

# BIEG KASPROWICZA

Organizator: KB Harcownik Jelcz-Laskowice

Miejscowość i data: Jelcz-Laskowice, 12.09.2021

Klasyfikacja: Bieg 5 km

| Miejsce | Numer startowy | Kraj | Nazwisko i imię        | Rok ur. | Klub / Miejscowość                            | Czas brutto | Czas netto | Tempo | K | M  | Kat. wiek | TR | UA |
|---------|----------------|------|------------------------|---------|-----------------------------------------------|-------------|------------|-------|---|----|-----------|----|----|
| 1       | 89             | POL  | Mańkowski Kamil        | 1995    | Wrocław                                       | 00:17:07    | 00:17:07   | 03:25 |   | 1  | PK/M20-29 |    |    |
| 2       | 118            | POL  | Poparda Wojciech       | 2004    | Jelcz Triathlon Project, Jelcz-Laskowice      | 00:17:11    | 00:17:11   | 03:26 |   | 2  | PK/M16-19 |    |    |
| 3       | 205            | POL  | Sobczyk Tomasz         | 1977    | MKS Siechnice, Wrocław                        | 00:17:22    | 00:17:22   | 03:28 |   | 3  | PK/M40-49 |    |    |
| 4       | 54             | POL  | Karasowski Łukasz      | 1983    | Adrian Danilewicz Group, Brzeg                | 00:17:46    | 00:17:45   | 03:33 |   | 4  | 1/M30-39  |    |    |
| 5       | 166            | POL  | Włodarczyk Krzysztof   | 1981    | KB Harcownik Jelcz-Laskowice, Miłoszyce       | 00:17:48    | 00:17:47   | 03:33 |   | 5  | 1/M40-49  |    |    |
| 6       | 83             | POL  | Lipkowski Artur        | 1992    | SOBAS TEAM, Wrocław                           | 00:18:04    | 00:18:03   | 03:36 |   | 6  | 1/M20-29  |    |    |
| 7       | 9              | POL  | Białowas Paweł         | 1981    | KB Harcownik Jelcz-Laskowice, Olawa           | 00:18:05    | 00:18:04   | 03:37 |   | 7  | 2/M40-49  |    |    |
| 8       | 123            | POL  | Roskosz Bartosz        | 1989    | KB Harcownik Jelcz-Laskowice, Miłoszyce       | 00:18:21    | 00:18:20   | 03:40 |   | 8  | 2/M30-39  |    |    |
| 9       | 31             | POL  | Frąckowiak Daniel      | 1986    | Jelcz-Laskowice                               | 00:18:26    | 00:18:25   | 03:41 |   | 9  | 3/M30-39  |    |    |
| 10      | 168            | POL  | Włodek Wojciech        | 1993    | Bystrzyca                                     | 00:18:36    | 00:18:34   | 03:43 |   | 10 | 2/M20-29  |    |    |
| 11      | 65             | POL  | Kowalczyk Mateusz      | 1990    | Toyota Nowakowski, Wrocław                    | 00:18:37    | 00:18:35   | 03:43 |   | 11 | 4/M30-39  |    |    |
| 12      | 106            | POL  | Paprocki Remigiusz     | 1978    | KB Harcownik Jelcz-Laskowice, Jelcz-Laskowice | 00:18:46    | 00:18:45   | 03:45 |   | 12 | 3/M40-49  |    | 1  |
| 13      | 34             | POL  | Gorbenko Rafał         | 1991    | @czoko_spoko, Bystrzyca                       | 00:18:46    | 00:18:45   | 03:45 |   | 13 | 5/M30-39  |    |    |
| 14      | 53             | POL  | Kamiński Jacek         | 1980    | TSUSHO TEAM, Jelcz-Laskowice                  | 00:18:57    | 00:18:57   | 03:47 |   | 14 | 4/M40-49  |    |    |
| 15      | 73             | POL  | Kurant Jacek           | 1978    | Dobrzykowice                                  | 00:19:23    | 00:19:21   | 03:52 |   | 15 | 5/M40-49  |    |    |
| 16      | 6              | POL  | Baranowski Piotr       | 1981    | Bierutowska Grupa Biegowa, Bierutów           | 00:19:29    | 00:19:27   | 03:53 |   | 16 | 6/M40-49  |    |    |
| 17      | 211            | POL  | Kowalski Michał        | 1999    | Jelcz-Laskowice                               | 00:19:47    | 00:19:45   | 03:57 |   | 17 | 3/M20-29  |    |    |
| 18      | 29             | POL  | Felinczak Bartosz      | 1980    | AD Group Siechnice, Ratowice                  | 00:19:58    | 00:19:54   | 03:59 |   | 18 | 7/M40-49  |    |    |
| 19      | 46             | POL  | Jastrzębski Przemysław | 1990    | Wrocław                                       | 00:20:10    | 00:20:04   | 04:01 |   | 19 | 6/M30-39  |    |    |
| 20      | 47             | POL  | Jawor Marcin           | 1985    | Jelcz Triathlon Project, Jelcz-Laskowice      | 00:20:12    | 00:20:10   | 04:02 |   | 20 | 7/M30-39  |    |    |
