

III Złota Dycha
Wyniki OPEN

Data: 27.05.2023

Miejsce: Złotoryja

Dystans: 10 km

| MIEJSCE OPEN | IMIĘ | NAZWISKO | NR | PŁEĆ | MIASTO | KLUB | KAT/ WIEK | MSC/ KAT | POMIAR 1 | POMIAR 2 | POMIAR 3 | CZAS |
|--------------|------------|--------------|-----|------|--------------------|------------------------------------|-----------|----------|----------|----------|----------|----------|
| 1 | RUSLAN | PECHNIKOV | 124 | M | GDYNIA | STAYER RUN CLUB | M30 | 1 | 00:08:09 | 00:16:06 | 00:24:04 | 00:32:10 |
| 2 | KAMIL | MAKOŚ | 102 | M | BOLESŁAWIEC | 23 PUŁK ARTYLERII BOLESŁAWIEC | M40 | 1 | 00:08:09 | 00:16:06 | 00:24:23 | 00:32:38 |
| 3 | JAN | KACZOR | 59 | M | WAŁBRZYCH | | M20 | 1 | 00:08:10 | 00:16:23 | 00:24:38 | 00:32:46 |
| 4 | RAFAŁ | BARDZIŃSKI | 5 | M | LEGNICA | PASSION FIRST / JANOSPORT.PL | M30 | 2 | 00:08:25 | 00:17:18 | 00:26:14 | 00:35:07 |
| 5 | PATRYK | SARŻYŃSKI | 156 | M | LUBIN | VOLKSWAGEN MOTOR POLSKA | M30 | 3 | 00:08:46 | 00:17:51 | 00:27:01 | 00:36:03 |
| 6 | MACIEJ | KRAJEWSKI | 77 | M | ŚWIERADÓW-ZDRÓJ | ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO | M30 | 4 | 00:08:53 | 00:18:05 | 00:27:24 | 00:36:40 |
| 7 | BEATA | MICHAŁKÓW | 110 | K | JELEŃ GÓRA | KARKONOSZ RUNNING TEAM | K30 | 1 | 00:09:17 | 00:18:39 | 00:27:56 | 00:37:21 |
| 8 | MACIEJ | DAWIDZIUK | 27 | M | ZŁOTORYJA | | M40 | 2 | 00:09:10 | 00:18:40 | 00:28:03 | 00:37:26 |
| 9 | SZYMON | KUCA | 82 | M | ZŁOTORYJA | OLAWS ZŁOTORYJA | M30 | 5 | 00:09:10 | 00:18:42 | 00:28:23 | 00:38:04 |
| 10 | PAWEŁ | BIŁAN | 9 | M | GUBIN | | M40 | 3 | 00:09:18 | 00:18:50 | 00:28:31 | 00:38:12 |
| 11 | JACEK | JABŁOŃSKI | 53 | M | LEGNICA | | M30 | 6 | 00:09:24 | 00:19:15 | 00:29:21 | 00:39:00 |
| 12 | MAREK | KRAJEWSKI | 78 | M | LEGNICA | 4K LEGNICA | M40 | 4 | 00:09:28 | 00:19:19 | 00:29:16 | 00:39:06 |
| 13 | ROBERT | KURIATA | 85 | M | ZŁOTORYJA | ZLB REN-BUT ZŁOTORYJA | M50 | 1 | 00:09:26 | 00:19:22 | 00:29:28 | 00:39:23 |
| 14 | KRZYSZTOF | ŁUKASZCZYK | 97 | M | CHOJNÓW | ŚLĘZAK TEAM / KGHM ZG RUN | M40 | 5 | 00:09:44 | 00:19:47 | 00:30:01 | 00:39:53 |
| 15 | MARIUSZ | POSŁUSZNY | 137 | M | GŁOSKA | AKB ESEMAS | M50 | 2 | 00:09:48 | 00:19:53 | 00:30:02 | 00:39:58 |
| 16 | TOMASZ | HUCAŁ | 51 | M | LUBIN | ISKRA KSIĘGINICE | M40 | 6 | 00:09:43 | 00:19:47 | 00:30:01 | 00:40:15 |
| 17 | PAWEŁ | ZIELEN | 198 | M | ZGORZELEC | GREEN TEAM ZGORZELEC | M20 | 2 | 00:09:20 | 00:20:22 | 00:30:26 | 00:40:23 |
| 18 | PIOTR | KRAWCZYK | 79 | M | LEGNICA | LEGNICA | M30 | 7 | 00:09:43 | 00:19:54 | 00:30:25 | 00:40:39 |
| 19 | TOMASZ | FONAŁ | 42 | M | LEGNICA | SKUTECZNYKOLPORTER.PL | M30 | 8 | 00:10:09 | 00:20:33 | 00:30:56 | 00:40:49 |
