



WYNIKI ZAWODÓW

Organizator: Gminne Centrum Kultury, Sportu i Turystyki

Termin: 02.02.2019

Miejsce: Karlów

Dystans: 20 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 | Netto | [min/km] |
|----------------------------|-----------|-------------------------|----------------------|-------------|----------------------------------|------------|-----------------------|-------|--------------|----------|----------|
| 20 km FT - M20 [8] | | | | | | | | | | | |
| 1 | 18 | OGORZALEK Jakub | DUSZNIKI- ZDRÓJ | | POL | 01 | M20/1 | (M)2 | 01:12:06 | 01:12:06 | 03.36 |
| 2 | 21 | OCHAP Sebastian | DUSZNIKI- ZDRÓJ | | POL | 00 | M20/2 | (M)3 | 01:13:59 | 01:13:59 | 03.41 |
| 3 | 12 | WITEK Michał | DUSZNIKI- ZDRÓJ | | POL | 02 | M20/3 | (M)4 | 01:15:50 | 01:15:50 | 03.47 |
| 4 | 22 | JAROSZEK Radosław | NIEBOROWICE | | POL | 94 | M20/4 | (M)5 | 01:17:48 | 01:17:46 | 03.53 |
| 5 | 24 | BUJANOWSKI Szymon | SZCZYTNA | | POL | 02 | M20/5 | (M)6 | 01:20:25 | 01:20:22 | 04.01 |
| 6 | 16 | GNOJNICKI Łukasz | DUSZNIKI- ZDRÓJ | | POL | 02 | M20/6 | (M)7 | 01:21:25 | 01:21:23 | 04.04 |
| 7 | 13 | SIWKA Maciej | DUSZNIKI- ZDRÓJ | | POL | 02 | M20/7 | (M)8 | 01:22:19 | 01:22:16 | 04.06 |
| 8 | 23 | NADACHOWSKI Artur | ZACHARZEW | | POL | 00 | M20/8 | (M)14 | 01:33:04 | 01:32:57 | 04.38 |
| 20 km FT - M30 [3] | | | | | | | | | | | |
| 1 | 26 | ŠRŮTEK David | MACHOV | | CZE | 80 | M30/1 | (M)1 | 01:12:03 | 01:12:02 | 03.36 |
| 2 | 177 | FIC Mirosław | JELENIÓW | | POL | 80 | M30/2 | (M)9 | 01:24:59 | 01:24:54 | 04.14 |
| 3 | 25 | LEWANDOWSKI Hubert | KUDOWA-ZDRÓJ | | POL | 82 | M30/3 | (M)12 | 01:29:55 | 01:29:55 | 04.29 |
| 20 km FT - M40 [6] | | | | | | | | | | | |
| 1 | 31 | MAJKA Roman | NOWA RUDA | | POL | 79 | M40/1 | (M)10 | 01:25:36 | 01:25:32 | 04.16 |
| 2 | 28 | BIAŁOGŁOWSKI Wojciech | KRZESZÓW | | POL | 75 | M40/2 | (M)11 | 01:25:42 | 01:25:40 | 04.17 |
| 3 | 30 | STRZALKOWKI Artur | PIECHOWICE | | POL | 71 | M40/3 | (M)13 | 01:31:57 | 01:31:54 | 04.35 |
| 4 | 170 | PETR Emanuel | HADEC KRALOVE | | CZE | 78 | M40/4 | (M)15 | 01:35:16 | 01:35:12 | 04.45 |
| 5 | 32 | NADACHOWSKI Marek | ZACHARZEW | | POL | 72 | M40/5 | (M)20 | 01:45:18 | 01:45:10 | 05.15 |
| 6 | 29 | WOŹNIAKOWSKI Krzysztof | JEDLINA ZDRÓJ | | POL | 71 | M40/6 | (M)21 | 01:47:02 | 01:46:57 | 05.20 |
| 20 km FT - M50 [2] | | | | | | | | | | | |
| 1 | 34 | PATERAK Jan | GOŚCIĘCIN | | POL | 66 | M50/1 | (M)17 | 01:40:06 | 01:40:02 | 05.00 |