| 21      | 26             | POL  | Duszek Marcin          | 1979    | TOYOTA RUNMATOR, Jelcz-Laskowice              | 00:20:17    | 00:20:15   | 04:03 |   | 21 | 8/M40-49  | 1  | 2  |
| 22      | 109            | POL  | Pawliczak Wojciech     | 1984    | Adrian Danilewicz Group, Wrocław              | 00:20:30    | 00:20:25   | 04:05 |   | 22 | 8/M30-39  |    |    |
| 23      | 175            | POL  | Zaremba Karol          | 2002    | Olawa                                         | 00:20:31    | 00:20:28   | 04:06 |   | 23 | 1/M16-19  |    |    |
| 24      | 107            | POL  | Pasierski Mateusz      | 1986    | ZAKWAS KOLKA SKURCZ TEAM, Wrocław             | 00:20:34    | 00:20:31   | 04:06 |   | 24 | 9/M30-39  |    |    |
| 25      | 15             | POL  | Ceglarek Jędrzej       | 1987    | Adrian Danilewicz Group, Wrocław              | 00:20:36    | 00:20:30   | 04:07 |   | 25 | 10/M30-39 |    |    |
| 26      | 151            | POL  | Szydlowski Andrzej     | 1959    | Wrocław                                       | 00:20:43    | 00:20:41   | 04:08 |   | 26 | 1/M60-69  |    |    |
| 27      | 68             | POL  | Kozikowski Damian      | 1992    | Wrocław                                       | 00:20:48    | 00:20:45   | 04:09 |   | 27 | 4/M20-29  |    |    |
| 28      | 204            | POL  | Baran Szymon           | 2005    | Boks Team Olawa, Olawa                        | 00:20:48    | 00:20:45   | 04:09 |   | 28 | 2/M16-19  |    |    |
| 29      | 134            | POL  | Siłnik Piotr           | 1983    | Jaczkowice                                    | 00:20:53    | 00:20:48   | 04:10 |   | 29 | 11/M30-39 |    |    |
| 30      | 81             | POL  | Lewicki Łukasz         | 1979    | KB Harcownik Jelcz-Laskowice, Jelcz-Laskowice | 00:20:58    | 00:20:55   | 04:11 |   | 30 | 9/M40-49  |    | 3  |
| 31      | 202            | POL  | Szczeniak Mateusz      | 1988    | TS Volley, Jelcz-Laskowice                    | 00:21:15    | 00:21:11   | 04:14 |   | 31 | 12/M30-39 |    |    |
| 32      | 149            | POL  | Szarata Tomasz         | 1973    | KB Harcownik Jelcz-Laskowice, Miłoszyce       | 00:21:20    | 00:21:16   | 04:15 |   | 32 | 10/M40-49 |    |    |
| 33      | 82             | POL  | Lewicki Tomasz         | 1985    | KB Harcownik Jelcz-Laskowice, Miłoszyce       | 00:21:24    | 00:21:19   | 04:16 |   | 33 | 13/M30-39 |    | 4  |
| 34      | 61             | POL  | Konefał Piotr          | 1974    | KB Harcownik Jelcz-Laskowice, Jelcz-Laskowice | 00:21:25    | 00:21:20   | 04:16 |   | 34 | 11/M40-49 |    |    |
| 35      | 167            | POL  | Włodarczyk Maciej      | 1980    | TOYOTA RUNMATOR, Miłoszyce                    | 00:21:26    | 00:21:22   | 04:17 |   | 35 | 12/M40-49 | 2  |    |
| 36      | 174            | POL  | Zając-Sobczak Marta    | 1982    | Dąbrowski Team, Trzebnica                     | 00:21:26    | 00:21:22   | 04:17 | 1 |    | PK/K30-39 |    |    |
| 37      | 78             | POL  | Lechowski Jan          | 1958    | kb harcownik jelcz-laskowice, Jelcz-Laskowice | 00:21:29    | 00:21:26   | 04:17 |   | 36 | 2/M60-69  |    |    |
| 38      | 20             | POL  | Dereń Bartosz          | 2004    | Jelcz-Laskowice                               | 00:21:42    | 00:21:39   | 04:20 |   | 37 | 3/M16-19  |    |    |
| 39      | 113            | POL  | Peszko Rafał           | 1995    | Dąbrowski Team, Wrocław                       | 00:21:48    | 00:21:44   | 04:21 |   | 38 | 5/M20-29  |    |    |
| 40      | 203            | POL  | Zendziewicz Ewa        | 1982    | Jelcz Triathlon Project, Miłoszyce            | 00:21:49    | 00:21:46   | 04:21 | 2 |    | PK/K30-39 |    | 1  |
| 41      | 162            | POL  | Wichuła Łukasz         | 1981    | KB Harcownik Jelcz-Laskowice, Raków           | 00:22:01    | 00:21:56   | 04:24 |   | 39 | 13/M40-49 |    |    |
| 42      | 156            | POL  | Tomczak Paweł          | 1981    | TOYOTA RUNMATOR, Jelcz-Laskowice              | 00:22:05    | 00:21:58   | 04:24 |   | 40 | 14/M40-49 | 3  |    |
| 43      | 4              | POL  | Banek Paweł            | 1988    | Jeszkowice                                    | 00:22:07    | 00:21:58   | 04:25 |   | 41 | 14/M30-39 |    |    |
