

VI Bieg Koguta

WYNIKI ZAWODÓW

Bieg 10km

Organizator: Oławska Grupa Biegowa - KB "DOMBUD" Oława, Urząd Miejski oraz Starostwo Powiatowe w Oławie

Termin: 16.06.2013

Miejsce: Oława

Dystans: 10 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]
Bieg 10km Kobiety KATEGORIA:K50+										
1	451	SOBCZAK Renata	OLEŚNICA ŚLĄSKA		POL	53	K50+1 (K)52	00:58:55	00:58:37	05.51
2	293	LABUZ Ewa	WROCLAW		POL	55	K50+2 (K)59	01:01:03	01:00:55	06.05
3	43	BIĄŁOŻYD Bożena	WROCLAW		POL	59	K50+3 (K)71	01:06:12	01:05:44	06.34
4	353	NIEZGÓDKA Jolanta	WROCLAW		POL	59	K50+4 (K)85	01:17:44	01:17:25	07.44
5	610	KOWALIK Alicja	WROCLAW		POL	63	K50+5 (K)86	01:19:24	01:19:00	07.54
6	628	SOCHA Stanisława	OŁAWA		POL	48	K50+6 (K)90	01:41:34	01:40:57	10.05
Bieg 10km Kobiety KATEGORIA:K40										
1	340	MIZERA Agnieszka	WROCLAW		POL	69	K40/1 (K)13	00:49:09	00:49:04	04.54
2	255	KOZYRSKA Agnieszka	SOBÓTKA		POL	72	K40/2 (K)16	00:49:42	00:49:30	04.57
3	61	BOGDANOWICZ Maria	WROCLAW		POL	66	K40/3 (K)17	00:49:48	00:49:38	04.57
4	135	GAJ-JURCZYK Renata	LEWIN BRZESKI		POL	73	K40/4 (K)26	00:52:04	00:51:52	05.11
5	381	PARUSZEWSKA Joanna	OPOLE		POL	73	K40/5 (K)29	00:53:01	00:52:51	05.17
6	464	STACHURA Beata	NYSA		POL	73	K40/6 (K)35	00:54:06	00:53:37	05.21
7	113	DUDEK Emilia	NYSA		POL	72	K40/7 (K)39	00:55:21	00:55:15	05.31
8	536	WĄSEK Joanna	OPOLE		POL	69	K40/8 (K)42	00:56:41	00:56:10	05.37
9	167	HALADEWICZ Anna	STANOWICE		POL	73	K40/9 (K)43	00:56:42	00:56:19	05.37
10	130	FRANKOWSKA Elżbieta	WROCLAW		POL	70	K40/10 (K)45	00:56:57	00:56:48	05.40
11	133	GADZIŃSKA Krystyna	WROCLAW		POL	64	K40/11 (K)48	00:58:17	00:58:12	05.49
12	459	SOWULA Dorota	WROCLAW		POL	73	K40/12 (K)49	00:58:18	00:58:03	05.48
13	670	SIMIŃSKA Renata	POBIELONA		POL	65	K40/13 (K)66	01:04:54	01:04:33	06.27
14	620	JALUSZYŃSKA Marzena	OŁAWA-WIEMIL		POL	70	K40/14 (K)68	01:05:28	01:05:11	06.31
15	44	BIEGAŃSKA Malwina	RADWANICE		POL	72	K40/15 (K)73	01:06:45	01:06:12	06.37
16	407	RACZYŃSKA Elżbieta	WROCLAW		POL	67	K40/16 (K)77	01:10:08	01:09:43	06.58
Bieg 10km Kobiety KATEGORIA:K30										
1	432	SHCHENSNA- RADZIKOVSKA Halyna	ŚWIDNICA		POL	81	K30/1 (K)1	00:42:28	00:42:24	04.14
2	543	WIĘCEK Anna	WROCLAW		POL	80	K30/2 (K)2	00:43:16	00:43:11	04.19
3	471	STEFANIAK Justyna	OLEŚNICA		POL	76	K30/3 (K)4	00:46:00	00:45:57	04.35
4	359	NIWIŃSKA Alina	WROCLAW		POL	79	K30/4 (K)7	00:47:10	00:47:01	04.42
5	126	FOGIEL-PAWŁOWSKA Agnieszka	WROCLAW		POL	79	K30/5 (K)8	00:47:27	00:47:20	04.44
6	345	MRUGAŁA Monika	WĘGRY		POL	74	K30/6 (K)11	00:48:52	00:48:43	04.52
7	360	NIWIŃSKA Anna	CHOJNÓW		POL	82	K30/7 (K)12	00:49:07	00:48:59	04.53
8	453	SOBCZYK Marta	OŁAWA		POL	80	K30/8 (K)14	00:49:18	00:49:03	04.54
9	145	GOCHA Monika	WROCLAW		POL	76	K30/9 (K)15	00:49:19	00:49:05	04.54
10	153	GOULIA Vita	WROCLAW		POL	83	K30/10 (K)18	00:49:57	00:49:54	04.59
11	127	FOJTAR Dorota	KRZEPTÓW		POL	75	K30/11 (K)19	00:50:28	00:50:20	05.02
12	256	KRAJEWSKA Agata	OŁAWA		POL	79	K30/12 (K)20	00:50:38	00:50:31	05.03
13	452	SOBCZYK Magdalena	OŁAWA		POL	80	K30/13 (K)21	00:50:39	00:50:24	05.02
14	184	JANKOWICZ Agnieszka	WAŁBRZYCH		POL	81	K30/14 (K)22	00:51:20	00:50:59	05.05
15	226	KOCZUŁA Justyna	KĘDZIERZYN-KOŹLE		POL	81	K30/15 (K)24	00:51:37	00:51:18	05.07
16	148	GOŁĘBIEWSKA Sylwia	ŚWIDNICA		POL	75	K30/16 (K)25	00:51:55	00:51:48	05.10
17	28	BARTOSZEK-KUNECKA Joanna	RATOWICE		POL	74	K30/17 (K)27	00:52:05	00:51:42	05.10
18	554	WOLAŃSKA Beata	WROCLAW		POL	80	K30/18 (K)30	00:53:02	00:52:50	05.17
19	162	GUSZPIT Agata	OŁAWA		POL	75	K30/19 (K)33	00:53:40	00:53:10	05.19
20	378	OZDOBA Sylwia	SIECHNICE		POL	77	K30/20 (K)34	00:53:44	00:53:29	05.20

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]
21	91	CYTAWA Ilona	WROCLAW	POL		75	K30/21 (K)36	00:54:42	00:54:32	05.27
22	631	TYBUREK Barbara	OLAWA	POL		79	K30/22 (K)38	00:55:06	00:54:43	05.28
23	10	ALFAWICKA Marta	OLAWA	POL		81	K30/23 (K)44	00:56:55	00:56:40	05.40
24	267	KRUCZKIEWICZ Magdalena	WROCLAW	POL		78	K30/24 (K)46	00:57:07	00:56:36	05.39
25	656	KLUBA Anna	KOSTOMLOTY	POL		76	K30/25 (K)50	00:58:33	00:58:21	05.50
26	418	ROGOWSKA Aleksandra	OLAWA	POL		83	K30/26 (K)54	00:59:44	00:59:30	05.57
27	172	HLIBOWSKA Justyna	100	POL		78	K30/27 (K)56	01:00:31	01:00:07	06.00
28	570	WYSOCZAŃSKA Małgorzata	WROCLAW	POL		80	K30/28 (K)63	01:01:37	01:01:33	06.09
29	412	RAKOWSKA Katarzyna	WROCLAW	POL		79	K30/29 (K)64	01:02:57	01:02:27	06.14
30	503	ŚREDZIŃSKA Joanna	WROCLAW	POL		81	K30/30 (K)69	01:05:29	01:05:12	06.31
31	686	AGATA-GĘSIĄK Agata	OLAWA	POL		79	K30/31 (K)70	01:05:55	01:05:24	06.32
32	666	LECH-PAZIEWSKA Ewa	RADWANICE	POL		81	K30/32 (K)72	01:06:45	01:06:11	06.37
33	317	MADEJ Małgorzata	BRYNICA	POL		80	K30/33 (K)74	01:07:02	01:06:36	06.39
34	481	SZATKO Agnieszka	WROCLAW	POL		81	K30/34 (K)79	01:10:16	01:09:48	06.58
35	14	ANDRZEJCZAK Maria	JELCZ-LASKOWICE	POL		80	K30/35 (K)81	01:11:27	01:10:54	07.05
36	635	ZALACHOWSKA Jolanta	RYBIN	POL		79	K30/36 (K)82	01:14:01	01:13:41	07.22
37	352	NAWROT Edyta	OLAWA	POL		76	K30/37 (K)87	01:23:11	01:22:39	08.15

