

Kontrolna Trzydziestka

WYNIKI ZAWODÓW

Bieg 30 km

Organizator: Stowarzyszenie „Otwarte Mistrzostwa Wrocławia”, Młodzieżowe Centrum Sportu Wrocław

Termin: 09.08.2015

Miejsce: Wrocław

Dystans: 30 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]
Bieg 30 km KATEGORIA:M20											
1	89	MASTERNAK Marcin	ŻAGAŃ		POL	88	M20/1	(M)8	02:01:42	02:01:31	04.03
2	205	CZARNOTA Dariusz	WSCHOWA		POL	89	M20/2	(M)10	02:03:19	02:03:08	04.06
3	238	NOWORYTTO Michał	WROCLAW		POL	87	M20/3	(M)13	02:06:59	02:06:40	04.13
4	228	KRĘZEL Krzysztof	WISZNIA MAŁA		POL	91	M20/4	(M)16	02:12:35	02:12:24	04.24
5	184	BARTCZAK Grzegorz	WROCLAW		POL	87	M20/5	(M)21	02:17:46	02:17:34	04.35
6	155	OSTROWSKI Maciej	WROCLAW		POL	86	M20/6	(M)27	02:21:26	02:21:10	04.42
7	161	BOŻEK Arkadiusz	TRZEBNICA		POL	89	M20/7	(M)30	02:22:44	02:22:26	04.44
8	128	SZYDŁO Mariusz	SIEDLISKO		POL	86	M20/8	(M)46	02:27:20	02:27:02	04.54
9	288	CIEŚLAK Michał	WROCLAW		POL	89	M20/9	(M)55	02:29:42	02:29:14	04.58
10	150	KĘDZIA Dawid	WROCLAW		POL	92	M20/10	(M)62	02:33:04	02:32:41	05.05
11	163	CHODOROWSKI Grzegorz	WROCLAW		POL	87	M20/11	(M)68	02:35:00	02:34:47	05.09
12	53	KOLESIŃSKI Wojciech	BIELAWA		POL	88	M20/12	(M)71	02:36:12	02:36:01	05.12
13	72	KWIATKOWSKI Przemysław	PISARZOWICE		POL	89	M20/13	(M)72	02:36:18	02:35:46	05.11
14	120	SALETA Maciej	WROCLAW		POL	90	M20/14	(M)86	02:42:24	02:41:56	05.23
15	81	ŁUKASIEWICZ Jarosław	WROCLAW		POL	86	M20/15	(M)90	02:43:45	02:43:17	05.26
16	101	ORŁOWSKI Grzegorz	WROCLAW		POL	88	M20/16	(M)93	02:44:18	02:43:48	05.27
17	51	KARGUL Michał	WROCLAW		POL	87	M20/17	(M)96	02:45:11	02:44:56	05.29
18	56	KOPACZ Michał	WROCLAW		POL	90	M20/18	(M)98	02:45:43	02:45:22	05.30
19	57	KOPEĆ Maciej	WROCLAW		POL	89	M20/19	(M)101	02:48:07	02:47:34	05.35
20	91	MRUKOWICZ Michał	WROCLAW		POL	87	M20/20	(M)102	02:48:32	02:47:58	05.35
