

# XXV Cztery Mile Jarka

## Wyniki OPEN 9436m Dziwnów 2023-08-19



| Msc open | Nr start | Nazwisko, imię            | Miejscowość         | Klub                         | Rok ur | Kat | Msc kat | Msc M/K | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|---------------------------|---------------------|------------------------------|--------|-----|---------|---------|-------------|--------------|----------------|
| 1.       | 171      | Marysiak Adam             | Nowa Sól            | MKST Astra Nowa Sól          | 1988   | M30 | gen.    | 1.      | 0:12:13     | 3:29         | <b>0:12:13</b> |
| 2.       | 124      | Wawrzykowski Jakub        | Nowa Sól            | MKST Astra Nowa Sól          | 1997   | M20 | gen.    | 2.      | 0:12:17     | 3:30         | <b>0:12:17</b> |
| 3.       | 22       | Hołub Kamil               | Trzebiatów          | MLUKS Trzebiatów             | 1980   | M40 | gen.    | 3.      | 0:13:25     | 3:49         | <b>0:13:24</b> |
| 4.       | 3        | Krynicka Grzyb Malgorzata | Trzebiatów          | MLUKS Trzebiatów             | 1987   | K30 | gen.    | 1.      | 0:13:33     | 3:52         | <b>0:13:33</b> |
| 5.       | 80       | Pokrzywiński Krzysztof    | Police              | GRUPA AZOTY/ WIOSKA BIEGACZY | 1962   | M60 | 1.      | 4.      | 0:13:40     | 3:54         | <b>0:13:39</b> |
| 6.       | 83       | Mormul Przemek            | Kraków              | DSV                          | 1980   | M40 | 1.      | 5.      | 0:13:44     | 3:55         | <b>0:13:43</b> |
| 7.       | 92       | Kuczyńska Wioletta        | Przytoczna          | Wierzbicki Running Projekt   | 1985   | K30 | gen.    | 2.      | 0:13:50     | 3:57         | <b>0:13:49</b> |
| 8.       | 126      | Witkiewicz Eryk           | Białogard           |                              | 1976   | M40 | 2.      | 6.      | 0:13:50     | 3:57         | <b>0:13:50</b> |
| 9.       | 82       | Krasicki Michał           | Rawicz              | Runnin-gym                   | 1977   | M40 | 3.      | 7.      | 0:13:52     | 3:57         | <b>0:13:51</b> |
| 10.      | 76       | Dąbkowski Igor            | Dziwnów             | KL Iskra Białogard           | 2006   | M15 | 1.      | 8.      | 0:13:54     | 3:58         | <b>0:13:54</b> |
| 11.      | 89       | Pokrzywiński Zbigniew     | Police              | BBL Police                   | 1987   | M30 | 1.      | 9.      | 0:13:56     | 3:58         | <b>0:13:55</b> |
| 12.      | 146      | Młynek Michał             | Kraków              |                              | 1981   | M40 | 4.      | 10.     | 0:13:57     | 3:58         | <b>0:13:55</b> |
| 13.      | 34       | Hewelt Radosław           | Bad Kissingen       |                              | 1979   | M40 | 5.      | 11.     | 0:13:58     | 3:59         | <b>0:13:56</b> |
| 14.      | 149      | Zarybnicka Katerina       | Bedrichov           | edsystem silvini             | 1986   | K30 | gen.    | 3.      | 0:14:07     | 4:01         | <b>0:14:06</b> |
| 15.      | 96       | Kaczmarek Krystian        | Trzebiel            |                              | 1983   | M40 | 6.      | 12.     | 0:14:50     | 4:13         | <b>0:14:48</b> |
| 16.      | 52       | Musiał Bartek             | Wysoka Kamieńska    | UKS AKTYWNI Wysoka Kamieńska | 1983   | M40 | 7.      | 13.     | 0:14:50     | 4:14         | <b>0:14:49</b> |
| 17.      | 12       | Malewicz Grzegorz         | Lubań               | Kolka Team Lubań             | 1982   | M40 | 8.      | 14.     | 0:14:51     | 4:14         | <b>0:14:50</b> |
| 18.      | 113      | Mazur Mariusz             | Pobierowo           | Prospero Trener              | 1984   | M30 | 2.      | 15.     | 0:14:55     | 4:15         | <b>0:14:54</b> |
