

Kontrolna Trzydziestka

WYNIKI ZAWODÓW

Organizator: Stowarzyszenie „Otwarte Mistrzostwa Wrocławia”, Młodzieżowe Centrum Sportu Wrocław

Termin: 05.08.2018

Miejsce: Wrocław







Dystans: 30km

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kategorii in Age	Sex	Czas Time	Netto	[min/km]
Bieg 30 km - K60 [0]											
1	117	NOWAKOWSKA Genowefa	JELEŃ GÓRA		POL BIEGAMDLAZDROWIA.PL	52	K60/1	(K)19	03:50:42	91:37:46	18.99
Bieg 30 km - K50 [0]											
1	29	DREWNICKA-OGRODNIK Joanna	WROCLAW-PRZEMILÓW		POL DENIVITI	67	K50/1	(K)2	02:29:20	02:29:19	04.58
2	129	PODKOWSKA Beata	WROCLAW		POL WKB PIAST WROCLAW	65	K50/2	(K)15	03:12:30	03:12:12	06.24
3	79	KOSZULIŃSKA Małgorzata	WROCLAW		POL	64	K50/3	(K)18	03:17:49	03:17:24	06.34
Bieg 30 km - K40 [0]											
1	22	CZAJA Małgorzata	WROCLAW		POL MINICLASSIC.PL	76	K40/1	(K)3	02:43:24	02:43:14	05.26
2	3	BARAN Ewa	WROCLAW		POL WROCLAW MARATHON TEAM	78	K40/2	(K)4	02:44:47	02:44:33	05.29
3	178	ZIELIŃSKA Mirona	WROCLAW		POL NIGHT RUNNERS WROCLAW	75	K40/3	(K)9	02:53:17	02:53:06	05.46
4	34	GALKIEWICZ Irena	WROCLAW		POL A JA TAK SOBIE BIEGAM	74	K40/4	(K)14	03:09:59	03:09:49	06.19
5	103	MALIGA Katarzyna	KIELCZÓW		POL	73	K40/5	(K)16	03:14:10	03:13:56	06.27
Bieg 30 km - K30 [0]											
1	52	HOTAŁA Anna	WROCLAW		POL	82	K30/1	(K)1	02:26:39	02:26:26	04.52
2	8	BĘDZIŃSKA Olga	WROCLAW		POL	83	K30/2	(K)7	02:51:54	02:51:41	05.43
3	76	ZAWODNIK Anonimowy			POL WROCLAW MARATHON TEAM		K30/3	(K)8	02:53:02	02:52:51	05.45
4	99	LUBICKA Magdalena	WROCLAW		POL	84	K30/4	(K)10	02:57:22	02:57:05	05.54
5	176	ZAWADZKA Magdalena	WROCLAW		POL	81	K30/5	(K)11	02:59:50	02:59:29	05.58
6	184	ŚWIĄTEK Ewelina	WROCLAW		POL SPATANIE DZIEIOM	80	K30/6	(K)12	03:00:22	03:00:04	06.00
7	89	KUCZKOWSKA Aneta	WROCLAW		POL WKB PIAST WROCLAW	81	K30/7	(K)17	03:14:54	03:14:36	06.29
Bieg 30 km - K20 [0]											
1	120	OLECH Adriana	WROCLAW		POL	90	K20/1	(K)5	02:49:11	02:49:02	05.38
2	143	SŁOMKA Anna	WROCLAW		POL SŁOMKI	89	K20/2	(K)6	02:49:14	02:48:54	05.37
3	46	GUZIKOWSKA Barbara	WROCLAW		POL	89	K20/3	(K)13	03:09:45	03:09:39	06.19
Bieg 30 km - M60 [0]											
1	183	WILK Czesław	WĘGRÓW		POL PRO-RUN WROCLAW	57	M60/1	(M)26	02:24:03	02:23:57	04.47
2	38	GIL Zygmunt	WROCLAW		POL	57	M60/2	(M)53	02:40:22	02:40:08	05.20
3	77	KORALEWSKI Janusz	WROCLAW		POL WROCLAW MARATHON TEAM	56	M60/3	(M)79	03:01:24	03:01:04	06.02
4	95	LEWANDOWSKI Tadeusz	WROCLAW		POL WKB PIAST WROCLAW	49	M60/4	(M)81	03:05:26	03:05:08	06.10
5	119	NOWICKI Zbigniew	WROCLAW		POL WKB PIAST WROCLAW	50	M60/5	(M)85	03:09:43	03:09:26	06.18
6	90	KUCZKOWSKI Stanisław	WROCLAW		POL WKB PIAST WROCLAW	52	M60/6	(M)89	03:24:18	03:24:00	06.48
Bieg 30 km - M50 [0]											
1	162	TYCZKOWSKI Mariusz	WROCLAW		POL WROCLAW MARATHON TEAM	67	M50/1	(M)17	02:16:22	02:16:17	04.32
2	118	NOWAKOWSKI Wiesław	WROCLAW		POL WROCLAW MARATHON TEAM	64	M50/2	(M)28	02:25:46	02:25:42	04.51
3	72	KOŁACZ Arkadiusz	WROCLAW		POL WROCLAW MARATHON TEAM	66	M50/3	(M)30	02:25:50	02:25:46	04.51
4	57	JARCZEWSKI Andrzej	BRZEG DOLNY		POL	66	M50/4	(M)45	02:32:27	02:32:06	05.04
5	140	SKUDLARSKI Kamil	WROCLAW		POL PRO-RUN	61	M50/5	(M)48	02:35:57	02:35:49	05.11
6	156	SZMAGIEREWSKI Wojciech	WROCLAW		POL	68	M50/6	(M)60	02:42:48	02:42:31	05.25
7	61	JĘDRZEJEWSKI Zbigniew	WROCLAW		POL PARKRUN WROCLAW	63	M50/7	(M)63	02:45:05	02:44:51	05.29
8	18	CHROBOT Krzysztof	WROCLAW		POL ŚLĘZAK TEAM	63	M50/8	(M)65	02:48:28	02:48:13	05.36
9	83	KOŻUSZEK Jacek	WROCLAW		POL VEĞE RUNNERS	65	M50/9	(M)76	02:56:15	02:55:58	05.51
10	71	KOCZAN Henryk	WROCLAW		POL	61	M50/10	(M)80	03:03:34	03:03:23	06.06
11	28	DOLIŃSKI Tomasz	WROCLAW		POL	64	M50/11	(M)87	03:11:45	03:11:22	06.22
12	32	GADZIŃSKI Włodzimierz	WROCLAW		POL	61	M50/12	(M)88	03:15:36	03:15:13	06.30
Bieg 30 km - M40 [0]											

