

## II. BIEG NIEPODLEGŁOŚCI

### WYNIKI ZAWODÓW

#### 10 km OPEN - MM

**Organizator:** Grabek Promotion Sp. z o.o

**Termin:** 11.11.2015

**Miejsce:** JELENIA GÓRA

**Dystans:** 10 km

| Miejsce<br>Rank              | Nr<br>Bib | Nazwisko i imię<br>Name | Miejscowość<br>City | Kraj<br>Nat | Drużyna<br>Team | R-k<br>YoB | W kategorii<br>in Age | Sex    | Czas<br>Time    | Netto    | [min/km] |
|------------------------------|-----------|-------------------------|---------------------|-------------|-----------------|------------|-----------------------|--------|-----------------|----------|----------|
| <b>10 km OPEN - MM [9]</b>   |           |                         |                     |             |                 |            |                       |        |                 |          |          |
| 1                            | 138       | KLATKA Łukasz           | LUBAŃ               |             | POL             | 99         | MM/1                  | (M)13  | <b>00:38:47</b> | 00:38:46 | 03.52    |
| 2                            | 350       | TSCHIRCH Krzysztof      | JELENIA GÓRA        |             | POL             | 99         | MM/2                  | (M)20  | <b>00:39:13</b> | 00:39:11 | 03.55    |
| 3                            | 58        | DOMAGAŁA Marcel         | JELENIA GÓRA        |             | POL             | 98         | MM/3                  | (M)82  | <b>00:44:16</b> | 00:44:16 | 04.25    |
| 4                            | 395       | ŻYWICKI Filip           | MYŚLAKOWICE         |             | POL             | 98         | MM/4                  | (M)102 | <b>00:45:39</b> | 00:45:39 | 04.33    |
| 5                            | 182       | LACH Kacper             | JEŻÓW SUDECKI       |             | POL             | 00         | MM/5                  | (M)126 | <b>00:47:11</b> | 00:47:11 | 04.43    |
| 6                            | 269       | POŁOMSKI Michał         | LUBAŃ               |             | POL             | 99         | MM/6                  | (M)175 | <b>00:49:29</b> | 00:49:29 | 04.56    |
| 7                            | 308       | SOCHA Kajetan           | JELENIA GÓRA        |             | POL             | 98         | MM/7                  | (M)218 | <b>00:52:44</b> | 00:52:44 | 05.16    |
| 8                            | 375       | WOLSKI Piotr            | JELENIA GÓRA        |             | POL             | 00         | MM/8                  | (M)249 | <b>00:55:34</b> | 00:55:34 | 05.33    |
| 9                            | 96        | HLADKI Gabriel          | BOGATYNIA           |             | POL             | 99         | MM/9                  | (M)270 | <b>01:01:21</b> | 01:01:21 | 06.08    |
| <b>10 km OPEN - M18 [10]</b> |           |                         |                     |             |                 |            |                       |        |                 |          |          |
| 1                            | 367       | WITEK Andrzej           | SZKLARSKA PORĘBA    |             | POL             | 92         | M18/1                 | (M)2   | <b>00:32:58</b> | 00:32:58 | 03.17    |
| 2                            | 341       | SZYMAŃSKI Kornel        | JEŻÓW SUDECKI       |             | POL             | 97         | M18/2                 | (M)6   | <b>00:36:47</b> | 00:36:47 | 03.40    |
| 3                            | 118       | JEKIEL Bartek           | MILKÓW              |             | POL             | 95         | M18/3                 | (M)7   | <b>00:37:39</b> | 00:37:39 | 03.45    |
| 4                            | 318       | STELMACH Szymon         | JELENIA GÓRA        |             | POL             | 92         | M18/4                 | (M)15  | <b>00:39:01</b> | 00:38:58 | 03.53    |
| 5                            | 536       | RÓŻYCKI Konrad          | JELENIA GÓRA        |             | POL             | 93         | M18/5                 | (M)131 | <b>00:47:27</b> | 00:47:27 | 04.44    |
| 6                            | 28        | BIEŃKOWSKI Bartosz      | SZKLARSKA PORĘBA    |             | POL             | 97         | M18/6                 | (M)134 | <b>00:47:31</b> | 00:47:31 | 04.45    |
| 7                            | 93        | HEICHEL Jakub           | JELENIA GÓRA        |             | POL             | 91         | M18/7                 | (M)150 | <b>00:48:07</b> | 00:48:07 | 04.48    |
| 8                            | 25        | BIELA Konrad            | KOWARY              |             | POL             | 91         | M18/8                 | (M)163 | <b>00:48:41</b> | 00:48:41 | 04.52    |
| 9                            | 151       | KOSECKI Michał          | JELENIA GÓRA        |             | POL             | 97         | M18/9                 | (M)237 | <b>00:54:29</b> | 00:54:29 | 05.26    |
| 10                           | 110       | JANISŁAWSKI Maciej      | JELENIA GÓRA        |             | POL             | 91         | M18/10                | (M)269 | <b>01:00:08</b> | 01:00:08 | 06.00    |
| <b>10 km OPEN - M25 [33]</b> |           |                         |                     |             |                 |            |                       |        |                 |          |          |
| 1                            | 531       | NOWAK Jakub             | WARSZAWA            |             | POL             | 89         | M25/1                 | (M)1   | <b>00:31:40</b> | 00:31:40 | 03.10    |
| 2                            | 140       | KLIMOWICZ Marek         | GDYNIA              |             | POL             | 86         | M25/2                 | (M)27  | <b>00:40:23</b> | 00:40:22 | 04.02    |
| 3                            | 246       | OLCZYK Grzegorz         | JELENIA GÓRA        |             | POL             | 90         | M25/3                 | (M)30  | <b>00:40:38</b> | 00:40:36 | 04.03    |
| 4                            | 258       | PIELECH Krzysztof       | JELENIA GÓRA        |             | POL             | 86         | M25/4                 | (M)36  | <b>00:41:05</b> | 00:41:00 | 04.06    |
| 5                            | 174       | KUR Michał              | JELENIA GÓRA        |             | POL             | 90         | M25/5                 | (M)37  | <b>00:41:05</b> | 00:40:49 | 04.04    |
| 6                            | 389       | ZIENTARA Adrian         | LEGNICA             |             | POL             | 88         | M25/6                 | (M)38  | <b>00:41:10</b> | 00:41:08 | 04.06    |
| 7                            | 287       | RYBIŃSKI Radosław       | LEGNICA             |             | POL             | 90         | M25/7                 | (M)40  | <b>00:41:19</b> | 00:41:16 | 04.07    |
| 8                            | 226       | MICHALKÓW Michał        | SZKLARSKA PORĘBA    |             | POL             | 86         | M25/8                 | (M)59  | <b>00:42:53</b> | 00:42:53 | 04.17    |
| 9                            | 264       | PIWOWARSKI Krzysztof    | CIECHANOWICE        |             | POL             | 89         | M25/9                 | (M)92  | <b>00:45:04</b> | 00:45:04 | 04.30    |
| 10                           | 99        | HOLYSZEWSKI Damian      | PROBOSZCZÓW         |             | POL             | 88         | M25/10                | (M)105 | <b>00:45:56</b> | 00:45:56 | 04.35    |
| 11                           | 163       | KRÓLIKOWSKI Tomasz      | ŚWIERADÓW ZDRÓJ     |             | POL             | 88         | M25/11                | (M)106 | <b>00:45:57</b> | 00:45:57 | 04.35    |

| Miejsce<br>Rank | Nr<br>Bib | Nazwisko i imię<br>Name | Miejscowość<br>City | Kraj<br>Nat | Drużyna<br>Team | R-k<br>YoB | W kategorii<br>in Age | Sex    | Czas<br>Time | Netto    | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|-----------------|------------|-----------------------|--------|--------------|----------|----------|
| 12              | 30        | BIROS Michał            | JELENIA GÓRA        | POL         |                 | 89         | M25/12                | (M)109 | 00:46:08     | 00:46:08 | 04.36    |
| 13              | 321       | STUZIŃSKI Remigiusz     | LUBIN               | POL         |                 | 89         | M25/13                | (M)143 | 00:47:44     | 00:47:44 | 04.46    |
| 14              | 125       | KABAŁA Sylwester        | JELENIA GÓRA        | POL         |                 | 87         | M25/14                | (M)146 | 00:48:00     | 00:48:00 | 04.48    |
| 15              | 278       | RAŻNY Michał            | JELENIA GÓRA        | POL         |                 | 89         | M25/15                | (M)153 | 00:48:21     | 00:48:21 | 04.50    |
| 16              | 191       | LINDNER Paweł           | JELENIA GÓRA        | POL         |                 | 86         | M25/16                | (M)157 | 00:48:29     | 00:48:29 | 04.50    |
| 17              | 115       | JAWOREK Damian          | WROCLAW             | POL         |                 | 90         | M25/17                | (M)159 | 00:48:32     | 00:48:32 | 04.51    |
| 18              | 231       | MINKO Dawid             | OLSZYNA             | POL         |                 | 90         | M25/18                | (M)174 | 00:49:29     | 00:49:29 | 04.56    |
| 19              | 14        | ARENDARCZYK Adam        | JELENIA GÓRA        | POL         |                 | 86         | M25/19                | (M)179 | 00:49:43     | 00:49:43 | 04.58    |
| 20              | 41        | CHANAS Kamil            | BOŻKÓW              | POL         |                 | 88         | M25/20                | (M)181 | 00:49:59     | 00:49:59 | 04.59    |
| 21              | 13        | ANTERSKI Patryk         | KAMIENNA GÓRA       | POL         |                 | 90         | M25/21                | (M)193 | 00:50:35     | 00:50:35 | 05.03    |
| 22              | 355       | WAŃDOCH Adrian          | PIECHOWICE          | POL         |                 | 87         | M25/22                | (M)203 | 00:51:36     | 00:51:36 | 05.09    |
| 23              | 300       | SKRZYŃSKI Krzysztof     | KARPACZ             | POL         |                 | 88         | M25/23                | (M)231 | 00:53:50     | 00:53:50 | 05.23    |
| 24              | 247       | OLSZEWSKI Ryszard       | JELENIA GÓRA        | POL         |                 | 87         | M25/24                | (M)241 | 00:54:48     | 00:54:48 | 05.28    |
| 25              | 36        | BUDZYŃSKI Marcin        | JELENIA GÓRA        | POL         |                 | 89         | M25/25                | (M)242 | 00:54:49     | 00:54:49 | 05.28    |
| 26              | 190       | LIGIER Paweł            | LEŚNA               | POL         |                 | 88         | M25/26                | (M)245 | 00:54:53     | 00:54:53 | 05.29    |
| 27              | 261       | PIETRZAK Marcin         | JELENIA GÓRA        | POL         |                 | 88         | M25/27                | (M)250 | 00:55:37     | 00:55:37 | 05.33    |
| 28              | 320       | STUZIŃSKI Rafał         | WROCLAW             | POL         |                 | 86         | M25/28                | (M)262 | 00:57:41     | 00:57:41 | 05.46    |
| 29              | 281       | ROMAŃSKI Wojciech       | PIECHOWICE          | POL         |                 | 87         | M25/29                | (M)266 | 00:58:38     | 00:58:38 | 05.51    |
| 30              | 358       | WELKE Bartosz           | KĘPNO               | POL         |                 | 87         | M25/30                | (M)274 | 01:01:35     | 01:01:35 | 06.09    |
| 31              | 346       | TOKARSKI Tomasz         | JELENIA GÓRA        | POL         |                 | 86         | M25/31                | (M)278 | 01:02:46     | 01:02:46 | 06.16    |
| 32              | 147       | KOKOSZKO Mateusz        | WAŁBRZYCH           | POL         |                 | 86         | M25/32                | (M)279 | 01:03:50     | 01:03:50 | 06.23    |
| 33              | 323       | SUŚ Piotr               | ŚWIERADÓW-ZDRÓJ     | POL         |                 | 87         | M25/33                | (M)286 | 01:13:43     | 01:13:43 | 07.22    |

