

Długa Dyszka

WYNIKI ZAWODÓW

Open

Organizator: Stowarzyszenie Pro-Run Wrocław

Termin: 04.10.2015

Miejsce: Długołęka

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 KATEGORIA:M20											
1	89	KACZMARCZYK Łukasz	JASZOWICE	POL		88	M20/1	(M)7	00:37:30	00:37:30	03.45
2	327	CZARNOTA Dariusz	WSCHOWA	POL		89	M20/2	(M)8	00:37:53	00:37:53	03.47
3	23	KUTAJ Dawid	HENRYKÓW	POL		90	M20/3	(M)12	00:39:41	00:39:41	03.58
4	200	KOMOROWSKI Arkadiusz	TRZEBNICA	POL		95	M20/4	(M)13	00:39:43	00:39:43	03.58
5	395	LIS Szymon	WROCLAW	POL		86	M20/5	(M)22	00:41:22	00:41:22	04.08
6	150	JACKOWIAK Piotr	BRZEG	POL		86	M20/6	(M)25	00:41:59	00:41:59	04.11
7	114	ROZUMKIEWICZ Paweł	ŚWIDNICA	POL		87	M20/7	(M)26	00:42:06	00:42:06	04.12
8	299	DURCZYŃSKI Wojciech	DŁUGOŁĘKA	POL		91	M20/8	(M)36	00:42:44	00:42:44	04.16
9	377	KOWALEWSKI Mateusz	WROCLAW	POL		92	M20/9	(M)40	00:42:53	00:42:51	04.17
10	426	BEDNAREK Adam	WROCLAW	POL		86	M20/10	(M)41	00:43:16	00:43:16	04.19
11	109	KĘDZIA Dawid	WROCLAW	POL		92	M20/11	(M)44	00:43:34	00:43:34	04.21
12	430	RZEPKA Marcin		POL		88	M20/12	(M)45	00:43:36	00:43:36	04.21
13	228	LENCKI Damian	OLEŚNICA	POL		87	M20/13	(M)48	00:43:58	00:43:58	04.23
14	347	HERMAN Michał	WROCLAW	POL		90	M20/14	(M)50	00:44:14	00:44:13	04.25
15	72	SKAWSKI Piotr	DOMASZCZYN	POL		97	M20/15	(M)55	00:44:51	00:44:51	04.29
16	453	URBANIAK Tomasz	WROCLAW	POL		90	M20/16	(M)57	00:44:55	00:44:32	04.27
17	82	CZAPLEJEWICZ Wojciech	WROCLAW	POL		87	M20/17	(M)60	00:45:16	00:45:16	04.31
18	267	BUBULA Krystek	STRZELIN	POL		93	M20/18	(M)63	00:45:19	00:45:19	04.31
19	195	ZAPIÓR Mateusz	KIELCZÓW	POL		87	M20/19	(M)71	00:46:13	00:46:10	04.37
20	476	GRZESIAK Marcin	OSTRZESZÓW	POL		87	M20/20	(M)76	00:46:41	00:46:31	04.39
21	67	PAPROTNY Aleksander	TRZEBNICA	POL		95	M20/21	(M)77	00:46:45	00:46:43	04.40
22	356	IWANIEC Marcin	WROCLAW	POL		87	M20/22	(M)108	00:49:35	00:49:28	04.56
23	94	GABARA-PIĘTKA Piotr	WROCLAW	POL		87	M20/23	(M)111	00:49:52	00:49:43	04.58
24	434	GREGULSKI Bartosz	DŁUGOŁĘKA	POL		91	M20/24	(M)118	00:50:12	00:50:08	05.00
25	438	KUŹMIŃSKI Piotr	STRZELIN	POL		88	M20/25	(M)129	00:51:26	00:51:26	05.08
26	471	CALY Adam	WROCLAW	POL		88	M20/26	(M)133	00:51:42	00:51:42	05.10
27	294	MINKINA Maciej	WROCLAW	POL		88	M20/27	(M)139	00:51:59	00:51:50	05.11
28	396	STECYK Marcin	OLAWA	POL		98	M20/28	(M)146	00:52:56	00:52:56	05.17
29	171	KWAPIŃSKI Piotr	BOLEŚCIN	POL		91	M20/29	(M)147	00:53:07	00:52:56	05.17
30	235	TRAFANKOWSKI Mateusz	MILICZ	POL		87	M20/30	(M)172	00:56:55	00:56:43	05.40
31	241	KUBSIK Patryk	WROCLAW	POL		91	M20/31	(M)177	00:57:07	00:57:01	05.42
32	468	SMAGA Daniel	WROCLAW	POL		89	M20/32	(M)192	00:59:30	00:59:21	05.56
33	108	KWIATKOWSKI Łukasz	BIELSKO-BIAŁA	POL		93	M20/33	(M)194	01:00:00	00:59:54	05.59
34	283	OSTROWSKI Michał	STRZELIN	POL		88	M20/34	(M)200	01:03:10	01:03:09	06.18
35	197	CHRONIOWSKI Wojciech	ŚWIDNICA	POL		87	M20/35	(M)204	01:05:25	01:05:10	06.31

