

## XXII Bieg Górski na Ślężę - Mistrzostwa Polski w Biegu Górskim na Krótkim Dystansie

**WYNIKI ZAWODÓW****Bieg główny 5km**

Organizator: Ślązański Ośrodek Kultury, Sportu i Rekreacji w Sobótce

Termin: 23.05.2015

Miejsce: Sobótka

Dystans: 5 km

| Miejsce<br>Rank                      | Nr<br>Bib | Nazwisko i imię<br>Name | Miejscowość<br>City | Kraj<br>Nat | Drużyna<br>Team | R-k<br>YoB | W kategorii<br>in Age Sex | Czas<br>Time | Netto    | [min/km] |
|--------------------------------------|-----------|-------------------------|---------------------|-------------|-----------------|------------|---------------------------|--------------|----------|----------|
| <b>Bieg główny 5km KATEGORIA:M14</b> |           |                         |                     |             |                 |            |                           |              |          |          |
| 1                                    | 514       | ŚWIĄTEK Bartłomiej      | OPOCZNO             | POL         |                 | 00         | M14/1 (M)35               | 00:32:21     | 00:32:21 | 06.28    |
| 2                                    | 360       | OZIĘBAŁA Aleksander     | OBORNIKI ŚLĄSKIE    | POL         |                 | 00         | M14/2 (M)64               | 00:35:30     | 00:35:30 | 07.06    |
| 3                                    | 513       | TOKARSKI Jakub          | OPOCZNO             | POL         |                 | 01         | M14/3 (M)71               | 00:35:53     | 00:35:53 | 07.10    |
| 4                                    | 63        | OLBERT Gabriel          | BRZEG DOLNY         | POL         |                 | 00         | M14/4 (M)91               | 00:36:57     | 00:36:57 | 07.23    |
| 5                                    | 549       | MARCZAK Jan             | ROGÓW SOBÓCKI       | POL         |                 | 01         | M14/5 (M)122              | 00:38:57     | 00:38:57 | 07.47    |
| 6                                    | 102       | LACH Bartosz            | ŚWIĄTNIKI           | POL         |                 | 99         | M14/6 (M)126              | 00:38:59     | 00:38:59 | 07.47    |
| 7                                    | 373       | KANSY Marcel            | STARA KUŹNIA        | POL         |                 | 04         | M14/7 (M)165              | 00:40:24     | 00:40:24 | 08.04    |
| 8                                    | 248       | PODWÓRNY Paweł          | WROCLAW             | POL         |                 | 99         | M14/8 (M)186              | 00:41:13     | 00:41:13 | 08.14    |
| 9                                    | 370       | CIECHOMSKI Paweł        | STARA KUŹNIA        | POL         |                 | 00         | M14/9 (M)278              | 00:45:04     | 00:45:04 | 09.00    |
| 10                                   | 411       | DEMKÓW Szymon           | SOBÓTKA             | POL         |                 | 99         | M14/10 (M)328             | 00:47:43     | 00:47:43 | 09.32    |
| 11                                   | 443       | OGRODNIK Aleksander     | SOBÓTKA             | POL         |                 | 99         | M14/11 (M)365             | 00:50:29     | 00:50:29 | 10.05    |
| <b>Bieg główny 5km KATEGORIA:M17</b> |           |                         |                     |             |                 |            |                           |              |          |          |
| 1                                    | 493       | WIKTOROWICZ Szymon      | OPOCZNO             | POL         |                 | 96         | M17/1 (M)13               | 00:29:21     | 00:29:21 | 05.52    |
| 2                                    | 197       | OGRODNIK Maciek         | SOBÓTKA             | POL         |                 | 97         | M17/2 (M)25               | 00:31:15     | 00:31:15 | 06.15    |
| 3                                    | 570       | SEWERYN Jakub           | LASKI               | POL         |                 | 97         | M17/3 (M)48               | 00:34:08     | 00:34:08 | 06.49    |
| 4                                    | 343       | REGĘNCZUK Sebastian     | WROCLAW             | POL         |                 | 96         | M17/4 (M)57               | 00:35:00     | 00:35:00 | 07.00    |
| 5                                    | 416       | CIERNIAK Wojciech       | OSTRÓW WIELKOPOLSKI | POL         |                 | 98         | M17/5 (M)131              | 00:39:05     | 00:39:05 | 07.49    |
| 6                                    | 186       | KORNAŚ Krzysztof        | PUSTKÓW ŻURAWSKI    | POL         |                 | 97         | M17/6 (M)203              | 00:42:09     | 00:42:09 | 08.25    |
| 7                                    | 329       | SYNOWIEC Piotr          | ŻMIGRÓD             | POL         |                 | 98         | M17/7 (M)291              | 00:45:40     | 00:45:40 | 09.08    |
| 8                                    | 394       | TASAREK Wojciech        | NYSA                | POL         |                 | 96         | M17/8 (M)310              | 00:46:22     | 00:46:22 | 09.16    |
| <b>Bieg główny 5km KATEGORIA:M20</b> |           |                         |                     |             |                 |            |                           |              |          |          |
| 1                                    | 520       | JASTRZĘBSKI Kamil       | KRAŚNIK             | POL         |                 | 92         | M20/1 (M)1                | 00:25:28     | 00:25:28 | 05.05    |
| 2                                    | 238       | CZAPLA Piotr            | GLIWICE             | POL         |                 | 90         | M20/2 (M)2                | 00:25:53     | 00:25:53 | 05.10    |
| 3                                    | 532       | LEPIARZ Sylwester       | OSTROWIEC           | POL         |                 | 93         | M20/3 (M)3                | 00:26:07     | 00:26:07 | 05.13    |
| 4                                    | 523       | STAJNIAK Bartłomiej     | NAMYSŁÓW            | POL         |                 | 91         | M20/4 (M)6                | 00:27:14     | 00:27:14 | 05.26    |
| 5                                    | 274       | ŻURAWSKI Damian         | CZĘSTOCHOWA         | POL         |                 | 89         | M20/5 (M)10               | 00:28:25     | 00:28:25 | 05.41    |
| 6                                    | 249       | KOSEK Paweł             | TYCHY               | POL         |                 | 91         | M20/6 (M)11               | 00:28:45     | 00:28:45 | 05.45    |
| 7                                    | 519       | WALCZAK Damian          | STASZÓW             | POL         |                 | 91         | M20/7 (M)12               | 00:29:14     | 00:29:14 | 05.50    |
| 8                                    | 335       | GAWROŃSKI Tomasz        | JĘDRZEJÓW           | POL         |                 | 92         | M20/8 (M)16               | 00:30:03     | 00:30:03 | 06.00    |
| 9                                    | 386       | DYDUCH Damian           | BARANÓW             | POL         |                 | 88         | M20/9 (M)17               | 00:30:10     | 00:30:10 | 06.02    |
| 10                                   | 81        | CHRZANOWSKI Patryk      | BIELAWA             | POL         |                 | 89         | M20/10 (M)22              | 00:30:38     | 00:30:38 | 06.07    |
| 11                                   | 458       | KOT Aleksander          | OLEŚNICA            | POL         |                 | 94         | M20/11 (M)29              | 00:31:42     | 00:31:42 | 06.20    |
| 12                                   | 419       | GOMOLA Dawid            | WISŁA               | POL         |                 | 93         | M20/12 (M)32              | 00:32:09     | 00:32:09 | 06.25    |
| 13                                   | 390       | SITEK Mateusz           | WROCLAW             | POL         |                 | 93         | M20/13 (M)37              | 00:32:48     | 00:32:48 | 06.33    |
| 14                                   | 383       | SZLENDAK Arkadiusz      | LUBIN               | POL         |                 | 90         | M20/14 (M)39              | 00:33:18     | 00:33:18 | 06.39    |
| 15                                   | 481       | DRAŹKIEWICZ Kornel      | KŁODZKO             | POL         |                 | 90         | M20/15 (M)40              | 00:33:29     | 00:33:29 | 06.41    |
| 16                                   | 511       | WOJTAREK Jacek          | OPOCZNO             | POL         |                 | 90         | M20/16 (M)43              | 00:33:53     | 00:33:53 | 06.46    |
| 17                                   | 273       | SOBOTA Martin           | CHRÓŚCICE           | POL         |                 | 91         | M20/17 (M)46              | 00:34:00     | 00:34:00 | 06.48    |
| 18                                   | 60        | SOBCZAK Daniel          | OLAWA               | POL         |                 | 87         | M20/18 (M)47              | 00:34:03     | 00:34:03 | 06.48    |
| 19                                   | 376       | BANAŚ Dawid             | KOBIERZYCE          | POL         |                 | 87         | M20/19 (M)50              | 00:34:15     | 00:34:15 | 06.51    |
| 20                                   | 381       | SADOWSKI Andrzej        | WROCLAW             | POL         |                 | 94         | M20/20 (M)52              | 00:34:39     | 00:34:39 | 06.55    |
| 21                                   | 313       | TOMASZCZAK Maciej       | SOBÓTKA             | POL         |                 | 88         | M20/21 (M)55              | 00:34:54     | 00:34:54 | 06.58    |
| 22                                   | 473       | JASIŃSKI Piotr          | LEGNICA             | POL         |                 | 86         | M20/22 (M)63              | 00:35:29     | 00:35:29 | 07.05    |
| 23                                   | 314       | KULBA Marek             | SOBÓTKA             | POL         |                 | 91         | M20/23 (M)75              | 00:36:09     | 00:36:09 | 07.13    |
| 24                                   | 267       | SZUBA Tomasz            | KOWARY              | POL         |                 | 91         | M20/24 (M)89              | 00:36:53     | 00:36:53 | 07.22    |