### 10 km OPEN - M30 [39]

|    |     |                        |                 |     |  |    |        |        |          |          |       |
|----|-----|------------------------|-----------------|-----|--|----|--------|--------|----------|----------|-------|
| 1  | 301 | SŁAWIŃSKI Sławomir     | KAMIENNA GÓRA   | POL |  | 82 | M30/1  | (M)4   | 00:35:18 | 00:35:18 | 03.31 |
| 2  | 299 | SITNIK Andrzej         | LEŚNICA         | POL |  | 83 | M30/2  | (M)10  | 00:38:07 | 00:38:04 | 03.48 |
| 3  | 339 | SZWAŁKO Kamil          | MIRSK           | POL |  | 85 | M30/3  | (M)19  | 00:39:13 | 00:39:11 | 03.55 |
| 4  | 187 | LERIAN Mariusz         | LUBAŃ           | POL |  | 82 | M30/4  | (M)21  | 00:39:16 | 00:39:14 | 03.55 |
| 5  | 112 | JASINIOK Przemysław    | JELENIA GÓRA    | POL |  | 85 | M30/5  | (M)26  | 00:40:14 | 00:40:11 | 04.01 |
| 6  | 88  | GRZEGORCZYK Patryk     | JELENIA GÓRA    | POL |  | 83 | M30/6  | (M)32  | 00:40:44 | 00:40:39 | 04.03 |
| 7  | 363 | WIECZORKIEWICZ Ryszard | JEŻÓW SUDECKI   | POL |  | 82 | M30/7  | (M)35  | 00:41:04 | 00:41:02 | 04.06 |
| 8  | 179 | KWIATKOWSKI Krystian   | JELENIA GÓRA    | POL |  | 81 | M30/8  | (M)44  | 00:41:47 | 00:41:42 | 04.10 |
| 9  | 178 | KWIATKOWSKI Daniel     | LUBAŃ           | POL |  | 85 | M30/9  | (M)47  | 00:41:57 | 00:41:56 | 04.11 |
| 10 | 322 | SULEJ Kamil            | KARPACZ         | POL |  | 83 | M30/10 | (M)48  | 00:42:01 | 00:41:54 | 04.11 |
| 11 | 285 | RUDNY Sebastian        | OPAWA           | POL |  | 82 | M30/11 | (M)61  | 00:43:03 | 00:43:03 | 04.18 |
| 12 | 291 | SAWICKI Marcin         | ŚWIERADÓW-ZDRÓJ | POL |  | 84 | M30/12 | (M)65  | 00:43:16 | 00:43:16 | 04.19 |
| 13 | 131 | KAPŁON Marcin          | GRYFÓW ŚLĄSKI   | POL |  | 83 | M30/13 | (M)68  | 00:43:27 | 00:43:27 | 04.20 |
| 14 | 333 | SZLENDAK Łukasz        | KOWARY          | POL |  | 83 | M30/14 | (M)70  | 00:43:43 | 00:43:43 | 04.22 |
| 15 | 100 | HORBATOWSKI Piotr      | WROCLAW         | POL |  | 82 | M30/15 | (M)78  | 00:44:07 | 00:44:07 | 04.24 |
| 16 | 262 | PITUCH Paweł           | KOWARY          | POL |  | 85 | M30/16 | (M)94  | 00:45:05 | 00:45:05 | 04.30 |
| 17 | 302 | SŁOMSKI Michał         | JELENIA GÓRA    | POL |  | 85 | M30/17 | (M)112 | 00:46:18 | 00:46:18 | 04.37 |
| 18 | 121 | WIŚNIEWSKI Paweł       |                 | POL |  | 83 | M30/18 | (M)117 | 00:46:32 | 00:46:32 | 04.39 |
| 19 | 34  | BRONIARCZYK Leszek     | JELENIA GÓRA    | POL |  | 85 | M30/19 | (M)118 | 00:46:36 | 00:46:36 | 04.39 |
| 20 | 215 | MATYJASZCZYK Marcin    | JELENIA GÓRA    | POL |  | 83 | M30/20 | (M)124 | 00:47:08 | 00:47:08 | 04.42 |
| 21 | 289 | SATERNUS Lucjan        | OŚWIĘCIM        | POL |  | 83 | M30/21 | (M)135 | 00:47:33 | 00:47:33 | 04.45 |
| 22 | 46  | CICHON Tomasz          | JELENIA GÓRA    | POL |  | 83 | M30/22 | (M)139 | 00:47:41 | 00:47:41 | 04.46 |
| 23 | 189 | LESZCZYŃSKI Lubomir    | ŚWIERADÓW-ZDRÓJ | POL |  | 81 | M30/23 | (M)152 | 00:48:18 | 00:48:18 | 04.49 |
| 24 | 245 | OBLICKI Gniewomir      | JELENIA GÓRA    | POL |  | 83 | M30/24 | (M)156 | 00:48:27 | 00:48:27 | 04.50 |
| 25 | 290 | SAWAŁA Sławomir        | LUBIN           | POL |  | 81 | M30/25 | (M)164 | 00:48:47 | 00:48:47 | 04.52 |

| Miejsce<br>Rank | Nr<br>Bib | Nazwisko i imię<br>Name | Miejscowość<br>City | Kraj<br>Nat | Drużyna<br>Team | R-k<br>YoB | W kategorii<br>in Age | Sex    | Czas<br>Time | Netto    | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|-----------------|------------|-----------------------|--------|--------------|----------|----------|
| 26              | 390       | ZYGARLICKI Mariusz      | BOGUSZÓW-GORCE      | POL         |                 | 84         | M30/26                | (M)168 | 00:48:56     | 00:48:56 | 04.53    |
| 27              | 7         | KUBACKI Łukasz          | JELENIA GÓRA        | POL         |                 | 84         | M30/27                | (M)177 | 00:49:35     | 00:49:35 | 04.57    |
| 28              | 70        | DZIUBA Wojciech         | JAWOR               | POL         |                 | 85         | M30/28                | (M)182 | 00:50:02     | 00:50:02 | 05.00    |
| 29              | 223       | MEREDYK Sławomir        | JELENIA GÓRA        | POL         |                 | 81         | M30/29                | (M)184 | 00:50:06     | 00:50:06 | 05.00    |
| 30              | 155       | KOWALCZYKOWSKI Michał   | SIEDLĘCIN           | POL         |                 | 82         | M30/30                | (M)187 | 00:50:13     | 00:50:13 | 05.01    |
| 31              | 202       | MACIEJEWSKI Robert      | WAŁBRZYCH           | POL         |                 | 81         | M30/31                | (M)202 | 00:51:33     | 00:51:33 | 05.09    |
| 32              | 391       | ZYWAR Michał            | POZNAŃ              | POL         |                 | 85         | M30/32                | (M)207 | 00:52:00     | 00:52:00 | 05.12    |
| 33              | 83        | GLADYSZ Michał          | JAWOR               | POL         |                 | 85         | M30/33                | (M)221 | 00:52:57     | 00:52:57 | 05.17    |
| 34              | 213       | MATEJSKI Lesław         | JELENIA GÓRA        | POL         |                 | 83         | M30/34                | (M)223 | 00:53:09     | 00:53:09 | 05.18    |
| 35              | 80        | GAŚIOREK Daniel         | JELENIA GÓRA        | POL         |                 | 81         | M30/35                | (M)252 | 00:55:58     | 00:55:58 | 05.35    |
| 36              | 19        | BAŁA Maciej             | ŚWIERADÓW-ZDRÓJ     | POL         |                 | 81         | M30/36                | (M)258 | 00:57:09     | 00:57:09 | 05.42    |
| 37              | 303       | SŁUPEK Krzysztof        | JELENIA GÓRA        | POL         |                 | 82         | M30/37                | (M)260 | 00:57:33     | 00:57:33 | 05.45    |
| 38              | 11        | ADAMCZYK Łukasz         | KAMIENNA GÓRA       | POL         |                 | 82         | M30/38                | (M)267 | 00:59:20     | 00:59:20 | 05.56    |
| 39              | 97        | HŁADKI Marcin           | BOGATYNIA           | POL         |                 | 81         | M30/39                | (M)271 | 01:01:24     | 01:01:24 | 06.08    |

### 10 km OPEN - M35 [45]

|    |     |                      |                 |     |  |    |        |        |          |          |       |
|----|-----|----------------------|-----------------|-----|--|----|--------|--------|----------|----------|-------|
| 1  | 52  | DAWIDZIUK Maciej     | ZŁOTORYJA       | POL |  | 79 | M35/1  | (M)3   | 00:33:42 | 00:33:42 | 03.22 |
| 2  | 393 | ŻYLIŃSKI Piotr       | JELENIA GÓRA    | POL |  | 77 | M35/2  | (M)5   | 00:36:25 | 00:36:25 | 03.38 |
| 3  | 20  | BARANOWSKI Jacek     | BOGUSZÓW-GORCE  | POL |  | 78 | M35/3  | (M)9   | 00:38:02 | 00:38:02 | 03.48 |
| 4  | 72  | FARGANUS Robert      | LEŚNA           | POL |  | 80 | M35/4  | (M)14  | 00:38:54 | 00:38:54 | 03.53 |
| 5  | 220 | MAZURKIEWICZ Darek   | SMOLEC          | POL |  | 78 | M35/5  | (M)17  | 00:39:04 | 00:39:04 | 03.54 |
| 6  | 45  | CHUDZIKIEWICZ Tomasz | WOJCIESZÓW      | POL |  | 76 | M35/6  | (M)22  | 00:39:27 | 00:39:26 | 03.56 |
| 7  | 239 | MUCHACZOW Jacek      | JELENIA GÓRA    | POL |  | 77 | M35/7  | (M)25  | 00:40:10 | 00:40:05 | 04.00 |
| 8  | 184 | LACHOWICZ Tomasz     | CZERNICA        | POL |  | 80 | M35/8  | (M)28  | 00:40:31 | 00:40:30 | 04.03 |
| 9  | 188 | LERYNOWICZ Jacek     | ZGORZELEC       | POL |  | 77 | M35/9  | (M)33  | 00:40:45 | 00:40:40 | 04.04 |
| 10 | 56  | DOŁOSZYŃSKI Tomasz   | BOLKÓW          | POL |  | 78 | M35/10 | (M)41  | 00:41:19 | 00:41:15 | 04.07 |
| 11 | 373 | WOJTASZEK Jacek      | PIECHOWICE      | POL |  | 76 | M35/11 | (M)52  | 00:42:11 | 00:42:11 | 04.13 |
| 12 | 196 | ŁABUDA Krzysiek      | JELENIA GÓRA    | POL |  | 76 | M35/12 | (M)63  | 00:43:09 | 00:43:09 | 04.18 |
| 13 | 398 | BADACZ Przemysław    | PIECHOWICE      | POL |  | 78 | M35/13 | (M)72  | 00:43:55 | 00:43:55 | 04.23 |
| 14 | 359 | WESELSKI Arek        | BORÓW           | POL |  | 80 | M35/14 | (M)75  | 00:43:56 | 00:43:56 | 04.23 |
| 15 | 234 | MOJEK Michał         | KARPACZ         | POL |  | 80 | M35/15 | (M)80  | 00:44:11 | 00:44:11 | 04.25 |
| 16 | 336 | SZRAMOWIAT Marek     | LWÓWEK ŚLĄSKI   | POL |  | 77 | M35/16 | (M)81  | 00:44:16 | 00:44:16 | 04.25 |
| 17 | 22  | BEDNARZ Krzysztof    | JELENIA GÓRA    | POL |  | 80 | M35/17 | (M)85  | 00:44:34 | 00:44:34 | 04.27 |
| 18 | 361 | WĘGLEWSKI Bartłomiej | MILKÓW          | POL |  | 77 | M35/18 | (M)95  | 00:45:19 | 00:45:19 | 04.31 |
| 19 | 274 | PRAWELSKI Andrzej    | ZGORZELEC/ŁAGÓW | POL |  | 76 | M35/19 | (M)97  | 00:45:23 | 00:45:23 | 04.32 |
| 20 | 63  | DREWNIAK Mariusz     | JELENIA GÓRA    | POL |  | 78 | M35/20 | (M)100 | 00:45:35 | 00:45:35 | 04.33 |
| 21 | 194 | LORENC Marcin        | PIECHOWICE      | POL |  | 80 | M35/21 | (M)103 | 00:45:56 | 00:45:56 | 04.35 |
| 22 | 94  | HEJDA Piotr          | LEŚNA           | POL |  | 77 | M35/22 | (M)128 | 00:47:16 | 00:47:16 | 04.43 |
| 23 | 198 | ŁAGOŃSKI Maciej      | JEŻÓW SUDECKI   | POL |  | 80 | M35/23 | (M)136 | 00:47:38 | 00:47:38 | 04.45 |
| 24 | 162 | KOZŁOWSKI Piotr      | JELENIA GÓRA    | POL |  | 77 | M35/24 | (M)138 | 00:47:39 | 00:47:39 | 04.45 |
| 25 | 225 | MICHALOWSKI Adam     | ZGORZELEC       | POL |  | 78 | M35/25 | (M)154 | 00:48:26 | 00:48:26 | 04.50 |
| 26 | 87  | GRZEBYSZAK Mariusz   | ZGORZELEC       | POL |  | 77 | M35/26 | (M)167 | 00:48:55 | 00:48:55 | 04.53 |
| 27 | 304 | SMOLIŃSKI Mariusz    | LEŚNA           | POL |  | 77 | M35/27 | (M)194 | 00:50:36 | 00:50:36 | 05.03 |
| 28 | 173 | KULEJ Piotr          | JELENIA GÓRA    | POL |  | 79 | M35/28 | (M)198 | 00:51:03 | 00:51:03 | 05.06 |
| 29 | 91  | HANUSZ Michał        | JELENIA GÓRA    | POL |  | 79 | M35/29 | (M)200 | 00:51:28 | 00:51:28 | 05.08 |
| 30 | 123 | JURANEK Daniel       | LEŚNA           | POL |  | 80 | M35/30 | (M)206 | 00:51:58 | 00:51:58 | 05.11 |
| 31 | 128 | KACZOROWSKI Sławomir | JELENIA GÓRA    | POL |  | 76 | M35/31 | (M)209 | 00:52:07 | 00:52:07 | 05.12 |
| 32 | 348 | TRAWIŃSKI Krzysztof  | KAMIENNA GÓRA   | POL |  | 76 | M35/32 | (M)217 | 00:52:32 | 00:52:32 | 05.15 |
| 33 | 181 | KWIECIEN Przemysław  | JELENIA GÓRA    | POL |  | 78 | M35/33 | (M)222 | 00:53:01 | 00:53:01 | 05.18 |

| Miejsce<br>Rank | Nr<br>Bib | Nazwisko i imię<br>Name | Miejscowość<br>City | Kraj<br>Nat | Drużyna<br>Team | R-k<br>YoB | W kategorii<br>in Age | Sex    | Czas<br>Time | Netto    | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|-----------------|------------|-----------------------|--------|--------------|----------|----------|
| 34              | 372       | WOJTASIK Tomasz         | MILKÓW              |             | POL             | 76         | M35/34                | (M)225 | 00:53:24     | 00:53:24 | 05.20    |
| 35              | 241       | NAJDUK Piotr            | JELENIA GÓRA        |             | POL             | 77         | M35/35                | (M)226 | 00:53:34     | 00:53:34 | 05.21    |
| 36              | 315       | STASZKIEWICZ Jarosław   | JELENIA GÓRA        |             | POL             | 77         | M35/36                | (M)227 | 00:53:39     | 00:53:39 | 05.21    |
| 37              | 385       | ZALESKI Artur           | JELENIA GÓRA        |             | POL             | 76         | M35/37                | (M)228 | 00:53:44     | 00:53:44 | 05.22    |
| 38              | 305       | SOBASZEK Marcin         | JELENIA GÓRA        |             | POL             | 79         | M35/38                | (M)230 | 00:53:46     | 00:53:46 | 05.22    |
| 39              | 67        | DZIAMSKI Marek          | ZGORZELEC           |             | POL             | 79         | M35/39                | (M)240 | 00:54:37     | 00:54:37 | 05.27    |
| 40              | 171       | KULA Piotr              | JELENIA GÓRA        |             | POL             | 79         | M35/40                | (M)251 | 00:55:51     | 00:55:51 | 05.35    |
| 41              | 222       | MEJSNER Marcin          | JELENIA GÓRA        |             | POL             | 77         | M35/41                | (M)253 | 00:56:05     | 00:56:05 | 05.36    |
| 42              | 240       | MUSZKA Andrzej          | JELENIA GÓRA        |             | FIN             | 77         | M35/42                | (M)257 | 00:56:41     | 00:56:41 | 05.40    |
| 43              | 192       | LIPIEC Łukasz           | JELENIA GÓRA        |             | POL             | 80         | M35/43                | (M)276 | 01:02:38     | 01:02:38 | 06.15    |
| 44              | 146       | KOKOSZKO Łukasz         | WAŁBRZYCH           |             | POL             | 79         | M35/44                | (M)280 | 01:03:51     | 01:03:51 | 06.23    |

