

## 6. Bieg na Wielką Sowę, 5 Sowiogórski Nordic Walking

### WYNIKI ZAWODÓW

#### Bieg główny

**Organizator:** CKG Nowa Ruda, Uczniowski Sowiogórski Klub Sportowy Gminy Nowa Ruda, UM w Pieszycach

**Termin:** 16.08.2015

**Miejsce:** Ludwikowice Kłodzkie

**Dystans:** 9,6 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 | [min/km] |
|----------------------------------|-----------|---------------------------|---------------------|-------------------------------------------------------------------------------------|-----------------|------------|---------------------------|--------------|----------|
| <b>Bieg główny KATEGORIA:K18</b> |           |                           |                     |                                                                                     |                 |            |                           |              |          |
| 1                                | 157       | WYLEŻOŁ Dominika          | JELENIA GÓRA        |    | POL             | 97         | K18/1 (K)22               | 01:07:03     | 06.59    |
| 2                                | 284       | KŁOSOWSKA Karolina        | STRZEGOM            |    | POL             | 98         | K18/2 (K)38               | 01:20:48     | 08.25    |
| <b>Bieg główny KATEGORIA:K20</b> |           |                           |                     |                                                                                     |                 |            |                           |              |          |
| 1                                | 2         | WIŚNIEWSKA-ULFIK Dominika | ZABRZE              |    | POL             | 86         | K20/1 (K)1                | 00:44:46     | 04.39    |
| 2                                | 245       | SILARSKA Dorota           | ZŁOTY STOK          |    | POL             | 93         | K20/2 (K)3                | 00:47:18     | 04.55    |
| 3                                | 76        | HOJA Joanna               | WAŁBRZYCH           |    | POL             | 88         | K20/3 (K)10               | 01:03:00     | 06.33    |
| 4                                | 202       | GAŁECKA Anna              | LUBIN               |    | POL             | 88         | K20/4 (K)11               | 01:04:22     | 06.42    |
| 5                                | 283       | KUCHARSKA Karolina        | NOWA RUDA           |    | POL             | 92         | K20/5 (K)12               | 01:04:29     | 06.43    |
| 6                                | 236       | DEREŃ Beata               | STARA ŁOMNICA       |    | POL             | 92         | K20/6 (K)19               | 01:05:56     | 06.52    |
| 7                                | 237       | DEREŃ Agata               | STARA ŁOMNICA       |    | POL             | 90         | K20/7 (K)20               | 01:05:57     | 06.52    |
| 8                                | 238       | ZAJĄCZKOWSKA Agnieszka    | KŁODZKO             |    | POL             | 94         | K20/8 (K)39               | 01:23:12     | 08.40    |
| 9                                | 169       | CZESNA Agata              | ŁÓDŹ                |    | POL             | 94         | K20/9 (K)40               | 01:24:11     | 08.46    |
| 10                               | 103       | KRZEŚNIAK Iwona           | NOWA RUDA           |   | POL             | 90         | K20/10 (K)41              | 01:24:11     | 08.46    |
| <b>Bieg główny KATEGORIA:K30</b> |           |                           |                     |                                                                                     |                 |            |                           |              |          |
| 1                                | 248       | FICNER Anna               | ZŁOTORYJA           |  | POL             | 85         | K30/1 (K)2                | 00:45:11     | 04.42    |
| 2                                | 263       | STELMACH Dominika         | WARSZAWA            |  | POL             | 82         | K30/2 (K)4                | 00:47:35     | 04.57    |
| 3                                | 217       | PISKOROWSKA Danuta        | WROCŁAW             |  | POL             | 80         | K30/3 (K)5                | 00:50:44     | 05.17    |
| 4                                | 297       | OLIJNYK Swietlana         | WINNITSA            |  | UKR             | 85         | K30/4 (K)6                | 00:52:24     | 05.27    |
| 5                                | 38        | KOWALEWSKA Elżbieta       | ZGORZELEC           |  | POL             | 82         | K30/5 (K)7                | 00:57:00     | 05.56    |
| 6                                | 164       | GRZEŚKOWIAK Anna          | WAŁBRZYCH           |  | POL             | 82         | K30/6 (K)8                | 00:59:40     | 06.12    |
| 7                                | 156       | MASIEWICZ Magda           | JELENIA GÓRA        |  | POL             | 82         | K30/7 (K)13               | 01:04:31     | 06.43    |
| 8                                | 74        | MASALSKA-PAWLAK Agata     | RADWANICE           |  | POL             | 81         | K30/8 (K)14               | 01:04:39     | 06.44    |
| 9                                | 186       | JASTRZĘBSKA Emilia        |                     |  | POL             | 85         | K30/9 (K)15               | 01:04:57     | 06.46    |
| 10                               | 208       | JANKOWICZ Agnieszka       | WAŁBRZYCH           |  | POL             | 81         | K30/10 (K)17              | 01:05:22     | 06.48    |
| 11                               | 127       | BEZULSKA Anna             | GORZÓW WLKP.        |  | POL             | 78         | K30/11 (K)18              | 01:05:22     | 06.48    |
| 12                               | 79        | ŁĄTKA Renata              | OTWOCK              |  | POL             | 76         | K30/12 (K)21              | 01:06:55     | 06.58    |
| 13                               | 137       | MALICKA Angelika          | ROKITNO SZLACHECKIE |  | POL             | 83         | K30/13 (K)23              | 01:07:06     | 06.59    |
| 14                               | 97        | CHRZAN Ewa                | OBORNIKI ŚLĄSKIE    |  | POL             | 81         | K30/14 (K)26              | 01:09:54     | 07.16    |
| 15                               | 204       | SZAROWAR Alicja           | ZIELONA GÓRA        |  | POL             | 78         | K30/15 (K)28              | 01:10:16     | 07.19    |
| 16                               | 141       | BOROF Linda               | PIESZYCE            |  | POL             | 77         | K30/16 (K)29              | 01:10:39     | 07.21    |
| 17                               | 16        | WILCZEK Magdalena         | KATOWICE            |  | POL             | 78         | K30/17 (K)32              | 01:14:01     | 07.42    |
| 18                               | 174       | DALECKA Ewelina           | WAŁBRZYCH           |  | POL             | 80         | K30/18 (K)33              | 01:16:20     | 07.57    |
| 19                               | 265       | ALVARADO Jolanta          | WROCŁAW             |  | POL             | 78         | K30/19 (K)34              | 01:16:29     | 07.58    |
| 20                               | 264       | CIURASZKIEWICZ Justyna    | WROCŁAW             |  | POL             | 77         | K30/20 (K)35              | 01:18:14     | 08.08    |
| 21                               | 115       | SZNAJDER Joanna           | WROCŁAW             |  | POL             | 83         | K30/21 (K)36              | 01:18:42     | 08.11    |
| 22                               | 211       | GALLEGOS Agnieszka        | MUNDELEIN           |  | USA             | 78         | K30/22 (K)43              | 01:27:20     | 09.05    |
| 23                               | 253       | FRYDECKA Dorota           | WROCŁAW             |  | POL             | 76         | K30/23 (K)44              | 01:31:58     | 09.34    |
| <b>Bieg główny KATEGORIA:K40</b> |           |                           |                     |                                                                                     |                 |            |                           |              |          |
| 1                                | 277       | PAKOSZ Irena              | JANUSZKOWICE        |  | POL             | 66         | K40/1 (K)9                | 01:00:34     | 06.18    |
| 2                                | 166       | GRUCA-MACIAŻEK Magdalena  | ZAWIERCIE           |  | POL             | 75         | K40/2 (K)16               | 01:05:14     | 06.47    |
| 3                                | 105       | MARCINKOWSKA Monika       | NOWA RUDA           |  | POL             | 75         | K40/3 (K)24               | 01:08:07     | 07.05    |
| 4                                | 296       | WIĘCŁAWSKA Aneta          | ZIELONA GÓRA        |  | POL             | 71         | K40/4 (K)27               | 01:10:05     | 07.18    |
| 5                                | 96        | WOŁOSZCZAK Monika         | ŻORY                |  | POL             | 71         | K40/5 (K)31               | 01:12:23     | 07.32    |
| 6                                | 243       | SOBCZYK Małgorzata        | JASIEŃ              |  | POL             | 67         | K40/6 (K)37               | 01:20:16     | 08.21    |