| 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] |
|--------------|--------|------------------------|---------------------|----------|--------------|---------|------------------------|-----------|----------|----------|
| 25           | 294    | ŁĘZNIK Aleksander      | SOBÓTKA             | POL      |              | 89      | M20/25 (M)90           | 00:36:54  | 00:36:54 | 07.22    |
| 26           | 517    | FILIP Paweł            | CHELMSCO ŚLĄSKIE    | POL      |              | 86      | M20/26 (M)107          | 00:38:05  | 00:38:05 | 07.37    |
| 27           | 12     | GANDZIAROWSKI Marek    | SOBÓTKA             | POL      |              | 91      | M20/27 (M)110          | 00:38:14  | 00:38:14 | 07.38    |
| 28           | 509    | SZYCH Dawid            | OSTRÓW WIELKOPOLSKI | POL      |              | 89      | M20/28 (M)111          | 00:38:16  | 00:38:16 | 07.39    |
| 29           | 123    | KŁOS Wojciech          | ŚWIDNICA            | POL      |              | 87      | M20/29 (M)115          | 00:38:29  | 00:38:29 | 07.41    |
| 30           | 85     | ZIMPOCH Paweł          | SOBÓTKA             | POL      |              | 91      | M20/30 (M)121          | 00:38:56  | 00:38:56 | 07.47    |
| 31           | 253    | JEZERSKI-KRUPA Marek   | ZABRZE              | POL      |              | 89      | M20/31 (M)123          | 00:38:57  | 00:38:57 | 07.47    |
| 32           | 502    | FUKIET Mateusz         | BRZEG               | POL      |              | 89      | M20/32 (M)130          | 00:39:05  | 00:39:05 | 07.49    |
| 33           | 561    | ROSIAK Miłosz          | WROCLAW             | POL      |              | 91      | M20/33 (M)133          | 00:39:07  | 00:39:07 | 07.49    |
| 34           | 397    | KIERZKOWSKI Daniel     | ZBICKO              | POL      |              | 91      | M20/34 (M)135          | 00:39:10  | 00:39:10 | 07.50    |
| 35           | 42     | GÓRSKI Maciej          | WROCLAW             | POL      |              | 87      | M20/35 (M)137          | 00:39:14  | 00:39:14 | 07.50    |
| 36           | 454    | GOMÓLKA Dominik        | WROCLAW             | POL      |              | 93      | M20/36 (M)145          | 00:39:36  | 00:39:36 | 07.55    |
| 37           | 398    | ABU LOUZ Kuba          | ZBICKO              | POL      |              | 90      | M20/37 (M)148          | 00:39:40  | 00:39:40 | 07.56    |
| 38           | 47     | BRODNY Kamil           | LACHOWSKIE          | POL      |              | 87      | M20/38 (M)149          | 00:39:42  | 00:39:42 | 07.56    |
| 39           | 410    | ZADWORNY Paweł         | WROCLAW             | POL      |              | 86      | M20/39 (M)157          | 00:39:56  | 00:39:56 | 07.59    |
| 40           | 163    | ŁACH Łukasz            | WOJNAROWICE         | POL      |              | 88      | M20/40 (M)164          | 00:40:18  | 00:40:18 | 08.03    |
| 41           | 529    | GRABOWSKI Zbigniew     | KOSTOMŁOTY          | POL      |              | 89      | M20/41 (M)169          | 00:40:29  | 00:40:29 | 08.05    |
| 42           | 344    | JABŁOŃSKI Łukasz       | LUBIN               | POL      |              | 87      | M20/42 (M)174          | 00:40:45  | 00:40:45 | 08.09    |
| 43           | 571    | JASTRZĘBSKI Marek      | SOBÓTKA             | POL      |              | 91      | M20/43 (M)175          | 00:40:46  | 00:40:46 | 08.09    |
| 44           | 553    | BACHIŃSKI Wojciech     | ROGÓW SOBÓCKI       | POL      |              | 93      | M20/44 (M)185          | 00:41:11  | 00:41:11 | 08.14    |
| 45           | 367    | STĘPNIOWSKI Łukasz     | SOBÓTKA             | POL      |              | 88      | M20/45 (M)190          | 00:41:34  | 00:41:34 | 08.18    |
| 46           | 93     | BOCHNAK Paweł          | WROCLAW             | POL      |              | 88      | M20/46 (M)196          | 00:41:47  | 00:41:47 | 08.21    |
| 47           | 309    | ZIELIŃSKI Damian       | KOSCIELNA WIES      | POL      |              | 86      | M20/47 (M)199          | 00:41:55  | 00:41:55 | 08.23    |
| 48           | 384    | JAWORSKI Mateusz       | LUBIN               | POL      |              | 88      | M20/48 (M)201          | 00:42:00  | 00:42:00 | 08.24    |
| 49           | 415    | GRUŻLEWSKI Radosław    | JABŁONOWO           | POL      |              | 89      | M20/49 (M)206          | 00:42:15  | 00:42:15 | 08.27    |
| 50           | 79     | SZYMAŃSKI Bartosz      | ŚWIDNICA            | POL      |              | 89      | M20/50 (M)207          | 00:42:18  | 00:42:18 | 08.27    |
| 51           | 557    | WILK Marek             | DALACHÓW            | POL      |              | 89      | M20/51 (M)209          | 00:42:24  | 00:42:24 | 08.28    |
| 52           | 319    | BOCHM Szymon           | KOBYLA GÓRA         | POL      |              | 90      | M20/52 (M)214          | 00:42:36  | 00:42:36 | 08.31    |
| 53           | 472    | PANASEWICZ Ireneusz    | KŁODZKO             | POL      |              | 89      | M20/53 (M)218          | 00:42:39  | 00:42:39 | 08.31    |
| 54           | 243    | HERMAN Michał          | GROBLICE            | POL      |              | 87      | M20/54 (M)220          | 00:42:40  | 00:42:40 | 08.32    |
| 55           | 432    | LASKOWSKI Marcin       | NOWA RUDA           | POL      |              | 87      | M20/55 (M)223          | 00:42:47  | 00:42:47 | 08.33    |
| 56           | 546    | GAŚSIOROWSKI Krzysztof | WROCLAW             | POL      |              | 88      | M20/56 (M)230          | 00:43:02  | 00:43:02 | 08.36    |
| 57           | 447    | KLIMA Jakub            | RAWICZ              | POL      |              | 95      | M20/57 (M)233          | 00:43:05  | 00:43:05 | 08.37    |
| 58           | 426    | BŁASZCZYŹYŃSKI Piotr   | RAWICZ              | POL      |              | 95      | M20/58 (M)238          | 00:43:21  | 00:43:21 | 08.40    |
| 59           | 531    | BARDOWSKI Paweł        | UNIEJOWICE          | POL      |              | 86      | M20/59 (M)241          | 00:43:24  | 00:43:24 | 08.40    |
| 60           | 181    | KRÓL Dawid             | WROCLAW             | POL      |              | 91      | M20/60 (M)242          | 00:43:25  | 00:43:25 | 08.41    |
| 61           | 530    | MATYLA Roman           | WROCLAW             | POL      |              | 86      | M20/61 (M)245          | 00:43:27  | 00:43:27 | 08.41    |
| 62           | 414    | WILK Maciej            | LEGNICA             | POL      |              | 90      | M20/62 (M)246          | 00:43:38  | 00:43:38 | 08.43    |
| 63           | 311    | PRZYWARTY Łukasz       | WROCLAW             | POL      |              | 89      | M20/63 (M)250          | 00:43:42  | 00:43:42 | 08.44    |
| 64           | 399    | MARCZUK Patryk         | ZBICKO              | POL      |              | 92      | M20/64 (M)254          | 00:43:50  | 00:43:50 | 08.46    |
| 65           | 312    | NIEWIEJSKI Przemysław  | MILICZ              | POL      |              | 86      | M20/65 (M)267          | 00:44:35  | 00:44:35 | 08.55    |
| 66           | 488    | GARŁOWSKI Damian       | WROCLAW             | POL      |              | 86      | M20/66 (M)269          | 00:44:39  | 00:44:39 | 08.55    |
| 67           | 306    | BUNK Dawid             | OSTRÓW WIELKOPOLSKI | POL      |              | 90      | M20/67 (M)280          | 00:45:14  | 00:45:14 | 09.02    |
| 68           | 183    | GUMULAK Rafał          | KOBYLA GÓRA         | POL      |              | 87      | M20/68 (M)282          | 00:45:20  | 00:45:20 | 09.04    |
| 69           | 460    | MAJDA Jakub            | NOWA RUDA           | POL      |              | 95      | M20/69 (M)283          | 00:45:24  | 00:45:24 | 09.04    |
| 70           | 315    | SUCHECKI Kajetan       | ZABRZE              | POL      |              | 90      | M20/70 (M)288          | 00:45:32  | 00:45:32 | 09.06    |
| 71           | 265    | CZAJKA Paweł           | PLESZEW             | POL      |              | 90      | M20/71 (M)295          | 00:45:49  | 00:45:49 | 09.09    |
| 72           | 165    | JOKIEL Wojciech        | GRANICE             | POL      |              | 91      | M20/72 (M)302          | 00:46:07  | 00:46:07 | 09.13    |
| 73           | 564    | WIĄCZEK Mateusz        | SOBÓTKA             | POL      |              | 91      | M20/73 (M)306          | 00:46:17  | 00:46:17 | 09.15    |
| 74           | 448    | HENDRYS Marek          | GRANICE             | POL      |              | 92      | M20/74 (M)309          | 00:46:21  | 00:46:21 | 09.16    |
| 75           | 334    | ZIARKO Amadeusz        | WROCLAW             | POL      |              | 87      | M20/75 (M)313          | 00:46:34  | 00:46:34 | 09.18    |
| 76           | 569    | JAWORSKI Piotr         | KUDOWA ZDRÓJ        | POL      |              | 86      | M20/76 (M)316          | 00:46:43  | 00:46:43 | 09.20    |
| 77           | 69     | MIKRUT Piotr           | SMOLEC              | POL      |              | 88      | M20/77 (M)323          | 00:47:11  | 00:47:11 | 09.26    |
| 78           | 293    | MAZURKIEWICZ Paweł     | OSTRÓW WIELKOPOLSKI | POL      |              | 88      | M20/78 (M)331          | 00:47:49  | 00:47:49 | 09.33    |
| 79           | 133    | WEIMAN Wojciech        | WROCLAW             | POL      |              | 95      | M20/79 (M)333          | 00:47:56  | 00:47:56 | 09.35    |
| 80           | 164    | KLUCZYŃSKI Marcin      | ŚWIEBODZICE         | POL      |              | 92      | M20/80 (M)340          | 00:48:13  | 00:48:13 | 09.38    |
| 81           | 139    | CIOCZEK Konrad         | LUBLIN              | POL      |              | 86      | M20/81 (M)350          | 00:48:41  | 00:48:41 | 09.44    |
| 82           | 62     | JANCZYŹYŃSKI Jarek     | WYSOKA              | POL      |              | 86      | M20/82 (M)352          | 00:49:07  | 00:49:07 | 09.49    |

| 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] |
|--------------|--------|----------------------|------------------|----------|--------------|---------|------------------------|-----------|----------|----------|
| 83           | 505    | HADRO Damian         | WROCLAW          |          | POL          | 86      | M20/83 (M)360          | 00:49:47  | 00:49:47 | 09.57    |
| 84           | 254    | PYĆ Andrzej          | JAWOR            |          | POL          | 86      | M20/84 (M)368          | 00:50:43  | 00:50:43 | 10.08    |
| 85           | 581    | ANTONISZYN Bogusław  | WROCLAW          |          | POL          | 87      | M20/85 (M)369          | 00:50:58  | 00:50:58 | 10.11    |
| 86           | 562    | SZAFAZ Marek         | OPOLE            |          | POL          | 92      | M20/86 (M)381          | 00:52:17  | 00:52:17 | 10.27    |
| 87           | 475    | STRZĘPA Michał       | GŁOGÓW           |          | POL          | 94      | M20/87 (M)382          | 00:52:21  | 00:52:21 | 10.28    |
| 88           | 105    | MOŚCICKI Łukasz      | WROCLAW          |          | POL          | 92      | M20/88 (M)387          | 00:52:43  | 00:52:43 | 10.32    |
| 89           | 280    | WOŹNIAK Wojciech     | WROCLAW          |          | POL          | 90      | M20/89 (M)391          | 00:53:02  | 00:53:02 | 10.36    |
| 90           | 40     | TKACZYK Tomasz       | WROCLAW          |          | POL          | 87      | M20/90 (M)392          | 00:53:06  | 00:53:06 | 10.37    |
| 91           | 528    | OKOPNY Oskar         | PILAWA DOLNA     |          | POL          | 91      | M20/91 (M)394          | 00:53:43  | 00:53:43 | 10.44    |
| 92           | 421    | ZIELIŃSKI Michał     | WROCLAW          |          | POL          | 86      | M20/92 (M)395          | 00:53:44  | 00:53:44 | 10.44    |
| 93           | 469    | PAWLAK Andrzej       | WROCLAW          |          | POL          | 87      | M20/93 (M)397          | 00:54:23  | 00:54:23 | 10.52    |
| 94           | 544    | CZARNECKI Radek      | KOSZALIN         |          | POL          | 87      | M20/94 (M)399          | 00:54:30  | 00:54:30 | 10.54    |
| 95           | 559    | RAK Paweł            | ROGÓW SOBÓCKI    |          | POL          | 95      | M20/95 (M)402          | 00:55:08  | 00:55:08 | 11.01    |
| 96           | 192    | KLAUS Paweł          | WROCLAW          |          | POL          | 87      | M20/96 (M)410          | 00:57:03  | 00:57:03 | 11.24    |
| 97           | 362    | KUKIER Sebastian     | CHOCIANÓW        |          | POL          | 87      | M20/97 (M)416          | 01:00:11  | 01:00:11 | 12.02    |

