

12. BIEGOWE GRAND PRIX ZAGŁĘBIA MIEDZIOWEGO

Wyniki OPEN

Data: 21.11.2021

Miejsce: LUBIN

Dystans: 5 km

MSC	IMIĘ	NAZWISKO	NR	PŁEĆ	MIASTO	KLUB	KAT/ WIEK	MSC/ KAT	POMIAR 1	POMIAR 2	POMIAR 3	POMIAR 4	CZAS	CZAS NETTO
1	KONRAD	POGORZELSKI	114	M	KOŻUCHÓW	ADAM DRACZYŃSKI RUNNING TEAM NOWA SÓL	M20	1	00:02:37	00:05:24	00:08:13	00:11:02	00:13:49	00:13:48
2	JAKUB	WAWRZYKOWSKI	146	M	NOWA SÓL	MKST ASTRA NOWA SÓL	M20	2	00:02:46	00:05:46	00:08:50	00:11:52	00:14:50	00:14:50
3	MICHAŁ	WENDLAND	147	M	WROCŁAW	MKS SIECHNICE	M30	1	00:02:47	00:05:46	00:08:53	00:12:04	00:15:15	00:15:15
4	WOJCIECH	PACHNIK	220	M	LUBKÓW		M30	2	00:02:53	00:05:55	00:09:07	00:12:20	00:15:25	00:15:25
5	MARCIN	ŁAWICKI	86	M	LUBIN	MKS POLKOWICE / ŁAWKA TEAM	M30	3	00:02:52	00:05:59	00:09:13	00:12:26	00:15:32	00:15:32
6	WIT	GROSICKI	43	M	LEGNICA	FITNESS PIEKARY LEGNICA	M20	3	00:02:56	00:06:06	00:09:19	00:12:32	00:15:34	00:15:34
7	RADOSŁAW	PIASECKI	112	M	GŁOGÓW		M40	1	00:03:03	00:06:19	00:09:32	00:12:44	00:15:57	00:15:57
8	PATRYK	SARŻYŃSKI	193	M	LUBIN	VW MOTOR POLSKA	M20	4	00:03:02	00:06:11	00:09:26	00:12:47	00:16:05	00:16:05
9	GRZEGORZ	JANKOWSKI	49	M	JACZÓW	KGHM ZG RUN	M40	2	00:03:04	00:06:19	00:09:36	00:12:55	00:16:14	00:16:14
10	DROGOSZ	ANDRZEJEWSKI	100	M	LUBIN	SEKCJA BIEGOWA LUBIN	M30	4	00:03:07	00:06:24	00:09:45	00:13:07	00:16:29	00:16:29
11	MATEUSZ	ONUSZKO	176	M	LEGNICA	TRIATHLONOWA LEGNIA	M20	5	00:03:21	00:06:37	00:10:02	00:13:25	00:16:54	00:16:51
12	ANDRZEJ	RYDZ	172	M	JAWOR	JKB TKKF JAWOR	M50	1	00:03:08	00:06:25	00:09:58	00:13:30	00:17:01	00:17:01
13	MICHAŁ	ŁAWROWSKI	89	M	MAŁOMICE	SKS UNIA SWARZĘDZ	M20	6	00:03:09	00:06:31	00:10:06	00:13:46	00:17:11	00:17:10
14	DARIUSZ	SOCHA	196	M	GŁOGÓW	KGHM ZG RUN	M40	3	00:03:26	00:06:50	00:10:19	00:13:51	00:17:13	00:17:12
15	RAFAŁ	KULCZYCKI	77	M	LUBIN	PARKRUN LUBIN	M40	4	00:03:16	00:06:50	00:10:27	00:14:02	00:17:23	00:17:22
16	ANNA	FICNER	300	K	ZŁOTORYJA	OLAWS ZŁOTORYJA/MKS SIECHNICE	K30	1	00:03:36	00:07:06	00:10:33	00:13:59	00:17:25	00:17:24
17	EMIL	MATEJCZUK	96	M	GŁOGÓW	KGHM ZG RUN	M30	5	00:03:14	00:06:43	00:10:14	00:13:51	00:17:26	00:17:26
18	MARCIN	ZIMKOWSKI	164	M	GŁOGÓW	KGHM ZG RUN	M30	6	00:03:14	00:06:45	00:10:20	00:13:59	00:17:30	00:17:29
19	ADAM	CZAJA	218	M	LUBIN	MSPORT TEAM	M30	7	00:03:17	00:06:42	00:10:18	00:13:58	00:17:35	00:17:35
20	STANISŁAW	MAJDAN	93	M	LUBIN		M30	8	00:03:16	00:06:41	00:10:19	00:14:02	00:17:37	00:17:36
21	RAFAŁ	FRĄCKOWIAK	33	M	NOWA SÓL	SEKCJA BIEGOWA DOGORYWANKO	M20	7	00:03:29	00:07:02	00:10:36	00:14:12	00:17:44	00:17:42