| 20 | DANIEL | ZDAŃSKI | 195 | M | ZAGRODNO | XXXXX | M40 | 7 | 00:09:36 | 00:19:53 | 00:30:28 | 00:40:54 |
| 21 | ANDRZEJ | RYDZ | 151 | M | JAWOR | JKB TKKF JAWORZANIE | M50 | 3 | 00:09:38 | 00:19:58 | 00:30:33 | 00:40:56 |
| 22 | GRZEGORZ | DUDA | 30 | M | SŁUPSK | BEST BEASTS | M40 | 8 | 00:09:34 | 00:20:04 | 00:30:37 | 00:40:59 |
| 23 | RAFAL | KOWALCZYK | 74 | M | RYBNICA | KARKONOSZ RUNNING TEAM | M40 | 9 | 00:10:08 | 00:22:20 | 00:30:23 | 00:41:10 |
| 24 | GRZEGORZ | CEBULA | 16 | M | IWINY | CROSS TRENING BOX BOLESŁAWIEC | M50 | 4 | 00:09:57 | 00:20:30 | 00:31:05 | 00:41:23 |
| 25 | GRZEGORZ | KRAJEWSKI | 76 | M | LEGNICA | 4K LEGNICA | M40 | 10 | 00:09:48 | 00:20:23 | 00:30:54 | 00:41:25 |
| 26 | KRZYSZTOF | TEODOROWICZ | 173 | M | ZGORZELEC | EDI TEAM ZGORZELEC | M50 | 5 | 00:10:01 | 00:20:36 | 00:31:22 | 00:42:03 |
| 27 | MATEUSZ | ŁUCZKOWSKI | 87 | M | | | M20 | 3 | 00:09:36 | 00:20:17 | 00:31:22 | 00:42:21 |
| 28 | KAZIMIERZ | MARSZAŁEK | 103 | M | CZERNIAWA-ZDRÓJ | ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO | M40 | 11 | 00:10:31 | 00:21:14 | 00:31:54 | 00:42:22 |
| 29 | PRZEMYSŁAW | IWANOWSKI | 52 | M | CHOCIANÓW | HANNA TEAM | M40 | 12 | 00:09:51 | 00:20:28 | 00:31:26 | 00:42:29 |
| 30 | DAGMARA | OWCZAREK | 118 | K | JELEŃ GÓRA | VEGAN RUNNERS | K40 | 1 | 00:10:19 | 00:21:07 | 00:32:00 | 00:42:43 |
| 31 | BARTŁOMIEJ | PALIŃSKI | 120 | M | CHOJNÓW | ROZBIEGANI CHOJNÓW | M20 | 4 | 00:10:15 | 00:21:10 | 00:32:11 | 00:43:02 |
| 32 | MARCIN | KAPŁON | 61 | M | SOBOTA | | M40 | 13 | 00:10:59 | 00:21:48 | 00:32:30 | 00:43:07 |
| 33 | JACEK | TOMASZEWSKI | 176 | M | GRYFÓW ŚLĄSKI | ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO | M20 | 5 | 00:10:42 | 00:21:45 | 00:32:47 | 00:43:34 |
| 34 | Piotr | Rubaj | 148 | M | | | M40 | 14 | 00:10:25 | 00:21:31 | 00:32:42 | 00:43:37 |
| 35 | BARTOSZ | ORŁOWSKI | 117 | M | PIELGRZYMKI | | M30 | 9 | 00:10:19 | 00:21:31 | 00:32:46 | 00:43:39 |
| 36 | DAMIAN | STRUGAŁA | 515 | M | ZAWIDÓW | TWARDZIELE TEAM BOGATYNIA | M30 | 10 | 00:10:45 | 00:21:50 | 00:32:58 | 00:43:40 |
| 37 | PAWEŁ | MACHLOWIEC | 100 | M | IŁOWA | | M40 | 15 | 00:10:35 | 00:21:31 | 00:32:43 | 00:43:41 |
| 38 | Mariusz | Wandycz | 182 | M | Lubań | OLAWS ZŁOTORYJA | M30 | 11 | 00:11:01 | 00:22:03 | 00:33:05 | 00:43:54 |
| 39 | KAMILA | ŻOŁĘDZIEWSKA | 202 | K | LUBIN | KGHM ZG RUN | K30 | 2 | 00:10:25 | 00:21:40 | 00:32:55 | 00:44:00 |
| 40 | MARCIN | SAŁATA | 155 | M | ŚWIDNICA | BIEGOWA ŚWIDNICA | M40 | 16 | 00:10:14 | 00:21:23 | 00:32:53 | 00:44:06 |
| 41 | PIOTR | DYJECKI | 34 | M | RACIBOROWICE GÓRNE | | M40 | 17 | 00:10:51 | 00:22:04 | 00:33:21 | 00:44:13 |
| 42 | ARKADIUSZ | WILCZYŃSKI | 186 | M | ZGORZELEC | DZG RUNNERS | M40 | 18 | 00:11:11 | 00:22:19 | 00:33:23 | 00:44:16 |