### 10 km OPEN - M40 [63]

|    |     |                        |                     |  |     |    |        |        |          |          |       |
|----|-----|------------------------|---------------------|--|-----|----|--------|--------|----------|----------|-------|
| 1  | 284 | RUDNIK Tomasz          | ZGORZELEC           |  | POL | 73 | M40/1  | (M)8   | 00:38:00 | 00:38:00 | 03.48 |
| 2  | 120 | JUDA Witold            | JELENIA GÓRA        |  | POL | 74 | M40/2  | (M)23  | 00:39:37 | 00:39:36 | 03.57 |
| 3  | 48  | CUKIER Andrzej         | KAMIENNA GÓRA       |  | POL | 75 | M40/3  | (M)24  | 00:39:47 | 00:39:46 | 03.58 |
| 4  | 104 | HUTNIK Tomasz          | JELENIA GÓRA        |  | POL | 72 | M40/4  | (M)29  | 00:40:38 | 00:40:27 | 04.02 |
| 5  | 195 | LUDKIEWICZ Mariusz     | STARY WĘGLINIEC     |  | POL | 71 | M40/5  | (M)34  | 00:40:52 | 00:40:50 | 04.05 |
| 6  | 311 | SROKA Paweł            | KOWARY              |  | POL | 74 | M40/6  | (M)42  | 00:41:39 | 00:41:38 | 04.09 |
| 7  | 132 | KASPRZYK Maciej        | WROCLAW             |  | POL | 74 | M40/7  | (M)43  | 00:41:47 | 00:41:45 | 04.10 |
| 8  | 374 | WOJTUKIEWICZ Andrzej   | ZGORZELEC           |  | POL | 72 | M40/8  | (M)45  | 00:41:51 | 00:41:46 | 04.10 |
| 9  | 124 | JURCZAK Mariusz        | JEŻÓW SUDECKI       |  | POL | 75 | M40/9  | (M)46  | 00:41:55 | 00:41:55 | 04.11 |
| 10 | 236 | MROCKOWSKI Krystian    | ZGORZELEC           |  | POL | 74 | M40/10 | (M)49  | 00:42:06 | 00:42:06 | 04.12 |
| 11 | 81  | GIL Ryszard            | JELENIA GÓRA        |  | POL | 74 | M40/11 | (M)55  | 00:42:42 | 00:42:42 | 04.16 |
| 12 | 277 | RAŚ Mariusz            | LUBIN               |  | POL | 71 | M40/12 | (M)57  | 00:42:51 | 00:42:51 | 04.17 |
| 13 | 209 | MARKOWSKI Piotr        | NOWA RUDA           |  | POL | 74 | M40/13 | (M)58  | 00:42:51 | 00:42:51 | 04.17 |
| 14 | 141 | KLONOWSKI Jacek        | ZŁOTORYJA           |  | POL | 72 | M40/14 | (M)60  | 00:42:59 | 00:42:59 | 04.17 |
| 15 | 149 | KONDYCKI Adam          | ZGORZELEC           |  | POL | 73 | M40/15 | (M)64  | 00:43:13 | 00:43:13 | 04.19 |
| 16 | 244 | NOWAK Grzegorz         | CZELADZ             |  | POL | 75 | M40/16 | (M)67  | 00:43:19 | 00:43:19 | 04.19 |
| 17 | 313 | STAROŃ Grzegorz        | LUBAŃ               |  | POL | 73 | M40/17 | (M)76  | 00:44:01 | 00:44:01 | 04.24 |
| 18 | 153 | KOT Piotr              | PIECHOWICE          |  | POL | 74 | M40/18 | (M)91  | 00:44:53 | 00:44:53 | 04.29 |
| 19 | 53  | DOBROWOLSKI Błażej     | WROCLAW             |  | POL | 72 | M40/19 | (M)93  | 00:45:04 | 00:45:04 | 04.30 |
| 20 | 29  | BIJAK Norbert          | LUBAŃ               |  | POL | 75 | M40/20 | (M)98  | 00:45:25 | 00:45:25 | 04.32 |
| 21 | 381 | WÓJCICKI Artur         | ZGORZELEC           |  | POL | 73 | M40/21 | (M)99  | 00:45:28 | 00:45:28 | 04.32 |
| 22 | 326 | SZANIEWSKI Mirosław    | JELENIA GÓRA        |  | POL | 73 | M40/22 | (M)101 | 00:45:37 | 00:45:37 | 04.33 |
| 23 | 85  | GŁOWACKI Rafał         | MILKÓW              |  | POL | 75 | M40/23 | (M)104 | 00:45:56 | 00:45:56 | 04.35 |
| 24 | 233 | MITKIEWICZ Tomasz      | ŚWIERADÓW-ZDRÓJ     |  | POL | 72 | M40/24 | (M)107 | 00:46:00 | 00:46:00 | 04.36 |
| 25 | 229 | MŁOSZEWSKI Przemysław  | BOGATYNIA           |  | POL | 73 | M40/25 | (M)108 | 00:46:03 | 00:46:03 | 04.36 |
| 26 | 294 | SIDOROWSKI Marcin      | JELENIA GÓRA        |  | POL | 71 | M40/26 | (M)110 | 00:46:08 | 00:46:08 | 04.36 |
| 27 | 164 | KRUSZCZYŃSKI Krzysztof | GORZÓW WIELKOPOLSKI |  | POL | 74 | M40/27 | (M)111 | 00:46:11 | 00:46:11 | 04.37 |
| 28 | 252 | PAJĄK Krzysztof        | JELENIA GÓRA        |  | POL | 75 | M40/28 | (M)113 | 00:46:18 | 00:46:18 | 04.37 |
| 29 | 44  | CHORAZY Piotr          | JANOWICE WIELKIE    |  | POL | 71 | M40/29 | (M)114 | 00:46:26 | 00:46:26 | 04.38 |
| 30 | 73  | FLORCZAK Ryszard       | JELENIA GÓRA        |  | POL | 71 | M40/30 | (M)119 | 00:46:52 | 00:46:52 | 04.41 |
| 31 | 243 | NIEŚCIOR Krzysztof     | LUBAŃ               |  | POL | 74 | M40/31 | (M)120 | 00:46:54 | 00:46:54 | 04.41 |
| 32 | 170 | KUCZ Tomasz            | JELENIA GÓRA        |  | POL | 74 | M40/32 | (M)123 | 00:47:07 | 00:47:07 | 04.42 |
| 33 | 68  | DZIEDZIC Piotr         | ZGORZELEC           |  | POL | 72 | M40/33 | (M)127 | 00:47:15 | 00:47:15 | 04.43 |
| 34 | 283 | RUDNIK Piotr           | ZGORZELEC           |  | PRK | 71 | M40/34 | (M)130 | 00:47:26 | 00:47:26 | 04.44 |
| 35 | 384 | ZABIEGŁO Maciej        | JELENIA GÓRA        |  | POL | 74 | M40/35 | (M)133 | 00:47:31 | 00:47:31 | 04.45 |
| 36 | 366 | WIŚNIEWSKI Wojtek      | BOLESŁAWIEC         |  | POL | 74 | M40/36 | (M)137 | 00:47:38 | 00:47:38 | 04.45 |



| Miejsce<br>Rank | Nr<br>Bib | Nazwisko i imię<br>Name | Miejscowość<br>City | Kraj<br>Nat | Drużyna<br>Team | R-k<br>YoB | W kategorii<br>in Age | Sex    | Czas<br>Time | Netto    | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|-----------------|------------|-----------------------|--------|--------------|----------|----------|
| 37              | 119       | JELEŃ Tomasz            | ZGORZELEC           | POL         |                 | 75         | M40/37                | (M)140 | 00:47:42     | 00:47:42 | 04.46    |
| 38              | 142       | KOCHANOWSKI Marek       | WROCLAW             | POL         |                 | 73         | M40/38                | (M)144 | 00:47:46     | 00:47:46 | 04.46    |
| 39              | 266       | POLAK Grzegorz          | JEŻÓW SUDECKI       | POL         |                 | 71         | M40/39                | (M)145 | 00:47:53     | 00:47:53 | 04.47    |
| 40              | 230       | MINAKOW Norbert         | ZGORZELEC           | POL         |                 | 73         | M40/40                | (M)148 | 00:48:04     | 00:48:04 | 04.48    |
| 41              | 177       | KUŹMIŃSKI Krzysztof     | PIEŃSK              | POL         |                 | 75         | M40/41                | (M)151 | 00:48:11     | 00:48:11 | 04.49    |
| 42              | 183       | LACH Tomasz             | PIECHOWICE          | POL         |                 | 71         | M40/42                | (M)155 | 00:48:26     | 00:48:26 | 04.50    |
| 43              | 152       | KOSSOWICZ Krzysztof     | PIECHOWICE          | POL         |                 | 73         | M40/43                | (M)160 | 00:48:38     | 00:48:38 | 04.51    |
| 44              | 78        | GAWROŃSKI Krzysztof     | RUSZÓW              | POL         |                 | 74         | M40/44                | (M)161 | 00:48:38     | 00:48:38 | 04.51    |
| 45              | 159       | KOWANETZ Maciej         | ZGORZELEC           | POL         |                 | 75         | M40/45                | (M)162 | 00:48:38     | 00:48:38 | 04.51    |
| 46              | 59        | DOMAŃSKI Jarosław       | ŚWIERZAWA           | POL         |                 | 72         | M40/46                | (M)170 | 00:49:03     | 00:49:03 | 04.54    |
| 47              | 218       | MAZUR Mariusz           | OLEŚNICA            | POL         |                 | 75         | M40/47                | (M)172 | 00:49:16     | 00:49:16 | 04.55    |
| 48              | 42        | CHODANIONEK Ernest      | ZGORZELEC           | POL         |                 | 74         | M40/48                | (M)173 | 00:49:25     | 00:49:25 | 04.56    |
| 49              | 129       | KANIA Marcin            | LUBIN               | POL         |                 | 75         | M40/49                | (M)176 | 00:49:32     | 00:49:32 | 04.57    |
| 50              | 37        | BUGALSKI Marcin         | JELENIA GÓRA        | POL         |                 | 74         | M40/50                | (M)186 | 00:50:12     | 00:50:12 | 05.01    |
| 51              | 369       | WOCIS-KRYCKI Robert     | JELENIA GÓRA        | POL         |                 | 75         | M40/51                | (M)188 | 00:50:13     | 00:50:13 | 05.01    |
| 52              | 357       | WEKWERTH Piotr          | TYNIEC MAŁY         | POL         |                 | 74         | M40/52                | (M)195 | 00:50:42     | 00:50:42 | 05.04    |
| 53              | 214       | MATUSZAK Józef          | STARA KAMIENICA     | POL         |                 | 74         | M40/53                | (M)205 | 00:51:57     | 00:51:57 | 05.11    |
| 54              | 273       | POPLAWSKI Rafał         | JELENIA GÓRA        | POL         |                 | 75         | M40/54                | (M)208 | 00:52:05     | 00:52:05 | 05.12    |
| 55              | 117       | JAWORSKI Jacek          | LUBAŃ               | POL         |                 | 71         | M40/55                | (M)210 | 00:52:10     | 00:52:10 | 05.13    |
| 56              | 206       | MALUNG Jarosław         | OLSZYNA             | POL         |                 | 71         | M40/56                | (M)211 | 00:52:13     | 00:52:13 | 05.13    |
| 57              | 387       | ZARĘBSKI Sławomir       | LUBAŃ               | POL         |                 | 73         | M40/57                | (M)219 | 00:52:46     | 00:52:46 | 05.16    |
| 58              | 238       | MROŻEK Arkadiusz        | JELENIA GÓRA        | POL         |                 | 74         | M40/58                | (M)224 | 00:53:20     | 00:53:20 | 05.20    |
| 59              | 334       | SZLUFIK Marek           | JELENIA GÓRA        | POL         |                 | 75         | M40/59                | (M)229 | 00:53:44     | 00:53:44 | 05.22    |
| 60              | 212       | MAŚLANKA Mariusz        | OLEŚNICA            | POL         |                 | 72         | M40/60                | (M)234 | 00:54:07     | 00:54:07 | 05.24    |
| 61              | 248       | ONYSZKIEWICZ Radosław   | JELENIA GÓRA        | POL         |                 | 72         | M40/61                | (M)265 | 00:58:06     | 00:58:06 | 05.48    |
| 62              | 158       | KOWALSKI Grzegorz       | STRZEGOM            | POL         |                 | 73         | M40/62                | (M)273 | 01:01:27     | 01:01:27 | 06.08    |
| 63              | 310       | SÓJKOWSKI Andrzej       | JELENIA GÓRA        | POL         |                 | 72         | M40/63                | (M)275 | 01:02:02     | 01:02:02 | 06.12    |

