



**Wyniki Bieg Główny
„Złota Dycha”
Kategoria M20
Miejsce: Złotoryja
Data: 18.09.2010**

| Miejsce | Numer | Imię | Nazwisko | Płeć | Kategoria | Miejscowość | Team | Okr 1 | Okr 2 | Okr 3 | Wynik |
|---------|-------|-----------|-------------|------|-----------|------------------|---|-------------|-------------|-------------|-------------|
| 1 | 2006 | Wiktor | Leśniewski | M | M20 | Kalisz | SS Triathlon Delfin Kalisz | 00:08:17.44 | 00:17:02.18 | 00:26:02.50 | 00:35:24.33 |
| 2 | 749 | Michał | Domowicz | M | M20 | bolesławiec | CykloSPORT Bolesławiec | 00:09:01.08 | 00:18:33.63 | 00:28:15.30 | 00:37:41.63 |
| 3 | 128 | MARCIN | JAGIELSKI | M | M20 | Jaworzyna Śląska | OLAWS ZŁOTORYJA | 00:09:22.94 | 00:19:06.83 | 00:28:57.07 | 00:38:41.79 |
| 4 | 743 | MAREK | MICHALCZUK | M | M20 | GŁOGÓW | 0 | 00:08:58.54 | 00:18:52.34 | 00:29:01.01 | 00:39:20.74 |
| 5 | 751 | Krzysztof | Kozłowski | M | M20 | Złotoryja | OLAWS Złotoryja | 00:09:25.52 | 00:19:26.68 | 00:29:35.15 | 00:39:24.32 |
| 6 | 907 | Paweł | Woch | M | M20 | Złotoryja | 0 | 00:09:52.23 | 00:20:14.47 | 00:30:46.39 | 00:41:01.16 |
| 7 | 73 | Dominik | Wujtak | M | M20 | Lubin | 0 | 00:09:55.11 | 00:20:16.96 | 00:30:46.43 | 00:41:17.97 |
| 8 | 753 | leszek | oleksiuk | M | M20 | Zgorzelec | Edy Team | 00:09:55.62 | 00:20:22.10 | 00:30:54.24 | 00:41:20.78 |
| 9 | 763 | Rafał | Rudzik | M | M20 | Gromadka | Bolec Team | 00:10:21.61 | 00:21:01.72 | 00:31:54.92 | 00:42:15.30 |
| 10 | 816 | Dawid | Mikołajczyk | M | M20 | Złotoryja | OLAWS Złotoryja | 00:10:58.01 | 00:22:36.34 | 00:34:14.06 | 00:46:30.05 |
| 11 | 815 | Michał | Grochowski | M | M20 | Wrocław | Ośrodek szkolno-wychowawczy dzieci niewidomych we Wrocławiu | 00:11:28.40 | 00:23:23.93 | 00:35:50.52 | 00:47:24.49 |
| 12 | 741 | Radosław | Klewin | M | M20 | Żary | 0 | 00:11:23.62 | 00:24:17.28 | 00:37:22.39 | 00:49:17.18 |
| 13 | 764 | Łukasz | Krupa | M | M20 | Chojnów | Bolec Team | 00:11:58.20 | 00:24:38.50 | 00:37:53.97 | 00:51:15.61 |
| 14 | 1005 | Łukasz | Chudziński | M | M20 | Chocianów | brak | 00:12:12.20 | 00:25:12.37 | 00:38:22.14 | 00:52:24.45 |
| 15 | 758 | Sławomir | Grzyb | M | M20 | Wrocław | 0 | 00:13:19.31 | 00:27:04.36 | 00:40:54.99 | 00:53:53.91 |
| 16 | 813 | Jakub | Urban | M | M20 | Rawicz | 0 | 00:15:38.21 | 00:30:39.09 | 00:45:23.26 | 00:59:46.91 |
| 17 | 811 | Łukasz | Oktawiec | M | M20 | Jawor | 0 | 00:15:38.57 | 00:30:39.53 | 00:45:23.38 | 00:59:47.02 |