Open KATEGORIA:M30

1	500	SOBAS Jacek	WROCLAW	POL		85	M30/1	(M)1	00:34:15	00:34:15	03.25
2	59	PELC Paweł	WROCLAW	POL		78	M30/2	(M)3	00:35:18	00:35:18	03.31
3	214	ŁADYSZ Jerzy	JELENIA GÓRA	POL		77	M30/3	(M)6	00:37:13	00:37:13	03.43
4	461	PRYSTASZ Krzysztof	OLAWA	POL		78	M30/4	(M)9	00:38:12	00:38:12	03.49
5	274	WOLAŃSKI Jan	MARSZOWICE	POL		80	M30/5	(M)10	00:38:43	00:38:43	03.52
6	449	WCISŁO Grzegorz	WROCLAW	POL		82	M30/6	(M)11	00:39:00	00:39:00	03.54
7	221	KOMOROWSKI Karol	TRZEBNICA	POL		82	M30/7	(M)14	00:39:49	00:39:49	03.58
8	192	GIERASIMIUK Grzegorz	WARSZAWA	POL		84	M30/8	(M)15	00:39:58	00:39:58	03.59
9	189	CHOCIAJ Bartosz	WROCLAW	POL		79	M30/9	(M)17	00:40:18	00:40:18	04.01
10	98	DANISZ Karol	WROCLAW	POL		80	M30/10	(M)20	00:40:47	00:40:47	04.04

