

# XXXI Ogólnopolski Bieg Niepodległości 2024

Ośrodek Kultury Fizycznej w Górze · poniedziałek, 11 listopada 2024

## Wyniki końcowe - KAT. WIEKOWE

Poz.	Nr	Nazwisko, Imię	Klub	Płeć	2.4KM	4.8KM	7.2KM	9.6KM	Wynik	Tempo	Czas netto
<b>K20 (6)</b>											
1	95	PALICKA AGNIESZKA	♀ ENDORFINA WSCHOWA	K	11:44.62 (1)	23:38.25 (1)	35:31.65 (1)	47:21.95 (1)	49:18.01	04:56	0:49:12.24
2	12	STODOŁA AGATA	♀	K	12:21.62 (2)	24:54.50 (2)	37:41.94 (2)	50:33.38 (2)	52:44.26	05:16	0:52:39.26
3	34	CHRZANOWSKA NATALIA	♀	K	13:00.66 (3)	25:49.10 (3)	38:34.45 (3)	51:08.94 (3)	53:13.03	05:19	0:53:13.03
4	110	GARBOWSKA MAŁGORZATA	♀	K	13:39.83 (4)	28:01.78 (4)	41:39.41 (4)	55:01.38 (4)	57:05.46	05:43	0:57:00.86
5	63	KUBISIAK JULIA	♀ KS KROTOSZ KROTOSZYN	K	14:45.37 (5)	29:34.09 (5)	44:16.34 (5)	58:46.86 (5)	1:00:58.08	06:06	1:00:47.86
6	141	WIŚNIEWSKA-GLUSZKO PATRYCJA	♀ MIRA TEAM	K	15:59.26 (6)	31:37.73 (6)	47:23.01 (6)	1:02:15.06 (6)	1:04:35.31	06:28	1:04:23.59
<b>K30 (10)</b>											
1	107	PRAWUCKA PAULINA	♀ SPRINTEM DO LODÓWKI	K	12:03.53 (1)	23:57.86 (1)	35:55.21 (1)	48:02.85 (1)	50:07.05	05:01	0:50:01.28
2	55	DROBIŃSKA JOANNA	♀ ENDORFINA WSCHOWA	K	12:16.19 (2)	24:51.03 (2)	37:23.77 (2)	50:00.20 (2)	52:09.71	05:13	0:52:02.96
3	50	KOWALCZYK SANDRA	♀ ENDORFINA WSCHOWA	K	12:26.20 (3)	25:02.00 (3)	37:45.45 (3)	50:24.02 (3)	52:25.17	05:14	0:52:18.48
4	13	BUKOWSKA ADRIANNA	♀	K	13:15.55 (5)	26:16.67 (4,+1)	39:20.47 (4)	52:14.53 (4)	54:24.36	05:26	0:54:18.37
5	116	GROCHAŁA ANNA	♀ WŚCIEKŁY ROBAK	K	13:14.47 (4)	26:26.35 (5,-1)	40:00.73 (5)	53:29.17 (5)	55:39.24	05:34	0:55:32.80
6	164	FRANEK KAMELIA	♀ BRAK	K	14:49.48 (8)	29:04.89 (7,+1)	43:20.62 (7)	57:00.44 (6,+1)	59:21.23	05:56	0:59:21.23
7	109	GARBOWSKA EWELINA	♀	K	13:39.65 (6)	28:01.69 (6)	42:43.30 (6)	57:41.46 (7,-1)	1:00:09.53	06:01	1:00:04.93
8	168	OPIOŁA IWONA	♀	K	15:07.64 (9)	30:25.83 (9)	45:01.85 (9)	58:18.66 (8,+1)	1:00:42.87	06:04	1:00:35.95
9	47	DZIEKAŃSKA IZABELA	♀ ENDORFINA WSCHOWA	K	14:17.99 (7)	29:26.68 (8,-1)	44:53.87 (8)	1:00:15.34 (9,-1)	1:02:35.37	06:16	1:02:27.49