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|--------------|-------------|--------------|-----|------|-----------------|------------------------------------|-----------|----------|----------|----------|----------|----------|
| 43 | Adam | Papierowski | 122 | M | | | M40 | 19 | 00:10:29 | 00:21:43 | 00:33:16 | 00:44:43 |
| 44 | DAMIAN | DWORNIK | 31 | M | LUBIN | TRI GRANDA WOŁÓW | M30 | 12 | 00:09:58 | 00:21:08 | 00:33:04 | 00:44:44 |
| 45 | KAMIL | DRZEWIECKI | 29 | M | ZŁOTORYJA | DRZEWKO TEAM | M30 | 13 | 00:10:49 | 00:22:13 | 00:33:39 | 00:45:01 |
| 46 | KRZYSZTOF | WILK | 187 | M | SIECHNICE | MKS SIECHNICE | M40 | 20 | 00:11:42 | 00:23:09 | 00:34:28 | 00:45:33 |
| 47 | JAROSLAW | OLEKSIEJUK | 116 | M | ZŁOTORYJA | BIEGAM BO LUBIE | M40 | 21 | 00:10:57 | 00:22:31 | 00:34:17 | 00:45:36 |
| 48 | DAWID | RYCĄBEL | 150 | M | PROBOSZCZÓW | OLAWS ZŁOTORYJA | M30 | 14 | 00:11:01 | 00:22:10 | 00:33:53 | 00:45:38 |
| 49 | BOGDAN | WINIARSKI | 188 | M | LEGNICA | BIEGAM BO LUBIĘ | M30 | 15 | 00:11:12 | 00:22:53 | 00:34:24 | 00:45:42 |
| 50 | JAN | SALAMONOWICZ | 153 | M | ZGORZELEC | | M50 | 6 | 00:10:55 | 00:22:44 | 00:34:24 | 00:45:54 |
| 51 | MIROSŁAW | WIDZIEWICZ | 184 | M | ZŁOTORYJA | OLAWS ZŁOTORYJA | M60 | 1 | 00:11:11 | 00:22:45 | 00:34:26 | 00:46:05 |
| 52 | JAROSŁAW | TOMASZEWSKI | 177 | M | GRYFÓW ŚLĄSKI | ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO | M50 | 7 | 00:11:10 | 00:22:46 | 00:34:43 | 00:46:19 |
| 53 | ZBIGNIEW | PLEŚNIARSKI | 131 | M | KARPACZ | KLUB SPORTOWY GRAŃ W KARPACZU | M60 | 2 | 00:11:07 | 00:22:47 | 00:34:44 | 00:46:19 |
| 54 | JOANNA | ŁUKASIK | 507 | K | | | K50 | 1 | 00:11:11 | 00:22:52 | 00:34:48 | 00:46:21 |
| 55 | KRYSTIAN | KACZMAREK | 58 | M | TRZEBIEL | | M40 | 22 | 00:11:12 | 00:23:05 | 00:35:04 | 00:46:38 |
| 56 | DAWID | LATUSZ | 88 | M | JELENIA GÓRA | | M20 | 6 | 00:11:31 | 00:23:14 | 00:35:08 | 00:46:48 |
| 57 | MICHAŁ | BARNUŚ | 6 | M | ZAWIDÓW | DZG RUNNERS | M30 | 16 | 00:11:12 | 00:22:54 | 00:35:05 | 00:46:54 |
| 58 | MICHAŁ | CAŁUJEK | 15 | M | JELENIA GÓRA | TWIERDZA JELENIA GÓRA | M30 | 17 | 00:10:45 | 00:22:49 | 00:35:15 | 00:47:03 |
| 59 | MICHAŁ | CZARNECKI | 24 | M | JAWOR | JKB TKKF JAWORZANIE | M30 | 18 | 00:10:58 | 00:23:09 | 00:35:18 | 00:47:04 |
| 60 | BARTOSZ | FIAŁKA | 37 | M | MŚCIWOJÓW | | M30 | 19 | 00:10:50 | 00:22:32 | 00:34:40 | 00:47:09 |
| 61 | KRZYSZTOF | JAŚKOWSKI | 56 | M | ZŁOTORYJA | OLAWS ZŁOTORYJA | M60 | 3 | 00:11:32 | 00:23:23 | 00:35:26 | 00:47:14 |
| 62 | DOMINIKA | NAWIEŚNIAK | 114 | K | ZAGRODNO | OLAWS ZŁOTORYJA | K30 | 3 | 00:11:20 | 00:23:14 | 00:35:22 | 00:47:15 |
