

I Kobierzycki Bieg z Konstytucją - 10 km

WYNIKI ZAWODÓW

Open 10 km

Organizator: Stowarzyszenie Pro-Run Wrocław

Termin: 03.05.2015

Miejsce: Kobierzyce

Dystans: 10 km

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kategorii in Age Sex	Czas Time	Netto	[min/km]
Open 10 km KATEGORIA:K16										
1	366	JANICKA Zuza		POL		02	K16/1 (K)65	01:03:15	01:02:51	06.17
Open 10 km KATEGORIA:K50										
1	251	DĘBSKA Agnieszka	WROCLAW	POL		65	K50/1 (K)30	00:55:44	00:55:31	05.33
2	228	STANKIEWICZ Iwona	SOBÓTKA	POL		59	K50/2 (K)32	00:56:18	00:56:02	05.36
3	333	DURAWA Ewa	ŻÓRAWINA	POL		60	K50/3 (K)71	01:09:23	01:09:06	06.54
Open 10 km KATEGORIA:K40										
1	227	ZIELIŃSKA Mirona	WROCLAW	POL		75	K40/1 (K)11	00:50:49	00:50:45	05.04
2	30	LISS Magdalena	WROCLAW	POL		75	K40/2 (K)19	00:53:06	00:52:52	05.17
3	303	PODYMA Bożena	WROCLAW	POL		66	K40/3 (K)31	00:55:47	00:55:30	05.33
4	112	WOROBIEC Małgorzata	WROCLAW	POL		73	K40/4 (K)34	00:56:26	00:56:17	05.37
5	81	DUCZMALEWSKA-SIENKIEWICZ Roletta	WROCLAW	POL		69	K40/5 (K)40	00:57:49	00:57:35	05.45
6	161	CHOLASZCZYŃSKA Barbara	SZEWCE	POL		72	K40/6 (K)43	00:58:11	00:58:03	05.48
7	314	WÓJTOWICZ Anna	LUBIN	POL		72	K40/7 (K)45	00:58:16	00:58:11	05.49
8	33	HECHNER Agata	WROCLAW	POL		70	K40/8 (K)52	01:00:24	01:00:05	06.00
9	88	TUL Małgorzata	GNIECHOWICE	POL		70	K40/9 (K)54	01:00:33	01:00:24	06.02
10	140	GRYGIEL Agnieszka	WROCLAW	POL		71	K40/10 (K)58	01:01:17	01:01:07	06.06
11	80	SZULC-WAWRZYŃIAK Dagmara	WROCLAW	POL		69	K40/11 (K)69	01:04:57	01:04:42	06.28
12	123	CZYŻ Halina	KAMIENIEC ZĄBKOWICKI	POL		71	K40/12 (K)72	01:09:42	01:09:29	06.56
13	327	BARTELA Ela	WROCLAW	POL		69	K40/13 (K)74	01:11:55	01:11:32	07.09
Open 10 km KATEGORIA:K30										
1	83	WIĘCEK Anna	WROCLAW	POL		80	K30/1 (K)3	00:42:00	00:41:56	04.11
2	202	KOLARZYK Justyna	WROCLAW	POL		83	K30/2 (K)4	00:42:48	00:42:42	04.16
3	39	ŻELAZOWSKA Ola	WROCLAW	POL		85	K30/3 (K)5	00:45:39	00:45:24	04.32
4	168	DYŚ Ewa	KOBIERZYCE	POL		76	K30/4 (K)9	00:48:43	00:48:36	04.51
5	21	DĄBROWSKA Ewelina	WROCLAW	POL		77	K30/5 (K)12	00:51:05	00:51:00	05.06
6	156	SZAŃCA Monika	WROCLAW	POL		79	K30/6 (K)14	00:51:47	00:51:32	05.09
7	254	BROŻYŃIAK Anna	WROCLAW	POL		82	K30/7 (K)15	00:52:18	00:52:09	05.12
8	46	INDULSKA-SAŁDACZ Edyta	WROCLAW	POL		82	K30/8 (K)17	00:52:55	00:52:35	05.15
9	186	KLUZ Adrianna	WROCLAW	POL		83	K30/9 (K)18	00:52:56	00:52:44	05.16
10	18	PIELUSZYŃSKA Agnieszka	SOBÓTKA	POL		80	K30/10 (K)20	00:53:14	00:52:58	05.17
11	24	ŻYNEL Edyta	WĘGRY	POL		79	K30/11 (K)21	00:53:51	00:53:32	05.21
12	272	WÓJCİK Agnieszka	RAJSZEW	POL		82	K30/12 (K)22	00:54:09	00:53:44	05.22
13	150	SOBCZAK Beata	WROCLAW	POL		76	K30/13 (K)25	00:54:46	00:54:38	05.27
14	2	KRZEŚNIAK Marlena	BIELANY WROCLAWSKIE	POL		85	K30/14 (K)26	00:54:59	00:54:51	05.29
15	253	NAROŻNY Ewelina	WROCLAW	POL		78	K30/15 (K)29	00:55:41	00:55:35	05.33
16	340	PAŁĘZA Magdalena	WROCLAW	POL		76	K30/16 (K)35	00:56:35	00:56:20	05.38
17	152	ZIMIERSKA Dorota	WROCLAW	POL		83	K30/17 (K)37	00:57:08	00:57:01	05.42
18	72	KORDEL Joanna	WROCLAW	POL		80	K30/18 (K)38	00:57:18	00:57:09	05.42
19	261	BOGACZYŃSKA-ADACH Bożena	ZĄBKOWICE ŚLĄSKIE	POL		77	K30/19 (K)39	00:57:44	00:57:25	05.44
20	370	KUSZNIR Olga		POL		78	K30/20 (K)41	00:57:55	00:57:44	05.46
21	13	SZYMCZAK Lucyna	WROCLAW	POL		81	K30/21 (K)42	00:58:00	00:57:45	05.46
22	71	KORDEL Małgorzata	WROCLAW	POL		82	K30/22 (K)44	00:58:11	00:58:02	05.48
23	184	DOMARADZKA Monika	BOLESŁAWIEC	POL		80	K30/23 (K)48	00:58:47	00:58:32	05.51
24	130	JANICKA Aneta	WROCLAW	POL		76	K30/24 (K)49	00:59:58	00:59:33	05.57