| 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 | [min/km] |
|----------------------------------|-----------|-------------------------|----------------------|-------------------------------------------------------------------------------------|-----------------|------------|-----------------------|--------|--------------|----------|
| <b>Bieg główny KATEGORIA:K50</b> |           |                         |                      |                                                                                     |                 |            |                       |        |              |          |
| 1                                | 44        | KITA Ewa                | KĘDZIERZYN-KOŹLE     |    | POL             | 63         | K50/1                 | (K)25  | 01:09:14     | 07.12    |
| 2                                | 140       | DURLIK Marzanna         | STRZEGOM             |    | POL             | 65         | K50/2                 | (K)30  | 01:11:44     | 07.28    |
| 3                                | 177       | BUGAJEWSKA Anna         | PŁONSK               |    | POL             | 61         | K50/3                 | (K)42  | 01:25:06     | 08.51    |
| <b>Bieg główny KATEGORIA:K60</b> |           |                         |                      |                                                                                     |                 |            |                       |        |              |          |
| 1                                | 210       | CHYBICKA Alicja         | WROCLAW              |    | POL             | 51         | K60/1                 | (K)45  | 02:01:16     | 12.38    |
| <b>Bieg główny KATEGORIA:M18</b> |           |                         |                      |                                                                                     |                 |            |                       |        |              |          |
| 1                                | 147       | CHOMIK Michał           | WAŁBRZYCH            |    | POL             | 96         | M18/1                 | (M)25  | 00:51:16     | 05.20    |
| 2                                | 66        | BERNAT Marcin           | ŚWIDNICA             |    | POL             | 97         | M18/2                 | (M)38  | 00:52:58     | 05.31    |
| 3                                | 148       | MASLYK Mateusz          | LUDWIKOWICE          |    | POL             | 96         | M18/3                 | (M)60  | 00:55:22     | 05.46    |
| 4                                | 213       | DRAŻEWSKI Andrzej       | BOGUSZÓW-GORCE       |    | POL             | 96         | M18/4                 | (M)69  | 00:56:38     | 05.54    |
| 5                                | 279       | PAKOSZ Piotr            | JANUSZKOWICE         |    | POL             | 98         | M18/5                 | (M)73  | 00:57:10     | 05.57    |
| 6                                | 22        | KRASIŃSKI Przemysław    | WAŁBRZYCH            |    | POL             | 97         | M18/6                 | (M)135 | 01:03:07     | 06.34    |
| 7                                | 155       | OCHOTA Oskar            | JELENIA GÓRA         |    | POL             | 99         | M18/7                 | (M)146 | 01:04:22     | 06.42    |
| 8                                | 285       | ROŻAK Bartłomiej        | RYDUŁTOWY            |    | POL             | 96         | M18/8                 | (M)151 | 01:05:01     | 06.46    |
| 9                                | 195       | KRACZEK Radosław        | LUTYNIA              |    | POL             | 97         | M18/9                 | (M)178 | 01:10:00     | 07.17    |
| 10                               | 192       | CHROBOT Bartłomiej      | WROCLAW              |    | POL             | 96         | M18/10                | (M)198 | 01:16:40     | 07.59    |
| <b>Bieg główny KATEGORIA:M20</b> |           |                         |                      |                                                                                     |                 |            |                       |        |              |          |
| 1                                | 231       | KWALIA Launen           | ELDORET              |    | KEN             | 91         | M20/1                 | (M)1   | 00:38:18     | 03.59    |
| 2                                | 286       | TANUI John              | KAPSABET             |    | KEN             | 88         | M20/2                 | (M)2   | 00:38:30     | 04.00    |
| 3                                | 257       | JASTRZĘBSKI Kamil       | KRAŚNIK              |    | POL             | 92         | M20/3                 | (M)3   | 00:38:37     | 04.01    |
| 4                                | 175       | CZAPLA Piotr            | GLIWICE              |    | POL             | 90         | M20/4                 | (M)4   | 00:40:25     | 04.12    |
| 5                                | 298       | OLIŃNYK Paweł           | CHERNIGOV            |    | UKR             | 88         | M20/5                 | (M)5   | 00:42:47     | 04.27    |
| 6                                | 83        | CHRZANOWSKI Patryk      | BIELAWA              |   | POL             | 89         | M20/6                 | (M)6   | 00:45:51     | 04.46    |
| 7                                | 99        | ROSZKOWSKI Tomasz       | WARSZAWA             |  | POL             | 86         | M20/7                 | (M)9   | 00:46:54     | 04.53    |
| 8                                | 295       | MAŚLANKA Wojtek         | LUDWIKOWICE KŁODZKIE |  | POL             | 90         | M20/8                 | (M)11  | 00:47:59     | 04.59    |
| 9                                | 180       | JAGIELLICZ Marcin       | WAŁBRZYCH            |  | POL             | 88         | M20/9                 | (M)13  | 00:48:05     | 05.00    |
| 10                               | 287       | GRZEGORZAK Michał       | MECHNICE             |  | POL             | 91         | M20/10                | (M)15  | 00:48:17     | 05.01    |
| 11                               | 149       | CZECHOWICZ Mateusz      | NOWA RUDA            |  | POL             | 92         | M20/11                | (M)23  | 00:50:24     | 05.15    |
| 12                               | 206       | KUJDA Mateusz           | KŁODZKO              |  | POL             | 87         | M20/12                | (M)24  | 00:50:40     | 05.16    |
| 13                               | 19        | KOWAL Tomasz            | ZDUNY                |  | POL             | 87         | M20/13                | (M)28  | 00:51:48     | 05.23    |
| 14                               | 205       | PIGUŁA Sebastian        | WROCLAW              |  | POL             | 88         | M20/14                | (M)42  | 00:53:21     | 05.33    |
| 15                               | 272       | BURYN Paweł             | NOWA RUDA            |  | POL             | 92         | M20/15                | (M)43  | 00:53:40     | 05.35    |
| 16                               | 337       | MICHAŁKÓW Michał        | SZKLARSKA PORĘBA     |  | POL             | 86         | M20/16                | (M)50  | 00:54:36     | 05.41    |
| 17                               | 71        | MAGIERA Bartłomiej      | WAŁBRZYCH            |  | POL             | 86         | M20/17                | (M)52  | 00:54:48     | 05.42    |
| 18                               | 133       | KŁOS Wojciech           | ŚWIDNICA             |  | POL             | 87         | M20/18                | (M)57  | 00:55:13     | 05.45    |
| 19                               | 11        | MURATOW Przemysław      | JELENIA GÓRA         |  | POL             | 89         | M20/19                | (M)65  | 00:55:59     | 05.49    |
| 20                               | 179       | MISIEWICZ Mateusz       | WAŁBRZYCH            |  | POL             | 87         | M20/20                | (M)66  | 00:56:20     | 05.52    |
| 21                               | 106       | ROZUMKIEWICZ Paweł      | NOWA RUDA            |  | POL             | 87         | M20/21                | (M)67  | 00:56:25     | 05.52    |
| 22                               | 250       | WITRYK Lesław           | PRZEMYŚL             |  | POL             | 86         | M20/22                | (M)90  | 00:58:52     | 06.07    |
| 23                               | 167       | MUZYKA Michał           | JUGÓW                |  | POL             | 93         | M20/23                | (M)100 | 00:59:32     | 06.12    |
| 24                               | 227       | KUZBYT Łukasz           | KĘDZIERZYN-KOŹLE     |  | POL             | 91         | M20/24                | (M)103 | 01:00:00     | 06.15    |
| 25                               | 138       | GAŚIOROWSKI Krzysztof   | WROCLAW              |  | POL             | 90         | M20/25                | (M)123 | 01:01:26     | 06.24    |
| 26                               | 54        | NOSZCZYK Tomasz         | NOWA RUDA            |  | POL             | 94         | M20/26                | (M)133 | 01:02:50     | 06.32    |
| 27                               | 128       | NIEWIEJSKI Przemysław   | MILICZ               |  | POL             | 86         | M20/27                | (M)139 | 01:03:21     | 06.35    |
| 28                               | 145       | TROSZCZYŃSKI Piotr      | WAŁBRZYCH            |  | POL             | 95         | M20/28                | (M)153 | 01:05:21     | 06.48    |
| 29                               | 220       | UJWARY Maciej           | KŁODZKO              |  | POL             | 87         | M20/29                | (M)155 | 01:05:34     | 06.49    |
| 30                               | 131       | JANCZYSZYN Jarek        | WYSOKA               |  | POL             | 86         | M20/30                | (M)156 | 01:05:41     | 06.50    |
| 31                               | 200       | BRZEWOWSKI Michał       | OSIECZNICA           |  | POL             | 92         | M20/31                | (M)164 | 01:07:34     | 07.02    |
| 32                               | 251       | RADAK Sebastian         | WAŁBRZYCH            |  | POL             | 87         | M20/32                | (M)170 | 01:09:04     | 07.11    |
| 33                               | 199       | CIOCZEK Konrad          | LUBLIN               |  | POL             | 86         | M20/33                | (M)171 | 01:09:07     | 07.12    |
| 34                               | 62        | LASKOWSKI Marcin        | NOWA RUDA            |  | POL             | 87         | M20/34                | (M)179 | 01:10:01     | 07.17    |
| 35                               | 151       | SOBIŃSKI Paweł          | JELENIA GÓRA         |  | POL             | 87         | M20/35                | (M)181 | 01:10:24     | 07.20    |
| 36                               | 201       | OKOŃSKI Rafał           | NOWA RUDA            |  | POL             | 94         | M20/36                | (M)193 | 01:15:07     | 07.49    |
| 37                               | 266       | MARKOWSKI Andrzej       | NOWA RUDA            |  | POL             | 92         | M20/37                | (M)204 | 01:18:42     | 08.11    |
| 38                               | 134       | RZECZKOWSKI Paweł       | ŚWIDNICA             |  | POL             | 91         | M20/38                | (M)207 | 01:23:09     | 08.39    |