### Bieg główny 5km KATEGORIA:M30

|    |     |                      |                 |  |     |    |               |          |          |       |
|----|-----|----------------------|-----------------|--|-----|----|---------------|----------|----------|-------|
| 1  | 182 | KOŃ Piotr            | RĘCZNO          |  | POL | 78 | M30/1 (M)4    | 00:26:48 | 00:26:48 | 05.21 |
| 2  | 425 | DAWIDZIUK Maciej     | ZŁOTORYJA       |  | POL | 79 | M30/2 (M)5    | 00:27:02 | 00:27:02 | 05.24 |
| 3  | 533 | WOSIK Daniel         | KUNÓW           |  | POL | 80 | M30/3 (M)7    | 00:27:20 | 00:27:20 | 05.28 |
| 4  | 413 | SADOWSKI Robert      | GDYNIA          |  | POL | 85 | M30/4 (M)8    | 00:27:29 | 00:27:29 | 05.29 |
| 5  | 521 | HOLLY Piotr          | WAŁBRZYCH       |  | POL | 83 | M30/5 (M)14   | 00:29:43 | 00:29:43 | 05.56 |
| 6  | 465 | KONDRATOWICZ Łukasz  | KAMIENNA GÓRA   |  | POL | 81 | M30/6 (M)15   | 00:29:43 | 00:29:43 | 05.56 |
| 7  | 17  | WOJŚLAW Bartłomiej   | MARCINOWICE     |  | POL | 84 | M30/7 (M)19   | 00:30:13 | 00:30:13 | 06.02 |
| 8  | 474 | DZIDOWSKI Aleksander | ZAWIERCIE       |  | POL | 81 | M30/8 (M)20   | 00:30:16 | 00:30:16 | 06.03 |
| 9  | 195 | BROL Marcin          | KATOWICE        |  | POL | 84 | M30/9 (M)26   | 00:31:26 | 00:31:26 | 06.17 |
| 10 | 547 | JABŁOŃSKI Tomasz     | WROCLAW         |  | POL | 77 | M30/10 (M)28  | 00:31:39 | 00:31:39 | 06.19 |
| 11 | 400 | FRANASZCZUK Wojciech | SOBÓTKA         |  | POL | 76 | M30/11 (M)33  | 00:32:12 | 00:32:12 | 06.26 |
| 12 | 434 | PIEKARZ Mariusz      | JUGÓW           |  | POL | 82 | M30/12 (M)34  | 00:32:19 | 00:32:19 | 06.27 |
| 13 | 145 | KUPCZAK Mariusz      | ROGÓW SOBÓCKI   |  | POL | 76 | M30/13 (M)51  | 00:34:19 | 00:34:19 | 06.51 |
| 14 | 455 | PLEWKO Jakub         | GŁOGÓW          |  | POL | 83 | M30/14 (M)53  | 00:34:44 | 00:34:44 | 06.56 |
| 15 | 476 | STACHURA Damian      | LUBIN           |  | POL | 85 | M30/15 (M)56  | 00:34:56 | 00:34:56 | 06.59 |
| 16 | 380 | KULCZEWSKI Łukasz    | WROCLAW         |  | POL | 80 | M30/16 (M)58  | 00:35:05 | 00:35:05 | 07.01 |
| 17 | 185 | WŁODARCZYK Krzysztof | JELCZ-LASKOWICE |  | POL | 81 | M30/17 (M)59  | 00:35:06 | 00:35:06 | 07.01 |
| 18 | 152 | WOLAŃSKI Jan         | MARSZOWICE      |  | POL | 80 | M30/18 (M)61  | 00:35:24 | 00:35:24 | 07.04 |
| 19 | 110 | WÓJTOWICZ Patryk     | SIECHNICE       |  | POL | 78 | M30/19 (M)67  | 00:35:40 | 00:35:40 | 07.08 |
| 20 | 174 | MIĄZEK Marcin        | WIŃSKO          |  | POL | 81 | M30/20 (M)68  | 00:35:43 | 00:35:43 | 07.08 |
| 21 | 539 | SIKORA Adam          | ŻELOWICE        |  | POL | 81 | M30/21 (M)69  | 00:35:46 | 00:35:46 | 07.09 |
| 22 | 143 | NIEDŹWIEDŹ Tomasz    | STRACHÓW        |  | POL | 80 | M30/22 (M)72  | 00:35:53 | 00:35:53 | 07.10 |
| 23 | 161 | WASZEK Sławomir      | WROCLAW         |  | POL | 80 | M30/23 (M)73  | 00:35:54 | 00:35:54 | 07.10 |
| 24 | 526 | DRYMEL Piotr         | ŚW. KATARZYNA   |  | POL | 83 | M30/24 (M)74  | 00:36:01 | 00:36:01 | 07.12 |
| 25 | 251 | WOŹNIAK Grzegorz     | LUBIN           |  | POL | 79 | M30/25 (M)76  | 00:36:11 | 00:36:11 | 07.14 |
| 26 | 196 | DUPLA Konrad         | WROCLAW         |  | POL | 79 | M30/26 (M)77  | 00:36:12 | 00:36:12 | 07.14 |
| 27 | 266 | NOWAKOWSKI Marcin    | WROCLAW         |  | POL | 83 | M30/27 (M)78  | 00:36:15 | 00:36:15 | 07.15 |
| 28 | 428 | PERNEJ Kamil         | WAŁBRZYCH       |  | POL | 84 | M30/28 (M)79  | 00:36:16 | 00:36:16 | 07.15 |
| 29 | 321 | PĘKALA Krzysztof     | CZĘSTOCHOWA     |  | POL | 80 | M30/29 (M)80  | 00:36:19 | 00:36:19 | 07.15 |
| 30 | 566 | DZIEDZIC Krystian    | WROCLAW         |  | POL | 82 | M30/30 (M)81  | 00:36:28 | 00:36:28 | 07.17 |
| 31 | 187 | DROBINA Marcin       | JELCZ-LASKOWICE |  | POL | 82 | M30/31 (M)86  | 00:36:37 | 00:36:37 | 07.19 |
| 32 | 452 | OLEŚKÓW Marek        | KOSTOMLOTY      |  | POL | 84 | M30/32 (M)87  | 00:36:47 | 00:36:47 | 07.21 |
| 33 | 259 | GARNEK Piotr         | WROCLAW         |  | POL | 79 | M30/33 (M)88  | 00:36:47 | 00:36:47 | 07.21 |
| 34 | 577 | LASZCZYŃSKI Szymon   | BORÓW           |  | POL | 83 | M30/34 (M)92  | 00:36:57 | 00:36:57 | 07.23 |
| 35 | 464 | KWAŚNIEWSKI Hubert   | SOBÓTKA         |  | POL | 84 | M30/35 (M)93  | 00:36:57 | 00:36:57 | 07.23 |
| 36 | 287 | BRYLONEK Grzegorz    | WROCLAW         |  | POL | 76 | M30/36 (M)94  | 00:37:05 | 00:37:05 | 07.25 |
| 37 | 480 | WROŃSKI Michał       | WROCLAW         |  | POL | 77 | M30/37 (M)95  | 00:37:10 | 00:37:10 | 07.26 |
| 38 | 38  | ZIĘBA Marek          | SOBÓTKA         |  | POL | 79 | M30/38 (M)97  | 00:37:18 | 00:37:18 | 07.27 |
| 39 | 442 | MAJEWSKI Maciej      | PSZENNO         |  | POL | 80 | M30/39 (M)98  | 00:37:26 | 00:37:26 | 07.29 |
| 40 | 382 | MIZGALSKI Łukasz     | WROCLAW         |  | POL | 81 | M30/40 (M)99  | 00:37:30 | 00:37:30 | 07.30 |
| 41 | 213 | JANKOWSKI Dariusz    | WROCLAW         |  | POL | 84 | M30/41 (M)102 | 00:37:37 | 00:37:37 | 07.31 |
| 42 | 487 | ROSZKO Zbyszko       | WROCLAW         |  | POL | 78 | M30/42 (M)103 | 00:37:40 | 00:37:40 | 07.32 |

| 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] |
|--------------|--------|-----------------------|------------------|----------|--------------|-----|----------------------------|-----------|----------|----------|
| 43           | 471    | SZWEDOWSKI Dominik    | SOBÓTKA          | POL      |              | 78  | M30/43 (M)108              | 00:38:07  | 00:38:07 | 07.37    |
| 44           | 132    | BOBERSKI Piotr        | WROCLAW          | POL      |              | 84  | M30/44 (M)109              | 00:38:11  | 00:38:11 | 07.38    |
| 45           | 407    | SIEDLAK Tomasz        | LUBIN            | POL      |              | 85  | M30/45 (M)113              | 00:38:21  | 00:38:21 | 07.40    |
| 46           | 572    | KOŁOSIONEK Roman      |                  | POL      |              | 84  | M30/46 (M)114              | 00:38:28  | 00:38:28 | 07.41    |
| 47           | 141    | JANISZEWSKI Michał    | TRZEBNICA        | POL      |              | 83  | M30/47 (M)116              | 00:38:32  | 00:38:32 | 07.42    |
| 48           | 537    | KOCEMBA Askaniusz     | LUBAWKA          | POL      |              | 80  | M30/48 (M)117              | 00:38:35  | 00:38:35 | 07.43    |
| 49           | 510    | STĘPIEŃ Bogdan        | OPOCZNO          | POL      |              | 79  | M30/49 (M)119              | 00:38:47  | 00:38:47 | 07.45    |
| 50           | 548    | BŁĄŻUK Jarosław       | GDYNIA           | POL      |              | 79  | M30/50 (M)124              | 00:38:57  | 00:38:57 | 07.47    |
| 51           | 170    | BANDURA Robert        | WROCLAW          | POL      |              | 83  | M30/51 (M)125              | 00:38:58  | 00:38:58 | 07.47    |
| 52           | 119    | CZAJKA Grzegorz       | NOWA RUDA        | POL      |              | 79  | M30/52 (M)127              | 00:39:01  | 00:39:01 | 07.48    |
| 53           | 468    | FOLCIK Ziemowit       | WROCLAW          | POL      |              | 77  | M30/53 (M)128              | 00:39:02  | 00:39:02 | 07.48    |
| 54           | 67     | STRYCZEK Tomasz       | BIELSKO-BIAŁA    | POL      |              | 81  | M30/54 (M)129              | 00:39:04  | 00:39:04 | 07.48    |
| 55           | 479    | ZYDORCZAK Mateusz     | WROCLAW          | POL      |              | 80  | M30/55 (M)138              | 00:39:18  | 00:39:18 | 07.51    |
| 56           | 189    | NOWICKI Paweł         | LUBIN            | POL      |              | 82  | M30/56 (M)141              | 00:39:27  | 00:39:27 | 07.53    |
| 57           | 73     | BASZAK Tomasz         | STRACHÓW         | POL      |              | 78  | M30/57 (M)142              | 00:39:29  | 00:39:29 | 07.53    |
| 58           | 124    | GDANIEC Jakub         | WROCLAW          | POL      |              | 84  | M30/58 (M)143              | 00:39:31  | 00:39:31 | 07.54    |
| 59           | 144    | MŁYNARCZYK Łukasz     | WROCLAW          | POL      |              | 78  | M30/59 (M)150              | 00:39:42  | 00:39:42 | 07.56    |
| 60           | 240    | SAMUSZONEK Jakub      | WROCLAW          | POL      |              | 82  | M30/60 (M)152              | 00:39:46  | 00:39:46 | 07.57    |
| 61           | 368    | ALEKSANDROWICZ Tomasz | OŁAWA            | POL      |              | 82  | M30/61 (M)153              | 00:39:47  | 00:39:47 | 07.57    |
| 62           | 71     | DYM Grzegorz          | LUBIN            | POL      |              | 79  | M30/62 (M)155              | 00:39:51  | 00:39:51 | 07.58    |
| 63           | 418    | HARASZKIEWICZ Robert  | WAŁBRZYCH        | POL      |              | 77  | M30/63 (M)160              | 00:40:07  | 00:40:07 | 08.01    |
| 64           | 436    | PALICHBLEB Sławomir   | WROCLAW          | POL      |              | 76  | M30/64 (M)162              | 00:40:16  | 00:40:16 | 08.03    |
| 65           | 218    | GRECKI Paweł          | WROCLAW          | POL      |              | 79  | M30/65 (M)166              | 00:40:25  | 00:40:25 | 08.05    |
| 66           | 575    | KĘDRA Dominik         | WROCLAW          | POL      |              | 81  | M30/66 (M)168              | 00:40:29  | 00:40:29 | 08.05    |
| 67           | 457    | WAWRZYŃIAK Grzegorz   | GNIECHOWICE      | POL      |              | 82  | M30/67 (M)173              | 00:40:44  | 00:40:44 | 08.08    |
| 68           | 551    | ZIELIŃSKI Jacek       | POZNAŃ           | POL      |              | 79  | M30/68 (M)180              | 00:40:57  | 00:40:57 | 08.11    |
| 69           | 545    | KLUKOWSKI Kamil       | WROCLAW          | POL      |              | 80  | M30/69 (M)184              | 00:41:11  | 00:41:11 | 08.14    |
| 70           | 137    | SZELAGIEWICZ Piotr    | WROCLAW          | POL      |              | 82  | M30/70 (M)191              | 00:41:34  | 00:41:34 | 08.18    |
| 71           | 95     | CIESIELSKI Bartłomiej | ŚWIDNICA         | POL      |              | 85  | M30/71 (M)193              | 00:41:42  | 00:41:42 | 08.20    |
| 72           | 86     | MATYSIAK Łukasz       | KOBYLA GÓRA      | POL      |              | 84  | M30/72 (M)194              | 00:41:44  | 00:41:44 | 08.20    |
| 73           | 359    | MOŃKO Dawid           | WROCLAW          | POL      |              | 79  | M30/73 (M)202              | 00:42:04  | 00:42:04 | 08.24    |
| 74           | 262    | GRZYWACZEWSKI Piotr   | WROCLAW          | POL      |              | 81  | M30/74 (M)205              | 00:42:14  | 00:42:14 | 08.26    |
| 75           | 393    | TUBIELEWICZ Krzysztof | OŁAWA            | POL      |              | 77  | M30/75 (M)208              | 00:42:21  | 00:42:21 | 08.28    |
| 76           | 437    | PALUCH Cezary         | WROCLAW          | POL      |              | 83  | M30/76 (M)211              | 00:42:28  | 00:42:28 | 08.29    |
| 77           | 29     | KOŁODZIEJ Łukasz      | TAPADLA          | POL      |              | 78  | M30/77 (M)212              | 00:42:29  | 00:42:29 | 08.29    |
| 78           | 179    | ŁUKASZCZYK Piotr      | KALISZ           | POL      |              | 83  | M30/78 (M)215              | 00:42:36  | 00:42:36 | 08.31    |
| 79           | 482    | KARCZYŃSKI Krzysztof  | WROCLAW          | POL      |              | 77  | M30/79 (M)219              | 00:42:40  | 00:42:40 | 08.32    |
| 80           | 130    | STĘPIEŃ Jakub         | MALCZYCE         | POL      |              | 82  | M30/80 (M)221              | 00:42:43  | 00:42:43 | 08.32    |
| 81           | 237    | KARSZNIA Radosław     | WROCLAW          | POL      |              | 76  | M30/81 (M)222              | 00:42:45  | 00:42:45 | 08.33    |
| 82           | 467    | KAWAŁKO Olgierd       | BRZEG            | POL      |              | 83  | M30/82 (M)226              | 00:42:57  | 00:42:57 | 08.35    |
| 83           | 578    | MORAĞ Maciej          | WROCLAW          | POL      |              | 84  | M30/83 (M)228              | 00:42:58  | 00:42:58 | 08.35    |
| 84           | 338    | FREJ Darek            | BUKOWINA         | POL      |              | 80  | M30/84 (M)234              | 00:43:05  | 00:43:05 | 08.37    |
| 85           | 97     | ŻABIAREK Bogumił      | KALISZ           | POL      |              | 79  | M30/85 (M)235              | 00:43:07  | 00:43:07 | 08.37    |
| 86           | 77     | ROSTECKI Jacek        | ŚRODA ŚLĄSKA     | POL      |              | 76  | M30/86 (M)236              | 00:43:08  | 00:43:08 | 08.37    |
| 87           | 112    | CHOLUBEK Marek        | OŁAWA            | POL      |              | 80  | M30/87 (M)247              | 00:43:40  | 00:43:40 | 08.44    |
| 88           | 51     | WEIMAN Wiktor         | WROCLAW          | POL      |              | 83  | M30/88 (M)248              | 00:43:40  | 00:43:40 | 08.44    |
| 89           | 14     | SZABAT Daniel         | WROCLAW          | POL      |              | 79  | M30/89 (M)249              | 00:43:41  | 00:43:41 | 08.44    |
| 90           | 282    | MŁODOŻENIEC Mirosław  | SOBÓTKA          | POL      |              | 80  | M30/90 (M)256              | 00:43:55  | 00:43:55 | 08.47    |
| 91           | 74     | WAWRZYŃIAK Rafał      | WROCLAW          | POL      |              | 79  | M30/91 (M)257              | 00:43:55  | 00:43:55 | 08.47    |
| 92           | 402    | HETNER Robert         | NOWA SOL         | POL      |              | 81  | M30/92 (M)258              | 00:43:56  | 00:43:56 | 08.47    |
| 93           | 499    | BODUCH Mariusz        | ŚWIERCZÓW        | POL      |              | 79  | M30/93 (M)259              | 00:44:09  | 00:44:09 | 08.49    |
| 94           | 190    | ŁOPIAN Wojciech       | SOBÓTKA          | POL      |              | 83  | M30/94 (M)260              | 00:44:20  | 00:44:20 | 08.52    |
| 95           | 275    | MAJDAŃSKI Tomasz      | LEŚNA            | POL      |              | 79  | M30/95 (M)261              | 00:44:21  | 00:44:21 | 08.52    |
| 96           | 66     | MENES Marcin          | LESZNO           | POL      |              | 77  | M30/96 (M)263              | 00:44:29  | 00:44:29 | 08.53    |
| 97           | 567    | OWSIANKA Sławomir     | ŚWIDNICA         | POL      |              | 78  | M30/97 (M)264              | 00:44:32  | 00:44:32 | 08.54    |
| 98           | 409    | BAK Bartosz           | WROCLAW          | POL      |              | 83  | M30/98 (M)266              | 00:44:34  | 00:44:34 | 08.54    |
| 99           | 184    | RICHTER Tomasz        | WROCLAW          | POL      |              | 78  | M30/99 (M)271              | 00:44:40  | 00:44:40 | 08.56    |
| 100          | 279    | KOWALSKI Damian       | GŁOGÓW           | POL      |              | 85  | M30/100 (M)275             | 00:44:52  | 00:44:52 | 08.58    |