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kategorii in Age Sex	Czas Time	Netto	[min/km]
25	116	CHORAŻAK Żaneta	WROCLAW	POL		81	K30/25 (K)50	01:00:03	00:59:38	05.57
26	289	LISOWSKA Izabela	ZĄBKOWICE ŚLĄSKIE	POL		77	K30/26 (K)53	01:00:31	01:00:12	06.01
27	147	HARAS Marta	GNIECHOWICE	POL		84	K30/27 (K)55	01:00:34	01:00:24	06.02
28	354	MAZURCZAK Ewa		POL		77	K30/28 (K)56	01:01:05	01:00:51	06.05
29	323	RYBIENIK Magdalena	WROCLAW	POL		81	K30/29 (K)60	01:01:41	01:01:20	06.08
30	220	PEWNIAK Ewa	WROCLAW	POL		76	K30/30 (K)61	01:01:45	01:01:36	06.09
31	291	GLUCHOWSKA Ewelina	WROCLAW	POL		85	K30/31 (K)62	01:01:59	01:01:37	06.09
32	22	BIERNACKA Alicja	KIELCZÓW	POL		77	K30/32 (K)63	01:02:36	01:02:25	06.14
33	241	KĘPA Agnieszka	WYSOKA	POL		82	K30/33 (K)64	01:03:07	01:02:45	06.16
34	344	PUCIATO Paulina		POL		76	K30/34 (K)66	01:03:32	01:03:18	06.19
35	134	OGIŃSKA Katarzyna	BIELANY WROCLAWSKIE	POL		78	K30/35 (K)67	01:03:55	01:03:31	06.21
36	94	BRONOWICKA Anna	KĄTY WROCLAWSKIE	POL		80	K30/36 (K)68	01:04:30	01:04:19	06.25
37	326	KUCZYŃSKA Sabina	WROCLAW	POL		79	K30/37 (K)70	01:06:39	01:06:28	06.38
38	127	RASZEWSKA Agata	WROCLAW	POL		79	K30/38 (K)73	01:10:51	01:10:41	07.04

Open 10 km KATEGORIA:K20

1	352	KULPA Paulina		POL		93	K20/1 (K)1	00:40:28	00:40:28	04.02
2	368	BICHUN Natalia		POL		87	K20/2 (K)2	00:41:49	00:41:46	04.10
3	250	PALICHLER Nina	SOBÓTKA	POL		92	K20/3 (K)6	00:46:16	00:46:09	04.36
4	268	LATOSEK Angelika	WIELOGÓRA	POL		93	K20/4 (K)7	00:46:19	00:46:14	04.37
5	212	DOMAGAŁA Grażyna	WROCLAW	POL		86	K20/5 (K)8	00:48:31	00:48:23	04.50
6	246	KASZUBA Aleksandra	ZAWONIA	POL		89	K20/6 (K)10	00:50:39	00:50:31	05.03
7	282	MAZUR Agnieszka	OLAWA	POL		87	K20/7 (K)13	00:51:33	00:51:19	05.07
8	283	NOWAK Aleksandra	CZĘSTOCHOWA	POL		87	K20/8 (K)16	00:52:46	00:52:33	05.15
9	249	HAMERSKA Magdalena	BYDGOSZCZ	POL		87	K20/9 (K)23	00:54:15	00:54:06	05.24
10	349	WRONECKA Emilia		POL		92	K20/10 (K)24	00:54:34	00:54:20	05.26
11	175	FULAWKA Marta	WROCLAW	POL		86	K20/11 (K)27	00:55:14	00:54:53	05.29
12	36	KRZEŚNIAK Iwona	NOWA RUDA	POL		90	K20/12 (K)28	00:55:40	00:55:32	05.33
13	179	ZAJĄC Karina	ZIĘBICE	POL		86	K20/13 (K)33	00:56:20	00:56:05	05.36
14	50	HRYCYSZYN Katarzyna	BIELANY WROCLAWSKIE	POL		89	K20/14 (K)36	00:56:56	00:56:28	05.38
15	312	LIPKA Natalia	JELEŃ GÓRA	POL		90	K20/15 (K)46	00:58:19	00:58:01	05.48
16	279	OLESAK Agnieszka	JORDANÓW ŚLĄSKI	POL		92	K20/16 (K)47	00:58:24	00:58:03	05.48
17	274	SMOLINA Irina	WROCLAW	POL		87	K20/17 (K)51	01:00:08	00:59:51	05.59
18	275	RUBASZEWSKA Karolina	WROCLAW	POL		87	K20/18 (K)57	01:01:07	01:00:50	06.05
19	158	TRUBIŁOWICZ Joanna	WROCLAW	POL		87	K20/19 (K)75	01:18:11	01:18:05	07.48

Open 10 km KATEGORIA:M16

1	124	CZYŻ Marcin	KAMIENIEC ZĄBKOWICKI	POL		99	M16/1 (M)14	00:39:55	00:39:49	03.58
2	51	KORNAŚ Krzysztof	PUSTKÓW ŻURAWSKI	POL		97	M16/2 (M)87	00:46:55	00:46:43	04.40

Open 10 km KATEGORIA:M70

1	356	SZCZĘŚNIAK Józef		POL		43	M70/1 (M)154	00:51:12	00:51:08	05.06
2	106	FILIPOWICZ Marian	WROCLAW	POL		45	M70/2 (M)220	00:56:38	00:56:24	05.38