| 2 | 33 | NOWIŃSKI Jan | TRZEBNICA | | POL | 61 | M50/2 | (M)23 | 02:25:43 | 02:25:34 | 07.16 |
| 20 km FT - M60 [4] | | | | | | | | | | | |
| 1 | 6 | GRANDYS Janusz | KRAKÓW | | POL | 50 | M60/1 | (M)16 | 01:38:51 | 01:38:44 | 04.56 |
| 2 | 4 | KWIATKOWSKI Piotr | WAŁBRZYCH | | POL | 58 | M60/2 | (M)18 | 01:40:53 | 01:40:48 | 05.02 |
| 3 | 3 | ROMAN Krzysztof | KUDOWA ZDRÓJ | | POL | 59 | M60/3 | (M)19 | 01:41:23 | 01:41:16 | 05.03 |
| 4 | 7 | WYBRANIC Andrzej | KIETRZ | | POL | 50 | M60/4 | (M)22 | 01:58:03 | 01:57:59 | 05.53 |
| 20 km FT - K20 [4] | | | | | | | | | | | |
| 1 | 15 | PANTERAŁKA Justyna | DUSZNIKI- ZDRÓJ | | POL | 02 | K20/1 | (K)1 | 01:22:34 | 01:22:31 | 04.07 |
| 2 | 17 | ZORIY Marzena | DUSZNIKI- ZDRÓJ | | POL | 01 | K20/2 | (K)2 | 01:32:51 | 01:32:47 | 04.38 |
| 3 | 20 | PAŹDZIORKO Marta | DUSZNIKI- ZDRÓJ | | POL | 00 | K20/3 | (K)3 | 01:36:04 | 01:35:58 | 04.47 |
| 4 | 19 | WYSZYŃSKA Monika | DUSZNIKI- ZDRÓJ | | POL | 00 | K20/4 | (K)4 | 01:44:22 | 01:44:15 | 05.12 |
| 10 km CT - M30 [11] | | | | | | | | | | | |
| 1 | 56 | RÜCKER Jakub | MACHOV | | CZE | 88 | M30/1 | (M)3 | 00:42:04 | 00:42:04 | 04.12 |
| 2 | 68 | FALKOWSKI Sebastian | BOGUSZÓW-GORCE | | POL | 82 | M30/2 | (M)7 | 00:46:25 | 00:46:25 | 04.38 |
| 3 | 106 | STEFANOW Marcin | WAŁBRZYCH | | POL | 80 | M30/3 | (M)10 | 00:47:15 | 00:47:15 | 04.43 |
| 4 | 164 | GILEWSKI Maciej | KUDOWA ZDRÓK | | POL KUDOWIANKA CYKLON PROFI TEAM | 86 | M30/4 | (M)16 | 00:49:52 | 00:49:45 | 04.58 |
| 5 | 105 | SERAFIŃSKI Tomasz | LUDWIKOWICE KŁODZKIE | | POL | 80 | M30/5 | (M)17 | 00:50:19 | 00:50:14 | 05.01 |
| 6 | 58 | PEŁCZYŃSKI Konrad | WAŁBRZYCH | | POL | 80 | M30/6 | (M)23 | 00:54:40 | 00:54:32 | 05.27 |
| 7 | 107 | MIŚTURA Leszek | LUDWIKOWICE KŁODZKIE | | POL | 83 | M30/7 | (M)26 | 00:56:02 | 00:55:59 | 05.35 |
| 8 | 71 | DEC Bartłomiej | KARLÓW | | POL | 88 | M30/8 | (M)38 | 01:05:57 | 01:05:44 | 06.34 |
| 9 | 64 | PISARCZYK Jacek | KŁODZKO | | POL | 81 | M30/9 | (M)41 | 01:06:44 | 01:06:29 | 06.38 |
| 10 | 61 | ŚWIDA Adam | WROCLAW | | POL | 85 | M30/10 | (M)45 | 01:10:35 | 01:10:26 | 07.02 |
| 11 | 59 | BRAKOWSKI Michał | WROCLAW | | POL | 84 | M30/11 | (M)53 | 01:30:58 | 01:30:36 | 09.03 |
| 10 km CT - M40 [15] | | | | | | | | | | | |
| 1 | 163 | GILEWSKI Artur | KUDOWA ZDRÓK | | POL KUDOWIANKA CYKLON PROFI TEAM | 74 | M40/1 | (M)5 | 00:44:37 | 00:44:34 | 04.27 |

