

# Bieg Śladem Księgi Henrykowskiej

## WYNIKI ZAWODÓW

### 10 km

**Organizator:** Stowarzyszenie Pro-Run/Klasztor Księgi Henrykowskiej

**Termin:** 30.04.2016

**Miejsce:** Henryków

**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 | Czas Netto | [min/km] |
|----------------------------------|--------|-------------------------|-------------------|----------|--------------|---------|------------------------|-----------|------------|----------|
| 10 km KATEGORIA:duch             |        |                         |                   |          |              |         |                        |           |            |          |
| 1                                | 257    | SCHIFFLER Marcin        | WROCLAW           |          |              | 69      | M40/20 (M)66           | 00:56:06  | 00:56:06   | 05.36    |
| 10 km KATEGORIA:Pro-             |        |                         |                   |          |              |         |                        |           |            |          |
| 1                                | 285    | SOBAS Jacek             | KĘDZIERZYN-KOŹLE  |          |              | 85      | M30/1 (M)1             | 00:35:39  | 00:35:39   | 03.33    |
| 2                                | 284    | GOMUŁKIEWICZ Filip      | WROCLAW           |          |              | 84      | M30/5 (M)8             | 00:39:33  | 00:39:33   | 03.57    |
| 3                                | 280    | TEKIELI Agata           | BYSTRZYCA KŁODZKA |          |              | 85      | K30/1 (K)1             | 00:42:54  | 00:42:52   | 04.17    |
| 4                                | 206    | KACZMARCZYK Urszula     | WROCLAW           |          |              | 79      | K30/4 (K)9             | 00:51:32  | 00:51:32   | 05.09    |
| 5                                | 191    | MITROSZ Andrzej         | WROCLAW           |          |              | 56      | M60/1 (M)50            | 00:52:52  | 00:52:52   | 05.17    |
| 6                                | 220    | DĄBROWSKA Ewelina       | WROCLAW           |          |              | 76      | K40/4 (K)19            | 00:57:27  | 00:57:27   | 05.44    |
| 7                                | 160    | STASZEK Anna            | WROCLAW           |          |              | 72      | K40/13 (K)38           | 01:05:44  | 01:05:44   | 06.34    |
| 8                                | 245    | TAMUL-PRZECHEWKA Joanna | WROCLAW           |          |              | 74      | K40/16 (K)45           | 01:07:46  | 01:07:46   | 06.46    |
| 10 km KATEGORIA:Zięb             |        |                         |                   |          |              |         |                        |           |            |          |
| 1                                | 211    | GALIK Maciej            | RACZYCE           |          |              | 93      | M20/1 (M)6             | 00:38:59  | 00:38:58   | 03.53    |
| 2                                | 238    | KUTAJ Dawid             | HENRYKÓW          |          |              | 90      | M20/2 (M)7             | 00:39:31  | 00:39:30   | 03.57    |
| 3                                | 247    | SZLAGA Daniel           | ZIĘBICE           |          |              | 75      | M40/2 (M)9             | 00:40:02  | 00:40:02   | 04.00    |
| 4                                | 141    | BIRA Grzegorz           | ZIĘBICE           |          |              | 83      | M30/6 (M)11            | 00:42:12  | 00:42:12   | 04.13    |
| 5                                | 248    | WALKARZ Wojciech        | ZIĘBICE           |          |              | 91      | M20/5 (M)13            | 00:43:22  | 00:43:21   | 04.20    |
| 6                                | 261    | PIĘKOŚ Błażej           | RACZYCE           |          |              | 91      | M20/7 (M)21            | 00:46:53  | 00:46:49   | 04.40    |
| 7                                | 236    | DUDEK Remigiusz         | ZIĘBICE           |          |              | 83      | M30/10 (M)22           | 00:47:04  | 00:47:03   | 04.42    |
| 8                                | 148    | WÓJCİK Tomasz           | ZIĘBICE           |          |              | 97      | M20/8 (M)23            | 00:47:22  | 00:47:20   | 04.44    |
| 9                                | 89     | WÓJCİK Monika           | ZIĘBICE           |          |              | 92      | K20/1 (K)4             | 00:47:24  | 00:47:24   | 04.44    |
| 10                               | 188    | BUKOWIEC Szymon         | HENRYKÓW          |          |              | 98      | M20/10 (M)27           | 00:48:18  | 00:48:15   | 04.49    |
