

XXII Ogólnopolski Bieg Niepodległości "Góra" 2015

WYNIKI ZAWODÓW

Open

Organizator: Szkolny Związek Sportowy w Górze, Dom Kultury w Górze, Klub Olimpijczyka

Termin: 11.11.2015

Miejsce: Góra

Dystans: 10 km

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Kraj Nat.	Drużyna Team	Miejscowość City	R-k YoB	W kategorii in Age	Grupa Group	Wynik Total	Wynik Netto	1 Runda	2 Runda	3 Runda	4 Runda	Międzyczasy	Check points
1	140	IUKHYMCHUK MYKOLA	UK	ACHILLES LESZNO	LUCK	85	M30/1		00:30:52	00:30:52	00:07:18	00:07:56	00:07:51	00:07:36		
2	274	POTOCKI ANTON	UK	ACHILLES LESZNO	NOWOMASKOWSK	84	M30/2		00:31:19	00:31:19	00:07:27	00:07:50	00:07:57	00:07:55		
3	236	NAGIRNJAK WIKTOR	UK	AHILLES LESZNO	WINNICA	87	M20/1		00:32:45	00:32:45	00:07:53	00:08:20	00:08:16	00:08:06		
4	165	KĘSY MARCIN	POL	TRIRUN / KAWA KAMP	POZNAŃ	85	M30/3		00:33:38	00:33:38	00:08:27	00:08:23	00:08:25	00:08:14		
5	130	GRODECKI SEBASTIAN	POL	KB ZDYSZAAANI CHOCIANÓW	CHOCIANÓW	78	M30/4		00:35:12	00:35:12	00:08:36	00:08:47	00:08:51	00:08:48		
6	148	JANOWICZ ROMAN	POL		SŁUPIA	70	M40/1		00:35:31	00:35:30	00:08:43	00:08:50	00:08:55	00:08:53		
7	101	CZARNOJAŃCZYK RAFAŁ	POL		OSTRÓW	75	M40/2		00:35:32	00:35:32	00:08:41	00:08:53	00:08:56	00:08:52		
8	390	BOSY DANIEL	POL	LKS SANA KOŚCIAN	KOŚCIAN	89	M20/2		00:35:47	00:35:47	00:08:36	00:09:00	00:09:14	00:08:47		
9	303	SOBERA ŁUKASZ	POL	MLKS ECHO TWARDOGÓRA	TWARDOGÓRA	89	M20/3		00:35:53	00:35:53	00:08:49	00:09:03	00:09:00	00:08:49		
10	324	SZLEDAK ARKADIUSZ	POL	START ŚCINAWA	LUBIN	90	M20/4		00:36:12	00:36:10	00:08:41	00:09:03	00:09:08	00:09:09		
11	174	KONONOWICZ LESZEK	POL	KB SUKCES ŻMIGRÓD	ŻMIGRÓD	84	M30/5		00:37:06	00:37:05	00:08:57	00:09:15	00:09:25	00:09:20		
12	171	KOMOROWSKI ARKADIUSZ	POL	ATHLETICS TEAM PRUSICE	TRZEBNICA	95	M20/5		00:37:21	00:37:20	00:09:14	00:09:22	00:09:25	00:09:11		
13	146	JANISZEWSKI WIKTOR	POL	RUNNING TEAM MILICZ	MILICZ	75	M40/3		00:37:25	00:37:24	00:09:14	00:09:23	00:09:25	00:09:14		
14	393	WASILEWSKI SEBASTIAN	POL	LKS SANA KOŚCIAN	KOŚCIAN	99	M20/6		00:37:38	00:37:38	00:09:12	00:09:25	00:09:40	00:09:12		
15	112	DURKOWSKI MARCIN	POL		OBORNIKI	85	M30/6		00:37:39	00:37:37	00:09:21	00:09:41	00:09:34	00:08:54		
16	1	PATEREK GRZEGORZ	POL	NIEZRZESZONY	GÓRA	80	M30/7	Góra/1	00:37:54	00:37:54	00:09:12	00:09:25	00:09:34	00:09:33		
17	116	ELING ARTUR	POL	ROZBIEGANY RAWICZ	RAWICZ	71	M40/4		00:38:09	00:38:05	00:09:27	00:09:30	00:09:37	00:09:26		
18	37	PAKUŁA PAWEŁ	POL	JW 3444 GŁOGÓW	NIECHLÓW	81	M30/8	Góra/2	00:38:09	00:38:09	00:08:56	00:09:34	00:09:46	00:09:43		
19	78	BIENIEK KRZYSZTOF	POL		KĄKOLEWO	67	M40/5		00:38:12	00:38:09	00:09:27	00:09:35	00:09:37	00:09:22		
20	107	DOMAGAŁA ROBERT	POL	KS KROTOSZ KROTOSZYN	KROTOSZTN	70	M40/6		00:38:14	00:38:13	00:09:09	00:09:29	00:09:41	00:09:44		
21	304	SOBERA JAN	POL	MLKS ECHO TWARDOGÓRA	TWARDOGÓRA	63	M50/1		00:38:18	00:38:18	00:09:19	00:09:38	00:09:43	00:09:27		
22	207	MACHOŃ PIOTR	POL	KB ZDYSZAAANI CHOCIANÓW	CHOCIANÓW	77	M30/9		00:38:19	00:38:15	00:09:33	00:09:27	00:09:36	00:09:32		
23	297	SIENKIEWICZ CZESŁAW	POL	KS KROTOSZ KROTOSZYN	KROTOSZYN	58	M50/2		00:38:29	00:38:27	00:09:33	00:09:29	00:09:37	00:09:37		
24	63	ADAMCZYK MARIUSZ	POL	ALTOM GNIEZNO	GNIEZNO	73	M40/7		00:38:43	00:38:41	00:09:26	00:09:33	00:09:41	00:09:51		
25	192	KUMISZCZO ARTUR	POL		WSCHOWA	78	M30/10		00:38:56	00:38:55	00:09:16	00:09:43	00:09:55	00:09:53		
26	222	MAREK ARTUR	POL	KS KROTOSZ KROTOSZYN	ZDUNY	73	M40/8		00:39:11	00:39:09	00:09:34	00:09:55	00:09:53	00:09:37		
27	3	KWAŚNIK KRZYSZTOF	POL	KGHM ZG POLKOWICE-SIEROSZOWICE	NIECHLÓW	85	M30/11	Góra/3	00:39:13	00:39:13	00:09:21	00:09:41	00:10:01	00:09:59		
28	93	CHEBA ARIEL	POL	NIGHT RUNNERS WROCLAW	BOJANOWO	91	M20/7		00:39:14	00:39:13	00:09:42	00:09:50	00:09:51	00:09:42		
29	184	KOSTKA ANDRZEJ	POL		POLKOWICE	66	M40/9		00:39:14	00:39:14	00:09:15	00:09:47	00:10:02	00:10:00		