10	25	FRĄCKOWIAK ALEKSANDRA	♀	K	17:23.16 (10)	35:58.51 (10)	54:13.96 (10)	1:11:54.80 (10)	1:15:02.86	07:30	1:14:54.22
<b>K40 (10)</b>											
1	102	RABIEGA MONIKA	♀ #BIEGAJLESZNO	K	10:28.48 (1)	21:21.53 (1)	32:26.53 (1)	43:39.73 (1)	45:39.56	04:34	0:45:37.71
2	76	UJEJSKA DANUTA	♀ #BIEGAJLESZNO	K	10:32.50 (2)	21:42.92 (2)	33:03.02 (2)	44:24.00 (2)	46:20.09	04:38	0:46:18.08
3	144	WIESŁAWSKA MONIKA	♀	K	11:23.13 (3)	23:20.42 (3)	35:43.06 (3)	48:35.22 (3)	50:49.31	05:05	0:50:44.31
4	57	PRZYBYLSKA EWELINA	♀ ENDORFINA WSCHOWA	K	12:12.17 (4)	24:20.66 (4)	36:42.57 (4)	49:08.13 (4)	51:15.15	05:07	0:51:07.18
5	35	WENCEL SYLWIA	♀	K	13:37.23 (7)	27:26.32 (6,+1)	41:26.54 (6)	55:28.12 (5,+1)	57:46.78	05:47	0:57:38.90
6	48	JURKÓW MAGDALENA	♀	K	13:08.88 (5)	26:52.27 (5)	41:19.23 (5)	55:57.13 (6,-1)	58:23.74	05:50	0:58:18.13
7	59	JAROSIK MAŁGORZATA	♀ MAŁGORZATA JAROSIK	K	13:36.98 (6)	28:00.09 (7,-1)	43:57.22 (7)	59:47.49 (7)	1:02:15.58	06:13	1:02:09.81
8	51	JAN CZ JOANNA	♀ ENDORFINA WSCHOWA	K	14:17.99 (8)	29:26.59 (8)	44:53.77 (8)	1:00:27.72 (8)	1:03:02.42	06:18	1:02:54.79
9	92	PACEWICZ ALEKSANDRA	♀	K	15:12.42 (10)	30:30.74 (9,+1)	46:40.52 (9)	1:03:13.19 (9)	1:06:09.68	06:37	1:06:00.27
10	135	SAWICKA HONORATA	♀ CROSSOWA GRUPA BIEGOWA	K	15:06.20 (9)	30:41.10 (10,-1)	47:17.48 (10)	1:03:39.76 (10)	1:06:12.58	06:37	1:06:03.63
<b>K50 (6)</b>											
1	89	MICHONSKA IZABELA	♀ WOŁÓW BIEGA	K	11:21.17 (1)	23:06.59 (2,-1)	34:55.52 (2)	46:28.43 (1,+1)	48:26.29	04:50	0:48:22.26
2	105	BURDAJEWICZ KATARZYNA	♀ #ZALINIĄMETY	K	11:28.51 (2)	23:02.28 (1,+1)	34:46.38 (1)	46:34.15 (2,-1)	48:37.17	04:52	0:48:32.53
3	90	MUSIELAK WIOLETA	♀	K	11:38.11 (3)	24:22.21 (3)	37:21.24 (3)	50:20.47 (3)	52:29.29	05:15	0:52:24.51
4	115	MAISON JOLANTA	♀ KROKUS-ASTROMAL LESZNO	K	11:58.02 (4)	24:39.98 (4)	37:29.71 (4)	50:40.45 (4)	52:55.62	05:17	0:52:55.17
5	40	DUDZIŃSKA MAŁGORZATA	♀	K	13:00.75 (5)	25:49.21 (5)	38:44.58 (5)	51:48.50 (5)	53:59.46	05:24	0:53:50.57
6	24	OSMOLSKA ALEKSANDRA	♀	K	17:23.05 (6)	35:58.41 (6)	54:15.50 (6)	1:11:54.55 (6)	1:15:03.11	07:30	1:14:54.31

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## Wyniki końcowe - KAT. WIEKOWE