| 11                               | 258    | RAMUŚ Krystian          | HENRYKÓW          |          |              | 88      | M20/11 (M)28           | 00:48:52  | 00:48:51   | 04.53    |
| 12                               | 304    | PRUSZYŃSKI Tomasz       | ZIĘBICE           |          |              | 73      | M40/5 (M)30            | 00:49:02  | 00:48:54   | 04.53    |
| 13                               | 139    | KNYCHAS Oliwier         | HENRYKÓW          |          |              | 98      | M20/12 (M)34           | 00:49:30  | 00:49:21   | 04.56    |
| 14                               | 46     | DUDEK Monika            | ZIĘBICE           |          |              | 83      | K30/5 (K)10            | 00:52:03  | 00:52:03   | 05.12    |
| 15                               | 171    | CZUBALA Marcin          | ZIĘBICE           |          |              | 76      | M40/13 (M)49           | 00:52:40  | 00:52:40   | 05.16    |
| 16                               | 214    | SOWA Grzegorz           | ZIĘBICE           |          |              | 86      | M30/17 (M)54           | 00:53:34  | 00:53:34   | 05.21    |
| 17                               | 82     | KNYCHAS Dawid           | HENRYKÓW          |          |              | 75      | M40/16 (M)56           | 00:54:02  | 00:54:02   | 05.24    |
| 18                               | 103    | ZDROJKOWSKA Leonarda    | ZIĘBICE           |          |              | 82      | K30/8 (K)17            | 00:57:00  | 00:57:00   | 05.42    |
| 19                               | 252    | STEFANÓW Kamila         | STARCZÓWEK        |          |              | 83      | K30/12 (K)36           | 01:03:02  | 01:03:02   | 06.18    |
| 20                               | 95     | BILSKA-MROCZKA Henryka  | ZIĘBICE           |          |              | 77      | K30/14 (K)40           | 01:05:46  | 01:05:46   | 06.34    |
| 21                               | 3      | ROMANOWSKA-LIZIS Anita  | ZIĘBICE           |          |              | 73      | K40/14 (K)41           | 01:05:52  | 01:05:52   | 06.35    |
| 22                               | 215    | SOWA Dorota             | ZIĘBICE           |          |              | 66      | K50/2 (K)42            | 01:06:42  | 01:06:42   | 06.40    |
| 23                               | 121    | KOWAL Ewa               | ZIĘBICE           |          |              | 72      | K40/15 (K)43           | 01:07:28  | 01:07:28   | 06.44    |
| 24                               | 23     | JANUSZ Edyta            | HENRYKÓW          |          |              | 77      | K30/15 (K)44           | 01:07:46  | 01:07:46   | 06.46    |
| 25                               | 84     | POTUSZYŃSKA Ewelina     | ZIĘBICE           |          |              | 84      | K30/16 (K)48           | 01:08:47  | 01:08:47   | 06.52    |
| 26                               | 240    | SZPILAREWICZ Basia      | ZIĘBICE           |          |              | 78      | K30/19 (K)54           | 01:10:48  | 01:10:48   | 07.04    |
| 27                               | 173    | BOHONOS Mateusz         | HENRYKÓW          |          |              | 86      | M30/26 (M)92           | 01:11:51  | 01:11:51   | 07.11    |
| 28                               | 174    | BOHONOS Anatol          | HENRYKÓW          |          |              | 56      | M60/4 (M)93            | 01:11:52  | 01:11:52   | 07.11    |
| 29                               | 58     | BOHONOS Arkadiusz       | HENRYKÓW          |          |              | 90      | M20/22 (M)94           | 01:11:52  | 01:11:52   | 07.11    |
| 30                               | 93     | RAK Barbara             | ZIĘBICE           |          |              | 72      | K40/19 (K)58           | 01:15:48  | 01:15:48   | 07.34    |
| 31                               | 246    | SOWA Patrycja           | ZIĘBICE           |          |              | 99      | K20/16 (K)61           | 02:49:44  | 02:49:44   | 16.58    |
| Półmaraton 21.097 KATEGORIA:duch |        |                         |                   |          |              |         |                        |           |            |          |
| 1                                | 221    | KAZANOWSKI Marcin       | KAMIENIEC         |          |              | 77      | M30/18 (M)47           | 01:47:33  | 01:47:28   | 05.07    |
| Półmaraton 21.097 KATEGORIA:Pro- |        |                         |                   |          |              |         |                        |           |            |          |