22	RAFAŁ	STACHYRA	214	M	GŁOGÓW		M30	9	00:03:19	00:06:49	00:10:26	00:14:06	00:17:46	00:17:44
23	STANISŁAW	DOBRYNIEWSKI	24	M	LUBIN	AUTOREKIN	M40	5	00:03:21	00:06:53	00:10:31	00:14:10	00:17:50	00:17:49
24	SEWERYN	ZIĘTEK	163	M	LUBIN	ŁAWKA TEAM	M40	6	00:03:28	00:07:01	00:10:41	00:14:22	00:17:52	00:17:50
25	MARCIN	NAWRACAJ	179	M	LUBIN		M30	10	00:03:27	00:06:56	00:10:38	00:14:25	00:17:54	00:17:50
26	SZYMON	LATAŁA	204	M	LEGNICA	BBL LEGNICA	M40	7	00:03:34	00:07:02	00:10:38	00:14:21	00:17:57	00:17:55
27	SEBASTIAN	FUROWICZ	35	M	SZKLARY GÓRNE		M40	8	00:03:39	00:07:17	00:10:51	00:14:33	00:18:12	00:18:10
28	MARIUSZ	KRZEMIŃSKI	222	M	LUBIN		M40	9	00:03:37	00:07:15	00:11:01	00:14:45	00:18:28	00:18:26
29	ARKADIUSZ	JAROSZEWSKI	51	M	LUBIN	ISKRA TEAM	M30	11	00:03:28	00:07:13	00:11:04	00:14:50	00:18:32	00:18:32
30	FILIP	ŚMIEIŃSKI	123	M	SZKLARY GÓRNE	SEKCJA BIEGOWA	M30	12	00:03:59	00:07:34	00:11:17	00:15:01	00:18:38	00:18:34
31	IRENEUSZ	ZUBER	165	M	LUBIN	KGHM ZG RUN	M40	10	00:03:26	00:07:13	00:11:06	00:15:00	00:18:39	00:18:39
32	KAMIL	TRZCINKA	186	M	IWINY		M20	8	00:03:46	00:07:38	00:11:25	00:15:12	00:18:47	00:18:44
33	DANIEL	DUDA	208	M	ZŁOTORYJA	OLAWS ZŁOTORYJA	M40	11	00:03:29	00:07:17	00:11:10	00:15:04	00:18:49	00:18:49
34	MICHAŁ	CHAJEK	182	M	NIEMSTÓW		M30	13	00:03:35	00:07:13	00:11:04	00:15:00	00:18:50	00:18:50
35	KAROL	GROLEWSKI	42	M	LUBIN	ISKRA TEAM	M40	12	00:03:42	00:07:30	00:11:20	00:15:12	00:18:50	00:18:49
36	ADAM	OBORSKI	216	M	LUBIN	KGHM ZG RUN	M40	13	00:03:30	00:07:13	00:11:06	00:15:05	00:18:51	00:18:50
37	JACEK	JABŁOŃSKI	48	M	LEGNICA		M30	14	00:03:56	00:07:34	00:11:25	00:15:21	00:19:02	00:18:59
38	KRZYSZTOF	SKIBA	299	M	LEGNICA	MSPORT TEAM	M60+	1	00:03:37	00:07:22	00:11:20	00:15:15	00:19:08	00:19:07
39	JAKUB	SZTOŃ	203	M	KOŚCIELEC		M20	9	00:03:36	00:07:22	00:11:24	00:15:28	00:19:17	00:19:16
40	DAMIAN	SALA	128	M	NOWA SÓL	SS BODAK 1889	M30	15	00:03:51	00:07:43	00:11:37	00:15:36	00:19:21	00:19:19
41	TOMASZ	KUCIEWICZ	75	M	LEGNICKIE POLE		M40	14	00:03:32	00:07:23	00:11:27	00:15:37	00:19:33	00:19:30
42	MARIUSZ	JASKOT	53	M	LEGNICA	BBL LEGNICA	M30	16	00:03:34	00:07:26	00:11:29	00:15:34	00:19:35	00:19:33
43	KAMIL	DRZEWIECKI	29	M	ZŁOTORYJA	KB BIEGAMY LEAR LEGNICA	M30	17	00:03:33	00:07:22	00:11:32	00:15:43	00:19:37	00:19:37
44	JAN	ZIEMKOWSKI	188	M	CHOCIANÓW		M30	18	00:03:50	00:07:45	00:11:45	00:15:57	00:19:42	00:19:37
45	DARIUSZ	KWAŚNIK	84	M	LUBIN	MTS DRUŻYNA SZPIKU KGHM	M50	2	00:03:58	00:07:53	00:11:50	00:15:51	00:19:45	00:19:42

