

# Olimpijska Piątka

## WYNIKI ZAWODÓW

**Organizator:** Stowarzyszenie „Otwarte Mistrzostwa Wrocławia

**Termin:** 07.05.2016

**Miejsce:** Wrocław

**Dystans:** 5 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	[min/km]
<b>Bieg 5 km - M20 [19]</b>										
1	163	WURST Przemysław	PRZYLEP		POL NOWOSOLSKA GRUPA BIEGOWA	93	M20/1	(M)3	00:16:18	03.15
2	117	PRALAT Arkadiusz	LESZNO		POL BRAK	92	M20/2	(M)8	00:18:34	03.42
3	33	GANDZIAROWSKI Marek	SOBÓTKA		POL WATAHA SOBÓTKA	91	M20/3	(M)10	00:18:48	03.45
4	38	GOŁĘBIEWSKI Maciej	WROCLAW		POL	93	M20/4	(M)15	00:19:22	03.51
5	108	ORŁOWSKI Łukasz	SULECHÓW		POL GET RUN	87	M20/5	(M)18	00:19:36	03.54
6	6	BARTCZAK Grzegorz	WROCLAW		POL	87	M20/6	(M)26	00:20:40	04.07
7	26	FOLGA Radosław	WROCLAW		POL	87	M20/7	(M)30	00:20:56	04.10
8	62	KOLESIŃSKI Wojciech	BIELAWA		POL NANKATSU	88	M20/8	(M)31	00:21:00	04.10
9	3	ADASZEK Marcin	ZŁOTORYJA		POL WROCLAW MARATHON TEAM	88	M20/9	(M)42	00:22:06	04.24
10	133	SKOWROŃSKI Wojciech	BIELAWA		POL	87	M20/10	(M)45	00:22:19	04.27
11	2	ADAMSKI Maciej	WROCLAW		POL	94	M20/11	(M)51	00:22:33	04.30
12	54	JÓZALA Mariusz	WROCLAW		POL ITMZM 2016	87	M20/12	(M)63	00:23:51	04.46
13	47	IZDEBSKI Krzysztof	WROCLAW		POL ITMZM 2016	89	M20/13	(M)66	00:24:05	04.49
14	80	LEWIŃSKI Adam	WROCLAW		POL ITMZM 2016	89	M20/14	(M)83	00:28:33	05.42
15	1	ADAMEK Paweł	WROCLAW		POL #SOBASTEAM	88	M20/15	(M)87	00:41:01	08.12
16	16	BYŚ Mateusz	WROCLAW		POL	87	M20/16	(M)94	00:41:03	08.12
17	49	JAMRO Dariusz	JANOWICE		POL WYŻSZA SZKOŁA OFICERSKA WOJSK LĄDOWYCH	92	M20/17	(M)95	00:41:03	08.12
18	46	HANDRYSIAK Przemysław	WYSOKA		POL TRENUJZNAMI.PL/21K.PL	87	M20/18	(M)96	00:41:04	08.12
<b>Bieg 5 km - M30 [38]</b>										
1	135	SOBCZYK Tomasz	WROCLAW		POL TEAM-LUKS ŻÓRAWINA-WROCLAW	77	M30/1	(M)2	00:16:11	03.14
2	156	WIKTORSKI Mieszko	WROCLAW		POL TRENUJZNAMI.PL / 21K.PL	81	M30/2	(M)5	00:17:03	03.24
3	110	PELC Paweł	WROCLAW		POL LOMAG SOFTWARE	78	M30/3	(M)6	00:17:21	03.28
4	17	CHOCIAJ Bartosz	WROCLAW		POL VEGANRUNNERS	79	M30/4	(M)7	00:18:19	03.39
5	94	MARUDA Krzysztof	WROCLAW		POL WROCLAW MARATHON TEAM	80	M30/5	(M)11	00:19:00	03.47
6	170	WÓJCIK Rafał	WROCLAW		POL TRENUJ Z NAMI	77	M30/6	(M)12	00:19:11	03.49
7	112	PIOTROWSKI Marek	WROCLAW		POL TRENUJZNAMI.PL / 21K.PL	84	M30/7	(M)17	00:19:35	03.54
8	76	LASKOWSKI Piotr	WROCLAW		POL NOKIA	83	M30/8	(M)19	00:19:53	03.58
9	166	ZIEMBA Arkadiusz	DOBRYKOWICE		POL WROCLAW MARATHON TEAM	79	M30/9	(M)24	00:20:30	04.05
10	58	KARWICKI Tomasz	WROCLAW		POL	79	M30/10	(M)29	00:20:52	04.10
11	5	BANDURA Robert	WROCLAW		POL WROCLAW MARATHON TEAM	83	M30/11	(M)33	00:21:11	04.13
12	68	KOWALEWSKI Patryk	WROCLAW		POL WROCLAW MARATHON TEAM	85	M30/12	(M)37	00:21:19	04.14
13	175	OKRASZEWSKI Lucjan	WROCLAW		POL	85	M30/13	(M)39	00:21:44	04.20
14	53	JĘDRZEJUK Marek	WROCLAW		POL WROCLAW MARATHON TEAM	85	M30/14	(M)40	00:21:53	04.21
15	39	GOSZCZYŃSKI Sebastian	WROCLAW		POL	85	M30/15	(M)41	00:21:57	04.22
16	138	SZAFRAŃSKI Maciej	WROCLAW		POL ITMZM 2016	81	M30/16	(M)46	00:22:22	04.28
17	174	BELISARIO Rodriguez	WROCLAW		ESP	83	M30/17	(M)47	00:22:24	04.28
18	4	AUGUSTYN Adam	STRZELIN		POL	80	M30/18	(M)48	00:22:26	04.29
19	59	KIBLER Jan	WROCLAW		POL PRO-RUN WROCLAW	83	M30/19	(M)52	00:22:43	04.32
20	7	BAKOWSKI Tomek	WROCLAW		POL WROCLAW MARATHON TEAM	85	M30/20	(M)55	00:23:24	04.40
21	86	ŁAZARSKI Jarosław	WROCLAW		POL WROCLAW MARATHON TEAM	81	M30/21	(M)57	00:23:25	04.41
22	11	BOBEL Artur	WROCLAW		POL ŚLĘZAK TEAM	83	M30/22	(M)60	00:23:49	04.45
23	75	LANG Wojciech	WROCLAW		POL WROCLAW MARATHON TEAM	82	M30/23	(M)65	00:23:58	04.47
24	85	LUBOŃSKI Maciej	BIELANY WROCLAWSKIE		POL WROCLAW MARATHON TEAM	82	M30/24	(M)71	00:24:59	04.59
25	90	MACHULA Bartosz	WROCLAW		POL	81	M30/25	(M)73	00:25:31	05.06
26	114	POCIEJOWSKI Fryderyk	WROCLAW		POL TEAM ASA - BIEGIEM PO ZDROWIE	82	M30/26	(M)79	00:27:35	05.31
27	55	KALUŻNY Łukasz	WROCLAW		POL	85	M30/27	(M)80	00:27:53	05.34