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]
1	43	GRONOSTAJ Grzegorz	WROCLAW		POL OPERA SOFTWARE #WROCLAWSKIEITEN	74	M40/1	(M)1	01:50:56	01:50:53	03.41
2	122	PELC Paweł	WROCLAW		POL LOMAG SOFTWARE	78	M40/2	(M)2	01:55:06	01:55:04	03.50
3	166	WENNE Artur	KRZEP TÓW		POL INSERT TEAM	72	M40/3	(M)6	02:08:40	02:08:37	04.17
4	130	PODWÓRNY Jan	WROCLAW		POL TRENUJZNA.MI.PL	71	M40/4	(M)7	02:11:42	02:11:38	04.23
5	106	MICHALIK Tomasz	WROCLAW		POL	74	M40/5	(M)10	02:13:53	02:13:48	04.27
6	65	KARGOL Piotr	OLEŚNICA		POL KB SZERSZEŃ OLEŚNICA	75	M40/6	(M)11	02:14:01	02:13:59	04.27
7	70	KMITA Robert	WROCLAW		POL ZAKOCHAJ SIĘ W BIEGANIU	77	M40/7	(M)13	02:14:48	02:14:31	04.29
8	2	BANASZEWSKI Adam	OLEŚNICA		POL #SOBASTEAM	74	M40/8	(M)20	02:17:14	02:17:10	04.34
9	12	BRYLONEK Grzegorz	WROCLAW		POL RUNNING ACADEMY	76	M40/9	(M)22	02:19:28	02:19:24	04.38
10	54	IAKOVLEV Dmitry	WROCLAW		POL S10.RUN	74	M40/10	(M)31	02:26:18	02:26:12	04.52
11	125	PIEKARNIAK Rafał	OLEŚNICA		POL	74	M40/11	(M)32	02:26:43	02:26:38	04.53
12	96	LEWANDOWSKI Wojciech	WROCLAW		POL FUDO SHIN AIKI DOJO	76	M40/12	(M)33	02:27:31	02:27:25	04.54
13	11	BIZIEL Michał	WROCLAW		POL TMTEAM	74	M40/13	(M)36	02:28:12	02:27:56	04.55
14	127	PIGLA Andrzej	WROCLAW		POL	71	M40/14	(M)41	02:29:19	02:29:15	04.58
15	35	GARNCARZ Paweł	WROCLAW		POL	74	M40/15	(M)43	02:32:22	02:32:16	05.04
16	73	KOŁAKOWSKI Arkadiusz	WROCLAW		POL	76	M40/16	(M)44	02:32:26	02:32:23	05.04
17	13	BRZEŃNIAKIEWICZ Tomasz	WROCLAW		POL MUCHOBRONX	71	M40/17	(M)49	02:36:17	02:36:08	05.12
18	85	KRZYSZTOFIK Piotr	MALIN		POL CROSSFIT ETERNIA	75	M40/18	(M)54	02:40:40	02:40:34	05.21
19	126	PIETRZAK Jerzy	WROCLAW		POL	70	M40/19	(M)59	02:42:32	02:42:25	05.24
20	41	GORCZYŃSKI Filip	WROCLAW		POL ŚWIŃSKI TRUCHT	74	M40/20	(M)61	02:43:51	02:43:38	05.27
21	36	GAWRYŁÓW Marek	WROCLAW		POL	78	M40/21	(M)67	02:50:05	02:49:51	05.39
22	174	WYSOK Piotr	WROCLAW		POL WROCLAW MARATHON TEAM	77	M40/22	(M)69	02:51:39	02:51:29	05.42
23	177	ZGARDA Jacek	WROCLAW		POL TMTEAM	77	M40/23	(M)70	02:51:45	02:51:25	05.42
24	44	GROŃSKI Robert	WROCLAW		POL WROCLAW MARATHON TEAM	76	M40/24	(M)75	02:55:29	02:55:19	05.50
25	109	MOSIEWICZ Jacek	WROCLAW		POL TATOBIEGA	76	M40/25	(M)78	03:00:23	03:00:18	06.00
26	145	SOJA Paweł	WROCLAW		POL POLSKA	71	M40/26	(M)82	03:06:14	03:05:58	06.11
27	131	PREISS Grzegorz	WROCLAW		POL NIGHT RUNNERS WROCLAW	76	M40/27	(M)83	03:07:00	03:06:50	06.13