| 44      | 86             | POL  | Łaszcz Jakub           | 2004    | Jelcz-Laskowice                               | 00:22:13    | 00:22:11   | 04:26 |   | 42 | 4/M16-19  |    |    |
| 45      | 66             | POL  | Kozak Bartosz          | 1978    | KOZAKI, Długoleś                              | 00:22:15    | 00:22:15   | 04:27 |   | 43 | 15/M40-49 |    |    |
| 46      | 153            | POL  | Telągka Kacper         | 1999    | TOYOTA RUNMATOR, Jelcz-Laskowice              | 00:22:19    | 00:22:16   | 04:27 |   | 44 | 6/M20-29  | 4  | 5  |
| 47      | 96             | POL  | Młynarczyk Patryk      | 1991    | Racibórz                                      | 00:22:20    | 00:22:12   | 04:28 |   | 45 | 15/M30-39 |    |    |
| 48      | 39             | POL  | Hajduga Mateusz        | 1987    | ZAKWAS KOLKA SKURCZ TEAM, Wrocław             | 00:22:21    | 00:22:14   | 04:28 |   | 46 | 16/M30-39 |    |    |
| 49      | 57             | POL  | Kiedrowicz Monika      | 1992    | Krasnale, Olawa                               | 00:22:24    | 00:22:22   | 04:28 | 3 |    | PK/K20-29 |    |    |
| 50      | 127            | POL  | Różalski Janusz        | 1964    | Bystrzyca                                     | 00:22:28    | 00:22:25   | 04:29 |   | 47 | 1/M50-59  |    |    |
| 51      | 161            | POL  | Wałek Jarosław         | 1965    | KB Harcownik Jelcz-Laskowice, Jelcz-Laskowice | 00:22:28    | 00:22:24   | 04:29 |   | 48 | 2/M50-59  |    |    |
| 52      | 32             | POL  | Garbowski Tomasz       | 1973    | KB Harcownik Jelcz-Laskowice, Jelcz-Laskowice | 00:22:29    | 00:22:20   | 04:29 |   | 49 | 16/M40-49 |    |    |
| 53      | 25             | POL  | Drązkiewicz Marcin     | 1994    | Sportowa Akademia Taekwon-do ITF,             | 00:22:36    | 00:22:35   | 04:31 |   | 50 | 7/M20-29  |    | 6  |
| 54      | 24             | POL  | Drab Paweł             | 1978    | Lean Tech Run, Wrocław                        | 00:22:45    | 00:22:38   | 04:33 |   | 51 | 17/M40-49 |    |    |
| 55      | 59             | POL  | Kłossowicz Mikołaj     | 1986    | klossowicz.mormol.pl, Wrocław                 | 00:22:51    | 00:22:43   | 04:34 |   | 52 | 17/M30-39 |    |    |
| 56      | 177            | POL  | Zawada Grzegorz        | 1983    | Wrocław                                       | 00:23:00    | 00:22:54   | 04:35 |   | 53 | 18/M30-39 |    |    |
| 57      | 42             | POL  | Jagiełło Sławek        | 1980    | Ratowice                                      | 00:23:11    | 00:23:04   | 04:38 |   | 54 | 18/M40-49 |    | 7  |
| 58      | 209            | POL  | Mazur Marek            | 1970    | Biegnij Olawa, Olawa                          | 00:23:19    | 00:23:12   | 04:39 |   | 55 | 3/M50-59  |    |    |
| 59      | 178            | POL  | Zawada Stanisław       | 1956    | Grodków                                       | 00:23:22    | 00:23:17   | 04:40 |   | 56 | 3/M60-69  |    |    |
| 60      | 139            | POL  | Sosnowska-Smyk Joanna  | 1981    | Olawa                                         | 00:23:23    | 00:23:13   | 04:40 | 4 |    | 1/K40-49  |    |    |
| 61      | 33             | POL  | Golofit Łukasz         | 1993    | Jelcz-Laskowice                               | 00:23:24    | 00:23:14   | 04:40 |   | 57 | 8/M20-29  |    |    |
| 62      | 98             | POL  | Mroczek Agnieszka      | 1990    | Wrocław                                       | 00:23:28    | 00:23:15   | 04:41 | 5 |    | 1/K30-39  |    |    |

## BIEG KASPROWICZA

| Miejsce | Numer startowy | Kraj | Nazwisko i imię         | Rok ur. | Klub / Miejscowość                             | Czas brutto | Czas netto | Tempo | K  | M  | Kat. wiek | TR | UA |
|---------|----------------|------|-------------------------|---------|------------------------------------------------|-------------|------------|-------|----|----|-----------|----|----|
| 63      | 45             | POL  | Jasński Marcin          | 1978    | TOYOTA RUNMATOR, Olawa                         | 00:23:32    | 00:23:26   | 04:42 |    | 58 | 19/M40-49 | 5  |    |
| 64      | 155            | POL  | Tomaka Tomasz           | 1987    | Jeszkowice                                     | 00:23:36    | 00:23:32   | 04:43 |    | 59 | 19/M30-39 |    |    |