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	[min/km]
28	105	NOWAK Patryk	WROCLAW	POL		85	M30/28	(M)81	00:28:00	05.36
29	147	TARNOWSKI Michał	WROCLAW	POL		85	M30/29	(M)84	00:28:45	05.45
30	129	SADOWSKI Kajetan	WROCLAW	POL		79	M30/30	(M)85	00:29:46	05.57
31	65	KORYŚ Bartłomiej	WROCLAW	POL		82	M30/31	(M)86	00:31:21	06.16
32	15	BURZEC Tomasz	WRCLAW	POL	TRENUJZNAMI.PL / 21K.PL	79	M30/32	(M)90	00:41:02	08.12
33	24	FIGURA Łukasz	WROCLAW	POL	WROCLAW TRIATHLON TEAM / NOKIA	83	M30/33	(M)91	00:41:02	08.12
34	42	GROCHOWSKI Łukasz	WROCLAW	POL		82	M30/34	(M)92	00:41:03	08.12
35	29	FRYDZIŃSKI Łukasz	KIELCZÓW	POL	WROCLAW MARATHON TEAM	84	M30/35	(M)98	00:41:04	08.12
36	103	NIEZGÓDKA Przemysław	WROCLAW	POL	NIGHT RUNNERS	84	M30/36	(M)102	00:41:17	08.15
37	92	MALINOWSKI Marek	WROCLAW	POL	BRAK	84	M30/37	(M)103	00:41:17	08.15
38	91	MAJCHRZAK Bartłomiej	WROCLAW	POL	WROCLAW MARATHON TEAM	82	M30/38	(M)104	00:41:17	08.15