Poz.	Nr	Nazwisko, Imię	Klub	Płeć	2.4KM	4.8KM	7.2KM	9.6KM	Wynik	Tempo	Czas netto	
<b>K60 (2)</b>												
1	33	POJASEK TERESA		♀	K	11:33.24 (1)	23:29.30 (1)	35:25.65 (1)	47:29.23 (1)	49:34.20	04:58	0:49:29.06
2	119	LEWANDOWSKA MAŁGORZATA		♀	K	13:35.17 (2)	27:22.55 (2)	41:21.12 (2)	55:35.17 (2)	58:48.87	05:53	0:58:45.55
<b>M20 (9)</b>												
1	5	MADERA DAWID			M	9:03.20 (2)	18:07.88 (1,+1)	27:16.85 (1)	36:34.18 (1)	38:05.98	03:49	0:38:05.98
2	101	KĄZMIERCZAK BORYS	ADAM NOWICKI TEAM		M	9:02.51 (1)	18:16.82 (2,-1)	27:49.55 (2)	37:22.25 (2)	38:58.76	03:54	0:38:58.76
3	153	ŚLIWIŃSKI BARTOSZ	DTR BIEGA / MARIO TEAM		M	9:37.94 (3)	19:16.82 (3)	28:49.58 (3)	38:17.26 (3)	39:52.76	03:59	0:39:52.76
4	91	WANDYDZ MACIEJ			M	9:51.05 (4)	19:51.33 (4)	29:53.38 (4)	39:42.31 (4)	41:21.71	04:08	0:41:20.13
5	81	CZAJKA MATEUSZ	TEAM TIGER		M	10:28.29 (5)	21:10.03 (5)	32:07.13 (5)	43:07.88 (5)	44:41.86	04:28	0:44:37.35
6	78	TWARDY DAMIAN			M	11:04.02 (6)	22:11.82 (6)	33:27.12 (6)	44:41.41 (6)	46:35.78	04:40	0:46:24.92
7	28	BŁĄŻEJEWSKI KAMIL			M	11:35.42 (7)	23:09.94 (7)	35:46.65 (7)	47:58.39 (7)	49:40.01	04:58	0:49:30.85
8	111	KORBUSZEWSKI ARKADIUSZ			M	13:00.55 (8)	25:59.55 (8)	39:58.04 (8)	53:13.70 (8)	55:19.45	05:32	0:55:13.68
9	64	JAROSIK MATEUSZ			M	13:12.09 (9)	27:58.36 (9)	43:58.91 (9)	59:34.00 (9)	1:01:46.61	06:11	1:01:40.02
<b>M30 (24)</b>												
1	87	PARYSEK TOMASZ			M	9:32.87 (1)	19:02.21 (1)	28:44.46 (1)	38:21.90 (1)	39:55.89	03:59	0:39:51.89
2	88	GARBOWSKI RAFAŁ	LKS SPARTA PARSZOWICE		M	10:12.61 (5)	20:09.28 (3,+2)	29:47.31 (2,+1)	39:16.65 (2)	40:52.77	04:05	0:40:49.01
3	2	UŚCIŁO MICHAŁ			M	9:53.62 (2)	20:00.76 (2)	30:19.62 (3,-1)	40:33.48 (3)	42:14.28	04:13	0:42:10.58
4	122	ŚWIĄTEK DOMINIK			M	10:18.61 (7)	20:50.20 (6,+1)	31:05.60 (5,+1)	41:03.69 (4,+1)	42:40.80	04:16	0:42:36.13
5	83	RAGAN PAWEŁ	KANDLEWO RUNNING TEAM		M	10:03.99 (3)	20:23.08 (4,-1)	30:48.85 (4)	41:25.98 (5,-1)	43:24.68	04:20	0:43:19.45
6	19	SIBILAK MICHAŁ			M	10:16.19 (6)	20:52.01 (7,-1)	31:34.18 (6,+1)	42:17.64 (6)	44:04.47	04:25	0:44:00.86