### 10 km OPEN - M45 [33]

|    |     |                      |               |     |  |    |        |        |          |          |       |
|----|-----|----------------------|---------------|-----|--|----|--------|--------|----------|----------|-------|
| 1  | 532 | HOLUBOWICZ Krzysztof | LWÓWEK ŚLĄSKI | POL |  | 70 | M45/1  | (M)11  | 00:38:18 | 00:38:18 | 03.49 |
| 2  | 176 | KURIATA Robert       | ZŁOTORYJA     | POL |  | 66 | M45/2  | (M)12  | 00:38:30 | 00:38:30 | 03.51 |
| 3  | 47  | CICHY Dariusz        | RUSZÓW        | POL |  | 67 | M45/3  | (M)39  | 00:41:16 | 00:41:16 | 04.07 |
| 4  | 254 | PASZKOWSKI Andrzej   | OLSZYNA       | POL |  | 70 | M45/4  | (M)50  | 00:42:06 | 00:42:01 | 04.12 |
| 5  | 137 | KLATKA Andrzej       | LUBAŃ         | POL |  | 66 | M45/5  | (M)54  | 00:42:24 | 00:42:24 | 04.14 |
| 6  | 98  | HNISDŁÓW Sławek      | KAMIENNA GÓRA | POL |  | 66 | M45/6  | (M)62  | 00:43:06 | 00:43:06 | 04.18 |
| 7  | 43  | CHOJNACKI Witold     | LUBAŃ         | POL |  | 67 | M45/7  | (M)66  | 00:43:16 | 00:43:16 | 04.19 |
| 8  | 251 | OSOJCA Robert        | KAMIENNA GÓRA | POL |  | 67 | M45/8  | (M)69  | 00:43:32 | 00:43:32 | 04.21 |
| 9  | 23  | BERCZUK Józef        | NOWA SÓL      | POL |  | 67 | M45/9  | (M)73  | 00:43:55 | 00:43:55 | 04.23 |
| 10 | 356 | WAŚALA Stanisław     | KAMIENNA GÓRA | POL |  | 66 | M45/10 | (M)74  | 00:43:55 | 00:43:55 | 04.23 |
| 11 | 135 | KAWAŁKO Ryszard      | LEGNICA       | POL |  | 66 | M45/11 | (M)77  | 00:44:05 | 00:44:05 | 04.24 |
| 12 | 342 | SZYŃSKI Sebastian    | RAWICZ        | POL |  | 69 | M45/12 | (M)79  | 00:44:07 | 00:44:07 | 04.24 |
| 13 | 84  | GŁOWACKI Marek       | KARPACZ       | POL |  | 68 | M45/13 | (M)83  | 00:44:17 | 00:44:17 | 04.25 |
| 14 | 21  | BARANOWSKI Mirosław  | KATOWICE      | POL |  | 69 | M45/14 | (M)84  | 00:44:25 | 00:44:25 | 04.26 |
| 15 | 276 | PYZIK Jacek          | MYSLAKOWICE   | POL |  | 70 | M45/15 | (M)87  | 00:44:38 | 00:44:38 | 04.27 |
| 16 | 49  | CZAPLICKI Janusz     | JELENIA GÓRA  | POL |  | 66 | M45/16 | (M)88  | 00:44:40 | 00:44:40 | 04.28 |
| 17 | 201 | ŁYSEK Mariusz        | PRUDNIK       | POL |  | 69 | M45/17 | (M)89  | 00:44:46 | 00:44:46 | 04.28 |
| 18 | 33  | BORUKAŁO Jarosław    | KŁODZKO       | POL |  | 67 | M45/18 | (M)96  | 00:45:22 | 00:45:22 | 04.32 |
| 19 | 168 | KUBICKI Tomasz       | OLEŚNICA      | POL |  | 69 | M45/19 | (M)115 | 00:46:29 | 00:46:29 | 04.38 |
| 20 | 250 | ORPEL Paweł          | GOLINA        | POL |  | 66 | M45/20 | (M)125 | 00:47:09 | 00:47:09 | 04.42 |



13.11.2015 19:21:54

Strona 5

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MEDIA

PARTNERZY



| Miejsce<br>Rank | Nr<br>Bib | Nazwisko i imię<br>Name | Miejscowość<br>City | Kraj<br>Nat | Drużyna<br>Team | R-k<br>YoB | W kategorii<br>in Age | Sex    | Czas<br>Time | Netto    | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|-----------------|------------|-----------------------|--------|--------------|----------|----------|
| 21              | 249       | OPACKI Dariusz          | ŚCIĘGNY             | POL         |                 | 70         | M45/21                | (M)132 | 00:47:28     | 00:47:28 | 04.44    |
| 22              | 64        | DROZDEK Bogdan          | BOGATYNIA           | POL         |                 | 70         | M45/22                | (M)147 | 00:48:03     | 00:48:03 | 04.48    |
| 23              | 227       | MIGUT Jerzy             | OLSZYNA             | POL         |                 | 66         | M45/23                | (M)158 | 00:48:30     | 00:48:30 | 04.51    |
| 24              | 377       | WOŁOSZYN Mariusz        | JELENIA GÓRA        | POL         |                 | 67         | M45/24                | (M)199 | 00:51:06     | 00:51:06 | 05.06    |
| 25              | 32        | BORKOWSKI Tomasz        | POLKOWICE           | POL         |                 | 67         | M45/25                | (M)204 | 00:51:44     | 00:51:44 | 05.10    |
| 26              | 57        | DOMAGAŁA Andrzej        | JELENIA GÓRA        | POL         |                 | 68         | M45/26                | (M)238 | 00:54:30     | 00:54:30 | 05.27    |
| 27              | 148       | KOŁODZIEJCZYK Marcin    | JELENIA GÓRA        | POL         |                 | 70         | M45/27                | (M)243 | 00:54:51     | 00:54:51 | 05.29    |
| 28              | 38        | BUJAK Andrzej           | GRYFÓW ŚLĄSKI       | POL         |                 | 68         | M45/28                | (M)247 | 00:55:18     | 00:55:18 | 05.31    |
| 29              | 102       | HRAMYKA Aliaksandr      | JELENIA GÓRA        | POL         |                 | 68         | M45/29                | (M)248 | 00:55:31     | 00:55:31 | 05.33    |
| 30              | 39        | BURY Dariusz            | JELENIA GÓRA        | POL         |                 | 68         | M45/30                | (M)261 | 00:57:37     | 00:57:37 | 05.45    |
| 31              | 134       | KASZUBSKI Mariusz       | JAWOR               | POL         |                 | 66         | M45/31                | (M)281 | 01:04:33     | 01:04:33 | 06.27    |
| 32              | 329       | SZCZEPAŃSKI Sławomir    | JELENIA GÓRA        | POL         |                 | 66         | M45/32                | (M)282 | 01:04:37     | 01:04:37 | 06.27    |
| 33              | 113       | JASIŃSKI Tomasz         | JELENIA GÓRA        | POL         |                 | 66         | M45/33                | (M)285 | 01:06:39     | 01:06:39 | 06.39    |

### 10 km OPEN - M50 [21]

|    |     |                      |                |     |  |    |        |        |          |          |       |
|----|-----|----------------------|----------------|-----|--|----|--------|--------|----------|----------|-------|
| 1  | 340 | SZYMAŃSKI Jacek      | JEŻÓW SUDECKI  | POL |  | 65 | M50/1  | (M)18  | 00:39:07 | 00:39:06 | 03.54 |
| 2  | 101 | HORODKO Józef        | LEŚNA          | POL |  | 62 | M50/2  | (M)56  | 00:42:43 | 00:42:43 | 04.16 |
| 3  | 449 | LIPKO Jerzy          | JELENIA GÓRA   | POL |  | 61 | M50/3  | (M)71  | 00:43:51 | 00:43:51 | 04.23 |
| 4  | 166 | KRZYWICKI Cezary     | JELENIA GÓRA   | POL |  | 64 | M50/4  | (M)121 | 00:46:57 | 00:46:57 | 04.41 |
| 5  | 337 | SZTUBA Bogdan        | LEŚNA          | POL |  | 64 | M50/5  | (M)122 | 00:47:06 | 00:47:06 | 04.42 |
| 6  | 379 | WOŹNIAK Piotr        | WROCLAW        | POL |  | 64 | M50/6  | (M)142 | 00:47:44 | 00:47:44 | 04.46 |
| 7  | 272 | POPLAWSKI Andrzej    | JARKOWICE      | POL |  | 62 | M50/7  | (M)166 | 00:48:55 | 00:48:55 | 04.53 |
| 8  | 167 | KUBIAK Dariusz       | LEGNICA        | POL |  | 61 | M50/8  | (M)169 | 00:48:56 | 00:48:56 | 04.53 |
| 9  | 157 | KOWALSKI Aleksander  | SZCZAWNO-ZDROJ | POL |  | 63 | M50/9  | (M)183 | 00:50:03 | 00:50:03 | 05.00 |
| 10 | 139 | KLIMCZAK Mariusz     | LEGNICA        | POL |  | 64 | M50/10 | (M)189 | 00:50:13 | 00:50:13 | 05.01 |
| 11 | 74  | FLORCZUK Wiesław     | BRZEG          | POL |  | 64 | M50/11 | (M)214 | 00:52:26 | 00:52:26 | 05.14 |
| 12 | 297 | SIMIŃSKI Jacek       | POBIEDNA       | POL |  | 64 | M50/12 | (M)215 | 00:52:29 | 00:52:29 | 05.14 |
| 13 | 89  | HALINIAK Arkadiusz   | KAMIENNA GÓRA  | POL |  | 61 | M50/13 | (M)216 | 00:52:32 | 00:52:32 | 05.15 |
| 14 | 193 | LIŚKIEWICZ Bogusław  | WROCLAW        | POL |  | 63 | M50/14 | (M)232 | 00:53:55 | 00:53:55 | 05.23 |
| 15 | 288 | SAS Leszek           | BOLESŁAWIEC    | POL |  | 61 | M50/15 | (M)233 | 00:53:55 | 00:53:55 | 05.23 |
| 16 | 9   | FLISTA Edward        | LEŚNA          | POL |  | 61 | M50/16 | (M)235 | 00:54:13 | 00:54:13 | 05.25 |
| 17 | 306 | SOBIŃSKI Waldemar    | JELENIA GÓRA   | POL |  | 61 | M50/17 | (M)239 | 00:54:35 | 00:54:35 | 05.27 |
| 18 | 396 | MAGIERECKI Krzysztof | LEŚNA          | POL |  | 61 | M50/18 | (M)244 | 00:54:52 | 00:54:52 | 05.29 |
| 19 | 376 | WOŁONCIEJ Józef      | LEGNICA        | POL |  | 61 | M50/19 | (M)246 | 00:55:08 | 00:55:08 | 05.30 |
| 20 | 295 | SIEGIEDA Jarosław    | LUBAŃ          | POL |  | 65 | M50/20 | (M)264 | 00:57:50 | 00:57:50 | 05.47 |
| 21 | 279 | REIZER Wojciech      | JELENIA GÓRA   | POL |  | 65 | M50/21 | (M)277 | 01:02:45 | 01:02:45 | 06.16 |

### 10 km OPEN - M55 [17]

|    |     |                      |                 |     |  |    |        |        |          |          |       |
|----|-----|----------------------|-----------------|-----|--|----|--------|--------|----------|----------|-------|
| 1  | 180 | KWIATKOWSKI Mariusz  | JELENIA GÓRA    | POL |  | 58 | M55/1  | (M)16  | 00:39:02 | 00:39:01 | 03.54 |
| 2  | 200 | ŁUKOMSKI Andrzej     | SZTUM           | POL |  | 59 | M55/2  | (M)31  | 00:40:39 | 00:40:36 | 04.03 |
| 3  | 207 | MANTHAJ Jarosław     | JELENIA GÓRA    | POL |  | 60 | M55/3  | (M)51  | 00:42:07 | 00:42:07 | 04.12 |
| 4  | 312 | STAREGO Adam         | BOLESŁAWIEC     | POL |  | 58 | M55/4  | (M)53  | 00:42:24 | 00:42:24 | 04.14 |
| 5  | 265 | PLEŚNIARSKI Zbigniew | KARPACZ         | POL |  | 59 | M55/5  | (M)90  | 00:44:48 | 00:44:48 | 04.28 |
| 6  | 335 | SZNAJDER Zenon       | NOWA SÓL        | POL |  | 59 | M55/6  | (M)165 | 00:48:47 | 00:48:47 | 04.52 |
| 7  | 282 | ROSTKOWSKI Piotr     | JELENIA GÓRA    | POL |  | 59 | M55/7  | (M)180 | 00:49:44 | 00:49:44 | 04.58 |
| 8  | 71  | FABJAŃSKI Augustyn   | WROCLAW         | POL |  | 57 | M55/8  | (M)185 | 00:50:11 | 00:50:11 | 05.01 |
| 9  | 130 | KANIA Wiesław        | ŚWIERADÓW-ZDRÓJ | POL |  | 57 | M55/9  | (M)190 | 00:50:16 | 00:50:16 | 05.01 |
| 10 | 55  | DOBROWOLSKI Robert   | JELENIA GÓRA    | POL |  | 57 | M55/10 | (M)196 | 00:50:55 | 00:50:55 | 05.05 |
| 11 | 380 | WOŹNY Jarosław       | JELENIA GÓRA    | POL |  | 58 | M55/11 | (M)201 | 00:51:33 | 00:51:33 | 05.09 |
| 12 | 122 | JUGO Sławomir        | JELENIA GÓRA    | POL |  | 57 | M55/12 | (M)212 | 00:52:15 | 00:52:15 | 05.13 |

| Miejsce<br>Rank | Nr<br>Bib | Nazwisko i imię<br>Name | Miejscowość<br>City | Kraj<br>Nat | Drużyna<br>Team | R-k<br>YoB | W kategorii<br>in Age | Sex    | Czas<br>Time    | Netto    | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|-----------------|------------|-----------------------|--------|-----------------|----------|----------|
| 13              | 90        | HANDZLIK Kazimierz      | PROBOSZCZÓW         |             | POL             | 60         | M55/13                | (M)213 | <b>00:52:16</b> | 00:52:16 | 05.13    |
| 14              | 108       | JAKUBOWSKI Mirosław     | LEGNICA             |             | POL             | 59         | M55/14                | (M)220 | <b>00:52:50</b> | 00:52:50 | 05.17    |
| 15              | 316       | STEFANIAK Jan           | JELENIA GÓRA        |             | POL             | 60         | M55/15                | (M)263 | <b>00:57:43</b> | 00:57:43 | 05.46    |
| 16              | 353       | UCINEK Zbigniew         | PORAJÓW             |             | POL             | 58         | M55/16                | (M)272 | <b>01:01:27</b> | 01:01:27 | 06.08    |
| 17              | 75        | FOLTYNIEWICZ Lucjan     | ZGORZELEC           |             | POL             | 58         | M55/17                | (M)284 | <b>01:06:19</b> | 01:06:19 | 06.37    |

