEGACZA RTV EURO AGD	POZNAŃ	POL	MASTERS M - 40	26	M 81		00:33:08	00:48:52	01:15:00.25	01:15:00.25	7:30	8
105	PAKUŁA TOMASZ	8111		BOJANOWO	POL	SENIOR II M - 30	29	M 82	00:00:51	00:32:56	00:48:17	01:15:07.30	01:15:07.30	7:30	8
106	SZCZUDLAK MICHAŁ	8445		POZNAŃ	POL	SENIOR II M - 30	30	M 83	00:00:20	00:33:49	00:49:34	01:15:07.45	01:15:07.45	7:30	8
107	PILONIS ELEONORA	8474	BIEGOSTACJA	ZIELONA GÓRA	POL	MASTERS K - 40	5	K 24	00:00:13	00:31:47	00:47:44	01:15:14.00	01:15:14.00	7:31	8
108	SMOLEŃ SEBASTIAN	8588		LĄDEK ZDRÓJ	POL	MASTERS M - 40	27	M 84	00:00:15	00:32:41	00:48:39	01:15:21.55	01:15:21.55	7:32	8
109	JANOSZ PAWEŁ	8288		WROCŁAW	POL	SENIOR I M - 20	17	M 85	00:00:23	00:32:37	00:48:08	01:15:38.75	01:15:38.75	7:33	7.9
110	MAŁKOWSKI PIOTR	8372	AMATOR	KOŚCIAN	POL	WETERAN III M - 70	1	M 86	00:00:13	00:32:17	00:47:43	01:15:52.25	01:15:52.25	7:35	7.9
111	MAJKA JAREK	8058	FAMILIAMAJKA	SZCZECIN	POL	MASTERS M - 40	28	M 87	00:00:22	00:34:07	00:49:31	01:16:02.45	01:16:02.45	7:36	7.9
112	MAJKA ANNA	8057	FAMILIAMAJKA	SZCZECIN	POL	MASTERS K - 40	6	K 25	00:00:22	00:34:00	00:49:31	01:16:02.60	01:16:02.60	7:36	7.9
113	BASTRZYK TOMASZ	8005		SKARŻYSKO-KAMIENNA	POL	MASTERS M - 40	29	M 88	00:00:37	00:33:20	00:47:57	01:16:06.60	01:16:06.60	7:36	7.9
114	STAWORZYŃSKI DAWID	8285	PAN KORBKA	BĘDZIN	POL	SENIOR II M - 30	31	M 89	00:00:16	00:32:20	00:48:31	01:16:08.40	01:16:08.40	7:36	7.9
115	MALOCCO MONIKA	8188		WARSZAWA	POL	MASTERS K - 40	7	K 26	00:00:25	00:32:26	00:48:13	01:16:18.25	01:16:18.25	7:37	7.9
116	KLIN ROBERT	8338	WATAHA	BRZEG	POL	WETERAN I M - 50	10	M 90	00:01:06	00:33:15	00:49:12	01:16:27.35	01:16:27.35	7:38	7.8
117	MACKIEWICZ KAROL	8048		WASILKÓW	POL	SENIOR II M - 30	32	M 91	00:00:30	00:33:12	00:49:14	01:16:38.35	01:16:38.35	7:39	7.8
118	NOWAKOWSKA EWELINA	8071		LĄDEK ZDRÓJ	POL	SENIOR I K - 20	6	K 27	00:00:13	00:33:36	00:49:14	01:16:38.85	01:16:38.85	7:39	7.8
119	BEDLA ANNA	8568		JAWORZNO	POL	MASTERS K - 40	8	K 28	00:00:11	00:32:52	00:49:15	01:16:40.10	01:16:40.10	7:40	7.8
120	TYMOSZEWSKI WALDEMAR	8569		PRUSZCZ GDAŃSKI	POL	WETERAN I M - 50	11	M 92	00:00:12	00:32:53	00:49:15	01:16:40.25	01:16:40.25	7:40	7.8
121	MATYSIAK MARCIN	8401	T.S. IRON MAN GOGOLIN	GOGOLIN	POL	MASTERS M - 40	30	M 93	00:00:20	00:31:43	00:48:12	01:16:56.60	01:16:56.60	7:41	7.8
122	SZYMAŃSKI GRZEGORZ	8297	RNB POLANICA ZDRÓJ	POLANICA–ZDRÓJ	POL	MASTERS M - 40	31	M 94	00:00:28	00:32:08	00:48:16	01:17:14.30	01:17:14.30	7:43	7.8
123	BAKSALARY LIDIA	8254	#BIEGAJLESZNO	LESZNO	POL	MASTERS K - 40	9	K 29	00:00:03	00:31:11	00:47:15	01:17:34.60	01:17:34.60	7:45	7.7
124	DYBYSŁAWSKI ADAM	8335	KOJOTY TEAM	WARSZAWA	POL	MASTERS M - 40	32	M 95	00:00:05	00:30:39	00:47:22	01:17:40.60	01:17:40.60	7:46	7.7
125	WOJTKIEWICZ ADAM	8344	STAJNIAK#TEAM	OLEŚNICA	POL	MASTERS M - 40	33	M 96	00:00:32	00:34:09	00:49:33	01:17:47.10	01:17:47.10	7:46	7.7
126	SAWICKI PIOTR	8558	MOTOR LUBLIN	LUBLIN	POL	MASTERS M - 40	34	M 97	00:00:30	00:37:01	00:52:21	01:17:49.70	01:17:49.70	7:46	7.7
127	SCHAFFARCZYK MICHAŁ	8326		KLUCZBORK	POL	SENIOR I M - 20	18	M 98	00:00:08	00:34:15	00:51:07	01:17:51.40	01:17:51.40	7:47	7.7
128	WIŚNIEWSKI ROBERT	8159	METAL CHERRY	ALEKSANDRÓW KUJAWSKI	POL	SENIOR I M - 20	19	M 99	00:00:14	00:34:17	00:50:44	01:17:57.40	01:17:57.40	7:47	7.7
129	BAJER MIKOŁAJ	8056	TARNOWO PODGÓRNE BIEGA	TARNOWO PODGÓRNE	POL	MASTERS M - 40	35	M 100	00:00:25	00:32:25	00:48:33	01:18:08.40	01:18:08.40	7:48	7.7
130	PEREIRA RUBEN	8381	LUSITANIA ARMADA	WROCLAW	POL	SENIOR II M - 30	33	M 101	00:01:21	00:34:32	00:50:43	01:18:26.55	01:18:26.55	7:50	7.6
131	BILICKI WOJTEK	8217		ŁOBŻENICA	POL	SENIOR II M - 30	34	M 102	00:00:05	00:34:25	00:50:10	01:18:28.20	01:18:28.20	7:50	7.6
132	KRAWCZYKOWSKI JACEK	8135		POZNAŃ	POL	SENIOR II M - 30	35	M 103	00:01:27	00:35:59	00:51:45	01:18:32.20	01:18:32.20	7:51	7.6
133	ZASŁAWSKI LECH	8087		WROCŁAW	POL	MASTERS M - 40	36	M 104	00:00:08	00:31:50	00:48:27	01:18:42.25	01:18:42.25	7:52	7.6
134	SENIÓW JOANNA	8255		POZNAŃ	POL	MASTERS K - 40	10	K 30	00:00:08	00:32:17	00:49:15	01:18:44.65	01:18:44.65	7:52	7.6
135	WUJDA MIROSŁAW	8102	ERNI RULEZ	DĘBNO	POL	MASTERS M - 40	37	M 105	00:00:48	00:31:44	00:48:34	01:18:46.45	01:18:46.45	7:52	7.6
136	OZIMINA HUBERT	8156	OBORYGENI	OBORNIKI ŚLĄSKIE	POL	MASTERS M - 40	38	M 106	00:00:12	00:34:15	00:51:16	01:18:49.60	01:18:49.60	7:52	7.6
137	SZARSKI JACEK	8068	KAPCIOCHY	WROCŁAW	POL	SENIOR I M - 20	20	M 107	00:00:23	00:33:08	00:49:08	01:19:06.15	01:19:06.15	7:54	7.6
138	MUČA MĀRIS	8204	LBNB	FANA	NOR	WETERAN I M - 50	12	M 108	00:00:06	00:33:57	00:50:03	01:19:12.45	01:19:12.45	7:55	7.6
139	CIECHOMSKA AGATA CIECHOMSKA	8132	HTF LUDWIK SIKORSKI	LODZ	POL	SENIOR II K - 30	14	K 31	00:00:11	00:33:50	00:49:47	01:19:17.90	01:19:17.90	7:55	7.6
140	JANOSZ ADA	8421		WROCŁAW	POL	SENIOR I K - 20	7	K 32	00:00:28	00:34:18	00:51:08	01:19:20.95	01:19:20.95	7:56	7.6
141	BIENKOWSKI KAMIL	8282		RADWANICE	POL	SENIOR II M - 30	36	M 109	00:01:23	00:35:47	00:51:12	01:19:35.70	01:19:35.70	7:57	7.5
142	KARKOSZKA DAWID	8388		SZCZYRK	POL	SENIOR I M - 20	21	M 110	00:00:30	00:35:00	00:51:32	01:19:46.95	01:19:46.95	7:58	7.5
143	SIWEK GRZEGORZ	8044	LANRUNS	LANCKORONA	POL	MASTERS M - 40	39	M 111	00:00:29	00:35:47	00:52:15	01:20:07.75	01:20:07.75	8:00	7.5
144	KOTAS PAWEŁ	8233		WROCŁAW	POL	SENIOR I M - 20	22	M 112	00:01:08	00:34:41	00:51:04	01:20:18.30	01:20:18.30	8:01	7.5
145	ZADORA BORYS	8214	OLDBOYS TROJAN LĄDEK ZDRÓJ	LĄDEK ZDRÓJ	POL	SENIOR II M - 30	37	M 113	00:03:27	00:37:33	00:52:56	01:20:19.05	01:20:19.05	8:01	7.5
146	STASIAK ANTONI	8462	LEŚNE DZIKI PGB	LESZNO	POL	SENIOR I M - 20	23	M 114	00:00:11	00:32:58	00:49:58	01:20:19.15	01:20:19.15	8:01	7.5
147	MAJŁOWSKI ALEKSANDER	8121		GORZÓW WIELKOPOLSKI	POL	WETERAN III M - 70	2	M 115	00:00:20	00:33:17	00:49:55	01:20:31.55	01:20:31.55	8:03	7.5
148	STASIAK ŁUKASZ	8461	LEŚNE DZIKI PGB	LESZNO	POL	MASTERS M - 40	40	M 116	00:00:12	00:33:35	00:50:33	01:20:46.00	01:20:46.00	8:04	7.4
149	LUBAŃSKA ALICJA	8318		BUKOWICE	POL	WETERAN K - 50	2	K 33	00:00:15	00:33:13	00:50:04	01:21:03.85	01:21:03.85	8:06	7.4