7	20	LIS KRZYSZTOF			M	10:28.19 (8)	21:06.39 (8)	31:48.09 (7,+1)	42:30.75 (7)	44:09.05	04:25	0:44:03.13
8	42	BUJKO MARCIN	BW HOLDING		M	10:07.75 (4)	20:46.02 (5,-1)	31:59.58 (9,-4)	42:52.05 (8,+1)	44:37.75	04:28	0:44:36.56
9	69	FURYK MATEUSZ	ENDORFINA WSCHOWA		M	10:41.35 (11)	21:11.44 (9,+2)	32:04.05 (10,-1)	42:59.69 (10)	44:42.10	04:28	0:44:31.83
10	157	BRYCHCY KAROL			M	10:43.16 (11)	21:15.24 (10,+3)	31:50.01 (8,+2)	42:54.08 (9,-1)	44:42.58	04:28	0:44:42.58
11	129	KAPIEC ROBERT	PARKRUN LUBIN		M	10:50.70 (15)	21:41.94 (14,+1)	32:37.69 (12,+2)	43:20.14 (12)	44:55.14	04:29	0:44:49.37
12	18	GŁUSZKO KRZYSZTOF			M	10:45.90 (14)	21:34.19 (12,+2)	32:27.41 (11,+1)	43:13.57 (11)	44:59.25	04:30	0:44:54.74
13	10	PAWLICKI MICHAŁ	ENDORFINY WĄSOSZ		M	10:35.81 (9)	21:33.41 (11,-2)	32:47.82 (13,-2)	44:03.98 (13)	46:00.32	04:36	0:45:57.46
14	16	TWARKOWSKI ŁUKASZ			M	11:29.16 (18)	22:20.65 (17,+1)	33:30.57 (14,+3)	44:40.29 (14)	46:22.03	04:38	0:46:11.00
15	58	WUJCZAK BARTOSZ			M	11:00.93 (16)	22:17.38 (15,+1)	33:40.97 (16,-1)	45:11.39 (15,+1)	47:04.24	04:43	0:47:02.17
16	21	KRZYSZCZUK KAMIL			M	10:39.23 (10)	21:41.31 (13,-3)	33:39.70 (15,-2)	45:42.27 (16,-1)	47:40.44	04:46	0:47:36.83
17	32	JAZ ŁUKASZ			M	10:41.97 (12)	22:18.35 (16,-4)	34:15.31 (17,-1)	46:25.06 (17)	48:32.82	04:51	0:48:27.43
18	17	KOSEK MATEUSZ	SPINKO LESZNO		M	11:28.02 (17)	23:29.40 (18,-1)	35:30.43 (18)	47:11.57 (18)	49:07.86	04:55	0:49:02.12
19	73	PLUTA PIOTR			M	11:49.36 (19)	23:44.31 (19)	35:36.67 (19)	47:12.48 (19)	49:08.34	04:55	0:49:08.34
20	112	GALANT JAREK	SIELEC STARY TEAM		M	12:11.50 (20)	24:20.55 (20)	36:42.39 (20)	49:03.83 (20)	51:08.63	05:07	0:51:05.02
21	6	FEDOROWICZ DARIUSZ			M	12:22.60 (21)	24:57.30 (21)	37:42.22 (21)	50:30.24 (21)	52:39.67	05:16	0:52:30.42
22	14	HERNANDEZ DE LUIS JORGE			M	13:15.42 (22)	26:16.67 (22)	39:20.69 (22)	52:14.53 (22)	54:24.36	05:26	0:54:18.23
23	167	SOKOŁOWSKI JAKUB	2. WOJSKOWY SZPITAL POŁOWY		M	15:07.53 (23)				1:00:46.99	06:05	1:00:39.49
24	140	GŁUSZKO MICHAŁ	MIRA TEAM		M	15:58.99 (24)	31:38.23 (23,+1)	47:23.10 (23)	1:02:15.18 (23)	1:04:35.31	06:28	1:04:22.54

