

## XIV Bieg Energetyka

## Wyniki OPEN

Data: 24.11.2024

Miejsce: Wrocław

Dystans: ok. 4,3 km

MSC	IMIĘ	NAZWISKO	NR.	PŁEĆ	MIASTO	KLUB	KAT/ WIEK	MSC/ KAT	POMIAR 1	POMIAR 2	CZAS	CZAS NETTO
1	JACEK	JABŁOŃSKI	174	M	LEGNICA	DRUŻYNA DOBREJ ENERGII	M30	1	00:04:55	00:10:03	00:15:08	00:15:08
2	PATRYK	JAROSZ	181	M	CZERNICA	SKRA WOJNOWICE	M20	1	00:04:59	00:10:17	00:15:25	00:15:25
3	ADRIAN	KOS	219	M	SMOLEC	SMOLECKA ZADYSZKA	M30	2	00:05:02	00:10:18	00:15:29	00:15:29
4	ŁUKASZ	KACZMARCZYK	189	M	KOBIERZYCE		M30	3	00:04:58	00:10:18	00:15:41	00:15:41
5	MAGDA	KWIECIEŃ	232	K	WROCLAW	PASSION FIRST	K30	1	00:05:11	00:10:38	00:16:06	00:16:05
6	PAWEŁ	BUDNIK	129	M	WROCLAW	BUDNIK TEAM	M20	2	00:05:12	00:10:55	00:16:29	00:16:29
7	JAKUB	HORBACZEWSKI	171	M	WROCLAW		M40	1	00:05:23	00:10:57	00:16:35	00:16:35
8	GRZEGORZ	GRZEGOREK	164	M	KĄTY WROCLAWSKIE	KLUB BIEGACZA KĄTY WROCLAWSKIE	M50	1	00:05:25	00:11:10	00:16:43	00:16:42
9	KRZYSZTOF	ADAMSKI	111	M	SMOLEC	SMOLECKA ZADYSZKA	M40	2	00:05:38	00:11:19	00:16:48	00:16:48
10	JAKUB	ŚWIST	517	M	WROCLAW		M30	4	00:05:34	00:11:19	00:16:55	00:16:55
11	MAREK	LEŚNICKI	237	M	STANOWICE	STRZEGOMSKA DWUNASTKA	M50	2	00:05:24	00:11:04	00:16:55	00:16:55
12	DARIA	MORAS	254	K	WROCLAW		K30	2	00:05:28	00:11:16	00:16:59	00:16:59
13	REMIGIUSZ	GRAF	161	M	LESZNO	TURBO RUN LESZNO	M50	3	00:05:23	00:11:12	00:17:00	00:16:59
14	JAN	PODWÓRNY	279	M	WROCLAW	TRENUJZNAMI.PL	M50	4	00:05:28	00:11:18	00:17:11	00:17:10
15	JAKUB	DYDYŃSKI	145	M	LUBIN		M20	3	00:05:23	00:11:24	00:17:19	00:17:19
16	DAWID	KAŻMIERCZAK	194	M	WROCLAW	BIEGACZE STU MOSTÓW	M30	5	00:05:27	00:11:15	00:17:22	00:17:21
17	MAREK	ŚLĘK	514	M	JAWORZYNA ŚLĄSKA		M50	5	00:05:44	00:11:47	00:17:50	00:17:49
18	ŁUKASZ	KOŚNICA	221	M	WROCLAW	BIEGACZE STU MOSTÓW	M40	3	00:06:03	00:12:06	00:17:58	00:17:53
19	JACEK	DUDALA	140	M	WROCLAW		M30	6	00:05:46	00:12:03	00:18:07	00:18:07