150	CICHAŃSKI MAREK	8199		STRONIE ŚLĄSKIE	POL	SENIOR II M - 30	38	M 117	00:00:40	00:34:50	00:52:11	01:21:08.05	01:21:08.05	8:06	7.4
151	KIERUL ŁUKASZ	8403	MASA TEAM	NOWA SÓL	POL	SENIOR II M - 30	39	M 118	00:00:29	00:34:11	00:51:18	01:21:09.35	01:21:09.35	8:06	7.4

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.01km	3.7km	5.8km	Netto	Brutto	min/km	km/h
152	KOMISARCZYK KRZYSZTOF	8321		MIĘDZYLESIE	POL	SENIOR I M - 20	24	M 119	00:00:40	00:34:50	00:52:05	01:21:10.15	01:21:10.15	8:07	7.4
153	JANUS TOMASZ	8351	TEAM KURORT LĄDEK-ZDRÓJ	BYSTRZYCA KŁODZKA	POL	SENIOR II M - 30	40	M 120	00:01:14	00:37:13	00:53:43	01:21:13.20	01:21:13.20	8:07	7.4
154	SAWICKI ADRIAN	8256		WROCŁAW	POL	MASTERS M - 40	41	M 121	00:01:09	00:35:22	00:52:13	01:21:14.65	01:21:14.65	8:07	7.4
155	WÓJCIAK ŁUKASZ	8073	UMAWIANIENABIEGANIETEAM	WROCŁAW	POL	SENIOR II M - 30	41	M 122	00:00:32	00:34:20	00:51:09	01:21:34.65	01:21:34.65	8:09	7.4
156	DEMBIŃSKI ARKADIUSZ	8409		SKOKI	POL	SENIOR II M - 30	42	M 123	00:00:53	00:36:32	00:53:14	01:21:53.20	01:21:53.20	8:11	7.3
157	NAZIMEK PIOTR	8287		PRÓSZKÓW	POL	SENIOR II M - 30	43	M 124	00:00:34	00:35:34	00:52:34	01:22:00.60	01:22:00.60	8:12	7.3
158	BURA TOMASZ	8475		KRZYCKO WIELKIE	POL	SENIOR II M - 30	44	M 125	00:00:09	00:35:15	00:52:20	01:22:02.75	01:22:02.75	8:12	7.3
159	MRÓZ URSZULA	8077		STRONIE SL	POL	WETERAN II K - 60	1	K 34	00:01:06	00:36:46	00:53:12	01:22:06.65	01:22:06.65	8:12	7.3
160	RASZKOWSKA EMILIA	8429	ŚLĘZAK TEAM	GDANSK	POL	SENIOR II K - 30	15	K 35	00:00:38	00:35:56	00:53:18	01:22:13.80	01:22:13.80	8:13	7.3
161	KUZIEL MARCIN	8113	BLACK RUNNING STRONIE ŚLĄSKIE	STRONIE ŚLĄSKIE	POL	SENIOR II M - 30	45	M 126	00:01:23	00:39:16	00:55:22	01:22:17.00	01:22:17.00	8:13	7.3
162	PALMOWSKI RAFAŁ	8313		ZGIERZ	POL	MASTERS M - 40	42	M 127	00:00:16	00:34:43	00:52:07	01:22:20.25	01:22:20.25	8:14	7.3
163	BOCIĄGA PAWEŁ	8312	RODZINNA GRUPA ROWEROWA Z MIASTA ŁODZI	ŁÓDŹ	POL	MASTERS M - 40	43	M 128	00:00:16	00:34:51	00:52:02	01:22:21.90	01:22:21.90	8:14	7.3
164	ŻUKIEWICZ KRZYSZTOF	8281	TKKF MPK POZNAŃ	POZNAŃ	POL	MASTERS M - 40	44	M 129	00:00:18	00:34:38	00:52:03	01:22:34.00	01:22:34.00	8:15	7.3
165	MAJŁOWSKA IRENA	8120		GORZÓW WIELKOPOLSKI	POL	WETERAN II K - 60	2	K 36	00:00:21	00:34:54	00:52:09	01:22:36.40	01:22:36.40	8:15	7.3
166	WASZAK TOMASZ	8314		POZNAŃ	POL	SENIOR I M - 20	25	M 130	00:01:25	00:37:07	00:54:07	01:22:40.30	01:22:40.30	8:16	7.3
167	NAPIERAŁA ANDRZEJ	8430	MTS DRUŻYNA SZPIKU KGHM	GOSTYŃ	POL	WETERAN II M - 60	3	M 131	00:01:49	00:37:33	00:54:38	01:22:50.15	01:22:50.15	8:17	7.2
168	PIGŁA ALEKSANDER	8306	SPORTOWY KAŹMIERZ	KIĄCZYN	POL	SENIOR I M - 20	26	M 132	00:00:42	00:34:08	00:51:29	01:22:52.45	01:22:52.45	8:17	7.2
169	HANSZ DONAT	8464	NETBOX BIEGA	PIASKI	POL	SENIOR I M - 20	27	M 133	00:00:28	00:34:51	00:52:19	01:23:15.90	01:23:15.90	8:19	7.2
170	MADAJCZYK TOMASZ	8128		WROCŁAW	POL	SENIOR II M - 30	46	M 134	00:00:23	00:34:29	00:51:52	01:23:20.80	01:23:20.80	8:20	7.2
171	MERAK KRZYSZTOF	8363	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	OŁDRZYCHOWICE KŁODZKIE	POL	MASTERS M - 40	45	M 135	00:01:19	00:37:26	00:54:00	01:23:57.65	01:23:57.65	8:23	7.1
172	NOWACZYK MARTA	8126		POZNAŃ	POL	SENIOR II K - 30	16	K 37	00:01:12	00:36:19	00:53:20	01:23:57.75	01:23:57.75	8:23	7.1
173	WINKOWSKI ADRIAN	8001	PRZEDWOJEWSKI TEAM	MĘDŁÓW	AFG	SENIOR II M - 30	47	M 136	00:00:06	00:35:01	00:52:11	01:24:08.35	01:24:08.35	8:24	7.1
174	KISIAŁA FILIP	8240		KRAKÓW	POL	MASTERS M - 40	46	M 137	00:00:21	00:34:42	00:52:16	01:24:13.95	01:24:13.95	8:25	7.1
175	DWORAK SABRINA	8419	MAXIMUS KROSNOWICE	KŁODZKO	POL	SENIOR II K - 30	17	K 38	00:00:24	00:36:44	00:54:30	01:24:20.65	01:24:20.65	8:26	7.1
176	SAMOLAK ŁUKASZ	8228		LĄDEK ZDRÓJ	POL	MASTERS M - 40	47	M 138	00:01:28	00:40:38	00:56:38	01:24:23.55	01:24:23.55	8:26	7.1
177	HEJNA MAŁGORZATA	8266		SZCZECIN	POL	WETERAN K - 50	3	K 39	00:00:08	00:35:17	00:53:47	01:24:26.60	01:24:26.60	8:26	7.1
178	MAKIOŁA AGNIESZKA	8037		CHORZÓW	POL	SENIOR I K - 20	8	K 40	00:00:12	00:35:22	00:53:05	01:24:30.00	01:24:30.00	8:27	7.1
179	KMIECIK ROMA	8425	KUDOWIANKA RUN	ŁĘŻYCE	POL	MASTERS K - 40	11	K 41	00:01:02	00:37:47	00:55:18	01:24:34.75	01:24:34.75	8:27	7.1
180	GACIOCH JAROSŁAW	8398	RUN TEAM TYGRYSY ORZYSZ	ORZYSZ	POL	WETERAN I M - 50	13	M 139	00:00:05	00:35:11	00:53:42	01:24:41.00	01:24:41.00	8:28	7.1
181	PTASZYŃSKA JOANNA	8086		WROCŁAW	POL	WETERAN K - 50	4	K 42	00:00:23	00:35:29	00:53:18	01:24:44.35	01:24:44.35	8:28	7.1
182	SKAWINA KRYSTYNA	8075	TOPOLICE TEAM	TOPOLICE	POL	SENIOR II K - 30	18	K 43	00:00:17	00:34:37	00:51:59	01:24:46.50	01:24:46.50	8:28	7.1
183	POZNAR ADAM	8354		WROCŁAW	POL	SENIOR II M - 30	48	M 140	00:01:17	00:38:22	00:55:54	01:24:57.90	01:24:57.90	8:29	7.1
184	KONIECZNA ANNA	8155	TARNOWO PODGÓRNE BIEGA	TARNOWO PODGÓRNE	POL	MASTERS K - 40	12	K 44	00:00:06	00:35:54	00:53:57	01:24:58.85	01:24:58.85	8:29	7.1
185	GÓRSKI BARTEK	8441		KATOWICE	POL	SENIOR I M - 20	28	M 141	00:00:14	00:37:02	00:54:08	01:25:01.75	01:25:01.75	8:30	7.1
186	JURA EWELINA	8473	TOPOLICE TEAM	DŁUGOPOLE ZDRÓJ	POL	SENIOR II K - 30	19	K 45	00:00:18	00:35:43	00:53:55	01:25:26.40	01:25:26.40	8:32	7
187	KOŁTON JUSTYNA	8284		SOSNOWIEC	POL	SENIOR I K - 20	9	K 46	00:00:28	00:36:55	00:54:18	01:25:26.95	01:25:26.95	8:32	7
188	PRUSICKI RAFAŁ	8122		ZABRZE	POL	MASTERS M - 40	48	M 142	00:00:17	00:35:13	00:53:31	01:25:37.60	01:25:37.60	8:33	7
189	SZCZYPCZYK-PRUSICKA MAŁGORZATA	8123		ZABRZE	POL	MASTERS K - 40	13	K 47	00:00:16	00:35:14	00:53:30	01:25:37.80	01:25:37.80	8:33	7
190	PIETRUCHA JAGODA	8175	TARNOWO PODGÓRNE BIEGA	TARNOWO PODGÓRNE	POL	SENIOR II K - 30	20	K 48	00:00:07	00:35:04	00:53:22	01:25:49.55	01:25:49.55	8:34	7
191	DZIĘGIELEWSKA DOMINIKA	8577		LIPA	POL	SENIOR II K - 30	21	K 49	00:00:11	00:37:01	00:55:05	01:26:05.35	01:26:05.35	8:36	7
192	MARTYN OLGA	8488	SPINKO LESZNO	RYDZYNA	POL	SENIOR II K - 30	22	K 50	00:00:46	00:37:18	00:55:10	01:26:08.70	01:26:08.70	8:36	7
193	BACHURSKA EWA	8043	KB HARCOWNIK JELCZ LASKOWICE	MIŁOSZYCE	POL	MASTERS K - 40	14	K 51	00:00:18	00:36:46	00:54:57	01:26:16.45	01:26:16.45	8:37	7