Open 10 km KATEGORIA:M60

1	320	FERENC Janusz	LUDWIKOWICE	POL		54	M60/1 (M)16	00:40:14	00:40:12	04.01
2	277	CHOJNACKI Ryszard	WROCLAW	POL		47	M60/2 (M)115	00:48:28	00:48:22	04.50
3	204	BOMBA Zygmunt	WROCLAW	POL		55	M60/3 (M)124	00:49:16	00:49:08	04.54
4	301	STANIEWSKI Eugeniusz	ZGORZELEC	POL		51	M60/4 (M)143	00:50:24	00:50:12	05.01
5	119	ŚLIZ Edward	GNIECHOWICE	POL		52	M60/5 (M)180	00:53:00	00:52:58	05.17
6	309	GONERA Kazimierz	MIŁOSZYCE	POL		55	M60/6 (M)196	00:54:21	00:54:10	05.25
7	55	BYKOWSKI Bogdan	STARY KISIELIN	POL		49	M60/7 (M)205	00:55:11	00:54:57	05.29
8	244	JABŁOŃSKI Kazimierz	PRĄDY	POL		51	M60/8 (M)229	00:58:18	00:57:51	05.47
9	5	WIERZEJSKI Henryk	WROCLAW	POL		54	M60/9 (M)258	01:14:59	01:14:34	07.27

Open 10 km KATEGORIA:M50

1	47	PIECZUROWSKI Sławomir	WROCLAW	POL		60	M50/1 (M)6	00:35:37	00:35:35	03.33
2	280	SOLTYS Jacek	RADWANICE	POL		62	M50/2 (M)17	00:40:22	00:40:20	04.02
3	66	POGORZELSKI Grzegorz	WAŁBRZYCH	POL		62	M50/3 (M)24	00:41:43	00:41:41	04.10
4	258	STRZELCZAK Henryk	NOWA RUDA	POL		58	M50/4 (M)35	00:42:26	00:42:26	04.14
5	42	CYBULSKI Piotr	BRZEZINA / WROCLAW	POL		59	M50/5 (M)55	00:44:39	00:44:33	04.27
6	14	STANKIEWICZ Antoni	SOBÓTKA	POL		58	M50/6 (M)94	00:47:25	00:47:21	04.44

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kategorii in Age Sex	Czas Time	Netto	[min/km]
7	154	WAŚK Marek	WROCLAW	POL		60	M50/7 (M)96	00:47:29	00:47:22	04.44
8	208	WLIZŁO Aleksander	WROCLAW	POL		59	M50/8 (M)107	00:47:57	00:47:46	04.46
9	374	BOCZULA Krzysztof		POL		60	M50/9 (M)110	00:48:09	00:47:57	04.47
10	104	HRYDCZUK Wiesław	WIAZÓW	POL		64	M50/10 (M)111	00:48:10	00:48:05	04.48
11	174	KOTWICA Andrzej	WROCLAW	POL		63	M50/11 (M)122	00:49:04	00:48:58	04.53
12	234	TROCHA Roman	DZIERŻONIÓW	POL		63	M50/12 (M)126	00:49:21	00:49:17	04.55
13	53	OSTROPOLSKI Henryk	DZIERŻONIÓW	POL		57	M50/13 (M)134	00:49:47	00:49:43	04.58
14	86	LACHOWICZ Janusz jony	RĘKÓW	POL		61	M50/14 (M)178	00:52:55	00:52:28	05.14
15	324	TYMCZAK Grzegorz bartłomiej	KRÓLIKOWICE	POL		65	M50/15 (M)179	00:53:00	00:52:32	05.15
16	85	RZEŹNICZAK Marek	WROCLAW	POL		62	M50/16 (M)210	00:55:53	00:55:40	05.34
17	294	GIL Stanisław	DZIERŻONIÓW	POL		56	M50/17 (M)211	00:55:53	00:55:30	05.33
18	213	SKALSKI Stanisław	WROCLAW	POL		59	M50/18 (M)214	00:56:06	00:55:53	05.35
19	322	LUŻNIAK Stanisław	WROCLAW	POL		58	M50/19 (M)230	00:58:20	00:58:04	05.48
20	67	KLAUS Krzysztof	WROCLAW	POL		60	M50/20 (M)236	00:59:18	00:58:59	05.53
21	236	NOWICKI Stanisław	SOBÓTKA	POL		58	M50/21 (M)249	01:02:55	01:02:38	06.15
22	58	STORY Wiercyszław	WROCLAW	POL		60	M50/22 (M)260	01:16:44	01:16:22	07.38