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]
11	180	ŻYŻA Sebastian	DLUGOŁĘKA	POL		80	M30/11	(M)21	00:41:12	00:41:12	04.07
12	345	KOSTERKIEWICZ Jarosław	NIEMODLIN	POL		84	M30/12	(M)24	00:41:50	00:41:50	04.11
13	488	BOROWIK Łukasz		POL		82	M30/13	(M)31	00:42:28	00:42:28	04.14
14	473	SIEWRUK Wojciech	ZĄBKOWICE ŚLĄSKIE	POL		78	M30/14	(M)33	00:42:35	00:42:35	04.15
15	71	PAWŁOWSKI Mariusz	JESZKOWICE	POL		79	M30/15	(M)39	00:42:52	00:42:52	04.17
16	62	GÓRSKI Łukasz	WROCLAW	POL		82	M30/16	(M)42	00:43:28	00:43:28	04.20
17	280	TOLŁOCZKO Arkadiusz	CHWAŁOWICE	POL		77	M30/17	(M)43	00:43:31	00:43:29	04.20
18	117	OLAWIŃSKI Karol	KOBIERZYCE	POL		79	M30/18	(M)46	00:43:52	00:43:52	04.23
19	173	KLISZ Iwo	WROCLAW	POL		83	M30/19	(M)47	00:43:57	00:43:54	04.23
20	416	PAWLICKI Łukasz	WROCLAW	POL		81	M30/20	(M)52	00:44:33	00:44:27	04.26
21	30	BURZEC Tomasz	WROCLAW	POL		79	M30/21	(M)53	00:44:43	00:44:39	04.27
22	237	GRZYWACZ Marcin	OLEŚNICA	POL		79	M30/22	(M)54	00:44:49	00:44:48	04.28
23	365	ROSIECKI Marcin	BYKÓW	POL		77	M30/23	(M)56	00:44:55	00:44:54	04.29
24	186	SZCZEPANKIEWICZ Marcin	WROCLAW	POL		81	M30/24	(M)58	00:45:15	00:45:15	04.31
25	227	ALTEWĘGIER Jarosław	KRAKÓW	POL		78	M30/25	(M)61	00:45:17	00:45:12	04.31
26	45	KALUŻNY Sebastian	WROCLAW	POL		79	M30/26	(M)64	00:45:20	00:45:20	04.32
27	357	ALFAWICKI Adrian	OLAWA	POL		83	M30/27	(M)65	00:45:23	00:45:23	04.32
28	164	FABIAŃSKI Tomasz	LESZNO	POL		85	M30/28	(M)66	00:45:23	00:45:17	04.31
29	27	SZLUFIK Krzysztof	NAMYSŁÓW	POL		77	M30/29	(M)69	00:45:49	00:45:47	04.34
30	226	ROŚLICKI Jarosław	WROCLAW	POL		80	M30/30	(M)70	00:45:53	00:45:53	04.35
31	383	DZIMIRA Paweł	WROCLAW	POL		77	M30/31	(M)72	00:46:20	00:46:09	04.36
32	96	PINDOR Krystian	WROCLAW	POL		80	M30/32	(M)73	00:46:22	00:46:22	04.38
33	270	ZIELIŃSKI Maciej	CZĘSTOCHOWA	POL		81	M30/33	(M)74	00:46:31	00:46:29	04.38
34	391	KLESZCZ Tomek	WROCLAW	POL		82	M30/34	(M)75	00:46:38	00:46:32	04.39
35	46	FAJER Łukasz	GROBLICE	POL		82	M30/35	(M)78	00:46:46	00:46:46	04.40
36	38	STOLARCZYK Szczepan	MIRKÓW	POL		77	M30/36	(M)80	00:46:59	00:46:38	04.39
37	250	OSTROWSKI Michał	STRZELIN	POL		85	M30/37	(M)81	00:47:05	00:47:05	04.42
38	285	NOWAK Mariusz	WROCLAW	POL		81	M30/38	(M)82	00:47:05	00:47:01	04.42
39	333	SKARŻYŃSKI Wojciech	OLAWA	POL		84	M30/39	(M)93	00:48:00	00:48:00	04.48
40	77	BUCKI Przemysław	SZCZODRE	POL		81	M30/40	(M)98	00:48:20	00:48:03	04.48
41	412	MIKOŁAJCZAK Jacek	WROCLAW	POL		82	M30/41	(M)99	00:48:25	00:48:24	04.50
42	83	ZAKRZEWSKI Tomasz	WROCLAW	POL		76	M30/42	(M)100	00:48:34	00:48:33	04.51
43	293	MODZELEWSKI Łukasz	WROCLAW	POL		81	M30/43	(M)101	00:48:41	00:48:41	04.52
44	63	KOWAL Krzysztof	WROCLAW	POL		83	M30/44	(M)104	00:49:04	00:48:54	04.53
45	40	HOJNOR Piotr	WROCLAW	POL		78	M30/45	(M)105	00:49:12	00:49:04	04.54
46	206	CIEMNY Kamil	WROCLAW	POL		82	M30/46	(M)106	00:49:18	00:49:07	04.54
47	390	CZYZEWSKI Norbert	SADLINKI	POL		84	M30/47	(M)112	00:49:52	00:49:42	04.58
48	76	MALUKIEWICZ Paweł	WROCLAW	POL		85	M30/48	(M)113	00:50:00	00:49:51	04.59
49	324	ZACHARIASZ Marcin	WROCLAW	POL		84	M30/49	(M)117	00:50:11	00:50:07	05.00
50	112	KARBOWIAK Szymon	WROCLAW	POL		83	M30/50	(M)120	00:50:26	00:50:26	05.02
51	336	KULESA Krzysztof	WROCLAW	POL		83	M30/51	(M)121	00:50:33	00:50:07	05.00
52	334	SZACHEWICZ Sławomir	WROCLAW	POL		79	M30/52	(M)122	00:50:37	00:50:32	05.03
53	238	KARBOWSKI Jarosław	SYCÓW	POL		77	M30/53	(M)123	00:50:44	00:50:42	05.04
54	443	GLINA Tomasz	RAWICZ	POL		83	M30/54	(M)125	00:50:57	00:50:49	05.04
55	408	GAŚCZCZAK Mariusz	KEPNO	POL		79	M30/55	(M)128	00:51:26	00:51:26	05.08
56	218	WILAS Tomasz	WROCLAW	POL		81	M30/56	(M)131	00:51:28	00:51:25	05.08
57	52	MADZIARSKI Marek	ŻERNIKI WROCLAWSKIE	POL		82	M30/57	(M)134	00:51:47	00:51:39	05.09
58	13	JON Marcin	SIECHNICE	POL		76	M30/58	(M)138	00:51:56	00:51:54	05.11
59	474	GMACKI Daniel		POL		76	M30/59	(M)141	00:52:14	00:52:14	05.13
60	370	BŁASZCZYK Piotr	WROCLAW	POL		85	M30/60	(M)142	00:52:34	00:52:19	05.13
61	485	MACHELSKI Krzysztof	WROCLAW	POL		78	M30/61	(M)143	00:52:34	00:52:23	05.14
62	151	DUDEK Grzegorz	WROCLAW	POL		84	M30/62	(M)144	00:52:42	00:52:42	05.16
63	386	CHOJNACKI Paweł	SZCZYTNA	POL		80	M30/63	(M)148	00:53:40	00:53:38	05.21
64	487	ROGUSKI Grzegorz		POL		84	M30/64	(M)149	00:53:48	00:53:28	05.20
65	344	CHMIELEWSKI Paweł	WROCLAW	POL		82	M30/65	(M)150	00:53:57	00:53:57	05.23
66	421	ROK Łukasz	PORĘBA	POL		79	M30/66	(M)153	00:54:37	00:54:29	05.26
67	20	HAMZIK Ireneusz	WROCLAW	POL		78	M30/67	(M)154	00:54:40	00:54:33	05.27
68	297	WIĄCEK Jacek	DLUGOŁĘKA	POL		77	M30/68	(M)155	00:54:40	00:54:37	05.27
69	312	KRUCZKIEWICZ Mateusz	WROCLAW	POL		79	M30/69	(M)159	00:55:06	00:54:49	05.28