| 63 | ŁUKASZ | KWAPIS | 86 | M | LEGNICA | DRUŻYNA DOBREJ ENERGII | M30 | 20 | 00:11:10 | 00:23:05 | 00:35:20 | 00:47:17 |
| 64 | RAFAŁ | BARCZUK | 4 | M | LUBIN | KGHM ZG RUN | M40 | 23 | 00:10:53 | 00:22:52 | 00:35:13 | 00:47:19 |
| 65 | TOMASZ | OWCZAREK | 119 | M | LUBIN | SPORTOWI AMATORZY | M40 | 24 | 00:11:56 | 00:24:05 | 00:36:08 | 00:47:44 |
| 66 | WOJCIECH | ĆWIAKAŁA | 22 | M | JELENIA GÓRA | | M60 | 4 | 00:11:22 | 00:23:20 | 00:35:34 | 00:47:59 |
| 67 | MARCIN | MAĆZYŃSKI | 101 | M | LEGNICA | | M30 | 21 | 00:11:21 | 00:23:33 | 00:36:04 | 00:48:15 |
| 68 | GRZEGORZ | RATAJCZYK | 147 | M | STRZEGOM | | M30 | 22 | 00:12:08 | 00:24:17 | 00:36:31 | 00:48:17 |
| 69 | KAMIL | PROŃKO | 139 | M | LEGNICA | LEGNICA POKONUJE PRZESZKODY | M30 | 23 | 00:11:33 | 00:23:55 | 00:36:32 | 00:48:20 |
| 70 | BOGDAN | KULIŃSKI | 83 | M | GŁOGÓW | KARATE KYOKUSHIN GŁOGÓW | M60 | 5 | 00:11:31 | 00:23:44 | 00:36:06 | 00:48:25 |
| 71 | DARIUSZ | SZYDŁOWSKI | 169 | M | WITOSZÓW DOLNY | :) | M40 | 25 | 00:12:07 | 00:24:18 | 00:36:32 | 00:48:34 |
| 72 | WŁODZIMIERZ | RAPACKI | 146 | M | LEGNICA | BBL LEGNICA | M70+ | 1 | 00:11:46 | 00:23:56 | 00:36:18 | 00:48:37 |
| 73 | ANDRZEJ | KOŁODZIEJ | 67 | M | MIŁKOWICE | KS ACTIVE URAN | M50 | 8 | 00:11:48 | 00:23:55 | 00:36:18 | 00:48:38 |
| 74 | RAFAŁ | MIKULSKI | 111 | M | KUNICE | BBL LEGNICA | M40 | 26 | 00:11:39 | 00:24:04 | 00:36:38 | 00:48:48 |
| 75 | ANDRZEJ | CUKROWSKI | 21 | M | ZŁOTORYJA | XXXXX | M40 | 27 | 00:12:07 | 00:24:38 | 00:36:57 | 00:48:59 |
| 76 | LUDWIK | DYRKACZ | 36 | M | ZŁOTORYJA | | M40 | 28 | 00:11:43 | 00:23:58 | 00:36:41 | 00:49:18 |
| 77 | BARBARA | TEODOROWICZ | 172 | K | ZGORZELEC | EDI TEAM ZGORZELEC | K40 | 2 | 00:11:45 | 00:24:03 | 00:36:43 | 00:49:20 |
| 78 | KRZYSZTOF | GÓRECKI | 47 | M | GRYFÓW ŚLĄSKI | | M20 | 7 | 00:11:26 | 00:24:02 | 00:37:05 | 00:49:33 |
| 79 | LESZEK | KOSIOROWSKI | 71 | M | JELENIA GÓRA | | M50 | 9 | 00:12:53 | 00:25:34 | 00:37:58 | 00:49:52 |
| 80 | JÓZEF | MATUSZAK | 104 | M | STARA KAMIENICA | KB KROMNÓW | M40 | 29 | 00:12:46 | 00:25:00 | 00:37:24 | 00:49:57 |
| 81 | GRZEGORZ | PEPŁOŃSKI | 125 | M | LUBIN | VOLVO POLSKA | M40 | 30 | 00:11:29 | 00:24:29 | 00:37:34 | 00:50:13 |
| 82 | KRZYSZTOF | BABIK | 3 | M | ŹRÓDŁA | | M20 | 8 | 00:12:25 | 00:25:06 | 00:38:10 | 00:50:16 |
| 83 | TOMASZ | HOŁÓWKA | 50 | M | ZŁOTORYJA | OLAWS ZŁOTORYJA | M40 | 31 | 00:12:20 | 00:25:22 | 00:38:09 | 00:50:34 |
| 84 | MARCIN | PILITOWSKI | 127 | M | BOLESŁAWIEC | | M40 | 32 | 00:12:00 | 00:24:40 | 00:37:45 | 00:50:37 |