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Miejsce: LUBIN

Dystans: 5 km

MSC	IMIĘ	NAZWISKO	NR	PŁEĆ	MIASTO	KLUB	KAT/ WIEK	MSC/ KAT	POMIAR 1	POMIAR 2	POMIAR 3	POMIAR 4	CZAS	CZAS NETTO
46	MAREK	TRZCINKA	185	M	IWINY		M40	15	00:03:55	00:07:52	00:11:54	00:16:01	00:19:52	00:19:49
47	ARTUR	KOMANIECKI	66	M	LUBIN	KOMAN	M40	16	00:03:46	00:07:41	00:11:50	00:15:55	00:19:53	00:19:50
48	JAROSŁAW	MATKOWSKI	98	M	LUBIN		M30	19	00:03:38	00:07:40	00:11:50	00:15:44	00:19:56	00:19:54
49	PRZEMYSŁAW	BUDAKIEWICZ	22	M	CHOJNOW	KGHM ZG RUN	M40	17	00:03:41	00:07:37	00:11:47	00:15:59	00:19:57	00:19:55
50	RAFAŁ	KOWAL	69	M	LUBIN	PĘDZĄCE WICHERKI	M30	20	00:03:48	00:07:31	00:11:31	00:15:31	00:20:03	00:19:59
51	ANNA	ZACZYŃSKA-SKIBA	298	K	LEGNICA	MSPORT TEAM	K40+	1	00:03:51	00:07:50	00:11:51	00:16:00	00:20:06	00:20:04
52	TOMASZ	KĄKLEWSKI	221	M	LEGNICA	KGHM ZG RUN	M40	18	00:03:58	00:08:03	00:12:12	00:16:20	00:20:11	00:20:09
53	KAMIL	PROŃKO	117	M	LEGNICA	DECATHLON LEGNICA	M20	10	00:03:57	00:07:57	00:12:01	00:16:11	00:20:11	00:20:07
54	MICHAŁ	CZARNECKI	173	M	JAWOR	JKB TKKF JAWOR	M30	21	00:04:08	00:08:05	00:12:08	00:16:19	00:20:12	00:20:06
55	MICHAŁ	BŁASZCZYK	175	M	LEGNICA	TRIATHLONOWA LEGNIA	M20	11	00:03:53	00:07:33	00:11:49	00:16:05	00:20:12	00:20:09
56	KRZYSZTOF	HERNIK	191	M	LEGNICA		M30	22	00:03:54	00:07:49	00:11:53	00:16:12	00:20:12	00:20:07
57	MACIEJ	KWIECIEŃ	85	M	LEGNICA	BBL LEGNICA	M40	19	00:03:48	00:07:51	00:12:01	00:16:16	00:20:15	00:20:14
58	RAFAŁ	BARCZUK	14	M	LUBIN	KGHM ZG RUN	M40	20	00:04:13	00:08:18	00:12:17	00:16:18	00:20:17	00:20:15
59	ROBERT	KUBERSKI	168	M	GŁOGÓW		M30	23	00:03:57	00:07:53	00:11:59	00:16:10	00:20:18	00:20:15
60	RAFAŁ	MIKULSKI	101	M	KUNICE	BBL LEGNICA	M40	21	00:04:05	00:08:07	00:12:18	00:16:24	00:20:21	00:20:15
61	MICHAŁ	HŁADKI	46	M	LUBIN	PĘDZĄCE WICHERKI	M30	24	00:04:16	00:08:24	00:12:19	00:16:21	00:20:22	00:20:15
62	ŁUKASZ	KWAPIS	79	M	LEGNICA	KB LEW LEGNICA	M30	25	00:04:09	00:08:11	00:12:17	00:16:23	00:20:23	00:20:18
63	KAMILA	ŻOŁĘDZIEWSKA	212	K	LUBIN	KGHM ZG RUN	K30	2	00:03:46	00:07:44	00:11:56	00:16:19	00:20:29	00:20:27
64	ROBERT	KAPIEC	184	M	LUBIN	TEAM LUBIN RUNNERS	M30	26	00:04:24	00:08:17	00:12:16	00:16:20	00:20:29	00:20:24
65	IRENEUSZ	JESION	56	M	LUBIN	MSPORT LUBIN	M50	3	00:03:45	00:07:48	00:12:00	00:16:20	00:20:33	00:20:33
66	TOMASZ	PODSTAWKA	113	M	LEGNICA	TEAM RĀDVIK	M30	27	00:03:58	00:08:03	00:12:17	00:16:35	00:20:39	00:20:35