| 19.      | 100      | Knakowski Błażej          | Warszawa            |                              | 1996   | M20 | 1.      | 16.     | 0:14:56     | 4:15         | <b>0:14:55</b> |
| 20.      | 6        | Wojciechowska Barbara     | Mrzeżyno            |                              | 1996   | K20 | 1.      | 4.      | 0:14:59     | 4:16         | <b>0:14:57</b> |
| 21.      | 114      | Kunik Iwona               | Gorzów Wielkopolski | DZIKIE DZIKI GORZÓW          | 1987   | K30 | 1.      | 5.      | 0:15:12     | 4:20         | <b>0:15:12</b> |
| 22.      | 115      | Kunik Artur               | Gorzów Wielkopolski | DZIKIE DZIKI GORZÓW          | 1976   | M40 | 9.      | 17.     | 0:15:12     | 4:20         | <b>0:15:11</b> |



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|----------|----------|-------------------------|-----------------|-------------------------------|--------|-----|---------|---------|-------------|--------------|----------------|
| 23.      | 95       | Trojanowski Krzysztof   | Opoczno         | LKS Feniks Opoczno            | 1980   | M40 | 10.     | 18.     | 0:15:23     | 4:21         | <b>0:15:14</b> |
| 24.      | 106      | Kopcewicz Robert        | Goleniów        | BiegamBolubie Goleniów        | 1966   | M50 | 1.      | 19.     | 0:15:30     | 4:25         | <b>0:15:29</b> |
| 25.      | 1        | Kosoń Jarosław          | Kołczewo        | uczestnik wszystkich edycji   | 1962   | M60 | 2.      | 20.     | 0:15:36     | 4:27         | <b>0:15:36</b> |
| 26.      | 93       | Kuczyński Mirosław      | Przytoczna      | Szukam klubu                  | 1979   | M40 | 11.     | 21.     | 0:15:39     | 4:28         | <b>0:15:38</b> |
| 27.      | 111      | Judkiewicz Piotr        | Wolin           |                               | 1972   | M50 | 2.      | 22.     | 0:15:43     | 4:28         | <b>0:15:40</b> |
| 28.      | 57       | Stefański Damian        | Kamień Pomorski |                               | 1991   | M30 | 3.      | 23.     | 0:15:48     | 4:30         | <b>0:15:45</b> |
| 29.      | 28       | Wandycz Mariusz         | Lubań           | Kolka Team Lubań              | 1989   | M30 | 4.      | 24.     | 0:15:56     | 4:32         | <b>0:15:55</b> |
| 30.      | 13       | Powiertowski Przemysław | Kamienna Góra   |                               | 1988   | M30 | 5.      | 25.     | 0:16:03     | 4:34         | <b>0:16:00</b> |
| 31.      | 139      | Sławik Andrzej          | Głuszycza       |                               | 1976   | M40 | 12.     | 26.     | 0:16:13     | 4:38         | <b>0:16:13</b> |
| 32.      | 74       | Bogusław Łukasz         | Szczecin        |                               | 1990   | M30 | 6.      | 27.     | 0:16:14     | 4:37         | <b>0:16:10</b> |
| 33.      | 120      | Zagrobekny Radosław     | Wrocław         |                               | 1964   | M50 | 3.      | 28.     | 0:16:19     | 4:39         | <b>0:16:18</b> |
| 34.      | 94       | Nowakowska Elżbieta     | Nowa Sól        |                               | 1980   | K40 | 1.      | 6.      | 0:16:22     | 4:40         | <b>0:16:22</b> |
| 35.      | 55       | Kowalska Dorota         | Kamień Pomorski | KB Kamień Pom.                | 1965   | K50 | 1.      | 7.      | 0:16:24     | 4:40         | <b>0:16:21</b> |
| 36.      | 136      | Witkowski Mateusz       | Wyszyna         | Baszta Wyszyna                | 2007   | M15 | 2.      | 29.     | 0:16:26     | 4:41         | <b>0:16:24</b> |
| 37.      | 8        | Mazurski Paweł          | Gryfice         |                               | 1989   | M30 | 7.      | 30.     | 0:16:28     | 4:42         | <b>0:16:27</b> |