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]
70	271	ŁAZARSKI Jarosław	WROCLAW	POL		81	M30/70	(M)160	00:55:10	00:54:51	05.29
71	201	PIWOWARSKI Kamil	WROCLAW	POL		84	M30/71	(M)161	00:55:15	00:55:11	05.31
72	261	JOCHIM Seweryn		POL		79	M30/72	(M)164	00:55:54	00:55:42	05.34
73	350	SZCZUPLAK Łukasz	DŁUGOŁĘKA	POL		78	M30/73	(M)166	00:56:02	00:56:02	05.36
74	31	STASIAK Maciej	SYCÓW	POL		82	M30/74	(M)167	00:56:12	00:56:08	05.36
75	289	SULICH Grzegorz	WROCLAW	POL		81	M30/75	(M)168	00:56:23	00:56:23	05.38
76	6	DĄBROWSKI Artur	WROCLAW	POL		78	M30/76	(M)169	00:56:38	00:56:25	05.38
77	458	STOCHMAL Maciej	WROCLAW	POL		81	M30/77	(M)170	00:56:48	00:56:38	05.39
78	335	MOCHOCKI Tomasz	KAMIEN	POL		80	M30/78	(M)171	00:56:52	00:56:36	05.39
79	7	KUŚ Krzysztof	BIELANY WROCLAWSKIE	POL		84	M30/79	(M)174	00:57:02	00:57:01	05.42
80	435	GAJ Paweł	WROCLAW	POL		85	M30/80	(M)180	00:57:18	00:57:00	05.42
81	369	ROZUMKIEWICZ Rafał	DZIKOWIEC	POL		76	M30/81	(M)181	00:57:26	00:57:21	05.44
82	452	JAKUBOWSKI Maciej		POL		78	M30/82	(M)186	00:58:46	00:58:22	05.50
83	481	MALACKI Przemysław		POL		83	M30/83	(M)188	00:59:09	00:59:04	05.54
84	230	ŚLĘZAK Jarosław	BRZEZINKA ŚREDZKA	POL		78	M30/84	(M)189	00:59:11	00:58:55	05.53
85	288	KURKOWIAK Krzysztof	WROCLAW	POL		83	M30/85	(M)191	00:59:26	00:59:10	05.55
86	428	CZEKIEL Grzegorz	SIECHNIE	POL		76	M30/86	(M)193	00:59:54	00:59:38	05.57
87	116	CZUCHWICKI Marek	WROCLAW	POL		76	M30/87	(M)195	01:00:32	01:00:16	06.01
88	51	LEŚNIEWSKI Michał	WROCLAW	POL		82	M30/88	(M)196	01:00:50	01:00:37	06.03
89	290	PREISS Grzegorz	WROCLAW	POL		76	M30/89	(M)198	01:01:39	01:01:20	06.08
90	414	PISKORSKI Michał	DOBRYKOWICE	POL		76	M30/90	(M)199	01:02:04	01:01:47	06.10
91	337	BIŁOUS Marcin	MIRKÓW	POL		77	M30/91	(M)201	01:03:19	01:03:01	06.18
92	348	KOPEĆ Tomasz	WROCLAW	POL		84	M30/92	(M)202	01:04:18	01:04:18	06.25
93	69	SZUMNY Marek	SIECHNICE	POL		85	M30/93	(M)205	01:05:52	01:05:36	06.33
94	244	ADAMSKI Konrad	DŁUGOŁĘKA	POL		84	M30/94	(M)209	01:09:42	01:09:31	06.57
95	303	GAWĘCKI Maciej	WROCLAW	POL		85	M30/95	(M)210	01:18:49	01:18:28	07.50