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Kraj Nat.	Drużyna Team	Miejscowość City	R-k YoB	W kategorii in Age	Grupa Group	Wynik Total	Wynik Netto	Międzyczasy	Check points
30	161	KARWATKA ANDRZEJ	POL	PEBEKA LUBIN	GŁOGÓW	57	M50/3		00:39:24	00:39:23	00:09:35	00:09:55 00:09:54 00:09:48
31	372	ZAJĄC TOMASZ	POL		WIJEWO	88	M20/8		00:39:25	00:39:07	00:10:22	00:09:56 00:09:48 00:09:09
32	191	KULCZYCKI RAFAŁ	POL		LUBIN	76	M30/12		00:39:39	00:39:37	00:09:15	00:09:44 00:10:20 00:10:08
33	392	KOZŁOWSKI MIŁOSZ	POL	LKS SANA KOŚCIAN	KOŚCIAN	99	M20/9		00:39:44	00:39:44	00:09:45	00:10:08 00:10:09 00:09:32
34	331	SZYMONIAK JAKUB	POL		WOŁÓW	87	M20/10		00:40:00	00:40:00	00:09:49	00:10:06 00:10:14 00:09:40
35	242	NOWIŃSKI RAFAŁ	POL	BIEGAJ WSCHOWO !!!	WSCHOWA	74	M40/10		00:40:02	00:39:58	00:10:04	00:10:06 00:09:58 00:09:43
36	86	BŁAŻUTYCZ PAWEŁ	POL	KS KROTOSZ KROTOSZYN	CIESZKÓW	73	M40/11		00:40:13	00:40:12	00:09:35	00:09:55 00:10:11 00:10:20
37	385	OSTOLSKI MAREK	POL		WROCŁAW	79	M30/13		00:40:29	00:40:28	00:09:18	00:10:15 00:10:40 00:10:06
38	163	KASPRZAK KRZYSZTOF	POL	KS KROTOSZ KROTOSZYN	KOBIERNO	68	M40/12		00:40:30	00:40:26	00:10:03	00:10:03 00:10:09 00:10:05
39	312	STACHURA DAMIAN	POL	ZAGŁEBIE LUBIN	LUBIN	85	M30/14		00:40:30	00:40:27	00:09:27	00:09:58 00:10:17 00:10:40
40	235	NAGIRNJAK NATALIA	UK	AHILLES LESZNO	WINNICA	91	K20/1		00:40:31	00:40:31	00:09:47	00:10:12 00:10:22 00:10:00
41	292	SADOWSKI GRZEGORZ	POL		LUBIN	63	M50/4		00:40:32	00:40:31	00:09:41	00:10:10 00:10:20 00:10:11
42	98	CYGAN PIOTR	POL	WWW.TRENEROSOBISTYWROCLAW.PL	BIELANY	69	M40/13		00:40:35	00:40:33	00:09:50	00:10:04 00:10:20 00:10:09
43	99	CZAJKA ROBERT	POL	KS KROTOSZ KROTOSZYN	ZDUNY	70	M40/14		00:40:37	00:40:35	00:09:47	00:10:12 00:10:22 00:10:05
44	360	WITCZAK GRZEGORZ	POL	KOŹMIN BIEGA	KOŹMIN	85	M30/15		00:40:54	00:40:52	00:09:59	00:10:07 00:10:25 00:10:12
45	368	WOŹNIAK GRZEGORZ	POL		LUBIN	79	M30/16		00:41:01	00:40:58	00:09:44	00:10:07 00:10:31 00:10:28
46	159	KALAK JAROSŁAW	POL	KS KROTOSZ KROTOSZYN	KROTOSZYN	81	M30/17		00:41:26	00:41:23	00:10:05	00:10:22 00:10:28 00:10:19
47	400	ŁUKOWSKI TOMASZ	POL	MARATOŃCZYK GÓRA	GÓRA	90	M20/11	Góra/4	00:41:28	00:41:16	00:10:42	00:10:32 00:10:20 00:09:45
48	369	WÓJCIK MAREK	POL	GLOGÓW	GŁOGÓW	70	M40/15		00:41:30	00:41:24	00:10:30	00:10:22 00:10:26 00:10:01
49	29	KUBICKI SEWERYN	POL	EUFORABIEGACZA	GÓRA	92	M20/12	Góra/5	00:41:30	00:41:28	00:10:09	00:10:47 00:10:38 00:09:45
50	10	CHODKOWSKI KRZYSZTOF	POL		GÓRA	81	M30/18	Góra/6	00:41:30	00:41:28	00:09:37	00:10:21 00:10:56 00:10:25
51	283	REJEK WIESŁAW	POL	NIEZRZESZONY	KROBIA	55	M60/1		00:41:39	00:41:34	00:10:05	00:10:12 00:10:35 00:10:35
52	80	BIELAWSKI JAN	POL	START ŚCINAWA	ŚCINAWA	64	M50/5		00:41:46	00:41:41	00:10:23	00:10:16 00:10:30 00:10:25
53	2	BŁASZCZYK TOMASZ	POL	MARATOŃCZYK GÓRA	GÓRA	79	M30/19	Góra/7	00:41:54	00:41:49	00:09:47	00:10:14 00:10:48 00:10:54
54	172	KOMOROWSKI KAROL	POL	KB SUKCES ŻMIGRÓD	TRZEBNICA	82	M30/20		00:42:01	00:42:00	00:10:57	00:11:06 00:10:48 00:09:01
55	89	BOTUSZYN ELŻBIETA	POL		GRODOWIEC	70	K40/1		00:42:13	00:42:11	00:10:22	00:10:23 00:10:44 00:10:30
56	149	JANKOWIAK KAROL	POL	KOŹMIN BIEGA	KOŹMIN	82	M30/21		00:42:18	00:42:16	00:10:01	00:10:28 00:10:57 00:10:41
57	302	SMEREKA TOMASZ	POL	RUNNING TEAM MILICZ	MILICZ	77	M30/22		00:42:22	00:42:18	00:10:16	00:10:36 00:10:47 00:10:32
58	244	OBAL MARCIN	POL	KS KROTOSZ KROTOSZYN	ZDUNY	82	M30/23		00:42:22	00:42:21	00:09:59	00:10:38 00:10:55 00:10:41
59	155	JAWORSKI MATEUSZ	POL	START ŚCINAWA	LUBIN	88	M20/13		00:42:31	00:42:29	00:10:23	00:10:40 00:10:51 00:10:24
60	77	BEKACZ STANISŁAW	POL	START ŚCINAWA	WIŃSKO	63	M50/6		00:42:34	00:42:29	00:10:23	00:10:36 00:10:46 00:10:39
61	40	RATAJCZAK JACEK	POL		GÓRA	66	M40/16	Góra/8	00:42:42	00:42:37	00:10:08	00:10:42 00:10:59 00:10:45
62	169	KLUCOWICZ EDWARD	POL	BOJADŁA	BOJADŁA 66-130	62	M50/7		00:42:44	00:42:37	00:10:30	00:10:30 00:10:48 00:10:46
63	180	KORCZAK JANUSZ	POL	STARCOM TEAM GŁOGÓW	GŁOGÓW	75	M40/17		00:42:47	00:42:46	00:10:10	00:10:33 00:10:57 00:10:53
64	100	GRABKOWSKI ROBERT	POL	KB SUKCES ŻMIGRÓD	ŻMIGRÓD	69	M40/18		00:42:48	00:42:45	00:10:14	00:10:36 00:10:56 00:10:50
65	122	GIEŁDA JĘDRZEJ	POL	SMASHING PĄPKINS	LEGNICA	83	M30/24		00:43:00	00:42:53	00:10:21	00:10:42 00:10:52 00:10:54
66	46	UŚCIŁO MICHAŁ	POL	STOWARZYSZENIE CHWYTAJ SPORTOWE	GÓRA	85	M30/25	Góra/9	00:43:05	00:42:55	00:11:05	00:10:33 00:10:35 00:10:40
67	388	MRÓZ BARTŁOMIEJ	POL	MMKS K-KOŹLE	KĘDZIERZYN	94	M20/14		00:43:11	00:43:00	00:10:31	00:10:48 00:10:51 00:10:50
68	318	SZAWELSKA EWA	POL	35PLUS	LESZNO	77	K30/1		00:43:23	00:43:22	00:10:03	00:10:56 00:11:06 00:11:06
69	340	TOMOWIAK RAFAŁ	POL	MARATON LESZNO	LESZNO	84	M30/26		00:43:27	00:43:16	00:10:34	00:10:44 00:10:55 00:11:06