194	KIEPIEL AGATA	8293	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	SENIOR II K - 30	23	K 52	00:00:58	00:38:11	00:56:12	01:26:16.95	01:26:16.95	8:37	7
195	BŁACHNIO KRZYSZTOF	8375		SZCZECIN	POL	WETERAN I M - 50	14	M 143	00:00:08	00:35:10	00:53:07	01:26:18.55	01:26:18.55	8:37	7
196	WORYTKIEWICZ MAŁGORZATA	8319		KRAKÓW	POL	SENIOR I K - 20	10	K 53	00:00:59	00:38:08	00:55:45	01:26:22.85	01:26:22.85	8:38	6.9
197	ŁASZKIEWICZ PIOTR	8010	ATHLETICS TEM PRUSICE	BRZEŹNO	POL	WETERAN II M - 60	4	M 144	00:00:14	00:36:49	00:54:45	01:26:25.10	01:26:25.10	8:38	6.9
198	RZYWUCKA JOLANTA	8272	4 RUN TEAM PIŁA	PIŁA	POL	MASTERS K - 40	15	K 54	00:00:14	00:35:51	00:54:34	01:26:50.15	01:26:50.15	8:41	6.9
199	BARTNIK PATRYK	8168		LĄDEK-ZDRÓJ	POL	SENIOR I M - 20	29	M 145	00:00:11	00:36:23	00:54:54	01:26:51.20	01:26:51.20	8:41	6.9
200	MATUSZCZYK GRAŻYNA	8271	RYBNICKA GRUPA BIEGOWA	RYBNIK	POL	MASTERS K - 40	16	K 55	00:00:24	00:36:06	00:54:36	01:26:54.55	01:26:54.55	8:41	6.9
201	WILK TOMASZ	8038		OPOLE	POL	SENIOR II M - 30	49	M 146	00:01:01	00:38:23	00:56:48	01:26:55.35	01:26:55.35	8:41	6.9
202	GRZELIŃSKA MALWINA	8490		JAROCIN	POL	SENIOR II K - 30	24	K 56	00:00:15	00:37:19	00:55:48	01:26:55.35	01:26:55.35	8:41	6.9
203	OSUCH MARCIN	8345		POZNAŃ	POL	MASTERS M - 40	49	M 147	00:00:58	00:37:50	00:55:29	01:27:16.85	01:27:16.85	8:43	6.9
204	KRZONKALLA-BARTNIK KATARZYNA	8169		LĄDEK-ZDRÓJ	POL	SENIOR I K - 20	11	K 57	00:00:10	00:36:23	00:54:54	01:27:20.50	01:27:20.50	8:44	6.9

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.01km	3.7km	5.8km	Netto	Brutto	min/km	km/h
205	WITKE ELŻBIETA	8109		KARPACZ	POL	WETERAN II K - 60	3	K 58	00:00:10	00:35:06	00:53:16	01:27:26.95	01:27:26.95	8:44	6.9
206	SZYMAŁA MARCIN	8465	KLUCZBORSKA GRUPA BIEGOWA	KLUCZBORK	POL	WETERAN I M - 50	15	M 148	00:00:44	00:36:19	00:53:17	01:27:41.30	01:27:41.30	8:46	6.8
207	WOŹNIAK MIROSŁAW	8339	TKKF MPK POZNAŃ	KOZIEGŁOWY	POL	WETERAN II M - 60	5	M 149	00:01:00	00:39:27	00:57:10	01:27:48.65	01:27:48.65	8:46	6.8
208	KUCHARSKA ANNA	8458		KOBYLA GÓRA	POL	SENIOR II K - 30	25	K 59	00:00:18	00:37:30	00:55:50	01:28:01.20	01:28:01.20	8:48	6.8
209	HOJA ILONA	8448		KOBYLA GÓRA	POL	SENIOR II K - 30	26	K 60	00:00:17	00:37:30	00:55:50	01:28:01.35	01:28:01.35	8:48	6.8
210	URBANIAK JÓZEF	8576	ULKS CZARNA GÓRA	STRONIE ŚLĄSKIE	POL	WETERAN I M - 50	16	M 150	00:01:04	00:39:09	00:57:07	01:28:16.45	01:28:16.45	8:49	6.8
211	GRODZIŃSKA MAGDALENA	8407		JELENIA GÓRA	POL	SENIOR I K - 20	12	K 61	00:01:10	00:41:05	00:59:24	01:28:19.35	01:28:19.35	8:49	6.8
212	KRZECZKOWSKI ROMAN	8176	BIEGOWA ŚWIDNICA	ŚWIDNICA	POL	WETERAN I M - 50	17	M 151		00:38:41	00:56:53	01:28:29.75	01:28:29.75	8:50	6.8
213	WAWER MARCIN	8493	STOWARZYSZENIE BIEG OPOLSKI	GOGOLIN	POL	SENIOR II M - 30	50	M 152	00:01:22	00:40:58	00:58:40	01:28:52.65	01:28:52.65	8:53	6.8
214	GĄSIOROWSKA SARA	8294		ŚWIEBODZIN	POL	SENIOR I K - 20	13	K 62	00:00:49	00:39:19	00:57:06	01:28:55.10	01:28:55.10	8:53	6.7
215	KOZŁOWSKA MAŁGORZATA	8046	KB ODRA OPOLE	OPOLE	POL	MASTERS K - 40	17	K 63	00:00:30	00:37:39	00:56:01	01:28:55.60	01:28:55.60	8:53	6.7
216	KOZŁOWSKI MARIUSZ	8045	KB ODRA OPOLE	OPOLE	POL	MASTERS M - 40	50	M 153	00:00:30	00:37:33	00:56:00	01:28:56.25	01:28:56.25	8:53	6.7
217	BIAŁEK MARCIN	8115		STRONIE ŚLĄSKIE	POL	MASTERS M - 40	51	M 154	00:01:04	00:40:19	00:58:49	01:28:58.10	01:28:58.10	8:53	6.7
218	BRZEZIŃSKI ANDRZEJ	8062	LANRUNS	OLKUSZ	POL	WETERAN II M - 60	6	M 155	00:00:05	00:38:16	00:57:23	01:29:03.85	01:29:03.85	8:54	6.7
219	IMIŃSKI CEZARY	8104		ZGIERZ	POL	WETERAN I M - 50	18	M 156	00:00:15	00:38:20	00:55:44	01:29:05.65	01:29:05.65	8:54	6.7
220	KUTYCKA KUREK ELŻBIETA	8498	CHOJRAK TEAM WROCŁAW	WROCŁAW	POL	SENIOR II K - 30	27	K 64	00:00:43	00:37:54	00:56:54	01:29:39.60	01:29:39.60	8:57	6.7
221	MASALSKA ANNA	8578		SUWAŁKI	POL	MASTERS K - 40	18	K 65	00:00:27	00:37:36	00:55:49	01:29:41.10	01:29:41.10	8:58	6.7
222	PUSZEK JACEK	8195		CZĘSTOCHOWA	POL	SENIOR II M - 30	51	M 157	00:00:06	00:37:46	00:56:56	01:29:54.15	01:29:54.15	8:59	6.7
223	SZWACZKA SEBASTIAN	8300	BW BIEGOWY WARIAT	WARSZAWA	POL	MASTERS M - 40	52	M 158	00:01:11	00:37:54	00:56:26	01:30:02.30	01:30:02.30	9:00	6.7
224	SENDER JAKUB	8317	BW RUNNING TEAM	WARSZAWA	POL	SENIOR II M - 30	52	M 159	00:01:11	00:37:55	00:56:28	01:30:02.85	01:30:02.85	9:00	6.7
225	NAZARY PIOTR	8383	OBORYGENI	OBORNIKI ŚLĄSKIE	POL	MASTERS M - 40	53	M 160	00:00:27	00:38:55	00:57:06	01:30:03.50	01:30:03.50	9:00	6.7
226	DĄBKOWSKI ADAM	8124		WŁOSZAKOWICE	POL	MASTERS M - 40	54	M 161	00:00:42	00:40:07	00:57:13	01:30:12.35	01:30:12.35	9:01	6.7
227	KORNASZEWSKI WOJCIECH	8559		BYDGOSZCZ	POL	SENIOR II M - 30	53	M 162	00:00:30	00:38:16	00:56:45	01:30:15.15	01:30:15.15	9:01	6.6
228	BUGAJSKI MARCIN	8187		WARSZAWA	POL	MASTERS M - 40	55	M 163	00:00:25	00:38:01	00:56:46	01:30:24.80	01:30:24.80	9:02	6.6
229	KRUK MATEUSZ	8203	MAXIMUS KROSNOWICE	BYSTRZYCA KŁODZKA	POL	SENIOR II M - 30	54	M 164	00:00:24	00:36:43	00:56:02	01:31:26.65	01:31:26.65	9:08	6.6
230	WIKŁO PAWEŁ	8296		KATOWICE	POL	SENIOR I M - 20	30	M 165	00:01:26	00:42:15	01:01:45	01:31:29.65	01:31:29.65	9:08	6.6
231	DULIK RADOSŁAW	8604	OPOLE	OPOLE	POL	MASTERS M - 40	56	M 166	00:00:57	00:41:33	01:00:30	01:31:33.20	01:31:33.20	9:09	6.6
232	RUTKOWSKA IZABELA	8349	SPORTOWY KAŹMIERZ	KAŹMIERZ	POL	MASTERS K - 40	19	K 66	00:01:04	00:41:02	01:00:17	01:32:06.70	01:32:06.70	9:12	6.5
233	MATAK KINGA	8437	ŁASUCH	RADZYMIN	POL	SENIOR II K - 30	28	K 67	00:01:23	00:40:51	01:00:10	01:32:22.65	01:32:22.65	9:14	6.5
234	LEWANDOWSKA KAMILA	8143	LEWANDOWSCY TEAM	GORZÓW WLKP.	POL	SENIOR II K - 30	29	K 68	00:00:59	00:40:04	00:59:57	01:32:26.60	01:32:26.60	9:14	6.5
235	GABOR MACIEJ	8368		WARSZAWA	POL	MASTERS M - 40	57	M 167	00:01:20	00:41:04	01:00:29	01:32:34.20	01:32:34.20	9:15	6.5
236	STEMPIN SYLWIA	8358		KĘPNO	POL	SENIOR II K - 30	30	K 69	00:00:11	00:39:29	00:59:16	01:32:39.65	01:32:39.65	9:15	6.5
237	SZCZEPIŃSKA ANETA	8583		WROCŁAW	POL	SENIOR II K - 30	31	K 70	00:00:27	00:40:13	00:59:45	01:32:43.05	01:32:43.05	9:16	6.5