### Bieg 5 km - M40 [28]

1	169	GRONOSTAJ Grzegorz	WROCLAW	POL	OPERA SOFRWARE	74	M40/1	(M)1	00:15:49	03.09
2	13	BUK Dominik	IWINY	POL		75	M40/2	(M)4	00:16:38	03.19
3	122	ROGÓRZ Piotr	WROCLAW	POL		74	M40/3	(M)9	00:18:44	03.44
4	116	PODWÓRNY Jan	WROCLAW	POL	WROCLAW MARATHON TEAM	71	M40/4	(M)16	00:19:27	03.52
5	150	TYCZKOWSKI Mariusz	WROCLAW	POL	WROCLAW MARATHON TEAM	67	M40/5	(M)21	00:19:59	03.59
6	97	MURMYŁO Wojciech	WROCLAW	POL	WROCLAW MARATHON TEAM	75	M40/6	(M)22	00:20:12	04.01
7	141	SZCZYGIELSKI Bartłomiej	WROCLAW	POL	AMATOR	73	M40/7	(M)27	00:20:46	04.08
8	102	NIEDZIELA Waldemar	WROCLAW	POL	WROCLAW MARATHON TEAM	76	M40/8	(M)32	00:21:01	04.11
9	60	KIEDOWSKI Artur	BIERUTÓW	POL	PRO-RUN WROCLAW	75	M40/9	(M)36	00:21:16	04.14
10	165	ZIELIŃSKI Sebastian	WROCLAW	POL	TRENUJZNAMI.PL/21K.PL	76	M40/10	(M)43	00:22:10	04.25
11	52	JĘDRYCH Dariusz	WROCLAW	POL	WROCLAW MARATHON TEAM	70	M40/11	(M)44	00:22:10	04.24
12	164	WYSOKIŃSKI Dariusz	WROCLAW	POL	WROCLAW MARATHON TEAM	70	M40/12	(M)49	00:22:28	04.29
13	177	SYPEREK Marcin	WROCLAW	POL	PRO - RUN WROCLAW	74	M40/13	(M)50	00:22:33	04.30
14	51	JELONEK Piotr	ŻERNIKI WROCLAWSKIE	POL		76	M40/14	(M)53	00:23:03	04.36
15	25	FILIPEK Piotr	JELCZ LASKOWICE	POL	WROCLAW MARATHON TEAM	72	M40/15	(M)54	00:23:21	04.40
16	167	ZIÓŁKOWSKI Arkadiusz	WROCLAW	POL	TRENUJZNAMI.PL / 21K.PL	74	M40/16	(M)59	00:23:39	04.43
17	23	FĄFARA Marcin	WROCLAW	POL	WROCLAW MARATHON TEAM	74	M40/17	(M)61	00:23:51	04.46
18	101	NAZIMEK Zbigniew	WROCLAW	POL	WROCLAW MARATHON TEAM	75	M40/18	(M)67	00:24:06	04.49
19	44	GRZYBEK Maciej	WROCLAW	POL	ITMZM 2016	71	M40/19	(M)68	00:24:38	04.55
20	136	STACHOWIAK Wiesław	WROCLAW	POL	NIGHT RUNNERS	76	M40/20	(M)70	00:24:47	04.57
21	40	GRAFIK Robert	WROCLAW	POL	ITMZM 2016	70	M40/21	(M)75	00:26:47	05.21
22	81	LIGIENZA Krzysztof	DZIERŻONIÓW	POL	ORIENTOP WROCLAW	72	M40/22	(M)77	00:27:14	05.26
23	121	PUCEK Przemysław	SMOLEC	POL	WKB PIAST WROCLAW	72	M40/23	(M)78	00:27:16	05.27
24	43	GRZEGORY Piotr	SADKÓW	POL	TRENUJZNAMI.PL / 21K.PL	74	M40/24	(M)82	00:28:21	05.40
25	78	LEŚNIEWSKI Jakub	WROCLAW	POL	TRENUJZNAMI.PL	74	M40/25	(M)97	00:41:04	08.12
26	95	MARZEWSKI Rafał	WROCLAW	POL	ITMZM 2016	73	M40/26	(M)99	00:41:05	08.13
27	160	WŁODARSKI Marcin	WROCLAW	POL	TEAM 6	74	M40/27	(M)100	00:41:06	08.13
28	125	RYGIEL Krzysztof	KAMIENIEC	POL	TRENEROSOBISTYWROCLAW.PL	74	M40/28	(M)101	00:41:16	08.15