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Poz.	Nr	Nazwisko, Imię	Klub	Płeć	2.4KM	4.8KM	7.2KM	9.6KM	Wynik	Tempo	Czas netto
<b>M40 (41)</b>											
1	132	PERDION PAWEŁ	TEMPO DZIDA	M	8:45.40 (1)	17:42.82 (2,-1)	26:48.45 (2)	36:01.30 (1,+1)	37:32.43	03:45	0:37:31.98
2	85	NOWACZYK PIOTR	FREE TEAM	M	8:51.13 (2)	17:42.64 (1,+1)	26:45.93 (1)	36:01.62 (2,-1)	37:39.90	03:46	0:37:37.60
3	130	KULCZYCKI RAFAŁ	PARKRUN LUBIN	M	8:54.48 (3)	17:57.71 (3)	27:09.13 (3)	36:15.55 (5,-2)	37:41.11	03:46	0:37:40.66
4	100	POSACKI ZBIGNIEW	WOŁÓW BIEGA	M	9:03.12 (5)	18:06.69 (5)	27:12.99 (5)	36:15.20 (4,+1)	37:41.84	03:46	0:37:40.10
5	142	WRÓBLEWSKI SŁAWOMIR	SOMAPOL	M	9:03.02 (4)	18:05.92 (4)	27:12.55 (4)	36:14.91 (3,+1)	37:43.53	03:46	0:37:43.53
6	158	SEREK PAWEŁ		M	9:09.60 (6)	18:09.85 (6)	27:13.63 (6)	36:15.64 (6)	37:45.22	03:47	0:37:40.90
7	159	KRASICKI MICHAŁ	RUNNIN-GYM	M	9:30.20 (7)	19:18.17 (7)	29:15.10 (7)	39:12.88 (7)	40:58.31	04:06	0:40:56.05
8	67	ADAMSKI KRZYSZTOF	SMOLECKA ZADYSZKA	M	9:52.27 (9)	19:41.40 (9)	29:31.09 (9)	39:25.76 (8,+1)	41:06.75	04:07	0:41:04.62
9	60	CZERW KONRAD	DTR BIEGA / MARIO TEAM	M	9:36.80 (8)	19:20.22 (8)	29:20.01 (8)	39:33.70 (9,-1)	41:17.61	04:08	0:41:15.73
10	75	FURMAŃCZAK EMIL	ENDORFINA WSCHOWA	M	10:00.41 (12)	20:00.87 (10,+2)	30:08.15 (10)	40:04.84 (10)	41:44.86	04:10	0:41:42.49
11	103	RABIEGA SZCZEPAN	#BIEGAJLESZNO	M	9:59.50 (11)	20:02.73 (11)	30:08.84 (11)	40:10.16 (11)	41:49.44	04:11	0:41:47.56
12	126	ZŁOTKOWSKI ŁUKASZ	UKS JUNIOR NIETAŹKOWO	M	9:52.27 (9)	20:11.69 (12,-3)	30:34.96 (12)	40:59.72 (12)	42:49.23	04:17	0:42:46.74
13	117	GROCHAŁA WOJCIECH	ARKADIUSZ GARDZIELEWSKI RUNNING TEAM	M	10:24.61 (15)	20:49.60 (14,+1)	31:04.96 (13,+1)	41:18.58 (13)	43:05.63	04:19	0:43:00.60
14	149	KUREK JAROSŁAW	ENDORFINA WSCHOWA	M	10:24.50 (14)	20:55.00 (15,-1)	31:35.26 (15)	41:57.94 (15)	43:39.62	04:22	0:43:34.98
15	37	WOJCIECHOWSKI KAMIL	RUNNING FAMILY	M	10:03.11 (13)	20:29.93 (13)	31:10.41 (14,-1)	41:54.26 (14)	43:45.43	04:23	0:43:45.01
16	82	KONKOL KONRAD	35PLUS MIASTKO PRO-FIT-BIKE	M	10:40.78 (17)	21:16.49 (17)	31:58.68 (16,+1)	42:51.24 (16)	44:37.02	04:28	0:44:37.02