238	LEŚNICZAK BARBARA	8457	#WKURWTEAM	ZIELONKA	POL	MASTERS K - 40	20	K 71	00:01:12	00:40:40	01:00:01	01:32:46.95	01:32:46.95	9:16	6.5
239	SZAREK SŁAWOMIR	8067	K.S. OBSTAWIMY TYŁY	WROCŁAW	POL	MASTERS M - 40	58	M 168	00:00:55	00:42:55	01:01:44	01:32:54.75	01:32:54.75	9:17	6.5
240	SZYMAŁA JAN	8125		KLUCZBORK	POL	WETERAN III M - 70	3	M 169	00:00:23	00:37:57	00:57:36	01:32:59.80	01:32:59.80	9:17	6.5
241	MICHALSKA AGNIESZKA	8353		WARSZAWA	POL	SENIOR I K - 20	14	K 72	00:01:25	00:41:07	01:00:58	01:33:10.05	01:33:10.05	9:19	6.4
242	POŁAWSKA EWA	8454		WARSZAWA	POL	SENIOR II K - 30	32	K 73	00:01:04	00:42:01	01:01:00	01:33:13.30	01:33:13.30	9:19	6.4
243	WOJTCZAK MATEUSZ	8456		WARSZAWA	POL	SENIOR II M - 30	55	M 170	00:01:04	00:42:04	01:01:00	01:33:13.70	01:33:13.70	9:19	6.4
244	BLANIK MAREK	8239		RADLIN	POL	SENIOR II M - 30	56	M 171	00:00:31	00:39:25	00:58:30	01:33:29.75	01:33:29.75	9:20	6.4
245	BLANIK AGNIESZKA	8238		RADLIN	POL	MASTERS K - 40	21	K 74	00:00:31	00:39:25	00:58:36	01:33:29.75	01:33:29.75	9:20	6.4
246	ZAJĄC AGA	8379	77CATS	JÓZEFOSŁAW	POL	MASTERS K - 40	22	K 75	00:00:38	00:41:30	01:01:03	01:33:32.50	01:33:32.50	9:21	6.4
247	REIJMERS AGNIESZKA	8251	LEIDEN ATLETIEK	OEGSTGEEST	NED	MASTERS K - 40	23	K 76	00:00:39	00:39:57	00:58:36	01:33:47.80	01:33:47.80	9:22	6.4
248	KALIŃSKA DOROTA	8486		KOBYŁKA	POL	SENIOR II K - 30	33	K 77	00:01:28	00:42:30	01:01:09	01:33:55.45	01:33:55.45	9:23	6.4
249	SOBOLEWSKA JULITA	8369		ZALEWO	POL	MASTERS K - 40	24	K 78	00:00:13	00:39:11	00:58:26	01:34:02.20	01:34:02.20	9:24	6.4
250	GALEWSKI MARIUSZ	8074	KOTLIN	KOTLIN	POL	WETERAN I M - 50	19	M 172	00:00:17	00:39:10	00:59:08	01:34:02.65	01:34:02.65	9:24	6.4
251	URBAN ALICJA	8041	KACZKATEAM	WROCŁAW	POL	SENIOR I K - 20	15	K 79	00:00:37	00:37:47	00:57:12	01:34:06.75	01:34:06.75	9:24	6.4
252	RADZIEJEWSKA MILENA	8355	SZWAGRY I SZWAGIERKI	ŚREM	POL	SENIOR I K - 20	16	K 80	00:00:25	00:39:54	01:00:18	01:34:17.10	01:34:17.10	9:25	6.4
253	ŚWIĘCH ANETA	8427	EAZYMUT.PL	WARSZAWA	POL	SENIOR II K - 30	34	K 81	00:00:27	00:40:22	01:01:43	01:34:26.75	01:34:26.75	9:26	6.4
254	KOWAL DAWID	8025		LESZNO	POL	SENIOR I M - 20	31	M 173	00:00:45	00:41:31	01:00:19	01:34:31.65	01:34:31.65	9:27	6.3
255	STROIŃSKI WOJCIECH	8081	LESZ NO LIMITS RUNNERS	WILKOWICE	POL	MASTERS M - 40	59	M 174	00:00:50	00:41:03	01:00:19	01:34:33.15	01:34:33.15	9:27	6.3
256	BEDNAREK-KWIATKOWSKA ANNA	8163	SAMO ZDROWIE	POZNAŃ (POZNAŃ-STARE MIASTO)	POL	MASTERS K - 40	25	K 82	00:00:53	00:40:33	01:00:52	01:34:43.50	01:34:43.50	9:28	6.3
257	BUDA MAŁGORZATA	8260		POZNAN	POL	MASTERS K - 40	26	K 83	00:00:19	00:38:27	00:58:08	01:34:45.70	01:34:45.70	9:28	6.3
258	TOMAKA PATRYCJA	8347	TEAM KURORT LĄDEK-ZDRÓJ	OŁDRZYCHOWICE KŁODZKIE	POL	SENIOR II K - 30	35	K 84	00:01:10	00:41:32	01:00:59	01:34:48.15	01:34:48.15	9:28	6.3
259	BŁACHNIO DOROTA	8072	RAZ SZCZECIN	SZCZECIN	POL	WETERAN K - 50	5	K 85	00:00:08	00:39:27	00:59:33	01:34:53.50	01:34:53.50	9:29	6.3
260	BIENIARZ ILONA	8396	MAKEMAROFITAGAIN!	WROCŁAW	POL	SENIOR II K - 30	36	K 86	00:00:15	00:38:57	00:58:55	01:35:13.70	01:35:13.70	9:31	6.3

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.01km	3.7km	5.8km	Netto	Brutto	min/km	km/h
261	JANSON MARLEEN	8249	LEIDEN ATLETIEK	LEIDEN	NED	SENIOR II K - 30	37	K 87	00:00:39	00:42:18	01:02:34	01:35:17.15	01:35:17.15	9:31	6.3
262	BURA KAROLINA	8227	#BIEGAJLESZNO	LESZNO	POL	SENIOR II K - 30	38	K 88	00:00:12	00:39:05	00:59:30	01:35:18.85	01:35:18.85	9:31	6.3
263	KUCIŃSKI ANDRZEJ	8064	BAZA ZDROWIA FRESCO	WARSZAWA	POL	WETERAN II M - 60	7	M 175	00:00:44	00:41:53	01:01:36	01:35:21.40	01:35:21.40	9:32	6.3
264	SZELIGA AGNIESZKA	8264		BYTOM	POL	SENIOR II K - 30	39	K 89	00:00:34	00:40:35	01:00:39	01:35:35.20	01:35:35.20	9:33	6.3
265	SKARŻEŃSKA-SOKOŁOWSKA JAGODA	8599		LĄDEK ZDRÓJ	POL	SENIOR II K - 30	40	K 90		00:40:46		01:36:03.95	01:36:03.95	9:36	6.2
266	CHOMĄTOWSKI DANIEL	8127		WROCŁAW	POL	SENIOR II M - 30	57	M 176	00:00:23	00:42:07	01:02:46	01:36:07.80	01:36:07.80	9:36	6.2
267	OSIKA ALEKSANDRA	8002		KIELCE	POL	SENIOR I K - 20	17	K 91	00:00:36	00:40:12	01:00:30	01:36:12.95	01:36:12.95	9:37	6.2
268	KRYSKA PAWEŁ	8237		WROCŁAW	POL	SENIOR I M - 20	32	M 177	00:01:09	00:42:21	01:02:13	01:36:24.95	01:36:24.95	9:38	6.2
269	KOPYSTAŃSKA BASIA	8329		LEGNICKIE POLE	POL	SENIOR II K - 30	41	K 92	00:01:26	00:42:54	01:03:41	01:36:26.70	01:36:26.70	9:38	6.2
270	WESTPHAL MAGDALENA	8236		BYDGOSZCZ	POL	SENIOR II K - 30	42	K 93	00:00:28	00:40:14	01:00:27	01:36:28.35	01:36:28.35	9:38	6.2
271	IGNASZEWSKA MARTA	8380		RADZYNY	POL	MASTERS K - 40	27	K 94	00:00:42	00:41:23	01:01:10	01:36:29.15	01:36:29.15	9:38	6.2
272	ROBAK NATALIA	8304		LĄDEK-ZDRÓJ	POL	SENIOR I K - 20	18	K 95	00:01:04	00:42:12	01:02:32	01:36:31.20	01:36:31.20	9:39	6.2
273	IGNASZEWSKI MICHAŁ	8566		RADZYNY	POL	MASTERS M - 40	60	M 178	00:00:51	00:41:24	01:01:10	01:36:32.90	01:36:32.90	9:39	6.2
274	STRZYŻOWSKI NIKODEM	8092		BYDGOSZCZ	POL	SENIOR I M - 20	33	M 179	00:00:26	00:40:01	00:59:45	01:36:39.55	01:36:39.55	9:39	6.2
275	SZYMAŁA KAROLINA	8103		KLUCZBORK	POL	SENIOR I K - 20	19	K 96	00:00:44	00:40:55	01:01:15	01:36:42.35	01:36:42.35	9:40	6.2
276	KLUSKA RAFAŁ	8387	KS DŁUGOŁĘKA 2000	OLEŚNICA	POL	SENIOR I M - 20	34	M 180	00:00:16	00:39:58	01:00:32	01:36:52.70	01:36:52.70	9:41	6.2
277	GRABKOWSKA PAULINA	8376		KŁODZKO	POL	SENIOR II K - 30	43	K 97	00:01:05	00:40:47	01:01:07	01:37:14.40	01:37:14.40	9:43	6.2
278	SYCZ-LANGNER HONORATA	8145		WROCLAW	POL	SENIOR II K - 30	44	K 98	00:00:36	00:40:45	01:02:35	01:37:15.30	01:37:15.30	9:43	6.2
279	KUKUŁA KAROLINA	8443		OŁDRZYCHOWICE	POL	SENIOR II K - 30	45	K 99	00:00:13	00:40:13	01:00:28	01:37:15.75	01:37:15.75	9:43	6.2
280	ODIJA LESZEK	8412		WIRY	POL	MASTERS M - 40	61	M 181	00:01:18	00:43:13	01:02:26	01:37:18.70	01:37:18.70	9:43	6.2
281	GRUCHALSKA MARTA	8494	STOWARZYSZENIE BIEG OPOLSKI	OPOLE	POL	MASTERS K - 40	28	K 100	00:01:22	00:45:17	01:05:02	01:37:20.30	01:37:20.30	9:44	6.2
282	SKRZYPEK MARTA	8221		OBORNIKI	POL	SENIOR II K - 30	46	K 101	00:00:05	00:40:46	01:01:40	01:37:29.15	01:37:29.15	9:44	6.2
283	JOŃCZYK PAULA	8422		WROCŁAW	POL	SENIOR I K - 20	20	K 102	00:01:04	00:43:09	01:02:31	01:37:34.90	01:37:34.90	9:45	6.1