Open KATEGORIA:M40

1	160	GÓRECKI Krzysztof	DĄBROWA	POL		71	M40/1	(M)2	00:35:07	00:35:07	03.30
2	276	FEDOROWICZ Jacek	WROCLAW	POL		70	M40/2	(M)5	00:36:35	00:36:35	03.39
3	222	WIŚNIEWSKI Sławomir	WROCLAW	POL		73	M40/3	(M)16	00:40:03	00:40:03	04.00
4	155	RADECKI Jakub	WROCLAW	POL		75	M40/4	(M)18	00:40:27	00:40:27	04.02
5	477	BANASZEWSKI Adam	OLEŚNICA	POL		74	M40/5	(M)19	00:40:32	00:40:32	04.03
6	341	KOWNACKI Jacek	WROCLAW	POL		72	M40/6	(M)23	00:41:32	00:41:32	04.09
7	427	KUBIAK Przemysław	WILCZYCE	POL		72	M40/7	(M)28	00:42:17	00:42:17	04.13
8	217	HEŁMECKI Dariusz	WILCZYCE	POL		71	M40/8	(M)29	00:42:25	00:42:25	04.14
9	367	LIPNICKI Tomasz	WROCLAW	POL		70	M40/9	(M)30	00:42:27	00:42:27	04.14
10	145	FIEDOROW Szymon	DŁUGOŁĘKA	POL		73	M40/10	(M)32	00:42:33	00:42:33	04.15
11	454	RYGIEL Krzysztof	KAMIENIEC WROC.	POL		74	M40/11	(M)35	00:42:43	00:42:43	04.16
12	339	RZECZKOWSKI Dariusz	WROCLAW	POL		68	M40/12	(M)38	00:42:47	00:42:47	04.16
13	413	DRABIŃSKI Marek	OLAWA	POL		75	M40/13	(M)49	00:44:00	00:43:59	04.23
14	420	MYSZKA Mariusz	PIESZYCE	POL		73	M40/14	(M)59	00:45:16	00:45:13	04.31
15	423	BORKOWSKI Mariusz	WROCLAW	POL		75	M40/15	(M)62	00:45:18	00:45:18	04.31
16	73	FOLGA Marek	WROCLAW	POL		75	M40/16	(M)68	00:45:41	00:45:32	04.33
17	387	ZIÓŁKOWSKI Marek	PANOWICE	POL		72	M40/17	(M)79	00:46:47	00:46:41	04.40
18	107	DOBRYZCKI Janusz	NYSA	POL		68	M40/18	(M)85	00:47:37	00:47:37	04.45
19	234	ŚWIDERSKI Rafał	WROCLAW	POL		73	M40/19	(M)86	00:47:40	00:47:40	04.46
20	439	LASZCZYŃSKI Tomasz	STRZELIN	POL		74	M40/20	(M)89	00:47:50	00:47:50	04.47
21	157	SKWAREK Stanisław	KĄTY WROCLAWSKIE	POL		72	M40/21	(M)90	00:47:51	00:47:51	04.47
22	352	DOBRYZCKI Tomasz	NYSA	POL		75	M40/22	(M)91	00:47:53	00:47:43	04.46
23	448	BIBLAWSKI Robert	DOBROSZYCE	POL		71	M40/23	(M)94	00:48:02	00:48:02	04.48
24	366	SALDACZ Maciej	WROCLAW	POL		73	M40/24	(M)95	00:48:07	00:47:56	04.47
25	119	SEBZDA Dariusz	SIECHNICE	POL		70	M40/25	(M)97	00:48:15	00:48:15	04.49
26	480	GRYGIEL Leszek	WROCLAW	POL		69	M40/26	(M)103	00:49:04	00:48:59	04.53
27	174	PIEKARNIAK Rafał	OLEŚNICA	POL		74	M40/27	(M)107	00:49:33	00:49:33	04.57
28	64	BIERNACKI Krzysztof	WROCLAW	POL		75	M40/28	(M)110	00:49:45	00:49:42	04.58
29	204	KRĘŻEL Piotr	WROCLAW	POL		72	M40/29	(M)114	00:50:01	00:50:01	05.00
30	29	BASIŃSKI Krzysztof	OLAWA	POL		74	M40/30	(M)116	00:50:06	00:50:06	05.00
31	326	KOIS Robert	WROCLAW	POL		73	M40/31	(M)119	00:50:17	00:50:15	05.01

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]
32	216	KALICIŃSKI Jacek	DŁUGOŁĘKA	POL		72	M40/32	(M)124	00:50:52	00:50:49	05.04
33	253	JEZIEŃSKI Sergiusz	OLEŚNICA	POL		74	M40/33	(M)126	00:50:57	00:50:43	05.04
34	398	GRANICZNY Krzysztof	WROCLAW	POL		70	M40/34	(M)127	00:51:20	00:51:15	05.07
35	78	MAŁAS Piotr	WROCLAW	POL		66	M40/35	(M)130	00:51:28	00:51:21	05.08
36	248	ZATOŃSKI Tomasz	WROCLAW	POL		71	M40/36	(M)132	00:51:38	00:51:33	05.09
37	467	BEDNARCZYK Bogusław	WROCLAW	POL		67	M40/37	(M)135	00:51:52	00:51:43	05.10
38	374	BUDZIAK Piotr	GROBLICE	POL		71	M40/38	(M)136	00:51:56	00:51:53	05.11
39	193	BIERNACKI Adrian	KIELCZÓW	POL		71	M40/39	(M)140	00:52:04	00:51:57	05.11
40	142	ZARĘBA Daniel	WROCLAW	POL		72	M40/40	(M)145	00:52:46	00:52:36	05.15
41	156	RATAJCZAK Zbigniew	BRZEZIA ŁĄKA	POL		70	M40/41	(M)151	00:54:17	00:54:02	05.24
42	320	GALEWSKI Piotr	WROCLAW	POL		69	M40/42	(M)156	00:54:44	00:54:44	05.28
43	489	LACHOWICZ Ryszard	WROCLAW	POL		68	M40/43	(M)157	00:55:00	00:54:49	05.28
44	103	SZCZEPANIAK Tomasz	WILCZYCE	POL		74	M40/44	(M)158	00:55:04	00:54:41	05.28
45	446	NAZIMEK Zbigniew	WROCLAW	POL		75	M40/45	(M)162	00:55:39	00:55:39	05.33
46	144	BARTNIK Robert	OLEŚNICA	POL		72	M40/46	(M)165	00:55:56	00:55:42	05.34
47	296	LIPKOWSKI Paweł	WROCLAW	POL		73	M40/47	(M)175	00:57:05	00:56:56	05.41
48	60	WIECZOREK Jacek	WROCLAW	POL		72	M40/48	(M)176	00:57:06	00:57:01	05.42
49	275	SZCZEPAŃSKI Leszek	ZIĘBICE	POL		66	M40/49	(M)182	00:57:37	00:57:36	05.45
50	328	KRZEMIENIEWSKI Grzegorz	WROCLAW	POL		72	M40/50	(M)183	00:57:46	00:57:29	05.44
51	21	ADAM Banasiak	WROCLAW	POL		75	M40/51	(M)185	00:58:39	00:58:39	05.51
52	100	KALETA Przemysław	WROCLAW	POL		72	M40/52	(M)187	00:58:56	00:58:42	05.52
53	437	URYGA Dariusz	BRZEZIA ŁĄKA	POL		70	M40/53	(M)190	00:59:19	00:59:05	05.54
54	306	CHORAŻEWSKI Krzysztof	GALÓW	POL		75	M40/54	(M)197	01:01:09	01:00:48	06.04
55	130	ZAJĄCZKOWSKI Sławomir	WROCLAW	POL		75	M40/55	(M)203	01:05:18	01:05:00	06.30
56	35	PUCEK Przemysław	SMOLEC	POL		72	M40/56	(M)207	01:06:37	01:06:25	06.38