67	JAROSŁAW	DANIELKIEWICZ	197	M	SZKLARY GÓRNE		M40	22	00:04:05	00:08:11	00:12:23	00:16:34	00:20:40	00:20:36
68	ADRIAN	SALA	129	M	NOWA SÓL	DOGORYWANKO NOWA SÓL	M30	28	00:04:15	00:08:21	00:12:31	00:16:39	00:20:41	00:20:38
69	ANNA	MYDŁOWSKA	210	K	PRZEMKÓW		K20	1	00:04:27	00:08:29	00:12:34	00:16:43	00:20:44	00:20:40
70	MAREK	KRZEWIŃSKI	195	M	OGRODZISKO		M30	29	00:04:15	00:08:18	00:12:29	00:16:48	00:20:50	00:20:45
71	ANDRZEJ	KOŁODZIEJ	64	M	MILKOWICE	KS ACTIVE URAN	M50	4	00:04:18	00:08:26	00:12:33	00:16:42	00:20:52	00:20:46
72	ANNA	CHOMIK	187	K	GŁOGÓW		K20	2	00:04:09	00:08:15	00:12:26	00:16:42	00:20:56	00:20:50
73	NATALIA	KOSZAŁKO	68	K	POLKOWICE		K20	3	00:04:16	00:08:25	00:12:40	00:17:01	00:21:01	00:20:56
74	JAKUB	SAMORAJ	171	M	LWÓWEK ŚLĄSKI	MLKS RAKOWICE	M20	12	00:04:02	00:08:07	00:12:15	00:16:39	00:21:05	00:21:03
75	PIOTR	CZERNICKI	23	M	LUBIN	DOLNOŚLĄSKIE KONSORCJUM DEWELOPERSKIE DKD	M30	30	00:04:07	00:08:15	00:12:27	00:16:46	00:21:07	00:21:03
76	PIOTR	GAŁUSZKA	37	M	LUBIN	PARKRUN LUBIN	M40	23	00:04:24	00:08:34	00:12:48	00:17:03	00:21:09	00:21:04
77	KLAUDIA	ŚMIEIŃSKA	124	K	SZKLARY GÓRNE		K20	4	00:04:33	00:08:45	00:13:02	00:17:17	00:21:33	00:21:29
78	PIOTR	JAROSZYŃSKI	174	M	LUBIN	MTS DRUŻYNA SZPIKU KGHM	M30	31	00:04:41	00:08:48	00:13:02	00:17:26	00:21:41	00:21:33
79	GRZEGORZ	PEPŁOŃSKI	110	M	LUBIN	SII RUNNING TEAM	M40	24	00:04:00	00:08:20	00:12:56	00:17:28	00:21:41	00:21:39
80	PAWEŁ	SEKUŁA	213	M	LUBIN	KGHM ZG RUN	M30	32	00:04:28	00:08:44	00:13:12	00:17:37	00:21:43	00:21:37
81	SYLWIA	BEDNARZ	16	K	GŁOGÓW	ZABIEGANI ŻYCIEM	K30	3	00:03:51	00:08:00	00:12:35	00:17:15	00:21:43	00:21:40
82	MAREK	MADEJ	92	M	RADOMIŁÓW	ENERGETYKA SP. Z O.O. KGHM	M50	5	00:04:26	00:08:39	00:13:03	00:17:31	00:21:44	00:21:37
83	MARCIN	DRAGANIK	189	M	LUBIN		M40	25	00:04:32	00:08:51	00:13:08	00:17:36	00:21:44	00:21:39
84	GRZEGORZ	RATAJCZAK	120	M	GŁOGÓW	MZZPPM	M40	26	00:04:46	00:09:14	00:13:32	00:17:46	00:21:53	00:21:44
85	DAWID	SLANIA	132	M	LUBIN	PĘDZĄCE WICHERKI	M30	33	00:04:45	00:08:49	00:13:04	00:17:30	00:21:54	00:21:43
86	SŁAWOMIR	WIERCIOCH	151	M	LUBIN	DRUŻYNA JODRI	M40	27	00:04:21	00:08:43	00:13:13	00:17:46	00:21:54	00:21:53
87	BARTOSZ	RUDYK	301	M	ŚCINAWA		M20	13					00:21:55	00:21:54
88	WOJCIECH	RUDYK	126	M	OLSZANY		M20	14	00:04:18	00:08:29	00:12:59	00:17:33	00:21:55	00:21:49
89	KAMIL	KAMIŃSKI	59	M	LUBIN	KAMIŃSKI TEAM	M30	34	00:04:14	00:08:33	00:13:03	00:17:34	00:21:55	00:21:51
90	JUSTYNA	BARTOS	15	K	LUBIN		K30	4	00:04:21	00:08:45	00:13:08	00:17:32	00:21:56	00:21:50