21	153	ŁOBEJKO Adam	WROCLAW		POL	91	M20/21	(M)105	02:49:36	02:49:06	05.38
22	139	WOLLNY Łukasz	KORNICE		POL	90	M20/22	(M)115	02:57:32	02:57:08	05.54
Bieg 30 km KATEGORIA:M30											
1	178	SOBCZYK Tomasz	WROCLAW		POL	77	M30/1	(M)2	01:46:31	01:46:31	03.33
2	175	SAMOTIJ Dominik	WROCLAW		POL	82	M30/2	(M)3	01:52:13	01:52:02	03.44
3	105	PELC Paweł	WROCLAW		POL	78	M30/3	(M)4	01:53:50	01:53:40	03.47
4	176	SKORUPA Jacek	ŚCINAWA		POL	79	M30/4	(M)7	02:01:26	02:01:14	04.02
5	221	KACZMARSKI Piotr	WROCLAW		POL	77	M30/5	(M)9	02:02:01	02:01:49	04.03
6	162	CHOCIAJ Bartosz	WROCLAW		POL	79	M30/6	(M)11	02:04:03	02:03:52	04.07
7	217	GRZEGOROWSKI Marcin	OSTRÓW WLKP.		POL	78	M30/7	(M)12	02:05:24	02:05:12	04.10
8	224	KORZEŃ Artur	OLAŁA		POL	76	M30/8	(M)14	02:07:16	02:07:03	04.14
9	160	TURAŃSKI Jakub	WROCLAW		POL	80	M30/9	(M)20	02:17:35	02:17:15	04.34
10	16	CHOJNICKI Przemysław	WROCLAW		POL	83	M30/10	(M)22	02:19:12	02:18:57	04.37
11	230	LIPIŃSKI Mateusz	WROCLAW		POL	83	M30/11	(M)26	02:21:24	02:20:58	04.41
12	173	ŁUKASIK Marcin	OLAŁA		POL	81	M30/12	(M)32	02:23:06	02:22:41	04.45
13	226	KOZIEŁ Michał	KUDOWA ZDRÓJ		POL	81	M30/13	(M)35	02:23:33	02:23:20	04.46
14	251	SEREDYŃSKI Przemysław	WROCLAW		POL	82	M30/14	(M)36	02:24:11	02:23:41	04.47
15	257	STĘPIEŃ Marcin	WROCLAW		POL	82	M30/15	(M)37	02:24:46	02:24:13	04.48
16	14	BURZEC Tomasz	WROCLAW		POL	79	M30/16	(M)38	02:25:08	02:24:42	04.49
17	38	GWARZIK Piotr	WROCLAW		POL	79	M30/17	(M)39	02:25:09	02:24:54	04.49
18	170	KUSZTEŁAK Jacek	PIERWOSZÓW		POL	81	M30/18	(M)42	02:25:54	02:25:41	04.51
19	96	NOWAK Mariusz	WROCLAW		POL	81	M30/19	(M)43	02:27:01	02:26:41	04.53
20	35	GRONDYS Paweł	WROCLAW		POL	80	M30/20	(M)45	02:27:08	02:26:56	04.53
21	214	GOMUŁKIEWICZ Filip	WROCLAW		POL	84	M30/21	(M)48	02:27:40	02:27:11	04.54
22	245	POŚLUSZNY Paweł	WROCLAW		POL	79	M30/22	(M)49	02:27:43	02:27:10	04.54