20	MAREK	GADZIŃSKI	151	M	WROCLAW	WKB PIAST WROCLAW	M60	1	00:05:55	00:12:04	00:18:10	00:18:10
21	MARCIN	KAMIŃSKI	190	M	WROCLAW	V LO	M20	4	00:05:01	00:11:25	00:18:13	00:18:13
22	BARBARA	ŁOMNICKA	36	K	WROCLAW		K40	1	00:05:47	00:12:10	00:18:35	00:18:35
23	ROBERT	KROCHMALNY	223	M	LESZNO	EXTREME HOBBY	M20	5	00:05:45	00:12:09	00:18:54	00:18:54
24	KRZYSZTOF	BIEDALAK	118	M	SWARZĘDZ		M40	4	00:06:24	00:12:53	00:19:00	00:19:00
25	DAWID	MOŃKO	253	M	WROCLAW	DOKERSI WROCLAW	M40	5	00:06:22	00:12:56	00:19:03	00:19:00
26	KONRAD	KONIECZNY	212	M	WROCLAW	BIEGACZE STU MOSTÓW	M30	7	00:06:09	00:12:52	00:19:23	00:19:21
27	JACEK	WYSOCKI	547	M	WROCLAW		M40	6	00:06:28	00:13:05	00:19:27	00:19:26
28	MONIKA	SOROCZYŃSKA	502	K	KĄTY WROCLAWSKIE	KLUB BIEGACZA KĄTY WROCLAWSKIE	K30	3	00:06:01	00:12:47	00:19:29	00:19:29
29	MARCIN	KORNAŚ	218	M	LASKÓWKA	GÓRYLASY	M40	7	00:06:29	00:13:02	00:19:34	00:19:33
30	JAKUB	DUDZIK	142	M	LIGOTA PIĘKNA		M40	8	00:06:17	00:13:05	00:19:35	00:19:35
31	MARIUSZ	PAWŁOWSKI	275	M	WROCLAW	MATNER RUNNING TEAM	M50	6	00:06:25	00:13:05	00:19:36	00:19:32
32	BARTŁOMIEJ	KOC	209	M	WROCLAW	KOCBAR	M40	9	00:06:27	00:13:08	00:19:39	00:19:35
33	MARCIN	ŻARECKI	552	M	WROCLAW		M40	10	00:06:01	00:12:51	00:19:39	00:19:39
34	DAWID	WIELGUS	532	M	RĘCZYN	WIELGUS TEAM	M30	8	00:06:12	00:12:47	00:19:40	00:19:38
35	KAMIL	PARADOWSKI	274	M	WROCLAW		M30	9	00:06:17	00:13:07	00:19:40	00:19:37
36	GRZEGORZ	KWIRYN	233	M	WROCLAW	BIEGACZE STU MOSTÓW	M30	10	00:06:37	00:13:02	00:19:40	00:19:29
37	KRZYSZTOF	GIERZ	158	M	MIEJSKA GÓRKA		M30	11	00:06:32	00:13:09	00:19:42	00:19:35
38	FILIP	ZIOBER	67	M			M20	6	00:06:36	00:13:28	00:19:51	00:19:43
39	ARKADIUSZ	NAPORA	257	M	WROCLAW		M30	12	00:06:30	00:13:22	00:20:00	00:19:57
40	JAN	SOBERA	299	M	TWARDOGÓRA		M60	2	00:06:36	00:13:22	00:20:03	00:20:00
41	JULIA	KSIĘZUK	39	K			K20	1	00:06:19	00:13:20	00:20:12	00:20:10
42	KAMIL	CIEPŁY	133	M	WROCLAW	AW - SZYBCIEJ - TEAM	M30	13	00:05:35	00:13:56	00:20:12	00:20:12