284	PAWLUS MAREK	8395	MAKEMAROFITAGAIN!	WROCŁAW	POL	SENIOR II M - 30	58	M 182	00:00:15	00:40:31	01:01:41	01:37:41.90	01:37:41.90	9:46	6.1
285	BURNETKO MAGDALENA	8405	HUTASY RUNNERS TEAM	KRAKÓW	POL	SENIOR II K - 30	47	K 103	00:00:45	00:42:02	01:02:49	01:37:49.25	01:37:49.25	9:46	6.1
286	SZCZEPIŃSKI KRZYSZTOF	8584		WROCŁAW	POL	SENIOR II M - 30	59	M 183	00:00:27	00:40:17	01:01:28	01:38:10.00	01:38:10.00	9:49	6.1
287	MARKIEWICZ JAGODA	8167	KUŹNIA TALENTÓW KAMIENIEC	KAMIENIEC	POL	SENIOR I K - 20	21	K 104	00:01:02	00:43:31	01:03:47	01:38:33.45	01:38:33.45	9:51	6.1
288	BIELEWICZ ALEKSANDRA	8231	PANKORBKA - MOBILNY SERWIS ROWEROWY	SOSNOWIEC	POL	SENIOR I K - 20	22	K 105	00:00:31	00:42:12	01:02:58	01:38:48.05	01:38:48.05	9:52	6.1
289	WARCHOŁ KAMIL	8220		WROCŁAW	POL	SENIOR I M - 20	35	M 184	00:01:07	00:45:47	01:06:31	01:38:51.95	01:38:51.95	9:53	6.1
290	JOŃCZYK PATRYK	8433		WROCŁAW	POL	SENIOR I M - 20	36	M 185	00:01:07	00:45:47	01:06:31	01:38:53.65	01:38:53.65	9:53	6.1
291	NOWAK - KASPRZAK ANNA	8431		WROCŁAW	POL	SENIOR II K - 30	48	K 106	00:01:10	00:42:11	01:01:58	01:39:17.60	01:39:17.60	9:55	6
292	KASPRZAK ŁUKASZ	8432		WROCŁAW	POL	SENIOR II M - 30	60	M 186	00:01:10	00:42:11	01:01:58	01:39:18.65	01:39:18.65	9:55	6
293	NAGLER TOMASZ	8147		POZNAŃ	POL	MASTERS M - 40	62	M 187	00:00:49	00:37:17	00:57:00	01:39:18.80	01:39:18.80	9:55	6
294	CZERNICKA MAGDALENA	8423		RYBNIK	POL	MASTERS K - 40	29	K 107	00:01:08	00:43:43	01:03:36	01:39:28.60	01:39:28.60	9:56	6
295	SOJA-WAWRYSZEWICZ AGATA	8230		WROCŁAW	POL	MASTERS K - 40	30	K 108	00:00:54	00:42:06	01:02:21	01:39:35.95	01:39:35.95	9:57	6
296	WAWER KASIA	8495	STOWARZYSZENIE BIEG OPOLSKI	OPOLE	POL	SENIOR II K - 30	49	K 109	00:01:22	00:45:18	01:05:03	01:39:36.55	01:39:36.55	9:57	6
297	WĘGRZYNOWSKA RENATA	8340		PIŁA	POL	WETERAN K - 50	6	K 110	00:00:51	00:40:32	01:01:18	01:39:39.15	01:39:39.15	9:57	6
298	MACIEJEWSKI PIOTR	8210	SUPERMARATON KALISZ	KALISZ	POL	WETERAN II M - 60	8	M 188	00:00:20	00:41:59	01:01:47	01:39:53.65	01:39:53.65	9:59	6
299	KOWAL IRENEUSZ	8024		LESZNO	POL	MASTERS M - 40	63	M 189	00:00:45	00:41:46	01:01:51	01:39:54.45	01:39:54.45	9:59	6
300	SZAŁAJSKA MAGDALENA	8564		LUBLIN	POL	SENIOR I K - 20	23	K 111	00:00:55	00:42:04	01:02:44	01:39:55.25	01:39:55.25	9:59	6
301	ŁĘKAWA MATEUSZ	8483		WARSZAWA	POL	SENIOR II M - 30	61	M 190	00:01:13	00:45:44	01:06:30	01:39:58.35	01:39:58.35	9:59	6
302	JURCZYK ANNA	8491		WARSZAWA	POL	SENIOR I K - 20	24	K 112	00:01:13	00:45:43	01:06:30	01:39:58.40	01:39:58.40	9:59	6
303	DABKOWSKA PATRYCJA	8472	SPEEDFEED'16	BARCHLIN	POL	MASTERS K - 40	31	K 113	00:00:42	00:42:05	01:02:51	01:40:00.35	01:40:00.35	10:00	6
304	AMANOWICZ AURELIA	8234		WROCŁAW	POL	SENIOR II K - 30	50	K 114	00:01:09	00:43:38	01:03:54	01:40:11.80	01:40:11.80	10:01	6
305	DAGIEL JANUSZ	8334		WARSZAWA	POL	SENIOR II M - 30	62	M 191	00:00:54	00:41:52	01:04:01	01:40:16.05	01:40:16.05	10:01	6
306	RELIGA LILIANA	8332		WARSZAWA	POL	SENIOR II K - 30	51	K 115	00:00:52	00:42:03	01:04:01	01:40:16.40	01:40:16.40	10:01	6
307	PACUŁT DOMINIKA	8101		ŚWIDNICA	POL	SENIOR I K - 20	25	K 116	00:00:18	00:41:51	01:03:49	01:40:19.65	01:40:19.65	10:01	6
308	DZIURA KAMIL	8100		ŚWIDNICA	POL	SENIOR I M - 20	37	M 192	00:00:19	00:41:51	01:03:49	01:40:19.75	01:40:19.75	10:01	6
309	MAZURKIEWICZ JOANNA	8061		STARY WIELISŁAW	POL	MASTERS K - 40	32	K 117	00:00:11	00:40:12	01:02:02	01:40:40.10	01:40:40.10	10:04	6
310	GRZYBEK SŁAWOMIR	8130	BARTOSZ GORCZYCA RUNNING TEAM	KATOWICE	POL	SENIOR II M - 30	63	M 193	00:00:41	00:45:10	01:05:48	01:40:52.75	01:40:52.75	10:05	5.9
311	DĄBROWSKA GRZYBEK JOANNA	8131		KATOWICE	POL	MASTERS K - 40	33	K 118	00:00:41	00:45:10	01:05:47	01:40:55.15	01:40:55.15	10:05	5.9
312	WIECZOREK MIKOŁAJ	8567	DZIKIE GRUBASY SZATANA	LUBIN	POL	SENIOR I M - 20	38	M 194	00:00:32	00:45:40	01:08:12	01:40:57.70	01:40:57.70	10:05	5.9
313	KRAJEWSKA IRMINA	8435		POZNAŃ	POL	SENIOR II K - 30	52	K 119	00:00:49	00:44:27	01:04:59	01:41:02.70	01:41:02.70	10:06	5.9
314	KUBAŚ DAWID	8492	NADLEŚNICTWO ZDROJE	KŁODZKO	POL	SENIOR II M - 30	64	M 195	00:00:44	00:44:51	01:05:41	01:41:05.15	01:41:05.15	10:06	5.9
315	TÓRZ ANNA	8292		POZNAŃ	POL	MASTERS K - 40	34	K 120	00:00:53	00:44:19	01:05:40	01:41:06.20	01:41:06.20	10:06	5.9

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.01km	3.7km	5.8km	Netto	Brutto	min/km	km/h
316	BINKIEWICZ-KOWALCZYK AGNIESZKA	8189		OSOLA	POL	SENIOR II K - 30	53	K 121	00:00:19	00:42:33	01:04:23	01:41:14.55	01:41:14.55	10:07	5.9
317	GAWLAS ROMAN	8078		WADOWICE	POL	MASTERS M - 40	64	M 196	00:00:39	00:45:49	01:09:05	01:41:24.55	01:41:24.55	10:08	5.9
318	JASIEWICZ KAROLINA	8350		KIEŁCZÓW	POL	SENIOR II K - 30	54	K 122	00:00:52	00:42:00	01:02:50	01:41:39.70	01:41:39.70	10:09	5.9
319	MOŃKA-PODGÓRNA ALEKSANDRA	8299	#POBIEGANI	DYLAKI	POL	SENIOR I K - 20	26	K 123	00:00:37	00:41:59	01:03:20	01:41:40.70	01:41:40.70	10:10	5.9
320	LACHOR ANNA	8275		POZNAŃ	POL	WETERAN K - 50	7	K 124	00:01:31	00:45:31	01:06:28	01:41:44.60	01:41:44.60	10:10	5.9
321	PRUS DOROTA	8052		WARSZAWA	POL	MASTERS K - 40	35	K 125	00:01:27	00:45:18	01:04:57	01:41:45.80	01:41:45.80	10:10	5.9
322	WEBER AGATA	8581	VELO ŁOSIE NA SZOSIE	WARSZAWA	POL	MASTERS K - 40	36	K 126	00:00:30	00:43:14	01:03:56	01:41:50.25	01:41:50.25	10:11	5.9
323	ROSA IZABELA	8560	ROXY	WARSZAWA	POL	SENIOR II K - 30	55	K 127	00:00:59	00:45:31	01:06:30	01:42:05.40	01:42:05.40	10:12	5.9
324	DĘBSKA MARZENA	8035	PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL	PODDĘBICE	POL	MASTERS K - 40	37	K 128	00:00:09	00:45:21	01:06:32	01:42:17.50	01:42:17.50	10:13	5.9
325	KRYSA DOROTA	8322	POMYŁKA TEAM	LĄDEK ZDRÓJ	POL	MASTERS K - 40	38	K 129	00:01:29	00:44:45	01:06:27	01:42:20.65	01:42:20.65	10:14	5.9
326	WASILEWSKA AGNIESZKA	8226	AROMAT NÓG	KRAKÓW	POL	MASTERS K - 40	39	K 130	00:00:12	00:40:53	01:04:16	01:42:35.10	01:42:35.10	10:15	5.8
327	JÓŹWIAKOWSKA WERONIKA	8245		SOLEC KUJAWSKI	POL	SENIOR I K - 20	27	K 131	00:00:32	00:43:17	01:05:15	01:42:48.30	01:42:48.30	10:16	5.8