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kategorii in Age	(M) Sex	Czas Time	Netto	[min/km]
23	227	KOZŁOWSKI Jacek	WROCLAW		POL	78	M30/23	(M)50	02:27:55	02:27:37	04.55
24	52	KLIMOWICZ Daniel	WROCLAW		POL	77	M30/24	(M)52	02:28:16	02:27:45	04.55
25	166	GRUSZCZYŃSKI Maciej	WROCLAW		POL	79	M30/25	(M)54	02:29:27	02:28:48	04.57
26	8	BILSKI Andrzej	WROCLAW		POL	76	M30/26	(M)61	02:32:02	02:31:46	05.03
27	149	HOTAŁA Piotr	WROCLAW		POL	79	M30/27	(M)65	02:33:47	02:33:31	05.07
28	283	WYCZYŃSKI Rafał	WROCLAW		POL	77	M30/28	(M)66	02:34:15	02:34:03	05.08
29	203	BARANIEC Mariusz	WROCLAW		POL	78	M30/29	(M)67	02:34:30	02:34:19	05.08
30	44	JAŚKOWIEC Marcin	WROCLAW		POL	78	M30/30	(M)76	02:38:06	02:37:44	05.15
31	26	FRYC Adam	ŚWIDNICA		POL	81	M30/31	(M)78	02:39:31	02:39:16	05.18
32	167	JANAS Rafał	LUBIN		POL	83	M30/32	(M)79	02:39:40	02:39:06	05.18
33	2	ALTEWĘGIER Jarosław	KRAKÓW		POL	78	M30/33	(M)80	02:39:55	02:39:29	05.18
34	62	KOWALEWSKI Patryk	WROCLAW		POL	85	M30/34	(M)81	02:40:08	02:39:45	05.19
35	289	DANILEWICZ Rafała	WROCLAW		POL	80	M30/35	(M)83	02:41:26	02:41:13	05.22
36	121	SEMIENIUK Andrzej	WROCLAW		POL	82	M30/36	(M)84	02:41:41	02:41:16	05.22
37	127	SZMAJ Michał	WROCLAW		POL	82	M30/37	(M)85	02:42:24	02:41:54	05.23
38	111	POROS Wojciech	WROCLAW		POL	78	M30/38	(M)87	02:42:39	02:42:20	05.24
39	147	GÓRA Grzegorz	WROCLAW		POL	85	M30/39	(M)89	02:43:40	02:43:18	05.26
40	152	LITWIŃCZUK Przemysław	ŚWIDNICA		POL	76	M30/40	(M)91	02:43:52	02:43:16	05.26
41	112	PRIGAN Grzegorz	OPOLE		POL	77	M30/41	(M)94	02:44:45	02:44:16	05.28
42	93	NIEDZIELA Waldemar	WROCLAW		POL	76	M30/42	(M)95	02:45:08	02:44:42	05.29
43	179	SWOBODA Andrzej	WROCLAW		POL	78	M30/43	(M)103	02:49:04	02:48:37	05.37
44	124	SKRZYPEK Paweł	POLANICA ZDRÓJ		POL	85	M30/44	(M)104	02:49:24	02:49:10	05.38
45	7	BAKOWSKI Tomek	WROCLAW		POL	85	M30/45	(M)106	02:49:39	02:49:19	05.38
46	99	OLACZEK Łukasz	MROZÓW		POL	79	M30/46	(M)109	02:52:35	02:52:14	05.44
47	92	MUSIAŁ Dariusz	WROCLAW		POL	76	M30/47	(M)112	02:53:44	02:53:14	05.46
48	117	RAK Szymon	NYSA		POL	85	M30/48	(M)114	02:55:18	02:55:00	05.50
49	183	ZALUSTOWICZ Maciej	WROCLAW		POL	81	M30/49	(M)118	03:02:06	03:01:35	06.03
50	284	PISZCZEK Łukasz	WROCLAW		POL	79	M30/50	(M)121	03:04:48	03:04:17	06.08
51	231	LISS Rafał	WROCLAW		POL	76	M30/51	(M)122	03:06:47	03:06:24	06.12
52	240	OPALIŃSKI Jacek	DZIERŻONIÓW		POL	84	M30/52	(M)123	03:09:29	03:09:10	06.18
53	202	BANAŚ Michał	WROCLAW		POL	76	M30/53	(M)127	03:16:51	03:16:11	06.32
54	10	BOBEL Artur	WROCLAW		POL	83	M30/54	(M)129	03:34:22	03:34:22	07.08
55	27	FRYDZIŃSKI Łukasz	KIELCZÓW		POL	84	M30/55	(M)131	03:43:47	03:43:24	07.26