Bieg 10km Kobiety KATEGORIA:K20

1	358	NIWIŃSKA Aleksandra	CHOJNÓW	POL		86	K20/1 (K)3	00:44:30	00:44:22	04.26
2	205	KAPA Małgorzata	LESNA	POL		86	K20/2 (K)5	00:46:09	00:46:05	04.36
3	650	KOWAL Sylwia	SZCZYTNICA	POL		84	K20/3 (K)6	00:46:49	00:46:46	04.40
4	69	BUDZEŃ Sandra	NYSA	POL		86	K20/4 (K)9	00:47:34	00:47:31	04.45
5	64	BOROŃ Aleksandra	OPOLE	POL		91	K20/5 (K)10	00:48:36	00:48:32	04.51
6	595	STOLF Aleksandra	OLAWA	POL		89	K20/6 (K)23	00:51:33	00:51:22	05.08
7	334	MECAN Magdalena	BYSTRZYCA	POL		91	K20/7 (K)28	00:52:37	00:52:14	05.13
8	117	DZIAZIAK Agnieszka	OLAWA	POL		86	K20/8 (K)31	00:53:27	00:52:59	05.17
9	76	BURDELAK Agnieszka	JELCZ-LASKOWICE	POL		91	K20/9 (K)32	00:53:28	00:53:19	05.19
10	648	BEDNARZ Sara	BRZEG	POL		85	K20/10 (K)37	00:54:47	00:54:17	05.25
11	333	MAZUR Agnieszka	OLAWA	POL		87	K20/11 (K)40	00:56:19	00:56:05	05.36
12	258	KRAUZA Paulina	BORÓW	POL		85	K20/12 (K)41	00:56:40	00:56:26	05.38
13	260	KRÓLICKA Aleksandra	OLAWA	POL		93	K20/13 (K)47	00:57:45	00:57:14	05.43
14	98	DEC Małgorzata	SOBÓTKA	POL		85	K20/14 (K)51	00:58:36	00:58:19	05.49
15	685	TUREK Sylwia	WARSZAWA	POL		86	K20/15 (K)53	00:59:01	00:58:25	05.50
16	79	BUTRAK Katarzyna	BRZEG	POL		87	K20/16 (K)57	01:00:33	01:00:02	06.00
17	400	PRAJSNER Monika	WROCLAW	POL		87	K20/17 (K)58	01:00:33	01:00:05	06.00
18	469	STAROŃ Antonina	BRZEG	POL		86	K20/18 (K)60	01:01:10	01:00:34	06.03
19	161	GURTOWSKA Małgorzata	PRUSZKÓW	POL		91	K20/19 (K)61	01:01:15	01:01:00	06.06
20	203	KAMIŃSKA Ewelina	OLAWA1	POL		90	K20/20 (K)62	01:01:31	01:01:06	06.06
21	436	SIMIŃSKA Magdalena	POBIEDNA	POL		87	K20/21 (K)67	01:05:06	01:04:49	06.28
22	190	JĘDRZEJOWSKA Anna	OLAWA	POL		84	K20/22 (K)75	01:07:56	01:07:30	06.45
23	687	SZCZĘCH Justyna	WROCLAW	POL		88	K20/23 (K)76	01:08:02	01:07:39	06.45
24	318	MAJTA Michalina	OLAWA	POL		88	K20/24 (K)78	01:10:12	01:09:44	06.58
25	599	STĘPNIAK Katarzyna	OLAWA	POL		86	K20/25 (K)80	01:10:57	01:10:43	07.04
26	329	MAŚLUSZCZAK Agata	OLAWA	POL		86	K20/26 (K)83	01:14:14	01:13:43	07.22
27	490	SZELAĞ Natalia	GRODKÓW	POL		87	K20/27 (K)84	01:14:18	01:13:52	07.23
28	660	KOZŁOWSKA Ewa	WROCLAW	POL		86	K20/28 (K)89	01:26:01	01:25:25	08.32

Bieg 10km Kobiety KATEGORIA:K16

1	254	KOZŁOWSKA Emma	WROCLAW	POL		95	K16/1 (K)55	01:00:27	01:00:02	06.00
2	96	DAWIDOWICZ Magdalena	OLAWA	POL		97	K16/2 (K)65	01:03:18	01:03:16	06.19

Bieg 10km Mężczyźni KATEGORIA:M70








1	404	PUSZCZEWICZ Zenon	PISARZOWICE	POL		41	M70/1 (M)192	00:49:18	00:49:15	04.55
2	110	DUBIJ Leon	WROCLAW	POL		41	M70/2 (M)268	00:52:32	00:52:15	05.13
3	466	STADNICZUK Michał	MIKOWICE 90	POL		30	M70/3 (M)363	01:03:07	01:02:44	06.16
4	321	MALISZEWSKI Józef	WROCLAW	POL		40	M70/4 (M)372	01:08:22	01:07:52	06.47
5	529	URAMOWSKI Józef	WROCLAW	POL		38	M70/5 (M)381	01:11:33	01:11:18	07.07
6	343	MOSTYŃSKI Jerzy	SYCÓW	POL		43	M70/6 (M)382	01:17:16	01:17:04	07.42

Bieg 10km Mężczyźni KATEGORIA:M60



















































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]
1	154	GÓRAK Henryk	TYCHY	POL		53	M60/1 (M)30	00:39:38	00:39:36	03.57
2	189	JENDRASZAK Zdzisław	JELCZ LASKOWICE	POL		53	M60/2 (M)101	00:44:45	00:44:43	04.28
3	508	TASAREK Ryszard	NYSA	POL		52	M60/3 (M)113	00:45:23	00:45:18	04.31
4	488	SZCZEŚNIAK Andrzej	WROCLAW	POL		49	M60/4 (M)158	00:47:32	00:47:26	04.44
5	68	BRZEZIŃSKI Zbigniew	BRZEG	POL		44	M60/5 (M)164	00:47:54	00:47:51	04.47
6	349	MUSUR Adam	OLEŚNICA	POL		53	M60/6 (M)178	00:48:20	00:48:15	04.49
7	580	ZIELIŃSKI Jan	WROCLAW	POL		52	M60/7 (M)184	00:48:51	00:48:34	04.51
8	596	PONIECKI Jan	OŚLIZÓW	POL		46	M60/8 (M)200	00:49:33	00:49:23	04.56
9	21	BARABASZ Jerzy	WROCLAW	POL		50	M60/9 (M)212	00:50:04	00:49:41	04.58
10	277	KUDŁA Czesław	MIKOWICE	POL		51	M60/10 (M)229	00:50:37	00:50:04	05.00
11	116	DYLLA Franz	TARNOW OPOLSKI	POL		48	M60/11 (M)238	00:50:54	00:50:36	05.03
12	383	PAWLIK Zygmunt	OLAWA	POL		46	M60/12 (M)242	00:51:11	00:50:39	05.03
13	615	CZAJKOWSKI Stanisław	JELCZ-LASKOWICE	POL		50	M60/13 (M)247	00:51:22	00:51:16	05.07
14	275	KUBICKI Bernard	LUBIN	POL		51	M60/14 (M)258	00:51:52	00:51:43	05.10
15	632	GIZIŃSKI Stefan	WOŁÓW	POL		48	M60/15 (M)266	00:52:15	00:51:57	05.11
16	534	WANAT Waclaw	WROCLAW	POL		46	M60/16 (M)279	00:53:16	00:52:58	05.17
17	63	BORA Andrzej	WROCLAW	POL		48	M60/17 (M)287	00:54:03	00:53:47	05.22
18	515	TOM Andrzej	WROCLAW	POL		52	M60/18 (M)290	00:54:13	00:53:48	05.22
19	219	KINAL Leszek	WROCLAW	POL		50	M60/19 (M)298	00:55:34	00:55:20	05.32
20	597	ŚLEBODA Ryszard	WOŁÓW	POL		44	M60/20 (M)343	01:00:18	00:59:58	05.59