12. BIEGOWE GRAND PRIX ZAGŁĘBIA MIEDZIOWEGO

Wyniki OPEN

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Miejsce: LUBIN

Dystans: 5 km

MSC	IMIĘ	NAZWISKO	NR	PŁEĆ	MIASTO	KLUB	KAT/ WIEK	MSC/ KAT	POMIAR 1	POMIAR 2	POMIAR 3	POMIAR 4	CZAS	CZAS NETTO
91	KRZYSZTOF	WIECZORKIEWICZ	149	M	WĄDROŻE WIELKIE	JKS SALAMANDRA	M30	35	00:04:14	00:08:32	00:13:04	00:17:39	00:21:57	00:21:52
92	MAGDA	PLICH-ZARĘBA	190	K	LUBIATÓW		K30	5	00:04:02	00:08:28	00:13:03	00:17:43	00:21:59	00:21:58
93	KLAUDIA	OPACZEWSKA	219	K	MIŁKOWICE	PRZEBIEGLI MIŁKOWICE	K30	6	00:04:11	00:08:26	00:12:58	00:17:36	00:21:59	00:21:55
94	PAWEŁ	ROGOŹNICKI	122	M	LUBIN	#ZALINIAMETY	M40	28	00:04:43	00:09:01	00:13:21	00:17:48	00:22:00	00:21:54
95	MARIUSZ	BALCEWICZ	11	M	LEGNICA	BBL LEGNICA	M50	6	00:04:23	00:08:45	00:13:12	00:17:42	00:22:06	00:22:00
96	PIOTR	CHROBAK	209	M	KOPACZ	OLAWS ZŁOTORYJA	M40	29	00:04:52	00:09:09	00:13:31	00:17:56	00:22:11	00:22:04
97	MATEUSZ	DZIĘGIELEWSKI	31	M	LUBIN	KGHM ZG RUN	M30	36	00:04:07	00:08:24	00:12:57	00:17:40	00:22:15	00:22:12
98	PIOTR	WOJTKOWIAK	155	M	CHOCIANÓW	BIEGAJĄCY Z CUKRZYCĄ/ WYBIEGANI POLKOWICE	M30	37	00:04:36	00:08:55	00:13:16	00:17:43	00:22:16	00:22:09
99	RAFAŁ	SZKOP	138	M	LUBIN	KGHM ZG RUN	M40	30	00:04:35	00:09:00	00:13:29	00:18:02	00:22:17	00:22:11
100	PIOTR	KRZYWICKI	73	M	LEGNICA	BBL LEGNICA	M40	31	00:04:43	00:09:10	00:13:34	00:18:04	00:22:17	00:22:11
101	MACIEJ	WOLNIAK	199	M	ŚCINAWA	MTS DRUŻYNA SZPIKU	M30	38	00:04:34	00:09:03	00:13:31	00:18:01	00:22:22	00:22:15
102	MARTA	SŁOTA	133	K	LUBIN	KGHM ZG RUN	K30	7	00:04:34	00:09:02	00:13:30	00:18:04	00:22:24	00:22:19
103	ANDRZEJ	JACKIEWICZ	194	M	OGRODZISKO		M50	7	00:04:26	00:08:55	00:13:30	00:18:10	00:22:33	00:22:27
104	STANISŁAW	BIK	19	M	LUBIN		M50	8	00:04:49	00:09:16	00:13:43	00:18:11	00:22:35	00:22:26
105	ROBERT	OLECHNOWSKI	105	M	LUBIN		M30	39	00:04:13	00:08:42	00:13:21	00:18:08	00:22:37	00:22:35
106	WOJCIECH	SKOBLIŃSKI	131	M	JERZMANOWA		M50	9	00:04:58	00:09:23	00:13:51	00:18:15	00:22:39	00:22:29
107	ELŻBIETA	KOMANIECKA	65	K	LUBIN	KOMAN	K40+	2	00:04:15	00:08:51	00:13:30	00:18:09	00:22:39	00:22:36
108	MAREK	WARCHAŁA	145	M	LUBIN	KGHM ZG RUN	M50	10	00:04:42	00:09:13	00:13:38	00:18:14	00:22:43	00:22:38
109	KORNELIA	PRZYBYŁA	170	M	WŁODZICE MAŁE	MLKS RAKOWICE	M20	15	00:04:45	00:09:17	00:13:35	00:18:14	00:22:46	00:22:43
110	NATALIA	ZASUŃ-MISIUR	158	K	PRZEMKÓW		K30	8	00:04:42	00:09:19	00:13:55	00:18:26	00:22:47	00:22:44
111	BARBARA	TUCZYŃSKA	143	K	JERZMANOWA	BEZ BALASTU	K40+	3	00:04:45	00:09:14	00:13:47	00:18:22	00:22:53	00:22:48