| 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] |
|--------------|--------|-----------------------|----------------------|----------|----------------------------|---------|--------------------|-------|-----------|----------|----------|
| 2 | 161 | MELISIK Jan | PAVLISOV | | CZE OLFIN CAR SKI TEAM | 74 | M40/2 | (M)6 | 00:45:21 | 00:45:20 | 04.32 |
| 3 | 180 | UIRY Petr | HRONIV | | CZE INS ATELIER NACHOD | 74 | M40/3 | (M)8 | 00:46:46 | 00:46:45 | 04.40 |
| 4 | 73 | ŽUREK Tomasz | BOROWIANKA | | POL | 79 | M40/4 | (M)11 | 00:47:22 | 00:47:23 | 04.44 |
| 5 | 77 | MAJ Kamil | LUBLIN | | POL | 78 | M40/5 | (M)12 | 00:47:32 | 00:47:31 | 04.45 |
| 6 | 171 | KOJRO Waldemar | PIECHOWICE | | POL JELENIA PIAST MTB TEAM | 75 | M40/6 | (M)14 | 00:48:58 | 00:48:59 | 04.53 |
| 7 | 72 | ŁYŚ Michał | WROCLAW | | POL | 78 | M40/7 | (M)15 | 00:49:44 | 00:49:39 | 04.57 |
| 8 | 78 | SKROBISZEWSKI Mariusz | PIECHOWICE | | POL | 75 | M40/8 | (M)18 | 00:50:21 | 00:50:18 | 05.01 |
| 9 | 82 | POLAK Piotr | LUDWIKOWICE KŁODZKIE | | POL | 75 | M40/9 | (M)19 | 00:51:42 | 00:51:38 | 05.09 |
| 10 | 83 | MIDURA Wojciech | SZALEJÓW GÓRNY | | POL | 76 | M40/10 | (M)20 | 00:51:58 | 00:51:58 | 05.11 |
| 11 | 154 | WINNICKI Roland | DUSZNIKI ZDRÓJ | | POL B8B DUSZNIKI ZDRÓJ | 72 | M40/11 | (M)31 | 00:59:39 | 00:59:37 | 05.57 |
| 12 | 74 | ZIMNOWODZKI Paweł | SOKOŁOWSKO | | POL | 79 | M40/12 | (M)36 | 01:04:32 | 01:04:26 | 06.26 |
| 13 | 79 | ŻUKOWSKI Sławomir | BIERZYCE | | POL | 73 | M40/13 | (M)37 | 01:05:39 | 01:05:30 | 06.33 |
| 14 | 81 | FABISIAK Marcin | GNIEZNO | | POL | 77 | M40/14 | (M)47 | 01:12:34 | 01:12:22 | 07.14 |
| 15 | 76 | BIELUŃSKI Sebastian | WROCLAW | | POL | 77 | M40/15 | (M)51 | 01:23:37 | 01:23:30 | 08.21 |

10 km CT - M50 [12]