Open 10 km KATEGORIA:M40

1	331	GRONOSTAJ Grzegorz	WROCLAW	POL		74	M40/1 (M)1	00:33:29	00:33:28	03.20
2	68	BANASZEWSKI Adam	OLEŚNICA	POL		74	M40/2 (M)22	00:41:17	00:41:14	04.07
3	164	MACIASZCZYK Roman	BIERUTÓW	POL		69	M40/3 (M)25	00:41:49	00:41:45	04.10
4	363	KUBIK Norbert		POL		75	M40/4 (M)26	00:41:49	00:41:43	04.10
5	38	LIPNICKI Tomasz	WROCLAW	POL		70	M40/5 (M)27	00:41:53	00:41:41	04.10
6	84	RADECKI Jakub	WROCLAW	POL		75	M40/6 (M)28	00:42:00	00:41:56	04.11
7	118	CHMURA Tomasz	WROCLAW	POL		68	M40/7 (M)34	00:42:25	00:42:20	04.14
8	16	CYGAN Piotr	BIELANY WROCLAWSKIE	POL		69	M40/8 (M)37	00:42:35	00:42:31	04.15
9	129	WOJARNIK Krzysztof	WYSOKA	POL		72	M40/9 (M)38	00:42:39	00:42:34	04.15
10	369	GRASZA Dariusz		POL		75	M40/10 (M)39	00:42:59	00:42:57	04.17
11	252	KOWNACKI Jacek	WROCLAW	POL		72	M40/11 (M)41	00:43:07	00:42:56	04.17
12	315	RYGIEL Krzysztof	KAMIENIEC	POL		74	M40/12 (M)42	00:43:29	00:43:26	04.20
13	262	CHABKO Jacek	WYSOKA	POL		68	M40/13 (M)47	00:44:12	00:44:05	04.24
14	257	HARMAZY Sebastian	WROCLAW	POL		74	M40/14 (M)53	00:44:34	00:44:19	04.25
15	25	KUPIŃSKI Cezary	WROCLAW	POL		68	M40/15 (M)57	00:45:01	00:44:56	04.29
16	313	KOŁODZIEJ Andrzej	MILKOWICE	POL		70	M40/16 (M)58	00:45:10	00:45:08	04.30
17	334	BARAN Bartłomiej	OLAWA	POL		74	M40/17 (M)59	00:45:14	00:45:05	04.30
18	176	ULIASZ Jerzy	BYSTRZYCA KŁODZKA	POL		69	M40/18 (M)60	00:45:26	00:45:14	04.31
19	185	KAMIŃSKI Ireneusz	ŚWIDNICA	POL		75	M40/19 (M)61	00:45:27	00:45:23	04.32
20	196	ZINIEWICZ Robert	WROCLAW	POL		74	M40/20 (M)64	00:45:45	00:45:14	04.31
21	264	MARCZYK Jarosław	WROCLAW	POL		68	M40/21 (M)75	00:46:29	00:46:23	04.38
22	350	PIERUN Zbigniew		POL		69	M40/22 (M)80	00:46:41	00:46:41	04.40
23	102	MRÓWKA Leszek	WROCLAW	POL		74	M40/23 (M)81	00:46:42	00:46:28	04.38
24	183	SZYMCZAK Wojciech	WROCLAW	POL		68	M40/24 (M)82	00:46:44	00:46:31	04.39
25	287	RAJCA Tomasz	WROCLAW	POL		73	M40/25 (M)83	00:46:45	00:46:34	04.39
26	76	KOGUTEK Tomasz	OLAWA	POL		69	M40/26 (M)84	00:46:45	00:46:33	04.39
27	400	JACH Paweł	WROCLAW	POL		66	M40/27 (M)92	00:47:20	00:46:51	04.41
28	90	TOPIŃSKI Waldemar	WROCLAW	POL		71	M40/28 (M)97	00:47:30	00:47:18	04.43
29	173	SMOLEŃ Tomasz	KOBIERZYCE	POL		73	M40/29 (M)103	00:47:49	00:47:42	04.46
30	353	KRZYSZTOF Skuła		POL		72	M40/30 (M)108	00:48:03	00:47:45	04.46
31	218	BASIŃSKI Krzysztof	OLAWA	POL		74	M40/31 (M)109	00:48:09	00:48:00	04.48
32	136	GRYGIEL Leszek	WROCLAW	POL		69	M40/32 (M)112	00:48:13	00:48:06	04.48
33	180	SMOLAK Andrzej	BRZEG DOLNY	POL		70	M40/33 (M)114	00:48:21	00:48:14	04.49
34	41	GŁOWACKI Marek	WAŁBRZYCH	POL		66	M40/34 (M)125	00:49:20	00:49:08	04.54
35	109	OTRĘBUS Krzysztof	GNIECHOWICE	POL		75	M40/35 (M)128	00:49:23	00:49:23	04.56
36	355	GOLDWASSER Zbigniew		POL		66	M40/36 (M)131	00:49:41	00:49:34	04.57
37	110	TWARDOŃ Piotr	WROCLAW	POL		73	M40/37 (M)135	00:49:53	00:49:42	04.58
38	101	PROCYK Wojciech	WYSOKA	POL		73	M40/38 (M)138	00:50:05	00:49:39	04.57
39	346	SEBZDA Dariusz		POL		70	M40/39 (M)142	00:50:22	00:50:19	05.01
40	317	CHAŹDYŃSKI Adam	WYSOKA	POL		72	M40/40 (M)148	00:50:45	00:50:21	05.02
41	203	MORASZKA Krzysztof	WROCLAW	POL		67	M40/41 (M)149	00:50:57	00:50:32	05.03