## XIV Bieg Energetyka

## Wyniki OPEN

Data: 24.11.2024

Miejsce: Wrocław

Dystans: ok. 4,3 km

MSC	IMIĘ	NAZWISKO	NR.	PŁEĆ	MIASTO	KLUB	KAT/ WIEK	MSC/ KAT	POMIAR 1	POMIAR 2	CZAS	CZAS NETTO
43	OLIWIA	FRANKIEWICZ	148	K	WROCŁAW		K20	2	00:06:52	00:13:43	00:20:14	00:20:06
44	DAMIAN	GROCKI	162	M	WROCŁAW		M40	11	00:06:40	00:13:36	00:20:20	00:20:15
45	JACEK	MADAJCZAK	241	M	WROCŁAW		M50	7	00:06:29	00:13:26	00:20:23	00:20:23
46	ARKADIUSZ	SIENKIEWICZ	293	M	WROCŁAW		M50	8	00:06:41	00:13:40	00:20:29	00:20:24
47	PAWEŁ	DĄBROWSKI	135	M	WROCŁAW		M20	7	00:06:52	00:13:42	00:20:39	00:20:31
48	MATEUSZ	BIAŁECKI	117	M	GŁOGÓW		M30	14	00:06:36	00:13:51	00:20:40	00:20:37
49	MAREK	TAŃSKI	518	M	WROCŁAW		M50	9	00:06:54	00:13:57	00:20:41	00:20:36
50	DOROTA	WACHOWSKA	524	K	WROCŁAW	WKB PIAST WROCŁAW	K40	2	00:06:52	00:13:57	00:20:48	00:20:48
51	RAFAŁ	ROSIŃSKI	285	M	WROCŁAW	KOMANDO FOKI	M40	12	00:06:53	00:13:55	00:20:56	00:20:56
52	MARCIN	KACZMAREK	58	M	WROCŁAW		M30	15	00:07:08	00:14:14	00:20:59	00:20:48
53	MICHAŁ	GUŁOWSKI	168	M	WROCŁAW	THE BEAR TEAM	M40	13	00:06:57	00:14:03	00:21:07	00:21:02
54	GRZEGORZ	SKWAREK	297	M	WROCŁAW		M40	14	00:06:54	00:14:00	00:21:08	00:21:01
55	KRZYSZTOF	ZIĘTEK	551	M	OSTRÓW WIELKOPOLSKI	ADIDAS RUNNERS	M50	10	00:06:56	00:14:04	00:21:09	00:21:05
56	JAKUB	FIRLEJ	147	M	ŚWIĘCIECHOWA		M20	8	00:07:07	00:14:08	00:21:12	00:21:05
57	MARCIN	CHRZAŚTEK	132	M	WROCŁAW		M30	16	00:06:48	00:14:01	00:21:16	00:21:12
58	JUSTYNA	STAL	71	K	JELCZ-LASKOWICE		K40	3	00:06:16	00:13:44	00:21:17	00:21:17
59	ELŻBIETA	JAROSZ	179	K	WROCŁAW		K50	1	00:06:49	00:14:01	00:21:22	00:21:21
60	KONRAD	RZATKIEWICZ	290	M	WROCŁAW	KS DW OPONA	M40	15	00:07:04	00:13:59	00:21:23	00:21:13
61	LESŁAW	ZALENSKI	3	M			M60	3	00:06:48	00:14:06	00:21:26	00:21:25
62	MATEUSZ	LARA	234	M	WROCŁAW		M30	17	00:06:54	00:14:20	00:21:26	00:21:22
63	OLENA	CHEBOTAR	131	K	WROCŁAW		K30	4	00:06:37	00:14:00	00:21:30	00:21:28
64	ANDRZEJ	ŚRÓDECKI	515	M	OŁAWA	NIE MA	M40	16	00:07:13	00:14:32	00:21:37	00:21:31
65	WŁODZIMIERZ	GADZIŃSKI	152	M	WROCŁAW	WKB PIAST WROCŁAW	M60	4	00:07:08	00:14:23	00:21:45	00:21:36
66	GRZEGORZ	KINAL	199	M	WROCŁAW	AZS-AWF WROCŁAW	M40	17	00:07:29	00:14:34	00:21:54	00:21:52
67	MARIUSZ	WOJCIECHOWSKI	536	M	WRZEŚNIA		M40	18	00:06:49	00:14:22	00:21:55	00:21:55
68	BARTOSZ	MAJKA	244	M	OŁAWA	KRASNALE	M30	18	00:06:54	00:14:26	00:21:58	00:21:54
69	TADEUSZ	KIEDROWICZ	195	M	OŁAWA	KRASNALE	M50	11	00:06:55	00:14:25	00:21:59	00:21:56
70	TOMASZ	KINAL	202	M	WROCŁAW		M40	19	00:07:41	00:15:11	00:22:01	00:21:59
71	WIESŁAW	STACHOWIAK	504	M	WROCŁAW	SLOW & FURIOUS	M40	20	00:07:38	00:15:03	00:22:15	00:22:09
72	ALEKSANDRA	JÓZEFIAK	188	K	WROCŁAW		K20	3	00:07:14	00:14:49	00:22:20	00:22:20
73	JULKA	JAROSZ	180	K	WROCŁAW		K20	4	00:06:56	00:14:43	00:22:20	00:22:18
74	JAROSŁAW	JANASZEK	176	M	WROCŁAW		M30	19	00:06:59	00:14:28	00:22:27	00:22:24
75	WIOLETTA	KRATIUK	38	K	ZĄBKOWICE ŚLĄSKIE	GÓRYLASY	K50	2	00:07:18	00:14:56	00:22:29	00:22:24
76	AGNIESZKA	DYBEK	143	K	WROCŁAW		K30	5	00:07:06	00:14:53	00:22:37	00:22:32
77	MALWINA	BUDNIK	128	K	WROCŁAW	BUDNIK TEAM	K20	5	00:07:13	00:15:15	00:22:45	00:22:41
78	ŁUKASZ	BUDNIK	127	M	WROCŁAW	BUDNIK TEAM	M40	21	00:07:12	00:15:15	00:22:47	00:22:42
79	ANGELIKA	PIOTROWIAK	278	K	WROCŁAW		K30	6	00:05:20	00:12:43	00:22:50	00:22:50
80	MARTA	GAWEK	155	K	WOJNOWICE	KB HARCOWNIK	K30	7	00:07:40	00:15:16	00:22:51	00:22:51
81	SEBASTIAN	KIPCZAK	203	M	WROCŁAW		M40	22	00:07:06	00:14:40	00:22:52	00:22:52
82	ALONA	BABYCH	113	K	WROCŁAW		K30	8	00:07:08	00:15:07	00:22:54	00:22:53
83	ALEKSANDER	DYBEK	144	M	WROCŁAW		M20	9	00:06:58	00:14:55	00:23:13	00:23:09
84	MAGDALENA	STANULA	507	K	WROCŁAW		K20	6	00:07:40	00:15:29	00:23:16	00:23:12