| 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 | [min/km] |
|----------------------------------|-----------|-------------------------|---------------------|-------------------------------------------------------------------------------------|-----------------|------------|-----------------------|--------|--------------|----------|
| <b>Bieg główny KATEGORIA:M30</b> |           |                         |                     |                                                                                     |                 |            |                       |        |              |          |
| 1                                | 55        | WOJŚLAW Bartłomiej      | MARCINOWICE         |    | POL             | 84         | M30/1                 | (M)8   | 00:46:43     | 04.52    |
| 2                                | 273       | SZPINEK Marcin          | NYSA                |    | POL             | 80         | M30/2                 | (M)12  | 00:48:01     | 05.00    |
| 3                                | 109       | ŁEPKOWSKI Tomasz        | ŚWIDNICA            |    | POL             | 79         | M30/3                 | (M)18  | 00:49:10     | 05.07    |
| 4                                | 171       | DUDZIŃSKI Marcin        | WAŁBRZYCH           |    | POL             | 78         | M30/4                 | (M)21  | 00:50:11     | 05.13    |
| 5                                | 165       | BRONIECKI Marcin        | MILICZ              |    | POL             | 80         | M30/5                 | (M)27  | 00:51:39     | 05.22    |
| 6                                | 299       | MAZURKIEWICZ Dariusz    | WROCŁAW             |    | POL             | 78         | M30/6                 | (M)31  | 00:52:05     | 05.25    |
| 7                                | 196       | SIKORA Adam             | ŻELOWICE            |    | POL             | 81         | M30/7                 | (M)32  | 00:52:17     | 05.26    |
| 8                                | 173       | STRZELCZYK Paweł        | WAŁBRZYCH           |    | POL             | 76         | M30/8                 | (M)34  | 00:52:38     | 05.28    |
| 9                                | 184       | BUGA Piotr              | WROCŁAW             |    | POL             | 80         | M30/9                 | (M)35  | 00:52:43     | 05.29    |
| 10                               | 32        | MOCZEK Tomasz           | GŁOGÓW              |    | POL             | 78         | M30/10                | (M)36  | 00:52:47     | 05.29    |
| 11                               | 225       | WINIARCZYK Krzysztof    | ŚWIEBODZICE         |    | POL             | 82         | M30/11                | (M)41  | 00:53:21     | 05.33    |
| 12                               | 300       | KUPCZAK Mariusz         | ROGÓW SOBÓCKI       |    | POL             | 76         | M30/12                | (M)53  | 00:54:49     | 05.42    |
| 13                               | 209       | NIEDŹWIEDŹ Tomasz       | STRACHÓW            |    | POL             | 80         | M30/13                | (M)54  | 00:54:49     | 05.42    |
| 14                               | 159       | DALECKI Radosław        | WAŁBRZYCH           |    | POL             | 77         | M30/14                | (M)55  | 00:54:51     | 05.42    |
| 15                               | 289       | PIWOWARCZYK Przemysław  | NOWA RUDA           |    | POL             | 77         | M30/15                | (M)58  | 00:55:16     | 05.45    |
| 16                               | 187       | JASTRZĘBSKI Szymon      |                     |    | POL             | 83         | M30/16                | (M)61  | 00:55:28     | 05.46    |
| 17                               | 258       | IWASZKO Paweł           | DZIERŻONIÓW         |    | POL             | 85         | M30/17                | (M)63  | 00:55:39     | 05.47    |
| 18                               | 121       | MĘKAL Radek             | WAŁBRZYCH           |    | POL             | 79         | M30/18                | (M)64  | 00:55:47     | 05.48    |
| 19                               | 17        | ŁABUZ Sylwester         | DZIERŻONIÓW         |    | POL             | 85         | M30/19                | (M)68  | 00:56:38     | 05.54    |
| 20                               | 5         | JĘDRYCHOWSKI Bartłomiej | KUDOWA ZDRÓJ        |    | POL             | 83         | M30/20                | (M)71  | 00:56:45     | 05.54    |
| 21                               | 65        | FLORCZAK Piotr          | GŁUSZYCA            |    | POL             | 81         | M30/21                | (M)72  | 00:56:53     | 05.55    |
| 22                               | 35        | JURCZENKO Marcin        | KRAKÓW              |    | POL             | 76         | M30/22                | (M)74  | 00:57:15     | 05.57    |
| 23                               | 48        | KUCZA Daniel            | ŚWIDNICA            |    | POL             | 77         | M30/23                | (M)80  | 00:57:57     | 06.02    |
| 24                               | 100       | KUJDA Arkadiusz         | BRZEG               |    | POL             | 79         | M30/24                | (M)83  | 00:58:15     | 06.04    |
| 25                               | 214       | KURCZYNA Andrzej        | BIELAWA             |   | POL             | 83         | M30/25                | (M)84  | 00:58:18     | 06.04    |
| 26                               | 67        | BASZAK Tomasz           | STRACHÓW            |  | POL             | 78         | M30/26                | (M)86  | 00:58:24     | 06.05    |
| 27                               | 112       | DEPTUŁA Tomasz          | MIROSLAWIEC         |  | POL             | 82         | M30/27                | (M)88  | 00:58:43     | 06.07    |
| 28                               | 163       | KNIOŁA Karol            | POZNAŃ              |  | POL             | 79         | M30/28                | (M)89  | 00:58:49     | 06.07    |
| 29                               | 172       | BASZCZYSZYN Artur       | KUDOWA ZDRÓJ        |  | POL             | 85         | M30/29                | (M)91  | 00:59:04     | 06.09    |
| 30                               | 47        | ZIĘBA Marek             | SOBÓTKA             |  | POL             | 79         | M30/30                | (M)93  | 00:59:17     | 06.10    |
| 31                               | 120       | DŁUBAŁA Marek           | SZKLARY GÓRNE       |  | POL             | 81         | M30/31                | (M)95  | 00:59:23     | 06.11    |
| 32                               | 7         | RECZUCH Andrzej         | WROCŁAW             |  | POL             | 76         | M30/32                | (M)97  | 00:59:27     | 06.11    |
| 33                               | 153       | PAWŁOWSKI Ernest        | JELENIA GÓRA        |  | POL             | 76         | M30/33                | (M)99  | 00:59:32     | 06.12    |
| 34                               | 247       | FYDRYCH Daniel          | BIELAWA             |  | POL             | 77         | M30/34                | (M)104 | 01:00:09     | 06.16    |
| 35                               | 36        | TOMKÓW Ireneusz         | NOWA RUDA           |  | POL             | 78         | M30/35                | (M)106 | 01:00:21     | 06.17    |
| 36                               | 53        | KWIATKOWSKI Łukasz      | LUBIN               |  | POL             | 78         | M30/36                | (M)108 | 01:00:32     | 06.18    |
| 37                               | 276       | ŻYLKA Piotr             | BIELAWA             |  | POL             | 80         | M30/37                | (M)109 | 01:00:33     | 06.18    |
| 38                               | 24        | KOROL Piotr             | LUBIN               |  | POL             | 81         | M30/38                | (M)111 | 01:00:42     | 06.19    |
| 39                               | 23        | GRECKI Paweł            | WROCŁAW             |  | POL             | 79         | M30/39                | (M)113 | 01:00:47     | 06.19    |
| 40                               | 45        | DZIESZUK Grzegorz       | WAŁBRZYCH           |  | POL             | 80         | M30/40                | (M)116 | 01:01:03     | 06.21    |
| 41                               | 92        | ZIÓŁKOWSKI Wojciech     | OKONEK              |  | POL             | 77         | M30/41                | (M)118 | 01:01:07     | 06.22    |
| 42                               | 43        | MENES Marcin            | LESZNO              |  | POL             | 77         | M30/42                | (M)120 | 01:01:12     | 06.22    |
| 43                               | 142       | KOTLARSKI Marcin        | ŚWIEBODZICE         |  | POL             | 79         | M30/43                | (M)122 | 01:01:26     | 06.23    |
| 44                               | 110       | SZCZERBIŃSKI Piotr      | WROCŁAW             |  | POL             | 82         | M30/44                | (M)125 | 01:01:33     | 06.24    |
| 45                               | 39        | MIKOŁAJCZYK Dominik     | WROCŁAW             |  | POL             | 80         | M30/45                | (M)128 | 01:02:12     | 06.28    |
| 46                               | 14        | ZIELIŃSKI Paweł         | BYDGOSZCZ           |  | POL             | 79         | M30/46                | (M)130 | 01:02:32     | 06.30    |
| 47                               | 182       | LICHTEROWICZ Maciej     | WROCŁAW             |  | POL             | 80         | M30/47                | (M)131 | 01:02:34     | 06.31    |
| 48                               | 207       | MAJKA Roman             | DUSZNIKI ZDRÓJ      |  | POL             | 79         | M30/48                | (M)134 | 01:02:58     | 06.33    |
| 49                               | 80        | JĘDRZEJEK Beniamin      | WROCŁAW             |  | POL             | 80         | M30/49                | (M)137 | 01:03:20     | 06.35    |
| 50                               | 107       | MŁODOŻENIEC Mirosław    | SOBÓTKA             |  | POL             | 80         | M30/50                | (M)140 | 01:03:21     | 06.35    |
| 51                               | 340       | KACZOR Maciej           | WROCŁAW             |  | POL             | 78         | M30/51                | (M)141 | 01:03:43     | 06.38    |
| 52                               | 126       | SZUBA Piotr             | BIELAWA             |  | POL             | 83         | M30/52                | (M)143 | 01:04:06     | 06.40    |
| 53                               | 288       | PLÓCIENNIK Radosław     | NOWA RUDA           |  | POL             | 81         | M30/53                | (M)145 | 01:04:20     | 06.42    |
| 54                               | 102       | DRANKOWSKI Dariusz      | BRZEG               |  | POL             | 77         | M30/54                | (M)147 | 01:04:31     | 06.43    |
| 55                               | 135       | CZEWŹYK Krzysztof       | SERBY               |  | POL             | 82         | M30/55                | (M)149 | 01:04:48     | 06.45    |
| 56                               | 95        | GALA Przemysław         | WROCŁAW             |  | POL             | 82         | M30/56                | (M)152 | 01:05:10     | 06.47    |