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70	384	LOMBARSKI ŁUKASZ	POL	RUNNING TEAM MILICZ	KROŚNICE	82	M30/27		00:43:27	00:43:23	00:10:36	00:10:58 00:10:58 00:10:45
71	64	ADAMCZAK ARKADIUSZ	POL		LESZNO	80	M30/28		00:43:27	00:43:10	00:11:10	00:10:53 00:10:45 00:10:26
72	278	RABIEGA SZCZEPAN	POL		LESZNO	75	M40/19		00:43:29	00:43:28	00:10:29	00:11:02 00:11:07 00:10:41
73	90	BRONOWICKI JAREK	POL	LSS FENIKS	LESZNO	76	M30/29		00:43:43	00:43:30	00:11:06	00:10:58 00:10:53 00:10:35
74	152	JASIK NORBERT	POL	KS KROTOSZ KROTOSZYN	KROTOSZYN	91	M20/15		00:43:45	00:43:41	00:10:22	00:10:55 00:11:14 00:11:03
75	374	ZIÓLKOWSKI PRZEMYSŁAW	POL		JUTROSIN	68	M40/20		00:43:50	00:43:42	00:11:00	00:10:56 00:11:01 00:10:40
76	394	TALIKADZE DAWID	POL	LKS SANA KOŚCIAN	KOŚCIAN	85	M30/30		00:43:58	00:43:57	00:10:19	00:11:09 00:11:11 00:11:07
77	230	MODRZEJEWSKI KAZIMIERZ	POL	BIEGAMY SPOD NETTO NYSA	NYSA	63	M50/8		00:43:59	00:43:56	00:10:35	00:11:14 00:11:09 00:10:51
78	109	DROZD WOJCIECH	POL	KS KROTOSZ KROTOSZYN	KROTOSZYN	86	M20/16		00:44:01	00:43:58	00:10:24	00:10:53 00:11:15 00:11:17
79	356	WIATRAC RAFAŁ	POL	RUNNING TEAM MILICZ	MILICZ	77	M30/31		00:44:03	00:44:03	00:10:21	00:11:11 00:11:25 00:10:54
80	96	CHRZĄSZCZ MARIUSZ	POL	BIEGAM BO LUBIĘ	LUBIN	76	M30/32		00:44:03	00:43:53	00:10:53	00:10:49 00:11:05 00:11:05
81	73	BANASZCZAK WOJCIECH	POL	COMPANEROS	LESZNO	74	M40/21		00:44:08	00:44:04	00:10:24	00:10:53 00:11:17 00:11:21
82	214	MAKARCZYK DANIEL	POL		CHOBHENIA	75	M40/22		00:44:12	00:44:06	00:10:33	00:10:49 00:11:17 00:11:21
83	81	BIERNASIUK SEBASTIAN	POL	STARCOM TEAM GŁOGÓW	GŁOGÓW	75	M40/23		00:44:17	00:44:16	00:10:10	00:14:27 00:08:55 00:10:01
84	44	JANKOWSKI PIOTR	POL		GÓRA	72	M40/24	Góra/10	00:44:22	00:44:14	00:11:00	00:11:07 00:11:10 00:10:55
85	60	SIBILAK MICHAŁ	POL		WŁODKÓW	90	M20/17	Góra/11	00:44:23	00:44:16	00:10:43	00:10:56 00:11:21 00:11:14
86	240	NIETREBA DARIUSZ	POL		TRZEBNICA	71	M40/25		00:44:24	00:44:17	00:10:58	00:11:06 00:11:06 00:11:01
87	370	WRÓBLEWSKI RAFAŁ	POL		ZBĄSZYŃ	73	M40/26		00:44:26	00:44:22	00:10:13	00:11:06 00:11:34 00:11:20
88	220	MARCINIAK JAROSŁAW	POL	KS KROTOSZ KROTOSZYN	KOŹMIN	76	M30/33		00:44:30	00:44:29	00:10:28	00:11:16 00:11:34 00:11:00
89	326	SZULC RYSZARD	POL	BIEGAM BO LUBIĘ	MILICZ	52	M60/2		00:44:33	00:44:31	00:10:40	00:11:09 00:11:12 00:11:19
90	26	JANIK MATEUSZ	POL	AGENCJA REKLAMOWA ARIAL-MEDIA.PL	SICINY	87	M20/18	Góra/12	00:44:34	00:44:22	00:11:31	00:11:06 00:11:14 00:10:32
91	311	STAŃCZAK TOMASZ	POL		GOSTYŃ	69	M40/27		00:44:40	00:43:56	00:11:44	00:10:56 00:11:04 00:10:44
92	183	KOSEK DARIUSZ	POL		ŻMIGRÓD	66	M40/28		00:44:41	00:44:25	00:11:35	00:11:01 00:11:05 00:10:48
93	23	GŁUSZKO KRZYSZTOF	POL	MARATOŃCZYK GÓRA	GÓRA	58	M50/9	Góra/13	00:44:41	00:44:41	00:10:35	00:11:30 00:11:38 00:10:50
94	333	OTTO TADEUSZ	POL		LESZNO	64	M50/10		00:44:42	00:44:36	00:10:58	00:11:02 00:11:18 00:11:13
95	11	GŁUSZKO KATARZYNA	POL	MARATOŃCZYK GÓRA	GÓRA	87	K20/2	Góra/14	00:44:47	00:44:47	00:10:35	00:11:30 00:11:38 00:10:52
96	121	GAWRZOŁ ŁUKASZ	POL	2POKOJE.COM	POLKOWICE	81	M30/34		00:44:49	00:44:43	00:10:53	00:11:04 00:11:17 00:11:22
97	205	ŁUKASZCZYK ANDRZEJ	POL		LUBIN	69	M40/29		00:44:52	00:44:44	00:11:08	00:11:22 00:11:35 00:10:37
98	386	SZYMCAK ŁUKASZ	POL		SŁAWOSZOWICE	85	M30/35		00:44:53	00:44:48	00:10:53	00:11:13 00:11:26 00:11:11
99	51	WOJCIESZONEK KRZYSZTOF	POL	WYDZIAŁ ŻANDARMERII WOJSKOWEJ WE	GÓRA	86	M20/19	Góra/15	00:44:53	00:44:45	00:12:42	00:10:34 00:11:48 00:09:39
100	17	CISZEWSKI JAN	POL	WARRIORS	GÓRA	82	M30/36	Góra/16	00:44:57	00:44:54	00:11:02	00:11:29 00:11:30 00:10:45
101	135	HAJDAMOWICZ ADAM	POL		SOBÓTKA	96	M20/20		00:45:00	00:44:50	00:10:59	00:11:26 00:11:25 00:10:59
102	271	POCZTA MARIAN	POL	KS KROTOSZ KROTOSZYN	KROTOSZYN	65	M50/11		00:45:01	00:44:55	00:10:30	00:11:02 00:11:35 00:11:41
103	128	GRACZYK PAWEŁ	POL		LUBIN	88	M20/21		00:45:04	00:44:59	00:10:04	00:11:14 00:11:44 00:11:49
104	168	KLEPACKI MATEUSZ	POL		POLKOWICE	87	M20/22		00:45:04	00:45:00	00:10:30	00:11:06 00:11:33 00:11:42
105	162	KAROLEWSKI MACIEJ	POL	DZIADY BOROWE	ZDUNY	83	M30/37		00:45:06	00:45:00	00:11:01	00:11:18 00:11:24 00:11:13
106	280	RASZKA KRZYSZTOF	POL	RUNNING TEAM MILICZ	MILICZ	75	M40/30		00:45:07	00:45:05	00:10:30	00:11:12 00:11:46 00:11:28
107	217	MAŁYSZCZYK TOMASZ	POL	NIEZRZESZONY	GŁOGÓW	74	M40/31		00:45:07	00:44:58	00:10:55	00:11:07 00:11:29 00:11:23
108	252	ORZECZOWSKI ADRIAN	POL		GŁOGÓW	73	M40/32		00:45:09	00:45:02	00:10:51	00:11:13 00:11:33 00:11:19
109	177	KORDYSZ JAROSŁAW	POL	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	LUBIN	80	M30/38		00:45:09	00:45:02	00:11:13	00:11:13 00:11:18 00:11:11