328	WIRTEK MAGDALENA	8305		ZIELONA GÓRA	POL	SENIOR II K - 30	56	K 132	00:00:13	00:42:02	01:04:10	01:43:05.30	01:43:05.30	10:18	5.8
329	LESNIAK SYLWIA	8320		DUBLIN 22	IRL	MASTERS K - 40	40	K 133	00:00:07	00:42:31	01:04:39	01:43:08.35	01:43:08.35	10:18	5.8
330	MRÓZ ANNA	8382		MIĘDZYLESIE	POL	SENIOR II K - 30	57	K 134	00:19:05	01:13:13		01:43:22.70	01:43:22.70	10:20	5.8
331	TOMERA DOROTA	8496	TEAM KURORT LĄDEK-ZDRÓJ	STARA BYSTRZYCA	POL	MASTERS K - 40	41	K 135	00:01:10	00:45:48	01:06:33	01:43:35.45	01:43:35.45	10:21	5.8
332	GURGUL DOROTA	8205	AROMAT NÓG	KRAKÓW	POL	MASTERS K - 40	42	K 136	00:00:12	00:40:52	01:04:15	01:43:51.00	01:43:51.00	10:23	5.8
333	KUROWSKA BIANKA	8341		ŚWIDNICA	POL	SENIOR I K - 20	28	K 137	00:01:09	00:45:01	01:06:58	01:43:56.80	01:43:56.80	10:23	5.8
334	JAKUBOWSKA JUDYTA	8076		KAMIEŃ POMORSKI	POL	MASTERS K - 40	43	K 138	00:00:25	00:42:51	01:05:01	01:44:07.45	01:44:07.45	10:24	5.8
335	MŁYNARSKI MARIAN	8309		BIELSKO-BIAŁA	POL	WETERAN III M - 70	4	M 197	00:00:19	00:43:46	01:05:39	01:44:21.20	01:44:21.20	10:26	5.7
336	MIECZKOWSKA NINA	8039		OPOLE	POL	SENIOR II K - 30	58	K 139	00:01:02	00:44:29	01:06:36	01:44:31.05	01:44:31.05	10:27	5.7
337	WOJCIECHOWSKA PAULINA	8185		WROCŁAW	POL	SENIOR II K - 30	59	K 140	00:00:50	00:43:49	01:04:52	01:44:51.95	01:44:51.95	10:29	5.7
338	SUDER MACIEJ	8364	3M RUNNING TEAM POLAND	WROCŁAW	POL	SENIOR II M - 30	65	M 198	00:00:36	00:42:09	01:03:52	01:44:55.50	01:44:55.50	10:29	5.7
339	BOCHYŃSKA ADRIANNA	8146		CHORZÓW	POL	SENIOR II K - 30	60	K 141	00:00:58	00:45:31	01:06:39	01:44:57.45	01:44:57.45	10:29	5.7
340	RZYSZKIEWICZ MAŁGORZATA	8274	PĘDZĄCE LENIWCE	SOKOŁÓW PODLASKI	POL	MASTERS K - 40	44	K 142	00:00:53	00:43:58	01:05:39	01:45:08.75	01:45:08.75	10:30	5.7
341	WOŹNIAK LIDIA	8223	PORMAT JEDLICZE BIEGA	SKOŁYSZYN	POL	WETERAN K - 50	8	K 143	00:00:34	00:43:49	01:05:26	01:45:11.80	01:45:11.80	10:31	5.7
342	OLEJ ROBERT	8193		KATOWICE	POL	SENIOR I M - 20	39	M 199	00:00:14	00:42:12	01:05:54	01:45:13.55	01:45:13.55	10:31	5.7
343	KOCHANOWSKA GRAŻYNA	8476		OSTRÓW MAZOWIECKA	POL	WETERAN K - 50	9	K 144	00:00:35	00:42:29	01:03:59	01:45:28.90	01:45:28.90	10:32	5.7
344	BOBIN ANNA	8084	ZOCHU TEAM	GORZÓW WIELKOPOLSKI	POL	MASTERS K - 40	45	K 145	00:00:50	00:45:16	01:07:19	01:45:36.35	01:45:36.35	10:33	5.7
345	HAMPEL MARIA	8316	BODY POWER	LESZNO	POL	SENIOR I K - 20	29	K 146	00:00:24	00:43:24	01:05:55	01:45:39.30	01:45:39.30	10:33	5.7
346	GONERA JANINA	8014	KB HARCOWNIK JELCZ-LASKOWICE	MIŁOSZYCE	POL	WETERAN II K - 60	4	K 147	00:00:51	00:45:52	01:07:40	01:45:40.95	01:45:40.95	10:34	5.7
347	HOJDA AGNIESZKA	8572		WARSZAWA	POL	SENIOR II K - 30	61	K 148	00:00:23	00:43:25	01:06:37	01:46:04.80	01:46:04.80	10:36	5.7
348	ZWYDAK ANNA	8134	WKURW_TEAM	KIEŁCZÓW	POL	SENIOR II K - 30	62	K 149	00:00:34	00:44:53	01:06:46	01:46:15.80	01:46:15.80	10:37	5.6
349	NITSCHKE KAROL	8359	TKKF MPK POZNAŃ	POZNAŃ	POL	MASTERS M - 40	65	M 200	00:01:00	00:43:34	01:06:26	01:46:19.15	01:46:19.15	10:37	5.6
350	NITSCHKE GRAŻYNA	8390	MPK-POZNAŃ	POZNAŃ	POL	MASTERS K - 40	46	K 150	00:00:56	00:43:50	01:06:25	01:46:19.35	01:46:19.35	10:37	5.6
351	IWANOW MAŁGORZATA	8428		RADZYMIN	POL	SENIOR II K - 30	63	K 151	00:01:23	00:45:56	01:08:14	01:46:21.95	01:46:21.95	10:38	5.6
352	GAWRON MONIKA	8481	MIRAZ RACE TEAM	RUDA ŚLĄSKA	POL	MASTERS K - 40	47	K 152	00:00:07	00:47:20	01:09:08	01:46:45.05	01:46:45.05	10:40	5.6
353	BIAŁEK WIOLETTA	8114		STRONIE ŚLĄSKIE	POL	MASTERS K - 40	48	K 153	00:01:03	00:45:35	01:08:03	01:47:13.85	01:47:13.85	10:43	5.6
354	STELMASZCZYK MICHALINA	8573		WARSZAWA	POL	SENIOR I K - 20	30	K 154	00:00:39	00:45:09	01:06:57	01:47:25.35	01:47:25.35	10:44	5.6
355	KRZYWICKI LESZEK	8579	KIERUNEK ULTRA	SUWAŁKI	POL	WETERAN I M - 50	20	M 201	00:00:30	00:42:50	01:05:54	01:47:32.85	01:47:32.85	10:45	5.6
356	GABERT BEATA	8028	RAZ SZCZECIN	SZCZECIN	POL	WETERAN K - 50	10	K 155	00:00:08	00:44:22	01:07:15	01:47:53.65	01:47:53.65	10:47	5.6
357	SROCZYŃSKI MACIEJ	8235		ŻERNIKI WROCŁAWSKIE	POL	MASTERS M - 40	66	M 202	00:01:16	00:44:28	01:06:36	01:47:57.25	01:47:57.25	10:47	5.6
358	RADWAN MATEUSZ	8106		DOPIEWO	POL	SENIOR II M - 30	66	M 203	00:00:45	00:46:33	01:10:29	01:48:54.75	01:48:54.75	10:53	5.5
359	MORAWSKA-KREKORA ANNA	8453		KRAKÓW	POL	SENIOR II K - 30	64	K 156	00:01:24	00:46:09	01:09:17	01:49:08.75	01:49:08.75	10:54	5.5
360	DYBAŁA MICHAŁ	8177	NULL	KRZESZOWICE	POL	MASTERS M - 40	67	M 204	00:00:32	00:45:28	01:08:13	01:49:21.60	01:49:21.60	10:56	5.5
361	DYBAŁA BEATA	8174	DZIKIE GRUBASY SZATANA	KRZESZOWICE	POL	SENIOR II K - 30	65	K 157	00:00:31	00:45:28	01:08:18	01:49:21.95	01:49:21.95	10:56	5.5
362	DZIUBAŁA ILONA	8247		POPÓW	POL	WETERAN K - 50	11	K 158	00:00:24	00:46:39	01:09:56	01:49:28.30	01:49:28.30	10:56	5.5
363	SIP SABINA	8157	FSD RUN DREZDENKO	DREZDENKO	POL	MASTERS K - 40	49	K 159	00:00:22	00:45:50	01:09:16	01:49:30.45	01:49:30.45	10:57	5.5
364	WITCZAK-SPERKA MARIOLA	8059	RAZ SZCZECIN	SZCZECIN	POL	WETERAN II K - 60	5	K 160	00:00:22	00:44:09	01:07:19	01:51:40.35	01:51:40.35	11:10	5.4
365	PLASZCZAK BOGUMIŁA	8162	PIEKIELNIE ZGRANI	TULCE	POL	MASTERS K - 40	50	K 161	00:00:32	00:45:37	01:09:01	01:51:42.55	01:51:42.55	11:10	5.4
366	PLASZCZAK JAROSŁAW	8161		TULCE	POL	MASTERS M - 40	68	M 205	00:00:32	00:46:03	01:09:07	01:51:42.55	01:51:42.55	11:10	5.4
367	JOŃCZYK ELŻBIETA	8098	TUP TUP	LĄDEK ZDRÓJ	POL	WETERAN K - 50	12	K 162	00:01:08	00:49:33	01:12:22	01:51:47.00	01:51:47.00	11:10	5.4
368	MĄDRO AGNIESZKA	8417		KŁODZKO	POL	MASTERS K - 40	51	K 163	00:01:32	00:49:36	01:12:29	01:52:07.80	01:52:07.80	11:12	5.4
369	LEWANDOWSKA ANNA	8027	BORKOŚ TEAM	GORZÓW WIELKOPOLSKI	POL	SENIOR II K - 30	66	K 164	00:01:15	00:46:49	01:09:36	01:52:24.45	01:52:24.45	11:14	5.3
370	JAROSZ AGNIESZKA	8343	TEAM KURORT LĄDEK ZDRÓJ	OŁDRZYCHOWICE KŁODZKIE	POL	SENIOR I K - 20	31	K 165	00:01:11	00:47:56	01:11:53	01:52:34.55	01:52:34.55	11:15	5.3

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.01km	3.7km	5.8km	Netto	Brutto	min/km	km/h
371	WYCISZKIEWICZ GABRIELA	8371	TEAM KURORT LĄDEK ZDRÓJ	OŁDRZYCHOWICE KŁODZKIE	POL	MASTERS K - 40	52	K 166	00:01:11	00:47:54	01:11:53	01:52:35.15	01:52:35.15	11:15	5.3