| 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 | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-----------------------------------------------------------------------------------|-----------------|------------|-----------------------|--------|--------------|----------|
| 57              | 294       | BIAŁEK Marcin           | BIELAWA             |  | POL             | 83         | M30/57                | (M)157 | 01:06:18     | 06.54    |
| 58              | 58        | SZTYPA Marcin           | OLAŁA               |  | POL             | 78         | M30/58                | (M)159 | 01:06:39     | 06.56    |
| 59              | 6         | NOWAKOWSKI Przemysław   | UNISŁAW ŚLĄSKI      |  | POL             | 79         | M30/59                | (M)163 | 01:07:21     | 07.01    |
| 60              | 93        | RYŁ Dominik             | NOWA RUDA           |  | POL             | 76         | M30/60                | (M)168 | 01:08:13     | 07.06    |
| 61              | 46        | BARTECKI Tomasz         | WROCLAW             |  | POL             | 82         | M30/61                | (M)176 | 01:09:59     | 07.17    |
| 62              | 293       | SIDORSKI Sławomir       | LUDWIKOWICE         |  | POL             | 80         | M30/62                | (M)177 | 01:10:00     | 07.17    |
| 63              | 139       | PUCHALSKI Przemysław    | WROCLAW             |  | POL             | 82         | M30/63                | (M)182 | 01:11:21     | 07.26    |
| 64              | 190       | JAKIEL Robert           |                     |  | POL             | 82         | M30/64                | (M)183 | 01:11:52     | 07.29    |
| 65              | 222       | POSTROŻNY Piotr         | NOWA RUDA           |  | POL             | 77         | M30/65                | (M)184 | 01:12:41     | 07.34    |
| 66              | 82        | SIEDLECKI Marcin        | LEGNICA             |  | POL             | 81         | M30/66                | (M)186 | 01:13:33     | 07.39    |
| 67              | 197       | PREISS Grzegorz         | WROCLAW             |  | POL             | 76         | M30/67                | (M)191 | 01:14:57     | 07.48    |
| 68              | 216       | IWASZKO Piotr           | OSTRÓW WIELKOPOLSKI |  | POL             | 80         | M30/68                | (M)200 | 01:17:58     | 08.07    |
| 69              | 262       | CIURASZKIEWICZ Andrzej  | WROCLAW             |  | POL             | 77         | M30/69                | (M)202 | 01:18:17     | 08.09    |
| 70              | 73        | ŚWIĄTKIEWICZ Michał     | WROCLAW             |  | POL             | 81         | M30/70                | (M)203 | 01:18:35     | 08.11    |
| 71              | 132       | ROZUMKIEWICZ Rafał      | DZIKOWIEC           |  | POL             | 76         | M30/71                | (M)206 | 01:22:07     | 08.33    |
| 72              | 255       | CHYBICKI Mirek          | WROCLAW             |  | POL             | 76         | M30/72                | (M)208 | 01:31:58     | 09.34    |