### 10 km OPEN - M60 [10]

|    |     |                   |              |  |     |    |        |        |                 |          |       |
|----|-----|-------------------|--------------|--|-----|----|--------|--------|-----------------|----------|-------|
| 1  | 127 | KACZMAREK Marek   | WROCLAW      |  | POL | 55 | M60/1  | (M)86  | <b>00:44:36</b> | 00:44:36 | 04.27 |
| 2  | 144 | KOGUT Zbigniew    | JELENIA GÓRA |  | POL | 52 | M60/2  | (M)116 | <b>00:46:31</b> | 00:46:31 | 04.39 |
| 3  | 66  | DUL Wiesław       | JELENIA GÓRA |  | POL | 52 | M60/3  | (M)129 | <b>00:47:19</b> | 00:47:19 | 04.43 |
| 4  | 15  | ATES Rudolf       | KUDOWA ZDRÓJ |  | POL | 54 | M60/4  | (M)141 | <b>00:47:43</b> | 00:47:43 | 04.46 |
| 5  | 143 | KOCOŃ Tadeusz     | LEŚNA        |  | POL | 51 | M60/5  | (M)171 | <b>00:49:14</b> | 00:49:14 | 04.55 |
| 6  | 186 | LENKIEWICZ Michał | JAWOR        |  | POL | 53 | M60/6  | (M)191 | <b>00:50:30</b> | 00:50:30 | 05.03 |
| 7  | 260 | PIETROW Tadeusz   | JELENIA GÓRA |  | POL | 55 | M60/7  | (M)192 | <b>00:50:32</b> | 00:50:32 | 05.03 |
| 8  | 126 | KACIŁOWICZ Jacek  | OPOLE        |  | POL | 53 | M60/8  | (M)236 | <b>00:54:27</b> | 00:54:27 | 05.26 |
| 9  | 17  | BABSKI Roman      | BARCINEK     |  | POL | 53 | M60/9  | (M)254 | <b>00:56:11</b> | 00:56:11 | 05.37 |
| 10 | 364 | WIERZEJSKI Henryk | WROCLAW      |  | POL | 54 | M60/10 | (M)283 | <b>01:06:03</b> | 01:06:03 | 06.36 |

### 10 km OPEN - M65 [4]

|   |     |                   |                 |  |     |    |       |        |                 |          |       |
|---|-----|-------------------|-----------------|--|-----|----|-------|--------|-----------------|----------|-------|
| 1 | 86  | GÓRNICKI Mirosław | JELENIA GÓRA    |  | POL | 49 | M65/1 | (M)149 | <b>00:48:04</b> | 00:48:04 | 04.48 |
| 2 | 275 | PROMIRSKI Julian  | JELENIA GÓRA    |  | POL | 47 | M65/2 | (M)197 | <b>00:50:59</b> | 00:50:59 | 05.05 |
| 3 | 79  | GAWRYŚ Czesław    | DUSZNIKI ZDRÓJ  |  | POL | 47 | M65/3 | (M)255 | <b>00:56:19</b> | 00:56:19 | 05.37 |
| 4 | 8   | HARBUL Jan        | ŚWIERADÓW ZDRÓJ |  | POL | 50 | M65/4 | (M)259 | <b>00:57:32</b> | 00:57:32 | 05.45 |

### 10 km OPEN - M70 [3]

|   |     |                     |              |  |     |    |       |        |                 |          |       |
|---|-----|---------------------|--------------|--|-----|----|-------|--------|-----------------|----------|-------|
| 1 | 371 | WOJTASIK Kazimierz  | JELENIA GÓRA |  | POL | 42 | M70/1 | (M)178 | <b>00:49:40</b> | 00:49:40 | 04.58 |
| 2 | 237 | MROZIŃSKI Stanisław | JELENIA GÓRA |  | POL | 43 | M70/2 | (M)256 | <b>00:56:33</b> | 00:56:33 | 05.39 |
| 3 | 216 | MAZIARZ Edward      | KARPACZ      |  | POL | 38 | M70/3 | (M)268 | <b>00:59:23</b> | 00:59:23 | 05.56 |

### 10 km OPEN - KM [1]

|   |     |                   |         |  |     |    |      |       |                 |          |       |
|---|-----|-------------------|---------|--|-----|----|------|-------|-----------------|----------|-------|
| 1 | 219 | MAZURCZAK Natalia | CZARNÓW |  | POL | 99 | KM/1 | (K)12 | <b>00:47:18</b> | 00:47:18 | 04.43 |
|---|-----|-------------------|---------|--|-----|----|------|-------|-----------------|----------|-------|

### 10 km OPEN - K18 [9]

|   |     |                        |               |  |     |    |       |       |                 |          |       |
|---|-----|------------------------|---------------|--|-----|----|-------|-------|-----------------|----------|-------|
| 1 | 530 | MACH Angelika          | BABICE        |  | POL | 91 | K18/1 | (K)1  | <b>00:38:08</b> | 00:38:07 | 03.48 |
| 2 | 50  | CZESNAKOWICZ Katarzyna | JELENIA GÓRA  |  | POL | 91 | K18/2 | (K)6  | <b>00:44:47</b> | 00:44:47 | 04.28 |
| 3 | 325 | SZAFRAŃSKA Daria       | JAWOR         |  | POL | 92 | K18/3 | (K)9  | <b>00:46:31</b> | 00:46:31 | 04.39 |
| 4 | 383 | WYLEŻOŁ Dominika       | JELENIA GÓRA  |  | POL | 97 | K18/4 | (K)11 | <b>00:47:16</b> | 00:47:16 | 04.43 |
| 5 | 35  | BUĆKO Alicja           | JELENIA GÓRA  |  | POL | 97 | K18/5 | (K)15 | <b>00:48:44</b> | 00:48:44 | 04.52 |
| 6 | 114 | JAWOREK Beata          | ŚWIĘTOSZÓW    |  | POL | 91 | K18/6 | (K)36 | <b>00:52:53</b> | 00:52:53 | 05.17 |
| 7 | 76  | GADOWICZ Agata         | JELENIA GÓRA  |  | POL | 91 | K18/7 | (K)43 | <b>00:54:46</b> | 00:54:46 | 05.28 |
| 8 | 394 | ŻYŁAK Natalia          | JEDLINA ZDRÓJ |  | POL | 91 | K18/8 | (K)66 | <b>00:59:20</b> | 00:59:20 | 05.56 |
| 9 | 16  | BABSKA Nastazja        | JELENIA GÓRA  |  | POL | 91 | K18/9 | (K)83 | <b>01:04:19</b> | 01:04:19 | 06.25 |

### 10 km OPEN - K25 [9]

|   |     |                      |               |  |     |    |       |       |                 |          |       |
|---|-----|----------------------|---------------|--|-----|----|-------|-------|-----------------|----------|-------|
| 1 | 270 | POMARAŃSKA Justyna   | KARPACZ       |  | POL | 86 | K25/1 | (K)8  | <b>00:45:34</b> | 00:45:34 | 04.33 |
| 2 | 533 | PRZEPIÓRKA Barbara   | JELENIA GÓRA  |  | POL | 88 | K25/2 | (K)14 | <b>00:47:47</b> | 00:47:47 | 04.46 |
| 3 | 257 | PERZYŃSKA Karolina   | LWÓWEK ŚLĄSKI |  | POL | 87 | K25/3 | (K)24 | <b>00:51:21</b> | 00:51:21 | 05.08 |
| 4 | 352 | TWARDY Natalia       | KOSTRZYCA     |  | POL | 87 | K25/4 | (K)29 | <b>00:52:18</b> | 00:52:18 | 05.13 |
| 5 | 360 | WESOŁOWSKA Anna      | JELENIA GÓRA  |  | POL | 89 | K25/5 | (K)33 | <b>00:52:48</b> | 00:52:48 | 05.16 |
| 6 | 51  | CZYŻEWSKA Iwona      | ZGORZELEC     |  | POL | 87 | K25/6 | (K)34 | <b>00:52:51</b> | 00:52:51 | 05.17 |
| 7 | 314 | STASZCZAK Małgorzata | LUBAŃ         |  | POL | 86 | K25/7 | (K)50 | <b>00:56:05</b> | 00:56:05 | 05.36 |
| 8 | 365 | WINOGRODZKA Karolina | JELENIA GÓRA  |  | POL | 86 | K25/8 | (K)73 | <b>01:00:58</b> | 01:00:58 | 06.05 |