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kategorii in Age Sex	Czas Time	Netto	[min/km]
42	20	BIERNACKI Adrian	KIEŁCZÓW	POL		71	M40/42 (M)151	00:51:09	00:51:00	05.06
43	224	BARTNIK Robert	OLEŚNICA	POL		72	M40/43 (M)153	00:51:12	00:50:56	05.05
44	37	WOŁCZYK Grzegorz	ZIĘBICE	POL		73	M40/44 (M)155	00:51:13	00:51:02	05.06
45	197	PURZYCKI Rafał	WROCLAW	POL		75	M40/45 (M)159	00:51:41	00:51:25	05.08
46	75	SPYCHAŁA Marek	WROCLAW	POL		75	M40/46 (M)162	00:51:49	00:51:36	05.09
47	138	PASIEKA Juliusz	MILICZ	POL		68	M40/47 (M)165	00:52:06	00:52:02	05.12
48	69	CHEŁMINIAK Dominik	KRÓLIKOWICE	POL		73	M40/48 (M)166	00:52:12	00:52:01	05.12
49	232	PAWELEC Mirosław	BIELAWA	POL		75	M40/49 (M)169	00:52:27	00:52:01	05.12
50	256	MADEJ Jacek	SIECHNICE	POL		74	M40/50 (M)170	00:52:28	00:52:02	05.12
51	296	KACZMAREK Andrzej	STRZELIN	POL		69	M40/51 (M)173	00:52:34	00:52:29	05.14
52	243	KOLEBUK Robert	WROCLAW	POL		72	M40/52 (M)175	00:52:41	00:52:18	05.13
53	146	LISOWSKI Jacek	WROCLAW	POL		71	M40/53 (M)184	00:53:14	00:53:01	05.18
54	65	OSADNIK Ryszard	ZĄBKOWICE ŚLĄSKIE	POL		72	M40/54 (M)187	00:53:37	00:53:23	05.20
55	371	KARP Dariusz		POL		73	M40/55 (M)188	00:53:40	00:53:31	05.21
56	159	KOSZUTSKI Jarosław	WROCLAW	POL		68	M40/56 (M)193	00:53:57	00:53:26	05.20
57	113	WOROBIEC Piotr	WROCLAW	POL		72	M40/57 (M)204	00:55:06	00:54:58	05.29
58	237	GRANICZNY Krzysztof	WROCLAW	POL		70	M40/58 (M)206	00:55:20	00:55:05	05.30
59	133	OSÓBKA Jakub	WROCLAW	POL		68	M40/59 (M)207	00:55:38	00:55:15	05.31
60	170	FLENDRICH Jarosław	BAKI	POL		68	M40/60 (M)208	00:55:38	00:55:15	05.31
61	27	SZPILAREWICZ Mariusz	ZIĘBICE	POL		75	M40/61 (M)212	00:55:56	00:55:43	05.34
62	372	FABIAN Marek		POL		73	M40/62 (M)219	00:56:27	00:56:07	05.36
63	40	RESPONDEK Dariusz	WROCLAW	POL		74	M40/63 (M)221	00:56:44	00:56:26	05.38
64	310	JAGIELSKI Tomasz	KĄTY WROCLAWSKIE	POL		72	M40/64 (M)222	00:57:05	00:56:38	05.39
65	267	NOWAKOWSKI Robert	WROCLAW	POL		68	M40/65 (M)223	00:57:12	00:56:55	05.41
66	269	KALETA Przemysław	WROCLAW	POL		72	M40/66 (M)226	00:57:51	00:57:33	05.45
67	187	BORZYMEK Robert	BOLESŁAWIEC	POL		68	M40/67 (M)227	00:57:55	00:57:38	05.45
68	290	UZDROWSKI Stanisław	BIELANY WROCLAWSKIE	POL		69	M40/68 (M)232	00:58:47	00:58:34	05.51
69	107	ROZMUS Czesław	JORDANÓW ŚLĄSKI	POL		71	M40/69 (M)233	00:58:57	00:58:46	05.52
70	125	CZYŻ Stanisław	KAMIENIEC ZĄBKOWICKI	POL		71	M40/70 (M)240	01:00:09	00:59:55	05.59
71	32	BOROWIECKI Rafał	WROCLAW	POL		75	M40/71 (M)242	01:00:24	01:00:03	06.00
72	19	KRUPACKI Krzysztof	WROCLAW	POL		66	M40/72 (M)243	01:00:26	01:00:00	06.00
73	128	PUCEK Przemysław	SMOLEC	POL		72	M40/73 (M)246	01:01:28	01:01:09	06.06
74	31	ADAM Banasiak	WROCLAW	POL		75	M40/74 (M)247	01:01:41	01:01:20	06.08
75	193	KRZEMIENIEWSKI Grzegorz	WROCLAW	POL		72	M40/75 (M)250	01:03:28	01:03:17	06.19
76	132	KALINOWSKI Grzegorz	BIELANY WROCLAWSKIE	POL		75	M40/76 (M)251	01:03:55	01:03:31	06.21
77	10	BIEL Bartosz		POL		75	M40/77 (M)252	01:04:25	01:04:09	06.24
78	339	WOJTCZAK Marcin	ŻÓRAWINA	POL		74	M40/78 (M)253	01:04:28	01:04:12	06.25
79	103	CHORAŻEWSKI Krzysztof	GALÓW	POL		75	M40/79 (M)254	01:05:51	01:05:30	06.33
80	328	JANIK Jacek	WROCLAW	POL		67	M40/80 (M)257	01:11:55	01:11:32	07.09
81	59	ŻUK Józef		POL		70	M40/81 (M)261	01:16:44	01:16:37	07.39

Open 10 km KATEGORIA:M30















1	398	SOBAS Jacek	Kędzieżyn-Koźle	POL		85	M30/1 (M)2	00:34:03	00:34:00	03.24
2	332	REGIMOWICZ Tomasz	WROCLAW	POL		76	M30/2 (M)5	00:35:15	00:35:13	03.31
3	343	FRANASZCZUK Wojciech		POL		76	M30/3 (M)7	00:37:36	00:37:34	03.45
4	298	KOMOROWSKI Karol	TRZEBNICA	POL		82	M30/4 (M)8	00:37:41	00:37:39	03.45
5	63	KRZEMIŃSKI Piotr	WYSOKA	POL		81	M30/5 (M)10	00:39:32	00:39:30	03.57
6	247	WOLAŃSKI Jan	MARSZOWICE	POL		80	M30/6 (M)12	00:39:45	00:39:41	03.58
7	171	KRZESIŃSKI Dariusz	WROCLAW	POL		77	M30/7 (M)13	00:39:51	00:39:48	03.58
8	367	KOWALCZYK Marcin		POL		82	M30/8 (M)15	00:40:08	00:40:06	04.00
9	99	LICHWA Grzegorz	KĄTY WROCLAWSKIE	POL		79	M30/9 (M)18	00:40:51	00:40:46	04.04
10	362	ZALUBSKI Jacek		POL		85	M30/10 (M)19	00:40:54	00:40:52	04.05
11	162	TOLŁOCZKO Arkadiusz	CHWAŁOWICE	POL		77	M30/11 (M)20	00:40:58	00:40:52	04.05
12	348	NIEDŹWIEDŹ Tomasz		POL		80	M30/12 (M)21	00:41:11	00:41:07	04.06
13	209	BANIECKI Bartłomiej	WROCLAW	POL		83	M30/13 (M)23	00:41:20	00:41:18	04.07
14	48	KLICH Robert	WROCLAW	POL		77	M30/14 (M)29	00:42:02	00:41:59	04.11
15	242	TOKARSKI Bartłomiej	SIENIAWKA	POL		83	M30/15 (M)30	00:42:06	00:42:02	04.12
16	89	KUCZA Daniel	ŚWIDNICA	POL		77	M30/16 (M)33	00:42:25	00:42:19	04.13
17	61	MATYSEK Dariusz	WROCLAW	POL		76	M30/17 (M)36	00:42:27	00:42:24	04.14