| 65      | 100            | POL  | Musiał Rafał            | 1992    | Wrocław                                        | 00:23:36    | 00:23:26   | 04:43 |    | 60 | 9/M20-29  |    |    |
| 66      | 115            | POL  | Pisarski Mikołaj        | 1991    | Wrocław                                        | 00:23:36    | 00:23:28   | 04:43 |    | 61 | 20/M30-39 |    |    |
| 67      | 5              | POL  | Baranowska Renata       | 1987    | Małner Running Team, Międzyzdroje              | 00:23:37    | 00:23:35   | 04:43 | 6  |    | 2/K30-39  |    |    |
| 68      | 43             | POL  | Jankowski Łukasz        | 1987    | Stan Umysłu Lewin Biega, Pogorzela             | 00:23:42    | 00:23:32   | 04:44 |    | 62 | 21/M30-39 |    |    |
| 69      | 62             | POL  | Koniec Tomasz           | 1987    | ZAKWAS KOLKA SKURCZ TEAM, Wrocław              | 00:23:45    | 00:23:37   | 04:44 |    | 63 | 22/M30-39 |    |    |
| 70      | 37             | POL  | Grzęda Jolanta          | 1983    | Jelcz-Laskowice                                | 00:23:49    | 00:23:42   | 04:45 | 7  |    | 3/K30-39  |    | 2  |
| 71      | 49             | POL  | Wieczorek Jacek         | 1972    | Velicante Jacek Wieczorek, Wrocław             | 00:23:51    | 00:23:45   | 04:46 |    | 64 | 20/M40-49 |    |    |
| 72      | 95             | POL  | Mazur Justyna           | 2004    | Kucharzowice                                   | 00:23:53    | 00:23:51   | 04:46 | 8  |    | 1/K16-19  |    |    |
| 73      | 70             | POL  | Kulczycki Marek         | 1982    | Jelcz-Laskowice                                | 00:23:58    | 00:23:52   | 04:47 |    | 65 | 23/M30-39 |    |    |
| 74      | 72             | POL  | Kuliberda Rafał         | 1973    | Opole                                          | 00:24:10    | 00:24:00   | 04:50 |    | 66 | 21/M40-49 |    |    |
| 75      | 93             | POL  | Matuszczyk Dariusz      | 1967    | Chrzastawa Wielka                              | 00:24:16    | 00:24:09   | 04:51 |    | 67 | 4/M50-59  |    |    |
| 76      | 2              | POL  | Bagińska Katarzyna      | 1990    | Jelcz-Laskowice                                | 00:24:19    | 00:24:17   | 04:51 | 9  |    | 4/K30-39  |    | 3  |
| 77      | 179            | POL  | Ziarkowski Max          | 1989    | Synergia CrossCamp, Olawa                      | 00:24:22    | 00:24:16   | 04:52 |    | 68 | 24/M30-39 |    |    |
| 78      | 152            | POL  | Szyjka Izabela          | 1983    | TOYOTA RUNMATOR, Kamieniec Wrocławski          | 00:24:23    | 00:24:16   | 04:52 | 10 |    | 5/K30-39  |    | 1  |
| 79      | 141            | POL  | Stark Sebastian         | 1983    | Wieczorne Bieganie w Opolu, Opole              | 00:24:26    | 00:24:19   | 04:53 |    | 69 | 25/M30-39 |    |    |
| 80      | 116            | POL  | Poleć Konrad            | 1981    | TOYOTA RUNMATOR, Olawa                         | 00:24:33    | 00:24:27   | 04:54 |    | 70 | 22/M40-49 |    | 6  |
| 81      | 30             | POL  | Flank Paweł             | 1974    | Zabiegane Dziary, Siechnice                    | 00:24:36    | 00:24:23   | 04:55 |    | 71 | 23/M40-49 |    |    |
| 82      | 154            | POL  | Hołoczek Arkadiusz      | 1977    | KB Harcownik Jelcz-Laskowice, Chwałowice       | 00:24:46    | 00:24:45   | 04:57 |    | 72 | 24/M40-49 |    | 8  |
| 83      | 41             | POL  | Humeniuk Iwona          | 1981    | Olawa                                          | 00:24:48    | 00:24:43   | 04:57 | 11 |    | 2/K40-49  |    |    |
| 84      | 48             | POL  | Jendraszak Zdzisław     | 1953    | KB Harcownik Jelcz-Laskowice, Jelcz-Laskowice  | 00:24:54    | 00:24:54   | 04:58 |    | 73 | 4/M60-69  |    |    |
| 85      | 92             | POL  | Matras Robert           | 1976    | Jelcz-Laskowice                                | 00:24:59    | 00:24:55   | 04:59 |    | 74 | 25/M40-49 |    |    |
| 86      | 21             | POL  | Diug Kinga              | 2005    | Olawa                                          | 00:25:00    | 00:24:54   | 05:00 | 12 |    | 2/K16-19  |    |    |
| 87      | 71             | POL  | Kuliberda Jakub         | 2001    | Opole                                          | 00:25:02    | 00:24:51   | 05:00 |    | 75 | 10/M20-29 |    |    |