Bieg 10km Mężczyźni KATEGORIA:M50

1	94	CZERSKI Marian	WROCLAW	POL		57	M50/1 (M)26	00:39:21	00:39:16	03.55
2	134	GADZIŃSKI Marek	WROCLAW	POL		62	M50/2 (M)45	00:40:58	00:40:56	04.05
3	608	WILK Czesław	WĘGRÓW	POL		58	M50/3 (M)63	00:43:01	00:42:58	04.17
4	393	PIOTRKOWSKI Jerzy	WROCLAW	POL		58	M50/4 (M)70	00:43:25	00:43:12	04.19
5	468	STANKIEWICZ Antoni	SOBÓTKA	POL		58	M50/5 (M)76	00:43:40	00:43:36	04.21
6	475	STYPUŁA Marian	ŚWIDNICA	POL		61	M50/6 (M)85	00:43:58	00:43:52	04.23
7	231	KOPIJ Wiesław	BRZEG	POL		62	M50/7 (M)88	00:44:05	00:43:59	04.23
8	124	FLORCZAK Dariusz	NAMYSŁÓW	POL		63	M50/8 (M)96	00:44:34	00:44:23	04.26
9	521	TROJAN Stanisław	WROCLAW	POL		58	M50/9 (M)104	00:44:56	00:44:47	04.28
10	582	ZIOŁA Tadeusz	BOGATYNIA	POL		63	M50/10 (M)126	00:45:57	00:45:48	04.34
11	128	FOKSA Marek	OSTRZESZÓW	POL		56	M50/11 (M)131	00:46:17	00:46:13	04.37
12	251	KOZIMOR Wiesław	LEWIN BRZESKI	POL		61	M50/12 (M)147	00:46:59	00:46:43	04.40
13	626	MAREK Romuald	WROCLAW	POL		59	M50/13 (M)155	00:47:26	00:47:17	04.43
14	213	KASPRZAK Tomasz	WROCLAW	POL		63	M50/14 (M)163	00:47:47	00:47:29	04.44
15	24	BARAŃSKI Andrzej	WROCLAW	POL		60	M50/15 (M)181	00:48:26	00:48:12	04.49
16	143	GIL Zygmunt	WROCLAW	POL		57	M50/16 (M)190	00:49:15	00:49:08	04.54
17	71	BUDZIK Ryszard	BRZEG	POL		62	M50/17 (M)199	00:49:32	00:49:14	04.55
18	402	PRZECH Władysław	JELCZ-LASKOWICE	POL		56	M50/18 (M)204	00:49:40	00:49:30	04.57
19	166	HALON Andrzej	OPOLE	POL		54	M50/19 (M)206	00:49:43	00:49:24	04.56
20	493	SZÓSTAK Krzysztof	JELCZ-LASKOWICE	POL		55	M50/20 (M)220	00:50:22	00:50:09	05.00
21	57	BŁOCH Marek	GRODKÓW	POL		59	M50/21 (M)224	00:50:30	00:50:23	05.02
22	15	BABSKI Tadeusz	JELCZ-LASKOWICE	POL		57	M50/22 (M)235	00:50:49	00:50:35	05.03
23	248	KOZACZUK Krzysztof	JORDANÓW ŚLĄSKI	POL		58	M50/23 (M)250	00:51:28	00:51:11	05.07
24	587	WÓJCİK Jarosław	OLAWA	POL		61	M50/24 (M)267	00:52:24	00:52:18	05.13
25	46	BIELEC Ryszard	WROCLAW	POL		63	M50/25 (M)278	00:53:15	00:52:41	05.16
26	294	LABUZ Marek	WROCLAW	POL		56	M50/26 (M)280	00:53:21	00:53:12	05.19
27	297	LACHOWICZ Janusz jony	REKÓW	POL		61	M50/27 (M)283	00:53:39	00:53:09	05.18
28	639	MANDAT Jan	OLEŚNICA	POL		59	M50/28 (M)285	00:53:52	00:53:47	05.22
29	215	KĄŻMIERKIEWICZ Marian	JELCZ-LASKOWICE	POL		55	M50/29 (M)286	00:53:57	00:53:35	05.21
30	342	MOSKWA Krzysztof	LESZNO	POL		57	M50/30 (M)288	00:54:04	00:53:44	05.22
31	85	CIECIORA Wojciech	SOBÓTKA	POL		61	M50/31 (M)291	00:54:34	00:54:18	05.25
32	406	PYREK Wiesław	OLAWA	POL		57	M50/32 (M)296	00:55:22	00:55:00	05.30
33	55	BŁASZKIEWICZ Andrzej	JELCZ-LASKOWICE	POL		54	M50/33 (M)301	00:55:43	00:55:38	05.33
34	558	WOŹNICZKA Roman	BRZEG	POL		60	M50/34 (M)314	00:56:23	00:55:49	05.34
35	32	BAZYLEWICZ Ireneusz	OLAWA	POL		63	M50/35 (M)315	00:56:33	00:56:01	05.36
36	33	BEDNARCZYK Wiesław	BRZEG	POL		56	M50/36 (M)318	00:56:52	00:56:48	05.40
37	185	JASICKI Henryk	OLAWA	POL		61	M50/37 (M)324	00:58:08	00:57:40	05.46

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k YoB	W kategorii in Age Sex	Czas Time	Netto	[min/km]
38	403	PRZYBYLSKI Jan	ŻARÓW	 POL		55	M50/38 (M)327	00:58:19	00:57:57	05.47
39	479	SZAŁAJKO Jerzy	WROCLAW	 POL		62	M50/39 (M)344	01:00:20	00:59:59	05.59
40	646	KLEPACKI Waldemar	OLAWA	 POL		62	M50/40 (M)355	01:02:03	01:01:29	06.08
41	356	NIEZGÓDKA Zbigniew	WROCLAW	 POL		59	M50/41 (M)359	01:02:35	01:02:16	06.13
42	42	BIAŁOŻYD Andrzej	WROCLAW	 POL		58	M50/42 (M)369	01:06:12	01:05:44	06.34
43	456	SOLTYŃSKI Andrzej	NADOLICE WIELKIE	 POL		60	M50/43 (M)370	01:07:28	01:07:16	06.43
44	460	SPADLO Andrzej	WILKÓW K/NAMYSŁOWA	 POL		60	M50/44 (M)380	01:11:13	01:10:47	07.04