Open KATEGORIA:M50

1	457	KIELCZEWSKI Grzegorz		POL		60	M50/1	(M)4	00:36:30	00:36:30	03.39
2	121	WOJDANOWSKI Jan	JELCZ-LASKOWICE	POL		62	M50/2	(M)27	00:42:15	00:42:15	04.13
3	203	RYBA Jan	WROCLAW	POL		62	M50/3	(M)34	00:42:38	00:42:38	04.15
4	472	WILK Czesław	WĘGRÓW	POL		58	M50/4	(M)37	00:42:44	00:42:44	04.16
5	444	BAUER Andreas	WROCLAW	POL		64	M50/5	(M)51	00:44:30	00:44:30	04.27
6	111	CYBULSKI Piotr	BRZEZINA / WROCLAW	POL		59	M50/6	(M)67	00:45:24	00:45:24	04.32
7	187	JURECKI Zygfryd	WROCLAW	POL		65	M50/7	(M)87	00:47:45	00:47:37	04.45
8	465	PISZCZEK Ryszard	WROCLAW	POL		63	M50/8	(M)88	00:47:47	00:47:47	04.46
9	85	WLIZŁO Aleksander	WROCLAW	POL		59	M50/9	(M)92	00:48:00	00:47:54	04.47
10	255	BARAŃSKI Andrzej	WROCLAW	POL		60	M50/10	(M)102	00:48:54	00:48:39	04.51
11	343	MITROSZ Andrzej	WROCLAW	POL		56	M50/11	(M)137	00:51:56	00:51:45	05.10
12	368	LUŻNIAK Stanisław	WROCLAW	POL		58	M50/12	(M)152	00:54:31	00:54:24	05.26
13	19	ŁADOŃSKI Ryszard	WROCLAW	POL		57	M50/13	(M)184	00:58:33	00:58:23	05.50
14	90	SZAŁAJKO Jerzy	WROCLAW	POL		62	M50/14	(M)206	01:06:16	01:06:03	06.36
15	363	WOJDYLA Mieczysław	WROCLAW	POL		64	M50/15	(M)208	01:06:50	01:06:31	06.39

Open KATEGORIA:M60

1	88	CHOJNACKI Ryszard	WROCLAW	POL		47	M60/1	(M)83	00:47:29	00:47:28	04.44
2	475	NESTEREWICZ Ryszard	KŁODZKO	POL		54	M60/2	(M)84	00:47:34	00:47:33	04.45
3	97	TOM Andrzej	WROCLAW	POL		52	M60/3	(M)96	00:48:09	00:48:02	04.48
4	455	JEMIOŁO Roman	BAKÓW	POL		53	M60/4	(M)109	00:49:38	00:49:33	04.57
5	233	ŚLIZ Edward	GNIECHOWICE	POL		52	M60/5	(M)115	00:50:04	00:49:57	04.59
6	269	LEWANDOWSKI Tadeusz	WROCLAW	POL		49	M60/6	(M)163	00:55:45	00:55:45	05.34
7	469	KOWALCZYK Tadeusz	BOROWA	POL		55	M60/7	(M)173	00:57:00	00:56:37	05.39
8	330	RUDNO-RUDZIŃSKI Krzysztof	WROCLAW	POL		49	M60/8	(M)178	00:57:10	00:57:10	05.43
9	346	WANAT Waław	WROCLAW	POL		46	M60/9	(M)179	00:57:10	00:56:55	05.41

Open KATEGORIA:K20

1	338	OBSTÓJ Karolina	KIELCZÓW	POL		90	K20/1	(K)5	00:47:40	00:47:36	04.45
2	440	PRAWUCKA Paulina	RAWICZ	POL		87	K20/2	(K)11	00:51:02	00:50:54	05.05
3	4	LATOSEK Angelika	WIELOGÓRA	POL		93	K20/3	(K)12	00:51:13	00:51:13	05.07
4	220	BAKALARCZYK Marta	WROCLAW	POL		89	K20/4	(K)14	00:51:31	00:51:29	05.08
5	224	SOKÓŁ Ewelina	KIELCZÓW	POL		88	K20/5	(K)19	00:53:03	00:53:01	05.18
