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|--------------|-----------|-----------------------|-----|------|------------------|------------------------------------|-----------|----------|----------|----------|----------|----------|
| 85 | ANDRZEJ | WIĄCEK | 183 | M | WROCLAW | | M30 | 24 | 00:11:34 | 00:24:33 | 00:38:01 | 00:50:39 |
| 86 | PAWEŁ | MAZUR | 106 | M | JERZMANICE-ZDRÓJ | | M40 | 33 | 00:11:56 | 00:24:39 | 00:37:40 | 00:50:40 |
| 87 | MAREK | ZIEMIAŃSKI | 200 | M | WROCLAW | | M30 | 25 | 00:11:14 | 00:24:26 | 00:37:46 | 00:50:50 |
| 88 | PIOTR | CHROBAK | 18 | M | ZŁOTORYJA | OLAWS ZŁOTORYJA | M40 | 34 | 00:12:45 | 00:25:38 | 00:38:12 | 00:50:52 |
| 89 | ZBIGNIEW | POMYKAŁA | 133 | M | ŁUKASZÓW | OLAWS ZŁOTORYJA | M60 | 6 | 00:12:45 | 00:25:34 | 00:38:17 | 00:50:53 |
| 90 | ANNA | ZAPŁATA | 194 | K | LEGNICA | BBL LEGNICA | K40 | 3 | 00:12:51 | 00:25:29 | 00:38:18 | 00:50:55 |
| 91 | ŁUKASZ | CHWASTYK | 20 | M | LEGNICA | SCHUMACHER TEAM | M30 | 26 | 00:11:58 | 00:25:06 | 00:38:35 | 00:51:36 |
| 92 | MARCIN | GORYŚ | 48 | M | LEGNICA | MAM_NA_WSZYSTKO_WYBIEGANE | M40 | 35 | 00:12:18 | 00:25:19 | 00:38:34 | 00:51:43 |
| 93 | KASIA | MEDWID | 108 | K | KRAPKOWICE | OLIMP GRODKÓW HANDBALL TEAM | K40 | 4 | 00:12:34 | 00:25:28 | 00:38:39 | 00:51:48 |
| 94 | JACEK | STRUCKI | 163 | M | WROCLAW | AVVaneo | M60 | 7 | 00:12:58 | 00:26:01 | 00:39:03 | 00:51:52 |
| 95 | ANNA | MĘDOŃ | 107 | K | JELENIA GÓRA | | K50 | 2 | 00:12:56 | 00:26:01 | 00:39:07 | 00:51:55 |
| 96 | ANNA | SUŁEK | 166 | K | ZŁOTORYJA | | K40 | 5 | 00:12:21 | 00:25:24 | 00:38:57 | 00:52:32 |
| 97 | PAULA | CZESZEJKO-SOCHACKA | 25 | K | LEGNICA | | K30 | 4 | 00:12:22 | 00:25:39 | 00:39:19 | 00:52:33 |
| 98 | PIOTR | GAŁUSZKA | 43 | M | LUBIN | | M40 | 36 | 00:12:28 | 00:25:47 | 00:39:26 | 00:52:42 |
| 99 | PAWEŁ | ZACHARY | 192 | M | CIECHÓW | | M40 | 37 | 00:12:28 | 00:25:42 | 00:39:19 | 00:52:54 |
| 100 | ANDRZEJ | DOMAGAŁA | 174 | M | | | M50 | 10 | 00:12:54 | 00:26:10 | 00:39:28 | 00:52:59 |
| 101 | ADAM | WIERZBICKI | 185 | M | LUBIN | MORSY LUBIN | M40 | 38 | 00:12:45 | 00:25:55 | 00:39:28 | 00:53:07 |
| 102 | GRZEGORZ | BIELECKI | 8 | M | LEGNICA | | M40 | 39 | 00:13:10 | 00:26:50 | 00:40:19 | 00:53:17 |
| 103 | DARIA | TKACZY SZYN - KAŁUŻNA | 175 | K | CHOJNÓW | ROZBIEGANI CHOJNÓW | K30 | 5 | 00:13:11 | 00:26:41 | 00:40:14 | 00:53:23 |
| 104 | EWA | KUREK | 84 | K | ZŁOTORYJA | | K40 | 6 | 00:12:24 | 00:25:54 | 00:39:35 | 00:53:23 |
| 105 | TOMASZ | SAWICKI | 157 | M | CHOJNÓW | OLDTIMER CHOJNÓW | M40 | 40 | 00:13:12 | 00:26:42 | 00:40:15 | 00:53:30 |
| 106 | JAKUB | DYKO | 35 | M | SŁOTWINA | SPARTA ŚWIDNICA | M20 | 9 | 00:12:09 | 00:26:01 | 00:39:56 | 00:53:32 |
| 107 | WOJCIECH | TATUR | 171 | M | LEGNICA | | M30 | 27 | 00:12:43 | 00:26:17 | 00:40:09 | 00:54:04 |
| 108 | MAGDALENA | GUZERA | 49 | K | MIRSK | ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO | K40 | 7 | 00:12:33 | 00:26:13 | 00:40:14 | 00:54:18 |
| 109 | MAGDALENA | PILICH-ZAREMBA | 126 | K | LUBIATÓW | | K40 | 8 | 00:12:15 | 00:25:47 | 00:40:15 | 00:54:25 |
| 110 | PAWEŁ | PIWOWARSKI | 130 | M | JAWOR | VULCAN JAWOR | M50 | 11 | 00:12:34 | 00:26:19 | 00:40:32 | 00:54:25 |
| 111 | MARTYNA | SAJA | 152 | K | LEGNICA | LEGNICA POKONUJE PRZESZKODY | K20 | 1 | 00:12:27 | 00:26:36 | 00:41:15 | 00:54:30 |
| 112 | MIROSŁAW | JANISZEWSKI | 54 | M | ZŁOTORYJA | OLAWS ZŁOTORYJA | M50 | 12 | 00:13:24 | 00:27:12 | 00:41:09 | 00:54:31 |
| 113 | KONRAD | WRZODEK | 191 | M | BURKATÓW | IT-SYSTEM | M40 | 41 | 00:13:25 | 00:27:19 | 00:41:18 | 00:54:33 |
| 114 | Zbigniew | Pstrak | 141 | M | BOLESŁAWIEC | MAD RUNNERS | M40 | 42 | 00:12:46 | 00:26:28 | 00:40:36 | 00:54:38 |
| 115 | IWONA | MERUNOWICZ | 109 | K | CHOJNÓW | ROZBIEGANI CHOJNÓW | K40 | 9 | 00:12:30 | 00:26:22 | 00:40:39 | 00:54:40 |
| 116 | JONATAN | ŁUPKOWSKI | 98 | M | ZŁOTORYJA | | M20 | 10 | 00:13:33 | 00:27:34 | 00:41:52 | 00:54:47 |
| 117 | JÓZEF | CZARNECKI | 23 | M | GRYFÓW ŚLĄSKI | | M70+ | 2 | 00:13:21 | 00:27:07 | 00:40:56 | 00:54:52 |
| 118 | BOGDAN | JAŚKOWSKI | 55 | M | LUBIN | BOGDAN BIEGA | M60 | 8 | 00:13:29 | 00:27:20 | 00:41:14 | 00:55:07 |
| 119 | PAWEŁ | KIRCUŃ | 63 | M | WROCLAW | | M40 | 43 | 00:13:10 | 00:26:50 | 00:41:15 | 00:55:10 |
| 120 | PIOTR | LUDWIG | 95 | M | WOŁÓW | TRI GRANDA WOŁÓW | M30 | 28 | 00:12:33 | 00:26:46 | 00:41:24 | 00:55:13 |
| 121 | MIROSŁAW | WNEK | 189 | M | ZŁOTORYJA | | M40 | 44 | 00:13:32 | 00:27:43 | 00:41:50 | 00:55:19 |
| 122 | MICHAŁ | JUZAK | 57 | M | WĄDROŻE WIELKIE | UKS OLIMP | M20 | 11 | 00:14:12 | 00:28:15 | 00:42:08 | 00:55:21 |
| 123 | JAROSŁAW | SALASTOWICZ | 154 | M | ZŁOTORYJA | | M40 | 45 | 00:12:45 | 00:26:11 | 00:40:44 | 00:55:21 |
| 124 | SAMUEL | KOPAŃSKI | 69 | M | CHOJNÓW | ROZBIEGANI CHOJNÓW | M30 | 29 | 00:14:09 | 00:28:23 | 00:42:47 | 00:55:49 |
| 125 | JOANNA | TWARDYSKO | 178 | K | BOLKÓW | MLKS RAKOWICE WIELKIE | K30 | 6 | 00:13:03 | 00:27:17 | 00:41:42 | 00:55:55 |
| 126 | MICHAŁ | RABIEJ | 145 | M | CHOJNÓW | ROZBIEGANI CHOJNÓW | M30 | 30 | 00:13:22 | 00:27:36 | 00:41:51 | 00:56:18 |