## XIV Bieg Energetyka

## Wyniki OPEN

Data: 24.11.2024

Miejsce: Wrocław

Dystans: ok. 4,3 km

MSC	IMIĘ	NAZWISKO	NR.	PŁEĆ	MIASTO	KLUB	KAT/ WIEK	MSC/ KAT	POMIAR 1	POMIAR 2	CZAS	CZAS NETTO
85	PRZEMYSŁAW	PIETKIEWICZ	276	M	WROCLAW	NOKIA	M30	20	00:07:58	00:16:01	00:23:19	00:23:10
86	KINGA	DOBRZAŃSKA	136	K	CZEPIELOWICE		K20	7	00:07:34	00:15:39	00:23:20	00:23:19
87	KRYSTYNA	GADZIŃSKA	150	K	WROCLAW	WKB PIAST WROCLAW	K60+	1	00:07:36	00:15:31	00:23:20	00:23:18
88	SYLWESTER	NOWAK	258	M	WROCLAW	WKB PIAST WROCLAW	M60	5	00:07:41	00:15:33	00:23:21	00:23:10
89	VADZIM	KUZMICH	230	M	WROCLAW	BIEGACZE STU MOSTÓW	M30	21	00:07:46	00:15:38	00:23:21	00:23:21
90	ZBIGNIEW	JĘDRZEJEWSKI	186	M	WROCLAW	PARKRUN WROCLAW	M60	6	00:07:48	00:15:45	00:23:22	00:23:18
91	JOANNA	KLAUS	204	K	WROCLAW		K30	9	00:07:39	00:15:31	00:23:23	00:23:23
92	SZYMON	MIERNIK	252	M	WROCLAW	NOKIA	M40	23	00:07:59	00:16:02	00:23:31	00:23:22
93	STANISŁAW	BIAŁAS	116	M	LEWIN BRZESKI	STAN UMYSŁU LEWIN BIEGA	M60	7	00:07:41	00:15:45	00:23:36	00:23:35
94	TADEUSZ	MARCINKIEWICZ	246	M	WROCLAW	MASTERS WROCLAW	M70+	1	00:07:17	00:15:34	00:23:43	00:23:40
95	KAMIL	BORKOWSKI	125	M	WROCLAW		M30	22	00:07:32	00:15:47	00:23:46	00:23:43
96	MICHAŁ	OGONOWSKI	261	M	WROCLAW	MRC	M40	24	00:07:52	00:15:58	00:23:48	00:23:48
97	ANETA	MROZEK	256	K	WROCLAW		K40	4	00:07:33	00:15:35	00:23:48	00:23:48
98	LUKASZ	GAWEK	153	M	WOJNOWICE	KB HARCOWNIK	M30	23	00:08:03	00:16:06	00:23:54	00:23:54
99	ANDRZEJ	CYMANEK	21	M	WROCLAW	WKB PIAST WROCLAW	M60	8	00:07:43	00:15:46	00:24:04	00:24:01
100	WIESŁAW	BOROWIEC	126	M	WROCLAW	WIEBOR	M50	12	00:07:56	00:15:59	00:24:08	00:24:01
101	PAWEŁ	TUBICZ	523	M	WROCLAW	KS DW OPONA	M40	25	00:08:07	00:16:07	00:24:12	00:24:12
102	JAN	SZCZEPANKIEWICZ	512	M	WYSOKA		M20	10	00:07:26	00:15:26	00:24:15	00:24:08
103	JOANNA	WOLIKOWSKA	544	K	WROCLAW	KOMANDO FOKI	K30	10	00:07:54	00:16:09	00:24:15	00:24:15
104	ROBERT	FELCHNER	5	M			M50	13	00:08:12	00:16:20	00:24:18	00:24:18