17	29	BŁASZCZYK TOMASZ	BEZ KLUBA	M	10:27.71 (16)	21:07.03 (16)	31:59.32 (17,-1)	43:04.18 (17)	44:57.56	04:30	0:44:57.56
18	26	LIS DANIEL	ENDORFINY WAŚOSZ	M	10:52.38 (20)	21:59.38 (19,+1)	33:29.43 (19)	44:42.59 (19)	46:32.88	04:39	0:46:30.02
19	160	RZAŚA KRZYSZTOF		M	11:04.80 (22)	22:20.17 (22)	33:43.28 (20,+2)	44:42.05 (18,+2)	46:36.02	04:40	0:46:27.32
20	15	TADLA WIKTOR		M	11:48.92 (34)	23:05.75 (28,+6)	34:10.87 (24,+4)	45:08.64 (21,+3)	46:54.11	04:41	0:46:45.31
21	9	RYBCZYK JAROSŁAW	KLUB SPORTOWY ENDORFINY	M	10:51.90 (19)	21:58.93 (18,+1)	33:29.07 (18)	44:52.62 (20,-2)	46:55.07	04:41	0:46:51.78
22	53	JANCZ ROBERT	ENDORFINA WSCHOWA	M	10:45.81 (18)	22:08.97 (20,-2)	33:45.30 (21,-1)	45:11.93 (22,-1)	47:03.28	04:42	0:47:00.17
23	106	GLINA TOMASZ	SPRINTEM DO LODÓWKI	M	11:18.13 (26)	22:33.00 (23,+3)	33:56.93 (23)	45:20.80 (23)	47:17.99	04:44	0:47:11.46
24	38	LEWIŃSKI SŁAWOMIR		M	10:54.32 (21)	22:16.74 (21)	33:49.75 (22,-1)	45:44.99 (24,-2)	47:46.23	04:47	0:47:41.39
25	74	TEODOROWSKI TOMASZ		M	11:45.40 (32)	23:11.39 (31,+1)	34:35.09 (26,+5)	45:57.00 (26)	47:47.45	04:47	0:47:37.62
26	94	SIBILAK BARTOSZ	POLONIA BIELANY WROCŁAWSKIE	M	11:08.02 (24)	22:55.10 (24)	34:39.68 (28,-4)	45:56.61 (25,+3)	47:52.76	04:47	0:47:49.90
27	161	LESIAK WOJTEK	SMECZ GÓRA	M	11:36.72 (30)	23:05.95 (29,+1)	34:36.88 (27,+2)	45:58.97 (27)	47:55.65	04:47	0:47:47.91
28	45	BRYCHCY DARIUSZ	ENDORFINA WSCHOWA	M	11:21.50 (27)	22:56.84 (25,+2)	34:34.07 (25)	46:16.24 (28,-3)	48:13.73	04:49	0:48:08.89
29	44	CHOCIAJ DANIEL		M	11:07.16 (23)	23:25.87 (33,-10)	34:58.82 (31,+2)	46:23.38 (29,+2)	48:19.29	04:50	0:48:16.89
30	97	GOŚCINIAK JACEK		M	11:37.28 (31)	23:13.50 (32,-1)	35:03.72 (32)	46:49.70 (32)	48:44.41	04:52	0:48:38.64
31	3	ĆWIAN MARCIN		M	11:23.02 (28)	23:09.52 (30,-2)	34:56.40 (30)	46:49.14 (31,-1)	48:45.38	04:53	0:48:35.11
32	118	GOŚCINIAK MACIEJ		M	11:26.46 (29)	22:57.93 (26,+3)	34:44.57 (29,-3)	46:48.85 (30,-1)	48:57.46	04:54	0:48:51.02
33	1	JANOWSKI PRZEMYSŁAW	TAKŻE TEGO...	M	11:08.41 (25)	23:05.03 (27,-2)	35:06.81 (33,-6)	47:01.88 (34,-1)	48:58.43	04:54	0:48:54.67