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|------------------------------|-----------|-------------------------------|---------------------|-------------|-----------------|------------|-----------------------|-------|--------------|----------|----------|
| 9                            | 107       | JAGUSZEWSKA Agnieszka         | KARPACZ             |             | POL             | 89         | K25/9                 | (K)88 | 01:07:13     | 01:07:13 | 06.43    |
| <b>10 km OPEN - K30 [25]</b> |           |                               |                     |             |                 |            |                       |       |              |          |          |
| 1                            | 156       | KOWALEWSKA Elżbieta           | ZGORZELEC           |             | POL             | 82         | K30/1                 | (K)2  | 00:41:19     | 00:41:17 | 04.07    |
| 2                            | 211       | MASIEWICZ Magdalena           | JELENIA GÓRA        |             | POL             | 82         | K30/2                 | (K)3  | 00:43:44     | 00:43:44 | 04.22    |
| 3                            | 65        | DUL Magdalena                 | JELENIA GÓRA        |             | POL             | 82         | K30/3                 | (K)7  | 00:45:09     | 00:45:09 | 04.30    |
| 4                            | 217       | MAZUR Anna                    | LUBAŃ               |             | POL             | 83         | K30/4                 | (K)10 | 00:47:02     | 00:47:02 | 04.42    |
| 5                            | 319       | STOLARCZYK Katarzyna          | NOWA SÓL            |             | POL             | 81         | K30/5                 | (K)16 | 00:48:46     | 00:48:46 | 04.52    |
| 6                            | 165       | KRZYSZTOFIAK Aleksandra       | KOWARY              |             | POL             | 85         | K30/6                 | (K)27 | 00:52:05     | 00:52:05 | 05.12    |
| 7                            | 362       | WIECZORKIEWICZ Elżbieta       | JEŻÓW SUDECKI       |             | POL             | 82         | K30/7                 | (K)28 | 00:52:14     | 00:52:14 | 05.13    |
| 8                            | 172       | KULEJ Anna                    | JEZOW SUDECKI       |             | POL             | 81         | K30/8                 | (K)32 | 00:52:37     | 00:52:37 | 05.15    |
| 9                            | 298       | SITKIEWICZ-DRABKO Kamila      | ZGORZELEC           |             | POL             | 84         | K30/9                 | (K)35 | 00:52:53     | 00:52:53 | 05.17    |
| 10                           | 203       | MACOWSKA Monika               | KAMIENNA GÓRA       |             | POL             | 83         | K30/10                | (K)37 | 00:52:58     | 00:52:58 | 05.17    |
| 11                           | 528       | HARBUL-BAŁA Katarzyna         | ŚWIERADÓW-ZDRÓJ     |             | POL             | 81         | K30/11                | (K)39 | 00:53:51     | 00:53:51 | 05.23    |
| 12                           | 6         | PRZYBYŁ Karolina              | WROCLAW             |             | POL             | 81         | K30/12                | (K)41 | 00:54:33     | 00:54:33 | 05.27    |
| 13                           | 327       | SZCZEPANIAK Sylwia            | WARSZAWA            |             | POL             | 82         | K30/13                | (K)44 | 00:54:55     | 00:54:55 | 05.29    |
| 14                           | 199       | ŁONIEWSKA Marta               | JELENIA GÓRA        |             | POL             | 81         | K30/14                | (K)47 | 00:55:10     | 00:55:10 | 05.31    |
| 15                           | 116       | JAWORSKA Izabela              | LUBAWKA             |             | POL             | 82         | K30/15                | (K)49 | 00:55:51     | 00:55:51 | 05.35    |
| 16                           | 309       | SOKOŁOWSKA Małgorzata         | ŚWIERADÓW-ZDRÓJ     |             | POL             | 85         | K30/16                | (K)56 | 00:57:23     | 00:57:23 | 05.44    |
| 17                           | 12        | ANIŚKIEWICZ Agata             | LEŚNA               |             | POL             | 84         | K30/17                | (K)60 | 00:57:44     | 00:57:44 | 05.46    |
| 18                           | 286       | RUTKOWSKA Izabela             | JELENIA GÓRA        |             | POL             | 84         | K30/18                | (K)63 | 00:58:40     | 00:58:40 | 05.52    |
| 19                           | 69        | DZIK Małgorzata               | MIRSK               |             | POL             | 81         | K30/19                | (K)67 | 00:59:42     | 00:59:42 | 05.58    |
| 20                           | 160       | KOZAK Katarzyna               | NYSA                |             | POL             | 82         | K30/20                | (K)68 | 01:00:06     | 01:00:06 | 06.00    |
| 21                           | 370       | WOJCIECHOWSKA Kalina          | KRAKÓW              |             | POL             | 81         | K30/21                | (K)69 | 01:00:06     | 01:00:06 | 06.00    |
| 22                           | 235       | MOROZ Agnieszka               | ŚWIERADÓW-ZDRÓJ     |             | POL             | 81         | K30/22                | (K)71 | 01:00:30     | 01:00:30 | 06.03    |
| 23                           | 175       | KURANTOWICZ Cecylia           | PORAJÓW             |             | POL             | 81         | K30/23                | (K)77 | 01:01:55     | 01:01:55 | 06.11    |
| 24                           | 27        | BIENKIEWICZ Michalina         | JELENIA GÓRA        |             | POL             | 85         | K30/24                | (K)79 | 01:03:20     | 01:03:20 | 06.20    |
| 25                           | 242       | NALIK Justyna                 | JELENIA GÓRA        |             | POL             | 83         | K30/25                | (K)87 | 01:05:46     | 01:05:46 | 06.34    |
| <b>10 km OPEN - K35 [23]</b> |           |                               |                     |             |                 |            |                       |       |              |          |          |
| 1                            | 133       | KASSOLIK-BARCZYŃSKA Katarzyna | JEŻÓW SUDECKI       |             | POL             | 78         | K35/1                 | (K)5  | 00:44:42     | 00:44:42 | 04.28    |
| 2                            | 161       | KOZAK-SROKA Bożena            | KOWARY              |             | POL             | 78         | K35/2                 | (K)13 | 00:47:40     | 00:47:40 | 04.46    |
| 3                            | 388       | ZASINA Arleta                 | JELENIA GÓRA        |             | POL             | 80         | K35/3                 | (K)17 | 00:48:59     | 00:48:59 | 04.53    |
| 4                            | 197       | ŁAGOŃSKA Monika               | JEŻÓW SUDECKI       |             | POL             | 76         | K35/4                 | (K)20 | 00:50:41     | 00:50:41 | 05.04    |
| 5                            | 292       | SERGIEJCZUK Jolanta           | ŚWIERADÓW ZDRÓJ     |             | POL             | 80         | K35/5                 | (K)23 | 00:51:15     | 00:51:15 | 05.07    |
| 6                            | 267       | POLAK Justyna                 | MARCISZÓW           |             | POL             | 78         | K35/6                 | (K)25 | 00:51:23     | 00:51:23 | 05.08    |
| 7                            | 347       | TRAWIŃSKA Barbara             | KAMIENNA GÓRA       |             | POL             | 80         | K35/7                 | (K)30 | 00:52:31     | 00:52:31 | 05.15    |
| 8                            | 228       | MIŁOSZEWSKA Katarzyna         | BOGATYNIA           |             | POL             | 77         | K35/8                 | (K)31 | 00:52:32     | 00:52:32 | 05.15    |
| 9                            | 331       | SZEWCIK Wioletta              | LEŚNA               |             | POL             | 78         | K35/9                 | (K)38 | 00:53:29     | 00:53:29 | 05.20    |
| 10                           | 154       | KOTKIEWICZ Ewelina            | ZGORZELEC           |             | POL             | 78         | K35/10                | (K)42 | 00:54:38     | 00:54:38 | 05.27    |
| 11                           | 60        | DOMORADZKA Anna               | ZGORZELEC           |             | POL             | 79         | K35/11                | (K)46 | 00:55:04     | 00:55:04 | 05.30    |
| 12                           | 332       | SZKAMRUK Katarzyna            | JELENIA GÓRA        |             | POL             | 77         | K35/12                | (K)54 | 00:56:53     | 00:56:53 | 05.41    |
| 13                           | 324       | SYNOWIEC-JUDA Agata           | JELENIA GÓRA        |             | POL             | 77         | K35/13                | (K)58 | 00:57:39     | 00:57:39 | 05.45    |
| 14                           | 204       | MAJER Maja                    | SZKLARSKA PORĘBA    |             | POL             | 80         | K35/14                | (K)59 | 00:57:41     | 00:57:41 | 05.46    |
| 15                           | 208       | MARCENIUK Monika              | ŁOMNICA             |             | POL             | 78         | K35/15                | (K)62 | 00:58:15     | 00:58:15 | 05.49    |
| 16                           | 354       | WALASZCZYK Marta              | JELENIA GÓRA        |             | POL             | 78         | K35/16                | (K)64 | 00:58:47     | 00:58:47 | 05.52    |
| 17                           | 77        | GAWIN Renata                  | STANISZÓW           |             | POL             | 78         | K35/17                | (K)65 | 00:59:05     | 00:59:05 | 05.54    |
| 18                           | 330       | SZCZYGIEL Izabela             | PIECHOWICE          |             | POL             | 76         | K35/18                | (K)75 | 01:01:31     | 01:01:31 | 06.09    |
| 19                           | 221       | MEJSNER Maja                  | JELENIA GÓRA        |             | POL             | 78         | K35/19                | (K)76 | 01:01:48     | 01:01:48 | 06.10    |



| Miejsce<br>Rank | Nr<br>Bib | Nazwisko i imię<br>Name | Miejscowość<br>City | Kraj<br>Nat | Drużyna<br>Team | R-k<br>YoB | W kategorii<br>in Age | (K)   | Sex | Czas<br>Time | Netto    | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|-----------------|------------|-----------------------|-------|-----|--------------|----------|----------|
| 20              | 62        | DREWNIAK Karolina       | JELENIA GÓRA        |             | POL             | 80         | K35/20                | (K)82 |     | 01:03:59     | 01:03:59 | 06.23    |
| 21              | 145       | KOJRO Małgorzata        | PIECHOWICE          |             | POL             | 76         | K35/21                | (K)85 |     | 01:04:50     | 01:04:50 | 06.29    |
| 22              | 344       | TOCZYŃSKA Anna          | JANOWICE WIELKIE    |             | POL             | 80         | K35/22                | (K)90 |     | 01:08:45     | 01:08:45 | 06.52    |
| 23              | 392       | ŻUKOWSKA Marzena        | JELENIA GÓRA        |             | POL             | 78         | K35/23                | (K)92 |     | 01:10:07     | 01:10:07 | 07.00    |

### 10 km OPEN - K40 [5]

|   |     |                  |              |  |     |    |       |       |  |          |          |       |
|---|-----|------------------|--------------|--|-----|----|-------|-------|--|----------|----------|-------|
| 1 | 109 | JANCZAK Angelika | LEGNICA      |  | POL | 73 | K40/1 | (K)19 |  | 00:50:17 | 00:50:17 | 05.01 |
| 2 | 224 | MĘDOŃ Anna       | JELENIA GÓRA |  | POL | 71 | K40/2 | (K)22 |  | 00:50:46 | 00:50:46 | 05.04 |
| 3 | 343 | THOMCZIK Maria   | MIRSK        |  | POL | 74 | K40/3 | (K)55 |  | 00:57:18 | 00:57:18 | 05.43 |
| 4 | 268 | POLOMSKA Edyta   | LUBAŃ        |  | POL | 73 | K40/4 | (K)74 |  | 01:01:12 | 01:01:12 | 06.07 |
| 5 | 280 | RĘBECKA Violetta | JELENIA GÓRA |  | POL | 73 | K40/5 | (K)81 |  | 01:03:53 | 01:03:53 | 06.23 |

### 10 km OPEN - K45 [10]

|    |     |                                     |                |  |     |    |        |       |  |          |          |       |
|----|-----|-------------------------------------|----------------|--|-----|----|--------|-------|--|----------|----------|-------|
| 1  | 10  | FLISTA Adela                        | LESNA          |  | POL | 70 | K45/1  | (K)4  |  | 00:44:39 | 00:44:39 | 04.27 |
| 2  | 378 | WOŹNIAK Dorota                      | WROCLAW        |  | POL | 68 | K45/2  | (K)18 |  | 00:50:12 | 00:50:12 | 05.01 |
| 3  | 18  | BALAKOWSKA Małgorzata               | PRZESIEKA      |  | POL | 70 | K45/3  | (K)21 |  | 00:50:41 | 00:50:41 | 05.04 |
| 4  | 136 | KĘSY-KOWALSKA Hanna                 | SZCZAWNO-ZDRÓJ |  | POL | 67 | K45/4  | (K)26 |  | 00:51:50 | 00:51:50 | 05.11 |
| 5  | 307 | SOCHA Danuta                        | JELENIA GÓRA   |  | POL | 70 | K45/5  | (K)45 |  | 00:54:59 | 00:54:59 | 05.29 |
| 6  | 111 | JANOWICZ Anna                       | SZALEJÓW DOLNY |  | POL | 68 | K45/6  | (K)48 |  | 00:55:18 | 00:55:18 | 05.31 |
| 7  | 92  | HERZBERG Katarzyna                  | JELENIA GÓRA   |  | POL | 67 | K45/7  | (K)51 |  | 00:56:19 | 00:56:19 | 05.37 |
| 8  | 317 | STEFAŃSKA Agnieszka <i>bieganna</i> | ZGORZELEC      |  | POL | 69 | K45/8  | (K)53 |  | 00:56:32 | 00:56:32 | 05.39 |
| 9  | 210 | MARKUSZEWSKA Dorota                 | LUBAŃ          |  | POL | 67 | K45/9  | (K)61 |  | 00:57:57 | 00:57:57 | 05.47 |
| 10 | 31  | BORKOWSKA Stanisława                | POLKOWICE      |  | POL | 67 | K45/10 | (K)72 |  | 01:00:51 | 01:00:51 | 06.05 |
| 11 | 256 | PAWLOWSKA Marta                     | POKOWICE       |  | POL | 67 | K45/11 | (K)93 |  | 01:13:02 | 01:13:02 | 07.18 |

### 10 km OPEN - K50 [6]

|   |     |                       |              |  |     |    |       |       |  |          |          |       |
|---|-----|-----------------------|--------------|--|-----|----|-------|-------|--|----------|----------|-------|
| 1 | 263 | PIWOWARCZUK Jolanta   | MILKÓW       |  | POL | 61 | K50/1 | (K)40 |  | 00:54:08 | 00:54:08 | 05.24 |
| 2 | 349 | TRZEŚNIEWSKA Izabela  | JELENIA GÓRA |  | POL | 61 | K50/2 | (K)52 |  | 00:56:26 | 00:56:26 | 05.38 |
| 3 | 296 | SIMIŃSKA Renata       | POBIEDNA     |  | POL | 65 | K50/3 | (K)57 |  | 00:57:35 | 00:57:35 | 05.45 |
| 4 | 150 | KORZENIOWSKA Elżbieta | JELENIA GÓRA |  | POL | 63 | K50/4 | (K)80 |  | 01:03:37 | 01:03:37 | 06.21 |
| 5 | 328 | SZCZEPAŃSKA Ewa       | JELENIA GÓRA |  | POL | 65 | K50/5 | (K)84 |  | 01:04:37 | 01:04:37 | 06.27 |
| 6 | 293 | SIARKIEWICZ Jola      | PODGÓRZYN    |  | POL | 61 | K50/6 | (K)89 |  | 01:07:19 | 01:07:19 | 06.43 |

### 10 km OPEN - K60 [4]

|   |     |                     |                  |  |     |    |       |       |  |          |          |       |
|---|-----|---------------------|------------------|--|-----|----|-------|-------|--|----------|----------|-------|
| 1 | 253 | PARADYSZ Maria      | JELENIA GÓRA     |  | POL | 55 | K60/1 | (K)70 |  | 01:00:26 | 01:00:26 | 06.02 |
| 2 | 54  | DOBROWOLSKA Bożena  | JELENIA GÓRA     |  | POL | 52 | K60/2 | (K)78 |  | 01:03:19 | 01:03:19 | 06.19 |
| 3 | 232 | MITKIEWICZ Elżbieta | ŚWIERADÓW-ZDRÓJ  |  | POL | 51 | K60/3 | (K)86 |  | 01:04:50 | 01:04:50 | 06.29 |
| 4 | 345 | TOCZYŃSKA Elżbieta  | JANOWICE WIELKIE |  | POL | 53 | K60/4 | (K)91 |  | 01:08:47 | 01:08:47 | 06.52 |