105	KRZYSZTOF	JODŁOWSKI	187	M	MARCINKOWICE	OŁAWSKA GRUPA BIEGOWA	M50	14	00:07:43	00:16:01	00:24:24	00:24:21
106	NATALIA	WOŹNIAK	545	K	WROCLAW		K20	8	00:07:45	00:16:14	00:24:26	00:24:22
107	KAMIL	WERESZCZYŃSKI	529	M	WROCLAW		M20	11	00:07:45	00:16:14	00:24:26	00:24:26
108	ŁUKASZ	DOMINIAK	137	M	WROCLAW		M40	26	00:08:27	00:16:35	00:24:32	00:24:22
109	ELŻBIETA	KOSZYKOWSKA	220	K	OBORNIKI ŚLĄSKIE	I TY MOŻESZ ZOSTAĆ MARATOŃCZYKIEM 2013	K60+	2	00:08:02	00:16:16	00:24:35	00:24:28
110	DOMINIKA	SKRZYPCZAK	296	K	LESZNO		K20	9	00:08:08	00:16:33	00:24:38	00:24:30
111	NATALIA	SOŁTYSIAK	501	K	WROCLAW		K20	10	00:08:11	00:16:26	00:24:43	00:24:43
112	NATALIA	GRZELEC	166	K	WROCLAW		K20	11	00:08:10	00:16:27	00:24:44	00:24:44
113	BARTOSZ	LARKOWSKI	235	M	WROCLAW	NOKIA	M40	27	00:08:02	00:16:26	00:24:53	00:24:53
114	KATARZYNA	DOŃCZYK-KARSZNIA	138	K	WROCLAW	KOBIETY W BIEGU	K40	5	00:08:24	00:16:45	00:24:55	00:24:49
115	RAFAŁ	CIESIELSKI	134	M	WROCLAW	#FLYRUN	M30	24	00:08:22	00:16:50	00:25:00	00:25:00
116	JERZY	RAPINSKI	282	M	WROCLAW		M60	9	00:08:24	00:16:51	00:25:10	00:25:10
117	BOŻENA	BOGUCKA	123	K	WROCLAW	MASTERS WROCLAW	K50	3	00:07:54	00:16:39	00:25:10	00:25:10
118	JAGODA	SOKOŁOWSKA	300	K	WROCLAW	BIEGACZE STU MOSTÓW	K30	11	00:08:25	00:16:53	00:25:13	00:25:03
119	KUBA	PAŁASZ	270	M	WROCLAW	SZALONA FAMILIA	M20	12	00:08:32	00:17:09	00:25:24	00:25:16
120	MIECZYŚLAW	WOJDYŁA	538	M	WROCLAW	BIEGAM BO LUBIĘ	M60	10	00:08:28	00:17:01	00:25:27	00:25:19
121	ILONA	MARKUSZEWSKA	247	K	WROCLAW		K30	12	00:08:30	00:17:06	00:25:31	00:25:22
122	JERZY	PIOTRKOWSKI	277	M	WROCLAW	WRATISLAVIA	M60	11	00:08:43	00:17:23	00:25:41	00:25:34
123	MARTA	GRZELAK	165	K	POZNAŃ		K30	13	00:08:27	00:17:11	00:25:43	00:25:40
124	PIOTR	WIECZOREK	531	M	OLEŚNICA	CAŁA OLEŚNICA BIEGA	M60	12	00:03:39	00:22:35	00:26:12	00:26:12
125	ANDRZEJ	KAWOŃ	193	M	NAMYSŁÓW		M70+	2	00:08:06	00:17:04	00:26:17	00:26:14
126	JOANNA	RUDNICKA	287	K	WISZNIA MAŁA		K30	14	00:08:20	00:17:26	00:26:29	00:26:29