**Wyniki Bieg Główny
„Złota Dycha”
Kategoria M30
Miejsce: Złotoryja
Data: 18.09.2010**

| Miejsce | Numer | Imię | Nazwisko | Płeć | Kategoria | Miejscowość | Team | Okr 1 | Okr 2 | Okr 3 | Wynik |
|---------|-------|------------|--------------|------|-----------|-------------|--------------------------------|-------------|-------------|-------------|-------------|
| 1 | 921 | Roman | Karamucki | M | M30 | Głogów | 0 | 00:08:57.68 | 00:18:33.01 | 00:28:22.83 | 00:38:11.91 |
| 2 | 78 | Janusz | Wojnarowicz | M | M30 | Zgorzelec | EDI TEAM Zgorzelec | 00:09:01.18 | 00:18:38.76 | 00:28:36.06 | 00:38:20.06 |
| 3 | 896 | Mirosław | Kopiński | M | M30 | Złotoryja | AURUM KOBUD ZŁOTORYJA | 00:09:21.54 | 00:19:09.75 | 00:29:26.41 | 00:39:32.77 |
| 4 | 206 | Rafał | Dereczenik | M | M30 | Lubin | ZG Polkowice- Sieroszowice | 00:09:40.59 | 00:19:48.08 | 00:30:02.20 | 00:40:11.32 |
| 5 | 130 | Radosław | Sekieta | M | M30 | Łódź | 0 | 00:10:03.70 | 00:20:38.92 | 00:31:09.13 | 00:41:28.06 |
| 6 | 1003 | Piotr | Machoń | M | M30 | Chocianów | Klub Olimpijczyka Chocianów | 00:10:11.98 | 00:21:00.05 | 00:31:53.34 | 00:42:19.79 |
| 7 | 754 | Krystian | Mroczkowski | M | M30 | Zgorzelec | Edi Team Zgorzelec | 00:10:06.51 | 00:21:03.72 | 00:32:02.00 | 00:42:46.23 |
| 8 | 184 | Dariusz | Matysek | M | M30 | Wrocław | 0 | 00:11:01.67 | 00:22:17.57 | 00:33:45.04 | 00:44:40.06 |
| 9 | 830 | Paweł | Maniecki | M | M30 | Goleniów | 0 | 00:10:55.96 | 00:22:05.64 | 00:33:34.65 | 00:44:56.42 |
| 10 | 79 | Mariusz | Chodor | M | M30 | Złotoryja | biegajznami.pl | 00:11:28.77 | 00:22:45.58 | 00:33:51.66 | 00:45:02.30 |
| 11 | 817 | DAMIAN | KROCZAK | M | M30 | Złotoryja | OLAWS- ZŁOTORYJA | 00:11:00.62 | 00:22:50.46 | 00:35:01.63 | 00:46:45.43 |
| 12 | 757 | Szymon | Piędel | M | M30 | Złotoryja | Olaws | 00:11:05.86 | 00:23:05.75 | 00:35:36.04 | 00:47:42.86 |
| 13 | 908 | Andrzej | Orda | M | M30 | Bolesławiec | 0 | 00:11:30.48 | 00:23:26.04 | 00:35:41.80 | 00:47:57.77 |
| 14 | 828 | Janusz | Kozubal | M | M30 | Wrocław | PWr | 00:11:28.34 | 00:23:23.87 | 00:35:50.58 | 00:48:06.93 |
| 15 | 807 | Mieczysław | Grocki | M | M30 | Złotoryja | olaws | 00:11:44.97 | 00:23:51.19 | 00:36:03.30 | 00:48:14.04 |
| 16 | 765 | Sławomir | Dec | M | M30 | Wrocław | nierzieszony | 00:12:13.28 | 00:24:25.28 | 00:36:42.72 | 00:48:39.21 |
| 17 | 1006 | PAWEŁ | MACUGA | M | M30 | ZŁOTORYJA | OLAWS ZŁOTORYJA | 00:11:46.69 | 00:24:02.48 | 00:36:39.36 | 00:48:39.70 |
| 18 | 89 | Grzegorz | Jarema | M | M30 | Rudawa | MaratonyPolskie.PL TEAM | 00:12:03.41 | 00:24:49.42 | 00:37:27.74 | 00:49:51.71 |
| 19 | 240 | Grzegorz | Wiercigroch | M | M30 | Wrocław | 0 | 00:12:02.39 | 00:25:08.36 | 00:38:39.06 | 00:52:16.53 |
| 20 | 825 | Grzegorz | Machoń | M | M30 | CHOCIANÓW | COSANOW.PL | 00:12:33.81 | 00:25:49.17 | 00:39:37.95 | 00:53:11.82 |
| 21 | 759 | Tomasz | Plukarski | M | M30 | Wrocław | 0 | 00:13:19.50 | 00:27:04.40 | 00:40:55.20 | 00:53:53.78 |
| 22 | 822 | Adam | Czernatowicz | M | M30 | Złotoryja | Olaws-Złotoryja | 00:12:45.43 | 00:26:44.14 | 00:40:41.20 | 00:54:26.55 |