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Kraj Nat.	Drużyna Team	Miejscowość City	R-k YoB	W kategorii in Age	Grupa Group	Wynik Total	Wynik Netto	Międzyczasy	Check points
110	39	PYPEĆ SEWERYN	POL	MARATOŃCZYK GÓRA	GÓRA	80	M30/39	Góra/17	00:45:09	00:44:57	00:11:20	00:11:12 00:11:22 00:11:04
111	367	WOŹNIAK MACIEJ	POL		RAWICZ	69	M40/33		00:45:10	00:45:08	00:10:49	00:11:22 00:11:33 00:11:13
112	383	PANEK KATARZYNA	POL	KS KROTOSZ KROTOSZYN	TOMNICE	90	K20/3		00:45:11	00:45:07	00:11:15	00:11:18 00:11:21 00:11:05
113	308	SÓJKA RAFAŁ	POL	KS KROTOSZ KROTOSZYN	GORZUPIA	74	M40/34		00:45:11	00:45:06	00:10:52	00:11:13 00:11:30 00:11:25
114	239	NIEDŹWIEDZKI ARTUR	POL	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	LUBIN	82	M30/40		00:45:13	00:45:08	00:10:58	00:11:23 00:11:34 00:11:06
115	377	ŻYGADŁO TADEUSZ	POL	WOŁÓWBIEGA	WOŁÓW	73	M40/35		00:45:18	00:45:07	00:11:24	00:11:22 00:11:22 00:10:59
116	42	SZORC RAFAŁ	POL	KP PSP POLKOWICE	GÓRA	85	M30/41	Góra/18	00:45:19	00:45:16	00:10:57	00:11:31 00:11:32 00:11:05
117	151	JAREMKIEWICZ JAN	POL		LUBIN	57	M50/12		00:45:20	00:45:18	00:10:53	00:11:14 00:11:26 00:11:36
118	12	SOKOŁOWSKA AGNIESZKA	POL	MARATOŃCZYK GÓRA	GÓRA	77	K30/2	Góra/19	00:45:21	00:45:14	00:11:06	00:11:17 00:11:29 00:11:18
119	61	ACHTEL PAWEŁ	POL	RUNNING TEAM MILICZ	MILICZ	81	M30/42		00:45:26	00:45:22	00:10:29	00:11:14 00:11:47 00:11:45
120	267	PLESNER RYSZARD	POL	WOŁÓWBIEGA	WOŁÓW	64	M50/13		00:45:28	00:45:17	00:11:24	00:11:22 00:11:23 00:11:06
121	262	PIERZCHLEWICZ GRZEGORZ	POL	KB SUKCES ŻMIGRÓD	ŻMIGRÓD	70	M40/36		00:45:30	00:45:21	00:11:13	00:11:27 00:11:22 00:11:16
122	193	KUMISZCZO GRZEGORZ	POL	NIEZRZESZONY -EMERYT	GŁOGÓW	50	M60/3		00:45:35	00:45:34	00:11:02	00:11:29 00:11:28 00:11:23
123	13	KRZYSZCZUK AGNIESZKA	POL	MARATOŃCZYK GÓRA	GÓRA	83	K30/3	Góra/20	00:45:41	00:45:35	00:11:13	00:11:19 00:11:29 00:11:29
124	219	MANUIŁ RAFAŁ	POL		MOJĘCICE	87	M20/23		00:45:42	00:45:36	00:11:01	00:11:05 00:11:51 00:11:32
125	16	CIEŚLIK TOMASZ	POL	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	GÓRA	90	M20/24	Góra/21	00:45:46	00:45:42	00:11:06	00:11:23 00:11:45 00:11:23
126	313	STANKIEWICZ TOMASZ	POL	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	LUBIN	85	M30/43		00:45:48	00:45:39	00:10:53	00:11:22 00:11:58 00:11:25
127	136	HARENDARZ ZBIGNIEW	POL	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	OBORA	69	M40/37		00:45:51	00:45:46	00:11:07	00:11:22 00:11:45 00:11:25
128	145	JANUCHTA PRZEMYSŁAW	POL	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	LUBIN	72	M40/38		00:45:51	00:45:46	00:11:07	00:11:24 00:11:44 00:11:25
129	325	SZNAJDER MARCIN	POL	NOWOSOLSKA GRUPA BIEGOWA	NOWA SÓL	76	M30/44		00:46:04	00:45:51	00:11:07	00:11:19 00:11:30 00:11:56
130	141	JACKIEWICZ ARKADIUSZ	POL	WKU W GŁOGOWIE	GŁOGÓW	66	M40/39		00:46:05	00:45:53	00:11:34	00:11:26 00:11:33 00:11:20
131	186	KRAŚNIEWSKI KRZYSZTOF	POL	KB SUKCES ŻMIGRÓD	ŻMIGRÓD	65	M50/14		00:46:12	00:46:04	00:11:40	00:11:38 00:11:41 00:11:02
132	378	ŻYTO MARCIN	POL		KROTOSZYN	73	M40/40		00:46:20	00:46:18	00:11:16	00:11:38 00:11:44 00:11:31
133	330	SZULC PIOTR	POL		ŻMIGRÓD	97	M20/25		00:46:26	00:46:18	00:10:58	00:11:26 00:11:51 00:11:59
134	167	KICAŁA SYLWERIUSZ	POL	ZG RUDNA	LUBIN	74	M40/41		00:46:29	00:46:23	00:11:14	00:11:39 00:11:49 00:11:35
135	33	JANKOWSKA MAŁGORZATA	POL	MARATOŃCZYK GÓRA	GÓRA	72	K40/2	Góra/22	00:46:32	00:46:24	00:11:09	00:11:36 00:11:54 00:11:42
136	268	PLUTA ADAM	POL	KS KROTOSZ KROTOSZYN	KROTOSZYN	88	M20/26		00:46:32	00:46:25	00:11:00	00:11:20 00:11:58 00:12:03
137	254	PASIEKA JULIUSZ	POL	RUNNING TEAM MILICZ	MILICZ	68	M40/42		00:46:34	00:46:32	00:10:40	00:12:04 00:12:05 00:11:37
138	6	ATRACHIMOWICZ PIOTR	POL	KS TRIUMPHATOR	KŁODA	88	M20/27	Góra/23	00:46:34	00:46:18	00:12:13	00:11:36 00:11:29 00:11:05
139	389	KAŁUŻNY KAROL	POL	KROTOSZ KROTOSZYN	KROTOSZYN	84	M30/45		00:46:46	00:46:41	00:11:22	00:11:11 00:11:56 00:12:02
140	164	KAZUBSKI PATRYK	POL		LESZNO	77	M30/46		00:46:47	00:46:44	00:11:01	00:11:28 00:12:07 00:12:00
141	279	RABIEGA MONIKA	POL		LESZNO	80	K30/4		00:46:50	00:46:49	00:11:04	00:11:37 00:11:59 00:11:56
142	67	ANTCZAK ARTUR	POL		GŁOGÓW	74	M40/43		00:46:52	00:46:36	00:11:38	00:11:26 00:11:55 00:11:39
143	87	BODNAR RADOSŁAW	POL		OŁAWA	80	M30/47		00:47:02	00:46:59	00:11:05	00:11:49 00:12:05 00:11:53
144	215	MAKOWSKI WIESŁAW	POL		PONIEC	64	M50/15		00:47:07	00:46:57	00:12:00	00:11:43 00:11:43 00:11:30
145	139	IDCZAK AGNIESZKA	POL	BBL LEGNICA	LEGNICA	86	K20/4		00:47:08	00:47:01	00:11:13	00:11:33 00:12:10 00:12:00
146	19	DOKŁADAŃSKI ADAM	POL	SHIMMY SHIMMY YA	GÓRA	90	M20/28	Góra/24	00:47:10	00:46:58	00:11:33	00:11:37 00:12:00 00:11:50
147	18	CYBULSKI PIOTR	POL		GÓRA	79	M30/48	Góra/25	00:47:10	00:46:58	00:11:44	00:11:53 00:11:56 00:11:27
148	226	MESJASZ MAREK	POL	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	LUBIN	85	M30/49		00:47:12	00:46:56	00:11:26	00:11:36 00:11:59 00:11:58
149	45	TADLA WIKTOR	POL		GÓRA	82	M30/50	Góra/26	00:47:16	00:47:14	00:11:56	00:12:00 00:11:43 00:11:24