Bieg 30 km - M30 [0]

1	114	NIEPOKÓJ Patryk	POLANICA ZDRÓJ		POL INCOMGROUP TEAM	79	M30/1	(M)4	01:56:10	01:56:08	03.52
2	15	CHOCIAJ Bartosz	WROCLAW		POL VEGE RUNNERS	79	M30/2	(M)5	02:06:58	02:06:54	04.13
3	186	PIOTROWKI Marek	WROCLAW		POL	84	M30/3	(M)8	02:11:54	02:11:51	04.23
4	82	KOŹBIELSKI Szymon	WROCLAW		POL 3M RUNNING TEAM	86	M30/4	(M)9	02:12:42	02:12:31	04.25
5	181	ŻAK Piotr	WROCLAW		POL GOGGLE PRO ACTIVE EYEWEAR	80	M30/5	(M)12	02:14:12	02:14:01	04.28
6	150	SUDOLSKI Emil	OLEŚNICA		POL GUSTAW TEŻ BIEGA	80	M30/6	(M)14	02:14:49	02:14:44	04.29
7	107	MIERZWA Sławomir	MIRKÓW		POL 140MINUT.PL	81	M30/7	(M)15	02:15:09	02:15:04	04.30
8	115	NOWAK Łukasz	WROCLAW		POL NOA	84	M30/8	(M)18	02:16:39	02:16:20	04.32
9	37	GDANIEC Jakub	WROCLAW		POL GOGGLE PAE TEAM / CUBU ARCHITEKCI	84	M30/9	(M)19	02:16:45	02:16:39	04.33
10	185	NOWAKOWSKI Marcin	WROCLAW		POL	83	M30/10	(M)21	02:17:53	02:17:47	04.35
11	134	RUDY Jacek	WROCLAW		POL MKS SIECHNICE	80	M30/11	(M)24	02:21:47	02:21:42	04.43
12	24	CZECHOWSKI Paweł	WROCLAW		POL	79	M30/12	(M)25	02:22:06	02:21:58	04.43
13	68	KICH Marek	WROCLAW		POL X-CODING IT STUDIO	88	M30/13	(M)27	02:25:35	02:25:30	04.51
14	98	LIPIŃSKI Dawid	WROCLAW		POL	86	M30/14	(M)29	02:25:48	02:25:42	04.51
15	69	KIŃCZYK Tomasz	OLAWA		POL OLAWSKA GRUPA BIEGOWA	80	M30/15	(M)35	02:28:03	02:28:00	04.56
16	191	SKRZEK Marcin	WROCLAW		POL PRO-RUN WROCLAW	80	M30/16	(M)37	02:28:32	02:28:16	04.56
17	182	TAŃSKI Michał	BRATOSZEWICE		POL MIKLAN TEAM	79	M30/17	(M)38	02:28:42	02:28:34	04.57
18	33	GALCZYŃSKI Kamil	WROCLAW		POL	81	M30/18	(M)39	02:29:15	02:29:09	04.58
19	48	HARBUZ Maciej	WROCLAW		POL X-CODING IT STUDIO	88	M30/19	(M)40	02:29:19	02:29:10	04.58
20	53	HOTAŁA Piotr	WROCLAW		POL HAKUNA MATATA :)	79	M30/20	(M)42	02:31:04	02:30:51	05.01
21	66	KARGUL Michał	WROCLAW		POL	87	M30/21	(M)46	02:32:52	02:32:35	05.05
22	112	NIEBUDEK Mateusz	WROCLAW		POL	82	M30/22	(M)47	02:35:23	02:35:14	05.10