| Miejsce Rank | Nr Bib | Nazwisko i imię Name | Miejscowość City | Kraj Nat | Drużyna Team | R-k YoB | W kategorii in Age | Sex   | Czas Time | Czas Netto | [min/km] |
|--------------|--------|----------------------|------------------|----------|--------------|---------|--------------------|-------|-----------|------------|----------|
| 1            | 302    | GERUS Wiesław        | WROCLAW          |          |              | 65      | M50/3              | (M)24 | 01:41:15  | 01:41:11   | 04.49    |
| 2            | 287    | SYPEREK Marcin       | WROCLAW          |          |              | 74      | M40/26             | (M)60 | 01:50:39  | 01:50:39   | 05.16    |
| 3            | 164    | LANGNER Krzysztof    | WROCLAW          |          |              | 62      | M50/7              | (M)64 | 01:54:21  | 01:54:21   | 05.26    |
| 4            | 45     | HAŁAS Marek          | WROCLAW          |          |              | 69      | M40/28             | (M)66 | 01:56:00  | 01:56:00   | 05.31    |
| 5            | 40     | MAŁAS Piotr          | WROCLAW          |          |              | 66      | M50/8              | (M)70 | 01:58:03  | 01:58:03   | 05.37    |
| 6            | 178    | BURKOWSKA Agnieszka  | WROCLAW          |          |              | 75      | K40/3              | (K)7  | 01:59:18  | 01:59:18   | 05.40    |

### Półmaraton 21.097 KATEGORIA: Zięb

|    |     |                   |          |  |  |    |        |       |          |          |       |
|----|-----|-------------------|----------|--|--|----|--------|-------|----------|----------|-------|
| 1  | 49  | BODIO Dariusz     | ZIĘBICE  |  |  | 67 | M40/3  | (M)3  | 01:25:49 | 01:25:49 | 04.05 |
| 2  | 64  | KOWAL Wiesław     | ZIĘBICE  |  |  | 72 | M40/6  | (M)9  | 01:34:45 | 01:34:43 | 04.30 |
| 3  | 34  | MALINOWSKI Jerzy  | ZIĘBICE  |  |  | 68 | M40/7  | (M)10 | 01:34:59 | 01:34:56 | 04.31 |
| 4  | 134 | SEKUŁA Daniel     | ZIĘBICE  |  |  | 80 | M30/2  | (M)13 | 01:37:47 | 01:37:44 | 04.39 |
| 5  | 235 | MAŁEK Leszek      | ZIĘBICE  |  |  | 56 | M60/2  | (M)15 | 01:38:56 | 01:38:52 | 04.42 |
| 6  | 212 | GALIK Piotr       | HENRYKÓW |  |  | 79 | M30/3  | (M)16 | 01:39:43 | 01:39:41 | 04.44 |
| 7  | 30  | KORCHAN Ireneusz  | ZIĘBICE  |  |  | 82 | M30/5  | (M)20 | 01:39:58 | 01:39:45 | 04.45 |
| 8  | 79  | STRYSZEWSKI Piotr | ZIĘBICE  |  |  | 67 | M40/19 | (M)45 | 01:47:28 | 01:47:14 | 05.06 |
| 9  | 101 | ŁOWSKI Wiktor     | ZIĘBICE  |  |  | 77 | M30/17 | (M)46 | 01:47:29 | 01:47:14 | 05.06 |
| 10 | 254 | WOLCZYK Grzegorz  | ZIĘBICE  |  |  | 73 | M40/25 | (M)58 | 01:49:59 | 01:49:59 | 05.14 |
| 11 | 1   | PAWLAK Katarzyna  | WROCLAW  |  |  | 76 | K40/7  | (K)12 | 02:06:39 | 02:06:39 | 06.01 |
| 12 | 16  | ZAJĄC Karina      | ZIĘBICE  |  |  | 86 | K30/6  | (K)15 | 02:16:49 | 02:16:49 | 06.30 |
| 13 | 6   | CZUBALA Beata     | ZIĘBICE  |  |  | 77 | K30/8  | (K)17 | 02:20:07 | 02:20:07 | 06.40 |