| 88      | 120            | POL  | Przestalski Marian      | 1989    | Real Zalesie, Wrocław                          | 00:25:02    | 00:24:43   | 05:00 |    | 76 | 26/M30-39 |    |    |
| 89      | 22             | POL  | Dobrowolska-Swiętek Elż | 1963    | Zabiegani Dobrowolscy, Kamieniec Wrocławski    | 00:25:15    | 00:25:10   | 05:03 | 13 |    | 1/K50-59  |    |    |
| 90      | 137            | POL  | Smyk Sylwester          | 1981    | Olawa                                          | 00:25:30    | 00:25:20   | 05:06 |    | 77 | 26/M40-49 |    | 9  |
| 91      | 35             | POL  | Grabowiecka Magdalena   | 1976    | Czozixixixu, Jelcz-Laskowice                   | 00:25:31    | 00:25:22   | 05:06 | 14 |    | 3/K40-49  |    |    |
| 92      | 28             | POL  | Engel Tomasz            | 1973    | Straż Pożarna Olawa, Olawa                     | 00:25:38    | 00:25:27   | 05:07 |    | 78 | 27/M40-49 |    |    |
| 93      | 80             | POL  | Lewandowska Beata       | 1969    | KotwicaBrzeg, Brzeg                            | 00:25:39    | 00:25:29   | 05:07 | 15 |    | 2/K50-59  |    |    |
| 94      | 135            | POL  | Słosarczyk Tomasz       | 1955    | Wrocław                                        | 00:25:39    | 00:25:31   | 05:07 |    | 79 | 5/M60-69  |    |    |
| 95      | 130            | POL  | Ruta Jakub              | 2002    | Olawa                                          | 00:25:50    | 00:25:44   | 05:09 |    | 80 | 5/M16-19  |    |    |
| 96      | 79             | POL  | Leszkiewicz Mirosława   | 1984    | Olawa                                          | 00:25:51    | 00:25:47   | 05:10 | 16 |    | 6/K30-39  |    |    |
| 97      | 97             | POL  | Mormol Łukasz           | 1982    | klossowicz.mormol.pl, Wrocław                  | 00:25:56    | 00:25:46   | 05:11 |    | 81 | 27/M30-39 |    |    |
| 98      | 11             | POL  | Blajerski Zbigniew      | 1967    | TOYOTA RUNMATOR, Jelcz-Laskowice               | 00:25:57    | 00:25:47   | 05:11 |    | 82 | 5/M50-59  |    | 7  |
| 99      | 14             | POL  | Buczkowska Marta        | 1988    | Kielców                                        | 00:26:02    | 00:25:53   | 05:12 | 17 |    | 7/K30-39  |    |    |
| 100     | 50             | POL  | Kaczmarek Jacek         | 1973    | Namysłów                                       | 00:26:06    | 00:25:57   | 05:13 |    | 83 | 28/M40-49 |    |    |
| 101     | 76             | POL  | Kuziemski Krzysztof     | 1991    | Jelcz-Laskowice                                | 00:26:08    | 00:25:53   | 05:13 |    | 84 | 28/M30-39 |    |    |
| 102     | 158            | POL  | Urbański Dariusz        | 1982    | TOYOTA RUNMATOR, Jelcz-Laskowice               | 00:26:11    | 00:26:04   | 05:14 |    | 85 | 29/M30-39 |    | 8  |
| 103     | 52             | POL  | Kałużńska Natalia       | 1994    | Wrocław                                        | 00:26:18    | 00:26:11   | 05:15 | 18 |    | 1/K20-29  |    |    |
| 104     | 207            | POL  | Wawrzynek Janusz        | 1975    | Gajków                                         | 00:26:27    | 00:26:24   | 05:17 |    | 86 | 29/M40-49 |    |    |
| 105     | 124            | POL  | Roszek Agnieszka        | 1993    | Mirków                                         | 00:26:33    | 00:26:31   | 05:18 | 19 |    | 2/K20-29  |    |    |
| 106     | 3              | POL  | Banaś Krzysztof         | 1981    | OSP Święta Katarzyna, Święta Katarzyna         | 00:26:35    | 00:26:27   | 05:19 |    | 87 | 30/M40-49 |    |    |
| 107     | 140            | POL  | Stanisiuk Malwina       | 1992    | Bystrzyca                                      | 00:26:36    | 00:26:28   | 05:19 | 20 |    | 3/K20-29  |    |    |
| 108     | 171            | POL  | Woźnica Iwona           | 1975    | Gajków                                         | 00:26:55    | 00:26:46   | 05:22 | 21 |    | 4/K40-49  |    |    |
| 109     | 119            | POL  | Przech Władysław        | 1956    | KB Harcownik Jelcz-Laskowice, Nadolice Wielkie | 00:26:59    | 00:26:47   | 05:23 |    | 88 | 6/M60-69  |    |    |
| 110     | 210            | POL  | Sobański Dawid          | 1988    | Polska, Olawa                                  | 00:27:11    | 00:26:59   | 05:26 |    | 89 | 30/M30-39 |    |    |