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kategorii in Age Sex	Czas Time	Netto	[min/km]
18	12	ZAWADZKI Krzysztof	BIELANY WROCLAWSKIE	POL		85	M30/18 (M)44	00:43:45	00:43:42	04.22
19	225	PYŚK Kamil	OSTROŁĘKA	POL		83	M30/19 (M)46	00:44:06	00:44:06	04.24
20	342	HAWRYLEWICZ Paweł	WROCLAW	POL		77	M30/20 (M)48	00:44:15	00:44:05	04.24
21	361	LECH Łukasz		POL		81	M30/21 (M)49	00:44:16	00:44:14	04.25
22	139	CHOJNACKI Artur	WROCLAW	POL		81	M30/22 (M)52	00:44:30	00:44:21	04.26
23	245	SIEWRUK Wojciech	ZĄBKOWICE ŚLĄSKIE	POL		78	M30/23 (M)54	00:44:38	00:44:35	04.27
24	235	URBAN Krzysztof	WROCLAW	POL		85	M30/24 (M)67	00:45:53	00:45:51	04.35
25	166	ZIELIŃSKI Artur	WROCLAW	POL		78	M30/25 (M)68	00:45:56	00:45:43	04.34
26	336	KOHUT Marek	OLEŚNICA	POL		85	M30/26 (M)69	00:46:03	00:45:55	04.35
27	216	JÓŹWIAK Damian	WROCLAW	POL		84	M30/27 (M)70	00:46:07	00:45:59	04.35
28	169	SOBCZAK Wojciech	ŚWIĘTA KATARZYNA	POL		80	M30/28 (M)71	00:46:11	00:45:50	04.35
29	49	OSTROWSKI Łukasz	JAROSŁAW	POL		83	M30/29 (M)74	00:46:19	00:45:55	04.35
30	297	STUDNICKI Paweł	WYSOKA	POL		79	M30/30 (M)76	00:46:36	00:46:21	04.38
31	311	KLESZCZ Tomek	WROCLAW	POL		82	M30/31 (M)85	00:46:47	00:46:28	04.38
32	329	BURZEC Tomasz	WROCLAW	POL		79	M30/32 (M)86	00:46:48	00:46:36	04.39
33	9	PYSIEWICZ Marcin	WYSOKA	POL		81	M30/33 (M)88	00:46:56	00:46:46	04.40
34	304	WNUK Marcin	WROCLAW	POL		82	M30/34 (M)89	00:47:06	00:46:46	04.40
35	239	JĘDRZEJUK Marek	WROCLAW	POL		85	M30/35 (M)91	00:47:16	00:46:58	04.41
36	8	PRUSIEWICZ Bartosz	WROCLAW	POL		85	M30/36 (M)93	00:47:22	00:47:14	04.43
37	276	ROMANÓW Przemysław	RAJSZEW	POL		82	M30/37 (M)95	00:47:29	00:47:02	04.42
38	35	KOSZYKA Krzysztof	WAŁBRZYCH	POL		85	M30/38 (M)98	00:47:37	00:47:29	04.44
39	137	SŁAWSKI Tomasz	WROCLAW	POL		78	M30/39 (M)99	00:47:38	00:47:31	04.45
40	79	IGNACIK Rafał	ZĄBKOWICE ŚL.	POL		78	M30/40 (M)101	00:47:41	00:47:26	04.44
41	365	SPIRYDOWICZ Artur		POL		77	M30/41 (M)104	00:47:50	00:47:44	04.46
42	364	KOWALCZYK Sylwester		POL		85	M30/42 (M)106	00:47:53	00:47:47	04.46
43	34	GAWROŃSKI Grzegorz	WROCLAW	POL		85	M30/43 (M)113	00:48:13	00:48:00	04.48
44	160	CHOLASZCZYŃSKI Przemysław	SZEWCE	POL		76	M30/44 (M)116	00:48:29	00:48:18	04.49
45	122	LEWANDOWSKI Wojciech	ŻERNIKI WROCLAWSKIE	POL		84	M30/45 (M)118	00:48:45	00:48:34	04.51
46	131	SKUBA Robert	WROCLAW	POL		80	M30/46 (M)123	00:49:11	00:48:51	04.53
47	92	FIL Łukasz	SADKÓW	POL		81	M30/47 (M)129	00:49:39	00:49:28	04.56
48	29	LISS Rafał	WROCLAW	POL		76	M30/48 (M)132	00:49:43	00:49:29	04.56
49	205	GAJ Paweł	WROCLAW	POL		85	M30/49 (M)133	00:49:45	00:49:26	04.56
50	238	NAROŻNY Łukasz	WROCLAW	POL		78	M30/50 (M)144	00:50:28	00:50:21	05.02
51	172	DZIAMSKI Ryszard	CHORZÓW	POL		76	M30/51 (M)145	00:50:31	00:50:15	05.01
52	214	BAŁA Piotr	BUKOWA	POL		85	M30/52 (M)146	00:50:31	00:50:13	05.01
53	57	LASZCZYŃSKI Kamil	WROCLAW	POL		82	M30/53 (M)147	00:50:38	00:50:18	05.01
54	300	KUŚ Krzysztof	BIELANY WROCLAWSKIE	POL		84	M30/54 (M)156	00:51:18	00:51:13	05.07
55	219	WICHARY Cyprian	WROCLAW	POL		76	M30/55 (M)157	00:51:20	00:51:15	05.07
56	155	CIESIELSKI Maciej	WROCLAW	POL		81	M30/56 (M)158	00:51:40	00:51:23	05.08
57	293	PRUS Adam	KRZYŻOWICE	POL		80	M30/57 (M)160	00:51:43	00:51:41	05.10
58	74	STYŚ Robert	GALOWICE	POL		77	M30/58 (M)161	00:51:46	00:51:41	05.10
59	82	BARAN Mariusz	BIERUTÓW	POL		80	M30/59 (M)168	00:52:25	00:51:57	05.11
60	231	KOLIŃSKI Robert	WROCLAW	POL		79	M30/60 (M)174	00:52:36	00:52:26	05.14
61	64	CYWIŃSKI Bartłomiej	WROCLAW	POL		77	M30/61 (M)182	00:53:10	00:52:45	05.16
62	108	TARŁOWSKI Norbert	WROCLAW	POL		78	M30/62 (M)183	00:53:11	00:53:01	05.18
63	23	ŻYNEL Paweł	WĘGRY	POL		79	M30/63 (M)190	00:53:52	00:53:32	05.21
64	337	KRÓL Daniel	JORDANÓW ŚLĄSKI	POL		82	M30/64 (M)191	00:53:54	00:53:37	05.21
65	105	BARTECKI Tomasz	WROCLAW	POL		82	M30/65 (M)195	00:54:11	00:54:00	05.24
66	338	SMAGAŁA Wojciech	WROCLAW	POL		81	M30/66 (M)198	00:54:26	00:53:56	05.23
67	45	GALERT Adam	WROCLAW	POL		85	M30/67 (M)199	00:54:26	00:54:04	05.24
68	217	MADZIARSKI Marek	ŻERNIKI WROCLAWSKIE	POL		82	M30/68 (M)200	00:54:32	00:54:18	05.25
69	188	CIESIELSKI Jakub	WROCLAW	POL		77	M30/69 (M)209	00:55:41	00:55:24	05.32
70	318	PRISZLER Fulop	WROCLAW	POL		81	M30/70 (M)215	00:56:14	00:55:48	05.34
71	266	TRZEWIK Marcin	PRZEMYŚL	POL		83	M30/71 (M)216	00:56:14	00:55:55	05.35
72	302	NOWAK Andrzej	WROCLAW	POL		82	M30/72 (M)217	00:56:14	00:55:55	05.35
73	78	CZURYŁO Zbigniew	KIELCZÓW	POL		81	M30/73 (M)218	00:56:20	00:56:10	05.37
74	265	KOPEK Marcin	MARSZOWICE	POL		78	M30/74 (M)224	00:57:22	00:57:06	05.42
75	230	SZCZEPAŃSKI Krzysztof	KARSZÓW	POL		81	M30/75 (M)225	00:57:26	00:57:05	05.42