| 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] |
|--------------|--------|----------------------|---------------------|----------|--------------|---------|------------------------|-----------|----------|----------|
| 101          | 288    | KOWALCZYK Owidiusz   | WROCLAW             | POL      |              | 77      | M30/101 (M)276         | 00:44:52  | 00:44:52 | 08.58    |
| 102          | 68     | MIKRUT Paweł         | WROCLAW             | POL      |              | 82      | M30/102 (M)277         | 00:45:03  | 00:45:03 | 09.00    |
| 103          | 122    | WŁOSEK Darek         | MIETKÓW             | POL      |              | 79      | M30/103 (M)281         | 00:45:19  | 00:45:19 | 09.03    |
| 104          | 252    | GAWRON Radosław      | GLIWICE             | POL      |              | 81      | M30/104 (M)285         | 00:45:27  | 00:45:27 | 09.05    |
| 105          | 366    | RYBAKOWSKI Michał    | PAWLOWICE           | POL      |              | 83      | M30/105 (M)286         | 00:45:28  | 00:45:28 | 09.05    |
| 106          | 272    | WICHARY Cyprian      | WROCLAW             | POL      |              | 76      | M30/106 (M)289         | 00:45:37  | 00:45:37 | 09.07    |
| 107          | 342    | ZARYCHTA Piotr       | WROCLAW             | POL      |              | 79      | M30/107 (M)296         | 00:45:52  | 00:45:52 | 09.10    |
| 108          | 301    | HETNAR Artur         | NOWA SÓL            | POL      |              | 76      | M30/108 (M)298         | 00:45:57  | 00:45:57 | 09.11    |
| 109          | 261    | KUPIEC Tomasz        | WROCLAW             | POL      |              | 81      | M30/109 (M)301         | 00:46:04  | 00:46:04 | 09.12    |
| 110          | 462    | DZIAMSKI Ryszard     | CHORZÓW             | POL      |              | 76      | M30/110 (M)303         | 00:46:08  | 00:46:08 | 09.13    |
| 111          | 576    | MACIEJEWSKI Maciej   | SOBÓTKA             | POL      |              | 81      | M30/111 (M)304         | 00:46:14  | 00:46:14 | 09.14    |
| 112          | 405    | SKOREK Karol         | WROCLAW             | POL      |              | 83      | M30/112 (M)308         | 00:46:19  | 00:46:19 | 09.15    |
| 113          | 379    | CIESIELSKI Maciej    | WROCLAW             | POL      |              | 81      | M30/113 (M)311         | 00:46:24  | 00:46:24 | 09.16    |
| 114          | 565    | HYSKI Mateusz        | KLUCZBORK           | POL      |              | 80      | M30/114 (M)315         | 00:46:35  | 00:46:35 | 09.19    |
| 115          | 121    | KOZŁOWSKI Jacek      | PIESZYCE            | POL      |              | 76      | M30/115 (M)321         | 00:47:07  | 00:47:07 | 09.25    |
| 116          | 50     | SPERNAL Wojciech     | SYCÓW               | POL      |              | 80      | M30/116 (M)322         | 00:47:10  | 00:47:10 | 09.26    |
| 117          | 330    | GRZEGORCZYK Mariusz  | WROCLAW             | POL      |              | 83      | M30/117 (M)326         | 00:47:21  | 00:47:21 | 09.28    |
| 118          | 308    | KOZŁOWSKI Marcin     | GDAŃSK              | POL      |              | 77      | M30/118 (M)329         | 00:47:47  | 00:47:47 | 09.33    |
| 119          | 250    | GÓRA Damian          | ŚRODA ŚLĄSKA        | POL      |              | 85      | M30/119 (M)336         | 00:48:03  | 00:48:03 | 09.36    |
| 120          | 234    | WACLAWSKI Mateusz    | WROCLAW             | POL      |              | 84      | M30/120 (M)337         | 00:48:03  | 00:48:03 | 09.36    |
| 121          | 498    | LECH Lesław          | ROGÓW SOBÓCKI       | POL      |              | 80      | M30/121 (M)339         | 00:48:11  | 00:48:11 | 09.38    |
| 122          | 303    | MICHALSKI Marek      | OSTRÓW WIELKOPOLSKI | POL      |              | 78      | M30/122 (M)341         | 00:48:19  | 00:48:19 | 09.39    |
| 123          | 356    | ZIĘBA Wojciech       | WROCLAW             | POL      |              | 80      | M30/123 (M)347         | 00:48:37  | 00:48:37 | 09.43    |
| 124          | 23     | RUDZIK Michał        | SKIERNIEWICE        | POL      |              | 81      | M30/124 (M)348         | 00:48:37  | 00:48:37 | 09.43    |
| 125          | 61     | HURNY Paweł          | OSTRÓW WIELKOPOLSKI | POL      |              | 84      | M30/125 (M)353         | 00:49:14  | 00:49:14 | 09.50    |
| 126          | 34     | CIERNIAK Karol       | OSTRÓW WLKP         | POL      |              | 79      | M30/126 (M)354         | 00:49:15  | 00:49:15 | 09.51    |
| 127          | 305    | ANDROSZ Piotr        | RUDA ŚLĄSKA         | POL      |              | 82      | M30/127 (M)355         | 00:49:16  | 00:49:16 | 09.51    |
| 128          | 99     | STARŻYK Andrzej      | ŁĘKNICA             | POL      |              | 76      | M30/128 (M)356         | 00:49:21  | 00:49:21 | 09.52    |
| 129          | 171    | KOPEĆ Bartłomiej     | WROCLAW             | POL      |              | 79      | M30/129 (M)357         | 00:49:25  | 00:49:25 | 09.53    |
| 130          | 463    | TRUSIEWICZ Marcin    | BIALYSTOK           | POL      |              | 77      | M30/130 (M)361         | 00:49:52  | 00:49:52 | 09.58    |
| 131          | 257    | GONIEWSKI Przemysław | WROCLAW             | POL      |              | 79      | M30/131 (M)362         | 00:50:02  | 00:50:02 | 10.00    |
| 132          | 24     | SOLIŃSKI Andrzej     | SOBÓTKA             | POL      |              | 77      | M30/132 (M)364         | 00:50:25  | 00:50:25 | 10.05    |
| 133          | 307    | JĘDRZEJEK Beniamin   | WROCLAW             | POL      |              | 80      | M30/133 (M)366         | 00:50:30  | 00:50:30 | 10.06    |
| 134          | 361    | WOJTANOWICZ Paweł    | WROCLAW             | POL      |              | 82      | M30/134 (M)372         | 00:51:38  | 00:51:38 | 10.19    |
| 135          | 558    | WIKTORCZYK Mateusz   | WROCLAW             | POL      |              | 82      | M30/135 (M)375         | 00:51:42  | 00:51:42 | 10.20    |
| 136          | 277    | POGODZIŃSKI Paweł    | RADOM               | POL      |              | 85      | M30/136 (M)377         | 00:51:48  | 00:51:48 | 10.21    |
| 137          | 579    | BAKOWSKI Robert      | ROGÓW SOBÓCKI       | POL      |              | 78      | M30/137 (M)378         | 00:51:54  | 00:51:54 | 10.22    |
| 138          | 150    | WRÓBEL Tomasz        | WROCLAW             | POL      |              | 81      | M30/138 (M)383         | 00:52:21  | 00:52:21 | 10.28    |
| 139          | 364    | BOŁTUĆ Radosław      | WROCLAW             | POL      |              | 78      | M30/139 (M)385         | 00:52:25  | 00:52:25 | 10.29    |
| 140          | 55     | KLEPACKI Maciej      | PĘPOWO              | POL      |              | 81      | M30/140 (M)388         | 00:52:44  | 00:52:44 | 10.32    |
| 141          | 72     | PATYRA Łukasz        | WROCLAW             | POL      |              | 83      | M30/141 (M)389         | 00:52:47  | 00:52:47 | 10.33    |
| 142          | 326    | POMIETLARZ Michał    | LEGNICA             | POL      |              | 85      | M30/142 (M)396         | 00:53:56  | 00:53:56 | 10.47    |
| 143          | 225    | SOWIŃSKI Łukasz      | WROCLAW             | POL      |              | 85      | M30/143 (M)400         | 00:54:45  | 00:54:45 | 10.57    |
| 144          | 202    | CZURYŁO Zbigniew     | KIEŁCZÓW            | POL      |              | 81      | M30/144 (M)401         | 00:54:54  | 00:54:54 | 10.58    |
| 145          | 129    | PUCHALSKI Przemysław | WROCLAW             | POL      |              | 82      | M30/145 (M)403         | 00:55:21  | 00:55:21 | 11.04    |
| 146          | 290    | LIPIŃSKI Mateusz     | WROCLAW             | POL      |              | 83      | M30/146 (M)408         | 00:56:41  | 00:56:41 | 11.20    |
| 147          | 230    | JACHNA Radosław      | ŁÓDŹ                | POL      |              | 85      | M30/147 (M)411         | 00:57:06  | 00:57:06 | 11.25    |
| 148          | 49     | ZAZULAK Marcin       | KUROPATNIK          | POL      |              | 83      | M30/148 (M)413         | 00:58:47  | 00:58:47 | 11.45    |
| 149          | 87     | MASZTALERZ Michał    | JARACZEWO           | POL      |              | 85      | M30/149 (M)414         | 00:59:15  | 00:59:15 | 11.51    |
| 150          | 500    | ŻOŁNOWSKI Jarosław   | ŚWIERCZÓW           | POL      |              | 83      | M30/150 (M)418         | 01:03:52  | 01:03:52 | 12.46    |
| 151          | 296    | OSTAŃSKI Jacek       | WROCLAW             | POL      |              | 80      | M30/151 (M)419         | 01:05:47  | 01:05:47 | 13.09    |
| 152          | 486    | ORDECHA Łukasz       | SULISTROWICE        | POL      |              | 81      | M30/152 (M)421         | 01:14:32  | 01:14:32 | 14.54    |