| 111     | 60             | POL  | Kołodziejczyk Marcin    | 2000    | Street Workout Grodków, Grodków                | 00:27:30    | 00:27:18   | 05:29 |    | 90 | 11/M20-29 |    | 9  |
| 112     | 143            | POL  | Stecyk Marcin           | 1998    | Olawa                                          | 00:27:34    | 00:27:29   | 05:30 |    | 91 | 12/M20-29 |    |    |
| 113     | 27             | POL  | Dziuba Ewelina          | 1985    | Grodków                                        | 00:27:34    | 00:27:24   | 05:30 | 22 |    | 8/K30-39  |    |    |
| 114     | 163            | POL  | Wieczorek Piotr         | 1961    | Cała Oleśnica Biega, Boguszyce                 | 00:27:39    | 00:27:25   | 05:31 |    | 92 | 7/M60-69  |    |    |
| 115     | 87             | POL  | Łukasik Ada             | 1986    | Biegnij Olawo, Olawa                           | 00:27:40    | 00:27:24   | 05:31 | 23 |    | 9/K30-39  |    |    |
| 116     | 102            | POL  | Nowiński Juliusz        | 1980    | TOYOTA RUNMATOR, Jelcz-Laskowice               | 00:27:55    | 00:27:44   | 05:35 |    | 93 | 31/M40-49 |    | 10 |
| 117     | 19             | POL  | Dąbrowski Grzegorz      | 1975    | Toyota Nowakowski, Wrocław                     | 00:28:05    | 00:27:54   | 05:36 |    | 94 | 32/M40-49 |    |    |
| 118     | 101            | POL  | Nolas Jolanta           | 1965    | Jelcz-Laskowice                                | 00:28:06    | 00:28:00   | 05:37 | 24 |    | 3/K50-59  |    |    |
| 119     | 18             | POL  | Cybuła Ewa              | 1981    | X-Team, Wrocław                                | 00:28:07    | 00:27:51   | 05:37 | 25 |    | 5/K40-49  |    |    |
| 120     | 176            | POL  | Zasławski Lech          | 1981    | X-Team, Wrocław                                | 00:28:07    | 00:27:52   | 05:37 |    | 95 | 33/M40-49 |    |    |
| 121     | 136            | POL  | Ślodka Monika           | 1978    | KotwicaBrzeg, Brzeg                            | 00:28:10    | 00:28:00   | 05:37 | 26 |    | 6/K40-49  |    |    |
| 122     | 38             | POL  | Gugacka Justyna         | 1982    | Jelcz-Laskowice                                | 00:28:17    | 00:28:10   | 05:39 | 27 |    | 10/K30-39 |    |    |
| 123     | 108            | POL  | Pasturak Jacek          | 1968    | Wrocław                                        | 00:29:08    | 00:28:52   | 05:49 |    | 96 | 6/M50-59  |    |    |
| 124     | 56             | POL  | Kawoń Andrzej           | 1954    | Namysłów                                       | 00:29:09    | 00:29:01   | 05:49 |    | 97 | 8/M60-69  |    |    |
| 125     | 131            | POL  | Ruta Tomasz             | 1994    | Dobre dziki, Jelcz-Laskowice                   | 00:29:14    | 00:29:09   | 05:50 |    | 98 | 13/M20-29 |    |    |
| 126     | 77             | POL  | Lech Anita              | 1992    | Dobre dziki, Jelcz-Laskowice                   | 00:29:15    | 00:29:09   | 05:50 | 28 |    | 4/K20-29  |    |    |
| 127     | 88             | POL  | Majka Bartosz           | 1991    | Krasnale, Olawa                                | 00:29:28    | 00:29:16   | 05:53 |    | 99 | 31/M30-39 |    |    |
| 128     | 200            | POL  | Świder Małgorzata       | 1971    | Adrian Danilewicz Group, Jelcz-Laskowice       | 00:29:29    | 00:29:18   | 05:53 | 29 |    | 4/K50-59  |    |    |

## BIEG KASPROWICZA

| Miejsce | Numer startowy | Kraj | Nazwisko i imię      | Rok ur. | Klub / Miejscowość                            | Czas brutto | Czas netto | Tempo | K  | M   | Kat. wiek  | TR | UA |
|---------|----------------|------|----------------------|---------|-----------------------------------------------|-------------|------------|-------|----|-----|------------|----|----|
| 129     | 201            | POL  | Ciach Waldemar       |         | Adrian Danilewicz Group, Jelcz-Laskowice      | 00:29:30    | 00:29:18   | 05:54 |    | 100 |            |    |    |
| 130     | 208            | POL  | Mazgufa Sara         | 1995    | Toyota Nowakowski Bielany, Wrocław            | 00:29:33    | 00:29:21   | 05:54 | 30 |     | 5/K20-29   |    |    |