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kategorii in Age Sex	Czas Time	Netto	[min/km]
76	295	ŚWIĄTKIEWICZ Michał	WROCLAW	POL		81	M30/76 (M)228	00:58:05	00:57:42	05.46
77	100	LESIAK Jacek	KOBIERZYCE	POL		83	M30/77 (M)231	00:58:41	00:58:19	05.49
78	307	MATUSZEK Adam	WROCLAW	POL		80	M30/78 (M)234	00:59:12	00:59:03	05.54
79	28	BIŁOUS Marcin		POL		77	M30/79 (M)237	00:59:24	00:59:02	05.54
80	316	NOSKO Jędrzej	WROCLAW	POL		85	M30/80 (M)238	00:59:30	00:59:14	05.55
81	285	STERNALSKI Michał	WROCLAW	POL		76	M30/81 (M)239	00:59:44	00:59:23	05.56
82	288	ADACH Dariusz	ZĄBKOWICE ŚLĄSKIE	POL		76	M30/82 (M)241	01:00:09	00:59:49	05.58
83	240	SZYMCZYK Krzysztof	WYSOKA	POL		79	M30/83 (M)244	01:00:27	01:00:05	06.00
84	192	GAŚSIOR Łukasz	WROCLAW	POL		82	M30/84 (M)245	01:00:42	01:00:21	06.02
85	292	ĞLUCHOWSKI Michał	WROCLAW	POL		81	M30/85 (M)248	01:02:00	01:01:37	06.09
86	117	CHORAŻAK Grzegorz	WROCLAW	POL		82	M30/86 (M)255	01:06:32	01:06:07	06.36
87	126	POPIEL Jan	WROCLAW	POL		78	M30/87 (M)256	01:10:54	01:10:44	07.04
88	77	FEDKÓW Marcin	WROCLAW	POL		78	M30/88 (M)259	01:15:00	01:14:35	07.27