Bieg 30 km KATEGORIA:M40

1	216	GRONOSTAJ Grzegorz	WROCLAW		POL	74	M40/1	(M)1	01:45:02	01:44:52	03.29
2	24	FEDOROWICZ Jacek	WROCLAW		POL	70	M40/2	(M)5	01:54:02	01:53:51	03.47
3	279	CHODORSKI Piotr	WROCLAW		POL	73	M40/3	(M)6	01:59:11	01:59:01	03.58
4	73	LESZCZYŃSKI Tomasz	WROCLAW		POL	69	M40/4	(M)15	02:11:14	02:11:03	04.22
5	63	KOWNACKI Jacek	WROCLAW		POL	72	M40/5	(M)17	02:14:04	02:13:48	04.27
6	135	WENNE Artur	KRZEPÓW		POL	72	M40/6	(M)19	02:17:33	02:17:14	04.34
7	70	KUPIŃSKI Cezary	WROCLAW		POL	68	M40/7	(M)24	02:20:39	02:20:26	04.40
8	109	PODWÓRNY Jan	WROCLAW		POL	71	M40/8	(M)25	02:21:17	02:21:04	04.42
9	287	TYCZKOWSKI Mariusz	WROCLAW		POL	67	M40/9	(M)28	02:22:15	02:22:00	04.44
10	281	GÓRECKI Paweł	DLUGOŁĘKA		POL	71	M40/10	(M)33	02:23:28	02:23:13	04.46
11	165	FIEDOROW Szymon	MIRKÓW		POL	73	M40/11	(M)34	02:23:33	02:23:13	04.46
12	95	NOLBERT Adam	WROCLAW		POL	70	M40/12	(M)40	02:25:11	02:24:54	04.49
13	50	KALINOWSKI Jarosław	WROCLAW		POL	75	M40/13	(M)41	02:25:19	02:25:03	04.50
14	118	ROMANOWICZ Andrzej	MIŁOSŁAWICE		POL	67	M40/14	(M)51	02:28:13	02:27:59	04.55
15	185	GRABKOWSKI Robert	ŻMIGRÓD		POL	69	M40/15	(M)53	02:28:23	02:27:56	04.55
16	18	CIEPLIK Krzysztof	WROCLAW		POL	71	M40/16	(M)57	02:30:21	02:30:02	05.00
17	100	OLAŃSKI Krzysztof	WROCLAW		POL	73	M40/17	(M)58	02:30:34	02:29:53	04.59
18	207	DĄBROWSKI Roman	WROCLAW		POL	70	M40/18	(M)59	02:31:56	02:31:32	05.03
19	280	NIEZGÓDKA Tomasz	WROCLAW		POL	70	M40/19	(M)60	02:31:59	02:31:43	05.03
20	159	SZMAGIEREWSKI Wojciech	WROCLAW		POL	68	M40/20	(M)64	02:33:24	02:33:09	05.06
21	258	SZCZYGIELSKI Bartłomiej	WROCLAW		POL	73	M40/21	(M)69	02:35:21	02:35:09	05.10
22	106	PIETROWSKI Dariusz	WROCLAW		POL	68	M40/22	(M)74	02:38:06	02:37:44	05.15
23	15	BUTRYN Bogumił	WROCLAW		POL	73	M40/23	(M)75	02:38:06	02:37:43	05.15

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]
24	290	SZAFRANIEC Krzysztof	WROCLAW		POL	70	M40/24	(M)	77	02:39:07	02:38:43	05.17
25	54	KOLACZ Arkadiusz	WROCLAW		POL	66	M40/25	(M)	82	02:41:21	02:41:09	05.22
26	39	HERZBERG Marek	JELENIA GÓRA		POL	67	M40/26	(M)	88	02:42:55	02:42:37	05.25
27	133	WATAŁA Krzysztof	WROCLAW		POL	66	M40/27	(M)	92	02:43:53	02:43:32	05.27
28	9	BIZIEL Michał	WROCLAW		POL	74	M40/28	(M)	99	02:45:43	02:45:16	05.30
29	21	CZARNECKI Tomasz	WROCLAW		POL	74	M40/29	(M)	107	02:49:41	02:49:19	05.38
30	144	ZIÓŁKOWSKI Arkadiusz	WROCLAW		POL	74	M40/30	(M)	108	02:50:53	02:50:25	05.40
31	107	PIETRZAK Jerzy	WROCLAW		POL	70	M40/31	(M)	110	02:52:42	02:52:08	05.44
32	285	PIEKARNIAK Rafał	OLEŚNICA		POL	74	M40/32	(M)	111	02:52:42	02:52:29	05.44
33	84	MADEJ Dariusz	WROCLAW		POL	74	M40/33	(M)	113	02:54:12	02:53:47	05.47
34	4	BAJSEROWICZ Krzysztof	WROCLAW		POL	73	M40/34	(M)	120	03:04:08	03:03:44	06.07
35	267	WARWAS Artur	WROCLAW		POL	66	M40/35	(M)	124	03:09:31	03:09:05	06.18
36	12	BRYSIĄK Ziemowit	WROCLAW		POL	73	M40/36	(M)	130	03:39:03	03:38:36	07.17