III Złota Dycha
Wyniki OPEN

Data: 27.05.2023

Miejsce: Złotoryja

Dystans: 10 km

| MIEJSCE OPEN | IMIĘ | NAZWISKO | NR | PŁEĆ | MIASTO | KLUB | KAT/ WIEK | MSC/ KAT | POMIAR 1 | POMIAR 2 | POMIAR 3 | CZAS |
|--------------|------------|-------------------|-----|------|-----------------|--|-----------|----------|----------|----------|----------|----------|
| 127 | KAMIL | ADAMEK | 2 | M | GŁOGÓW | ALE URWAŁI | M30 | 31 | 00:12:28 | 00:26:34 | 00:41:42 | 00:56:30 |
| 128 | ŁUKASZ | BRZUMOWSKI | 14 | M | ZŁOTORYJA | | M40 | 46 | 00:12:57 | 00:27:05 | 00:41:49 | 00:56:32 |
| 129 | KATARZYNA | ŁUKASIEWICZ | 96 | K | ZŁOTORYJA | OLAWS ZŁOTORYJA | K30 | 7 | 00:13:45 | 00:28:29 | 00:42:47 | 00:56:38 |
| 130 | MAREK | GOLONKA | 46 | M | ZŁOTORYJA | ROZBIEGANI KONWOJURZY | M40 | 47 | 00:12:58 | 00:27:17 | 00:42:17 | 00:56:44 |
| 131 | MAGDALENA | WOJTAROWICZ | 190 | K | WILCZY LAS | ROZBIEGANI CHOJNÓW | K40 | 10 | 00:13:42 | 00:28:04 | 00:42:32 | 00:56:49 |
| 132 | GRZEGORZ | KOSTYK | 72 | M | CHOJNÓW | | M40 | 48 | 00:13:54 | 00:28:22 | 00:42:45 | 00:57:13 |
| 133 | ROBERTO | FIDANZA | 38 | M | JAWOR | VULCAN JAWOR | M50 | 13 | 00:13:42 | 00:27:59 | 00:42:33 | 00:57:18 |
| 134 | AGNIESZKA | DYJECKA | 33 | K | RACIBOROWICE | BRAK | K30 | 8 | 00:13:13 | 00:27:43 | 00:42:41 | 00:57:26 |
| 135 | ARTUR | LESZCZYŃSKI | 91 | M | WROCŁAW | NOKIA | M40 | 49 | 00:13:16 | 00:28:08 | 00:43:25 | 00:57:53 |
| 136 | ADAM | DOWLASZ | 28 | M | LUBIN | DOVEL RUNNING TEAM | M40 | 50 | 00:14:03 | 00:28:41 | 00:43:20 | 00:57:55 |
| 137 | KAMILA | FIERKOWICZ | 39 | K | ŚWIERADÓW-ZDRÓJ | SWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO | K20 | 2 | 00:13:30 | 00:28:20 | 00:44:00 | 00:58:02 |
| 138 | GRZEGORZ | POPIELSKI | 134 | M | CHOJNÓW | ROZBIEGANI CHOJNÓW | M40 | 51 | 00:14:02 | 00:28:52 | 00:43:45 | 00:58:10 |
| 139 | ROBERT | PORĘBSKI | 135 | M | ZAGRODNO | -- | M40 | 52 | 00:13:19 | 00:28:06 | 00:43:05 | 00:58:20 |
| 140 | NATANAEL | KOPAŃSKI | 68 | M | CHOJNÓW | PKP INTERCITY | M20 | 12 | 00:13:45 | 00:28:06 | 00:43:08 | 00:58:21 |
| 141 | DARIUSZ | LESIAK | 89 | M | LEGNICKIE POLE | DRUŻYNA DOBREJ ENERGII | M30 | 32 | 00:14:43 | 00:29:55 | 00:44:57 | 00:58:25 |
| 142 | ANNA | PUPKO | 143 | K | ZŁOTORYJA | VULCAN JAWOR | K40 | 11 | 00:13:41 | 00:28:24 | 00:43:24 | 00:58:26 |
| 143 | BOGDAN | ZAPAŁA | 193 | M | SULECHOW | OKI TEAM SULECHOW | M50 | 14 | 00:13:10 | 00:27:20 | 00:42:39 | 00:58:33 |
| 144 | MICHAŁ | TWARDYSKO | 179 | M | BOLKÓW | | M30 | 33 | 00:14:02 | 00:28:56 | 00:43:59 | 00:58:39 |
| 145 | KATARZYNA | SOBIESKA | 160 | K | LEGNICA | ŁĄCZKA TEAM LEGNICA | K50 | 3 | 00:14:08 | 00:28:38 | 00:43:48 | 00:58:41 |