Open 10 km KATEGORIA:M20

1	341	CHMURA Maciej	WROCLAW	POL		86	M20/1 (M)3	00:34:09	00:34:08	03.24
2	351	KULPA Michał		POL		87	M20/2 (M)4	00:34:32	00:34:32	03.27
3	142	ŁUKASZ Kaczmarczyk	JASZOWICE	POL		88	M20/3 (M)9	00:38:54	00:38:53	03.53
4	299	KOMOROWSKI Arkadiusz	TRZEBNICA	POL		95	M20/4 (M)11	00:39:41	00:39:41	03.58
5	200	ROZUMKIEWICZ Paweł	NOWA RUDA	POL		87	M20/5 (M)31	00:42:16	00:42:13	04.13
6	271	KUTAJ Dawid	HENRYKÓW	POL		90	M20/6 (M)32	00:42:19	00:42:15	04.13
7	163	KAPELA Sebastian	KIEŁCZÓW	POL		86	M20/7 (M)40	00:43:05	00:42:55	04.17
8	325	GLANOWSKI Marek	BYSTRZYCA KŁODZKA	POL		87	M20/8 (M)43	00:43:29	00:43:24	04.20
9	191	SZKOŁA Michał	MILIN	POL		94	M20/9 (M)45	00:43:46	00:43:42	04.22
10	7	GANDZIAROWSKI Marek	SOBÓTKA	POL		91	M20/10 (M)50	00:44:25	00:44:18	04.25
11	15	ZIMPOCH Paweł	SOBÓTKA	POL		91	M20/11 (M)51	00:44:26	00:44:20	04.26
12	357	ROSPEK Grzegorz		POL		88	M20/12 (M)56	00:44:54	00:44:45	04.28
13	226	GAWROŃSKI Wojciech	WROCLAW	POL		86	M20/13 (M)62	00:45:38	00:45:32	04.33
14	308	STANKIEWICZ Sebastian	CHOCIANÓW	POL		91	M20/14 (M)63	00:45:44	00:45:36	04.33
15	284	GOŁDA Maciej	CZĘSTOCHOWA	POL		86	M20/15 (M)65	00:45:45	00:45:31	04.33
16	4	ŁOPOSZKO Cyprian	KOBIERZYCE	POL		87	M20/16 (M)66	00:45:47	00:45:46	04.34
17	263	SZAFRAN Krzysztof	WROCLAW	POL		88	M20/17 (M)72	00:46:13	00:46:01	04.36
18	321	ŁĘŻNIAK Aleksander	SOBÓTKA	POL		89	M20/18 (M)73	00:46:15	00:46:08	04.36
19	210	NOSZCZYK Tomasz	NOWA RUDA	POL		94	M20/19 (M)77	00:46:37	00:46:25	04.38
20	177	STARZYK Adam	WROCLAW	POL		90	M20/20 (M)78	00:46:38	00:46:35	04.39
21	319	SUCHECKI Wojciech	WROCLAW	POL		91	M20/21 (M)79	00:46:40	00:46:23	04.38
22	96	LIŚKIEWICZ Dominik	WROCLAW	POL		94	M20/22 (M)90	00:47:08	00:46:53	04.41
23	190	DOBROWOLSKI Bartosz	WROCLAW	POL		89	M20/23 (M)100	00:47:38	00:47:28	04.44
24	195	KWIECIEŃ Michał	BIERUTÓW	POL		86	M20/24 (M)102	00:47:43	00:47:35	04.45
25	259	SZULC Grzegorz	ŁOMŻA	POL		88	M20/25 (M)105	00:47:51	00:47:49	04.46
26	345	STĘPIŃ Sławomir		POL		86	M20/26 (M)117	00:48:39	00:48:28	04.50
27	207	MAJEWSKI Tomasz	PACZKÓW	POL		90	M20/27 (M)119	00:48:50	00:48:31	04.51
28	305	GREGULSKI Bartosz	DŁUGOŁĘKA	POL		91	M20/28 (M)120	00:48:56	00:48:46	04.52
29	145	LINKIEWICZ Michał	WROCLAW	POL		88	M20/29 (M)121	00:48:57	00:48:37	04.51
30	182	MŁOTKOWSKI Michał	WROCLAW	POL		90	M20/30 (M)127	00:49:23	00:49:16	04.55
31	189	ZIPSER Adam	WROCLAW	POL		91	M20/31 (M)130	00:49:39	00:49:28	04.56
32	181	KONSTANTYNOWICZ Łukasz	WROCLAW	POL		90	M20/32 (M)136	00:49:56	00:49:47	04.58
33	54	MACHNACZ Bartłomiej	JELCZ-LASKOWICE	POL		91	M20/33 (M)137	00:50:03	00:49:47	04.58
34	43	KOPACZ Michał	WROCLAW	POL		90	M20/34 (M)139	00:50:09	00:50:09	05.00
35	44	KOLASA Piotr	WROCLAW	POL		90	M20/35 (M)140	00:50:09	00:49:57	04.59
36	56	ANDRZEJCZYK Radosław	KĘTRZYN	POL		90	M20/36 (M)141	00:50:11	00:50:01	05.00
37	286	WAKUN Konrad	WROCLAW	POL		87	M20/37 (M)150	00:51:08	00:51:00	05.06
38	358	LENCKI Damian		POL		87	M20/38 (M)152	00:51:10	00:50:53	05.05
39	233	GRZYWNIAK Łukasz	JORDANÓW ŚLĄSKI	POL		89	M20/39 (M)163	00:51:54	00:51:39	05.09
40	273	OLEJARCZYK Michał	ŚWIDNICA	POL		87	M20/40 (M)164	00:51:56	00:51:38	05.09
41	87	CENDRY Daniel	ŻARY	POL		90	M20/41 (M)167	00:52:18	00:51:56	05.11
42	153	MIERZWA Karol	WROCLAW	POL		94	M20/42 (M)171	00:52:28	00:52:12	05.13
43	151	BAJOR Piotr	WROCLAW	POL		92	M20/43 (M)172	00:52:31	00:52:24	05.14
44	206	KOZŁOWSKI Mieszko	WROCLAW	POL		87	M20/44 (M)176	00:52:51	00:52:39	05.15

<i>Miejsce Rank</i>	<i>Nr Bib</i>	<i>Nazwisko i imię Name</i>	<i>Miejscowość City</i>	<i>Kraj Nat</i>	<i>Drużyna Team</i>	<i>R-k YoB</i>	<i>W kategorii in Age</i>	<i>Sex</i>	<i>Czas Time</i>	<i>Netto</i>	<i>[min/km]</i>
45	198	KŁOS Przemysław	ŻÓRAWINA	 POL		88	M20/45	(M)177	00:52:55	00:52:41	05.16
46	93	PALUCH Dawid	WROCLAW	 POL		94	M20/46	(M)181	00:53:07	00:52:44	05.16
47	178	SKRABA Grzegorz	WROCLAW	 POL		90	M20/47	(M)185	00:53:23	00:53:13	05.19
48	215	KUCA Artur	BIELANY WROCLAWSKIE	 POL		90	M20/48	(M)186	00:53:23	00:53:14	05.19
49	270	RADZISZEWSKI Adrian	ZĄBKOWICE ŚLĄSKIE	 POL		91	M20/49	(M)189	00:53:46	00:53:30	05.21
50	194	NOSZCZYK Paweł	WROCLAW	 POL		89	M20/50	(M)192	00:53:54	00:53:43	05.22
51	165	LASKOWSKI Marcin	NOWA RUDA	 POL		87	M20/51	(M)194	00:54:08	00:53:57	05.23
52	121	GALERT Kamil	WROCLAW	 POL		87	M20/52	(M)197	00:54:26	00:54:03	05.24
53	278	KUBIAK Marcin	WROCLAW	 POL		91	M20/53	(M)201	00:54:51	00:54:34	05.27
54	306	SOLTYŚ Łukasz	WROCLAW	 POL		86	M20/54	(M)202	00:54:51	00:54:32	05.27
55	360	CIOCZEK Konrad		 POL		86	M20/55	(M)203	00:54:58	00:54:31	05.27
56	221	KOSIŃSKI Jakub	KRZYKÓW	 POL		86	M20/56	(M)213	00:56:04	00:55:57	05.35
57	52	KLAUS Paweł	WROCLAW	 POL		87	M20/57	(M)235	00:59:17	00:58:59	05.53
58	347	SADOWSKI Andrzej		 POL		94	M20/58	(M)262	01:16:44	01:16:44	07.40