## Bieg główny KATEGORIA:M40

|    |     |                        |                   |                                                                                     |     |    |        |        |          |       |
|----|-----|------------------------|-------------------|-------------------------------------------------------------------------------------|-----|----|--------|--------|----------|-------|
| 1  | 230 | CYCH Piotr             | TWARDOGÓRA        |    | POL | 68 | M40/1  | (M)7   | 00:46:19 | 04.49 |
| 2  | 118 | SŁOBODZIAN Jerzy       | DZIERŻONIÓW       |    | POL | 66 | M40/2  | (M)10  | 00:47:29 | 04.56 |
| 3  | 20  | SIKORA Michał          | ŻELOWICE          |    | POL | 69 | M40/3  | (M)14  | 00:48:08 | 05.00 |
| 4  | 81  | ZAJĄC Grzegorz         | WAŁBRZYCH         |    | POL | 69 | M40/4  | (M)17  | 00:48:58 | 05.06 |
| 5  | 152 | MOCZARSKI Mariusz      | JELENIA GÓRA      |    | POL | 66 | M40/5  | (M)20  | 00:49:33 | 05.09 |
| 6  | 51  | ŚCIĘGAJ Ireneusz       | NOWA RUDA         |    | POL | 68 | M40/6  | (M)29  | 00:51:52 | 05.24 |
| 7  | 88  | KŁOPOCKI Wojciech      | MURZYNOWO LEŚNE   |   | POL | 67 | M40/7  | (M)30  | 00:51:57 | 05.24 |
| 8  | 215 | KUBIK Norbert          | ŚWIDNICA          |  | POL | 75 | M40/8  | (M)33  | 00:52:29 | 05.28 |
| 9  | 260 | TOMKÓW Robert          | NIEMODLIN         |  | POL | 72 | M40/9  | (M)37  | 00:52:51 | 05.30 |
| 10 | 233 | WCISŁO Adam            | KŁODZKO           |  | POL | 73 | M40/10 | (M)39  | 00:53:09 | 05.32 |
| 11 | 290 | SULIMA Grzegorz        | STRZEGOM          |  | POL | 67 | M40/11 | (M)44  | 00:53:58 | 05.37 |
| 12 | 125 | STRZELCZAK Robert      | OPOLE             |  | POL | 74 | M40/12 | (M)46  | 00:54:17 | 05.39 |
| 13 | 144 | TROSZCZYŃSKI Wojciech  | WAŁBRZYCH         |  | POL | 73 | M40/13 | (M)47  | 00:54:18 | 05.39 |
| 14 | 198 | CHORAŻY Dariusz        | WAŁBRZYCH         |  | POL | 69 | M40/14 | (M)48  | 00:54:20 | 05.39 |
| 15 | 241 | ZIELIŃSKI Daniel       | NOWA RUDA         |  | POL | 74 | M40/15 | (M)49  | 00:54:27 | 05.40 |
| 16 | 75  | DOMAŃSKI Jarosław      | ŚWIERZAWA         |  | POL | 72 | M40/16 | (M)59  | 00:55:19 | 05.45 |
| 17 | 183 | ŻMIJAN Artur           | BOLKÓW            |  | POL | 71 | M40/17 | (M)62  | 00:55:36 | 05.47 |
| 18 | 70  | OLAŃSKI Krzysztof      | WROCLAW           |  | POL | 73 | M40/18 | (M)70  | 00:56:38 | 05.54 |
| 19 | 235 | KNAPIK Piotr           | WROCLAW           |  | POL | 73 | M40/19 | (M)75  | 00:57:18 | 05.58 |
| 20 | 21  | SENDECKI Rafał         | WAŁBRZYCH         |  | POL | 75 | M40/20 | (M)76  | 00:57:21 | 05.58 |
| 21 | 292 | BUKOWSKI Edward        | KLUCZBORK         |  | POL | 69 | M40/21 | (M)77  | 00:57:34 | 05.59 |
| 22 | 41  | CZAPIGA Robert         | NOWA RUDA-SŁUPIEC |  | POL | 71 | M40/22 | (M)78  | 00:57:37 | 06.00 |
| 23 | 52  | BEDNARZ Sebastian      | OTMUCHÓW          |  | POL | 71 | M40/23 | (M)79  | 00:57:52 | 06.01 |
| 24 | 181 | SZMAGIEREWSKI Wojciech | WROCLAW           |  | POL | 68 | M40/24 | (M)81  | 00:58:04 | 06.02 |
| 25 | 85  | GOGAŁA Ryszard         | GLUBCZYCE         |  | POL | 71 | M40/25 | (M)82  | 00:58:07 | 06.03 |
| 26 | 146 | SOBULSKI Karol         | PIASECZNO         |  | POL | 75 | M40/26 | (M)85  | 00:58:24 | 06.05 |
| 27 | 234 | KULAWIAK Norbert       | KŁODZKO           |  | POL | 75 | M40/27 | (M)92  | 00:59:07 | 06.09 |
| 28 | 8   | HARENDARZ Zbigniew     | OBORA             |  | POL | 69 | M40/28 | (M)96  | 00:59:23 | 06.11 |
| 29 | 185 | ZAKRZEWSKI Rafał       | KĄTY WROCLAWSKIE  |  | POL | 75 | M40/29 | (M)98  | 00:59:31 | 06.12 |
| 30 | 12  | BŁASZKIEWICZ Tomasz    | WAŁBRZYCH         |  | POL | 75 | M40/30 | (M)101 | 00:59:48 | 06.13 |
| 31 | 280 | KŁOSOWSKI Piotr        | STRZEGOM          |  | POL | 71 | M40/31 | (M)102 | 00:59:59 | 06.14 |
| 32 | 281 | GLĄBAŁA Mariusz        | STRZEGOM          |  | POL | 74 | M40/32 | (M)107 | 01:00:29 | 06.18 |
| 33 | 162 | OSIENIENKO Dariusz     | ŚWIDNICA          |  | POL | 67 | M40/33 | (M)112 | 01:00:45 | 06.19 |
| 34 | 68  | JEDYNAK Robert         | ŚWIĘTA KATARZYNA  |  | POL | 66 | M40/34 | (M)114 | 01:00:50 | 06.20 |
| 35 | 193 | SIKORA Jacek           | ŻELOWICE          |  | POL | 74 | M40/35 | (M)126 | 01:01:51 | 06.26 |
| 36 | 124 | CHOMIK Tadeusz         | WAŁBRZYCH         |  | POL | 68 | M40/36 | (M)127 | 01:02:10 | 06.28 |
| 37 | 271 | MYSZKA Mariusz         | PIESZYCE          |  | POL | 73 | M40/37 | (M)129 | 01:02:29 | 06.30 |
| 38 | 89  | GAŚSIOROWSKI Jacek     | WROCLAW           |  | POL | 70 | M40/38 | (M)136 | 01:03:16 | 06.35 |
| 39 | 57  | MIELNIKOWSKI Piotr     | SOBÓTKA           |  | POL | 74 | M40/39 | (M)138 | 01:03:20 | 06.35 |
| 40 | 104 | RESPONDEK Dariusz      | WROCLAW           |  | POL | 74 | M40/40 | (M)142 | 01:03:46 | 06.38 |