Bieg 10km Mężczyźni KATEGORIA:M40

1	513	TOKARCZYK Mariusz	LEGNICA	 POL		73	M40/1 (M)11	00:36:54	00:36:52	03.41
2	461	SPALIŃSKI Piotr	OLAWA	 POL		68	M40/2 (M)15	00:37:02	00:37:01	03.42
3	131	FRANKOWSKI Damian	WROCLAW	 POL		70	M40/3 (M)27	00:39:23	00:39:20	03.56
4	47	BIENIAS Andrzej	WROCLAW	 POL		71	M40/4 (M)28	00:39:30	00:39:30	03.57
5	315	MACIASZCZYK Roman	BIERUTÓW	 POL		69	M40/5 (M)37	00:40:13	00:40:11	04.01
6	547	WIŚNIEWSKI Sławomir	WROCLAW	 POL		73	M40/6 (M)40	00:40:27	00:40:23	04.02
7	202	KALITA Arkadiusz	JAWORZE	 POL		73	M40/7 (M)44	00:40:52	00:40:49	04.04
8	183	JANIAK Witold	WROCLAW	 POL		70	M40/8 (M)60	00:42:50	00:42:46	04.16
9	336	MICHALSKI Adam	SOBÓTKA	 POL		70	M40/9 (M)64	00:43:07	00:43:01	04.18
10	305	LIPNICKI Tomasz	WROCLAW	 POL		70	M40/10 (M)66	00:43:15	00:42:59	04.17
11	121	FALKESTÖM Anders	WROCLAW	 POL		73	M40/11 (M)68	00:43:21	00:43:20	04.20
12	324	MANIAK Dariusz	50-319	 POL		71	M40/12 (M)71	00:43:29	00:43:19	04.19
13	314	ŁUKASZEWSKI Andrzej	WROCLAW	 POL		67	M40/13 (M)83	00:43:56	00:43:53	04.23
14	122	FILIPCZAK Dariusz	STRZELCE OPOLSKIE	 POL		68	M40/14 (M)86	00:43:58	00:43:55	04.23
15	489	SZCZĘŚNIK Jerzy	WROCLAW	 POL		68	M40/15 (M)89	00:44:10	00:44:07	04.24
16	328	MARTUSEWICZ Jarosław	ŚWIĘTA KATARZYNA	 POL		69	M40/16 (M)90	00:44:11	00:43:56	04.23
17	446	SMOLARZ Maciej	BIELAWA	 POL		72	M40/17 (M)98	00:44:39	00:44:28	04.26
18	84	CIECIELĄG Jarosław	NYSA	 POL		68	M40/18 (M)103	00:44:52	00:44:47	04.28
19	242	KOWAL Adam	CHWAŁOWICE	 POL		65	M40/19 (M)109	00:45:09	00:44:49	04.28
20	444	SŁOBODZIAN Jerzy	DZIERŻONIÓW	 POL		66	M40/20 (M)112	00:45:20	00:45:11	04.31
21	90	CYTAWA Arkadiusz	WROCLAW	 POL		71	M40/21 (M)128	00:46:06	00:45:59	04.35
22	355	NIEZGÓDKA Tomasz	WROCLAW	 POL		70	M40/22 (M)133	00:46:17	00:46:03	04.36
23	470	STAWARZ Paweł	OLEŚNICA	 POL		69	M40/23 (M)134	00:46:18	00:46:12	04.37
24	195	JURCZYK Robert	LEWIN BRZESKI	 POL		72	M40/24 (M)135	00:46:19	00:46:06	04.36
25	65	BORUCKI Artur	WROCLAW	 POL		64	M40/25 (M)136	00:46:21	00:46:12	04.37
26	155	GÓRAL Robert	BRZEG	 POL		71	M40/26 (M)139	00:46:28	00:46:22	04.38
27	270	KRZYŻAK Edward	WROCLAW	 POL		69	M40/27 (M)143	00:46:42	00:46:35	04.39
28	83	CHODACZEK Mariusz	STANOWICE	 POL		73	M40/28 (M)144	00:46:43	00:46:38	04.39
29	196	JURECKI Zygfryd	WROCLAW	 POL		65	M40/29 (M)148	00:47:00	00:46:41	04.40
30	246	KOWALEWSKI Robert	WROCLAW	 POL		69	M40/30 (M)151	00:47:09	00:46:51	04.41
31	420	ROGOWSKI Mariusz	MIKOWICE	 POL		72	M40/31 (M)153	00:47:19	00:47:14	04.43
32	276	KUBOWICZ Zbigniew	OLAWA	 POL		66	M40/32 (M)159	00:47:36	00:47:15	04.43
33	30	BASALYGO Maciek	WROCLAW	 POL		71	M40/33 (M)162	00:47:43	00:47:33	04.45
34	101	DOBRYCZYcki Janusz	NYSA	 POL		68	M40/34 (M)167	00:48:00	00:47:49	04.46
35	142	GERUS Wiesław	WROCLAW	 POL		65	M40/35 (M)168	00:48:06	00:47:48	04.46
36	175	HRYDCZUK Wiesław	WIAZÓW	 POL		64	M40/36 (M)169	00:48:08	00:48:06	04.48
37	239	KOSIOL Andrzej	WROCLAW	 POL		64	M40/37 (M)172	00:48:11	00:48:03	04.48
38	664	SAWICKI Ireneusz	BRZEG	 POL		73	M40/38 (M)173	00:48:13	00:48:00	04.48
39	671	SIMIŃSKI Jacek	POBIEDNA	 POL		64	M40/39 (M)179	00:48:20	00:48:02	04.48
40	176	JACH Paweł i maciek	WROCLAW	 POL		64	M40/40 (M)187	00:49:12	00:48:31	04.51
41	598	ŚLEBODA Robert	WOŁÓW	 POL		67	M40/41 (M)189	00:49:14	00:48:50	04.53
42	430	SEREDYNIECKI Ryszard	OLAWA	 POL		72	M40/42 (M)191	00:49:15	00:49:06	04.54
43	562	WRÓBEL Robert	WROCLAW	 POL		73	M40/43 (M)194	00:49:21	00:49:07	04.54
44	674	STROKA Henryk	SOBÓTKA	 POL		69	M40/44 (M)196	00:49:22	00:49:06	04.54
45	112	DUDA Grzegorz	LEGNICA	 POL		73	M40/45 (M)201	00:49:34	00:49:20	04.56
46	409	RADOCH Marek	OLAWA	 POL		71	M40/46 (M)205	00:49:41	00:49:32	04.57
47	177	JACKIEWICZ Arkadiusz	GLOGÓW	 POL		66	M40/47 (M)216	00:50:16	00:50:04	05.00
48	495	SZTYK Jarosław	JELCZ-LASKOWICE	 POL		67	M40/48 (M)219	00:50:22	00:50:14	05.01
49	245	KOWALEWSKI Dariusz	SWINOUJSCIE	 POL		64	M40/49 (M)223	00:50:28	00:50:04	05.00
50	291	KWINTA Maciej	WROCLAW	 POL		72	M40/50 (M)228	00:50:35	00:50:24	05.02






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]
51	431	SERWADCZAK Piotr	SKARBIMIERZ OSIEDLE	POL		72	M40/51 (M)240	00:51:04	00:50:53	05.05
52	611	BEREŻNICKI Jacek	OLAWA	POL		69	M40/52 (M)246	00:51:22	00:50:58	05.05
53	530	URBAŃSKI Krzysztof	OLAWA	POL		67	M40/53 (M)248	00:51:25	00:51:07	05.06
54	26	BARNOWSKI Przemysław	KIELCZOW	POL		68	M40/54 (M)254	00:51:42	00:51:18	05.07
55	572	ZAJĄC Tomasz	WROCLAW	POL		73	M40/55 (M)259	00:51:55	00:51:32	05.09
56	105	DRABIK Marcin	WROCLAW	POL		71	M40/56 (M)260	00:51:57	00:51:37	05.09
57	234	KORKUĆ Piotr	WROCLAW	POL		70	M40/57 (M)262	00:52:02	00:51:34	05.09
58	550	WOJCIECHOWSKI Henryk	BRZEG	POL		73	M40/58 (M)275	00:52:57	00:52:23	05.14
59	377	OZDOBA Krzysztof	SIECHNICE	POL		73	M40/59 (M)284	00:53:45	00:53:29	05.20
60	401	PROCYK Wojciech	WYSOKA	POL		73	M40/60 (M)292	00:54:34	00:54:07	05.24
61	555	WOLCZYK Grzegorz	ZIEBICE	POL		73	M40/61 (M)295	00:55:07	00:54:50	05.29
62	636	ZALACHOWSKI Antoni	RYBIN	POL		73	M40/62 (M)299	00:55:35	00:55:13	05.31
63	81	CHELMINIAK Dominik	KRÓLIKOWICE-KOBIERZY	POL		73	M40/63 (M)305	00:55:54	00:55:32	05.33
64	499	SZYMULA Andrzej	MYŚLIBORZYCE	POL		65	M40/64 (M)319	00:57:01	00:56:35	05.39
65	688	DOROCIAK Marek	PĘPICE	POL		64	M40/65 (M)320	00:57:22	00:57:14	05.43
66	559	WÓJCIK Henryk	BRZEG	POL		70	M40/66 (M)325	00:58:10	00:57:44	05.46
67	480	SZAŁAJKO Jacek	WROCLAW	POL		69	M40/67 (M)326	00:58:19	00:57:58	05.47
68	366	OBIEGLY Ireneusz	WROCLAW	POL		69	M40/68 (M)335	00:59:21	00:59:08	05.54
69	80	CHALUBIEC Michał	OLAWA	POL		72	M40/69 (M)336	00:59:24	00:59:01	05.54
70	589	PALUSZCZAK Roman	MARCINKOWICE	POL		71	M40/70 (M)337	00:59:30	00:59:11	05.55
71	351	NAROWSKI Bogusław	SIECHNICE	POL		70	M40/71 (M)340	00:59:54	00:59:19	05.55
72	669	KSIĄCZAK Dawid	WROCLAW	POL		73	M40/72 (M)341	00:59:56	00:59:21	05.56
73	250	KOZIARSKI Janusz	BRZEG	POL		70	M40/73 (M)351	01:01:15	01:00:46	06.04
74	269	KRZĘTOWSKI Waldemar	OLAWA	POL		67	M40/74 (M)365	01:04:11	01:03:50	06.23
75	374	ORŁOWSKI Ireneusz	OLAWA	POL		71	M40/75 (M)371	01:08:02	01:07:35	06.45
76	619	FRISCHMANN Tomasz	OLAWA	POL		72	M40/76 (M)373	01:09:03	01:08:41	06.52
77	621	JAROSŁAWSKI Mariusz	OLAWA	POL		72	M40/77 (M)374	01:09:03	01:08:42	06.52
78	541	WIERCIOCH Krzysztof	OLAWA	POL		66	M40/78 (M)375	01:09:12	01:08:52	06.53
79	613	ŚWIĘS Dariusz	WROCLAW	POL		68	M40/79 (M)376	01:10:01	01:09:31	06.57
80	553	WOJDYŁA Mieczysław	WROCLAW	POL		64	M40/80 (M)379	01:11:11	01:10:41	07.04