| 146 | SŁAWOMIR | BOHO | 13 | M | NYSA | KLUB HDK PCK SAPER PRZY 1PSAP W BRZEGU | M30 | 34 | 00:13:04 | 00:28:21 | 00:43:57 | 00:59:06 |
| 147 | DAWID | PALUCHOWICZ | 121 | M | UDANIN | | M30 | 35 | 00:14:38 | 00:30:44 | 00:45:45 | 00:59:21 |
| 148 | KATARZYNA | BŁĘDNIAK | 11 | K | KOSZALIN | 14 ZBOT/142 KLP | K30 | 9 | 00:14:19 | 00:29:36 | 00:44:50 | 00:59:33 |
| 149 | MARCIN | POTURNIAK | 138 | M | MILKOWICE | | M30 | 36 | 00:13:29 | 00:28:50 | 00:44:45 | 00:59:48 |
| 150 | SYLWIA | KOLASA-BARCZYŃSKA | 65 | K | LEGNICA | BBL LEGNICA | K40 | 12 | 00:14:08 | 00:28:55 | 00:44:32 | 00:59:51 |
| 151 | SŁAWOMIR | ZIELIŃSKI | 199 | M | JELEŃSKA GÓRA | | M60 | 9 | 00:13:50 | 00:29:13 | 00:44:56 | 01:00:02 |
| 152 | JADWIGA | GODECKA | 44 | K | CHOJNOW | ROZBIEGANI CHOJNÓW | K60 | 1 | 00:14:27 | 00:29:24 | 00:44:47 | 01:00:11 |
| 153 | MAGDALENA | BIELECKA | 7 | K | GRODKÓW | OLIMP GRODKÓW HANDBALL TEAM | K40 | 13 | 00:14:18 | 00:29:12 | 00:44:48 | 01:00:25 |
| 154 | GRZEGORZ | SZOPIŃSKI | 168 | M | WROCŁAW | | M40 | 53 | 00:14:22 | 00:29:37 | 00:45:17 | 01:00:42 |
| 155 | MARIUSZ | LIS | 92 | M | STRZEGOM | GRUPA BIEGOWA BEZ GRANIC | M30 | 37 | 00:13:05 | 00:28:37 | 00:44:43 | 01:00:43 |
| 156 | WIKTORIA | BOGDAŃSKA | 12 | K | LEGNICA | | K20 | 3 | 00:13:59 | 00:29:14 | 00:45:46 | 01:00:50 |
| 157 | MATEUSZ | BŁASZCZYK | 10 | M | KOZÓW | ZTT | M20 | 13 | 00:13:59 | 00:29:15 | 00:45:46 | 01:00:50 |
| 158 | FRANCISZEK | GOGOL | 45 | M | LEGNICA | | M60 | 10 | 00:13:47 | 00:28:46 | 00:44:52 | 01:00:58 |
| 159 | PIOTR | STRAMIEC | 162 | M | ŚWIĘTOSZÓW | | M40 | 54 | 00:13:53 | 00:29:43 | 00:46:06 | 01:01:32 |
| 160 | MARTA | WALKOWIAK | 180 | K | ŚWIĘTOSZÓW | | K30 | 10 | 00:13:53 | 00:29:43 | 00:46:06 | 01:01:32 |
| 161 | WADIM | SIELUTIN | 159 | M | LEGNICA | KB LEW LEGNICA 2000 | M60 | 11 | 00:14:01 | 00:29:22 | 00:45:39 | 01:01:50 |
| 162 | SABINA | DYBKA | 32 | K | LEGNICA | :) | K30 | 11 | 00:14:25 | 00:30:26 | 00:46:30 | 01:02:07 |
| 163 | KAROLINA | SEWERYN | 158 | K | LEGNICA | | K20 | 4 | 00:14:25 | 00:30:27 | 00:46:38 | 01:02:09 |
| 164 | KRYSTYNA | POMYKAŁA | 132 | K | ŁUKASZÓW | OLAWS ZŁOTORYJA | K60 | 2 | 00:14:11 | 00:29:47 | 00:46:07 | 01:02:14 |
| 165 | ZBIGNIEW | PISUŁA | 129 | M | WROCŁAW | NIE MAM KLUBU | M60 | 12 | 00:14:08 | 00:29:25 | 00:46:07 | 01:02:15 |
| 166 | ANNA | KRAJEWSKA | 75 | K | LEGNICA | 4K LEGNICA | K40 | 14 | 00:14:36 | 00:30:21 | 00:46:33 | 01:02:24 |
| 167 | ŁUKASZ | WALUSIAK | 181 | M | JAWOR | VULCAN JAWOR | M40 | 55 | 00:14:13 | 00:29:51 | 00:46:09 | 01:02:35 |
| 168 | KATARZYNA | FOGIEL | 41 | K | LEGNICA | | K30 | 12 | 00:14:23 | 00:30:11 | 00:46:32 | 01:02:44 |