| 38.      | 160      | Brząkała Waldemar       | Kamień Pomorski | Kb Kamień Pomorski            | 1970   | M50 | 4.      | 31.     | 0:16:33     | 4:42         | <b>0:16:29</b> |
| 39.      | 138      | Iwan Paweł              | Ustowo          |                               | 1980   | M40 | 13.     | 32.     | 0:16:35     | 4:43         | <b>0:16:31</b> |
| 40.      | 131      | Gaik Zuzanna            | Bujaków         |                               | 2007   | K15 | 1.      | 8.      | 0:16:39     | 4:45         | <b>0:16:37</b> |
| 41.      | 176      | Pisarczyk Dawid         | Wołczkowo       |                               | 1988   | M30 | 8.      | 33.     | 0:16:44     | 4:46         | <b>0:16:42</b> |
| 42.      | 165      | Trzcinka Marek          | Iwiny           | -                             | 1975   | M40 | 14.     | 34.     | 0:16:46     | 4:46         | <b>0:16:44</b> |
| 43.      | 130      | Gaik Maciej             | Bujaków         |                               | 1975   | M40 | 15.     | 35.     | 0:16:48     | 4:47         | <b>0:16:46</b> |
| 44.      | 180      | Gaik Teodor             | Kozy            |                               | 2006   | M15 | 3.      | 36.     | 0:16:48     | 4:47         | <b>0:16:46</b> |
| 45.      | 162      | Wawrzyniak Mariusz      | Dobra           |                               | 1978   | M40 | 16.     | 37.     | 0:16:49     | 4:47         | <b>0:16:46</b> |
| 46.      | 33       | Plesińska Joanna        | Goleniów        |                               | 1986   | K30 | 2.      | 9.      | 0:16:50     | 4:47         | <b>0:16:46</b> |
| 47.      | 32       | Sidorkiewicz Anna       | Międzywodzie    | klub biegacza Kamień Pomorski | 1971   | K50 | 2.      | 10.     | 0:16:54     | 4:48         | <b>0:16:50</b> |



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|----------|----------|----------------------|----------------------------|-------------------------------|--------|------|---------|---------|-------------|--------------|----------------|
| 48.      | 72       | Bieć Robert          | Dziwnów                    | WYŁĄCZ TV - WŁĄCZ MYŚLENIE    | 1977   | M40  | 17.     | 38.     | 0:16:57     | 4:49         | <b>0:16:54</b> |
| 49.      | 24       | Nawrot Piotr         | Plewiska                   | gRUNwald Team Poznań          | 1976   | M40  | 18.     | 39.     | 0:16:57     | 4:49         | <b>0:16:52</b> |
| 50.      | 152      | Stępa Bartosz        | Poznań                     | Drużyna Szpiku                | 1989   | M30  | 9.      | 40.     | 0:17:03     | 4:51         | <b>0:16:59</b> |
| 51.      | 26       | Nawrot Krzysztof     | Plewiska                   |                               | 2006   | M15  | 4.      | 41.     | 0:17:03     | 4:51         | <b>0:16:59</b> |
| 52.      | 167      | Piotrowski Marek     | Goleniów                   |                               | 1978   | M40  | 19.     | 42.     | 0:17:09     | 4:53         | <b>0:17:08</b> |
| 53.      | 63       | Bęgowski Jakub       | Kamień Pomorski            |                               | 2002   | M20  | 2.      | 43.     | 0:17:13     | 4:53         | <b>0:17:08</b> |
| 54.      | 53       | Górnicka Julia       | Goleniów                   |                               | 1980   | K40  | 2.      | 11.     | 0:17:17     | 4:55         | <b>0:17:15</b> |
| 55.      | 104      | Ciepliński Paweł     | Szczecin                   |                               | 1992   | M30  | 10.     | 44.     | 0:17:21     | 4:56         | <b>0:17:16</b> |
| 56.      | 177      | Grzelak Janusz       | Berlin                     |                               | 1961   | M60  | 3.      | 45.     | 0:17:28     | 4:59         | <b>0:17:27</b> |