## XIV Bieg Energetyka

## Wyniki OPEN

Data: 24.11.2024

Miejsce: Wrocław

Dystans: ok. 4,3 km

MSC	IMIĘ	NAZWISKO	NR.	PŁEĆ	MIASTO	KLUB	KAT/ WIEK	MSC/ KAT	POMIAR 1	POMIAR 2	CZAS	CZAS NETTO
127	BŁAŻEJ	KOBIĄŁKO	207	M	WROCŁAW		M40	28	00:08:45	00:17:28	00:26:47	00:26:40
128	ALINA	SOWA	503	K	WROCŁAW	WKB PIAST WROCŁAW	K40	6	00:08:51	00:17:49	00:27:00	00:26:51
129	TOMASZ	MORAS	255	M	WROCŁAW		M30	25	00:08:14	00:17:57	00:27:35	00:27:35
130	WIKTOR	RZATKIEWICZ	291	M	WROCŁAW	KS DW OPONA	M20	13	00:08:58	00:18:22	00:27:40	00:27:40
131	MIKOŁAJ	PAŁASZ	273	M	WROCŁAW	SZALONA FAMILIA	M20	14	00:09:10	00:18:49	00:27:55	00:27:48
132	KATARZYNA	MERDA	79	K	SIECHNICE		K20	12	00:09:00	00:18:29	00:27:57	00:27:57
133	IRENA	SIKORSKA	295	K	WROCŁAW		K60+	3	00:09:16	00:18:44	00:28:02	00:27:53
134	AGNIESZKA	DUDEK	141	K	WROCŁAW		K20	13	00:09:08	00:18:53	00:28:17	00:28:15
135	SYLWIA	REKOWSKA	283	K	WROCŁAW		K40	7	00:08:39	00:18:30	00:28:22	00:28:22
136	KRYSTYNA	TUBICZ	519	K	WROCŁAW	KS DW OPONA	K20	14	00:08:59	00:18:45	00:28:42	00:28:36
137	EWA	BIAŁAS	115	K	LEWIN BRZESKI	STAN UMYŚŁU LEWIN BIEGA	K60+	4	00:09:13	00:18:59	00:28:52	00:28:52
138	MICHAŁ	STERNALSKI	511	M	WROCŁAW	KB HARCOWNIK JELCZ LASKOWICE	M40	29	00:09:32	00:19:35	00:29:19	00:29:13
139	MAŁGORZATA	IWANICKA-ADAMSKA	173	K	SMOLEC	GÓRSKIE SAPACZE	K40	8	00:09:36	00:19:35	00:29:27	00:29:22
140	GRZEGORZ	ŚWIST	516	M	WROCŁAW		M20	15	00:09:09	00:19:14	00:30:03	00:29:56
141	WIESLAW	BEDNARCZYK	114	M	BRZEG	KOTWICA BRZEG	M60	13	00:10:02	00:20:47	00:31:22	00:31:17
142	ZENON	PUSZCZEWICZ	281	M	PISARZOWICE	KOTWICA BRZEG	M70+	3	00:10:05	00:20:53	00:31:22	00:31:22
143	CELESTYNA	PAŁASZ	268	K	WROCŁAW	SZALONA FAMILIA	K20	15	00:10:53	00:22:24	00:34:25	00:34:16
144	JOANNA	PAŁASZ	269	K	WROCŁAW	SZALONA FAMILIA	K40	9	00:14:00	00:27:56	00:41:33	00:41:24
145	HENRYK	WIERZEJSKI	533	M	WROCŁAW	AMATOR	M70+	4	00:15:20	00:27:51	00:44:43	00:44:33