23	108	MOMOT Piotr	WROCLAW		POL TRIATHLON CLUB WROCLAW	86	M30/23	(M)50	02:36:52	02:36:34	05.13
24	64	KAMIŃSKI Michał	BIALYSTOK		POL	88	M30/24	(M)51	02:38:50	02:38:48	05.17
25	10	BIŁOZUR Maciej	WROCLAW		POL	83	M30/25	(M)52	02:40:06	02:40:00	05.20
26	25	CZERWIŃSKI Rafał	OLEŚNICA		POL KB LUPUS OLEŚNICA	82	M30/26	(M)55	02:41:09	02:40:51	05.21
27	60	JENDA Marek	WROCLAW		POL	87	M30/27	(M)57	02:41:49	02:41:39	05.23
28	78	KOSEL Szczepan	WROCLAW		POL KURACJUSZE	86	M30/28	(M)58	02:41:52	02:41:40	05.23
29	62	JĘDRZEJUK Marek	WROCLAW		POL WROCLAW MARATHON TEAM	85	M30/29	(M)64	02:47:11	02:47:03	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	Netto	[min/km]
30	51	HORBACZ Krystian	LIGOTA PIĘKNA		POL	79	M30/30	(M)66	02:50:02	02:49:51	05.39
31	47	HARASIM Szymon	WROCLAW		POL	84	M30/31	(M)71	02:51:51	02:51:40	05.43
32	101	MAĆKOWIAK Paweł	WROCLAW		POL	84	M30/32	(M)72	02:52:29	02:52:24	05.44
33	179	ZIELIŃSKI Przemysław	ŚWIDNICA		POL	79	M30/33	(M)73	02:53:13	02:53:10	05.46
34	158	ŚWIĄTEK Łukasz	WROCLAW		POL TRENUJZNAMI.PL	81	M30/34	(M)74	02:54:13	02:54:03	05.48
35	97	LEWICKI Łukasz	WROCLAW		POL	87	M30/35	(M)77	03:00:09	03:00:00	06.00

Bieg 30 km - M20 [0]

1	5	BARDZIŃSKI Rafał	LEGNICA		POL JANOSPORT TEAM LEGNICA	92	M20/1	(M)3	01:55:17	01:55:16	03.50
2	124	PIECHOWIAK Bartosz	WROCLAW		POL ORA WROCLAW	93	M20/2	(M)16	02:15:49	02:15:47	04.31
3	92	KUSZ Maciej	WROCLAW		POL	91	M20/3	(M)23	02:20:01	02:19:55	04.39
4	104	MASTALERZ Mateusz	WROCLAW		POL	94	M20/4	(M)34	02:27:49	02:27:40	04.55
5	105	MATUSZEK Kamil	KĄTY OPOLSKIE		POL JANUSZSPORTS	92	M20/5	(M)56	02:41:49	02:41:43	05.23
6	153	SZCZUDŁO Karol	WROCLAW		POL	89	M20/6	(M)62	02:44:17	02:44:12	05.28
7	161	TUREK Mariusz	GOSZCZ		POL CAŁA OLEŚNICA BIEGA / TRENUJZNAMI.PL	89	M20/7	(M)68	02:51:11	02:50:53	05.41
8	144	SŁOMKA Paweł	WROCLAW		POL SŁOMKI	89	M20/8	(M)84	03:07:37	03:07:19	06.14
9	121	PAŁGAN Marcin	WROCLAW		POL	98	M20/9	(M)86	03:10:55	03:10:44	06.21