### Bieg 5 km - M50 [10]

1	31	GADZIŃSKI Marek	WROCLAW	POL	WKB PIAST WROCLAW	62	M50/1	(M)14	00:19:20	03.51
2	157	WILK Czesław	WĘGRÓW	POL	PRO-RUN WROCLAW	58	M50/2	(M)20	00:19:53	03.57
3	63	KOŁACZ Arkadiusz	WROCLAW	POL	ITMZM 2016	66	M50/3	(M)25	00:20:33	04.06
4	66	KOSIOL Andrzej	WROCLAW	POL	WKW WIADRUS	64	M50/4	(M)28	00:20:47	04.08
5	107	NOWAKOWSKI Wiesław	WROCLAW	POL	WROCLAW MARATHON TEAM	64	M50/5	(M)35	00:21:14	04.14
6	149	TROCHA Roman	DZIERŻONIÓW	POL	ORIENTOP WROCLAW	63	M50/6	(M)38	00:21:29	04.17
7	152	WATAŁA Krzysztof	WROCLAW	POL	WROCLAW MARATHON TEAM	66	M50/7	(M)56	00:23:25	04.41
8	83	LITWIN Jan	WROCLAW	POL	LITWIN TRIATHLON TEAM	61	M50/8	(M)76	00:27:14	05.26
9	159	WLIZŁO Aleksander	WROCLAW	POL	WKB PIAST WROCLAW	59	M50/9	(M)89	00:41:02	08.12
10	28	FRYDECKI Sławomir	ŻRÓDŁA	POL		60	M50/10	(M)93	00:41:03	08.12

### Bieg 5 km - M60 [7]

1	37	GIL Stanisław	DZIERŻONIÓW	POL	KOLIBER UCIECHÓW	56	M60/1	(M)13	00:19:19	03.51
2	18	CIBORSKI Ireneusz	WROCLAW	POL	ADDICT.PL	53	M60/2	(M)23	00:20:19	04.02
3	154	WESOŁOWSKI Stanisław	URAZ	POL	WKB PIAST WROCLAW	54	M60/3	(M)34	00:21:13	04.13
4	96	MITROSZ Andrzej	WROCLAW	POL	PRO-RUN WROCLAW	56	M60/4	(M)58	00:23:26	04.41
5	106	NOWAK Sylwester	WROCLAW	POL	WROCLAW MARATHON TEAM	55	M60/5	(M)62	00:23:51	04.46

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Czas Time	[min/km]
6	73	KUCZKOWSKI Stanisław	WROCLAW	POL	WKB PIAST WROCLAW	52	M60/6	(M)69	00:24:40	04.56
7	79	LEWANDOWSKI Tadeusz	WROCLAW	POL	WKB PIAST WROCLAW	49	M60/7	(M)74	00:25:35	05.07

### Bieg 5 km - M70 [1]

1	168	WANAT Waclaw	WROCLAW	POL	SKY TOWER RUNNERS	46	M70/1	(M)72	00:25:25	05.05
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### Bieg 5 km - K20 [21]