### Bieg główny 5km KATEGORIA:M40

|   |     |                     |                  |     |  |    |             |          |          |       |
|---|-----|---------------------|------------------|-----|--|----|-------------|----------|----------|-------|
| 1 | 162 | WAŚOWICZ Jan        | KRAKOW           | POL |  | 73 | M40/1 (M)9  | 00:28:16 | 00:28:16 | 05.39 |
| 2 | 201 | FARON Robert        | ZALESIE          | POL |  | 74 | M40/2 (M)18 | 00:30:12 | 00:30:12 | 06.02 |
| 3 | 199 | SOKOŁOWSKI Marek    | MYSLOWICE-WESOLA | POL |  | 69 | M40/3 (M)23 | 00:30:59 | 00:30:59 | 06.11 |
| 4 | 490 | STROKA Robert       | SOBÓTKA          | POL |  | 74 | M40/4 (M)24 | 00:31:10 | 00:31:10 | 06.14 |
| 5 | 191 | GRABLEWSKI Grzegorz | WROCLAW          | POL |  | 75 | M40/5 (M)30 | 00:31:55 | 00:31:55 | 06.23 |

| 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] |
|--------------|--------|------------------------|---------------------|----------|--------------|---------|------------------------|-----------|----------|----------|
| 6            | 332    | SIKORA Michał          | ŻELOWICE            | POL      |              | 69      | M40/6 (M)31            | 00:31:59  | 00:31:59 | 06.23    |
| 7            | 396    | KRUPA Grzegorz         | SOBÓTKA             | POL      |              | 73      | M40/7 (M)41            | 00:33:42  | 00:33:42 | 06.44    |
| 8            | 524    | RYCHLIK Artur          | BARANÓW             | POL      |              | 68      | M40/8 (M)42            | 00:33:47  | 00:33:47 | 06.45    |
| 9            | 271    | PACTWA Piotr           | WROCLAW             | POL      |              | 70      | M40/9 (M)44            | 00:33:54  | 00:33:54 | 06.46    |
| 10           | 441    | SKROK Dariusz          | NAMYŚLÓW            | POL      |              | 73      | M40/10 (M)49           | 00:34:12  | 00:34:12 | 06.50    |
| 11           | 401    | KURIATA Robert         | ZŁOTORYJA           | POL      |              | 66      | M40/11 (M)54           | 00:34:46  | 00:34:46 | 06.57    |
| 12           | 445    | KUBIK Norbert          | ŚWIDNICA            | POL      |              | 75      | M40/12 (M)60           | 00:35:11  | 00:35:11 | 07.02    |
| 13           | 224    | BUKOWSKI Edward        | KLUCZBORK           | POL      |              | 69      | M40/13 (M)62           | 00:35:28  | 00:35:28 | 07.05    |
| 14           | 295    | TYCZKOWSKI Mariusz     | WROCLAW             | POL      |              | 67      | M40/14 (M)65           | 00:35:35  | 00:35:35 | 07.07    |
| 15           | 395    | ZAJĄC Grzegorz         | WAŁBRZYCH           | POL      |              | 69      | M40/15 (M)66           | 00:35:38  | 00:35:38 | 07.07    |
| 16           | 536    | CIECIUCH Maciej        | POLANICA ZDRÓJ      | POL      |              | 75      | M40/16 (M)70           | 00:35:52  | 00:35:52 | 07.10    |
| 17           | 120    | ROGOZIŃSKI Damian      | ŚWIEBODZICE         | POL      |              | 75      | M40/17 (M)82           | 00:36:30  | 00:36:30 | 07.18    |
| 18           | 355    | MAJEWSKI Andrzej       | KONDRATOWICE        | POL      |              | 69      | M40/18 (M)84           | 00:36:32  | 00:36:32 | 07.18    |
| 19           | 543    | GAŁKA Grzegorz         | SZYMANÓW            | POL      |              | 73      | M40/19 (M)96           | 00:37:13  | 00:37:13 | 07.26    |
| 20           | 35     | TOMKÓW Robert          | NIEMODLIN           | POL      |              | 72      | M40/20 (M)100          | 00:37:31  | 00:37:31 | 07.30    |
| 21           | 206    | PARZONKA Paweł         | KĘPNO               | POL      |              | 73      | M40/21 (M)104          | 00:37:44  | 00:37:44 | 07.32    |
| 22           | 44     | OLBERT Ireneusz        | BRZEG DOLNY         | POL      |              | 70      | M40/22 (M)105          | 00:37:54  | 00:37:54 | 07.34    |
| 23           | 239    | KIEŁBUS Mariusz        | OLEŚNICA            | POL      |              | 75      | M40/23 (M)106          | 00:38:04  | 00:38:04 | 07.36    |
| 24           | 424    | STADNICKI Robert       | LUBIN/KOŹLICE       | POL      |              | 71      | M40/24 (M)112          | 00:38:17  | 00:38:17 | 07.39    |
| 25           | 108    | JACKIEWICZ Andrzej     | CHOCIANÓW           | POL      |              | 70      | M40/25 (M)118          | 00:38:40  | 00:38:40 | 07.44    |
| 26           | 198    | MRÓWKA Leszek          | WROCLAW             | POL      |              | 74      | M40/26 (M)120          | 00:38:50  | 00:38:50 | 07.46    |
| 27           | 178    | SZMAGIEREWSKI Wojciech | WROCLAW             | POL      |              | 68      | M40/27 (M)132          | 00:39:06  | 00:39:06 | 07.49    |
| 28           | 316    | ŻMIJAN Artur           | BOLKÓW              | POL      |              | 71      | M40/28 (M)140          | 00:39:25  | 00:39:25 | 07.53    |
| 29           | 299    | JACKOWICZ Rafał        | SOBÓTKA             | POL      |              | 75      | M40/29 (M)144          | 00:39:33  | 00:39:33 | 07.54    |
| 30           | 333    | MAZUREK Artur          | CZARNY BÓR          | POL      |              | 70      | M40/30 (M)146          | 00:39:38  | 00:39:38 | 07.55    |
| 31           | 149    | MIELNIKOWSKI Piotr     | SOBÓTKA             | POL      |              | 74      | M40/31 (M)147          | 00:39:39  | 00:39:39 | 07.55    |
| 32           | 412    | SKUŁA Krzysztof        | ŚRODA ŚLĄSKA        | POL      |              | 72      | M40/32 (M)154          | 00:39:49  | 00:39:49 | 07.57    |
| 33           | 525    | NIEZGÓDKA Tomasz       | WROCLAW             | POL      |              | 70      | M40/33 (M)156          | 00:39:55  | 00:39:55 | 07.59    |
| 34           | 538    | SIKORA Jacek           | PRUSY               | POL      |              | 74      | M40/34 (M)159          | 00:40:07  | 00:40:07 | 08.01    |
| 35           | 28     | GANCZARSKI Wojciech    | WROCLAW             | POL      |              | 74      | M40/35 (M)163          | 00:40:16  | 00:40:16 | 08.03    |
| 36           | 96     | BEDNARZ Sebastian      | OTMUCHÓW            | POL      |              | 71      | M40/36 (M)170          | 00:40:33  | 00:40:33 | 08.06    |
| 37           | 53     | KUPIŃSKI Cezary        | WROCLAW             | POL      |              | 68      | M40/37 (M)172          | 00:40:44  | 00:40:44 | 08.08    |
| 38           | 100    | LACH Dariusz           | ŚWIAŃNIKI           | POL      |              | 70      | M40/38 (M)177          | 00:40:51  | 00:40:51 | 08.10    |
| 39           | 31     | FABISIAK Grzegorz      | CZERWIEŃSK          | POL      |              | 74      | M40/39 (M)178          | 00:40:54  | 00:40:54 | 08.10    |
| 40           | 221    | PODWÓRNY Jan           | WROCLAW             | POL      |              | 71      | M40/40 (M)179          | 00:40:56  | 00:40:56 | 08.11    |
| 41           | 57     | CHAŁUPCZAK Cezary      | WROCLAW             | POL      |              | 69      | M40/41 (M)182          | 00:41:04  | 00:41:04 | 08.12    |
| 42           | 336    | LISTWAN Dariusz        | RUDNA               | POL      |              | 74      | M40/42 (M)187          | 00:41:22  | 00:41:22 | 08.16    |
| 43           | 76     | OSIENIENKO Dariusz     | ŚWIDNICA            | POL      |              | 67      | M40/43 (M)189          | 00:41:34  | 00:41:34 | 08.18    |
| 44           | 491    | WOZNIAK Wojciech       | SWARZĘDZ            | POL      |              | 68      | M40/44 (M)192          | 00:41:40  | 00:41:40 | 08.20    |
| 45           | 204    | RAK Zdzisław           | ROGÓW SOBÓCKI       | POL      |              | 66      | M40/45 (M)195          | 00:41:46  | 00:41:46 | 08.21    |
| 46           | 377    | PACYNA Dariusz         | KĄTY WROCLAWSKIE    | POL      |              | 73      | M40/46 (M)197          | 00:41:48  | 00:41:48 | 08.21    |
| 47           | 283    | SZAFRANIEC Krzysztof   | KRAKÓW              | POL      |              | 70      | M40/47 (M)210          | 00:42:28  | 00:42:28 | 08.29    |
| 48           | 485    | DROHOMERECKI Tomasz    | WROCLAW             | POL      |              | 74      | M40/48 (M)213          | 00:42:30  | 00:42:30 | 08.30    |
| 49           | 227    | IWAŃSKI Artur          | KRAPKOWICE          | POL      |              | 75      | M40/49 (M)225          | 00:42:55  | 00:42:55 | 08.35    |
| 50           | 32     | PAŁCZYŃSKI Jacek       | OSTRÓW WIELKOPOLSKI | POL      |              | 67      | M40/50 (M)229          | 00:43:00  | 00:43:00 | 08.36    |
| 51           | 440    | GAŚSIOROWSKI Jacek     | WROCLAW             | POL      |              | 70      | M40/51 (M)232          | 00:43:03  | 00:43:03 | 08.36    |
| 52           | 470    | KAPELSKI Paweł         | POZNAŃ              | POL      |              | 72      | M40/52 (M)237          | 00:43:15  | 00:43:15 | 08.39    |
| 53           | 331    | KAMOLA Piotr           | WROCLAW             | POL      |              | 75      | M40/53 (M)244          | 00:43:27  | 00:43:27 | 08.41    |
| 54           | 22     | BORUCKI Rafał          | CHOJNÓW             | POL      |              | 73      | M40/54 (M)252          | 00:43:48  | 00:43:48 | 08.45    |
| 55           | 169    | KIRKIEWICZ Ireneusz    | OLAWA               | POL      |              | 71      | M40/55 (M)253          | 00:43:49  | 00:43:49 | 08.45    |
| 56           | 142    | MŁODOŻENIEC Rafał      | MÓRKOWO             | POL      |              | 73      | M40/56 (M)262          | 00:44:25  | 00:44:25 | 08.53    |
| 57           | 207    | MILCZAREK Piotr        | DUSZNIKI ZDRÓJ      | POL      |              | 75      | M40/57 (M)268          | 00:44:35  | 00:44:35 | 08.55    |
| 58           | 327    | SYNOWIEC Adam          | ŻMIGRÓD             | POL      |              | 72      | M40/58 (M)270          | 00:44:40  | 00:44:40 | 08.56    |
| 59           | 241    | PÓLTORZYCKI Paweł      | WROCLAW             | POL      |              | 74      | M40/59 (M)272          | 00:44:45  | 00:44:45 | 08.57    |
| 60           | 70     | ZDUNIK Arkadiusz       | ŻARÓW               | POL      |              | 74      | M40/60 (M)273          | 00:44:47  | 00:44:47 | 08.57    |
| 61           | 268    | TATROCKI Krzysztof     | SOBÓTKA             | POL      |              | 69      | M40/61 (M)274          | 00:44:48  | 00:44:48 | 08.57    |
| 62           | 80     | RESPONDEK Dariusz      | WROCLAW             | POL      |              | 74      | M40/62 (M)279          | 00:45:10  | 00:45:10 | 09.02    |
| 63           | 489    | METRYKA Mirosław       | JAWORZNO            | POL      |              | 67      | M40/63 (M)284          | 00:45:25  | 00:45:25 | 09.05    |