Bieg 30 km KATEGORIA:M50

1	32	GIL Zygmunt	WROCLAW		POL	57	M50/1	(M)	18	02:17:01	02:16:46	04.33
2	129	TOMASZEWSKI Zdzisław	WAŁBRZYCH		POL	65	M50/2	(M)	23	02:19:41	02:19:30	04.39
3	143	ZAGROBELNY Radosław	WROCLAW		POL	64	M50/3	(M)	29	02:22:16	02:22:04	04.44
4	78	ŁACIŃSKI Bogusław	BRZEG		POL	61	M50/4	(M)	31	02:22:45	02:22:28	04.44
5	60	KOSIOL Andrzej	WROCLAW		POL	64	M50/5	(M)	44	02:27:05	02:26:52	04.53
6	82	ŁUKASIK Leszek	OLAŁA		POL	59	M50/6	(M)	47	02:27:22	02:26:57	04.53
7	180	SZCZYPKOWSKI Hieronim	OSTRÓW WLKP.		POL	59	M50/7	(M)	56	02:29:49	02:29:49	04.59
8	268	WIĄCEK Marek	WROCLAW		POL	62	M50/8	(M)	70	02:35:27	02:35:08	05.10
9	158	SKUDLARSKI Kamil	WROCLAW		POL	61	M50/9	(M)	73	02:37:41	02:37:20	05.14
10	131	WASILEWSKI Adam	WROCLAW		POL	65	M50/10	(M)	97	02:45:12	02:44:48	05.29
11	46	JĘDRZEJEWSKI Zbigniew	WROCLAW		POL	63	M50/11	(M)	100	02:47:12	02:46:43	05.33
12	71	KURILEC Krzysztof	WROCLAW		POL	64	M50/12	(M)	116	02:57:33	02:57:01	05.54
13	171	ŁABUZ Marek	WROCLAW		POL	56	M50/13	(M)	128	03:20:06	03:19:45	06.39

Bieg 30 km KATEGORIA:M60

1	136	WESOŁOWSKI Stanisław	URAZ		POL	54	M60/1	(M)	63	02:33:09	02:32:49	05.05
2	229	LEWANDOWSKI Tadeusz	WROCLAW		POL	49	M60/2	(M)	117	02:59:37	02:59:18	05.58
3	29	FURMAN Mirosław	OLEŚNICA ŚL.		POL	54	M60/3	(M)	119	03:02:55	03:02:38	06.05
4	97	NOWAK Sylwester	WROCLAW		POL	55	M60/4	(M)	125	03:10:58	03:10:34	06.21
5	67	KUCZKOWSKI Stanisław	WROCLAW		POL	52	M60/5	(M)	126	03:13:15	03:12:51	06.25

Bieg 30 km KATEGORIA:K20

1	273	WÓJCIK Monika	ZIĘBICE		POL	92	K20/1	(K)	1	02:17:50	02:17:35	04.35
2	47	JURASIK Magda	WROCLAW		POL	90	K20/2	(K)	5	02:28:44	02:28:30	04.57
3	132	WASZCZUK Agnieszka	WROCLAW		POL	87	K20/3	(K)	15	02:50:29	02:49:59	05.39
4	146	BOBROWSKA Edyta	WROCLAW		POL	95	K20/4	(K)	16	02:50:39	02:50:21	05.40
5	156	SAKOWSKA Agnieszka	WARSZAWA		POL	88	K20/5	(K)	24	02:57:40	02:57:08	05.54
6	37	GUTOWSKA Anna	WROCLAW		POL	90	K20/6	(K)	25	02:59:06	02:58:37	05.57