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]
6	84	DUTKA Natalia	WROCLAW	POL		89	K20/6	(K)20	00:53:28	00:53:26	05.20
7	389	SKONIECZNA Justyna	WROCLAW	POL		87	K20/7	(K)22	00:54:04	00:54:04	05.24
8	409	LIPKA Natalia	JELEŃ GÓRA	POL		90	K20/8	(K)34	00:57:09	00:56:58	05.41
9	291	MISIEWICZ Agnieszka	WROCLAW	POL		92	K20/9	(K)35	00:57:18	00:56:59	05.41
10	277	DOPIERAŁA Kinga	WARSZAWA	POL		90	K20/10	(K)36	00:57:30	00:57:30	05.45
11	182	PIŁAT Monika	BIŁGORAJ	POL		90	K20/11	(K)42	00:58:51	00:58:41	05.52
12	309	FULAWKA Marta	WROCLAW	POL		86	K20/12	(K)51	01:00:47	01:00:34	06.03
13	57	PIĘTAK Ewelina	WROCLAW	POL		92	K20/13	(K)52	01:00:57	01:00:55	06.05
14	123	MIGASIEWICZ Anna	SYCÓW	POL		92	K20/14	(K)59	01:03:54	01:03:44	06.22
15	406	PAWELEC Wioletta	WROCLAW	POL		91	K20/15	(K)65	01:05:07	01:04:51	06.29
16	207	KRAWCZYK Estera	WROCLAW	POL		93	K20/16	(K)71	01:11:12	01:10:52	07.05
17	179	KOSIARCZYK Aleksandra	WROCLAW	POL		93	K20/17	(K)72	01:11:13	01:10:52	07.05

Open KATEGORIA:K30

1	371	WIĘCEK Anna	WROCLAW	POL		80	K30/1	(K)1	00:42:43	00:42:43	04.16
2	450	ŻELAZOWSKA Ola	WROCLAW	POL		85	K30/2	(K)2	00:44:25	00:44:25	04.26
3	110	KRYM Katarzyna	SMOLEC	POL		77	K30/3	(K)3	00:46:11	00:46:10	04.37
4	25	ŁOWICKA Magdalena	WROCLAW	POL		85	K30/4	(K)4	00:47:04	00:46:59	04.41
5	70	KLUZ Adrianna	WROCLAW	POL		83	K30/5	(K)6	00:47:42	00:47:30	04.45
6	317	STECZKOWSKA Anna	OŁAWA	POL		82	K30/6	(K)7	00:47:49	00:47:49	04.46
7	242	ŁAMPIKA Kinga	SMOLEC	POL		80	K30/7	(K)10	00:49:06	00:49:05	04.54
8	411	JANKOWICZ Agnieszka	WAŁBRZYCH	POL		81	K30/8	(K)13	00:51:17	00:50:58	05.05
9	258	BANACH Joanna	WROCLAW	POL		82	K30/9	(K)15	00:51:53	00:51:46	05.10
10	9	ŁADOŃSKA Katarzyna	WROCLAW	POL		82	K30/10	(K)16	00:52:26	00:52:20	05.14
11	301	PRUSAK Anna	WROCLAW	POL		81	K30/11	(K)18	00:52:56	00:52:47	05.16
12	196	KOWOL Lucja	WROCLAW	POL		77	K30/12	(K)21	00:54:02	00:53:51	05.23
13	183	BRODALA Agnieszka	WROCLAW	POL		76	K30/13	(K)23	00:54:13	00:53:52	05.23
14	404	BARAN Ewa	WROCLAW	POL		78	K30/14	(K)25	00:55:02	00:54:43	05.28
15	86	SZLUFIK Marta	SOBOCISKO	POL		85	K30/15	(K)27	00:55:22	00:55:16	05.31
16	319	TOMCZYK Anna	DŁUGOŁĘKA	POL		83	K30/16	(K)30	00:56:29	00:56:13	05.37
17	268	KURYSZ Anna	OŁAWA	POL		80	K30/17	(K)31	00:56:30	00:56:15	05.37
18	323	DĄBROWSKA Ewelina	WROCLAW	POL		76	K30/18	(K)32	00:56:38	00:56:25	05.38
19	163	KWAPIŃSKA Anna	BOLEŚCIN	POL		84	K30/19	(K)38	00:58:15	00:58:04	05.48
20	292	WŁODARCZYK Justyna	PEŁCZYCE	POL		80	K30/20	(K)39	00:58:32	00:58:15	05.49
21	92	TRONINA Adriana	WROCLAW	POL		82	K30/21	(K)45	00:59:25	00:59:25	05.56
22	279	ANDRZEJCZYK Aleksandra	KEDZIERZYN-KOŹLE /	POL		82	K30/22	(K)46	00:59:55	00:59:39	05.57
23	95	BUCKA Joanna	DŁUGOŁĘKA	POL		84	K30/23	(K)48	01:00:24	01:00:08	06.00
24	451	SIUDA Ewa	KIEŁCZÓW	POL		84	K30/24	(K)49	01:00:34	01:00:30	06.03
25	431	KRAKOWCZYK Joanna		POL		79	K30/25	(K)50	01:00:38	01:00:31	06.03
26	18	BARTOSIK Kamila	SMOLEC	POL		77	K30/26	(K)53	01:03:09	01:02:49	06.16
27	188	ORŁOWSKA Joanna	WROCLAW	POL		84	K30/27	(K)54	01:03:10	01:02:53	06.17
28	229	ZIMERSKA Dorota	WROCLAW	POL		83	K30/28	(K)55	01:03:11	01:02:52	06.17
29	329	KUKUŁA Ewa	WROCLAW	POL		79	K30/29	(K)56	01:03:20	01:03:07	06.18
30	484	SZARAFIŃSKA-JUSZCZAK Dorota	WROCLAW	POL		76	K30/30	(K)57	01:03:21	01:03:09	06.18
31	162	POLIWODA Paulina	WYSOKA	POL		80	K30/31	(K)58	01:03:32	01:03:17	06.19
32	205	DYMAŁA Natalia	MIĘDZYBÓRZ	POL		85	K30/32	(K)61	01:04:30	01:04:09	06.24
33	143	SZCZEPANIAK Agnieszka	WILCZYCE	POL		76	K30/33	(K)62	01:04:42	01:04:21	06.26
34	433	KRONER Edyta	WROCLAW	POL		77	K30/34	(K)63	01:04:47	01:04:41	06.28
35	378	WIEJA-ZAREMBA Agnieszka	KIEŁCZÓW	POL		80	K30/35	(K)64	01:04:48	01:04:35	06.27
36	254	HUB Mal	BRZEZIA ŁĄKA	POL		78	K30/36	(K)67	01:05:53	01:05:35	06.33
37	340	ZIELIŃSKA Joanna	KIEŁCZÓW	POL		80	K30/37	(K)68	01:07:05	01:06:57	06.41
38	262	PABICH Honorata		POL		77	K30/38	(K)70	01:11:08	01:11:01	07.06
39	11	MAZURCZAK Ewa	KIEŁCZÓWEK	POL		77	K30/39	(K)73	01:11:35	01:11:17	07.07
40	361	ALFAWICKA Marta	OŁAWA	POL		81	K30/40	(K)74	01:14:38	01:13:32	07.21
41	419	PISKORSKA Anna	DOBRYKOWICE	POL		77	K30/41	(K)75	01:15:53	01:15:36	07.33
42	213	KROMOŁOWSKA Monika	WROCLAW	POL		81	K30/42	(K)76	01:18:50	01:18:35	07.51