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Kraj Nat.	Drużyna Team	Miejscowość City	R-k YoB	W kategorii in Age	Grupa Group	Wynik Total	Wynik Netto	Międzyczasy	Check points	
150	189	KUBICKI DOMINIK	POL		LESZNO	77	M30/51		00:47:33	00:47:24	00:11:38	00:11:59	00:11:47
151	25	IWANICKI JERZY	POL	PADALEC KRUSZYNEC	GÓRA	59	M50/16	Góra/27	00:47:34	00:47:22	00:11:31	00:12:09	00:12:08
152	113	DYM GRZEGORZ	POL	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	LUBIN	79	M30/52		00:47:40	00:47:35	00:11:25	00:12:10	00:11:54
153	182	KOSARZYCKA ANETA	POL	KB SUKCES ŻMIGRÓD	ŻMIGRÓD	87	K20/5		00:47:48	00:47:42	00:11:14	00:12:24	00:11:53
154	22	GANCARZ PAWEŁ	POL	ZG RUDNA	GŁOBICE	89	M20/29	Góra/28	00:47:50	00:47:41	00:11:44	00:12:08	00:11:47
155	68	ANTKOWIAK KRZYSZTOF	POL	KS KROTOSZ KROTOSZYN	KROTOSZYN	76	M30/53		00:47:52	00:47:48	00:11:15	00:12:13	00:12:10
156	223	MAZUREK TOMASZ	POL		ŻMIGRÓD	77	M30/54		00:47:53	00:47:44	00:11:13	00:12:20	00:12:35
157	328	SZULC GRZEGORZ	POL		ŻMIGRÓD	76	M30/55		00:47:53	00:47:44	00:11:12	00:12:18	00:12:31
158	329	SZUBERT LESZEK	POL	OKNOPLAST KRAKÓW	PRZYGODZICE	78	M30/56		00:47:54	00:47:54	00:11:58	00:12:04	00:11:32
159	218	MANISZEWSKI MICHAŁ	POL		LESZNO	80	M30/57		00:47:54	00:47:37	00:12:26	00:11:52	00:11:33
160	210	MACIEJEWSKI ANDRZEJ	POL	KS KROTOSZ KROTOSZYN	KROTOSZYN	59	M50/17		00:47:55	00:47:51	00:11:53	00:12:08	00:11:56
161	335	SZYMAŃSKI ADAM	POL	KS KROTOSZ KROTOSZYN	KROTOSZYN	71	M40/44		00:47:55	00:47:44	00:11:47	00:12:11	00:11:54
162	251	ORPEL MARTYNA	POL	KS KROTOSZ KROTOSZYN	SMOSZEW	92	K20/6		00:47:56	00:47:51	00:11:53	00:12:09	00:11:57
163	133	GRZEMPOWSKI PIOTR	POL	KS KROTOSZ KROTOSZYN	KROTOSZYN	88	M20/30		00:47:56	00:47:51	00:10:03	00:14:59	00:11:58
164	34	MIELCAREK TOMASZ	POL	WWW.MASAZE-TOMEK.PL	GÓRA	78	M30/58	Góra/29	00:47:56	00:47:43	00:12:15	00:11:53	00:11:41
165	291	RZEŹNIK MARIUSZ	POL		RAWICZ	77	M30/59		00:47:58	00:47:55	00:12:13	00:11:43	00:11:35
166	366	WOLSZCZAK KONRAD	POL	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	LUBIN	85	M30/60		00:48:02	00:47:48	00:11:27	00:12:32	00:11:56
167	47	WIŚNIEWSKI WOJCIECH	POL		GÓRA	53	M60/4	Góra/30	00:48:04	00:47:58	00:11:14	00:12:13	00:12:22
168	125	GOC MARCIN	POL		GŁOGÓW	83	M30/61		00:48:06	00:47:58	00:11:14	00:12:22	00:12:38
169	208	MACHOWSKI EDWARD	POL	WKB PIAST	WOŁÓW	48	M60/5		00:48:07	00:47:56	00:11:54	00:12:02	00:11:58
170	350	WALACHOWSKI ROBERT	POL	AEROKLUB LESZCZYŃSKI	LIPNO	71	M40/45		00:48:18	00:48:11	00:11:17	00:12:22	00:12:20
171	103	DANIELKIEWICZ JAREK	POL		LUBIN	75	M40/46		00:48:22	00:48:10	00:12:04	00:12:01	00:11:49
172	363	WOJTAŚ JAKUB	POL		LESZNO	88	M20/31		00:48:36	00:48:23	00:11:59	00:12:18	00:11:58
173	185	KRAWCZYK JAROSŁAW	POL	ZDUNY	ZDUNY	76	M30/62		00:48:40	00:48:25	00:12:11	00:11:55	00:12:26
174	288	RUDNICKI PAWEŁ	POL	DZIADY BOROWE	KROTOSZYN	73	M40/47		00:48:48	00:48:42	00:11:47	00:12:19	00:12:23
175	348	URBANIAK WIESŁAW	POL	KS KROTOSZ KROTOSZYN	KROTOSZYN	64	M50/18		00:48:56	00:48:51	00:11:51	00:12:17	00:12:26
176	306	SOBKOWIAK MACIEJ	POL	KS KROTOSZ KROTOSZYN	KROTOSZYN	89	M20/32		00:49:00	00:48:56	00:11:41	00:13:06	00:12:06
177	115	DŻUGAJ PAWEŁ	POL		LUBIN	85	M30/63		00:49:07	00:48:56	00:11:56	00:12:28	00:12:09
178	200	LIS JOANNA	POL	KS KROTOSZ KROTOSZYN	GORZUPIA	94	K20/7		00:49:12	00:49:08	00:11:56	00:12:33	00:12:19
179	355	WĄSIEL DANIEL	POL		LUBIN	76	M30/64		00:49:12	00:48:59	00:12:10	00:12:31	00:12:02
180	15	POJASEK TERESA	POL		GÓRA	62	K50+1	Góra/31	00:49:16	00:49:06	00:12:08	00:12:25	00:12:23
181	178	KORZENIEWSKI WOJCIECH	POL	SZLACHETNA PACZKA	GŁOGÓW	84	M30/65		00:49:19	00:49:15	00:11:38	00:12:43	00:12:26
182	380	HANECKI LESZEK	POL	START ŚCINAWA	BORASZYN	65	M50/19		00:49:20	00:49:14	00:11:34	00:12:33	00:12:32
183	160	KAPAŁA ALICJA	POL	ALTOM GNIEZNO	RAWICZ	83	K30/5		00:49:23	00:49:18	00:12:13	00:12:28	00:12:14
184	31	ŁAGODA GRZEGORZ	POL		JEMIELNO	71	M40/48	Góra/32	00:49:26	00:49:15	00:12:03	00:12:31	00:12:30
185	173	KONONOWICZ JUSTYNA	POL	KB SUKCES ŻMIGRÓD	ŻMIGRÓD	85	K30/6		00:49:34	00:49:15	00:12:47	00:12:09	00:12:00
186	158	JUREK ADAM	POL		LUBIN	60	M50/20		00:49:38	00:49:35	00:11:43	00:12:44	00:12:44
187	203	ŁABĘDŹ PIOTR	POL		WROCŁAW	85	M30/66		00:49:48	00:49:48	00:11:25	00:12:52	00:12:45
188	8	BROJEK ROBERT	POL	SMECZ GÓRA	GÓRA	75	M40/49	Góra/33	00:49:55	00:49:40	00:12:44	00:12:32	00:12:06
189	359	WINNICKI ROLAND	POL	BAKUŚ DUSZNIKI-ZDRÓJ	DUSZNIKI-ZDRÓJ	72	M40/50		00:50:09	00:49:58	00:11:28	00:12:48	00:13:43