1	162	WÓJCIK Monika	ZIĘBICE	POL	LUKS ŻÓRAWINA SOBCZYK TEAM	92	K20/1	(K)3	00:21:05	04.12
2	98	NALEWALSKA Joanna	BOLESŁAWIEC/WROCLAW	POL		87	K20/2	(K)6	00:22:26	04.29
3	118	PROKSZ Marta	PIEKARY ŚLĄSKIE	POL	WROCLAW MARATHON TEAM	87	K20/3	(K)7	00:22:40	04.32
4	100	NAWROT Zuzanna	WROCLAW	POL	ITMZM 2016	89	K20/4	(K)10	00:24:19	04.51
5	151	URYGA Agnieszka	OPOLE	POL		89	K20/5	(K)12	00:24:35	04.55
6	36	GIL Małgorzata	DZIERŻONIÓW	POL		89	K20/6	(K)14	00:25:21	05.04
7	35	GIL Joanna	DZIERŻONIÓW	POL		90	K20/7	(K)16	00:25:22	05.04
8	173	KONIKOWSKA Klaudia	WROCLAW	POL	TRENUJ Z NAMI	87	K20/8	(K)17	00:25:35	05.07
9	32	GAJEWSKA Iwona	WROCLAW	POL	ITMZM 2016	88	K20/9	(K)19	00:25:40	05.08
10	45	HAŁAT Matylda	WROCLAW	POL		87	K20/10	(K)22	00:26:41	05.20
11	21	DZIEDZIC Anita	ŚWIDNICA	POL	ITMZM 2016	93	K20/11	(K)25	00:26:48	05.21
12	176	TRACZ Maria	WROCLAW	POL		87	K20/12	(K)27	00:27:02	05.24
13	74	KUDELSKA Anna	JELEŃ GÓRA	POL	WROCLAW MARATHON TEAM	87	K20/13	(K)29	00:27:13	05.26
14	132	SKOWRON Magdalena	WROCLAW	POL	TEAM ASA - BIEGIEM PO ZDROWIE	89	K20/14	(K)30	00:27:35	05.31
15	142	SZOSTAK Marta	ŚWIDNICA	POL	WROCLAW MARATHON TEAM	88	K20/15	(K)36	00:28:50	05.46
16	69	KOZAK Monika	KAMIEN	POL	WROCLAW MARATHON TEAM	92	K20/16	(K)40	00:30:45	06.09
17	158	WITTENBECK Patrycja	WROCLAW	POL	WROCLAW MARATHON TEAM	93	K20/17	(K)41	00:30:46	06.09
18	111	PIEKARA Beata	WROCLAW	POL		91	K20/18	(K)43	00:31:21	06.16
19	145	ŚLUSARCZYK Marzena	LIPKI WIELKIE	POL	WROCLAW MARATHON TEAM	92	K20/19	(K)45	00:41:02	08.12
20	146	TARNOWSKA Joanna	WROCLAW	POL	WROCLAW MARATHON TEAM	88	K20/20	(K)48	00:41:04	08.12
21	50	JANICKA Anđżelika	WROCLAW	POL	ITMZM 2016	91	K20/21	(K)50	00:41:17	08.15