Bieg 10km Mężczyźni KATEGORIA:M30





















































1	405	PUTYRA Adam	WYSOKA	POL		83	M30/1 (M)2	00:34:27	00:34:26	03.26
2	158	GRONOSTAJ Grzegorz	WROCLAW	POL		74	M30/2 (M)3	00:34:48	00:34:48	03.28
3	428	SAMOTIJ Dominik	WROCLAW	POL		82	M30/3 (M)4	00:35:17	00:35:14	03.31
4	371	OLSZEWSKI Jarosław	NAMYSŁÓW	POL		81	M30/4 (M)6	00:36:11	00:36:09	03.36
5	12	AMBROZIK Adam	BRZEG	POL		75	M30/5 (M)7	00:36:24	00:36:24	03.38
6	229	KONDRATOWICZ Łukasz	KAMIENNA GÓRA	POL		81	M30/6 (M)8	00:36:43	00:36:41	03.40
7	348	MUSIAŁ Artur	NAMYSŁÓW	POL		76	M30/7 (M)10	00:36:50	00:36:48	03.40
8	78	BUSZEWSKI Beniamin	WROCLAW	POL		74	M30/8 (M)12	00:36:56	00:36:55	03.41
9	527	TYBUREK Rafał	OLAWA	POL		78	M30/9 (M)14	00:37:00	00:36:59	03.41
10	224	KŁONOWSKI Tomasz	OLAWA	POL		77	M30/10 (M)17	00:37:38	00:37:36	03.45
11	268	KRUMIN Dominik	KOBIERZYCE	POL		81	M30/11 (M)18	00:37:39	00:37:39	03.45
12	207	KARASOWSKI Łukasz	BRZEG	POL		83	M30/12 (M)21	00:38:13	00:38:10	03.49
13	564	WRÓBEL Dariusz	OLAWA	POL		80	M30/13 (M)22	00:38:22	00:38:21	03.50
14	23	BARANOWSKI Piotr	BIERUTÓW	POL		81	M30/14 (M)23	00:38:49	00:38:46	03.52
15	160	GULAJ Artur	LEGNICA	POL		77	M30/15 (M)24	00:38:59	00:38:55	03.53
16	567	WUJAK Dominik	LUBIN	POL		83	M30/16 (M)25	00:39:04	00:39:04	03.54
17	557	WOSIEK Jacek	WROCLAW	POL		75	M30/17 (M)29	00:39:34	00:39:32	03.57
18	60	BODZIOCH Grzegorz	STRZELCE	POL		82	M30/18 (M)31	00:39:38	00:39:35	03.57
19	657	DANISZ Karol	TUREK	POL		80	M30/19 (M)33	00:39:41	00:39:36	03.57
20	386	PELC Paweł	WROCLAW	POL		78	M30/20 (M)34	00:39:50	00:39:47	03.58
21	422	ROGÓRZ Piotr	WROCLAW	POL		74	M30/21 (M)36	00:40:09	00:40:06	04.00
22	414	RASZEWSKI Tomasz	WROCLAW	POL		81	M30/22 (M)38	00:40:22	00:40:18	04.01
23	241	KOSUCIŃSKI Sławomir	POLANICA ZDRÓJ	POL		81	M30/23 (M)39	00:40:23	00:40:14	04.01
24	442	SKRĘTKOWSKI Krzysztof	OLAWA	POL		81	M30/24 (M)42	00:40:38	00:40:35	04.03
25	238	KORZEŃ Artur	OLAWA	POL		76	M30/25 (M)46	00:41:04	00:41:00	04.06
26	601	SZCZERBA Paweł	LUBIN	POL		80	M30/26 (M)47	00:41:08	00:41:05	04.06
27	518	TOMCZUK Krzysztof	WROCLAW	POL		82	M30/27 (M)49	00:41:10	00:40:58	04.05