**Wyniki Bieg Główny
„Złota Dycha”
Kategoria M40
Miejsce: Złotoryja
Data: 18.09.2010**

| Miejsce | Numer | Imię | Nazwisko | Płeć | Kategoria | Miejscowość | Team | Okr 1 | Okr 2 | Okr 3 | Wynik |
|---------|-------|-----------|------------|------|-----------|---------------------|----------------------------|-------------|-------------|-------------|-------------|
| 1 | 307 | Robert | Kuriata | M | M40 | Złotoryja | OLAWS ZŁOTORYJA | 00:09:22.53 | 00:19:23.06 | 00:29:42.63 | 00:39:46.82 |
| 2 | 750 | Jacek | Domowicz | M | M40 | bolesławiec | CykloSPORT Bolesławiec | 00:09:47.43 | 00:20:00.89 | 00:30:17.26 | 00:40:28.88 |
| 3 | 917 | ireneusz | jesion | M | M40 | lubin | 0 | 00:09:40.61 | 00:19:51.56 | 00:30:14.62 | 00:40:39.10 |
| 4 | 342 | Mariusz | Rudewicz | M | M40 | Legnica | ZG Lubin | 00:09:49.24 | 00:20:17.82 | 00:30:47.51 | 00:41:12.23 |
| 5 | 928 | Krzysztof | Hołubowicz | M | M40 | Lwówek ŚL. | 0 | 00:10:21.52 | 00:21:01.73 | 00:31:54.82 | 00:42:15.60 |
| 6 | 1285 | JAN | LITWIN | M | M40 | WROCLAW | IM 2010 ŚCIEŻKI BIEGOWE | 00:10:05.83 | 00:20:57.50 | 00:31:54.08 | 00:42:19.98 |
| 7 | 736 | Adam | Michalski | M | M40 | Sobótka | WKB Piast Wrocław | 00:09:58.67 | 00:20:45.47 | 00:31:46.98 | 00:42:33.65 |
| 8 | 755 | Mirosław | Soczomski | M | M40 | Strzelin | Edi Team Zgorzelec | 00:10:17.48 | 00:21:07.81 | 00:32:10.54 | 00:42:54.20 |
| 9 | 911 | Marian | Żukowski | M | M40 | Prochowice | Krokus Kwiatkowice | 00:10:38.55 | 00:21:57.89 | 00:33:26.60 | 00:44:12.29 |
| 10 | 740 | Tomasz | Szpiter | M | M40 | Złotoryja | OLAWS- ZŁOTORYJA | 00:10:53.92 | 00:22:20.39 | 00:33:57.81 | 00:45:27.77 |
| 11 | 737 | Andrzej | Sobczak | M | M40 | Katy Wrocławskie | NWK sobczake.pl | 00:11:06.75 | 00:22:43.07 | 00:34:22.69 | 00:45:46.42 |
| 12 | 309 | Dariusz | Woyczyński | M | M40 | Wrocław | WKB PIAST WROCLAW | 00:11:08.44 | 00:22:45.69 | 00:34:31.11 | 00:46:08.10 |
| 13 | 185 | ROMAN | SIELICKI | M | M40 | LEGNICA | KB LEW LEGNICA | 00:11:27.20 | 00:23:48.96 | 00:36:10.76 | 00:48:18.09 |
| 14 | 125 | Dariusz | Tuzimek | M | M40 | Zielona Góra | Zielona Góra | 00:12:05.40 | 00:24:23.92 | 00:36:44.73 | 00:49:13.26 |
| 15 | 824 | Andrzej | Smolak | M | M40 | Brzeg Dolny | 0 | 00:26:01.57 | 00:26:02.88 | 00:39:15.73 | 00:52:44.58 |
| 16 | 328 | Wojciech | Nowak | M | M40 | Wrocław | WKB PIAST WROCLAW | 00:13:17.01 | 00:26:54.91 | 00:40:44.67 | 00:54:30.48 |