34	134	NOWAK SZYMON	VELOCE TEAM LESZNO	M	12:03.85 (36)	23:58.41 (34,+2)	35:43.92 (34)	47:00.53 (33,+1)	49:03.75	04:54	0:48:56.61
35	146	ŚLIWA MARCIN	KGHM ZG RUN	M	12:00.22 (35)	24:02.07 (35)	35:50.67 (35)	47:08.07 (35)	49:06.65	04:55	0:48:56.46
36	11	PROKOPCZYK MARCIN		M	11:47.54 (33)	24:06.33 (36,-3)	36:29.25 (36)	48:38.83 (36)	50:39.42	05:04	0:50:37.02
37	138	BOROWSKI DAMIAN	CIESIÓŁKA AUTO GROUP	M	12:08.27 (37)	24:51.03 (37)	37:23.62 (37)	50:00.66 (37)	52:28.08	05:15	0:52:19.84
38	43	STUPAK KRZYSZTOF		M	13:01.38 (38)	25:50.64 (38)	38:26.28 (38)	51:01.17 (38)	53:01.42	05:18	0:52:52.33
39	41	POTOCZNY ŁUKASZ		M	13:13.31 (39)	26:44.79 (39)	40:41.19 (39)	54:30.60 (39)	56:41.80	05:40	0:56:31.22

# XXXI Ogólnopolski Bieg Niepodległości 2024

Ośrodek Kultury Fizycznej w Górze · poniedziałek, 11 listopada 2024

## Wyniki końcowe - KAT. WIEKOWE

Poz.	Nr	Nazwisko, Imię	Klub	Płeć	2.4KM	4.8KM	7.2KM	9.6KM	Wynik	Tempo	Czas netto
<b>M40 (continued)</b>											
40	156	WOJTASZEK MICHAŁ		M	13:49.76 (4)	27:46.19 (40)	41:55.64 (40)	56:20.39 (40)	58:41.13	05:52	0:58:27.41
41	136	SAWICKI KAROL	CROSSOWA GRUPA BIEGOWA	M	15:05.50 (4)	30:40.80 (41)	47:16.88 (41)	1:03:38.84 (41)	1:06:12.81	06:37	1:06:04.29
<b>M50 (15)</b>											
1	108	JANOWICZ ROMAN		M	9:01.64 (1)	18:05.58 (1)	27:12.18 (1)	36:14.55 (1)	37:51.01	03:47	0:37:48.52
2	70	MAŁYSZCZYK TOMASZ		M	9:32.21 (3)	19:22.74 (2,+1)	29:20.45 (2)	39:20.30 (2)	41:04.82	04:07	0:41:03.76
3	7	KASPRZAK KRZYSZTOF	SPEED ŻÓŁWIK	M	9:31.69 (2)	19:33.85 (3,-1)	29:45.05 (3)	39:53.02 (3)	41:37.15	04:10	0:41:37.15
4	166	SOCHA DARIUSZ	KGHM ZAKŁADY GÓRNICZE POLKOWICE SIEROSZOWICE	M	10:26.11 (4)	20:47.83 (4)	31:05.47 (4)	41:17.68 (4)	42:54.06	04:17	0:42:54.06
5	46	NOWIŃSKI RAFAŁ	ENDORFINA WSCHOWA	M	10:42.90 (6)	21:14.71 (6)	31:44.61 (5,+1)	42:18.71 (5)	44:02.06	04:24	0:43:59.05
6	150	KASPRZAK KRZYSZTOF	KS KROTOSZ KROTOSZYN	M	10:35.03 (5)	21:09.05 (5)	31:52.81 (6,-1)	42:37.00 (6)	44:29.55	04:27	0:44:23.27
7	62	SÓJKA RAFAŁ	KS KROTOSZ KROTOSZYN	M	10:47.38 (7)	21:32.80 (7)	32:24.28 (7)	43:19.71 (7)	45:08.19	04:31	0:45:08.19
8	99	DZIEDZIC PIOTR	RUNNING TEAM MILICZ	M	11:38.11 (8)	24:18.25 (9,-1)	36:21.25 (9)	48:48.76 (9)	50:51.00	05:05	0:50:51.00