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Kraj Nat.	Drużyna Team	Miejscowość City	R-k YoB	W kategorii in Age	Grupa Group	Wynik Total	Wynik Netto	Międzyczasy	Check points
190	190	KUCZYŃSKI MARCIN	POL	FC KACZOR LUBIN	LUBIN	73	M40/51		00:50:16	00:50:05	00:12:08	00:12:44 00:12:54 00:12:17
191	123	GLINA TOMASZ	POL		RAWICZ	83	M30/67		00:50:17	00:50:07	00:12:04	00:12:50 00:12:38 00:12:33
192	277	PRAWUCKA-GLINA PAULINA	POL		RAWICZ	87	K20/8		00:50:17	00:50:07	00:12:13	00:12:42 00:12:39 00:12:31
193	286	ROSIK KRZYSZTOF	POL	DZIADY BOROWE	KROTOSZYN	71	M40/52		00:50:17	00:50:12	00:11:59	00:12:38 00:12:57 00:12:32
194	371	ZAJĄC LESZEK	POL		WIJEWO	57	M50/21		00:50:21	00:50:01	00:12:48	00:12:17 00:12:41 00:12:22
195	134	GUIDETTI WALTER	ITA		STIAVA	72	M40/53		00:50:22	00:50:22	00:12:53	00:12:45 00:12:49 00:11:43
196	259	PIEPZYK GRZEGORZ	POL	BWEKO RAWICZ TEAM	RAWICZ	72	M40/54		00:50:28	00:50:08	00:12:51	00:12:23 00:12:30 00:12:29
197	249	OLSZEWSKI MACIEJ	POL		RAWICZ	70	M40/55		00:50:28	00:50:08	00:12:52	00:12:23 00:12:31 00:12:29
198	375	ZIÓLKOWSKA LONGINA	POL		JUTROSIN	74	K40/3		00:50:36	00:50:27	00:12:12	00:12:35 00:12:50 00:12:45
199	345	TYCZYŃSKI SŁAWOMIR	POL	FILGROSOIL	LESZNO	77	M30/68		00:50:49	00:50:33	00:12:16	00:12:38 00:12:47 00:12:55
200	395	TYLISZCZAK SŁAWOMIR	POL		ZIELONA GÓRA	73	M40/56		00:50:52	00:50:44	00:12:22	00:12:45 00:12:46 00:12:45
201	352	WALEŃSKI SŁAWOMIR	POL	RUNNING TEAM MILICZ	MILICZ-SŁAWOSZO	73	M40/57		00:50:55	00:50:53	00:11:40	00:13:01 00:13:26 00:12:34
202	106	DOBRZYŃIECKI SEBASTIAN	POL	KB SUKCES ŻMIGRÓD	PĘGÓW	78	M30/69		00:51:01	00:50:43	00:13:01	00:13:00 00:12:47 00:12:04
203	119	FRĄCKOWIAK MARIUSZ	POL	KB LUPUS OLEŚNICA	MILICZ	80	M30/70		00:51:03	00:50:53	00:12:36	00:12:41 00:12:35 00:13:00
204	198	LASIK MARCIN	POL		LEGNICA	79	M30/71		00:51:11	00:50:52	00:12:53	00:12:45 00:12:51 00:12:28
205	9	CHMIEL ADAM	POL	KAJĘCIN BIEGA	GÓRA	75	M40/58	Góra/34	00:51:24	00:51:09	00:12:15	00:12:52 00:13:03 00:13:00
206	204	ŁOZOWSKA EWELINA	POL	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	LUBIN	82	K30/7		00:51:24	00:51:10	00:12:55	00:12:52 00:12:55 00:12:28
207	376	ZYBAŁA ASIA	POL		OSTRÓW	89	K20/9		00:51:26	00:51:04	00:13:32	00:12:36 00:12:33 00:12:31
208	229	MICHAŁSKI MIECZYŚLAW	POL		LUBIN	47	M60/6		00:51:30	00:51:27	00:11:49	00:12:08 00:13:24 00:13:54
209	381	ROMAŃSKI ADAM	POL	POLKO CITY	POLKOWICE	78	M30/72		00:51:36	00:51:26	00:12:17	00:12:50 00:13:11 00:13:06
210	241	NOWICKI ANDRZEJ	POL	RUNNING TEAM MILICZ	MILICZ	63	M50/22		00:51:38	00:51:26	00:12:16	00:12:54 00:13:12 00:13:03
211	273	POSPIESZALSKI BARTOSZ	POL	PRUDENTIAL	WROCŁAW	73	M40/59		00:51:41	00:51:21	00:13:02	00:12:58 00:12:48 00:12:40
212	30	LENORT JAROSŁAW	POL		GÓRA	70	M40/60	Góra/35	00:51:41	00:51:34	00:12:11	00:12:37 00:13:05 00:13:36
213	142	JAKUBIAK JERZY	POL	MPEC LESZNO	RYDZYNA	59	M50/23		00:51:46	00:51:33	00:12:54	00:12:45 00:12:56 00:12:55
214	7	BOROWCZAK TOMASZ	POL		GÓRA	81	M30/73	Góra/36	00:51:47	00:51:24	00:13:08	00:13:00 00:12:51 00:12:37
215	84	BILON BOGDAN	POL	ZBROJOWNIA SULECHÓW	SULECHÓW	51	M60/7		00:51:55	00:51:40	00:12:55	00:12:52 00:12:58 00:12:56
216	272	POPŁAWSKI DAREK	POL	URTICA TEAM	WYSOKA	82	M30/74		00:52:01	00:51:43	00:12:43	00:12:27 00:13:10 00:13:30
217	74	BARNOWSKA DOROTA	POL		LUBIN	89	K20/10		00:52:02	00:51:56	00:12:27	00:13:00 00:13:20 00:13:03
218	343	TYCZYŃSKI PIOTR	POL	KS KROTOSZ KROTOSZYN	KOBIERNO	65	M50/24		00:52:03	00:51:54	00:12:33	00:12:48 00:13:07 00:13:20
219	202	LUBAŃSKA ALICJA	POL		BUKOWICE	68	K40/4		00:52:06	00:52:01	00:12:33	00:13:01 00:13:18 00:13:00
220	361	WNUK GRZEGORZ	POL	SBD ENERGETYK RYBNIK	RYBNIK	68	M40/61		00:52:10	00:51:54	00:13:45	00:13:07 00:12:54 00:12:11
221	175	KOPCZYŃSKA LIDIA	POL		GŁOGÓW	72	K40/5		00:52:16	00:52:00	00:13:05	00:13:00 00:13:09 00:12:51
222	126	GOŁAŚ EWA	POL	START ŚCINAWA	ŚCINAWA	70	K40/6		00:52:17	00:52:12	00:12:06	00:12:55 00:13:30 00:13:34
223	238	NIEDŹWIEDZKA ANNA	POL		LUBIN	81	K30/8		00:52:41	00:52:23	00:12:42	00:12:49 00:13:48 00:13:11
224	246	OLEKSY AGNIESZKA	POL	NIEZRZESZONY	OSIEK	78	K30/9		00:52:45	00:52:41	00:12:55	00:13:50 00:13:09 00:12:37
225	131	GRUSZKIEWICZ ANIA	POL		LESZNO	79	K30/10		00:52:58	00:52:52	00:12:47	00:13:05 00:13:35 00:13:18
226	255	PATELKA ŁUKASZ	POL	COMPANEROS	LESZNO	80	M30/75		00:52:59	00:52:53	00:12:45	00:13:08 00:13:29 00:13:23
227	195	KUSIAK DANUTA	POL	GRODZISKIKLUB BIEGACZA	GRODZISK	60	K50+2		00:53:01	00:52:52	00:12:38	00:13:14 00:13:33 00:13:25
228	38	POTOCZNY ŁUKASZ	POL	BIEGAM BO LUBIEŃ	GÓRA	83	M30/76	Góra/37	00:53:04	00:52:50	00:12:40	00:12:53 00:13:34 00:13:43
229	14	ZAKASZEWSKA ALICJA	POL		GÓRA	71	K40/7	Góra/38	00:53:04	00:52:50	00:12:42	00:13:00 00:13:28 00:13:40