| 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 | [min/km] |
|-----------------|-----------|-------------------------|---------------------|-------------|-----------------|------------|-----------------------|--------|--------------|----------|
| 41              | 259       | KOLEBUK Robert          | WROCLAW             |             | POL             | 72         | M40/41                | (M)144 | 01:04:20     | 06.42    |
| 42              | 168       | ZAGAŁA Piotr            | ŚWIDNICA            |             | POL             | 69         | M40/42                | (M)148 | 01:04:41     | 06.44    |
| 43              | 161       | MACHELSKI Waldemar      | CZOŁOWO/WALIM       |             | POL             | 73         | M40/43                | (M)154 | 01:05:27     | 06.49    |
| 44              | 282       | CHORZĘPA Artur          | WOLIBORZ            |             | POL             | 67         | M40/44                | (M)158 | 01:06:27     | 06.55    |
| 45              | 40        | KUSZAJ Sławomir         | RUMIA               |             | POL             | 75         | M40/45                | (M)161 | 01:06:47     | 06.57    |
| 46              | 9         | GUSIN Michał            | WROCLAW             |             | POL             | 70         | M40/46                | (M)165 | 01:07:53     | 07.04    |
| 47              | 178       | GIERAS Mirosław         | WROCLAW             |             | POL             | 73         | M40/47                | (M)166 | 01:08:01     | 07.05    |
| 48              | 78        | JURCZAK Jacek           | WROCLAW             |             | POL             | 66         | M40/48                | (M)172 | 01:09:09     | 07.12    |
| 49              | 239       | TUREK Tomasz            | KŁODZKO             |             | POL             | 71         | M40/49                | (M)174 | 01:09:37     | 07.15    |
| 50              | 98        | ROST Witold             | OBORNIKI ŚLĄSKIE    |             | POL             | 74         | M40/50                | (M)175 | 01:09:55     | 07.16    |
| 51              | 252       | RODAK Jarosław          | WAŁBRZYCH           |             | POL             | 74         | M40/51                | (M)180 | 01:10:23     | 07.19    |
| 52              | 113       | KOPROWSKI Marcin        | TORUŃ               |             | POL             | 75         | M40/52                | (M)185 | 01:13:25     | 07.38    |
| 53              | 226       | ŽUK Zbigniew            | WAŁBRZYCH           |             | POL             | 68         | M40/53                | (M)187 | 01:14:03     | 07.42    |
| 54              | 42        | CABAN Rafał             | OLEŚNICA            |             | POL             | 75         | M40/54                | (M)189 | 01:14:09     | 07.43    |
| 55              | 254       | KOYACS Pierre           | CARPENTRAS          |             | FRA             | 73         | M40/55                | (M)194 | 01:15:36     | 07.52    |
| 56              | 29        | ORZECHOWSKI Oskar       | GŁOGÓW              |             | POL             | 72         | M40/56                | (M)195 | 01:15:53     | 07.54    |
| 57              | 261       | OSADNIK Ryszard         | ZĄBKOWICE ŚLĄSKIE   |             | POL             | 72         | M40/57                | (M)196 | 01:15:59     | 07.54    |
| 58              | 154       | DOMAGAŁA Andrzej        | JELENIA GÓRA        |             | POL             | 68         | M40/58                | (M)199 | 01:16:56     | 08.00    |
| 59              | 256       | DUDEK Krzysztof         | JAROSŁAW            |             | POL             | 74         | M40/59                | (M)205 | 01:21:05     | 08.26    |