III Złota Dycha
Wyniki OPEN
Miejsce: Złotoryja

Data: 27.05.2023

Dystans: 10 km

| MIEJSCE OPEN | IMIĘ | NAZWISKO | NR | PŁEĆ | MIASTO | KLUB | KAT/ WIEK | MSC/ KAT | POMIAR 1 | POMIAR 2 | POMIAR 3 | CZAS |
|--------------|-----------|-------------|-----|------|-----------------|-----------------------------|-----------|----------|----------|----------|----------|----------|
| 169 | PIOTR | KALETA | 60 | M | JELEŃ GÓRA | | M20 | 14 | 00:14:49 | 00:30:45 | 00:47:06 | 01:02:49 |
| 170 | ŁUKASZ | LEŚNIAK | 90 | M | ZŁOTORYJA | RUNATTACK / OLAWS ZŁOTORYJA | M30 | 38 | 00:14:44 | 00:30:26 | 00:47:06 | 01:03:03 |
| 171 | SYLWIA | MATUSZAK | 105 | K | STARA KAMIENICA | KB KROMNÓW | K40 | 15 | 00:14:12 | 00:29:22 | 00:45:37 | 01:03:09 |
| 172 | PIOTR | KORCZAK | 1 | M | ZŁOTORYJA | | M50 | 15 | 00:14:14 | 00:29:59 | 00:46:42 | 01:03:13 |
| 173 | MAJA | KĘSKA | 62 | K | ZŁOTORYJA | | K20 | 5 | 00:14:57 | 00:31:22 | 00:47:38 | 01:04:02 |
| 174 | EWA | PTAK | 142 | K | ŚWIERZAWA | | K40 | 16 | 00:14:18 | 00:30:59 | 00:47:58 | 01:04:58 |
| 175 | ALICJA | KOŁECZKO | 66 | K | WROCŁAW | WKURW_TEAM | K40 | 17 | 00:15:51 | 00:32:33 | 00:49:16 | 01:05:53 |
| 176 | AGNIESZKA | TARADAJCZYK | 170 | K | LEGNICA | DRUŻYNA DOBREJ ENERGII | K40 | 18 | 00:15:22 | 00:32:12 | 00:49:22 | 01:06:20 |
| 177 | JERZY | DĄBROWSKI | 26 | M | POLKOWICE | | M70+ | 3 | | | | 01:11:30 |