### Bieg 5 km - K30 [20]

1	113	PISKOROWSKA Danuta	WROCLAW	POL	TEAM-LUKS ŻÓRAWINA-WROCLAW	80	K30/1	(K)1	00:20:04	04.00
2	88	ŁOWICKA Magdalena	WROCLAW	POL	PRO-RUN WROCLAW	85	K30/2	(K)4	00:21:18	04.14
3	155	WIKTORSKA Małgorzata	WROCLAW	POL	TRENUJZNAMI.PL	82	K30/3	(K)5	00:21:39	04.19
4	72	KUCZKOWSKA Aneta	WROCLAW	POL	WKB PIAST WROCLAW	81	K30/4	(K)8	00:23:05	04.37
5	131	SIKORA Agnieszka	WROCLAW	POL	GET RUN	80	K30/5	(K)15	00:25:21	05.04
6	70	KOZŁOWSKA Ewa	WROCLAW	POL	WROCLAW MARATHON TEAM	86	K30/6	(K)20	00:26:37	05.19
7	172	RADWAN Anna	WROCLAW	POL	ITMZM	81	K30/7	(K)21	00:26:40	05.20
8	64	KORALEWSKA Małgorzata	WROCLAW	POL	ITMZM 2016	84	K30/8	(K)23	00:26:42	05.20
9	9	BIELECKA Ewa	WROCLAW	POL	ITMZM 2016	77	K30/9	(K)24	00:26:46	05.21
10	67	KOSZELA-JĘDRZEJUK Justyna	WROCLAW	POL	WROCLAW MARATHON TEAM	85	K30/10	(K)26	00:26:56	05.23
11	143	SZPYRNA Katarzyna	WROCLAW	POL		81	K30/11	(K)31	00:27:55	05.35
12	12	BRYTAN Joanna	WROCLAW	POL	ITMZM 2016	83	K30/12	(K)32	00:28:10	05.38
13	48	JAKUBIAK Marta	WROCLAW	POL	ITMZM 2016	81	K30/13	(K)33	00:28:20	05.40
14	82	LISIŃSKA Katarzyna	WROCLAW	POL		85	K30/14	(K)35	00:28:35	05.43
15	134	SNEKA-SZMAGIEREWSKA Natalia	WROCLAW	POL	ITMZM 2016	86	K30/15	(K)37	00:29:10	05.50
16	127	SADOWSKA Agnieszka	WROCLAW	POL		79	K30/16	(K)38	00:29:45	05.57
17	10	BIENIEK Ewelina	WROCLAW	POL	ITMZM 2016	83	K30/17	(K)39	00:30:27	06.05
18	137	STELMASZAK Ewa	WROCLAW	POL		79	K30/18	(K)42	00:31:17	06.15
19	19	DRABOWICZ-BURY Agnieszka	WROCLAW	POL	WROCLAW MARATHON TEAM	84	K30/19	(K)44	00:31:41	06.20
20	57	KARWAT Sandra	WROCLAW	POL		86	K30/20	(K)49	00:41:06	08.13

### Bieg 5 km - K40 [7]

1	20	DREWNICKA-OGRODNIK Joanna	WROCLAW-PRZEMILÓW	POL	INTENSO	67	K40/1	(K)2	00:20:21	04.04
2	71	KRAWCZYK Katarzyna	WROCLAW	POL	TRENUJZNAMI.PL / 21K.PL	75	K40/2	(K)9	00:23:20	04.40
3	119	PTASZEK Katarzyna	WROCLAW	POL	ITMZM 2016	72	K40/3	(K)11	00:24:23	04.52
4	171	KASPRZAK Izabela	WROCLAW	POL		76	K40/4	(K)34	00:28:32	05.42
5	14	BURY Elżbieta	WROCLAW	POL	WKB PIAST WROCLAW	70	K40/5	(K)46	00:41:02	08.12
6	34	GEREMESZ-NAPIERAŁA Katarzyna	GŁOGÓW	POL	DEICHMANN	71	K40/6	(K)47	00:41:04	08.12

### Bieg 5 km - K50 [3]

<b>Miejsce Rank</b>	<b>Nr Bib</b>	<b>Nazwisko i imię Name</b>	<b>Miejscowość City</b>	<b>Kraj Nat</b>	<b>Drużyna Team</b>	<b>R-k YoB</b>	<b>W kategorii in Age</b>	<b>Sex</b>	<b>Czas Time</b>	<b>[min/km]</b>
1	115	PODKOWSKA Beata	WROCLAW	 POL	WKB PIAST WROCLAW	65	K50/1	(K)13	<b>00:24:36</b>	04.55
2	30	GADZINSKA Krystyna	WROCLAW	 POL	WKB PIAST WROCLAW	64	K50/2	(K)18	<b>00:25:36</b>	05.07
3	84	LITWIN Renata	WROCLAW	 POL	ITZM	65	K50/3	(K)28	<b>00:27:13</b>	05.26