112	JOANNA	MROZKOWIAK	102	K	GŁOGÓW	BIEGAM BO LUBIĘ GŁOGÓW	K30	9	00:04:34	00:09:11	00:13:50	00:18:34	00:22:59	00:22:55
113	ZBIGNIEW	POMYKAŁA	206	M	ŁUKASZÓW	OLAWS ZŁOTORYJA	M50	11	00:04:56	00:09:33	00:14:07	00:18:38	00:23:01	00:22:55
114	ALICJA	KACZAN	57	K	CHOJNÓW		K20	5	00:05:14	00:09:41	00:14:01	00:18:29	00:23:03	00:22:54
115	KRZYSIEK	ZIELONKA	161	M	CHOJNÓW		M20	16	00:05:15	00:09:41	00:14:00	00:18:30	00:23:04	00:22:54
116	BARBARA	LEŚNIAK	87	K	WLEŃ		K40+	4	00:04:34	00:09:09	00:13:47	00:18:25	00:23:04	00:23:02
117	JANUSZ	MYDŁOWSKI	211	M	PRZEMKÓW		M50	12	00:04:52	00:09:29	00:14:08	00:18:48	00:23:12	00:23:08
118	ŁUKASZ	OSIŃSKI	107	M	PRZEMKÓW	ABY DO METY PRZEMKÓW	M30	40	00:04:40	00:09:14	00:13:53	00:18:36	00:23:12	00:23:06
119	WOJCIECH	SZWAJKA	141	M	LUBIN		M40	32	00:04:42	00:09:19	00:13:59	00:18:45	00:23:17	00:23:13
120	JACEK	KOCIUCKI	63	M	GŁOGÓW		M50	13	00:04:41	00:09:13	00:13:50	00:18:40	00:23:18	00:23:11
121	WALDEMAR	BINIECKI	20	M	GROMADKA	BINIU TEAM	M50	14	00:04:29	00:09:14	00:13:57	00:18:42	00:23:22	00:23:19
122	MAREK	SIKORA	130	M	GŁOGÓW	BIEGAM BO LUBIĘ GŁOGÓW	M40	33	00:04:52	00:09:24	00:14:09	00:18:57	00:23:30	00:23:21
123	OLIWIA	GAŚSIOR	177	K	LEGNICA	TRIATHLONOWA LEGNIA	K20	6	00:04:28	00:09:01	00:13:58	00:18:49	00:23:30	00:23:26
124	JOANNA	ŁUKASIK	90	K	RAKOWICE WIELKIE	MLKS „RAKOWICE	K40+	5	00:04:44	00:09:31	00:14:16	00:18:51	00:23:43	00:23:41
125	PIOTR	BOBOWSKI	21	M	POLKOWICE		M40	34	00:05:06	00:09:46	00:14:24	00:19:05	00:23:44	00:23:35
126	KAROLINA	FUROWICZ	34	K	SZKLARY GÓRNE		K40+	6	00:04:51	00:09:40	00:14:31	00:19:16	00:23:48	00:23:43
127	PAWEŁ	GRYGIEL	44	M	LUBIN	KGHM ZG RUN	M40	35	00:04:33	00:09:09	00:13:54	00:18:48	00:23:53	00:23:49
128	NORBERT	MARZOL	95	M	LUBIN		M40	35	00:04:56	00:09:30	00:14:20	00:19:08	00:23:53	00:23:44
129	OSKAR	BIĄŁACH	18	M	CHOJNÓW		M30	41	00:05:02	00:09:50	00:14:39	00:19:31	00:23:56	00:23:46
130	ANDRZEJ	CUKROWSKI	192	M	ZŁOTORYJA	OLAWS ZŁOTORYJA	M40	37	00:04:24	00:09:17	00:14:18	00:19:15	00:23:56	00:23:55
131	MARTA	JARZEBSKA	52	K	MIROSZOWICE	RX FITNESS	K40+	7	00:04:52	00:09:40	00:14:33	00:19:29	00:24:06	00:24:00
132	KACPER	MOGIELNICKI	169	M	NOWA WIEŚ ZŁOTORYJSKA	MLKS RAKOWICE	M20	17	00:04:47	00:09:21	00:14:14	00:19:35	00:24:14	00:24:12
133	ROMAN	PIZOŃ	201	M	POLKOWICE	MTS	M50	15	00:05:20	00:10:03	00:14:48	00:19:40	00:24:19	00:24:10
134	JOANNA	GARLICKA	38	K	OSIEK	MTS DRUŻYNA SZPIKU	K40+	8	00:05:08	00:09:57	00:14:42	00:19:30	00:24:19	00:24:12
135	DAWID	KLEPACZEK	61	M	LUBIN	DALEKO JESZCZE ?!?! TEAM	M40	38	00:05:25	00:10:10	00:14:57	00:19:43	00:24:21	00:24:11