| | | | | | | | | | | | |
|----|-----|----------------------|----------------------|--|-----------------------|----|--------|-------|----------|----------|-------|
| 1 | 176 | OGORZALEK Arkadiusz | NOWA RUDA | | POL PÓLIAMID SKI TEAM | 66 | M50/1 | (M)1 | 00:38:17 | 00:38:19 | 03.49 |
| 2 | 86 | CADA Tomas | TEPLICE NAD METUJI | | CZE | 64 | M50/2 | (M)2 | 00:40:29 | 00:40:34 | 04.03 |
| 3 | 87 | KROL Jerzy | ROZTOKA | | POL | 63 | M50/3 | (M)4 | 00:42:39 | 00:42:38 | 04.15 |
| 4 | 162 | PAHA Dariusz | BIELAWA | | POL | 66 | M50/4 | (M)9 | 00:47:07 | 00:47:06 | 04.42 |
| 5 | 91 | LISOWSKI Dariusz | PRUDNIK | | POL | 66 | M50/5 | (M)13 | 00:48:45 | 00:48:45 | 04.52 |
| 6 | 100 | PIEC Dariusz | BIELAWA | | POL | 62 | M50/6 | (M)22 | 00:52:07 | 00:52:00 | 05.12 |
| 7 | 102 | DZIAŁKOWSKI Ireneusz | LUDWIKOWICE KŁODZKIE | | POL | 67 | M50/7 | (M)24 | 00:54:54 | 00:54:51 | 05.29 |
| 8 | 93 | TYSZKOWSKI Michał | WROCLAW | | POL | 67 | M50/8 | (M)29 | 00:57:03 | 00:57:01 | 05.42 |
| 9 | 88 | WITKOWSKI Tomasz | TASZÓW | | POL | 63 | M50/9 | (M)32 | 01:00:31 | 01:00:30 | 06.03 |
| 10 | 92 | WESOŁOWSKI Andrzej | PRUDNIK | | POL | 65 | M50/10 | (M)40 | 01:06:23 | 01:06:08 | 06.36 |
| 11 | 94 | MICHERDA Mariusz | RADKÓW | | POL | 63 | M50/11 | (M)49 | 01:17:06 | 01:16:57 | 07.41 |
| 12 | 96 | KOWALSKI Marek | SANTOK | | POL | 66 | M50/12 | (M)50 | 01:19:06 | 01:18:56 | 07.53 |

10 km CT - M60 [13]

| | | | | | | | | | | | |
|----|-----|-----------------------|---------------|--|-----------------------|----|--------|-------|----------|----------|-------|
| 1 | 47 | GŁOWNIA Mirosław | PRZYGÓRZE | | POL | 59 | M60/1 | (M)21 | 00:52:00 | 00:51:58 | 05.11 |
| 2 | 104 | MARCINOWSKI Eugeniusz | BIELAWA | | POL | 56 | M60/2 | (M)25 | 00:55:07 | 00:55:01 | 05.30 |
| 3 | 49 | MACIUKIEWICZ Wojciech | WROCLAW | | POL | 52 | M60/3 | (M)27 | 00:56:11 | 00:56:06 | 05.36 |
| 4 | 153 | ŚWIRNIAK Bernard | STRZEGOM | | POL STRZEGOMSKA 12-KA | 55 | M60/4 | (M)28 | 00:56:57 | 00:56:56 | 05.41 |
| 5 | 43 | FRANCZAK Józef | JEŻÓW SUDECKI | | POL | 53 | M60/5 | (M)30 | 00:59:04 | 00:58:57 | 05.53 |
| 6 | 37 | ZABORONEK Czesław | NOWA RUDA | | POL | 51 | M60/6 | (M)33 | 01:01:04 | 01:01:03 | 06.06 |
| 7 | 40 | KORYBO Janusz | KUDOWA-ZDRÓJ | | POL | 50 | M60/7 | (M)34 | 01:01:07 | 01:00:53 | 06.05 |
| 8 | 42 | FABJAŃSKI Augustyn | WROCLAW | | POL | 57 | M60/8 | (M)35 | 01:01:21 | 01:01:16 | 06.07 |
| 9 | 48 | SKORUPSKI Andrzej | KĄKOLEWO | | POL | 58 | M60/9 | (M)39 | 01:06:08 | 01:05:58 | 06.35 |
| 10 | 36 | ŚLIWKA Ryszard | NOWA RUDA | | POL | 52 | M60/10 | (M)42 | 01:07:30 | 01:07:19 | 06.43 |
| 11 | 38 | WIATRAK Witold | RADKOW | | POL | 48 | M60/11 | (M)44 | 01:10:06 | 01:09:57 | 06.59 |
| 12 | 46 | WCISŁO Bogusław | KŁODZKO | | POL | 53 | M60/12 | (M)46 | 01:11:04 | 01:10:49 | 07.04 |
| 13 | 159 | FETFER Andrzej | BIELAWA | | POL | 50 | M60/13 | (M)48 | 01:15:08 | 01:15:00 | 07.30 |