<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 Sex</i>	<i>Czas Time</i>	<i>Netto</i>	<i>[min/km]</i>
28	290	KWIECIEN Sebastian	ROGOŹNIK	POL		83	M30/28 (M)50	00:41:14	00:41:07	04.06
29	115	DUPLA Konrad	WROCLAW	POL		79	M30/29 (M)52	00:41:50	00:41:43	04.10
30	544	WIĘCKIEWICZ Mirosław	NYSA	POL		77	M30/30 (M)55	00:42:01	00:41:50	04.11
31	462	SROKA Paweł	KOWARY	POL		74	M30/31 (M)57	00:42:15	00:42:12	04.13
32	483	SZCZEPANIAK Rafał	KARLOWICE	POL		83	M30/32 (M)58	00:42:24	00:42:23	04.14
33	689	PRYZYSTASZ Krzysztof	OLAWA	POL		78	M30/33 (M)61	00:42:52	00:42:47	04.16
34	502	ŚMIGIEL Łukasz	DABROWA	POL		82	M30/34 (M)62	00:42:58	00:42:53	04.17
35	66	BOSY Jacek	OPOLE	POL		79	M30/35 (M)65	00:43:10	00:43:01	04.18
36	313	ŁUKASIK Marcin	OLAWA	POL		81	M30/36 (M)69	00:43:23	00:43:11	04.19
37	532	WACZYŃSKI Marek	SOBÓTKA	POL		79	M30/37 (M)73	00:43:33	00:43:27	04.20
38	549	WŁODARCZYK Krzysztof	JELCZ-LASKOWICE	POL		81	M30/38 (M)75	00:43:39	00:43:35	04.21
39	335	MESSYASZ Krzysztof	OLAWA	POL		81	M30/39 (M)77	00:43:44	00:43:32	04.21
40	658	KLUBA Michał	WROCLAW	POL		76	M30/40 (M)79	00:43:49	00:43:37	04.21
41	164	GWIZDAŁSKI Przemysław	OLAWA	POL		79	M30/41 (M)81	00:43:55	00:43:46	04.22
42	395	PIOTROWSKI Marek	OLEŚNICA	POL		75	M30/42 (M)82	00:43:55	00:43:45	04.22
43	387	PIASECKI Mariusz	GODZIKOWICE	POL		76	M30/43 (M)87	00:44:03	00:43:58	04.23
44	168	HAŁADEWICZ Grzegorz	STANOWICE	POL		76	M30/44 (M)93	00:44:29	00:44:17	04.25
45	147	GOŁĘBIEWSKI Jacek	ŚWIDNICA	POL		74	M30/45 (M)99	00:44:41	00:44:36	04.27
46	398	POPCZYK Krzysztof	TWARDOGÓRA	POL		83	M30/46 (M)100	00:44:42	00:44:39	04.27
47	296	LACH Sebastian	GRODKÓW	POL		76	M30/47 (M)102	00:44:47	00:44:40	04.28
48	520	TORRES Matthieu	KUNICE	POL		75	M30/48 (M)105	00:44:57	00:44:25	04.26
49	522	TRUSZKIEWICZ Bartosz	OLAWA	POL		78	M30/49 (M)106	00:45:00	00:44:50	04.29
50	440	SKOORNIK Wojti	WROCLAW	POL		81	M30/50 (M)107	00:45:03	00:44:59	04.29
51	309	ŁAWRYNOWICZ Jakub	WROCLAW	POL		80	M30/51 (M)110	00:45:10	00:45:03	04.30
52	22	BARAN Bartłomiej	OLAWA	POL		74	M30/52 (M)111	00:45:18	00:45:10	04.31
53	507	ŚWIĘCICKI Piotr	ŚWIDNICA	POL		80	M30/53 (M)114	00:45:26	00:45:23	04.32
54	649	BURGIELSKI Bartosz	KOWARY	POL		82	M30/54 (M)117	00:45:41	00:45:38	04.33
55	485	SZCZEPANKIEWICZ Marcin	WROCLAW	POL		81	M30/55 (M)119	00:45:51	00:45:34	04.33
56	514	TOLŁOCZKO Arkadiusz	CHWAŁOWICE	POL		77	M30/56 (M)120	00:45:52	00:45:46	04.34
57	591	PROBA Szymon	OLAWA	POL		82	M30/57 (M)122	00:45:54	00:45:29	04.32
58	624	KOLON Radosław	WIEDEŃ	AUT		82	M30/58 (M)124	00:45:55	00:45:31	04.33
59	191	JOŃCZYK Adam	JELCZ-LASKOWICE	POL		83	M30/59 (M)125	00:45:57	00:45:49	04.34
60	454	SOCHA Grzegorz	OLAWA	POL		79	M30/60 (M)129	00:46:08	00:46:06	04.36
61	237	KORZENIOWSKI Mateusz	OLAWA	POL		78	M30/61 (M)130	00:46:13	00:46:08	04.36
62	535	WARNICKI Wojtek	WROCLAW	POL		82	M30/62 (M)132	00:46:17	00:46:12	04.37
63	104	DRAB Grzegorz	WROCLAW	POL		77	M30/63 (M)138	00:46:27	00:46:16	04.37
64	180	JALOCHA Tomek	WYSOKA	POL		79	M30/64 (M)140	00:46:33	00:46:13	04.37
65	600	MIJAŁ Piotr	OLAWA	POL		75	M30/65 (M)142	00:46:40	00:46:28	04.38
66	292	LABOWSKI Paweł	OLAWA	POL		80	M30/66 (M)145	00:46:51	00:46:44	04.40
67	590	BAJ Jarosław	KLUCZBORK	POL		82	M30/67 (M)149	00:47:06	00:46:48	04.40
68	616	JAŚKOWSKI Sebastian	KOWARY	POL		74	M30/68 (M)150	00:47:06	00:47:02	04.42
69	556	WOLSKI Michał	CHWAŁOWICE	POL		75	M30/69 (M)152	00:47:12	00:46:53	04.41
70	667	SZYMAŃSKI Łukasz	OLAWA	POL		78	M30/70 (M)154	00:47:20	00:46:54	04.41
71	370	OLENDER Grzegorz	WROCLAW	POL		78	M30/71 (M)156	00:47:29	00:47:17	04.43
72	67	BRZEZIŃSKI Andrzej	BRZEG	POL		74	M30/72 (M)157	00:47:31	00:47:26	04.44
73	34	BEDNARZ Krzysztof	BRZEG	POL		76	M30/73 (M)166	00:47:58	00:47:45	04.46
74	149	GOŁKA Piotr	WROCLAW	POL		79	M30/74 (M)170	00:48:09	00:47:47	04.46
75	524	TRZEBUNIAK Piotr	NIWNIK	POL		80	M30/75 (M)171	00:48:10	00:47:59	04.47
76	435	SIKORSKI Wojciech	SIECHNICE	POL		77	M30/76 (M)174	00:48:16	00:48:03	04.48
77	73	BUL Daniel	KEDZIERZYN-KOZLE	POL		81	M30/77 (M)176	00:48:18	00:48:11	04.49
78	606	KAPRAL Mariusz	WIERUSZÓW	POL		82	M30/78 (M)177	00:48:20	00:47:59	04.47
79	106	DRABINSKI Marek	OLAWA	POL		75	M30/79 (M)180	00:48:23	00:47:58	04.47
80	89	CISZEWSKI Arkadiusz	KOBIERZYCE	POL		79	M30/80 (M)182	00:48:27	00:48:18	04.49
81	629	LUBCZYŃSKI Krzysztof	SYCÓW	POL		75	M30/81 (M)183	00:48:47	00:48:35	04.51
82	609	KAWAŁKO Olgierd	BRZEG	POL		83	M30/82 (M)185	00:48:53	00:48:25	04.50
83	581	ZIELIŃSKI Krzysztof	WROCLAW	POL		76	M30/83 (M)186	00:48:54	00:48:37	04.51
84	56	BŁAŻKÓW Krzysztof	BYSTRZYCA	POL		78	M30/84 (M)188	00:49:13	00:48:59	04.53
85	625	JAŃCZYK Łukasz	OLAWA	POL		81	M30/85 (M)193	00:49:19	00:48:48	04.52