### 5 km OPEN - M20 [14]

|    |     |                     |                 |  |     |    |        |       |  |          |          |       |
|----|-----|---------------------|-----------------|--|-----|----|--------|-------|--|----------|----------|-------|
| 1  | 428 | IGNACZAK Piotr      | BIAŁOGARD       |  | POL | 94 | M20/1  | (M)3  |  | 00:18:19 | 00:18:19 | 03.39 |
| 2  | 488 | SKÓRSKI Arkadiusz   | ZAWIDÓW         |  | POL | 95 | M20/2  | (M)4  |  | 00:18:55 | 00:18:55 | 03.47 |
| 3  | 502 | WASZKIEWICZ Mateusz | ZGORZELEC       |  | POL | 97 | M20/3  | (M)6  |  | 00:19:17 | 00:19:17 | 03.51 |
| 4  | 411 | CHUDECKI Przemysław | JELENIA GÓRA    |  | POL | 93 | M20/4  | (M)9  |  | 00:20:34 | 00:20:34 | 04.06 |
| 5  | 409 | CHRYPLEWICZ Kacper  | DOBROMIERZ      |  | POL | 01 | M20/5  | (M)10 |  | 00:20:52 | 00:20:50 | 04.10 |
| 6  | 510 | ZIMOWICZ Jakub      | LEŚNA           |  | POL | 01 | M20/6  | (M)12 |  | 00:21:02 | 00:21:01 | 04.12 |
| 7  | 455 | MALEC Radosław      | KAMIENNA GÓRA   |  | POL | 01 | M20/7  | (M)13 |  | 00:21:38 | 00:21:38 | 04.19 |
| 8  | 405 | CHMIELOWIEC Szymon  | ŚWIERADÓW-ZDRÓJ |  | POL | 02 | M20/8  | (M)16 |  | 00:22:36 | 00:22:36 | 04.31 |
| 9  | 463 | MIGUT Michał        | OLSZYNA         |  | POL | 96 | M20/9  | (M)20 |  | 00:24:01 | 00:23:55 | 04.47 |
| 10 | 435 | JEDZINIAK Szymon    | PIECHOWICE      |  | POL | 04 | M20/10 | (M)21 |  | 00:24:04 | 00:23:58 | 04.47 |
| 11 | 408 | CHOJNACKI Mateusz   | LUBAŃ           |  | POL | 98 | M20/11 | (M)24 |  | 00:25:25 | 00:25:21 | 05.04 |
| 12 | 433 | JAWORSKI Jakub      | LUBAŃ           |  | POL | 04 | M20/12 | (M)36 |  | 00:29:09 | 00:29:06 | 05.49 |

| 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] |
|-----------------------------|--------|------------------------|------------------|----------|--------------|---------|--------------------|---------|-----------|----------|----------|
| 13                          | 421    | GONERA Mateusz         | JAWOR            |          | POL          | 03      | M20/13             | (M)38   | 00:30:49  | 00:30:41 | 06.08    |
| 14                          | 415    | DROZDEK Michał         | BOGATYNIA        |          | POL          | 03      | M20/14             | (M)42   | 00:36:37  | 00:36:37 | 07.19    |
| <b>5 km OPEN - M25 [4]</b>  |        |                        |                  |          |              |         |                    |         |           |          |          |
| 1                           | 505    | WOŻNY Dominik          | JELENIA GÓRA     |          | POL          | 87      | M25/1              | (M)23   | 00:25:15  | 00:25:11 | 05.02    |
| 2                           | 474    | PLUCINSKI Mateusz      | SWIERSDOW ZDROJ  |          | POL          | 86      | M25/2              | (M)25   | 00:26:22  | 00:26:20 | 05.16    |
| 3                           | 493    | ŚWIERK Bartosz         | JELENIA GÓRA     |          | POL          | 87      | M25/3              | (M)30   | 00:27:38  | 00:27:36 | 05.31    |
| 4                           | 519    | ZAWADZKI Mateusz       | JELENIA GÓRA     |          | POL          | 87      | M25/4              | (M)31   | 00:27:40  | 00:27:37 | 05.31    |
| <b>5 km OPEN - M30 [3]</b>  |        |                        |                  |          |              |         |                    |         |           |          |          |
| 1                           | 534    | BAGROWSKI Tomasz       | GDAŃSK           |          | POL          | 81      | M30/1              | (M)1    | 00:17:20  | 00:17:20 | 03.28    |
| 2                           | 438    | KASPER Grzegorz        | LUBAŃ            |          | POL          | 81      | M30/2              | (M)5    | 00:19:12  | 00:19:12 | 03.50    |
| 3                           | 441    | KOMOROWSKI Dariusz     | WROCLAW          |          | POL          | 81      | M30/3              | (M)17   | 00:23:15  | 00:23:11 | 04.38    |
| <b>5 km OPEN - M35 [6]</b>  |        |                        |                  |          |              |         |                    |         |           |          |          |
| 1                           | 447    | KWIATKOWSKI Łukasz     | LUBIN            |          | POL          | 78      | M35/1              | (M)7    | 00:19:32  | 00:19:31 | 03.54    |
| 2                           | 469    | MUCZYŃSKI Zbigniew     | JELENIA GÓRA     |          | POL          | 77      | M35/2              | (M)11   | 00:20:54  | 00:20:54 | 04.10    |
| 3                           | 402    | BARCZYŃSKI Artur       | JEŻÓW SUDECKI    |          | POL          | 78      | M35/3              | (M)14   | 00:21:52  | 00:21:52 | 04.22    |
| 4                           | 400    | AZIKIEWICZ Rafał       | BOLKÓW           |          | POL          | 79      | M35/4              | (M)22   | 00:25:10  | 00:25:09 | 05.01    |
| 5                           | 496    | TARASZKIEWICZ Dawid    | BOLKÓW           |          | POL          | 76      | M35/5              | (M)27   | 00:26:50  | 00:26:49 | 05.21    |
| 6                           | 440    | KAZIECZKO Piotr        | JELENIA GÓRA     |          | POL          | 77      | M35/6              | (M)28   | 00:27:02  | 00:27:01 | 05.24    |
| <b>5 km OPEN - M40 [3]</b>  |        |                        |                  |          |              |         |                    |         |           |          |          |
| 1                           | 527    | ŻEBRYK Krzysztof       | JELENIA GÓRA     |          | POL          | 71      | M40/1              | (M)8    | 00:19:39  | 00:19:39 | 03.55    |
| 2                           | 467    | MOSKWA Robert          | JELENIA GÓRA     |          | POL          | 72      | M40/2              | (M)35   | 00:28:56  | 00:28:56 | 05.47    |
| 3                           | 450    | LITWICKI Norbert       | BOGATYNIA        |          | POL          | 72      | M40/3              | (M)37   | 00:30:11  | 00:30:09 | 06.01    |
| <b>5 km OPEN - M45 [5]</b>  |        |                        |                  |          |              |         |                    |         |           |          |          |
| 1                           | 511    | ZIMOWICZ Jarosław      | LEŚNA            |          | POL          | 69      | M45/1              | (M)15   | 00:22:22  | 00:22:22 | 04.28    |
| 2                           | 410    | CHRYPLEWICZ Piotr      | DOBROMIERZ       |          | POL          | 69      | M45/2              | (M)19   | 00:24:00  | 00:23:58 | 04.47    |
| 3                           | 512    | TKACZYK Artur          | ŚWIERADÓW-ZDRÓJ  |          | POL          | 67      | M45/3              | (M)29   | 00:27:11  | 00:27:08 | 05.25    |
| 4                           | 456    | MARKOWSKI Maciej       | WROCLAW          |          | POL          | 66      | M45/4              | (M)39   | 00:31:57  | 00:31:54 | 06.22    |
| 5                           | 472    | PAKIET Waldemar        | ŚWIERADÓW-ZDROJ  |          | POL          | 66      | M45/5              | (M)41   | 00:33:07  | 00:33:01 | 06.36    |
| <b>5 km OPEN - M50 [1]</b>  |        |                        |                  |          |              |         |                    |         |           |          |          |
| 1                           | 464    | MILKO Dariusz          | JELENIA GÓRA     |          | POL          | 65      | M50/1              | (M)32   | 00:28:17  | 00:28:12 | 05.38    |
| <b>5 km OPEN - M55 [5]</b>  |        |                        |                  |          |              |         |                    |         |           |          |          |
| 1                           | 487    | SITEK Tadeusz          | MARCISZÓW        |          | POL          | 56      | M55/1              | (M)2    | 00:17:31  | 00:17:31 | 03.30    |
| 2                           | 495    | ŚWIERK Stanisław       | JANOWICE WIELKIE |          | POL          | 56      | M55/2              | (M)18   | 00:23:41  | 00:23:41 | 04.44    |
| 3                           | 399    | JALAKO Roman           | JELENIA GÓRA     |          | POL          | 56      | M55/3              | (M)33   | 00:28:42  | 00:28:36 | 05.43    |
| 4                           | 473    | PIEKAROWICZ Marek      | JANKOWICE        |          | POL          | 59      | M55/4              | (M)34   | 00:28:45  | 00:28:42 | 05.44    |
| 5                           | 453    | MADERA Bogdan          | ŚWIDNICA         |          | POL          | 60      | M55/5              | (M)40   | 00:33:06  | 00:33:06 | 06.37    |
| <b>5 km OPEN - M60 [1]</b>  |        |                        |                  |          |              |         |                    |         |           |          |          |
| 1                           | 458    | MAROŃ Zbigniew         | ŚWIERADÓW ZDRÓJ  |          | POL          | 53      | M60/1              | (M)43   | 00:37:09  | 00:37:08 | 07.25    |
| <b>5 km OPEN - M65 [1]</b>  |        |                        |                  |          |              |         |                    |         |           |          |          |
| 1                           | 486    | SCHOOL Jan             | KARPACZ          |          | POL          | 48      | M65/1              | (M)26   | 00:26:46  | 00:26:39 | 05.19    |
| <b>5 km OPEN - K20 [16]</b> |        |                        |                  |          |              |         |                    |         |           |          |          |
| 1                           | 529    | CZERWIŃSKA Amelia      | WARSZAWA         |          | POL          | 95      | K20/1              | (K)1    | 00:18:41  | 00:18:41 | 03.44    |
| 2                           | 412    | CHUDZIKIEWICZ Karolina | WOJCIESZÓW       |          | POL          | 03      | K20/2              | (K)2    | 00:22:24  | 00:22:24 | 04.28    |
| 3                           | 477    | PRZEMYŚLAK Weronika    | OPAWA            |          | POL          | 01      | K20/3              | (K)3    | 00:22:29  | 00:22:29 | 04.29    |
| 4                           | 478    | PRZEMYŚLAK Wiktoria    | OPAWA 13         |          | POL          | 01      | K20/4              | (K)5    | 00:24:02  | 00:24:01 | 04.48    |

| 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] |
|--------------|--------|----------------------|------------------|----------|--------------|---------|--------------------|---------|-----------|----------|----------|
| 5            | 407    | CHOJNACKA Martyna    | LUBAŃ            |          | POL          | 93      | K20/5              | (K)8    | 00:26:24  | 00:26:19 | 05.15    |
| 6            | 414    | DOMAGAŁA Anita       | JELENIA GÓRA     |          | POL          | 92      | K20/6              | (K)9    | 00:26:27  | 00:26:25 | 05.17    |
| 7            | 442    | KOTOWSKA Klaudia     | JELENIA GÓRA     |          | POL          | 94      | K20/7              | (K)10   | 00:26:29  | 00:26:26 | 05.17    |
| 8            | 413    | DARŁAK Kornelia      | BOGATYNIA        |          | POL          | 98      | K20/8              | (K)18   | 00:28:33  | 00:28:33 | 05.42    |
| 9            | 490    | STYPCZYŃSKA Anna     | JELENIA GÓRA     |          | POL          | 91      | K20/9              | (K)21   | 00:29:02  | 00:28:59 | 05.47    |
| 10           | 484    | SAZOŃSKA Patrycja    | LEŚNA            |          | POL          | 97      | K20/10             | (K)22   | 00:29:05  | 00:29:04 | 05.48    |
| 11           | 431    | JAROSZ Sylwia        | JELENIA GÓRA     |          | POL          | 93      | K20/11             | (K)23   | 00:29:20  | 00:29:19 | 05.51    |
| 12           | 430    | JAMROZIAK Julia      | JELENIA GÓRA     |          | POL          | 05      | K20/12             | (K)25   | 00:29:46  | 00:29:45 | 05.57    |
| 13           | 479    | RICHARDSON Victoria  | DZIWISZÓW        |          | USA          | 93      | K20/13             | (K)26   | 00:29:46  | 00:29:45 | 05.57    |
| 14           | 481    | WITLIB Katarzyna     |                  |          | POL          | 95      | K20/14             | (K)36   | 00:30:45  | 00:30:40 | 06.08    |
| 15           | 416    | DROZDEK Nicol        | BOGATYNIA        |          | POL          | 98      | K20/15             | (K)56   | 00:34:17  | 00:34:17 | 06.51    |
| 16           | 498    | TRZECIAK Katarzyna   | JELENIA GÓRA     |          | POL          | 91      | K20/16             | (K)74   | 00:38:59  | 00:38:53 | 07.46    |

### 5 km OPEN - K25 [10]

|    |     |                      |                 |  |     |    |        |       |          |          |       |
|----|-----|----------------------|-----------------|--|-----|----|--------|-------|----------|----------|-------|
| 1  | 451 | ŁABUDA Dominika      | KAMIENNA GÓRA   |  | POL | 90 | K25/1  | (K)4  | 00:22:31 | 00:22:31 | 04.30 |
| 2  | 465 | MITKIEWICZ Agnieszka | ŚWIERADÓW-ZDRÓJ |  | POL | 90 | K25/2  | (K)7  | 00:26:03 | 00:26:01 | 05.12 |
| 3  | 436 | JĘDRASIEWICZ Joanna  | JELENIA GÓRA    |  | POL | 88 | K25/3  | (K)13 | 00:27:27 | 00:27:26 | 05.29 |
| 4  | 508 | ZATYLNA Irmína       | ŚWIERADÓW-ZDRÓJ |  | POL | 90 | K25/4  | (K)14 | 00:27:40 | 00:27:38 | 05.31 |
| 5  | 506 | WRÓBEL Marta         | ŚWIERADÓW-ZDRÓJ |  | POL | 87 | K25/5  | (K)24 | 00:29:32 | 00:29:30 | 05.54 |
| 6  | 423 | GRASZKIEWICZ Justyna | BOLKÓW          |  | POL | 86 | K25/6  | (K)27 | 00:29:55 | 00:29:55 | 05.59 |
| 7  | 425 | HALIGOWSKA Kinga     | WROCLAW         |  | POL | 86 | K25/7  | (K)42 | 00:30:57 | 00:30:56 | 06.11 |
| 8  | 475 | POLAK Anna           | JELENIA GÓRA    |  | POL | 90 | K25/8  | (K)44 | 00:31:11 | 00:31:08 | 06.13 |
| 9  | 504 | WELKE Agata          | JARKOWICE       |  | POL | 89 | K25/9  | (K)51 | 00:32:07 | 00:31:59 | 06.23 |
| 10 | 418 | FIERKOWICZ Alina     | ŚWIERADÓW-ZDRÓJ |  | POL | 90 | K25/10 | (K)59 | 00:35:20 | 00:35:16 | 07.03 |