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Kraj Nat.	Drużyna Team	Miejscowość City	R-k YoB	W kategorii in Age	Grupa Group	Wynik Total	Wynik Netto	Międzyczasy	Check points
230	132	GRZEŚKOWIAK LESZEK	POL	GRODZISKI KLUB BIEGACZA	GRODZISK	56	M50/25		00:53:06	00:52:57	00:12:38	00:13:13 00:13:33 00:13:27
231	284	ROGACKA MARIA	POL	SBD ENERGETYK RYBNIK	GLIWICE	70	K40/8		00:53:09	00:52:53	00:13:45	00:13:09 00:13:06 00:12:57
232	105	DOBRZYCKA ANGELA	POL		LESZNO	66	K40/9		00:53:29	00:53:26	00:12:51	00:13:24 00:13:40 00:13:20
233	338	ŚWIDERSKA ANNA	POL	KS KROTOSZ KROTOSZYN	KROTOSZYN	85	K30/11		00:53:34	00:53:28	00:12:49	00:13:42 00:13:33 00:13:15
234	71	BALCERZAK MICHAŁ	POL		LUBIN	79	M30/77		00:53:37	00:53:23	00:13:48	00:13:54 00:12:50 00:12:50
235	323	SZCZEPAŃSKA KAMA	POL		LUBIN	89	K20/11		00:53:39	00:53:31	00:13:08	00:13:01 00:13:18 00:13:57
236	258	PIEPRZYK EWA	POL		RAWICZ	74	K40/10		00:53:42	00:53:24	00:13:42	00:13:18 00:13:22 00:13:08
237	342	TUSZYŃSKI ŁUKASZ	POL	KS KROTOSZ KROTOSZYN	KROTOSZYN	77	M30/78		00:53:44	00:53:41	00:11:56	00:12:56 00:14:14 00:14:24
238	299	SKOKOWSKI MACIEJ	POL		RAWICZ	78	M30/79		00:53:52	00:53:33	00:13:05	00:13:12 00:13:39 00:13:39
239	357	WIATRAK RENATA	POL		KROTOSZYN	70	K40/11		00:53:54	00:53:47	00:12:53	00:13:30 00:13:46 00:13:31
240	55	PIETRUSZEWSKI SEBASTIAN	POL	EUFORIABIEGACZA	ŁĘKANÓW	90	M20/33	Góra/39	00:53:55	00:53:42	00:13:13	00:13:12 00:13:35 00:13:45
241	52	WOŁOWICZ PAWEŁ	POL		GÓRA	75	M40/62	Góra/40	00:54:02	00:53:45	00:12:43	00:13:15 00:13:51 00:13:57
242	56	PIETRUSZEWSKI BARTOSZ	POL		ŁĘKANÓW	92	M20/34	Góra/41	00:54:13	00:54:03	00:13:13	00:13:19 00:13:45 00:13:46
243	20	DORABIAŁA ANNA	POL		GÓRA	69	K40/12	Góra/42	00:54:14	00:54:08	00:12:39	00:13:41 00:14:03 00:13:38
244	110	DRYJAŃSKA MONIKA	POL		KROTOSZYN	98	K20/12		00:54:47	00:54:39	00:12:56	00:13:47 00:14:12 00:13:41
245	85	BŁASZCZYK GRZEGORZ	POL		WROCŁAW	80	M30/80		00:54:50	00:54:50	00:11:31	00:13:43 00:15:16 00:14:03
246	62	ADAMCZAK MARCIN	POL		LESZNO	80	M30/81		00:54:50	00:54:39	00:13:25	00:13:23 00:13:52 00:13:59
247	269	PŁÓCIENICZAK JERZY	POL	MPEC LESZNO	DĄBCZE	54	M60/8		00:54:52	00:54:40	00:13:14	00:13:32 00:14:09 00:13:41
248	317	SUTOR MAŁGORZATA	POL	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	LUBIN	66	K40/13		00:54:56	00:54:49	00:12:59	00:13:40 00:14:00 00:14:03
249	387	KRAWCZYK MATEUSZ	POL		OSTRÓW	86	M20/35		00:55:16	00:55:15	00:12:35	00:14:07 00:14:35 00:13:46
250	396	KUBA DOROTA	POL		WROCŁAW	95	M20/36		00:55:19	00:54:57	00:13:46	00:13:36 00:14:11 00:13:35
251	108	DRAŻBA ANETA	POL		GŁOGÓW	83	K30/12		00:55:24	00:55:09	00:13:28	00:13:51 00:14:04 00:13:50
252	221	MARCINOWSKI MICHAŁ	POL		GŁOGÓW	84	M30/82		00:55:24	00:55:13	00:13:28	00:13:51 00:14:04 00:13:50
253	57	ZIELONY WŁADYSŁAW	POL		BELCZ WIELKI	61	M50/26	Góra/43	00:55:28	00:55:10	00:13:38	00:13:43 00:14:07 00:13:45
254	248	OLSZEWSKI MIKOŁAJ	POL	WIARA NASZĄ SIŁĄ / BBL POLKOWICE	POLKOWICE	80	M30/83		00:55:28	00:55:10	00:13:03	00:13:53 00:14:28 00:13:51
255	263	PIERZCHLEWICZ MARIA	POL	KB SUKCES ŻMIGRÓD	ŻMIGRÓD	78	K30/13		00:55:30	00:55:21	00:13:03	00:13:46 00:14:28 00:13:59
256	213	MAJEWSKA SYLWIA	POL	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	LUBIN	80	K30/14		00:55:37	00:55:30	00:13:12	00:13:52 00:14:10 00:14:07
257	225	MAZURKIEWICZ WIOLETTA	POL	ALPHA SPIRIT	WROCŁAW	83	K30/15		00:55:47	00:55:28	00:15:18	00:16:29 00:11:43 00:12:02
258	281	RAZIK-POLOWCZYK BASIA	POL		FOLWARK	80	K30/16		00:55:51	00:55:32	00:13:38	00:13:44 00:14:07 00:14:07
259	282	RAZIK TADEUSZ	POL		RAWICZ	52	M60/9		00:55:51	00:55:32	00:13:38	00:13:44 00:14:08 00:14:07
260	94	CHRZAŚCZ KASIA	POL		LUBIN	85	K30/17		00:56:00	00:55:49	00:13:48	00:14:08 00:14:11 00:13:38
261	95	CHRZAŚCZ DAMIAN	POL		LUBIN	81	M30/84		00:56:00	00:55:50	00:13:48	00:14:08 00:14:11 00:13:38
262	332	SZYNDLAREWICZ MONIKA	POL		POZNAŃ	79	K30/18		00:56:00	00:55:42	00:13:22	00:14:01 00:14:09 00:14:15
263	48	WŁODARCZAK ANNA	POL	KAJĘCIN BIEGA	GÓRA	94	K20/13	Góra/44	00:56:16	00:55:55	00:14:08	00:14:00 00:14:06 00:13:49
264	250	OPANOWICZ PAWEŁ	POL	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	LUBIN	79	M30/85		00:56:25	00:56:09	00:14:16	00:14:18 00:14:09 00:13:32
265	181	KOROL PIOTR	POL	MTS DRUŻYNA SZPOKU KGHM	LUBIN	81	M30/86		00:56:26	00:56:09	00:14:16	00:14:18 00:14:08 00:13:33
266	227	MESJASZ NATALIA	POL	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	LUBIN	92	K20/14		00:56:26	00:56:11	00:13:47	00:14:08 00:14:23 00:13:55
267	157	JUREK JAKUB	POL		LUBIN	92	M20/37		00:56:26	00:56:12	00:13:47	00:14:08 00:14:23 00:13:56
268	137	HEJBER GRZEGORZ	POL		LUBIN	77	M30/87		00:56:26	00:56:10	00:13:50	00:13:56 00:14:32 00:13:55
269	49	WŁODARCZAK TOMASZ	POL	KAJĘCIN BIEGA	GÓRA	68	M40/63	Góra/45	00:56:28	00:56:07	00:14:08	00:14:00 00:14:06 00:13:58