| 57.      | 81       | Dąbkowska Lena       | Dziwnów                    | LUKS Bałtyk Dziwnów           | 2008   | K15  | 2.      | 12.     | 0:17:36     | 5:01         | <b>0:17:34</b> |
| 58.      | 172      | Cympel Łukasz        | Łódź                       |                               | 1983   | M40  | 20.     | 46.     | 0:17:38     | 4:59         | <b>0:17:29</b> |
| 59.      | 46       | Okonek Kazimierz     | Gorzów Wlkp.               | BBL GORZÓW WLKP.              | 1949   | M70+ | 1.      | 47.     | 0:18:11     | 5:10         | <b>0:18:07</b> |
| 60.      | 30       | Musiał Dariusz       | Gorzów Wlkp                |                               | 1977   | M40  | 21.     | 48.     | 0:18:12     | 5:10         | <b>0:18:06</b> |
| 61.      | 10       | Stychlok Renata      | Eggenstein - Leopoldshafen | FV Leopoldshafen              | 1976   | K40  | 3.      | 13.     | 0:18:14     | 5:11         | <b>0:18:10</b> |
| 62.      | 40       | Sych Zbigniew        | Kamień Pomorski            | KB Kamień Pom.                | 1972   | M50  | 5.      | 49.     | 0:18:15     | 5:11         | <b>0:18:09</b> |
| 63.      | 77       | Bielaszewski Dariusz | Pobierowo                  | Pobierowo biega               | 1973   | M50  | 6.      | 50.     | 0:18:19     | 5:14         | <b>0:18:19</b> |
| 64.      | 169      | Kuziemski Damian     | Ziębice                    | LKS Ziębice                   | 1987   | M30  | 11.     | 51.     | 0:18:20     | 5:13         | <b>0:18:15</b> |
| 65.      | 179      | Gryz Kazimierz       | Sulęcín                    |                               | 1972   | M50  | 7.      | 52.     | 0:18:22     | 5:13         | <b>0:18:15</b> |
| 66.      | 9        | Osiński Paweł        | Gliwice                    | KS M.E.T.A                    | 1979   | M40  | 22.     | 53.     | 0:18:23     | 5:13         | <b>0:18:17</b> |
| 67.      | 14       | Mikołajuk Aneta      | Bezrzecze                  | SMT Szczecin                  | 1974   | K40  | 4.      | 14.     | 0:18:25     | 5:14         | <b>0:18:21</b> |
| 68.      | 27       | Kozubowska Agnieszka | Szczecin                   | Griffin Aero Marine           | 1984   | K30  | 3.      | 15.     | 0:18:25     | 5:14         | <b>0:18:21</b> |
| 69.      | 51       | Wolf Jan             | Kamień Pomorski            | klub biegacza Kamień Pomorski | 1952   | M70+ | 2.      | 54.     | 0:18:34     | 5:17         | <b>0:18:31</b> |
| 70.      | 168      | Szulc Maciej         | Zbąszynek                  |                               | 1971   | M50  | 8.      | 55.     | 0:18:36     | 5:16         | <b>0:18:29</b> |
| 71.      | 68       | Paszkiewicz Marika   | Lubin                      | Brzoza Biega                  | 1986   | K30  | 4.      | 16.     | 0:18:40     | 5:18         | <b>0:18:34</b> |
| 72.      | 44       | Jankowiak Andrzej    | Dziwnów                    | LUKS Bałtyk Dziwnów           | 1952   | M70+ | 3.      | 56.     | 0:18:55     | 5:24         | <b>0:18:55</b> |



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|----------|----------|----------------------|-----------------|-----------------------------|--------|-----|---------|---------|-------------|--------------|----------------|
| 73.      | 102      | Klepacki Adam        | Szczecin        |                             | 1983   | M40 | 23.     | 57.     | 0:18:56     | 5:22         | <b>0:18:48</b> |
| 74.      | 62       | Bęgowska Katarzyna   | Kamień Pomorski |                             | 2006   | K15 | 3.      | 17.     | 0:19:01     | 5:24         | <b>0:18:57</b> |
| 75.      | 174      | Marchewka Dariusz    | Dziwnów         |                             | 1979   | M40 | 24.     | 58.     | 0:19:04     | 5:24         | <b>0:18:56</b> |