Open KATEGORIA:K40

1	410	FOJTAR Dorota	WROCLAW	POL		75	K40/1	(K)8	00:48:26	00:48:25	04.50
2	257	KUBIAK Joanna	WILCZYCE	POL		74	K40/2	(K)9	00:48:34	00:48:30	04.51

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kategorii in Age	(K) Sex	Czas Time	Netto	[min/km]
3	384	KALINKIEWICZ Marta	WROCLAW	 POL		75	K40/3	(K)17	00:52:45	00:52:42	05.16
4	362	KARGOL Monika	WROCLAW	 POL		69	K40/4	(K)24	00:54:49	00:54:49	05.28
5	36	NOGANOWICZ Agata	DOMASZCZYN	 POL		70	K40/5	(K)26	00:55:06	00:54:50	05.29
6	486	KARCZYŃSKA Joanna		 POL		74	K40/6	(K)28	00:55:56	00:55:43	05.34
7	115	KLIMEK Justyna	SMOLEC	 POL		73	K40/7	(K)29	00:56:13	00:55:53	05.35
8	464	JASTRZĘBSKA Agnieszka	WROCLAW	 POL		72	K40/8	(K)33	00:56:48	00:56:46	05.40
9	373	SIKOŃ-WILCZYŃSKA Magdalena	WROCLAW	 POL		75	K40/9	(K)37	00:57:31	00:57:31	05.45
10	44	KLEIN Dorota	MALIN	 POL		73	K40/10	(K)40	00:58:38	00:58:35	05.51
11	198	GRYGIEL Agnieszka	WROCLAW	 POL		71	K40/11	(K)41	00:58:41	00:58:26	05.50
12	397	RATAJCZAK Gabriela	BRZEZIA ŁĄKA	 POL		71	K40/12	(K)43	00:59:19	00:59:05	05.54
13	252	STRAUCHOLD Anna	KAMIENIEC	 POL		72	K40/13	(K)44	00:59:22	00:59:02	05.54
14	264	BRZOZA Ola		 POL		74	K40/14	(K)47	01:00:09	00:59:57	05.59
15	353	PAPCIAK Karolina	SMOLEC	 POL		75	K40/15	(K)60	01:04:13	01:04:13	06.25
16	131	KLIMAS-ZAJĄCZKOWSKA Joanna	PIECOWICE	 POL		73	K40/16	(K)66	01:05:18	01:04:59	06.29
17	75	GRODZKA Anna	WROCLAW	 POL		69	K40/17	(K)69	01:07:09	01:07:01	06.42