10 km CT - M70 [2]

| | | | | | | | | | | | |
|---|-----|------------------|-------------|--|-----|----|-------|-------|----------|----------|-------|
| 1 | 53 | GAWRONSKI Marian | DZIERZONIOW | | POL | 47 | M70/1 | (M)43 | 01:09:56 | 01:09:45 | 06.58 |
| 2 | 175 | ŻUK Józef | WAŁBRZYCH | | POL | 40 | M70/2 | (M)52 | 01:30:54 | 01:30:48 | 09.04 |

10 km CT - K20 [1]




| | | | | | | | | | | | |
|---|----|-------------------|---------|--|-----|----|-------|------|----------|----------|-------|
| 1 | 55 | ADAMOWICZ Paulina | KŁODZKO | | POL | 95 | K20/1 | (K)1 | 00:58:55 | 00:58:50 | 05.53 |
|---|----|-------------------|---------|--|-----|----|-------|------|----------|----------|-------|

10 km CT - K30 [4]

| | | | | | | | | | | | |
|---|-----|----------------------|--------------|--|-----|----|-------|------|----------|----------|-------|
| 1 | 63 | MAJOR Sylwia | WANATY | | POL | 83 | K30/1 | (K)2 | 01:01:27 | 01:01:25 | 06.08 |
| 2 | 179 | FRANCZAK Urszula | WARSZAWA | | POL | 83 | K30/2 | (K)4 | 01:06:25 | 01:06:19 | 06.37 |
| 3 | 174 | KOWALSKA Justyna | JELENIA GÓRA | | POL | 83 | K30/3 | (K)6 | 01:13:33 | 01:13:22 | 07.20 |
| 4 | 65 | MACIUKIEWICZ Barbara | WROCLAW | | POL | 89 | K30/4 | (K)8 | 01:15:16 | 01:15:12 | 07.31 |

10 km CT - K40 [3]

| | | | | | | | | | | | |
|---|-----|----------------------|-----------|--|-----|----|-------|-------|----------|----------|-------|
| 1 | 181 | WIERZBICKA Marta | TRZEBNICA | | POL | 72 | K40/1 | (K)5 | 01:11:05 | 01:11:00 | 07.06 |
| 2 | 62 | ZADOROŻNA Urszula | WROCLAW | | POL | 78 | K40/2 | (K)7 | 01:15:05 | 01:14:56 | 07.29 |
| 3 | 75 | BIELUŃSKA Małgorzata | WROCLAW | | POL | 78 | K40/3 | (K)10 | 01:23:32 | 01:23:25 | 08.20 |

| <i>Miejsce Rank</i> | <i>Nr Bib</i> | <i>Nazwisko i imię Name</i> | <i>Miejscowość City</i> | <i>Kraj Nat</i> | <i>Drużyna Team</i> | <i>R-k YoB</i> | <i>W kategorii in Age</i> | <i>Sex</i> | <i>Czas Time</i> | <i>Netto</i> | <i>[min/km]</i> |
|---------------------------|-------------------|---------------------------------|-----------------------------|---|-------------------------|--------------------|-------------------------------|------------|----------------------|--------------|-----------------|
| 10 km CT - K50 [3] | | | | | | | | | | | |
| 1 | 101 | PIEC Jolanta | BIELAWA |  POL | | 64 | K50/1 | (K)3 | 01:05:42 | 01:05:37 | 06.33 |
| 2 | 90 | PATERAK Mariola | GOŚCIĘCIN |  POL | | 68 | K50/2 | (K)9 | 01:20:31 | 01:20:20 | 08.02 |
| 3 | 95 | KOWALSKA Iwona | SANTOK |  POL | | 69 | K50/3 | (K)11 | 01:45:02 | 01:44:44 | 10.28 |