| 76.      | 144      | Kowalski Norbert     | Gorzów Wlkp.    |                             | 1989   | M30 | 12.     | 59.     | 0:19:04     | 5:25         | <b>0:19:00</b> |
| 77.      | 123      | Ambroziak Adam       | Kamień Pomorski |                             | 1981   | M40 | 25.     | 60.     | 0:19:06     | 5:27         | <b>0:19:04</b> |
| 78.      | 109      | Bandkowski Sylwester | Szczecin        |                             | 1960   | M60 | 4.      | 61.     | 0:19:08     | 5:26         | <b>0:19:03</b> |
| 79.      | 170      | Kwiecień Sławomir    | Świętochłowice  |                             | 1971   | M50 | 9.      | 62.     | 0:19:11     | 5:27         | <b>0:19:05</b> |
| 80.      | 164      | Ryznar Magdalena     | Legnica         | Legnica Pokonuje Przeszkody | 1986   | K30 | 5.      | 18.     | 0:19:12     | 5:28         | <b>0:19:08</b> |
| 81.      | 97       | Wilkowski Tomasz     | Pyrzyce         | Pyrzyce Bigają              | 1987   | M30 | 13.     | 63.     | 0:19:14     | 5:27         | <b>0:19:06</b> |
| 82.      | 11       | Towiański Patryk     | Szczecin        |                             | 1980   | M40 | 26.     | 64.     | 0:19:17     | 5:28         | <b>0:19:09</b> |
| 83.      | 35       | Kumelska Monika      | Lubań           | Be Active Leśna             | 1985   | K30 | 6.      | 19.     | 0:19:19     | 5:30         | <b>0:19:15</b> |
| 84.      | 140      | Materka Grzegorz     | Kamień Pomorski | KLB Kamień Pomorski         | 1965   | M50 | 10.     | 65.     | 0:19:24     | 5:30         | <b>0:19:16</b> |
| 85.      | 7        | Szostak Daniel       | Szczecin        |                             | 1975   | M40 | 27.     | 66.     | 0:19:26     | 5:33         | <b>0:19:26</b> |
| 86.      | 39       | Sych Agata           | Kamień Pomorski | KB Kamień Pom.              | 2006   | K15 | 4.      | 20.     | 0:19:32     | 5:33         | <b>0:19:26</b> |
| 87.      | 142      | Działach Adam        | Ruda Śląska     |                             | 1975   | M40 | 28.     | 67.     | 0:19:33     | 5:32         | <b>0:19:24</b> |
| 88.      | 133      | Gembicka Małgorzata  | Szczecin        |                             | 1981   | K40 | 5.      | 21.     | 0:19:34     | 5:33         | <b>0:19:25</b> |
| 89.      | 65       | Żywica Adam          | Bydgoszcz       | Brzoza Biega                | 1977   | M40 | 29.     | 68.     | 0:19:36     | 5:34         | <b>0:19:30</b> |
| 90.      | 134      | Łebkowski Karol      | Szczecin        |                             | 1980   | M40 | 30.     | 69.     | 0:19:44     | 5:35         | <b>0:19:34</b> |
| 91.      | 125      | Świąder Klaudia      | Zgierz          |                             | 1993   | K30 | 7.      | 22.     | 0:19:52     | 5:38         | <b>0:19:44</b> |
| 92.      | 48       | Pieczyński Krzysztof | Szczecin        |                             | 1956   | M60 | 5.      | 70.     | 0:19:53     | 5:37         | <b>0:19:42</b> |
| 93.      | 121      | Rasińska Ewelina     | Dziwnów         |                             | 1989   | K30 | 8.      | 23.     | 0:20:01     | 5:42         | <b>0:19:57</b> |
| 94.      | 91       | Płatek Krzysztof     | Jelcz-Laskowice |                             | 1977   | M40 | 31.     | 71.     | 0:20:22     | 5:46         | <b>0:20:13</b> |
| 95.      | 56       | Kowalski Zdzisław    | Kamień Pomorski | KB Kamień Pom.              | 1962   | M60 | 6.      | 72.     | 0:20:28     | 5:48         | <b>0:20:19</b> |
| 96.      | 67       | Gąsiorek Tomasz      | 86-061          | Brzoza Biega                | 1962   | M60 | 7.      | 73.     | 0:20:29     | 5:49         | <b>0:20:22</b> |