### Bieg główny KATEGORIA:M50

|    |     |                      |               |  |     |    |        |        |          |       |
|----|-----|----------------------|---------------|--|-----|----|--------|--------|----------|-------|
| 1  | 10  | TOMASZEWSKI Zdzisław | WAŁBRZYCH     |  | POL | 65 | M50/1  | (M)16  | 00:48:44 | 05.04 |
| 2  | 30  | STERMACH Ireneusz    | SOBÓTKA       |  | POL | 61 | M50/2  | (M)19  | 00:49:22 | 05.08 |
| 3  | 249 | DOBRAŚ Zdzisław      | DZIKOWIEC     |  | POL | 62 | M50/3  | (M)26  | 00:51:28 | 05.21 |
| 4  | 223 | WIĄCEK Marek         | WROCLAW       |  | POL | 62 | M50/4  | (M)45  | 00:54:06 | 05.38 |
| 5  | 291 | MLAK Kazimierz       | MILIKOWICE    |  | POL | 58 | M50/5  | (M)51  | 00:54:40 | 05.41 |
| 6  | 160 | MAGIERA Mirosław     | WAŁBRZYCH     |  | POL | 63 | M50/6  | (M)56  | 00:55:10 | 05.44 |
| 7  | 130 | MATKOWSKI Kazimierz  | PIETRZYKOWICE |  | POL | 62 | M50/7  | (M)110 | 01:00:34 | 06.18 |
| 8  | 60  | OSTROPOLSKI Henryk   | DZIERŻONIÓW   |  | POL | 57 | M50/8  | (M)119 | 01:01:10 | 06.22 |
| 9  | 90  | CIEŚLA Jarosław      | WAŁBRZYCH     |  | POL | 65 | M50/9  | (M)121 | 01:01:20 | 06.23 |
| 10 | 61  | SZYMANIAK Leszek     | NOWA RUDA     |  | POL | 57 | M50/10 | (M)124 | 01:01:27 | 06.24 |
| 11 | 116 | SKUDLARSKI Kamil     | WROCLAW       |  | POL | 61 | M50/11 | (M)132 | 01:02:49 | 06.32 |
| 12 | 117 | LESZCZYŃSKI Wacław   | ŚWIEBODZICE   |  | POL | 63 | M50/12 | (M)150 | 01:04:55 | 06.45 |
| 13 | 4   | STRUCKI Jacek        | WROCLAW       |  | POL | 58 | M50/13 | (M)160 | 01:06:39 | 06.56 |
| 14 | 129 | KAPŁON Stanisław     | KŁODZKO       |  | POL | 56 | M50/14 | (M)162 | 01:07:15 | 07.00 |
| 15 | 150 | SOBIŃSKI Waldemar    | JELENIA GÓRA  |  | POL | 61 | M50/15 | (M)169 | 01:08:59 | 07.11 |
| 16 | 203 | MEZYŃSKI Paweł       | SPALDING      |  | GBR | 63 | M50/16 | (M)173 | 01:09:14 | 07.12 |
| 17 | 176 | BUGAJEWSKI Janusz    | PŁOŃSK        |  | POL | 61 | M50/17 | (M)197 | 01:16:15 | 07.56 |

### Bieg główny KATEGORIA:M60

|    |     |                      |                |  |     |    |        |        |          |       |
|----|-----|----------------------|----------------|--|-----|----|--------|--------|----------|-------|
| 1  | 13  | FERENC Janusz        | LUDWIKOWICE    |  | POL | 54 | M60/1  | (M)22  | 00:50:23 | 05.14 |
| 2  | 87  | GURGUL Ryszard       | BOGUSZOW-GORCE |  | POL | 55 | M60/2  | (M)40  | 00:53:21 | 05.33 |
| 3  | 232 | DUDZIK Jacek         | KŁODZKO        |  | POL | 55 | M60/3  | (M)87  | 00:58:31 | 06.05 |
| 4  | 274 | ATES Rudolf          | KUDOWA         |  | POL | 54 | M60/4  | (M)105 | 01:00:16 | 06.16 |
| 5  | 136 | ROŻEŃSKI Ryszard     | JELENIA GÓRA   |  | POL | 54 | M60/5  | (M)115 | 01:00:53 | 06.20 |
| 6  | 244 | NESTEREWICZ Ryszard  | KŁODZKO        |  | POL | 54 | M60/6  | (M)117 | 01:01:07 | 06.22 |
| 7  | 91  | MOŻWIŁO Marek        | NOWA RUDA      |  | POL | 47 | M60/7  | (M)167 | 01:08:02 | 07.05 |
| 8  | 275 | GAWRYŚ Czesław       | DUSZNIKI ZDRÓJ |  | POL | 47 | M60/8  | (M)188 | 01:14:04 | 07.42 |
| 9  | 25  | ZIÓŁKOWSKI Krzysztof | WROCLAW        |  | POL | 53 | M60/9  | (M)190 | 01:14:37 | 07.46 |
| 10 | 228 | PŁOTEK Krzysztof     | GLUBCZYCE      |  | POL | 52 | M60/10 | (M)201 | 01:18:07 | 08.08 |

### Bieg główny KATEGORIA:M70

|   |     |              |           |  |     |    |       |        |          |       |
|---|-----|--------------|-----------|--|-----|----|-------|--------|----------|-------|
| 1 | 242 | RADKE Witold | WAŁBRZYCH |  | POL | 43 | M70/1 | (M)192 | 01:15:02 | 07.49 |
| 2 | 246 | ŽUK Józef    | WAŁBRZYCH |  | POL | 40 | M70/2 | (M)209 | 01:35:55 | 09.59 |

### Nordic Walking KATEGORIA:K20

|   |     |                    |               |  |     |    |       |      |          |       |
|---|-----|--------------------|---------------|--|-----|----|-------|------|----------|-------|
| 1 | 312 | SIEMIENSKA Marta   | KAMIENNA GÓRA |  | POL | 87 | K20/1 | (K)6 | 01:24:24 | 08.47 |
| 2 | 347 | MARONDEL Katarzyna | BYTOM         |  | POL | 86 | K20/2 | (K)8 | 01:25:17 | 08.53 |