| 131     | 17             | POL  | Ciszewski Paweł      | 1994    | Wrocław                                       | 00:30:03    | 00:29:48   | 06:00 |    | 101 | 14/M20-29  |    |    |
| 132     | 99             | POL  | Musiał Magdalena     | 1997    | Toyota Nowakowski, Wrocław                    | 00:30:10    | 00:29:58   | 06:02 | 31 |     | 6/K20-29   |    |    |
| 133     | 103            | POL  | Ożóg Marek           | 1976    | KB Harcownik Jelcz-Laskowice, Miłoszyce       | 00:30:52    | 00:30:39   | 06:10 |    | 102 | 34/M40-49  |    |    |
| 134     | 111            | POL  | Pawłowska Marta      | 1991    | Olawa                                         | 00:30:54    | 00:30:39   | 06:10 | 32 |     | 11/K30-39  |    | 4  |
| 135     | 91             | POL  | Marczak Wojciech     | 1988    | Jelcz-Laskowice                               | 00:31:01    | 00:30:58   | 06:12 |    | 103 | 32/M30-39  |    |    |
| 136     | 129            | POL  | Ruman Monika         | 1987    | Jelcz-Laskowice                               | 00:31:07    | 00:30:52   | 06:13 | 33 |     | 12/K30-39  |    |    |
| 137     | 169            | POL  | Wojciechowska Beata  | 1980    | TOYOTA RUNMATOR, Chrzastawa Wielka            | 00:31:16    | 00:31:12   | 06:15 | 34 |     | 7/K40-49   |    | 2  |
| 138     | 40             | POL  | Hass Mariusz         | 1976    | Jelcz-Laskowice                               | 00:31:22    | 00:31:06   | 06:16 |    | 104 | 35/M40-49  |    |    |
| 139     | 172            | POL  | Zackiewicz Ilona     | 1970    | Jelcz-Laskowice                               | 00:31:26    | 00:31:19   | 06:17 | 35 |     | 5/K50-59   |    |    |
| 140     | 13             | POL  | Boyko Hennadiy       | 1963    | TOYOTA RUNMATOR, Lviv                         | 00:31:37    | 00:31:23   | 06:19 |    | 105 | 7/M50-59   |    | 11 |
| 141     | 121            | POL  | Ptaszek Izabela      | 1982    | TOYOTA RUNMATOR, Jelcz-Laskowice              | 00:31:37    | 00:31:25   | 06:19 | 36 |     | 13/K30-39  |    | 3  |
| 142     | 69             | POL  | Kubiak Tomasz        | 1976    | KB Harcownik Jelcz-Laskowice, Jelcz-Laskowice | 00:32:01    | 00:31:41   | 06:24 |    | 106 | 36/M40-49  |    |    |
| 143     | 63             | POL  | Kopacz Michał        | 1990    | Perla Team, Wilczyce                          | 00:32:03    | 00:31:45   | 06:24 |    | 107 | 33/M30-39  |    |    |
| 144     | 138            | POL  | Sokołowska Barbara   | 1973    | Namysłów                                      | 00:32:06    | 00:31:53   | 06:25 | 37 |     | 8/K40-49   |    |    |
| 145     | 173            | POL  | Zagrodnik Bogdan     | 1975    | KB Harcownik Jelcz-Laskowice, Wrocław         | 00:32:34    | 00:32:20   | 06:30 |    | 108 | 37/M40-49  |    |    |
| 146     | 147            | POL  | Szałajko Anna        | 1962    | Wrocław                                       | 00:32:35    | 00:32:21   | 06:31 | 38 |     | 6/K50-59   |    |    |
| 147     | 148            | POL  | Szałajko Jerzy       | 1962    | Duch Gór, Wrocław                             | 00:32:35    | 00:32:21   | 06:31 |    | 109 | 8/M50-59   |    |    |
| 148     | 75             | POL  | Kutowińska Kinga     | 1999    | Milocice                                      | 00:32:51    | 00:32:46   | 06:34 | 39 |     | 7/K20-29   |    |    |
| 149     | 84             | POL  | Litwin Agnieszka     | 1978    | TOYOTA RUNMATOR, Jelcz-Laskowice              | 00:32:53    | 00:32:41   | 06:34 | 40 |     | 9/K40-49   |    | 4  |
| 150     | 1              | POL  | Aleksanderek Justyna | 1985    | TOYOTA, Chwałowice                            | 00:32:55    | 00:32:42   | 06:34 | 41 |     | 14/K30-39  |    |    |
| 151     | 122            | POL  | Puszczewicz Zenon    | 1941    | KotwicaBrzeg, Piszarowice                     | 00:32:55    | 00:32:40   | 06:34 |    | 110 | 1/M70+     |    |    |
| 152     | 8              | POL  | Bednarczyk Wiesław   | 1956    | KotwicaBrzeg, Brzeg                           | 00:33:28    | 00:33:12   | 06:41 |    | 111 | 9/M60-69   |    |    |
| 153     | 36             | POL  | Grzęda Amelia        | 2005    | Jelcz-Laskowice                               | 00:33:56    | 00:33:45   | 06:47 | 42 |     | 3/K16-19   |    |    |