| 97.      | 86       | Okolo-Kułak Marcin   | Dziwnów         | dziwnów                     | 1971   | M50 | 11.     | 74.     | 0:20:33     | 5:50         | <b>0:20:27</b> |



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|----------|----------|-------------------------|----------------------|-----------------------|--------|------|---------|---------|-------------|--------------|----------------|
| 98.      | 110      | Bandkowska Małgorzata   | Szczecin             |                       | 1960   | K60  | 1.      | 24.     | 0:20:42     | 5:52         | <b>0:20:32</b> |
| 99.      | 38       | Sych Małgorzata         | Kamień Pomorski      | KB Kamień Pom.        | 1975   | K40  | 6.      | 25.     | 0:20:44     | 5:53         | <b>0:20:38</b> |
| 100.     | 31       | Baryła Dorota           | Wolin                | KS Wyspa Wolin        | 1968   | K50  | 3.      | 26.     | 0:20:50     | 5:56         | <b>0:20:47</b> |
| 101.     | 155      | Malina Hanna            | Malin                |                       | 2007   | K15  | 5.      | 27.     | 0:20:54     | 5:58         | <b>0:20:53</b> |
| 102.     | 157      | Łukasik Krzysztof       | Kotla                | Kotlactiv             | 1975   | M40  | 32.     | 75.     | 0:20:57     | 5:58         | <b>0:20:53</b> |
| 103.     | 154      | Szynał Kacper           | Kamieniec Wrocławski |                       | 2006   | M15  | 5.      | 76.     | 0:20:57     | 5:59         | <b>0:20:57</b> |
| 104.     | 23       | Nawrot Anna             | Plewiska             |                       | 1978   | K40  | 7.      | 28.     | 0:21:09     | 6:01         | <b>0:21:03</b> |
| 105.     | 47       | Romas Czesław           | Gorzów Wlkp.         |                       | 1950   | M70+ | 4.      | 77.     | 0:21:12     | 6:01         | <b>0:21:06</b> |
| 106.     | 29       | Sowińska Anetta         | Gorzów Wielkopolski  |                       | 1974   | K40  | 8.      | 29.     | 0:21:23     | 6:04         | <b>0:21:16</b> |
| 107.     | 101      | Rudnikowski Marcin      | Zbąszyń              |                       | 1991   | M30  | 14.     | 78.     | 0:21:45     | 6:12         | <b>0:21:45</b> |
| 108.     | 66       | Farbicka-Żywica Paulina | Bydgoszcz            | Brzoza Biega          | 1977   | K40  | 9.      | 30.     | 0:22:02     | 6:16         | <b>0:21:56</b> |
| 109.     | 99       | Koronkiewicz Adam       | Świątoszów           | KSzach64 - Świątoszów | 1972   | M50  | 12.     | 79.     | 0:22:08     | 6:18         | <b>0:22:06</b> |
| 110.     | 166      | Kuźnik Robert           | Opole                |                       | 1982   | M40  | 33.     | 80.     | 0:22:10     | 6:17         | <b>0:22:02</b> |
| 111.     | 18       | Chęcińska Agnieszka     | Gliwice              |                       | 1976   | K40  | 10.     | 31.     | 0:22:19     | 6:20         | <b>0:22:11</b> |
| 112.     | 132      | Tomanska Margo          | Poznan               |                       | 1988   | K30  | 9.      | 32.     | 0:22:28     | 6:23         | <b>0:22:21</b> |
| 113.     | 147      | Młynek Maciej           | Kraków               |                       | 1984   | M30  | 15.     | 81.     | 0:22:29     | 6:23         | <b>0:22:22</b> |
| 114.     | 141      | Wenecka-Flis Anna       | Kraków               |                       | 1979   | K40  | 11.     | 33.     | 0:22:41     | 6:28         | <b>0:22:38</b> |
| 115.     | 78       | Materka Jolanta         | Kamień Pomorski      |                       | 1963   | K60  | 2.      | 34.     | 0:22:42     | 6:26         | <b>0:22:34</b> |
| 116.     | 17       | BŁAŻEJCZYK Magda        | Dziwnów              |                       | 1991   | K30  | 10.     | 35.     | 0:22:45     | 6:28         | <b>0:22:39</b> |