372	PARTYKA AGNIESZKA	8017	KB HARCOWNIK JELCZ-LASKOWICE	JELCZ-LASKOWICE	POL	MASTERS K - 40	53	K 167	00:01:23	00:48:11	01:11:56	01:53:13.80	01:53:13.80	11:19	5.3
373	SOWA MARTA	8053	WKURW_TEAM	WROCŁAW	POL	SENIOR II K - 30	67	K 168	00:01:24	00:48:01	01:13:17	01:53:34.60	01:53:34.60	11:21	5.3
374	NAIT MANSOUR IZABELA	8325		POZNAŃ	POL	MASTERS K - 40	54	K 169	00:00:52	00:46:14	01:11:00	01:53:46.50	01:53:46.50	11:22	5.3
375	KLIN ANETA	8402		BRZEG	POL	MASTERS K - 40	55	K 170	00:01:06	00:48:13	01:13:02	01:53:52.75	01:53:52.75	11:23	5.3
376	HETAK MONIKA	8211		LĄDEK-ZDRÓJ	POL	MASTERS K - 40	56	K 171	00:00:40	00:46:44	01:10:59	01:53:56.50	01:53:56.50	11:23	5.3
377	HEŁMIK KATARZYNA	8440	POMYŁKA TEAM	WROCŁAW	POL	MASTERS K - 40	57	K 172	00:01:31	00:49:25	01:13:22	01:54:05.45	01:54:05.45	11:24	5.3
378	GÓRCZYŃSKA BARBARA	8229		LĄDEK ZDRÓJ	POL	MASTERS K - 40	58	K 173	00:01:29	00:48:47	01:13:23	01:54:09.85	01:54:09.85	11:24	5.3
379	BIENIEK IWONA	8295		PRZYBYSŁAWICE 110A	POL	WETERAN K - 50	13	K 174	00:00:16	00:45:37	01:09:31	01:54:14.10	01:54:14.10	11:25	5.3
380	ROGACZ EWA	8181		NOWY TOMYŚL	POL	SENIOR II K - 30	68	K 175	00:00:47	00:50:35	01:13:35	01:54:25.00	01:54:25.00	11:26	5.2
381	CHASZCZEWSKA JULIA	8066	TOPOLICE TEAM	WROCŁAW	POL	SENIOR II K - 30	69	K 176	00:00:55	00:48:01	01:12:53	01:54:35.30	01:54:35.30	11:27	5.2
382	MAJCHRZYCKA AGNIESZKA	8374	TKKF MPK POZNAŃ	KIJEWO/ŚRODA WIELKOPOLSKA	POL	SENIOR II K - 30	70	K 177	00:00:55	00:49:34	01:13:05	01:54:44.90	01:54:44.90	11:28	5.2
383	TOCZEK GRAŻYNA	8144	NIGHT RUNNERS PYSKOWICE	PYSKOWICE	POL	WETERAN K - 50	14	K 178	00:01:08	00:47:17	01:11:31	01:54:51.45	01:54:51.45	11:29	5.2
384	KRÓL KAROLINA	8133		BIERUTÓW	POL	SENIOR I K - 20	32	K 179	00:01:22	00:49:35	01:13:45	01:54:52.20	01:54:52.20	11:29	5.2
385	GRÖGER KAROLINA	8149		LĄDEK-ZDRÓJ	POL	SENIOR I K - 20	33	K 180	00:00:39	00:46:43	01:11:00	01:55:02.20	01:55:02.20	11:30	5.2
386	SZCZERBIEŃ JACEK	8150		KŁODZKO	POL	MASTERS M - 40	69	M 206	00:00:51	00:47:09	01:11:00	01:55:02.80	01:55:02.80	11:30	5.2
387	DATA TOMASZ	8090	HRMAX ŻORY	ŻORY	POL	WETERAN I M - 50	21	M 207	00:01:27	00:49:38	01:13:46	01:55:26.75	01:55:26.75	11:32	5.2
388	MIKOŁAJCZAK MAGDALENA	8089	HRMAX ŻORY	ŻORY	POL	MASTERS K - 40	59	K 181	00:01:27	00:49:38	01:13:48	01:55:29.50	01:55:29.50	11:32	5.2
389	MORAWSKA EDYTA	8386	BIEGNIJ OŁAWO	OŁAWA	POL	MASTERS K - 40	60	K 182	00:00:35	00:45:07	01:08:23	01:55:39.45	01:55:39.45	11:33	5.2
390	MORAWSKI JAROSŁAW	8385	BIEGNIJ OŁAWO	OŁAWA	POL	MASTERS M - 40	70	M 208	00:00:36	00:45:11	01:08:23	01:55:40.30	01:55:40.30	11:34	5.2
391	BOGUSŁAWSKA ELŻBIETA	8215		LĄDEK-ZDRÓJ	POL	MASTERS K - 40	61	K 183	00:00:45	00:46:47	01:12:38	01:55:54.90	01:55:54.90	11:35	5.2
392	FILIPIAK SEBASTIAN	8219	EKIPA LIPA	LIPA	POL	MASTERS M - 40	71	M 209	00:00:52	00:52:30	01:15:19	01:56:00.20	01:56:00.20	11:36	5.2
393	SZYMCZAK KATARZYNA	8218		UNIEJOWICE	POL	SENIOR II K - 30	71	K 184	00:00:52	00:52:30	01:15:18	01:56:00.70	01:56:00.70	11:36	5.2
394	SZAFLIK ANNA	8216		LĄDEK-ZDRÓJ	POL	MASTERS K - 40	62	K 185	00:00:46	00:46:48	01:12:38	01:56:08.95	01:56:08.95	11:36	5.2
395	GÓRAL AGNIESZKA	8082	ALSTOM KATOWICE	KATOWICE	POL	SENIOR II K - 30	72	K 186	00:01:03	00:49:39	01:14:37	01:56:33.45	01:56:33.45	11:39	5.1
396	PIEKARCZYK KATARZYNA	8418		KŁODZKO	POL	SENIOR II K - 30	73	K 187	00:01:32	00:50:18	01:13:38	01:56:37.50	01:56:37.50	11:39	5.1
397	SYPNIEWSKA HANNA	8327	ULTRA WAY TEAM	GDYNIA	POL	WETERAN II K - 60	6	K 188	00:01:25	00:49:39	01:14:04	01:56:38.60	01:56:38.60	11:39	5.1
398	RZESZOWSKA IWONA	8283	MIRAZ RACE TEAM	ZABRZE	POL	MASTERS K - 40	63	K 189	00:00:07	00:47:51	01:13:14	01:56:51.10	01:56:51.10	11:41	5.1
399	ROMANOWSKA ANNA	8586		WARSZAWA	POL	MASTERS K - 40	64	K 190	00:00:29	00:48:19	01:14:20	01:57:45.60	01:57:45.60	11:46	5.1
400	ZIELIŃSKA MAGDALENA	8585		WARSZAWA	POL	SENIOR II K - 30	74	K 191	00:00:30	00:48:20	01:14:20	01:57:45.95	01:57:45.95	11:46	5.1
401	DULIK ALEKSANDRA	8303	OPOLE	OPOLE	POL	MASTERS K - 40	65	K 192	00:00:57	00:48:40	01:13:17	01:58:07.35	01:58:07.35	11:48	5.1
402	LECHOWSKA MONIKA	8083	ALSTOM KATOWICE	MYSŁOWICE	POL	MASTERS K - 40	66	K 193	00:01:03	00:49:49	01:14:37	01:58:14.95	01:58:14.95	11:49	5.1
403	PRZYŁUSKA MIROSŁAWA	8032	RAZ SZCZECIN	SZCZECIN	POL	WETERAN III K - 70	1	K 194	00:00:24	00:47:21	01:12:53	01:58:27.75	01:58:27.75	11:50	5.1
404	GLASSER MAREK	8478		WARSZAWA	POL	WETERAN III M - 70	5	M 210	00:01:14	00:49:37	01:14:22	01:58:47.40	01:58:47.40	11:52	5.1
405	WASILEWSKA JOANNA	8361	PARKRUN GRUDZIĄDZ	GRUDZIĄDZ	POL	SENIOR II K - 30	75	K 195	00:00:57	00:47:58	01:12:17	01:58:58.40	01:58:58.40	11:53	5
406	LIS EWELINA	8008		GRUDZIĄDZ	POL	MASTERS K - 40	67	K 196	00:00:56	00:47:57	01:09:11	01:59:01.15	01:59:01.15	11:54	5
407	MODRAK MACIEJ	8007	PARKRUN GRUDZIĄDZ	GRUDZIĄDZ	POL	WETERAN I M - 50	22	M 211	00:00:57	00:47:57	01:08:50	01:59:02.75	01:59:02.75	11:54	5
408	KOLASA ANDRZEJ	8129	KLUB J.SŁOWACKIEGO	WARSZAWA-WESOŁA	POL	WETERAN III M - 70	6	M 212	00:00:02	00:46:52	01:14:10	01:59:49.80	01:59:49.80	11:58	5
409	SZCZUKA PAWEŁ	8366		WIRY	POL	WETERAN I M - 50	23	M 213	00:00:54	00:49:43	01:14:48	01:59:54.10	01:59:54.10	11:59	5
410	SZCZUKA MAŁGORZATA	8365		WIRY	POL	WETERAN K - 50	15	K 197	00:00:48	00:49:37	01:14:51	01:59:54.85	01:59:54.85	11:59	5
411	PILARSKI RYSZARD	8446	IZERY BOGATYNIA	BOGATYNIA	POL	WETERAN II M - 60	9	M 214	00:00:17	00:48:02	01:13:25	02:01:58.05	02:01:58.05	12:11	4.9
412	PILARSKA ELŻBIETA	8410	IZERY BOGATYNIA	BOGATYNIA	POL	WETERAN III K - 70	2	K 198	00:00:17	00:48:03	01:13:26	02:01:58.10	02:01:58.10	12:11	4.9
413	BORIS ANETA	8348		ELBLĄG	POL	SENIOR II K - 30	76	K 199	00:01:25	00:51:03	01:17:03	02:02:24.55	02:02:24.55	12:14	4.9
414	SZPUREK ANNA	8597	BUKOWSKI KLUB BIEGACZA	BUK	POL	MASTERS K - 40	68	K 200	00:00:32	00:47:25	01:14:18	02:04:33.65	02:04:33.65	12:27	4.8
415	WOJTKOWSKA KATARZYNA	8207		WARSZAWA	POL	SENIOR I K - 20	34	K 201	00:01:07	00:49:27	01:13:40	02:04:34.55	02:04:34.55	12:27	4.8
416	ZARZECZNY RADOSŁAW	8413	JUNIOR AMATOR SUPERSTAR	KRAKÓW	POL	SENIOR II M - 30	67	M 215	00:00:49	00:47:59	01:13:30	02:04:57.10	02:04:57.10	12:29	4.8