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]
86	48	BIĘKOWSKI Kamil	RADWANICE	POL		83	M30/86 (M)195	00:49:22	00:48:57	04.53
87	526	TUBIELEWICZ Krzysztof	OLAWA	POL		77	M30/87 (M)207	00:49:44	00:49:19	04.55
88	357	NIKIEL Stanisław	OLAWA	POL		79	M30/88 (M)208	00:49:56	00:49:46	04.58
89	367	OBREŃKI Marek	OLAWA	POL		83	M30/89 (M)210	00:49:57	00:49:49	04.58
90	281	KUNECKI Norbert	RATOWICE	POL		75	M30/90 (M)211	00:49:58	00:49:33	04.57
91	612	GRZEGOREK Łukasz	WOJNOWICE	POL		79	M30/91 (M)213	00:50:04	00:49:52	04.59
92	216	KĄDZIOLKA Daniel	OLAWA	POL		82	M30/92 (M)218	00:50:21	00:50:02	05.00
93	467	STANIEWSKI Rafał	DOBRYKOWICE	POL		78	M30/93 (M)221	00:50:28	00:50:09	05.00
94	11	ALFAWICKI Adrian	OLAWA	POL		83	M30/94 (M)222	00:50:28	00:50:12	05.01
95	163	GUSZPIT Piotr	OLAWA	POL		75	M30/95 (M)225	00:50:31	00:50:02	05.00
96	394	PIOTROWSKI Krzysztof	KRAPKOWICE	POL		75	M30/96 (M)227	00:50:33	00:50:07	05.00
97	604	NOSEK Marcin	WROCLAW	POL		76	M30/97 (M)230	00:50:38	00:50:27	05.02
98	425	RYCZYŃSKI Jacek	OLEŚNICA	POL		74	M30/98 (M)231	00:50:44	00:50:38	05.03
99	253	KOZŁOWICZ Radosław	OLAWA	POL		82	M30/99 (M)232	00:50:45	00:50:43	05.04
100	478	SYPEREK Marcin	WROCLAW	POL		74	M30/100 (M)233	00:50:46	00:50:37	05.03
101	476	SUCHODOLSKI Marcin	OLAWA	POL		80	M30/101 (M)236	00:50:52	00:50:35	05.03
102	9	ALEKSANDROWICZ Tomasz	OLAWA	POL		82	M30/102 (M)239	00:51:03	00:50:49	05.04
103	199	KACZMARSKI Rafał	WABIENICE	POL		78	M30/103 (M)243	00:51:14	00:50:54	05.05
104	408	RADECKI Jakub	WROCLAW	POL		75	M30/104 (M)244	00:51:17	00:51:11	05.07
105	487	SZCZEPAŃSKI Rafał	WROCLAW	POL		75	M30/105 (M)245	00:51:19	00:51:02	05.06
106	583	ZMITROWICZ Norbert	POZNAŃ	POL		75	M30/106 (M)251	00:51:29	00:51:06	05.06
107	588	BARAN Tomasz	OLAWA	POL		80	M30/107 (M)252	00:51:30	00:51:20	05.08
108	653	KALUŻYŃSKI Maciej	WROCLAW	POL		75	M30/108 (M)253	00:51:36	00:51:22	05.08
109	623	SZYMAŃSKI Marcin	OLAWA	POL		76	M30/109 (M)256	00:51:45	00:51:22	05.08
110	665	MAĆCZAK Krzysztof	JAROSŁAWICE	POL		74	M30/110 (M)257	00:51:46	00:51:33	05.09
111	647	MARCINÓW Bartłomiej	BYSTRZYCA	POL		79	M30/111 (M)261	00:51:58	00:51:45	05.10
112	605	PAULACZEK Wojciech	JELCZ-LASKOWICE	POL		77	M30/112 (M)265	00:52:12	00:51:55	05.11
113	546	WIŚNIEWSKI Maciej	WROCLAW	POL		74	M30/113 (M)269	00:52:34	00:51:59	05.11
114	645	LESZCZYŃSKI Paweł	OLAWA	POL		79	M30/114 (M)271	00:52:39	00:52:06	05.12
115	263	KRÓLIKOWSKI Łukasz	LUBAŃ	POL		81	M30/115 (M)276	00:53:05	00:52:32	05.15
116	672	ŻABIĘK Bogumił	CZAJKÓW	POL		79	M30/116 (M)281	00:53:24	00:52:59	05.17
117	498	SZYMCZYNA Marcin	OLAWA	POL		75	M30/117 (M)289	00:54:13	00:54:08	05.24
118	496	SZWARC Zbigniew	OLAWA	POL		77	M30/118 (M)293	00:54:51	00:54:32	05.27
119	511	TILK Thomas	WROCLAW	POL		74	M30/119 (M)294	00:54:53	00:54:31	05.27
120	491	SZKUDLAREK Michał	BRZEG	POL		78	M30/120 (M)297	00:55:26	00:54:58	05.29
121	640	WÓJCİK Paweł	OLAWA	POL		83	M30/121 (M)300	00:55:41	00:55:30	05.33
122	571	ZAJĄC Michał	OLAWA	POL		77	M30/122 (M)302	00:55:47	00:55:15	05.31
123	227	KOŁODZIEJ Paweł	CZERNICA	POL		75	M30/123 (M)303	00:55:52	00:55:47	05.34
124	52	BILINSKI Tomasz	OLAWA	POL		76	M30/124 (M)308	00:55:59	00:55:52	05.35
125	316	MADEJ Jacek	SIECHNICE	POL		74	M30/125 (M)309	00:56:02	00:55:24	05.32
126	192	JOŃCZYK Jacek	ŚWIDNICA	POL		80	M30/126 (M)310	00:56:03	00:55:50	05.35
127	661	BOGDANIK Paweł	BRZEG	POL		79	M30/127 (M)311	00:56:07	00:55:34	05.33
128	204	KANIUKA Karol	OLAWA	POL		79	M30/128 (M)312	00:56:14	00:55:41	05.34
129	578	ZAWADZKI Marcin	WIERUSZÓW	POL		80	M30/129 (M)316	00:56:38	00:56:19	05.37
130	512	TOBIASZ Paweł	DOBRYKOWICE	POL		80	M30/130 (M)317	00:56:40	00:56:15	05.37
131	152	GOTTFRIED Bartłomiej	WROCLAW	POL		82	M30/131 (M)321	00:57:34	00:57:12	05.43
132	59	BOCZOŃ Tomasz	OLAWA	POL		83	M30/132 (M)323	00:58:03	00:57:37	05.45
133	284	KUROWSKI Adam	WROCLAW	POL		74	M30/133 (M)328	00:58:26	00:58:01	05.48
134	322	MAŁEK Tomasz	OLAWA	POL		80	M30/134 (M)329	00:58:32	00:58:01	05.48
135	220	KISILICZYK Rafał	WROCLAW	POL		82	M30/135 (M)330	00:58:43	00:58:21	05.50
136	593	SOLTYS Robert	OPOLE	POL		79	M30/136 (M)333	00:59:01	00:58:47	05.52
137	419	ROGOWSKI Tomasz	OLAWA	POL		78	M30/137 (M)342	01:00:05	00:59:50	05.59
138	472	STERNALSKI Michał	WROCLAW	POL		76	M30/138 (M)346	01:00:30	01:00:16	06.01
139	642	WIKTORCZYK Mateusz	BRZEG	POL		82	M30/139 (M)349	01:00:55	01:00:25	06.02
140	319	MAKSYMISZYN Marek	OLAWA	POL		78	M30/140 (M)350	01:01:00	01:00:54	06.05
141	417	RESPONDEK Dariusz	WROCLAW	POL		74	M30/141 (M)352	01:01:22	01:00:56	06.05
142	266	KRUCZKIEWICZ Mateusz	WROCLAW	POL		79	M30/142 (M)353	01:01:41	01:01:09	06.06
143	376	OSTROPOLSKI Grzegorz	ŚW. KATARZYNA	POL		76	M30/143 (M)356	01:02:14	01:01:56	06.11