12. BIEGOWE GRAND PRIX ZAGŁĘBIA MIEDZIOWEGO

Wyniki OPEN

Data: 21.11.2021

Miejsce: LUBIN

Dystans: 5 km

MSC	IMIĘ	NAZWISKO	NR	PŁEĆ	MIASTO	KLUB	KAT/ WIEK	MSC/ KAT	POMIAR 1	POMIAR 2	POMIAR 3	POMIAR 4	CZAS	CZAS NETTO
136	AGNIESZKA	WIECZORKIEWICZ	150	K	WĄDROŻE WIELKIE	JKS SALAMANDRA	K20	7	00:04:21	00:09:10	00:14:14	00:19:26	00:24:22	00:24:18
137	DARIUSZ	ZAWADZKI	159	M	LUBIN	WATAHA	M40	39	00:05:18	00:10:05	00:14:50	00:19:37	00:24:24	00:24:13
138	ANNA	MROŻEK	181	K	NOWA WIEŚ ZŁOTORYJSKA		K30	10	00:04:39	00:09:32	00:14:39	00:19:43	00:24:28	00:24:27
139	DOMINIKA	PARASZCZUK	109	K	GŁOGÓW	BIEGAM BO LUBIĘ GŁOGÓW	K40+	9	00:05:11	00:10:04	00:14:56	00:19:51	00:24:29	00:24:21
140	MARTYNA	SAJA	127	K	CHOJNÓW	DECATHLON LEGNICA	K20	8	00:04:31	00:09:19	00:14:21	00:19:36	00:24:43	00:24:38
141	KACPER	BILEWICZ	178	M	LUBIN		M20	18	00:04:56	00:10:00	00:15:01	00:20:02	00:24:54	00:24:44
142	MICHALINA	WOLNY-KRUSZYŃSKA	156	K	LUBIN	PĘDZĄCE WICHERKI	K40+	10	00:05:08	00:09:41	00:14:57	00:20:03	00:24:58	00:24:50
143	MONIKA	PAWŁOWICZ	217	K	LUBIN		K30	11	00:04:42	00:09:39	00:14:54	00:20:06	00:24:58	00:24:53
144	KATARZYNA	KRZEMIŃSKA	72	K	LUBIN		K40+	11	00:04:56	00:09:43	00:14:38	00:19:47	00:24:59	00:24:52
145	RAFAŁ	RATAJCZAK	121	M	RUSZOWICE	MZZPPM	M40	40	00:05:13	00:10:10	00:15:04	00:20:05	00:25:00	00:24:54
146	KRYSTYNA	POMYKAŁA	207	K	ŁUKASZÓW	OLAWS ZŁOTORYJA	K40+	12	00:05:09	00:10:12	00:15:16	00:20:13	00:25:08	00:25:01
147	ZDZISŁAW	AUGUSTYN	167	M	LUBIN	ZG RUN KGHM	M60+	2	00:05:19	00:10:14	00:15:17	00:20:17	00:25:09	00:25:03
148	MONIKA	RZAŚA	205	K	LEGNICA		K30	12	00:05:16	00:10:11	00:15:16	00:20:26	00:25:13	00:25:07
149	EWA	MATEJCZUK	97	K	GŁOGÓW	KGHM ZG RUN	K30	13	00:05:29	00:10:34	00:15:32	00:20:33	00:25:17	00:25:08
150	GRZEGORZ	SZLACHTER	139	M	LUBIN	KGHM ZG RUN	M30	42	00:04:49	00:09:53	00:15:19	00:20:30	00:25:19	00:25:17
151	DARIUSZ	FEDOROWICZ	32	M	GÓRA		M30	43	00:05:13	00:10:13	00:15:22	00:20:26	00:25:28	00:25:22
152	TOMASZ	ŁUSZCZAKIEWICZ	91	M	LUBIN	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	M40	41	00:05:48	00:10:48	00:15:37	00:20:46	00:25:48	00:25:40
153	KORNELIA	ZIĘTAL	166	K	LUBIN	MLKS SOKÓŁ LUBIN SEKCJA BIEGOWA	K20	9	00:05:47	00:10:48	00:15:34	00:20:49	00:25:51	00:25:44
154	ANETA	DRAŻBA	26	K	BĄDZÓW		K30	14	00:05:00	00:10:06	00:15:15	00:20:32	00:25:51	00:25:43
155	MONIKA	ZIĘTAL	162	K	LUBIN	KGHM ZG RUN	K30	15	00:05:47	00:10:47	00:15:35	00:20:49	00:25:53	00:25:45
156	AGNIESZKA	WOJEWÓDKA	153	K	WLEŃ	MLKS „RAKOWICE	K20	10	00:04:33	00:09:08	00:14:11	00:20:41	00:25:54	00:25:51
157	LESZEK	PANACHEDA	108	M	BOGATYNIA	GÓRNE ŁUŻYCE BOGATYNIA	M50	16	00:04:43	00:09:59	00:15:26	00:20:48	00:25:59	00:25:58
158	SŁAWOMIR	STASZCZUK	198	M	PORAJÓW	GÓRNE ŁUŻYCE SIENIAWKA	M40	42	00:04:35	00:09:49	00:15:13	00:20:38	00:26:01	00:26:01
159	PIOTR	METZ	99	M	LUBIN		M20	19	00:04:59	00:10:03	00:15:22	00:21:00	00:26:12	00:26:03
160	KAMIL	JARKOWSKI	1	M	LUBIN		M40	43	00:05:53	00:11:02	00:15:56	00:21:04	00:26:14	00:26:04
161	EMILIA	RYGIEL	80	K		SEKCJA BIEGOWA	K40+	13	00:04:55	00:10:07	00:15:27	00:20:55	00:26:17	00:26:10
162	ADRIANNA	SZCZUROWSKA	183	K	GŁOGÓW		K20	11	00:05:46	00:10:58	00:16:18	00:21:43	00:27:00	00:26:51
163	JOANNA	SZCZUROWSKA	137	K	GŁOGÓW	MTS DRUŻYNA SZPIKU KGHM	K40+	14	00:05:47	00:11:00	00:16:18	00:21:43	00:27:00	00:26:52
164	MAGDALENA	GAJEWSKA	36	K	LUBIN	MIEDZIOWE TOWARZYSTWO SPORTOWE	K30	16	00:05:21	00:10:35	00:16:00	00:21:28	00:27:00	00:26:53
165	KRZYSZTOF	JAŚKIEWICZ	202	M	LUBIN		M40	44	00:05:44	00:10:55	00:16:17	00:21:45	00:27:09	00:26:59
166	NATALIA	KALINOWSKA	28	K	LUBIN		K30	17	00:05:49	00:11:06	00:16:25	00:22:03	00:27:30	00:27:21
167	PAWEŁ	KOZŁOWSKI	70	M	LUBIN		M20	20	00:05:43	00:10:57	00:16:32	00:22:09	00:27:30	00:27:18
168	MAŁGORZATA	ŚCISŁO	142	K	LUBIN		K20	12	00:05:47	00:11:10	00:16:35	00:22:07	00:27:33	00:27:23
169	KAMILA	PĘDŁOWSKA	111	K	GŁOGÓW		K20	13	00:05:14	00:10:45	00:16:24	00:22:07	00:27:33	00:27:27
170	GRZEGORZ	KALIŃSKI	58	M	GŁOGÓW		M20	21	00:05:13	00:10:44	00:16:24	00:22:10	00:27:35	00:27:29
171	ALEKSANDRA	RAJCAKOWSKA	180	K	LUBIN	GRUBIKO	K20	14	00:05:45	00:10:58	00:16:23	00:21:55	00:27:39	00:27:29
172	KAMIL	URBAŃSKI	144	M	LEGNICA	***** ***	M40	45	00:05:17	00:10:21	00:15:57	00:21:52	00:27:48	00:27:42
173	MAŁGORZATA	DOBROWOLSKA	200	K	LUBIN	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	K40+	15	00:05:52	00:11:18	00:16:51	00:22:24	00:27:57	00:27:48
174	URSZULA	KOPEĆ	67	K	LUBIN		K30	18	00:05:40	00:11:14	00:16:56	00:22:31	00:27:57	00:27:45
175	ANETA	WOŹNIAK	215	K	LUBIN		K30	19	00:05:39	00:11:13	00:16:56	00:22:32	00:27:57	00:27:46
176	JULITA	DROZD	27	K	LUBIN		K20	15	00:05:49	00:11:12	00:16:53	00:22:32	00:28:08	00:27:59
177	NATALIA	WIECZOREK	148	K	LEGNICA		K20	16	00:05:49	00:11:10	00:16:52	00:22:30	00:28:09	00:28:00
178	KĄLUŻA	MARTA	94	K	POLKOWICE		K30	20	00:05:26	00:11:15	00:17:03	00:23:02	00:28:52	00:28:48
179	PILCH	BARBARA	12	K	POLKOWICE		K40+	16	00:05:25	00:11:15	00:17:04	00:23:02	00:28:52	00:28:48
180	MARTA	FRELEK	83	K	WROCŁAW	FRELKI	K30	21	00:06:08	00:11:56	00:17:48	00:23:40	00:29:29	00:29:19