| 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] |
|--------------|--------|----------------------|---------------------|----------|--------------|---------|------------------------|-----------|----------|----------|
| 64           | 391    | WIERZBICKI Adam      | LUBIN               | POL      |              | 75      | M40/64 (M)292          | 00:45:41  | 00:45:41 | 09.08    |
| 65           | 298    | KOTKOWSKI Henryk     | SWIDNICA            | POL      |              | 70      | M40/65 (M)293          | 00:45:46  | 00:45:46 | 09.09    |
| 66           | 276    | GOLDWASSER Zbigniew  | SOBÓTKA             | POL      |              | 66      | M40/66 (M)294          | 00:45:48  | 00:45:48 | 09.09    |
| 67           | 88     | WÓJCIK Marek         | WIERZBNO            | POL      |              | 74      | M40/67 (M)299          | 00:45:59  | 00:45:59 | 09.11    |
| 68           | 172    | MAZEPA Tomasz        | OLAWA               | POL      |              | 75      | M40/68 (M)300          | 00:46:01  | 00:46:01 | 09.12    |
| 69           | 286    | WALIGÓRA Aleksander  | KĘDZIERZYN-KOŹLE    | POL      |              | 74      | M40/69 (M)305          | 00:46:16  | 00:46:16 | 09.15    |
| 70           | 115    | CABAN Rafał          | OLEŚNICA            | POL      |              | 75      | M40/70 (M)312          | 00:46:28  | 00:46:28 | 09.17    |
| 71           | 387    | PIERUN Zbigniew      | KOBIERZYCE          | POL      |              | 69      | M40/71 (M)314          | 00:46:34  | 00:46:34 | 09.18    |
| 72           | 357    | BUDZYŃSKI Mateusz    | MĘDLÓW              | POL      |              | 74      | M40/72 (M)318          | 00:46:56  | 00:46:56 | 09.23    |
| 73           | 375    | MIKOŁAJCZYK Mirosław | KAMIENNA GÓRA       | POL      |              | 67      | M40/73 (M)320          | 00:47:05  | 00:47:05 | 09.25    |
| 74           | 103    | CZAJA Antoni         | OSTROWY NAD OKSZĄ   | POL      |              | 73      | M40/74 (M)324          | 00:47:13  | 00:47:13 | 09.26    |
| 75           | 255    | ZAWADZKI Tomasz      | KŁODZKO             | POL      |              | 70      | M40/75 (M)325          | 00:47:16  | 00:47:16 | 09.27    |
| 76           | 113    | CHOLUBEK Dariusz     | OLAWA               | POL      |              | 74      | M40/76 (M)327          | 00:47:42  | 00:47:42 | 09.32    |
| 77           | 188    | CZEKAJ Dariusz       | OLEŚNICA            | POL      |              | 74      | M40/77 (M)335          | 00:48:02  | 00:48:02 | 09.36    |
| 78           | 256    | GUBAŁA Krzysztof     | TĄPKOWICE           | POL      |              | 72      | M40/78 (M)342          | 00:48:22  | 00:48:22 | 09.40    |
| 79           | 535    | KUDACKI Jacek        | ŚWIDNICA            | POL      |              | 69      | M40/79 (M)344          | 00:48:26  | 00:48:26 | 09.41    |
| 80           | 91     | KOWALEWSKI Grzegorz  | KRZEPTÓW            | POL      |              | 69      | M40/80 (M)345          | 00:48:27  | 00:48:27 | 09.41    |
| 81           | 433    | KUCAB Andrzej        | LUBIN               | POL      |              | 66      | M40/81 (M)349          | 00:48:37  | 00:48:37 | 09.43    |
| 82           | 484    | STASZYŃSKI Adam      | TULCE               | POL      |              | 73      | M40/82 (M)351          | 00:49:00  | 00:49:00 | 09.48    |
| 83           | 220    | TARKA Wojciech       | WROCLAW             | POL      |              | 67      | M40/83 (M)358          | 00:49:32  | 00:49:32 | 09.54    |
| 84           | 550    | JÓZKÓW Wojciech      | SOBOTKA             | POL      |              | 74      | M40/84 (M)359          | 00:49:44  | 00:49:44 | 09.56    |
| 85           | 449    | CIURA Krzysztof      | SIEDLEC             | POL      |              | 66      | M40/85 (M)363          | 00:50:12  | 00:50:12 | 10.02    |
| 86           | 555    | GLOC Wojciech        | SMOLEC              | POL      |              | 69      | M40/86 (M)367          | 00:50:39  | 00:50:39 | 10.07    |
| 87           | 109    | MASŁO Andrzej        | BYSTRZYCA           | POL      |              | 72      | M40/87 (M)370          | 00:51:11  | 00:51:11 | 10.14    |
| 88           | 318    | SUJECKI Andrzej      | BELCHATÓW           | POL      |              | 68      | M40/88 (M)371          | 00:51:37  | 00:51:37 | 10.19    |
| 89           | 101    | SKRYNNYK Tomasz      | BIELANY WROCLAWSKIE | POL      |              | 70      | M40/89 (M)373          | 00:51:39  | 00:51:39 | 10.19    |
| 90           | 310    | BAGIŃSKI Maciej      | SOBÓTKA             | POL      |              | 72      | M40/90 (M)379          | 00:51:58  | 00:51:58 | 10.23    |
| 91           | 580    | RAPALSKI Konrad      | POZNAŃ              | POL      |              | 72      | M40/91 (M)406          | 00:56:17  | 00:56:17 | 11.15    |
| 92           | 304    | HOLYŃSKI Grzegorz    | WROCLAW             | POL      |              | 66      | M40/92 (M)412          | 00:57:37  | 00:57:37 | 11.31    |
| 93           | 232    | PUCEK Przemysław     | SMOLEC              | POL      |              | 72      | M40/93 (M)415          | 00:59:56  | 00:59:56 | 11.59    |

### Bieg główny 5km KATEGORIA:M50

|    |     |                       |               |     |  |    |               |          |          |       |
|----|-----|-----------------------|---------------|-----|--|----|---------------|----------|----------|-------|
| 1  | 160 | SWOBODA Marek         | WAŁBRZYCH     | POL |  | 64 | M50/1 (M)21   | 00:30:35 | 00:30:35 | 06.07 |
| 2  | 478 | BACZEWSKI Edward      | WAŁBRZYCH     | POL |  | 64 | M50/2 (M)27   | 00:31:28 | 00:31:28 | 06.17 |
| 3  | 33  | SITEK Tadeusz         | MARCISZÓW     | POL |  | 56 | M50/3 (M)36   | 00:32:27 | 00:32:27 | 06.29 |
| 4  | 508 | JAKUBOWSKI Marian     | GRACZE        | POL |  | 57 | M50/4 (M)38   | 00:33:01 | 00:33:01 | 06.36 |
| 5  | 420 | JAWORSKI Stanisław    | RUJA          | POL |  | 62 | M50/5 (M)83   | 00:36:30 | 00:36:30 | 07.18 |
| 6  | 205 | MICHERDA Krzysztof    | ŚWIDNICA      | POL |  | 58 | M50/6 (M)101  | 00:37:35 | 00:37:35 | 07.31 |
| 7  | 497 | WOROBIEC Józef        | JĘDRZEJÓW     | POL |  | 57 | M50/7 (M)161  | 00:40:10 | 00:40:10 | 08.02 |
| 8  | 111 | WILIŃSKI Zbigniew     | WROCLAW       | POL |  | 63 | M50/8 (M)167  | 00:40:29 | 00:40:29 | 08.05 |
| 9  | 270 | TROJAN Stanisław      | WROCLAW       | POL |  | 58 | M50/9 (M)171  | 00:40:37 | 00:40:37 | 08.07 |
| 10 | 41  | CHMIELOWIEC Władysław | SZCZECIN      | POL |  | 60 | M50/10 (M)176 | 00:40:47 | 00:40:47 | 08.09 |
| 11 | 127 | MIECZKOWSKI Piotr     | SOBÓTKA       | POL |  | 65 | M50/11 (M)198 | 00:41:50 | 00:41:50 | 08.22 |
| 12 | 43  | LISICKI Jan           | SZCZECIN      | POL |  | 59 | M50/12 (M)200 | 00:42:00 | 00:42:00 | 08.24 |
| 13 | 46  | PIECZYŃSKI Krzysztof  | SZCZECIN      | POL |  | 56 | M50/13 (M)204 | 00:42:12 | 00:42:12 | 08.26 |
| 14 | 456 | KLUCZYŃSKI Mirosław   | ŚWIEBODZICE   | POL |  | 63 | M50/14 (M)216 | 00:42:36 | 00:42:36 | 08.31 |
| 15 | 59  | KUBIAK Dariusz        | LEGNICA       | POL |  | 61 | M50/15 (M)227 | 00:42:57 | 00:42:57 | 08.35 |
| 16 | 151 | NAGLER Krzysztof      | KOBIERNO      | POL |  | 58 | M50/16 (M)231 | 00:43:02 | 00:43:02 | 08.36 |
| 17 | 56  | TOKARSKI Leszek       | GOSTYŃ        | POL |  | 61 | M50/17 (M)243 | 00:43:26 | 00:43:26 | 08.41 |
| 18 | 54  | PISZCZAŁKA Krzysztof  | SOBÓTKA       | POL |  | 61 | M50/18 (M)255 | 00:43:55 | 00:43:55 | 08.47 |
| 19 | 339 | BULKOWSKI Waldemar    | BRZEG         | POL |  | 60 | M50/19 (M)290 | 00:45:38 | 00:45:38 | 09.07 |
| 20 | 269 | LESZCZYŃSKI Wacław    | ŚWIEBODZICE   | POL |  | 63 | M50/20 (M)297 | 00:45:55 | 00:45:55 | 09.11 |
| 21 | 281 | KOWALSKI Dariusz      | WROCLAW       | POL |  | 65 | M50/21 (M)307 | 00:46:18 | 00:46:18 | 09.15 |
| 22 | 541 | BZYMEK Andrzej        | ROGÓW SOBÓCKI | POL |  | 65 | M50/22 (M)317 | 00:46:43 | 00:46:43 | 09.20 |
| 23 | 128 | SZYDŁOWSKI Wiesław    | ŻARÓW         | POL |  | 65 | M50/23 (M)319 | 00:46:56 | 00:46:56 | 09.23 |
| 24 | 444 | WASYLÓW Andrzej       | SOBÓTKA       | POL |  | 64 | M50/24 (M)330 | 00:47:48 | 00:47:48 | 09.33 |
| 25 | 406 | CIECIORA Wojciech     | SOBÓTKA       | POL |  | 61 | M50/25 (M)332 | 00:47:49 | 00:47:49 | 09.33 |
| 26 | 157 | WIECZOREK Marian      | WROCLAW       | POL |  | 57 | M50/26 (M)338 | 00:48:05 | 00:48:05 | 09.37 |
| 27 | 158 | PYTEL Andrzej         | WROCLAW       | POL |  | 62 | M50/27 (M)376 | 00:51:46 | 00:51:46 | 10.21 |

| 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] |
|--------------|--------|----------------------|------------------|----------|--------------|---------|------------------------|-----------|----------|----------|
| 28           | 477    | GRONCZYŃSKI Grzegorz | LUBIN            | POL      |              | 61      | M50/28 (M)380          | 00:52:05  | 00:52:05 | 10.25    |
| 29           | 64     | SZCZEPAŃSKI Sławomir | LIGOTA PIĘKNA    | POL      |              | 64      | M50/29 (M)384          | 00:52:24  | 00:52:24 | 10.28    |
| 30           | 453    | STANKIEWICZ Antoni   | SOBÓTKA          | POL      |              | 58      | M50/30 (M)386          | 00:52:25  | 00:52:25 | 10.29    |
| 31           | 156    | KRZYŻOSIAK Jan       | WROCLAW          | POL      |              | 61      | M50/31 (M)390          | 00:53:01  | 00:53:01 | 10.36    |
| 32           | 325    | POMIETLARZ Lucjan    | LEGNICA          | POL      |              | 60      | M50/32 (M)393          | 00:53:15  | 00:53:15 | 10.39    |
| 33           | 135    | JARUS Marek          | KOBYLIN          | POL      |              | 62      | M50/33 (M)398          | 00:54:28  | 00:54:28 | 10.53    |
| 34           | 404    | RZEŹNICZAK Marek     | WROCLAW          | POL      |              | 62      | M50/34 (M)404          | 00:55:44  | 00:55:44 | 11.08    |
| 35           | 211    | KLAUS Krzysztof      | WROCLAW          | POL      |              | 60      | M50/35 (M)409          | 00:56:52  | 00:56:52 | 11.22    |
| 36           | 106    | KUJDA Ryszard        | WROCLAW          | POL      |              | 61      | M50/36 (M)417          | 01:03:47  | 01:03:47 | 12.45    |
| 37           | 52     | MADERA Bogdan        | ŚWIDNICA         | POL      |              | 60      | M50/37 (M)420          | 01:11:30  | 01:11:30 | 14.18    |