### 5 km OPEN - K30 [4]

|   |     |                        |                 |  |     |    |       |       |          |          |       |
|---|-----|------------------------|-----------------|--|-----|----|-------|-------|----------|----------|-------|
| 1 | 540 | DAROL Karolina         | JELENIA GÓRA    |  | POL | 85 | K30/1 | (K)40 | 00:30:51 | 00:30:46 | 06.09 |
| 2 | 454 | MAKAREWICZ Izabela     | JELENIA GÓRA    |  | POL | 83 | K30/2 | (K)43 | 00:31:09 | 00:31:09 | 06.13 |
| 3 | 460 | MATELSKA Katarzyna     | ŚWIERADÓW-ZDRÓJ |  | POL | 82 | K30/3 | (K)52 | 00:32:36 | 00:32:32 | 06.30 |
| 4 | 513 | KOLERSKA-KARDELA Magda | WROCLAW         |  | POL | 84 | K30/4 | (K)67 | 00:37:30 | 00:37:30 | 07.30 |

### 5 km OPEN - K35 [8]

|   |     |                          |                 |  |     |    |       |       |          |          |       |
|---|-----|--------------------------|-----------------|--|-----|----|-------|-------|----------|----------|-------|
| 1 | 434 | JEDZINIAK Ewelina        | PIECHOWICE      |  | POL | 76 | K35/1 | (K)11 | 00:26:55 | 00:26:50 | 05.22 |
| 2 | 470 | MUNDYK Agnieszka         | JELENIA GÓRA    |  | POL | 78 | K35/2 | (K)17 | 00:28:05 | 00:28:01 | 05.36 |
| 3 | 439 | KASPRZYK Wioletta        | BOLKÓW          |  | POL | 78 | K35/3 | (K)19 | 00:28:46 | 00:28:45 | 05.45 |
| 4 | 480 | RITTAU-SKOWRON Magdalena | JELENIA GÓRA    |  | POL | 77 | K35/4 | (K)37 | 00:30:46 | 00:30:44 | 06.08 |
| 5 | 420 | GONERA Katarzyna         | JAWOR           |  | POL | 79 | K35/5 | (K)45 | 00:31:31 | 00:31:25 | 06.17 |
| 6 | 404 | CHMIELOWIEC Kinga        | ŚWIERADÓW-ZDRÓJ |  | POL | 76 | K35/6 | (K)47 | 00:32:00 | 00:32:00 | 06.24 |
| 7 | 459 | MARTYNIAK Monika         | LEŚNA           |  | POL | 78 | K35/7 | (K)49 | 00:32:06 | 00:32:05 | 06.25 |
| 8 | 468 | MUCHACZOW Agata          | JELENIA GÓRA    |  | POL | 78 | K35/8 | (K)61 | 00:35:41 | 00:35:39 | 07.07 |

### 5 km OPEN - K40 [13]

|   |     |                          |                 |  |     |    |       |       |          |          |       |
|---|-----|--------------------------|-----------------|--|-----|----|-------|-------|----------|----------|-------|
| 1 | 462 | MICHALEK Małgorzata      | JELENIA GÓRA    |  | POL | 75 | K40/1 | (K)12 | 00:27:18 | 00:27:17 | 05.27 |
| 2 | 514 | HARTLIEB Izabela         | POLANICA ZDRÓJ  |  | POL | 73 | K40/2 | (K)16 | 00:27:54 | 00:27:51 | 05.34 |
| 3 | 424 | GRZELAK-RADZIUN Anna     | BOLKÓW          |  | POL | 74 | K40/3 | (K)20 | 00:28:47 | 00:28:47 | 05.45 |
| 4 | 422 | GORDON - SIERADZKA Kinga | MLĄDZ           |  | POL | 75 | K40/4 | (K)28 | 00:29:56 | 00:29:52 | 05.58 |
| 5 | 437 | JURKOWSKA Dorota         | PIECHOWICE      |  | POL | 71 | K40/5 | (K)29 | 00:30:03 | 00:30:00 | 06.00 |
| 6 | 466 | MOKRZYCKA Sylwia         | BOLKÓW          |  | POL | 71 | K40/6 | (K)32 | 00:30:18 | 00:30:13 | 06.02 |
| 7 | 500 | URBAŃCZYK Wioletta       | ŚWIERADÓW-ZDRÓJ |  | POL | 74 | K40/7 | (K)38 | 00:30:51 | 00:30:49 | 06.09 |
| 8 | 446 | KUŹMIŃSKA Anna           | PIEŃSK          |  | POL | 75 | K40/8 | (K)39 | 00:30:51 | 00:30:50 | 06.10 |
| 9 | 515 | SCHMIDEL Jolanta         | JELENIA GÓRA    |  | POL | 72 | K40/9 | (K)63 | 00:36:02 | 00:36:02 | 07.12 |

| Miejsce<br>Rank | Nr<br>Bib | Nazwisko i imię<br>Name | Miejscowość<br>City | Kraj<br>Nat | Drużyna<br>Team | R-k<br>YoB | W kategorii<br>in Age | (K)   | Sex | Czas<br>Time    | Netto    | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|-----------------|------------|-----------------------|-------|-----|-----------------|----------|----------|
| 10              | 452       | ŁUCZYK Beata            | ŚWIERADÓW ZDRÓJ     |             | POL             | 75         | K40/10                | (K)65 |     | <b>00:36:33</b> | 00:36:31 | 07.18    |
| 11              | 432       | JAWORSKA Teresa         | LUBAŃ               |             | POL             | 74         | K40/11                | (K)66 |     | <b>00:36:49</b> | 00:36:45 | 07.21    |
| 12              | 516       | RICHTER Izabela         | JELENIA GÓRA        |             | POL             | 71         | K40/12                | (K)68 |     | <b>00:37:42</b> | 00:37:41 | 07.32    |
| 13              | 429       | INDYK Renata            | JELENIA GÓRA        |             | POL             | 73         | K40/13                | (K)76 |     | <b>00:42:28</b> | 00:42:28 | 08.29    |

### 5 km OPEN - K45 [12]

|    |     |                                 |                 |  |     |    |        |       |  |                 |          |       |
|----|-----|---------------------------------|-----------------|--|-----|----|--------|-------|--|-----------------|----------|-------|
| 1  | 483 | SALAMON Joanna                  | KAMIENNA GÓRA   |  | POL | 67 | K45/1  | (K)15 |  | <b>00:27:44</b> | 00:27:38 | 05.31 |
| 2  | 403 | BISKUPSKA-PIEKAROWICZ<br>Danuta | JANKOWICE       |  | POL | 69 | K45/2  | (K)31 |  | <b>00:30:17</b> | 00:30:14 | 06.02 |
| 3  | 492 | SZYDŁOWSKA Beata                | BOLKÓW          |  | POL | 68 | K45/3  | (K)33 |  | <b>00:30:20</b> | 00:30:14 | 06.02 |
| 4  | 482 | RÓŻYCKA Aleksandra              | JELENIA GÓRA    |  | POL | 69 | K45/4  | (K)34 |  | <b>00:30:27</b> | 00:30:25 | 06.05 |
| 5  | 499 | TRZEPIZUR Beata                 | JELENIA GÓRA    |  | POL | 68 | K45/5  | (K)41 |  | <b>00:30:54</b> | 00:30:52 | 06.10 |
| 6  | 535 | CZECHOWSKA Alicja               | PODGÓRZYŃ       |  | POL | 68 | K45/6  | (K)46 |  | <b>00:31:45</b> | 00:31:43 | 06.20 |
| 7  | 485 | SAZOŃSKA Urszula                | LEŚNA           |  | POL | 70 | K45/7  | (K)48 |  | <b>00:32:05</b> | 00:32:03 | 06.24 |
| 8  | 497 | TKACZYK Anna                    | ŚWIERADÓW ZDRÓJ |  | POL | 67 | K45/8  | (K)54 |  | <b>00:33:17</b> | 00:33:14 | 06.38 |
| 9  | 427 | HARASIM Jolanta                 | ŚWIERADÓW-ZDRÓJ |  | POL | 66 | K45/9  | (K)62 |  | <b>00:35:51</b> | 00:35:49 | 07.09 |
| 10 | 406 | CHODANIONEK Agnieszka           | ZGORZELEC       |  | POL | 70 | K45/10 | (K)69 |  | <b>00:38:19</b> | 00:38:17 | 07.39 |
| 11 | 489 | STĘPIEŃ Beata                   | PIECHOWICE      |  | POL | 66 | K45/11 | (K)72 |  | <b>00:38:53</b> | 00:38:48 | 07.45 |
| 12 | 491 | SZEWCZYK Dorota                 | JELENIA GÓRA    |  | POL | 68 | K45/12 | (K)75 |  | <b>00:42:22</b> | 00:42:15 | 08.27 |

### 5 km OPEN - K50 [7]

|   |     |                    |                 |  |     |    |       |       |  |                 |          |       |
|---|-----|--------------------|-----------------|--|-----|----|-------|-------|--|-----------------|----------|-------|
| 1 | 445 | KRZYWICKA Ewa      | JELENIA GÓRA    |  | POL | 63 | K50/1 | (K)30 |  | <b>00:30:03</b> | 00:30:01 | 06.00 |
| 2 | 419 | FIERKOWICZ Teresa  | ŚWIERADÓW-ZDRÓJ |  | POL | 65 | K50/2 | (K)35 |  | <b>00:30:34</b> | 00:30:31 | 06.06 |
| 3 | 476 | POPLAWSKA Violetta | JARKOWICE       |  | POL | 64 | K50/3 | (K)50 |  | <b>00:32:06</b> | 00:31:58 | 06.23 |
| 4 | 503 | WAŚIOLEK Iwona     | KAMIENNA GÓRA   |  | POL | 63 | K50/4 | (K)55 |  | <b>00:33:50</b> | 00:33:48 | 06.45 |
| 5 | 520 | POŻOGA Beata       | JELENIA GÓRA    |  | POL | 62 | K50/5 | (K)58 |  | <b>00:34:25</b> | 00:34:25 | 06.53 |
| 6 | 517 | WOŹNIAK Barbara    | JELENIA GÓRA    |  | POL | 62 | K50/6 | (K)70 |  | <b>00:38:45</b> | 00:38:42 | 07.44 |
| 7 | 509 | ZAWADZKA Iwona     | JELENIA GÓRA    |  | POL | 64 | K50/7 | (K)71 |  | <b>00:38:46</b> | 00:38:46 | 07.45 |

### 5 km OPEN - K55 [7]

|   |     |                   |                  |  |     |    |       |       |  |                 |          |       |
|---|-----|-------------------|------------------|--|-----|----|-------|-------|--|-----------------|----------|-------|
| 1 | 494 | ŚWIERK Krystyna   | JANOWICE WIELKIE |  | POL | 57 | K55/1 | (K)6  |  | <b>00:24:14</b> | 00:24:14 | 04.50 |
| 2 | 426 | HANDZLIK Irena    | PROBOSZCZÓW      |  | POL | 59 | K55/2 | (K)53 |  | <b>00:33:13</b> | 00:33:10 | 06.38 |
| 3 | 448 | LEŚNIAK Anna      | JELENIA GÓRA     |  | POL | 59 | K55/3 | (K)57 |  | <b>00:34:24</b> | 00:34:24 | 06.52 |
| 4 | 457 | MARON Renata      | ŚWIERADÓW-ZDRÓJ  |  | POL | 57 | K55/4 | (K)60 |  | <b>00:35:23</b> | 00:35:22 | 07.04 |
| 5 | 471 | NICZYPORUK Alicja | WROCLAW          |  | POL | 60 | K55/5 | (K)64 |  | <b>00:36:07</b> | 00:36:02 | 07.12 |
| 6 | 501 | WALICZEK Teresa   | JELENIA GÓRA     |  | POL | 56 | K55/6 | (K)78 |  | <b>00:44:53</b> | 00:44:48 | 08.57 |
| 7 | 538 | KAJDANEK Barbara  |                  |  | POL | 60 | K55/7 | (K)79 |  | <b>00:46:38</b> | 00:46:32 | 09.18 |

### 5 km OPEN - K60 [2]

|   |     |                    |              |  |     |    |       |       |  |                 |          |       |
|---|-----|--------------------|--------------|--|-----|----|-------|-------|--|-----------------|----------|-------|
| 1 | 539 | LISKE Lidia        | JELENIA GÓRA |  | POL | 53 | K60/1 | (K)77 |  | <b>00:44:39</b> | 00:44:33 | 08.54 |
| 2 | 507 | WYSOCKA Małgorzata | JELENIA GÓRA |  | POL | 51 | K60/2 | (K)80 |  | <b>00:46:39</b> | 00:46:33 | 09.18 |

### 5 km OPEN - K70 [1]

|   |     |                |              |  |     |    |       |       |  |                 |          |       |
|---|-----|----------------|--------------|--|-----|----|-------|-------|--|-----------------|----------|-------|
| 1 | 518 | SCHMIDEL Maria | JELENIA GÓRA |  | POL | 42 | K70/1 | (K)73 |  | <b>00:38:55</b> | 00:38:48 | 07.45 |
|---|-----|----------------|--------------|--|-----|----|-------|-------|--|-----------------|----------|-------|