12. BIEGOWE GRAND PRIX ZAGŁĘBIA MIEDZIOWEGO

Wyniki OPEN

Data: 21.11.2021

Miejsce: LUBIN

Dystans: 5 km

MSC	IMIĘ	NAZWISKO	NR	PŁEĆ	MIASTO	KLUB	KAT/ WIEK	MSC / KAT	POMIAR 1	POMIAR 2	POMIAR 3	POMIAR 4	CZAS	CZAS NETTO
181	AGNIESZKA	BEDNARSKA	82	K	IWINY		K30	22	00:06:09	00:11:57	00:17:49	00:23:43	00:29:30	00:29:20
182	MARTA	WOJEWÓDKA	154	K	WLEŃ	MLKS „RAKOWICE	K20	17	00:06:04	00:12:19	00:18:33	00:24:37	00:30:08	00:30:06
183	ILONA	PRILL	116	K	GŁOGÓW	BABKI Z KLASA	K30	23	00:06:06	00:12:04	00:18:24	00:24:52	00:31:04	00:30:52
184	RADEK	WIŚNIEWSKI	152	M	LUBIN		M40	46	00:06:01	00:12:22	00:18:51	00:25:24	00:31:51	00:31:43
185	MAŁGORZATA	JARKA	50	K	LUBIN	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	K40+	17	00:06:02	00:12:25	00:18:53	00:25:27	00:31:53	00:31:44
186	ANDRZEJ	DUBICKI	30	M	LUBIN	STP WĘDROWIEC	M60+	3	00:06:09	00:12:33	00:19:19	00:25:55	00:32:15	00:32:05