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Kraj Nat.	Drużyna Team	Miejscowość City	R-k YoB	W kategorii in Age	Grupa Group	Wynik Total	Wynik Netto	Międzyczasy	Check points
270	97	CIESIELSKI WALDEMAR	POL	NIEZRZESZONY	KOŚCIAN	68	M40/64		00:56:29	00:56:21	00:14:29	00:14:19 00:13:57 00:13:31
271	253	OSTROWSKI TOMASZ	POL	BIEGAM BO LUBIĘ	RAWICZ	80	M30/88		00:56:31	00:56:09	00:14:33	00:13:57 00:13:49 00:13:57
272	307	SOBKOWIAK PAWEŁ	POL	GRUPA GEZET	ZIELONA GÓRA	83	M30/89		00:56:38	00:56:18	00:15:18	00:13:21 00:13:56 00:13:52
273	228	MIĄZEK MARIOLA	POL		WIŃSKO	89	K20/15		00:56:39	00:56:33	00:13:21	00:14:15 00:14:44 00:14:07
274	187	KRZESAK JAN	POL	KB SUKCES ŻMIGRÓD	ŻMIGRÓD	45	M70+/1		00:57:31	00:57:21	00:12:44	00:13:52 00:14:59 00:15:40
275	154	JASIK MARLENA	POL		KROTOSZYN	67	K40/14		00:57:43	00:57:26	00:13:55	00:14:16 00:14:37 00:14:40
276	336	ŚLEBODA RYSZARD	POL	WKB PIAST	WOŁÓW	44	M70+/2		00:57:47	00:57:33	00:13:57	00:14:28 00:14:39 00:14:32
277	337	ŚLEBODA ROBERT	POL		WOŁÓW	67	M40/65		00:57:48	00:57:32	00:13:57	00:14:26 00:14:36 00:14:37
278	36	MISKIS MONIKA	POL		GÓRA	86	K20/16	Góra/46	00:57:48	00:57:32	00:14:28	00:14:22 00:14:39 00:14:07
279	346	TYCZYŃSKA KATARZYNA	POL	FILGROSOIL	LESZNO	76	K30/19		00:57:49	00:57:27	00:14:24	00:14:06 00:14:20 00:14:43
280	320	SZARSZEWSKI MICHAŁ	POL	FILGROSOIL	LIPNO	77	M30/90		00:57:50	00:57:28	00:14:24	00:14:06 00:14:20 00:14:43
281	321	SZARSZEWSKA ADRIANNA	POL	FILGROSOIL	LIPNO	78	K30/20		00:57:50	00:57:28	00:14:25	00:14:06 00:14:20 00:14:43
282	53	ZIELIŃSKI KRZYSZTOF	POL		GÓRA	56	M50/27	Góra/47	00:57:52	00:57:31	00:14:25	00:14:04 00:14:32 00:14:38
283	270	POCZTA DARIUSZ	POL		ZDUNY	73	M40/66		00:58:11	00:58:05	00:12:55	00:15:00 00:14:53 00:15:09
284	391	TALIKADZE ROMAN	POL	LKS SANA KOŚCIAN	KOŚCIAN	58	M50/28		00:58:14	00:58:13	00:13:36	00:13:46 00:14:38 00:15:59
285	351	WALCZAK JACEK	POL		CHOBHENIA	70	M40/67		00:58:16	00:57:59	00:13:54	00:14:18 00:14:51 00:15:00
286	300	SKRZYPEK ADRIAN	POL	MASŁOWO BIEGA	RAWICZ	78	M30/91		00:58:21	00:58:02	00:13:37	00:13:52 00:15:12 00:15:25
287	349	URBAN MIECZYŚLAW	POL	ROZBIEGANY RAWICZ	RAWICZ	52	M60/10		00:58:46	00:58:25	00:15:04	00:14:26 00:14:30 00:14:29
288	153	JASIK MACIEJ	POL		KROTOSZYN	65	M50/29		00:59:28	00:59:13	00:13:58	00:14:37 00:15:07 00:15:31
289	54	ZIELIŃSKI MICHAŁ	POL	PRUDENTIAL	GÓRA	86	M20/38	Góra/48	00:59:51	00:59:29	00:14:09	00:14:32 00:15:27 00:15:32
290	305	SOBCZAK AGATA	POL	KS KROTOSZ KROTOSZYN	GOLINA	85	K30/21		00:59:54	00:59:38	00:14:47	00:14:49 00:15:24 00:14:41
291	289	RYBA WOJCIECH	POL	KS KROTOSZ KROTOSZYN	KROTOSZYN	85	M30/92		00:59:54	00:59:38	00:14:47	00:14:49 00:15:24 00:14:41
292	310	SÓJKA KORNELIA	POL	KS KROTOSZ KROTOSZYN	KOBIERNO	96	K20/17		00:59:54	00:59:37	00:14:46	00:14:50 00:15:24 00:14:41
293	327	SZUMNA BEATA	POL		LESZNO	75	K40/15		01:00:54	01:00:53	00:14:16	00:15:19 00:15:38 00:15:27
294	344	TYCZYŃSKI MAREK	POL	MASŁOWO BIEGA -)	RAWICZ-MASŁOW	71	M40/68		01:00:59	01:00:37	00:14:48	00:14:00 00:16:11 00:15:42
295	301	SKUBISZ ANNA	POL		RAWICZ	81	K30/22		01:01:05	01:00:45	00:14:50	00:15:19 00:15:17 00:15:26
296	234	MUSIOŁ KAROLINA	POL		RAWICZ	79	K30/23		01:01:06	01:00:47	00:14:50	00:15:19 00:15:17 00:15:27
297	260	PIETRAS MAREK	POL	KB SUKCES ŻMIGRÓD	TRZEBNICA	85	M30/93		01:01:19	01:01:01	00:15:27	00:15:00 00:14:59 00:15:40
298	365	WOJDYŁA MIECZYŚLAW	POL	TRADYCJA@JAKOSC	WROCŁAW	64	M50/30		01:01:57	01:01:34	00:14:48	00:14:57 00:15:43 00:16:14
299	232	MULLER KRYSZTIAN	POL		ŻMIGRÓD	91	M20/39		01:02:55	01:02:37	00:14:39	00:15:34 00:16:24 00:16:05
300	266	PLEWIŃSKA RENATA	POL		LESZNO	69	K40/16		01:02:56	01:02:39	00:14:47	00:15:16 00:15:57 00:16:40
301	362	WOJCIECHOWSKI STANISŁAW	POL	MARATON LESZNO	LESZNO	52	M60/11		01:03:37	01:03:31	00:14:58	00:15:24 00:16:08 00:16:50
302	209	MACIOCHA JANINA	POL	BIEGAMY SPOD NETTO NYSA	WŁODARY	65	K50+/3		01:04:00	01:03:49	00:14:44	00:15:49 00:16:26 00:16:48
303	212	MAĆKOWIAK KAROLINA	POL	MASŁOWO BIEGA	RAWICZ	85	K30/24		01:04:12	01:03:52	00:15:18	00:15:36 00:16:33 00:16:36
304	156	JURCZAK PIOTR	POL		LUBIN	83	M30/94		01:04:26	01:04:15	00:13:53	00:16:39 00:16:55 00:16:44
305	347	TYMKÓW KATARZYNA	POL	BIEGAMY SPOD NETTO NYSA	NYSA	91	K20/18		01:06:24	01:06:13	00:14:30	00:16:45 00:17:21 00:17:33
306	211	MAĆKOWIAK VALERY	POL	KS KROTOSZ KROTOSZYN	KROTOSZYN	54	M60/12		01:07:36	01:07:26	00:15:43	00:16:34 00:17:13 00:17:47
307	50	SZUPER ARKADIUSZ	POL		GÓRA	68	M40/69	Góra/49	01:08:08	01:07:54	00:15:44	00:16:37 00:17:37 00:17:55

<i>Miejsce Rank</i>	<i>Nr Bib</i>	<i>Nazwisko i imię Name</i>	<i>Kraj Nat.</i>	<i>Drużyna Team</i>	<i>Miejscowość City</i>	<i>R-k YoB</i>	<i>W kategorii in Age</i>	<i>Grupa Group</i>	<i>Wynik Total</i>	<i>Wynik Netto</i>	<i>Międzyczasy</i>	<i>Check points</i>
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