| 154     | 165            | POL  | Wituszyński Daniel   | 1981    | TOYOTA RUNMATOR, Jelcz-Laskowice              | 00:33:59    | 00:33:55   | 06:47 |    | 112 | 38/M40-49  |    | 12 |
| 155     | 67             | POL  | Kozak Ewa            | 1979    | KOZAKI, Długoleka                             | 00:33:59    | 00:33:57   | 06:47 | 43 |     | 10/K40-49  |    |    |
| 156     | 164            | POL  | Wituszyńska Iwona    | 1981    | TOYOTA, Jelcz-Laskowice                       | 00:33:59    | 00:33:56   | 06:47 | 44 |     | 11/K40-49  |    |    |
| 157     | 125            | POL  | Rozsko Joanna        | 1970    | Wrocław                                       | 00:33:59    | 00:33:57   | 06:47 | 45 |     | 7/K50-59   |    |    |
| 158     | 128            | POL  | Rudnicka Agnieszka   | 1980    | Wrocław                                       | 00:34:20    | 00:34:11   | 06:51 | 46 |     | 12/K40-49  |    |    |
| 159     | 10             | POL  | Bijak Dorota         | 1957    | Wrocław                                       | 00:35:14    | 00:34:59   | 07:02 | 47 |     | 1/K60+     |    |    |
| 160     | 145            | POL  | Sternalski Michał    | 1976    | WKB Piast Wrocław, Wrocław                    | 00:36:04    | 00:35:50   | 07:12 |    | 113 | 39/M40-49  |    |    |
| 161     | 144            | POL  | Sternalski Mateusz   | 2004    | WROCLAW WOJNÓW, Wrocław                       | 00:36:42    | 00:36:28   | 07:20 |    | 114 | 6/M16-19   |    |    |
| 162     | 133            | POL  | Siciarz Grzegorz     | 1979    | Termy Jakuba-Oławski Park Wodny, Olawa        | 00:36:54    | 00:36:40   | 07:22 |    | 115 | 40/M40-49  |    |    |
| 163     | 58             | POL  | Kiedrowicz Tadeusz   | 1966    | Krasnale, Olawa                               | 00:36:54    | 00:36:40   | 07:22 |    | 116 | 9/M50-59   |    |    |
| 164     | 206            | POL  | Bogacka Agnieszka    | 1981    | Jelcz-Laskowice                               | 00:36:55    | 00:36:37   | 07:22 | 48 |     | 13/K40-49  |    |    |
| 165     | 94             | POL  | Mazur Aleksander     | 1973    | TOYOTA, Jelcz-Laskowice                       | 00:36:57    | 00:36:40   | 07:23 |    | 117 | 41/M40-49  |    |    |
| 166     | 51             | POL  | Kaletnik Anna        | 1998    | Sportowa Akademia Taekwon-do ITF, Wrocław     | 00:37:25    | 00:37:18   | 07:29 | 49 |     | 8/K20-29   |    |    |
| 167     | 105            | POL  | Paluch Natalia       | 2000    | Zadzyska, Dziuplina                           | 00:38:40    | 00:38:24   | 07:44 | 50 |     | 9/K20-29   |    |    |
| 168     | 104            | POL  | Paluch Malgorzata    | 1979    | Zadzyska, Wrocław                             | 00:38:41    | 00:38:25   | 07:44 | 51 |     | 14/K40-49  |    |    |
| 169     | 55             | POL  | Kawałko Teresa       | 1961    | Jelcz-Laskowice                               | 00:40:07    | 00:39:48   | 08:01 | 52 |     | 2/K60+     |    |    |
| 170     | 117            | POL  | Połomska Anna        | 1978    | KB Harcownik Jelcz-Laskowice, Jelcz-Laskowice | 00:42:15    | 00:41:54   | 08:26 | 53 |     | 15/K40-49  |    | 5  |
| 171     | 142            | POL  | Stasiak Małgorzata   | 1976    | Velicante Sport Team, Wrocław                 | 00:42:47    | 00:42:37   | 08:33 | 54 |     | 16/K40-49  |    |    |
| DNF     | 7              | POL  | Barwiński Jarosław   | 1977    | KB Harcownik Jelcz-Laskowice, Jelcz-Laskowice |             |            |       |    |     | DNF/M40-49 |    |    |
| DNS     | 44             | POL  | Jarosławski Marcin   | 1981    | KB Harcownik Jelcz-Laskowice, Jelcz-Laskowice |             |            |       |    |     | DNS/M40-49 |    |    |
| DNS     | 110            | POL  | Pawłowicz Krystian   | 1984    | Bystrzyca                                     |             |            |       |    |     | DNS/M30-39 |    |    |
| DNS     | 126            | POL  | Rozwadowski Tomasz   | 1971    | Brzeg                                         |             |            |       |    |     | DNS/M50-59 |    |    |
| DNS     | 159            | POL  | Wachowska Dorota     | 1979    | KB HARCOWNIK J-L / WKB PIAST Wrocław,         |             |            |       |    |     | DNS/K40-49 |    |    |