### Nordic Walking KATEGORIA:K30

|   |     |                 |           |  |     |    |       |      |          |       |
|---|-----|-----------------|-----------|--|-----|----|-------|------|----------|-------|
| 1 | 309 | PEŁCZYŃSKA Anna | WAŁBRZYCH |  | POL | 79 | K30/1 | (K)2 | 01:20:04 | 08.20 |
|---|-----|-----------------|-----------|--|-----|----|-------|------|----------|-------|



| 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 | [min/km] |
|-------------------------------------|-----------|-------------------------|---------------------|-------------------------------------------------------------------------------------|-----------------|------------|-----------------------|-------|--------------|----------|
| 2                                   | 333       | MOZER Agnieszka         | ŁĄDEK - ZDRÓJ       |    | POL             | 81         | K30/2                 | (K)9  | 01:25:54     | 08.56    |
| 3                                   | 342       | SKRYCKA Katarzyna       | LUBIN               |    | POL             | 81         | K30/3                 | (K)13 | 01:30:40     | 09.26    |
| 4                                   | 325       | KAMBUŁ Sylwia           | NOWA RUDA           |    | POL             | 84         | K30/4                 | (K)16 | 01:34:17     | 09.49    |
| 5                                   | 346       | DUDEK Mariola           | JAROSŁAW            |    | POL             | 76         | K30/5                 | (K)17 | 01:34:17     | 09.49    |
| <b>Nordic Walking KATEGORIA:K40</b> |           |                         |                     |                                                                                     |                 |            |                       |       |              |          |
| 1                                   | 326       | ORZECHOWSKA Agnieszka   | WROCŁAW             |    | POL             | 66         | K40/1                 | (K)10 | 01:26:11     | 08.58    |
| 2                                   | 343       | BALA Beata              | LUBIN               |    | POL             | 72         | K40/2                 | (K)11 | 01:26:15     | 08.59    |
| 3                                   | 303       | CHYB Natasza            | WAŁBRZYCH           |    | POL             | 70         | K40/3                 | (K)12 | 01:30:36     | 09.26    |
| 4                                   | 315       | SZERER Iwona            | WAŁBRZYCH           |    | POL             | 74         | K40/4                 | (K)14 | 01:31:14     | 09.30    |
| 5                                   | 323       | MACHELSKA Maja          | CZOŁOWO             |    | POL             | 75         | K40/5                 | (K)20 | 01:50:26     | 11.30    |
| <b>Nordic Walking KATEGORIA:K50</b> |           |                         |                     |                                                                                     |                 |            |                       |       |              |          |
| 1                                   | 339       | LESIŃSKA Marzenna       | OLSZANY             |    | POL             | 64         | K50/1                 | (K)1  | 01:18:30     | 08.10    |
| 2                                   | 318       | LIBARDI-KŁYŚ Sylwia     | GLIWICE             |    | POL             | 59         | K50/2                 | (K)3  | 01:20:33     | 08.23    |
| 3                                   | 344       | STĘPIEŃ Lucyna          | LUBIN               |    | POL             | 57         | K50/3                 | (K)4  | 01:21:58     | 08.32    |
| 4                                   | 302       | JARZYŃSKA Gosia         | SOBÓTKA             |    | POL             | 60         | K50/4                 | (K)5  | 01:24:11     | 08.46    |
| 5                                   | 311       | KIEDRZYN Beata          | ŚWIERADÓW-ZDRÓJ     |    | POL             | 63         | K50/5                 | (K)7  | 01:24:55     | 08.50    |
| 6                                   | 314       | KUBIACZYK Małgorzata    | WROCŁAW             |    | POL             | 62         | K50/6                 | (K)18 | 01:37:59     | 10.12    |
| 7                                   | 328       | ROŻAK Ewa               | RYDUŁTOWY           |    | POL             | 63         | K50/7                 | (K)19 | 01:45:34     | 10.59    |
| <b>Nordic Walking KATEGORIA:K60</b> |           |                         |                     |                                                                                     |                 |            |                       |       |              |          |
| 1                                   | 341       | STARZYŃSKA Ewa          | LUBIN               |    | POL             | 52         | K60/1                 | (K)15 | 01:31:35     | 09.32    |
| <b>Nordic Walking KATEGORIA:M30</b> |           |                         |                     |                                                                                     |                 |            |                       |       |              |          |
| 1                                   | 308       | PELCZYŃSKI Konrad       | WAŁBRZYCH           |    | POL             | 80         | M30/1                 | (M)3  | 01:09:58     | 07.17    |
| <b>Nordic Walking KATEGORIA:M40</b> |           |                         |                     |                                                                                     |                 |            |                       |       |              |          |
| 1                                   | 322       | CZARNECKI Grzegorz      | WARSZAWA            |  | POL             | 75         | M40/1                 | (M)15 | 01:31:12     | 09.30    |
| <b>Nordic Walking KATEGORIA:M50</b> |           |                         |                     |                                                                                     |                 |            |                       |       |              |          |
| 1                                   | 320       | SKIBA Krzysztof         | POLKOWICE           |  | POL             | 60         | M50/1                 | (M)1  | 01:04:15     | 06.41    |
| 2                                   | 319       | KŁYŚ Ryszard            | GLIWICE             |  | POL             | 60         | M50/2                 | (M)2  | 01:08:19     | 07.07    |
| 3                                   | 301       | SZYDŁOWSKI Grzegorz     | WAŁBRZYCH           |  | POL             | 64         | M50/3                 | (M)4  | 01:10:04     | 07.17    |
| 4                                   | 334       | BIK Stanisław           | LUBIN               |  | POL             | 62         | M50/4                 | (M)5  | 01:12:08     | 07.30    |
| 5                                   | 335       | NIEMIEC Waldemar        | NOWA RUDA           |  | POL             | 63         | M50/5                 | (M)6  | 01:12:53     | 07.35    |
| 6                                   | 317       | MIERNICKI Mariusz       | DZIERŻONIÓW         |  | POL             | 59         | M50/6                 | (M)10 | 01:19:53     | 08.19    |
| 7                                   | 313       | KUBIACZYK Arkadiusz     | WROCŁAW             |  | POL             | 62         | M50/7                 | (M)12 | 01:25:30     | 08.54    |
| 8                                   | 307       | MADERA Bogdan           | ŚWIDNICA            |  | POL             | 60         | M50/8                 | (M)17 | 01:47:13     | 11.10    |
| <b>Nordic Walking KATEGORIA:M60</b> |           |                         |                     |                                                                                     |                 |            |                       |       |              |          |
| 1                                   | 306       | KUBICKI Bernard         | LUBIN               |  | POL             | 51         | M60/1                 | (M)7  | 01:16:40     | 07.59    |
| 2                                   | 278       | PAKOSZ Piotr            | JANUSZKOWICE        |  | POL             | 49         | M60/2                 | (M)8  | 01:16:56     | 08.00    |
| 3                                   | 338       | KALISZ Krzysztof        | LUBIN               |  | POL             | 51         | M60/3                 | (M)9  | 01:17:22     | 08.03    |
| 4                                   | 324       | WALORYSZAK Andrzej      | RADZYMIN            |  | POL             | 55         | M60/4                 | (M)11 | 01:22:01     | 08.32    |
| 5                                   | 336       | GRYGOROWICZ Bogdan      | LUBIN               |  | POL             | 49         | M60/5                 | (M)13 | 01:26:58     | 09.03    |
| 6                                   | 345       | PIĄTKOWSKI Józef        | POLKOWICE           |  | POL             | 45         | M60/6                 | (M)14 | 01:27:18     | 09.05    |
| 7                                   | 329       | PAŁKA Leszek            | WROCŁAW             |  | POL             | 51         | M60/7                 | (M)16 | 01:36:08     | 10.00    |
| 8                                   | 240       | WIAK Wacław             | BYSTRZYCA KŁODZKA   |  | POL             | 47         | M60/8                 | (M)18 | 01:52:48     | 11.45    |