Bieg 30 km KATEGORIA:K30

1	172	ŁOMNICKA Barbara	WROCLAW		POL	79	K30/1	(K)	2	02:21:31	02:21:17	04.42
2	104	PAWLUS Violetta	SIECHNICE		POL	78	K30/2	(K)	3	02:22:51	02:22:34	04.45
3	40	HOLEKSA Jolanta	WROCLAW		POL	83	K30/3	(K)	4	02:26:49	02:26:23	04.52
4	148	HOTAŁA Anna	WROCLAW		POL	82	K30/4	(K)	7	02:33:45	02:33:29	05.06
5	79	ŁAMPIKA Kinga	SMOLEC		POL	80	K30/5	(K)	8	02:43:42	02:43:20	05.26
6	169	KRYM Katarzyna	SMOLEC		POL	77	K30/6	(K)	9	02:43:48	02:43:27	05.26
7	42	JACHIMCZAK Dorota	WROCLAW		POL	80	K30/7	(K)	11	02:43:54	02:43:35	05.27
8	3	AUBEK Natalia	ŚCINAWA		POL	84	K30/8	(K)	13	02:47:59	02:47:30	05.35
9	41	ISKROWICZ Aleksandra	BRZEG DOLNY		POL	80	K30/9	(K)	14	02:49:24	02:48:47	05.37
10	23	ĆWIEK Sabina	SIECHNICE		POL	78	K30/10	(K)	17	02:50:54	02:50:27	05.40
11	278	GRODOŃ Magdalena	WROCLAW		POL	78	K30/11	(K)	19	02:52:46	02:52:19	05.44
12	114	PRUSAK Anna	WROCLAW		POL	81	K30/12	(K)	20	02:53:12	02:52:51	05.45
13	66	KUCZKOWSKA Aneta	WROCLAW		POL	81	K30/13	(K)	22	02:55:23	02:54:50	05.49
14	75	LIPIŃSKA Agnieszka	WROCLAW		POL	80	K30/14	(K)	29	03:09:07	03:08:42	06.17
15	239	OPALIŃSKA Dorota	DZIERŻONIÓW		POL	85	K30/15	(K)	30	03:09:29	03:09:12	06.18

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]
16	90	MAZURCZAK Ewa	KIELCZÓWEK	 POL		77	K30/16	(K)32	03:13:04	03:12:39	06.25
17	282	SABAT Monika	WROCLAW	 POL		85	K30/17	(K)33	03:19:57	03:19:28	06.38
18	189	SZPYRNA Katarzyna	WROCLAW	 POL		81	K30/18	(K)35	03:22:27	03:22:09	06.44
19	134	WAWRZYŃIAK Barbara	WROCLAW	 POL		82	K30/19	(K)36	03:30:08	03:29:42	06.59
20	68	KUCZYŃSKA Sabina	WROCLAW	 POL		79	K30/20	(K)37	03:43:48	03:43:20	07.26

Bieg 30 km KATEGORIA:K40

1	211	FOJTAR Dorota	KRZEPTÓW	 POL		75	K40/1	(K)6	02:31:13	02:30:53	05.01
2	20	CZARNECKA Joanna	WROCLAW	 POL		74	K40/2	(K)10	02:43:54	02:43:33	05.27
3	87	MARCINKIEWICZ Marta	WROCLAW	 POL		69	K40/3	(K)12	02:45:05	02:44:35	05.29
4	122	SIKORA Agnieszka	KARWIANY	 POL		72	K40/4	(K)18	02:51:06	02:50:35	05.41
5	13	BURKOWSKA Agnieszka	WROCLAW	 POL		75	K40/5	(K)21	02:54:27	02:54:03	05.48
6	201	ANTCZAK Riwana	WROCLAW	 POL		68	K40/6	(K)23	02:56:01	02:55:31	05.51
7	154	MAŁECKA Jolanta	WROCLAW	 POL		71	K40/7	(K)26	03:02:07	03:01:50	06.03
8	182	TURKO-PĘKALA Katarzyna	SZCZODRE	 POL		74	K40/8	(K)27	03:04:41	03:04:11	06.08
9	45	JĘDRYAS-SAMOLEJ Agata	KAMIENIEC	 POL		74	K40/9	(K)31	03:11:09	03:10:53	06.21

Bieg 30 km KATEGORIA:K60

1	125	SOBCZAK Renata	OLEŚNICA ŚLĄSKA	 POL		53	K60/1	(K)28	03:08:51	03:08:33	06.17
2	232	ŁABUZ Ewa	WROCLAW	 POL		55	K60/2	(K)34	03:20:06	03:19:45	06.39