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]
144	103	DOMAGALSKI Adam	OLAWA	 POL		78	M30/144 (M)358	01:02:33	01:02:06	06.12
145	97	DE WILLE Tomasz	WROCLAW	 POL		83	M30/145 (M)361	01:02:42	01:02:30	06.15
146	264	KRÓLIKOWSKI Ryszard	WROCLAW	 POL		74	M30/146 (M)364	01:03:13	01:02:42	06.16
147	504	ŚREDZIŃSKI Łukasz	WROCLAW	 POL		79	M30/147 (M)368	01:05:29	01:05:14	06.31
148	424	RUCKI Krzysztof	WROCLAW	 POL		79	M30/148 (M)378	01:11:04	01:10:31	07.03

Bieg 10km Mężczyźni KATEGORIA:M20

1	449	SOBAS Jacek	KĘDZIERZYN-KOŹLE	 POL		85	M20/1 (M)1	00:34:14	00:34:12	03.25
2	634	MAJEWSKI Piotr	LUBIN	 POL		84	M20/2 (M)9	00:36:46	00:36:45	03.40
3	651	SAKOWSKI Marcin	RUCHWAŁ	 POL		91	M20/3 (M)13	00:36:56	00:36:55	03.41
4	125	FLORCZAK Piotr	NAMYSŁÓW	 POL		92	M20/4 (M)19	00:37:46	00:37:45	03.46
5	95	DANIELECKI Daniel	JELCZ-LASKOWICE	 POL		93	M20/5 (M)20	00:38:00	00:37:58	03.47
6	120	DZIADZIAK Łukasz	OLAWA	 POL		86	M20/6 (M)32	00:39:40	00:39:37	03.57
7	361	NOWACKI Mateusz	OLAWA	 POL		91	M20/7 (M)41	00:40:33	00:40:33	04.03
8	206	KAPA Wojciech	WROCLAW	 POL		84	M20/8 (M)48	00:41:10	00:41:02	04.06
9	519	TOMICZEK Igor	NAMYSŁÓW	 POL		90	M20/9 (M)51	00:41:45	00:41:44	04.10
10	617	BORUCKI Krzysztof	WROCLAW	 POL		91	M20/10 (M)53	00:41:58	00:41:55	04.11
11	594	SZUKALSKI Bartłomiej	OLEŚNICA	 POL		91	M20/11 (M)54	00:41:58	00:41:50	04.11
12	41	BIAŁEK Tomasz	WROCLAW	 POL		84	M20/12 (M)56	00:42:13	00:42:05	04.12
13	50	BIERNACKI Krzysztof	WROCLAW	 POL		90	M20/13 (M)67	00:43:16	00:43:06	04.18
14	531	URBAŃSKI Mirosław	OLAWA	 POL		91	M20/14 (M)72	00:43:31	00:43:24	04.20
15	331	MAŚLUSZCZAK Mateusz	OLAWA	 POL		85	M20/15 (M)74	00:43:39	00:43:27	04.20
16	330	MAŚLUSZCZAK Marek	OLAWA	 POL		86	M20/16 (M)78	00:43:45	00:43:32	04.21
17	38	BERNARDELLI Maciej	SZCZECIN	 POL		85	M20/17 (M)80	00:43:51	00:43:48	04.22
18	208	KARASOWSKI Mariusz	BRZEG	 POL		87	M20/18 (M)84	00:43:58	00:43:54	04.23
19	146	GOLDA Maciej	CZESTOCHOWA	 POL		86	M20/19 (M)91	00:44:13	00:44:02	04.24
20	49	BIERNACKI Grzegorz	WROCLAW	 POL		84	M20/20 (M)92	00:44:27	00:44:12	04.25
21	259	KRĘZEL Krzysztof	WISZNIA MAŁA	 POL		91	M20/21 (M)94	00:44:31	00:44:18	04.25
22	82	CHMIELUK Grzegorz	JELCZ-LASKOWICE	 POL		90	M20/22 (M)95	00:44:31	00:44:29	04.26
23	614	KOŁTOWSKI Łukasz	WÓJCICE	 POL		93	M20/23 (M)97	00:44:39	00:44:28	04.26
24	365	NOWAKOWSKI Jakub	WROCLAW	 POL		86	M20/24 (M)115	00:45:27	00:44:59	04.29
25	347	MULARCZYK Dawid	BISKUPICE OLAWSKIE	 POL		89	M20/25 (M)118	00:45:45	00:45:32	04.33
26	633	KISIEL Rafał	OLAWA	 POL		86	M20/26 (M)121	00:45:52	00:45:40	04.34
27	58	BOCZEK Leszek	WROCLAW	 POL		85	M20/27 (M)123	00:45:54	00:45:41	04.34
28	586	SZOSTAK Rafał	OLAWA	 POL		93	M20/28 (M)127	00:46:01	00:45:46	04.34
29	151	GORBENKO Rafał	BYSTRZYCA	 POL		91	M20/29 (M)137	00:46:25	00:46:06	04.36
30	638	BARTOSZEK Grzegorz	WROCLAW	 POL		86	M20/30 (M)141	00:46:39	00:46:14	04.37
31	332	MATYSIAK Łukasz	KOBYLA GÓRA	 POL		84	M20/31 (M)146	00:46:57	00:46:36	04.39
32	339	MIŚ Piotr	NAMYSŁÓW	 POL		90	M20/32 (M)160	00:47:37	00:47:23	04.44
33	181	JANCZURA Łukasz	NAMYSŁÓW	 POL		85	M20/33 (M)161	00:47:42	00:47:29	04.44
34	673	KASPRZYCKI Grzegorz	KRZYŻOWICE	 POL		90	M20/34 (M)165	00:47:56	00:47:30	04.45
35	542	WIERCIOCH Wojciech	OLAWA	 POL		92	M20/35 (M)198	00:49:29	00:49:10	04.55
36	566	WRÓBEL Łukasz	OLAWA	 POL		87	M20/36 (M)202	00:49:34	00:49:11	04.55
37	644	SEREMAK Karol	SANDOMIERZ	 POL		88	M20/37 (M)203	00:49:39	00:49:18	04.55
38	232	KOPROWSKI Przemysław	OLAWA	 POL		84	M20/38 (M)209	00:49:56	00:49:37	04.57
39	627	LEWANDOWICZ Michał	NYSA	 POL		84	M20/39 (M)214	00:50:09	00:49:58	04.59
40	560	WRÓBEL Mateusz	JELCZ-LASKOWICE	 POL		93	M20/40 (M)215	00:50:14	00:50:10	05.01
41	637	KOCHANOWSKI Mateusz	MAŁUJOWICE	 POL		87	M20/41 (M)217	00:50:18	00:49:58	04.59
42	37	BEREŻNICKI Łukasz	OLAWA	 POL		86	M20/42 (M)234	00:50:49	00:50:27	05.02
43	169	HAŁAS Jarosław	MAŁUJOWICE	 POL		88	M20/43 (M)237	00:50:52	00:50:37	05.03
44	659	JUNIK Łukasz	MARCINKOWICE	 POL		84	M20/44 (M)241	00:51:09	00:50:44	05.04
45	369	OKRASZEWSKI Lucjan	WROCLAW	 POL		85	M20/45 (M)249	00:51:25	00:51:05	05.06
46	375	ORZECHOWSKI Paweł	OLAWA	 POL		93	M20/46 (M)255	00:51:44	00:51:21	05.08
47	602	PROCHOWNIK Błażej	OLAWA	 POL		87	M20/47 (M)263	00:52:08	00:51:55	05.11
48	87	CIESIOLKIEWICZ Paweł	WROCLAW	 POL		88	M20/48 (M)264	00:52:10	00:51:38	05.09
49	385	PAŹDZIERNIK Michał	OLAWA	 POL		86	M20/49 (M)270	00:52:36	00:52:15	05.13
50	579	ZHENIS Beisekov	WROCLAW	 POL		85	M20/50 (M)272	00:52:49	00:52:20	05.14
51	300	LEWANDOWSKI Piotr	LEŚNA	 POL		86	M20/51 (M)273	00:52:55	00:52:25	05.14
52	655	ROGUSKI Grzegorz	WROCLAW	 POL		84	M20/52 (M)274	00:52:55	00:52:21	05.14

Miejsce Rank	Nr Bib	Nazwisko i imię Name	Miejscowość City	Kraj Nat	Drużyna Team	R-k	W kategorii YoB in Age Sex	Czas Time	Netto	[min/km]
53	465	STACHURKA Marcin	WROCLAW	POL		84	M20/53 (M)277	00:53:05	00:52:40	05.16
54	592	WĘGLARZ Kacper	NADOLICE WIELKIE	POL		91	M20/54 (M)282	00:53:25	00:53:08	05.18
55	413	RAKOWSKI Roman	OLAWA	POL		84	M20/55 (M)304	00:55:52	00:55:25	05.32
56	170	HARBUS Maciej	OLAWA	POL		88	M20/56 (M)306	00:55:55	00:55:21	05.32
57	523	TRYCZYŃSKI Bartosz	OLAWA	POL		85	M20/57 (M)307	00:55:58	00:55:50	05.35
58	484	SZCZEPANIAK Andrzej	KARLOWICE	POL		85	M20/58 (M)313	00:56:14	00:56:03	05.36
59	662	DEC Jakub	SOBÓTKA	POL		88	M20/59 (M)322	00:57:59	00:57:41	05.46
60	548	WLAŻŁO Maciej	OLAWA	POL		85	M20/60 (M)331	00:58:45	00:58:18	05.49
61	684	JAKUBIAK Rafał	WROCLAW	POL		85	M20/61 (M)334	00:59:01	00:58:26	05.50
62	303	LIPICKI Artur	WROCLAW	POL		87	M20/62 (M)338	00:59:37	00:59:24	05.56
63	568	WYDRA Kamil	OLAWA	POL		93	M20/63 (M)339	00:59:47	00:59:17	05.55
64	652	BRZEZICKI Bartłomiej	OLAWA	POL		87	M20/64 (M)345	01:00:26	01:00:05	06.00
65	92	CZAJKA Dominik	OLAWA	POL		88	M20/65 (M)347	01:00:46	01:00:12	06.01
66	211	KARNAŚ Rafał	WROCLAW	POL		85	M20/66 (M)348	01:00:52	01:00:25	06.02
67	302	LIGAS Jacek	JELCZ-LASKOWICE	POL		86	M20/67 (M)357	01:02:33	01:01:59	06.11
68	641	KOWALIK Michał	WROCLAW	POL		90	M20/68 (M)360	01:02:37	01:02:13	06.13
69	391	PIKOR Błażej	GAĆ	POL		92	M20/69 (M)362	01:02:47	01:02:40	06.16
70	338	MILICHIEWICZ Mateusz	OLAWA	POL		92	M20/70 (M)366	01:04:42	01:04:09	06.24
71	20	BAR Maciek	OLAWA	POL		92	M20/71 (M)367	01:05:19	01:04:47	06.28
72	380	PAKOSZ Maciej	OLAWA	POL		88	M20/72 (M)377	01:10:12	01:09:45	06.58

Bieg 10km Mężczyźni KATEGORIA:M16

1	607	KARBOWIAK Kamil	BRZEG	POL		95	M16/1 (M)5	00:35:30	00:35:30	03.33
2	643	SADOVSYI Andriy	KOBIERZYCE	POL		94	M16/2 (M)16	00:37:34	00:37:32	03.45
3	497	SZYLER Paweł	OLAWA	POL		96	M16/3 (M)35	00:39:57	00:39:57	03.59
4	114	DUKIELSKI Mariusz	BOLECHÓW	POL		94	M16/4 (M)43	00:40:45	00:40:40	04.04
5	174	HRYDCZUK Łukasz	WIAZÓW	POL		95	M16/5 (M)59	00:42:40	00:42:40	04.16
6	228	KOŁTOWSKI Marek	JELCZ-LASKOWICE	POL		94	M16/6 (M)108	00:45:03	00:44:52	04.29
7	262	KRÓLICKI Tomasz	OPOLE	POL		95	M16/7 (M)116	00:45:28	00:45:10	04.31
8	509	TASAREK Wojciech	NYSA	POL		96	M16/8 (M)175	00:48:17	00:48:10	04.49
9	108	DRAŻKIEWICZ Marcin	JELCZ-LASKOWICE	POL		94	M16/9 (M)197	00:49:25	00:49:21	04.56
10	533	WALACIK Adam	WIERUSZÓW	POL		94	M16/10 (M)226	00:50:32	00:50:12	05.01
11	663	ZACKIEWICZ Przemysław	JELCZ-LASKOWICE	POL		95	M16/11 (M)332	00:58:48	00:58:38	05.51