9	151	JARUZEL JAN	KS KROTOSZ KROTOSZYN	M	11:59.69 (9)	23:52.26 (8,+1)	36:02.60 (8)	48:44.60 (8)	50:55.11	05:05	0:50:48.08
10	36	JANKOWSKI PIOTR		M	12:12.41 (10)	24:41.43 (10)	37:30.69 (10)	50:20.22 (10)	52:24.21	05:14	0:52:17.52
11	155	KAMIŃSKI WIESŁAW		M	13:02.38 (11)	26:27.22 (11)	40:08.40 (11)	53:39.67 (11)	55:55.89	05:35	0:55:54.31
12	125	SZYMAŃSKI ADAM	KS KROTOSZ KROTOSZYN	M	13:12.75 (12)	26:30.41 (12)	40:09.10 (12)	53:48.27 (12)	56:04.10	05:37	0:55:53.21
13	77	UJEJSKI ROBERT		M	13:24.49 (13)	26:58.10 (13)	40:43.46 (13)	54:27.64 (13)	56:35.03	05:40	0:56:27.40
14	123	TYCZYŃSKI PIOTR	KS KROTOSZ KROTOSZYN	M	14:18.96 (14)	31:39.29 (15)	46:18.27 (14,+1)	1:00:57.38 (14)	1:03:25.59	06:20	1:03:18.12
15	39	ARENDARCZYK RAFAŁ	SMECZ GÓRA	M	13:32.89 (14)	29:57.92 (14)	46:41.42 (15,-1)	1:03:13.85 (15)	1:05:44.07	06:34	1:05:41.52
<b>M60 (7)</b>											
1	79	ADAMOWYCZ BOGUSŁAW	BOJADELSKA BRAĆ BIEGOWA	M	9:44.05 (1)	19:49.22 (1)	29:59.29 (1)	40:15.18 (1)	42:00.29	04:12	0:41:56.72
2	27	PAWLICKI STANISŁAW		M	9:50.44 (2)	20:00.50 (2)	30:16.71 (2)	40:37.58 (2)	42:23.68	04:14	0:42:23.23
3	30	GŁUSZKO KRZYSZTOF	MIRA TEAM	M	10:53.46 (3)	22:19.04 (3)	34:02.29 (3)	45:43.70 (3)	47:36.10	04:46	0:47:33.15
4	113	FABJAŃSKI AUGUSTYN	AKTYWNI KLECINA	M	12:11.83 (4)	24:54.72 (4)	37:54.61 (4)	51:08.85 (4)	53:25.84	05:20	0:53:20.23
5	98	KONOPSKI JERZY		M	12:16.76 (5)	25:07.76 (5)	38:27.20 (5)	51:51.24 (5)	53:56.56	05:23	0:53:51.01
6	31	IWANICKI JERZY	PADALEC KRUSZYŃCIEC	M	13:01.91 (6)	25:57.96 (6)	39:05.09 (6)	52:31.78 (6)	54:46.11	05:29	0:54:35.98
7	163	NOWAK RAFAŁ	BRAK	M	13:45.81 (7)	28:05.71 (7)	42:48.96 (7)	57:15.31 (7)	59:45.87	05:59	0:59:35.29
<b>M70 (M+70) (3)</b>											
1	152	DĄBROWSKI JERZY	DRUŻYNA SZPIKU KGHM	M	12:13.76 (1)	24:55.30 (1)	37:57.09 (1)	51:09.38 (1)	53:24.15	05:20	0:53:24.15
2	139	MACHOWSKI EDWARD	WOŁÓW BIEGA	M	13:50.95 (2)	27:48.55 (2)	41:57.23 (2)	56:12.96 (2)	58:46.93	05:53	0:58:38.62
3	124	MAĆKOWIAK WALERY	KS KROTOSZ KROTOSZYN	M	17:48.84 (3)	36:37.01 (3)	56:14.37 (3)	1:16:04.90 (3)	1:19:27.68	07:56	1:19:17.01