| 117.     | 15       | LOBA Jerzy              | Dziwnów              | LUKS Bałtyk Dziwnów   | 1948   | M70+ | 5.      | 82.     | 0:22:46     | 6:28         | <b>0:22:40</b> |
| 118.     | 50       | Okolo-Kułak Aneta       | Dziwnów              | Dziwnowskie Morsy     | 1972   | K50  | 4.      | 36.     | 0:23:08     | 6:35         | <b>0:23:02</b> |
| 119.     | 85       | Rosochacz Łukasz        | Zielona Góra         |                       | 1985   | M30  | 16.     | 83.     | 0:23:15     | 6:36         | <b>0:23:08</b> |
| 120.     | 116      | Szadziul Magdalena      | Plewiska             |                       | 1975   | K40  | 12.     | 37.     | 0:23:16     | 6:37         | <b>0:23:11</b> |
| 121.     | 135      | Lewandowski Miroslaw    | Goleniów             | Goleniów              | 1960   | M60  | 8.      | 84.     | 0:23:39     | 6:42         | <b>0:23:28</b> |
| 122.     | 158      | Janowicz Joanna         | Kamień Pomorski      | Kb Kamień Pomorski    | 1963   | K60  | 3.      | 38.     | 0:23:45     | 6:46         | <b>0:23:43</b> |



| Msc open | Nr start | Nazwisko, imię      | Miejscowość  | Klub                   | Rok ur | Kat  | Msc kat | Msc M/K | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|---------------------|--------------|------------------------|--------|------|---------|---------|-------------|--------------|----------------|
| 123.     | 105      | GRYSZKIEWICZ ROBERT | DZIWNÓWEK    |                        | 1972   | M50  | 13.     | 85.     | 0:23:46     | 6:45         | <b>0:23:39</b> |
| 124.     | 143      | Tkocz Ewelina       | Ruda Śląska  |                        | 1982   | K40  | 13.     | 39.     | 0:23:53     | 6:46         | <b>0:23:42</b> |
| 125.     | 21       | Kurek Jadwiga       | Dziwnow      | Cekin                  | 1955   | K60  | 4.      | 40.     | 0:24:18     | 6:55         | <b>0:24:15</b> |
| 126.     | 49       | Kurek Andrzej       | Oakland      | Cekin                  | 1979   | M40  | 34.     | 86.     | 0:24:18     | 6:55         | <b>0:24:15</b> |
| 127.     | 20       | Kurek Zbigniew      | Dziwnow      | Cekin                  | 1951   | M70+ | 6.      | 87.     | 0:24:18     | 6:55         | <b>0:24:15</b> |
| 128.     | 54       | Kawa Marek          | Nowogard     |                        | 1981   | M40  | 35.     | 88.     | 0:24:24     | 6:57         | <b>0:24:19</b> |
| 129.     | 129      | Herman Anna         | Warszawa     |                        | 1978   | K40  | 14.     | 41.     | 0:24:29     | 6:57         | <b>0:24:22</b> |
| 130.     | 128      | Suleja Joanna       | Stargard     | SKL                    | 1960   | K60  | 5.      | 42.     | 0:24:30     | 7:00         | <b>0:24:30</b> |
| 131.     | 178      | Kaźmierczak Paweł   | Bydgoszcz    |                        | 1975   | M40  | 36.     | 89.     | 0:25:27     | 7:14         | <b>0:25:21</b> |
| 132.     | 117      | Jastrząb Joanna     | Międzywodzie |                        | 1970   | K50  | 5.      | 43.     | 0:26:19     | 7:29         | <b>0:26:14</b> |
| 133.     | 159      | Wachal Sylwia       | Głogów       |                        | 1976   | K40  | 15.     | 44.     | 0:26:35     | 7:34         | <b>0:26:32</b> |
| 134.     | 98       | Kuchnia Anna        | Rybnica      | Kolorowa Drużyna Nessi | 1971   | K50  | 6.      | 45.     | 0:27:59     | 7:58         | <b>0:27:53</b> |
| 135.     | 173      | Michrowska Iwona    | Wołczkowo    |                        | 1983   | K40  | 16.     | 46.     | 0:29:19     | 8:21         | <b>0:29:15</b> |
| 136.     | 161      | Łukomska Maria      | Wołów        |                        | 1966   | K50  | 7.      | 47.     | 0:30:30     | 8:42         | <b>0:30:27</b> |