417	MITIS MAREK	8232		KRAKÓW	POL	SENIOR II M - 30	68	M 216	00:00:48	00:48:00	01:13:31	02:04:57.25	02:04:57.25	12:29	4.8
418	PŁOŃSKA KLAUDIA	8165		WROCŁAW	POL	SENIOR I K - 20	35	K 202	00:01:07	00:49:28	01:13:43	02:05:00.25	02:05:00.25	12:30	4.8
419	BUDZISZEWSKI JAKUB	8164		WROCŁAW	POL	SENIOR I M - 20	40	M 217	00:01:08	00:49:33	01:14:53	02:05:00.75	02:05:00.75	12:30	4.8
420	AGATA BAGROWSKA	8257		WROCŁAW	POL	MASTERS K - 40	69	K 203	00:01:15	00:51:33	01:18:20	02:05:36.05	02:05:36.05	12:33	4.8
421	WEKA KRZYSZTOF	8555	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK	POL	SENIOR II M - 30	69	M 218	00:00:10	00:39:20	01:05:57	02:06:04.65	02:06:04.65	12:36	4.8
422	ANACZKOWSKA KRYSTYNA	8307	ZANTYR SZTUM	SZTUM	POL	WETERAN II K - 60	7	K 204	00:00:35	00:51:29	01:17:38	02:06:13.55	02:06:13.55	12:37	4.8
423	ŚLEDZIK JOANNA	8085	ALSTOM KATOWICE	ZABRZE	POL	MASTERS K - 40	70	K 205	00:01:15	00:51:32	01:15:32	02:06:27.25	02:06:27.25	12:38	4.7
424	WALCZAK SŁAWOMIR	8118		GAŁĄZCZYCE	POL	WETERAN I M - 50	24	M 219	00:06:08	00:52:24	01:17:11	02:06:32.55	02:06:32.55	12:39	4.7
425	DOMINIAK AGNIESZKA	8030		WARSZAWA	POL	MASTERS K - 40	71	K 206	00:01:05	00:52:24	01:18:29	02:07:17.05	02:07:17.05	12:43	4.7

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.01km	3.7km	5.8km	Netto	Brutto	min/km	km/h
426	NURKIEWICZ-KMIECIK DOMINIKA	8186		KAŹMIERZ	POL	MASTERS K - 40	72	K 207	00:00:50	00:52:09	01:18:28	02:07:37.55	02:07:37.55	12:45	4.7
427	SZYMAŃSKA ANIA	8225		SZCZECIN	POL	WETERAN K - 50	16	K 208	00:01:01	00:50:39	01:16:41	02:10:40.15	02:10:40.15	13:04	4.6
428	KARCZYŃSKA SYLWIA	8352		STAROGARD GDAŃSKI	POL	MASTERS K - 40	73	K 209	00:01:04	00:54:20	01:21:44	02:11:47.35	02:11:47.35	13:10	4.6
429	GIERSZEWSKI MAREK	8591	HRT	STAROGARD GDAŃSKI	POL	MASTERS M - 40	72	M 220	00:01:03	00:54:33	01:21:43	02:11:48.20	02:11:48.20	13:10	4.6
430	SZKUTA STANISŁAW	8308	ROVELLI TEORIA KWANTÓW	BIELSKO-BIAŁA	POL	WETERAN II M - 60	10	M 221	00:00:21	00:51:03	01:20:36	02:12:06.80	02:12:06.80	13:12	4.5
431	WIŚNIEWSKI MICHAŁ	8119	K.S OBSTAWIAMY TYŁY	WROCŁAW	POL	MASTERS M - 40	73	M 222	00:00:59	00:49:36	01:18:00	02:12:37.70	02:12:37.70	13:15	4.5
432	SOWIŃSKI ROBERT	8117	K.S. OBSTAWIAMY TYŁY	WROCŁAW	POL	MASTERS M - 40	74	M 223	00:01:00	00:48:37	01:18:00	02:12:39.35	02:12:39.35	13:15	4.5
433	RYMSKA ANNA	8290		POZNAŃ	POL	MASTERS K - 40	74	K 210	00:00:52	00:53:06	01:22:37	02:13:32.90	02:13:32.90	13:21	4.5
434	SMYCZ ANNA	8291		POZNAŃ	POL	MASTERS K - 40	75	K 211	00:00:53	00:53:11	01:22:39	02:13:33.45	02:13:33.45	13:21	4.5
435	BĄCZEK KRZYSZTOF	8310		ZAWIERCIE	POL	MASTERS M - 40	75	M 224	00:01:17	00:55:53	01:22:34	02:14:42.10	02:14:42.10	13:28	4.5
436	ŁOZIENKO ANNA	8411	KB HARCOWNIK JELCZ-LASKOWICE	MIŁOSZYCE	POL	SENIOR II K - 30	77	K 212	00:01:24	00:56:06	01:24:38	02:15:40.15	02:15:40.15	13:34	4.4
437	JANOSZ MARZENA	8099		WROCŁAW	POL	WETERAN K - 50	17	K 213	00:01:08	00:54:21	01:23:14	02:20:24.55	02:20:24.55	14:02	4.3
438	MAKSYMOWICZ MONIKA	8415		KŁODZKO	POL	SENIOR II K - 30	78	K 214	00:01:32	00:56:29	01:28:31	02:20:29.20	02:20:29.20	14:02	4.3
439	RYBKA ELŻBIETA	8416		KŁODZKO	POL	SENIOR II K - 30	79	K 215	00:01:32	00:56:23	01:27:18	02:20:43.70	02:20:43.70	14:04	4.3
440	KUBIATOWICZ MAŁGORZATA	8006		POZNAŃ	POL	MASTERS K - 40	76	K 216	00:01:26	01:01:58	01:31:35	02:20:50.75	02:20:50.75	14:05	4.3
441	MAJCHRZAK MONIKA	8022	WKURW_TEAM	POZNAŃ	POL	WETERAN K - 50	18	K 217	00:01:13	00:59:27	01:28:22	02:21:40.90	02:21:40.90	14:10	4.2
442	STRZYŻOWSKA MONIKA	8091		BYDGOSZCZ	POL	MASTERS K - 40	77	K 218	00:00:26	00:53:59	01:25:19	02:24:23.55	02:24:23.55	14:26	4.2
443	WITKIEWICZ-ŁUKASZEK SANDRA	8018	ŁUKASZKI TEAM	OSIELSKO	POL	SENIOR II K - 30	80	K 219	00:00:27	00:53:58	01:25:20	02:24:24.20	02:24:24.20	14:26	4.2
444	KRZEMIENIEWSKI JERZY	8054	KB SZAMOTUŁY	SZAMOTUŁY	POL	WETERAN II M - 60	11	M 225	00:01:16	01:00:08	01:33:22	02:31:04.55	02:31:04.55	15:06	4
445	ZALESZCZAK RENATA	8011	KB SZAMOTUŁY	SZAMOTUŁY	POL	WETERAN K - 50	19	K 220	00:00:52	01:04:02	01:37:19	02:31:34.75	02:31:34.75	15:09	4
446	MICHALSKI DARIUSZ	8020	ALFA TEAM GOSTYŃ	PIASKI	POL	WETERAN I M - 50	25	M 226	00:01:18	01:03:24	01:35:55	02:32:13.85	02:32:13.85	15:13	3.9
447	MROWCA PAWEŁ	8439		LUBAŃ	POL	SENIOR II M - 30	70	M 227	00:01:17	00:56:38	01:29:35	02:33:10.85	02:33:10.85	15:19	3.9
448	SZAFRANIEC-MROWCA DOROTA	8438		LUBAŃ	POL	MASTERS K - 40	78	K 221	00:01:16	00:56:38	01:29:56	02:33:11.30	02:33:11.30	15:19	3.9
449	SZYMAŃSKI PAWEŁ	8378		POZNAŃ	POL	MASTERS M - 40	76	M 228	00:01:20	01:02:58	01:36:41	02:39:28.45	02:39:28.45	15:56	3.8
450	SZYMAŃSKA AGNIESZKA	8244		POZNAŃ	POL	MASTERS K - 40	79	K 222	00:01:20	01:02:57	01:36:40	02:39:28.80	02:39:28.80	15:56	3.8
451	GRZELAKOWSKA IWONA	8442		POZNAŃ	POL	MASTERS K - 40	80	K 223	00:01:13	01:06:59	01:39:33	02:41:34.10	02:41:34.10	16:09	3.7
452	KOCIUBA KATARZYNA	8170		POZNAŃ	POL	SENIOR II K - 30	81	K 224	00:01:00	00:55:45	01:28:22	02:41:35.65	02:41:35.65	16:09	3.7
453	KOWAL MARZENA	8026		LESZNO	POL	MASTERS K - 40	81	K 225	00:00:45	01:04:41	01:41:21	02:42:31.70	02:42:31.70	16:15	3.7
454	STROIŃSKA IWONA	8080	LESZ NO LIMITS RUNNERS	WILKOWICE	POL	MASTERS K - 40	82	K 226	00:00:47	01:04:42	01:41:22	02:42:33.45	02:42:33.45	16:15	3.7
455	KONIECZNY ROBERT	8021	WKURW_TEAM	ŻARY	POL	MASTERS M - 40	77	M 229	00:01:15	00:52:13	01:15:37	02:45:35.95	02:45:35.95	16:33	3.6
456	MIELEC MARTA	8447	#ZŁOTYNAKILOMETR	STARGARD	POL	SENIOR II K - 30	82	K 227	00:01:15	00:52:13	01:15:37	02:45:36.80	02:45:36.80	16:33	3.6
457	ROBAK ANETA	8152		LĄDEK-ZDRÓJ	POL	MASTERS K - 40	83	K 228	00:00:49	01:10:13		03:12:11.20	03:12:11.20	19:13	3.1
458	MRÓWCZYŃSKA EWA	8392		JAKTORÓW	POL	WETERAN K - 50	20	K 229	00:00:33	01:10:39		03:12:13.20	03:12:13.20	19:13	3.1
DNC	ŚWIRGOŃ ADAM	8596	ZAŁOGA GÓRSKA	WARSZAWA	POL	SENIOR I M - 20	DNC	DNC	00:00:01						
	ZAKRZEWICZ-PODLECKA AGNIESZKA	8180	ROKIETNICA BIEGA	ROKIETNICA	POL	SENIOR II K - 30			00:00:04 DNF	DNF	DNF	DNF	DNF	-	-
	POŚWISTAJŁO MARCIN	8452		LĄDEK-ZDRÓJ	POL	SENIOR I M - 20			00:00:33 DNF	DNF	DNF	DNF	DNF	-	-