### Bieg główny 5km KATEGORIA:M60

|    |     |                       |                  |     |  |    |               |          |          |       |
|----|-----|-----------------------|------------------|-----|--|----|---------------|----------|----------|-------|
| 1  | 236 | FERENC Janusz         | LUDWIKOWICE      | POL |  | 54 | M60/1 (M)45   | 00:33:55 | 00:33:55 | 06.47 |
| 2  | 155 | GURGUL Ryszard        | BOGUSZOW-GORCE   | POL |  | 55 | M60/2 (M)85   | 00:36:36 | 00:36:36 | 07.19 |
| 3  | 506 | FARON Piotr           | ZALESIE          | POL |  | 49 | M60/3 (M)134  | 00:39:10 | 00:39:10 | 07.50 |
| 4  | 374 | REICHERT Andrzej      | UJAZD            | POL |  | 51 | M60/4 (M)136  | 00:39:12 | 00:39:12 | 07.50 |
| 5  | 285 | WITKOWSKI Zygmunt     | KĄTY WROCLAWSKIE | POL |  | 49 | M60/5 (M)139  | 00:39:20 | 00:39:20 | 07.52 |
| 6  | 349 | WOSIK Marek           | WARSZAWA         | POL |  | 55 | M60/6 (M)181  | 00:41:04 | 00:41:04 | 08.12 |
| 7  | 193 | ZIENKIEWICZ Kazimierz | MOKRY DWÓR       | POL |  | 51 | M60/7 (M)183  | 00:41:07 | 00:41:07 | 08.13 |
| 8  | 337 | KRANZ Jacek           | WOŁOSATE         | POL |  | 46 | M60/8 (M)188  | 00:41:29 | 00:41:29 | 08.17 |
| 9  | 147 | ZAGAJA Janusz         | POKÓJ            | POL |  | 55 | M60/9 (M)217  | 00:42:37 | 00:42:37 | 08.31 |
| 10 | 228 | IWAŃSKI Józef         | KRAPKOWICE       | POL |  | 52 | M60/10 (M)224 | 00:42:54 | 00:42:54 | 08.34 |
| 11 | 385 | TASAREK Ryszard       | NYSA             | POL |  | 52 | M60/11 (M)239 | 00:43:21 | 00:43:21 | 08.40 |
| 12 | 369 | CIECHOMSKI Bogdan     | STARA KUŹNIA     | POL |  | 51 | M60/12 (M)251 | 00:43:42 | 00:43:42 | 08.44 |
| 13 | 166 | BOMBA Zygmunt         | ZLOTY STOK       | POL |  | 55 | M60/13 (M)265 | 00:44:33 | 00:44:33 | 08.54 |
| 14 | 429 | WIŚNIEWSKI Marian     | SZCZECIN         | POL |  | 54 | M60/14 (M)287 | 00:45:32 | 00:45:32 | 09.06 |
| 15 | 422 | KOWALCZYK Tadeusz     | KRAKÓW           | POL |  | 54 | M60/15 (M)334 | 00:47:58 | 00:47:58 | 09.35 |
| 16 | 320 | OMAŃSKI Piotr         | STRZEGOM         | POL |  | 48 | M60/16 (M)346 | 00:48:35 | 00:48:35 | 09.43 |
| 17 | 175 | ZIÓLKOWSKI Krzysztof  | WROCLAW          | POL |  | 53 | M60/17 (M)374 | 00:51:40 | 00:51:40 | 10.20 |
| 18 | 37  | JABŁOŃSKI Kazimierz   | PRĄDY            | POL |  | 51 | M60/18 (M)407 | 00:56:21 | 00:56:21 | 11.16 |
| 19 | 507 | GRYS Czesław          | WROCLAW          | POL |  | 48 | M60/19 (M)422 | 01:36:41 | 01:36:41 | 19.20 |

### Bieg główny 5km KATEGORIA:M70

|   |     |                   |                  |     |  |    |              |          |          |       |
|---|-----|-------------------|------------------|-----|--|----|--------------|----------|----------|-------|
| 1 | 146 | ZALĘSKI Henryk    | SOBÓTKA          | POL |  | 45 | M70/1 (M)158 | 00:40:06 | 00:40:06 | 08.01 |
| 2 | 534 | PUSZCZEWICZ Zenon | PISARZOWICE      | POL |  | 41 | M70/2 (M)240 | 00:43:24 | 00:43:24 | 08.40 |
| 3 | 560 | MUDRY Henryk      | WOLSZTYN         | POL |  | 39 | M70/3 (M)343 | 00:48:23 | 00:48:23 | 09.40 |
| 4 | 554 | CHWASTYK Karol    | KĄTY WROCLAWSKIE | POL |  | 38 | M70/4 (M)405 | 00:56:13 | 00:56:13 | 11.14 |

### Bieg główny 5km KATEGORIA:K14

|    |     |                         |                  |     |  |    |               |          |          |       |
|----|-----|-------------------------|------------------|-----|--|----|---------------|----------|----------|-------|
| 1  | 494 | WIKTOROWICZ Lucja       | OPOCZNO          | POL |  | 99 | K14/1 (K)5    | 00:34:21 | 00:34:21 | 06.52 |
| 2  | 439 | PLOCH Weronika          | WROCLAW          | POL |  | 01 | K14/2 (K)32   | 00:43:37 | 00:43:37 | 08.43 |
| 3  | 512 | WDÓWKA Julia            | OPOCZNO          | POL |  | 01 | K14/3 (K)35   | 00:44:57 | 00:44:57 | 08.59 |
| 4  | 371 | CIECHOMSKA Natalia      | STARA KUŹNIA     | POL |  | 99 | K14/4 (K)42   | 00:47:09 | 00:47:09 | 09.25 |
| 5  | 451 | CIURA Aleksandra        | SIEDLEC          | POL |  | 01 | K14/5 (K)45   | 00:47:30 | 00:47:30 | 09.30 |
| 6  | 372 | KANSY Dominika          | STARA KUŹNIA     | POL |  | 00 | K14/6 (K)54   | 00:50:15 | 00:50:15 | 10.03 |
| 7  | 83  | PIELUSZYŃSKA Małgorzata | SOBÓTKA          | POL |  | 01 | K14/7 (K)68   | 00:51:42 | 00:51:42 | 10.20 |
| 8  | 438 | BUDZYŃSKA Olga          | WROCLAW          | POL |  | 01 | K14/8 (K)86   | 00:58:19 | 00:58:19 | 11.39 |
| 9  | 209 | WALIGÓRA Marta          | KĘDZIERZYN-KOŹLE | POL |  | 99 | K14/9 (K)103  | 01:09:10 | 01:09:10 | 13.50 |
| 10 | 208 | WALIGÓRA Julia          | KĘDZIERZYN-KOŹLE | POL |  | 02 | K14/10 (K)104 | 01:09:11 | 01:09:11 | 13.50 |
| 11 | 233 | PUCEK Klaudia           | SMOLEC           | POL |  | 01 | K14/11 (K)106 | 01:09:55 | 01:09:55 | 13.59 |
| 12 | 235 | PUCEK Julia             | SMOLEC           | POL |  | 01 | K14/12 (K)107 | 01:09:58 | 01:09:58 | 13.59 |

### Bieg główny 5km KATEGORIA:K17

|   |     |                     |           |     |  |    |             |          |          |       |
|---|-----|---------------------|-----------|-----|--|----|-------------|----------|----------|-------|
| 1 | 427 | STARZYK Marzena     | KOZIENICE | POL |  | 96 | K17/1 (K)16 | 00:38:41 | 00:38:41 | 07.44 |
| 2 | 563 | UCIECHOWSKA Jolanta | OPOLE     | POL |  | 96 | K17/2 (K)31 | 00:43:25 | 00:43:25 | 08.41 |
| 3 | 417 | DEMKÓW Małgorzata   | SOBÓTKA   | POL |  | 98 | K17/3 (K)85 | 00:57:53 | 00:57:53 | 11.34 |

### Bieg główny 5km KATEGORIA:K20







|   |     |                     |               |     |  |    |            |          |          |       |
|---|-----|---------------------|---------------|-----|--|----|------------|----------|----------|-------|
| 1 | 203 | SILARSKA Dorota     | ZŁOTY STOK    | POL |  | 93 | K20/1 (K)2 | 00:32:27 | 00:32:27 | 06.29 |
| 2 | 501 | KOZIELSKA Magdalena | SZAFLARY      | POL |  | 91 | K20/2 (K)3 | 00:32:48 | 00:32:48 | 06.33 |
| 3 | 217 | ŁĘCKA Agnieszka     | GOLUB-DOBRZYŃ | POL |  | 89 | K20/3 (K)6 | 00:35:26 | 00:35:26 | 07.05 |
| 4 | 260 | KACKA Anna          | ZAKOPANE      | POL |  | 90 | K20/4 (K)9 | 00:36:31 | 00:36:31 | 07.18 |



















| 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] |
|--------------|--------|------------------------|---------------------|----------|--------------|---------|------------------------|-----------|----------|----------|
| 5            | 552    | KARDAS Ilona           | DĘBLIN              | POL      |              | 94      | K20/5 (K)19            | 00:40:27  | 00:40:27 | 08.05    |
| 6            | 216    | ŁABUDA Dominika        | KAMIENNA GÓRA       | POL      |              | 90      | K20/6 (K)21            | 00:41:11  | 00:41:11 | 08.14    |
| 7            | 242    | ROGALSKA Agata         | KRYSTAŁOWICE        | POL      |              | 92      | K20/7 (K)24            | 00:41:38  | 00:41:38 | 08.19    |
| 8            | 324    | PALICHBLEB Nina        | SOBÓTKA             | POL      |              | 92      | K20/8 (K)26            | 00:42:21  | 00:42:21 | 08.28    |
| 9            | 212    | HOJA Joanna            | WALBRZYCH           | POL      |              | 88      | K20/9 (K)33            | 00:44:03  | 00:44:03 | 08.48    |
| 10           | 177    | TRACZYK-NALEPA Iwona   | SOBÓTKA             | POL      |              | 87      | K20/10 (K)49           | 00:49:08  | 00:49:08 | 09.49    |
| 11           | 173    | MIĄZEK Mariola         | WIŃSKO              | POL      |              | 89      | K20/11 (K)51           | 00:49:38  | 00:49:38 | 09.55    |
| 12           | 556    | BISKUPEK Karolina      | ZABRZE              | POL      |              | 87      | K20/12 (K)56           | 00:50:25  | 00:50:25 | 10.05    |
| 13           | 408    | SIEDLAK Dorota         | LUBIN               | POL      |              | 89      | K20/13 (K)60           | 00:50:37  | 00:50:37 | 10.07    |
| 14           | 117    | ŁUCIÓW Iwona           | PIŁAWA GÓRNA        | POL      |              | 91      | K20/14 (K)62           | 00:50:48  | 00:50:48 | 10.09    |
| 15           | 223    | SKONIECZNA Justyna     | WROCLAW             | POL      |              | 87      | K20/15 (K)63           | 00:50:59  | 00:50:59 | 10.11    |
| 16           | 573    | WOSZCZYŃSKA Alina      | GRODKÓW             | POL      |              | 89      | K20/16 (K)64           | 00:51:03  | 00:51:03 | 10.12    |
| 17           | 351    | ROGALSKA Magdalena     | KRYSTAŁOWICE        | POL      |              | 91      | K20/17 (K)65           | 00:51:03  | 00:51:03 | 10.12    |
| 18           | 352    | KURIATA Anna           | STRZELIN            | POL      |              | 88      | K20/18 (K)69           | 00:52:02  | 00:52:02 | 10.24    |
| 19           | 126    | SZAKOWSKA Katarzyna    | SIEDLCE             | POL      |              | 86      | K20/19 (K)71           | 00:53:37  | 00:53:37 | 10.43    |
| 20           | 435    | FOLGA Małgorzata       | OSTRÓW WIELKOPOLSKI | POL      |              | 90      | K20/20 (K)80           | 00:55:21  | 00:55:21 | 11.04    |
| 21           | 378    | ZAJĄCZKOWSKA Agnieszka | KŁODZKO             | POL      |              | 94      | K20/21 (K)82           | 00:56:15  | 00:56:15 | 11.15    |
| 22           | 180    | NIEWĘGŁOWSKA Ewelina   | WROCLAW             | POL      |              | 91      | K20/22 (K)87           | 00:58:29  | 00:58:29 | 11.41    |
| 23           | 297    | CIURA Alicja           | SIEDLEC             | POL      |              | 95      | K20/23 (K)90           | 00:59:01  | 00:59:01 | 11.48    |
| 24           | 229    | GONIEWSKA Agnieszka    | RAKÓW               | POL      |              | 93      | K20/24 (K)94           | 00:59:58  | 00:59:58 | 11.59    |
| 25           | 574    | SZEWCUK Ewelina        | GRODKÓW             | POL      |              | 87      | K20/25 (K)99           | 01:04:34  | 01:04:34 | 12.54    |
| 26           | 289    | MIKOŁAJCZYK Anna       | WROCLAW             | POL      |              | 86      | K20/26 (K)101          | 01:06:06  | 01:06:06 | 13.13    |
| 27           | 153    | ŁOZIENKO Anna          | MIŁOSZYCE           | POL      |              | 91      | K20/27 (K)109          | 01:16:00  | 01:16:00 | 15.12    |