**Wyniki Bieg Główny
„Złota Dycha”
Kategoria M50
Miejsce: Złotoryja
Data: 18.09.2010**

| Miejsce | Numer | Imię | Nazwisko | Płeć | Kategoria | Miejscowość | Team | Okr 1 | Okr 2 | Okr 3 | Wynik |
|---------|-------|------------|-------------|------|-----------|-------------|----------------------------|-------------|-------------|-------------|-------------|
| 1 | 74 | Tadeusz | Ławicki | M | M50 | Lubin | 0 | 00:08:31.47 | 00:17:32.68 | 00:26:39.81 | 00:35:39.74 |
| 2 | 2005 | Antoni | Stankiewicz | M | M50 | Sobótka | MaratonyPolskieTea m.PL | 00:09:49.81 | 00:20:05.22 | 00:30:18.33 | 00:40:12.09 |
| 3 | 85 | BOGDAN | KULIŃSKI | M | M50 | GŁOGÓW | HUTA MIEDZI GŁOGÓW | 00:09:31.55 | 00:19:50.42 | 00:30:24.43 | 00:41:07.39 |
| 4 | 243 | Tadeusz | Szołucha | M | M50 | Legnica | KB Lew Legnica | 00:10:22.02 | 00:21:10.15 | 00:32:12.27 | 00:43:05.24 |
| 5 | 106 | Franciszek | Gogół | M | M50 | Legnica | Zakaczwie Legnica | 00:11:20.30 | 00:23:32.03 | 00:35:58.45 | 00:48:24.77 |
| 6 | 738 | Marek | Wąsik | M | M50 | Wrocław | WKB Piast Wrocław | 00:11:13.61 | 00:23:27.44 | 00:36:00.98 | 00:48:45.86 |
| 7 | 821 | Zdzisław | SZYMCZYNA | M | M50 | Kraków | KKB DYSTANS Kraków | 00:12:10.75 | 00:24:49.41 | 00:37:12.86 | 00:49:15.67 |
| 8 | 818 | Henryk | Moszonka | M | M50 | Żórawina | LUKS Żórawina | 00:11:39.62 | 00:24:08.63 | 00:36:59.70 | 00:49:32.40 |
| 9 | 812 | Mieczysław | Urban | M | M50 | Rawicz | 0 | 00:12:08.90 | 00:25:18.22 | 00:38:43.55 | 00:51:47.48 |
| 10 | 806 | Eugeniusz | Staniewski | M | M50 | Zgorzelec | 0 | 00:14:09.41 | 00:28:50.19 | 00:43:38.41 | 00:58:18.74 |
| 11 | 90 | Andrzej | Białożyd | M | M50 | Wrocław | 0 | 00:14:23.44 | 00:29:35.28 | 00:44:47.00 | 01:00:04.37 |

**Wyniki Bieg Główny
„Złota Dycha”
Kategoria M60
Miejsce: Złotoryja
Data: 18.09.2010**

| Miejsce | Numer | Imię | Nazwisko | Płeć | Kategoria | Miejscowość | Team | Okr 1 | Okr 2 | Okr 3 | Wynik |
|---------|-------|---------|------------|------|-----------|----------------|------------------|-------------|-------------|-------------|-------------|
| 1 | 241 | Jerzy | Lichosik | M | M60 | Jelenia Góra | 0 | 00:10:05.04 | 00:20:35.99 | 00:31:18.75 | 00:42:01.47 |
| 2 | 81 | Julian | Promirski | M | M60 | Jelenia Góra | Jagniątków | 00:11:29.06 | 00:23:49.01 | 00:36:10.00 | 00:48:28.28 |
| 3 | 244 | Edward | Bartkowiak | M | M60 | Jelenia Góra | WKS | 00:11:34.18 | 00:23:58.15 | 00:36:35.32 | 00:48:57.92 |
| 4 | 756 | Czesław | Nowakowski | M | M60 | Warszawa | 0 | 00:11:57.47 | 00:24:51.58 | 00:37:52.00 | 00:50:28.70 |
| 5 | 809 | Jan | KRUSZEWSKI | M | M60 | SWIERZAWA | niezrzeszony | 00:12:15.20 | 00:24:56.57 | 00:37:52.29 | 00:51:07.69 |
| 6 | 242 | Czesław | Tarłowski | M | M60 | Jelenia Góra | MKS Jelenia Góra | 00:12:35.45 | 00:25:47.31 | 00:39:05.37 | 00:52:38.36 |
| 7 | 827 | Bogdan | Bykowski | M | M60 | Stary Kisielin | niezrzeszony | 00:12:46.57 | 00:25:59.49 | 00:39:36.09 | 00:52:57.42 |
| 8 | 229 | Jan | Jagielski | M | M60 | Jelenia Góra | Indywidualnie | 00:13:53.83 | 00:27:42.92 | 00:41:33.02 | 00:55:21.63 |