### Bieg główny 5km KATEGORIA:K30








|    |     |                            |                     |     |  |    |              |          |          |       |
|----|-----|----------------------------|---------------------|-----|--|----|--------------|----------|----------|-------|
| 1  | 430 | WOSZCZEK Danuta            | GOŁĄB               | POL |  | 78 | K30/1 (K)1   | 00:31:53 | 00:31:53 | 06.22 |
| 2  | 461 | BERDEK Anna                | KROSNO              | POL |  | 83 | K30/2 (K)7   | 00:36:11 | 00:36:11 | 07.14 |
| 3  | 322 | TOBIASZ Barbara            | DOBRYKOWICE         | POL |  | 80 | K30/3 (K)8   | 00:36:16 | 00:36:16 | 07.15 |
| 4  | 492 | POSMYSZ Anna               | SKAŁA               | POL |  | 84 | K30/4 (K)12  | 00:37:16 | 00:37:16 | 07.27 |
| 5  | 346 | KAPUSTA Roksana            | LUBIN               | POL |  | 84 | K30/5 (K)13  | 00:37:31 | 00:37:31 | 07.30 |
| 6  | 246 | GOLEK Diana                | LUBLINIEC           | POL |  | 83 | K30/6 (K)14  | 00:37:46 | 00:37:46 | 07.33 |
| 7  | 131 | KOŁARZYK Justyna           | WROCLAW             | POL |  | 83 | K30/7 (K)17  | 00:38:56 | 00:38:56 | 07.47 |
| 8  | 20  | FOGIEL-PAWŁOWSKA Agnieszka | WROCLAW             | POL |  | 79 | K30/8 (K)18  | 00:39:15 | 00:39:15 | 07.51 |
| 9  | 300 | MICHALSKA Agnieszka        | OSTRÓW WIELKOPOLSKI | POL |  | 78 | K30/9 (K)20  | 00:40:56 | 00:40:56 | 08.11 |
| 10 | 15  | WIELICZKO Anna             | WROCLAW             | POL |  | 82 | K30/10 (K)22 | 00:41:21 | 00:41:21 | 08.16 |
| 11 | 350 | ŚWIĄTEK Ewelina            | WARSZAWA            | POL |  | 80 | K30/11 (K)23 | 00:41:38 | 00:41:38 | 08.19 |
| 12 | 388 | NIWIŃSKA Anna              | CHOJNÓW             | POL |  | 82 | K30/12 (K)25 | 00:42:14 | 00:42:14 | 08.26 |
| 13 | 365 | FAL Małgorzata             | WROCLAW             | POL |  | 82 | K30/13 (K)27 | 00:42:27 | 00:42:27 | 08.29 |
| 14 | 226 | CHORAŻY - MRUK Magdalena   | OLAWA               | POL |  | 78 | K30/14 (K)28 | 00:42:45 | 00:42:45 | 08.33 |
| 15 | 389 | NIWIŃSKA Alina             | WROCLAW             | POL |  | 79 | K30/15 (K)30 | 00:43:23 | 00:43:23 | 08.40 |
| 16 | 515 | MARCIA Oliwia              | WARSZAWA            | POL |  | 82 | K30/16 (K)34 | 00:44:05 | 00:44:05 | 08.49 |
| 17 | 215 | KRAJEWSKA Agata            | OLAWA               | POL |  | 79 | K30/17 (K)36 | 00:45:31 | 00:45:31 | 09.06 |
| 18 | 483 | STASZYŃSKA Karolina        | TULCE               | POL |  | 77 | K30/18 (K)37 | 00:45:40 | 00:45:40 | 09.08 |
| 19 | 231 | BROŻYŃSKI Anna             | WROCLAW             | POL |  | 82 | K30/19 (K)38 | 00:46:03 | 00:46:03 | 09.12 |
| 20 | 258 | HADZICKA Sylwia            | WROCLAW             | POL |  | 80 | K30/20 (K)40 | 00:46:28 | 00:46:28 | 09.17 |
| 21 | 200 | DOMAGAŁA Joanna            | SOBÓTKA             | POL |  | 84 | K30/21 (K)41 | 00:46:34 | 00:46:34 | 09.18 |
| 22 | 348 | NIEMIEC Katarzyna          | WROCLAW             | POL |  | 83 | K30/22 (K)43 | 00:47:10 | 00:47:10 | 09.26 |
| 23 | 363 | BOROF Linda                | PIESZYCE            | POL |  | 77 | K30/23 (K)46 | 00:47:50 | 00:47:50 | 09.34 |
| 24 | 392 | DYDYNA Aleksandra          | SOBÓTKA             | POL |  | 80 | K30/24 (K)53 | 00:50:09 | 00:50:09 | 10.01 |
| 25 | 328 | CZAPNIK Anna               | WROCLAW             | POL |  | 83 | K30/25 (K)66 | 00:51:05 | 00:51:05 | 10.13 |
| 26 | 19  | PIELUSZYŃSKA Agnieszka     | SOBÓTKA             | POL |  | 80 | K30/26 (K)67 | 00:51:42 | 00:51:42 | 10.20 |
| 27 | 16  | LACHTERA Karolina          | SOBÓTKA             | POL |  | 85 | K30/27 (K)70 | 00:52:23 | 00:52:23 | 10.28 |
| 28 | 403 | HETNER Teresa              | NOWA SOL            | POL |  | 82 | K30/28 (K)72 | 00:53:59 | 00:53:59 | 10.47 |
| 29 | 496 | KURIATA Klaudia            | SOBÓTKA             | POL |  | 82 | K30/29 (K)73 | 00:54:02 | 00:54:02 | 10.48 |
| 30 | 118 | KOLIŃSKA Małgorzata        | WROCLAW             | POL |  | 81 | K30/30 (K)74 | 00:54:24 | 00:54:24 | 10.52 |
| 31 | 136 | SZNAJDER Joanna            | CIECHOCINEK         | POL |  | 83 | K30/31 (K)76 | 00:54:27 | 00:54:27 | 10.53 |
| 32 | 26  | JENDRYSIK Kinga            | TOSZEK              | POL |  | 83 | K30/32 (K)79 | 00:55:15 | 00:55:15 | 11.03 |
| 33 | 340 | PUSZCZEWICZ Katarzyna      | BRZEG               | POL |  | 77 | K30/33 (K)81 | 00:55:40 | 00:55:40 | 11.08 |
| 34 | 168 | DYM Daria                  | LUBIN               | POL |  | 84 | K30/34 (K)88 | 00:58:32 | 00:58:32 | 11.42 |

| 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] |
|--------------|--------|------------------------|------------------|---|--------------|---------|------------------------|-----------|----------|----------|
| 35           | 284    | FORNALCZYK Konstancja  | WROCLAW          |  POL |              | 78      | K30/35 (K)92           | 00:59:13  | 00:59:13 | 11.50    |
| 36           | 302    | KOWALCZYK-HETNAR Marta | NOWA SÓL         |  POL |              | 76      | K30/36 (K)93           | 00:59:28  | 00:59:28 | 11.53    |
| 37           | 516    | OPAS Anna              | KOŁO             |  POL |              | 84      | K30/37 (K)95           | 01:01:38  | 01:01:38 | 12.19    |
| 38           | 540    | BOROWICKA Katarzyna    | WROCLAW          |  POL |              | 85      | K30/38 (K)96           | 01:02:20  | 01:02:20 | 12.28    |
| 39           | 341    | NOWACKA Daria          | ZALASEWO         |  POL |              | 85      | K30/39 (K)97           | 01:02:52  | 01:02:52 | 12.34    |
| 40           | 48     | HAMROL Anna            | RAWICZ           |  POL |              | 77      | K30/40 (K)105          | 01:09:39  | 01:09:39 | 13.55    |





### Bieg główny 5km KATEGORIA:K40

|    |     |                           |                   |   |  |    |               |          |          |       |
|----|-----|---------------------------|-------------------|---|--|----|---------------|----------|----------|-------|
| 1  | 25  | DREWNICKA-OGRODNIK Joanna | WROCLAW-PRZEMILÓW |  POL |  | 67 | K40/1 (K)10   | 00:36:40 | 00:36:40 | 07.20 |
| 2  | 504 | BOLECHOWSKA Dominika      | RABKA-ZDRÓJ       |  POL |  | 75 | K40/2 (K)11   | 00:37:12 | 00:37:12 | 07.26 |
| 3  | 527 | MRUGAŁA Monika            | WĘGRY             |  POL |  | 74 | K40/3 (K)15   | 00:38:08 | 00:38:08 | 07.37 |
| 4  | 245 | SADKIEWICZ Ewa            | SOBÓTKA           |  POL |  | 75 | K40/4 (K)29   | 00:43:10 | 00:43:10 | 08.38 |
| 5  | 347 | CHAŁUPCZAK Lila           | WROCLAW           |  POL |  | 69 | K40/5 (K)39   | 00:46:20 | 00:46:20 | 09.16 |
| 6  | 317 | SUJECKA Urszula           | BELCHATÓW         |  POL |  | 71 | K40/6 (K)44   | 00:47:28 | 00:47:28 | 09.29 |
| 7  | 159 | PTASZYŃSKA Joanna         | WROCLAW           |  POL |  | 68 | K40/7 (K)48   | 00:49:06 | 00:49:06 | 09.49 |
| 8  | 522 | SOBIESKA Katarzyna        | LEGNICA           |  POL |  | 70 | K40/8 (K)55   | 00:50:18 | 00:50:18 | 10.03 |
| 9  | 345 | GOIK Magdalena            | BYTOM             |  POL |  | 71 | K40/9 (K)57   | 00:50:32 | 00:50:32 | 10.06 |
| 10 | 292 | ŻULEWSKA Agnieszka        | WROCLAW           |  POL |  | 72 | K40/10 (K)61  | 00:50:45 | 00:50:45 | 10.09 |
| 11 | 210 | WALIGÓRA Aleksandra       | KĘDZIERZYN-KOZŁE  |  POL |  | 73 | K40/11 (K)84  | 00:57:17 | 00:57:17 | 11.27 |
| 12 | 450 | CIURA Marzena             | SIEDLEC           |  POL |  | 71 | K40/12 (K)89  | 00:58:56 | 00:58:56 | 11.47 |
| 13 | 354 | SYNOWIEC Małgorzata       | ŻMIGRÓD           |  POL |  | 74 | K40/13 (K)91  | 00:59:03 | 00:59:03 | 11.48 |
| 14 | 423 | KOWALCZYK Joanna          | KRAKÓW            |  POL |  | 73 | K40/14 (K)98  | 01:04:09 | 01:04:09 | 12.49 |
| 15 | 140 | MŁODOŻENIEC Joanna        | MÓRKOWO           |  POL |  | 74 | K40/15 (K)100 | 01:04:58 | 01:04:58 | 12.59 |
| 16 | 431 | NIZIO Małgorzata          | BRZEG             |  POL |  | 69 | K40/16 (K)108 | 01:14:41 | 01:14:41 | 14.56 |

### Bieg główny 5km KATEGORIA:K50

|   |     |                    |                  |   |  |    |             |          |          |       |
|---|-----|--------------------|------------------|---|--|----|-------------|----------|----------|-------|
| 1 | 1   | ZATORSKA Izabela   | KROSNO           |  POL  |  | 62 | K50/1 (K)4  | 00:34:04 | 00:34:04 | 06.48 |
| 2 | 278 | DURLIK Marzanna    | STRZEGOM         |  POL |  | 65 | K50/2 (K)47 | 00:47:55 | 00:47:55 | 09.35 |
| 3 | 353 | ZIMMERMANN Mariola | KEDZIERZYN-KOZLE |  POL |  | 65 | K50/3 (K)50 | 00:49:12 | 00:49:12 | 09.50 |
| 4 | 134 | JARUS Halina       | KOBYLIN          |  POL |  | 64 | K50/4 (K)52 | 00:49:48 | 00:49:48 | 09.57 |
| 5 | 459 | FALKOWSKA Jolanta  | GŁOGÓW           |  POL |  | 60 | K50/5 (K)58 | 00:50:34 | 00:50:34 | 10.06 |
| 6 | 247 | GOLEK Renata       | LUBLINIEC        |  POL |  | 59 | K50/6 (K)75 | 00:54:25 | 00:54:25 | 10.53 |
| 7 | 323 | OSTROWSKA Jadwiga  | KUNICE           |  POL |  | 62 | K50/7 (K)77 | 00:54:36 | 00:54:36 | 10.55 |

### Bieg główny 5km KATEGORIA:K60

|   |     |                     |                 |   |  |    |              |          |          |       |
|---|-----|---------------------|-----------------|---|--|----|--------------|----------|----------|-------|
| 1 | 495 | SOBCZAK Renata      | OLEŚNICA ŚLĄSKA |  POL |  | 53 | K60/1 (K)59  | 00:50:36 | 00:50:36 | 10.07 |
| 2 | 518 | MAJDAN Helena       | SZCZECIN        |  POL |  | 52 | K60/2 (K)78  | 00:55:07 | 00:55:07 | 11.01 |
| 3 | 568 | PALEJ Elżbieta      | LUBIN           |  POL |  | 53 | K60/3 (K)83  | 00:57:02 | 00:57:02 | 11.24 |
| 4 | 542 | RAKOWSKA Małgorzata | RAKÓW           |  POL |  | 55 | K60/4 (K)102 | 01:06:17 | 01:06:17 | 13.15 |
| 5 | 582 | STANKIEWICZ Barbara | SOBÓTKA         |  POL |  | 48 | K60/5 (K)110 | 01:29:09 | 01:29:09 | 17.49 |